

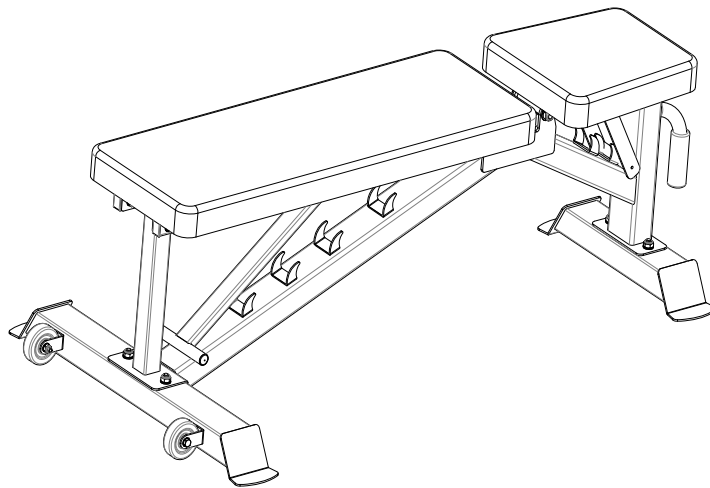
# UTILITY WEIGHT BENCH ADJUSTABLE



Tools Required:  
Adjustable Wrench

## OWNER'S MANUAL

Retain This Manual For Reference



Escalade Sports

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# BEFORE YOU BEGIN

Thank you for selecting the Utility Weight Bench. For your safety and benefit, read this manual carefully before using the machine.

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

Certain precautions apply when you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on an obstruction free, level surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts. ALWAYS ensure the Incline Support is properly secured before use. DO NOT adjust backrest while sitting on bench. Adjust backrest from standing position with no weight on the backrest.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Before using the machine, always stretch properly to warm up.
10. Never operate the machine if the machine is not functioning properly.
11. Always exercise with an experienced spotter.
12. ALWAYS test the position of the seat and backrest to be sure both are secure before beginning exercises.

### **CARE AND MAINTENANCE**

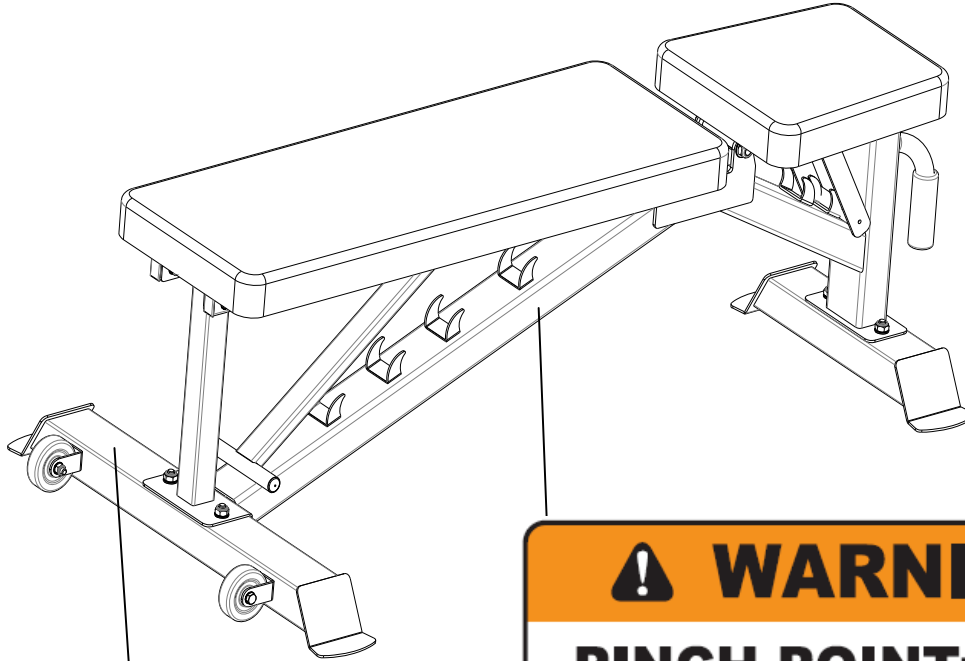
1. Periodically Lubricate moving parts with WD-40 or light oil .
2. Inspect and tighten all parts before using the machine. DO NOT overtighten. If parts are worn or damaged, DO NOT use.
3. **Failure to examine regularly may affect the safety level of the machine.**
4. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach.
5. **Maximum weight Capacity (User weight + Dumbbell Weight): 600 lbs**
6. Assembled Dimension: 54.6" L x 28.5" W x 17.3"H

**WARNING: CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NOT FOR USE BY CHILDREN UNDER AGE 14. INSPECT FOR DAMAGE BEFORE EACH USE. DO NOT USE IF DAMAGED OR MISSING PARTS.**

**SAVE THESE INSTRUCTIONS.**

## WARNING LABEL PLACEMENT

The warning labels shown here have been placed on the Main Frame & Front Base.



### **WARNING**

#### **PINCH POINT:**

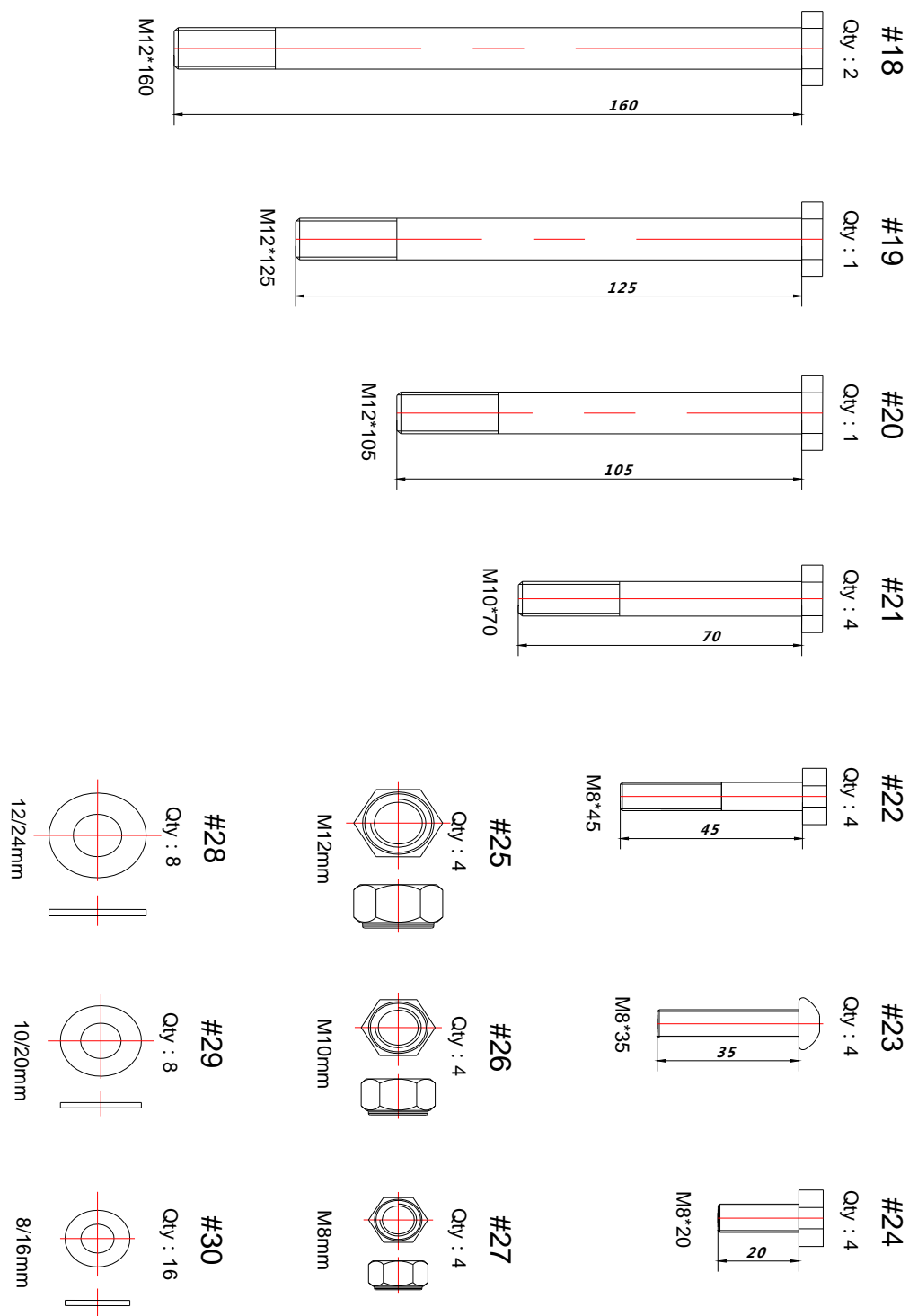
Keep hands and fingers clear.  
SEVERE INJURY may result.

### **WARNING**

Read user's manual. The possibility of serious injuries, including paralysis or death, may occur if caution is not used when using this equipment. Consult your physician prior to starting any exercise program. This product is not designed for use by children. All warnings and instructions must be read and followed and proper instructions be obtained prior to use. Replace this label if damaged, illegible or removed. This product is intended for home use only, not institutional or commercial use.

## HARDWARE PACK

**NOTE:** The following parts are not drawn to scale. Please use your own ruler to measure the size.



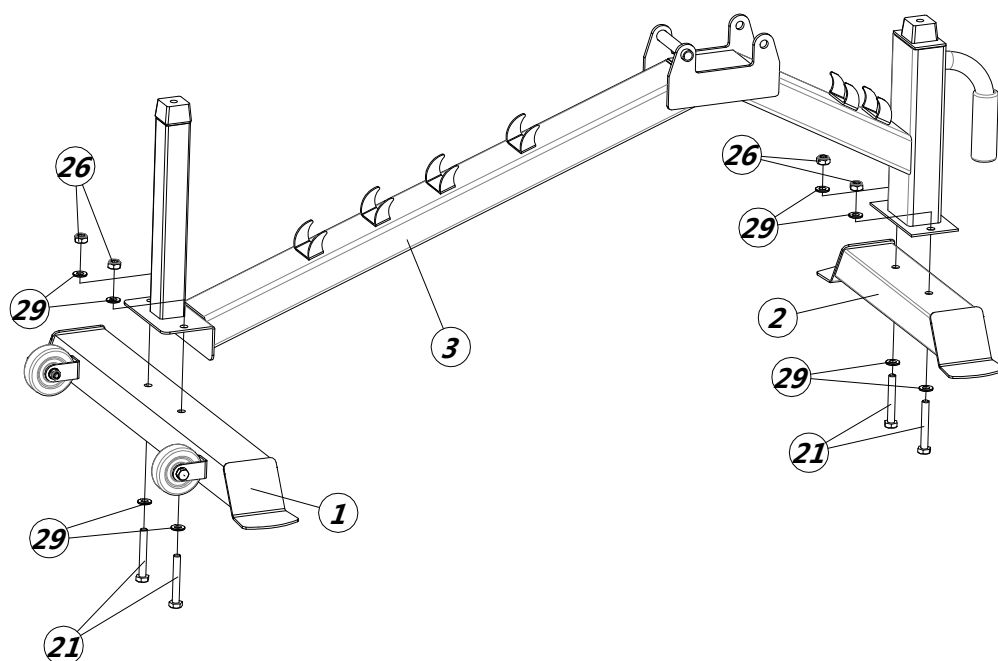
## ASSEMBLY INSTRUCTION

**NOTICE** It is strongly recommended that this machine be assembled and moved by two or more people to avoid possible injury.

### STEP 1 (See Diagram 1)

- A.) Attach Front Base Tube (1) and Rear Base Tube (2) to Main Frame (3) using four Hex Head Bolts (21), eight Washers (29) and four Nuts (26).

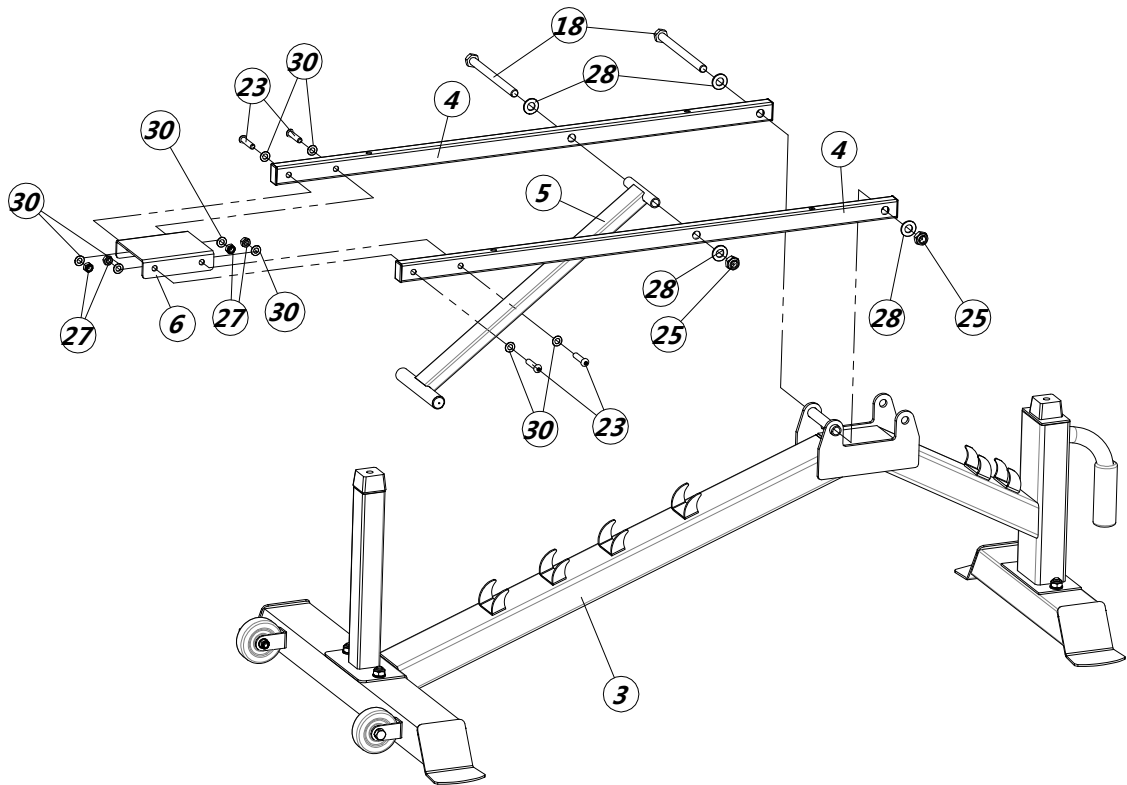
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach two Backrest Supports (4) to the Main Frame (3) using one Hex Head Bolts (18), two Washers (28) and one Nut (25).
- B.) Attach the Backrest Adjustable Support (5) to two Backrest Supports (4) using one Hex Head Bolts (18), two Washers (28) and one Nut (5).
- C.) Attach Backrest Support Bracket (6) to two Backrest Supports (4) using four Socket Head Bolts (23), eight Washers (30) and four Nuts (27).

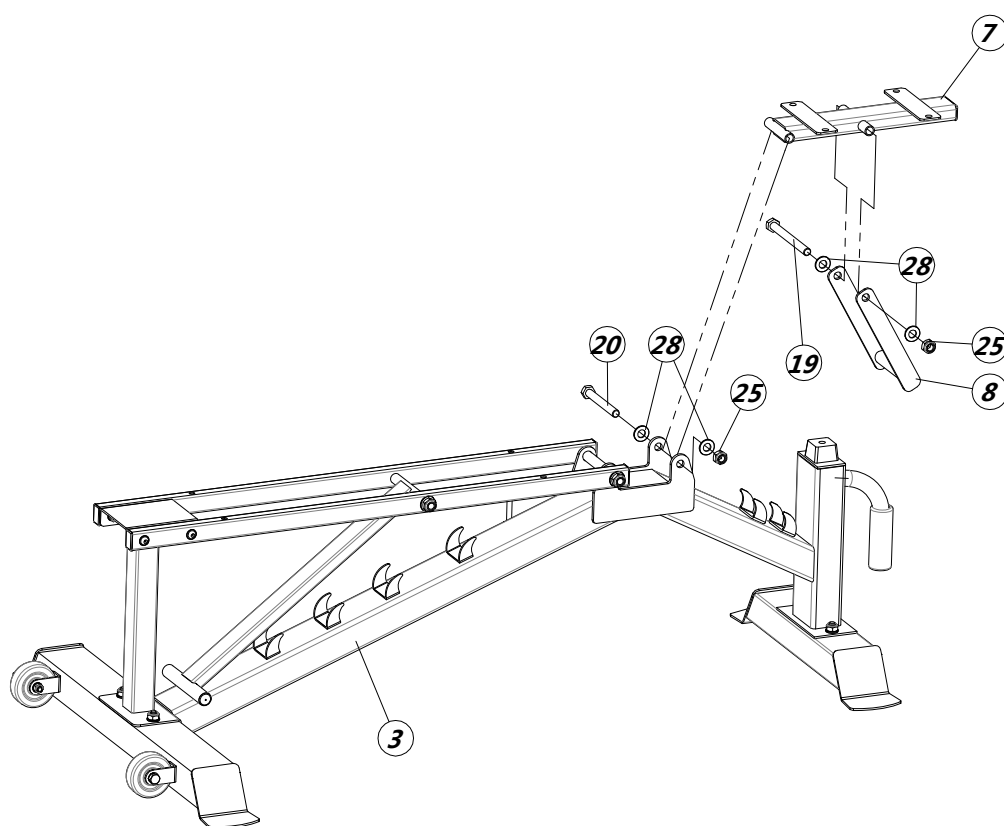
**DIAGRAM 2**



### STEP 3 (See Diagram 3)

- A.) Attach the Seat Support (7) to the Main Frame (3) using one Hex Head Bolt (20), two Washers (28) and one Nut (25).
- B.) Attach the Seat Adjustable Support (8) to Seat Support (7) using one Hex Head Bolt (19), two Washers (28) and one Nut (25).

**DIAGRAM 3**

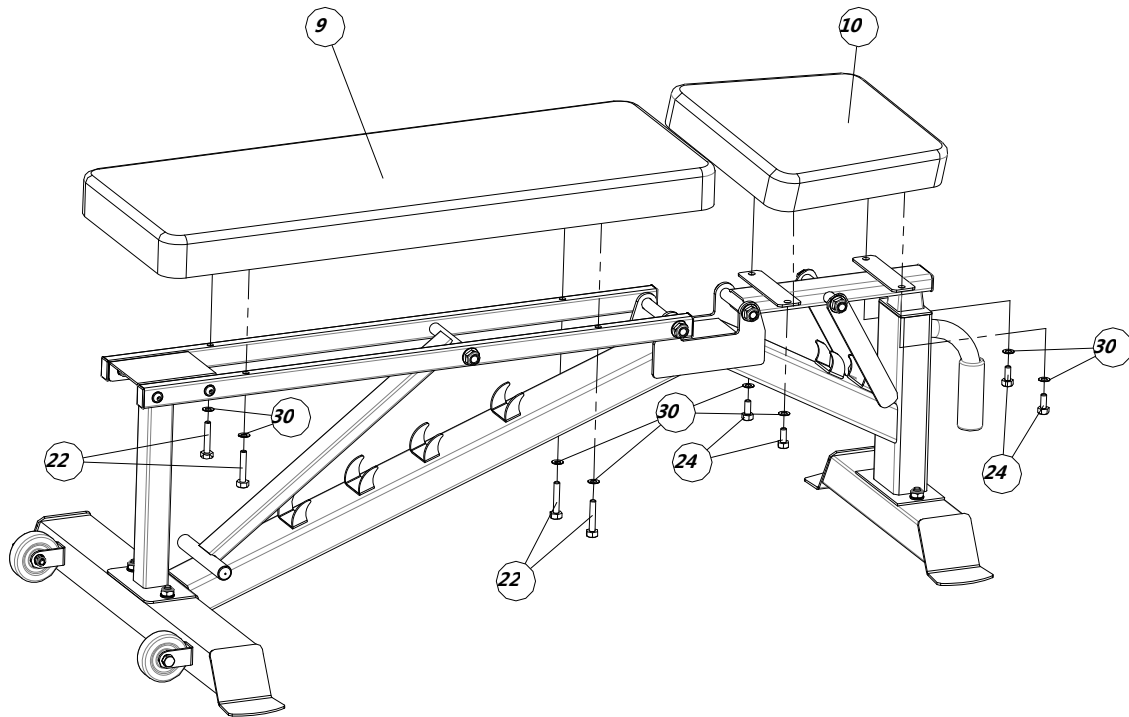




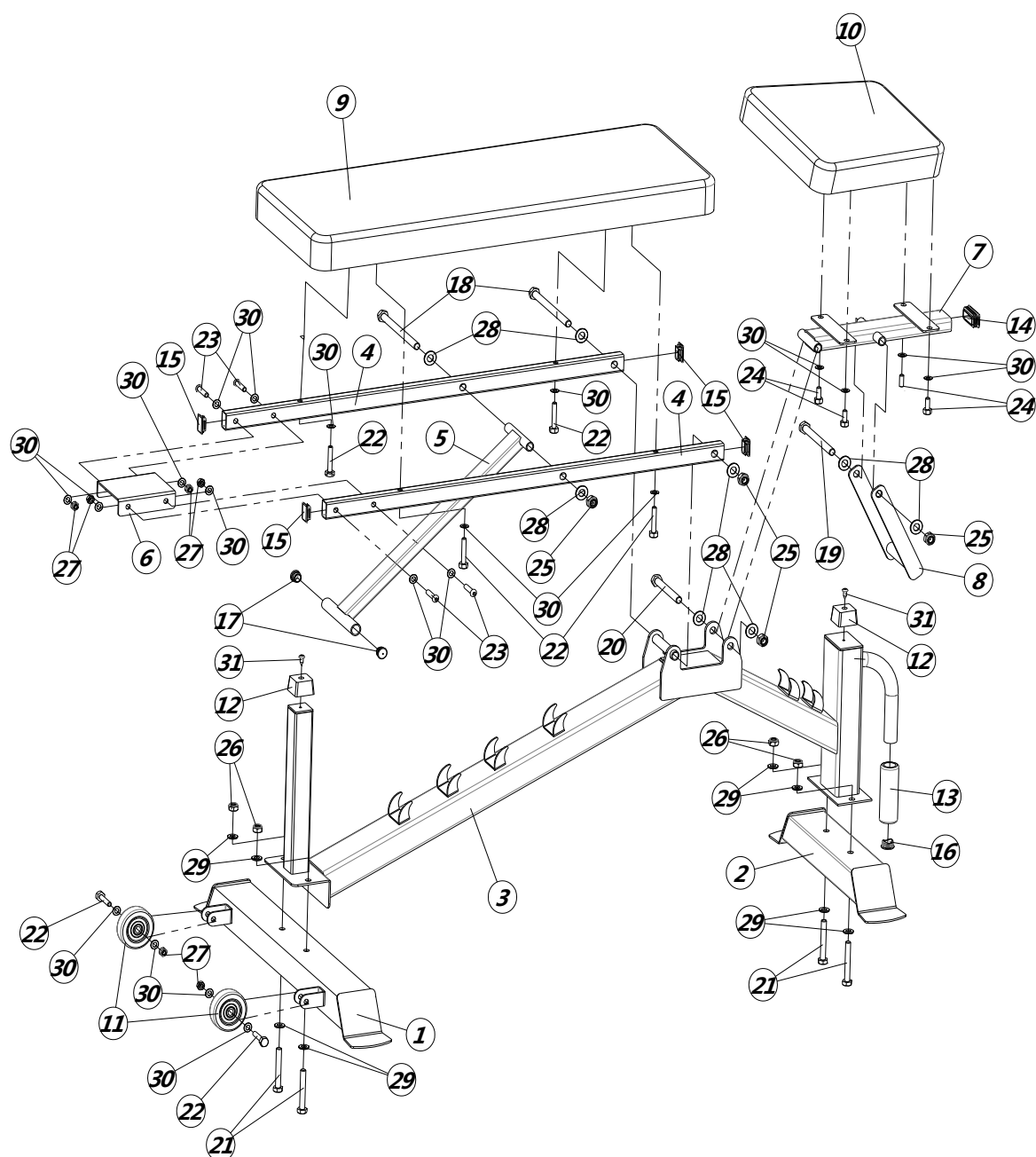
#### STEP 4 (See Diagram 4)

- A.) Attach the Backrest (9) to Backrest Support (4) using four Hex Head Bolts (22) and four Nuts (30)
- B.) Attach Seat Pad (10) to Seat Support (7) using four Hex Head Bolts (24) and four Nuts (30).

**DIAGRAM 4**



# EXPLODED DIAGRAM



## PARTS LIST

PART NO.	DESCRIPTION	QUANTITY	REMARK
1	Front Base Tube	1	
2	Rear Base Tube	1	
3	Main Frame	1	
4	Backrest Support	2	
5	Backrest Adjustable Support	1	
6	Backrest Support Bracket	1	
7	Seat Support	1	
8	Seat Adjustable Support	1	
9	Bracket	1	
10	Seat Pad	1	
11	Wheel	2	Pre-Assembled
12	Rubber Bumper	2	Pre-Assembled
13	Foam Grip	1	Pre-Assembled
14	Square Inner Cap (50*25mm)	1	Pre-Assembled
15	Square Inner Cap (30*20mm)	4	Pre-Assembled
16	Round Inner Cap ( $\phi$ 25)	1	Pre-Assembled
17	Round Inner Cap ( $\phi$ 20)	2	Pre-Assembled
18	Hex Head Bolt M12 *160	2	
19	Hex Head Bolt M12 *125	1	
20	Hex Head Bolt M12 *105	1	
21	Hex Head Bolt M12 *70	4	
22	Hex Head Bolt M8 *45	6	Pre-Assembled 2
23	Socket Head Bolt M8 *35	4	
24	Hex Head Bolt M8 *20	4	
25	Nut M12	4	
26	Nut M10	4	
27	Nut M8	6	Pre-Assembled 2
28	Washer M12	8	
29	Washer M10	8	
30	Washer M8	20	Pre-Assembled 4
31	Self Tapping Screw M6	2	Pre-Assembled

## INCLINE ADJUSTMENT

When adjusting the Backrest Incline; make sure the Incline Support sits firmly onto the open slot on Main Frame to avoid possible injury.

