



# XR 109

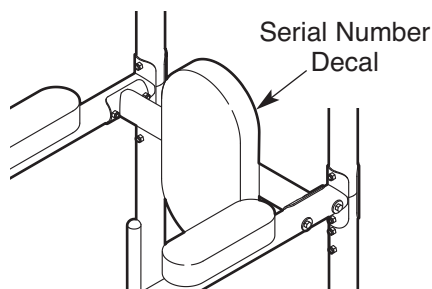


[www.workoutwarehouse.com](http://www.workoutwarehouse.com)

Model No. GGBE0969.1

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

**IMPORTANT:** Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

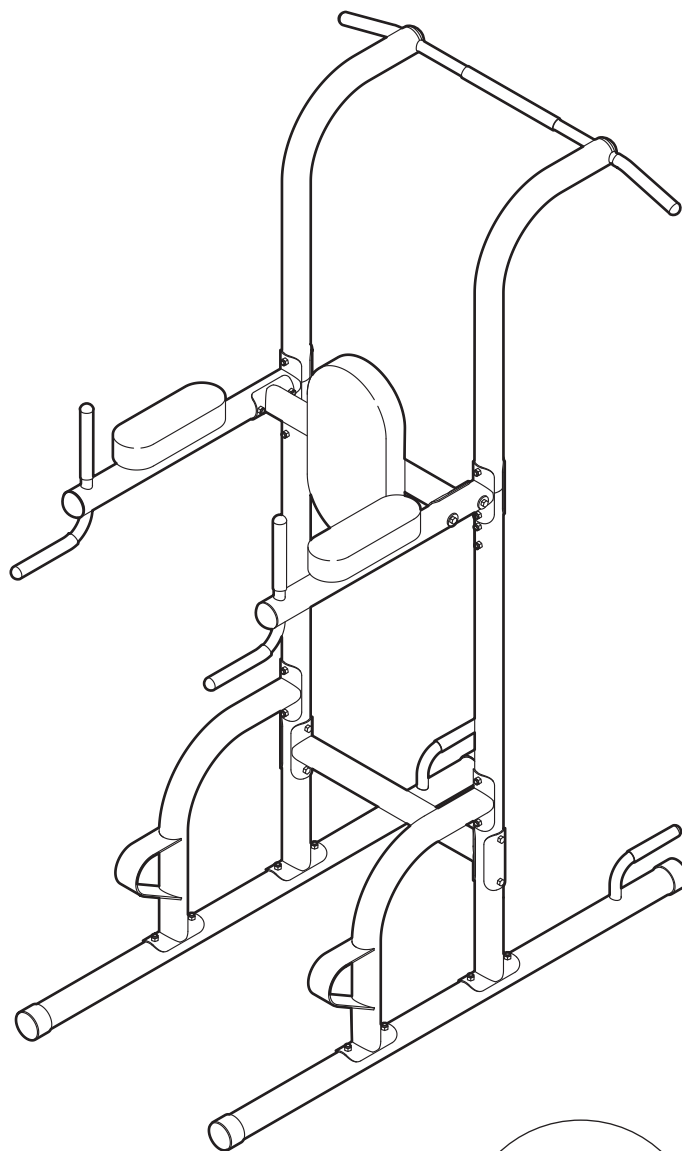
**1-877-776-4777**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.workoutwarehouse.com](http://www.workoutwarehouse.com)



### ⚠ CAUTION

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

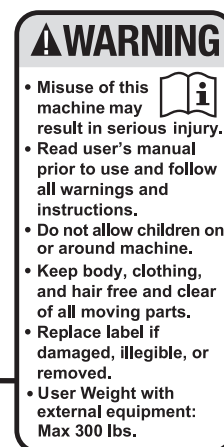
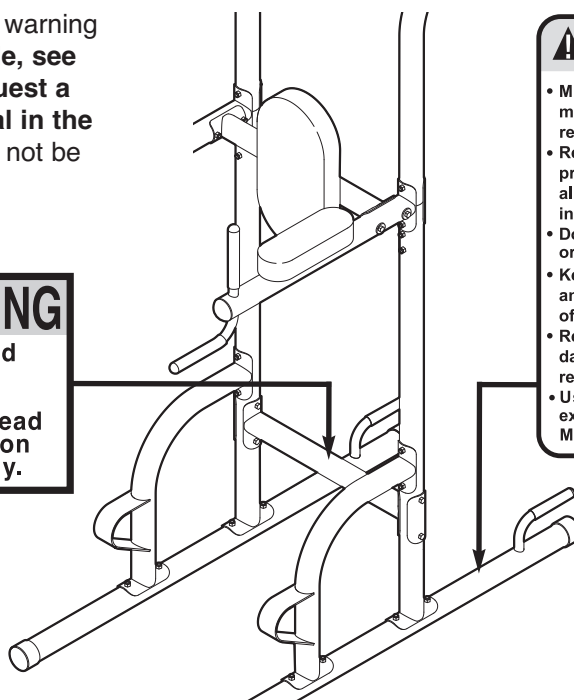


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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise rack before using your exercise rack. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Read all instructions in this manual and all warnings on the exercise rack before using the exercise rack.
3. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.
4. The exercise rack is intended for home use only. Do not use the exercise rack in any commercial, rental, or institutional setting.
5. Keep the exercise rack indoors, away from moisture and dust. Place the exercise rack on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise rack to mount, dismount, and use the exercise rack.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the exercise rack at all times.
8. The exercise rack is designed to support a maximum user weight of 300 lbs. (136 kg).
9. Always wear athletic shoes for foot protection while using the exercise rack.
10. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

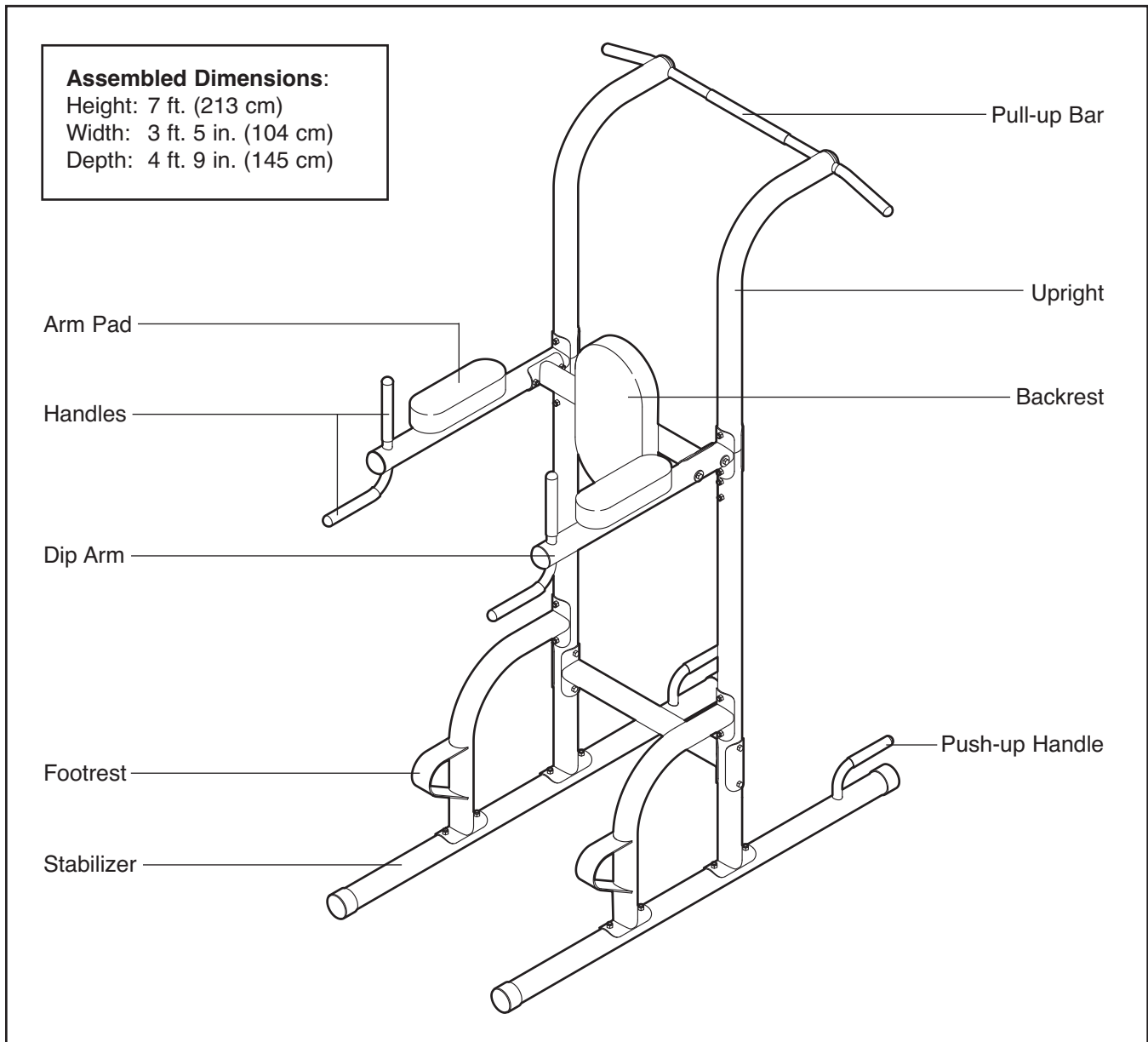
## BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR 10.9 exercise rack. The XR 10.9 exercise rack is designed to help you develop the major muscle groups of the upper body. Whether your goal is a shapely figure, a dramatic increase in muscle size and strength, or a healthier cardiovascular system, the exercise rack will help you achieve the specific results you want.

**For your benefit, read this manual carefully before using the exercise rack.** If you have questions after

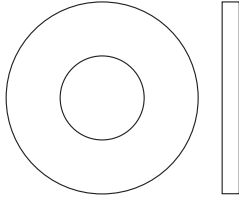
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

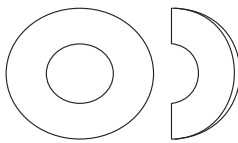


## PART IDENTIFICATION CHART

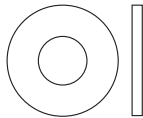
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preattached.**



M10 Washer (26)



M8 Washer (23)



M6 Washer (21)



M8 Locknut (22)



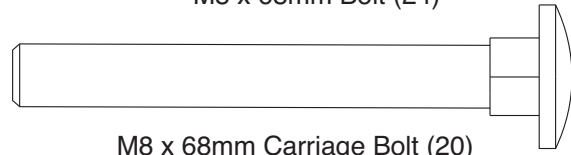
M6 x 16mm Screw (27)



M10 x 50mm Screw (19)



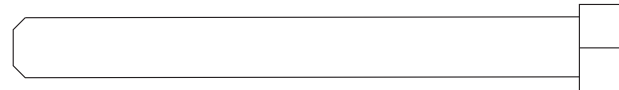
M8 x 68mm Bolt (24)



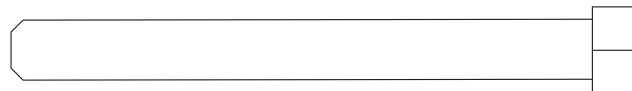
M8 x 68mm Carriage Bolt (20)



M6 x 73mm Screw (18)



M8 x 75mm Bolt (17)




M8 x 77mm Bolt (28)

# ASSEMBLY

- To hire an authorized service technician to assemble the exercise rack in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its size and weight, assemble the exercise rack in the location where it will be used. Make sure that there is enough clearance to walk around the exercise rack as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

- To identify small parts, see page 5.
- The following tools (not included) may be required for assembly:

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

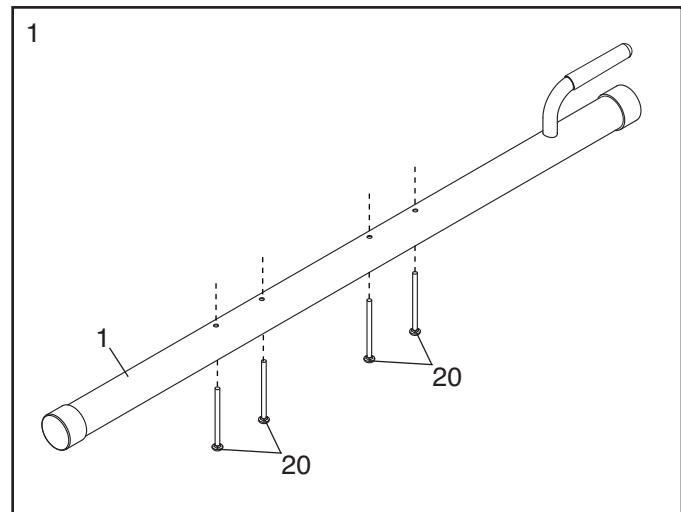
one Phillips screwdriver 

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 that you understand the information in the box above. **IMPORTANT:** Some of the parts described in the assembly steps may be preassembled.

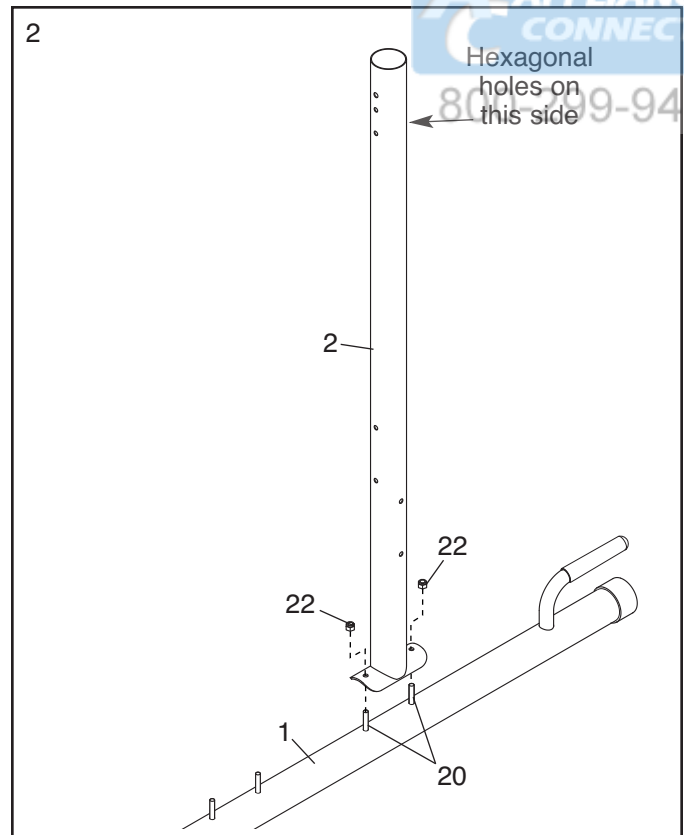
Insert four M8 x 68mm Carriage Bolts (20) up through a Stabilizer (1) as shown.

**Repeat this step with the other Stabilizer (not shown).**



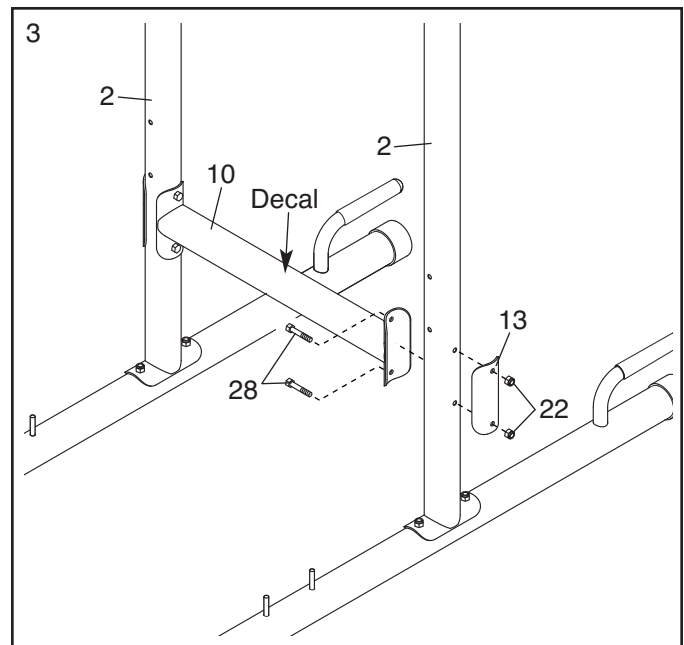
2. Attach an Upright Base (2) to one of the Stabilizers (1) with the indicated two M8 x 68mm Carriage Bolts (20) and two M8 Locknuts (22). **Note: Attach the Upright Base so that the hexagonal holes are on the indicated side. Do not tighten the Locknuts yet.**

**Attach the other Upright Base (not shown) to the other Stabilizer (not shown) in the same way.**



3. Orient the Bottom Crossbar (10) so that the warning decal is on top. Attach the Bottom Crossbar to one of the Upright Bases (2) with two M8 x 77mm Bolts (28), a Support Plate (13), and two M8 Locknuts (22). **Do not tighten the Locknuts yet.**

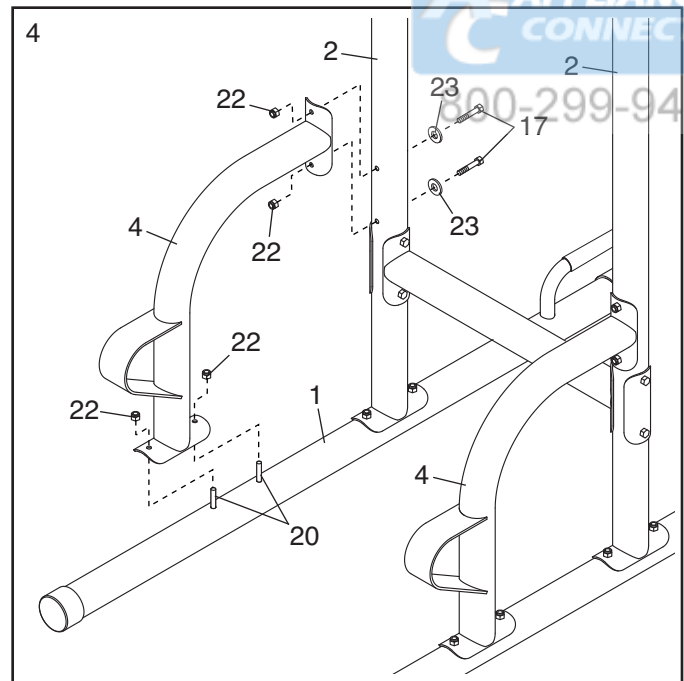
**Attach the Bottom Crossbar (10) to the other Upright Base (2) in the same way.**



4. Attach a Support (4) to one of the Stabilizers (1) with the two indicated M8 x 68mm Carriage Bolts (20) and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

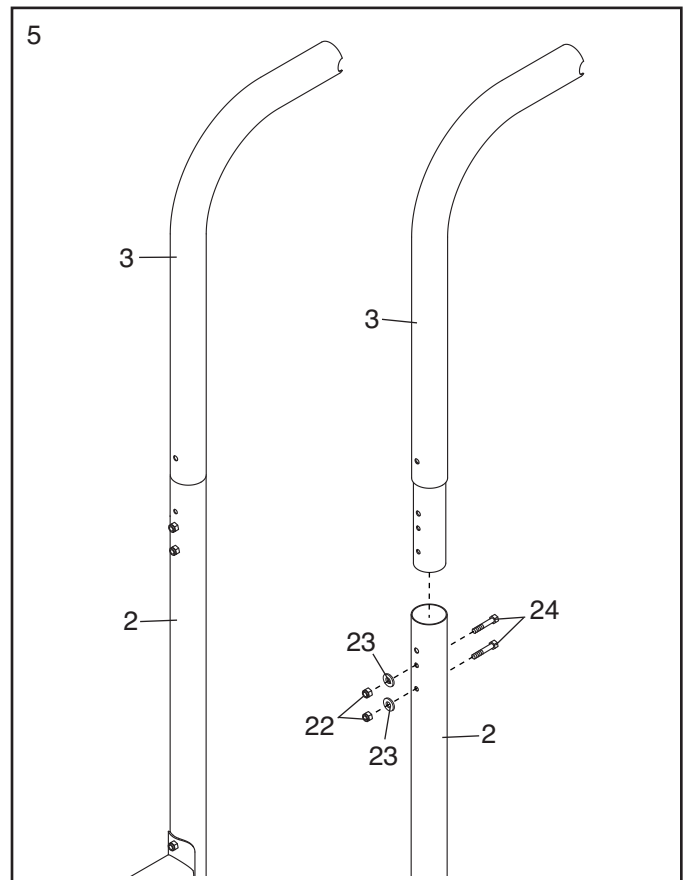
Next, attach the Support (4) to the Upright Base (2) with two M8 x 75mm Bolts (17), two M8 Washers (23), and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

**Attach the other Support (4) to the other Stabilizer (not shown) and the other Upright Base (2) in the same way.**



5. Orient one of the Uprights (3) as shown, and attach it to one of the Upright Bases (2) with two M8 x 68mm Bolts (24), two M8 Washers (23), and two M8 Locknuts (22). **Note: The Bolts must be attached in the lowest set of holes in the Upright and the Upright Base. Make sure that the bolt heads are in the hexagonal holes in the Upright Base. Do not tighten the Locknuts yet.**

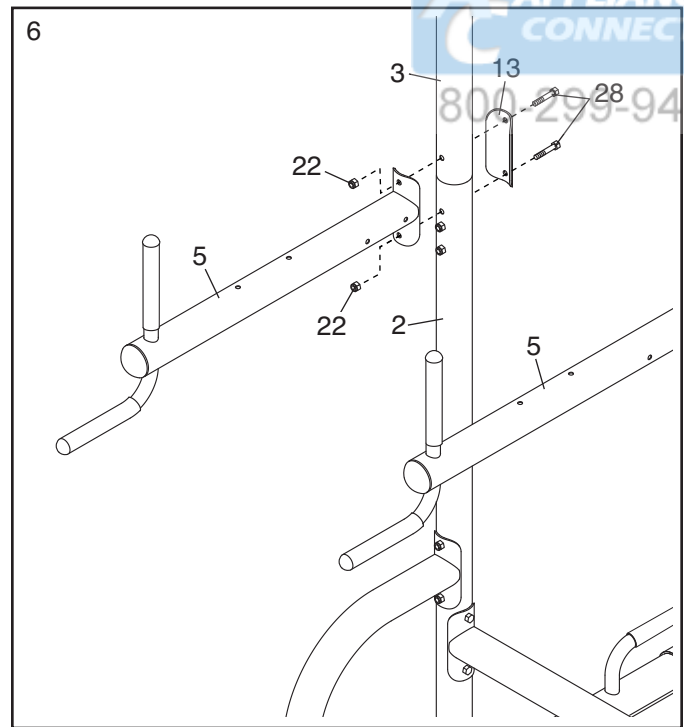
**Attach the other Upright (3) to the other Upright Base (2) in the same way.**





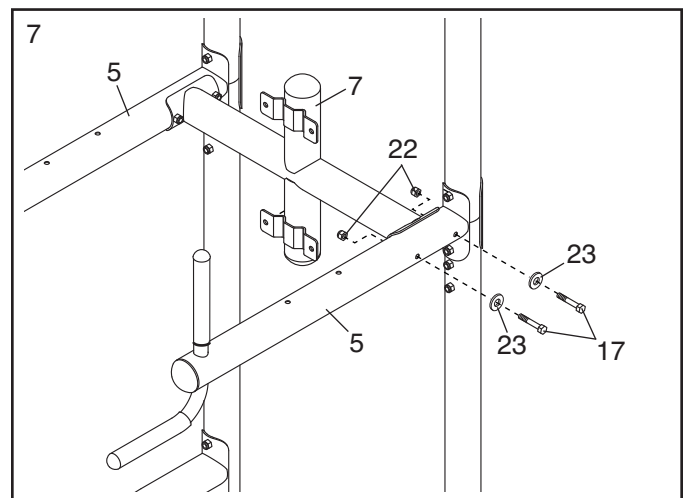
6. Attach a Dip Arm (5) to the right Upright (3) and the Upright Base (2) with two M8 x 77mm Bolts (28), a Support Plate (13), and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

**Repeat this step with the other Dip Arm (5) and the left Upright (not shown).**



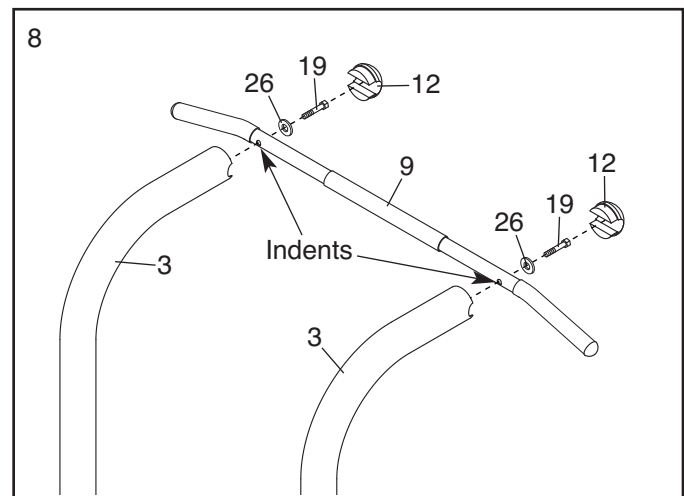
7. Attach the Top Crossbar (7) to one of the Dip Arms (5) with two M8 x 75mm Bolts (17), two M8 Washers (23), and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

**Attach the Top Crossbar (7) to the other Dip Arm (5) in the same way.**

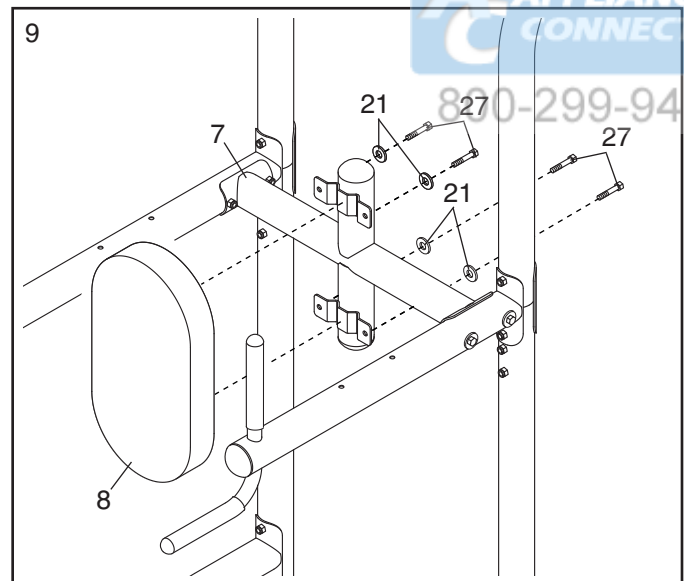


8. Attach the Pull-up Bar (9) to the Uprights (3) with two M10 x 50mm Screws (19) and two M10 Washers (26). **Make sure that the indented holes in the Pull-up Bar are on the side shown.** Then, press the two Rubber Caps (12) into the ends of the Uprights.

**See steps 2–7. Tighten all the M8 Locknuts (22).**

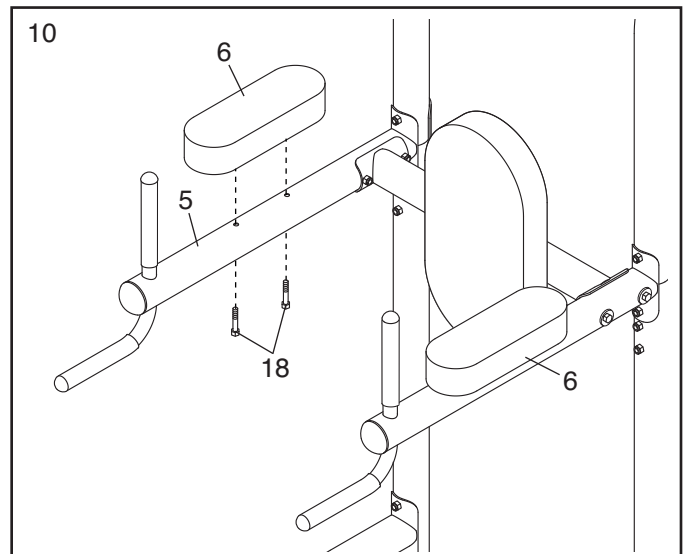


9. Attach the Backrest (8) to the Top Crossbar (7) with four M6 x 16mm Screws (27) and four M6 Washers (21).



10. Attach an Arm Pad (6) to one of the Dip Arms (5) with two M6 x 73mm Screws (18).

**Repeat this step with the other Arm Pad (6).**



11. **Make sure that all parts have been properly tightened before the exercise rack is used.** Note: Some hardware may be left over after assembly is completed.

# EXERCISE GUIDELINES

## WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals. Follow each strength workout with at least one day of rest.

Note: A "repetition" is one complete cycle of an exercise, such as one push-up. A "set" is a series of repetitions.

**Warming Up**—Start with 5 to 10 minutes of light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Working Out**—Include 5 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

**Cross Training**—Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday
- One full day of rest each week to give your body time to regenerate

## EXERCISE FORM

Move through the full range of motion for each exercise, and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

## STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month.

To achieve good results, make exercise a regular and enjoyable part of your life.

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## NOTES



800-299-9470

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## NOTES



800-299-9470

# PART LIST—Model No. GGBE0969.1



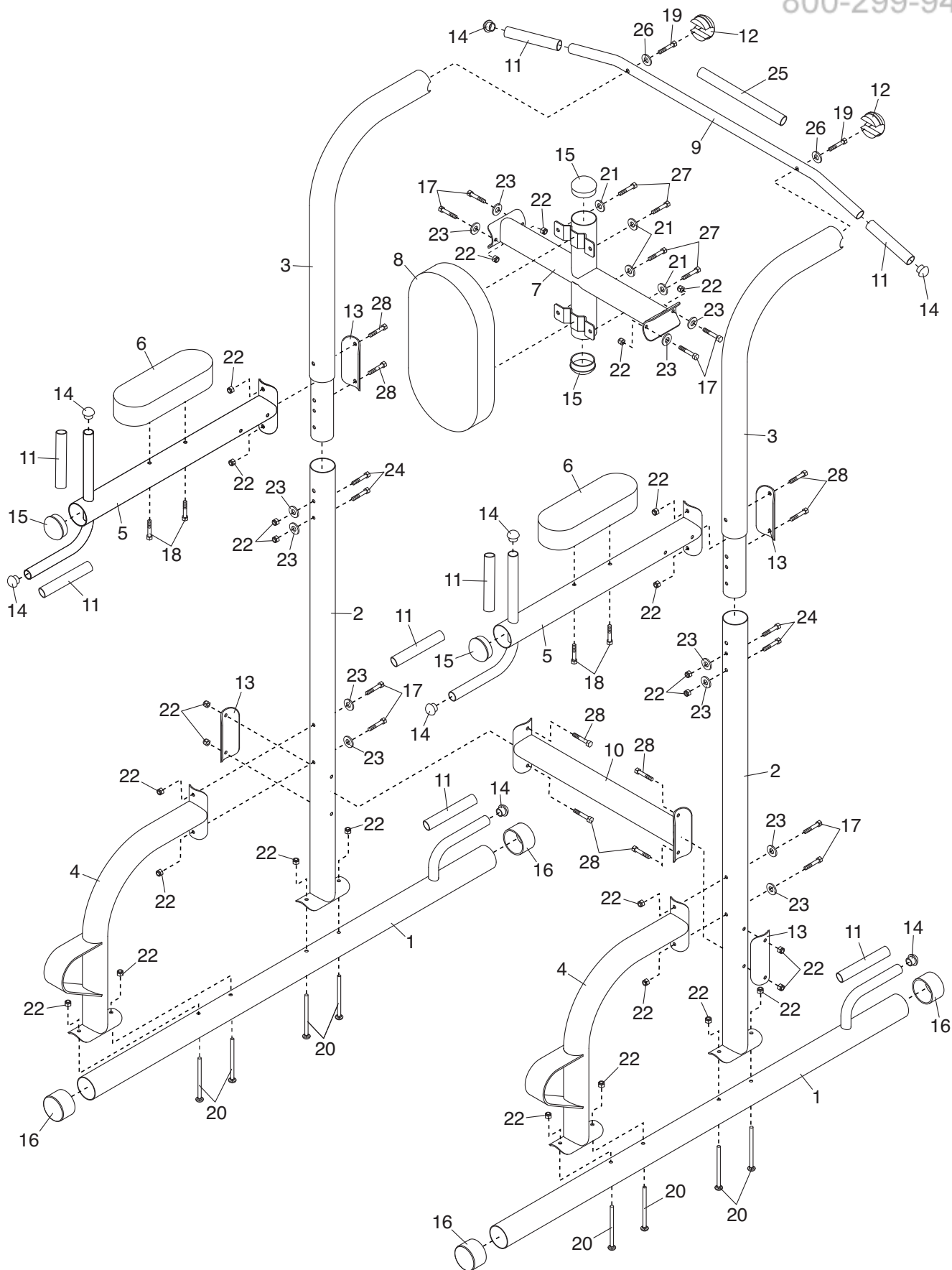
800-299-9470

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Stabilizer	16	4	60mm Outer Cap
2	2	Upright Base	17	8	M8 x 75mm Bolt
3	2	Upright	18	4	M6 x 73mm Screw
4	2	Support	19	2	M10 x 50mm Screw
5	2	Dip Arm	20	8	M8 x 68mm Carriage Bolt
6	2	Arm Pad	21	4	M6 Washer
7	1	Top Crossbar	22	28	M8 Locknut
8	1	Backrest	23	12	M8 Washer
9	1	Pull-up Bar	24	4	M8 x 68mm Bolt
10	1	Bottom Crossbar	25	1	Foam Grip
11	8	Handgrip	26	2	M10 Washer
12	2	Rubber Cap	27	4	M6 x 16mm Screw
13	4	Support Plate	28	8	M8 x 77mm Bolt
14	8	25mm Cap	*	—	User's Manual
15	4	60mm Cap	*	—	Exercise Guide

Note: Specifications are subject to change without notice. For information about ordering replacement parts, please see the back cover of this manual. \*These parts are not illustrated.

# EXPLODED DRAWING—Model No. GGBE0969.1

800-299-9470



## ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

### LIMITED WARRANTY

**IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to [www.workoutwarehouse.com/registration](http://www.workoutwarehouse.com/registration).**

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 repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any 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; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or 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 are limited in their 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 that vary from state to state.

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**