

FIXED FLAT BENCH

STE00111

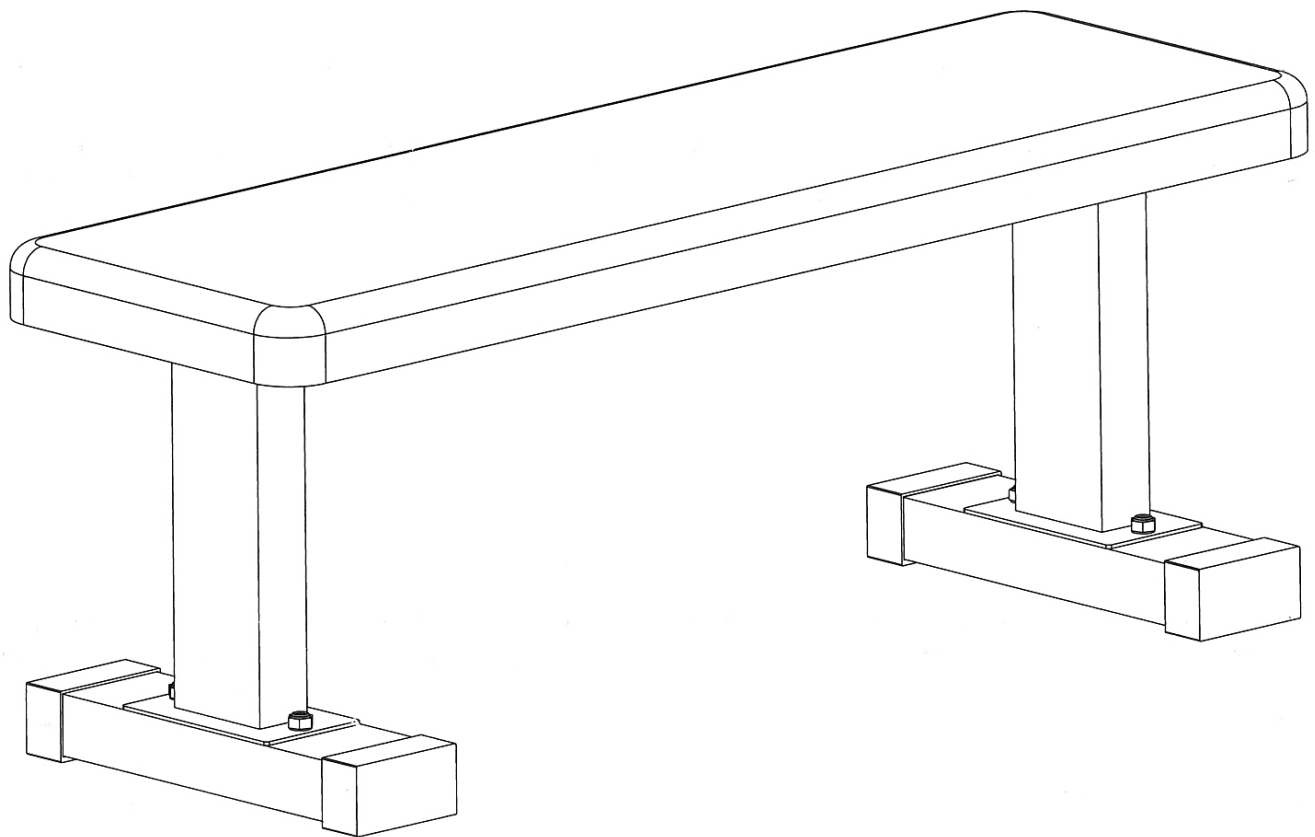
FG FB|200

**FITNESS
GEAR**

Tools Required:
Adjustable Wrench
Allen Wrench

OWNER'S MANUAL

Retain This Manual For Reference



Dick's Sporting Goods 345 Court Street Coraopolis, PA 15108

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BEFORE YOU BEGIN

Thank you for selecting the FG FB-200 Fixed Flat Bench. For your safety and benefit, read this manual carefully before using the machine. We are committed to providing you customer satisfaction. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

Toll-Free Customer Service Number
1-866-677-4771
Mon. – Fri. 9 a.m. – 5 p.m. EST
customer.service@dcsbg.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

Certain precautions apply when you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on an obstruction free, level surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Before using the machine, always stretch properly to warm up.
10. Never operate the machine if the machine is not functioning properly.
11. Always exercise with an experienced spotter
12. **This machine is designed and intended for home and consumer use only, not for commercial use.**

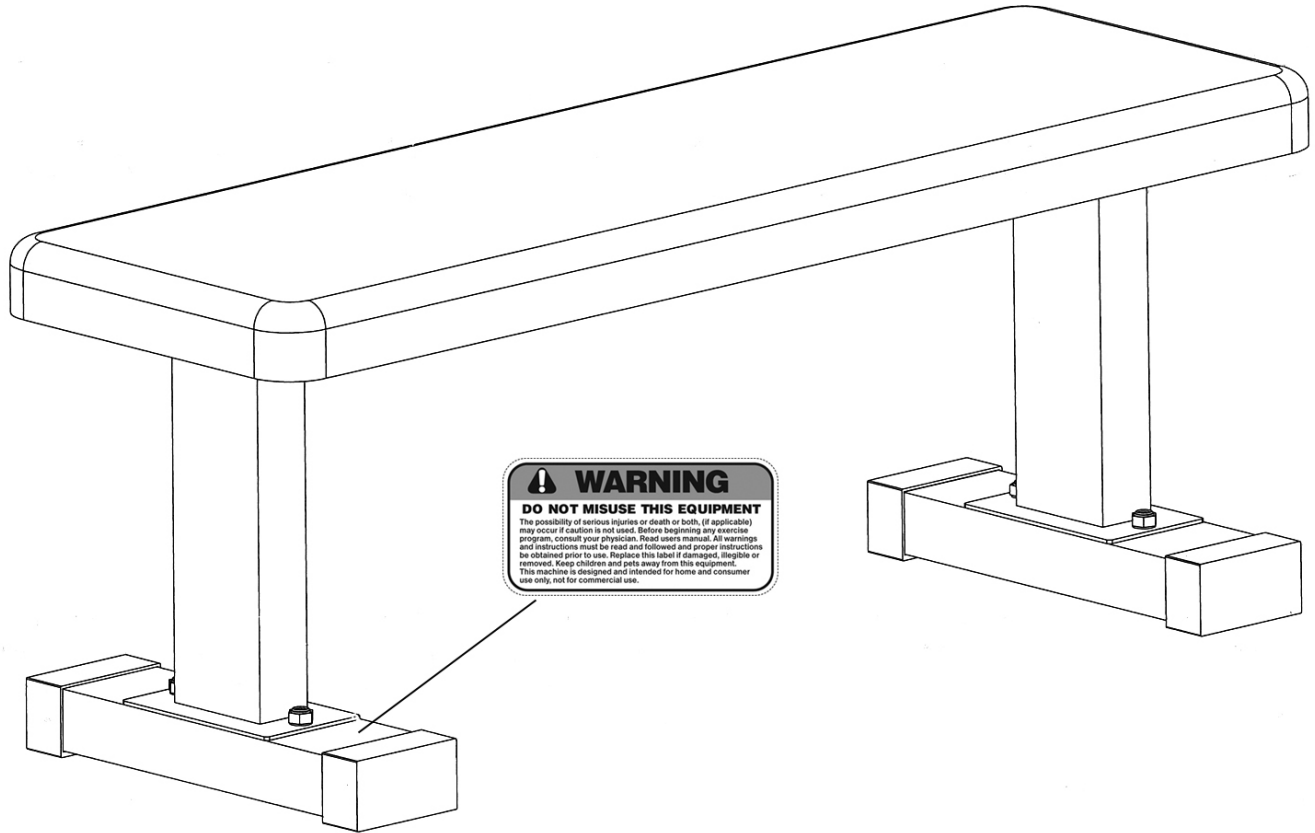
CARE AND MAINTENANCE

1. Periodically lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine. DO NOT overtighten. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
3. **Failure to examine regularly may affect the safety level of the machine.**
4. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach.
5. **Maximum weight Capacity (User weight + Dumbbell Weight): 400 lbs**
6. Assembled Dimension: 47" x 15.5" x 16.5"

WARNING: CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NOT FOR USE BY CHILDREN UNDER AGE 14. INSPECT FOR DAMAGE BEFORE EACH USE. DO NOT USE IF DAMAGED OR MISSING PARTS.

SAVE THESE INSTRUCTIONS.

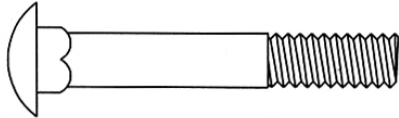
WARNING LABEL PLACEMENT



The warning labels shown here have been placed on Base Frame. If the labels are missing or illegible, please call customer service at 1-866-677-4771 for replacements. Apply the labels in the location shown.

HARDWARE PACK

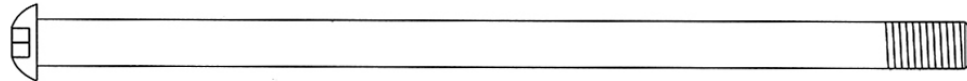
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



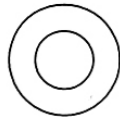
#7 M10 x 2 1/2" Carriage Bolt (Qty 4)



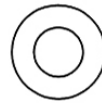
#8 M8 x 1 1/2" Allen Bolt (Qty 4)



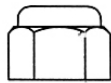
#9 M8 x 6 1/2" Carriage Bolt (Qty 4)



#10 $\text{\O} \frac{3}{4}$ " Washer
(Qty 4)



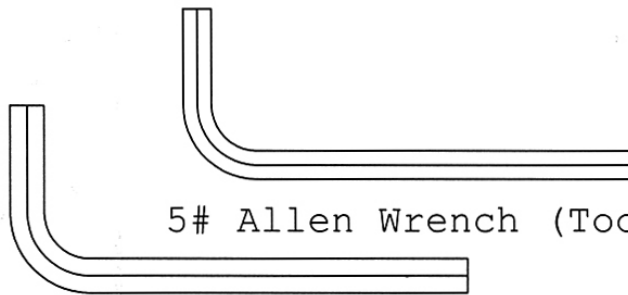
#11 $\text{\O} \frac{5}{8}$ " Washer
(Qty 12)



#12 M10 Aircraft Nut
(Qty 4)

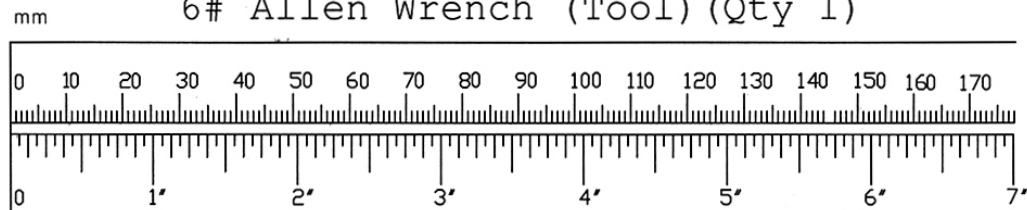


#13 M8 Aircraft Nut
(Qty 4)



5# Allen Wrench (Tool) (Qty 1)

6# Allen Wrench (Tool) (Qty 1)



ASSEMBLY INSTRUCTION

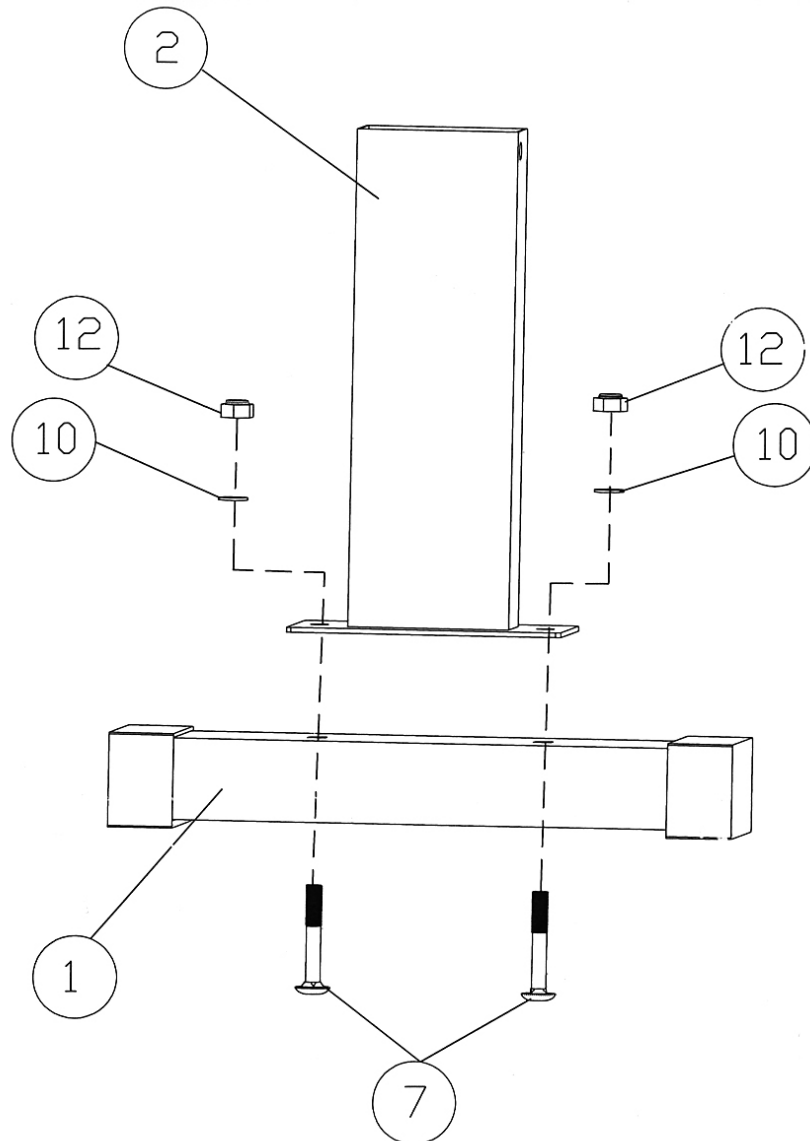
Tools Required for Assembling the Machine: Adjustable Wrench and Allen Wrench.

NOTE: It is strongly recommended that this machine be assembled and moved by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Attach one Post Frame (#2) to a Base Frames (#1).
- B.) Secure them together with two M10 x 2 ½" Carriage Bolts (#7), two Ø ¾" Washers (#10), and two M10 Aircraft Nuts (#12). **Do not tighten Nuts and Bolts yet until instructed to do so.**
- C.) Repeat A & B to assemble the other Post Frame to the other Base Frame.

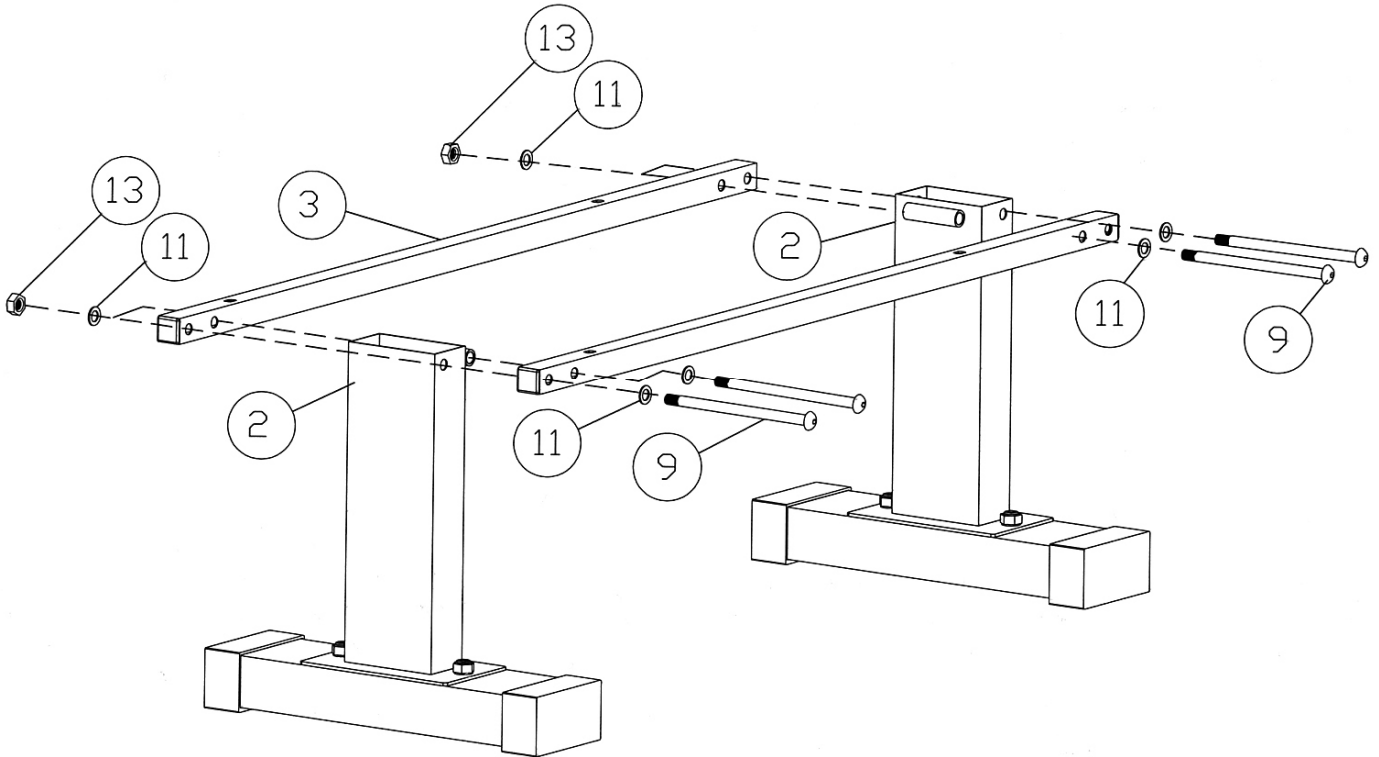
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the two Seat Supports (#3) to the two Post Frames (#2). Secure each end of the two Seat Supports with two M8 x 6 1/2" Allen Bolts (#8), four Ø 5/8" Washers (#11), and two M8 Aircraft Nuts (#13).
- B.) **Do not tighten all Nuts and Bolts until instructed to do so.**

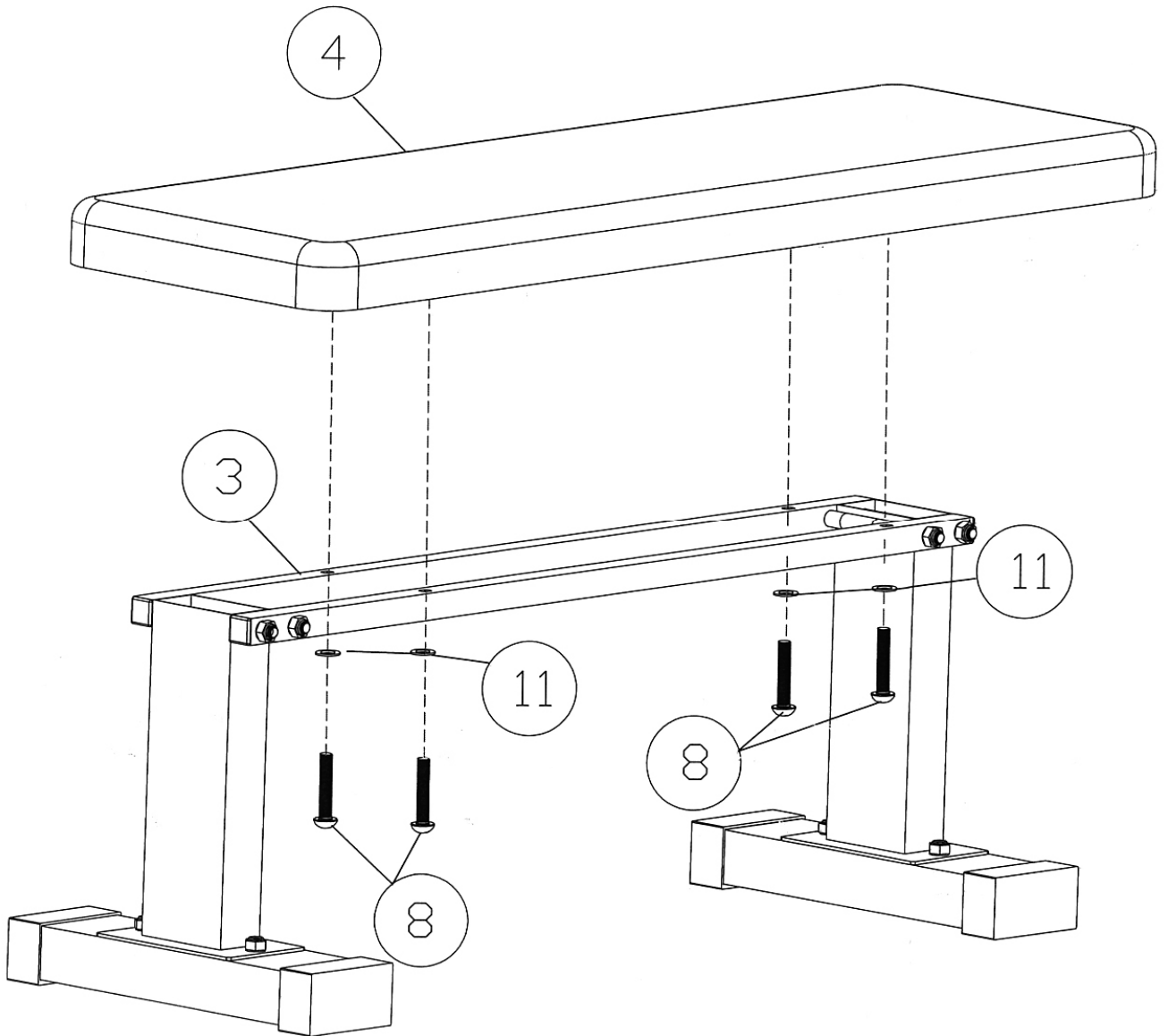
DIAGRAM 2



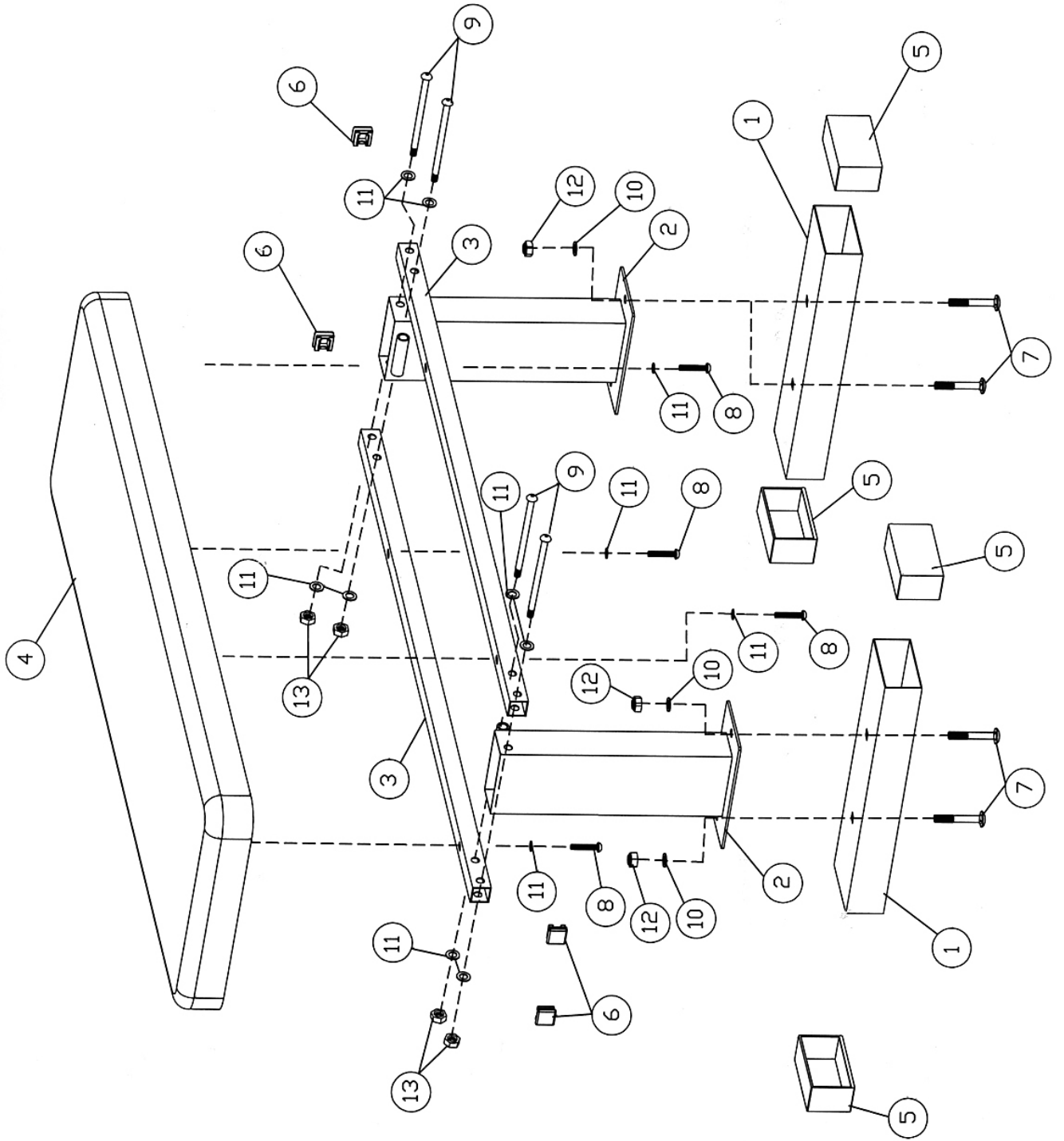
STEP 3 (See Diagram 3)

- A.) Plate the Seat Pad (#4) onto the two Seat Supports (#3). Secure it with four M8 x 1 ½" Allen Bolts (#8) and four Ø 5/8" Washers (#11).
- B.) **Securely tighten all Nuts and Bolts in Step-1, 2, and 3.**

DIAGRAM 3



EXPLODED DIAGRAM



STE00111 PARTS LIST

PART NO.	DESCRIPTION	SIZE	QUANTITY
1	Base Frame		2
2	Post Frame		2
3	Seat Support		2
4	Seat Pad		1
5	End Cap	2" x 4"	4
6	End Cap	1" x 1"	4
7	Carriage Bolt	M10 x 2 ½"	4
8	Allen Bolt	M8 x 1 ½"	4
9	Allen Bolt	M8 x 6 ½"	4
10	Washer	Ø ¾"	4
11	Washer	Ø 5/8"	12
12	Aircraft Nut	M10	4
13	Aircraft Nut	M8	4

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.
345 Court St.
Coraopolis, PA 15108
Attn: Customer Service
Serial No. STE00111

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.