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ZIPRO Jacked

ZIPRO Jacked Multi-Purpose Foldable Weight Bench User Manual

Model: Jacked

1. INTRODUCTION

The ZIPRO Jacked Multi-Purpose Foldable Weight Bench is an essential piece of equipment for effective home workouts. Designed for versatility, it allows you to perform a wide range of exercises, including bench presses, abdominal workouts, and dumbbell exercises, without needing to visit a gym. This high-quality bench is built to support your fitness journey with its robust construction and adjustable features.

Note: Long barbells and weight sets are not included with this product.

2. IMPORTANT SAFETY INFORMATION

Please read all safety instructions carefully before assembling or using the ZIPRO Jacked Weight Bench. Failure to follow these instructions may result in injury or damage to the product.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the bench on a flat, stable surface. Do not use on uneven ground.
- Ensure all bolts, nuts, and adjustment pins are securely tightened before each use.
- Do not exceed the maximum weight capacity of 230 kg (507 lbs). This includes user weight plus any weights being lifted.
- Inspect the bench for any signs of wear or damage before each workout. Do not use if damaged.
- Use proper lifting techniques and always use a spotter when lifting heavy weights.
- Do not modify the equipment in any way.
- Store the bench in a dry, safe place when not in use.

3. PACKAGE CONTENTS

Before assembly, verify that all parts listed below are present and undamaged. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

- Main Frame Components (Front and Rear Stabilizers, Main Support Beam)
- Backrest Pad
- Seat Pad
- Footrest/Leg Developer Assembly
- Adjustment Pins and Knobs
- Hardware Kit (Bolts, Washers, Nuts, Wrenches)
- User Manual

4. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Please follow these steps carefully. Refer to the diagrams for visual guidance.

1. **Unpack and Identify Parts:** Carefully remove all components from the packaging. Lay them out on a clean, flat surface. Identify each part using the provided parts list and diagrams.



Figure 4.1: Overview of the ZIPRO Jacked Weight Bench.

2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the appropriate bolts and nuts. Ensure they are tightly fastened for stability. The triangular construction and 50x50mm profiles contribute to enhanced stability.



Figure 4.2: Highlighted stability points and adjustment mechanisms.

3. **Install Backrest and Seat Pads:** Attach the backrest and seat pads to their respective frame sections using the provided screws. Ensure the pads are aligned correctly and securely fastened. The bench features a 6 cm thick seat for comfort during long workouts.



Figure 4.3: Detail of the comfortable padding and footrest.

- 4. Assemble Footrest/Leg Developer:** Attach the footrest or leg developer assembly to the designated point on the main frame. This component can be fully folded away when not in use.
- 5. Insert Adjustment Pins:** Insert the quick-release adjustment pins into the designated holes for the backrest, seat, and footrest. These pins allow for quick and easy adjustments.
- 6. Final Check:** Before first use, double-check all connections to ensure they are tight and secure. Wiggle the bench gently to confirm stability.

5. OPERATING INSTRUCTIONS

The ZIPRO Jacked bench offers multiple adjustment options for a customized workout experience.

5.1 Adjusting the Backrest

The backrest can be adjusted to various incline, flat, and decline positions. To adjust:

1. Locate the adjustment pin or lever at the base of the backrest.
2. Pull the pin out or release the lever.
3. Move the backrest to your desired angle.

4. Release the pin/lever, ensuring it locks securely into one of the adjustment notches.

5.2 Adjusting the Seat

The seat also offers multiple angle adjustments to complement the backrest position.

1. Locate the adjustment mechanism beneath the seat.
2. Pull the pin or release the lever.
3. Adjust the seat to the desired angle.
4. Ensure the pin/lever locks firmly into place.

5.3 Adjusting the Footrest/Leg Developer

The footrest can be adjusted for different leg exercises or folded away.

1. Locate the adjustment pin near the footrest.
2. Pull the pin to release the footrest.
3. Adjust to the desired height or fold it completely.
4. Secure the pin back into position.

5.4 Folding for Storage

The ZIPRO Jacked bench is designed for easy folding and storage, thanks to its locking bolt construction.

1. Ensure the backrest and seat are in their lowest or most compact positions.
2. Locate the folding mechanism (usually a locking bolt or pin) on the main frame.
3. Release the locking mechanism.
4. Carefully fold the bench until it reaches its compact storage dimensions.
5. Secure any locking pins to prevent accidental unfolding.



Figure 5.1: The bench in its folded state, highlighting compact storage.

6. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your ZIPRO Jacked Weight Bench.

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Check Fasteners:** Periodically check all bolts, nuts, and adjustment pins to ensure they are tight. Tighten any loose fasteners immediately.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts and adjustment points if they become stiff or squeaky.
- **Storage:** Store the bench in a cool, dry place, away from direct sunlight and extreme temperatures. If folding for storage, ensure it is securely locked in the folded position.
- **Inspection:** Regularly inspect the upholstery for tears or excessive wear, and the frame for cracks or bends. Replace worn or damaged parts immediately.

7. TROUBLESHOOTING

Here are some common issues and their potential solutions:

| Problem | Possible Cause | Solution |
|-------------------------------------|--|---|
| Bench feels unstable or wobbly. | Loose bolts or uneven surface. | Ensure all assembly bolts are tightened. Move the bench to a flat, level surface. |
| Difficulty adjusting backrest/seat. | Adjustment pin not fully disengaged or mechanism is stiff. | Ensure the pin is pulled out completely. Apply a small amount of silicone lubricant to the mechanism. |
| Bench does not fold easily. | Locking bolt/pin not fully released or mechanism is stiff. | Ensure the folding locking mechanism is fully disengaged. Lubricate moving parts if necessary. |
| Squeaking noises during use. | Loose connections or friction between metal parts. | Tighten all bolts. Apply lubricant to pivot points and joints. |

If you encounter issues not listed here or if the problem persists, please contact ZIPRO customer support.

8. SPECIFICATIONS

| Feature | Detail |
|--------------------------------|---|
| Model Name | Jacked |
| Model Number | 11926648 |
| Brand | ZIPRO |
| Material | Carbon Steel Frame, Metal, Polyethylene |
| Color | Jacked (Black) |
| Maximum Weight Capacity | 230 Kilograms (approx. 507 lbs) |
| Product Dimensions (L x W x H) | 135 x 41 x 24 cm (folded) |
| Item Weight | 14 Kilograms (approx. 30.8 lbs) |
| Seat Thickness | 6 cm |



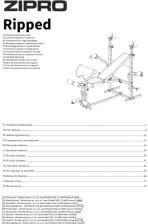
Figure 8.1: Detailed dimensions of the ZIPRO Jacked Weight Bench.

9. WARRANTY AND SUPPORT

The ZIPRO Jacked Multi-Purpose Foldable Weight Bench comes with a **2-year availability of spare parts** from the date of purchase. This ensures that essential components can be replaced if needed within this period.

For warranty claims, technical support, or inquiries about spare parts, please contact ZIPRO customer service. Please have your purchase receipt and product model number (11926648) ready when contacting support.

For the most up-to-date contact information, please refer to the official ZIPRO website or the retailer from whom you purchased the product.

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|  | <p>ZIPRO Ripped Workout Bench User Manual</p> <p>Comprehensive user manual for the ZIPRO Ripped workout bench, covering assembly, operation, safety guidelines, and maintenance. This guide provides detailed instructions for setting up and using the equipment for various training types.</p> |
|  | <p>Instrukcja obsługi bieżni treningowej ZIPRO Iluzion</p> <p>Kompleksowa instrukcja obsługi bieżni treningowej ZIPRO Iluzion, zawierająca szczegółowe informacje dotyczące montażu, bezpiecznego użytkowania, konserwacji oraz rozwiązywania problemów technicznych.</p> |
|  | <p>Zipro Nitro RS Magnetic Bike User Manual</p> <p>Comprehensive user manual for the Zipro Nitro RS magnetic bike, covering assembly, operation, safety guidelines, maintenance, and troubleshooting. Includes technical specifications and warranty information.</p> |
|  | <p>ZIPRO Wave Electromagnetic Elliptical Trainer User Manual</p> <p>Comprehensive user manual for the ZIPRO Wave electromagnetic elliptical trainer, covering assembly, operation, safety, maintenance, and troubleshooting. Includes technical specifications and program details.</p> |
|  | <p>ZIPRO Ramble Treadmill User Manual</p> <p>Comprehensive user manual for the ZIPRO Ramble treadmill, covering assembly, operation, maintenance, and troubleshooting. Learn how to safely and effectively use your treadmill for home workouts.</p> |
|  | <p>ZIPRO STRIDE Workout Bench User Manual</p> <p>Comprehensive user manual for the ZIPRO STRIDE workout bench, covering assembly, operation, maintenance, safety guidelines, and warranty information.</p> |

