

GOLD'S GYM[®]

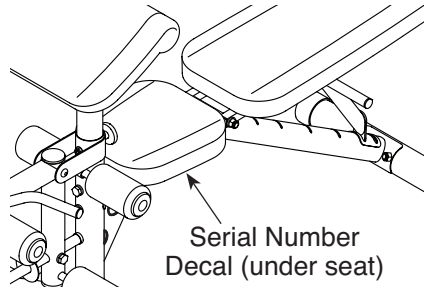
XRS 20

www.workoutwarehouse.com

Model No. GGBE19615.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.workoutwarehouse.com/registration.

CUSTOMER CARE

For service at any time, go to www.workoutwarehouse.com.

Or call 1-877-776-4777
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

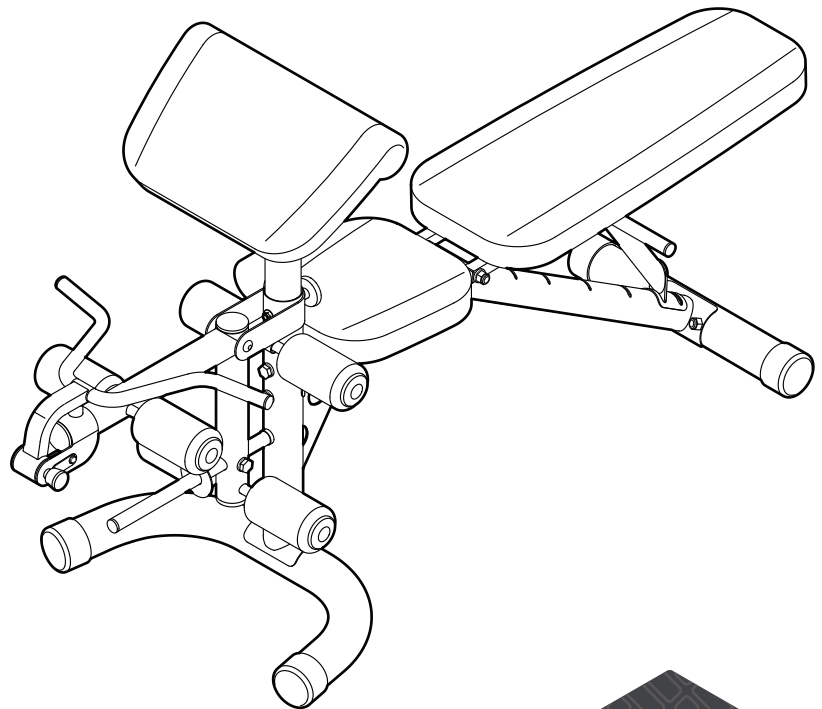


TABLE OF CONTENTS

WARNING DECAL PLACEMENT2

IMPORTANT PRECAUTIONS.....3

BEFORE YOU BEGIN.....5

PART IDENTIFICATION CHART.....6

ASSEMBLY.....7

ADJUSTMENT11

EXERCISE GUIDELINES13

PART LIST.....14

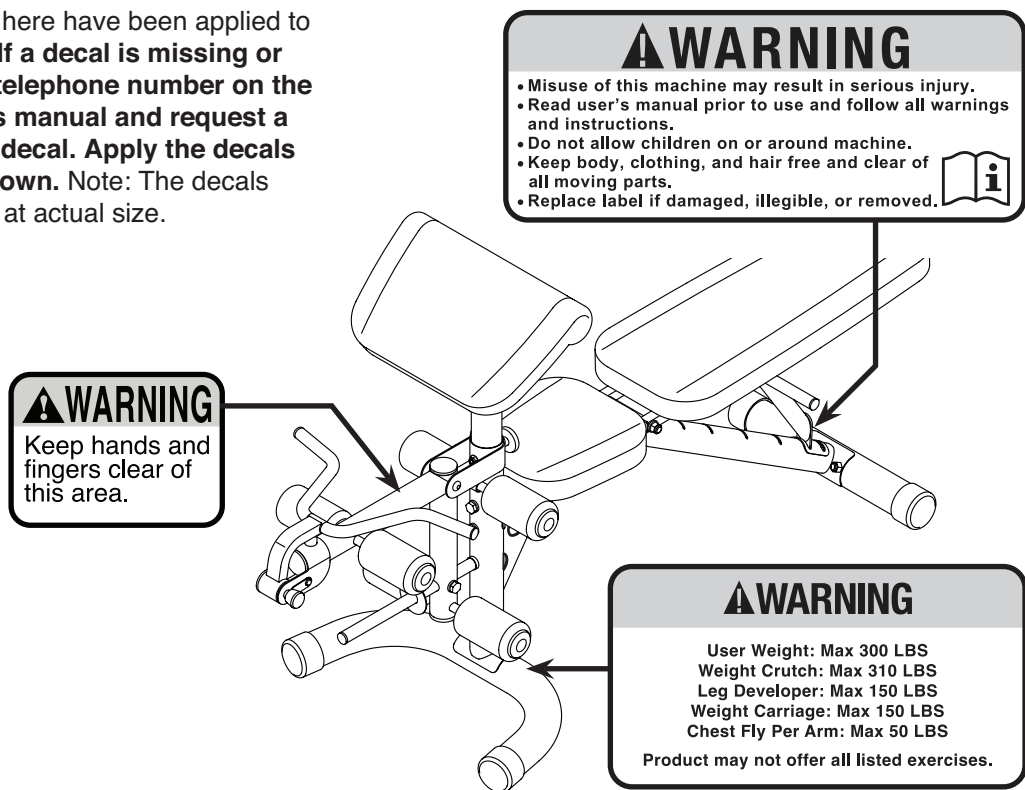
EXPLODED DRAWING.....15

ORDERING REPLACEMENT PARTS..... Back Cover

LIMITED WARRANTY..... Back Cover

WARNING DECAL PLACEMENT

The decals shown here have been applied to the weight bench. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decals in the location shown.** Note: The decals may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
3. Use the weight bench only as described in this manual.
4. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
5. 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 it.
6. Inspect and properly tighten all parts each time the weight bench is used. Replace any worn parts immediately.
7. Keep children under 12 and pets away from the weight bench at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Always wear athletic shoes for foot protection.
9. Make sure that the pins and knobs are fully engaged before you use the weight bench.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not use the weight bench with more than 310 lbs. (141 kg) of weight. Do not place more than 150 lbs. (68 kg) on the leg lever. Note: The weight bench does not include weight plates.
11. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



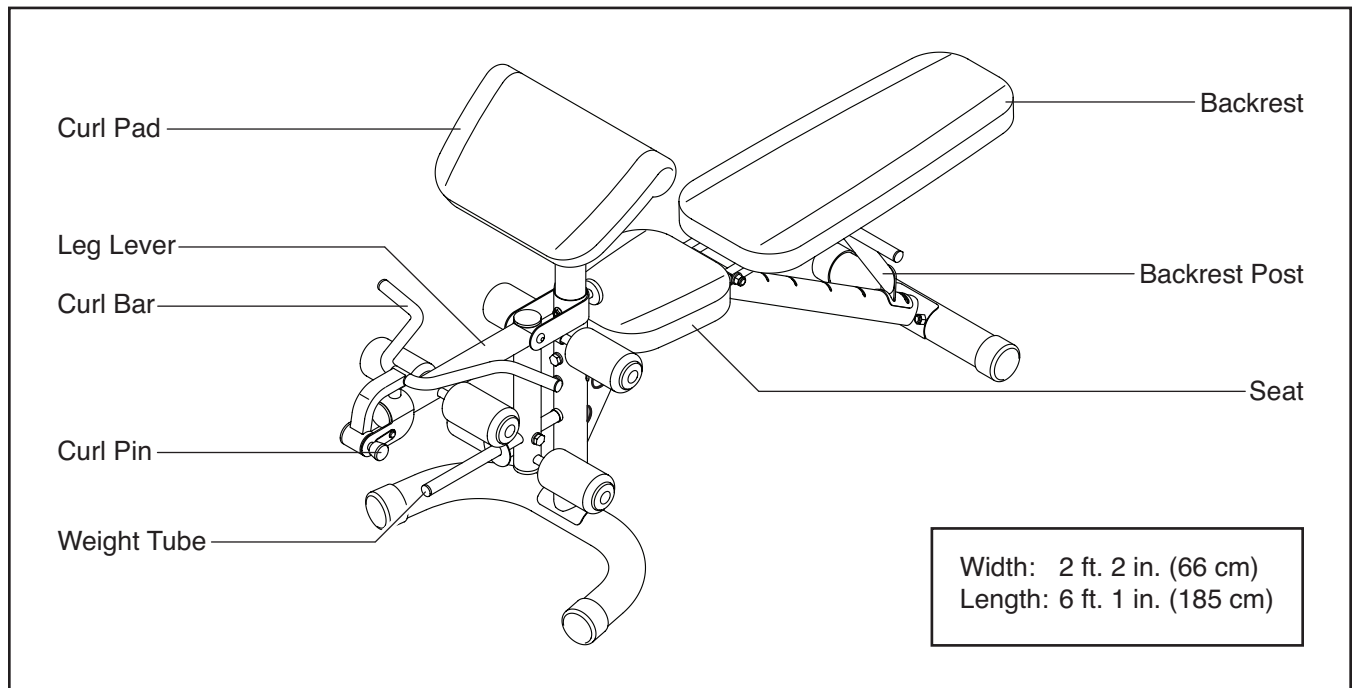
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XRS 20 weight bench. The weight bench offers a selection of exercise stations designed to develop the major muscle groups 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.

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 contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

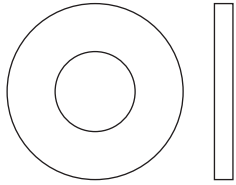
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

For your benefit, read this manual carefully before using the weight bench. If you have questions after

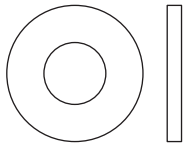


PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



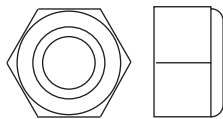
M10 Washer (39)



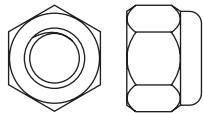
M8 Washer (37)



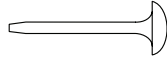
M6 Washer (38)



M10 Locknut (12)



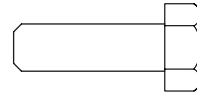
M8 Locknut (11)



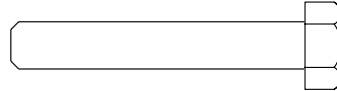
M4 x 19mm Screw (42)



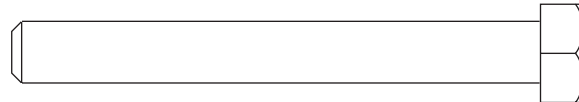
M8 x 10mm Set Screw (7)



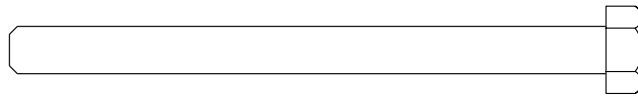
M6 x 20mm Screw (47)



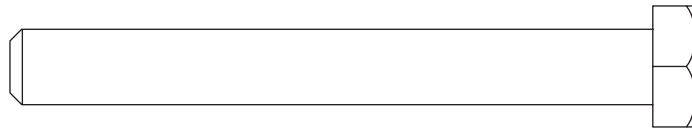
M6 x 40mm Screw (48)



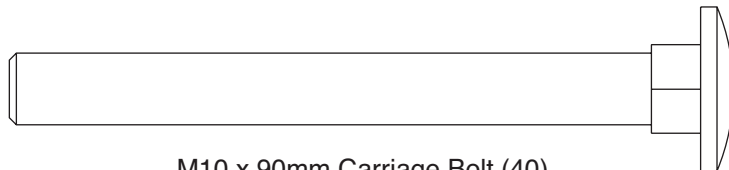
M8 x 70mm Bolt (44)



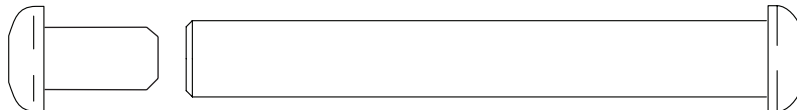
M6 x 80mm Screw (46)



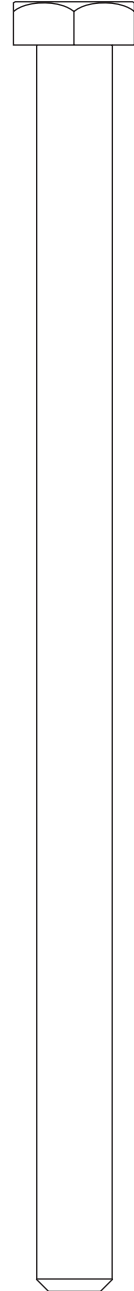
M10 x 85mm Bolt (43)



M10 x 90mm Carriage Bolt (40)



M10 x 77mm Bolt Set (45)




M10 x 165mm Bolt (49)

ASSEMBLY

- To hire an authorized service technician to assemble the weight system, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, assemble the weight bench in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is finished.
- For help identifying small parts, see page 6.

- In addition to the included tool(s), assembly requires the following tool(s):

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

one Phillips screwdriver 

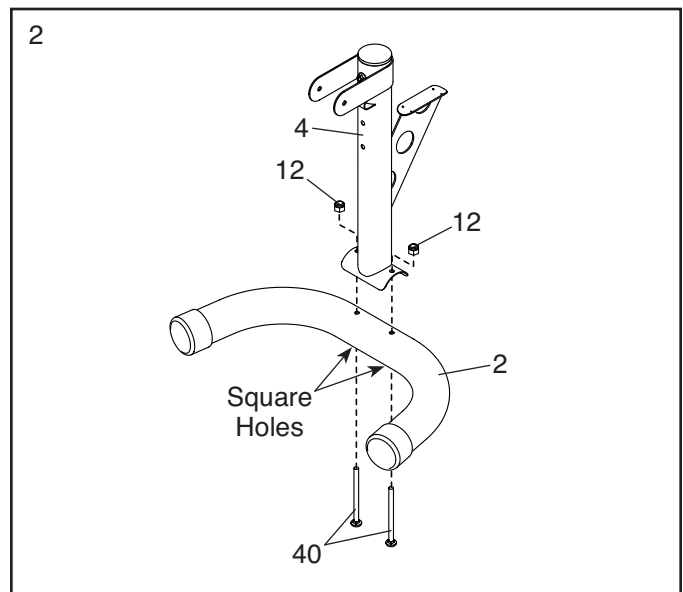
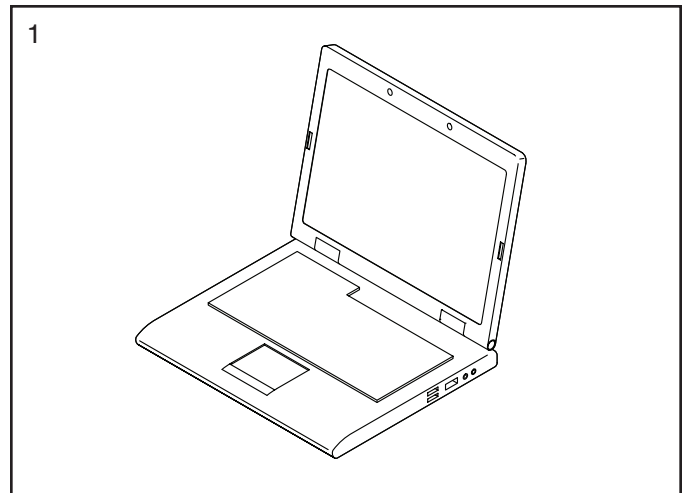
Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.workoutwarehouse.com/ registration on your computer and register your product.**

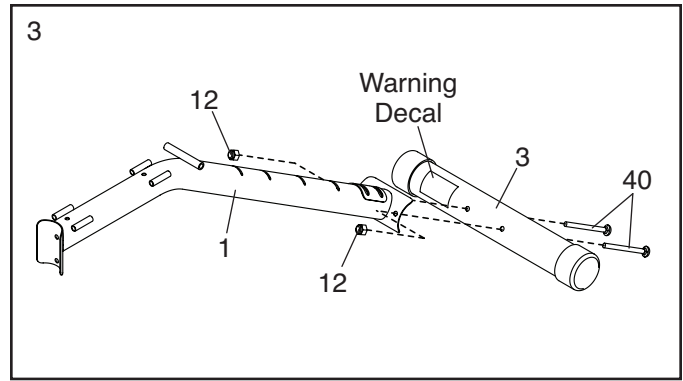
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.

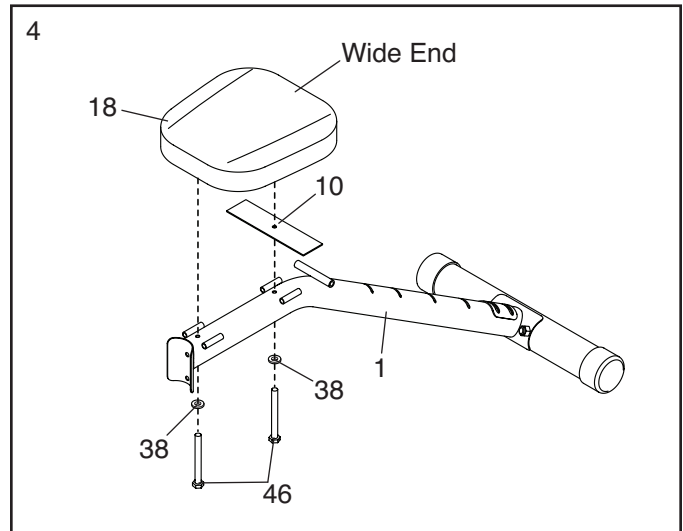
2. Orient the Front Stabilizer (2) so that the square holes are toward the floor. Attach the Front Stabilizer to the Front Leg (4) with two M10 x 90mm Carriage Bolts (40) and two M10 Locknuts (12). **Do not tighten the Locknuts yet.**



- Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 90mm Carriage Bolts (40) and two M10 Locknuts (12). **Do not tighten the Locknuts yet.**



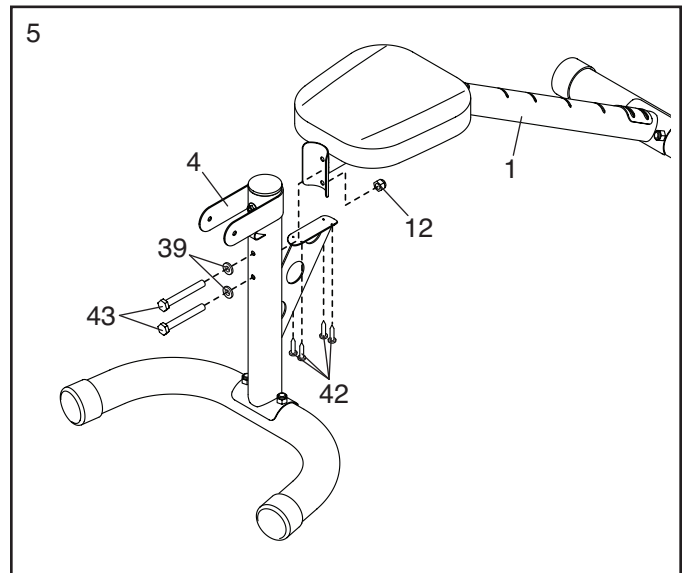
- Attach the Seat (18) and the Seat Bracket (10) to the Frame (1) with two M6 x 80mm Screws (46) and two M6 Washers (38).



- Attach the Frame (1) to the Front Leg (4) with two M10 x 85mm Bolts (43), two M10 Washers (39), and an M10 Locknut (12). **Do not tighten the Locknut yet.**

Finish attaching the Front Leg (4) to the Frame (1) with four M4 x 19mm Screws (42); **start all the Screws, and then tighten them.**

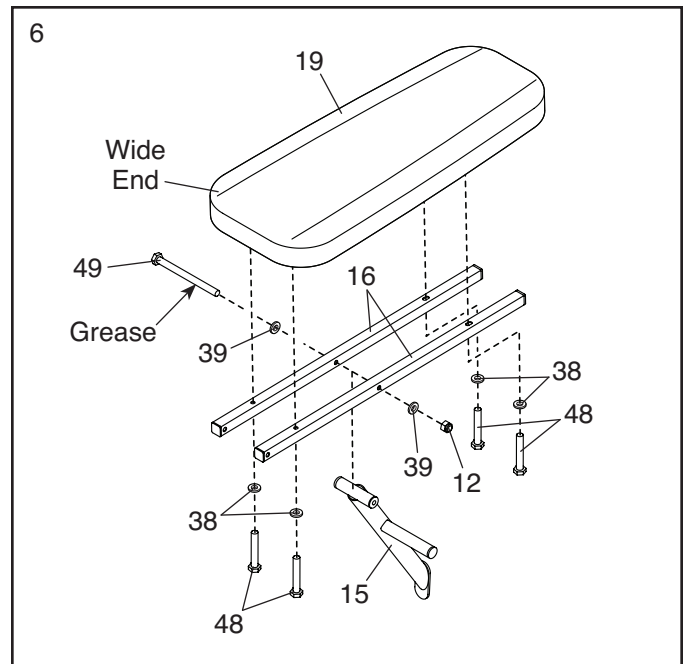
Tighten the M10 Locknuts (12) used in steps 2, 3, and 5.



6. Using a plastic bag to keep your fingers clean, apply some of the included grease to an M10 x 165mm Bolt (49).

Attach the Backrest Post (15) to the Backrest Frames (16) with the M10 x 165mm Bolt (49), two M10 Washers (39), and an M10 Locknut (12). **Do not tighten the Locknut yet.**

Then, attach the Backrest (19) to the Backrest Frames (16) with four M6 x 40mm Screws (48) and four M6 Washers (38). **Do not tighten the Screws yet.**

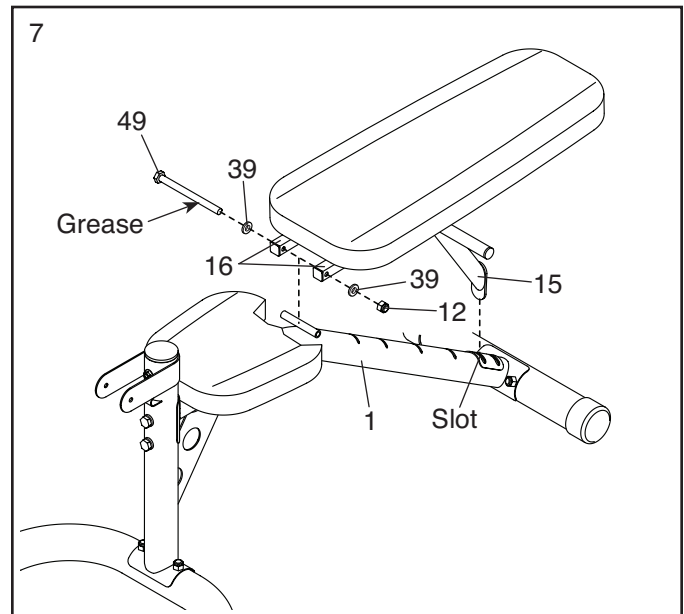


7. Apply grease to an M10 x 165mm Bolt (49).

Attach the Backrest Frames (16) to the Frame (1) with the M10 x 165mm Bolt (49), two M10 Washers (39), and an M10 Locknut (12). **Do not overtighten the Locknut; the Backrest Frames must pivot easily.**

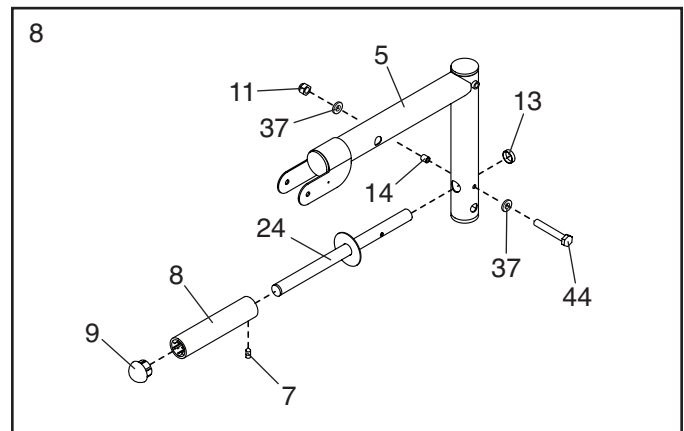
Then, set the end of the Backrest Post (15) in one of the slots in the Frame (1).

See step 6. Tighten the M10 Locknut (12) and the four M6 x 40mm Screws (48). **Do not overtighten the Locknut; the Backrest Post (15) must pivot easily.**



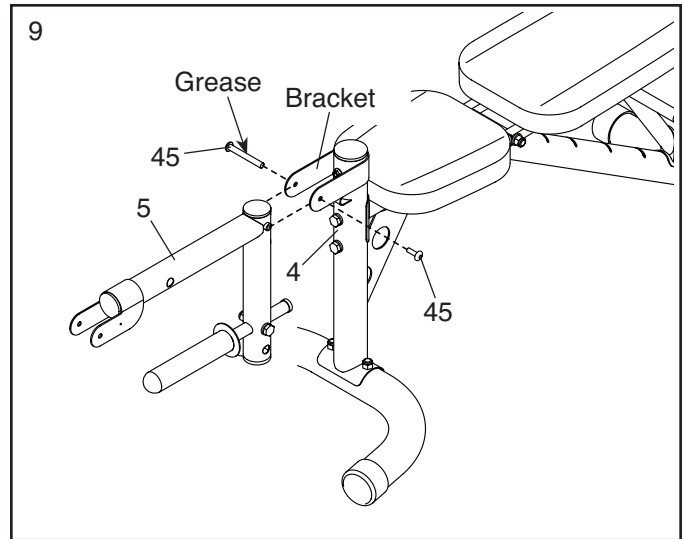
8. Attach the Weight Tube (24) to the Leg Lever (5) with an M8 x 70mm Bolt (44), a Spacer (14), two M8 Washers (37), and an M8 Locknut (11). Then, press a 25mm Round Outer Cap (13) onto the Weight Tube.

Next, press the Adapter Cap (9) into the Olympic Adapter (8), and slide the Olympic Adapter onto the Weight Tube (24). Then, tighten an M8 x 10mm Set Screw (7) into the **bottom** of the Olympic Adapter.



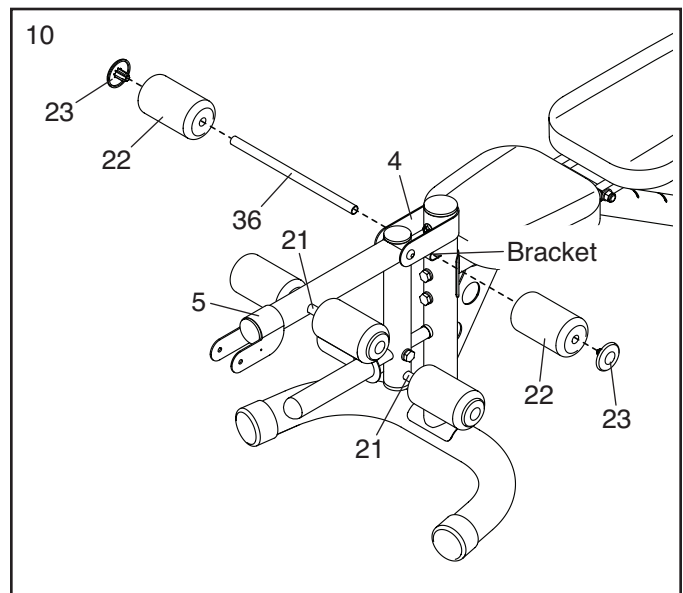
9. Apply grease to the barrel of an M10 x 77mm Bolt Set (45).

Attach the Leg Lever (5) to the Front Leg (4) with the M10 x 77mm Bolt Set (45). **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**



10. Insert the Long Pad Tube (36) into the bracket on the Front Leg (4). Then, slide two Foam Pads (22) onto the Long Pad Tube, and press two Pad Caps (23) into the Long Pad Tube.

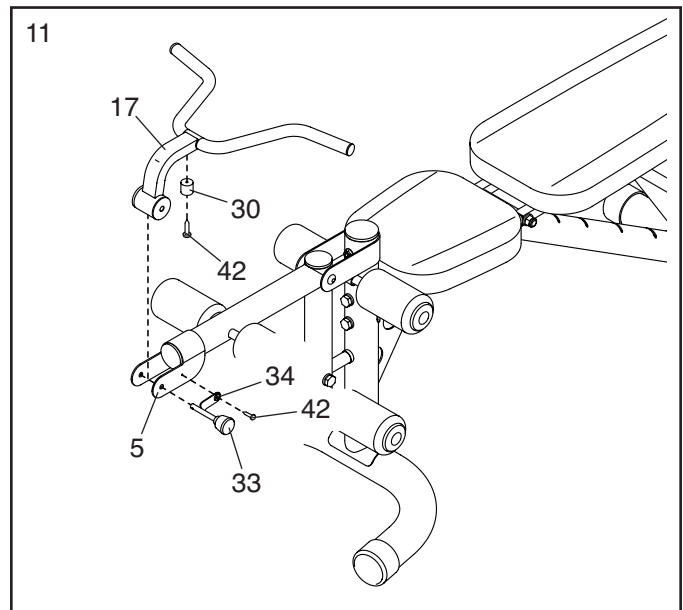
Repeat this step with the two Short Pad Tubes (21) and the Leg Lever (5).



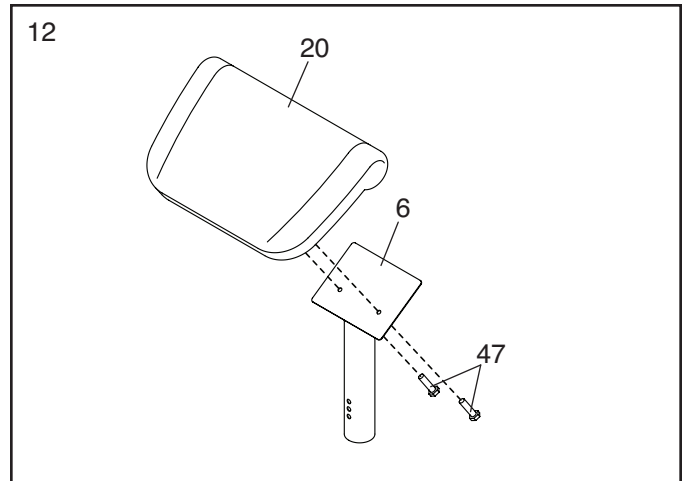
11. Attach the Bumper (30) to the Curl Bar (17) with an M4 x 19mm Screw (42).

Next, attach the Curl Bar (17) to the Leg Lever (5) with the Curl Bar Pin (33).

Then, attach the Tether (34) on the Curl Bar Pin (33) to the Leg Lever (5) with an M4 x 19mm Screw (42).



12. Attach the Curl Pad (20) to the Curl Post (6) with two M6 x 20mm Screws (47).



13. **Make sure that all parts are properly tightened before you use the weight bench.** To learn how to use the weight bench, see ADJUSTMENT below.

ADJUSTMENT

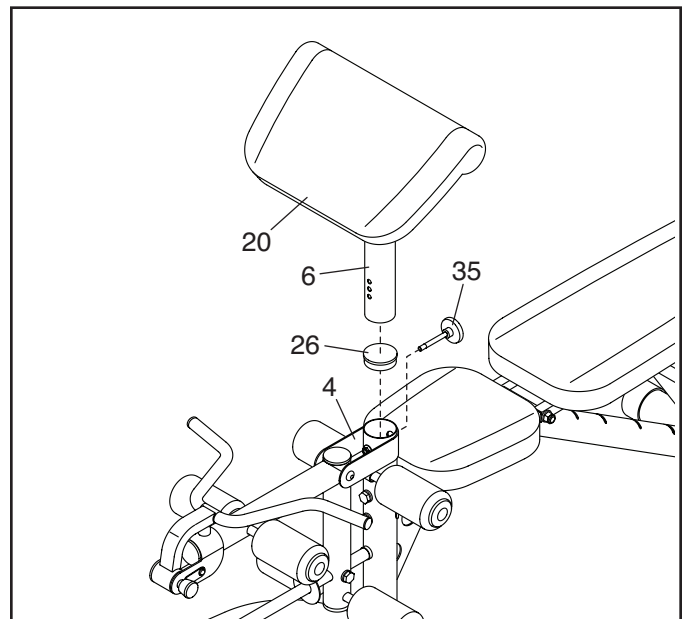
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 13 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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.**

USING THE CURL PAD

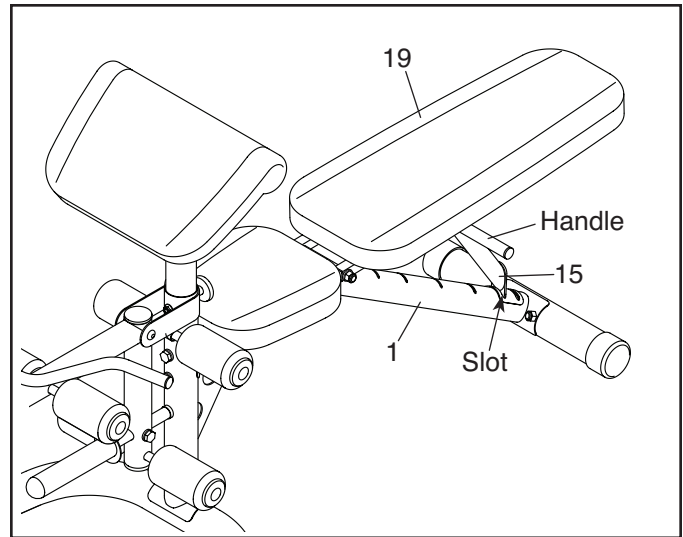
To use the Curl Pad (20), remove the 70mm Round Inner Cap (26) and insert the Curl Post (6) into the Front Leg (4). Then, tighten an Adjustment Knob (35) into the Front Leg. **Make sure that the Adjustment Knob passes through a hole in the Curl Post.**

When performing exercises that do not require the Curl Pad (20), remove the Curl Pad and reinsert the 70mm Round Inner Cap (26) into the Front Leg (4).



ADJUSTING THE BACKREST

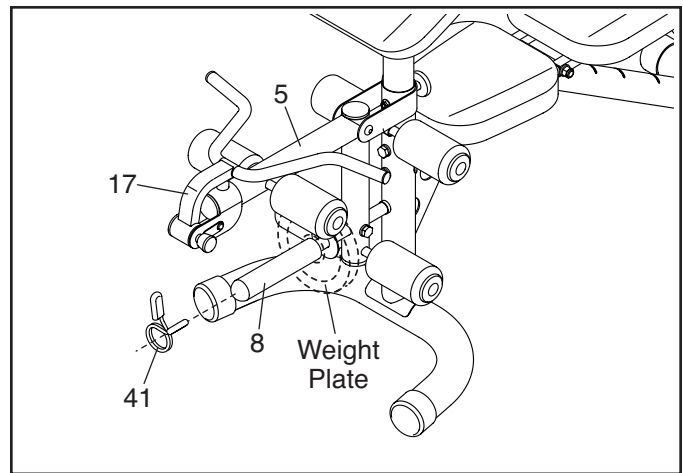
To adjust the position of the Backrest (19), lift the indicated handle on the Backrest Post (15), raise or lower the Backrest, and then set the Backrest Post in one of the slots in the Frame (1). **Make sure that the Backrest Post is fully inserted into one of the slots.**



USING THE LEG LEVER

To use the Leg Lever (5), slide a weight plate (not included) onto the Olympic Adapter (8) and secure it with the Weight Clip (41). **Note: When using the Leg Lever, remove the Curl Bar (17) (see REMOVING AND ATTACHING THE CURL BAR below).**

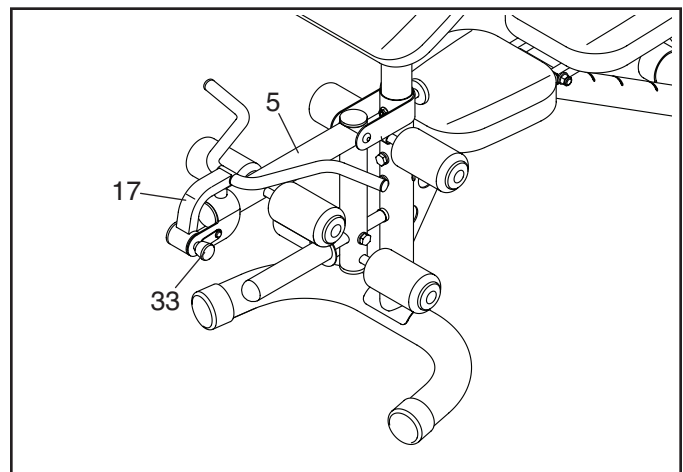
⚠️ WARNING: Do not place more than 150 lbs. (68 kg) on the Leg Lever (5).



REMOVING AND ATTACHING THE CURL BAR

When performing exercises that do not require the Curl Bar (17), pull the Curl Bar Pin (33) out of the Leg Lever (5) and remove the Curl Bar.

When attaching the Curl Bar (17), insert the Curl Bar Pin (33) completely through the Leg Lever (5).



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine 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—Tone your muscles by working 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—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. 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:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST

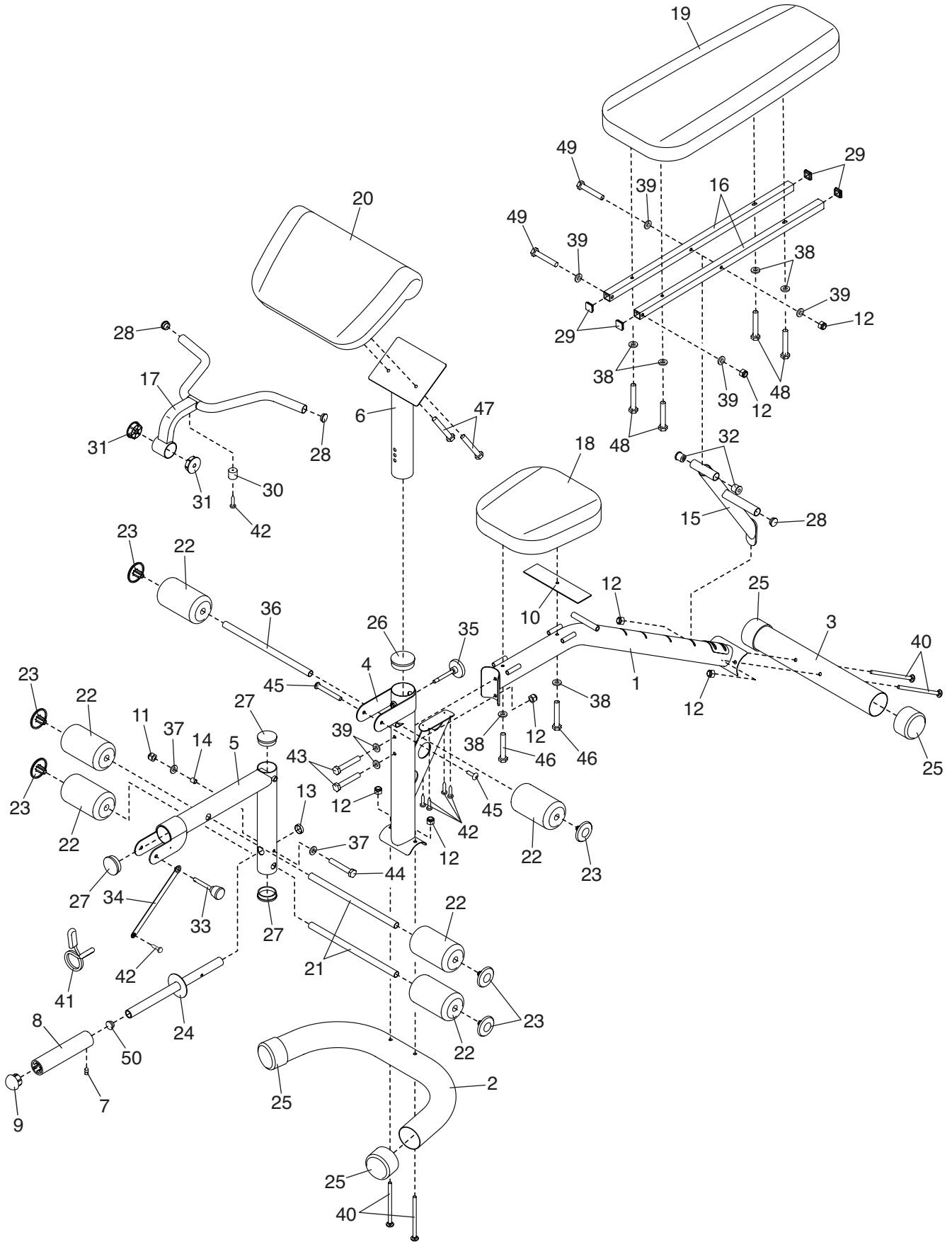
Model No. GGBE19615.0 R0515B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	28	3	25mm x 1.5mm Round Inner Cap
2	1	Front Stabilizer	29	4	25mm Square Inner Cap
3	1	Rear Stabilizer	30	1	Bumper
4	1	Front Leg	31	2	Curl Bushing
5	1	Leg Lever	32	2	Backrest Bushing
6	1	Curl Post	33	1	Curl Bar Pin
7	1	M8 x 10mm Set Screw	34	1	Tether
8	1	Olympic Adapter	35	1	Adjustment Knob
9	1	Adapter Cap	36	1	Long Pad Tube
10	1	Seat Bracket	37	2	M8 Washer
11	1	M8 Locknut	38	6	M6 Washer
12	7	M10 Locknut	39	6	M10 Washer
13	1	25mm Round Outer Cap	40	4	M10 x 90mm Carriage Bolt
14	1	Spacer	41	1	Weight Clip
15	1	Backrest Post	42	6	M4 x 19mm Screw
16	2	Backrest Frame	43	2	M10 x 85mm Bolt
17	1	Curl Bar	44	1	M8 x 70mm Bolt
18	1	Seat	45	1	M10 x 77mm Bolt Set
19	1	Backrest	46	2	M6 x 80mm Screw
20	1	Curl Pad	47	2	M6 x 20mm Screw
21	2	Short Pad Tube	48	4	M6 x 40mm Screw
22	6	Foam Pad	49	2	M10 x 165mm Bolt
23	6	Pad Cap	50	1	25mm x 2.5mm Round Inner Cap
24	1	Weight Tube	*	–	User's Manual
25	4	76mm Round Outer Cap	*	–	Exercise Guide
26	1	70mm Round Inner Cap	*	–	Grease Packet
27	3	57mm Round Inner Cap	*	–	Assembly Tool

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING

Model No. GGBE19615.0 R0515B



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 when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, 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. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813