

Workout Bench Pro BX2

User Manual

KINGSMITH



Please read this manual carefully before using and then keep it in a safe place.

Redefine Your Limits

Warning

1. Set up and operate the equipment on a solid level surface.
2. The equipment for consumer use only.
3. Risk of personal injury – Keep children under the age of 13 away from machine.
4. Failure to follow instructions may lead to serious personnel injury.
5. Make sure all pull pins, locks, and safety latches are in place and fully engaged before each use.
6. The safety level of the appliance can be maintained only if it's examined regularly for damage and wear, e.g. ropes, pulleys, connection points.
7. Advice to replace defective components immediately and/or keep the equipment out of use until repair.
8. Pay special attention to components most susceptible to wear, such as ropes, pulleys, connection points.
9. The equipment is intended for consumer and residential use only. Do not use it in a commercial or light-commercial setting or outdoors or for medical treatment purpose.
10. The free area shall be at least 0.6 m greater than the training area in the directions from which the equipment is accessed.
11. The owner shall provide the user with all warnings and instructions.
12. The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately, or the equipment removed from service until the repair is made.

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1. Welcome

Thank you for choosing this product. The "Workout Bench Pro BX2" is a product that integrates various sports and fitness functions and builds your own professional home gym. For a better user experience, please read this manual carefully to understand our product features.

Applicable People

- Please use this product reasonably in an environment and physical conditions suitable for exercise.
- This product can be used by people over 14 years old.
- For the safe of your health, please suspend the use of this product for those who are unwell or advised not to exercise.



2. Notes

It is essential to seek advice from a qualified and licensed medical professional or healthcare provider before initiating any nutrition, diet, stretching, or exercise regimen. You are encouraged to thoroughly research and understand any health-related decisions or actions you take.

During the design process of this product, safety issues have been fully considered, but please read the following precautions before using this product for the first time, understand and familiarize yourself with the product's usage methods, in order to obtain a better product experience.



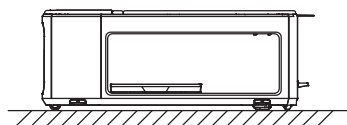
Safety Use

- Before using this product for the first time, please read the product manual completely or under the guidance of experienced peers.
- Before each use of this product, please ensure that the fitness bench and accessories are not damaged or in any other abnormal state.
- Please ensure that the handles, locks, indexing pins, snap rings, etc. are correctly assembled during use.
- Do not modify or use non original accessories without authorization.
- During the use of the product, do not extend any part of the body below the moving parts of the product (such as the moving pulley block) to avoid danger.

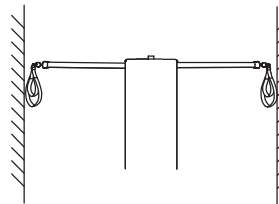


Environmental Requirements

- Please use this product on a flat and sturdy ground.
- Please ensure a clearance of 59 inch around the product before opening the bird arm.
- It is not recommended to place the product in an environment with strong sunlight, humidity, and rain to avoid affecting its service life.



Place properly on a solid level surface



Clearance range 1.9 m (75 inch)



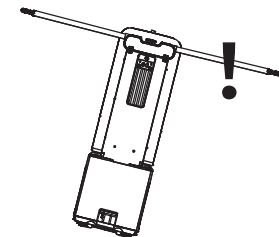
Operation Tips

- If your bench feels unbalanced, manually adjust the foot pad under the bench by turning clockwise or counterclockwise. Repeat for all four foot pads, if necessary.
- When adjusting the backrest angle, please ensure that the support leg buckle is locked tightly.
- When using the bird pulling system, please use a safe action method to avoid danger caused by improper action.
- Do not adjust the loading and unloading resistance rope when using the bird pulling system.
- Please do not pull sideways to prevent the product from tipping.
- The training arms are for exercise purpose only. Do not lean or hang on the arms.



Cleaning Method

- Please use wet cloth and neutral detergent to wipe this product.



Preventing side pulling and tipping

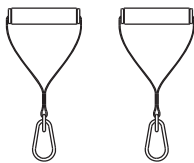
3. Tech Specs

3.1 FBBX2A

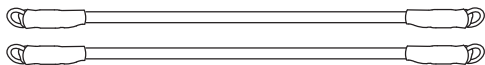
Product Parameters

- Class H
- Product name Free-Fit Bench
- Model FBBX2A
- Product Size 1219 mm×405 mm×469 mm
48 in×15.9 in×18.5 in
- Net Weight 43.25 kg / 95.4 lb
- Max Load 180 kg / 397 lb

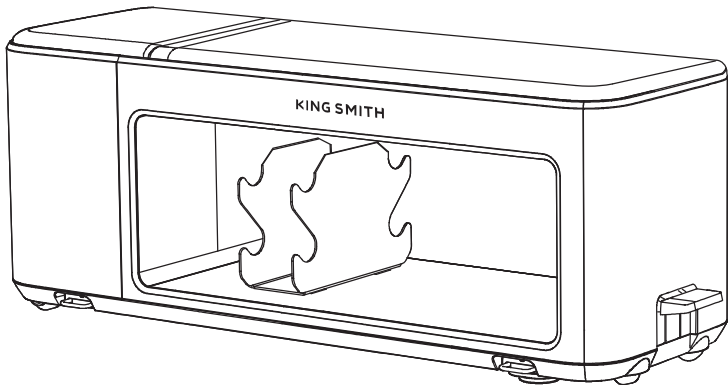
Accessories



2 × Multifunctional Handles



2 × 12kg / 26.5lb Elastic Ropes



1 × Workout Bench BX2

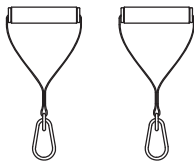
3. Tech Specs

3.2 FBBX2C

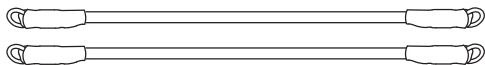
Product Parameters

- Class H
- Product name Free-Fit Bench
- Model FBBX2C
- Product Size 1219 mm×405 mm×469 mm
48 in×15.9 in×18.5 in
- Net Weight 43.5 kg / 96 lb
- Max Load 180 kg / 397 lb

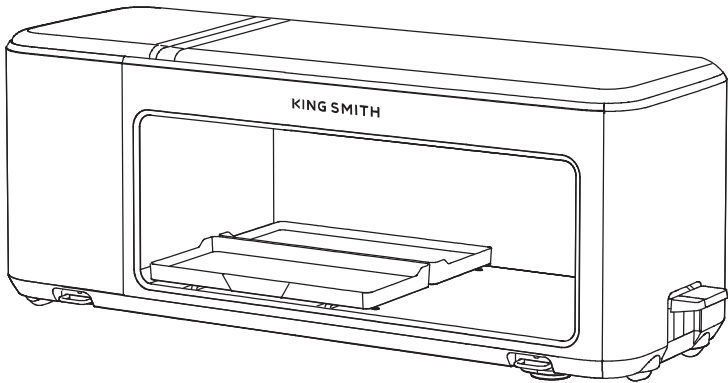
Accessories



2 × Multifunctional Handles



2 × 12kg / 26.5lb Elastic Ropes



1 × Workout Bench BX2

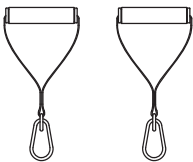
3. Tech Specs

3.3 FBBX2E

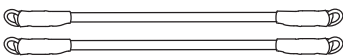
Product Parameters

·Class	H
·Product name	Free-Fit Bench
·Model	FBBX2E
·Product Size	1219 mm×405 mm×469 mm 48 in×15.9 in×18.5 in
·Net Weight	45.95 kg / 101.3 lb
·Max Load	180 kg / 397 lb

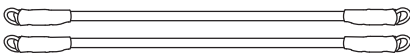
Accessories



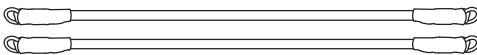
2 × Multifunctional Handles



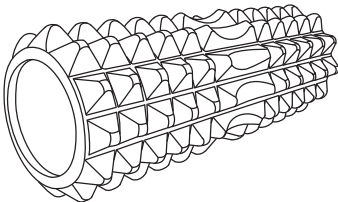
2 × 16kg / 35.3lb Elastic Ropes



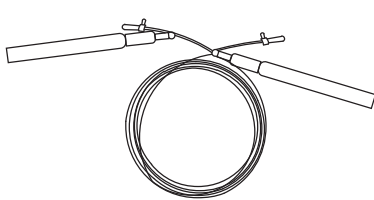
2 × 12kg / 26.5lb Elastic Ropes



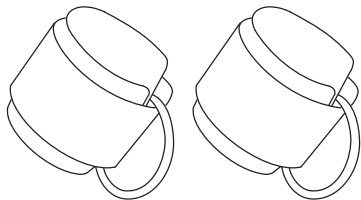
2 × 8kg / 17.6lb Elastic Ropes



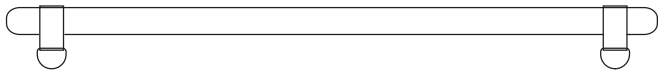
1 × Foam Roller



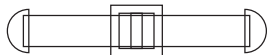
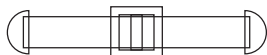
1 × Jump Rope



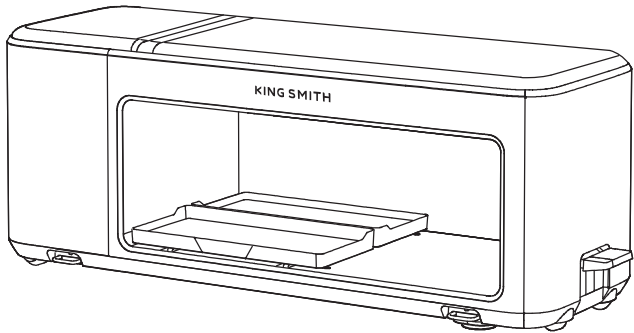
2 × Training Straps



1 × Multifunctional Training Rod



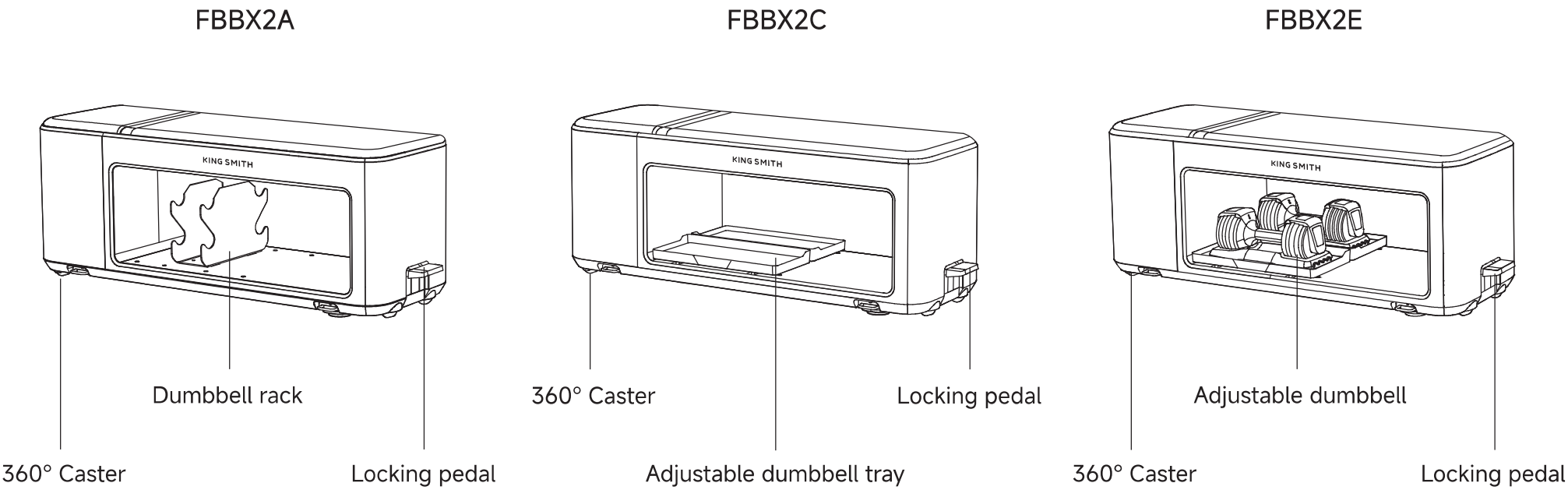
2 × Training Rod Extension Straps



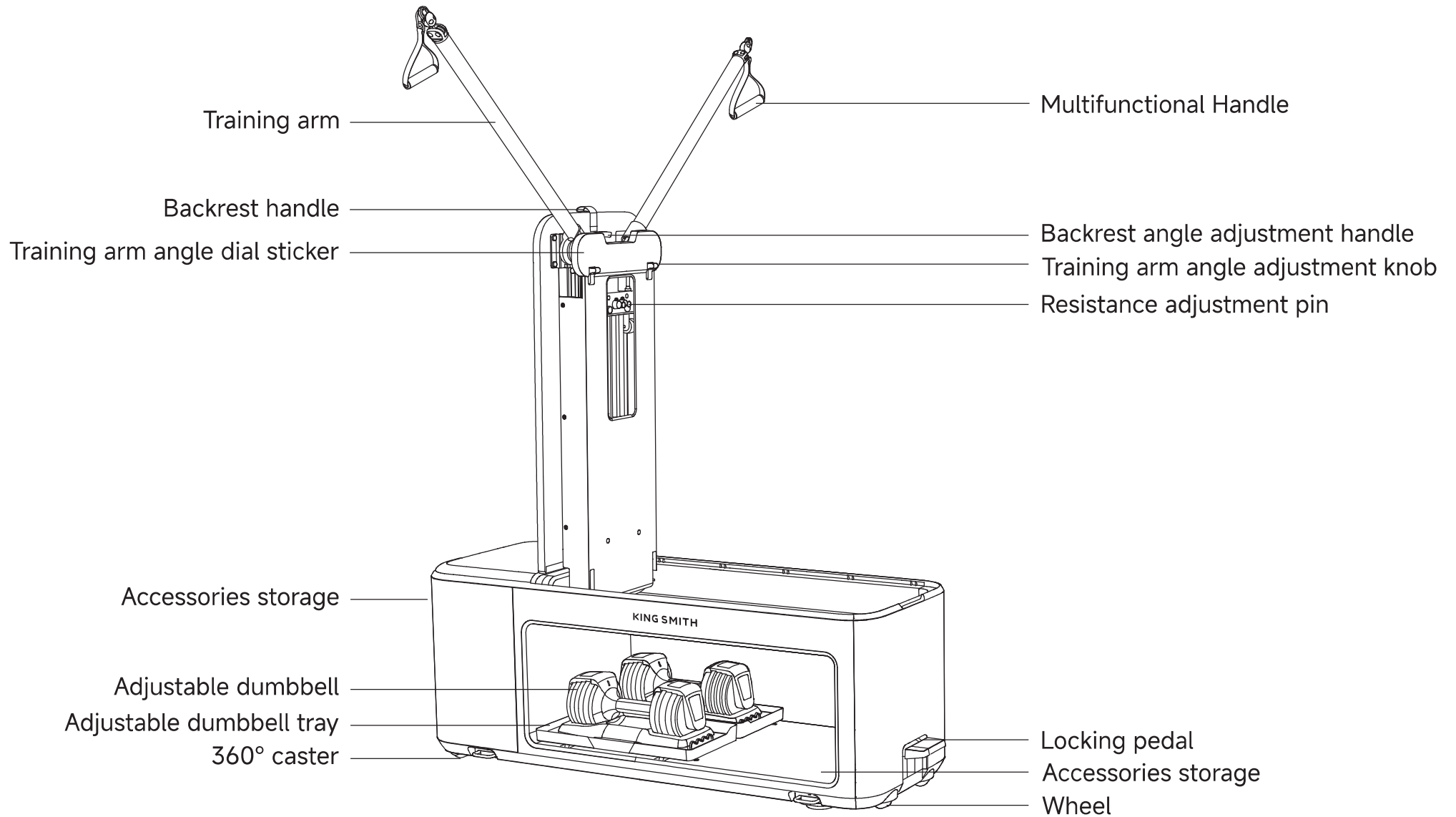
1 × Workout Bench BX2

4. Product Introduction

Part Names



4. Product Introduction

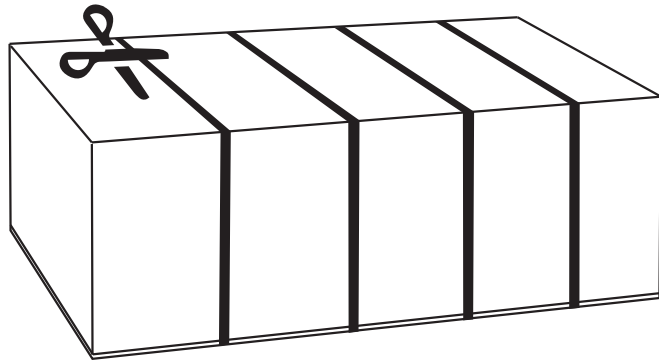


5. Operating Instructions

5.1 Product Unboxing

Unpack the product and check the contents inside. If there is any damage or missing accessories, please contact the seller.

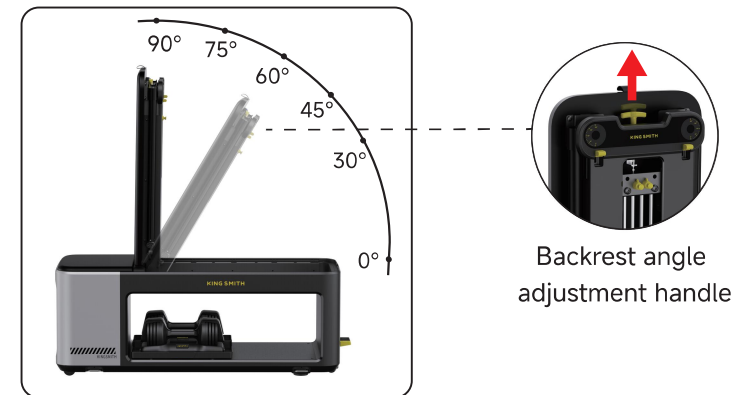
- The accessories included in the product are listed on pages 5-7, "Tech Specs".



5.2 Backrest Angle Adjustment (30° / 45° / 60° / 75° / 90°)

- For 30° angle, lift the backrest from flat position directly once until you hear a click.
- Pull up the handle to adjust the backrest angle.

Caution: Hold the backrest while adjusting the angle to avoid causing collision to your body.



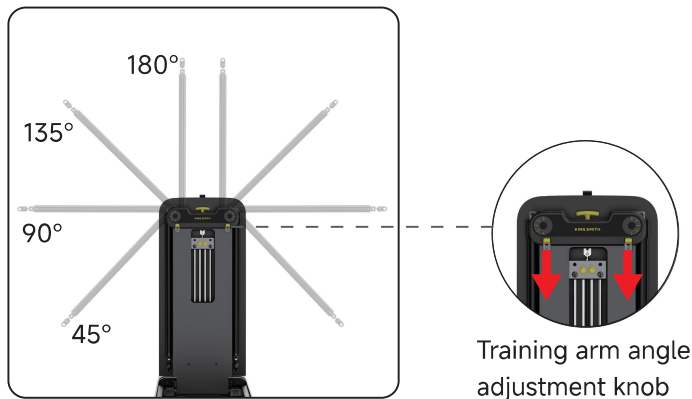
5. Operating Instructions

5.3 Training Arm Angle Adjustment

Push down the training arm angle adjustment knob and adjust the arm to your desired angle.

Caution:

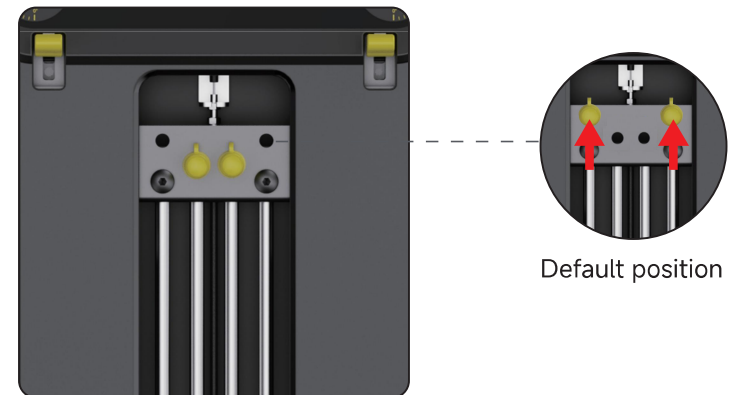
- Maintain a 1.9m (75inch) clearance on both sides while adjusting the training arm.
- The training arms are for exercise purpose only. Do not lean or hang on the arms.



5.4 Resistance Adjustment

- | | | |
|---|---|-----------------------------|
|  |  | Level 1: No pin inserted |
|  |  | Level 2: Left pin inserted |
|  |  | Level 3: Right pin inserted |
|  |  | Level 4: Both pins inserted |

Caution: Do not insert pins when in use.



Note:

If you notice a slight decrease in the gas springs' resistance value, this is a common physical phenomenon that indicates the gas springs have entered a more stable working state. This will not affect your daily use for your training or product life span. For future use, we recommend placing the product in a dry environment away from direct sunlight.

5. Operating Instructions

5.5 Bench Locking System & 360° Casters

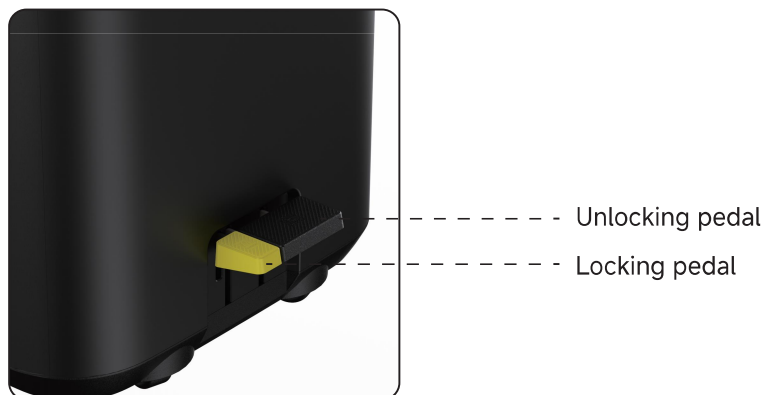
To lock the bench: Step on the yellow pedal.

To unlock/move the bench: Step on the black pedal, then push the bench and move around.

Caution:

- Do not step on the pedal without wearing shoes.
- Do not touch the pedals with your hands.
- Please lock the bench before any training.

PLEASE NOTE: The four casters were made to move with ease on wood, concrete, and other solid level surfaces. It is not designed to move on carpet, turf, or soft surfaces.



5.6 Dumbbell Rack

The dumbbells are neatly stored on the sides of the bench, with space for two sets of dumbbells.

Caution: Please do not place a single dumbbell more than 10kg/22lb on the dumbbell racks.

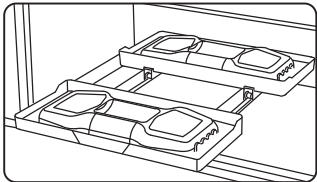
PLEASE NOTE: The dumbbell racks are only compatible with model FBBX2A.



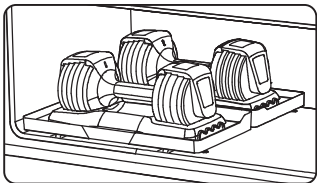
5. Operating Instructions

5.7 Adjustable Dumbbell Tray & Adjustable Dumbbell

Model FBBX2C/FBBX2E :



The model FBBX2C/FBBX2E includes two adjustable dumbbell trays, accommodating a pair of adjustable dumbbells up to 400×180×150mm/15.7×7.1×5.9 inch, including adjustable dumbbell's own tray. Place the adjustable dumbbell's own tray first.



Please follow the instruction below to place the adjustable dumbbell on the tray. To use the tray, simply hold the adjustable dumbbell and pull out. Rotate the adjustable dumbbell handle to adjust the weight.

Then place the adjustable dumbbell.
PLEASE NOTE: Make sure the adjustable dumbbell has placed properly on the tray before using.

PLEASE NOTE:

- Workout bench BX2 will not be held liable for 3rd party fitness products (include adjustable dumbbell) used on or with the workout bench BX2.
- For more specific adjustable dumbbell instruction please find in the adjustable dumbbell user manual.

5.8 Accessories Storage

There are two storage areas in the bench.

Caution: Please do not place the accessories more than 10kg/22lb on both storage areas.

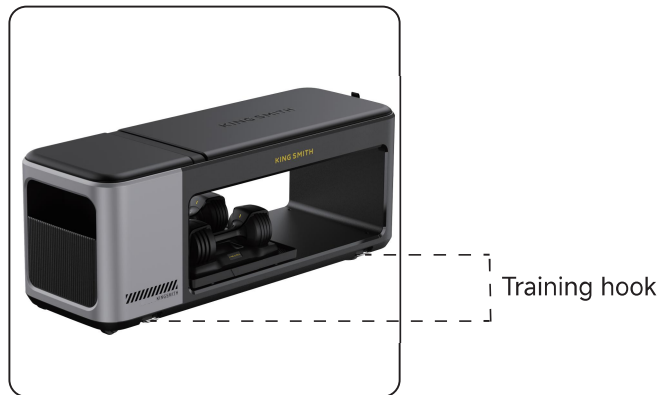


5. Operating Instructions

5.9 Training Hook

There are four training hooks on the sides of the bench, easily attached with the elastic rope for more training movements.

Caution: Please make sure the bench is locked before any training.



5.10 Balancing the Bench

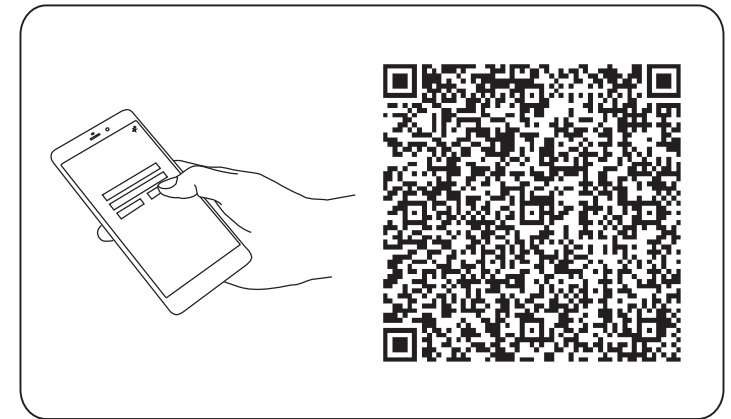
If your bench feels unbalanced, manually adjust the foot pad under the bench by turning clockwise or counterclockwise. Repeat for all four foot pads, if necessary.



6. Course acquisition methods



Scan the QR code above or search for "KS Fit" in the app store, and complete installation and registration.



Open the APP, scan the QR code or navigate to Me > Product > Encyclopedia > BX2 > Training Guide to watch the training guide.



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