



[Manuals.plus](#) /

> [GORILLA SPORTS](#) /

> Universal Workstation with 108Kg Tri Grip Weight Set Instruction Manual

GORILLA SPORTS 100414-00003-0049

Universal Workstation with 108Kg Tri Grip Weight Set - Instruction Manual

Brand: GORILLA SPORTS | Model: 100414-00003-0049

INTRODUCTION

This instruction manual provides essential information for the safe and effective use of your GORILLA SPORTS Universal Workstation with 108Kg Tri Grip Weight Set. Please read this manual thoroughly before assembly and operation to ensure proper setup, safe usage, and longevity of your equipment. Retain this manual for future reference.

SAFETY INFORMATION

Your safety is paramount. Adhere to all warnings and precautions. Failure to do so may result in serious injury or damage to the equipment.

- Consult a physician before beginning any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 280 Kg (including user weight).
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Inspect the equipment for worn or damaged parts before each use. Do not use if damaged.
- Always use spotters when lifting heavy weights, especially during bench press exercises.
- Ensure weight plates are securely fastened with spinlock star collars.

SETUP AND ASSEMBLY

Assembly of the Universal Workstation requires careful attention to detail. While straightforward, some users have noted that the instructions can be challenging. Please follow the steps precisely and refer to the diagrams provided.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the

packing list (not provided in this manual, refer to your product packaging) are present and undamaged.

2. **Prepare Workspace:** Choose a clear, level area for assembly. Ensure sufficient space around the workstation for safe operation and movement.
3. **Assemble Main Frame:** Begin by assembling the base frame components. Secure all bolts loosely at first, then tighten them fully once the frame is stable and aligned.
4. **Attach Bench Components:** Install the backrest and seat. Note the 6-way adjustable backrest mechanism.
5. **Install Curl Station and Leg Press:** Attach the curl station (3-way adjustable) and leg press (3-way adjustable) according to the diagrams.
6. **Mount Barbell Rack:** Secure the 5-way adjustable barbell rack with its locking pins.
7. **Final Inspection:** After assembly, double-check all connections to ensure they are tight and secure. Test all adjustable mechanisms for smooth operation.



Figure 1: Fully assembled GORILLA SPORTS Universal Workstation with the 108Kg Tri Grip Weight Set. This image provides an overview of the complete setup, including the adjustable bench, barbell rack, curl station, leg press, and various weight plates and bars.



Figure 2: Detailed dimensions of the Universal Workstation. This diagram illustrates the length, width, and height measurements of the assembled unit, crucial for planning your workout space.

COMPONENTS OVERVIEW

The GORILLA SPORTS Universal Workstation comes with a comprehensive 108Kg Tri Grip Weight Set. Understanding each component is key to effective use.

Weight Bench Features:

- **Backrest:** 6-way adjustable for various incline, flat, and decline positions.
- **Curl Station:** 3-way adjustable, designed for bicep and tricep exercises.
- **Leg Press:** 3-way adjustable, suitable for leg extensions and hamstring curls.
- **Barbell Rack:** 5-way adjustable with locking pins for secure barbell placement.
- **Stability:** Equipped with rubber feet for enhanced stability during workouts.
- **Compatibility:** Designed for weight plates with a 30mm hole diameter. Not suitable for 1-inch plates.

108Kg Tri Grip Weight Set:

- **Weight Plates:**
 - 6 x 1.25Kg plates
 - 6 x 2.5Kg plates
 - 2 x 5Kg plates
 - 2 x 10Kg plates
 - 2 x 15Kg plates

All plates are made of solid cast iron with a 31mm hole diameter.

- **Bars:**
 - 1 x 170cm Barbell Bar (10Kg)
 - 1 x 120cm EZ Curl Bar (8Kg)

- 2 x 2.5Kg 35cm Dumbbell Bars

- **Collars:** 8 x Spinlock Star Collars for securing weights on bars.



Figure 3: Overview of the Tri Grip Weight Plates and various bars included in the 108Kg set. This image displays the different plate sizes and the barbell, EZ curl bar, and dumbbell bars.



Figure 4: Another view of the weight plates, barbell, EZ curl bar, and dumbbell bars. This perspective highlights the design of the tri-grip plates and the spinlock collars.

OPERATING INSTRUCTIONS

Proper operation ensures effective workouts and extends the life of your equipment.

Adjusting the Bench:

- **Backrest Adjustment:** To change the backrest angle (6 positions), locate the adjustment pin or lever beneath the backrest. Pull the pin, adjust the backrest to the desired angle, and ensure the pin locks securely into place before use.
- **Curl Station Adjustment:** The curl station can be adjusted to 3 different heights. Locate the adjustment knob or pin on the support frame of the curl station, pull it out, set the pad to your preferred height, and re-engage the pin.
- **Leg Press Adjustment:** The leg press attachment also has 3 adjustable positions. Adjust the height or angle by pulling the relevant pin and securing it in the desired slot.



Figure 5: Illustration of the bench backrest adjustment mechanism. This image shows how the backrest can be moved through its various positions for different exercises.

Using the Barbell Rack:

- The barbell rack has 5 adjustable height settings. To adjust, remove the locking pins, slide the uprights to the desired height, and re-insert the locking pins securely.
- Always ensure the barbell is centered and stable on the rack before and after lifts.



Figure 6: Close-up view of the barbell rack. This image highlights the sturdy design and the points where the barbell rests.

Loading Weight Plates:

- Slide the desired weight plates onto the barbell or dumbbell bars.
- Securely fasten the plates using the provided Spinlock Star Collars on both ends of the bar. Ensure they are tightened firmly to prevent plates from sliding during exercise.



Figure 7: The bench with an optional cable attachment point. This illustrates the versatility of the workstation for various exercises beyond free weights.



Figure 8: Detail of the leg press attachment and a potential pulley system connection point. This shows the mechanism for leg exercises and the possibility of integrating cable exercises.



Figure 9: Close-up of the curl station. This image highlights the padded support for arm exercises.

MAINTENANCE

Regular maintenance will ensure the safety and longevity of your Universal Workstation.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners. Check cables (if applicable) for fraying or damage.
- **Lubrication:** Apply a small amount of silicone-based lubricant to any pivot points or moving parts that show signs of friction or squeaking.
- **Storage:** Store the equipment in a dry, temperate environment away from direct sunlight or extreme temperatures.

TROUBLESHOOTING

This section addresses common issues you might encounter with your workstation.

Problem	Possible Cause	Solution
Bench wobbles or feels unstable.	Loose bolts or uneven floor surface.	Ensure all assembly bolts are fully tightened. Move the workstation to a level surface or use shims under the rubber feet to stabilize.
Adjustment pins are difficult to engage/disengage.	Misalignment or lack of lubrication.	Check for proper alignment of parts. Apply a small amount of silicone lubricant to the pin and hole.
Weight plates slide on bars.	Spinlock collars not tightened sufficiently.	Ensure spinlock star collars are tightened firmly against the weight plates before each set.

SPECIFICATIONS

Feature	Detail
Brand	GORILLA SPORTS
Model Number	100414-00003-0049
Material	Iron
Maximum Load Capacity (including user)	280 Kilograms
Item Weight (Workstation only)	40 Kilograms (Bench)
Total Package Weight	154.5 Kilograms

Feature	Detail
Item Dimensions (LxWxH)	Approx. 82.68 x 27.56 x 48.23 inches (210 x 70 x 122.5 cm)
Backrest Adjustment	6-way adjustable
Curl Station Adjustment	3-way adjustable
Leg Press Adjustment	3-way adjustable
Barbell Rack Adjustment	5-way adjustable with locking pins
Weight Plate Hole Diameter	30mm (Workstation), 31mm (Weight Plates)
Weight Set Composition	6x1.25Kg, 6x2.5Kg, 2x5Kg, 2x10Kg, 2x15Kg plates; 1x170cm barbell, 1x120cm EZ curl bar, 2x35cm dumbbell bars; 8 spinlock collars.

WARRANTY AND SUPPORT

For specific warranty details and customer support, please refer to the documentation included with your purchase or contact GORILLA SPORTS directly through their official website or customer service channels. Keep your proof of purchase for any warranty claims.

For assistance with assembly, parts, or operational questions, please reach out to GORILLA SPORTS customer support. Contact information can typically be found on the product packaging or the manufacturer's website.

Note: Amazon customer reviews mention "customer support at the top" and "quick delivery," suggesting good support from the brand.