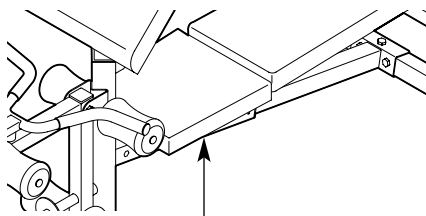


GOLD'S GYM[®] XR16

Model No. GGBE13830

Serial No. _____

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



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

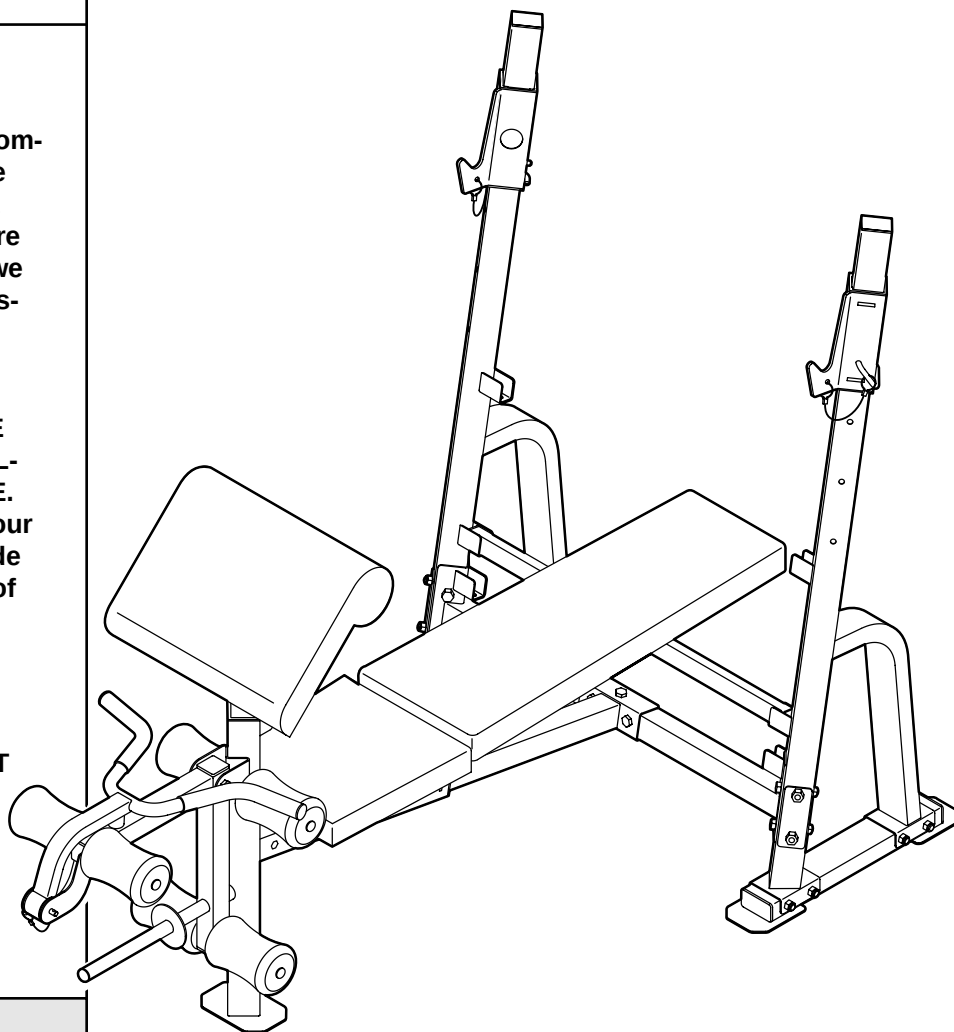
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

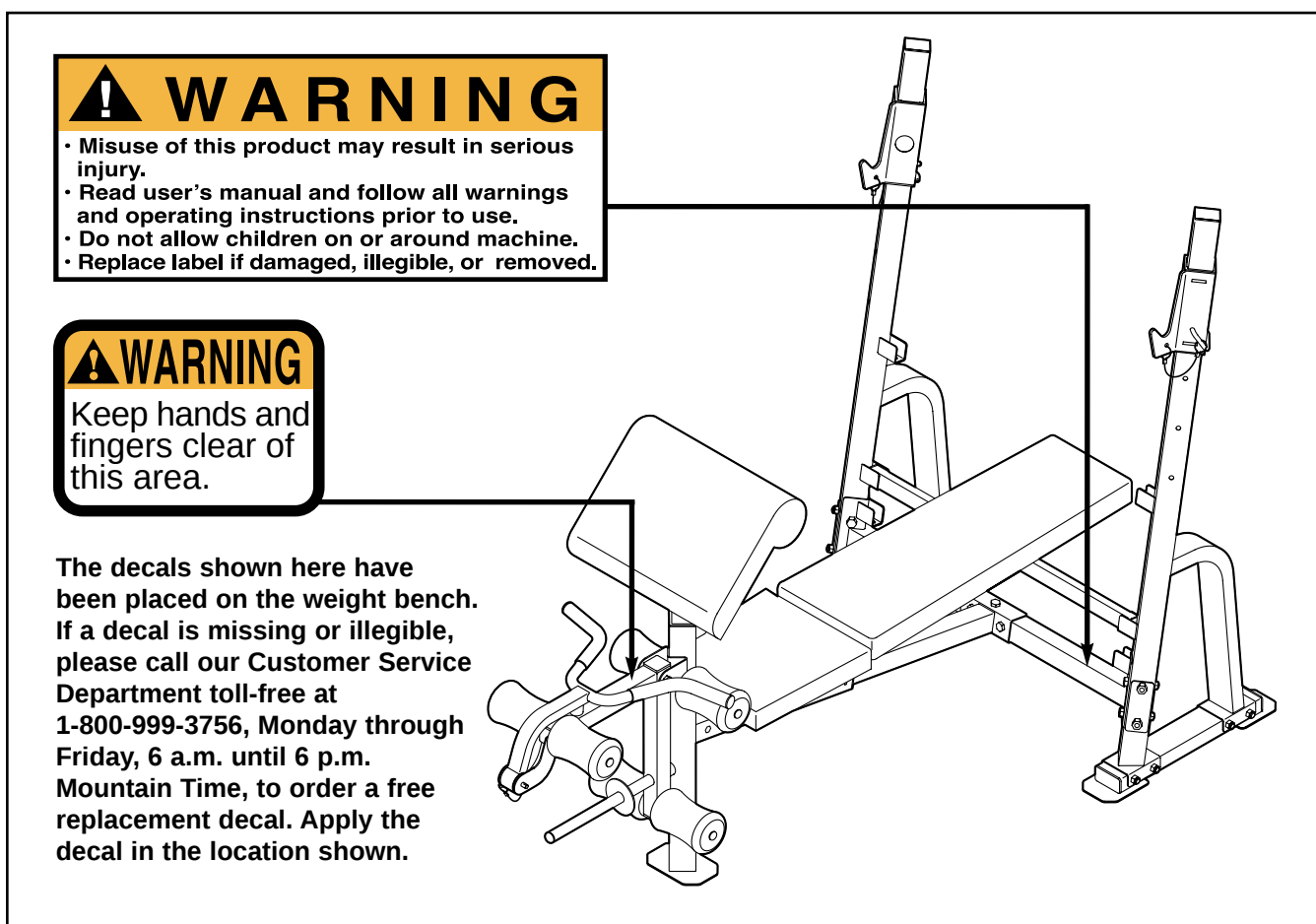
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENTS	10
EXERCISE GUIDELINES	13
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

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



GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym International, Inc.

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. Make sure the set screws attaching the Olympic adapters are properly tightened each time the adapters are used.
7. Keep children under 12 and pets away from the weight bench at all times.
8. Keep hands and feet away from moving parts.
9. Always set both weight rests at the same height.
10. Always wear athletic shoes for foot protection while exercising.
11. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 510 pounds. Do not place more than 210 pounds, including a barbell, on the weight rests. Do not place more than 130 pounds on the leg lever. Note: The weight bench does not include a barbell or weights.
12. Always place an equal amount of weight on each side of the barbell.
13. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
14. 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.

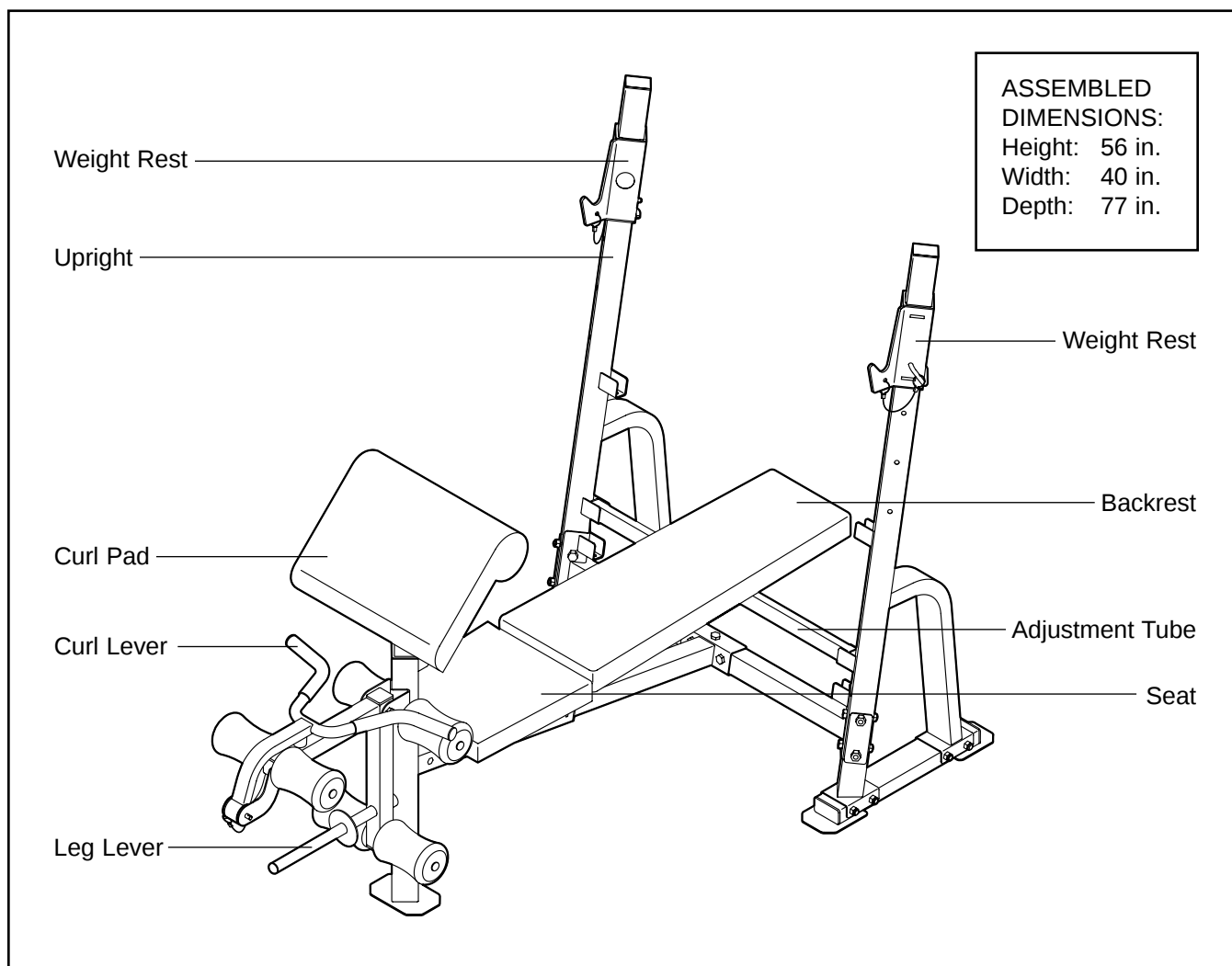
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR16 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.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, 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 GGBE13830. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



ASSEMBLY

Make Things Easier for Yourself

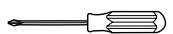
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly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

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

- Assembly requires two people.
- 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.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

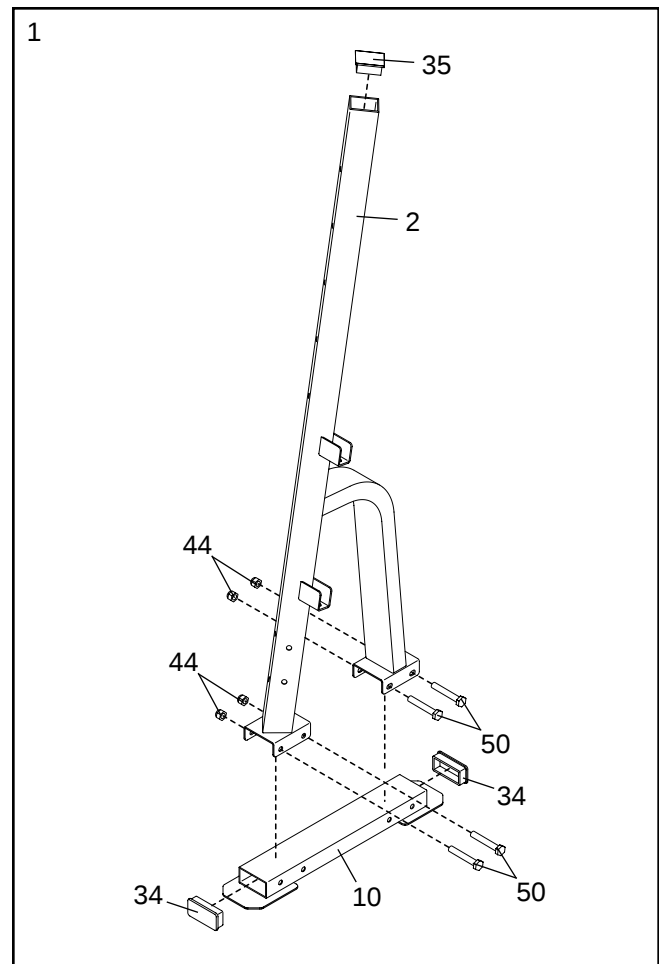
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART.**

Press two 38mm x 76mm Inner Caps (34) into a Base (10). Press a 60mm Square Inner Cap (35) into the Right Upright (2).

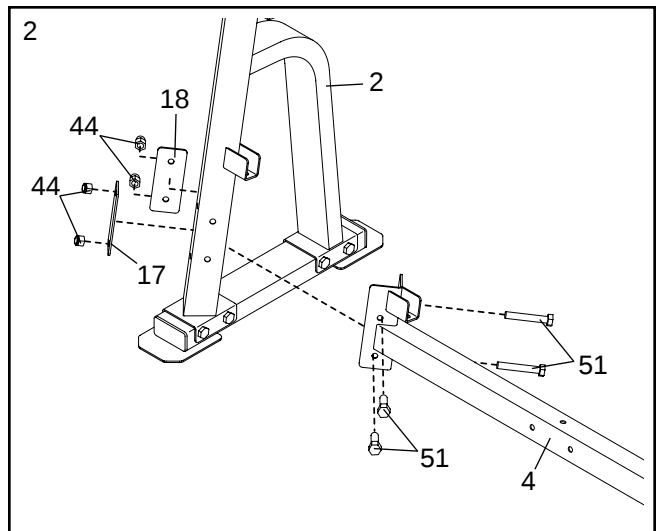
Attach the Right Upright (2) to the Base (10) with four M10 x 95mm Bolts (50) and four M10 Nylon Locknuts (44). **Do not tighten the Locknuts yet.**

Repeat this step with the other Base (10) and the Left Upright (not shown).



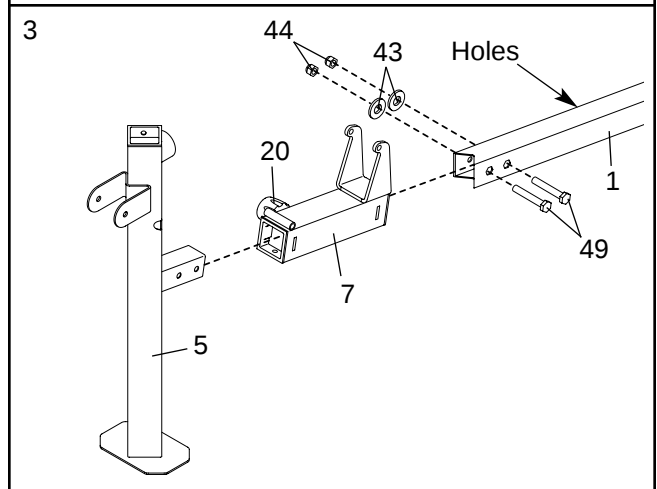
2. Attach the Crossbar (4) to the Right Upright (2) with four M10 x 78mm Bolts (51), a Front Support Plate (17), a Rear Support Plate (18), and four M10 Nylon Locknuts (44). **Do not tighten the Locknuts yet.**

Repeat this step with the Left Upright (not shown).



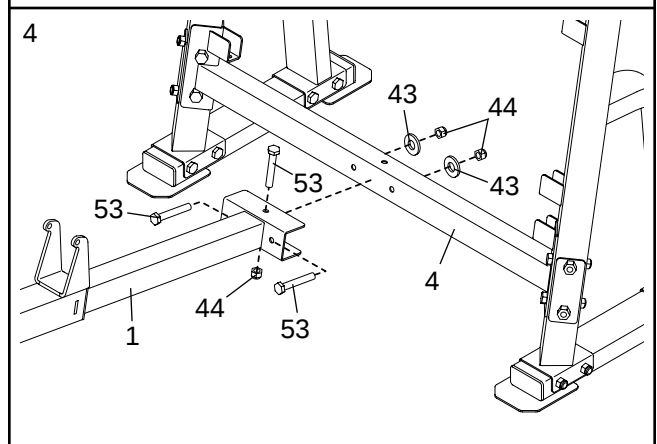
3. Orient the Bench Frame (1) with the holes on the indicated side. Pull the Slider Knob (20) out as far as it will go. Slide the Seat Slider (7) onto the Frame and engage the Knob into a hole in the Frame.

Attach the Bench Frame (1) to the Leg (5) with two M10 x 60mm Bolts (49), two M10 Washers (43), and two M10 Nylon Locknuts (44). **Do not tighten the Locknuts yet.**



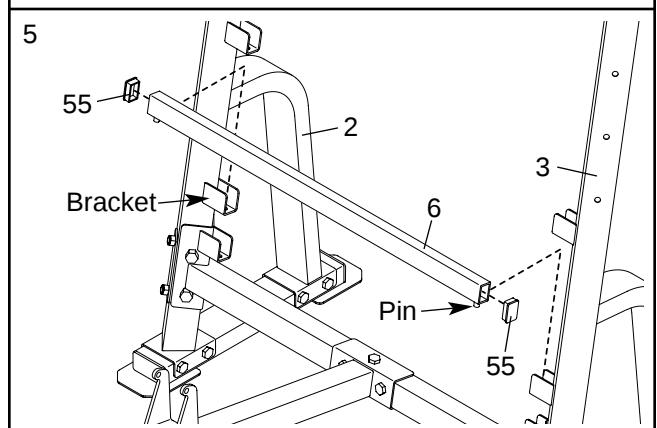
4. Attach the Bench Frame (1) to the Crossbar (4) with three M10 x 68mm Bolts (53), two M10 Washers (43), and three M10 Nylon Locknuts (44).

Tighten the M10 Nylon Locknuts (44) used in steps 1–4.



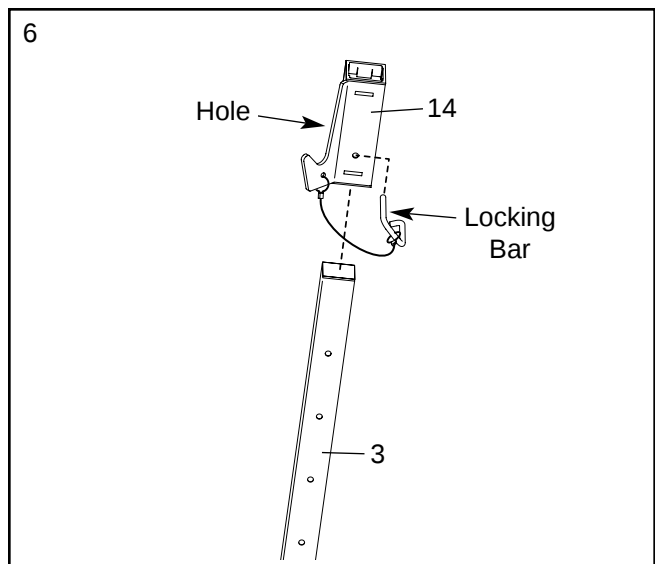
5. Press two 25mm x 38mm Inner Caps (55) into the Adjustment Tube (6).

Set the Adjustment Tube (6) into a set of brackets on the Uprights (2, 3). **Make sure the pins on the Adjustment Tube are set inside the holes in the brackets.**



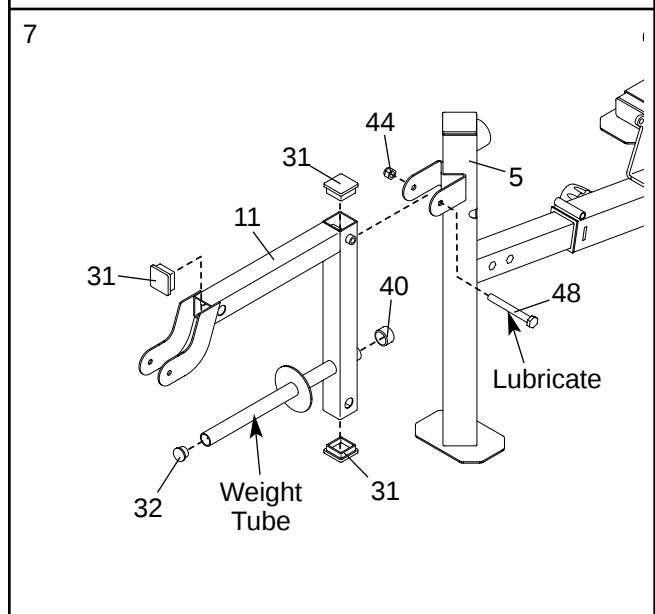
6. Slide the Left Weight Rest (14), which has a large hole in the indicated side, onto the Left Upright (3), and insert the locking bar on the Weight Rest into the Weight Rest and one of the holes in the Upright. Turn the locking bar down to the locked position so that it is wrapped around the Weight Rest.

Repeat this step with the Right Weight Rest (not shown) and the Right Upright (not shown).



7. Press three 45mm Square Inner Caps (31) into the Leg Lever (11). Press a 25mm Round Inner Cap (32) into the indicated end of the weight tube. Press the 25mm Round Outer Cap (40) onto the other end of the weight tube.

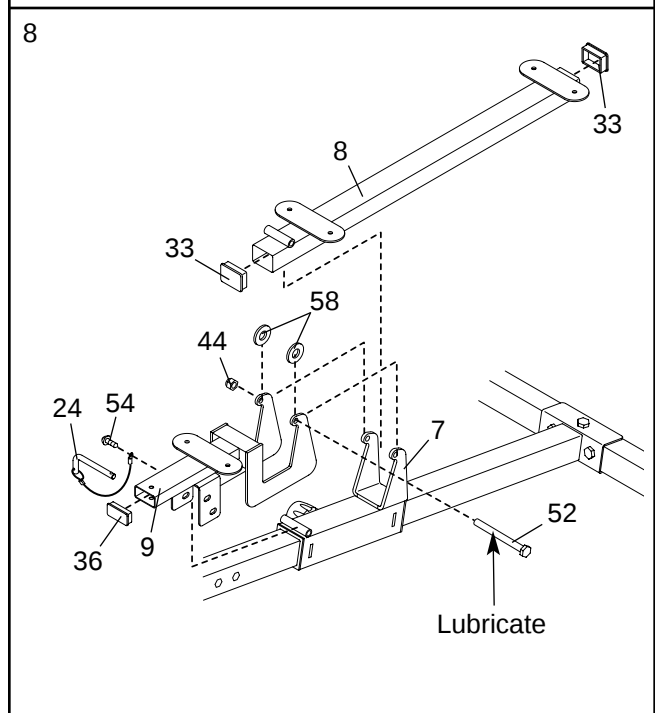
Lubricate an M10 x 81mm Bolt (48) with grease. Attach the Leg Lever (11) to the Leg (5) with the Bolt and an M10 Nylon Locknut (44). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



8. Press a 25mm x 51mm Inner Cap (36) into the Seat Frame (9). Attach the tether on a Pin (24) to the Seat Frame with an M4 x 16mm Screw (54).

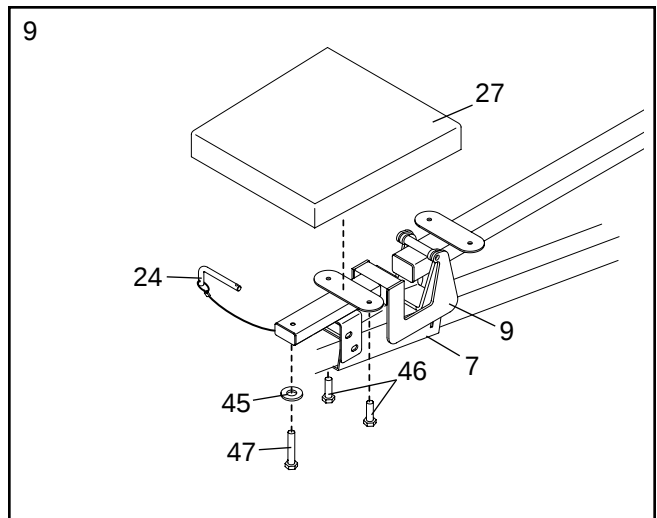
Press two 38mm x 50mm Inner Caps (33) into the Backrest Frame (8).

Lubricate an M10 x 102mm Bolt (52) with grease. Attach the Seat Frame (9) and the Backrest Frame (8) to the Seat Slider (7) with the Bolt, two M10 Thick Washers (58), and an M10 Nylon Locknut (44). **Do not overtighten the Locknut; the Frames must be able to pivot easily.**

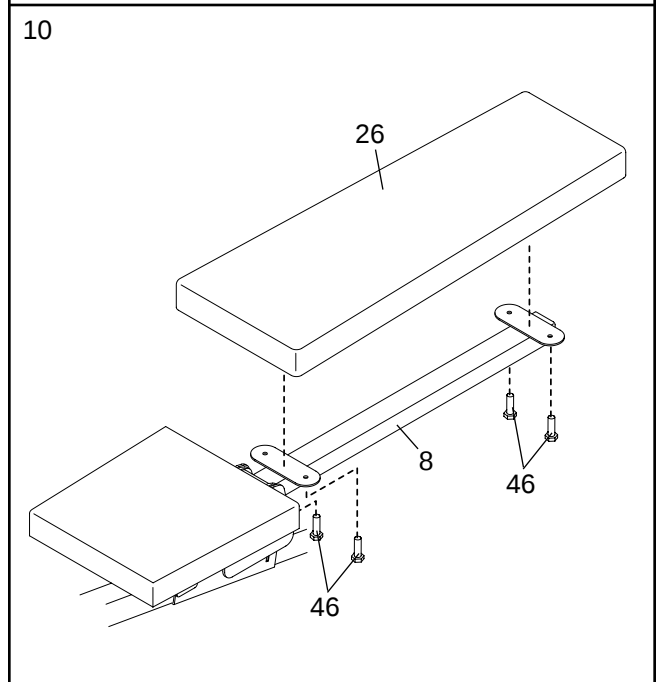


9. Attach the Seat (27) to the Seat Frame (9) with two M6 x 16mm Screws (46), an M6 Washer (45), and an M6 x 38mm Screw (47).

Insert the Pin (24) into a hole in the Seat Frame (9) and the Seat Slider (7).

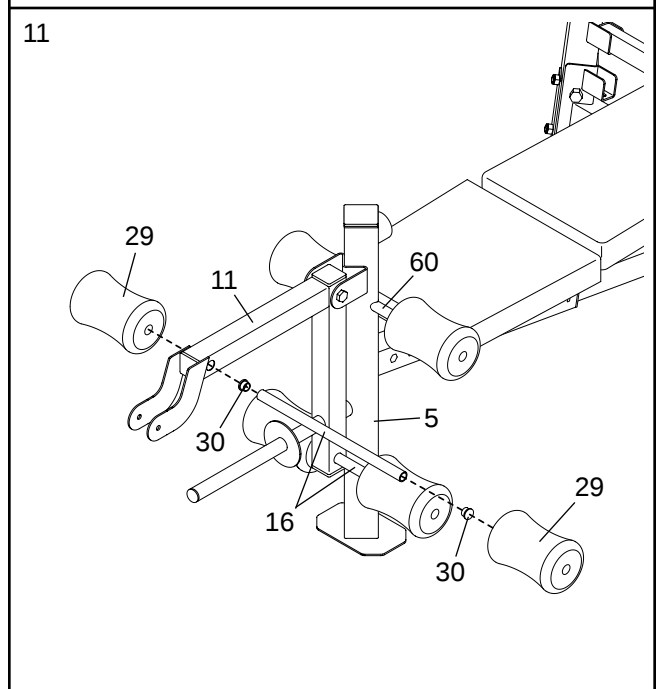


10. Attach the Backrest (26) to the Backrest Frame (8) with four M6 x 16mm Screws (46).



11. Press two 19mm Round Inner Caps (30) into the ends of a Short Pad Tube (16). Insert the Pad Tube into a hole in the Leg Lever (11). Slide two Foam Pads (29) onto the Pad Tube.

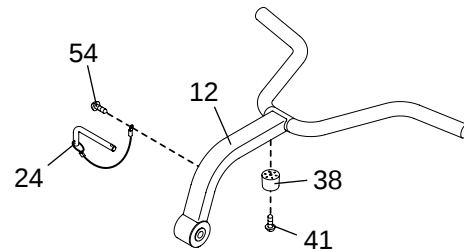
Repeat this step with other Short Pad Tube (16) and the Leg Lever (11), and the Long Pad Tube (60) and the Leg (5).



12. Attach the tether on the other Pin (24) to the Curl Lever (12) with an M4 x 16mm Screw (54).

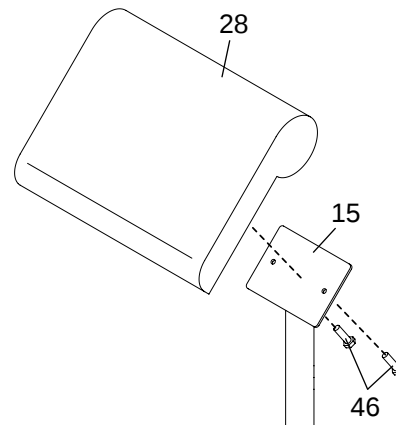
Attach the Bumper (38) to the Curl Lever (12) with an M4 x 19mm Screw (41).

12



13. Attach the Curl Pad (28) to the Curl Post (15) with two M6 x 16mm Screws (46).

13



14. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**

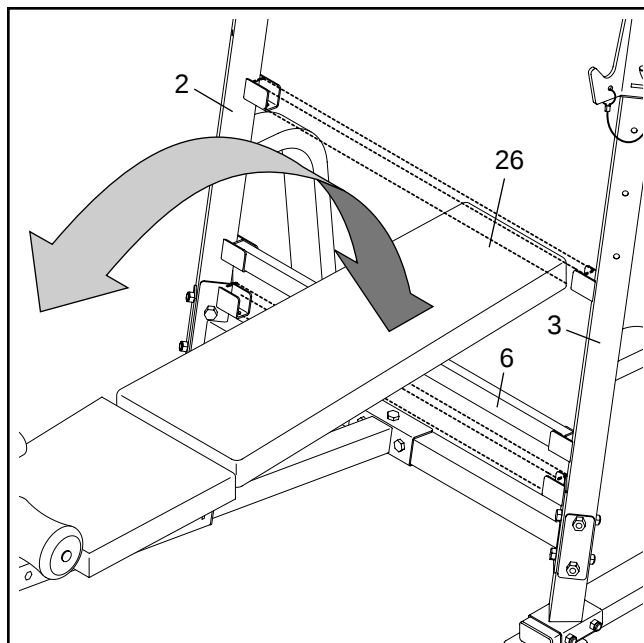
ADJUSTMENTS

This section explains how to adjust the weight bench. 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.

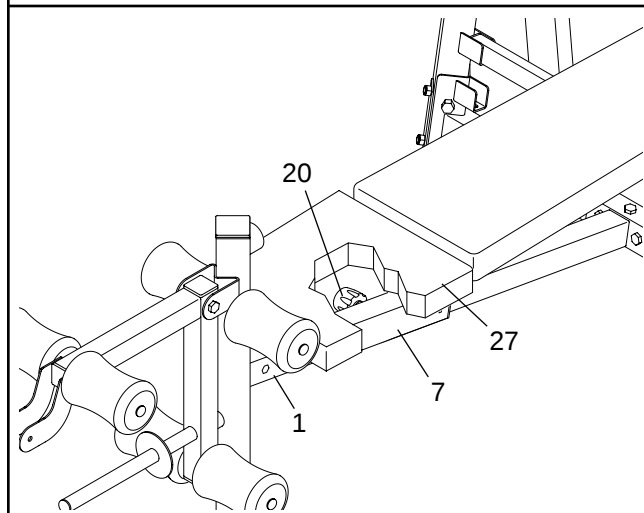
ADJUSTING THE BACKREST

To adjust the position of the Backrest (26), first move the seat slider to the desired position (see ADJUSTING THE SEAT ADJUSTMENT TUBE below). Then, move the Adjustment Tube (6) to the desired height. Make sure the pins in the Adjustment Tube are inserted into a set of brackets on the Uprights (2, 3). Finally, rest the Backrest on the Adjustment Tube.



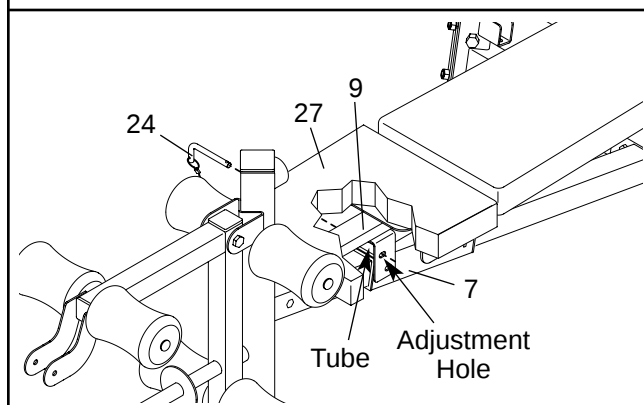
ADJUSTING THE SEAT SLIDER

To move the Seat (27), loosen the Slider Knob (20) and pull it out as far as it will go. Move the Seat Slider (7) to the desired location and engage the Knob into the Bench Frame (1). Retighten the Knob.



ADJUSTING THE SEAT FRAME

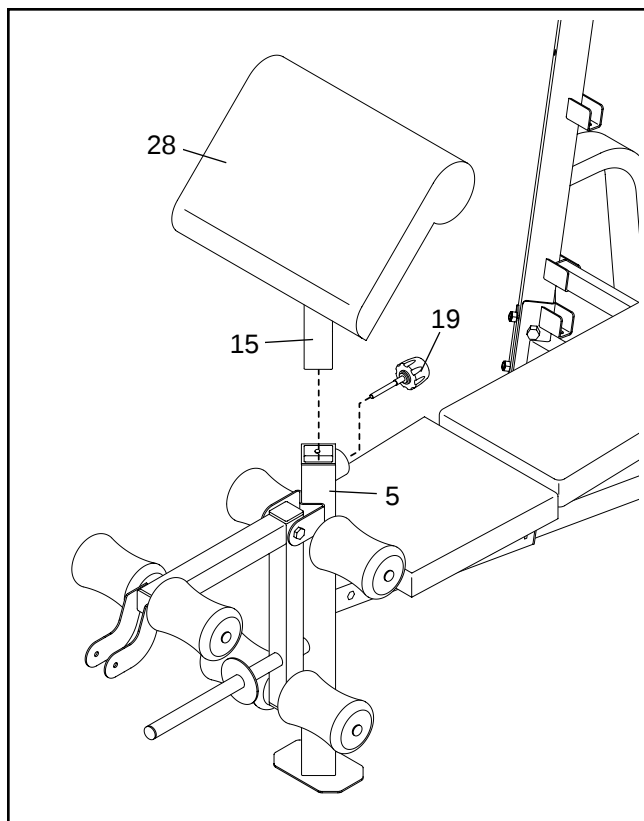
To adjust the angle of the Seat (27), remove the Pin (24) and reinsert it into another adjustment hole in the Seat Frame (9) and the tube on the Seat Slider (7).



ATTACHING THE CURL POST

For some exercises, the Curl Post (15) must be attached to the Leg (5). Insert the Curl Post into the Leg and align the holes in the Leg and the Curl Post. Secure the Curl Post with the Post Knob (19). **Fully tighten the Knob.**

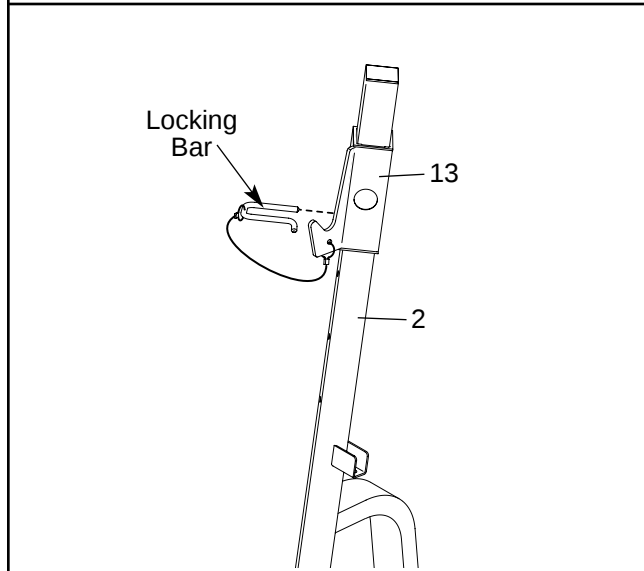
When performing exercises that do not require the Curl Pad (28), remove the Curl Post (15) from the Leg (5).



ADJUSTING THE WEIGHT RESTS

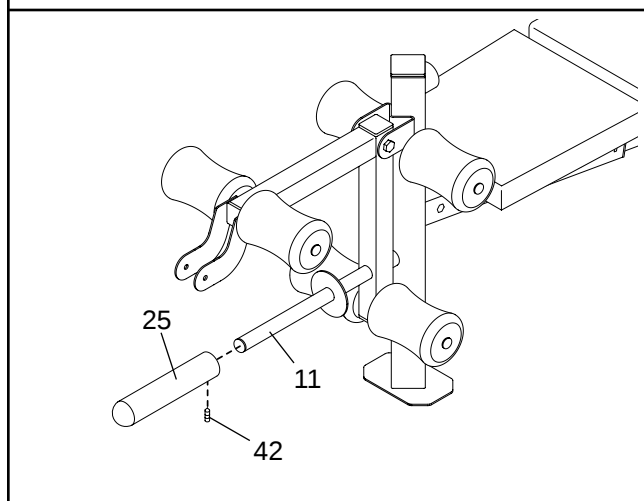
To use a barbell (not included) with the weight bench, first pull a locking bar out of a Weight Rest (13 or 14 [not shown]). Move the Weight Rest to the correct height for the exercise to be performed. Insert the locking bar into the Weight Rest and the Upright (2, 3 not shown). Turn the locking bar down to the locked position so that it is wrapped around the Weight Rest.

⚠ WARNING: Always place each Weight Rest (2, 3) at the same height. Make sure the locking bars are securely wrapped around the Weight Rest before setting a barbell on them.



OLYMPIC WEIGHT ADAPTER

Attach the Olympic Adapter (25) to the weight tube on the Leg Lever (11) with a 1/4" x 9.5mm Allen Set Screw (42). **Make sure the Set Screw is on the bottom of the Adapter.**

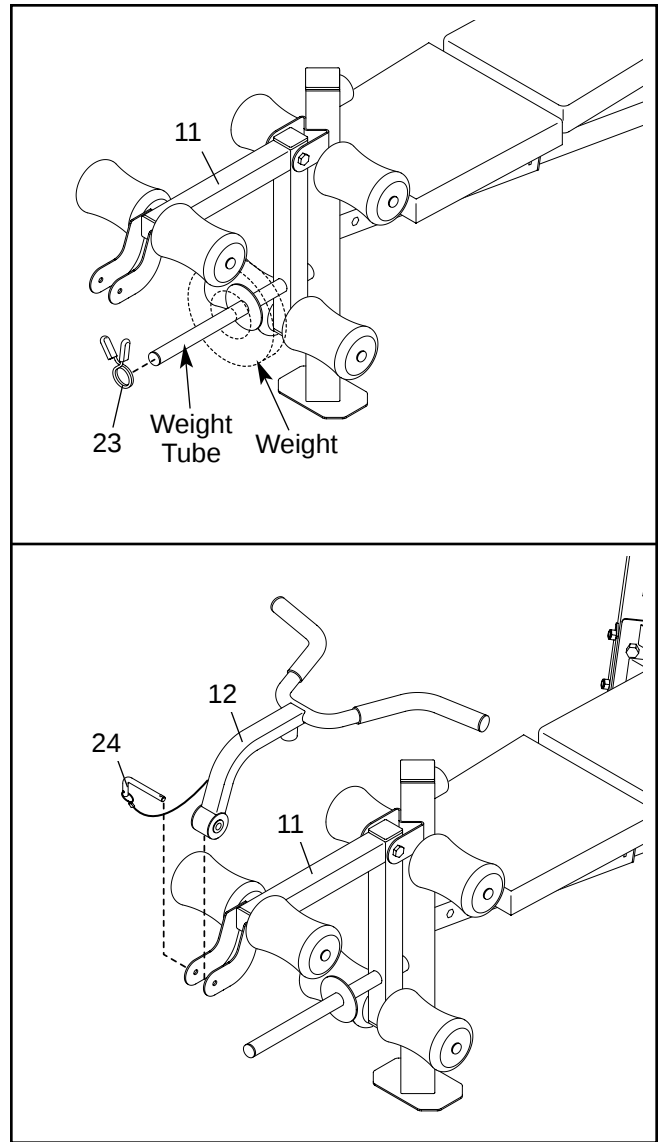


ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (11), slide the desired amount of weight (not included) onto the weight tube. Secure your weights with the Small Weight Clip (23).

To use Olympic weights, attach the Olympic adapters to the bench (see OLYMPIC WEIGHT ADAPTER on the previous page). Secure your weights with the Large Weight Clip (56 [not shown]).

⚠ WARNING: Do not place more than 150 pounds on the Leg Lever (11). Secure your weights with Weight Clips (23, 56).



ATTACHING THE CURL LEVER

To use the Curl Lever (12), insert the Pin (24) into the Leg Lever (11) and the Curl Lever. **Make sure the Curl Lever is oriented as shown and that the Pin is fully inserted.**

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 or exercise bike, 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.

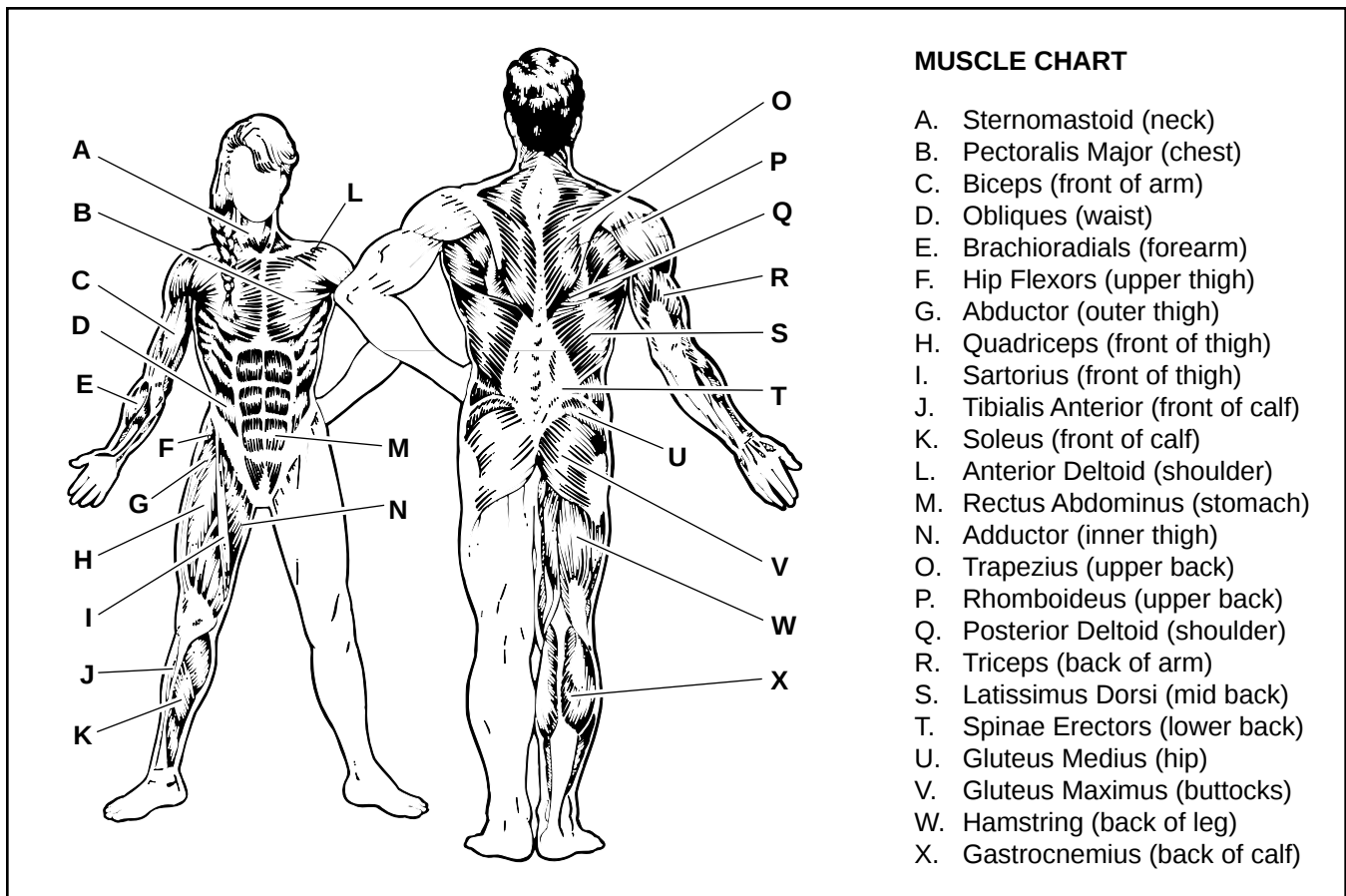
COOLING DOWN

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. The chart on page 15 of this manual can be photocopied and used to schedule and record your workouts. 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.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: <u> </u> / <u> </u> / <u> </u>				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: <u> </u> / <u> </u> / <u> </u>				

THURSDAY AEROBIC EXERCISE

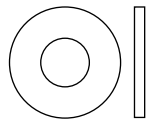
Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: <u> </u> / <u> </u> / <u> </u>				

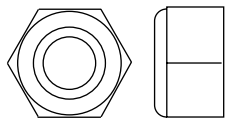
Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART

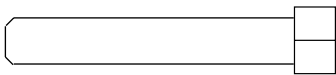
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has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



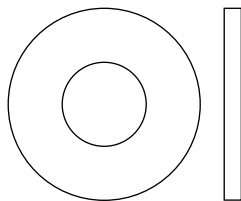
M6 Washer (45)



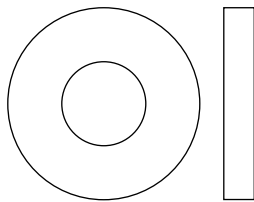
M10 Nylon Locknut (44)



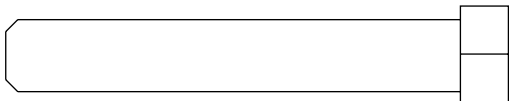
M6 x 38mm Screw (47)



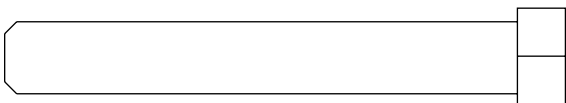
M10 Washer (43)



M10 Thick Washer (58)



M10 x 60mm Bolt (49)



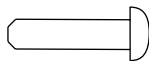
M10 x 68mm Bolt (53)



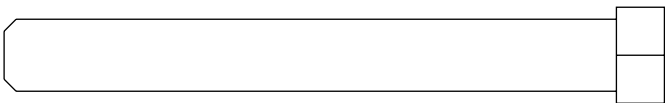
1/4" x 9.5mm Allen
Set Screw (42)



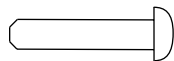
M10 x 78mm Bolt (51)



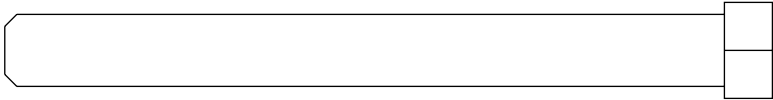
M4 x 16mm Screw (54)



M10 x 81mm Bolt (48)



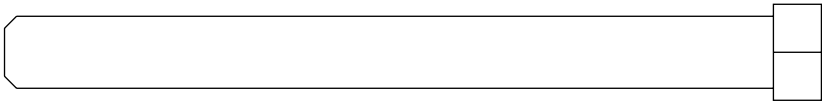
M4 x 19mm Screw (41)



M10 x 95mm Bolt (50)



M6 x 16mm Screw (46)



M10 x 102mm Bolt (52)

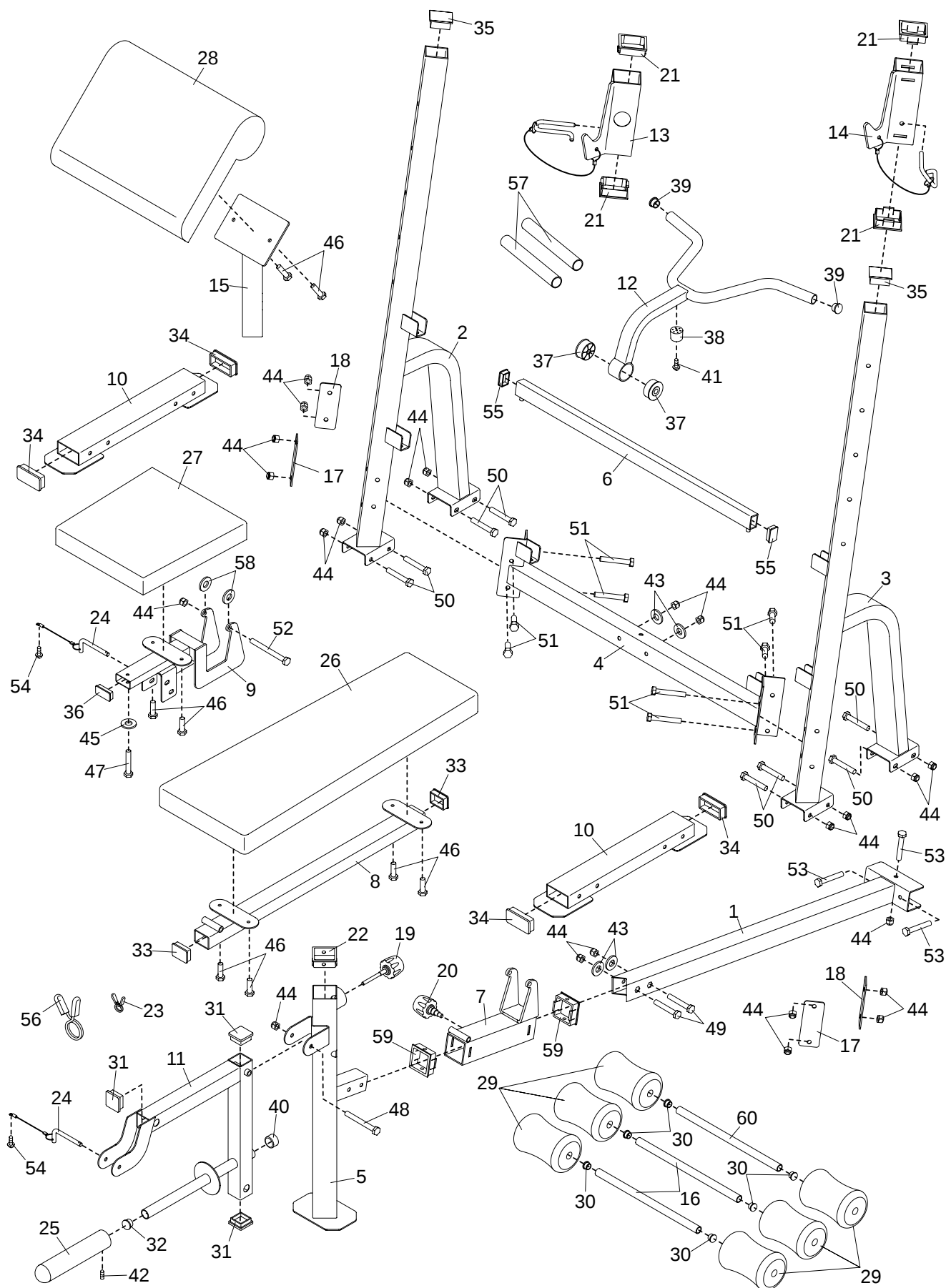
PART LIST—Model No. GGBE13830

R1003B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	33	2	38mm x 50mm Inner Cap
2	1	Right Upright	34	4	38mm x 76mm Inner Cap
3	1	Left Upright	35	2	60mm Square Inner Cap
4	1	Crossbar	36	1	25mm x 51mm Inner Cap
5	1	Leg	37	2	Small Round Bushing
6	1	Adjustment Tube	38	1	Bumper
7	1	Seat Slider	39	2	25mm Curl Lever Inner Cap
8	1	Backrest Frame	40	1	25mm Round Outer Cap
9	1	Seat Frame	41	1	M4 x 19mm Screw
10	2	Base	42	1	1/4" x 9.5mm Allen Set Screw
11	1	Leg Lever	43	4	M10 Washer
12	1	Curl Lever	44	23	M10 Nylon Locknut
13	1	Right Weight Rest	45	1	M6 Washer
14	1	Left Weight Rest	46	8	M6 x 16mm Screw
15	1	Curl Post	47	1	M6 x 38mm Screw
16	2	Short Pad Tube	48	1	M10 x 81mm Bolt
17	2	Front Support Plate	49	2	M10 x 60mm Bolt
18	2	Rear Support Plate	50	8	M10 x 95mm Bolt
19	1	Post Knob	51	8	M10 x 78mm Bolt
20	1	Slider Knob	52	1	M10 x 102mm Bolt
21	4	Rack Hook Bushing	53	3	M10 x 68mm Bolt
22	1	Square Post Bushing	54	2	M4 x 16mm Screw
23	1	Small Weight Clip	55	2	25mm x 38mm Inner Cap
24	2	Pin	56	1	Large Weight Clip
25	1	Olympic Adapter	57	2	12" Grip
26	1	Backrest	58	2	M10 Thick Washer
27	1	Seat	59	2	Seat Slide Bushing
28	1	Curl Pad	60	1	Long Pad Tube
29	6	Foam Pad	#	1	Allen Wrench
30	6	19mm Round Inner Cap	#	1	User's Manual
31	3	45mm Square Inner Cap	#	1	Exercise Guide
32	1	25mm Round Inner Cap			

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.

R1003B



ORDERING REPLACEMENT PARTS

To order replacement parts, simply 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 be prepared to give the following information:

1. The MODEL NUMBER of the product (GGBE13830)
2. The NAME of the product (GOLD'S GYM® XR16 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. 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.

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

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