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› [KROAK 40-Inch 4-in-1 Z Creeper Seat Instruction Manual](#)

KROAK LZ-450pro

KROAK 40-Inch 4-in-1 Z Creeper Seat Instruction Manual

Model: LZ-450pro | Brand: KROAK

1. PRODUCT OVERVIEW

The KROAK 40-Inch 4-in-1 Z Creeper Seat is a versatile tool designed for automotive repair and maintenance. It transforms between four configurations: an I-Shape Creeper, a Horizontal L Creeper, a Z-Shape Creeper Seat, and a Vertical L Creeper Seat, providing flexibility for various working positions under or around vehicles. Constructed with reinforced tubular steel, it offers a high load capacity and features ergonomic design for user comfort.



Image 1.1: The KROAK 40-Inch 4-in-1 Z Creeper Seat shown in its creeper, Z-seat, and vertical seat configurations.

2. KEY FEATURES

- **4-in-1 Versatility:** Easily converts between I-Shape Creeper (40" length), Horizontal L Creeper, Z-Seat, and Vertical L-Seat for diverse work requirements.
- **High Load Capacity:** Reinforced tubular steel frame supports up to 450 lbs in creeper mode and 330 lbs in Z-seat mode, ensuring stability and safety.
- **Pro-Grade 360° Glide System:** Equipped with six 3-inch TPR rubber wheels for smooth movement over various surfaces, offering wear resistance and low noise.
- **SpineGuard Ergonomics:** Features an adjustable headrest and a 15° lumbar-support backrest to reduce neck and back strain during extended use.
- **Easy-to-Clean Surface:** Nano-sealed polymer leather upholstery repels oil, water, and grime, allowing for quick and easy cleaning.

3. WHAT'S IN THE BOX

Upon unboxing, verify that all components are present:

- Assembly Board (2 pieces)
- Spanner (2 pieces)
- Hex Key (1 piece)
- Rubber Tire Wheel (6 pieces)
- Screw & Nut (4 sets)

Install Frame



Install Wheels



Image 3.1: Visual representation of all parts included in the package, along with product dimensions.

4. SETUP AND ASSEMBLY

Follow these steps to assemble your KROAK 4-in-1 Z Creeper Seat:

- 1. Install Frame:** Align the frame sections and secure them using the provided screws and nuts. Use the spanner to tighten the nuts firmly.
- 2. Install Wheels:** Attach each of the six rubber tire wheels to the designated mounting points on the frame. Ensure the wheels are securely fastened with the screws and nuts, using the hex key and spanner for proper tightening.

Install Frame



Install Wheels



Image 4.1: Detailed view of the assembly process, illustrating how to install the frame and wheels.

Install Frame



Install Wheels



Image 4.2: Visual guide demonstrating the installation of the frame and wheels.

5. OPERATING INSTRUCTIONS

The KROAK 4-in-1 Z Creeper Seat offers four distinct modes for various tasks:

- **I-Shape Creeper:** Ideal for lying flat and sliding deep under vehicles for extensive underside work.
- **Horizontal L Creeper:** Provides a slightly elevated head position while lying down, suitable for accessing tight chassis gaps.
- **Z-Shape Creeper Seat:** Transforms into a comfortable seat for working at tire level or for tasks requiring a seated position.
- **Vertical L Creeper Seat:** Elevates the user for engine bay access or other tasks requiring a higher seated position.

To switch between modes, carefully adjust the hinged sections of the creeper. Ensure all locking mechanisms are fully engaged before applying weight to the unit in its new configuration.



L Shape Creeper



Horizontal L Creeper



Z Shape Creeper Seat



Vertical L Creeper Seat

Image 5.1: The I-Shape Creeper mode, ideal for working directly under a vehicle.

STRONGER LOADING CAPACITY



Up to 450lbs
Stronger Loading Capacity

constructed with solid metal frame
(330lbs loading capacity when Z creeper seat mode)

Image 5.2: The Horizontal L Creeper mode, offering a slightly angled position for comfort.

3" TPR RUBBER TIRE WHEEL



Image 5.3: The Z-Shape Creeper Seat mode, providing a stable seating option.

WORK IN COMFORT AND CONVENIENCE



Adjustable Headrest Mode

Effectively Relieve Shoulder and Neck Pressure

Backrest Chair Mode

Effectively Relieve Back and Spine Pressure



Image 5.4: The Vertical L Creeper Seat mode, elevating the user for specific tasks.

6. MAINTENANCE

To ensure the longevity and optimal performance of your KROAK Creeper Seat, follow these maintenance guidelines:

- Cleaning:** The nano-sealed polymer leather surface is designed to repel oil, water, and grime. Wipe spills and dirt immediately with a clean, damp cloth. Avoid abrasive cleaners or solvents that could damage the material.
- Wheel Inspection:** Periodically check the wheels for any signs of wear, damage, or debris accumulation. Clean the wheels and ensure they rotate freely. Verify that the wheel fasteners remain tight.
- Frame Inspection:** Regularly inspect the steel frame for any signs of bending, cracks, or corrosion. Ensure all bolts and nuts are securely tightened.
- Storage:** Store the creeper in a dry, clean environment when not in use to prevent rust and material degradation.

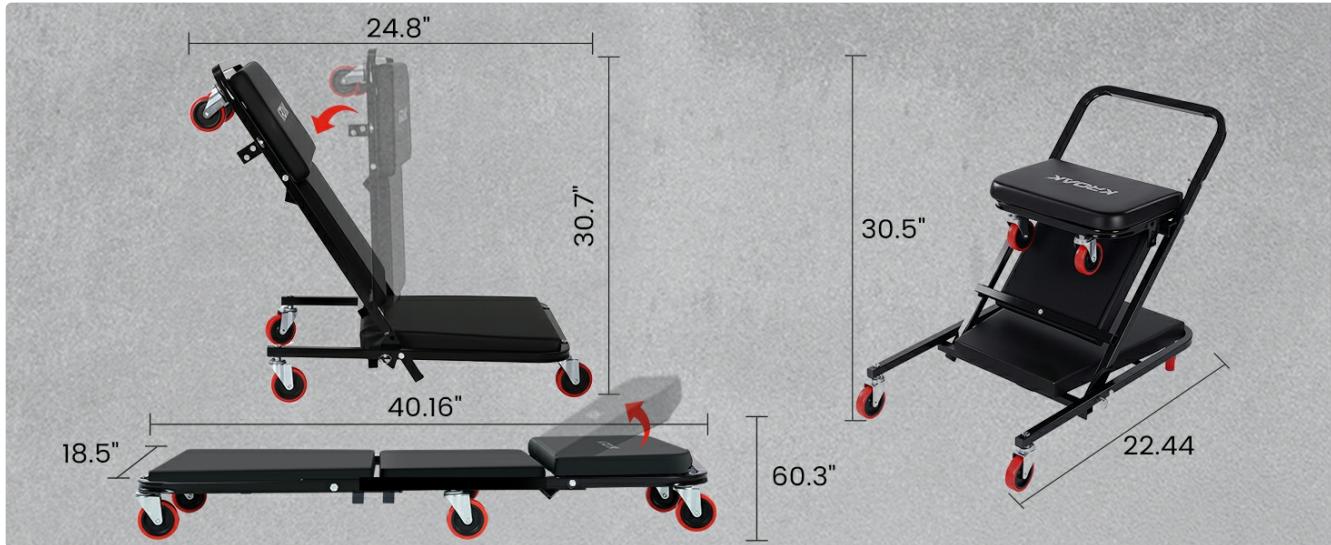


Image 6.1: The creeper's surface is easy to clean, repelling water and oil.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your KROAK 4-in-1 Z Creeper Seat.

- **Issue: Creeper does not roll smoothly.**

Solution: Check the wheels for debris (e.g., dirt, hair, small objects) that might be obstructing their movement. Clean the wheels and their axles. Ensure the wheel bolts are not overtightened, which can restrict rotation.

- **Issue: Creeper feels unstable or wobbly.**

Solution: Verify that all frame connections and wheel fasteners are securely tightened. Refer to the assembly instructions (Section 4) to ensure all components are correctly installed and locked into place for the chosen configuration. Do not exceed the stated weight capacity.

- **Issue: Difficulty converting between modes.**

Solution: Ensure that no weight is on the creeper when attempting to convert its configuration. Check for any obstructions in the hinge mechanisms. Apply a small amount of silicone-based lubricant to the hinges if they are stiff.

8. SPECIFICATIONS

Manufacturer	KROAK
Brand	KROAK
Model	4in1 Creeper
Item Weight	14.97 pounds
Package Dimensions	31 x 18.5 x 4 inches
Item Model Number	LZ-450pro
Manufacturer Part Number	Creeper4in1
ASIN	B0DT4FPW81

Date First Available	January 15, 2025
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9. WARRANTY AND SUPPORT

For warranty information or technical support regarding your KROAK 4-in-1 Z Creeper Seat, please contact the manufacturer directly. Retain your proof of purchase for any warranty claims.

Manufacturer: KROAK

Please refer to the product packaging or the seller's information for specific contact details and warranty terms.

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