



VERSA BENCH



Thank you for choosing RPM Power!

We appreciate your trust in our products and hope you enjoy using your new piece of equipment.

If you have any questions or need assistance with assembly or usage, please don't hesitate to reach out to us via the contact details below. Our team will be happy to assist you:



info@rpmpower.com



@rpm_power



Nenagh Rd, Thurles, E41 Y512
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@RPM Power

For product assembly guides,
maintenance advice, training
tips and more, visit:
www.rppower.com/rpm-care/



PLEASE KEEP A COPY OF THIS MANUAL FOR FUTURE REFERENCE.

Versa Bench: Cable Connection & Management Instructions

This guide explains the correct method for connecting the Versa Bench to a cable stack and managing cable tension safely and effectively. Correct setup will:

- Improve ease of use
- Prevent cable damage
- Increase bench stability
- Extend the life of both the bench and cable system

Critical Safety Notice

The cable MUST be under tension before beginning any exercise.

If the cable is slack at the start of a movement, it may:

- Come off the pulley wheel
- Become trapped at the pulley edge
- Suffer premature wear or damage

To avoid the above, always follow this sequence:



Setting up your Versa Bench

1. Connecting the cable to the Versa Bench:

- Attach the cable carabiner to the **lower front connection point** of the bench.
- Ensure the carabiner is fully closed and aligned straight with the cable path.

2. Setting Correct Cable Tension:

A. Systems with Movable Dollies (common on cable racks and adjustable multi-gyms)

- Cable tension is adjusted by moving the **dolly up or down the upright rails**.
- **Lower** the dolly during setup to create slack.
- **Raise** the dolly until the cable becomes fully tensioned while the bench remains stationary.
- The cable should be under tension **before any load is lifted**.

B. Fixed-Point Cable Systems (selectorised or non-adjustable machines)

- Position the bench so the cable is under tension at rest.
- Once the correct distance is found, **mark the bench position on the floor**.
- This ensures fast, repeatable setup every time.

3. Pre-Exercise Inspection (Required):

Before each use:

- Confirm the cable is **seated correctly** in all pulley grooves.
- Ensure there is **no visible slack**.
- Check that the bench feet are flat on the floor.
- Verify the cable path runs cleanly from stack to bench.
- Only begin exercising once all checks are complete.

4. Weight Capacity & Bench Stability:

- The effective weight capacity of the bench increases when the cable connection point is lower relative to the bench.
- Higher cable angles create upward force, which may lift the rear of the bench under heavier loads.

- If required, additional weight plates may be placed over the rear legs of the bench to increase stability.

5. If a Cable Becomes Stuck in a Pulley:

- **Immediately stop exercising.**
- Remove all tension by lowering the dolly or moving the bench closer to the cable source
- Once slack is present, carefully guide the cable back into the pulley groove.

WARNING

Never attempt to fix a cable while it is under full tension. This can damage the cable and presents a serious risk of injury.

Key Reminders

- Always begin under cable tension
- Inspect the cable and all elements before every session
- Lower cable angles to improve stability
- Never adjust or repair cables that are under load

VERSA Weight Bench Specifications:

- **Bench Size:** 1495* 700* 460mm / Net Weight: 36kg / Gross Weight: 39.5kg / Weight Capacity: 300kg
- **Leg Extension & Curl Attachment Specifications:** Size: 610*530*490mm / Net Weight: 13kg / Gross Weight: 15kg / Weight Capacity: 160kg
- **Preacher Curl Attachment Specifications:** Size: 490*640*685mm / Net Weight: 13kg / Gross Weight: 15kg / Weight Capacity: 160kg
- **Pec Fly Attachment Specifications:** Size: 770*1290*530mm / Net Weight: 21kg / Gross Weight: 23kg / Weight Capacity: 160kg
- **Leg Extension Attachment Specifications:** Size: 500*530*480mm / Net Weight: 9kg / Gross Weight: 11kg

General Safety Advice

1. Safety before use:

- **Inspect packaging upon arrival:** Before opening any package, inspect it for any visible damage or signs of tampering. If the packaging is damaged, contact RPM Power immediately.
- **Remove and dispose of packaging correctly:** Leaving any product packaging lying around your home could potentially be a hazard to you and others. Packaging, such as plastic bags, can also present a choking hazard to small children and pets. It is your responsibility to remove and dispose of all packaging correctly. RPM Power is not liable for any injury or damage that may occur as a result of packaging misuse.

2. Safety during assembly:

- **Read the user manual:** Always read and understand the user manual and instructions that come with the product. Familiarise yourself with the equipment's features and any specific safety precautions.
- **Be aware of any weight or age restrictions:** Take note of any age or weight restrictions associated with the product. Make sure the equipment is suitable for the intended user.
- **Ensure the intended usage space is suitable:** Familiarise yourself with the product dimensions as well as any specific product requirements (e.g. recommended floor type, recommended ceiling height, etc.). You should only ever set up the product in a space that is safe and suitable for use. If the product needs to be attached or fixed to another surface, such as a multi-gym, ensure that the surface area is sturdy enough to support the weight of the product and the user. Always check for piping and electrical wiring before drilling into any wall or flooring.
- **Ensure flooring is suitable for use:** Proper flooring is paramount for user safety. Make sure that the flooring you use is level and free from any obstacles. Position heavy products correctly, so that they don't cause damage to your floor. Always use products on non-slip flooring only.
- **Check for missing parts:** Ensure that all the components and parts listed in the manual are included in the product package. Contact RPM Power if anything is missing.

- **Use proper tools:** Use the recommended tools and equipment specified in the manual for assembly. Do not use any makeshift tools that may compromise safety.
- **Ask a friend:** If the product contains any parts that are heavy or difficult to handle, ask for assistance from a friend or family member to avoid straining yourself.
- **Clear your workspace:** Ensure you have a clear and well-lit workspace with enough room to move around while assembling the equipment. Ensure all parts are clearly laid out and remove any tripping hazards, such as packaging.
- **Follow the assembly instructions correctly:** Strictly follow the assembly instructions provided step by step. Do not skip any steps or rush through the process. If you are uncertain about any steps in the assembly process, do not proceed and instead reach out to us at RPM Power for assistance.
- **Be cautious with small parts:** Clearly categorise and lay out any small parts, so that they are accounted for during the assembly process. It is important to keep any small components like screws and bolts away from children and animals, as they can be a potential choking hazard.

3. Safety during use:

- **Warm up properly before exercising:** Always warm up before starting any exercise routine to prevent injuries from occurring.
- **Ensure you have enough space:** Before you use the product, ensure you have enough space around you to move freely without causing damage or harm to people, furniture or other surrounding elements.
- **Always wear suitable footwear and clothing:** Wear appropriate footwear designed for the specific activity and ensure shoes are properly laced or fastened. Do not wear loose clothing or jewellery which could potentially get caught in moving or sharp elements.
- **Supervise children and pets:** This product is not suitable for children. Ensure children and pets are supervised at all times when the machine is both idle and in use, and keep them away from any moving or sharp elements.
- **Follow weight limits:** Adhere to weight limits specified for the equipment to prevent overloading, potential structural damage or injury.

- **Follow age limits:** Adhere to age limits specified for the equipment to prevent injury to yourself or others.
- **Stay hydrated:** Drink plenty of water while exercising in order to stay hydrated.
- **Be aware of proper form:** Always do your research before attempting any exercise, particularly those involving barbells and weights. Practicing proper form is crucial to staying injury-free.
- **Know your own limits:** Do not push yourself beyond your physical capabilities. Start with appropriate exercise intensities and progress gradually.
- **Emergency procedures:** Familiarise yourself with emergency procedures and safety features on the equipment.
- **Be mindful of any heavy or sharp components:** Be careful when adjusting heavy objects, such as bench add-ons. Keep your fingers away from sharp elements and moving parts, especially the cable under loading.
- **Cool down after exercising:** Always remember to cool down and stretch properly after exercising. This will lower your chances of incurring injury after using the equipment.

4. Safety through ongoing product maintenance:

- **Regularly check all parts are secure:** Any equipment with moving parts, such as bolts and screws, should be checked regularly for stability and tightness. Do not continue to exercise with a product if you find any parts are loose or unstable, as doing so may cause injury.
- **Do not ignore unusual sounds or “sticking” components:** If any parts are visually or audibly damaged or not functioning as they should be, cease using the product and get in touch with RPM Power for guidance. We will be happy to assist you and can provide you with spare parts for your equipment if available.
- **Familiarise yourself with maintenance procedures:** Take note of any maintenance requirements and continue to perform these over time. Product-specific maintenance recommendations will be outlined in the product manual or can be found on <https://rpmpower.com>.

General Maintenance Advice

- 1. Regular inspection:** Conduct a visual inspection of the entire product before each use. Look for any signs of wear, damage or loose components. Address any issues immediately or contact RPM Power for support.
- 2. Tighten bolts and screws:** Check and tighten all bolts, screws and nuts regularly. Pay particular attention to those used in critical areas like safety catches, weight holders and cable connections. Loose fasteners can compromise safety, so it is critical that they are all securely in place.
- 3. Cable inspection:** Inspect cables and cable connections for fraying, kinks, or any signs of wear. If you notice any issues, replace the cables immediately. Videos on cable replacement can be found on <https://rpmpower.com/>.
- 4. Weight stack maintenance:** Clean the weight stack on your multi-gym regularly and ensure that weight plates are securely attached. Check for any damage or signs of wear on weight stack components.
- 5. Cleaning:** Keep the product clean by wiping it down regularly with a damp cloth to remove dust, sweat and any debris which may have accumulated over time. Avoid using abrasive cleaners that may damage the finish.
- 6. Lubrication:** Apply a silicone-based lubricant to moving parts, such as pulleys, guide rods, and weight stack pins if you notice any parts are “squeaking” or “sticking”, or in general, not performing as they should. Lubrication helps maintain smooth movement and reduces wear.
- 7. Upholstery inspection:** Examine any upholstery features on the product, such as seat cushions and backrests. Check for any tears, cracks, or signs of wear. Repair or replace damaged upholstery promptly.
- 8. Remember** that proper maintenance is crucial not only for the longevity of your multi-gym power rack but also for the safety of users. Consistent upkeep will ensure that the equipment remains in good working condition and reduces the risk of accidents or injuries during workouts.

Warranty

This product comes with a home-use warranty. The terms and conditions of warranties for RPM Power products can be found on: [**www.https://rpmpower.com/product-warranty-terms-conditions/.**](https://rpmpower.com/product-warranty-terms-conditions/)

Liability Disclaimer

RPM Power strongly encourages the safe and proper use of our products. Please read and follow all safety instructions and guidelines provided in this manual. By assembling, installing, or using this product, the user acknowledges and agrees to the following:

- **Assumption of risk:** The use of this exercise equipment involves inherent risks, including but not limited to the risk of injury or death. The user voluntarily assumes all risks associated with the assembly, installation, and use of our products.
- **Proper assembly and installation:** The user acknowledges that proper assembly and installation are critical to the safety and functionality of the exercise equipment. It is the user's responsibility to follow the assembly and installation instructions provided in this manual accurately. Any errors or negligence in assembly and installation may result in injury or damage.
- **Proper use and supervision:** RPM Power strongly recommends consulting a qualified fitness professional or physician before beginning any exercise programme with the this product. Users should always ensure they are in sufficient physical health before using exercise equipment. Users should exercise caution and common sense when using the equipment. Users are responsible for ensuring proper supervision, especially when minors (16-18 years) or inexperienced individuals use the equipment.

- **Exclusion of liability:** To the fullest extent permitted by applicable law, RPM Power disclaims all liability for any direct, indirect, incidental, consequential, special, or punitive damages, or any other loss or injury arising out of or in connection with the assembly, installation, or use of its products. This disclaimer includes but is not limited to injuries, property damage, or any other harm sustained while using the exercise equipment.
- **Limited warranty:** RPM Power provides a limited warranty for its products, as outlined in the warranty section of the RPM Power website. Any claims under the warranty must be made in accordance with the terms and conditions specified therein.

By using RPM Power exercise machines, the user acknowledges and agrees to these terms and conditions. RPM Power reserves the right to modify or update this liability disclaimer at any time. It is the user's responsibility to review this disclaimer periodically for any changes on the RPM Power website: rpmpower.com. If you do not agree to these terms, please refrain from assembling, installing, or using our products.

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info@rpmpower.com



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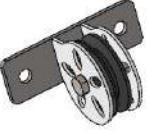
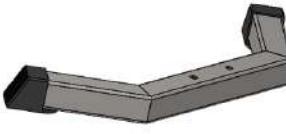
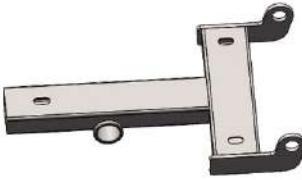


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Parts list 1

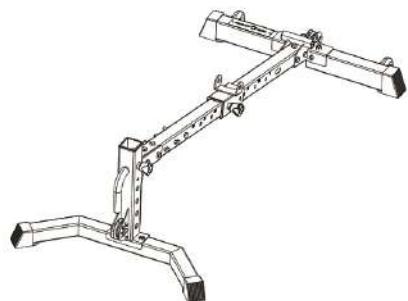
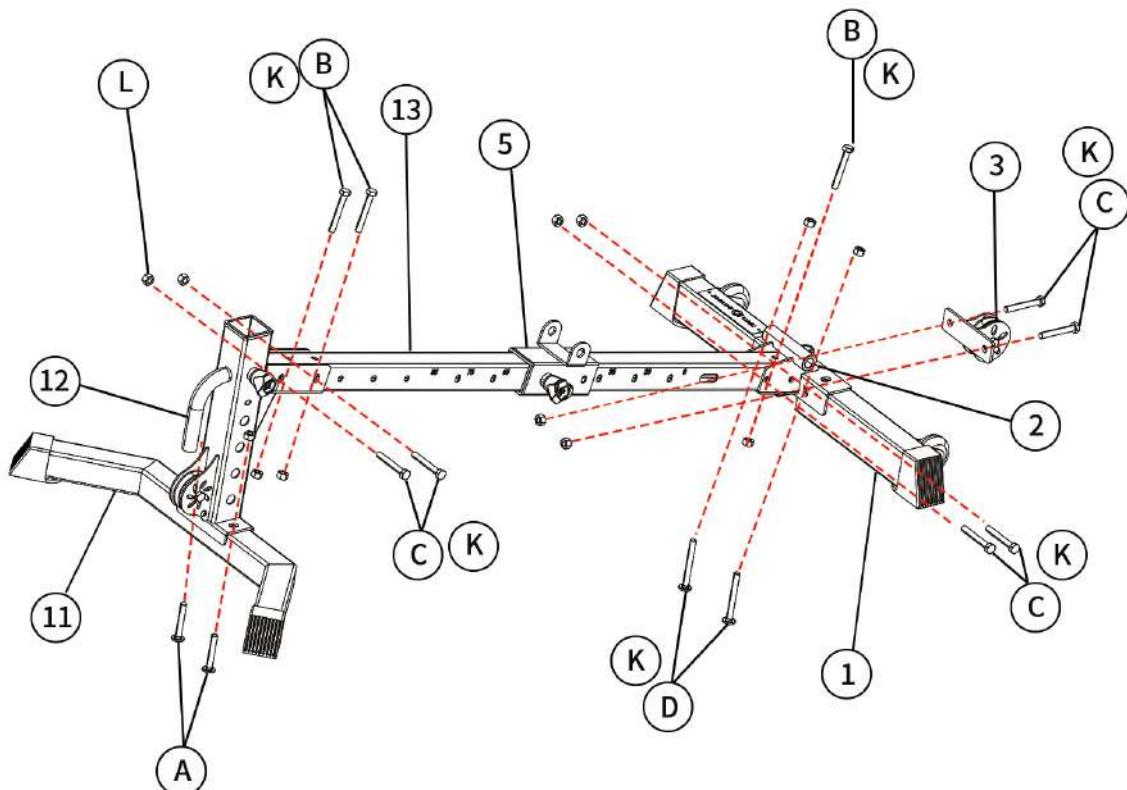
		
NO.1 Rear support*1PC	NO.2 Rear main frame connection group*1PC	NO.3 Pulley block*1PC
		
NO.4 Backrest*1PC	NO.5 Backrest adjustment group*1PC	NO.6 Backrest connection sleeve *1PC
		
NO.7 Backrest connection group*1PC	NO.8 Backrest horizontal positioning group*1PC	NO.9 Backrest assembly*1PC
		
NO.10 Connecting shaft*2PCS	NO.11 Front support*1PC	NO.12 Front main frame*1PC
		
NO.13 Main beam*1PC	NO.14 Seat cushion *1PC	NO.15 Seat cushion adjustment set*1PC
		
NO.16 Seat connection group *1PC	NO.17 Seat assembly*1PC	

Parts list 2

		
A m10x65 round head and square neck screw*2PCS	B M10-70*3PCS	C M10-75*9PCS
		
D m10x90 round head and square neck screw*2PCS	E M8-16*4PCS	F M10-16*3PCS
		
G M8-70*6PCS	H M8-50*3PCS	I M10-90*1PC
		
J M8 Washers*9 PCS	K M10 Washers*30	L M10 NUT*17PCS

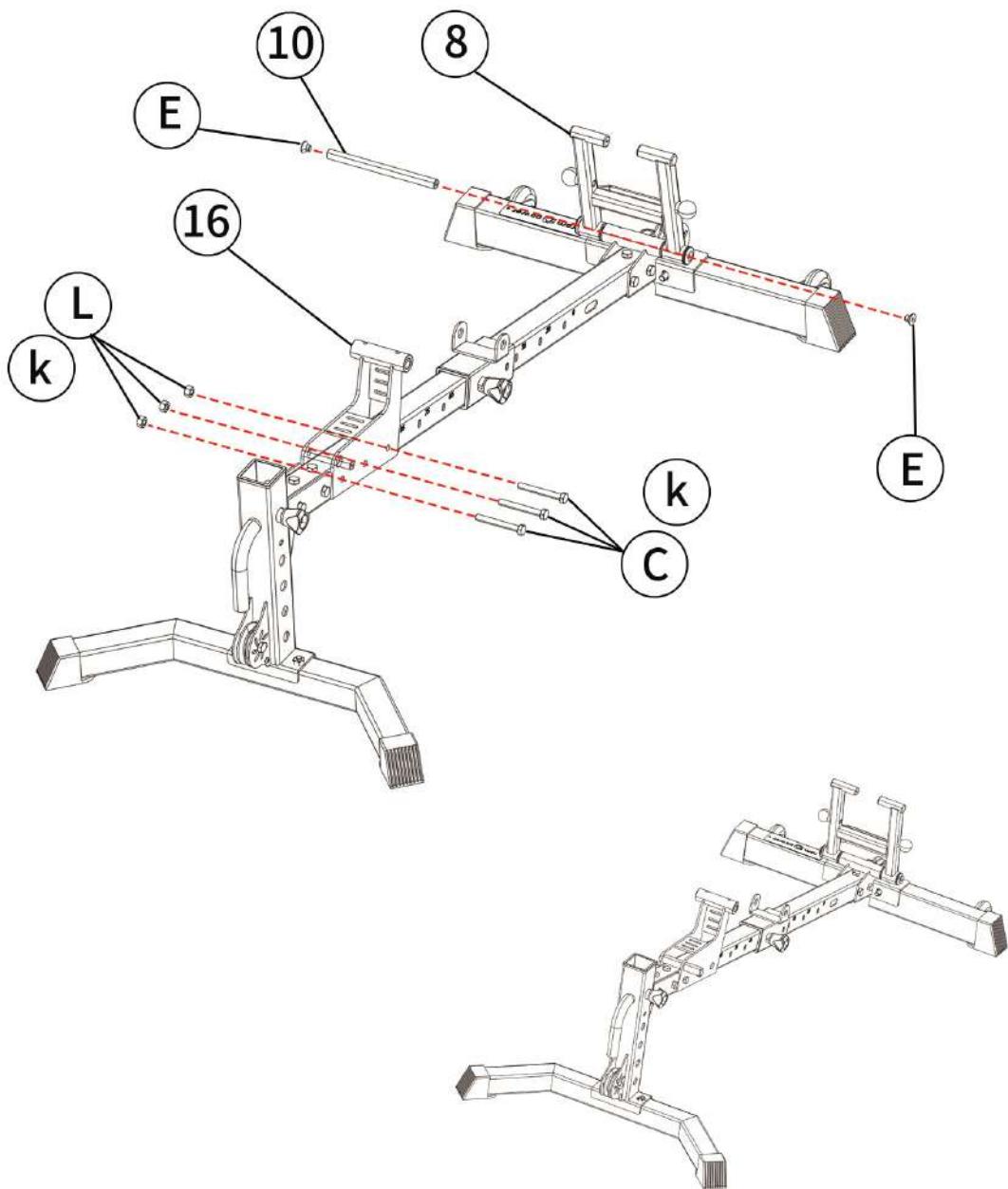
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	1	Rear support	1	A	m10x65 round head and square neck screw	2
	2	Rear main frame connection group	1	B	M10-70	3
	3	Pulley block	1	C	M10-75	6
	5	Backrest adjustment group	1	D	m10x90 round head and square neck screw	2
	11	Front support	1	K	M10 Washers	22
	12	Front main frame	1	L	M10 NUT	13
	13	Rear support	1			



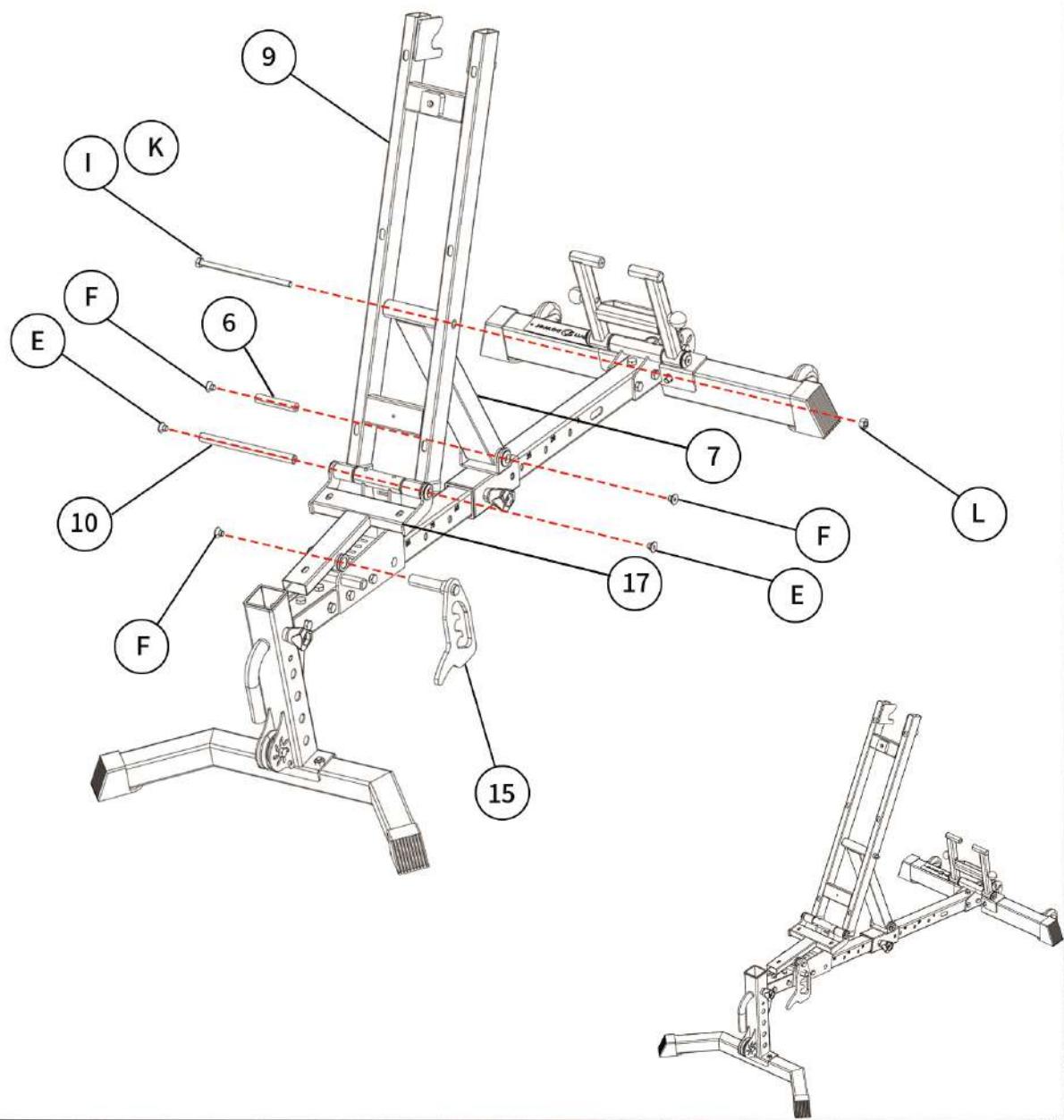
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	8	Backrest horizontal positioning group	1	C	M10-75	3
	10	Connecting shaft	1	E	M8-16	2
	16	Seat connection group	1	K	M10 Washers	6
				L	M10 NUT	3



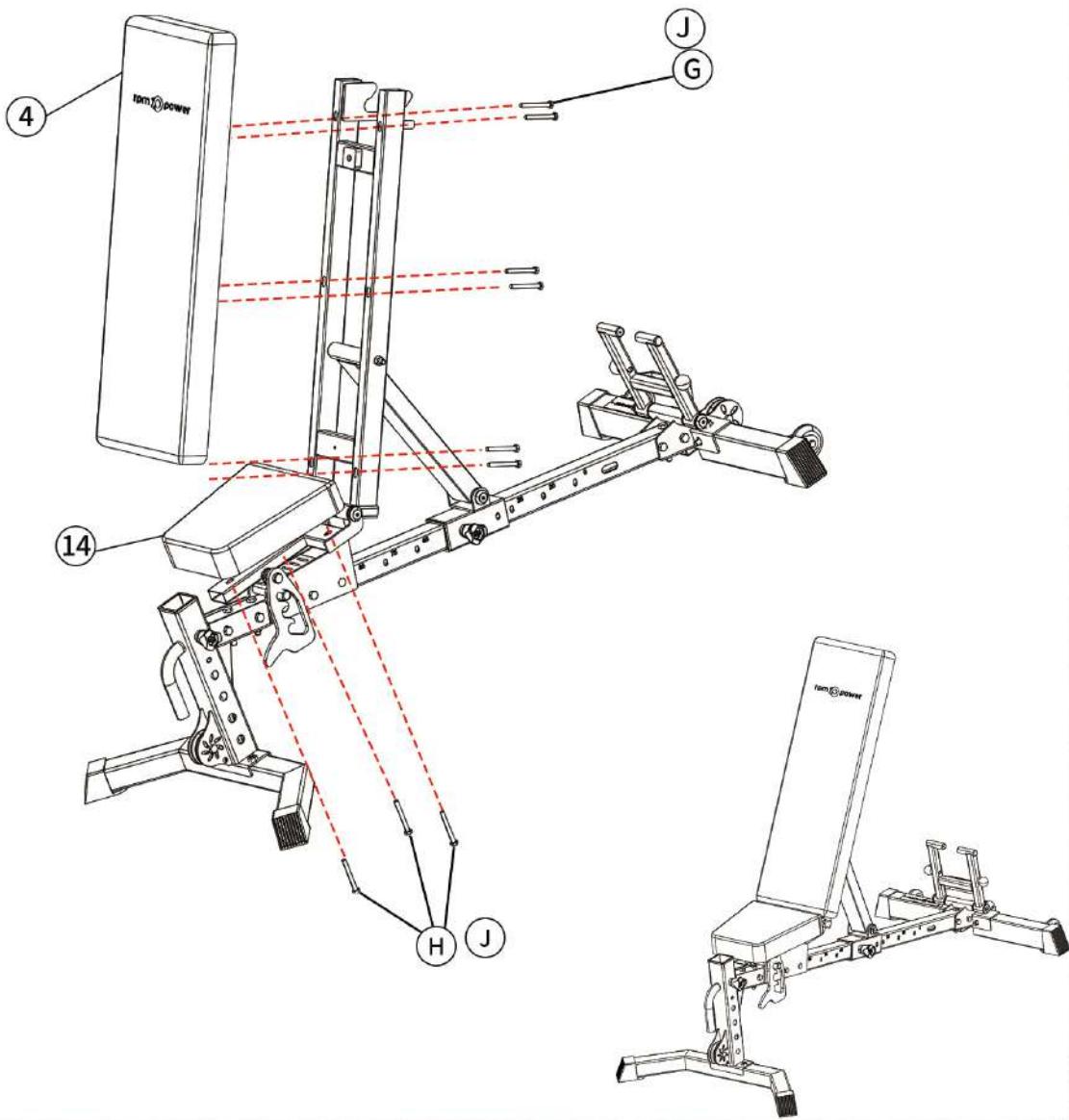
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	6	Backrest connection sleeve	1	E	M8-16	2
	7	Backrest connection group	1	F	M10-16	3
	9	Backrest assembly	1	I	M10-90	1
	10	Connecting shaft	1	K	M10 Washers	2
	15	Seat cushion adjustmentset	1	L	M10 NUT	1
	17	Seat assembly	1			

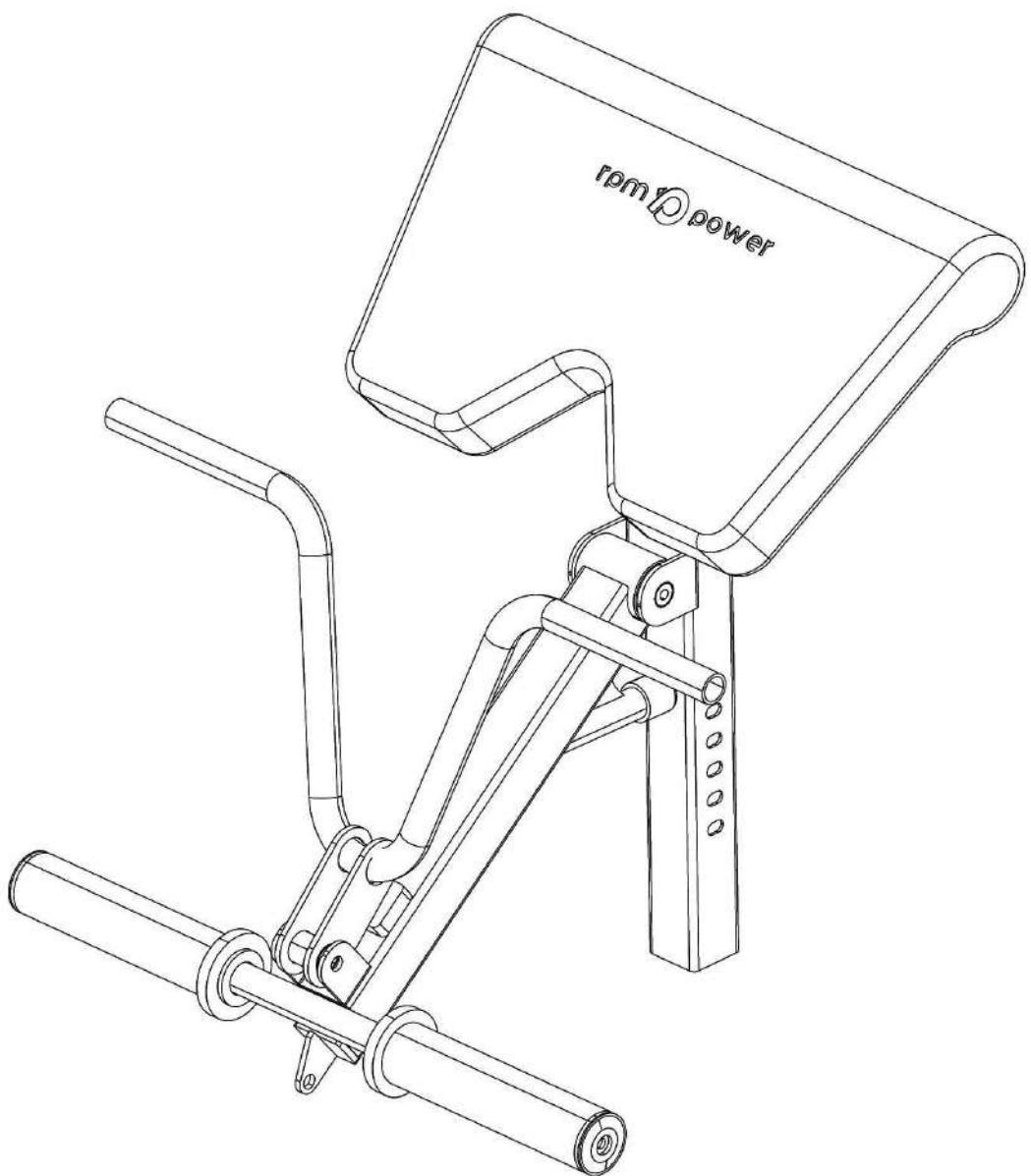


Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
4	4	Backrest	1	G	M8-70	6
	14	Seat cushion	1	H	M8-50	3
				J	M8 Washers	9



Multi Bench-Preacher Curl Attachment Manual



Parts list 1



NO.1 Soft pad*1PC NO.2 Rear main frame*1PC NO.3 Handlebar set*1PC



NO.4 Front main frame assembly*1PC NO.5 Mounting group*2PCS NO.6 Connecting shaft *1PC

Table 1. Summary of the main characteristics of the four groups of patients.

For more information, contact the Office of the Vice President for Research and the Office of the Vice President for Student Affairs.

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Table 1. Summary of the main characteristics of the four groups of patients.

11. *What is the primary purpose of the following statement?*

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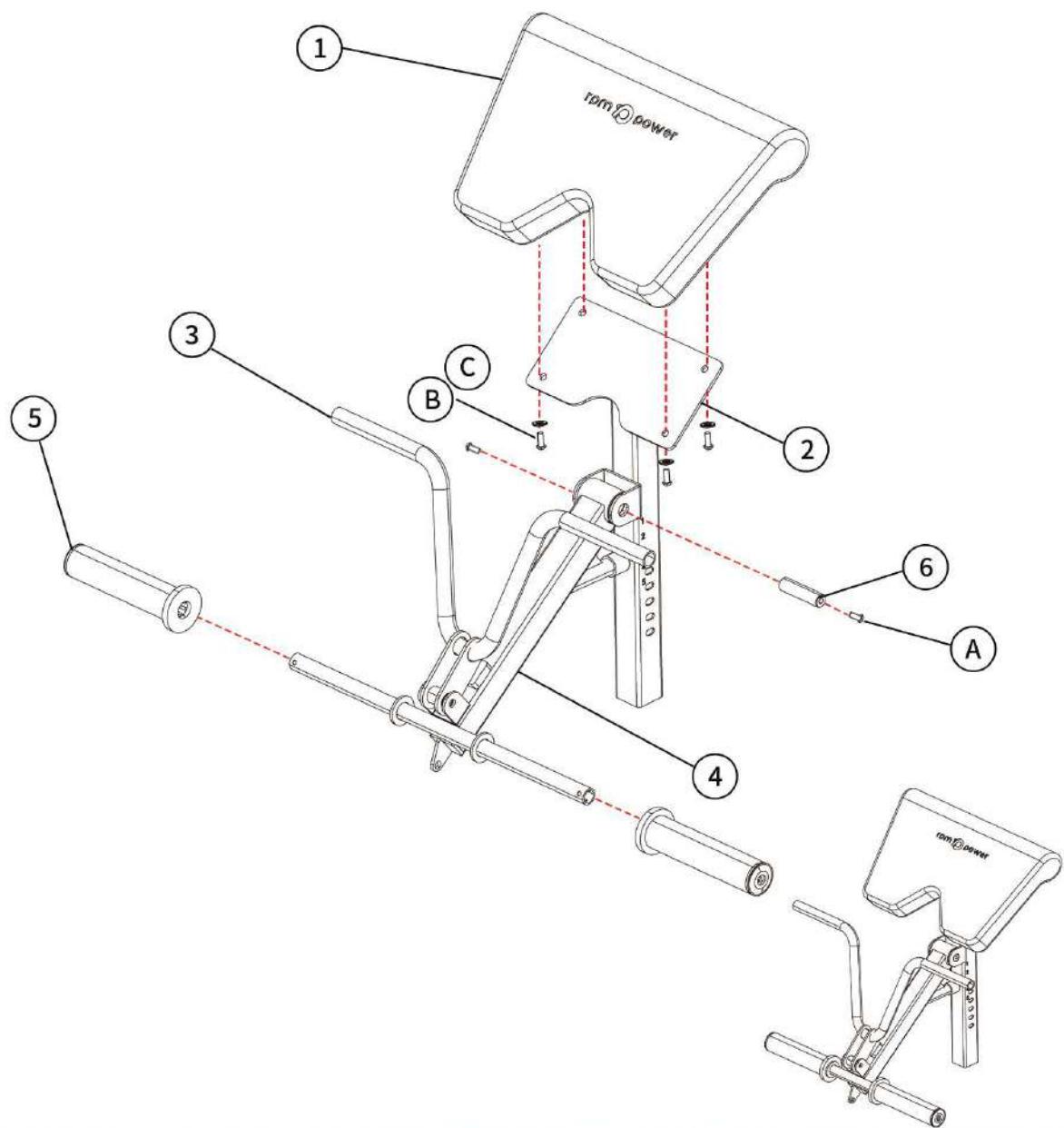
Parts list 2



A M10-20*2PCS **B** M8-25*4PCS **C** M8 Washers*4 PCS

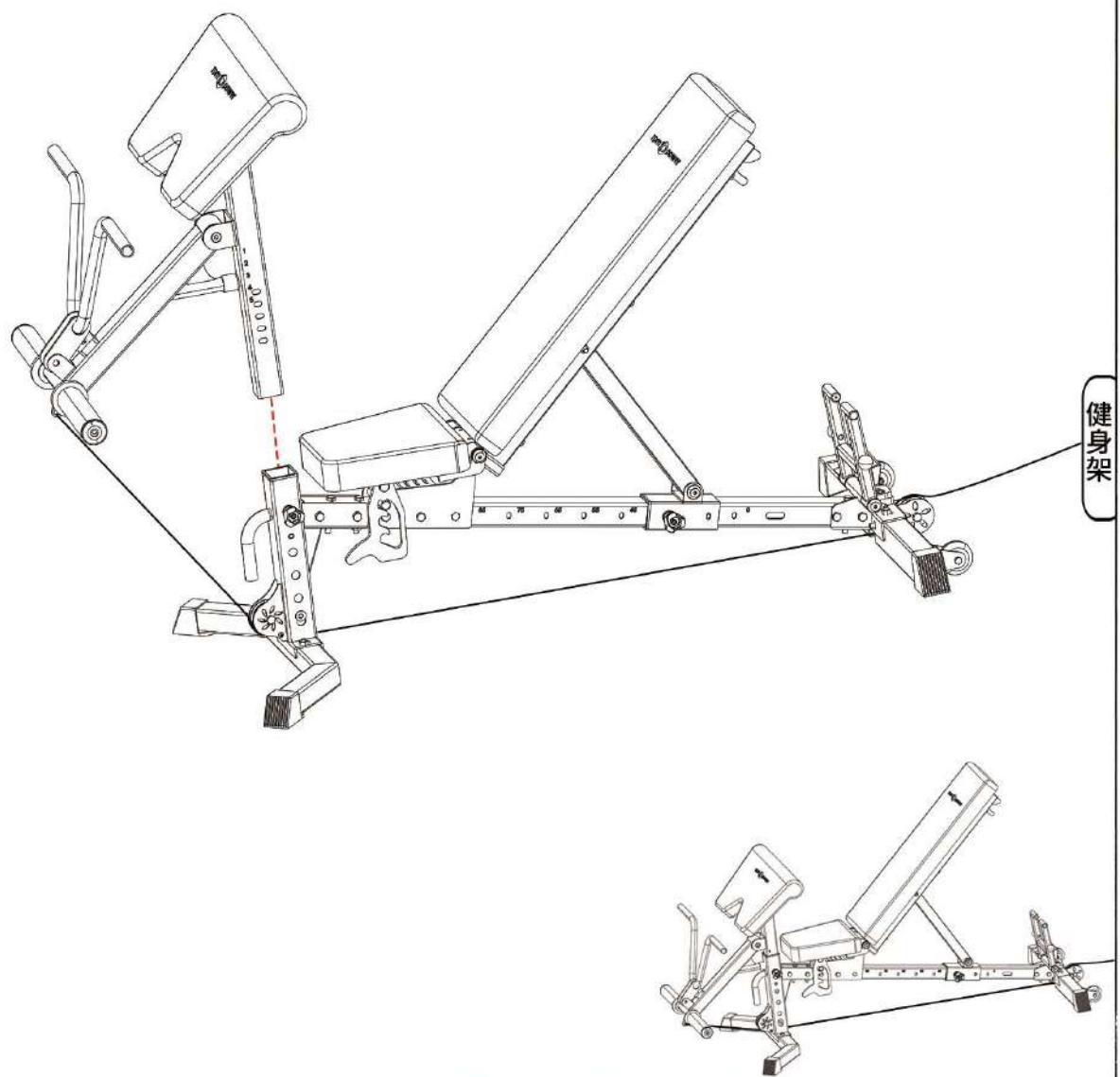
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	1	Soft pad	1	A	M10-20	2
	2	Rear main frame	1	B	M8-25	4
	3	Handlebar set	1	C	M8 Washers	4
	4	Front main frame assembly	1			
	5	Mounting group	2			
	6	Connecting	1			

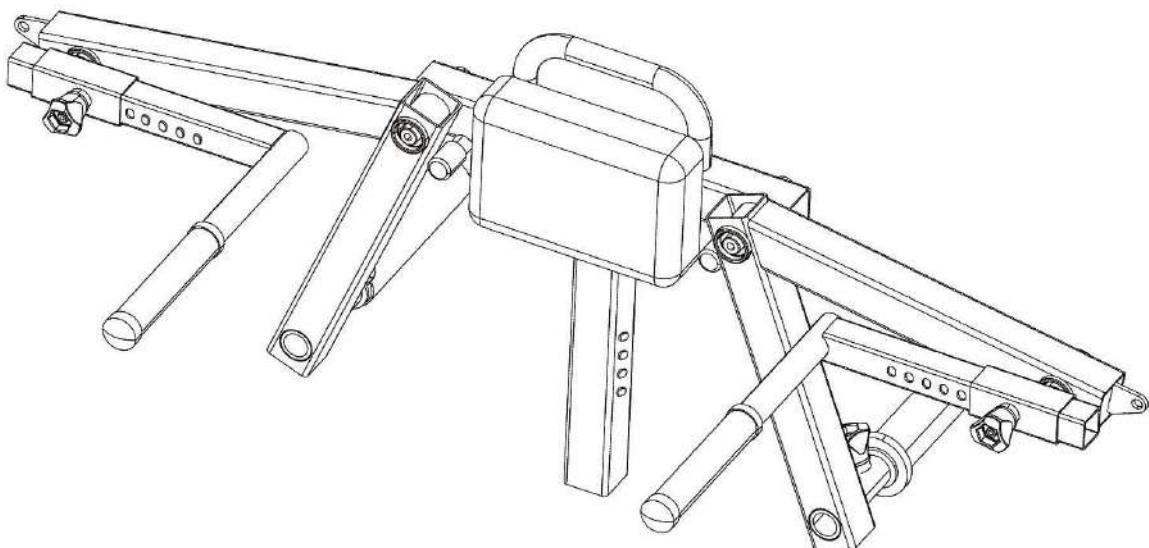


Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2						



Multi Bench-Pec Fly Attachment Manual

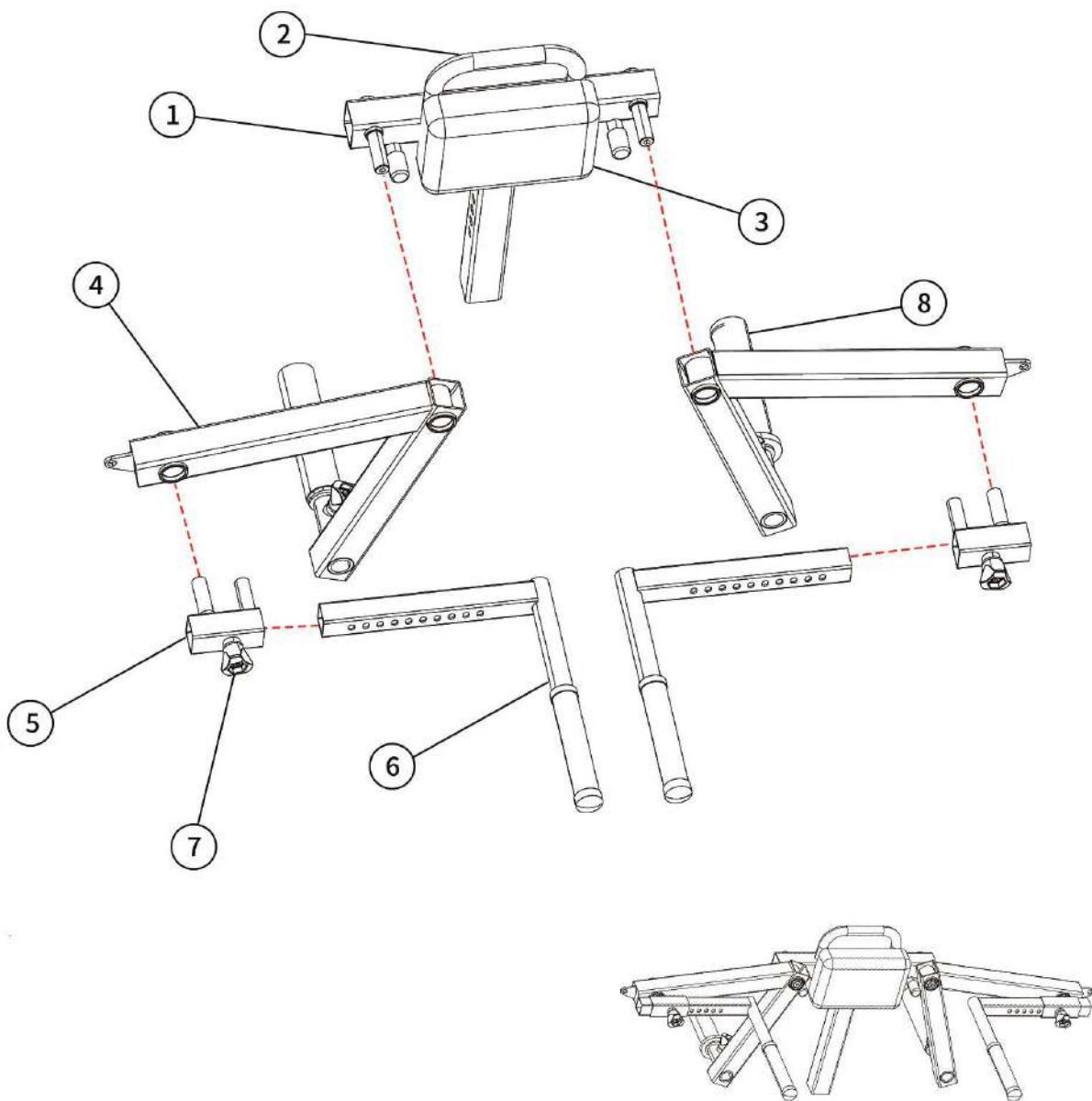


Parts list 1

					
NO.1	Headrest assembly*1PC	NO.2	Handle*1PC	NO.3	Chest clip headrest*1PC
					
NO.4	Connection group*2PCS	NO.5	Handle connection group*2PCS	NO.6	Handlebar set *1PC
					
NO.7	Three-headed elastic pin*4PCS	NO.8	Chest clamping tablet set*2PCS		

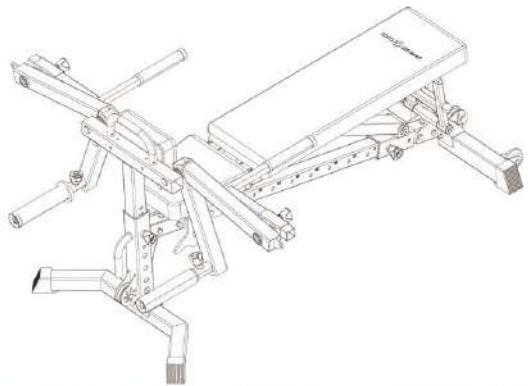
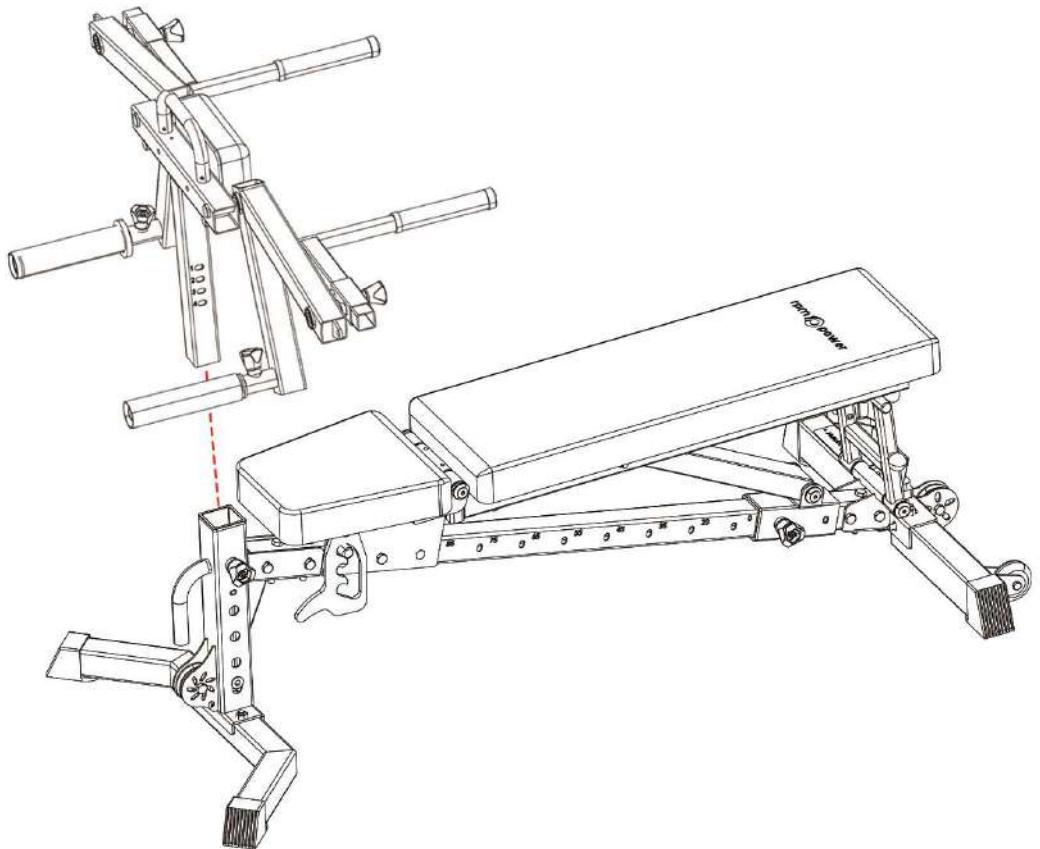
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	1	Headrest assembly	1	7	Three-headed elastic pin	4
	2	Handle	1	8	Chest clamping tablet set	2
	3	Chest clip headrest	1			
	4	Connection group	2			
	5	Handle connection group	2			
	6	Handlebar set	1			

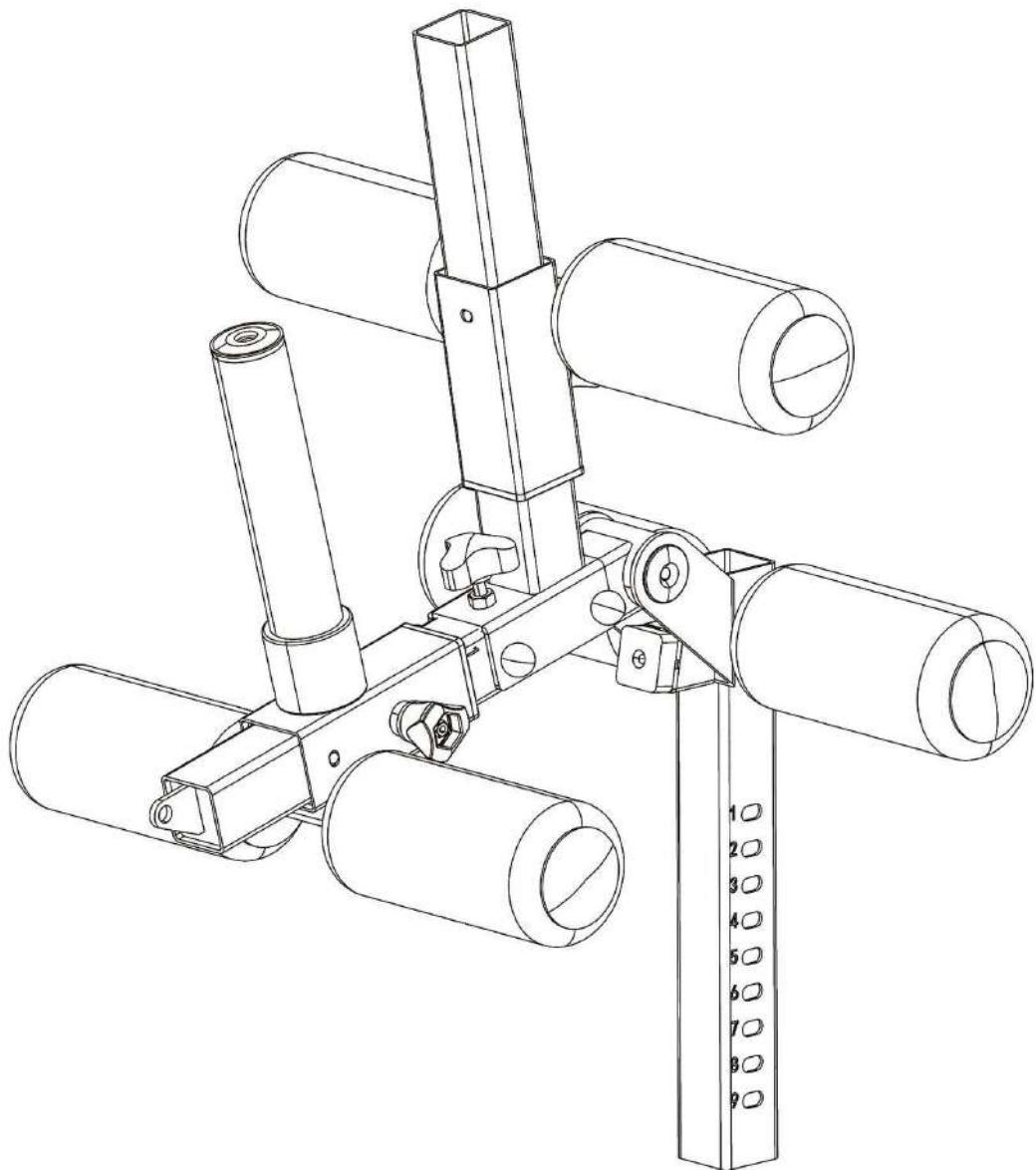


Assembly steps

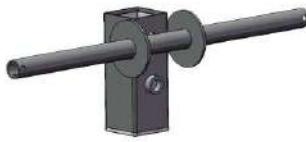
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2						



Multi Bench Leg Extension Leg Curl Attachment Manual

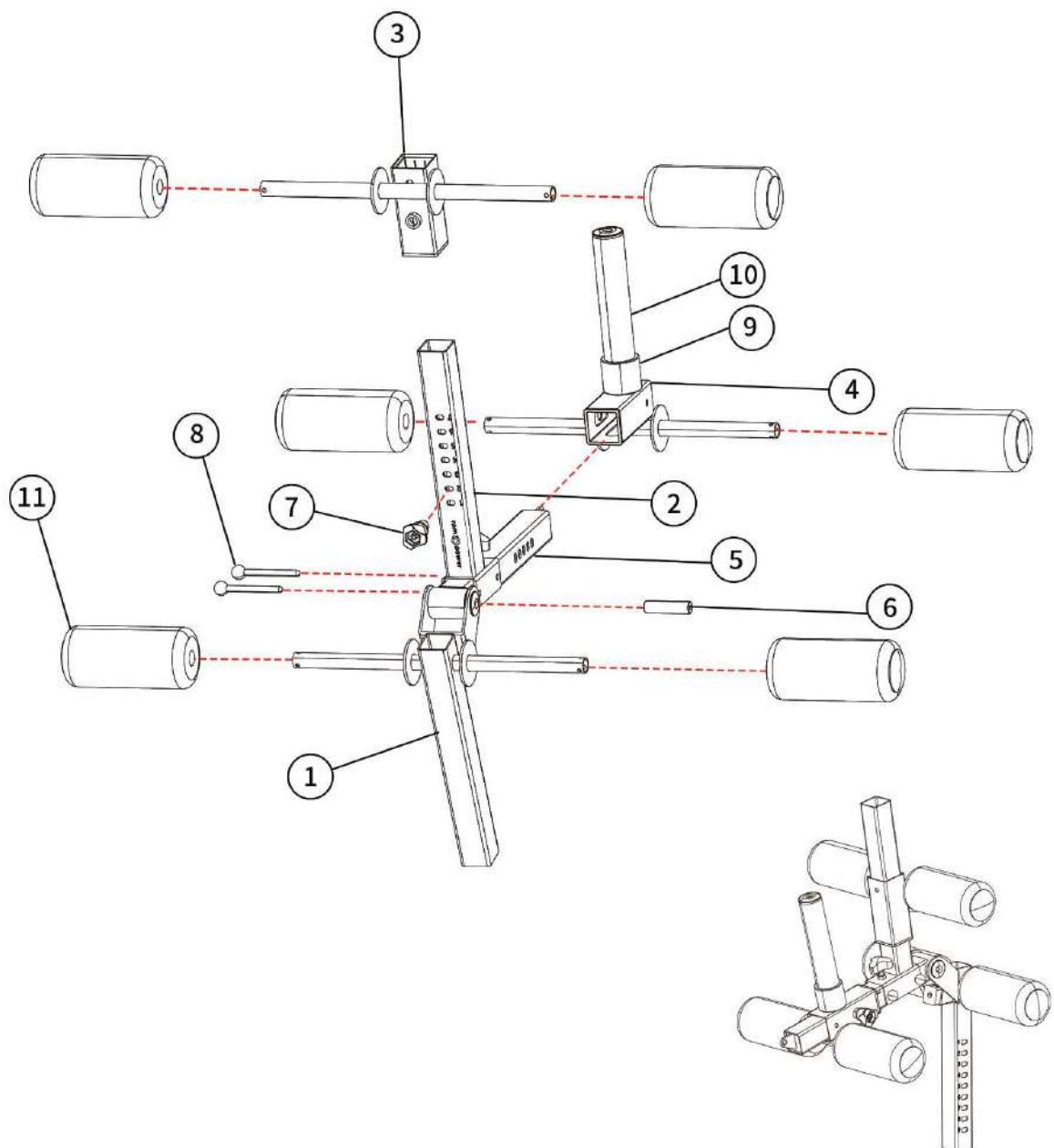


Parts list 1

		
NO.1 Leg flexion fixation group*1PC	NO.2 Adjustment frame*1PC	NO.3 Flexion and extension adjustment group*1PC
		
NO.4 Hanging plate adjustment group*1PC	NO.5 Hanging plate fixing group*1PC	NO.6 Connecting shaft *1PC
		
NO.7 Three-headed elastic pin*2PCS	NO.8 Pin insert*2PCS	NO.9 Positioning sleeve*1PC
		
NO.10 Hanging tube*1PC	NO.11 Foam*6PCS	

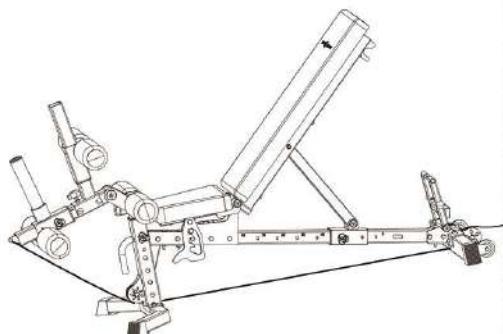
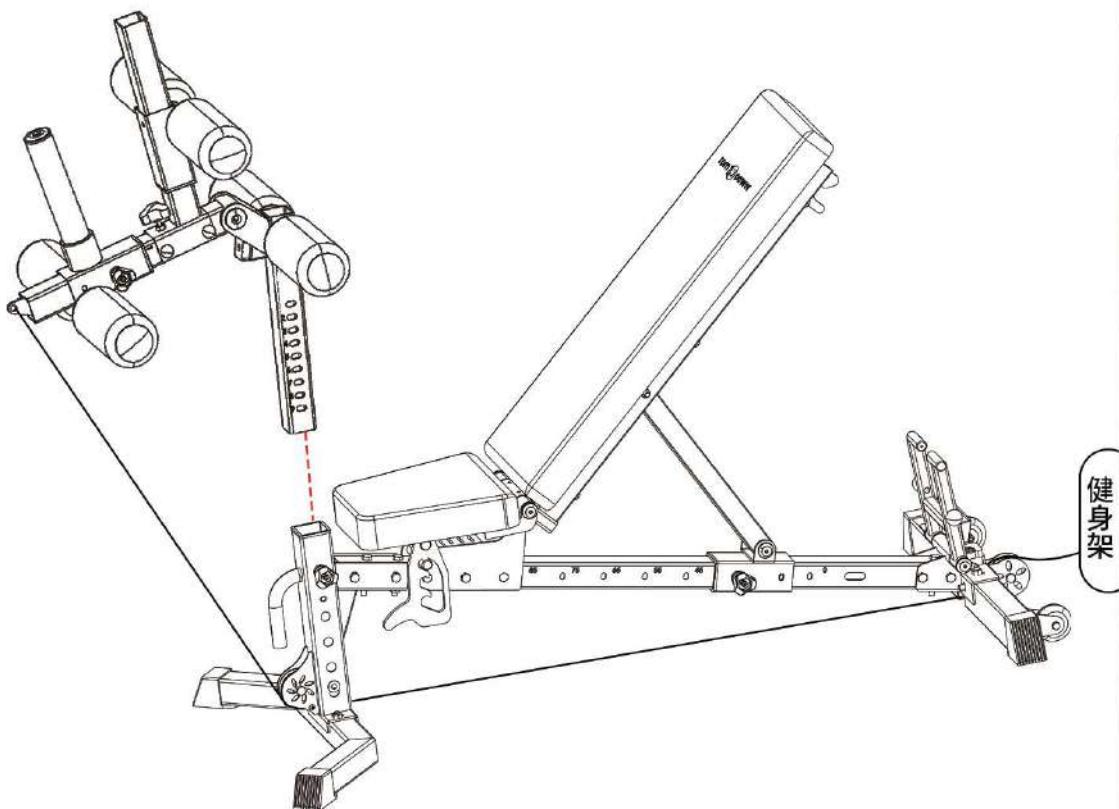
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	1	Leg flexion fixation group	1	7	Three-headed elastic pin	2
	2	Adjustment frame	1	8	Pin insert	2
	3	Flexion and extension adjustment group	1	9	Positioning sleeve	1
	4	Hanging plate adjustment group	1	10	Hanging tube	1
	5	Hanging plate fixing group	1	11	Foam	6
	6	Connecting shaft	1			



Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2						



Versa Bench Attachment Guide

Leg Extension / Leg Curl

The Leg Extension / Leg Curl attachment is designed to provide a maximum range of motion for the quadriceps and hamstrings while minimising stress on the knee joints. Correct setup is essential for comfort, safety, and performance.

Recommended Bench Position

This attachment is designed to be used with the backrest in a declined position. How vertical the backrest can be depends on the user's height and limb length.

When testing more upright backrest positions, there should never be pressure on the knees. If knee pressure is felt, decline the backrest further immediately.

Why Flat or Decline Is Recommended

- Allows the deepest possible range of motion through the quadriceps (leg extension) and hamstrings (leg curl).
- Reduces stress and pressure on the knee joints, improving long-term comfort and safety.
- Brings the centre of gravity of the bench closer to the rear, allowing heavier cable loads before additional weighting is required.

User bodyweight and the height of the cable connection will affect when additional weight plates may be required to stabilise the bench.

Correct Leg Positioning

The front or back of the knee should be on or slightly past the cushion supports closest to the seat. The legs should always pass over the first support roller. Cushion contact should support the limb without compressing the joint.

Setup & Adjustment Tips

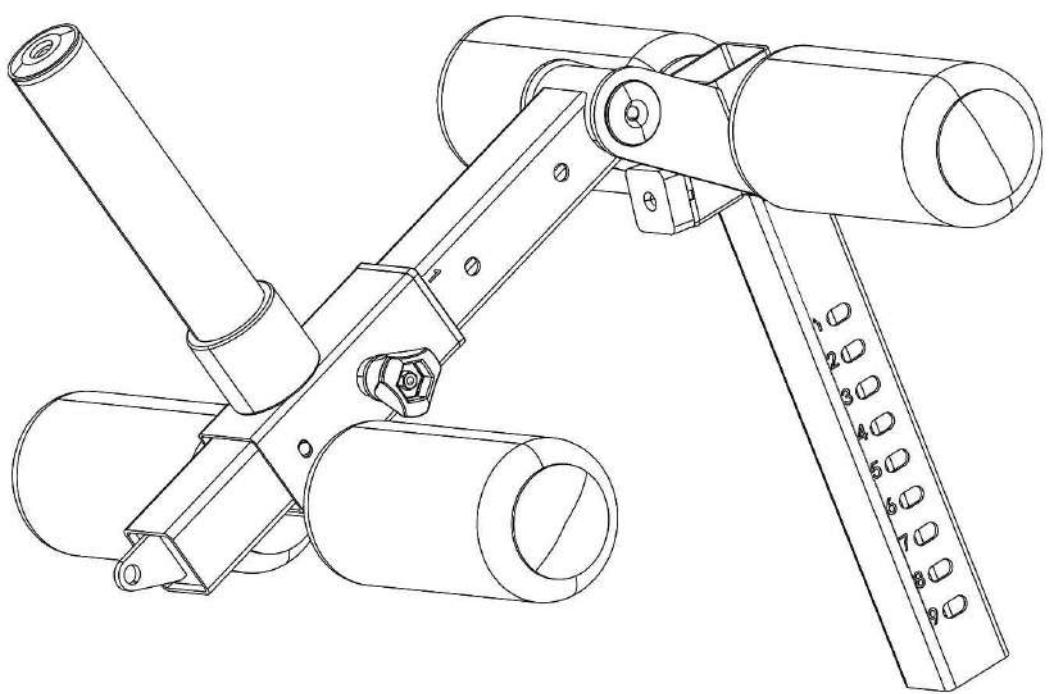
- Trial different backrest angles during initial setup.
- Adjust until you feel a full, controlled range of motion in the working muscles.
- There should be no pressure or discomfort in the knees or joints.
- Comfort and joint safety should always take priority over load.

Key Reminders

- Decline the backrest if any knee pressure is felt.
- Flat or slightly declined positions work best for most users.

- Prioritise range of motion over weight.
- Adjust setup individually for each user.

Multi Bench-AB Attachment Manual



Parts list 1



NO.1 Leg flexion fixation group*1PC



NO.2 Hanging plate fixing group*1PC



NO.3 Hanging plate adjustment
group*1PC



· NO.4 Connecting shaft*1PS



NO.5 Positioning sleeve*1PC



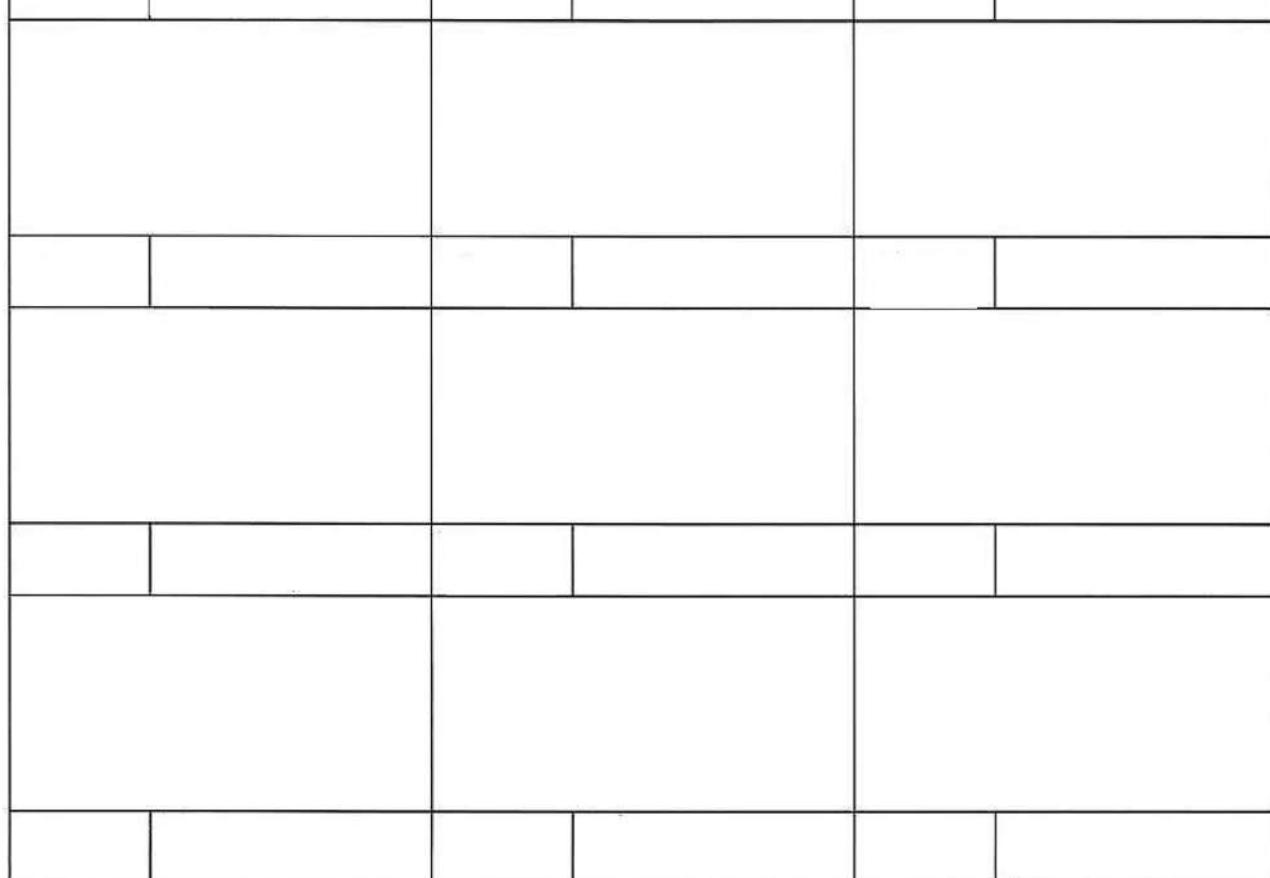
NO.6 Three-headed elastic pin*1PC



NO.7 Hanging tube*1PC

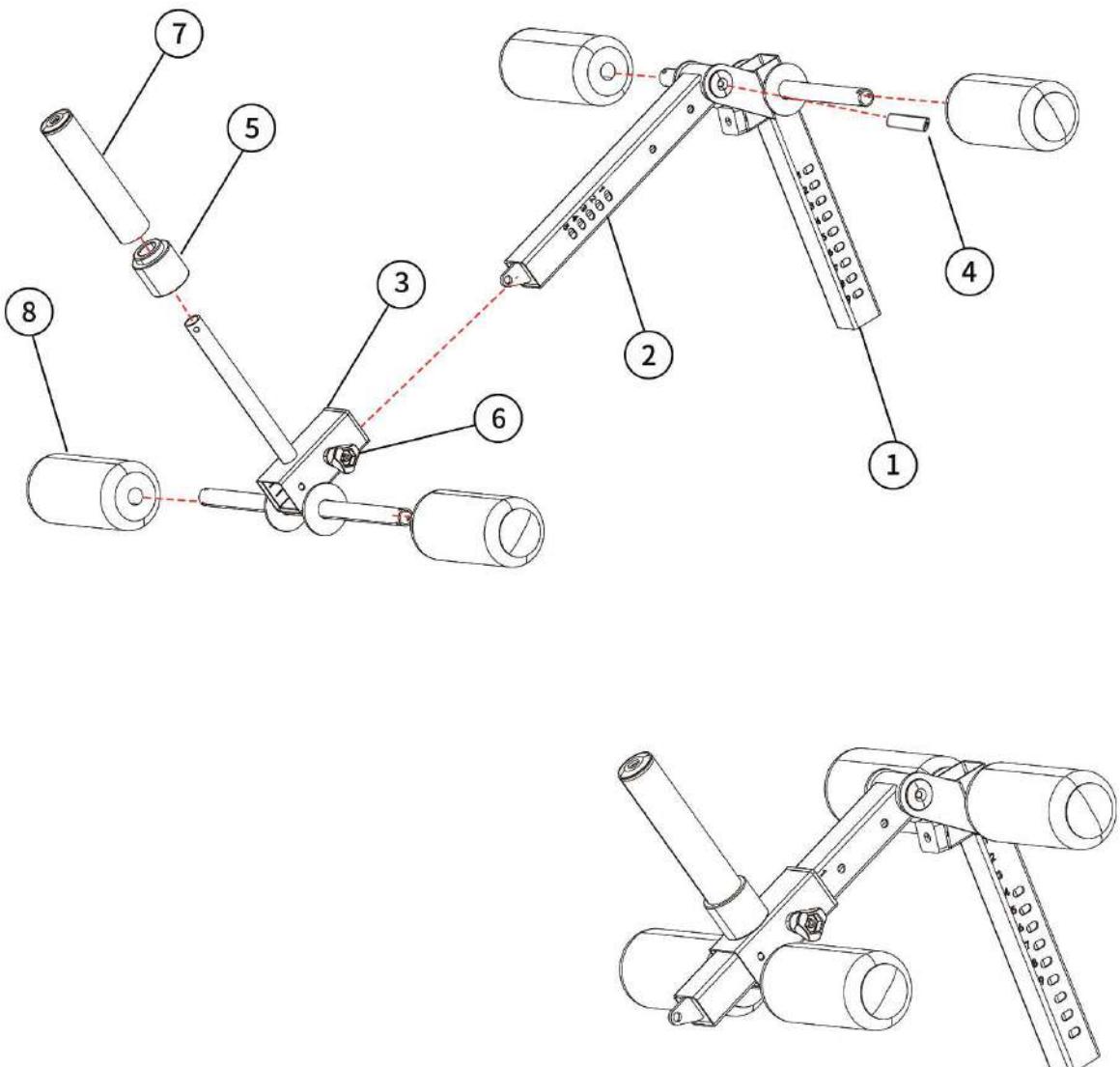


NO.8 | Foam*4PCS



Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	1	Leg flexion fixation group	1	7	Hanging tube	1
	2	Hanging plate fixing group	1	8	Foam	4
	3	Hanging plate adjustment group	1			
	4	Connecting shaft	1			
	5	Positioning sleeve	1			
	6	Three-headed elastic pin	1			



Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2						

