

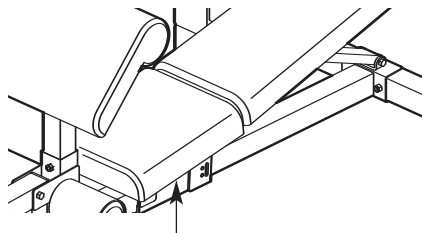
GOLD'S GYM®

PRO SERIES GB 2000

Model No. GGBE2564.1

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 parts are missing, **PLEASE 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:

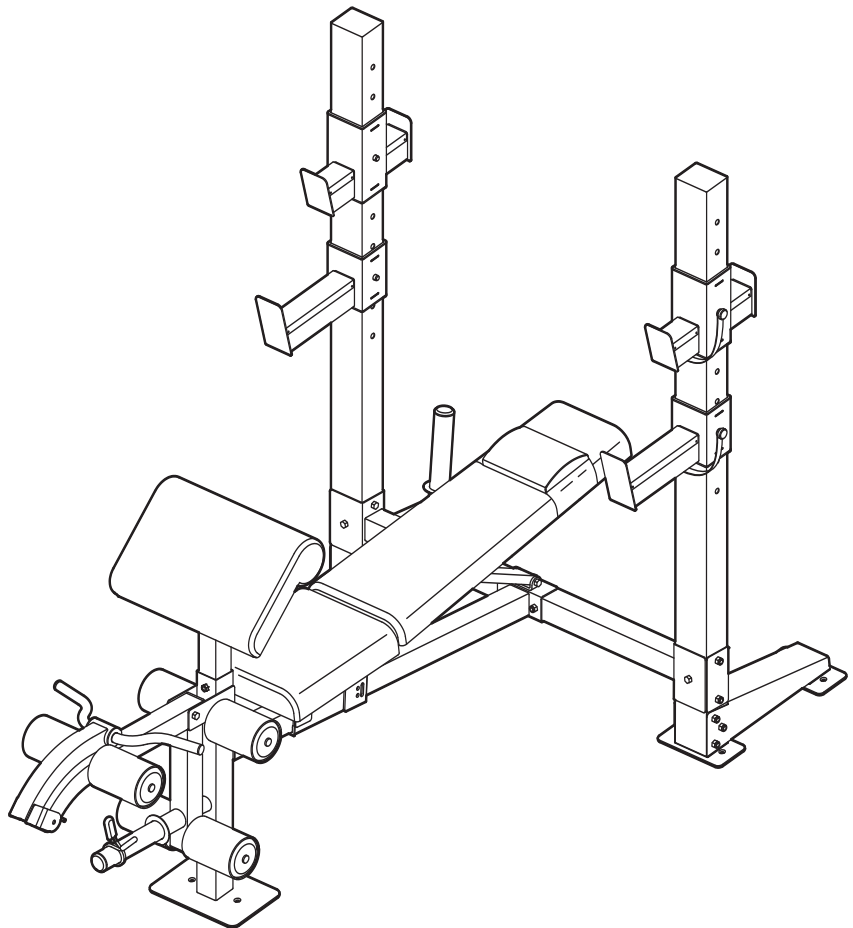
1-877-776-4777

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.goldsgympowerflex.com



CAUTION

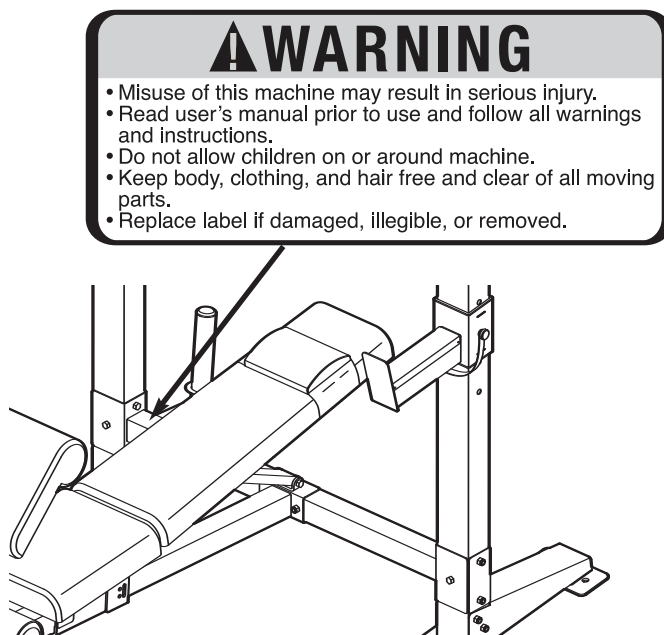
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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WARNING DECAL PLACEMENT

The decal shown here has been applied in the indicated location. **If the 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 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 the weight bench.

1. 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.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
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 the weight bench.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Always make sure that the pins and knobs are fully engaged before the weight bench is used.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
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 place more than 310 lbs. (141 kg), including the barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) on the leg lever. Note: The weight bench does not include a barbell or weights.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

BEFORE YOU BEGIN

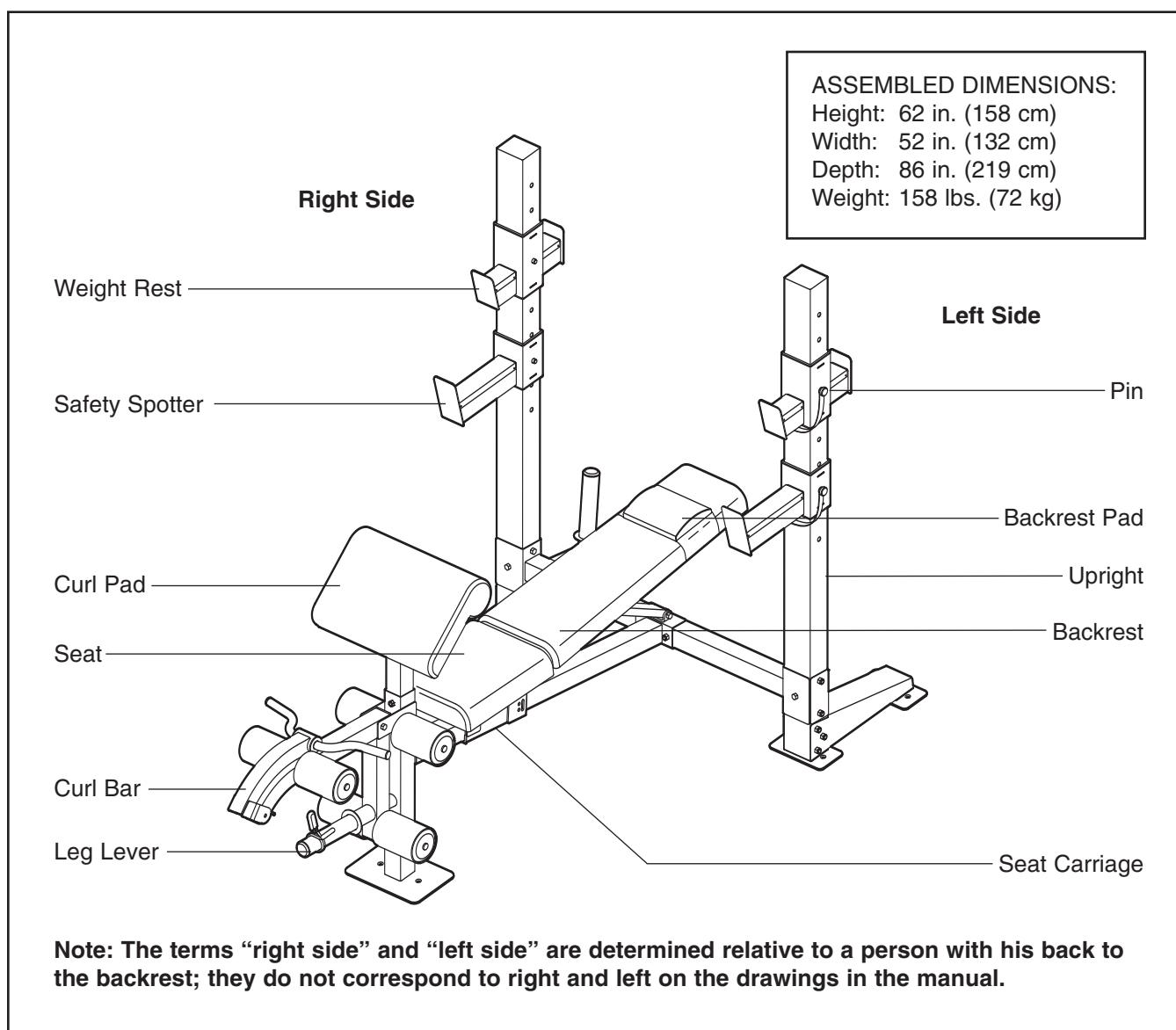
Thank you for selecting the versatile GOLD'S GYM® PRO SERIES GB 2000 weight bench. The weight bench offers a selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular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

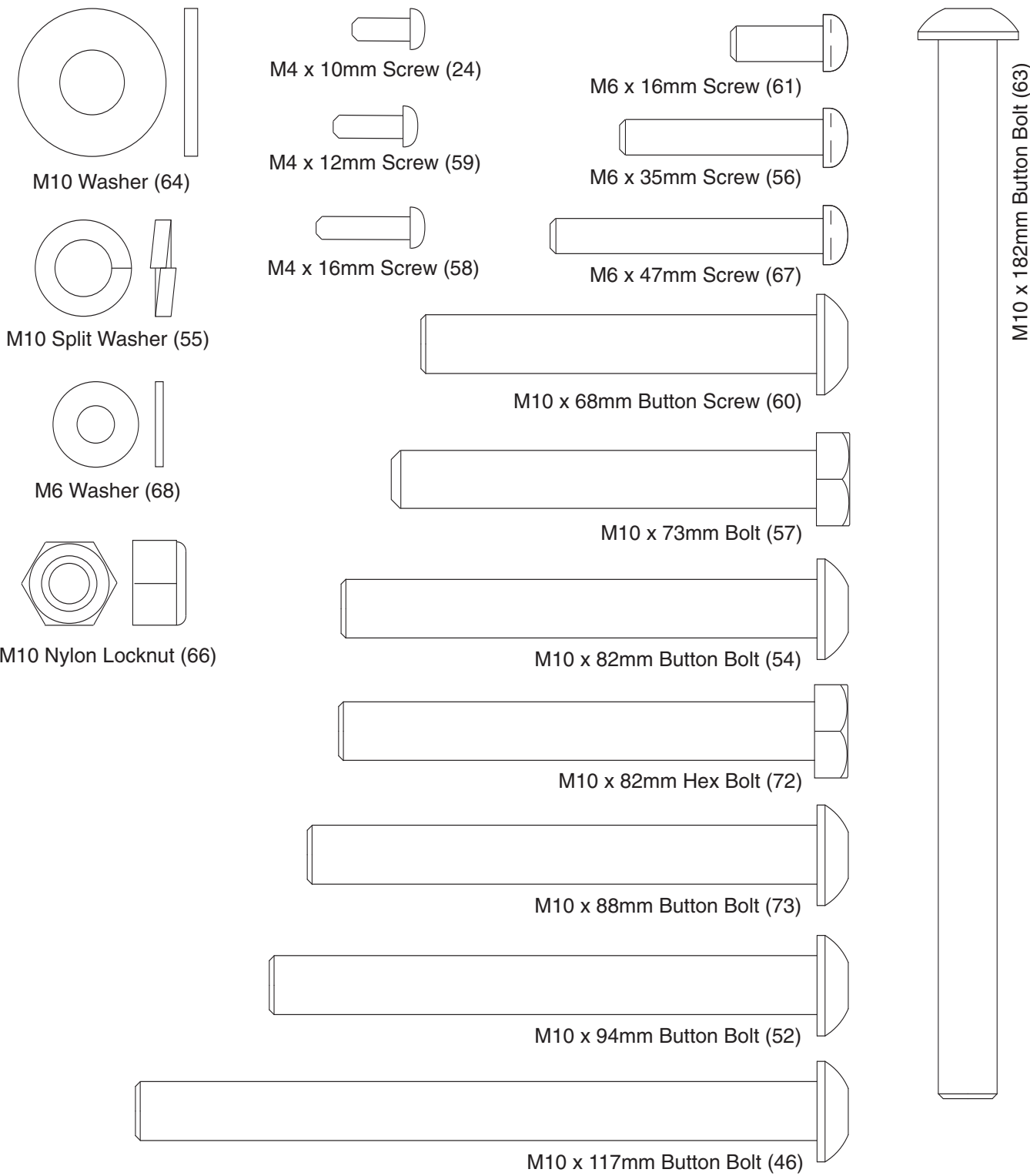
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.goldsgympowerflex.com/registration.

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



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 near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

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

- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its 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.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- 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 the included hex key(s)  and the following tools (not included):

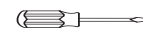
two adjustable wrenches



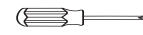
one rubber mallet



one standard screwdriver



one Phillips screwdriver



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.

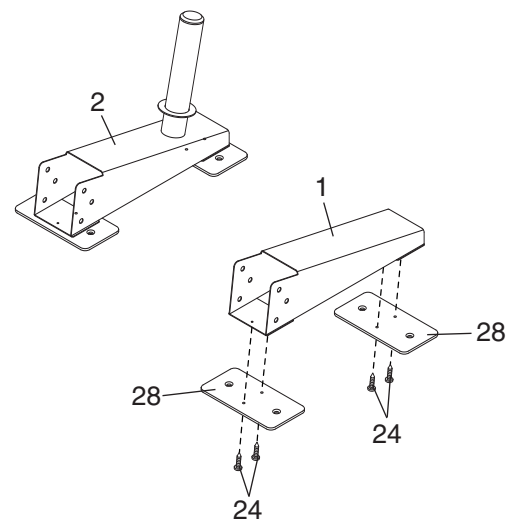
1.

Before beginning assembly, make sure that you have read and understand the information in the box above.

Attach two Base Foot Plates (28) to the Upright Base (1) with four M4 x 10mm Screws (24).

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

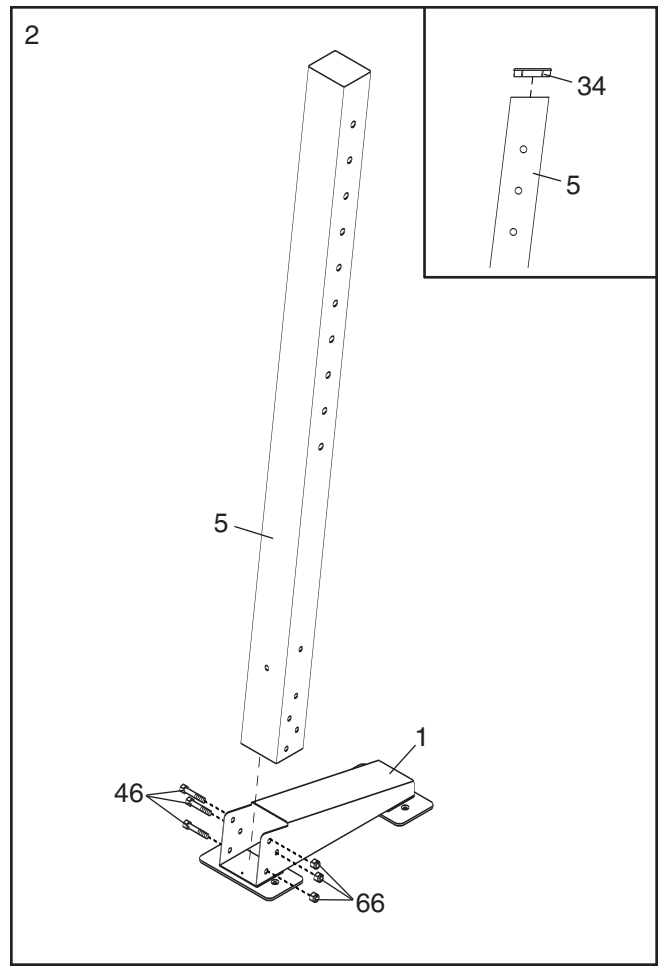
1



2. Press a 70mm x 100mm Cap (34) into the top of an Upright (5) as shown in the inset drawing.

Attach the 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 Nylon Locknuts yet.**

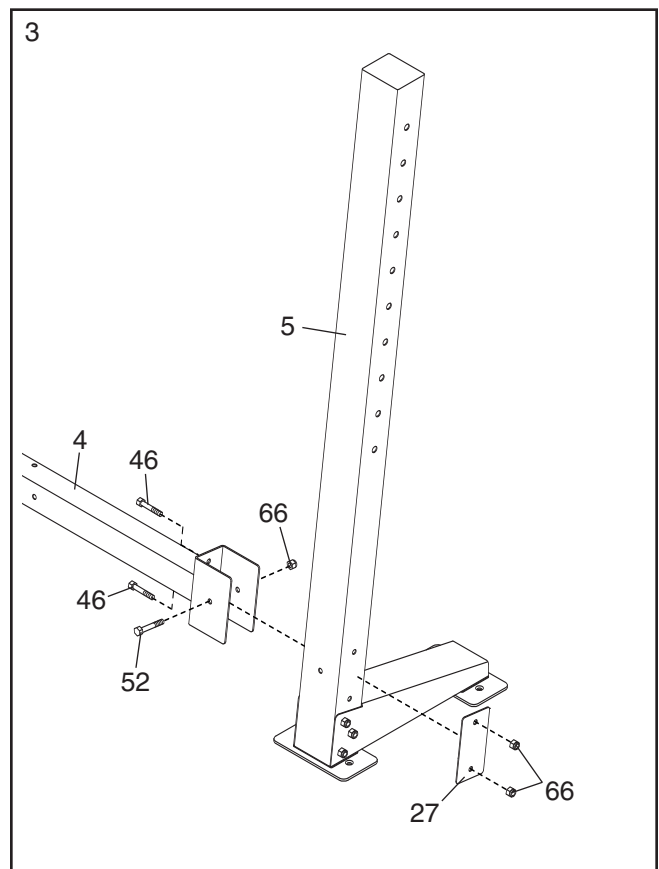
Repeat this step with the other 70mm x 100mm Cap (not shown), the other Upright (not shown), and the Storage Tube Base (not shown).



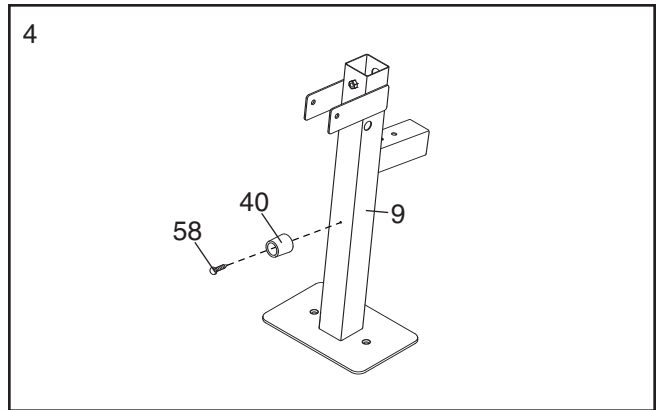
3. Orient the Center Frame (4) so that the warning decal is in the position shown on page 2.

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 Nylon Locknuts yet.**

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

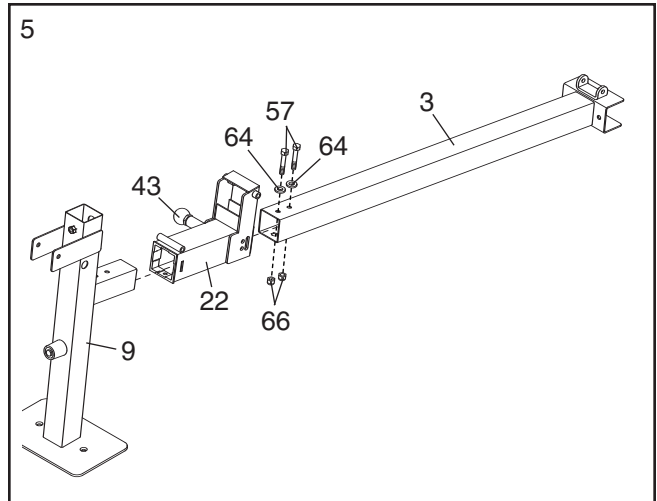


4. Attach the Bumper (40) to the Front Leg (9) with an M4 x 16mm Screw (58).



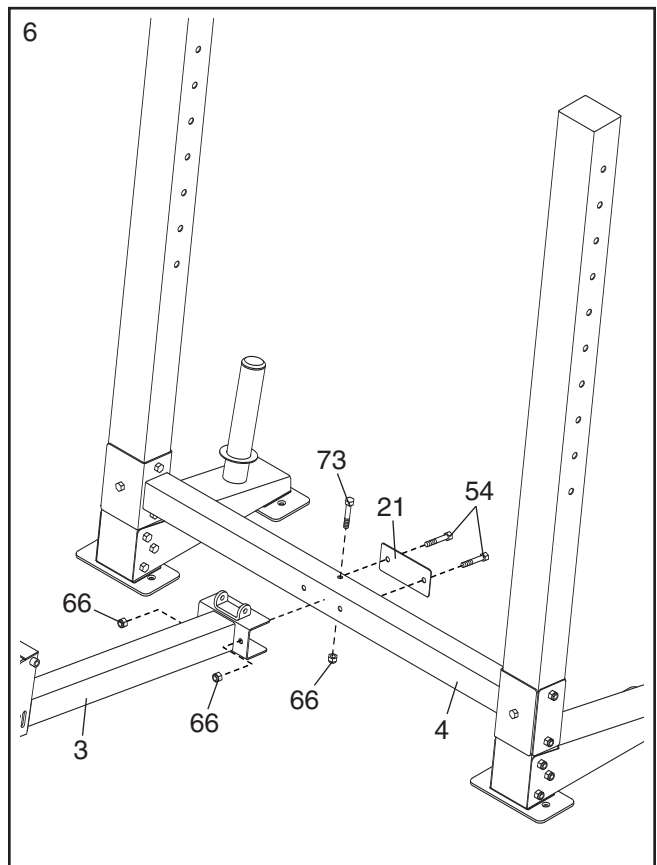
5. Orient the Seat Carriage (22) and the Bench Frame (3) as shown. Pull the Knob (43) and slide the Seat Carriage onto the Bench Frame. **Engage the Knob into a hole in the Bench Frame.**

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 Nylon Locknuts are inside the hexagonal holes in the bottom of the Bench Frame. Do not tighten the Nylon Locknuts yet.**



6. Attach the Bench Frame (3) to the Center Frame (4) with two M10 x 82mm Button Bolts (54), an M10 x 88mm Button Bolt (73), a Small Support Plate (21), and three M10 Nylon Locknuts (66).

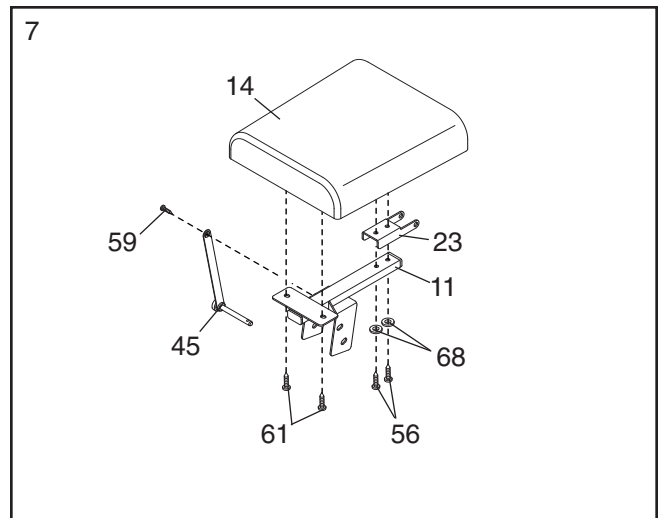
See steps 2–6. Tighten the M10 Nylon Locknuts (66).



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).

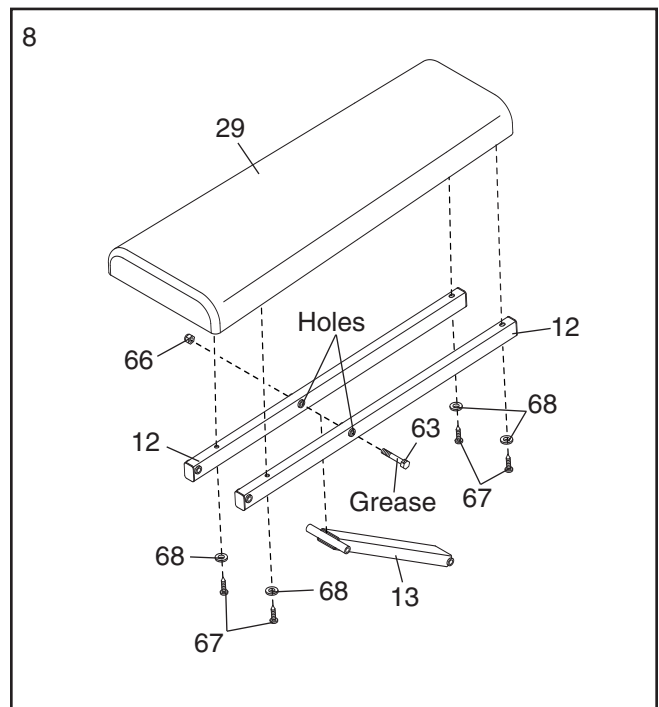
Attach the Seat (14) to the Seat Frame (11) with two M6 x 16mm Screws (61).



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

Apply a small amount of the included grease to 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 Nylon Locknut; the Backrest Support must 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.**

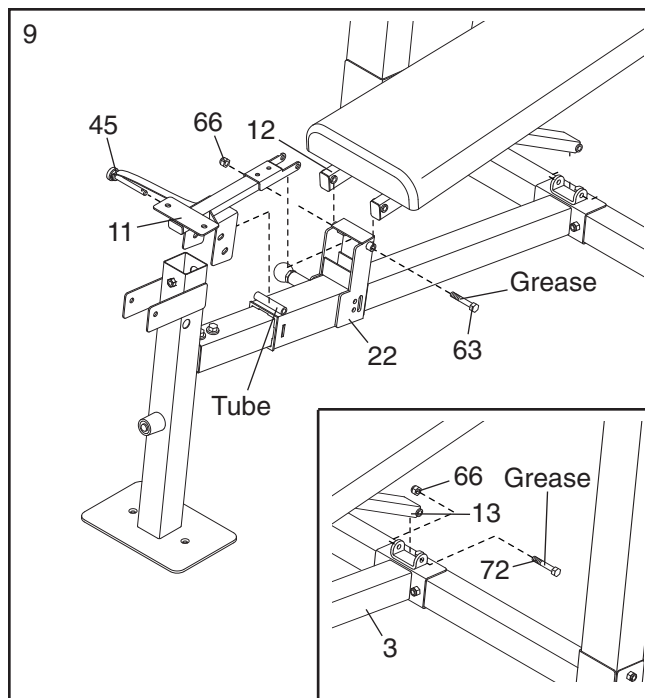


9. Grease an M10 x 182mm Button Bolt (63). Attach the Seat Frame (11) and the Backrest Frames (12) to the Seat Carriage (22) with the Button Bolt and an M10 Nylon Locknut (66). **Do not overtighten the Nylon Locknut; the Seat Frame and the Backrest Frames must pivot easily.**

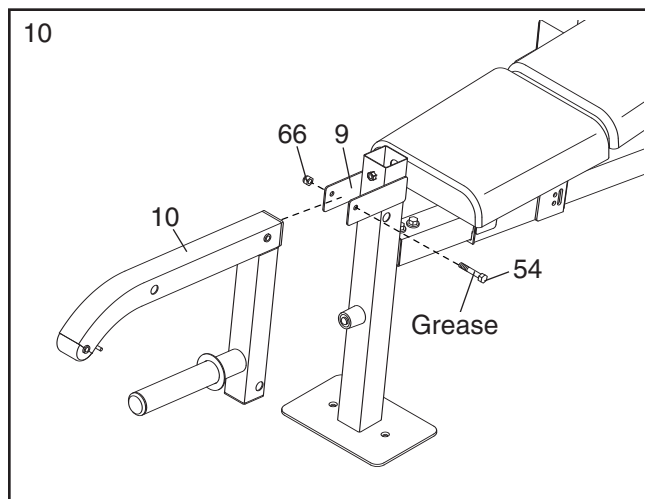
Insert the Medium Pin (45) through a hole in the Seat Frame (11) and the tube on the Seat Carriage (22).

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

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

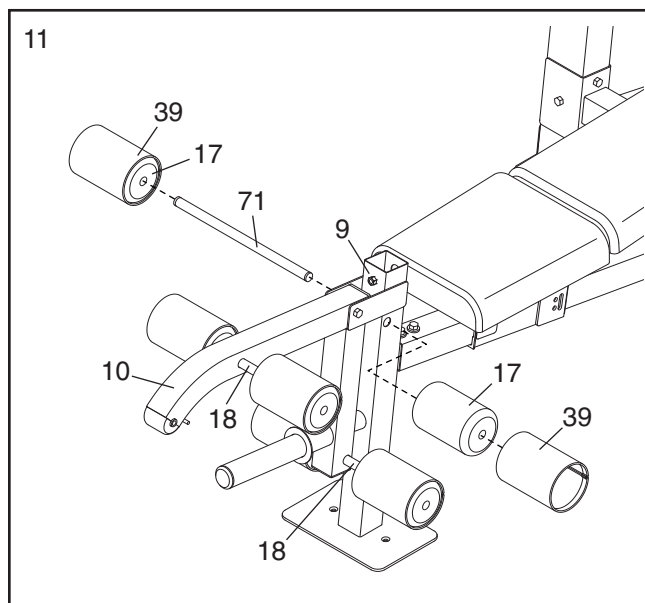


10. Grease an M10 x 82mm Button Bolt (54). Attach the Leg Lever (10) to the Front Leg (9) with the Button Bolt and an M10 Nylon Locknut (66). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot easily.**



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

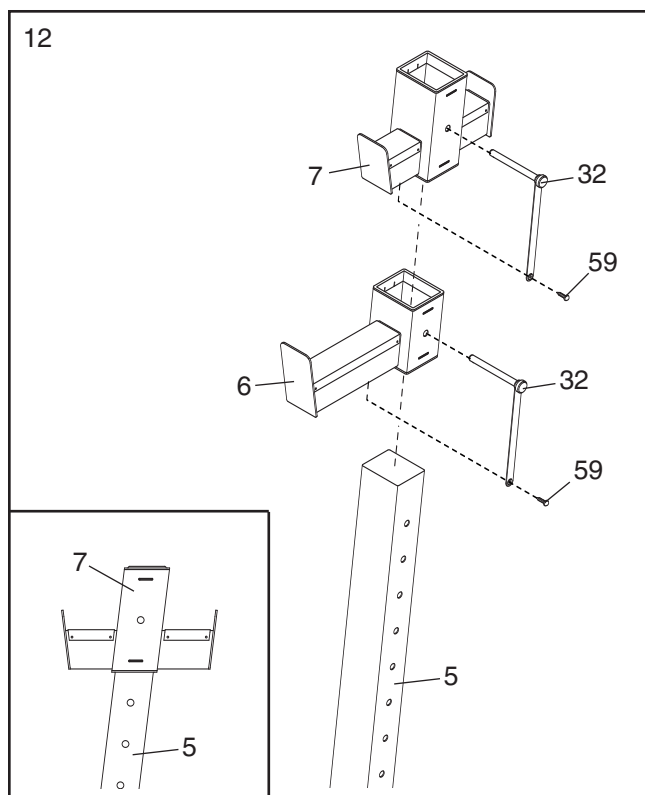
Repeat this step with the two Short Pad Tubes (18) and the Leg Lever (10).



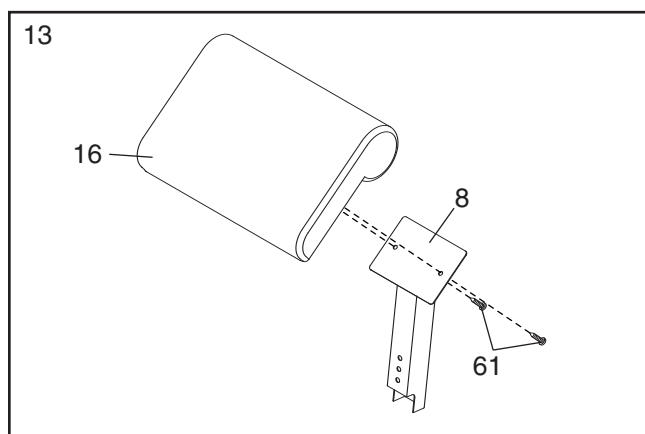
12. Attach a Long Pin (32) to a Safety Spotter (6) with an M4 x 12mm Screw (59). Next, attach a Long Pin (32) to a Weight Rest (7) with an M4 x 12mm Screw (59).

Slide the Safety Spotter (6) onto an Upright (5) as shown. Engage the Long Pin (32) into the Safety Spotter and the Upright. Next, slide the Weight Rest (7) onto the Upright; **make sure that the Weight Rest is oriented as shown in the inset drawing**. Engage the Long Pin (32) into the Weight Rest and the Upright. **Make sure that the Long Pins are on the outside of the weight bench.**

Repeat this step with the other Safety Spotter (not shown) and the other Weight Rest (not shown). Always set both Safety Spotters at the same height and both Weight Rests at the same height.



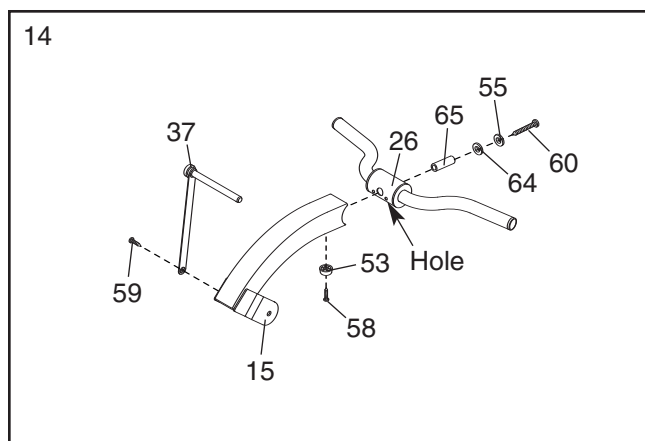
13. Attach the Curl Pad (16) to the Curl Post (8) with two M6 x 16mm Screws (61).



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), with the indicated small hole toward the bottom, 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 that all parts are properly tightened before you use the weight bench. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 12.

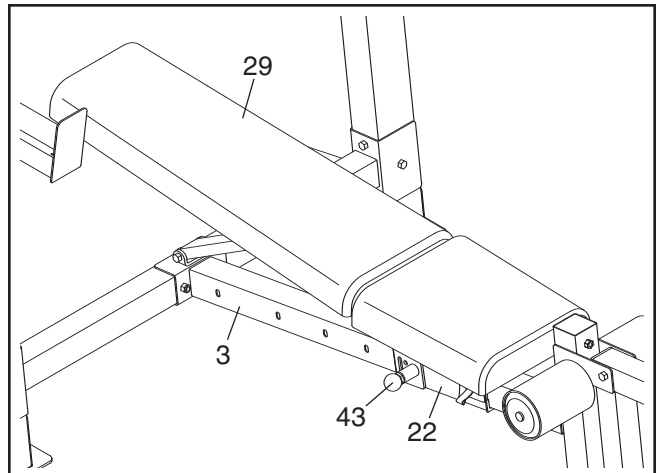
ADJUSTMENT

This section explains how to adjust the weight bench. 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 several 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**.

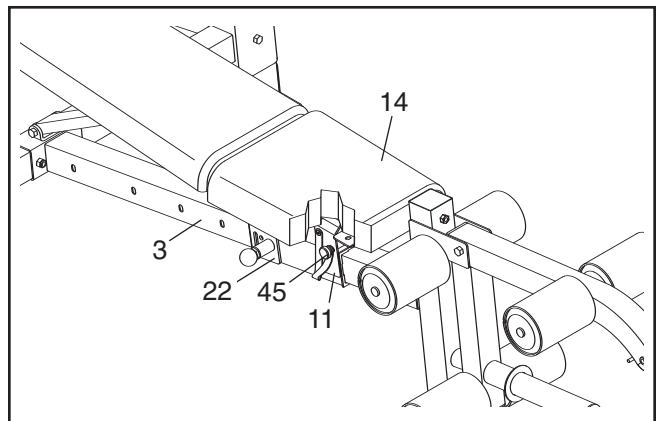
ADJUSTING THE BACKREST

To adjust the position of the Backrest (29), first pull out the Knob (43) on the Seat Carriage (22). Then, slide the Seat Carriage along the Bench Frame (3) to the desired position, and engage the Knob into a hole in the Bench Frame.



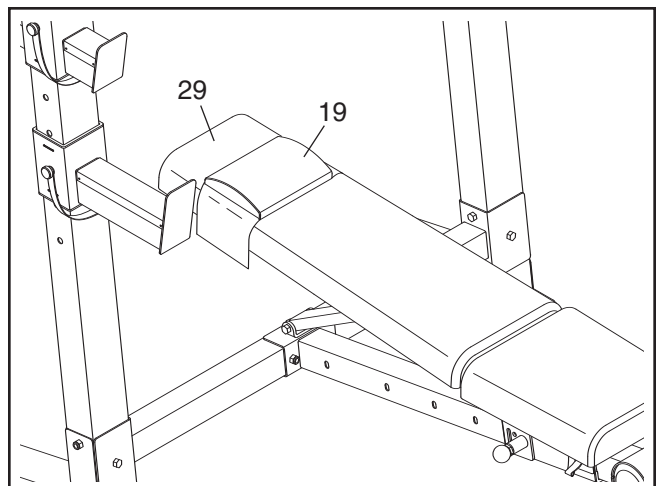
ADJUSTING THE SEAT

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).



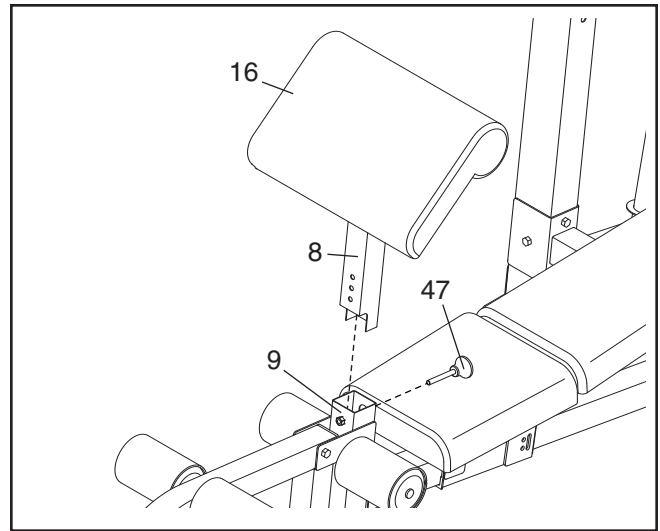
ADJUSTING THE BACKREST PAD

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



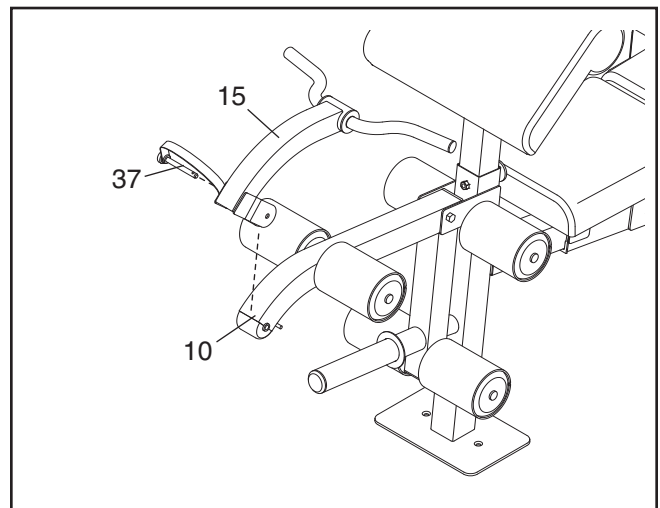
ATTACHING THE CURL PAD

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). **Fully tighten the Curl Knob.**



ATTACHING THE CURL BAR

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

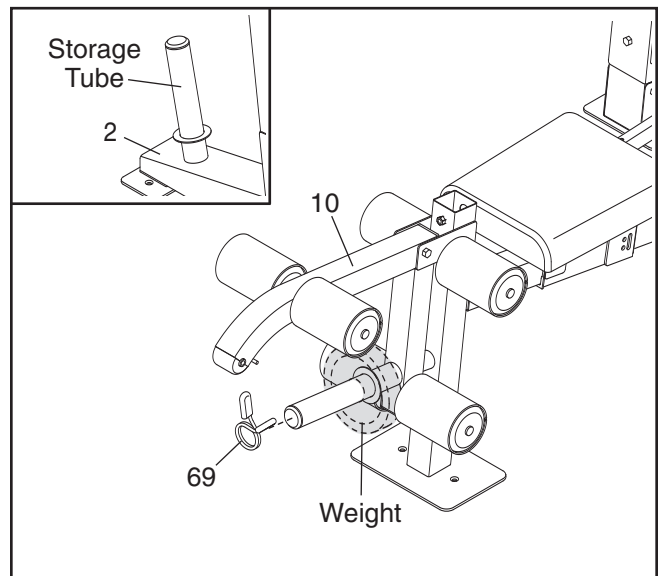


USING YOUR WEIGHTS

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 lbs. (68 kg) on the Leg Lever (10). Do not put more than 310 lbs. (141 kg) 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).



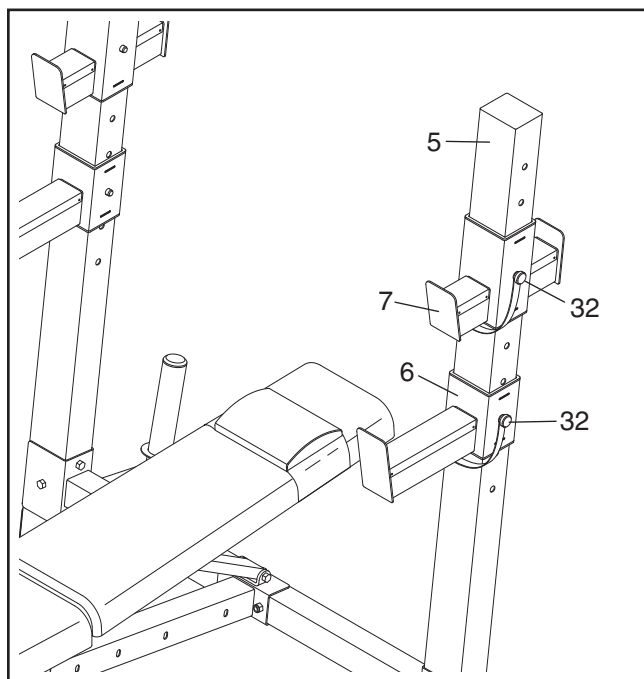
ADJUSTING THE SAFETY SPOTTERS

Before using the barbell, set the Safety Spotters (6) at the lowest point to which 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 way.

⚠ 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 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 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. See the muscle chart on the next page to find the names of the muscles.

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. 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 as follows:

- 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.

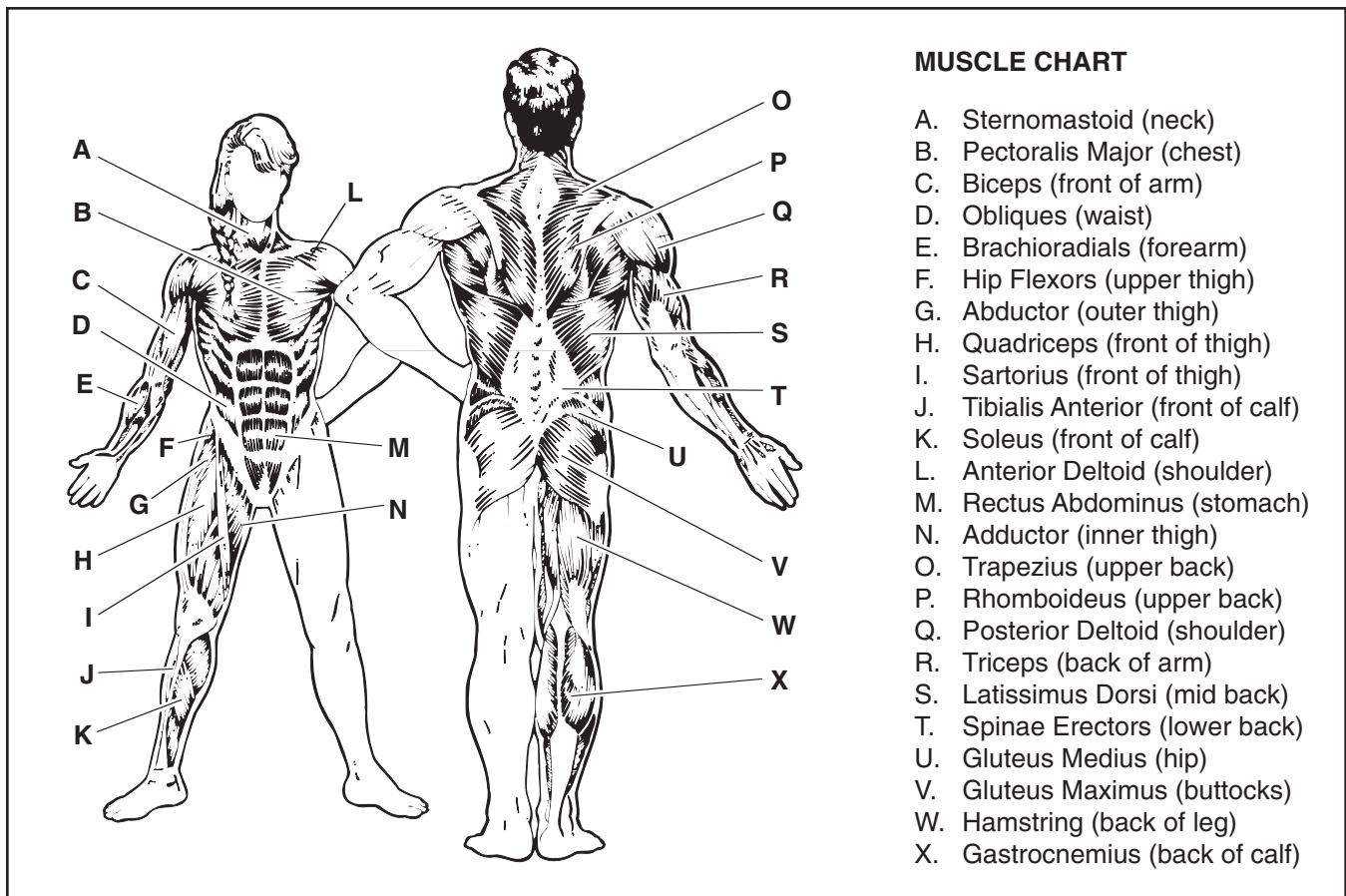
COOLING DOWN

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



PART LIST—Model No. GGBE2564.1

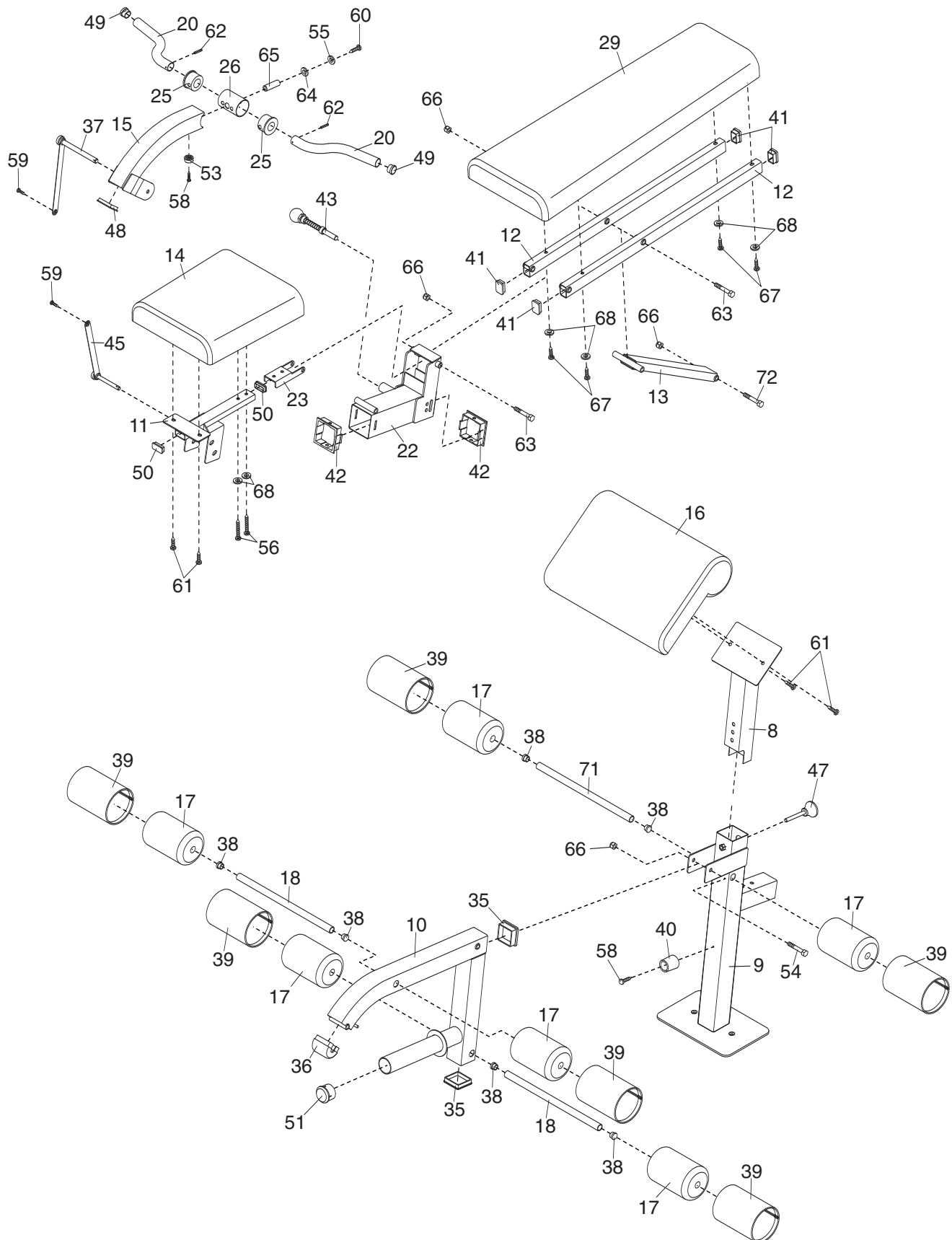
R1107A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Upright Base	40	1	Bumper
2	1	Storage Tube Base	41	4	25mm x 38mm Cap
3	1	Bench Frame	42	2	Carriage Bushing
4	1	Center Frame	43	1	Knob
5	2	Upright	44	2	Rear Rest Plate
6	2	Safety Spotter	45	1	Medium Pin
7	2	Weight Rest	46	10	M10 x 117mm Button Bolt
8	1	Curl Post	47	1	Curl Knob
9	1	Front Leg	48	1	50mm Square Cap
10	1	Leg Lever	49	2	25mm Round Cap
11	1	Seat Frame	50	2	20mm x 40mm Cap
12	2	Backrest Frame	51	1	48mm Round Cap
13	1	Backrest Support	52	2	M10 x 94mm Button Bolt
14	1	Seat	53	1	Curl Bar Bumper
15	1	Curl Bar Frame	54	3	M10 x 82mm Button Bolt
16	1	Curl Pad	55	1	M10 Split Washer
17	6	Round Pad	56	2	M6 x 35mm Screw
18	2	Short Pad Tube	57	2	M10 x 73mm Bolt
19	1	Backrest Pad	58	26	M4 x 16mm Screw
20	2	Handlebar	59	6	M4 x 12mm Screw
21	1	Small Support Plate	60	1	M10 x 68mm Button Screw
22	1	Seat Carriage	61	4	M6 x 16mm Screw
23	1	Seat Frame Pivot	62	2	Roll Pin
24	8	M4 x 10mm Screw	63	2	M10 x 182mm Button Bolt
25	2	Handlebar Bushing	64	3	M10 Washer
26	1	Curl Bar Tube	65	1	50mm Spacer
27	2	Large Support Plate	66	21	M10 Nylon Locknut
28	4	Base Foot Plate	67	4	M6 x 47mm Screw
29	1	Backrest	68	6	M6 Washer
30	2	Spotter Plate	69	1	Weight Clip
31	2	Front Rest Plate	70	1	48mm Thin Round Cap
32	4	Long Pin	71	1	Long Pad Tube
33	8	Upright Bushing	72	1	M10 x 82mm Hex Bolt
34	2	75mm x 100mm Cap	73	1	M10 x 88mm Button Bolt
35	2	57mm Square Cap	*	—	User's Manual
36	1	Leg Lever Cap	*	—	Exercise Guide
37	1	Short Pin	*	—	Hex Key
38	6	19mm Round Cap	*	—	Grease Packet
39	6	Pad Cover			

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.

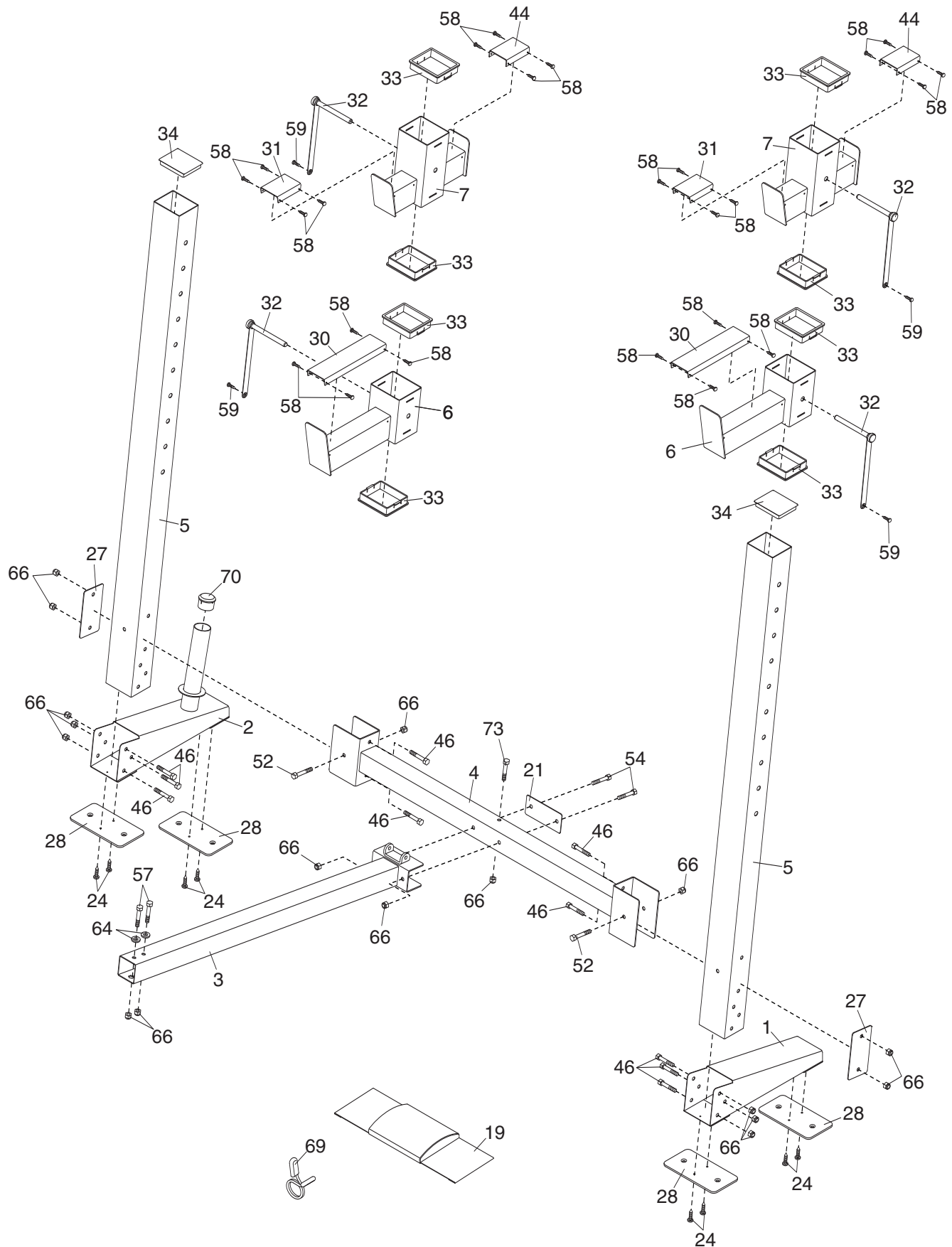
EXPLODED DRAWING A—Model No. GGBE2564.1

R1107A



EXPLODED DRAWING B—Model No. GGBE2564.1

R1107A



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 the manual)
- the name 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 near the end 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.

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