

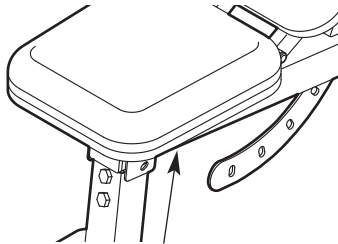
GOLD'S GYM®

POWER SERIES

Model No. GGBE1076.0

Serial No. _____

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



Serial Number Decal

USER'S MANUAL

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.**

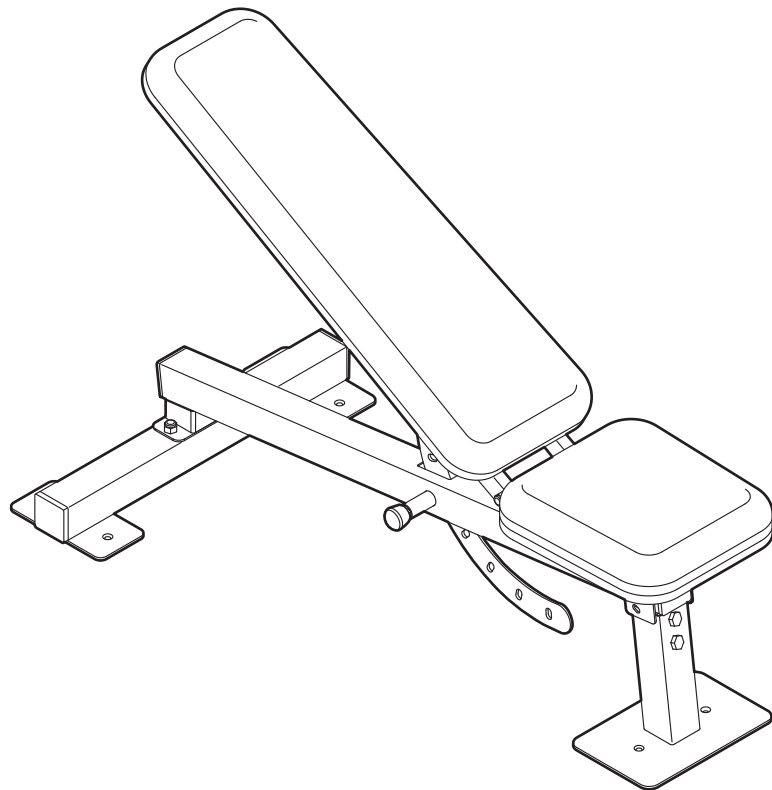
CALL TOLL-FREE:

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.

GOLD'S GYM®

POWER SERIES

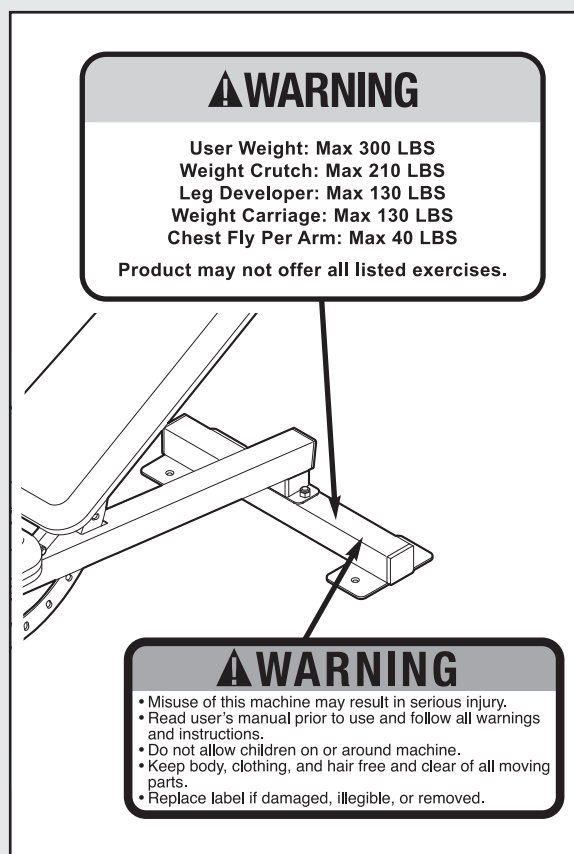
TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
ADJUSTMENT	10
EXERCISE GUIDELINES	11
PART LIST	14
EXPLODED DRAWING	15
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

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.
11. The decal shown below has been placed on the weight bench. If the decal is missing or illegible, 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: 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

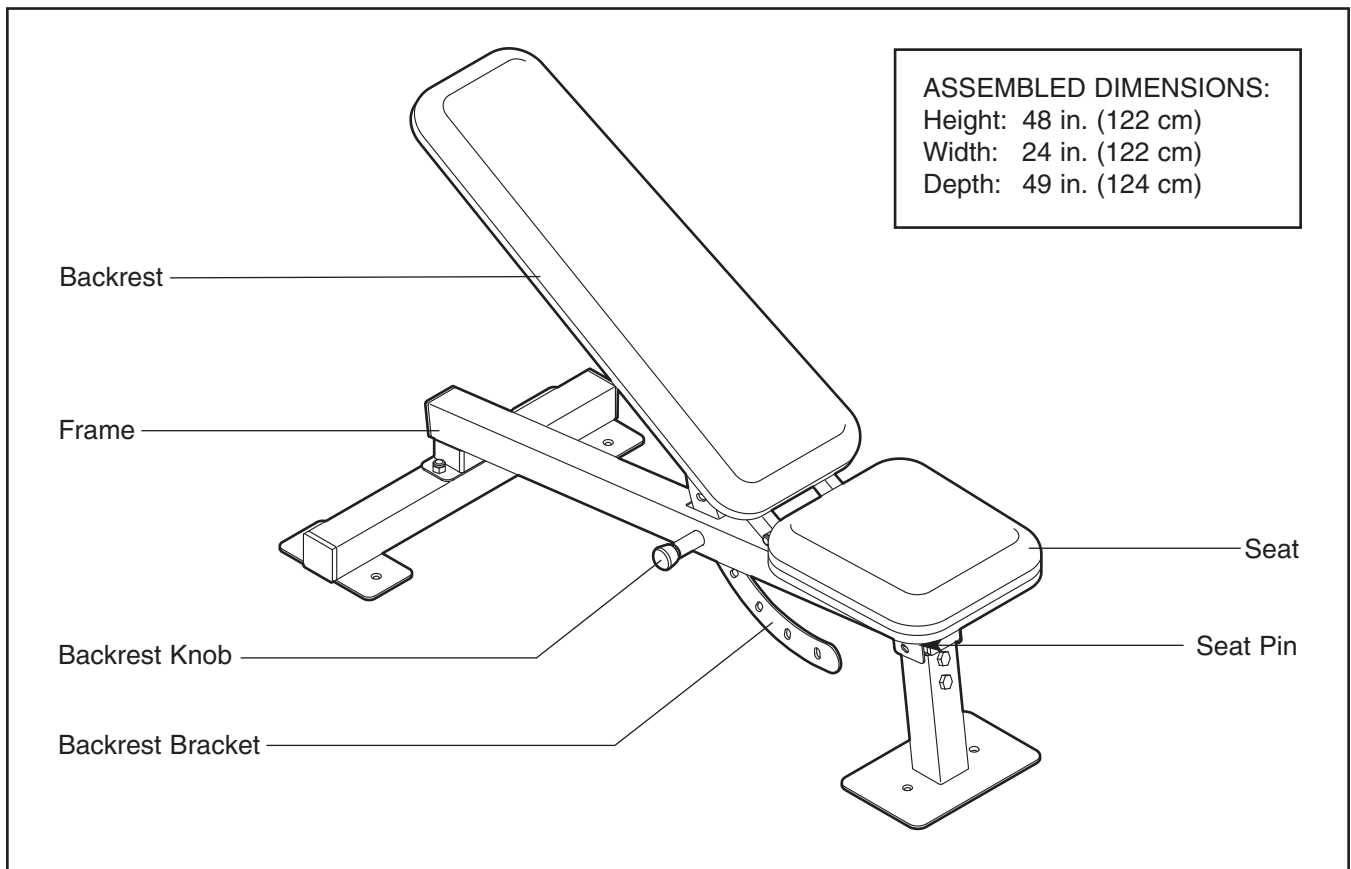
Thank you for selecting the versatile GOLD'S GYM® Power Series weight bench. The weight bench is designed to be used with your own weights to develop the major muscles of your upper body.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us.

The model number is GGBE1076.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

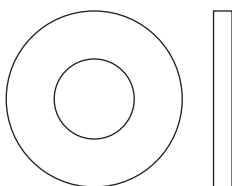
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.goldsgympowerflex.com/registration.

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

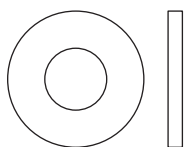


PART IDENTIFICATION CHART

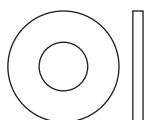
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 14. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been preattached.**



M10 Washer (30)



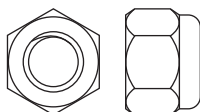
M8 Washer (27)



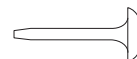
M6 Washer (28)



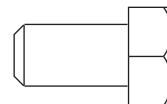
M10 Nylon
Locknut (31)



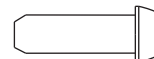
M8 Nylon
Locknut (29)



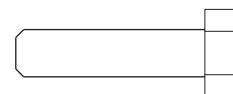
M4 x 15mm
Screw (20)



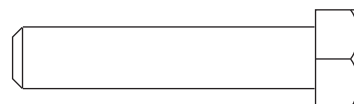
M8 x 15mm
Screw (19)



M5 x 16mm
Screw (50)



M6 x 25mm
Screw (21)



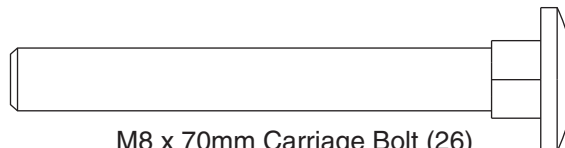
M8 x 40mm Bolt (25)



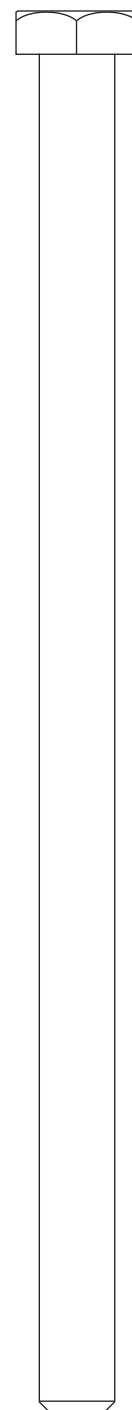
M6 x 45mm Screw (22)



M6 x 60mm Screw (24)



M8 x 70mm Carriage Bolt (26)



M10 x 180mm Bolt (23)

ASSEMBLY

Make Assembly Easier

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.

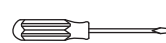
To hire an authorized service technician to assemble the weight bench, call toll-free 1-800-445-2480.

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

- 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 on page 5.**

In addition to the included grease packet, assembly may require the following tools (not included):

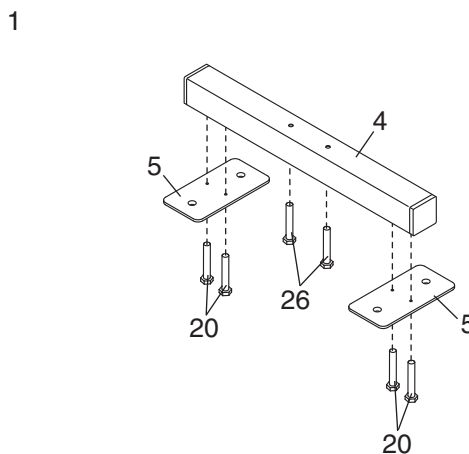
- two adjustable wrenches 
- one rubber mallet 
- one standard screwdriver 
- one Phillips screwdriver 

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.

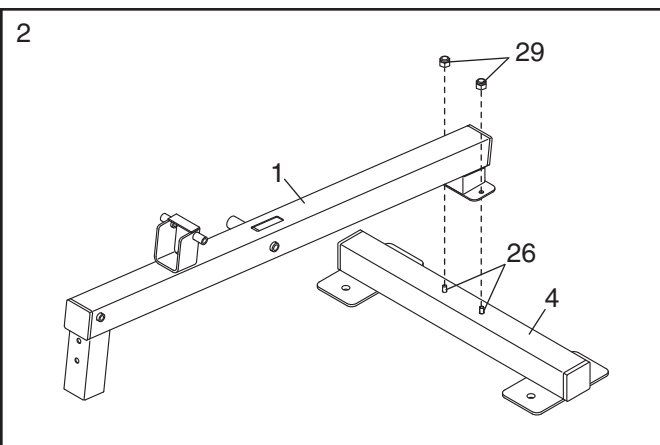
1. Before beginning assembly, make sure that you have read and understand the information in the box above. See the **PART IDENTIFICATION CHART** on page 5 for help identifying small parts.

Attach the two Rear Stabilizers (5) to the Base (4) with four M4 x 15mm Screws (20).

Insert two M8 x 70mm Carriage Bolts (26) up through the Base (4). **It may be helpful to place a piece of tape over the Carriage Bolts to hold them in place.**

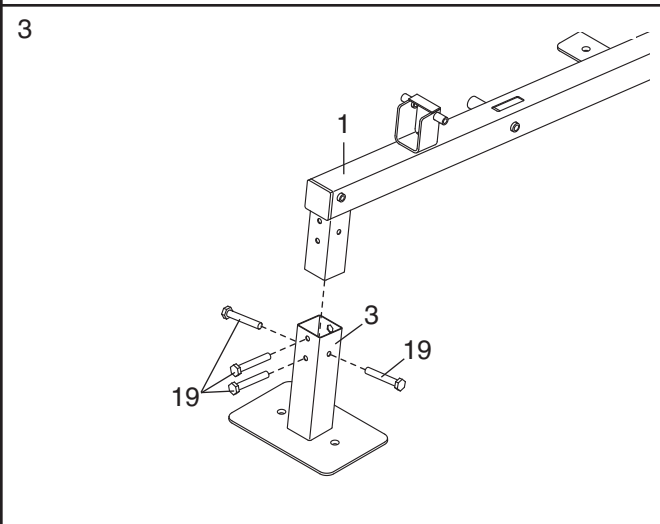


2. Attach the Frame (1) to the Base (4) with the two M8 x 70mm Carriage Bolts (26) and two M8 Nylon Locknuts (29). **Do not tighten the Nylon Locknuts yet.**



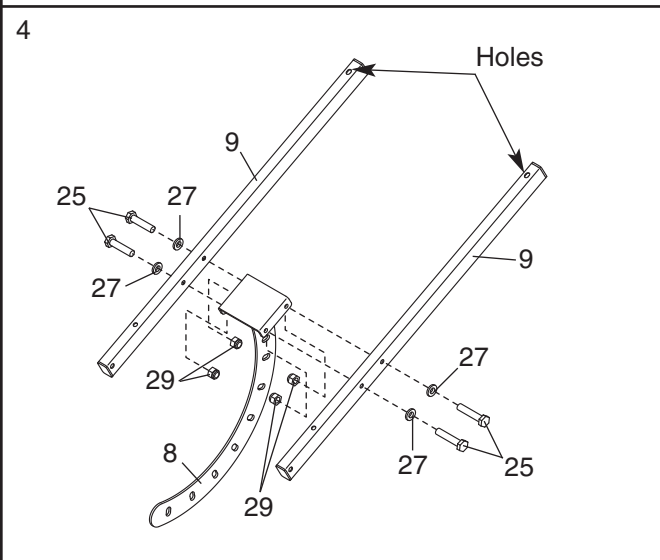
3. Attach the Front Stabilizer (3) to the Frame (1) with four M8 x 15mm Screws (19).

See step 2 and tighten the M8 Nylon Locknuts (29).

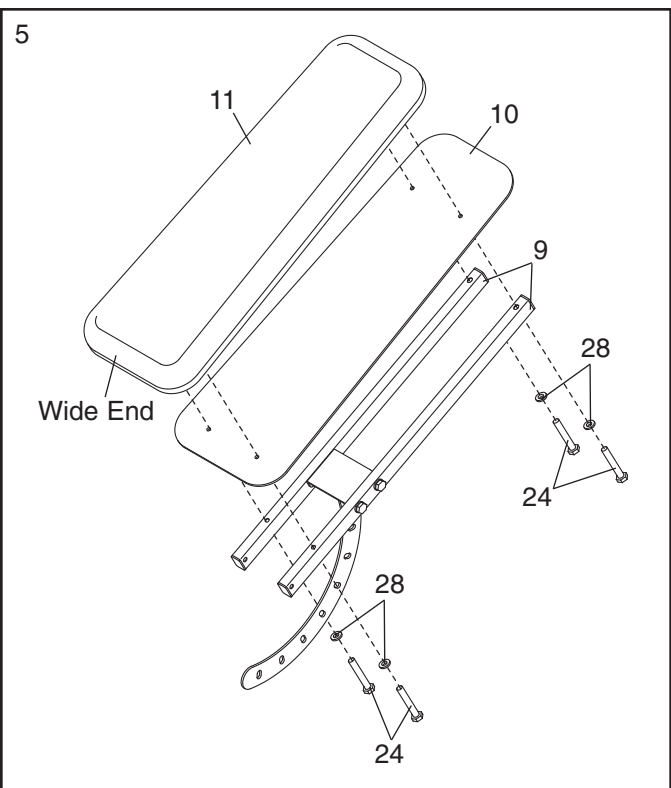


4. Orient the Backrest Tubes (9) so that the indicated holes are closer to the top of the Backrest Tubes.

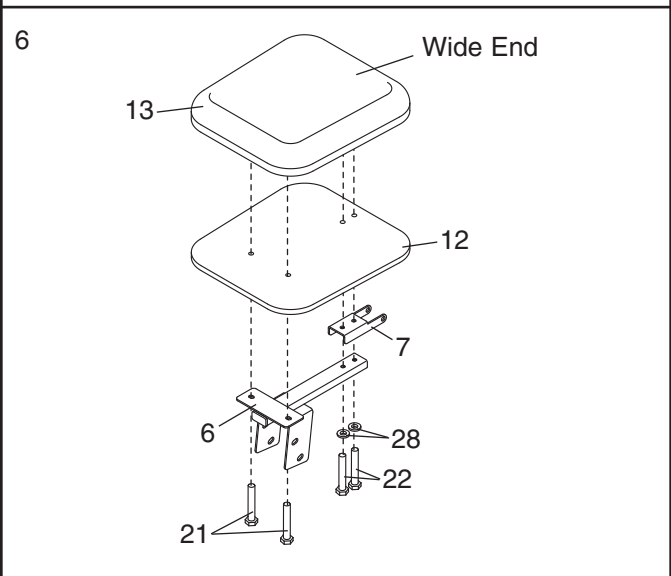
Attach the Backrest Bracket (8) to the Backrest Tubes (9) with four M8 x 40mm Bolts (25), four M8 Washers (27), and four M8 Nylon Locknuts (29). **Do not tighten the Nylon Locknuts yet.**



5. Attach the Backrest (11) to the Backrest Plate (10) and the Backrest Tubes (9) with four M6 x 60mm Screws (24) and four M6 Washers (28). **Do not tighten the Screws yet.**



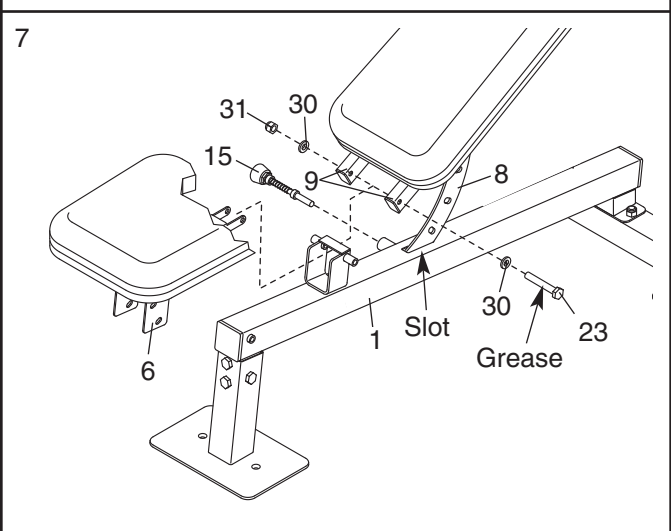
6. Attach the Seat (13) to the Seat Plate (12) and the Seat Frame (6) and the Seat Carriage (7) with two M6 x 25mm Screws (21), two M6 x 45mm Bolts (22), and two M6 Washers (28).



7. Insert the Backrest Bracket (8) into the slot in the Frame (1) as shown. Next, grease an M10 x 180mm Bolt (23). Then, attach the Seat Frame (6) and the Backrest Tubes (9) to the Frame (1) with the Bolt, two M10 Washers (30), and an M10 Nylon Locknut (31). **Do not overtighten the Nylon Locknut; the Seat Bracket and Backrest Tubes must pivot easily.**

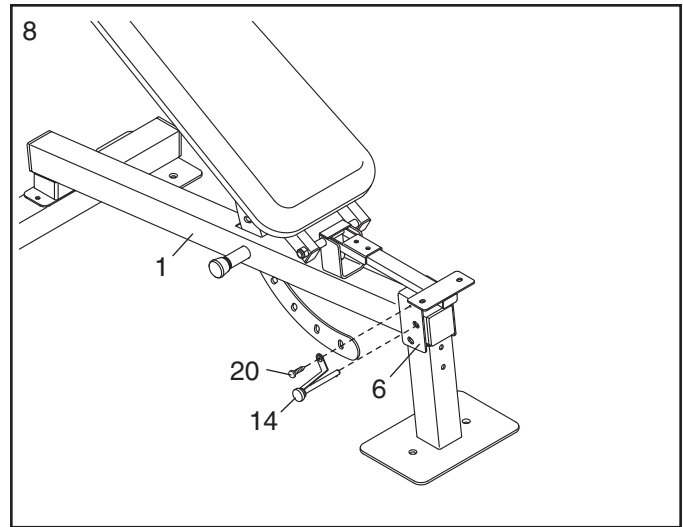
Engage the Adjustment Knob into the Backrest Bracket. Then, tighten the Adjustment Knob (15) into the Frame (1).

See step 4 and tighten the M8 Nylon Locknuts (29). See step 5 and tighten the M6 x 60mm Screws (24).



8. Attach the Seat Pin (14) to the Seat Frame (6) with an M4 x 15mm Screw (20).

Insert the Seat Pin (14) into a hole in the Seat Frame (6) and the Frame (1). Note: For clarity, the seat is not shown in this step.



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

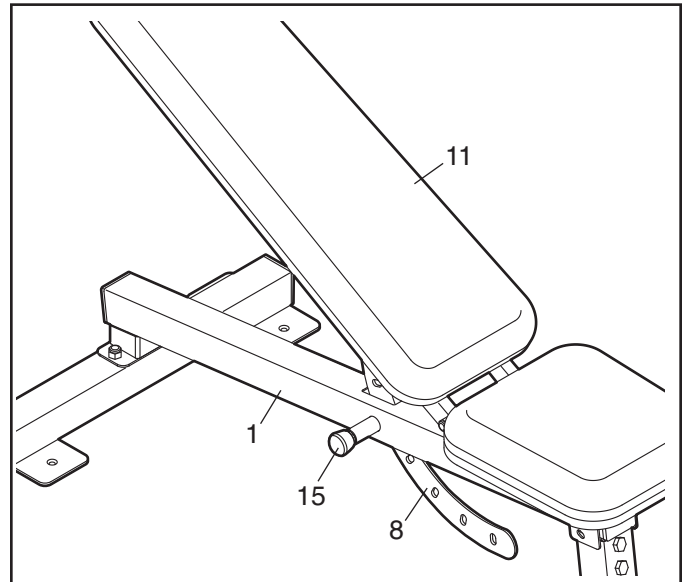
ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 11 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 you use the weight bench. 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.

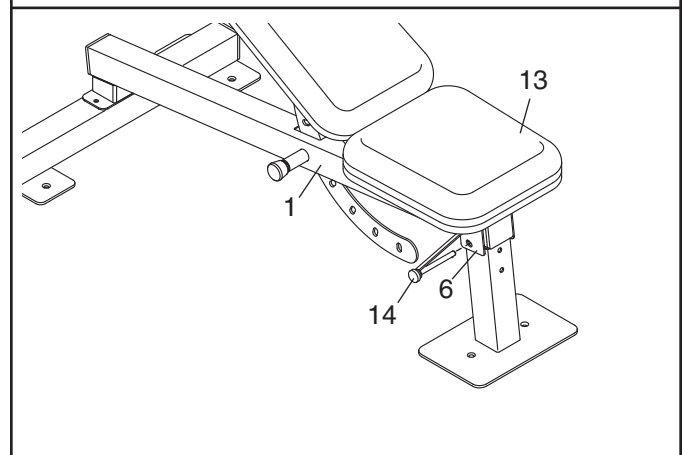
ADJUSTING THE BACKREST

To adjust the position of the Backrest (11), pull the Adjustment Knob (15) out of the Frame (1). Raise or lower the Backrest to the desired position. Reengage the Adjustment Knob into the Backrest Bracket (8). **Make sure the Adjustment Knob is inserted into one of the holes in the Backrest Bracket.**



ADJUSTING THE SEAT

To adjust the Seat (13), first remove the Seat Pin (14). Then, raise or lower the Seat to the desired position and reengage the Seat Pin into the Seat Frame (6) and the Frame (1).



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 follows:

- 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 follow:

- 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

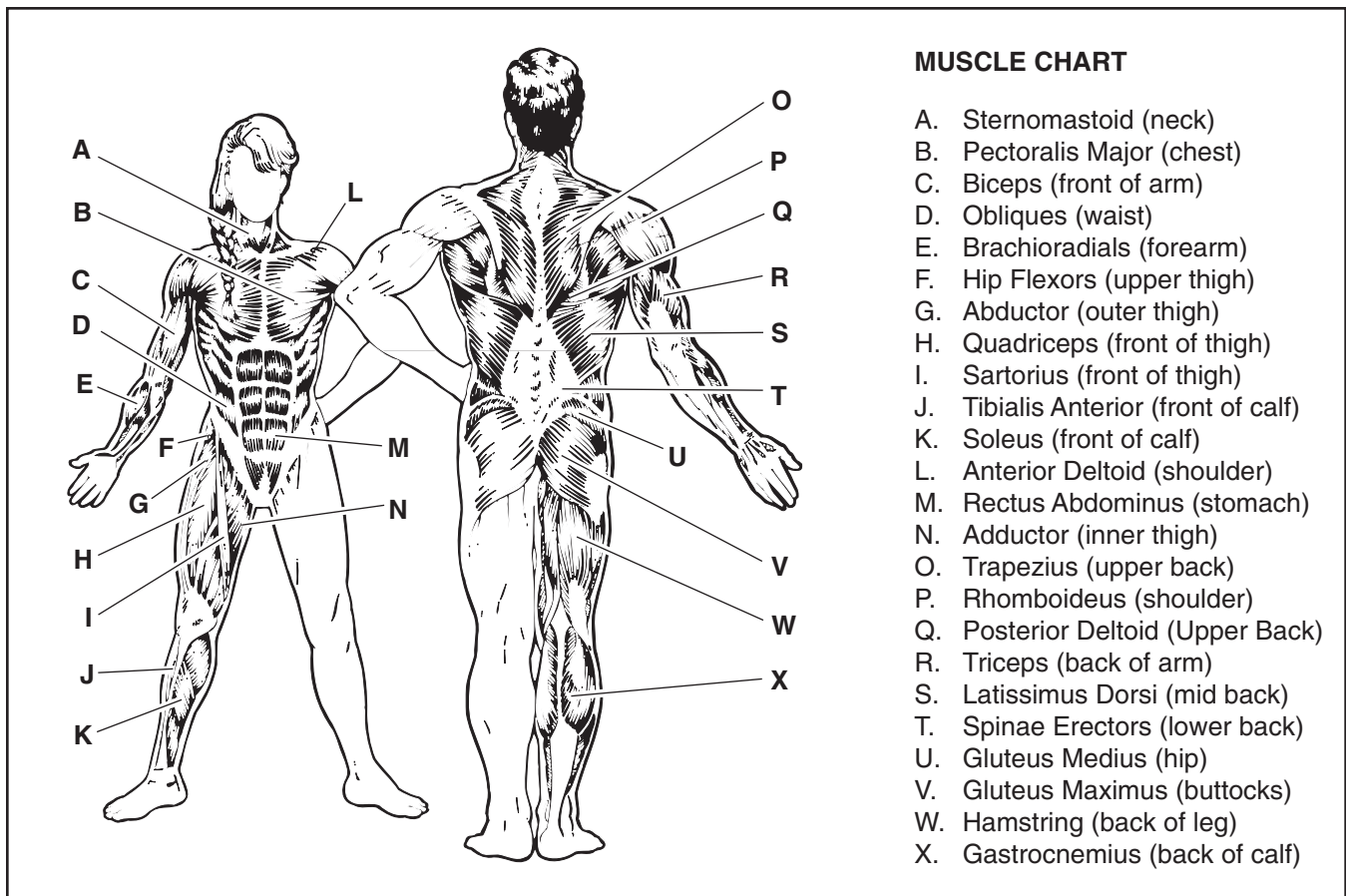
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

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. Make copies of the exercise logs found on pages 15 and 16. Use the logs to 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: / /				

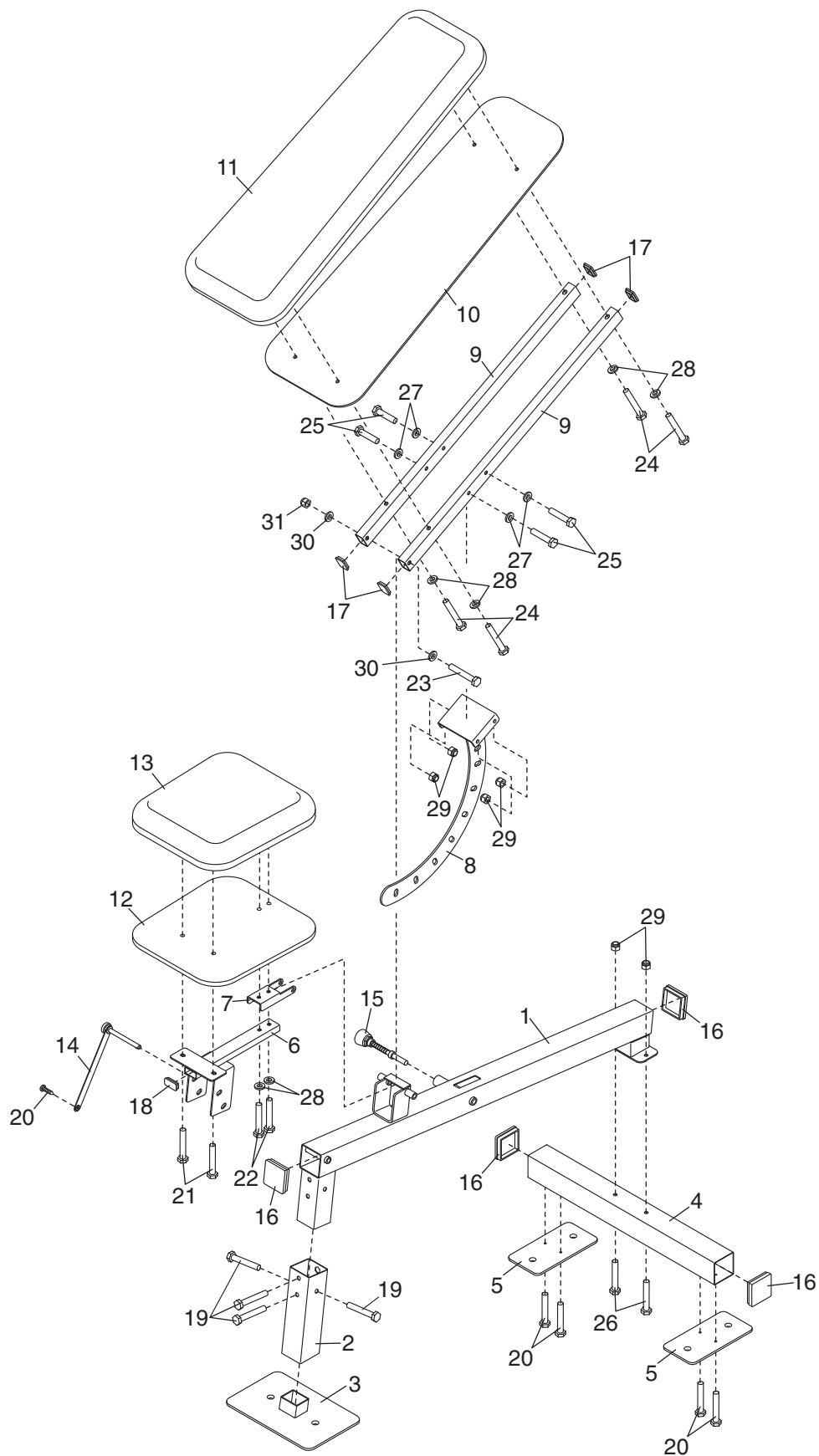
Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. GGBE1076.0

R1006A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	19	4	M8 x 15mm Screw
2	1	Front Leg	20	5	M4 x 15mm Screw
3	1	Front Stabilizer	21	2	M6 x 25mm Screw
4	1	Base	22	2	M6 x 45mm Screw
5	2	Rear Stabilizer	23	1	M10 x 180mm Bolt
6	1	Seat Frame	24	4	M6 x 60mm Screw
7	1	Seat Carriage	25	4	M8 x 40mm Bolt
8	1	Backrest Bracket	26	2	M8 x 70mm Carriage Bolt
9	2	Backrest Tube	27	4	M8 Washer
10	1	Backrest Plate	28	6	M6 Washer
11	1	Backrest	29	6	M8 Nylon Locknut
12	1	Seat Plate	30	2	M10 Washer
13	1	Seat	31	1	M10 Nylon Locknut
14	1	Seat Pin	#	—	User's Manual
15	1	Adjustment Knob	#	—	Exercise Guide
16	4	60mm Square Cap	#	—	Grease Packet
17	4	40mm x 25mm Cap	#	—	Hex Key
18	1	40mm x 20mm Cap			

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.



ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (GGBE1076.0)
- the NAME of the product (GOLD'S GYM Power Series 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 the EXPLODED DRAWING on pages 14 and 15)

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 preauthorized 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