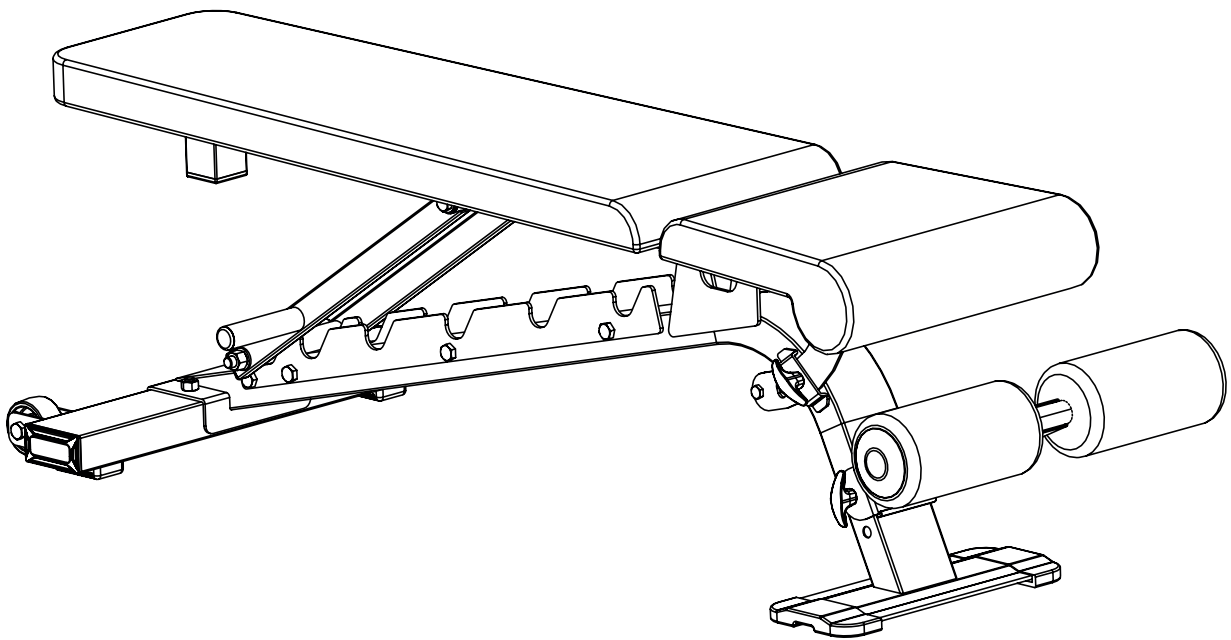


# BENCH 900



**BENCH 900**  
18.5 kg / 40.7 lbs  
141 x 52 x 41 cm  
55.5 x 20.5 x 16.1 in



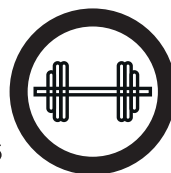
**MAXI**

130 kg  
286.6 lb



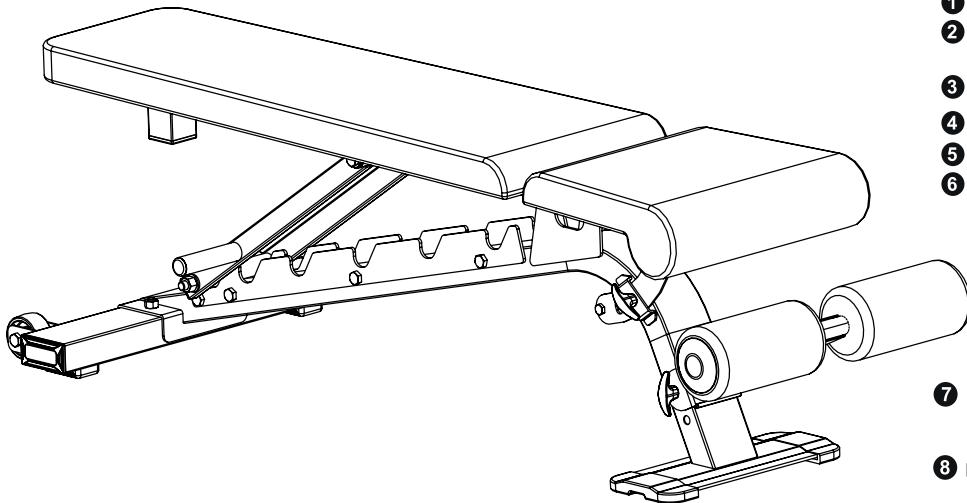
**MAXI**

120 kg  
264.5 lbs



15 min

**DECATHLON**



**WARNING**

**WARNING**

- 1 ► Any use of this product other than that intended may lead to serious injury.
- 2 ► Prior to use, read the instructions carefully and comply with all warnings and instructions.
- 3 ► Do not let children use this appliance, keep them away from it.
- 4 ► You must replace the sticker if it is damaged, illegible or missing.
- 5 ► Keep your hands, feet and hair away from all moving parts.
- 6 ► Not suitable for therapeutic purposes.



**WARNING**

- 7 ► **DO NOT EXCEED WEIGHT CAPACITY**
- 8 ► **ALWAYS USE THE SECURITY DEVICES**

**MAXI**  
120 kg  
264.5 lbs



**MAXI**  
130 kg  
286.6 lbs



**DECATHLON** Pack Ref: 2724886 EN ISO 20957-1:2013, EN ISO 20957-4:2016

Производитель и адрес, Франция: DECATHLON - 4 Boulevard de Mons - BP 299 59650 Villeneuve d'Ascq cedex - France

Made in China - Hecho en China - Fabriqué en Chine - Fabricado na/em China - Pagaminta Kinijoje - Произведено в Китае - ผลิตในประเทศไทย - ผลิตในจีน - ผลิตในจีน - ผลิตในจีน - ผลิตในจีน

**JPN** 550-0004, 大阪市西区都本町2-2-12, GLASHAUS 1階, ヲアテック株式会社  
**KOR** 59650 Villeneuve d'Ascq Cedex, FRANCE, Decathlon Korea - 주식회사  
**TWN** 台北市中正區大德南路379號, 台灣亞細亞有限公司  
**BRA** Importado para o Brasil por IGUASPORT Ltda, CNPJ 02.314.041/0001-88  
**THA** วัฒนา, กรุงเทพมหานคร, ไทยสปอร์ต จำกัด  
**EGY** 10540, El-Dokki, El-Dokki, EGYPT, Decathlon Trading Egypt - 1st Al Wozaraa Square 1169 - Sheraton - Cairo - Egypt  
**AUS** Decathlon Australia Pty Ltd, 437 Union Street, Pyrmont, Sydney NSW 2009, Australia  
**MEX** Importado por Artículos Deportivos Decathlon, S.A de C.V, Av. Ejército Nacional 826, Delegación Miguel Hidalgo, Colonia Polanco III Sección, 11540 Ciudad de México, México R.F.C ADD 150727S34 - Tel: 01 800 062 4500 - Fisiculturismo - Material principal: Metal - **HKG** DECATHLON HONG KONG COMPANY LIMITED - SUITE 1623 16/F OCEAN CENTRE - 5 CANTON ROAD - KOWLOON - HONG KONG  
**VNM** xây dựng cơ thể - Vật liệu chính: Kim loại - Sản xuất tại Trung Quốc - Tên và địa chỉ NNKPP: Công ty TNHH Decathlon Việt Nam, Lầu 6, 561A Điện Biên Phủ, Phường 25, Quận Bình Thạnh, Tp.Hồ Chí Minh, Việt Nam  
**CHL** IMPORTADO PARA CHILE POR: DECATHLON CHILE S.P.A.R.U.T. 76.507.443-6

**AVERTISSEMENT FR**

- Tout usage impropre de ce produit risque de provoquer des blessures graves.
- Avant toute utilisation, veuillez lire attentivement le mode d'emploi et respecter l'ensemble des avertissements et instructions qu'il contient.
- Ne pas permettre aux enfants d'utiliser cette machine et les tenir éloignés de cette dernière.
- Si l'autocollant est endommagé, illisible ou manquant, il convient de le remplacer.
- Ne pas approcher vos mains, pieds et cheveux de toutes les pièces en mouvement.
- Ne convient pas à des fins thérapeutiques.
- Pour obtenir des informations sur la charge maximale, consultez le guide d'utilisation. Ne dépassez pas le maximum indiqué
- Les dispositifs de sécurité doivent être employés à tout moment pendant l'entraînement.

**WARNING DE**

- Jeglicher unsachgemäße Gebrauch dieses Produktes kann schwerwiegende Verletzungen nach sich ziehen.
- Lesen Sie vor jeder Verwendung stets die Gebrauchsanweisung aufmerksam durch und halten Sie sich an alle darin enthaltenen Warnungen und Anleitungen.
- Kinder dürfen das Trainingsgerät nicht verwenden und sind davon fernzuhalten.
- Beschädigte, unleserliche oder fehlende Aufkleber sind zu ersetzen.
- Halten Sie Ihre Hände, Füße und Haare von den beweglichen Teilen des Geräts fern.
- Nicht für therapeutische Zwecke geeignet
- Die maximale Belastung erfahren Sie im Benutzerhandbuch. Überschreiten Sie es nicht
- Die Sicherheitsgeräte müssen während des Trainings ständig benutzt werden.

**ADVERTENCIA ES**

- El uso inapropiado de este producto puede provocar heridas graves.
- Antes de toda utilización, se ruega leer atentamente el manual de empleo y respetar todas las advertencias e instrucciones que contiene.
- No permita que los niños utilicen esta máquina y manténgalos alejados de esta última.
- Si el adhesivo aparece dañado, ilegible o ausente, conviene reemplazarlo.
- No acerque las manos, los pies ni el pelo a las piezas en movimiento.
- No adecuado para fines terapéuticos
- Consulte el manual para conocer la carga máxima. No supere dicha carga
- Utilice siempre los dispositivos de seguridad al entrenar.

**AVVERTENZA IT**

- Qualsiasi uso improprio di questo prodotto rischia di provocare gravi lesioni.
- Prima di qualsiasi utilizzo, leggere attentamente le istruzioni per l'uso e rispettare la totalità delle avvertenze e istruzioni che contengono.
- Non permettere ai bambini di usare questa macchina e tenerli lontani da essa.
- Se l'adesivo è danneggiato, illeggibile o manca del tutto è necessario sostituirlo.
- Non avvicinare mani, piedi e capelli a nessuna delle parti in movimento.
- Non idoneo a ni terapeutici
- Per conoscere il carico massimo fare riferimento al manuale d'uso. Non superare il limite indicato
- Durante la pratica devono sempre essere utilizzati i dispositivi di sicurezza.

**WARNING 警告**



**MAXI 最大重量**



130Kg  
286Lbs



120Kg  
264Lbs

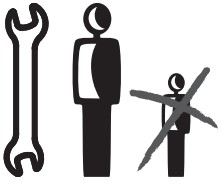
EN ISO 20957 class H  
Not suitable for therapeutic purposes

执行标准  
GB 17498-2008, H  
不适合医疗用

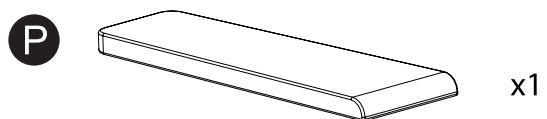
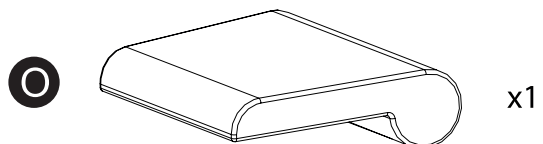
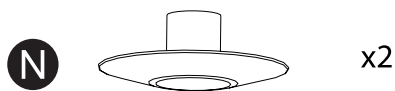
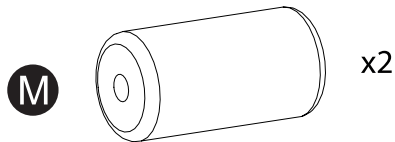
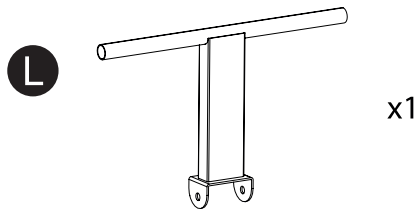
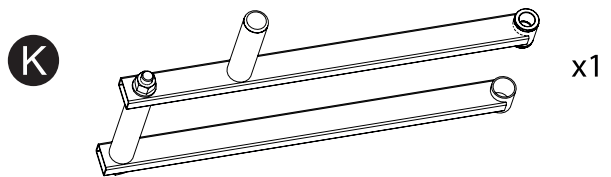
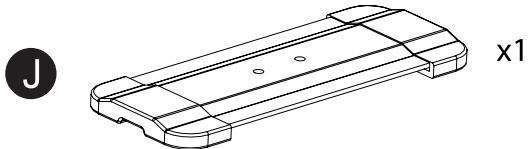
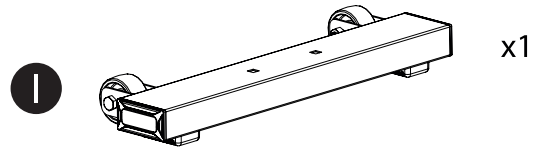
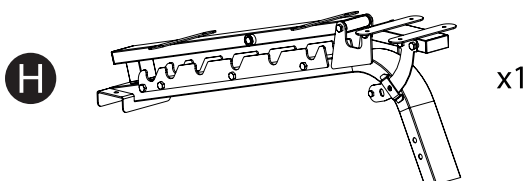
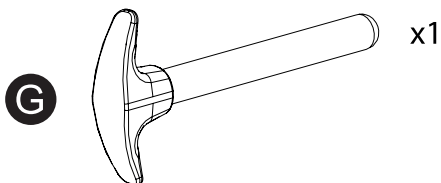
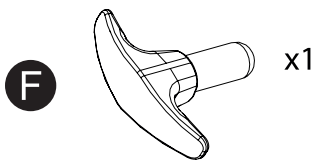
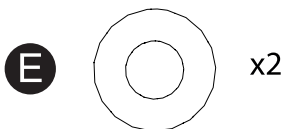
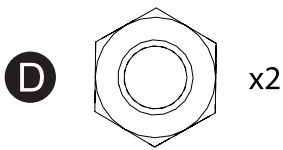
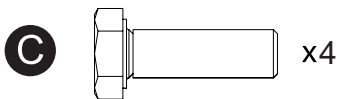
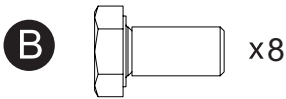
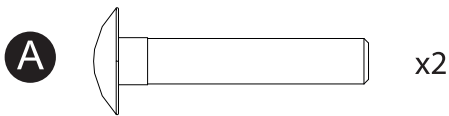
**DECATHLON**



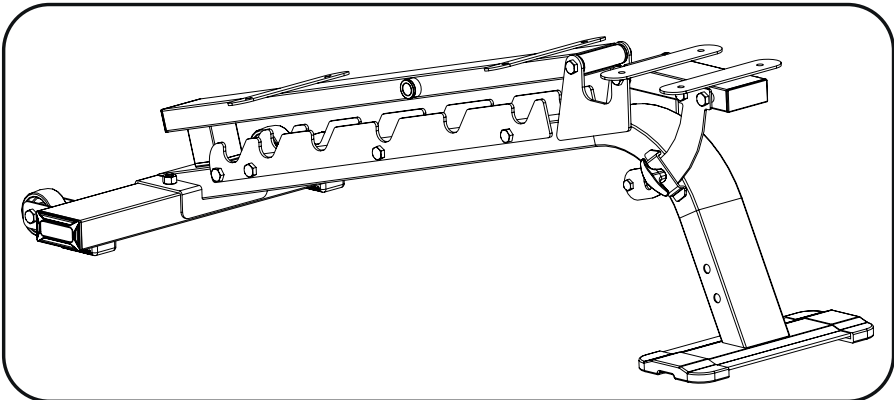
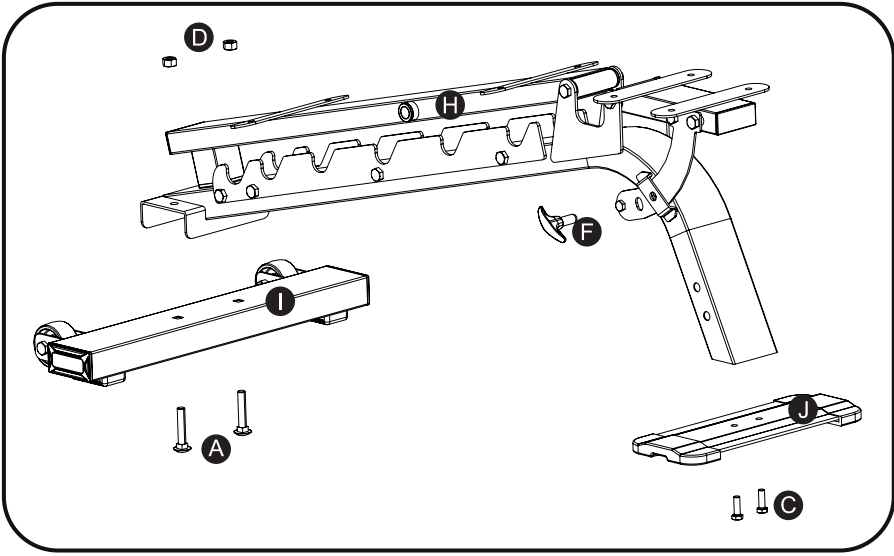
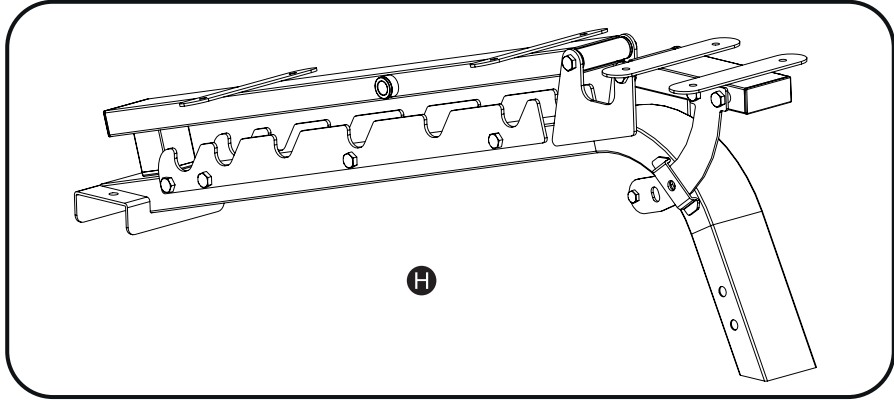
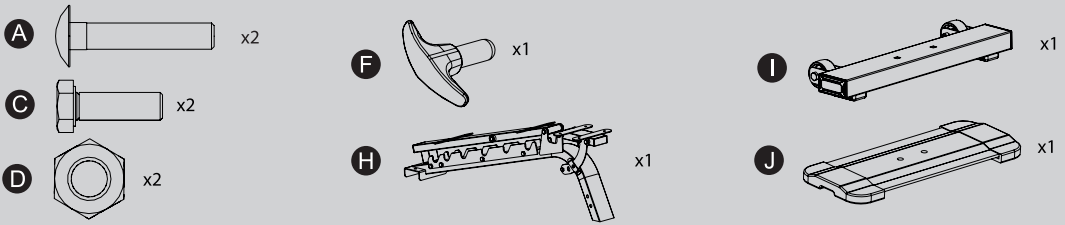
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 MONTÁŽ • MONTÁŽ • MONTERING • МОНТИРАHE • MONTAJ • MONTAŽA •  
 Montaža • ΣΥΝΑΡΜΟΛΟΓΗΣΗ • Láp ráp • PERAKITAN • 安裝 • 組み立て • 安裝  
 • การประกอบ • 펼치기 • مونتاز • الفرد



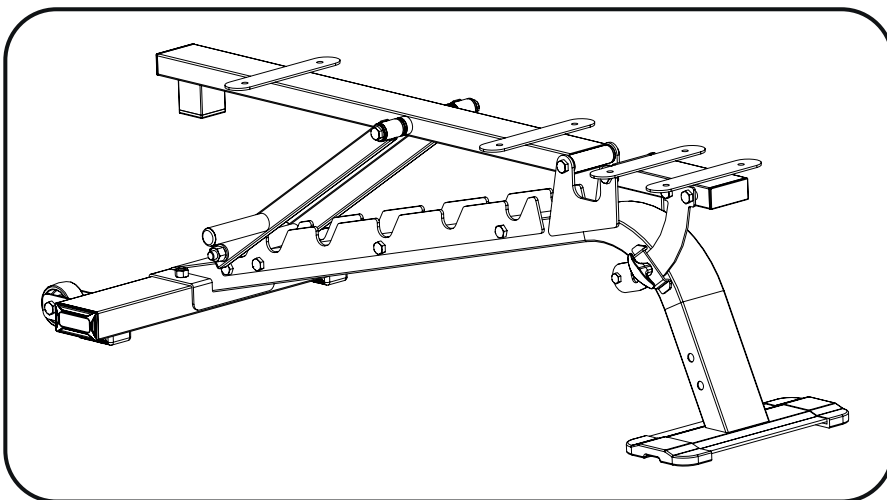
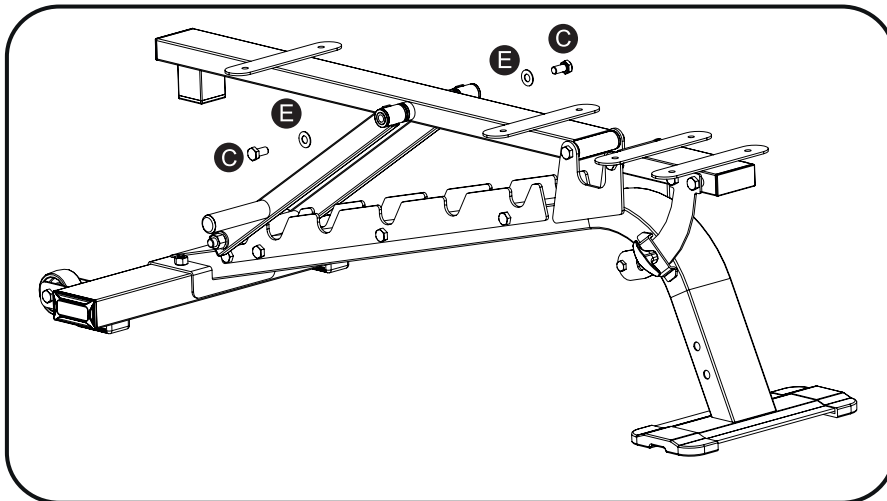
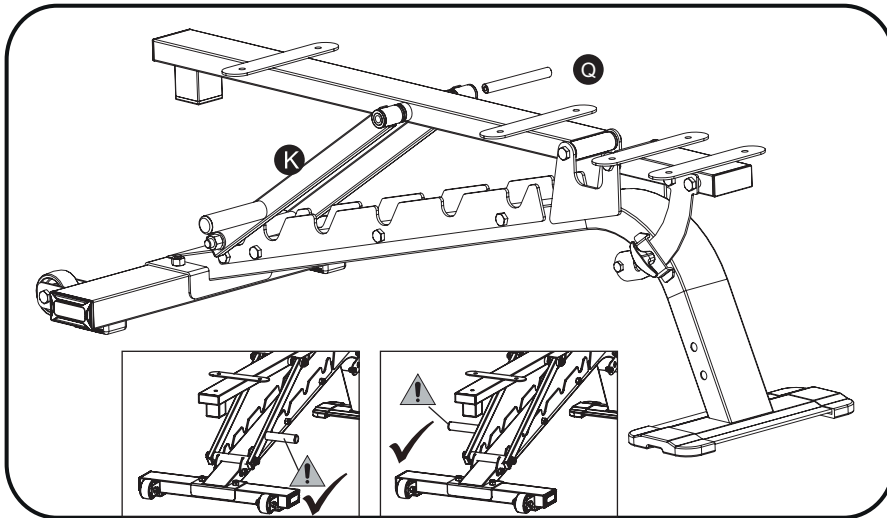
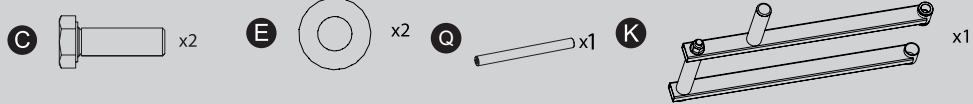
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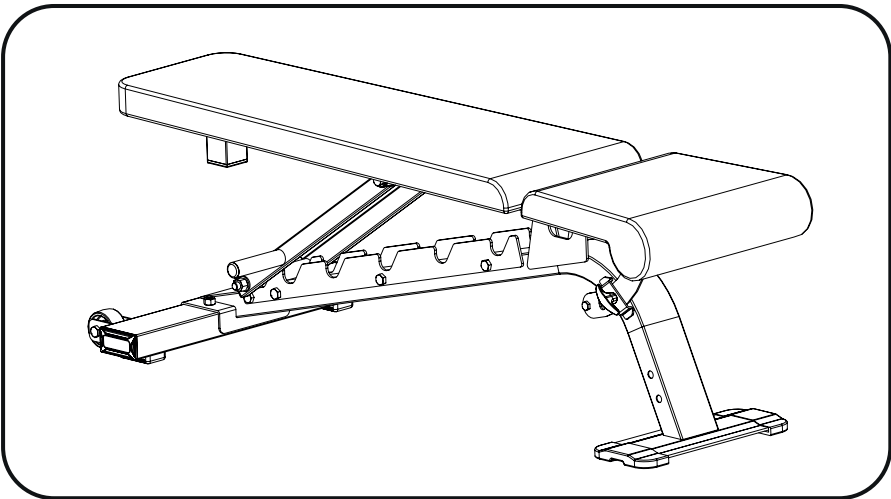
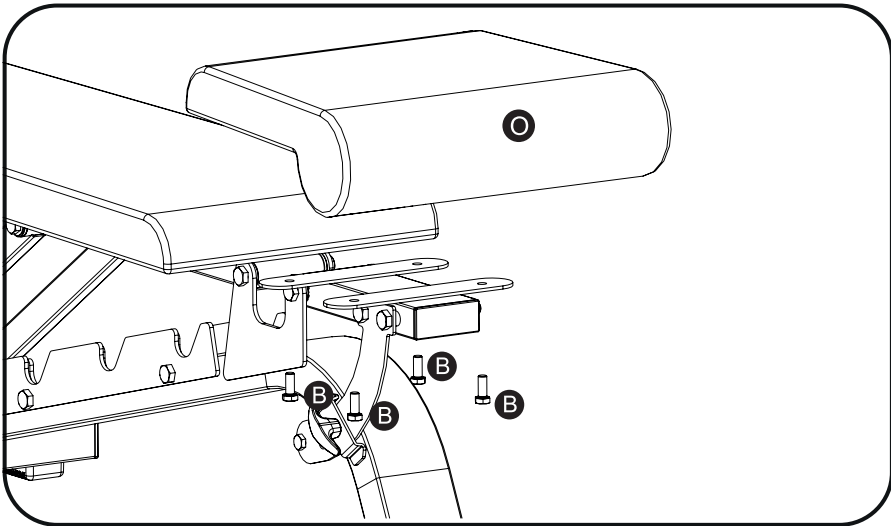
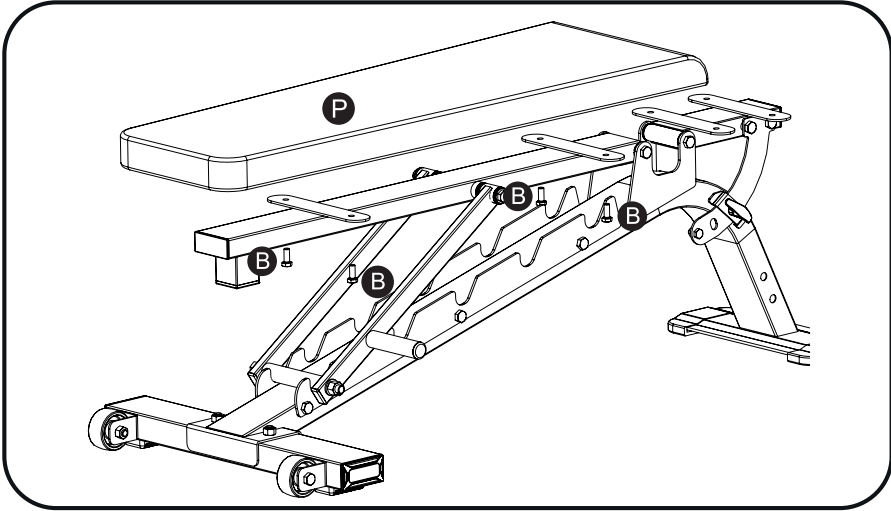
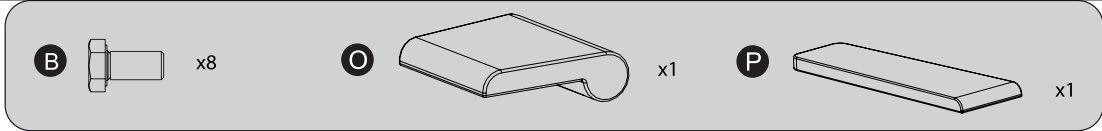
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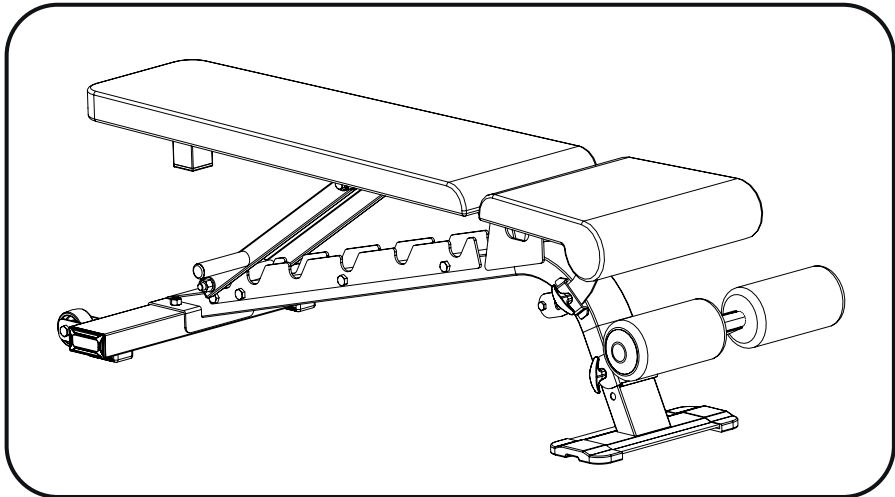
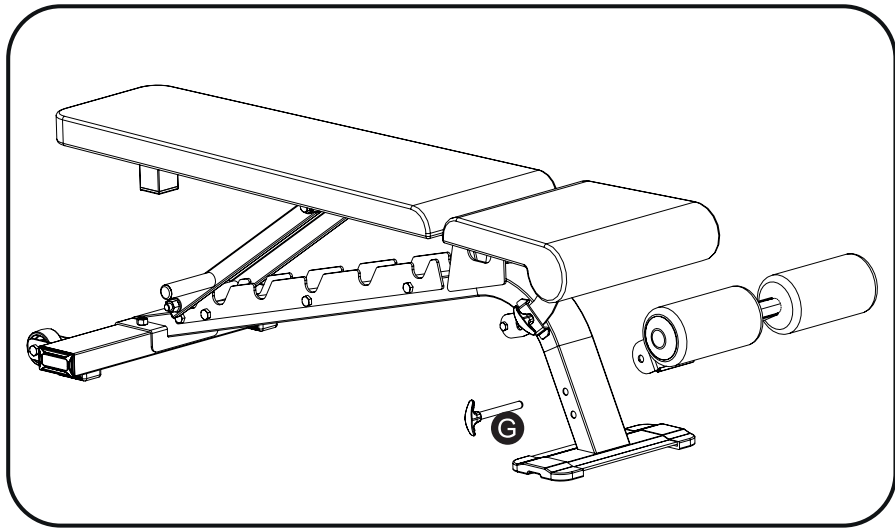
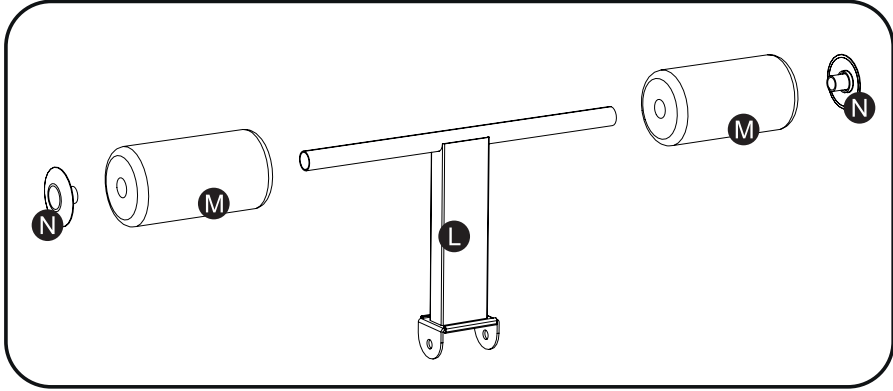
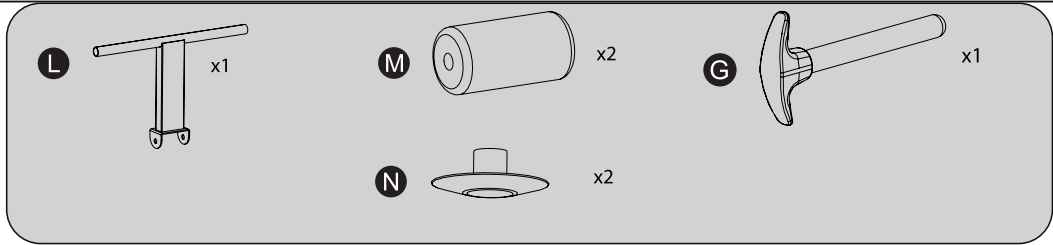
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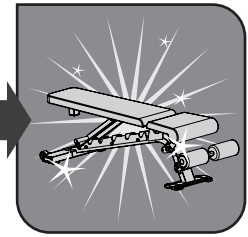
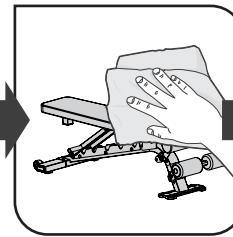
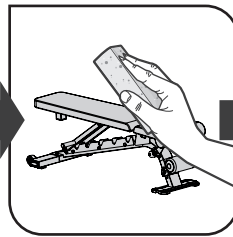
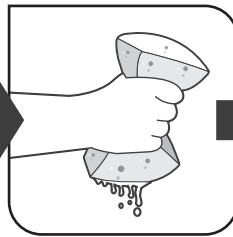
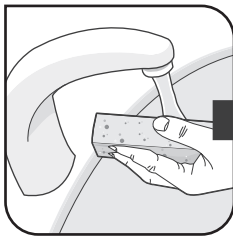
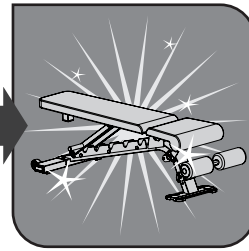
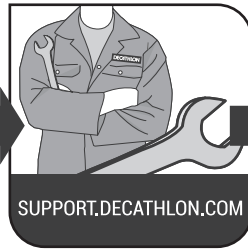
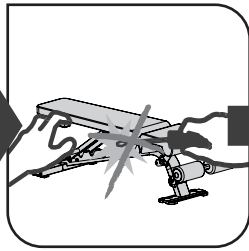
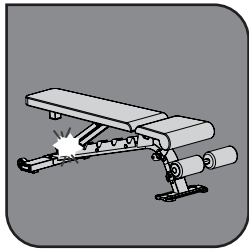
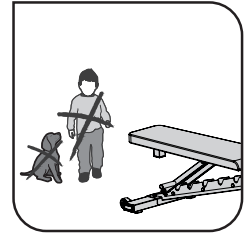
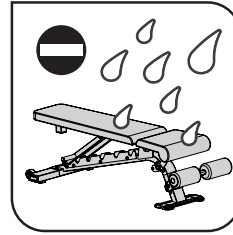
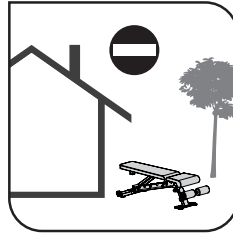
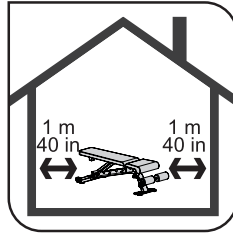
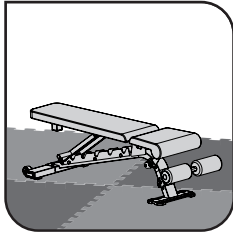


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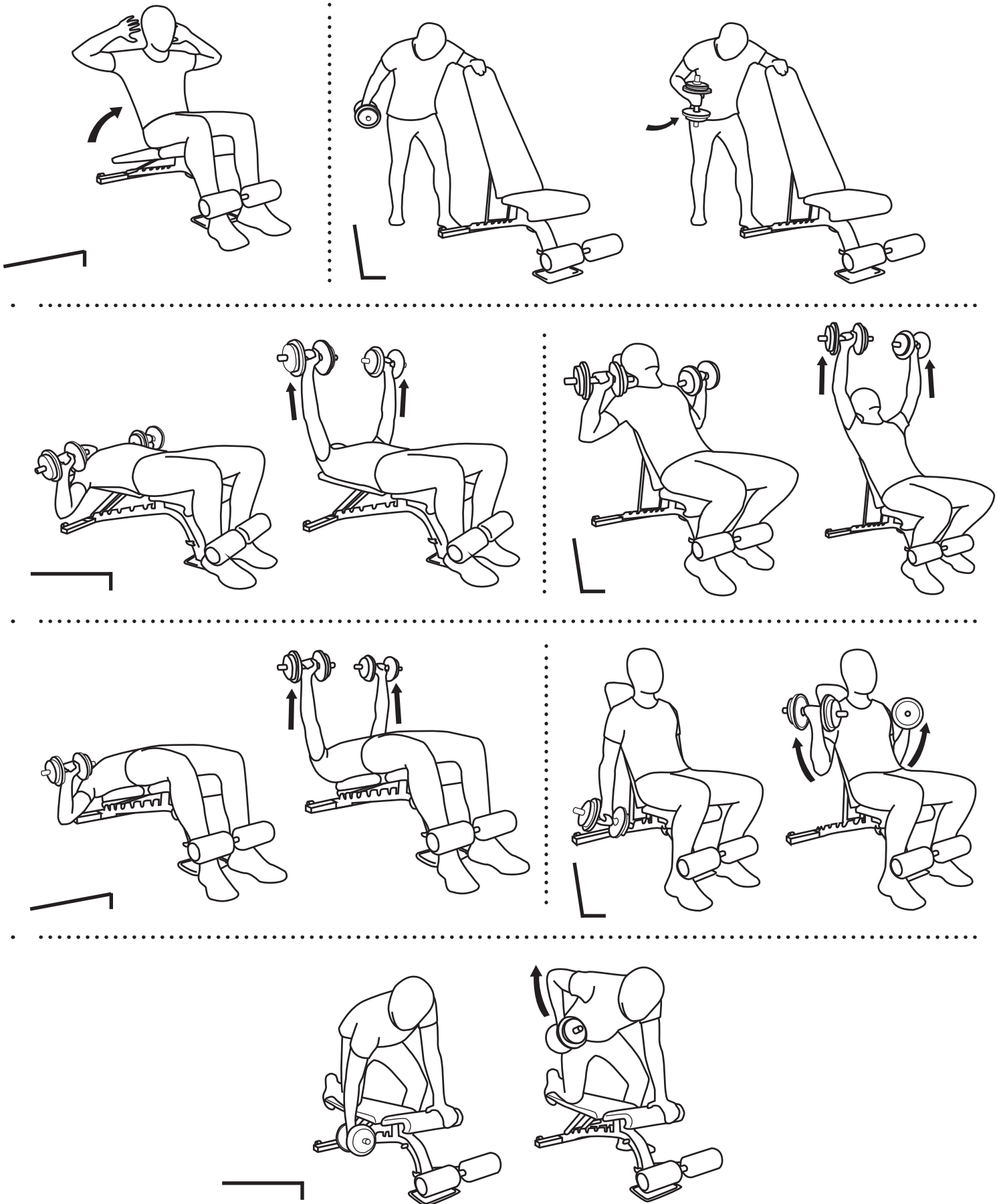




SECURITY • SÉCURITÉ SEGURIDAD • SICHERHEIT • SICUREZZA • VEILIGHEID  
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 EMNİYET • БЕЗОПАСНОСТЬ • AN TOÀN • KESELAMATAN • 安全 • 安全 • 安全 • ความ  
 ปลอดภัย • 안전 • ایمنی • لأمان



EXERCICES • EXERCICES • EJERCICIOS • ÜBUNGEN • ESERCIZI •  
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 ΑΣΚΗΣΕΙΣ • EGZERSÍZLER • УПРАЖНЕНИЯ • CÁC BÀI TẬP • LATIHAN • 练  
 习 • エクササイズ • 練習 • การออกกำลังกาย • 연습 문제 • تمرينات • تمرينات

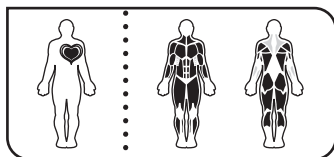


Thank you for choosing a DOMYOS product and for placing your trust in us.

Whether you are a beginner or experienced, DOMYOS helps you stay in shape and improve your physical condition. Our team strives to design the best products for you to use. We welcome any comments, suggestions and questions on our website, [Support.decathlon.com](http://Support.decathlon.com). On the website you will also find training advice and support in case you need it.

We wish you the best of success with your training and hope that this DOMYOS product will meet your expectations.

## PRESENTATION



The BENCH 900 is a bench for strengthening abdominal muscles and for weight training with dumbbells.

## GENERAL RECOMMENDATIONS

PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

1. Consult your doctor before starting any exercise program. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all the instructions before use.
2. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
3. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person.
4. This product is intended for domestic use only. Do not use this product in a commercial, rental, or institutional setting.
5. It is the user's responsibility to ensure proper maintenance of the unit. After assembling the product and before each use.
6. Always wear sports shoes to protect the feet while exercising. Wear appropriate clothing when exercising. DO NOT wear loose clothing that could get caught in moving parts. Remove jewellery. Tie long hair so that it does not get in the way when exercising.
7. The equipment must be placed on a flat, stable surface.
8. If you experience dizziness, nausea, chest pain, or any other abnormal symptom, stop exercising immediately and consult a doctor.
9. The free space around the equipment must enable safe operation.
10. Before each use, make sure your product is locked (pins engaged).
11. To avoid any accident, please use weight retention devices on the barbell.
12. The product meets industry standards for stability when used for its intended purpose in accordance with the instructions provided in the manual.
13. Use the product to support during stretching, using resistance straps, ropes or other means to be attached to it, may result in serious injury.

## USE

**For your own safety, regularly inspect your equipment.**

- If you are a beginner, start training for several weeks using the options to get your body used to muscular work.
- Warm up before each session with a cardiovascular workout, sets without weights or warm-up and stretching ground exercises. Increase repetitions and sets gradually
- Perform all movements regularly and smoothly.
- Always keep your back straight. Avoid arching or rounding your back during movement.
- When you perform a bench press, your eyes must be under the bar.

For a beginner, work in sets of 10 to 15 repetitions, generally 4 sets per exercise with a minimum recovery time between each set (this recovery time can be defined by your doctor during your check-up). Alternate muscle groups.

Do not work all the muscles every day but instead spread your training over several days.

## COMMERCIAL WARRANTY

DOMYOS guarantees this product under normal use conditions, 5 years for the structure, 2 for other parts and labour as from date of purchase, as shown on receipt.

DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

This warranty does not apply in case of:

- Damage caused during transportation
- Use and/or storage of the product in an outdoor or damp environment (except trampolines)
- Poor assembly
- Misuse or abnormal use
- Poor maintenance
- Repairs made by technicians not approved by DOMYOS
- Use in a non-domestic setting

This warranty does not cancel the legal warranty applicable in the country of purchase.

To take advantage of your product warranty, consult the table at the end of the user's guide.

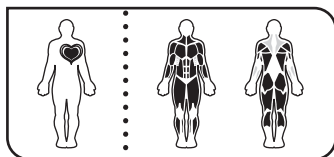
您已选购了DOMYOS品牌健身器，我们感谢您的信任。

无论您是初学者还是高水平运动员，都可以通过DOMYOS产品达到保持状态与锻炼体能的目的是。我们的设计团队始终不断努力以打造最佳的运动产品。

欢迎您登陆我们的官方网站Support.deathlon.com对产品进行点评或提出宝贵意见和建议。您同样可以在网站上获取训练建议及指导等相关信息。

我们希望DOMYOS产品能够全面满足您的需求并祝您训练愉快。

## 介绍



BENCH900是一种用于腹肌或哑铃锻炼的长凳。

## 使用建议

请仔细阅读并妥善保管以备日后参考。

1. 在开始任何训练课程之前，请先咨询您的医生。这对于年龄在35岁以上或此前存在健康问题的人员而言极其重要。请在使用之前阅读所有说明。
2. 产品所有者须负责向其他使用者说明该器材的使用时注意事项。
3. DOMYOS公司对购买者或其他人因本产品的正常或不当使用而导致的任何人身伤害或财产损失概不负责。
4. 本产品仅供家庭使用。不要将本品用于任何商业、租赁或机构场所。
5. 用户有责任对设备进行适当维护。装配完产品和每次使用前。
6. 请在运动时穿着运动鞋以保护双脚。请勿穿着过大或下垂的衣服，以免衣服卷入健身器内。锻炼时请摘下所有首饰。请将头发束起，以免影响锻炼。
7. 必须将设备放在平整、稳定的台面上。
8. 如果您在锻炼中出现眩晕、恶心、胸部疼痛或其他不适症状，请立即停止锻炼并就医咨询。
9. 为确保操作安全，器材周围必须预留足够的自由空间。
10. 每次使用前，请务必将产品锁定（嵌入销钉）。
11. 为了避免发生世故，请使用杠铃上的重量滞留装置。
12. 产品的稳定性符合行业标准，当用于预定目的时，请遵照所提供的用户手册说明。
13. 在拉伸过程中使用本品来支撑，使用阻力带、绳子或其他缠绕本品的方式，这些做法可能导致严重伤害。

## 使用方式

为保证您的安全，请定期检查您的设备。

- 对于新用户而言，在训练最初的几周内可以适当进行肌肉训练。
- 每次进行心血管锻炼前须进行热身，但不宜做体操等运动量过大的活动。逐步提高动作重复次数和组数
- 按规律顺利完成所有动作。
- 始终保持背部挺直。运动时应避免弓背或蜷缩身体。
- 做仰卧推举运动时，眼部应位于杠铃下方。

使用初期，以10至15次动作为一组，每项训练包含四组动作，每次完成一组动作后需做短暂恢复（有关短暂恢复的时间，请在检查身体时询问医师）。交替训练肌肉部位。

建议您明确每日训练的肌肉部位，避免一天内集中训练全身肌肉。

## 商业担保

DOMYOS公司向用户提供，自本产品购买之日起，正常使用下为期5年的主体框架保修，以及为期2年的其它零件和人工服务，具体以发票日期为准。

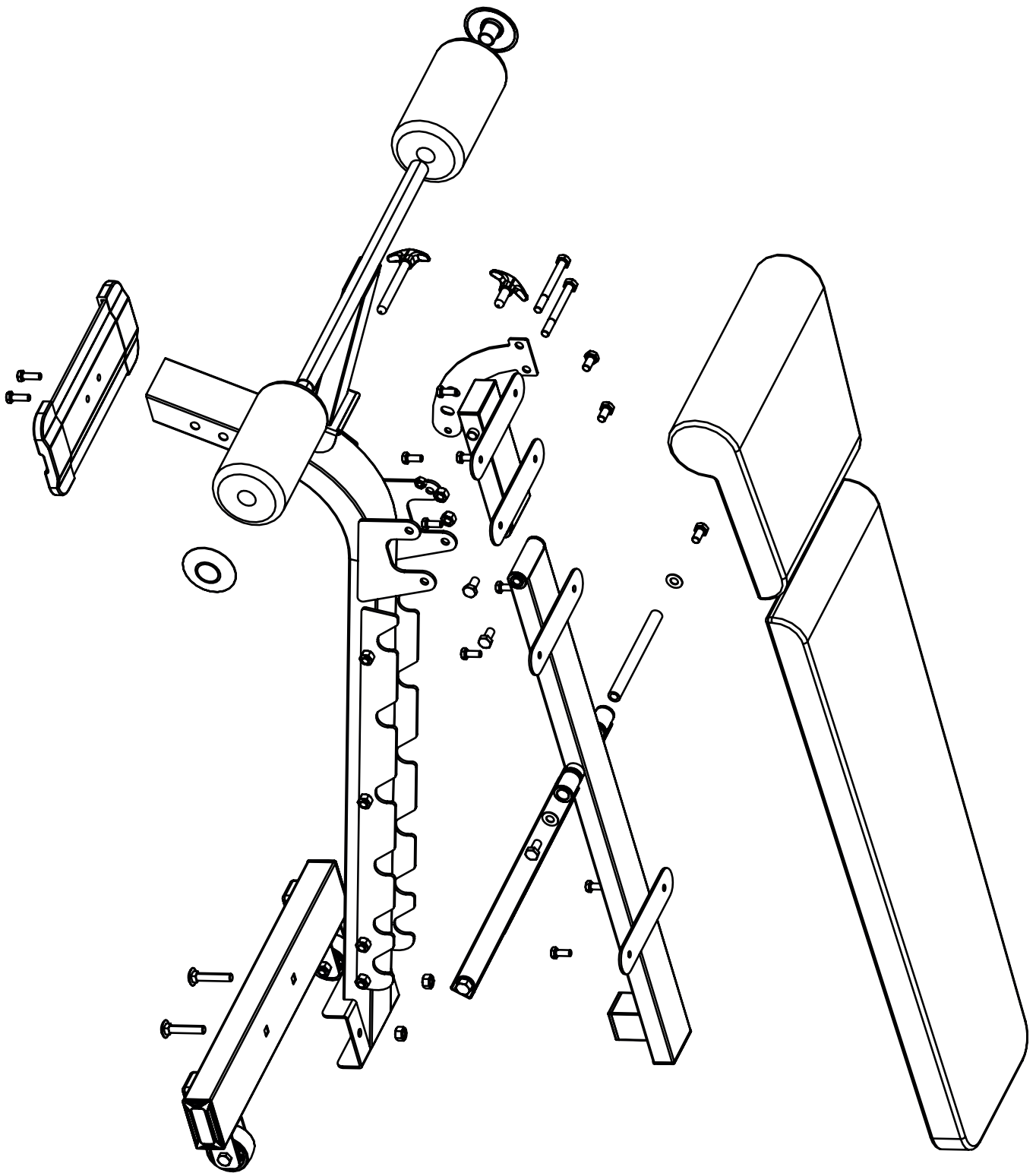
DOMYOS对产品的保修仅限于检测后置换或者修理产品。

以下情况不在保修范围之内：

- 运输时造成产品毁坏
- 将产品在户外或潮湿环境下使用和 / 或存放(蹦床除外)
- 不当拆卸
- 使用不当或异常使用
- 不当维护
- 经由未经DOMYOS授权的技术人员维修
- 于私人起居空间以外处使用

本商业担保不与所在国现行法规相冲突。

为了解您产品的保修相关服务，请查询使用说明书最后一页上的信息列表。



# BENCH 900

**EN** Keep these instructions **FR** Notice originale à conserver **ES** Conserve estas instrucciones **DE** Bitte die Originalbetriebsanleitung aufbewahren **IT** Istruzioni originali da conservare **NL** Originele handleiding om te bewaren **PT** Guarde estas instruções **PL** Zachować oryginalną instrukcję **HU** Őrizze meg az utasításokat **RO** Nota originală trebuie păstrată **SK** Tieto pokyny si uchovajte **CS** Tyto informace si uschovejte **SV** Spara den ursprungliga bruksanvisningen **BG** Запазете оригиналната информация **HR** Sačuvajte ove upute **SL** Shranite originalna navodila **EL** Φυλάξτε το πρωτότυπο των οδηγιών χρήσης **TR** Muhafaza edilecek orijinal kılavuz **LT** Išsaugokite originalią instrukciją. **SR** Originalno uputstvo za čuvanje **UK** Оригінал інструкції слід зберегти **RU** Сохраните это оригинальное руководство **VI** Tuân thủ những hướng dẫn này **ID** Petunjuk asli untuk disimpan **ZH** 妥善保管这些指导说明 **JA** 保管すべきユーザーマニュアル原本 **ZI** 請留存這些說明書 **TH** คำแนะนำเดิมเพื่อการรักษา **KO** 원본 지침 유지 **KM** សេចក្តីណែនាំដើម សម្រាប់រក្សាទុក ។ **AR** احتفظ بهذه التعليمات

## DECATHLON

Производитель и адрес, Франция:  
DECATHLON - 4 Boulevard de Mons - BP 299  
59650 Villeneuve d'Ascq cedex - France

Made in China - Hecho en China - Fabriqué en Chine - Fabricado na/em China - Pagaminta Kinijoje -  
Произведено в Китае - İmal edildiği yer Çin - ผลิตในจีน - 원산지, 제조국: 중국 - صنع في الصين

**JPN** 550-0004, 大阪市西区靑本町2-2-12, GLASHAUS 1階, ノヴァデックジャパン株式会社 **KOR** 모델명:보디 빌딩 - 원산지, 제조국: 중국 - 제조자 : Decathlon SA - 수입자 : Decathlon Korea - 주소/전화번호 : 인천 광역시 연수동 송도과학로 16번길 33-1/ 1800-2025 - 제조연월 : 별도 표시 (YYYY/MM) **CHN** 以下标示仅在中国大陆地区适用 - 上海華威运动品有限公司, 上海市闵行区申北路2号 邮编:201108 - 执行标准 : GB17498.1-2008, GB17498.4-2008 - 品名:健美 - 主要材料 : 金属 - 等级 : 合格品 - 产地 : 中国制造 - 质检证明 : 合格 - 商标: DOMYOS **RUS** Импортер/уполномоченное изготовителем лицо: ООО «Октобл», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», влад. 3, стр. 3, +7(495)6414446 - бодибилдинг - для занятий спортом - Не подлежит обязательному подтверждению соответствия - Дата изготовления указана на изделии или упаковке в формате ГГГГ/ММ **TWN** การสร้างกล้ามเนื้อ - 主要材料 : 金属 - 中國製造 - 進口/委製商台灣迪卡儂有限公司 台中市南屯區大墩南路379號 04-24719666 - 製造日期標示於工廠符號底下 **BRA** Importado para o Brasil por IGUASPORT Ltda. CNPJ 02.314.041/0001-88 **THA** 健美 - ชื่อผู้นำเข้า : บริษัท ดีแคทลอน (ประเทศไทย) จำกัด เลขที่ 14/9 หมู่ที่ 13 ถนนบางนา-ตราด ตำบลบางแก้ว อำเภอบางพลี จังหวัดสมุทรปราการ 10540 **EGY** كمال أجسام - Decathlon Trading Egypt - 1st Al Wozaraa Square 1169 - Sheraton - Cairo - Egypt **AUS** Decathlon Australia Pty Ltd. - 4/37 Union Street, Pyrmont, Sydney NSW 2009, Australia **MEX** Importado por Articulos Deportivos Decathlon, S.A de C.V Av. Ejército Nacional 826, Delegación Miguel Hidalgo, Colonia Polanco III Sección, 11540 Ciudad de México, México R.F.C ADD 150727S34 - Tel.: 01 800 062 4500 - Fisioculturismo - Material principal : Metal - **HKG** DECATHLON HONG KONG COMPANY LIMITED - SUITE 1623 16/F OCEAN CENTRE - 5 CANTON ROAD - KOWLOON - HONG KONG **VNM** xây dựng cơ thể - Vật liệu chính:Kim loại - Sản xuất tại Trung Quốc - Tên và địa chỉ NNK/PP : Công ty TNHH Decathlon Việt Nam, Lầu 6, 561A Điện Biên Phủ, Phường 25, Quận Bình Thạnh, Tp.Hồ Chí Minh, Việt Nam **CHL** IMPORTADO PARA CHILE POR: DECATHLON CHILE S.P.A.R.U.T: 76.507.443-6

EN ISO 20957-1:2013, EN ISO 20957-4:2016



Pack Ref : 2249833