

# FLAT BENCH

MODEL# 8641FB

PRODUCT MANUAL - VERSION 5.20.01

FOR AGES:

**13+**

WEIGHT LIMIT:

**400** Lbs  
181 Kgs

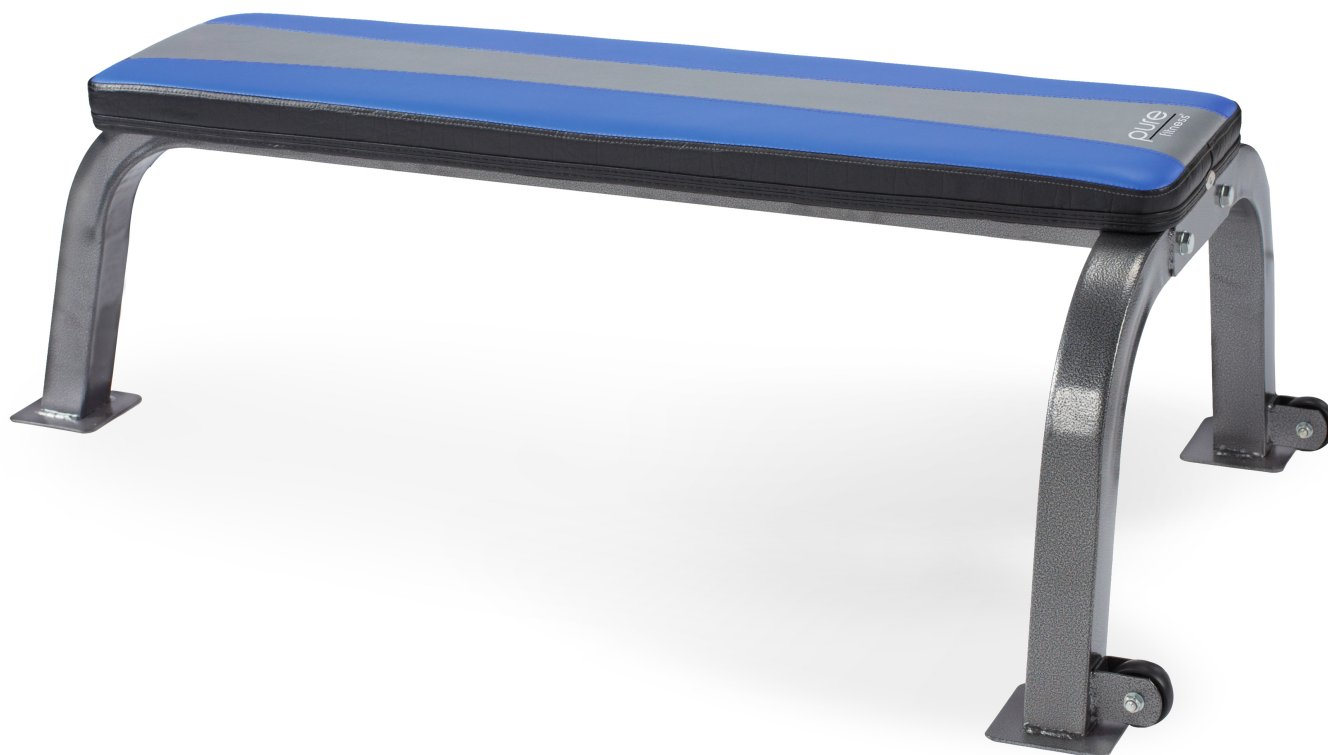
TO BUILD:



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: **FLAT BENCH**

MODEL# 8641FB

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](mailto: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](http://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](mailto: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

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## **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.**

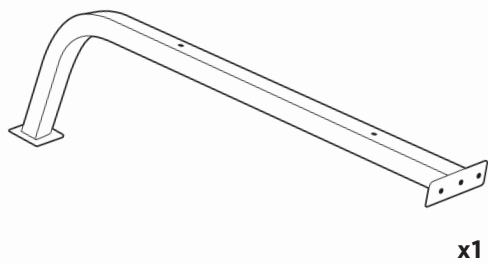
Failure to comply with the following instructions may increase the risk of serious injury and/or death:

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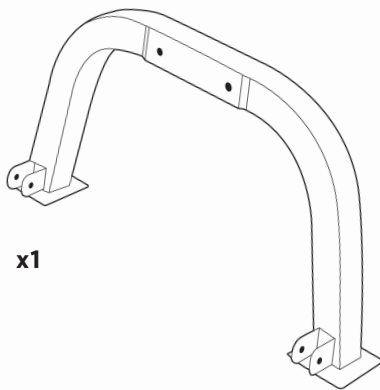
- Ensure that this product has been assembled correctly, per the instructions in the manual.
- DO NOT make any modifications to this equipment or use this machine in any manner it is not intended for.
- This manual is designed to help you assemble, adjust, maintain and use the product. It contains important 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

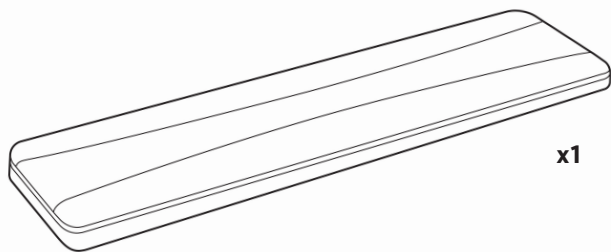
1 - Main Frame



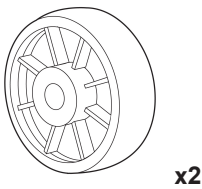
2 - Support Frame



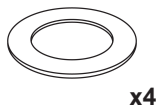
3 - Cushion



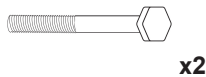
4 - Wheel



5 - M8 Washer



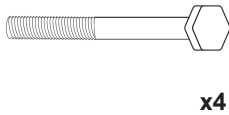
6 - M8x40mm Bolts



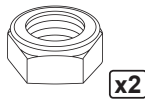
7 - M8 Nut



8 - M10x70mm Bolt



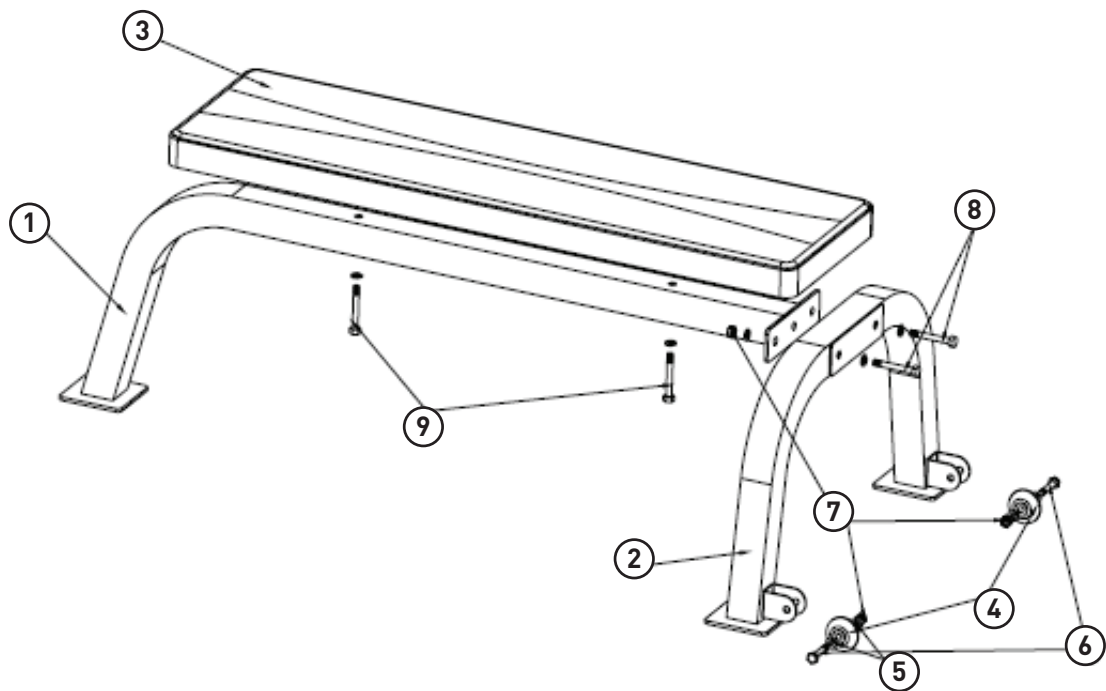
9 - M10 Nut



10 - M10 Washer



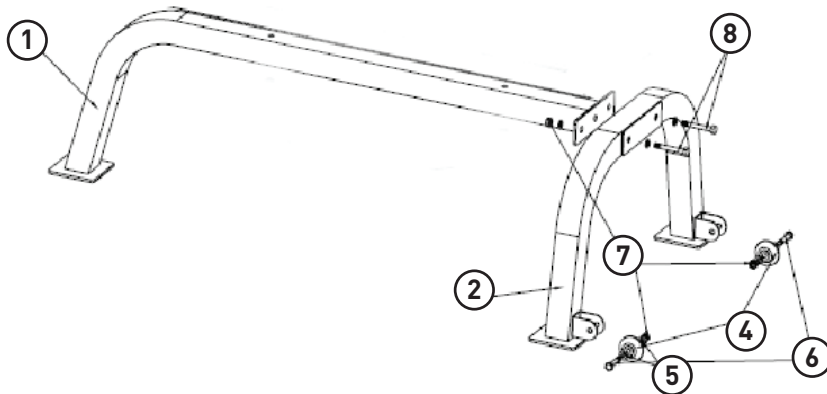
# EXPLODED VIEW



# PARTS LIST

Part #	Description	QTY	Part#	Description	QTY
1	Main Frame	x1	6	M8 x 40 Bolts	x2
2	Support Frame	x1	7	M8 Nuts	x2
3	Cushion	x1	8	M10 x 70 Bolts	x4
4	Wheel	x2	9	M10 Nuts	x2
5	M8 Washer	x4	10	M10 Washer	x6

# ASSEMBLY INSTRUCTIONS



## STEP 1:

- A. Position the Main Frame (1) and the Support Frame (2) together so the holes line up.

### NOTE:

The welded plate on the Support Frame should be facing out.

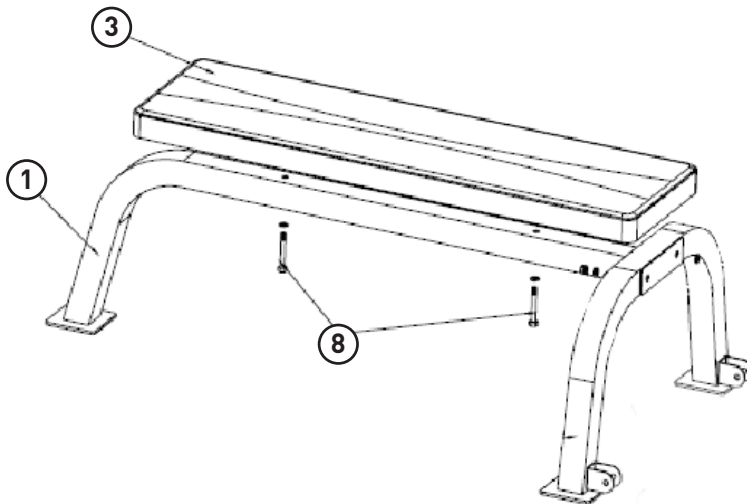
Thread a M10 Washer (10) onto the 2x M10\*70 Bolts (8) and insert them through the Support Tube and the Main Frame.

Secure these bolts with 2x additional M10 Washers and 2x M10 Nuts (9).

- B. Once secure, attach the Wheels (4) to the Support Frame (2) by first threading a M8 Washer (5) on the 2x M8\*40 Bolts (6). While holding the Wheel between the brackets, thread the M8 bolts through the assembly. Secure with 2x additional M8 Washers and 2x M8 Nuts (7). DO NOT over tighten this assembly.

### NOTE:

You should thread the M8 Bolts so that the Bolt heads are facing out and the exposed bolt ends are on the inside of the Support Frame (2).



## STEP 2:

- A. Thread 2x M10 Washers onto the 2x M10\*70 Bolts. Thread this combination through the underside of the Main Frame and into the pre-drilled holes in the cushion. Note: The LOGO should be at the end with the single leg.

- B. Secure the 2x M10 Bolts to the cushion until they are secure. DO NOT over tighten this assembly or the cushion will become damaged.

# FREQUENTLY ASKED QUESTIONS

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- 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](http://www.PureFun.net)**

Use Code: GQBRANDS10 at Checkout