

Mikolo A-WB00

Mikolo 1200LB Weight Bench (Model A-WB00) Instruction Manual

Brand: Mikolo | **Model:** A-WB00

1. INTRODUCTION

Thank you for choosing the Mikolo 1200LB Adjustable Weight Bench. This manual provides essential information for the safe assembly, operation, and maintenance of your new exercise equipment. Please read this manual thoroughly before use and retain it for future reference.

This adjustable workout bench is designed for home gym use, offering multiple positions for incline, flat, and decline exercises, along with a detachable leg support for enhanced stability during decline movements. Its space-saving design allows for vertical storage.

2. SAFETY INFORMATION

WARNING: To reduce the risk of serious injury, read all instructions and warnings before using this equipment.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 1200 lbs (544 kg).
- Use the bench on a flat, stable surface.
- Inspect the bench for wear or damage before each workout. Do not use if damaged.
- Always use proper form and controlled movements during exercises.

3. PACKAGE CONTENTS

Please verify that all components are present before beginning assembly. If any parts are missing or damaged, contact Mikolo customer support immediately.

Note: A detailed parts list is typically included in the physical packaging.

4. ASSEMBLY INSTRUCTIONS

Assembly is required before first use. It is recommended to have two people for assembly. A socket set (not provided) may be helpful for faster assembly compared to the included wrench.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the main support frame components. Ensure all bolts are finger-tightened initially.
3. Secure the backrest and seat pads to the frame.
4. Install the detachable leg support mechanism.
5. Once all components are in place, fully tighten all bolts and nuts using the provided tools or a socket set.
6. Test the stability of the bench and all adjustment mechanisms before first use.

For a visual guide, please refer to the official Mikolo assembly video:

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Video: Official Mikolo Assembly Guide for the Adjustable Weight Bench. This video demonstrates the step-by-step process of assembling the Mikolo Adjustable Weight Bench, ensuring proper setup for safe and effective use.

5. OPERATING INSTRUCTIONS

5.1 Adjusting the Bench Positions

The Mikolo A-WB00 bench offers 12 back pad positions and 3 seat positions.

EASY TO ADJUST

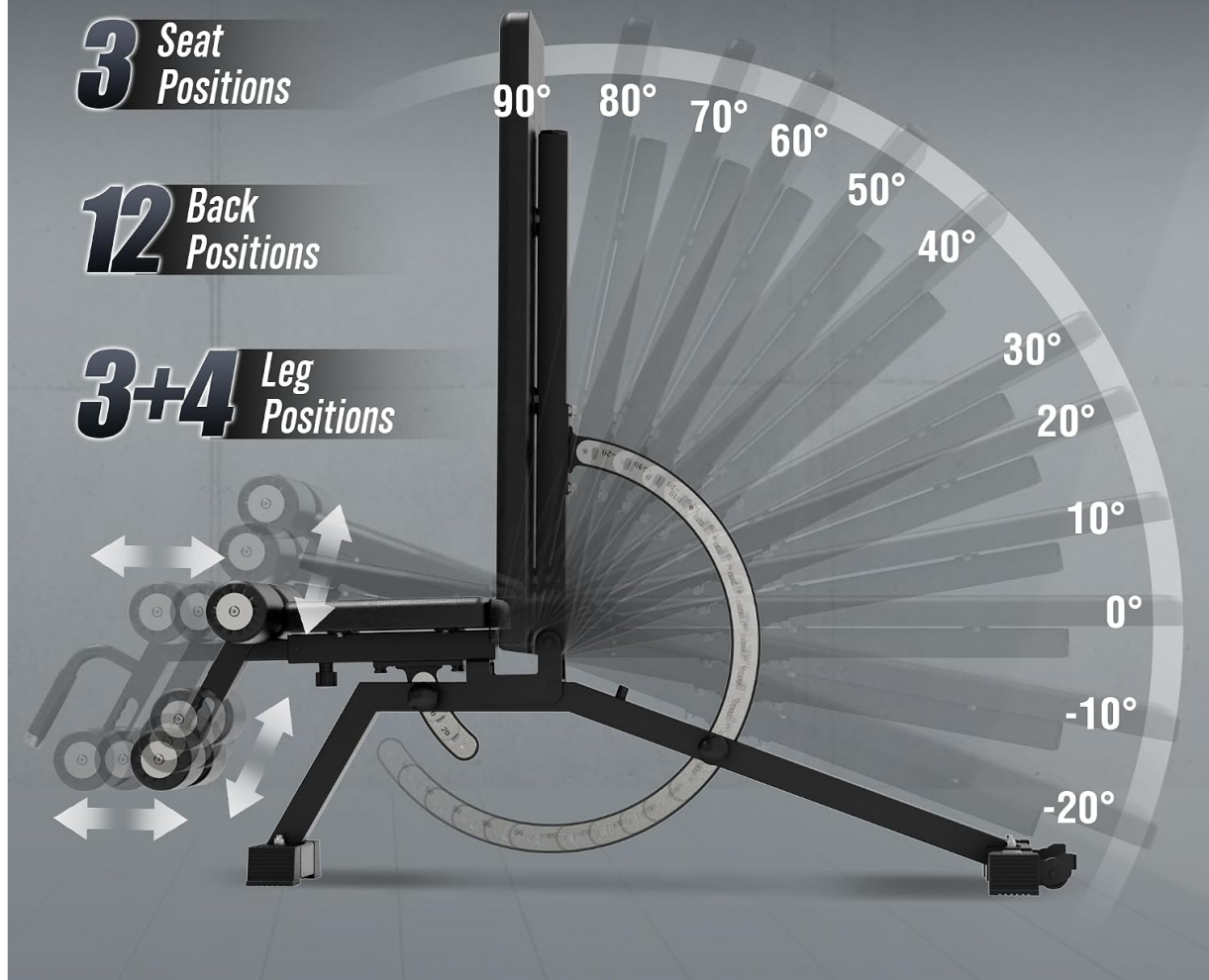


Image: Adjustment points for the Mikolo Weight Bench, illustrating 12 back positions, 3 seat positions, and adjustable leg support.

1. **Back Pad Adjustment:** Locate the spring-loaded pin mechanism at the base of the back pad. Pull the pin, adjust the back pad to the desired angle (from decline to incline), and release the pin to lock it securely into one of the 12 positions. Ensure the pin is fully engaged before use.
2. **Seat Pad Adjustment:** Similarly, locate the adjustment mechanism for the seat pad. Adjust the seat to one of the 3 available positions to complement your chosen back pad angle. Ensure it is securely locked.
3. **Leg Support Adjustment:** The detachable leg support can be adjusted to stabilize your legs, particularly for decline exercises. Adjust its position for comfort and security.

The spring-loaded pin system ensures quick and secure transitions between angles.

5.2 Exercise Modes

FID WEIGHT BENCH



Image: Various exercises possible with the Mikolo FID Weight Bench, including decline bench press, sit-ups, flat bench press, and shoulder press.

- **Incline Bench:** Adjust the back pad to an upward angle for incline presses and flies, targeting the upper chest and shoulders.
- **Flat Bench:** Set the back pad to a horizontal position for flat bench presses, dumbbell rows, and other flat exercises.
- **Decline Bench:** Adjust the back pad to a downward angle and utilize the detachable leg support for decline presses and sit-ups, focusing on the lower chest and core.
- **Sit-Up Bench:** With the back pad in a decline position and legs secured by the leg support, perform sit-ups for abdominal training.
- **Shoulder Press:** Adjust the back pad to a vertical or near-vertical position for seated dumbbell shoulder presses.

STAY STABLE, TRAIN HARDER

- 4-inch PU Leather Leg Support – Comfortable and Stabilizes Your Body
- Detachable Design



Image: Detachable leg support in use, providing stability for decline exercises.

6. MAINTENANCE

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Regularly check all bolts, nuts, and adjustment pins for tightness. Tighten any loose fasteners.
- **Pad Care:** The bench features premium PU leather. Avoid using abrasive cleaners or solvents that could damage the material.
- **Moving Parts:** Ensure the adjustment mechanisms move smoothly. If any part feels stiff, apply a small amount of silicone-based lubricant.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench feels wobbly	Loose fasteners; uneven surface.	Ensure all bolts and nuts are fully tightened. Move the bench to a flat, level surface.

Problem	Possible Cause	Solution
Adjustment pin not locking	Obstruction; misaligned holes.	Check for any debris in the adjustment holes. Ensure the back/seat pad is correctly aligned with the frame.
Difficulty moving the bench	Wheels obstructed or damaged.	Check wheels for obstructions. Ensure the bench is tilted correctly to engage the moving wheels.

If you encounter issues not listed here, please contact Mikolo customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Mikolo
Model Number	A-WB00
Item Weight	49 pounds (22.2 kg)
Material	Alloy Steel (Frame), Premium PU Leather (Pads)
Color	Black
Product Dimensions (L x W x H)	63"D x 23"W x 21"H (160 cm x 58.4 cm x 53.3 cm)
Weight Limit	1200 pounds (544 kg)
Back Pad Positions	12
Seat Pad Positions	3
Storage	Vertical, space-saving (3.2 sq ft footprint)

For a demonstration of the bench's load-bearing capacity, please watch the following video:

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Video: Mikolo Weight Loading Test for the WB00 FID Weight Bench. This short video demonstrates the robust construction and high load-bearing capacity of the Mikolo WB00 bench.

9. STORAGE

The Mikolo A-WB00 weight bench is designed for convenient, space-saving vertical storage.



Image: The Mikolo Weight Bench in its vertical storage position, highlighting its minimal footprint.

1. Ensure the bench is in a flat position before attempting to store it vertically.
2. Lift the bench from the front end using the integrated handle.
3. Roll the bench into its vertical storage position using the integrated wheels. The bench will stand upright, occupying approximately 3.2 square feet of floor space.
4. Store in a dry, safe place away from direct sunlight and extreme temperatures.

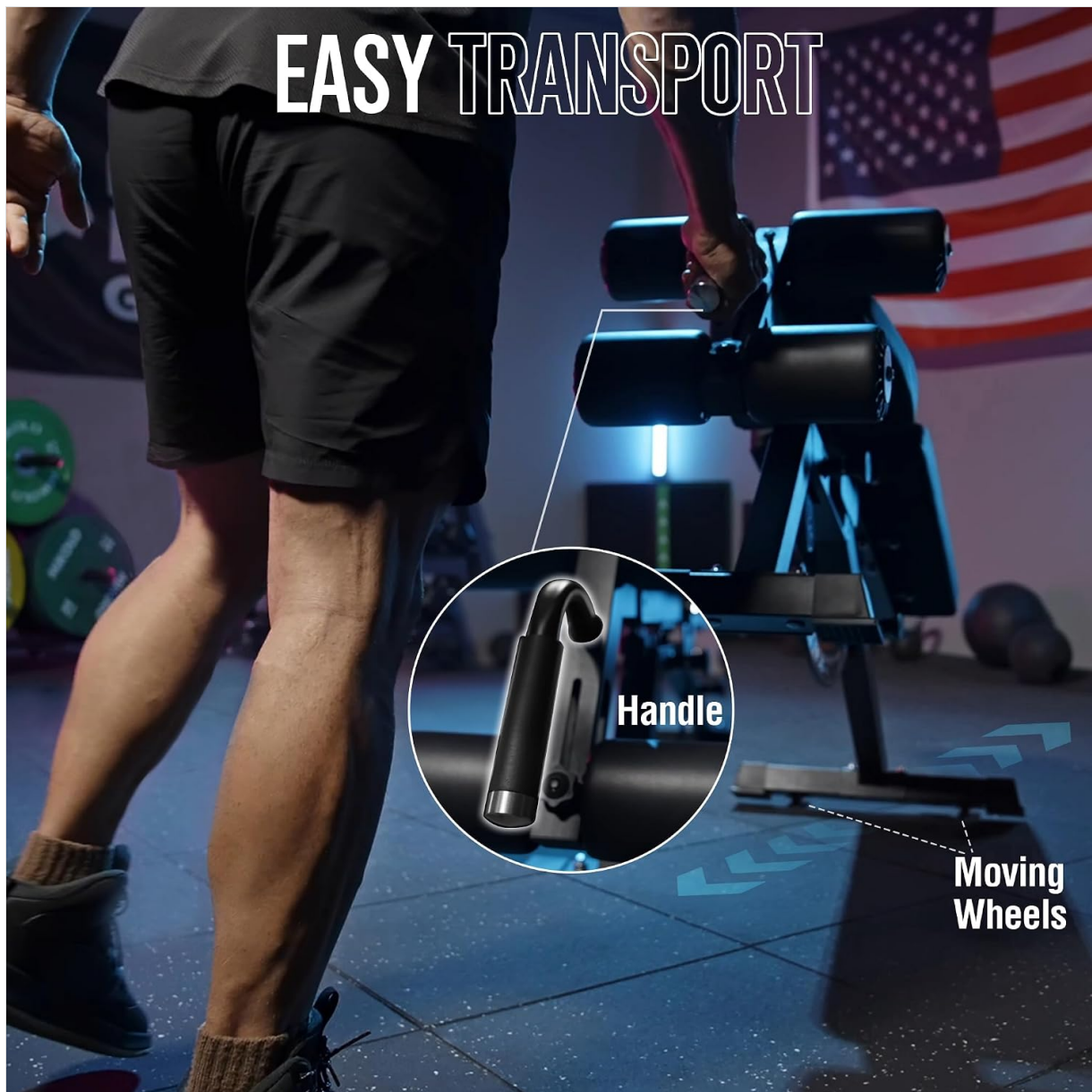


Image: Integrated handle and moving wheels for easy transport of the bench.

10. WARRANTY AND SUPPORT

Mikolo Fitness is committed to providing high-quality products and customer satisfaction.

- **Warranty:** This product comes with a lifetime warranty. Please refer to the warranty card included with your purchase for specific terms and conditions.
- **Customer Support:** For any questions, assistance with assembly, or troubleshooting, please contact Mikolo customer support. We offer 24-hour support.
- **Additional Resources:**
 - Assembly Guide Videos
 - Training Videos

For more information, visit the official Mikolo store on Amazon: [Mikolo Fitness Store](#)

