

LEDGE™ Weight Bench

User Guide

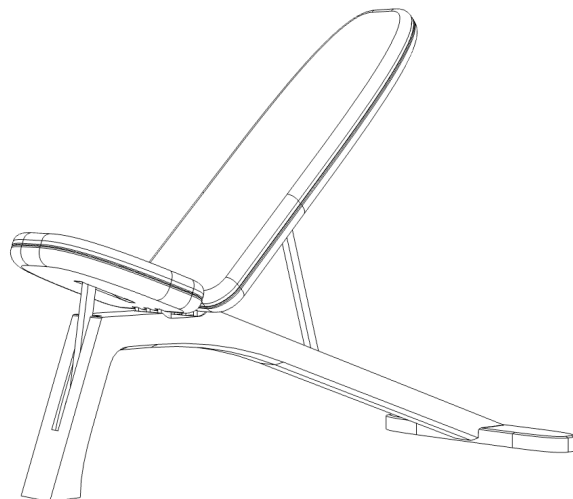
Product Description

LEDGE™ Weight Bench is a premium adjustable bench designed for strength training. Handcrafted from solid hardwood, it combines enduring stability with refined aesthetics. The bench features firm, full-grain leather upholstery over high-density foam and smooth mechanical adjustments, allowing the seat to set at 0° or 15° and the backrest at six angles from 0° to 75°.

Limitations

Environment: Indoor only, relative humidity 40-60%

Rated load: 200 kg (440 lb)



Safety Instructions

Please read these safety instructions carefully before assembling or using this product. Improper assembly or use may result in product failure, property damage, serious injury, or death. Retain this user guide for future reference.

- **Space requirements.** Ensure there is sufficient space around the product to perform exercises safely. Keep the area clear of obstacles, sharp objects, and tripping hazards. Use the product only on a flat, stable surface.
- **Indoor use.** This product is designed for indoor use and storage only (relative humidity 40-60%). Keep the product away from direct contact with liquids. Failure to follow these guidelines may cause the product to deteriorate and become unsafe.
- **Modifications.** Do not modify the product in any way. Any alterations, additions, or attachments not approved by the manufacturer are not permitted. Use the product only as designed and supplied.
- **Repairs.** Do not attempt to repair the product yourself unless you are a qualified professional with the necessary knowledge and skills. Only use original manufacturer parts for any repairs or replacements.
- **Inspection.** Before each use, thoroughly inspect the product. Do not use the product if any parts are damaged, loose, or missing. Regularly check and tighten all screws and fasteners, particularly in areas where the wood may shift or flex.
- **Weight limit.** This product is designed to support up to 200 kg (440 lb) total weight, including the user and any added weights.
- **Adult use.** Children under 14 years should only use this product under adult supervision. Not suitable for children under 36 months.
- **Health precautions.** Ensure that you are in good physical condition before exercising. Consult a physician before beginning any new exercise routine, especially if you have pre-existing health conditions. Stop exercising immediately if you feel unwell.
- **Proper technique.** Learn proper technique before using the product. Always use common sense and be aware of your personal limits.
- **Shared use.** Do not allow anyone to use the product unless they are capable, responsible, and properly informed of all safety instructions. Only one person should use this product at any given time.

Legal Disclaimer

The manufacturer shall not be liable for any injuries or damages resulting from improper assembly, maintenance, or use of this product. Use of this product is at the user's own risk. Always follow the instructions and safety guidelines outlined in this user guide. Consult a qualified professional if you are unsure about proper assembly or use.

LEDGE™ Weight Bench

User Guide

Getting Started

- Read all instructions carefully and ensure you fully understand them before beginning assembly.
- Assembly must be performed by two capable adults. Assistance from someone with technical experience is recommended.
- Carefully unpack the product and inspect it for any transportation damage. Retain the packaging until the product is fully assembled.
- Verify that all parts have been delivered by checking the parts list. If any parts are missing or damaged, contact the manufacturer.

Parts List

Reference	Name	Quantity
A	Bench without the rear stabilizing foot	1
B	Rear stabilizing foot	1
C	Bolt	4
D	Screwdriver bit	1

Assembly

1. **Lay the bench upside down.** Remove the bench (A) from the packaging and place it upside down on a clean, flat surface.
2. **Position the foot.** With the rear stabilizing foot (B) upside down, align its four bolt holes with the corresponding holes on the back of the base and hold it in place.
3. **Secure the foot.** Using a screwdriver with the included bit (D), firmly tighten the provided bolts (C) until there is no play.
4. **Test the stability.** Turn the bench upright and check to ensure there is no movement between the base and the stabilizing foot.

Changing the Angle

To adjust the angle of the seat or backrest:

1. Raise the seat or backrest slightly to disengage the metal support from its current position.
2. Move the metal support to the desired slot.
3. Lower the support into the slot until it sits securely in place.

Using the Product

Perform exercises appropriate for your ability and training goals. Use controlled movements and proper technique. Always follow the safety instructions provided at the beginning of this user guide.

Warning! Do not use this product as a step platform or for jumping. The bench is intended solely for controlled strength training with free weights.

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User Guide

Product Care

Please visit [this page](#) for product care guidelines.

Support

Please [contact the manufacturer](#) if you need help with the assembly or use of this product or have any other questions.