

OLYMPIC BENCH

STE00110

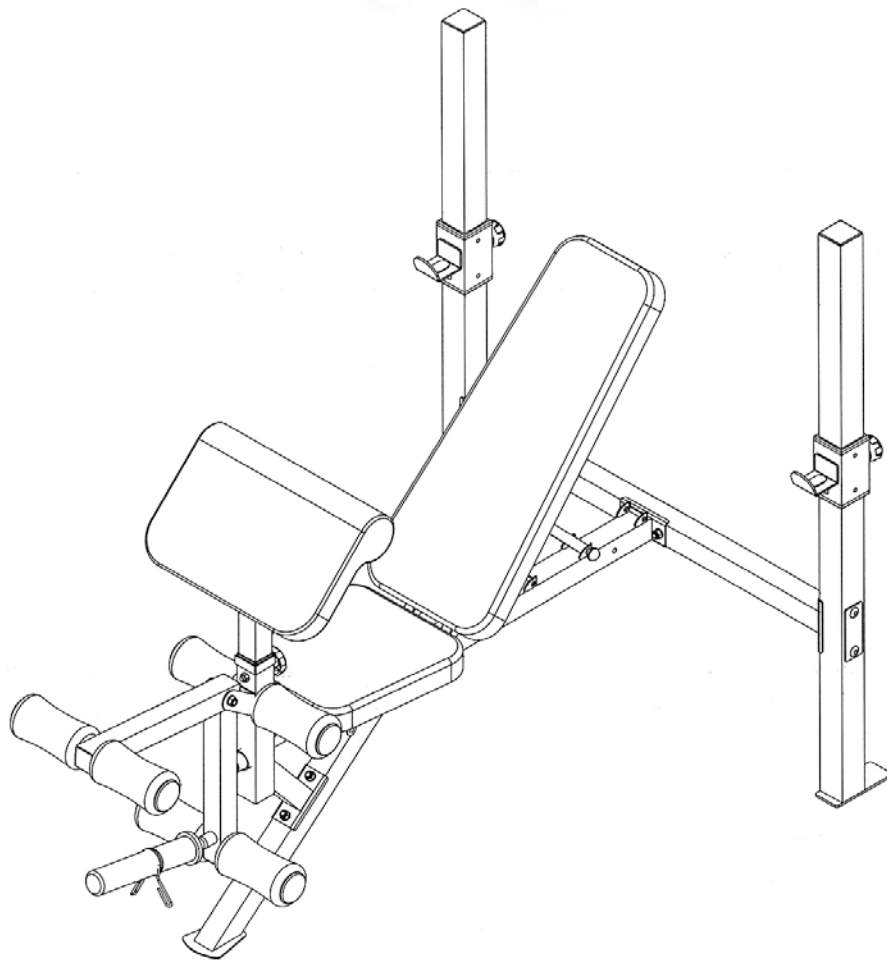
FG OB|500

**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 OB-500 Olympic 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@dcsg.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. ALWAYS ensure the backrest is properly secured before use. DO NOT adjust backrest while sitting on bench. Adjust backrest from a standing position with no weight placed on the seat or backrest.
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. ALWAYS test the position of the backrest to be sure it is secure before beginning exercises.
12. Always secure bar catch in place before sitting on bench or adding weight.
13. **Only a 7 foot Olympic bar should be used with this machine.**
14. **This machine is designed and intended for home and consumer use only, not for commercial use.**

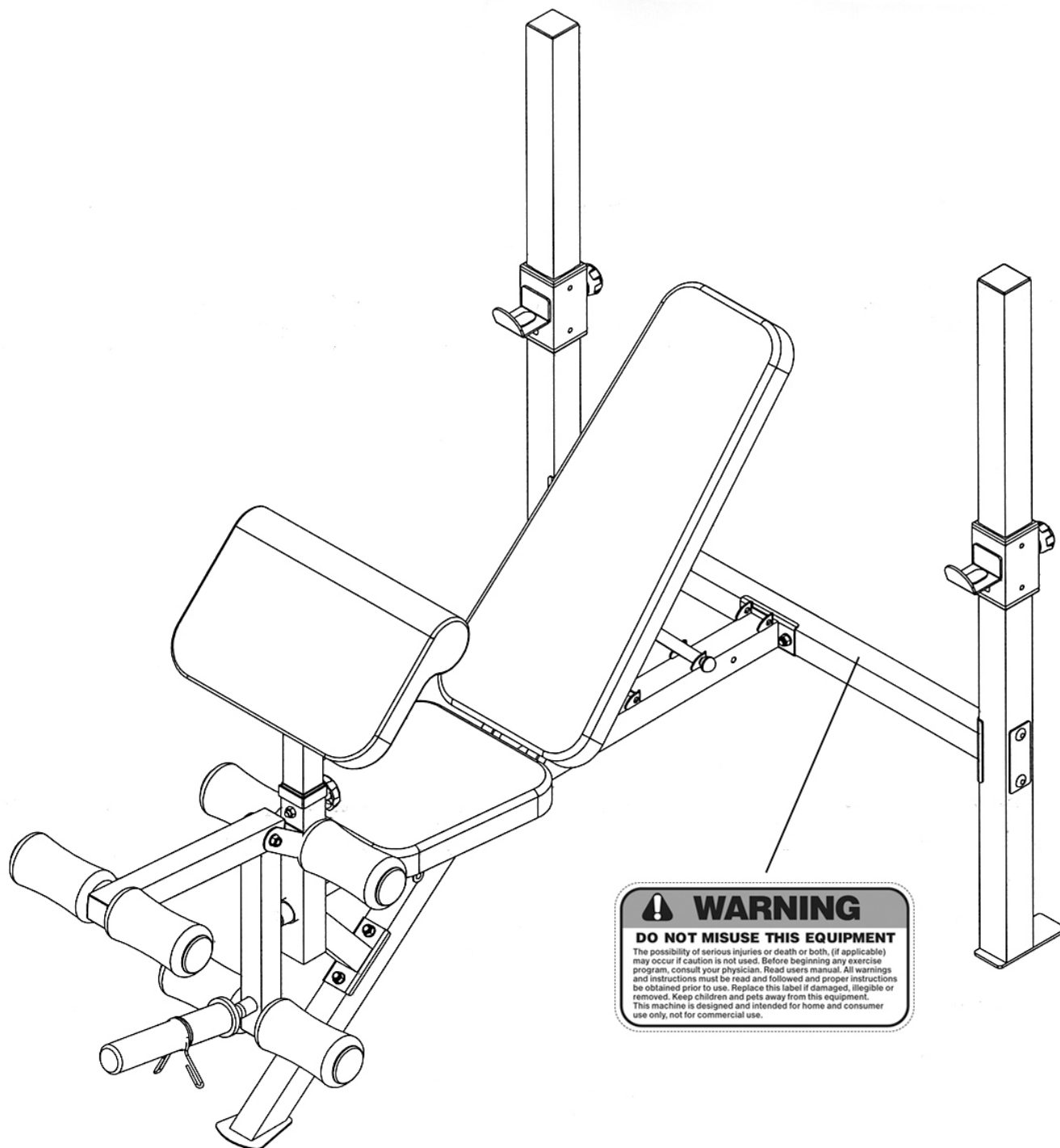
CARE AND MAINTENANCE

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 on Bar Catch: 300 lbs**
6. **Maximum weight on Leg Developer: 100lbs**
7. **Maximum weight capacity on Bench (User weight + lifting weight): 600 lbs**
8. Assembled Dimension: 69" x 43" x 51.5"

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.

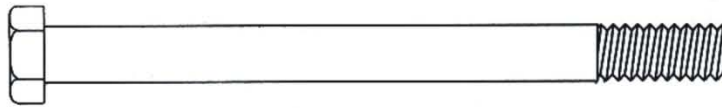
WARNING LABEL PLACEMENT



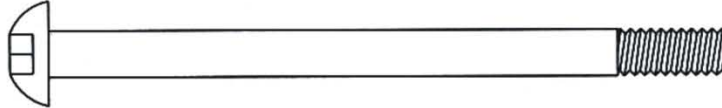
The warning labels shown here have been placed on the Cross Brace. If the labels are missing or illegible, please call customer service at 1-866-677-4771 for replacements. Apply the labels in the location shown.

HARDWARE PACK

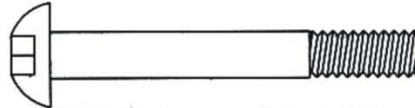
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



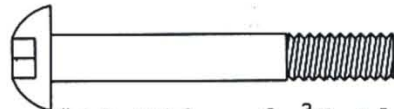
#24 M12 x 5 $\frac{1}{2}$ " Hex Bolt (Qty 1)



#17 M10 x 5 $\frac{1}{2}$ " Allen Bolt (Qty 1)



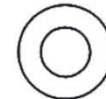
#18 M10 x 3" Allen Bolt (Qty 1)



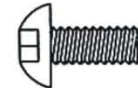
#19 M10 x 2 $\frac{3}{4}$ " Allen Bolt (Qty 2)



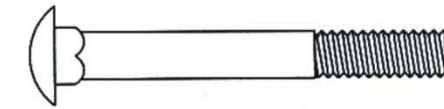
#20 M8 x 1 $\frac{1}{2}$ " Allen Bolt (Qty 4)



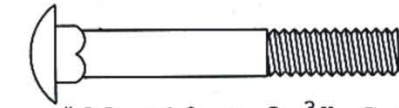
#25 Ø 1" Washer (Qty 2)



#21 M8 x $\frac{3}{4}$ " Allen Bolt (Qty 6)



#22 M10 x 3 $\frac{1}{8}$ " Carriage Bolt (Qty 4)



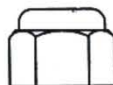
#23 M10 x 2 $\frac{3}{4}$ " Carriage Bolt (Qty 4)



#26 Ø $\frac{3}{4}$ " Washer (Qty 16)



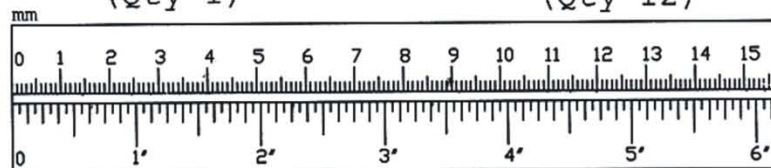
#27 Ø $\frac{5}{8}$ " Washer (Qty 10)



#28 M12 Aircraft Nut (Qty 1)



#29 M10 Aircraft Nut (Qty 12)



ASSEMBLY INSTRUCTION

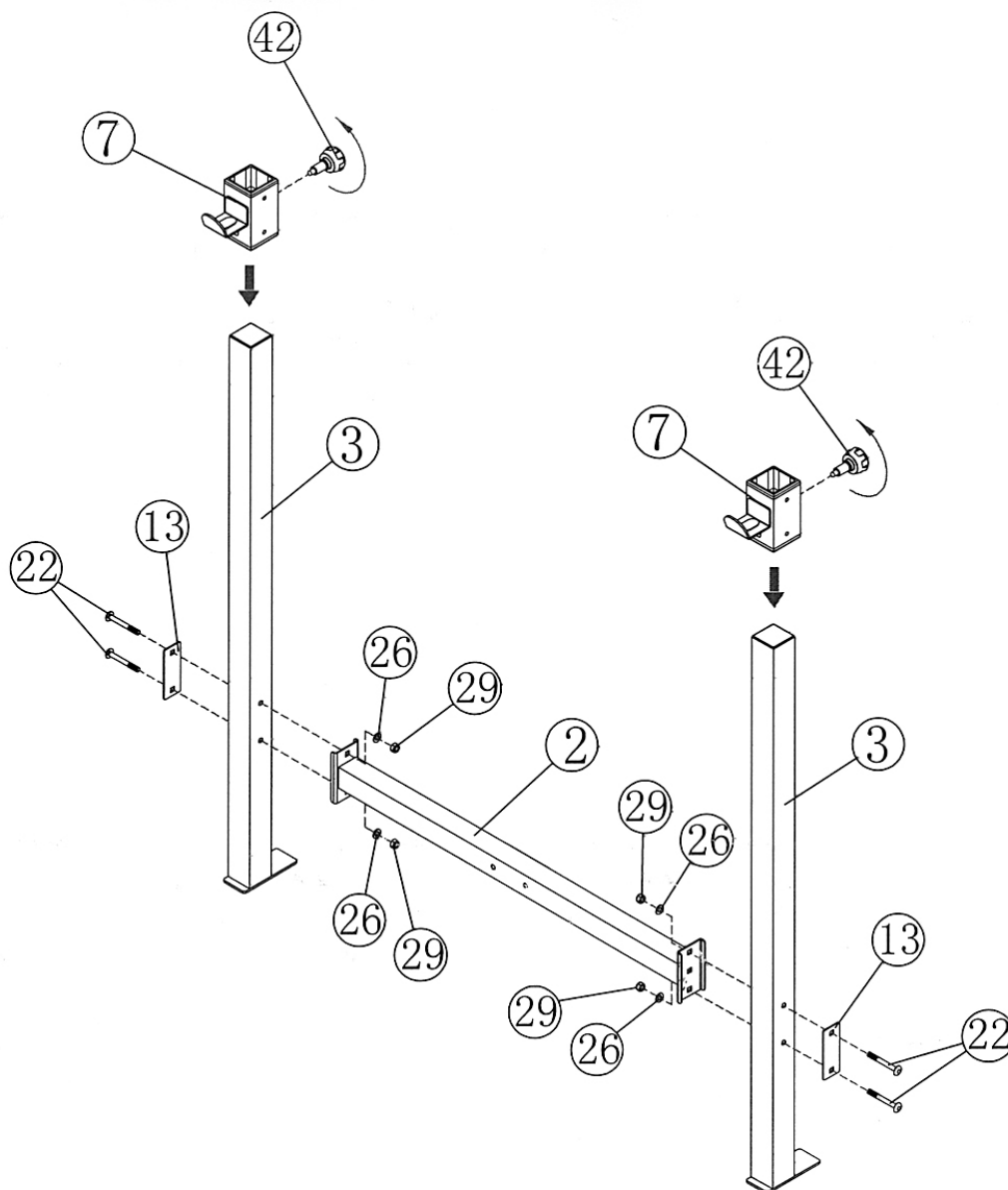
Tools Required for Assembling the Machine: Adjustable Wrench and Allen Wrench.

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.) Place the Cross Brace (#2) in between the two Uprights (#3). Secure each end of the Cross Brace to each Upright with two M10 x 3 1/8" Carriage Bolts (#22), one Bracket (#13), two Ø 3/4" Washers (#26), and two M10 Aircraft Nuts (#29).
Do not tighten the Nuts and Bolts until instructed to do so.
- B.) Slide two Bar Catches (#7) onto the Uprights. Use the Bar Catch Lock Knob (#42) to securely lock each Bar Catch at selected height.

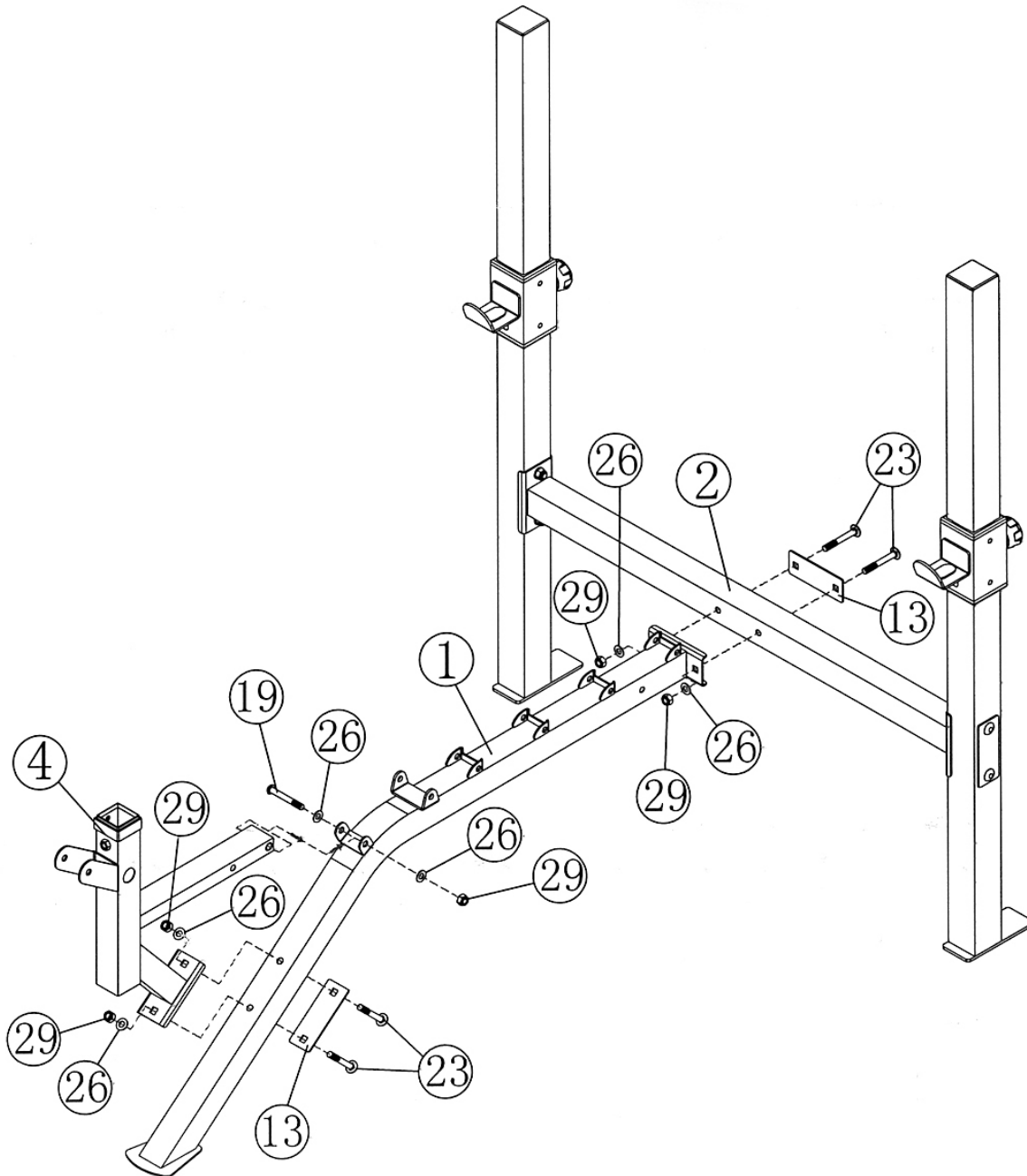
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Main Frame (#1) to the Cross Brace (#2). Secure them together with two M10 x 2 ¾" Carriage Bolts (#23), one Bracket (#13), two Ø ¾" Washers (#26), and two M10 Aircraft Nuts (#29).
- B.) Attach the Leg Developer Holder (#4) to the Main Frame. Secure the lower Leg Developer to the Main Frame with two M10 x 2 ¾" Carriage Bolts (#23), one Bracket (#13), two Ø ¾" Washers (#26), and two M10 Aircraft Nuts (#29). Secure the rear of Leg Developer to the bracket on Main Frame with one M10 x 2 ¾" Allen Bolt (#19), two Ø ¾" Washers (#26), and one M10 Aircraft Nut (#29).
- C.) **Securely tighten all Nuts and Bolts installed in Step-1 and 2.**

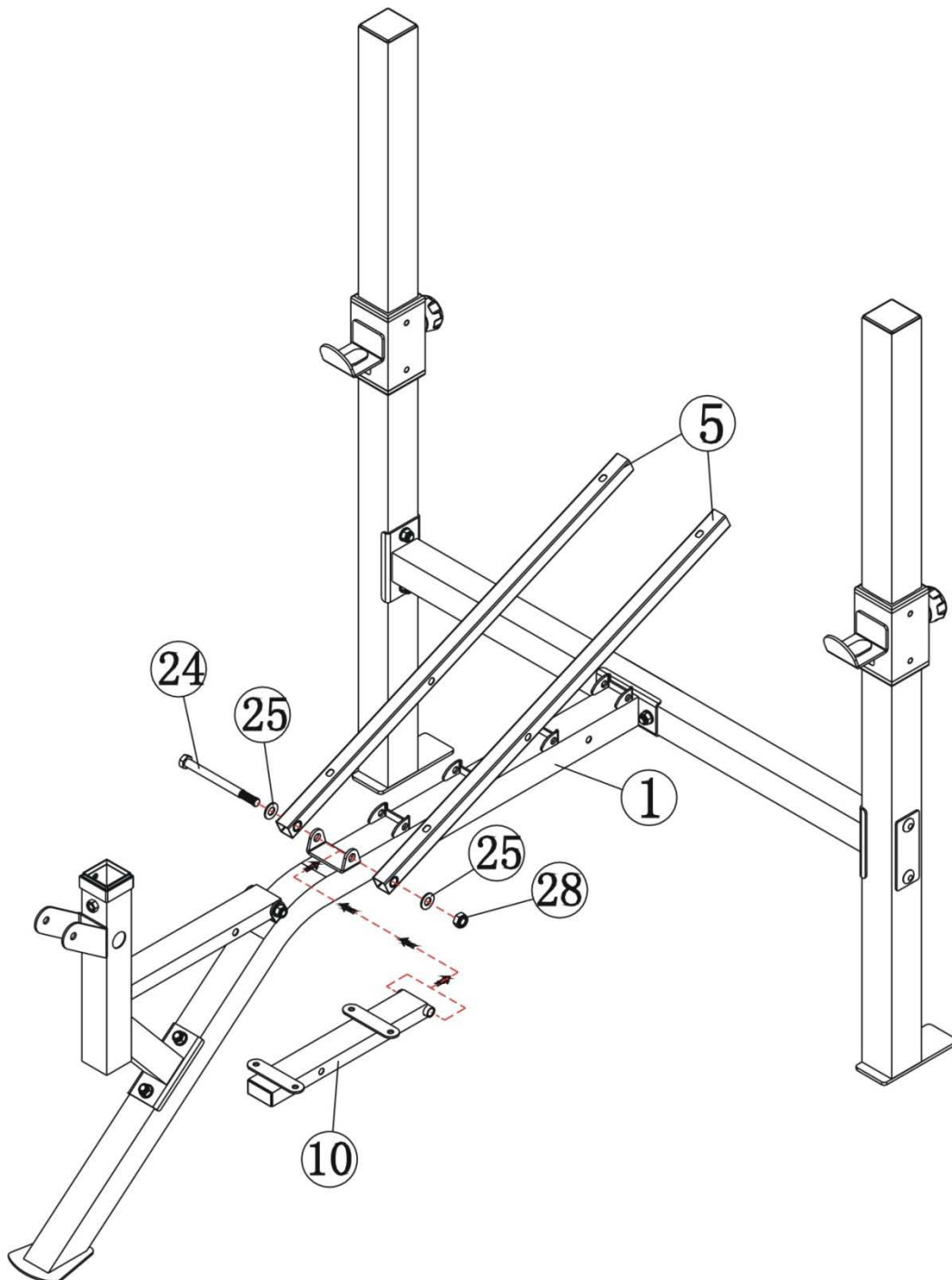
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the pivot on Seat Support (#10) to the open bracket on Main Frame (#1).
Attach the two Backrest Supports (#5) to the bracket.
- B.) Secure them together with one M12 x 5 ½" Hex Bolt (#24), two Ø 1" Washers (#25), and one M12 Aircraft Nut (#28).
- C.) **Do not tighten the Nut and Bolt until instructed to do so.**

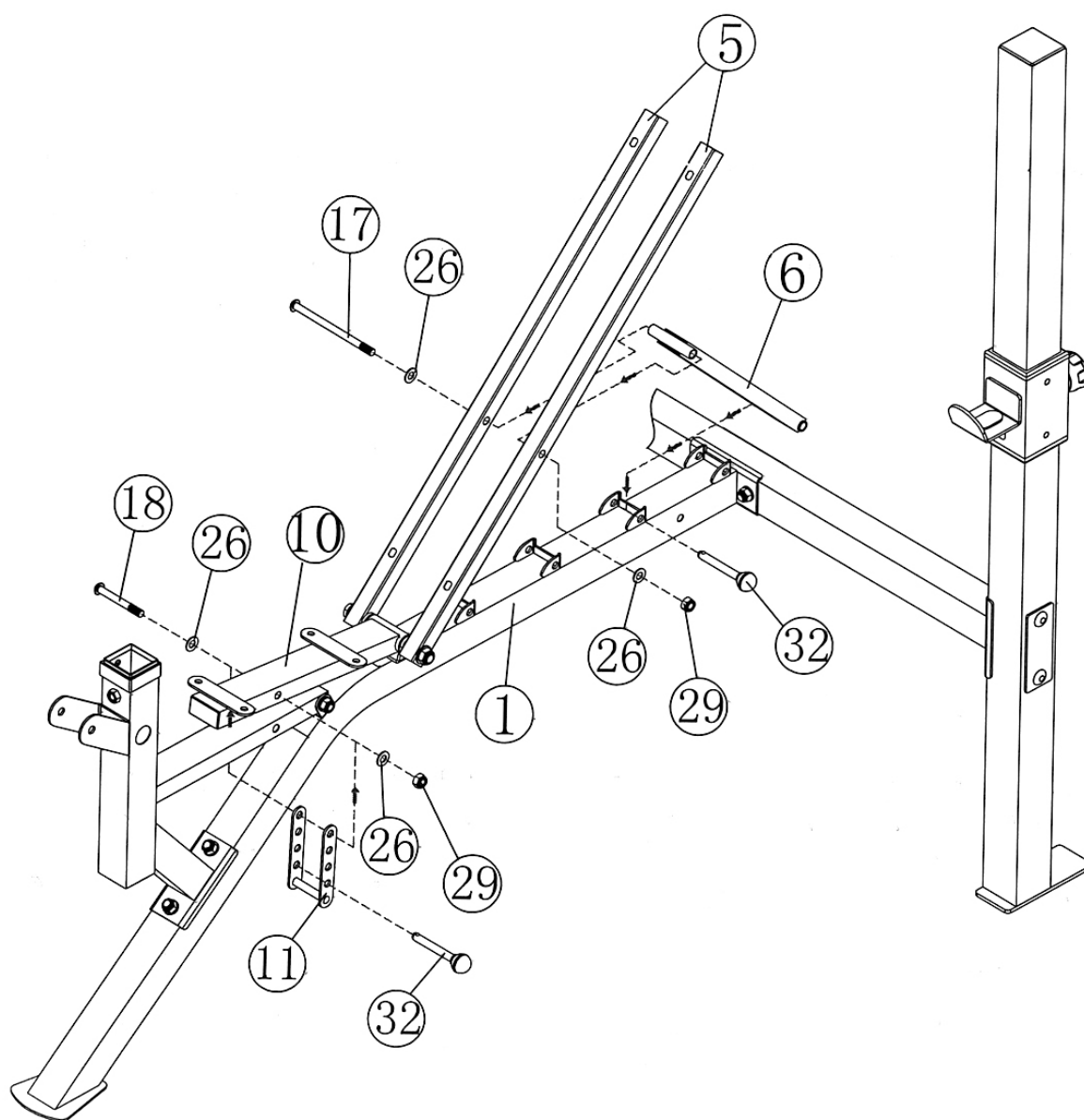
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Backrest Incline Support (#6) in between the two Backrest Supports (#5). Secure them together with one M10 x 5 ½" Allen Bolt (#17), two Ø ¾" Washers (#26), and one M10 Aircraft Nut (#29). Use a Lock Pin (#32) to securely lock the end of Backrest Incline Support at selected slot on Main Frame.
- B.) Attach Seat Incline Support (#11) to Seat Support (#10). Secure it with one M10 x 3" Allen Bolt (#18), two Ø ¾" Washers (#26), and one M10 Aircraft Nut (#29). Use the Lock Pin (#32) to lock the Seat Incline Support at selected incline.
- C.) **Securely tighten all Nuts and Bolts installed in Step-3, and 4.**
- D.) **Do not over tighten Backrest Support, Seat Support, and Backrest Incline Support; ensure they are able to swivel freely.**

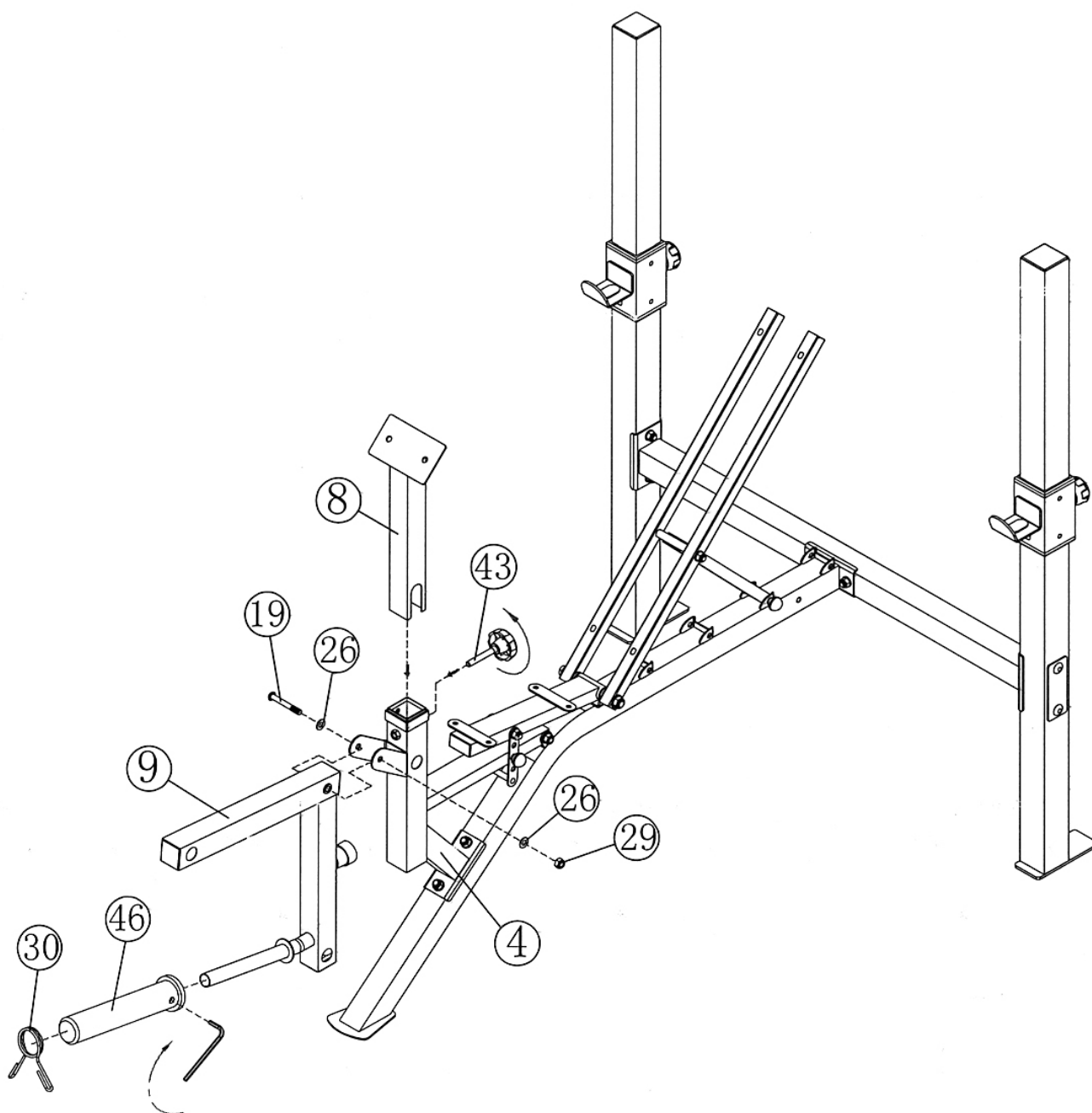
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Leg Developer (#9) to Leg Developer Holder (#4). Secure it with one M10 x 2 $\frac{3}{4}$ " Allen Bolt (#19), two $\varnothing \frac{3}{4}$ " Washers (#26), and one M10 Aircraft Nut (#29). **Do not over tighten the Nut and Bolt; ensure the Leg Developer can swivel freely.**
- B.) Slide the Olympic Sleeve (#46) onto the weight post on Leg Developer. Clip the Olympic Sleeve (#30) onto the Olympic Sleeve.
- C.) Insert the Arm Curl Stand into Leg Developer Holder (#4). Thread the M10 Lock Knob into the hole to lock the Stand at selected height.

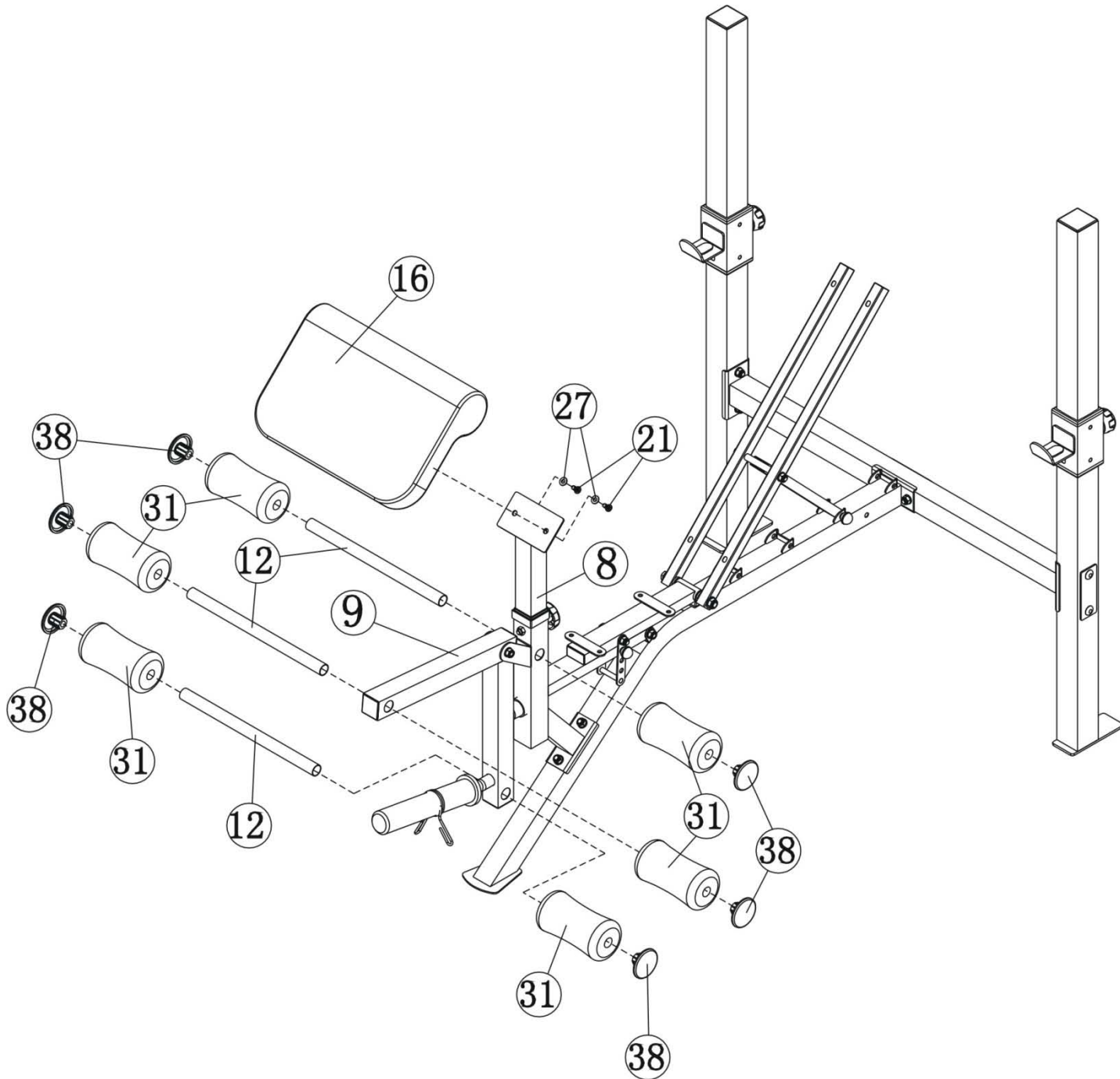
DIAGRAM 5



STEP 6 (See Diagram 6)

- A.) Insert three Foam Tubes (#12) halfway through the holes on Leg Developer Holder (#4) and Leg Developer (#9).
- B.) Push six Foam Rolls (#31) onto the Foam Tubes. Plug six Foam Roll End Caps into the Foam Tubes End.
- C.) Attach the Arm Curl Pad (#16) to Arm Curl Stand (#8). Secure it with two M8 x ¾" Allen Bolts (#21) and two Ø 5/8" Washers (#27).

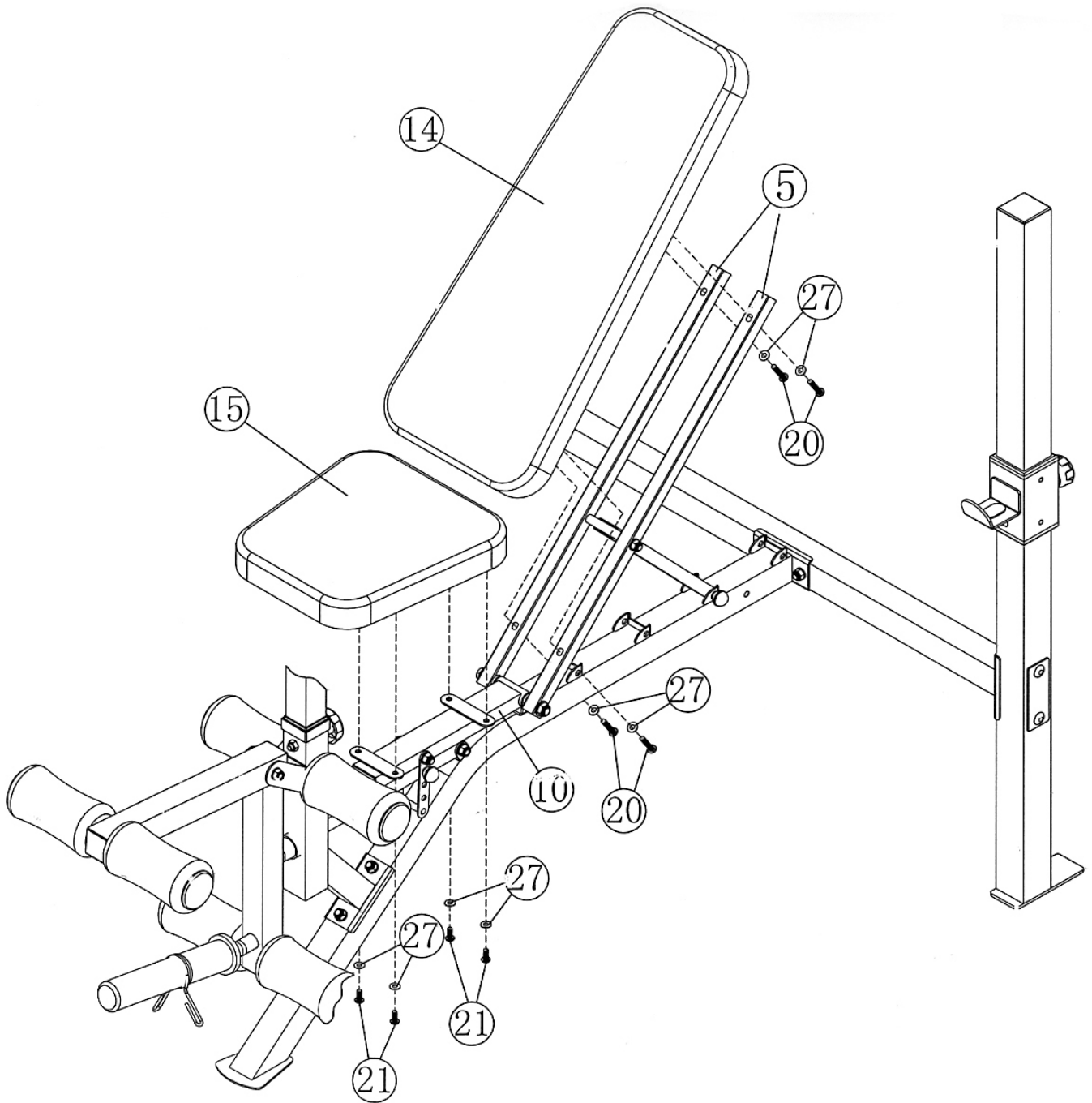
DIAGRAM 6



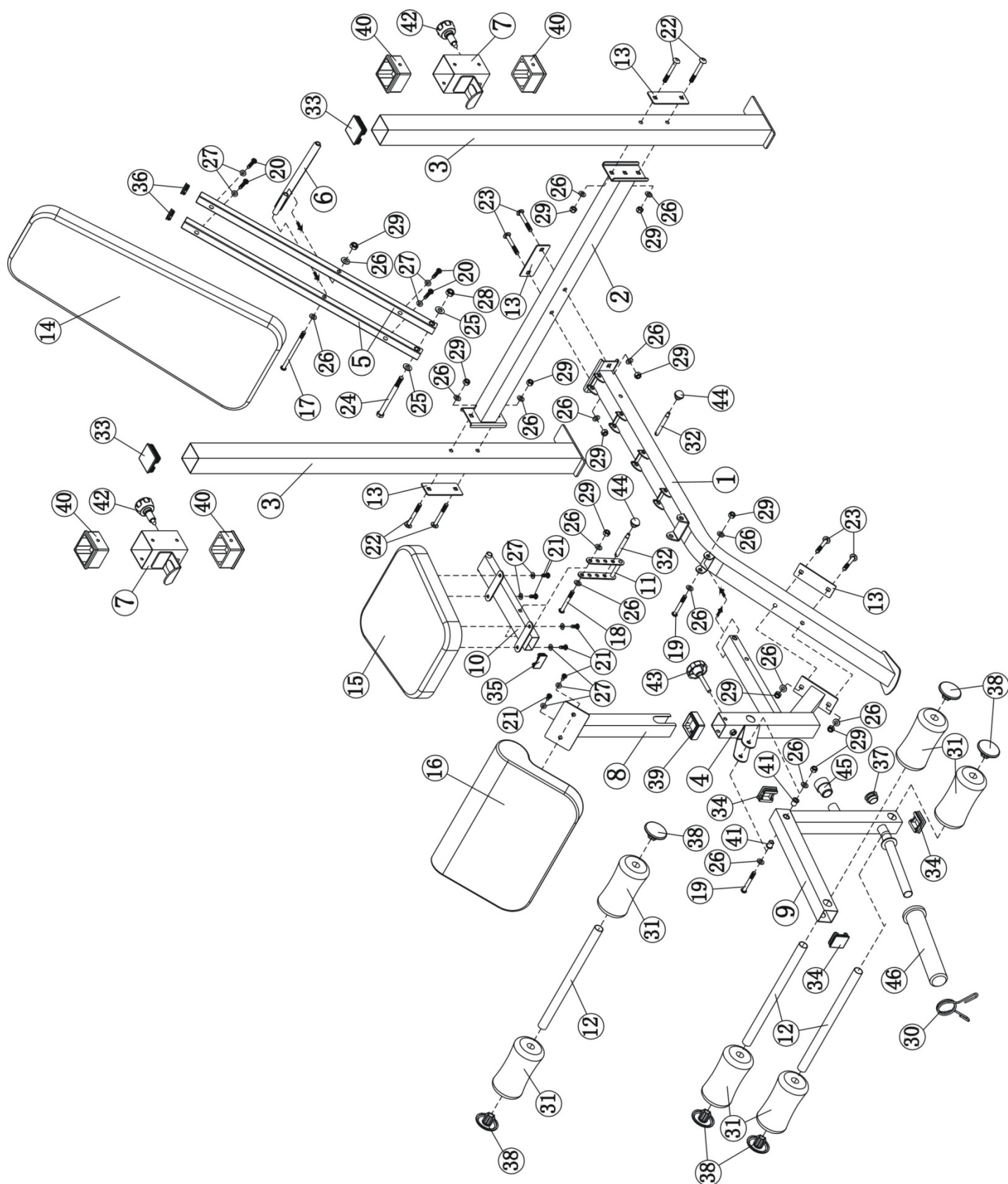
STEP 7 (See Diagram 7)

- A.) Attach the Backrest Board (#14) to the Backrest Supports (#5). Secure it with four M8 x 1 ½" Allen Bolts (#20) and four Ø 5/8" Washers (#27).
- B.) Attach the Seat Pad (#15) to the Seat Support (#10). Secure it with four M8 x ¾" Allen Bolts (#21) and four Ø 5/8" Washers (#27).

DIAGRAM 7



EXPLODED DIAGRAM



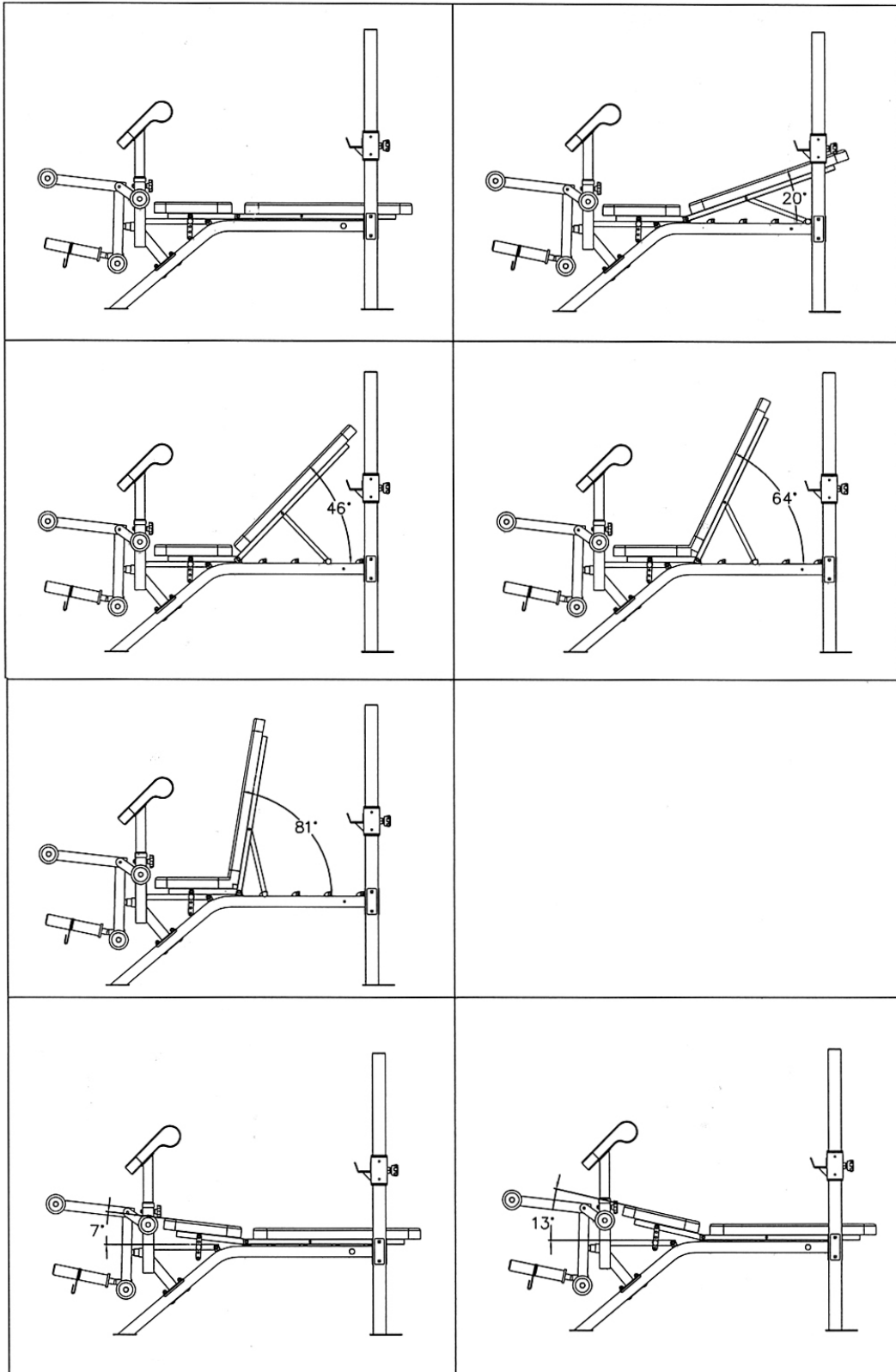
STE00110 PARTS LIST

PART NO.	DESCRIPTION	SIZE	QUANTITY
1	Main Frame		1
2	Cross Brace		1
3	Upright		2
4	Leg Developer Holder		1
5	Backrest Support		2
6	Backrest Incline Support		1
7	Bar Catch		2
8	Arm Curl Stand		1
9	Leg Developer		1
10	Seat Support		1
11	Seat Incline Support		1
12	Foam Tube		3
13	Bracket		4
14	Backrest Board		1
15	Seat Pad		1
16	Arm Curl Pad		1
17	Allen Bolt	M10 x 5 1/2"	1
18	Allen Bolt	M10 x 3"	1
19	Allen Bolt	M10 x 2 3/4"	2
20	Allen Bolt	M8 x 1 1/2"	4
21	Allen Bolt	M8 x 3/4"	6
22	Carriage Bolt	M10 x 3 1/8"	4
23	Carriage Bolt	M10 x 2 3/4"	4
24	Hex Bolt	M12 x 5 1/2"	1
25	Washer	Ø 1"	2
26	Washer	Ø 3/4"	16
27	Washer	Ø 5/8"	10
28	Aircraft Nut	M12	1
29	Aircraft Nut	M10	12
30	Spring Clip	Ø 2"	1
31	Foam Roll		6
32	Lock Pin	Ø 3/8" x 3 3/8"	2
33	End Cap	2 3/8" x 2 3/8"	2
34	End Cap	1 3/4" x 1 3/4"	3
35	End Cap	1" x 2"	1
36	End Cap	1" x 1"	2
37	End Cap	Ø 1"	1
38	Foam Roll End Cap		6
39	Sleeve	2" x 1 3/4"	1
40	Sleeve	3" x 2 3/8"	4
41	Leg Developer Bushing	Ø 3/4" x 1 1/2"	2
42	Bar Catch Lock Knob	M18	2
43	Lock Knob	M10	1
44	Lock Pin Head	M8	2
45	Rubber Bumper		1
46	Olympic Sleeve	Ø 2"	1

INCLINE ADJUSTMENT

When adjusting the Backrest incline; ensure the end of Backrest Incline Support is securely locked by the Lock Pin to avoid possible injury.

1. Backrest Incline can be adjusted from 0° to 81° .
2. Seat Incline can be adjusted from 0° to 13° .



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. STE00110

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.