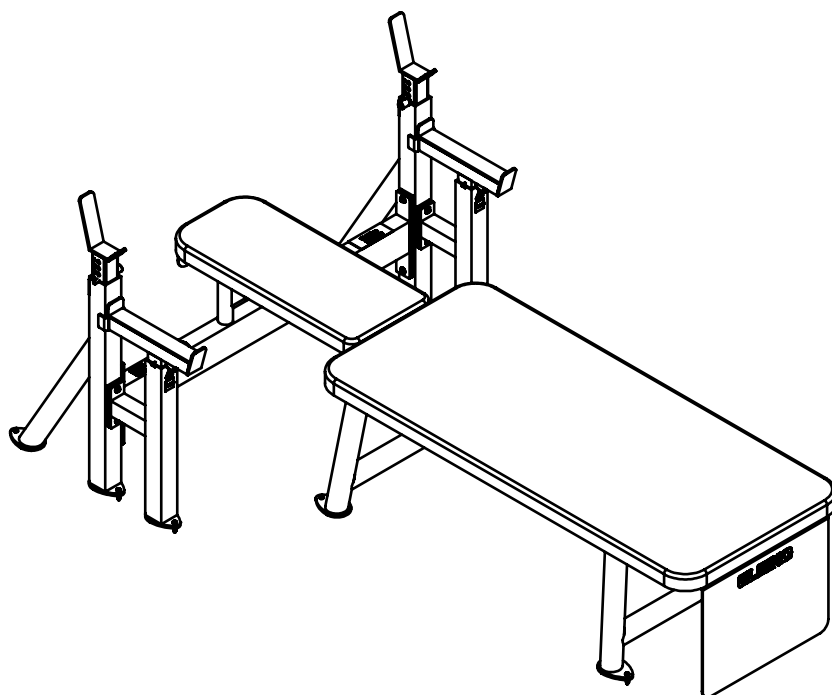


# Eleiko WPP0 Powerlifting Bench

Art.nr 3085532



**ELEIKO**

# READ BEFORE INSTALLATION AND USE

## CAUTION

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and properly level the equipment. ELEIKO recommends that all equipment is secured to floor and installed by a licensed contractor or an ELEIKO-installer.

## SAFETY INSTRUCTIONS

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions **MUST** be read before the use of any ELEIKO-equipment. Use each equipment as it is intended for.
2. A user **MUST** get a medical examination and proper instructions before the use of any ELEIKO-equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an ELEIKO technician.
4. **DO NOT** replace the components of ELEIKO-equipment with other none ELEIKO-equipment (magnetic safety pin, frames, bars), do not improvise. If there are any doubts consult an ELEIKO representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength levels.
6. Children under the age of 14 **MUST** be supervised by an adult.
7. **DO NOT** remove any safety labels from the ELEIKO-equipment. ELEIKO is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko package for products can be made of wood, be aware of splinters, **MUST** use gloves and proper work wear.
9. Eleiko package material could be a risk when handling, be aware of crushing, **MUST** use work wear including gloves and hard shoes.
10. Eleiko products and packing material is heavy, **MUST** use proper lifting technique, work wear and hard shoes.

## PREVENTITIVE MAINTENANCE & INSPECTIONS

DAILY:

Cleaning of upholstery. The user of the product should not use silicone or any aggressive chemical to clean the bench, just water and some mild detergent.

REGULARLY:

Clean the surfaces on frames and tubes from dust and dirt.

Check that all bolts between parts, walls, floors are properly tightened, according to recommendations. Check equipment for sharp edges, replace parts with sharp edges.

## WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

2 years

90 days on upholstery

Normal wear and tear does not fall under the warranty of two years.

## ADDITIONAL INFORMATION

This equipment is for indoor use only.

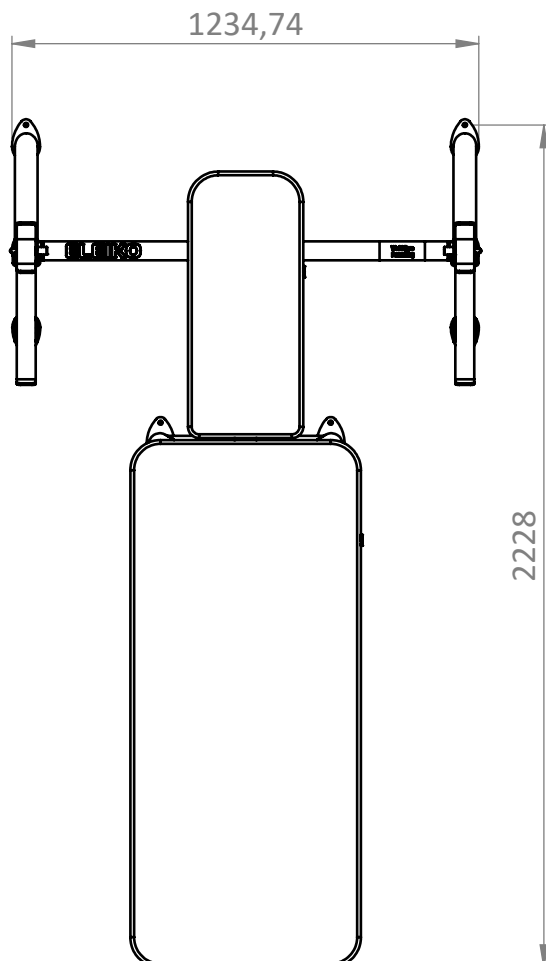
The logo for ELEIKO, consisting of the word "ELEIKO" in a bold, uppercase, sans-serif font.

# PRODUCT SPECIFICATIONS

*This product is used for WPP0 powerlifting Bench press, competition and training.*

|                        |                                  |
|------------------------|----------------------------------|
| Product weight         | 74 kg / 163 lbs                  |
| Max user weight        | 180 kg / 397 lbs                 |
| Max training weight    | 350 kg / 772 lbs                 |
| Dimensions (L x W x H) | 2228x1246x1095 mm<br>98"x49"x43" |

## FOOTPRINT AREA



Add sufficient clearance, not less than 0,6 m, on all sides. Taking into account the accessibility to remove and replace bar and weights.

## REQUIRED TOOLS



Wrench  
17 mm



Hex key  
8 mm



Hex key  
6 mm



Hex key  
4 mm



Screw driver  
Philips

Avoid electric screw drivers, most of the time they destroy more then they help.

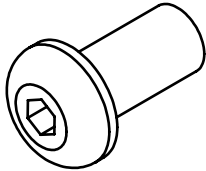
## GENERAL

The table below is general torque to use for different threads. Use these torques, if nothing else is set. Below numbers are for screw/nut of quality 8.8, 10.9 and 12.9.

| THREAD | TORQUE (Nm / ftlb)<br>Quality 8.8 | TORQUE (Nm / ftlb)<br>Quality 10.9 | TORQUE (Nm / ftlb)<br>Quality 12.9 |
|--------|-----------------------------------|------------------------------------|------------------------------------|
| M6     | 9,8 / 7,2                         | 14 / 10,3                          | 17 / 12,5                          |
| M10    | 47 / 34,7                         | 65 / 48                            | 79 / 58                            |

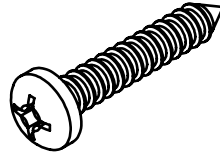
# CONTENTS

x16



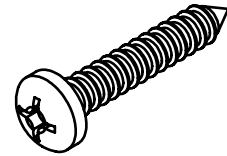
MK6S M10x16  
Art no. 2000765-L16

x6



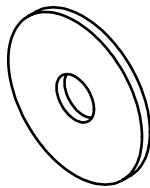
RXS 5,5x19  
Art no. 2000855-L19

x10



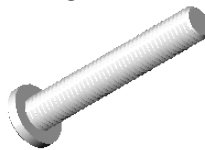
RXS 5,5x32  
Art no. 2000855-L32

x18



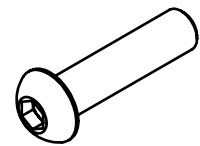
Washer  
Art no. 2000889

x3



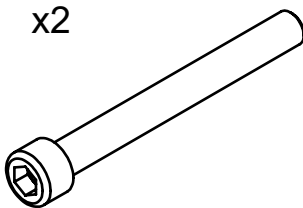
MK6S M10x60  
Art no. 2000675-L60

x18



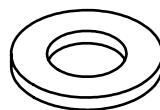
M6x25  
Art no. 2000682-L25

x2



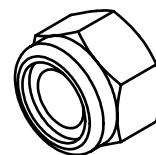
MC6S M10x90  
Art no 2000863-L90

x4



Washer  
Art no. 2000719

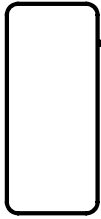
x5



Nut M10  
Art no. 2000718

# CONTENTS

x1



Padding large

Art no. 3085175A07

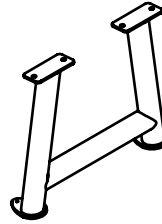
x1



Padding small

Art no. 3061190A02

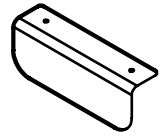
x2



Leg

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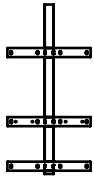
x1



Sign small

Art no. 3061190p70

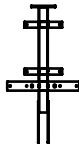
x1



Pad support rear

Art no. 3061190A59

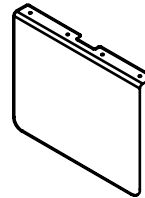
x1



Pad support front

Art no 3085175A51

x1



Sign large

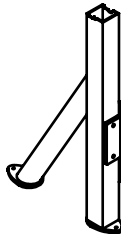
x1



Beam

Art no. 3085175A03

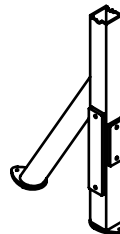
x1



Side right

Art no. 3085157A54

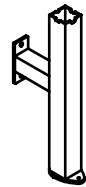
x1



Side left

Art no. 3085157A56

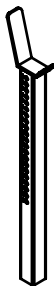
x2



Safety support

Art no. 3085157A05

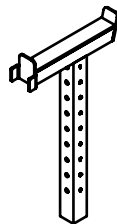
x2



Upright

Art no. 3085157A09

x2



Safety arm

Art no. 3085157A08

x4



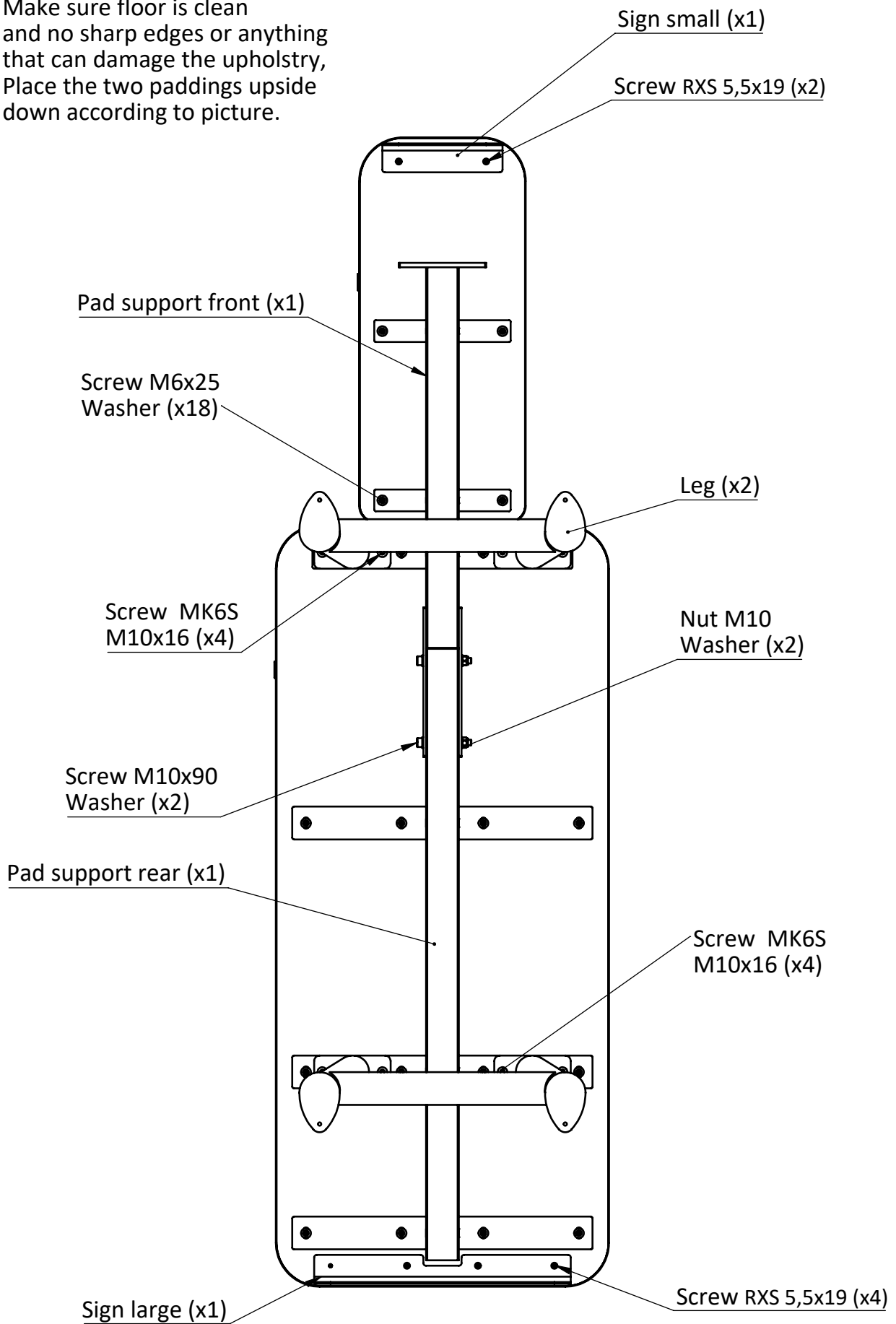
Insert pin Magnetic

2001152

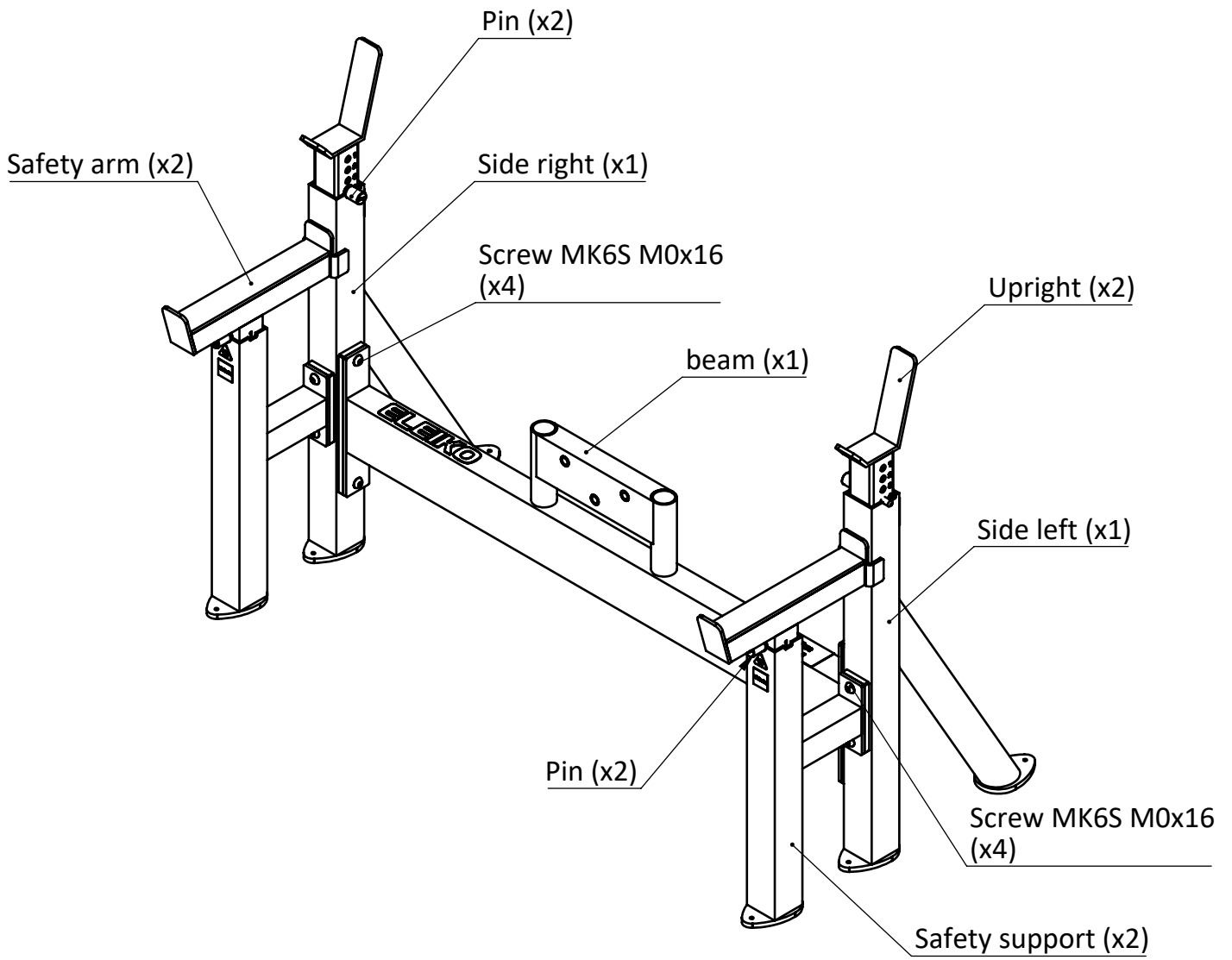
# ASSEMBLY INSTRUCTIONS

## 1.

Make sure floor is clean and no sharp edges or anything that can damage the upholstery, Place the two paddings upside down according to picture.

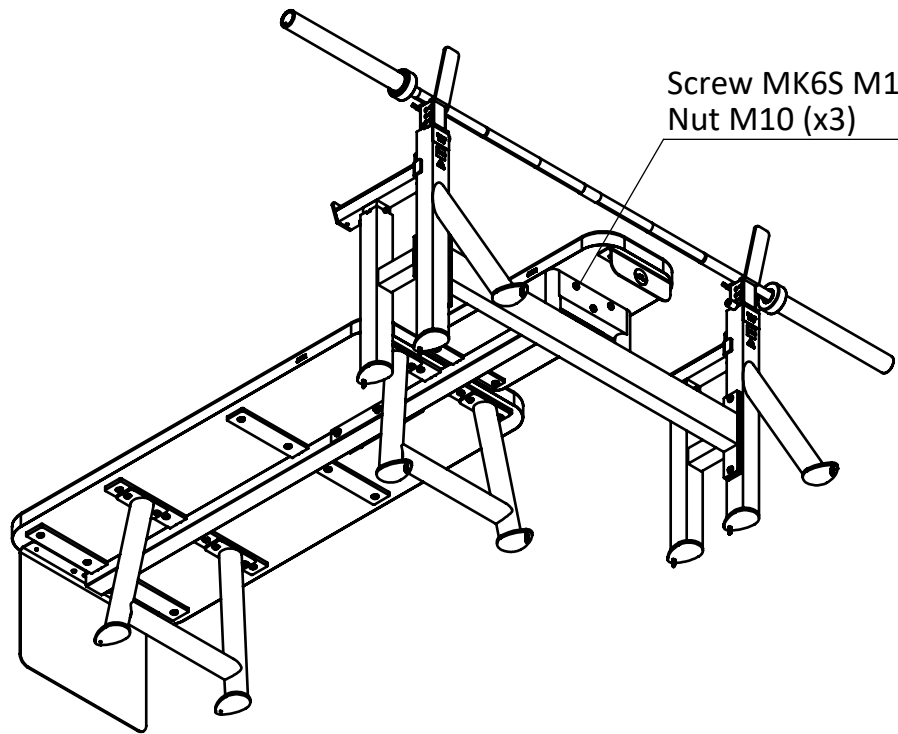


2.

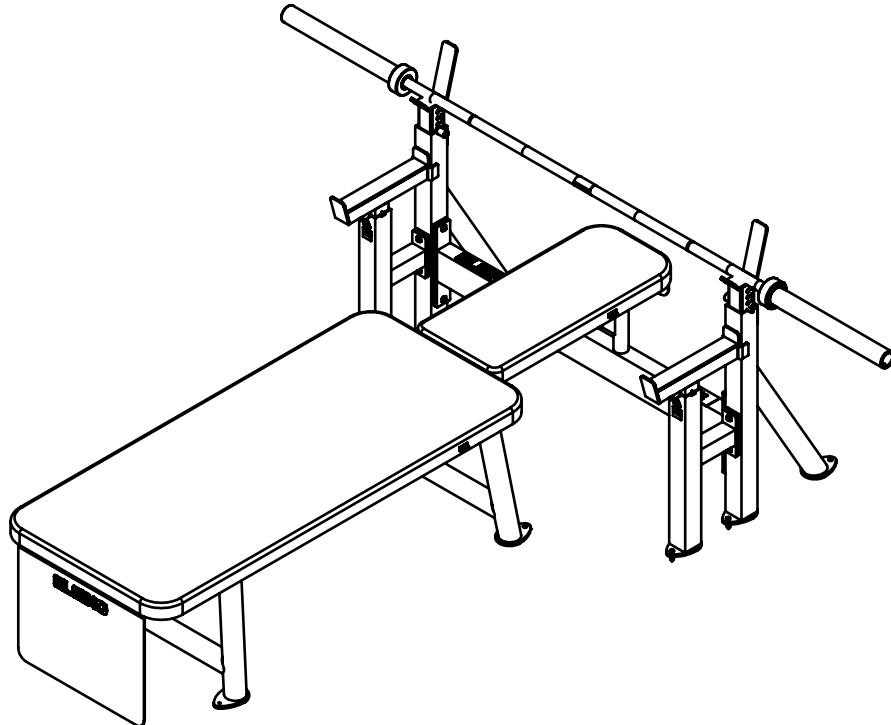




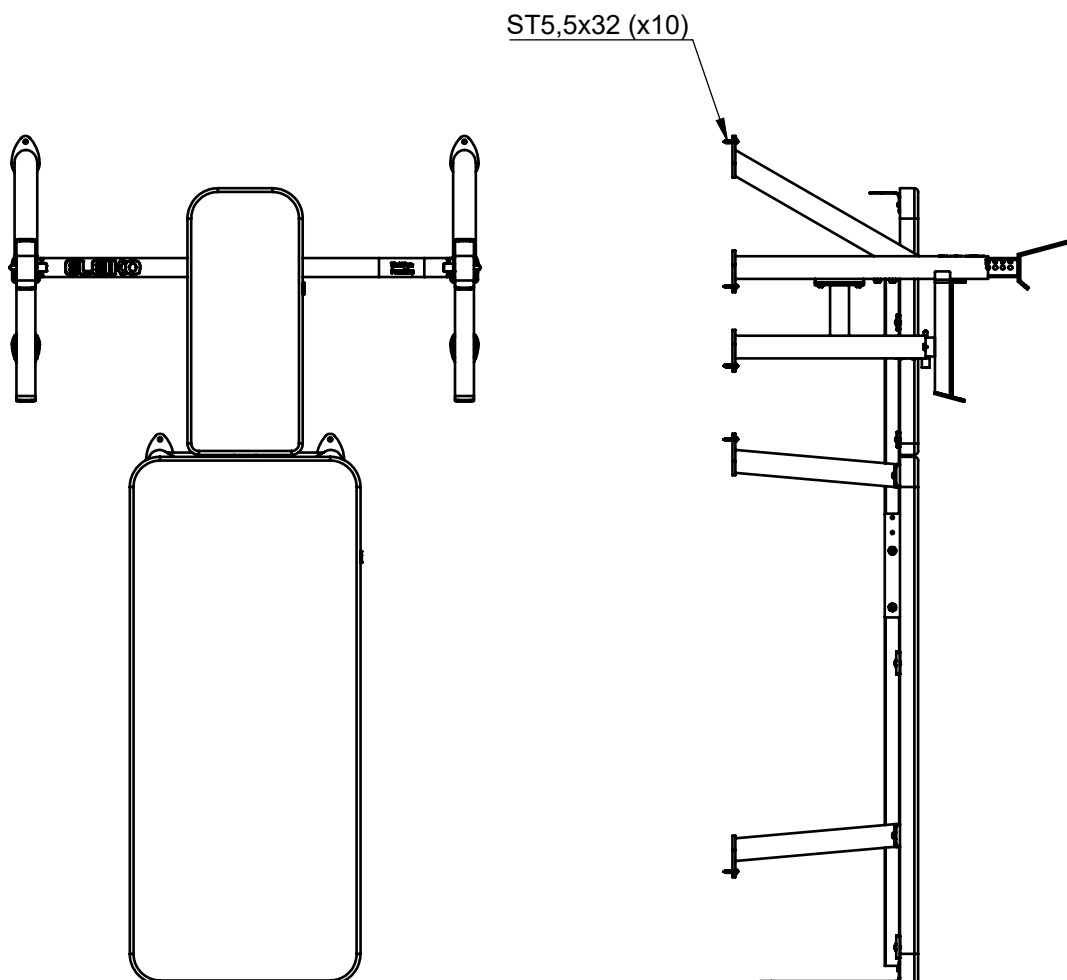
3.



Screw MK6S M10x60 (x3)  
Nut M10 (x3)

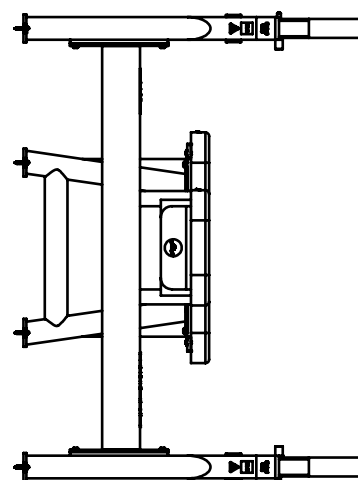


5.



For safe lifting.  
Attach Bench to floor,  
if wooden floor, use the  
screws ST 5,5x32 if other  
flooring use appropriate  
screw.

**At least, tighten all screws properly**  
**For safe use, be certain pin is properly inserted**  
**before load bar on bench.**



**ELEIKO**





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