

PRO-FORM®

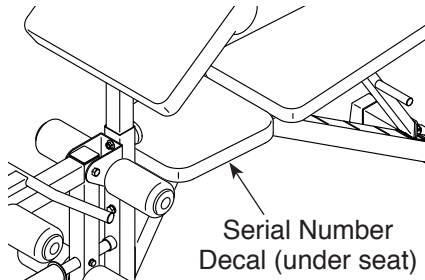
SPORT OLYMPIC BENCH AND RACK XT

proform.com

Model No. PFBE60120.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.proform.com.

CUSTOMER CARE

For service at any time, go to support.proform.com.

Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

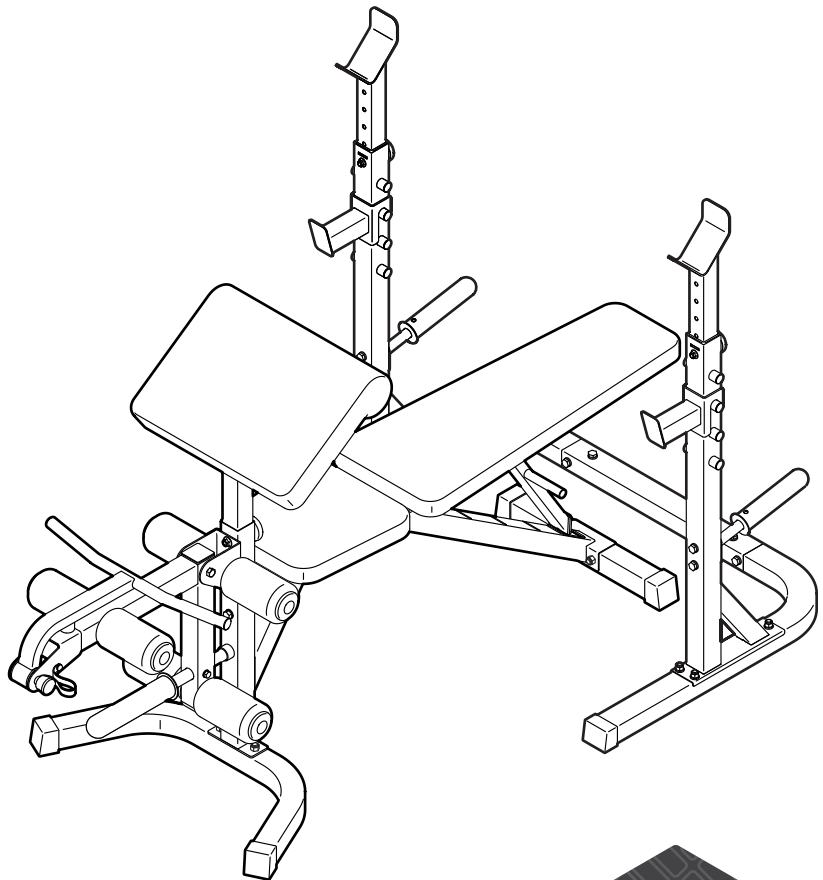


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WARNING DECAL PLACEMENT

The decals shown here have been applied to the weight bench. If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown at actual size.

1

⚠ WARNING

DEATH OR SERIOUS CRIPPLING INJURY CAN OCCUR IF THE BARBELL DROPS SUDDENLY. TO AVOID INJURY, FOLLOW THESE PRECAUTIONS:

- BEFORE USING: Read all warnings and obtain instruction on the use of this machine.
- ALWAYS set both spotters when using machine.
- ALWAYS use a human spotter in addition to machine spotters.
- PROPER spotter height depends on the exercise performed. Adjust as follows:
 1. Remove all weight from the barbell.
 2. For squats, perform the exercise and determine the lowest comfortable position without your body contacting the floor. FOR SQUATS, NEVER PLACE THE SPOTTERS BELOW THE HEIGHT INDICATED ON THE MACHINE.
 3. Position both spotters to stop the barbell at this point. Ensure that both spotters are completely seated on the machine.
 4. Load weights onto the barbell and carefully perform the exercise.
- Visually ensure the barbell latch is fully engaged and seated in the hooks before releasing the load and exiting the machine.
- DO NOT REMOVE this label. Replace when worn or damaged.

2

⚠ WARNING

To reduce the risk of serious spinal injury, do not place spotters below this level when doing SQUAT exercises.



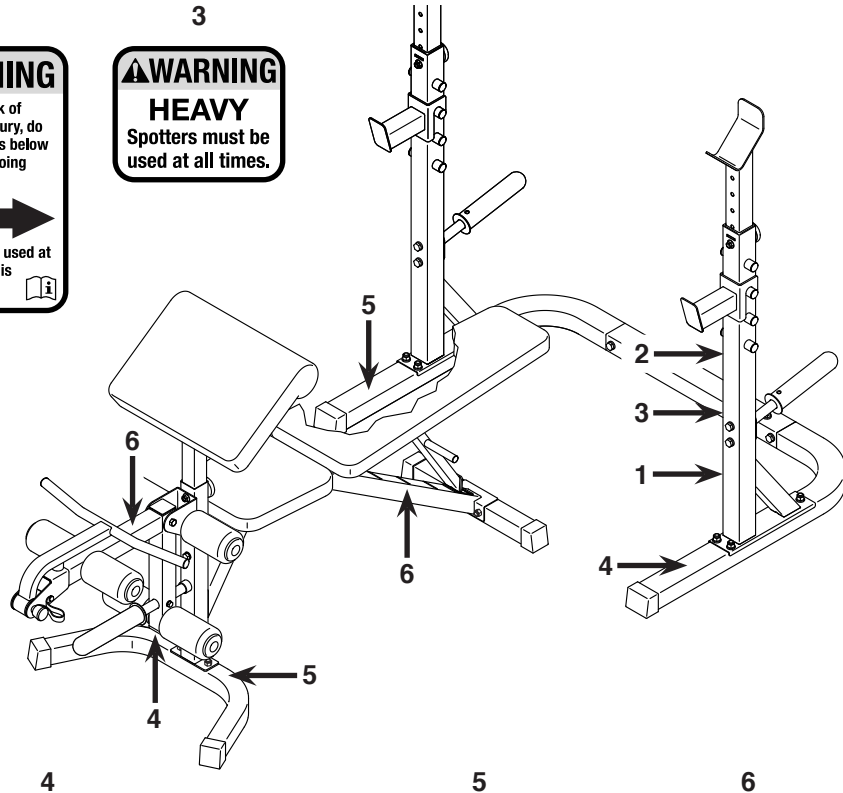
Spotters must be used at all times when this machine is used.

3

⚠ WARNING

HEAVY

Spotters must be used at all times.



4

⚠ WARNING ⚠ ADVERTENCIA

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.
- Mal uso de esta máquina puede resultar en graves lesiones
- Lea el manual del usuario antes del uso y siga todas las precauciones e instrucciones.
- No permita a los niños en o alrededor de la máquina.
- Mantenga el cuerpo, la ropa, y el pelo libres y alejados de todas las piezas móviles.
- Reemplace la calcomanía si está dañada, ilegible, o faltando.

5

⚠ WARNING

User Weight maximum 300 lbs.
 Weight Rest maximum 310 lbs.
 Leg Lever maximum 150 lbs.
 Weight Carriage maximum 150 lbs.
 Chest Fly (per arm) maximum 50 lbs.

Product may not offer all listed exercises.

6

⚠ WARNING
ADVERTENCIA

Keep hands and fingers clear of this area.
 Mantenga pies y manos lejos de este área.

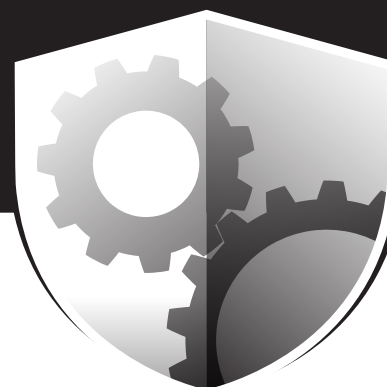
IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
3. The weight bench is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the weight bench by someone responsible for their safety.
4. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet.
6. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
7. Inspect and properly tighten all parts each time the weight bench is used. Replace any worn parts immediately.
8. Keep children under age 16 and pets away from the weight bench at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Always wear athletic shoes for foot protection.
10. Keep hands and feet away from moving parts.
11. Make sure that the adjustment knobs are fully tightened before you use the weight bench.
12. Make sure that the curl bar pin is fully engaged before you use the curl bar.
13. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not use the weight bench with more than 310 lbs. (141 kg) of weight. Do not place more than 150 lbs. (68 kg) on the leg lever. Do not place more than 310 lbs. (141 kg) of weight, including a barbell, on the weight rack. Note: The weight bench does not include weight plates or a barbell.
14. Use the weight bench only as described in this manual.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



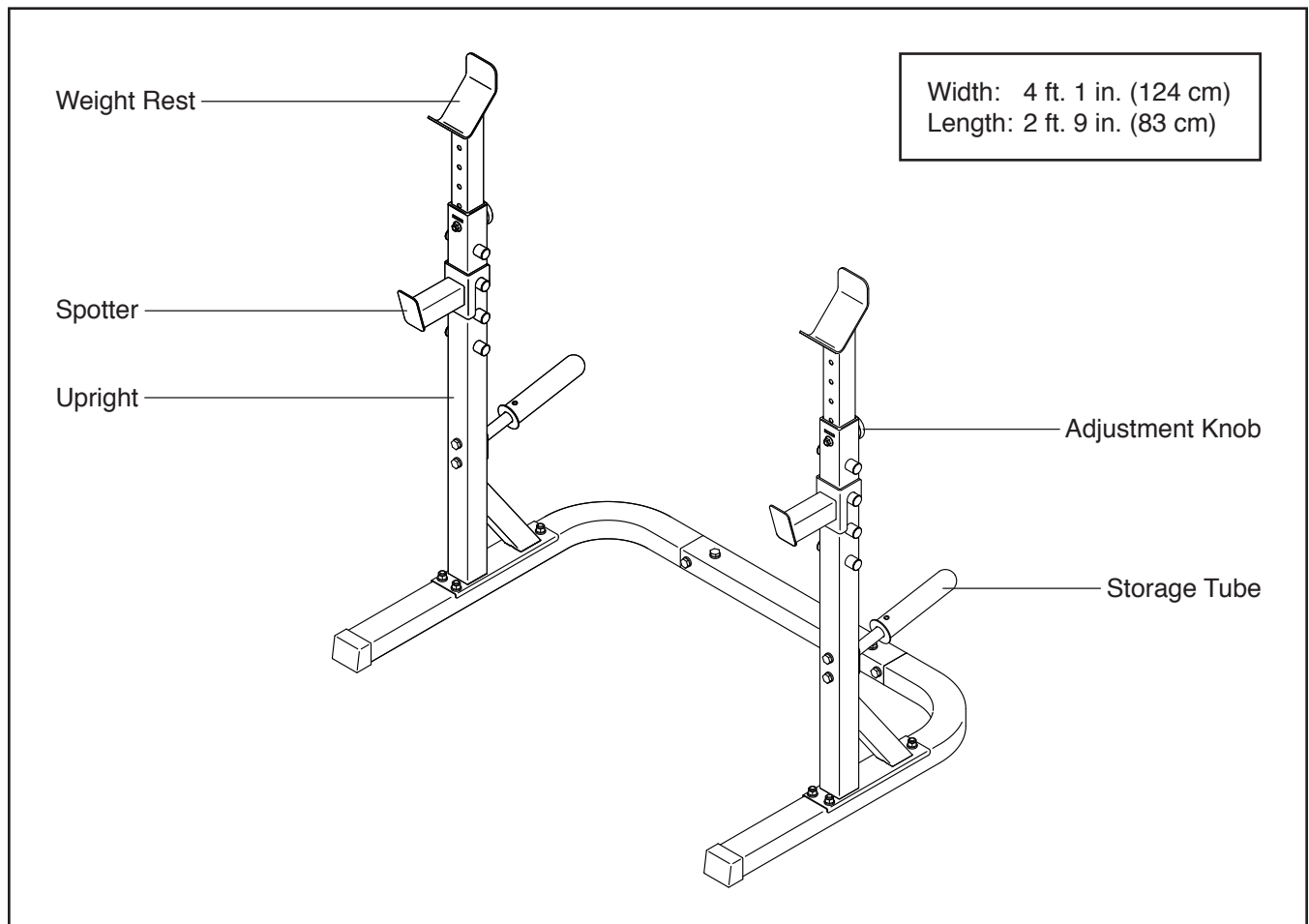
BEFORE YOU BEGIN

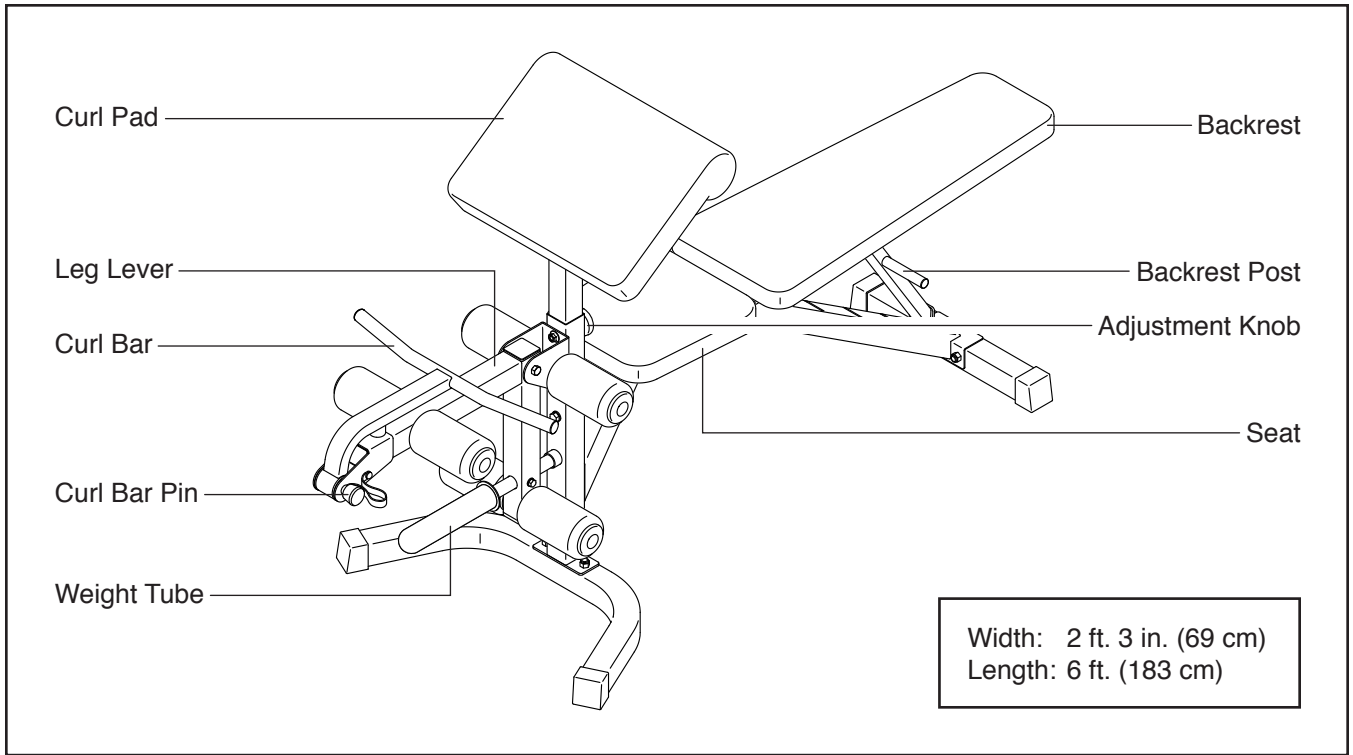
Thank you for selecting the versatile PROFORM® SPORT OLYMPIC BENCH AND RACK XT weight bench. The weight bench offers a selection of exercises designed to develop the major muscle groups of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular 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 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.

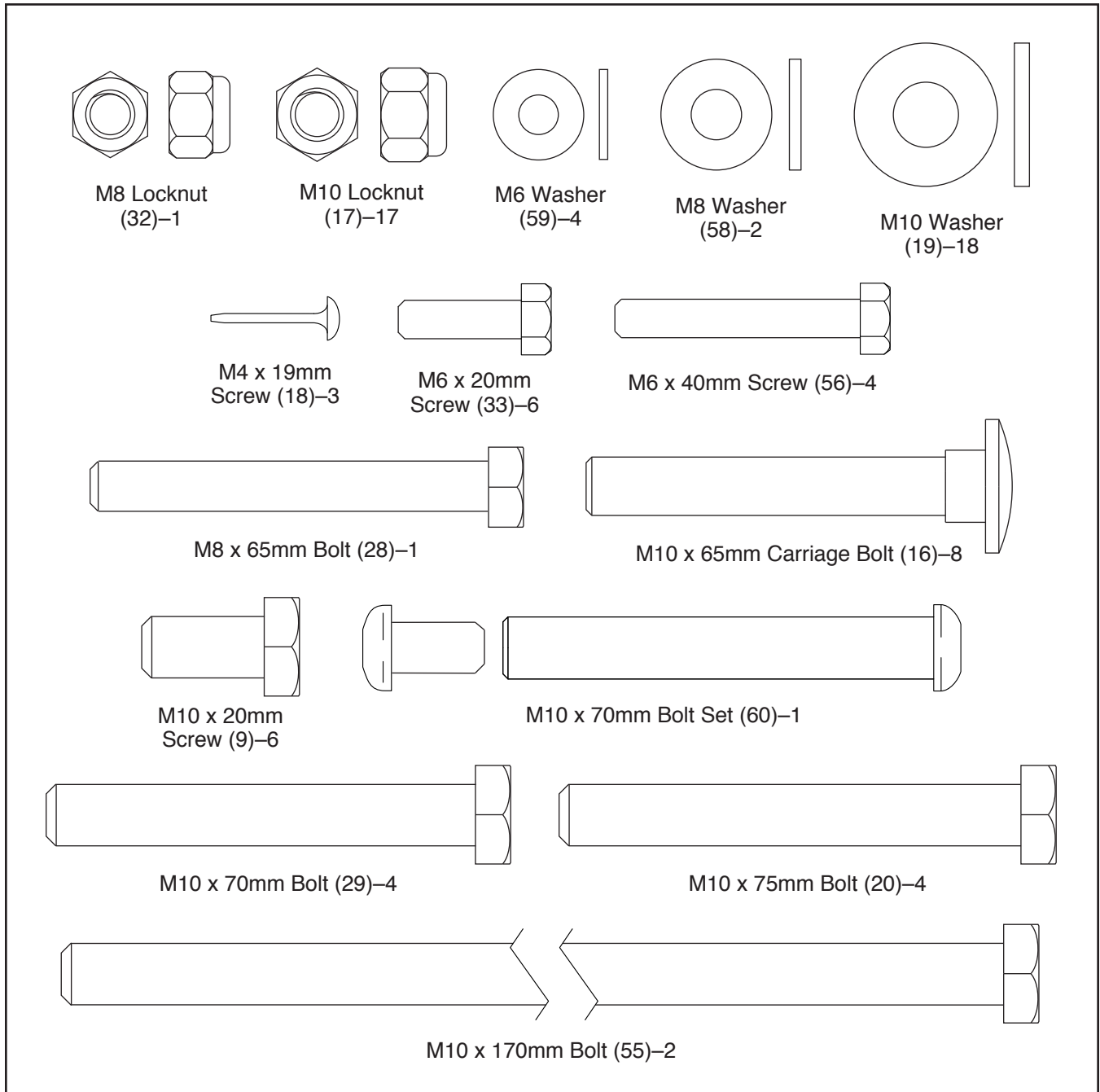
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.





PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



ASSEMBLY

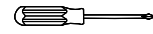
- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Because of its weight and size, assemble the weight bench in the location where it will be used. Make sure that there is enough clearance to walk around it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is finished.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- Assembly requires two persons.
- For help identifying small parts, see page 8.
- In addition to the included tool(s), assembly requires the following tool(s):

two adjustable wrenches



one Phillips screwdriver



one rubber mallet

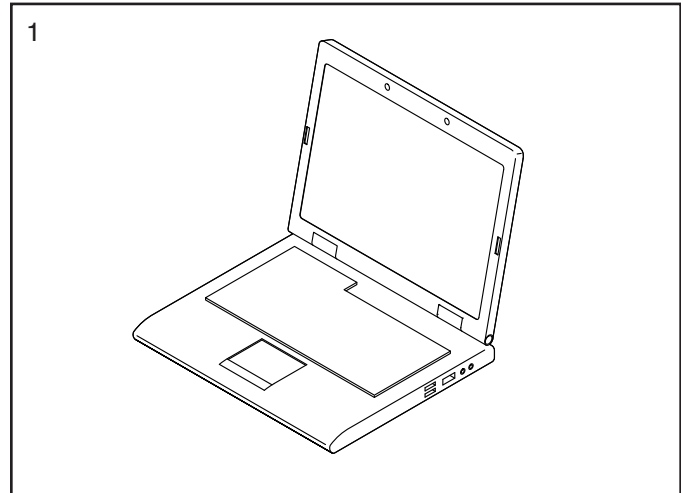


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to my.proform.com on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

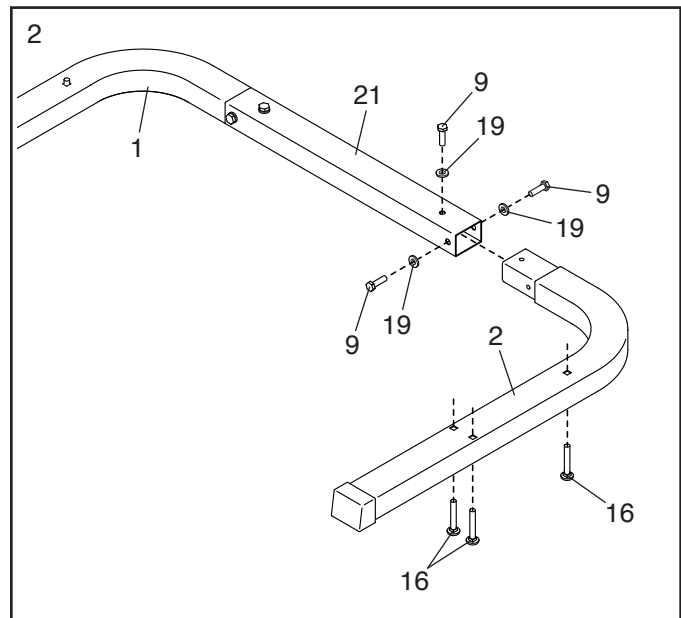
Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



2. Insert three M10 x 65mm Carriage Bolts (16) upward into the Left Base (2).

Next, insert the Left Base (2) into one end of the Center Base (21). Attach the Left Base with three M10 x 20mm Screws (9) and three M10 Washers (19); **do not tighten the Screws yet.**

Repeat this step for the Right Base (1).

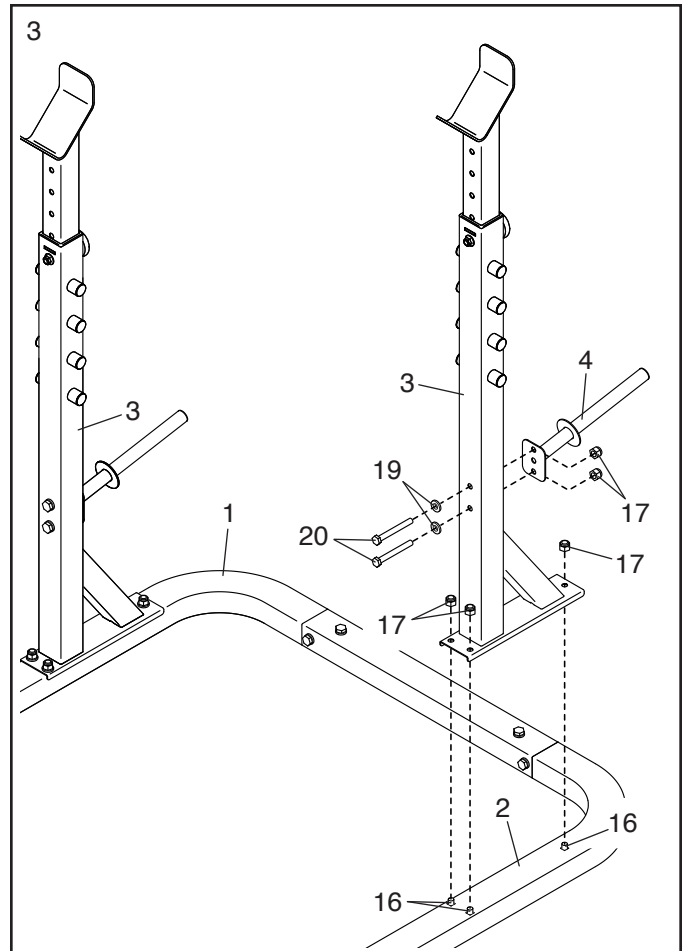


3. Orient one of the Uprights (3) as shown, and set it over the three M10 x 65mm Carriage Bolts (16) in the Left Base (2). Attach the Upright with three M10 Locknuts (17).

Then, attach a Storage Tube (4) to the Upright (3) with two M10 x 75mm Bolts (20), two M10 Washers (19), and two M10 Locknuts (17); **insert both Bolts, and then tighten the Locknuts.**

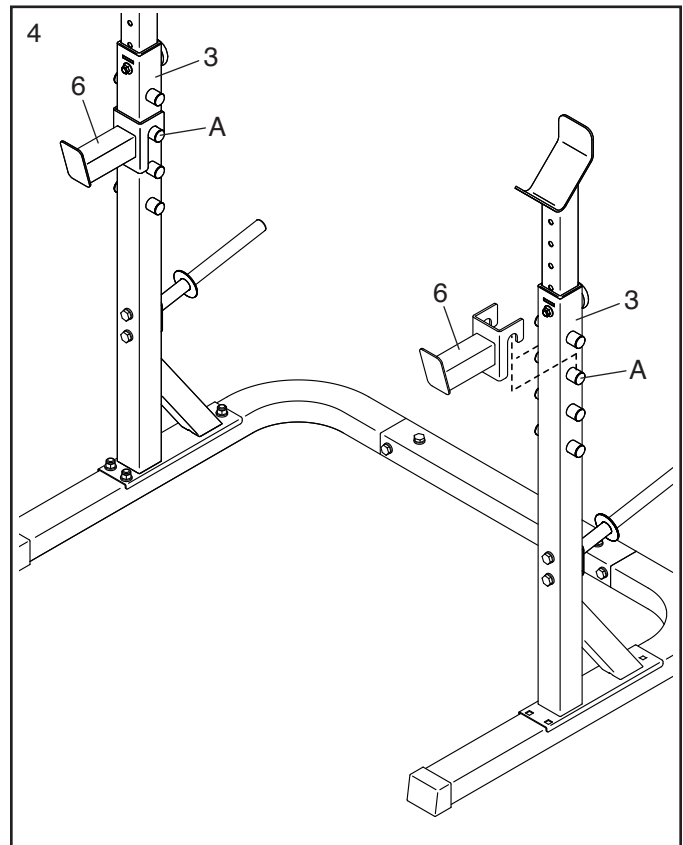
Repeat this step for the other Upright (3) and the Right Base (1).

See step 2. Tighten the six M10 x 20mm Screws (9).



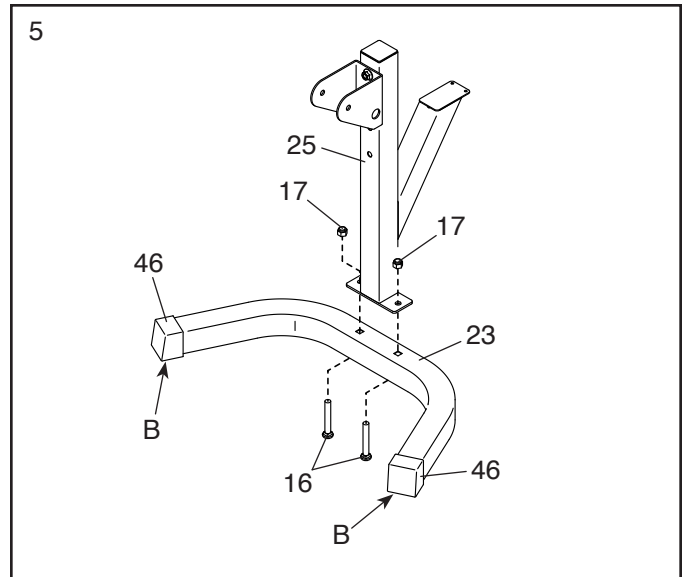
4. Set a Spotter (6) on a set of pegs (A) on the left Upright (3).

Set the other Spotter (6) on a set of pegs (A) on the right Upright (3). **Make sure that both Spotters are at the same height.**



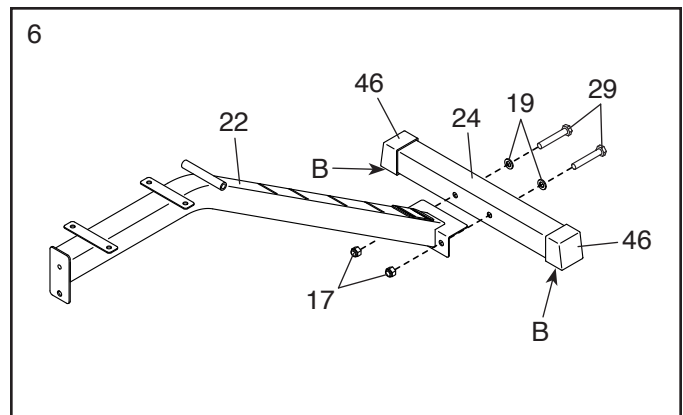
- Orient the Front Stabilizer (23) so that the widest sides (B) of the 50mm Square Outer Caps (46) touch the floor.

Attach the Front Stabilizer (23) to the Front Leg (25) with two M10 x 65mm Carriage Bolts (16) and two M10 Locknuts (17); **do not tighten the Locknuts yet.**



- Orient the Rear Stabilizer (24) so that the widest sides (B) of the 50mm Square Outer Caps (46) touch the floor.

Attach the Rear Stabilizer (24) to the Frame (22) with two M10 x 70mm Bolts (29), two M10 Washers (19), and two M10 Locknuts (17); **do not tighten the Locknuts yet.**

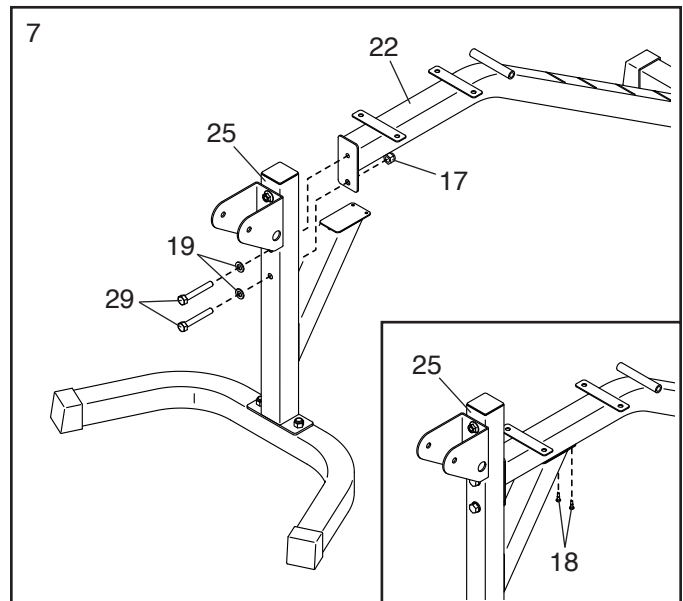


- Attach the Front Leg (25) to the Frame (22) with two M10 x 70mm Bolts (29), two M10 Washers (19), and an M10 Locknut (17); **do not tighten the Bolts or the Locknut yet.**

See the inset drawing. Finish attaching the Front Leg (25) with two M4 x 19mm Screws (18); **start both Screws, and then tighten them.**

Then, tighten the two M10 x 70mm Bolts (29) and the M10 Locknut (17).

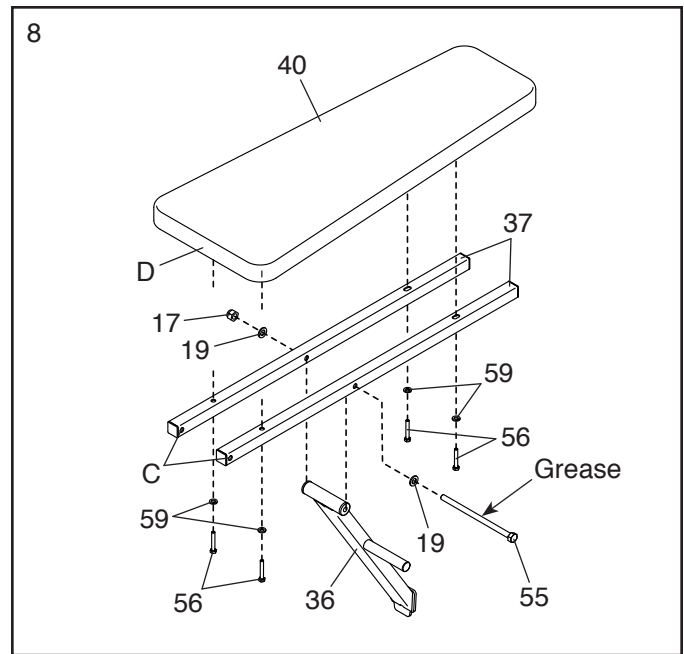
See step 5–6. Tighten the M10 Locknuts (17).



8. Using a plastic bag to keep your fingers clean, apply some of the included grease to an M10 x 170mm Bolt (55).

Next, orient the two Backrest Frames (37) so that the indicated holes (C) are in the position shown. Then, orient the Backrest Post (36) as shown. Attach the Backrest Post to the Backrest Frames with the M10 x 170mm Bolt (55), two M10 Washers (19), and an M10 Locknut (17); **do not tighten the Locknut yet.**

Then, orient the Backrest (40) so that the wide end (D) is in the position shown, and attach it to the Backrest Frames (37) with four M6 x 40mm Screws (56) and four M6 Washers (59); **do not tighten the Screws yet.**

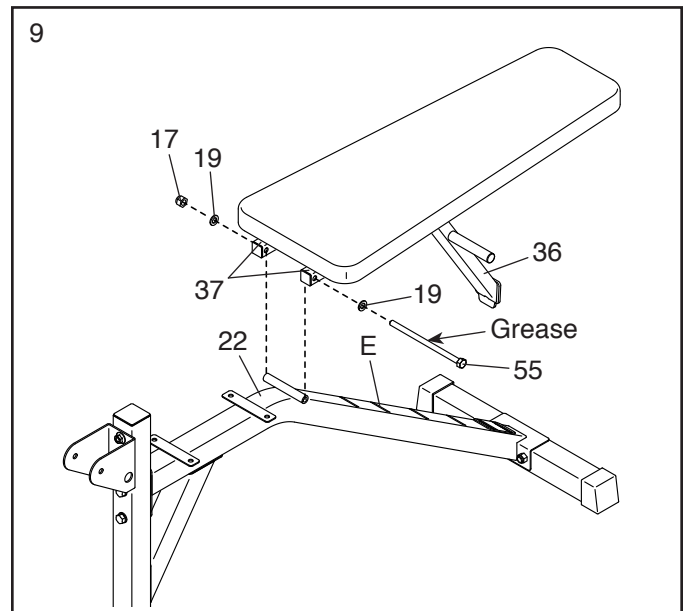


9. Apply grease to an M10 x 170mm Bolt (55).

Attach the Backrest Frames (37) to the Frame (22) with the M10 x 170mm Bolt (55), two M10 Washers (19), and an M10 Locknut (17). **Do not overtighten the Locknut; the Backrest Frames must pivot easily.**

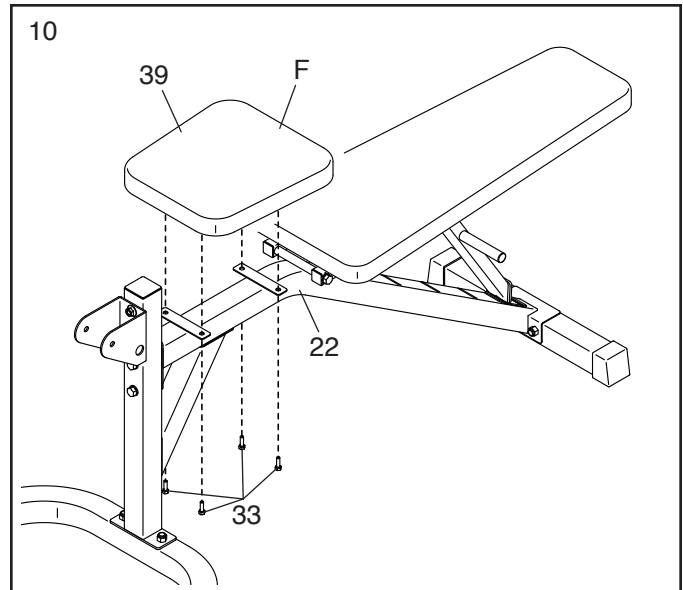
Then, set the end of the Backrest Post (36) in one of the slots (E) in the Frame (22).

See step 8. Tighten the M10 Locknut (17) and the four M6 x 40mm Screws (56). **Do not overtighten the Locknut; the Backrest Post (36) must pivot easily. To avoid damaging the Backrest (40), tighten the Screws only until the Backrest does not move or feel loose.**



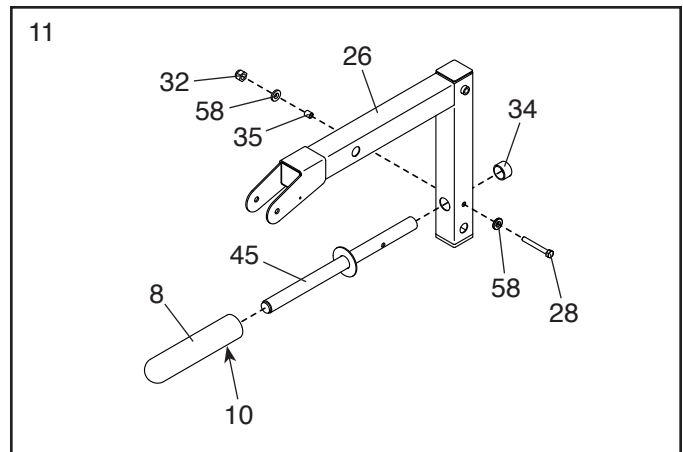
10. Orient the Seat (39) so that the wide end (F) is in the position shown.

Attach the Seat (39) to the Frame (22) with four M6 x 20mm Screws (33); **start all four Screws, and then tighten them. To avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**



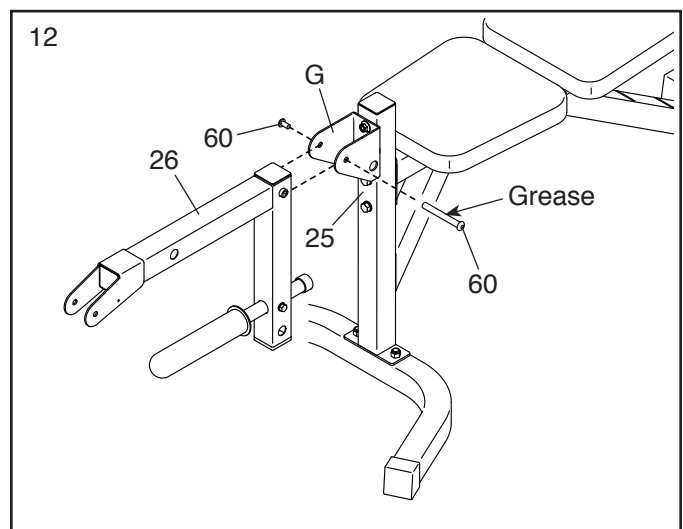
11. Attach the Weight Tube (45) to the Leg Lever (26) with an M8 x 65mm Bolt (28), two M8 Washers (58), a Spacer (35), and an M8 Locknut (32). Then, press the 25mm Round Outer Cap (34) onto the Weight Tube.

If you plan to use Olympic weights (not included), slide the Olympic Adapter (8) onto the Weight Tube (45). Then, tighten the M8 x 10mm Set Screw (10) in the Olympic Adapter.



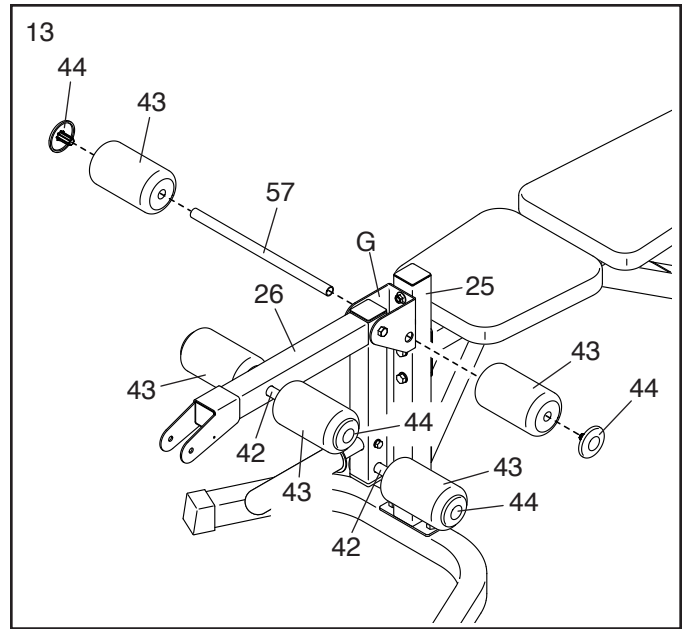
12. Apply grease to the barrel of an M10 x 70mm Bolt Set (60).

Attach the Leg Lever (26) to the Front Leg (25) with the M10 x 70mm Bolt Set (60). **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket (G) on the Front Leg.**



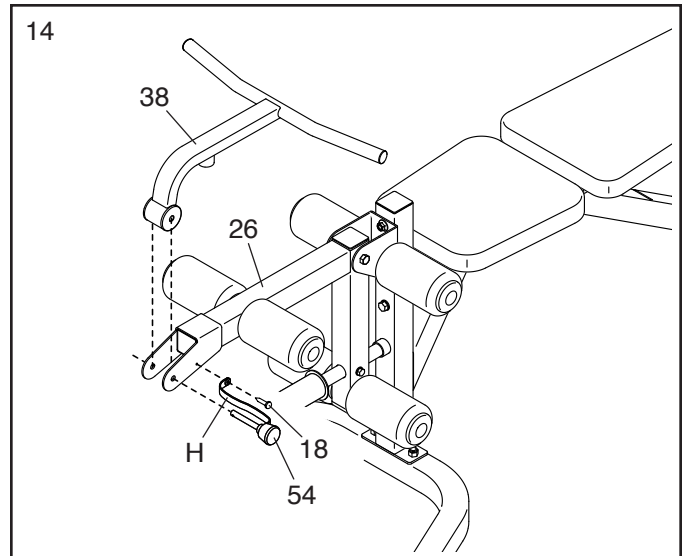
13. Insert the Long Pad Tube (57) into the bracket (G) on the Front Leg (25). Then, slide two Foam Pads (43) onto the Long Pad Tube, and press two Pad Caps (44) into the Long Pad Tube.

Attach the two Short Pad Tubes (42) and the remaining Foam Pads (43) and Pad Caps (44) to the Leg Lever (26) in the same way.

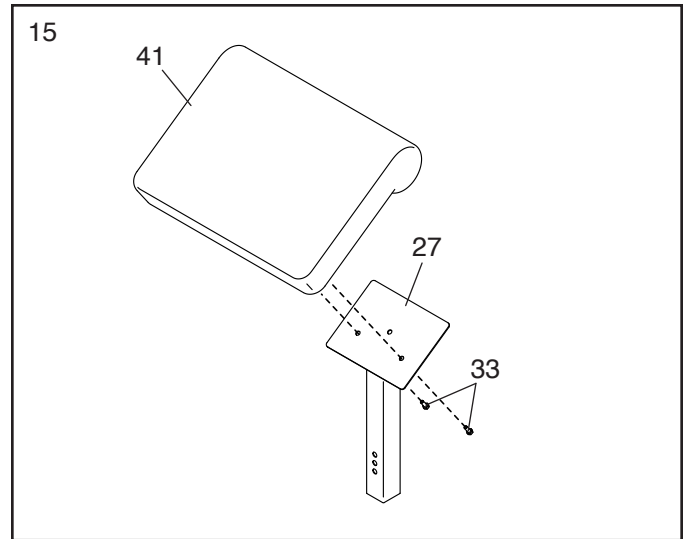


14. Attach the Curl Bar (38) to the Leg Lever (26) with the Curl Bar Pin (54).

Then, attach the tether (H) on the Curl Bar Pin (54) to the Leg Lever (26) with an M4 x 19mm Screw (18).



15. Attach the Curl Pad (41) to the Curl Post (27) with two M6 x 20mm Screws (33). **To avoid damaging the Curl Pad, tighten the Screws only until the Curl Pad does not move or feel loose.**



16. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTMENT on page 16.

ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 19 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

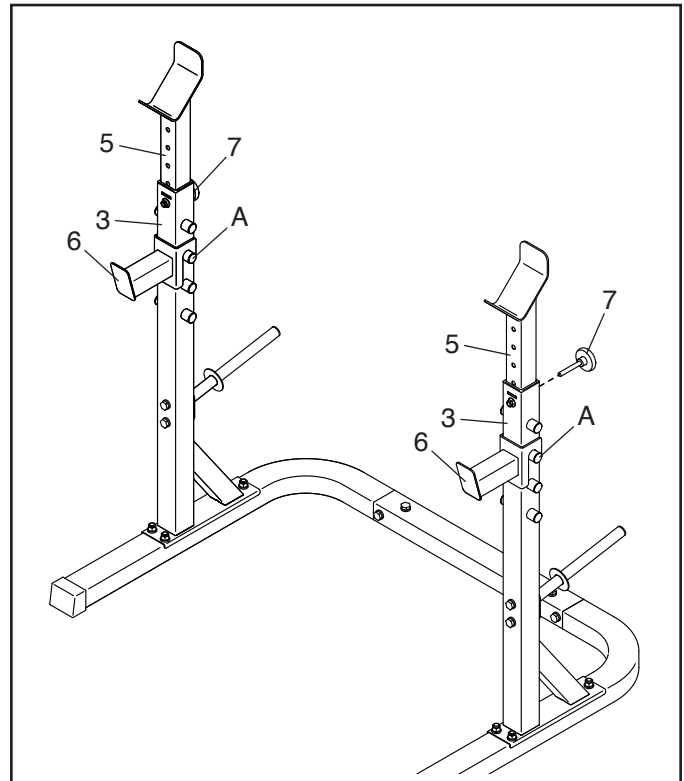
Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

ADJUSTING THE WEIGHT RESTS AND THE SPOTTERS

To adjust the height of the Weight Rests (5), raise them to the desired height, and then tighten the Adjustment Knobs (7) into the Uprights (3). **Make sure that the Weight Rests are at the same height and that the Adjustment Knobs are fully tightened into the Uprights.**

To adjust the height of the Spotters (6), move the Spotters to a different set of pegs (A) on the Uprights (3). **Make sure that the Spotters are at the same height.**

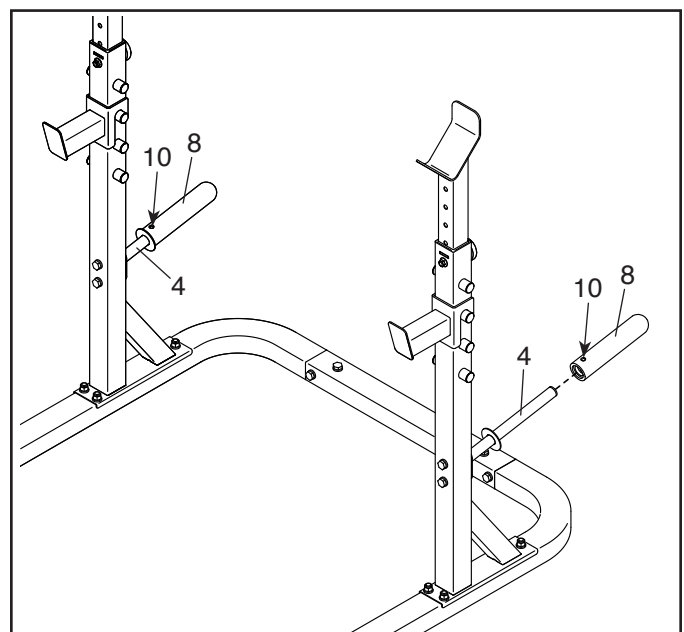
⚠ WARNING: Do not place more than 310 lbs. (141 kg) on the Weight Rests (5). Always set both Weight Rests at the same height, and make sure that the Adjustment Knobs (7) are fully tightened.



STORING WEIGHTS

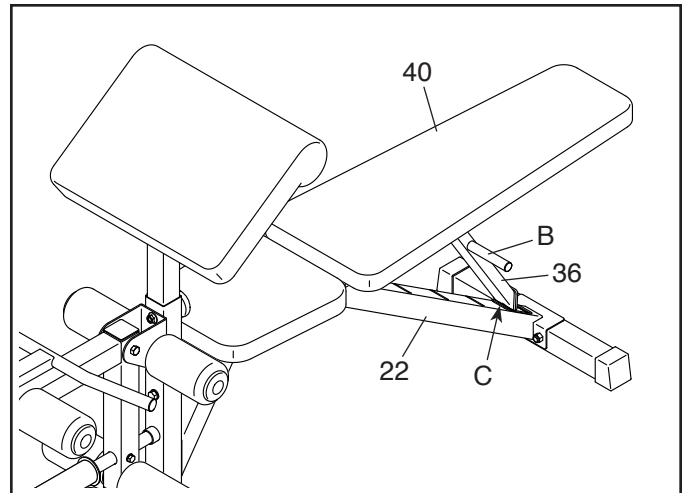
You can store your weights (not included) on the two Storage Tubes (4).

If you plan to store Olympic weights, first slide the Olympic Adapters (8) onto the Storage Tubes (4). Then, tighten the M8 x 10mm Set Screws (10) in the Olympic Adapters.



ADJUSTING THE BACKREST

To adjust the position of the Backrest (40), hold the indicated handle (B) on the Backrest Post (36), raise or lower the Backrest, and then set the Backrest Post in one of the slots (C) in the Frame (22). **Make sure that the Backrest Post is fully inserted into one of the slots.**

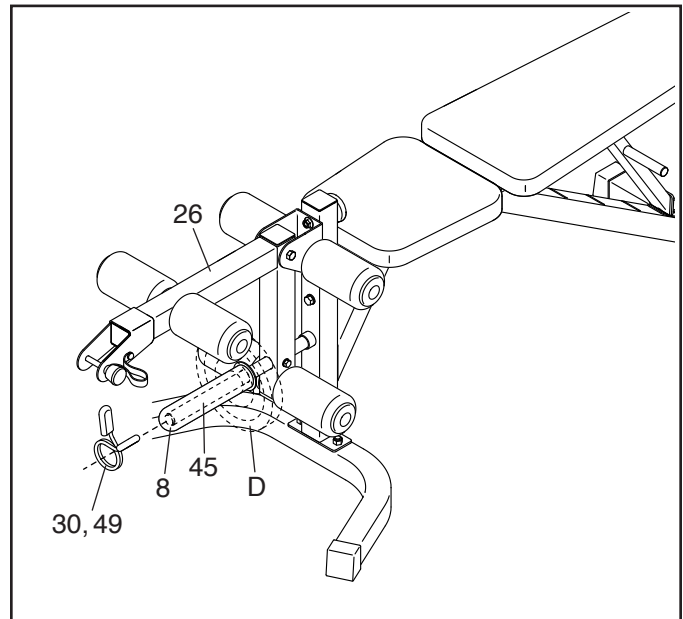


USING THE LEG LEVER

If you plan to use Olympic weights (not included), see assembly step 11 on page 13 and attach the Olympic Adapter (8) to the Weight Tube (45).

To use the Leg Lever (26), slide the desired weights (D) (not included) onto the Weight Tube (45). Secure the weights with the Standard Spring Clip (30) or the Olympic Spring Clip (49). **Note: Before using the Leg Lever, remove the Curl Bar (not shown) and the Curl Pad (not shown).**

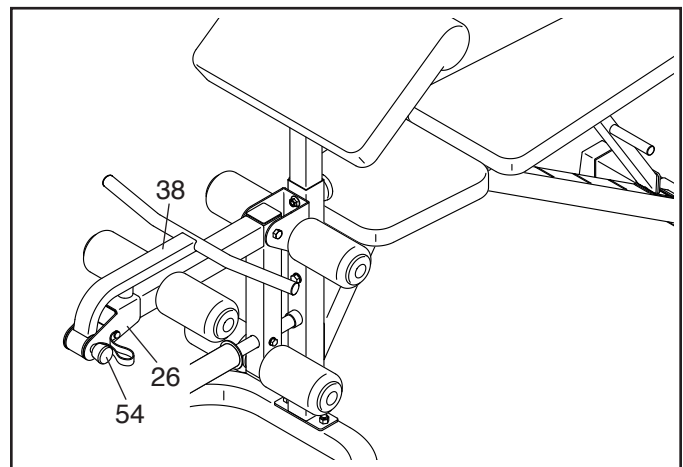
⚠ WARNING: Do not place more than 150 lbs. (68 kg) on the Leg Lever (26).



ATTACHING AND REMOVING THE CURL BAR

To attach the Curl Bar (38) to the Leg Lever (26), fully insert the Curl Bar Pin (54) into the Leg Lever and the Curl Bar as shown.

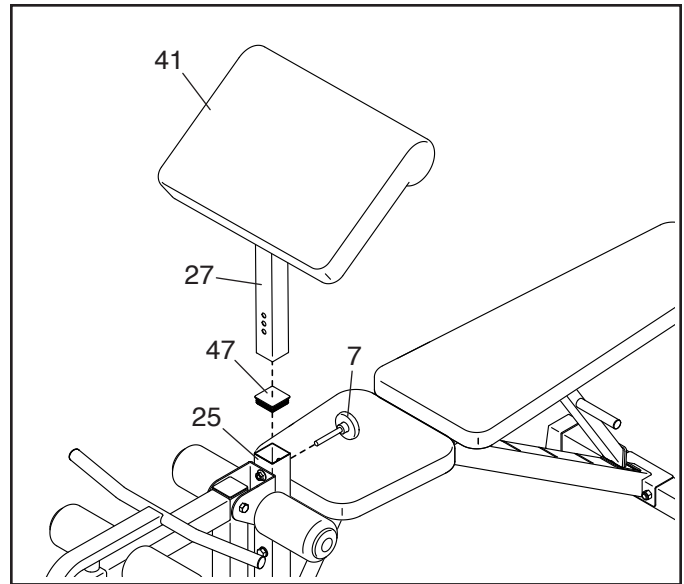
When performing exercises that do not require the Curl Bar (38), pull the Curl Bar Pin (54) out of the Leg Lever (26), and remove the Curl Bar.



ATTACHING AND REMOVING THE CURL PAD

To attach the Curl Pad (41), remove the 50mm Square Inner Cap (47) from the Front Leg (25), and insert the Curl Post (27) into the Front Leg. Then, tighten the Adjustment Knob (7) into the Front Leg and into one of the adjustment holes in the Curl Post. **Make sure that the Adjustment Knob is inserted through one of the adjustment holes.**

When performing exercises that do not require the Curl Pad (41), remove the Curl Pad and insert the 50mm Square Inner Cap (47) into the Front Leg (25).



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

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

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

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

- Strength training 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.

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 workout with at least one day of rest.

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

Working Out—Include 6 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.

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.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

PART LIST

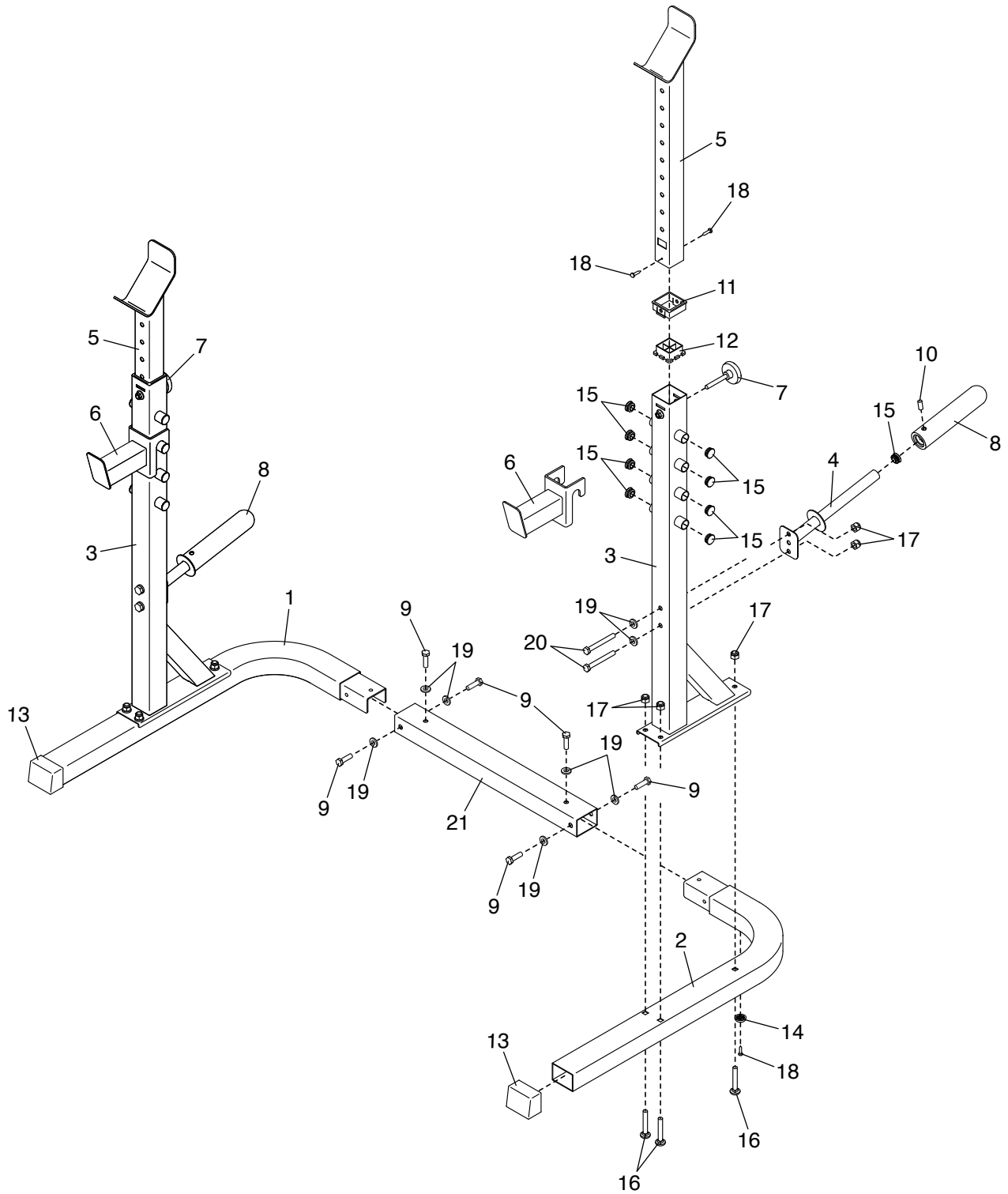
Model No. PFBE60120.0 R0920A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	33	6	M6 x 20mm Screw
2	1	Left Base	34	1	25mm Round Outer Cap
3	2	Upright	35	1	Spacer
4	2	Storage Tube	36	1	Backrest Post
5	2	Weight Rest	37	2	Backrest Frame
6	2	Spotter	38	1	Curl Bar
7	3	Adjustment Knob	39	1	Seat
8	3	Olympic Adapter	40	1	Backrest
9	6	M10 x 20mm Screw	41	1	Curl Pad
10	3	M8 x 10mm Set Screw	42	2	Short Pad Tube
11	2	Upright Bushing	43	6	Foam Pad
12	2	Weight Rest Bushing	44	6	Pad Cap
13	2	50mm x 70mm Outer Cap	45	1	Weight Tube
14	2	Foot	46	4	50mm Square Outer Cap
15	20	25mm x 1.5mm Round Inner Cap	47	4	50mm Square Inner Cap
16	8	M10 x 65mm Carriage Bolt	48	1	19mm Round Inner Cap
17	17	M10 Locknut	49	1	Olympic Spring Clip
18	10	M4 x 19mm Screw	50	4	25mm Square Inner Cap
19	18	M10 Washer	51	1	Bumper
20	4	M10 x 75mm Bolt	52	2	Curl Bar Bushing
21	1	Center Base	53	2	Backrest Post Bushing
22	1	Frame	54	1	Curl Bar Pin
23	1	Front Stabilizer	55	2	M10 x 170mm Bolt
24	1	Rear Stabilizer	56	4	M6 x 40mm Screw
25	1	Front Leg	57	1	Long Pad Tube
26	1	Leg Lever	58	2	M8 Washer
27	1	Curl Post	59	4	M6 Washer
28	1	M8 x 65mm Bolt	60	1	M10 x 70mm Bolt Set
29	4	M10 x 70mm Bolt	*	–	User's Manual
30	1	Standard Spring Clip	*	–	Exercise Guide
31	1	25mm x 2.5mm Round Inner Cap	*	–	Grease Packet
32	1	M8 Locknut	*	–	Assembly Tool

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

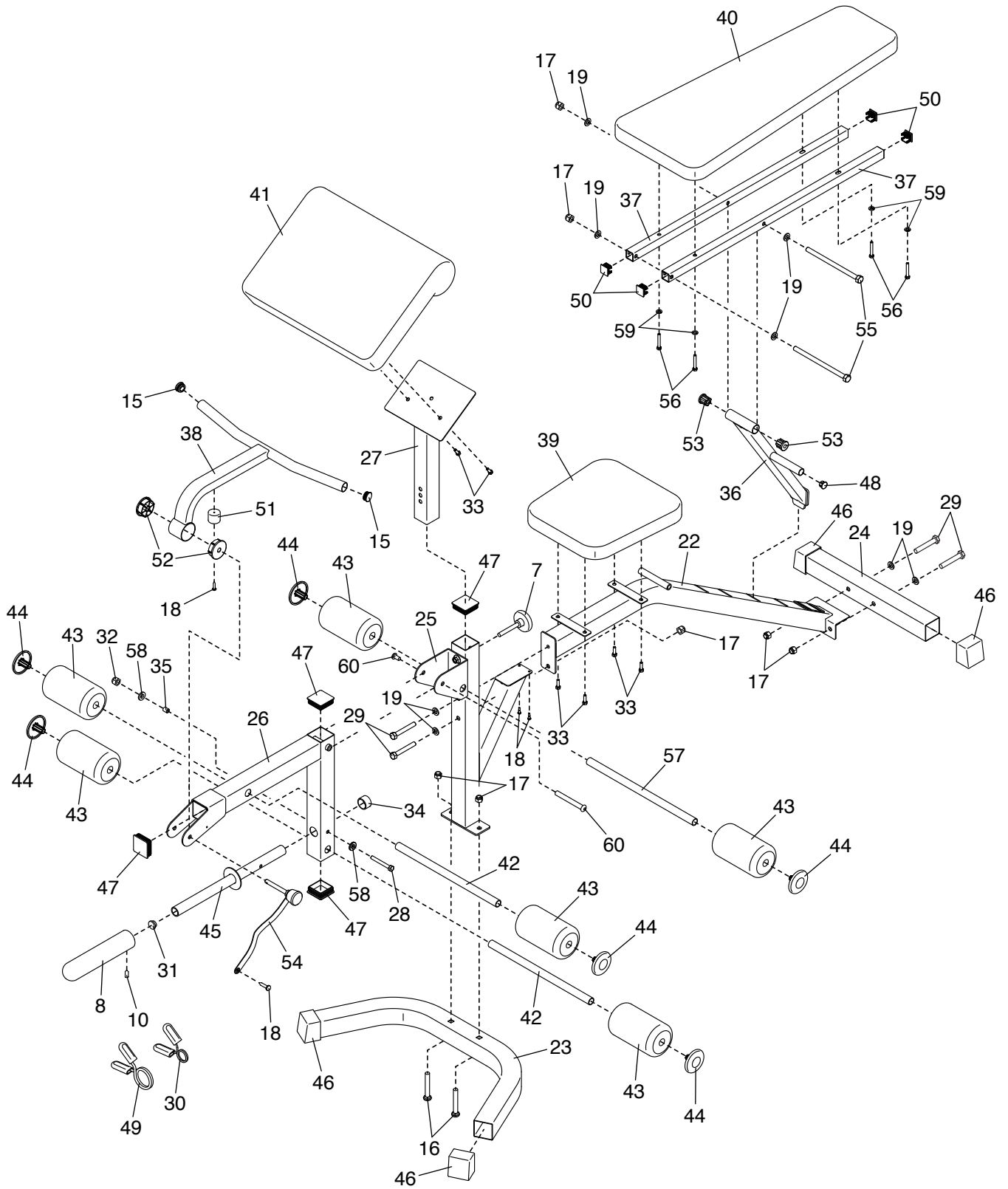
EXPLODED DRAWING A

Model No. PFBE60120.0 R0920A



EXPLODED DRAWING B

Model No. PFBE60120.0 R0920A



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: To protect your fitness equipment with an extended service plan, see page 5.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) 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 (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

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