

PH FITNESS

Adjustable Training Bench

11 Back Positions • 0° to 88° • 350 kg+ Load Capacity • Folds for Storage
USER MANUAL & ASSEMBLY GUIDE | Model: EXPERT046



Your gym. Your performance. Your pace.

Model Training Bench – EXPERT046	Document Type User Manual	Version 1.0 — 2025
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1. Safety Instructions

Read all safety instructions before assembling or using this bench. Retain this manual for future reference. Failure to follow these instructions may result in serious injury.

⚠ WARNING: Always verify the back and seat adjustment pins are FULLY engaged before sitting on the bench or loading weight. A partially engaged pin may release under load, causing serious injury.

⚠ WARNING: Maximum load capacity: 350 kg+. Never exceed this limit. This includes combined body weight and all training weight (dumbbell, barbell or plate weight).

⚠ WARNING: Always use a spotter when performing barbell exercises such as bench press. The bench has no built-in safety catches for barbell work.

1.1 General Safety

- For use by healthy adults only. Consult your physician before starting any new exercise programme.
- Do not use the bench if any component is loose, cracked or damaged. Contact PH Fitness for replacement parts.
- Inspect all bolts and the adjustment mechanism before each use.
- Keep children and pets away from the bench during assembly and use.
- Do not stand on the bench unless it is confirmed stable at the current angle.
- Wear appropriate non-slip athletic footwear during training.
- Ensure the floor is level and non-slip before use. Gym matting is recommended.
- Do not modify any component — this voids the warranty and creates serious safety risks.

1.2 Adjustment Safety

- NEVER adjust the angle while seated or while any weight is loaded on the bench.
- Dismount completely and remove all weight before adjusting.
- Always perform a bodyweight check after adjusting before loading with weights.
- Apply firm downward pressure on the bench after each adjustment to confirm pin is fully locked.

1.3 Storage Safety

- Ensure bench is fully folded to vertical (88°) position before tipping upright for storage.
- Never leave the bench partially folded — it may tip unexpectedly.
- When rolling the bench on wheels, keep children clear of the path.

2. Product Overview

The PH Fitness Adjustable Training Bench EXPERT046 is a commercial-grade FID (Flat/Incline/Decline) bench designed for home gyms, garage gyms and personal training studios. It combines professional-level structural integrity with a practical fold-and-roll storage design, making it ideal for athletes who require studio quality without sacrificing space.

2.1 Key Features

Back Adjustment	11 positions from 0° flat to 88° near-vertical — precise 7.5° increments
Seat Adjustment	3 positions (0°, 15°, 30°) to match back angle for optimal posture
Frame Construction	75×75 mm steel tubing, 2.5 mm wall thickness — commercial grade
Load Capacity	350 kg+ — rated for serious barbell and dumbbell training
Pad Width	28 cm main pad, 29 cm head pad — wider than standard benches
Pad Length	94.5 cm (combined back + seat pad length)
Storage	Folds upright and rolls on integrated wheels — self-standing
Dumbbell Hooks	Integrated hooks at rear base for dumbbell storage
Finish	Matte black powder coating with chrome-finished adjustment plates
Use Environments	Home gym, garage gym, personal training studio, semi-commercial use

Troubleshooting

Problem	Likely Cause	Solution
Back angle slips under load	Adjustment pin not fully engaged	Re-adjust: confirm pin clicks fully into notch. Test with bodyweight before loading.
Back adjustment pin stiff	Plate notches dry or dirty	Clean chrome plate notches with dry cloth; apply dry silicone spray to pin mechanism.
Bench rocks or wobbles	Uneven floor; rubber feet worn	Check floor is level; inspect rubber feet for wear; adjust or replace if needed.
Leatherette pad cracking	Pad dry; alcohol cleaners used	Apply leather conditioner; avoid alcohol-based products; wipe pads after every use.
Frame creaks under load	Bolts have loosened	Full torque check all bolts per Section 5.5 — do not train until resolved.
M12 pivot is stiff to adjust	Bolt over-torqued or joint dry	Check pivot bolt torque (should be 60-70 Nm, not excessively tight); apply light oil.
Bench won't self-stand when folded	Not set to 88° fully	Set back to full 88° before tipping upright. Ensure surface is flat and non-slip.
Transport wheels stiff	Wheel axle needs lubrication	Apply light machine oil to wheel axle; check axle bolt is not over-tightened.
Pad stitching separating	Normal wear or moisture damage	Contact PH Fitness for replacement pad. Do not train on a damaged pad.

3. Technical Specifications

3.1 Frame & Construction

Model	EXPERT046
Frame Material	75×75 mm steel tubing, 2.5 mm wall thickness
Frame Finish	Matte black powder coating
Adjustment Plates	Chrome-finished steel (back: 10 positions, seat: 3 positions)
Load Capacity	350 kg+
Machine Weight	Approx. 26 kg assembled

3.2 Dimensions

Overall Length	142 cm (including dumbbell hook rear)
Pad Length	94.5 cm (back + seat pad combined)
Pad Width (Back)	28 cm
Head Pad Width	29 cm
Height (flat)	45 cm
Base Foot Width	65 cm
Storage (folded)	Approx. 65 cm × 75 cm footprint

3.3 Adjustment Range

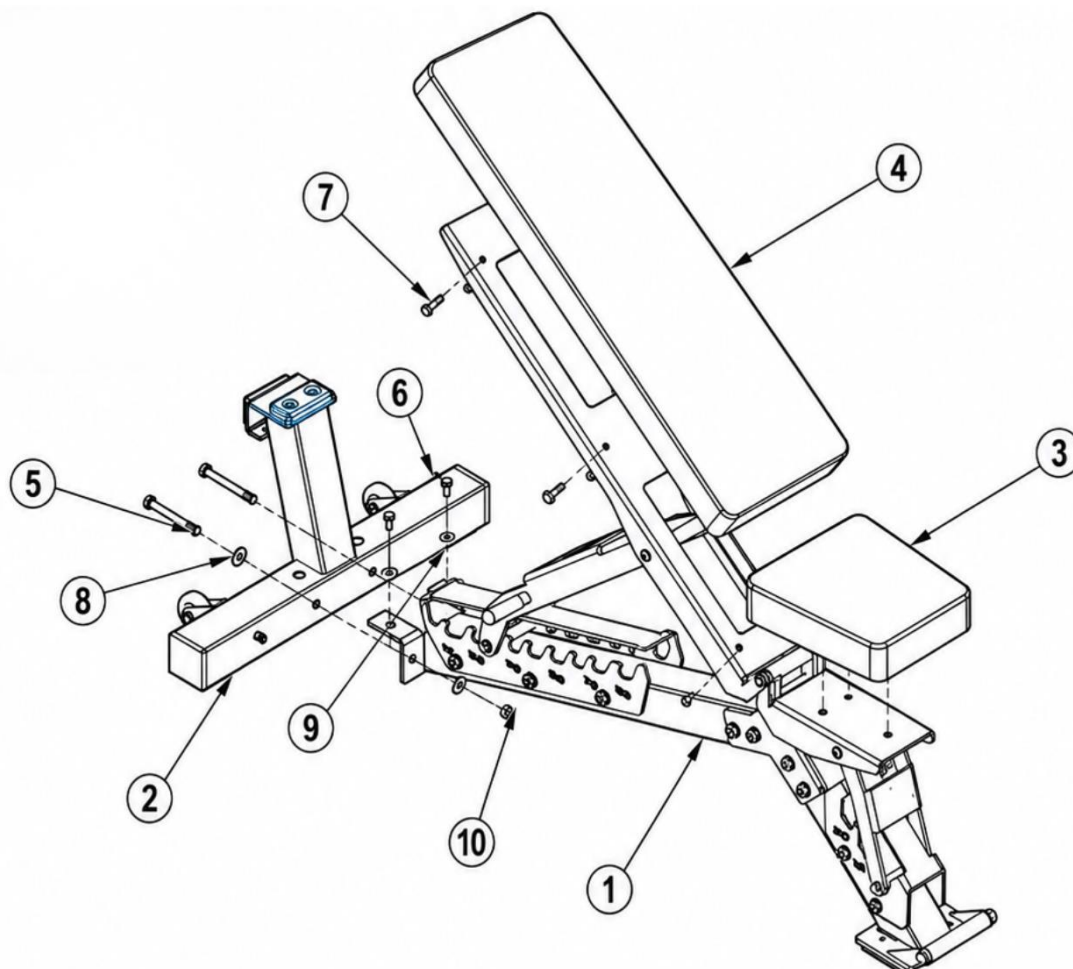
Back Positions	11: 0° / 15° / 30° / 37.5° / 45° / 52.5° / 60° / 67.5° / 75° / 88°
Seat Positions	3: 0° / 15° / 30°
Flat Position	Full flat — barbell bench press, dumbbell fly, hip thrust
Mid-Incline	30°–52.5° — incline dumbbell press, cable fly
High Incline	60°–75° — shoulder press, lateral raises
Near-Vertical	88° — military press, strict shoulder work, preacher curl

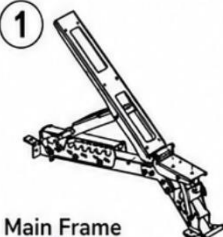
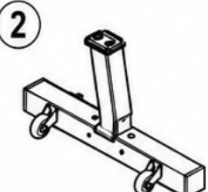
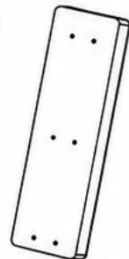
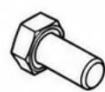
3.4 Included Components

Main Frame	1 pc — pre-assembled structural frame with adjustment mechanism
Frame Support Assembly	1 pc — pre-assembled rear support, attaches to main frame
Seat Cushion	1 pc — padded seat with leatherette cover
Backrest Pad (Mattress)	1 pc — main back cushion pad
Hardware	M12×100 (×2), M10×20 (×2), M8×30 (×9), washers and nuts
Warranty	2 years
Delivery	Free home delivery

4. Assembly Instructions

i NOTE: Assembly is straightforward and typically takes 15–20 minutes. Both the Main Frame (#1) and Frame Support Assembly (#2) arrive pre-assembled. You are connecting these two major sections and attaching the cushion pads.



 Main Frame Support Assembly (Pre-Assembled) Qty: 1	 Base Frame Assembly (Pre-Assembled) Qty: 1	 Seat Cushion Qty: 1	 Backrest Cushion Qty: 1	 M12x100 Bolt Qty: 2
 M10x20 Bolt Qty: 2	 M8x30 Bolt Qty: 9	 M12 Washer Qty: 4	 M10 Washer Qty: 2	 M12 Nut Qty: 2

4.1 Step 1 — Connect Main Frame to Frame Support Assembly

1

Attach Frame Support (#2) to Main Frame (#1) — Main Pivot Connection

Place the Main Frame Support Assembly (#2) next to the Main Frame (#1). Align the pivot holes on both sections. Insert M12×100 bolt (#5) through both frames with M12 washers (#8) on both sides. Thread M12 nut (#10) and tighten firmly. Repeat for both pivot points.

1. Lay Main Frame (#1) on its side on a clean protected surface.
2. Position Frame Support Assembly (#2) adjacent to Main Frame, aligning the pivot holes.
3. Place one M12 washer (#8) on each M12×100 bolt (#5) before insertion.
4. Insert M12×100 bolt (#5) through both frame sections — ensure washer is seated properly.
5. Place another M12 washer (#8) on the exit side of the bolt.
6. Thread M12 nut (#10) onto the bolt and tighten firmly. Repeat for second pivot.
7. Do not fully torque yet — complete step 2 first, then final torque both bolts.

4.2 Step 2 — Attach Seat Cushion

2

Mount Seat Cushion (#3) to Seat Frame

Position the Seat Cushion (#3) on the seat frame. Insert M10×20 bolts (#6) with M10 washers (#9) through the mounting holes. Tighten firmly.

8. Align Seat Cushion (#3) with the mounting holes on the seat frame section.
9. Insert M10×20 bolts (#6) through the cushion mounting bracket.
10. Place M10 washers (#9) on the bolts.
11. Tighten M10 bolts to 25–30 Nm.

4.3 Step 3 — Attach Backrest Pad

3

Mount Backrest Pad (#4) to Back Frame

Position the Backrest Pad/Mattress (#4) onto the back frame. Use M8×30 bolts (#7) through the 9 mounting points. Tighten all bolts evenly in a cross pattern.

12. Align Backrest Pad (#4) with the back frame mounting holes — 9 bolt positions total.
13. Insert all 9 M8×30 bolts (#7) loosely before tightening any.
14. Tighten bolts in a cross/star pattern to ensure even pad seating.
15. Final torque: M8 bolts to 12–15 Nm.

4.4 Step 4 — Final Torque & Safety Check

16. Return to M12 pivot bolts (#5) and torque to 60–70 Nm.
17. Check all M10 bolts (#6) — torque to 25–30 Nm.
18. Verify all M8 pad bolts (#7) — torque to 12–15 Nm.
19. Set bench to flat position (0°) and sit on it — must feel completely rigid.
20. Test adjustment mechanism through all back and seat positions.
21. Confirm adjustment pins lock fully in every position before loading weight.

5. Angle Adjustment Guide

The EXPERT046 features an independent back and seat adjustment system. Both adjustments are quick and tool-free. Always adjust with no weight loaded and no person seated.

5.1 Adjusting the Back Angle

⚠ WARNING: Always dismount and remove all weight before adjusting the back angle.

22. Stand beside the bench. Grip the back adjustment handle (on the chrome adjustment plate).
23. Pull the handle upward to disengage the locking pin from the notch.
24. While holding the handle, move the backrest to the desired angle position.
25. Release the handle — the pin springs back and locks automatically into the nearest notch.
26. Confirm locked: push firmly down on the backrest. It must not move. If it moves, re-adjust.
27. Perform a bodyweight test before loading with training weight.

5.2 Adjusting the Seat Angle

28. Locate the seat adjustment plate — the smaller chrome plate under the seat cushion.
29. Pull the seat adjustment pin or release lever to disengage.
30. Rotate the seat cushion to the desired position (0°, 15° or 30°).
31. Release — pin locks into position.
32. Confirm by pressing firmly on the seat. Must not move.

5.3 Back Angle Position Reference

Back Angle	Back Setting	Seat Angle	Primary Use
0°	Flat — notch 1	0°	Flat bench press, dumbbell fly, hip thrust, lying exercises
15°	Low incline — 2	0°	Low incline press, slight decline effect with head elevated
30°	Incline — 3	15°	Incline dumbbell press, incline cable fly, seated rows
37.5°	Mid incline — 4	15°	Mid-incline dumbbell/barbell press
45°	Steep incline — 5	15°	Steep incline press, upper chest focus
52.5°	High incline — 6	15°	High incline press, preacher curl with support
60°	Seated incline — 7	30°	Shoulder press, seated dumbbell exercises
67.5°	High seated — 8	30°	Upright shoulder work, strict curls
75°	Upright — 9	30°	Military press, lateral raises, front raises
88°	Near-vertical — 10	30°	Strict overhead press, preacher curl, storage position

i NOTE: Tip: For shoulder press exercises, set seat to 30° to prevent lower back from arching. For chest exercises at 30°–45°, seat at 15° provides better stability.

6. Exercise Guide

The EXPERT046 supports a wide range of upper body, lower body and core exercises. Always set the correct angle before loading weight. Use a spotter for all barbell work.

6.1 Chest Exercises

Exercise	Angle	Primary Muscles
Flat Dumbbell / Barbell Press	0°	Pectoralis Major, Triceps, Anterior Deltoid
Flat Dumbbell Fly	0°	Pectoralis Major (stretch and contraction)
Incline Dumbbell Press	30°–45°	Upper Pectorals, Anterior Deltoid, Triceps
Incline Barbell Press	30°–45°	Upper Pectorals, Anterior Deltoid, Triceps
Steep Incline Dumbbell Press	52.5°–60°	Upper Chest, Anterior Deltoid focus
Lying Dumbbell Fly	0°	Pectoralis Major (full stretch range)
Close-Grip Bench Press	0°	Triceps, Pectorals (narrow focus)

6.2 Shoulder Exercises

Exercise	Angle	Primary Muscles
Dumbbell Shoulder Press	75°–88°	All three deltoid heads, Triceps
Arnold Press	75°–88°	All three deltoid heads — rotational movement
Lateral Raise (seated)	75°–88°	Medial Deltoid
Front Raise (seated)	75°–88°	Anterior Deltoid
Rear Delt Fly (bent-over)	0°–15°	Posterior Deltoid, Rhomboids
Face Pull simulation	75°	Rear Deltoid, External Rotators, Traps

6.3 Back & Core Exercises

Exercise	Angle	Primary Muscles
One-Arm Dumbbell Row	0°	Latissimus Dorsi, Rhomboids, Biceps
Incline Rear Delt Fly	30°–45°	Posterior Deltoid, Rhomboids, Mid-Traps
Chest-Supported Row (prone)	45°	Rhomboids, Mid-Trapezius, Rear Delt
Pullover (flat)	0°	Latissimus Dorsi, Serratus, Triceps Long Head
Hip Thrust	0°	Gluteus Maximus, Hamstrings

6.4 Arm Exercises

Exercise	Angle	Primary Muscles
Seated Dumbbell Bicep Curl	75°–88°	Biceps Brachii — strict form
Incline Dumbbell Curl	30°–45°	Biceps (long head stretch emphasis)
Preacher Curl (using pad)	52.5°–60°	Biceps Brachii (peak contraction)
Skull Crusher / Tricep Extension	0°	Triceps Brachii — all three heads
Overhead Tricep Extension (seated)	75°–88°	Triceps Long Head
Tricep Kickback (bent-over)	0°–15°	Triceps Lateral and Medial Head

7. Storage & Transport

The EXPERT046 folds upright and rolls on integrated rear wheels, allowing it to be stored vertically against a wall or in a corner. The self-standing design means no wall attachment or support is needed.

Folding for Storage

F**Set to 88° position, then tip backward to stand upright**

With bench empty and no weight loaded, set back angle to 88° (maximum). Grip the transport handle at the top rear. Slowly tip the bench backward until it balances on the rear wheels. The bench will stand upright and self-balance. Roll to desired storage location.

33. Remove all weight and dismount completely.
34. Adjust back angle to 88° (most upright position).
35. Stand behind the bench. Grip the transport handle at top of rear post.
36. Tip the bench gently backward — it pivots onto the rear wheels.
37. The bench will stand vertically and self-balance on the base foot and wheels.
38. Roll to storage location using the integrated rear transport wheels.
39. Store with padded surfaces facing a wall to protect the leatherette.

Returning to Use

40. Roll bench to desired training location.
41. Tip bench forward slowly until front feet contact the floor.
42. Adjust back and seat angles to desired position per Section 6.
43. Confirm adjustment pins are locked before use.

Storage Dimensions

Folded Footprint	Approx. 65 cm × 75 cm
Folded Height	Approx. 130 cm (standing upright)
Weight	Approx. 26 kg
Transport	Integrated rubber rear wheels for easy rolling
Self-Standing	Yes — stands without wall support at 88°

8. Maintenance Schedule

i NOTE: Regular maintenance ensures safe operation and extends the life of pads, frame and adjustment hardware. Sweat contains salts and acids that degrade leatherette and metal finishes — always wipe down after use.

Frequency	Component	Task	Standard
After every use	All pads	Wipe seat, backrest and head pad with damp cloth. Dry immediately.	Clean & dry
After every use	Frame	Wipe all chrome and steel surfaces — prevent corrosion from sweat.	Dry surface
After every use	Adj. pins	Confirm both back and seat pins are fully locked.	Zero movement
Monthly	All bolts	Hand torque check — tighten any loose bolts to specification.	No movement
Monthly	Pivot bolt	Confirm M12 pivot bolt is at full torque (60–70 Nm).	60–70 Nm
Monthly	Pad stitching	Inspect stitching and leatherette for tears or peeling.	No damage
Monthly	Wheels	Check wheel axle tightness — tighten if loose.	Free rotation
Quarterly	Adj. plates	Clean adjustment plate pins and notches. Dry silicone spray.	Smooth action
Quarterly	Rubber feet	Check base rubber caps for wear or compression.	Full contact
Annually	All fasteners	Full torque wrench check all M12/M10/M8 bolts.	Spec torque
Annually	Frame inspection	Check all welds and steel for cracks or deformation.	No damage

Pad Care

- Clean leatherette pads with a damp cloth and mild soap. Do not use alcohol-based cleaners — these degrade leatherette.
- Apply a thin coat of leather conditioner every 3 months to maintain pad suppleness and prevent cracking.
- If a pad tears or peeling begins, contact PH Fitness for replacement pad options. Do not continue using a damaged pad.

9. Warranty & Customer Support

Warranty Terms

Warranty Period	2 years from date of original purchase
Frame	Covered — manufacturing defects and weld failures
Adjustment Mechanism	Covered — manufacturing defects (normal wear excluded)
Pads & Upholstery	Covered — manufacturing defects (normal wear and tear excluded)
Hardware	Covered — manufacturing defects
NOT Covered	Misuse, overloading beyond 350 kg+, modifications, cosmetic wear, leatherette cracking from improper care

Warranty Claim Procedure

- Do NOT attempt repairs before receiving instructions from PH Fitness.
- Contact support with: your name, address, telephone number and proof of purchase.
- Quote model number EXPERT046 in all enquiries.
- Provide clear description and photographs of the defect.

Warranty Exclusions

- Damage from improper assembly or use outside this manual
- Normal wear items: seat cover, seat cushion
- Cosmetic damage from misuse or environmental exposure
- Damage from unauthorised modifications

Requesting Assistance

Before contacting support, do NOT attempt any repairs. Have the following information ready:

- Your name, address, and telephone number
- Model name: EXPERT046
- Tax receipt or purchase invoice (if under warranty)
- Clear description and photograph of the problem

Making a Warranty Claim

- Retain your original proof of purchase — required for all warranty claims.
- Photograph the defect clearly from multiple angles.
- Contact PH Fitness customer support via the website or email.
- Provide model (EXPERT046), date of purchase, and description of defect.
- PH Fitness will advise on repair, replacement, or return procedure within 5 business days.

PH FITNESS

Website: phfitness.nl

Mail: support@phfitness.nl

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