Adjustable Flat Bench

Owner's Manual

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Safety

It is the sole responsibility of the facility owner/owner of the equipment to read the owner's/user's manual and instruct users on the proper orientation of the equipment and to warn them of the potential hazards. All users should read the warning labels prior to using the equipment.

Keep children away from strength training equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.

It is recommended that strength training equipment be used in a supervised, access controlled area. Access and supervision are the responsibility of the facility owner.

Set up and operate strength training equipment on a solid level surface. This surface should not deviate more than 1/8" over a distance of 10'.

It is recommended that strength training equipment be secured to the floor with anchor points which are able to withstand 750 lbs. pull out force. Use a licensed contractor.

Inspect the machine for worn or loose components before using equipment. Tighten/ replace any loose or worn components prior to using. Replace any missing or damaged labels and placards.

Do not use or allow the use of any equipment which is damaged or has worn, loose, or broken parts.

Do not allow anyone to use equipment in a manner other than that which is intended by the manufacturer.

Display the Facility Safety Sign so that it is visible and prominent.

Ensure that any person(s) making adjustments or performing maintenance/repair of any kind is qualified to do so. Only use replacement parts from the original equipment manufacturer.

If any instructions or warnings are unclear, contact customer service immediately at 855 -269-4378.

This machine meets industry standards for stability when used for its intended purpose.

It is recommended that all users of strength training equipment be informed of the following:

- Consult a physician prior to commencing any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop exercising and consult a physician.
- Injuries to health may result from incorrect or excessive training.
- Use this equipment for its intended purpose only.
- Do not wear loose or dangling clothing/jewelry while using equipment. Keep body parts (hands, feet, hair, etc.) clear of moving parts.
- Do not exceed the maximum specified user weight of 400 lbs. (181 kg).
- Do not use the machine for support during stretching.
- Unless equipment is secured to the floor by a licensed contractor, do not allow resistance straps, ropes, or other means to be attached to it. Only attach straps and other devices to machine frame at the designed spots.
- Do not lean or pull on machine during exercise or resting.
- Do not remove labels for any reason.
- Be sure all adjustments are properly seated and locked in place.
- Always use a spotter. More than one spotter may be needed depending on the weight being lifted.
- Do not exceed the weight capacity of equipment.
- Balance all weight applied to this machine and any barbell, alternating left and right. Use retention devices to retain weight disks, if applicable.
- Slide all weights on pegs fully to stop ends and do not load fully to end of storage pegs. Maximum diameter of weight is 19".
- It is recommended to NOT set the bench angle higher than 30° for use as a decline. Doing so could lead to bench instability and could result in injury. If the momentum from an exercise begins lifting the bench back out of its adjustment setting, stop exercising immediately and adjust the bench back to a lower angle before continuing.
- Do not stand the bench on end unless equipped with an official PRIME Stand-Up Kit (see page 8 for use and additional safety information).
- If equipped with a stand-up kit, always properly secure the bench to the wall mount while it is being stored in a standing position. Do not stretch, pull, or lean on the bench while stored in a standing position.

Warning Labels



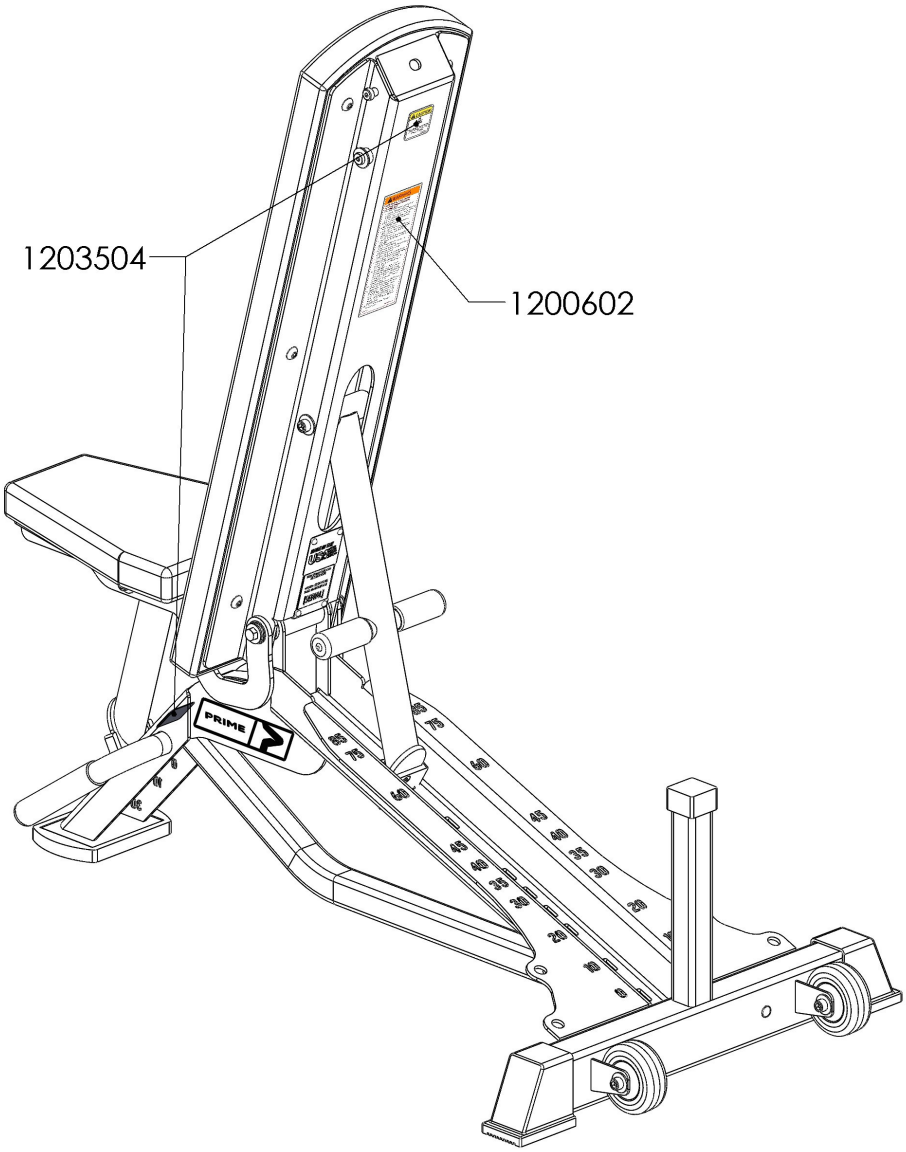
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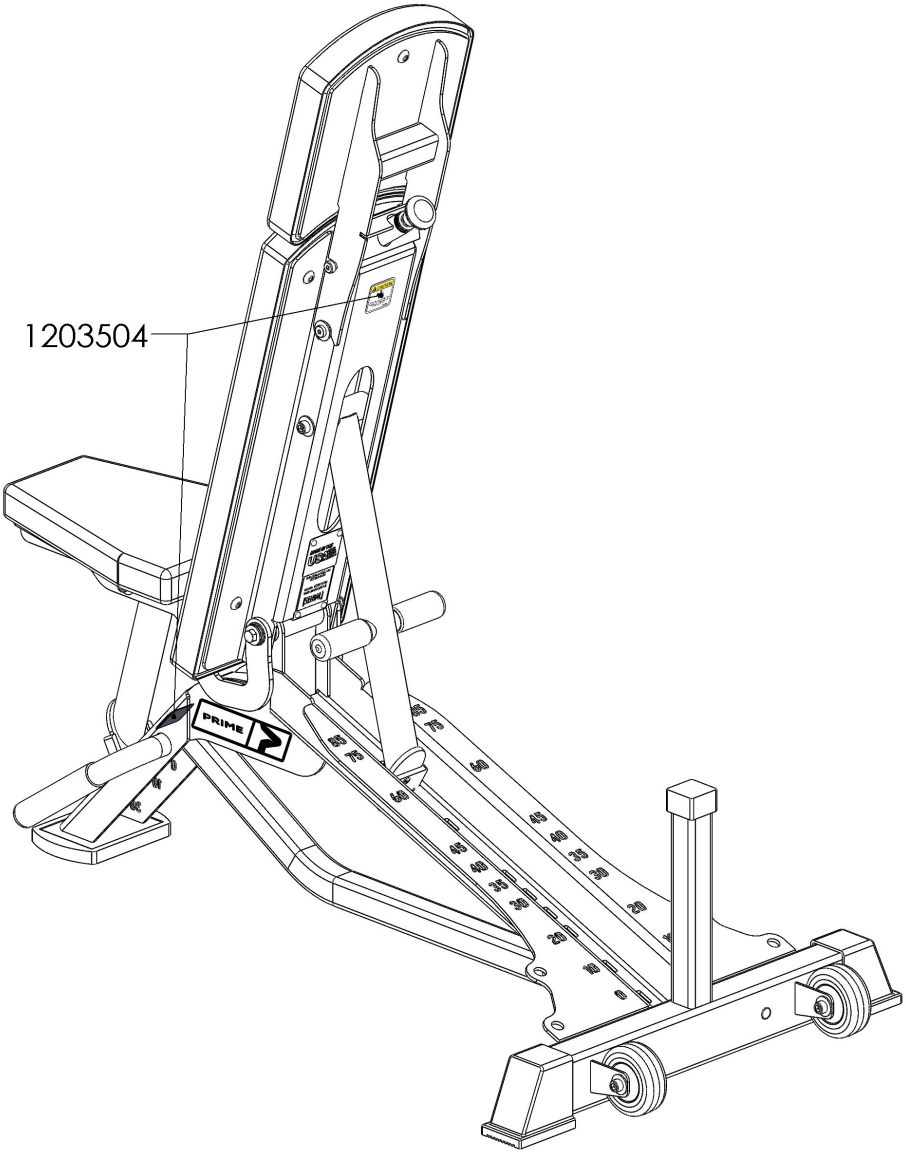
Machine Specifications

PS-AFB



Machine Weight without user	100 lbs	45 kg
Dimensions [in flat position]	51"L x 26"W x 18"H	130 cm L x 66 cm W x 46 cm H
Maximum User Weight	400 lbs	181 kg
Maximum Training Weight	800 lbs	363 kg

PS-AFBS

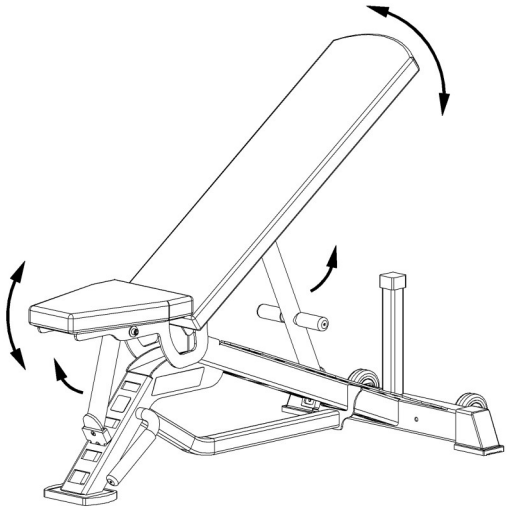


Machine Weight without user	100 lbs	45 kg
Dimensions [in flat position]	51"L x 26"W x 18"H	130 cm L x 66 cm W x 46 cm H
Maximum User Weight	400 lbs	181 kg
Maximum Training Weight	800 lbs	363 kg

Exercise

Adjustments

Adjusting the Pads



To adjust the back pad or seat pad up, lift the pad up slightly past the desired position, then lower it back down slowly, allowing the adjustment arm to rest within the closest notch. To lower a pad, raise it slightly and lift the adjustment arm out of a notch, then lower the pad to the desired position and drop the adjustment arm into the nearest notch.

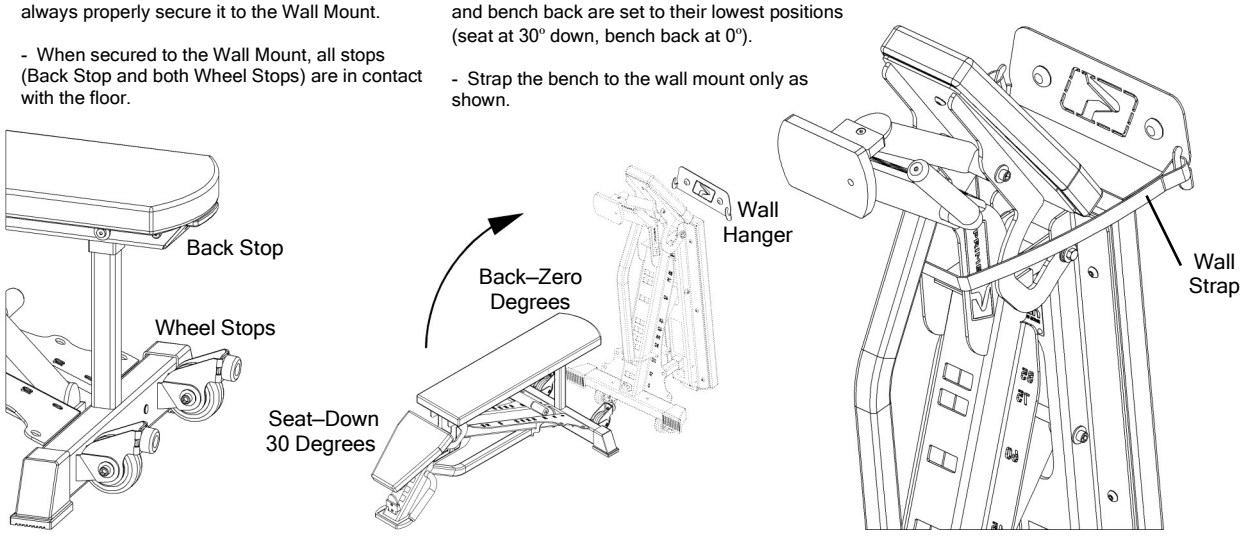
The back pad can be adjusted to 0º (flat), 10º, 20º, 35º, 40º, 45º, 60º, 75º, and 85º, and each angle is labeled along the back channel. The seat pad can be adjusted to 0º (flat), up 10º, up 30º, down 10º, and down 30º, and each angle is labeled along the side.

Stand-Up Kit

For benches equipped with a Back Stop and Wheel Stops, set the seat and bench back to their lowest positions and tilt the bench upward toward the Wall Hanger. When the bench is standing in front of the hanger, wrap the Wall Strap around the bench, as shown, and slide the strap loops over the hooks of the Wall Hanger.

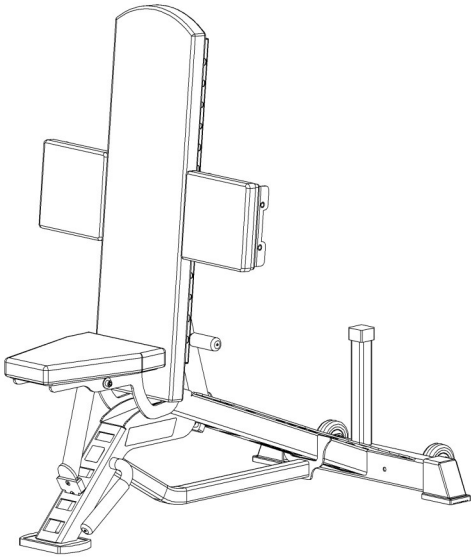
Important Safety Information:

- When storing the bench in a standing position, always properly secure it to the Wall Mount.
- When secured to the Wall Mount, all stops (Back Stop and both Wheel Stops) are in contact with the floor.
- Before standing the bench up, be sure the seat and bench back are set to their lowest positions (seat at 30º down, bench back at 0º).
- Strap the bench to the wall mount only as shown.



Attachments

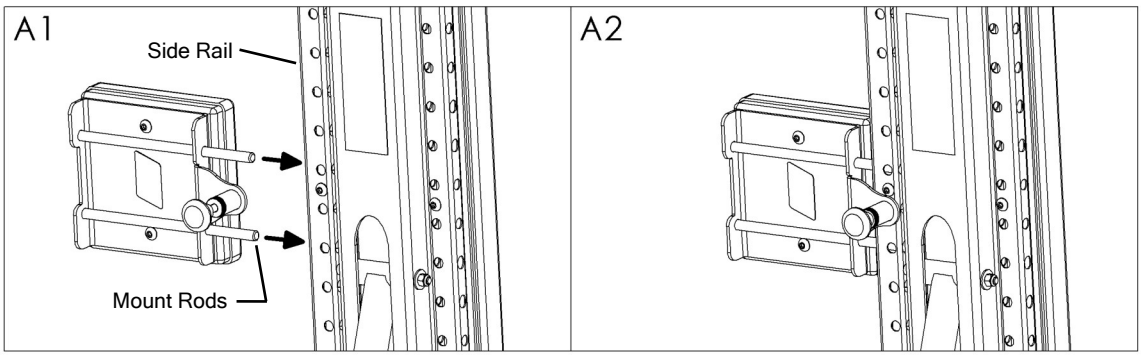
Arm Curl Accessory



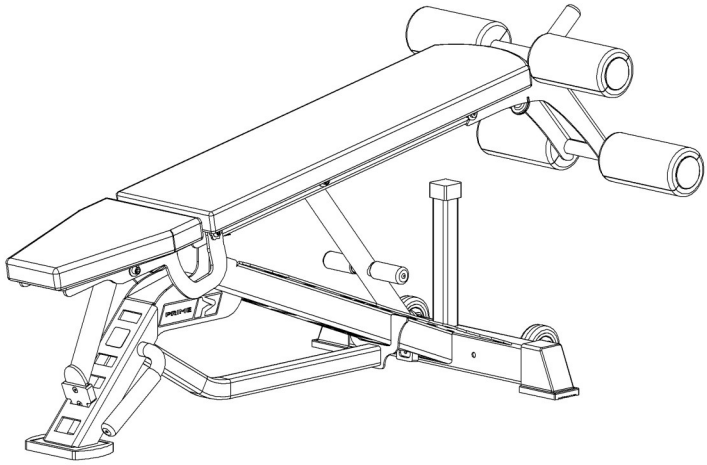
The arm curl pads can be positioned anywhere along the back pad.

To attach an arm curl pad to the back pad of the bench, choose a position and line up the mount rods of the arm curl pad with the nearest holes in the back pad side rail, shown in A1. Pull out and hold the green knob of the popper pin before inserting the mount rods. Fully engage the arm curl pad with the side rail, shown in A2, and release the popper pin knob, making sure the popper pin has locked into the side rail.

To remove, pull the green popper pin knob and slide the pad out of the side rail.

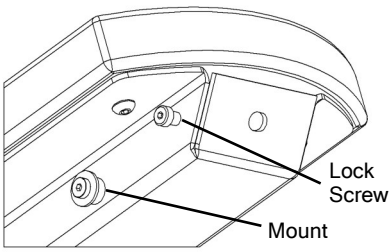


Decline Accessory

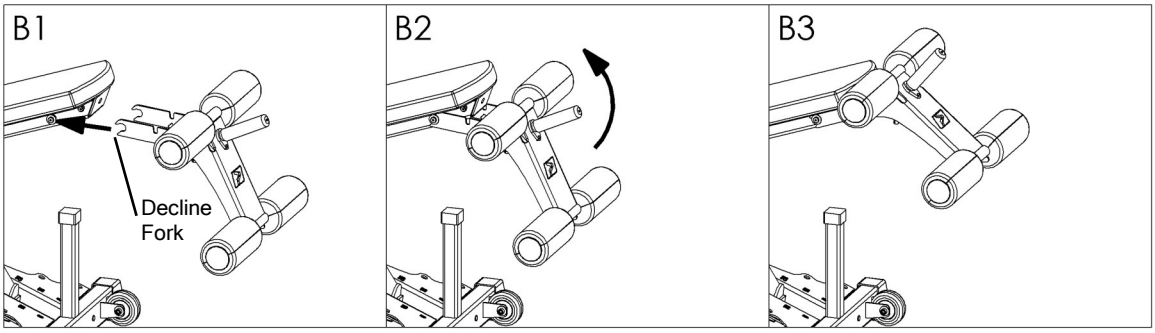


The decline accessory attaches to the end of the bench back.

It is recommended to **NOT** set the bench angle higher than 30° for use as a decline. Doing so could lead to bench instability and could result in injury. If the momentum from an exercise begins lifting the bench back out of its adjustment setting, stop exercising immediately and adjust the bench back to a lower angle before continuing.



To attach the decline, engage the decline's forked ends with the mounts on the bench back, shown in B1. After fully engaged, rotate the decline upward, shown in B2, until the popper pin clicks into place. Make sure the decline is fully secured in place before using.

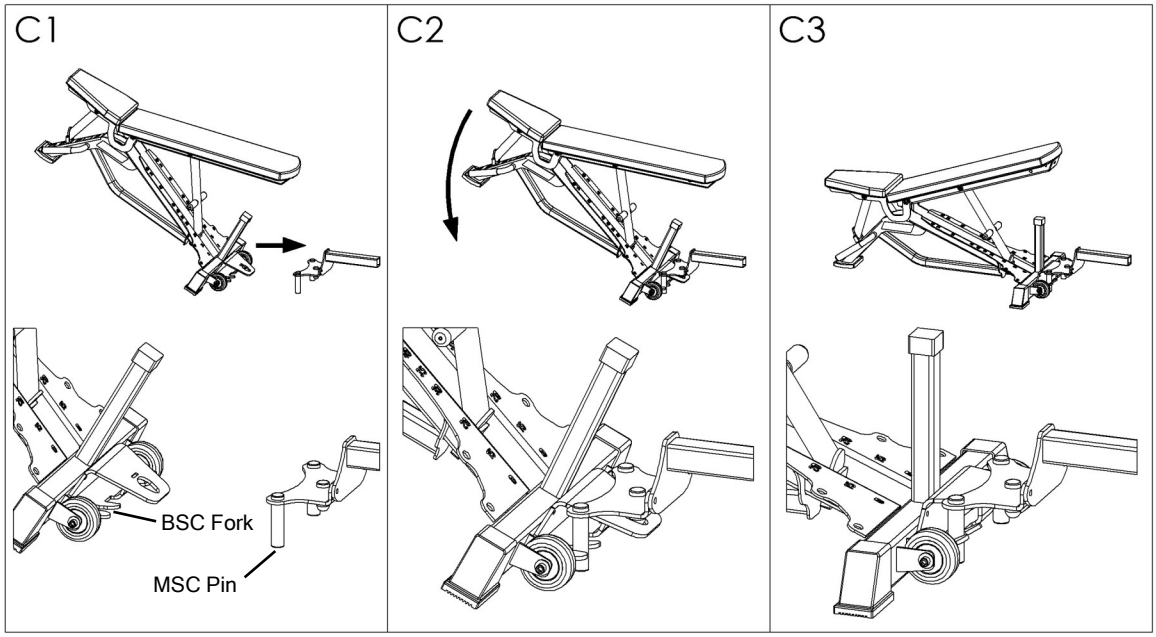


To remove the decline, hold onto the handle with one hand and pull the green popper pin knob with the other. Once pulled, the decline will swing downward and can be disengaged from the mounts.

Centering Device

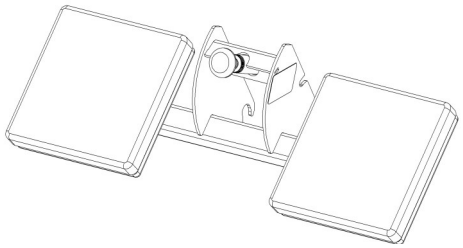
To lock a bench equipped with a bench-side centering device (BSC) into a machine with a machine-side centering device (MSC), lift the front of the bench and wheel it into the MSC, shown in C1. Push the bench into the MSC such that the long MSC pins line up with the BSC forks, shown in C2, and then lower the front of the bench down to the floor. When lowering the bench, the MSC and BSC should not bind- if the MSC begins to rise, re-lift the bench and adjust it forward or backward before lowering it again.

To disengage, lift the front of the bench and pull it back from the machine.

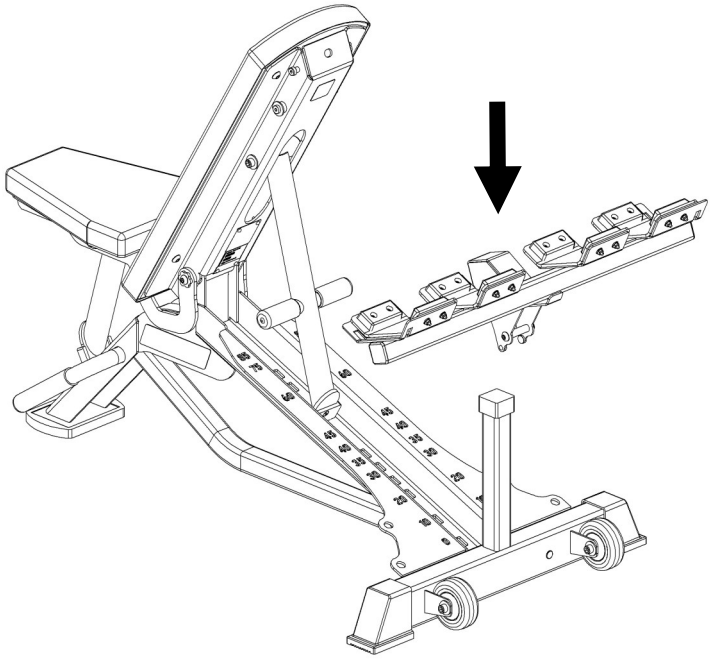


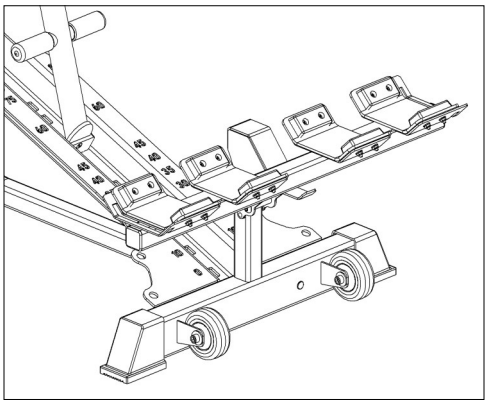
Preacher Curl Accessories (PS-AFBS only)

The Preacher Curl pads lock into the end of the bench back pad the same as the Decline Accessory. Refer to the Decline Accessory section for instructions on how to attach this style of accessory.

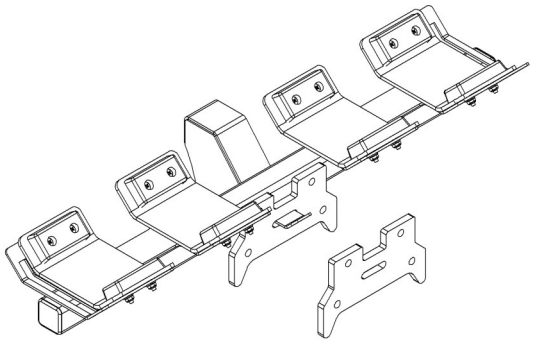


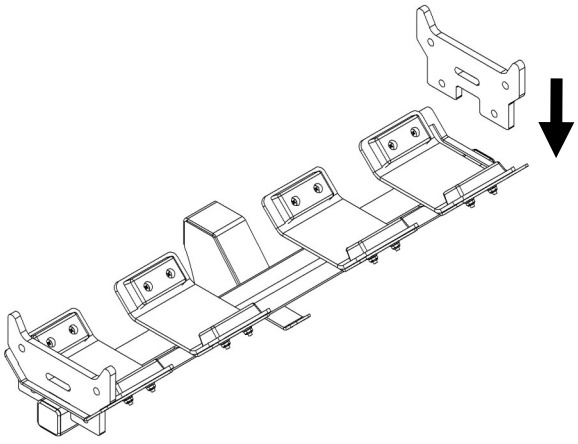
To attach the cradle, simply slide it down over the rear bench support. It may be an easier fit to tip the cradle back slightly before slipping it over the support. Make sure upon seating that the cradle sits level.





To change from Dumbbell Cradles to a Bar Cradle, take the two plastic spacers off the hanger and insert them into the slots at the far ends of the cradle frame.





Maintenance

All preventative maintenance is the responsibility of the facility owner. It is recommended that maintenance be performed regularly to ensure the machine is safe for use. Instruct all facility personnel on equipment inspection and maintenance procedures. For questions, contact customer service.

Frequency	Maintenance	Procedure
Daily	Clean grips	Clean grips with a mixture of warm water and a small amount (10% or less) of mild dish soap. Wipe residue away using a cloth dampened with just water. Be sure to dry thoroughly with a clean dry cloth. Do not use cleaners with abrasives or harsh solvents.
Weekly	Clean frames	Clean equipment frames with a mixture of warm water and a small amount (10% or less) of mild dish soap. Wipe residue away using a cloth dampened with just water. Be sure to dry thoroughly with a clean dry cloth. Do not use cleaners with abrasives or harsh solvents.
Weekly	Inspect nuts and bolts	Check entire machine for any loose nuts and bolts and tighten them as required. If using torque wrench, set torque to the following setting: 3/8" bolt–set to 20 ft.lbs. If torque wrench is not available, tighten bolts snug with ratchet socket and/or closed end wrench, making sure **not to overtighten**. Overtightening may cause damage to the product.
Monthly	Inspect frame	Inspect entire machine frame for signs of wear or damage. If any parts are worn or damaged, **do not** allow anyone to use the machine until repaired with manufacturer replacement parts.

Customer Service

Contacting Prime Fitness

- Phone service hours are Monday–Friday, 7:30 a.m. to 4:30 p.m. EST.
- Contact Customer Service by phone at 855-269-4378
- Contact Customer Service by e-mail to service@primefitnessusa.com.
- Find more information at www.primefitnessusa.com.

Please be prepared to provide the Serial Number for all units needing parts.

Warranty Information

Limited Warranty

Prime Fitness USA Products warrants its products to the original purchaser to be free from defect in material and workmanship under normal use or service. All warranty periods begin from the date of delivery to the original purchaser.

Commercial Strength Products

- Ten Year Warranty–Structural Frame breaks and Weight Stack Plates*
- Five Year Warranty–Structural moving parts, Smartcam, Pulleys, and Pivot Bearings
- One Year Warranty–Linear Bearings, Grips, Belts, and Cables
- 90 Day Warranty–Upholstery, Gas Shocks, Popper Pins, and Accessories

This written warranty in lieu of all other warranties expressed or implied, including the warranties of merchantability and fitness for use of all other obligations or liabilities on our part, and we neither assume, nor authorize another person to assume for us, any liability in connection with the sale of this Prime Fitness USA's equipment. This warranty shall not apply to this Prime Fitness USA's equipment or to any part thereof, which has been subject to accident, negligence, alteration without written consent from Prime Fitness USA, improper assembly or installation, abuse, misuse, reconditioning or refurbishing by third party, or to a lack of maintenance in accordance with our recommended maintenance program. We make no warranty whatsoever in respect to accessories or parts not manufactured by us. The term original purchaser as used in the warranty, shall be deemed to mean that the person or entity for which this Prime Fitness USA equipment is originally installed. Prime Fitness USA shall not be liable for any loss or damage, including incidental or consequential damages, directly or indirectly, from the use or loss of our equipment. Without limiting the generality of the foregoing, this exclusion from liability embraces the purchaser's expenses for downtime, damages for which the purchaser may be liable to other persons and damage to property. We neither assume, nor authorize any person to assume for us, any other liability in connection with the sale or use of our equipment. There are no oral agreements or warranties collateral to or affecting this agreement.

*Applies only for those parts that our own examination disclosed, to our satisfaction, to be defective. "Structural Frame" refers to the main supporting frame section on each unit.