

OPPSDECOR B0G4JZJMBX

OPPSDECOR 900 LBS Weight Bench Set with Squat Rack

Model: B0G4JZJMBX

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1. INTRODUCTION

Thank you for choosing the OPPSDECOR 900 LBS Weight Bench Set with Squat Rack. This versatile and robust fitness equipment is designed to support a wide range of strength training, body shaping, and endurance workouts in your home gym. With its heavy-duty construction, multi-angle adjustability, and space-saving design, this bench provides a comprehensive solution for complete muscle development.

2. SAFETY INFORMATION

Please read and understand all safety instructions before assembling or using this equipment. Failure to do so may result in serious injury.

- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Assembly:** Ensure all bolts, nuts, and other fasteners are securely tightened before use. Regularly check for loose parts.
- **Weight Capacity:** Do not exceed the maximum weight capacities for the bench (900 LBS), user (300 LBS), weight rest (110 LBS), and leg developer (90 LBS).
- **Stable Surface:** Always use the bench on a flat, stable, and non-slip surface.
- **Clearance:** Maintain adequate clearance around the equipment during use.
- **Children & Pets:** Keep children and pets away from the equipment during operation.

- **Proper Form:** Use proper exercise form to prevent injury. If you experience pain or discomfort, stop immediately.
- **Spotter:** When lifting heavy weights, always use a spotter.

3. PRODUCT OVERVIEW

The OPPSDECOR Weight Bench Set is an all-in-one solution for your home gym, combining a weight bench, squat rack, and leg extension/curl unit. It features a reinforced triangular steel frame and thickened support tubes for enhanced stability and durability.

Key Features:

- **Heavy-Duty Construction:** Engineered with 2mm reinforced steel for a 900 LBS max weight capacity.
- **Multi-Angle Adjustable:** Features a 4-height adjustable J-hook for barbells and a backrest with up to 7 different angles (-45° to 80°).
- **Leg Developer:** Integrated leg extension and leg curl attachment with a 2-height front leg foam roller. Compatible with both 1-inch and 2-inch weight plates.
- **Space-Saving Design:** Collapsible for vertical storage, reducing occupied space by up to 80%.
- **Comfort:** Features 2-inch soft foam padding with PU leather, high-density sponge, and thickened maple layers for comfort during workouts.



Image 3.1: Overview of the OPPSDECOR Weight Bench Set with Squat Rack. This image displays the complete assembly of the weight bench, including the adjustable squat rack, the main bench with its backrest and seat, and the integrated leg extension/curl attachment. It highlights the robust black frame and the comfortable black and white padded sections.

4. SETUP & ASSEMBLY

Assembly of the OPPSDECOR Weight Bench is straightforward. Follow the included instructions carefully to ensure proper and safe setup. All necessary tools are typically provided.

Folding and Unfolding:

The bench is designed for easy folding to save space. To fold, remove the spring pin and fold the bench vertically. To unfold, reverse the process, ensuring all locking mechanisms are securely engaged before use.



Image 4.1: Flexible Adjustment of the OPPSDECOR Weight Bench. This image illustrates the various adjustable positions of the bench's backrest and the J-hook for the barbell. It shows the 7-level adjustable backrest positions and the 4-level adjustable squat bar catch, demonstrating the versatility for different exercises.

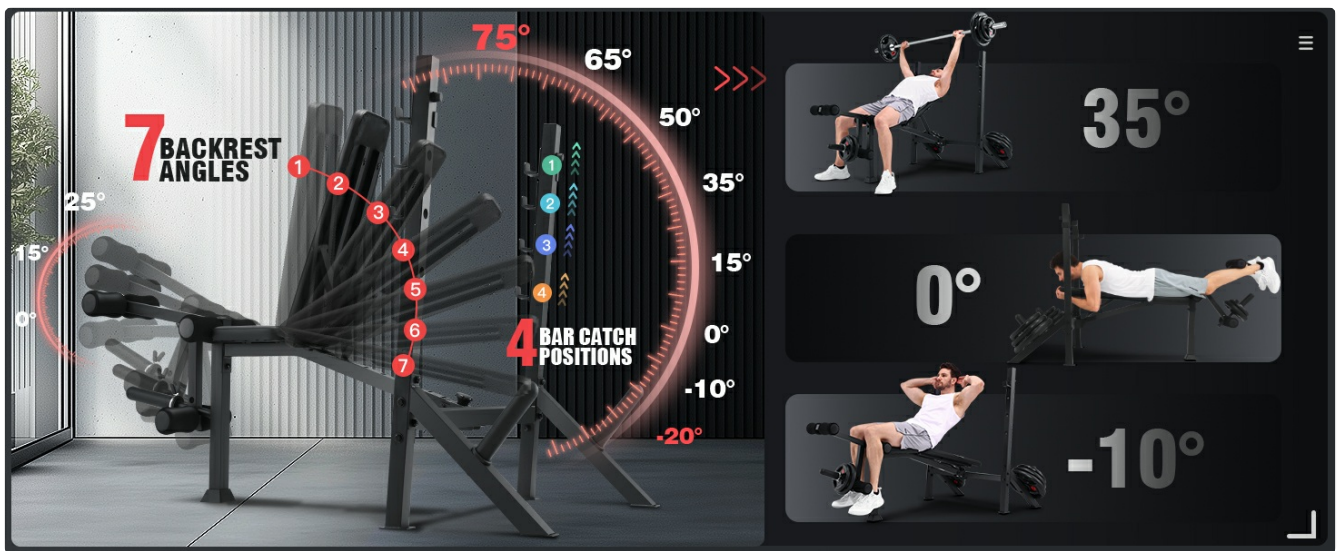


Image 4.2: Folding and Space-Saving Design of the OPPSDECOR Weight Bench. This image demonstrates the bench's ability to fold vertically for compact storage. It highlights the steps to remove a pin and lift the bench, showing how it occupies significantly less floor space when not in use.

Video: Folding and Unfolding Demonstration

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Video 4.1: This video demonstrates the process of folding and unfolding the OPPSDECOR Weight Bench for space-saving storage. It shows how to remove the locking pin and adjust the bench into its compact vertical position, and then how to set it up for use again.

5. OPERATING INSTRUCTIONS

The OPPSDECOR Weight Bench offers extensive versatility for a full-body workout. Adjust the bench and rack settings to suit your specific exercise needs.

Adjusting the Bench:

- **Backrest:** The backrest can be adjusted to 7 different angles, including flat, incline, and decline positions. Use the adjustment mechanism located beneath the backrest to select your desired angle.
- **J-Hook/Barbell Height:** The J-hooks on the squat rack are 4-height adjustable. This allows for precise barbell placement according to your height and exercise.
- **Leg Foam Roller:** The front leg foam roller has 2 height adjustments for optimal comfort and support during leg exercises.



Image 5.1: Adjustable Weight Bench for Home Gym. This image showcases the various adjustable features of the bench, including the backrest angles and the barbell catch positions. It visually explains how to customize the setup for different exercises and user preferences.

Performing Exercises:

This bench supports a wide array of exercises targeting various muscle groups:

- **Chest:** Barbell Bench Press (flat, incline, decline), Dumbbell Press, Dumbbell Fly.
- **Back:** Dumbbell Row, Reverse Dumbbell Fly.
- **Shoulders:** Overhead Press (seated).
- **Arms:** Dumbbell Curls.
- **Legs:** Leg Extensions, Leg Curls.
- **Core:** Sit-ups, Crunches, Push-ups.



Image 5.2: Different Workout Forms on OPPSDECOR Weight Bench. This image displays a collage of various exercises that can be performed using the weight bench, including bench press, dumbbell row, push-up, leg extension, lying leg curl, and reverse dumbbell fly. It illustrates the versatility of the equipment for a full-body workout.

Video: Exercise Demonstrations

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Video 5.1: This video provides demonstrations of various exercises that can be performed with the OPPSDECOR Adjustable Weight Bench, including leg extensions, leg curls, dumbbell presses, and bench flies. It showcases the multi-functional capabilities of the bench for a comprehensive workout.

Weight Plate Compatibility:

The leg developer is designed to accommodate two sizes of weight plates:

- For Olympic Weights: Inner diameter 2 inches.
- For Normal Weights: Inner diameter 1 inch.

You need to unscrew the sleeve before locking it for 1-inch plates.

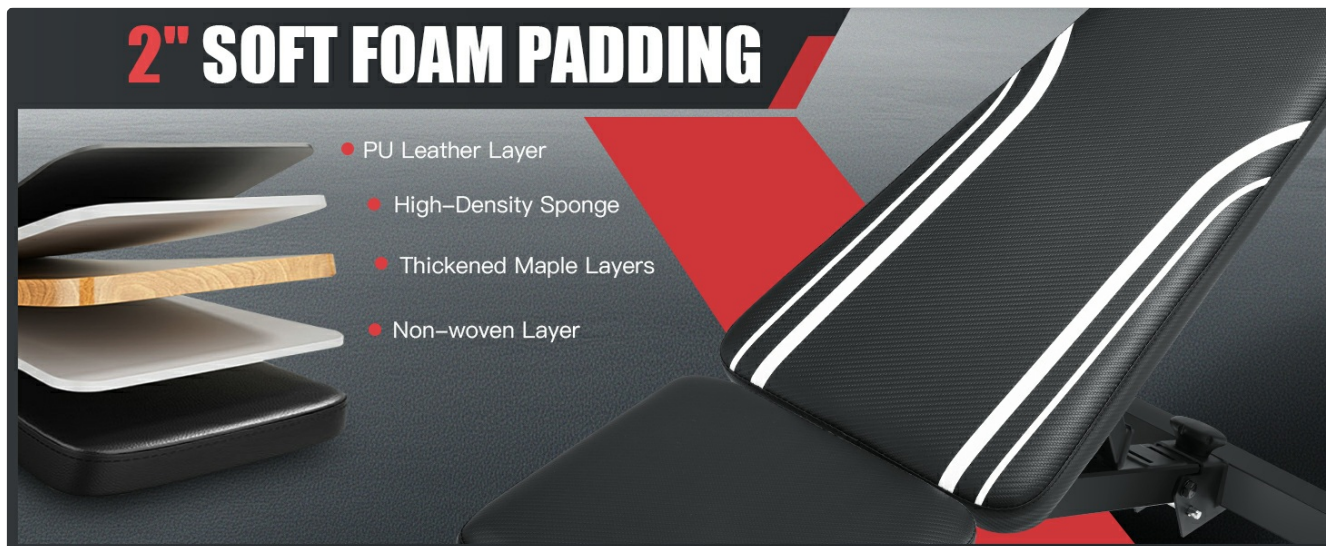


Image 5.3: Weight Plate Compatibility for Leg Developer. This image illustrates how the leg developer attachment can fit both 2-inch Olympic weight plates and 1-inch regular weight plates. It shows the removable sleeve that allows for adaptation to different plate sizes.

6. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your OPPSDECOR Weight Bench.

- **Cleaning:** Wipe down the bench and frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners.
- **Padding:** Inspect the padding for any signs of wear, tears, or damage. Replace if necessary.
- **Lubrication:** Apply a small amount of lubricant to moving parts (e.g., leg developer pivot points) if they become stiff or noisy.

7. TROUBLESHOOTING

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

- **Bench feels unstable:** Ensure all assembly bolts are securely tightened. Check that the bench is on a flat, even surface.
- **Adjustment mechanisms are stiff:** Check for any obstructions. Apply a small amount of silicone-based lubricant to the moving parts.

- **Noise during use:** Inspect all connections for looseness and tighten as needed. Lubricate pivot points if necessary.

If problems persist, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	OPPSDECOR
Model	B0G4JZJMBX
Item Weight	47.6 Pounds
Material	Alloy Steel
Color	Black White
Product Dimensions (D x W x H)	76.4"D x 40.35"W x 47.22"H
Weight Limit	900 Pounds
User Weight Max	300 LBS
Weight Rest Max	110 LBS
Leg Developer Max	90 LBS

9. WARRANTY & SUPPORT

For warranty information or customer support, please refer to the product packaging or contact OPPSDECOR directly through their official channels. Keep your purchase receipt for any warranty claims.

You can visit the [OPPSDECOR Store](#) for more information.