

GOLD'S GYM®

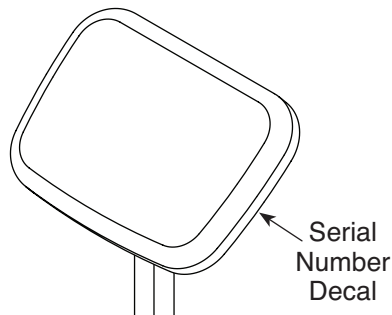
XR 6.1 CURL PAD

www.workoutwarehouse.com

Model No. PP60610.0

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:

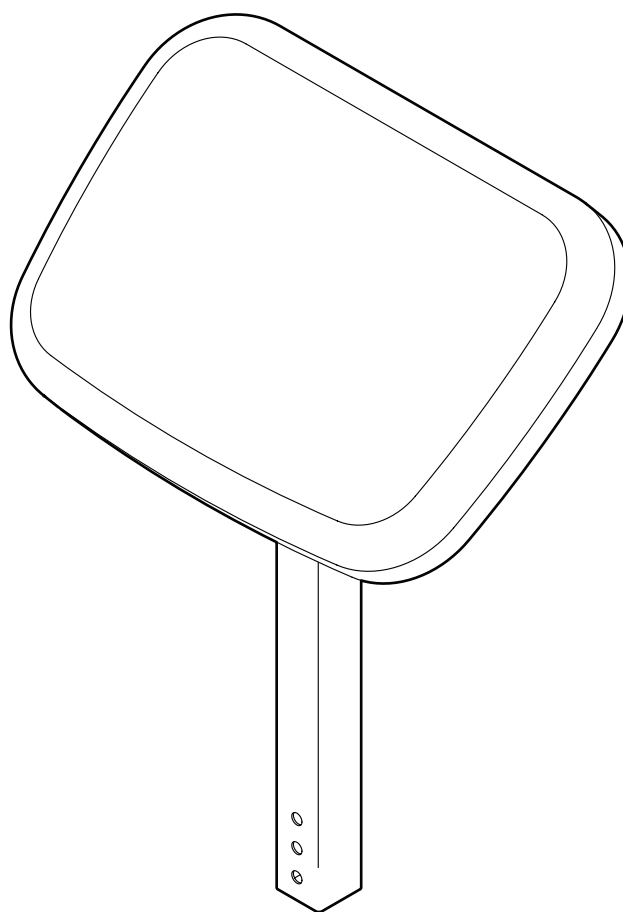
1-877-776-4777

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.workoutwarehouse.com



⚠ CAUTION

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



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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 this product before using this product. 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 this product before using this product. Use this product only as described in this manual.

3. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.

4. This product is intended for home use only. Do not use this product in a commercial, rental, or institutional setting.
5. Keep this product indoors, away from moisture and dust. Do not put this product in a garage or covered patio, or near water.

6. Inspect all components of this product each time it is used. Make sure that all parts are properly tightened.

7. Keep children under age 12 and pets away from this product.

8. This product should not be used by persons weighing more than 250 lbs. (113 kg).

9. 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 revolutionary GOLD'S GYM® XR 6.1 CURL PAD. The XR 6.1 CURL PAD enables you to perform additional exercises with your weight bench.

For your benefit, read this manual carefully before you use this product. If you have questions after

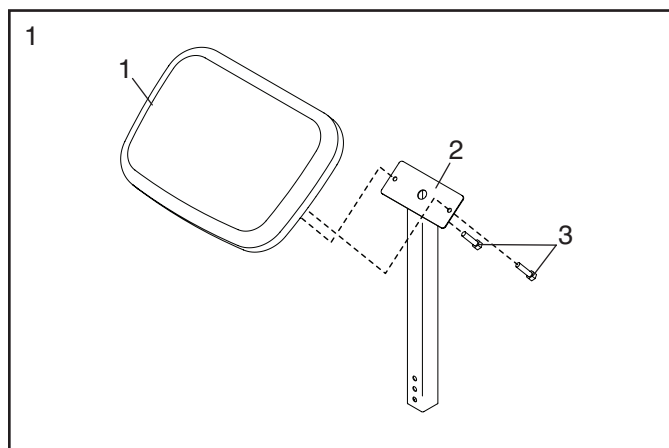
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

ASSEMBLY/ADJUSTMENT

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included tool(s).** **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**

1. Orient the Curl Pad (1) and the Curl Post (2) as shown.

Attach the Curl Pad (1) to the Curl Post (2) with two M6 x 16mm Screws (3).



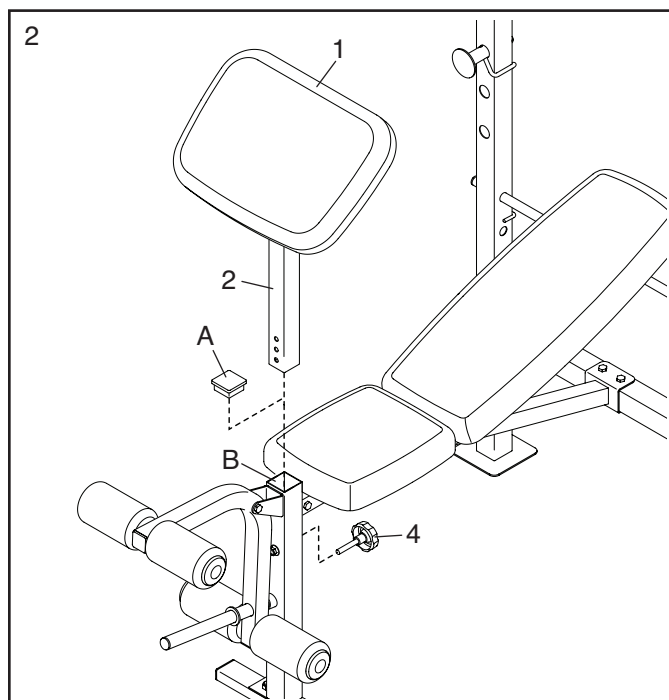
2. Remove the indicated Cap (A) from the Front Leg (B).

Next, insert the Curl Post (2) into the Front Leg (B) and align one of the holes in the Curl Post with the hole in the Front Leg. Then, fully tighten the Curl Knob (4) into the Curl Post.

When you are not using the Curl Pad (1), remove the Curl Post (2) from the Front Leg (B). Then, press the Cap (A) into the Front Leg.

3. **Make sure that all parts are properly tightened before you use this product.**

To order replacement parts, please see the front cover of this manual. To help us assist you, provide the model number, serial number, and name of the product. Also note the key number and description of each part.



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 (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