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Mikolo WB02

Mikolo Foldable Weight Bench User Manual

Model: WB02

Brand: Mikolo

INTRODUCTION

This manual provides essential information for the safe and effective use of your Mikolo Foldable Weight Bench. Please read this manual thoroughly before assembly and operation. Proper setup and maintenance will ensure the longevity and optimal performance of your equipment.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 600 pounds.
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- If you experience pain or dizziness, stop exercising immediately.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Main Frame Assembly
- Backrest Pad
- Seat Pad
- Leg Holder Assembly
- Dragon Flag Handle
- Hardware Kit (bolts, nuts, washers, adjustment pins)

- Assembly Tools (wrenches, allen keys)

SETUP AND ASSEMBLY

Follow these steps to assemble your Mikolo Foldable Weight Bench:

1. Step 1: Unpack Components

Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Refer to the package contents list to ensure all pieces are present.



Image: The Mikolo Foldable Weight Bench in its assembled state, showcasing its dark color and sturdy design.

2. Step 2: Attach Main Frame Components

Connect the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are securely fastened but do not fully tighten until all major components are in place.

3. Step 3: Install Backrest and Seat Pads

Attach the backrest pad and seat pad to their respective frames using the screws provided. Ensure the pads are

aligned correctly before tightening.

4. Step 4: Assemble Leg Holder

Slide the foam rollers onto the leg holder bar and attach the leg holder assembly to the main frame. This component is often detachable for varied exercises.



Image: Close-up view of the bench's features, including the top-notch locking mechanism for adjustments, the detachable leg holder, the quality wheel for easy movement, and the dragon flag handle.

5. Step 5: Attach Dragon Flag Handle

Secure the dragon flag handle to the designated slot on the backrest frame. This handle is specifically designed for core exercises like dragon flags and dragon thrusters.

6. Step 6: Final Tightening and Inspection

Once all components are in place, go back and fully tighten all bolts and nuts. Inspect the bench for stability and ensure there are no loose parts. Test the adjustment mechanisms to confirm smooth operation.

OPERATING INSTRUCTIONS

The Mikolo Weight Bench offers versatile adjustments for a comprehensive full-body workout.

Adjusting the Bench Positions

This bench features 9 backrest incline positions (0 to 85 degrees), 2 seat positions (0 and 10 degrees), and 3 leg holder positions, allowing for 18 different configurations.

1. Backrest Adjustment:

Locate the adjustment pin or lever at the base of the backrest. Pull the pin out, adjust the backrest to your desired angle, and release the pin to lock it into place. Ensure the pin is fully engaged before use.



Image: A visual guide illustrating the 9 backrest angle adjustments (from 0 to 85 degrees) and 2 seat positions (0 and 10 degrees) for versatile workouts.

2. Seat Adjustment:

The seat can be adjusted to 0 or 10 degrees. Locate the adjustment mechanism under the seat, adjust to the preferred angle, and secure it.

3. Leg Holder Adjustment:

The leg holder has 3 positions. Adjust it to provide optimal support for decline exercises or sit-ups. Ensure it is securely locked.

Exercise Examples

The Mikolo Weight Bench supports a variety of exercises:

- **Flat Bench Press:**

Adjust the backrest to a flat (0-degree) position. Lie on the bench with your feet flat on the floor. Perform dumbbell or barbell presses for chest development.

- **Incline Bench Press:**

Set the backrest to an incline position (e.g., 30-45 degrees). This targets the upper chest muscles.

- **Upright Shoulder Press:**

Adjust the backrest to an upright position (e.g., 85 degrees). Sit on the bench and perform dumbbell shoulder presses.

- **Dragon Flags / Dragon Thrusters:**

Utilize the dedicated dragon flag handle for advanced core exercises. This feature allows for intense abdominal and glute training.

- **Decline Sit-ups:**

Adjust the bench to a decline position and use the leg holder to secure your feet. Perform sit-ups to target lower abdominal muscles.

Product in Action

Watch the official product video for a demonstration of the Mikolo Adjustable Weight Bench's features and various exercises.

Your browser does not support the video tag.

Video: An official demonstration of the Mikolo Adjustable Weight Bench, showcasing its various adjustable positions, the dragon flag handle, and exercises like incline bench press, flat bench press, and decline sit-ups. The video also highlights the bench's 600LB weight capacity and easy mobility.

WEIGHT CAPACITY

600LBS



600Lbs load bearing



Triangular structure



Thickened steel



Thousands of tests



Image: The Mikolo Weight Bench demonstrating its 600LBS weight capacity, with multiple heavy tires stacked on it, emphasizing its robust construction and stability.

STABLE & COMFORTABLE



Image: A user performing a flat bench press, illustrating the bench's stable and comfortable design, featuring a square rubber base, triangle structure for support, and an ergonomic cushion for user comfort.

MAINTENANCE

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap and water for deeper cleaning, then dry thoroughly.
- **Inspection:** Regularly check all bolts, nuts, and adjustment pins for tightness. Tighten any loose fasteners to ensure safety and stability.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts or adjustment points if they become stiff.
- **Storage:** When not in use, the bench can be folded for compact storage. Store in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench feels wobbly	Loose bolts or uneven surface.	Ensure all bolts are tightened. Move the bench to a flat, stable surface.
Adjustment pin is stuck	Dirt or rust in the mechanism.	Clean the pin and hole. Apply a small amount of lubricant.
Squeaking noise during use	Friction between metal parts.	Apply lubricant to pivot points and joints.

SPECIFICATIONS

Feature	Detail
Brand	Mikolo
Model Number	WB02
Weight Limit	600 Pounds
Item Weight	46.2 Pounds
Material	Alloy Steel
Color	Dark
Product Dimensions (LxWxH)	55"D x 51"W x 22"H
Backrest Positions	9 (0 to 85 degrees)
Seat Positions	2 (0 and 10 degrees)
Leg Holder Positions	3
Special Features	Dragon Flag Handle, Foldable Design, Transport Wheels

PRODUCT DIMENSION



Image: A diagram illustrating the key dimensions of the Mikolo Weight Bench, including its length, width, and height, providing a clear understanding of its footprint.

WARRANTY AND SUPPORT

Mikolo stands behind the quality of its products. For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official Mikolo website. This product typically includes a manufacturer's warranty covering defects in materials and workmanship.

For customer support, you can often find assistance through the seller's platform or directly from Mikolo Fitness.

Returns: This product is eligible for 30-day easy returns.