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YOLEO B0HFCT6MNX

YOLEO Adjustable Weight Bench Instruction Manual

Model: B0HFCT6MNX

1. Introduction

The YOLEO Adjustable Weight Bench is designed for versatile strength training in a home gym environment. This bench is ASTM-certified for a capacity of 827 lbs, with a maximum user weight of 330 lbs, ensuring stability and safety during various exercises. It features a highly adjustable design with 84-90 positions for incline, decline, and flat workouts, and a foldable structure for convenient storage. The bench arrives 98% pre-assembled for quick setup.



Image: The YOLEO Adjustable Weight Bench, showcasing its design and compact form.

2. Safety Information

Please read and understand all safety instructions before using the YOLEO Adjustable Weight Bench. Failure to follow these instructions may result in serious injury.

- **Consult a Physician:** Before starting any new exercise program, consult with a healthcare professional.
- **Proper Assembly:** Ensure the bench is fully and correctly assembled and all locking pins are securely engaged before each use.
- **Stable Surface:** Always use the bench on a flat, level, and stable surface to prevent tipping.
- **Weight Limits:** Do not exceed the maximum weight capacity of 827 lbs (including user and weights) or the maximum user weight of 330 lbs.
- **Inspect Before Use:** Before each workout, inspect the bench for any signs of damage, loose parts, or wear. Do not use if damaged.
- **Proper Form:** Use proper exercise form to avoid injury. If you experience pain, stop immediately.
- **Children and Pets:** Keep children and pets away from the bench during use and storage.
- **Moving Parts:** Be cautious of pinch points when adjusting the bench.

3. Setup

Your YOLEO Adjustable Weight Bench is designed for quick and easy setup, arriving 98% pre-assembled.

1. **Unpack:** Carefully remove all components from the packaging. Retain packaging for future storage or transport if needed.
2. **Unfold:** Gently unfold the main frame of the bench. Locate the primary locking mechanisms for the legs and backrest support.
3. **Secure Locks:** Ensure all adjustment pins and levers are fully engaged and locked into their designated positions. Listen for a click or visually confirm the pin is through the hole.
4. **Stability Check:** Place the bench on your desired workout surface. Press down on various parts of the bench to confirm it is stable and does not wobble.
5. **Final Inspection:** Double-check all pre-assembled bolts and nuts to ensure they are tight. If any feel loose, tighten them with appropriate tools (not included).

4. Operating Instructions

4.1 Adjusting the Bench Positions

The YOLEO Adjustable Weight Bench offers 84-90 positions for a wide range of exercises. Adjustments are made via pins and levers on the backrest and seat sections.

1. **Backrest Adjustment:** To change the backrest angle, locate the adjustment pin or lever at the base of the backrest support. Pull the pin out or release the lever, then carefully lift or lower the backrest to your desired incline, flat, or decline position. Ensure the pin fully re-engages into one of the multiple adjustment holes.
2. **Seat Adjustment:** Similarly, the seat may have an adjustment mechanism to change its angle, providing optimal support for different backrest positions. Locate the pin or lever, adjust the seat, and ensure it locks securely.
3. **Verify Stability:** After any adjustment, gently test the stability of the bench by applying pressure before beginning your exercise.

4.2 Recommended Exercises

This versatile bench supports a variety of strength training exercises, including but not limited to:

- **Flat Bench Press:** For chest and triceps.
- **Incline Dumbbell Press:** Targets upper chest.
- **Decline Sit-ups:** For abdominal muscles.
- **Dumbbell Rows:** For back muscles.
- **Shoulder Press (seated):** For shoulders.

Always use appropriate weights and maintain proper form to prevent injury.

5. Maintenance

Regular maintenance is crucial for the safe and efficient operation and longevity of your YOLEO Adjustable Weight Bench.

- **Cleaning:** After each use, wipe down the upholstery and frame with a damp cloth to remove sweat and dirt. Avoid using harsh chemicals or abrasive cleaners, which can damage the finish or upholstery.
- **Fastener Check:** Periodically (e.g., monthly) check all bolts, nuts, and other fasteners to ensure they are tight. Loose fasteners can compromise the bench's stability and safety.
- **Frame Inspection:** Inspect the metal frame for any signs of cracks, bends, or corrosion. If any damage is found, discontinue use immediately and contact customer support.
- **Upholstery Care:** Check the seat and backrest upholstery for tears, cracks, or excessive wear. Minor tears can be repaired to prevent further damage.

- **Storage:** When not in use, especially for extended periods, fold the bench for compact storage. Store it in a dry, cool environment away from direct sunlight and extreme temperatures.

6. Troubleshooting

If you encounter any issues with your YOLEO Adjustable Weight Bench, refer to the following common troubleshooting steps:

- **Bench is Unstable/Wobbles:**
  - Ensure the bench is placed on a completely flat and level surface.
  - Verify that all adjustment pins for the backrest and seat are fully engaged and locked into their respective positions.
  - Check all bolts and nuts on the frame and tighten any that are loose.
- **Difficulty Adjusting Bench Positions:**
  - Ensure the adjustment pin or lever is fully disengaged before attempting to move the backrest or seat.
  - Check for any obstructions or debris in the adjustment holes or mechanisms.
  - If movement is stiff, a small amount of silicone-based lubricant can be applied to the pivot points (avoid contact with upholstery).
- **Squeaking Noises During Use:**
  - Inspect all bolted connections and tighten any loose fasteners.
  - Apply a small amount of silicone-based lubricant to any pivot points or moving parts that may be causing friction.

If the issue persists or you encounter a problem not listed here, please contact YOLEO customer support.

7. Specifications

Brand	YOLEO
Model Number	B0HFCT6MNX
Material	Alloy Steel
Color	Black
Frame Material	Alloy Steel
Weight Capacity (ASTM-Certified)	827 pounds
Max User Weight	330 pounds
Adjustable Positions	84-90 (Incline, Decline, Flat)
Assembly	98% Pre-Assembled

8. Warranty and Support

For detailed warranty information, product registration, and customer support, please visit the official YOLEO website or contact their customer service department directly. It is recommended to keep your purchase receipt as proof of purchase for any warranty claims.

You can typically find contact information and support resources on the manufacturer's website:

Visit the YOLEO Store on Amazon

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