

[Manuals.plus](#) /

› [YOLEO](#) /

› YOLEO Adjustable Weight Bench Instruction Manual (Model 20234411)

YOLEO 20234411

YOLEO Adjustable Weight Bench Instruction Manual

Model: 20234411 | Brand: YOLEO

INTRODUCTION

Thank you for choosing the YOLEO Adjustable Weight Bench. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read all instructions carefully before assembly and operation. This bench is designed for home gym use, offering a versatile platform for various strength training exercises.



Image: The YOLEO Adjustable Weight Bench supporting a user performing barbell squats, demonstrating its 827 LBS capacity and sturdy design.

Safety Information

- Consult a physician before starting any exercise program.
- Ensure the bench is placed on a flat, stable surface.
- Always check that all adjustment pins are securely locked before use.
- Do not exceed the maximum user weight of 330 LBS or the total weight capacity of 827 LBS.
- Keep children and pets away from the equipment during use.
- Inspect the bench for any damage or loose parts before each workout. Do not use if damaged.
- Use proper lifting techniques and controlled movements to prevent injury.

Setup

The YOLEO Adjustable Weight Bench arrives 98% pre-assembled, requiring minimal setup. Follow these steps to prepare your bench for use:

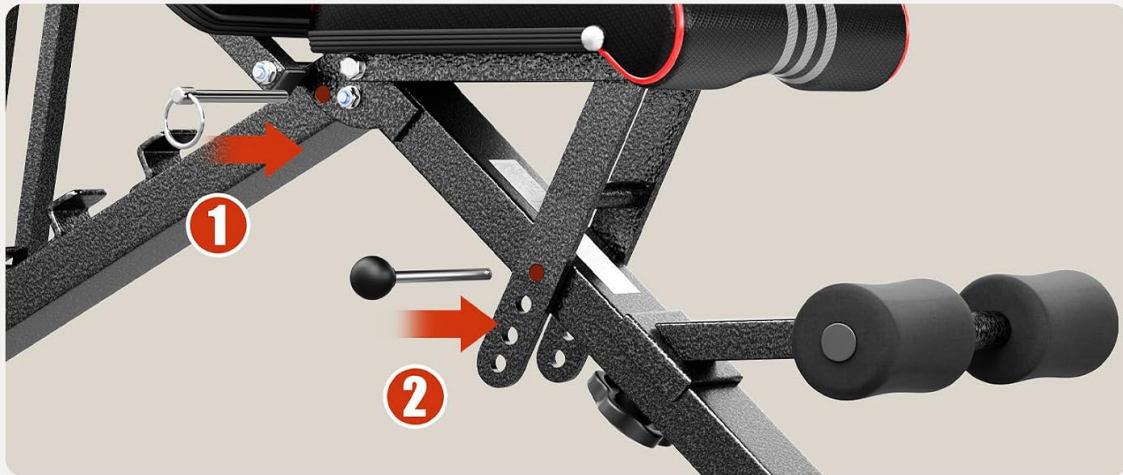
1. **Unpack:** Carefully remove the bench from its packaging.

2. **Unfold:** Gently unfold the bench to its upright position.
3. **Insert Pins:** Locate the two pre-attached pins (one ring pin and one ball pin). Insert these pins into their designated holes to lock the bench frame securely. Ensure they are fully engaged.
4. **Attach Leg Pad (Optional):** If desired, attach the optional leg pad for additional exercise variety. This component can be installed at your convenience.

Your bench is now ready for use. This process typically takes less than 60 seconds.

Ready in 5 Seconds

Extremely Easy to Assemble



98% Complete Assembly. No Tools



Image: Visual guide illustrating the insertion of the ring pin (1) and ball pin (2) to secure the bench frame, highlighting the quick 5-second assembly.

OPERATING INSTRUCTIONS

The YOLEO Adjustable Weight Bench offers 84 possible positions through its 7 back, 4 seat, and 3 leg adjustments. This versatility allows for a wide range of exercises.

Adjusting the Bench

- **Backrest Adjustment:** Lift the backrest slightly and pull the ladder-lock mechanism away from the frame. Adjust the backrest to one of the 7 desired angles (e.g., flat, incline, upright) and release the mechanism, ensuring it securely locks into place.

- **Seat Adjustment:** Similarly, adjust the seat to one of the 4 available positions by lifting and repositioning it. Ensure it clicks into a stable position.
- **Leg Pad Adjustment:** The leg pad can be adjusted to 3 different heights to accommodate various exercises and user heights.

84 Adjustable Positions

7 Back · 4 Seat · 3 Leg Adjustments



Image: A detailed diagram illustrating the 7 back, 4 seat, and 3 leg adjustments, showcasing the range of angles from -29° decline to 72° incline.

Exercise Examples

This bench supports exercises targeting chest, back, shoulders, arms, legs, and core. Examples include:

- **Flat Bench Press:** For overall chest development.
- **Incline Dumbbell Fly:** Targets upper chest.
- **Decline Crunch:** Engages lower abdominal muscles.
- **Upright Shoulder Press:** Works shoulders.
- **Bulgarian Split Squat:** Strengthens legs and glutes.
- **Seated Curl:** Isolates biceps.

Every Muscle. One Weight Bench

Chest · Back · Shoulders · Arms · Legs · Core



Bulgarian Split Squat



Dumbbell Row



Hip Thrust



Step Up



Tricep Dip



Bicep Curl

Image: A visual guide demonstrating various exercises possible with the YOLEO Adjustable Weight Bench, including Bulgarian Split Squats, Dumbbell Rows, Hip Thrusts, Step Ups, Tricep Dips, and Bicep Curls.

MAINTENANCE

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

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap and water for deeper cleaning, then dry thoroughly. Avoid harsh chemicals.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins to ensure they are tight and secure. Tighten any loose fasteners.
- **Storage:** When not in use, the bench can be folded for compact storage. Pull the two pins to collapse the bench to 31.5"x12.6"x13". Store in a dry area away from direct sunlight and extreme temperatures.
- **Padding Care:** The premium PU leather padding is designed for durability. Avoid sharp objects that could puncture or tear the material.

Details That Last Years

Built to last. Rep after rep



Industrial Grade Hardware
Stays Tight Every Rep



Firm-Density Foam
Stays Thick Over Time



Anti-Slip Covering
Sweat Resistant



Thick Powder Coat
Rust & Scratch Proof

Image: Detailed views of the bench's industrial-grade hardware, firm-density foam, anti-slip covering, and thick powder coat, highlighting its durable construction.

Fold. Store. Move

Compact Adjustable Bench for Small Spaces



Image: Visual instructions on folding the bench for compact storage, showing it can be stored under a bed or carried using its transport handle.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench feels unstable or wobbles	Uneven floor surface; loose fasteners; adjustment pins not fully engaged.	Ensure bench is on a flat surface. Check and tighten all bolts and nuts. Verify adjustment pins are securely locked.
Difficulty adjusting backrest/seat	Mechanism obstructed; dirt/debris in locking slots.	Ensure no obstructions. Clean locking slots. Apply a small amount of silicone lubricant if necessary (avoiding padding).
Bench does not fold correctly	Pins not fully removed; obstruction in folding mechanism.	Ensure both the ring pin and ball pin are completely removed. Check for any objects blocking the folding joints.

SPECIFICATIONS

Feature	Detail
Brand	YOLEO
Model Number	20234411
Material	Alloy Steel (Frame), Premium PU Leather (Padding)
Color	Black
Product Dimensions (Unfolded)	41"D x 12.6"W x 42.5"H
Folded Dimensions	Approx. 31.5"L x 12.6"W x 13"H
Item Weight	23.15 Pounds
Weight Limit (ASTM-Certified)	827 Pounds
Max User Weight	330 Pounds
Backrest Adjustments	7 Positions
Seat Adjustments	4 Positions
Leg Pad Adjustments	3 Positions
Seat Width	13 inches
Backrest Length	28 inches

Built Wider. Built Longer

13" Wide Seat · 28" Extended Backrest



Image: A visual comparison highlighting the YOLEO bench's 13-inch wide seat and 28-inch extended backrest for enhanced support and comfort.

WARRANTY AND SUPPORT

The YOLEO Adjustable Weight Bench is backed by a **24-month warranty**, covering manufacturing defects and ensuring product quality. YOLEO is committed to customer satisfaction and provides **24-hour support** to address any inquiries or issues you may encounter.

For warranty claims, technical assistance, or general support, please contact YOLEO customer service through the retailer's platform or visit the official YOLEO website. Please have your model number (20234411) and proof of purchase ready when contacting support.

OFFICIAL PRODUCT VIDEOS

There are no official seller-created videos available for this product at this time. Please refer to the images and written instructions for guidance.

