



# Weight Bench

# Safety Instructions

**Notice: Ensure you read and fully understand instructions before use**

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

- Make sure all fastenings are tightly in place and that everything is in order before using the product, this should be periodically checked by an adult.
- Do not discard any of the packaging until you have checked that you have all of the parts and fittings required.
- Use the correct fixings as indicated. Do not tighten any of the nuts until the unit is completely assembled, then finish by tightening all nuts. All nuts must be tightened before use.
- This product is not a toy, and is used for its designated purpose only.
- This product contains small parts that could be a choking hazard if swallowed. Keep these items away from children.
- Clean only with a damp cloth, do not use strong industrial cleaning substances or abrasive materials as these will damage the product.
- Only use this product on stable, level and dry ground.
- Children should be supervised to ensure they do not play with the product.
- To prevent accidents and health issues, consult a doctor before use if you have any underlying health problems or are taking any medication which affects your heart rate, blood pressure or cholesterol.
- Warm up 5 to 10 minutes before each workout and cool down for 5 to 10 minutes.
- Most exercise equipment is not recommended for small children. Children should not use the bench without adult supervision.
- Do not carry out alterations or modifications to this product.
- If the product is damaged or has any defects, please contact [cservice@oypla.com](mailto:cservice@oypla.com)

**PLEASE DO NOT EXCEED THE 200KG LOAD CAPACITY.**

**(USER AND WEIGHTS COMBINED)**



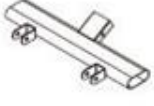














# Assembly Instructions

## Parts List:

Please check you have all parts below before attempting to assemble this product.

If you are missing any of the below parts, please contact Oypla customer services:

[cservice@oypla.com](mailto:cservice@oypla.com)

|  |   |   |
|--|---|---|
| 1. Main Frame<br><br>x 1          | 2. Front Base<br><br>x 1             | 3. Rear Base<br><br>x 1          |
| 4. Back Rest Beam<br><br>x 2    | 5. Adjustment Support<br><br>x 1   | 6. Backrest Cushion<br><br>x 1 |
| 7. Seat<br><br>x 1              | 8. Front End Cap<br><br>x 2        | 9. Rear End Cap<br><br>x 2     |
| 10. Wheels<br><br>x 2           | 11. M10X45 Bolt and nut<br><br>x 1 | 12. M6x15 bolt,<br><br>x 4     |
| 13. M6x40 bolt,<br><br>x 4      | 14. M8x20 bolt,<br><br>x 3         | 15. Limit screw<br>            |
| 16. M8x90 bolt , nut<br><br>x 1 | 17. Tools<br>                      |   |

**1.** Attach the wheels (10) to the rear base (3) with the M8x45 bolt, washer and nut (15).

**2.** Attach the rear end cap (9) to the rear base and attach the rear base to the main frame (1) with the M8x20 bolt, washer and nut (14).

**3.** Attach the front end cap (8) to the front base (2) and attach the front base to the main frame with the M8x90 bolt, washer and nut (16).

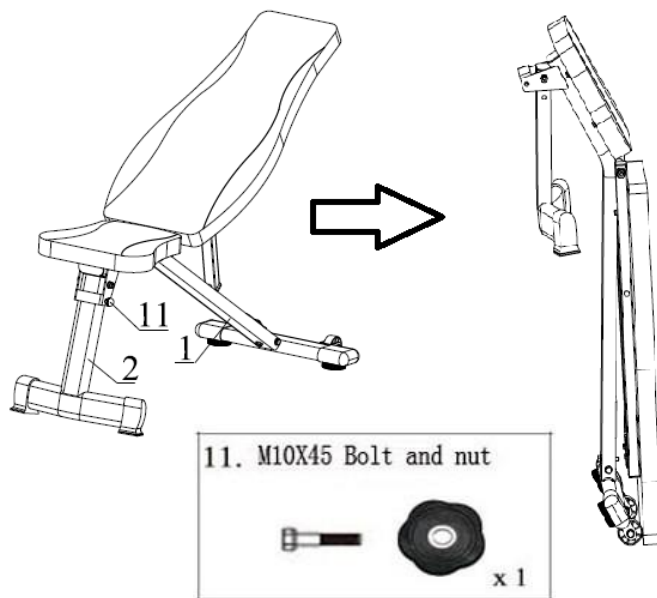
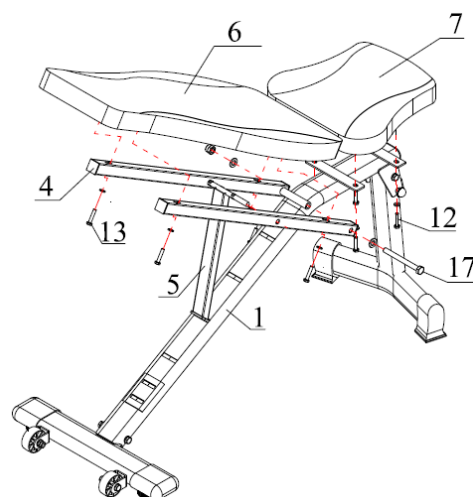
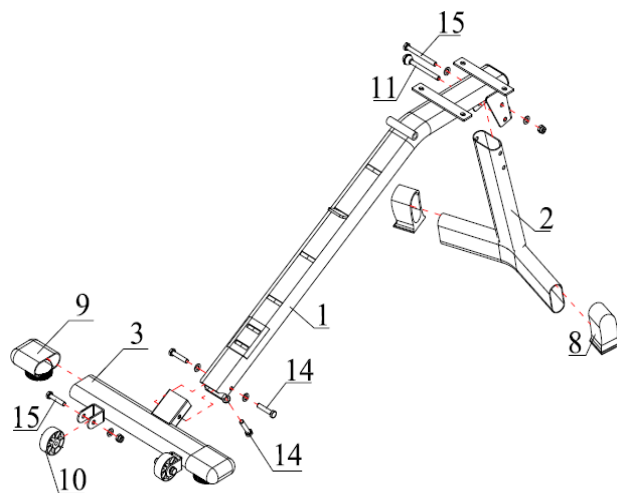
**4.** Attach the adjustment support (5) to the backrest beam (4).

**5.** Attach the two back rest beams to the main frame with the M10x135 bolt, washer and nut (17).

**6.** Attach the seat (7) to the main frame with the four M6x16 bolts and washers (12).

**7.** Attach the backrest cushion (6) to the backrest beam with four M8x40 bolts and washers (13).

**8.** To fold the bench, remove the pin (11) from the main frame and then fold the rear base and main frame.



**Please retain a copy of all instructions for future consultation.**



**An Official Oypla Branded Product**

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**USER MANUAL Model No: 4136**