

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [OPPSDECOR](#) /

› [OPPSDECOR Adjustable Weight Bench Set \(Model: Weight Bench Press 5951 NEW\) Instruction Manual](#)

OPPSDECOR Weight Bench Press 5951 NEW

OPPSDECOR Adjustable Weight Bench Set

Model: Weight Bench Press 5951 NEW

1. INTRODUCTION

Thank you for choosing the OPPSDECOR Adjustable Weight Bench Set. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference. Proper use and maintenance will ensure the longevity and optimal performance of your weight bench.

Important Safety Information: Always consult with a healthcare professional before starting any new exercise program. Ensure all bolts and nuts are securely tightened before each use. Do not exceed the maximum weight capacity of 600 pounds. Keep children and pets away from the equipment during use.

2. PRODUCT OVERVIEW

The OPPSDECOR Adjustable Weight Bench Set is designed for comprehensive full-body strength training in a home gym environment. It integrates a barbell rack, a weight bench, and a removable rowing leg catch, offering versatility for various exercises.



Figure 2.1: Overview of the OPPSDECOR Adjustable Weight Bench Set.

Key Features:

- **Heavy-Duty Structure:** Constructed with thickened alloy steel pipe, providing a robust and stable frame with a weight capacity of up to 600 pounds.
- **Thickened Premium Comfort Cushions:** Features 2.17-inch thick cushions filled with high-density sponge, upholstered in waterproof, non-slip, breathable, and wear-resistant PU leather for enhanced comfort and easy cleaning.
- **Multi-Position Adjustment:** Offers extensive adjustability including 5 resistance band positions, 5 leg support height options, 7 leg length options, 4 leg positions, 8 backrest angles, and 8 barbell rack heights.
- **Removable Rowing Leg Catch:** Enhances exercise versatility, allowing for additional lower body and core workouts.
- **Fast Folding Design:** Designed for convenient storage, allowing the equipment to be folded to save up to 80% of space.



Figure 2.2: Illustration of the heavy-duty structure and 600 lbs weight capacity.



Figure 2.3: Detail of the thickened ergonomic seat and back cushions, highlighting comfort and material properties.

3. SETUP

The OPPSDECOR Adjustable Weight Bench Set is designed for easy assembly. Detailed installation instructions are provided with the product packaging. Please follow these instructions carefully to ensure correct and safe setup.

Assembly Steps (General Guidance):

1. Unpack all components and verify against the parts list provided in your separate assembly guide.
2. Assemble the main frame components, ensuring all bolts and nuts are finger-tightened initially.
3. Attach the barbell rack, backrest, seat, and leg catch components.
4. Once all parts are in place, securely tighten all bolts and nuts using the provided tools. Double-check all connections for stability.
5. Ensure the non-slip rubber pads are correctly positioned on the base to protect your floor and provide stability.

Note: For your safety, make sure all screws are fully tightened before starting any workout.

FAST FOLDING DESIGN

SAVE 80% SPACE
EASY TO STORAGE



Figure 3.1: Dimensions and fast folding design for space-saving storage.

4. OPERATING INSTRUCTIONS

This adjustable weight bench offers a wide range of exercises. Familiarize yourself with the adjustment mechanisms before beginning your workout.

Adjustments:

- **Backrest:** Adjust the backrest to one of 8 available angles for flat, incline, or decline positions.
- **Leg Support:** The leg support has 5 height options and 7 length options for optimal comfort and exercise targeting.
- **Leg Positions:** The leg section itself has 4 adjustable positions.
- **Barbell Rack:** Adjust the barbell rack to one of 8 heights to suit your exercise and body type.
- **Resistance Bands:** Utilize the 5 resistance band positions for varied resistance training.

FAST ADJUSTMENT

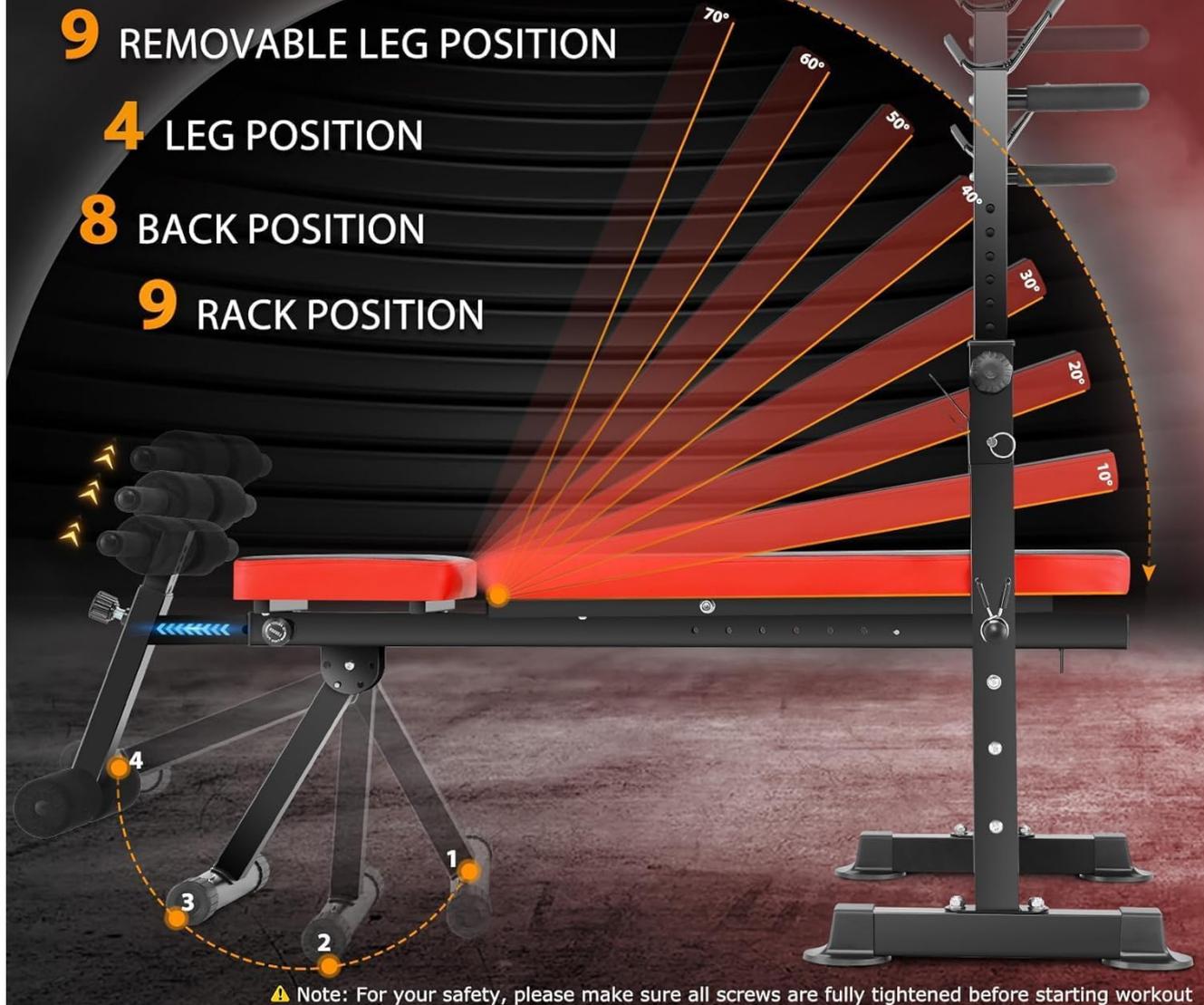


Figure 4.1: Fast adjustment points for various bench and rack positions.

Recommended Exercises:

The versatile design allows for a full-body workout targeting chest, back, legs, shoulders, and abdomen. Examples include:

- Bench Press (Flat, Incline, Decline)
- Dumbbell Flye
- Lying Leg Raises
- Sit-ups / Crunches
- Push-ups (using the bench for elevated push-ups)
- Resistance Band Exercises (e.g., rowing, presses)
- Dumbbell Rows

MULTIFUNCTIONAL |

SUITABLE FOR FULL BODY EXERCISE
Chest, Back, Abs, Arms, Hips, Shoulders And Others

Removable Leg Part
(Not for Leg Extension
and Leg Curl)



BENCH PRESS



DUMBBELL ROW



LYING LEG RAISES

Figure 4.2: Examples of multifunctional exercises including bench press, dumbbell row, and lying leg raises.

ALL-IN-ONE FULL BODY WORKOUT



Figure 4.3: Visual guide to an all-in-one full body workout using the adjustable weight bench.

5. MAINTENANCE

Regular maintenance ensures the safety and longevity of your OPPSDECOR Adjustable Weight Bench Set.

- **Cleaning:** The PU leather cushions are waterproof and easy to clean. Wipe down the cushions and frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners immediately.
- **Lubrication:** Apply a small amount of silicone-based lubricant to any pivot points or adjustment mechanisms if they become stiff.
- **Storage:** When not in use, especially for extended periods, fold the bench to save space and store it in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter any issues with your weight bench, refer to the following common troubleshooting tips:

- **Bench feels unstable:** Ensure all assembly bolts and nuts are fully tightened. Verify the bench is on a flat, level surface.
- **Adjustment mechanism is stiff:** Check for any obstructions. Apply a small amount of silicone lubricant to the moving parts.
- **Squeaking noises:** Identify the source of the noise. Often, tightening bolts or applying lubricant to pivot points can resolve this.
- **Missing parts:** If you find any parts missing during assembly, please contact customer service immediately.

For issues not covered here, please contact OPPSDECOR customer service.

7. SPECIFICATIONS

Feature	Specification
Brand	OPPSDECOR
Model Number	Weight Bench Press 5951 NEW
Item Weight	600 Pounds (Product Weight Limit)
Material	Alloy Steel (Frame), PU Leather (Cushions)
Color	Black
Product Dimensions (LxWxH)	49.21 x 31.5 x 44.88 inches
Frame Material	Alloy Steel
Cushion Thickness	2.17 inches
Backrest Adjustment	8 angles
Barbell Rack Height Adjustment	8 heights
Leg Support Adjustment	5 height options, 7 length options
Leg Position Adjustment	4 positions
Resistance Band Positions	5 positions

8. WARRANTY & SUPPORT

OPPSDECOR is committed to providing high-quality products and customer satisfaction.

- **Satisfaction Guarantee:** Your OPPSDECOR Adjustable Weight Bench Set comes with a 100% satisfaction guarantee.
- **Customer Service:** For any questions, concerns, or support needs, please contact our friendly 24-hour customer service team. Refer to your product packaging or the retailer's website for specific contact

information.

We trust in the durability and quality of our products and are here to assist you.