

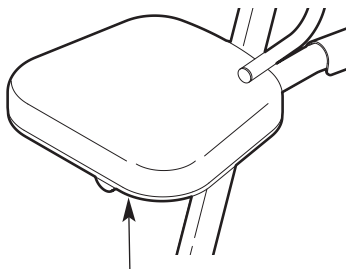
GOLD'S GYM®

POWER SERIES

Model No. GGBE1776.0

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.

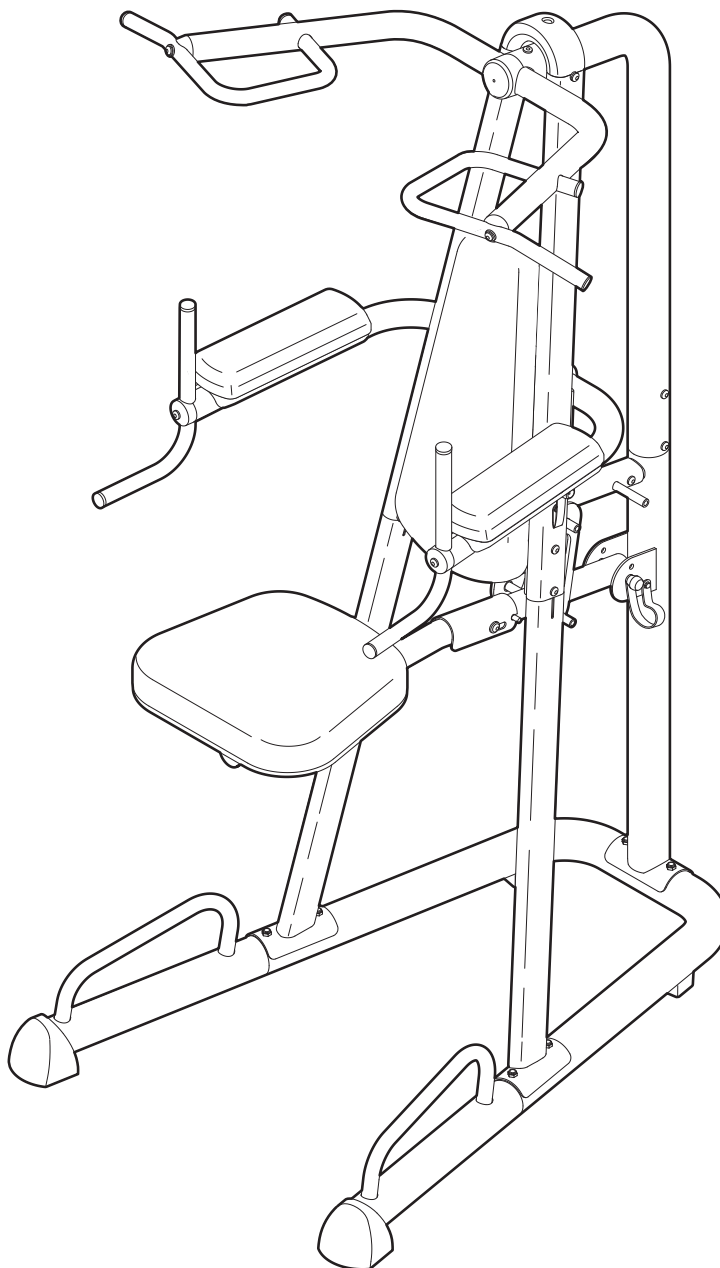
CALL TOLL-FREE:

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

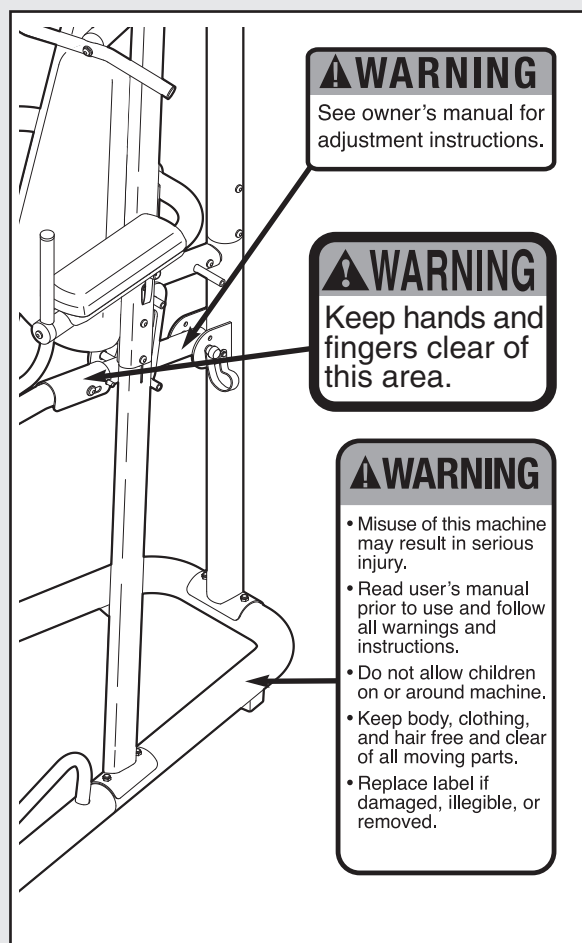
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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise rack. Use the exercise rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.
3. The exercise rack is intended for home use only. Do not use the exercise rack in any commercial, rental, or institutional setting.
4. Keep the exercise rack indoors, away from moisture and dust. Do not put the exercise rack in a garage or covered patio, or near water.
5. Use the exercise rack only on a level surface. Cover the floor beneath the exercise rack to protect the floor.
6. Keep children under 12 and pets away from the exercise rack at all times.
7. Make sure all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately.
8. Always make sure that the pins and knobs are fully engaged before using the exercise rack.
9. Never use the knee pad without at least one resistance band connecting the support frame to the pivot arm.
10. Always wear athletic shoes for foot protection while exercising.
11. The exercise rack is designed to support a maximum user weight of 300 pounds.
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 exercise rack. If a 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

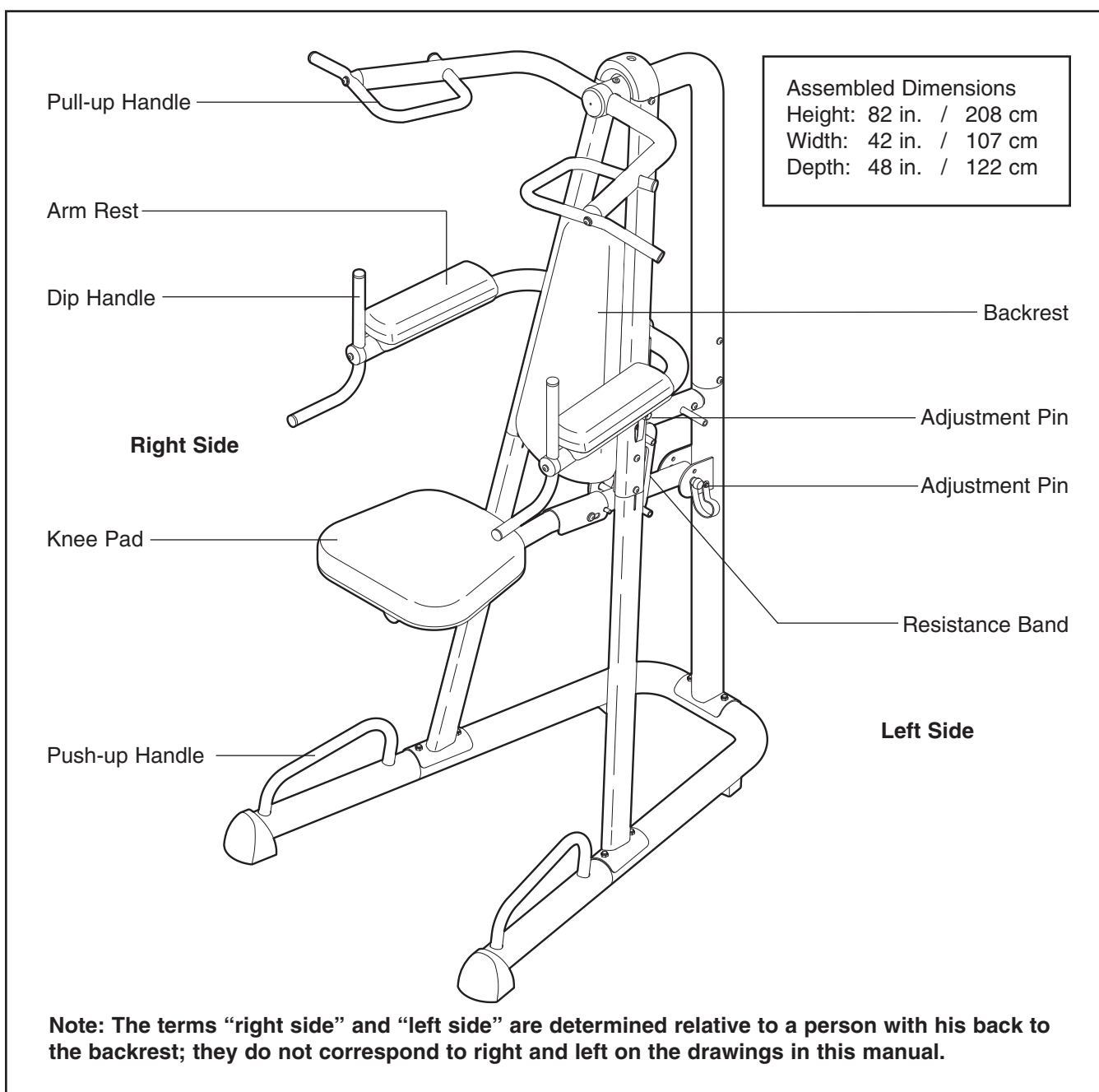
Thank you for selecting the versatile GOLD'S GYM® POWER SERIES exercise rack. The exercise rack is designed to develop the abdominal muscle group. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the exercise rack will help you to achieve the specific results you want.

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

number is GGBE1776.0. The serial number can be found on a decal attached to the exercise rack (see the front cover of this manual for the location).

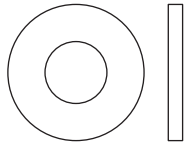
To avoid a registration fee for any service needed under warranty, you must register the exercise rack at www.iconservice.com/registration.

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

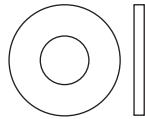


PART IDENTIFICATION CHART

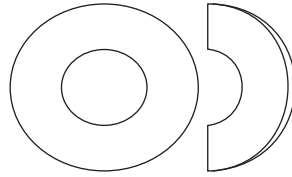
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 18 of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached. If a part is missing, call the toll-free telephone number on the front cover of this manual.**



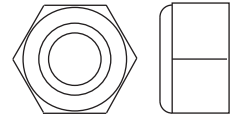
M8 Washer (37)



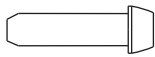
M6 Washer (36)



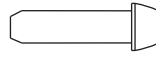
M10 Curved Washer (48)



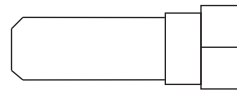
M10 Nylon
Locknut (35)



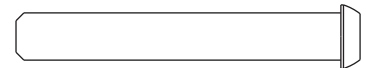
M4 x 12mm
Screw (49)



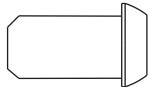
M4 x 25mm
Screw (42)



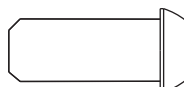
M8 x 25mm
Shoulder Bolt (44)



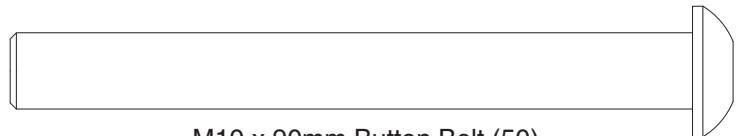
M6 x 43mm Button
Screw (46)



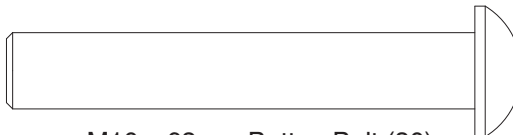
M8 x 15mm
Button Screw (39)



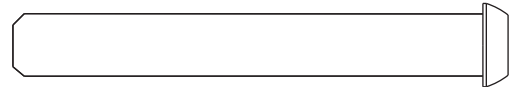
M8 x 20mm Button
Screw (43)



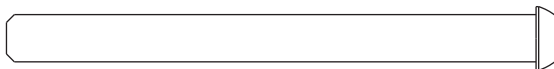
M10 x 90mm Button Bolt (50)



M10 x 62mm Button Bolt (30)



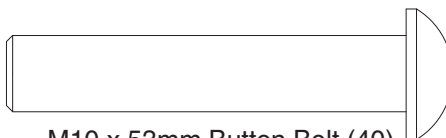
M8 x 62mm Button Screw (41)



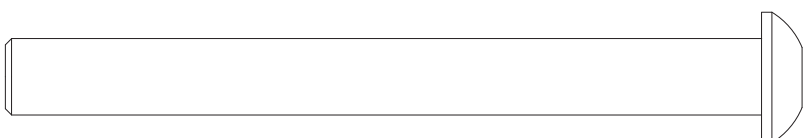
M6 x 70mm Screw (45)



M6 x 75mm Button Screw (47)



M10 x 53mm Button Bolt (40)



M10 x 100mm Button Bolt (31)

ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the exercise rack can be assembled successfully by anyone. However, it is important to realize that the versatile exercise rack 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 exercise rack, 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 Phillips screwdriver** 

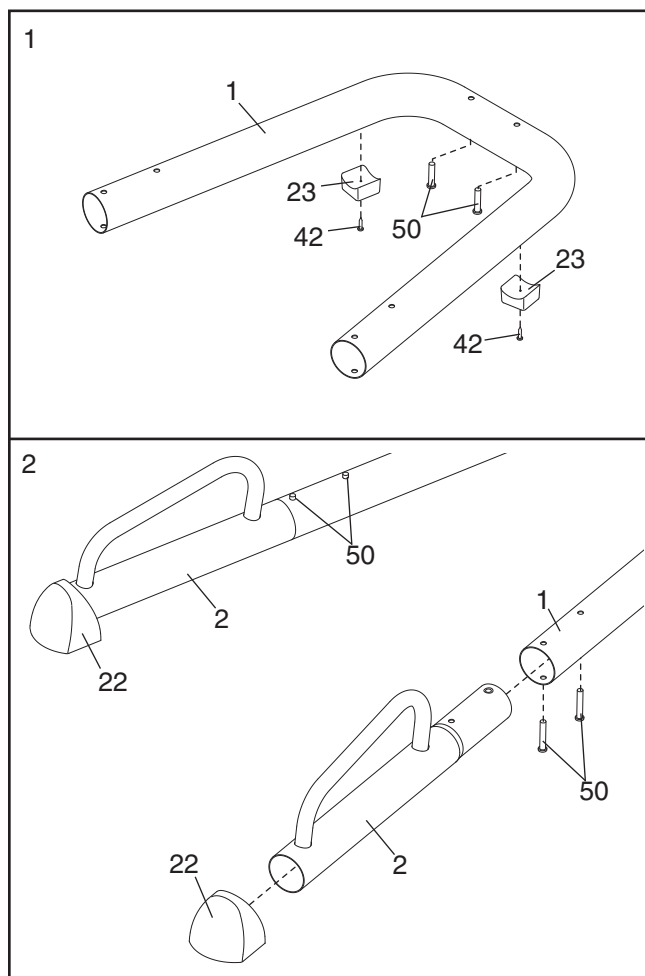
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Attach two Base Pads (23) to the Base (1) with two M4 x 25mm Screws (42).

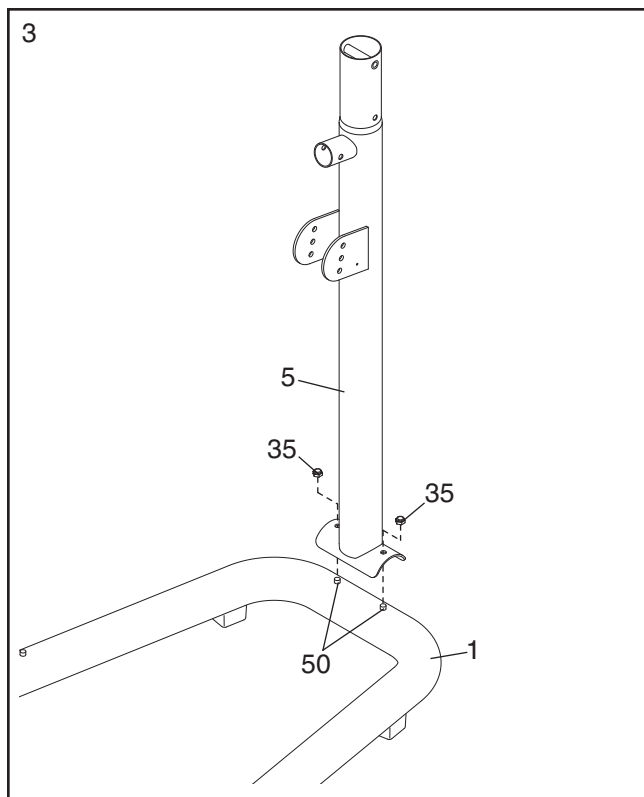
Insert two M10 x 90mm Button Bolts (50) up through the Base (1). **It may be helpful to place tape over the bolt heads to hold them in place.**

2. Press a Base Leg Cap (22) onto a Base Leg (2). **Repeat with the other Base Leg.**

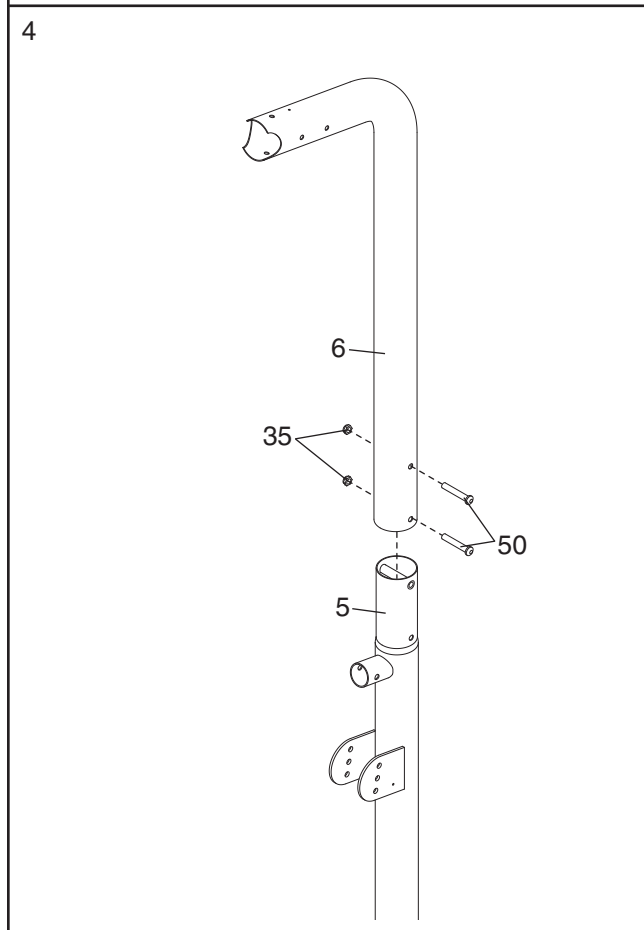
Insert the two Base Legs (2) into the Base (1) as shown. Insert four M10 x 90mm Button Bolts (50) up through the Base. **It may be helpful to place tape over the bolt heads to hold them in place.**



3. Attach the Rear Upright (5) to the Base (1) using the indicated M10 x 90mm Button Bolts (50) and two M10 Nylon Locknuts (35). **Do not tighten the Nylon Locknuts yet.**

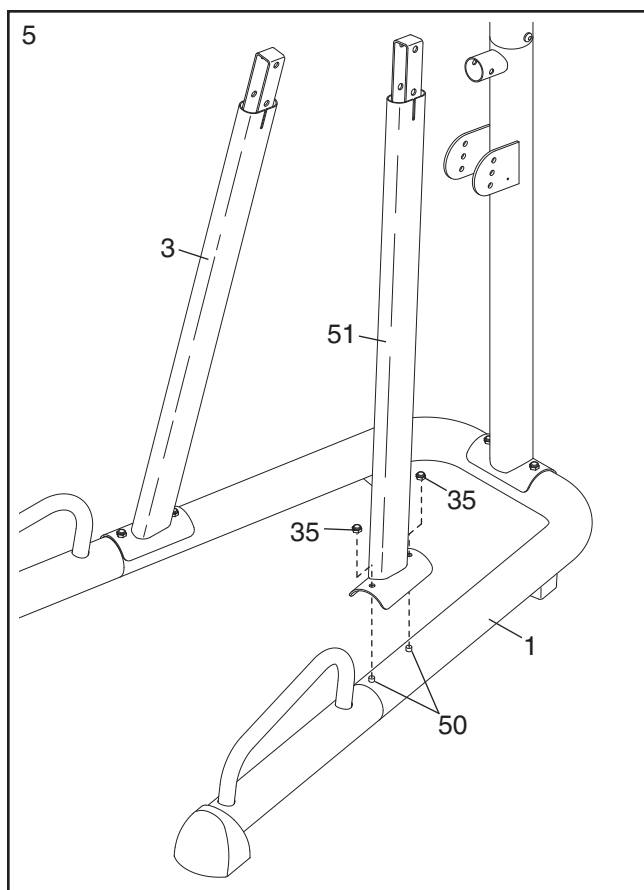


4. Attach the Rear Top Frame (6) to the Rear Upright (5) with two M10 x 90mm Button Bolts (50) and two M10 Nylon Locknuts (35). **Do not tighten the Nylon Locknuts yet.**

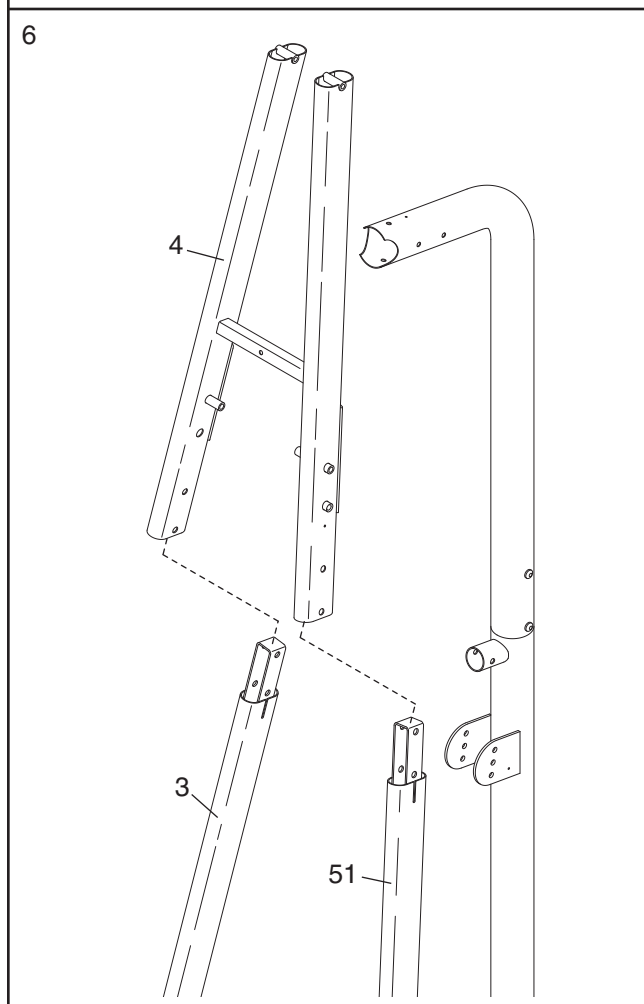


5. Attach the Left Front Upright (51) to the Base (1) using the indicated M10 x 90mm Button Bolts (50) and two M10 Nylon Locknuts (35). **Do not tighten the Nylon Locknuts yet.**

Attach the Right Front Upright (3) in the same manner.

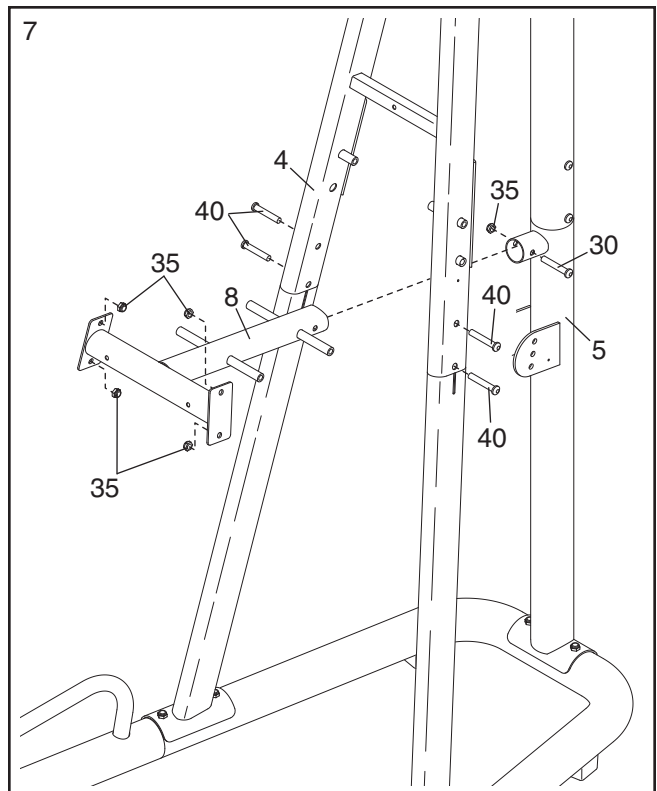


6. Slide the Front Top Frame (4) onto the Left and Right Front Uprights (51, 3).



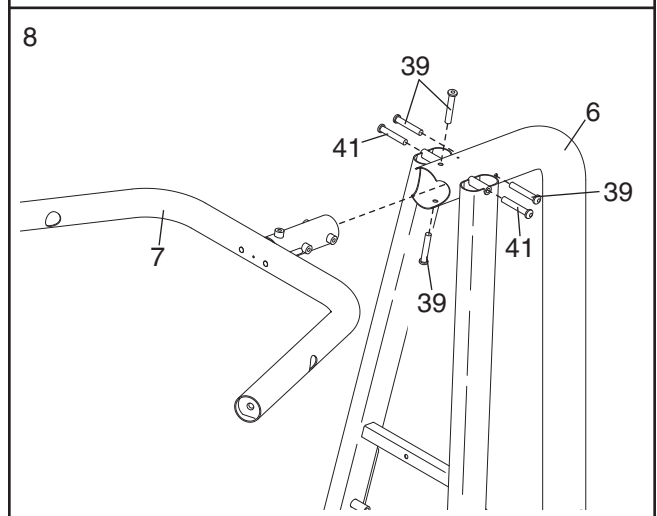
7. Attach the Backrest Support (8) to the Rear Upright (5) with an M10 x 62mm Button Bolt (30) and an M10 Nylon Locknut (35). **Do not tighten the Locknut yet.**

Attach the Backrest Support (8) to the Front Top Frame (4) with four M10 x 53mm Button Bolts (40) and four M10 Nylon Locknuts (35).



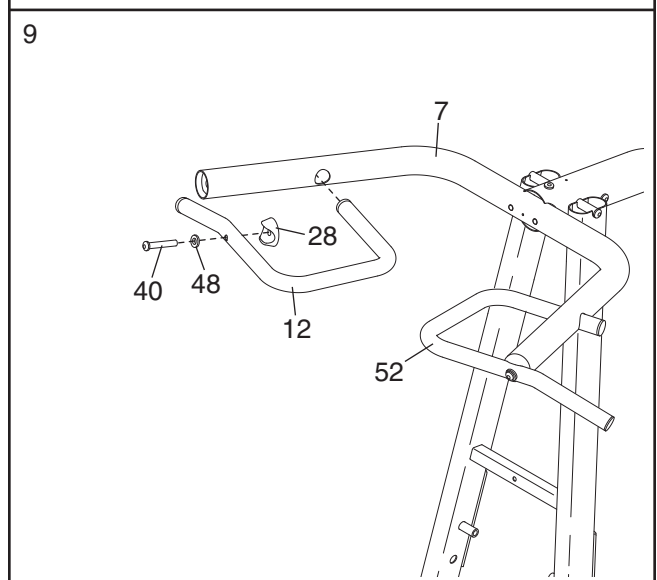
8. Insert the Pull-up Frame (7) into the Rear Top Frame (6). Attach the Pull-up Frame with four M8 x 15mm Button Screws (39) and two M8 x 62mm Button Screws (41).

Tighten the M10 Nylon Locknuts (35) used in steps 3–8.

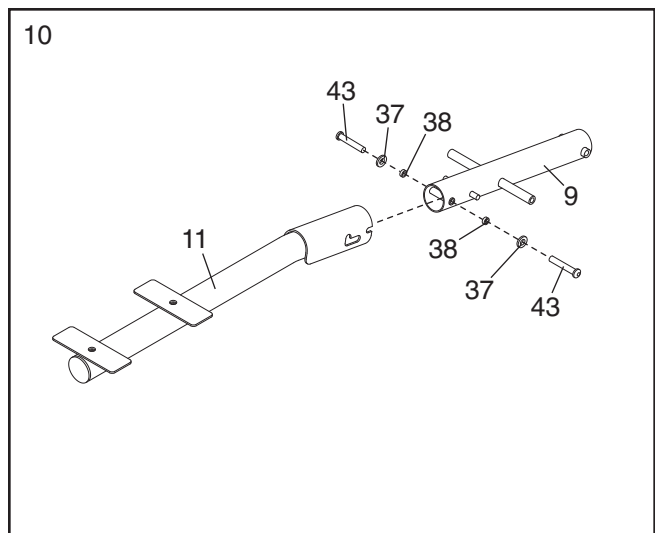


9. Insert the Right Pull-up Handle (12) through the Pull-up Frame (7). Attach the Right Pull-up Handle with an M10 x 53mm Button Bolt (40), an M10 Curved Washer (48), and a Pull-up Handle Cap (28).

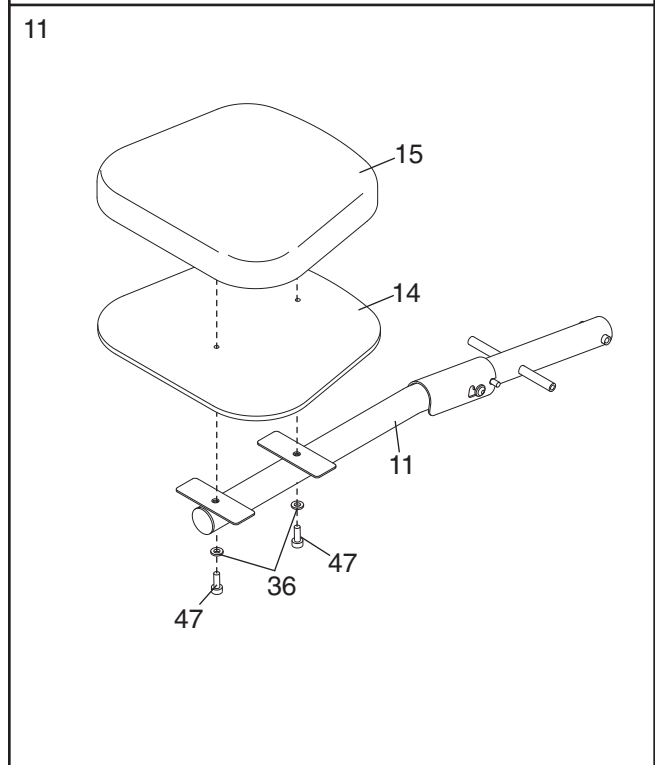
Attach the Left Pull-up Handle (52) to the Pull-up Frame (7) in the same manner.



10. Attach the Pad Frame (11) to the Assist Arm (9) with two M8 x 20mm Button Screws (43), two M8 Washers (37), and two 5mm Spacers (38).

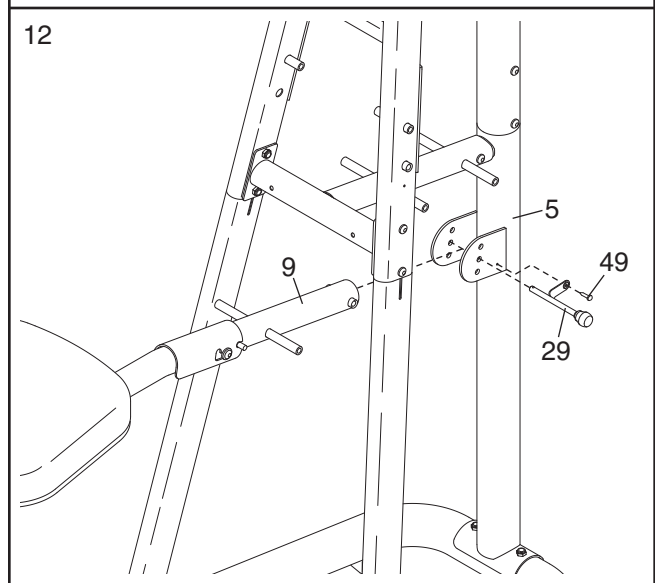


11. Attach the Knee Pad Cover (14) and the Knee Pad (15) to the Pad Frame (11) with two M6 x 75mm Button Screws (47) and two M6 Washers (36).



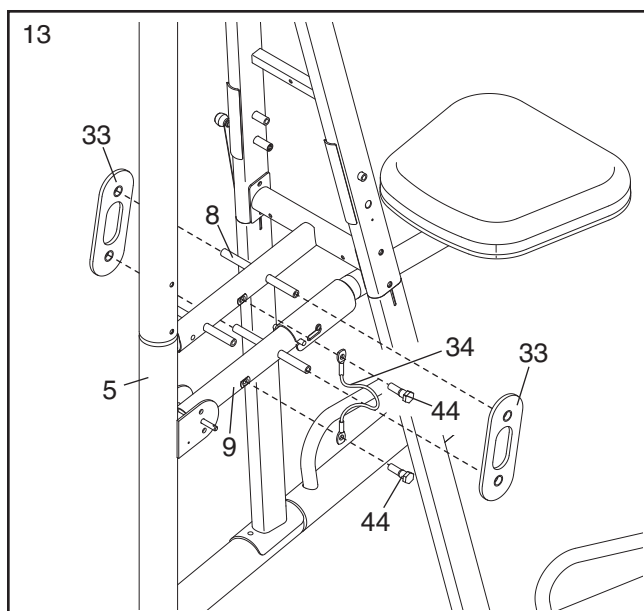
12. Fully insert an Adjustment Pin (29) through the indicated hole in the Rear Upright (5) and through the Assist Arm (9).

Attach the tether on the Adjustment Pin (29) to the Rear Upright (5) with an M4 x 12mm Screw (49).



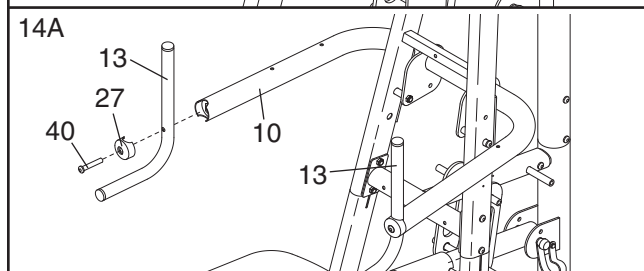
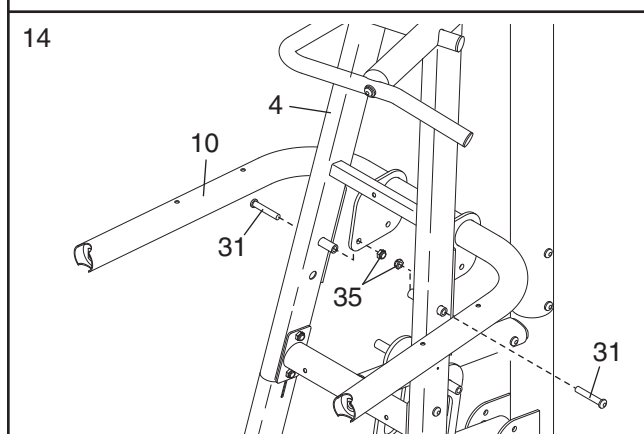
13. Attach the Assist Arm Tether (34) to the Backrest Support (8) and the Assist Arm (9) with two M8 x 25mm Shoulder Bolts (44).

Slide two 15-pound Resistance Bands (33) onto the indicated tubes on the sides of the Backrest Support (8) and the Assist Arm (9). Note: The tubes closest to the Rear Upright (5) are for storing the Resistance Bands.

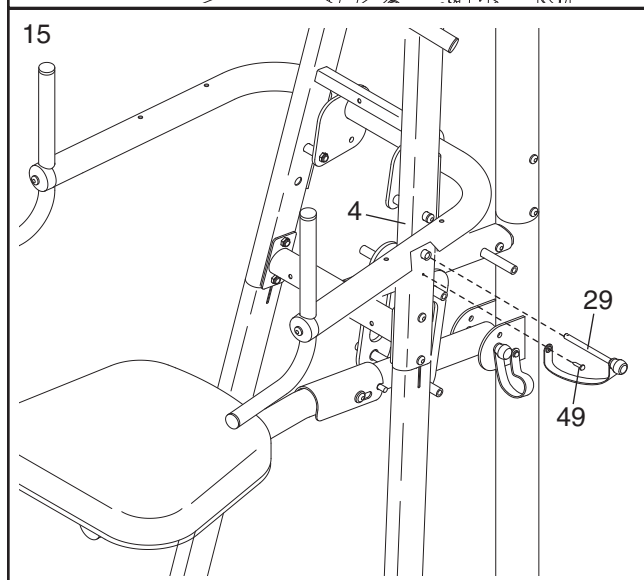


14. Hold the Dip Arm (10) behind the Front Top Frame (4) as shown. Attach the Dip Arm to the Front Top Frame with two M10 x 100mm Button Bolts (31) and two M10 Nylon Locknuts (35). **Do not overtighten the Nylon Locknuts; the Dip Arm must be able to pivot easily.**

See Drawing 14A. Attach a Dip Handle (13) to the Dip Arm (10) with a Dip Frame Cap (27) and an M10 x 53mm Button Bolt (40). **Repeat this step with the other Dip Handle (13).**

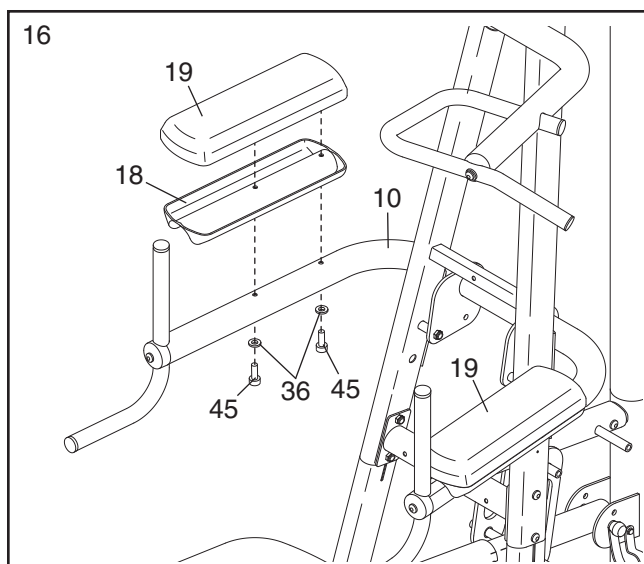


15. Insert an Adjustment Pin (29) into the Front Top Frame (4). Attach the Adjustment Pin to the Front Top Frame with an M4 x 12mm Screw (49).

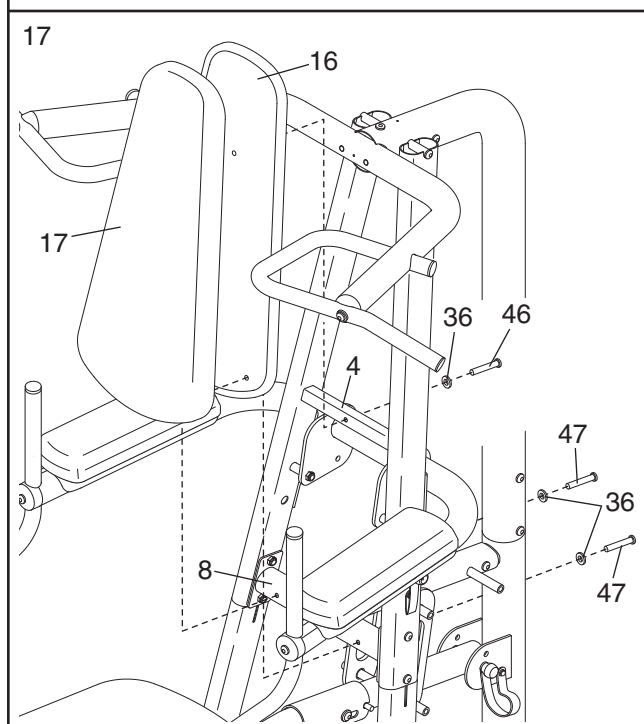


16. Attach an Armrest Cover (18) and an Armrest (19) to the Dip Arm (10) with two M6 x 70mm Screws (45) and two M6 Washers (36).

Attach the other Armrest (19) in the same manner.

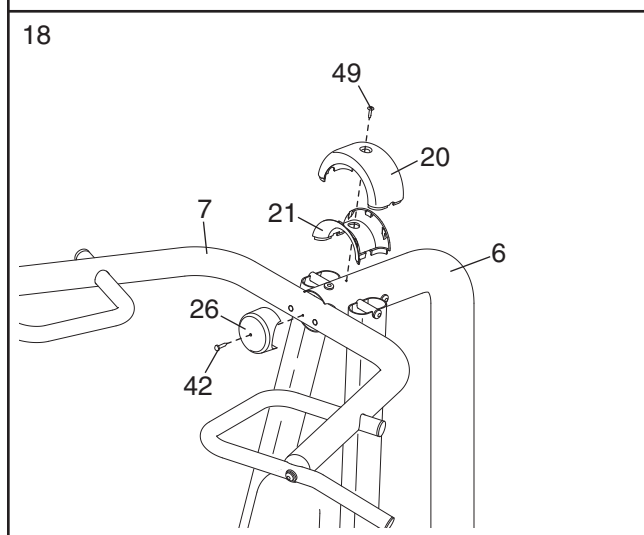


17. Attach the Backrest Cover (16) and the Backrest (17) to the Front Top Frame (4) and the Backrest Support (8) with an M6 x 43mm Button Screw (46), two M6 x 75mm Button Screws (47), and three M6 Washers (36).



18. Attach the Top and Bottom Frame Caps (20, 21) to the Rear Top Frame (6) with an M4 x 12mm Screw (49).

Attach the Pull-up Frame Cap (26) to the Pull-Up Frame (7) with an M4 x 25mm Screw (42).



19. **Make sure that all parts have been properly tightened before using the exercise rack.**

ADJUSTMENTS

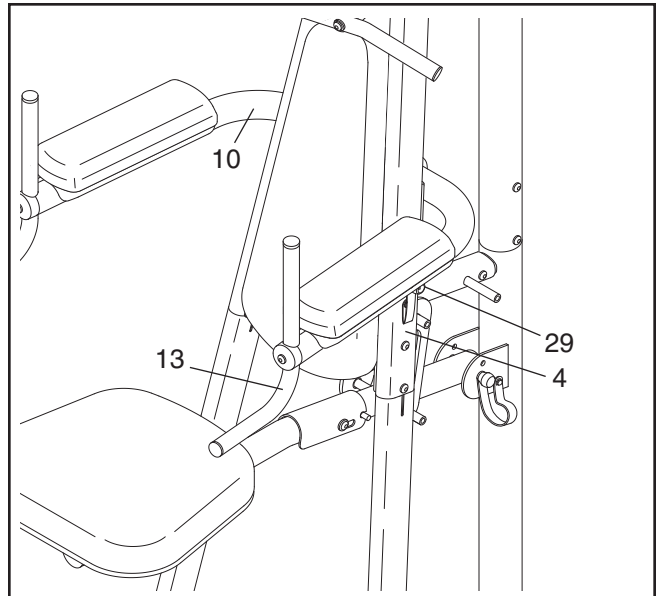
This section explains how to adjust the exercise rack. See the **EXERCISE GUIDELINES** on page 15 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

ADJUSTING THE DIP ARM

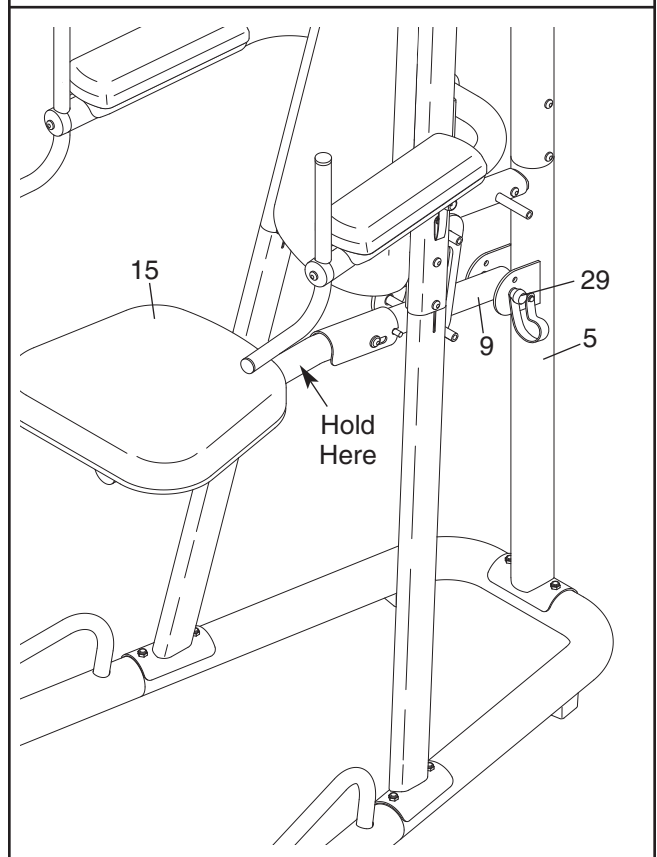
To perform some exercises, the Dip Arm (10) should be locked in the up position. Remove the indicated Adjustment Pin (29) and lift the Dip Handle (13). Engage the Adjustment Pin into the Front Top Frame (4) and the hole in the Dip Arm plate (not shown).

To use the Dip Arm (10), remove the Adjustment Pin (29) and lower the Dip Handle (13). Insert the Adjustment Pin into the Front Top Frame (4).



ADJUSTING THE PIVOT ANGLE OF THE KNEE PAD

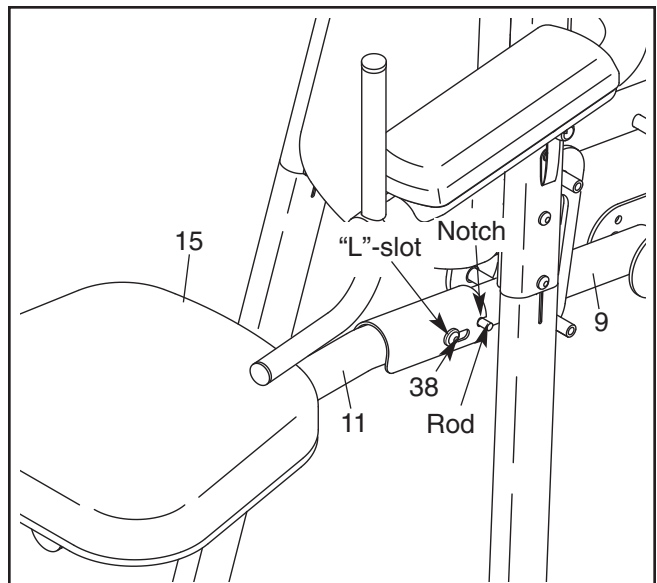
To change the pivot angle of the Knee Pad (15), first make sure that there are at least two resistance bands assembled on the Assist Arm (9) (see **USING THE RESISTANCE BANDS** on page 14). Next, hold the Assist Arm in the indicated location and remove the indicated Adjustment Pin (29). Then, align the hole in the Assist Arm with the desired hole in the Rear Upright (5). Finally, reengage the Adjustment Pin into the Rear Upright and the Assist Arm.



ADJUSTING THE KNEE PAD

To adjust the Knee Pad (15) to the horizontal position, lift on the Knee Pad so that the rod on the Assist Arm (9) is in the notch in the Pad Frame (11). Then lower the Knee Pad so that the 5mm Spacers (38) are in the top of the “L”-slot in the Pad Frame.

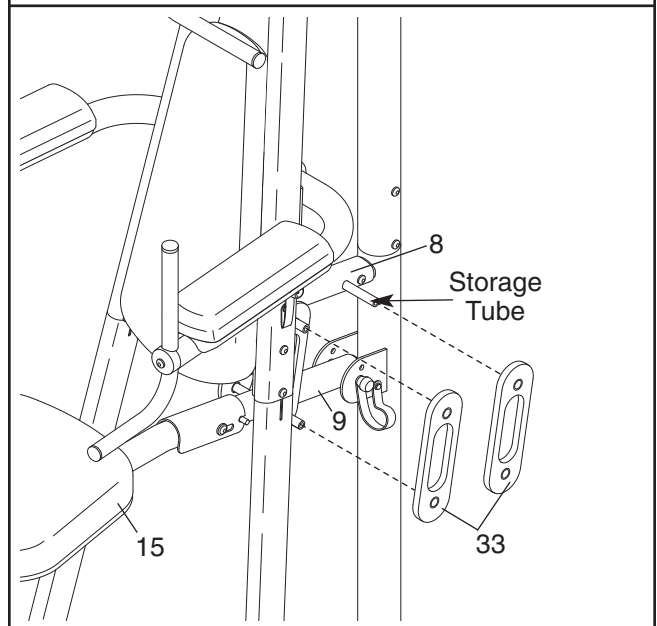
To move the Knee Pad (15) out of the way, lift on the Knee Pad and slide the Pad Frame (11) forward, disengaging the rod on the Assist Arm (9). Lower the Knee Pad.



USING THE RESISTANCE BANDS

To add resistance to the Assist Arm (9), slide a Resistance Band (33 or 32) onto the tubes on the Assist Arm and the Backrest Support (8).

⚠ WARNING: Never use the Knee Pad (15) without at least one Resistance Band (32 or 33) connecting the Backrest Support (8) to the Assist Arm (9).



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.

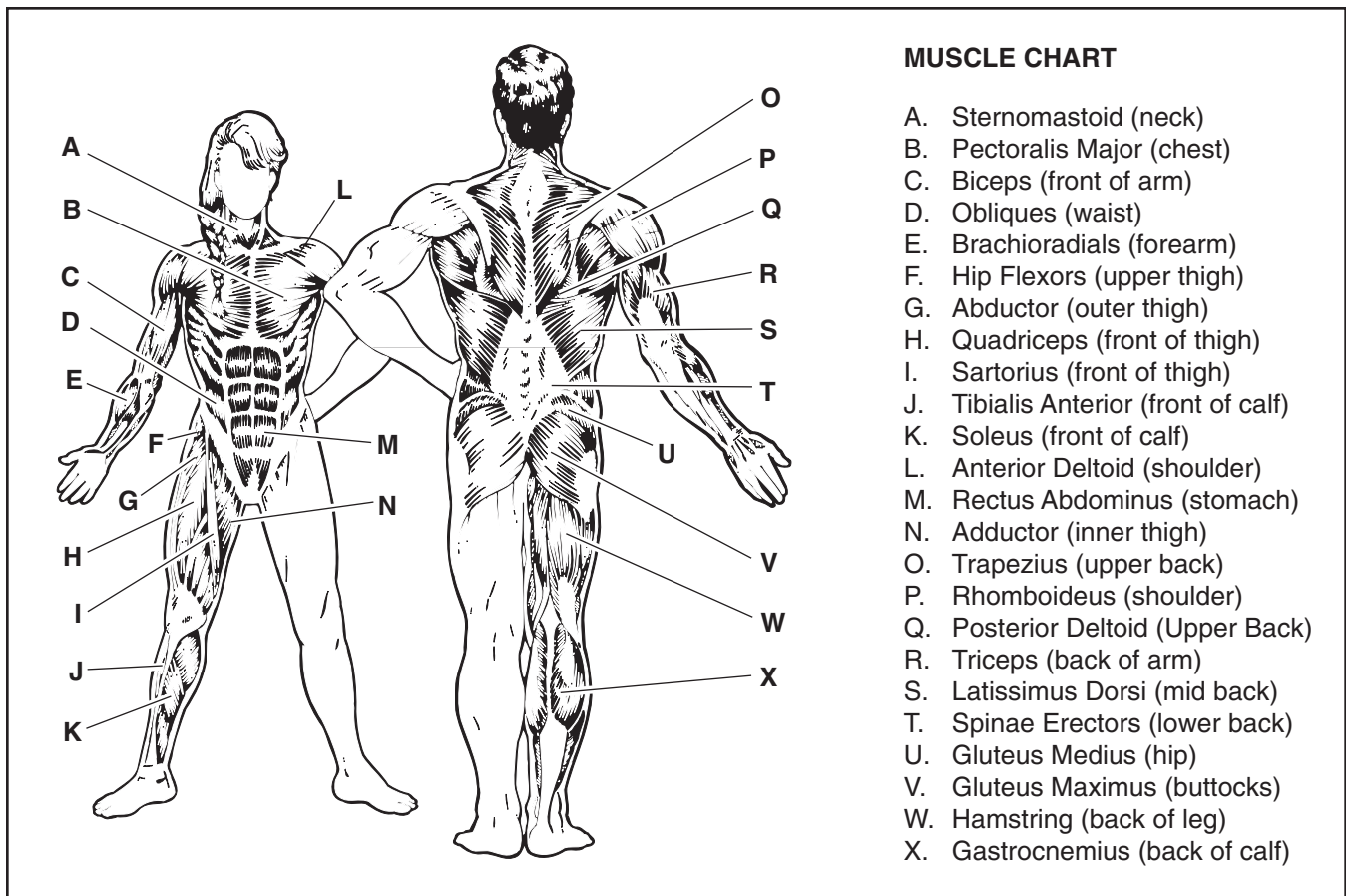
COOLING DOWN

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. 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. GGBE1776.0

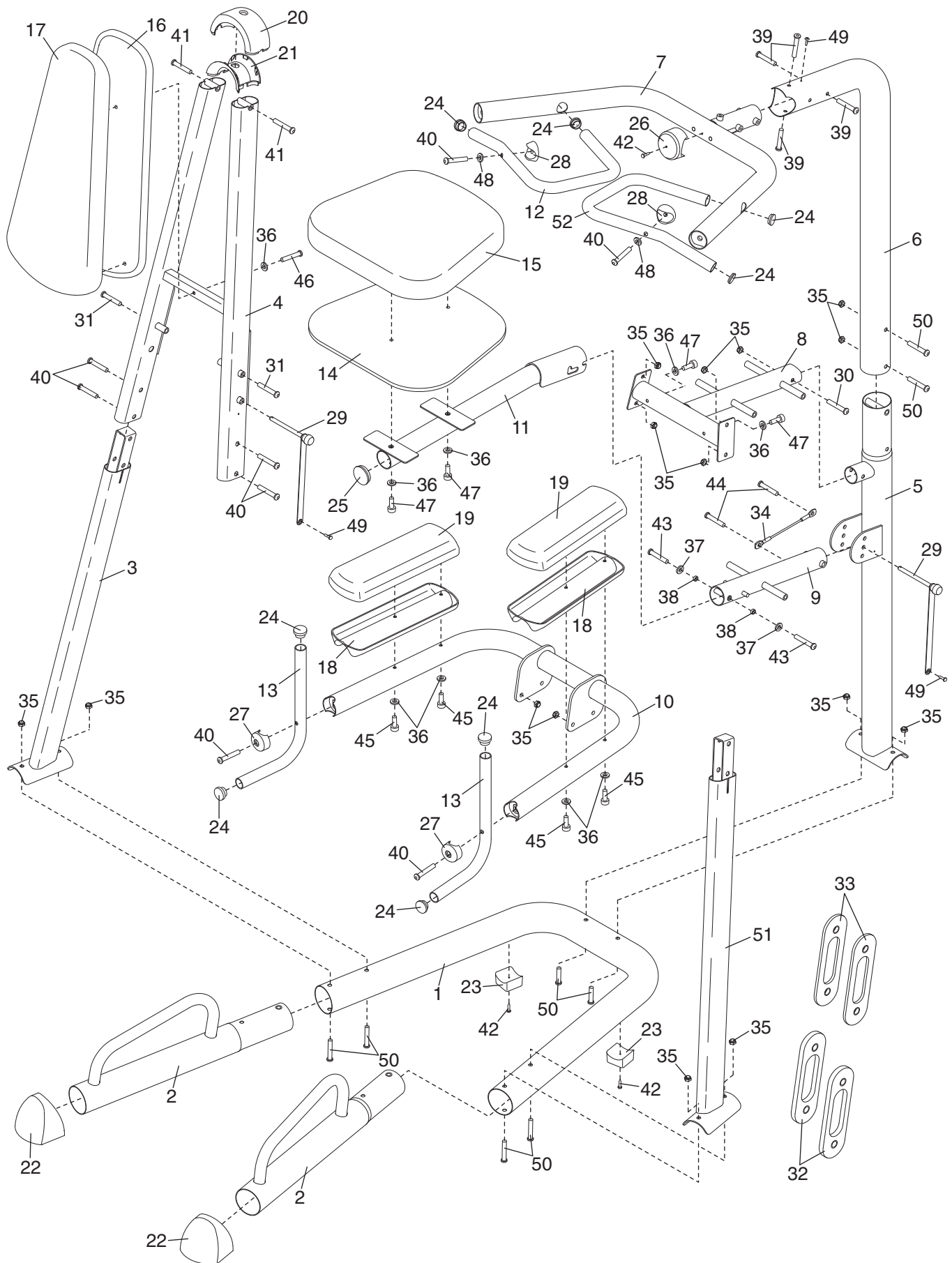
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	28	2	Pull-up Handle Cap
2	2	Base Leg	29	2	Adjustment Pin
3	1	Right Front Upright	30	1	M10 x 62mm Button Bolt
4	1	Front Top Frame	31	2	M10 x 100mm Button Bolt
5	1	Rear Upright	32	2	25-pound Resistance Band
6	1	Rear Top Frame	33	2	15-pound Resistance Band
7	1	Pull-up Frame	34	1	Assist Arm Tether
8	1	Backrest Support	35	15	M10 Nylon Locknut
9	1	Assist Arm	36	9	M6 Washer
10	1	Dip Arm	37	2	M8 Washer
11	1	Pad Frame	38	2	5mm Spacer
12	1	Right Pull-up Handle	39	4	M8 x 15mm Button Screw
13	2	Dip Handle	40	8	M10 x 53mm Button Bolt
14	1	Knee Pad Cover	41	2	M8 x 62mm Button Screw
15	1	Knee Pad	42	3	M4 x 25mm Screw
16	1	Backrest Cover	43	2	M8 x 20mm Button Screw
17	1	Backrest	44	2	M8 x 25mm Shoulder Bolt
18	2	Armrest Cover	45	4	M6 x 70mm Screw
19	2	Armrest	46	1	M6 x 43mm Button Screw
20	1	Top Frame Cap	47	4	M6 x 75mm Button Screw
21	1	Bottom Frame Cap	48	2	M10 Curved Washer
22	2	Base Leg Cap	49	3	M4 x 12mm Screw
23	2	Base Pad	50	8	M10 x 90mm Button Bolt
24	8	29mm Round Inner Cap	51	1	Left Front Upright
25	1	51mm Round Inner Cap	52	1	Left Pull-up Handle
26	1	Pull-up Frame Cap	#	1	User's Manual
27	2	Dip Frame Cap	#	2	Hex Key

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. GGBE1776.0

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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 (GGBE1776.0)
- the NAME of the product (GOLD'S GYM POWER SERIES exercise rack)
- 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 18 and 19 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.

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