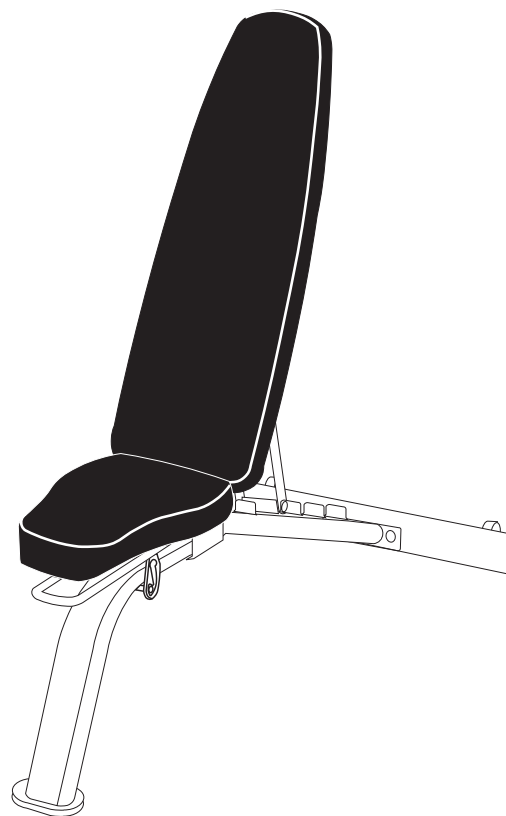


PRECOR^{USA}
move beyond[®]

Home Bench

Strength-Training
Fitness Equipment



Assembly Instructions

Important Safety Instructions

Before beginning any fitness program, consult your physician and receive a thorough physical examination.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children or those unfamiliar with its operation on or near the equipment. Do not leave children unsupervised around the unit.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Tie long hair back.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.

- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use outdoors.

Personal Safety during Assembly

- **It is strongly recommended that a qualified dealer assemble the equipment.**
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the Home Bench on a solid, level surface.

Obtaining Service

Do not attempt to service the Home Bench yourself. This unit does not contain any user-serviceable parts.

For information about product operation or service, refer to the Precor web site at www.precor.com. Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com/contact.

If you call or e-mail Customer Service, have the serial number and part numbers available.

You can find the serial number printed on a label affixed to the frame, underneath the seat pad, on the Home Bench. For future reference, write the serial number in the space provided below.

Serial number: _____

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1

Before You Begin

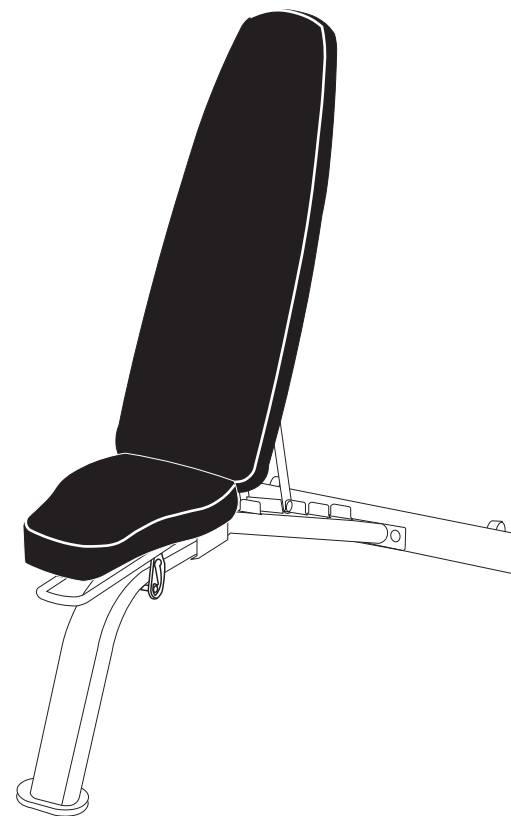
Thank you for purchasing the Precor Home Bench. This unit is part of the Precor Strength line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment, please study this guide thoroughly.

Unpacking the Equipment

The Home Bench is carefully tested and inspected before shipment. Precor Strength ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

- Review the *Installation Requirements* found on the next page.
- Carefully unpack the pieces and lay them on the floor near the location where you plan to use the equipment.

If any items are missing, contact the dealer from whom you purchased the unit. For more information, refer to *Obtaining Service*.



2

Preparations

You must review and follow the instructions in this guide. If you do not assemble and use the Home Bench according to the following guidelines, you could void the Precor Limited Warranty.

Required Tools

Tools that you need to obtain before assembling the unit include:

- Two $\frac{9}{16}$ -inch wrenches
- Two $\frac{3}{4}$ -inch wrenches
- One $\frac{1}{2}$ -inch wrench
- Wire tie cutter (cuts plastic tie wraps)

Note: Use box-end, open-end or standard crescent wrenches.

Installation Requirements

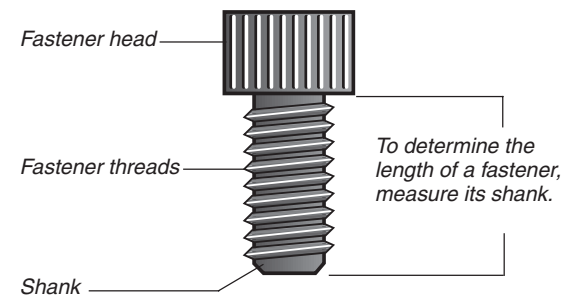
Follow these installation requirements when assembling the unit:

- **Fill out and mail the warranty registration card.**
- **Set up the Home Bench on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows for easier access.
- **Insert all fasteners in the same direction.** For aesthetic purposes, insert all the fasteners in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten fasteners (such as screws, nuts, and bolts), so the unit is stable, but leaves room for adjustments. **Do not** fully tighten fasteners until instructed (in the steps) to do so.

Assembly Tips

- A black 6-inch scale with white numbers is provided at the bottom of every assembly instruction page. Use this scale to identify the correct fastener size. The head of a fastener is not used in measuring the length.

To find out the length of a particular fastener, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



- Silver fasteners are used within the silver painted areas. Black fasteners are used when assembling the gray painted surfaces.
- Some pieces have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.
- Read all caution notes on each page before completing that step.
- While you may be able to assemble the Home Bench by reading the illustrations only, refer to the text for important safety cautions and notes.

3

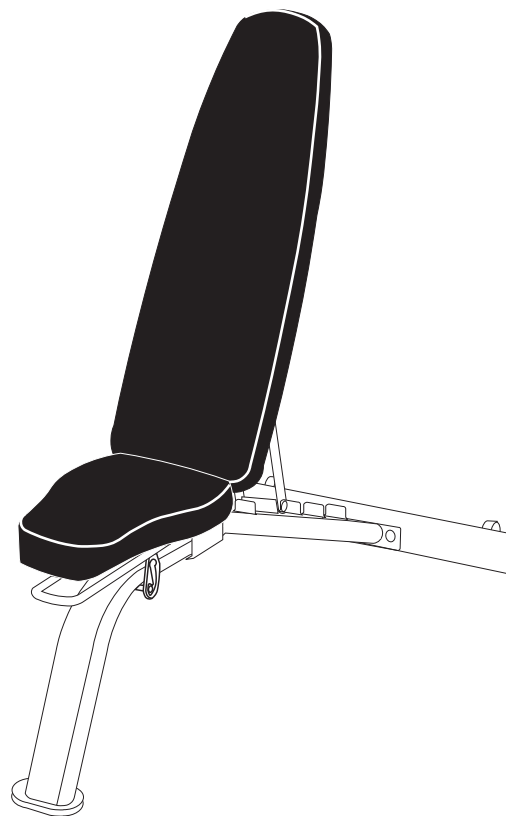
Assembly Instructions

Assembly of the Home Bench takes professional installers about ½ hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

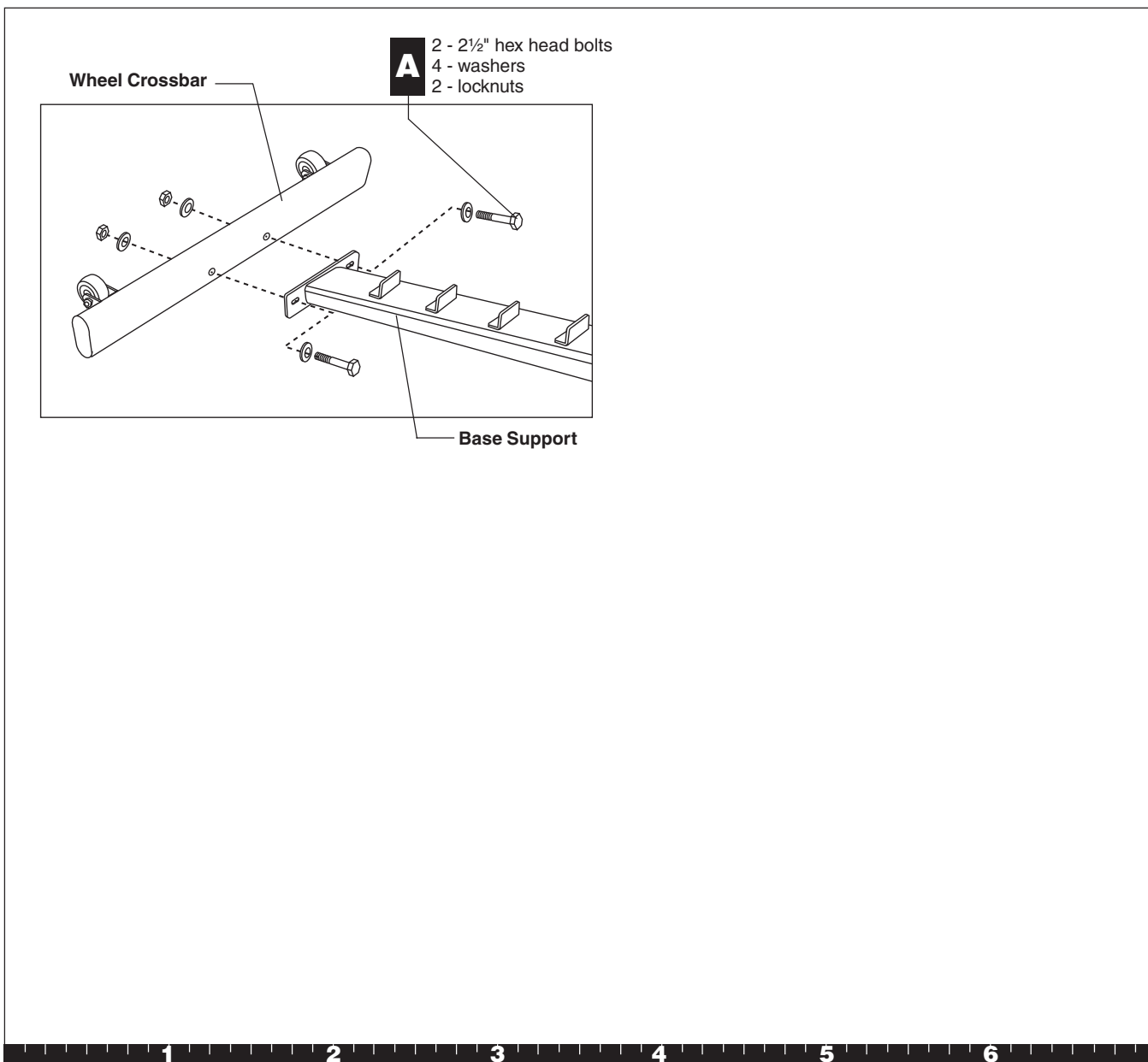
Note: As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. ***Do not fully tighten fasteners until instructed to do so.***



1. Attach Wheel Crossbar

Use wire tie cutters to open the box.

- A. Attach the Wheel Crossbar to the Base Support using
two 2½-inch hex head bolts
four washers
two locknuts
Finger tighten



Step 1. Attach Wheel Crossbar

2. Install Seat and Back Pads

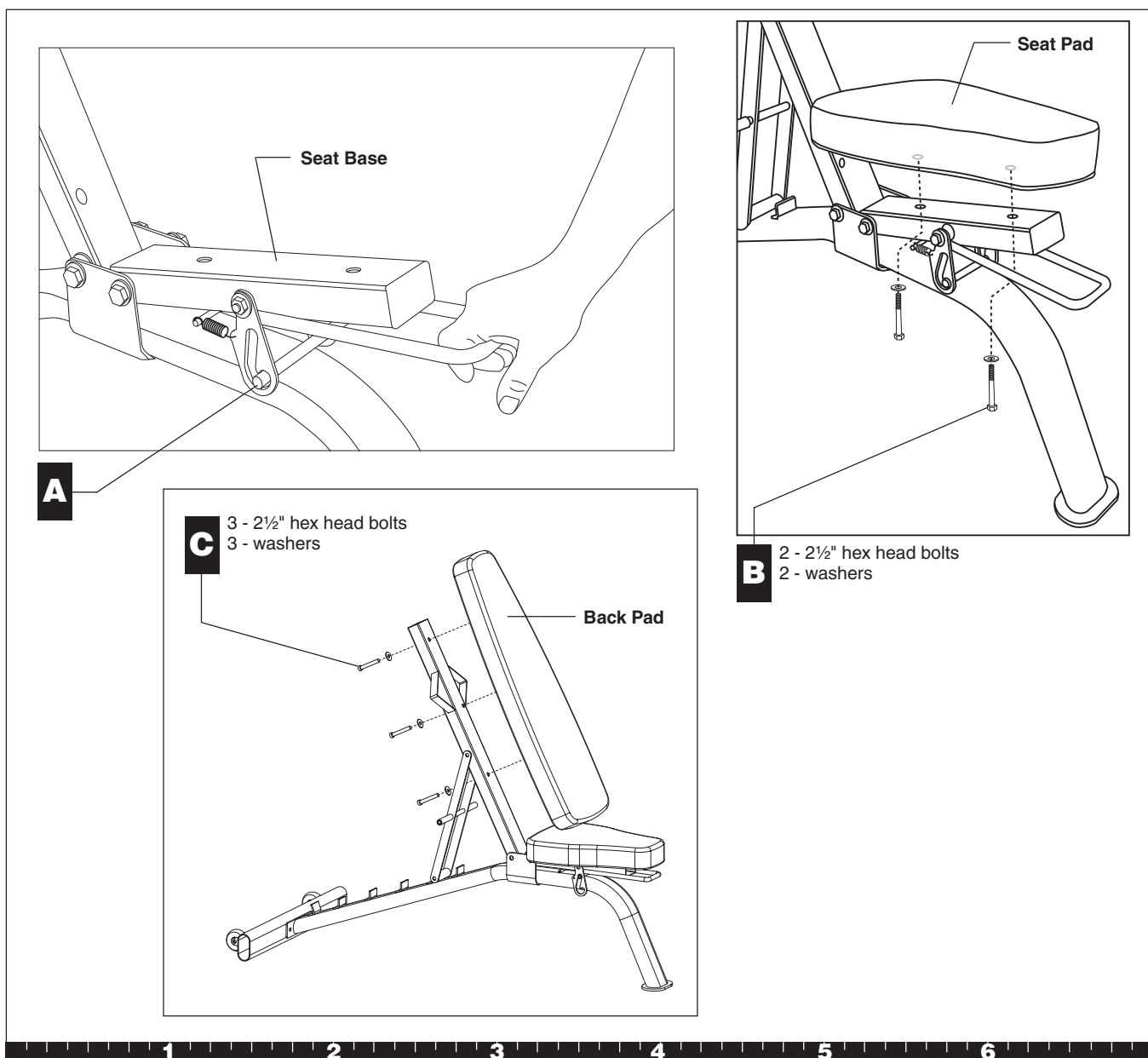
A. Place the Seat Base in the up position.

B. Attach the Seat Pad using
two 2½-inch hex head bolts
two washers
Finger tighten.

Note: To ease installation, tilt the rear bolt through the mounting hole and thread the bolt into the seat pad. Insert the front bolt and finger tighten. Push the seat forward to make room for the back pad.

C. Align the Back Pad. Start with the top fastener and attach the Back Pad using
three 2½-inch hex head bolts
three washers
Finger tighten.

E. Center the Seat and Back Pads and wrench tighten the fasteners using a ½-inch wrench.



Step 2. Install Seat and Back Pads

Notes:

Notes:

Precor Residential Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty period set forth below. The warranty period commences on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make claim under warranty, the buyer must notify Precor or their authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

Warranty Periods and Coverage

All residential products and commercial products used in the home are warranted for the following periods:

- Lifetime frame and welds
- 10 years parts and wear items
- 1 year labor
- Coverage for options and accessories defined below.

Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while:
 - a. It remains in the possession of the original purchaser and proof of purchase is demonstrated
 - b. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications
 - c. Claims are made within the warranty period
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.

Complete this portion and keep for your records.

Purchased From: _____ Example: Dealer or store name.
Phone Number: _____ Example: Dealer or store telephone number.
Product/model: _____ Example: M9.31
Serial number: _____ The serial number is found on the shipping container

3. Warranty of all Precor products applies to residential use only and is void when products are used in a nonresidential environment or installed in a country other than where sold.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This limited warranty shall not apply to:

1. Software version upgrades
2. Cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Disclaimer and Release

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some states do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM, OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

Exclusion of Consequential and Incidental Damages

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COST INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply.

This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

Thank You and Welcome to Precor

PRECOR[®]
USA
move beyond[®]

To allow us to serve you better, please take a few moments to complete and return your warranty registration.

YOU MAY ALSO REGISTER ONLINE AT

www.precor.com/warranty

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed before mailing.

RET.

PRECOR[®]
Precor Incorporated
20031 142nd Avenue NE
PO Box 7202
Woodinville, WA 98072-4002

PLACE
STAMP
HERE

TELL US ABOUT YOUR NEW PRECOR PRODUCT

Date of Purchase: _____
 Month Day Year

Purchased from: _____

Product Serial Number: _____
The serial number is located on the shipping box and on the product.

Dealer Name _____

- Please indicate the type of product purchased:**
- Elliptical Fitness CrossTrainer (EFX®)
 - Treadmill
 - Strength Training System
 - StretchTrainer™
 - Cycle
 - Stair Climber

TELL US ABOUT YOU

Mr. Mrs. Ms.

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Suite: _____

City _____ State _____ Zip Code _____

Area Code _____ Telephone _____

Your Email Address _____

Gender: Male Female

Marital status: Married Divorced Widowed Never been married

Age: Under 18 18-24 25-34 35-44 45-54 55-64 65+

Annual household income: Under \$50,000 \$51,000-75,000 \$76,000-100,000 \$101,000-150,000 \$151,000+

What are your fitness goals? Weight loss/management Muscle tone enhancement Cardiovascular improvement Overall health Increase energy and flexibility Stress reduction Rehabilitation Other

TELL US ABOUT YOUR PURCHASE

- Purchase (check all that apply):**
- First Precor product
 - Replaces a Precor product of the same type
 - Replaces same type of product – different brand
 - Addition to equipment currently owned

- What factors MOST influenced your decision to purchase your Precor product (choose up to three):**
- Precor reputation
 - Prior use of Precor product(s)
 - Design/appearance
 - Value for the price
 - Special product features
 - Rebate or sale price
 - Quality/durability
 - Warranty
 - Physician recommendation

- How did you FIRST become aware of Precor products (choose only one):**
- A gift
 - Friend/relative
 - Physician
 - Fitness club
 - Internet
 - News report or product review
 - Magazine advertisement or article
 - Print advertisement
 - In-store display or demonstration
 - Other

Please detach and mail in the warranty registration within ten days of purchase.

Home Bench Specifications

Length: 52.5 inches (133 cm)

Height: 16.5 inches (42 cm)

Width: 24 inches (61 cm)

Shipping weight: 55 lb (25 kg)



Precor Incorporated
20031 142nd Avenue NE
P.O. Box 7202
Woodinville, WA USA 98072-4002

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Precor web site: www.precor.com

NOTICE:

Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

Literature Kit # 48826-101
Owner's Manual # 48827-101
Registration Card # 45623-102
Warranty Statement # 36287-110
Effective date: 22 July 2005