



PRO ADJUSTABLE FID WEIGHT BENCH

MODEL# 8739FID
PRODUCT MANUAL - VERSION 9.20.01

FOR AGES:

13+

WEIGHT LIMIT:

330 Lbs

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: **PRO ADJUSTABLE FID WEIGHT BENCH**

MODEL# 8739FID

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 NOT 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.

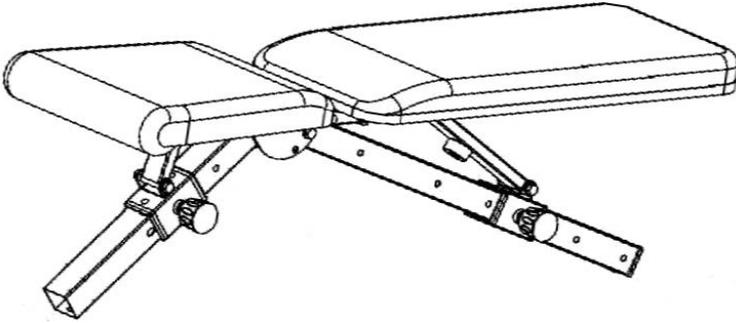
Please read these warnings and the information in this manual in its entirety.

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

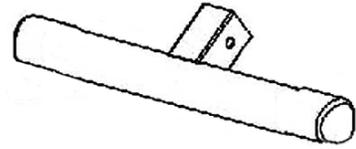
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- Ensure that this product has been assembled correctly, per the instructions in the manual.
 - DO NOT make any modifications to this equipment or use this machine in any manner it is not intended for.
 - This manual is designed to help you assemble, 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 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 330 LBS, 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

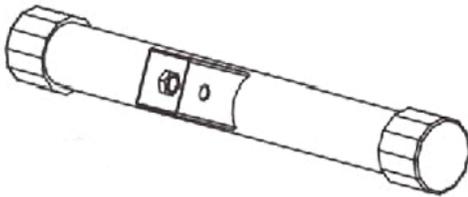
1 - Base Frame x1



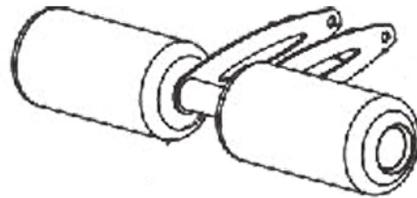
2 - Front Stabilizer Bar x1



3 - Back Stabilizer Bar x1



4 - Ankle Support Attachment x1



5 - End Cap x2



6 - Hinge Lock Pin x1



7 - Wrench x1



8 - Bolt x6

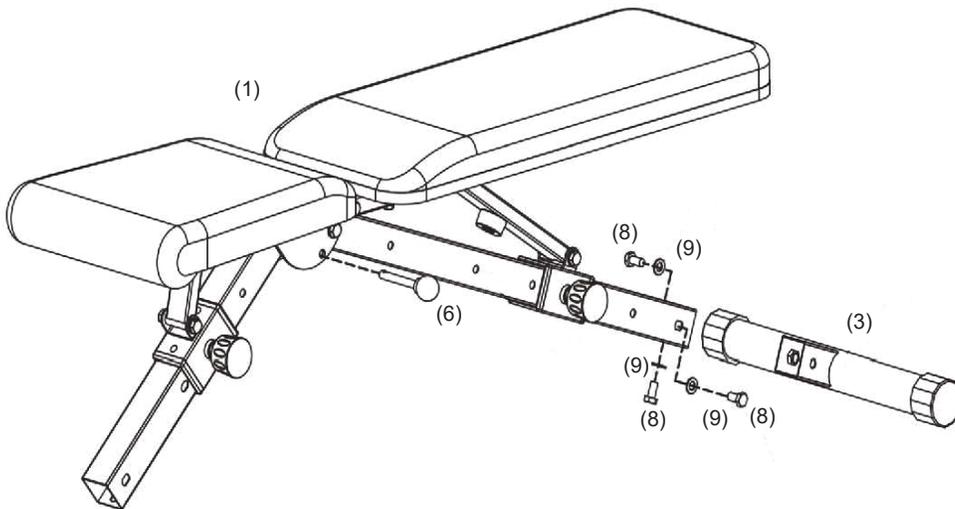


9 - Washer x6



ASSEMBLY INSTRUCTIONS

STEP 1



Parts:

- Part 1 (x1) - Base Frame
- Part 3 (x1) - Back Stabilizer Bar
- Part 6 (x1) - Hinge Lock Pin
- Part 8 (x3) - Bolt
- Part 9 (x3) - Washer

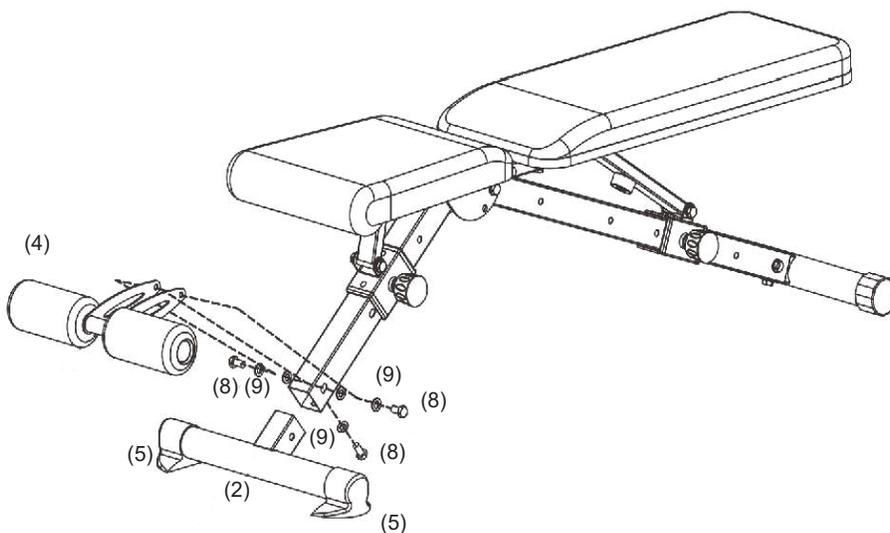
Using the Hinge Lock pin (6), slide into the middle of the main frame like diagram shown.

Slide the Back Stabilizer Bar (3) onto the Base Frame (1)

Align the openings at the Back Stabilizer Bar to the side openings of the Base Frame.

Tighten in place with the 2 Bolts (8) and 2 Washers (9) turning it clockwise until tightened to the Base Frame. Insert another Bolt and washer into the bottom hole of the Base Frame as shown in diagram.

STEP 2



Parts:

- Part 2 (x1) - Front Stabilizer Bar
- Part 4 (x1) - Ankle Support Attachment
- Part 5 (x2) - End Cap
- Part 8 (x3) - Bolt
- Part 9 (x3) - Washer

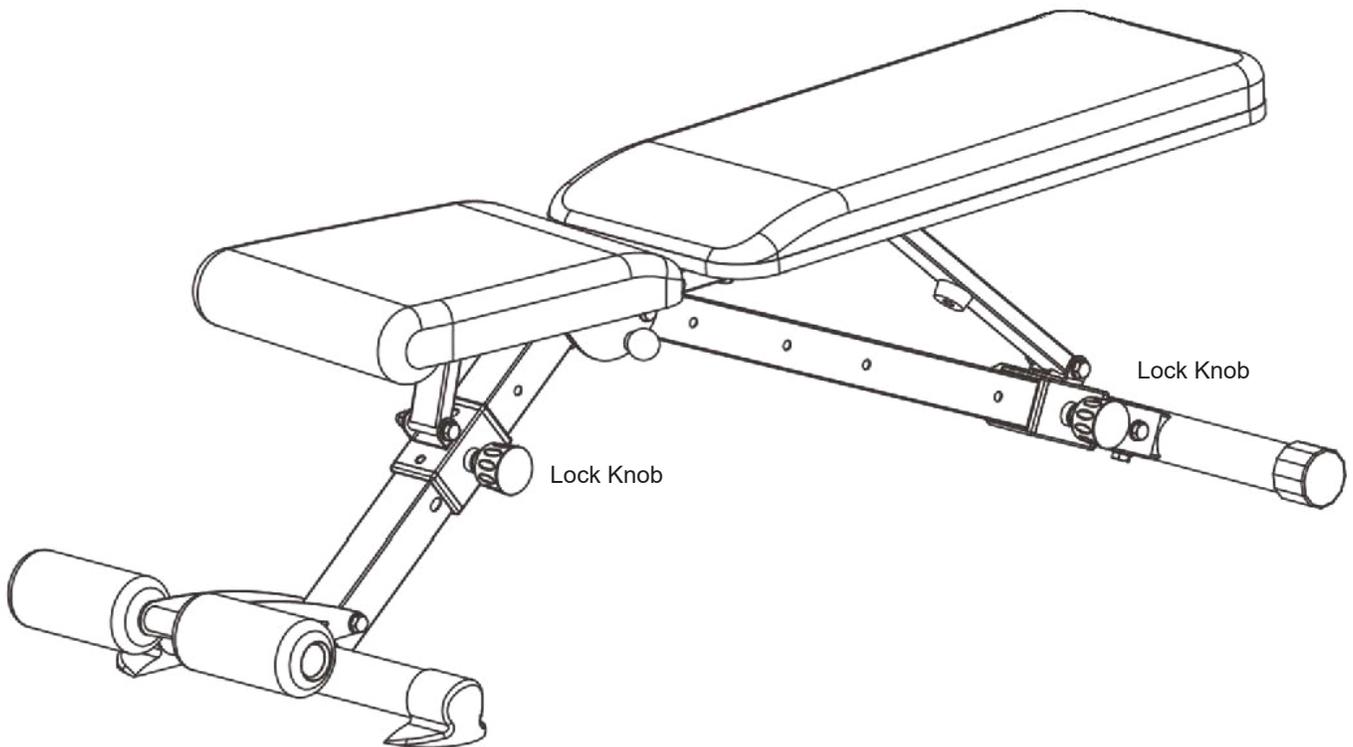
Align the Front Stabilizer Bar (2) with the opening at the base of the Ankle Support Attachment (4) to the side openings of the Base Frame.

Tighten in place with the 3 of the Bolts (8) and 3 Washers (9) turning clockwise until tightened to the Base Frame as diagram shown.

ASSEMBLY INSTRUCTIONS

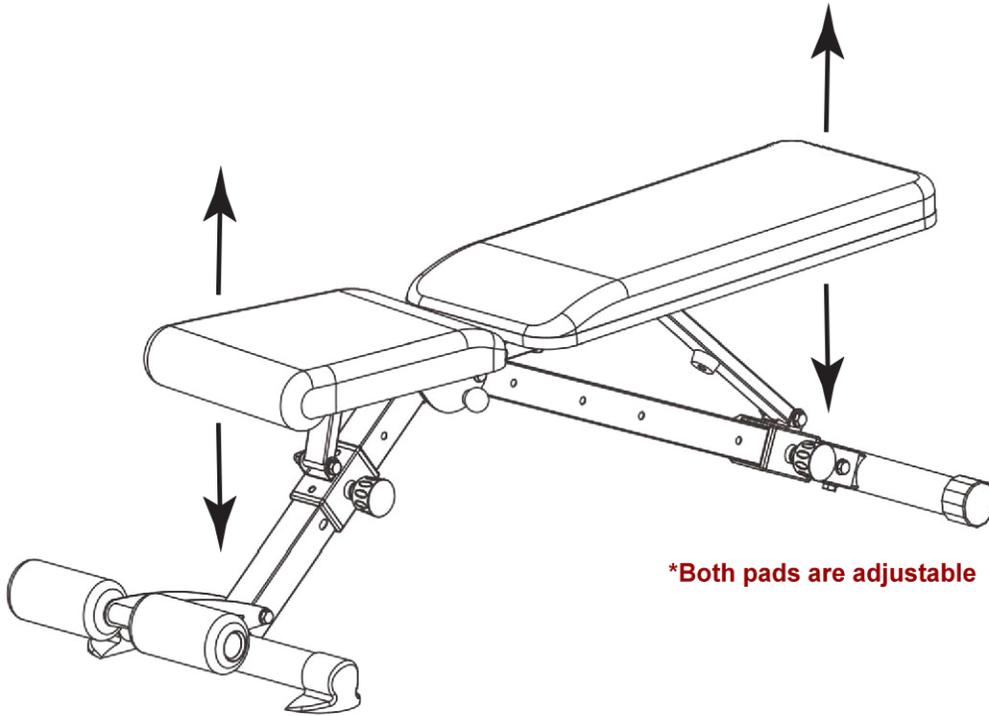
STEP 3

Align the frame to desired position by turning the lock knobs to the left to loosen and then pulling outward. Slide the lock knob to desired position and then allow the knob to insert back into the hole and tighten clockwise once position is selected.

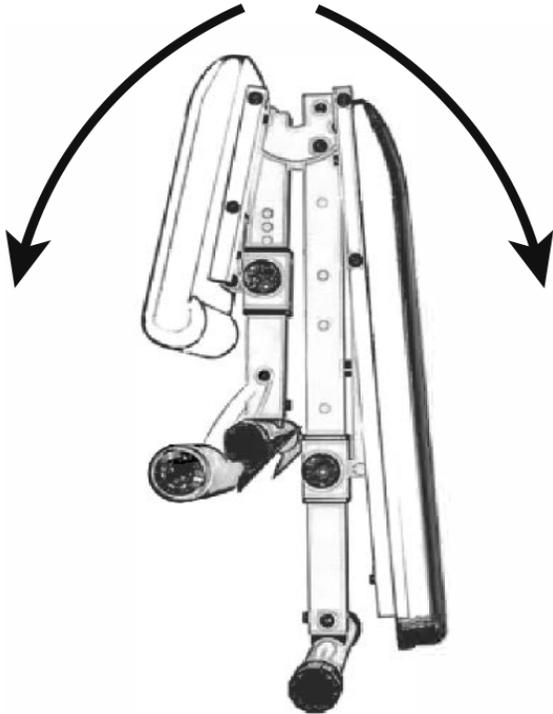


ASSEMBLY INSTRUCTIONS

STEP 5



***Both pads are adjustable**



To store away remove the Lock Pin and fold down like diagram shown.

FREQUENTLY ASKED QUESTIONS

Question: "One of the parts has broken" or, how do I replace it?"

Answer: If you are still within your warranty period, you should contact customer service. You can also purchase select replacement parts at: www.purefun.net

Question: "I had a part missing from my box" or "something was damaged during assembly, can you send it to me?"

Answer: If it has been 30 days or less from the date of your initial purchase, you can contact customer service for a replacement part to be issued.

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