

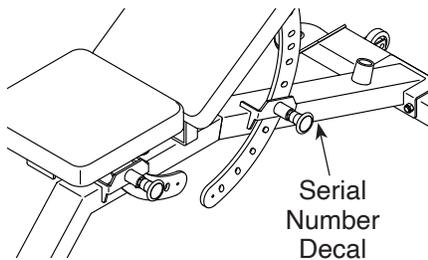
PRO-FORM®

CARBON STRENGTH ADJUSTABLE BENCH

Model No. PFBE19720.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER CARE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

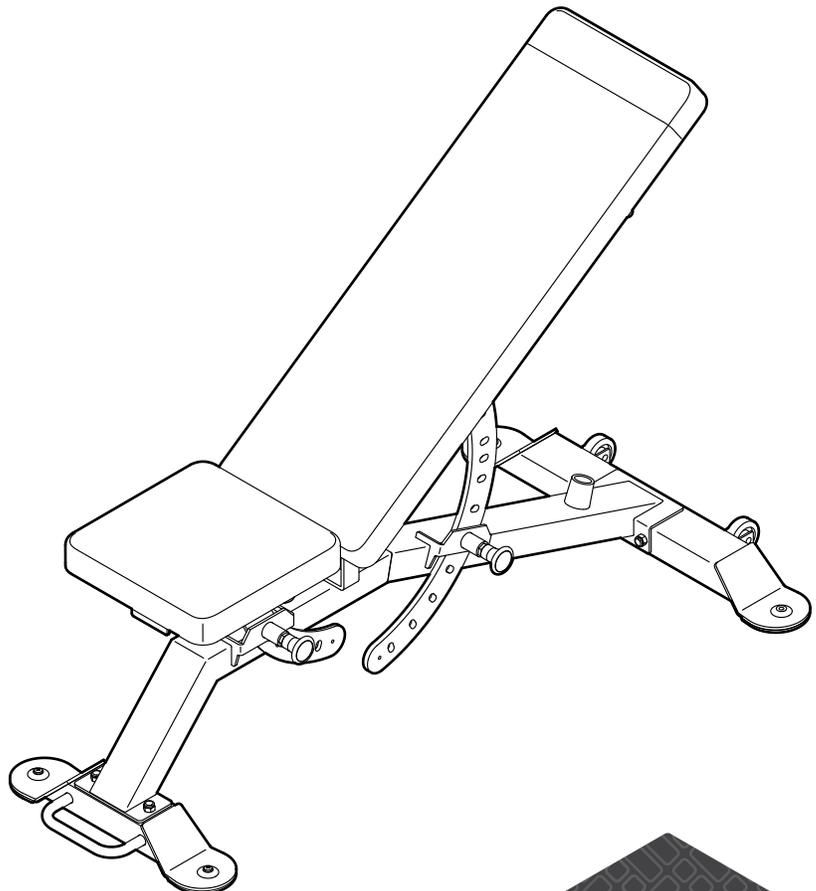
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

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

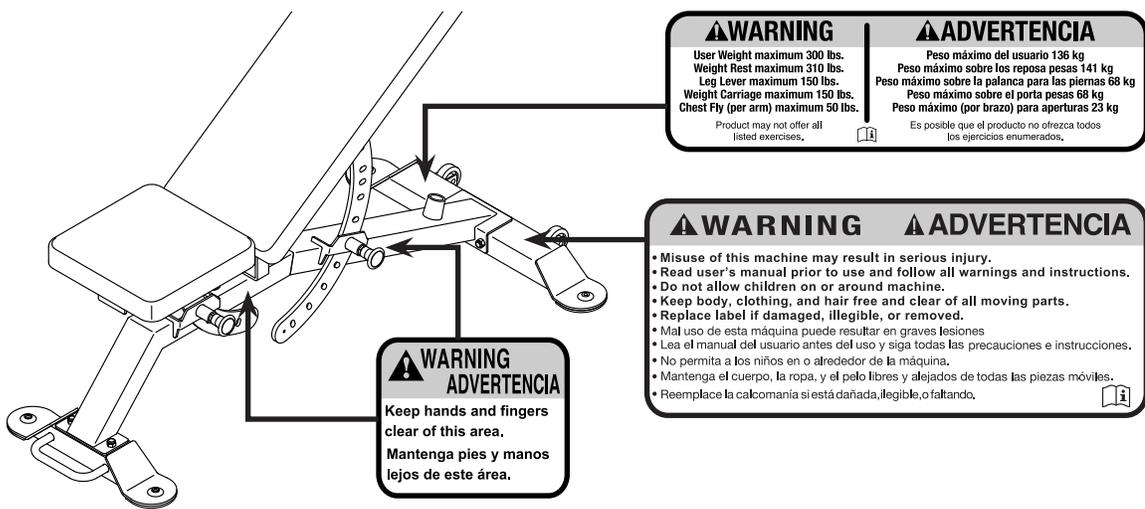


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WARNING DECAL PLACEMENT

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.



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. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The weight bench is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the weight bench by someone responsible for their safety.
4. Use the weight bench only as described in this manual.
5. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
6. 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.
7. Place the weight bench on a level surface, with enough clearance around the weight bench to mount, dismount, and use the weight bench. To protect the floor or carpet from damage, place a mat under the weight bench.
8. Inspect and properly tighten all parts each time the weight bench is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the weight bench at all times.
10. Keep hands and feet away from moving parts.
11. 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 using the weight bench.
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 use the weight bench with more than 310 lbs. (141 kg) of weight, including a barbell. Note: The weight bench does not include weights or a barbell.
13. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

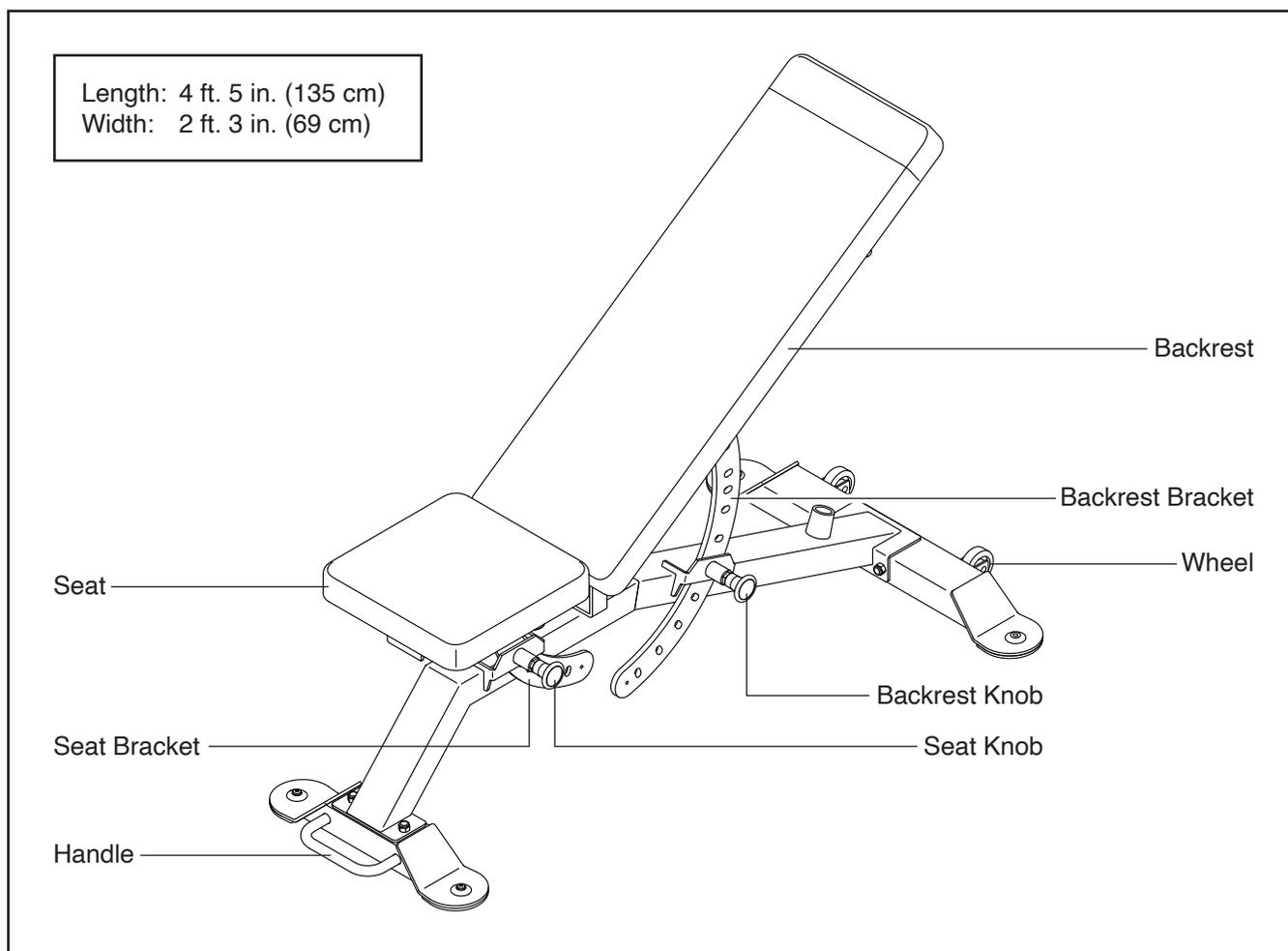
BEFORE YOU BEGIN

Thank you for selecting the PROFORM® CARBON STRENGTH ADJUSTABLE BENCH weight bench. The weight bench is designed to help you develop the major muscle groups of your upper 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 familiarize yourself with the parts that are labeled in the drawing below.

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

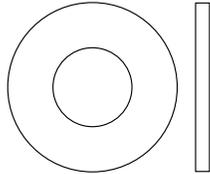


PART IDENTIFICATION CHART

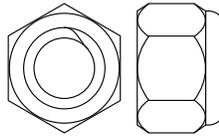
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



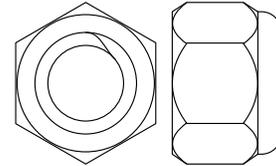
M6 Washer
(25)-1



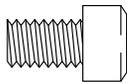
M10 Washer
(22)-6



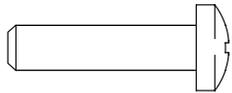
M10 Locknut
(15)-8



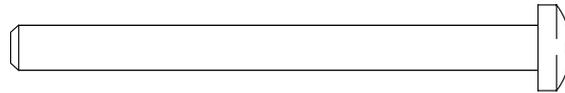
M12 Locknut
(16)-1



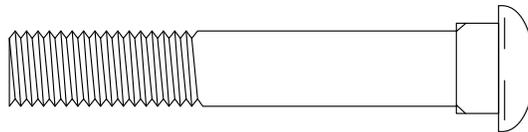
M6 x 10mm
Screw (19)-2



M6 x 25mm
Screw (20)-6



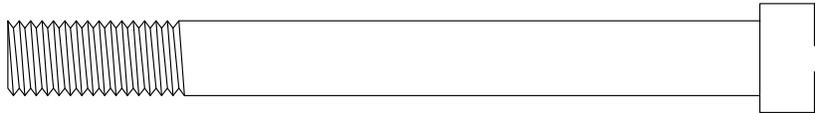
M6 x 70mm Screw (24)-1



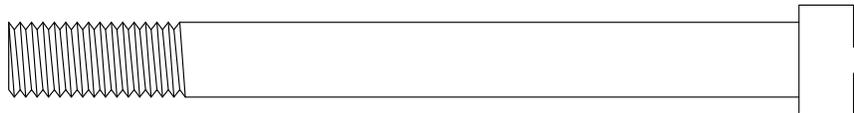
M10 x 65mm Carriage Bolt (26)-2



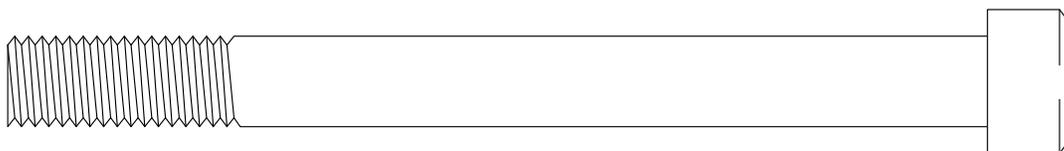
M10 x 95mm Bolt (30)-2



M10 x 100mm Bolt (29)-2



M10 x 105mm Bolt (23)-2



M12 x 130mm Bolt (17)-1

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 5.

- In addition to the included tool(s), assembly requires the following tools:

one adjustable wrench



one Phillips screwdriver



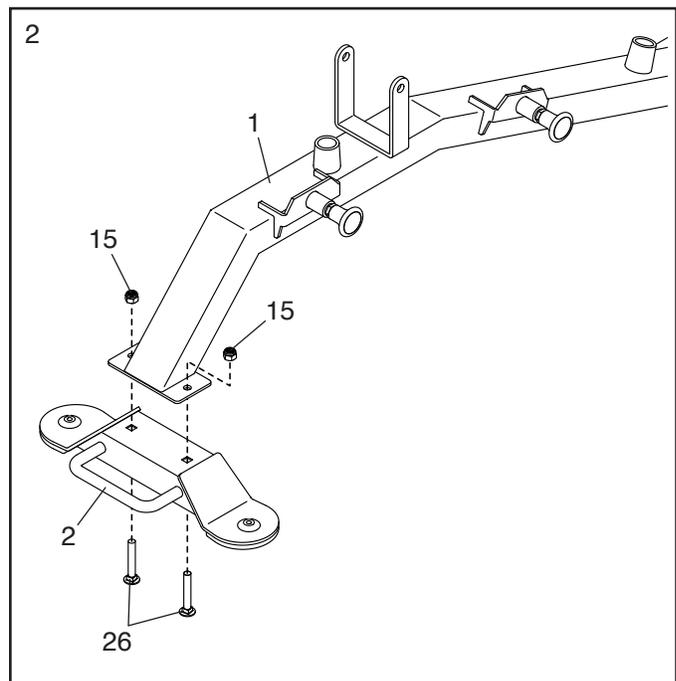
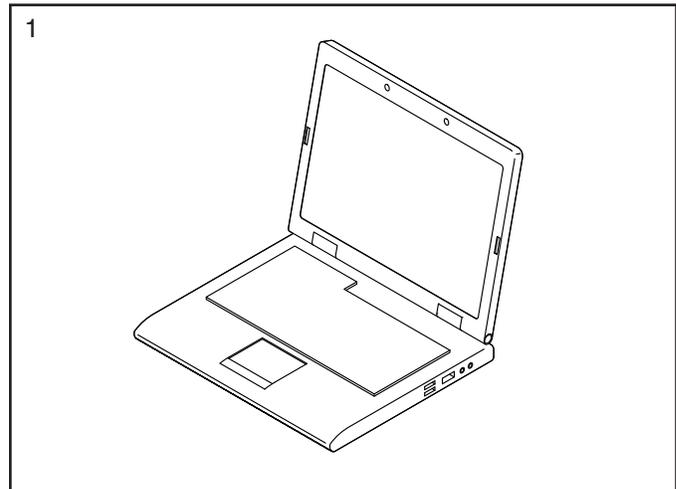
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **To Register your product and activate your warranty in the UK, go to iconsupport.eu.** If you do not have internet access, call Customer Service (see front cover of this manual)

To Register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual

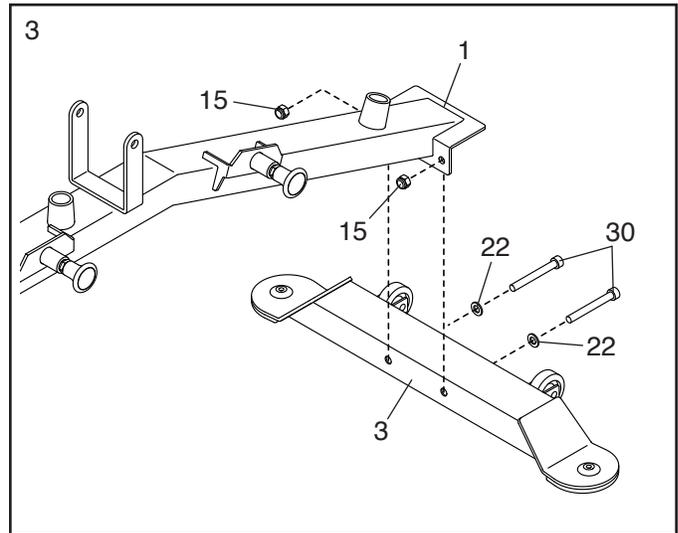
- your receipt(make sure to keep a copy)
- your name, address and telephone number
- the model number, serial number and name of your product (see the front cover of this manual)

2. Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 65mm Carriage Bolts (26) and two M10 Locknuts (15); **do not tighten the Locknuts yet.**



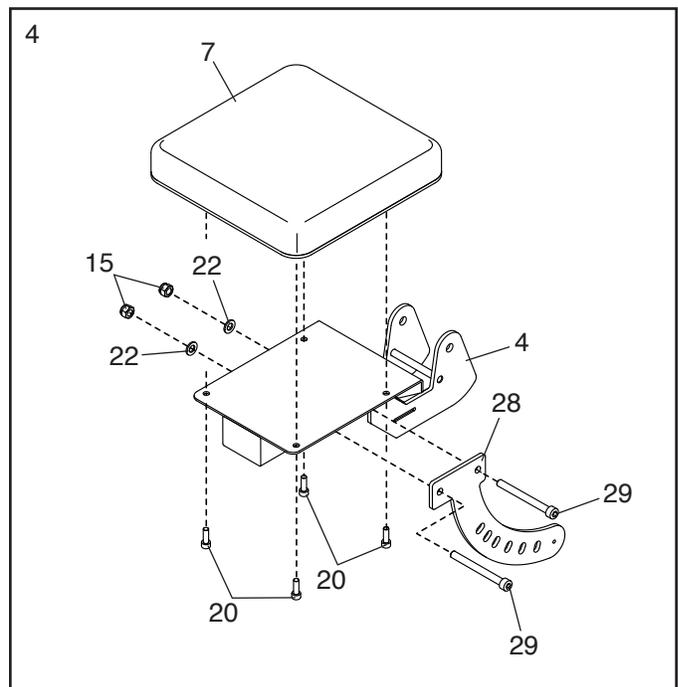
3. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 95mm Bolts (30), two M10 Washers (22), and two M10 Locknuts (15).

See step 2. Tighten the M10 Locknuts (15).



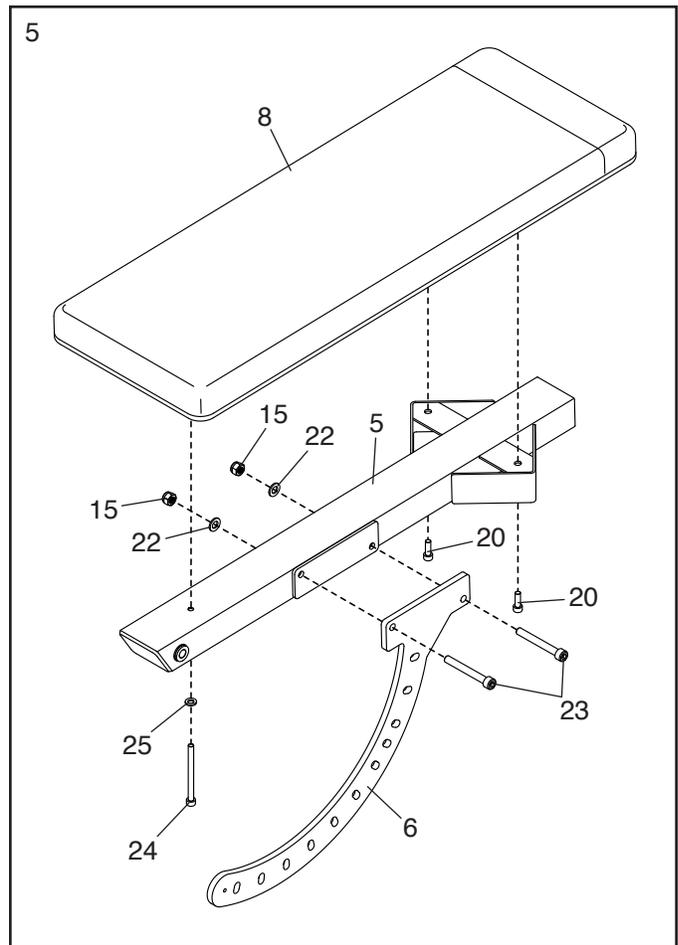
4. Attach the Seat Bracket (28) to the Seat Frame (4) with two M10 x 100mm Bolts (29), two M10 Washers (22), and two M10 Locknuts (15); **do not tighten the Locknuts yet.**

Then, attach the Seat (7) to the Seat Frame (4) with four M6 x 25mm Screws (20); **start all four Screws, and then tighten them.**



- Attach the Backrest Bracket (6) to the Backrest Frame (5) with two M10 x 105mm Bolts (23), two M10 Washers (22), and two M10 Locknuts (15); **do not tighten the Locknuts yet.**

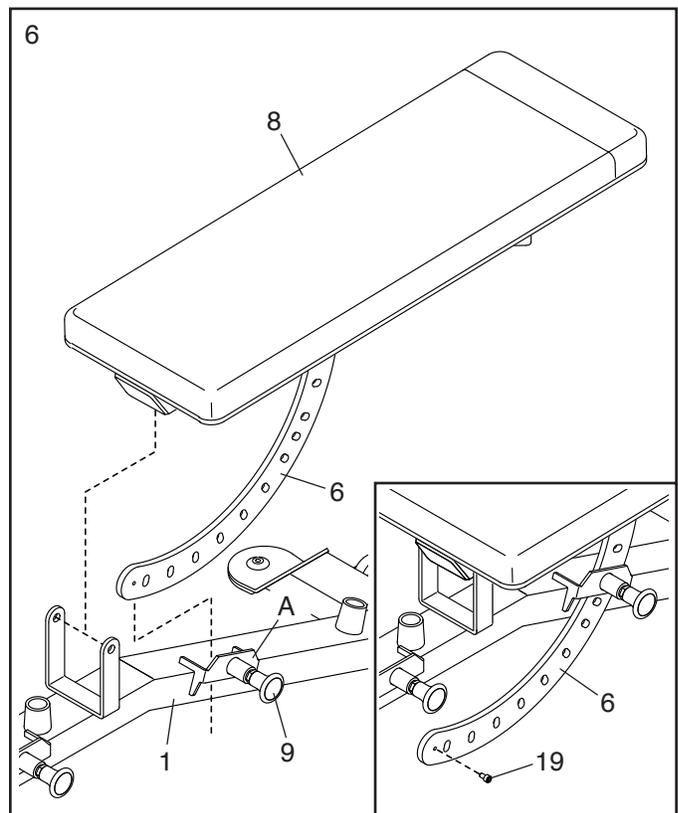
Then, attach the Backrest (8) to the Backrest Frame (5) with two M6 x 25mm Screws (20), an M6 x 70mm Screw (24), and an M6 Washer (25); **start all three Screws, and then tighten them.**



- Pull the indicated Knob (9), insert the Backrest Bracket (6) through the rear bracket (A) on the Frame (1), and then release the Knob into one of the adjustment holes in the Backrest Bracket.

See the inset drawing. Tighten an M6 x 10mm Screw (19) into the small hole in the end of the Backrest Bracket (6).

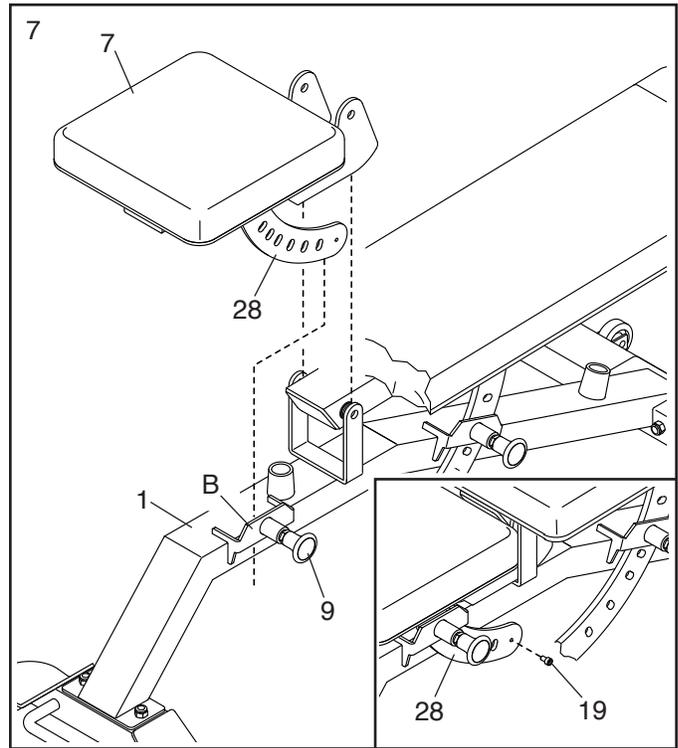
Note: To adjust the Backrest (8), see ADJUSTING THE BACKREST on page 10.



7. Pull the indicated Knob (9), insert the Seat Bracket (28) through the front bracket (B) on the Frame (1), and then release the Knob into one of the adjustment holes in the Seat Bracket.

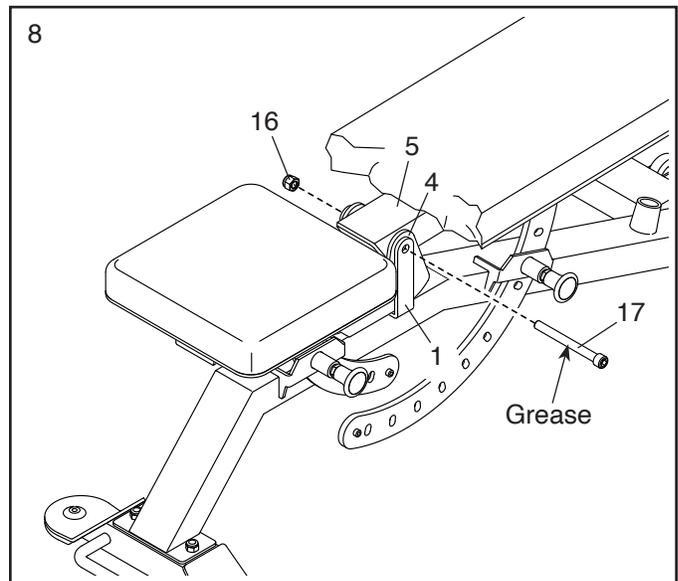
See the inset drawing. Tighten an M6 x 10mm Screw (19) into the small hole in the end of the Seat Bracket (28).

Note: To adjust the Seat (7), see ADJUSTING THE SEAT on page 10.



8. Using a plastic bag to keep your fingers clean, apply some of the included grease to an M12 x 130mm Bolt (17).

Next, insert the M12 x 130mm Bolt (17) through the Frame (1), the Seat Frame (4), and the Backrest Frame (5) as shown. Then, tighten an M12 Locknut (16) onto the Bolt. **Do not overtighten the Locknut; the Seat Frame and the Backrest Frame must pivot freely.**



9. **Make sure that all parts of the weight bench are properly tightened.** Extra parts may be included. Place a mat under the weight bench to protect the floor.

ADJUSTMENT

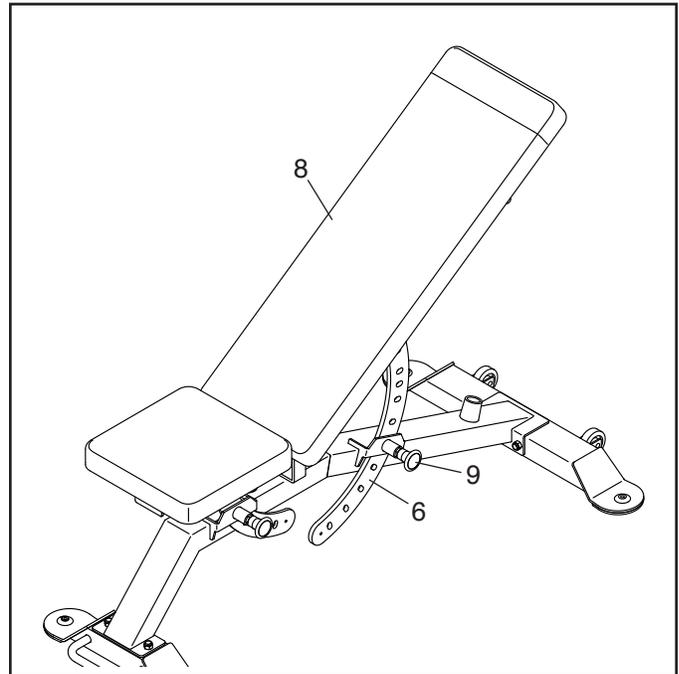
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 11 for important exercise information.

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 a mild, non-abrasive detergent; **do not use solvents.**

ADJUSTING THE BACKREST

To adjust the angle of the Backrest (8), **firmly hold the Backrest with one hand.** With your other hand, pull the indicated Knob (9), raise or lower the Backrest, and then release the Knob into one of the adjustment holes in the Backrest Bracket (6).

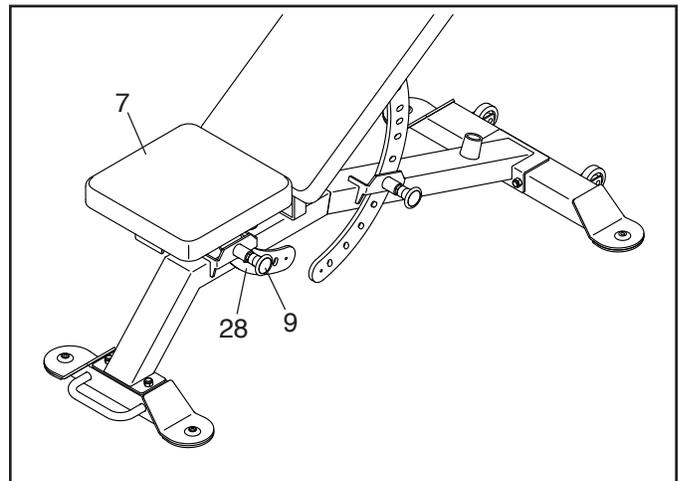
⚠ WARNING: Always hold the Backrest (8) before you pull the Knob (9); the Backrest can fall with great force.



ADJUSTING THE SEAT

To adjust the angle of the Seat (7), **firmly hold the Seat with one hand.** With your other hand, pull the indicated Knob (9), raise or lower the Seat, and then release the Knob into one of the adjustment holes in the Seat Bracket (28).

⚠ WARNING: Always hold the Seat (7) before you pull the Knob (9); the Seat can fall with great force.



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.

NOTES

PART LIST

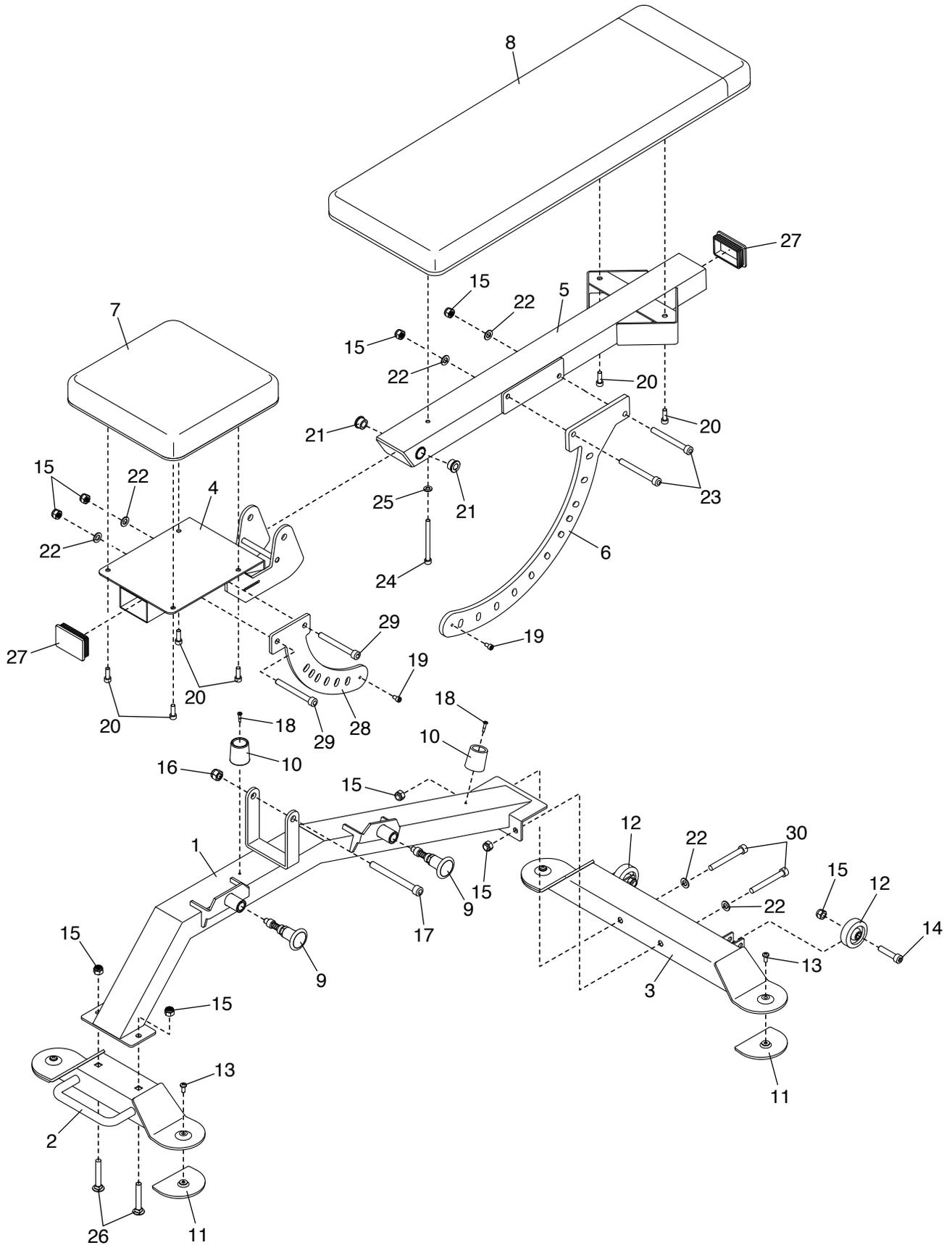
Model No. PFBE19720.0 R0720A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	17	1	M12 x 130mm Bolt
2	1	Front Stabilizer	18	2	M4 x 19mm Screw
3	1	Rear Stabilizer	19	2	M6 x 10mm Screw
4	1	Seat Frame	20	6	M6 x 25mm Screw
5	1	Backrest Frame	21	2	Bushing
6	1	Backrest Bracket	22	6	M10 Washer
7	1	Seat	23	2	M10 x 105mm Bolt
8	1	Backrest	24	1	M6 x 70mm Screw
9	2	Knob	25	1	M6 Washer
10	2	Bumper	26	2	M10 x 65mm Carriage Bolt
11	4	Foot	27	2	Frame Cap
12	2	Wheel	28	1	Seat Bracket
13	4	M6 x 15mm Screw	29	2	M10 x 100mm Bolt
14	2	M10 x 45mm Bolt	30	2	M10 x 95mm Bolt
15	10	M10 Locknut	*	–	User's Manual
16	1	M12 Locknut	*	–	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. PFBE19720.0 R0720A



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)