

Original User Manual
Weight Bench

WB250



Please follow all security measures in this user's manual to ensure a secure use.



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Thank You!

Thank you for purchasing our product. Please read the operating instructions carefully before using the product for the first time. If you give the product to a third party, this manual must be handed over with it. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.



Important safety instructions

Your safety is of the most importance to us. Please make sure that you read this instruction booklet before attempting to install and use the appliance. If you are unsure of any of the information contained in this booklet, please contact the Retailer where you purchased your unit.

WARNING: Read all safety and usage instructions. Failure to follow the safety information and instructions can cause electric shock, fire and/or serious injury. Keep all safety and usage instructions for future reference.

DO NOT use the product until you read the instruction manual.

Make sure you have read the instruction manual thoroughly and understand the contents before you start the installation.

The instructions are in the interest of your safety.

Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.



1

Important safety instructions

Introduction


This user manual is intended to familiarize you with the installation, use and maintenance of the product. To install the device safely and correctly, please read the user manual before you begin.


Please read the following instruction carefully and use the product accordingly. Please

keep this manual and hand it over when you transfer the product.

This summary may not include every detail of all variations and considered steps. Please contact us when further information and help are needed.

Symbol explanation

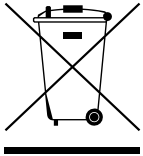
 **WARNING:** This signal symbol/word refers to a hazard with a medium degree of risk which, if not avoided, may result in death or serious injury.

 **CAUTION!** This signal symbol/word refers to a low-risk hazard which, if not avoided, may result in minor or moderate injury.

Note! This signal symbol/word warns of possible property damage.



Warning! Read the safety instructions carefully. Failure to comply with safety instructions may cause electric shock, fire, and severe injury. **Keep all safety instructions and instructions for the future.**



This product must not be disposed of with household waste!



WARNING! This device can pose dangers if it is used improperly or not as intended by persons who have not been instructed! Note that the device is not a toy and does not belong in children's hands.

Suffocation! Do not leave the packaging material carelessly. It could become a dangerous toy for children.



Based on a CE marking, it can be recognized that a product complies with the legal provisions of European legal standards and may therefore be traded within the European Community.

1

Important safety instructions

Safety instructions

- Your safety is most important to us. So please make sure you read the user manual before installing and using the product. If you are unsure about any information in this manual, please contact the dealer from whom you purchased the device.
- **DO NOT** use the product if you have not yet read the instruction manual.
- Make sure you have read the user manual thoroughly and understood the contents before you begin the installation.
- The instructions are in the interest of your safety.

WARNING!

- For safety reasons, the following safeguards are important. Failure to read and follow these instructions can result in serious injury.
- For your health and safety, people with hypertension, heart disease, and other cardiovascular and cerebrovascular diseases should avoid using this product.
- The disabled shouldn't use the equipment alone without supervision from specialists or health workers.
- We recommend that you talk to your doctor before embarking on any new exercise if you have had any recent surgery, are pregnant, have an injury, or if you have concerns about your health or levels of fitness that you think additional exercise may aggravate.
- Stop exercising immediately if you feel light-headed or short of breath.
- If you feel nausea, pain, discomfort, or other acute abnormalities, be sure to stop exercising and consult your doctor before resuming exercise.
- Be careful when carrying the product as it may be too heavy for you. You may need a friend or family member to help you unpack, assemble, and relocate the product.
- Keep the packaging components away from children, especially from infants and toddlers, as there is a danger of suffocation.
- Ensure the product is fully intact before use; if any damage occurs, stop using it immediately and contact us.
- Don't use the product outdoors.
- Keep all packages and accessories for future use and store them safely away from children and animals.

Note!

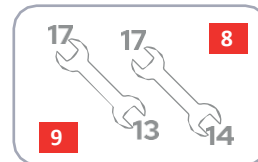
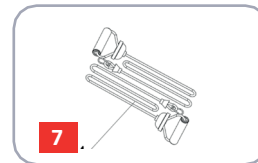
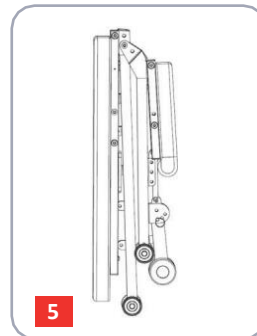
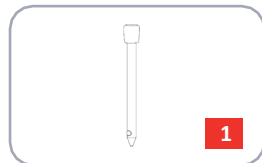
- It is important to read these instructions before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained, and used properly.
- For home and indoor use only. Not suitable for commercial use and can only be used according to the instructions in this manual. This product should not be used for any exercise other than dumbbell exercise.
- Consult your doctor to assess if you are fit for this equipment. If you are taking medication for your heart rate, blood pressure, or cholesterol, the doctor's advice is very important.
- Warm up before use. Do not use this product immediately after meals.
- Increase speed, intensity, and duration of exercises gradually.
- This product can only be used by one person at a time.
- This product can only be used by adults.
- Use this product only on surfaces not dented or damaged by equipment weight.
- Before use, put the product on an old cloth or training mat to avoid damaging the floor or carpet.
- Place a towel on the bench before use to prevent it from getting wet by sweat.
- Keep children and pets away from the product.
- For your safety, the equipment should have at least 1 meter of free space all around it, and without any pointy or sharp items surrounding it.
- Wear suitable clothing and shoes whilst using the product. Do not wear baggy clothing or any jewellery to avoid getting stuck.
- The max. static load capacity of the product is 200 kg (440 lb). This includes the user's weight and dumbbell weight set being used. Do not exceed its weight limit.
- This equipment is only for dumbbell training, don't use it as an Olympic weight bench.
- Keep yourself balanced and sit on the central part of the bench; don't sit on the edge of the bench.
- The quick-release pins should be installed on the product strictly according to the instructions.
- Do not change the design or function of the product.
- Do not use any accessories that are not recommended by us.
- Do not use the product if it does not work properly or is damaged. Consult our service center.
- Do not insert any objects, hands, or feet into any openings, or expose hands, arms, or feet to the drive mechanism or other potentially moving part of the product.
- This product is not suitable for medical use.



2

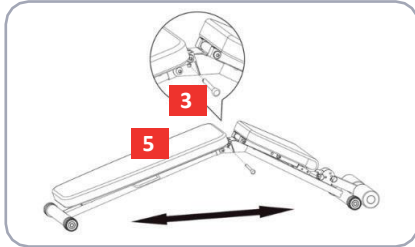
Scope of delivery

1x Main body / 1x Elastic rope / 5x Sealing pin / 1 x Manual



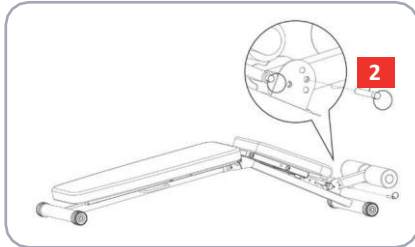
No.	Designation
1	Sealing pin (1x)
2 & 3	Sealing pin Ø8x60 (1x) & Ø10x60 (1x)
4	Sealing pin Ø10x70 (2x)
5	Main frame (1x)
6	Neck rest (1)
7	Elastic tubes (1x)
8 & 9	Wrench 13/17 (1x) & 14/17 (1x)

Assemble and exercise instructions

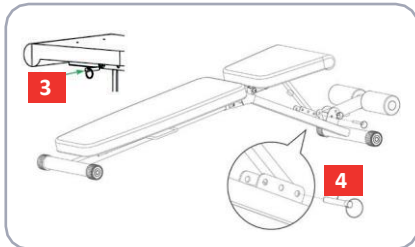


Step 1: Pull out the Sealing pin (3)

Step 2: Unfold the machine. Then insert the sealing pin (5) to fix the main frame.

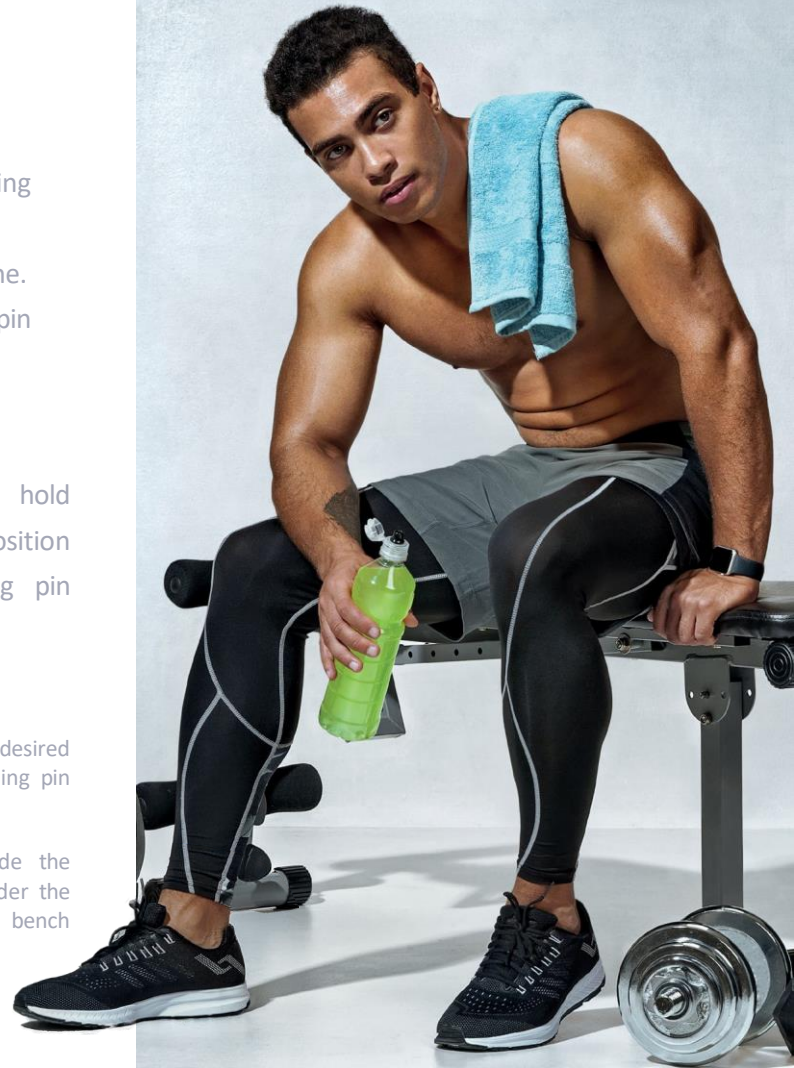


Step 3: Adjust the leg hold down to desired position and secure with sealing pin (2).



Step 4: Adjust seat to desired position and fix it with a sealing pin (4).

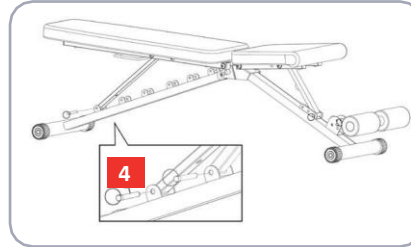
In order not to lose it, slide the elastic pin (3) into its slot under the seat; it will serve to lock the bench when folded



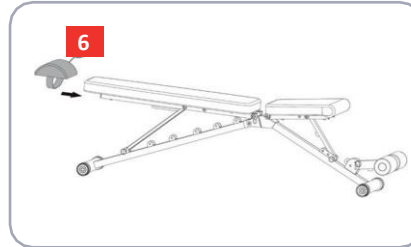


3

Assemble and exercise instructions



Step 5: Adjust your back cushion. Then fix it with a sealing pin (4).



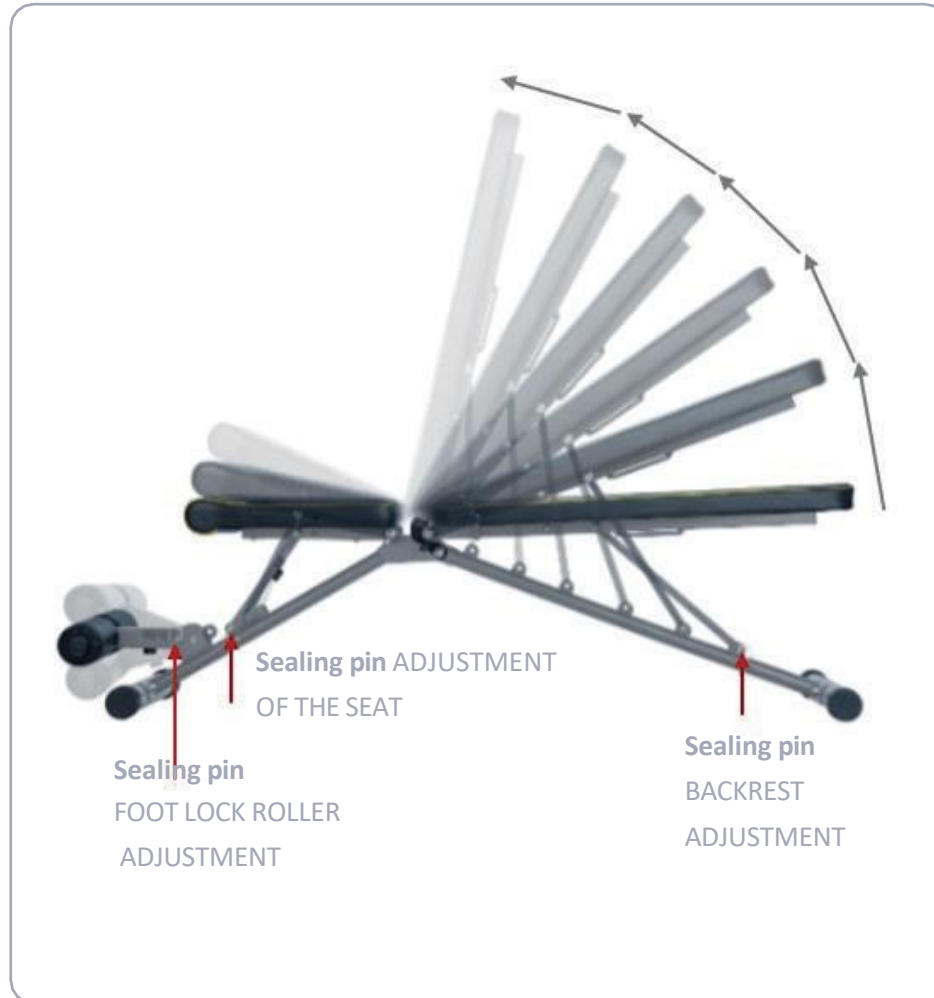
Step 6: Slide the headrest (6) onto the back cushion.



Step 7: Fix the elastic rope (7). As shown in the figure.

ADJUSTMENTS

Backrest adjustable to 6 tilt levels, foot lock rollers and seat adjustable to 3 positions to suit the needs of different users.



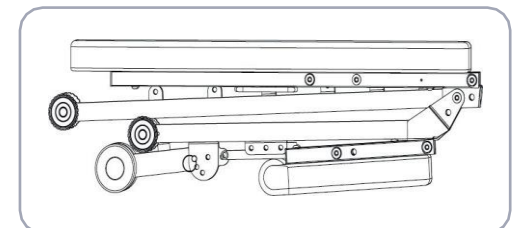
FOLDING THE BENCH

The tool can be folded for storage in a small space when not in use.

To close the bench, pull out the large locking pin and the spring pins, and fold the bench as in the photo.

Position the metal bracket under the seat so that the hole on the end is aligned with the hole under the backrest, and secure the bench using the elastic pin (3).

When opening and closing, take care not to pinch your hands or other body parts in the product. Make sure the spring pin is firmly engaged before moving the bench; keep children and animals away from the tool when folded.





Exercise instructions

The use of this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control the intake of calories, and can help you achieve the overall effect of toning your body.



Warm-Up Phase

This phase not only helps stimulate circulation and warm up the muscles, but also reduces the risk of cramps and pulled muscles. It is advisable to do a few stretching exercises as shown in the picture. The muscle tension during each stretch should be maintained for about 30 seconds. Stretch your muscles slowly, without abrupt jerks and motions. If pain occurs, stop stretching immediately.



Cooling Down Phase

The use of this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control the intake of calories, and can help you achieve the overall effect of toning your body.

Exercise instructions

The weight bench is equipped with elastic resistance dumbbells, which are ideal for performing muscle toning exercises; the bench also offers the ideal support for those who wish to use traditional dumbbells and use differentiated loads for strengthening exercises. The load, number of repetitions and number of sets depend on the goal you want to achieve with your training. The load is calculated on the basis of a percentage of the maximum, i.e. the maximum number of kilograms with which you can perform one repetition of a certain exercise. For toning training or general fitness, we recommend doing up to 2 sets of 10 to 15 repetitions with a light load (approx. 60% of the maximum); increasing the number of repetitions and sets, while keeping the load unchanged, can train muscular endurance. In order to increase muscle mass, we recommend 4/5 sets of 8/10 repetitions with a heavy load (approximately 80% of the maximum); in this type of training, it is essential to master the techniques of execution of the exercises in order to avoid injury. Between each set, a recovery period of approximately one minute should always be foreseen. As these are general indications, we recommend that you always consult a doctor before starting any training programme.

**Front
Raises**



**Over
Head Raises**



**Abdominal
Crunches**



**Biceps
Curl Sitting**



**Incline
Dumbbell
Press**



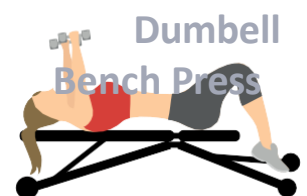
**One Arm
Dumbbell
Row**



**Biceps Curl
Standing**



**Dumbbell
Bench Press**



Cooling Down After Workout



1 Shoulder Stretch



2 Triceps Stretch



3
Hip Flexor
Stretch



4
Overhead
Stretch



5
Chest
Stretch



6 Forward Bend



7 - Toe Touch



8 - Child's Pose



9 Quadriceps Stretch



10 Cobra Pose



11 Thigh Hug



4

Maintenance tips

- Keep the product in a dry place, don't clean it with water.
- It's suggested to place a towel on the surface to prevent it from getting wet by sweat.
- Make sure to tighten all parts before use for security.
- Never use a chemical reagent to clean the equipment.
- Clean the product with a clean, dry cloth after every use.
- Clean the product with a clean cloth and mild detergent after use every week.
- Regularly check the product if there are cracked or bent parts on the equipment; if any, stop using and immediately contact our customer service.

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Technical data

Parameter	Value
Model	WB250
Overall size of pad	126 cm
Capacity	250 kg
Assembly size	143 x 37 x 110 cm
Weight	14 kg

In the course of product improvements, we reserve the right to make technical and visual changes to the article.

Environmentally friendly disposal

⚠ Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.

1. Disposal

The packaging of your unit consists of materials that are necessary to guarantee effective protection during transport. These materials are fully recyclable and therefore reduce the environmental impact. Dispose of the packaging in a bin for recyclable materials.

2. Disposal of

Old appliances must be disposed of in accordance with the guidelines and regulations of the local waste disposal authority. Check with your local administration for the address of the nearest recycling centre and deliver your appliance there.



4

EU Declaration of Conformity



We, the

KM-Fit, Gneisenaustraße 10-11, 97074 Würzburg, Germany,

hereby declare that the equipment described below, by virtue of its design and construction and in the versions placed on the market by us, complies with the relevant essential health and safety requirements of the EU directives.

Product name: **Weight Bench**
Model number: **WB250**
Article number: **4252023106054**

The assessment shall be based on the following harmonised standards applied:

EN ISO 20957-1: 2013

EN ISO 20957-4: 2016

Other applied technical standards
and specifications:

Place and date of issue: Würzburg, 22.07.2022

Signature:

A handwritten signature in black ink, appearing to read 'K. Canbolat', is written over a light grey rectangular background.

Dipl.-Inform. (Univ.)
Korhan Canbolat, Managing Director

If the device is modified without our consent, this declaration of conformity loses its validity.

Contact With Us

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The return address can be found in the imprint: <https://www.km-fit.com>

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commercial registration is Würzburg, HRB 10082

WEEE-Reg. No. DE 61617071



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