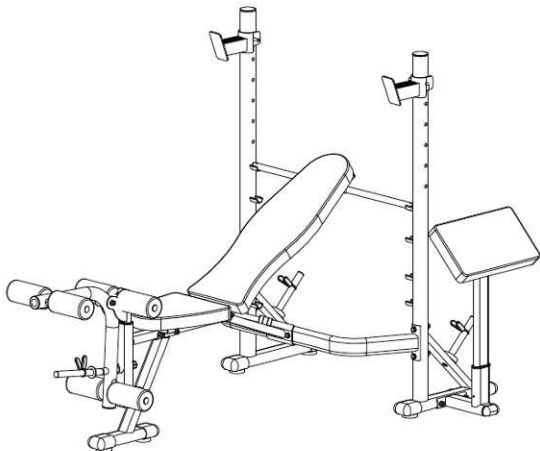




Assembly and Use Instructions **Adjustable Workout Bench with Rack** **Model # 7861LB-2 / 7861LB-4**



WARNING

- Read all assembly instructions and safety precautions before using this product.
- Reference all safety guidelines and warning labels.
- Consult a qualified trainer or reputable source of instruction to learn the proper technique for exercise that you will perform.
- Keep this owner's manual for future reference.

For customer service or replacement parts, please call
972-889-9730 Monday through Friday 9am-5pm CST,
visit our website: www.prectz.com or email: help@prctzusa.com

Important Safety Instructions

WARNING: To reduce the risk of injury, please read the following precautions before using this product. PRCTZ assumes no responsibility for personal injury or property damage sustained by or through the use of this product

1. It is recommended that the equipment is located in an access controlled area. It is the owners responsibility to Keep children away from all equipment
2. Do not use or permit use of any equipment that is damaged, or has worn or broken parts. For all PRCTZ equipment use only replacement parts supplied by PRCTZ.
3. Always make sure that all nuts and bolts are tightened prior to each use.
4. Maintain labels and nameplates - do not remove labels for any reason. They contain important information.
5. Equipment maintenance - preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your PRCTZ equipment.
6. Before any use, examine all accessories approved for use with the PRCTZ equipment for damage or wear.
7. Should your PRCTZ equipment appear damaged or worn, do not attempt to use or repair the equipment yourself.
8. It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all PRCTZ equipment.

Important Safety Instructions

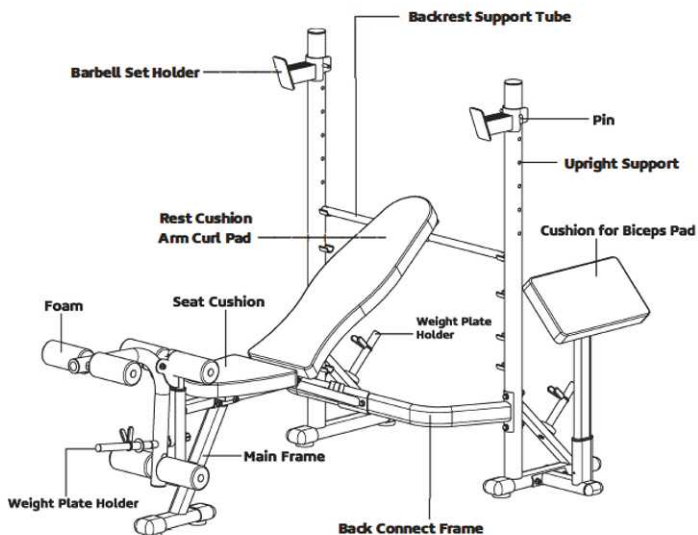
9. Keep children away from all moving parts. Parents must provide close supervision of children if the equipment is used in the presence of children.
10. Do not wear loose fitting clothing or jewelry when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
11. Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.
12. The PRCTZ Adjustable weight bench with rack has a maximum user weight limit of 300 lbs with a static load of up to 800 lbs.
13. **Recommended Weight Limit For Each Workout Station:**
 - Leg & Arm Developer: 135 lbs
 - Incline & Flat Bench: 800 lbs
 - Squat Rack: 1000 lbs

WARNING: Prior to starting any exercise program or if you have sustained an injury, you should consult a physician

PRE ASSEMBLY CHECK LIST

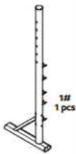
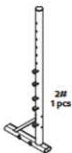































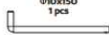

















Thank you for choosing the PRCTZ Weight bench. We take great pride in producing this product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest. Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. PRCTZ Weight Bench provides a convenient and simple method to begin your assault on getting your body in shape and achieving a healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the PRCTZ Bench.



INSTRUCTION FOR ASSEMBLY

- Before you start to assemble, please check the hardware packaging to make sure all parts are included

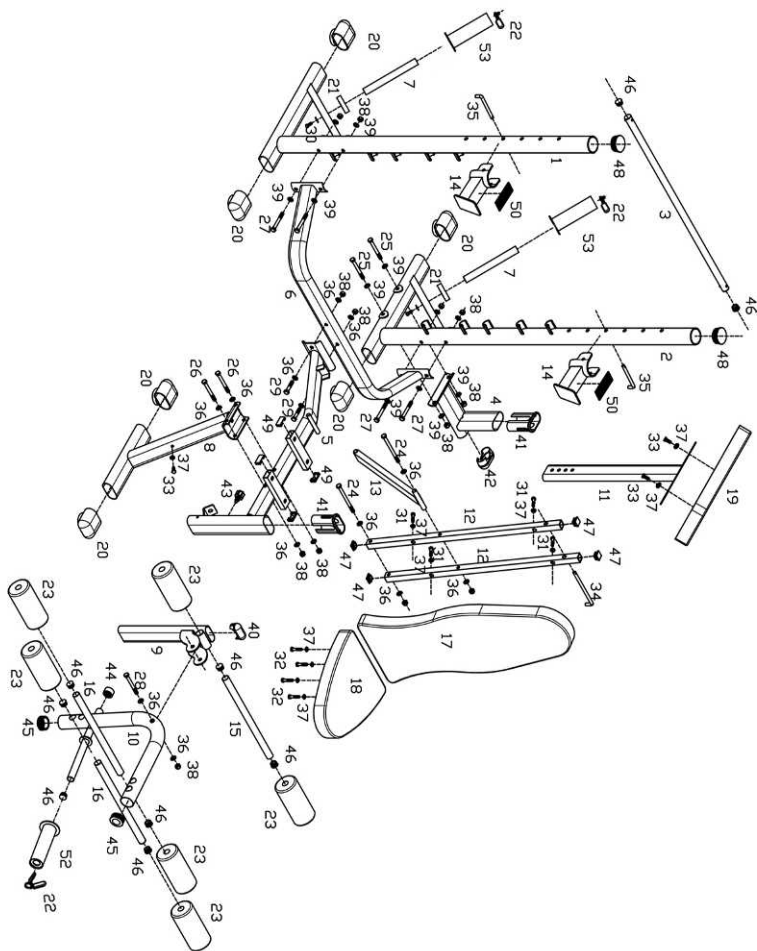
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		 <p>7# 2 pcs</p>		 <p>8# 1 pcs</p>		 <p>9# 1 pcs</p>		 <p>10# 1 pcs</p>		 <p>11# 1 pcs</p>									
 <p>12# 2 pcs</p>		 <p>13# 1 pcs</p>		 <p>14# 2 pcs</p>		 <p>15# 1 pcs</p>		 <p>16# 2 pcs</p>		 <p>17# 1 pcs</p>		 <p>18# 1 pcs</p>		 <p>19# 1 pcs</p>					
 <p>20# 7 pcs</p>		 <p>21# 2 pcs</p>		 <p>22# 3 pcs</p>		 <p>23# 6 pcs</p>		 <p>24# M10x155 2 pcs</p>		 <p>25# M10x100 2 pcs</p>		 <p>26# M10x95 2 pcs</p>		 <p>27# M10x80 4 pcs</p>					
 <p>28# M10x80 1 pcs</p>		 <p>29# M10x50 2 pcs</p>		 <p>30# M10x20 2 pcs</p>		 <p>31# M8x40 4 pcs</p>		 <p>32# M8x35 4 pcs</p>		 <p>33# M8x20 1 pcs</p>		 <p>34# Ø10x150 1 pcs</p>		 <p>35# Ø10x80 2 pcs</p>					
 <p>36# M10 16 pcs</p>		 <p>37# M8 11 pcs</p>		 <p>38# M10 13 pcs</p>		 <p>39# M10 12 pcs</p>		 <p>40# 1 pcs</p>		 <p>41# 2 pcs</p>		 <p>42# 1 pcs</p>		 <p>43# 1 pcs</p>		 <p>44# 1 pcs</p>		 <p>45# 2 pcs</p>	
 <p>46# 11 pcs</p>		 <p>47# 4 pcs</p>		 <p>48# 2 pcs</p>		 <p>49# 4 pcs</p>		 <p>50# 2 pcs</p>				 <p>51# 2 pcs</p>							

PARTS LIST

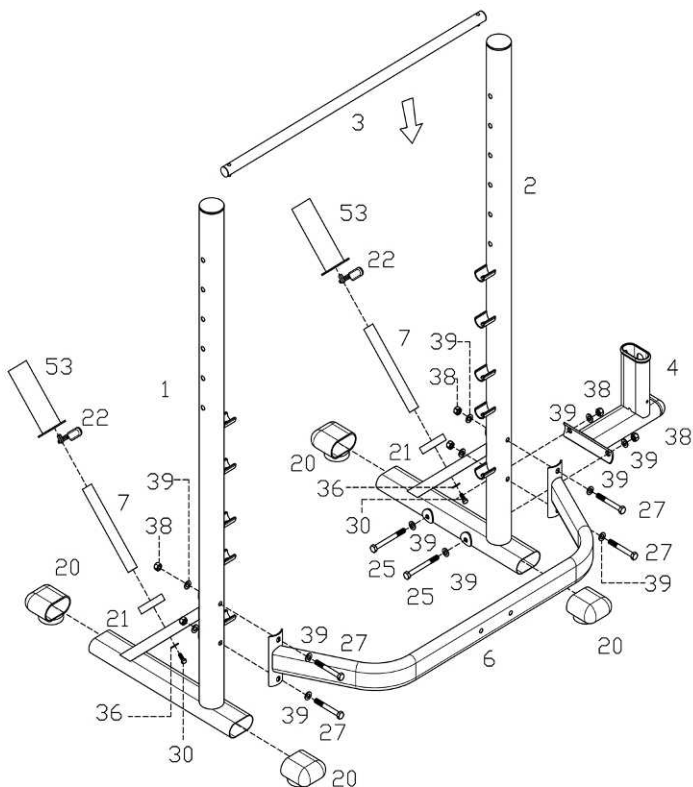
No.	Description	QTY
1	Rear Support tube (R)	1
2	Rear Support tube (L)	1
3	Adjustable bar	1
4	Side Stabilizer Tube	1
5	Main Frame	1
6	Main Support tube	1
7	Barbell tube	2
8	Front Support Tube	1
9	Adjustable bar for Arm	1
10	Front Arm	1
11	Support for Biceps Pad	1
12	Back Pad Tube	2
13	Back Pad support	1
14	Support for Barbell	2
15	Foam tube (long)	1
16	Foam tub (short)	2
17	Back Pad	1
18	Seat	1
19	Cushion for Biceps Pad	1
20	End cap 40x80	7
21	Rubber	2
22	Spring	3
23	Foam	6
24	Screw M10x155	2
25	Screw M10X100	2
26	Screw M10x95	2

No.	Description	QTY
27	Screw M10x80	4
28	Screw M10x85	1
29	Screw M10x50	2
30	Screw M10x20	2
31	Screw M8x40	4
32	Screw M8x35	4
33	Screw M8x20	3
34	Pin ø10x150	1
35	Pin ø10x80	2
36	Flat Washer M10	16
37	Flat Washer M8	11
38	Nut M10	13
39	Curved Washer M10	12
40	Bushing 30x70	1
41	Bushing 40x80	2
42	End cap 40x80 (B)	1
43	Knob	1
44	Cap	1
45	Bushing ø50	2
46	Bushing ø25	11
47	Bushing 25x25	4
48	Bushing ø60	2
49	Bushing 20x40	4
50	Leather	2
51	Tools	2

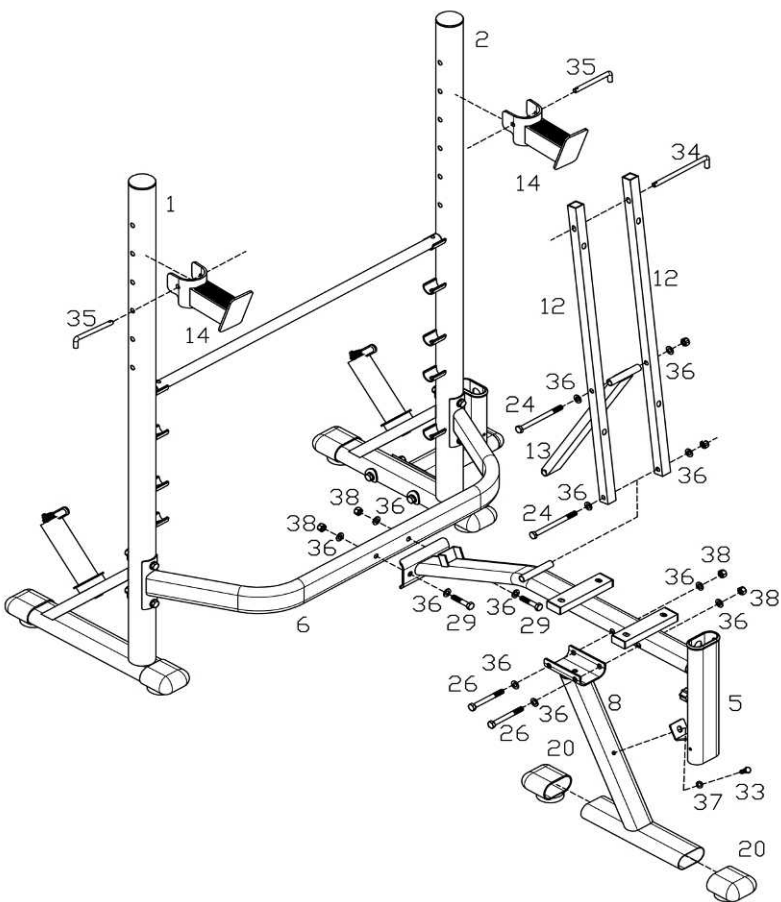
EXPLODED VIEW



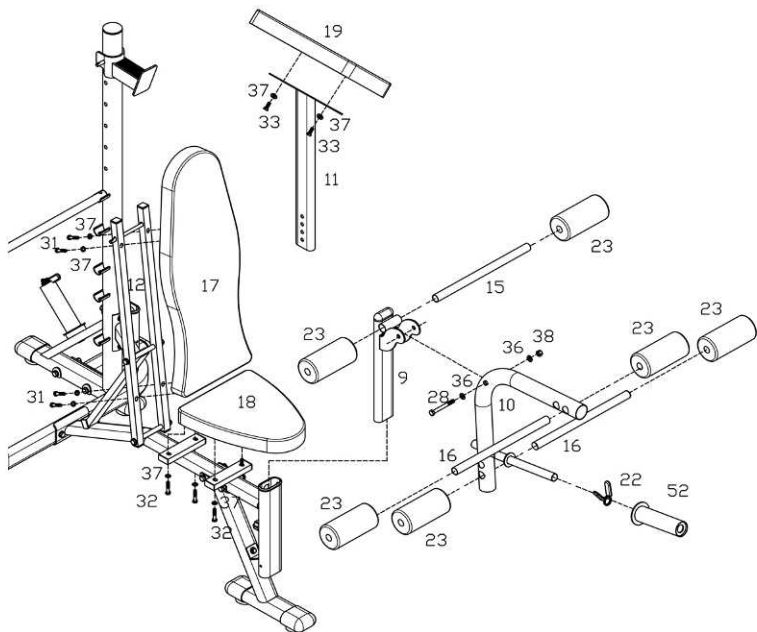
STEP 1



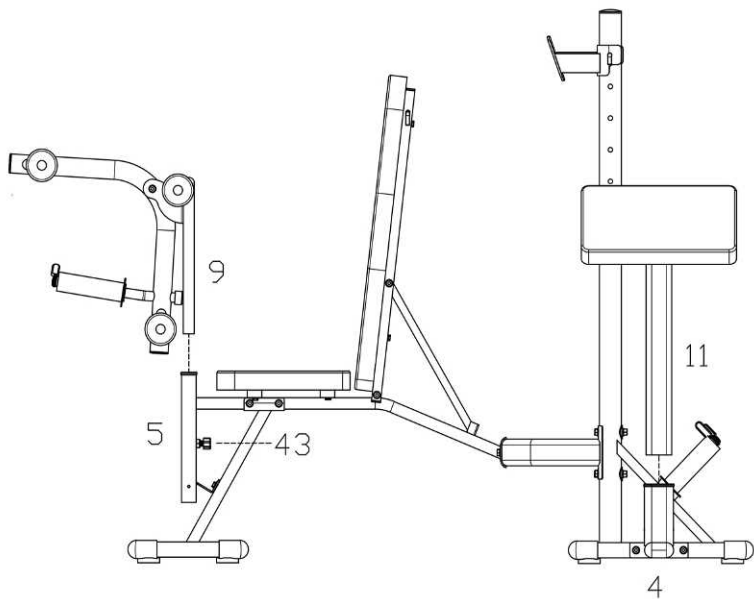
STEP 2



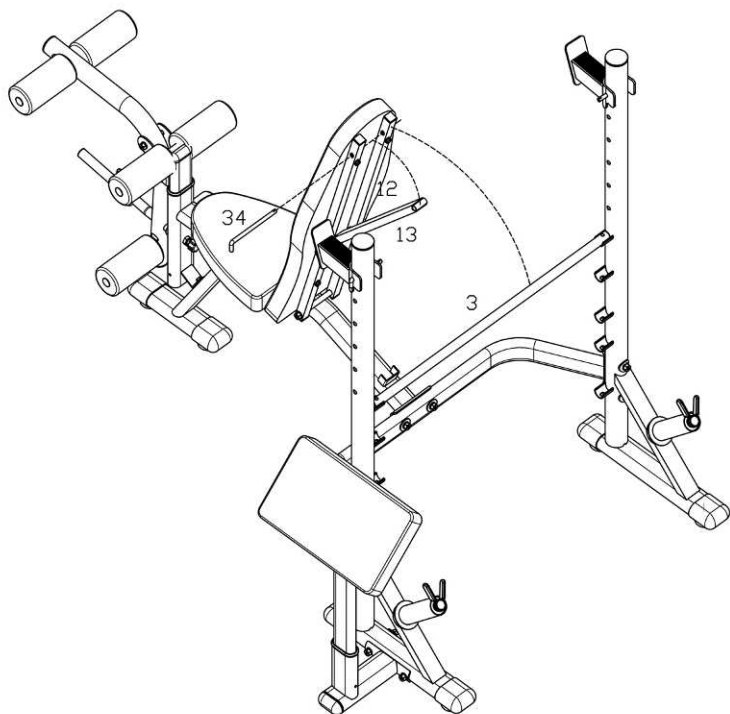
STEP 3



STEP 4



STEP 5



Care and Maintenance

- Use a dampened soft-cloth to wipe equipment free of perspiration after each use. Avoid getting excessive moisture on components. Do not use abrasive cleaners or petroleum-based solvents to clean equipment.
- Do not attempt any technical service on equipment without consulting an authorized service representative.
- Inspect product for loose assembly hardware and worn components before each use. Tighten and replace as needed.
- Use a product /exercise mat underneath equipment for protection of floors & carpets.
- Keep product owner's manual, purchase receipt, and service records in a safe storage place.
- Do not store or use equipment outdoors.
- Moving equipment: It is recommended that more than one person assist in the movement of heavy equipment.

WARNING: Do not use abrasive cleaners or petroleum-based solvents to clean equipment. Do not attempt to disassemble the dumbbell or tray. These products are not designed to be serviced by the customer and doing so will void the warranty.

Warranty

- PRCTZ LLC warrants its products to be free from defects in material and workmanship under normal use and service conditions for ninety (90) days after the date of purchase.
- All warranty coverage extends only to the original purchaser of the product and is not assignable or transferable. The original store or online purchase receipt must be kept as proof of purchase in order for the warranty to be valid. These documents must be presented in the event of making a claim under warranty.
- During the warranty period, PRCTZ LLC will provide repair or replacement of defective equipment or parts there of covered by the warranty. Any handling, transportation, delivery and other

- incidental charges in respect of the servicing of the equipment shall be borne by the Purchaser. If the product includes a number of accessories, only the defective part or accessory will be replaced.
- The warranty will become void if any defects or damages are associated with the use of unauthorized replacement parts. All replacement parts must be obtained from PRCTZ authorized agents.
 - All decisions made by PRCTZ in respect of the servicing of the equipment (including repairs, replacements or issues relating to defects of workmanship or materials) shall be conclusive and the Purchaser agrees to be bound by such decisions. Any defective equipment or part thereof replaced shall become the property of PRCTZ.
 - In the event of a product or accessory being replaced during the guarantee, the guarantee on the replacement will expire at the original date, i.e. 90 days from the original purchase date.
 - This warranty excludes defects caused by the product not being used in accordance with instructions, accidental damage, misuse or being tampered with by unauthorized persons.
 - The PRCTZ limited warranty does not cover:
 - a). Products used for commercial or rental purposes.
 - b). Loss or damage to product due to: (i) abuse, repairs and/or tampering by any person other than the authorized personnel of PRCTZ; (ii) negligence and/or misuse (including foreign object, accident, improper storage, exposure to sun/moisture, excessive temperature, sand, dust, dirt, other pollution or other environmental conditions and failure to follow precautions or proper operating instructions stated in the user's manual such as improper installations); (iii) fire, flood, lightning strike, wind storm or other acts of god; (vi) freight or improper transport damages, and (v) improper usage (including use by under-age, over-weight or excessive number of users permitted as stated in the user's manual).

- c). Defects, damages or accidents due to the malfunction, connection to or use of non-PRCTZ or unauthorized parts. In such event, PRCTZ reserves the right to cancel the limited warranty coverage immediately.
- To the extent allowed by the applicable local law, the remedies in the limited warranty are the purchaser's sole and exclusive remedies.
 - PRCTZ 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 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 limitations 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. This warranty is valid only in the united states.

DO NOT RETURN TO THE STORE

For customer service or replacement parts, please call 972-889-9730 Monday through Friday 9am-5pm CST, visit our website: www.prctz.com or email: help@prctzusa.com

PRCTZ LLC – 1156 Monica Drive, Allen TX 75013