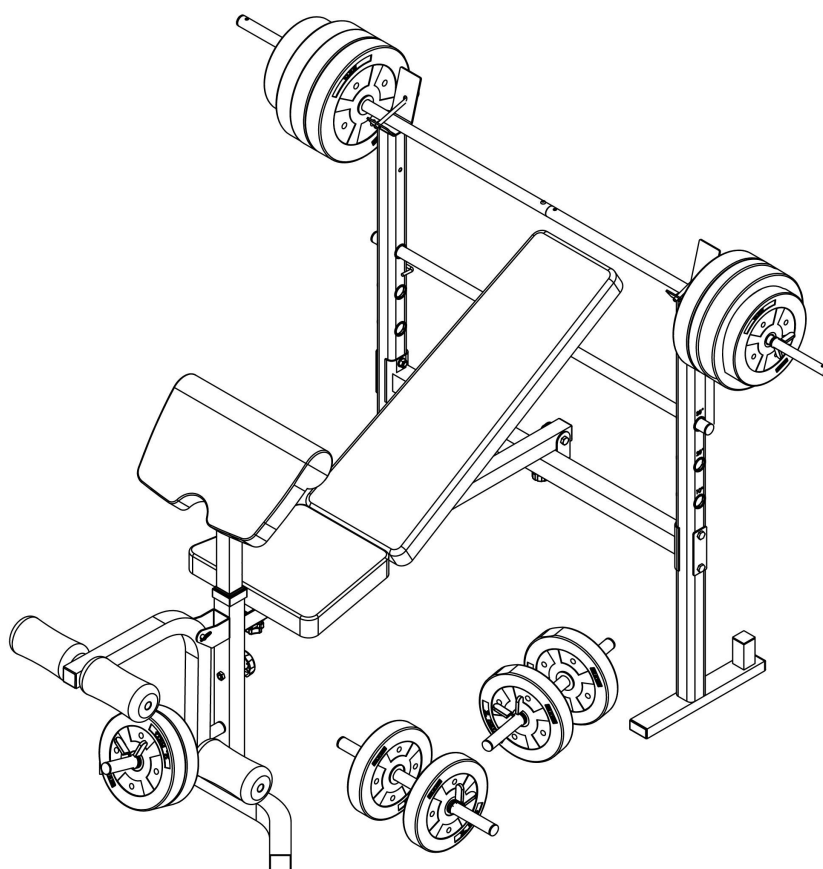


# Multi-function folding bench with 50kg weights

Assembly & User Instructions - Please keep for future reference

856/8001

**PRO FITNESS**



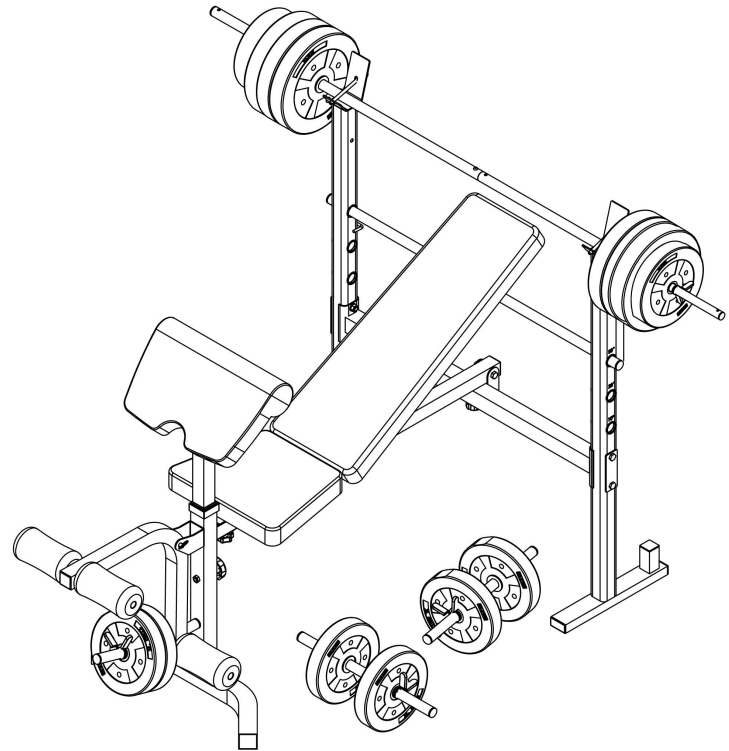
**Important – Please read these instructions fully before assembly or use**

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** or visit **[www.argos-support.co.uk](http://www.argos-support.co.uk)**

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# Safety Information

PRO FITNESS

## Important – Please read fully before assembly or use

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment

### Assembly

- The product must be installed on a stable and level surface.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- 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.
- The assembly of this equipment is best carried out by 2 people.

### Use

- 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.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.

- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- 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.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- A spotter is recommended during exercise.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: **110kgs.**
- Maximum capacity on uprights: **50kgs**(Including bar and weights)
- The maximum training mass on leg developer: **35kgs**
- The maximum training mass on the barbell bar is: **50kgs**
- The maximum training mass on each dumbbell bar is: **20kgs**
- This product is fit for 1" weight plates.
- This product conforms to: BS EN ISO 20957-1, and -4 Class (H) - Home Use



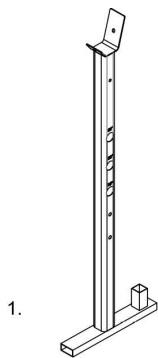
**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility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

# Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline:0345 6001714**.

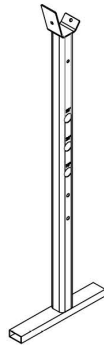
Please check you have all parts listed below

**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.  
Total weight of the product is 76 kg (including weight plates). The overall dimensions after being assembled are(D) 174 x(W) 165 x(H)120cm



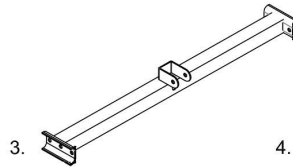
1.

Left barbell upright support x 1



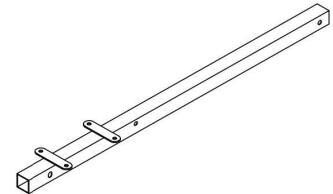
2.

Right barbell upright support x 1



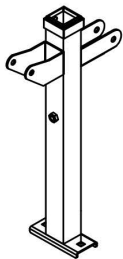
3.

Cross beam x 1



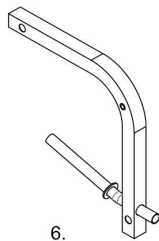
4.

Main support frame x 1



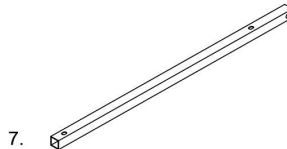
5.

Front Upright Support x 1



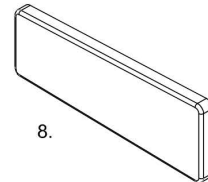
6.

Leg developer x 1



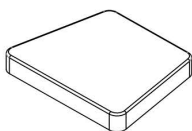
7.

Backrest support x 2



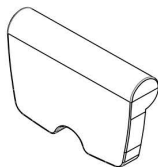
8.

Backrest pad x 1



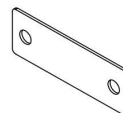
9.

Seat pad x 1



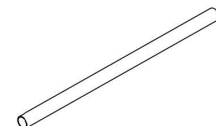
10.

Arm curl pad x 1



11.

Bracket x 2



12.

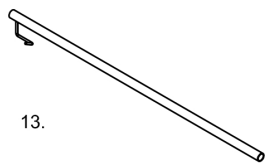
Foam roll tube x 2

# Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline:0345 6001714**.

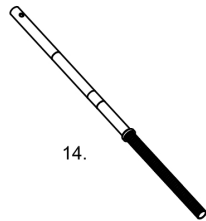
Please check you have all parts listed below

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



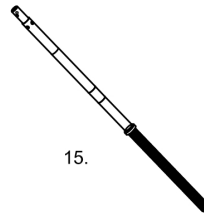
13.

Incline adjustment rod x 1



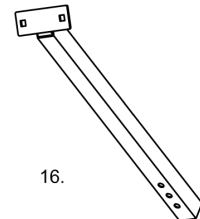
14.

Long weight bar x 1



15.

Short weight bar x 1



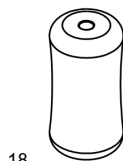
16.

Arm curl pad support x 1



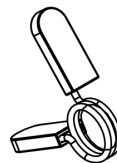
17.

Dumbbell bar x 2



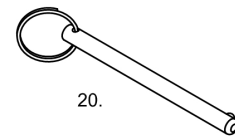
18.

Foam roll x 4



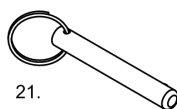
19.

Spring collar x 7



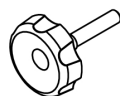
20.

∅8x110mm Lock pin x 2



21.

∅10x75mm Lock pin x 1



35.

Lock knob x 1



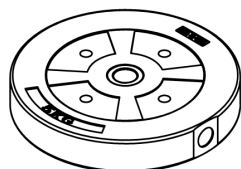
36.

Lock knob x 1



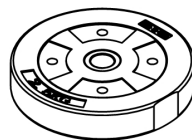
37.

Lock knob x 1



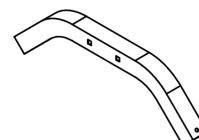
39.

5kg Weight plate x 6



40.

2.5kg Weight plate x 8



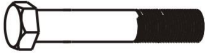
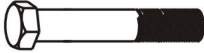
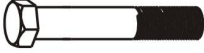










49.

Front Stabilizer x 1

# Components - Fixings

Please check you have all fittings listed below

**Note:** The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

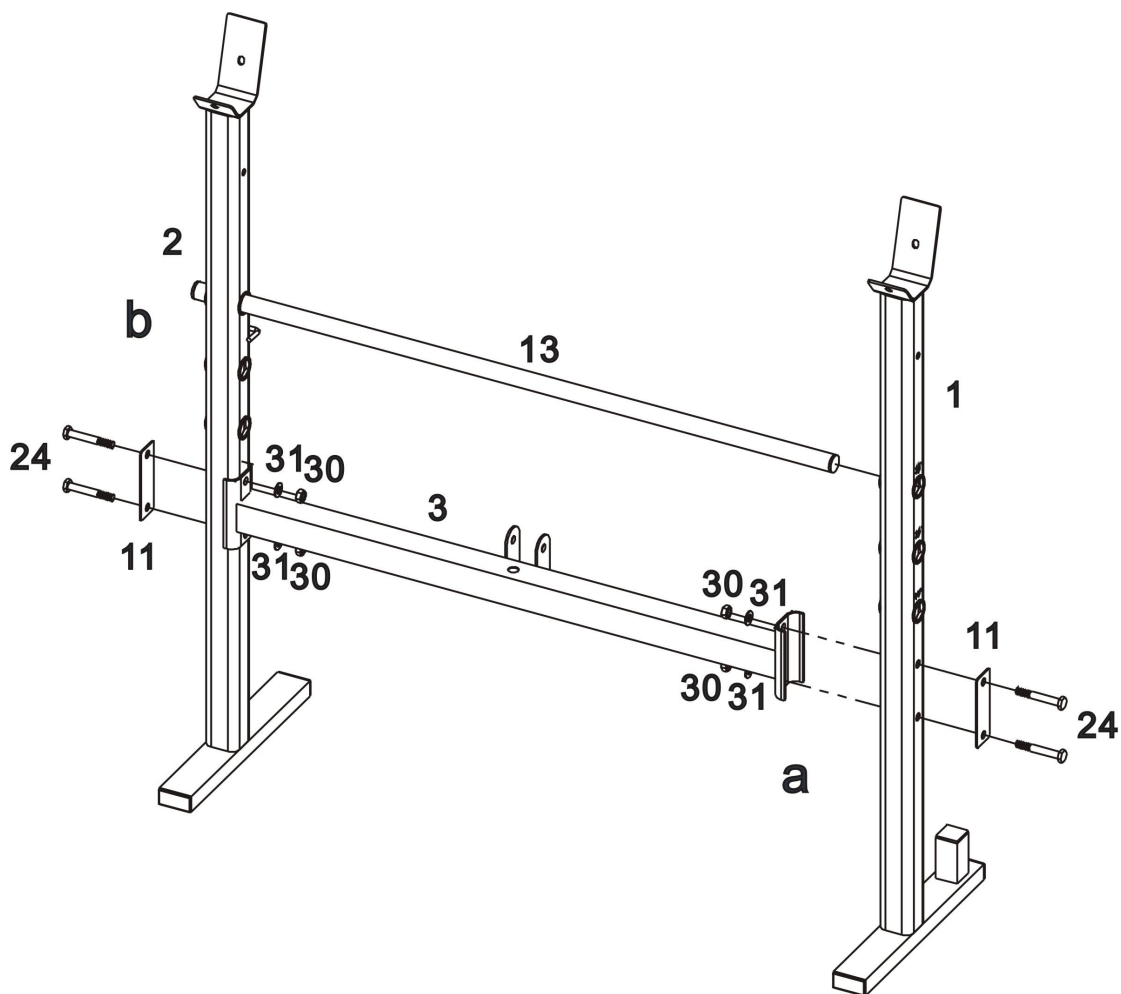
<p>23 </p> <p><b>M10x135mm Hex Bolt x 1</b></p>	<p>24 </p> <p><b>M10x70mm Hex Bolt x4</b></p>	<p>25 </p> <p><b>M10x60mm Hex Bolt x2</b></p>
<p>26 </p> <p><b>M8x18mm Hex Bolt x 2</b></p>	<p>27 </p> <p><b>M6x38mm Hex Bolt x 4</b></p>	<p>28 </p> <p><b>M6x18mm Hex Bolt x 4</b></p>
<p>29 </p> <p><b>M6x20mm Allen Bolt x 1</b></p>	<p>30 </p> <p><b>M10 Aircraft Nut x 9</b></p>	<p>31 </p> <p><b>ø10mm Washer x 10</b></p>
<p>32 </p> <p><b>ø8mm Washer x 2</b></p>	<p>33 </p> <p><b>ø6mm Washer x 8</b></p>	<p></p> <p><b>4# Allen Key x 1</b></p>
<p>50 </p> <p><b>M10x55mm Carriage Bolt x 2</b></p>		

## Tools prepared by user



Adjustable  
spanner x 2

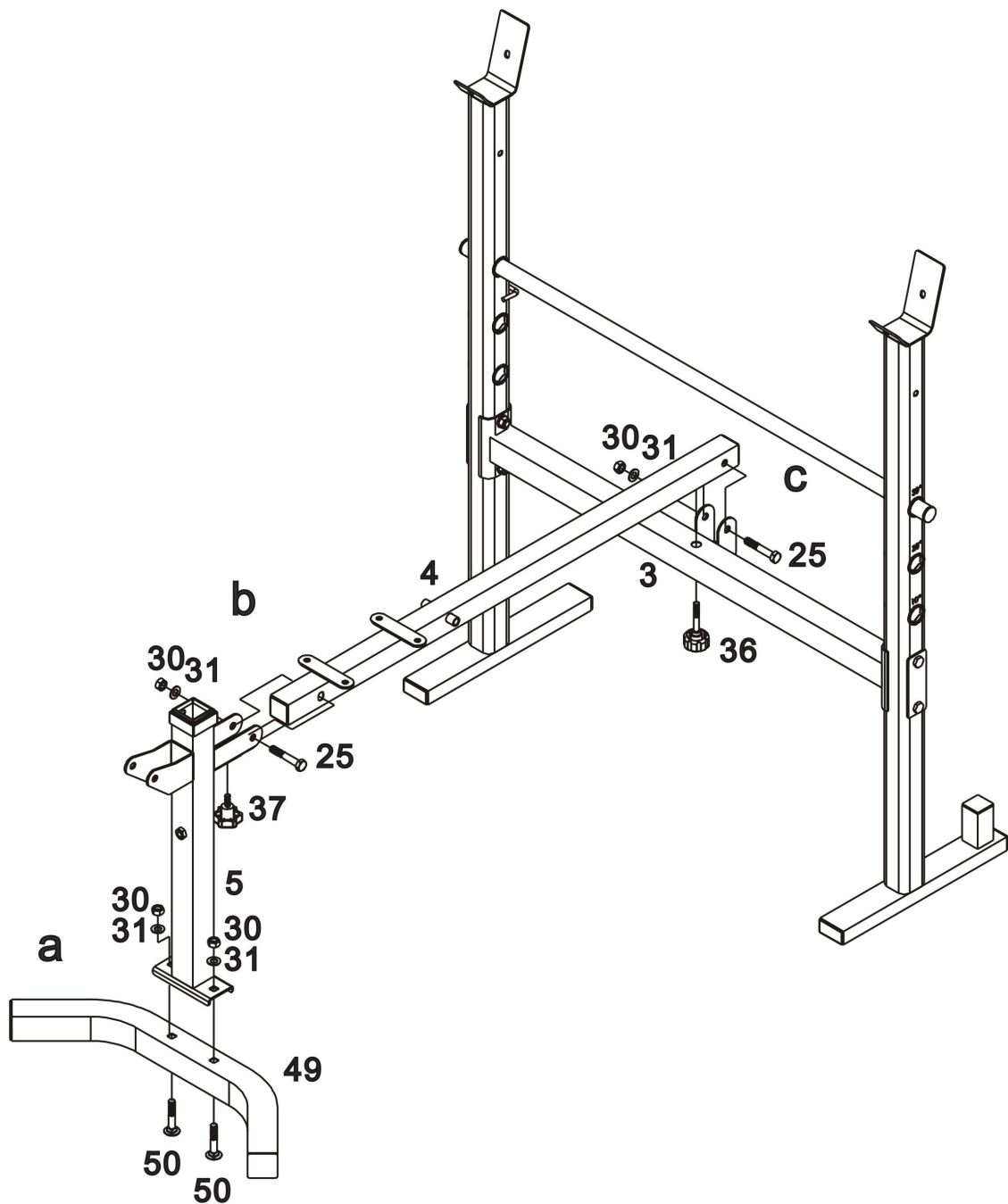
# Assembly instructions



## Step 1

- a. Connect the Cross Beam (3) with the Left & Right Upright Support (1,2) using 4 x M10 × 70mm Hex Bolts (24), 4 x M10 Aircraft Nuts (30), 4 x Ø10mm Washers (31) and 2 x Brackets (11).
- b. Put the Incline Adjustable Rod (13) through the two holes on the Right Upright Support (2), and then through the two holes on the Left Upright Support (1).

# Assembly instructions

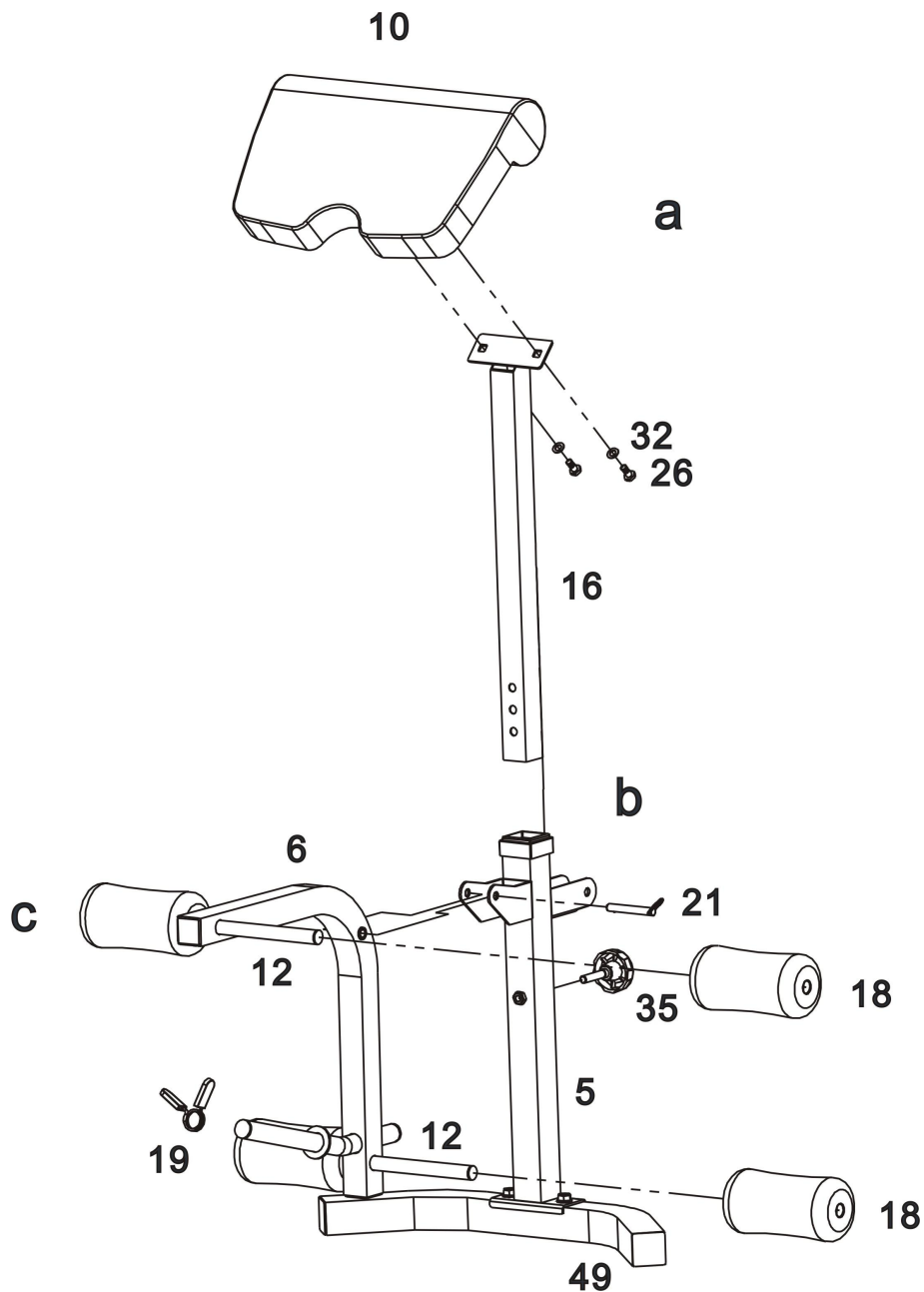


## Step 2

- Attach the Front Upright Support (5) to the Front Stabilizer (49) using 2 x M10 x 55mm Carriage Bolts (50), 2 x Ø10mm Washers (31) and 2 x M10 Aircraft Nuts (30).
- Connect the Front Upright Support (5) with the Seat Pad Support (4) using 1 x M8×20 Lock Knob (37), 1 x M10×60mm Hex Bolt (25), 1 x Ø10mm Washer (31) and 1 x M10 Aircraft Nut (30).
- Connect the Cross Beam (3) with the Seat Pad Support (4) using 1 x M8×55 Lock Knob (36), 1 x M10×60 Hex Bolt (25), 1 x Ø10mm Washer (31) and 1 x M10 Aircraft Nut (30).



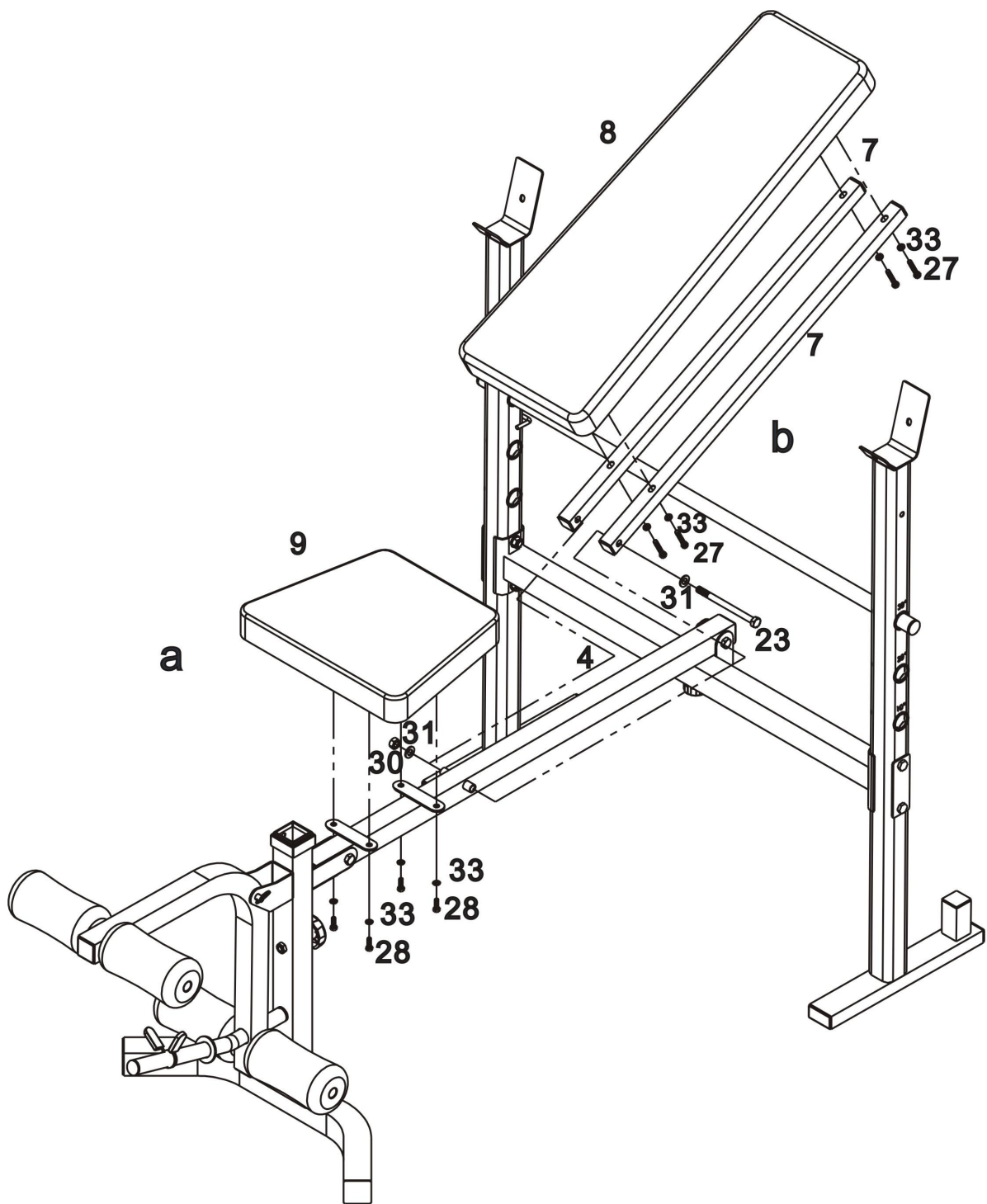
# Assembly instructions



## Step 3

- Attach the Arm Curl Pad (10) to the Arm Curl Pad Support (16) using 2 x M8 x 18mm Hex Bolts (26) and 2 x Ø8mm Washers (32).
- Insert the Arm Curl Pad Support (16) into the Front Upright Support (5) and secure with 1 x M10x50 Lock Knob (35).
- Attach 4 x Foam Rolls (18) to 2 x Foam Roll Tubes (12), and attach the Spring Collar (19) to the weight support on the Leg Developer (6); then attach the Leg Developer (6) to the Front Upright Support (5) using M10x75 Lock Pin (21).

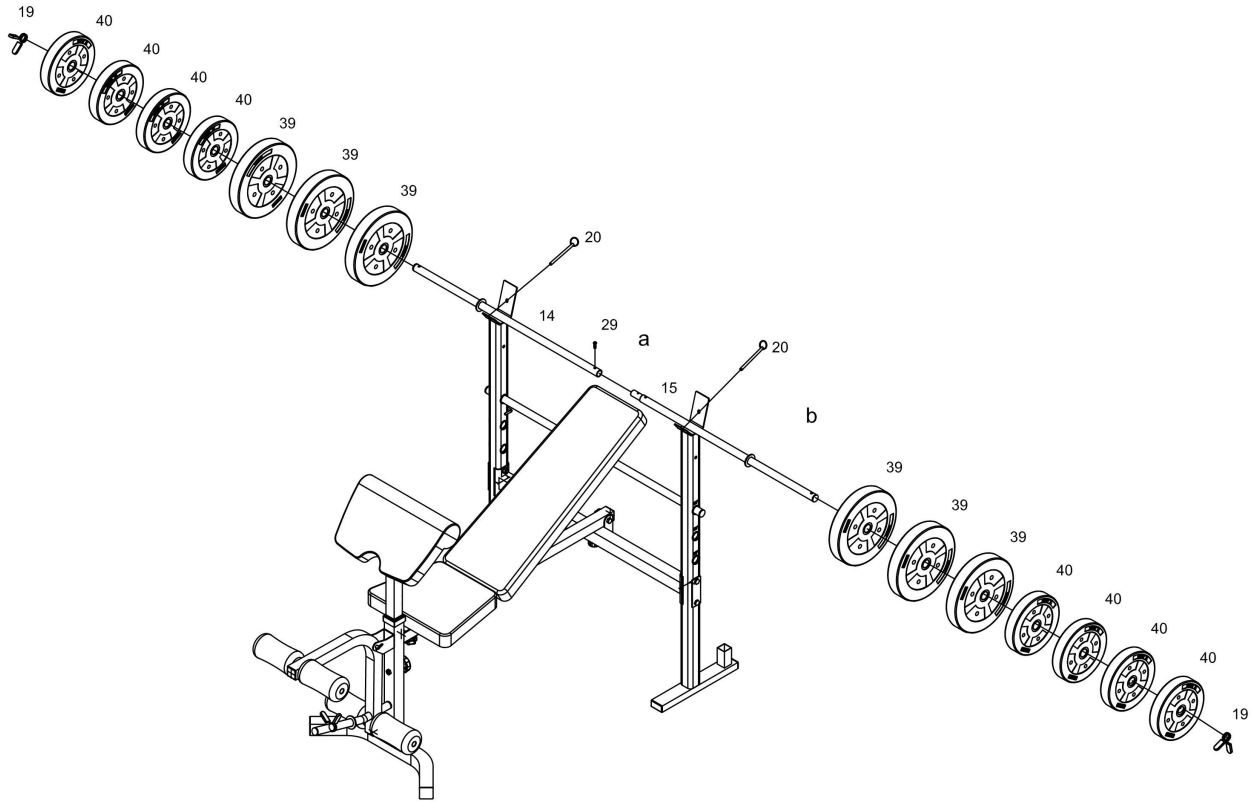
# Assembly instructions



## Step 4

- Attach the Seat Pad (9) to the Seat Pad Support (4) using 4 x M6×18mm Hex Bolts (28) and 4 x Ø6mm Washers (33).
- Connect the Backrest Support (7) with the Seat Pad Support (4) using 1 x M10×135mm Hex Bolt (23), 2 x Ø10mm Washers (31) and 1 x M10 Aircraft (30).
- Attach the Backrest Pad (8) to 2 x Backrest Support (7) using 4 x M6×38mm Hex Bolts (27) and 4 x Ø6mm Washers (33).

# Assembly instructions

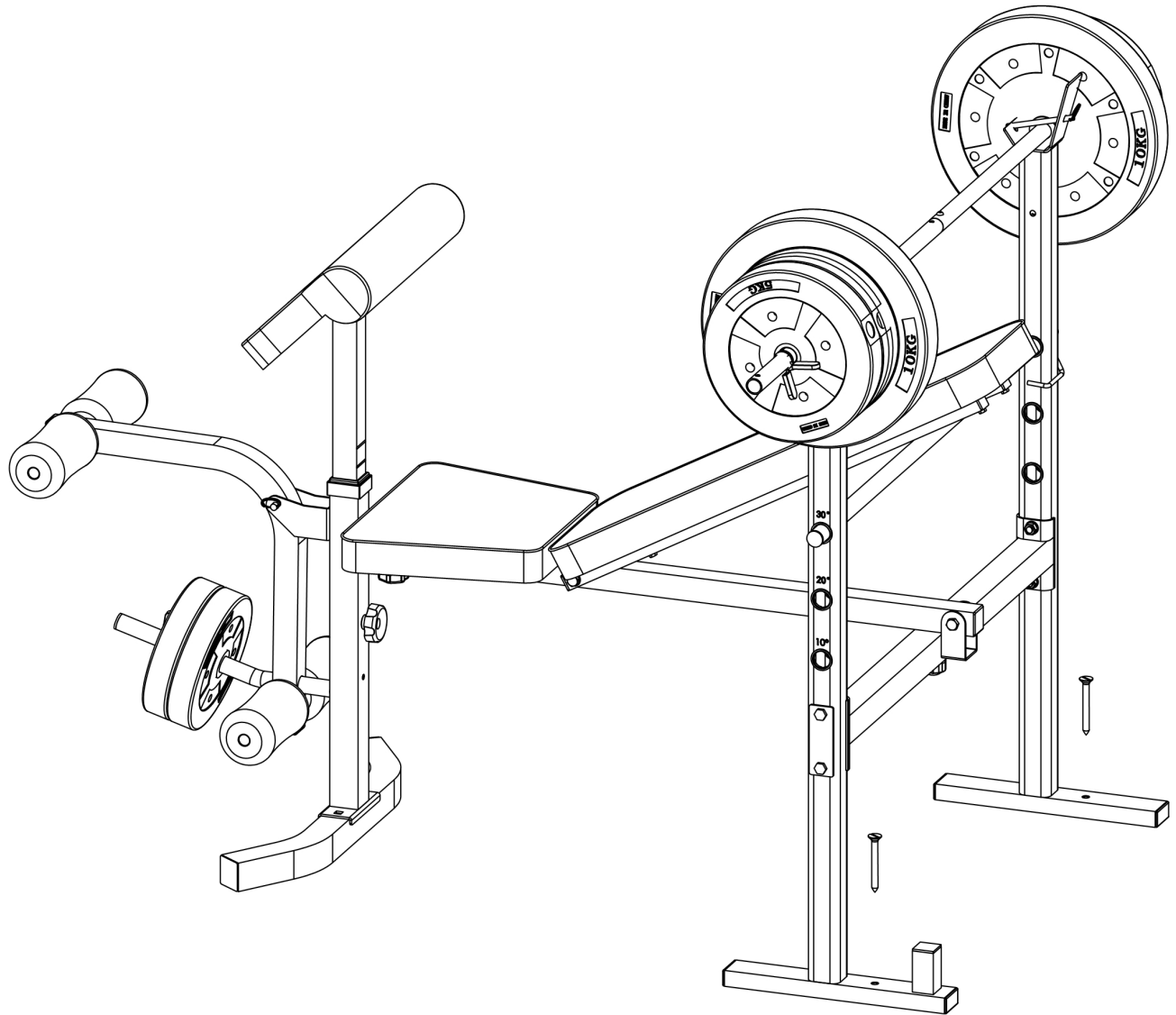


## Step 5

- Connect the Long Weight Bar (**14**) with the Short Weight Bar (**15**) and secure with 1 x M6 × 20mm Allen Bolt (**29**); attach 6 x 5KG Weight Plates (**39**), 8 x 2.5KG Weight Plates (**40**) and 2 x Spring Collar (**19**) to the Long & Short Weight Bars (**14**, **15**). The plates should be divided equally among both ends of the bar.
- Attach the Long & Short Weight Bars (**14**, **15**) to the Left & Right Upright Support (**1**, **2**) and secure with 2 x Ø8×110 Lock Pins (**20**).

# Assembly Instructions

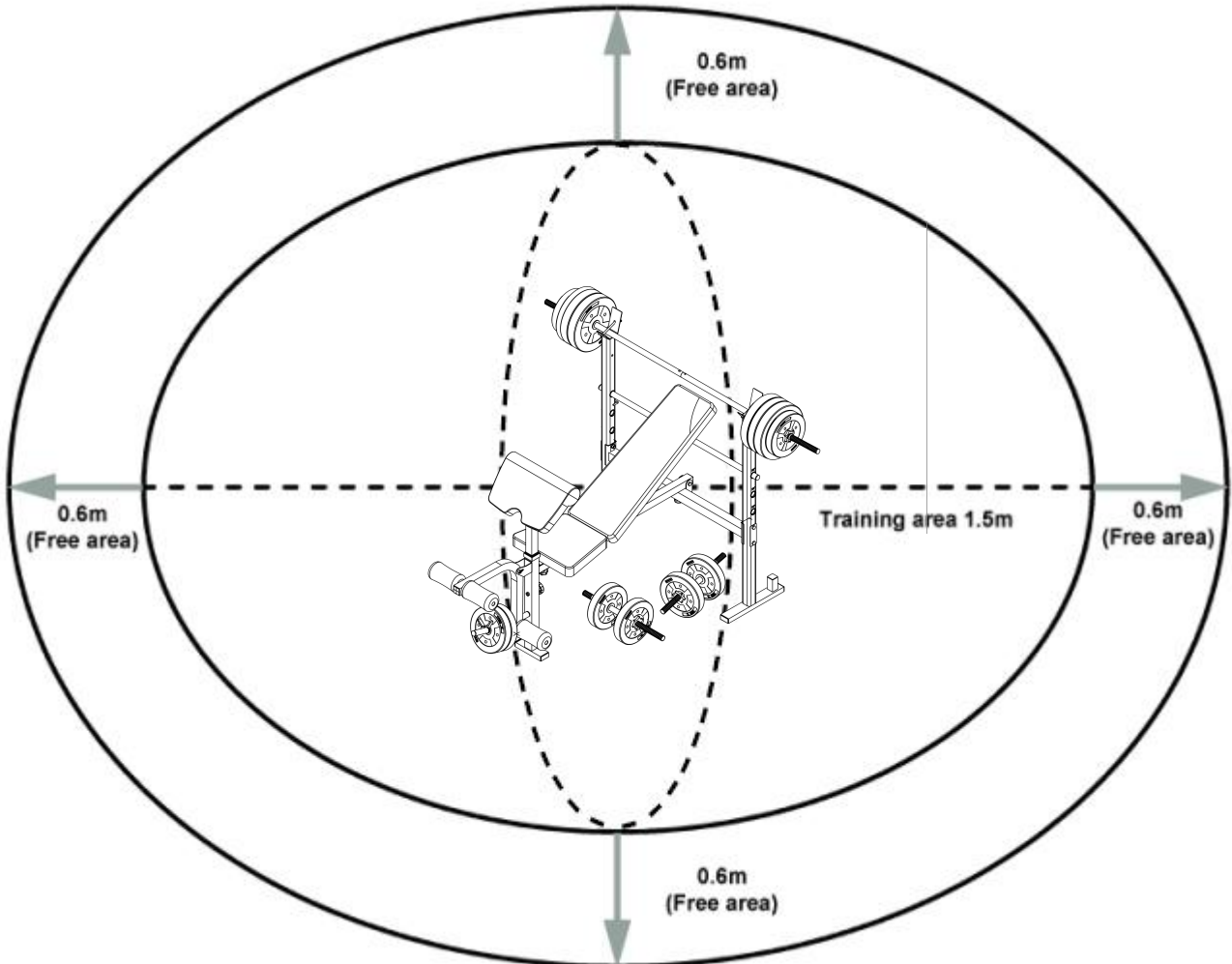
## Fixing Your Bench.



**Warning:** Please fix the bench to the floor to prevent it tipping over.

# Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Only one person should be within the training area when the equipment is in use.

# Exercise Information

PRO FITNESS

## Before starting

Tailor your exercise program according to 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; a few minutes per workout increase is advisable.

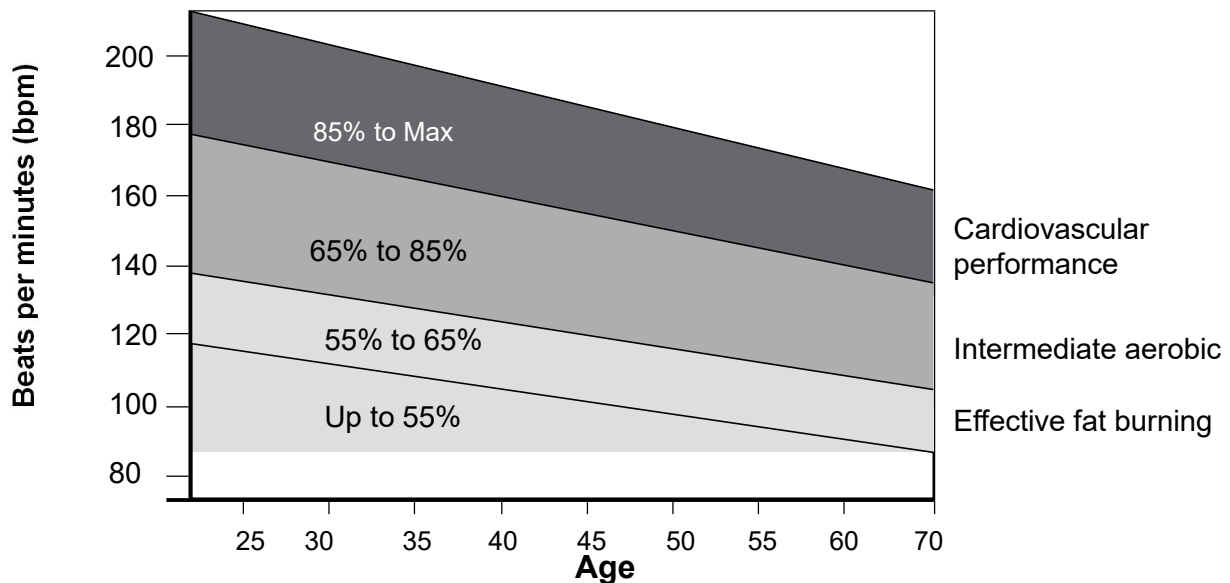
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

### **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**

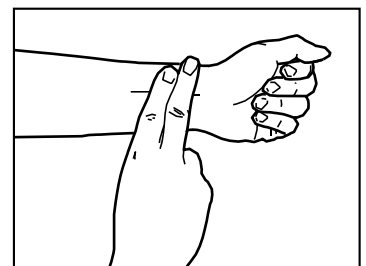
To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you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

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 required level.



# Exercise Information

## Muscle Chart

### Aerobic Exercise

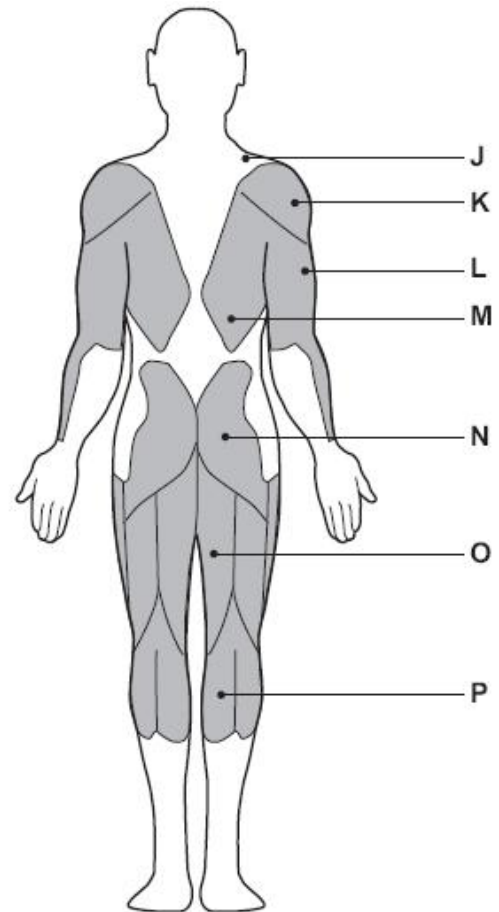
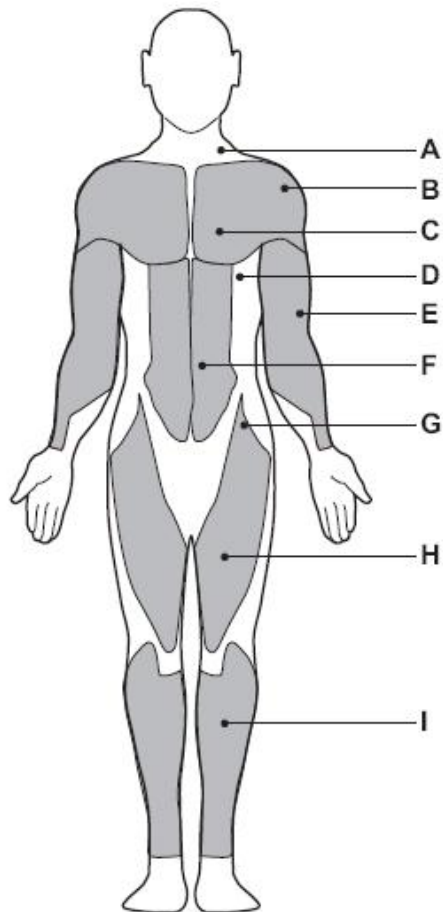
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

### 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 an exercise routine. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number of reps.

### Targeted Muscle Groups

The exercise routine that is performed on the **training bench** will develop combined total body muscle groups. These muscle groups are highlighted on the muscle chart below.



A: Trapezius  
B: Anterior Deltoid  
C: Pectoralis Major  
D: Serratus Anterior

E: Biceps  
F: Abdominal  
G: Sartorius  
H: Quadriceps

I: Tibialis Anterior  
J: Trapezius  
K: Posterior Deltoid  
L: Triceps

M: Latissimus Dorsi  
N: Gluteals  
O: Hamstrings  
P: Gastrocnemius

## ***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 program, 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 reduce post-exercise muscle soreness.

## **Exercise Frequency**

To maintain or improve your fitness, 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 make exercise a regular and enjoyable part of your everyday life.

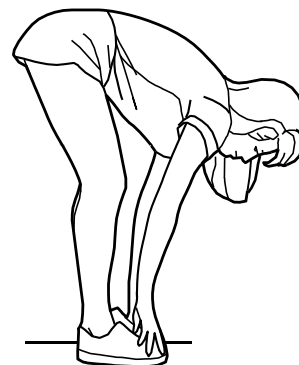
## **Toe touch stretch**

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

Hold for 15 counts, then relax

Repeat 3 times.

**Stretches:** Hamstrings, back of knees and back.



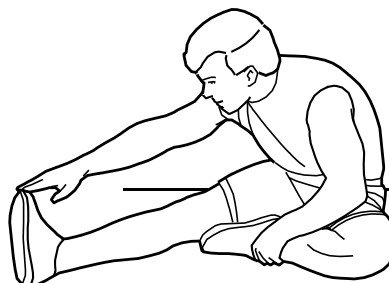
## **Hamstring stretch**

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 towards 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.





# Exercise Information

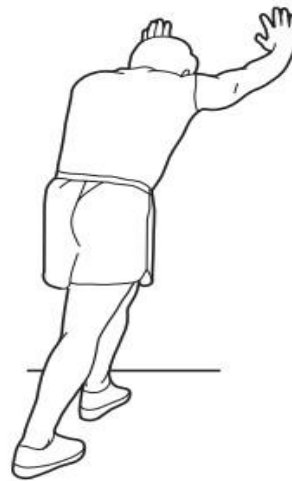
## Calf/Achilles stretch

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, 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 down towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, and 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 towards your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, and then relax.

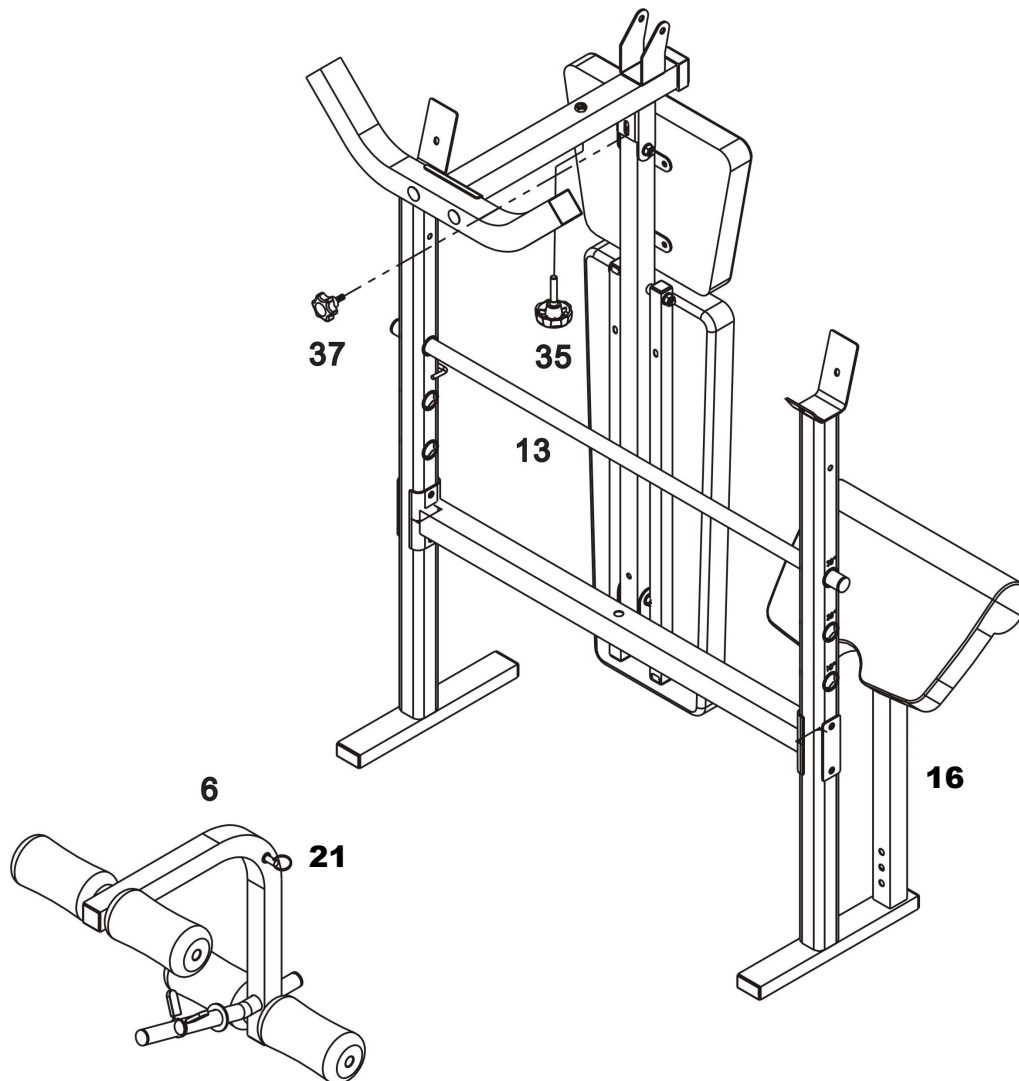
Repeat 3 times.

**Stretches:** Quadriceps and Hip muscles.



# Exercise Information

## To Fold & Store Your Bench

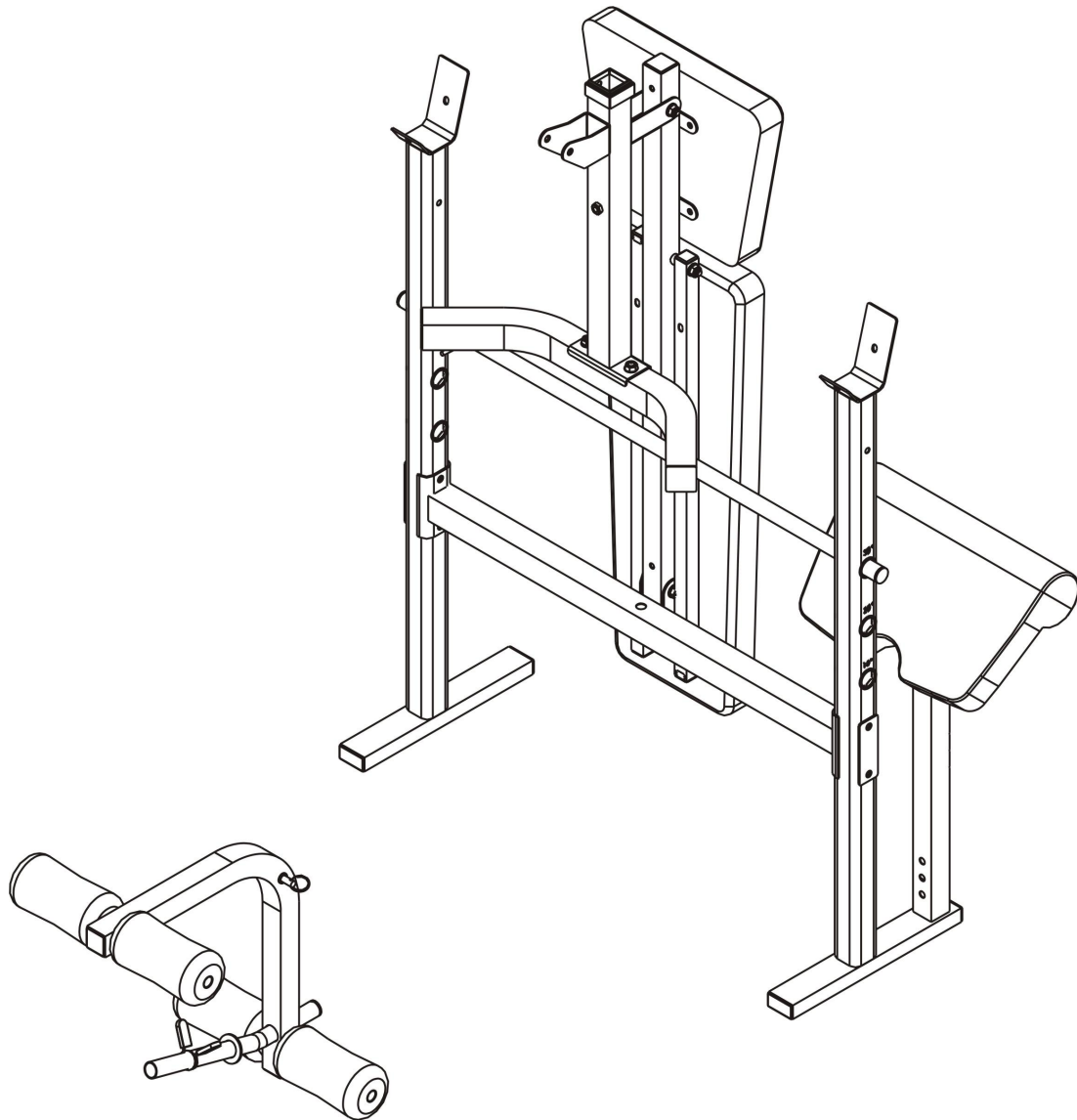


### Step 1

Remove the  $\text{Ø}10 \times 75$  Lock Pin (21), Leg Developer (6) and M10 $\times$ 50 Lock Knob (35), move the Arm Curl Pad Support (16) to the spare tube of the Left Upright Support (1), remove the M8 $\times$ 20 Lock Knob (37) and Incline Adjustable Rod (13), then fold the bench, and finally insert the Incline Adjustable Rod (13) back into the L & R Upright supports.

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## Step2

In fold position

**Note:**Weight plate for leg extension -1" bore size, max diameter 42cm, max13.5cm thickness, max training weight load 35kg.

# 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

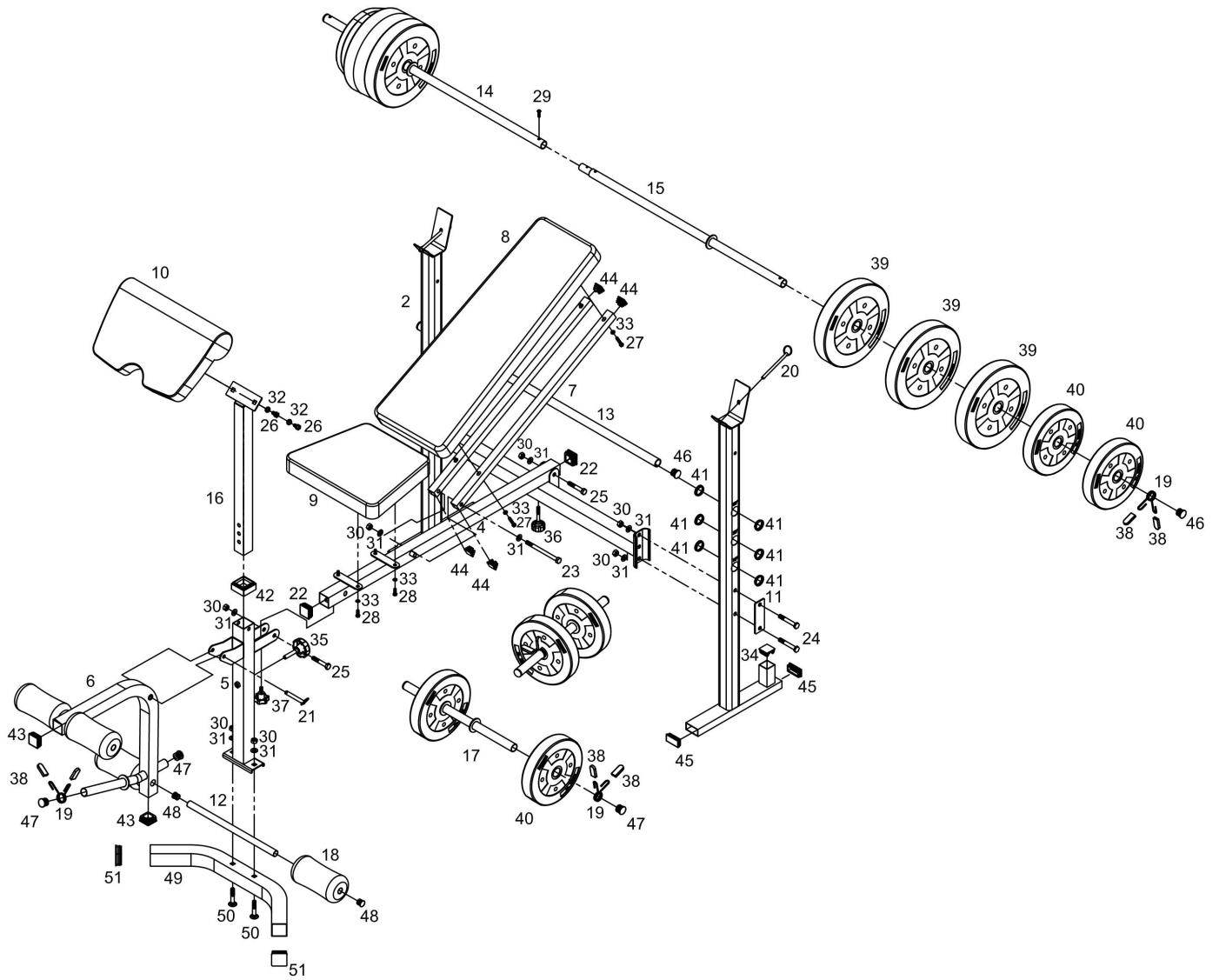
have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the **Customer Helpline: 0345 600 1714.**

**[www.argos-support.co.uk](http://www.argos-support.co.uk)**

**Guarantee:**

For guarantee purposes, please retain your original purchase receipt.

# Exploded Parts Diagram



# Parts List

NO.	Description	QTY	Code	NO.	Description	QTY	Code
1	Left Upright Support	1	2A1400219	27	M6×38mm Hex Bolt	4	3B51DBJ00004
2	Right Upright Support	1	2A1400220	28	M6×18mm Hex Bolt	4	3B51DBJ00024
3	Cross Beam	1	2A1202183	29	M6×20mm Allen Bolt	1	3B51DBD00129
4	Main Support frame	1	2A1202184	30	M10 Aircraft Nut	9	3B52DCC00002
5	Front Upright Support	1	2A1202185	31	Ø10mm Washer	10	3B53DIB00002
6	Leg Developer	1	2A1202186	32	Ø8mm Washer	2	3B53DIB00003
7	Backrest Support	2	2A1202187	33	Ø6mm Washer	8	3B53DIB00013
8	Backrest Pad	1	2A0302334	34	33.4×1.2 End Cap	1	3C51JBB00013
9	Seat Pad	1	2A0302336	35	M10×50 Lock Knob	1	3C51JBD00005
10	Arm Curl Pad	1	2A0302337	36	M8×55 Lock Knob	1	3C51JBD00025
11	Bracket	2	2A1202188	37	M8×20 Lock Knob	1	3C51JBD00002
12	Foam Roll Tube	2	2A1202189	38	Cap	14	3C51JBF00005
13	Incline Adjustable Rod	1	2A1202190	39	5KG Weight Plate	6	2A0200048
14	Long Weight Bar	1	2A1202191	40	2.5KG Weight Plate	8	2A0200047
15	Short Weight Bar	1	2A1202192	41	Bush	12	3C51JBF00079
16	Arm Curl Pad Support	1	2A1400221	42	Sleeve □45×□38	1	3C51JBE00012
17	Dumbbell Bar	2	2A1202194	43	End Cap 38×1.5	2	3C51JBB00002
18	Foam Roll	4	3C72K00047	44	End Cap 25×1.3	4	3C51JBB00004
19	Spring Collar	7	3B61EJC00001	45	End Cap 25×50×1.5	4	3C51JBB00003
20	Lock Pin Ø8×110	2	3B62E00017	46	End Cap Ø25×2	4	3C51JBB00008
21	Lock Pin Ø10×75	1	3B62E00011	47	End Cap Ø25×1.5	6	3C51JBB00006
22	End Cap 38×1.2	2	3C51JBB00016	48	End Cap Ø19×1.0	4	3C51JBB00005
23	M10×135mm Hex Bolt	1	3B51DBJ00176	49	Front Stabilizer	1	2A1202389
24	M10×70mm Hex Bolt	4	3B51DBJ00015	50	M10 x 55mm Carriage Bolt	2	3B51DBC00027
25	M10×60mm Hex Bolt	2	3B51DBJ00010	51	End Cap 45×1.5	2	3C51JBB00046
26	M8×18mm Hex Bolt	2	3B51DBJ00006		4mm Allen Key	1	3B69E00002

# Guarantee



## Product Guarantee

This product is guaranteed against manufacturing defects for 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 [www.argos-support.co.uk](http://www.argos-support.co.uk)**

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