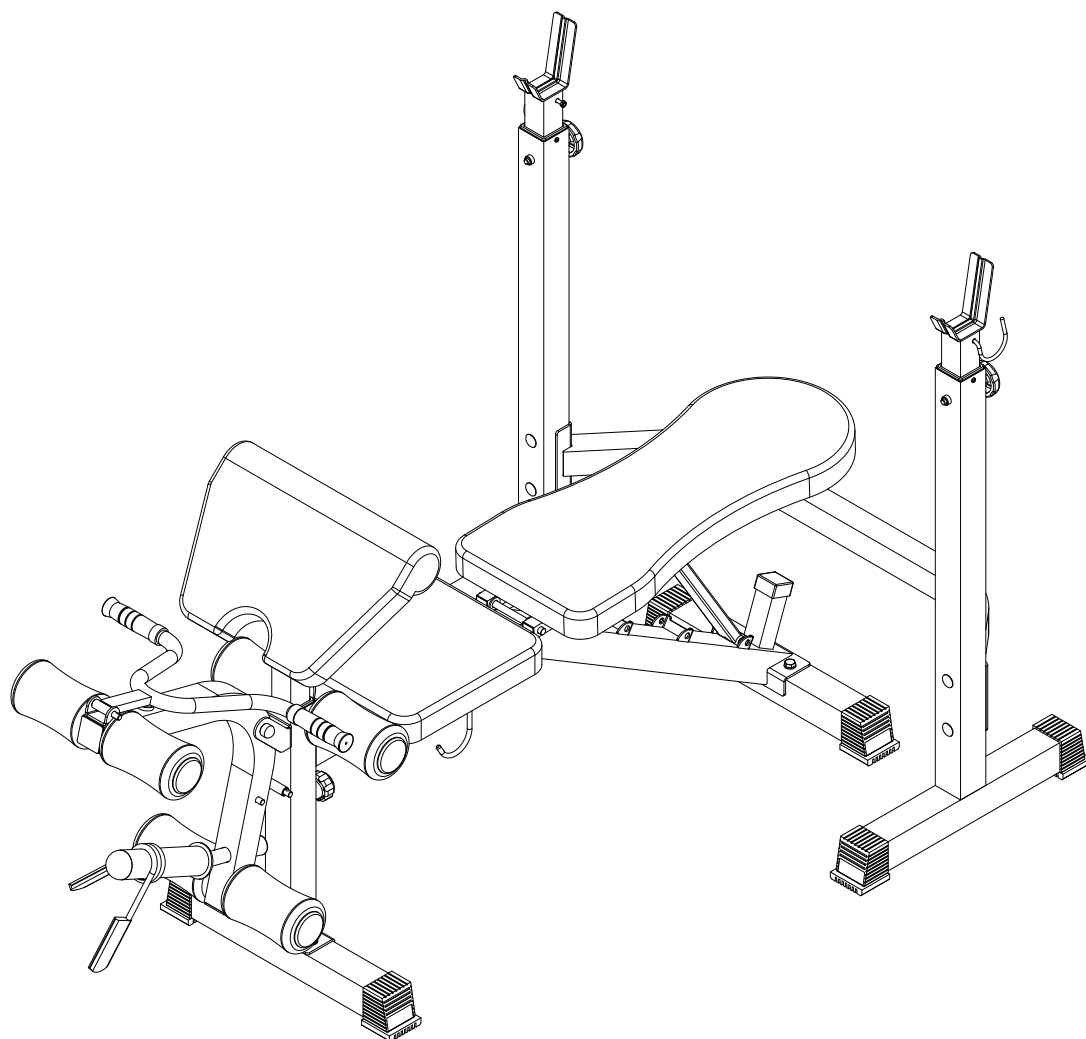


weight.detach/BENCH

ITEM NO: 76310

LifeGear

Get active for life



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo and are subject to change without prior notice.

2018, May

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ONE YEAR LIMITED WARRANTY

LifeGear Inc. 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 LifeGear's Owner's Manual. LifeGear'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.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

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**

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this weight bench. Read all instructions before using this weight bench.

1. Read all instructions and follow it carefully before using this weight bench. Make sure this weight bench is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This weight bench should be placed on a flat surface when using.
4. Never drop or insert any object into any opening.
5. Keep hands and feet away from moving parts.
6. Make sure that the adjustment knobs are inserted completely and tightened into the uprights before beginning any exercise.
7. Please wear proper clothes and athletic shoes when using this weight bench.
8. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
9. Keep children and pets away from the weight bench and squat rack stand at all times.
10. Children should not use the weight bench without adult supervision.
11. Disabled person should not use the weight bench without a qualified person or physician in attendance.
12. Do not jump on the weight bench and do not use the weight bench outdoors.
13. Inspect and tighten all parts each time before using this weight bench.
14. This weight bench is for household use only. It is not a commercial model.
15. Only one person at a time should use this weight bench.
16. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
17. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
18. Care should be taken in mounting or dismounting the weight bench.
19. Do not allow children to use or play on the weight bench. This weight bench is designed for adults use. The minimum free space required for safe operation is not less than two meters.
20. Maximum weight capacity on the barbell uprights: 150 kg.
21. Maximum user's weight: 120 kg.
22. Maximum weight capacity on the leg developer: 30 kg.

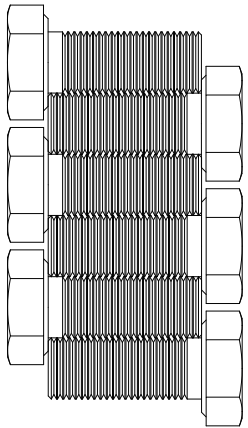
WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

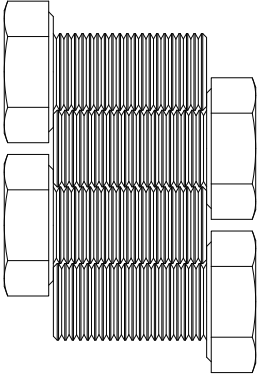
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame of Squat Rack Stand	2	027	Square End Cap (□50x50)	2
002	Support Tube of Squat Rack Stand	1	028	Square Cap 38x38	1
003	Barbell Upright	2	029	Bumper Ø25x30	1
004	Base Tube	2	030	Foot End Cap 60x60	8
005	Main Frame of Weight Bench	1	031	Handle Grip Ø25x125	2
006	Backrest Tube	2	032	Buffer Ø30	1
007	Leg Developer	1	033	Curl Post Adjustment Knob M16	1
008	Curl Post	1	034	Bushing 60x45	3
009	Handle	1	035	Nut Cap M10	2
010	Backrest Adjustment Tube	1	036	Barbell Upright Height Adjustment Knob M10	2
011	Lock Pin	1	037	Spring Clip Ø50	1
012	Left Barbell Lock	1	038	Big Washer Ø6	8
013	Right Barbell Lock	1	039	Washer Ø8	6
014	Weight Plate Tube	1	040	Washer Ø10	10
015	Curl Pad	1	041	Hexagon Head Bolt M6x16	4
016	Backrest	1	042	Hexagon Head Bolt M6x40	4
017	Seat Pad	1	043	Hexagon Head Bolt M8x20	6
018	Foam Roll Tube Ø25x380	2	044	Hexagon Head Bolt M10x20	4
019	Foam Roll Tube Ø25x390	1	045	Hexagon Head Bolt M10x85	1
020	Foam Roll Ø23x Ø100x160	6	046	Square Neck Bolt M10x75	4
021	L Shaped Pin Ø10x50	1	047	Cross Recessed Pan Head Bolt M4x6	6
022	L Shaped Pin Ø10x70	1	048	Nylon Lock Nut M6	2
023	Foam Roll End Cap Ø25	6	049	Nylon Lock Nut M10	5
024	Round End Cap Ø25	1	050	Hexagon Socket Bolt M8x10	1
025	Square End Cap (□25x25)	4	051	Hook Frame	1
026	Square End Cap (□38x38)	1			

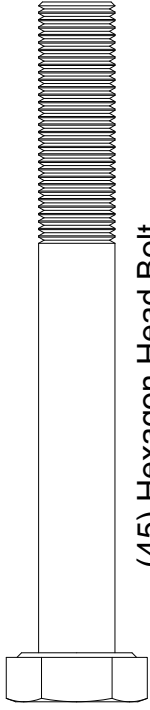
HARDWARE PACK



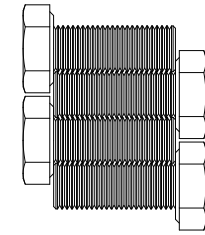
(43) Hexagon Head Bolt
M8x20
6 PCS



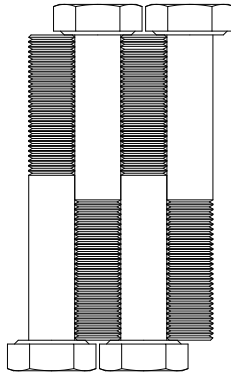
(44) Hexagon Head Bolt
M10x20
4 PCS



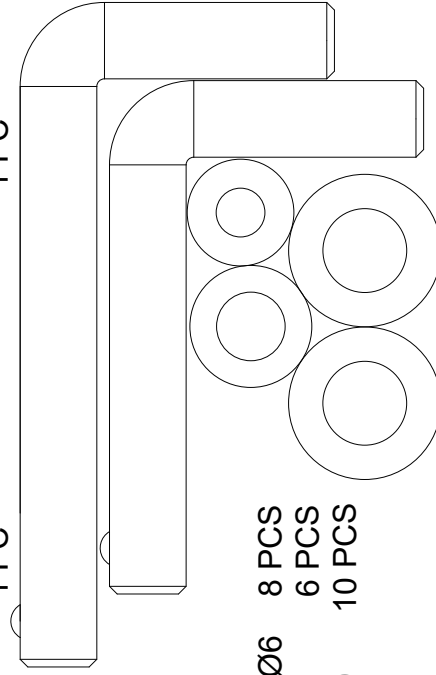
(45) Hexagon Head Bolt
M10x85
1 PC



(41) Hexagon Head Bolt
M6x16
4 PCS



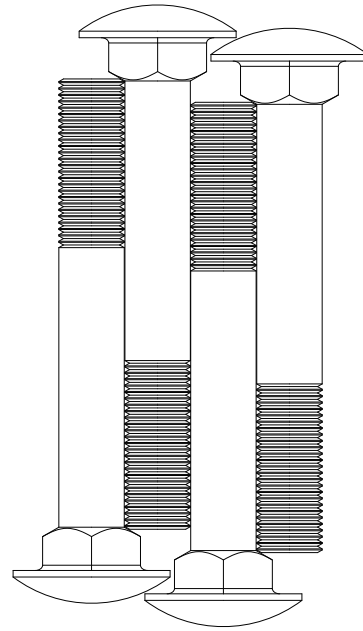
(42) Hexagon Head Bolt
M6x40
4 PCS



(21) L Shaped Pin
Ø10x50
1 PC

(22) L Shaped Pin
Ø10x70
1 PC

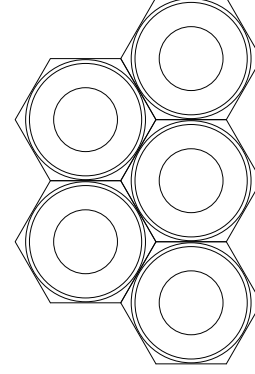
(38) Big Washer Ø6 8 PCS
(39) Washer Ø8 6 PCS
(40) Washer Ø10 10 PCS



(46) Square Neck Bolt
M10x75
4 PCS



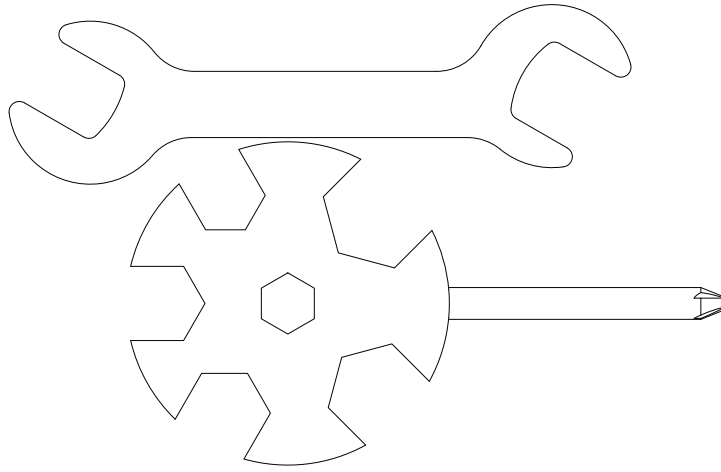
(48) Nylon Lock Nut M6
2 PCS



(49) Nylon Lock Nut M10
5 PCS

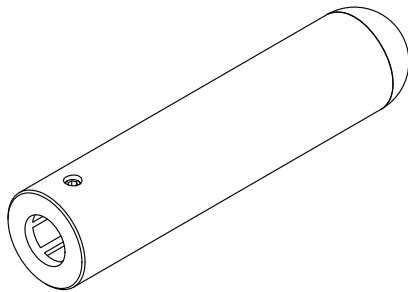
TOOLS PACK

Double Open End Wrench
1 PC



Multi Hex Tool with Phillips Screwdriver
1 PC

PARTS BAG 1

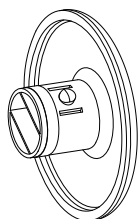


(14) Weight Plate Tube 1 PC
(50) Hexagon Socket Bolt M8x10 1 PC

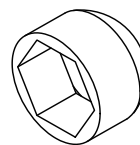


Allen Wrench
1 PC

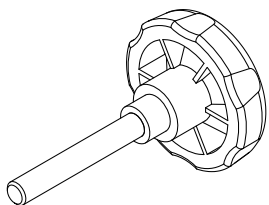
PARTS BAG 2



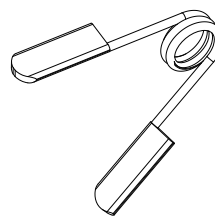
(23) Foam Roll End Cap Ø25
6 PCS



(35) Nut Cap M10
2 PCS

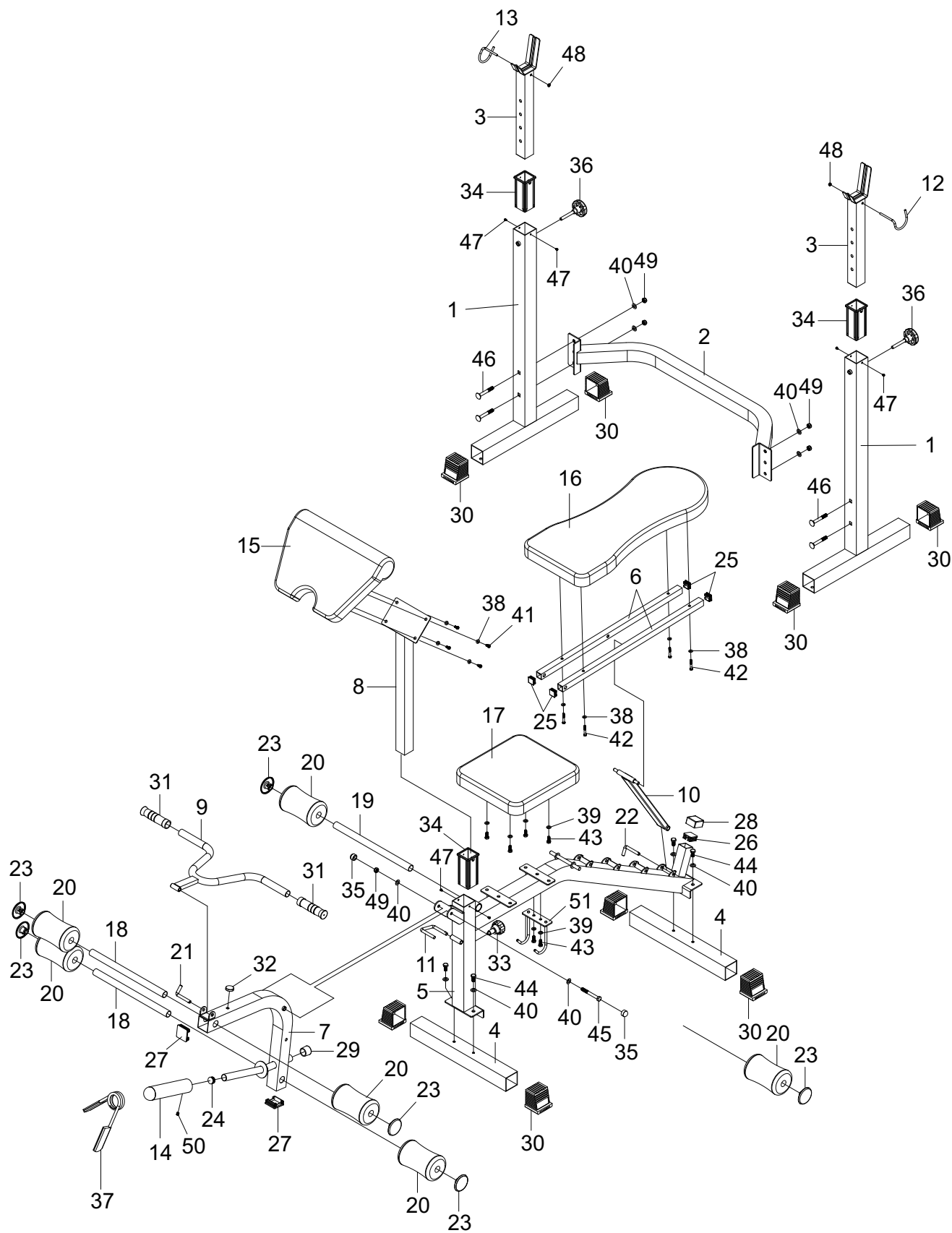


(36) Barbell Upright Height Adjustment Knob
2 PCS



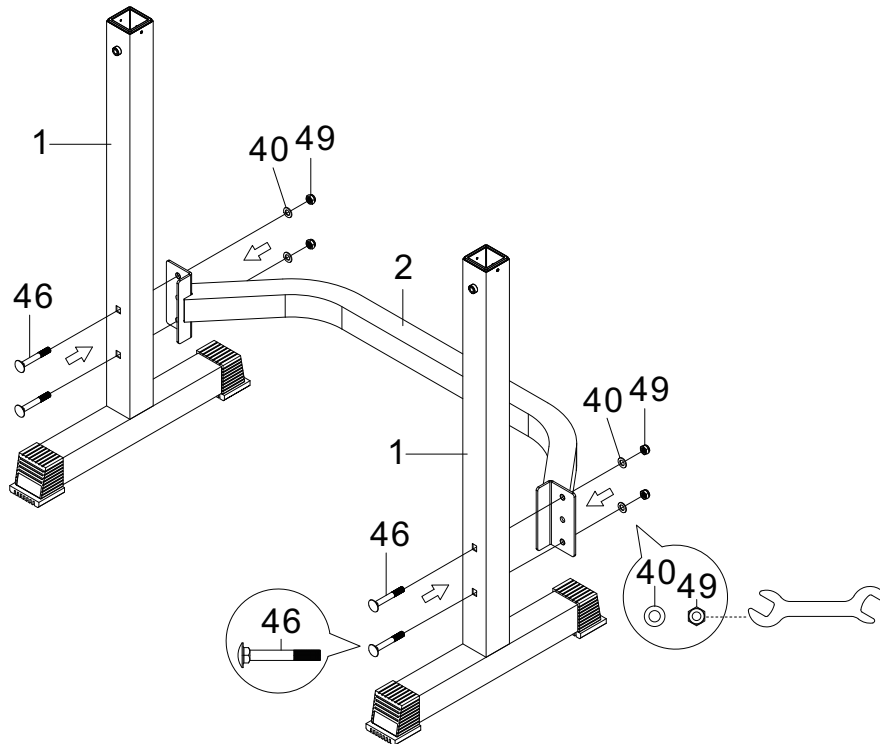
(37) Spring Clip Ø50
1 PC

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

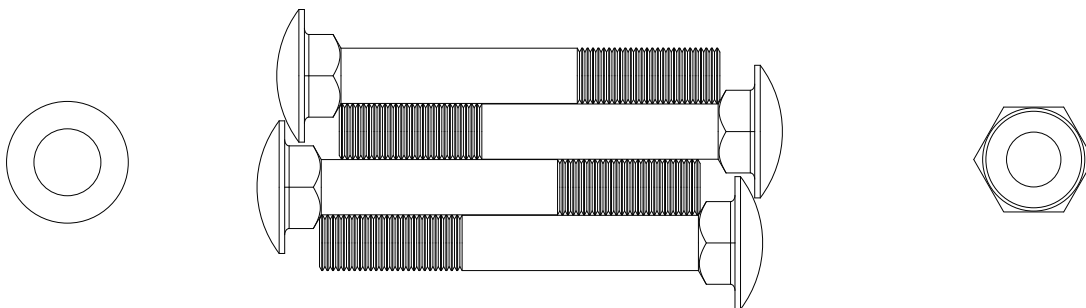
NOTE: It is recommended to have a second person to help you to assemble this weight bench.



Step 1

It is recommended to have a second person assist with this step. One person should hold the Support Tube of Squat Rack Stand (2) behind the both Main Frames of Squat Rack Stand (1) and align bolt holes while the other person to secure the Support Tube of Squat Rack Stand (2) onto the both Main Frames of Squat Rack Stand (1) with four M10x75 Square Neck Bolts (46), four Ø10 Washers (40), and four M10 Nylon Lock Nuts (49). Tighten nylon lock nuts with the Double Open End Wrench provided.

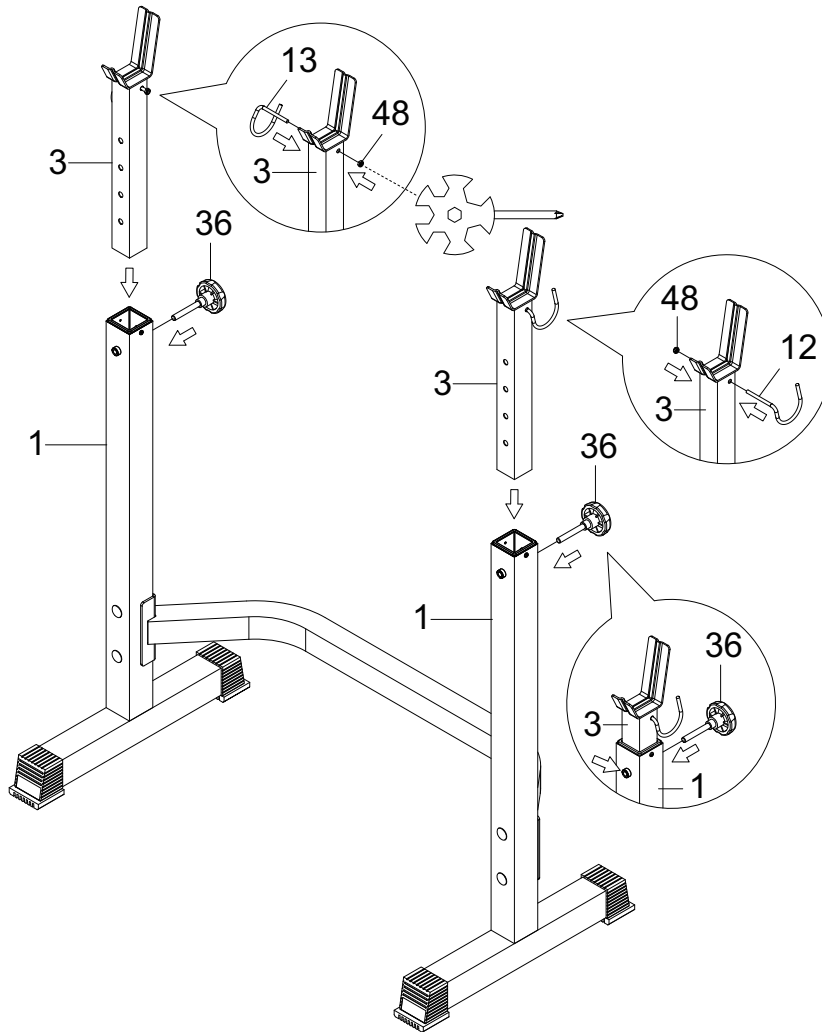
Hardware:



(40) Washer Ø10
4 PCS

(46) Square Neck Bolt 10x75
4 PCS

(49) Nylon Lock Nut M10
4 PCS



Step 2

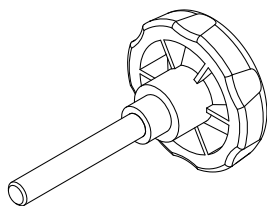
Slide a Barbell Upright (3) into Main Frame of Squat Rack Stand (1). Align one of the holes in the Barbell Upright (3) with the hole in Main Frame of Squat Rack Stand (1). Insert a Barbell Upright Height Adjustment Knob (36) through Main Frame of Squat Rack Stand (1) and the Barbell Upright (3). Tighten the Barbell Upright Height Adjustment Knob (36) into the welded nut.

Insert the other Barbell Upright (3) into the other Main Frame of Squat Rack Stand (1) in the same manner. **Both Barbell Uprights (3) must be set at the same height.**

Attach the Left Barbell Lock (12) into the left side of the Barbell Upright (5) with one M6 Nylon Lock Nut (48). Tighten nylon lock nut with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Barbell Lock (13) into the right side of the Barbell Upright (5) in the same manner.

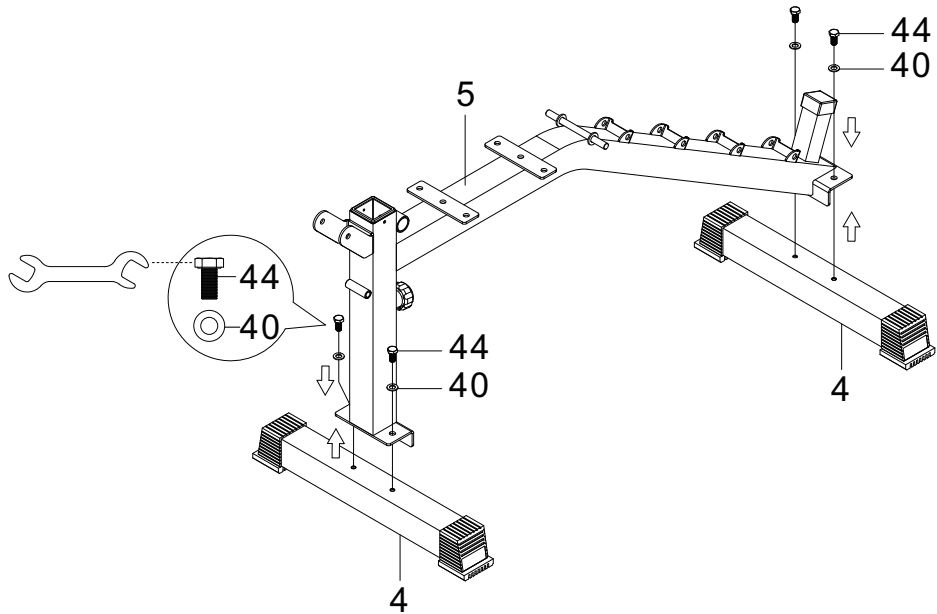
Hardware:



(36) Barbell Upright Height Adjustment Knob
2 PCS



(48) Nylon Lock Nut M6
2 PCS

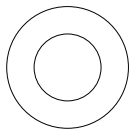


Step 3

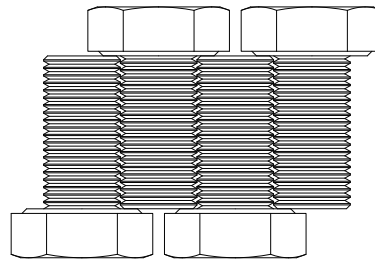
Position both Base Tubes (4) under the Main Frame of Weight Bench (5) and align bolt holes.

Attach both Base Tubes (4) onto the bottom of the Main Frame of Weight Bench (5) with four M10x20 Hexagon Head Bolts (44) and four two Ø10 Washers (40). Tighten bolts with the Double Open End Wrench provided.

Hardware:

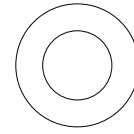


(40) Washer Ø10
4 PCS

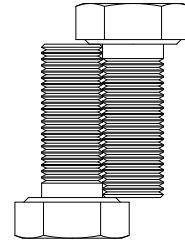


(44) Hexagon Head Bolt M10x20
4 PCS

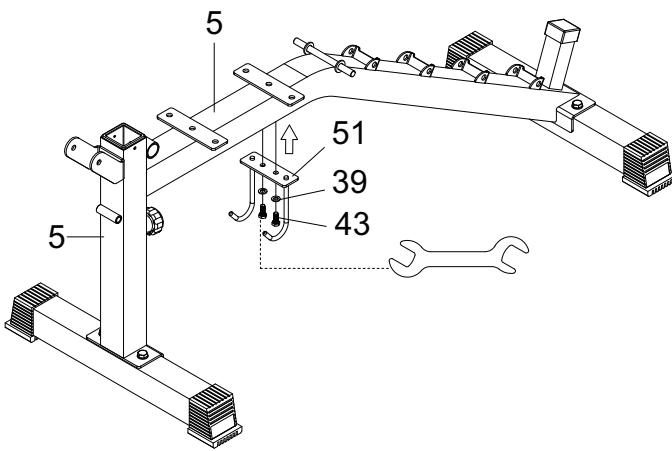
Hardware:



(39) Washer Ø8
2 PCS



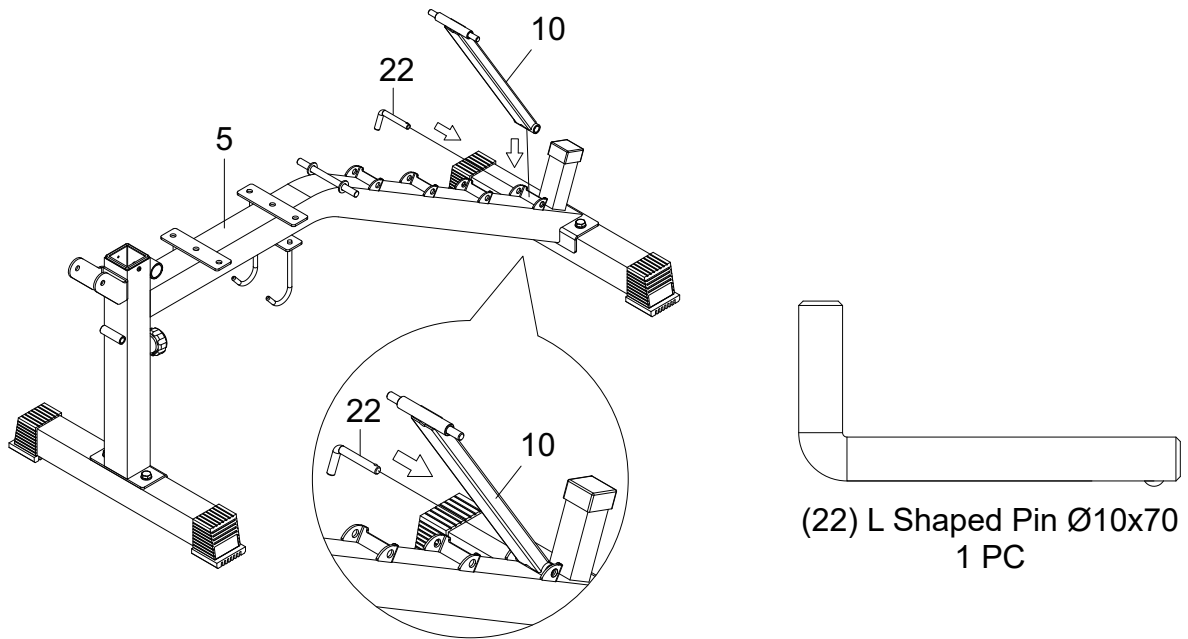
(43) Hexagon Head Bolt M8x20
2 PCS



Step 4

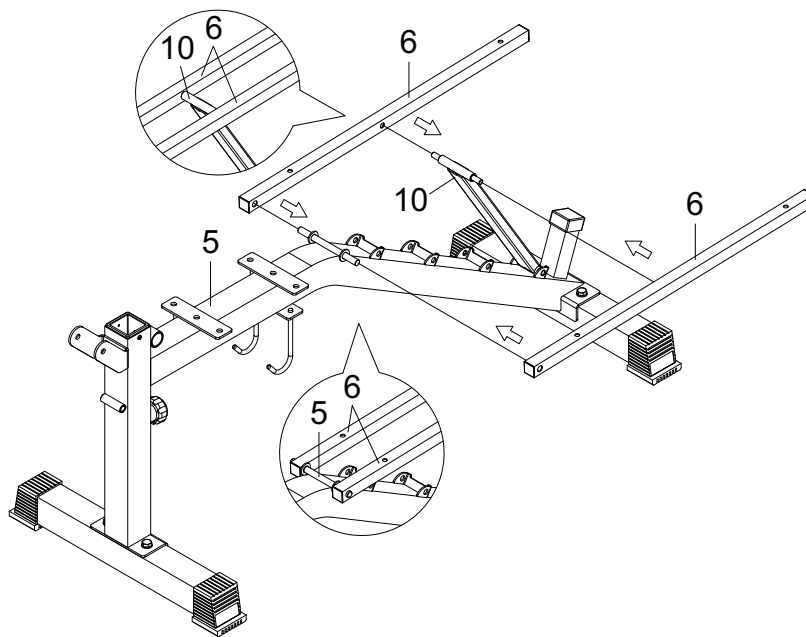
Position the Hook Frame (51) under the Main Frame of Weight Bench (5) and align bolt holes.

Attach the Hook Frame (51) onto the Main Frame of Weight Bench (5) with two Ø8 Washers (39) and two M8x20 Hexagon Head Bolts (43). Tighten bolts with the Double Open End Wrench provided.



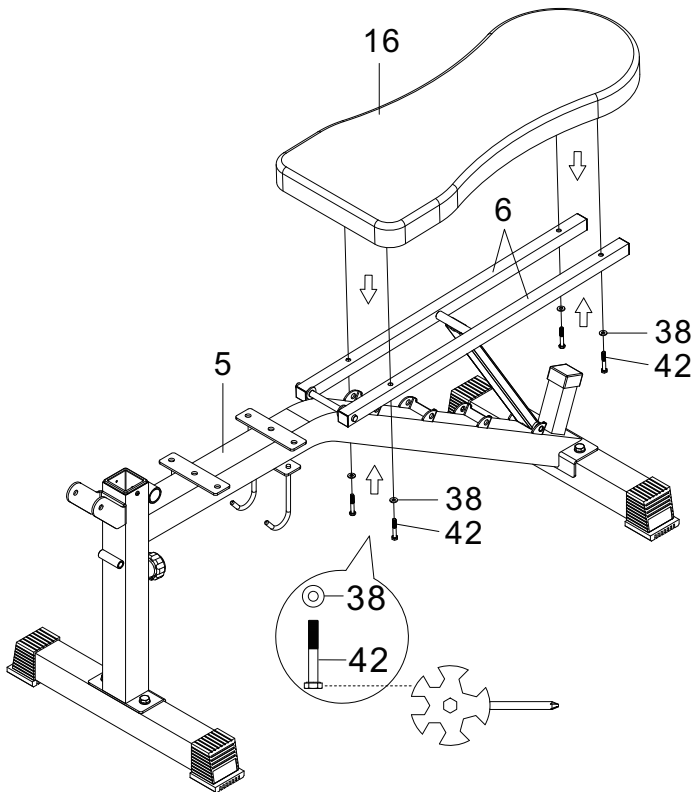
Step 5

Install the Backrest Adjustment Tube (10) to the bottom selected backrest adjustment tube holder in the Main Frame of Weight Bench (5). Align hole in the Backrest Adjustment Tube (10) with the adjustment holes in the Main Frame of Weight Bench (5). Secure the Backrest Adjustment Tube (10) to the Main Frame of Weight Bench (5) with the Ø10x70 L Shaped Pin (22) through the holes in the Backrest Adjustment Tube (10) and Main Frame of Weight Bench (5). Make sure the Ø10x70 L Shaped Pin (22) is completely inserted through the holes in the selected backrest adjustment tube holder in the Main Frame of Weight Bench (5) and Backrest Adjustment Tube (10).

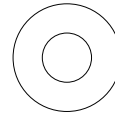


Step 6

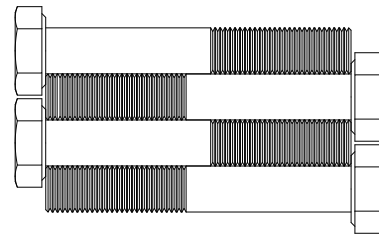
Install the two Backrest Tubes (6) to the Main Frame of Weight Bench (5) and Backrest Adjustment Tube (10).



Hardware:



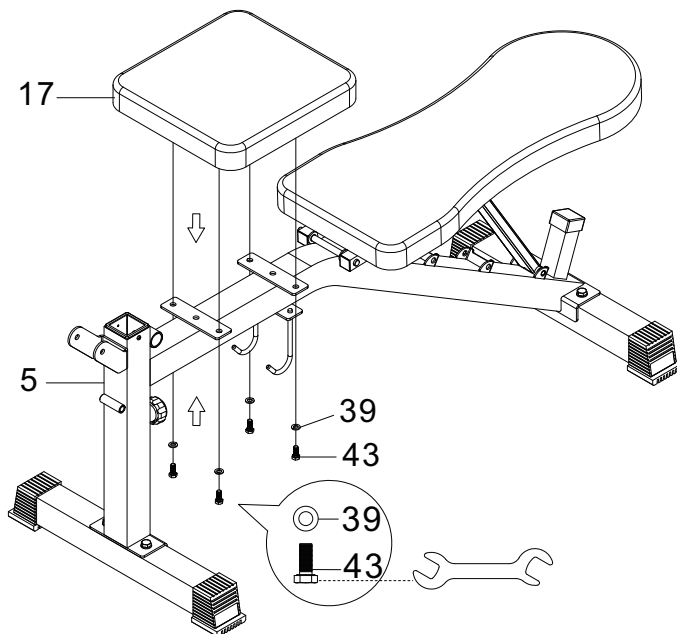
(38) Big Washer Ø6
4 PCS



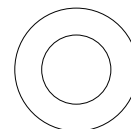
(42) Hexagon Head Bolt M6x40
4 PCS

Step 7

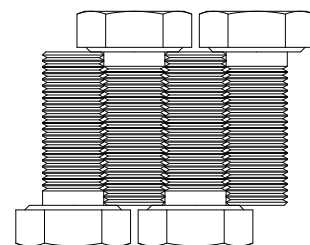
Attach the Backrest (16) onto the both Backrest Tubes (6) with four Ø6 Big Washers (38) and four M6x40 Hexagon Head Bolts (42). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



Hardware:



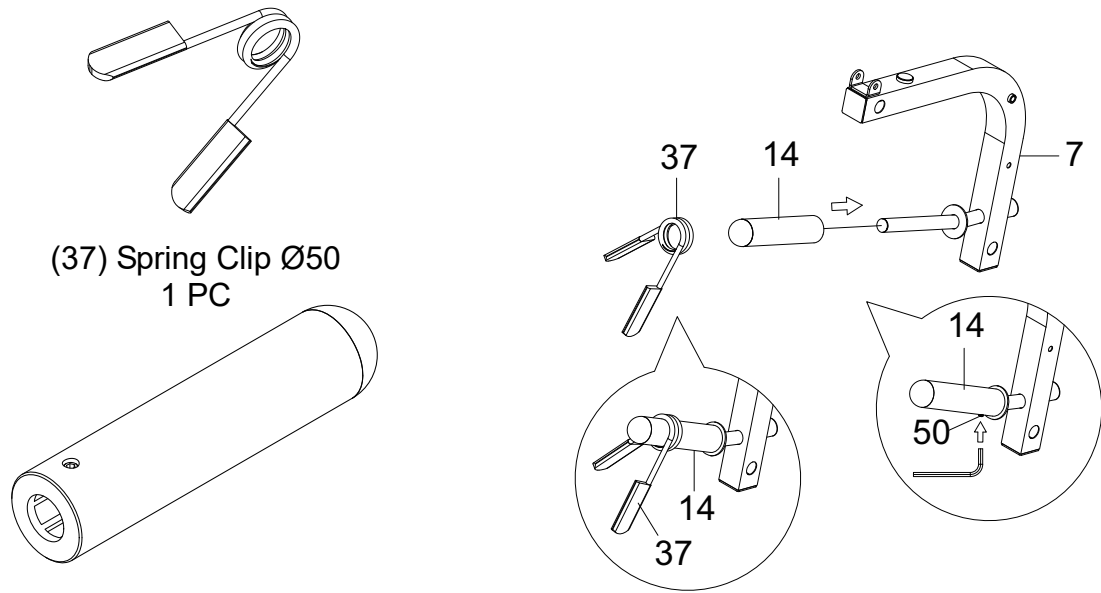
(39) Washer Ø8
4 PCS



(43) Hexagon Head Bolt M8x20
4 PCS

Step 8

Attach the Seat Pad (17) onto the Main Frame of Weight Bench (5) with four Ø8 Washers (39) and four M8x20 Hexagon Head Bolts (43). Tighten bolts with the Double Open End Wrench provided.

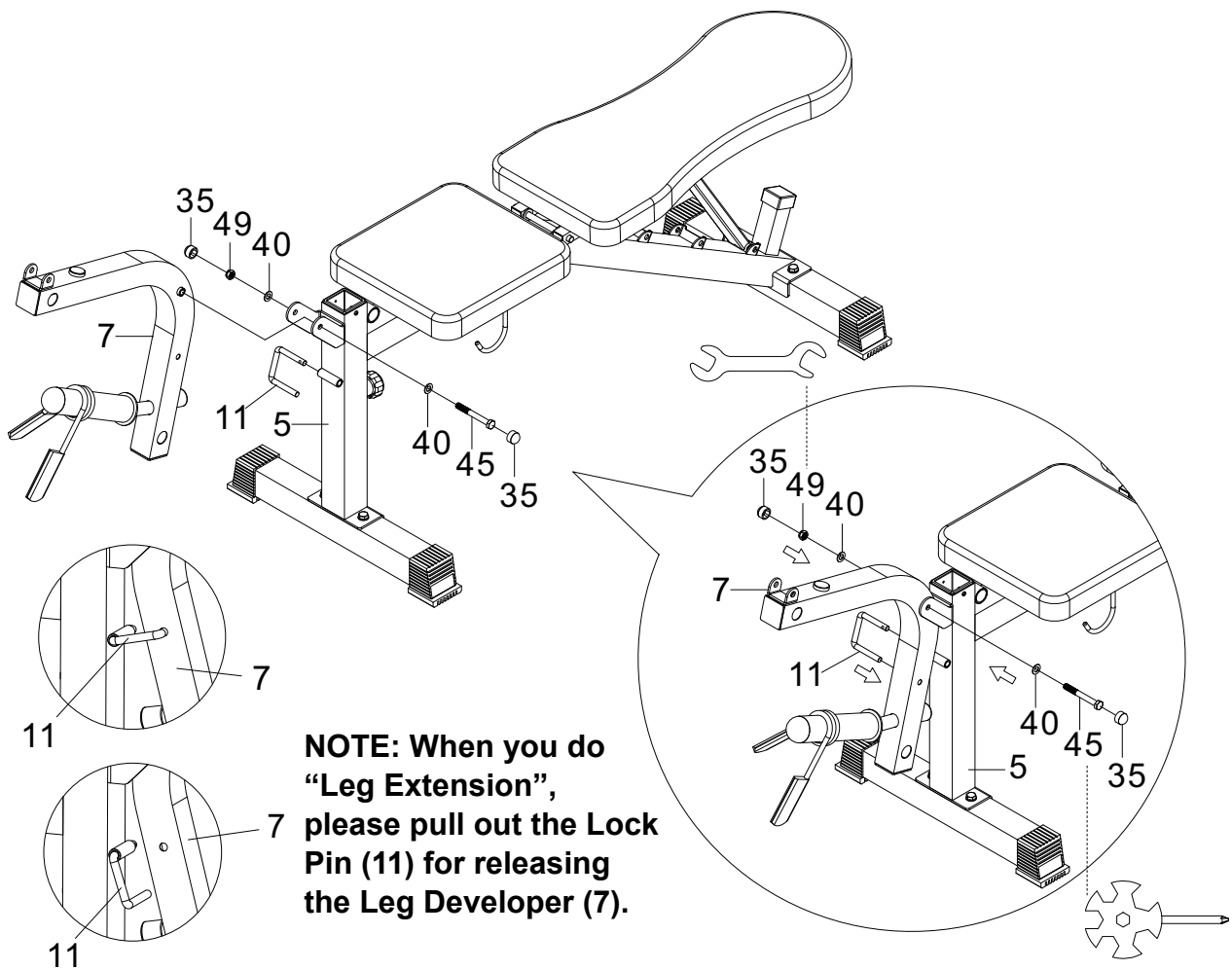


(37) Spring Clip Ø50
1 PC

- | | |
|--------------------------------|------|
| (14) Weight Plate Tube | 1 PC |
| (50) Hexagon Socket Bolt M8x10 | 1 PC |

Step 9

Slide the Weight Plate Tube (14) onto the weight post on the Leg Developer (7). Tighten the M8x10 Hexagon Socket Bolt (50) with the Allen Wrench provided. Attach a Spring Clip (37) onto the Weight Plate Tube (14).

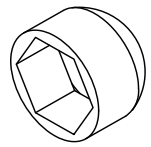


NOTE: When you do "Leg Extension", please pull out the Lock Pin (11) for releasing the Leg Developer (7).

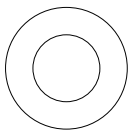
Step 10

Attach the Leg Developer (7) to the open bracket on the Main Frame of Weight Bench (5) with one M10x85 Hexagon Head Bolt (45), one M10 Nylon Lock Nut (49), and two Ø10 Washers (41). Tighten bolt and nylon lock nut with one Double Open End Wrench and one Multi Hex Tool with Phillips Screwdriver provided. Install two M10 Nut Caps (35) onto the M10x85 Hexagon Head Bolt (45) and M10 Nylon Lock Nut (49). Secure the Leg Developer (7) to the Main Frame of Weight Bench (5) with the Lock Pin (11) through the holes in the Leg Developer (7) to the Main Frame of Weight Bench (5).

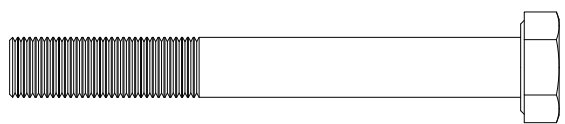
Hardware:



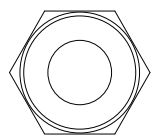
(35) Nut Cap M10
2 PCS



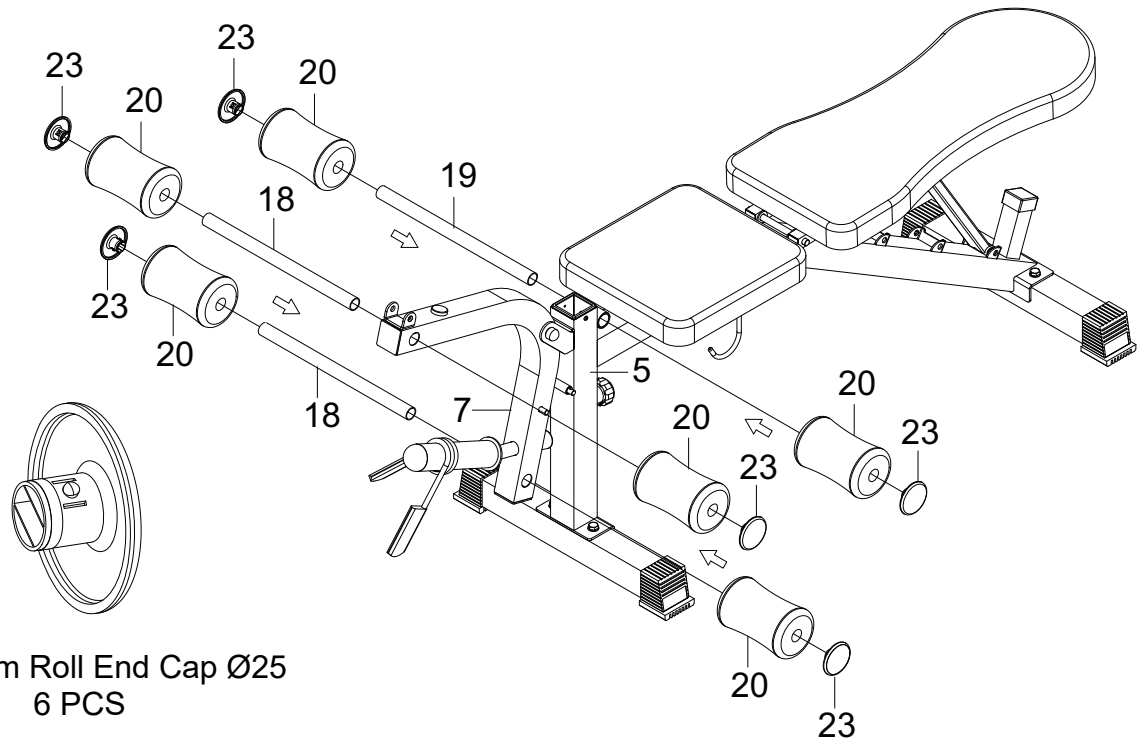
(40) Washer Ø10
2 PCS



(45) Hexagon Head Bolt M10x85
1 PC



(49) Nylon Lock Nut M10
1 PC



Step 11

Insert one Ø25x390 Foam Roll Tube (19) half way through the hole on the Main Frame of Weight Bench (5).

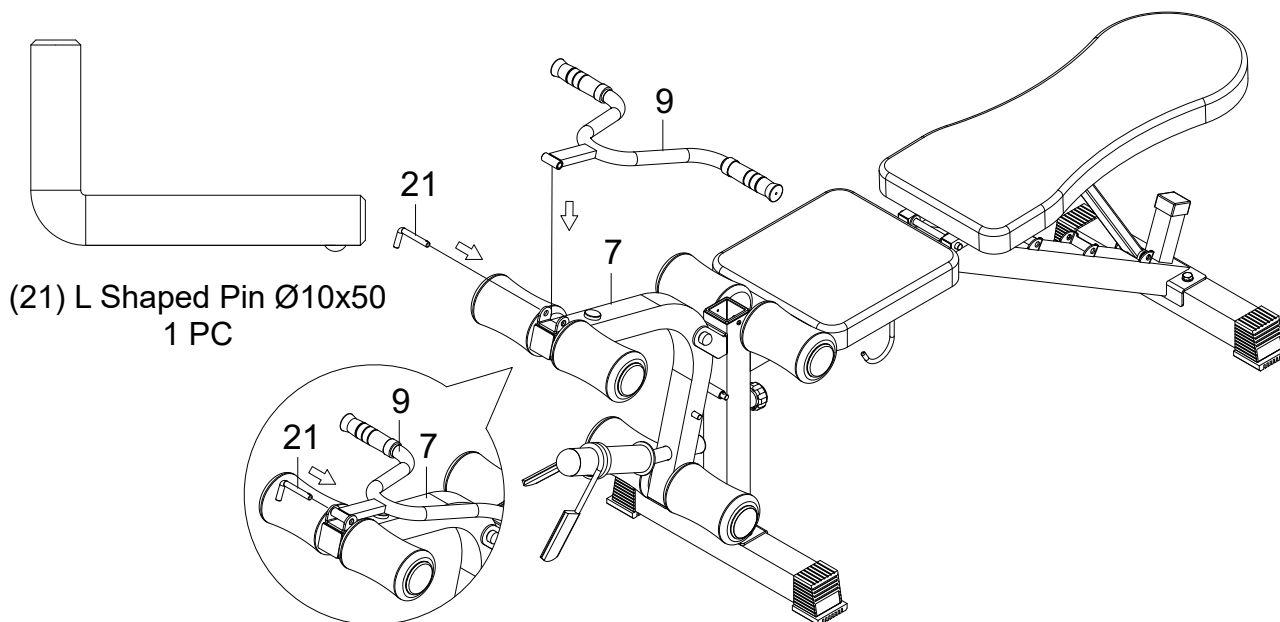
Push two Foam Rolls (20) onto the Ø25x390 Foam Roll Tube (19).

Tap two Foam Roll End Caps (23) into both ends of the Ø25x390 Foam Roll Tube (19).

Insert two Ø25x380 Foam Roll Tubes (18) half way through the holes on the top and bottom of the Leg Developer (7).

Push four Foam Rolls (20) onto the both Ø25x380 Foam Roll Tube (18).

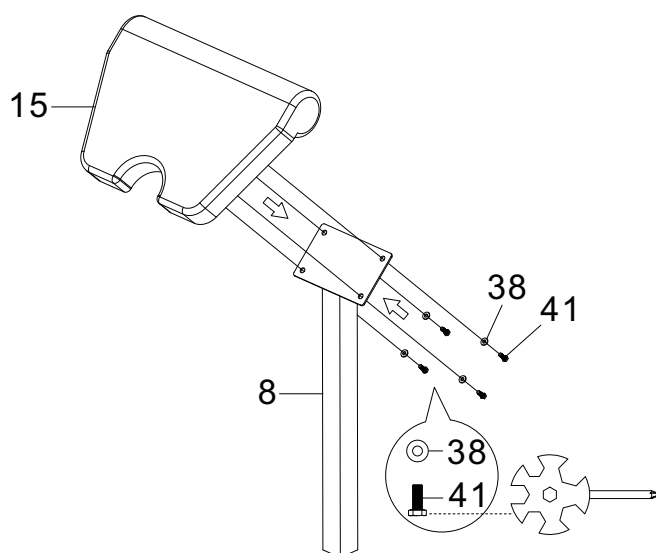
Tap four Foam Roll End Caps (23) into both ends of the Ø25x380 Foam Roll Tubes (18).



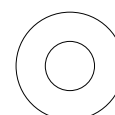
(21) L Shaped Pin Ø10x50
1 PC

Step 12

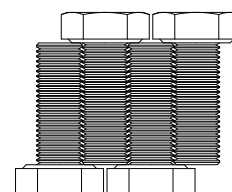
Install the Handle (9) to the open bracket on the Leg Developer (7). Align hole in the Handle (9) with the holes in the Leg Developer (7). Secure the Handle (9) to the Leg Developer (7) with the Ø10x50 L Shaped Pin (21) through the holes in the Handle (9) and Leg Developer (7). Make sure the Ø10x50 L Shaped Pin (21) is completely inserted through the holes in the Handle (9) and Leg Developer (7).



Hardware:



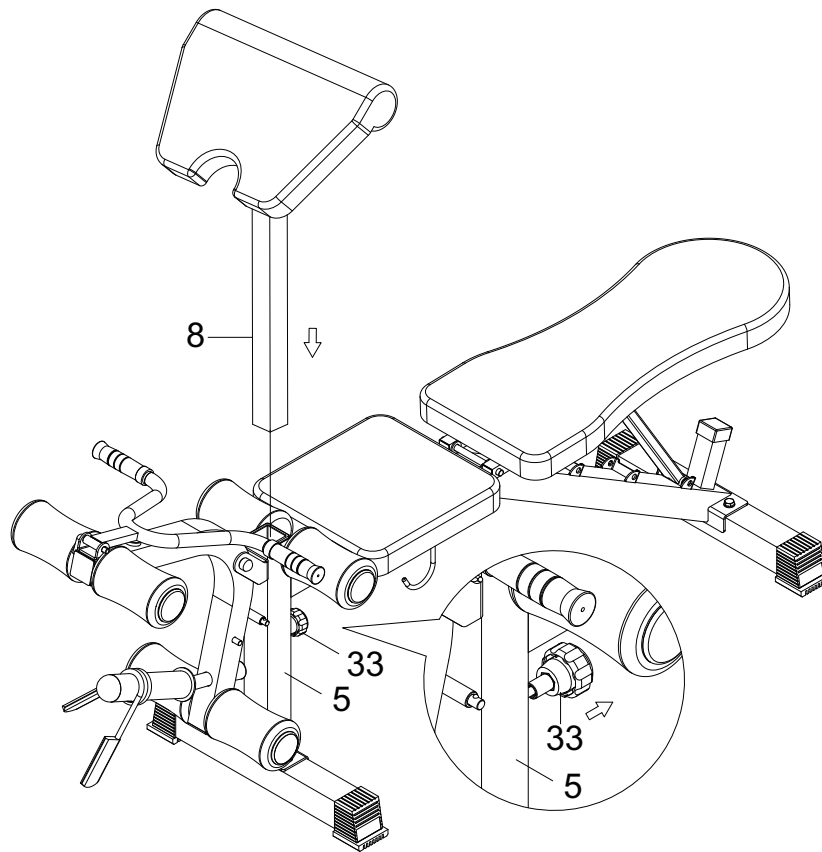
(38) Big Washer Ø6
4 PCS



(41) Hexagon Head Bolt M6x16
4 PCS

Step 13

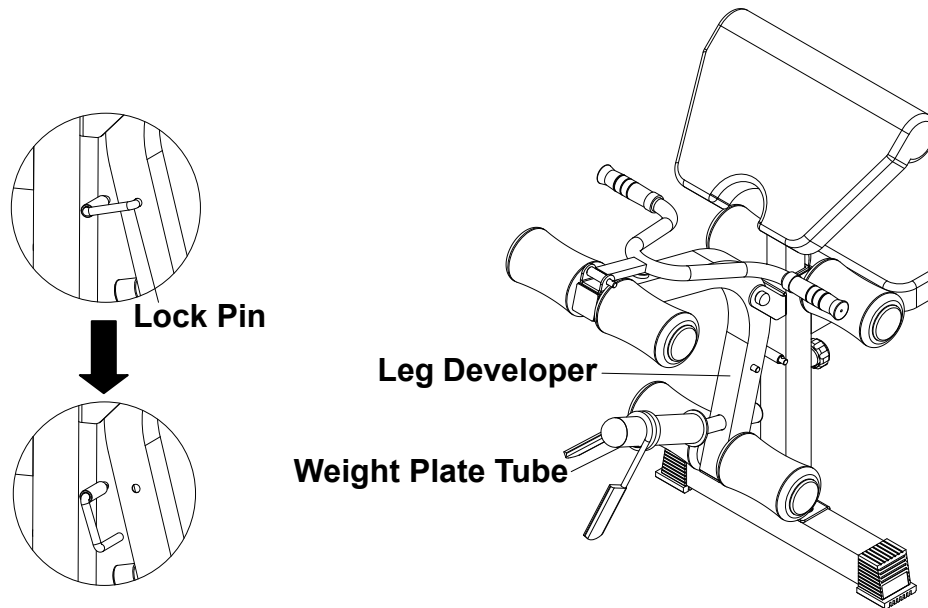
Attach the Curl Pad (15) onto the Curl Post (8) with four Ø6 Big Washers (38) and four M6x16 Hexagon Head Bolts (41). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



Step 14

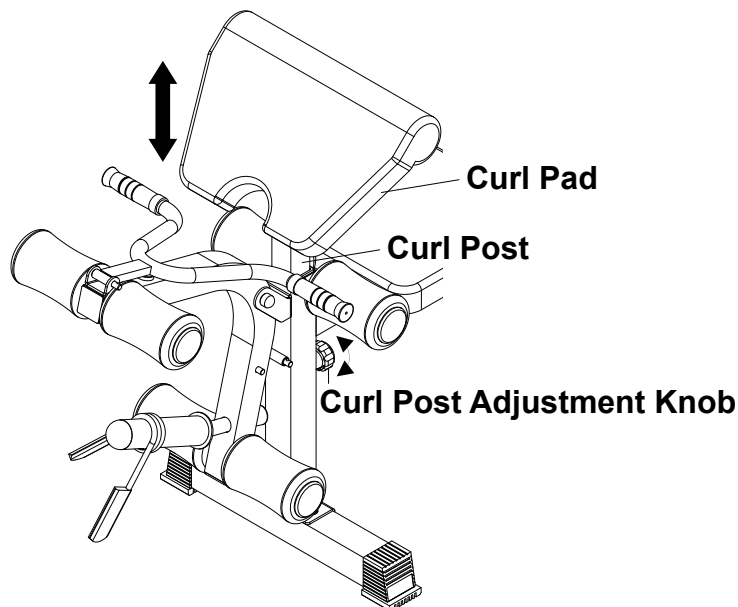
Turn the Curl Post Adjustment Knob (33) in a counterclockwise direction until it can be pulled out. Pull out the Curl Post Adjustment Knob (33) and then slide the Curl Post (8) into the Main Frame of Weight Bench (5). Slide the Curl Post (8) up or down direction to the suitable position. Lock the Curl Post (8) in place by releasing the Curl Post Adjustment Knob (33) and sliding the Curl Post (8) up or down slightly until the Curl Post Adjustment Knob (33) "pops" down into the locked position. For added safety, tighten the Curl Post Adjustment Knob (33) in a clockwise direction.

USING THE WEIGHT BENCH



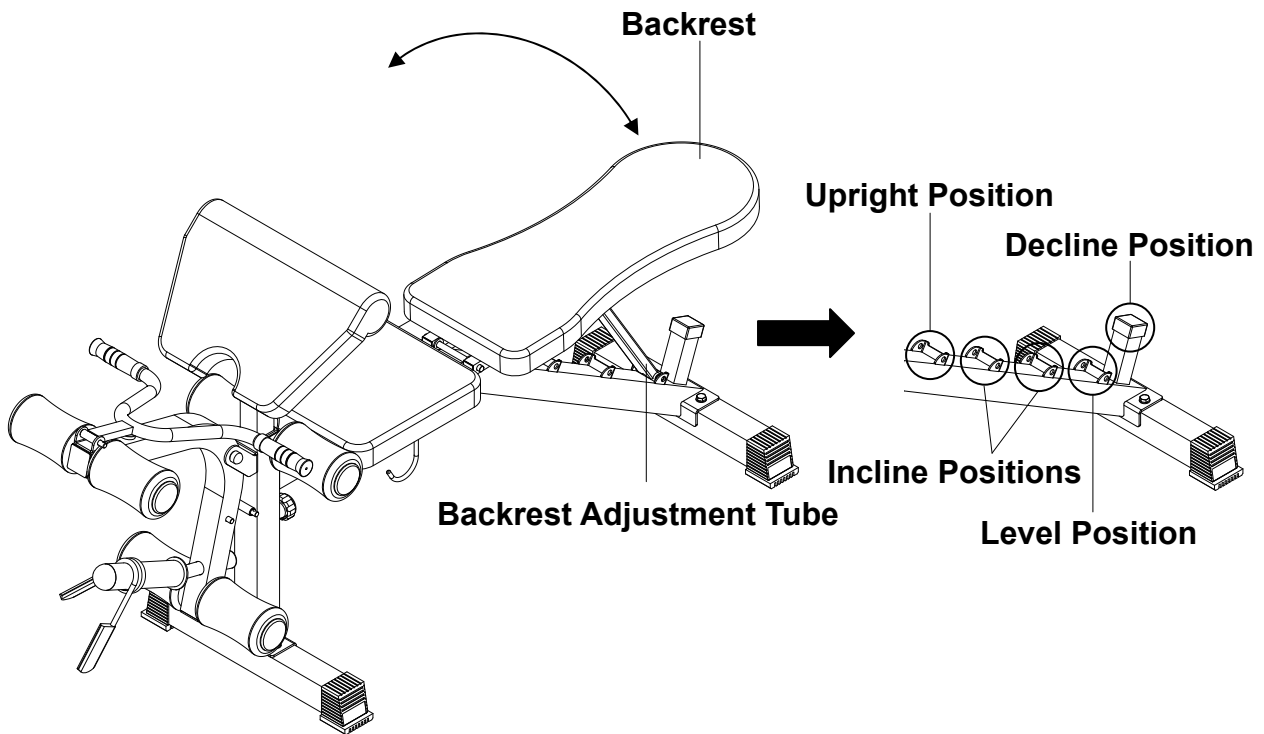
Attaching the Weight Plates to the Weight Plate Tube

To use the Leg Developer, remove the Lock Pin and slide the desired weight plates (not included) onto the Weight Plate Tube.



Adjusting the Curl Pad Height

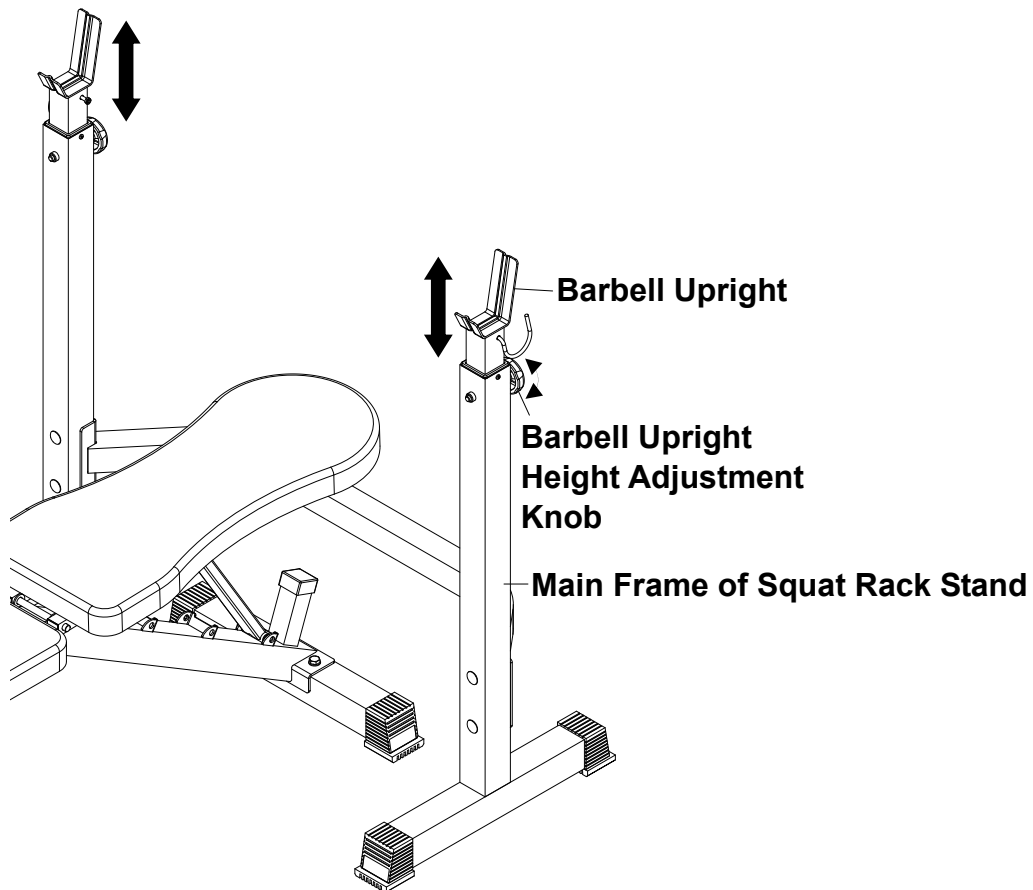
Turn the Curl Post Adjustment Knob in a counterclockwise direction until it can be pulled out. Pull out the Curl Post Adjustment Knob and then slide the Curl Post up or down direction to the suitable position. Lock the Curl Post in place by releasing the Curl Post Adjustment Knob and sliding the Curl Post up or down slightly until the Curl Post Adjustment Knob "pops" down into the locked position. For added safety, tighten the Curl Post Adjustment Knob in a clockwise direction.



Adjusting the Backrest

The Backrest can be used in either a decline position, a level position, two incline positions, or upright position.

WARNING: When adjusting the position of the backrest, make sure that the L shaped pin is completely inserted through the holes in the selected backrest adjustment tube holder in the main frame of weight bench and backrest adjustment tube before beginning any exercise.



Adjusting the Barbell Upright Height

The Barbell Uprights can be adjusted to accommodate different exercises. To adjust the height, remove the Barbell Upright Height Adjustment Knobs from both Barbell Uprights and Main Frames of Squat Rack Stand. Slide the Barbell Uprights to the desired position and re-insert the Barbell Upright Height Adjustment Knobs.

WARNING: Always set both barbell uprights at the same height. Make sure that the barbell upright height adjustment knobs are inserted completely and tightened into the barbell uprights before beginning any exercise.

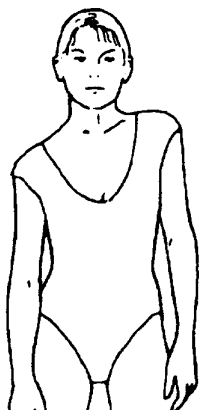
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

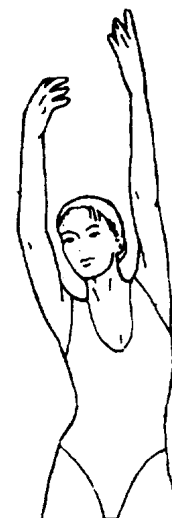
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

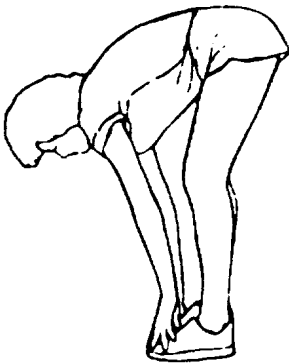


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

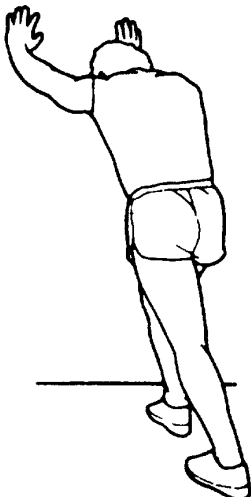
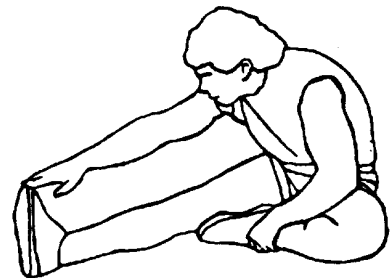


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.