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### ZIPRO ZIPRO Volume (Model 11926645)

## ZIPRO Volume Foldable Weight Bench User Manual

Model: Volume (11926645)

### 1. INTRODUCTION

Thank you for choosing the ZIPRO Volume Foldable Weight Bench. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read this manual thoroughly before assembly and use, and keep it for future reference. The ZIPRO Volume bench is designed to provide a comprehensive home workout experience, featuring multiple adjustment options and integrated accessories for a wide range of exercises.

### 2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Improper use of this equipment can result in serious injury. Adhere to all safety guidelines to ensure a safe workout environment.

- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum user weight capacity of 110 kg (242 lbs) or the total weight capacity of 230 kg (507 lbs) including weights.
- Keep children and pets away from the equipment during use.
- Place the bench on a flat, stable surface. Use a protective mat if necessary.
- Inspect the bench for any signs of wear, damage, or loose parts before each workout. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Perform exercises slowly and in a controlled manner. Avoid sudden movements.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

### 3. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all parts listed below. If any parts are missing or damaged, contact customer support immediately.

- Main Bench Frame
- Backrest Pad

- Seat Pad
- Preacher Curl Pad
- Leg Press/Extension Attachment
- Foam Rollers (for leg attachment)
- Resistance Bands with Handles
- Assembly Hardware (bolts, nuts, washers, pins)
- Assembly Tools (wrench, Allen key)



Image: Components of the ZIPRO Volume bench, showing the multi-layer padding and water-resistant material for comfort and durability.

#### 4. SETUP AND ASSEMBLY

Assembly typically requires two people. Follow the step-by-step instructions provided in the separate assembly guide

included with your product. Ensure all connections are secure before use.

1. **Step 1:** Attach the main support legs to the bench frame using the provided bolts and nuts.
2. **Step 2:** Secure the backrest and seat pads to their respective frames.
3. **Step 3:** Install the preacher curl pad and the leg press/extension attachment. Ensure the locking pins are correctly inserted.
4. **Step 4:** Attach the foam rollers to the leg attachment.
5. **Step 5:** Connect the resistance bands to the designated attachment points on the bench.
6. **Step 6:** Double-check all connections for tightness and stability.



Image: Key adjustment points and safety features, including the backrest locking system and leg press pin.

## 5. OPERATING INSTRUCTIONS

The ZIPRO Volume bench offers multiple adjustment options to customize your workout. Familiarize yourself with these adjustments before beginning your exercises.

## 5.1. Adjusting the Backrest

The backrest can be adjusted to 6 different positions, from flat to incline, to target various muscle groups. To adjust, pull the locking pin, move the backrest to the desired angle, and release the pin, ensuring it locks securely into place.

## 5.2. Adjusting the Preacher Curl Pad

The preacher curl pad has 2 adjustable positions to accommodate different arm lengths and exercise preferences. Adjust by pulling the pin and sliding the pad to the desired height.

## 5.3. Using the Leg Press/Extension Attachment

The leg attachment allows for leg extensions and curls. Additional weights (not included) can be added to the attachment, up to a maximum of 30 kg (66 lbs). Secure weights with the butterfly clamp.

## 5.4. Using Resistance Bands

The integrated resistance bands provide additional exercise versatility for upper body and core workouts. Ensure they are securely attached before use.



Image: A user performing bicep curls with a barbell, leg raises, and resistance band exercises, showcasing the bench's versatility.



Image: A user engaging in resistance band exercises while seated on the bench, highlighting the integrated band feature.

## 6. MAINTENANCE

Regular maintenance will extend the life of your ZIPRO Volume weight bench and ensure safe operation.

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners.
- **Storage:** When not in use, the bench can be folded for compact storage. Ensure it is stored in a dry place away from direct sunlight and extreme temperatures.



Image: Visual representation of the bench's folding mechanism, showing how it can be made more compact for storage.

## 7. TROUBLESHOOTING

If you encounter any issues with your ZIPRO Volume weight bench, refer to the common problems and solutions below.

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.
Adjustment pin does not lock securely.	Pin not fully inserted or obstruction.	Ensure the pin is fully engaged in the desired hole. Check for any debris obstructing the hole.
Squeaking noises during use.	Loose connections or friction.	Tighten all bolts. Apply a small amount of silicone lubricant to pivot points if necessary.

## 8. SPECIFICATIONS

- **Model:** ZIPRO Volume (11926645)
- **Color:** Black
- **Material:** Metal and Polyethylene (Frame: Plastic)
- **Maximum User Weight:** 110 kg (242 lbs)
- **Maximum Total Weight Capacity:** 230 kg (507 lbs)
- **Dimensions (L x W x H):** 152 cm x 53 cm x 84 cm (59.8 x 20.9 x 33.1 inches)
- **Product Weight:** 13 kg (28.7 lbs)
- **Backrest Adjustment:** 6 positions
- **Preacher Curl Pad Adjustment:** 2 positions
- **Leg Press/Extension Capacity:** Up to 30 kg (66 lbs) additional weight



Image: Detailed dimensions of the ZIPRO Volume weight bench for space planning.

## 9. WARRANTY AND SUPPORT

Your ZIPRO Volume weight bench comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, replacement parts, or any other inquiries,

please contact ZIPRO customer service through the retailer where you purchased the product or visit the official ZIPRO website.

**Manufacturer:** Morele.net Sp. z o.o.

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