

ZIPRO 11926642

Zipro Slant Adjustable Folding Weight Bench User Manual

Model: Slant (11926642) | Brand: ZIPRO

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the Zipro Slant Adjustable Folding Weight Bench. Retain this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure the bench is assembled correctly and all locking mechanisms are securely engaged before use.
- Place the bench on a flat, stable surface. Do not use on uneven ground.
- Keep children and pets away from the equipment during use.
- The maximum user weight capacity for this bench is 200 kg (440 lbs). Do not exceed this limit.
- Inspect the bench for any signs of wear or damage before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Perform exercises slowly and in a controlled manner. Avoid sudden movements.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- This equipment is designed for home use.

2. PRODUCT OVERVIEW

The Zipro Slant Adjustable Folding Weight Bench is a versatile piece of fitness equipment designed for abdominal exercises and full-body workouts with resistance bands. Its ergonomic design and adjustable features provide comfort and efficiency for various training routines.



Image 2.1: The Zipro Slant bench, illustrating its design and included resistance bands.

Key Features:

- **Adjustable Backrest:** 5 levels of angle adjustment (20° to 30° incline).
- **Adjustable Foam Padding:** Height-adjustable knee and foot padding for optimal comfort.
- **Integrated Resistance Bands:** Allows for varied exercises targeting different muscle groups.
- **Durable Construction:** Made with robust carbon steel profiles for stability and safety.
- **Foldable Design:** Convenient for storage in home environments.

3. SETUP AND ASSEMBLY

The Zipro Slant bench is designed for easy setup. It arrives largely pre-assembled and requires minimal steps to prepare for use.

1. **Unpacking:** Carefully remove all components from the packaging. Check for any damage or missing parts.

2. Unfolding the Bench:

- Place the folded bench on a flat surface.
- Locate the main hinge mechanism.
- Gently unfold the bench until it locks into its open position. Ensure the locking pin or knob is securely fastened.

3. Attaching/Adjusting Foam Rollers:

- Insert the foam rollers for knees and feet into their respective positions.
- Adjust their height using the provided adjustment knobs to suit your comfort.

4. Attaching Resistance Bands:

- Hook the resistance bands to the designated attachment points on the bench frame.
- Ensure they are securely attached before use.

5. **Final Check:** Before first use, double-check all connections, bolts, and adjustment knobs to ensure they are tight and secure.



Image 3.1: Details of the bench's components, including foam padding and adjustment points.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Bench

The Zipro Slant bench offers multiple adjustment options to customize your workout.

- **Backrest Angle:** The backrest can be adjusted to 5 different incline levels, ranging from 20° to 30°. To adjust, loosen the adjustment knob, select the desired angle, and securely tighten the knob.
- **Knee and Foot Padding Height:** The foam padding for your knees and feet can be adjusted vertically. Loosen the corresponding knob, slide the padding to your preferred height, and re-tighten the knob.

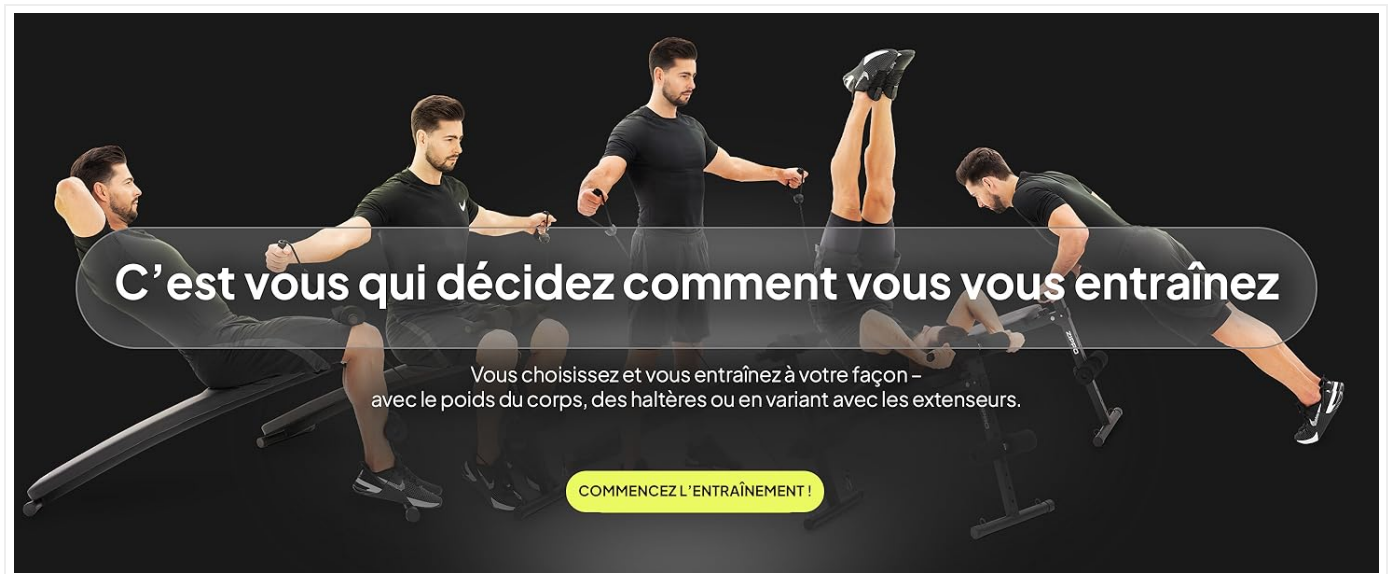


Image 4.1: Illustration of the bench's 5-level incline adjustment feature.

4.2 Recommended Exercises

The Zipro Slant bench is versatile and can be used for a variety of exercises. Always ensure proper form to prevent injury.

- **Abdominal Crunches/Sit-ups:** Adjust the bench to a comfortable incline. Hook your feet under the foot padding. Perform crunches or sit-ups to target your abdominal muscles.
- **Resistance Band Exercises:** The integrated resistance bands allow for exercises such as:
 - **Chest Press:** Lie on your back, hold handles, and press forward.
 - **Rows:** Sit facing forward, hold handles, and pull towards your torso.
 - **Arm Curls/Extensions:** Perform bicep curls or tricep extensions while seated or standing.
- **Push-ups/Dips:** The bench can be used as an elevated surface for push-ups or dips, targeting chest, shoulders, and triceps.



Image 4.2: Examples of exercises that can be performed using the Zipro Slant bench.



Image 4.3: Further examples of diverse workouts possible with the bench and resistance bands.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the bench after each use with a damp cloth to remove sweat and dirt. Use a mild soap solution for deeper cleaning if necessary, then wipe dry. The coating is designed to be easy to clean.
- **Inspection:** Periodically check all bolts, nuts, and adjustment knobs for tightness. Re-tighten if loose.
- **Padding:** Inspect the foam padding and upholstery for tears or excessive wear. Replace if significantly damaged.
- **Resistance Bands:** Check resistance bands for cracks, tears, or loss of elasticity. Replace if damaged or worn.
- **Storage:** When not in use, fold the bench for compact storage. Store in a dry place away from direct sunlight and extreme temperatures.



Image 5.1: The bench's durable and easy-to-clean materials contribute to its longevity.

6. TROUBLESHOOTING

If you encounter any issues with your Zipro Slant bench, refer to the following common solutions:

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all bolts and adjustment knobs are securely tightened. Move the bench to a flat, level surface.
Difficulty adjusting backrest or padding.	Adjustment knob not fully loosened or mechanism obstructed.	Fully loosen the adjustment knob. Check for any obstructions in the adjustment mechanism. Apply a small amount of silicone lubricant if movement is stiff.
Resistance bands lose elasticity or break.	Normal wear and tear or excessive stretching.	Resistance bands are consumable items. Replace them with new ones if they show signs of damage or reduced resistance.

7. SPECIFICATIONS

Detailed specifications for the Zipro Slant Adjustable Folding Weight Bench:

Feature	Detail
Model	Slant (Model Number: 11926642)
Brand	ZIPRO
Color	Black
Frame Material	Carbon Steel
Max Weight Capacity	200 Kilograms (440 lbs)
Item Weight	8 Kilograms (17.6 lbs)
Dimensions (Unfolded L x W x H)	Approximately 129 cm x 47 cm x 68 cm
Dimensions (Folded L x W x H)	Approximately 133 cm x 47 cm x 19 cm
Backrest Adjustment	5 levels (20° to 30° incline)



Image 7.1: Unfolded dimensions of the bench.

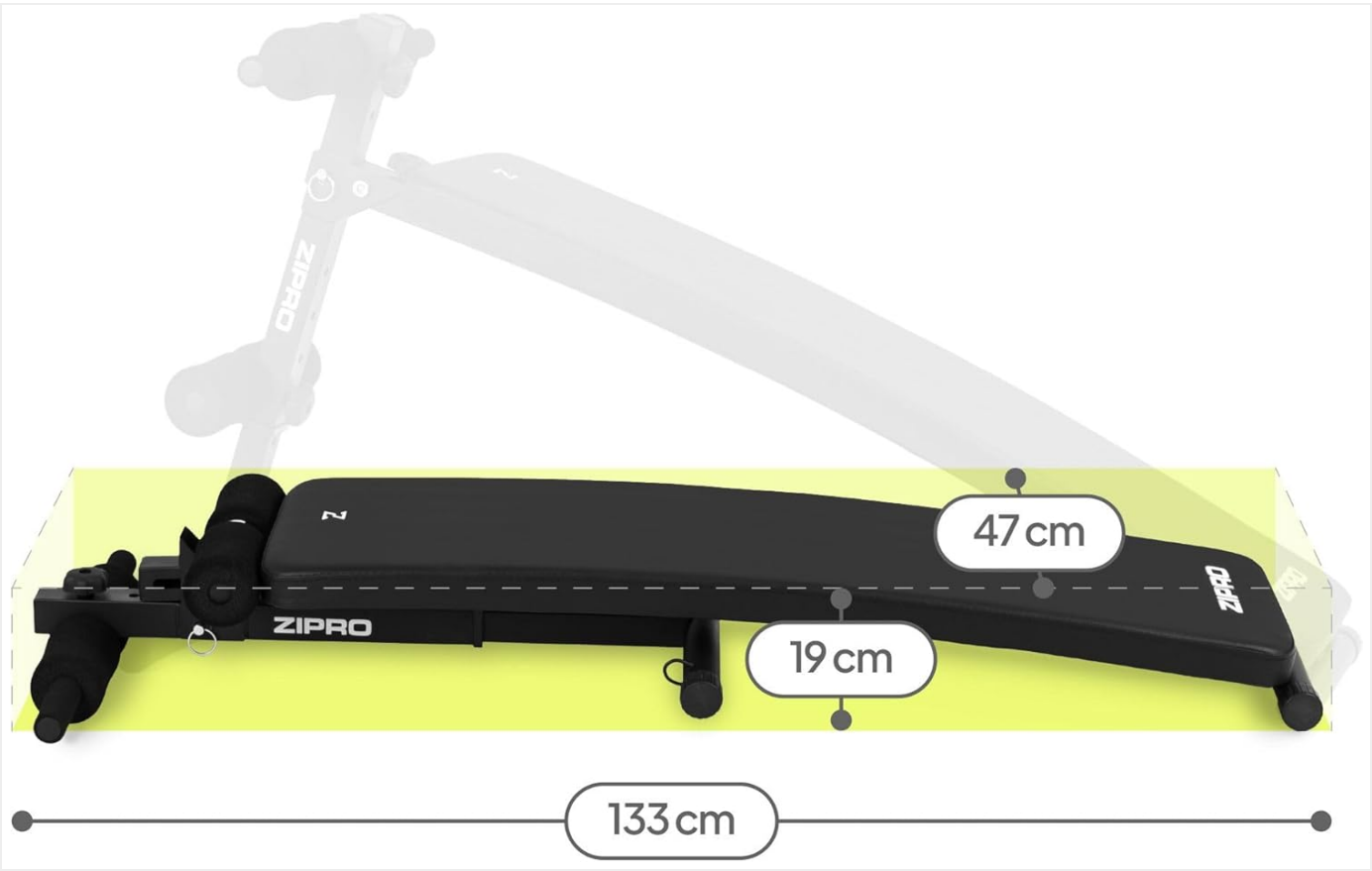


Image 7.2: Folded dimensions of the bench for storage.

8. WARRANTY AND SUPPORT

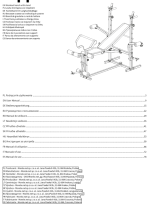
For warranty information or technical support, please refer to the documentation included with your purchase or contact ZIPPRO customer service directly.






- **Customer Service:** Please visit the official ZIPPRO website or refer to your purchase receipt for contact details.
- **Product Registration:** Registering your product may extend your warranty or provide access to additional support resources.



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Related Documents - 11926642

<div><div><div>ZIPPRO</div><div>Ripped</div></div><div></div></div>	<p>ZIPPRO Ripped Workout Bench User Manual</p> <p>Comprehensive user manual for the ZIPPRO 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>
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 <p>The cover of the ZIPRO STRIDE Workout Bench User Manual features the product name 'ZIPRO STRIDE' at the top. Below it is a line drawing of the workout bench. The cover also includes a table of contents, a list of features, and a QR code in the bottom right corner.</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>
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 <p>The cover of the ZIPRO Glow Electric-Magnetic Recumbent Bike User Manual features the product name 'ZIPRO Glow' at the top. Below it is a line drawing of the electric-magnetic recumbent bike. The cover also includes a table of contents, a list of features, and a QR code in the bottom right corner.</p>	<p>ZIPRO Glow Electric-Magnetic Recumbent Bike User Manual</p> <p>This user manual provides comprehensive instructions for the assembly, safe operation, maintenance, and troubleshooting of the ZIPRO Glow electric-magnetic recumbent bike. Designed for home use, it ensures users can maximize their fitness experience while adhering to safety guidelines.</p>