

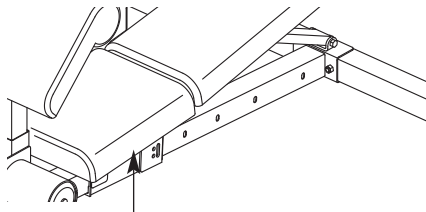
GOLD'S GYM®

PRO SERIES GB 2000

Model No. GGBE2564.0

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 a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

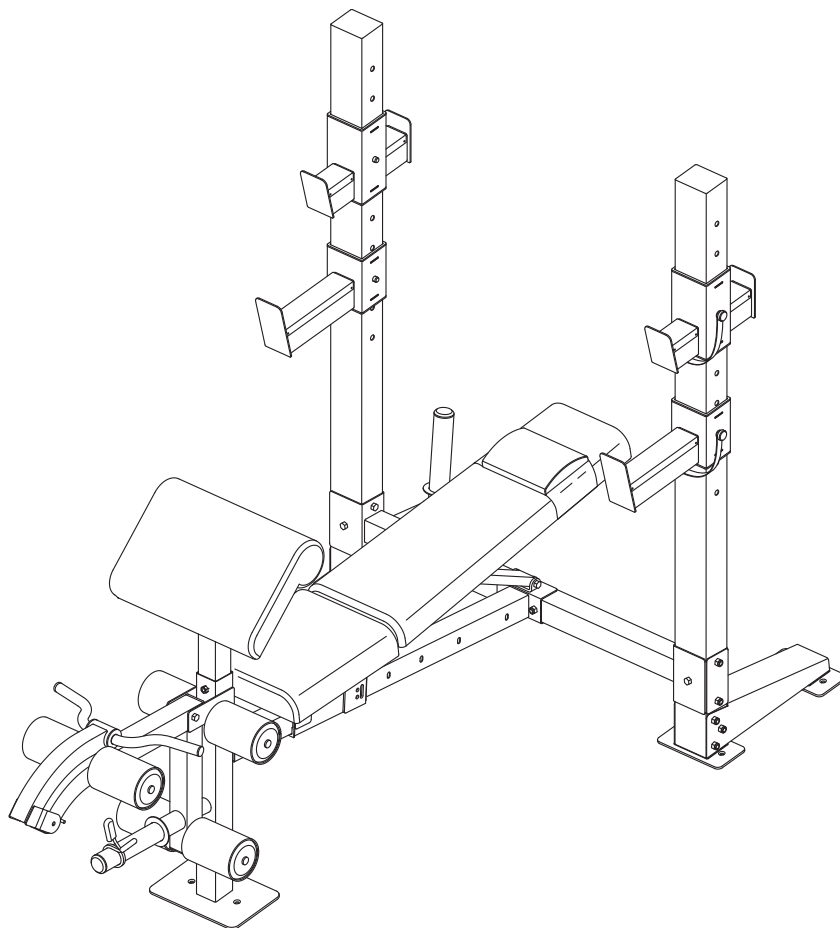
CALL TOLL-FREE:

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.

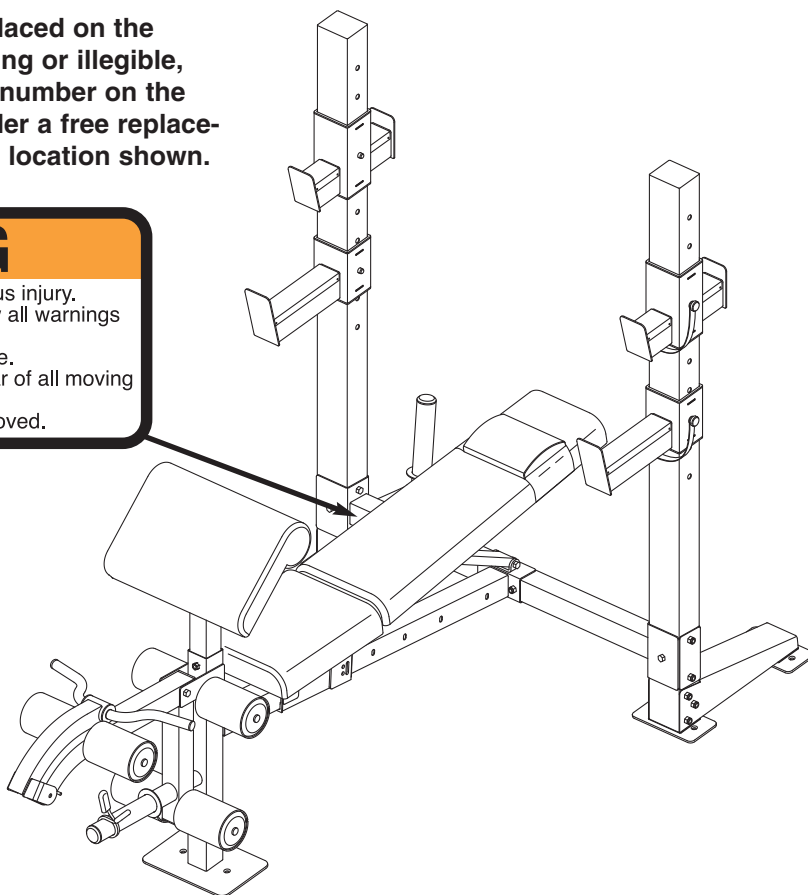
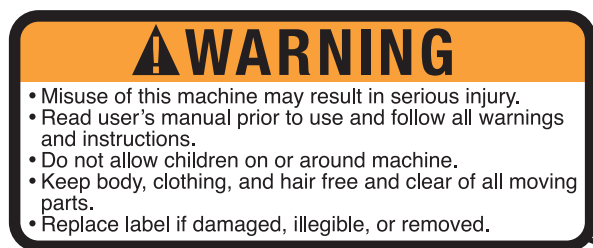
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please 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.



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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 and all warnings on the weight bench 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. 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 the weight bench.
5. Keep children under 12 and pets away from the weight bench at all times.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Always make sure that the pins and knobs are fully engaged before the weight bench is used.
8. Wear appropriate clothes when exercising. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 610 pounds. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the leg lever. Note: The weight bench does not include a barbell or weights.
10. 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

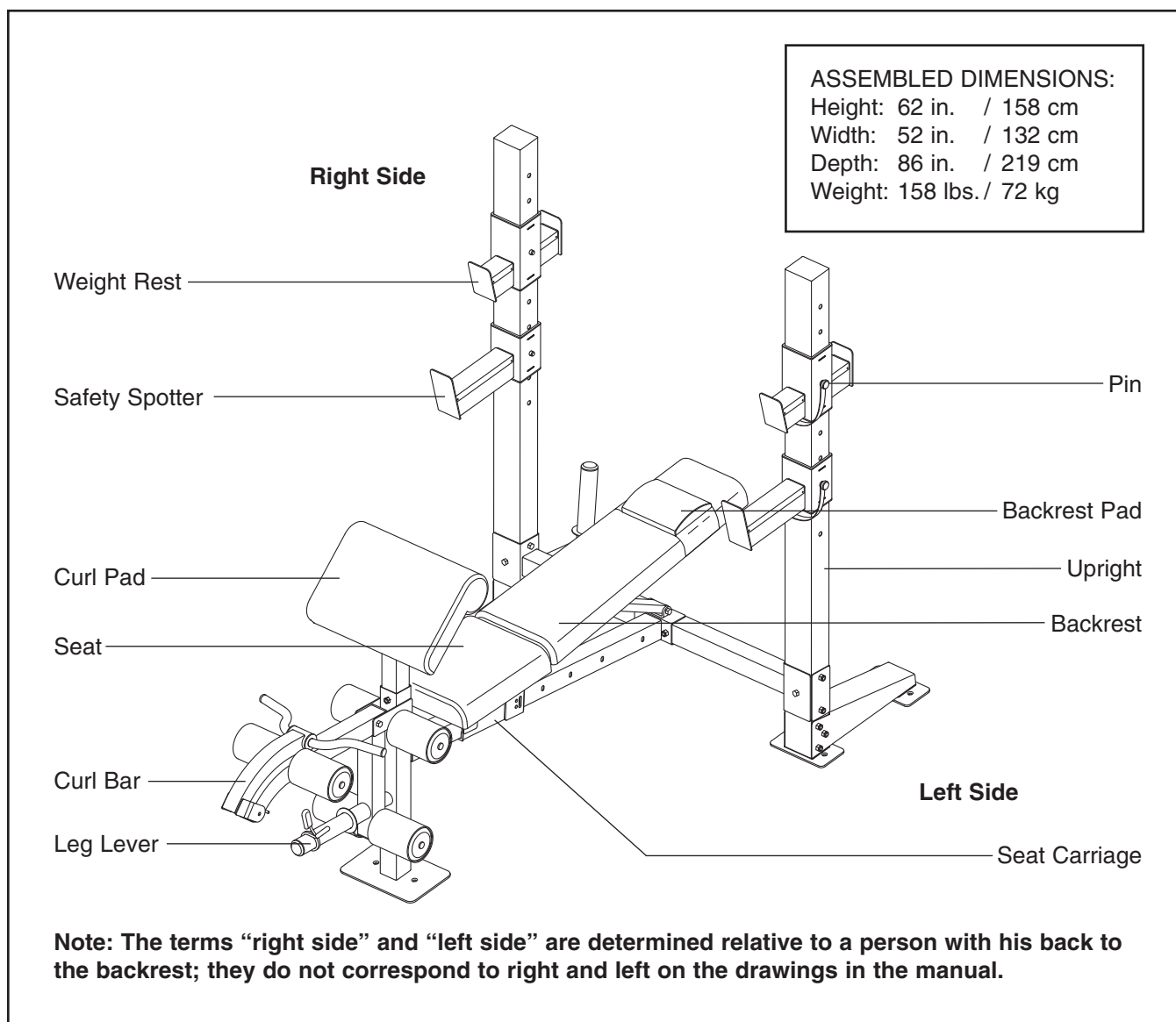
Thank you for selecting the versatile GOLD'S GYM® PRO SERIES GB 2000 weight bench. The weight bench offers a selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular 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, see the front cover of this manu-

al. To help us assist you, please note the product model number and serial number before calling. The model number is GGBE2564.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.goldsgympowerflex.com/registration.

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 almost anyone. However, the weight bench has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.

To hire an authorized service technician to assemble the weight bench, call toll-free 1-800-445-2480.

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

- Because of its weight and size, the weight bench should be assembled in the location where it will be used. 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.

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

In addition to the included hex key(s)  and grease, assembly may require the following tools (not included):

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape, and soapy water.

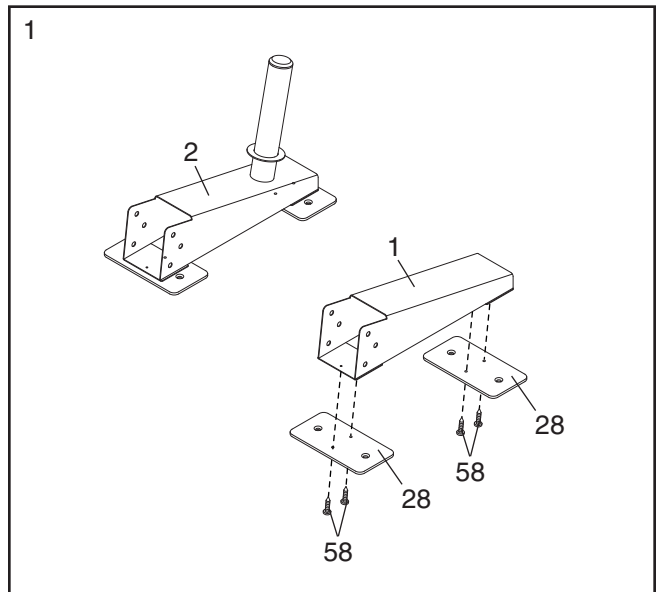
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

Before beginning assembly, make sure that you have read and understand the information in the box above. Refer to the PART IDENTIFICATION CHART for help identifying small parts.

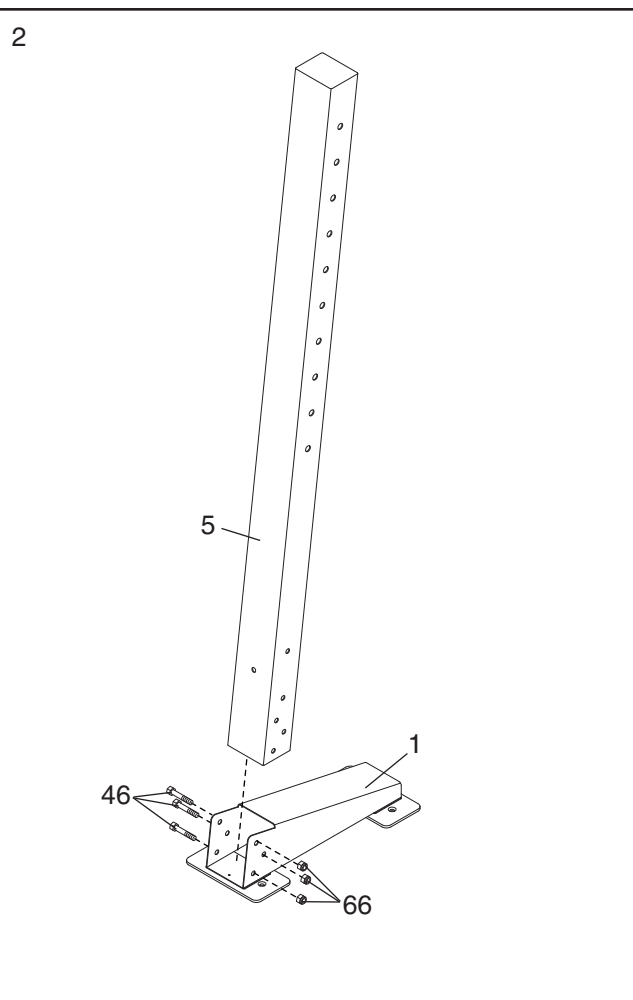
Attach two Base Foot Plates (28) to the Upright Base (1) with four M4 x 16mm Screws (58).

Repeat this step with the Storage Tube Base (2).



2. Attach an Upright (5) to the Upright Base (1) with three M10 x 117mm Button Bolts (46) and three M10 Nylon Locknuts (66). **Do not tighten the Locknuts yet.**

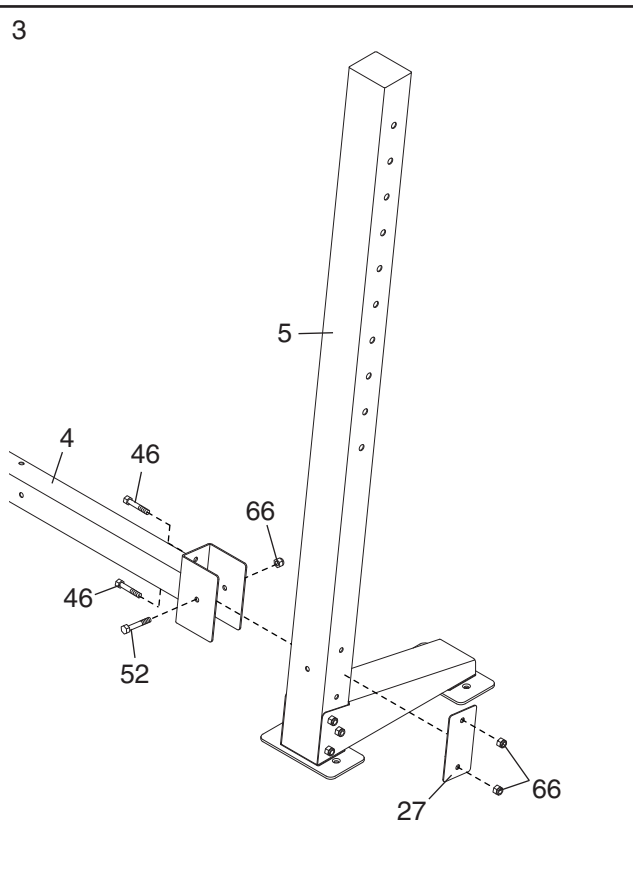
Repeat this step with the Storage Tube Base (not shown).



3. Orient the Center Frame (4) so that the warning decal is in the position shown on page 2 of this manual.

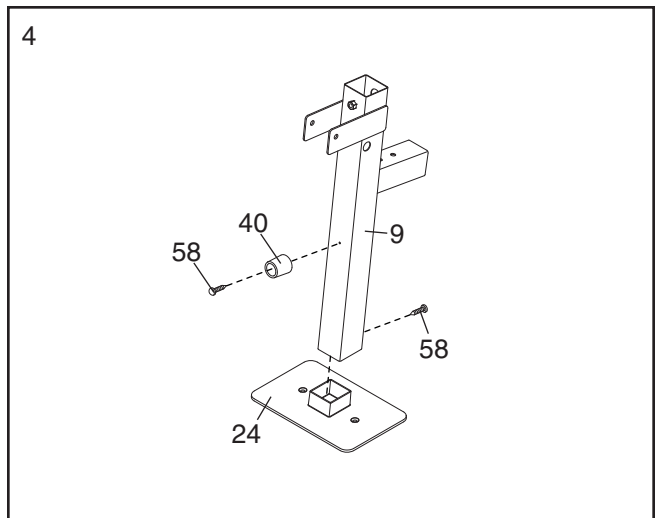
Attach the Center Frame (4) to the indicated Upright (5) with an M10 x 94mm Button Bolt (52), two M10 x 117mm Button Bolts (46), a Large Support Plate (27), and three M10 Nylon Locknuts (66). **Do not tighten the Locknuts yet.**

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



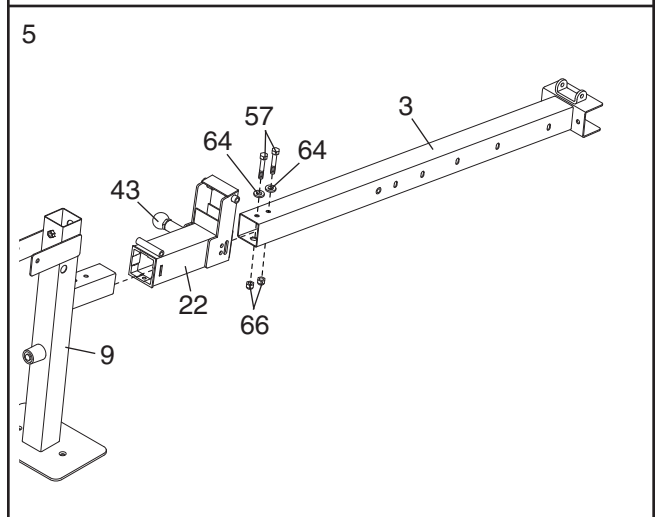
4. Attach the Bumper (40) to the Front Leg (9) with an M4 x 16mm Screw (58).

Attach the Front Foot Plate (24) to the Front Leg (9) with an M4 x 16mm Screw (58).



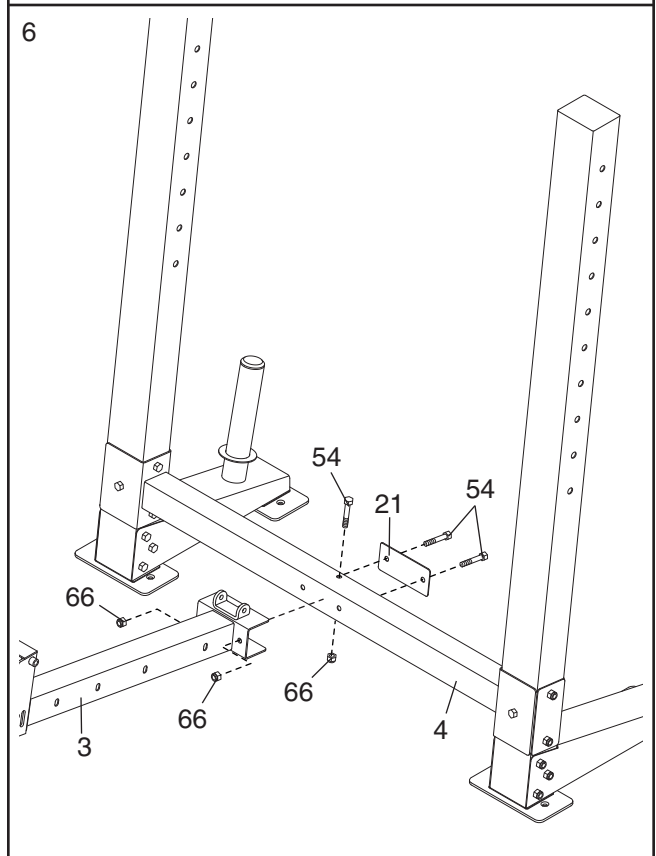
5. Orient the Seat Carriage (22) and the Bench Frame (3) as shown. Pull the Knob (43) out and slide the Seat Carriage onto the Bench Frame. **Engage the Knob into a hole in the Bench Frame.**

Attach the Bench Frame (3) to the Front Leg (9) with two M10 x 73mm Bolts (57), two M10 Washers (64), and two M10 Nylon Locknuts (66). **Make sure that the Locknuts are inside the hexagonal holes in the bottom of the Bench Frame. Do not tighten the Locknuts yet.**



6. Attach the Bench Frame (3) to the Center Frame (4) with three M10 x 82mm Button Bolts (54), a Small Support Plate (21), and three M10 Nylon Locknuts (66).

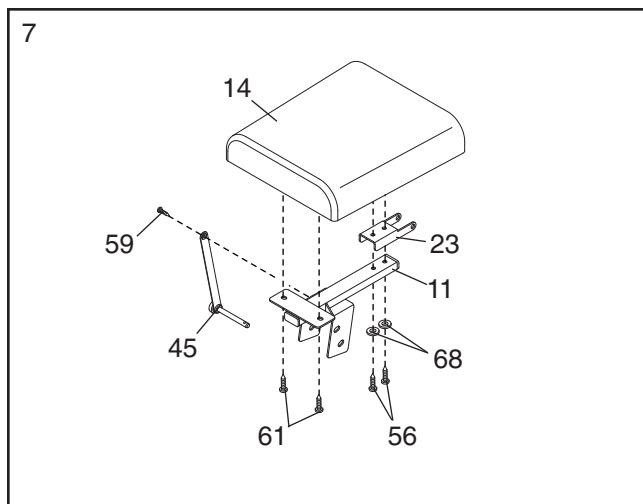
Tighten the M10 Nylon Locknuts (66) used in steps 2–6.



7. Attach the Medium Pin (45) to the Seat Frame (11) with an M4 x 12mm Screw (59).

Attach the Seat (14) and the Seat Frame Pivot (23) to the Seat Frame (11) with two M6 x 35mm Screws (56) and two M6 Washers (68).

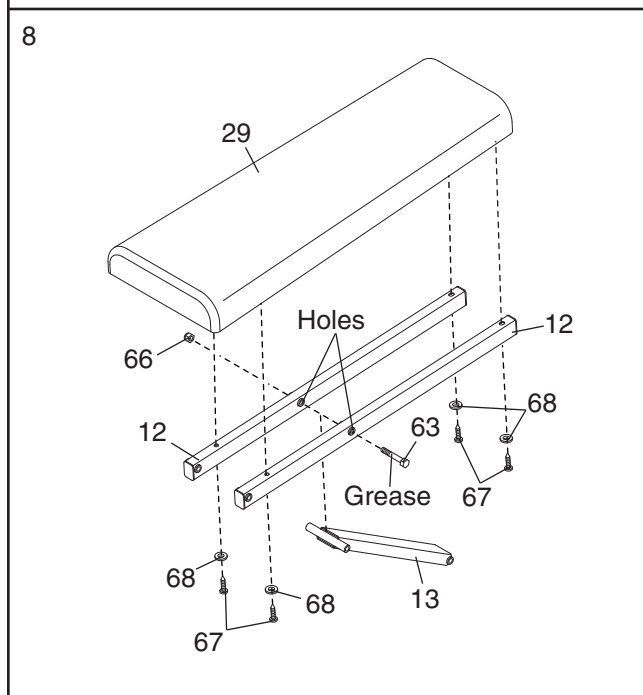
Attach the Seat (14) to the Seat Frame (11) with two M6 x 16mm Screws (61).



8. Orient the Backrest Frames (12) so that the indicated holes are closer to the top of the Frames.

Grease an M10 x 182mm Button Bolt (63). Attach the Backrest Support (13) between the Backrest Frames (12) with the Button Bolt and an M10 Nylon Locknut (66). **Do not overtighten the Locknut; the Backrest Support must be able to pivot easily.**

Attach the Backrest (29) to the Backrest Frames (12) with four M6 x 47mm Screws (67) and four M6 Washers (68). **Do not tighten the Screws yet.**

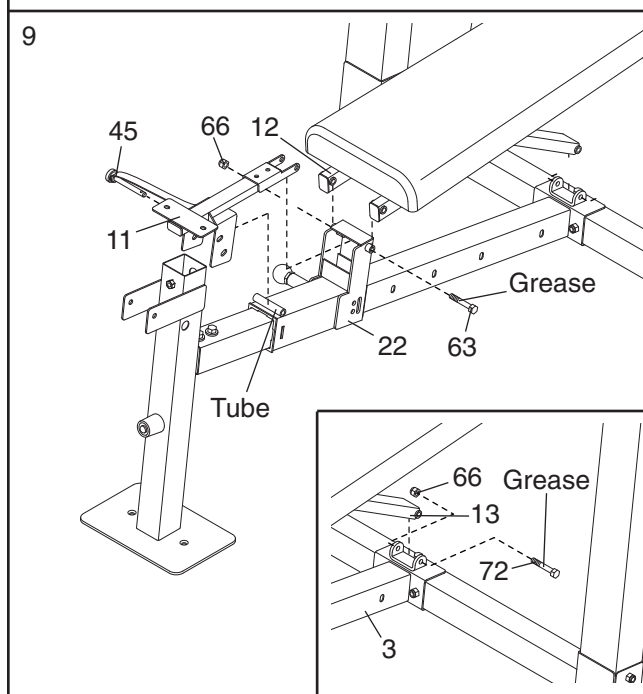


9. Grease an M10 x 182mm Button Bolt (63). Attach the Seat Frame (11) and the Backrest Frames (12) to the Seat Carriage (22) with the Button Bolt and an M10 Nylon Locknut (66). **Do not overtighten the Locknut; the Seat Frame and the Backrest Frames must be able to pivot easily.**

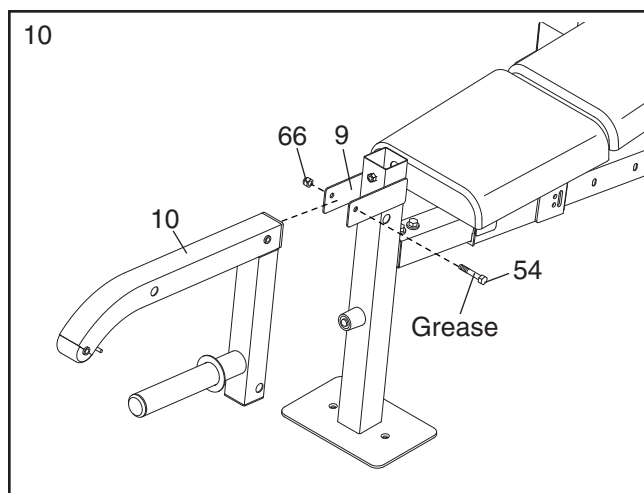
Insert the Medium Pin (45) through a hole in the Seat Frame (11) and the tube on the Seat Carriage (22).

See the inset drawing. Grease an M10 x 82mm Hex Bolt (72). Attach the Backrest Support (13) to the Bench Frame (3) with the Button Bolt and an M10 Nylon Locknut (66). **Do not overtighten the Locknut; the Backrest Support must be able to pivot easily**

Tighten the four M6 x 47mm Screws (67) used in step 8.

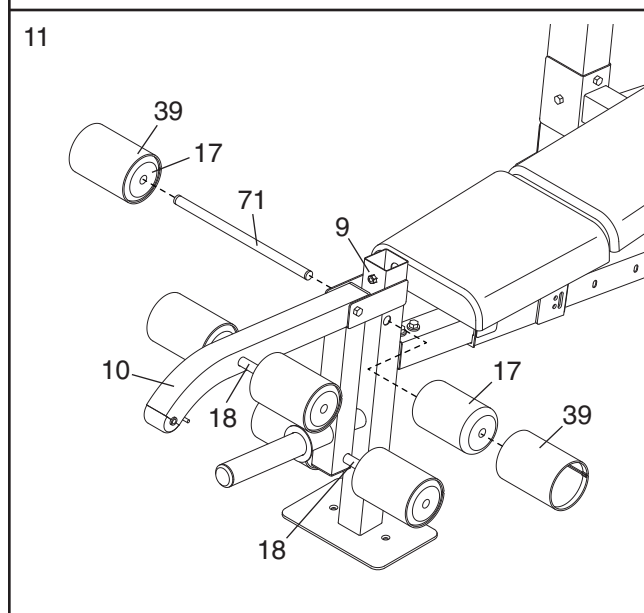


10. Grease an M10 x 82mm Button Bolt (54). Attach the Leg Lever (10) to the Front Leg (9) with the Button Bolt and an M10 Nylon Locknut (66). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



11. Insert a Long Pad Tube (71) into the Front Leg (9). Slide two Round Pads (17), with Pad Covers (39), onto the Pad Tube.

Repeat this step with the two Short Pad Tubes (18) and the Leg Lever (10).

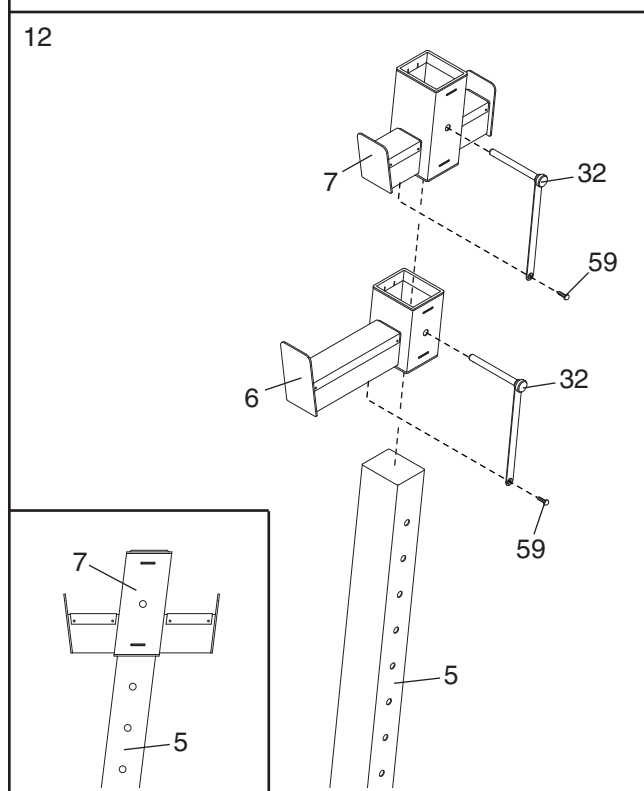


12. Attach a Long Pin (32) to a Weight Rest (7) with an M4 x 12mm Screw (59). **Repeat with the other Weight Rest and two Safety Spotters (6).**

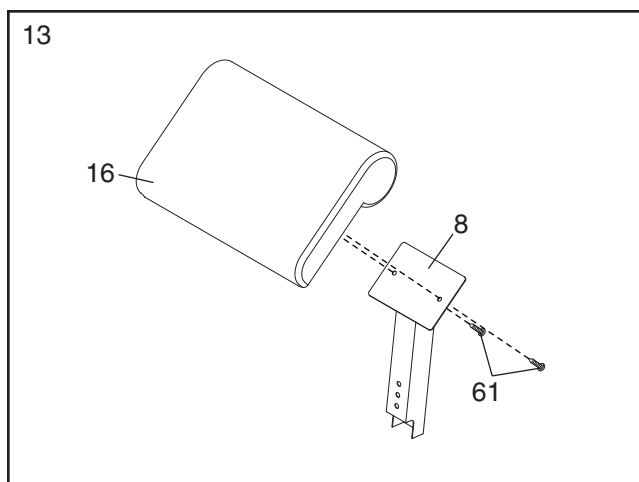
Slide a Safety Spotter (6) onto an Upright (5) as shown. Engage the Long Pin (32) into the Safety Spotter and the Upright. **Make sure that the Long Pin is on the outside of the weight bench.**

Repeat this step with the other Safety Spotter (6) and the two Weight Rests (7). Make sure the Weight Rests are oriented as shown in the inset drawing.

Always set both Safety Spotters (6) and both Weight Rests (7) at the same height.



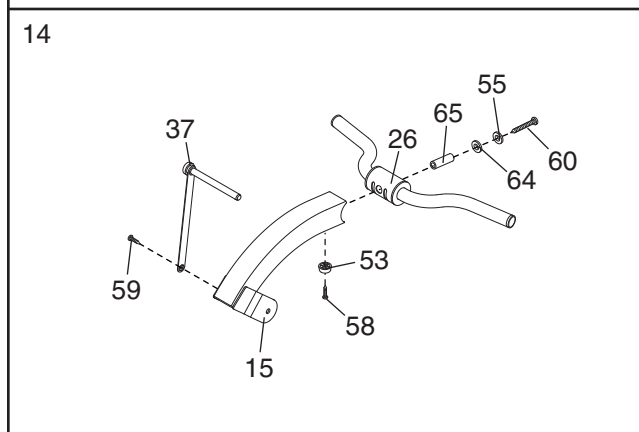
13. Attach the Curl Pad (16) to the Curl Post (8) with two M6 x 16mm Screws (61).



14. Attach the Short Pin (37) to the Curl Bar Frame (15) with an M4 x 12mm Screw (59).

Attach a Curl Bar Bumper (53) to the Curl Bar Frame (15) with an M4 x 16mm Screw (58).

Attach the Curl Bar Tube (26) to the Curl Bar Frame (15) with an M10 x 68mm Button Screw (60), an M10 Split Washer (55), an M10 Washer (64), and a 50mm Spacer (65).



15. Make sure all parts are properly tightened before using the weight bench. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

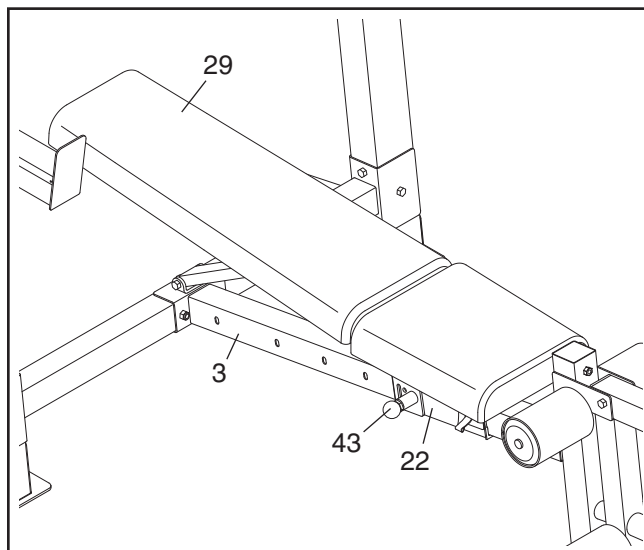
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 14 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 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.

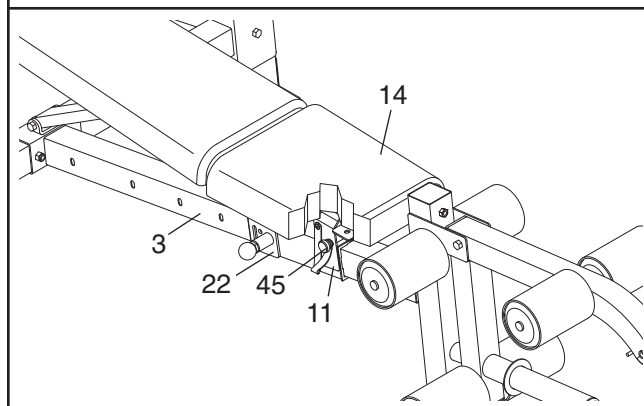
ADJUSTING THE BACKREST

To adjust the position of the Backrest (29), pull out the Knob (43) on the Seat Carriage (22) as far as it will go. Slide the Seat Carriage along the Bench Frame (3) until the Backrest is in the desired position. Engage the Knob into a hole in the Bench Frame.



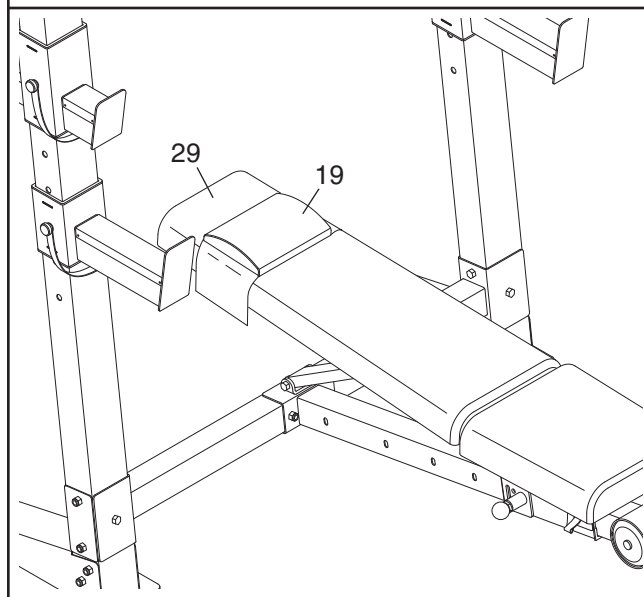
ADJUSTING THE SEAT

To adjust the position of the Seat (14), first remove the Medium Pin (45). Then, raise or lower the Seat and reengage the Medium Pin into the Seat Frame (11) and the tube on the Bench Frame (3).



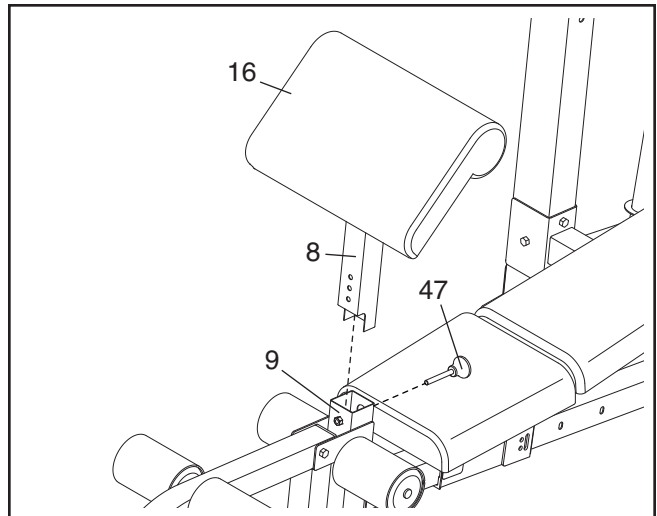
ADJUSTING THE BACKREST PAD

Set the Backrest Pad (19) onto the Backrest (29) in the desired position. Wrap the ends of the Pad under the Backrest and use the hook and loop fastener strips to hold it in place.



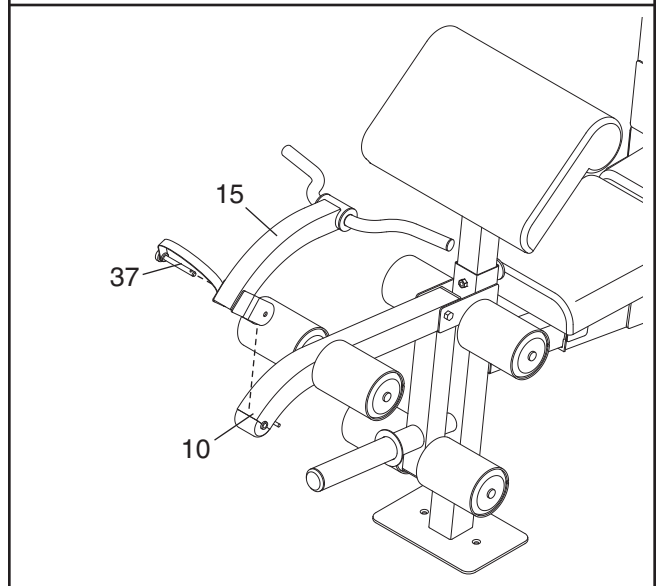
ATTACHING THE CURL PAD

To use the Curl Pad (16), insert the Curl Post (8) into the Front Leg (9) and secure the Curl Post with the Curl Knob (47). **Make sure the Curl Knob is fully tightened.**



ATTACHING THE CURL BAR

Attach the Curl Bar Frame (15) to the Leg Lever (10) with the Short Pin (37).

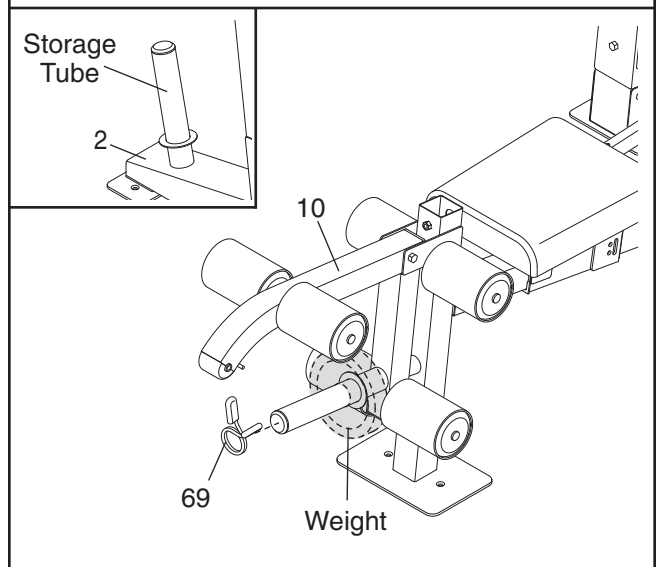


USING YOUR WEIGHTS

To use the Leg Lever (10), slide the desired amount of weight onto the Leg Lever. Secure the weight with the Weight Clip (69).

⚠ WARNING: Do not place more than 150 pounds on the Leg Lever (10). Do not put more than 310 pounds on the Weight Rests (7) or the Safety Spotters (6). Always secure weights with the Weight Clip (69).

Unused weight can be stored on the weight tube on the Storage Tube Base (2) (see the inset drawing).



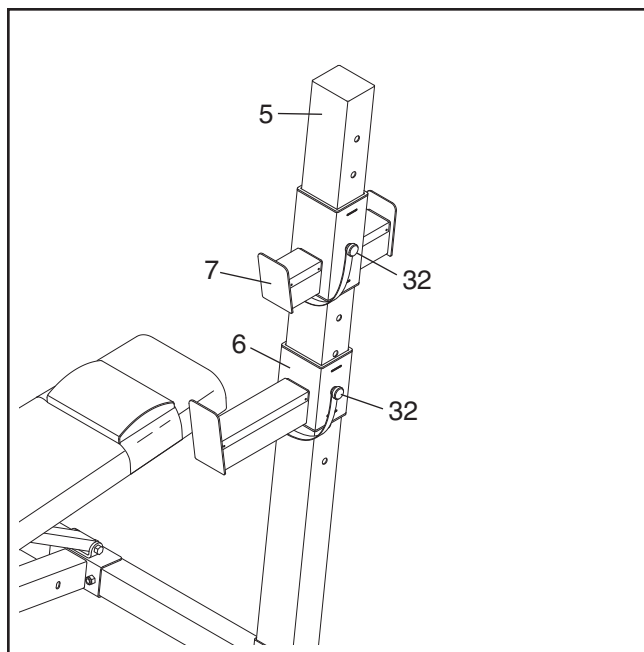
ADJUSTING THE SAFETY SPOTTERS

Before using the barbell, set the Safety Spotters (6) at the lowest point that you want the barbell to go.

To do this, hold a Safety Spotter (6) with one hand and pull out the Long Pin (32). Move the Safety Spotter to the desired height and reengage the Long Pin into the Safety Spotter and the Upright (5).

Adjust the other Safety Spotter (not shown) and the two Weight Rests (7) in the same manner.

⚠ WARNING: Always adjust both Safety Spotters (6) and both Weight Rests (7) to the same height before exercising.



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.

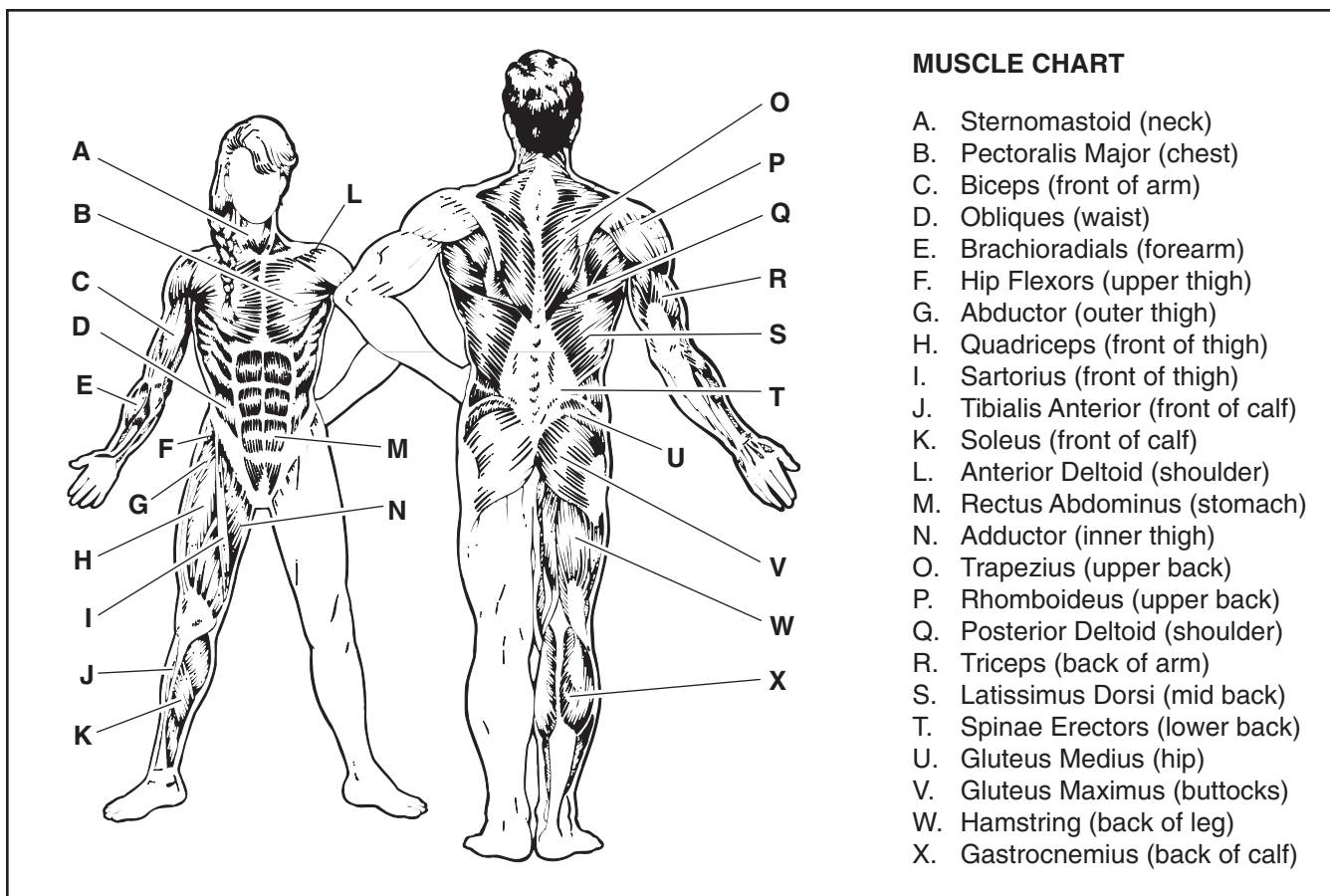
COOLING DOWN

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.

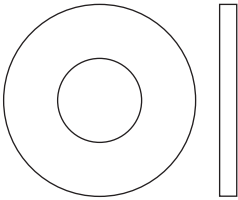
STAYING MOTIVATED

For motivation, keep a record of each workout. 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.

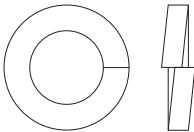


PART IDENTIFICATION CHART

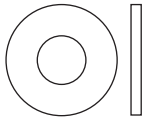
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been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



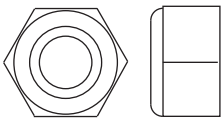
M10 Washer (64)



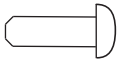
M10 Split Washer (55)



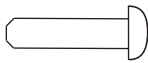
M6 Washer (68)



M10 Nylon Locknut (66)



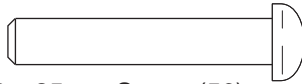
M4 x 12mm Screw (59)



M4 x 16mm Screw (58)



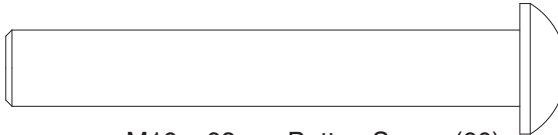
M6 x 16mm Screw (61)



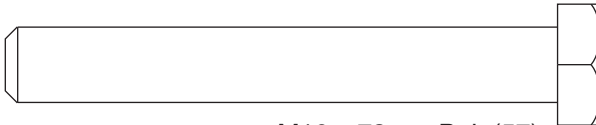
M6 x 35mm Screw (56)



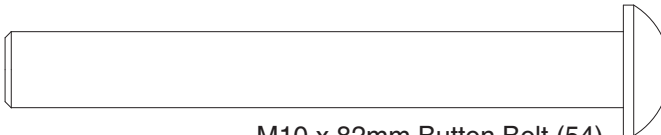
M6 x 47mm Screw (67)



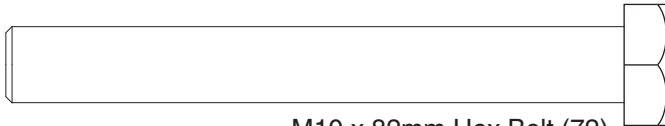
M10 x 68mm Button Screw (60)



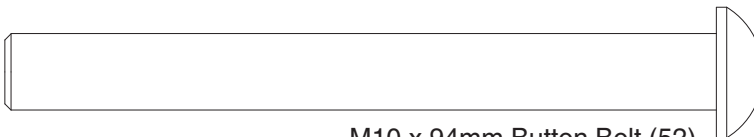
M10 x 73mm Bolt (57)



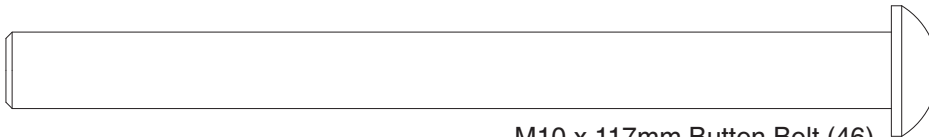
M10 x 82mm Button Bolt (54)



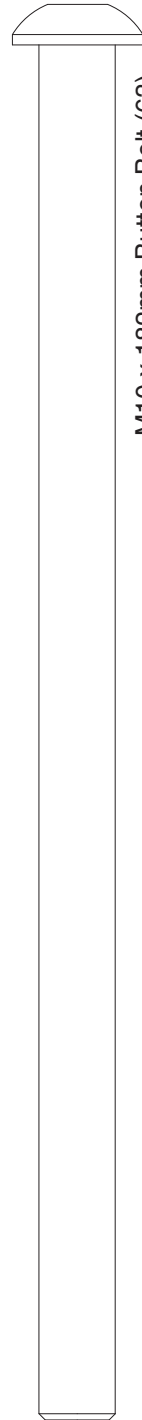
M10 x 82mm Hex Bolt (72)



M10 x 94mm Button Bolt (52)



M10 x 117mm Button Bolt (46)



M10 x 182mm Button Bolt (63)

PART LIST—Model No. GGBE2564.0

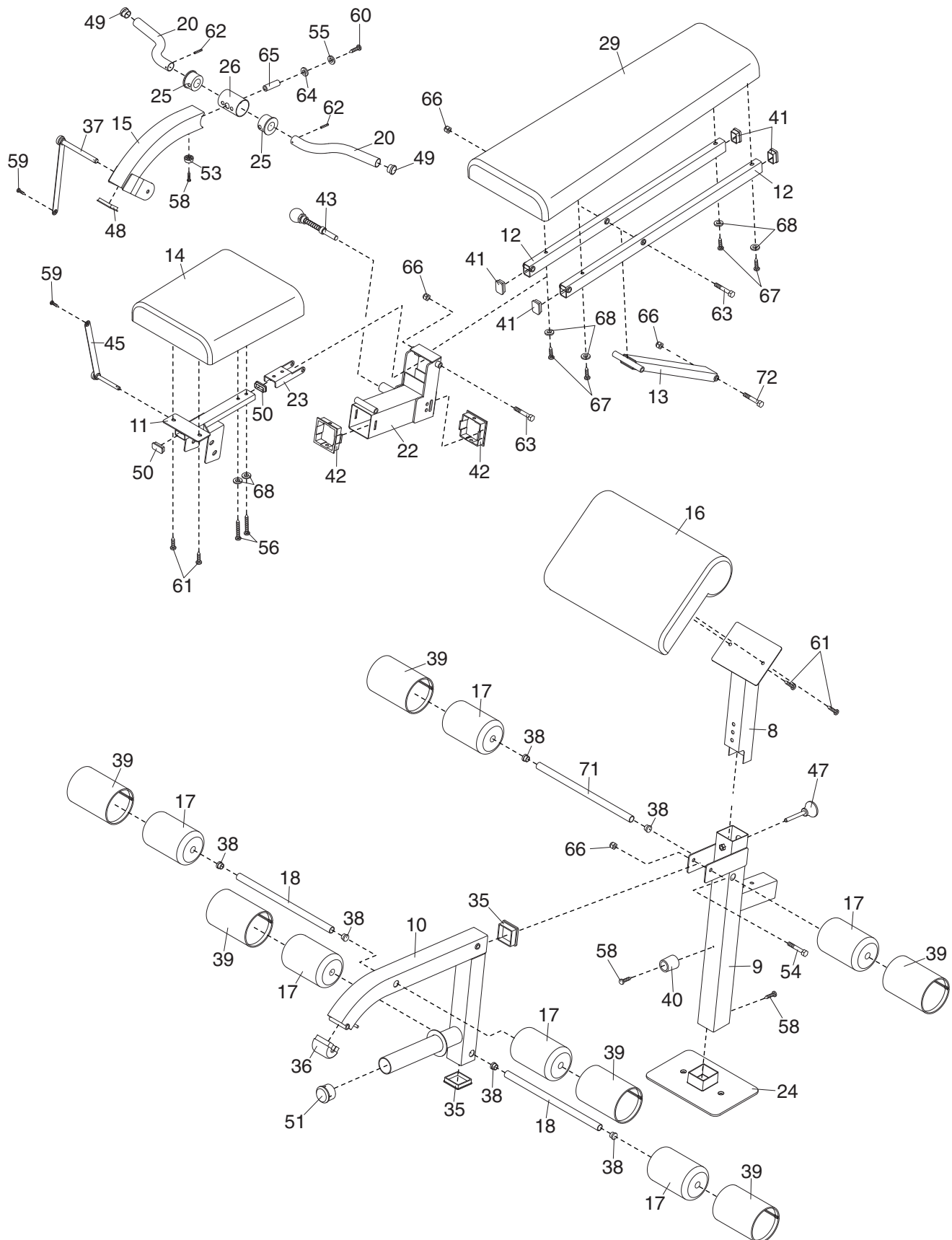
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Upright Base	39	6	Pad Cover
2	1	Storage Tube Base	40	1	Bumper
3	1	Bench Frame	41	4	25mm x 38mm Cap
4	1	Center Frame	42	2	Carriage Bushing
5	2	Upright	43	1	Knob
6	2	Safety Spotter	44	2	Rear Rest Plate
7	2	Weight Rest	45	1	Medium Pin
8	1	Curl Post	46	10	M10 x 117mm Button Bolt
9	1	Front Leg	47	1	Curl Knob
10	1	Leg Lever	48	1	50mm Square Cap
11	1	Seat Frame	49	2	25mm Round Cap
12	2	Backrest Frame	50	2	20mm x 40mm Cap
13	1	Backrest Support	51	1	48mm Round Cap
14	1	Seat	52	2	M10 x 94mm Button Bolt
15	1	Curl Bar Frame	53	1	Curl Bar Bumper
16	1	Curl Pad	54	4	M10 x 82mm Button Bolt
17	6	Round Pad	55	1	M10 Split Washer
18	2	Short Pad Tube	56	2	M6 x 35mm Screw
19	1	Backrest Pad	57	2	M10 x 73mm Bolt
20	2	Handlebar	58	35	M4 x 16mm Screw
21	1	Small Support Plate	59	6	M4 x 12mm Screw
22	1	Seat Carriage	60	1	M10 x 68mm Button Screw
23	1	Seat Frame Pivot	61	4	M6 x 16mm Screw
24	1	Front Foot Plate	62	2	Roll Pin
25	2	Handlebar Bushing	63	2	M10 x 182mm Button Bolt
26	1	Curl Bar Tube	64	3	M10 Washer
27	2	Large Support Plate	65	1	50mm Spacer
28	4	Base Foot Plate	66	21	M10 Nylon Locknut
29	1	Backrest	67	4	M6 x 47mm Screw
30	2	Spotter Plate	68	6	M6 Washer
31	2	Front Rest Plate	69	1	Weight Clip
32	4	Long Pin	70	1	48mm Thin Round Cap
33	8	Upright Bushing	71	1	Long Pad Tube
34	2	75mm x 100mm Cap	72	1	M10 x 82mm Hex Bolt
35	2	57mm Square Cap	#	1	User's Manual
36	1	Leg Lever Cap	#	1	Exercise Guide
37	1	Short Pin	#	1	Allen Wrench
38	6	19mm Round Cap	#	1	Grease Packet

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.

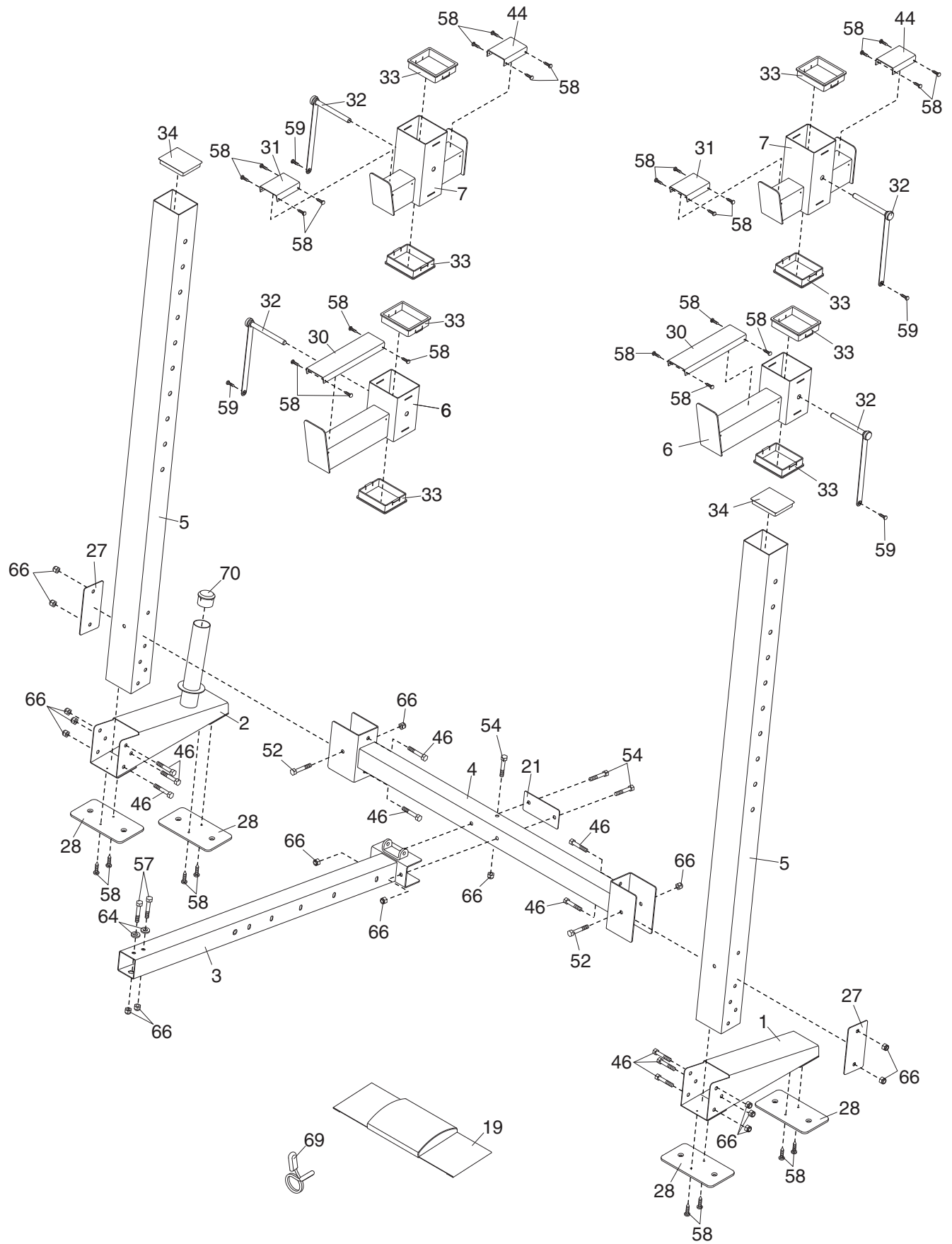
EXPLODED DRAWING A—Model No. GGBE2564.0

R0305A



EXPLODED DRAWING B—Model No. GGBE2564.0

R0305A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGBE2564.0)
2. The NAME of the product (GOLD'S GYM PRO SERIES GB 2000 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 at 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. 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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