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› OPPSDECOR Standard Weight Bench Set with Squat Rack Instruction Manual

OPPSDECOR Weight Bench 5952

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Model: Weight Bench 5952

IMPORTANT SAFETY INFORMATION

Before assembling or using this weight bench, please read and understand all instructions. Failure to follow these instructions may result in injury or damage to the product.

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts, nuts, and other connections are securely tightened before each use.
- Regularly inspect the equipment for any signs of wear or damage. Immediately replace any worn or damaged parts.
- Do not exceed the maximum weight capacity of 600 pounds for the bench.
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.

This weight bench features a stable triangular structure with upgraded pins to securely hold the barbell. Non-slip rubber pads protect your floor and enhance stability during exercise.

UPGRADED COMMERCIAL STEEL FRAME

Stability and Safety

600 LBS

- **High Density Steel**
- **High Strength Bolt**
- **High Precision Weld**



ASTM

The upgraded commercial steel frame ensures stability and safety, supporting up to 600 pounds. It features high-density steel, high-strength bolts, and high-precision welds.

SETUP AND ASSEMBLY

Detailed installation instructions are provided with the product to facilitate assembly. The weight bench is designed for straightforward setup.

Folding and Unfolding

The bench is foldable to save space. To fold, remove the locking pin and fold the backrest upright. Insert the lock pin to secure it in the folded position.



This image illustrates the two-step process for folding the weight bench, allowing for 90% space saving. Step 1: Pull out the lock knob and lock pin upright the backrest. Step 2: Insert the lock pin.

Assembly Video

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This video provides a visual guide to the assembly process of the OPPSDECOR Weight Bench, demonstrating how to put the components together.

OPERATING INSTRUCTIONS

This versatile weight bench is designed for a full-body workout, supporting various exercises including bench press, push-ups, sit-ups, dumbbell flies, leg extensions, and leg curls.

Adjusting the Backrest Angle

The backrest can be adjusted to 4 different angles (incline, decline, and flat positions) to accommodate various exercise needs. Adjust the crossbar to change the angle.



This image shows the adjustable backrest, which can be set to four different angles for varied workouts.

Adjusting Barbell Height

The weight rest provides 4 height position options for the barbell. Adjust the height quickly and easily to suit your height and exercise program. The pin design ensures the barbell is firmly placed.



This image demonstrates the four adjustable barbell height settings, ensuring optimal training position and secure placement with a pin mechanism.

Using the Dual-Function Leg Developer

The leg developer allows for targeted lower body workouts, including leg extensions and leg curls. Adjust the weight plates on the bar to change resistance and increase intensity.

FAST ADJUSTABLE

LEG CURL AND LEG EXTENSION

Leg Developer Can Improve Knee Stability and Overall Leg Strength



This image illustrates the use of the leg developer for both leg curls and leg extensions, targeting hamstrings, quadriceps, and calf muscles.

Exercise Examples



This image displays various exercises possible with the weight bench, including bench press, leg curl, and leg extension.



This image provides a detailed view of multiple exercises that can be performed with the OPPSDECOR weight bench, including dumbbell curls, leg exercises, dumbbell flys, and bench press.

Product Overview Video

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This video offers an overview of the OPPSDECOR Standard Weight Bench Set with Squat Rack, showcasing its features and functionality.

MAINTENANCE

To ensure the longevity and safe operation of your weight bench, regular maintenance is required:

- **Regularly Check and Tighten:** Periodically inspect all nuts, bolts, and connection points. Tighten any loose components to maintain structural integrity.
- **Inspect for Wear:** Check for any signs of wear, cracks, or damage on the frame, padding, and moving parts.
- **Replace Worn Parts:** Immediately replace any worn or damaged parts to prevent potential hazards.
- **Cleaning:** Wipe down the bench with a damp cloth after use to remove sweat and dirt. Avoid abrasive cleaners.

TROUBLESHOOTING

If you encounter any issues with your OPPSDECOR Weight Bench, consider the following:

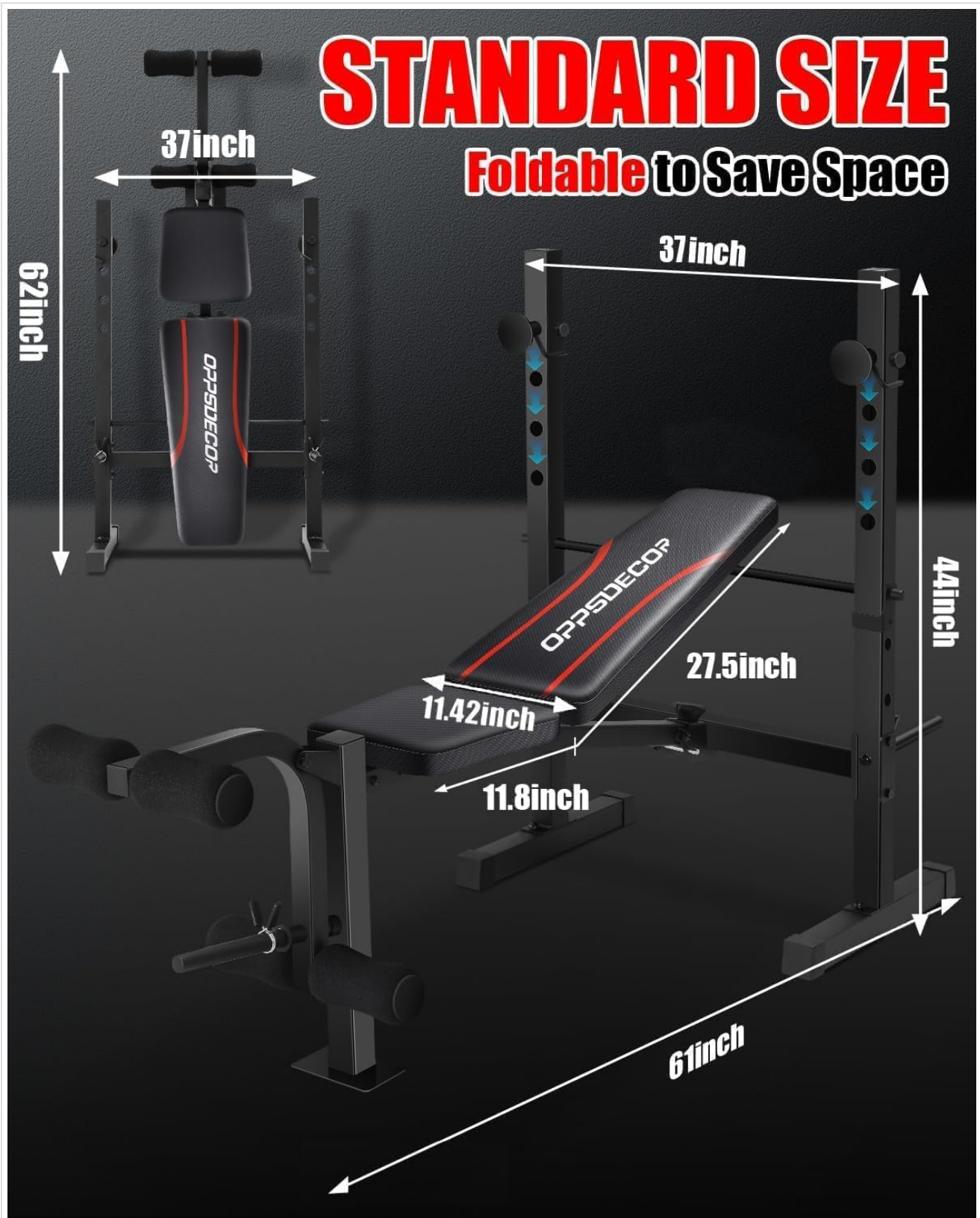
- **Instability:** Ensure the bench is placed on a flat, even surface. Check that all assembly bolts are securely tightened.
- **Adjustment Difficulties:** Verify that adjustment pins are fully engaged and not obstructed. Ensure no debris is preventing smooth movement of adjustable parts.

- **Unusual Noises:** Inspect all connections for looseness. Lubricate moving parts if necessary, using a silicone-based lubricant.

For persistent issues or concerns not addressed here, please contact customer service.

SPECIFICATIONS

Feature	Detail
Brand	OPPSDECOR
Model Number	Weight Bench 5952
Item Weight	47.6 Pounds
Material	Alloy Steel
Color	Black
Product Dimensions (D x W x H)	61"D x 37"W x 44"H
Weight Limit	600 Pounds
Backrest Angles	4 adjustable positions (Incline, Decline, Flat)
Barbell Height Positions	4 adjustable positions
Leg Developer	Dual-function (Leg Extension, Leg Curl)
Foldable	Yes, for space saving



This image provides the standard dimensions of the weight bench, both in use and folded for storage.

WARRANTY AND SUPPORT

The weight bench structure is backed by a lifetime warranty, ensuring confidence in its durability and quality.

- **2-Year Part Replacement:** If any non-human damage occurs within 2 years of purchase, contact customer

service for part replacement.

- **Customer Service:** OPPSDECOR is committed to providing high-quality service with friendly 24-hour customer support.

For any inquiries or support needs, please refer to the contact information provided with your purchase or visit the official OPPSDECOR website.