

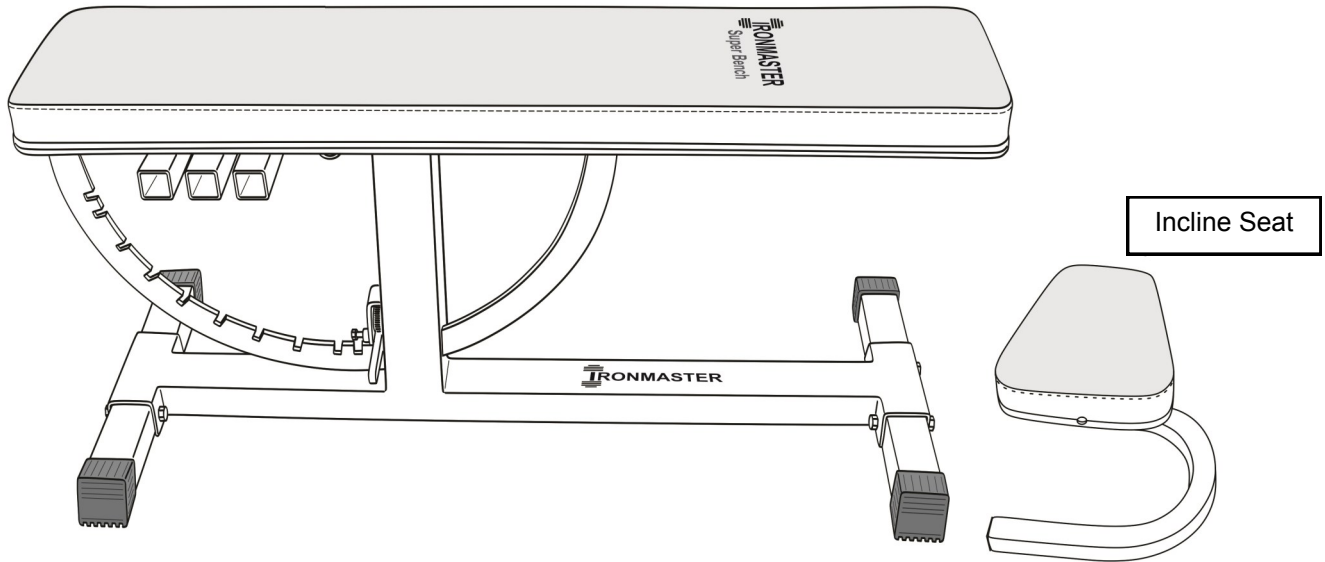
Assembly & Operating Instructions

Ironmaster Super Bench

Congratulations on your purchase of this fine Ironmaster product. Be sure to read and understand the operating instructions to achieve the best performance and avoid injury.

Description:

This adjustable exercise bench is designed to be used for dumbbell training, in a rack or cage for barbell training, or with many various optional attachments. It is a heavy duty multi use bench with 11 angle positions and includes a removable incline seat. Some tools are required for assembly as indicated in the following steps. The maximum load capacity including the user is 1000 LBS/450 KGS in the flat position and 600 LBS/270 KGS when tilted or the incline seat is used.

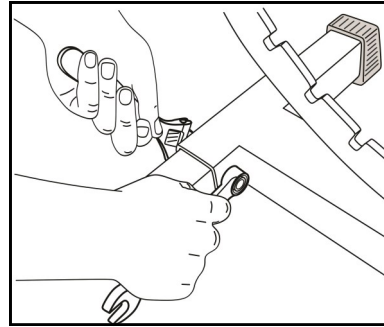
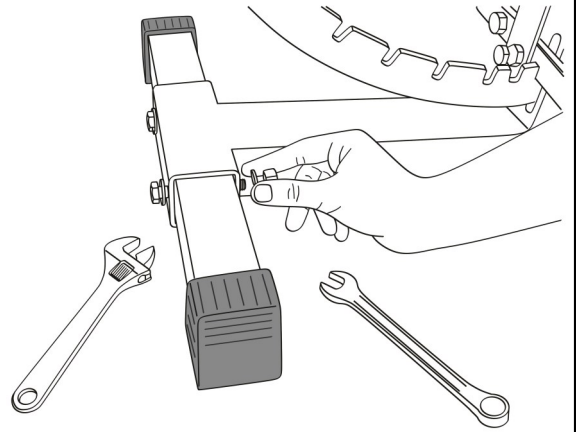


<p>Box Contents:</p> <p>1x Super Bench frame</p> <p>Bench Main Pad</p> <p>1x Incline Seat</p> <p>1x Instruction manual</p> <p>1x Bolt Pack and Ironmaster Emblem</p> <p>2x Super Bench Foot</p>	<p>Bolt Pack Contents:</p> <p>IRONMASTER</p> <p>1x Ironmaster Emblem 4x M10 x 70mm Hex Bolts 4x M10 Nylock nuts 8x M10 Washers</p> <p>NOTE: 2x 17mm box wrench or Ratchet wrench (Not included) required for assembly</p>
--	--

Assembly:

1. Remove contents from box. Find bolt pack.
2. Remove foot support tubes from main frame and discard. Please recycle.
3. Install foot while bench is upside down for convenience but do not tighten. **2x M10 x 70mm bolts 4x M10 Washers and 2x Nylock Nuts.**
4. Repeat process with remaining foot. Do not tighten.
5. Turn Super bench upright and **tighten bolts securely**, and **retighten once assembly is complete**. Tighten bolts on level surface only to assure the bench is level. Bolt tension of 40ft lbs recommended.
6. Remove backing from Ironmaster Emblem and install as shown below.

NOTE: Assembly requires 2x 17mm wrenches (Not included).



Install M10 X70mm bolt and M10 Washer from outside

M10 Washer and M10 Nylock Nut on inside of frame

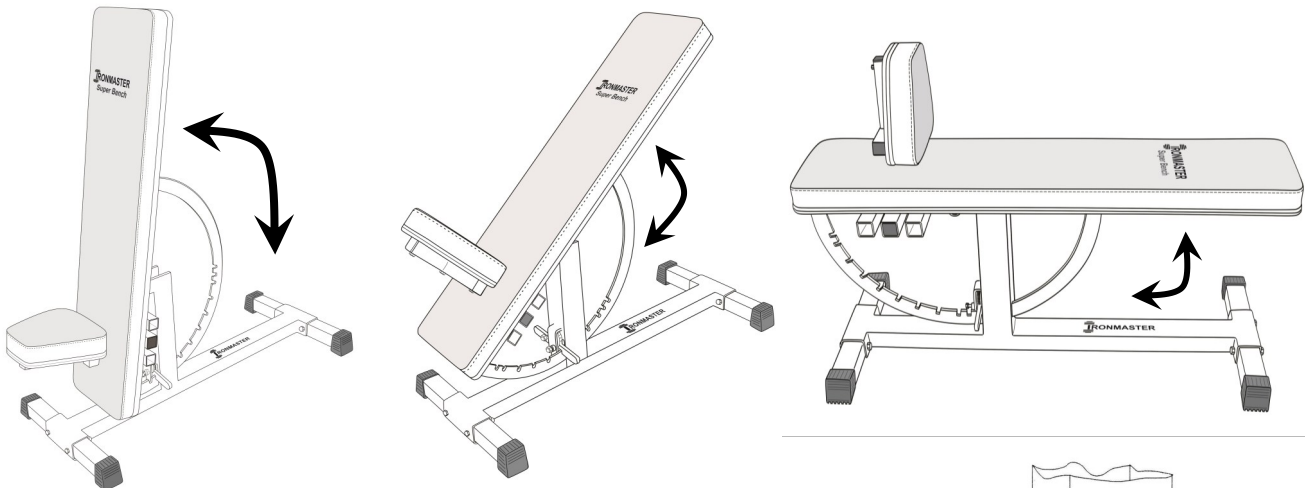
Tighten securely once both feet are installed

Operation:

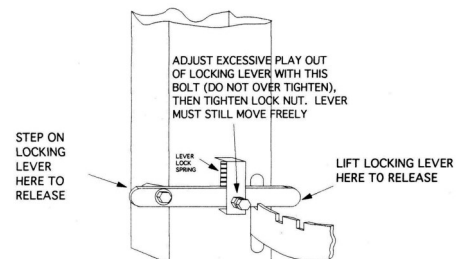
Be sure the locking lever enters the locking ring notches completely before using the bench. To adjust, lift the locking lever and move the bench to any of the 11 desired angles and lock lever into position. The incline seat simply plugs in from the side into position. There are three choices of plug ins available to best match height/comfort of user.

CAUTION: Keep fingers clear of locking lever where it engages with the locking ring.

The Super Bench can be set to 11 angles: 0, 5, 10, 20, 30, 40, 50, 60, 70, 80, and 85 degrees.

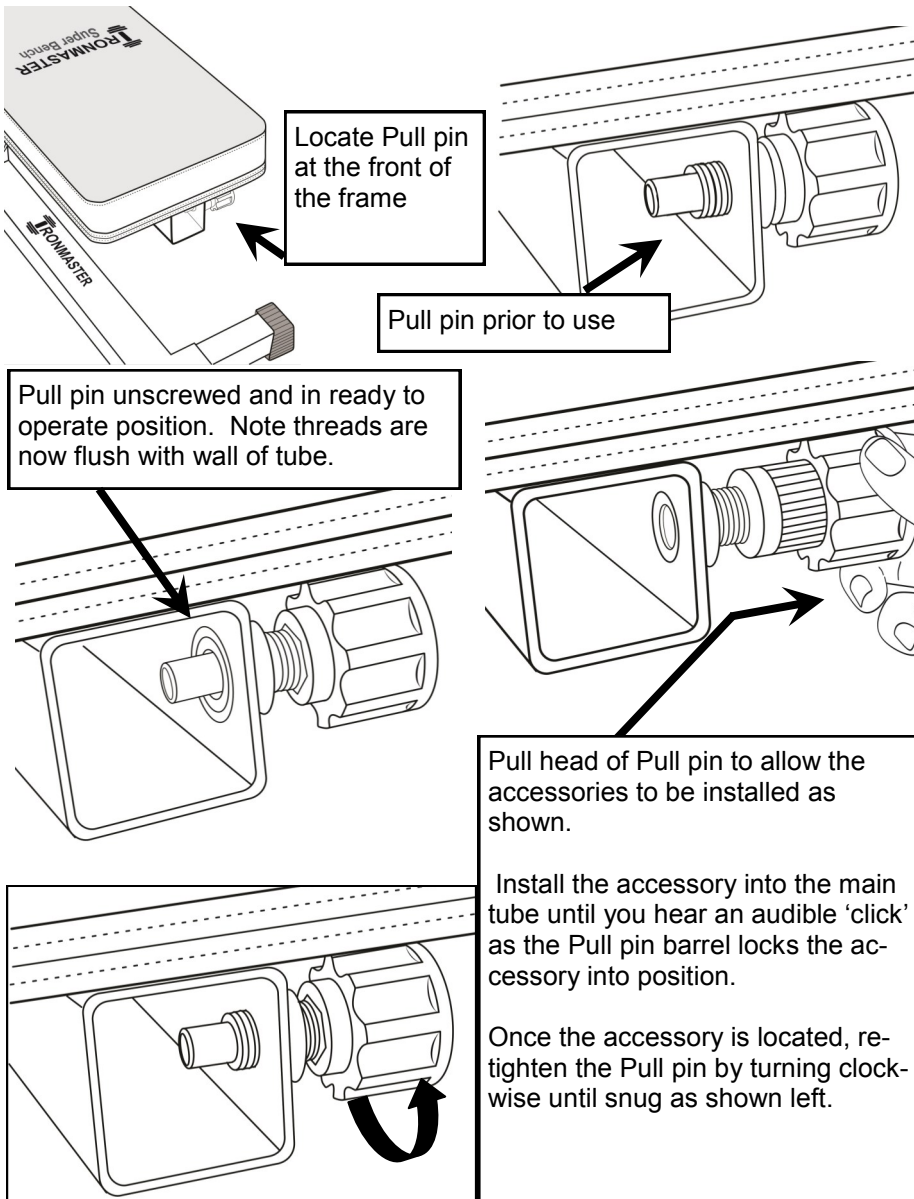


CAUTION: Make sure locking lever seats completely into any of the 11 positions within the locking ring. Failure to locate properly may result in the locking lever slipping out of position during use. If the locking ring cannot locate correctly please see instructions right. Should these adjustments fail to solve the problem, discontinue use and contact Ironmaster for further assistance.



Using the Super Bench with accessories:

The Ironmaster Superbench is designed to accommodate an array of accessories (Note only Ironmaster accessories are to be used with the Super Bench). Located at the front of the Super Bench is a pull pin, which is both spring loaded and threaded for additional safety/positive locking.



First, locate the Pull pin at the front of the frame under the main bench pad. To operate, turn the pin counter clockwise until you are able to pull the pin against the spring (note if you continue to turn, the entire Pull pin assembly will come out of the Super Bench frame).

It is recommended to unthread the pin once or twice to familiarize yourself with how many turns it takes to disengage the threads but keep the pull pin barrel inside the frame before using any accessories.

When used correctly, the barrel should just be flush with the inside of the Super Bench tube which will free the Pull Pin spring.

CAUTION: Although the pull pin is spring loaded and a positive lock, it is nevertheless recommended that the pull pin be tightened firmly while any accessories are being used with the Super Bench.

WARNING: Never under any circumstances use any of the Super Bench accessories with either a faulty or missing pull pin in conjunction with the Super Bench. Serious injury could occur.

If the Pull pin fails to operate correctly or for any reason, fails to locate properly with the Ironmaster accessory, discontinue use and contact your nearest dealer.

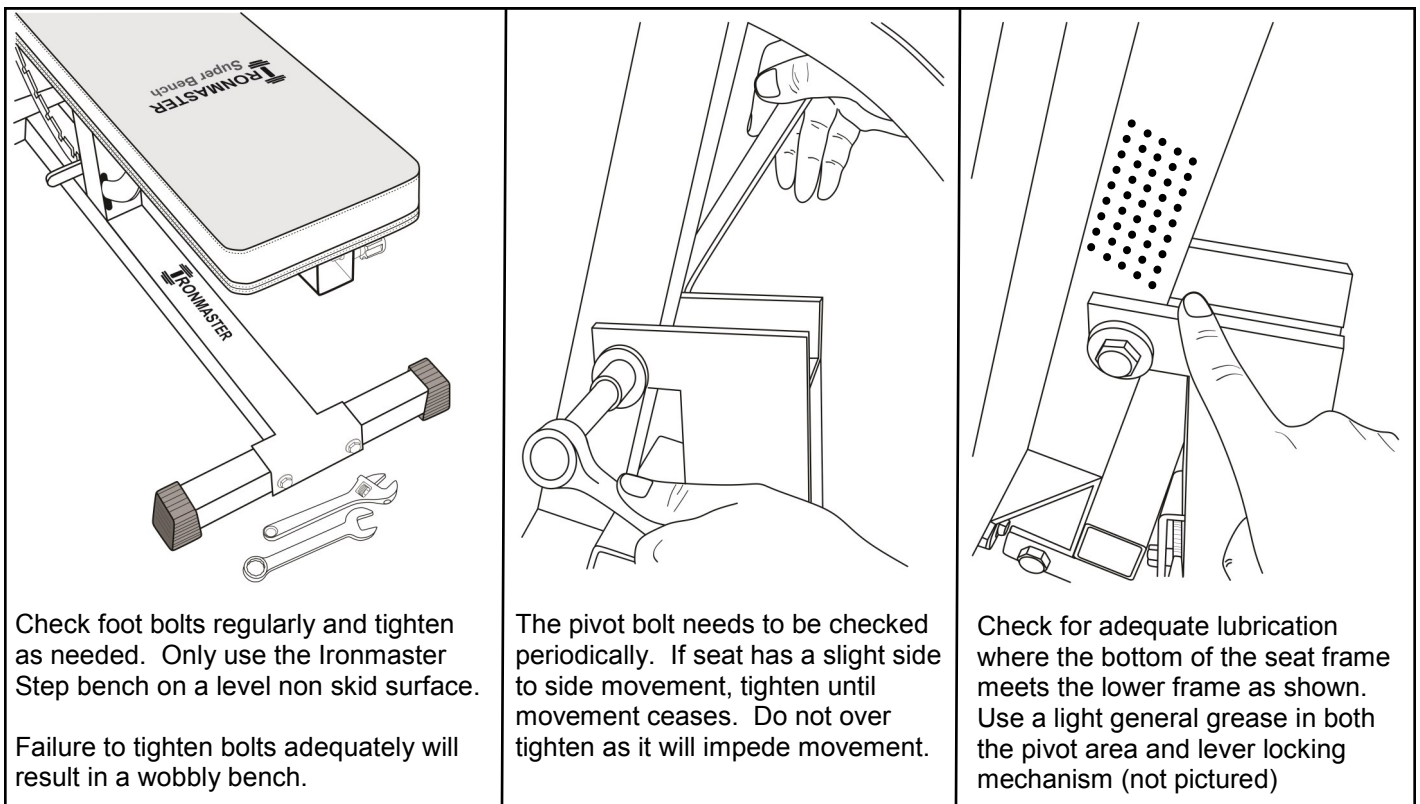
Specific installation instructions for the various Ironmaster accessories can be found in the User manuals provided with each Ironmaster accessory.

For further details regarding the Super Bench, operation, use with accessories, tutorials and video links, please visit our website at www.ironmaster.com

Maintenance and Troubleshooting:

The Super Bench is of very robust construction and will provide many years of trouble-free operation. For best performance, please follow these simple steps for maintenance and increased product longevity.

1. Make sure to check and tighten (if needed) the four foot bolts on a regular basis. If bolts are discovered to be loose, do not use the bench until bolts are retightened to approx 40 ft lbs.
2. The main pivot bolt needs to be checked on occasion. If this bolt loosens over time, the bench will not feel as solid. You will require 2x 19mm wrenches to tighten this bolt. However, use care, if over-tightened the bench will not function properly as the seat deck frame will be unable to rotate freely to sit into the lower frame and therefore it will be difficult to bring the bench back to a full prone position.
3. The portion of the frame where the seat frame and lower frame meet is pre-lubricated from the factory with a generous amount of grease. Over time, this can become dirty/dried out and lead to premature rubbing/wear. If lubricant is overly dirty or dried out, wipe the area clean with a dry cloth and re-lubricate the area with a light general grease where the seat frame base and lower frame meet when the bench seat is down.
4. Periodically check tightness of the eight bolts holding the pad to the frame. Note it's easiest to do this when the bench is adjusted to a vertical position. Tighten if needed, but do not over-tighten as damage to the threaded inserts on the deck may occur. Use the same procedure for the smaller incline seat pad.



For customer service, contact your local distributor or:

Ironmaster LLC, 14562 167th Ave SE Monroe, WA 98272 USA

Web site: www.ironmaster.com Email: support@ironmaster.com Tel: 800-533-3339 or 1-360-217-7780

Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.

10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.