

## Z ZHICHI 021DZS

# Z ZHICHI Adjustable Multifunction Weight Bench User Manual

Model: 021DZS

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Z ZHICHI Adjustable Multifunction Weight Bench. This versatile fitness equipment is designed for a comprehensive full-body workout in a home gym setting. It features adjustable positions for various exercises, a robust construction, and a comfortable design. Please read this manual thoroughly before assembly and use to ensure proper operation and to prevent injury.

## 2. IMPORTANT SAFETY INFORMATION

Before using this equipment, consult with a physician. It is recommended to perform a warm-up before each workout session.

- Always inspect the bench for loose parts, damage, or wear before each use. Do not use if any components are compromised.
- Ensure all bolts, nuts, and adjustment pins are securely fastened before beginning any exercise.
- Place the bench on a flat, stable surface. Avoid uneven floors or slippery areas.
- Maintain a clear space of at least 0.6 meters (2 feet) around the equipment during use.
- Do not exceed the maximum weight capacity of 299.4 kg (660 lbs).
- Keep children and pets away from the equipment during operation.
- Use proper form and controlled movements during exercises. Avoid sudden or jerky motions.
- If you experience pain, dizziness, or discomfort, stop exercising immediately.
- This equipment is intended for adult home use only.

## 3. PRODUCT COMPONENTS AND SPECIFICATIONS

The Z ZHICHI Adjustable Multifunction Weight Bench is constructed with high-quality materials for durability and comfort.

### 3.1 Key Components:

- **Frame Material:** 50x50mm carbon steel pipe, 1.4mm thick.
- **Upholstery:** 1.4mm thick PU leather with high-density foam padding.
- **Adjustable Backrest:** 10 positions.
- **Adjustable Seat/Cushion:** 3 degrees of adjustment.
- **Preacher Pad:** Enlarged and elongated, 15.7 inches long.
- **Leg Developer:** For leg extensions and curls.
- **Weight Rod:** 2-in-1 design, compatible with dumbbells and Olympic weight plates.

### 3.2 Product Specifications:

Feature	Specification
Model Number	021DZS
Material	Synthetic Leather + Steel + Foam
Item Weight	20 kg (44.09 lbs)
Maximum Weight Capacity	299.4 kg (660 lbs)
Dimensions (L x W x H)	175.01 x 59.94 x 115.06 cm (68.9 x 23.6 x 45.3 inches)
Frame Material	Alloy Steel

## 4. ASSEMBLY AND SETUP

The Z ZHICHI Weight Bench requires minimal assembly. Follow these steps carefully.



Image: Bench dimensions and folding mechanism. This image illustrates the overall dimensions of the bench in its extended state and provides a visual guide for folding the bench for storage.

#### 4.1 Initial Assembly:

While the product description mentions "very easy to finish the assembly," specific step-by-step instructions are not provided in the input. Generally, assembly involves attaching the main frame components, the preacher pad, and the leg developer. Ensure all bolts and nuts are tightened securely using the provided tools.

#### 4.2 Folding for Storage:

The bench is designed to be foldable for convenient storage. Refer to the diagram above for visual guidance.

1. **Step 1 & 3:** Pull out the designated bolts.
2. **Step 2:** Turn the knob to release the mechanism.
3. **Step 4:** Put the back cushion down to fold the bench into a compact form.

### 5. OPERATING INSTRUCTIONS

The Z ZHICHI Weight Bench offers multiple adjustment options to customize your workout.

### 5.1 Backrest Adjustment:



*Image: Backrest adjustment. This image displays the 10 adjustable positions for the backrest, allowing users to select various angles for different exercises.*

The backrest can be adjusted to 10 different positions to support a wide range of exercises, from flat bench press to incline presses and sit-ups.

1. Locate the adjustment pin or lever at the base of the backrest.
2. Pull the pin out or release the lever.
3. Adjust the backrest to the desired angle.
4. Ensure the pin securely locks into one of the 10 available positions before use.

### 5.2 Seat/Cushion Adjustment:

The seat cushion offers 3 degrees of adjustment to further optimize your body position during workouts.

1. Locate the adjustment mechanism for the seat cushion.
2. Adjust the seat to one of the three available positions.
3. Ensure it is securely locked before use.

### 5.3 Preacher Pad and Weight Rod:

**15.7 INCH LONG PREACHER PAD IS USEFUL FOR DIFFERENT EXERCISE POSITIONS.**

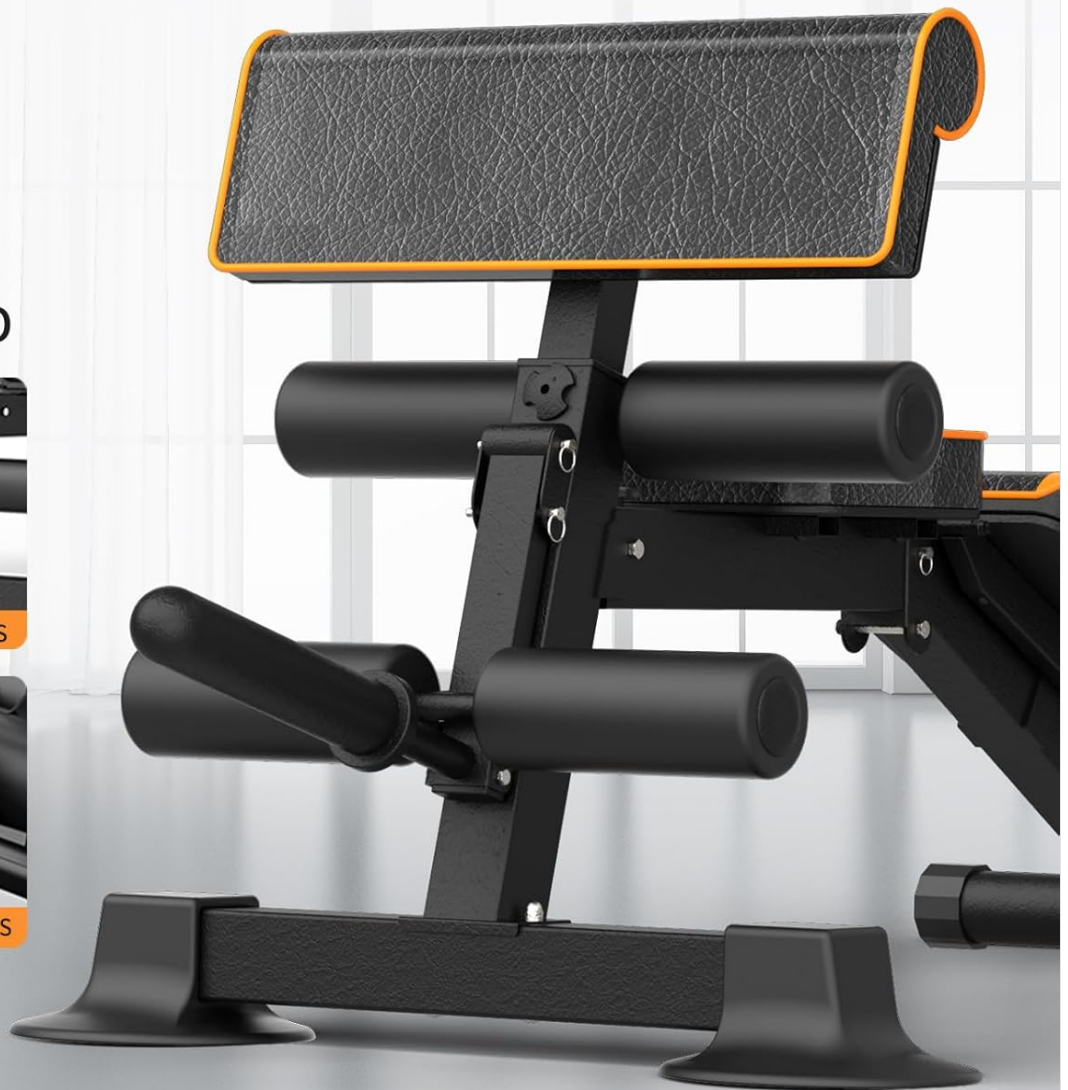
#### 2 IN 1 WEIGHT ROD



OLYMPIC WEIGHT PLATES



DUMBBELL WEIGHT PLATES



*Image: Preacher pad and 2-in-1 weight rod. This image highlights the 15.7-inch preacher pad and the versatile weight rod designed to accommodate both Olympic and standard dumbbell weight plates.*

The enlarged preacher pad is designed for bicep curls and other arm exercises. The integrated 2-in-1 weight rod can hold both Olympic weight plates and standard dumbbell weight plates, providing flexibility for your strength training.

1. Attach the desired weight plates (Olympic or dumbbell) to the weight rod.
2. Ensure plates are secured with collars if necessary (collars not included).
3. Position yourself comfortably on the bench with your arms resting on the preacher pad.

## 5.4 Leg Developer:



*Image: Multifunction bench in use. This image provides an overview of the Z ZHICHI weight bench, demonstrating its use for various exercises including bicep curls with the preacher pad and leg extensions with the leg developer.*

The leg developer attachment allows for effective leg extensions and leg curls.

1. Sit on the bench with your legs positioned under the foam rollers.
2. Adjust the foam rollers for a comfortable and secure fit.
3. Perform leg extensions by extending your legs upwards, or leg curls by curling your legs downwards (if applicable to the design).

## 5.5 General Usage and Exercises:

# REAL WEIGHT CAPACITY



*Image: Bench for abdominal exercises. This image demonstrates the bench being used for abdominal exercises, emphasizing its robust construction and 660 lbs weight capacity.*

The Z ZHICHI bench is suitable for a variety of exercises targeting the chest, shoulders, back, abdominals, and legs.

- **Chest:** Flat, incline, and decline dumbbell presses.
- **Shoulders:** Seated dumbbell presses, lateral raises.
- **Back:** Dumbbell rows (with proper support).
- **Abdominals:** Sit-ups, crunches, Roman chair abdominal flexion.
- **Arms:** Bicep curls (with preacher pad), tricep extensions.
- **Legs:** Leg extensions, leg curls.

## WIDEN AND THICKEN BACKREST BREATHABLE AND COMFORTABLE EXPERIENCE

Thickened 2.4" backrest design for comfortable lying down.



*Image: Backrest comfort features. This image focuses on the widened and thickened backrest, illustrating its breathable and comfortable design for extended workout sessions.*

The widened and thickened backrest, made with breathable and comfortable material, ensures support and reduces muscle fatigue during your workout.

### 6. MAINTENANCE

Regular maintenance will extend the life of your Z ZHICHI Weight Bench.

- **Cleaning:** Wipe down the upholstery and frame with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins for tightness. Tighten any loose fasteners.
- **Lubrication:** If any moving parts (e.g., leg developer pivot points) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures. When folded,

ensure it is stable and will not tip over.

## 7. TROUBLESHOOTING

This section addresses common issues you might encounter with your weight bench.

Problem	Possible Cause	Solution
Bench feels unstable/wobbly	Loose fasteners; uneven floor.	Ensure all bolts and nuts are tightened. Move bench to a flat, stable surface.
Adjustment pin does not lock securely	Pin not fully engaged; obstruction.	Wiggle the backrest/seat slightly while pushing the pin in. Check for any debris in the adjustment holes.
Squeaking noise during use	Loose connections; friction in moving parts.	Tighten all fasteners. Apply lubricant to pivot points if necessary.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact customer support.

## 8. WARRANTY AND CUSTOMER SUPPORT

Information regarding specific warranty terms and conditions for the Z ZHICHI Adjustable Multifunction Weight Bench is not available in the provided product data. Please refer to your purchase documentation or contact the retailer/manufacturer directly for warranty details and customer support.

For assistance, please visit the [Z ZHICHI brand page on Amazon](#) or consult your original purchase receipt for contact information.