

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [OPPSDECOR](#) /
- › [OPPSDECOR Standard Adjustable Weight Bench Set Instruction Manual](#)

OPPSDECOR RE601325

OPPSDECOR Standard Adjustable Weight Bench Set Instruction Manual

Model: RE601325

IMPORTANT SAFETY INFORMATION

Please read and understand all instructions and warnings before assembling or using the OPPSDECOR Standard Adjustable Weight Bench Set. Retain this manual for future reference.

- Consult a physician or qualified health professional before starting any new exercise program.
- Ensure all bolts, nuts, and adjustment pins are securely tightened before each use. Regularly check for loose components.
- Do not exceed the maximum weight capacity of 660 pounds (300 kg) for the bench and squat rack.
- Keep children and pets away from the equipment during use.
- Use the weight bench on a flat, stable, and non-slip surface.
- Perform warm-up exercises before starting your workout and cool-down exercises afterward.
- Stop exercising immediately if you experience pain, dizziness, nausea, or any unusual discomfort.
- Always use a spotter when lifting heavy weights, especially during bench press exercises.

PRODUCT OVERVIEW

The OPPSDECOR Standard Adjustable Weight Bench Set is a versatile piece of fitness equipment designed for comprehensive full-body strength training in a home gym environment. It integrates an adjustable workout bench with a squat rack, a leg developer, and a detachable preacher curl pad, offering a wide range of exercise possibilities.



Figure 1: OPPSDECOR Standard Adjustable Weight Bench Set with adjustable backrest and leg developer.

Your browser does not support the video tag.

Video 1: Overview of the OPPSDECOR Standard Weight Bench features and exercises.

PACKAGE CONTENTS

Before beginning assembly, carefully unpack all components and verify that you have received all parts listed below. Refer to the detailed parts diagram in your physical instruction manual for specific identification.

- Main Frame Components (Base, Uprights)
- Adjustable Backrest Cushion
- Seat Cushion
- Leg Developer Attachment with Foam Rollers
- Detachable Preacher Curl Pad
- Barbell Rack / Squat Rack Uprights
- Assembly Hardware (Bolts, Nuts, Washers, Pins)
- Assembly Tools (Wrenches, Allen Keys)

ASSEMBLY INSTRUCTIONS

Follow these general steps for assembling your OPPSDECOR Weight Bench. For detailed, step-by-step diagrams and part identification, please refer to the physical instruction manual included with your product.

1. **Unpack and Organize:** Lay out all components on a clean, flat surface. Group similar parts and hardware together.
2. **Assemble the Main Base:** Attach the front and rear stabilizer bars to the main frame using the specified bolts and washers. Do not fully tighten yet.
3. **Install the Uprights:** Secure the barbell rack uprights to the main base. Ensure they are oriented correctly.
4. **Attach the Bench Frame:** Connect the adjustable bench frame to the main structure.
5. **Mount Cushions:** Secure the backrest and seat cushions to their respective frames using the provided screws.
6. **Assemble Leg Developer:** Attach the leg developer unit to the front of the bench frame. Install the foam rollers.
7. **Install Preacher Curl Pad:** Insert the detachable preacher curl pad into its designated slot and secure it.
8. **Final Tightening:** Once all components are in place, go back and securely tighten all bolts and nuts.
9. **Stability Check:** Before first use, gently shake the assembled bench to ensure it is stable and all connections are secure.

FULLY BODY WORKOUT BENCH



Figure 2: Illustration of the adjustable backrest and leg developer components during assembly.

OPERATING INSTRUCTIONS

This section details how to use the various features of your OPPSDECOR Weight Bench for effective workouts.

Adjusting the Bench

The bench offers multiple adjustment options for the backrest and preacher curl pad to accommodate various exercises and user preferences.



Figure 3: Demonstrating the adjustment of the backrest and preacher curl pad.

Backrest Adjustment

To change the angle of the backrest (incline, flat, or decline), locate the adjustment pin at the rear support of the bench. Pull the pin out, adjust the backrest to one of the 4 available levels, and release the pin, ensuring it locks securely into the desired position.

Preacher Curl Pad Adjustment

The preacher curl pad can be adjusted to 3 different height levels or completely detached. To adjust, locate the adjustment knob or pin on its support post. Loosen or pull the pin, set the pad to your preferred height, and secure it. To detach, fully remove the pin and lift the pad off.

Using the Leg Developer

The dual-function leg developer allows for effective hamstring and quadriceps workouts.



Figure 4: Close-up view of the leg developer attachment.

Leg Extensions

Sit on the bench with your back supported by the backrest. Position your shins behind the lower foam rollers. Add appropriate weight plates to the weight post. Slowly extend your legs upwards, contracting your quadriceps, then return to the starting position in a controlled manner.

Leg Curls

Lie face down on the bench with your knees just off the edge. Position your heels under the upper foam rollers. Add appropriate weight plates. Slowly curl your legs upwards towards your glutes, contracting your hamstrings, then return to the starting position in a controlled manner.

Using the Squat Rack / Barbell Holders

The integrated squat rack provides secure support for barbells during various exercises.

USE DISPLAY



Figure 5: Example of using the squat rack for a bench press exercise.

Barbell Placement and Safety

Always ensure the barbell is centered and securely seated on the rack's hooks before and after each set. Use appropriate safety clips (not included) on the barbell to prevent weight plates from sliding off during exercise. Adjust the height of the barbell holders to match your exercise and height for safe lifting and re-racking.

MAINTENANCE AND CARE

Proper maintenance will extend the life of your OPPSDECOR Weight Bench and ensure safe operation.

- **Cleaning:** After each use, wipe down the bench cushions and metal frame with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish.
- **Regular Inspection:** Periodically inspect all nuts, bolts, and moving parts for tightness and signs of wear. Tighten any loose fasteners immediately. Check the condition of the cushions and foam rollers for tears or damage.
- **Storage:** Store the weight bench in a dry, cool environment away from direct sunlight and extreme temperatures to prevent material degradation.
- **Lubrication:** If any pivot points or adjustment mechanisms become stiff, apply a small amount of

silicone-based lubricant to ensure smooth operation.

TROUBLESHOOTING

This section addresses common issues you might encounter with your weight bench.

- **Bench feels unstable or wobbly:**

Ensure all assembly bolts and nuts are fully tightened. Verify that the bench is placed on a flat, level surface. Adjust the leveling feet (if present) to compensate for uneven floors.

- **Adjustment pins are difficult to pull or stick:**

Clean the adjustment pin and its housing to remove any debris. Apply a small amount of silicone lubricant to the pin if necessary. Ensure the pin is aligned correctly with the adjustment holes.

- **Squeaking noises during use:**

Identify the source of the squeak. It is often caused by loose fasteners or friction between metal parts. Tighten any loose bolts or apply a small amount of lubricant to the contact points.

SPECIFICATIONS

Feature	Detail
Brand	OPPSDECOR
Model Number	RE601325
Item Weight	21.5 Kilograms (approx. 47.4 lbs)
Material	Alloy Steel
Color	Crimson
Product Dimensions (LxWxH)	58"D x 43.5"W x 23.4"H (approx. 147.3cm D x 110.5cm W x 59.4cm H)
Weight Limit	661 Pounds (approx. 300 kg)
Backrest Adjustment Levels	4 levels (Incline, Flat, Decline)
Preacher Curl Pad Adjustment Levels	3 levels



Figure 6: Dimensions of the OPPSDECOR Standard Weight Bench Set.

WARRANTY AND SUPPORT

For warranty information, technical assistance, or to report any issues with your OPPSDECOR Standard Adjustable Weight Bench Set, please contact the customer service department of the retailer from whom you purchased the product. It is recommended to keep your purchase receipt or proof of purchase for warranty claims.

For additional product information and to explore other OPPSDECOR fitness equipment, please visit the official OPPSDECOR store:

[OPPSDECOR Store on Amazon](#)