

# **ECHANFIT**

## **User Manual**

**Adjustable Weight Bench**

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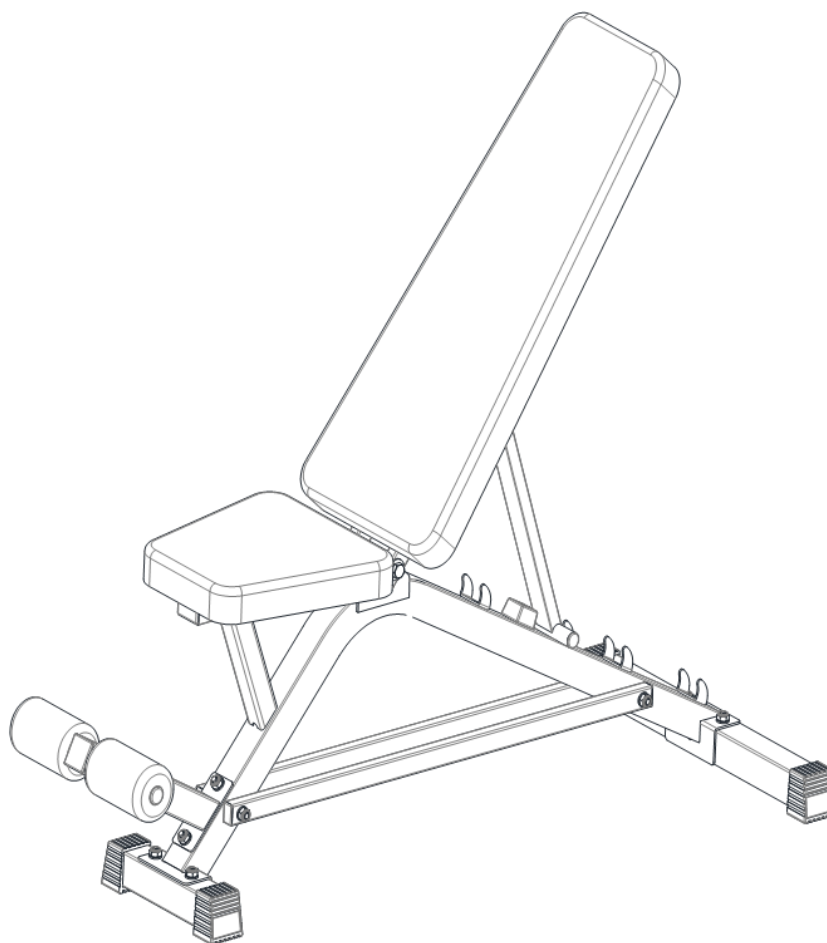
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Thank you for purchasing the ECHANFIT CBE3004 Adjustable Weight Bench. Please read this user manual carefully and keep it for future reference. If you need any assistance, please contact our support team with your product model number and Amazon order number.

### **Package Contents**

- Adjustable Weight Bench CBE3004
- User Manual
- Toolkits

### **Product Diagram**



**IMPORTANT!** Please retain user's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, please do not return until you have contacted.

## **IMPORTANT SAFETY NOTICE**

Note the following precaution before assembling or using the adjustable weight bench.

1. Keep children and pets away from the adjustable weight bench at all times. Do not leave unattended children in the same room with the adjustable weight bench.
2. Before starting workout, determine the current physical condition. If you are undergoing some treatment on heart rate, blood pressure and cholesterol, please follow the doctor's advice.
3. If the user experiences dizziness, nausea, chest pain, rapid heartbeat, shortness of breath or any other abnormal symptoms, stop the workout at once, consulta physician immediately.
4. Position the adjustable weight bench on a clear, level surface away from water and moisture. Place mat under the unit to help keep the adjustable weight bench stable and to protect the floor.
5. Check all screws and nuts are locked before using adjustable weight bench for the first time and ensure that the trainer is in the safe condition.
6. Keep your hands and feet away from moveable parts during using. Do not sharp things around the bench.
7. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
8. This adjustable weight bench can be used for indoor and family training at a time. And Maximum load (user weight+dumbbell weight): 500 pounds.
9. Be careful when moving the adjustable weight bench.
10. Please keep this manual and installation tools properly.
11. This weight bench cannot be used as medical equipment.

# **SPECIFICATIONS**

Adjustable Bench Positions: 5 back positions+2 foot pad positions

Dumbbell Rack: a level of storage

Dumbbell Capacity: 2 Pairs

Max Dumbbell Rack Weight Capacity: 77lbs

Max Dumbbell Piece Diameter: 180mm

Body Frame: 1.5mm durable steel frame

Seat and Backrest Cushion: faux soft leather

Net Weight: 37.04lbs

Gross Weight: 42.33lbs

Product Dimensions: 55.31\* L \*25 W \*19.49H inches

Package Dimensions: 45.28 L \* 18.50W \* 5.71H inches

# **BENCH MAINTENANCE**

1. Check and tighten all parts before using the bench. If any parts are worn or damaged, do not use it and contact customer service to replace the parts.
2. After each using, wipe bench free of sweat with a clean, dry cloth. Upholstery can be cleaned with a mild detergent or spray cleaner.
3. If the bench without check regularly may affect the safety level of the bench.
4. The bench can be cleaned using a wet cloth and a mild non-abrasive cleaner. Do not use solvents or bleach.

**Warning:** Before starting any exercise program, consult your doctor. Please read all the instructions before using this fitness equipment, which is not applied for children under 14 years of age. Check if damage and do not use once there is damaged or missing parts.

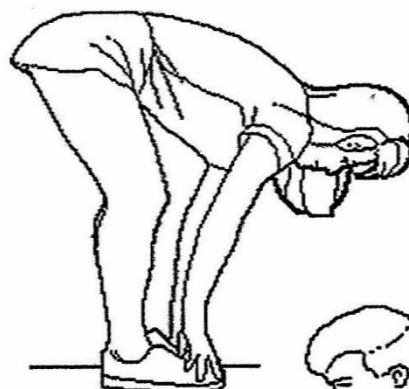
# WARM UP SUGGESTION

## Stretch exercise preparing

No matter how you exercise, you'd better stretch your body first. Then wake up your muscles. a 5 -10 minutes warm up is helpful. Please follow the chart below for five times, 10 seconds or more on each leg, and relax again after you finished workout.

### 1.Down stretch

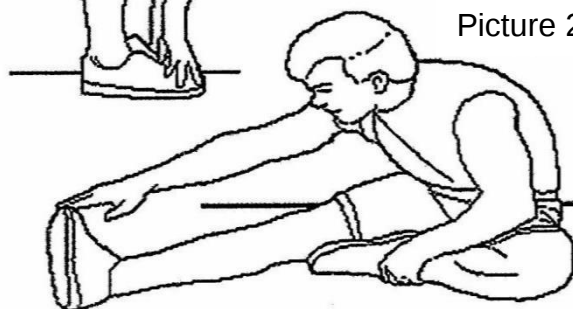
Bend your knees slightly, slowly bend forward, relax your back and shoulders, and touch your toes with your hands as far as you can. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see picture 1)



Picture 1

### 2.Hamstring stretch

Sit on a clean cushion with one leg straight. Draw the other leg in so that it fits snugly against the inside of the straight leg. Try to touch your toes with your hands hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see picture 2)



Picture 2

### 3.Calf and foot tendon stretch

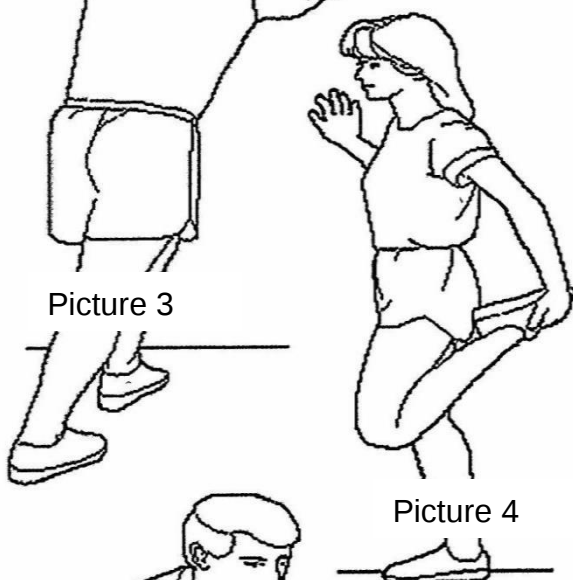
Stand with two hands against the wall or a tree and keep one foot behind. Keep your hind legs straight and on your heels, and lean toward a wall or tree. Hold for 10 to 15 seconds, then relax. Repeat each leg three times (see picture 3)



Picture 3

### 4.Quadriceps stretch

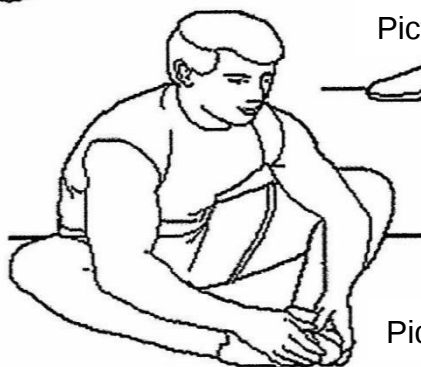
Balance with your left hand against a wall or table, then extend your right hand backward, holding the right heel and slowly pulling toward the hip until you feel a tight muscle in front of your thighs. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see picture 4)



Picture 4

### 5.Muscle of the inner thigh stretch

Sit with your feet facing each other, knees out. Grab your feet with both hands and pull towards your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see picture 5)



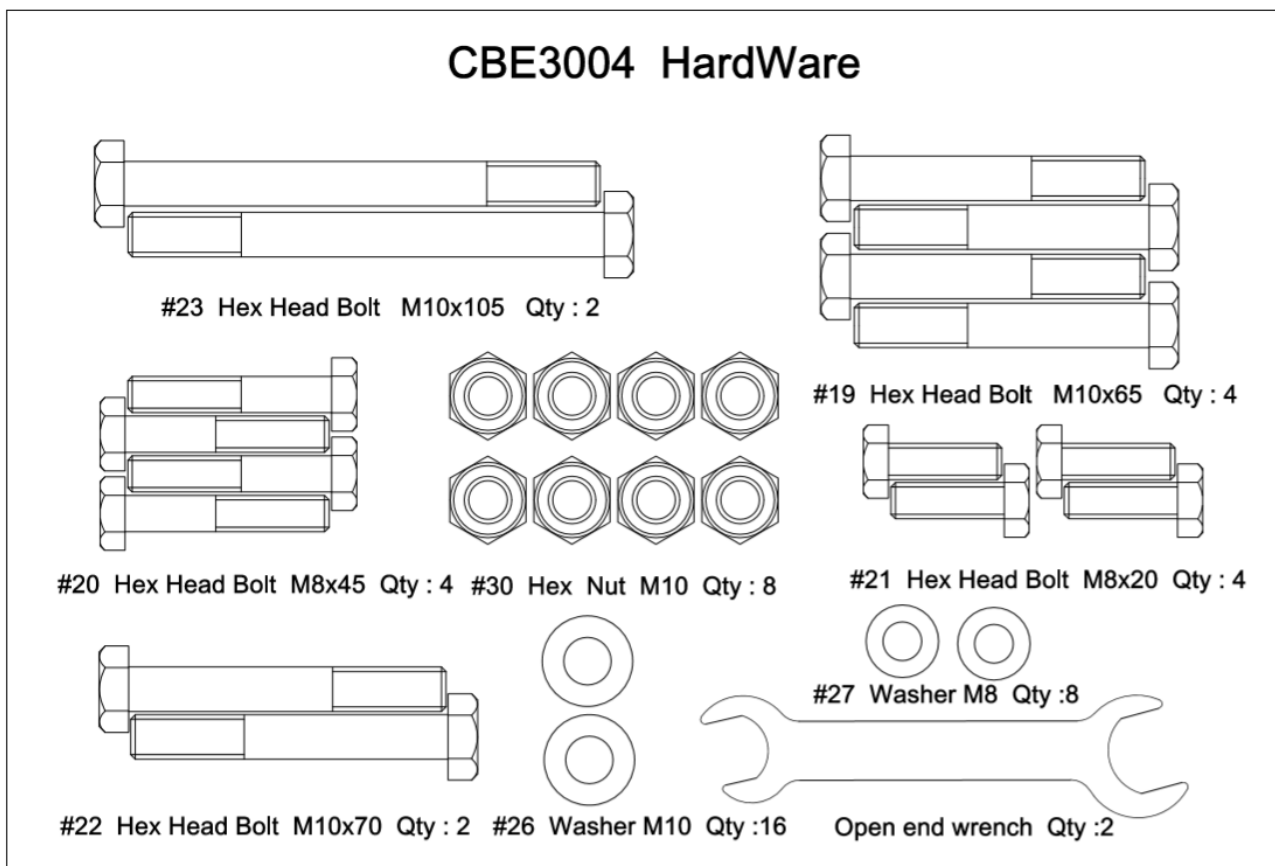
Picture 5

# ASSEMBLY INSTRUCTION

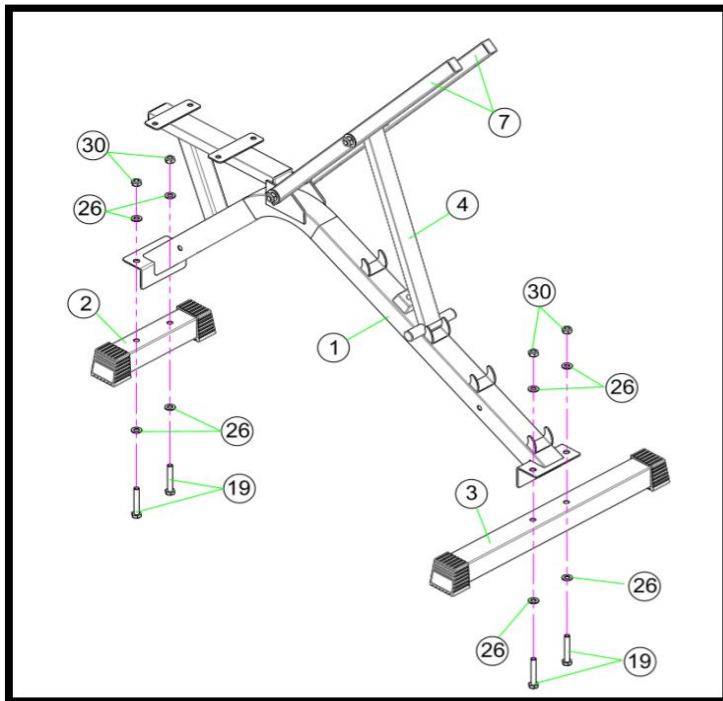
## 1. PREPARATION

- a. Assembly tools: Open end wrench or adjustable wrench (self-provided).
- b. Strongly recommended to be assembled and moved by two or more people.
- c. Remove all components from the package before assembly.
- d. Keep the wrapped cardboard, carton and PE bags if needed.
- f. Be sure to tighten nuts and bolts by hand first, then tighten all them by tools.

## 2. HARDWARE



### 3. GETTING STARTED

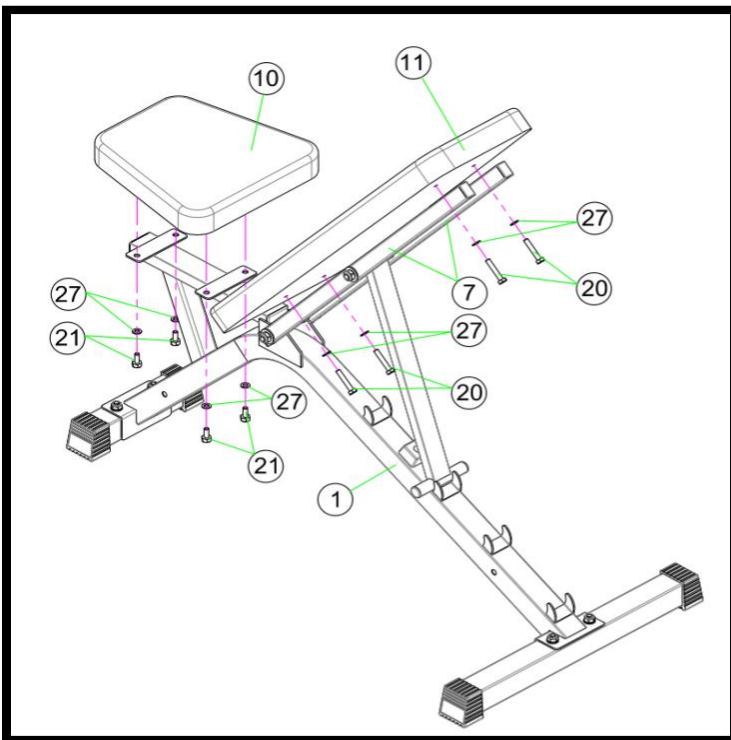


#### Step1:

Assembly the Body Frame (1) as shown, and put the Part (4) into the second gear to facilitate the rear assembly. Fix 4 Outer Hex Bolts (19), 8 Washers (26) and 4 Nylon Nuts (30) to fix the Part (2) and Part (3) in Body Frame (1) as shown. Then tighten Bolt (19).

#### Note:

1. The long side of tube plug of Part (2), Part (3) should be on the ground.
2. That the support of Part (4) shall not be a rubber cushion.

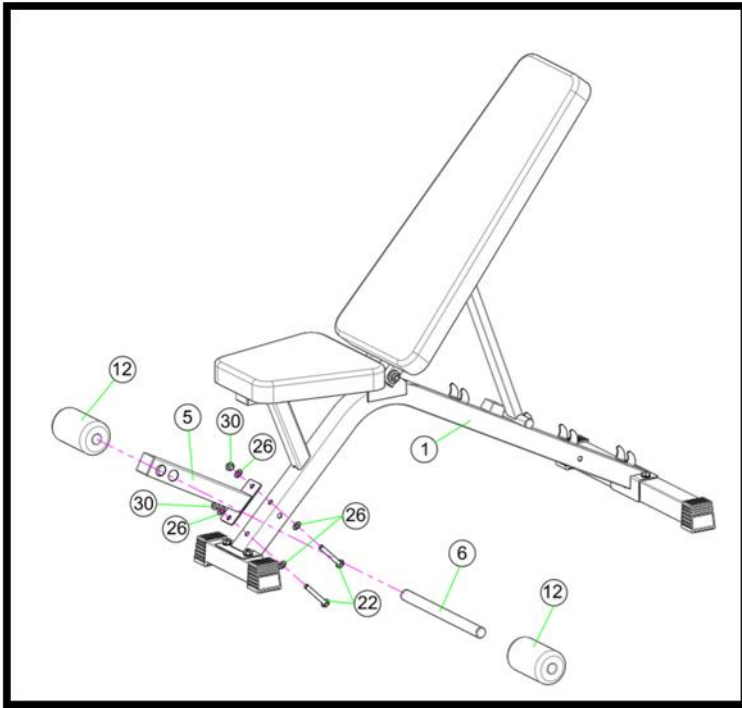


#### Step 2:

Assembly 4 Outer Hex Bolts (21), 8 Washers (27) and 4 Outer Hex Bolts (20), fix the Part (10) and (11) as shown position of the Body Frame and tighten the Bolts (21) and (20).

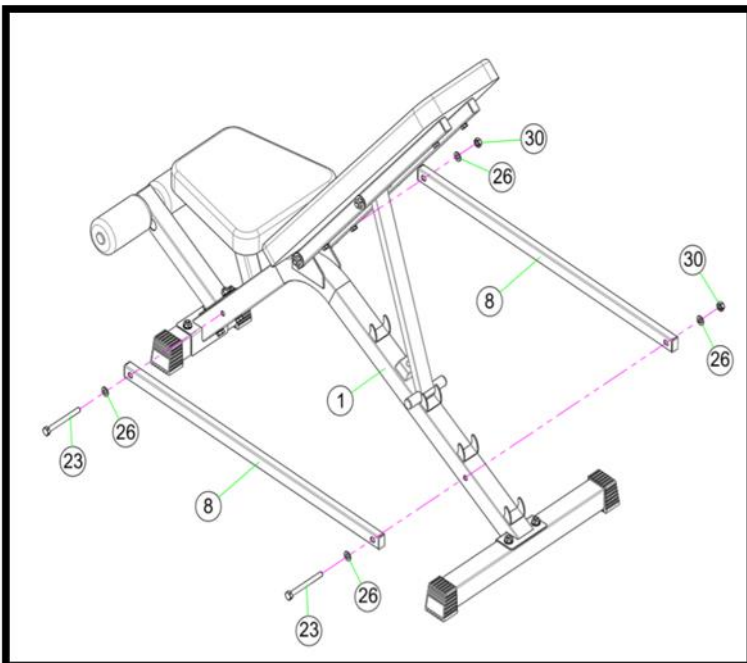
#### Note:

The long side of the Seat Cushion (10) should be inside, and the long side of the Backrest Cushion (11) should be down.



### Step 3:

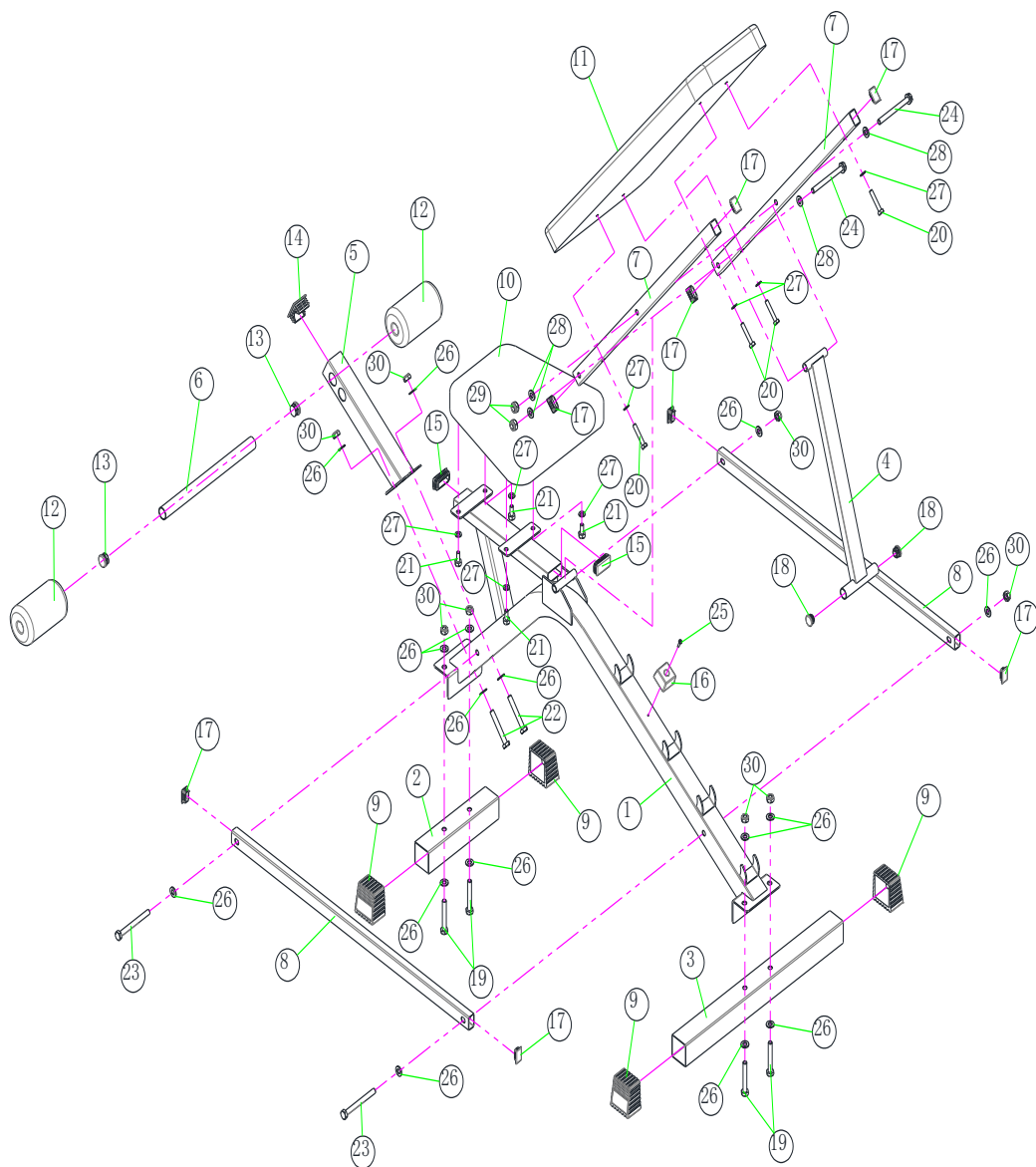
Assembly 2 Outer Hex Bolts (22), 4 Washer Bolts (22), 4 Washers (26), 2 Nylon Nuts (30) on the Body Frame (5), tighten the Bolt (22). The Part (6) should be passed through the hole of the Foot Hook Tube (5) which can be selected according to the height and personal requirement. Then hung on both sides of the Part (6) with a Foam Column (12).



### Step 4:

Using 2 Outer Hex Bolt (23), 4 Washers (26), 2 Nylon Nuts (30) to assemble 2 Parts (8) at right position of Body Frame, Then Tighten Bolt (23).

# EXPLODED-VIEW

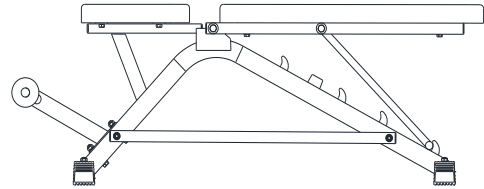


# PART LIST

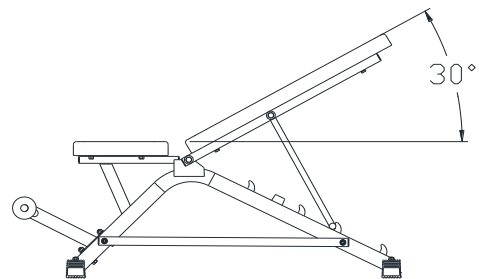
| No | Component                 | Specification                               | Quantity | Remark   |
|----|---------------------------|---------------------------------------------|----------|----------|
| 1  | Body frame                | Welding group                               | 1        |          |
| 2  | Front base tube           | 50*50*1.5*250                               | 1        |          |
| 3  | Rear base tube            | 50*50*1.5*560                               | 1        |          |
| 4  | Backrest supporting frame | Welding group                               | 1        |          |
| 5  | Foot hook group           | Welding group                               | 1        |          |
| 6  | Foam roller tube          | Φ25*t1.5*320                                | 1        |          |
| 7  | Backrest supporting       | 30*20*t1.5*740                              | 2        |          |
| 8  | Dumbbell supporting tube  | 30*20*t1.5*843                              | 2        |          |
| 9  | Square plug               | 50*50                                       | 4        | Assembly |
| 10 | Seat cushion              | ( 215+320 ) *320*50                         | 1        |          |
| 11 | Backrest cushion          | ( 240+330 ) *780*50                         | 1        |          |
| 12 | Foam column               | OD80*ID23*135                               | 2        |          |
| 13 | Round plug                | Φ25*t1.5                                    | 2        | Assembly |
| 14 | Square plug               | 45*45*t1.5                                  | 1        | Assembly |
| 15 | Rectangular plug          | 50*25*t1.5                                  | 2        | Assembly |
| 16 | Cushion pad               | 40*40*25                                    | 1        | Assembly |
| 17 | Rectangular plug          | 30*20*t1.5                                  | 8        | Assembly |
| 18 | Plastic tube plug         | DiameterΦ22*1.0-2.0T*14.5L<br>Environmental | 2        | Assembly |
| 19 | Outer hex bolt            | M10*65                                      | 4        |          |
| 20 | Outer hex bolt            | M8*45                                       | 4        |          |
| 21 | Outer hex bolt            | M8*20                                       | 4        |          |
| 22 | Outer hex bolt            | M10*70                                      | 2        |          |
| 23 | Outer hex bolt            | M10*105                                     | 2        |          |
| 24 | Outer hex bolt            | M12*130                                     | 2        |          |
| 25 | Swastika screw            | ST4.2*18 φ10                                | 1        | Assembly |
| 26 | Washer                    | M10                                         | 16       |          |
| 27 | Washer                    | M8                                          | 8        |          |
| 28 | Washer                    | M12                                         | 4        |          |
| 29 | Nylon nut                 | M12                                         | 2        |          |
| 30 | Nylon nut                 | M10                                         | 8        |          |

# FUNCTION OF BACKREST CUSHION

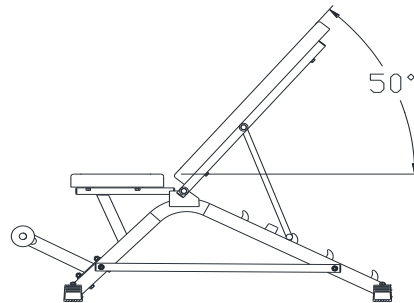
## 1. Flat Angle



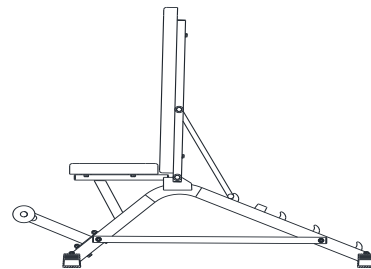
## 2. 30°Degree Angle



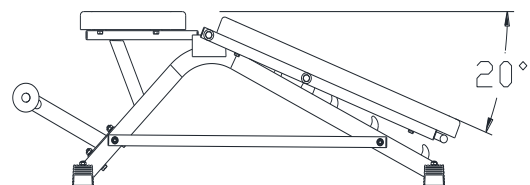
## 3. 50°Degree Angle



## 4. 90°Degree Angle



## 5. Negative Angle



## **Warranty and Customer Support**

For questions, support, or warranty claims, contact us at the address below that corresponds with your region. Please include your Amazon order number and product model number.

**Amazon US Orders:** [service@camelonfit.com](mailto:service@camelonfit.com)

Please note, ECHANFIT can only provide after sales service for products purchased directly from ECHANFIT. If you have purchased from a different seller, please contact them directly for service or warranty issues.

Model: CBE3004

XIAMEN CAMELON TECHNOLOGY CO., LTD.

<https://www.amazon.com/echanfit> | [service@camelonfit.com](mailto:service@camelonfit.com)