

# AB BENCH

STE00112

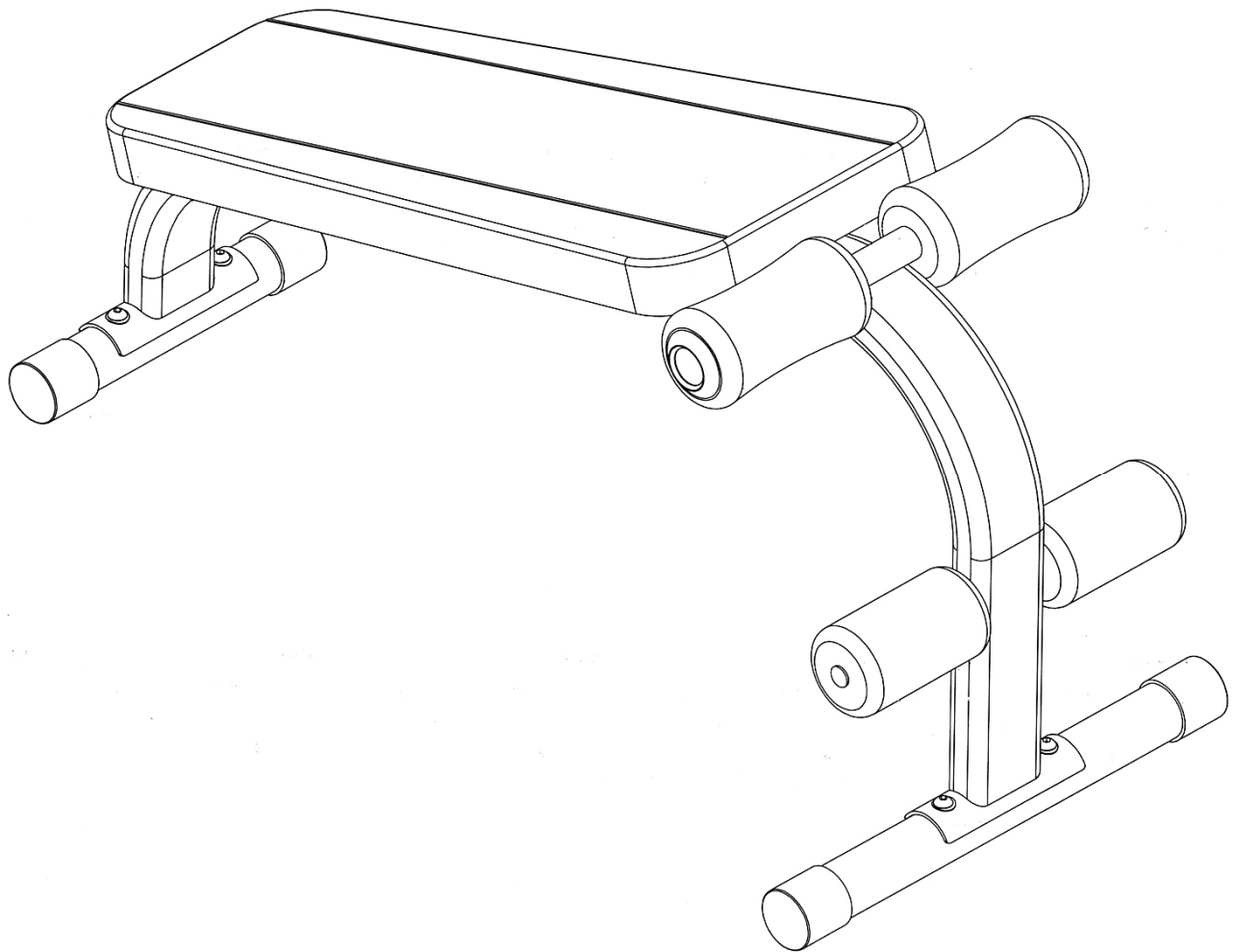
**FG** AB|150

**FITNESS  
GEAR**

Tools Required:  
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 AB-150 AB 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@dcs.com](mailto:customer.service@dcs.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 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.**

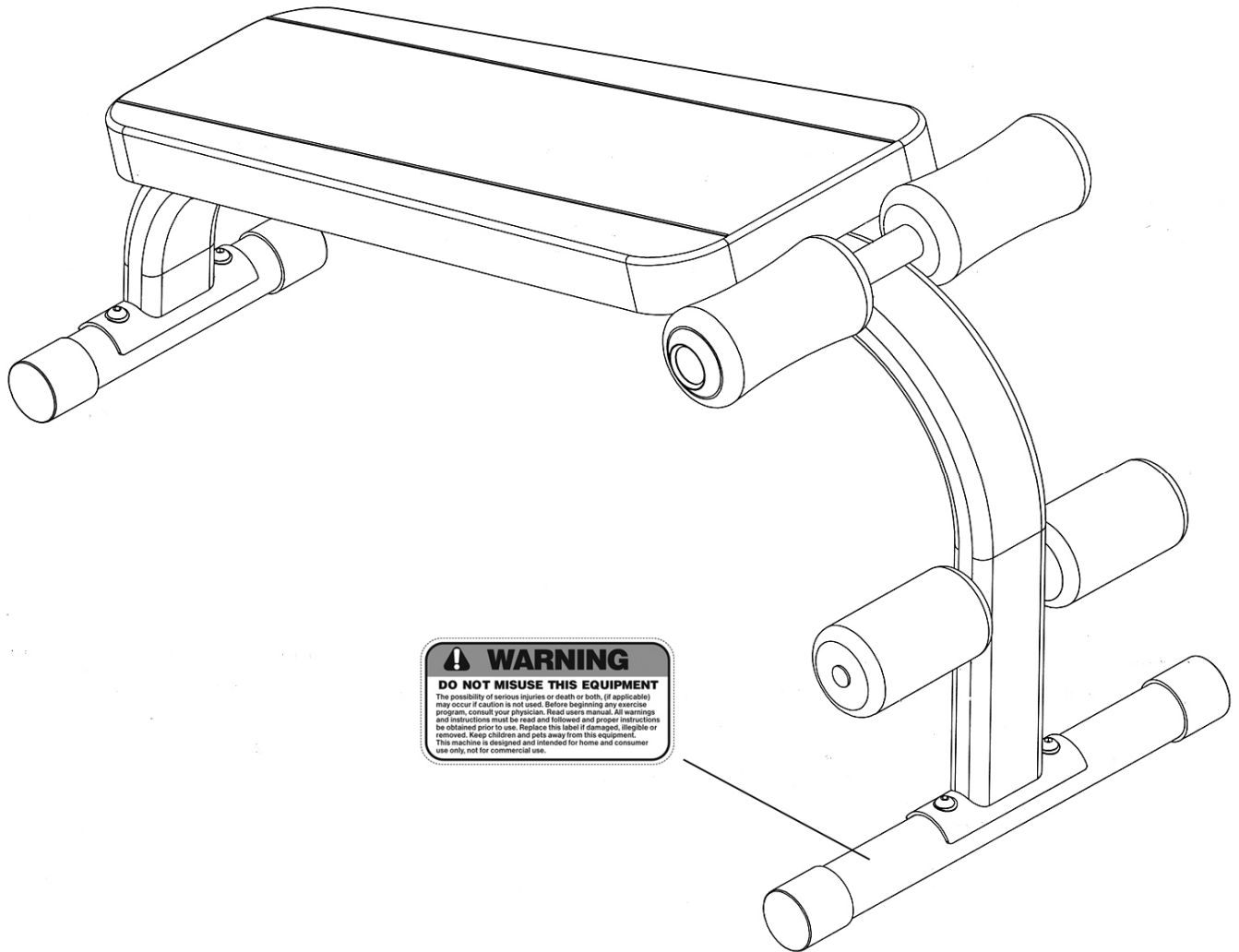
### **CARE AND MAINTENANCE**

1. Periodically Lubricate moving parts with WD-40 or light oil
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: 44" x 20.5" x 22"

**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.**

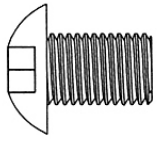
## WARNING LABEL PLACEMENT



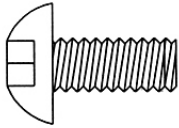
The warning labels shown here have been placed on the Front Base. If the labels are missing or illegible, please call customer service at 1-866-677-4771 for replacements. Apply the labels in the location shown.

# HARDWARE PACK

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



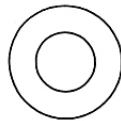
#6 M10 ×  $\frac{5}{8}$ " Allen Bolt (Qty 4)



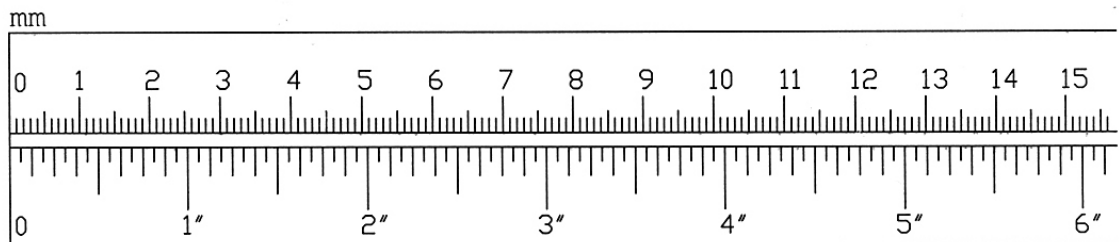
#7 M8 ×  $\frac{3}{4}$ " Allen Bolt (Qty 4)



#9  $\emptyset \frac{3}{4}$ " Curved Washer (Qty 4)



#10  $\emptyset \frac{5}{8}$ " Washer (Qty 4)



## ASSEMBLY INSTRUCTION

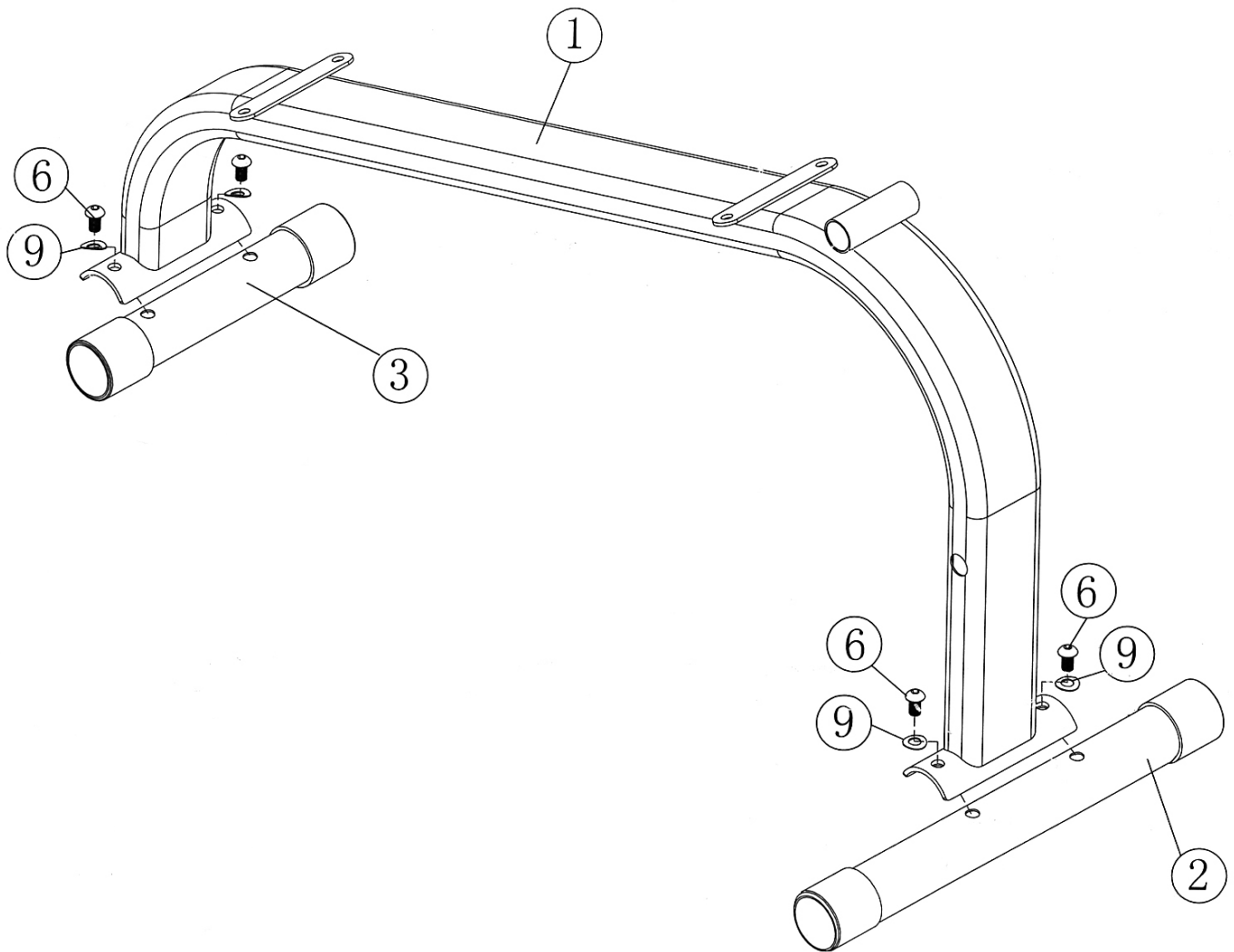
**Tools Required for Assembling the Machine: 5# and 6# Allen Wrenches.**

**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 the Main Frame (#1) to Front Base (#2) and Rear Base (#3).
- B.) Secure the Main Frame to Front Base with two M10 x 5/8" Allen Bolts (#6) and two  $\text{\O} \frac{3}{4}$ " Curve Washers (#9).
- C.) Secure the Main Frame to Rear Base with two M10 x 5/8" Allen Bolts (#6) and two  $\text{\O} \frac{3}{4}$ " Curve Washers (#9).

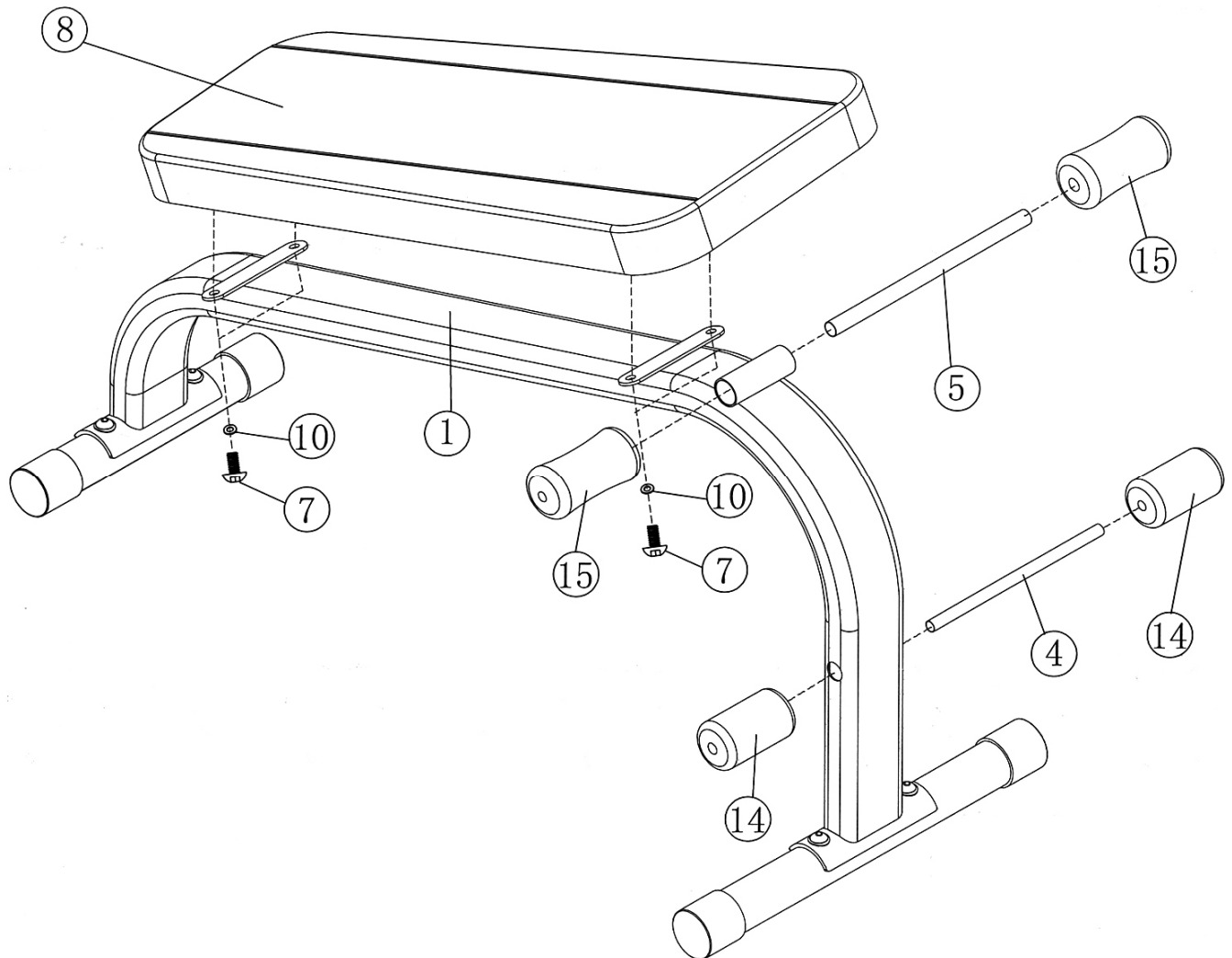
**DIAGRAM 1**



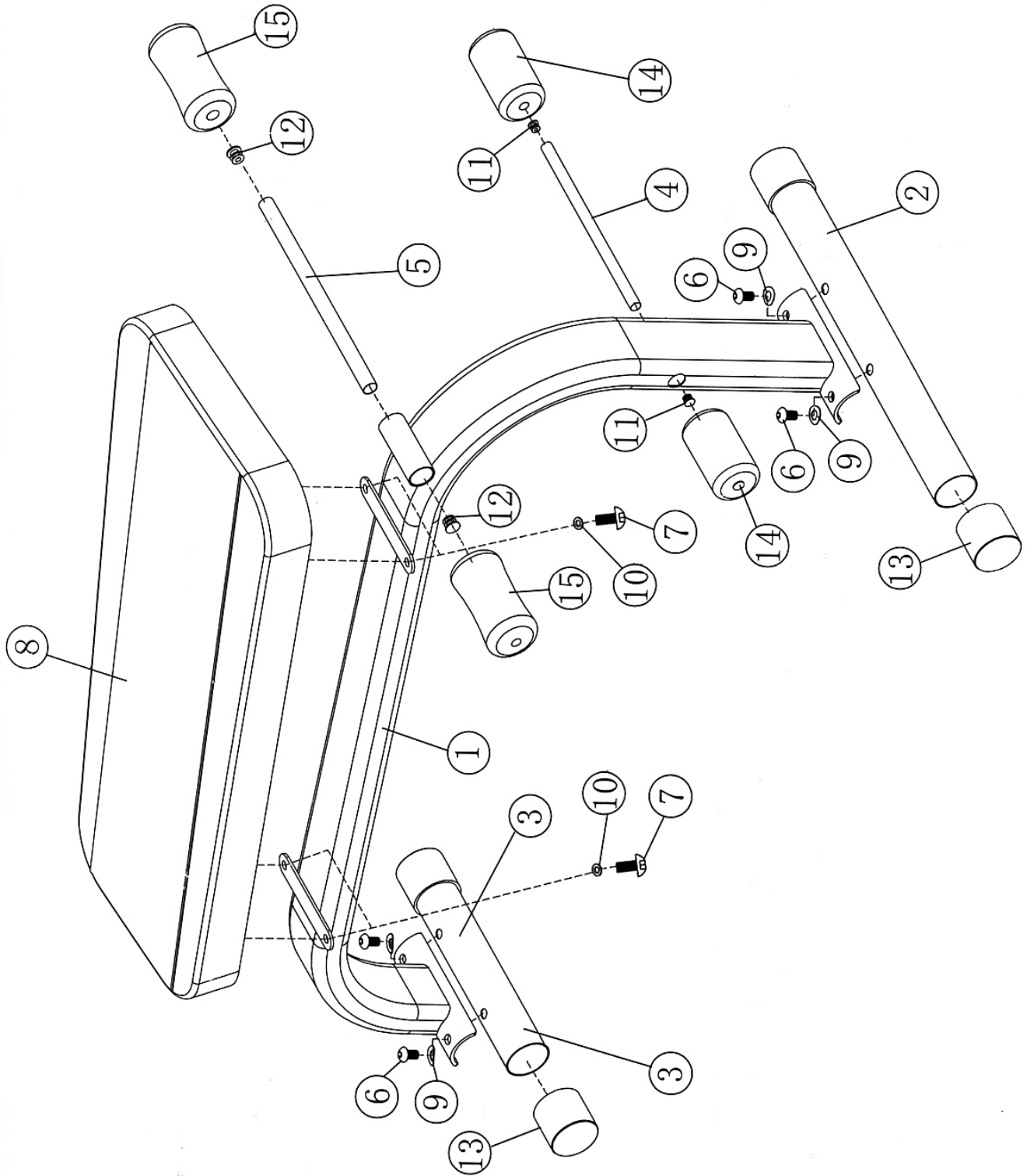
**STEP 2 (See Diagram 2)**

- A.) Attach the Seat Pad (#8) to the Main Frame (#1). Secure it with four M8 x 3/4" Allen Bolts (#7) and four Ø 5/8" Washers (#10).
- B.) Insert the Large Foam Tube (#5) through the pivot on Main Frame. Push two Large Foam Rolls (#15) onto the Large Foam Tube.
- C.) Insert the Foam Tube (#4) through the lower hole on Main Frame. Push two Small Foam Rolls (#14) onto the Foam Tube.

**DIAGRAM 2**



# EXPLODED DIAGRAM





## STE00112 PARTS LIST

PART NO.	DESCRIPTION	SIZE	QUANTITY
1	Main Frame		1
2	Front Base		1
3	Rear Base		1
4	Foam Tube	Ø ¾"	1
5	Large Foam Tube	Ø 1"	1
6	Allen Bolt	M10 x 5/8"	4
7	Allen Bolt	M8 x ¾"	4
8	Seat Pad		1
9	Curved Washer	Ø ¾"	4
10	Washer	Ø 5/8"	4
11	Foam Tube End Cap	Ø ¾"	2
12	Large Foam Tube End Cap	Ø 1"	2
13	Base End Cap	Ø 2"	4
14	Small Foam Roll		2
15	Large Foam Roll		2
	Allen Wrench (Tool)	5#	1
	Allen Wrench (Tool)	6#	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.**  
  **345 Court St.**  
  **Coraopolis, PA 15108**  
  **Attn: Customer Service**  
  **Serial No. STE00112**

If by telephone, call:                   **1-866- 677- 4771**  
If by e-mail, to:                         [customer.service@dcsq.com](mailto: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.