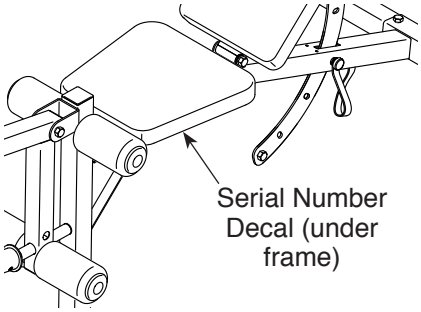
PRO-FORM®

SPORT OLYMPIC SYSTEM

proform.com

Model No. PFBE11520.0
Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.proform.com.

CUSTOMER CARE

For service at any time, go to support.proform.com.

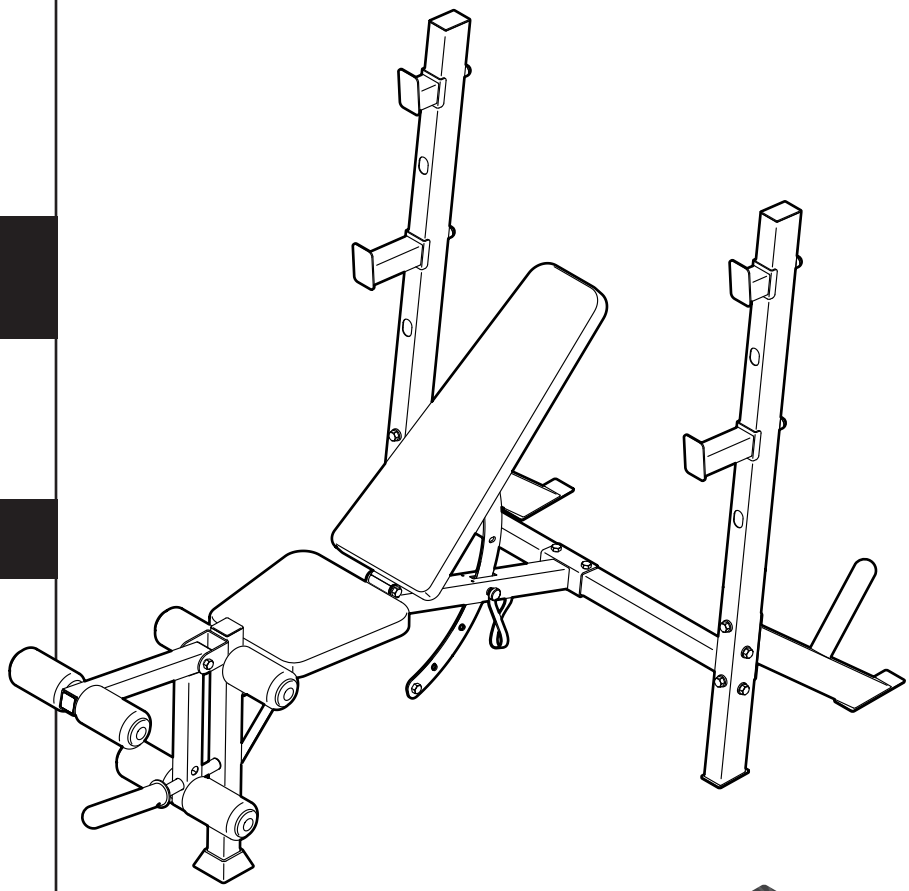
Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠CAUTION

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

USER'S MANUAL



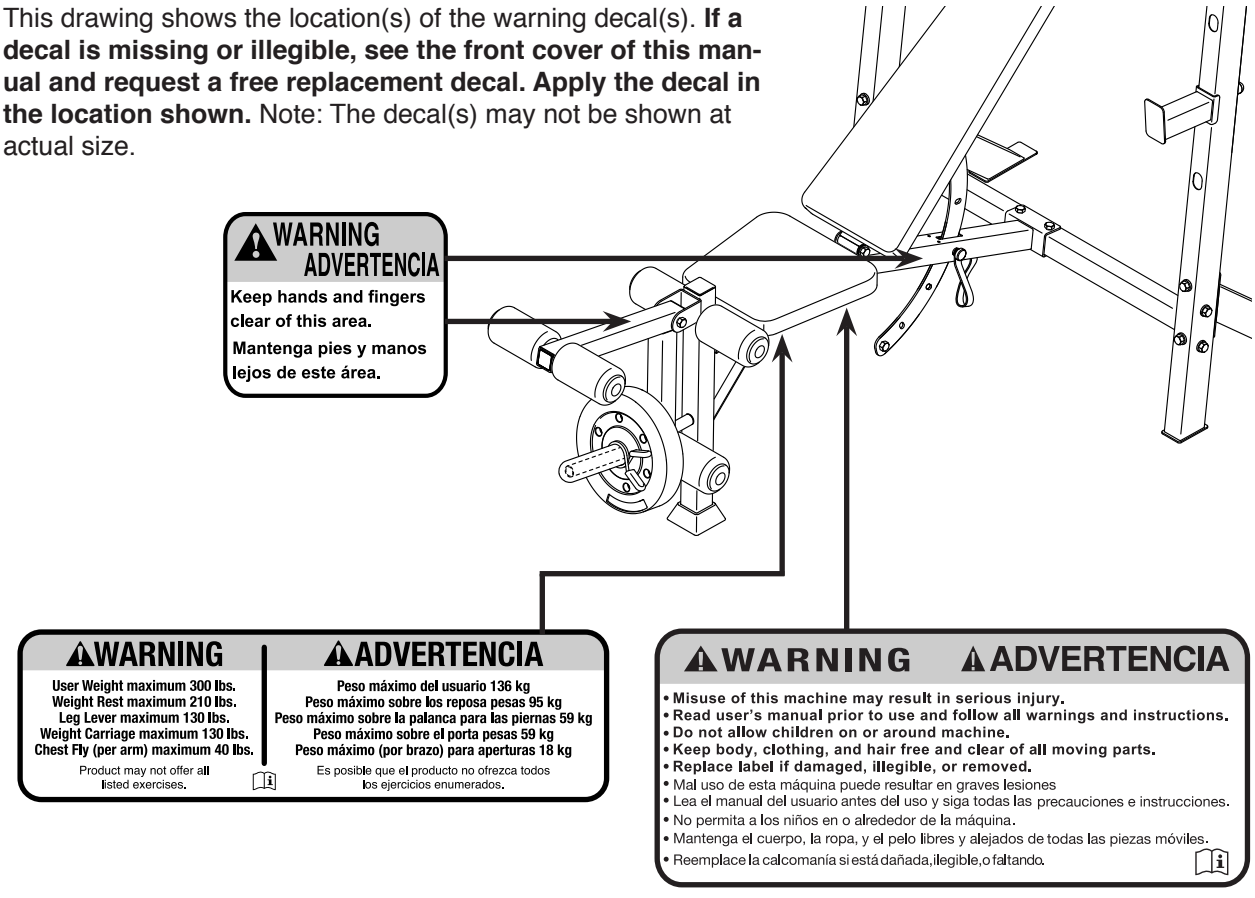
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WARNING DECAL PLACEMENT

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.



PROFORM is a registered trademark of ICON Health & Fitness, Inc.

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 the 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. **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 510 lbs. (231 kg). Do not place more than 210 lbs. (95 kg), including a barbell and weights (not included), on the weight rests. Do not place more than 130 lbs. (59 kg) on the leg lever.**
13. **Always place the same amount of weight on both ends of your barbell. While adding or removing weights, always keep some weight on both ends of your barbell to prevent the barbell from tipping. Always secure weights with your spring collars.**
14. **Before you use the weight rests, make sure that the weight rests are properly attached to the uprights. In addition, make sure that the spotters are properly attached to the uprights.**
15. **Always make sure that the lock pin is fully inserted into the seat frame and into the pivot bracket before you use the weight bench**
16. **Always exercise with a partner. Your partner should be ready to catch your barbell if you cannot complete a repetition**
17. **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.**

PROTECT

YOUR FITNESS EQUIPMENT WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
$0.00 to $1000.00	$199.99	$289.99
$1001.00 to $1500.00	$259.99	$379.99
$1501.00 to $2500.00	$339.99	$489.99
(Bikes/Systems Only) $0.00 to $2500.00	$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
$0.00 to $300.00	$29.99	$39.99	$59.99
$301.00 to $1000.00	$89.99	$119.99	$149.99
$1001.00 to $2000.00	$109.99	$139.99	$179.99
$2001.00 to $3000.00	$179.99	$209.99	$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please call Customer Care at 1-800-677-3838.
Or, visit us online at www.utserv.com.

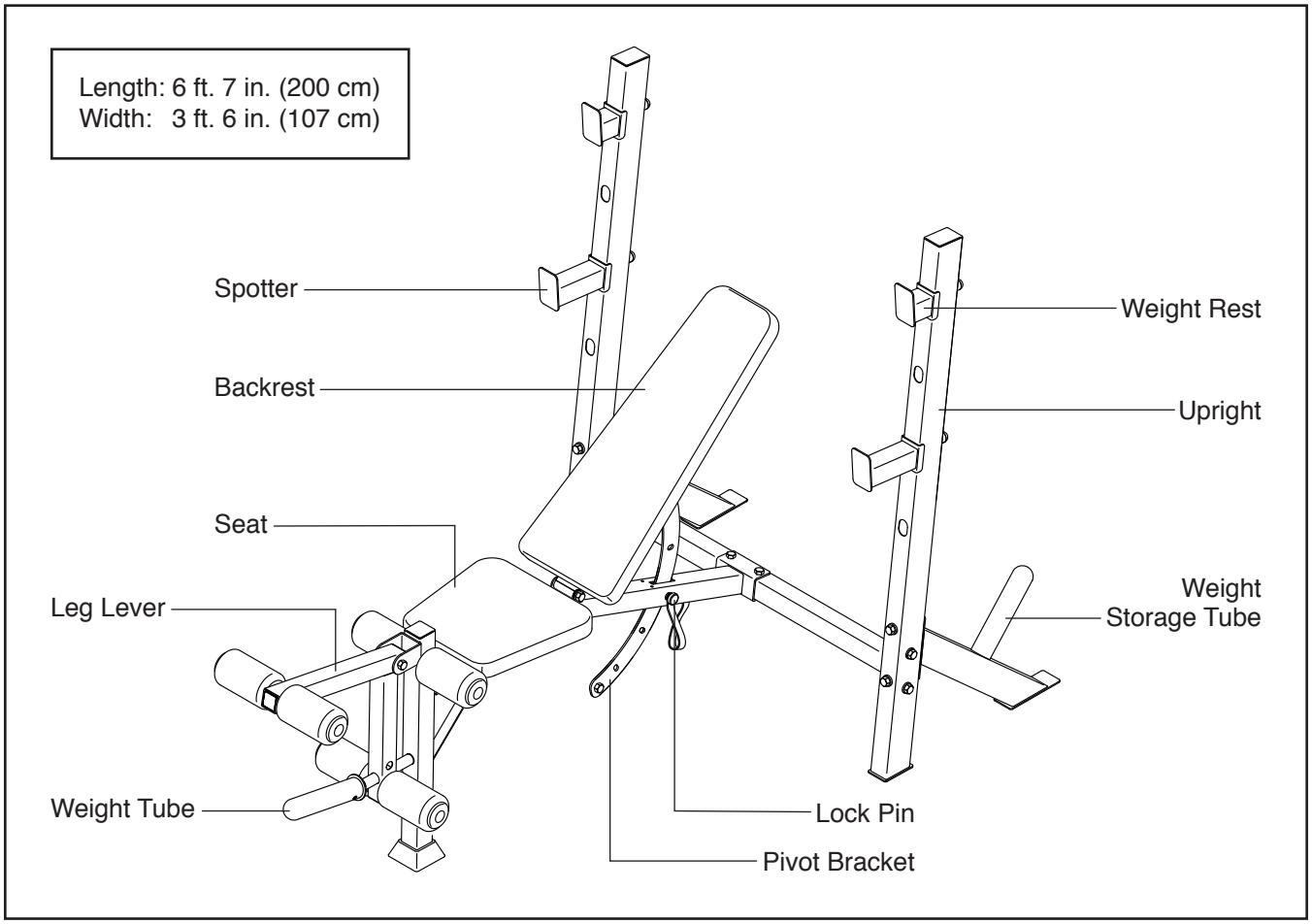
UTS
UNIVERSAL TECHNICAL SERVICES

BEFORE YOU BEGIN

Thank you for selecting the PROFORM® SPORT OLYMPIC SYSTEM weight bench. The versatile weight bench is designed to develop every major muscle group of the body. Whether your goal is to have a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the weight bench will help you to achieve the specific results you want.

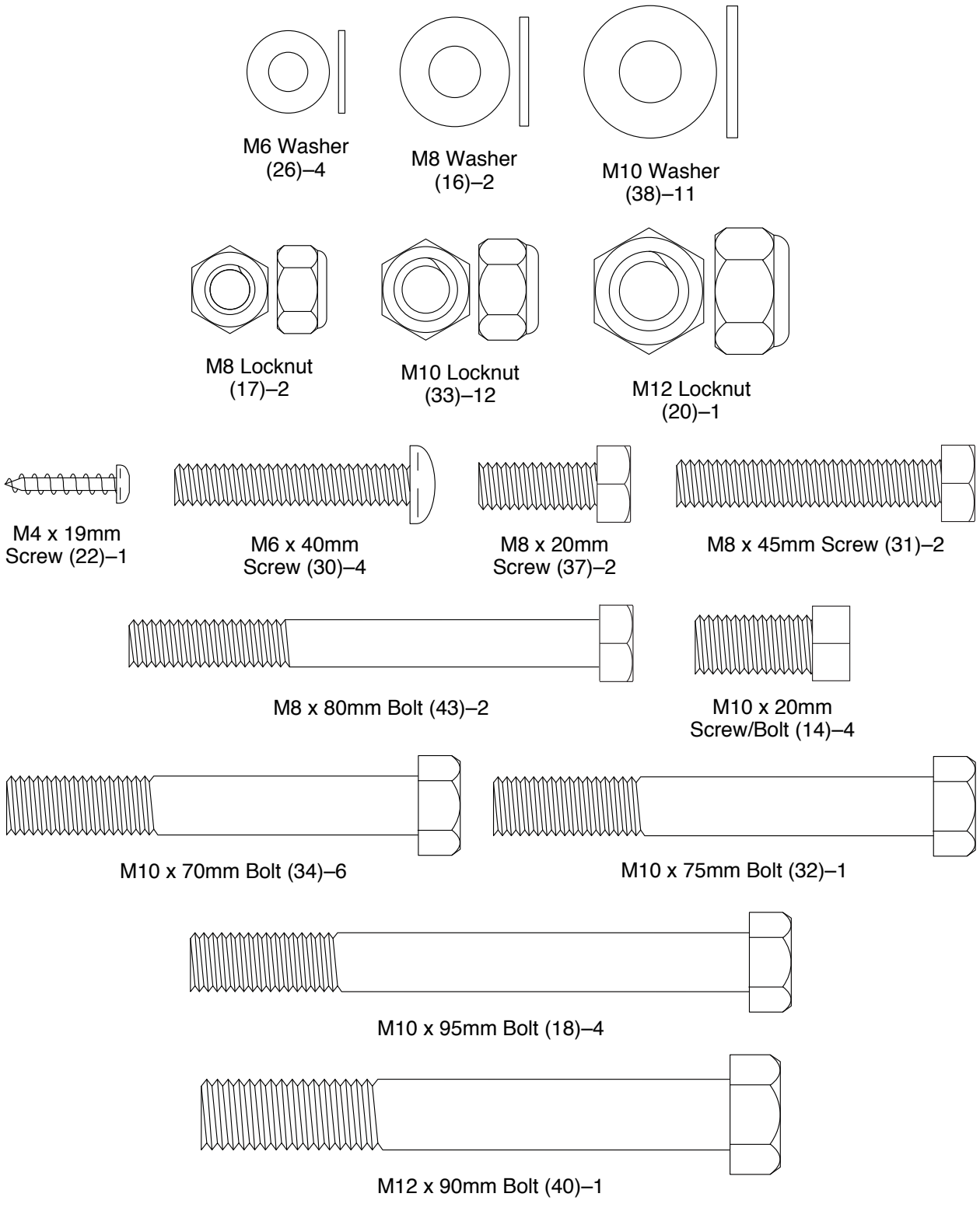
For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

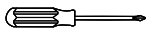
Use the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see whether it has been preassembled. Extra hardware may be included.**



ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, assemble the weight bench in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- 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 6.
- In addition to the included tool(s), assembly requires the following tools:

one adjustable wrench 

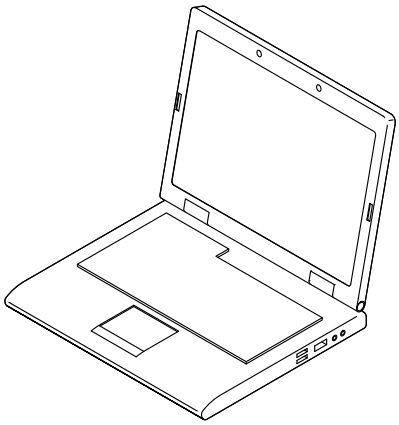
one Phillips screwdriver 

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

1. **Go to my.proform.com on your computer and register your product.**

   - documents your ownership
   - activates your warranty
   - ensures priority customer support if assistance is ever needed

   Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.

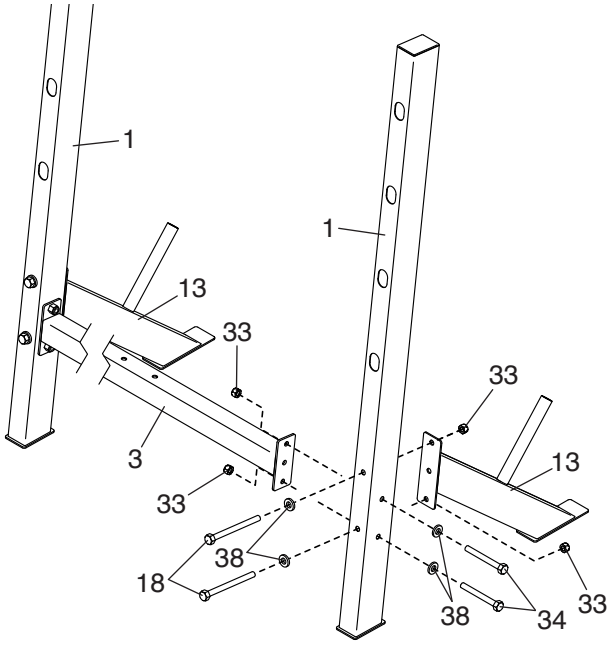
1


2. Orient an Upright (1) as shown.

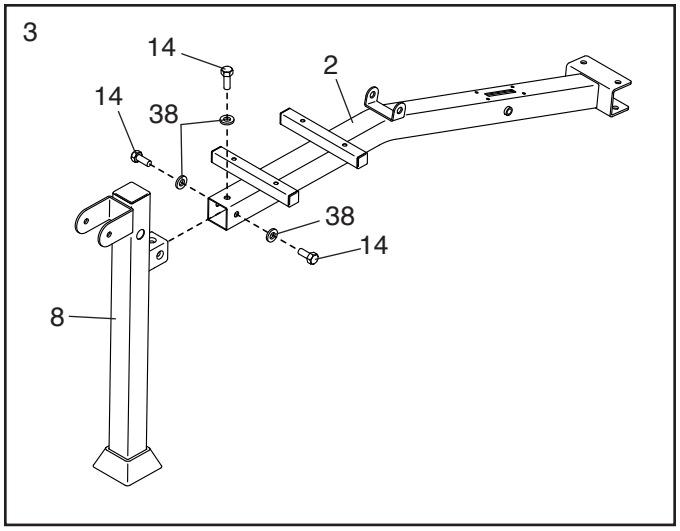
   Attach a Stabilizer (13) to the Upright (1) with two M10 x 95mm Bolts (18), two M10 Washers (38), and two M10 Locknuts (33); **do not tighten the Locknuts yet.**

   Next, attach the Upright (1) to the Crossbar (3) with two M10 x 70mm Bolts (34), two M10 Washers (38), and two M10 Locknuts (33); **do not tighten the Locknuts yet.**

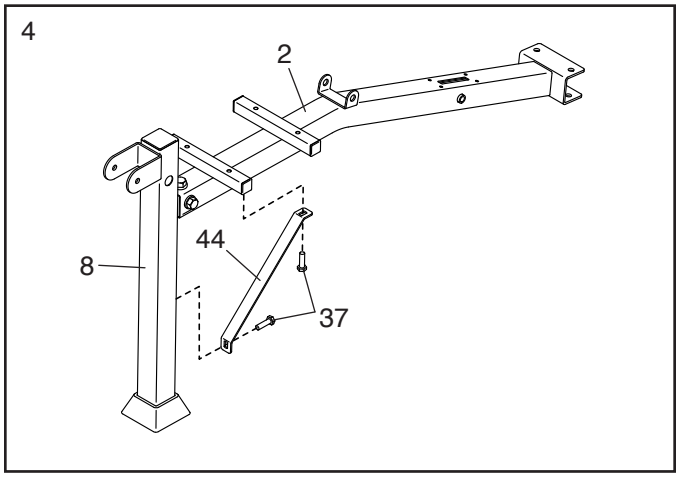
   Repeat this step with the other Upright (1) and the other Stabilizer (13).

2


3. Attach the Front Leg (8) to the Seat Frame (2) with three M10 x 20mm Screws (14) and three M10 Washers (38); **do not tighten the Screws yet.**



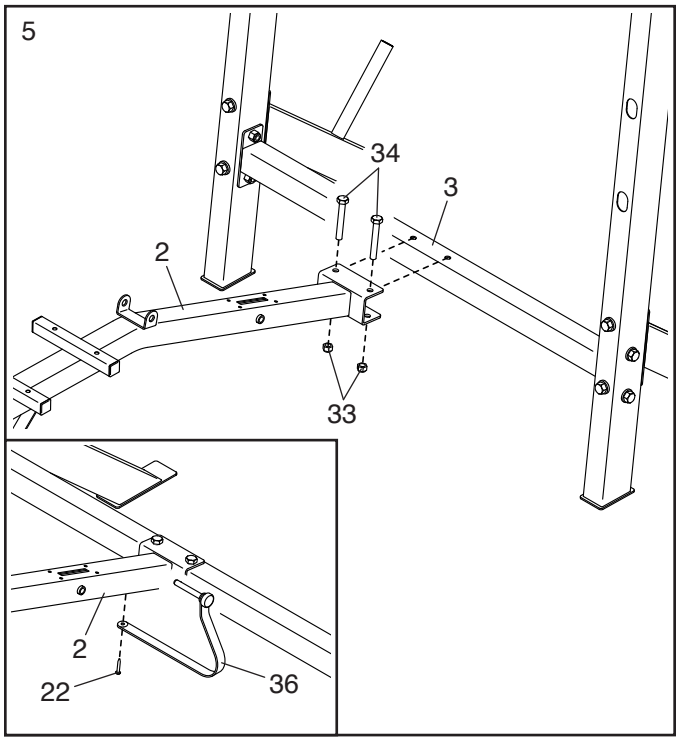
4. Attach the Brace (44) to the Front Leg (8) and to the Seat Frame (2) with two M8 x 20mm Screws (37); **do not tighten the Screws yet.**



5. Attach the Seat Frame (2) to the Crossbar (3) with two M10 x 70mm Bolts (34) and two M10 Locknuts (33).

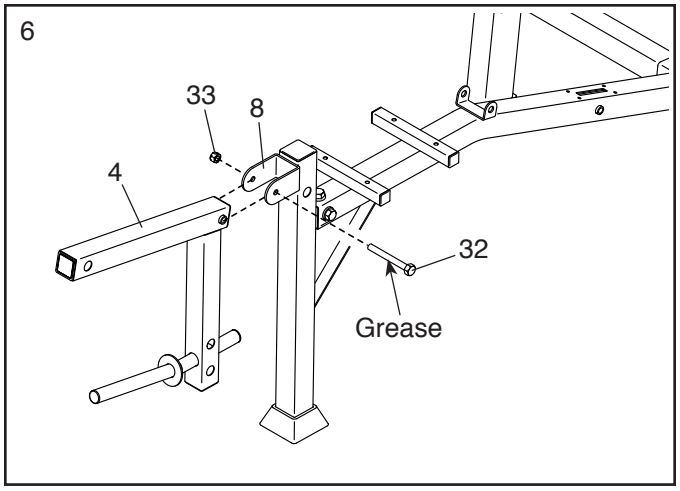
   See the inset drawing. Attach the tether on the Lock Pin (36) to the Seat Frame (2) with an M4 x 19mm Screw (22).

   See steps 2–4. Tighten the M10 Locknuts (33), the M10 x 20mm Screws (14), and the M8 x 20mm Screws (37).



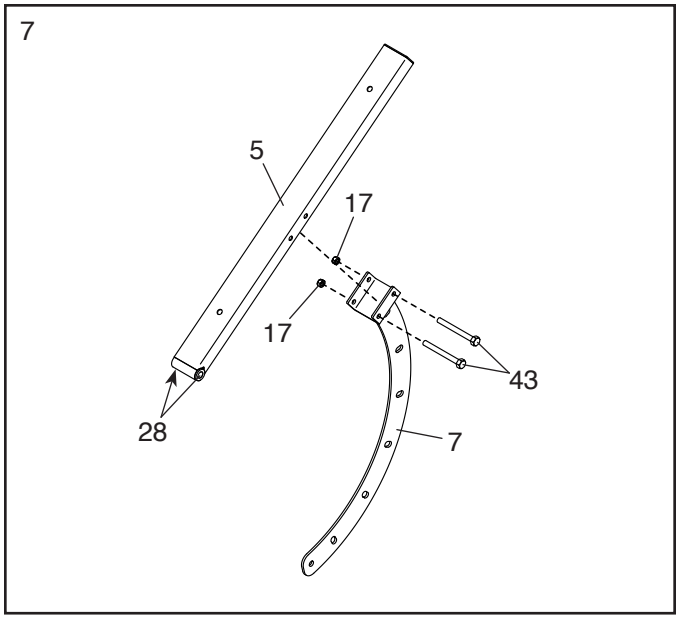
6. Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to an M10 x 75mm Bolt (32).

   Attach the Leg Lever (4) to the Front Leg (8) with the M10 x 75mm Bolt (32) and an M10 Locknut (33). **Do not overtighten the Locknut; the Leg Lever must pivot easily.**



7. Orient the Backrest Frame (5) as shown. **Make sure that there is a Bushing (28) in each side of the Backrest Frame.** If necessary, press a Bushing into each side of the Backrest Frame.

   Then, attach the Pivot Bracket (7) to the Backrest Frame (5) with two M8 x 80mm Bolts (43) and two M8 Locknuts (17); **do not tighten the Locknuts yet.**



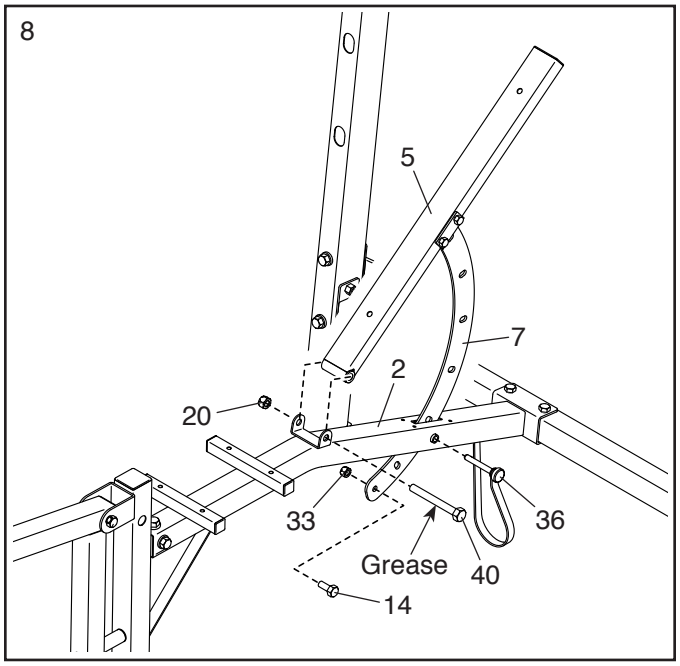
8. Apply a small amount of the included grease to an M12 x 90mm Bolt (40).

   Insert the Pivot Bracket (7) into the Seat Frame (2), and attach the Backrest Frame (5) to the Seat Frame with the M12 x 90mm Bolt (40) and an M12 Locknut (20). **Do not overtighten the Locknut; the Backrest Frame must pivot easily.**

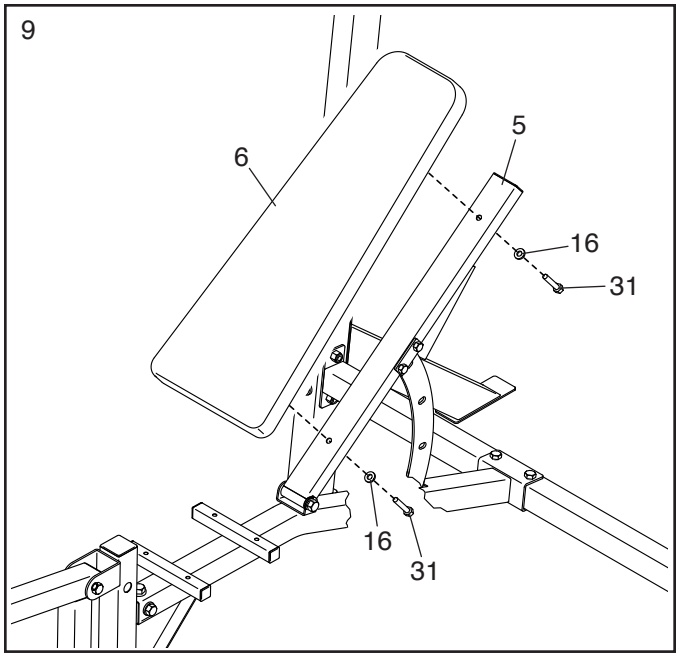
   Next, insert the Lock Pin (36) through the Seat Frame (2) and through one of the adjustment holes in the Pivot Bracket (7).

   Then, attach an M10 x 20mm Bolt (14) and an M10 Locknut (33) to the Pivot Bracket (7).

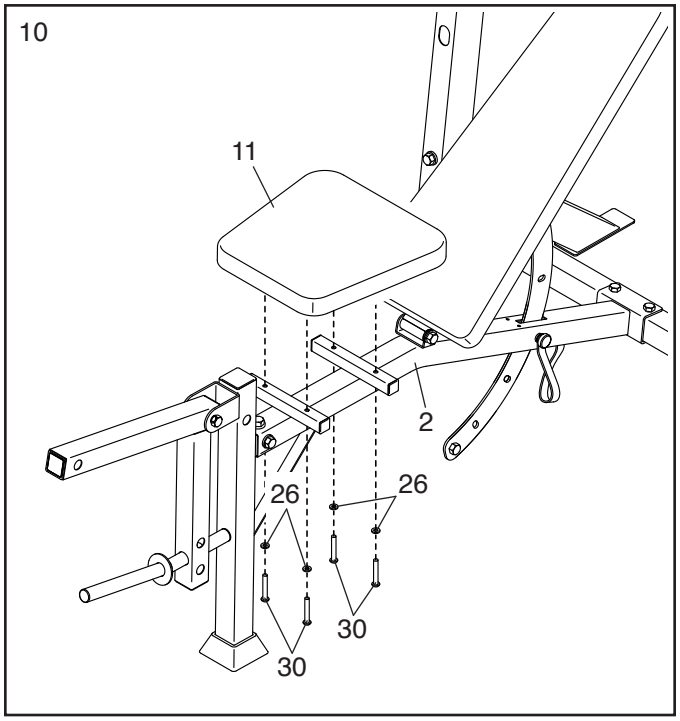
   See step 7. Tighten the M8 Locknuts (17).



9. Attach the Backrest (6) to the Backrest Frame (5) with two M8 x 45mm Screws (31) and two M8 Washers (16). **To avoid damaging the Backrest, tighten the Screws only until the Backrest does not move or feel loose.**



10. Attach the Seat (11) to the Seat Frame (2) with four M6 x 40mm Screws (30) and four M6 Washers (26); **start all four Screws, and then tighten them. To avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**

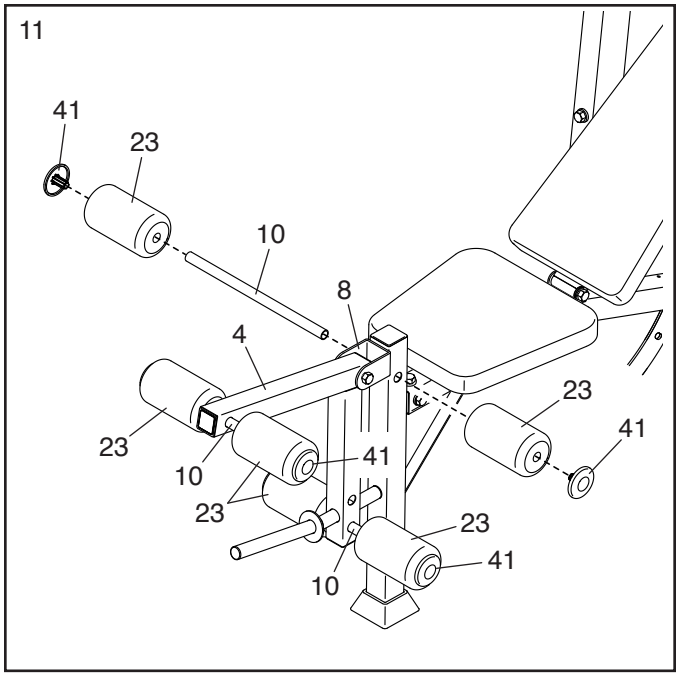


11. Insert a Pad Tube (10) into the Front Leg (8).

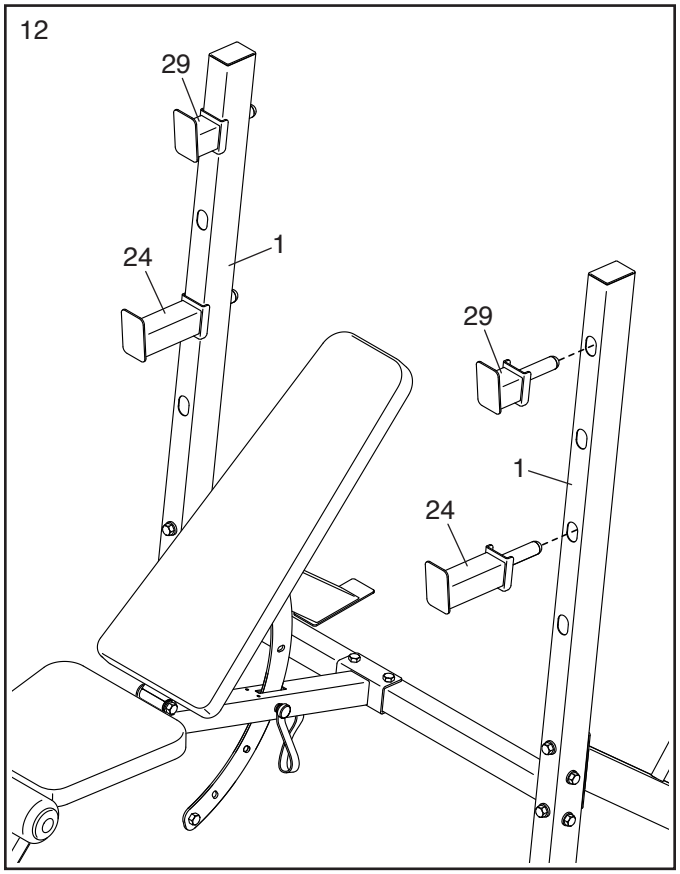
Next, slide a Foam Pad (23) onto each side of the Pad Tube, and then press a Pad Cap (41) into each end of the Pad Tube.

Attach the other Pad Tubes (10), Foam Pads (23), and Pad Caps (41) to the Leg Lever (4) in the same way.

Note: There are two holes near the lower end of the Leg Lever (4). Use the hole that positions the Foam Pads (23) at the most comfortable height.



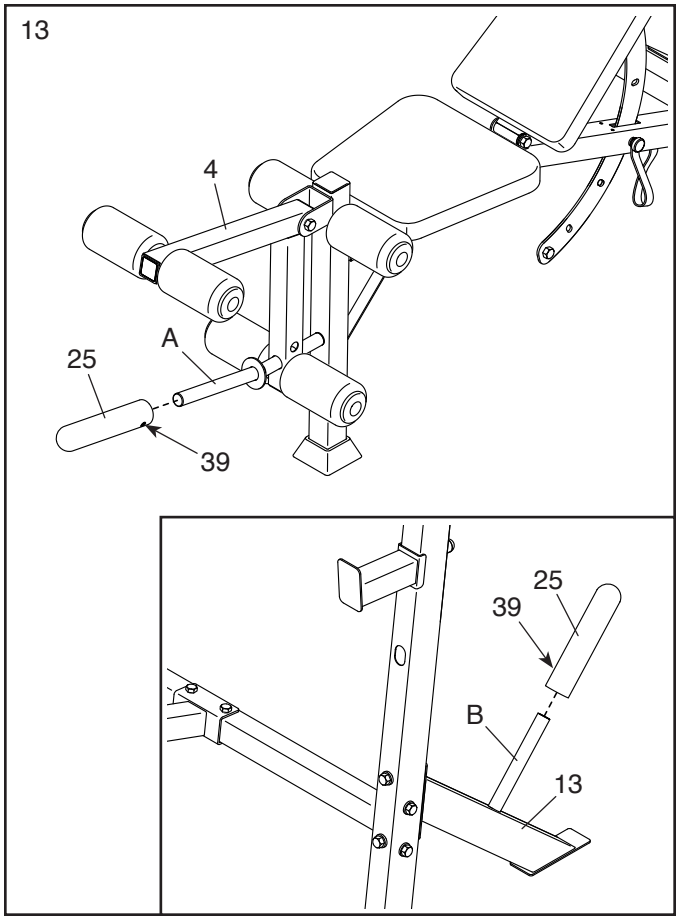
12. Fully insert the Weight Rests (29) and the Spotters (24) into the desired adjustment holes in the Uprights (1). **Make sure that the Weight Rests are at the same height and that the Spotters are at the same height.**



13. **If you plan to use Olympic weights (not included), perform this assembly step.**

Slide an Olympic Adapter (25) onto the weight tube (A) on the Leg Lever (4). Then, tighten the Set Screw (39) in the Olympic Adapter.

See the inset drawing. Slide an Olympic Adapter (25) onto the weight storage tube (B) on each Stabilizer (13) (only one is shown). Then, tighten the Set Screw (39) in each Olympic Adapter.



14. **Make sure that all parts are properly tightened before you use the weight bench.** Extra parts may be included. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 13.

ADJUSTMENT

The steps below explain how the weight bench can be adjusted. See the accompanying exercise guide to see the correct form for several exercises.

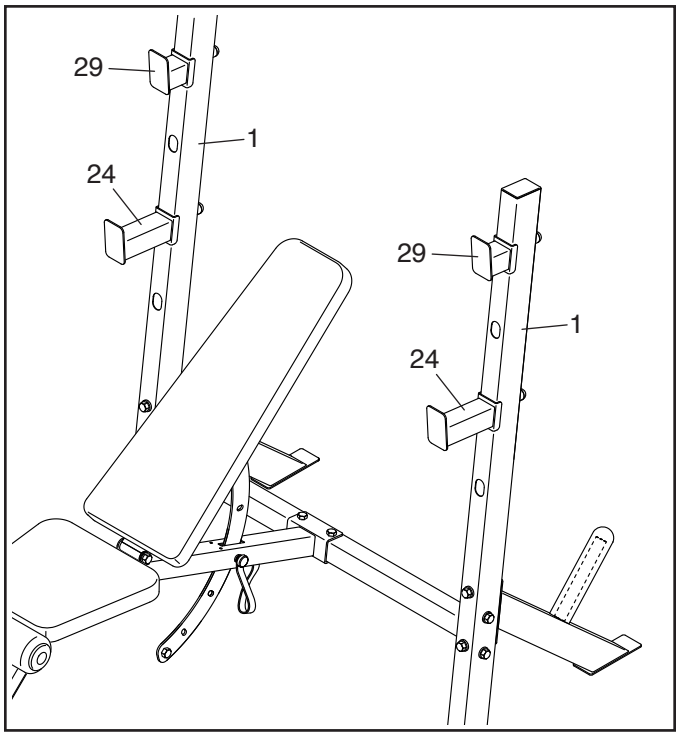
Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

ADJUSTING THE WEIGHT RESTS AND THE SPOTTERS

To adjust the height of the Weight Rests (29), remove them from the Uprights (1) and then insert them into the desired adjustment holes in the Uprights. **Make sure that the Weight Rests are at the same height.**

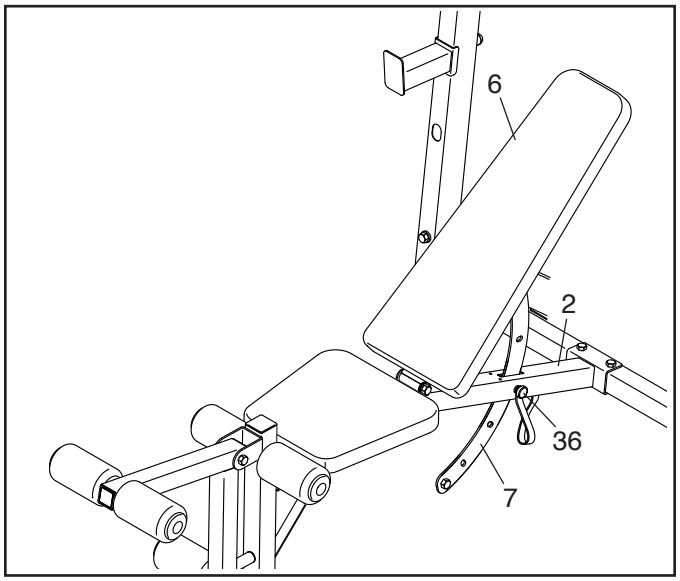
To adjust the height of the Spotters (24), remove them from the Uprights (1) and then insert them into the desired adjustment holes in the Uprights. **Make sure that the Spotters are at the same height.**

⚠WARNING: Do not place more than 210 lbs. (92 kg) on the Weight Rests (29). Always place both Weight Rests at the same height and both Spotters (24) at the same height.



ADJUSTING THE BACKREST

The Backrest (6) can be used in several positions. To adjust the position of the Backrest, remove the Lock Pin (36), move the Backrest to the desired position, and then insert the Lock Pin through the Seat Frame (2) and through an adjustment hole in the Pivot Bracket (7).

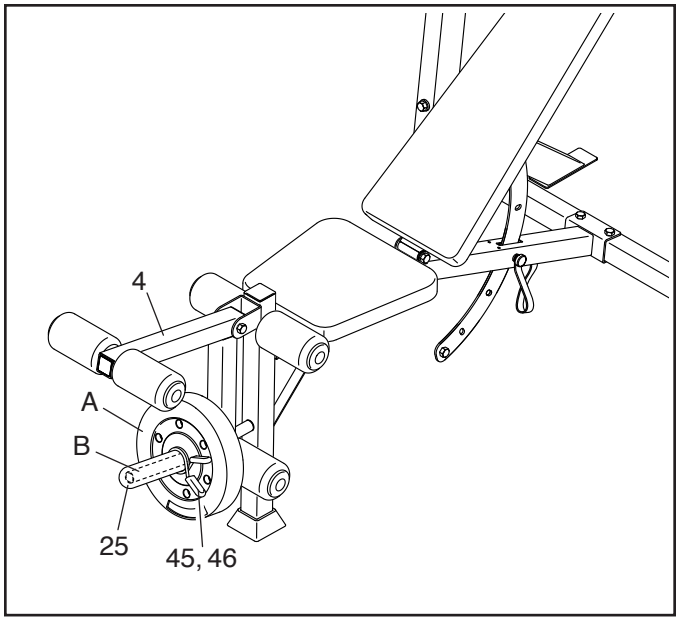


ATTACHING WEIGHTS TO THE LEG LEVER

If you plan to use Olympic weights (not included), see assembly step 13 and attach the three Olympic Adapters (25) to the weight bench.

To use the Leg Lever (4), slide the desired weights (A) (not included) onto the weight tube (B). Secure the weights with the Standard Spring Clip (45) or the Olympic Spring Clip (46).

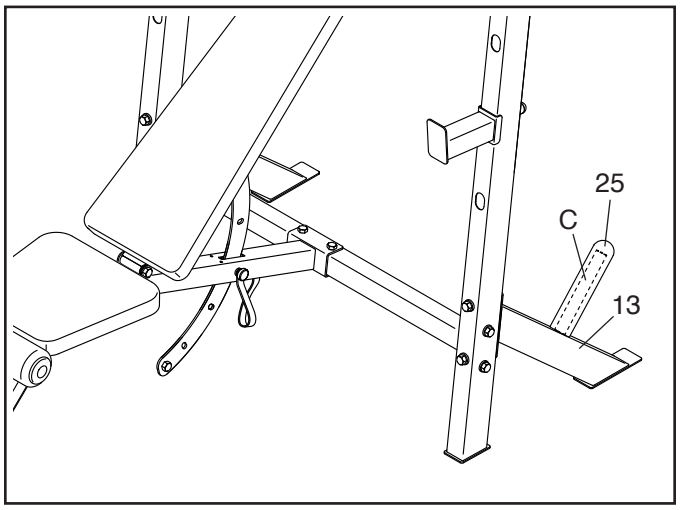
⚠ WARNING: Do not place more than 130 lbs. (59 kg) on the Leg Lever (4).



STORING WEIGHTS

If you plan to use Olympic weights (not included), see assembly step 13 and attach the three Olympic Adapters (25) to the weight bench.

Store weights (not included) by sliding them onto the weight storage tubes (C) on the Stabilizers (13) (only one side is shown).



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.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

NOTES

PART LIST

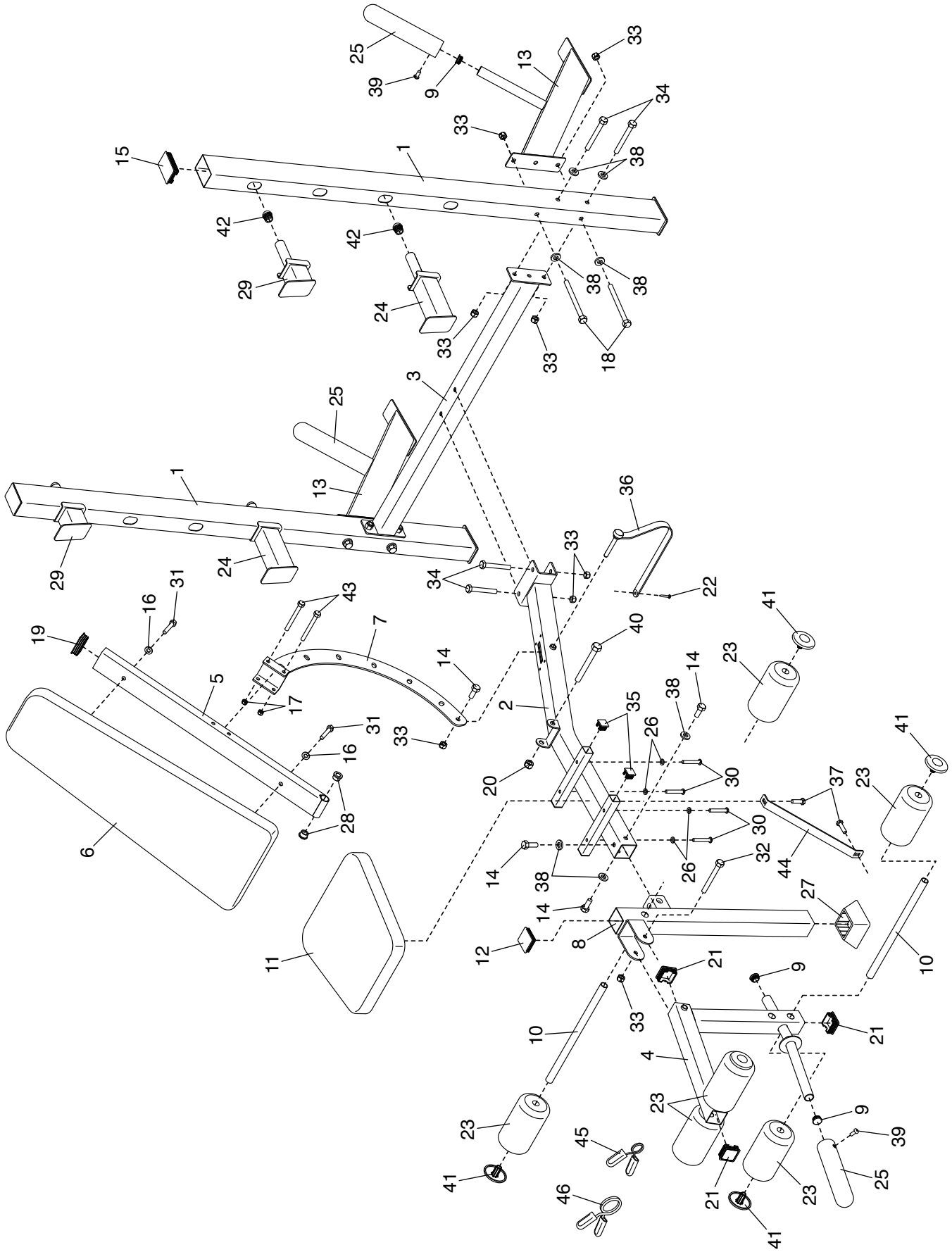
Model No. PFBE11520.0 R0420A

Key No.	Qty.	Description
1	2	Upright
2	1	Seat Frame
3	1	Crossbar
4	1	Leg Lever
5	1	Backrest Frame
6	1	Backrest
7	1	Pivot Bracket
8	1	Front Leg
9	4	Round Cap
10	3	Pad Tube
11	1	Seat
12	1	Front Leg Cap
13	2	Stabilizer
14	4	M10 x 20mm Screw/Bolt
15	2	Upright Cap
16	2	M8 Washer
17	2	M8 Locknut
18	4	M10 x 95mm Bolt
19	1	Backrest Frame Cap
20	1	M12 Locknut
21	3	Leg Lever Cap
22	1	M4 x 19mm Screw
23	6	Foam Pad
24	2	Spotter
25	3	Olympic Adapter
26	4	M6 Washer
27	1	Front Leg Base
28	2	Bushing
29	2	Weight Rest
30	4	M6 x 40mm Screw
31	2	M8 x 45mm Screw
32	1	M10 x 75mm Bolt
33	12	M10 Locknut
34	6	M10 x 70mm Bolt
35	4	Frame Cap
36	1	Lock Pin/Tether
37	2	M8 x 20mm Screw
38	11	M10 Washer
39	3	Set Screw
40	1	M12 x 90mm Bolt
41	6	Pad Cap
42	4	Weight Rest/Spotter Cap
43	2	M8 x 80mm Bolt
44	1	Brace
45	1	Standard Spring Clip
46	1	Olympic Spring Clip
*	–	User's Manual
*	–	Exercise Guide
*	–	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. PFBE11520.0 R0420A



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)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

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) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. 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 may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) 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 the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) 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 (3) 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.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part 423274 R0420A

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