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ANCHEER jktnt01

ANCHEER Olympic Weight Bench Set with Squat Rack Instruction Manual

Model: jktnt01 | **Brand:** ANCHEER

Introduction

This manual provides essential instructions for the safe assembly, operation, and maintenance of your ANCHEER Olympic Weight Bench Set with Squat Rack. Please read this manual thoroughly before assembly and use to ensure proper function and to prevent injury. Keep this manual for future reference.
The ANCHEER Weight Bench is designed for home gym strength training, offering versatility for various exercises including bench presses, squats, leg extensions, and leg curls. Its adjustable features and robust construction are engineered for user safety and effective workouts.

Important Safety Information

- Consult a physician before starting any exercise program.
- Read all instructions carefully before assembly and use.
- Assemble the bench on a flat, stable surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 900 lbs (408 kg).
- Keep children and pets away from the equipment during use.
- Inspect the equipment for wear or damage before each workout. Do not use if damaged.
- Use proper lifting techniques and always use a spotter when lifting heavy weights.

Setup and Assembly

Your ANCHEER Weight Bench requires assembly. All components are individually packaged and labeled for ease of identification. A detailed assembly guide is included with your product. Please follow those instructions carefully.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all parts listed in the assembly guide are present and undamaged.
2. **Prepare Workspace:** Choose a clear, flat, and stable area for assembly. Lay out a protective mat to prevent damage to your floor and the equipment.
3. **Follow Assembly Guide:** Refer to the step-by-step instructions and diagrams provided in the separate assembly manual. Ensure all bolts, washers, and nuts are correctly placed and tightened.
4. **Initial Inspection:** Once assembled, thoroughly inspect the entire structure. Confirm all connections are secure and that the bench is stable and level.



Figure 1: Partial view of the ANCHEER weight bench assembly, showcasing the weight plate storage rods and structural details. The bench features three 2-in-1 weight storage rods compatible with both 1-inch and 2-inch weight plates, and is constructed from 2mm thick steel for durability. It also highlights the 3-second fast-folding mechanism for space-saving storage.

Operating Instructions and Adjustments

The ANCHEER Weight Bench offers multiple adjustment points to customize your workout experience and target various

muscle groups effectively.

Adjusting the Bench

- **Backrest Adjustment:** The backrest features 7 levels of adjustment, allowing for incline, flat, and decline positions. To adjust, pull the adjustment pin, move the backrest to the desired angle, and ensure the pin locks securely into place.
- **Rack Adjustment:** The squat rack has 4 levels of height adjustment. This allows you to set the barbell catch height appropriate for your exercise and height. Always ensure the rack is securely locked before loading weights.
- **Front Leg Foam Roller Adjustment:** The front leg foam rollers have 2 levels of adjustment, optimizing comfort and support during leg exercises like leg extensions and leg curls.



Figure 2: Visual guide to the 7-level backrest, 4-level rack, and 2-level front leg foam roller adjustments, enabling multi-level resistance and adaptive training scenarios.

Performing Exercises

The ANCHEER Weight Bench supports a wide range of exercises. Always ensure the bench is stable and adjusted correctly for your chosen exercise.

- **Bench Press:** Adjust the backrest to a flat or incline position. Position yourself on the bench with your feet flat on the floor. Use the squat rack to safely unrack and re-rack the barbell.
- **Arm Rowing:** Utilize the bench for support during dumbbell rows or other arm-focused exercises.
- **Leg Extension:** Sit on the bench, hook your feet under the foam rollers, and extend your legs against the resistance. The optimized leg developer offers an almost 180° motion trajectory for effective thigh muscle engagement.
- **Leg Curl:** Lie face down on the bench, hook your heels under the foam rollers, and curl your legs towards your glutes.



Figure 3: Examples of full-body workouts achievable with the ANCHEER weight bench, including Bench Press, Arm Rowing, Leg Extension, and Leg Curl.



Figure 4: Detailed view of the optimized leg part design during a leg curl, illustrating the wider flex range for full muscle engagement and preventing half reps.

Space-Saving Folding Mechanism

The ANCHEER Weight Bench features a fast-folding design, allowing for convenient storage in small spaces. To fold, follow the instructions in your assembly guide to safely collapse the bench. Ensure all pins are secured when folded for compact storage.



Figure 5: The ANCHEER weight bench in its folded state, demonstrating its 90% space-saving capability. Dimensions for both the operational and folded configurations are provided.

Maintenance

Regular maintenance ensures the longevity and safe operation of your ANCHEER Weight Bench.

- **Cleaning:** Wipe down the bench and frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Bolt Check:** Periodically check all bolts, nuts, and adjustment pins to ensure they are tight and secure. Tighten any loose fasteners immediately.
- **Inspect for Wear:** Regularly inspect the upholstery, foam rollers, and structural components for any signs of wear, cracks, or damage. Replace worn or damaged parts promptly.
- **Storage:** When not in use, especially for extended periods, store the bench in a clean, dry environment. Utilize its folding feature for compact storage.

Troubleshooting

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

- **Bench feels unstable or wobbly:**
  - Ensure all assembly bolts are fully tightened.
  - Verify the bench is on a flat, level surface.
  - Check that all adjustment pins are fully engaged and locked.
- **Adjustment pins are difficult to move or lock:**
  - Ensure there is no weight or pressure on the adjustable part when attempting to move the pin.
  - Clean any debris from the pin mechanism.
  - Apply a small amount of silicone-based lubricant if necessary.
- **Unusual noises during use:**
  - Check all connections for looseness and tighten as needed.
  - Ensure no parts are rubbing against each other incorrectly.

If problems persist, please contact ANCHEER customer support for assistance.

Product Specifications

Feature	Detail
Brand	ANCHEER
Model Number	jktnt01
Material	Alloy Steel
Color	Carbon
Product Dimensions (Unfolded)	77"D x 41"W x 48"H (195.6 cm D x 104.1 cm W x 121.9 cm H)
Item Weight	26.3 kg (58 lbs)
Weight Capacity (Maximum)	900 pounds (408 kg)
Backrest Adjustment	7 Levels (Incline, Flat, Decline)
Squat Rack Adjustment	4 Levels
Leg Foam Roller Adjustment	2 Levels
Weight Storage Rods	3 (Compatible with 1-inch & 2-inch plates)
UPC	840533800346



Figure 6: Details of the inclined design rack, featuring 4-base support for enhanced stability, and the trapezoidal backrest cushion designed for improved lumbar support and unrestricted arm movement.

Warranty Information

ANCHEER stands behind the quality of its products. For specific warranty terms and conditions applicable to your Olympic Weight Bench Set, please refer to the warranty card included with your product or contact ANCHEER customer support directly. Keep your proof of purchase for warranty claims.

Customer Support

If you have any questions, require assistance with assembly, operation, or encounter any issues with your ANCHEER Olympic Weight Bench Set, please do not hesitate to contact our customer support team.
ANCHEER is committed to responding and resolving any issues within 24 hours. Your satisfaction is our top priority.
Contact Information: Please refer to the contact details provided on the ANCHEER official website or in your product

packaging.
You can also visit the ANCHEER Store on Amazon for more information.

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