

GOLD'S GYM®

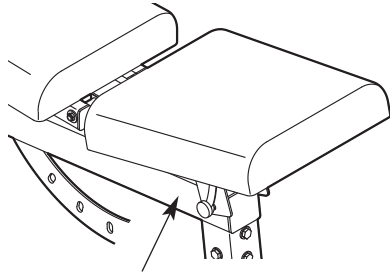
PRO SERIES GB1000

USER'S MANUAL

Model No. GGBE1074.0

Serial No. _____

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



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

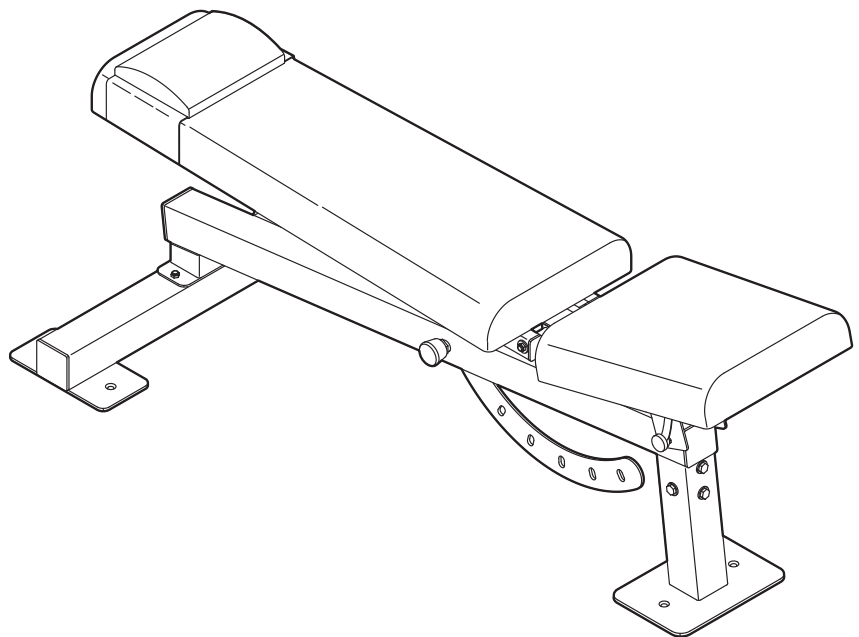
CALL TOLL-FREE:

1-877-776-4777

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.goldsgympowerflex.com



⚠ CAUTION

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

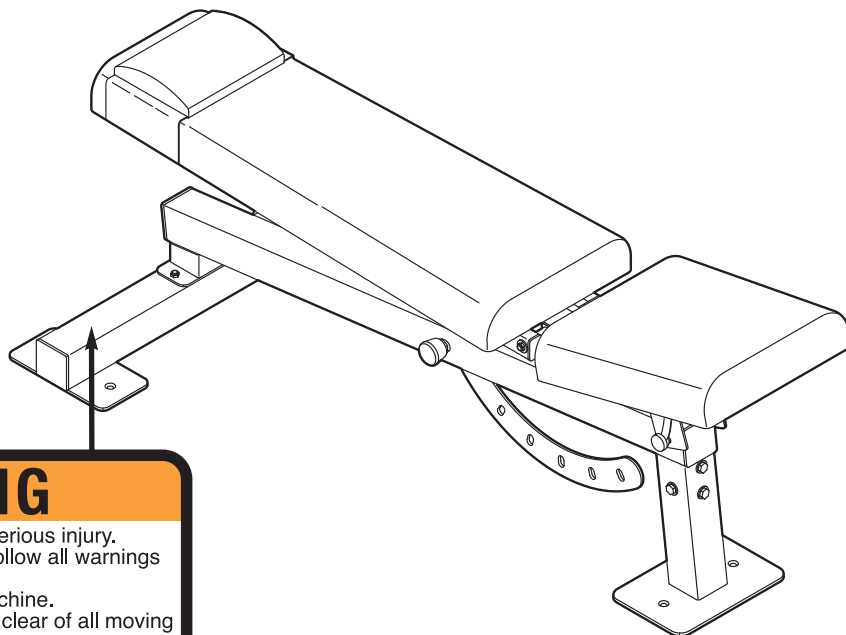
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

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 and all warnings on the weight bench 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. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Keep children under 12 and pets away from the weight bench at all times.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Always make sure the backrest bracket is fully engaged before using the backrest.
8. Wear appropriate clothes when exercising. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 510 pounds. Do not use the weight bench with more than 210 pounds of weight. Note: The weight bench does not include weights.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ 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

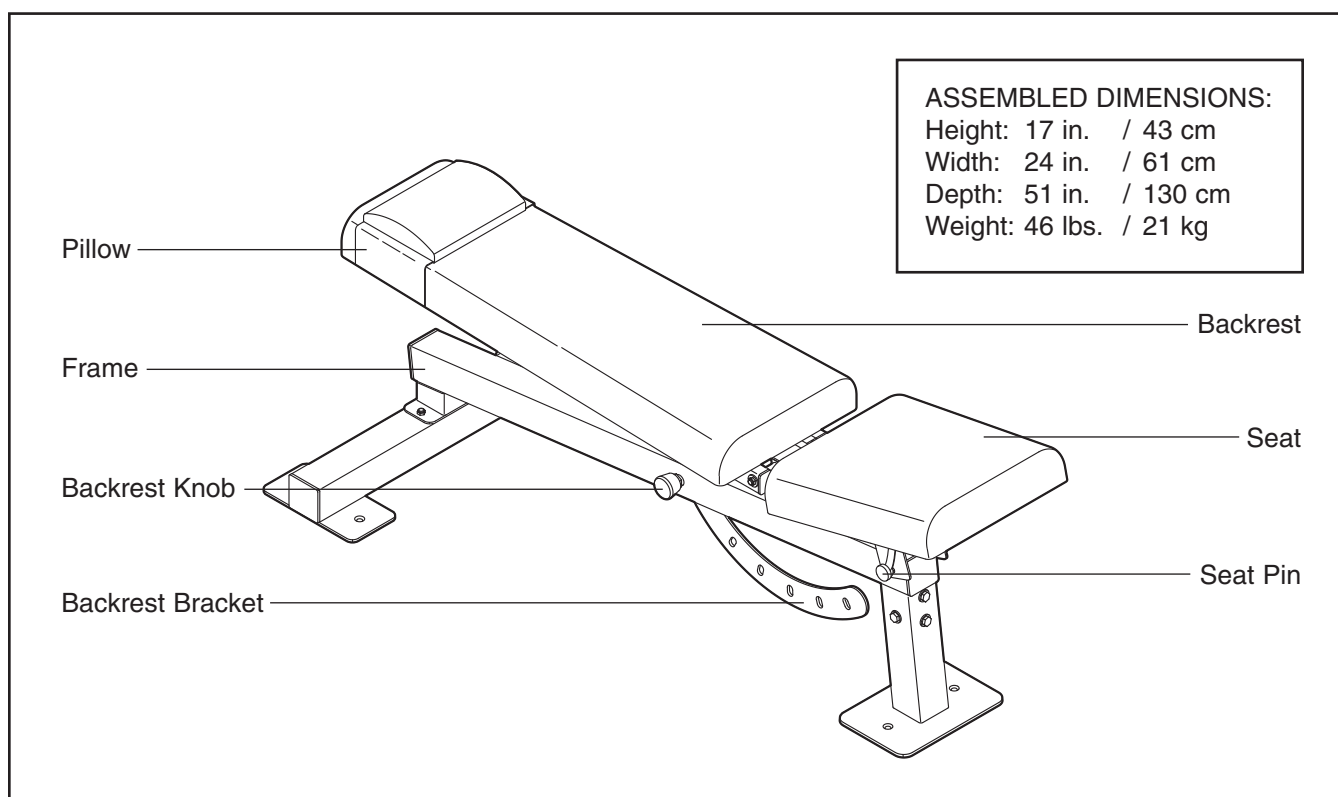
Thank you for selecting the versatile GOLD'S GYM® PRO SERIES GB 1000 weight bench. The weight bench offers a selection of exercise stations designed to develop the major muscle group of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, see the front cover of this manu-

al. To help us assist you, please note the product model number and serial number before calling. The model number is GGBE1074.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.goldsgympowerflex.com/registration.

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



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. However, the weight bench has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.

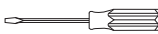
To hire an authorized service technician to assemble the weight bench, call toll-free 1-800-445-2480.

Before beginning assembly, carefully read the following information and instructions:

- 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 clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Assembly requires two persons.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

In addition to the included grease, assembly requires the following tools (not included):

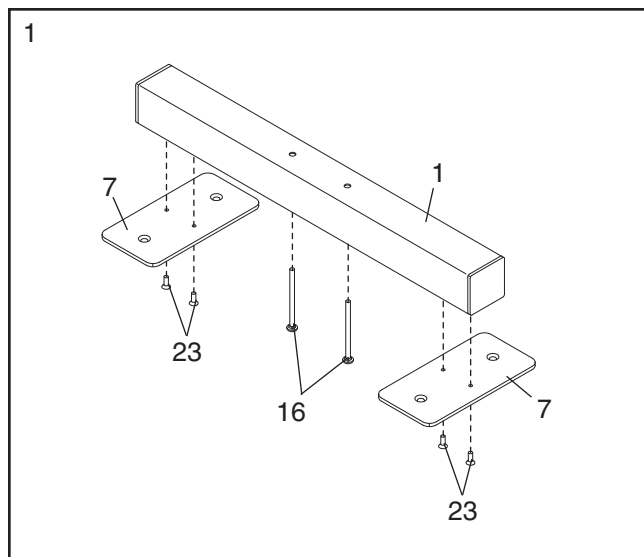
- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape

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

1. **Before beginning assembly, make sure that you have read and understand the information in the box above. Refer to the PART IDENTIFICATION CHART for help identifying small parts.**

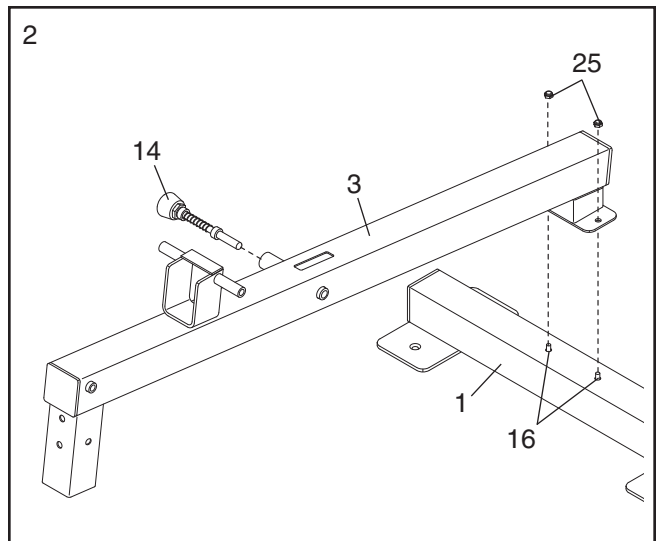
Attach the two Stabilizer Plates (7) to the Stabilizer (1) with four M4 x 15mm Self-tapping Screws (23).

Insert two M8 x 70mm Carriage Bolts (16) up through the Stabilizer (1). **It may be helpful to place a piece of tape over the Bolts to hold them in place.**



2. Attach the Frame (3) to the Stabilizer (1) with the two M8 x 70mm Carriage Bolts (16) and two M8 Nylon Locknuts (25). **Do not tighten the Locknuts yet.**

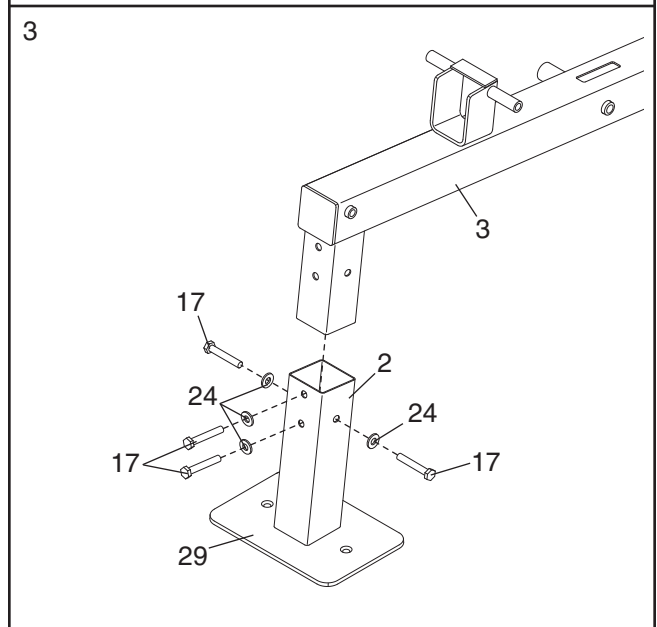
Tighten the Backrest Knob (14) into the Frame (3).



3. Press the Front Leg Plate (29) onto the bottom of the Front Leg (2). **Make sure that the bottom of the Front Leg rests squarely on the Front Leg Plate, as shown.**

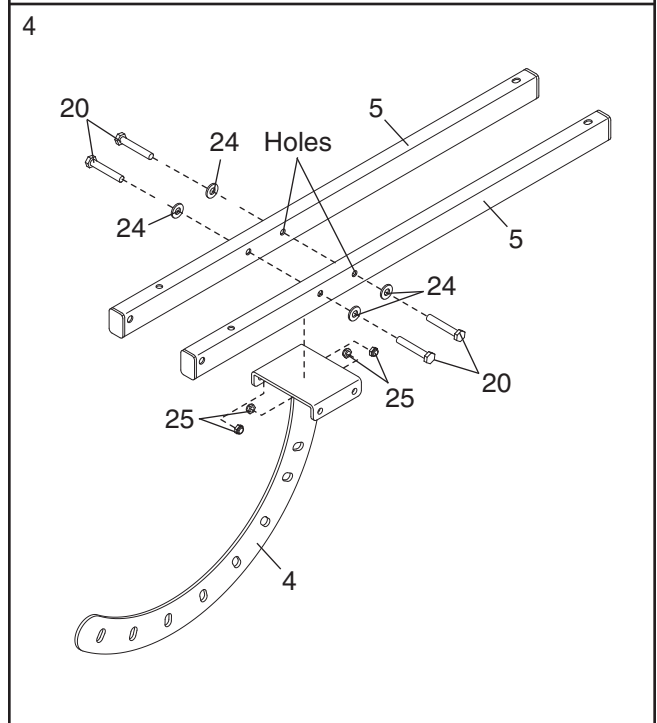
Attach the Front Leg (2) to the Frame (3) with four M8 x 15mm Bolts (17) and four M8 Washers (24).

Tighten the M8 Nylon Locknuts (25) used in step 2.

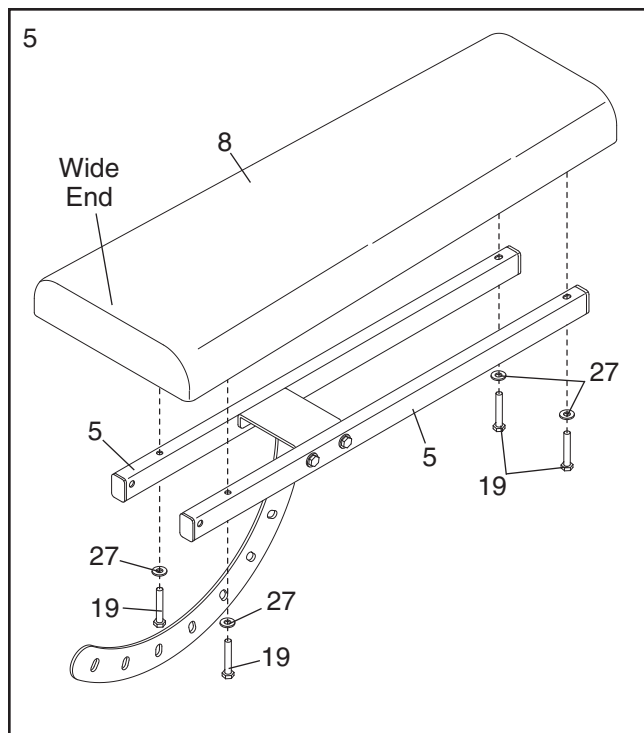


4. Orient the Backrest Frames (5) so that the indicated holes are closer to the top of the Backrest Frames.

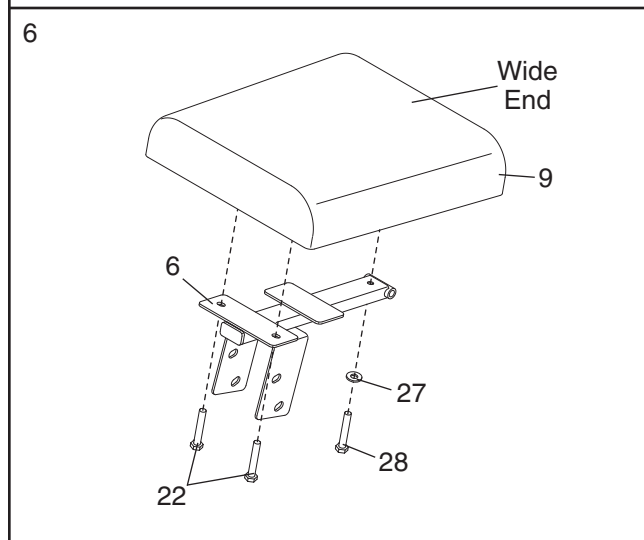
Attach the Backrest Bracket (4) to the Backrest Frames (5) with four M8 x 43mm Bolts (20), four M8 Washers (24), and four M8 Nylon Locknuts (25). **Do not tighten the Locknuts yet.**



5. Orient the Backrest (8) as shown. Attach the Backrest to the Backrest Frames (5) with four M6 x 52mm Screws (19) and four M6 Washers (27). **Do not tighten the Screws yet.**



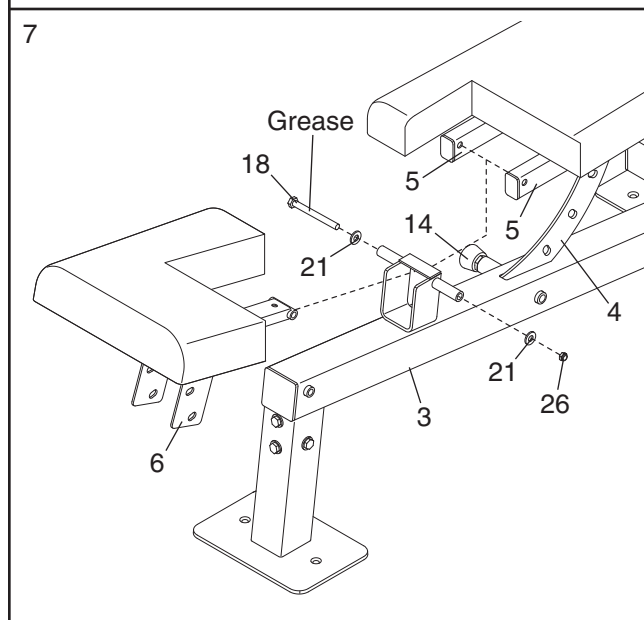
6. Orient the Seat (9) as shown. Attach the Seat to the Seat Bracket (6) with two M6 x 15mm Bolts (22), an M6 x 35mm Bolt (28), and an M6 Washer (27).



7. Pull the Backrest Knob (14) out as far as it will go. Insert the Backrest Bracket (4) into the slot in the Frame (3) as shown. Engage the Backrest Knob into the Backrest Bracket.

Grease an M10 x 181mm Bolt (18). Attach the Seat Bracket (6) and the Backrest Frames (5) to the Frame (3) with the Bolt, two M10 Washers (21), and an M10 Nylon Locknut (26). **Do not overtighten the Locknut; the Seat Bracket and Backrest Frames must be able to pivot easily.**

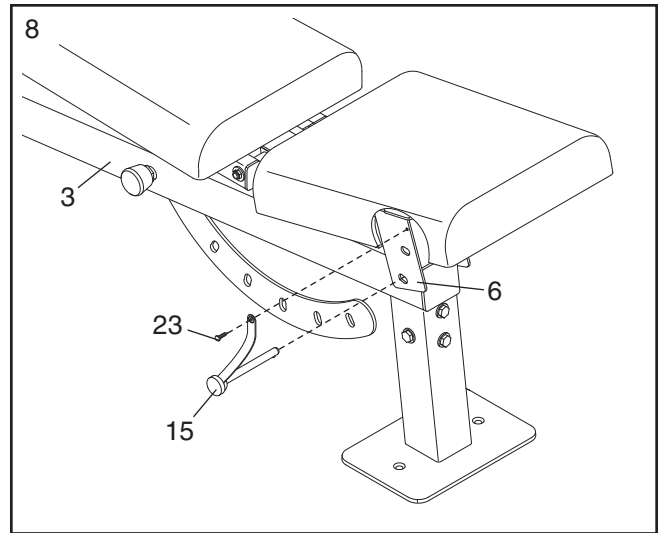
Tighten the M8 Nylon Locknuts (25) used in step 4, and the M6 x 52mm Screws (19) used in step 5.



8. Attach the Seat Pin (15) to the Seat Bracket (6) with an M4 x 15mm Self-tapping Screw (23).

Insert the Seat Pin (15) into a hole in the Seat Bracket (6) and the Frame (3).

9. Make sure all parts are properly tightened before the weight bench is used. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the next page.



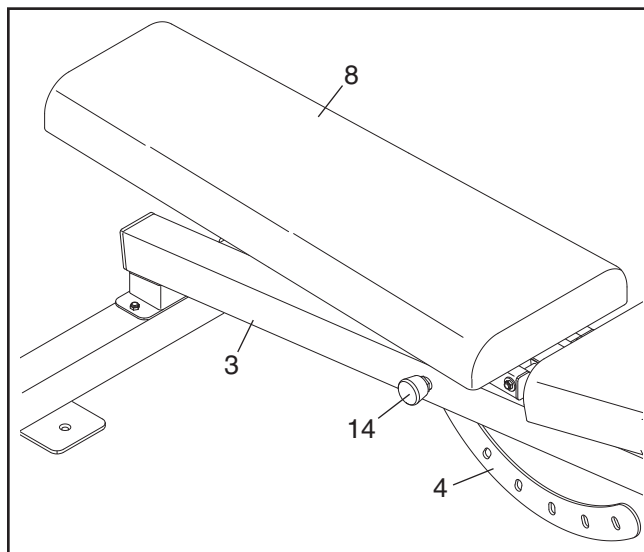
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 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.

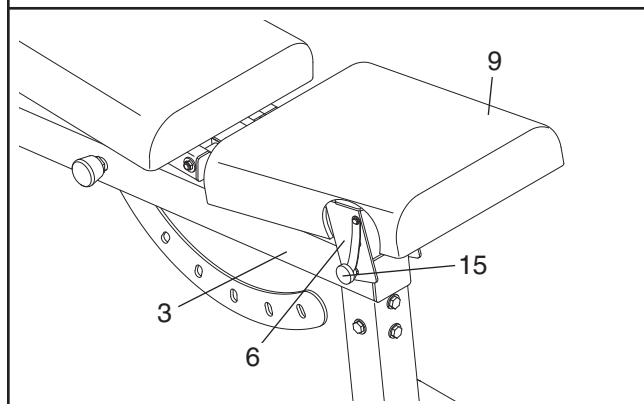
ADJUSTING THE BACKREST

To adjust the position of the Backrest (8), pull the Backrest Knob (14) out of the Frame (3) as far as it will go. Raise or lower the Backrest. Reengage the Knob into the Backrest Bracket (4).



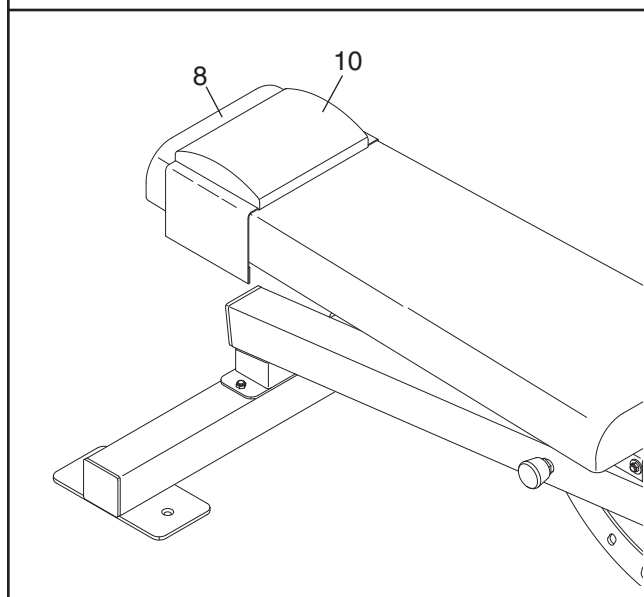
ADJUSTING THE SEAT

To adjust the position of the Seat (9), first remove the Seat Pin (15). Then, raise or lower the Seat and reengage the Seat Pin into the Seat Bracket (6) and the Frame (3).



ADJUSTING THE BACKREST PAD

Set the Pillow (10) onto the Backrest (8) in the desired position. Wrap the ends of the Pillow under the Backrest and use the hook and loop fastener strips to hold it in place.



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 resistance 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 resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance 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 resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance 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 resistance.

Weight Loss

To lose weight, use a low amount of resistance 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 strength 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 exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength 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.

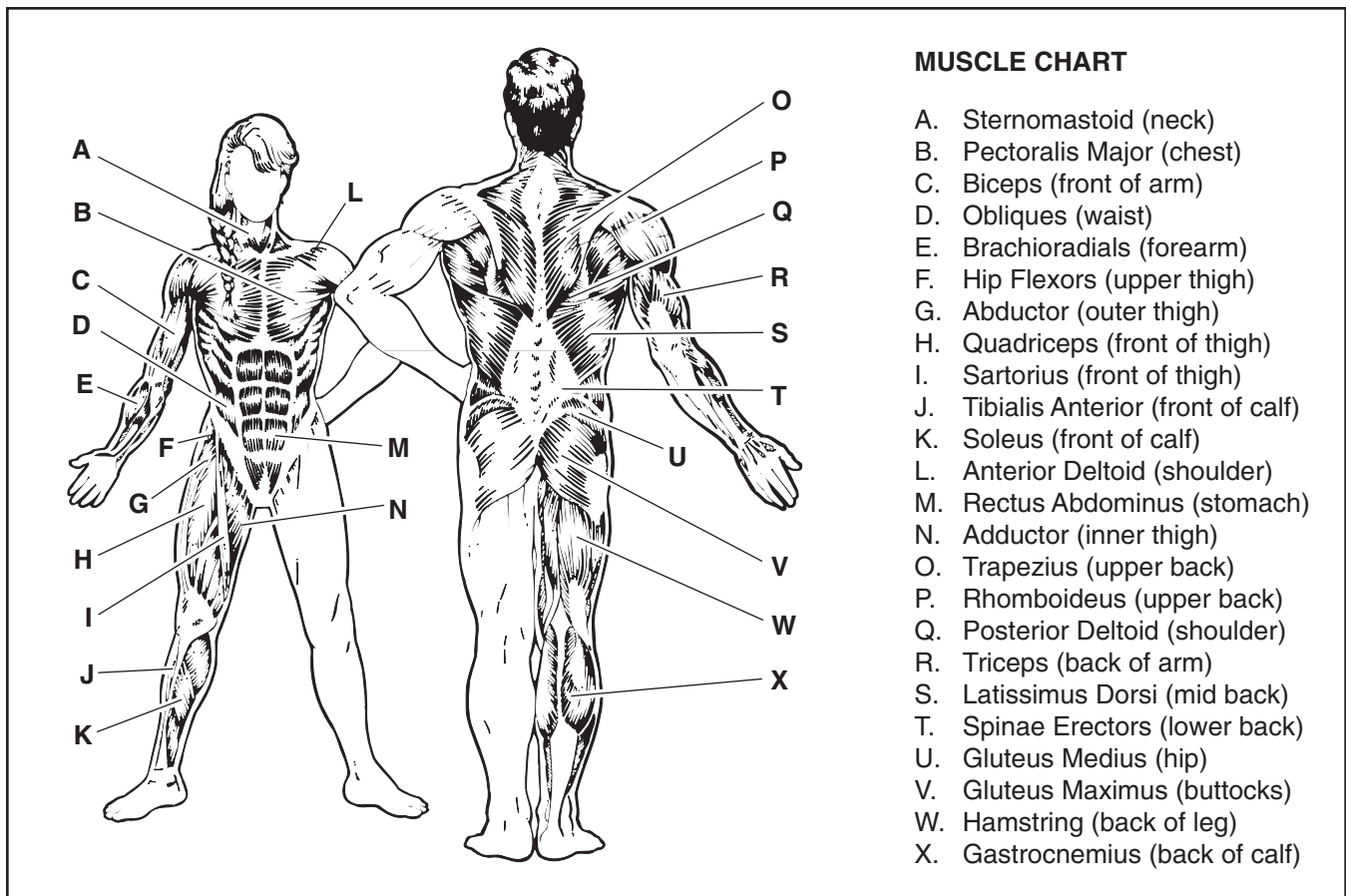
COOLING DOWN

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.

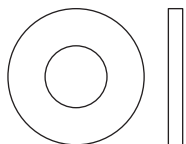
STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance 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.

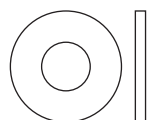


PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



M8 Washer (24)



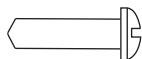
M6 Washer (27)



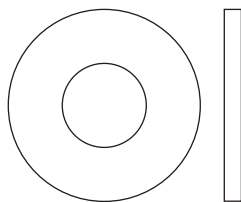
M8 Nylon Locknut (25)



M10 Nylon Locknut (26)



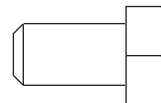
M4 x 15mm Self-tapping Screw (23)



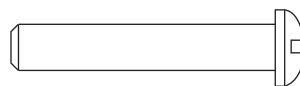
M10 Washer (21)



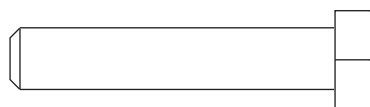
M6 x 15mm Bolt (22)



M8 x 15mm Bolt (17)



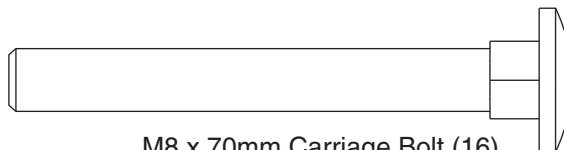
M6 x 35mm Bolt (28)



M8 x 43mm Bolt (20)



M6 x 52mm Screw (19)



M8 x 70mm Carriage Bolt (16)



M10 x 181mm Bolt (18)

PART LIST—Model No. GGBE1074.0

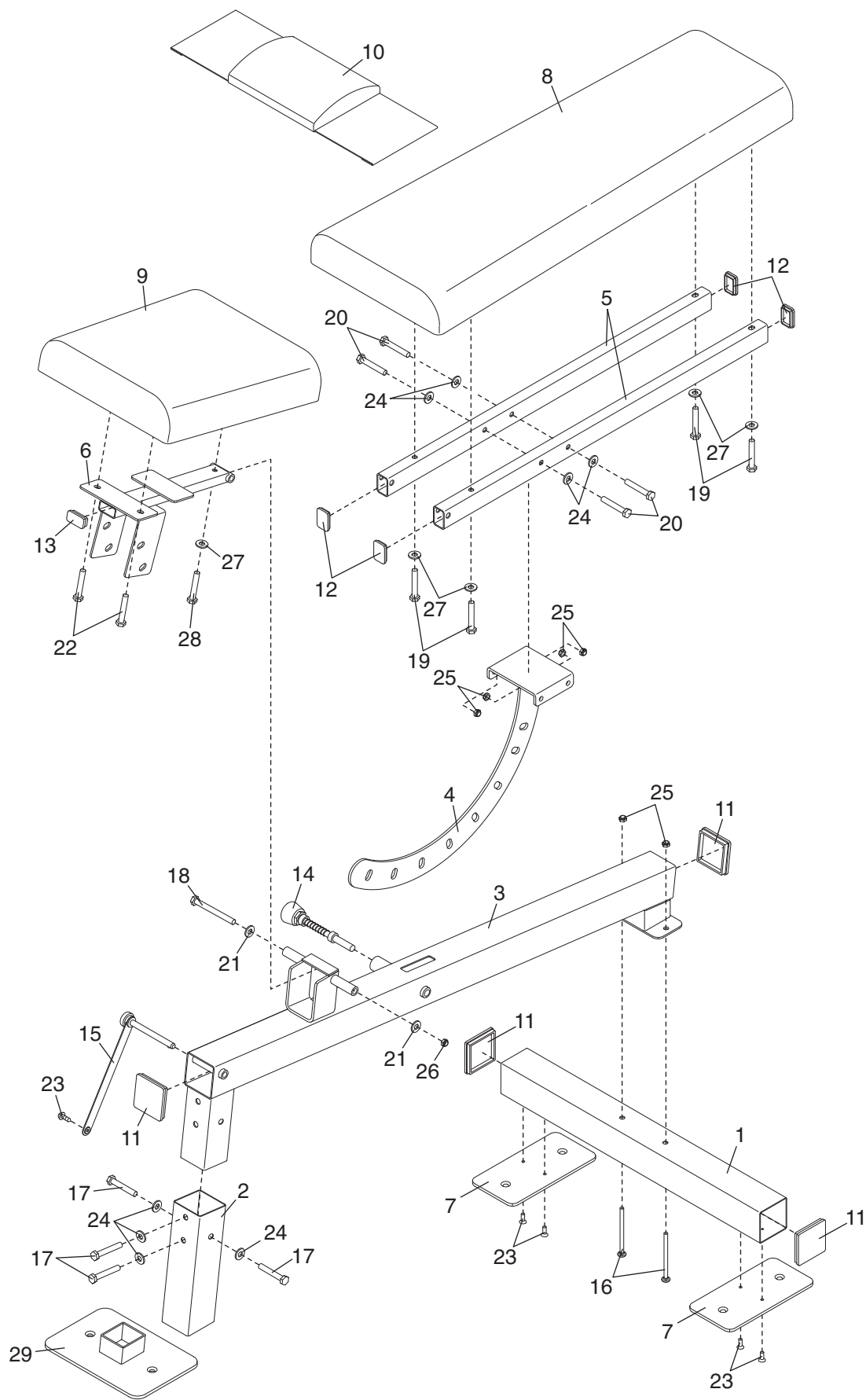
R0305A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Stabilizer	17	4	M8 x 15mm Bolt
2	1	Front Leg	18	1	M10 x 181mm Bolt
3	1	Frame	19	4	M6 x 52mm Screw
4	1	Backrest Bracket	20	4	M8 x 43mm Bolt
5	2	Backrest Frame	21	2	M10 Washer
6	1	Seat Bracket	22	2	M6 x 15mm Bolt
7	2	Stabilizer Plate	23	5	M4 x 15mm Self-tapping Screw
8	1	Backrest	24	8	M8 Washer
9	1	Seat	25	6	M8 Nylon Locknut
10	1	Pillow	26	1	M10 Nylon Locknut
11	4	60mm Square Inner Cap	27	5	M6 Washer
12	4	25mm x 40mm Inner Cap	28	1	M6 x 35mm Bolt
13	1	20mm x 40mm Inner Cap	29	1	Front Leg Plate
14	1	Backrest Knob	#	1	User's Manual
15	1	Seat Pin	#	1	Exercise Guide
16	2	M8 x 70mm Carriage Bolt	#	1	Grease Pack

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. GGBE1074.0

R0305A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGBE1074.0)
2. The NAME of the product (GOLD'S GYM PRO SERIES GB 1000 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. 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 through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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