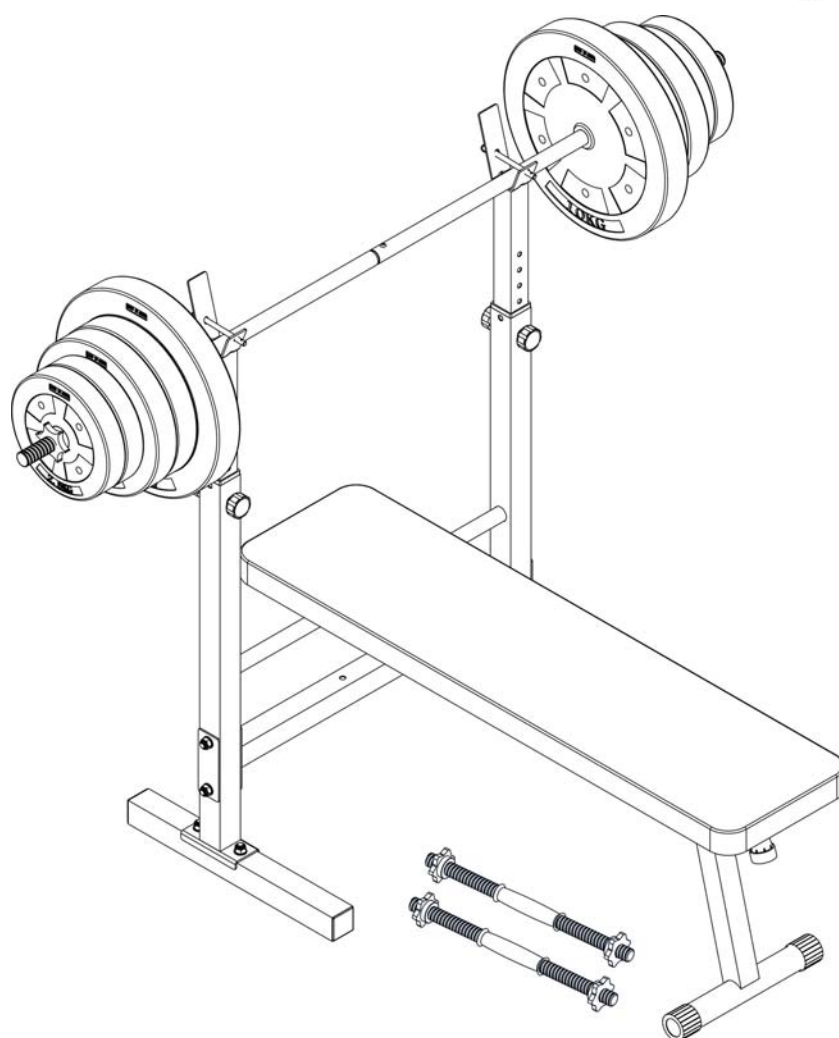


Everlast Folding Bench With 50kg Weights

Assembly & User Instructions - Please keep for future reference

544/2371

EVERLAST®



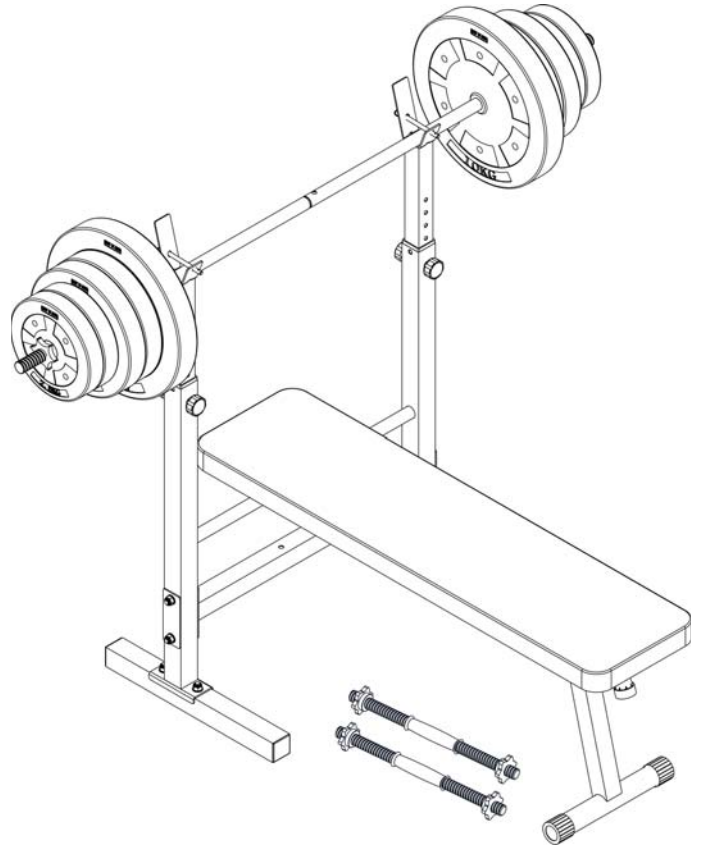
Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 6001714**
<http://www.argos-support.co.uk>

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Safety Information

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Everlast Folding Bench. In particular, note the following safety precautions.

Assembly

- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- The product must be installed on a stable and level surface.
- Dispose of all packaging carefully and responsibly.

Using

- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.
Do not use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**

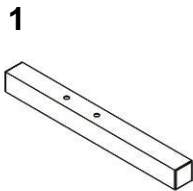
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- If children are allowed to use the equipment under supervision, their mental and physical development should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a toy.
- This product is suitable for a maximum user weight of: **100kgs.**
- Maximum capacity on uprights: **60kgs**(Including bar and weights)
- This product is fit for 1" weight plates.
- This product conforms to: (BS EN ISO 20957-1, EN957-2 and EN957-4) class (H) - Home Use - Class (C).
Warning: Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.



Warning: Before beginning any exercise programme, consult your doctor. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. You MUST read all instructions before using any fitness equipments. Argos assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

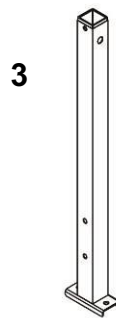
Total mass of the product is 48 kg (including weight plates). Footprint of the product is 117 cm × 153 cm.



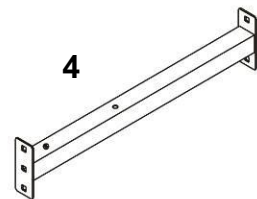
1
Base Frame x 2



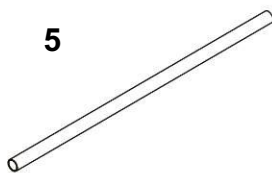
2
Left Upright Frame x 1



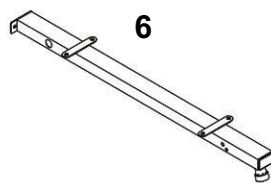
3
Right Upright Frame x 1



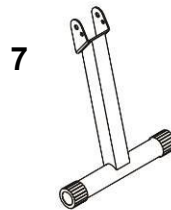
4
Cross Beam x 1



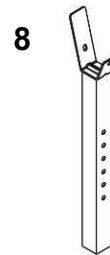
5
Adjustable Tube x 1



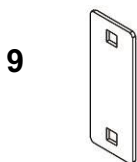
6
Seat Pad Support x 1



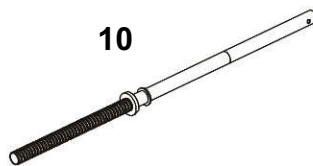
7
Slant Support x 1



8
Barbell Bar Support x 2



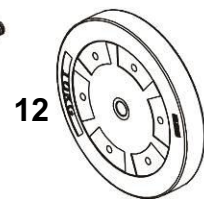
9
Bracket x 2



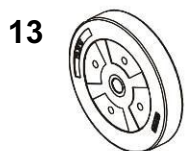
10
Barbell Bar 1 x 1



11
Barbell Bar 2 x 1



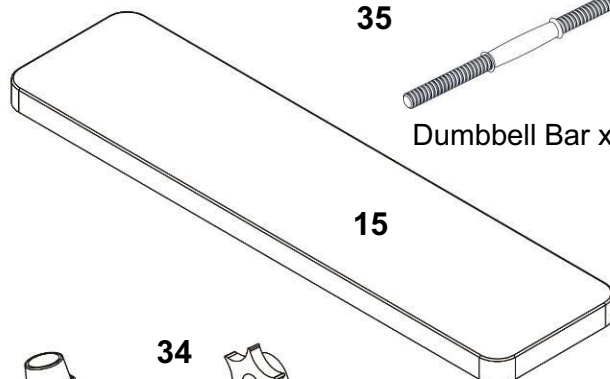
12
10kg Plate x 2



13
5kg Plate x 4



14
2.5kg Plate x 4



15
Seat Pad x 1



35
Dumbbell Bar x 2



24



25



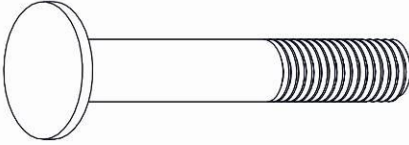

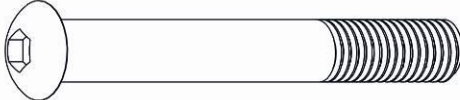

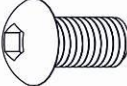






30



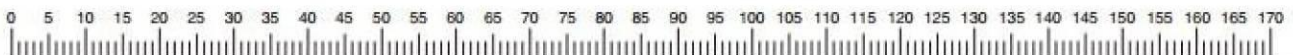
34

Components - Fixings

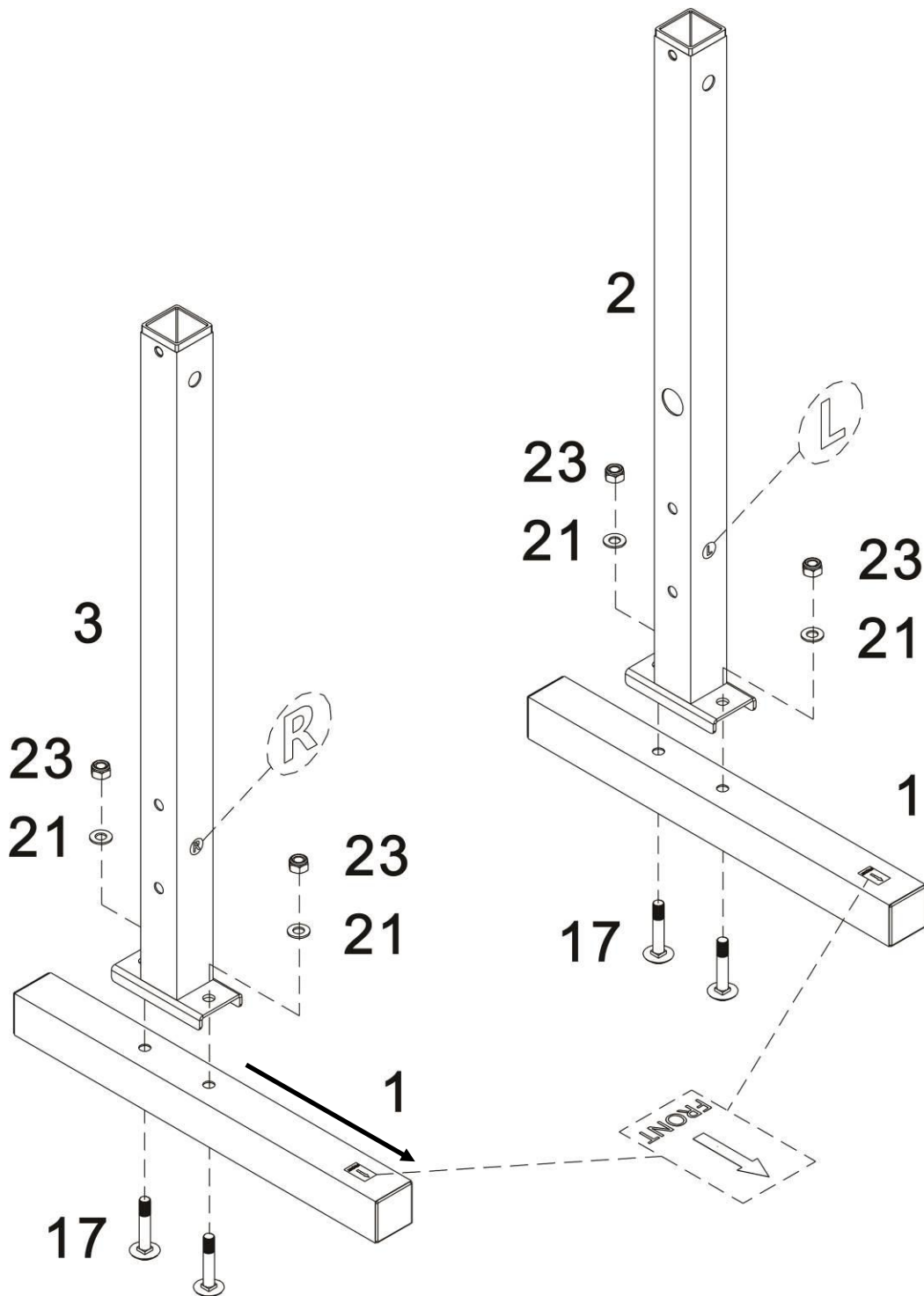
Note: Some of the smaller components may be pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing components. Please prepare an adjustable spanner by yourself when you are intend to assemble this machine.

<p>16 </p> <p>M10x 65 mm Carriage Bolt x 4</p>	<p>17 </p> <p>M10x 55 mm Carriage Bolt x 4</p>
<p>18 </p> <p>M10x 80 mm Allen Bolt x 1</p>	<p>19 </p> <p>M6 x 20 mm Allen Bolt x 1</p>
<p>20 </p> <p>M8 x 18 mm Allen Bolt x 4</p>	<p>21 </p> <p>10mm Washer x 10</p>
<p>22 </p> <p>8mm Washer x 4</p>	<p>23 </p> <p>M10 Aircraft Nut x 9</p>
<p></p> <p>4# Allen Wrench x 1</p>	<p></p> <p>5# Allen Wrench x 1</p>
<p></p> <p>6# Allen Wrench x 1</p>	

Ruler - Use this ruler to help correctly identify the hardware



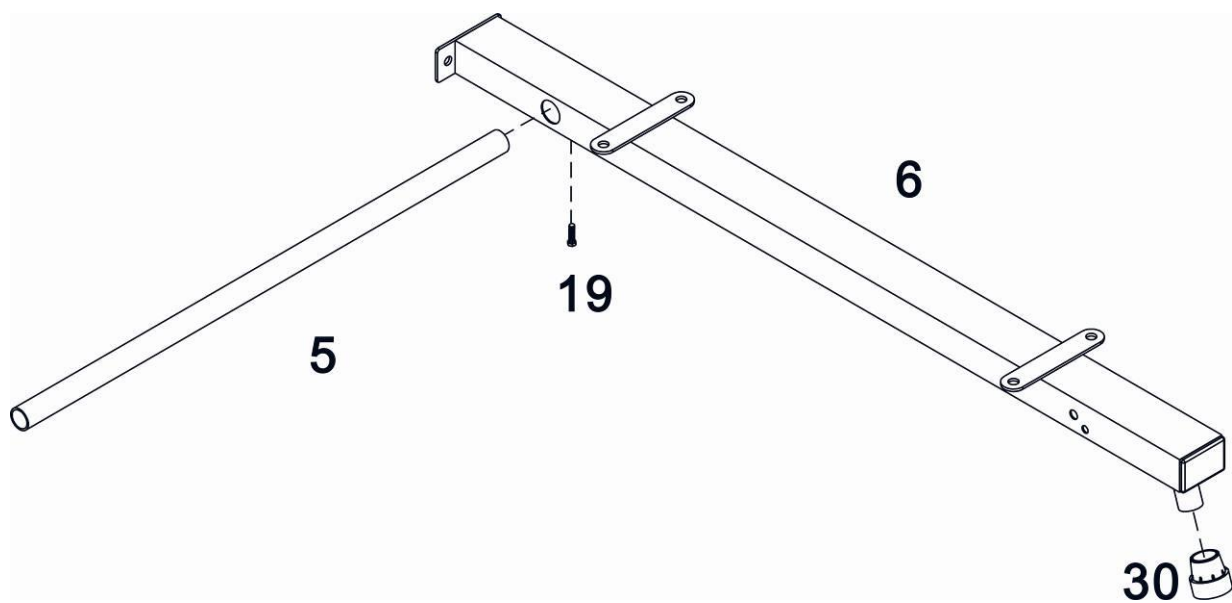
Assembly instructions



Step 1

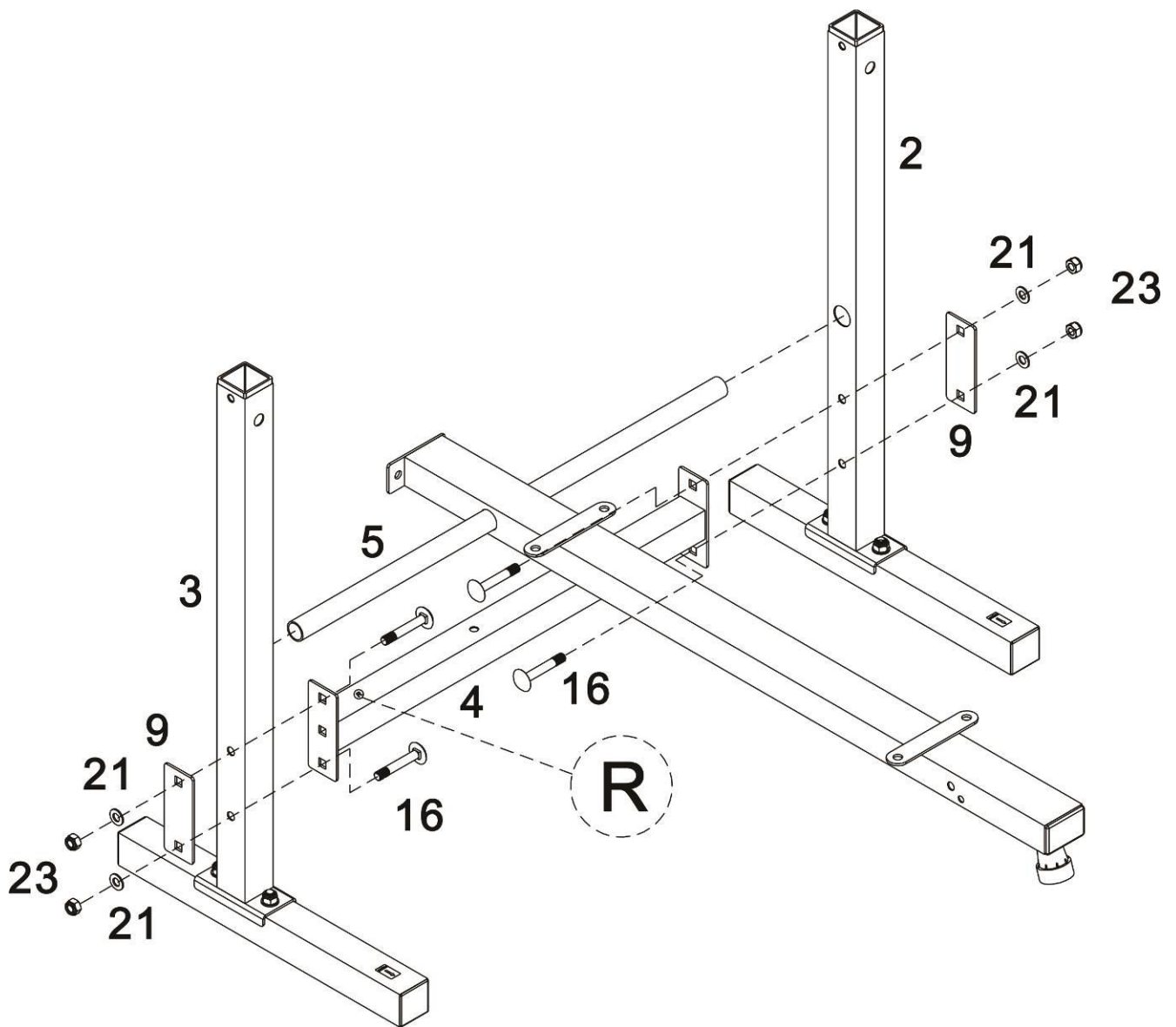
- a. Attach the Left Upright Frame (2) to the Base Frame (1) using 2 x M10×55mm Carriage Bolts (17), 2 x Ø10mm Washers (21) and 2 x M10 Aircraft Nuts (23).
- b. Attach the Right Upright Frame (3) to the Base Frame (1) using 2 x M10×55mm Carriage Bolts (17), 2 x Ø10mm Washers (21) and 2 x M10 Aircraft Nuts (23).

Notes: the assembly orientation for the Base Frame (1) is same with the arrow as shown in the diagram.



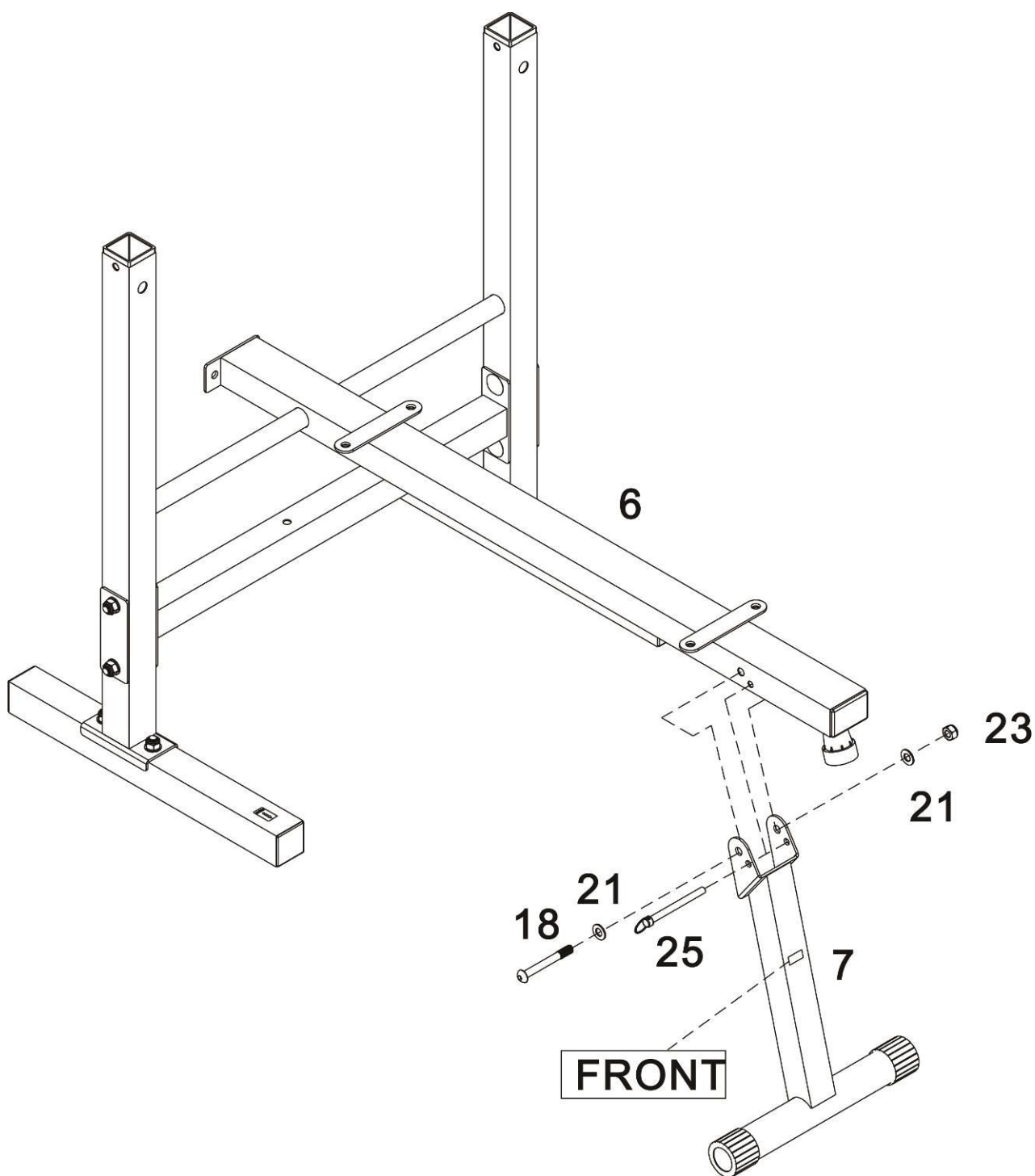
Step 2

- Insert the Adjustable Tube (5) into the Seat Pad Support (6), then screw the M6×20mm Allen Bolt (19) into the nut on the bottom of the Seat Pad Support (6), and secure it to the notch in the middle of the Adjustable Tube (5).
- Attach the Ø25mm Foot Cover (30) to the Seat Pad Support (6).



Step 3

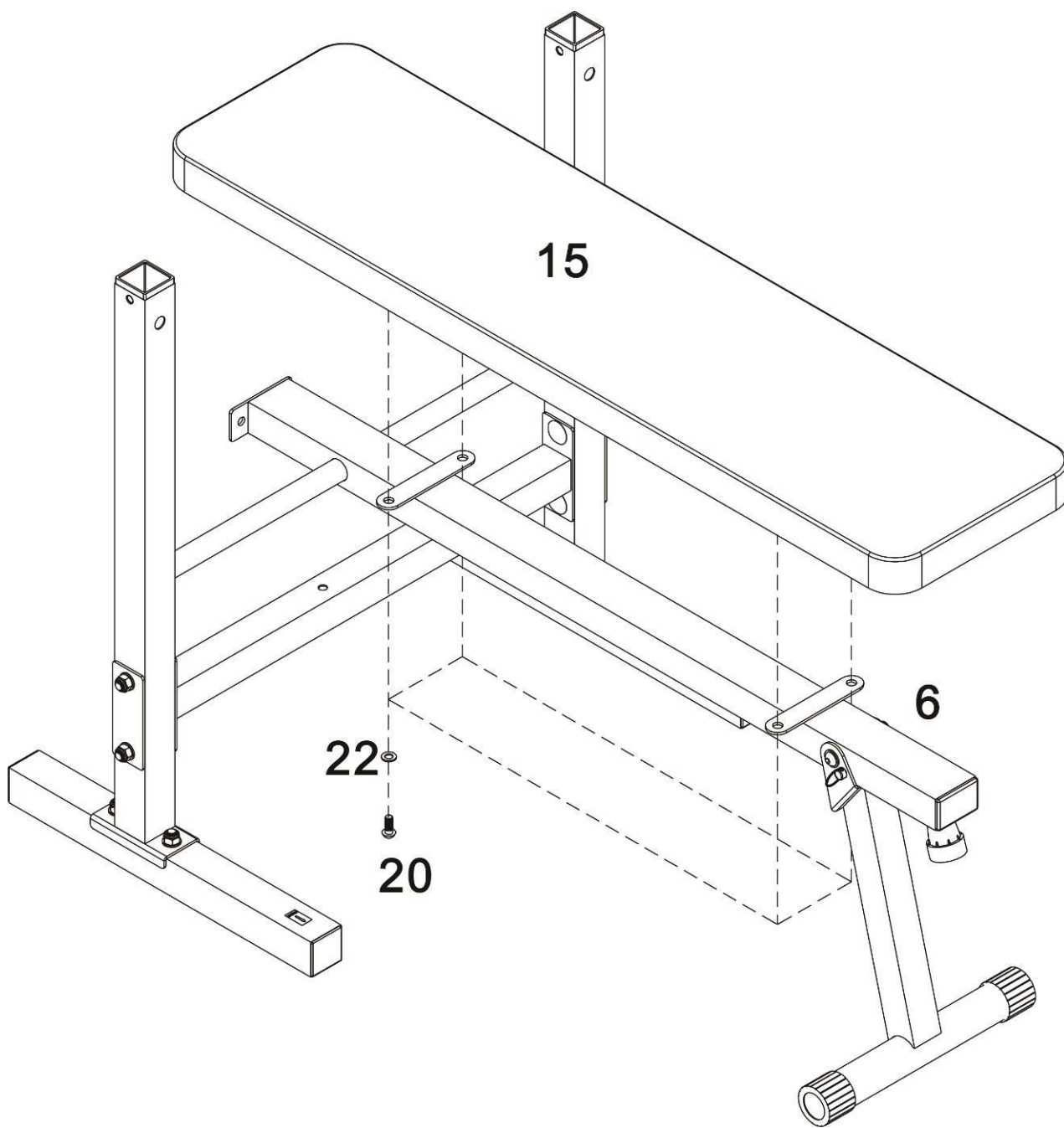
- a. Connect the Adjustable Tube (5) with the Left & Right Upright Frame (2, 3).
- b. Connect the Left Upright Frame (2) with the Cross Beam (4), and secure with 1 x Bracket (9), 2 x M10×65mm Carriage bolts (16), 2 x Ø10mm Washers (21) and 2 x M10 Aircraft Nuts (23).
- c. Connect the Right Upright Frame (3) with the Cross Beam (4), and secure with 1 x Bracket (9), 2 x M10×65mm Carriage bolts (16), 2 x Ø10mm Washers (21) and 2 x M10 Aircraft Nuts (23).



Step 4

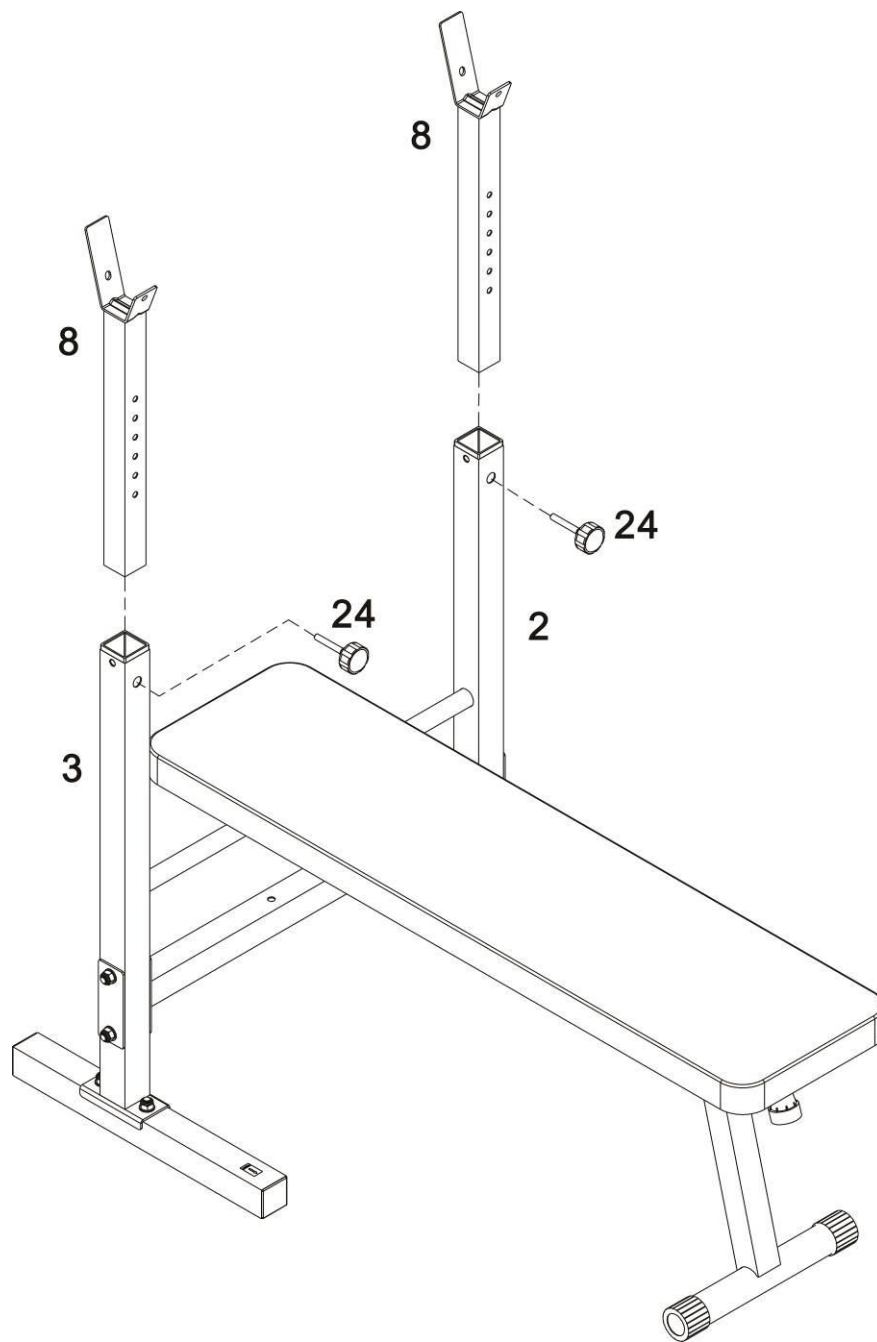
Attach the Slant Support (7) to the Seat Pad Support (6) using 1 x M10×80mm Allen Bolt (18), 2 x Ø10mm Washers (21) and 1 x M10 Aircraft Nut (23), and secure with 1 x Ø8×90mm Pin (25).

Notes: the Slant Support (7) must not be assembled in reverse direction.



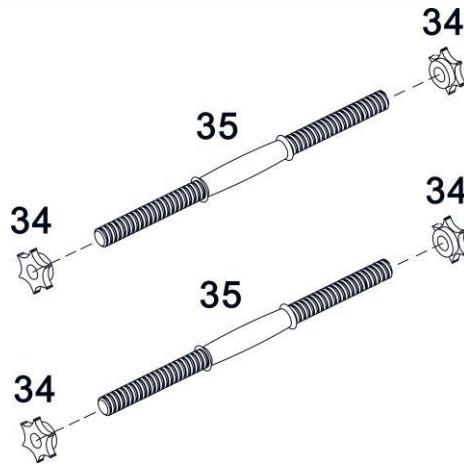
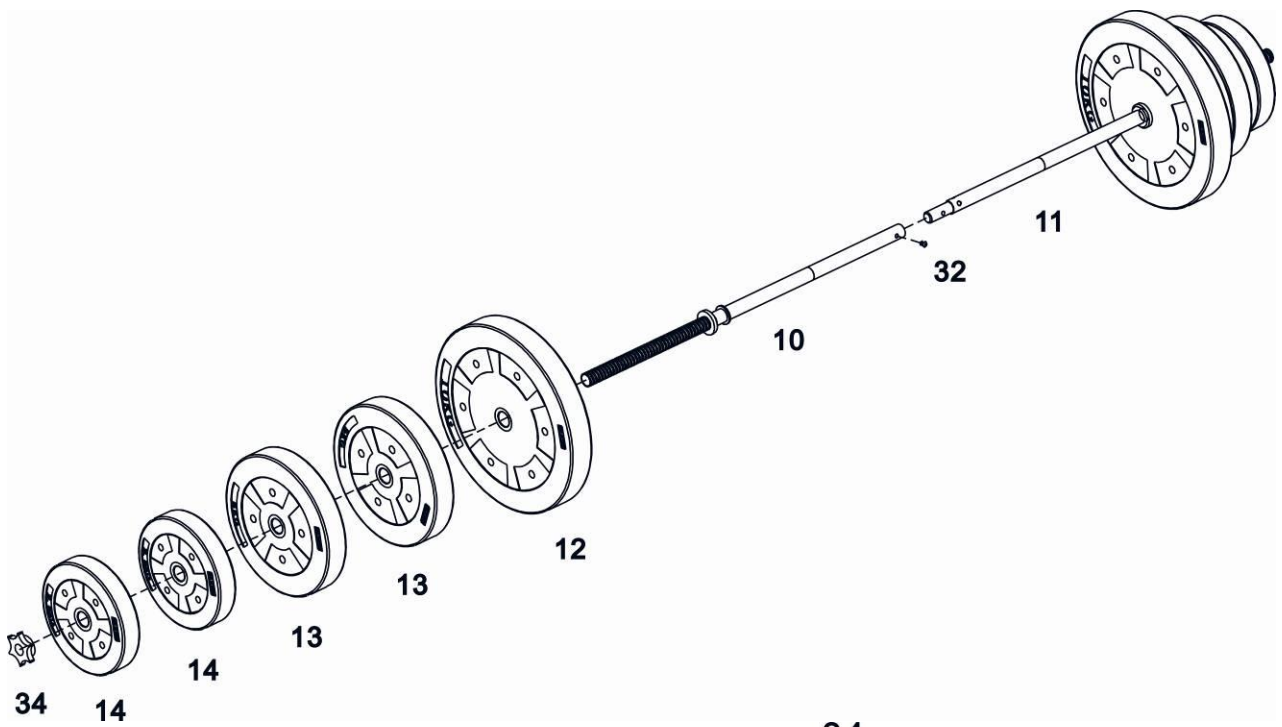
Step 5

Attach the Seat Pad (15) to the Seat Pad Support (6) using 4 x M8×18 mm Allen Bolts (20) and 4 x Ø8mm Washers (22).



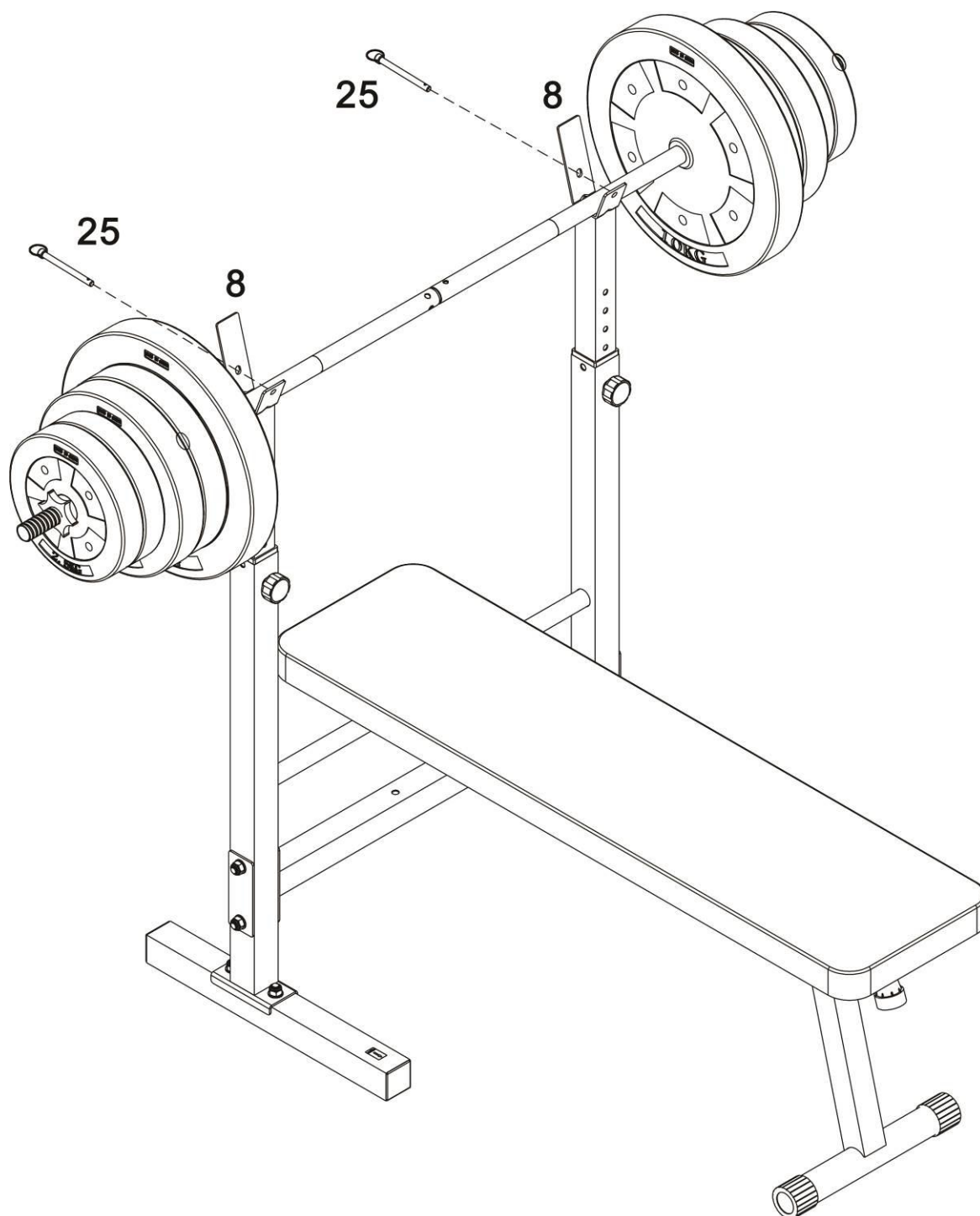
Step 6

Insert 2 x Barbell Bar Supports (8) into the Left & Right Upright Frame (2, 3), and then secure with 2 x Lock Knob (24) respectively.



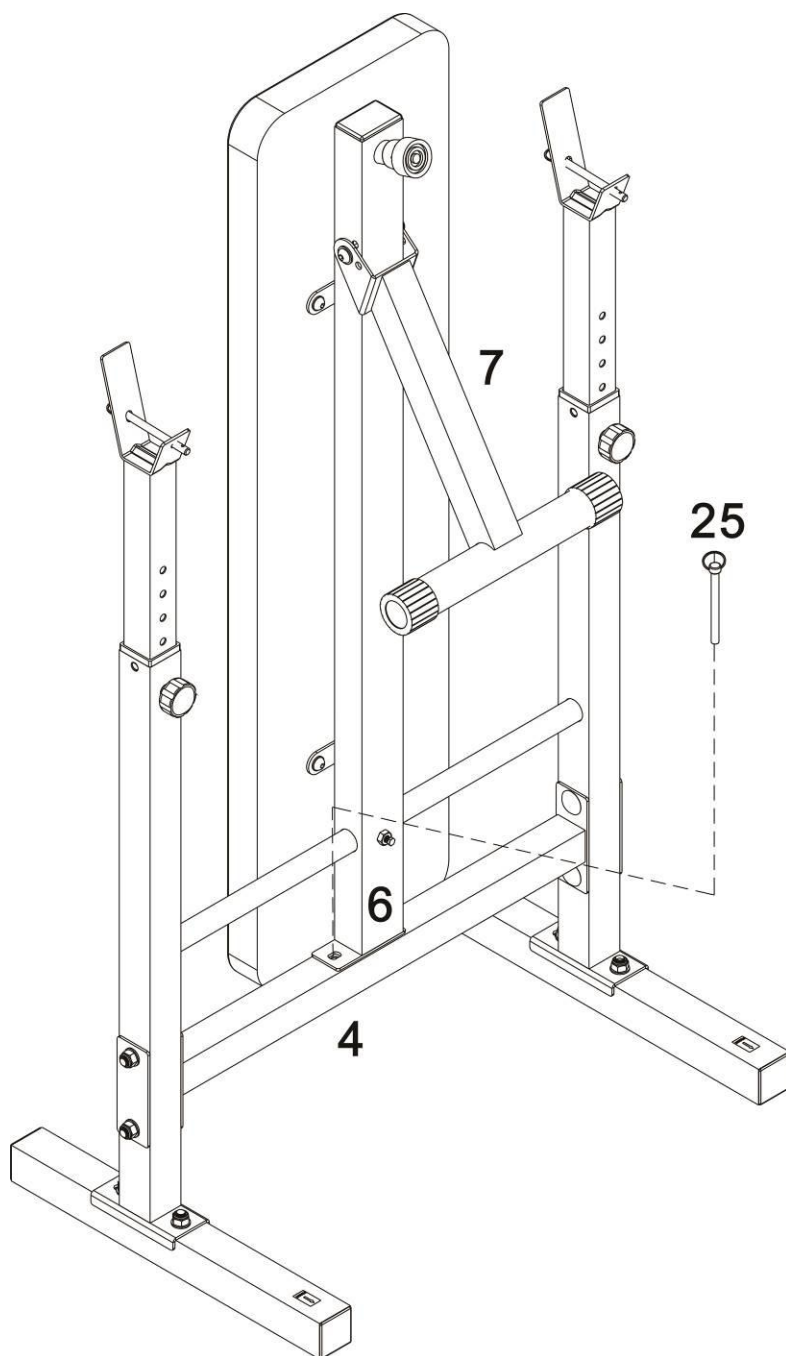
Step 7

- Disassemble the M8×10mm Allen bolt (32) on the Barbell Bar (11).
- Connect the Bar Bell 1 (10) with the Bar Bell 2 (11), and secure with M8×10mm Allen bolt (32).
- Respectively attach 1 x 10kg Plate (12), 2 x 5kg Plates (13) and 2 x 2.5kg Plates (14) in sequence to the both ends of the combined barbell bar, and secure with 2 x Lock Knobs (34).



Step 8

Put the plates assembly on the two barbell bar support (8), and lock with 2 x Ø8×90 Pins (25) when not using.

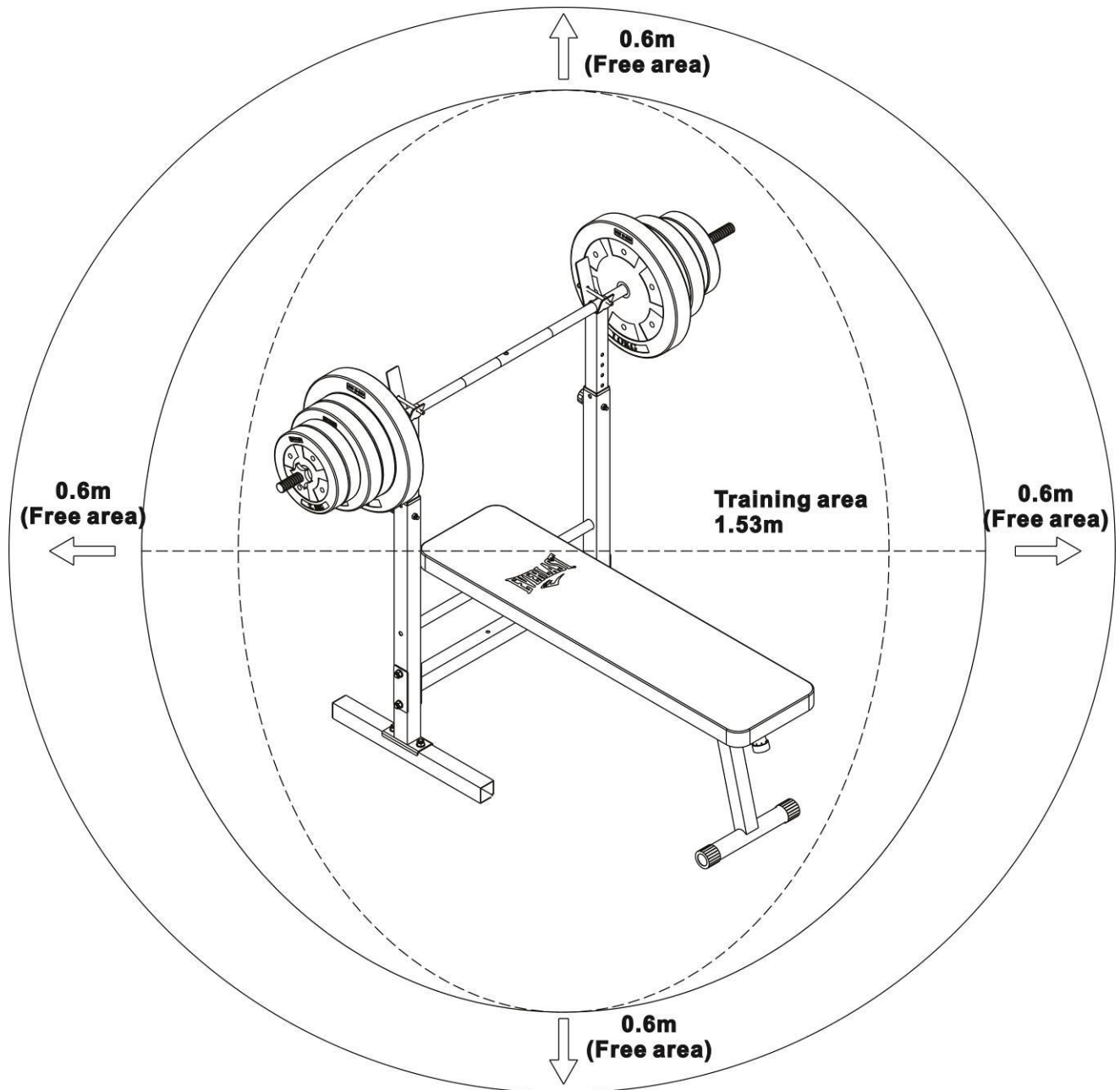


Step 9

When you are not intended to use this bench, disassemble the plates assembly, pull out the $\text{Ø}8 \times 90$ Pins (25) on the Slant Support (7), and then secure the Seat Pad Support to the Cross Beam (4) using $\text{Ø}8 \times 90$ Pins (25).

Free Area and Training Area

Free area shall be not less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. Keep unsupervised children away from the equipment.



Using the everlast folding bench

Important:

When working out, exhale while lifting and inhale while returning to the start position in a slow and controlled manner.

- Read all warning stickers before using this equipment.
- Before using, inspect the equipment for loose, frayed, or worn parts, if in doubt do not use the equipment until the parts have been replaced.
- Any clips must be closed completely before using this equipment.
- Children are not permitted to use this equipment.
- Before beginning any exercise programme it is suggested to have a complete medical examination and to obtain your doctor's approval of your exercise/conditioning programme.
- We recommend that you always exercise with a partner or someone who can assist you in case the weights become too heavy for you to lift on your own.

Always warm up your muscles before exercising. Prepare your body with easy stretching (without bouncing) and light cardio exercise for several minutes.

Flat Bench Press

Developing the Pectoral muscles

We recommend you have a spotter to assist when performing this exercise. Select the desired weight. With the backrest in the flat position. Lie on your back with your feet on the floor. Grasp the barbell at shoulder width distance and carefully remove it from the crutch. Lower the barbell until it touched your mid chest position. Raise to the starting position in a slow and controlled manner and repeat the exercise.

Beginners: 10 REPS with no weights

Intermediate: 20 REPS with light weights

Advanced: 20 REPS /2–4 sets with gradually increasing weights.



Decline Bench Press

Developing the Pectoral muscles

We recommend you have a spotter to assist when performing this exercise. Select the desired weight. With the backrest in the decline position. Lie on your back with your feet on the floor. Grasp the barbell at shoulder width distance and carefully remove it from the crutch. Lower the barbell until it touched your mid chest position. Raise to the starting position in a slow and controlled manner and repeat the exercise.

Beginners: 10 REPS with no weights

Intermediate: 20 REPS with light weights

Advanced: 20 REPS /2–4 sets with gradually increasing weights.



Exercising Information

Before you start

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment; increase a few repetitions per workout.

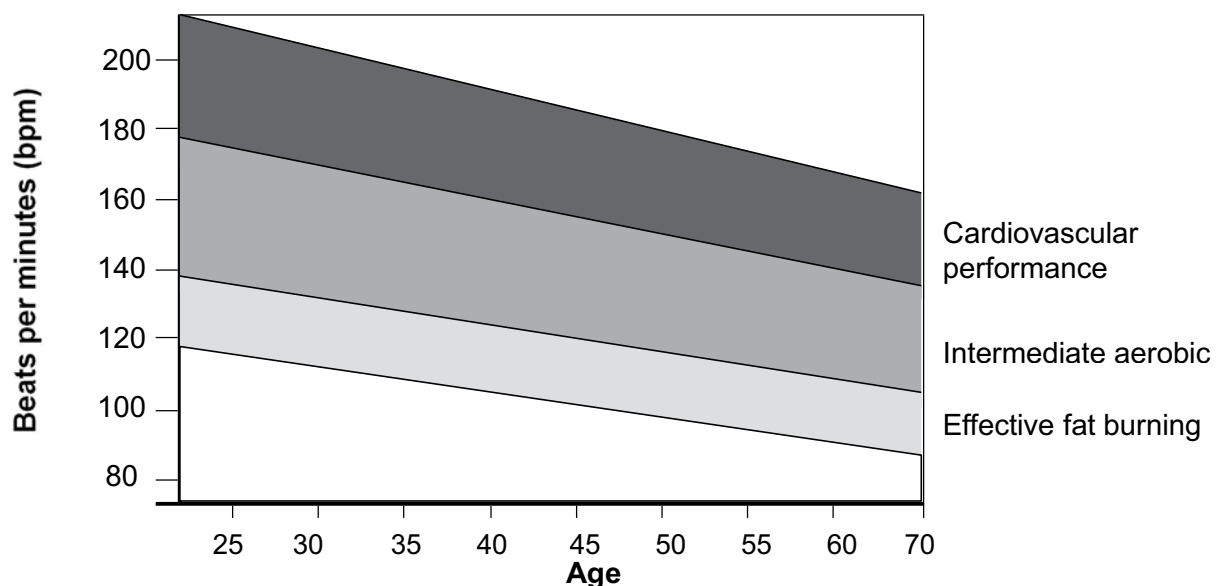
However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

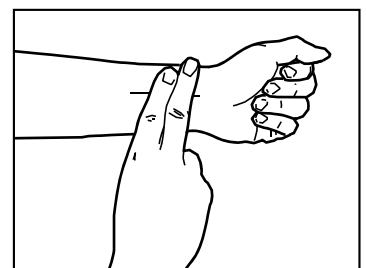
Exercise intensity

To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise programme, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercises.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six - second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Exercising Information

Muscle chart

Aerobic Exercise

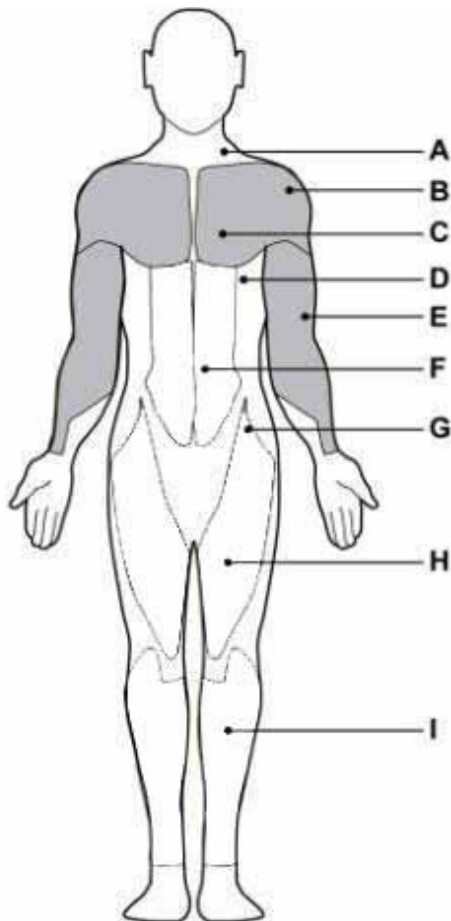
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training

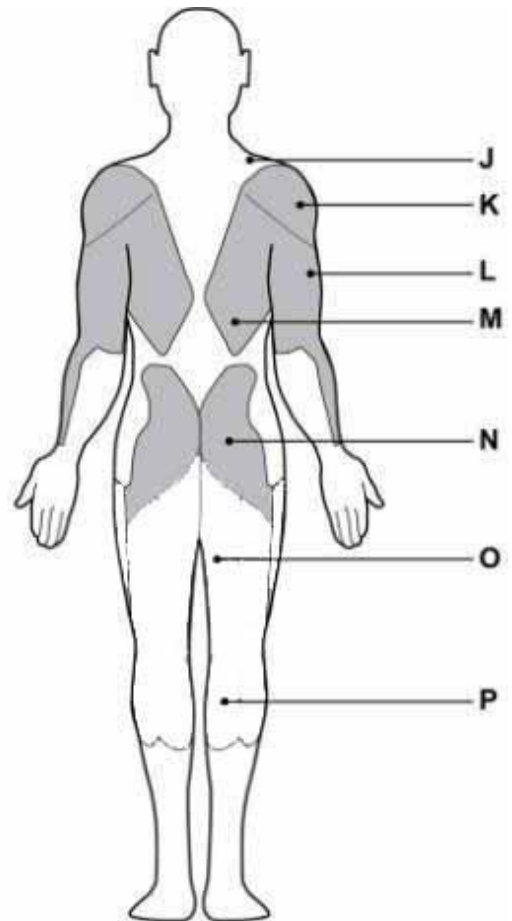
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on the Everlast Folding Bench will develop the upper and lower body or combined total body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

- | | |
|-----------------------------|-----------------------------|
| A: Trapezius | F: Abdominal |
| B: Anterior Deltoid | G: Sartorius |
| C: Pectoralis Major | H: Quadriceps |
| D: Serratus Anterior | I: Tibialis Anterior |
| E: Biceps | |

- | | |
|-----------------------------|-------------------------|
| J: Trapezius | N: Gluteals |
| K: Posterior Deltoid | O: Hamstrings |
| L: Triceps | P: Gastrocnemius |
| M: Latissimus Dorsi | |

Exercising Information

Each workout should include the following three parts:

1. A warm up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm up increases your body temperature, heart rate and circulation in preparation for exercise.
2. Training zone exercise consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise programme, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

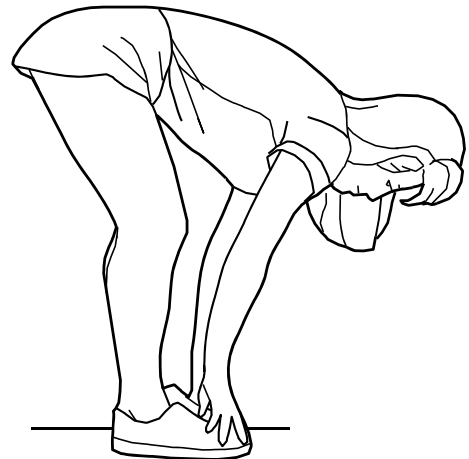
To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold 15 counts, and then relax.
Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

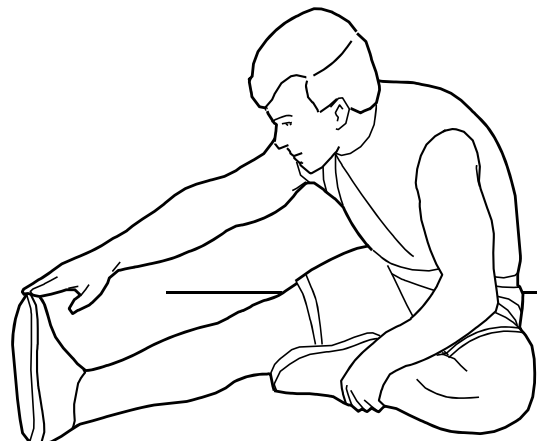


Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, and then relax.
Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercising Information

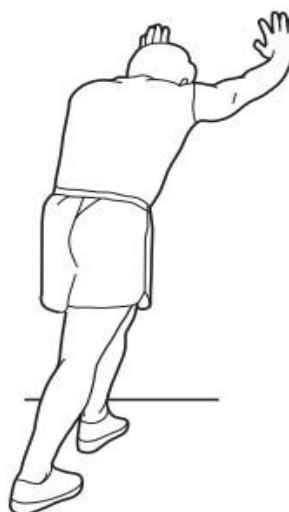
Calf / Achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles Tendons and Ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet toward your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, relax.

Repeat 3 times.

Stretches: Quadriceps and Hip muscles.



Care and Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. connection points.

2. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair.

Pay special attention to components most susceptible to wear.

3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

4. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly,

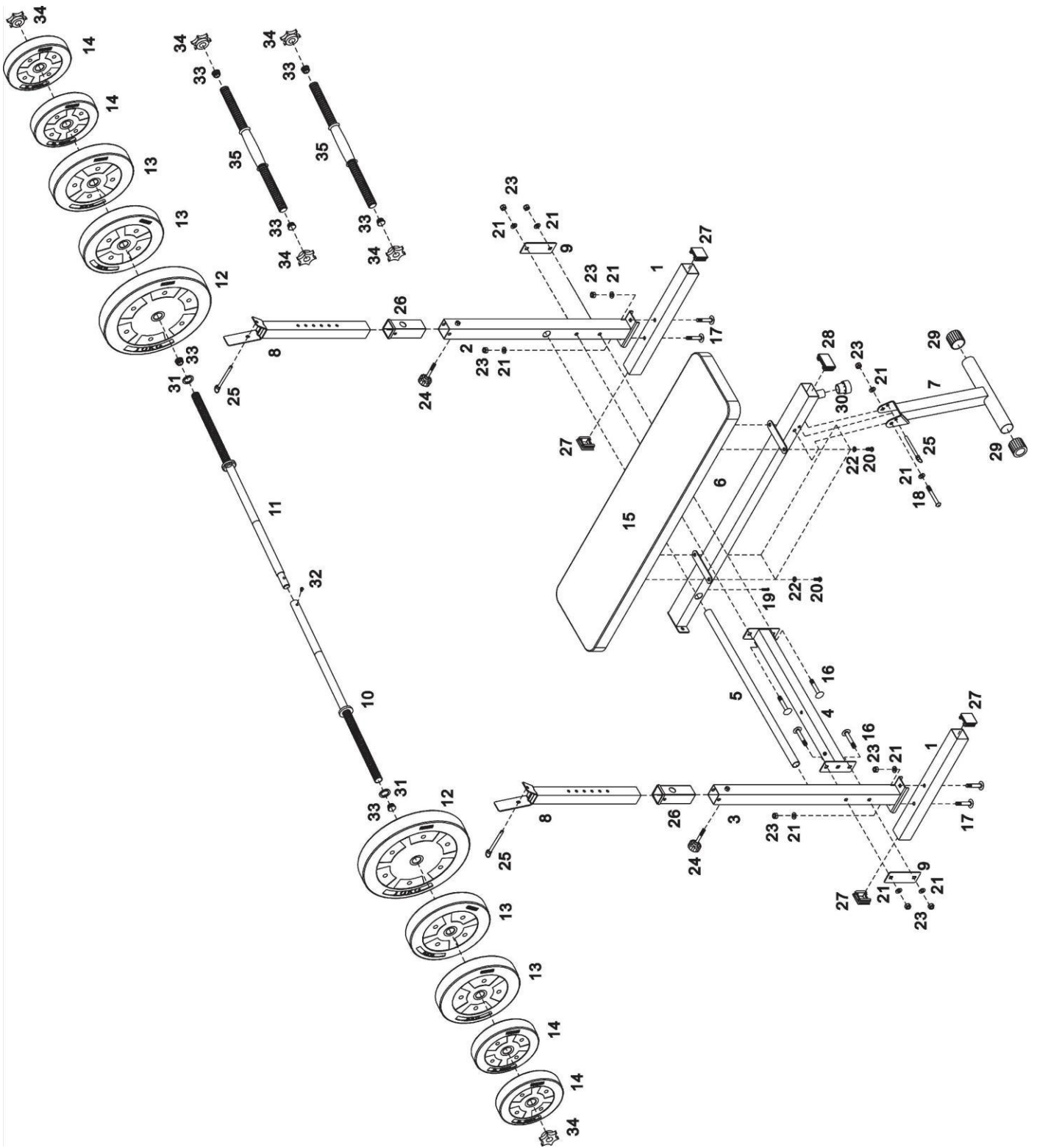
operation or use of your exercise product or if you think that you may have parts missing, contact the **Customer Helpline: 0345 6001714.**

www.argos-support.co.uk

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Exploded Parts Diagram



Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Base Frame	2	19	M6×20mm Allen Bolt	1
2	Left Upright Frame	1	20	M8×18mm Allen Bolt	4
3	Right Upright Frame	1	21	Ø10mm Washer	10
4	Cross Beam	1	22	Ø8mm Washer	4
5	Adjustable Tube	1	23	M10 Aircraft Nut	9
6	Seat Pad Support	1	24	M8×50mm Lock Knob	2
7	Slant Support	1	25	Ø8×90mm Pin	3
8	Barbell Bar Support	2	26	□45×□38 Sleeve	2
9	Bracket	2	27	□45×1.5 End Cap	4
10	Barbell Bar 1	1	28	40×60×1.5 End Cap	1
11	Barbell Bar 2	1	29	Ø42 Foot Cover	2
12	10kg Plate	2	30	Ø25 Foot Cover	1
13	5kg Plate	4	31	Plastic Flange	2
14	2.5kg Plate	4	32	M8×10mm Allen Bolt	1
15	Seat Pad	1	33	Ø25 End Cap	6
16	M10×65mm Carriage Bolt	4	34	Lock Knob	6
17	M10×55mm Carriage Bolt	4	35	Dumbbell Bar	2
18	M10×80mm Allen Bolt	1		6mm Allen Wrench	1
				5mm Allen Wrench	1
				4mm Allen Wrench	1

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects from a period of



Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will rendered invalided if the products is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of problem with the product with in the guarantee period call **Customer Helpline: 0345 6001714** <http://www.argos-support.co.uk>

Guarantor: Argos Ltd
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