

ZIPRO 13132752

ZIPRO Adjustable Freestanding Squat and Exercise Support Home Gym

Model: 13132752

1. INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your ZIPRO Adjustable Freestanding Squat and Exercise Support Home Gym. Please read this manual thoroughly before use and retain it for future reference.

Safety Information

- Ensure all components are securely fastened before each use.
- Do not exceed the maximum weight capacity (if specified, not available in input).
- Consult a physician before starting any new exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface.

2. PRODUCT OVERVIEW

The ZIPRO Adjustable Freestanding Squat and Exercise Support is designed for a variety of bodyweight exercises, offering a stable and versatile platform for your home gym. Its robust construction and adjustable features cater to different user heights and exercise needs.

Key Features:

- **Adjustable Height:** The height can be adjusted from 158.5 cm to 209 cm, accommodating various users and exercise types.

- **Stable Construction:** Made from robust powder-coated alloy steel for durability and resistance to damage.
- **Versatile Exercise Options:** Suitable for pull-ups, dips, push-ups, and leg raises, targeting chest, arms, back, and core muscles.
- **Compact Design:** Freestanding design allows for easy placement in smaller spaces.

Components Diagram





Figure 2.1: Full view of the assembled ZIPRO Adjustable Freestanding Squat and Exercise Support. This image shows the complete structure with pull-up bar at the top and dip handles below, all in black powder-coated steel.



Figure 2.2: Detailed dimensions of the ZIPPRO exercise support, indicating adjustable height from 158.5 cm to 209 cm, base width of 95.5 cm, and depth of 64 cm. Also shows dimensions for the pull-up bar and dip handles.

3. SETUP AND ASSEMBLY

Follow these steps carefully to assemble your ZIPRO exercise support. It is recommended to have two people for assembly.

3.1 Unpacking

- Carefully remove all components from the packaging.
- Verify that all parts listed in the packing list are present.
- Place all parts on a clean, flat surface to prevent scratches.

3.2 Assembly Steps

1. **Assemble the Base:** Connect the two main base supports using the crossbar and provided bolts. Ensure all connections are tight.



Figure 3.1: The sturdy base structure of the ZIPRO support, showing the horizontal bars and central connection point, designed for

stability.

2. **Attach Vertical Posts:** Secure the two vertical posts to the assembled base using the designated bolts.
3. **Install Pull-up Bar:** Mount the pull-up bar assembly to the top of the vertical posts. Ensure it is level and securely fastened.



Figure 3.2: A detailed view of the multi-grip pull-up bar, featuring padded grips for comfort and showing the ZIPRO logo.

4. **Install Dip Handles:** Attach the dip handles to the vertical posts at your desired height. Use the adjustment knobs to secure them.



Figure 3.3: The adjustable dip handles with textured grips, demonstrating how they attach to the vertical posts and can be secured with a knob.

5. **Adjust Height:** Loosen the adjustment knobs on the vertical posts to set the overall height of the unit and the dip handles. Retighten all knobs firmly after adjustment.
6. **Final Check:** Before first use, double-check all bolts and connections to ensure they are tight and secure.

4. OPERATING INSTRUCTIONS

The ZIPRO exercise support allows for a variety of bodyweight exercises. Always perform a warm-up before exercising and cool-down afterwards.

4.1 Pull-ups

- Grasp the pull-up bar with an overhand or underhand grip, hands shoulder-width apart or wider.
- Hang freely, then pull your body upwards until your chin clears the bar.
- Slowly lower yourself back to the starting position.

4.2 Dips

- Grasp the dip handles with a firm grip.
- Lift your body off the ground, supporting yourself with straight arms.
- Lower your body by bending your elbows until your shoulders are below your elbows.
- Push back up to the starting position.

4.3 Leg Raises

- Hang from the pull-up bar or support yourself on the dip handles.
- Keeping your legs straight or slightly bent, raise them towards your chest.
- Slowly lower your legs back down.

4.4 Push-ups (using dip handles)

- Place your hands on the dip handles, maintaining a straight body line.
- Lower your chest towards the handles by bending your elbows.
- Push back up to the starting position.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your equipment.

- **Cleaning:** Wipe down the frame and grips with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections for tightness. Tighten any loose fasteners immediately.
- **Storage:** Store the equipment in a dry, cool place away from direct sunlight and extreme temperatures.
- **Damage:** If any part of the equipment is damaged, discontinue use immediately and contact customer support for replacement parts.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Equipment feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all bolts are tightened. Move equipment to a flat, level surface.

Problem	Possible Cause	Solution
Difficulty adjusting height.	Adjustment knobs not fully loosened or mechanism is stiff.	Fully loosen adjustment knobs. Apply a small amount of silicone lubricant if mechanism is stiff.
Squeaking noises during use.	Loose connections or friction between metal parts.	Check and tighten all bolts. Apply a small amount of lubricant to contact points if necessary.

7. SPECIFICATIONS

Feature	Detail
Brand	ZIPRO
Model Number	13132752
Material	Alloy Steel
Color	Black
Adjustable Height	158.5 cm to 209 cm
Product Dimensions (L x W x H)	95.5 x 95.5 x 209 cm
Item Weight	16.8 Kilograms
Features	Portable, Adjustable

8. WARRANTY AND SUPPORT

For warranty information or technical support, please contact ZIPRO customer service. Details regarding specific warranty periods and conditions may vary by region and purchase point.

Please retain your proof of purchase for any warranty claims.

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

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