

ZIPRO Pumpiron

ZIPRO Pumpiron Adjustable Folding Weight Bench User Manual

Model: Pumpiron (13181924)
Brand: ZIPRO

1. INTRODUCTION

Thank you for choosing the ZIPRO Pumpiron Adjustable Folding 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 1.1: The ZIPRO Pumpiron Adjustable Folding Weight Bench shown in its upright, flat, and folded configurations.

Product Overview

The ZIPRO Pumpiron bench is a versatile and robust piece of equipment designed for various strength training exercises, including weightlifting, fitness, and sit-ups. Its adjustable design and solid construction make it suitable for home gym environments.

- **Versatile Training:** Features an 8-position adjustable backrest and a 3-position adjustable seat, allowing for a wide range of exercises from Bulgarian squats to dumbbell rows.
- **Maximum Comfort and Safety:** Equipped with comfortable, durable, and easy-to-clean 55mm thick seat and backrest padding. Intuitive adjustments ensure quick and secure changes during workouts.
- **Solid Construction for Intense Workouts:** Built with robust 70x70 mm profiles, providing stability for loads up to 350 kg. Designed for safety and long-term durability, even with heavy weights.
- **Easy Movement and Assembly:** Includes transport wheels for effortless relocation. Quick assembly allows for

flexible adaptation of your workout space.

- **Ergonomics and Durability:** Ergonomic backrest and contoured seat offer comfort and support. Multi-layered construction and durable PVC upholstery resist deformation, ensuring reliability for years.

2. SAFETY INFORMATION

Before using this equipment, please observe the following safety precautions:

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum user weight of 140 kg or the maximum load capacity of 350 kg.
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Inspect the bench for any signs of wear or damage before each workout. Do not use if damaged.
- Always adjust the backrest and seat securely before applying weight.
- Wear appropriate athletic footwear and clothing.

3. COMPONENTS

The ZIPRO Pumpiron bench consists of the following main components:

- Main Frame (Base)
- Adjustable Backrest
- Adjustable Seat
- Adjustment Pins/Levers
- Transport Wheels
- Stabilizer Feet

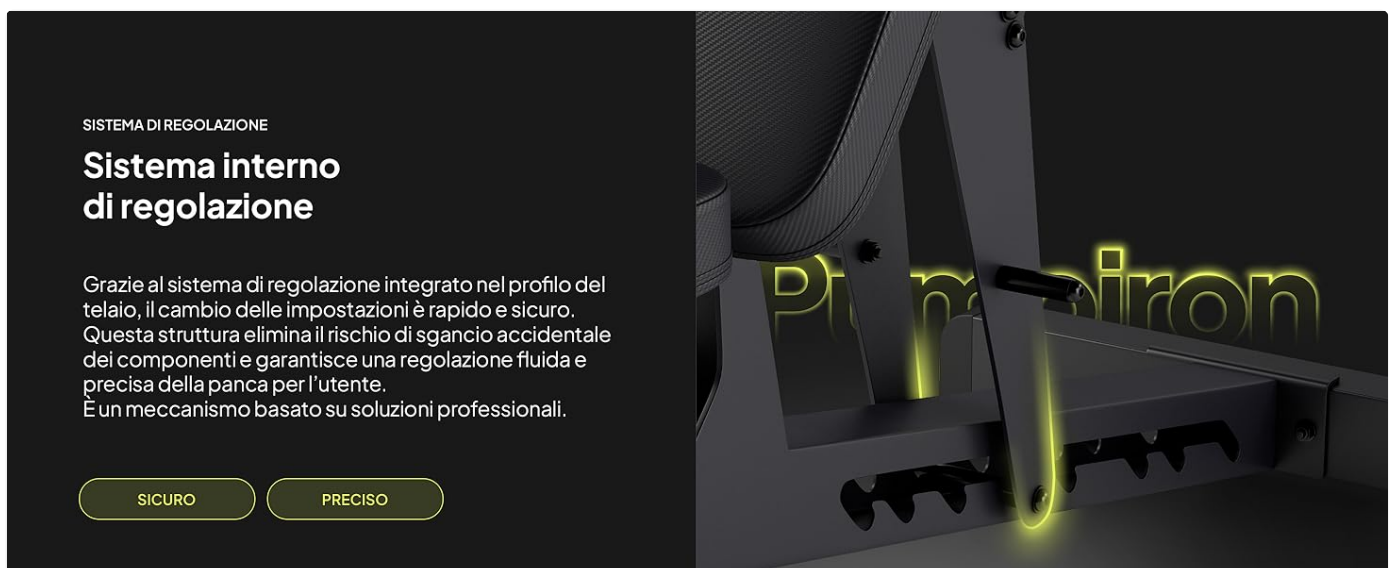


Image 3.1: Illustration highlighting the robust 70x70 mm steel profiles of the bench's frame, ensuring stability and durability.

4. SETUP AND ASSEMBLY

Assembly of the ZIPRO Pumpiron bench is designed to be straightforward. However, some users have noted that the included assembly instructions may be challenging to follow. We recommend referring to the product images and

diagrams provided in this manual and on the product page for visual guidance during assembly.

1. Unpack all components and verify against the parts list (if provided with your product).
2. Attach the front and rear stabilizer feet to the main frame using the provided bolts and tools. Ensure they are securely fastened.
3. Connect the adjustable backrest and seat components to the main frame. Pay close attention to the orientation of the adjustment mechanisms.
4. Insert the adjustment pins or levers into their designated slots to secure the backrest and seat at their initial positions.
5. Before first use, double-check all connections to ensure they are tight and stable.



Image 4.1: The integrated transport wheels on the bench's base, facilitating easy movement after assembly.

REGOLAZIONE

Molteplici livelli di regolazione

La regolazione della panca ZIPRO Pumpiron offre flessibilità per ogni tipo di allenamento. Lo schienale può essere impostato su 8 livelli, e il sedile offre 3 opzioni di regolazione.

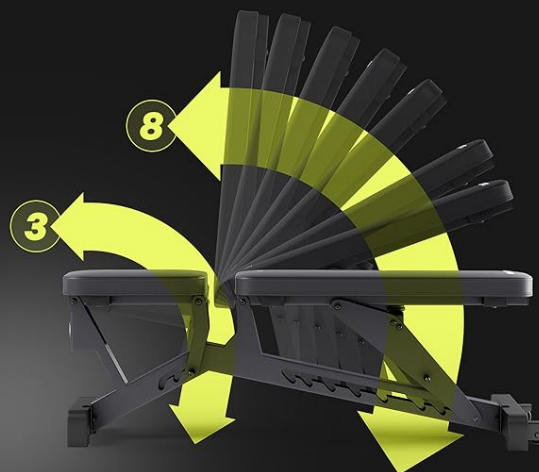


Image 4.2: This diagram illustrates the bench's design for easy movement and quick setup, highlighting the transport wheels.

5. OPERATING INSTRUCTIONS

Adjusting the Backrest and Seat

The ZIPRO Pumpiron bench offers extensive adjustability to accommodate various exercises and user preferences.

- **Backrest Adjustment:** The backrest can be set to 8 different positions, ranging from flat to incline. To adjust, pull the adjustment pin/lever located near the backrest hinge, move the backrest to the desired angle, and release the pin to lock it securely into place. Ensure the pin is fully engaged before use.
- **Seat Adjustment:** The seat offers 3 adjustment positions. To adjust, locate the adjustment mechanism beneath the seat, pull the pin/lever, move the seat to the desired angle, and release the pin to lock it. Ensure the pin is fully engaged.



Image 5.1: A detailed view of the adjustment mechanism for the backrest, showing the secure locking pin.



Image 5.2: This diagram visually represents the multiple adjustment levels available for both the backrest (8 positions) and the seat (3 positions).

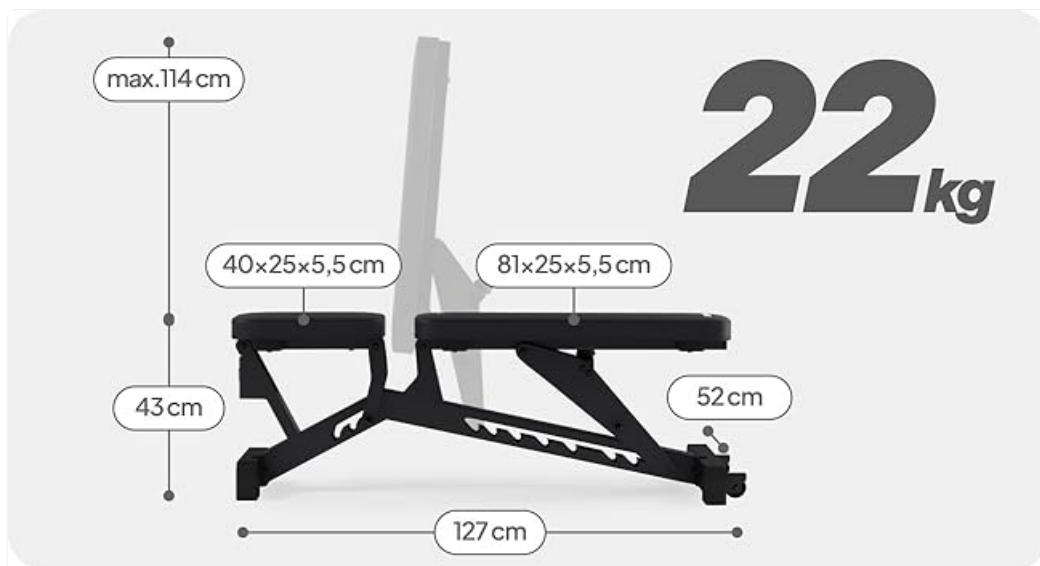


Image 5.3: A close-up of the internal adjustment system, designed for quick, secure, and precise changes to the bench's configuration.

Folding for Storage

To save space, the ZIPRO Pumpiron bench can be folded. Consult your product's specific folding mechanism, which typically involves releasing certain pins or levers to collapse the frame. Ensure all components are securely locked in the folded position before moving or storing.



Image 5.4: An example of the bench in use, demonstrating its suitability for dumbbell exercises.

6. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your ZIPRO Pumpiron 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 if necessary, then wipe dry. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins for tightness. Tighten any loose fasteners. Inspect the upholstery for tears or excessive wear, and the frame for any cracks or damage.
- **Storage:** Store the bench in a dry, cool place, away from direct sunlight and extreme temperatures.

MATERIALI

Comfort e comodità durante l'allenamento

L'imbottitura multistrato da 55 mm e il rivestimento in PVC garantiscono un allenamento confortevole, resistenza alle deformazioni e durata negli anni - anche con uso intensivo.

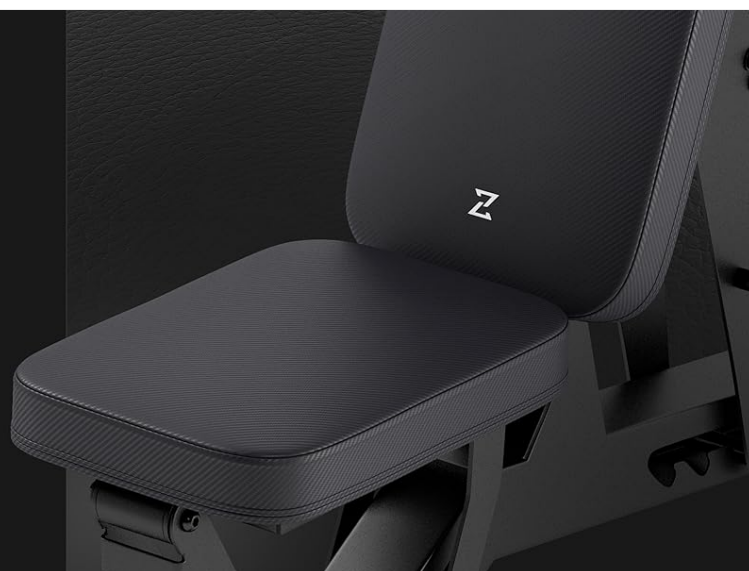


Image 6.1: This image highlights the multi-layered padding and durable PVC upholstery, designed for comfort, resistance to deformation, and easy cleaning.



Image 6.2: A close-up demonstrating the water-resistant properties and multi-layered construction of the bench's seating and backrest materials.

7. TROUBLESHOOTING

If you encounter issues with your ZIPRO Pumpiron bench, refer to the following common problems and solutions:

- **Bench feels unstable:** Ensure all bolts and nuts are fully tightened. Check that the bench is on a flat, even surface.
- **Difficulty adjusting backrest/seat:** Ensure the adjustment pin/lever is fully pulled out before attempting to move the component. Check for any obstructions in the adjustment mechanism. Lubricate moving parts if necessary with a silicone-based spray.
- **Missing parts during assembly:** Carefully re-check all packaging materials. If parts are genuinely missing, contact ZIPRO customer support or your retailer immediately.
- **Squeaking noises:** Identify the source of the noise. Tighten any loose bolts. Apply a small amount of lubricant to pivot points if needed.

8. SPECIFICATIONS

Feature	Specification
Product Dimensions (L x W x H)	127 x 52 x 114 cm
Item Weight	22 kg
Maximum Load Capacity	350 kg
Maximum User Weight	140 kg
Frame Material	Alloy Steel (70x70 mm profiles)
Upholstery Material	PVC
Backrest Adjustment Positions	8
Seat Adjustment Positions	3
Color	Black
Model Number	13181924



Image 8.1: A visual representation of the bench's key dimensions, including length, width, height, and seat/backrest sizes.

CARICHI

Progettata per allenamenti intensi

Progettata per allenamenti intensi – regge fino a 350 kg, con un peso massimo dell'utente di 140 kg. È la panca ideale per gli appassionati di allenamento di forza – offre stabilità, comfort e resistenza anche con carichi elevati.

CARICO:

MAX. 350 KG

UTENTE:

MAX. 140 KG

350 kg

140kg

Image 8.2: This graphic clearly indicates the impressive 350 kg maximum load capacity and the 140 kg maximum user weight for the bench.

9. WARRANTY INFORMATION

Specific warranty details for the ZIPRO Pumpiron Adjustable Folding Weight Bench may vary by region and retailer. Please refer to the warranty card included with your product or contact your point of purchase for comprehensive warranty information.

10. CUSTOMER SUPPORT

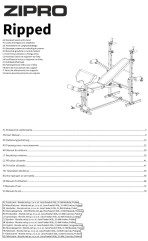


For further assistance, technical support, or inquiries regarding your ZIPRO Pumpiron bench, please contact:

- Your retailer or the online store where the product was purchased.
- The official ZIPRO website for contact information and support resources.

When contacting support, please have your product model (Pumpiron) and model number (13181924) readily available.



Related Documents - Pumpiron

	<p>ZIPRO Ripped Workout Bench User Manual</p> <p>Comprehensive user manual for the ZIPRO 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>
	<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>
	<p>ZIPRO Grind: Instrukcja montażu i użytkowania ławki treningowej</p> <p>Kompleksowy przewodnik po ławce treningowej ZIPRO Grind. Zawiera instrukcje montażu, bezpiecznego użytkowania, konserwacji oraz porady treningowe dla użytkowników domowych.</p>



ZIPRO Ramble Treadmill User Manual

Comprehensive user manual for the ZIPRO Ramble treadmill, covering assembly, operation, maintenance, and troubleshooting. Learn how to safely and effectively use your treadmill for home workouts.



[ZIPRO Roam Stepper User Manual and Assembly Guide](#)

Comprehensive user manual for the ZIPRO Roam Stepper, including assembly instructions, safety guidelines, technical specifications, maintenance tips, and warranty information. Learn how to operate and care for your stepper.



ZIPRO Glow Electric-Magnetic Recumbent Bike User Manual

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.