

HPF[®]

WEIGHT BENCH

MODEL: B400



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II. General Information and Safety Instructions

- Please carefully read this manual and keep it for future use!
- Read and follow the instructions before setting up the unit, and using it. Safe use of the device can only be reached when it is properly assembled and used. It is your responsibility to ensure that all users of this device are informed regarding the warnings and precautionary measures.
- Check possible health risks with your doctor before starting any exercise program. The advice of your physician regarding your heart rate, your blood pressure or your cholesterol levels needs to be followed.
- Observe your body's signals. Incorrect or excessive exercise can pose a risk to your health. If at any time during the workout you feel pain, tightness in the chest, irregular heartbeat, extreme shortness of breath, dizziness or light-headedness, stop your workout immediately and consult your doctor.
- Keep children and pets away from the machine. This device is intended for use only by adults.
- Use the device on a stable, level and horizontal surface with a protective cover for your floor or carpet. The safety distance to other objects and/or walls should be at least 3.1 m. Compensate for uneven floors.
- Check whether all screws and nuts are properly tightened before each use. The safety of the device can only be maintained if it is checked on a regular basis.
- Use the equipment only as specified. If you find a defective part during the assembly or hear unusual noises during use of the device, discontinue use until the problem is solved. Pay particular attention to the state of the most stressed parts.
- Always wear appropriate clothing during training. Avoid wearing loose clothing that could get caught in the moving parts of your equipment.
- The device was tested according EN ISO 20957-1, class H. It is intended for home use only. The device is designed for a maximum user weight of 150 kg load. The maximum load for the leg curl is 45 kg. The maximum weight for the barbell bracket is 120 kg.
- The device is not suitable for therapeutic use.
- To avoid back injuries, special caution is needed when lifting or moving the unit. Make use of technical lifting systems or help.
- Ensure that the training room is well ventilated.
- The device is particularly suitable for training of the upper body, arm and leg muscles and improving overall endurance and fat burning.

III. Assembly and Parts List

Packaging content

Take a few moments to familiarize yourself with the specific parts hardware included with your product. Make sure all the parts and hardware are included in the cartons and examine them for any damage that may have occurred in transport. PLEASE NOTE: Some parts may be pre-assembled and pre-installed.

Tool included

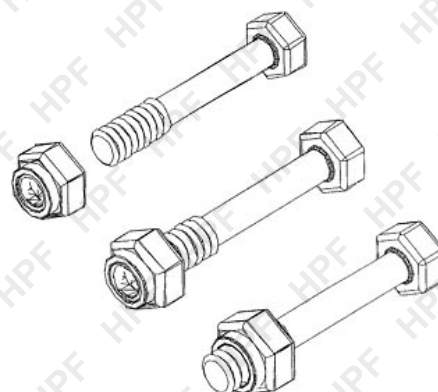
Please see the multi-function tool included with the packaging in the drawing to the right.



Nylon lock safety nuts

It is only necessary to tighten the bolts and nuts to “finger tight” during the assembly process. This will make it easier to complete certain steps by allowing more tolerance for all the parts to fit properly.

Do not tighten all the nuts onto the bolts securely until after you have completed assembly of your product. Use wrenches, pliers, or ratchet and sockets to tighten the bolts and nuts. The Nylon Nut should thread onto the Hex Bolt until the end of the Hex Bolt has broken through the Nylon insert inside the Nut.



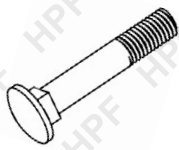
List of parts

No.	Description	#
01	Leg lift	1
02	Front upright post	1
03	Arm curl pad post	1
04	Main frame	1
05R/L	Right and left upright post component	2
06	Rear cross tube	1
07	Backrest adjustment tube	1
08	Backrest tube	2
09	Adjustable upright tube	2
10	Arm curl bar	1
11	Foam roller tube	2
12	Stabiliser bar	1
13	Backrest pad post	1
14	Weight plate post	2
15	Weight plate post adaptor	1
16	Enforcement plate	1
17	Seat pad	1
18-1	Backrest pad	1
18-2	Headrest pad	1
19	Arm curl pad	1
20	AB Strap	1
21	Round end over cap	1
22	Rope	1
23	Elliptical hook (attached to one connection cord)	2

No.	Description	#
24	Handle grip	2
25	Rubber bumper	1
26	Plastic spacer	2
27	Foam roller	4
28	Small inner plug	4
29	Open end plug	3
30R/L	Safety hook	2
31	Knob bolt	3
32	30 x 60 mm square inner plug	2
33	Ø25.4 mm round inner plug	4
34-1	End cap	3
34-2	Anti-slip slice	4
35	Ø10 x 80mm ball head lock pin	1
36	25 x 25 mm square inner plug	9
37	Ø4/5" x Ø2/5" x 1/21"t Washer	24
37-1	Ø1 7/12" x Ø 7/15" x 1/10"t Washer	4
38	Front upright base tube	1
39	45 x 45 mm square inner plug	3
40	Ø25.4 mm round inner plug	2
41	3/8" x 2 4/25" carriage bolt	2
42	3/8" x 2 2/5" Half Threaded Hex Head Bolt	6
43	3/8" x 2 5/9" Half Threaded Hex Head Bolt	2
44	3/8" x 3" Half Threaded Hex Head Bolt	2
45	3/8" x 6 8/9" Half Threaded Hex Head Bolt	1
46	3/8" x 1" Hex Head Bolt	2
47	5/16" x 3/4" Hex Head Bolt	4
48	5/16" x 1 1/2" Hex Head Bolt	10
49	3/8" x 9/25"t Nylon nut	15
50	5/16" x 7/25"t Nylon nut (pre-assembled)	2
51	Ø16/25" x Ø 1/3" x 1/21"t Washer	14
52	Spring Clip	3
53	Lock Pin	1
54	Screw covers	12
55	Multi-function tool	2

* Actual quantities may be different from the numbers in the table of parts because some are pre-assembled in the unit.

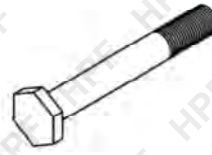
Parts identifier



41. $3/8"$ x $2^{4/25}"$
Carriage bolt,
2 pieces



42. $3/8"$ x $2^{2/5}"$
Half threaded hex
head bolt,
6 pieces



43. $3/8"$ x $2^{5/9}"$
Half threaded hex
head bolt,
2 pieces



44. $3/8"$ x $3"$
Half threaded hex
head bolt,
2 pieces



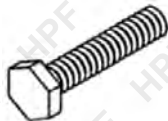
45. $3/8"$ x $6^{8/9}"$
Half threaded hex
head bolt,
1 piece



46. $3/8"$ x $1"$
Hex head bolt,
2 pieces



47. $5/16"$ x $3/4"$
Hex head bolt,
4 pieces



48. $5/16"$ x $1^{1/2}"$ t
Hex head bolt,
10 pieces



49. $3/8"$ x $9/25"$ t
Nylon nut
15 pieces



50. $5/16"$ x $7/25"$ t
Nylon nut
2 pieces



51. $\varnothing 16/25"$ x $\varnothing 1/3"$ x
 $1/21"$ t Washer
14 pieces



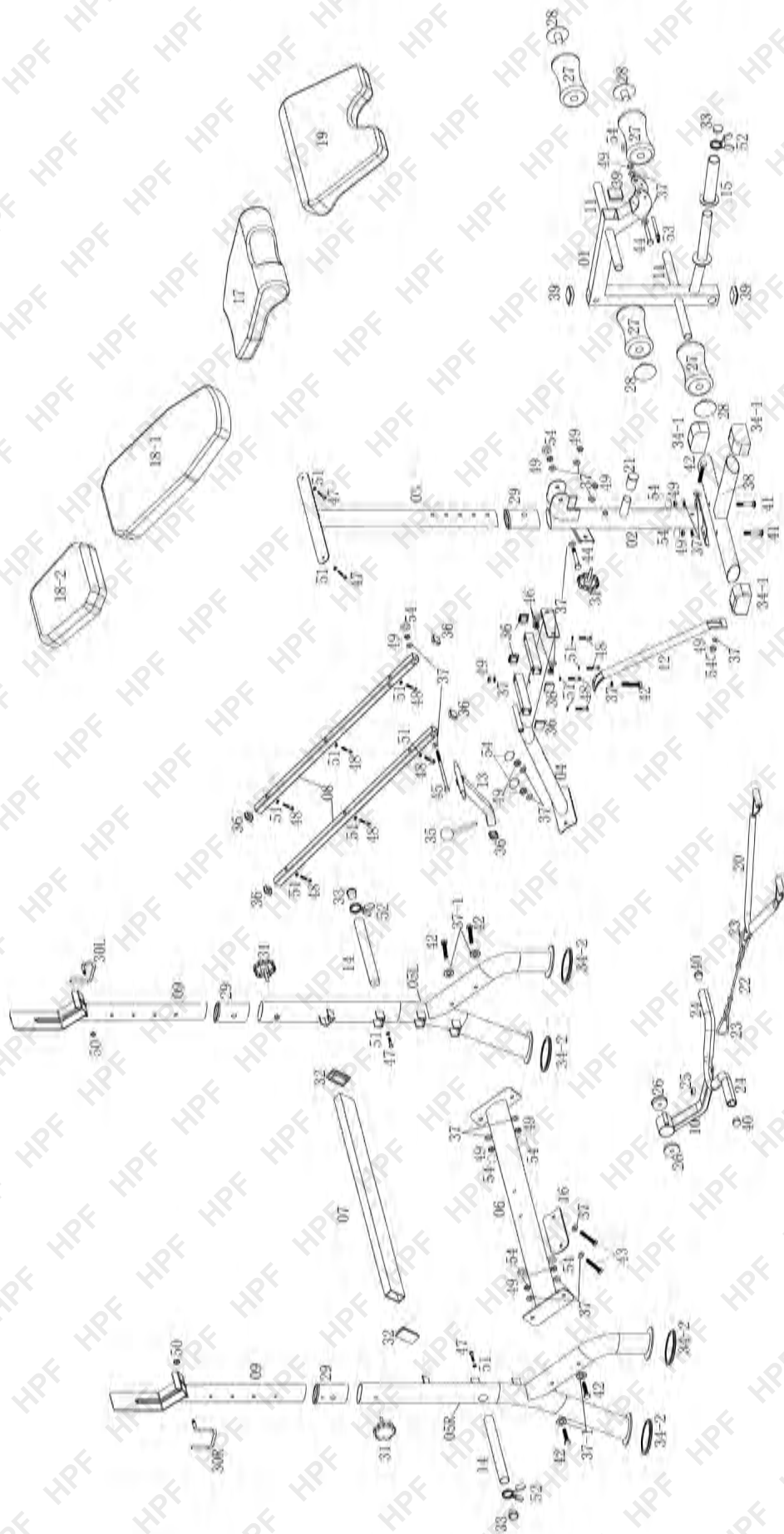
37. $\varnothing 4/5"$ x $\varnothing 2/5"$ x $1/21"$ t
Washer
24 pieces



37-1. $\varnothing 1^{7/12}"$ x $\varnothing 7/15"$ x $1/10"$ t
Washer
4 pieces

INCHES





IV. Getting started

General set-up information

- The assembly should be done by two adults if possible. Carefully read the manual and look at the explanatory drawing on previous page before starting setting the item up.
- Remove all packaging material and spread all parts onto an even surface to get an overview and facilitate the assembly. Protect the set-up area ground by using any kind of cover; the packaging material for example.
- Check all parts listed in the parts' list are included. Do not dispose of the packaging material until the assembly is completed.
- Note: When using tools a danger of injury exists. Use caution and keep the work environment as risk-free as possible. Dispose of foils or plastic bags that pose a choking hazard to children.
- Note: Some of the screws are already in the respective holes; please loosen them before performing the appropriate installation step. Also note the "L" (left) and "R" (right) markings for the correct structure.
- Only the supplied tool is required to set-up the item.

Assembly steps

Notice: Don't fully tighten all bolts before the entire unit has been completely assembled.

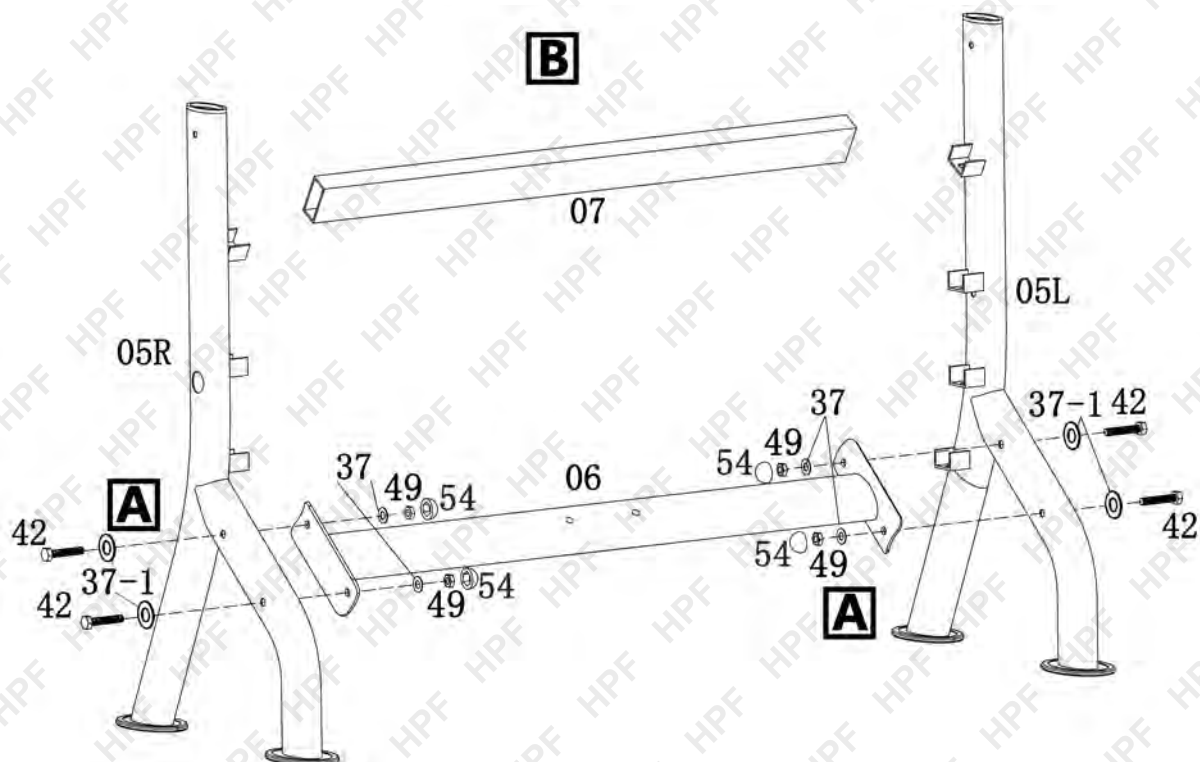
Step 1

A.

Place the two upright components (05 R&L) on a level floor and place the rear cross tube (06) in between the two upright assemblies. Insert four half threaded hex head bolts (42) along with four washers (37-I) through the upright assembly (05 R&L) into the rear cross tube (06) as shown. Secure the upright assembly (05 R&L) and rear cross tube (06) with four washers (37) and tighten with four nylon nuts (49).

B.

Place the backrest holder adjustment tube (07) between the two upright assemblies (05 R&L).



Step 2

A.

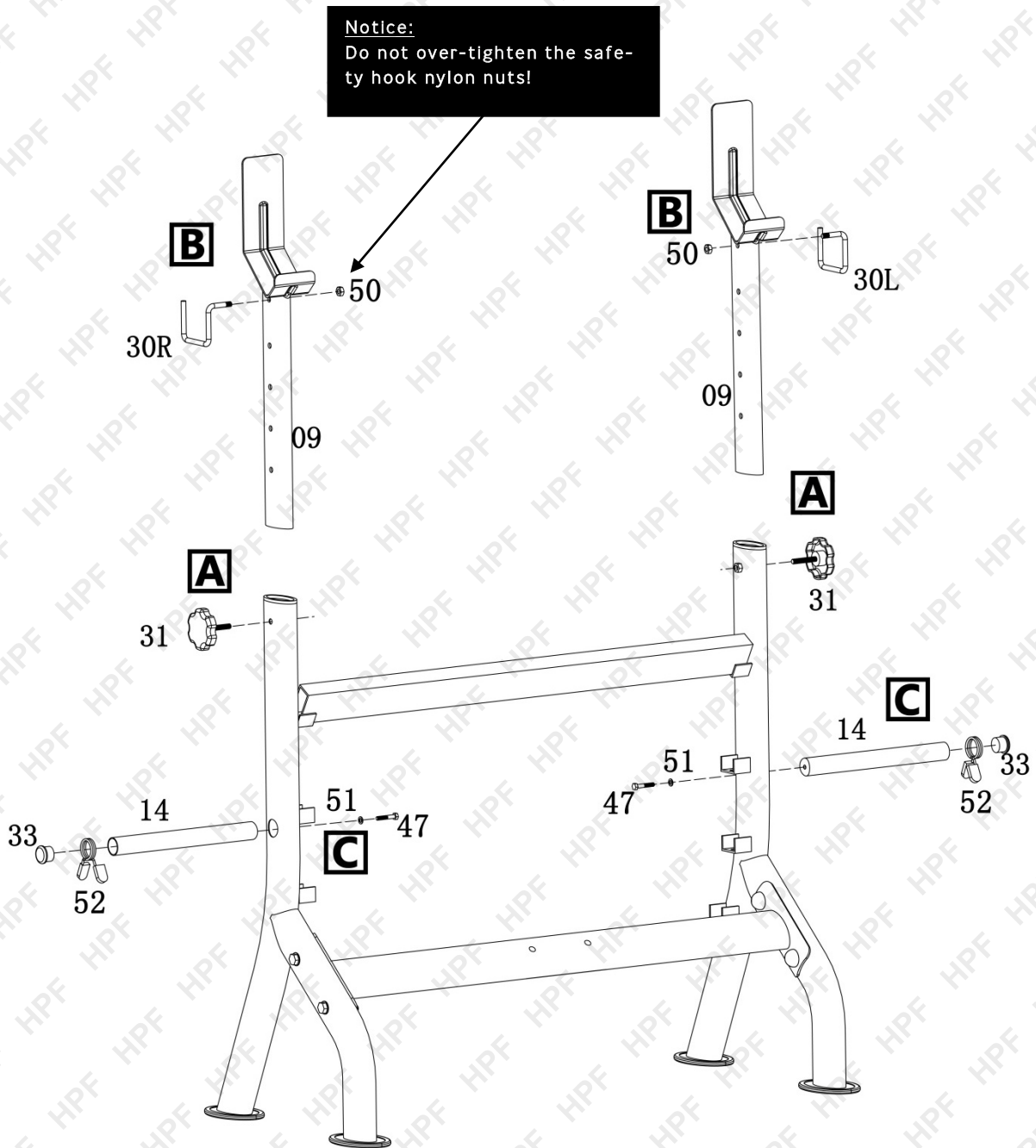
Insert both adjustable upright tubes (09) into the upright assemblies (05 R&L). Secure the adjustable upright tubes (09) with knob bolts (31) as shown.

B.

Insert the safety hooks (30 R/L) into the top of the adjustable upright tubes (09). Secure the safety hooks (30 R/L) with nylon nuts (50).

C.

Insert two weight plate posts (14) into the side of the upright assemblies (05R&L). Secure the weight plate post (14) with two washers (51) and two hex head bolts (47) as shown below.



Step 3

A.

Attach the front upright (02) to the front upright base tube (38). Secure the front upright post (02) by inserting two carriage bolts (41) with two washers (37) and two nylon nuts (49).

B.

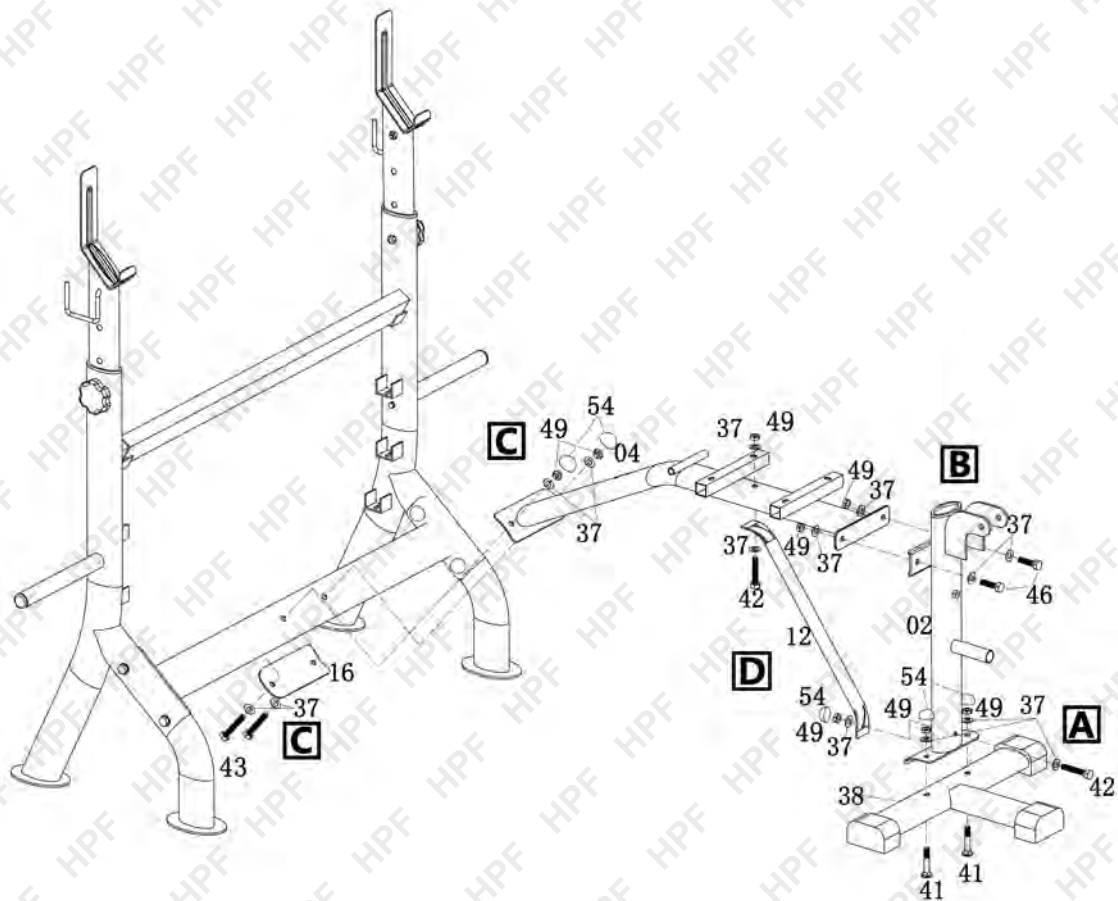
Attach the front upright post (02) to the front of the main frame (04). Secure the front upright post (02) by inserting two hex head bolts (46) with four washers (37) and two nylon nuts (49).

C.

Attach the main frame (04) to the rear cross tube. Secure by inserting two half threaded hex head bolts (43) and two washers (37) and tighten by using an enforcement plate (16) and two washers (37) and two nylon nuts (49).

D.

Attach the stabilizer bar (12) to the bottom of the main frame and front upright. Secure by using one half threaded hex head bolt (42), two washers (37) and one nylon nut (49).



Step 4

A.

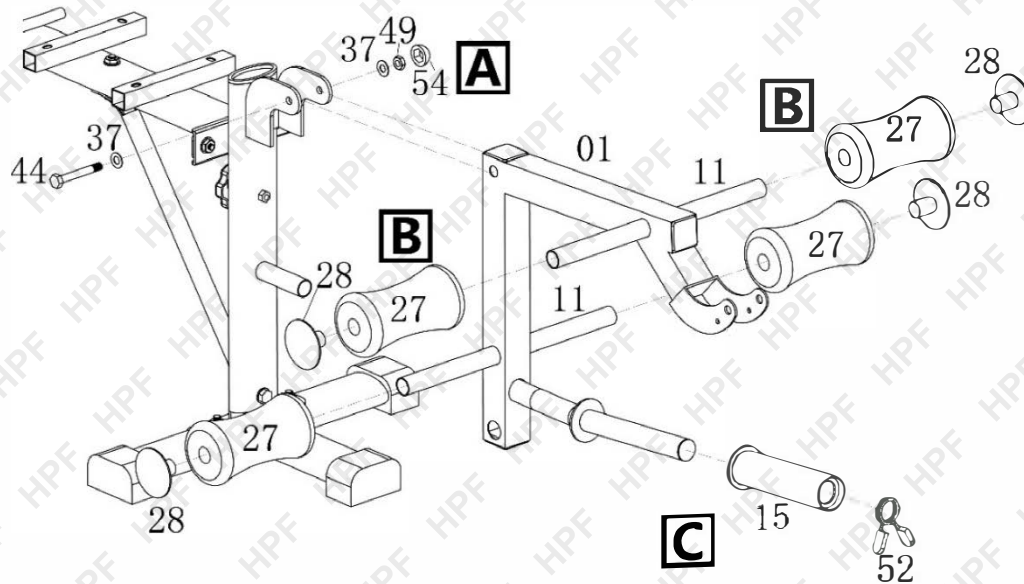
Attach the leg lift (01) into the front upright post. Secure by using a half threaded hex head bolt (44), two washers (37), and tighten with a nylon nut (49).

B.

Insert two foam roller tubes (11) into the top and bottom of the leg lift (01). Insert four foam rollers (27) onto each end of the foam roller tubes (11). Note: For ease of sliding the foam rollers, spray water inside of foam roller before installing. Then insert the small inner plug (28) into the foam roller tubes (11).

C.

Insert the weight plate adaptor (15) onto the front leg developer and secure by using a spring clip (52).

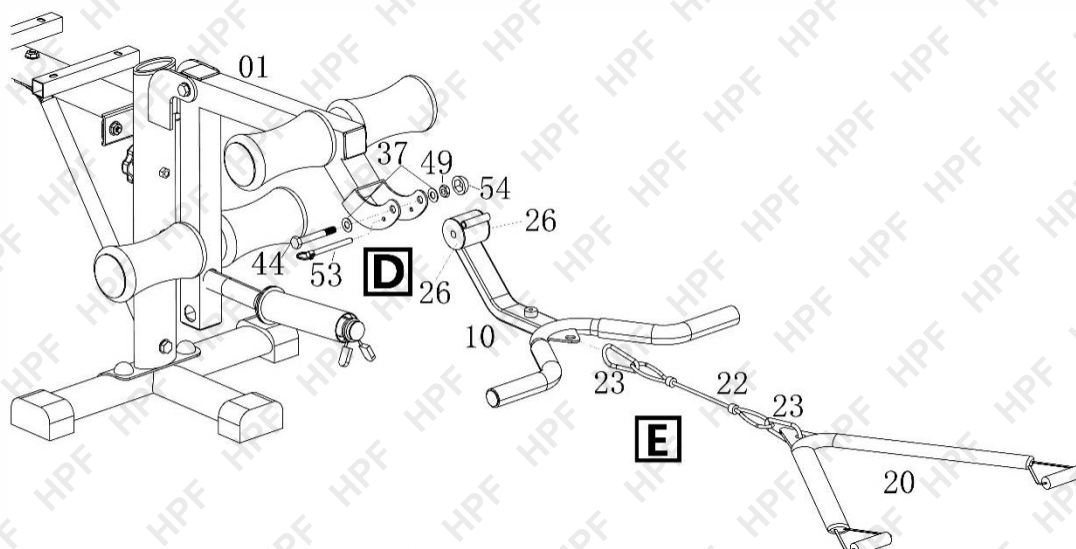


D.

Attach the arm curl bar (10) onto the front end of the leg lift (01). Secure by using a half threaded hex head bolt (44), two washers (37) and a nylon nut (49).

E.

Latch the AB Strap (20) onto the front of the arm curl bar (10) with an elliptical hook (23). Then insert the lock pin (53) into the front of the arm curl bar.



Step 5

A.

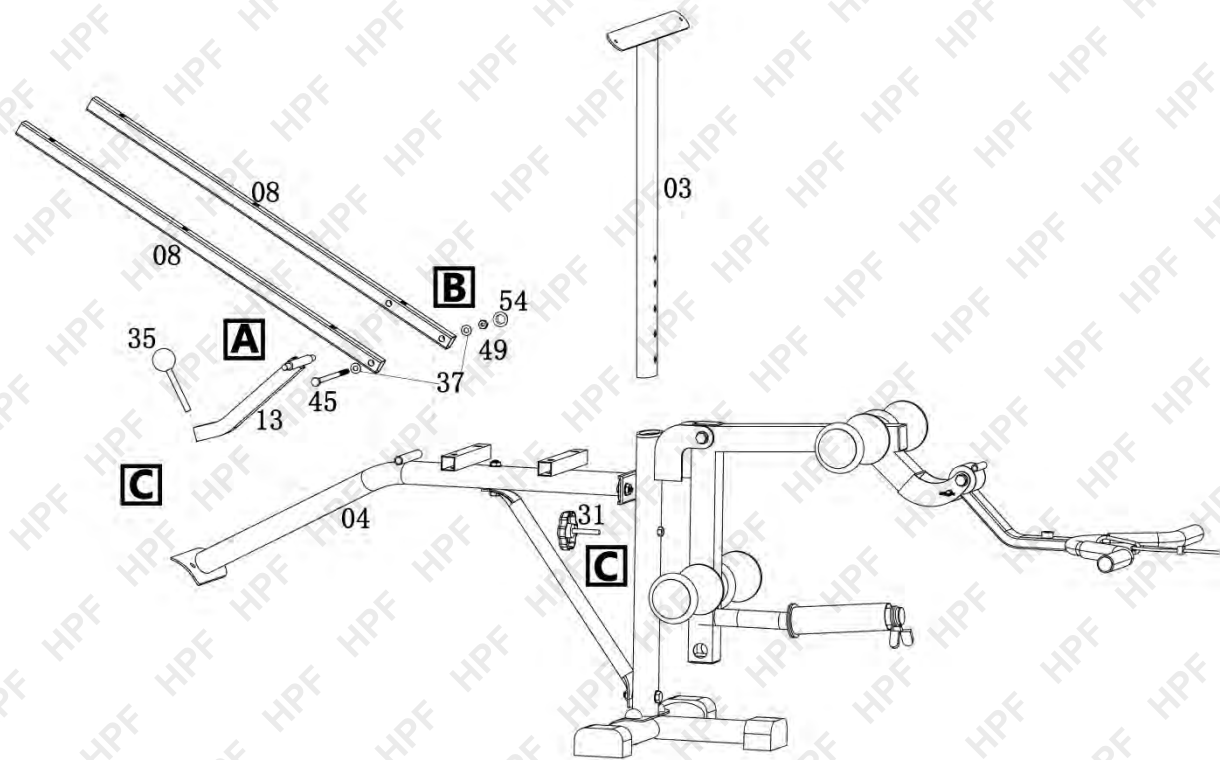
Attach the backrest pad post (13) between two backrest tubes (08).

B.

Attach the backrest tubes (08) to the main frame (04) and secure by using a half threaded hex head bolt (45), two washers (37) and a nylon nut (49).

C.

Insert the ball headed lock pin (35) into the hole underneath the backrest pad post (13). Then insert the arm curl pad post (03) into the top of the front upright. Tighten with a knob bolt (31).



Step 6

A.

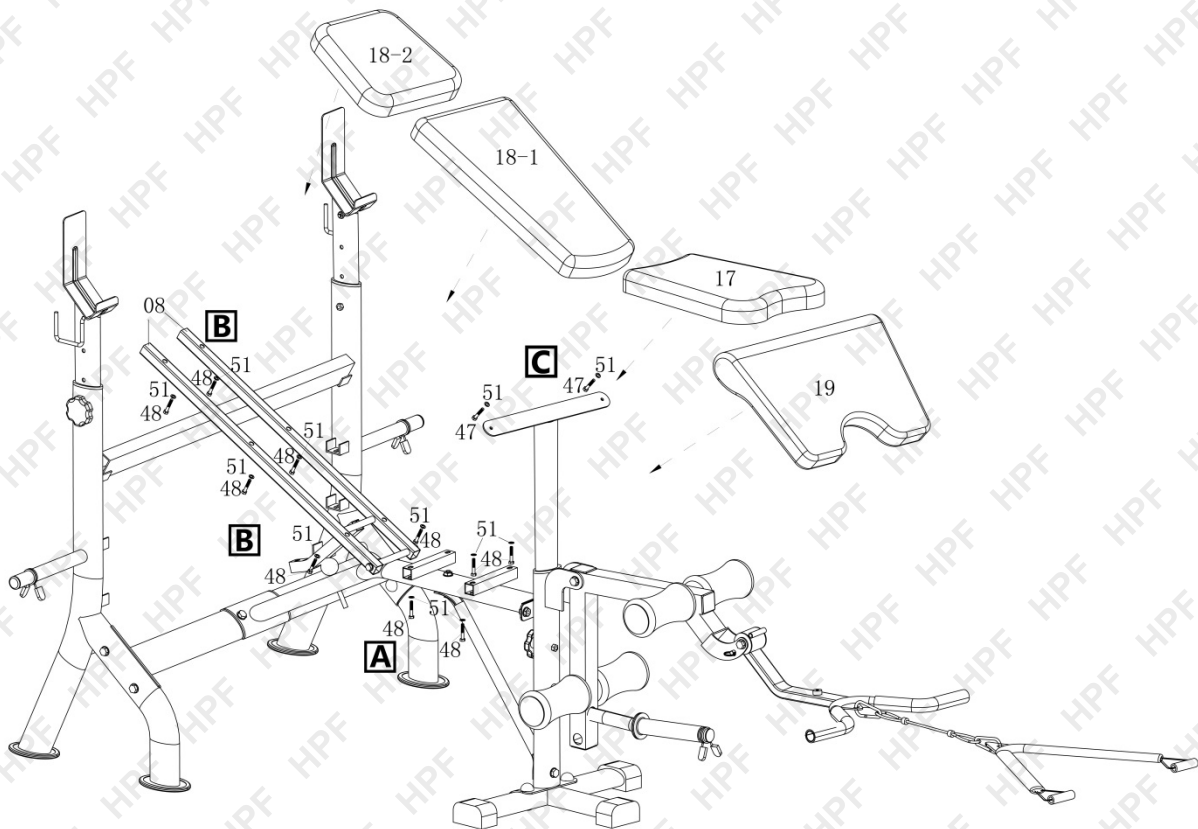
Place the seat pad (17) onto the front of the main frame (04). Insert and secure four hex head bolts (48) along with four washers (51) underneath the seat pad (17).

B.

Place the backrest pad (18-1) and headrest pad (18-2) on the backrest tubes (08). Insert and secure six hex head bolts (48) along with six washers (51) underneath the backrest pad (18).

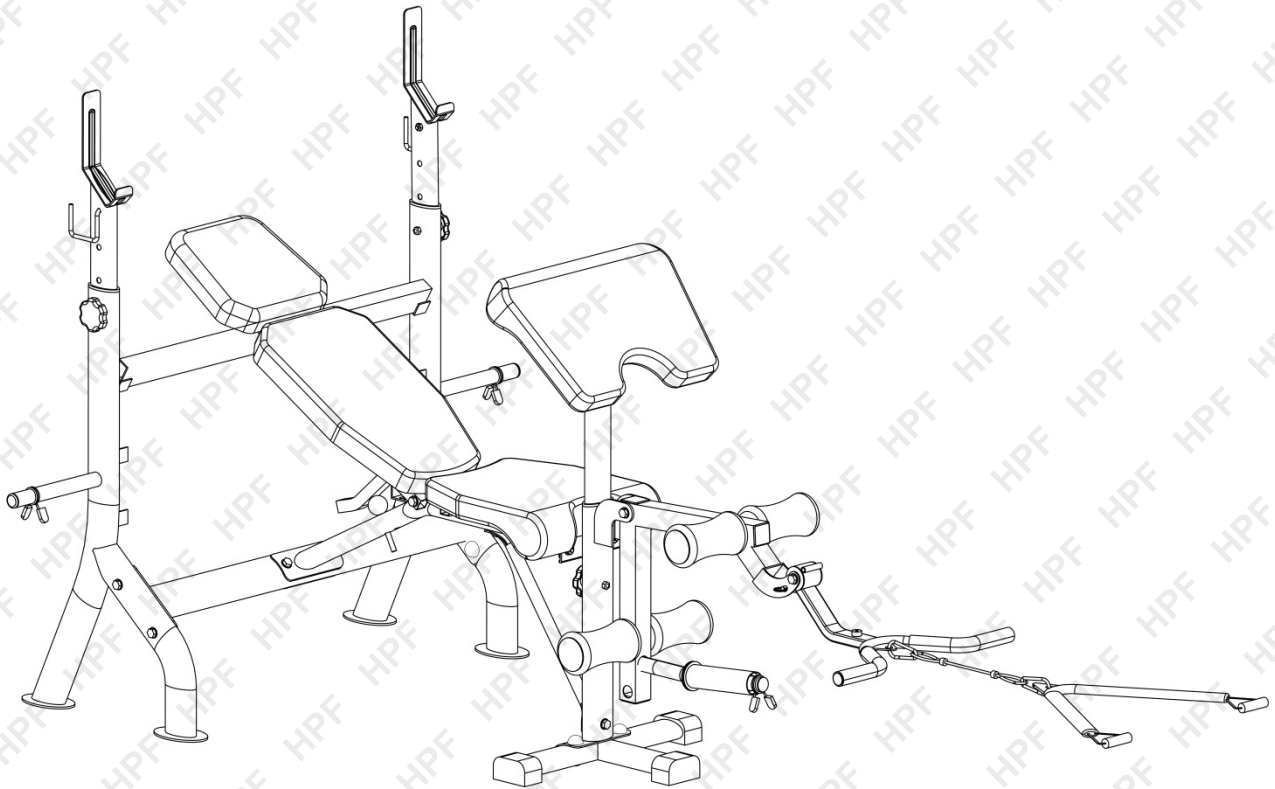
C.

Attach the arm curl pad (19) to the arm curl pad post (03) by using two hex head bolts (47) along with two washers (51).



Final check

- Tighten all bolts and then attach all screw covers.
- Check for all loose parts and components.
- Check to see whether the item shows any tears and bends in the welding and/or the material.
- Be sure that all adjustment locking devices and safety devices are properly located and fully engaged prior to use.



V. Features

Always be careful when mounting the item. Keep your balance at all times.

Height adjustment of the barbell holders

The height adjustable barbell holders (adjustable heights approx. 119.5 / 126.5 / 133.5 / 140.5 cm) are secured by the shown knob screws. To adjust the height, first remove the barbell if available and place this safely on the ground. Then loosen the safety screws and pull those out of the holders.

Adjust the height of the barbell holders (make sure both sides are set at the same height), push the safety pin back into the holes and fix the safety pin screw again.



Height adjustment of the backrest

The backrest is lying on top of the shown crossbar when set horizontally or in any of the lower positions. It is secured by the safety pin when put into the almost vertical positions at 67° or 85° (please refer to the detail pictures below).

The horizontal crossbar may be adjusted in four different height positions in between the vertical barbell holders (heights approx. 35 / 47 / 60 / 75 cm). In order to adjust the position, lift the backrest until a vertical position and secure it with the safety pin. Then take the crossbar and insert it into the holders attached to the vertical barbell holders where desired. Make sure you select the same height on both sides! Then pull out the safety pin and lower the backrest onto the crossbar again.



For an exercise with an almost vertical backrest (with the arm curl for example), the backrest may be adjusted at two angles: 85° (almost vertical) and 67° (slightly lowered). Please compare for the pictures below for more illustration.

Lift the backrest and bring it into the desired position, then secure the position by putting the safety pin into the appropriate holes. Make sure the safety pin is completely inserted and locked before starting your exercise!



Height adjustment of the arm curl rest

The arm curl rest may be adjusted in five different heights (approx. 91 / 95.5 / 100 / 104.5 / 109 cm). It is secured by the safety screw as shown. In order to change the height of the arm curl rest, please remove the safety screw, move the arm curl rest upward or downward until you reach the desired height, align the holes and fix the safety screw again. Make sure all screws are tightly fixed before starting exercising!

The arm curl rest must be completely removed for exercises making use of the leg lift to exercise hamstrings. In order to use the leg lift for leg extensions, it may stay or it may be removed. If you remove it, make sure to store it safely.

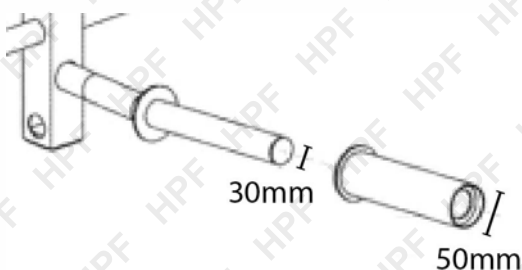


Changing weight plates

Loosen the spring closure by pressing both ends together in order to put weight plates onto the weight plate holder. Please secure those after putting them on by placing the spring closure onto the holder pin again. The maximum load for the weight plate holder pin is 45 kg.

The actual weight plate holder pin is designed for weight plates with an inner diameter of 30mm. It features an adapter for so-called "Olympic" weight plates with an inner diameter of 50 mm. If this is not needed you may simply remove it and keep it for potential future use.

Make sure you only use weight plates with a maximum outer diameter of 32 cm so that you always maintain a safety distance between the weight plates and floor of 6 cm.



VI. Instructions

Physical exercise, even in moderate intensity, will help to improve your health. Your blood pressure, your cholesterol values, blood sugar, motivation and even your mood may be greatly improved by doing some sports. You may tone your body within limits. Combining exercise with healthy nutrition may have great impact on your body fat levels, your shape and your overall well-being. Weight training improves your muscular fitness and your mobility and thus helps to reduce the risk of injuries.



General information

Please wear appropriate clothing and shoes for each exercise. Keep children away from the exercise item at any time, especially during the time of use.

Each exercise should consist of the following three parts:

1. Warm up
2. Cardio or weight exercise
3. Cool down & stretching

Warm up

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

The training

Start your exercise with approximately 7 to 8 repetitions per unit. You may over time slowly increase the number according to your individual preferences to about 11 to 12 repetitions per unit. If you notice your muscles get tired, reduce the training intensity accordingly.

Ideally, you should exercise 3 to 4 times per week. Make sure to keep sufficient resting time between training units to let your muscles and your body recover sufficiently.

Cool down

This stage is to let your cardio-vascular system and muscles wind down. It may be a repeat of the warm up exercise, e.g. reduce your tempo, and continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

Stretching

The stretching after your workout should last longer than the stretching prior to training. It is meant to bring the muscles back to their original length after having shortened them during the exercises. The more demanding the exercise was on your muscles, the longer the stretching should take.

Stretching should be noticeable for the muscle addressed, but it should never hurt. Stretching should take 20 to 30 seconds per muscle.

Exercise instructions

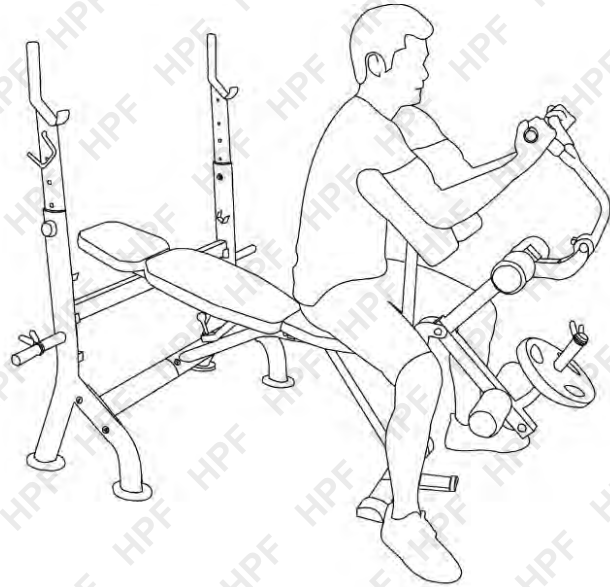
During exercise make sure to keep your balance on the weight lifting bench. Position your body in a way to only train the desired muscles and protect any others (especially your back for example when doing chest presses).

Also, make sure that you keep a stable body centre during all exercises. The spine (especially lumbar spine) must be kept straight, so that the individual vertebrae are held in the bio-mechanically correct position, e.g. to protect the discs from incorrect and/or heavy loads.

Perform all the exercises in a smooth and controlled manner. Note that improper or excessive training may lead to health problems.

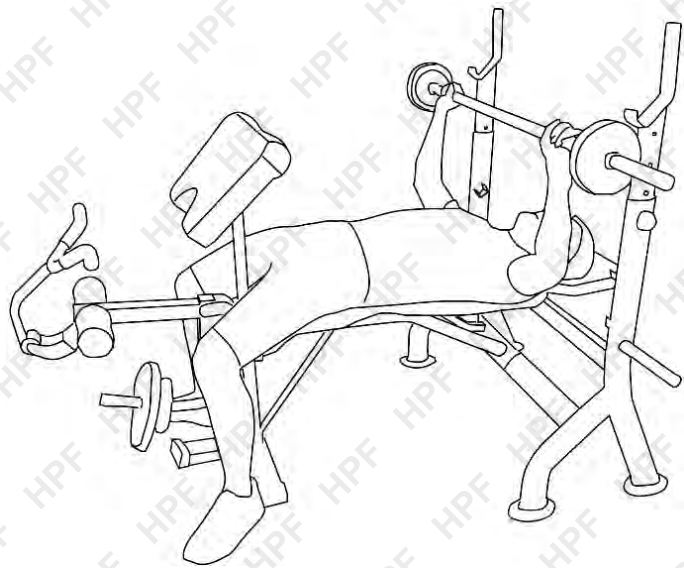
Biceps

Sit down on the bench as shown so that you touch the armrest with your chest. Make sure that you keep your back straight throughout the exercise and tighten your core muscles, too. Take the V-handle in both hands as shown (the back of the hands are facing up) and pull the handle with the weights (for a variation of the resistance you can put weight plates on the pin holder) up and back. Hold it and then slowly and gradually return to the starting position.



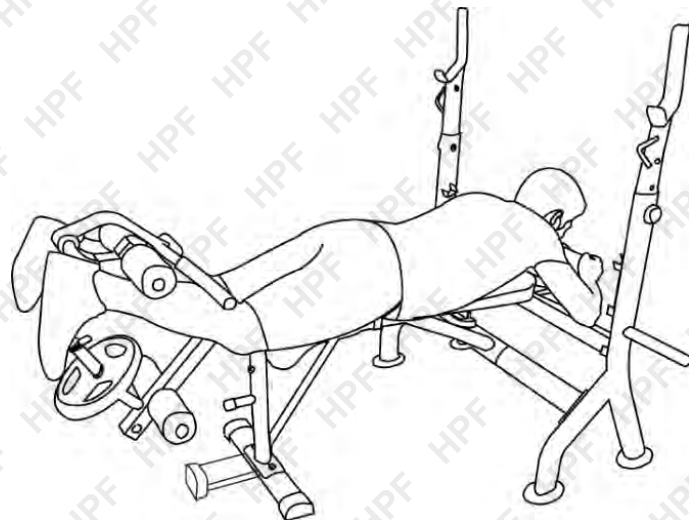
Bench press / chest muscles

Lie with your back on the bench as shown. For more convenience, you may choose to rest your feet on the front crossbar as shown. Optionally, you can remove the arm curl pad as described before for these exercises. Make sure that you keep your back straight throughout the exercise and tighten your core muscles. Now grasp the barbell (with or without weights) with both hands about shoulder width apart and lift it out of the holder. Slowly and with control lower the barbell to your chest, hold it shortly, and then lift it up again. After the exercises, place the barbell in the holders on both sides again.



Hamstrings

For these exercises you need to remove the arm curl pad as described before. Lie with his stomach on the bench as shown. For more comfort, you can stabilise yourself with the hands either at the side and/or at the upper end of the weight bench as shown. Make sure that you keep your back straight throughout the exercise and tighten your core muscles. Position your feet now underneath the foam rollers of the top crossbar. Then bend your legs upward and forward (to vary the resistance you can put weight plates on the pin holder). Hold this position for a moment and then slowly and gradually return to the starting position.



Anterior thigh muscles

Sit down on the weight bench as shown. For more comfort, you may stabilize yourself with your hands on both sides of the bench as shown. Optionally, you may perform these exercises after removing the arm curl pad as described before (see figure at left). Make sure that you keep your back straight throughout the exercise and tighten your core muscles. Position your feet behind the lower front crossbar of the leg lift, then stretch your legs upwards (for a variation of the resistance, you can add weight plates on the pin holder). Hold this position for a moment and then slowly and gradually return to the starting position.



Front core muscles

For these exercises you need to remove the arm curl pad as described before. Connect the supplied V-handle with the safety hook with the training handle as shown and sit on the bench with the face turned to the barbell rack as shown as well. Take the AB strap with both hands and place it on the shoulders (see illustration).

Make sure that you keep your back straight throughout the exercise and tighten your core muscles. Move your upper body now forward and down with your back straight and thus pull the AB strap with the attached leg lift upward (for a variation of the resistance you can put weight plates on the pin holder). Hold this position for a moment and then slowly and gradually return to the starting position.



VII. Maintenance and care

After the training, you should wipe the device and handles with a dry cloth. Thus, you avoid that the components are contaminated by dried sweat.

The use of your bench leads to natural wear and tear. This requires regular care and maintenance. Under normal conditions and use your weight bench is maintenance free. Nevertheless, the user is responsible for ensuring that all parts are regularly checked for tightness and performance relevant wear. According to EN ISO 20957-1, Section 7c, particular attention has to be focused on the most stressed parts.

The most stressed parts are located in the connection of the T-shaped stand with the linkage of the removable arm curl support as shown (parts #41, #37 & #49). Pay particular attention to the condition and regularly check the tightness of all bolted connections.

For cleaning do not use any aggressive cleaning agents, but remove any dirt or dust with a soft or slightly damp cloth.

Note: The performance of your weight bench can be significantly reduced by the influence of environmental conditions.

Any modification to the original parts, materials, or construction of the weight bench can reduce performance significantly. The same applies in the case of severe contamination or misuse.

This product is supplied with packaging to protect against damage during transport. The packaging materials are made from raw materials that are recyclable. Please dispose of these materials as required. If you wish to dispose of this product, please dispose of it according to current regulations. For more information regarding correct disposal, please contact the municipal office.





Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death consult the points below and additionally, the information available at www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognised training course before being given access to the product.

- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example) there is always a small chance of a technical issue that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee or could financially affect the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error considering the points above simply contact the retailer directly for details of their returns policies if required.

