

YOLEO WBX-500

YOLEO 1980LBS Adjustable Weight Bench Set WBX-500 Instruction Manual

Model: WBX-500 | Brand: YOLEO

1. IMPORTANT SAFETY INFORMATION

Before assembling or using the YOLEO Adjustable Weight Bench Set, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property 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.
- Use the safety bar catches when performing exercises like bench presses or squats.
- Do not exceed the maximum weight capacities: Weight Bench (880LBS), Squat Rack (660LBS), Leg Frame (440LBS).
- Place the equipment on a flat, stable surface.
- Inspect the equipment for wear or damage before each workout. Do not use if damaged.

2. PRODUCT OVERVIEW

The YOLEO Adjustable Weight Bench Set is a versatile all-in-one home gym solution designed for a full-body workout. It features a 47.44-inch wide grip rack, an adjustable backpad, leg extension, and preacher curl attachments.



Image: Complete YOLEO Adjustable Weight Bench Set with all attachments.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, please contact customer support.

- Main Frame Components (Uprights, Base Bars)
- Adjustable Weight Bench (Seat and Backpad)
- Squat Rack Attachments (Bar Catches, Safety Bars)
- Leg Extension/Curl Attachment
- Preacher Curl Attachment
- Assembly Hardware (Bolts, Nuts, Washers, Wrenches, Allen Key)
- Instruction Manual



Image: All parts included in the YOLEO Weight Bench Set package.

4. SETUP AND ASSEMBLY

Follow these steps carefully to assemble your YOLEO Weight Bench Set. It is recommended to have two people for assembly.

Assembly Video Guide

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Video: Detailed assembly instructions for the YOLEO Weight Bench Set.

Step-by-Step Instructions:

- 1. Assemble the Base Frame:** Connect the main base bars (E) to the upright supports (C and D) using the provided carriage bolts (M10x70mm) and tighten with the open wrench. Ensure the large holes face outward and small holes face inward as shown in the diagram.
- 2. Attach Squat Rack Components:** Insert the adjustable uprights into the base supports. Secure the bar catches (H) and safety bar catches (J) at your desired height using the M10x55mm knobs and pins.
- 3. Assemble Bench Seat Support:** Attach the seat support frame (K) to the seat pad (L) using M6x15mm screws and the Allen wrench.
- 4. Connect Bench to Main Frame:** Secure the assembled seat support to the main frame using carriage bolts (M10x45mm) and the metal support (8).
- 5. Attach Backrest Support:** Connect the backrest support (R) to the backrest pad (Q) using hex bolts (M10x165mm) and bolts (M8x35mm).
- 6. Install Leg Extension/Curl:** Attach the leg extension/curl arm (V) to the front of the bench frame using the hex bolt (M10x60mm) and secure with the clamp. Slide the foam rollers (Y) onto the bars (W) and secure with the pin.
- 7. Install Preacher Curl:** Attach the preacher curl pad (U) to its support post (T) using M6x15mm screws. Insert the post into the designated slot on the bench and secure with the M10x55mm knob and M8x15mm knob.

5. OPERATING INSTRUCTIONS

This section details how to use the various functions of your YOLEO Weight Bench Set.

Bench Adjustments:

The backpad offers 8 adjustment settings, from -30° decline to 90° incline. To adjust, pull the safety pin located under the backrest, move the backrest to the desired angle, and re-insert the pin securely.

MULTI-ADJUSTMENT WORKOUT BENCH



Image: Bench adjustment angles for various exercises.

Squat Rack Usage:

The 47.44-inch wide grip rack accommodates 7ft Olympic bars. Adjust the height of the bar catches and safety bar catches by pulling out the pins and re-inserting them at the desired level. Always use the safety bar catches for solo workouts.



Image: Wide grip rack for comfortable bench presses and squats.

Leg Extension/Curl and Preacher Curl:

Attach weight plates to the leg frame for leg extensions and curls. The preacher curl attachment provides an isolated platform for bicep curls. Both attachments are height adjustable for user comfort.

Workout Demonstration Video:

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Video: Demonstration of various exercises using the YOLEO Weight Bench Set, including bench press, squats, leg extensions, and preacher curls.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your equipment.

- **Cleaning:** Wipe down the pads and frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and pins for tightness. Tighten as necessary.
- **Wear and Tear:** Inspect upholstery for tears or excessive wear. Check foam rollers for damage. Replace worn parts

promptly.

- **Lubrication:** Apply a small amount of lubricant to moving parts (e.g., adjustment pins) if they become stiff.

7. TROUBLESHOOTING

If you encounter any issues with your YOLEO Weight Bench Set, refer to the following common solutions:

- **Equipment Wobbles:** Ensure the equipment is on a flat surface. Check and tighten all assembly bolts and nuts.
- **Difficulty Adjusting Bench/Rack:** Ensure the adjustment pins are fully disengaged before attempting to move components. Clean any debris from adjustment holes and apply lubricant if needed.
- **Noisy Operation:** Check for loose bolts or components. Tighten as necessary. Lubricate moving parts.

If problems persist, please contact YOLEO customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	YOLEO
Model Number	WBX-500
Item Weight	81.6 Pounds
Material	Alloy Steel
Product Dimensions (LxWxH)	93.7"D x 47.44"W x 61.54"H
Weight Limit (Total)	1980 Pounds
Weight Bench Capacity	880 LBS
Squat Rack Capacity	660 LBS
Leg Frame Capacity	440 LBS
Backpad Adjustment	-30° to 90° (8 settings)
Rack Width	47.44 inches

9. WARRANTY AND SUPPORT

YOLEO offers a 10-year coverage on the frame and components of this Adjustable Weight Bench Set, ensuring your investment is protected for the long term.

For any questions or concerns, our dedicated 24/7 customer support team is available to assist you. Please refer to the contact information provided in your purchase documentation or visit the official YOLEO website for support.

