

XCHIEF US-208

XCHIEF Adjustable Weight Bench US-208 Instruction Manual

Model: US-208

1. IMPORTANT SAFETY INFORMATION

Before using the XCHIEF Adjustable Weight Bench, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property damage.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Proper Assembly:** Ensure the bench is fully and correctly assembled according to the instructions before use. Verify all bolts and nuts are securely tightened.
- **Weight Capacity:** Do not exceed the maximum weight capacity of **1000 LBS (453 kg)** for this bench. This includes user weight plus any weights being lifted.
- **Stable Surface:** Use the bench on a flat, stable, and non-slip surface to prevent tipping or movement during exercise.
- **Inspect Before Use:** Before each workout, inspect the bench for any signs of wear, damage, or loose parts. Do not use if any components are compromised.
- **Proper Form:** Always use proper exercise form to prevent injury. If you experience pain or discomfort, stop immediately.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Adjustments:** Ensure all adjustments (backrest, preacher pad, leg developer) are securely locked in place before beginning an exercise.

2. PRODUCT OVERVIEW

The XCHIEF Adjustable Weight Bench US-208 is a heavy-duty, foldable workout bench designed for comprehensive full-body exercise. It features a robust steel frame, high-density foam padding, and versatile attachments to support various strength training routines.

Key Features:

- **1000 LBS Weight Capacity:** Constructed with commercial-grade thickened steel for maximum durability and safety.
- **9-Position Adjustable Backrest:** Offers incline, decline, and flat positions for diverse exercises.

- **Adjustable Preacher Pad:** Features 5 height positions and 3 angles for targeted bicep workouts.
- **3-Position Adjustable Foot Holder:** Provides stability and comfort for various user heights and exercises.
- **Versatile 2-in-1 Leg Developer:** Compatible with both Olympic (2-inch) and standard (1-inch) weight plates for leg extensions and curls.
- **Foldable Design:** Easily folds for convenient storage, saving up to 80% space.
- **Comfortable & Ergonomic:** Wrapped in waterproof PU leather with dense foam padding for reduced muscle fatigue.



Figure 2.1: The XCHIEF Adjustable Weight Bench, showcasing its robust design and attachments.

3. SETUP AND ASSEMBLY

The XCHIEF Adjustable Weight Bench is designed for easy assembly, with most components pre-assembled. Follow these steps to complete the setup:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all hardware and components listed in the included manual are present.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools.

Ensure they are tightly fastened.

3. **Install Preacher Pad Assembly:** Attach the preacher pad support post to the designated slot on the bench frame. Secure it with the locking pin.
4. **Install Leg Developer:** Slide the leg developer assembly into its receiver on the front of the bench. Insert the locking pin to secure it.
5. **Attach Pads:** Ensure all seat, backrest, and preacher pads are securely attached to their respective frames.
6. **Final Check:** Double-check all connections and ensure all pins and knobs are fully engaged and tightened before first use.



Figure 3.1: The folding mechanism, which can be reversed for initial setup. Remove pins and locking knobs, then unfold.

4. OPERATING INSTRUCTIONS

The XCHIEF Adjustable Weight Bench offers multiple adjustment points to customize your workout for various exercises and user preferences.

4.1 Adjusting the Backrest

The backrest can be adjusted to 9 different positions, ranging from -30° (decline) to 90° (incline), including a flat position.

1. Locate the adjustment pin or lever at the base of the backrest.
2. Pull the pin/lever to release the backrest.
3. Adjust the backrest to your desired angle.
4. Release the pin/lever, ensuring it fully engages into one of the 9 locking positions. Verify stability before use.

4.2 Adjusting the Preacher Pad

The preacher pad offers 5 height adjustments and 3 angle positions for optimal bicep curl support.

1. **Height Adjustment:** Locate the height adjustment knob on the preacher pad support post. Unscrew and pull the knob, then slide the pad to one of the 5 desired height settings. Release the knob and ensure it locks into place.
2. **Angle Adjustment:** The preacher pad itself may have an additional adjustment mechanism to change its angle. Consult the specific markings on your unit and secure the angle as needed.

4.3 Adjusting Foot Positions

The foot holder has 3 adjustable positions to accommodate different leg lengths and exercise requirements.

1. Locate the adjustment pin or knob on the leg developer assembly for the foot rollers.
2. Pull or unscrew the pin/knob to release the foot holder.
3. Slide the foot holder to one of the 3 available positions.
4. Secure the pin/knob firmly.

4.4 Using the Leg Developer

The integrated 2-in-1 leg developer allows for leg extensions and curls. It is compatible with both 1-inch standard and 2-inch Olympic weight plates.

- Slide desired weight plates onto the weight rod. Ensure plates are secured with a collar (not included).
- For leg extensions, sit on the bench with your back supported and place your shins behind the lower foam rollers. Extend your legs upwards.
- For leg curls, lie face down on the bench (if applicable for your setup) or position yourself to place your heels under the upper foam rollers. Curl your legs upwards.

FAST ADJUSTMENT

90° TO -30° FULL BODY WORKOUT



Figure 4.1: Visual guide to the bench's adjustment points for backrest, preacher pad, and foot positions.

EXTRA LEG DEVELOPER

2 IN 1

WEIGH TROD

(WEIGHT CAPACITY $\approx$ 88LBS)



Olympic weight plates (2in)



Normal weight plates (1in)



Figure 4.2: Detail of the 2-in-1 leg developer, showing compatibility with different weight plate sizes.



Figure 4.3: Examples of exercises using the preacher curl pad and leg extension attachment.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning if necessary, then wipe dry. Avoid harsh chemicals.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins for tightness. Retighten as needed. Inspect the upholstery for tears or excessive wear, and foam rollers for damage.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts or adjustment mechanisms if they become stiff or noisy.
- **Storage:** When not in use, fold the bench as instructed (see Figure 3.1) and store it in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

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

- **Bench Feels Unstable:**
 - Ensure all assembly bolts are securely tightened.
 - Verify the bench is on a flat, level surface. Adjust the foot caps if your model includes them (see Figure 7.1).
 - Check that all adjustment pins (backrest, preacher pad, foot holder) are fully engaged.
- **Adjustments Are Stiff:**
 - Apply a small amount of silicone lubricant to the moving parts of the adjustment mechanisms.
 - Ensure no debris is obstructing the mechanism.
- **Noise During Use:**
 - Check and tighten all bolts and nuts.
 - Ensure the bench is on a stable surface.

If these steps do not resolve the issue, please contact XCHIEF customer service for further assistance.

7. SPECIFICATIONS

Specification	Detail
Brand	XCHIEF
Model Number	US-208
Material	Alloy Steel (Frame), PU Leather (Pads)
Color	Orange Black
Weight Limit	1000 pounds (approx. 453 kg)
Expanded Dimensions (L x W x H)	57.1" x 25.2" x 35~40.6" (approx. 145cm x 64cm x 89-103cm)
Folded Dimensions (L x W x H)	36" x 12.6" x 25.2" (approx. 91cm x 32cm x 64cm)
Item Weight	19 kg (approx. 41.9 lbs)
Backrest Positions	9 (Incline, Decline, Flat)
Preacher Pad Positions	5 Height, 3 Angle
Foot Positions	3

FAST FOLDING TO SAVE

80% SPACE



Figure 7.1: Detailed dimensions of the bench, including folded size for storage.



Figure 7.2: Close-up of key features such as the removable preacher curl pad, 2-in-1 barbell rack, double pole support, and adjustable foot caps.

8. WARRANTY AND CUSTOMER SUPPORT

XCHIEF is committed to providing high-quality products and excellent customer service.

8.1 Warranty Information

Your XCHIEF Adjustable Weight Bench is covered by a manufacturer's warranty against defects in materials and workmanship. Specific warranty terms and duration may vary. Please refer to the warranty card included with your product or contact customer service for detailed information.

8.2 Customer Support

If you have any questions, concerns, or require assistance with your product, please do not hesitate to contact the XCHIEF customer service team. We are dedicated to ensuring your satisfaction and will provide a satisfactory solution within 24 hours for any issues, especially those arising from transport or manufacturing defects.

Contact Information: Please refer to the contact details provided on the product packaging or the official XCHIEF website.

