

ZIPRO 11926653

ZIPRO Ripped Folding Training Bench User Manual

Model: 11926653

1. INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your ZIPRO Ripped Folding Training Bench. Please read this manual thoroughly before using the equipment to ensure proper function and to prevent injury.



Image 1.1: The ZIPPRO Ripped Folding Training Bench, showcasing its multi-functional design with integrated barbell rack, preacher curl attachment, and leg developer.

2. SAFETY INFORMATION

Before beginning any exercise program, consult with a physician. It is crucial to follow these safety guidelines to minimize the risk of injury:

- Read all instructions in this manual before assembly and use.
- Keep children and pets away from the equipment during use.
- Place the bench on a flat, stable surface. Ensure adequate space around the equipment for safe operation.
- Inspect the equipment for loose parts, damage, or wear before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before use.
- Do not exceed the maximum weight limit of 270 kg (595 lbs) for the bench and barbell rack.
- Use proper lifting techniques and always use spotters when lifting heavy weights.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly (Bench, Barbell Rack)
- Preacher Curl Attachment
- Leg Developer Attachment
- Butterfly Arms (if separate)
- Foam Rollers
- Hardware Kit (bolts, nuts, washers, pins)
- Assembly Tools (wrenches, allen keys - typically included)

4. SETUP AND ASSEMBLY

Assembly requires careful attention to detail. It is recommended to have two people for assembly. Lay out all parts on a clean, flat surface before starting.

1. **Unpack Components:** Carefully remove all parts from the packaging. Check against the package contents list.
2. **Assemble Main Frame:** Connect the base stabilizers to the main bench frame using the provided bolts and nuts. Ensure all connections are secure.
3. **Attach Barbell Rack:** Secure the barbell rack uprights to the main frame. The integrated design means these are often pre-attached or connect directly to the bench's main support structure.
4. **Install Preacher Curl Attachment:** Slide the preacher curl post into its designated receiver on the bench. Secure with the locking pin or knob.
5. **Install Leg Developer:** Attach the leg developer assembly to the front of the bench. Insert the foam rollers onto the leg developer arms. Secure with end caps or pins.
6. **Attach Butterfly Arms:** If separate, attach the butterfly arms to their pivot points on the barbell rack or main frame. Insert foam rollers.
7. **Final Inspection:** Double-check all bolts, nuts, and pins to ensure they are fully tightened and secured. Test the stability of the bench before first use.



Image 4.1: Diagram illustrating key adjustment points for the bench backrest, barbell rack height, and leg developer, crucial for proper assembly and customization.

5. OPERATING INSTRUCTIONS

5.1 Adjusting the Bench

The ZIPPRO Ripped bench offers multiple adjustment options for various exercises:

- **Backrest Adjustment:** Locate the adjustment pin or lever beneath the backrest. Pull the pin, adjust the backrest to the desired angle (flat, incline, decline), and release the pin to lock it into place. Ensure it is securely seated before use.
- **Barbell Rack Height:** The barbell rack features four height settings between 104 cm and 116 cm. Adjust the height by pulling the locking pins on each upright, raising or lowering the rack, and re-inserting the pins into the desired holes. Ensure both sides are at the same height and securely locked.
- **Preacher Curl Pad:** The preacher curl pad can be adjusted for height. Loosen the adjustment knob, slide the pad to the appropriate height for your arm length, and tighten the knob securely.

- **Leg Developer:** The leg developer's range of motion can sometimes be adjusted or locked into position for specific exercises. Refer to the specific mechanism on your unit.



Image 5.1: Close-up view of the bench's durable padding, water-resistant surface, comfortable foam rollers, and secure adjustment knob, highlighting key user interface elements.

5.2 Performing Exercises

The ZIPPRO Rippled bench supports a variety of strength training exercises. Always warm up before exercising and cool down afterward.

- **Barbell Bench Press:** Adjust the backrest to flat or incline. Position yourself on the bench with your eyes directly under the barbell. Grip the barbell with an overhand grip slightly wider than shoulder-width. Unrack the weight, perform the press, and re-rack securely.
- **Preacher Curls:** Sit on the bench with your upper arms resting on the preacher curl pad. Grip a barbell or dumbbell with an underhand grip. Curl the weight upwards, focusing on bicep contraction, then slowly lower.
- **Leg Extensions:** Sit on the bench with your shins under the foam rollers of the leg developer. Extend your legs upwards, contracting your quadriceps, then slowly lower the weight.
- **Leg Curls:** Lie face down on the bench (if supported by the design) with your Achilles tendons under the foam rollers. Curl your legs upwards, contracting your hamstrings, then slowly lower.

- **Butterfly (Pec Deck):** Sit on the bench and place your forearms against the butterfly pads. Bring the pads together in front of you, contracting your chest muscles, then slowly return to the starting position. Note: The design may require forearms to slide along the pads rather than gripping handles directly.



Image 5.2: A user demonstrating the barbell bench press exercise on the ZIPRO Ripped Folding Training Bench, highlighting its use for chest workouts.



Image 5.3: Diagram illustrating the functionality of the preacher curl attachment, butterfly arms, and leg developer for targeted muscle group training.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your training bench.

- **Cleaning:** Wipe down the bench and frame with a damp cloth after each use to remove sweat and dust. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and pins for tightness. Re-tighten as needed. Inspect the upholstery for tears or excessive wear. Check foam rollers for damage.
- **Lubrication:** If any moving parts (e.g., adjustment mechanisms) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** When not in use, store the bench in a clean, dry environment. The folding design allows for more compact storage.

7. TROUBLESHOOTING

If you encounter issues with your ZIPRO Ripped Folding Training Bench, refer to the following common problems and solutions:

- **Bench feels unstable:**
 - Ensure all assembly bolts and nuts are fully tightened.
 - Verify the bench is on a flat, level surface.
 - Check for any damaged frame components.
- **Adjustment pins are difficult to engage/disengage:**
 - Ensure the holes are aligned correctly.
 - Clean any debris from the pin and receiver holes.
 - Apply a small amount of silicone lubricant to the pin if it's sticking.
- **Squeaking noises during use:**
 - Identify the source of the squeak.
 - Tighten any loose bolts or connections in that area.
 - Lubricate pivot points or moving parts with silicone spray.

If problems persist, contact customer support for further assistance.

8. SPECIFICATIONS

Brand	ZIPRO
Model	11926653
Item Weight	26 Kilograms (57.3 lbs)
Material	Carbon Steel (Frame), Metal
Color	Black
Product Dimensions (L x W x H)	54.33"D x 62.99"W x 49.21"H (138 cm D x 160 cm W x 125 cm H approx.)
Weight Limit	270 Kilograms (595 lbs)
Barbell Rack Height	104 cm - 116 cm (adjustable)
Distance Between Barbell Rack Shelves	65 cm



Image 8.1: Detailed dimensional diagram of the ZIPRO Ripped Training Bench, showing overall length, width, height, and specific measurements for various components.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact the manufacturer directly. Keep your proof of purchase for warranty claims.

Manufacturer: Morele.net Sp. z o.o