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> [OPPSDECOR Adjustable Weight Bench with Squat Rack and Leg Developer \(Model GZX6009\) - User Manual](#)

## OPPSDECOR GZX6009

# OPPSDECOR Adjustable Weight Bench with Squat Rack and Leg Developer

Model: GZX6009

User Manual

### 1. IMPORTANT SAFETY INFORMATION

Before using your OPPSDECOR Adjustable Weight Bench, please read and understand all instructions and warnings. Keep this manual for future reference.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Weight Limit:** This weight bench is designed to support a maximum user weight of 600 pounds (272 kg). Do not exceed this limit.
- **Proper Assembly:** Ensure all components are correctly assembled and all bolts and nuts are securely tightened before each use.
- **Stable Surface:** Use the bench on a flat, stable, and non-slip surface to prevent tipping or injury.
- **Clearance:** Maintain adequate clearance around the bench during use to avoid obstructions.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Inspection:** Regularly inspect the bench for any signs of wear, damage, or loose parts. Do not use if damaged.
- **Spotter:** When lifting heavy weights, it is recommended to have a spotter for safety.

### 2. PACKAGE CONTENTS

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

Item	Description	Quantity
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Item	Description	Quantity
Main Frame	Base structure with squat rack uprights	1
Adjustable Bench	Padded seat and backrest	1
Leg Developer	Attachment for leg curls and extensions	1
Barbell Catches	Adjustable hooks for barbells	2
Weight Storage Posts	Posts for storing weight plates	3
Assembly Hardware	Bolts, nuts, washers, tools	1 set

### 3. SETUP AND ASSEMBLY

The OPPSDECOR Weight Bench is designed for quick and easy assembly. Follow these steps to set up your bench.

#### 3.1 Initial Assembly

1. Unpack all components and lay them out on a clean, flat surface.
2. Refer to the included assembly diagram for specific bolt and part identification.
3. Attach the main frame components, ensuring all connections are secure but not fully tightened until all parts are in place.
4. Install the adjustable bench and leg developer according to the diagram.
5. Once all parts are assembled, fully tighten all bolts and nuts.

#### 3.2 Folding for Storage

The bench features a 3-second folding mechanism for convenient storage, saving up to 90% space.

1. Remove the spring pin and lock knob from the designated folding points.
2. Lift the backrest of the bench upwards.
3. Insert the pin back into the storage position to secure the folded bench.



Figure 3.1: Steps for folding the weight bench for compact storage.

Video 3.1: Demonstrates the quick adjustment and easy folding process of the OPPSDECOR weight bench for convenient storage.

## 4. OPERATING INSTRUCTIONS

The OPPSDECOR Adjustable Weight Bench offers multiple configurations for a comprehensive full-body workout.

### 4.1 Adjusting the Bench

The bench features 4 barbell rack height positions and 4 backrest positions, allowing for flat, incline, and decline exercises.

- **Backrest Adjustment:** To adjust the backrest angle, pull the adjustment pin located beneath the backrest, set it to the desired position (1-4), and release the pin to lock it in place.
- **Barbell Rack Adjustment:** To adjust the height of the barbell catches, remove the pin, slide the catch to the desired height, and re-insert the pin to secure it.



Figure 4.1: Adjustable positions for backrest and barbell rack, enabling various workout angles.

### 4.2 Utilizing the Leg Developer

The dual-function leg developer allows for targeted leg curls and leg extensions.

- **Leg Extensions:** Sit on the bench with your back supported, place your shins behind the foam rollers, and extend your legs upwards.
- **Leg Curls:** Lie face down on the bench with your knees just off the edge, place your heels under the foam rollers, and curl your legs upwards.
- **Adding Weight:** Weight plates can be added to the leg developer post for increased resistance.

## ROCK-SOLID DESIGN



Figure 4.2: Examples of full-body exercises using the bench and leg developer.

### 4.3 Exercise Examples

This versatile bench supports a wide range of exercises:

- **Chest:** Flat Bench Press, Incline Bench Press, Decline Bench Press, Dumbbell Flyes.
- **Shoulders:** Seated Overhead Press, Dumbbell Lateral Raises.
- **Arms:** Bicep Curls, Tricep Extensions, Dips (using the bench edge).
- **Legs:** Leg Extensions, Leg Curls.
- **Core:** Sit-ups (using the leg developer to secure feet).

Video 4.1: Demonstrates various exercises that can be performed using the OPPSDECOR bench, including chest presses and leg exercises.

Video 4.2: A user review showcasing the versatility and ease of use of the OPPSDECOR foldable weight bench for a home gym setup.

Video 4.3: Highlights the OPPSDECOR weight bench as a great starter option for a home gym, demonstrating various exercises.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the padded surfaces 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 to ensure they are tight. Tighten any loose fasteners immediately.
- **Foam Rollers:** Inspect foam rollers for tears or excessive wear. Replace if necessary.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures.



Figure 5.1: Key components to inspect for proper function and maintenance.



Figure 5.2: Quality materials used in the bench construction, ensuring durability and safety.

## 6. TROUBLESHOOTING

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

- **Bench Wobbles:** Ensure the bench is on a flat surface. Check all assembly bolts and nuts for tightness and re-tighten if necessary.
- **Adjustment Pins Stuck:** Clean any debris from the pinholes. Apply a small amount of lubricant if needed.
- **Padded Surfaces Damaged:** For minor scuffs, a leather repair kit may be used. For significant damage, contact customer support for replacement parts.
- **Difficulty Folding:** Ensure the spring pin and lock knob are fully disengaged before attempting to fold the bench.

## 7. SPECIFICATIONS

Specification	Detail
Brand	OPPSDECOR
Model Number	GZX6009
Item Weight	26.3 Kilograms (approx. 58 lbs)
Material	Alloy Steel
Color	Carbon
Product Dimensions (LxWxH)	61"D x 37"W x 44"H (155cm x 94cm x 112cm)
Weight Limit	600 Pounds (272 kg)
Frame Material	Alloy Steel

## 8. WARRANTY AND SUPPORT

OPPSDECOR is committed to providing high-quality products and customer satisfaction.

- **Satisfaction Guarantee:** If you encounter any problems with your product, especially those related to manufacturing defects or transit damage, please contact us.
- **Customer Service:** We promise to provide a satisfactory solution within 24 hours of your inquiry.
- **Lifetime Warranty:** An additional lifetime warranty is provided for your peace of mind. Please refer to the product registration or packaging for details on how to activate or claim this warranty.
- **Contact Information:** For support, please visit the official OPPSDECOR store on Amazon or use the contact details provided with your purchase.