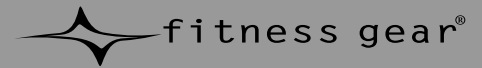


MULTI-PURPOSE BENCH

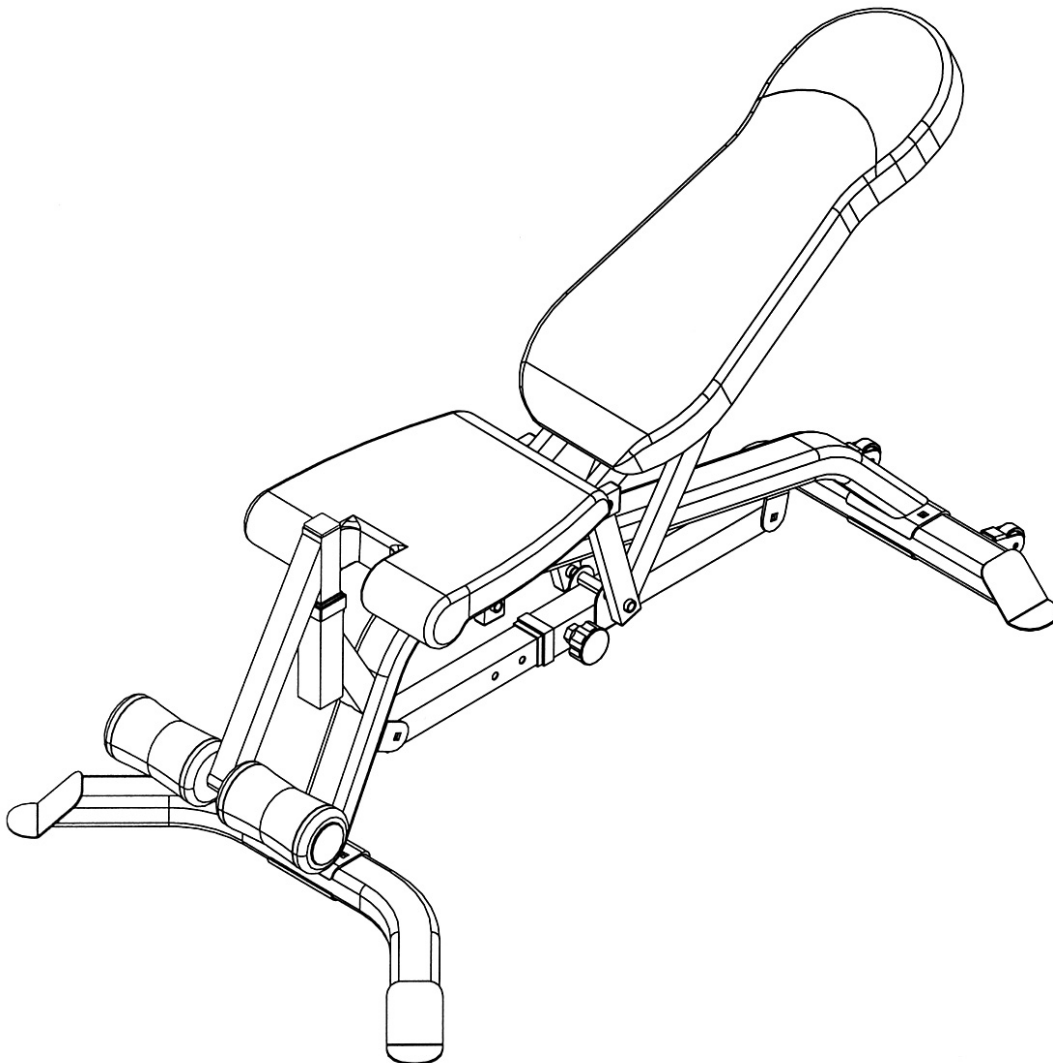


STE00021

Tools Required:
Adjustable Wrench
Socket Wrench Set

OWNER'S MANUAL

Retain This Manual For Reference



Dick's Sporting Goods 300 Industry Dr. RIDC Park West Pittsburgh PA, 15275

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BEFORE YOU BEGIN

Thank you for selecting the FITNESS GEAR Multi Purpose Bench, STE00021. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

IMPORTANT PRECAUTIONS

- A.) **WARNING:** To reduce the risk of serious injury, please read the following precautions before using the **Fitness Gear Multi Purpose Bench**.
- B.) It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
- C.) Read all instructions in this manual and in the accompanying literature and follow them carefully before using the equipment.
- D.) If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.
- E.) Use this equipment only on a solid level surface. Cover the floor or carpet beneath this equipment for protection.
- F.) Inspect and tighten all parts often. Replace any worn parts immediately.
- G.) Keep small children and pets away from this equipment at all times.
- H.) Always wear athletic shoes for foot protection.
- I.) Keep hands and feet away from moving parts.

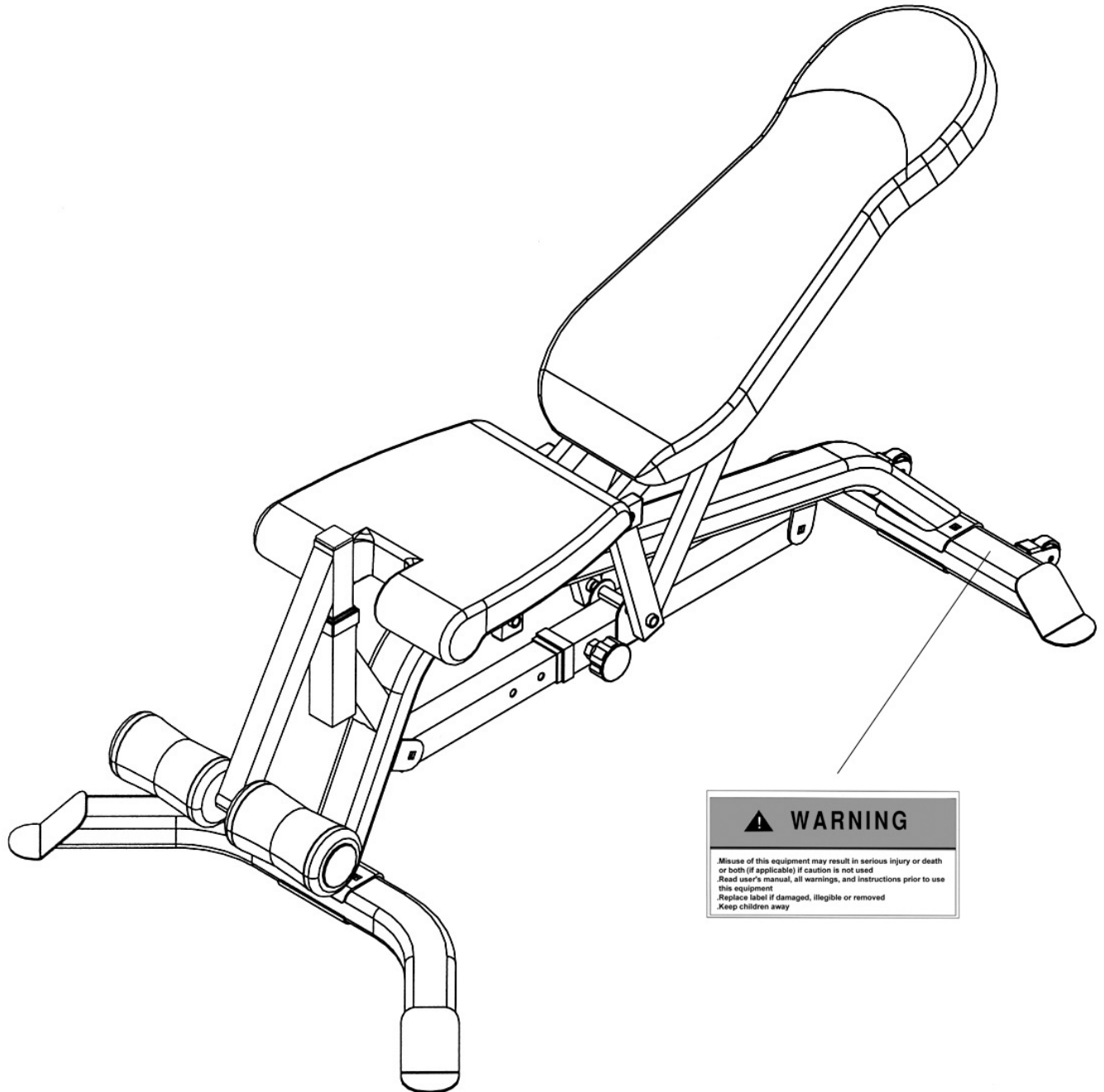
CARE AND MAINTENANCE

1. The machine can be cleaned using a damp cloth and mild non-abrasive detergent.
DO NOT use solvents.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. DICK'S SPORTING GOODS ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

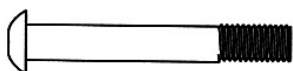
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

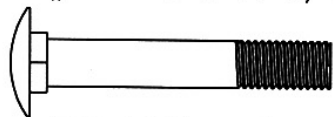


The Warning Label shown here has been placed on the Rear Stabilizer.
If the label is missing or illegible, please call customer service at 1-866-677-4771 for replacement.
Apply the label in the location shown.

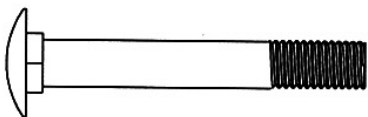
HARDWARE PACK



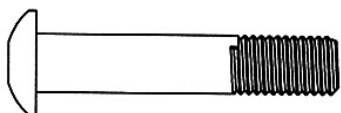
#22 M8 x 2 1/8" Allen Bolt (Qty 8)



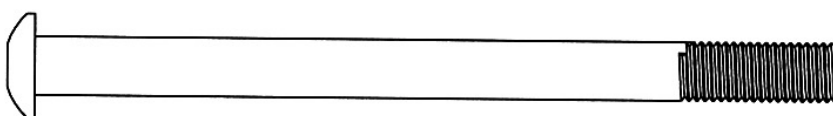
#21 M10 x 2 1/2" Carriage Bolt (Qty 2)



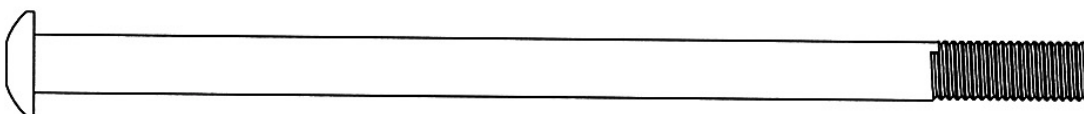
#20 M10 x 2 3/4" Carriage Bolt (Qty 4)



#19 M12 x 2 1/2" Allen Bolt (Qty 2)



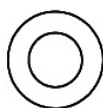
#18 M12 x 6 1/2" Allen Bolt (Qty 1)



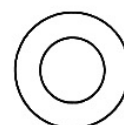
#17 M12 x 8 x 1/2" Allen Bolt (Qty 1)



#23 ϕ 5/8" Washer
(Qty 12)



#26 ϕ 3/4" Washer
(Qty 6)



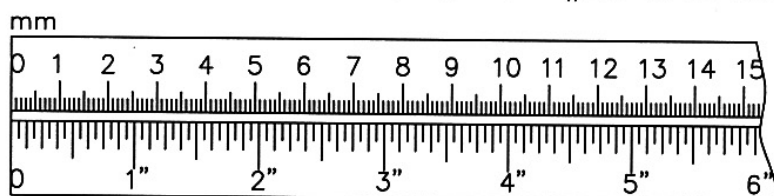
#24 ϕ 1" Washer
(Qty 8)



#27 M10 Aircraft Nut (Qty 6)



#25 M12 Aircraft Nut (Qty 4)



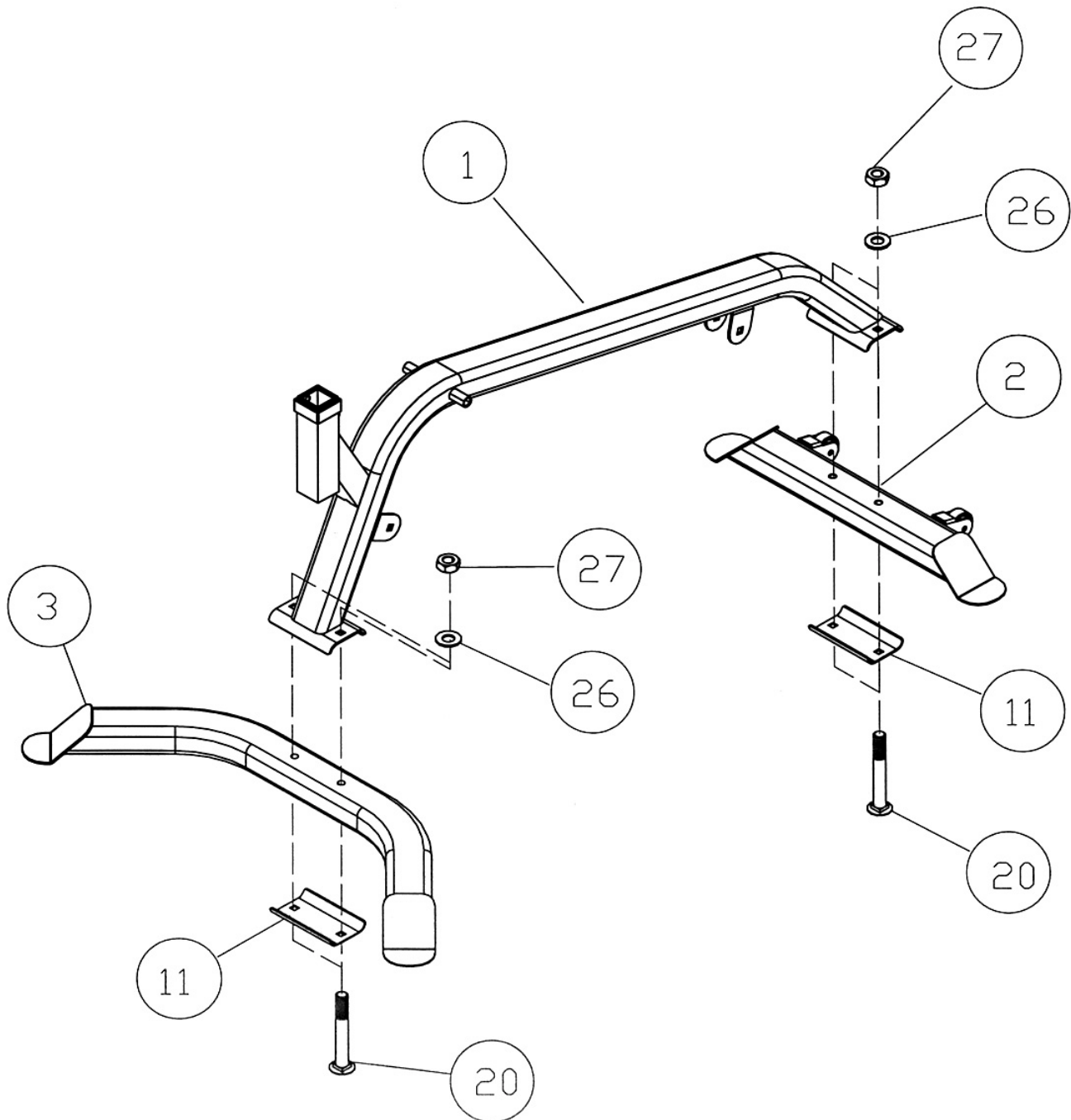
ASSEMBLY INSTRUCTIONS

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Attach the Main Frame (#1) to the Front Stabilizer (#3). Secure it with two M10 x 2 ¾" Carriage Bolts (#20), one Bracket (#11), two Ø ¾" Washers (#26), and two M10 Aircraft Nuts (#27).
- B.) Attach the Main Frame (#1) to the Rear Stabilizer (#2). Secure it with two M10 x 2 ¾" Carriage Bolts (#20), one Bracket (#11), two Ø ¾" Washers (#26), and two M10 Aircraft Nuts (#27).

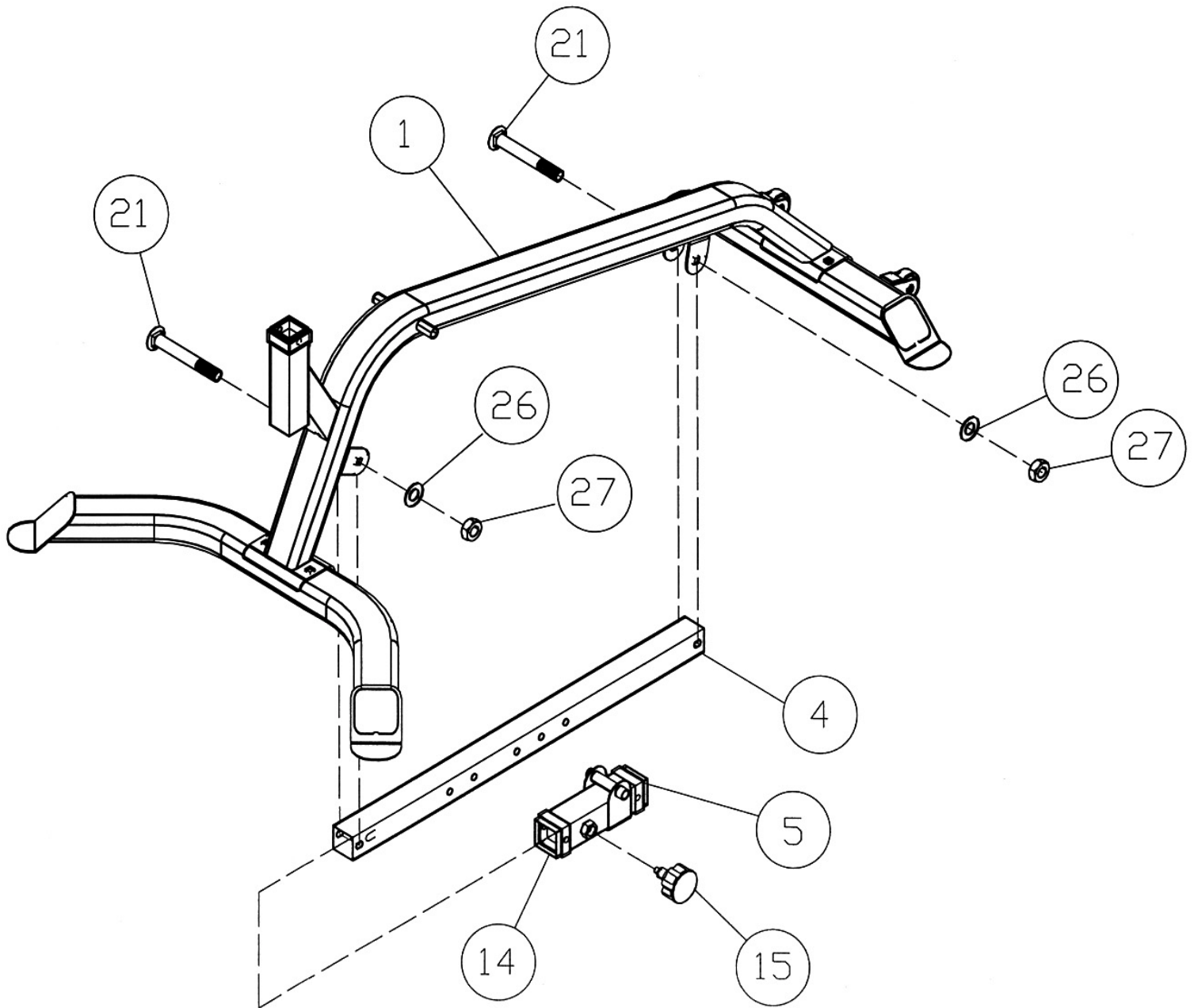
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Slide the Sliding Block (#5) onto the Incline Adjustment Bar (#4).
- B.) Attach both ends of Incline Adjustment Bar to the open brackets on the Main Frame (#1). Secure each end with one M10 x 2 ½" Carriage Bolt (#21), Ø ¾" Washer (#26), and M10 Aircraft Nut (#27).
- C.) Use a Lock Knob (#15) to lock the desired incline position.

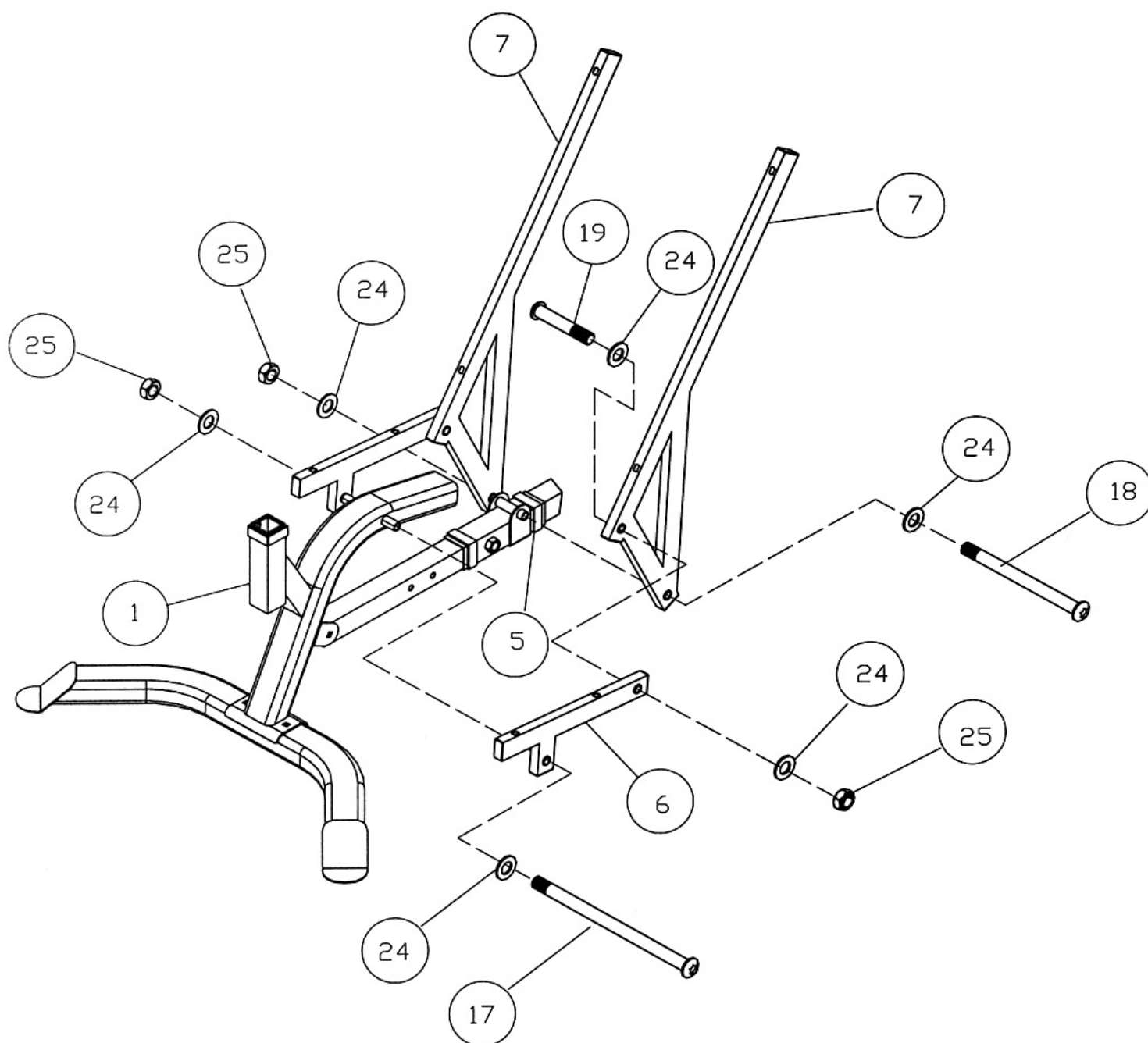
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the lower holes on the Backrest Supports (#7) to the pivot on the Sliding Block (#5). Secure them with one M12 x 6 ½" Allen Bolt (#18), two Ø 1" Washers (#254), and one M12 Aircraft Nut (#25).
- B.) Attach the Seat Support Frame (#6) to the hole on the Backrest Support (#7). Make sure the Seat Support Frame is on the outside of the Backrest Support. Align the holes and secure them with one M12 x 2 ½" Allen Bolt (#19), two Ø 1" Washers (#24), and one M12 Aircraft Nut (#25). Repeat the same step to install the other side. Note: The Bolt must be inserted from inside of Backrest Support to the outside of the Seat Support Frame.
- C.) Loosen up the Knob Bolt on the Sliding Track to adjust the position so the front end of the two Seat Support Frames (#6) can be aligned to the pivot on the Main Frame (#1). Secure them with one M12 x 8 ½" Allen Bolt (#17), two Ø 1" Washers (#24), and one M12 Aircraft Nut (#25).

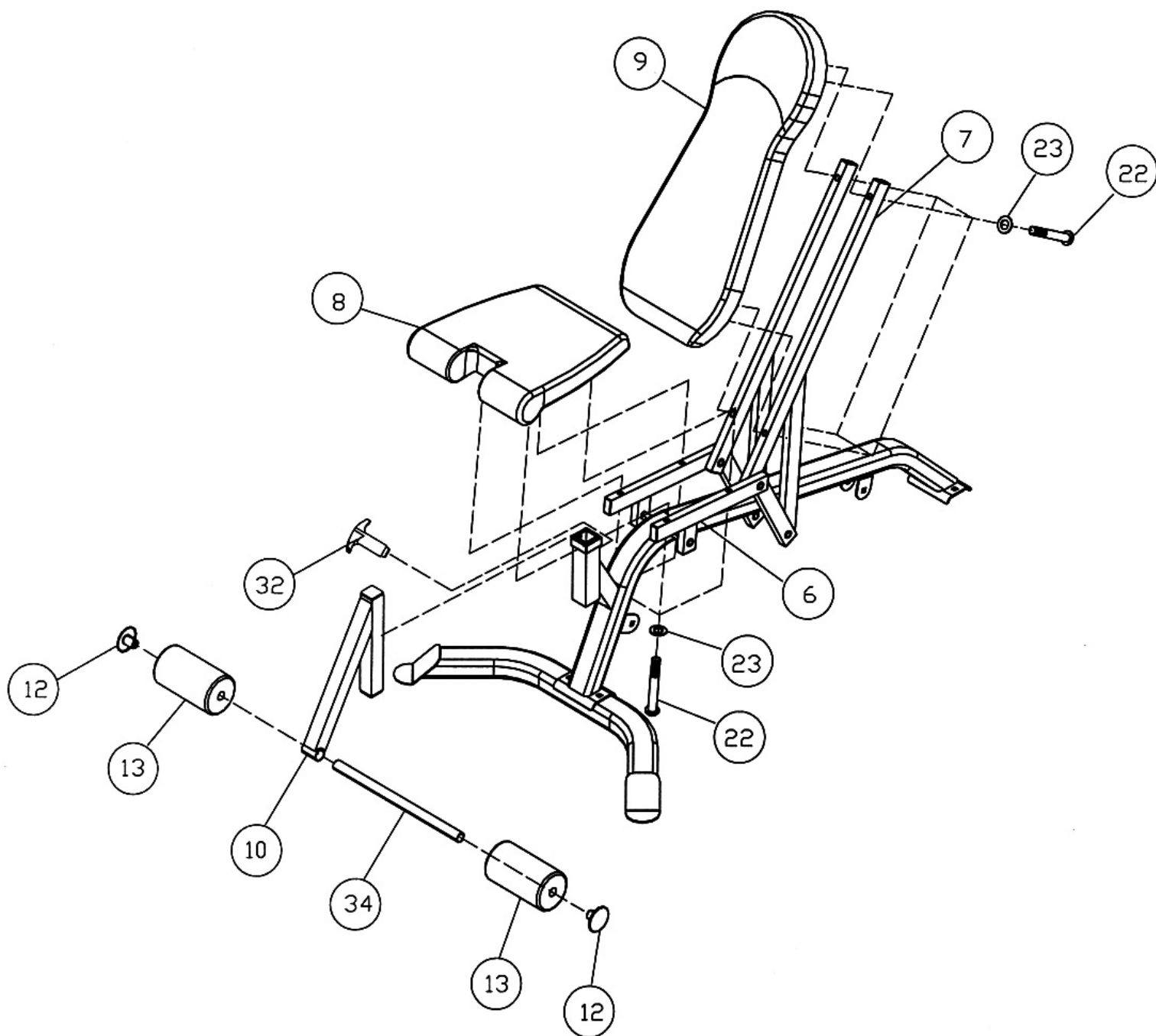
DIAGRAM 3



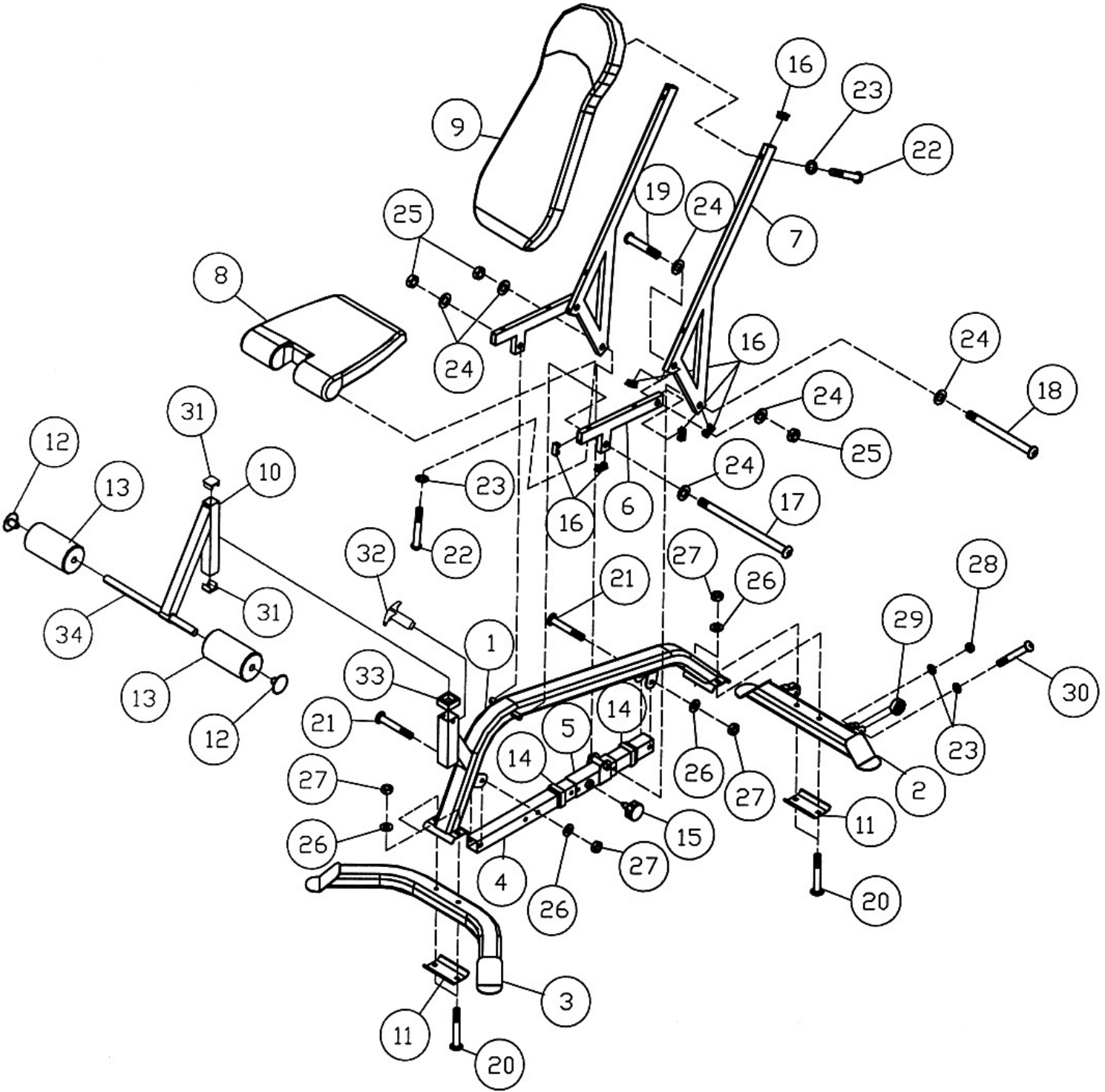
STEP 4 (See Diagram 4)

- J.) Insert the Foam Tube Assembly (#10) into the opening on the Main Frame (#1). Thread the T-shaped Lock Pin (#32) into the selected hole to lock the Foam Tube Assembly at desired height.
- K.) Insert the Foam Tube (#34) halfway through the hole on the Foam Tube Assembly. Push two Foam Rolls (#13) onto the Foam Tube from both ends. Plug the Foam Roll End Caps (#12) into the ends.
- L.) Place the Seat (#8) onto the Seat Support Frames (#6). Secure it with four M8 x 2 1/8" Allen Bolts (#22) and \varnothing 5/8" Washers (#23).
- M.) Place the Backrest Board (#9) onto the Backrest Supports (#7). Secure it with four M8 x 2 1/8" Allen Bolts (#22) and \varnothing 5/8" Washers (#23).

DIAGRAM 4



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Incline Adjustment Bar	1
5	Sliding Block	1
6	Seat Support Frame	2
7	Backrest Support	2
8	Seat	1
9	Backrest Board	1
10	Foam Tube Assembly	1
11	Bracket	2
12	Foam Roll End Cap	2
13	Foam Roll	2
14	Sliding Block Sleeve	2
15	Lock Knob	1
16	1 5/8" x 3/4" End Cap	12
17	M12 x 8 1/2" Allen Bolt	1
18	M12 x 6 1/2" Allen Bolt	1
19	M12 x 2 1/2" Allen Bolt	2
20	M10 x 2 3/4" Carriage Bolt	4
21	M10 x 2 1/2" Carriage Bolt	2
22	M8 x 2 1/8" Allen Bolt	8
23	Ø 5/8" Washer	12
24	Ø 1" Washer	8
25	M12 Aircraft Nut	4
26	Ø 3/4" Washer	6
27	M10 Aircraft Nut	6
28	M8 Aircraft Nut	2
29	Wheel	2
30	M8 x 1 3/4" Allen Bolt	2
31	1 1/2" End Cap	1
32	T-shaped Lock Pin	1
33	1 3/4" x 1 1/2" Sleeve	1
34	Foam Tube	1



LIMITED WARRANTY

Dick's Sporting Goods, Inc. (the "Company") warrants this product to be free from defects in workmanship and materials as follows:

Who is Covered

This Limited Warranty covers only the person who first bought the product. This Limited Warranty is not transferable to anyone else.

What the Warranty Covers

This Limited Warranty covers defects in materials and workmanship.

What the Warranty Does Not Cover

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in commercial or rental applications.
- Products that have been modified or repaired by anyone not authorized by the Company.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

What the Period of Coverage Is

This Limited Warranty lasts for a period of one year from the date of your original purchase. Any implied warranty arising under state law is limited in duration to the one year period of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

What the Company Will Do To Correct Problems

The Company will furnish a replacement part at no charge to you.

How You Can Get Service

Please direct all warranty service inquiries as follows:

If in writing, mail to:

**Dick's Sporting Goods, Inc.
300 Industry Drive, RIDC Park West
Pittsburgh, PA 15275
Attn: Customer Service**

If by telephone, call:

1-866- 677- 4771

If by e-mail, to:

customer.service@dcsq.com

How State Law Applies

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.