

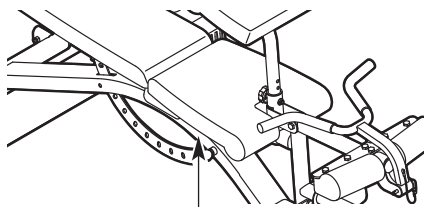


R31 SMITH AND BENCH

Model No. FMBE39530

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

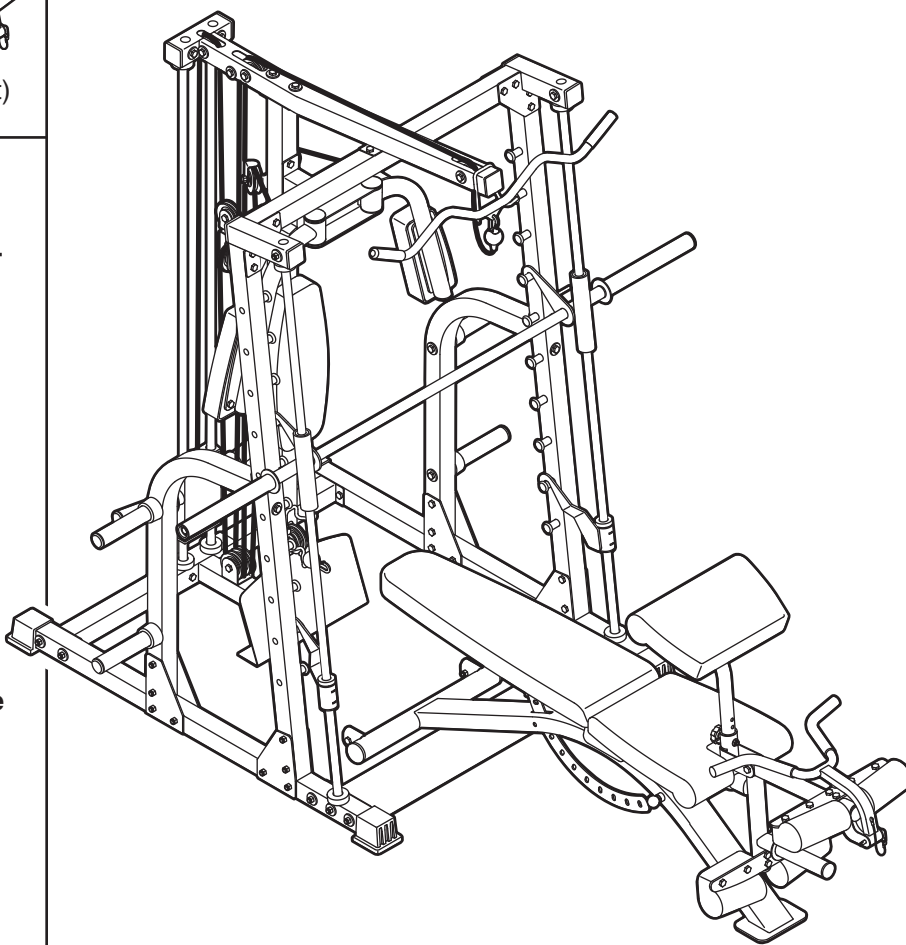
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

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



Visit our website at

www.freemotionfitness.com

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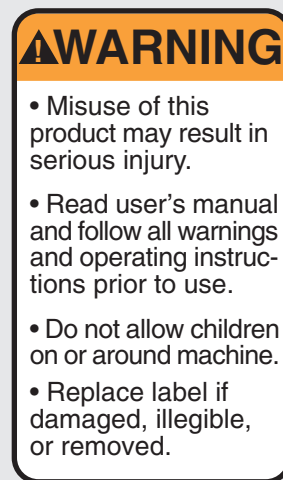
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Note: A PART IDENTIFICATION CHART, a PART LIST, and a EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART, PART LIST, and EXPLODED DRAWING before beginning assembly.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
10. The weight bench is designed to support a maximum user weight of 300 pounds, and a maximum total weight of 610 pounds. Do not place more than 265 pounds on the barbell. Do not place more than 150 pounds on the weight carriage or the leg lever.
11. Never release the butterfly arm, ankle strap, or lat bar while the weights are raised; the weights will fall with great force.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. The decals shown here have been placed on the weight bench in the locations shown on page 4. If a decal is missing or illegible, call our toll-free Customer Service Department at 1-800-999-3756 and order a free replacement decal. Apply the decal in the location shown.



Decal 1



Decal 2

⚠️ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

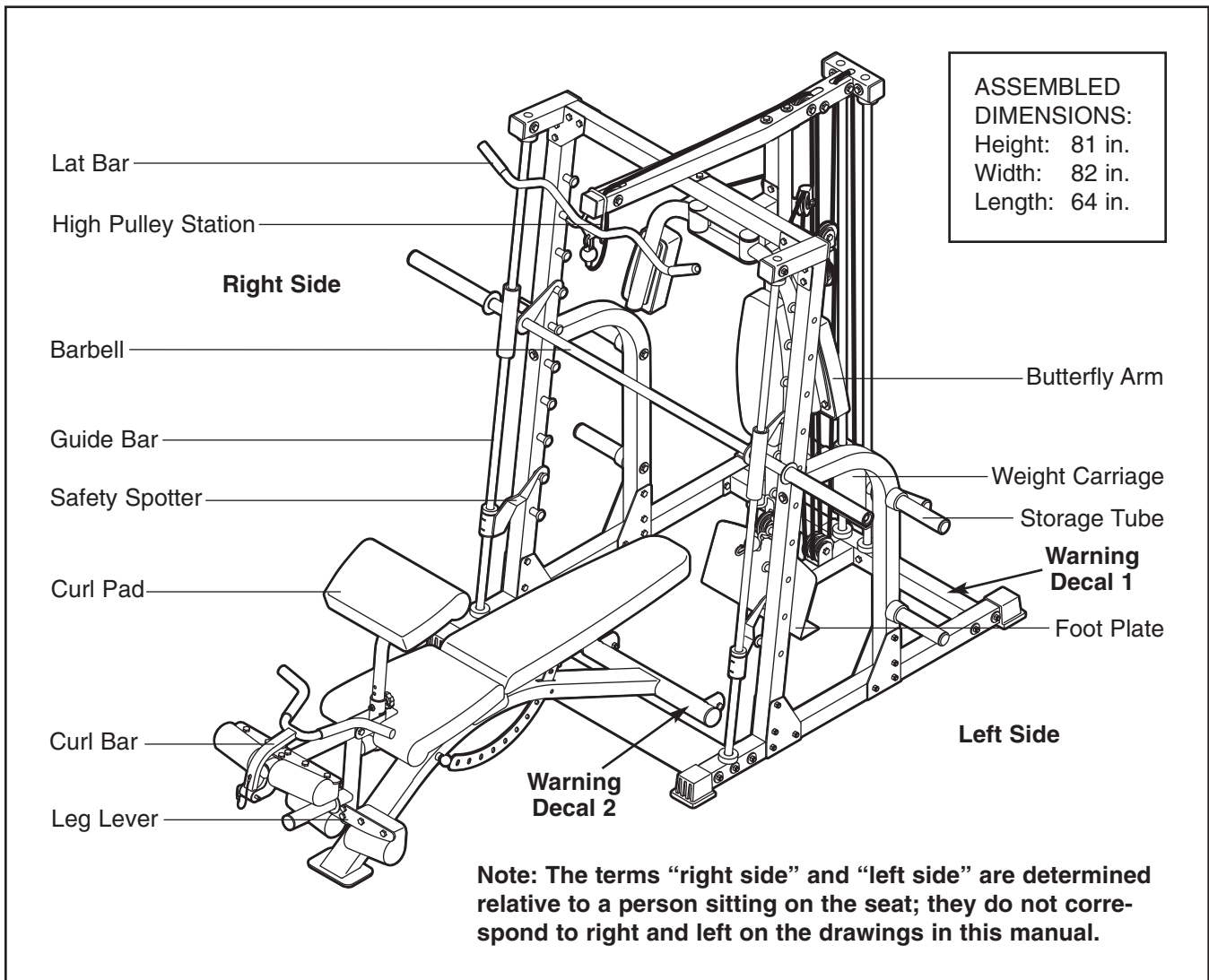
BEFORE YOU BEGIN

Thank you for selecting the versatile FREEMOTION® R31 SMITH AND BENCH weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

tions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is FMBE39530. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

For your benefit, read this manual carefully before using the weight bench. If you have additional ques-

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by most people. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight bench with the help of another person.

Set Aside Enough Time

Due to the many features of the weight bench, the assembly process will take a few hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight bench over a couple of evenings.

Select a Location for the Weight Bench

Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight bench as you assemble it.






How to Unpack the Box

Place all parts of the weight bench in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- One pair of pliers 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a **PART IDENTIFICATION CHART** in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**

How to Orient Parts

Make sure that all parts are oriented exactly as shown in the drawings.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-800-999-3756**.

Frame Assembly

1.

Before beginning, read the information on page 5. This brief introduction will save much more time than it takes to read it.

For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART in the center of this manual.

Attach a Base Cap (28) to a Side Base (3) with two M4 x 20mm Tech Screws (68). **Attach another Base Cap to the Side Base in the same manner.**

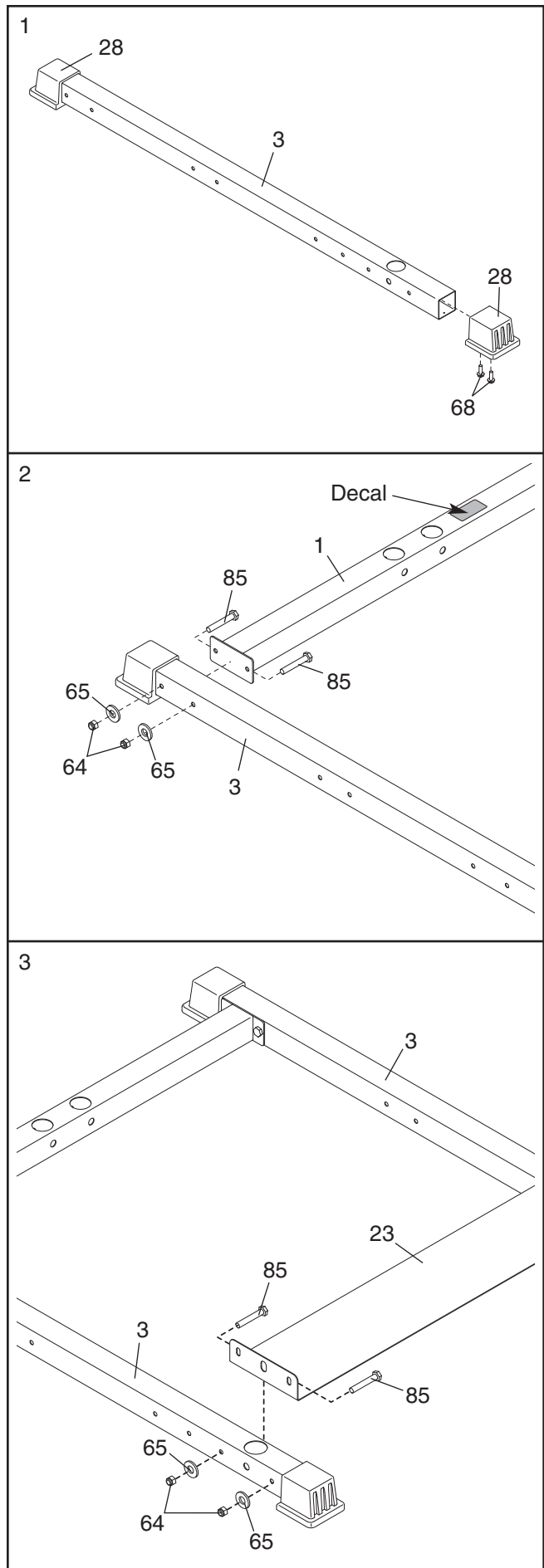
Repeat this step with the other Side Base (3).

2. Attach the Rear Base (1) to a Side Base (3) with two M10 x 77mm Bolts (85), two M10 Washers (65), and two M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet. Make sure the warning decal is in the position shown.**

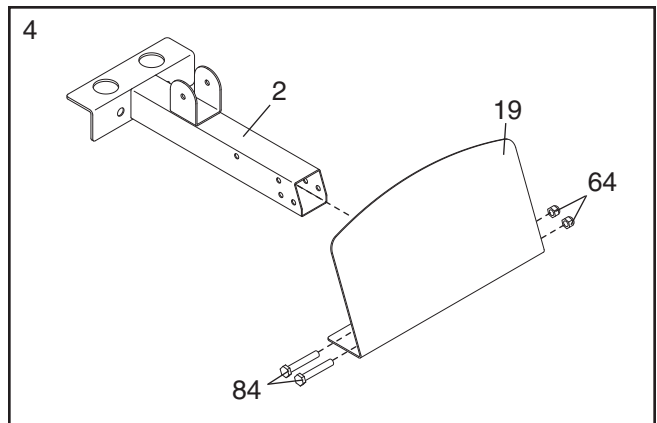
Repeat this step with the other Side Base (3).

3. Attach the Floor Plate (23) to a Side Base (3) with two M10 x 77mm Bolts (85), two M10 Washers (65), and two M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

Repeat this step with the other Side Base (3).

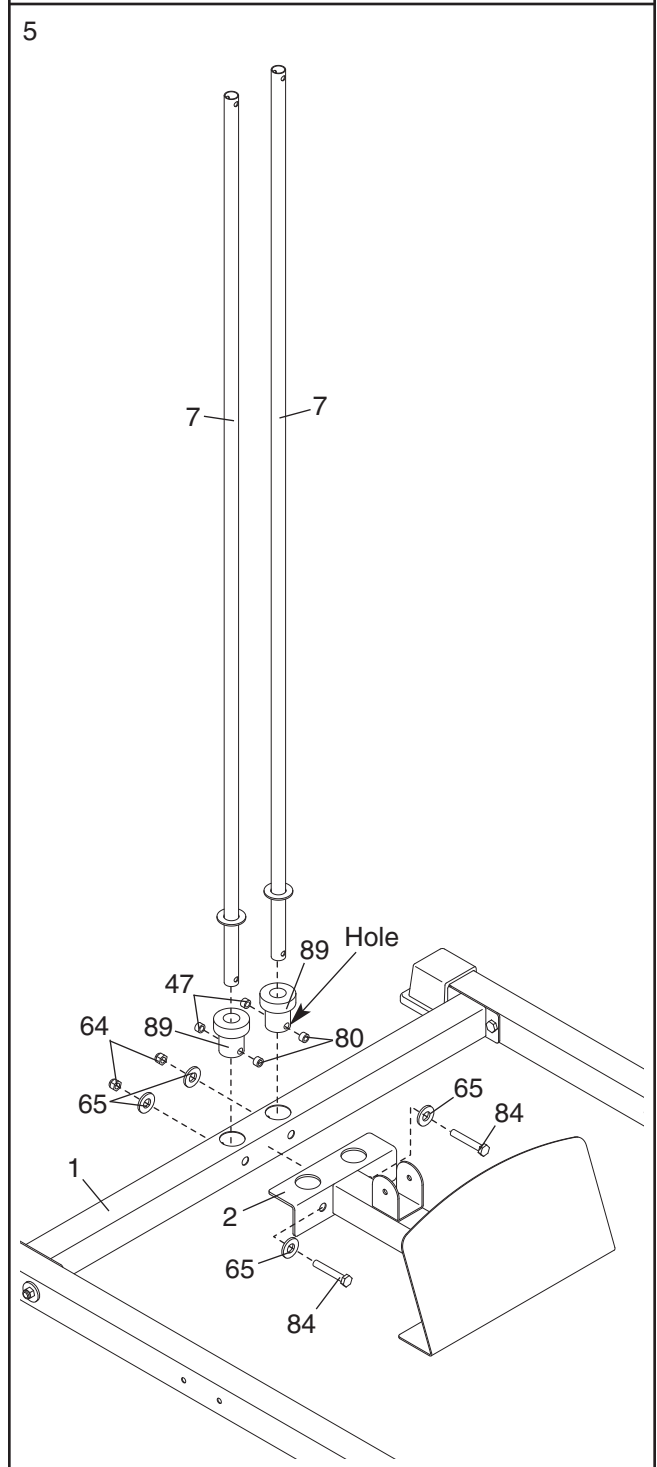


4. Attach the Foot Plate (19) to the Center Base (2) with two M10 x 80mm Bolts (84) and two M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

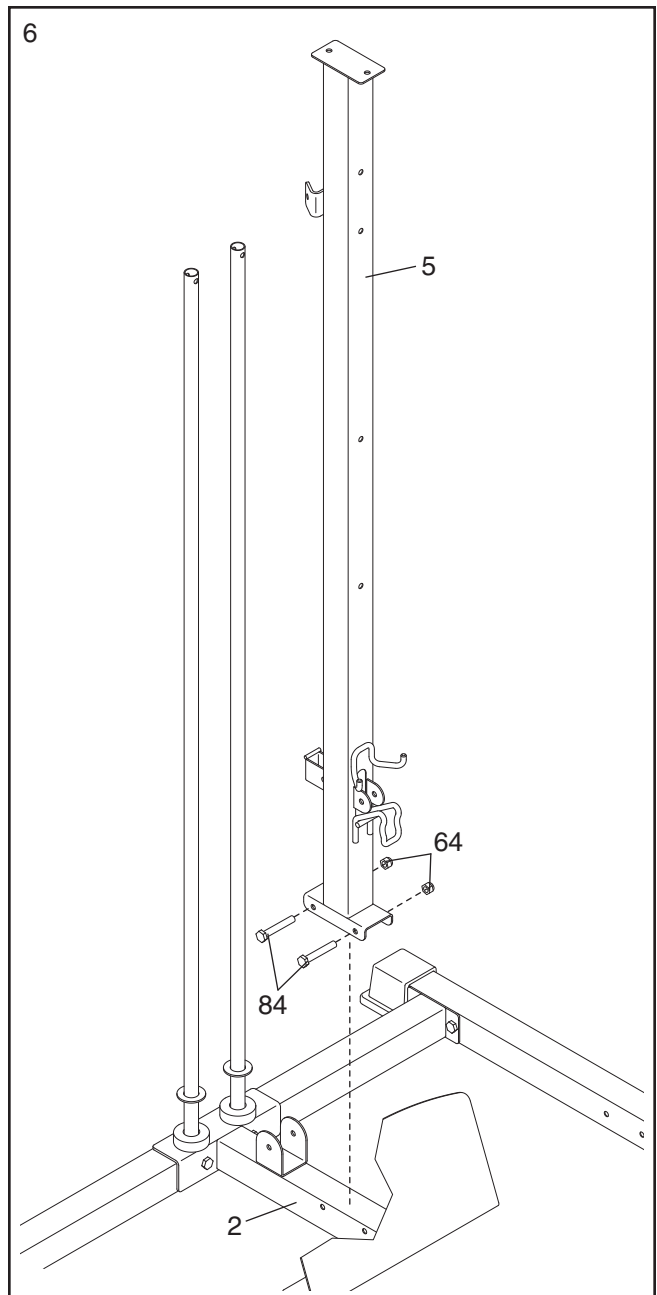


5. Align the holes in the Center Base (2) with the holes in the Rear Base (1). Insert two Tall Guide Bumpers (89) and two Carriage Guides (7) into the holes. **Note: The indicated holes in the Tall Guide Bumpers are closer to the edge than in the Short Guide Bumpers (not shown).**

Attach the Carriage Guides (7) and the Center Base (2) to the Rear Base (1) with two M10 x 80mm Bolts (84), two 12mm Spacers (80), two 7mm Spacers (47), four M10 Washers (65), and two M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**



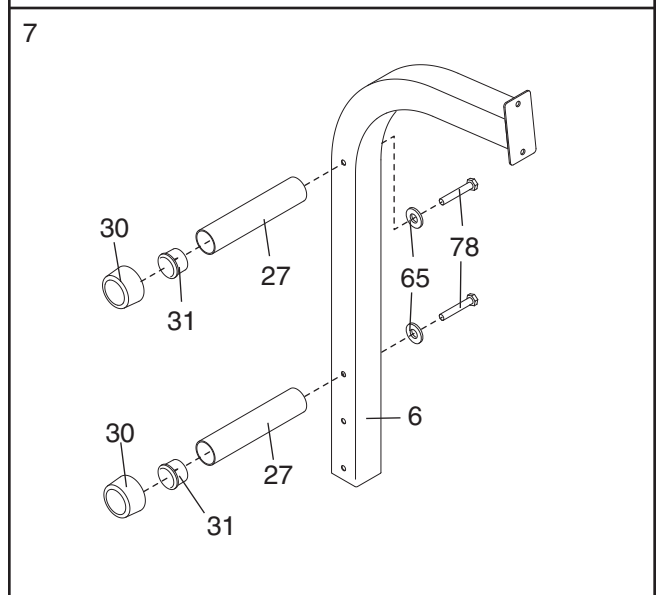
6. Attach the Center Upright (5) to the Center Base (2) with two M10 x 80mm Bolts (84) and two M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**



7. Press a 48mm Round Inner Cap (31) into a Storage Tube (27). Attach the Tube to a Support (6) with an M10 x 90mm Bolt (78) and an M10 Washer (65). Slide a Weight Tube Bumper (30) onto the Storage Tube.

Attach another Storage Tube (27) to the Support (6) in the same manner.

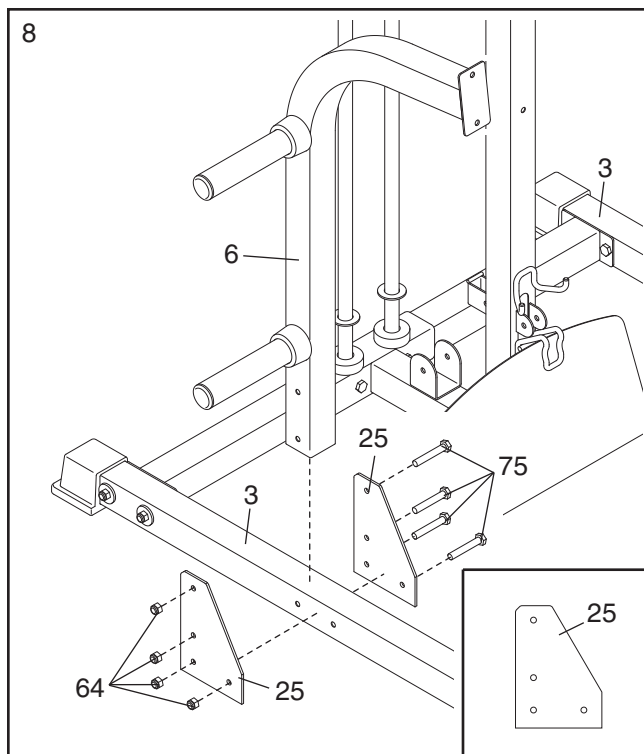
Attach two Storage Tubes (27) to the other side of the other Support (6) in the same manner.



8. Identify the Rear Joint Plates (25) as shown in the inset drawing.

Attach the indicated Support (6) to the right Side Base (3) with two Rear Joint Plates (25), four M10 x 84mm Bolts (75), and four M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

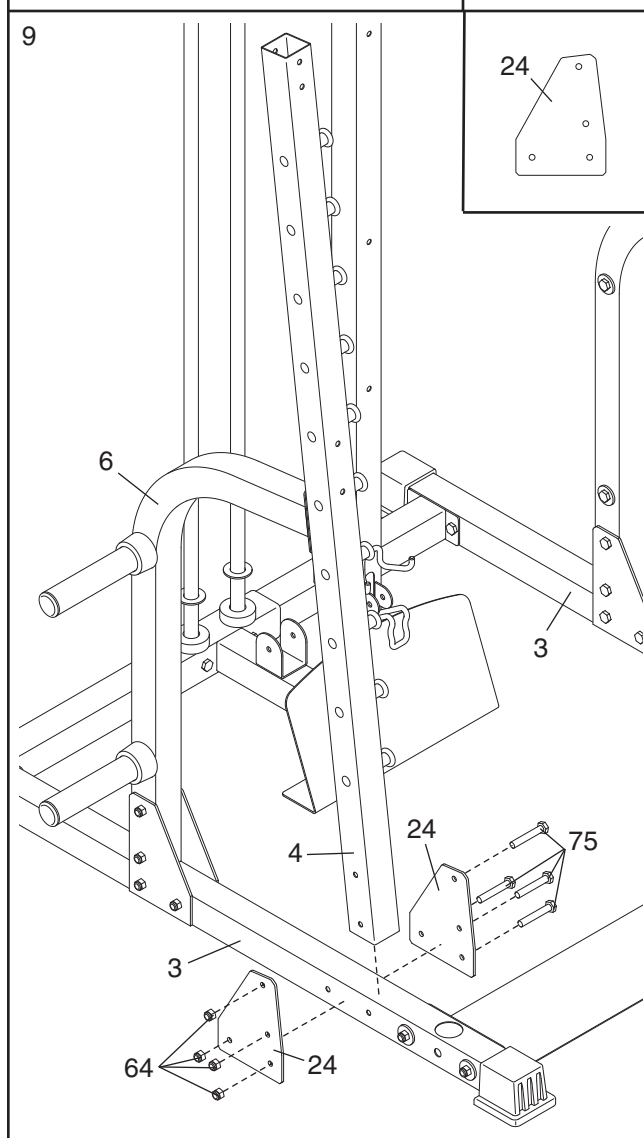
Attach the other Support (not shown) to the left Side Base (3) in the same manner.



9. Identify the Front Joint Plates (24) as shown in the inset drawing.

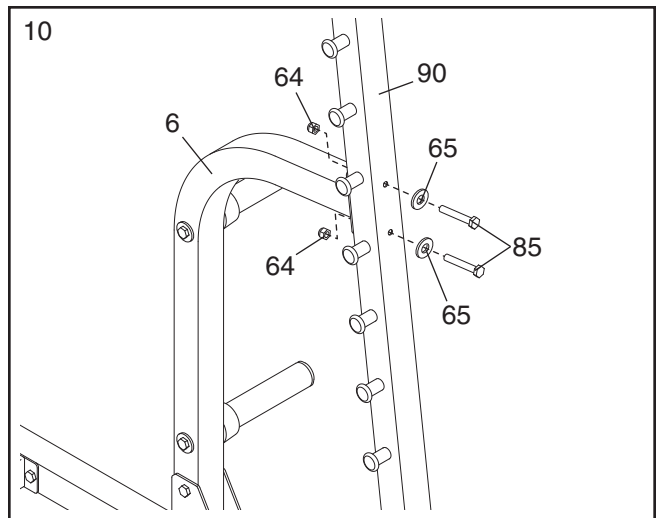
Attach the Right Front Upright (4) to the right Side Base (3) with two Front Joint Plates (24), four M10 x 84mm Bolts (75), and four M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.** **Note: The Right Front Upright will lean toward the Support (6).**

Attach the Left Front Upright (not shown) to the left Side Base (3) in the same manner.



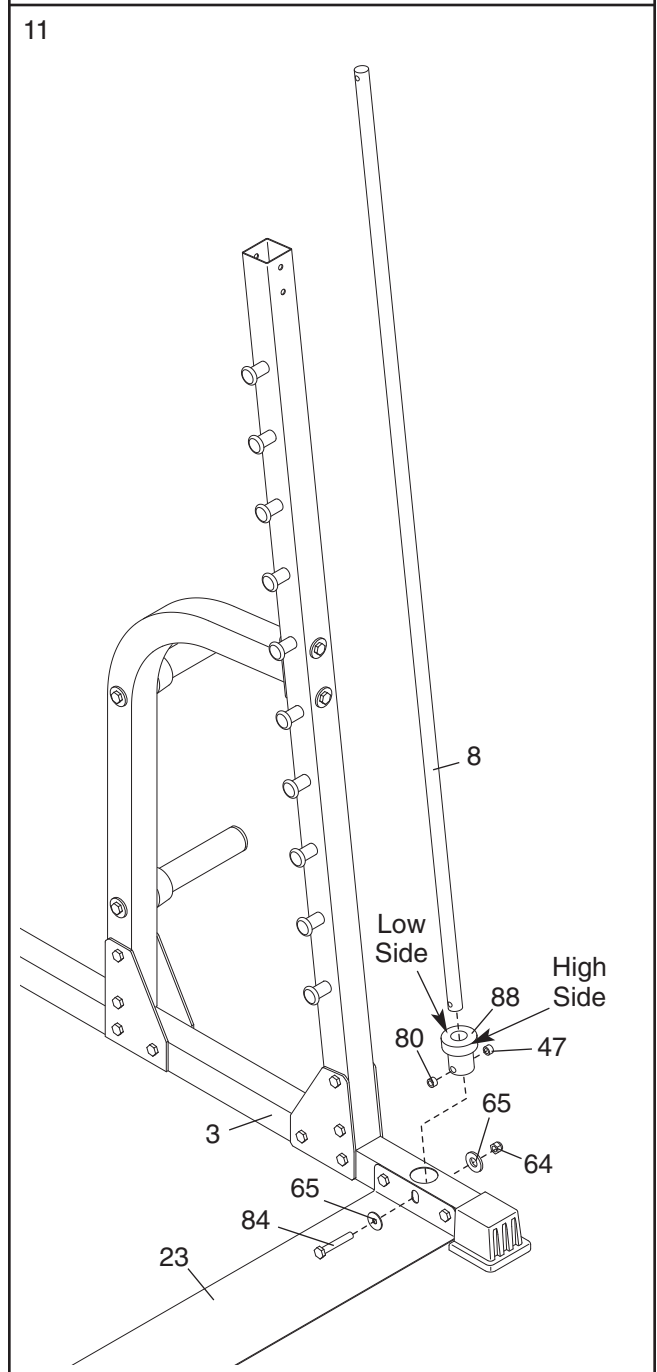
10. Attach the Left Front Upright (90) to the left Support (6) with two M10 x 77mm Bolts (85), two M10 Washers (65), and two M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

Repeat this step with the Right Front Upright (not shown).



11. Orient a Slanted Guide Bumper (88) as shown. Attach the Bumper and a Guide Rod (8) to the left Side Base (3) with an M10 x 80mm Bolt (84), two M10 Washers (65), a 7mm Spacer (47), a 12mm Spacer (80), and an M10 Nylon Locknut (64). **Do not tighten the Locknut yet. Make sure the 12mm Spacer is on the Floor Plate (23) side of the Guide Bumper.**

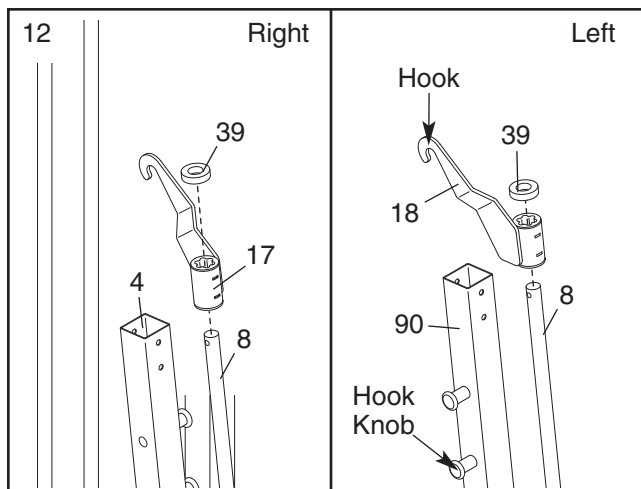
Attach the other Slanted Guide Bumper (88) and Guide Rod (8) to the right Side Base (not shown) in the same manner.



12. Identify the Right and Left Safety Spotters (17, 18).

Slide the Left Safety Spotter (18) and a Slide Bumper (39) onto the left Guide Rod (8). Set the hook on the Safety Spotter over a lower hook knob on the Left Front Upright (90).

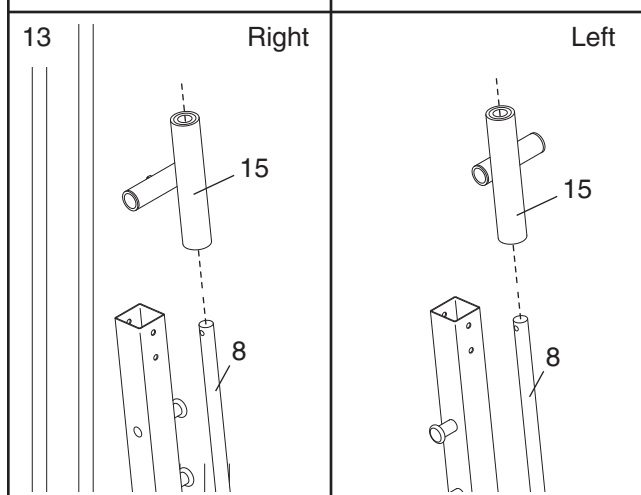
Repeat this step with the Right Safety Spotter (17), the right Guide Rod (8), and the Right Front Upright (4).



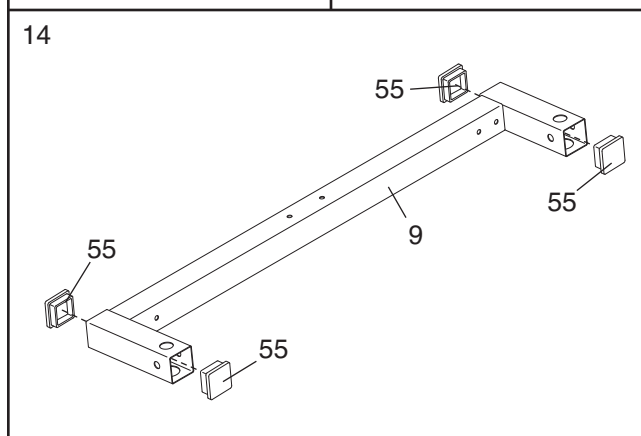
13. Orient the Gliders (15) as shown.

Slide the right Glider (15) onto the right Guide Rod (8).

Slide the left Glider (15) onto the left Guide Rod (8).

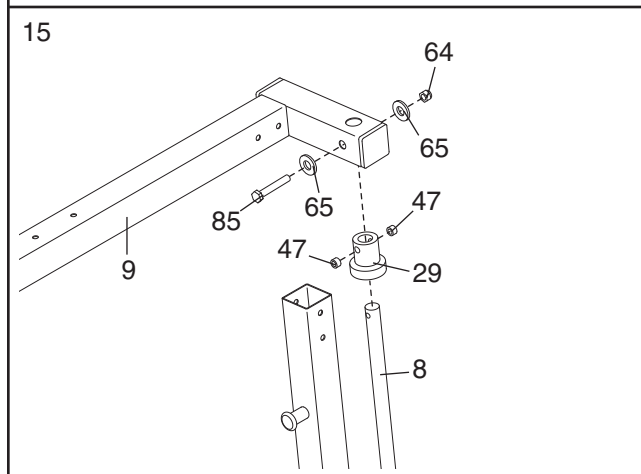


14. Press four 60mm Square Inner Caps (55) into the Front Top Frame (9).



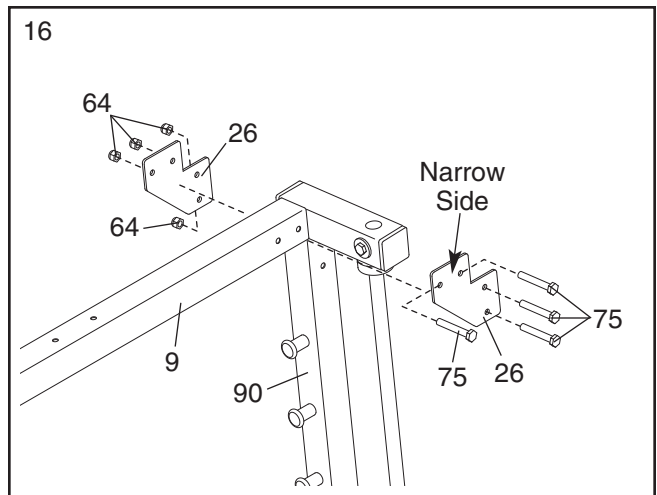
15. Attach a Short Guide Bumper (29) and the left Guide Rod (8) inside the Front Top Frame (9) with an M10 x 77mm Bolt (85), two M10 Washers (65), two 7mm Spacers (47), and an M10 Nylon Locknut (64). **Do not tighten the Locknut yet.**

Repeat this step on the other side of the Front Top Frame (9).



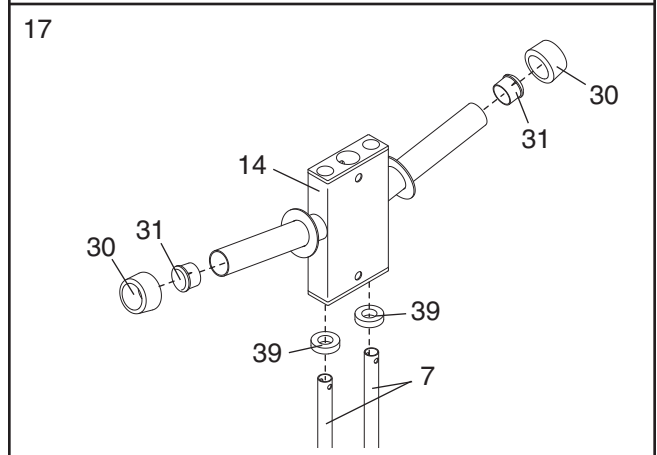
16. Attach the Front Top Frame (9) to the Left Front Upright (90) with two Top Joint Plates (26), four M10 x 84mm Bolts (75), and four M10 Nylon Locknuts (64). **Make sure the Joint Plates are oriented as shown. Do not tighten the Locknuts yet.**

Repeat this step with the Right Front Upright (not shown).

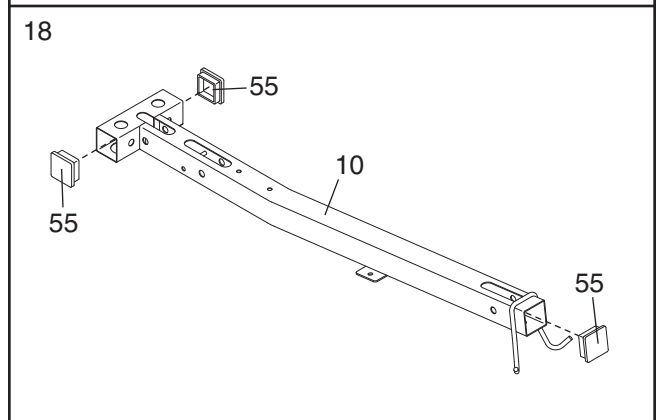


17. Press two 48mm Round Inner Caps (31) into the Weight Carriage (14). Slide two Weight Tube Bumpers (30) onto the Weight Carriage.

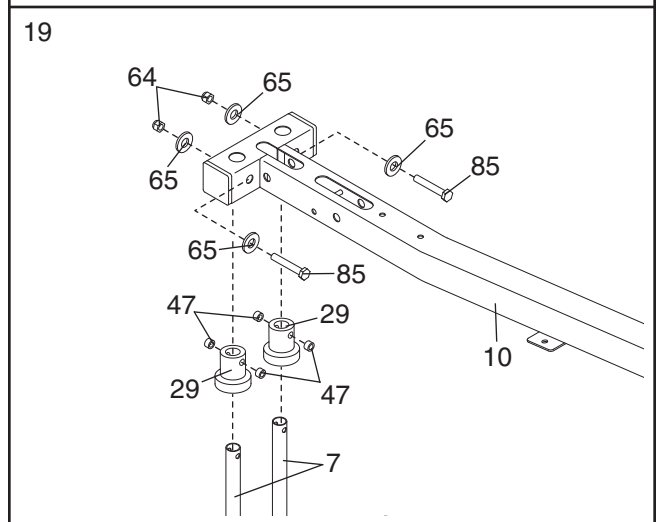
Slide two Slide Bumpers (39) and the Weight Carriage (14) onto the Carriage Guides (7) as shown.



18. Press three 60mm Square Inner Caps (55) into the Rear Top Frame (10).

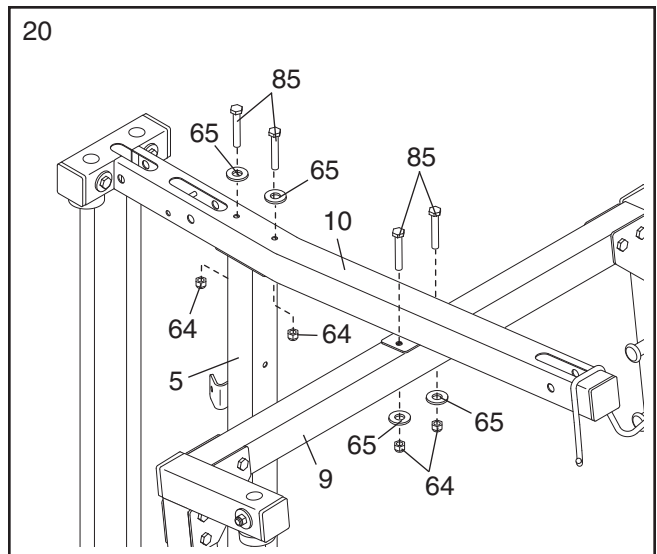


19. Attach two Short Guide Bumpers (29) and the two Carriage Guides (7) inside the Rear Top Frame (10) with two M10 x 77mm Bolts (85), four M10 Washers (65), four 7mm Spacers (47), and two M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

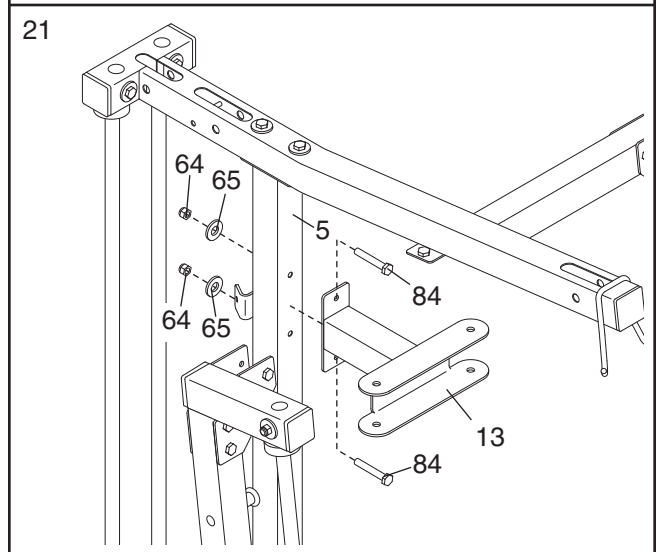


20. Attach the Rear Top Frame (10) to the Center Upright (5) with two M10 x 77mm Bolts (85), two M10 Washers (65), and two M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

Attach the Rear Top Frame (10) to the Front Top Frame (9) with two M10 x 77mm Bolts (85), two M10 Washers (65), and two M10 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**



21. Attach the Butterfly Frame (13) to the Center Upright (5) with two M10 x 80mm Bolts (84), two M10 Washers (65), and two M10 Nylon Locknuts (64).

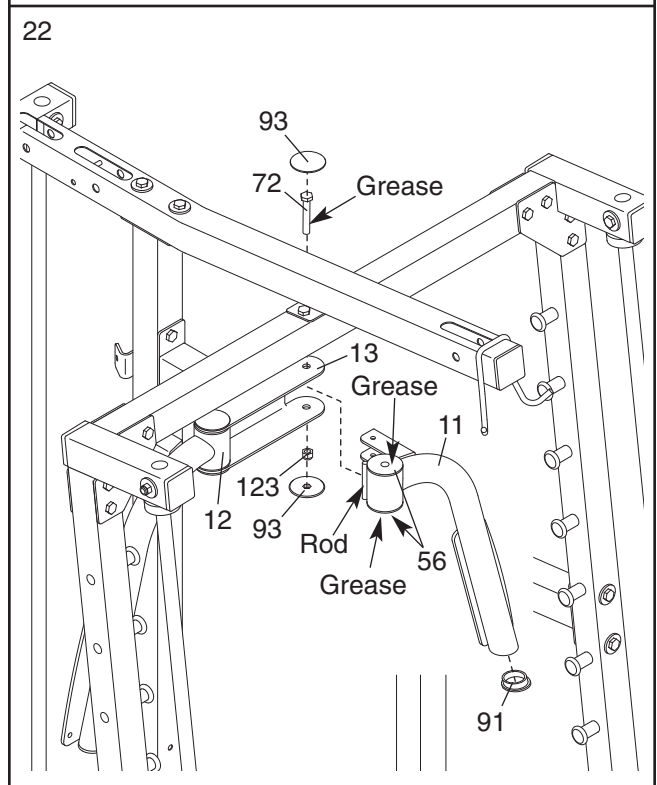


22. Identify the Left and Right Fly Arms (11, 12).

Press a Round Slanted Inner Cap (91) into the Left Fly Arm (11).

Lightly grease an M12 x 108mm Bolt (72) and the Butterfly Bushings (56) in the Left Fly Arm (11) with the included grease packet. Attach the Left Fly Arm to the Butterfly Frame (13) with the Bolt, an M12 Nylon Locknut (123), and two M12 Nut Covers (93). **Make sure that the indicated rod is on the outside of the Butterfly Frame .**

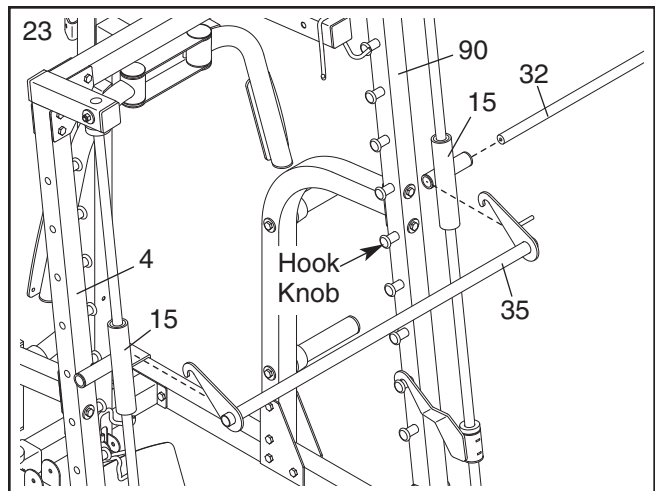
Repeat this step with the Right Fly Arm (12).



23. Orient the Locking Bar (35) as shown.

Slide the Weight Bar (32) through the left Glider (15), the Locking Bar (35), and the right Glider.

Engage the hooks on the Locking Bar (35) onto the hook knobs on the Front Uprights (4, 90).



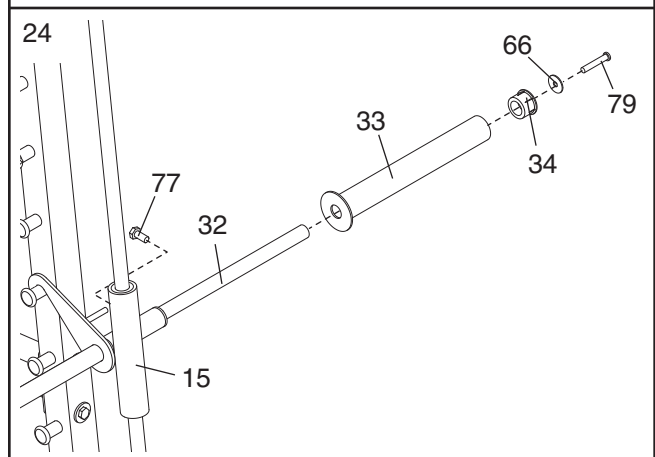
24. Press a 48mm Adapter Bushing (34) into a Barbell Adapter (33).

Attach the Barbell Adapter (33) to the Weight Bar (32) with an M10 Large Washer (66) and an M10 x 30mm Button Bolt (79).

Repeat this step on the other side of the Weight Bar (32).

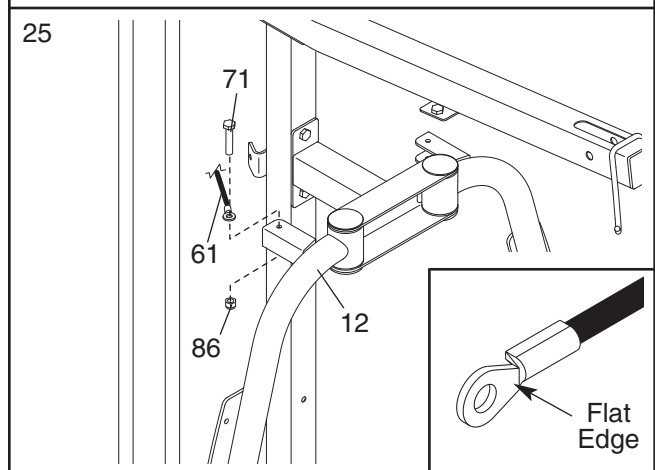
Tighten two M8 x 25mm Screws (77) into the Gliders (15).

Tighten the M10 Nylon Locknuts (64) used in steps 2–20.

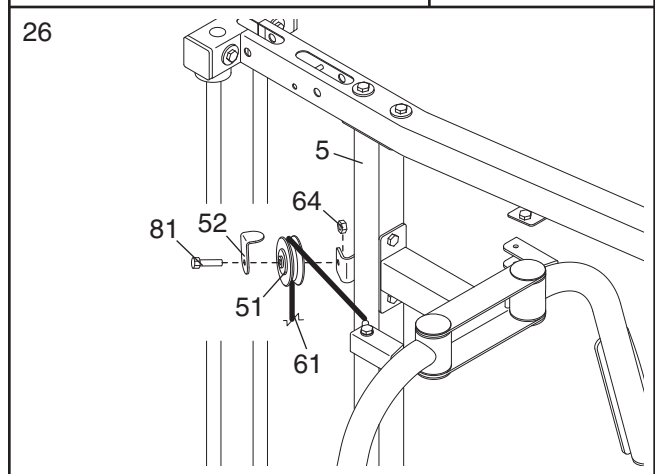


Cable Assembly

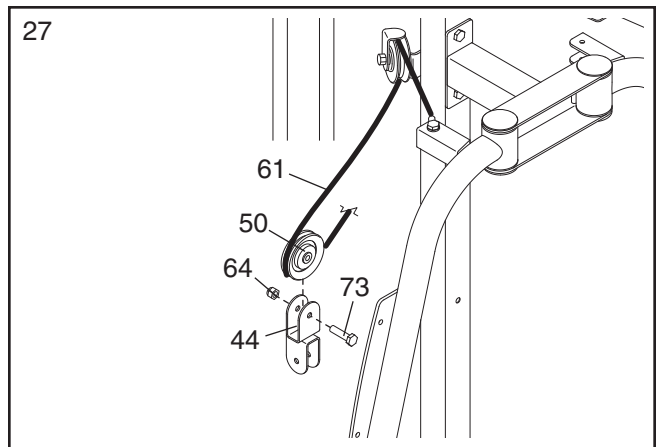
25. **Locate the Butterfly Cable (61).** Attach the Cable to the Right Fly Arm (12) with an M8 x 60mm Shoulder Bolt (71) and an M8 Nylon Locknut (86). **Make sure the flat edge of the eyelet on the Cable is against the Fly Arm.**



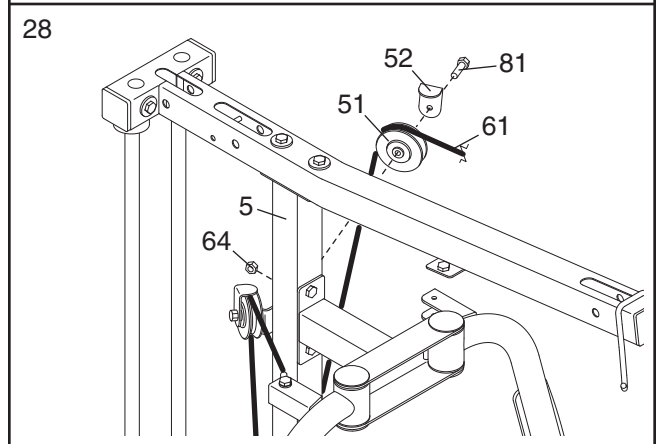
26. Wrap the Butterfly Cable (61) over a “V”-pulley (51). Attach the “V”-pulley and a Large Cable Trap (52) to the Center Upright (5) with an M10 x 58mm Bolt (81) and an M10 Nylon Locknut (64). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



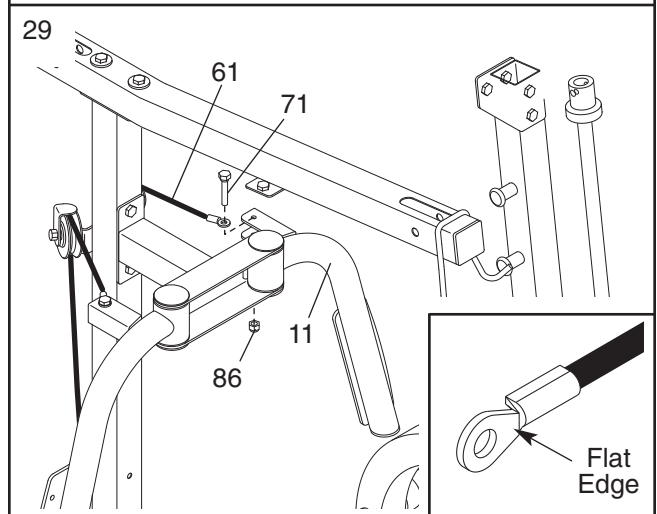
27. Wrap the Butterfly Cable (61) under a 90mm Pulley (50). Attach the Pulley to the Small Double “U”-bracket (44) with an M10 x 45mm Bolt (73) and an M10 Nylon Locknut (64).



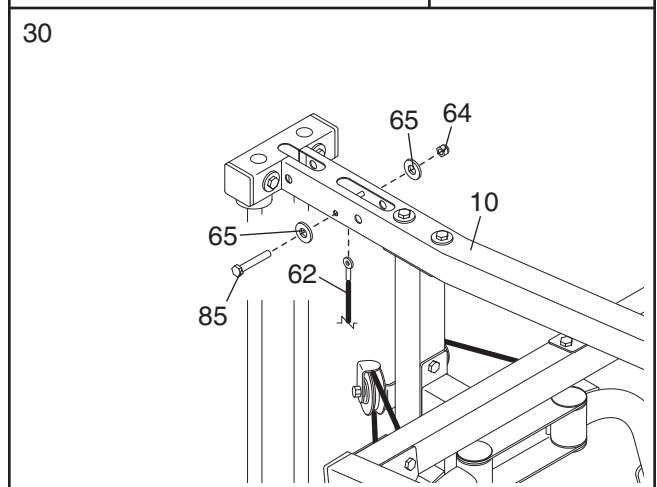
28. Wrap the Butterfly Cable (61) over a “V”-pulley (51). Attach the “V”-pulley and a Large Cable Trap (52) to the Center Upright (5) with an M10 x 58mm Bolt (81) and an M10 Nylon Locknut (64). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



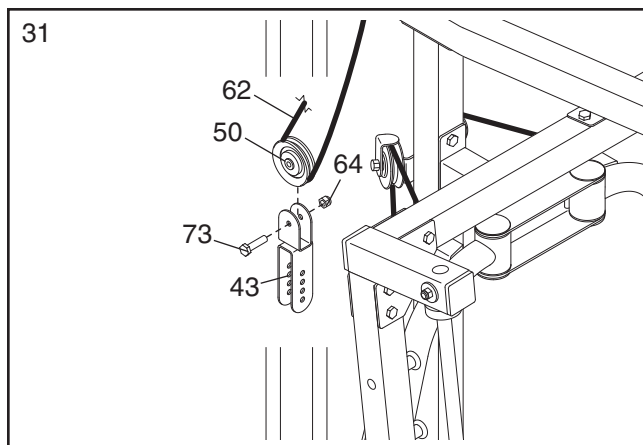
29. Attach the Butterfly Cable (61) to the Left Fly Arm (11) with an M8 x 60mm Shoulder Bolt (71) and an M8 Nylon Locknut (86). **Make sure the flat edge of the eyelet on the Cable is against the Fly Arm.**



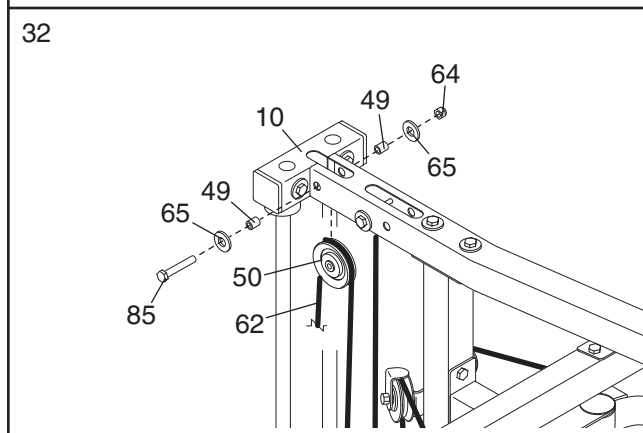
30. **Locate the Carriage Cable (62).** Attach the Cable inside the Rear Top Frame (10) with an M10 x 77mm Bolt (85), two M10 Washers (65), and an M10 Nylon Locknut (64).



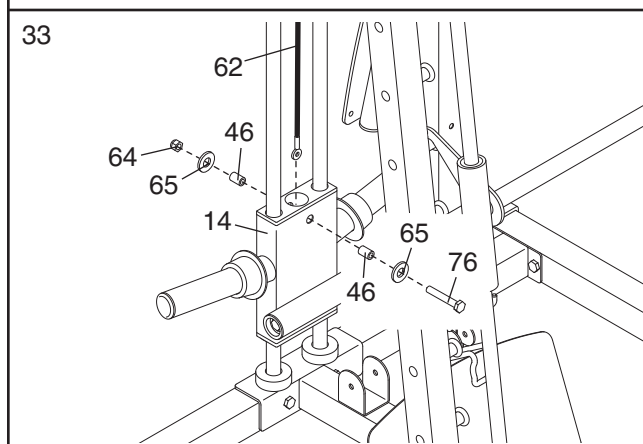
31. Wrap the Carriage Cable (62) under a 90mm Pulley (50). Attach the Pulley to the Large Double "U"-bracket (43) with an M10 x 45mm Bolt (73) and an M10 Nylon Locknut (64).



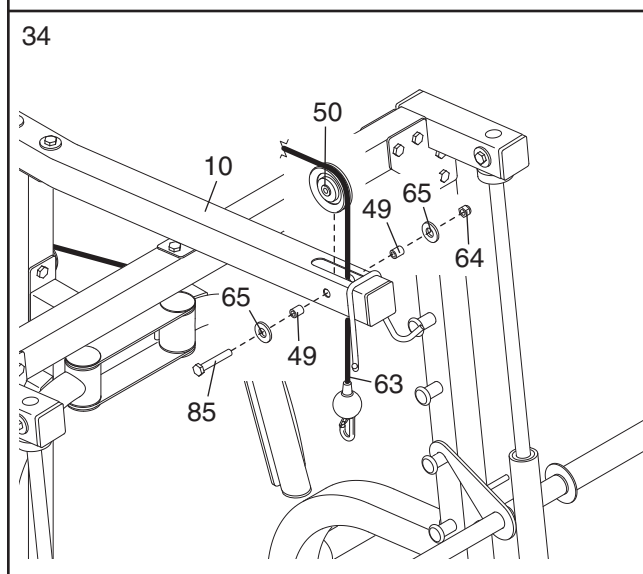
32. Wrap the Carriage Cable (62) over a 90mm Pulley (50). Attach the Pulley inside the Top Frame (10) with an M10 x 77mm Bolt (85), two M10 Washers (65), two 17mm Spacers (49), and an M10 Nylon Locknut (64).



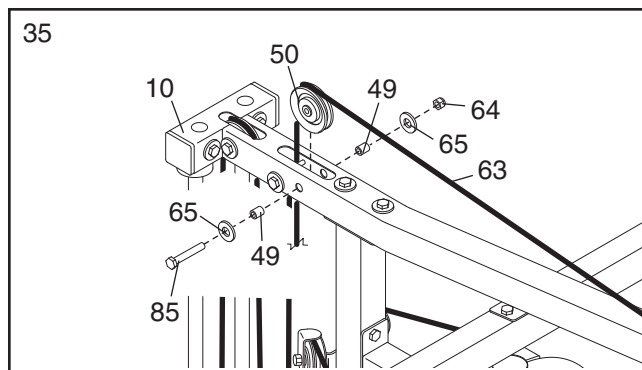
33. Attach the Carriage Cable (62) inside the Weight Carriage (14) with an M10 x 66mm Bolt (76), two M10 Washers (65), two 22mm Spacers (46), and an M10 Nylon Locknut (64).



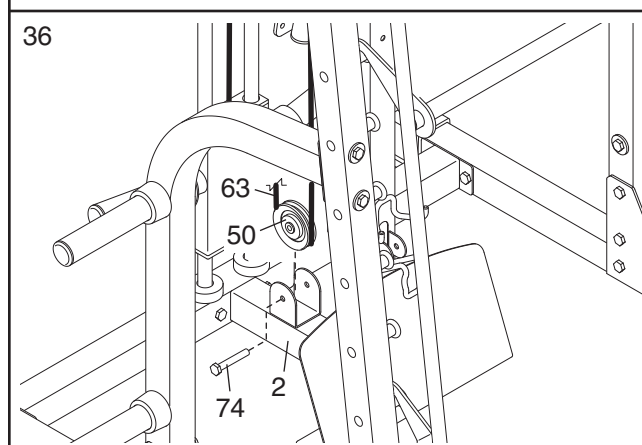
34. **Locate the Long Cable (63).** Route the Cable up through the Rear Top Frame (10) and over a 90mm Pulley (50). Attach the Pulley inside the Top Frame with an M10 x 77mm Bolt (85), two M10 Washers (65), two 17mm Spacers (49), and an M10 Nylon Locknut (64).



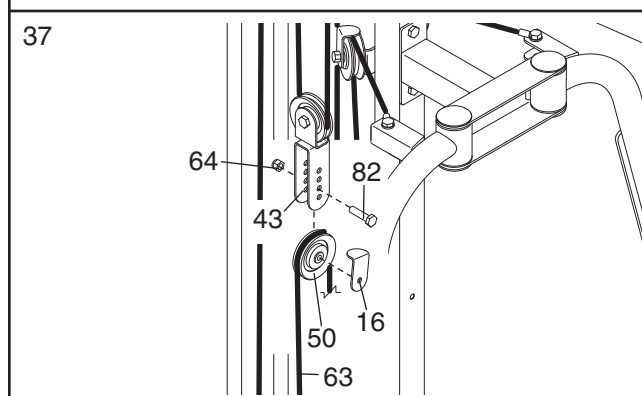
35. Route the Long Cable (63) over a 90mm Pulley (50) and down through the Rear Top Frame (10). Attach the Pulley inside the Top Frame with an M10 x 77mm Bolt (85), two M10 Washers (65), two 17mm Spacers (49), and an M10 Nylon Locknut (64).



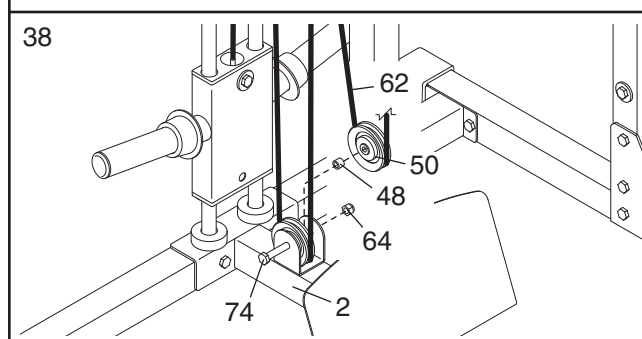
36. Wrap the Long Cable (63) under a 90mm Pulley (50). Attach the Pulley to the Center Base (2) with an M10 x 73mm Bolt (74). **Do not thread a locknut onto the Bolt yet.**



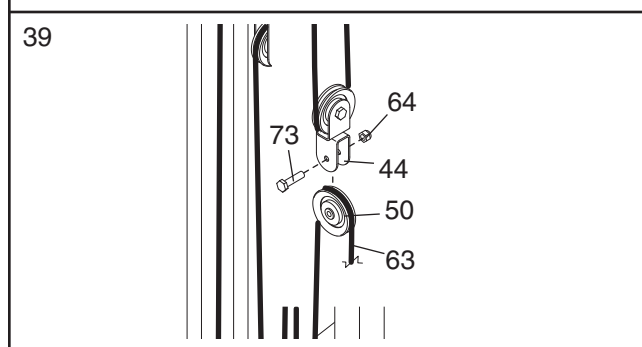
37. Wrap the Long Cable (63) over a 90mm Pulley (50). Attach the Pulley and a Cable Trap (16) to the second set of holes from the bottom of the Large Double "U"-bracket (43) with an M10 x 50mm Bolt (82) and an M10 Nylon Locknut (64). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



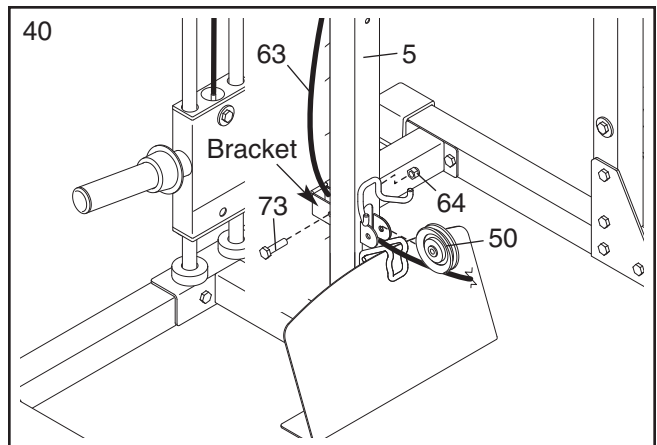
38. Wrap the Long Cable (63) under a 90mm Pulley (50). Attach a 3mm Spacer (48) and the Pulley to the Center Base (2) with the M10 x 73mm Bolt (74) used in step 36 and an M10 Nylon Locknut (64).



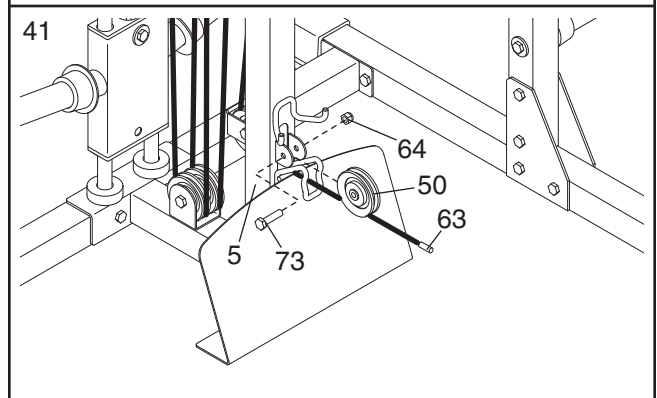
39. Wrap the Long Cable (63) over a 90mm Pulley (50). Attach the Pulley to the Small Double "U"-bracket (44) with an M10 x 45mm Bolt (73) and an M10 Nylon Locknut (64).



40. Route the Long Cable (63) through the Center Upright (5) and under a 90mm Pulley (50). Attach the Pulley inside the indicated bracket on the Upright with an M10 x 45mm Bolt (73) and an M10 Nylon Locknut (64).



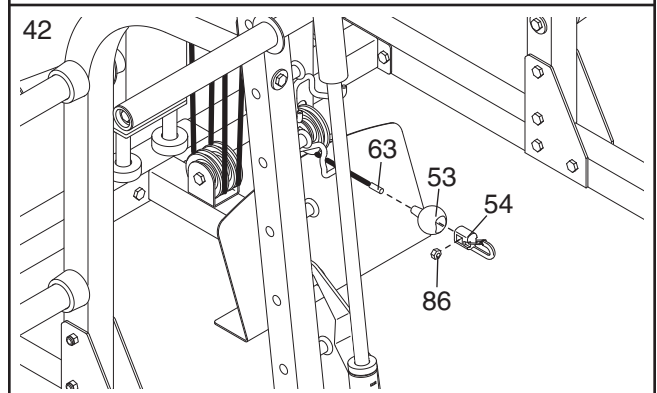
41. Attach a 90mm Pulley (50) inside the bracket on the Center Upright (5), and over the Long Cable (63), with an M10 x 45mm Bolt (73) and an M10 Nylon Locknut (64).



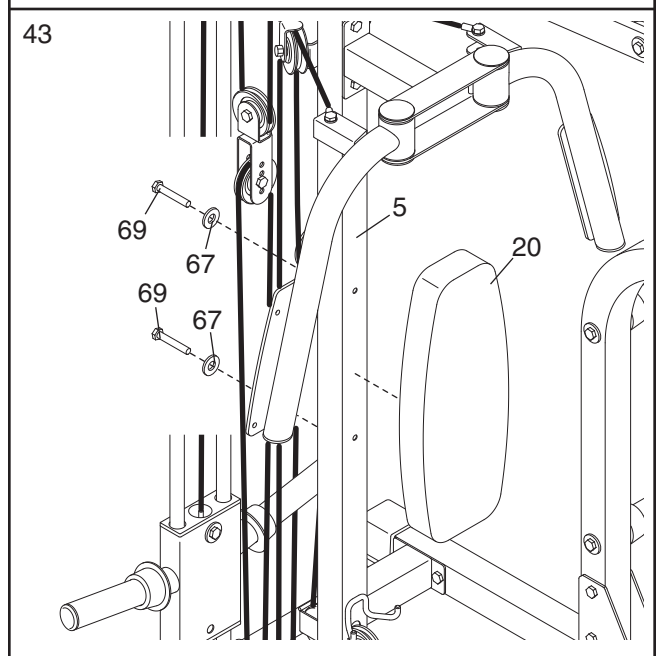
42. Slide a Clip Cover (53) onto the Long Cable (63).

Hold an M8 Nylon Locknut (86) inside a Clip (54), and insert the Long Cable (63) into the Clip and Locknut. Insert a screwdriver between the Locknut and the Clip. Rotate the screwdriver, Clip, and Locknut together until two threads of the Cable show past the Locknut.

Slide the Clip Cover (53) over the Clip (54).



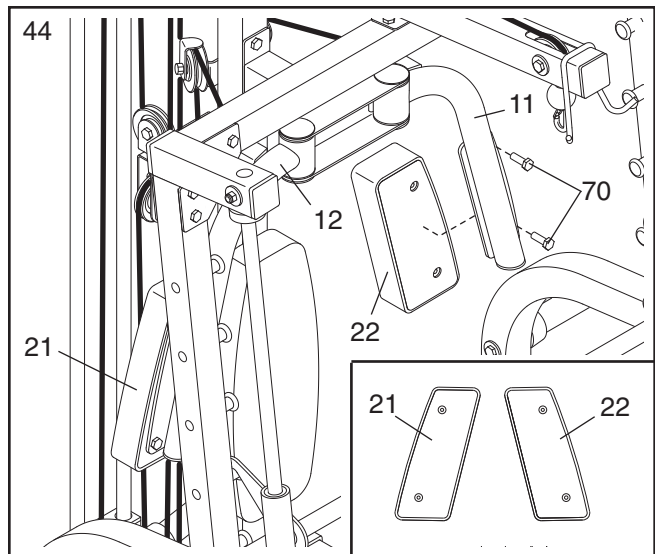
43. Attach the Backrest (20) to the Center Upright (5) with two M6 x 76mm Screws (69) and two M6 Washers (67).



44. Identify the Right and Left Fly Pad (21, 22). Note that the holes are not centered in the pads (see the inset drawing).

Attach the Left Fly Pad (22) to the Left Fly Arm (11) with two M6 x 20mm Screws (70).

Attach the Right Fly Pad (21) to the Right Fly Arm (12) in the same manner.



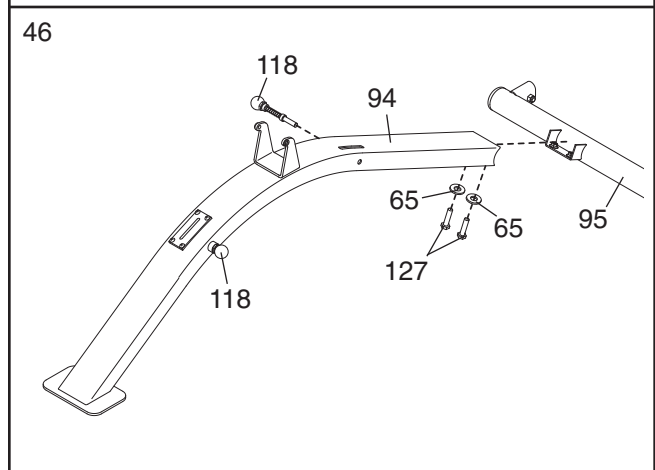
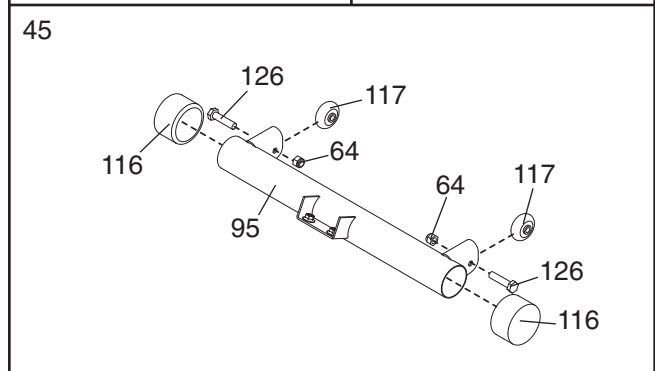
Bench Assembly

45. Press two 63mm Round Outer Caps (116) onto the Bench Stabilizer (95).

Attach the two Wheels (117) to the Bench Stabilizer (95) with two M10 x 46mm Bolts (126) and two M10 Nylon Locknuts (64).

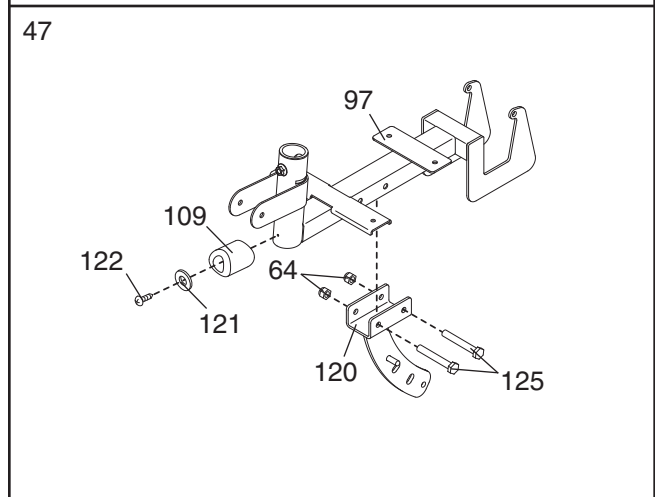
46. Attach the Bench Stabilizer (95) to the Bench Frame (94) with two M10 x 20mm Bolts (127) and two M10 Washers (65).

Attach the two Bench Knobs (118) to the Bench Frame (94).



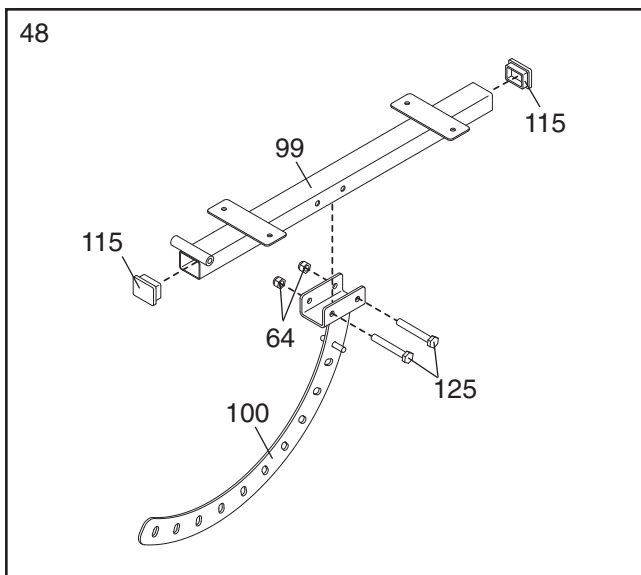
47. Attach the Leg Lever Bumper (109) to the Seat Frame (97) with an M4 x 16mm Self-tapping Screw (122) and an M5 Washer (121).

Attach the Seat Bracket (120) to the Seat Frame (97) with two M10 x 75mm Bolts (125) and two M10 Nylon Locknuts (64).



48. Press two 40mm x 50mm Inner Caps (115) into the Backrest Frame (99).

Attach the Backrest Bracket (100) to the Backrest Frame (99) with two M10 x 75mm Bolts (125) and two M10 Nylon Locknuts (64).

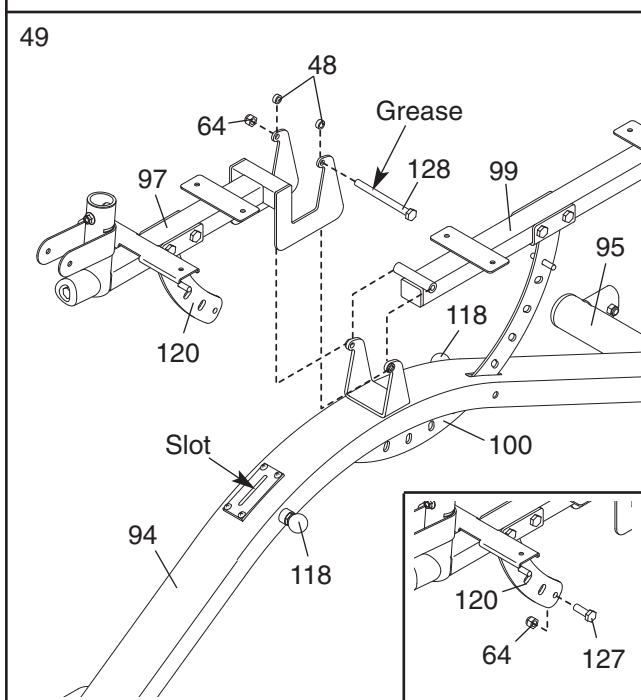


49. Pull out the Bench Knob (118) that is toward the Bench Stabilizer (95). Insert the Backrest Bracket (100) into the Bench Frame (94) as shown. Engage the Knob into a hole in the Backrest Bracket.

Pull out the other Bench Knob (118) and insert the Seat Bracket (120) into the indicated slot in the Bench Frame (94). Engage the Knob into the highest hole in the Seat Bracket.

Lightly grease an M10 x 130mm Bolt (128). Attach the Seat Frame (97) and the Backrest Frame (99) to the Bench Frame (94) with the Bolt, two 3mm Spacers (48), and an M10 Nylon Locknut (64). **Do not overtighten the Locknut; the Seat and Backrest Frames must be able to pivot easily.**

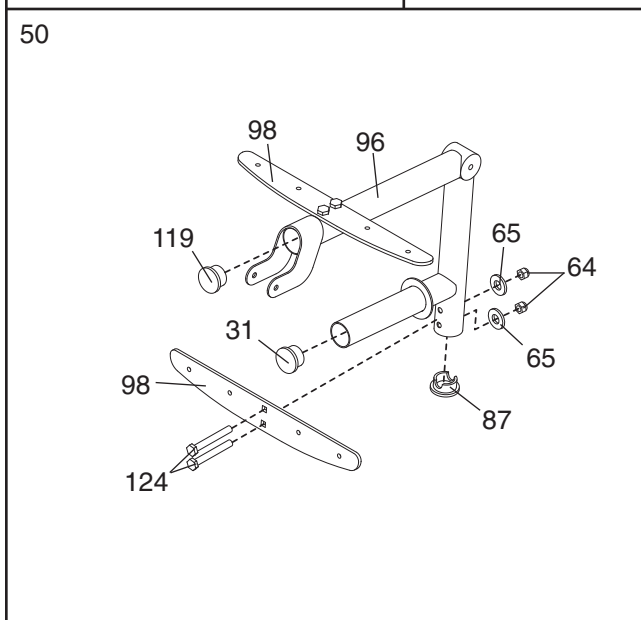
See the inset drawing. Attach an M10 x 20mm Bolt (127) and an M10 Nylon Locknut (64) to the round hole on the Seat Bracket (120).



50. Press a 50mm Round Inner Cap (119), a 50mm Round Slotted Cap (87), and a 48mm Round Inner Cap (31) into the Leg Lever (96).

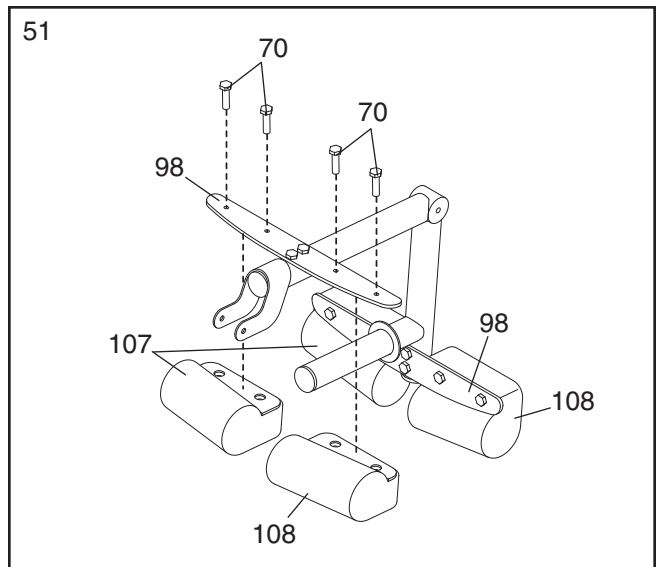
Orient a Leg Lever Plate (98) as shown. Attach the Plate to the Leg Lever (96) with two M10 x 71mm Carriage Bolts (124), two M10 Washers (65), and two M10 Nylon Locknuts (64).

Attach the other Leg Lever Plate (98) to the Leg Lever (96) in the same manner. Make sure the Plate is oriented as shown.

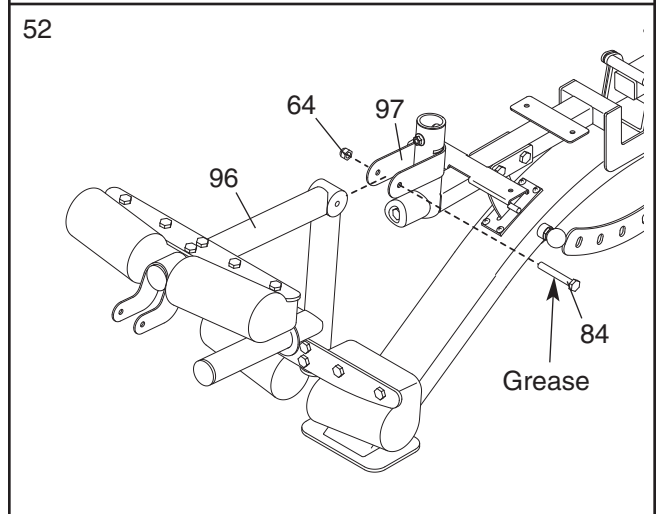


51. Attach a Right and Left Leg Lever Pad (107, 108) to a Leg Lever Plate (98) with four M6 x 20mm Screws (70).

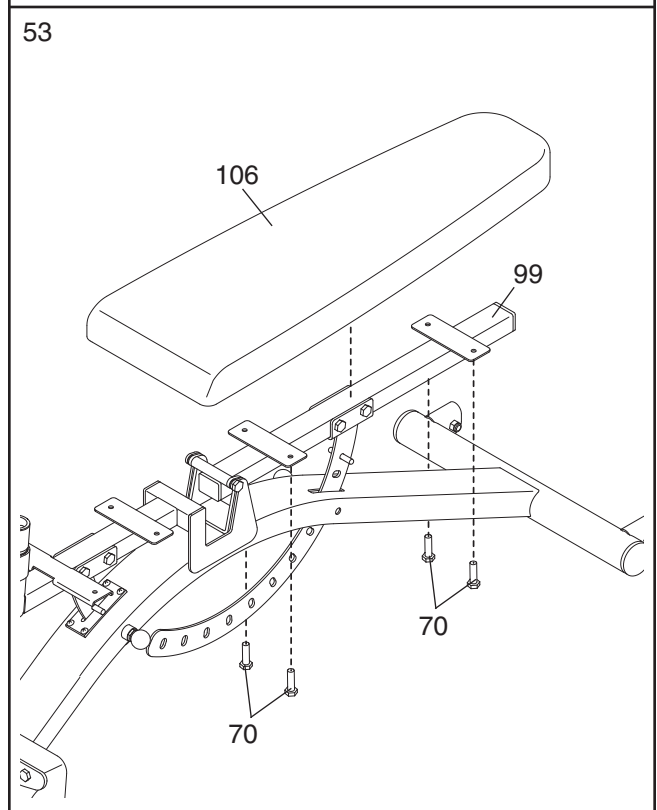
Attach the other Right and Left Leg Lever Pads (107, 108) to the other Leg Lever Plate (98) in the same manner.



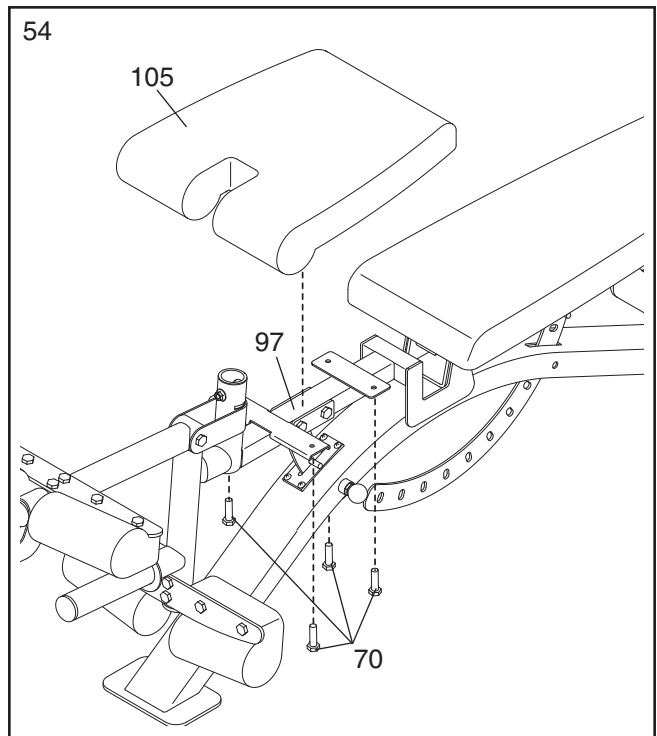
52. Grease an M10 x 80mm Bolt (84). Attach the Leg Lever (96) to the Seat Frame (97) with the Bolt and an M10 Nylon Locknut (64).



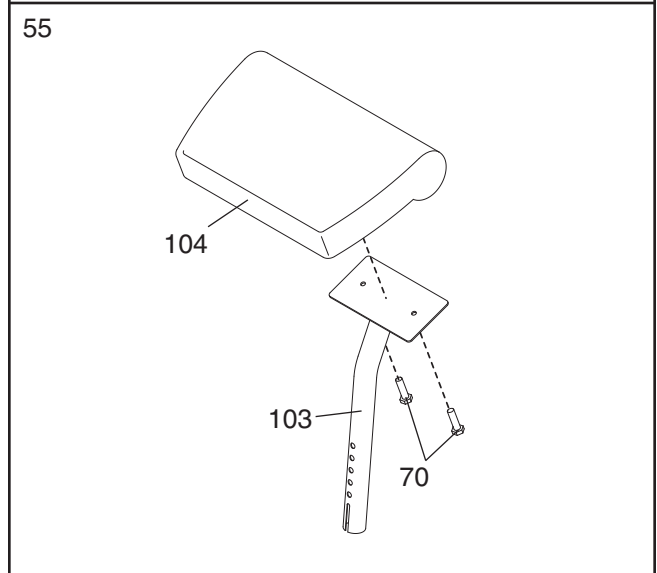
53. Attach the Bench Backrest (106) to the Backrest Frame (99) with four M6 x 20mm Screws (70).



54. Attach the Seat (105) to the Seat Frame (97) with four M6 x 20mm Screws (70).

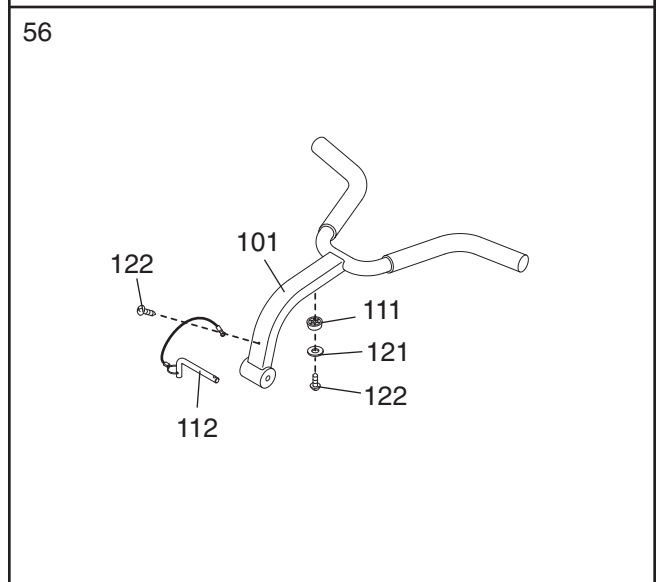


55. Attach the Curl Pad (104) to the Curl Post (103) with two M6 x 20mm Screws (70).



56. Attach a Curl Bumper (111) to the Curl Bar (101) with an M4 x 16mm Self-tapping Screw (122) and an M5 Washer (121).

Attach the Pin (112) to the Curl Bar (101) with an M4 x 16mm Self-tapping Screw (122).



57. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

ADJUSTMENTS

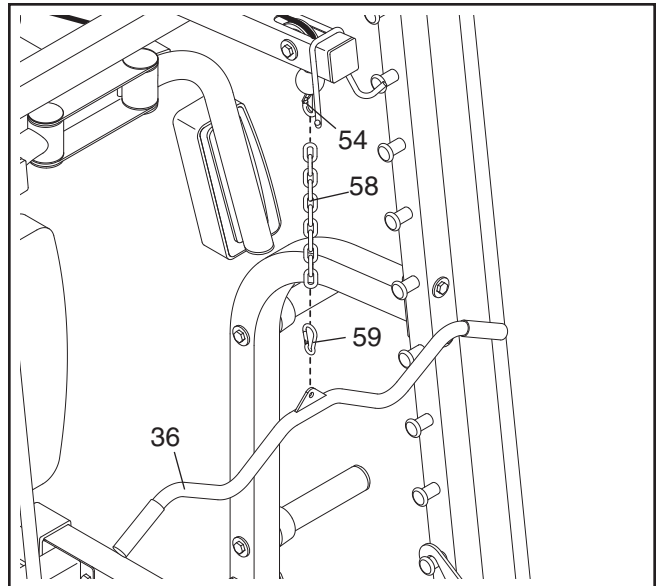
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 28 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ATTACHING ACCESSORIES

Attach the Lat Bar (36) to a Clip (54). For some exercises, the Chain (58) should be attached between the Lat Bar and the Clip with a Cable Clip (59).

The Ankle Strap (not shown) or Handle (not shown) can be attached to a Clip (54) in the same manner.

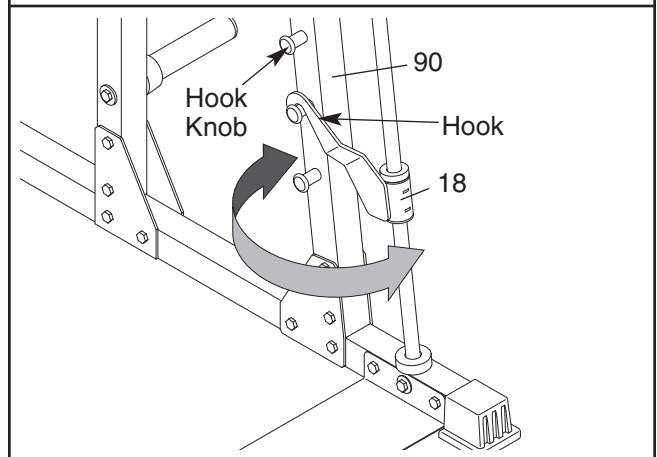


ADJUSTING THE SAFETY SPOTTERS

Before using the barbell, set the Safety Spotters (17 [not shown], 18) at the lowest point that you want the barbell to go.

To do this, lift the Left Safety Spotter (18) and swing it away from the Left Front Upright (90). Slide the Safety Spotter to the desired height and engage the hook onto a hook knob on the Front Upright.

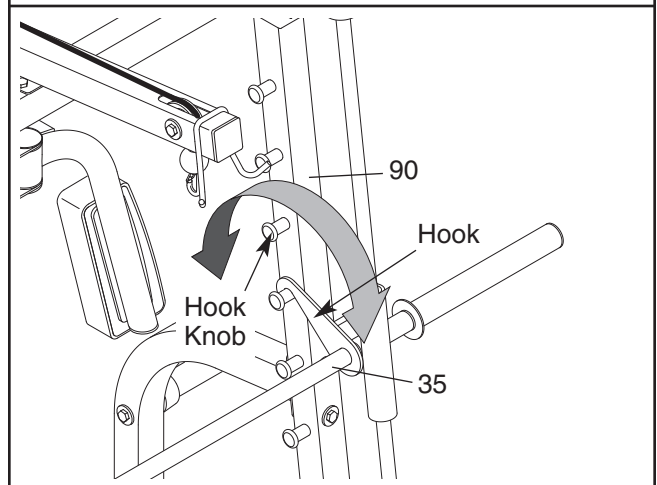
Adjust the Right Safety Spotter (not shown) in the same manner.



⚠️ WARNING: Always adjust both Safety Spotters (17, 18) to the same height before exercising.

USING THE BARBELL

To use the barbell, slide the desired weight (not included) onto the barbell (see ATTACHING WEIGHTS on page 24). Rotate the Locking Bar (35) to disengage the hooks from the hook knobs on the Front Uprights (4 [not shown], 90). Reengage the hooks to the hook knobs when finished.



ATTACHING WEIGHTS

To use the barbell, slide the desired amount of weight onto the Barbell Adapters (33). Secure the weights with the Weight Clips (60).

⚠ WARNING: Do not place more than 310 pounds on the barbell. Always place the same amount of weight on each side of the barbell. Always secure weights with the Weight Clips (60).

Weights can be secured to the Weight Carriage (14) in the same manner.

STORING WEIGHTS

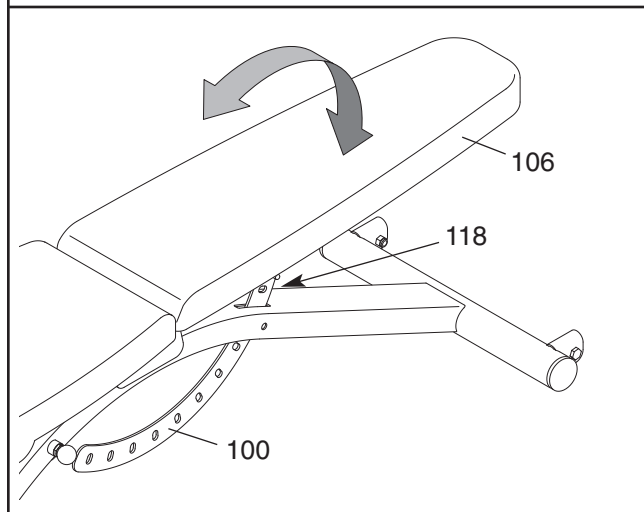
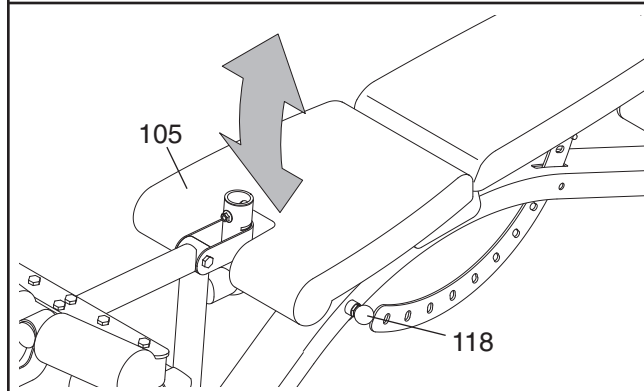
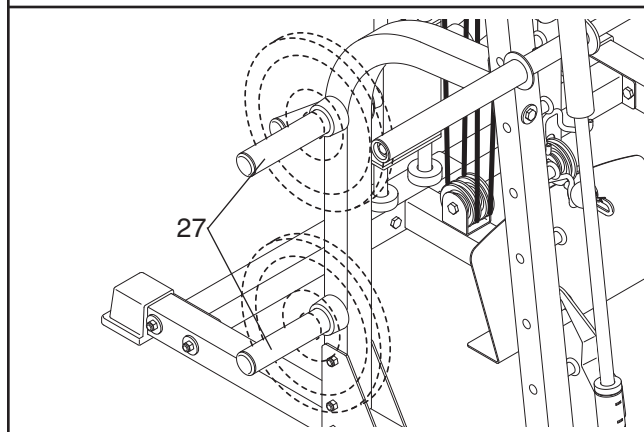
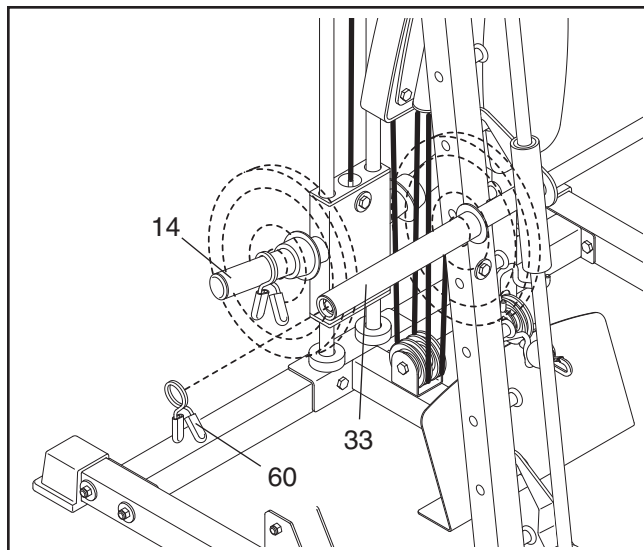
Your weights can be stored on the Storage Tubes (27).

ADJUSTING THE SEAT

To adjust the position of the Seat (105), pull the Bench Knob (118) out and reposition the Seat. Reengage the Knob into the Seat Bracket (not shown).

ADJUSTING THE BENCH BACKREST

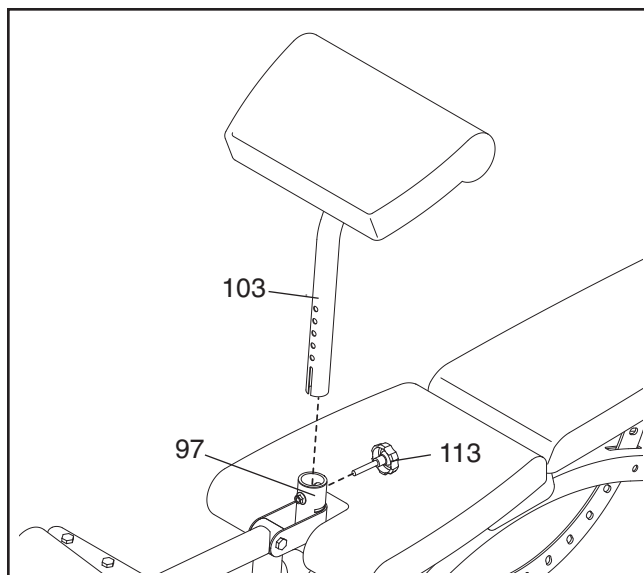
To adjust the position of the Bench Backrest (106), pull the Bench Knob (not shown) out and reposition the Backrest. Reengage the Knob into the Backrest Bracket (100).



ATTACHING THE CURL POST

For some exercises, the Curl Post (103) must be attached to the weight bench. Slide the Curl Post into the Seat Frame (97) and secure it with the Curl Knob (113). Fully tighten the Curl Knob.

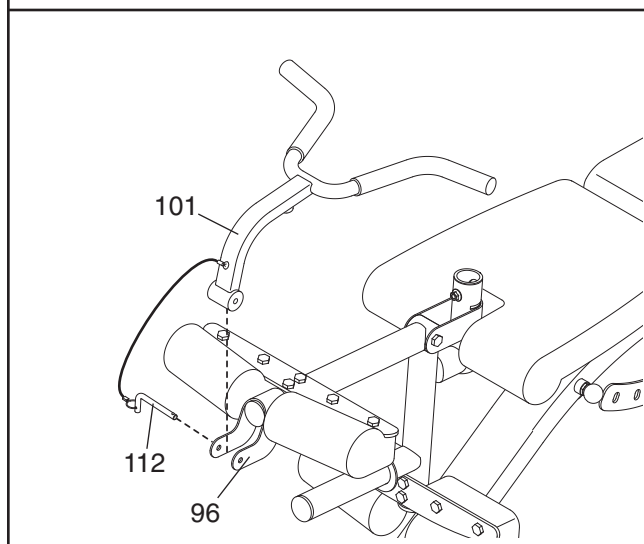
Remove the Curl Post (103) when performing exercises that do not require it.



ATTACHING THE CURL BAR

For some exercises, the Curl Bar (101) must be attached to the Leg Lever (96) with the Pin (112).

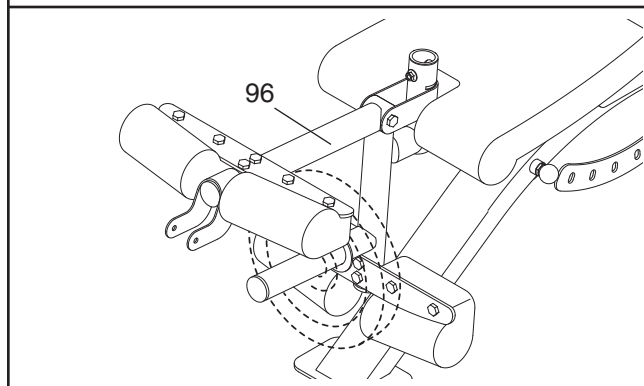
Remove the Curl Bar (101) when performing exercises that do not require it.



ATTACHING WEIGHTS TO THE LEG LEVER

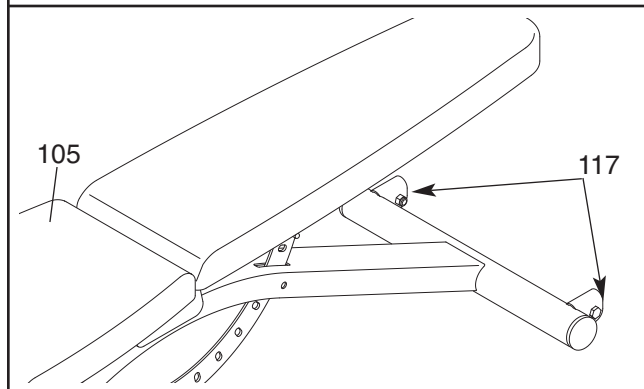
To use the Leg Lever (96), slide the desired weights onto the it.

⚠ WARNING: Do not place more than 150 pounds on the Leg Lever (96).



MOVING THE WEIGHT BENCH

To move the weight bench, lift the Seat (105) so that the weight bench pivots onto the Wheels (117). Roll the bench to the new location and set it down.



TIGHTENING THE CABLES

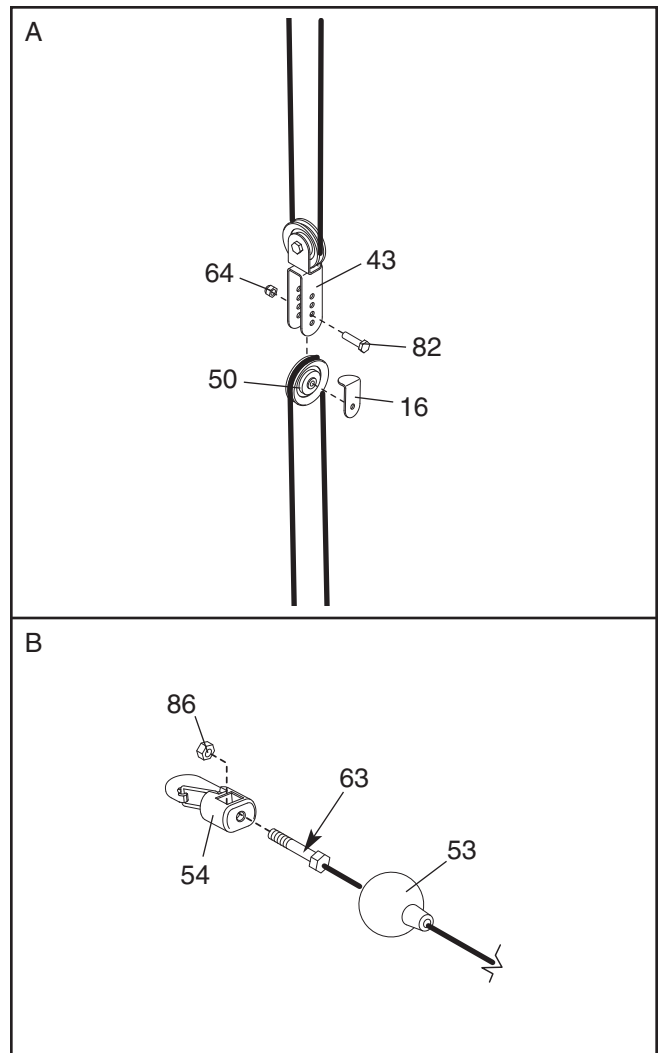
Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Make sure that the cables are not too tight, or the weight carriage will be lifted.

See drawing A. Slack can be removed from the cables by moving the 90mm Pulley (50) to a higher set of holes in the Large Double “U”-bracket (43). Remove the M10 Nylon Locknut (64) and the M10 x 50mm Bolt (82) from the “U”-bracket. Reattach the Pulley and the Cable Trap (16) with the Bolt and Locknut. **Make sure that the Cable Trap is positioned to hold the cable in place and that the cable and Pulley move smoothly.**

See drawing B. Additional slack can be removed from the cables by tightening the Long Cable (63) into the M8 Nylon Locknut (86) inside a Clip (54). To do this, pull the Clip Cover (53) back and use a pair of pliers to tighten the Locknut. Replace the Cover.

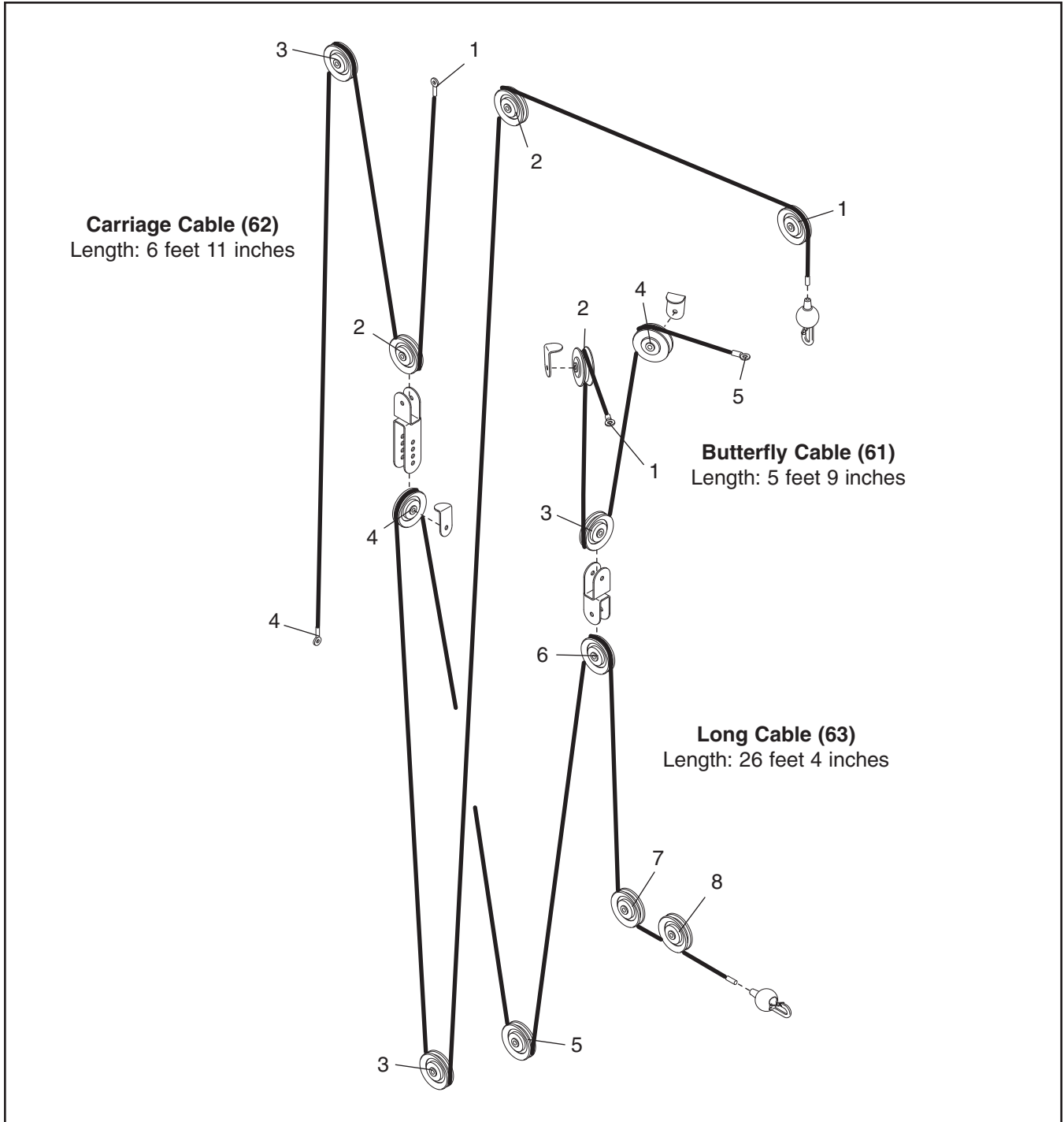
Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



CABLE DIAGRAM

The cable diagram below shows the proper routing of the Butterfly Cable (61), the Carriage Cable (62), and the Long Cable (63). Use the diagram to make sure that the cables have been assembled correctly. If the cables have not been correctly routed, the weight bench will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday..
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

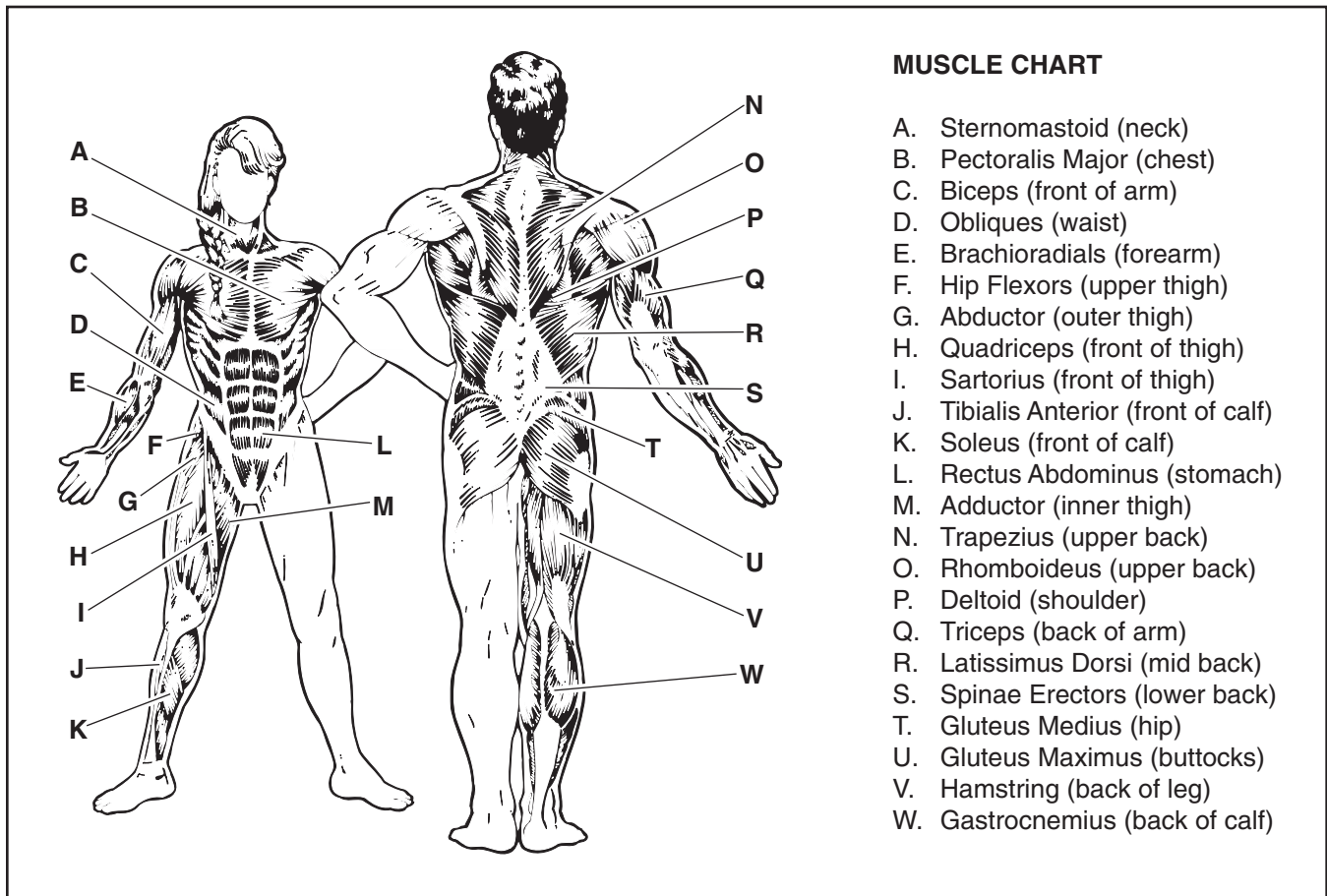
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on pages 30 and 31 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

THURSDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

THURSDAY AEROBIC EXERCISE

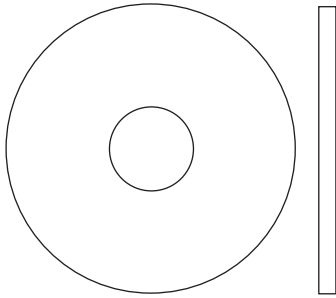
Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

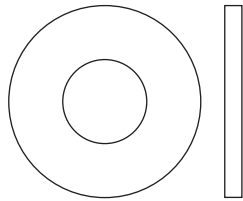
Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART—Model No. FMBE39530

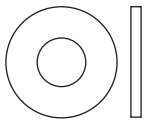
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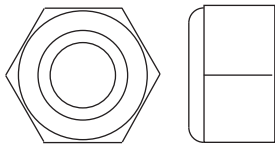
M10 Large Washer (66)



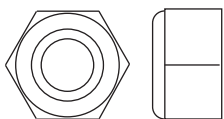
M10 Washer (65)



M6 Washer (67)



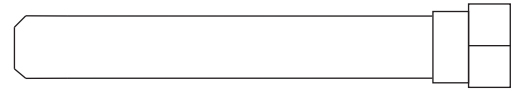
M12 Nylon Locknut (123)



M10 Nylon Locknut (64)



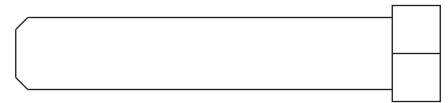
M8 Nylon Locknut (86)



M8 x 60mm Shoulder Bolt (71)



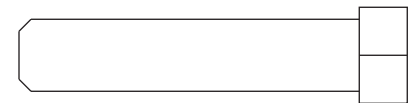
M10 x 58mm Bolt (81)



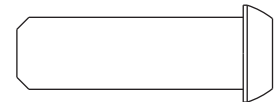
M10 x 50mm Bolt (82)



M10 x 46mm Bolt (126)



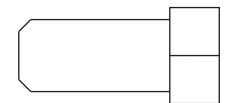
M10 x 45mm Bolt (73)



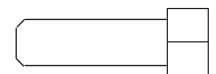
M10 x 30mm Button Bolt (79)



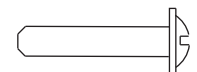
M8 x 25mm Screw (77)



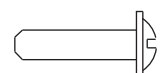
M10 x 20mm Bolt (127)



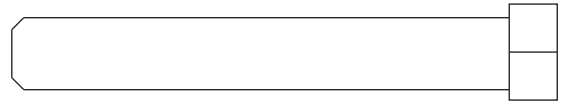
M6 x 20mm Screw (70)



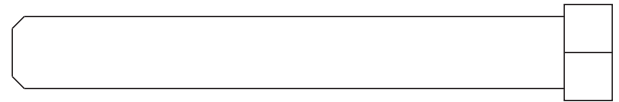
M4 x 20mm
Tech Screw (68)



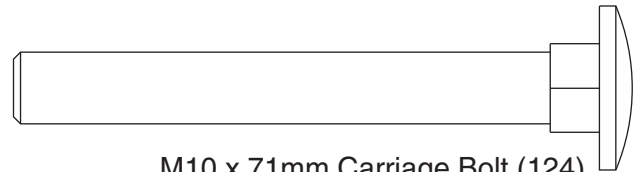
M4 x 16mm Self-
tapping Screw (122)



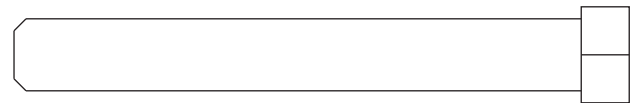
M10 x 66mm Bolt (76)



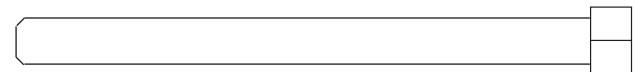
M10 x 73mm Bolt (74)



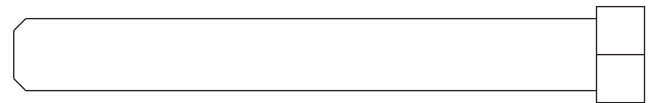
M10 x 71mm Carriage Bolt (124)



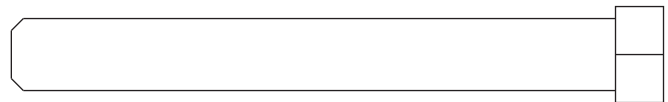
M10 x 75mm Bolt (125)



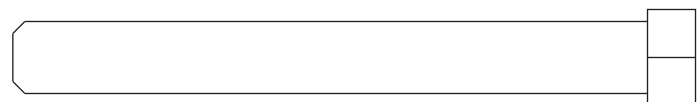
M6 x 76mm Screw (69)



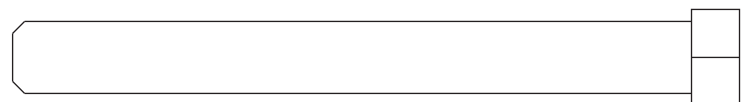
M10 x 77mm Bolt (85)



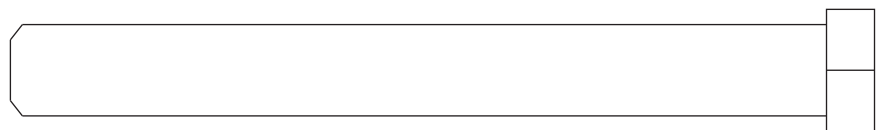
M10 x 80mm Bolt (84)



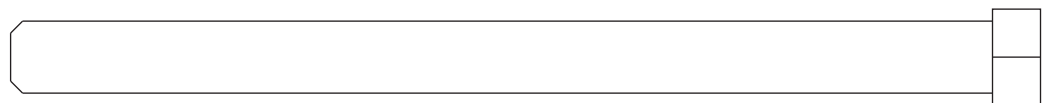
M10 x 84mm Bolt (75)



M10 x 90mm Bolt (78)



M12 x 108mm Bolt (72)



M10 x 130mm Bolt (128)

PART LIST—Model No. FMBE39530

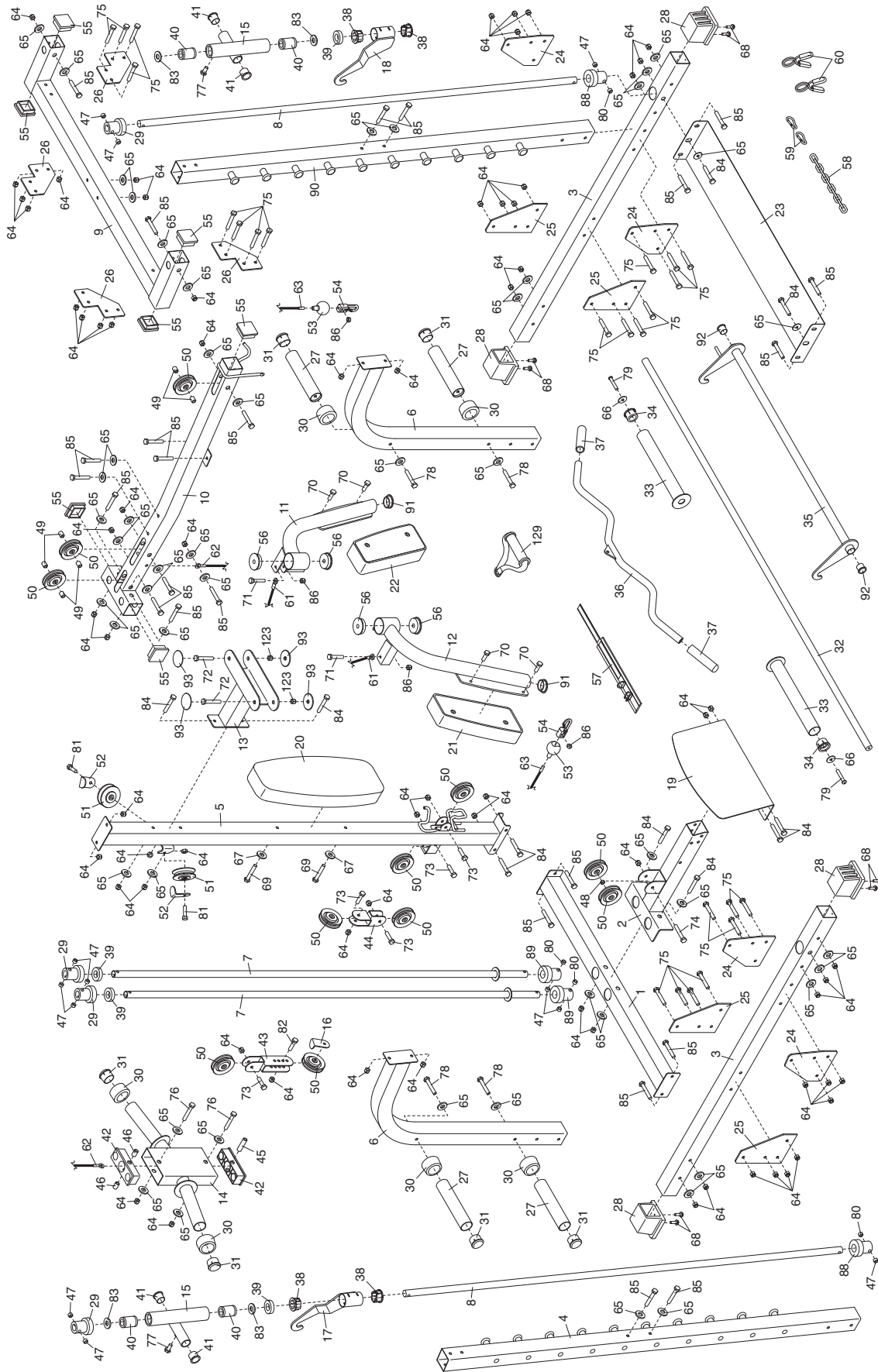
R0204A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Rear Base	49	6	17mm Spacer	94	1	Bench Frame
2	1	Center Base	50	11	90mm Pulley	95	1	Bench Stabilizer
3	2	Side Base	51	2	“V”-pulley	96	1	Leg Lever
4	1	Right Front Upright	52	2	Large Cable Trap	97	1	Seat Frame
5	1	Center Upright	53	2	Clip Cover	98	2	Leg Lever Plate
6	2	Support	54	2	Clip	99	1	Backrest Frame
7	2	Carriage Guide	55	7	60mm Square Inner Cap	100	1	Backrest Bracket
8	2	Guide Rod				101	1	Curl Bar
9	1	Front Top Frame	56	4	Butterfly Bushing	102	1	Seat Bracket Bushing
10	1	Rear Top Frame	57	1	Ankle Strap	103	1	Curl Post
11	1	Left Fly Arm	58	1	Chain	104	1	Curl Pad
12	1	Right Fly Arm	59	2	Cable Clip	105	1	Seat
13	1	Butterfly Frame	60	2	Weight Clip	106	1	Bench Backrest
14	1	Weight Carriage	61	1	Butterfly Cable	107	2	Right Leg Lever Pad
15	2	Glider	62	1	Carriage Cable	108	2	Left Leg Lever Pad
16	1	Cable Trap	63	1	Long Cable	109	1	Leg Lever Bumper
17	1	Right Safety Spotter	64	82	M10 Nylon Locknut	110	2	Curl Grip
18	1	Left Safety Spotter	65	54	M10 Washer	111	1	Curl Bumper
19	1	Foot Plate	66	2	M10 Large Washer	112	1	Pin
20	1	Backrest	67	2	M6 Washer	113	1	Curl Knob
21	1	Right Fly Pad	68	8	M4 x 20mm Tech Screw	114	1	Curl Post Bushing
22	1	Left Fly Pad				115	2	40mm x 50mm Inner Cap
23	1	Floor Plate	69	2	M6 x 76mm Screw			
24	4	Front Joint Plate	70	22	M6 x 20mm Screw	116	2	63mm Round Outer Cap
25	4	Rear Joint Plate	71	2	M8 x 60mm Shoulder Bolt	117	2	Wheel
26	4	Top Joint Plate				118	2	Bench Knob
27	4	Storage Tube	72	2	M12 x 108mm Bolt	119	1	50mm Round Inner Cap
28	4	Base Cap	73	5	M10 x 45mm Bolt			
29	4	Short Guide Bumper	74	1	M10 x 73mm Bolt	120	1	Seat Bracket
30	6	Weight Tube Bumper	75	24	M10 x 84mm Bolt	121	6	M5 Washer
31	7	48mm Round Inner Cap	76	2	M10 x 66mm Bolt	122	7	M4 x 16mm Self-tapping Screw
			77	2	M8 x 25mm Screw			
32	1	Weight Bar	78	4	M10 x 90mm Bolt	123	2	M12 Nylon Locknut
33	2	Barbell Adapter	79	2	M10 x 30mm Button Bolt	124	4	M10 x 71mm Carriage Bolt
34	2	48mm Adapter Bushing	80	4	12mm Spacer	125	4	M10 x 75mm Bolt
35	1	Locking Bar	81	2	M10 x 58mm Bolt	126	2	M10 x 46mm Bolt
36	1	Lat Bar	82	1	M10 x 50mm Bolt	127	3	M10 x 20mm Bolt
37	2	Grip	83	4	40mm Elastic Washer	128	1	M10 x 130mm Bolt
38	4	Safety Hook Bushing	84	11	M10 x 80mm Bolt	129	1	Handle
39	4	Slide Bumper	85	24	M10 x 77mm Bolt			
40	4	Bar Slide Bushing	86	4	M8 Nylon Locknut	#	1	User's Manual
41	4	Bar Bushing	87	1	50mm Round Slotted Cap	#	1	Exercise Guide
42	2	Carriage Bushing				#	2	Grease Pack
43	1	Large Double “U”-bracket	88	2	Slanted Guide Bushing	#	1	Allen Wrench
44	1	Small Double “U”-bracket	89	2	Tall Guide Bumper	#	2	45-pound Weight
			90	1	Left Front Upright	#	2	25-pound Weight
45	1	50mm Spacer	91	2	Round Slanted Inner Cap	#	4	10-pound Weight
46	2	22mm Spacer				#	6	5-pound Weight
47	12	7mm Spacer	92	2	Locking Bar Bushing	#	2	2.5-pound Weight
48	3	3mm Spacer	93	4	M12 Nut Cover			

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

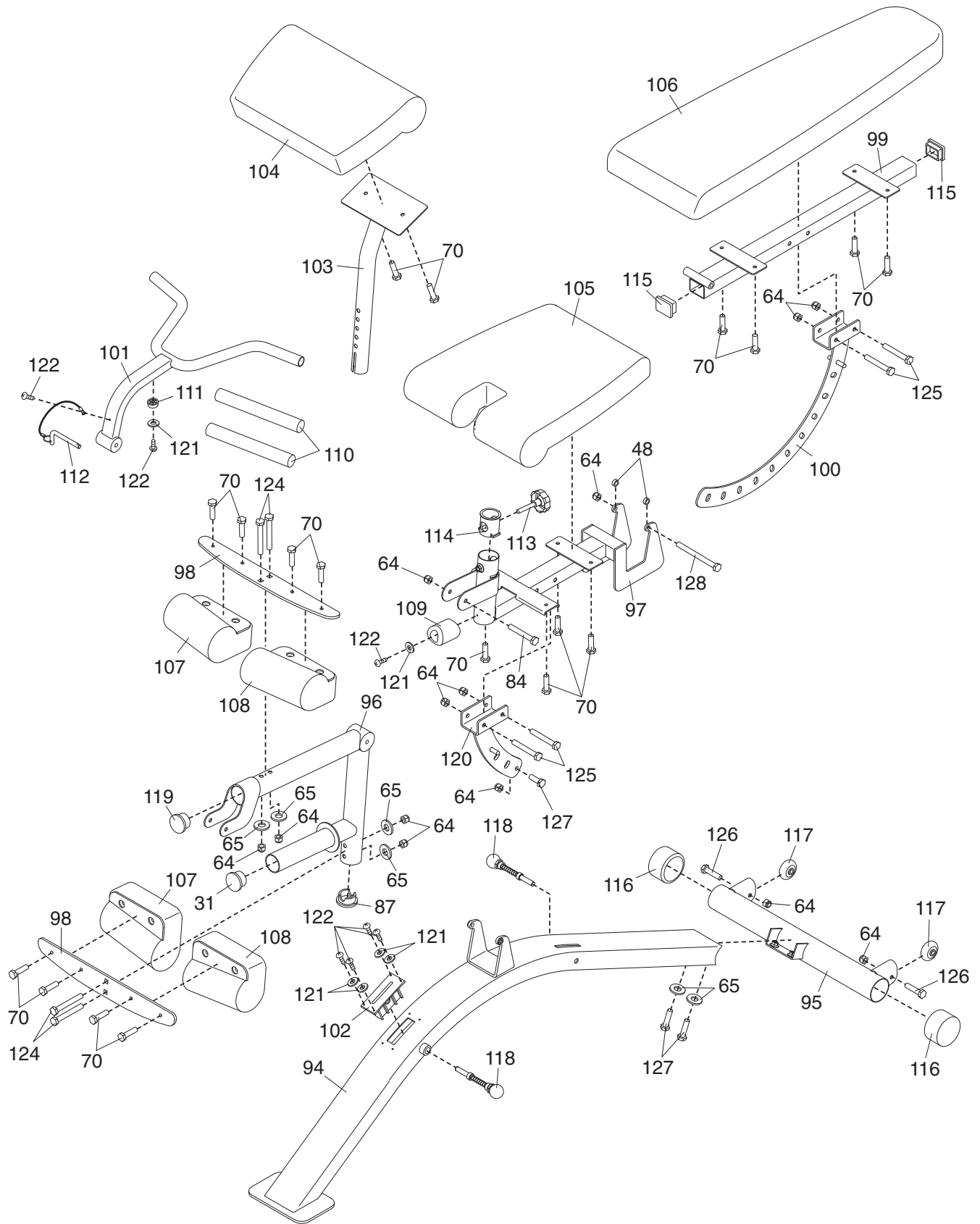
EXPLODED DRAWING—Model No. FMBE39530

R0204A



EXPLODED DRAWING—Model No. FMBE39530

R0204A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, 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 (FMBE39530)
- The NAME of the product (FREEMOTION® R31 SMITH AND BENCH weight bench)
- 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 in the center of this manual)

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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns 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, 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.

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