

Manuals+

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

Manuals.plus /

› [K KINGKANG](#) /

› K KINGKANG Adjustable Weight Bench RM02 User Manual

K KINGKANG RM02

K KINGKANG Adjustable Weight Bench RM02 User Manual

Model: RM02 | Brand: K KINGKANG

1. SAFETY INFORMATION

Please read and understand all instructions before assembling and using the K KINGKANG Adjustable Weight Bench. Retain this manual for future reference.

- **Weight Limit:** This bench is designed to support a maximum user weight of 500 lbs (227 kg). Do not exceed this weight limit.
- **Assembly:** Ensure all bolts, nuts, and adjustment pins are securely tightened before each use. Improper assembly can lead to injury.
- **Placement:** Use the bench on a flat, stable surface. Avoid using it on uneven ground.
- **Adjustments:** Always ensure adjustment mechanisms are fully engaged and secured before beginning an exercise.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Medical Advice:** Consult a physician before starting any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Maintenance:** Regularly inspect the bench for wear and tear, loose parts, or damage. Do not use if damaged.

2. PACKAGE CONTENTS

Verify that all components are present and undamaged before proceeding with assembly. If any parts are missing or damaged, contact K KINGKANG customer support.

- Main Frame Assembly
- Backrest Pad
- Seat Pad
- Preacher Curl Pad (if applicable)
- Foot Support Tube
- Ankle Rollers
- Adjustment Pins/Knobs
- Assembly Hardware (bolts, washers, nuts, wrenches)
- Instruction Manual

3. SETUP AND ASSEMBLY

Follow these steps to assemble your K KiNGKANG Adjustable Weight Bench. It is recommended to have two people for easier assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Check against the package contents list.
2. **Attach Front Stabilizer:** Secure the front stabilizer bar to the main frame using the provided bolts and wrenches. Ensure a tight fit.
3. **Attach Rear Stabilizer:** Connect the rear stabilizer bar to the main frame, ensuring all connections are firm.
4. **Install Foot Support Tube:** Slide the foot support tube into its designated slot on the main frame. Secure it with the appropriate adjustment pin.
5. **Attach Ankle Rollers:** Slide the foam ankle rollers onto the foot support tube.
6. **Mount Backrest and Seat Pads:** Attach the backrest and seat pads to their respective frames using the provided screws.
7. **Connect Adjustable Sections:** Assemble the adjustable backrest and seat sections to the main frame using the pivot bolts and adjustment pins. Ensure all pins click securely into place.
8. **Final Check:** Double-check all bolts, nuts, and pins to ensure they are fully tightened and secured before first use.

Assembly Demonstration Video

Video: Detailed assembly guide for the K KiNGKANG Adjustable Weight Bench, demonstrating each step from unpacking to final setup.

Product Features and Adjustments

MULTIFUNCTIONAL DUMBBELL BENCH

MEET DIFFERENT NEEDS



Image: This illustration highlights the various adjustment points on the K KINGKANG bench, including 6 positions for the backrest, 4 positions for the foot support, and 3 positions for the seat cushion, allowing for versatile workout configurations.

4. OPERATING INSTRUCTIONS AND EXERCISES

The K KINGKANG Adjustable Weight Bench is designed for a variety of exercises. Adjust the bench to suit your specific workout needs and body type.

Adjustments:

- **Backrest Adjustment:** The backrest has multiple adjustable positions (e.g., 6 positions) for incline, flat, and decline exercises. Pull the adjustment pin, set to desired angle, and ensure the pin locks securely.
- **Seat Cushion Adjustment:** The seat cushion offers 3 adjustable positions. Adjust to provide optimal support for different exercises.
- **Foot Support Tube Adjustment:** The foot support tube has 4 holes for height adjustment. This is crucial for hyper back extensions and sit-ups to ensure proper leg bracing.

- **Pastor Curl Pad Adjustment:** The pastor curl pad has 5 adjustable heights for arm exercises.
- **Adjustable Length:** The bench features 5 adjustable lengths to accommodate different user heights, preventing head contact with the ground during sit-ups.

Common Exercises:

- **Hyper Back Extensions (Roman Chair):** Adjust the foot support and hip pads to comfortably support your lower body. Perform controlled movements to strengthen your lower back and glutes.
- **Sit-ups/Crunches:** Adjust the bench to a decline position and secure your feet under the ankle rollers. Perform abdominal exercises.
- **Dumbbell Bench Presses:** Adjust the backrest to flat or incline positions for chest exercises with dumbbells.
- **Dumbbell Rows:** Use the bench for support during single-arm dumbbell rows to target back muscles.
- **Preacher Curls:** Utilize the preacher curl pad for isolated bicep workouts.

Exercise Demonstration Video

Video: This video demonstrates various exercises that can be performed on the KINGKANG Adjustable Weight Bench, including dumbbell curls, rows, and hyper back extensions, showcasing its versatility.

Target Major Muscle Groups



TARGET MAJOR MUSCLE GROUPS

Image: A visual guide illustrating how the K KINGKANG bench can be used to target major muscle groups through exercises like sit-ups, hyper back extensions, squats, and bicep curls.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your weight bench.

- **Cleaning:** Wipe down the pads and frame with a damp cloth after each use to remove sweat and dirt. For the padded surfaces, use a mild soap solution if necessary, then wipe dry.
- **Inspection:** Periodically check all nuts, bolts, and adjustment pins for tightness. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts or adjustment pins if they become stiff.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures to prevent material degradation.
- **Upholstery Care:** The padded surfaces are made of durable material. To prevent fraying or splitting, especially in dry climates, consider applying a suitable conditioner once a month.

6. TROUBLESHOOTING

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

- **Bench feels unstable:** Ensure all assembly bolts are securely tightened. Check that the bench is on a flat, level surface. Adjust the height of the rotating rear footrest if the ground is uneven.
- **Adjustment pin is stuck:** Apply a small amount of lubricant to the pin and the corresponding hole. Gently wiggle the pin while pulling to release it.
- **Squeaking noises:** Identify the source of the noise and apply a small amount of lubricant to the pivot points or joints.
- **Pads are uncomfortable:** Ensure the pads are correctly installed and not shifted. While the foam is firm for support, ensure your body is properly positioned for the exercise.

7. SPECIFICATIONS

Feature	Specification
Brand	K KiNGKANG
Model	RM02
Item Weight	38 Pounds (17.2 kg)
Material	Carbon Steel (Frame), Breathable Leather (Upholstery)
Product Dimensions (LxWxH)	54.3"D x 21.5"W x 27.5"H (137.9 x 54.6 x 69.8 cm)
Weight Limit	500 Pounds (227 kg)
Backrest Adjustment	Multiple positions (e.g., 6 positions)
Seat Cushion Adjustment	3 positions
Foot Support Tube Adjustment	4 holes for height adjustment
Pastor Curl Pad Adjustment	5 adjustable heights
Adjustable Length	5 adjustable lengths

8. WARRANTY AND SUPPORT

For warranty information, product support, or to inquire about replacement parts, please contact K KiNGKANG customer service directly. Refer to the product packaging or the official K KiNGKANG website for contact details.

Online Support: Visit the [K KiNGKANG Store on Amazon](#) for additional product information and support resources.