



POWERMAX BM-100A Multi Function Dumbbell Bench User Manual

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POWERMAX BM-100A Multi Function Dumbbell Bench



Specifications

- **Model:** BM-100A
- **Product:** Multi-Function Dumbbell Bench
- **Warranty:** 1 year limited warranty
- **Customer Care Phone:** +91-8080-206-206
- **Email:** support@powermaxfitness.net

OWNER'S MANUAL

- Read all instructions carefully before using this product. Retain this owner's manual for the future's reference. Product may be slightly different with photos, it is subject to actual product. Thank you for purchasing the product.

YEAR LIMITED WARRANTY

- PowerMax Fitness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with PowerMax Fitness's Owner's Manual. PowerMax Fitness's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1(one) year*.

Customer Care

- **Phone:** +91-8080-206-206
- **Email:** support@powermaxfitness.net
- **Support** / Complaint Generation: support.powermaxfitness.net
- This warranty is extended only to the original owner and is not transferable.
- When ordering replacement parts please have the following information ready

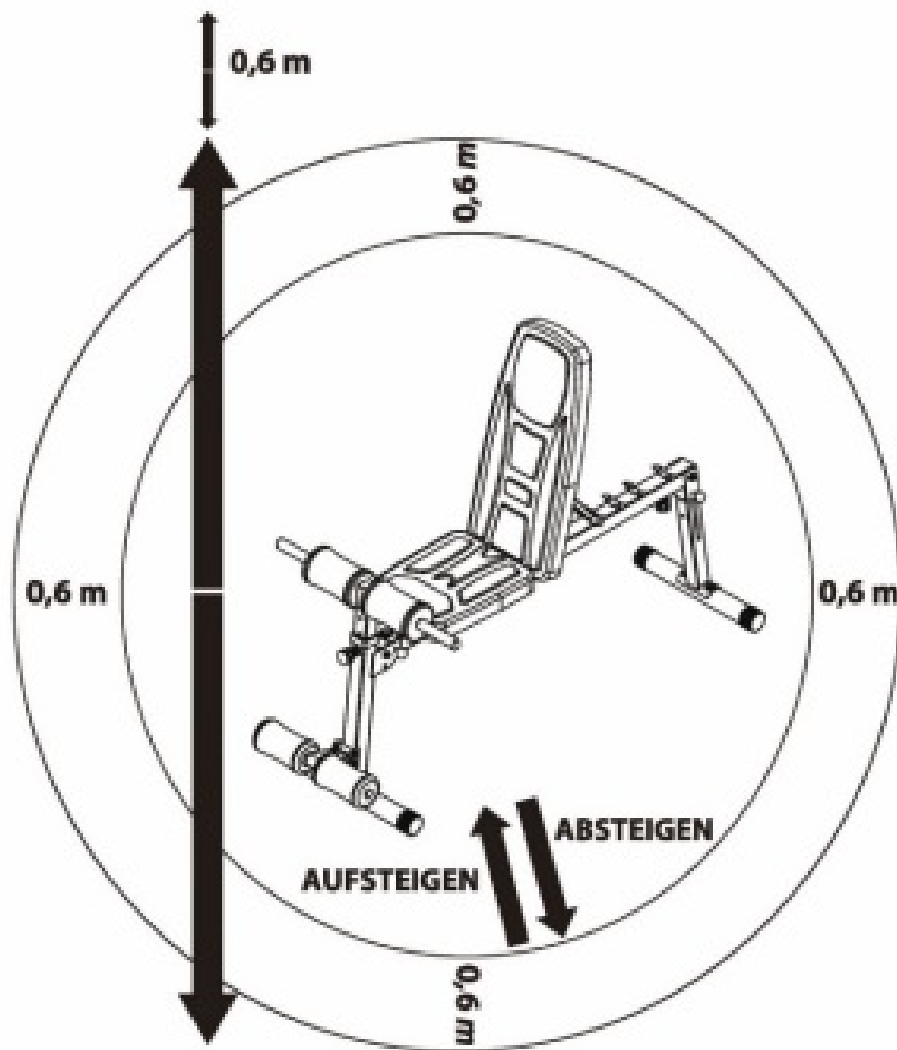
1. Owner's Manual
2. Model Number
3. Description of Parts
4. Part Number
5. Date of Purchase

* Terms and Conditions Apply. For T&C visit www.powermaxfitness.net

SAFETY PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Please note that incorrect or excessive training can be dangerous to your health.
9. The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



WARNING

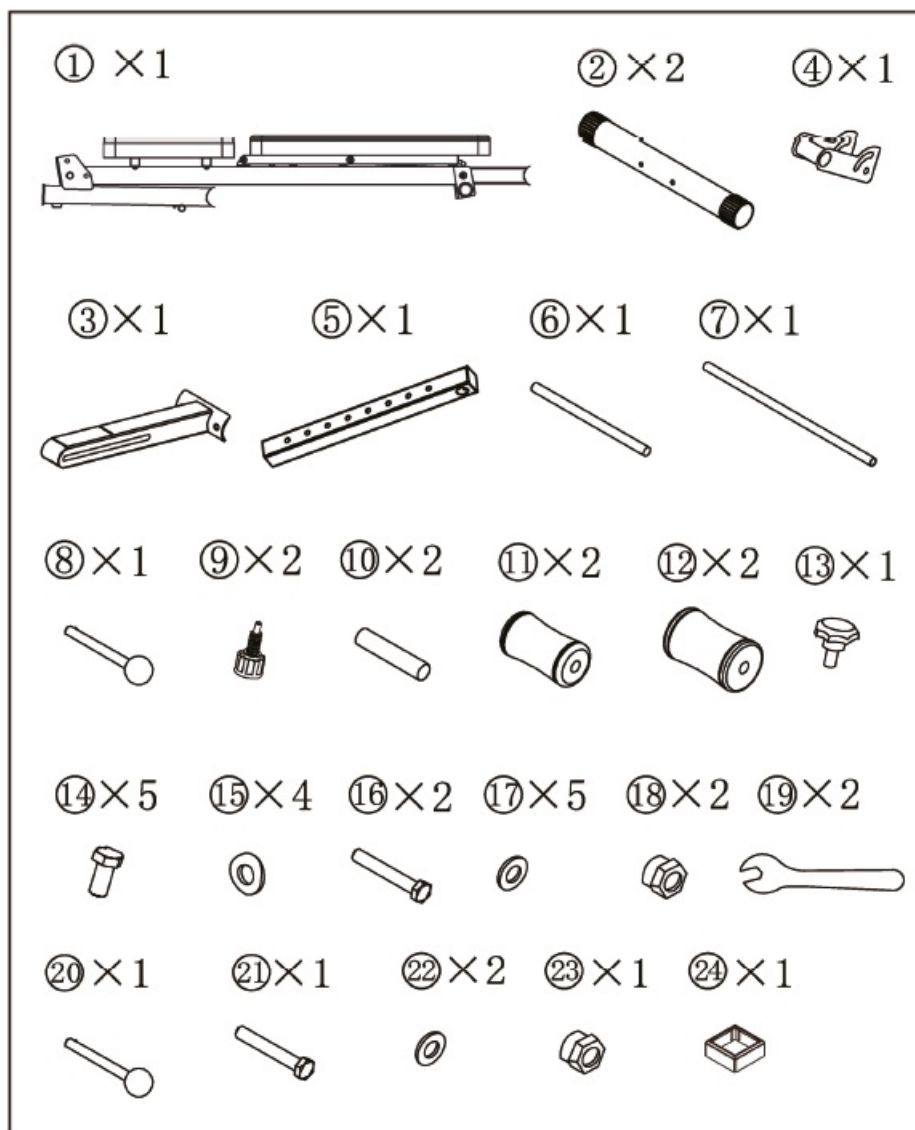
- Before beginning any exercise program, consult your physician.
- This is especially important for individuals over the age of 35 or persons with pre-existing health problems.
- Read all instructions before using any fitness equipment.
- We assume no responsibility for personal injury or property damage sustained by or through the use of this product.
- Save these instructions.

HARDWARE PACK

PART LIST

No.	Description	Qty.		No.	Description	Qty.
1	Main Frame	1		13	Lock button M8*15	1
2	Stabilizer	2		14	Hex bolt M10*20	5
3	Rear Frame	1		15	ARC washer Φ10	4
4	Foot Pad Bracket	1		16	Hex bolt M10*70	2
5	Incline Support	1		17	Washer Φ10	5
6	Foot Pad Tube	1		18	Lock nut M10	2
7	Front Tube	1		19	Wrench	2
8	Lock Pin Φ10*70	1		20	Locking pin Φ8* 70	1
9	Lock Knob M16	2		21	Hex bolt M8*70	1
10	Front Tube Hand Grip 140mm	2		22	Washer Φ8	2
11	Small Foam Roll 170mm*Φ95	2		23	Lock nut M8	1
12	Big Foam Roll 175mm*Φ105	2		24	Cap	1

COMPONENTS

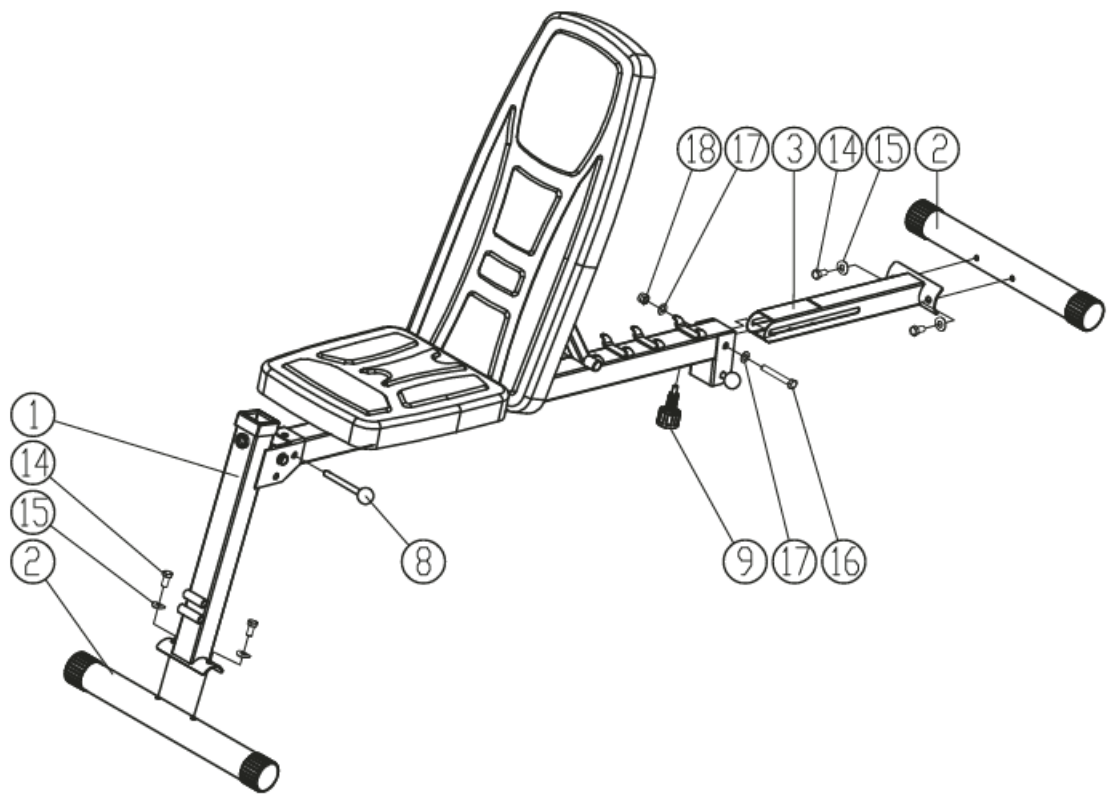


ASSEMBLY INSTRUCTION

- It is strongly recommended that two or more person assemble this dumbbell bench. Note: Some of the accessories are pre-fitted in the master component, they may not be supplied separately.

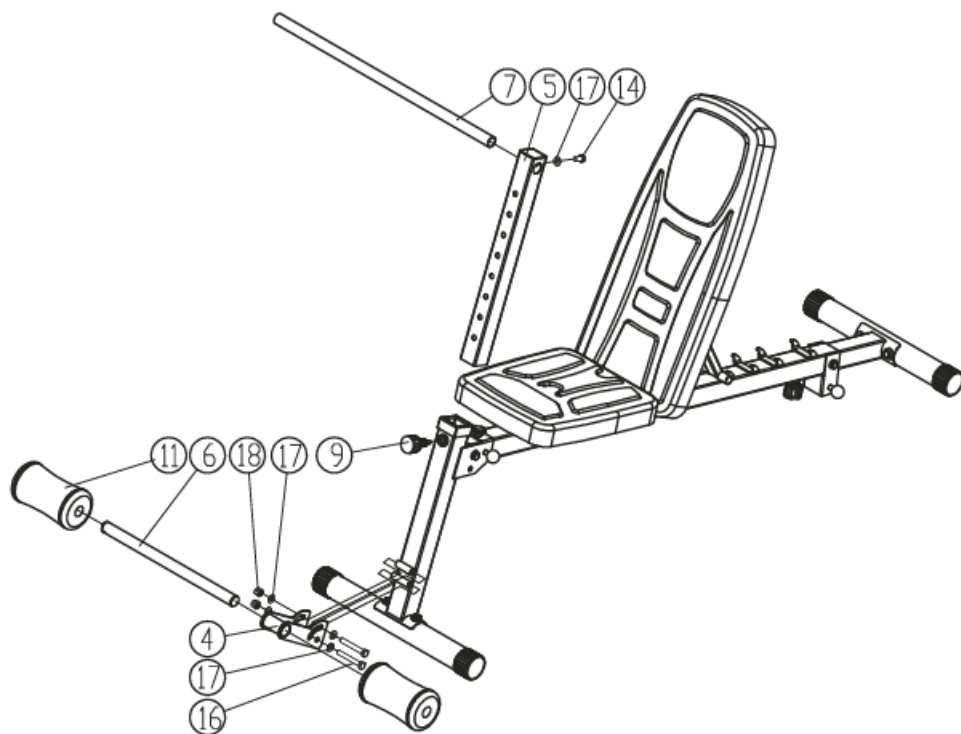
1. Step 1

- A. Attach the Front Support onto the Stabilizer (2 #), Align the Holes and Secure them with 2pcs M10*20 Hex Bolt (14 #) and 2pcs $\Phi 10$ ARC Washer (15 #). Insert the Lock Pin (8 #) to the Main Frame (1 #).
- B. Attach the rear frame (3 #) to the stabilizer bar (2 #), line up the holes and secure them with 2 pieces of M10 * 20 hex bolts (14 #) and 2 pieces of $\Phi 10$ ARC washers (15 #) Fasten the rear frame (3 #) with a hex bolt M8 * 70 (21 #), 2 washers $\Phi 8$ (22 #), a nut M8 (23 #) and 2 wrenches (19 #). Adjust the position by pulling out the lock button (9 #). We advise you to perform this step with two people.
- C. Insert the cap (24 #) into the main frame (1 #) from above.



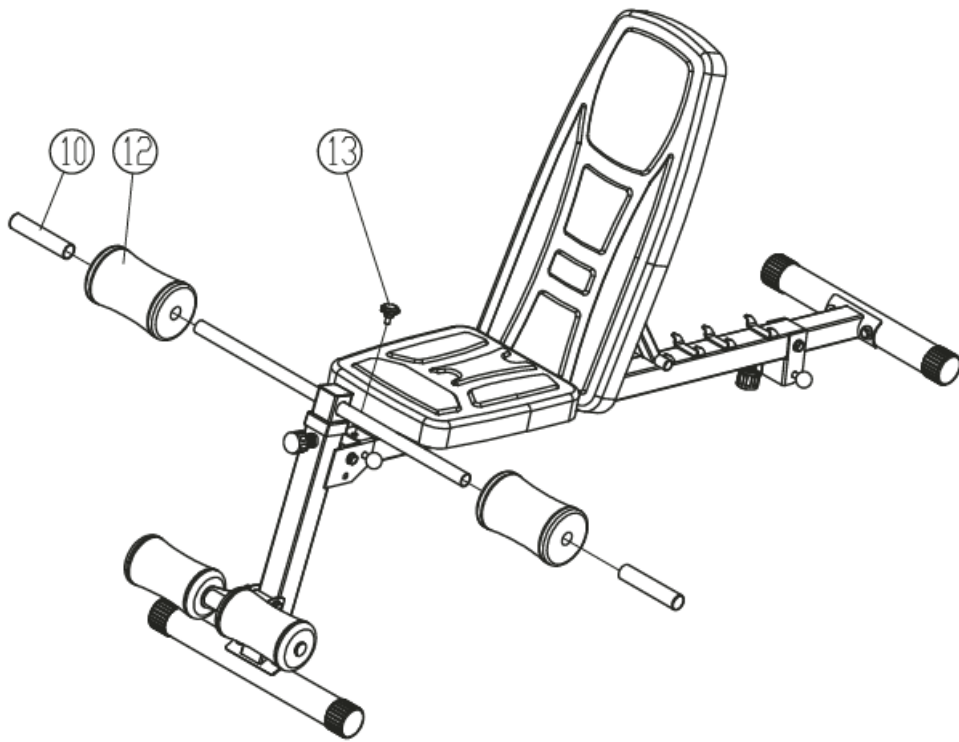
2. Step 2

- A. Attach the front tube (7 #) to the tilt support (5 #) and secure it together with an M10 * 20 hex bolt (14 #) and a washer $\Phi 10$ (17 #). Select the desired height with the lock button (9 #).
- B. Attach the pad tube (6 #) and foot pad bracket (4 #) to the front support. Align the holes and secure them with 2 hex bolts M 10 * 70 (16 #) and 4 washers $\Phi 10$ (17 #) with 2 lock nuts (18 #). Attach 2 small foam rollers (11 #) as shown in the illustration.



3. Step 3

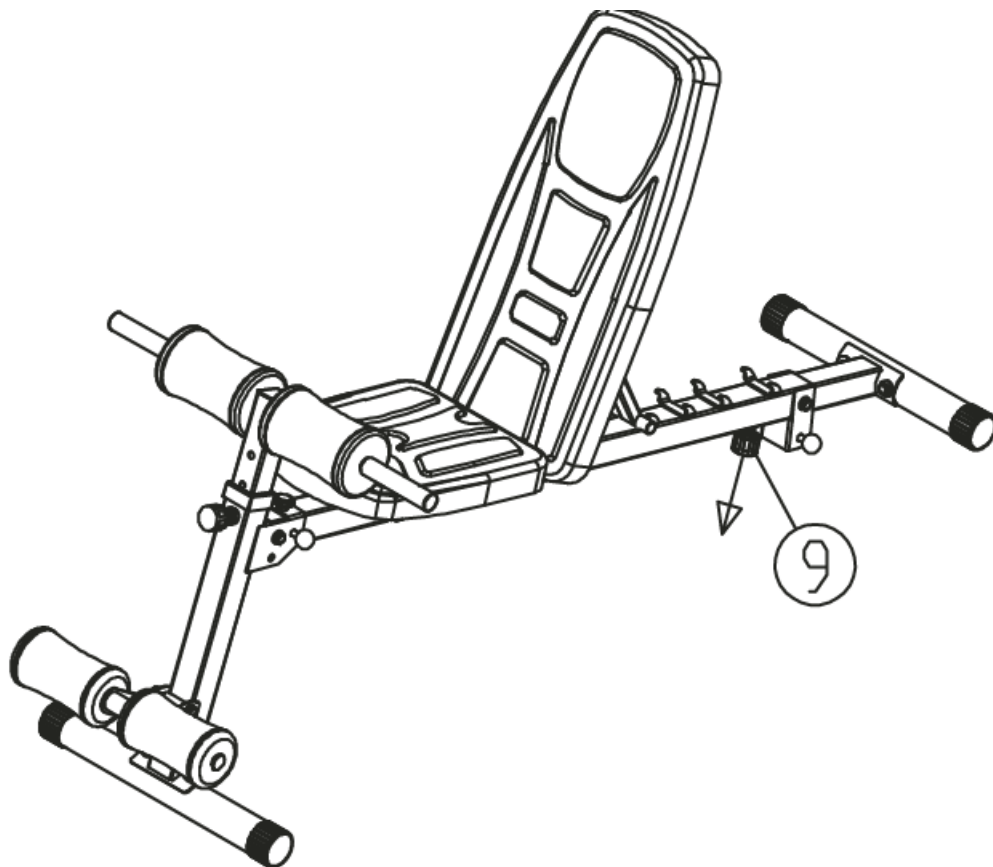
- A. Attach 2 large foam rollers (12 #) and 2 handles (10 #) as shown in the illustration. Install the one M8 * 15 lock button (13 #), we recommend tool-tightening the handles.



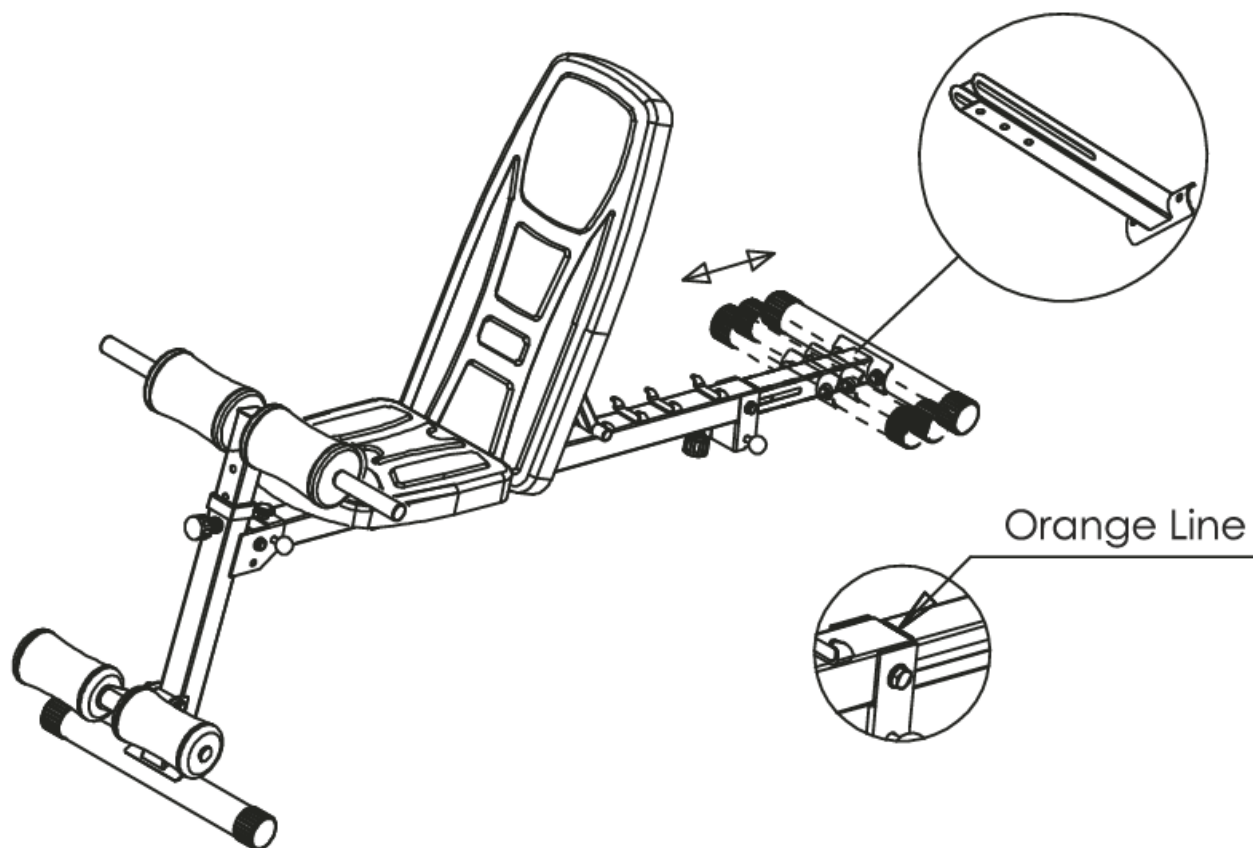
CONFIGURATIONS

Bottom Foot Adjustment Step

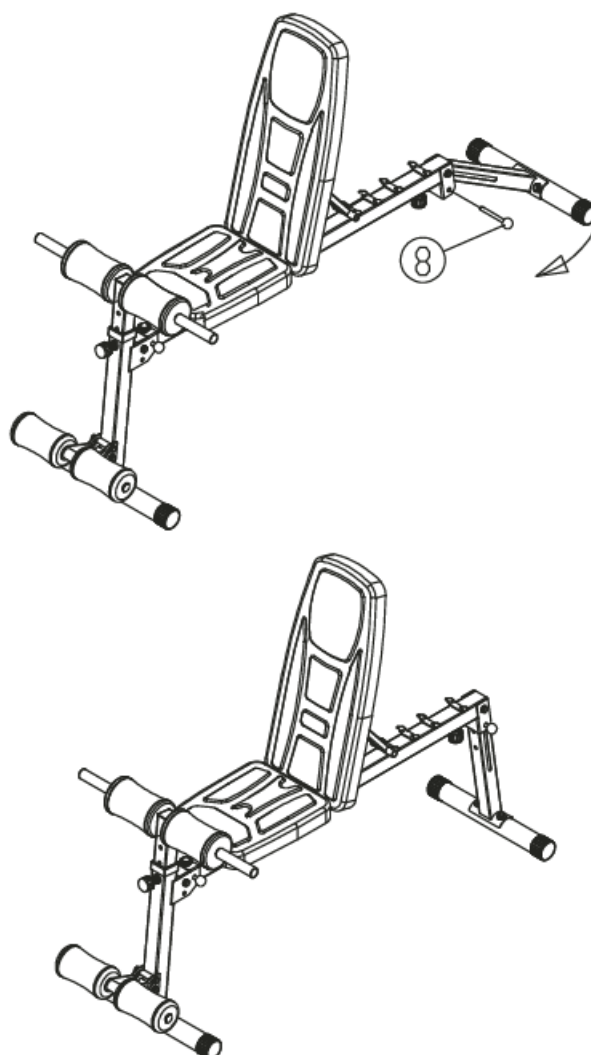
1. Pull out the Lock Knob under the Main Frame.



2. Pull out the rear frame from the main frame (1 #). There are three fixed holes on the rear frame for the adjustment. Push rear frame all the way into the main frame until the orange colour line reach the edge of the locking block on main frame (1 #).

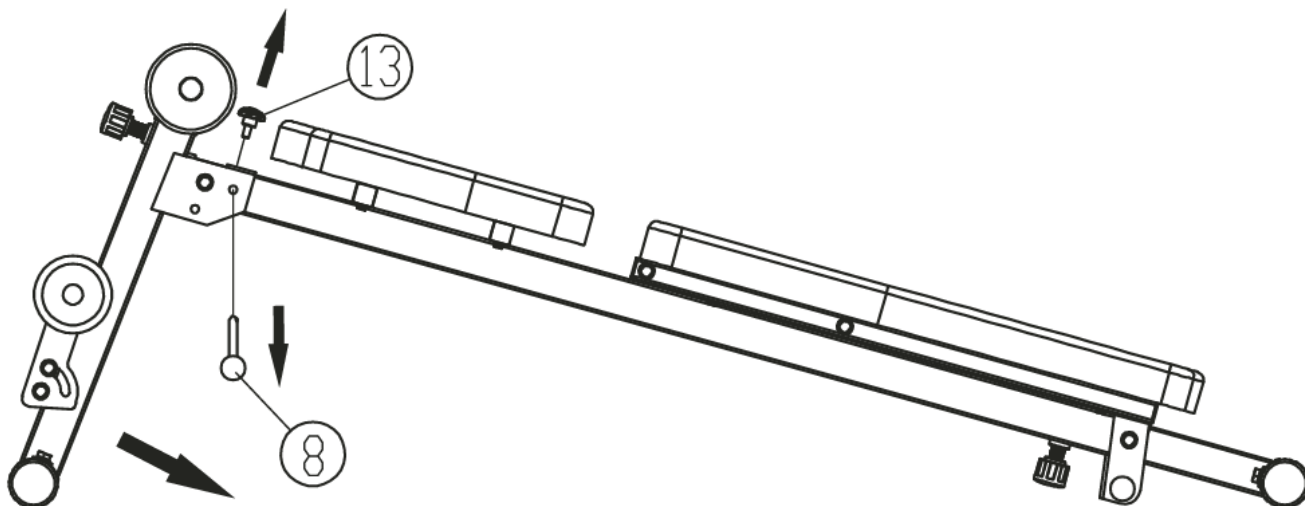


3. Loosen the lock pin (20#) and fold the rear frame (3#) as the diagram shows.

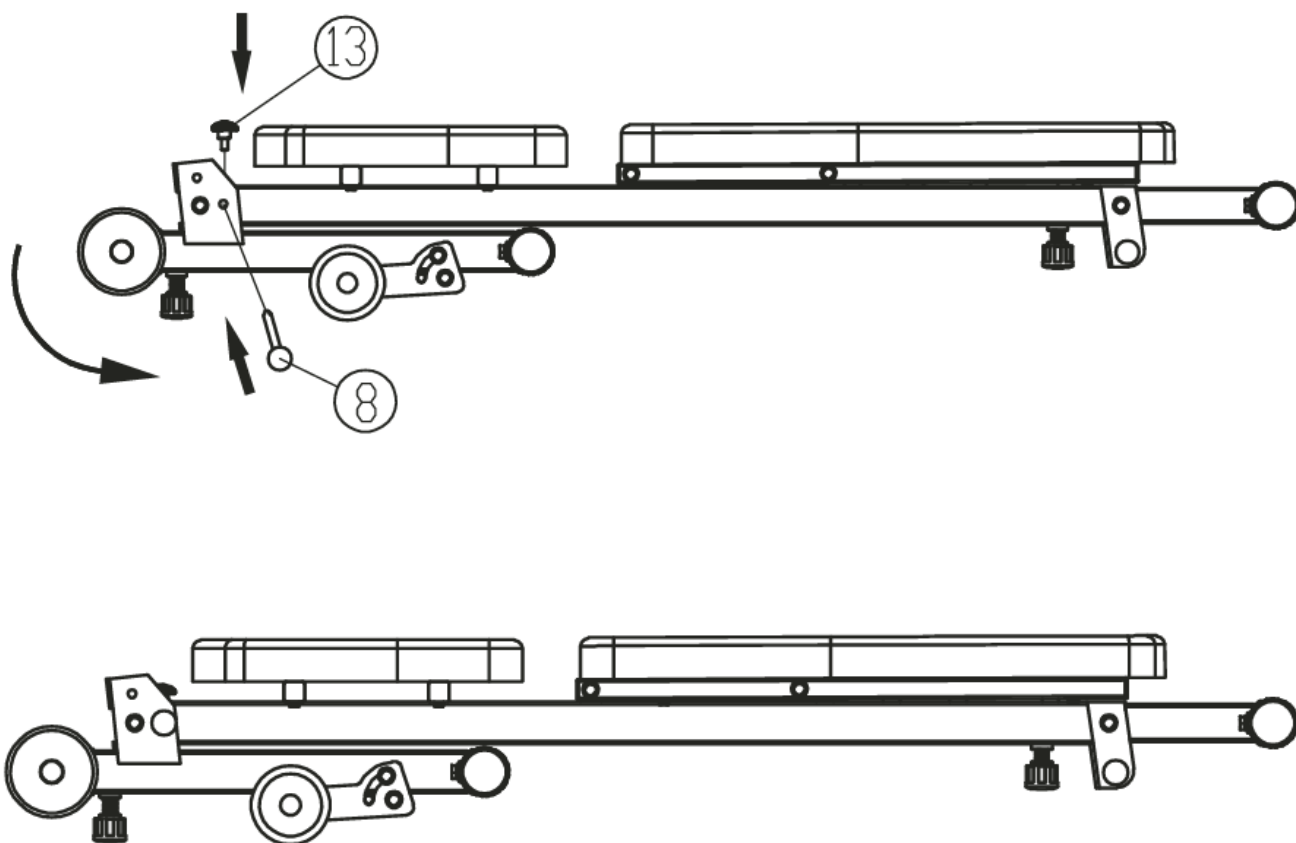


Folding Step

1. Place the backrest pad to the lowest level and remove the lock knob (13#) and Lock Pin (8#).



2. Fold the front support and secure it with the locking pin (8 #) and the lock button (13 #).



CARE AND MAINTENANCE

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.
2. Regularly lubricate the moving parts with light oil to prevent premature wear.
3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.
4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer.

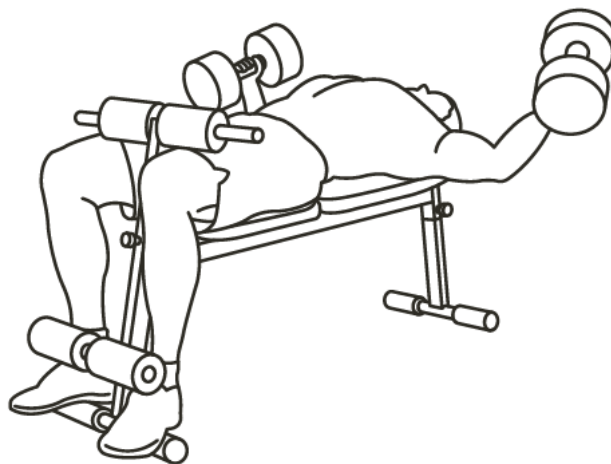
TECHNICAL SPECIFICATIONS

- **Max. user weight:** 130kg
- **Max. training weight:** 50kg
- **Dimensions (assembled):** L = 158cm, W = 67cm, H = 113,5cm
- **Dimensions (folded):** L = 154,5cm, W = 67cm, H = 23,5cm
- **Weight:** 21 kg
- **EN ISO 20957-1 :2013 Class:** H (H: Home use)
- is NOT suitable for therapeutic purposes.

TRAINING INSTRUCTIONS

INCLINE PECTORAL FLYS

1. Adjust back pad to the incline position.
2. Select a manageable weight.
3. Start with dumbbells positioned outward from your chest and keep arms slightly bent at the elbows.
4. End by bringing the dumbbells together above your chest.

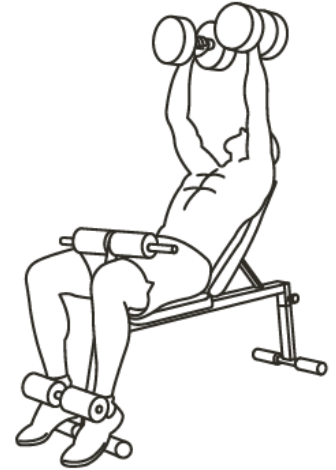
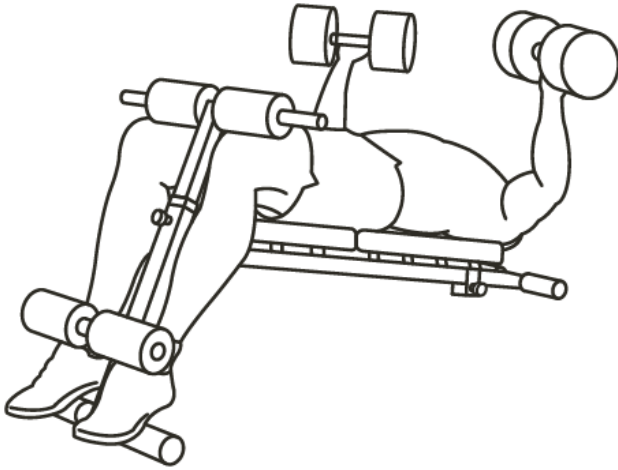


FLAT PECTORAL FLYS

1. Adjust back pad to the flat position.
2. Select a manageable weight.
3. Start with dumbbells positioned outward from your chest and keep arms slightly bent at the elbows.
4. End by bringing the dumbbells together above your chest.

DECLINE PECTORAL FLYS

1. Adjust back pad to the decline position.
2. Select a manageable weight.
3. Start with dumbbells positioned outward from your chest and keep arms slightly bent at the elbows.
4. End by bringing the dumbbells together above your chest.

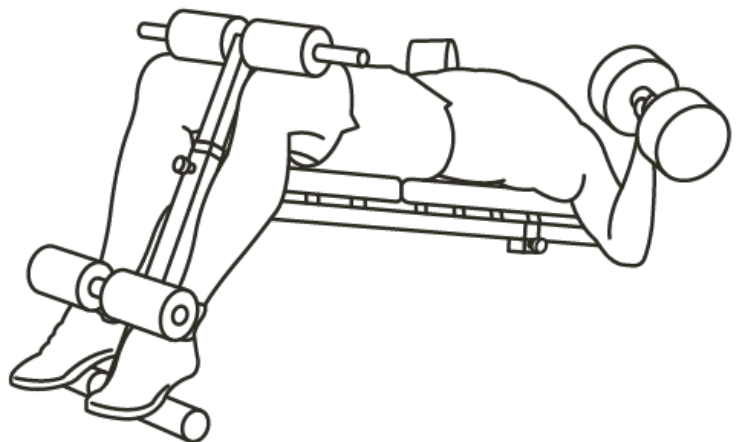
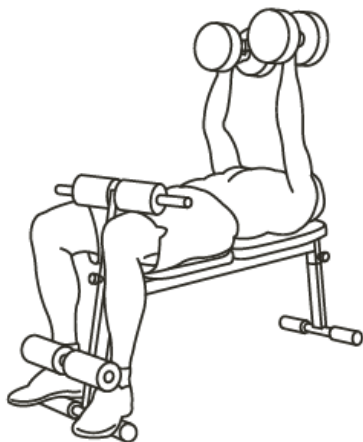


INCLINE CHEST PRESS

1. Adjust back pad to the incline position.
2. Select a manageable weight.
3. Start with dumbbells positioned near your upper chest and keep arms at shoulder width.
4. End by pushing the dumbbells upward above your head. Return to the starting position in a slow and controlled manner.

FLAT CHEST PRESS

1. Adjust back pad to the flat position.
2. Select a manageable weight.
3. Start with dumbbells positioned near your upper chest and keep arms at shoulder width.
4. End by pushing the dumbbells upward above your head. Return to the starting position in a slow and controlled manner.



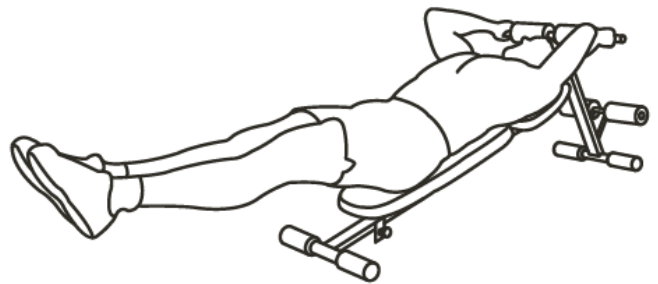
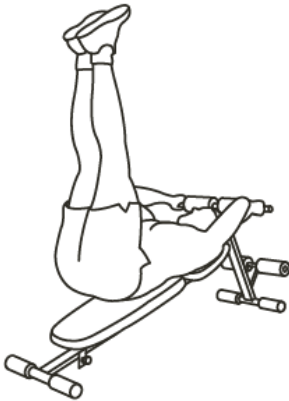
DECLINE CHEST PRESS

1. Adjust back pad to the decline position.
2. Select a manageable weight.
3. Start with dumbbells positioned near your upper chest and keep arms at shoulder width.

4. End by pushing the dumbbells upward above your head. Return to the starting position in a slow and controlled manner.

ABDOMINAL LEG RAISE

1. Adjust back pad to the decline position.
2. Grasp handles behind your neck for stability.
3. Raise your legs up by rotating at the hips.
4. Slowly lower your legs until they are parallel to the floor. Do not allow your feet to touch the floor surface.




LEG LEVERS

1. Select the oblique position for the back position. Lie on your back and grasp the handles with both hands.
2. Lift your legs up to about 45° and make sure, your back stays firm.
3. Hold this position for about 10 seconds.
4. Release the position and repeat the procedure.

- www.powermaxfitness.net

Documents / Resources

	<p>POWERMAX BM-100A Multi Function Dumbbell Bench [pdf] User Manual BM-100A Multi Function Dumbbell Bench, BM-100A, Multi Function Dumbbell Bench, Function Dumbbell Bench, Dumbbell Bench, Bench</p>
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References

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