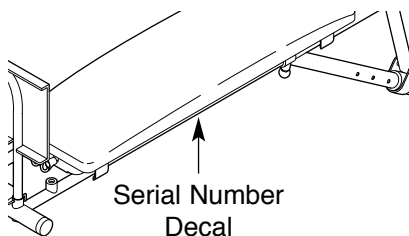


Model No. GNBE14410

Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

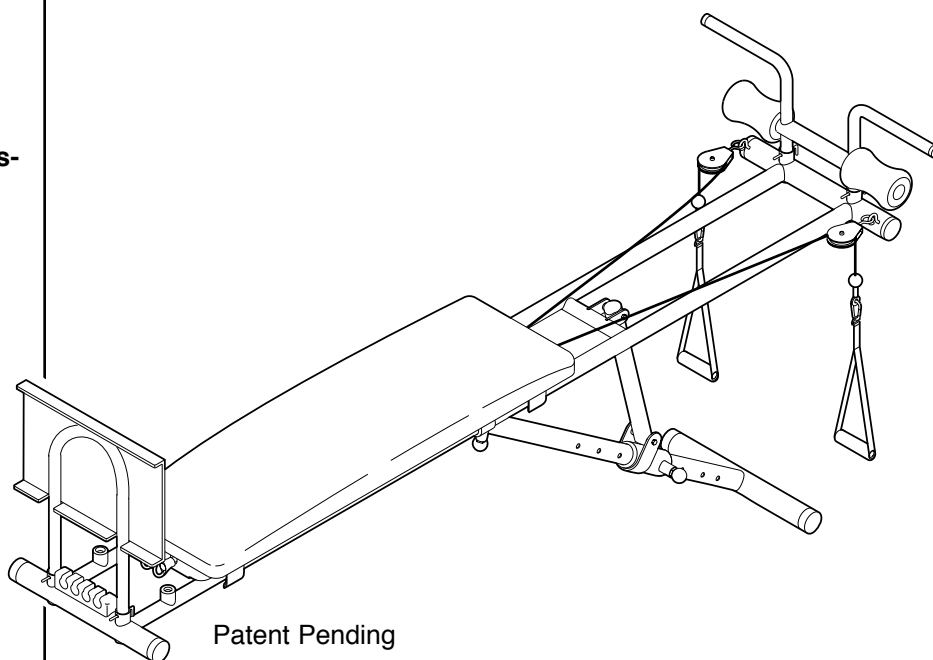
If you have questions, or if there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY 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 to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



USER'S MANUAL

CAUTION

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

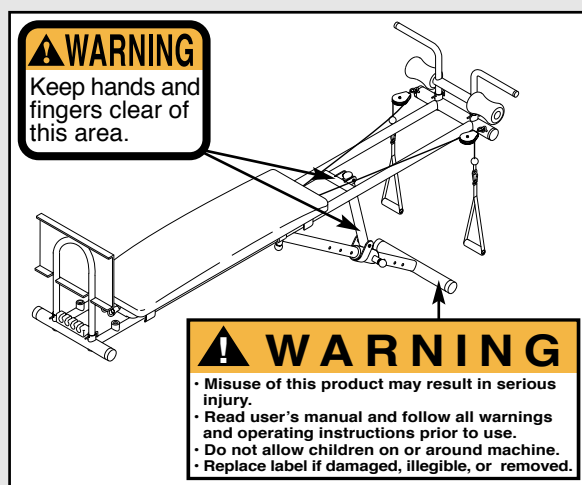
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight training system.

1. Read all instructions in this manual before using the weight training system. Use the weight training system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
3. The weight training system is intended for home use only. Do not use the weight training system in any commercial, rental, or institutional setting.
4. Use the weight training system only on a level surface. Cover the floor beneath the weight training system to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight training system. Replace any worn parts immediately.
6. The weight training system should not be used by persons weighing over 250 pounds.
7. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
8. Keep children under 12 years old and pets away from the weight training system at all times.
9. Keep hands and feet away from moving parts.
10. Always wear athletic shoes for foot protection while exercising.
11. Always tie back long hair to prevent it from becoming caught.
12. The decals shown below have been placed on the weight training system in the indicated locations. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

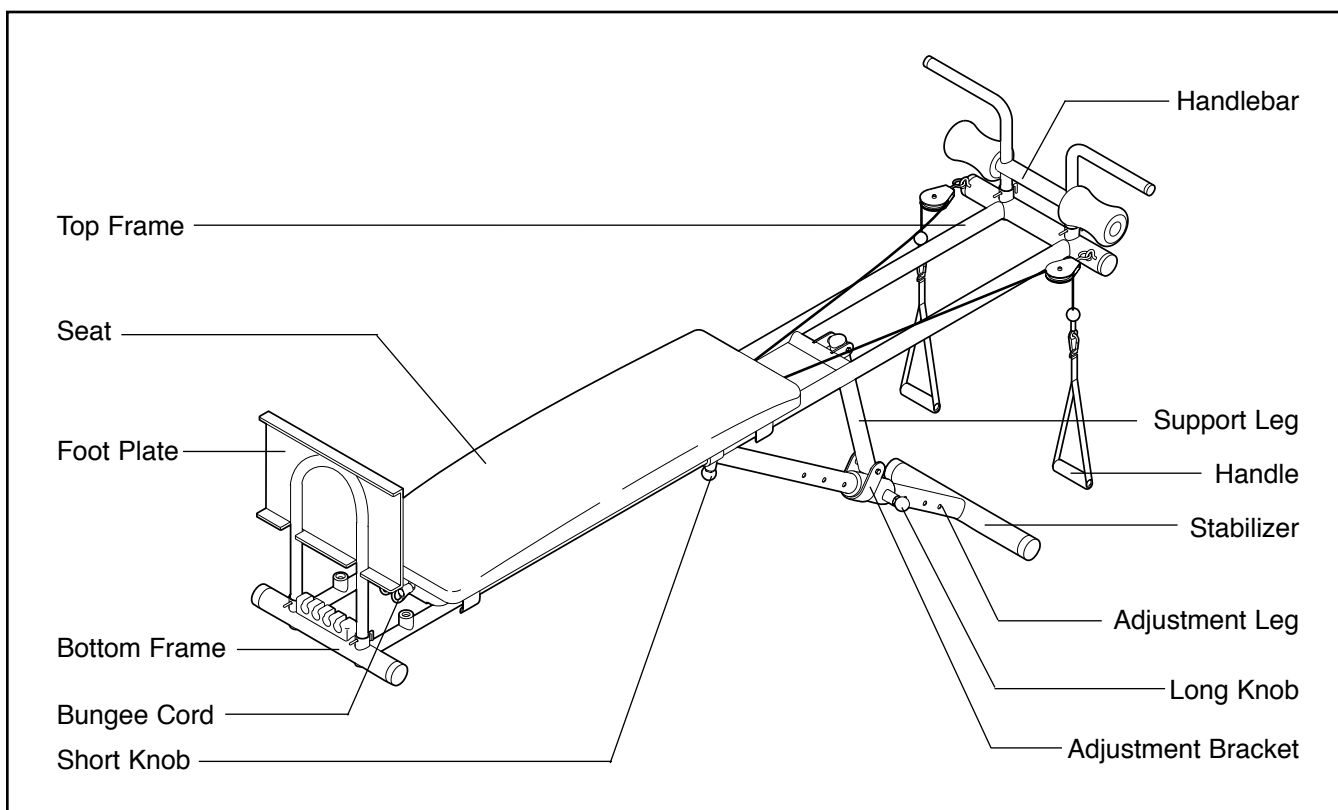
BEFORE YOU BEGIN

Thank you for selecting the TOTAL BODY WORKS 5000 weight training system. The versatile TOTAL BODY WORKS 5000 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the TOTAL BODY WORKS 5000 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the TOTAL BODY WORKS 5000 weight training system. If you have additional questions, please

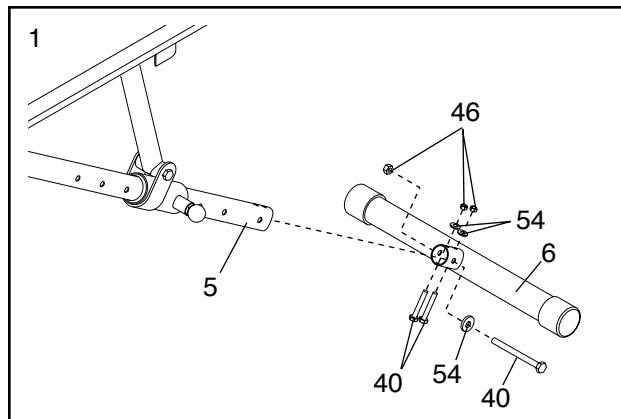
call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GNBE14410. The serial number can be found on a decal attached to the weight training system (see the front cover of this manual).

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

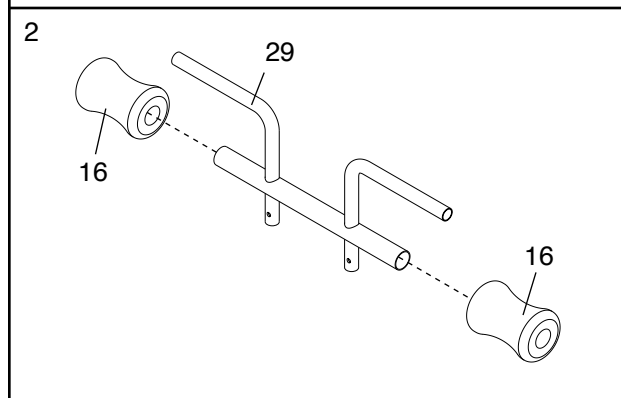


ASSEMBLY

1. Attach the Stabilizer (6) to the Adjustment Leg (5) with three M8 x 50mm Bolts (40), three M8 Black Zinc Washers (54), and three M8 Black Zinc Nylon Locknuts (46).



2. Slide a Foam Pad (16) onto each side of the Handlebar (29).



ADJUSTMENTS

The weight training system is designed to use your own body weight as resistance. The steps below explain how the weight training system can be adjusted and folded for storage. Refer to the accompanying exercise guide to see the correct form for each exercise.

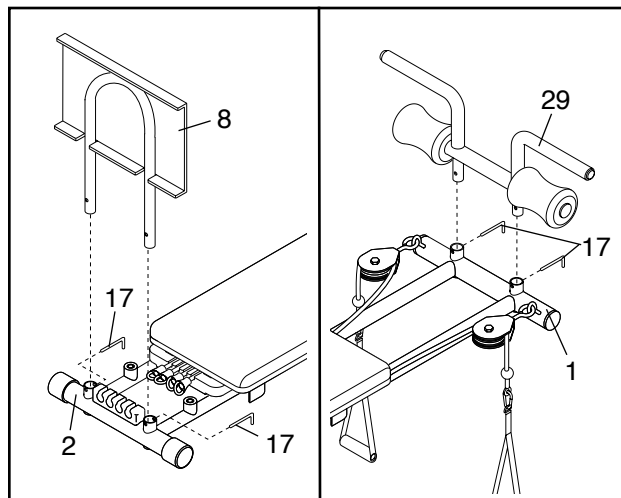
Make sure all parts are properly tightened each time you use the weight training system. Replace any worn parts immediately. The weight training system can be cleaned with a damp cloth and mild, non-abrasive detergent; never use solvents.

ATTACHING THE FOOT PLATE OR HANDLEBAR

For some exercises, the Foot Plate (8) will need to be attached to the weight training system. Slide the Foot Plate into the Bottom Frame (2) and secure it with two L-Pins (17).

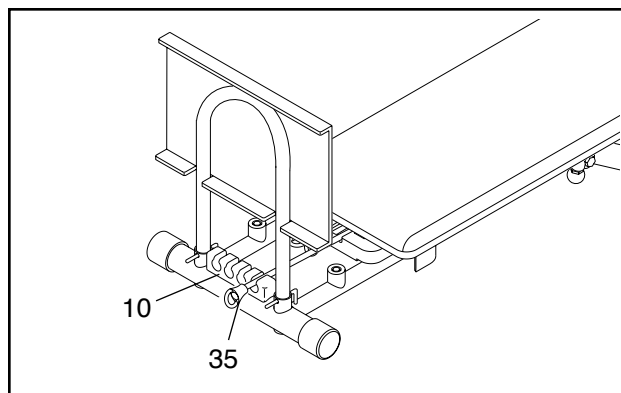
For some exercises, the Handlebar (29) will need to be attached to the weight training system. Slide the Handlebar into the Top Frame (1) and secure it with two L-Pins (17).

CAUTION: Remove the Handlebar (29) if performing an exercise that does not require it.



ADJUSTING THE RESISTANCE

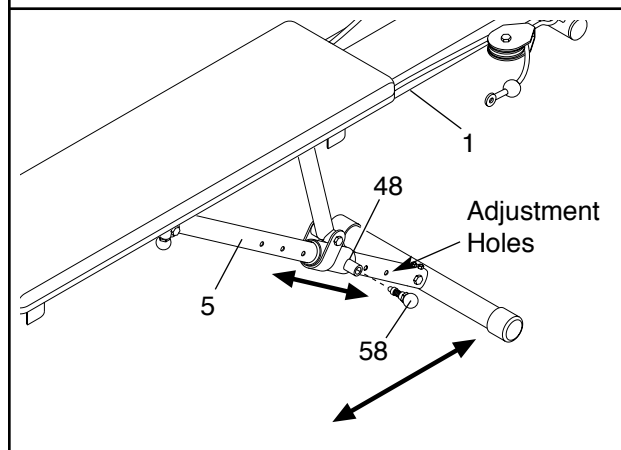
To increase the resistance of the weight training system, pull a Bungee Cord (35) down and slide it into the Bungee Bracket (10). For more resistance, slide more Bungee Cords into the Bungee Bracket.



ADJUSTING THE INCLINE

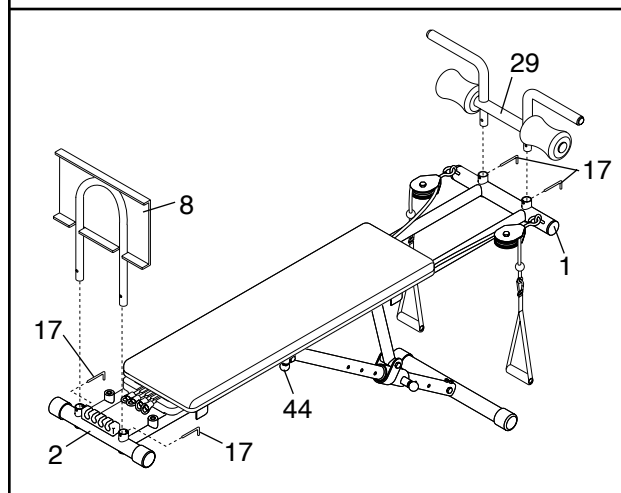
The incline of the weight training system can be adjusted to change the resistance level of your workout.

To adjust the incline, lift the Top Frame (1) until the Long Knob (58) on the Adjustment Bracket (48) can be removed from the adjustment hole in the Adjustment Leg (5). Slide the Adjustment Bracket to the desired position and insert the Knob into an adjustment hole in the Adjustment Leg. **Note: Be sure that the Knob on the Adjustment Bracket is fully inserted into an adjustment hole in the Adjustment Leg.**



STORING THE WEIGHT TRAINING SYSTEM

To store the weight training system, detach the Handlebar (29) from the Top Frame (1), and the Foot Plate (8) from the Bottom Frame (2), by removing the four L-Pins (17). Next, pull out the Short Knob (44) and slide the Bottom Frame as far into the Top Frame as it will go. Finally, adjust the system to the fully declined position. (See ADJUSTING THE INCLINE, above.)



PART LIST—Model No. GNBE14410

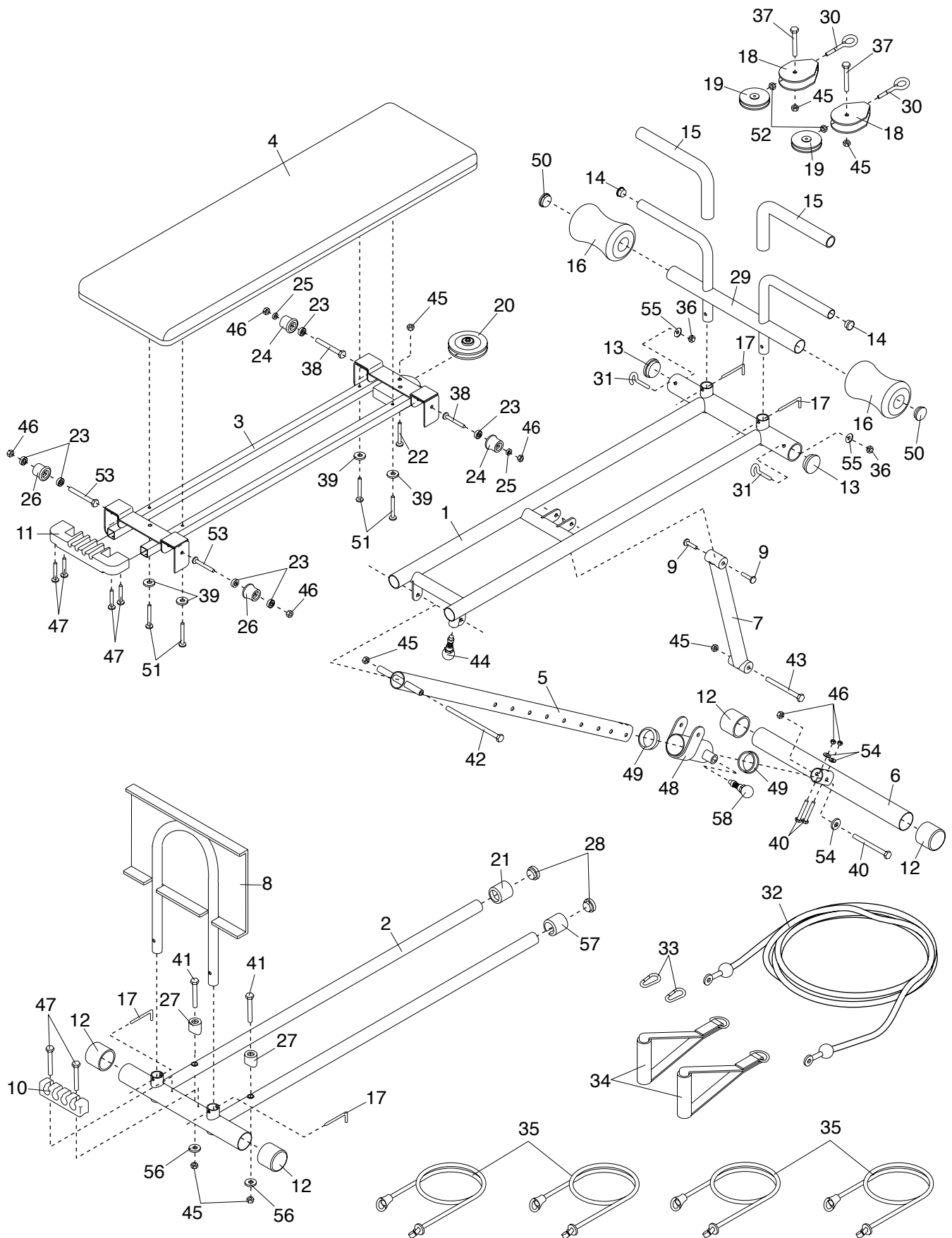
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	31	2	108mm Eyebolt
2	1	Bottom Frame	32	1	Cable
3	1	Backrest Frame	33	2	Cable Clip
4	1	Backrest	34	2	Handle
5	1	Adjustment Leg	35	4	Bungee Cord
6	1	Stabilizer	36	2	M8 Bright Zinc Nylon Locknut
7	1	Support Leg	37	2	M10 x 28mm Bolt
8	1	Foot Plate	38	2	M8 x 90mm Bolt
9	2	M10 x 20mm Bolt	39	4	M6 Washer
10	1	Bungee Bracket	40	3	M8 x 50mm Bolt
11	1	Backrest Bracket	41	2	M10 x 63mm Screw
12	4	50mm Outer Cap	42	1	M10 x 175mm Bolt
13	2	50mm Inner Cap	43	1	M10 x 80mm Bolt
14	2	25mm Round Inner Cap	44	1	Short Knob
15	2	Handgrip	45	7	M10 Nylon Locknut
16	2	Foam Pad	46	7	M8 Black Zinc Nylon Locknut
17	4	L-Pin	47	6	ST4 x 20mm Screw
18	2	Pulley Housing	48	1	Adjustment Bracket
19	2	70mm Pulley	49	2	56/45mm Bushing
20	1	90mm Pulley	50	2	38mm Round Inner Cap
21	1	Right 38/32mm Bushing	51	4	M6 x 38mm Bolt
22	1	M10 x 45mm Bolt	52	2	M8 Ball Head Nut
23	6	Small Bushing	53	2	M8 x 85mm Bolt
24	2	Small Wheel	54	3	M8 Black Zinc Washer
25	2	Big Bushing	55	2	M8 Bright Zinc Washer
26	2	Big Wheel	56	2	M10 Washer
27	2	Bumper	57	1	Left 38/32mm Bushing
28	2	32mm Round Inner Cap	58	1	Long Knob
29	1	Handlebar	#	1	User's Manual
30	2	60mm Eyebolt	#	1	Exercise Guide

Note: “#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. GNBE14410

R1201A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, 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 when calling:

1. The MODEL NUMBER of the product (GNBE14410)
2. The NAME of the product (TOTAL BODY WORKS 5000 weight training system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see pages 6 and 7 of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. 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, 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813