

[Manuals.plus](#) /

› [Z ZHICHI](#) /

› Z ZHICHI Adjustable Weight Bench User Manual

## Z ZHICHI 021DZS

# Z ZHICHI Adjustable Weight Bench User Manual

Model: 021DZS

## INTRODUCTION

Thank you for choosing the Z ZHICHI Adjustable Weight Bench. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

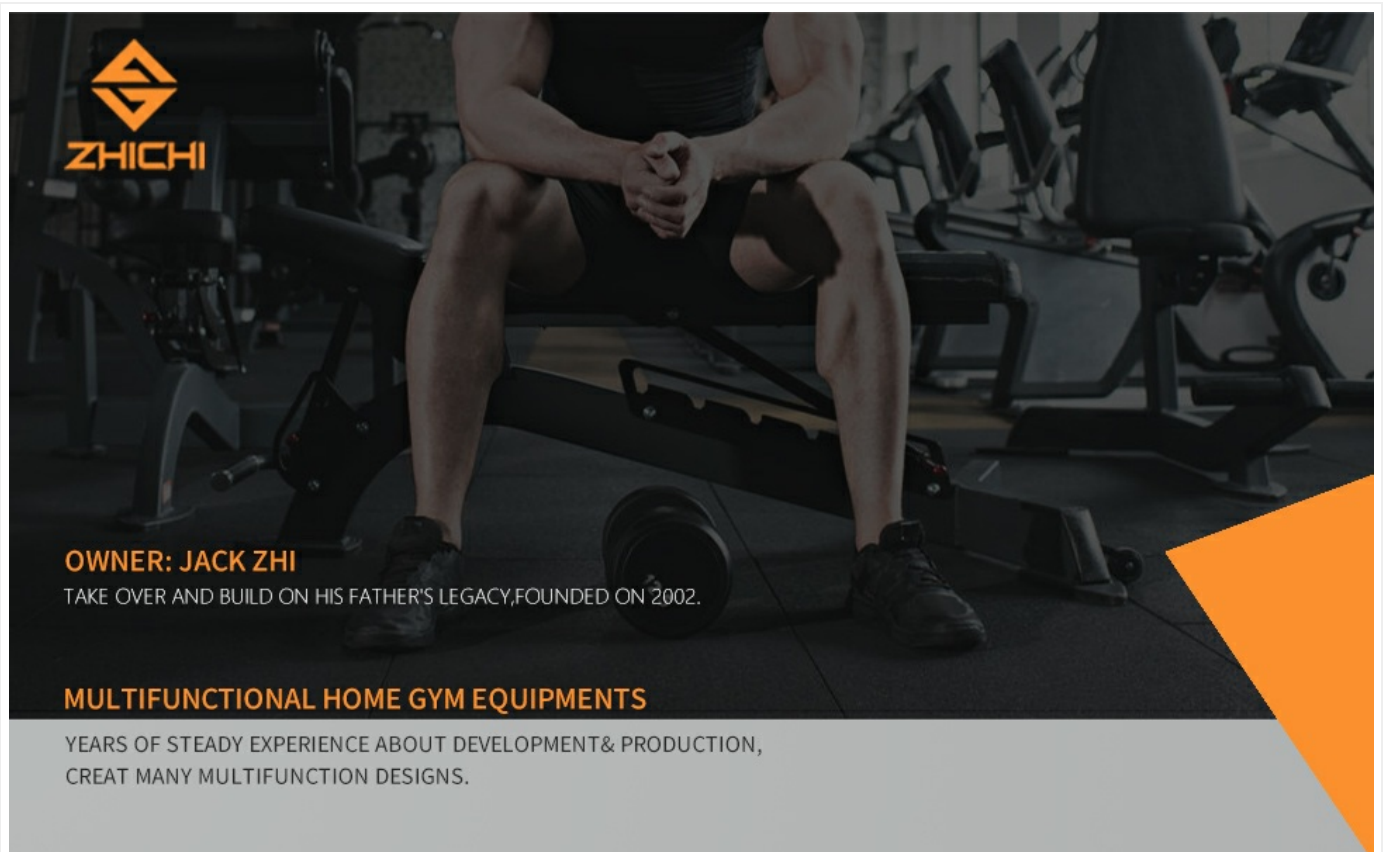


Image: The Z ZHICHI Adjustable Weight Bench in its primary configuration, demonstrating various exercises such as preacher curls, leg extensions, and bench presses. The bench features a black and orange design with padded seating and backrest, along with a leg

## IMPORTANT SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Always inspect the bench for loose parts or damage before each use.
- Ensure all bolts and nuts are securely tightened.
- Do not exceed the maximum weight capacity of 660 LBS (300 KG).
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

## SETUP AND ASSEMBLY

The Z ZHICHI Adjustable Weight Bench arrives approximately 90% pre-assembled. Final assembly primarily involves attaching the leg extension and preacher curl components and ensuring all connections are secure.

### Unpacking

1. Carefully remove all components from the packaging.
2. Verify that all parts listed in the packing list (not provided in this manual, refer to product packaging) are present.
3. Place all components on a clean, flat surface.

### Assembly Steps

While 90% pre-assembled, some final steps are required. Refer to the visual guide below for key adjustments and folding mechanisms.

## UPGRADE VS BLACK&RED

MODEL WEIGHTS 95KG AND 5.2 FEET TALL



reasonable Comfortable Sitting posture  
Large activity space

SPACE



Small seat contact area and crowd usage  
experience



6cm thickness, double board.

CUSHION



5cm thickness, single board

Image: A diagram illustrating the folding and unfolding process of the weight bench. It shows how to pull out bolts, turn knobs, and lower the back cushion for compact storage. Dimensions for both extended and folded states are provided.

1. **Initial Setup:** Ensure the main frame is stable and unfolded.
2. **Attaching Leg Extension/Preacher Curl:** Securely attach the leg extension and preacher curl components using the provided hardware. Ensure all pins and bolts are fully engaged.
3. **Adjusting Preacher Pad:** The preacher pad has 3 adjustable degrees. Select the desired angle by adjusting the support mechanism.
4. **Adjusting Backrest:** The backrest features 10 adjustable positions. Lift the backrest and secure it into the desired incline or decline position using the adjustment pin.
5. **Final Check:** Before first use, double-check all connections, bolts, and pins to ensure they are tight and secure.

## OPERATING INSTRUCTIONS

This adjustable weight bench is designed for a variety of strength training exercises targeting the chest, shoulders, back, abs, and legs.

### Adjusting the Bench

- **Backrest Adjustment:** To change the backrest angle, lift the backrest slightly, pull the adjustment pin, move the backrest to one of the 10 available positions, and release the pin to lock it securely.
- **Preacher Pad Adjustment:** The preacher pad can be adjusted to 3 different angles to accommodate various arm curl exercises. Adjust the support mechanism to your preferred height and angle.

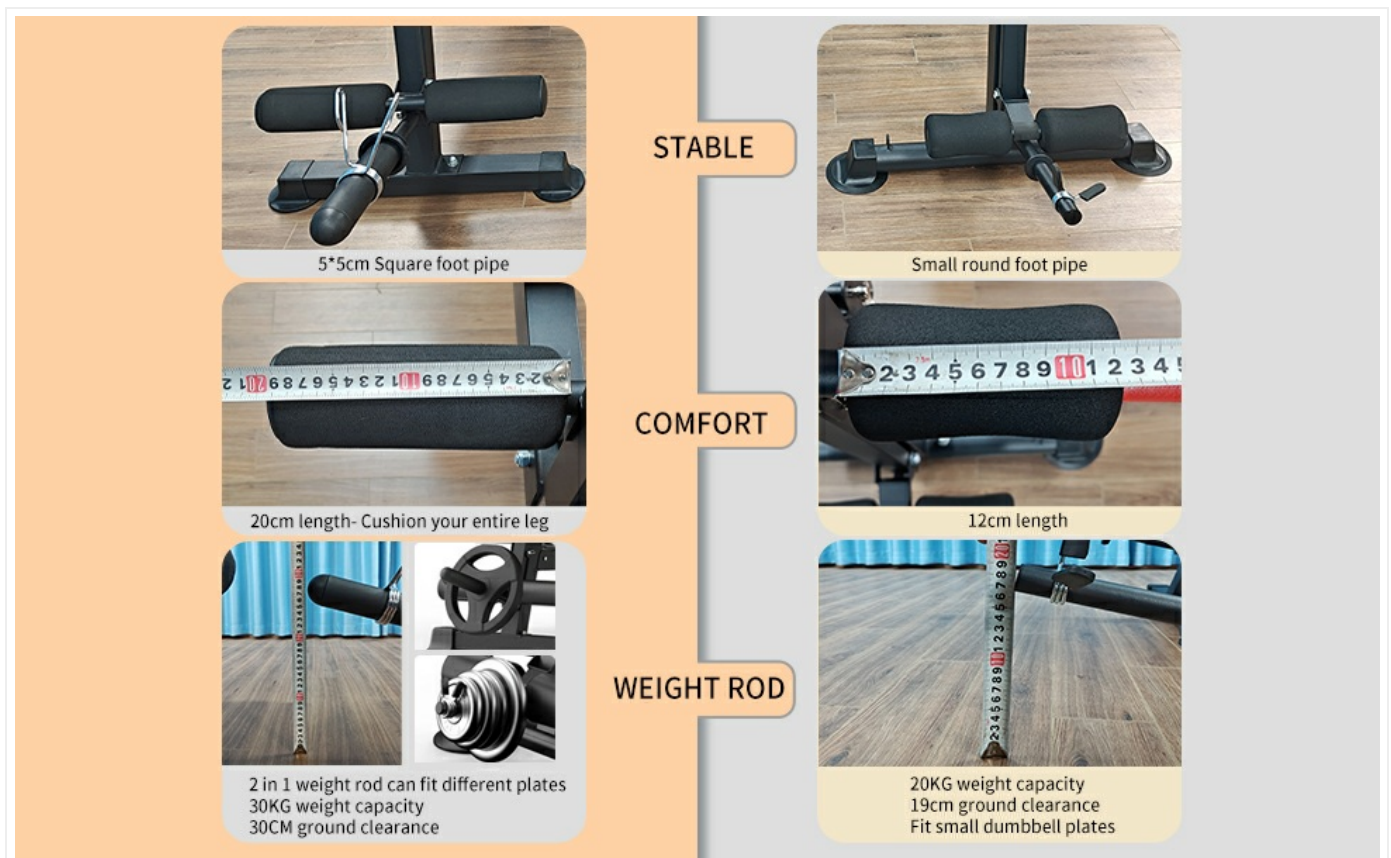


Image: A visual guide demonstrating the quick adjustment mechanism for the backrest, illustrating 10 distinct positions ranging from flat to various incline angles. The preacher pad adjustment is also shown with three height settings.

### Using the 2-in-1 Weight Rod

The leg extension attachment includes a versatile 2-in-1 weight rod designed to accommodate both standard dumbbell

weight plates and Olympic weight plates.

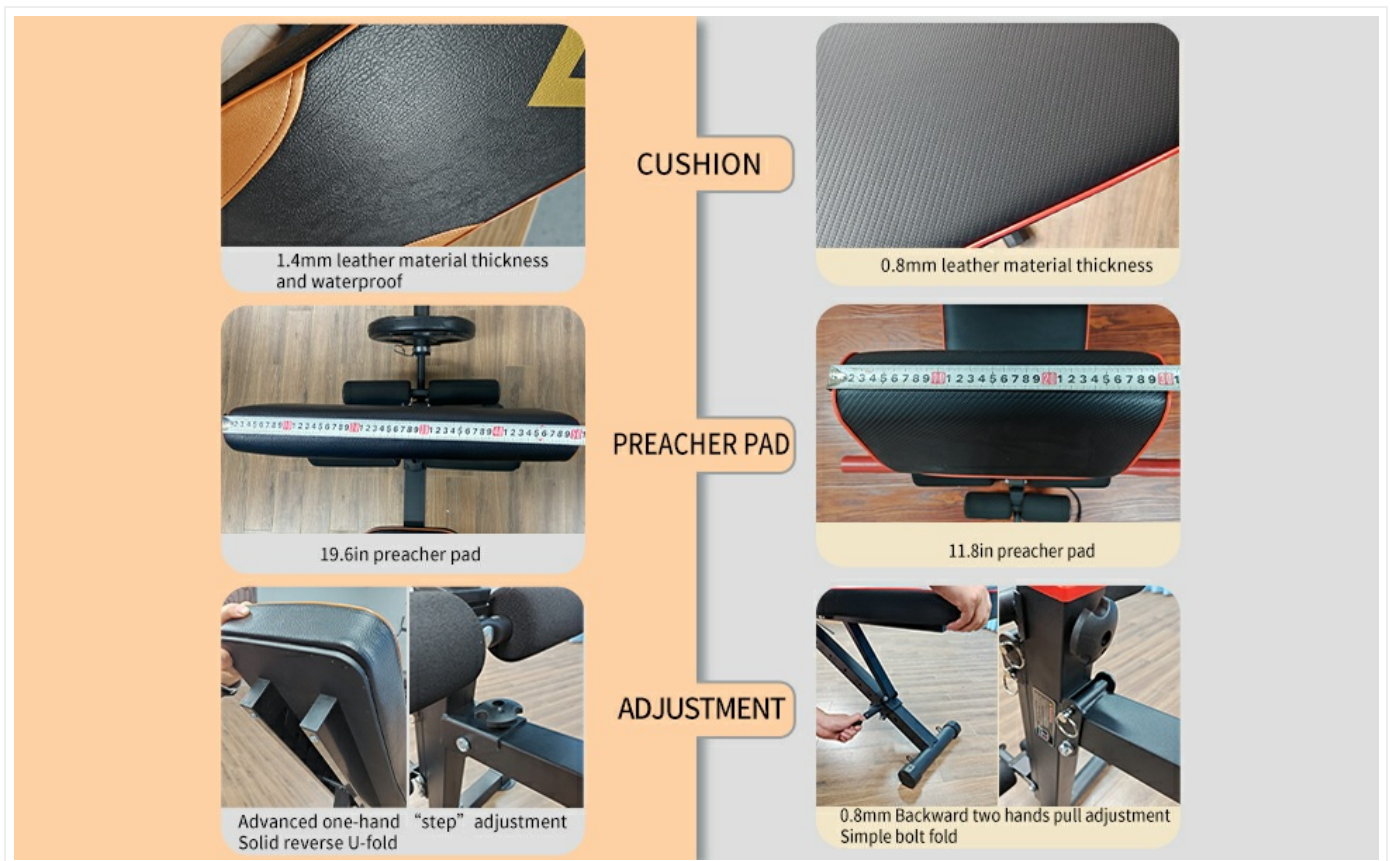


Image: A detailed view of the 2-in-1 weight rod integrated into the leg extension attachment. The image highlights its compatibility with both standard dumbbell weight plates and larger Olympic weight plates, providing versatility for users.

- To use with dumbbell plates, slide the plates directly onto the rod.
- For Olympic plates, use the included adapter sleeve (if applicable) or slide the larger plates onto the rod.
- Secure plates with collars (not included) to prevent movement during exercise.
- Note: Leg weights are not included with the bench.

## Folding and Storage

The bench is designed for easy folding and compact storage, typically within 10 seconds.

1. Ensure the backrest is in its lowest, flat position.
2. Pull out the designated bolts and turn the knobs as indicated in the assembly diagram.
3. Fold the back cushion down and collapse the frame.
4. The folded dimensions are approximately 31.8" L x 14.2" W x 12.2" H.

## MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your weight bench.

- **Cleaning:** Wipe down the padded surfaces and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, and dry thoroughly.
- **Inspection:** Periodically check all nuts, bolts, and adjustment pins for tightness. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts (e.g., adjustment mechanisms) if they become stiff or noisy.
- **Storage:** Store the bench in a dry, cool environment away from direct sunlight and extreme temperatures.

- **Upholstery Care:** The 1.4mm thick PU leather is designed for durability. Avoid using abrasive cleaners or sharp objects that could damage the material.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Place the bench on a flat, level surface.
Adjustment pin is difficult to engage/disengage.	Mechanism is stiff or dirty.	Clean the adjustment mechanism. Apply a small amount of silicone lubricant if needed.
Leg extension attachment does not move smoothly.	Friction or misalignment.	Check for any obstructions. Ensure the attachment is correctly installed. Lubricate pivot points.
Squeaking noises during use.	Lack of lubrication on moving parts.	Identify the source of the squeak and apply silicone lubricant to the joint.

## PRODUCT SPECIFICATIONS

**Model:** 021DZS

**Brand:** Z ZHICHI

**Material:** PU leather, Carbon Steel, Foam

**Frame Material:** Carbon Steel (50x50mm, 1.4mm thickness)

**Color:** New upgrade (Black and Orange)

**Product Dimensions (Extended):** 68.9" L x 23.6" W x 45.3" H

**Folded Dimensions:** 31.8" L x 14.2" W x 12.2" H

**Item Weight:** 44.1 Pounds (20 KG)

**Weight Capacity:** 660 LBS (300 KG)

**Backrest Positions:** 10

**Preacher Pad Degrees:** 3

**Leather Thickness:** 1.4mm

**Cushioning:** High-density foam, double-deck wooden boards design

**Weight Rod:** 2-in-1 design for dumbbell and Olympic plates

# SOFA' S FEELING CUSHION

WHOLE BENCH LEATHER IS 1.4MM THICKNESS, DOUBLE-DECK CUSHION HAS COMFORT AND EXQUISITE FEELING ,FAR BEYOND COMPETITORS



Image: A comparative illustration highlighting the upgraded features of the bench, including larger space, thicker 6cm double-board cushion, 1.4mm leather, 19.6-inch preacher pad, advanced one-hand adjustment, stable 5x5cm square foot pipe, 20cm long cushion, and a 2-in-1 weight rod with 30KG capacity and 30cm ground clearance.

## WARRANTY AND SUPPORT

Specific warranty details are typically provided with your product packaging or on the manufacturer's official website. Please refer to those resources for comprehensive warranty information.

For technical assistance, missing parts, or any questions regarding your Z ZHICHI Adjustable Weight Bench, please contact Z ZHICHI customer support through the retailer where the product was purchased or visit the official Z ZHICHI website for contact information.

**Manufacturer:** Z ZHICHI

**Date First Available:** March 29, 2023

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This manual is for informational purposes only. Product specifications are subject to change without notice.