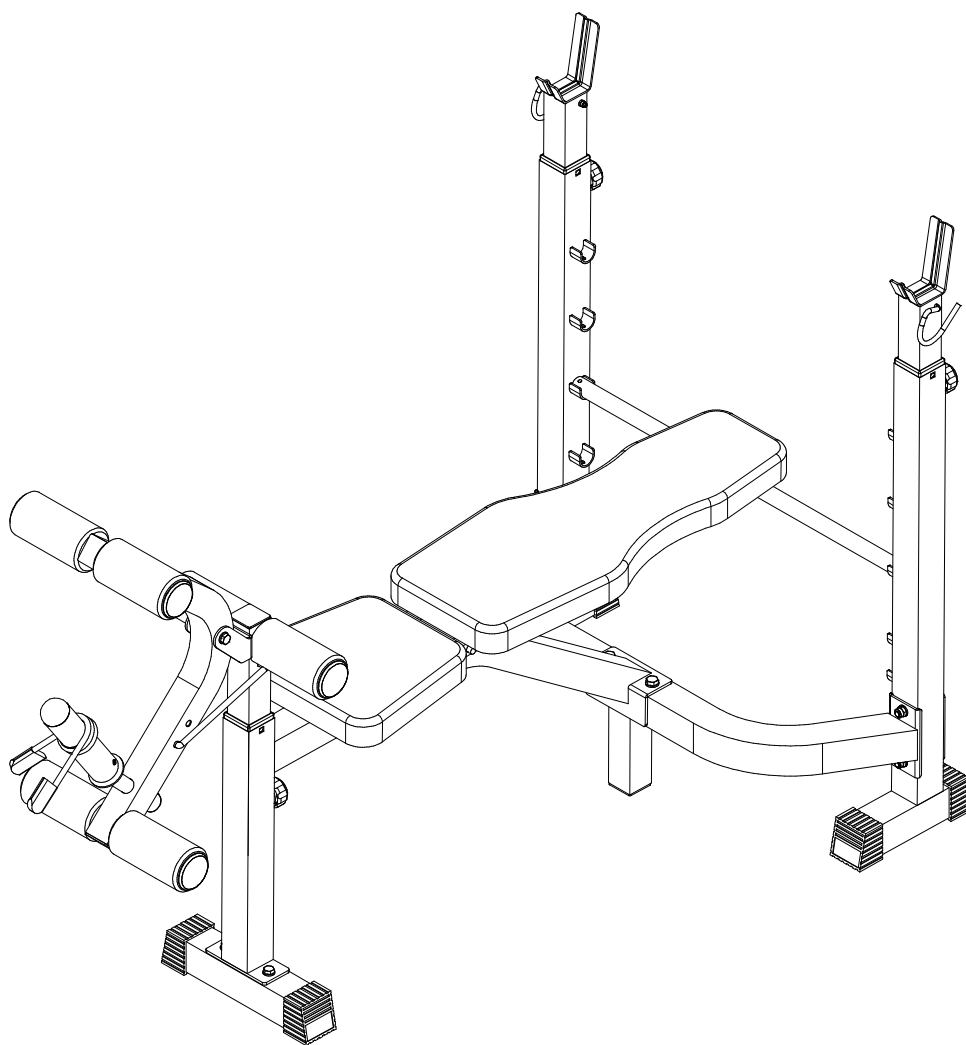


TOTAL BODY/BENCH

ITEM NO.: 76330

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.

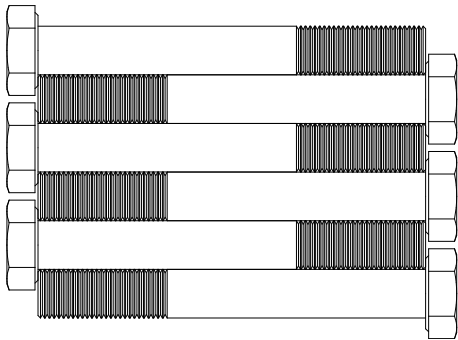
WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

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

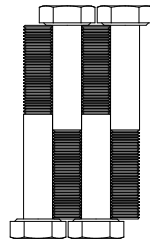
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame (□60x2.0t)	1	021	Round Angled Cap Ø25	1
002	Barbell Upright (□50x2.0t)	2	022	Round Inner Cap Ø25	1
003	Backrest Support Ø28x2.0tx765	1	023	Foam Roller End Cap Ø25	6
004	Leg Developer (□50x2.0tx795)	1	024	Square End Cap (□20x20)	4
005	Left Upright Tube (□60x2.0t)	1	025	Square End Cap (□25x25)	4
006	Right Upright Tube (□60x2.0t)	1	026	Square End Cap (□50x50)	4
007	Base Tube (□60x2.0tx295)	1	027	Square Bushing (□60x60/□50x50)	3
008	Crossbar (□60x2.0t)	1	028	Spring Collar Ø50	1
009	Leg Developer Adjustment Tube (□50x2.0tx450)	1	029	Adjustment Knob M16	3
010	Crossbar Support Tube (□50x1.5t)	1	030	Big Washer Ø6	8
011	Backrest Tube (□25x1.5tx800)	2	031	Flat Washer Ø10	16
012	Left Barbell Hook	1	032	Square Outer Cap (□60x60)	6
013	Right Barbell Hook	1	033	Hexagon Head Bolt M6x35	4
014	Foam Roller Tube Ø25	3	034	Hexagon Head Bolt M6x40	4
015	Backrest	1	035	Hexagon Head Bolt M10x25	2
016	Seat	1	036	Hexagon Head Bolt M10x80	6
017	Support Plate (130x60x3.0t)	2	037	Hexagon Head Bolt M10x85	1
018	Lock Pin	1	038	Nylon Lock Nut M6	2
019	Weight Plate Adapter Sleeve	1	039	Nylon Lock Nut M10	7
020	Foam Roller Ø80x160	6	040	Hexagon Socket Bolt M8x12	1

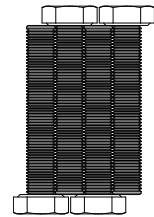
HARDWARE KIT



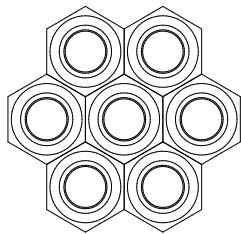
(36) Hexagon Head Bolt
M10x80
6 PCS



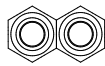
(34) Hexagon Head Bolt
M6x40
4 PCS



(33) Hexagon Head Bolt
M6x35
4 PCS

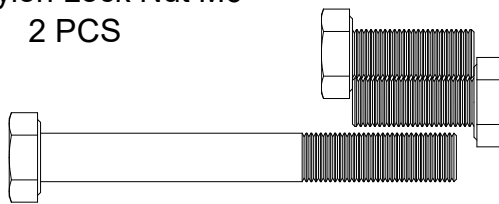


(39) Nylon Lock Nut M10
7 PCS

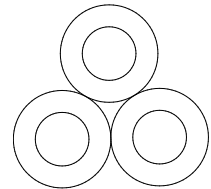


(38) Nylon Lock Nut M6
2 PCS

(35) Hexagon Head Bolt
M10x25
2 PCS



(37) Hexagon Head Bolt
M10x85
1 PC

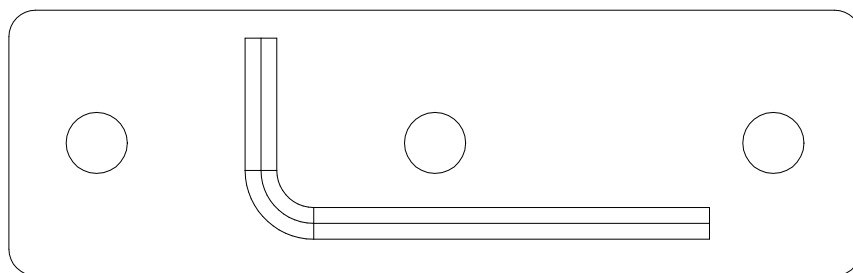


(31) Flat Washer Ø10
16 PCS



(30) Big Washer Ø6
8 PCS

TOOL KIT



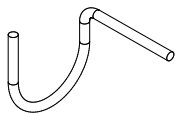
(17) Support Plate
2 PCS

Allen Wrench 6mm
1PC

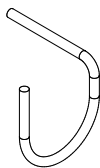


Double Open End Wrench
2 PCS

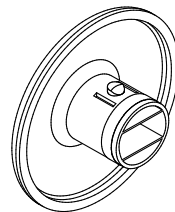
ASSEMBLY PACK



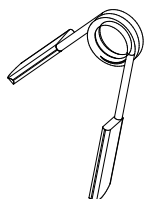
(12) Left Barbell Hook
1 PC



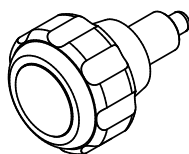
(13) Right Barbell Hook
1 PC



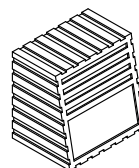
(23) Foam Roller End Cap Ø25
6 PCS



(28) Spring Collar Ø50
1 PC

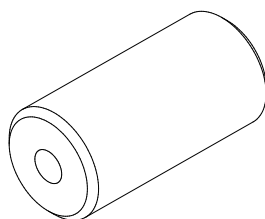


(29) Adjustment Knob M16
3 PCS



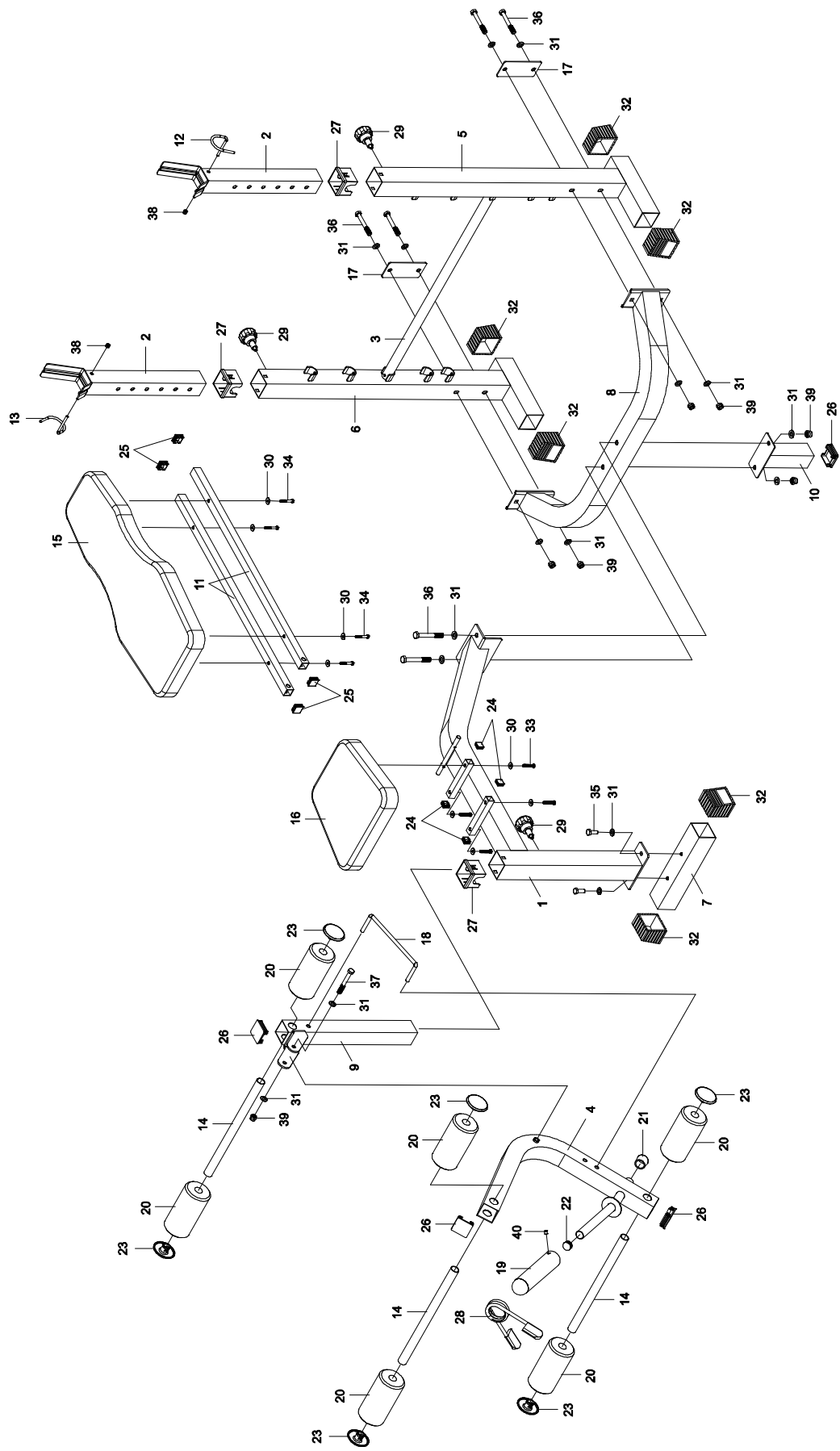
(32) Square Outer Cap
(□60x60)
6 PCS

FOAM ROLLER PACK



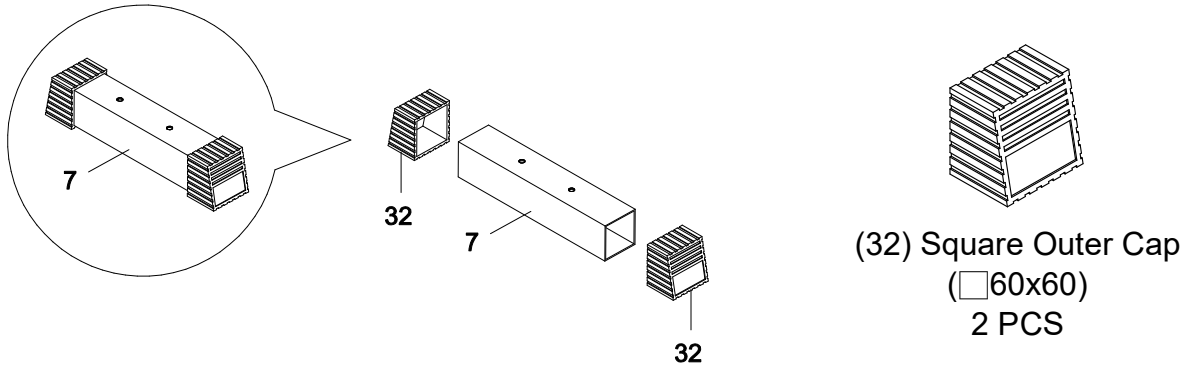
(20) Foam Roller Ø80x160
6 PCS

EXPLODED VIEW



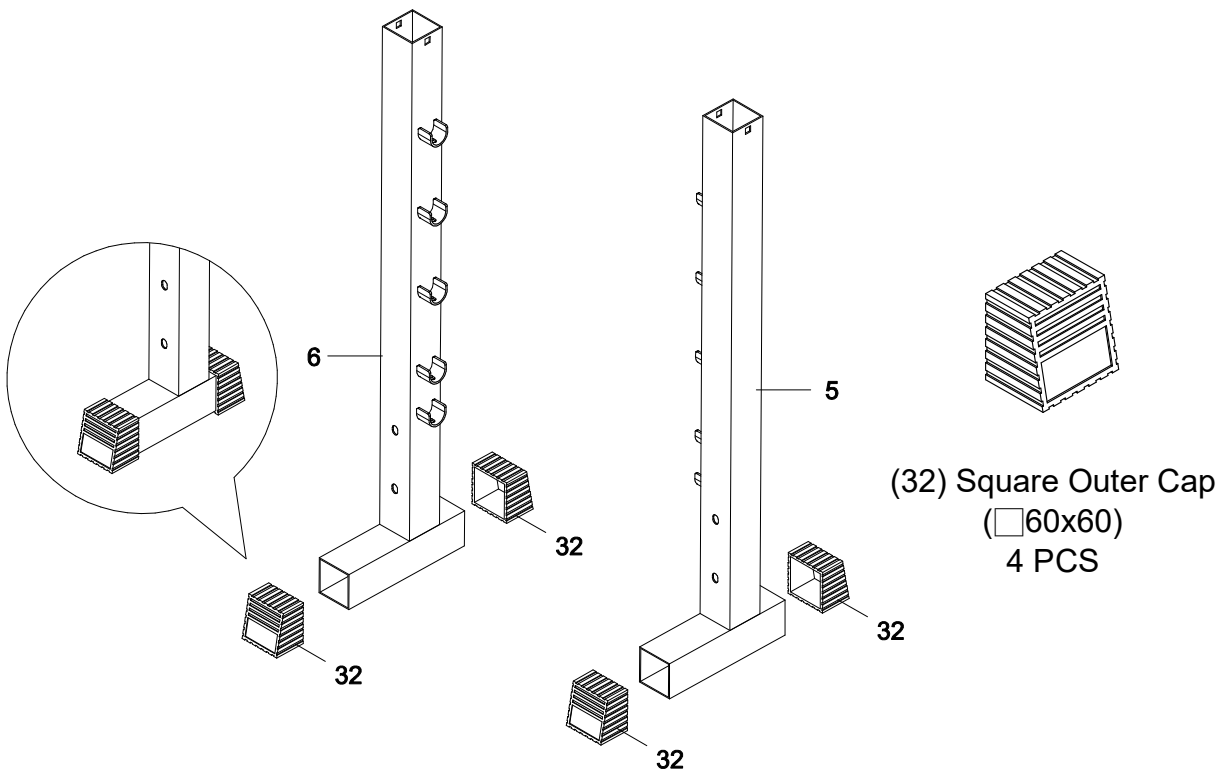
ASSEMBLY INSTRUCTIONS

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



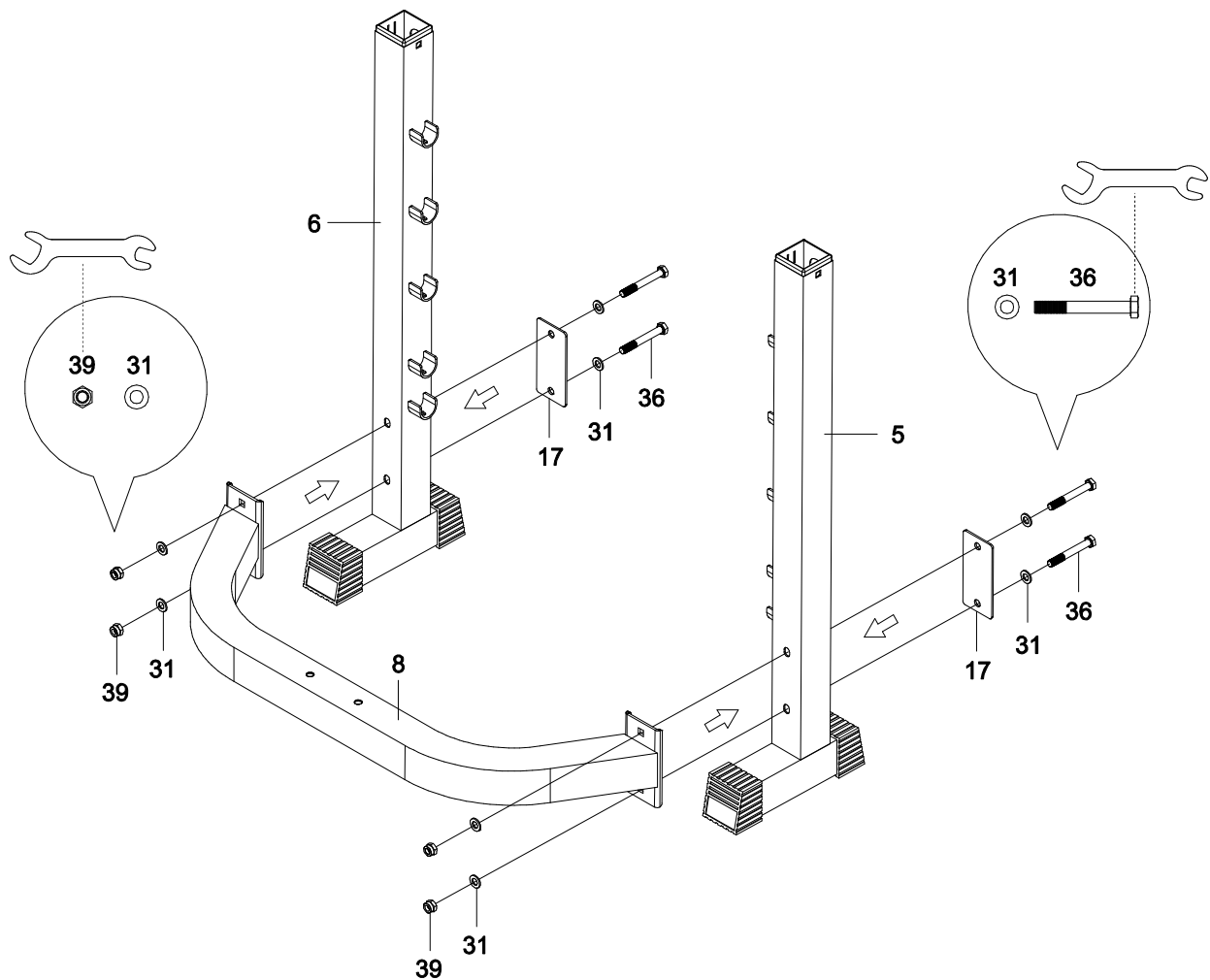
Step 1

Install two Square Outer Caps (32) onto the Base Tube (2).



Step 2

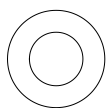
Install four Square Outer Caps (32) onto both Left and Right Upright Tubes (5, 6).



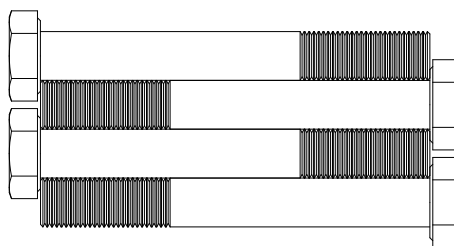
Step 3

Attach the Crossbar (8) between both Left /Right Upright Tubes (5, 6) with two Support Plates (17), four M10x80 Hexagon Head Bolts (36), four M10 Nylon Lock Nuts (39), and eight Ø10 Flat Washers (31). Tighten hexagon head bolts and nylon lock nuts with two Double Open End Wrenches provided.

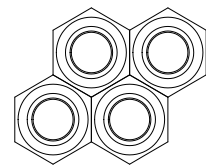
Hardware:



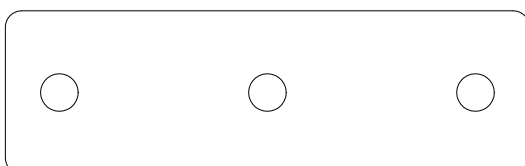
(31) Flat Washer Ø10
8 PCS



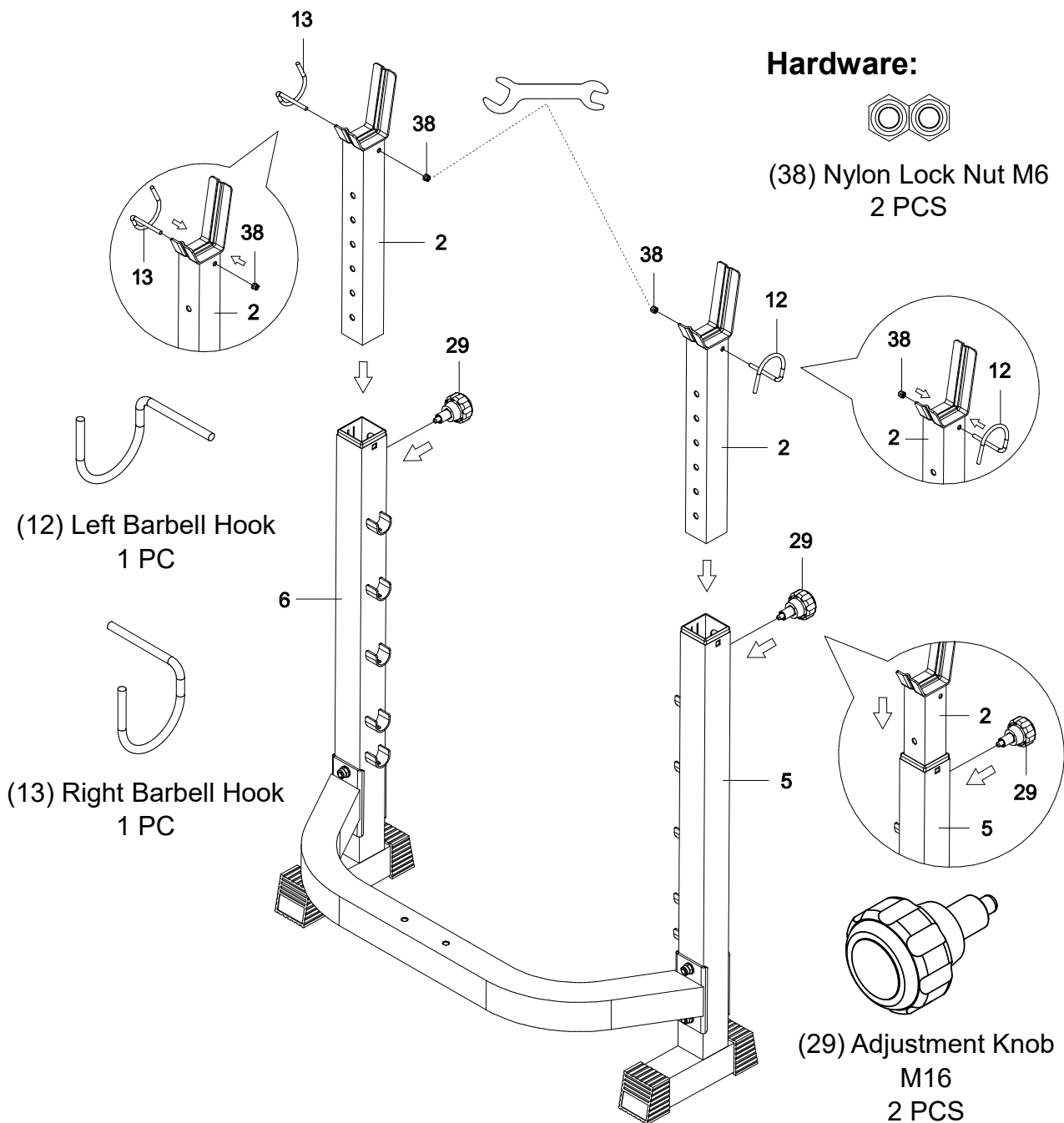
(36) Hexagon Head Bolt
M10x80
4 PCS



(39) Nylon Lock Nut M10
4 PCS



(17) Support Plate
2 PCS



Step 4

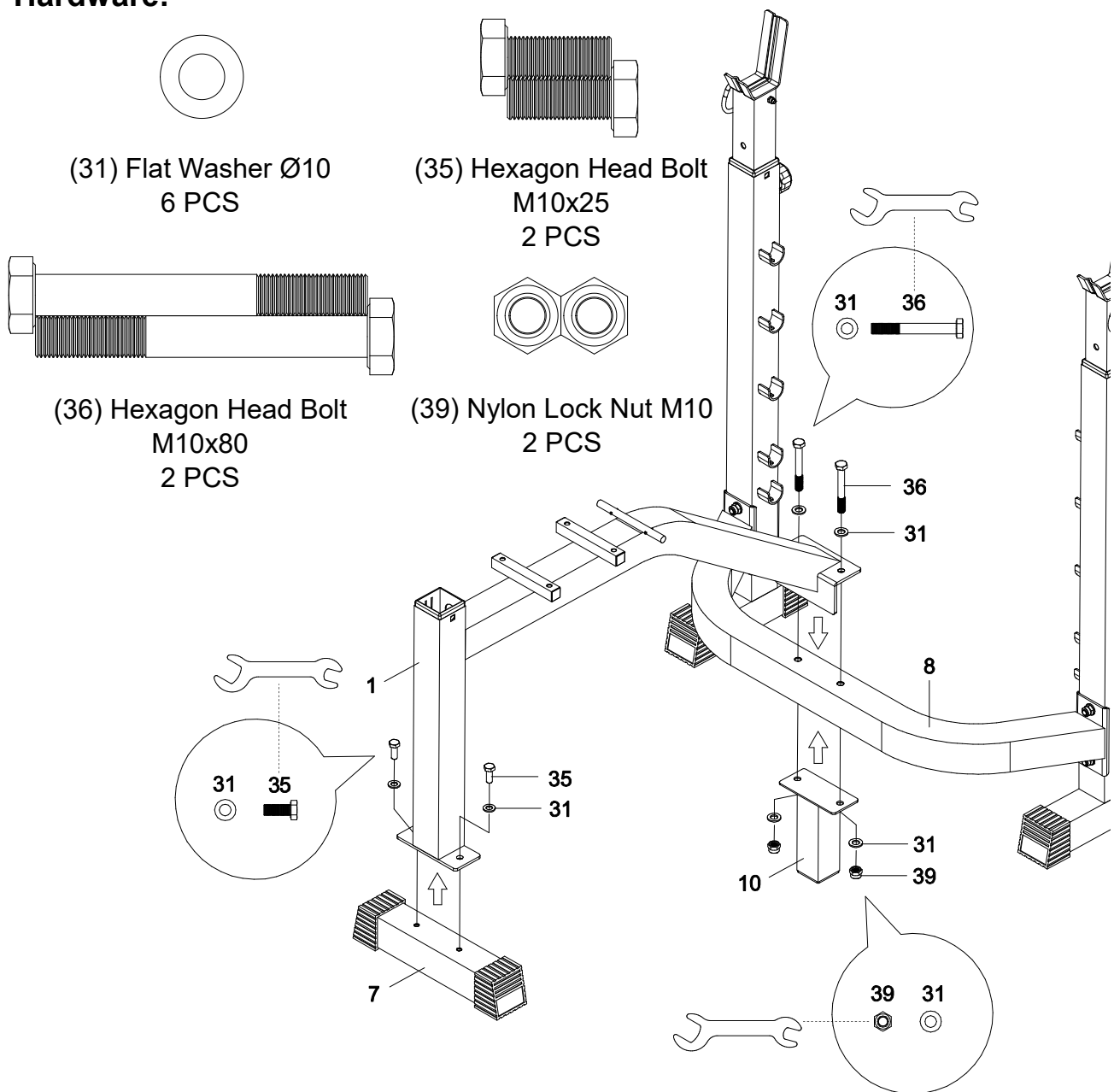
Slide a Barbell Upright (2) into the Left Upright Tube (5). Align one of the holes in the Barbell Upright (2) with the hole in Left Upright Tube (5). Insert an Adjustment Knob (29) through Left Upright Tube (5) and the Barbell Upright (2). Tighten the Adjustment Knob (29) into the welded nut.

Insert the other Barbell Upright (2) into the Right Upright Tube (6) in the same manner.

BOTH BARBELL UPRIGHTS (2) MUST BE SET AT THE SAME HEIGHT.

Attach the Left Barbell Hook (12) into the left side of the Barbell Upright (2) with one M6 Nylon Lock Nut (38). Tighten nylon lock nut with the Double Open End Wrench provided. Attach the Right Barbell Hook (13) into the right side of the Barbell Upright (2) in the same manner.

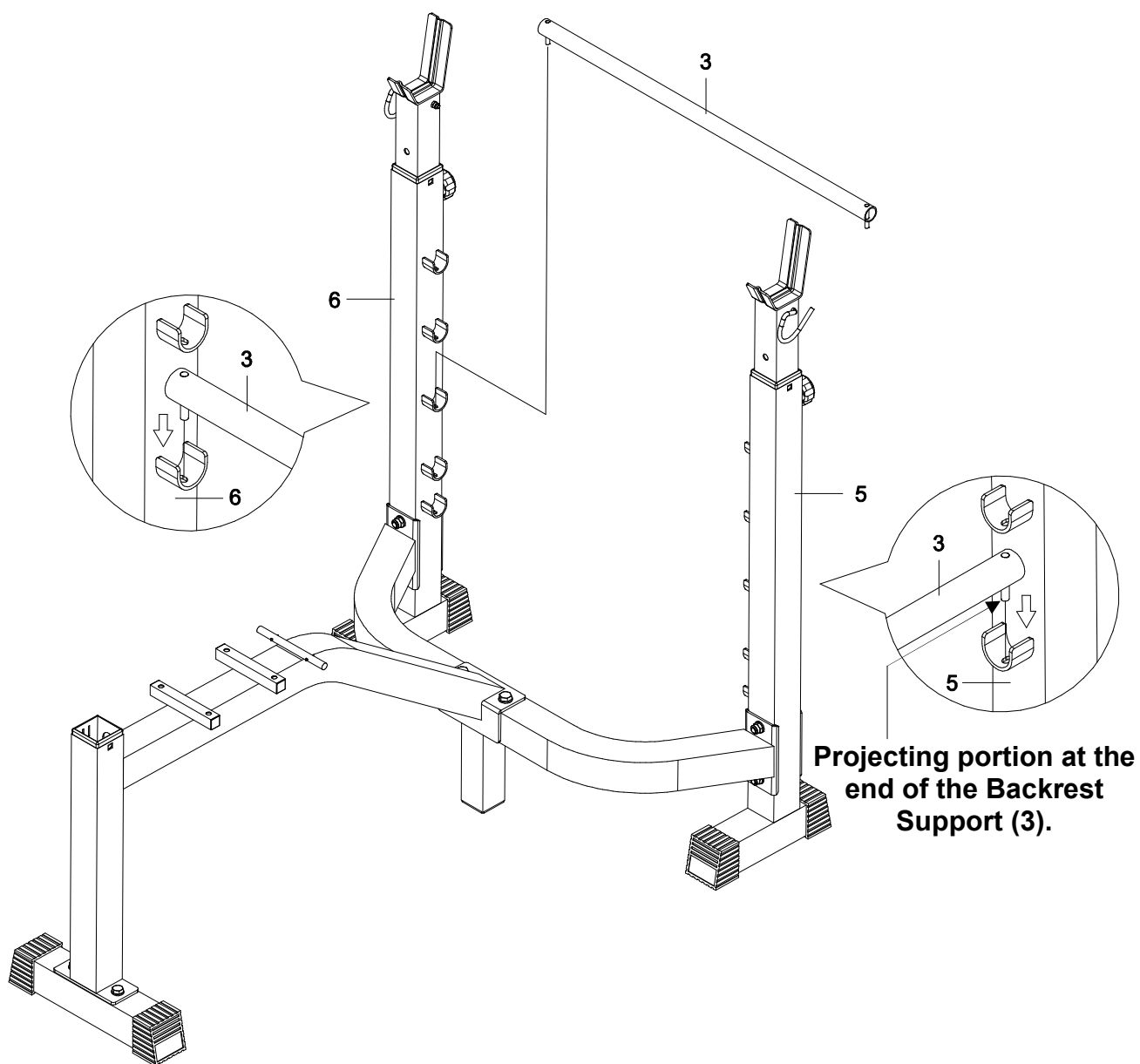
Hardware:



Step 5

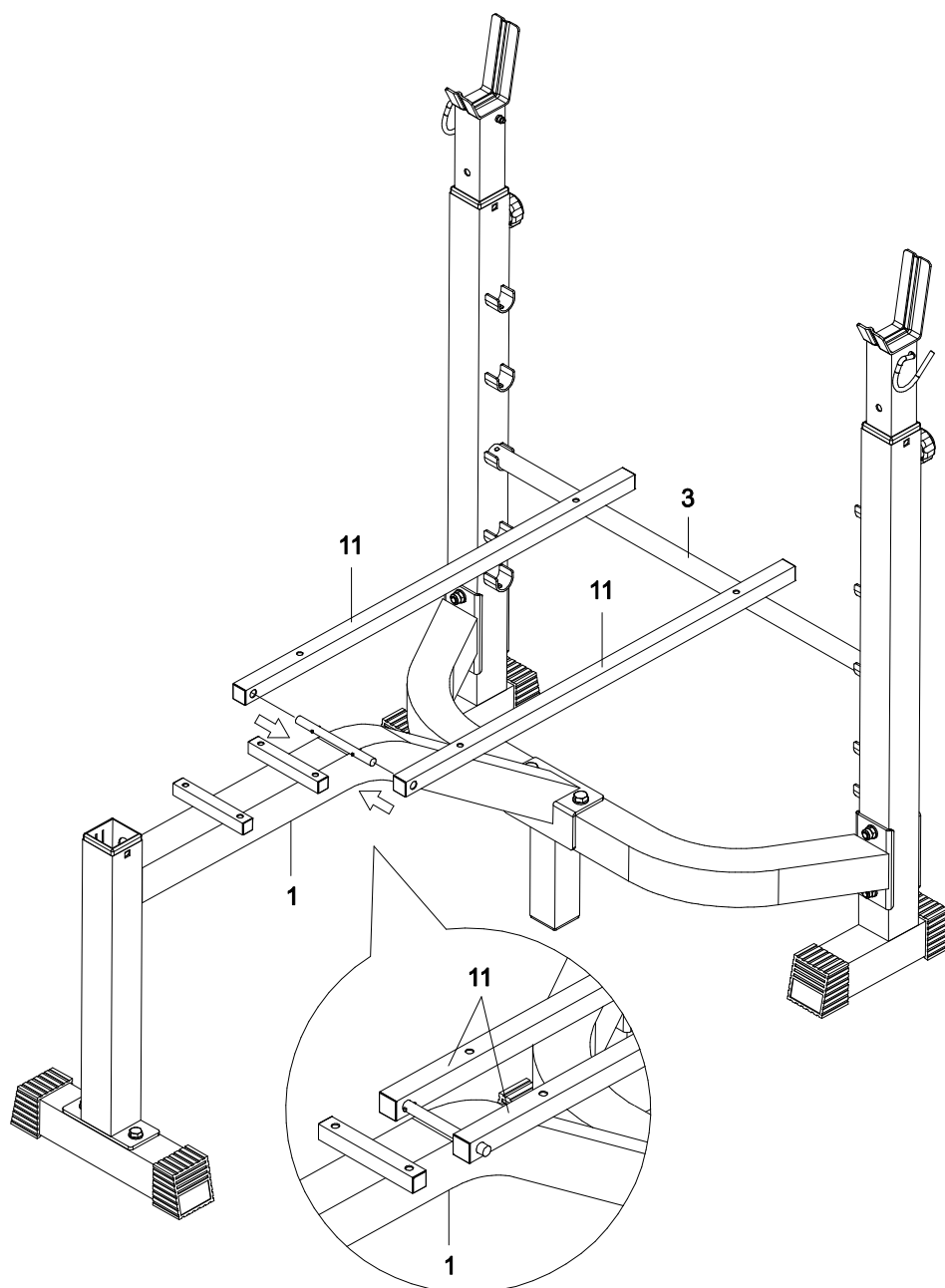
Attach the Base Tube (7) onto the Main Frame (1) with two M10x80 Hexagon Head Bolts (36) and two Ø10 Flat Washers (31). Tighten the bolts with the Double Open End Wrench provided.

Attach the Main Frame (1) and Crossbar Support Tube (10) onto the Crossbar (8) with two M10x80 Hexagon Head Bolts (36), two M10 Nylon Lock Nuts (39), and four Ø10 Flat Washers (31). Tighten hexagon head bolts and nylon lock nuts with two Double Open End Wrenches provided.



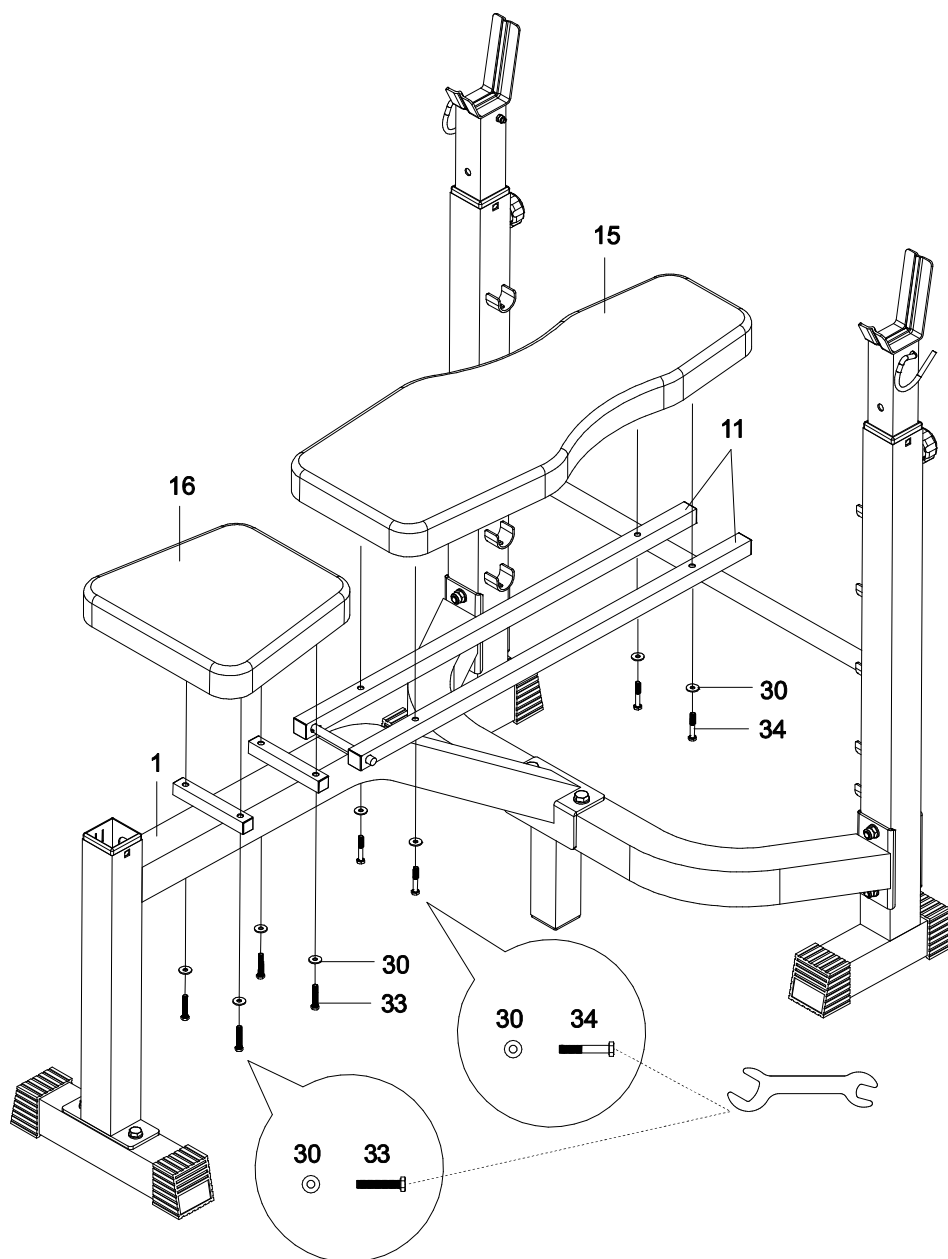
Step 6

Place the Backrest Support (3) onto the selected slot between the Left/Right Upright Tubes (5, 6).



Step 7

Install two Backrest Tubes (11) to the welded tube on the Main Frame (1) and then place them on the Backrest Support (3).



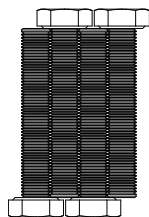
Step 8

Attach both Backrest (15) and Seat (16) onto the Backrest Tubes (11) and Main Frame (1) with four M6x40 Hexagon Head Bolts (34), four M6x35 Hexagon Head Bolts (33), and eight Ø6 Big Washers (30). Tighten bolts with the Double Open End Wrench provided.

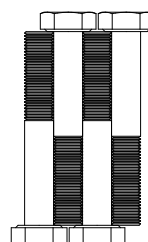
Hardware:



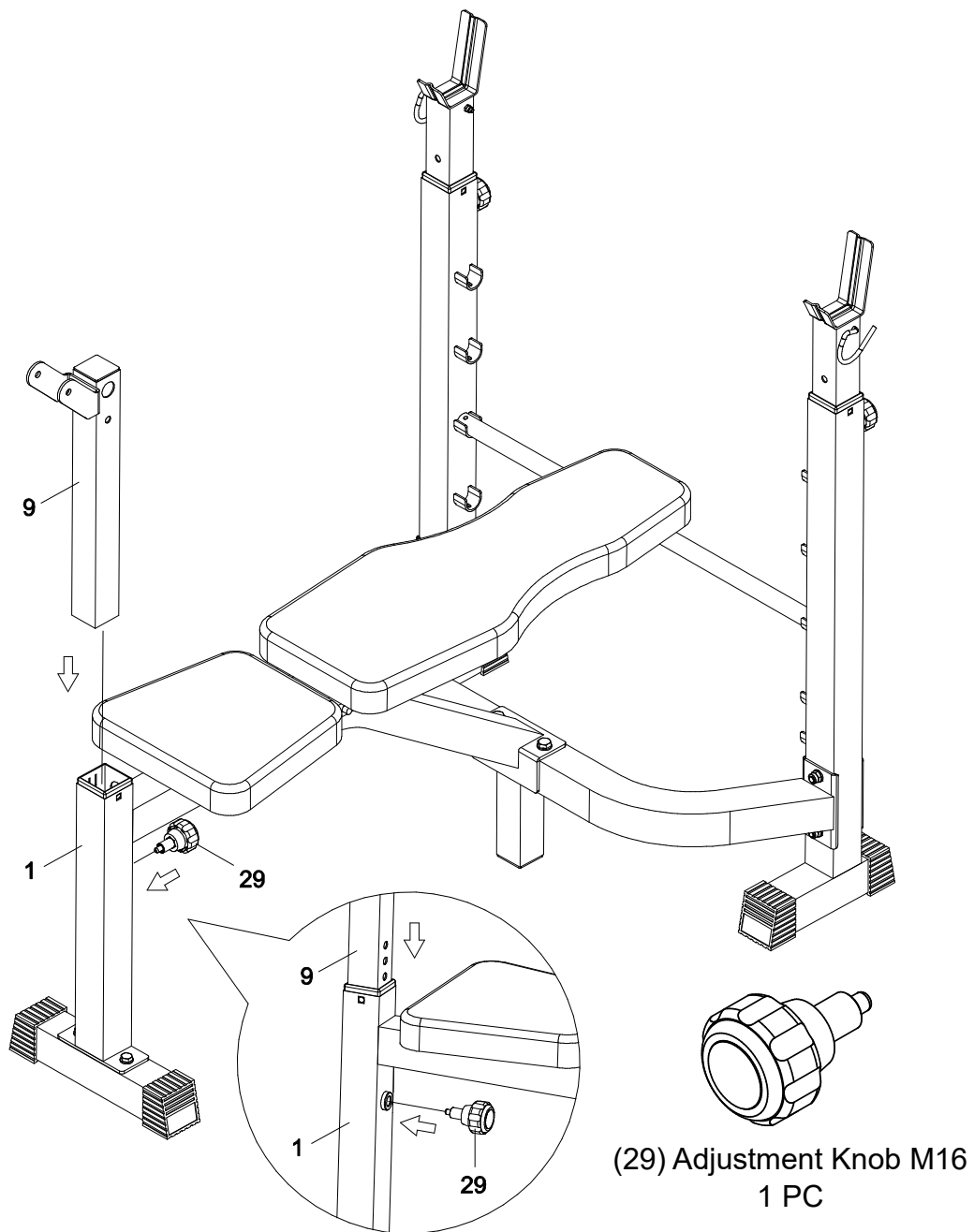
(30) Big Washer Ø6
8 PCS



(33) Hexagon Head Bolt
M6x35
4 PCS

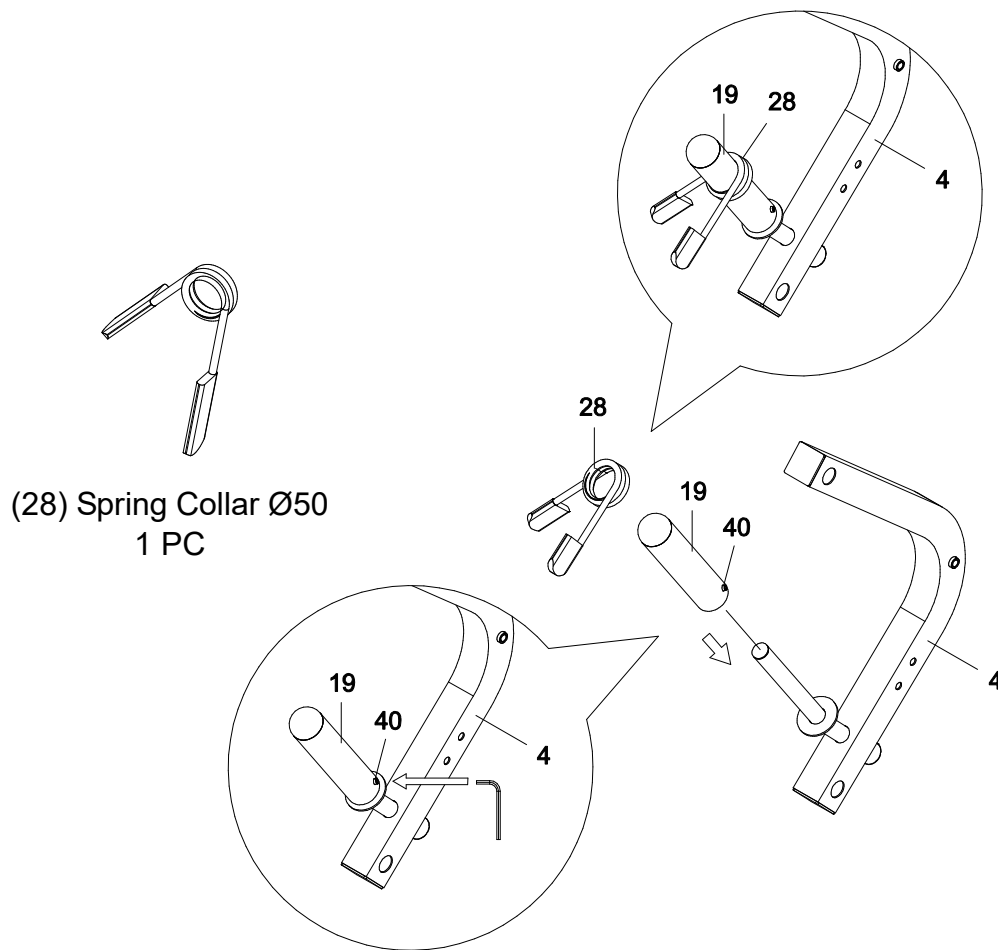


(34) Hexagon Head Bolt
M6x40
4 PCS



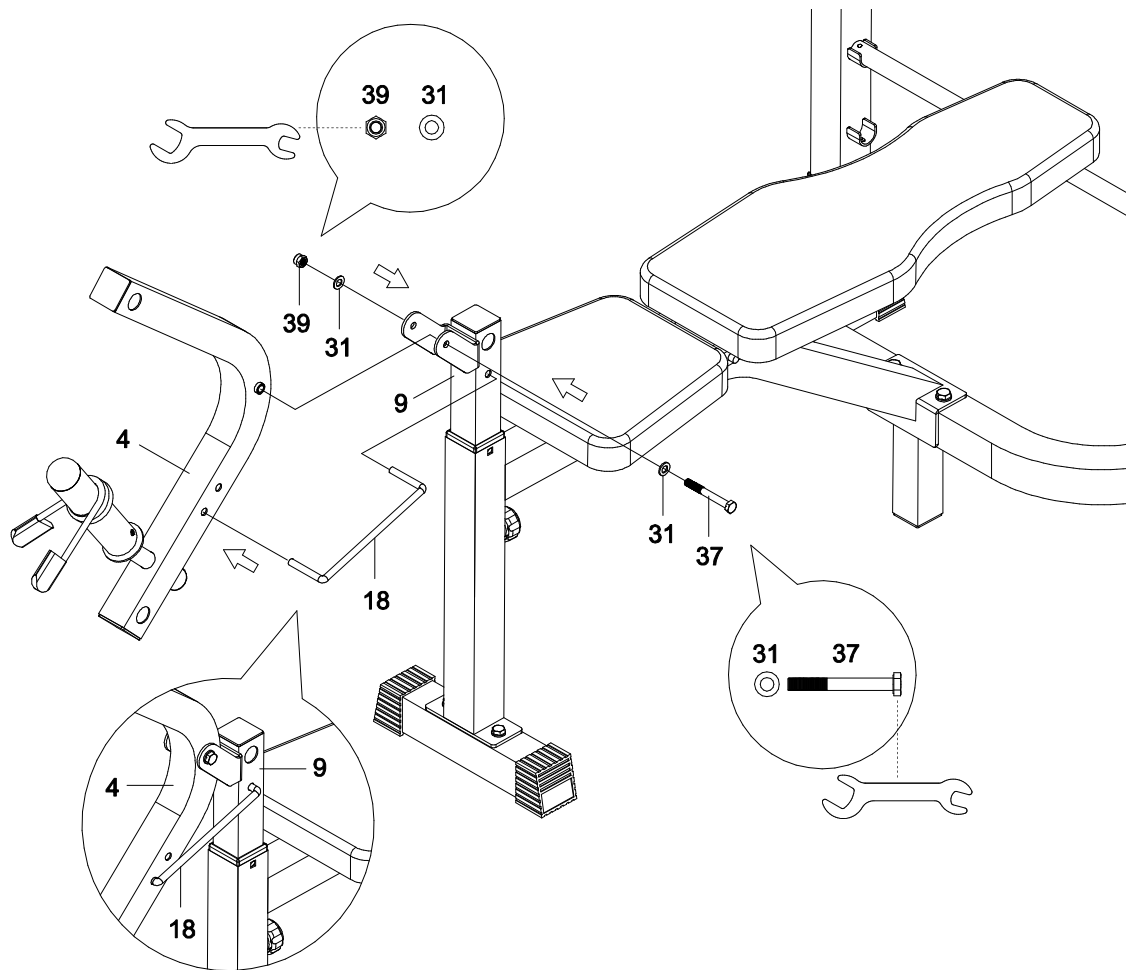
Step 9

Slide the Leg Developer Adjustment Tube (9) into the Main Frame (1). Align one of the holes in the Leg Developer Adjustment Tube (9) with the hole in Main Frame (1). Insert an Adjustment Knob (29) through Main Frame (1) and the Leg Developer Adjustment Tube (9). Tighten the Adjustment Knob (29) into the welded nut.



Step 10

Use an Allen Wrench to loosen the Hexagon Socket Bolt (40) on the Weight Plate Adapter Sleeve (19). Then slide the Weight Plate Adapter Sleeve (19) onto the weight post on the Leg Developer (4). Tighten the Hexagon Socket Bolt (40) with the Allen Wrench provided. Attach a Spring Collar (28) onto the Weight Plate Adapter Sleeve (19).

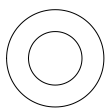


Step 11

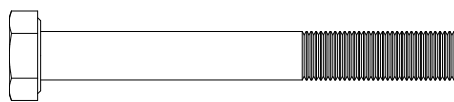
Attach the Leg Developer (4) to the open bracket on the Leg Developer Adjustment Tube (9) with one M10x85 Hexagon Head Bolt (37), one M10 Nylon Lock Nut (39), and two Ø10 Flat Washers (31). Tighten hexagon head bolts and nylon lock nuts with two Double Open End Wrenches provided.

Secure the Leg Developer (4) to the Leg Developer Adjustment Tube (9) with the Lock Pin (18) through the holes in the Leg Developer (4) to the Leg Developer Adjustment Tube (9).

Hardware:



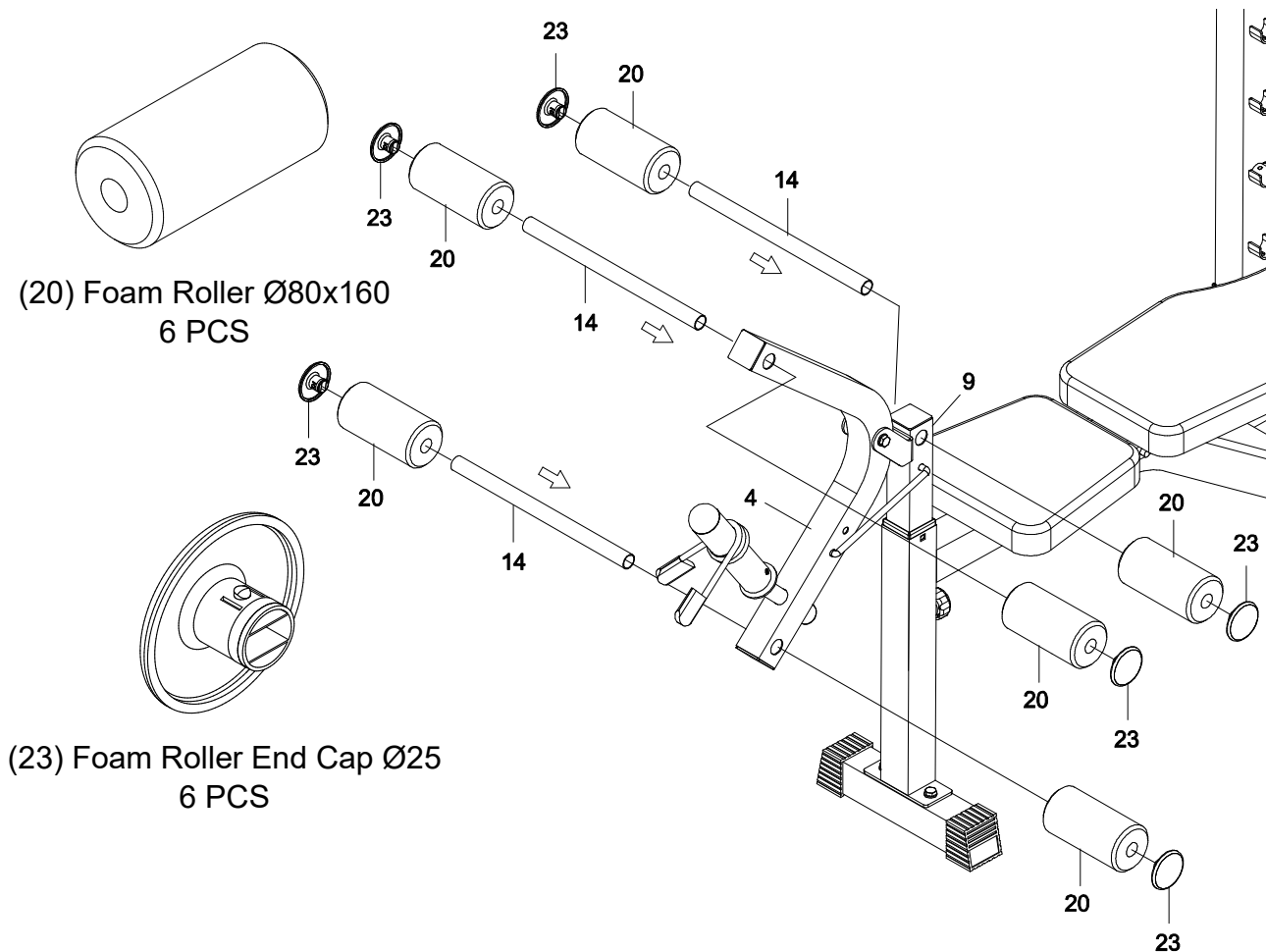
(31) Flat Washer Ø10
2 PCS



(37) Hexagon Head Bolt
M10x85
1 PC



(39) Nylon Lock Nut M10
1 PC



Step 12

Insert a Foam Roller Tube (14) half way through the hole on the Leg Developer Adjustment Tube (9).

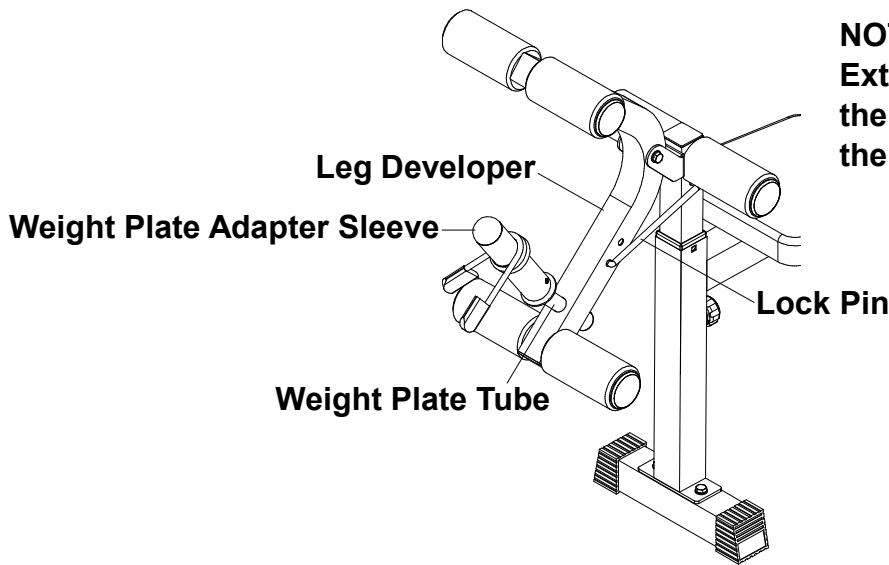
Slide a Foam Roller (20) onto each end of the Foam Roller Tube (14). Then, press a Foam Roller End Cap (23) into each end of the Foam Roller Tube (14).

Insert a Foam Roller Tube (14) half way through the hole on the Leg Developer (4).

Slide a Foam Roller (20) onto each end of the Foam Roller Tube (14). Then, press a Foam Roller End Cap (23) into each end of the Foam Roller Tube (14).

Repeat this step with the other Foam Roller Tube (14), Foam Rollers (20), and Foam Roller End Caps (23).

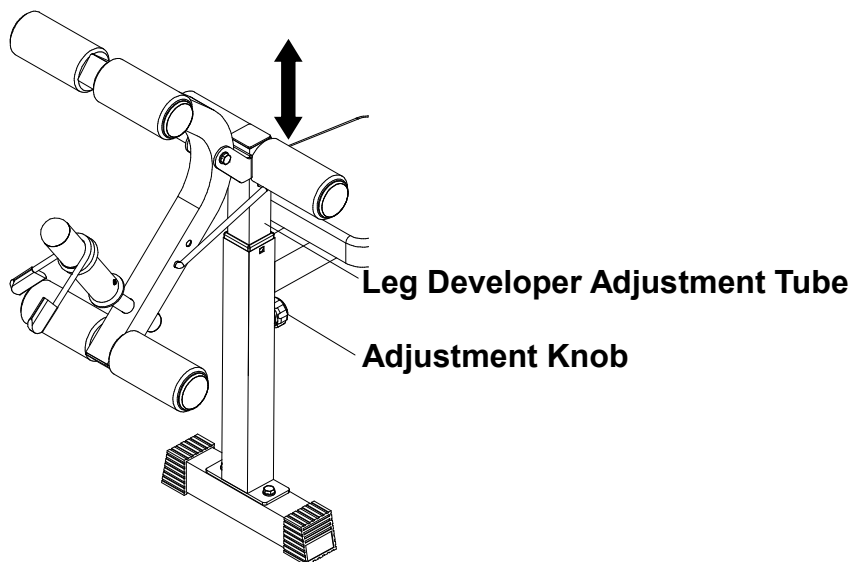
USING THE WEIGHT BENCH



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

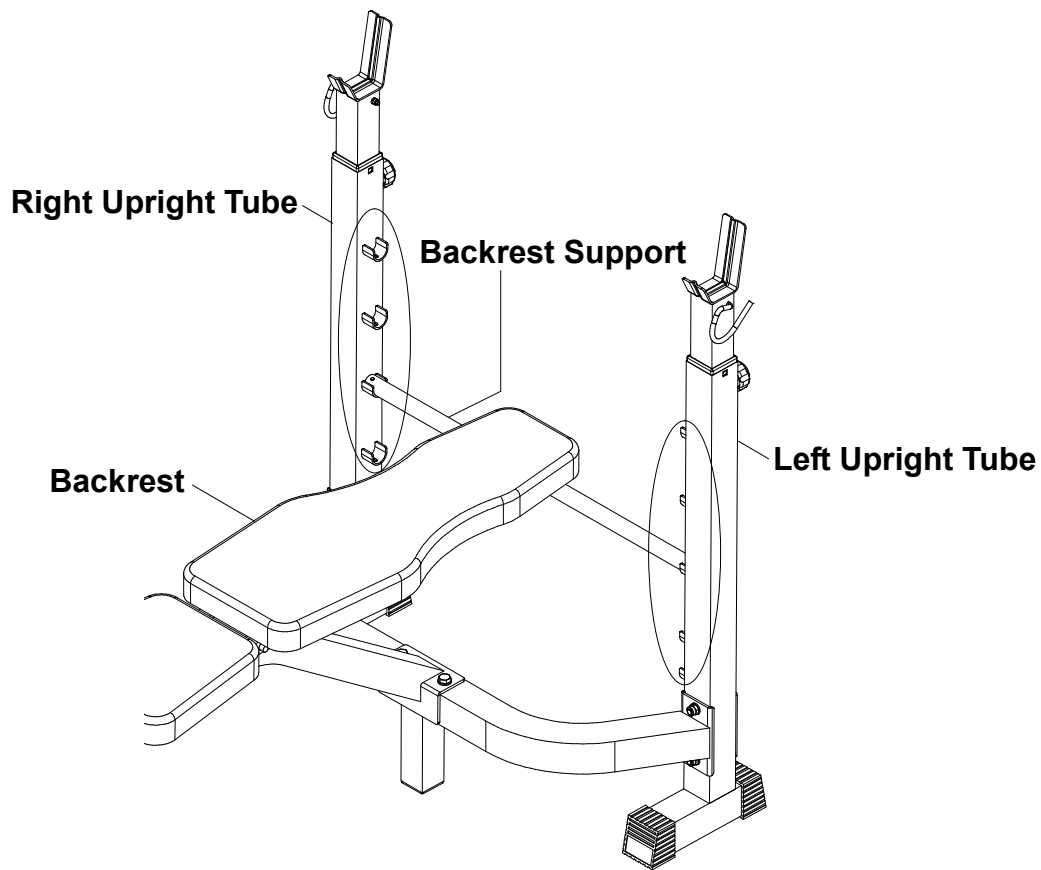
Attaching the Weight Plates to the Weight Plate Tube or Weight Plate Adapter Sleeve

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

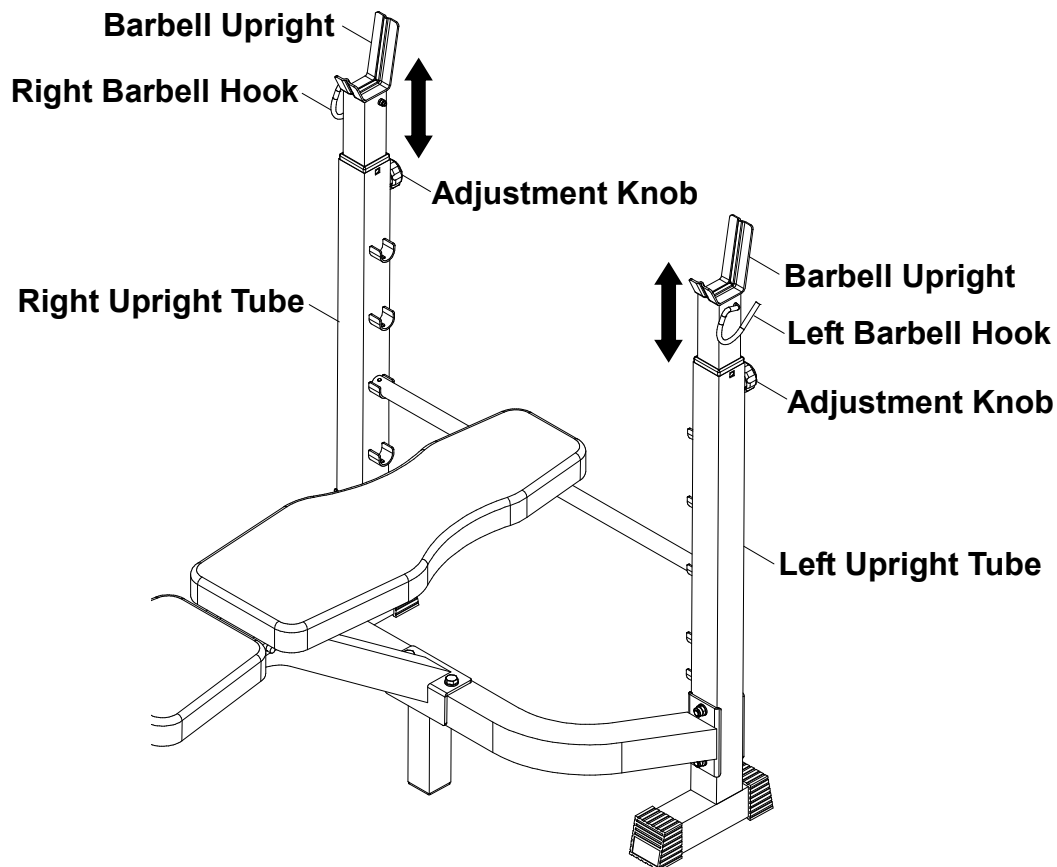
Turn the Adjustment Knob in a counterclockwise direction until it can be pulled out. Pull out the Adjustment Knob and then slide the Leg Developer Adjustment Tube up or down direction to the suitable position. Lock the Leg Developer Adjustment Tube in place by releasing the Adjustment Knob and sliding the Leg Developer Adjustment Tube 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 Backrest

The Backrest can be used in a different position according to your own training needs.

WARNING: When adjusting the position of the backrest, make sure that the Backrest Support is placed at the same height before beginning any exercise.



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.

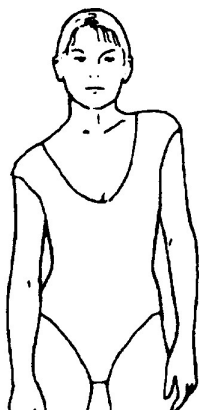
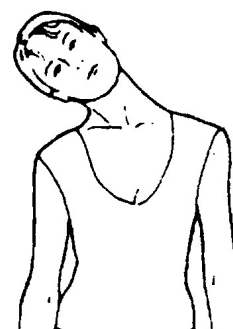
WARM UP AND COOL DOWN ROUTINE

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.

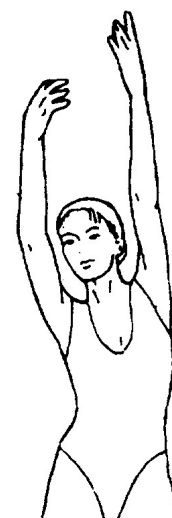
HEAD ROLLS

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.



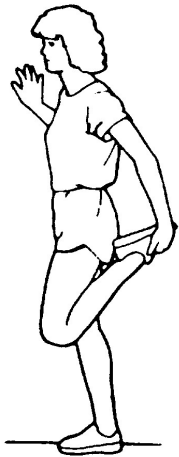
SHOULDER LIFTS

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.

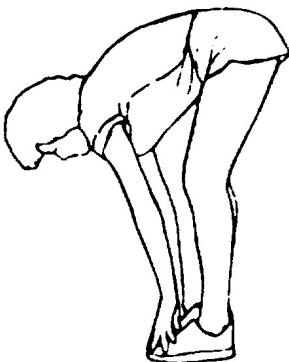


QUADRICEPS STRETCH

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.

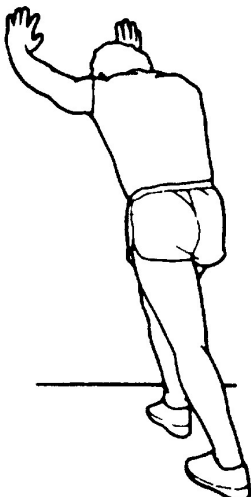
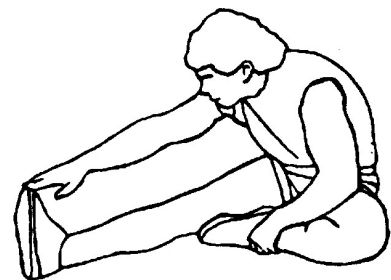


TOE TOUCHES

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.