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Kogan BENCHA Multi Functional Adjustable Weight Bench



Product Specifications

• Product Name: Multi-Functional Adjustable Weight Bench

Model Number: FSMULBENCHA

• **Components:** Various tubes, cushions, bolts, nuts, knobs, etc.

• Material: Steel frame, foam cushions

Product Usage Instructions

Assembly:

1. Step 1:

Insert Pins (35) into Front Main Bracket Tube (3) and Rear Bracket Tube (4).

2. **Step 2:**

Install Backrest Support Tube (7) on the inner surface of the Backrest Tubes (6).

3. **Step 3:**

- Insert Elbow Cushion Bracket Tube (9) into the upper hole of Front Pillar
 (2).
- 2. Use M10x80L Carriage Bolt (36) and M10 Through-Hole Knob (21) to install Long Foam Tube (8) and Elbow Cushion Bracket Tube (9) together on Front Pillar (2).
- 3. Thread Foam (17) into each end of Long Foam Tube (8) and install Handle

Cover (18) on each end.

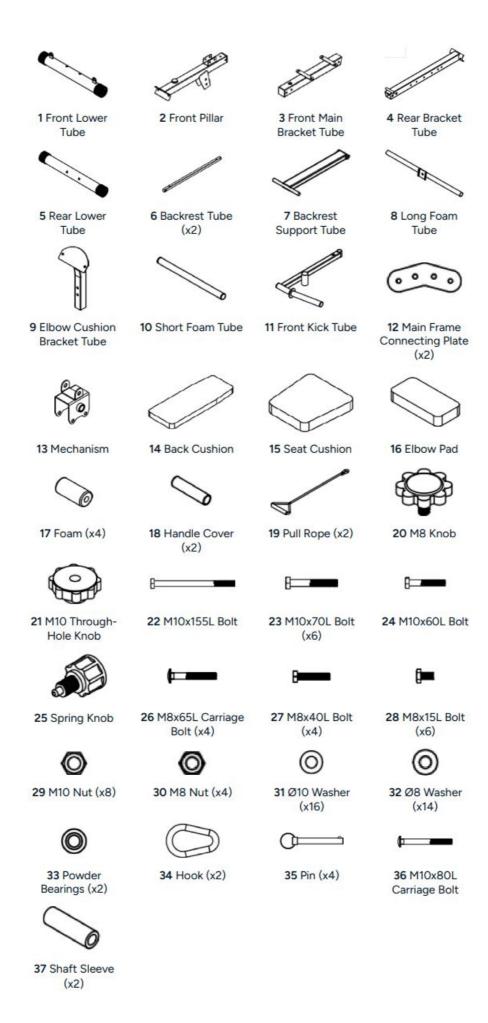
4. Step 4:

- 1. Install Short Foam Tube (10) into Front Kick Tube (11).
- 2. Install Foam (17) onto both ends of Short Foam Tube (10).
- 3. Install Hook (34) and Tension Rope (19) on each end of Front Lower Tube (1).

Safety & Warnings

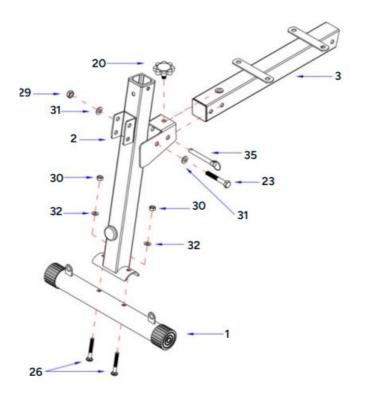
- Always check the bench for damage or wear before each use. Do not use if any parts are loose, damaged, or missing.
- Ensure all adjustment knobs and locking mechanisms are fully secured before beginning any exercise.
- Do not exceed the maximum weight capacity (100kg) of the bench, including user body weight and any additional weights.
- Use the bench only on a flat, stable, and non-slip surface.
- Keep hands and feet clear of moving or adjustable parts to avoid injury.
- Do not allow children to use or play on the bench. This product is not a toy.
- Use caution when adjusting the backrest or seat positions. Sudden movement may cause injury.
- Always use proper form and lifting techniques when exercising. Consider consulting a fitness professional before beginning a new routine.
- Wear appropriate footwear and clothing while using the bench.
- Do not use the bench outdoors or in wet conditions.
- Do not leave the bench unattended while in use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

Components



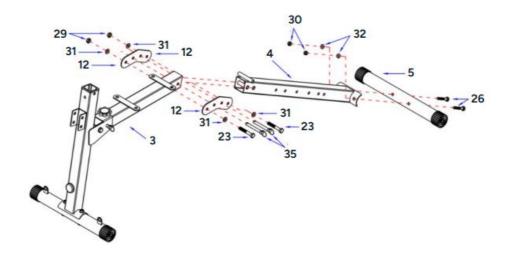
• Step 1

- 1. Use x2 Carriage Bolts (26), x2 Ø8 Washers (32) and x2 M8 Nuts (30) to install the Front Lower Tube (1) onto the Front Pillar (2).
- 2. Install the Front Main Bracket Tube (3) onto the Front Pillar (2) using x1 M10x70L Bolt (23), x2 Ø10 Washers (31) and x1 M10 Nut (29) and then secure it with x1 Pin (35) and the M8 Knob (20).



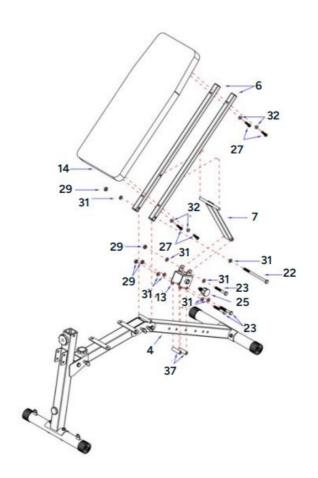
• Step 2

- 1. Install the Front Main Bracket Tube (3) onto the Rear Bracket Tube (4) using x2 M10x70L Bolts (23), x4 Ø10 Washers (31), x2 M10 Nuts (29) and the x2 Main Frame Connecting Plates (12).
- 2. Insert x2 Pins (35) into the holes of the Front Main Bracket Tube (3) and the Rear Bracket Tube (4) respectively and secure them in place.
- 3. Connect the Rear Lower Tube (5) to the Rear Bracket Tube (4) using x2 M8 Nuts (30), x2 Ø8 Washers (32) and x2 M8x65L Carriage Bolts (26).



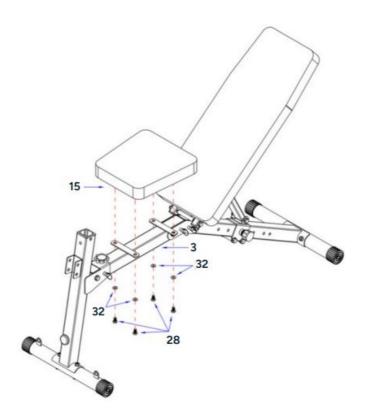
• Step 3

- 1. Use x2 M10x70L Bolts (23), x4 Ø10 Washers (31), x2 Shaft Sleeves (37) and x2 M10 Nuts (29) to install the Mechanism (13) onto the Rear Bracket Tube (4) and then secure it with the Spring Knob (25).
- 2. Install the Backrest Support Tube (7) on the inner surface of the x2 Backrest Tubes (6).
- 3. Use the M10x155L Bolt (22), x2 Ø10 Washers (31) and x1 M10 Nut (29) to install the x2 Backrest Tubes (6) onto the Rear Bracket Tube (4).
- 4. Install the Back Cushion (14) onto the Backrest Tubes (6) using x4 M8x40L Bolts (27) and x4 Ø8 Washers (32).
- 5. Use a M10x70L Bolt (23), x2 Ø10 Washer (31) and a M10 Nut (29) to install the Backrest Support Tube (7) onto the Mechanism (13).



• Step 4

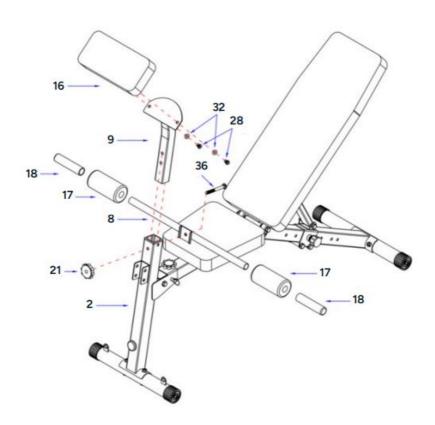
Install the Seat Cushion (15) onto the Front Main Bracket Tube (3) using x4 M8x15L Bolts (28) and x4 Ø8 Washers (32).



• Step 5

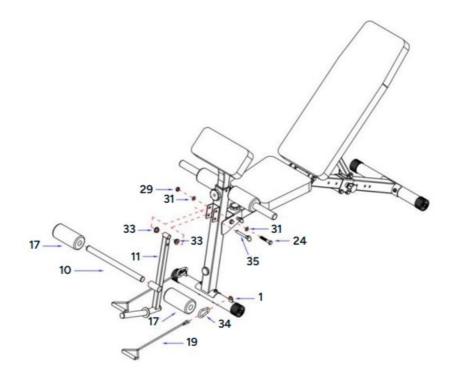
1. Insert the Elbow Cushion Bracket Tube (9) into the upper hole of the Front Pillar (2).

- Use the M10x80L Carriage Bolt (36) and the M10 Through-Hole Knob
 (21) to install the Long Foam Tube (8) and Elbow Cushion Bracket Tube
 (9) together on the Front Pillar (2).
- 3. Install the Elbow Pad (16) onto the Elbow Cushion Bracket Tube (9) using x2 M8x15L Bolts (28) and x2 Ø8 Washers (32).
- 4. Thread a piece of Foam (17) into each end of the Long Foam Tube (8).
- 5. Install a Handle Cover (18) onto each end of the Long Foam Tube (8).



Step 6

- 1. Use the M10x60L Bolt (24), x2 Ø10 Washers (31), x2 Powder Bearings (33) and a M10 Nut (29) to install the Front Kick Tube (11) onto the Front Pillar (2) and then secure it with a Pin (35).
- 2. Install the Short Foam Tube (10) into the Front Kick Tube (11).
- 3. Install a piece of Foam (17) onto both ends of the Short Foam Tube (10).
- 4. Install a Hook (34) and a Tension Rope (19) on each end of the Front Lower Tube (1).



Need more information?

- We hope that this user guide has given you the assistance needed for a simple set-up.
- For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to help.Kogan.com.

Frequently Asked Questions

- Where can I find more information about the product setup?
 For the most up-to-date guide for your product and additional assistance, please visit help. Kogan.com.
- How do I ensure the weight bench is securely assembled?
 Follow the assembly steps provided in the user manual carefully, ensuring all components are securely attached using the specified bolts and knobs.
- Can I adjust the weight bench for different exercises?
 Yes, the weight bench is multi-functional and adjustable to accommodate various exercises. Refer to the user manual for guidance on adjusting the bench for different workout routines.

Documents / Resources



Kogan BENCHA Multi Functional Adjustable Weight Bench [pdf] User Gui de

BENCHA Multi Functional Adjustable Weight Bench, BENCHA, Multi Functional Adjustable Weight Bench, Functional Adjustable Weight Bench, Adjustable Weight Bench, Weight Bench

References

- User Manual
- Kogan
- Adjustable Weight Bench, BENCHA, BENCHA Multi Functional Adjustable Weight Bench, Functional Adjustable Weight Bench, Kogan, Multi-Functional Adjustable Weight Bench, Weight Bench

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