

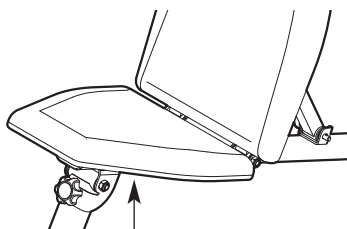
GOLD'S GYM[®] XRS

www.workoutwarehouse.com

Model No. GGBE1968.0

Serial No. _____

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



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

1-877-776-4777

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.workoutwarehouse.com

CAUTION

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

USER'S MANUAL

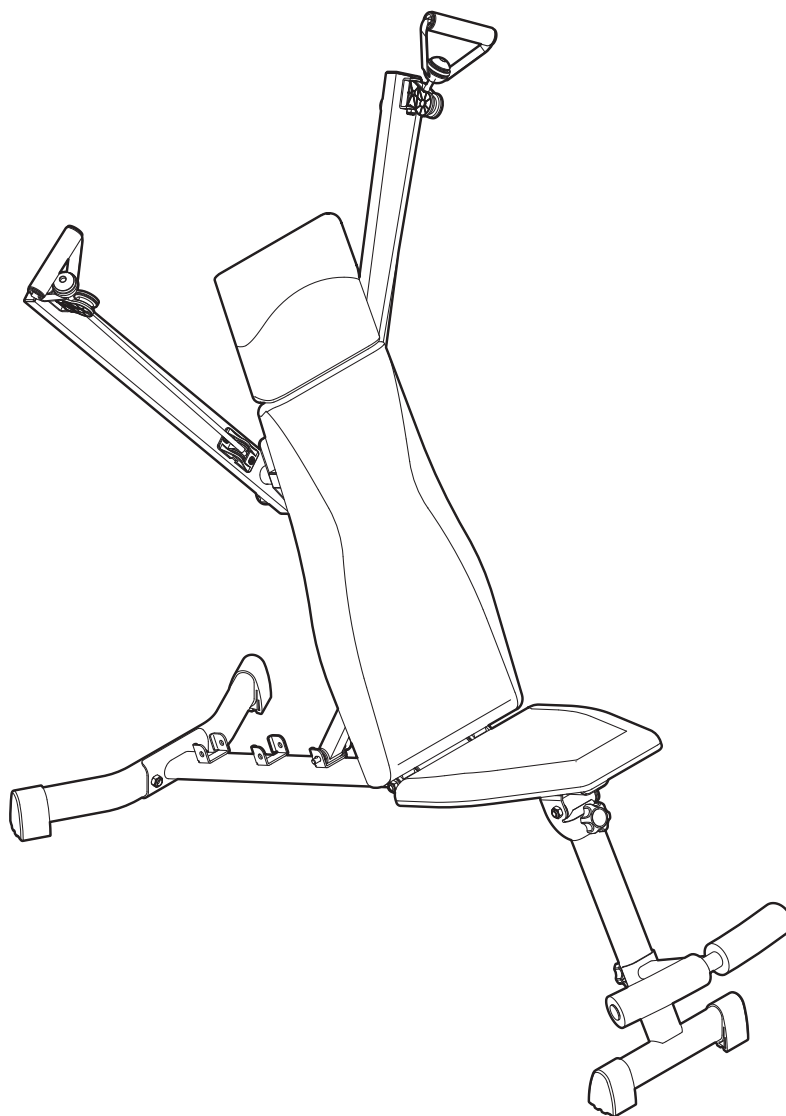


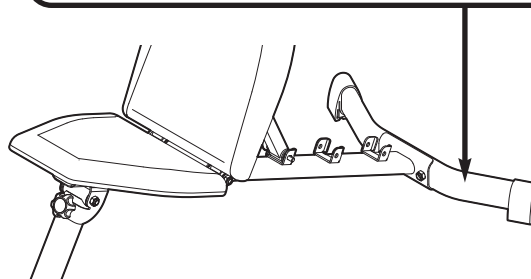
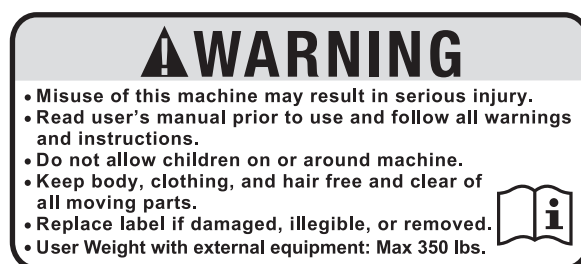
TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENT AND MAINTENANCE	7
EXERCISE GUIDELINES	9

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **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 decal in the location shown.**

Note: The decal(s) 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 the weight bench before using the weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
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 a 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. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Inspect the resistance cords for abrasions or cuts before use. Do not use the resistance cords or attempt to repair them if they are damaged.
7. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
8. Keep children under age 12 and pets away from the weight bench at all times.
9. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 350 lbs. (159 kg).
10. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use the weight bench only as described in this manual.

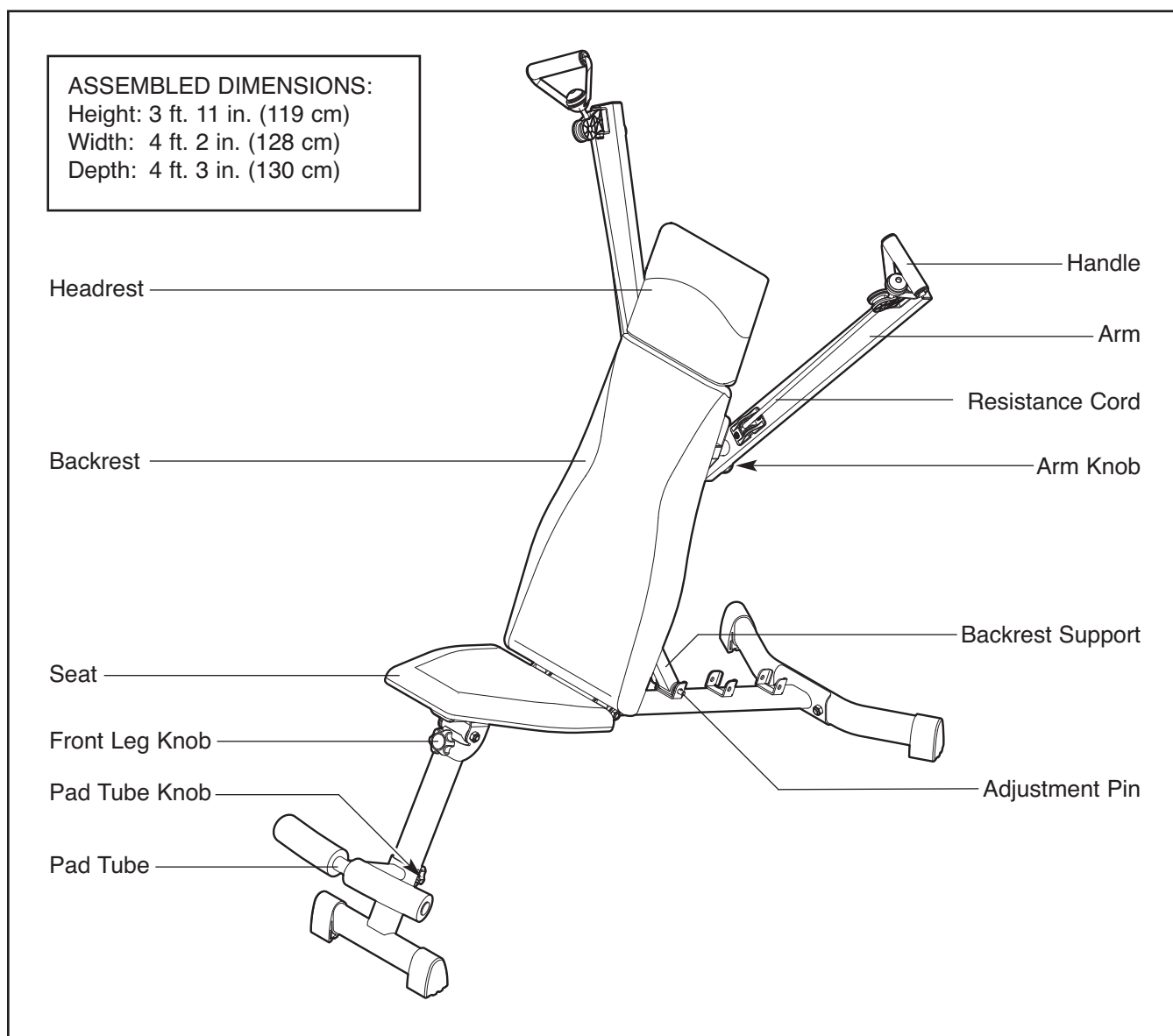
BEFORE YOU BEGIN

Thank you for purchasing the innovative GOLD'S GYM™ XRS weight bench. The XRS weight bench offers a selection of weight stations designed to develop the major muscles of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the weight bench. 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 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 familiarize yourself with the parts that are labeled in the drawing below.

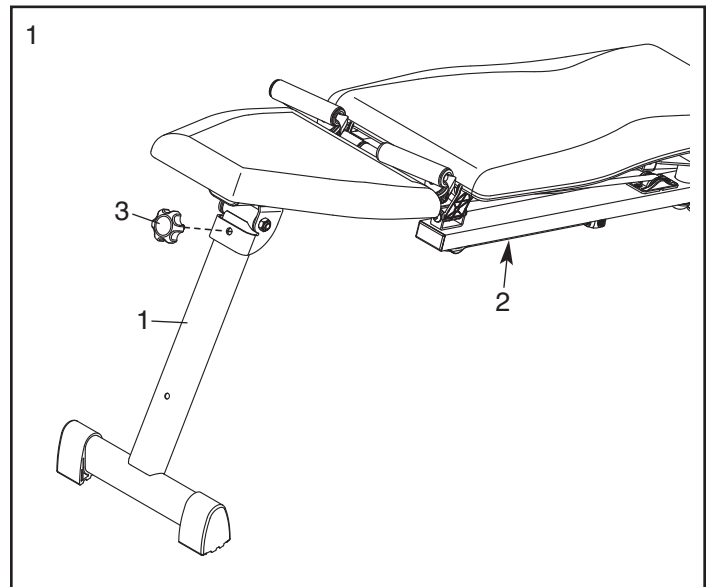


ASSEMBLY

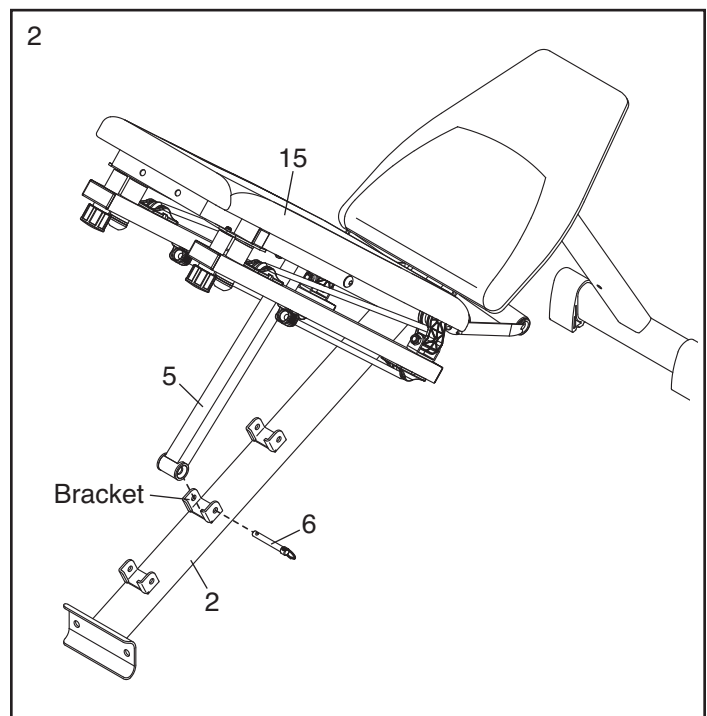
- Make sure that there is enough clearance to walk around the weight bench as you assemble it.
 - Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
 - As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
 - Tighten all parts as you assemble them, unless instructed to do otherwise.
 - Assembly requires only the included tools.
- 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. **To make assembly easier, read the information above.**

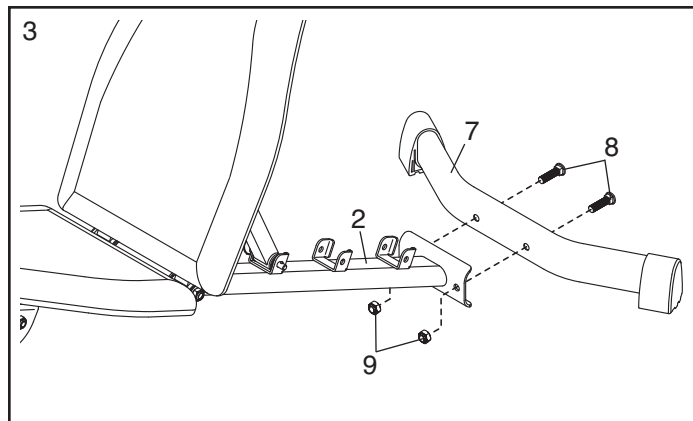
Extend the Front Leg (1) away from the Frame (2). Then, tighten the Front Leg Knob (3) into the Front Leg.



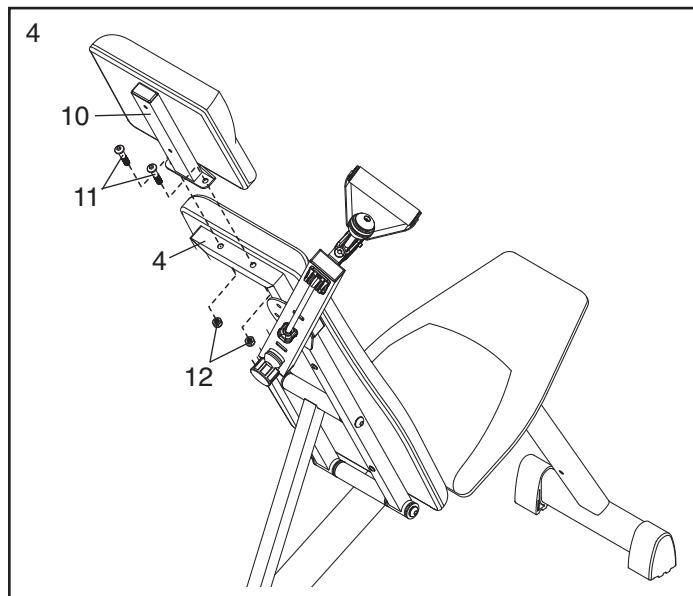
2. Raise the Backrest (15). Next, set the Backrest Support (5) in one of the three brackets on the Frame (2). Then, insert the Adjustment Pin (6) into the bracket and the Backrest Support.



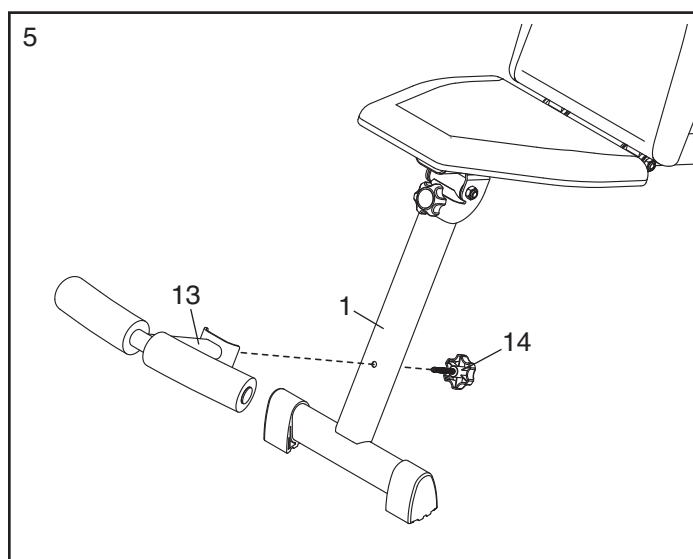
3. Attach the Rear Stabilizer (7) to the Frame (2) with two M10 x 38mm Carriage Bolts (8) and two M10 Locknuts (9).



4. Attach the Headrest Frame (10) to the Backrest Frame (4) with two M8 x 37mm Bolts (11) and two M8 Locknuts (12).



5. Attach the Pad Tube (13) to the Front Leg (1) with the Pad Tube Knob (14).



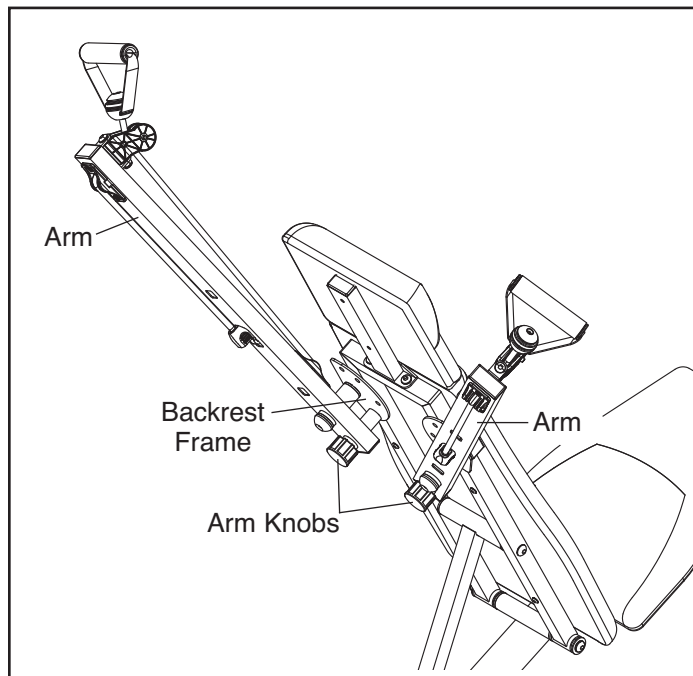
6. **Make sure that all parts are properly tightened before you use the weight bench.**

ADJUSTMENT AND MAINTENANCE

This section explains how to adjust the weight bench. Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. **Note: You can replace some parts; to order replacement parts, please see the front cover of this manual.** The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

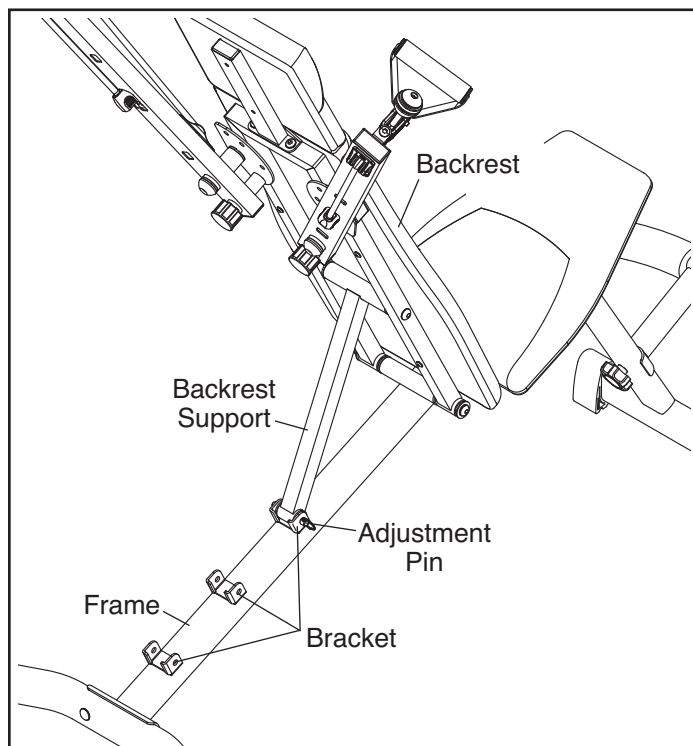
ADJUSTING THE HEIGHT OF THE ARMS

To adjust the height of the arms, pull the arm knobs, raise or lower the arms, and then slowly release the arm knobs. **Make sure that each arm knob is engaged in one of the holes in the backrest frame.**



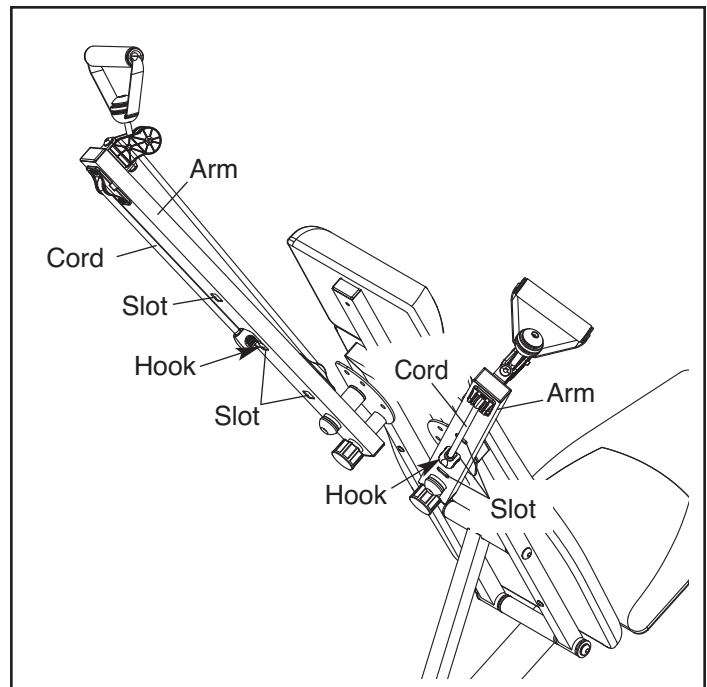
ADJUSTING THE BACKREST

To adjust the backrest, first remove the adjustment pin from the frame and the backrest support. Raise or lower the backrest, and set the backrest support in one of the three brackets on the frame. Then, insert the adjustment pin into the bracket and the backrest support.



ADJUSTING THE RESISTANCE

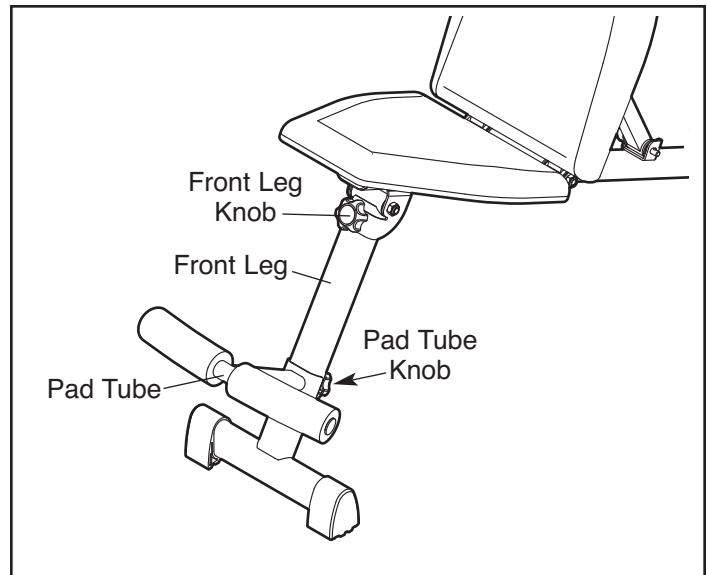
To adjust the amount of resistance, pull downward on a cord and unhook it from the slot. Then, insert the hook on the cord into a different slot.



STORING THE WEIGHT BENCH

Lower the arms and the backrest to the lowest position (see page 7). Next, remove the pad tube knob and the pad tube from the front leg. Then, remove the front leg knob and fold the front leg.

Note: Store the knobs in a secure place.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program 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 appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool 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 workout to workout.

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 way 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. See 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 stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke 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.

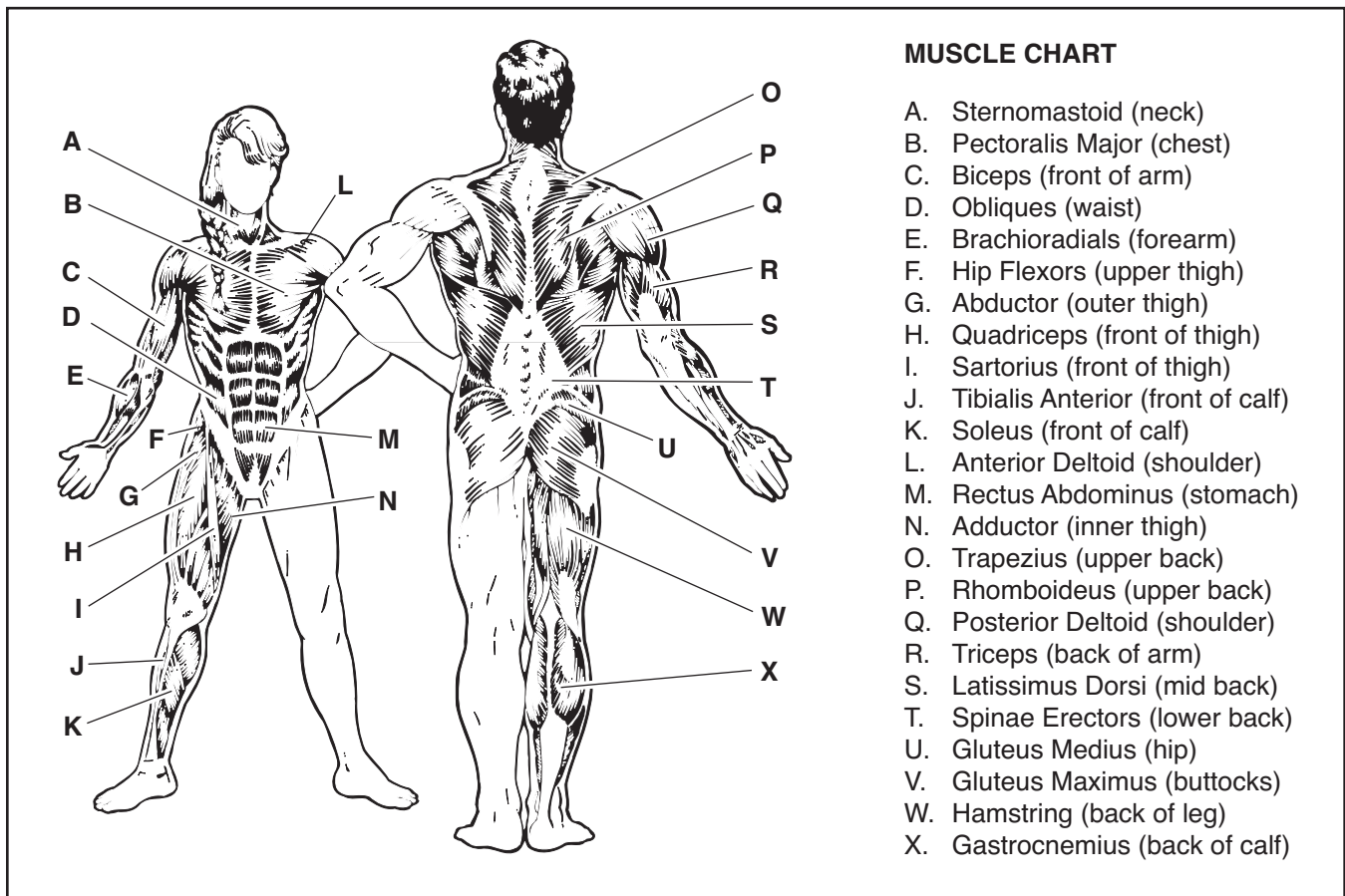
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

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. Write 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. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

