

GOLD'S GYM®

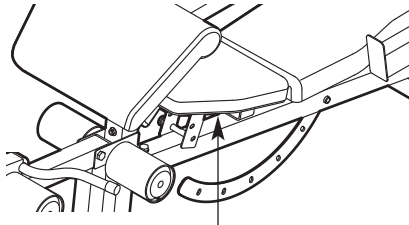
◆ PLATINUM ◆

www.workoutwarehouse.com

Model No. GGBE6958.1

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

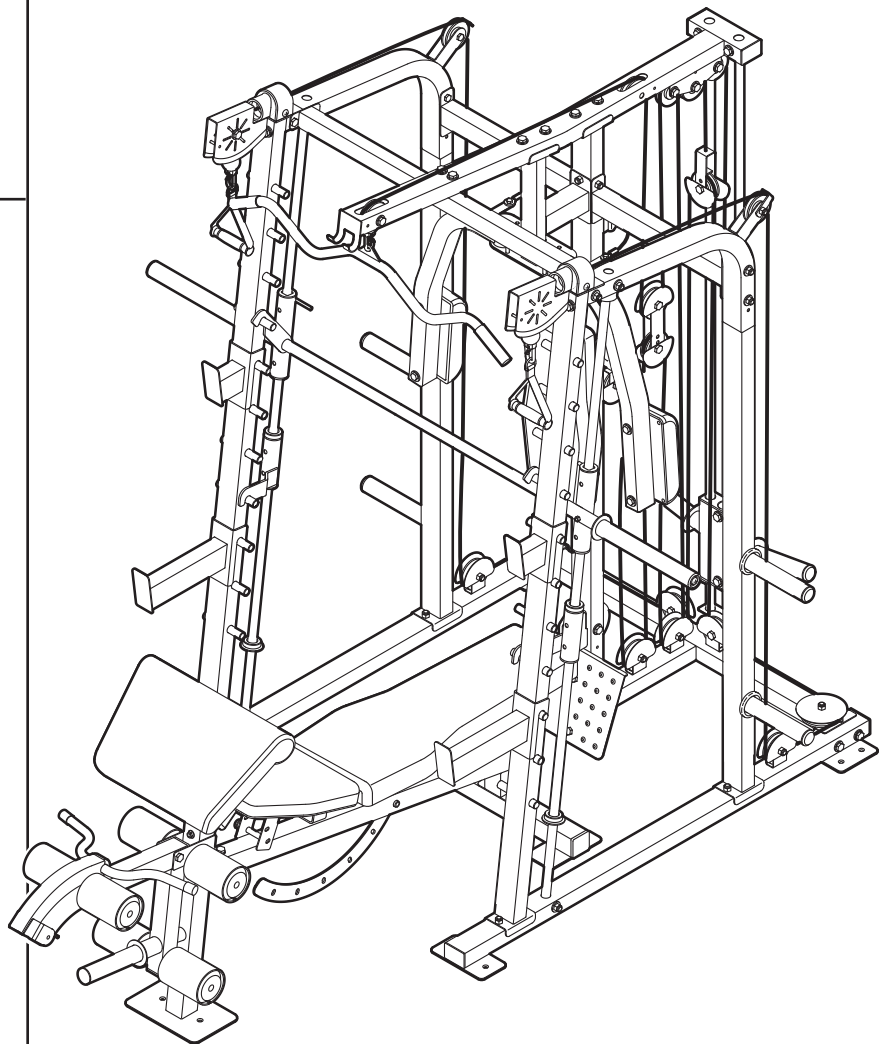
1-877-776-4777

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. Keep this manual for future reference.

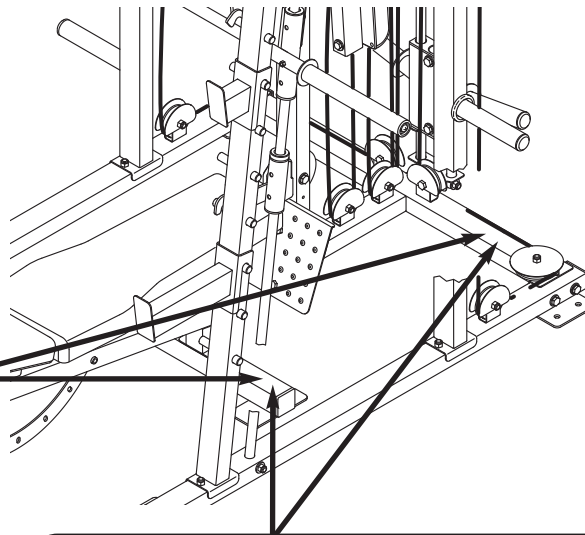


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see 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.



▲ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

▲ WARNING

User Weight: Max 300 LBS
Weight Crutch: Max 310 LBS
Leg Developer: Max 150 LBS
Weight Carriage: Max 150 LBS
Chest Fly Per Arm: Max 50 LBS

Product may not offer all listed exercises.

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IMPORTANT PRECAUTIONS

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

1. 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. 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. Do not put the weight bench in a garage or covered patio, or near water.
6. 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.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the weight bench at all times.
9. Keep hands and feet away from moving parts.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Always wear athletic shoes for foot protection while exercising.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
12. Always set both spotters, both barbell rests, and both barbell spotters at the same height.
13. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg). Do not place more than 310 lbs. (141 kg) on the weight bar. Do not place more than 310 lbs. (141 kg), including a barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) on the weight carriage or the leg lever. Note: The weight bench does not include a barbell or weights.
14. Always place the same amount of weight on both ends of the weight carriage, weight bar, or barbell.
15. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
16. Always lower the weight carriage and the weight bar in a controlled manner; never let the weight carriage or the weight bar drop.
17. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.
18. Always move the bench out of the way when performing an exercise that does not require the bench.
19. Always make sure that the seat pin is fully engaged before you use the backrest.
20. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

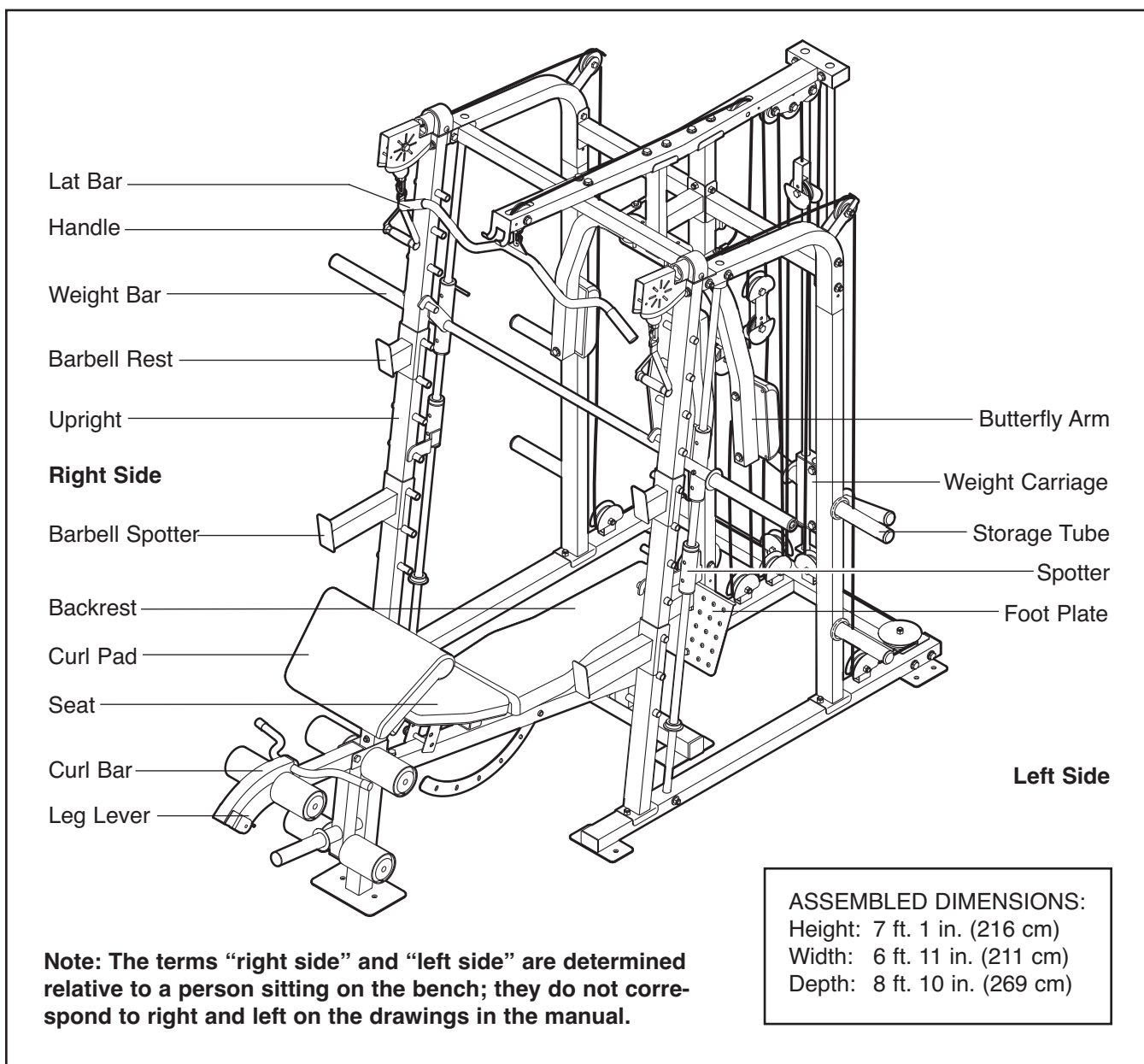
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® PLATINUM weight bench. The weight bench offers a selection of weight 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.

reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

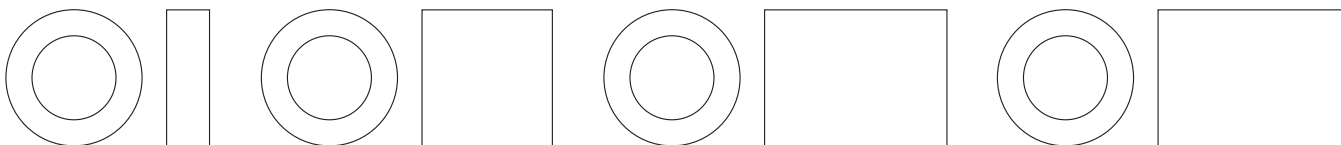
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

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



PART IDENTIFICATION CHART

Refer to 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: If a part is not in the hardware kit, check to see if it has been preattached.**

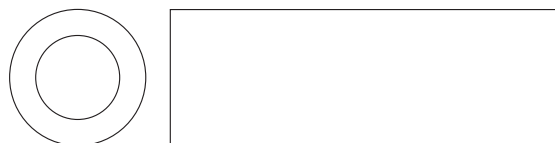


6mm Spacer (75)

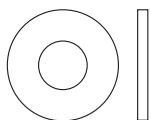
17mm Spacer (66)

24mm Spacer (45)

25mm Spacer (55)



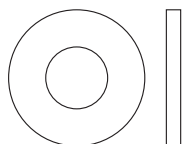
51mm Spacer (44)



M6 Washer (86)



M6 Locknut (80)



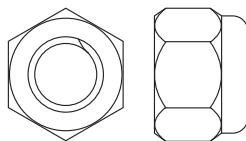
M8 Washer (94)



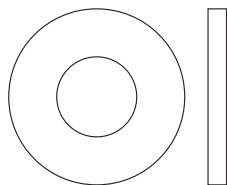
M8 Locknut (78)



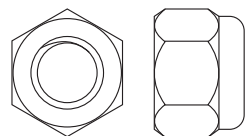
M10 Split Washer (93)



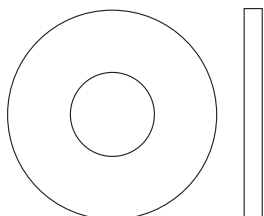
M10 Locknut (79)



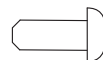
M10 Washer (84)



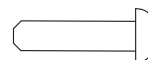
3/8" Locknut (150)



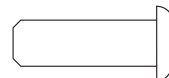
M10 Large Washer (76)



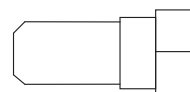
M4 x 10mm Screw (95)



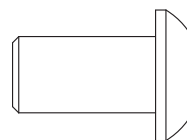
M4 x 16mm Screw (82)



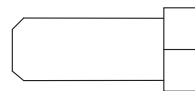
M6 x 19mm Screw (148)



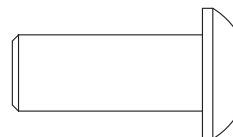
M8 x 19mm Shoulder Bolt (85)



M10 x 19mm Button Bolt (77)



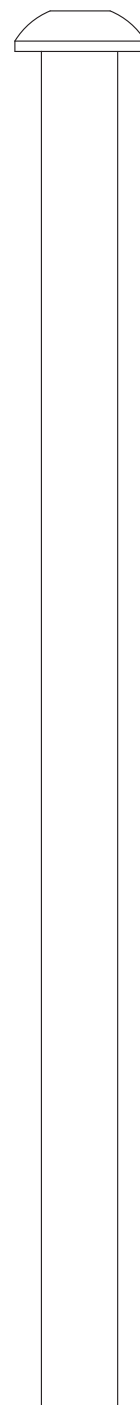
M8 x 20mm Hex Screw (21)



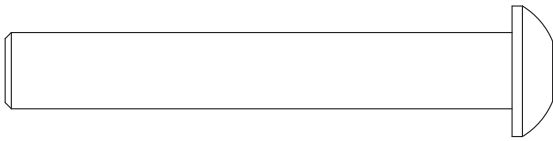
M10 x 25mm Button Screw (98)



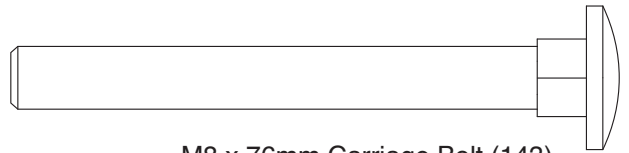
M6 x 38mm Screw (149)



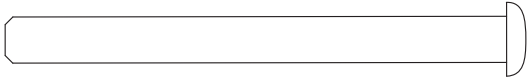
M10 x 180mm Button Bolt (145)



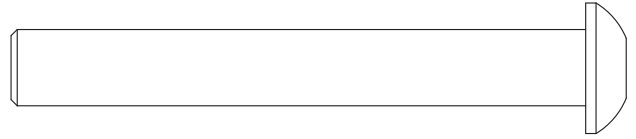
M10 x 67mm Button Bolt (90)



M8 x 76mm Carriage Bolt (143)



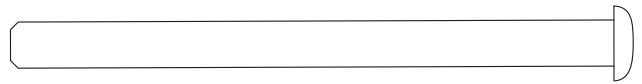
M6 x 67mm Screw (89)



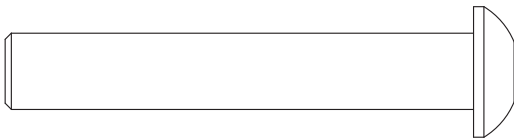
M10 x 76mm Button Bolt (102)



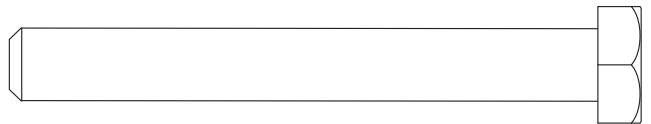
M10 x 65mm Carriage Bolt (83)



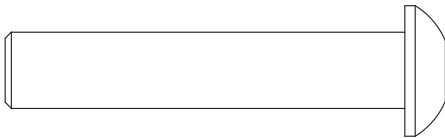
M6 x 80mm Screw (87)



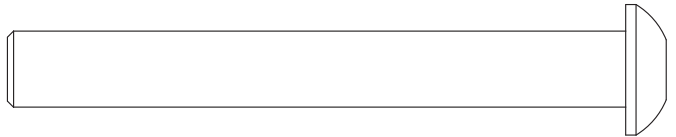
M10 x 62mm Button Bolt (88)



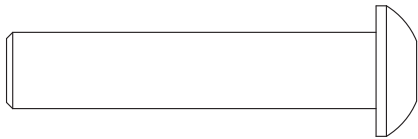
3/8" x 3" Hex Bolt (105)



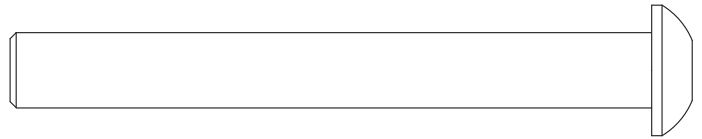
M10 x 53mm Button Bolt (147)



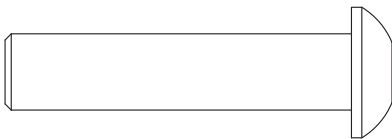
M10 x 82mm Button Bolt (106)



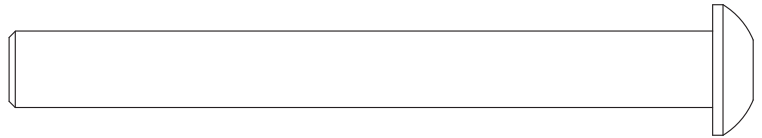
M10 x 49mm Button Bolt (104)



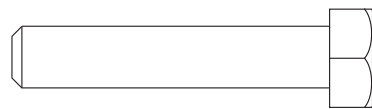
M10 x 85mm Button Bolt (144)



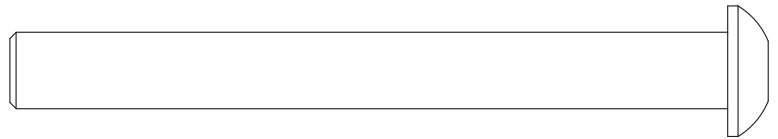
M10 x 46mm Button Bolt (96)



M10 x 93mm Button Bolt (97)



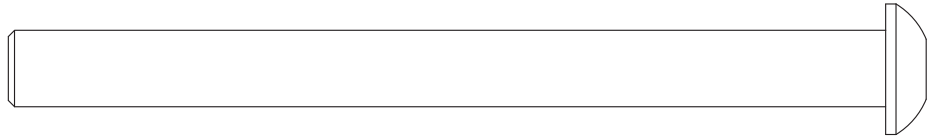
M8 x 42mm Hex Bolt (130)



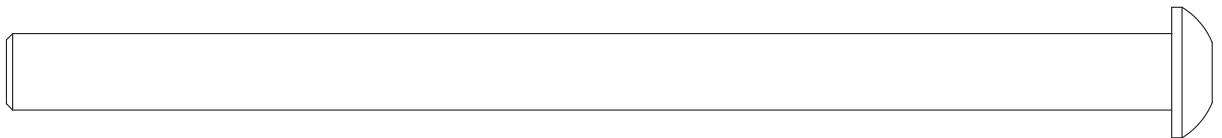
M10 x 95mm Button Bolt (92)



M6 x 42mm Screw (146)



M10 x 116mm Button Bolt (101)





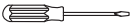
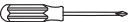
M10 x 154mm Button Bolt (99)

ASSEMBLY

To make assembly easier, carefully read the following assembly tips:

- To hire an authorized service technician to assemble the weight bench in your home, call 1-800-445-2480.
- Assembly requires two persons.
- 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.

- For help identifying small parts, use the PART IDENTIFICATION CHART on pages 5 and 6.
- The included grease and the following tools (not included) may be required for assembly:

| | |
|--------------------------|---|
| two adjustable wrenches |  |
| one rubber mallet |  |
| one standard screwdriver |  |
| one Phillips screwdriver |  |

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

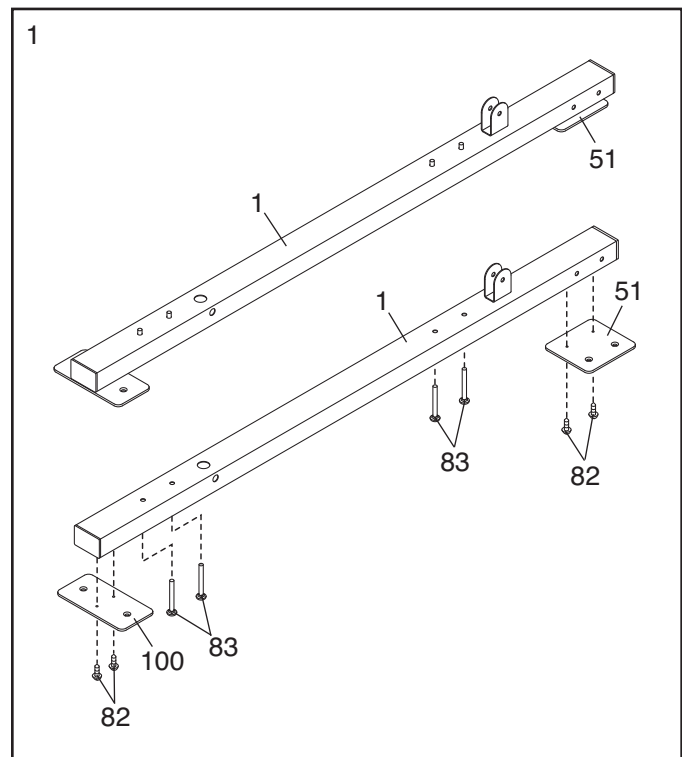
1. **Before beginning assembly, make sure that you understand the information in the box above.**

Attach a Small Foot Plate (100) to a Base (1) with two M4 x 16mm Screws (82).

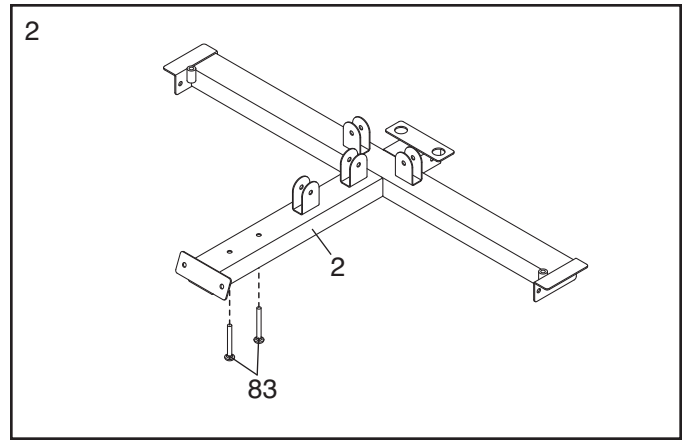
Orient a Large Foot Plate (51) as shown. Attach the Large Foot Plate to the Base (1) with two M4 x 16mm Screws (82).

Insert four M10 x 65mm Carriage Bolts (83) up through the Base (1). Place tape over the bolt heads to hold them in place.

Repeat this step with the other Base (1). Note the orientation of the Large Foot Plate (51).

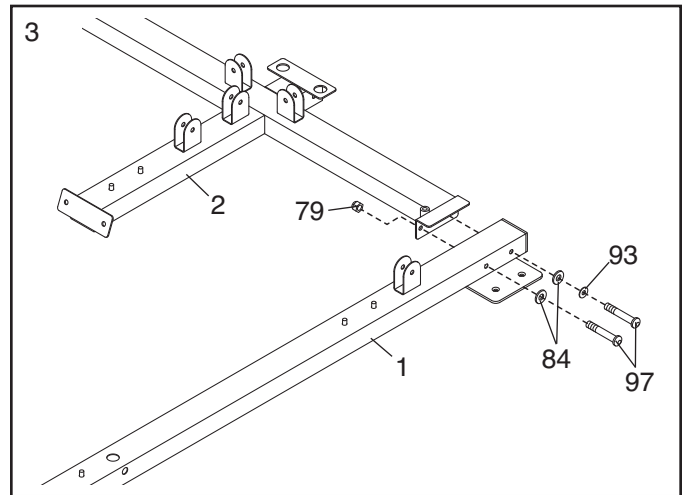


2. Insert two M10 x 65mm Carriage Bolts (83) up through the Center Base (2). Place tape over the bolt heads to hold them in place.

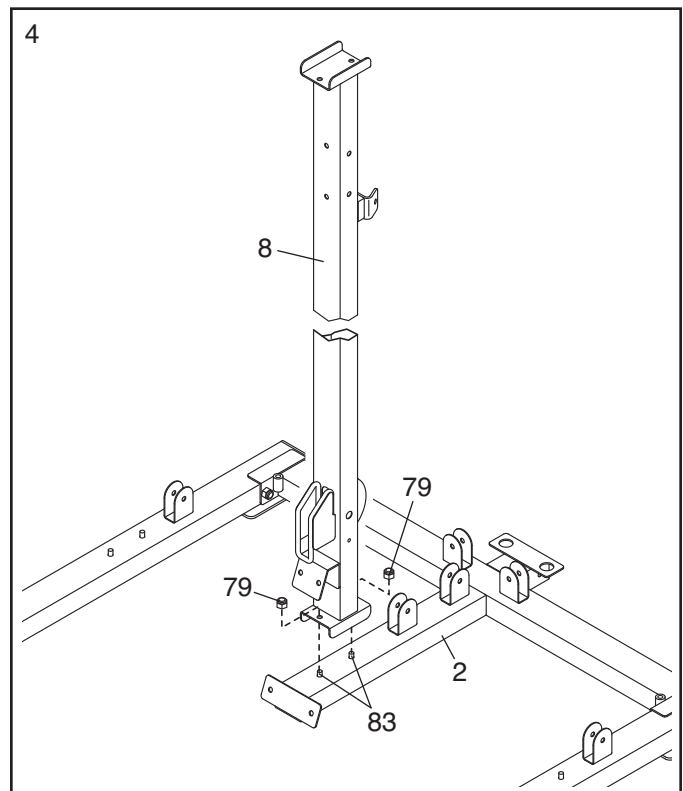


3. Attach a Base (1) to the Center Base (2) with two M10 x 93mm Button Bolts (97), an M10 Split Washer (93), two M10 Washers (84), and an M10 Locknut (79). **Do not tighten the Button Bolts yet.**

Attach the other Base (not shown) to the Center Base (2) in the same way.

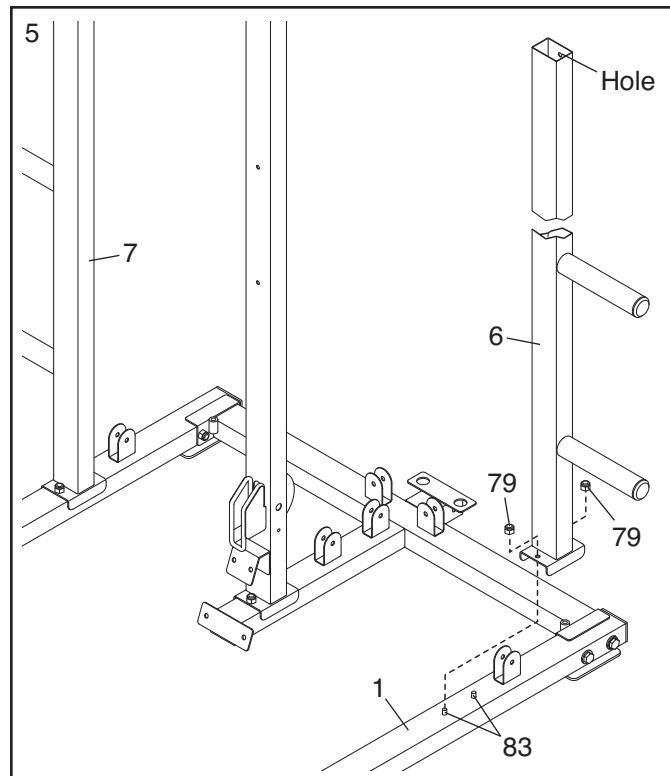


4. Attach the Backrest Upright (8) to the Center Base (2) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**



5. Attach the Left Support (6) to the left Base (1) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

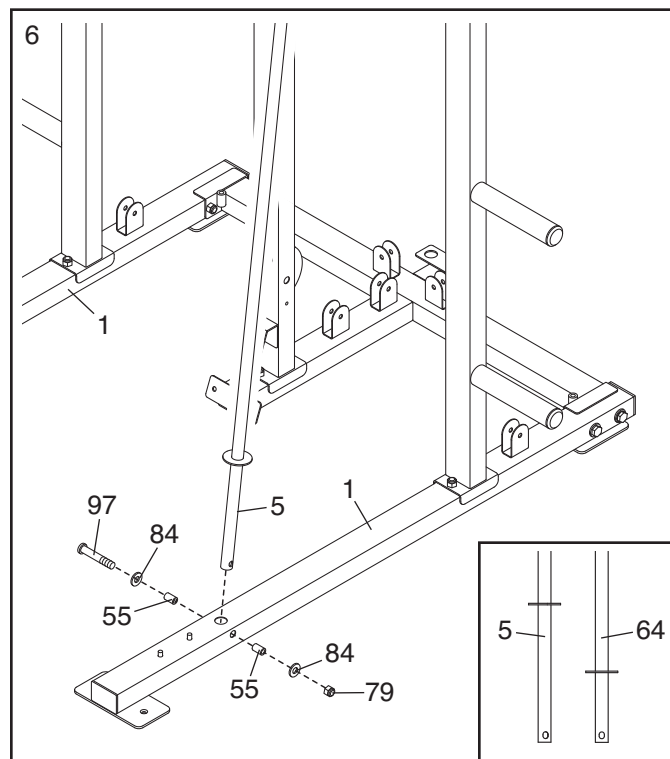
Repeat this step with the Right Support (7).



6. **See the inset drawing.** Identify the Weight Bar Guides (5) and the Carriage Guides (64).

Attach a Weight Bar Guide (5) to the left Base (1) with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Locknut (79). **Do not tighten the Locknut yet.**

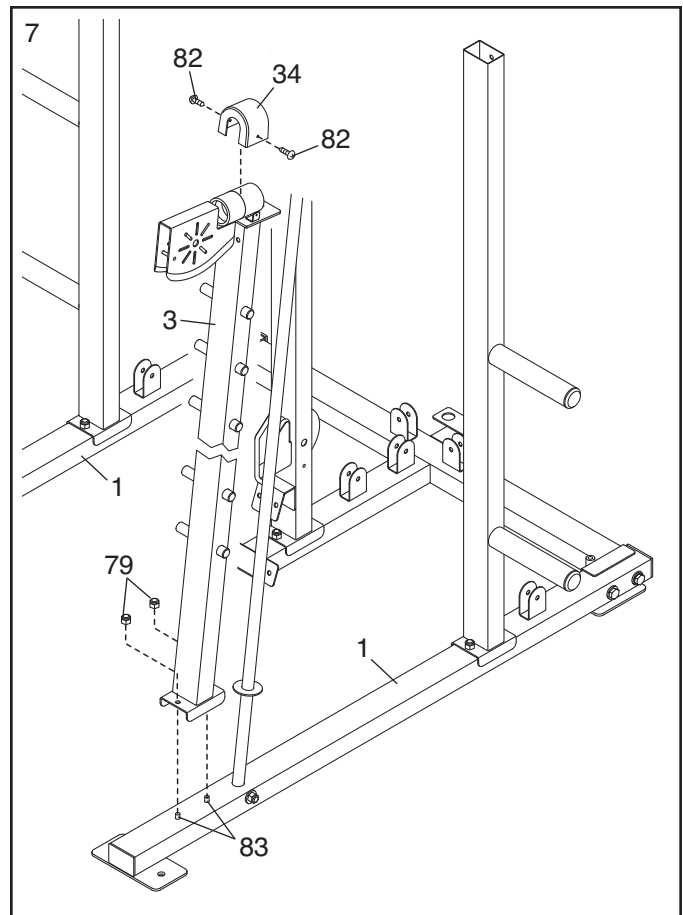
Repeat this step with the other Weight Bar Guide (not shown).



7. Attach an Upright Cap (34) to the Left Upright (3) with two M4 x 16mm Screws (82).

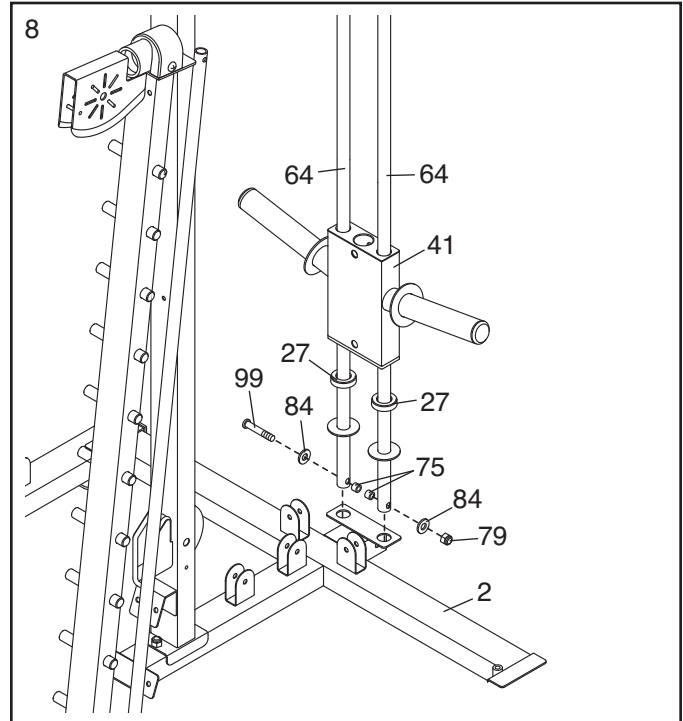
Attach the Left Upright (3) to the left Base (1) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

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



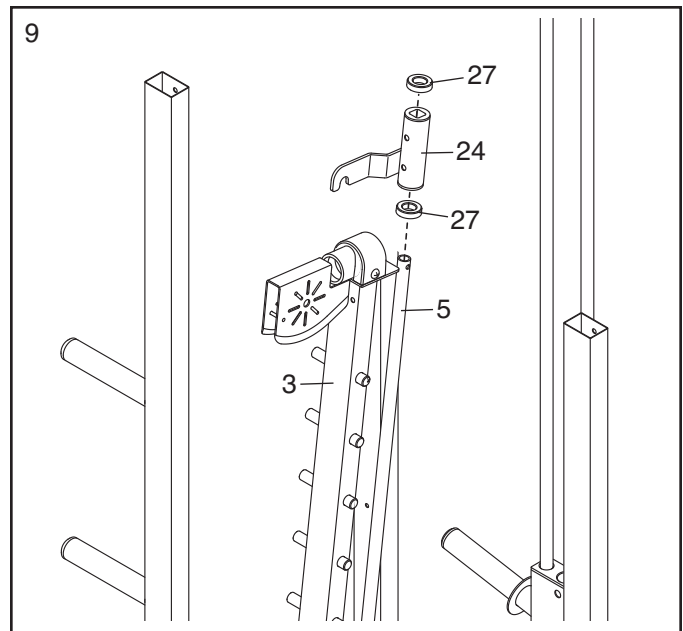
8. Orient the two Carriage Guides (64) so that the rings are near the bottom. Attach the Carriage Guides to the Center Base (2) with an M10 x 154mm Button Bolt (99), two M10 Washers (84), two 6mm Spacers (75), and an M10 Locknut (79). **Do not tighten the Locknut yet.**

Slide two Carriage Bumpers (27) onto the Carriage Guides (64). Slide the Weight Carriage (41) onto the Carriage Guides as shown.



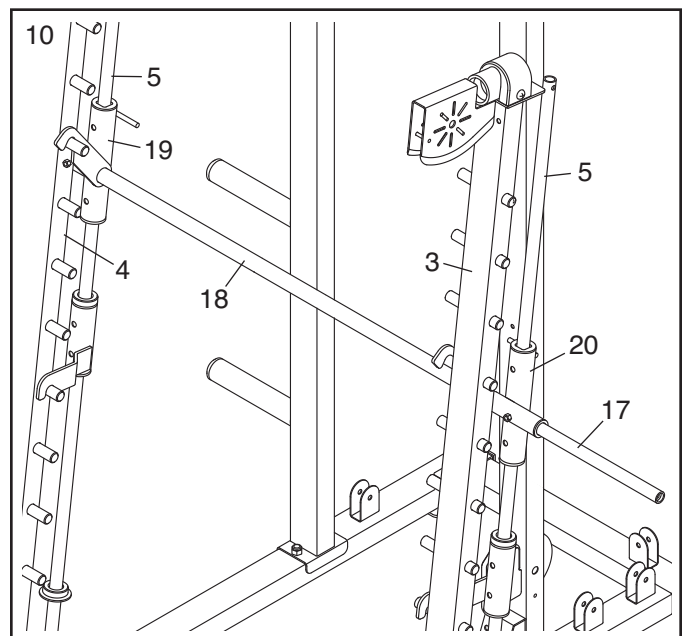
9. Orient the Left Spotter (24) as shown. Slide the Left Spotter and two Carriage Bumpers (27) onto the left Weight Bar Guide (5). Then, engage the Left Spotter onto the Left Upright (3).

Repeat this step with the Right Spotter (not shown) and the right Weight Bar Guide (not shown).



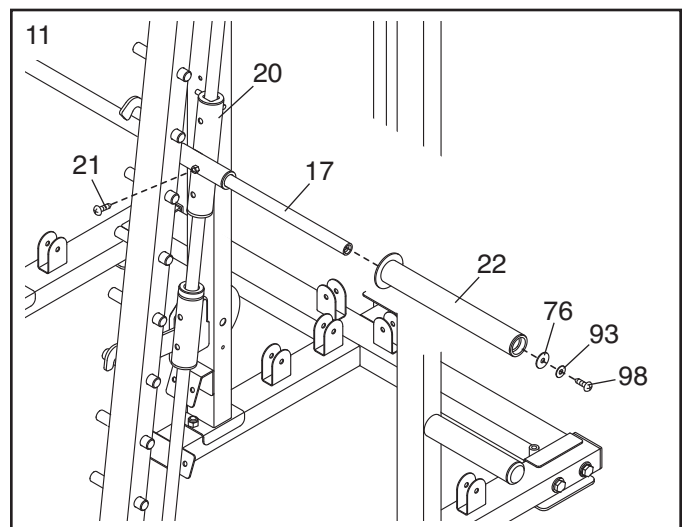
10. Slide the Right Carriage (19) and the Left Carriage (20) onto the Weight Bar Guides (5).

Insert the Weight Bar (17) through the Left Carriage (20), the Locking Bar (18), and the Right Guide (19). Engage the Locking Bar onto the Uprights (3, 4).



11. Attach a Weight Bar Adapter (22) to one end of the Weight Bar (17) with an M10 x 25mm Button Screw (98), an M10 Split Washer (93), and an M10 Large Washer (76). **Repeat this step on the other end of the Weight Bar.**

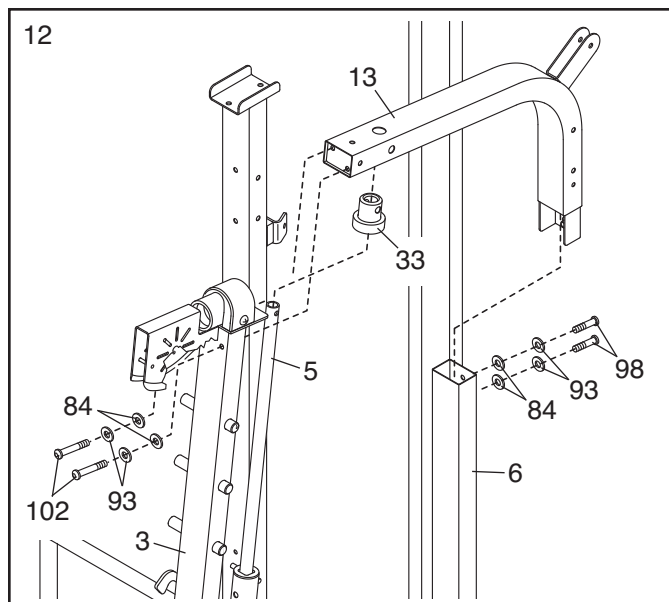
Tighten an M8 x 20mm Hex Screw (21) into the Left Carriage (20). **Repeat this step with the Right Carriage (not shown).**



12. Insert a Guide Cap (33) upward into a Side Top Frame (13). Set the Side Top Frame on the left Weight Bar Guide (5) and insert it into the Left Support (6).

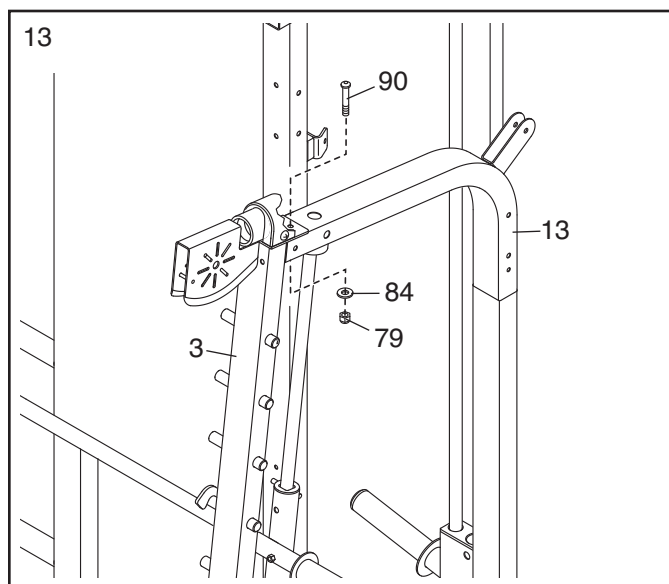
Attach the Side Top Frame (13) to the Left Upright (3) and the Left Support (6) with two M10 x 76mm Button Bolts (102), two M10 x 25mm Button Screws (98), four M10 Split Washers (93), and four M10 Washers (84). **Do not tighten the Button Screws yet.**

Repeat this step with the other Side Top Frame (13) and the right side of the weight rack.



13. Insert an M10 x 67mm Button Bolt (90) through the Left Upright (3) and the Side Top Frame (13). Hand tighten an M10 Washer (84) and an M10 Locknut (79) onto the Button Bolt.

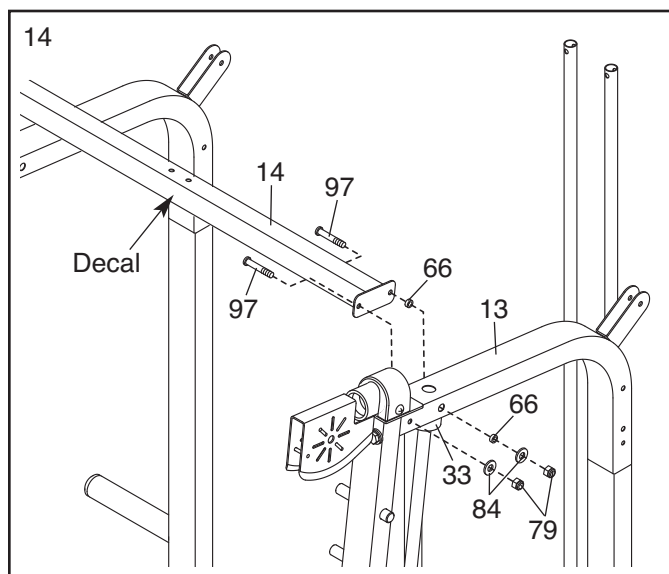
Repeat this step with the other Side Top Frame (13) and the right side of the weight rack.



14. Orient the Center Top Frame (14) so that the decal is in the position shown. **Make sure that the Guide Cap (33) is inside the left Side Top Frame (13).**

Attach the Center Top Frame (14) to the Side Top Frame (13) with two M10 x 93mm Button Bolts (97), two 17mm Spacers (66), two M10 Washers (84), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

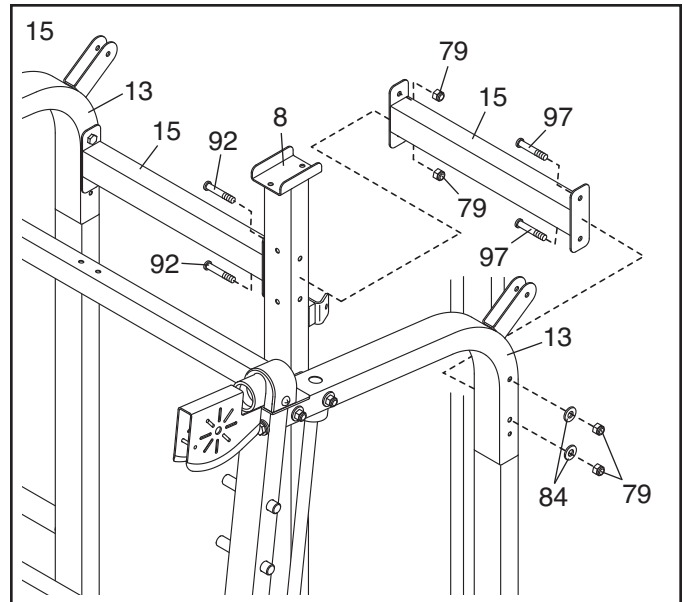
Repeat this step with the right Side Top Frame (not shown).



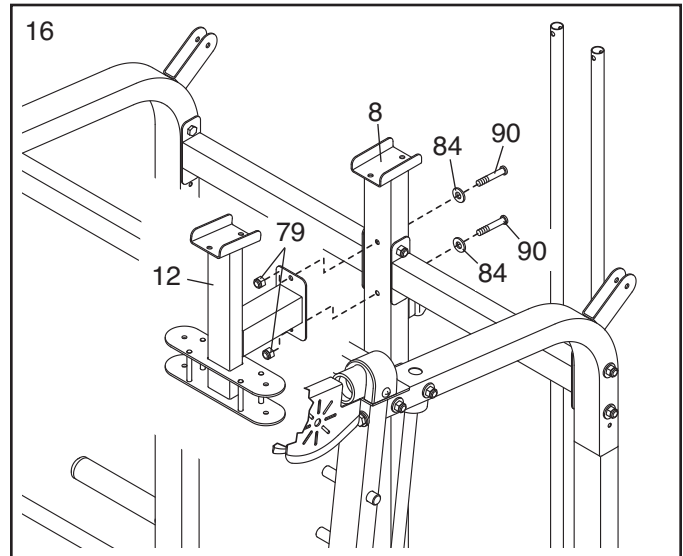
15. Attach a Support Frame (15) to the left Side Top Frame (13) with two M10 x 93mm Button Bolts (97), two M10 Washers (84), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

Attach the other Support Frame (15) to the right Side Top Frame (13) in the same way.

Attach the two Support Frames (15) to the Backrest Upright (8) with two M10 x 95mm Button Bolts (92) and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

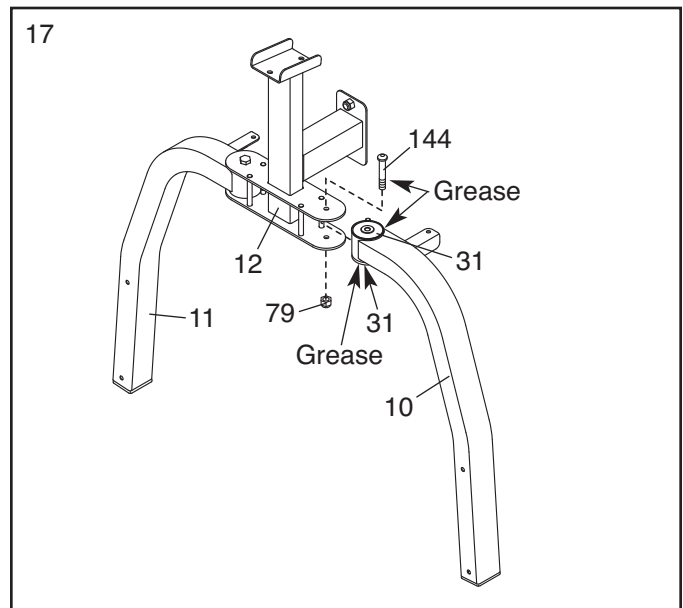


16. Attach the Arm Frame (12) to the Backrest Upright (8) with two M10 x 67mm Button Bolts (90), two M10 Washers (84), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

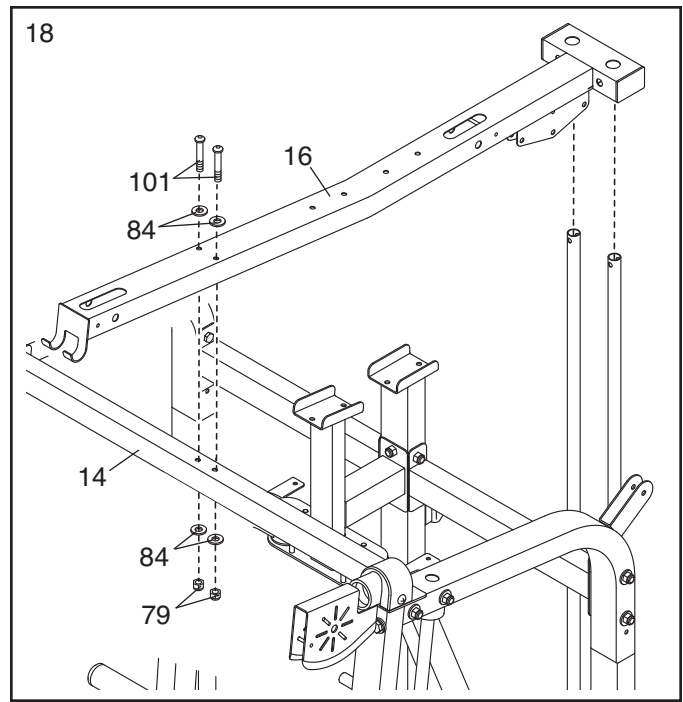


17. Apply some of the included grease to an M10 x 85mm Button Bolt (144) and to the two Arm Bushings (31) in the Left Arm (10). Attach the Left Arm to the Arm Frame (12) with the Button Bolt and an M10 Locknut (79). **Do not over-tighten the Locknut; the Left Arm must pivot easily.**

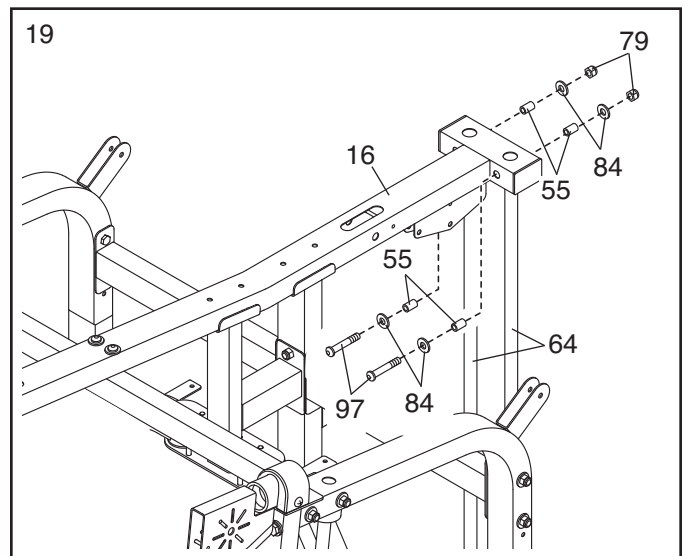
Repeat this step with the Right Arm (11).



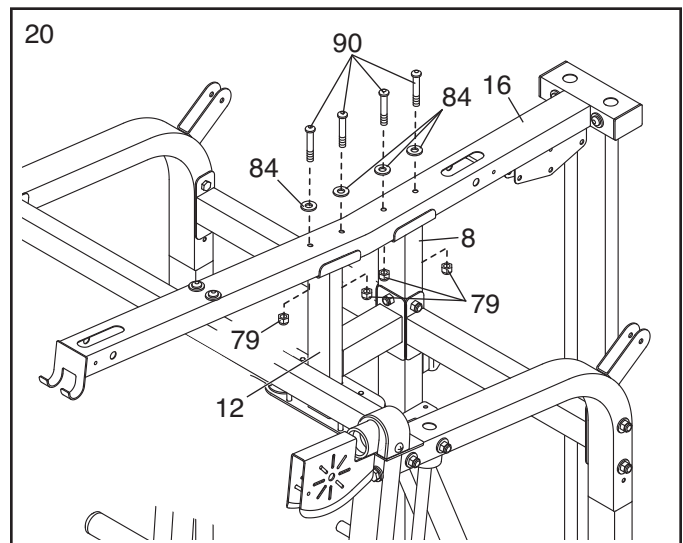
18. Attach the Top Frame (16) to the Center Top Frame (14) with two M10 x 116mm Button Bolts (101), four M10 Washers (84), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**



19. Attach the Top Frame (16) to the Carriage Guides (64) with two M10 x 93mm Button Bolts (97), four M10 Washers (84), four 25mm Spacers (55), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

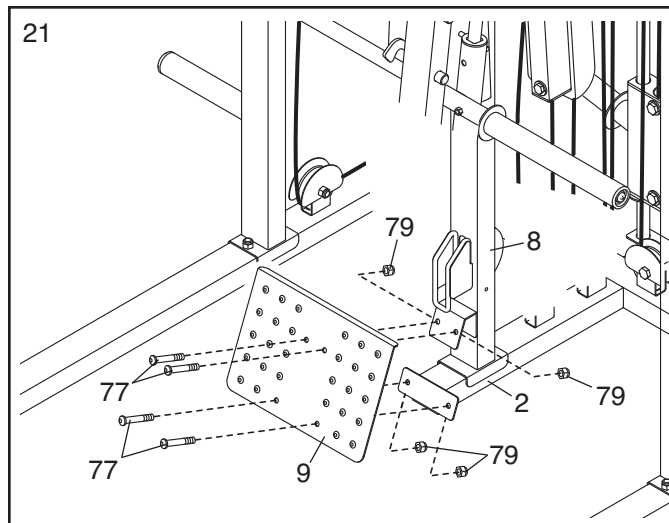


20. Attach the Top Frame (16) to the Arm Frame (12) and the Backrest Upright (8) with four M10 x 67mm Button Bolts (90), four M10 Washers (84), and four M10 Locknuts (79). **Do not tighten the Locknuts yet.**



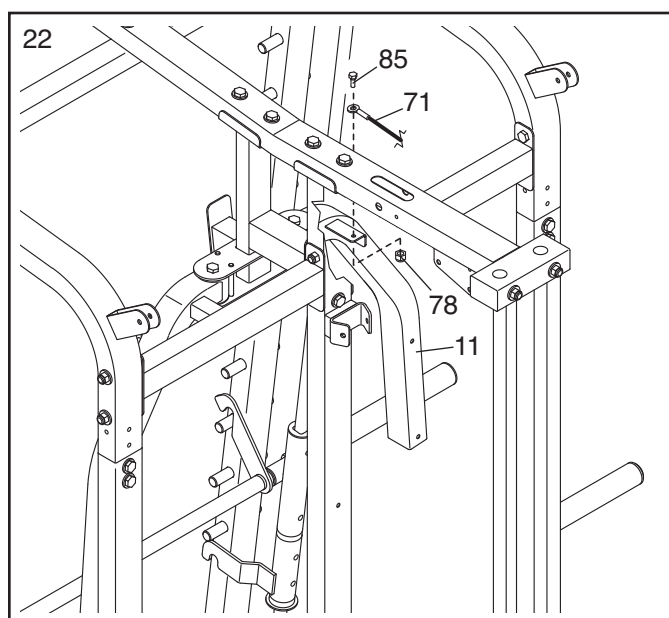
21. Attach the Foot Plate (9) to the Center Base (2) and the Backrest Upright (8) with four M10 x 19mm Button Bolts (77) and four M10 Locknuts (79).

See steps 3–8, 12, 14–16, and 18–20. Tighten all of the Bolts, Screws, and Locknuts.



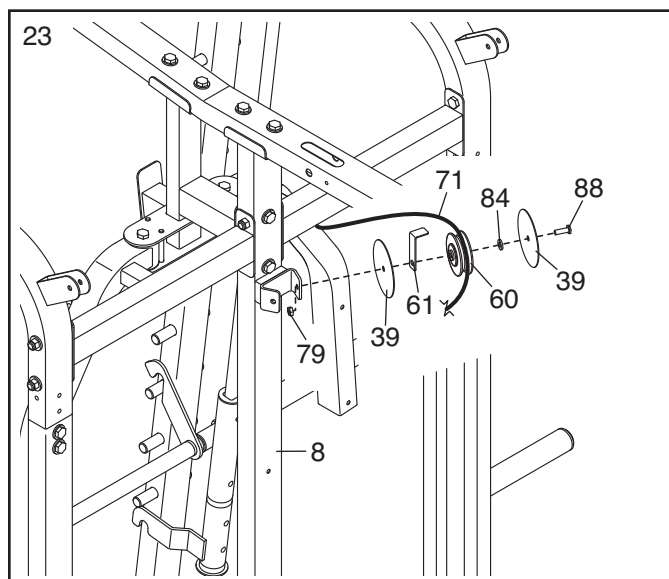
22. Steps 22–51 are shown from the rear of the weight rack. See the **CABLE DIAGRAMS** on pages 32 and 33 to identify cables as you assemble them.

Identify the Butterfly Cable (71). Attach the Butterfly Cable to the Right Arm (11) with an M8 x 19mm Shoulder Bolt (85) and an M8 Locknut (78). **Do not overtighten the Locknut; the Butterfly Cable must pivot easily.**

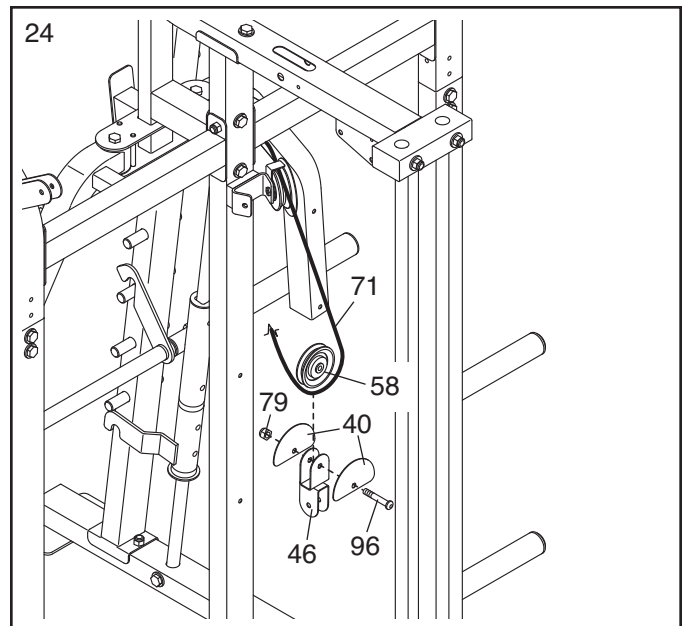


23. Identify the V-pulleys (60), the 90mm Pulleys (not shown), and the 110mm Pulleys (not shown).

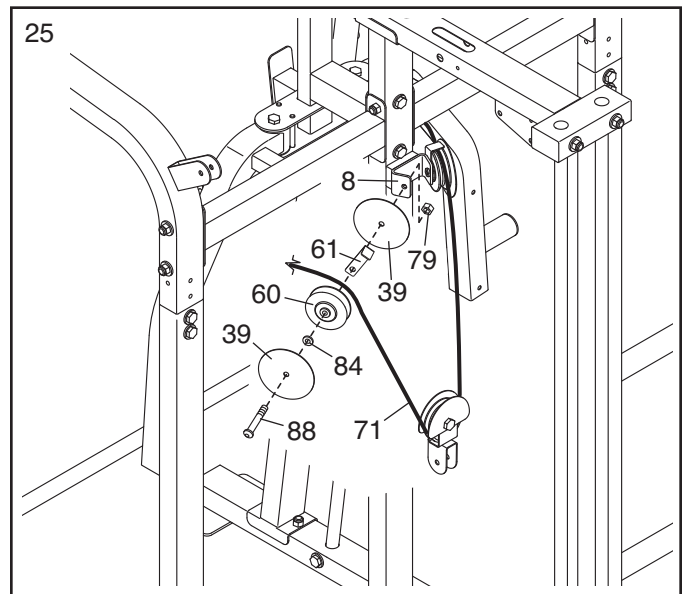
Route the Butterfly Cable (71) over a V-pulley (60). Attach the V-pulley, a Large Cable Trap (61), an M10 Washer (84), and two Full Guards (39) to the Backrest Upright (8) with an M10 x 62mm Button Bolt (88) and an M10 Locknut (79). **Make sure that the Large Cable Trap is oriented to hold the Butterfly Cable in the groove of the V-pulley.**



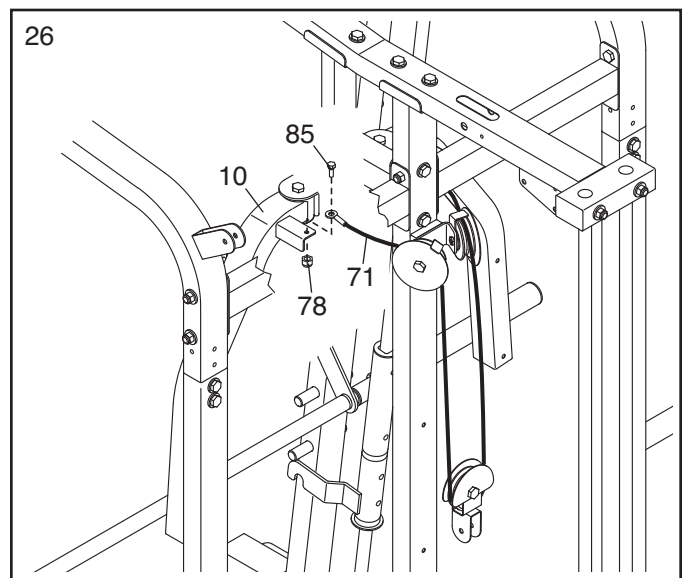
24. Route the Butterfly Cable (71) under a 90mm Pulley (58). Attach the 90mm Pulley and two Half Guards (40) to the Double U-bracket (46) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).



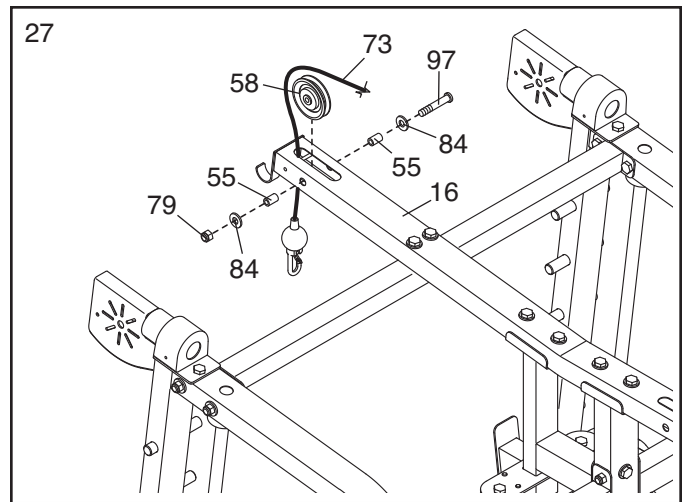
25. Route the Butterfly Cable (71) over a V-pulley (60). Attach the V-pulley, a Large Cable Trap (61), an M10 Washer (84), and two Full Guards (39) to the Backrest Upright (8) with an M10 x 62mm Button Bolt (88) and an M10 Locknut (79). **Make sure that the Large Cable Trap is oriented to hold the Butterfly Cable in the groove of the V-pulley.**



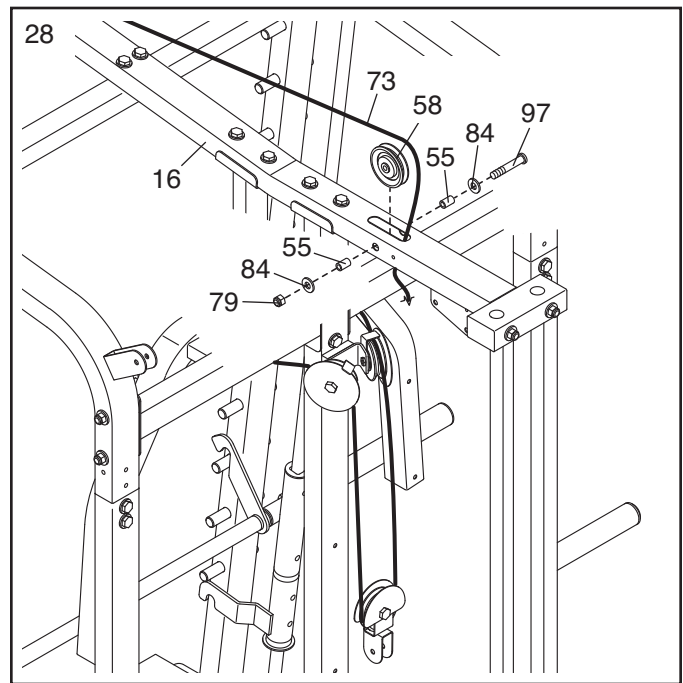
26. Attach the Butterfly Cable (71) to the Left Arm (10) with an M8 x 19mm Shoulder Bolt (85) and an M8 Locknut (78). **Do not overtighten the Locknut; the Butterfly Cable must pivot easily.**



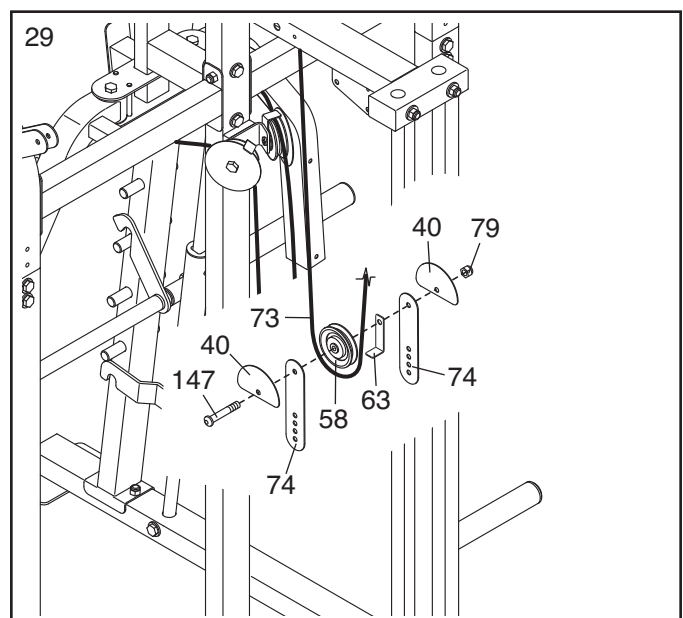
27. **Locate the High Cable (73).** Route the High Cable upward through the Top Frame (16) and over a 90mm Pulley (58). Attach the 90mm Pulley inside the Top Frame with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Locknut (79).



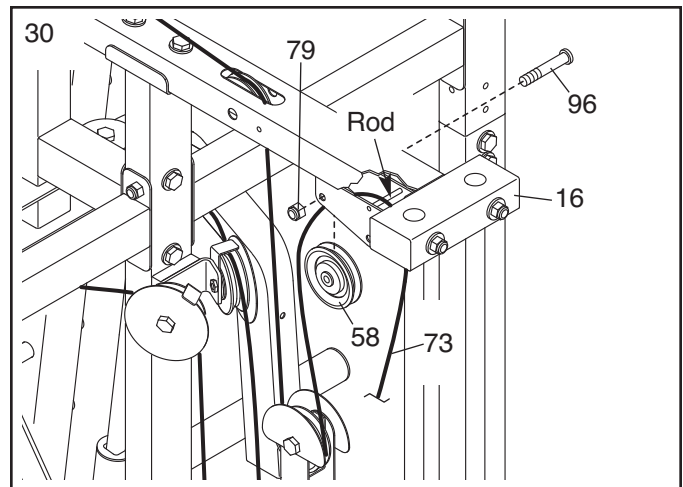
28. Route the High Cable (73) over a 90mm Pulley (58) and downward through the Top Frame (16). Attach the 90mm Pulley inside the Top Frame with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Locknut (79).



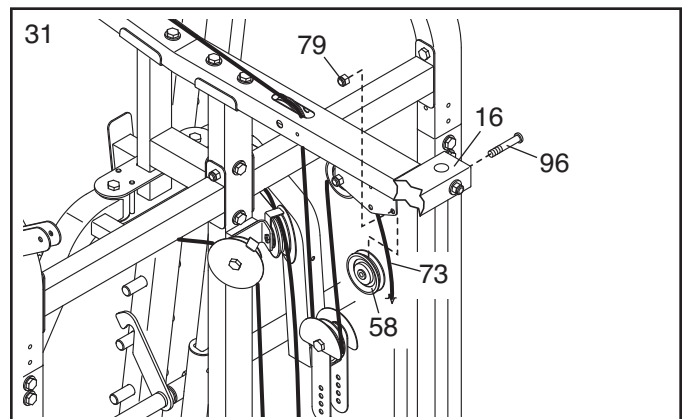
29. Wrap the High Cable (73) under a 90mm Pulley (58). Attach the 90mm Pulley, a Small Cable Trap (63), and two Half Guards (40) to the two 90mm Pulley Plates (74) with an M10 x 53mm Button Bolt (147) and an M10 Locknut (79). **Make sure that the Small Cable Trap is oriented to hold the High Cable in the groove of the 90mm Pulley.**



30. Wrap the High Cable (73) over a 90mm Pulley (58) and over the indicated rod in the Top Frame (16). Attach the 90mm Pulley to the Top Frame with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).

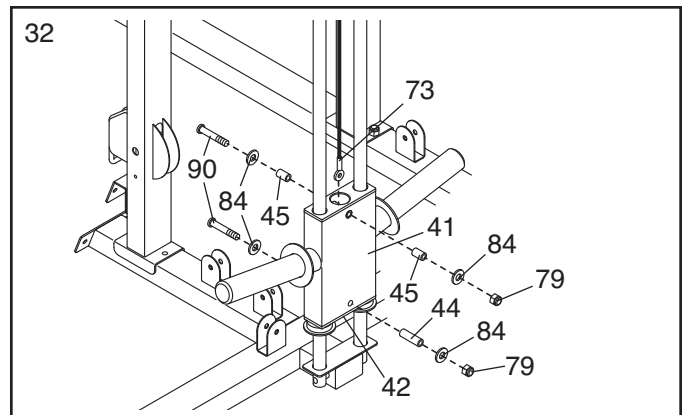


31. Wrap the High Cable (73) over a 90mm Pulley (58). Attach the 90mm Pulley to the Top Frame (16) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).

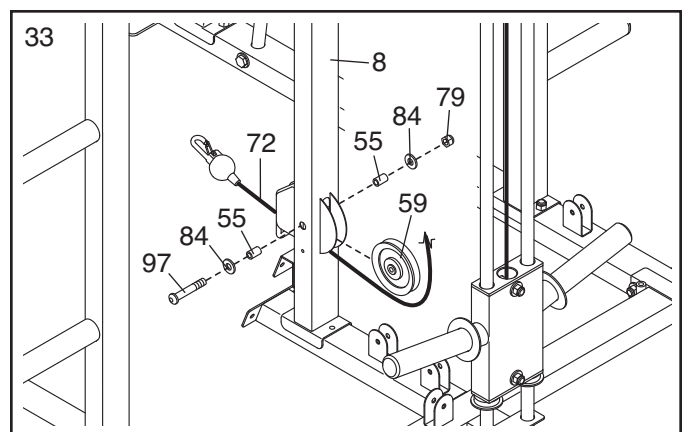


32. Attach the High Cable (73) inside the Weight Carriage (41) with an M10 x 67mm Button Bolt (90), two M10 Washers (84), two 24mm Spacers (45), and an M10 Locknut (79).

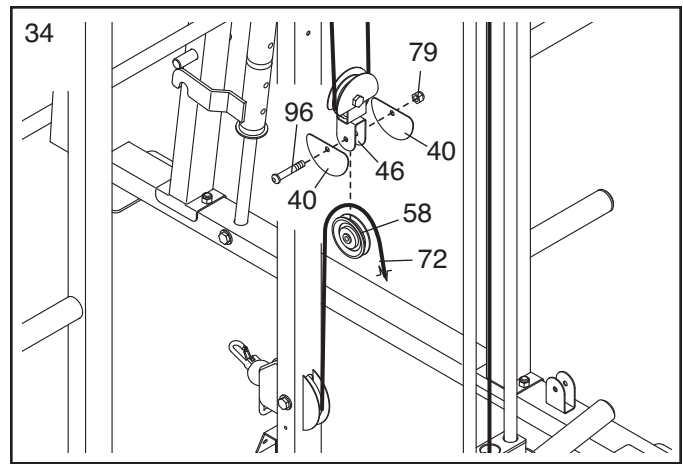
Attach the lower Carriage Bushing (42) inside the Weight Carriage (41) with an M10 x 67mm Button Bolt (90), two M10 Washers (84), a 51mm Spacer (44), and an M10 Locknut (79).



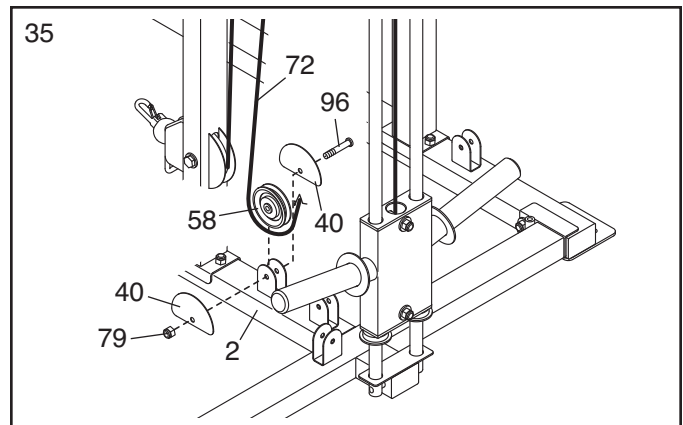
33. **Identify the Low Cable (72).** Route the Low Cable through the Backrest Upright (8) and under a 110mm Pulley (59). Attach the 110mm Pulley inside the Backrest Upright with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Locknut (79).



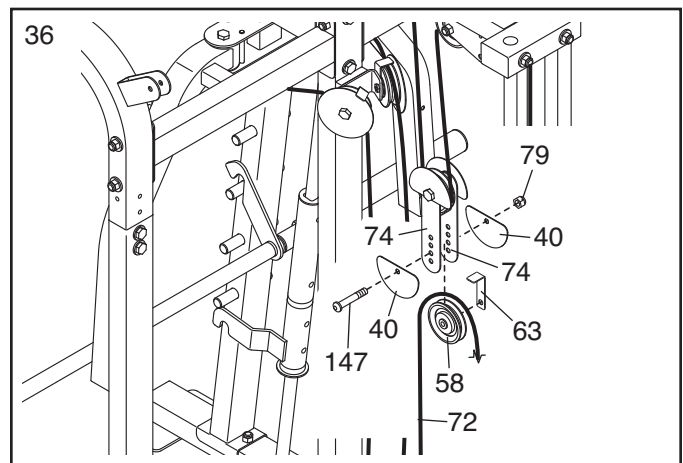
34. Route the Low Cable (72) over a 90mm Pulley (58). Attach the 90mm Pulley and two Half Guards (40) to the Double U-bracket (46) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).



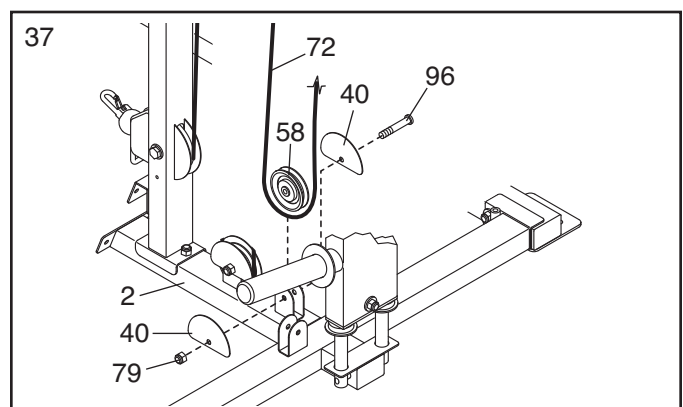
35. Route the Low Cable (72) under a 90mm Pulley (58). Attach the 90mm Pulley and two Half Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).



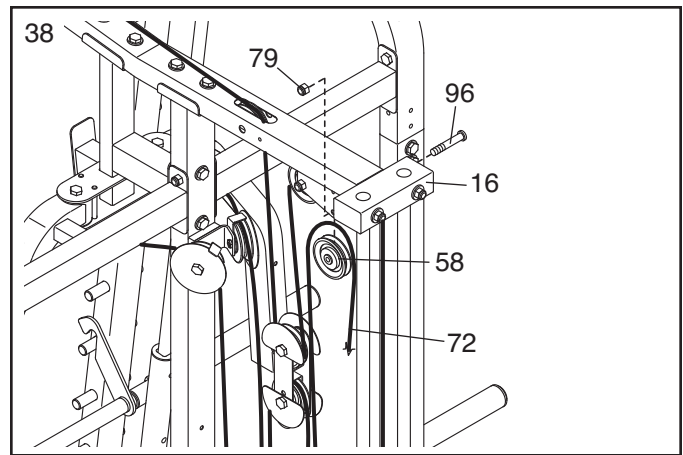
36. Wrap the Low Cable (72) over a 90mm Pulley (58). Attach the 90mm Pulley, a Small Cable Trap (63), and two Half Guards (40) to the second hole from the bottom of the two 90mm Pulley Plates (74) with an M10 x 53mm Button Bolt (147) and an M10 Locknut (79). **Make sure that the Small Cable Trap is oriented to hold the Low Cable in the groove of the 90mm Pulley.**



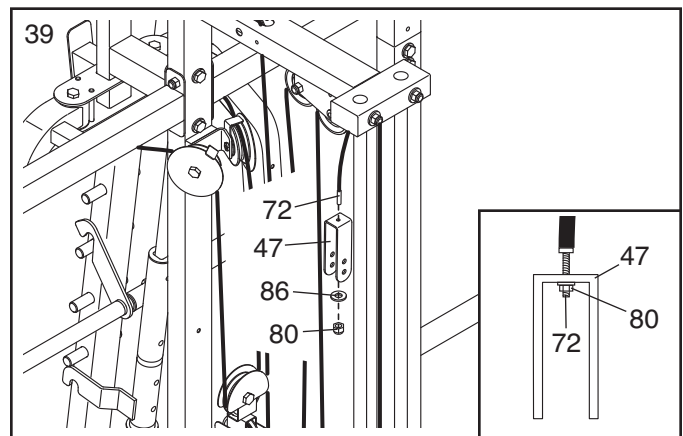
37. Route the Low Cable (72) under a 90mm Pulley (58). Attach the 90mm Pulley and two Half Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).



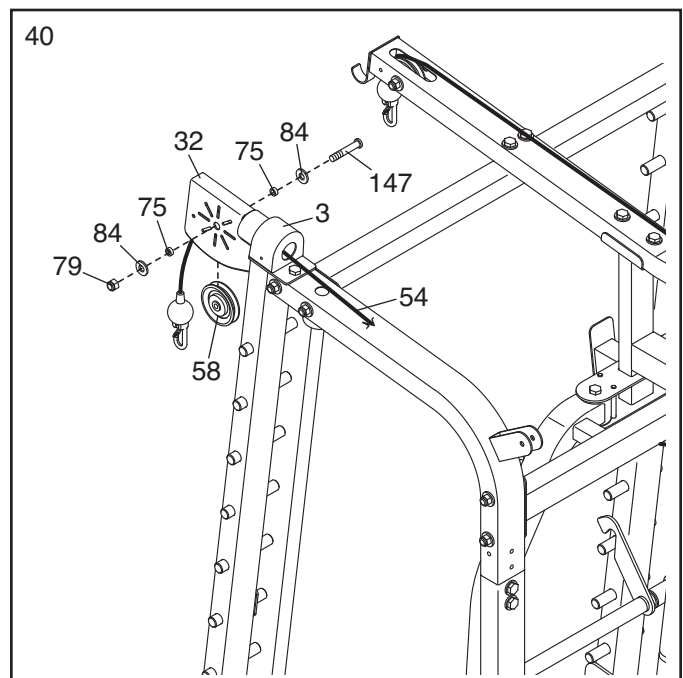
38. Wrap the Low Cable (72) over a 90mm Pulley (58). Attach the 90mm Pulley to the Top Frame (16) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).



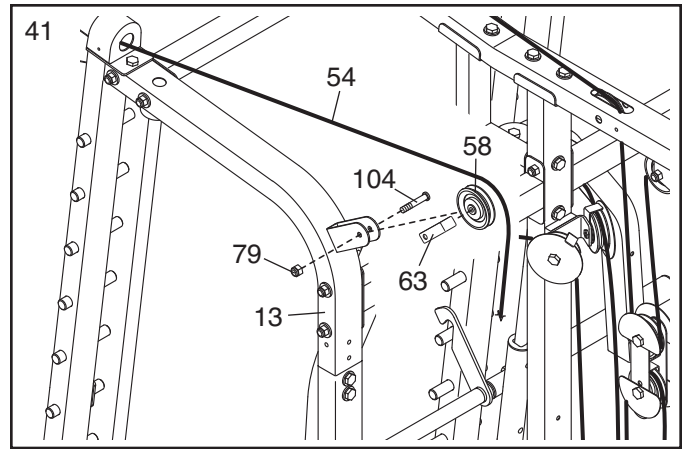
39. Attach the Low Cable (72) to the U-bracket (47) with an M6 Washer (86) and an M6 Locknut (80). **See the inset drawing. Do not over-tighten the Locknut; it should be threaded onto the end of the Low Cable so that only two threads are showing below the Locknut.**



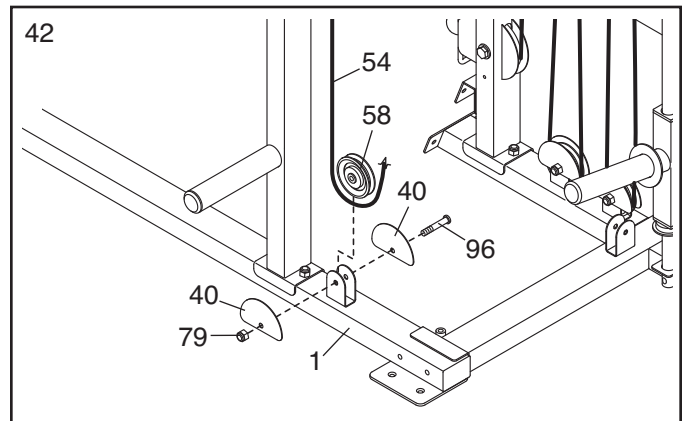
40. **Locate the Long Cable (54).** Route the Long Cable over a 90mm Pulley (58), and upward through a Swivel Arm (32) and the Left Upright (3). Attach the 90mm Pulley inside the Swivel Arm with an M10 x 53mm Button Bolt (147), two M10 Washers (84), two 6mm Spacers (75), and an M10 Locknut (79).



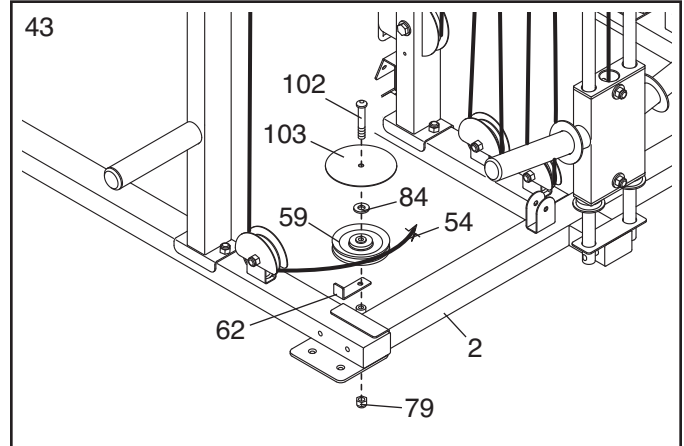
41. Route the Long Cable (54) over a 90mm Pulley (58). Attach the 90mm Pulley and a Small Cable Trap (63) to the left Side Top Frame (13) with an M10 x 49mm Button Bolt (104) and an M10 Locknut (79). **Make sure that the Small Cable Trap is oriented to hold the Long Cable in the groove of the 90mm Pulley.**



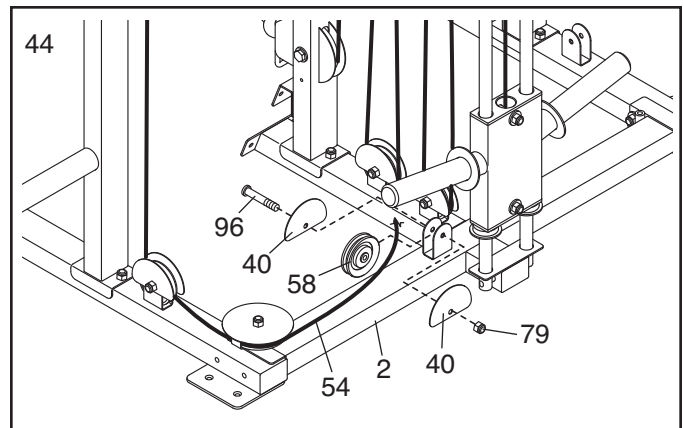
42. Route the Long Cable (54) under a 90mm Pulley (58). Attach the 90mm Pulley and two Half Guards (40) to the left Base (1) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).



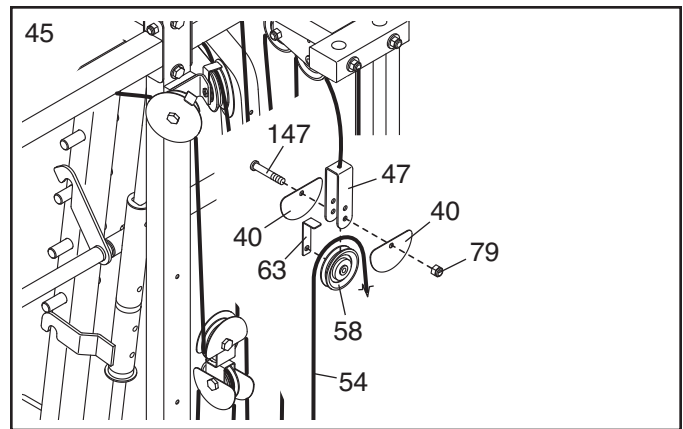
43. Route the Long Cable (54) around a 110mm Pulley (59). Attach the 110mm Pulley, a Long Cable Trap (62), an M10 Washer (84), and a Large Full Guard (103) to the Center Base (2) with an M10 x 76mm Button Bolt (102) and an M10 Locknut (79). **Make sure that the Long Cable Trap is oriented to hold the Long Cable in the groove of the 110mm Pulley.**



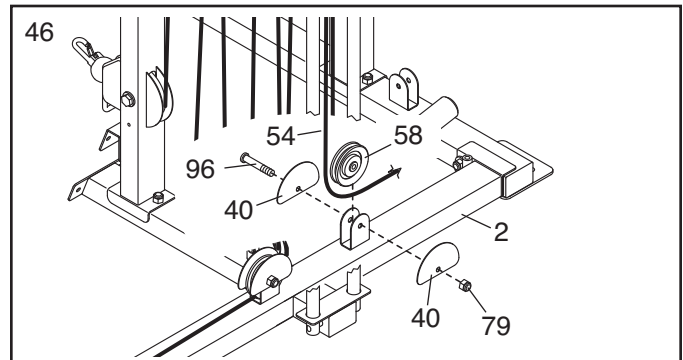
44. Route the Long Cable (54) under a 90mm Pulley (58). Attach the 90mm Pulley and two Half Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).



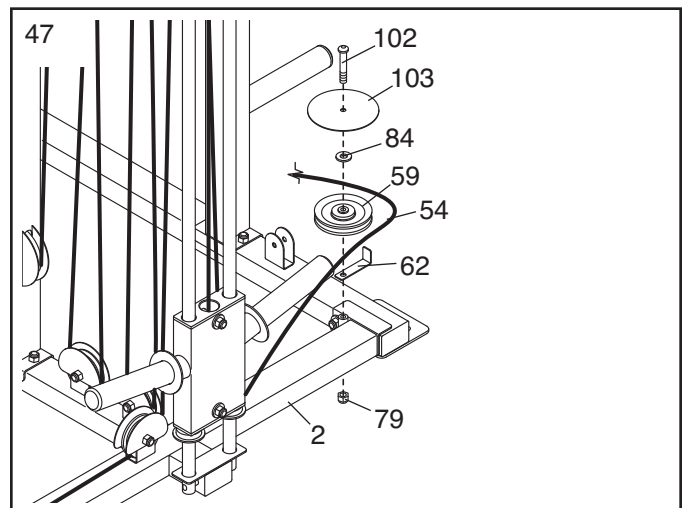
45. Route the Long Cable (54) over a 90mm Pulley (58). Attach the 90mm Pulley, a Small Cable Trap (63), and two Half Guards (40) to the lower hole of the U-bracket (47) with an M10 x 53mm Button Bolt (147) and an M10 Locknut (79). **Make sure that the Cable Trap is oriented to hold the Long Cable in the groove of the Pulley.**



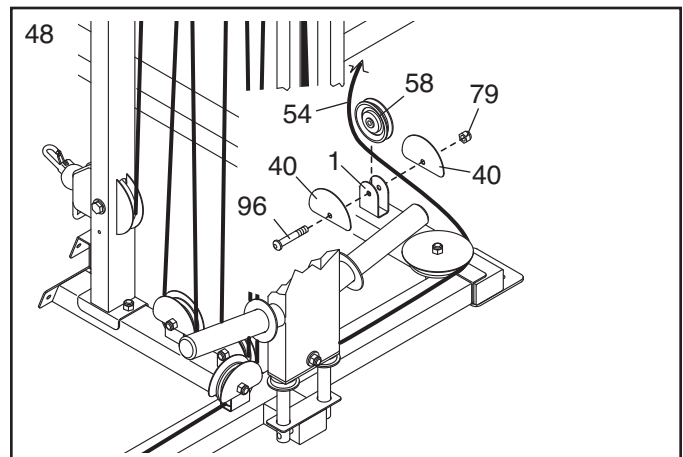
46. Route the Long Cable (54) under a 90mm Pulley (58). Attach the 90mm Pulley and two Half Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).



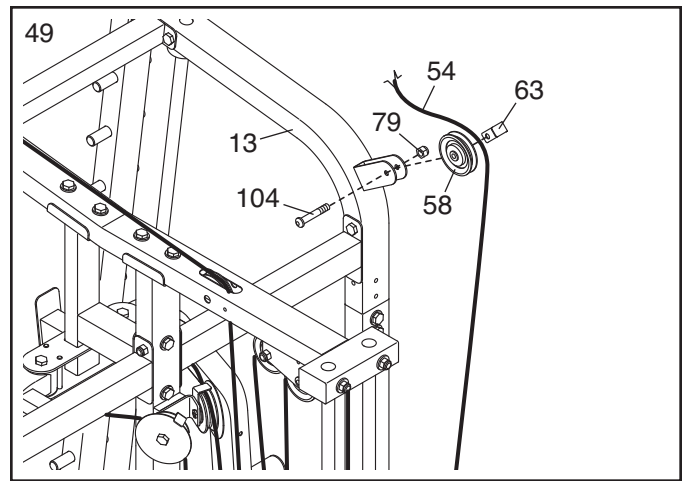
47. Route the Long Cable (54) around a 110mm Pulley (59). Attach the 110mm Pulley, a Long Cable Trap (62), an M10 Washer (84), and a Large Full Guard (103) to the Center Base (2) with an M10 x 76mm Button Bolt (102) and an M10 Locknut (79). **Make sure that the Long Cable Trap is oriented to hold the Long Cable in the groove of the 110mm Pulley.**



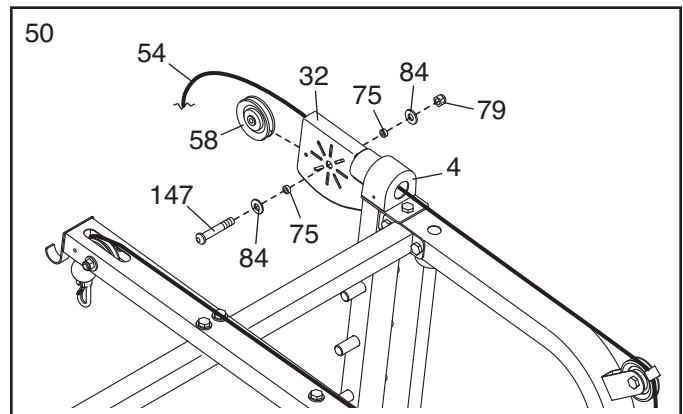
48. Route the Long Cable (54) under a 90mm Pulley (58). Attach the 90mm Pulley and two Half Guards (40) to the right Base (1) with an M10 x 46mm Button Bolt (96) and an M10 Locknut (79).



49. Route the Long Cable (54) over a 90mm Pulley (58). Attach the 90mm Pulley and a Small Cable Trap (63) to the right Side Top Frame (13) with an M10 x 49mm Button Bolt (104) and an M10 Locknut (79). **Make sure that the Small Cable Trap is oriented to hold the Long Cable in the groove of the 90mm Pulley.**



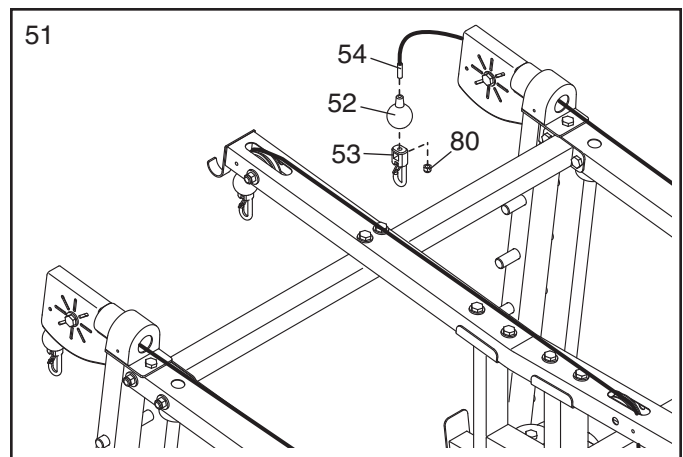
50. Route the Long Cable (54) through the Right Upright (4) and a Swivel Arm (32). Then, route the Long Cable over a 90mm Pulley (58). Attach the 90mm Pulley inside the Swivel Arm with an M10 x 53mm Button Bolt (147), two M10 Washers (84), two 6mm Spacers (75), and an M10 Locknut (79).



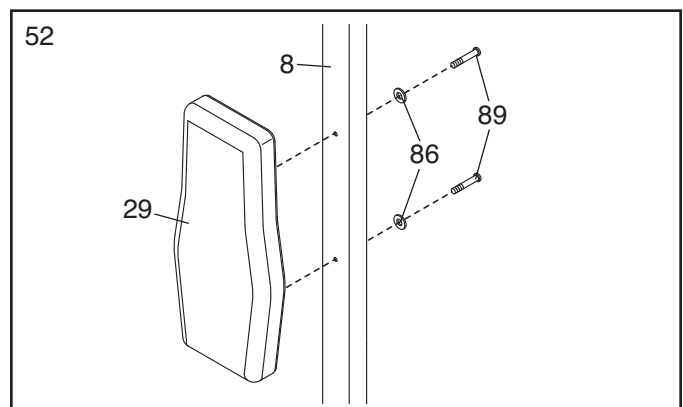
51. Slide a Cable Stop (52) onto the Long Cable (54).

Hold an M6 Locknut (80) inside a Clip (53), and insert the Long Cable (54) into the Clip and the Locknut. Hold the crimp on the Long Cable with a pair of pliers. Insert a screwdriver between the Locknut and the Clip. Rotate the screwdriver, the Clip, and the Locknut together until two threads of the Long Cable show past the Locknut.

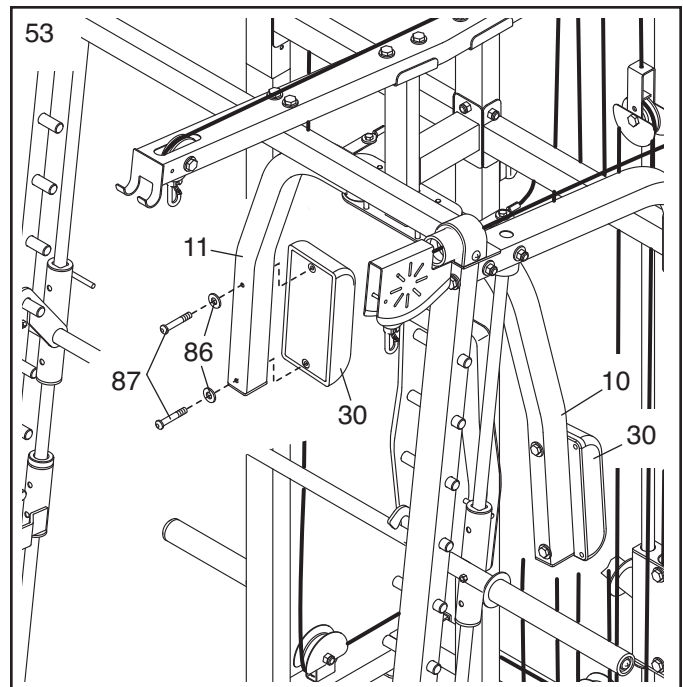
Slide the Cable Stop (52) over the Clip (53).



52. Attach the Upright Backrest (29) to the Backrest Upright (8) with two M6 x 67mm Screws (89) and two M6 Washers (86).

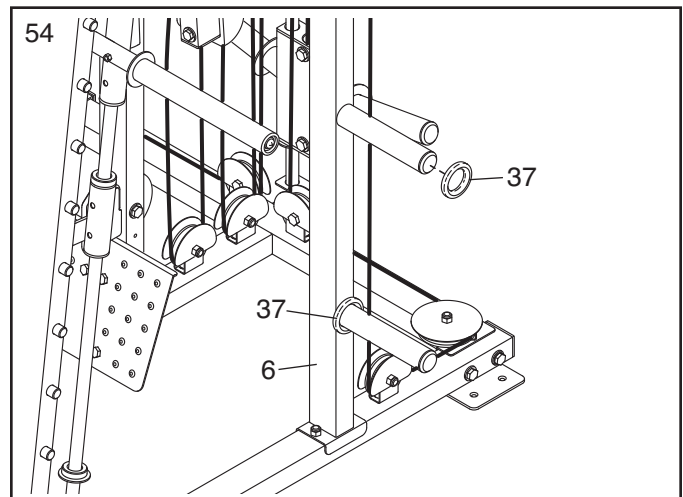


53. Attach an Arm Pad (30) to the Right Arm (11) with two M6 x 80mm Screws (87) and two M6 Washers (86). **Attach the other Arm Pad (30) to the Left Arm (10) in the same way.**



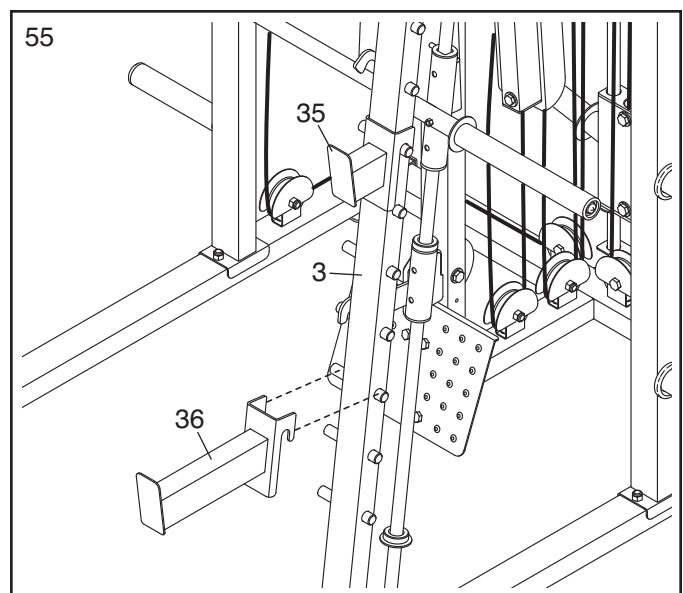
54. Slide a Weight Bumper (37) onto each storage tube on the Left Support (6). **Make sure that the flat edge of each Weight Bumper is facing away from the Left Support.**

Slide a Weight Bumper (37) onto each storage tube the Right Support (not shown).

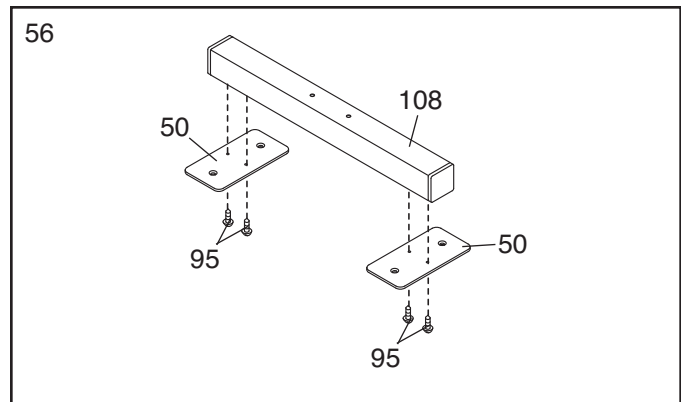


55. Set a Barbell Rest (35) and a Barbell Spotter (36) on the Left Upright (3). **Set the other Barbell Rest and the other Barbell Spotter on the Right Upright (not shown).**

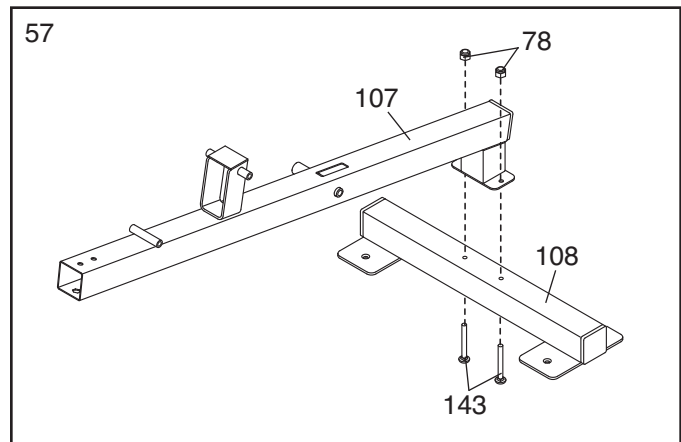
Make sure that both Barbell Rests (35) and both Barbell Spotters (36) are set at the same height.



56. Attach two Plastic Foot Plates (50) to the Bench Stabilizer (108) with four M4 x 10mm Screws (95).



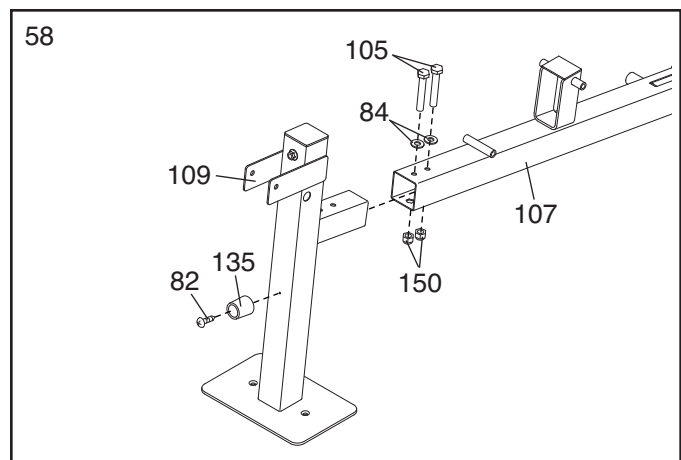
57. Attach the Bench Stabilizer (108) to the Bench Frame (107) with two M8 x 76mm Carriage Bolts (143) and two M8 Locknuts (78). **Do not tighten the Locknuts yet.**



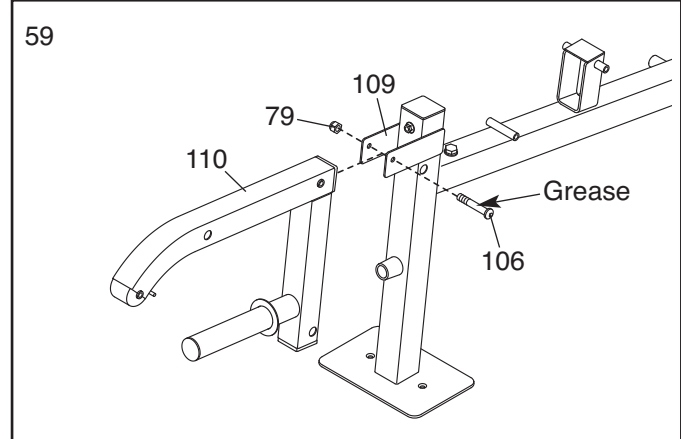
58. Attach the Leg Bumper (135) to the Front Leg (109) with an M4 x 16mm Screw (82).

Attach the Front Leg (109) to the Bench Frame (107) with two 3/8" x 3" Hex Bolts (105), two M10 Washers (84), and two 3/8" Locknuts (150).

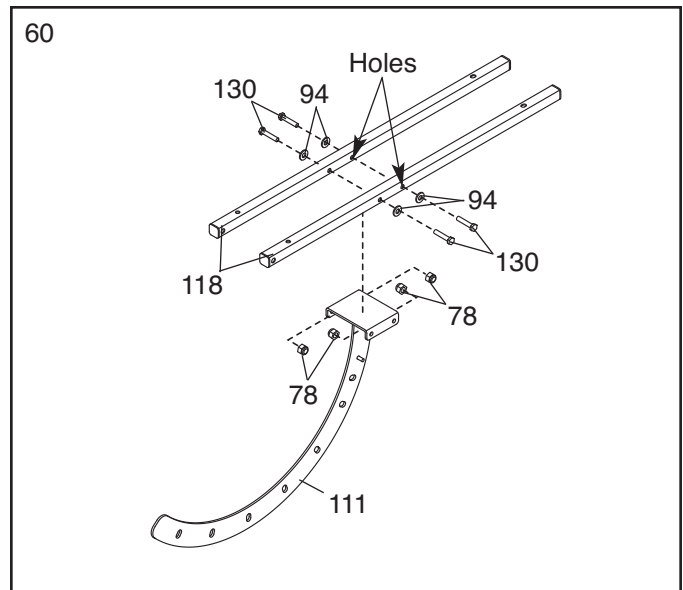
See step 57. Tighten the M8 Locknuts (78).



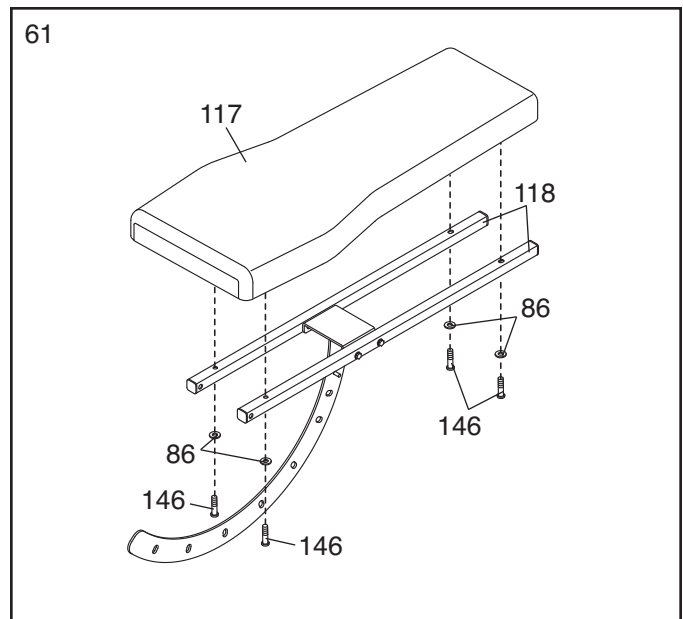
59. Apply grease to an M10 x 82mm Button Bolt (106). Attach the Leg Lever (110) to the Front Leg (109) with the Button Bolt and an M10 Locknut (79). **Do not overtighten the Locknut; the Leg Lever must pivot easily.**



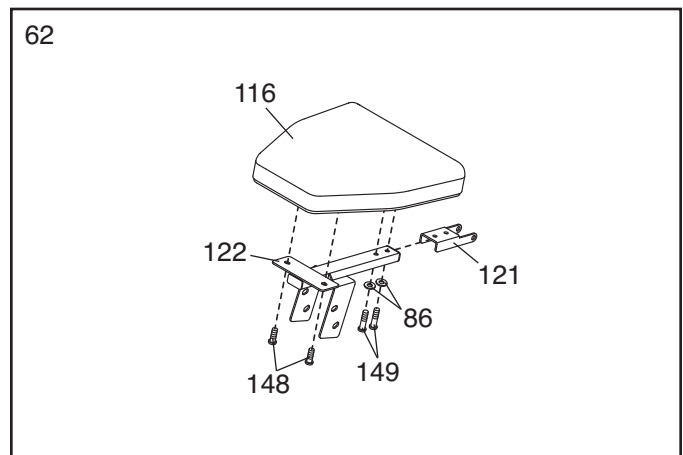
60. Orient the two Backrest Frames (118) with the indicated holes nearer the bottom. Attach the Backrest Frames to the Backrest Bracket (111) with four M8 x 42mm Hex Bolts (130), four M8 Washers (94), and four M8 Locknuts (78). **Do not tighten the Locknuts yet.**



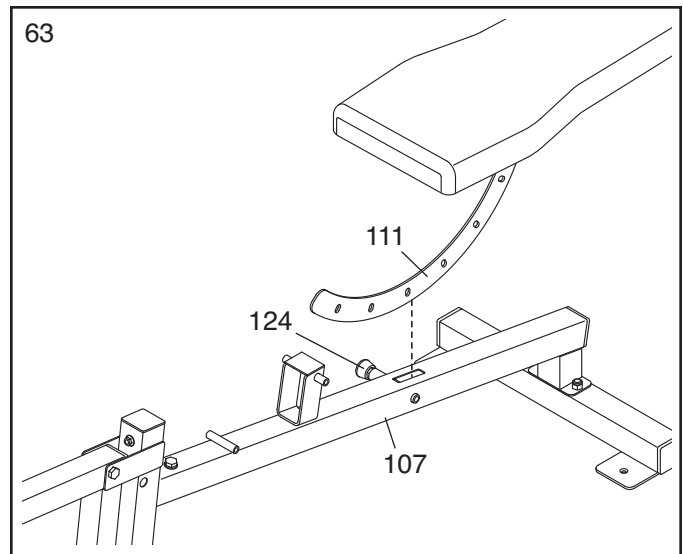
61. Attach the Backrest (117) to the Backrest Frames (118) with four M6 x 42mm Screws (146) and four M6 Washers (86). **Do not tighten the Screws yet.**



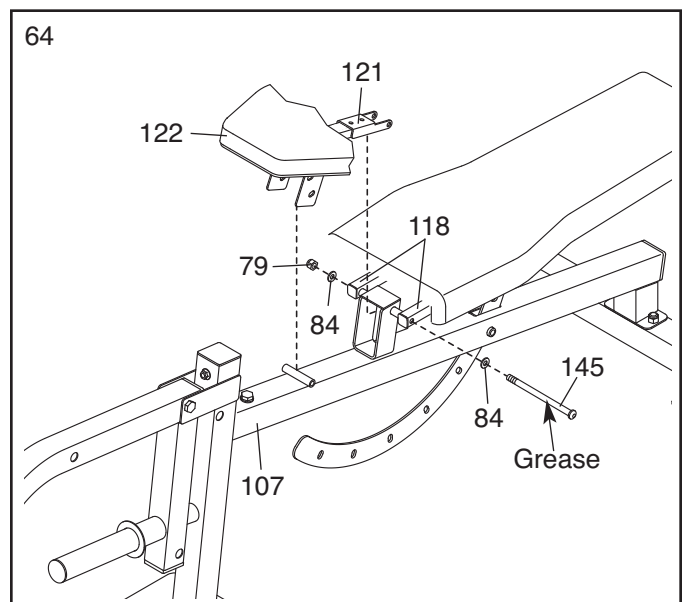
62. Attach the Seat (116) and the Seat Bracket (121) to the Seat Frame (122) with two M6 x 38mm Screws (149) and two M6 Washers (86). Then, attach the other end of the Seat (116) to the Seat Frame (122) with two M6 x 19mm Screws (148).



63. Pull the Bench Knob (124) outward and insert the Backrest Bracket (111) through the Bench Frame (107). Engage the Bench Knob into the Backrest Bracket.



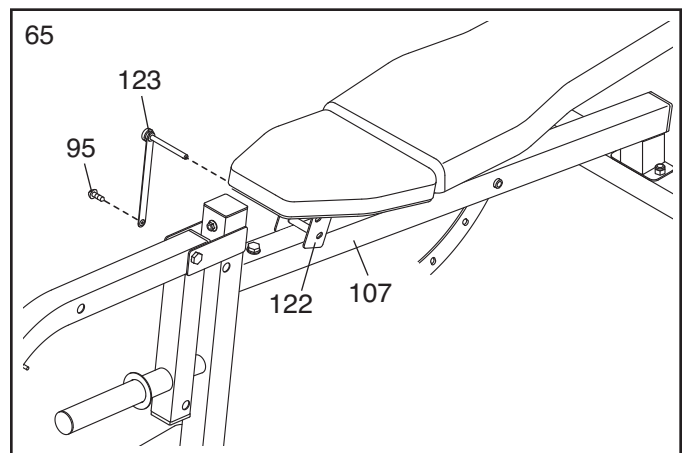
64. Apply grease to an M10 x 180mm Button Bolt (145). Attach the Backrest Frames (118) and the Seat Bracket (121) to the Bench Frame (107) with the Button Bolt, two M10 Washers (84), and an M10 Locknut (79). **Do not over-tighten the Locknut; the Backrest Frames and Seat Frame (122) must pivot easily.**



65. Attach the Seat Pin (123) to the Seat Frame (122) with an M4 x 10mm Screw (95). Insert the Seat Pin into the Seat Frame and the Bench Frame (107).

See step 60. Tighten the M8 Locknuts (78).

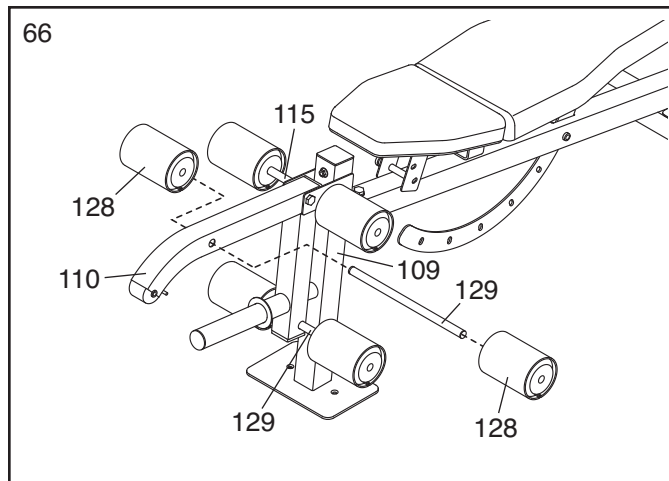
See step 61. Tighten the M6 x 42mm Screws (146).



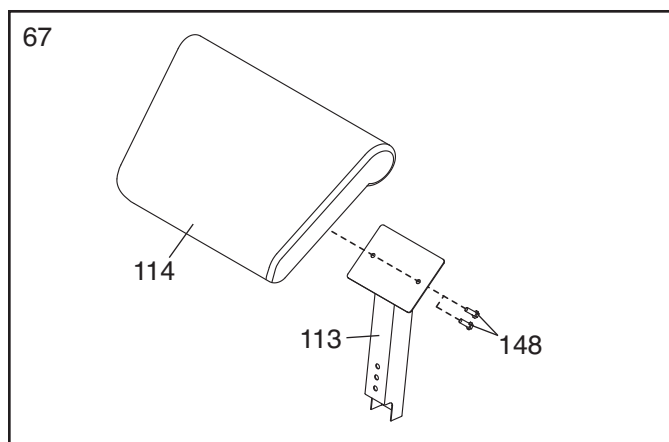
66. Insert a Pad Tube (129) through the Leg Lever (110). Slide a Foam Pad (128) onto each end of the Pad Tube.

Attach the other Pad Tube (129) in the same way.

Attach the Long Pad Tube (115) to the Front Leg (109) in the same way.

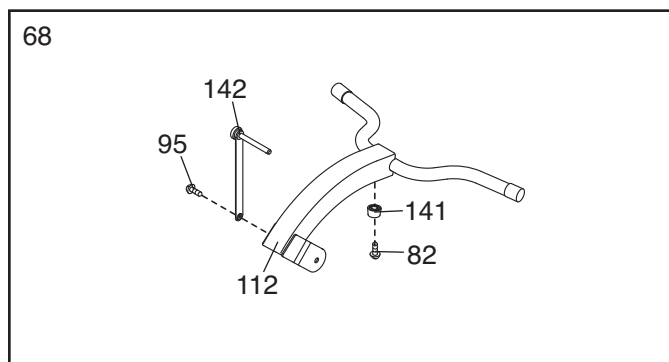


67. Attach the Curl Pad (114) to the Curl Post (113) with two M6 x 19mm Screws (148).



68. Attach the Curl Bumper (141) to the Curl Bar (112) with an M4 x 16mm Screw (82).

Attach the Curl Pin (142) to the Curl Bar (112) with an M4 x 10mm Screw (95).



69. **Make sure that all parts are properly tightened.** The use of all remaining parts will be explained in ADJUSTMENT, starting on page 29.

Before using the weight bench, pull each cable a few times to make sure that the cable moves smoothly. If a cable does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 32 and 33 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See MAINTENANCE on page 34.**

ADJUSTMENT

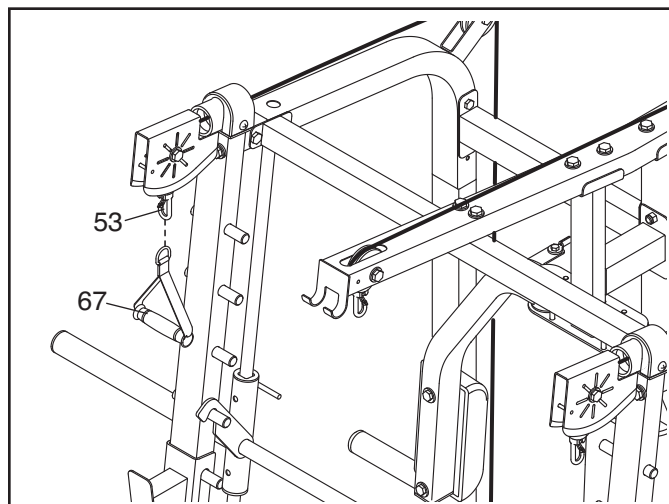
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 35 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

ATTACHING ACCESSORIES

To use a Handle (67), attach the Handle to the Clip (53) on the end of any cable.

The other accessories can be attached to the cables in the same way.

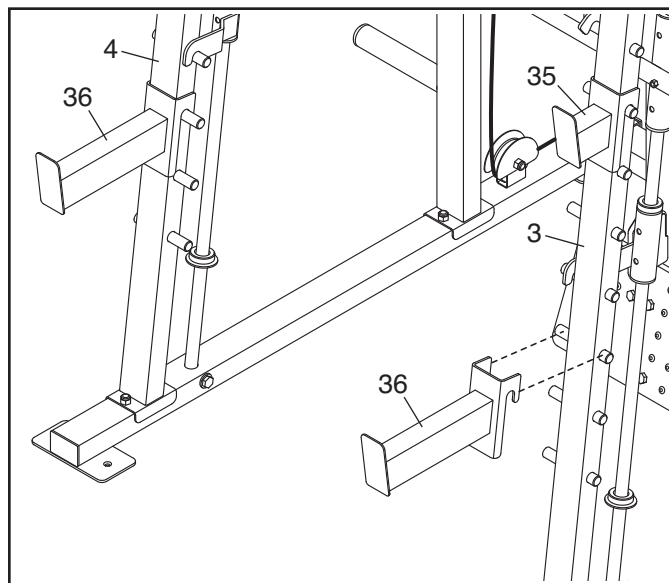
For some exercises, the Chain (not shown) should be attached between the Clip (53) and the accessory with the Cable Clip (not shown).



ADJUSTING THE WEIGHT RESTS

Before using a separate barbell (not included), set the Barbell Spotters (36) at the lowest position to which you want your barbell to move. To move the Barbell Spotters, lift them off the Uprights (3, 4). Set the Barbell Spotters on the Uprights at the desired height.

In the same way, adjust the Barbell Rests (35) to a comfortable height for lifting and replacing the barbell.

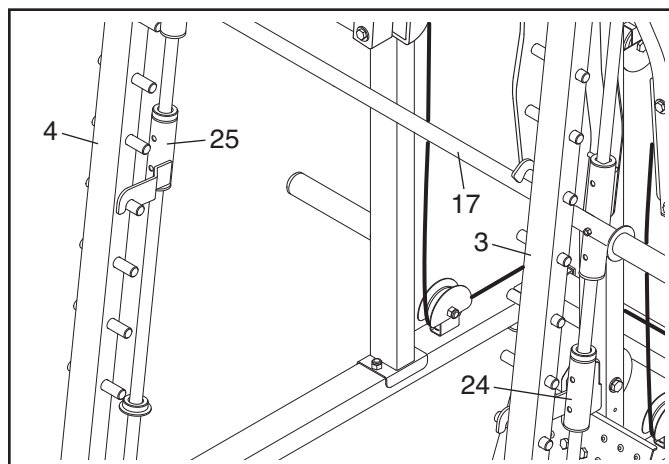


⚠ WARNING: Always set both Barbell Rests (35) and both Barbell Spotters (36) at the same height.

ADJUSTING THE SPOTTERS

Before performing an exercise that uses the Weight Bar (17), disengage the Spotters (24, 25) from the Uprights (3, 4) and move them to the lowest height to which you want the Weight Bar to move. Then, reengage the Spotters at the desired height.

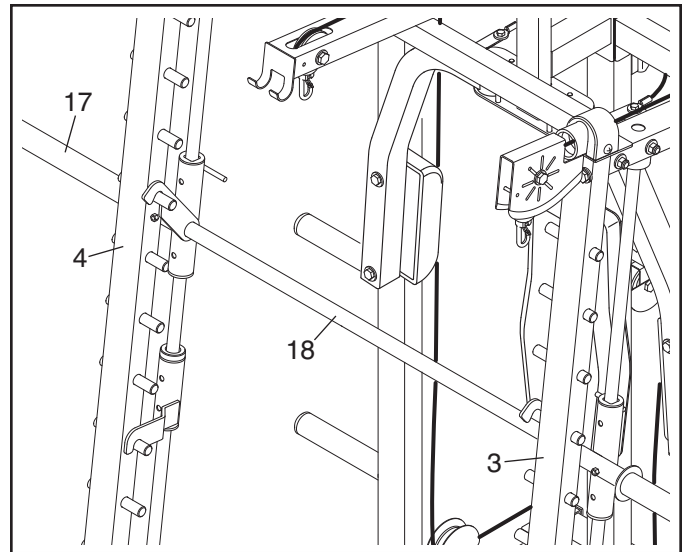
⚠ WARNING: Always set both Spotters (24, 25) at the same height.



USING THE WEIGHT BAR

To use the Weight Bar (17), first place the desired amount of weight (not included) onto the ends of the Weight Bar (see ADDING WEIGHT below). Then, disengage the Locking Bar (18) by rotating it off the Uprights (3, 4).

When finished with the exercise, reengage the Locking Bar (18) by rotating it onto the Uprights (3, 4).

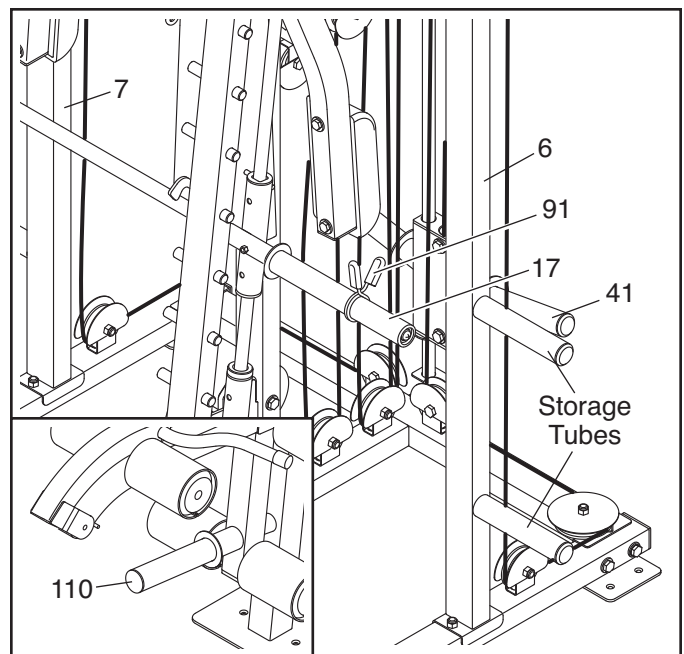


ADDING WEIGHT

Slide the desired amount of weight (not included) onto the Weight Carriage (41), the Weight Bar (17), the Leg Lever (110), or your barbell (not included). Secure the weights with the Spring Collars (91).

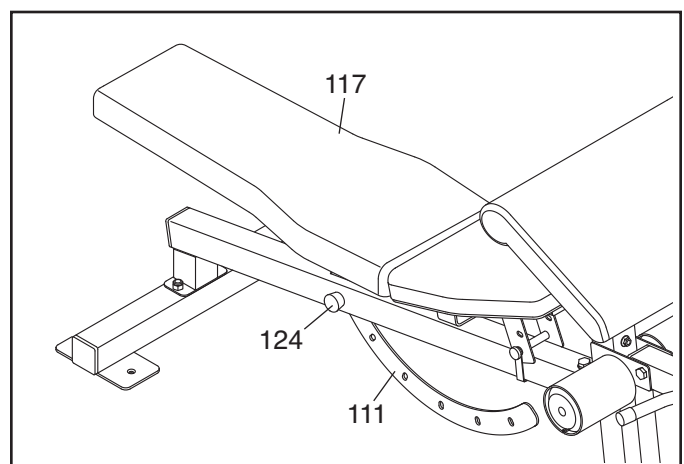
Store unused weight on the storage tubes on the Supports (6, 7).

⚠ WARNING: Do not place more than 150 lbs. (68 kg) on the Weight Carriage (41). Do not place more than 310 lbs. (141 kg) on the Weight Bar (17), or on the Barbell Rests (not shown), including the barbell. Always place the same amount of weight on both sides of the Weight Carriage, Weight Bar, or barbell.



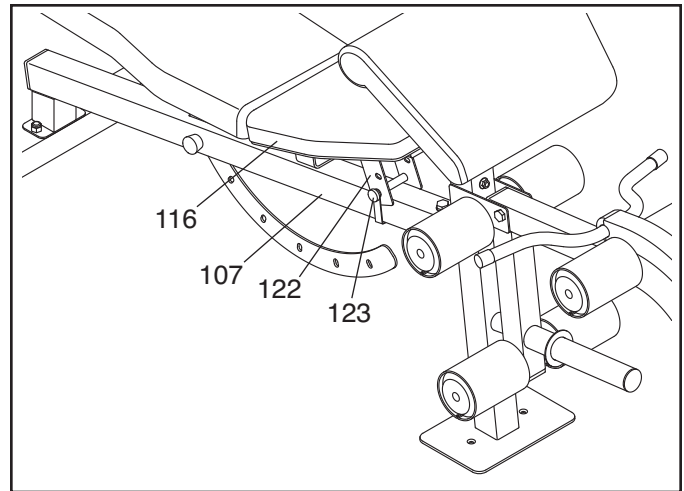
ADJUSTING THE BACKREST

Hold the Backrest (117) with one hand and disengage the Bench Knob (124) from the Backrest Bracket (111). Move the Backrest to the desired position and reengage the Bench Knob.



ADJUSTING THE SEAT

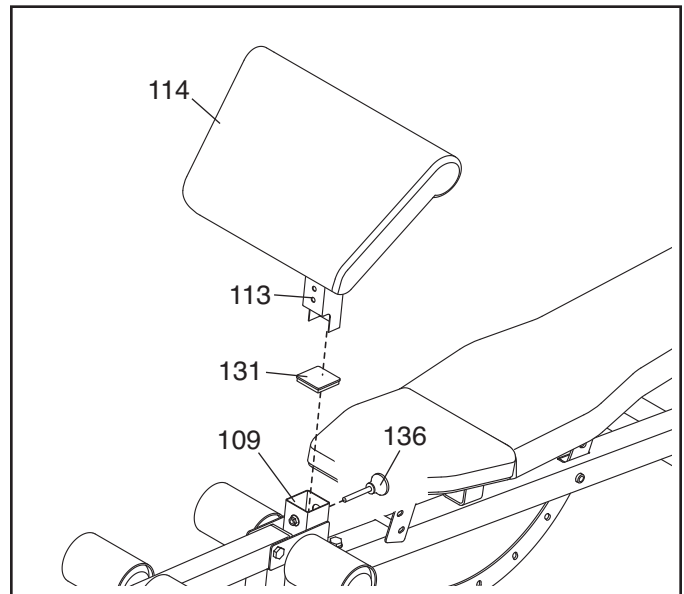
Hold the Seat (116) with one hand and disengage the Seat Pin (123) from the Seat Frame (122). Move the Seat to the desired position and reengage the Seat Pin into the Seat Frame and the Bench Frame (107).



ATTACHING THE CURL PAD

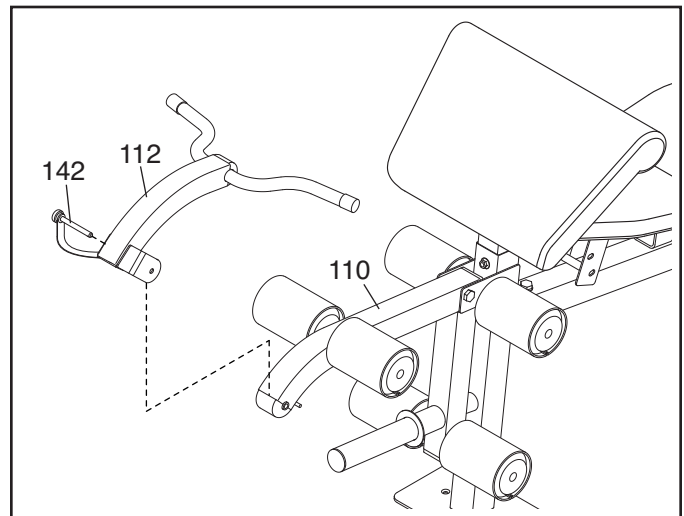
To use the Curl Pad (114), first remove the 64mm Thin Square Cap (131) from the Front Leg (109).

Insert the Curl Post (113) into the Front Leg (109) and secure the Curl Post with the Curl Post Knob (136). **Fully tighten the Curl Post Knob.**



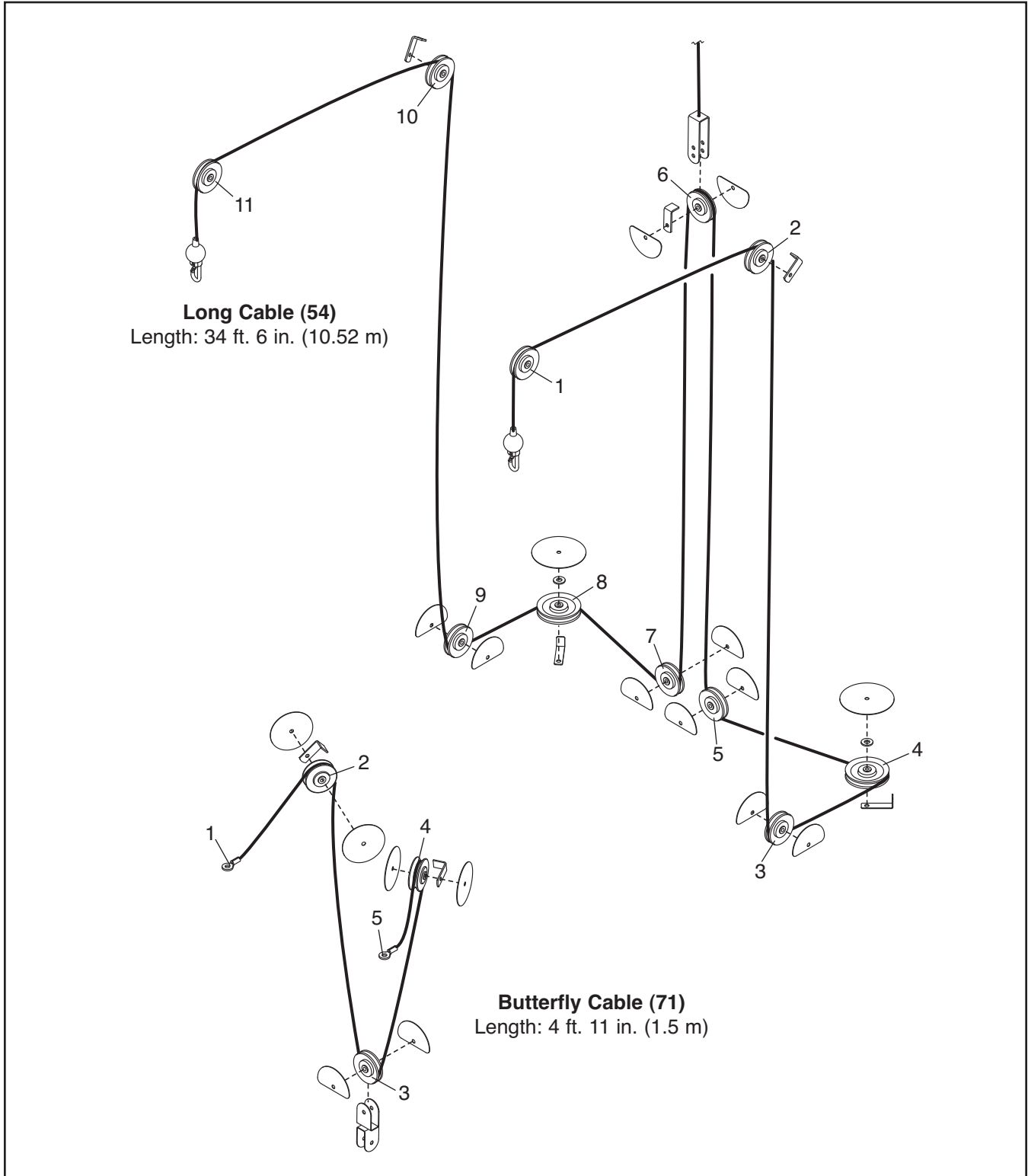
ATTACHING THE CURL BAR

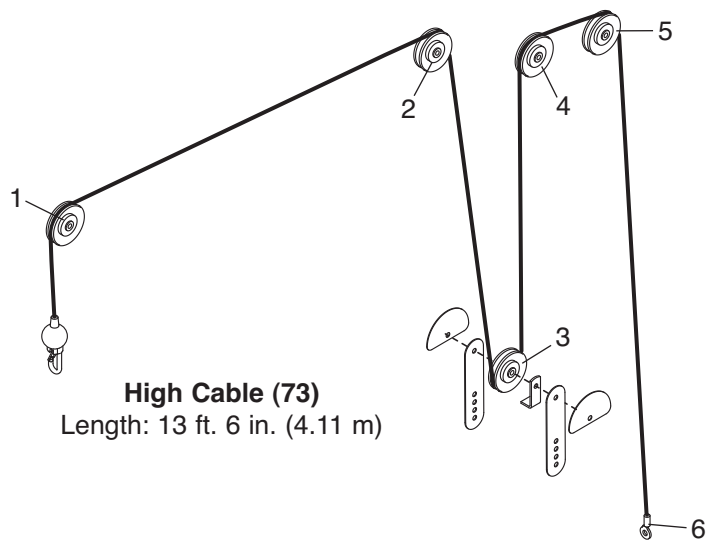
Attach the Curl Bar (112) to the Leg Lever (110) with the Curl Pin (142).



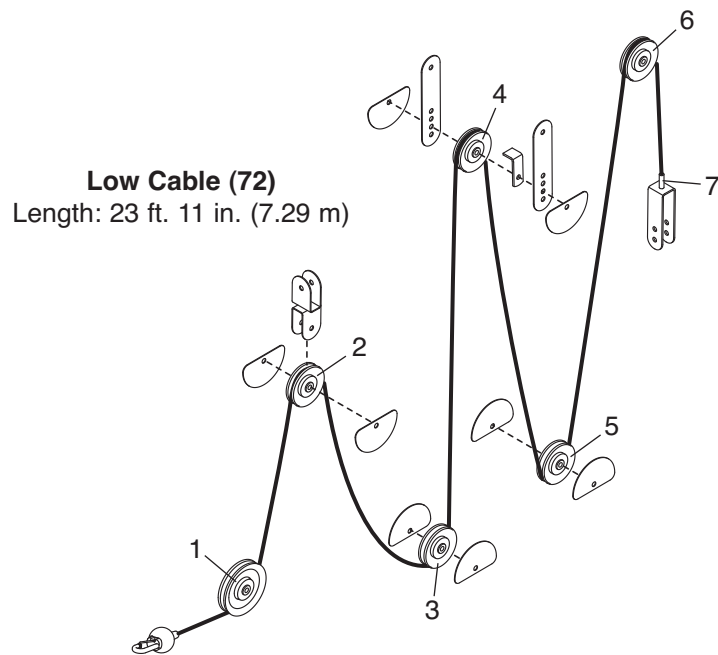
CABLE DIAGRAMS

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables, cable traps, and guards are assembled correctly. If the cables, cable traps, and guards are not assembled correctly, the weight system will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**





High Cable (73)
 Length: 13 ft. 6 in. (4.11 m)



Low Cable (72)
 Length: 23 ft. 11 in. (7.29 m)

MAINTENANCE

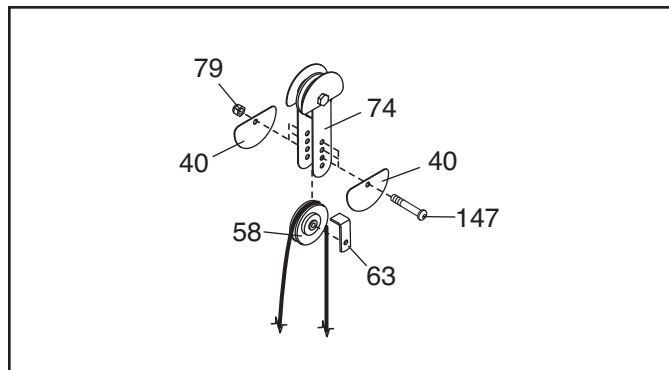
Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and mild, non-abrasive detergent; **do not use solvents.**

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Make sure that the cables are not too tight, or the weight carriage will be lifted. Slack can be removed in the following ways:

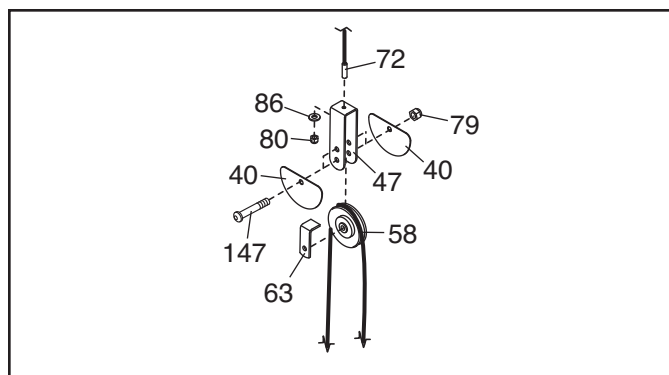
Remove the M10 x 53mm Button Bolt (147) and the M10 Locknut (79) attaching the lower 90mm Pulley (58), the Small Cable Trap (63), and the Half Guards (40) to the Pulley Plates (74). Reattach the Pulley, Small Cable Trap, and Half Guards to the next higher set of holes in the Pulley Plates with the Button Bolt and the Locknut. **Repeat these actions until the cables are tight.**

To loosen the cables, move the 90mm Pulley (58) to a lower hole in the Pulley Plates (74).

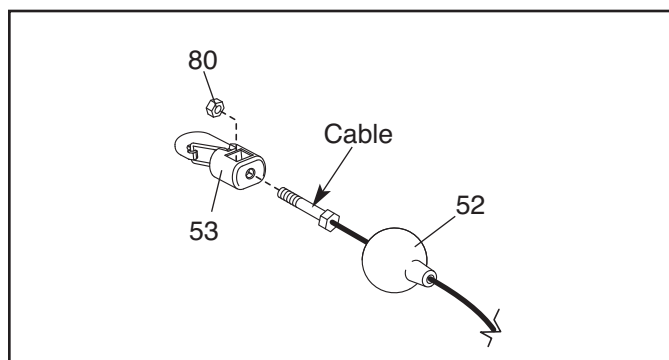


Remove the M10 x 53mm Button Bolt (147) and the M10 Locknut (79) attaching the 90mm Pulley (58), the Small Cable Trap (63), and the two Half Guards (40) to the U-bracket (47). Reattach the Pulley, Small Cable Trap, and Half Guards to the higher set of holes in the U-bracket with the Button Bolt and the Locknut.

Tighten the M6 Locknut (80) and the M6 Washer (86) onto the Low Cable (72) two complete turns.



Additional slack can be removed from the cables by tightening a cable into the M6 Locknut (80) inside of a Clip (53). To do this, slide the Cable Stop (52) away from the Clip and use a pair of pliers or a screwdriver to tighten the Locknut. Then, replace the Cable Stop.



Do not overtighten the cables. If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

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.

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 |
|----------|------|----------|-------|
| | | | |

NOTES

PART LIST—Model No. GGBE6958.1

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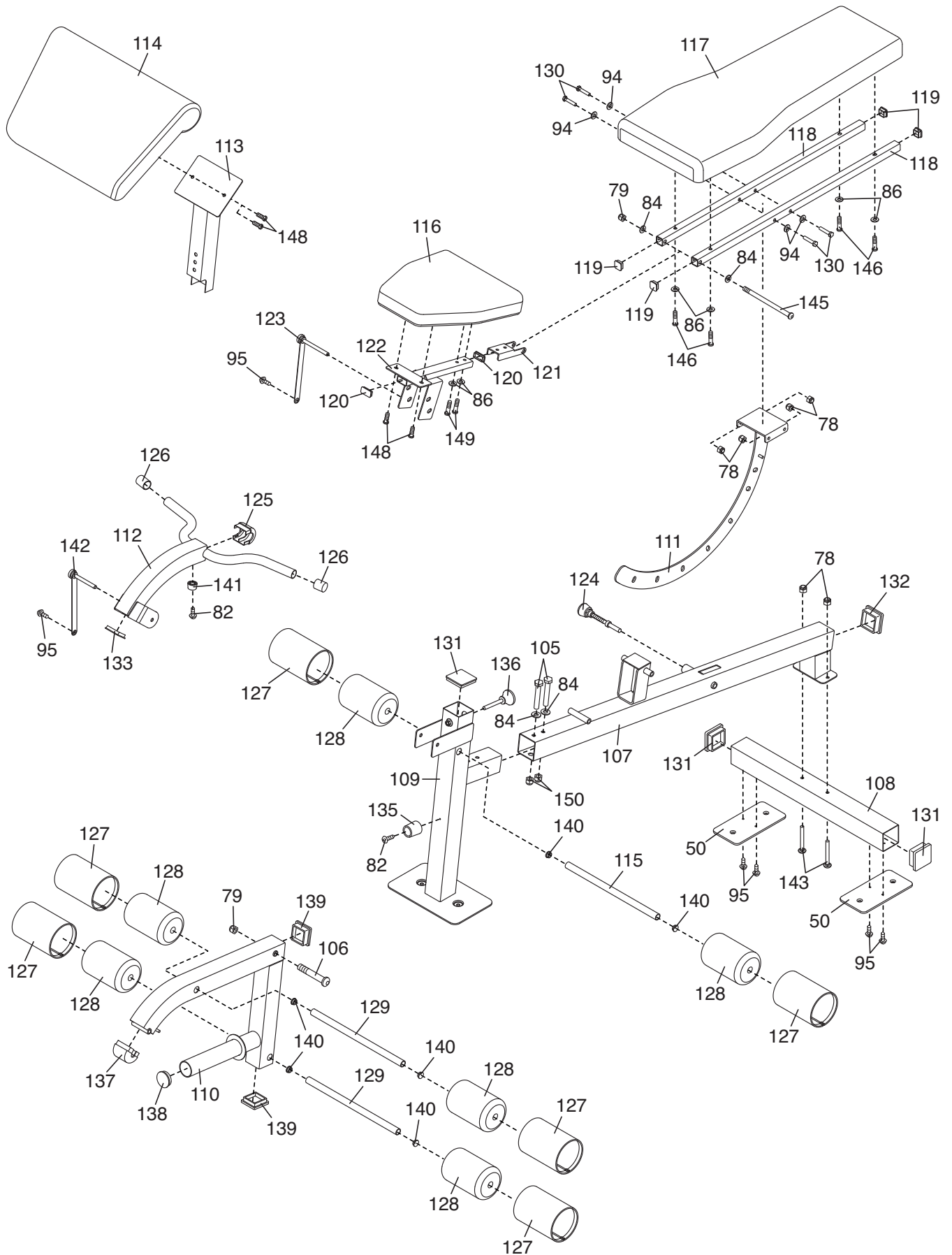
| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|---------------------|---------|------|--------------------------|
| 1 | 2 | Base | 51 | 2 | Large Foot Plate |
| 2 | 1 | Center Base | 52 | 4 | Cable Stop |
| 3 | 1 | Left Upright | 53 | 4 | Clip |
| 4 | 1 | Right Upright | 54 | 1 | Long Cable |
| 5 | 2 | Weight Bar Guide | 55 | 14 | 25mm Spacer |
| 6 | 1 | Left Support | 56 | 4 | Bearing |
| 7 | 1 | Right Support | 57 | 2 | Swivel Axle |
| 8 | 1 | Backrest Upright | 58 | 20 | 90mm Pulley |
| 9 | 1 | Foot Plate | 59 | 3 | 110mm Pulley |
| 10 | 1 | Left Arm | 60 | 2 | V-pulley |
| 11 | 1 | Right Arm | 61 | 2 | Large Cable Trap |
| 12 | 1 | Arm Frame | 62 | 2 | Long Cable Trap |
| 13 | 2 | Side Top Frame | 63 | 5 | Small Cable Trap |
| 14 | 1 | Center Top Frame | 64 | 2 | Carriage Guide |
| 15 | 2 | Support Frame | 65 | 1 | Lat Bar |
| 16 | 1 | Top Frame | 66 | 4 | 17mm Spacer |
| 17 | 1 | Weight Bar | 67 | 2 | Handle |
| 18 | 1 | Locking Bar | 68 | 2 | Snap Ring |
| 19 | 1 | Right Carriage | 69 | 2 | Cable Clip |
| 20 | 1 | Left Carriage | 70 | 2 | 50mm x 60mm Cap |
| 21 | 2 | M8 x 20mm Hex Screw | 71 | 1 | Butterfly Cable |
| 22 | 2 | Weight Bar Adapter | 72 | 1 | Low Cable |
| 23 | 2 | Weight Bar Bushing | 73 | 1 | High Cable |
| 24 | 1 | Left Spotter | 74 | 2 | Pulley Plate |
| 25 | 1 | Right Spotter | 75 | 6 | 6mm Spacer |
| 26 | 8 | Spotter Bushing | 76 | 2 | M10 Large Washer |
| 27 | 6 | Carriage Bumper | 77 | 4 | M10 x 19mm Button Bolt |
| 28 | 4 | Carriage Bushing | 78 | 8 | M8 Locknut |
| 29 | 1 | Upright Backrest | 79 | 72 | M10 Locknut |
| 30 | 2 | Arm Pad | 80 | 5 | M6 Locknut |
| 31 | 4 | Arm Bushing | 81 | 1 | Chain |
| 32 | 2 | Swivel Arm | 82 | 14 | M4 x 16mm Screw |
| 33 | 2 | Guide Cap | 83 | 10 | M10 x 65mm Carriage Bolt |
| 34 | 2 | Upright Cap | 84 | 64 | M10 Washer |
| 35 | 2 | Barbell Rest | 85 | 2 | M8 x 19mm Shoulder Bolt |
| 36 | 2 | Barbell Spotter | 86 | 13 | M6 Washer |
| 37 | 4 | Weight Bumper | 87 | 4 | M6 x 80mm Screw |
| 38 | 4 | 48mm Round Cap | 88 | 2 | M10 x 62mm Button Bolt |
| 39 | 4 | Full Guard | 89 | 2 | M6 x 67mm Screw |
| 40 | 22 | Half Guard | 90 | 10 | M10 x 67mm Button Bolt |
| 41 | 1 | Weight Carriage | 91 | 2 | Spring Collar |
| 42 | 2 | Carriage Bushing | 92 | 2 | M10 x 95mm Button Bolt |
| 43 | 1 | Ankle Strap | 93 | 12 | M10 Split Washer |
| 44 | 1 | 51mm Spacer | 94 | 4 | M8 Washer |
| 45 | 2 | 24mm Spacer | 95 | 6 | M4 x 10mm Screw |
| 46 | 1 | Double U-bracket | 96 | 11 | M10 x 46mm Button Bolt |
| 47 | 1 | U-bracket | 97 | 19 | M10 x 93mm Button Bolt |
| 48 | 2 | Handgrip | 98 | 6 | M10 x 25mm Button Screw |
| 49 | 7 | 51mm x 76mm Cap | 99 | 1 | M10 x 154mm Button Bolt |
| 50 | 2 | Plastic Foot Plate | 100 | 2 | Small Foot Plate |

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-------------------------|---------|------|-------------------------|
| 101 | 2 | M10 x 116mm Button Bolt | 128 | 6 | Foam Pad |
| 102 | 6 | M10 x 76mm Button Bolt | 129 | 2 | Pad Tube |
| 103 | 2 | Large Full Guard | 130 | 4 | M8 x 42mm Hex Bolt |
| 104 | 2 | M10 x 49mm Button Bolt | 131 | 3 | 64mm Thin Square Cap |
| 105 | 2 | 3/8" x 3" Hex Bolt | 132 | 1 | 64mm Thick Square Cap |
| 106 | 1 | M10 x 82mm Button Bolt | 133 | 1 | 50mm Square Cap |
| 107 | 1 | Bench Frame | 134 | 4 | Butterfly Bushing |
| 108 | 1 | Bench Stabilizer | 135 | 1 | Leg Bumper |
| 109 | 1 | Front Leg | 136 | 1 | Curl Post Knob |
| 110 | 1 | Leg Lever | 137 | 1 | Leg Lever Cap |
| 111 | 1 | Backrest Bracket | 138 | 3 | 48mm Thick Round Cap |
| 112 | 1 | Curl Bar | 139 | 2 | 57mm Square Cap |
| 113 | 1 | Curl Post | 140 | 6 | 19mm Round Cap |
| 114 | 1 | Curl Pad | 141 | 1 | Curl Bumper |
| 115 | 1 | Long Pad Tube | 142 | 1 | Curl Pin |
| 116 | 1 | Seat | 143 | 2 | M8 x 76mm Carriage Bolt |
| 117 | 1 | Backrest | 144 | 2 | M10 x 85mm Button Bolt |
| 118 | 2 | Backrest Frame | 145 | 1 | M10 x 180mm Button Bolt |
| 119 | 4 | 25mm Square Cap | 146 | 4 | M6 x 42mm Screw |
| 120 | 2 | 20mm x 40mm Cap | 147 | 5 | M10 x 53mm Button Bolt |
| 121 | 1 | Seat Bracket | 148 | 4 | M6 x 19mm Screw |
| 122 | 1 | Seat Frame | 149 | 2 | M6 x 38mm Screw |
| 123 | 1 | Seat Pin | 150 | 2 | 3/8" Locknut |
| 124 | 1 | Bench Knob | * | – | User's Manual |
| 125 | 1 | Curl Cap | * | – | Exercise Guide |
| 126 | 2 | Curl Bar Cap | * | – | Grease Packet |
| 127 | 6 | Pad Cover | * | – | Assembly Tool |

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

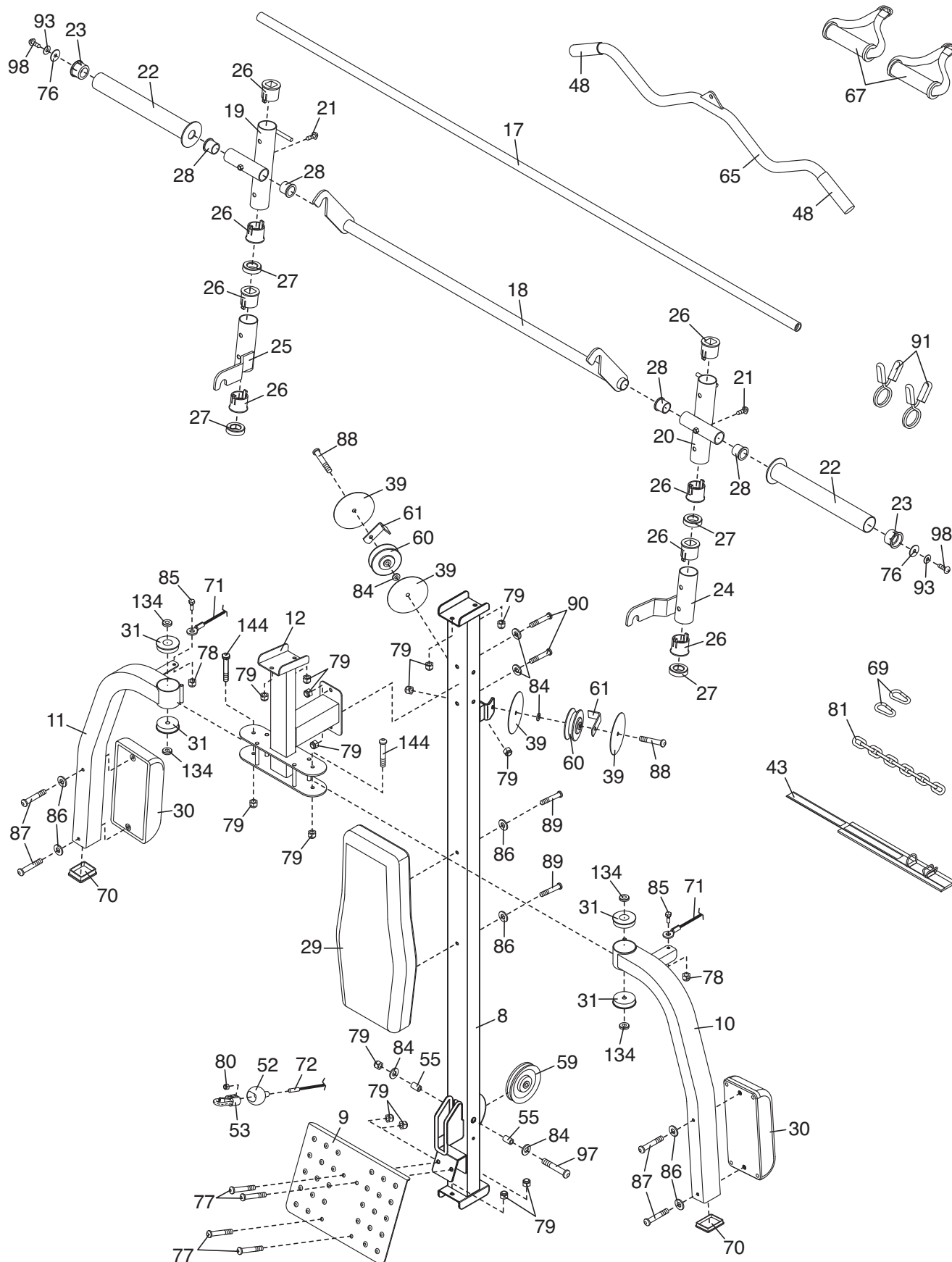
EXPLODED DRAWING A—Model No. GGBE6958.1

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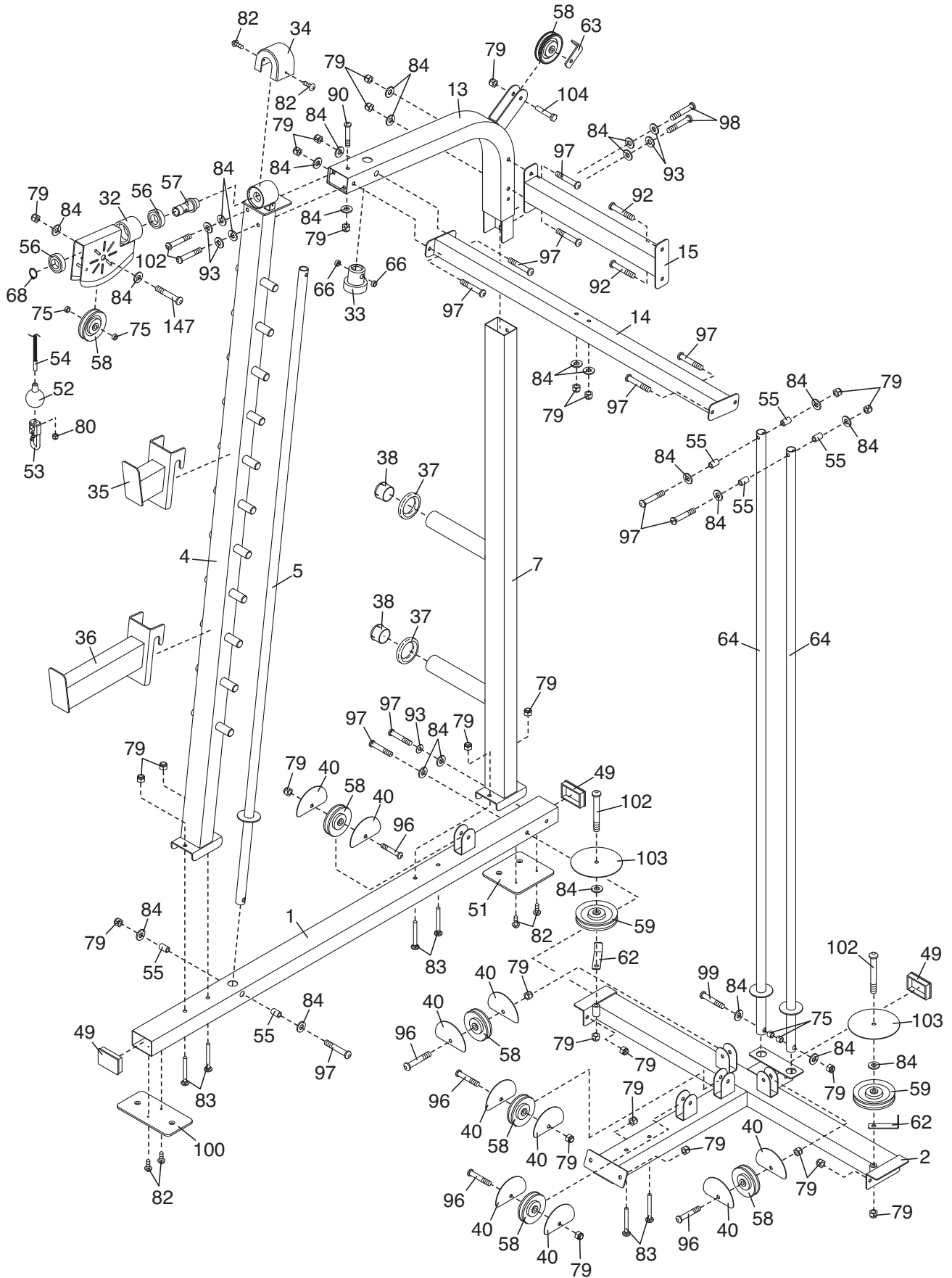
EXPLODED DRAWING B—Model No. GGBE6958.1

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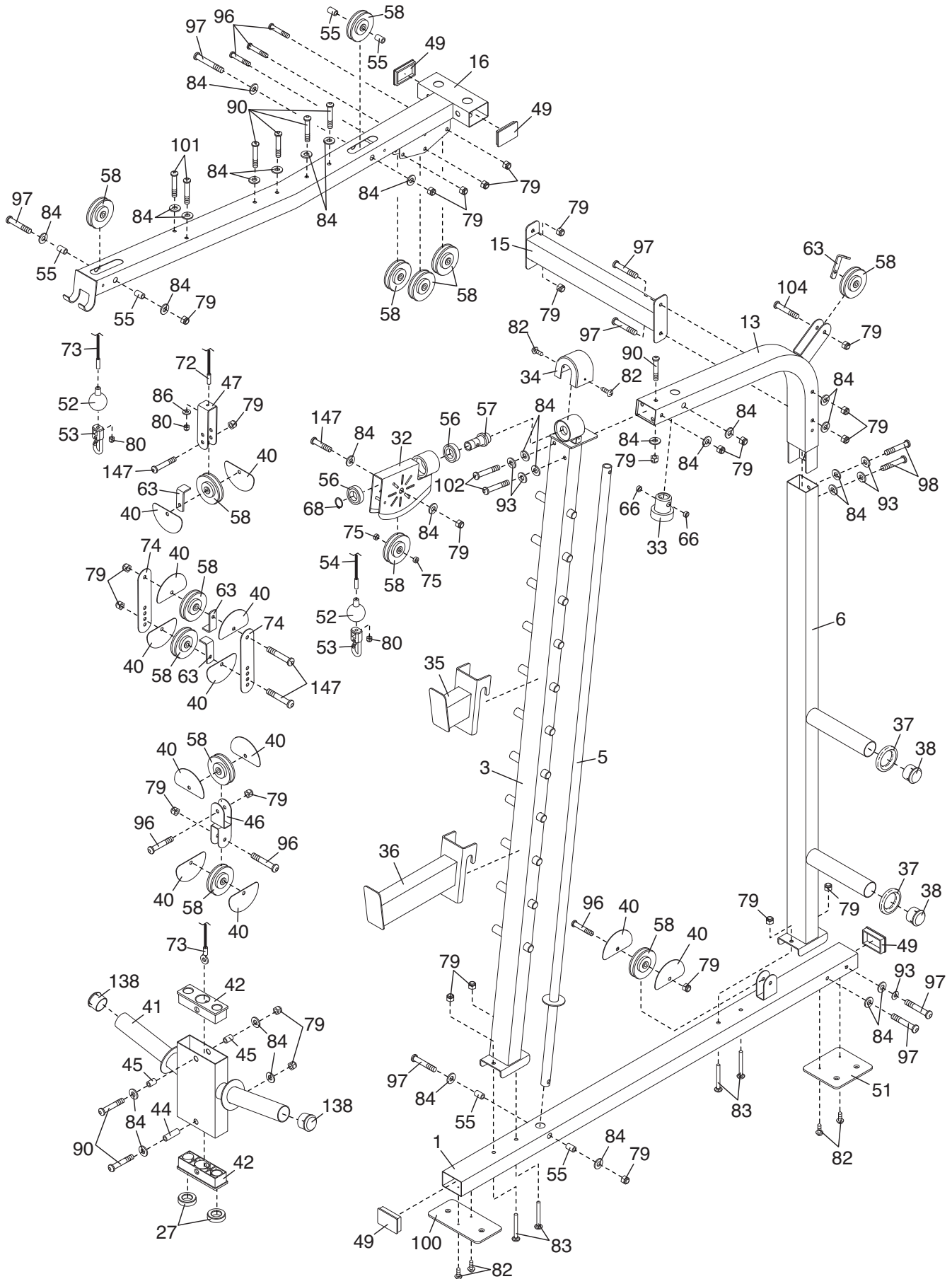
EXPLODED DRAWING C—Model No. GGBE6958.1

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EXPLODED DRAWING D—Model No. GGBE6958.1

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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: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.workoutwarehouse.com/registration.

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. 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. For replacement parts 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 any 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; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. 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 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 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 you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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