



MANUAL

MODEL FITBENCH® FLEX

#FLEX02

UPDATED 10.5.2021





Thank you for purchasing the FITBENCH® FLEX!

The FITBENCH FLEX is the ALL-IN-ONE fitness bench which includes 6 sets of dumbbells, 2 kettlebells, and 1 slam ball (FITBANDS® are sold separately). The FITBENCH FLEX allows for a wide variety of workout options. It is portable, with two fixed wheels to allow movement when weights are removed. The FITBENCH FLEX also has a soft-close piston shock for the contoured, vinyl bench top to close slowly and safely.

If you have any questions about your FITBENCH FLEX, please call us at 800-294-0536 or email us at info@FITBENCH.com and include the following information:

- Customer Name and Address
- Telephone Number
- Email Address
- FITBENCH FLEX Serial Number (found under the top near the shock)





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IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using the FITBENCH FLEX, basic precautions should always be taken, including the following:

1. Read all instructions before using the FITBENCH FLEX. These instructions are written to ensure your safety and to protect the unit.
2. Use the FITBENCH FLEX only for its intended purpose. Do not use accessory attachments that are not recommended by FITBENCH.
3. The product should only be used on a level surface. Allow enough space around the FITBENCH FLEX to perform all possible exercises.
4. Do not allow children on or near the FITBENCH FLEX unless supervised by an adult.
5. Do not attempt to lift more weight than you can control safely. If you should feel pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. Never use the FITBENCH FLEX if it appears to be damaged. Always inspect the FITBENCH FLEX prior to use to ensure it is in proper working condition.
7. Keep hands, limbs, loose clothes, and long hair well out of the way of moving parts.
8. Wear proper exercise clothing and shoes for your workout.
9. Do not use the FITBENCH FLEX as a plyo-box **UNLESS** it is on a solid, flat surface, in the flat position with the top down.

ASSEMBLY INSTRUCTIONS and ACCESSORY PLACEMENT

The FITBENCH FLEX requires no assembly other than placing the dumbbell weights, kettlebells, and slam ball in their designated locations. It is recommended that once you have the FITBENCH FLEX removed from its packaging, you place the FITBENCH FLEX in its desired location before installing the dumbbell weights, kettlebells, slam ball and any other purchased accessories. To see how to unbox your FITBENCH, [watch our instructional video](#).





DUMBBELL SIZES

Six sets of dumbbells are included with the FITBENCH® FLEX. Depending on your location, you may have received dumbbells in POUNDS or KILOGRAMS.

Pound Sizes:

- 5 lb X 2
- 10 lb X 2
- 15 lb X 2
- 20 lb X 2
- 25 lb X 2
- 30 lb X 2



Kilogram Sizes:

- 2 kg X 2
- 4 kg X 2
- 6 kg X 2
- 10 kg X 2
- 12 kg X 2
- 14 kg X 2

DUMBBELL LOCATION





KETTLEBELL SIZES

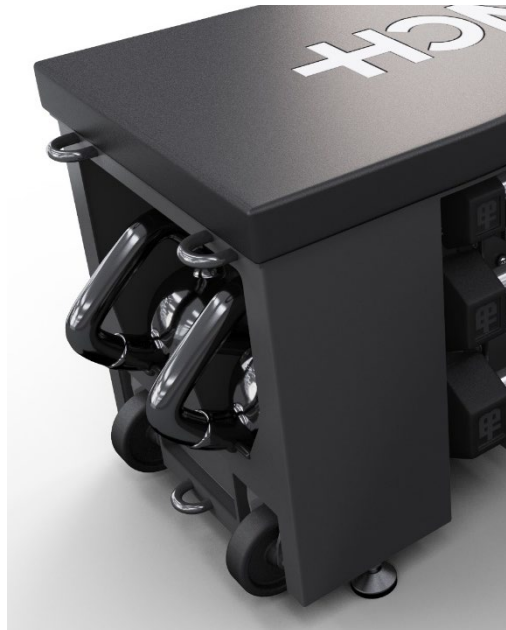
Two kettlebells are included with the FITBENCH® FLEX.

Pound Sizes:

- 18 lb / 8 kg
- 30 lb / 12 kg



KETTLEBELL LOCATION





SLAM BALL SIZE

One slam ball is included with the FITBENCH® FLEX.

Weight Sizes

- 15 lb / 7 kg



SLAM BALL LOCATION





GENERAL MAINTENANCE INFORMATION

Vinyl Top:

- To ensure prolonged life and proper hygiene of the FITBENCH® top, the entire FITBENCH vinyl top should be wiped clean with a damp cloth or nonabrasive cleaning solution after every workout.
- Replace ripped or worn FITBENCH FLEX vinyl top immediately. Replacement tops can be found at [FITBENCH.com](https://www.fitbench.com).
 - FITBENCH ONE tops can also be used as a replacement on the FITBENCH FLEX to give your bench an upgrade.
- Keep sharp or pointed objects clear of the FITBENCH FLEX vinyl top.
- **Always inspect hinge screws to ensure they are snug/tight.**
 - Loctite can be used to ensure screws stay tight.
- **Always inspect anchor point screws to ensure they are snug/tight.**

Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Screws:

- Inspect all screws for any loosening and tighten if needed. Go through a re-tightening sequence monthly to ensure that all screws are tightened properly.
- Loctite can be used to improve screw's security.

Wheels/Feet:

- Make sure to remove weights from bench before moving the bench.
- Feet on the FITBENCH FLEX are made to adjust for uneven surfaces – done by adjusting the height of the feet and locking with nut back into desired position.
- If the bench needs to be moved over a door threshold, pothole, etc., more than one person will be needed to lift and carry the bench safely. The wheels on all FITBENCHs were designed to perform on flat surfaces that are free of debris/pebbles/sand/etc.

Check out www.fitbench.com/train to download the FITBENCH Train app for exercise ideas, training plans, various workouts, and exclusive discounts for our subscribers. Additional workout ideas can be found on our YouTube page (<https://youtube.com/fitbench>).





FITBENCH® FLEX LIMITED WARRANTY 2021

The high quality and reliability of FITBENCH LLC ("FITBENCH") products and components (the "Products") enables us to offer you the following limited warranty:

THIS WARRANTY IS AN EXCLUSIVE WARRANTY AND FITBENCH MAKES NO OTHER WARRANTIES OF ANY KIND OR NATURE WHATSOEVER, EXPRESSED OR IMPLIED, WITH RESPECT TO THE PRODUCTS MANUFACTURED AND/OR SOLD BY IT. FITBENCH SPECIFICALLY DISCLAIMS ANY WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE OR MERCHANTABILITY. NO DISTRIBUTOR, AGENT, EMPLOYEE OR REPRESENTATIVE OF FITBENCH MAY ALTER THIS WARRANTY IN ANY WAY.

Main Components: Limited 10 Year Warranty: The main components, consisting of and limited to the Steel Structure, Frame, Structural Moving Parts and Anchors, Molded Top, Wheels, Levelers, Locking Feet, Dumbbell Hooks and Covers, Handle Sleeves are warranted for ten (10) years, subject to the terms of this Limited Warranty.

Other Components/Accessories: Limited 1 Year Warranty: The following components or accessories are warranted for one (1) year, subject to the terms of this Limited Warranty: Commercial Hexagon Dumbbells, Rubber Encased Kettlebells, and Shock.

Other Components/Accessories: Limited 6 Year Warranty: The following components or accessories are warranties for six (6) months, subject to the terms of this Limited Warranty: FITBANDS®, Slam Ball, Floor Mats, Glutey Bands, Jump Ropes, Core Sliders, Foam Rollers, Outdoor and Indoor Covers, FITROPE® (Battle Rope), and Vinyl Bench Top

Subject to the limitations in this warranty, FITBENCH warrants to the original purchaser of the Products, that all parts and components of FITBENCH Products are free of defects in material and workmanship. If we determine that any FITBENCH Products are defective in either material or workmanship during the relevant Individual Warranty Term, FITBENCH will, either repair or replace the products or damaged components, at its option. This warranty is limited to the cost of repair or replacement at the option of FITBENCH of any defective Product and it **shall in no event include incidental or consequential commercial damages of any kind.** FITBENCH Limited Warranty does not cover shipping costs to customer if product needs replacement.

The following are specific exceptions to the warranty:

1. Any damages caused by accidents, any unreasonable use or neglect, deterioration, mishandling, failure of maintenance, exposure to harsh environmental conditions such as salt, impact damage, dents, scratches, rust or surface damages, or lost or stolen components.
2. Damage due to improper use.





3. Damages from improper use of fitness accessories, whether sold with FITBENCH or sold separately, such as adjustable or standard dumbbells or kettlebells, resistance bands or other fitness or recovery fitness devices.
4. Any damage occurring during shipping (claims should be presented to the carrier).
5. Any damage to FITBANDS® due to over-extension or inadequate anchoring.
6. Any damage due to a failure to follow general maintenance requirements.

WARRANTY CLAIM PROCEDURE: The customer must contact the authorized FITBENCH® Representative for approval prior to shipping. The customer will be responsible for shipping charges to FITBENCH in order to obtain warranty assistance. The Customer shall include, with the return shipment, a copy of the original bill of sale or receipt or other satisfactory proof of purchase as well as a short, detailed description of the problem. FITBENCH will pay return shipping charges if the repairs are covered under this warranty.

GERNERAL MAINTENANCE - The consumer must perform, or have performed, the following maintenance in order to keep the warranty in effect:

Composite Top:

- To ensure prolonged life and proper hygiene of the FITBENCH top, the entire FITBENCH composite top should be wiped clean with a damp cloth after every workout.
- Periodically take the time to use a mild soap or an approved disinfectant to clean the composite top. Avoid using any abrasive cleaners.
- Replace ripped or worn FITBENCH ONE composite top immediately.
- Keep sharp or pointed objects clear of the FITBENCH ONE composite top.
- Always inspect hinge screws and anchor point screws under the top to make sure they are snug/tight.

Locking Feet/Wheels:

- Locking feet **MUST BE** engaged when performing exercises on or with the bench.
- Check to make sure feet are all the way raised prior to moving before use.
- When moving the bench, be sure to pick up the bench if it is being moved over door thresholds, gravel, potholes, or any other non-smooth surface.
- **Shoes must be worn when engaging locking. Hands should not be used when engaging or disengaging the locking feet.**

Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- Inspect all nuts and bolts for any loosening and tighten if needed. Go through a re-tightening sequence periodically to ensure that all nuts and bolts are tightened properly. Loctite can be used to ensure screws stay tight.

This is the exclusive warranty applicable to your FITBENCH products. Please read the terms and limitations of this warranty.

Additional warranty on accessories, parts can be purchased online at fitbench.com.

Thank you and welcome to the #FITBENCHFamily!

