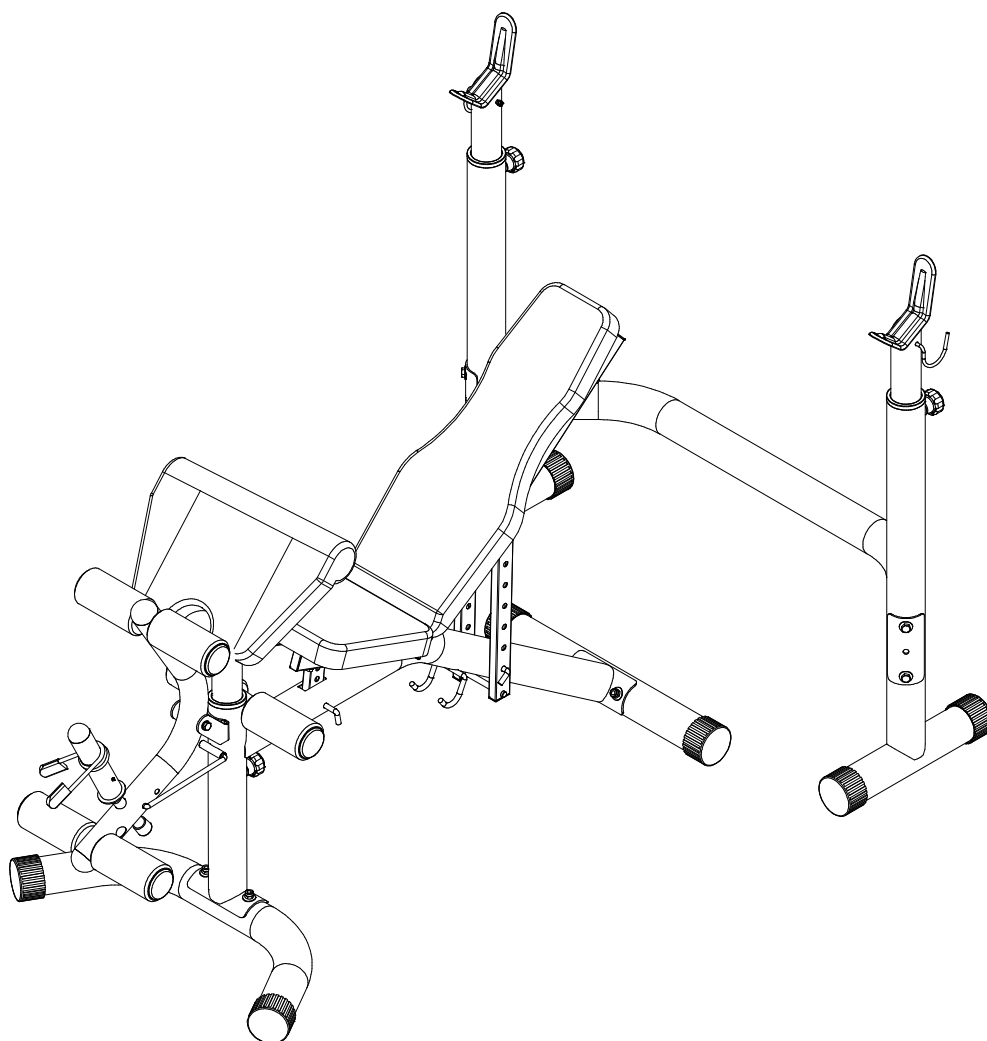


# ***POWER.BODY/BENCH***

## ***ITEM NO.: 76300***

### ***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.

2022, 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 it.**

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: 200 kg.
21. Maximum user's weight: 150 kg.
22. Maximum weight capacity on the leg developer: 50 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.

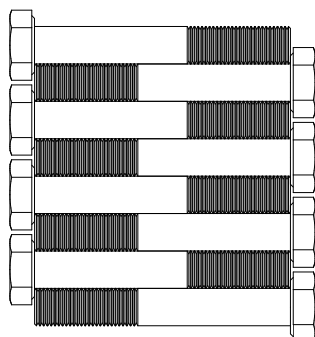
**CAUTION:** Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

# PARTS LIST

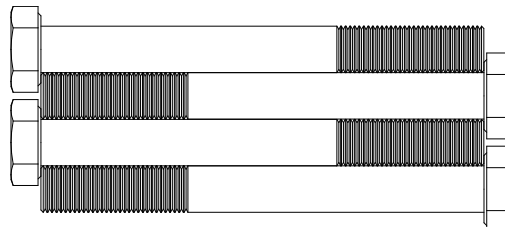
No.	Description	Qty	No.	Description	Qty
001	Left Upright Tube (Ø76x2.0t)	1	025	L Shaped Pin Ø10x130	1
002	Right Upright Tube (Ø76x2.0t)	1	026	Adjustment Knob M16	3
003	Crossbar (Ø76x1.5t)	1	027	Round Inner Cap Ø25	1
004	Barbell Upright (Ø60x2.0t)	2	028	Foam Roller End Cap Ø25	6
005	Main Frame (Ø76x2.0t)	1	029	Round End Cap Ø60	2
006	Leg Developer (Ø60x2.0t)	1	030	Rectangular End Cap (□20x40)	14
007	Front Base Tube (Ø76x1.5t)	1	031	Round Outer Cap Ø76	8
008	Rear Base Tube (Ø76x1.5t)	1	032	Round Bushing (Ø76xØ60)	3
009	Left Barbell Hook	1	033	Round Angled Cap Ø25	1
010	Right Barbell Hook	1	034	Spring Collar Ø50	1
011	Seat Tube (□20x40x1.5tx350)	2	035	Flat Washer Ø6	4
012	Backrest Tube (□20x40x1.5tx750)	2	036	Flat Washer Ø8	8
013	Seat Adjustment Tube (□20x40x1.5tx200)	1	037	Flat Washer Ø10	8
014	Backrest Adjustment Tube (□20x40x1.5tx500)	1	038	Curve Washer Ø10	12
015	Curl Post (Ø60x1.5t)	1	039	Hexagon Head Bolt M6x20	4
016	Support Plate	2	040	Hexagon Head Bolt M8x55	8
017	Backrest	1	041	Hexagon Head Bolt M10x90	1
018	Seat	1	042	Hexagon Head Bolt M10x95	4
019	Curl Pad	1	043	Hexagon Head Bolt M10x145	1
020	Lock Pin	1	044	Hexagon Head Bolt M10x185	2
021	Foam Roller Tube Ø25	3	045	Square Neck Bolt M10x95	4
022	Foam Roller Ø80x160	6	046	Hexagon Socket Bolt M8x12	1
023	Weight Plate Adapter Sleeve	1	047	Nylon Lock Nut M6	2
024	L Shaped Pin Ø10x90	1	048	Nylon Lock Nut M10	12

# HARDWARE KIT 1

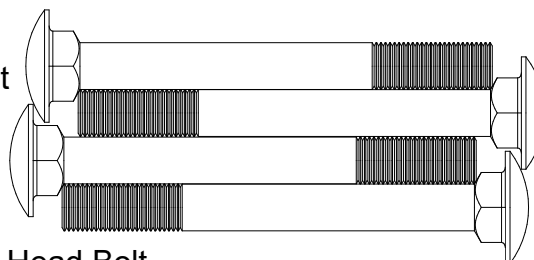
(40) Hexagon Head Bolt  
M8x55  
8 PCS



(42) Hexagon Head Bolt  
M10x95  
4 PCS



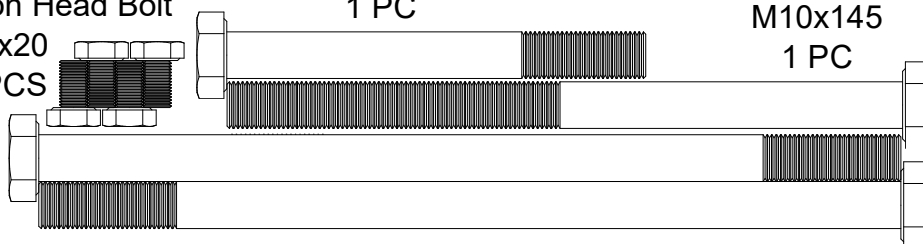
(45) Square Neck Bolt  
M10x95  
4 PCS



(41) Hexagon Head Bolt  
M10x90  
1 PC

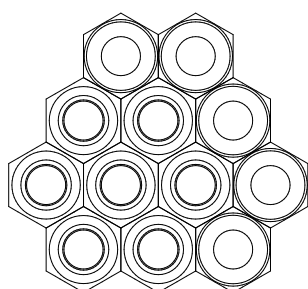
(43) Hexagon Head Bolt  
M10x145  
1 PC

(39) Hexagon Head Bolt  
M6x20  
4 PCS



(44) Hexagon Head Bolt  
M10x185  
2 PCS

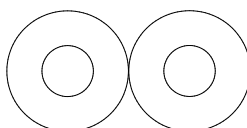
# HARDWARE KIT 2



(48) Nylon Lock Nut M10  
12 PCS



(47) Nylon Lock Nut M6  
2 PCS



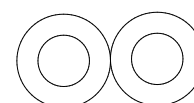
(38) Curve Washer Ø10  
12 PCS



(35) Flat Washer Ø6  
4 PCS

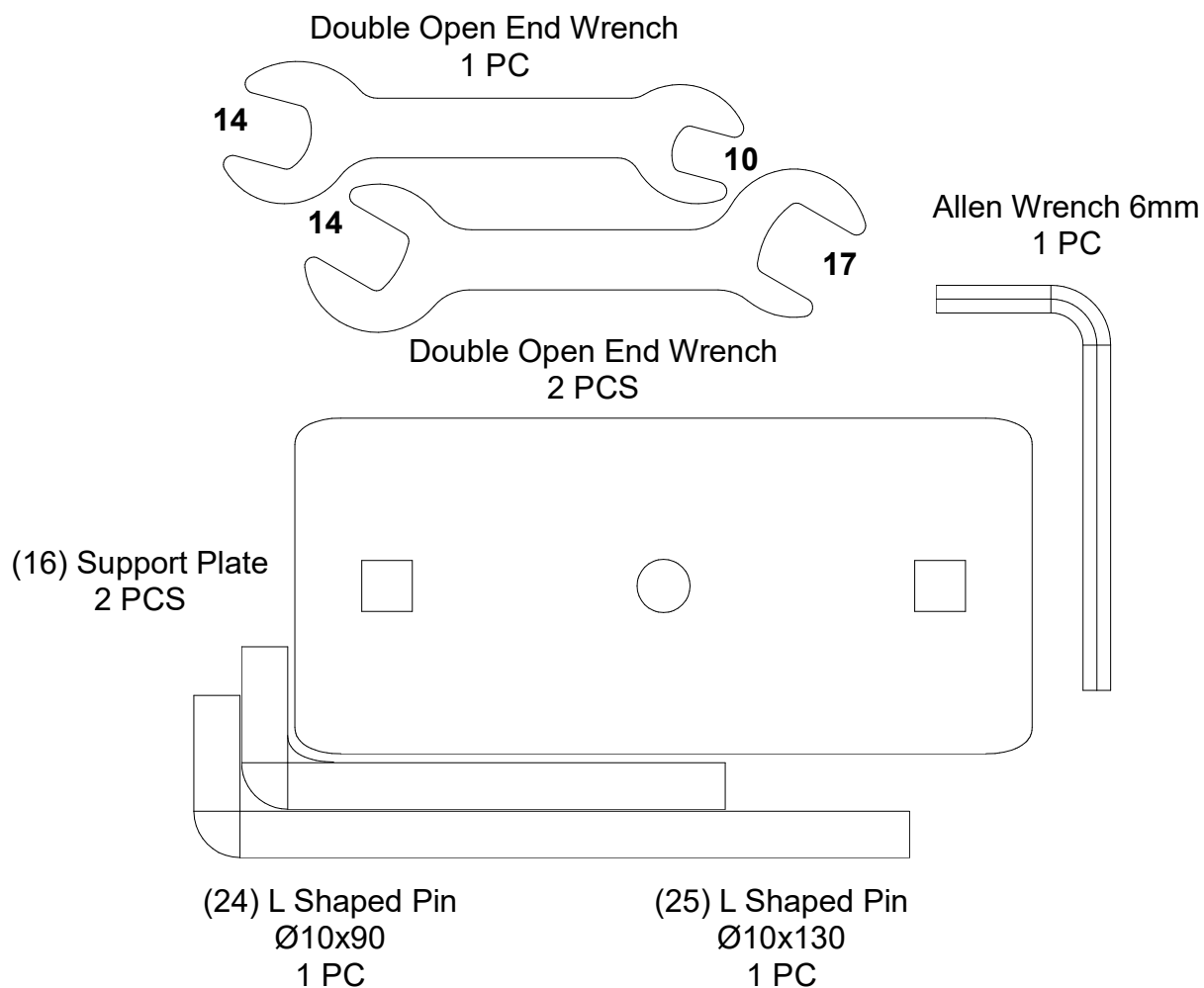


(36) Flat Washer Ø8  
8 PCS

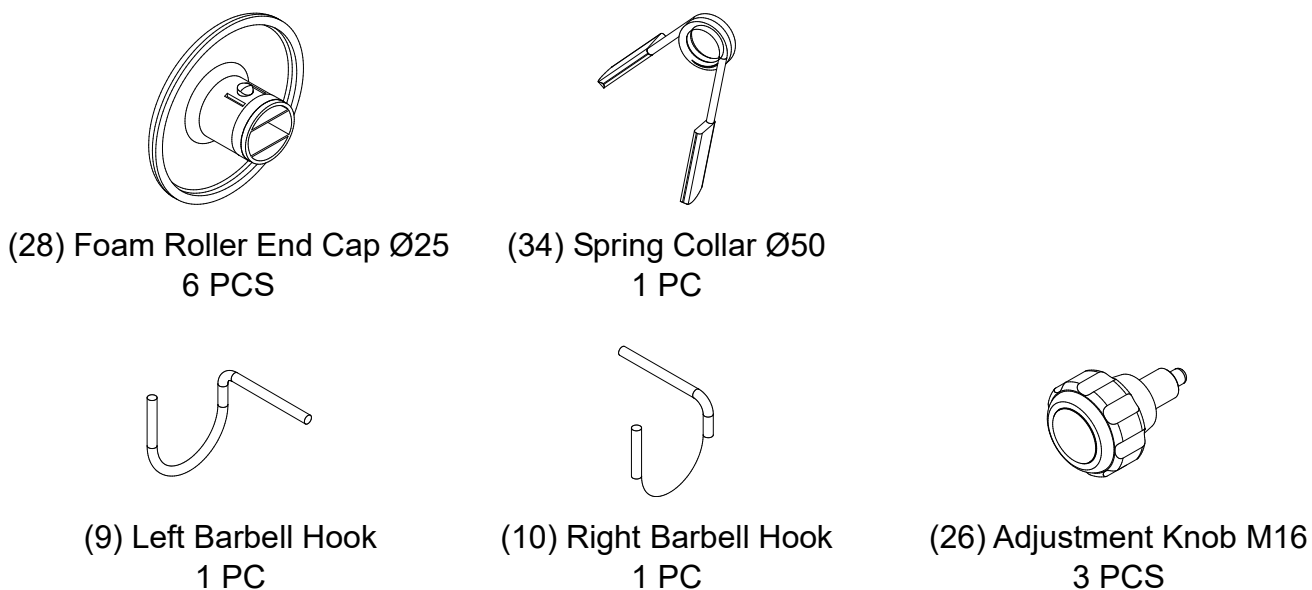


(37) Flat Washer Ø10  
8 PCS

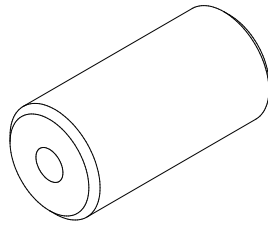
# TOOL KIT



# ASSEMBLY PACK



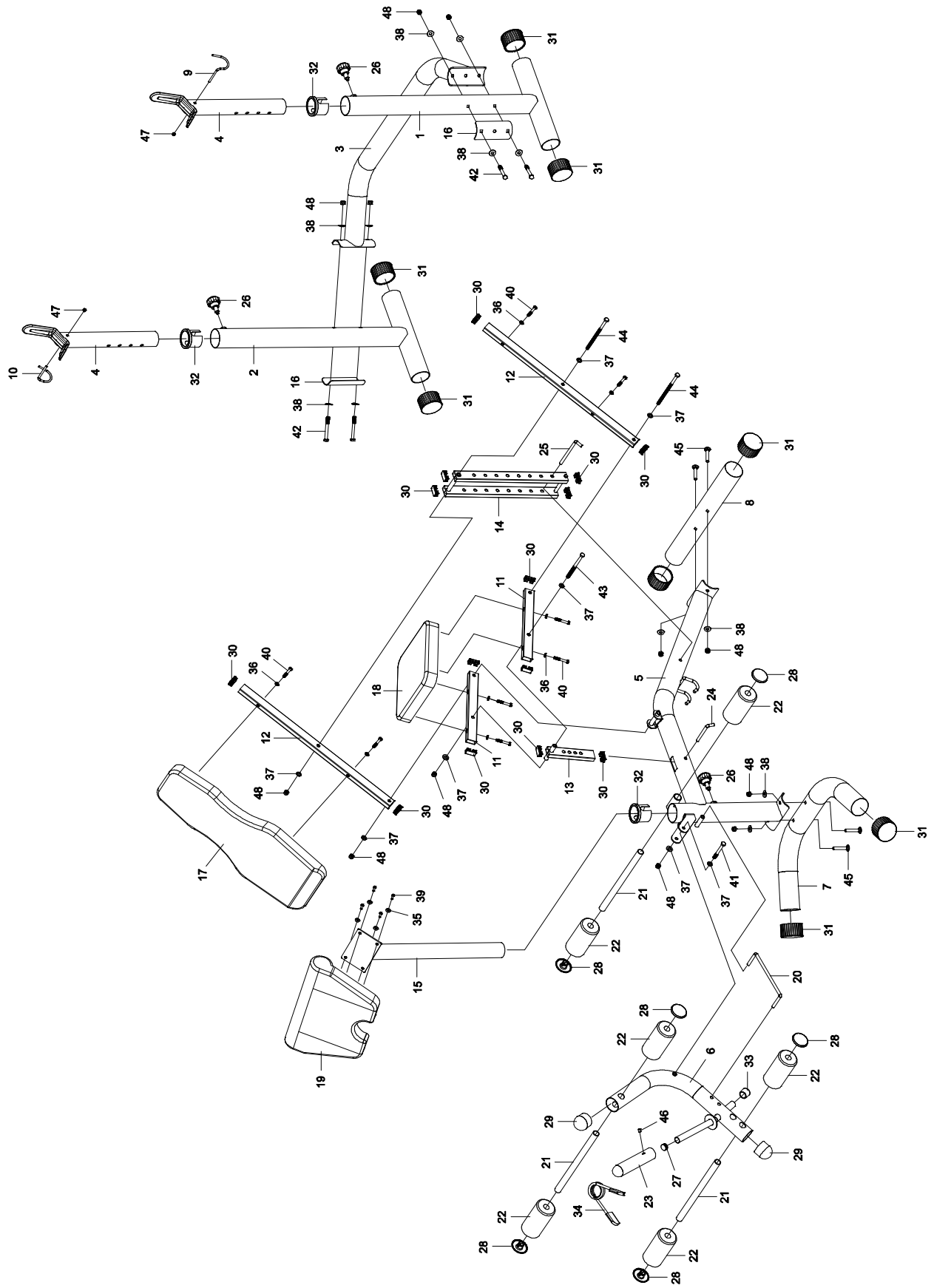
## FOAM ROLLER PACK



(22) Foam Roller Ø80x160  
6 PCS

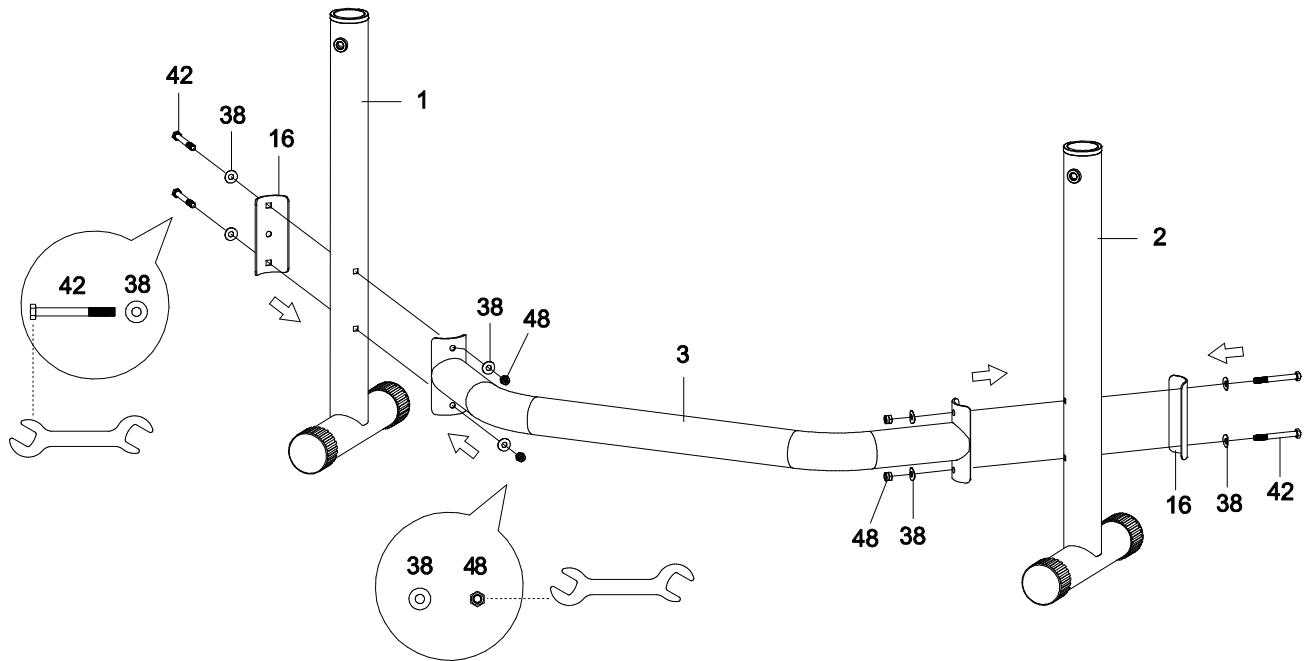


# EXPLODED VIEW



# ASSEMBLY INSTRUCTIONS

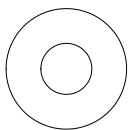
**NOTE:** It is recommended to have a second person to help you to assemble this weight bench.



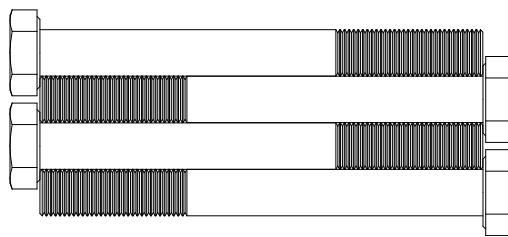
## Step 1

Attach the Crossbar (3) between both Left /Right Upright Tubes (1, 2) with two Support Plates (16), four M10x95 Hexagon Head Bolts (42), four M10 Nylon Lock Nuts (48), and eight Ø10 Curve Washers (38). Tighten hexagon head bolts and nylon lock nuts with two Double Open End Wrenches (14-17) provided.

## Hardware:



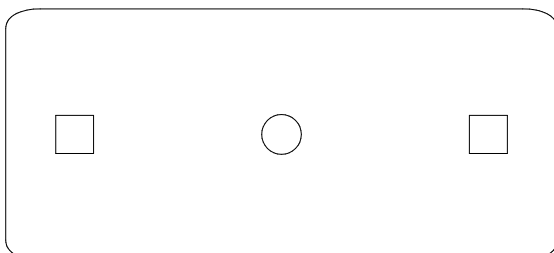
(38) Curve Washer Ø10  
8 PCS



(42) Hexagon Head Bolt  
M10x95  
4 PCS

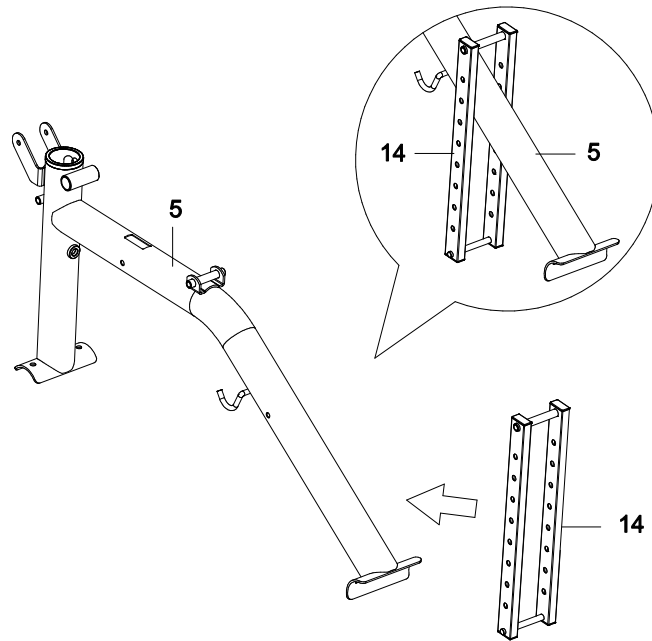


(48) Nylon Lock Nut M10  
4 PCS



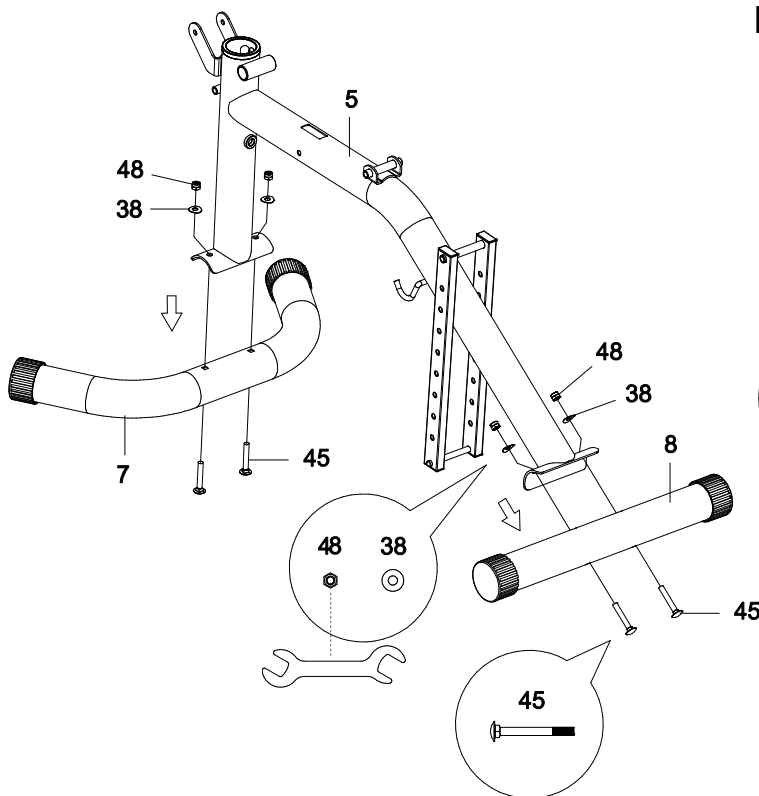
(16) Support Plate  
2 PCS



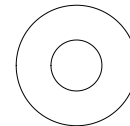


### Step 3

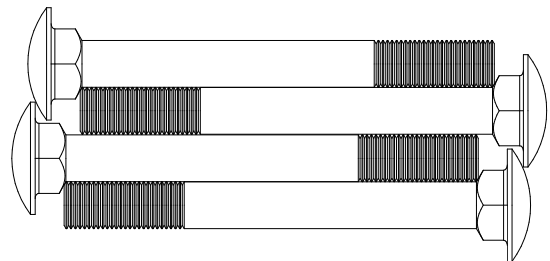
Slide the Backrest Adjustment Tube (14) onto the Main Frame (5).



### Hardware:



(38) Curve Washer Ø10  
4 PCS



(45) Square Neck Bolt  
M10x95  
4 PCS

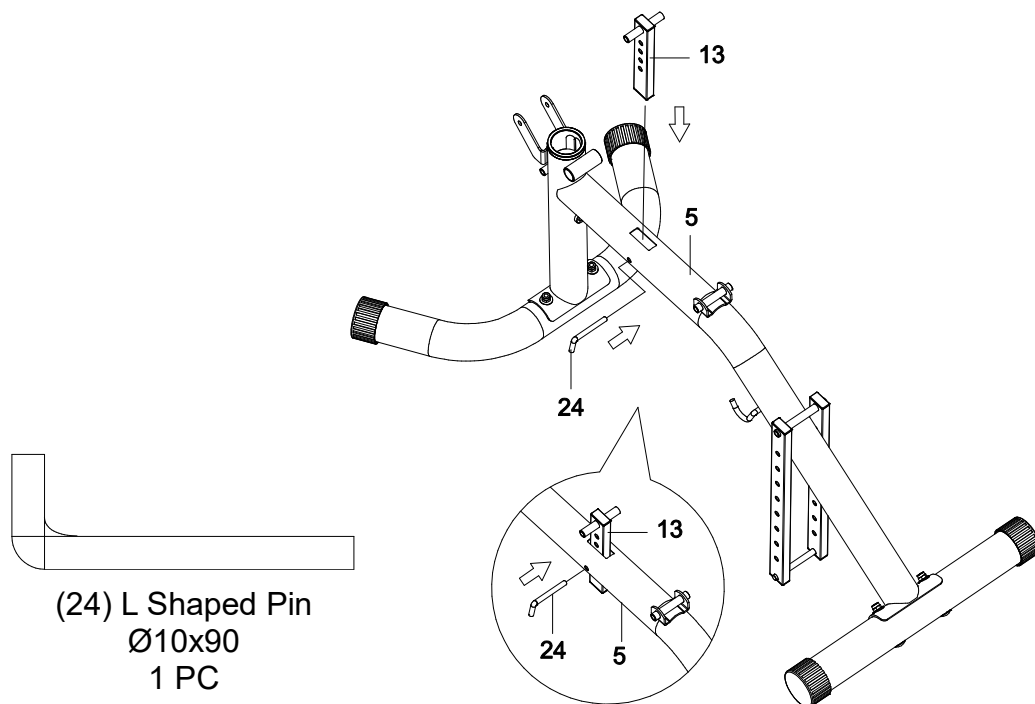


(48) Nylon Lock Nut M10  
4 PCS

### Step 4

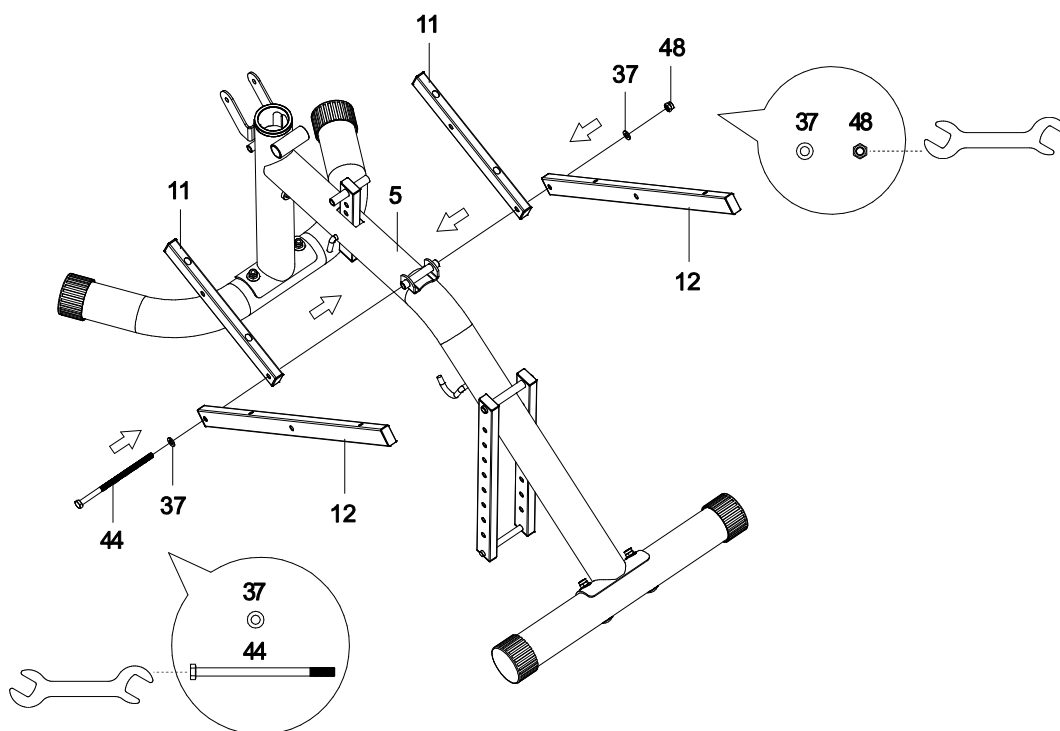
Attach the Front Base Tube (7) onto the Main Frame (1) with two M10x95 Square Neck Bolts (45), two Ø10 Curve Washers (38), and two M10 Nylon Lock Nuts (48). Tighten the nylon lock nuts with the Double Open End Wrench (14-17) provided.

Attach the Rear Base Tube (8) onto the Main Frame (1) with two M10x95 Square Neck Bolts (45), two Ø10 Curve Washers (38), and two M10 Nylon Lock Nuts (48). Tighten the nylon lock nuts with the Double Open End Wrench (14-17) provided.



### Step 5

Slide a Seat Adjustment Tube (13) into the rectangular hole of the Main Frame (1). Align one of the holes in the Seat Adjustment Tube (13) with the hole in the Main Frame (1). Insert the Ø10x90 L Shaped Pin (24) through the holes in the Main Frame (1) and Seat Adjustment Tube (13) to lock the Seat Adjustment Tube (13) in place.



### Step 6

Attach two Seat Tubes (11) and two Backrest Tubes (12) onto the Main Frame (5) with one M10x185 Hexagon Head Bolt (44), one M10 Nylon Lock Nut (48), and two Ø10 Flat Washers (37). Semi-tighten bolt and nylon lock nut with two Double Open End Wrenches (14-17) provided.

**NOTE: DO NOT FULLY TIGHTEN BOLT AND NYLON LOCK NUT IN STEP 6 UNTIL THE STEP 7 IS COMPLETE.**

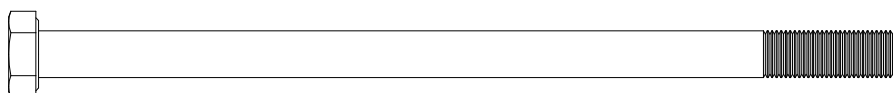
### Hardware:



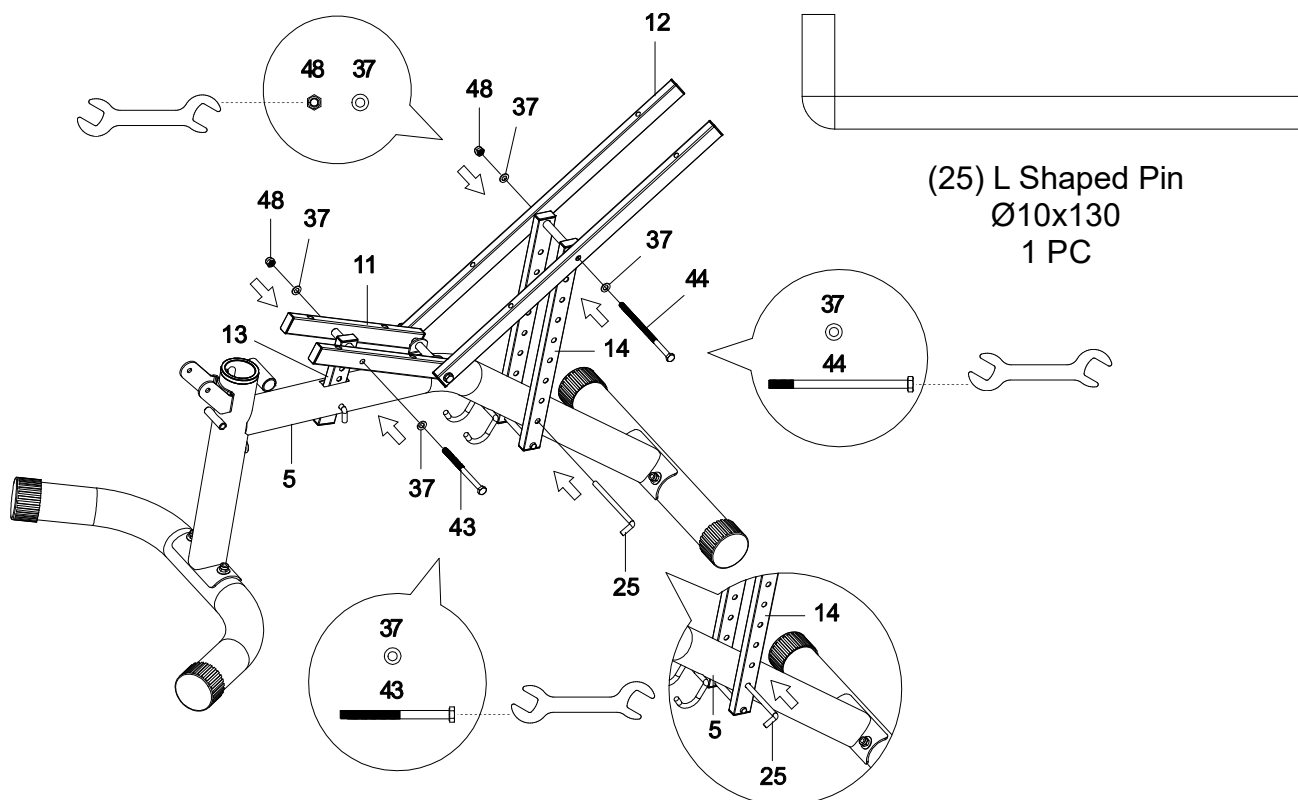
(37) Flat Washer Ø10  
2 PCS



(48) Nylon Lock Nut M10  
1 PC



(44) Hexagon Head Bolt  
M10x185  
1 PC



### Step 7

Attach two Seat Tubes (11) onto the Seat Adjustment Tube (13) with one M10x145 Hexagon Head Bolt (43), one M10 Nylon Lock Nut (48), and two Ø10 Flat Washers (37).

Tighten bolt and nylon lock nut with two Double Open End Wrenches (14-17) provided.

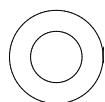
Attach two Backrest Tubes (12) onto the Backrest Adjustment Tube (14) with one M10x185 Hexagon Head Bolt (44), one M10 Nylon Lock Nut (48), and two Ø10 Flat Washers (37).

Tighten bolt and nylon lock nut with two Double Open End Wrenches (14-17) provided.

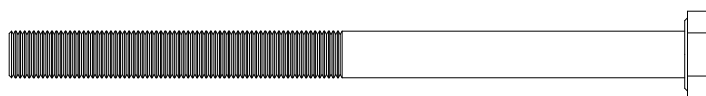
Insert the Ø10x130 L Shaped Pin (25) through the holes in the Backrest Adjustment Tube (14) and Main Frame (1) to lock the Backrest Adjustment Tube (14) in place.

**NOTE: PLEASE FULLY TIGHTEN BOLT AND NYLON LOCK NUT INSTALLED IN STEP 6 WITH TWO DOUBLE OPEN END WRENCHES PROVIDED.**

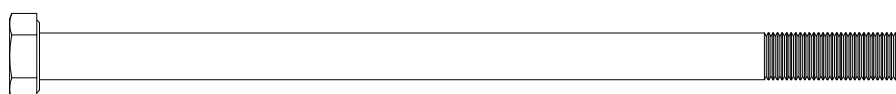
### Hardware:



(37) Flat Washer Ø10  
4 PCS



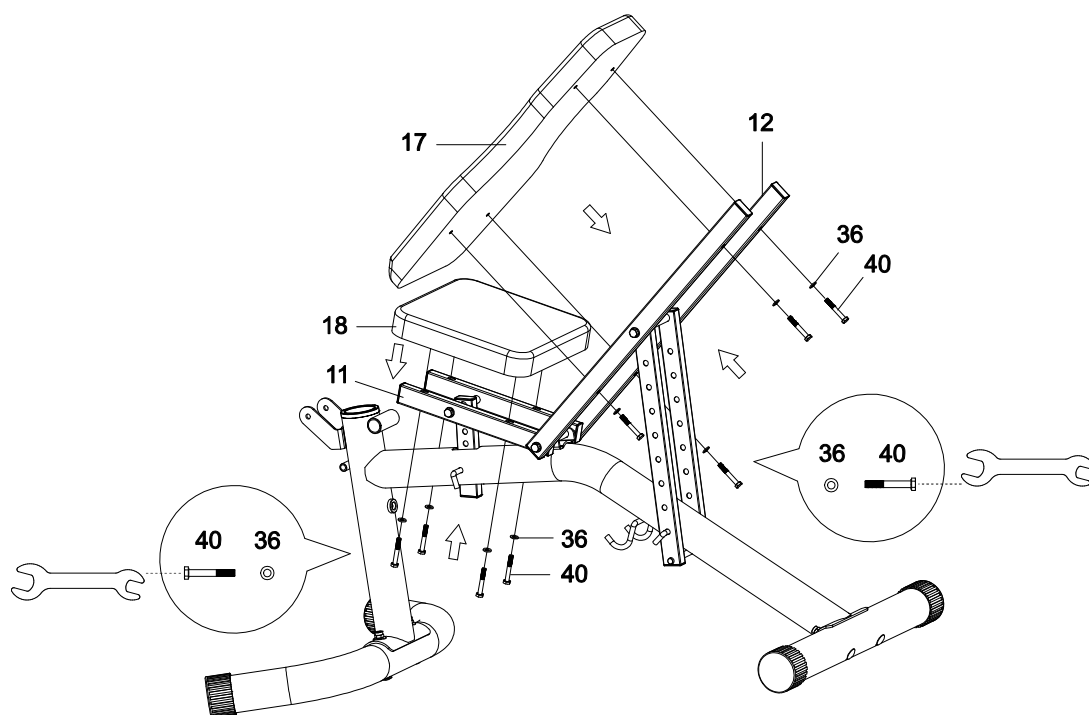
(43) Hexagon Head Bolt  
M10x145  
1 PC



(44) Hexagon Head Bolt  
M10x185  
1 PC



(48) Nylon Lock Nut M10  
2 PCS



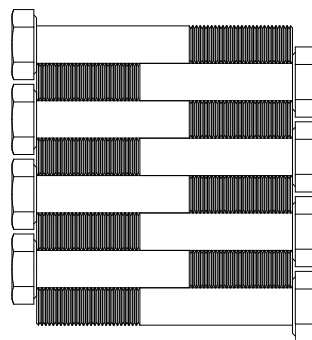
### Step 8

Attach both Backrest (17) and Seat (18) onto the Backrest Tubes (12) and Seat Tubes (11) with eight Ø8 Flat Washers (36) and eight M8x55 Hexagon Head Bolts (40). Tighten bolts with the Double Open End Wrench (10-14) provided.

### Hardware:

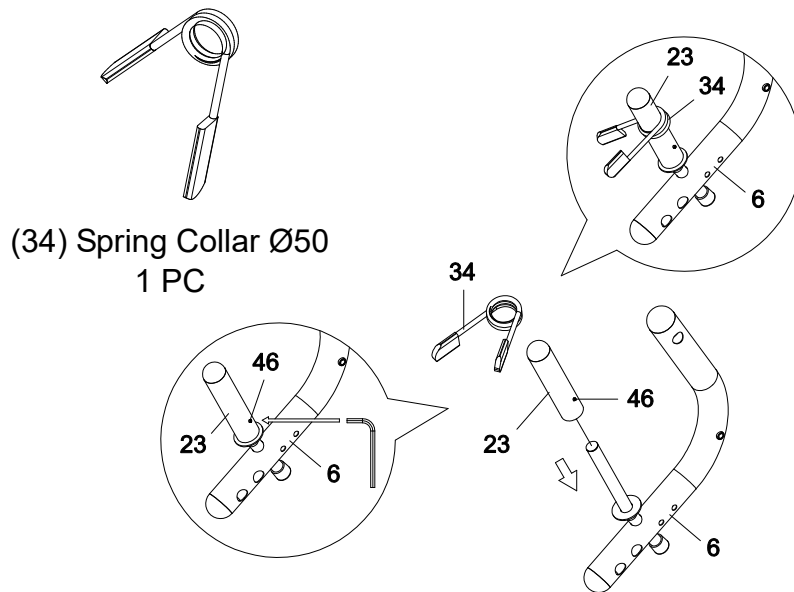


(36) Flat Washer Ø8  
8 PCS



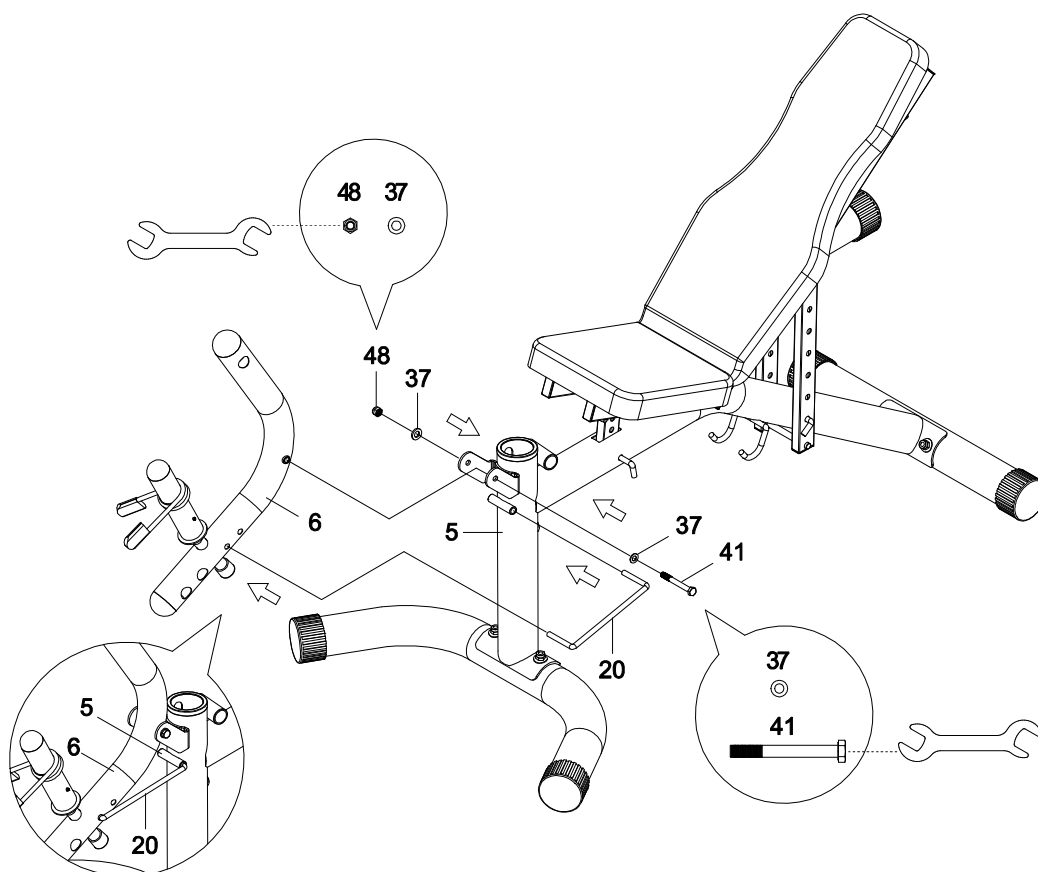
(40) Hexagon Head Bolt  
M8x55  
8 PCS





### Step 9

Use an Allen Wrench to loosen the Hexagon Socket Bolt (46) on the Weight Plate Adapter Sleeve (23). Then slide the Weight Plate Adapter Sleeve (23) onto the weight post on the Leg Developer (6). Tighten the Hexagon Socket Bolt (46) with the Allen Wrench provided. Attach a Spring Collar (34) onto the Weight Plate Adapter Sleeve (23).

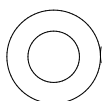


### Step 10

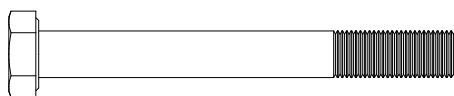
Attach the Leg Developer (6) to the open bracket on the Main Frame (5) with one M10x90 Hexagon Head Bolt (41), one M10 Nylon Lock Nut (48), and two Ø10 Flat Washers (37). Tighten hexagon head bolts and nylon lock nuts with two Double Open End Wrenches (14-17) provided.

Secure the Leg Developer (6) to the Main Frame (5) with the Lock Pin (20) through the holes in the Leg Developer (6) and Main Frame (5).

### Hardware:



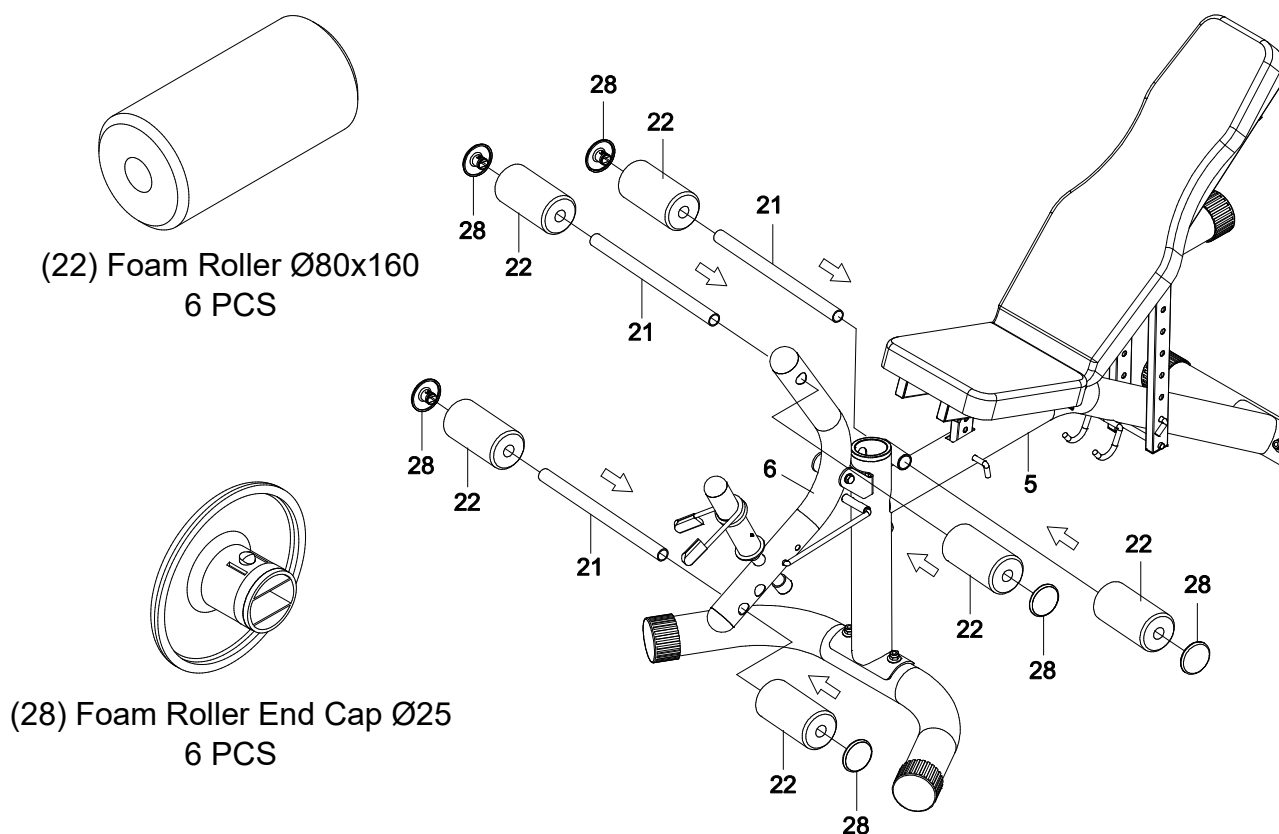
(37) Flat Washer Ø10  
2 PCS



(41) Hexagon Head Bolt  
M10x90  
1 PC

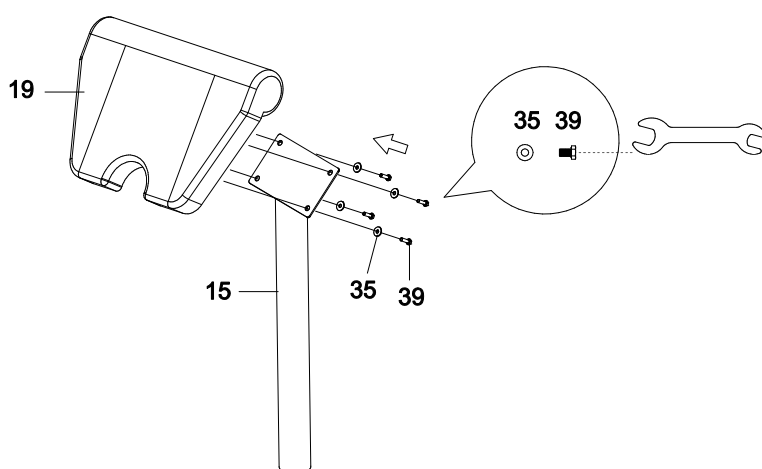


(48) Nylon Lock Nut M10  
1 PC



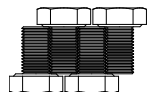
### Step 11

Insert a Foam Roller Tube (21) half way through the hole on the Main Frame (5).  
 Slide a Foam Roller (22) onto each end of the Foam Roller Tube (21). Then, press a Foam Roller End Cap (28) into each end of the Foam Roller Tube (21).  
 Insert a Foam Roller Tube (21) half way through the hole on the Leg Developer (6).  
 Slide a Foam Roller (22) onto each end of the Foam Roller Tube (21). Then, press a Foam Roller End Cap (28) into each end of the Foam Roller Tube (21).  
 Repeat this step with the other Foam Roller Tube (21), Foam Rollers (22), and Foam Roller End Caps (28).



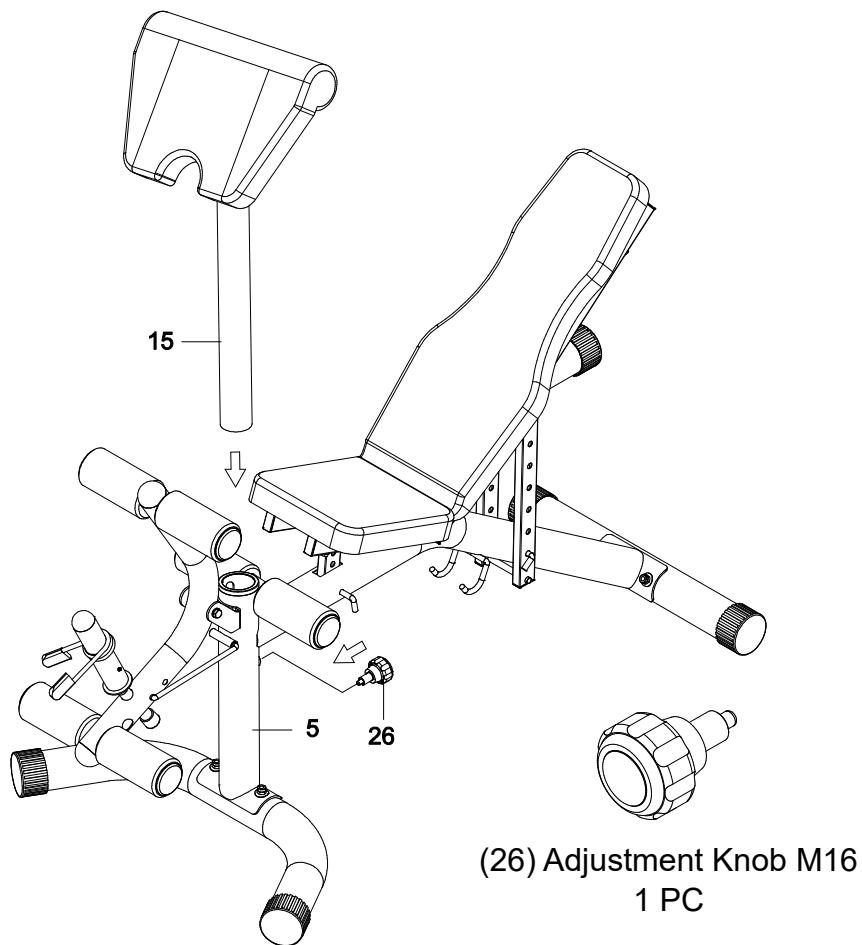
### Hardware:

  
 (35) Flat Washer Ø6  
 4 PCS

  
 (39) Hexagon Head Bolt  
 M6x20  
 4 PCS

### Step 12

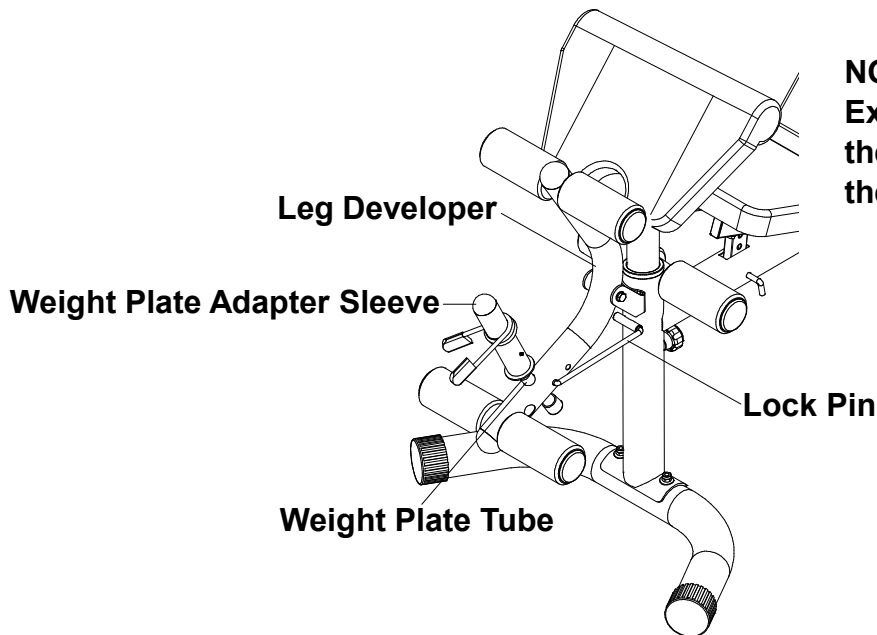
Attach the Curl Pad (19) onto the Curl Post (15) with four Ø6 Flat Washers (35) and four M6x20 Hexagon Head Bolts (39). Tighten bolts with the Double Open End Wrench (10-14) provided.



### Step 13

Slide the Curl Post (15) into the Main Frame (5). Align one of the holes in the Curl Post (15) with the hole in Main Frame (1). Insert an Adjustment Knob (26) through Main Frame (5) and the Curl Post (15). Tighten the Adjustment Knob (26) into the welded nut.

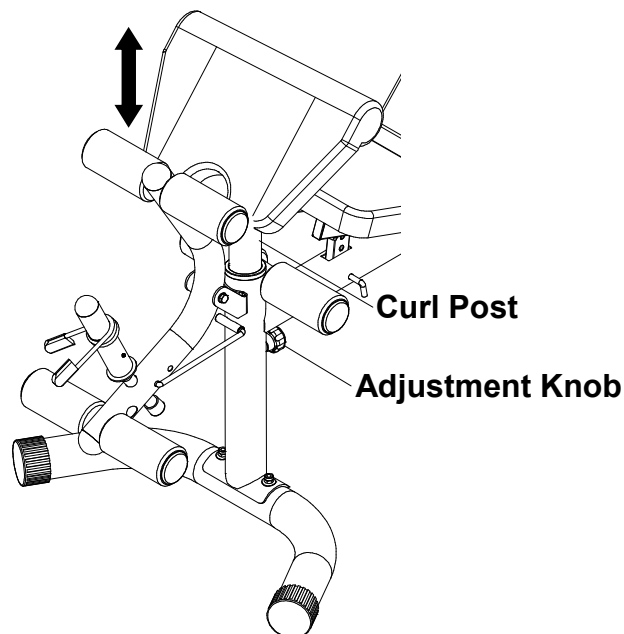
# USING THE WEIGHT BENCH



**NOTE:** When you do “Leg Extension”, please remove the Lock Pin for releasing the Leg Developer.

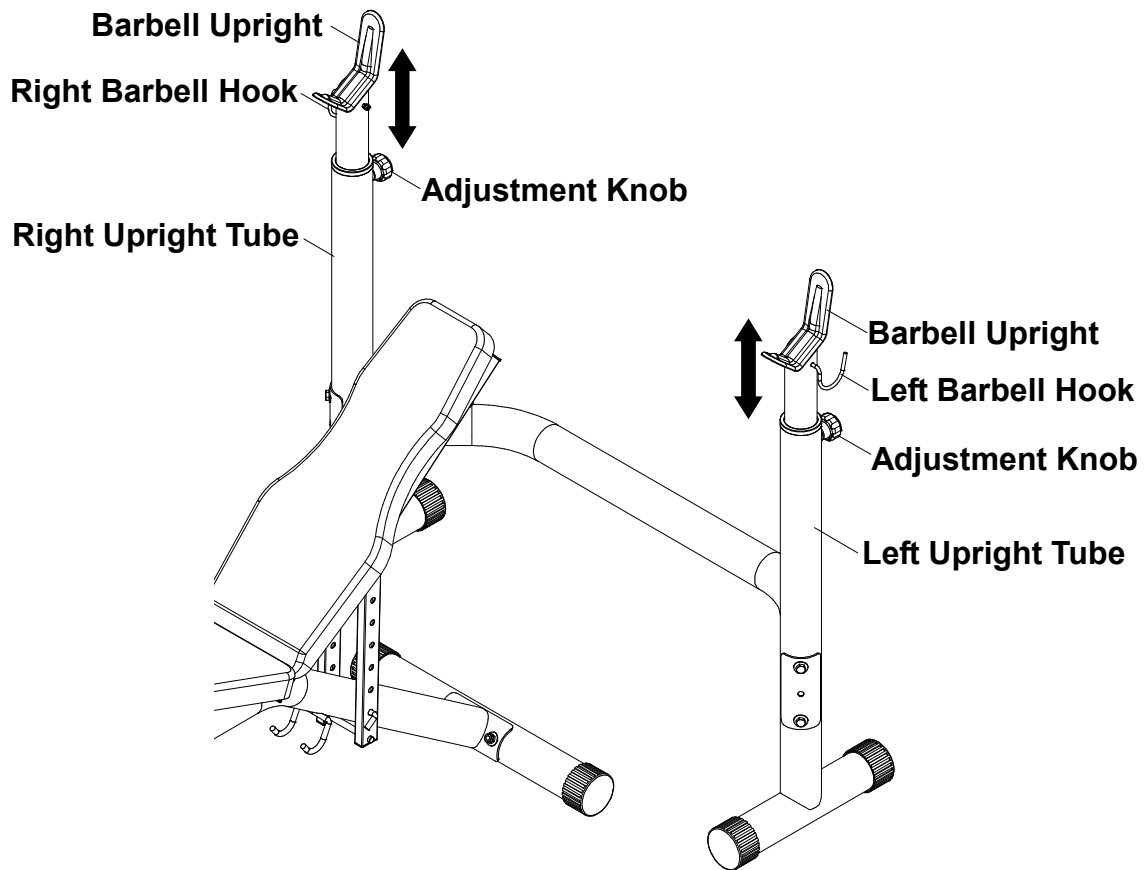
## Attaching the Weight Plates to the Weight Plate Tube or Weight Plate Adapter Sleeve

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



## Adjusting the Leg Developer Height

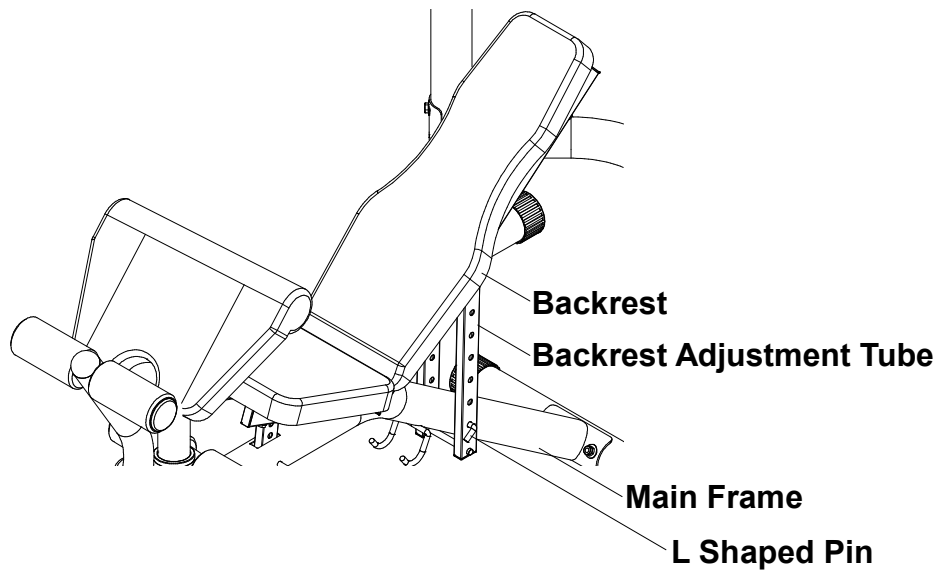
Turn the Adjustment Knob in a counterclockwise direction until it can be pulled out. Pull out the Adjustment Knob and then slide the Curl Post up or down direction to the suitable position. Lock the Curl Post in place by releasing the Adjustment Knob and sliding the Curl Post up or down slightly until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



### **Adjusting the Barbell Upright Height**

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

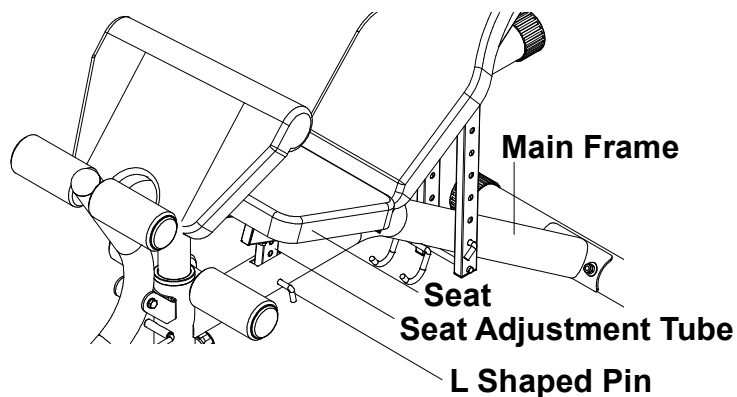
**WARNING:** Always set both barbell uprights at the same height. Make sure that both adjustment knobs are tightened into the barbell uprights before beginning any exercise.



### Adjusting the Backrest Angle

The Backrest can be used in a different position according to your own training needs. To adjust the backrest angle pull out the L Shaped Pin and lean forward or backward until you have found a comfortable position. Insert the L Shaped Pin through the holes in the Backrest Adjustment Tube and Main Frame to lock the Backrest Adjustment Tube in place.

**WARNING:** When adjusting the backrest angle, make sure that the L Shaped Pin is inserted completely through holes in the Backrest Adjustment Tube and Main Frame before beginning any exercise.



### Adjusting the Seat Angle

The Seat can be used in a different position according to your own training needs. To adjust the seat angle pull out the L Shaped Pin and lean forward or backward until you have found a comfortable position. Insert the L Shaped Pin through the holes in the Main Frame and Seat Adjustment Tube to lock the Seat Adjustment Tube in place.

**WARNING:** When adjusting the seat angle, make sure that the L Shaped Pin is inserted completely through holes in the Main Frame and Seat Adjustment Tube before beginning any exercise.

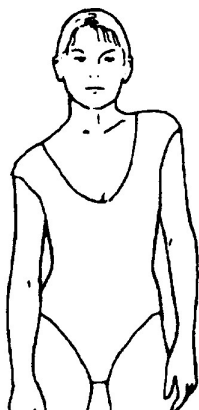
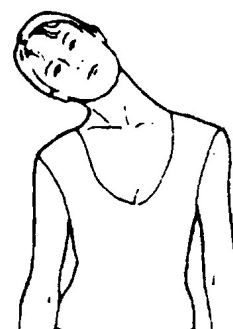
# WARM UP AND COOL DOWN ROUTINE

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.

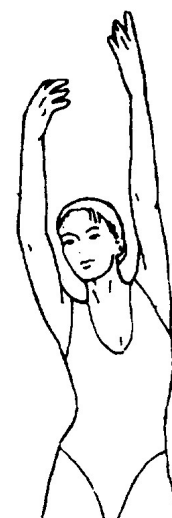
## HEAD ROLLS

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.



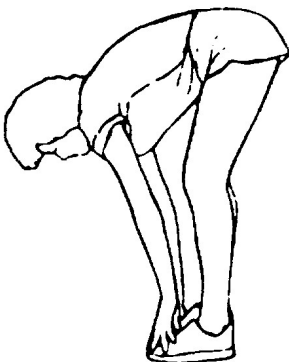


### **QUADRICEPS STRETCH**

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.

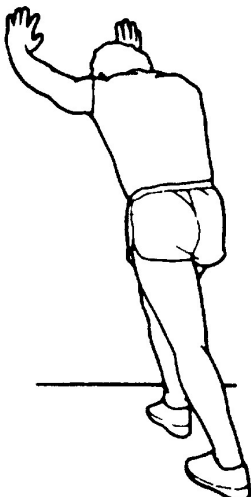
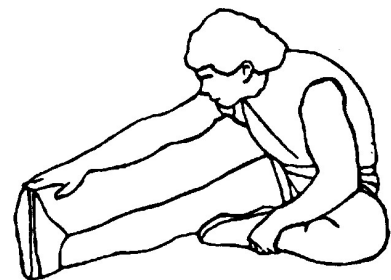


### **TOE TOUCHES**

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.