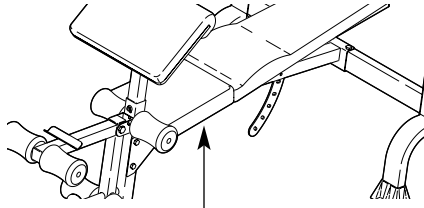


GOLD'S GYM® XR15

Model No. GGBE14821

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

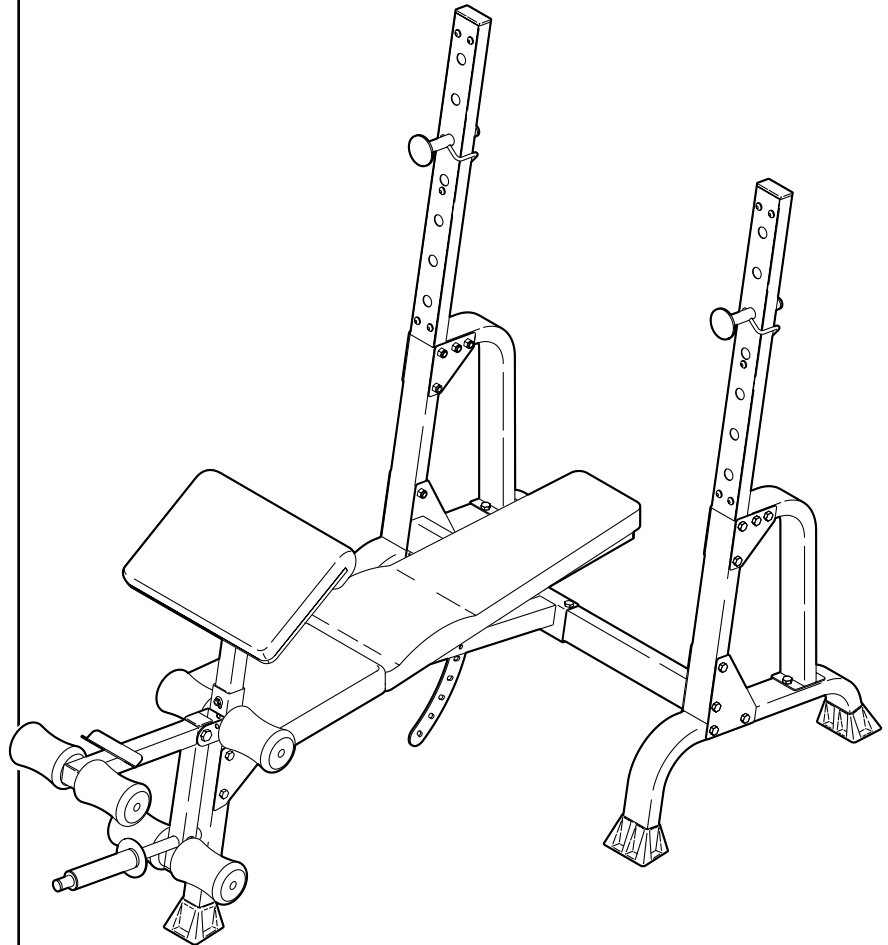
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



⚠ CAUTION

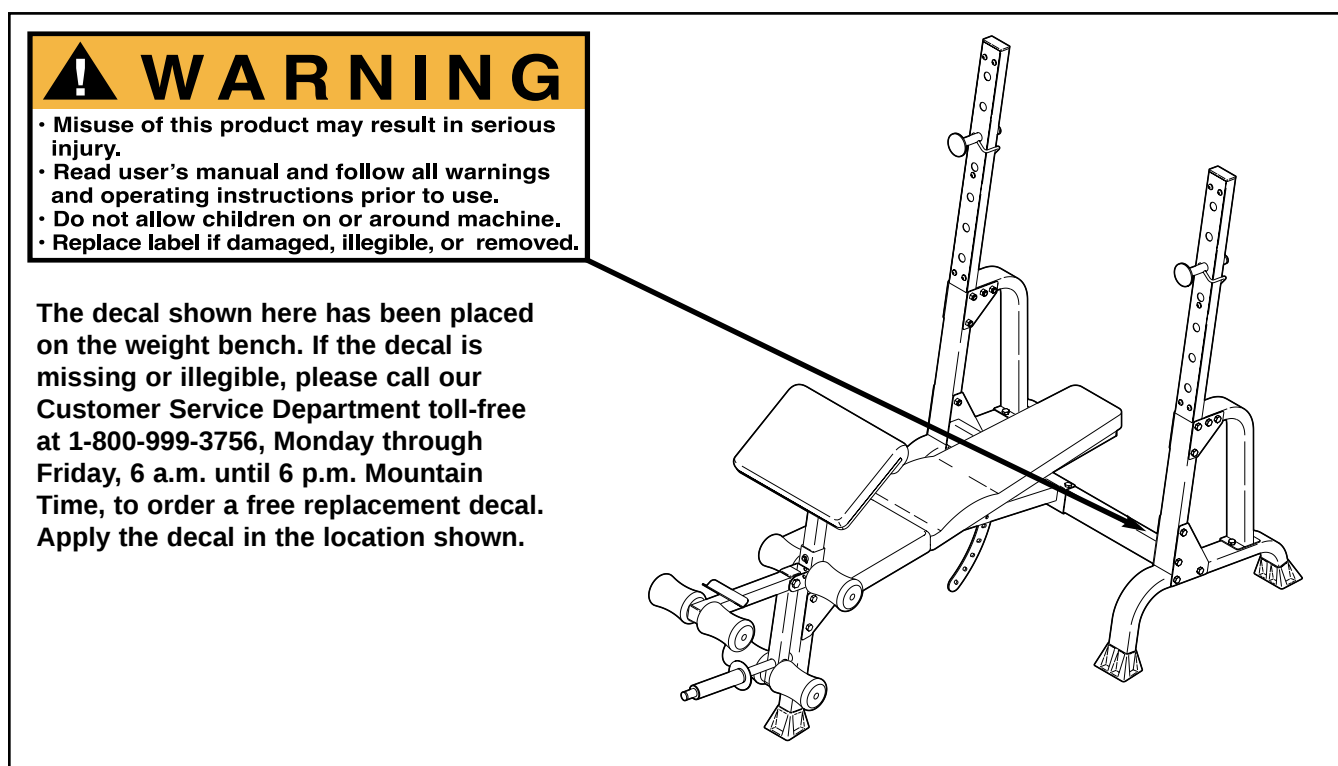
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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LIMITED WARRANTY	Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT



GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym International, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
10. Always set both weight rests at the same height.
11. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 510 pounds. Do not place more than 210 pounds, including the barbell, on the weight rests. Do not place more than 130 pounds on the leg lever. Note: The weight bench is designed to be used with an Olympic barbell. The weight bench does not include a barbell or weights.
12. Always place an equal amount of weight on each side of the barbell.
13. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

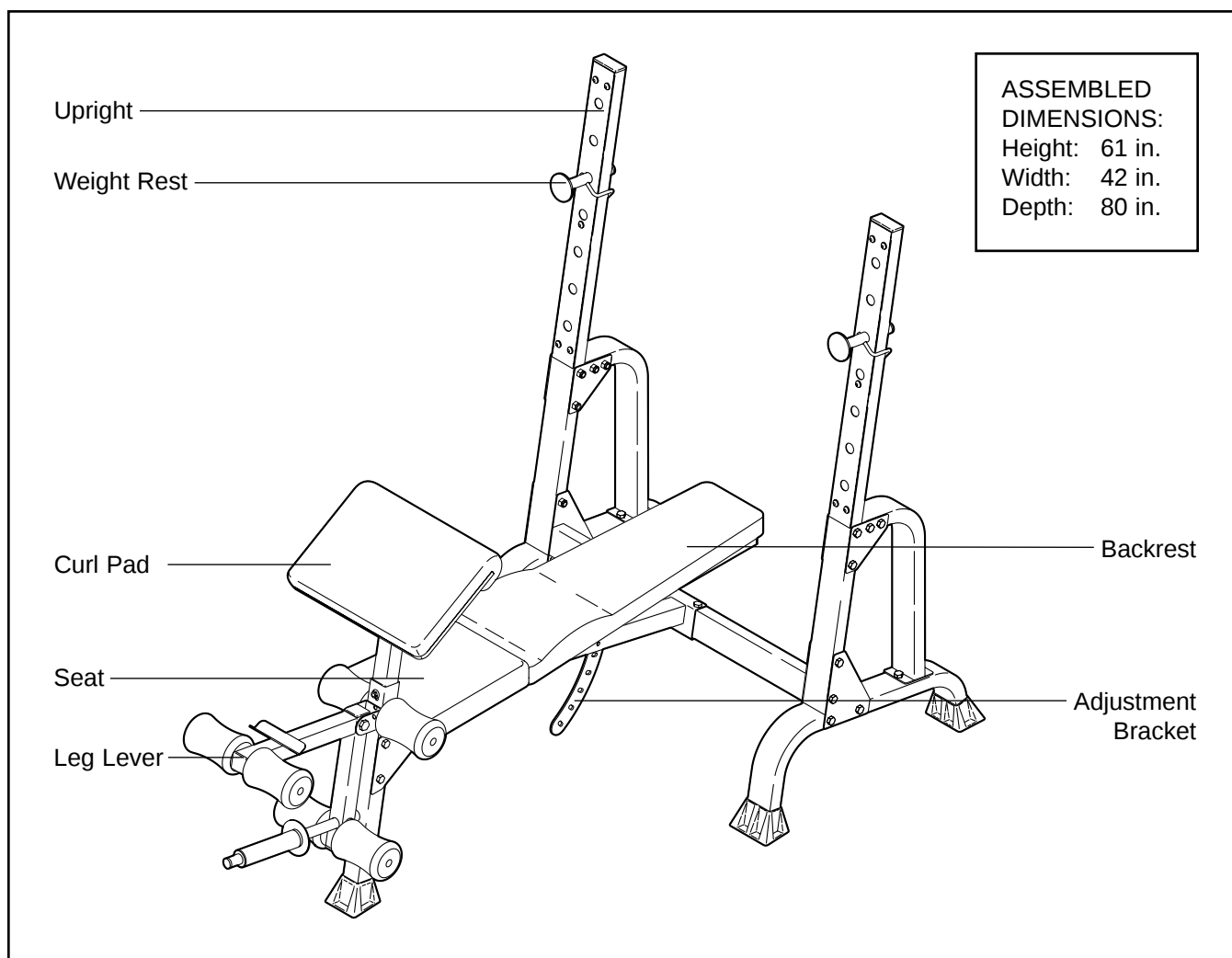
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR15 weight bench. The GOLD'S GYM® XR15 weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have additional ques-

tions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GGBE14821. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

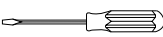
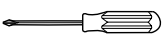
Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

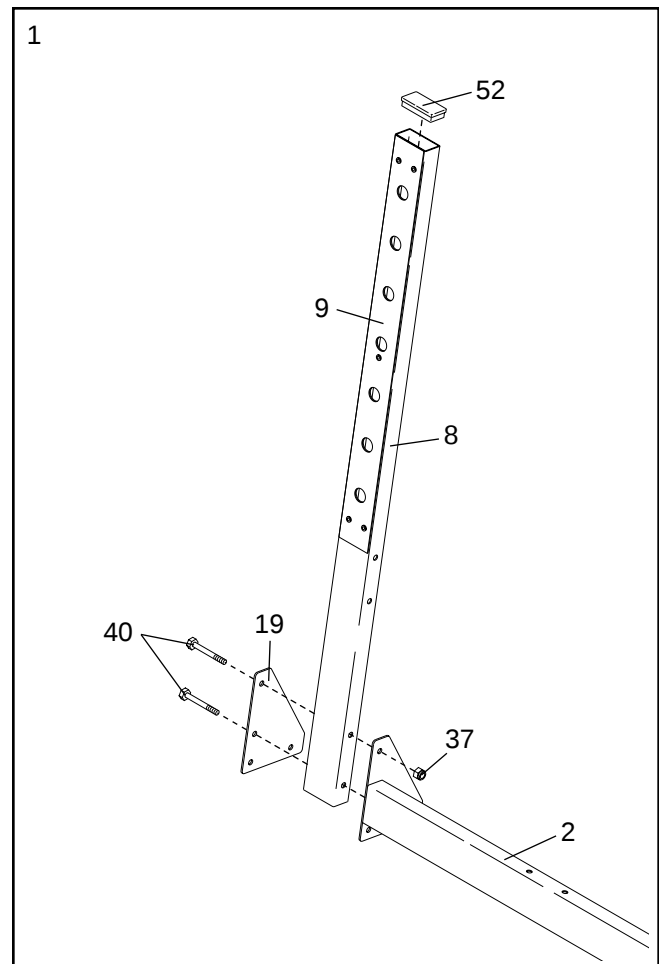
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above.**

Press a 38mm x 76mm Inner Cap (52) into an Upright (8). **Lay the Upright on the floor with the Upright Plate (9) on the bottom.**

Attach the Crossbar (2) to the Upright (8) with two M10 x 95mm Bolts (40), an Upright Joint Plate (19), and an M10 Nylon Locknut (37). **Do not tighten the Locknut yet.**

Assemble the other Upright (8) in the same manner.



2. Press two Base Feet (18) onto a Base (3) as shown.

Attach a Support Upright (7) to the Base (3) with two M8 x 50mm Bolts (48), two M8 Washers (34), and two M8 Nylon Locknuts (35). **Do not tighten the Locknuts yet.**

Assemble the other Base (3) and Support Upright (7) in the same manner.

Set the Uprights (8) on the Bases (3) as shown. Attach an Upright to a Base with two M10 x 95mm Bolts (40), an Upright Joint Plate (19), and two M10 Nylon Locknuts (37). **Attach the other Upright and Base in the same manner. Do not tighten the Locknuts yet.**

Attach an Upright (8) to a Support Upright (7) with four M10 x 95mm Bolts (40), two Upright Support Plates (20), and four M10 Nylon Locknuts (37). **Do not tighten the Locknuts yet.**

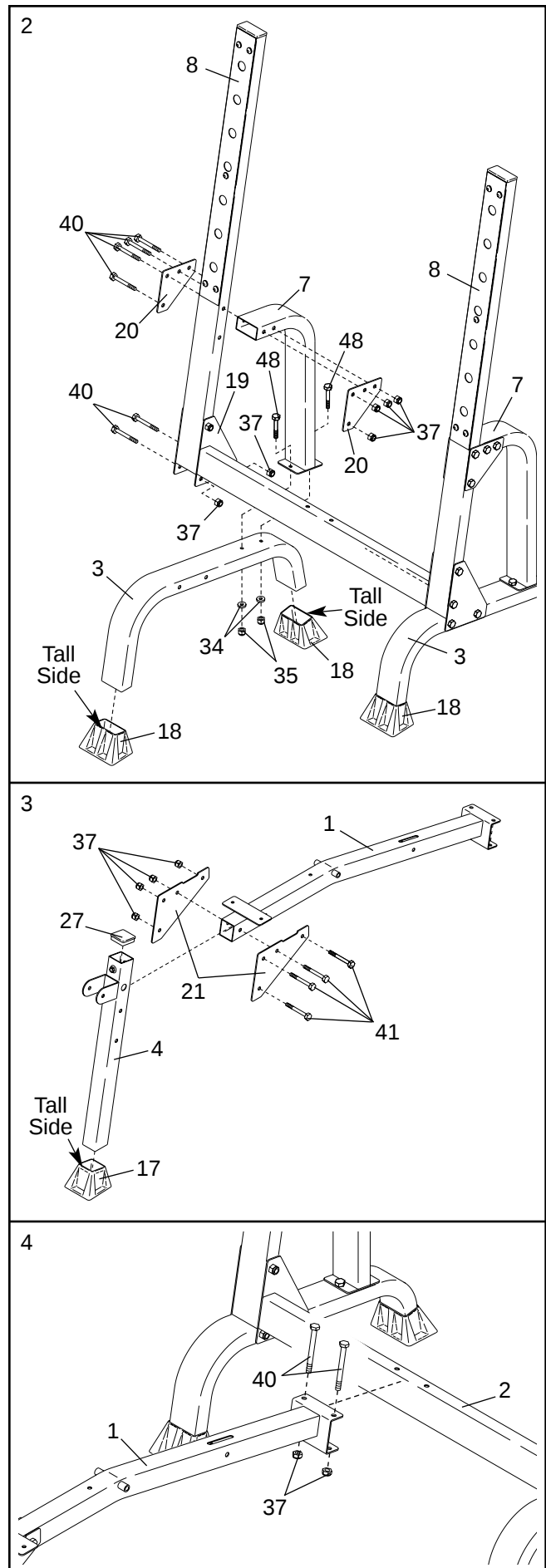
Attach the other Upright (8) to the other Support Upright (7) in the same manner.

3. Press a 50mm Square Inner Cap (27) into the top of the Front Leg (4). Press the Front Leg Foot (17) onto the bottom of the Front Leg, as shown.

Attach the Front Leg (4) to the Bench Frame (1) with four M10 x 68mm Bolts (41), two Front Leg Plates (21), and four M10 Nylon Locknuts (37). **Do not tighten the Locknuts yet.**

4. Attach the Bench Frame (1) to the Crossbar (2) with two M10 x 95mm Bolts (40) and two M10 Nylon Locknuts (37).

Tighten M10 Nylon Locknuts (37) and M8 Nylon Locknuts (35) used in steps 1–4.



5. Press three 45mm Square Inner Caps (26) into the Leg Lever (6). Press a 25mm Round Inner Cap (47) into the Weight Tube (15).

Attach the Weight Tube (15) to the Leg Lever (6) with an M8 x 58mm Bolt (33), two M8 Washers (34), a Spacer (29), and an M8 Nylon Locknut (35). Press the 25mm Round Angled Cap (25) onto the end of the Weight Tube.

Lubricate an M10 x 68mm Bolt (41) with grease. Attach the Leg Lever (6) to the Front Leg (4) with the Bolt and an M10 Nylon Locknut (37). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

6. Press four 25mm Square Inner Caps (28) into the ends of the Backrest Frames (10).

Attach the Backrest Frames (10) to the Adjustment Bracket (11) with four M10 x 45mm Bolts (43), four M10 Washers (49), and four M10 Nylon Locknuts (37). **Make sure the indicated holes are closer to the bottom of the Frames. Do not tighten the Locknuts yet.**

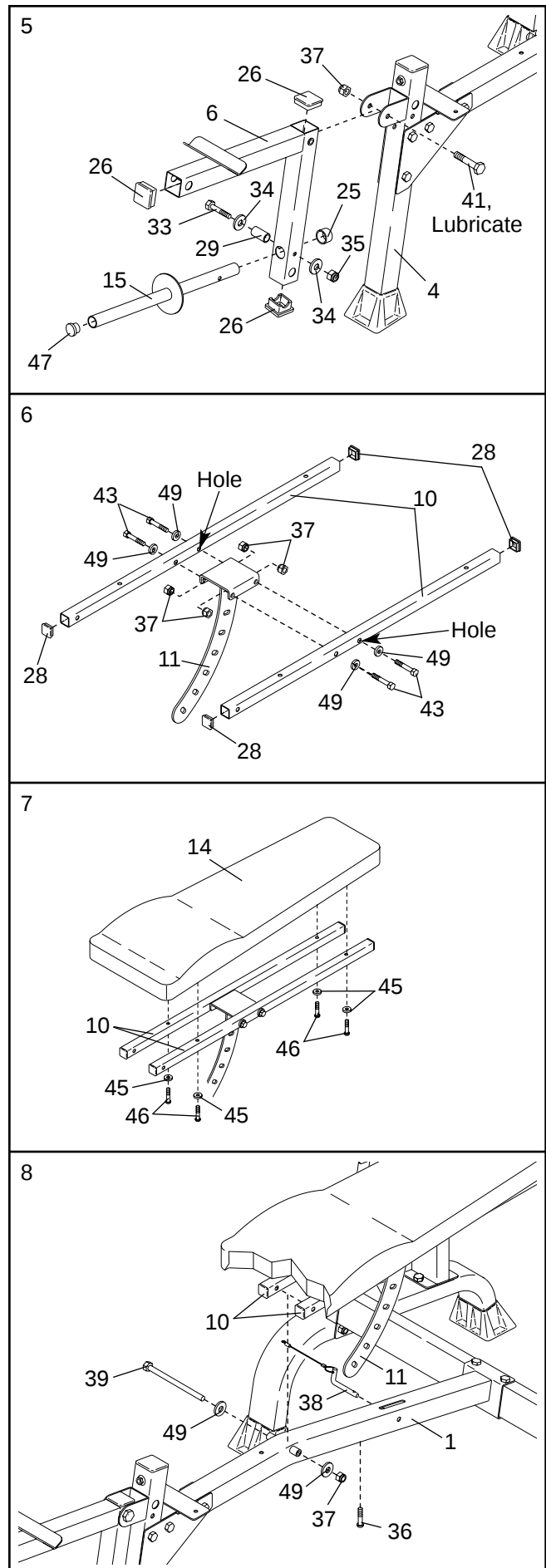
7. Attach the Backrest (14) to the Backrest Frames (10) with four M6 x 38mm Bolts (46) and four M6 Washers (45). **Do not tighten the Bolts yet.**

8. Lubricate the M10 x 156mm Bolt (39) with grease. Attach the Backrest Frames (10) to the Bench Frame (1) with the Bolt, two M10 Washers (49), and an M10 Nylon Locknut (37). **Do not overtighten the Locknut; the Backrest Frames must be able to pivot easily.**

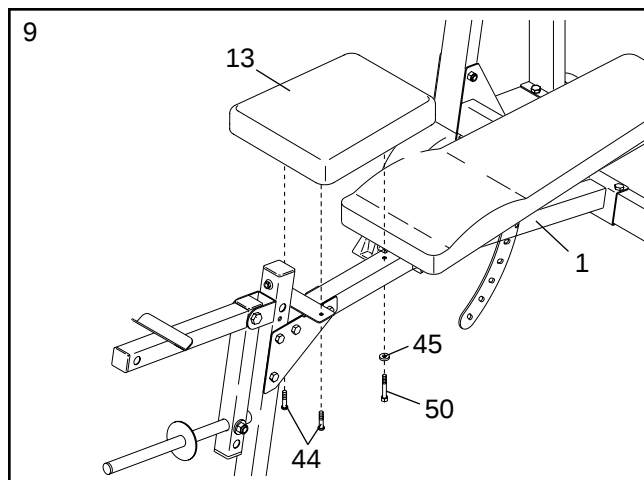
Insert the Adjustment Bracket (11) into the slot in the Bench Frame (1). Insert the Backrest Pin (38) into the Bench Frame and a hole in the Adjustment Bracket.

Attach the tether on the Backrest Pin (38) to the bottom of the Bench Frame (1) with an M4 x 16mm Screw (36).

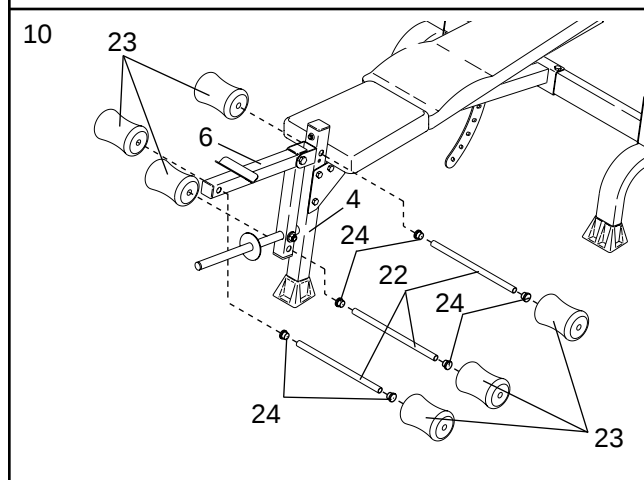
Tighten the four M10 Nylon Locknuts (37) and four M6 x 38mm Bolts (46) used in steps 6 and 7.



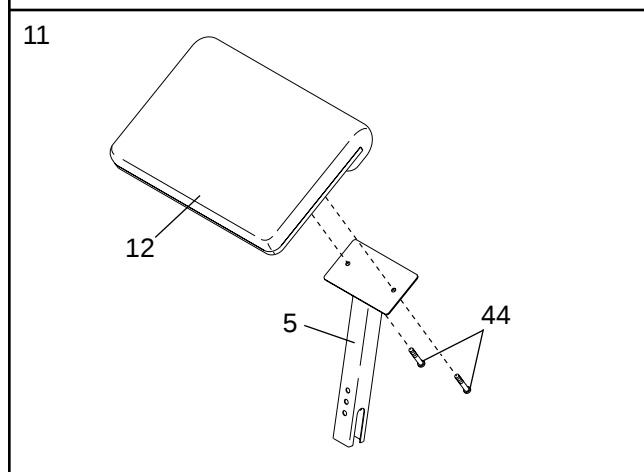
9. Attach the Seat (13) to the Bench Frame (1) with two M6 x 16mm Screws (44), an M6 x 63mm Screw (50), and an M6 Washer (45).



10. Slide the three Pad Tubes (22) through the holes in the Leg Lever (6) and the Front Leg (4). Slide the six Foam Pads (23) onto the Pad Tubes. Press six 19mm Round Inner Caps (24) into the ends of the Pad Tubes.



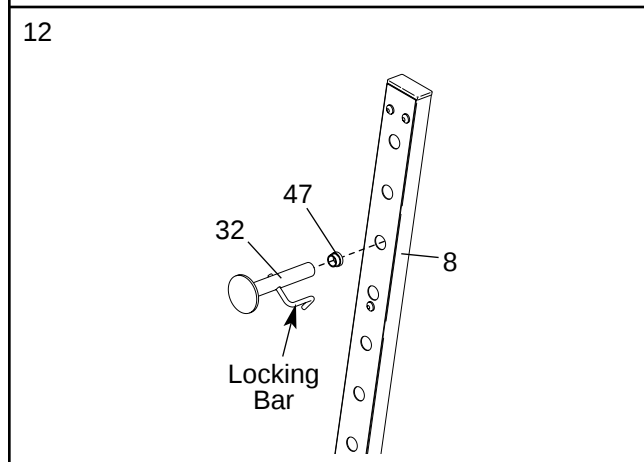
11. Attach the Curl Pad (12) to the Curl Post (5) with two M6 x 16mm Screws (44).



12. Press a 25mm Round Inner Cap (47) into the end of a Weight Rest (32). Insert the Weight Rest into an Upright (8) and engage the locking bars around the Upright.

Repeat this step with the other Weight Rest (32) and the other Upright (8).

13. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**



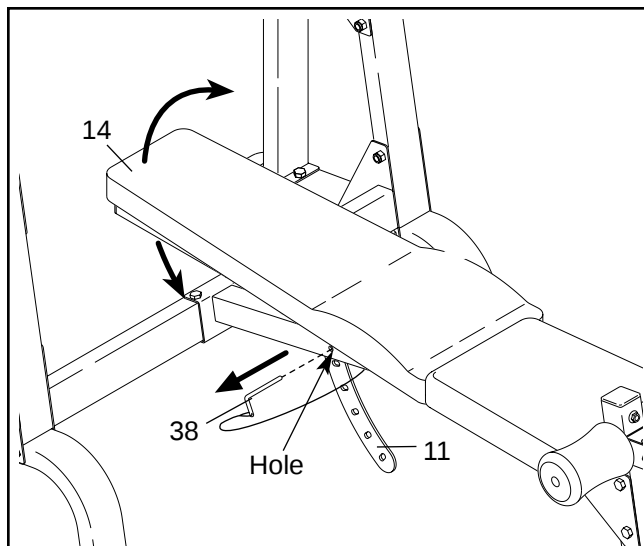
ADJUSTMENTS

This section explains how to adjust the weight bench. Refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

To adjust the position of the Backrest (14), pull the Backrest Pin (38) out as far as it will go. Move the Backrest to the desired position, and engage the Pin into a hole in the Adjustment Bracket (11).

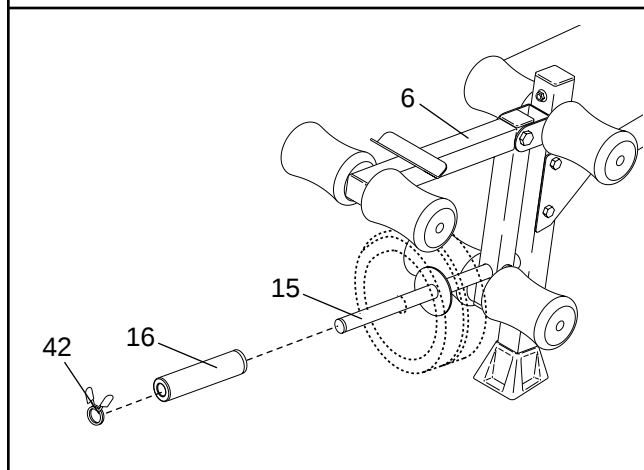


ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (6), slide the desired amount of weight (not included) onto the Weight Tube (15).

To use Olympic weights, slide the Adapter Tube (16) onto the Weight Tube (15) and secure it with the Weight Clip (42).

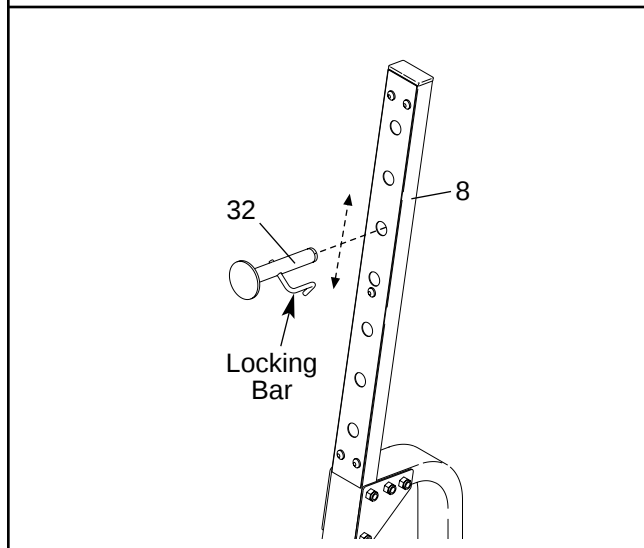
WARNING: Do not place more than 150 pounds on the Weight Tube (15).



WEIGHT RESTS

To use a barbell (not included) with the weight rack, first move the Weight Rests (32) to the correct height for the exercise to be performed. Engage the locking bars around the Uprights (8).

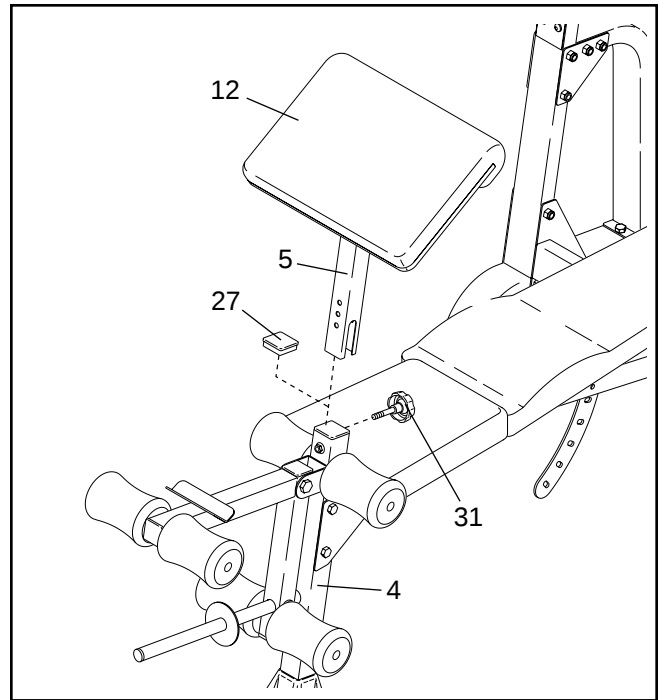
WARNING: Always place both Weight Rests (32) at the same height. Make sure the locking bars are securely wrapped around the Uprights (8) before setting a barbell (not included) on them.



ATTACHING THE CURL POST

For some exercises, the Curl Post (5) must be attached to the Front Leg (4). Remove the 50mm Square Inner Cap (27) from the Front Leg. Insert the Curl Post into the Front Leg and align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Curl Knob (31). **Make sure that you fully tighten the Knob.**

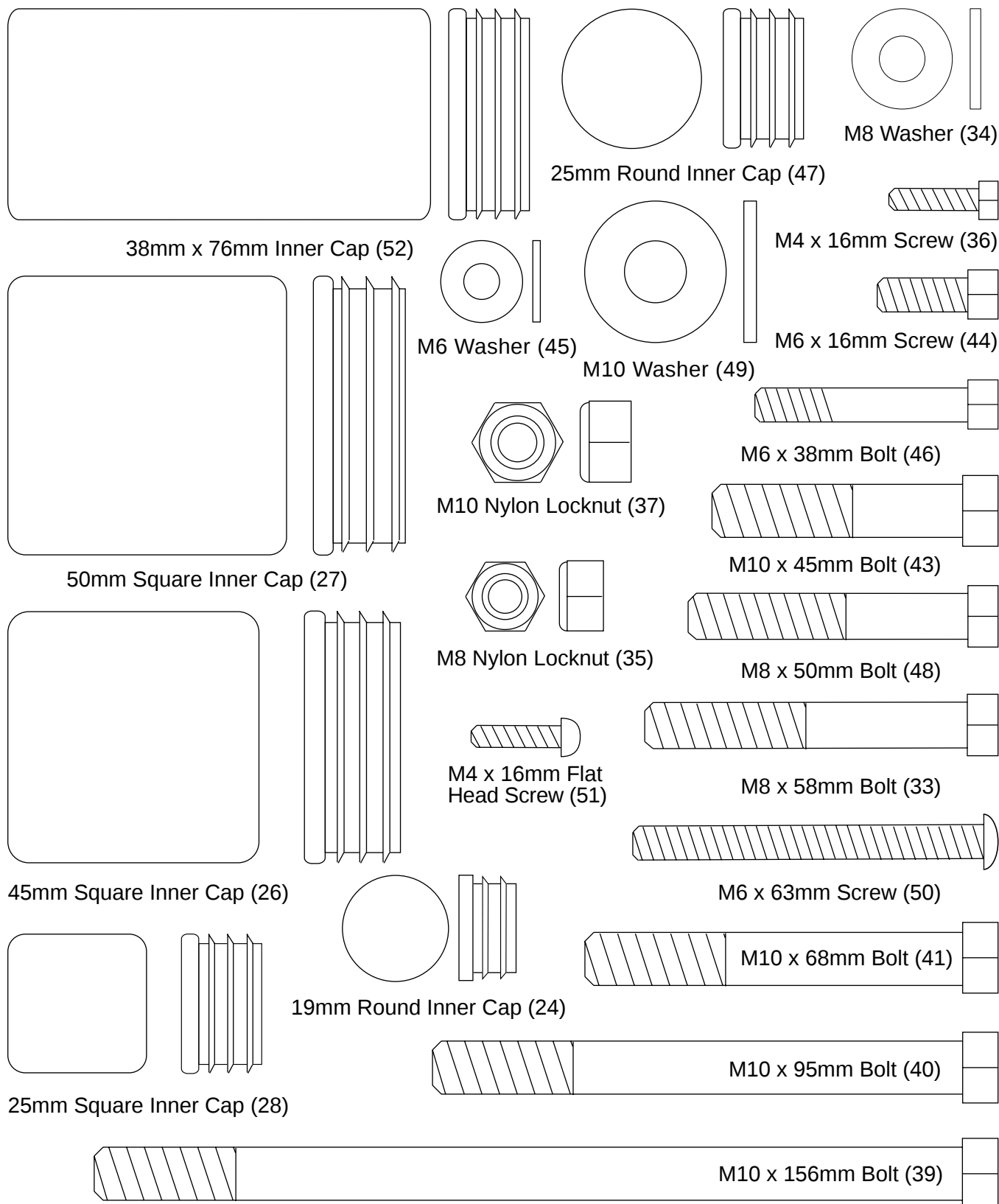
When performing exercises that do not require the Curl Pad (12), remove the Curl Post (5) from the Front Leg (4) and insert the 50mm Square Inner Cap (27).



NOTES

PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



PART LIST—Model No. GGBE14821

R0603A

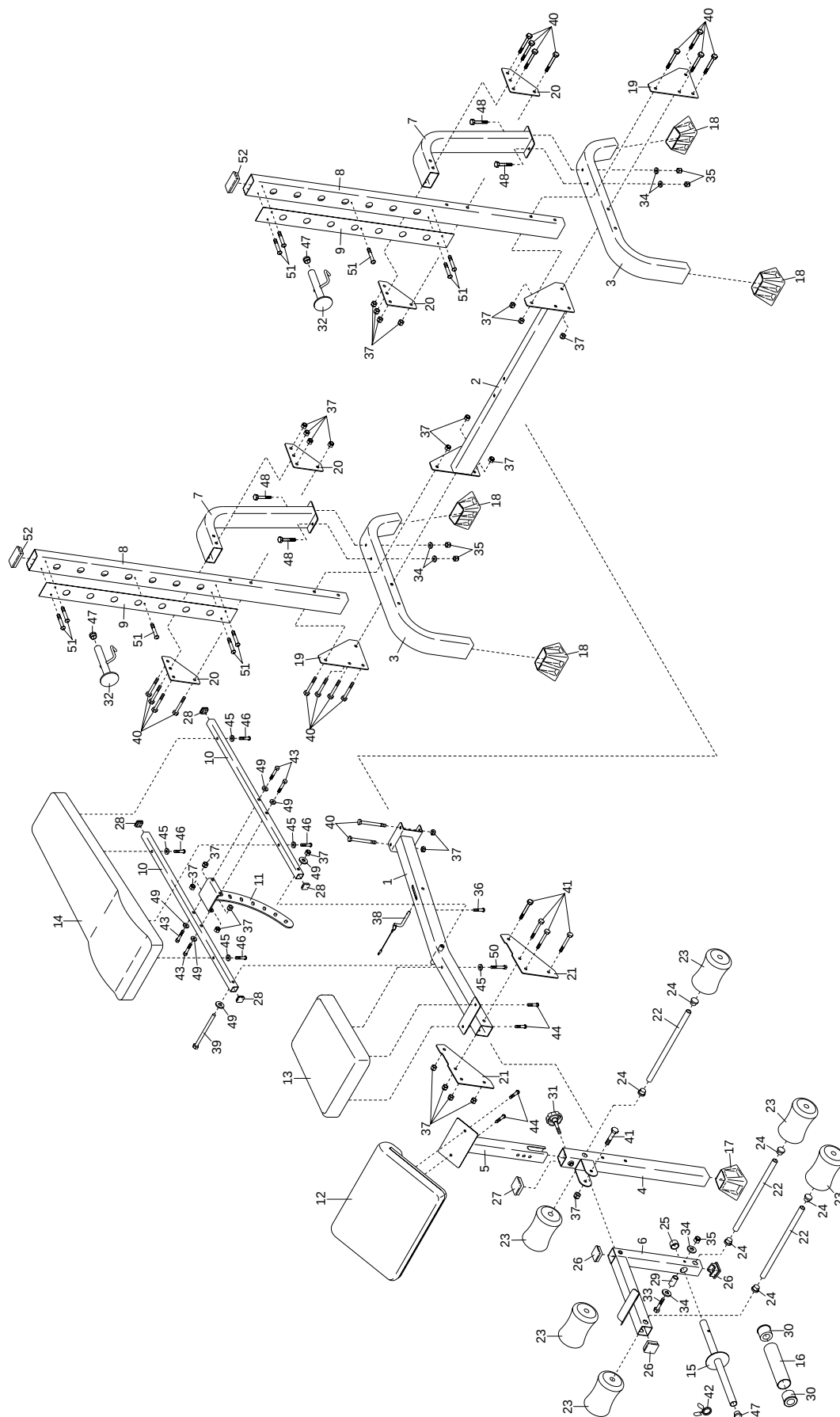
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	28	4	25mm Square Inner Cap
2	1	Crossbar	29	1	Spacer
3	2	Base	30	2	Adapter Bushing
4	1	Front Leg	31	1	Curl Knob
5	1	Curl Post	32	2	Weight Rest
6	1	Leg Lever	33	1	M8 x 58mm Bolt
7	2	Support Upright	34	6	M8 Washer
8	2	Upright	35	5	M8 Nylon Locknut
9	2	Upright Plate	36	1	M4 x 16mm Screw
10	2	Backrest Frame	37	26	M10 Nylon Locknut
11	1	Adjustment Bracket	38	1	Backrest Pin
12	1	Curl Pad	39	1	M10 x 156mm Bolt
13	1	Seat	40	18	M10 x 95mm Bolt
14	1	Backrest	41	5	M10 x 68mm Bolt
15	1	Weight Tube	42	1	Weight Clip
16	1	Adapter Tube	43	4	M10 x 45mm Bolt
17	1	Front Leg Foot	44	4	M6 x 16mm Screw
18	4	Base Foot	45	5	M6 Washer
19	2	Upright Joint Plate	46	4	M6 x 38mm Bolt
20	4	Upright Support Plate	47	3	25mm Round Inner Cap
21	2	Front Leg Joint Plate	48	4	M8 x 50mm Bolt
22	3	Pad Tube	49	6	M10 Washer
23	6	Foam Pad	50	1	M6 x 63mm Screw
24	6	19mm Round Inner Cap	51	10	M4 x 16mm Flat Head Screw
25	1	25mm Round Angled Cap	52	2	38mm x 76mm Inner Cap
26	3	45mm Square Inner Cap	#	1	User's Manual
27	1	50mm Square Inner Cap	#	1	Exercise Guide

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

**REMOVE THIS PART IDENTIFICATION CHART AND PART LIST/
EXPLODED DRAWING. SAVE THIS PART IDENTIFICATION CHART
AND PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE.**

EXPLODED DRAWING—Model No. GGBE14821

R0603A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGBE14821)
2. The NAME of the product (GOLD'S GYM® XR15 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813