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> FLYBIRD Adjustable Folding Weight Bench (Model GEAR-EU) User Manual

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Model: GEAR-EU | Brand: FLYBIRD

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembling and using the FLYBIRD Adjustable Folding Weight Bench. Retain this manual for future reference.

- **Weight Limit:** Do not exceed the maximum weight capacity of 318 kg (700 lbs) for the bench. This includes user weight and any weights being lifted.
- **Assembly:** Ensure all bolts, nuts, and components are securely tightened before each use. Improper assembly can lead to injury.
- **Stable Surface:** Always use the bench on a flat, stable, and non-slip surface.
- **Clearance:** Maintain adequate clear space around the bench during use to prevent accidents.
- **Inspection:** Regularly inspect the bench for any signs of wear, damage, or loose parts. Discontinue use immediately if any issues are found and contact customer support.
- **Children and Pets:** Keep children and pets away from the bench during use and storage.
- **Medical Advice:** Consult a physician before starting any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Proper Technique:** Use proper lifting techniques and exercise forms to prevent injury.

2. PACKAGE CONTENTS

The FLYBIRD Adjustable Folding Weight Bench is designed for easy setup, arriving approximately 80% pre-assembled. Please verify all components are present and undamaged before proceeding.

- Main Bench Frame (pre-assembled)
- Backrest Pad
- Seat Pad
- Foot Support Rollers (pre-installed or separate)
- Resistance Bands (2 included)

- User Manual
- Assembly Tools (if required for final steps)

3. SETUP AND ASSEMBLY

The FLYBIRD Adjustable Folding Weight Bench is largely pre-assembled for your convenience. Follow these steps for final setup and unfolding.

3.1 Unfolding the Bench

1. Place the folded bench on a flat, stable surface.
2. Carefully unfold the main frame components until the bench is in its extended position. Ensure all locking pins or mechanisms engage securely.
3. Adjust the backrest and seat to your desired initial position (e.g., flat).



Image: The FLYBIRD bench is designed for easy assembly and is ideal for home use, including apartments.

3.2 Attaching Resistance Bands (Optional)

The bench includes two resistance bands for additional workout options. Attach them to the designated anchor points on the bench frame as needed for your exercises.

Le confort favorise plus de redressements assis

Concentration sur l'activation du tronc



Image: Included resistance bands with handles for versatile workouts.

4. OPERATING INSTRUCTIONS

The FLYBIRD bench offers multiple adjustment options to accommodate various exercises and user heights.

4.1 Adjusting the Backrest Angle

The backrest features 8 adjustable angles, allowing for flat, incline, decline, and vertical positions. To adjust:

1. Locate the adjustment mechanism at the base of the backrest.
2. Pull the adjustment pin or lever to release the backrest.
3. Move the backrest to the desired angle. Ensure the pin locks securely into one of the 8 positions.

2 angles pour les séances d'entraînement débutant



Image: Backrest angles for various exercises, including shoulder presses (90°) and abdominal crunches (-15°).

ENTRAÎNEMENTS MUSCULAIRES DU CORPS ENTIER

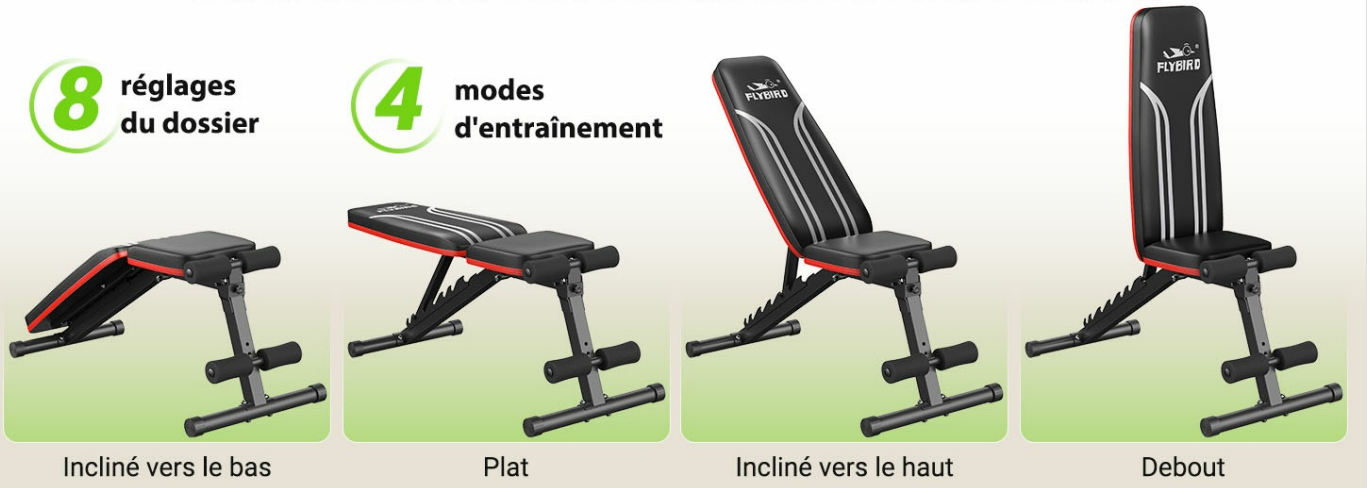


Image: The bench supports 4 main training modes: decline, flat, incline, and vertical, with 8 backrest adjustments.

4.2 Adjusting the Foot Support Height

The foot supports have 3 adjustable heights to provide ergonomic leg support for users of different sizes and for various exercises, especially decline movements. To adjust:

1. Locate the adjustment pin on the foot support assembly.
2. Pull the pin and slide the foot support to the desired height.
3. Release the pin, ensuring it locks securely into place.

4.3 Exercise Examples

The FLYBIRD bench is suitable for a wide range of exercises, including:

- **Flat Position:** Dumbbell press, flyes, rows.
- **Incline Position:** Incline dumbbell press, incline flyes, front raises.
- **Decline Position:** Decline dumbbell press, decline crunches, leg raises.
- **Vertical Position:** Shoulder press, bicep curls.
- **With Resistance Bands:** Rows, chest presses, arm exercises.



Image: Examples of exercises possible with the adjustable backrest, such as triceps extensions at 90°, lateral raises at 60°, and chest presses at 33°.



Image: Resistance bands can be used for a variety of exercises, enhancing full-body workouts.

4.4 Folding for Storage

To fold the bench for compact storage (dimensions: 40.6 cm x 25.4 cm):

1. Ensure the backrest is in the flat or lowest position.
2. Locate the folding mechanisms (usually pins or levers) on the main frame.
3. Release the mechanisms and carefully fold the bench. It is designed for quick, tool-free folding.
4. Once folded, the bench can be stored upright in a corner, closet, or under a bed.

Confortable, soutien plus d'abdominaux

Focus sur l'activation du tronc



Image: The bench folds quickly in 2 steps for easy storage, saving up to 80% space.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your FLYBIRD Adjustable Folding Weight Bench.

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. The PU leather is sweat-resistant and easy to clean.
- **Fasteners:** Periodically check all bolts, nuts, and adjustment pins to ensure they are tight. Tighten any loose fasteners.
- **Moving Parts:** Ensure all moving parts (e.g., backrest hinge, folding mechanisms) operate smoothly. Lubricate with a silicone-based spray if necessary, avoiding contact with upholstery.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures to prevent material degradation.

6. TROUBLESHOOTING

If you encounter any issues with your FLYBIRD Adjustable Folding Weight Bench, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose fasteners; uneven surface.	Ensure all bolts and nuts are tightened. Move the bench to a flat, level surface.
Backrest/foot support difficult to adjust.	Adjustment pin not fully disengaged; mechanism stiff.	Ensure the adjustment pin is pulled out completely. Apply a small amount of silicone lubricant to the moving parts if stiff.
Squeaking noises during use.	Loose connections; friction between metal parts.	Check and tighten all fasteners. Apply silicone lubricant to pivot points.

Problem	Possible Cause	Solution
Bench does not fold easily.	Folding mechanism obstructed or stiff.	Ensure no objects are obstructing the folding path. Check that adjustment pins are fully released. Lubricate folding points if necessary.

If the problem persists or if you encounter an issue not listed here, please contact FLYBIRD customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	FLYBIRD
Model Number	GEAR-EU
Material	High-quality Steel Frame (1.5 mm thick tube), PU Leather, High-density Foam
Item Weight	11.6 Kilograms (25.6 lbs)
Maximum Weight Capacity	318 Kilograms (700 lbs)
Unfolded Dimensions (L x W x H)	109 cm x 40 cm x 48 cm (43 in x 15.7 in x 18.9 in)
Folded Dimensions (L x W)	40.6 cm x 25.4 cm (16 in x 10 in)
Backrest Adjustment Angles	8 positions (Flat, Incline, Decline, Vertical)
Foot Support Adjustment Heights	3 positions
Included Accessories	2 Resistance Bands

Réveil musculaire avec bandes

Bandes doubles : changement avant-arrière rapide !



Image: Key dimensions of the FLYBIRD Adjustable Folding Weight Bench.

Pliage rapide en 2 étapes

Idéal pour les appartements

Facile à ranger



Image: Stable trapezoidal support with 1.5mm thick steel tubing and a 40.6 cm wide base for enhanced stability.

Image: Double-sided gear mechanism provides reinforced support for a heavy load capacity of 318 kg.

8. WARRANTY AND SUPPORT

FLYBIRD is committed to providing high-quality fitness equipment and excellent customer service.

- **Warranty:** Specific warranty details may vary by region and retailer. Please refer to your purchase documentation or the FLYBIRD official website for comprehensive warranty information.
- **Customer Support:** For any questions, concerns, or assistance with your product, please contact FLYBIRD customer service. They are available to help with accessory issues or general inquiries.
- **Contact Information:** Refer to the contact details provided on the FLYBIRD official website or your purchase receipt.

FLYBIRD aims for strict quality control and offers effective after-sales service to ensure customer satisfaction.