

FORGE

Model No. FDSS50040

Serial No. _____

Locate the serial number decal on one of the legs. Write the serial number in the space above for reference.

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

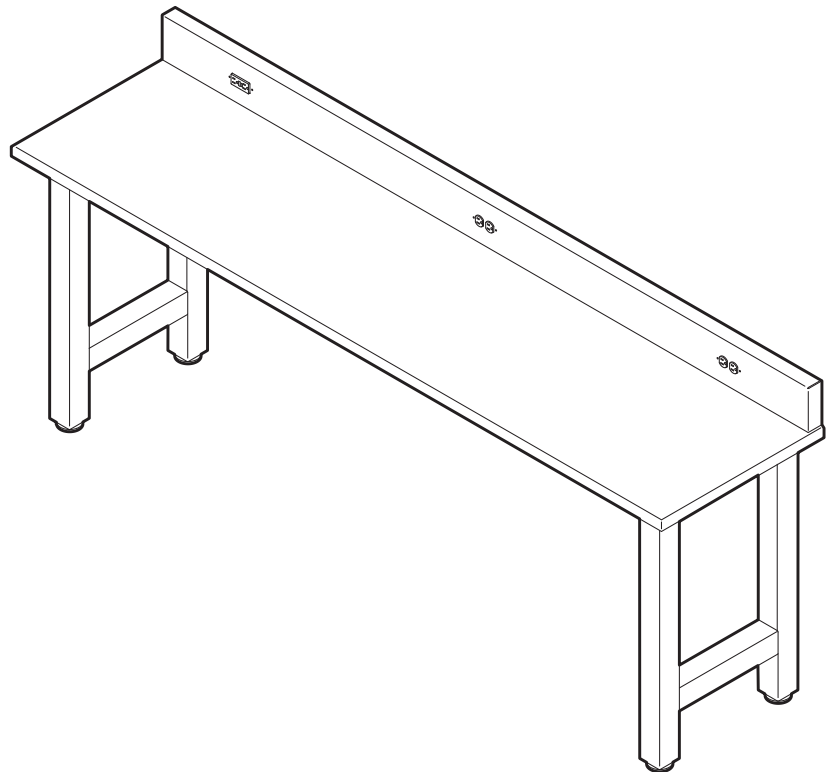
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-877-660-1666

Mon.–Fri., 6 a.m.–6 p.m. MST

USER'S MANUAL



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before using the workbench.

1. Read all instructions in this manual before using the workbench.
2. Use the workbench only as described in this manual.
3. It is the responsibility of the owner to make sure that all users of the workbench are adequately informed of all precautions.
4. Do not use the workbench as a ladder or a step stool.
5. Do not use the workbench outdoors.
6. Do not use the workbench where aerosol products are used.
7. The workbench is intended for in-home use only. Do not use this workbench in any commercial, rental, or institutional setting.
8. Regularly inspect and tighten all parts of the workbench. Replace any worn parts immediately.
9. Close supervision is necessary when the workbench is used by or near children, invalids, or disabled persons.
10. The workbench is designed to support a maximum weight of 1,000 pounds.
11. The workbench is equipped with a Ground Fault Circuit Interrupter (GFCI) on the back-splash. The GFCI must be tested before the outlets on the back-splash are used (see TESTING THE GFCI OUTLET on page 7).
12. Keep the power cord away from heated surfaces.
13. Never leave the workbench unattended while the power cord is plugged in. Always unplug the power cord and move the reset/off circuit breaker to the off position when the workbench is not in use. (See the drawing on page 4 for the location of the circuit breaker.)
14. **DANGER:** Always unplug the power cord immediately after use, before cleaning the work bench, and before performing the maintenance and adjustment procedures described in this manual.
15. Never operate the workbench if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has been dropped into water. Return the workbench to a service center for examination and repair.
16. When connecting the power cord (see page 7), plug the power cord into a grounded circuit capable of supplying 12 or more amps.

⚠ WARNING: Read all instructions before using the workbench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

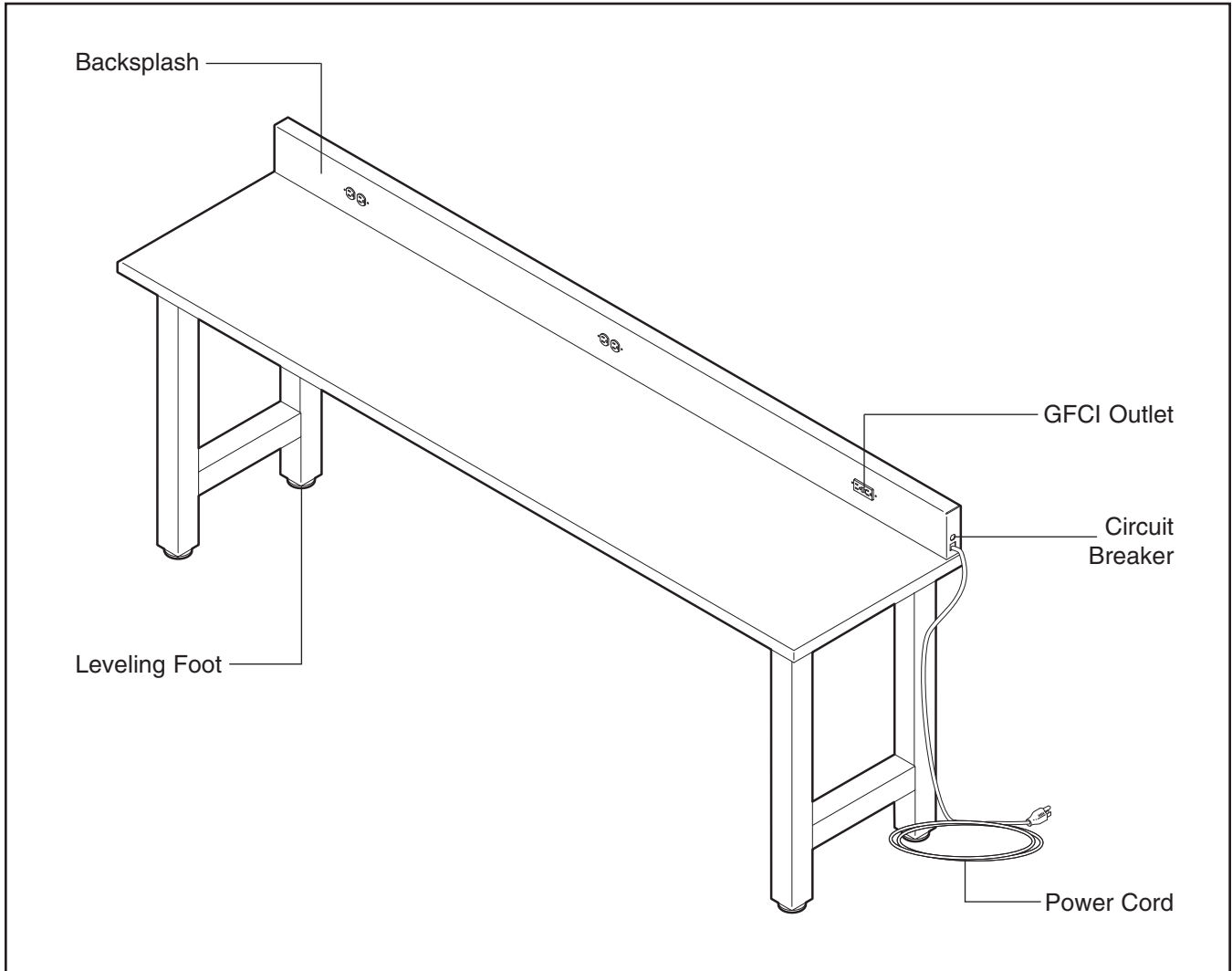
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the versatile FORGE workbench. The FORGE workbench offers a selection of features designed to organize and enhance your workspace.

For your benefit, read this manual carefully before using the workbench. If you have questions after reading this manual, please call our Customer Service

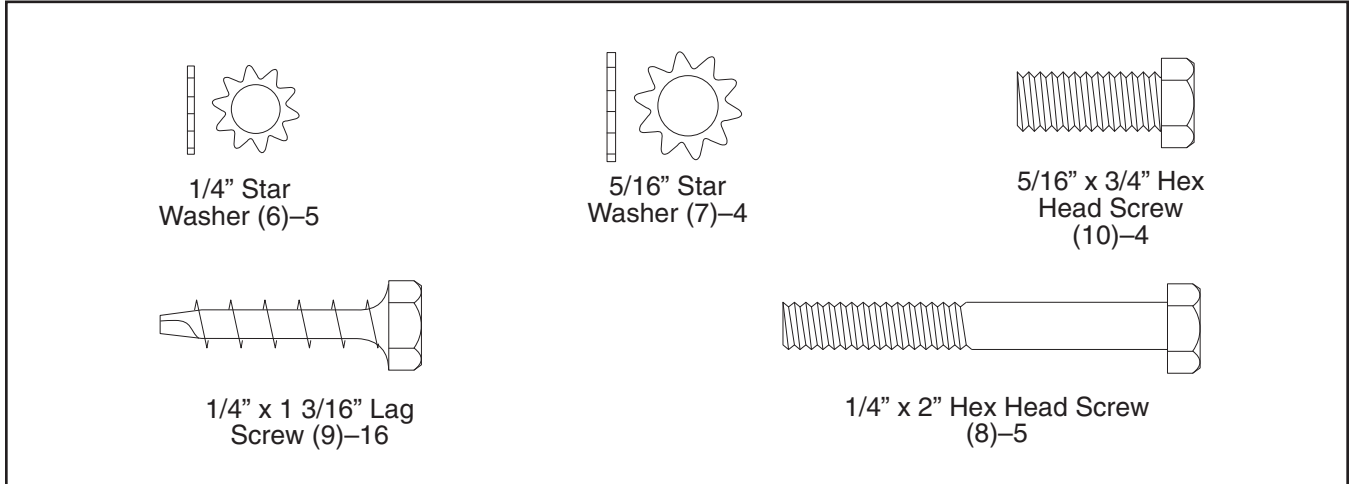
Department toll-free at 1-877-660-1666, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is FDSS50040. The serial number can be found on a decal attached to the workbench (see the front cover of this manual for the location of the decal).



ASSEMBLY

Place all parts of the workbench in a cleared area and remove the packing materials. **Do not remove the table top from the box yet.** Do not dispose of the packing materials until assembly is completed.

Assembly requires an adjustable wrench  (not included).

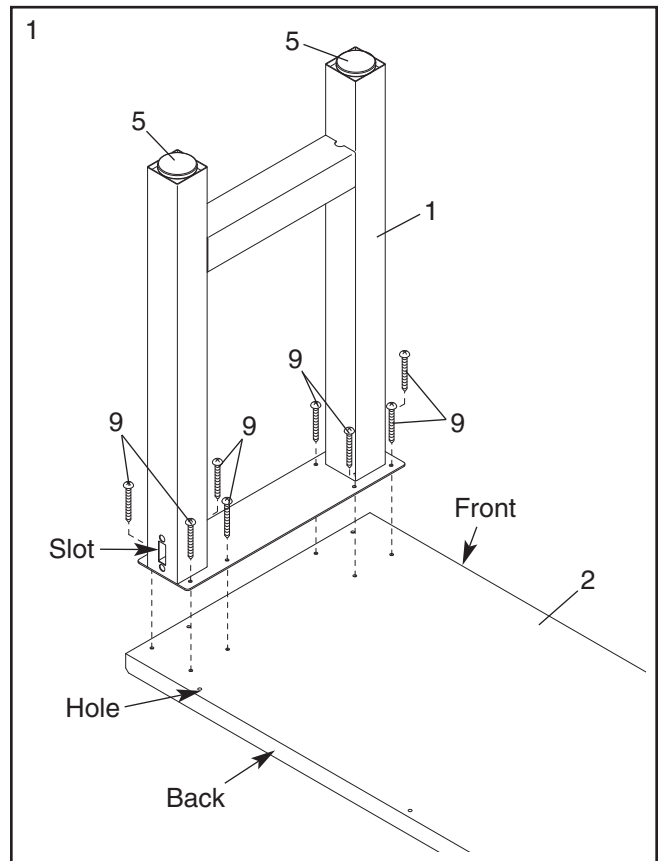


1. **Note: Do not remove the Table Top (2) from the box yet.**

Orient one of the Legs (1) as shown, with the indicated slot toward the back of the Table Top (2) (there are holes along the back edge of the Table Top). Make sure two Adjustable Feet (5) are fully threaded into the Leg.

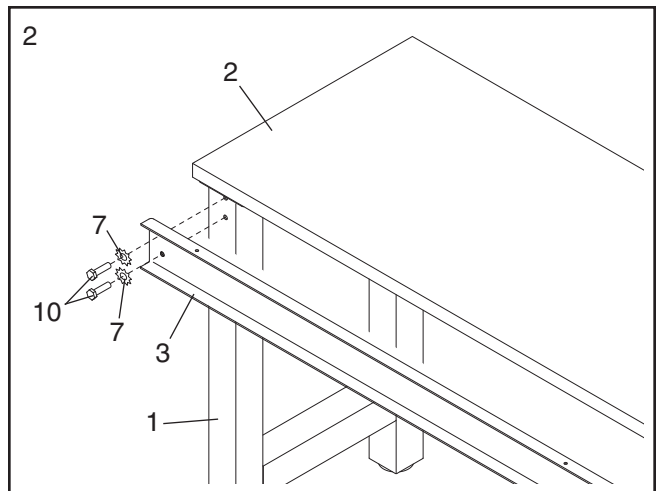
Attach the Leg (1) to the Table Top (2) with eight 1/4" x 1 3/16" Lag Screws (9). **Do not tighten the Lag Screws yet.**

Repeat this step with the other Leg (not shown).



2. With the help of a second person, remove the Table Top (2) from the box and stand it on the Legs (1).

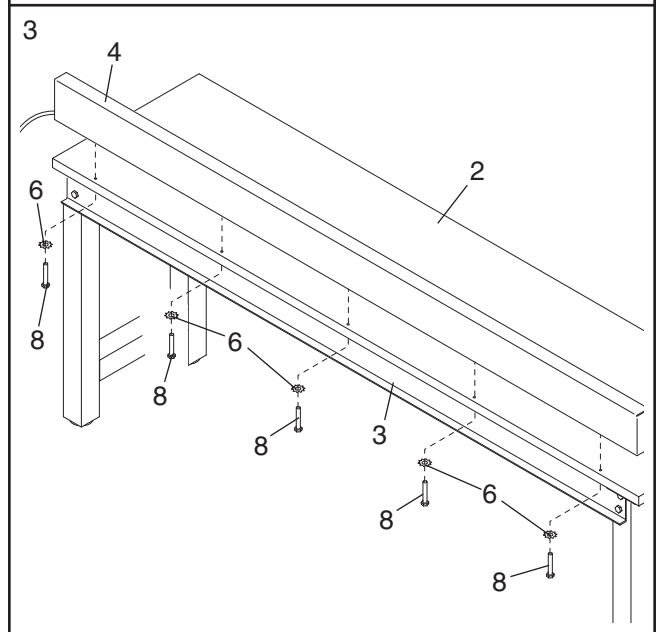
Have a second person hold the Table Brace (3) against the Legs (1) and the Table Top (2). Attach the Table Brace to the indicated Leg with two 5/16" x 3/4" Hex Head Screws (10) and two 5/16" Star Washers (7). **Do not tighten the Hex Head Screws yet.** Attach the Table Brace to the other Leg in the same manner.



3. Attach the Backsplash (4) to the Table Top (2) and the Table Brace (3) with five 1/4" x 2" Hex Head Screws (8) and five 1/4" Star Washers (6) as shown.

See step 1 and tighten the 1/4" x 1 3/16" Lag Screws (9).

See step 2 and tighten the 5/16" x 3/4" Hex Head Screws (10).



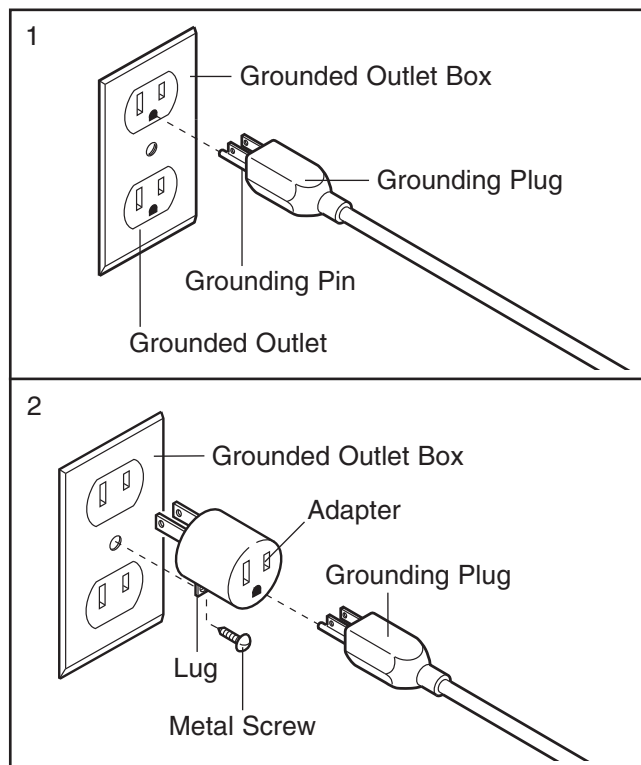
USING THE WORKBENCH

PLUGGING IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product must be connected to a grounded 120 V, 60 HZ circuit capable of supplying 12 amps. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the grounding plug to a 2-pole receptacle if a properly grounded outlet is not available.

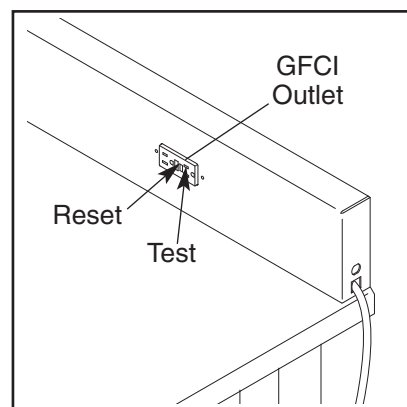


The temporary adapter should be used only until a properly grounded outlet (see drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter (see drawing 2) must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

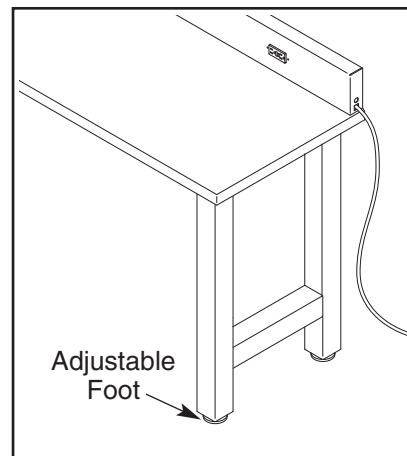
TESTING THE GFCI OUTLET

The workbench has a Ground Fault Circuit Interrupter (GFCI) outlet on the backsplash. The GFCI outlet has a test button and a reset button. To test the GFCI outlet, plug a radio into the outlet and push the test button. The radio should shut off. Press the reset button. The radio should turn on again. If the radio does not shut off when the test button is pressed, the GFCI is damaged. Do not use the outlets on the workbench until the GFCI has been repaired or replaced by a qualified electrician.



LEVELING THE WORKBENCH

If the workbench is not level when it is placed in the desired location, turn one or more of the adjustable feet until the workbench is level. Make sure the workbench is resting on all four adjustable feet.



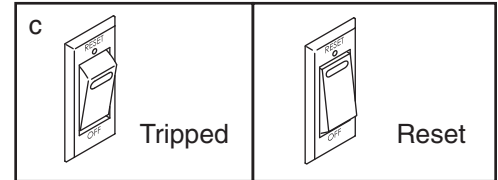
TROUBLESHOOTING

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly grounded outlet (see page 7).

b. After the power cord has been plugged in, make sure that the GFCI outlet is reset.

c. Check the reset/off circuit breaker located on the workbench near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker located on the workbench near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Make sure that the GFCI outlet is reset.

d. If the workbench still doesn't function properly, please call our Customer Service Department, toll-free.

NOTES

PART LIST—Model No. FDSS50040

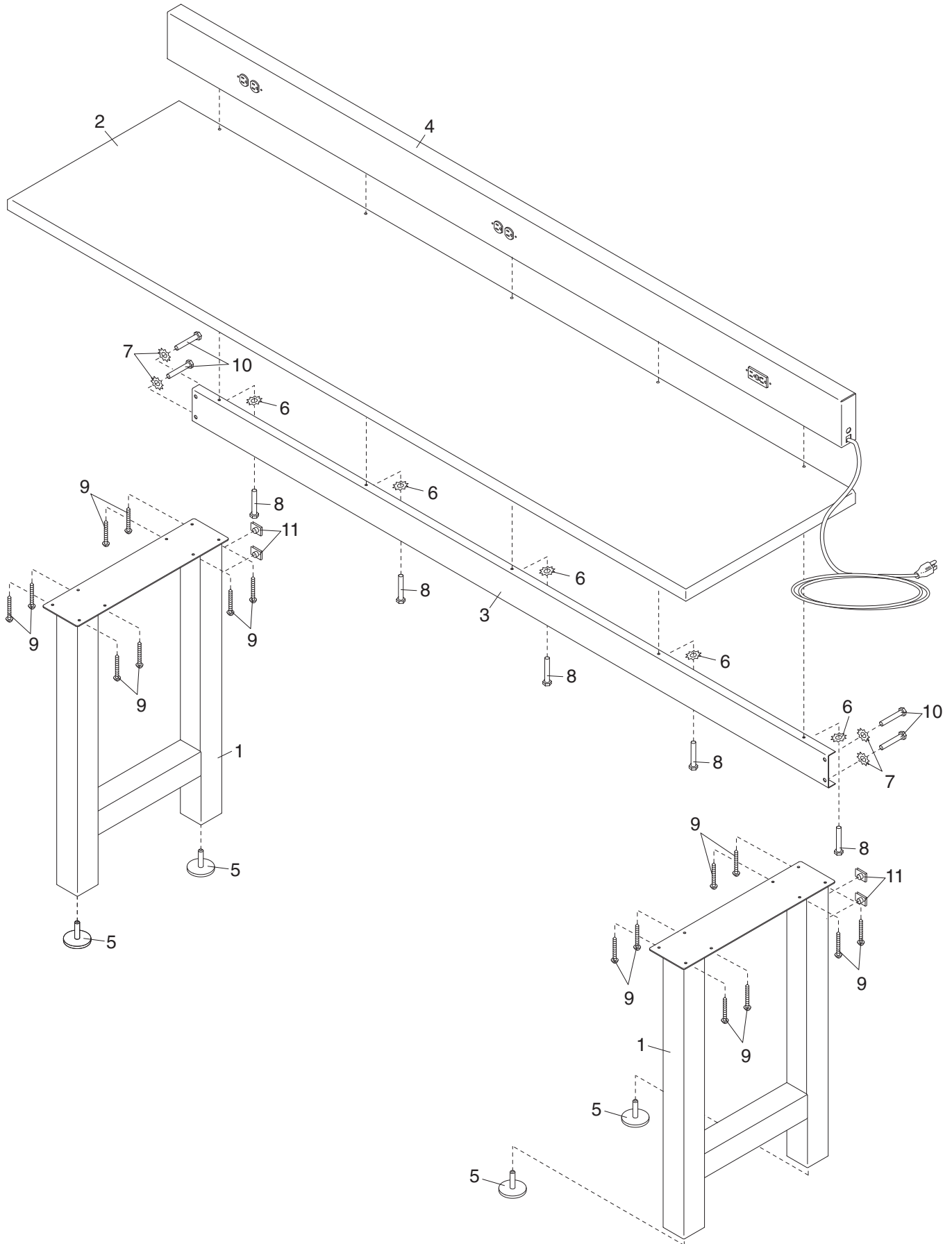
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| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|------------------|---------|------|-----------------------------|
| 1 | 2 | Leg | 7 | 4 | 5/16" Star Washer |
| 2 | 1 | Table Top | 8 | 5 | 1/4" x 2" Hex Head Screw |
| 3 | 1 | Brace | 9 | 16 | 1/4" x 1 3/16" Lag Screw |
| 4 | 1 | Backsplash | 10 | 4 | 5/16" x 3/4" Hex Head Screw |
| 5 | 4 | Adjustable Foot | 11 | 4 | "U" Nut |
| 6 | 5 | 1/4" Star Washer | # | 1 | User's Manual |

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. FDSS50040

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ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-877-660-1666, Monday through Friday, 6 a.m. until 6 p.m. MST (excluding holidays). Please be prepared to give the following information:

- The MODEL NUMBER of the product (FDSS50040)
- The NAME of the product (FORGE workbench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 10 and 11)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813