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› OPPSDECOR Adjustable Weight Bench Instruction Manual (Model B0FSYC8VL2)

## OPPSDECOR B0FSYC8VL2

# OPPSDECOR Adjustable Weight Bench Instruction Manual

**MODEL: B0FSYC8VL2**

Brand: OPPSDECOR

## 1. Product Overview

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The OPPSDECOR Adjustable Weight Bench is designed for versatile home gym strength training. Constructed with alloy steel and a reinforced triangular structure, it boasts a 900 LBS load-tested capacity. This bench offers extensive adjustability with 8 backrest, 4 seat, and 2 footrest positions, ranging from 90° to -30°. Its foldable design allows for easy storage, making it suitable for various living spaces.



*Image: The OPPSDECOR Adjustable Weight Bench, showcasing its sturdy design and black finish with red accents.*

## 2. Safety Information

- Consult a physician before starting any exercise program.
- Always inspect the bench for loose parts or damage before each use. Do not use if damaged.
- Ensure all adjustment knobs and pins are securely locked in place before beginning an exercise.
- Do not exceed the maximum weight capacity of 900 LBS (including user weight and weights lifted).
- Maintain proper form during exercises to prevent injury.
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.

## 3. Package Contents

Upon receiving your OPPSDECOR Adjustable Weight Bench, please verify that all components are present and undamaged. The bench arrives 90% pre-assembled, with minimal parts requiring attachment.



Image: An exploded view of the weight bench components, including the main frame, seat, backrest, footrest, and small hardware.

## 4. Assembly Instructions

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Your OPPSDECOR Adjustable Weight Bench is designed for quick and easy setup, arriving 90% pre-assembled. You can be ready for your workout in under 5 minutes.

1. Carefully remove all components from the packaging.
2. Unfold the main frame of the bench.
3. Attach the front and rear stabilizer bases using the provided hardware. Ensure they are securely fastened.
4. Attach the footrest assembly to the designated slot.
5. Verify all connections are tight and the bench is stable before use.

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Video: A user demonstrates the easy assembly and folding process of the OPPSDECOR Adjustable Weight Bench, highlighting its convenience for small spaces.

## 5. Adjusting the Bench Positions

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The OPPSDECOR Adjustable Weight Bench offers extensive customization for various exercises:

- **Backrest:** 8 adjustable positions, from 90° (upright) to -30° (decline).
- **Seat:** 4 adjustable positions to complement backrest angles.
- **Footrest:** 2 adjustable positions for securing legs during decline or sit-up exercises.

To adjust, simply use the