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MAJOR FITNESS P1-BK-V1

MAJOR FITNESS Drone P1 Bench Press Rack User Manual

Model: P1-BK-V1

1. Important Safety Information

Before assembling or operating the MAJOR FITNESS Drone P1 Bench Press Rack, please read and understand all instructions in this manual. Failure to follow these instructions may result in serious injury or equipment damage.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the equipment on a flat, stable surface.
- Do not exceed the maximum weight capacity of 500 lbs (200 lbs per arm).
- Inspect the equipment for wear and tear before each workout. Replace worn or damaged parts immediately.

2. Product Overview

The MAJOR FITNESS Drone P1 Bench Press Rack is a versatile home gym equipment designed for upper body and core workouts. It features independent arm movement, adjustable bench angles, and a space-saving foldable design.



Image: The MAJOR FITNESS P1 Bench Press Rack, showcasing its robust design.

3. Setup and Assembly

The P1 Bench Press Rack features a compact, foldable design for easy setup and storage. Follow the steps below for assembly. Refer to the included instruction manual for detailed diagrams and part identification.

3.1 Unboxing and Component Check

Carefully unpack all components from the box. Verify that all parts listed in the assembly guide are present and undamaged.

3.2 Assembly Steps

1. Begin by assembling the main frame components as per the provided diagrams.
2. Attach the adjustable bench to the main frame, ensuring all locking mechanisms are secure.
3. Install the independent arm levers, making sure they move freely and securely.
4. Attach the leg attachment positions.
5. Tighten all bolts and nuts using the provided tools.

3.3 Setup Videos

For a visual guide on setting up your P1 Bench Press Rack, please watch the following official videos:

Video: Quick & Easy P1 Bench Press Rack Setup. This video demonstrates the assembly process for the P1 Bench Press Rack.

Video: How to Set Up P1 Bench Press Rack. A detailed guide on the setup of the P1 Bench Press Rack.

3.4 Folding for Storage

To save space, the bench press rack can be folded. Simply lock the bench in place with the long spike to reduce its footprint by over 80%.



Image: The P1 Bench Press Rack shown in its compact, folded state for storage.

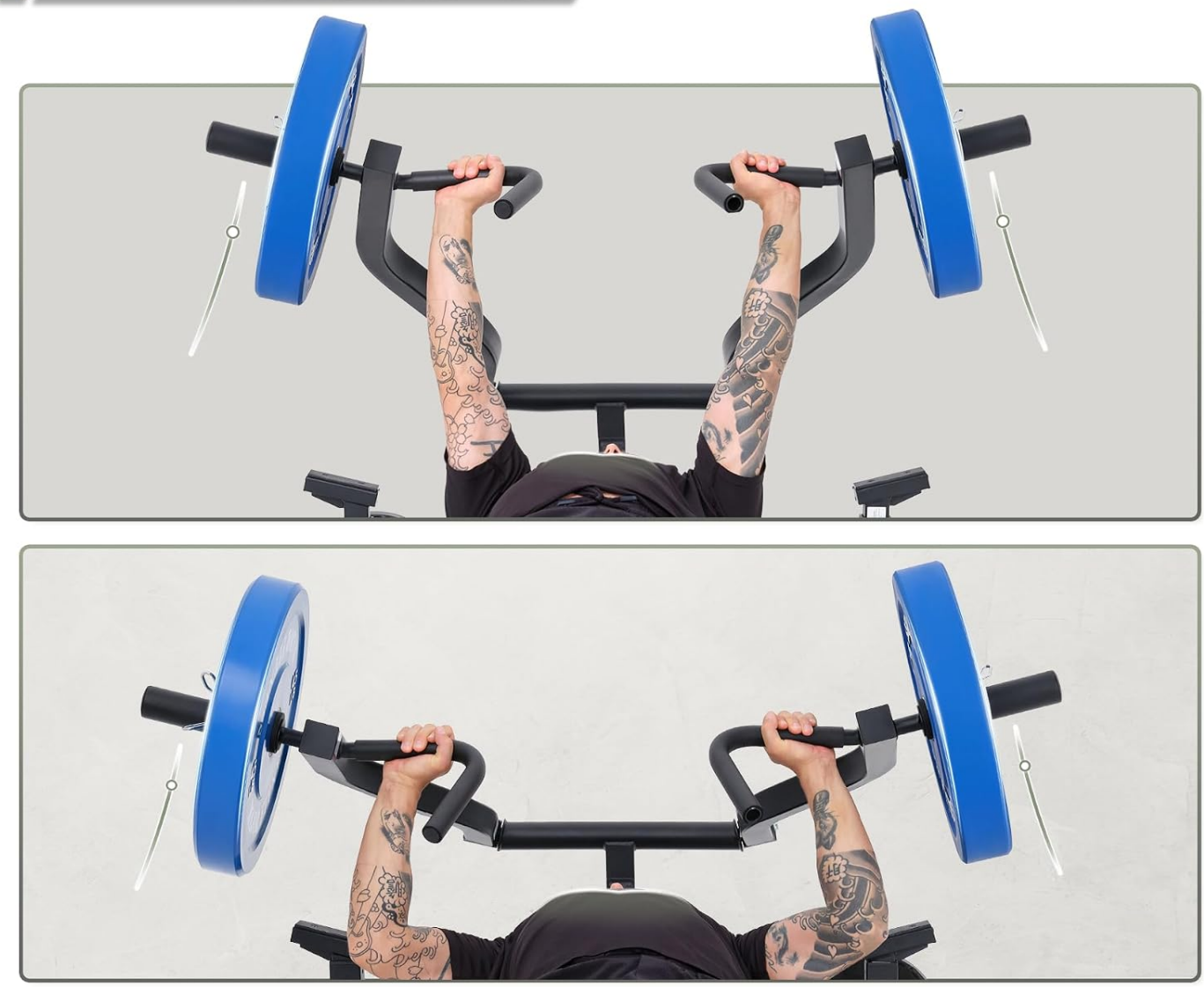
4. Operating Instructions

The P1 Bench Press Rack offers various adjustments to customize your workout experience.

4.1 Adjustable Bench Angles

The bench can be adjusted to three positions: flat, incline, and upright. This allows for a variety of exercises targeting different muscle groups.

CONTROLLED MOTION MAXIMUM FOCUS



Incline, Flat, and Decline Positions

Fixed Path Design for Safer and More Effective Chest Training

Image: User performing sit-ups, demonstrating the upright bench position.

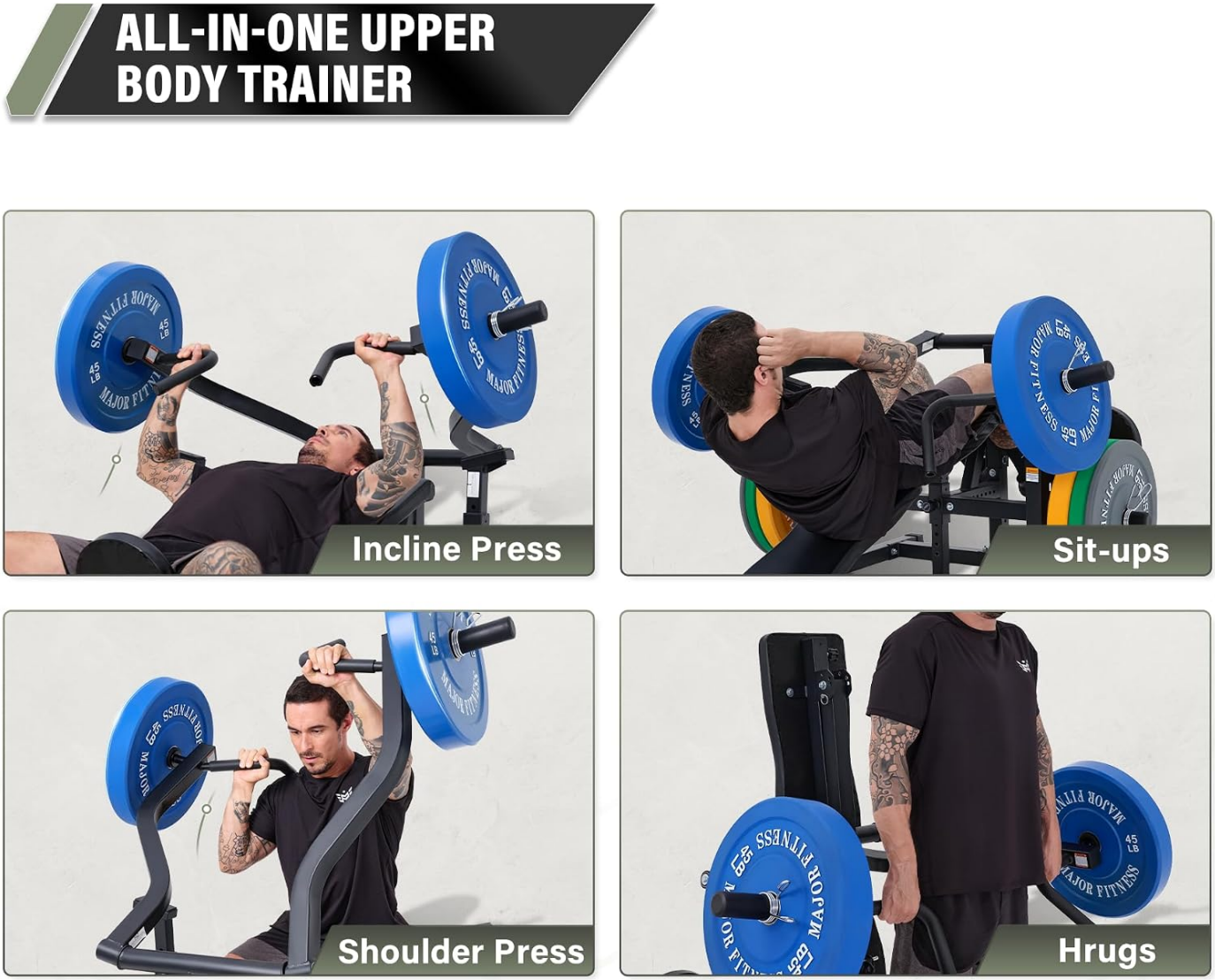


Image: User performing an incline press, utilizing the incline bench position.

4.2 Independent Arm Movement

The independent arm levers have 5 adjustable positions each, allowing for a balanced and targeted workout. This design helps address strength imbalances and focuses on specific muscle groups.

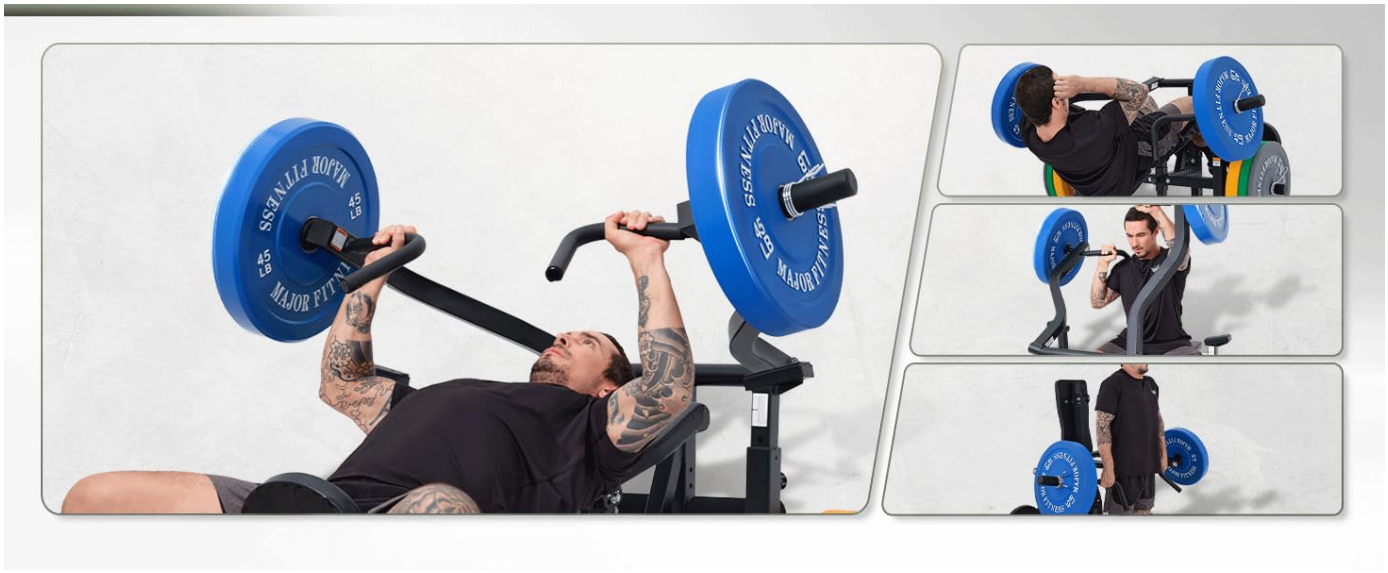


Image: Demonstrates various exercises possible with the independent arms, such as incline press, sit-ups, shoulder press, and shrugs.

4.3 Single-Arm Mode

Switch to single-arm mode for exercises like rows, presses, and shoulder work to achieve muscle symmetry and target individual sides of the body.

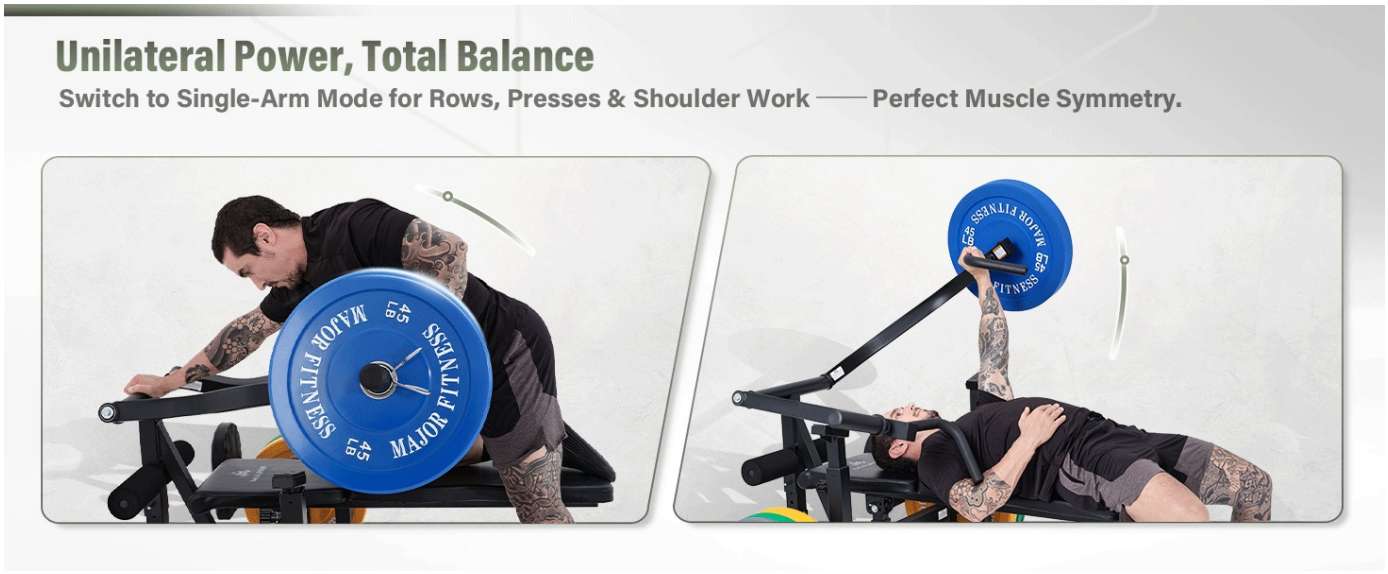


Image: User demonstrating single-arm exercises for unilateral training.

4.4 Leg Attachment Positions

The equipment includes two leg attachment positions per level, providing versatility for various leg and core exercises.



Image: Close-up view of the adjustable seat, handle, and sit-up hook for customized fit and safe core training.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your MAJOR FITNESS Drone P1 Bench Press Rack.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts (e.g., pivot points, adjustment pins) every few months to ensure smooth operation.
- **Storage:** When not in use, store the rack in a clean, dry environment. Utilize its foldable design to save space.

6. Troubleshooting

If you encounter any issues with your P1 Bench Press Rack, refer to the following common solutions:

- **Squeaking Noises:** Check for loose bolts and apply lubricant to moving parts.
- **Difficulty Adjusting:** Ensure adjustment pins are fully disengaged before attempting to change positions. Clean any debris from adjustment holes.
- **Instability:** Verify that the equipment is on a level surface and all foot bases are making full contact. Re-tighten all assembly bolts.

For issues not covered here, please contact MAJOR FITNESS customer support.

7. Specifications

Feature	Detail
Brand	MAJOR FITNESS
Model Number	P1-BK-V1
Material	Alloy Steel
Color	Black Machine + 230LB Color Plates
Product Dimensions (D x W x H)	51.1"D x 11.8"W x 22.4"H
Weight Limit	99.2 Pounds (Note: Product description states 500 lbs total, 200 lbs per arm. Please refer to the most accurate information provided with your product.)
Frame Material	Alloy Steel
GTIN	00810178127146

8. Warranty and Support

For warranty information and customer support, please contact MAJOR FITNESS directly. They are dedicated to providing assistance and will provide a quick, satisfying response.
Manufacturer: MAJOR FITNESS
Seller: MAJOR FITNESS
Return Policy: 30-day easy returns (as per Amazon listing)

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