

ZIPRO 11926652

ZIPRO Superset Foldable Weight Bench User Manual

Model: 11926652

Brand: ZIPRO

INTRODUCTION

This manual provides essential information for the safe and effective use of your ZIPRO Superset Foldable Weight Bench. Please read this manual thoroughly before assembly and use. Keep this manual for future reference.

The ZIPRO Superset weight bench offers exceptional durability and reliable stability, designed for both demanding and advanced users. Its comfortable design allows for long training sessions without discomfort. The bench features a multitude of adjustment options, significantly increasing its functionality for a wide range of exercises.

SAFETY INFORMATION

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems. Read all instructions before using this equipment.

- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 270 kg (including user weight). The maximum user weight is 120 kg.
- Always use the equipment on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise attire and footwear.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Inspect the bench regularly for signs of wear or damage. Do not use if damaged.

SETUP AND ASSEMBLY

The ZIPRO Superset bench requires assembly. Please follow these general steps. Refer to the included assembly diagram for detailed instructions and part identification.

1. Unpack all components and verify against the parts list.
2. Assemble the main frame of the bench, ensuring all connections are secure but not fully tightened yet.
3. Attach the seat and backrest pads.
4. Assemble the independent barbell stands. These stands are not permanently connected to the bench structure, allowing for

flexible positioning.

5. Install the preacher curl attachment and leg developer, if applicable.
6. Once all components are in place, fully tighten all nuts and bolts.
7. Perform a stability check by gently rocking the assembled bench.



Image: Overview of the ZIPRO Superset Foldable Weight Bench and its independent barbell stands, ready for assembly or use.



Image: Detailed diagram showing the dimensions of the ZIPRO Superset Weight Bench and its components, including height, length, and width measurements for both the bench and the separate barbell stands.

OPERATING INSTRUCTIONS

Adjusting the Bench

- **Seat Adjustment:** The seat has three adjustable levels, allowing it to be used as an incline or flat bench. Locate the adjustment pin or lever under the seat, pull it out, adjust the seat to the desired angle, and ensure the pin locks securely into place.
- **Backrest Adjustment:** The backrest can be adjusted to six positions, including a negative incline position. Use the adjustment mechanism at the base of the backrest to select your desired angle. Ensure it clicks firmly into position before use.
- **Barbell Stand Height:** The independent barbell stands are height-adjustable in 4.5 cm increments, from 33 cm to 118 cm. Adjust them to suit your exercise and height by pulling the pin and sliding the uprights. Rubber pads are provided to protect your barbell.
- **Preacher Curl Bar Height:** The preacher curl bar is adjustable to four height levels, between 85 cm and 97 cm. Adjust as needed for comfortable bicep curls.



Image: Visual guide demonstrating the adjustment points for the seat, backrest, and barbell stands on the ZIPPRO Superset Weight Bench.



Image: Close-up views highlighting key features such as the adjustable preacher curl pad, leg developer, and stable base feet of the ZIPRO Superset Weight Bench.

Exercise Examples

The ZIPRO Superset bench is versatile for a variety of strength training exercises. Always ensure proper form and warm up before exercising.

- **Flat Bench Press:** Use the bench in the flat position with the independent barbell stands positioned appropriately for your barbell.
- **Incline Bench Press:** Adjust the backrest to an incline position.
- **Decline Bench Press:** Adjust the backrest to the negative incline position.
- **Seated Shoulder Press:** Adjust the backrest to an upright position.
- **Dumbbell Rows:** Use the bench for support while performing dumbbell rows.
- **Leg Extensions/Curls:** Utilize the integrated leg developer for quadriceps and hamstring exercises.
- **Preacher Curls:** Use the preacher curl attachment for isolated bicep training.



Image: Demonstrations of various exercises possible with the ZIPRO Superset Weight Bench, including bench press, bicep curls, and deadlifts using the independent stands.

MAINTENANCE

Regular maintenance will extend the life of your ZIPRO Superset Weight Bench.

- **Cleaning:** Wipe down the upholstery and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe with a clean, dry cloth. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners. Inspect the upholstery for tears or excessive wear.
- **Lubrication:** Apply a small amount of silicone-based lubricant to any pivot points or adjustment mechanisms that feel stiff.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures. The bench is foldable for easier storage.



Image: Close-up details of the bench's construction, showing the multi-layered padding, water-resistant upholstery, and protective foam ends on the leg developer, indicating durable and easy-to-maintain materials.

TROUBLESHOOTING

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 pins are difficult to engage/disengage.	Dirt or lack of lubrication.	Clean the adjustment mechanism. Apply a small amount of silicone lubricant.
Squeaking noises during use.	Loose connections or friction between parts.	Check and tighten all bolts. Lubricate pivot points.

SPECIFICATIONS

Model: 11926652

Brand: ZIPRO

Style: Superset

Color: Black

Frame Material: Carbon Steel

Main Material: Metal and Polyethylene

Maximum Weight Capacity: 270 Kilograms (including user weight)

Maximum User Weight: 120 Kilograms

Product Dimensions (L x W x H): 164 cm x 57 cm x 116 cm

Product Weight: 28 Kilograms

Seat Adjustment: 3 levels

Backrest Adjustment: 6 positions (including negative incline)

Barbell Stand Height Adjustment: 33 cm to 118 cm (4.5 cm increments)

Preacher Curl Bar Height Adjustment: 85 cm to 97 cm (4 levels)

WARRANTY AND SUPPORT

Your ZIPRO Superset Weight Bench is designed for durability and performance. For any questions, concerns, or support needs, please contact the manufacturer or seller.

- **Return Policy:** This product is eligible for a refund or replacement within 30 days of purchase, subject to the seller's return policy.
- **Manufacturer:** Morele sp. z o.o.
- **Seller:** ZIPRO (on Amazon.com.be)
- For specific warranty details or technical assistance, please refer to the contact information provided with your purchase or visit the official ZIPRO website.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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