

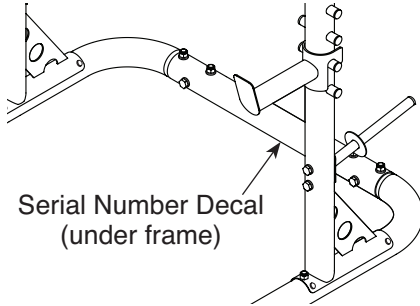
GOLD'S GYM®

www.workoutwarehouse.com

Model No. GGBE20615.0

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

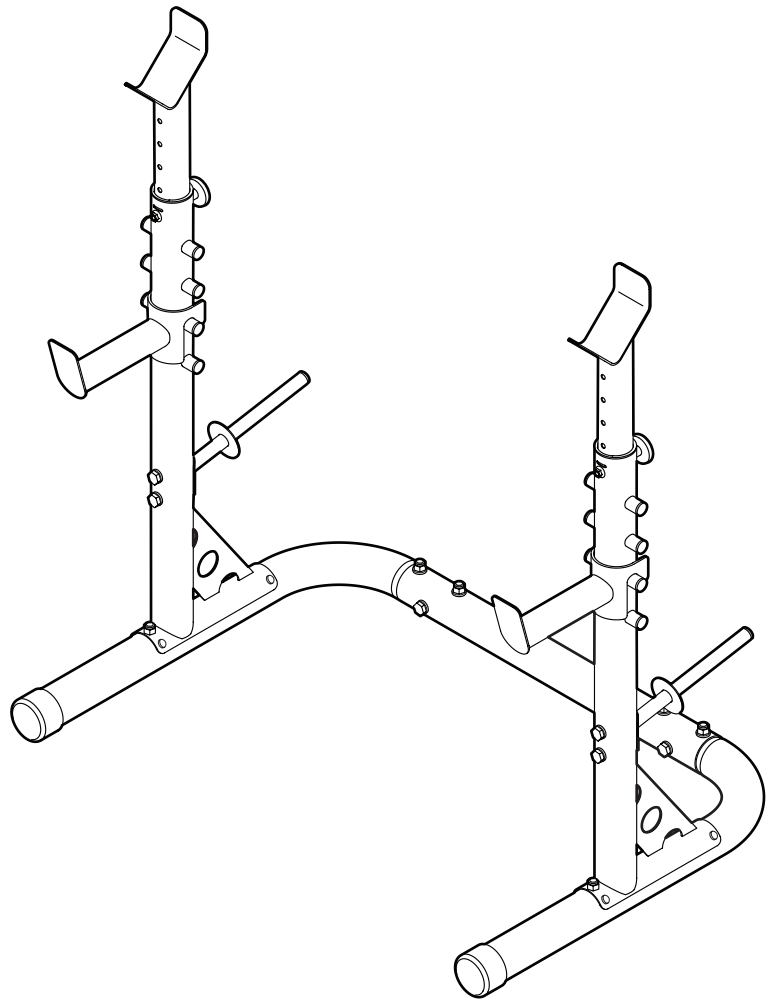
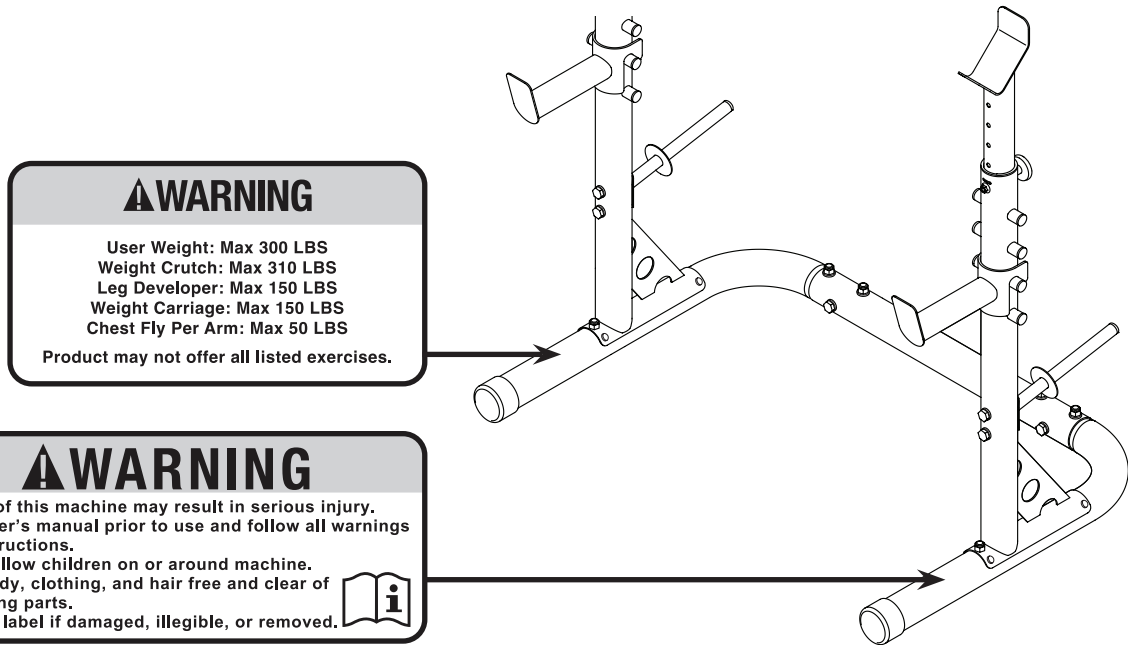


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WARNING DECAL PLACEMENT

The decals shown here have been applied to the weight rack. **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 the weight rack before using the weight rack. 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 rack 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 rack only as described in this manual.
4. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
5. Keep the weight rack indoors, away from moisture and dust. Place the weight rack 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 rack to mount, dismount, and use it.
6. Inspect and properly tighten all parts each time the weight rack is used. Replace any worn parts immediately.
7. Keep children under 12 and pets away from the weight rack at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight rack. Always wear athletic shoes for foot protection.
9. Make sure that the knobs are fully engaged before you use the weight rack.
10. The weight rack 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 rack with more than 310 lbs. (141 kg) of weight. Note: The weight rack does not include a barbell or 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.**



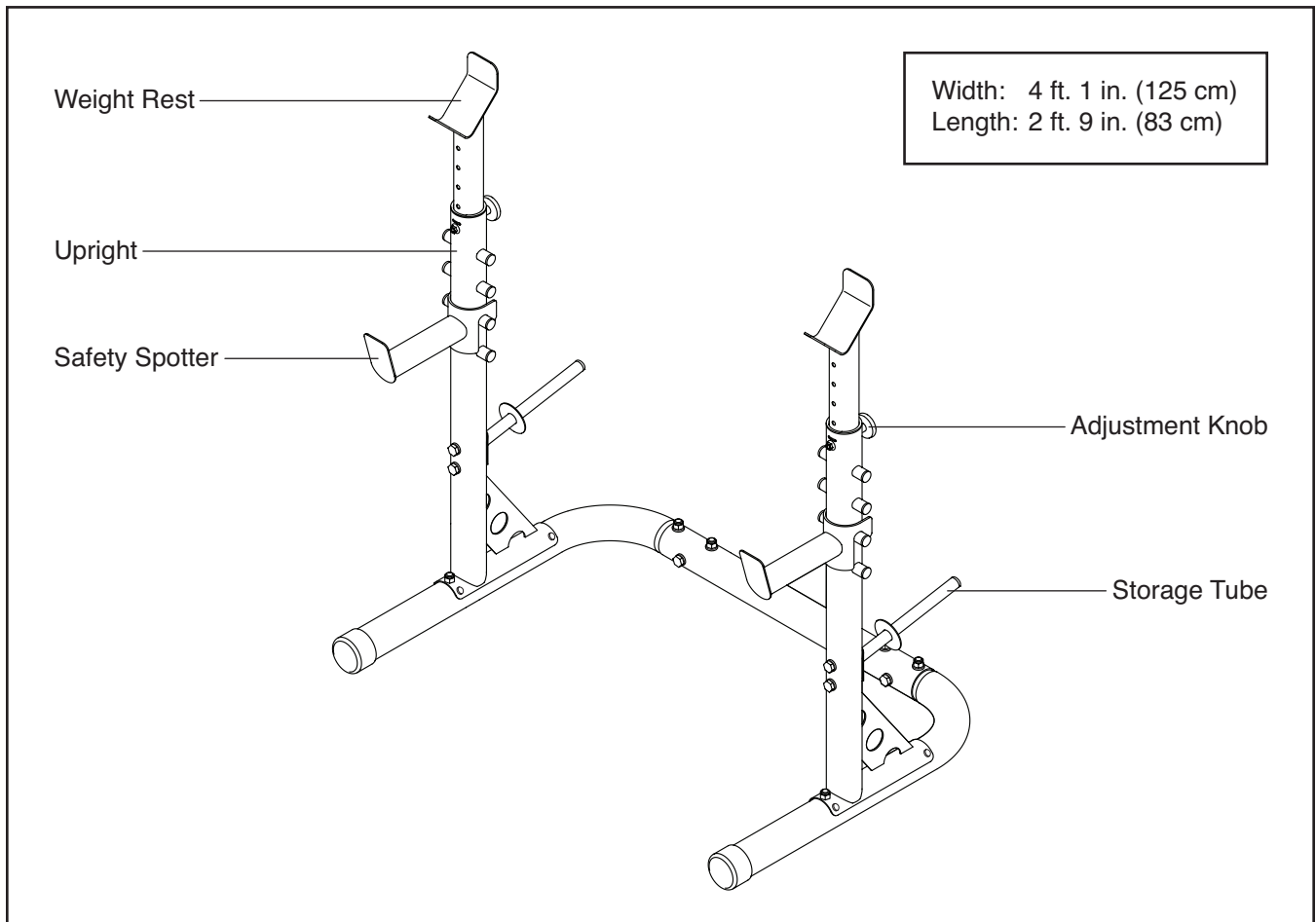
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XRS 20 weight rack. The weight rack is designed to be used with your weight bench (not included) to offer a selection of exercises 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 rack will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight 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 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.



ASSEMBLY

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

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

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

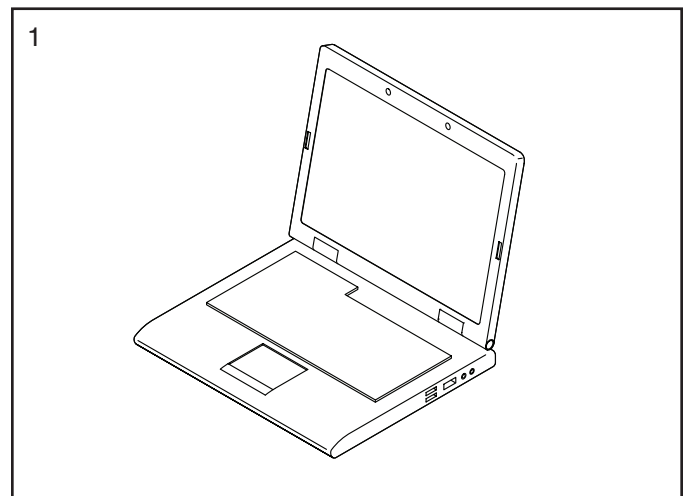
one Phillips screwdriver 

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

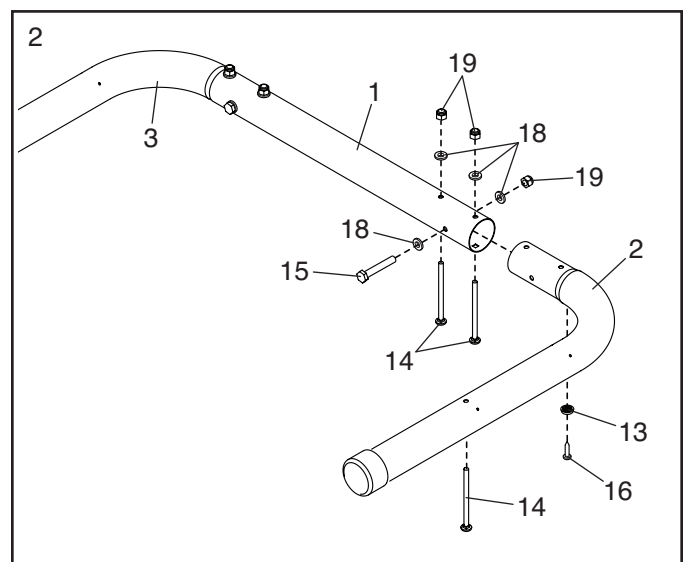
Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.



2. Attach a Foot (13) to the Left Upright Base (2) with an M5 x 19mm Screw (16). Next, insert an M10 x 90mm Carriage Bolt (14) upward into the Left Upright Base.

Attach the Left Upright Base (2) to the Base (1) with two M10 x 90mm Carriage Bolts (14), an M10 x 90mm Bolt (15), four M10 Washers (18), and three M10 Locknuts (19) as shown; **do not tighten the Locknuts yet.**

Repeat this step for the Right Upright Base (3).

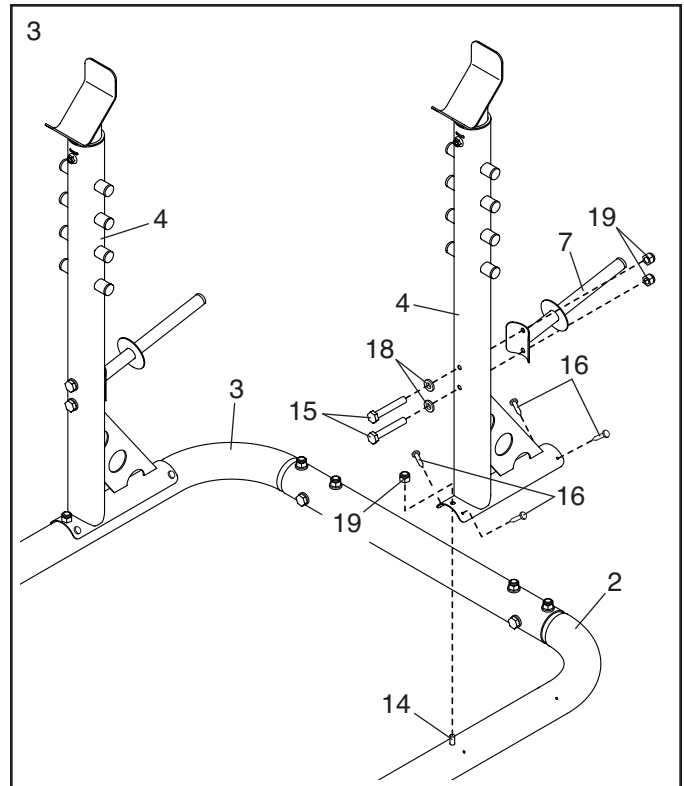


3. Attach a Storage Tube (7) to an Upright (4) with two M10 x 90mm Bolts (15), two M10 Washers (18), and two M10 Locknuts (19).

Attach the Upright (4) to the Left Upright Base (2) with the M10 x 90mm Carriage Bolt (14), four M5 x 19mm Screws (16), and an M10 Locknut (19).

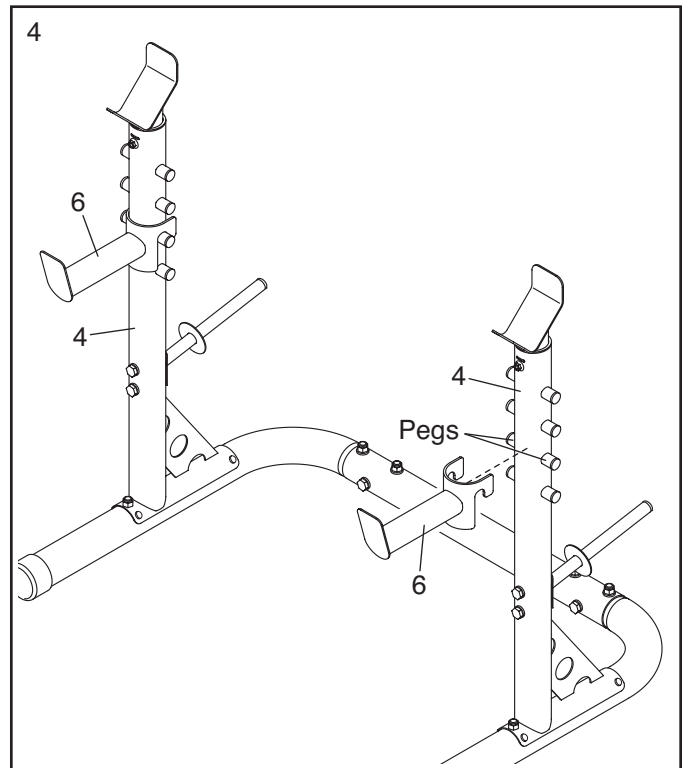
Repeat this step for the other Upright (4) and the Right Upright Base (3).

See step 2. Tighten all of the M10 Locknuts (19).



4. Set a Safety Spotter (6) on a set of pegs on the left Upright (4).

Set the other Safety Spotter (6) on a set of pegs on the right Upright (4). **Make sure that both Safety Spotters are at the same height.**



5. **Make sure that all parts are properly tightened before you use the weight rack.** To learn how to use the weight rack, see ADJUSTMENT on page 8.

ADJUSTMENT

This section explains how to adjust the weight rack. See the EXERCISE GUIDELINES on page 9 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.

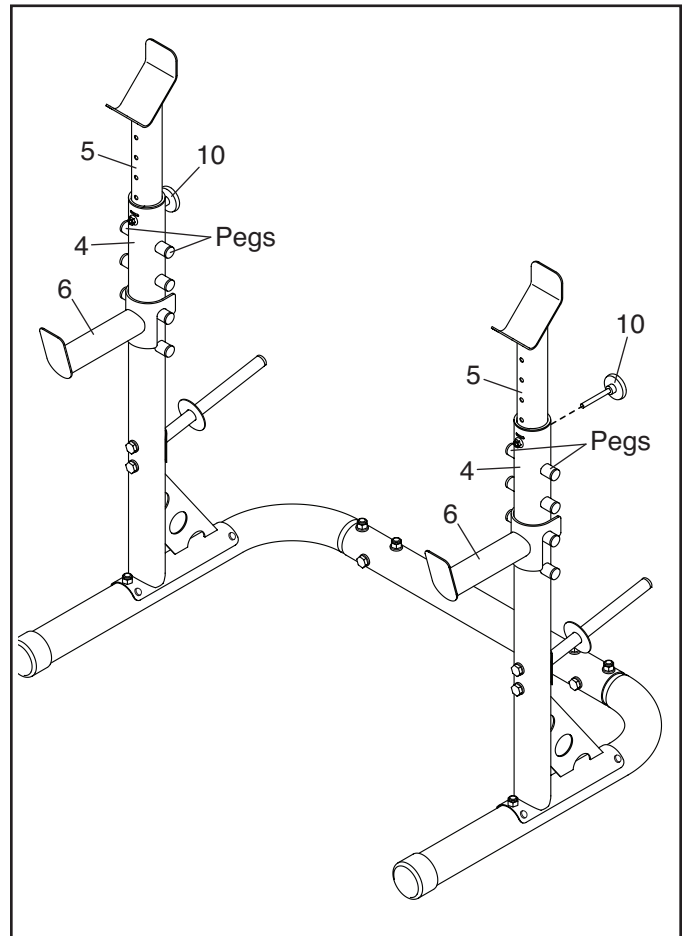
Make sure that all parts are properly tightened each time you use the weight rack. Replace any worn parts immediately. The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

ADJUSTING THE WEIGHT RESTS AND THE SAFETY SPOTTERS

To adjust the height of the Weight Rests (5), raise the Weight Rests to the desired height and tighten the Adjustment Knobs (10) into the Uprights (4). **Make sure that the Weight Rests are at the same height and that the Adjustment Knobs are fully tightened into the Uprights.**

To adjust the height of the Safety Spotters (6), move the Safety Spotters to a different set of pegs on the Uprights (4). **Make sure that the Safety Spotters are at the same height.**

⚠ WARNING: Do not place more than 310 lbs. (141 kg) on the Weight Rests (5). Always set both Weight Rests at the same height and make sure that the Adjustment Knobs (10) are fully tightened.



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. GGBE20615.0 R0515B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	13	2	Foot
2	1	Left Upright Base	14	6	M10 x 90mm Carriage Bolt
3	1	Right Upright Base	15	6	M10 x 90mm Bolt
4	2	Upright	16	10	M5 x 19mm Screw
5	2	Weight Rest	17	4	M4 x 19mm Screw
6	2	Safety Spotter	18	12	M10 Washer
7	2	Storage Tube	19	12	M10 Locknut
8	2	76mm Round Outer Cap	*	–	User's Manual
9	18	25mm Round Inner Cap	*	–	Exercise Guide
10	2	Adjustment Knob	*	–	Grease Packet
11	2	Upright Bushing	*	–	Assembly Tool
12	2	Upright Spacer			

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.

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