

# User's manual

## Weight Bench/Barbell Rack

63044

# toboli



Illustration similar, may vary depending on model

Please read and follow the operating instructions and safety information prior to initial operation.

Technical changes reserved!

Illustrations, functional steps, and technical data may deviate insignificantly due to continuous further developments.



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## Introduction

Thank you for choosing to purchase this quality product. To minimise the risk of injury, we ask you to always take some basic safety precautions when using this product. Please read this operating manual carefully and make sure that you understand it.

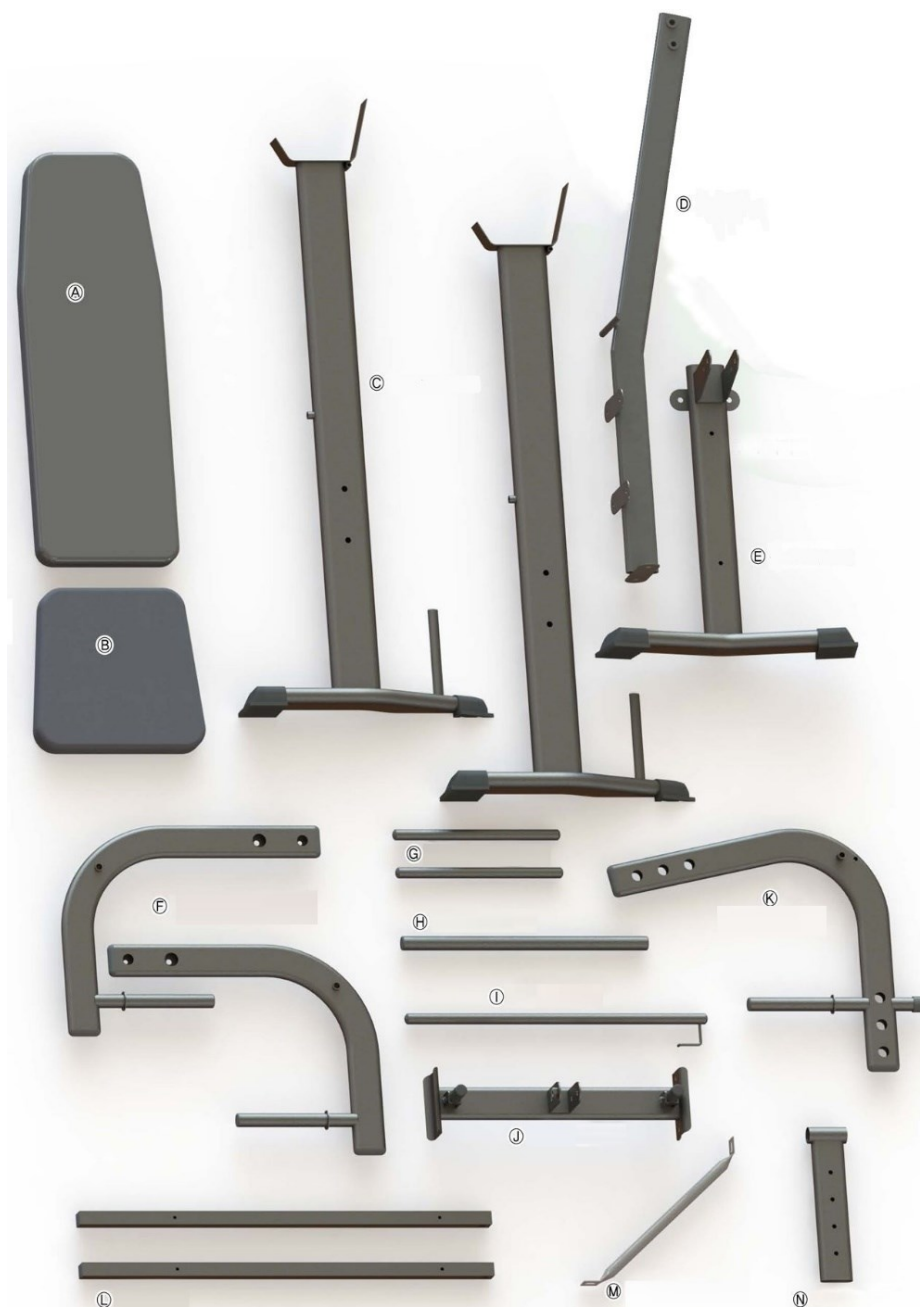
Keep these operation instructions in a safe place.

## Safety instructions

- Before assembling and using the device, read the user's manual entirely. The use of the device will only be safe and effective if the device is assembled, maintained, and used properly. It is your responsibility to make sure that all persons using the device have previously been informed about the warnings and precaution measures.
- Before beginning a training programme, you should seek advice from your doctor to determine if there are physical or health reasons that would compromise your safety or the proper use of the device. Seeking medical advice is necessary if you take medicine that controls your heart rate, blood pressure, or cholesterol level.
- Pay attention to the signs that your body gives you. Improper or excessive training might be harmful for your health. Stop training in case you remark one of the following symptoms: pain, tightness in the chest, irregular heartbeat, extreme shortness of breath, numbness, dizziness, qualmsiness. In that case, seek advice from your doctor before continuing your training programme.
- Keep children and domestic animals away from the device. The device may only be used by adults.
- Place the device onto a solid and flat surface and onto a cover sparing your floor or carpet. For safety reasons, there should be a free space of a minimum of 0.5 m around the device.
- Before using the device, check if all screws and nuts are well tightened.
- The device can only remain safe if it is checked for damages and/or wear and tear on regular basis.
- Only use the device according to the intended use. If detecting damaged parts during assembly or check or if hearing unusual noises from the inner parts of the device, stop its use. Do not use the device until the problem is solved.
- During the use of the device, do not wear clothes that might limit or prevent your movements.
- The device is not suitable for therapeutic use.
- When lifting or moving the device, be cautious not to hurt your back. Always apply an appropriate lifting technique and/or seek help.

Scope of delivery

Part 1



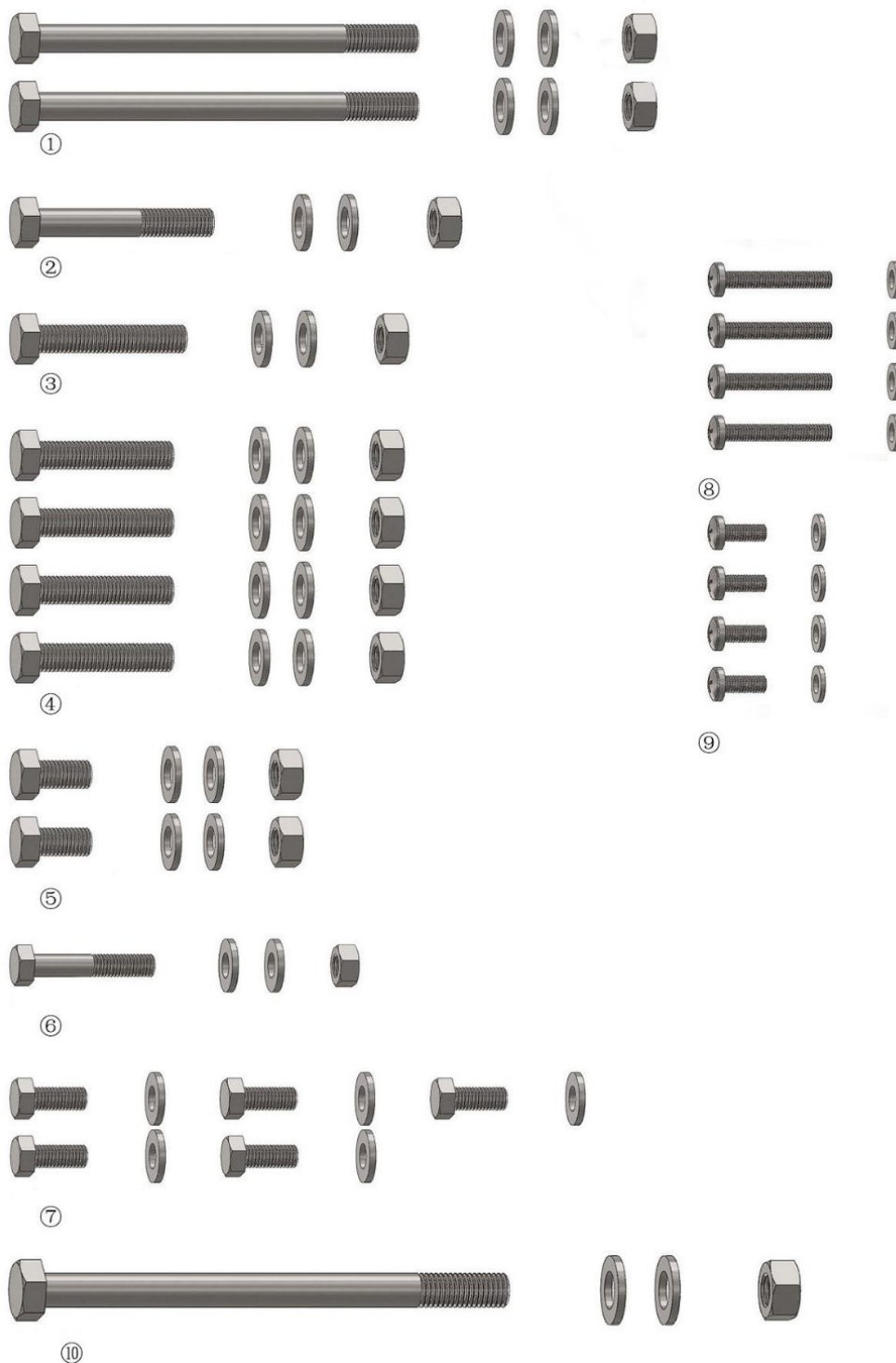
Letter	Name	Letter	Name
A	Back rest	H	Long bar (with foam cap)
B	Seat	I	Back rest lever
C	Barbell bracket	J	Connection rod
D	Main rod	K	Front bent training bar
E	Front support	L	Back rest support bar
F	Side bent training bar	M	Support bar
G	Short bar (with foam cap)	N	Adjustment lever (with foam cap)

Part 2



Letter	Name	Letter	Name
O	Small foam caps	T	Knob bolt
P	Large foam caps	U	Barbell clamp
Q	Spring clamp	V	Connecting piece
R	Handle	W	Ring pin
S	Grip lever		

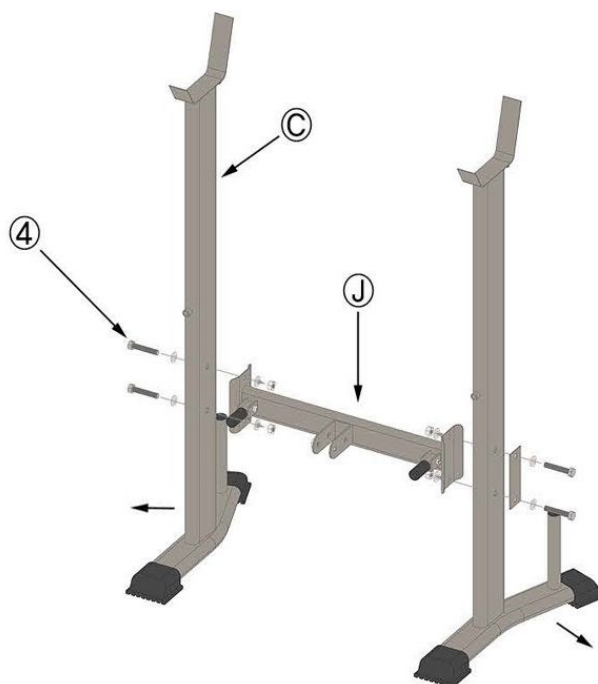
## Part 3



Nº	Name	Nº	Name
1	M10×140 screw/washer/M10 nut	6	M8×45 screw/washer/M8 nut
2	M10×65 screw/washer/M10 nut	7	M8×20 screw/washer
3	M10×55 screw/washer/M10 nut	8	M6×40 screw/washer
4	M10×50 screw/washer/M10 nut	9	M6×15 screw/washer
5	M10×20 screw/washer/M10 nut	10	M12×150 screw/washer/M12 nut

## Assembly

### Step 1

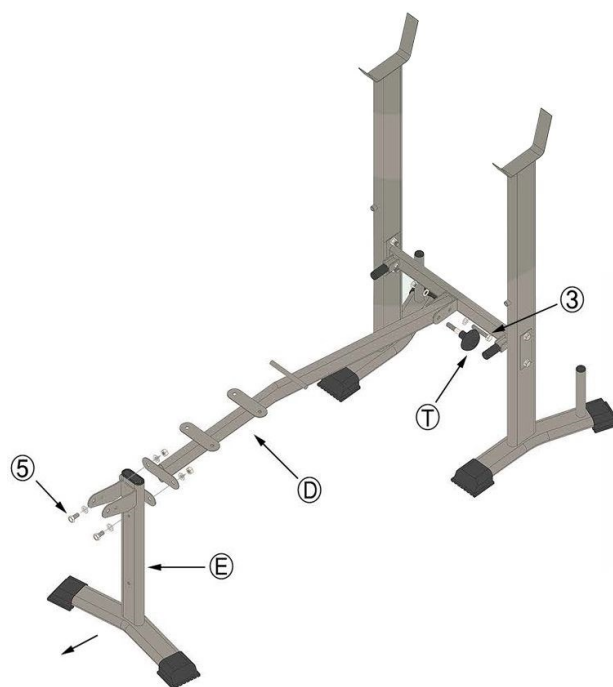


With screws (4), connect the barbell bracket (C) and connection rod (J).



**Note:** Pay attention to the correct orientation of the base of the barbell bracket (arrows).

### Step 2



1. Connect the main rod (D) with the connection rod (step 1) using the knob bolt (T) and screws (3).
2. Connect the main rod (D) with the front support (E) using screws (5). Pay attention to the correct orientation of the front support (E) (arrow).

Step 3



Connect the main rod and front support with the support bar (**M**) using screws (**6**) and screws (**7**).

Step 4



Connect the front bent training bar (**K**) with the front support using screws (**2**). Slide the small lever (with foam) (**G**) through the hole (see fig.) and cover the ends of the small lever (**G**) using a small foam cap (**O**) on either end.



Step 5



Attach the side bent training bars (**F**) to the barbell brackets using screws (**1**). Pay attention to the correct orientation of the F bar (arrow). Insert the handles (**R**) and the grip levers (**S**) into the large holes of the side bent training bars and fix them using screws (**7**). Slide one small foam cap (**O**) on either grip lever (**S**).

Step 6



Place the seat (**B**) onto the main rod and attach it using screws (**9**).

Step 7



Insert the back rest lever (1) through the corresponding holes of the barbell brackets (see fig.).

Step 8



Fix the back rest support bars (L) to the main rod using screws (10), attach the back rest (A) to the back rest support bars and secure it with screws (8).

Step 9



Attach the barbell clamps (**U**) to the barbell brackets.

Step 10



Insert the long bar (with foam cap) (**H**) into the adjustment lever (**N**). Then slide one large foam cap (**P**) on either end of the long bar. Set the entire assembly (**H**, **N**, **O**) into the front support and secure it with the ring pin (**W**). Finally, set the spring clamps (**Q**) in as shown.

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