

Model No. GGMC03240

Serial No. _____

Write the serial number (located under the pad) in the space above for future reference.

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-877-776-4777

Mon.–Fri., 6 a.m.–6 p.m. MST

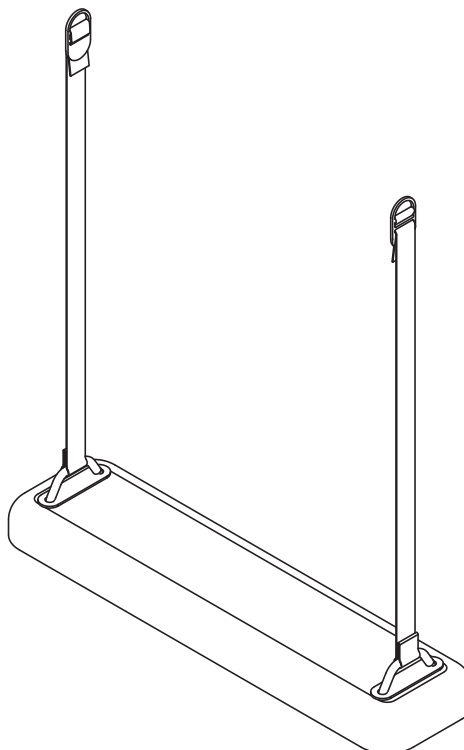
⚠ CAUTION

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

GOLD'S GYM®

DIP AND PULL-UP ASSIST PAD

USER'S MANUAL



⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the dip and pull-up assist pad.

1. Read all instructions in this manual before using the assist pad. Use the assist pad only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the assist pad are adequately informed of all precautions.
3. Make sure all parts are properly tightened each time the assist pad is used. Replace any worn parts immediately.
4. Keep children under 12 and pets away from the assist pad at all times.
5. The assist pad is designed to support a maximum user weight of 300 pounds.
6. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

ASSEMBLY

Place all parts of the dip and pull-up assist pad in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires your own adjustable wrench

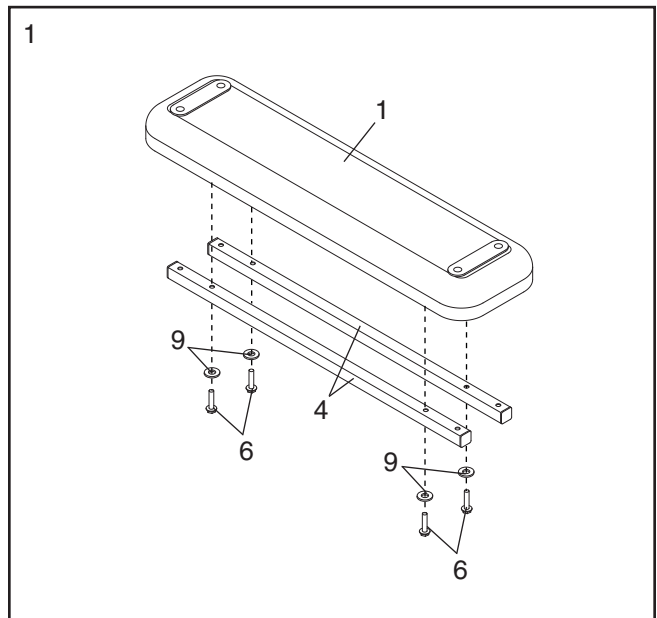


and Phillips screwdriver



Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

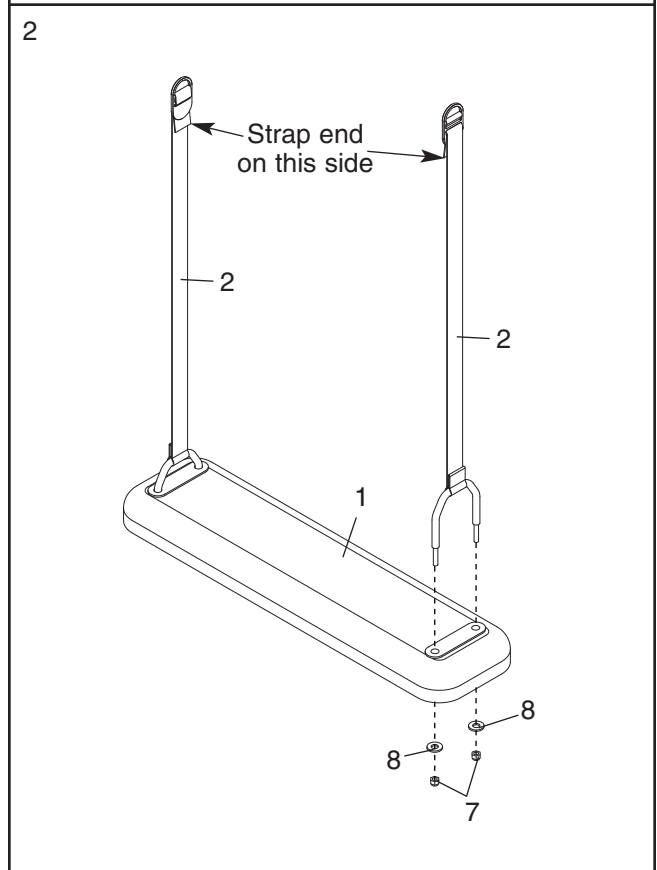
1. Attach the Frames (4) to the Pad (1) with four M6 x 40mm Screws (6) and four M6 Washers (9). **Do not tighten the Screws yet.**



2. Attach a Strap (2) to the Pad (1) with two M8 Washers (8) and two M8 Nylon Locknuts (7). **Make sure the Strap is oriented as shown.**

Attach the other Strap (2) in the same manner.

Tighten the four M6 x 40mm Screws (6) used in step 1.

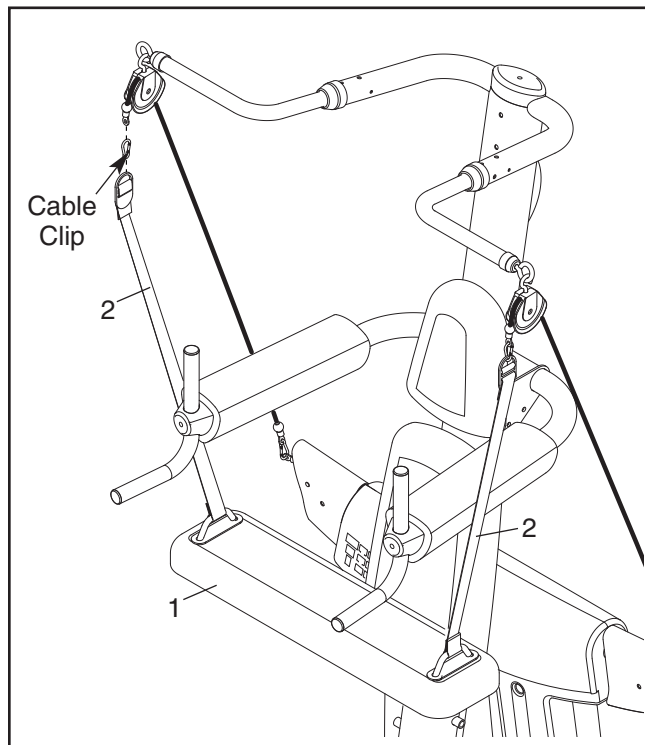


ADJUSTMENT

ATTACHING THE ASSIST PAD

To use the Pad (1), first make sure the high pulley station is properly assembled. Then, use a cable clip to attach each Strap (2) to the high pulley station.

⚠ WARNING: Always kneel on the Pad (1) while using the assist pad. Do not sit or stand on the Pad (1).

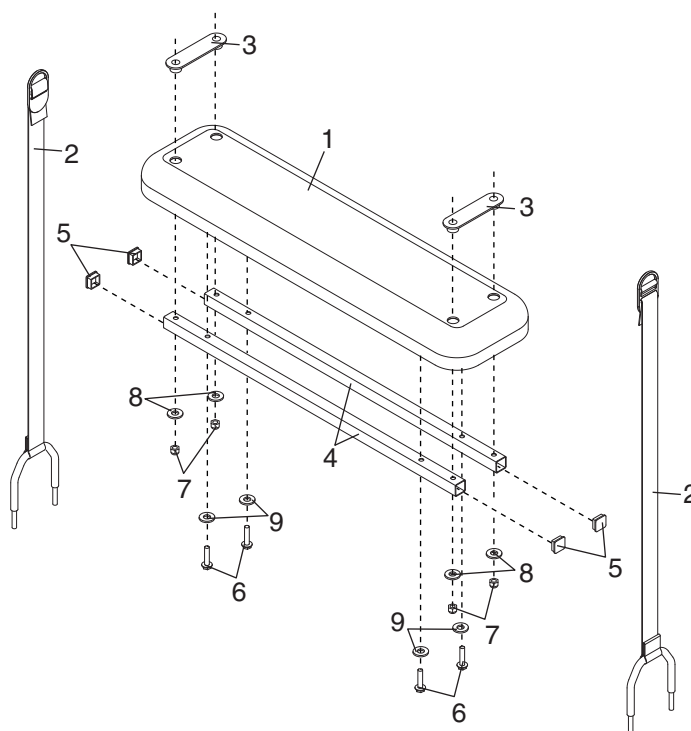


PART LIST/EXPLODED DRAWING—Model No. GGMC03240

R1004A

Key No.	Qty.	Description
1	1	Pad
2	2	Strap
3	2	Plate
4	2	Frame
5	4	25mm Square Inner Cap
6	4	M6 x 40mm Screw
7	4	M8 Nylon Locknut
8	4	M8 Washer
9	4	M6 Washer
#	1	User's Manual

Note: “#” indicates a non-illustrated part.
Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-877-776-4777, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGMC03240)
2. The NAME of the product (GOLD'S GYM® Dip and Pull-up Assist Pad)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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