

# PRO-FORM®

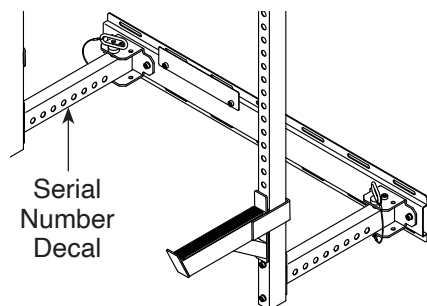
## CARBON STRENGTH FOLDABLE WALL RACK

proform.com

Model No. PFBE39520.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



### ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [my.proform.com](http://my.proform.com).

### CUSTOMER CARE

For service at any time, go to [support.proform.com](http://support.proform.com).

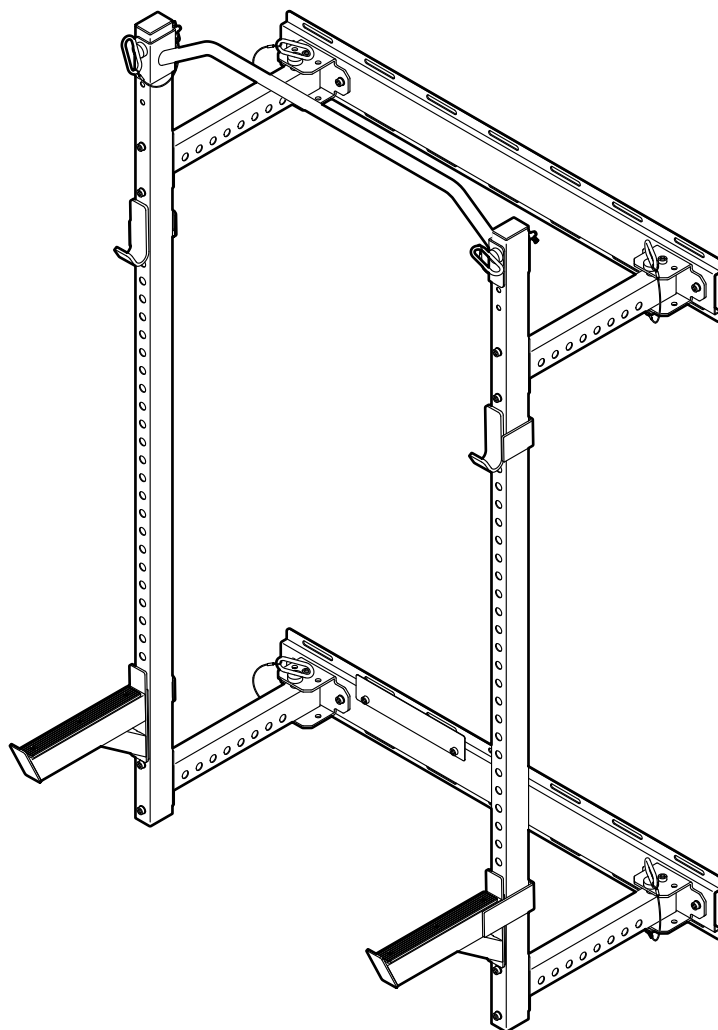
Or call 1-888-533-1333  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

## USER'S MANUAL



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# WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.

1

**⚠ WARNING**

**DEATH OR SERIOUS CRIPPLING INJURY CAN OCCUR IF THE BARBELL DROPS SUDDENLY. TO AVOID INJURY, FOLLOW THESE PRECAUTIONS:**

- **BEFORE USING:** Read all warnings and obtain instruction on the use of this machine.
- **ALWAYS** set both spotters when using machine.
- **ALWAYS** use a human spotter in addition to machine spotters.
- **PROPER** spotter height depends on the exercise performed. Adjust as follows:
  1. Remove all weight from the barbell.
  2. For squats, perform the exercise and determine the lowest comfortable position without your body contacting the floor. **FOR SQUATS, NEVER PLACE THE SPOTTERS BELOW THE HEIGHT INDICATED ON THE MACHINE.** For other exercises, perform the movement and select the lowest point of barbell travel without the barbell contacting your body.
  3. Position both spotters to stop the barbell at this point. Ensure that both spotters are completely seated on the machine.
  4. Load weights onto the barbell and carefully perform the exercise.
- Visually ensure the barbell latch is fully engaged and seated in the hooks before releasing the load and exiting the machine.
- **DO NOT REMOVE** this label. Replace when worn or damaged.

2

**⚠ WARNING ⚠ ADVERTENCIA**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.
- Mal uso de esta máquina puede resultar en graves lesiones.
- Lea el manual del usuario antes del uso y siga todas las precauciones e instrucciones.
- No permita a los niños en o alrededor de la máquina.
- Mantenga el cuerpo, la ropa, y el pelo libres y alejados de todas las piezas móviles.
- Reemplace la calcomanía si está dañada, ilegible, o faltando.

3

**⚠ WARNING**

User Weight maximum 300 lbs.  
Weight Rest maximum 310 lbs.  
Leg Lever maximum 150 lbs.  
Weight Tube (each) maximum 150 lbs.  
Chest Fly (per arm) maximum 50 lbs.  
Preacher Curl maximum 100 lbs.

Product may not offer all listed exercises.

4

**⚠ WARNING**

**HEAVY**

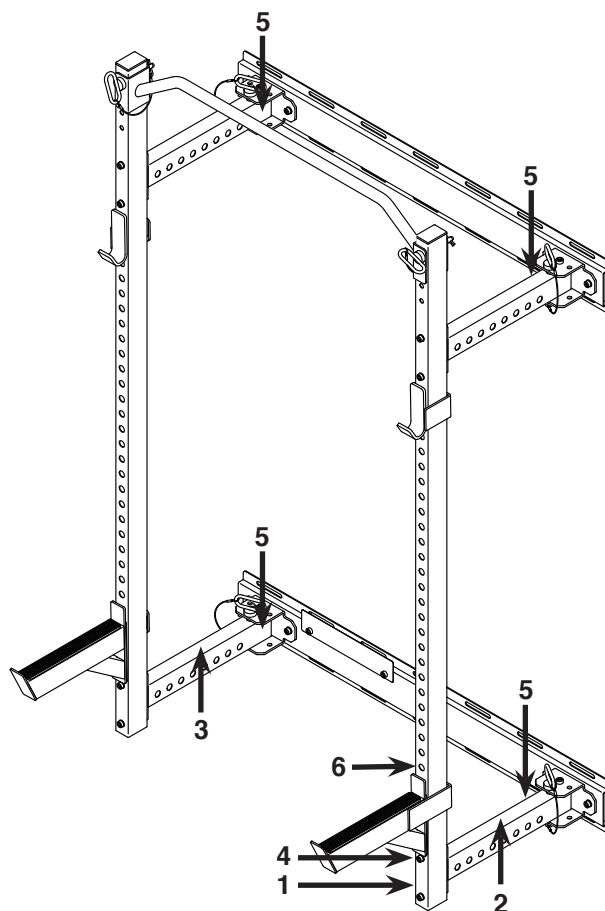
**Spotters must be used at all times.**

5

**⚠ WARNING**

**ADVERTENCIA**

Keep hands and fingers clear of this area.  
Mantenga pies y manos lejos de este área.



6

**⚠ WARNING**

To reduce the risk of serious spinal injury, do not place spotters below this level when doing **SQUAT** exercises.

**Spotters must be used at all times when this machine is used.**

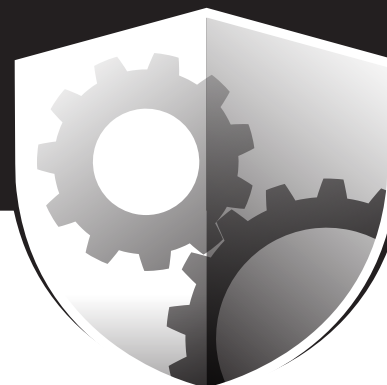
# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight rack before using your weight rack. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the weight bench at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the weight bench only as authorized by your health care provider.
5. The weight rack is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the weight rack by someone responsible for their safety.
6. Use the weight rack only as described in this manual.
7. The weight rack is intended for home use only. Do not use the weight rack in a commercial, rental, or institutional setting.
8. Keep the weight rack indoors, away from moisture and dust. Do not put the weight rack in a covered patio or near water.
9. Place the weight rack on a level surface with at least 6 ft. (1.8 m) of clearance around the weight rack. To protect the floor or carpet from damage, place a mat under the weight rack.
10. Obtain professional advice and have a qualified person install the brackets to ensure adequate support. Serious injury could result if the brackets are improperly installed.
11. The location on the wall to which the brackets are fastened must be capable of supporting a working load of 600 lbs. (272 kg). Do not fasten the brackets to a drywall surface or to a cinder block surface.
12. Inspect and properly tighten all parts each time the weight rack is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
13. Users weighing more than 300 lbs. (136 kg) should not use the weight rack.
14. Always unfold the uprights and attach the crossbar to the uprights before you use the weight rack (see assembly step 9 on page 15).
15. The weight rests and weight spotters are designed to support a maximum weight of 310 lbs. (141 kg), including weights and a barbell. The pull-up bar is designed to support a maximum user weight of 300 lbs. (136 kg). Note: The weight rack does not include weights or a barbell.
16. Always place both weight rests at the same height and both weight spotters at the same height. Make sure that there are at least three adjustment holes between the weight rests and the weight spotters.
17. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight rack. Always wear athletic shoes for foot protection.
18. Keep hands and feet away from moving parts.
19. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

## PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

### Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

## STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

### Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please  
call Customer Care at **1-800-677-3838.**  
Or, visit us online at **www.utserv.com.**

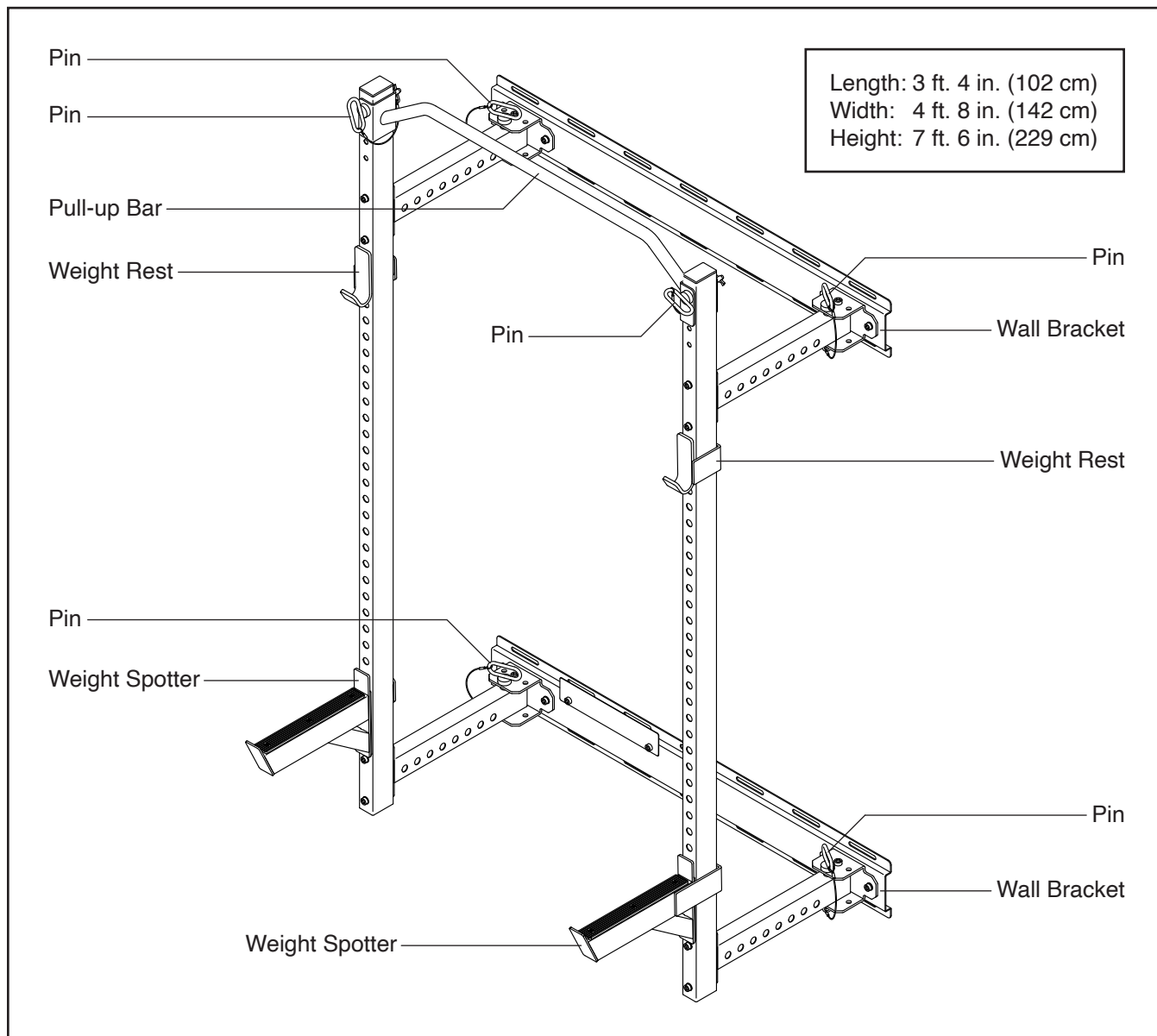


# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PROFORM® CARBON STRENGTH FOLDABLE WALL RACK weight rack. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight rack will help you to achieve the specific results you want. And the unique space-saving design of the weight rack allows you to fold the weight rack against your wall when it is not in use.

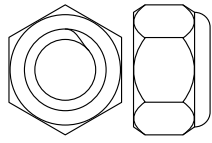
**For your benefit, read this manual carefully before you use the weight rack.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

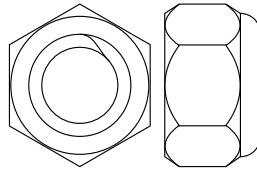


# PART IDENTIFICATION CHART

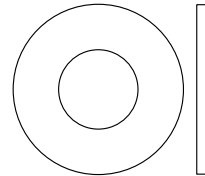
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



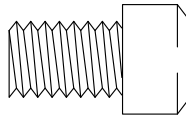
M10 Locknut  
(19)–8



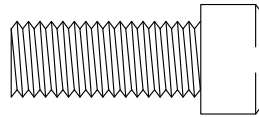
M12 Locknut  
(14)–4



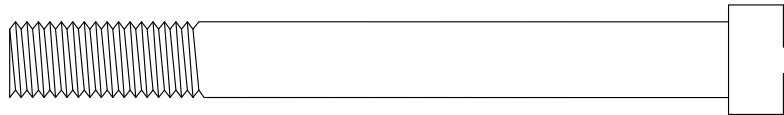
M10 Washer  
(18)–32



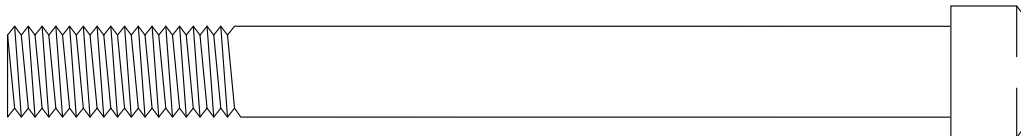
M10 x 15mm  
Screw (15)–2



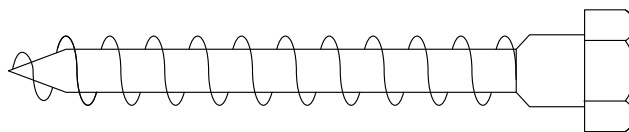
M10 x 25mm  
Screw (16)–8



M10 x 95mm Bolt (17)–8



M12 x 125mm Bolt (13)–4



3/8" x 3" Lag Screw (21)–16

# ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
  - Due to the size and weight of the weight rack, assembly requires two or three persons.
  - Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
  - Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."
  - Assembly may be easier if you have your own set of wrenches and a step stool or a ladder. To avoid damaging parts, do not use power tools for assembly steps 5 to 11.
- In addition to the included tool(s), assembly requires the following tools:
    - Drill with a 1/4" bit or a 7/8" bit
    - Pencil
    - Ratchet
    - Stud finder
    - Adjustable wrench
    - Rubber mallet

## The Two Stages of the Assembly Process

**Wall Bracket Assembly**— You will first fasten the wall brackets to wood or metal studs in your wall.

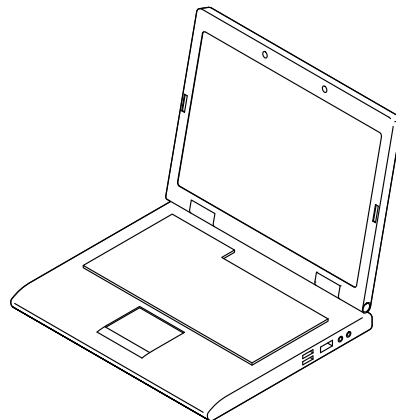
**Weight Rack Assembly**— You will then attach the weight rack to your wall by assembling the weight rack arm brackets, arms, uprights, crossbar, weight rests, and spotters.

### 1. Go to [my.proform.com](http://my.proform.com) on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.

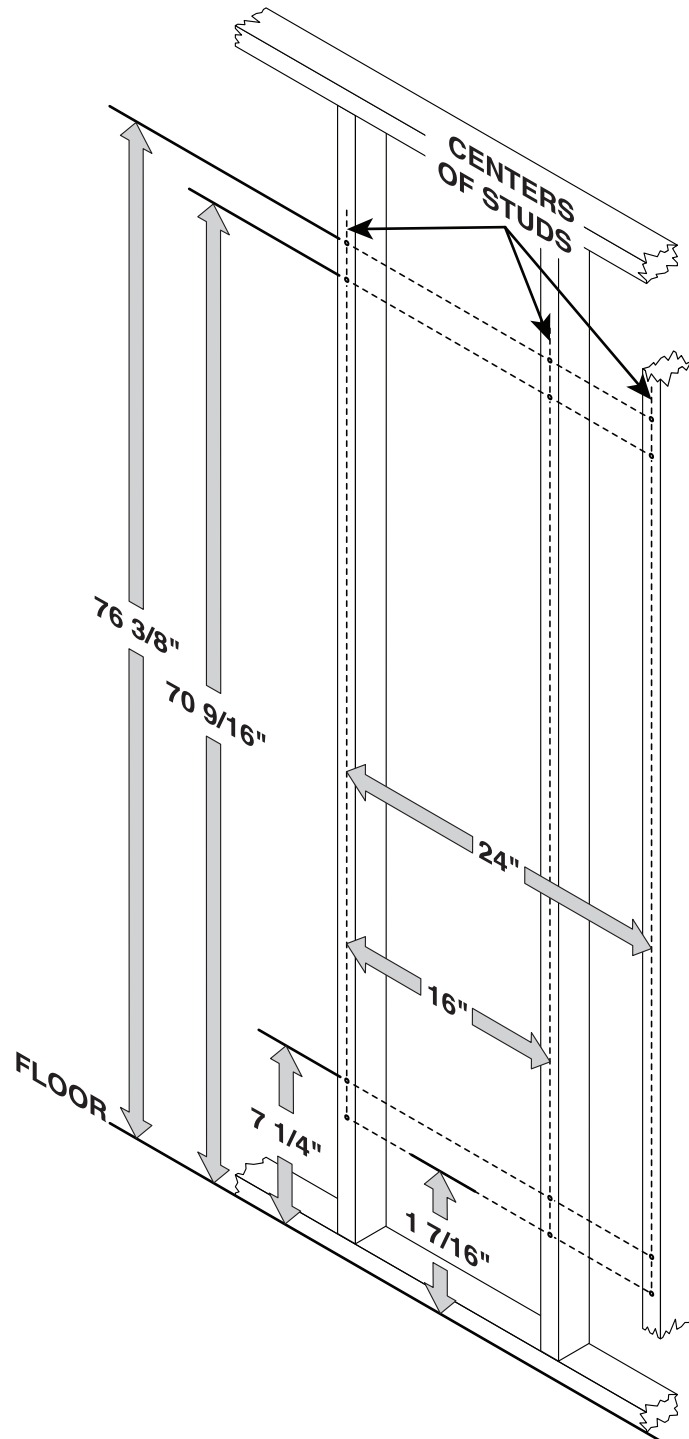
1





# Wall Bracket Assembly

- **IMPORTANT:** Obtain professional advice and have a qualified person install the brackets to ensure adequate support.
- **IMPORTANT:** Do not fasten the brackets to a drywall surface or to a cinder block surface.
- The location on the wall to which the brackets are fastened must be capable of supporting a working load of 600 lbs. (272 kg). **IMPORTANT:** The brackets and the weight rack should not be used by persons weighing more than 300 lbs. (136 kg).
- The brackets must be securely fastened to the centers of wood or metal wall studs in a wall that is at least 8 ft. (244 cm) high, above a flat surface that is at least 6 ft. (183 cm) long and 6 ft. (183 cm) wide. This placement provides sufficient space to use the weight rack effectively.
- Taking your height into consideration, make sure that there will be adequate clearance between the weight rack and the ceiling to perform the exercises that you wish to perform with the weight rack.
- **The upper bracket.** The upper slots in the bracket must be positioned 76 3/8 in. (194 cm) above the floor. The slots in the bracket can be positioned over wall studs that are spaced 16–24 in. (41–61 cm) apart.
- **The lower bracket.** The lower slots in the bracket must be positioned 1 7/16 in. (4 cm) above the floor. The slots in the bracket can be positioned over wall studs that are spaced 16–24 in. (41–61 cm) apart.
- If you are fastening the brackets to metal wall studs, you will need sixteen M10 x 100mm toggle bolts (not included). Follow the manufacturer's instructions to install the M10 x 100mm toggle bolts in metal wall studs.



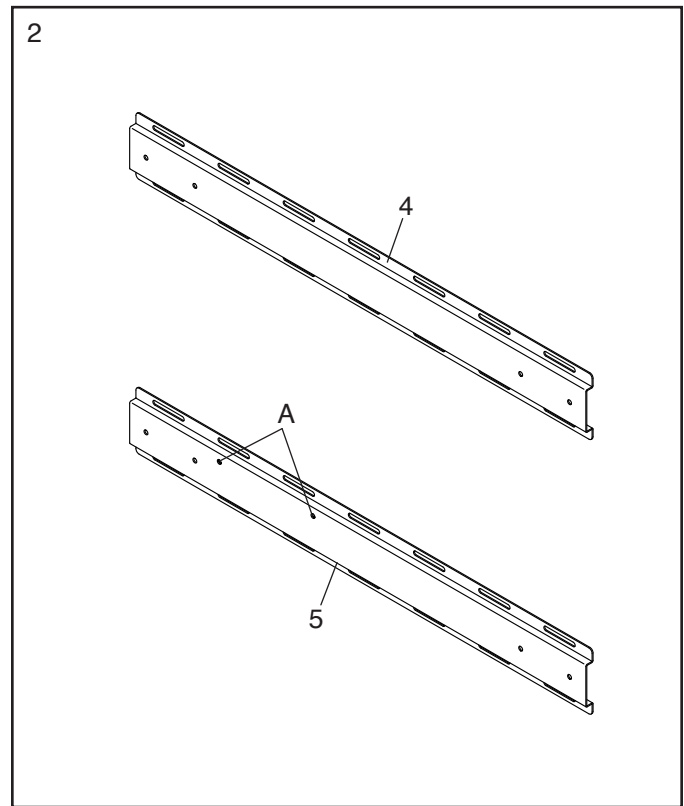
- If you are fastening the brackets to a concrete surface, you will need sixteen 3/8" lag screws (not included) designed for use with sixteen concrete lag anchors (not included). Follow the manufacturer's instructions to install the 3/8" lag screws and the concrete lag anchors.

2. Identify the Upper and Lower Wall Brackets (4, 5); the Lower Wall Bracket has two additional holes (A).

**16" Studs**—If you are installing the Wall Brackets (4, 5) in wall studs that are spaced 16 in. (41 cm) apart, **go to step 3.**

**24" Studs**—If you are installing the Wall Brackets (4, 5) in wall studs that are spaced 24 in. (61 cm) apart, **go to step 4.**

**⚠ WARNING:** Serious injury could result if the Wall Brackets (4, 5) are improperly installed. Obtain professional advice and have a qualified person install the Wall Brackets. Do not fasten the Wall Brackets to a drywall surface or to a cinder block surface.



3. **Tip:** If you intend to use a mat beneath the weight rack, put the mat in place before you begin measuring on your wall.

**See the wall measurements in the drawing.**

Align the Upper Wall Bracket (4) along the centers of **four** wall studs. Using your pencil, mark the locations of the slots on the four wall studs. Then, remove the Upper Wall Bracket.

**Repeat these actions for the Lower Wall Bracket (5). Tip: If your wall has a baseboard, you must remove the baseboard to install the Lower Wall Bracket.**

Note: If you are fastening the brackets to **metal** wall studs, you will need to use sixteen M10 x 100mm toggle bolts (not included). Follow the manufacturer's instructions to install the M10 x 100mm toggle bolts in the metal wall studs.

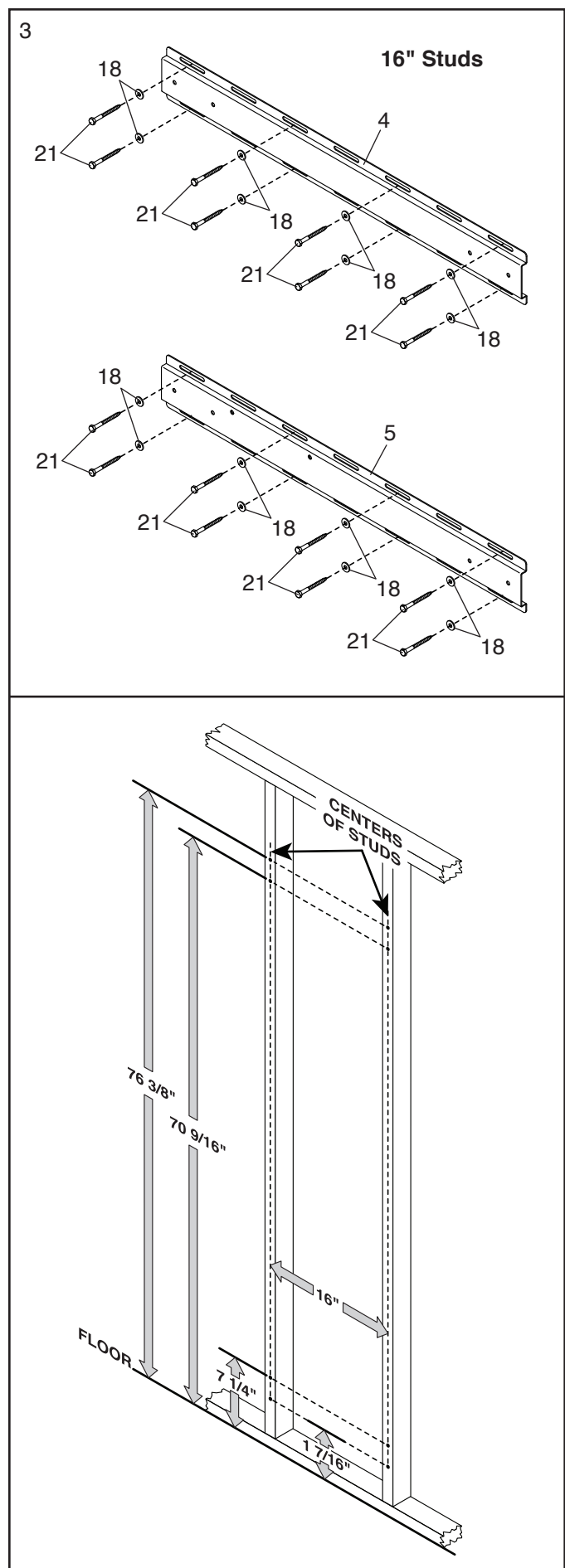
Using your drill, drill pilot holes in the marked locations on the wall. Drill 1/4" pilot holes in wood wall studs. Drill 7/8" pilot holes in metal wall studs. **IMPORTANT: The pilot holes must be drilled straight and perpendicular to the center of the wall stud.**

Locate eight 3/8" x 3" Lag Screws (21) and eight M10 Washers (18) in the hardware kit. Align the Upper Wall Bracket (4) with the four sets of pilot holes. Using your ratchet or drill, tighten eight Lag Screws with eight Washers into the Upper Wall Bracket and the pilot holes. **Start all the Lag Screws, and then fully tighten them.**

**Repeat these actions for the Lower Wall Bracket (5).**

**Make sure that each Wall Bracket (4, 5) is flush with the wall and that the 3/8" x 3" Lag Screws (21) are firmly tightened. Pull firmly on each Wall Bracket. There must not be any movement or play in the Wall Brackets.**

**Then, go to step 5.**

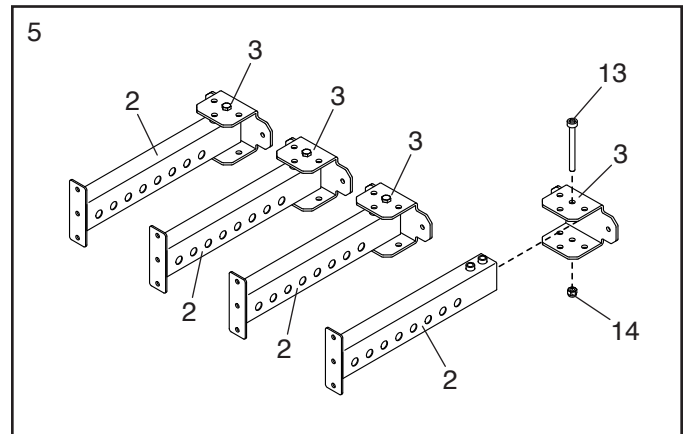




# Weight Rack Assembly

5. Attach an Arm Bracket (3) to an Arm (2) with an M12 x 125mm Bolt (13) and an M12 Locknut (14). **Do not overtighten the Locknut; the Arm Bracket must be able to pivot easily.**

**Repeat this step for the other three Arm Brackets (3) and Arms (2).**

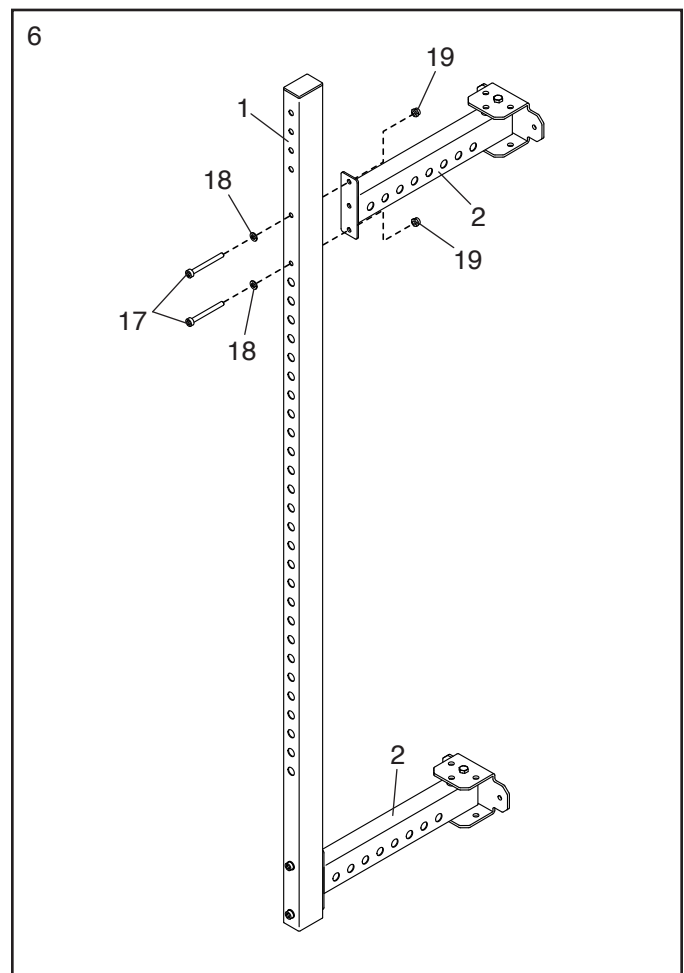


6. **See the WARNING DECAL PLACEMENT diagram on page 3.** Orient the Uprights (1) and the Arms (2) so that the locations of the warning decals on the Uprights and the Arms match the locations shown in the diagram.

Attach an Arm (2) to an Upright (1) with two M10 x 95mm Bolts (17), two M10 Washers (18), and two M10 Locknuts (19).

**Attach another Arm (2) to the Upright (1) in the same way.**

**Repeat this step for the other two Arms (2) and the other Upright (1) (not shown).**

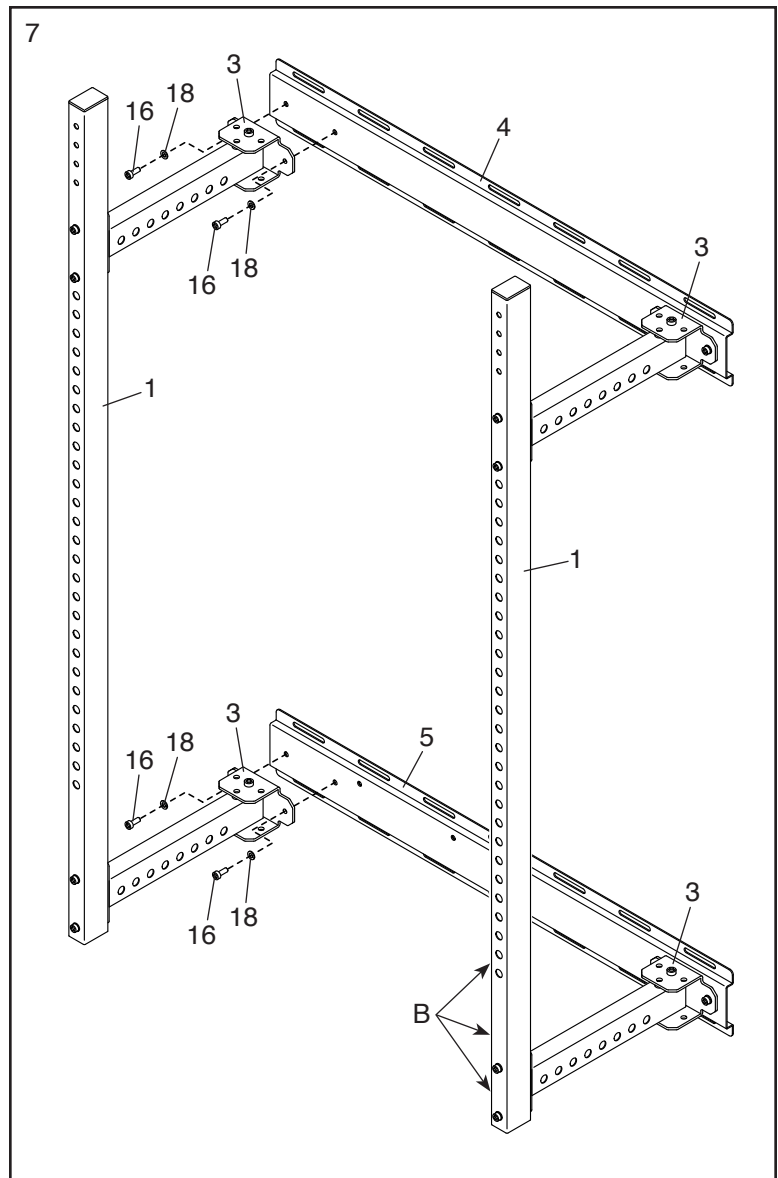


7. Orient the Uprights (1) so that the warning decals (B) are in the locations shown.

Have a second person hold an Upright (1) near the Upper and Lower Wall Brackets (4, 5).

Attach the upper and lower Arm Brackets (3) to the Upper and Lower Wall Brackets (4, 5) with four M10 x 25mm Screws (16) and four M10 Washers (18); **start all the Screws, and then tighten them.**

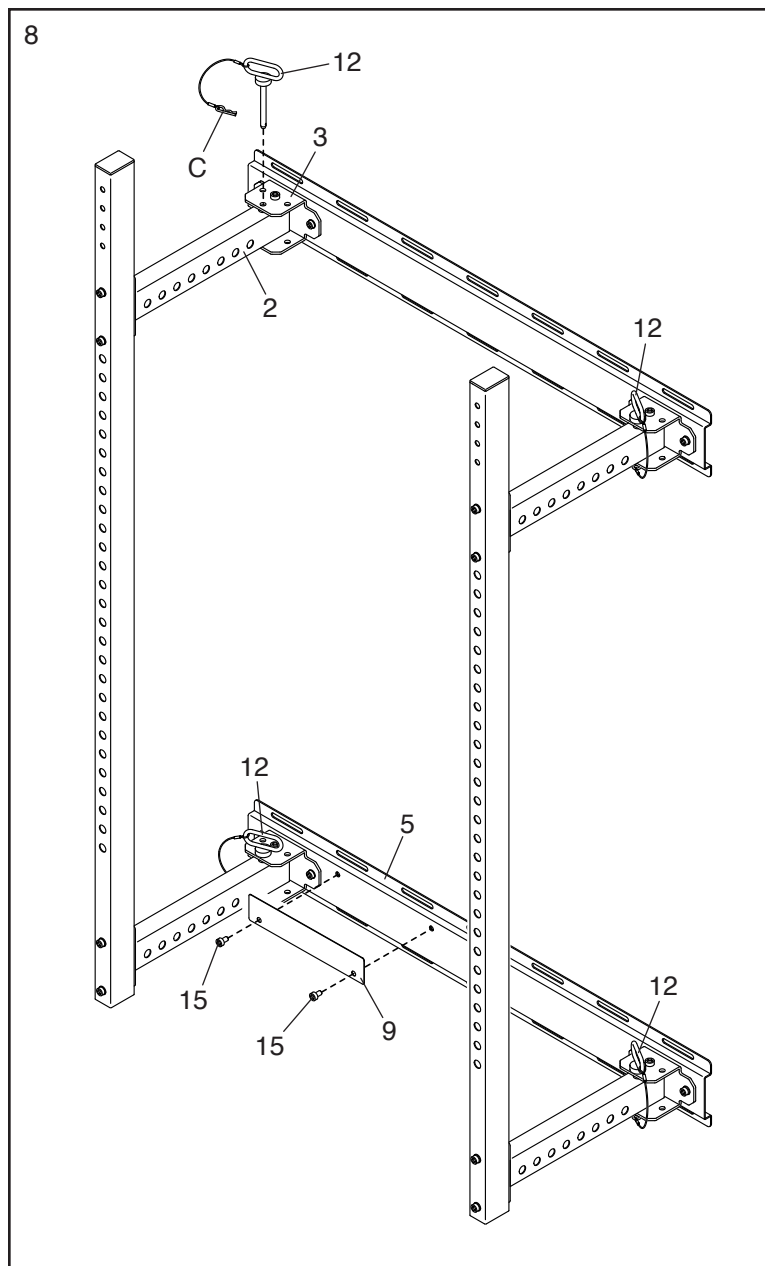
**Repeat this step for the other Upright (1) and the other two Arm Brackets (3).**



8. Insert a Pin (12) into an Arm Bracket (3) and an Arm (2). Then, slide the cotter pin (C) onto the end of the Pin to lock the Pin into place.

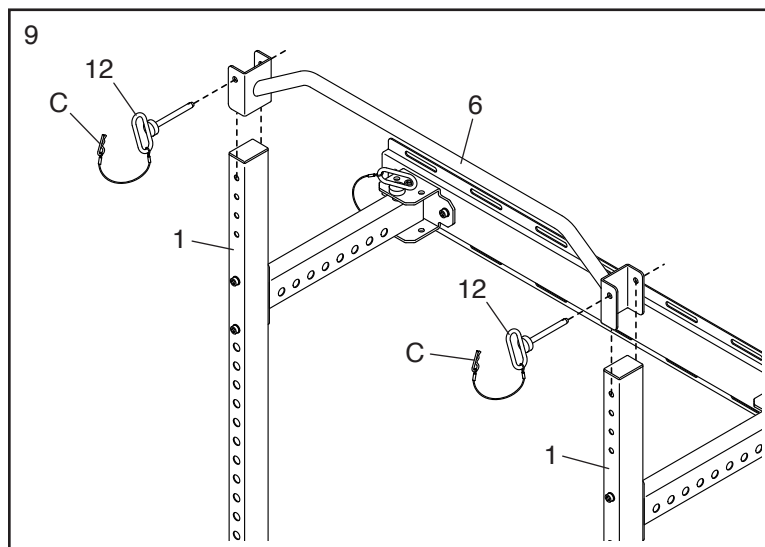
**Repeat this step with the other three Pins (12).**

Then, attach the Plate (9) to the Lower Wall Bracket (5) with two M10 x 15mm Screws (15).



9. Slide the Crossbar (6) onto the left and right Uprights (1).

Insert a Pin (12) into each side of the Crossbar and through each Upright (1). Then, slide the cotter pins (C) onto the ends of the Pins to lock the Pins into place.

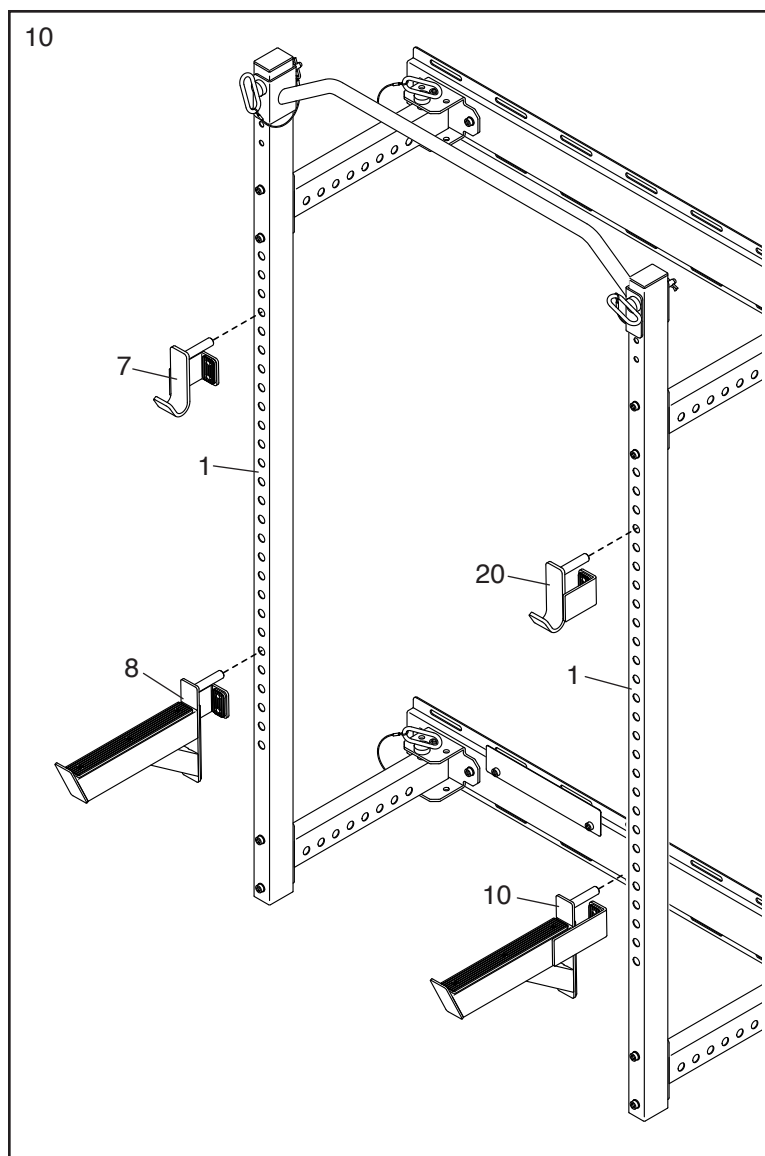


10. Identify the Left Weight Rest (20), insert it into one of the holes in the left Upright (1), and rotate it so that it is wrapped around the Upright.

Next, identify the Left Spotter (10), and attach it to the left Upright (1) in the same way.

**Attach the Right Weight Rest (7) and the Right Spotter (8) to the right Upright (1) in the same way.**

**Make sure that both Weight Rests (7, 20) are at the same height and that both Spotters (8, 10) are at the same height.**



11. **Make sure that all parts are properly tightened before you use the weight rack.** Extra parts may be included. See ADJUSTMENT on page 17 to learn how to adjust the weight rack.



# ADJUSTMENT

This section explains how to adjust the weight rack. See the EXERCISE GUIDELINES on page 19 for important information about how to get the most benefit from your exercise program.

**Make sure that all parts are properly tightened each time the weight rack is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.** The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

## HOW TO FOLD AND UNFOLD THE WEIGHT RACK

To fold the weight rack when it is not in use, first remove the Weight Rests (A) and the Spotters (B) (see HOW TO ADJUST THE WEIGHT RESTS AND THE WEIGHT SPOTTERS on page 18).

Next, remove the Pins (C) from the Crossbar (D) and the Uprights (E) (see assembly step 9 on page 15). Then, remove the Crossbar.

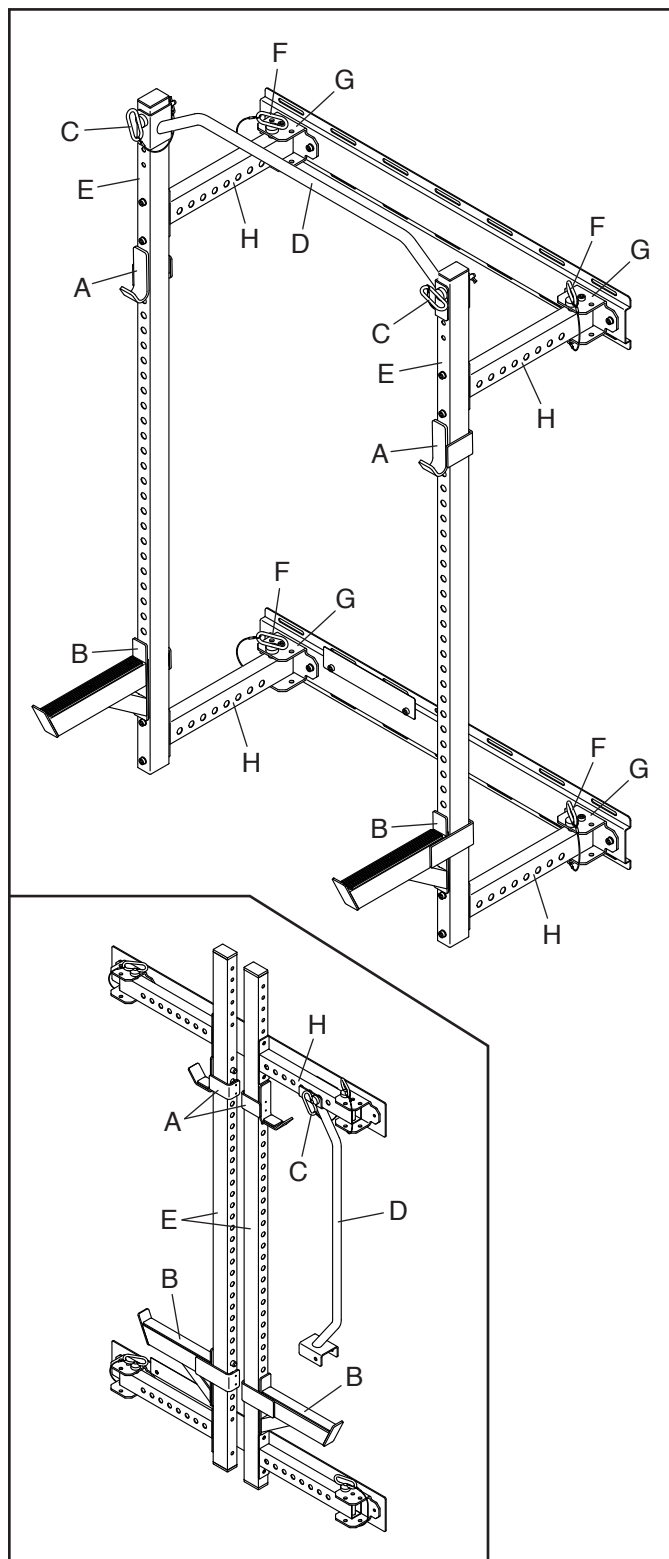
Remove the Pins (F) from the Arm Brackets (G) and the Arms (H) (see assembly step 8 on page 15).

Hold each Upright (E) and move it inward so that it rests flat against the wall. Then, re-insert the Pins (F) into the Arm Brackets (G) and the Arms (H).

**See the inset drawing.** If desired, you can hang the Crossbar (D) on an Arm (H) with a Pin (C), and you can attach the Weight Rests (A) and the Spotters (B) to the Uprights (E) as shown.

To unfold the weight rack, reverse the actions described above. **Make sure to attach the Crossbar (D) to the Uprights (E) before you use the weight rack (see assembly step 9 on page 15).**

**⚠ WARNING:** The Crossbar (D) must be attached to the Uprights (E) before the weight rack can be used for exercise.

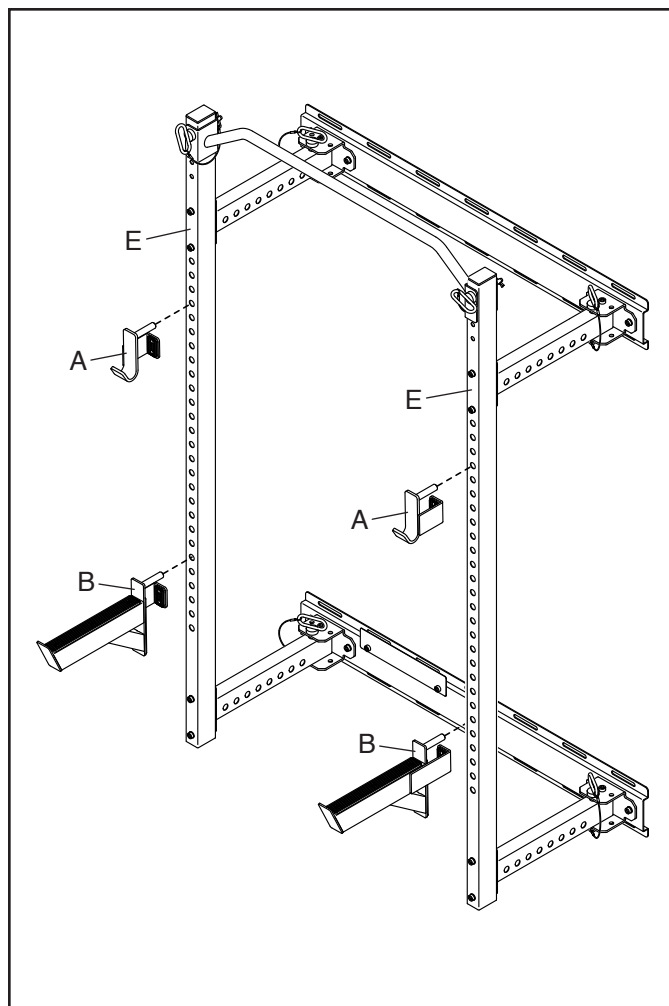


## HOW TO ADJUST THE WEIGHT RESTS AND THE WEIGHT SPOTTERS

To adjust the height of the Weight Rests (A), first remove the Weight Rests from the Uprights (E), insert them into the desired adjustment holes in the Uprights, and then rotate them into place. **Make sure that the Weight Rests are at the same height.**

To adjust the height of the Weight Spotters (B), first remove the Weight Spotters from the Uprights (E), insert them into the desired adjustment holes in the Uprights, and then rotate them into place. **Make sure that the Weight Spotters are at the same height, and make sure that there are at least three adjustment holes between the Weight Rests and the Weight Spotters.**

**⚠ WARNING:** Do not place more than 310 lbs. (141 kg) of weight, including a barbell, on the Weight Rests (A). Always place both Weight Rests at the same height and both Weight Spotters (B) at the same height. Make sure that there are at least three adjustment holes between the Weight Rests and the Weight Spotters. Note: The weight rack does not include weights or a barbell.



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# EXERCISE GUIDELINES

## FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

**Muscle Building**—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

**Toning**—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

**Weight Loss**—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

**Cross Training**—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

## WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment

to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Working Out**—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

## STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

## EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

### Strength

Date:

\_\_\_\_/\_\_\_\_/\_\_\_\_

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

### Aerobic

Date:

\_\_\_\_/\_\_\_\_/\_\_\_\_

Exercise	Time	Distance	Speed

### Strength

Date:

\_\_\_\_/\_\_\_\_/\_\_\_\_

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

### Aerobic

Date:

\_\_\_\_/\_\_\_\_/\_\_\_\_

Exercise	Time	Distance	Speed

### Strength

Date:

\_\_\_\_/\_\_\_\_/\_\_\_\_

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

### Aerobic

Date:

\_\_\_\_/\_\_\_\_/\_\_\_\_

Exercise	Time	Distance	Speed

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## NOTES

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## PART LIST

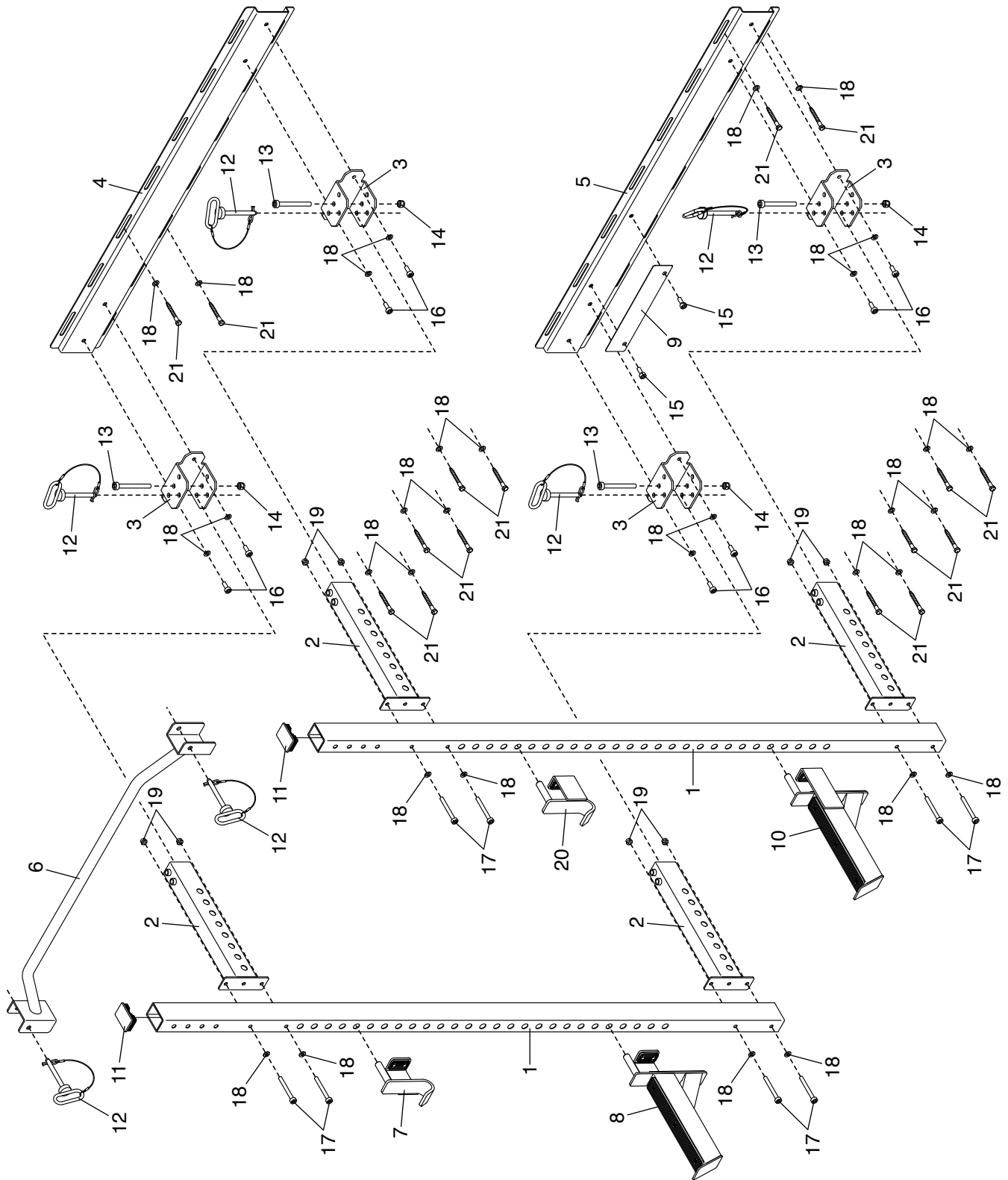
Model No. PFBE39520.0 R1121A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	13	4	M12 x 125mm Bolt
2	4	Arm	14	4	M12 Locknut
3	4	Arm Bracket	15	2	M10 x 15mm Screw
4	1	Upper Wall Bracket	16	8	M10 x 25mm Screw
5	1	Lower Wall Bracket	17	8	M10 x 95mm Bolt
6	1	Crossbar	18	32	M10 Washer
7	1	Right Weight Rest	19	8	M10 Locknut
8	1	Right Spotter	20	1	Left Weight Rest
9	1	Plate	21	16	3/8" x 3" Lag Screw
10	1	Left Spotter	*	—	Assembly Tool
11	2	Upright Cap	*	—	User's Manual
12	6	Pin			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

# EXPLODED DRAWING

Model No. PFBE39520.0 R1121A



# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.**

iFIT Inc. (iFIT) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. iFIT's obligation under this warranty is limited to repairing or replacing, at iFIT's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by iFIT. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of iFIT, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by iFIT.

iFIT is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

**iFIT Inc., 1500 S. 1000 W., Logan, UT 84321-9813**