

# GOLD'S GYM®

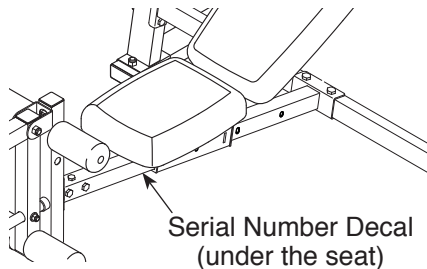
## XR 10.1

[www.workoutwarehouse.com](http://www.workoutwarehouse.com)

Model No. GGBE99610.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## 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:

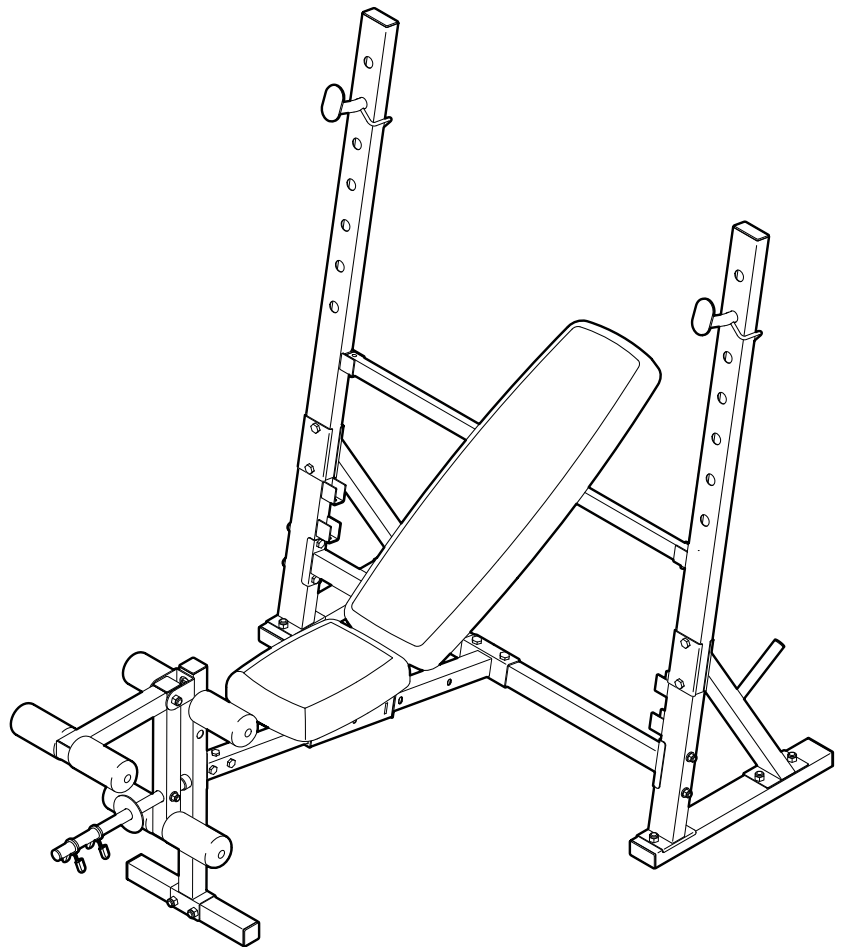
**1-877-776-4777**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.workoutwarehouse.com](http://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.

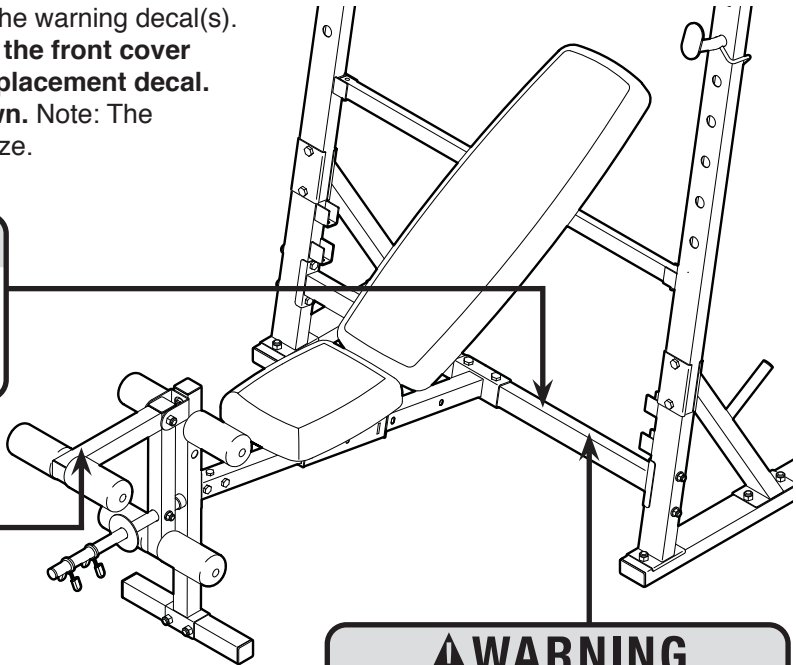
**▲WARNING**

- 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**

Keep hands and fingers clear of this area.



**▲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. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
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 hands and feet away from moving parts.
9. Always set both weight rests at the same height.
10. Keep children under age 12 and pets away from the weight bench at all times.
11. Always wear athletic shoes for foot protection while exercising.
12. 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 a 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.
13. Always place the same amount of weight on both sides of the barbell.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. 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.

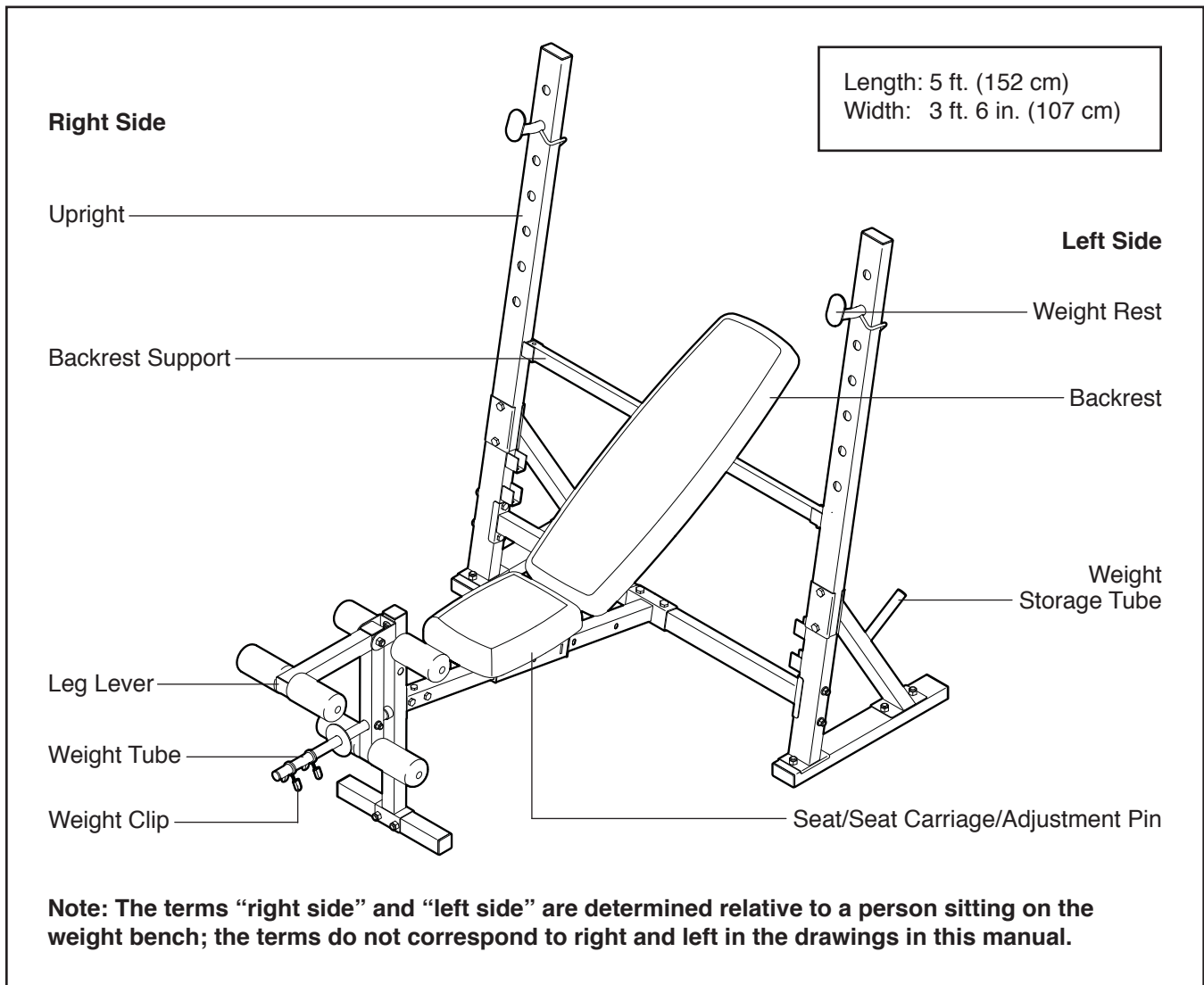
# BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR 10.1 weight bench. The XR 10.1 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 muscle size and strength, or improve your cardiovascular system, the weight bench will help you achieve the results you want.

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

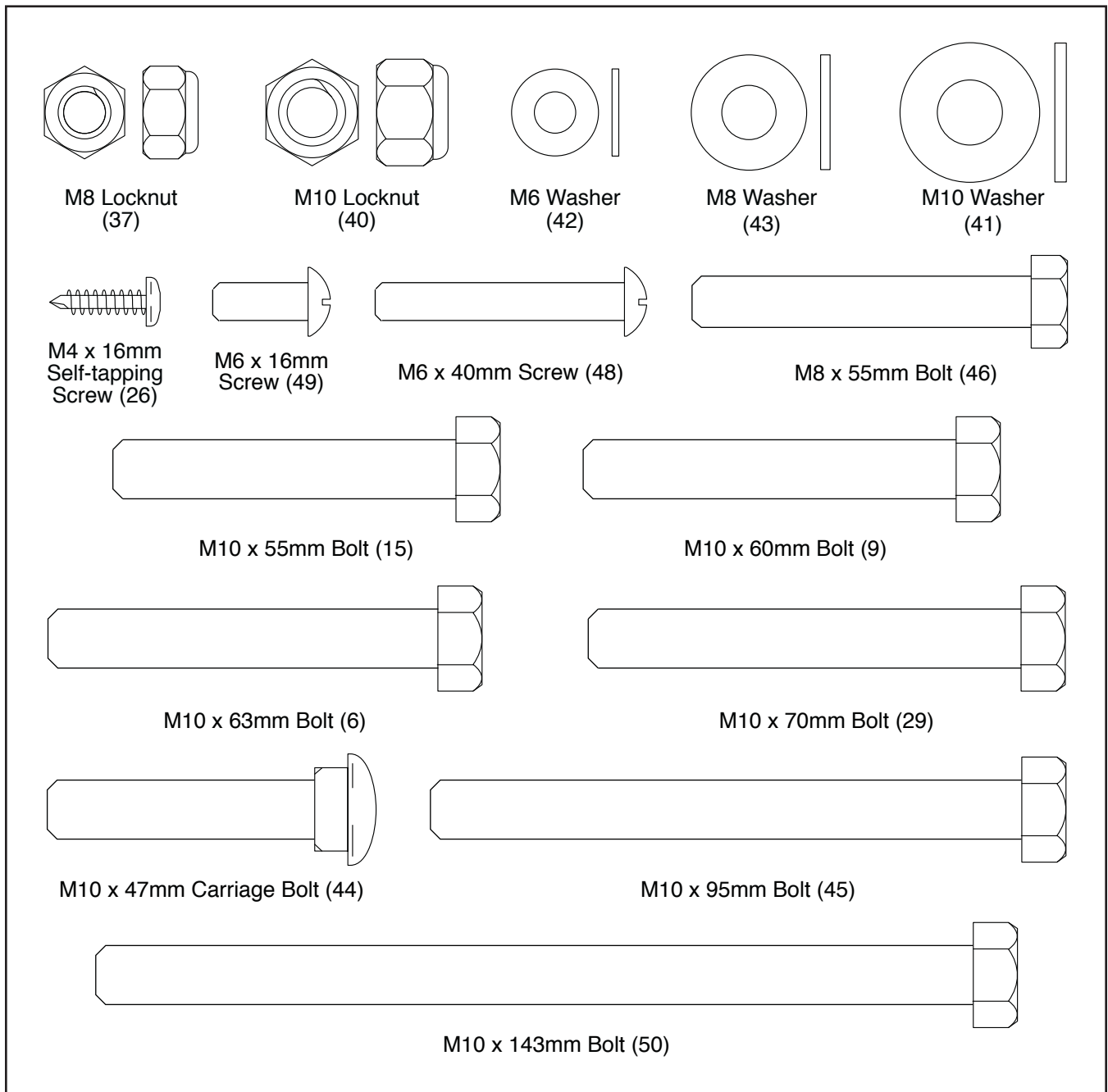
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

Use 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. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled. Extra hardware may be included.**



# ASSEMBLY

- 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 size and weight, assemble the weight bench 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 you complete all assembly steps.
- To identify small parts, see page 5.

- The following tools (not included) may be required for assembly:

two adjustable wrenches



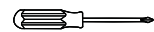
one rubber mallet



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. To avoid damaging parts, do not use power tools.

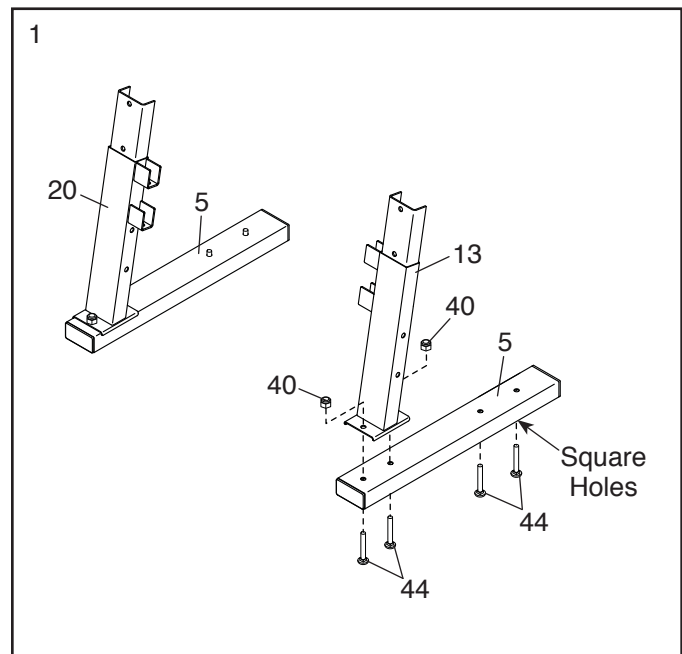
1. Identify the Left Upright Base (13), which is marked with a “Left” sticker.

Orient a Stabilizer (5) so that the square holes are facing the floor.

Attach the Left Upright Base (13) to the Stabilizer (5) with two M10 x 47mm Carriage Bolts (44) and two M10 Locknuts (40). **Do not tighten the Locknuts yet.**

Insert two M10 x 47mm Carriage Bolts (44) upward into the remaining holes in the Stabilizer (5).

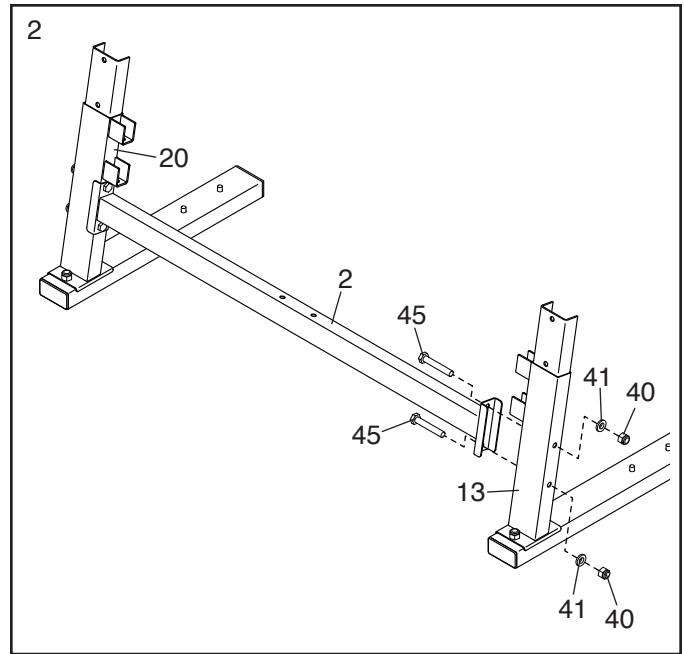
**Repeat this step with the Right Upright Base (20) and the other Stabilizer (5).**



2. Orient the Crossbar (2) so that the warning decals are facing upward.

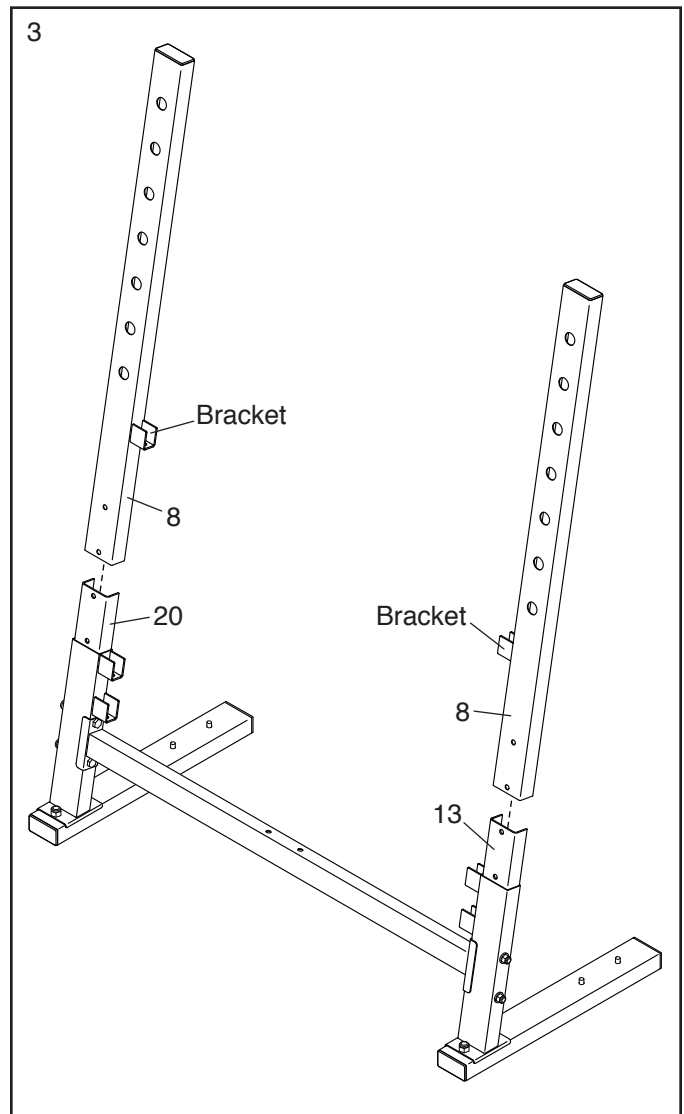
Attach the Crossbar (2) to the Left Upright Base (13) with two M10 x 95mm Bolts (45), two M10 Washers (41), and two M10 Locknuts (40). **Do not tighten the Locknuts yet.**

Attach the Crossbar (2) to the Right Upright Base (20) in the same way.



3. Orient the Uprights (8) as shown.

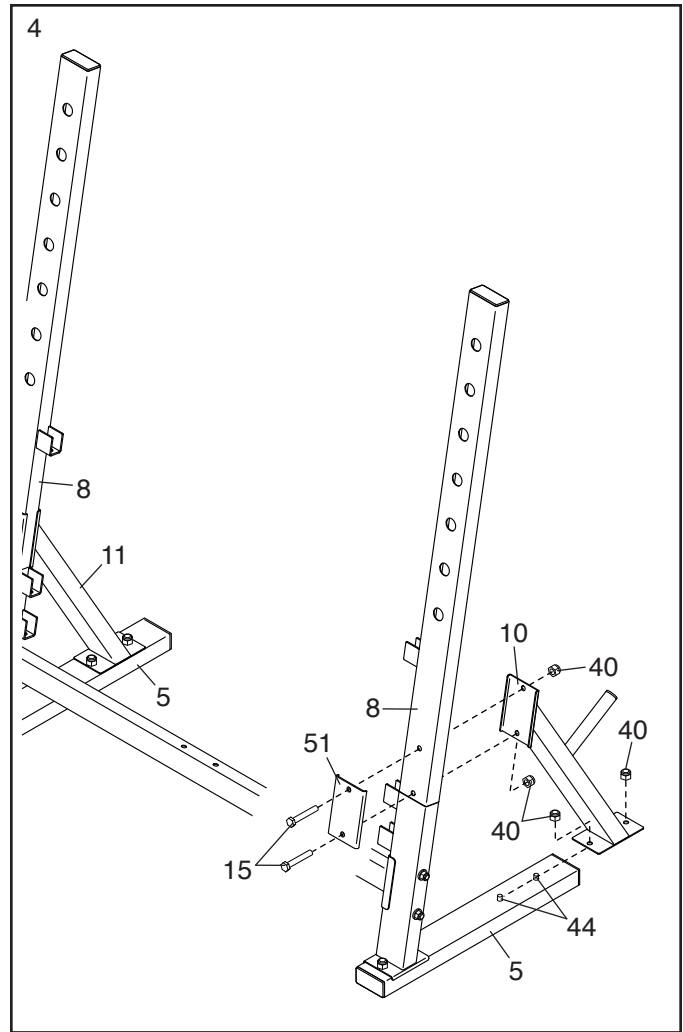
Slide the Uprights (8) onto the Left and Right Upright Bases (13, 20).



4. Set the Left Brace (10) on the indicated M10 x 47mm Carriage Bolts (44) in the left Stabilizer (5). Finger tighten two M10 Locknuts (40) onto the Carriage Bolts. **Do not tighten the Locknuts yet.**

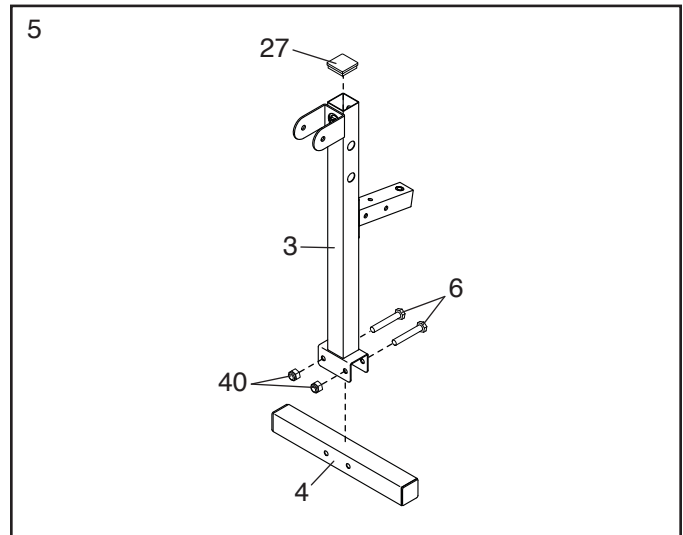
Attach the Left Brace (10) to the left Upright (8) with two M10 x 55mm Bolts (15), an Upright Plate (51), and two M10 Locknuts (40). **Do not tighten the Locknuts yet.**

**Attach the Right Brace (11) to the right Stabilizer (5) and the right Upright (8) in the same way.**



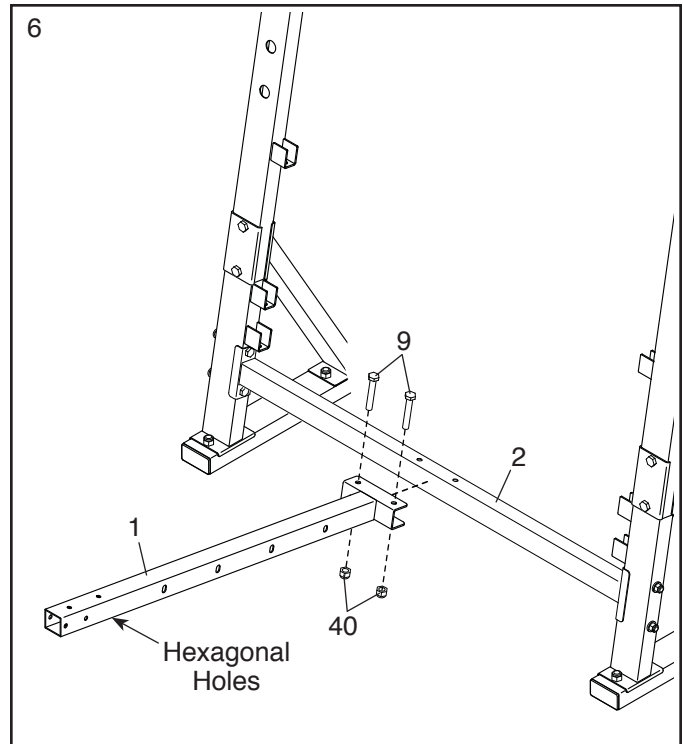
5. Press a 44mm x 1.2mm Square Inner Cap (27) into the Front Leg (3).

Attach the Front Stabilizer (4) to the Front Leg (3) with two M10 x 63mm Bolts (6) and two M10 Locknuts (40). **Do not tighten the Locknuts yet.**



6. Orient the Seat Frame (1) so that the hexagonal holes are facing the floor.

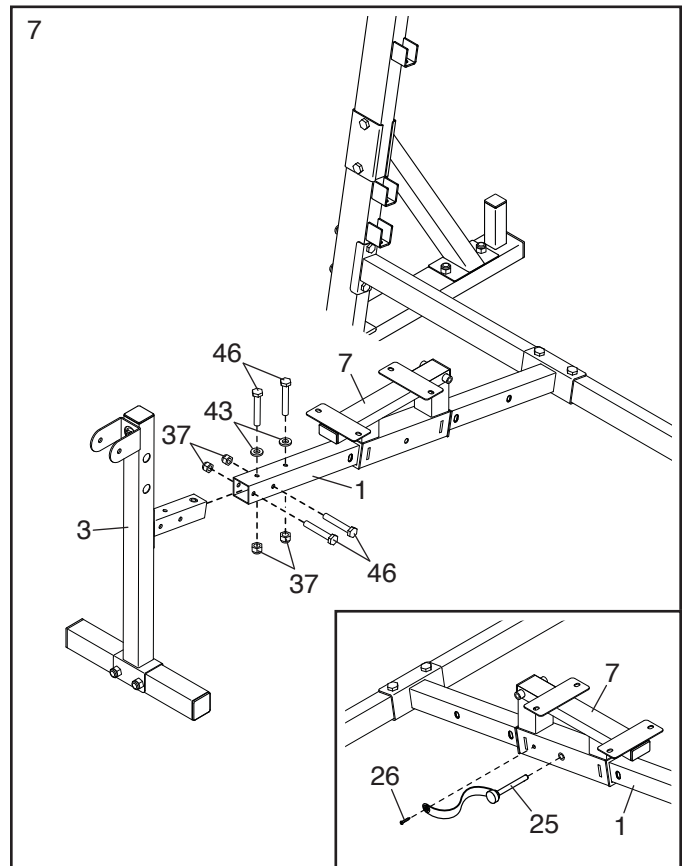
Attach the Seat Frame (1) to the Crossbar (2) with two M10 x 60mm Bolts (9) and two M10 Locknuts (40). **Do not tighten the Locknuts yet.**



7. Orient the Seat Carriage (7) as shown. Slide the Seat Carriage onto the Seat Frame (1).

Attach the Front Leg (3) to the Seat Frame (1) with four M8 x 55mm Bolts (46), two M8 Washers (43), and four M8 Locknuts (37). **Do not tighten the Locknuts yet.**

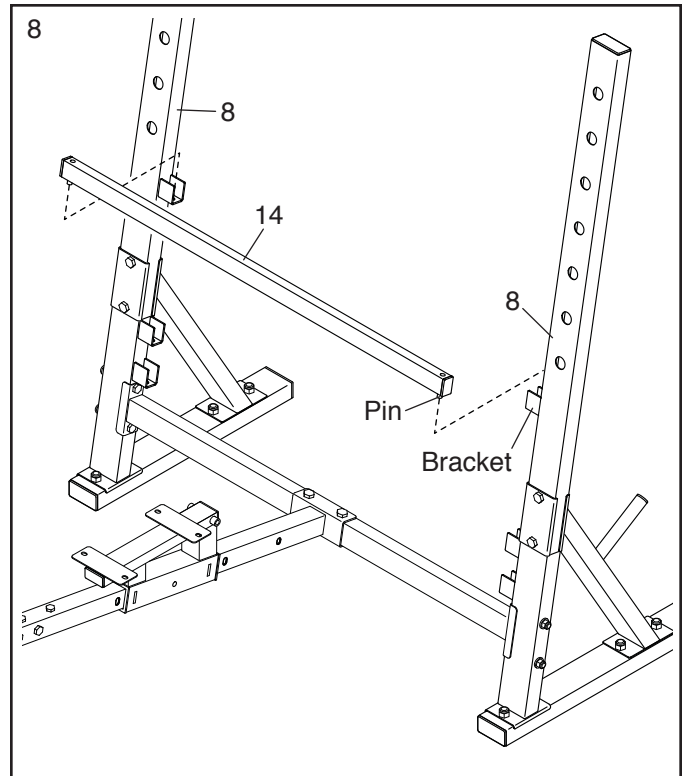
**See the inset drawing.** Attach the Adjustment Pin (25) to the Seat Carriage (7) with an M4 x 16mm Self-tapping Screw (26). Then, insert the Adjustment Pin through the Seat Carriage into an adjustment hole in the Seat Frame (1). **Make sure that the Adjustment Pin is firmly engaged in an adjustment hole.**



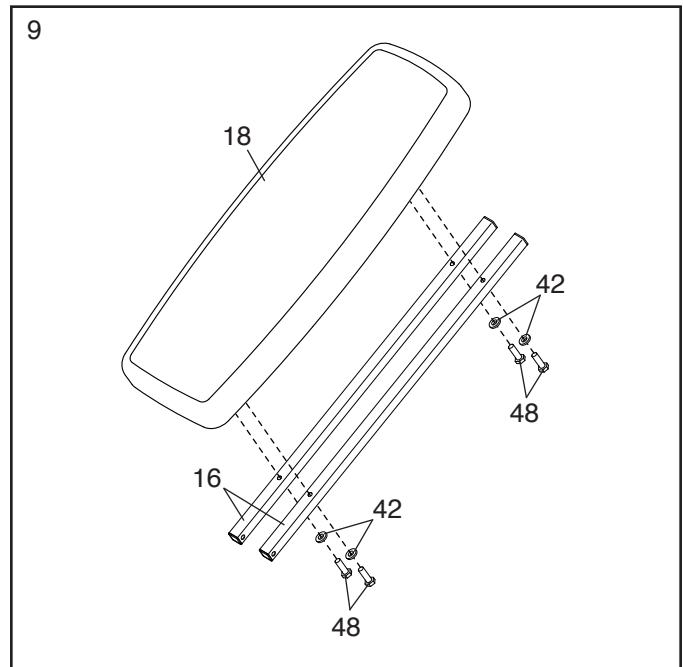
8. Set the Backrest Support (14) in the brackets on the Uprights (8). **Make sure that the pins on the Backrest Support are inserted into the holes in the brackets.**

**See steps 1–6.** Tighten the M10 Locknuts (40).

**See step 7.** Tighten the M8 Locknuts (37).



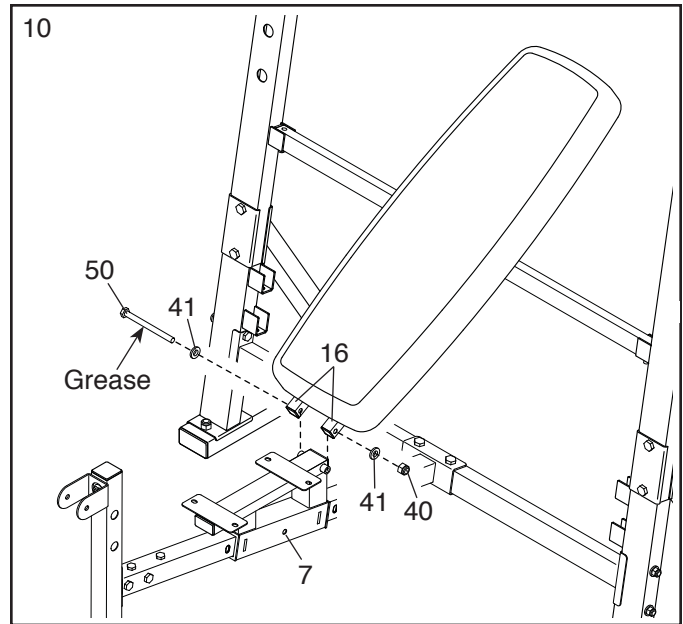
9. Attach the two Backrest Frames (16) to the Backrest (18) with four M6 x 40mm Screws (48) and four M6 Washers (42). **Do not tighten the Screws yet.**



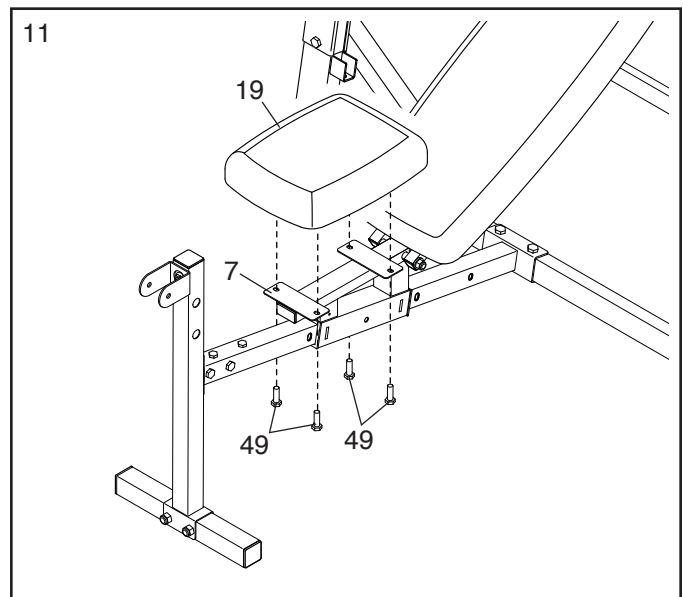
10. Apply grease to an M10 x 143mm Bolt (50).

Attach the Backrest Frames (16) to the Seat Carriage (7) with the M10 x 143mm Bolt (50), two M10 Washers (41), and an M10 Locknut (40). **Do not overtighten the Locknut; the Backrest Frames must pivot easily.**

**See step 9.** Tighten the four M6 x 40mm Screws (48).

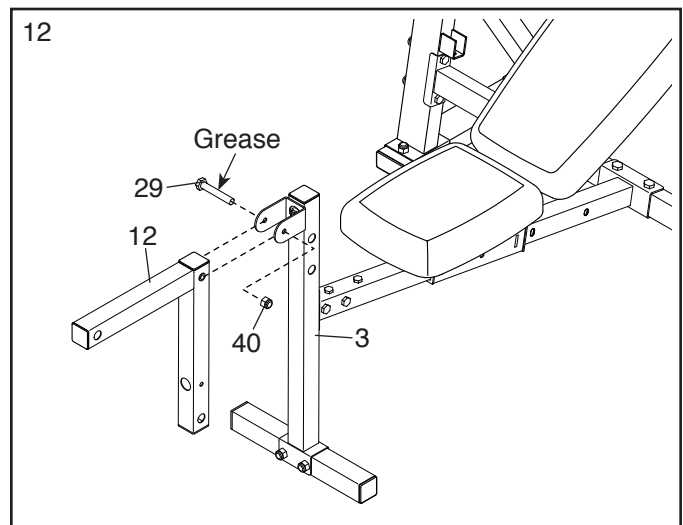


11. Attach the Seat (19) to the Seat Carriage (7) with four M6 x 16mm Screws (49).



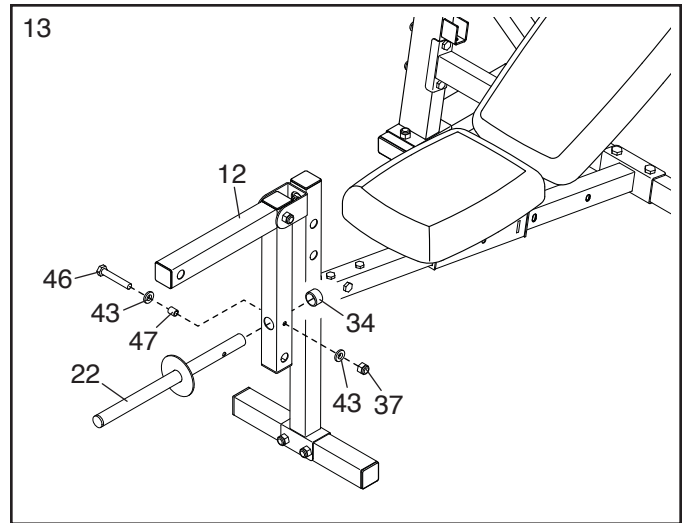
12. Apply grease to an M10 x 70mm Bolt (29).

Attach the Leg Lever (12) to the Front Leg (3) with the M10 x 70mm Bolt (29) and an M10 Locknut (40). **Do not overtighten the Locknut; the Leg Lever must pivot easily.**



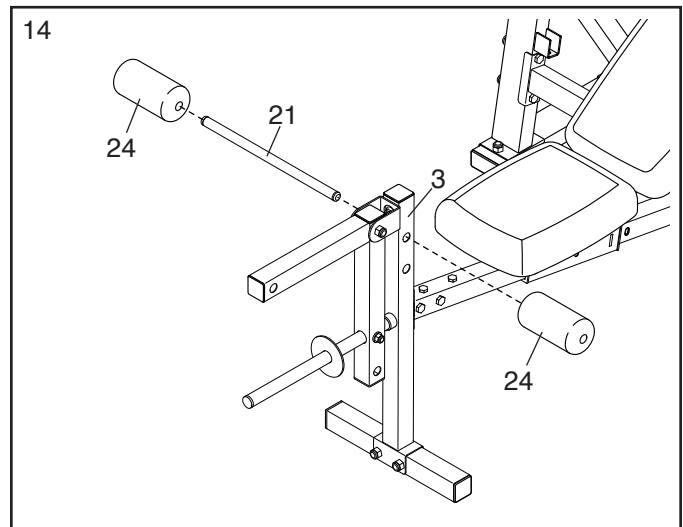
13. Attach the Weight Tube (22) to the Leg Lever (12) with an M8 x 55mm Bolt (46), two M8 Washers (43), a Weight Tube Bushing (47), and an M8 Locknut (37).

Press the 25mm Round Outer Cap (34) onto the Weight Tube (22).



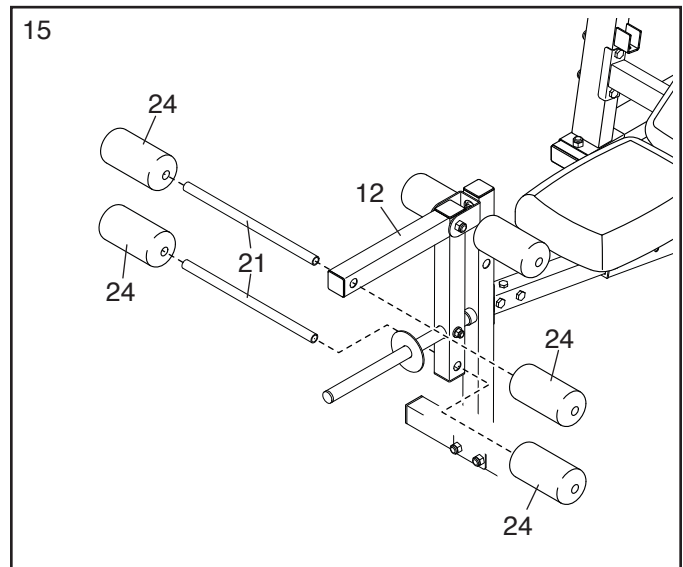
14. Insert a Pad Tube (21) into either of the two holes in the Front Leg (3).

Slide a Foam Pad (24) onto each end of the Pad Tube (21).

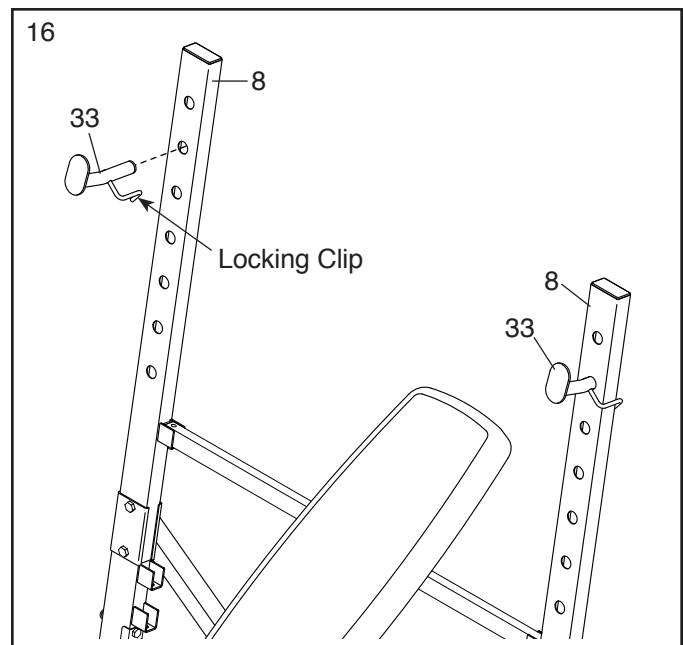


15. Insert the remaining two Pad Tubes (21) into the Leg Lever (12).

Slide two Foam Pads (24) onto each Pad Tube (21).



16. Insert the two Weight Rests (33) into the Uprights (8), and rotate the locking clips around the Uprights. **Make sure that the Weight Rests are attached at the same height.**



17. Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 14.

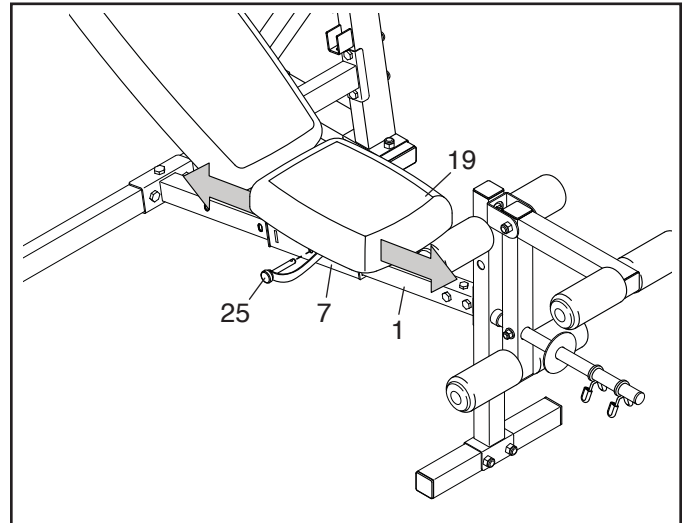
# ADJUSTMENT

This section explains how to adjust the weight bench. See the accompanying exercise guide to see the correct form for each exercise.

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

## ADJUSTING THE SEAT

To adjust the position of the Seat (19), first remove the Adjustment Pin (25). Next, slide the Seat Carriage (7) to the desired position. Then, insert the Adjustment Pin through the Seat Carriage into an adjustment hole in the Seat Frame (1). **Make sure that the Adjustment Pin is firmly engaged in an adjustment hole.**

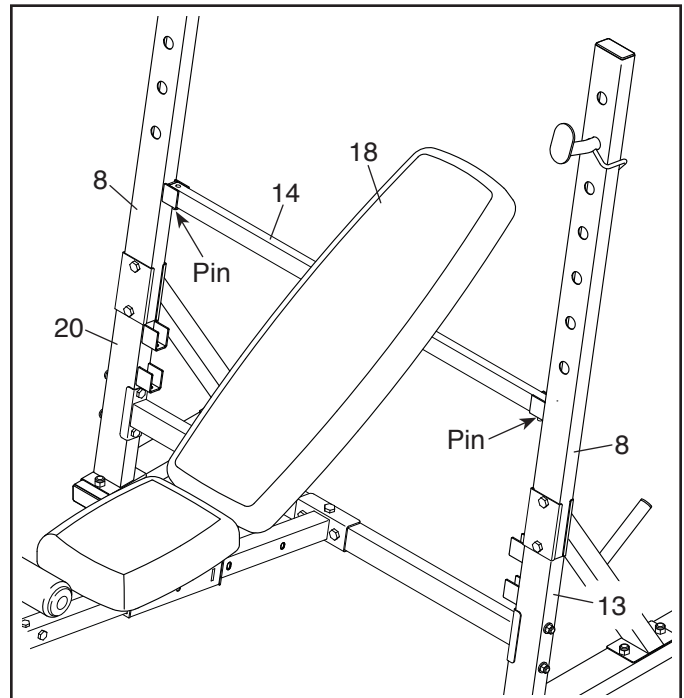


## ADJUSTING THE HEIGHT OF THE BACKREST

To adjust the height of the Backrest (18), first move the seat carriage to the desired position (see ADJUSTING THE SEAT above).

Next, set the Backrest Support (14) in the brackets on the Uprights (8) or in one of the sets of brackets on the Left and Right Upright Bases (13, 20). **Make sure that the pins on the Backrest Support are inserted into the holes in the brackets.**

Then, lower the Backrest (18) onto the Backrest Support (14).

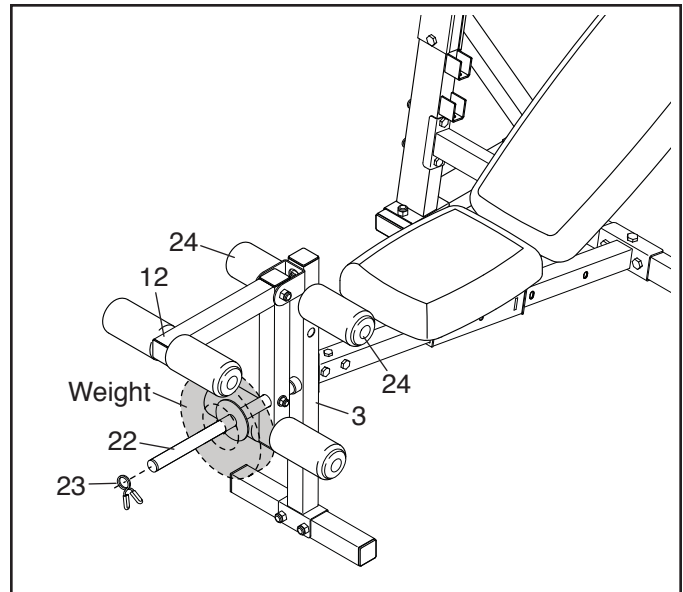


## USING THE LEG LEVER

To use the Leg Lever (12), slide the desired weights (not included) onto the Weight Tube (22). Secure the weights with a Weight Clip (23).

**⚠️ WARNING:** Do not place more than 150 lbs. (68 kg) on the Weight Tube (22). Secure the weights with a Weight Clip (23).

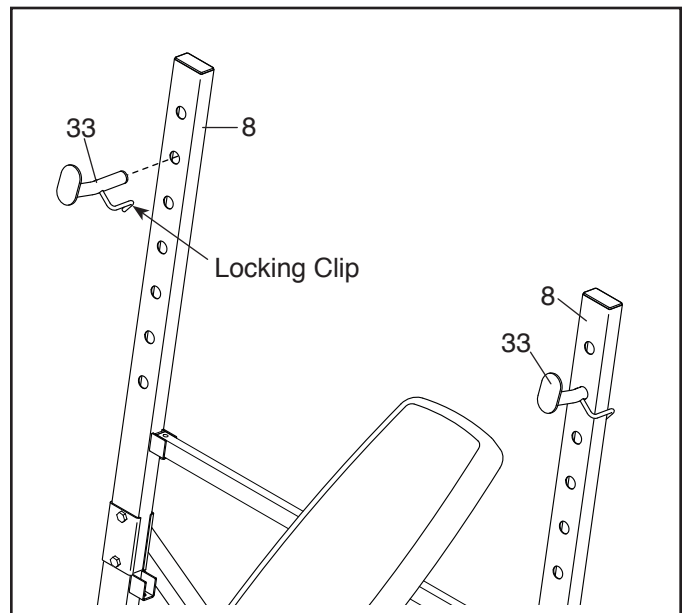
The indicated Foam Pads (24) and Pad Tube (not shown) can be attached in either of the two holes near the top of the Front Leg (3). Choose the position that is the most comfortable for you.



## ADJUSTING THE WEIGHT RESTS

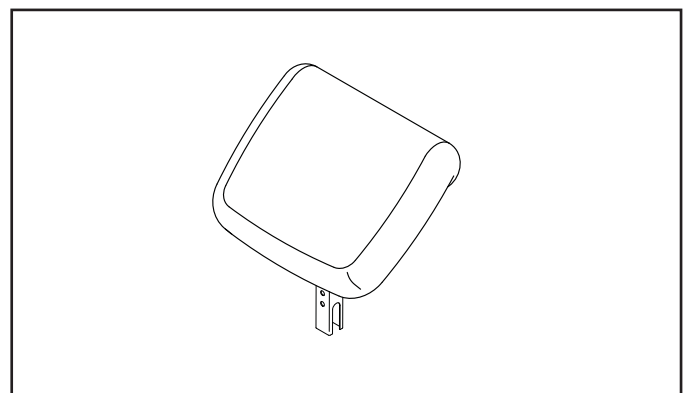
To use a barbell (not included) with the weight bench, insert the two Weight Rests (33) into the Uprights (8) at the appropriate height. Rotate the locking clips around the Uprights.

**⚠️ WARNING:** Always place both Weight Rests (33) at the same height. Make sure that the locking clips are securely wrapped around the Uprights (8).



## THE OPTIONAL CURL PAD

The optional curl pad enables you to perform additional exercises with your weight bench. **To purchase the optional curl pad, see the front cover of this manual.**



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# 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 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 strength 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

# PART LIST

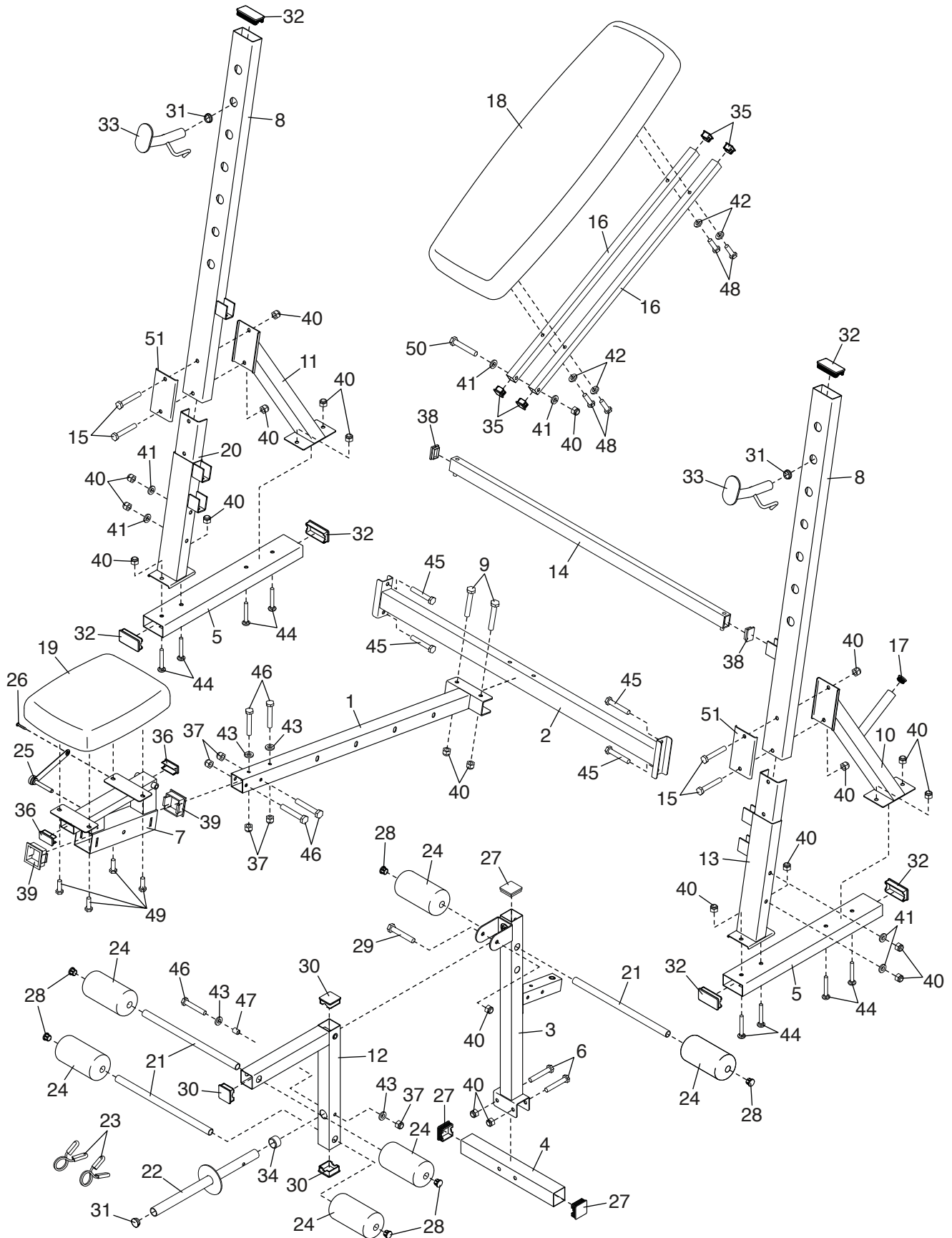
Model No. GGBE99610.0 R0611A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat Frame	28	6	19mm Round Inner Cap
2	1	Crossbar	29	1	M10 x 70mm Bolt
3	1	Front Leg	30	3	44mm x 1.5mm Square Inner Cap
4	1	Front Stabilizer	31	3	25mm x 2mm Round Inner Cap
5	2	Stabilizer	32	6	38mm x 76mm Inner Cap
6	2	M10 x 63mm Bolt	33	2	Weight Rest
7	1	Seat Carriage	34	1	25mm Round Outer Cap
8	2	Upright	35	4	25mm Square Inner Cap
9	2	M10 x 60mm Bolt	36	2	25mm x 50mm Inner Cap
10	1	Left Brace	37	5	M8 Locknut
11	1	Right Brace	38	2	25mm x 40mm Inner Cap
12	1	Leg Lever	39	2	Seat Carriage Bushing
13	1	Left Upright Base	40	22	M10 Locknut
14	1	Backrest Support	41	6	M10 Washer
15	4	M10 x 55mm Bolt	42	4	M6 Washer
16	2	Backrest Frame	43	4	M8 Washer
17	1	25mm x 1.2mm Round Inner Cap	44	8	M10 x 47mm Carriage Bolt
18	1	Backrest	45	4	M10 x 95mm Bolt
19	1	Seat	46	5	M8 x 55mm Bolt
20	1	Right Upright Base	47	1	Weight Tube Bushing
21	3	Pad Tube	48	4	M6 x 40mm Screw
22	1	Weight Tube	49	4	M6 x 16mm Screw
23	2	Weight Clip	50	1	M10 x 143mm Bolt
24	6	Foam Pad	51	2	Upright Plate
25	1	Adjustment Pin	*	–	User's Manual
26	1	M4 x 16mm Self-tapping Screw	*	–	Exercise Guide
27	3	44mm x 1.2mm Square Inner Cap	*	–	Grease Packet

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

Model No. GGBE99610.0 R0611A



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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](http://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 (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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