

FID WEIGHT BENCH

MODEL# 839FID

PRODUCT MANUAL - VERSION 5.20.01

FOR AGES:

13+

WEIGHT LIMIT:

400 Lbs
181 Kgs

TO BUILD:

 x 1

TOOLS NEEDED:



HOW-TO
VIDEOS ONLINE



CUSTOMER SERVICE

GQBrands.com • CustomerService@GQBrands.com • 1-866-498-5269 • 4401 Samuell Blvd, Ste 150, Mesquite, TX 75149



CUSTOMER SERVICE INFORMATION

Thank you for purchasing: **FID WEIGHT BENCH**

MODEL# 8639FID

If you have an issue with your item, do not return. Please report items that are damaged or missing parts to the manufacturer **GQ Brands** within three days of delivery. Contact customer service at customerservice@gqbrands.com to open a ticket.

At GQBrands®, we want all of our customers to be completely satisfied with their purchase. Take time to review the contents of the product you have just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will provide replacement parts at no charge within 30 days of purchase.

To register your product please visit:
www.globalqualitybrands.com/product-registration
or Scan code:



To order these parts, or if you have any other questions or concerns about this GQBrands product, please contact us at

PureFun.net
GQ Brands
Phone: 1-866-498-5269
Email: CustomerService@GQBrands.com
4401 Samuell Blvd, Ste 150, Mesquite, TX 75149

Please be sure to include the following information when you contact Customer Service:

YOUR NAME: _____

YOUR MAILING ADDRESS: _____

YOUR EMAIL ADDRESS: _____

PRODUCT NAME: _____

PRODUCT MODEL#: _____

PART NUMBER _____

RETAILER WHERE PURCHASED: _____

DATE OF PURCHASE: _____

ORDER NUMBER: (If Available) _____

PO NUMBER ON BOX: (If Available) _____

QUANTITY NEEDED: _____

SERIAL NUMBER: (On Product Frame) _____

LIMITED WARRANTY

Global Quality Brands® warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **90 DAYS FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the Product. The Company's obligation under this warranty is limited to replacing or repairing the Product, at the discretion of the company.

All warranty coverage extends only to the original retail purchaser from the date of purchase. GQBrands obligation under this warranty is limited to replacing or repairing, at Global Quality Brands® option. All products for which a warranty claim is made must be received by Global Quality Brands® and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Global Quality Brands®. All warranty claims must be pre-authorized by Global Quality Brands® pre-authorization can be obtained by calling 866-498-5269.

This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of nature, (such as damage caused by wind, lightning, snow, water, or ice) weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other warranty beyond that specifically set forth above is authorized by GQBrands®.

GLOBAL QUALITY BRANDS® 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 OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. 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 ALL OTHER WARRANTIES AND GLOBAL QUALITY BRANDS®, SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY 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 LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NO APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

WHILE EVERY ATTEMPT IS MADE TO ENSURE THE HIGHEST DEGREE OF PROTECTION IN ALL EQUIPMENT, WE CANNOT GUARANTEE FREEDOM OF INJURY. THE USER ASSUMES ALL RISK OF INJURY DUE TO USE. ALL MERCHANDISE IS SOLD ON THIS CONDITION, WHICH NO REPRESENTATIVE OF GQBRANDS® CAN WAIVE OR CHANGE.



WARNINGS



ADULT ASSEMBLY REQUIRED

CHOKING HAZARD - Small Parts

NOT for children under 3 years of age.

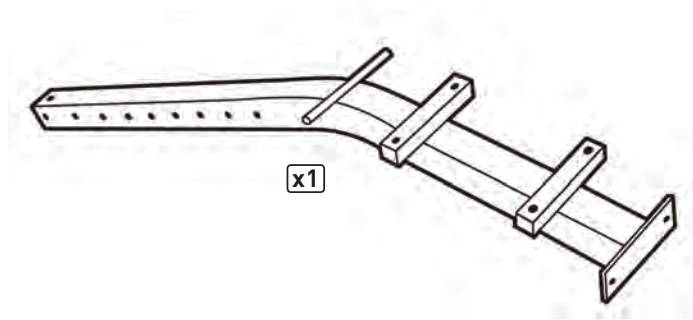
Please read these warnings and the information in this manual in its entirety.

Failure to comply with the following instructions may increase the risk of serious injury and/or death:

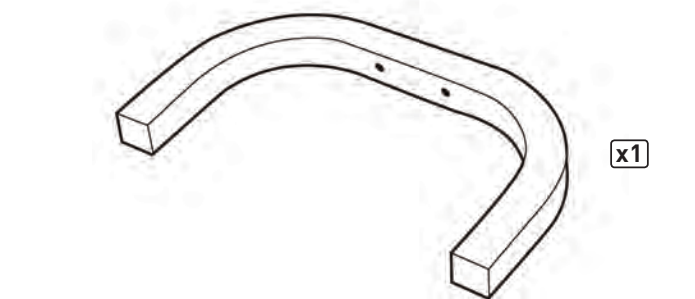
- Ensure that this product has been assembled correctly, per the instructions in the manual.
- DO NOT make any modifications to this equipment or use this machine in any manner it is not intended for.
- This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.
- NEVER sit on, transport, or use the Ab Bench without the Hinge Lock Pin in Place. Even with the Hinge Lock Pin engaged, always be aware of the position of your extremities, especially your fingers, and keep them away from the Folding Leg Hinge at all times. Failure to exercise proper caution around this pinch point may result in serious injury.
- NEVER operate this equipment without the Lock Knob fully tightened in place.
- NEVER exceed the MAXIMUM WEIGHT LIMIT of 250LBS (113KGS), including accessories and weights.
- ALWAYS check this product before each use for missing or loose bolts and/or damaged parts. Carefully inspect the frame and the cushion attachments. Check for damage and proper stability to ensure that all parts are correctly positioned, secured for use and in good working order.
- Failure to properly inspect your machine and/or misuse of this equipment can result in serious injury and death.
- ALWAYS be aware of the position of your extremities and head in relation to the steel frame.
- ALWAYS consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.
- IF YOU EXPERIENCE any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness, dizziness, or other unusual discomfort while exercising, STOP and consult your physician and/or obtain medical assistance.
- This machine is intended for indoor individual home use only, it is not designed for commercial use or for use in communal workout areas.
- DO NOT allow children or pets to use, climb on, or play near this product.
- This machine is only intended for use by persons over the age of 13 years.
- NEVER allow more than one person at a time on this product.
- Ensure that the product is on level ground. If necessary, use a rubber mat under the machine to reduce the possibility of slipping during use.
- Warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.
- NEVER hold your breath while exercising.
- Rest adequately between workouts to allow your muscles to tone and develop.
- DO NOT wear loose fitting clothing, belt buckles, or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.
- DO NOT stand or kneel on the seat, backrest or any other component of this item.
- ALWAYS wear the appropriate fitness footwear. DO NOT use this product barefooted or with socks only. If applicable, ensure that any shoe laces will not become caught.
- Dispose of all packaging materials safely and per local ordinance.
- Please retain this information for future reference.

PARTS LIST VIEW

1 - Main Frame



2 - Front Leg Base



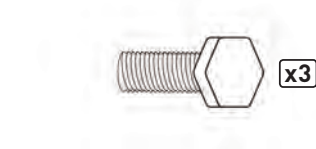
3 - 2" Square End Cap



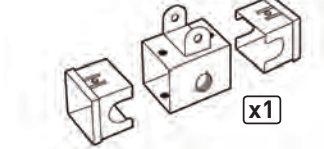
4 - M10 Washer



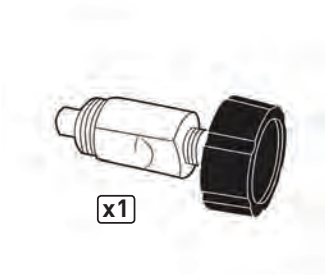
5 - M10 x 15 Bolt



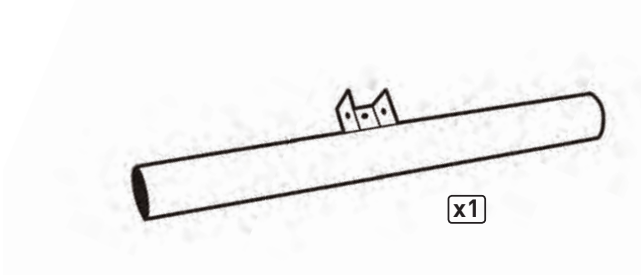
6 - Slide Collar



7 - Pop Pin



8 - Back Base



9 - Leg Cap



10 - 1" Square End Cap



11 - Support Cannulation



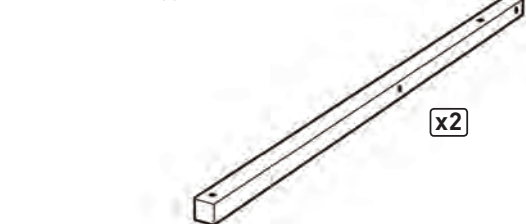
12 - M10 x 75mm



13 - M10 Nut



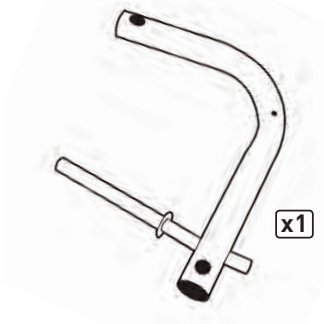
14 - Back Rest Support



15 - M10 x 150mm



16 - Leg Lift



PARTS LIST

17 - M10 x 70mm



18 - 1" Round Bumper



19 - Spring Clip



20 - 1" Round Bumper



21 - Leg Lift Tube Rod



22 - Foam Roller



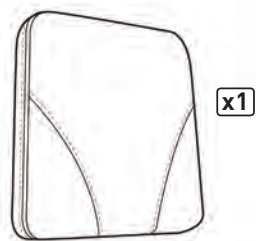
23 - M8 Washer



24 - M8 x25mm



25 - Seat Cushion



26 - Back Cushion



27 - 2" Round Cap



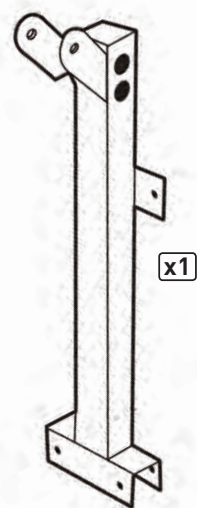
28 - M10 x 30mm



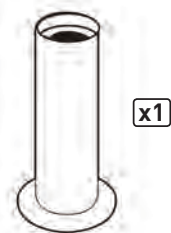
29 - M10 x 85mm



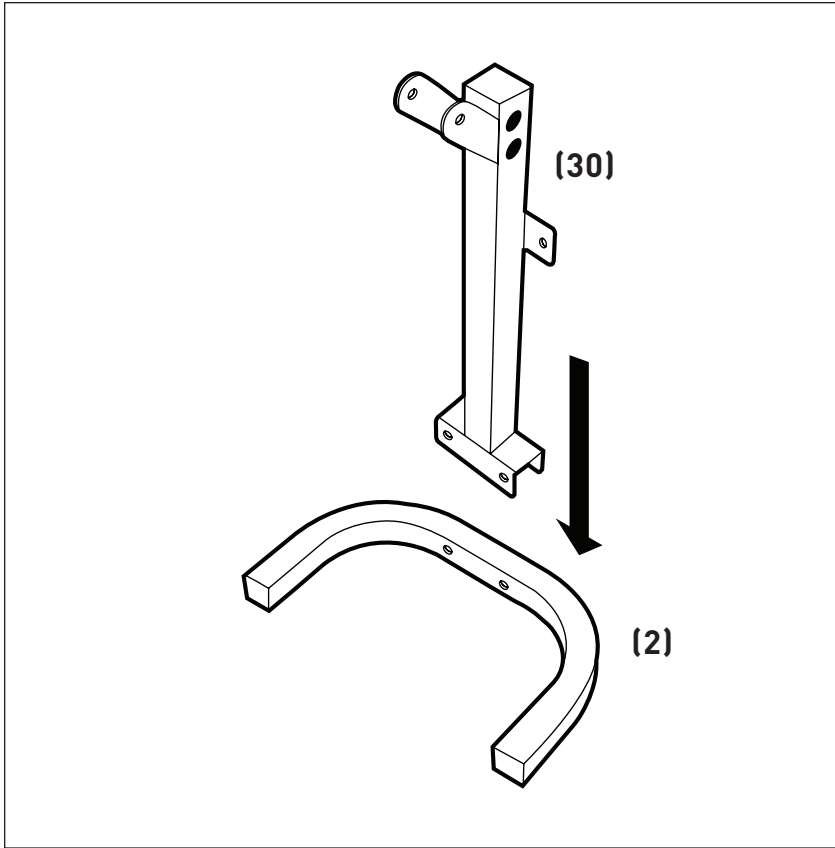
30 - Front Leg Support



31 - Leg Lift Weight Tube



ASSEMBLY INSTRUCTIONS



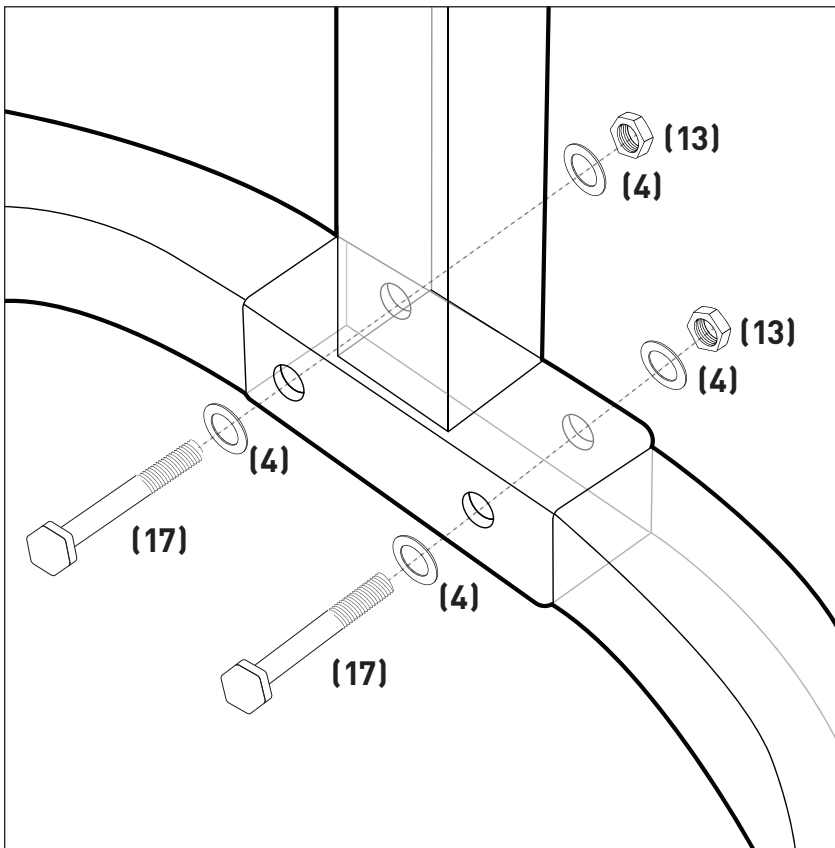
STEP 1:

Parts:

- Part 2 (x1) - Front Leg Base
- Part 30 (x1) - Front Leg Support

Align the Front Leg Base so the bottom bracket openings match with the opening of the Front Leg Support.

The wings from the Base and the legs of the Support must face in the same direction



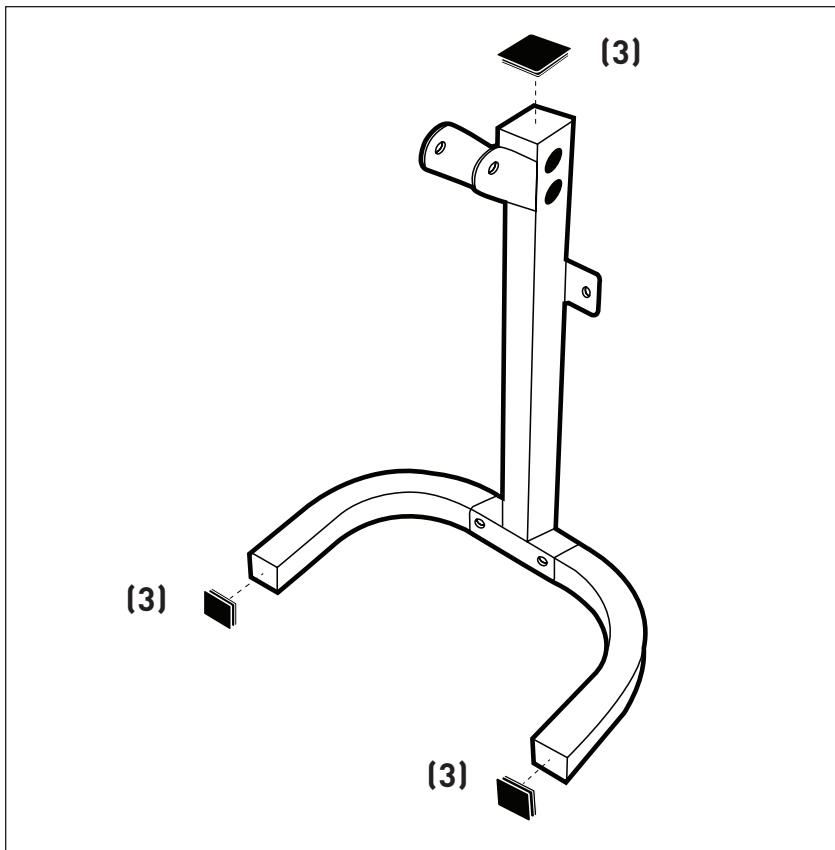
STEP 2:

Parts:

- Part 4 (x4) - M10 Washer
- Part 13 (x2) - M10 Nut
- Part 17 (x2) M10 x 70mm

With the openings aligned, install using a M10 x 70mm bolt *Part 17), M10 Washer (Part 4), and M10 Nut (Part 13) on both openings.

ASSEMBLY INSTRUCTIONS

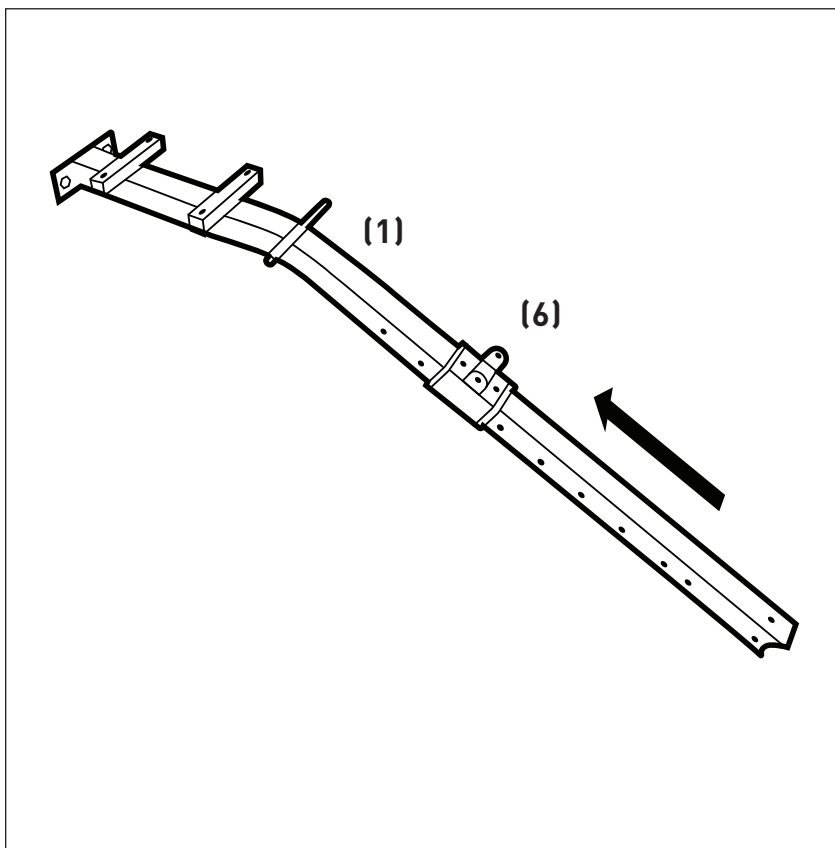


STEP 3:

Parts:

Part 3 (x3) - Square End Cap

A. If all 3 Square end Caps (Part 3) are not already installed, push in their respective openings.



STEP 4:

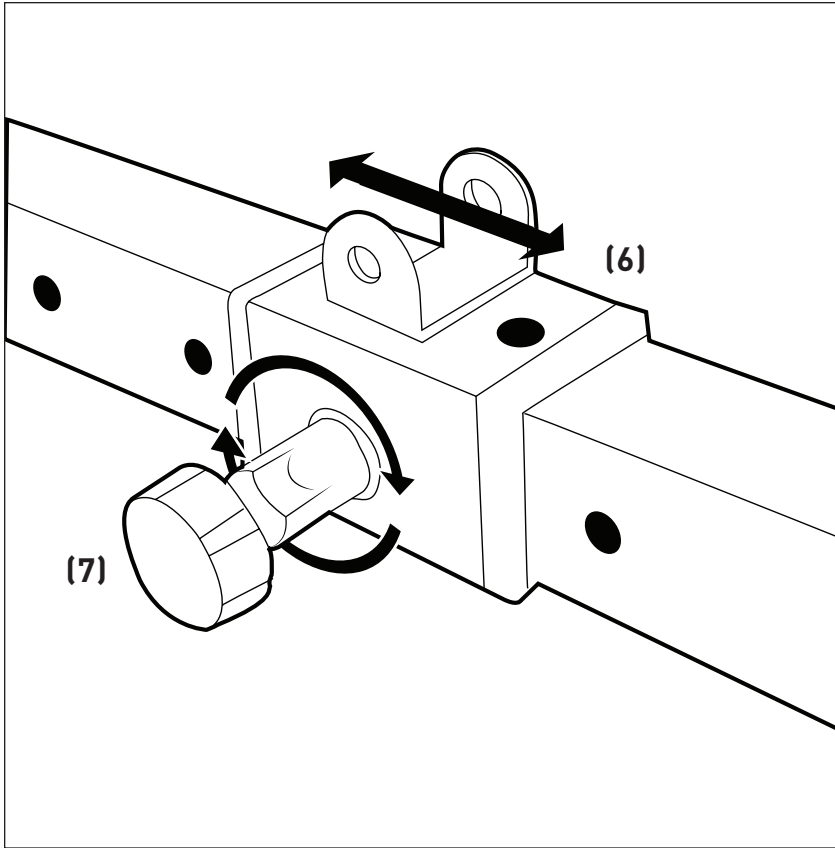
Parts:

Part 1 (x1) - Main Frame

Part 6 (x1) - Slide Collar

from the bottom of the Main Frame (Part 1), slide the Slide Collar (Part 6) to an opening of your choice.

ASSEMBLY INSTRUCTIONS

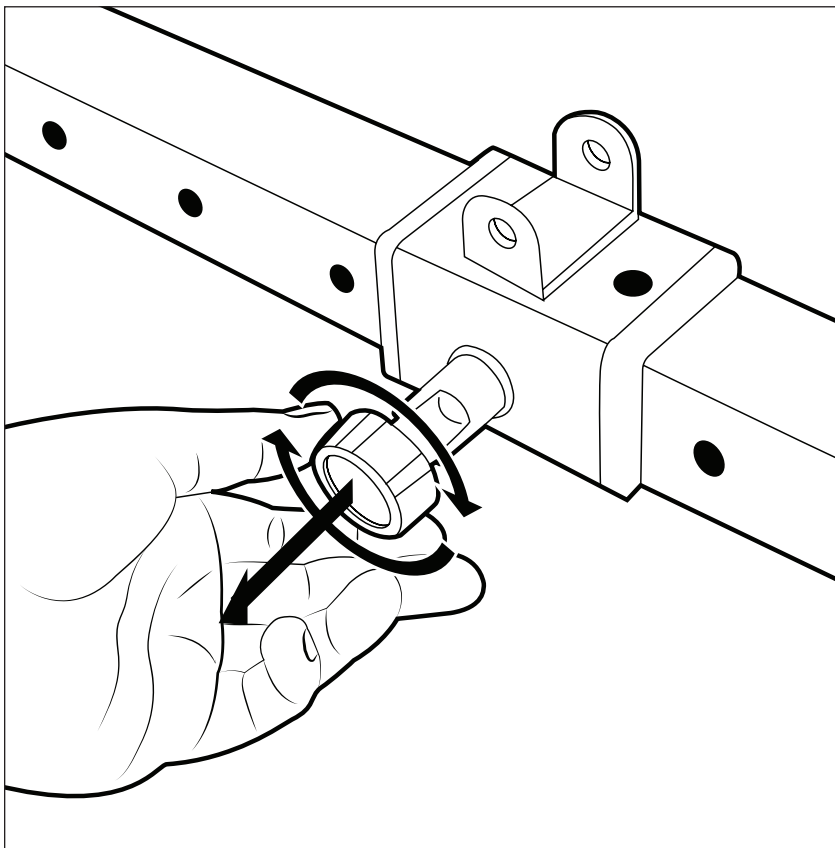


STEP 5:

Parts:

- Part 7 (x1) - Pop Pin
- Part 6 (x1) - Slide Collar

Once you have aligned the SLide Collar to an opening of your choice, Grab the Pop Pin (Part 7) and twist to secure the Pop Pin to the opening

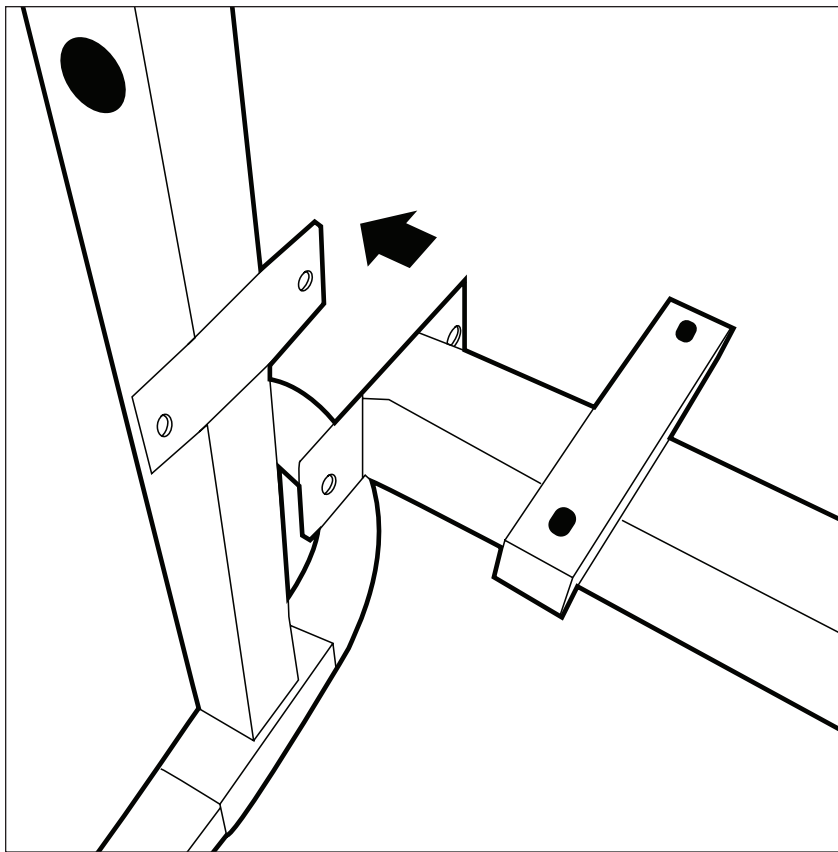


STEP 6:

To adjust the Slide Collar position in the Main Frame, pull the Pop Pin handle towards you and keep it pulled as you slide the collar to a preferred opening.

Once you are ready to secure the Slide Collar, release the Pop Pin and secure to that opening.

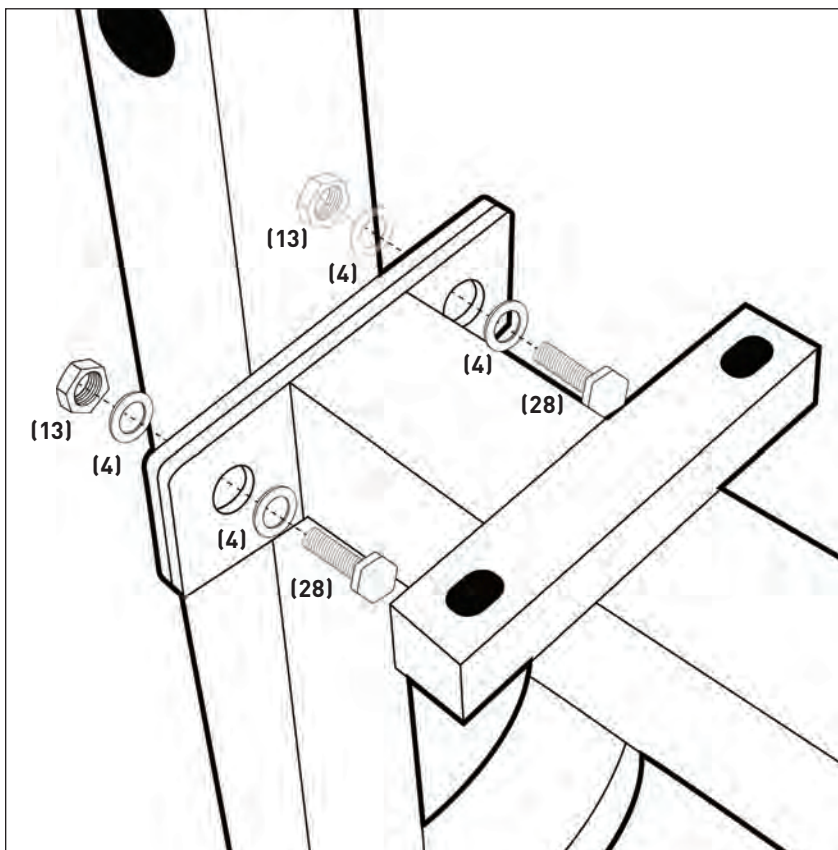
ASSEMBLY INSTRUCTIONS



STEP 7:

Align the openings of the Main Frame to the openings of the Front Leg Support bar.

Make sure that the bottom half of the Main Frame is aiming at the floor to make sure both bars align properly.



STEP 8:

Parts:

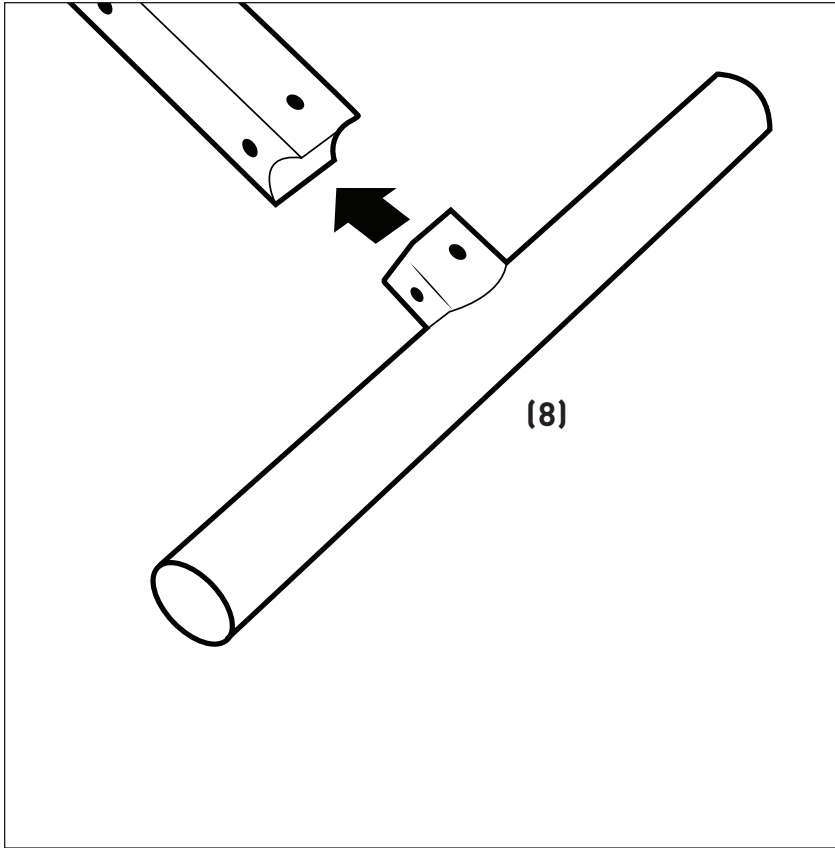
Part 4 (x4) - M10 Washer

Part 13 (x2) - M10 Nut

Part 28 (x2) - M10 x 30mm

Secure the Main Fraime and the Front Leg Support Bar by using a M10 x 30mm (Part 28) bolt, 2x M10 washers (Part 4), and a M10 Nut (Part 13) on both openings.

ASSEMBLY INSTRUCTIONS

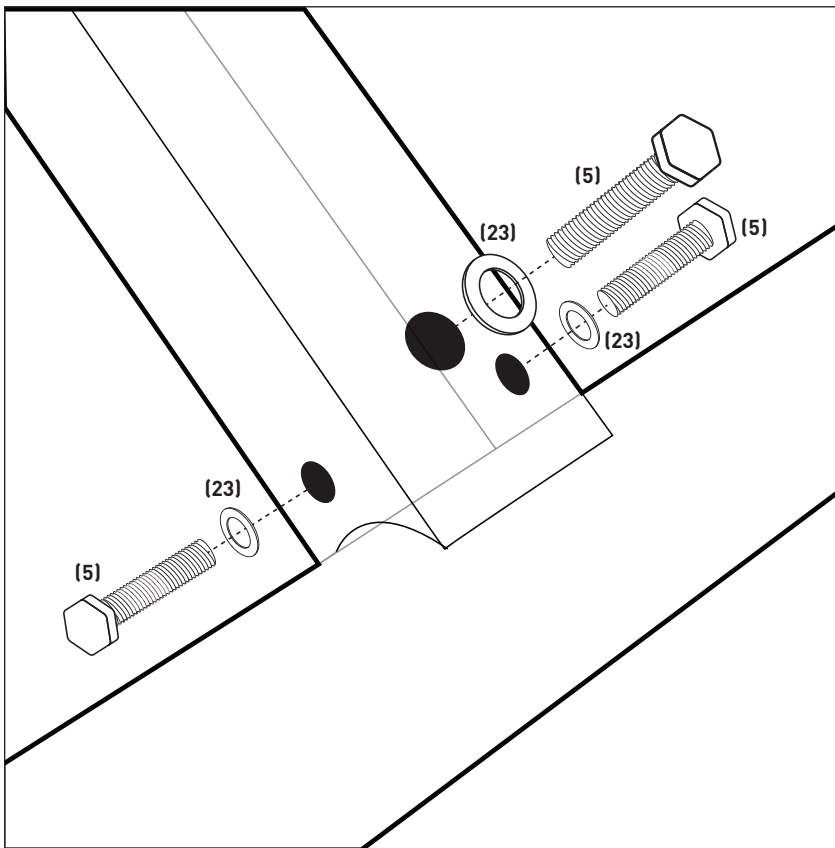


STEP 9:

Parts:

Part 8 (x1) - Back Base

locate the opening at the bottom of the Main Frame, and push the Back Base (Part 8) so all 3 openings align properly for the INstalatio of Step 10



STEP 10:

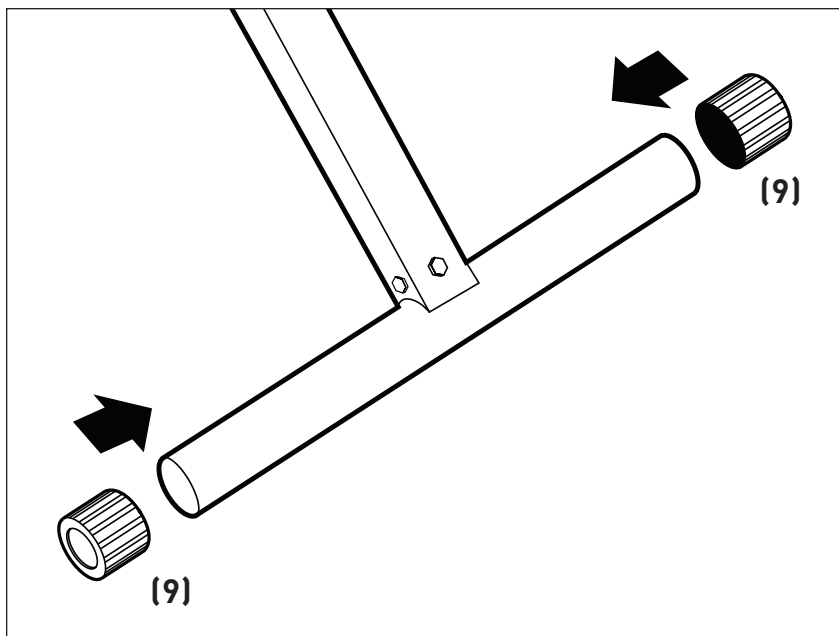
Parts:

Part 5 (x3) - M10 x 15mm Bolt

Part 23 (x3) -M8 Washers

Secure all 3 openings by installing 3x M10 15mm Bolts (Part 5) with M8 washers (Part 23)

ASSEMBLY INSTRUCTIONS

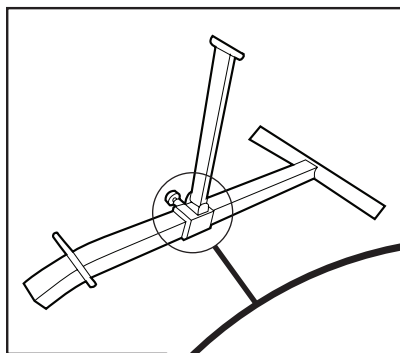


STEP 11:

Parts:

Part 9 (x2) - Leg Caps

Once the Back Base is installed onto the Main Frame. Place a Leg Cap (Part 9) on each side of the Base to prevent the base from sliding.



STEP 12:

Parts:

Part 4 (x2) - M8 Washers

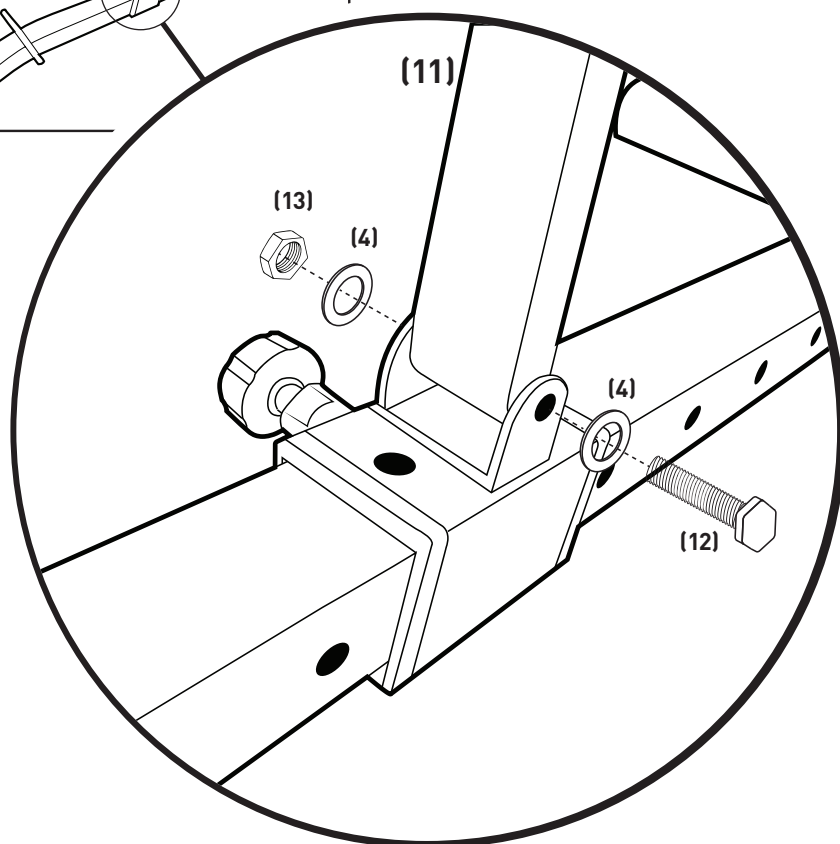
Part 11 (x1) - Support Cannulation

Part 12 (x1) - M10 x 75mm

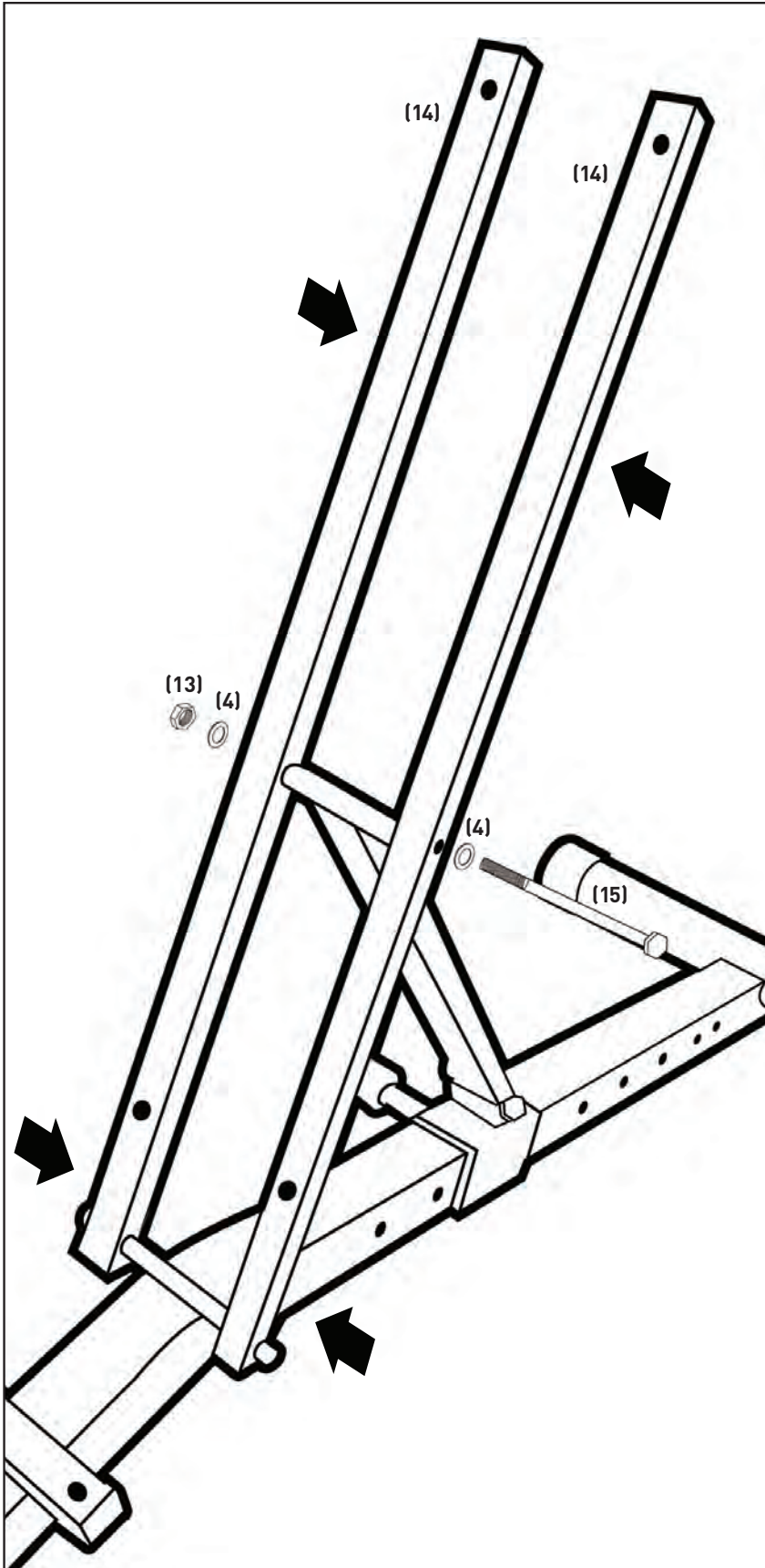
Part 13 (x1) - M10 Nut

Place the bottom section of the Support Cannulation (Part 11) between both openings of the Slide Collar. This is the shorter side of the Cannulation

Once all openings are aligned, slide the M10 x 75mm (Part 12) bolt with a washer (part 4) and secure with another M10 Washer and M10 Nut (Part 13)



ASSEMBLY INSTRUCTIONS



STEP 13:

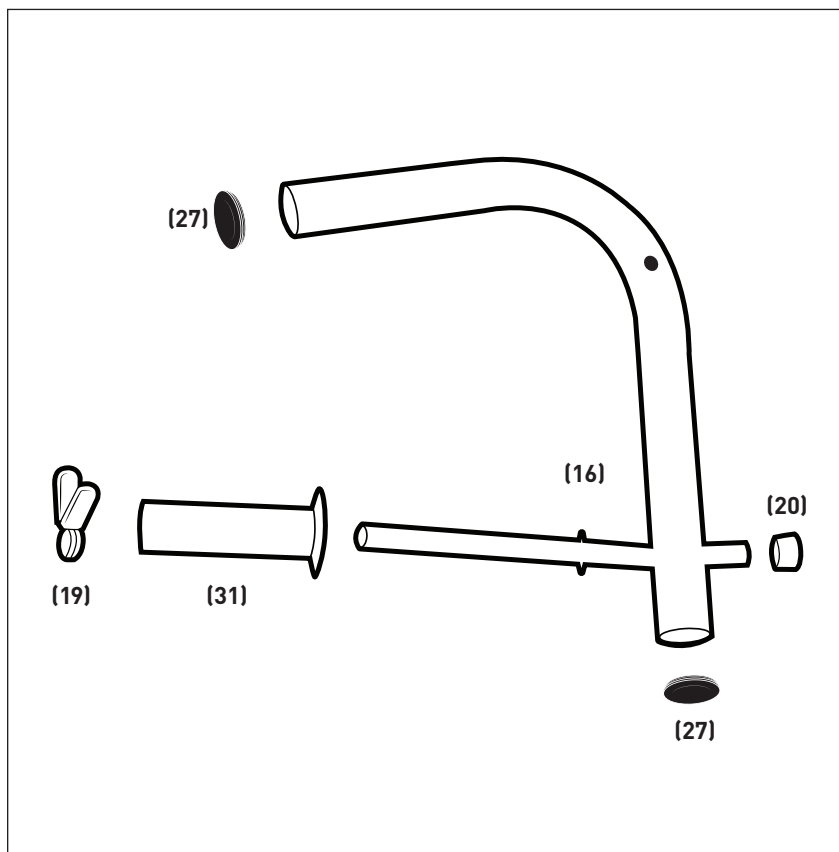
Parts:

- Part 4 (x2) - M10 Washer
- Part 13 (x1) - M10 Nut
- Part 14 (x2) - Back Rest Support
- Part 15 (x1) - M10 x 150mm

Align the openings from the Back Rest Support (Part 14) to their respective tubes. Middle openings to the upper part of the Support Cannulation, and bottom openings to the Main Frame.

Secure to the Cannulation by using the M10 x 150mm (Part 15) bolt, with M10 Washers (Part 4), and tighten with M10 Nut (Part 13)

ASSEMBLY INSTRUCTIONS



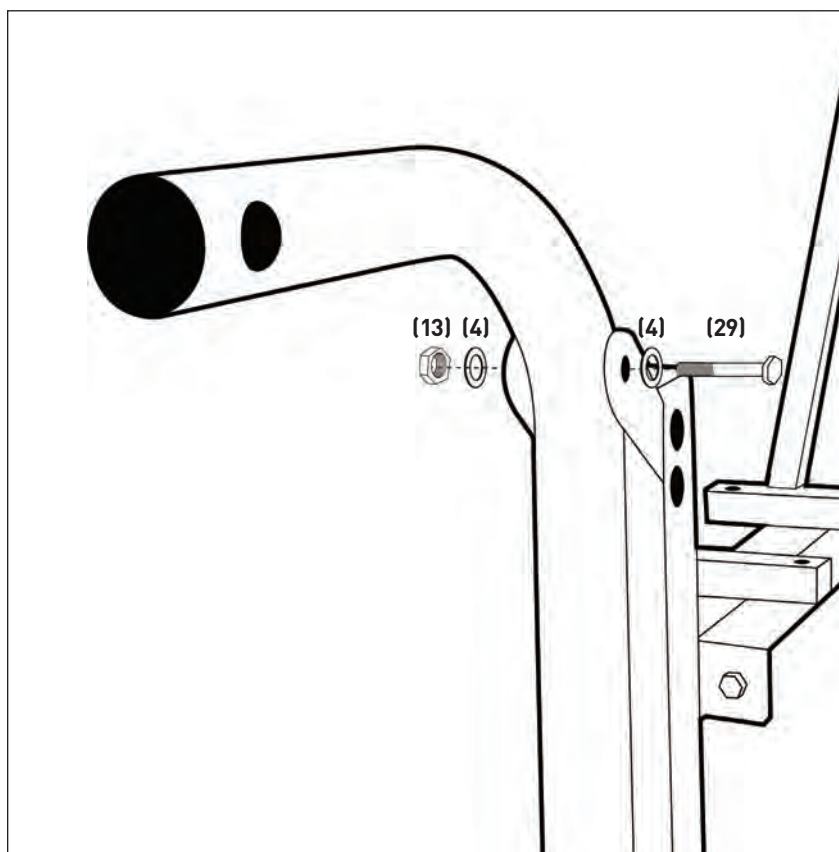
STEP 14:

Parts:

- Part 16 (x1) - Leg Lift
- Part 19 (x1) - Spring Clip
- Part 20 (x1) - Round Bumper
- Part 27 (x2) - 2" Round Cap
- Part 31 (x1) - Leg Lift Weight Tube

To install the Leg Lift (Part 16) to the Front Leg Support, all additional parts must be installed.

Make sure both 2 " Round Caps (Part 27) are inserted to both tube openings. Insert the Leg Lift Weight Tube (Part 31) and secure with the Spring Clip (Part 19). the back Pole must be covered with the Round Bumper (Part 20) to avoid scratching or damage to the Front Leg Support.



STEP 15:

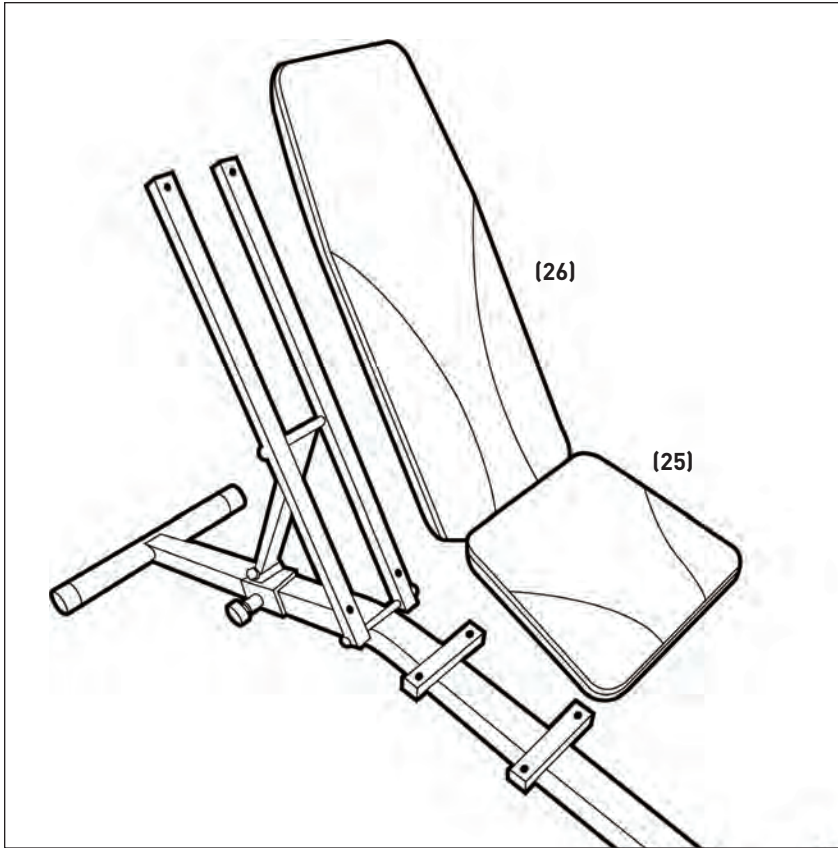
Parts:

- Part 4 (x2) - M10 Washer
- Part 13 (x1) - M10 Nut
- Part 29 (x1) - M10 x 85mm

Hold the completed Leg Lift to the opening of the wings of the Front Leg Support. Align to the middle openings from the Leg Lift.

Secure to the Support Frame by using the M10 x 85mm (Part 29) bolt, with M10 Washers (Part 4), and tighten with M10 Nut (Part 13)

ASSEMBLY INSTRUCTIONS



STEP 16:

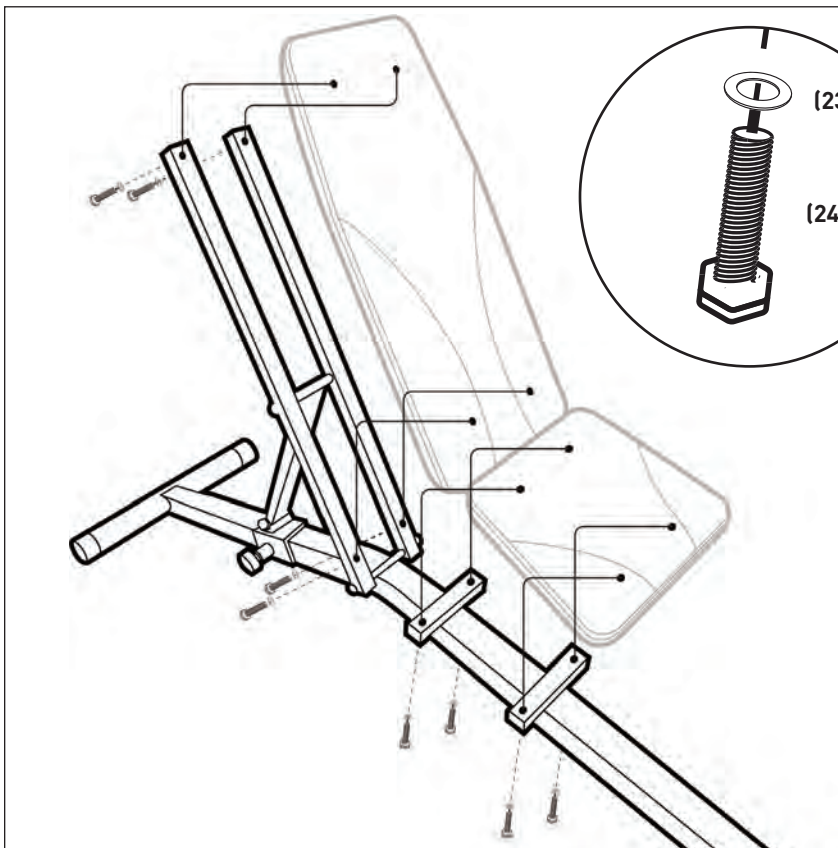
Parts:

- Part 23 (x8) - M8 Washer
- Part 24 (x8) - M8 x 25mm
- Part 25 (x1) - Seat Cushion
- Part 26 (x1) - Back Cushion

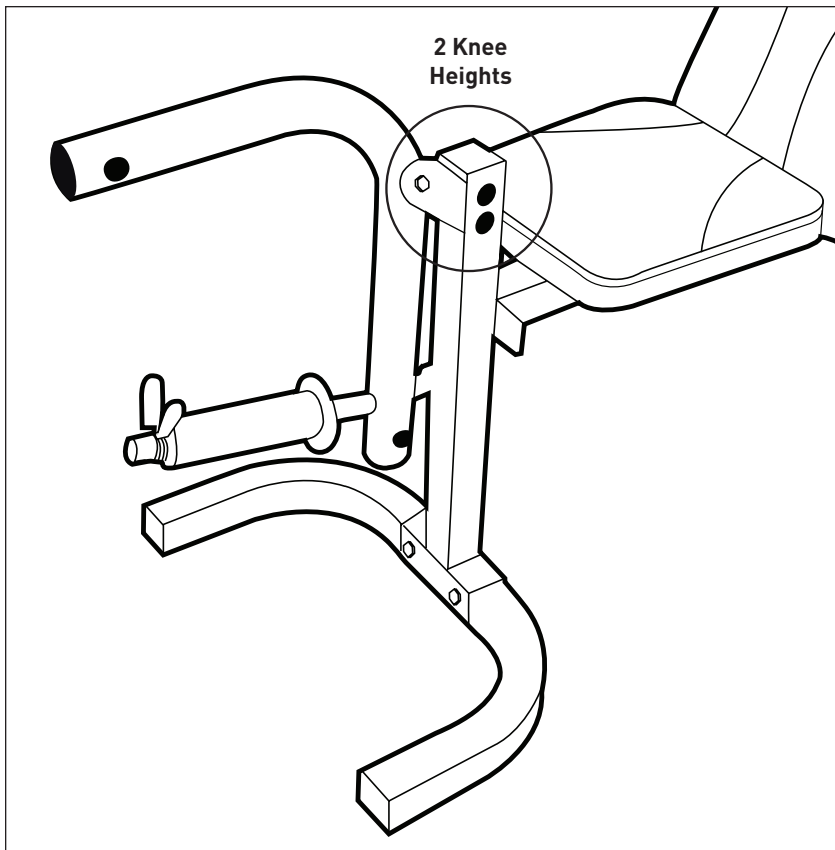
Align the openings from the back of the Seat Cushion (Part 25) to the openings of the Main Frame.

Align the openings from the back of the Back Cushion (Part 26) to the openings of the Back Rest Support.

Secure all 8 openings by using all M8 x 25mm (Part 24) bolts and M8 Washers (Part 23) until both Cushions are secure.

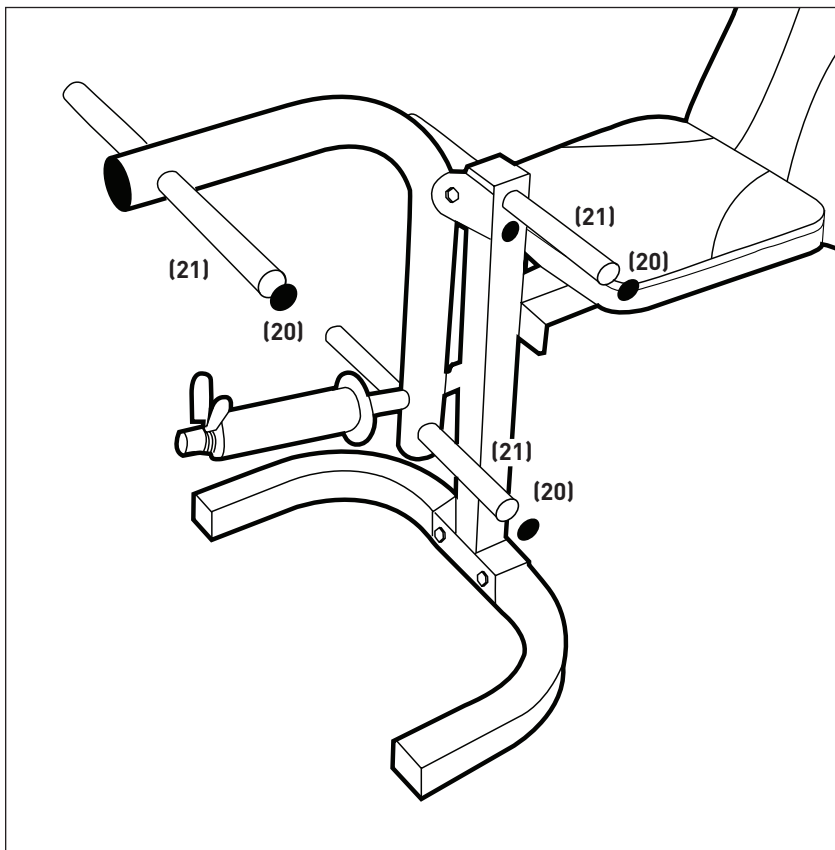


ASSEMBLY INSTRUCTIONS



NOTE:

There are two heights to place the Leg Lift Tube Rod (Part 21) You may switch the position of the tube depending on the your height and comfort while working out on the bench.



STEP 16:

Parts:

Part 20 (x6) - M8 Washer

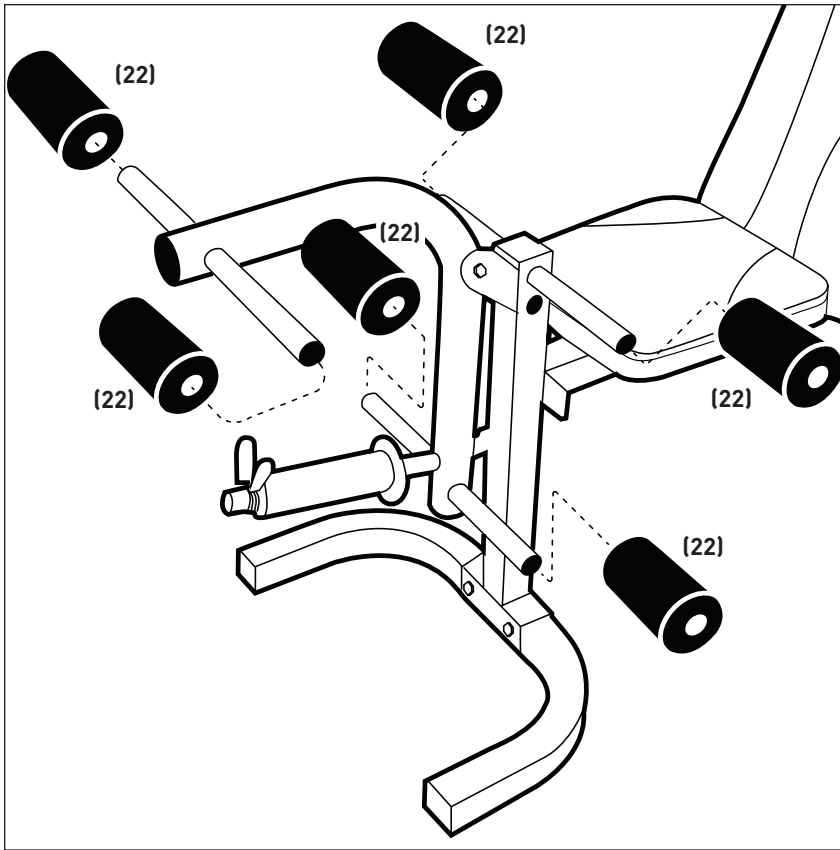
Part 21 (x8) - M8 x 25mm

Align the openings from the back of the Seat Cushion (Part 25) to the openings of the Main Frame.

Align the openings from the back of the Back Cushion (Part 26) to the openings of the Back Rest Support.

Secure all 8 openings by using all M8 x 25mm (Part 24) bolts and M8 Washers (Part 23) untill both Cushions are secure.

ASSEMBLY INSTRUCTIONS



STEP 17:

Parts:

Part 22 (x6) - Foam Roller

Place all x6 Foam Rollers on the Lef Lift Tube Rods.



FREQUENTLY ASKED QUESTIONS

- Question: "Is there any maintenance I need to do for my Bench?"

Answer: Before each use, you should always double check to make sure all your bolts are tight and secure, the adjustable components and cushions are securely attached and/or locked, and there is no damage to the frame or its parts. If any of the conditions are found, tighten bolts and/or secure any adjustable components. If there is any damage, or if the adjustable components do not stay secured, cease use of the unit immediately and secure from further use .

- Question: "Something was missing from the packaging," "I need to purchase a replacement part" or "I discovered a damaged piece. What should I do?"

Answer: Contact customer service. You must have your proof of purchase and/or order confirmation available to be considered for warranty replacement. You must report missing pieces within 30 days from the date of purchase.

Note that weight bars, weights, dumbbells, etc. Are not included with this bench. These must be purchased separately.

- Question: "How should I clean my Bench?"

Answer: you should clean this equipment a solution of warm water and non-corrosive and/or non-abrasive soap. Dampen a rag with this solution and swipe completely dry before using.

Thank You Coupon!

As a way of saying thank you for purchasing one of our products, here is a 10% OFF coupon for your next purchase at

www.PureFun.net

Use Code: GQBRANDS10 at Checkout