



ufctrain.com

UFC[®]

© 2021 ZUFFA, LLC. ALL RIGHTS RESERVED. MADE BY DYACO, INC. UNDER THE LICENSE FROM ZUFFA, LLC.

UFC

ULTIMATE TRAINING

ZONE+ BENCH

USER'S MANUAL
ITEM NO: UHB-75649

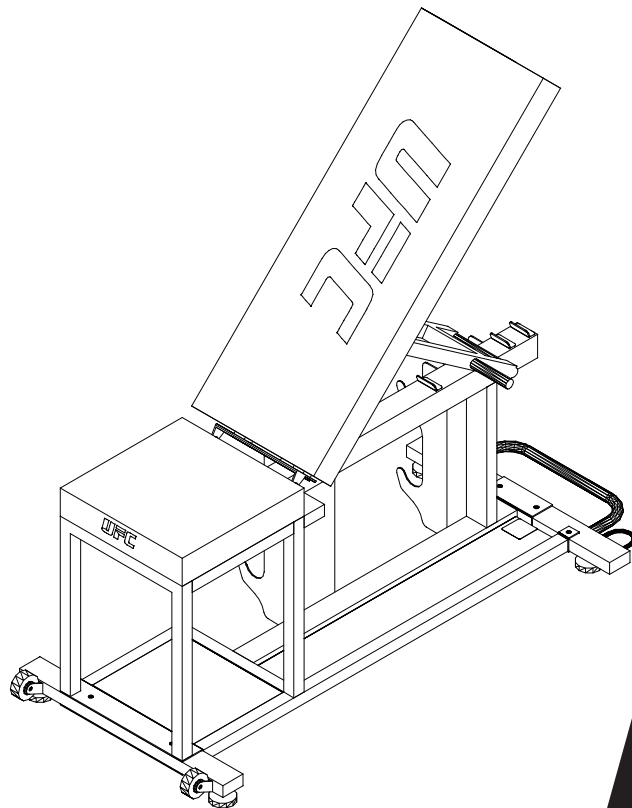


TABLE OF CONTENTS

| | |
|----------------------------------------------------|----------------|
| CARE AND MAINTENANCE/ PRODUCT SPECIFICATION | 02 |
| WARNING LABEL PLACEMENT | 03 |
| SAFETY PRECAUTIONS | 04 |
| ASSEMBLY PRECAUTIONS /WARRANTY | 05 |
| PARTS LIST AND EXPLODED VIEW | 06 |
| IDENTIFICATION CHART | 07 |
| ASSEMBLY PROCESS | 08 ~ 10 |
| ADDITIONAL REMARKS | 11 |
| EXERCISE GUIDELINES | 12 |
| EXERCISE DEMONSTRATION | 13 |

BEFORE YOU BEGIN

Welcome to UFC ZONE+. For your safety and benefit, read all important instructions, precautions and warnings carefully prior to using the bench. The manufacturer and its distributors assume no liability or responsibility for accidents or injury to persons or property that might result in connection with the exercises and use of this product.

KEEP THIS MANUAL FOR FUTURE REFERENCE

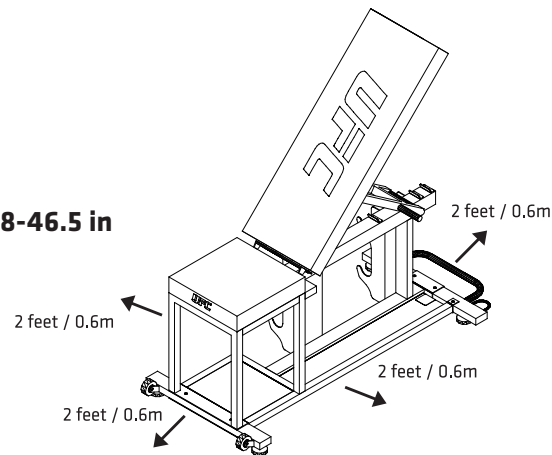
CARE AND MAINTENANCE

1. Moving parts will need to be lubricated periodically.
2. Inspect and tighten all parts before using the equipment.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. Solvents may damage the material.
4. Examine the equipment regularly for signs of damage or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. Failure to examine regularly may affect the safety of the equipment.
7. Keep the bench on a solid surface, and keep a minimum of two feet (0.6m) from any walls or furniture. Make sure that the area behind the bench remains completely clear during use.

PRODUCT SPECIFICATION

- **Product Name:** UFC ZONE+ BENCH
- **Model Number:** UHB-75649
- **Assembled Dimensions (LWH):** 117 cm x 51 cm x 48-118 cm / 46 x 20 x 18.8-46.5 in
- **GW/NW:** 25/27 KG; 55.1/59.5 LB
- **Maximum Weight Capacity:** 363 KG / 800 LB
- **Maximum User Weight:** 150 KG / 330 LB

This product conforms to EN ISO 20957-1. (Class H)



WARNING LABEL PLACEMENT

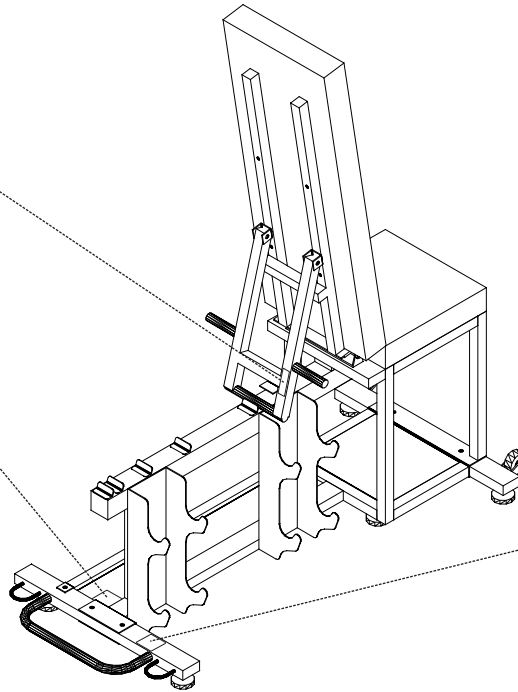
This drawing shows the location of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a replacement decal. Apply the decal in the location shown.**

Note: The decal(s) may not be shown at actual size.



UFC

Manufactured By: Dyaco International Inc.
No.1 Gong 1st Road, Cyuan Sing Industrial
Park, Changhua Country 509, Taiwan
Model: UHB-75649 UFC ZONE+ BENCH
website: ufctrain.com
Email: ufctrain@dyaco.com
Maximum Weight Capacity: 363KG/800LBS
Maximum User Weight: 150 KG/330 LB
DIN-Norm: BS EN ISO 20957-1
Classe: HC (Home use)
Made in Taiwan
Serial Number:



⚠ WARNING

- There is possibility of serious injury or death if caution is not used.
- Keep children away from machine at all times.
- Read and follow all warnings and instructions
- Obtain proper instruction on how to use this machine prior to use.
- Cease exercise if you feel faint or dizzy.
- Keep body, clothing, and fitness accessories clear of all moving parts.
- Inspect the equipment and do not use if it appears damaged or inoperable.
- Replace label if damaged, illegible or removed.
- Do not exceed the weight capacity of the machine.
- Always use a spotter when using this bench.

SAFETY PRECAUTIONS

1. Ensure that your working area is free of any possible sources of danger. Properly dispose of all packaging materials immediately.
WARNING: To avoid danger of suffocation, keep all plastic packaging away from babies and children. Do not use this plastic packaging in cribs, beds, carriages, or playpens. This bag is not a toy.
2. The unit is designed for use by adults. Children should not be allowed to play with it or on it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
3. This product is not a toy and should not be used by children or animals as a toy or without supervision.
4. This product is designed for one user at a time.
5. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, STOP the workout at once. Consult a physician immediately. Injuries may occur due to incorrect or excessive exercise.
6. Position the bench on a leveled surface which is clear of all obstacles as not to restrict movement whilst exercising.
7. DO NOT use the bench near water or outdoors.
8. Keep hands away from all moving parts.
9. Always wear appropriate clothing when exercising. Loose clothing may get caught in moving parts or torn. Properly fitted running or aerobic shoes are advised when using this product.
10. Use the bench only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
11. DO NOT place any sharp objects around the bench.
12. Disabled persons should not use the machine without a qualified person or physician in attendance.
13. Before using the bench to exercise make sure to properly warm up to prevent injury.
14. Never use the bench if it is not functioning properly or if a piece is broken.
15. This product is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.

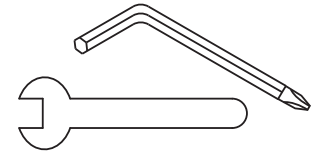
WARNING:

Before beginning any exercise, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health conditions. Read all instructions before using any fitness equipment.

ASSEMBLY PRECAUTIONS

1. Moving parts will need to be lubricated periodically.
2. Inspect and tighten all parts before using the equipment.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. Solvents may damage the material.
4. Examine the equipment regularly for signs of damage or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. Failure to examine regularly may affect the safety of the equipment.

Wait until all bolts are assembled onto the bench before fully tightening the bolts.



WARRANTY

UFC Ultimate Training warrants the original purchaser against any product defect. For more information, terms and condition in country of purchase go to ufctrain.com

The various components of this equipment are warranted against defects and workmanship for the following time period(s):

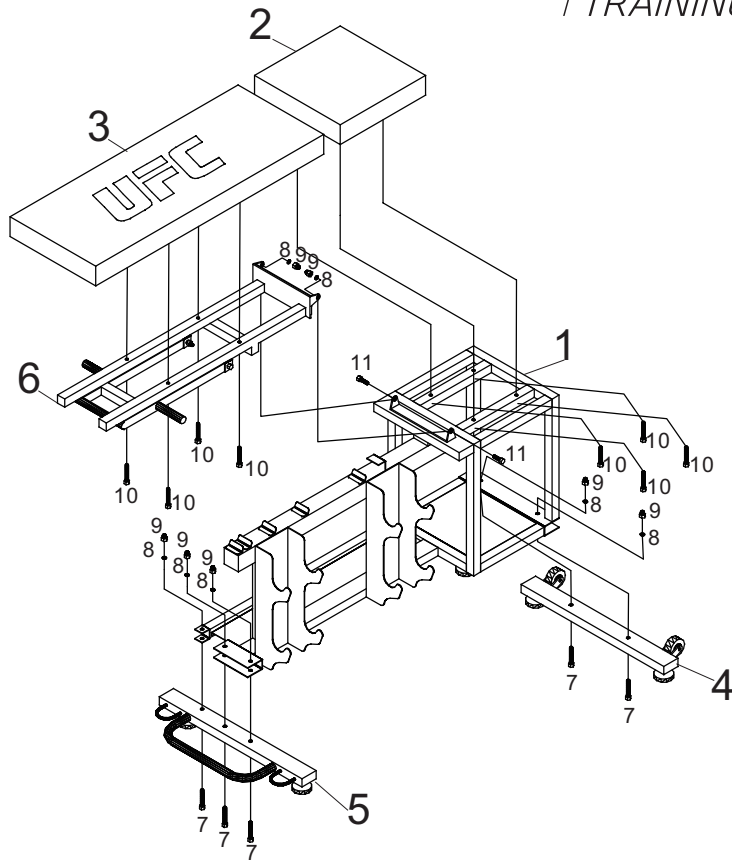
- Steel Frame 1 Year
- All other parts 90 days



Missing a part or need assembly assistance? DO NOT RETURN the product to the store
Email: ufctrain@dyaco.com, call your local agent or scan QR code to find more information.
Check your local agent on ufctrain.com

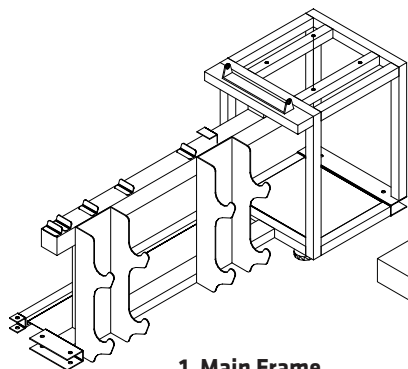
PARTS LIST AND EXPLODED VIEW

| No. | Descriptions | | Qty/ |
|-----|----------------------------------|------------|------|
| 1. | Main Frame | | 1 |
| 2. | Seat | | 1 |
| 3. | Backrest | | 1 |
| 4. | Front Stabilizer | | 1 |
| 5. | Rear Stabilizer | | 1 |
| 6. | Backrest Support | | 1 |
| 7. | Hex Socket Button Head Cap Bolt | M8 x 40 mm | 5 |
| 8. | Washer | Ø10 mm | 7 |
| 9. | Hex Acorn Nut | M8 | 7 |
| 10. | Hex Socket Button Head Cap Screw | M6 x 45 mm | 8 |
| 11. | Hex Socket Button Head Cap Bolt | M8 x 20 mm | 2 |
| 12. | Allen Key | 4 mm | 1 |
| 13. | Allen Key | 5 mm | 1 |
| 14. | Allen Key | 6 mm | 1 |
| 15. | Open Wrench | 12 mm | 1 |

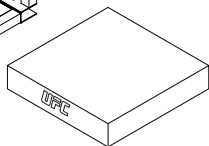


IDENTIFICATION CHART

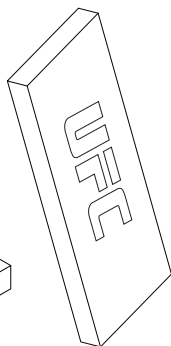
PARTS LIST



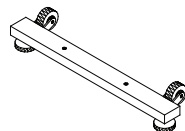
1. Main Frame



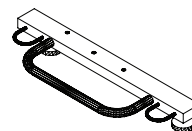
2. Seat



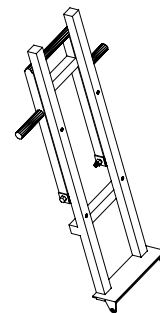
3. Backrest



4. Front Stabilizer

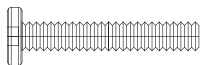


5. Rear Stabilizer



6. Backrest Support

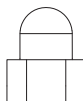
HARDWARE AND TOOLS



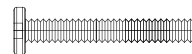
7. Hex Socket Button Head Cap Bolt
M8 x 40 mm (5)



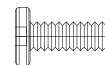
8. Washer
Ø10 mm (7)



9. Hex Acorn Nut
M8 (7)



10. Hex Socket Button Head Cap Screw
M6 x 45 mm (8)



11. Hex Socket Button Head Cap Bolt
M8 x 20 mm (2)



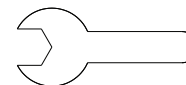
12. Allen Key
4 mm (1)



13. Allen Key
5 mm (1)



14. Allen Key
6 mm (1)



15. Open Wrench
12 mm (1)

ASSEMBLY PROCESS

1

Assembling Front and Rear Stabilizers

The following Parts and Hardware are needed in this step.

No. 4 Front Stabilizer

No. 5 Rear Stabilizer

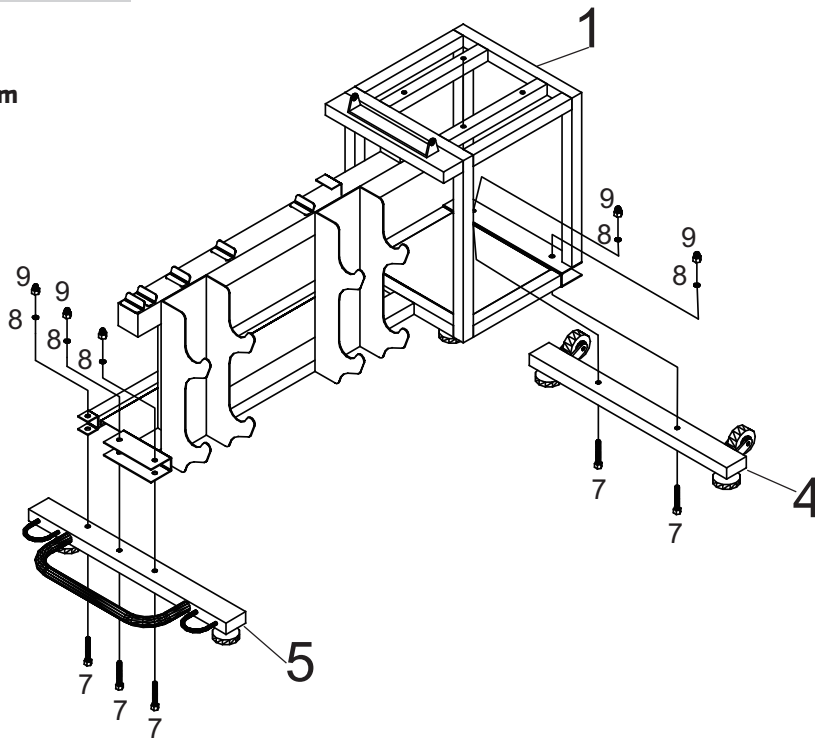
No. 7 Hex Socket Button Head Cap Bolt - M8 x 40 mm

No. 8 Washer - \varnothing 10 mm

No. 9 Hex Acorn Nut - M8

No. 13 Allen Key - 5 mm

No. 15 Open Wrench - 12 mm



ASSEMBLY PROCESS

2 Assembling Backrest Support

The following Parts and Hardware are needed in this step.

No. 6 Backrest Support

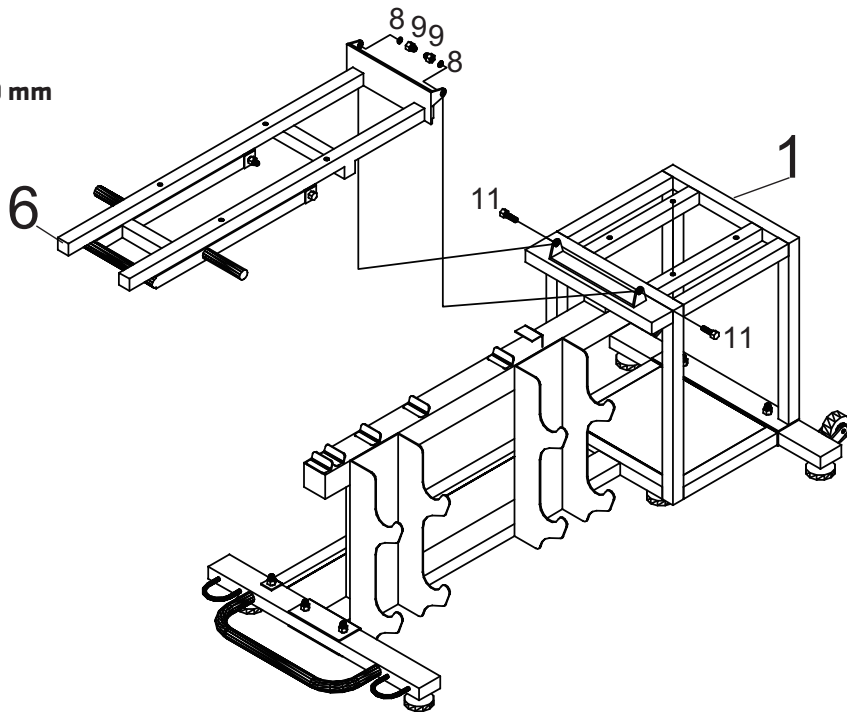
No. 8 Washer - $\Phi 10$ mm

No. 9 Hex Acorn Nut - M8

No. 11 Hex Socket Button Head Cap Bolt - M8 x 20 mm

No. 14 Allen Key - 6 mm

No. 15 Open Wrench - 12 mm



ASSEMBLY PROCESS

3

Assembling Backrest and Seat

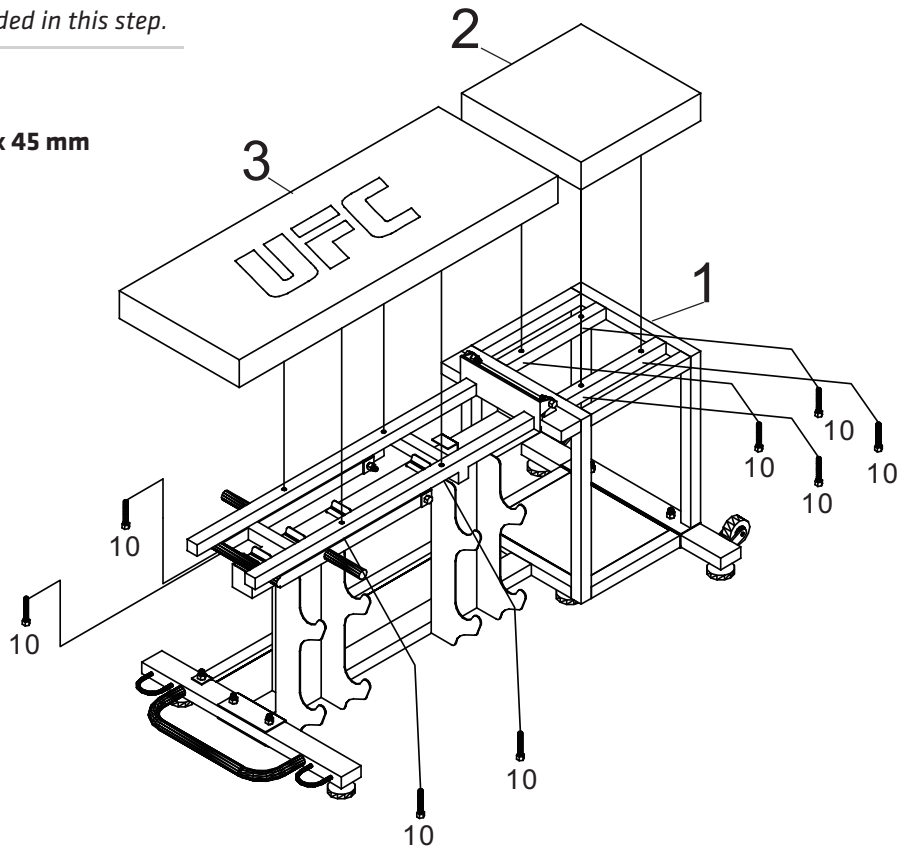
The following Parts and Hardware are needed in this step.

No. 2 Seat

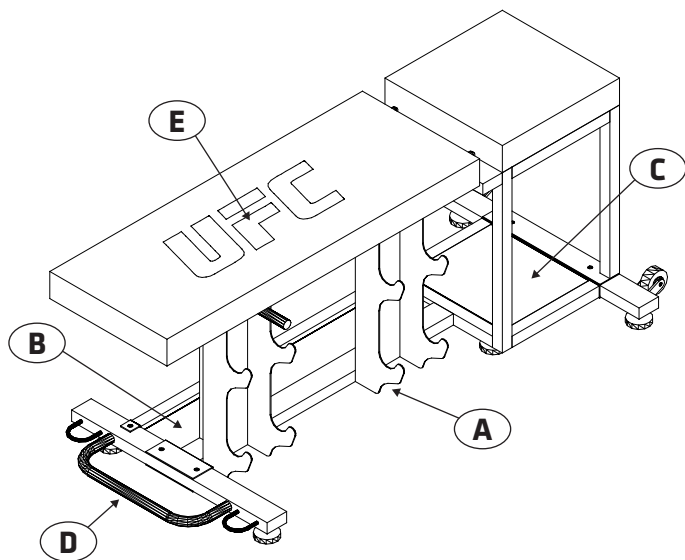
No. 3 Backrest

No. 10 Hex Socket Button Head Cap Screw - M6 x 45 mm

No. 12 Allen Key - 4 mm



ADDITIONAL REMARKS



A Dumbbell Racks:

1. Please note that racks are designed for UFC dumbbells. Other dumbbell brands might not fit correctly.
2. Please **DO NOT** load dumbbells over 25 KG (55 lb.) on each set of hooks.

B Multi-functional Rack:

- Please note that the load weight of Multi-functional Rack B should not exceed 50 KG (110 lb.).
EX: (2) Kettlebells weighing 24 KG (52 lb.) ea. = MAX Weight.

C Multi-functional Rack:

- Please note that the load weight of Multi-functional Rack C should not exceed 30 KG (66 lb.).

D D-RING:

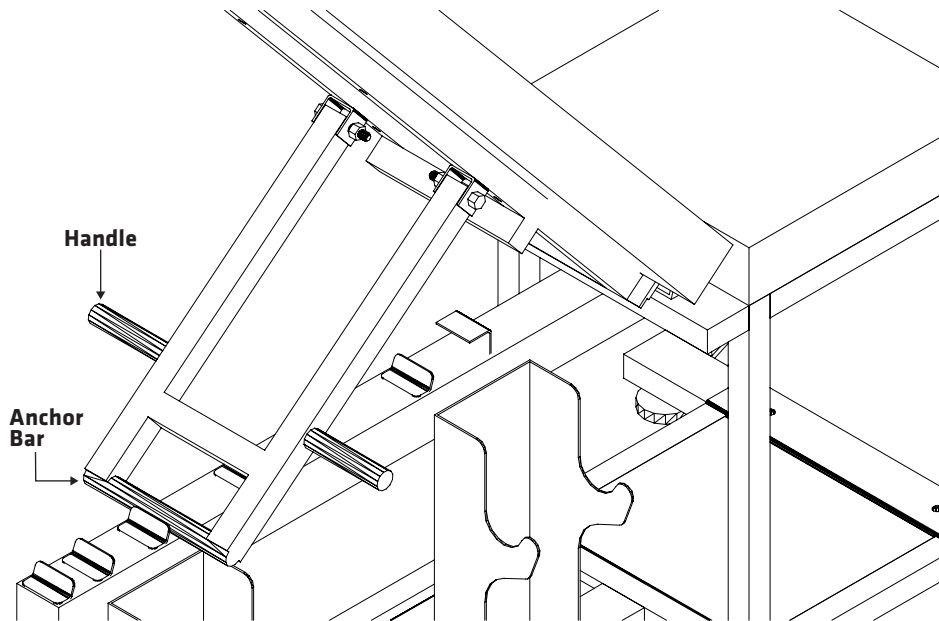
- UFC Battle Ropes (HOME USE) are designed for D-ring attachment. Other battle ropes might be too thick and/or heavy for ZONE+.

E DO NOT use ZONE+ as a plyo box.

EXERCISE GUIDELINES

1. Before beginning any exercises, please read the SAFETY PRECAUTIONS on page 4 and understand all risks.
2. Inspect and tighten all parts each time you use the UFC ZONE+ bench. Replace any worn parts immediately.
3. Train different muscle groups by adjusting the angle of the backrest. (See **Adjusting The Backrest** below.)
4. Make sure the bar is locked in position before doing any exercises.
5. Please **DO NOT** load more than 363 KG / 800 LB (user weight plus any additional weights) while working on the bench.

ADJUSTING THE BACKREST

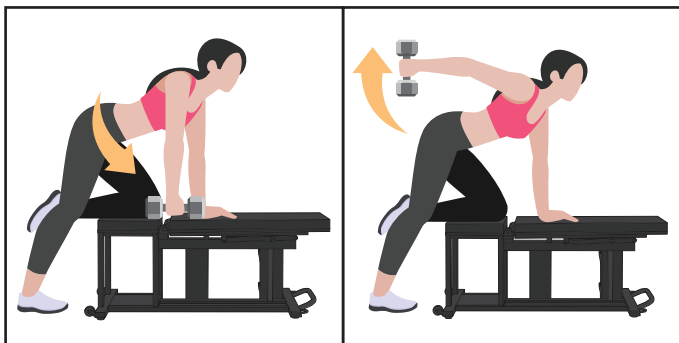


The Backrest (Part No. 3) can be used at an incline position by moving the Backrest Support (Part No. 6).

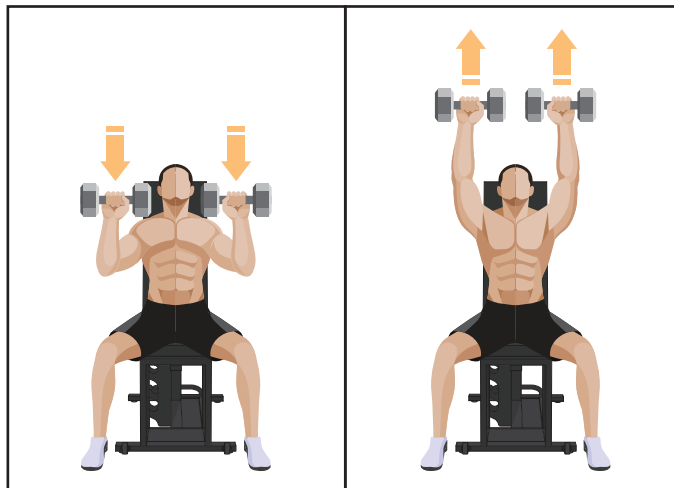
To adjust the backrest incline position, lift the backrest and move the anchor bar into one of the designated positions. Make sure the anchor bar is securely locked in position before doing exercises.

To adjust to a flat position, use the handle to adjust the position. Keep your hands and fingers clear when flattening the backrest.

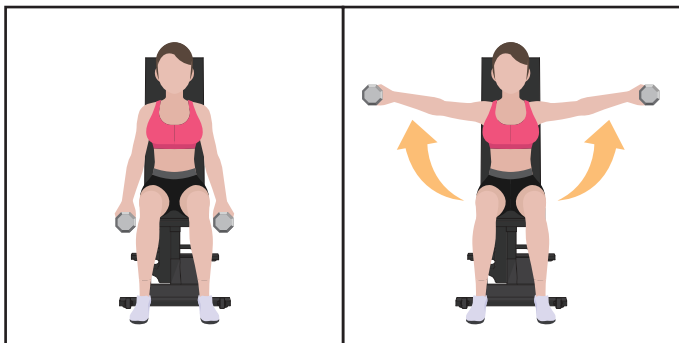
EXERCISE DEMONSTRATIONS



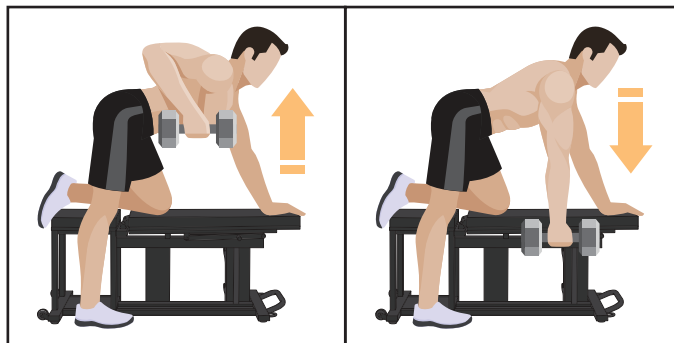
KICKBACK



INCLINE BENCH PRESS



LATERAL RAISE



ONE-ARM ROW

UFC

ULTIMATE
TRAINING

ZONE+ BENCH

*Fitness Accessories sold separately.



TRAIN LIKE A PRO, FEEL LIKE A PRO.