

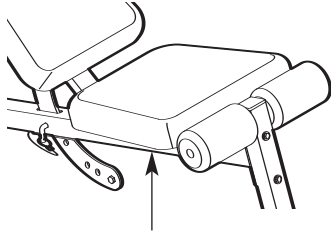
# PRO-FORM<sup>®</sup>

## XP80

Model No. PFANBE1425.0

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

Write the serial number in the space above for reference.



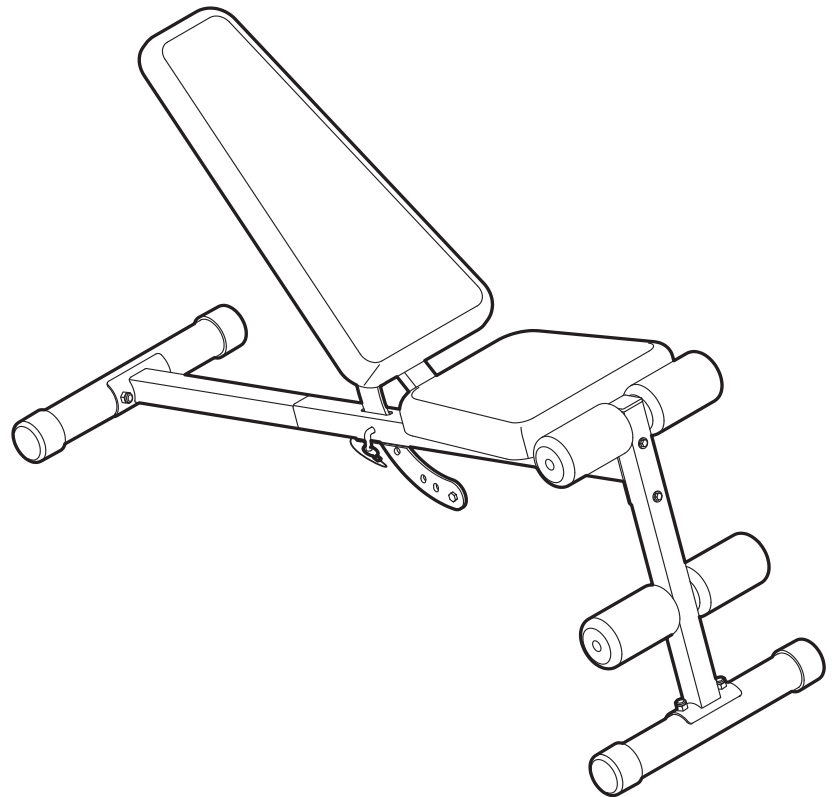
Serial Number Decal (under seat)

## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction.

If you have questions, or if there are missing or damaged parts, please call the telephone number on the warranty card accompanying this manual or contact the establishment where you purchased this product.



### ⚠ CAUTION

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



Visit our website at

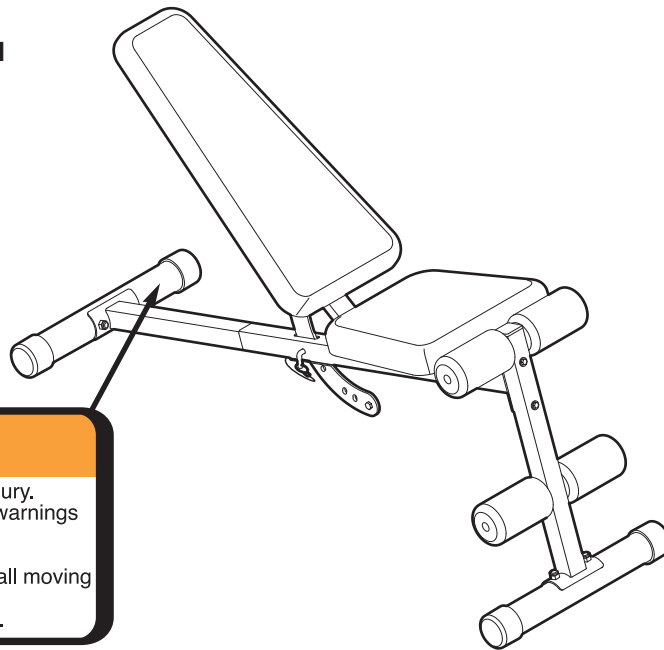
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## WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If a decal is missing, call the telephone number on the warranty card accompanying this manual and order a free replacement decal. Apply the decal in the location shown.



**⚠ WARNING**

- 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.

# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep hands and feet away from moving parts.
7. Keep children under 12 and pets away from the weight bench at all times.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum of 410 pounds, including a maximum user weight of 300 pounds. Do not use more than 110 pounds of weight with the weight bench.
10. Always make sure that the locking pin is fully inserted into the pivot bracket and the frame before exercising.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

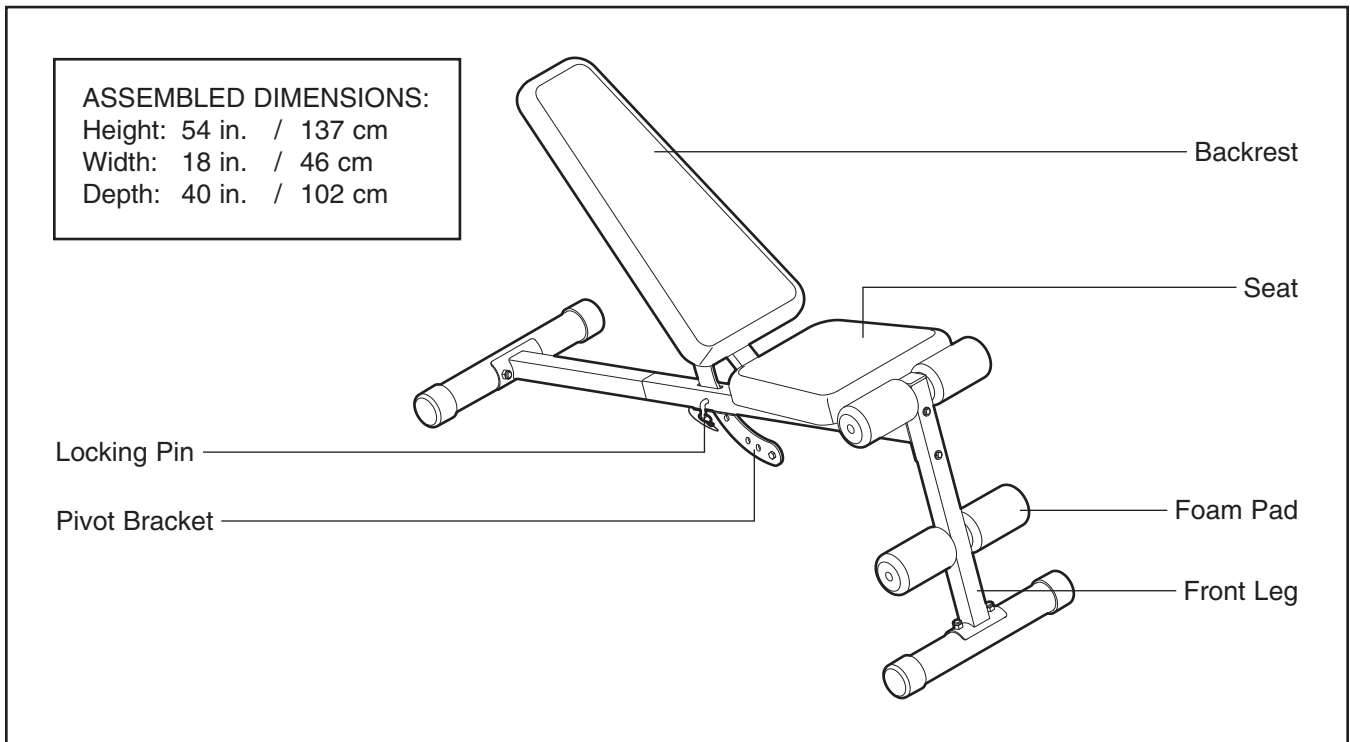
# BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM® XP 80 weight bench. The weight bench is designed to help develop the major muscle groups of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have questions after reading this manual, call the telephone number on the

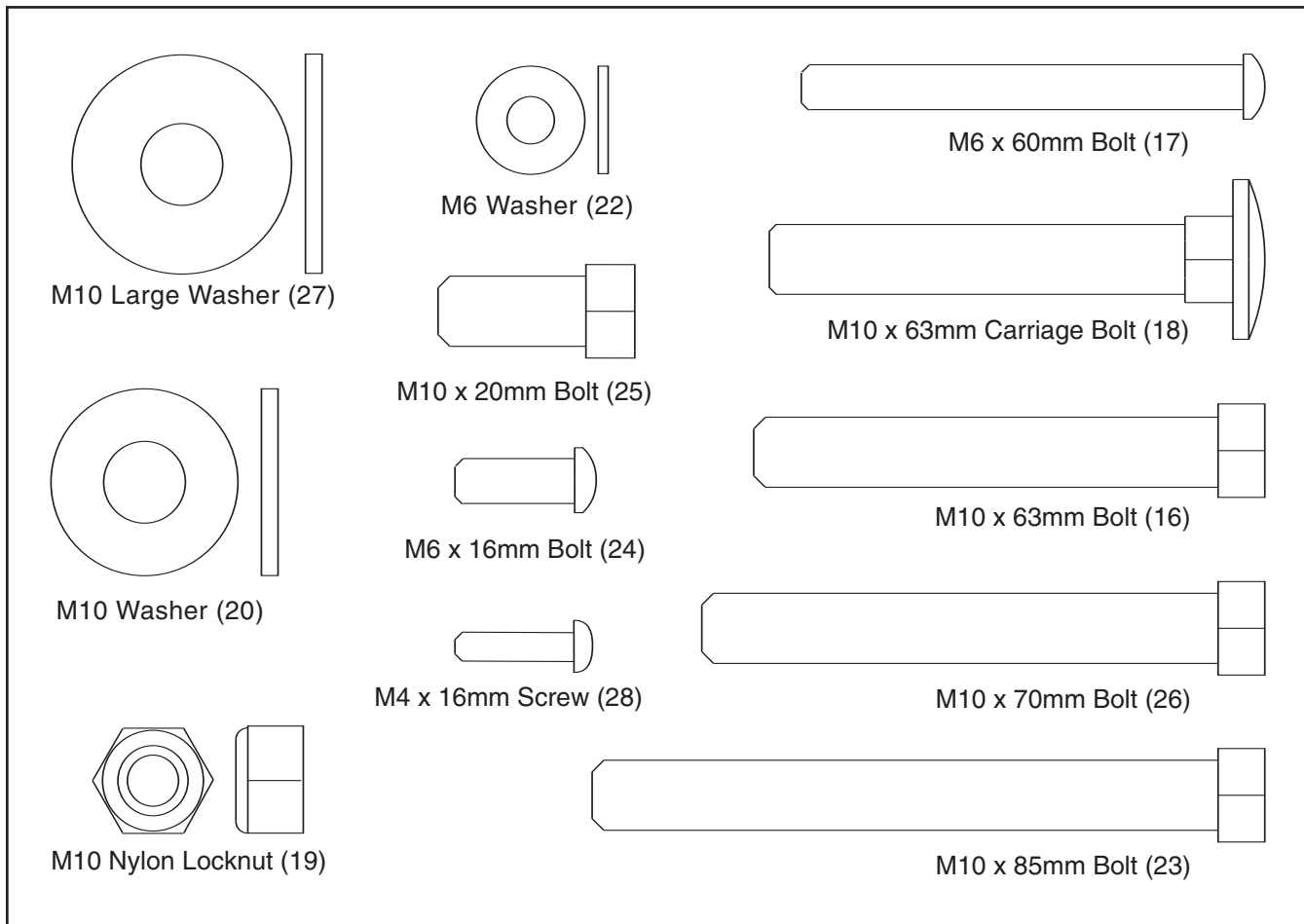
warranty card accompanying this manual. To help us assist you, please note the product model number and serial number before calling. The model number is PFANBE1425.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



# PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 11 of this manual. **Note: Some parts may have been preassembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been preassembled.**



# ASSEMBLY

## Make Things Easier for Yourself




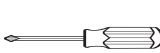
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two people.
- For help identifying small parts, use the **PART IDENTIFICATION CHART** on page 5.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

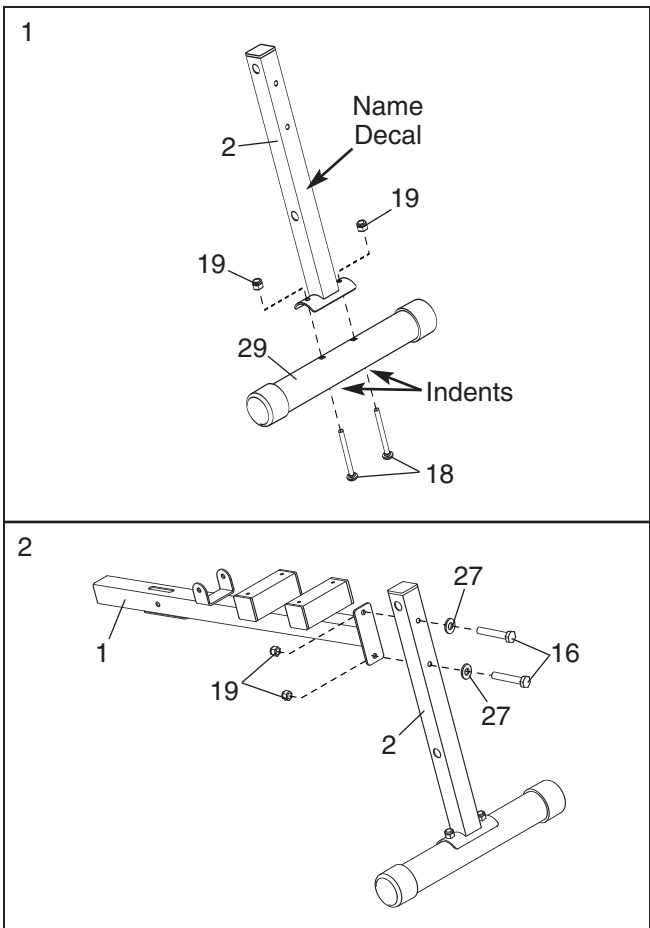
**The included grease, and the following tools (not included) may be required for assembly:**

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Clear tape or masking tape, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling the weight bench, make sure that you understand the information in the box above.**

Attach the Front Stabilizer (29) to the Front Leg (2) with two M10 x 63mm Carriage Bolts (18) and two M10 Nylon Locknuts (19). **Make sure the indents in the Stabilizer and the name decal on the Front Leg are in the positions shown. Do not tighten the Locknuts yet.**



2. Attach the Frame (1) to the Front Leg (2) with two M10 x 63mm Bolts (16), two M10 Large Washers (27), and two M10 Nylon Locknuts (19). **Do not tighten the Locknuts yet.**

- Attach the Rear Stabilizer (4) to the Rear Leg (3) with two M10 x 63mm Carriage Bolts (18) and two M10 Nylon Locknuts (19). **Make sure the indents in the Stabilizer, and the Rear Leg are oriented as shown. Do not tighten the Locknuts yet.**

Attach the Rear Leg (3) to the Frame (1) with two M10 x 20mm Bolts (25) and two M10 Washers (20).

**Tighten the M10 Nylon Locknuts (19) used in steps 1–3.**

- Insert a Pad Tube (10) into the Front Leg (2). Wet the ends of the Pad Tube with soapy water. Slide two Foam Pads (9) onto the ends of the Pad Tube.

**Repeat this step with the other Pad Tube (10).**

- Attach the Pivot Bracket (6) to the Backrest Frame (5) with two M10 x 70mm Bolts (26) and two M10 Nylon Locknuts (19). **Do not tighten the Locknuts yet.**

Insert the Pivot Bracket (6) into the slot in the Frame (1).

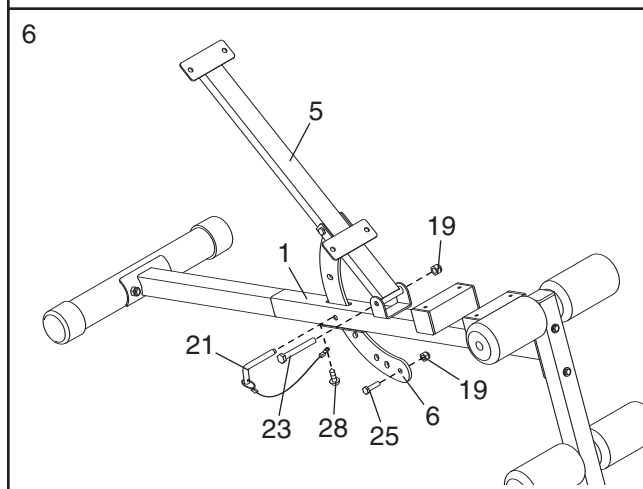
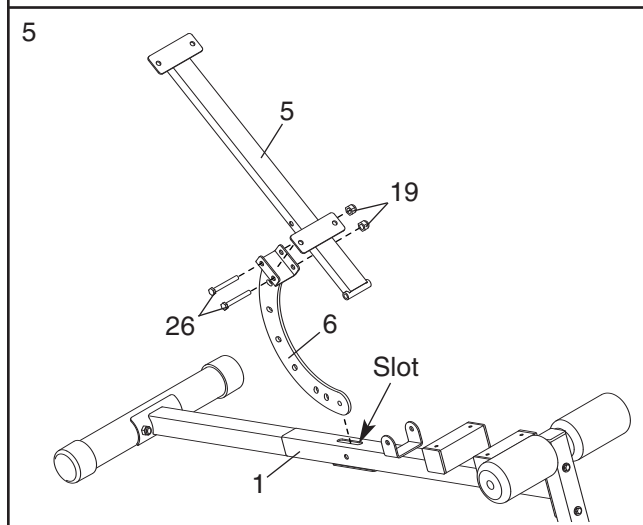
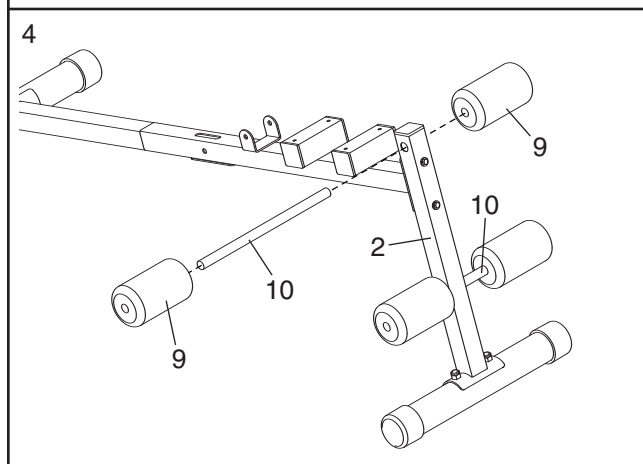
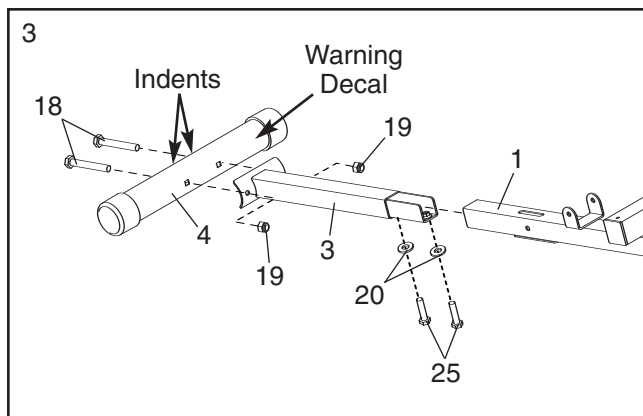
- Lubricate the M10 x 85mm Bolt (23) with grease. Attach the Backrest Frame (5) to the Frame (1) with the Bolt and an M10 Nylon Locknut (19). **Do not overtighten the Locknut; the Backrest Frame must be able to pivot easily.**

Attach the tether on the Locking Pin (21) to the bottom of the Frame (1) with the M4 x 16mm Screw (28).

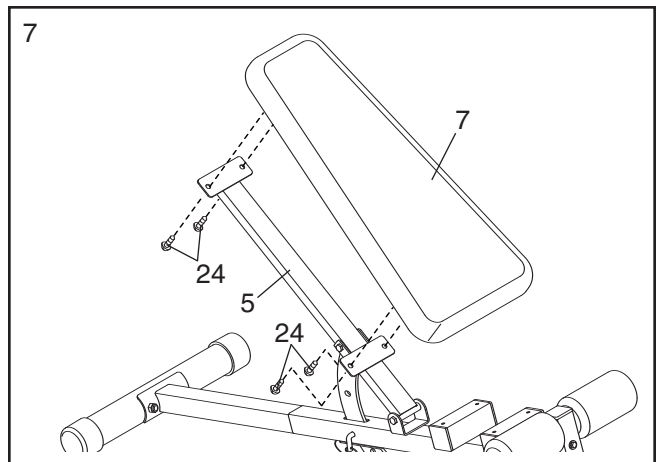
Insert the Locking Pin (21) into the Frame (1) and through an adjustment hole in the Pivot Bracket (6).

Attach an M10 x 20mm Bolt (25) and an M10 Nylon Locknut (19) to the last hole in the Pivot Bracket (6).

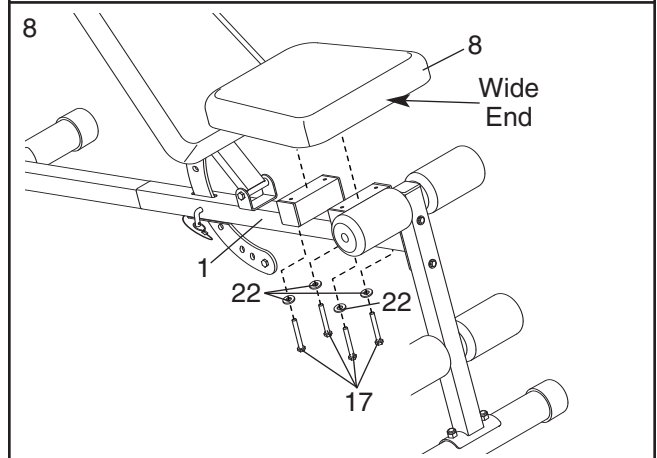
**Tighten the M10 Nylon Locknuts (19) used in step 5.**



7. Attach the Backrest (7) to the Backrest Frame (5) with four M6 x 16mm Bolts (24). **Make sure the Backrest is oriented as shown.**



8. Attach the Seat (8) to the Frame (1) with four M6 x 60mm Bolts (17) and four M6 Washers (22). **Make sure the wide end of the Seat is on the side shown.**



9. **Make sure all parts are properly tightened before you use the weight bench.**

## ADJUSTMENTS

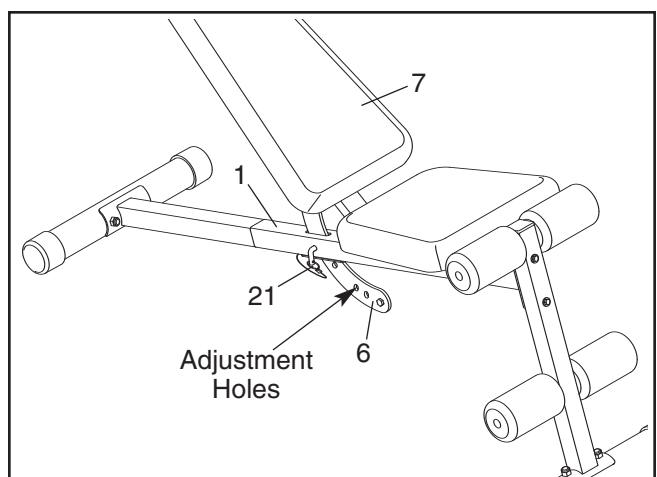
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 9 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

### ADJUSTING THE BACKREST

The Backrest (7) can be used in a declined, a level, or any of four inclined positions. To adjust the Backrest, remove the Locking Pin (21) from the Frame (1). Move the Backrest to the desired position and reinsert the Locking Pin into the Frame and an adjustment hole in the Pivot Bracket (6).

**⚠ WARNING:** Always make sure the Locking Pin (21) is fully inserted through the Frame (1) and the Pivot Bracket (6).





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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight 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 weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight 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 weight.

### Weight Loss

To lose weight, use a low amount of weight 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

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. 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. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

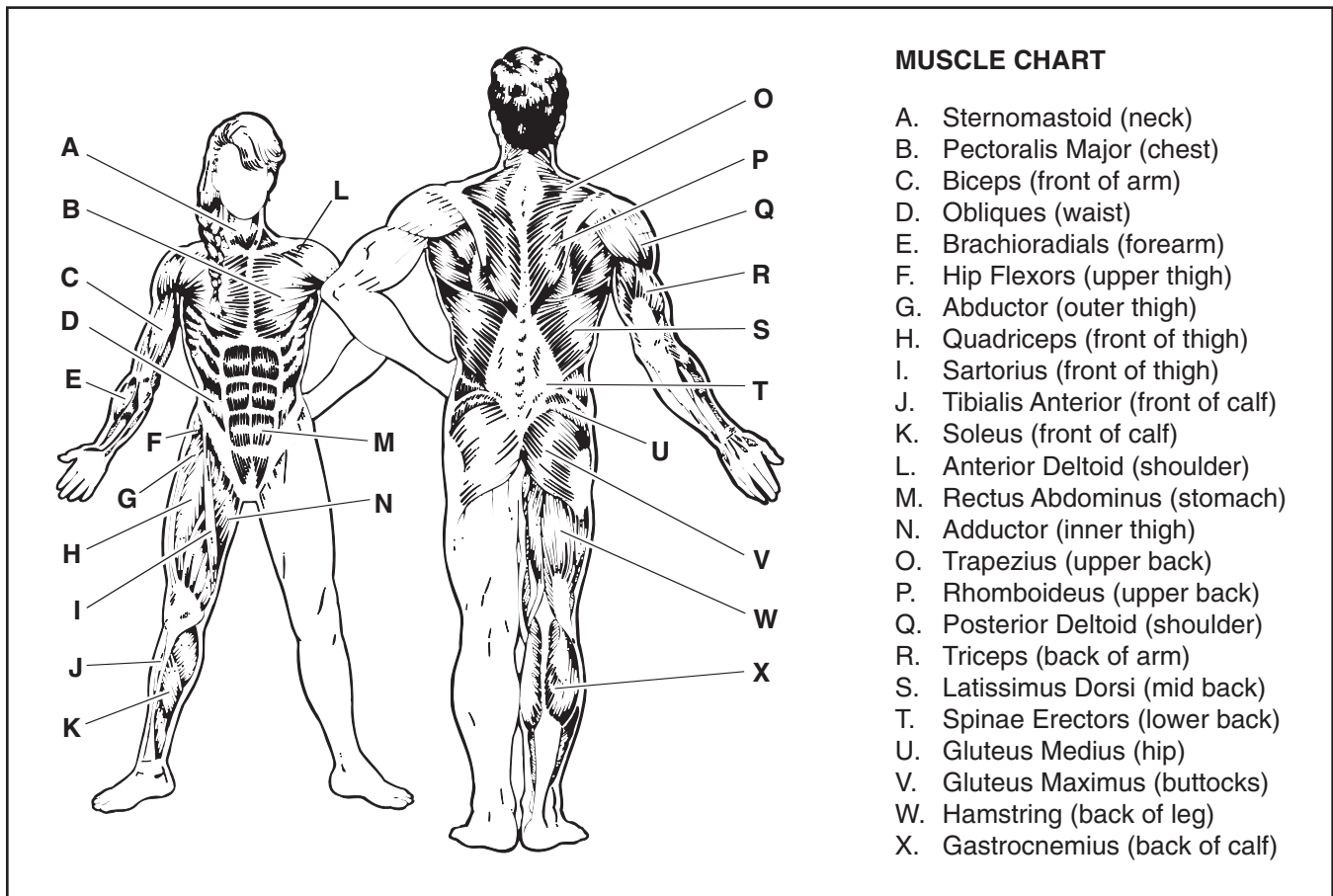
### COOLING DOWN

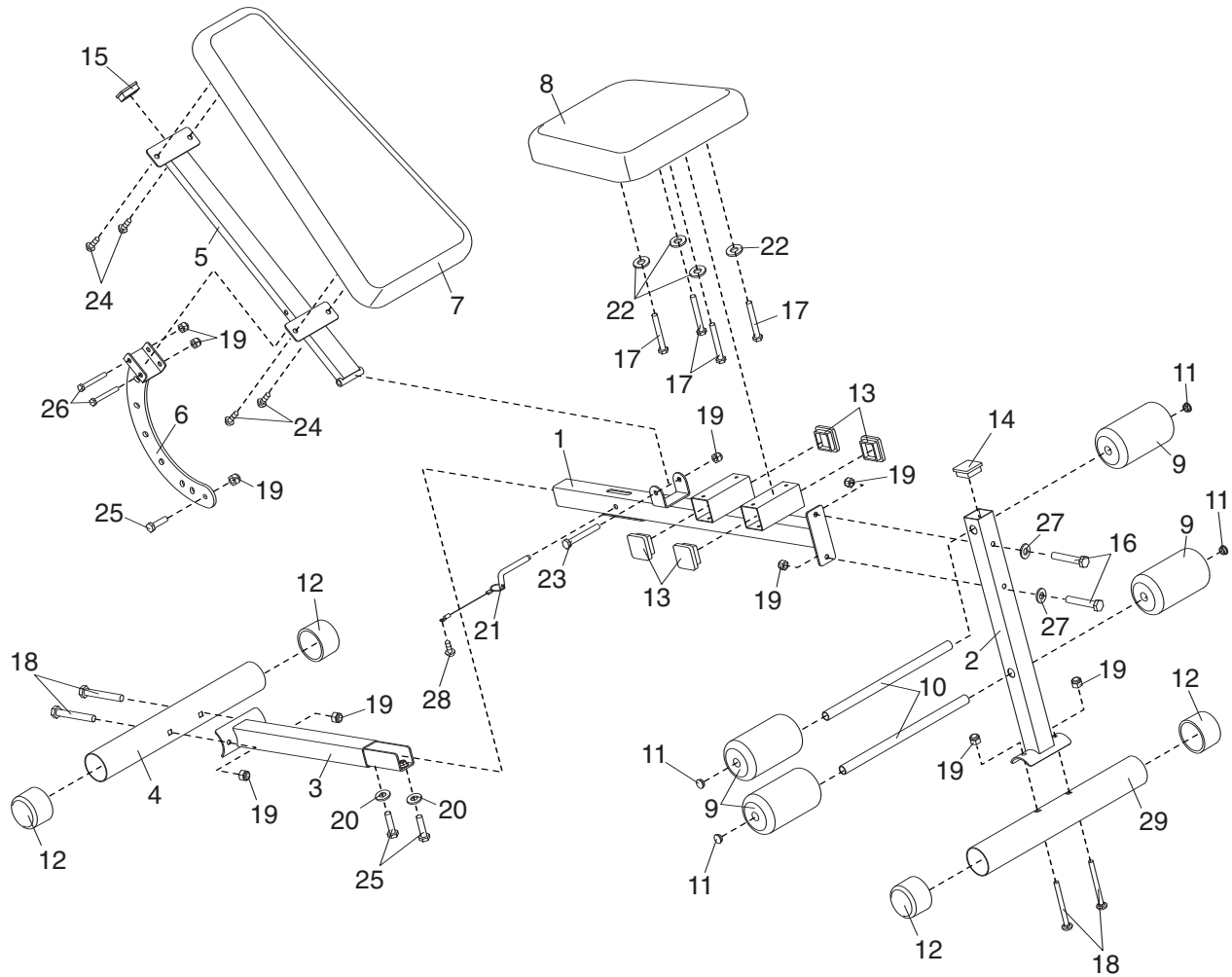
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.





Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	17	4	M6 x 60mm Bolt
2	1	Front Leg	18	4	M10 x 63mm Carriage Bolt
3	1	Rear Leg	19	10	M10 Nylon Locknut
4	1	Rear Stabilizer	20	2	M10 Washer
5	1	Backrest Frame	21	1	Locking Pin
6	1	Pivot Bracket	22	4	M6 Washer
7	1	Backrest	23	1	M10 x 85mm Bolt
8	1	Seat	24	4	M6 x 16mm Bolt
9	4	Foam Pad	25	3	M10 x 20mm Bolt
10	2	Pad Tube	26	2	M10 x 70mm Bolt
11	4	19mm Round Inner Cap	27	2	M10 Large Washer
12	4	50mm Round Outer Cap	28	1	M4 x 16mm Screw
13	4	50mm Square Inner Cap	29	1	Front Stabilizer
14	1	45mm Square Inner Cap	#	1	User's Manual
15	1	25mm x 50mm Inner Cap	#	1	Exercise Guide
16	2	M10 x 63mm Bolt	#	1	Grease Pack

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

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# ORDERING REPLACEMENT PARTS

To order replacement parts, please call the telephone number on the warranty card accompanying this manual. To help us assist you, be prepared to provide the following information:

- the MODEL NUMBER of the product (PFANBE1425.0)
- the NAME of the product (PROFORM XP 80 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on page 11 of this manual)

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