

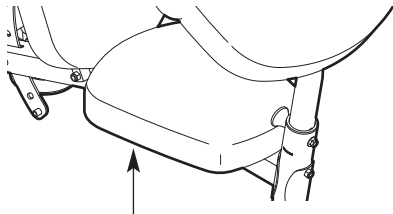
PRO-FORM®

G 580

Model No. PFEVBE1836.0

Serial No. _____

Write the serial number in the space above for future 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:

08457 089 009

or 0 (44) 113 3877133 for telephone calls outside the UK.

Or write:

ICON Health & Fitness, Ltd.

Unit 4

Revie Road Industrial Estate

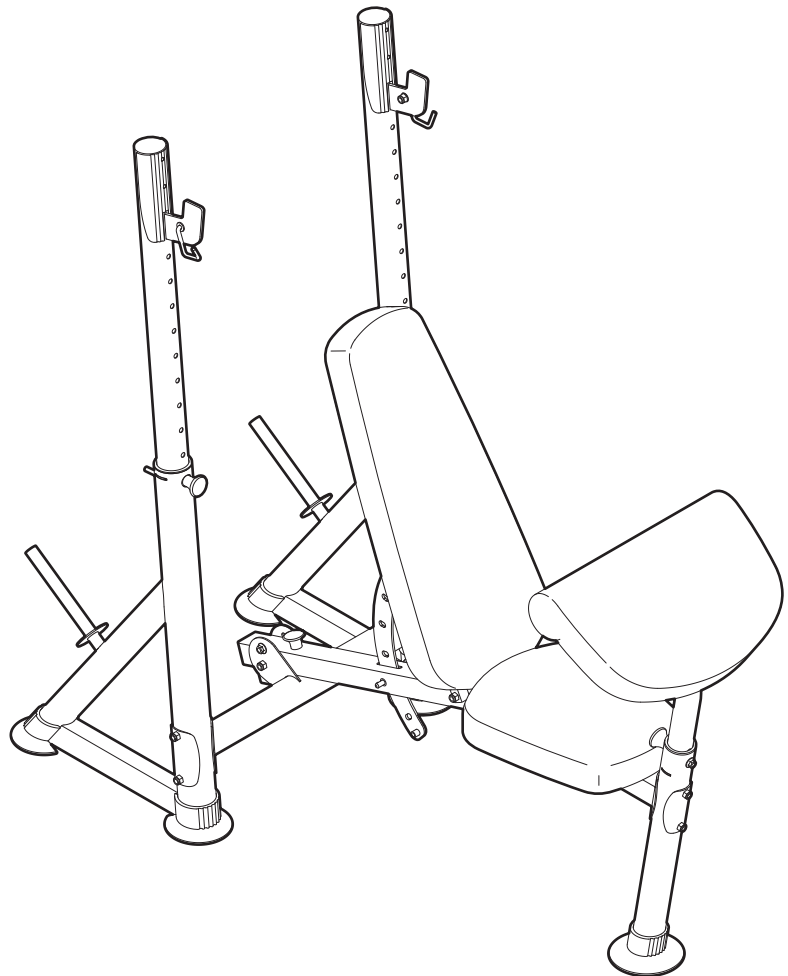
Revie Road, Beeston

Leeds, LS11 8JG

UK

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com



⚠ CAUTION

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



Visit our website at

www.iconeurope.com

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G 580

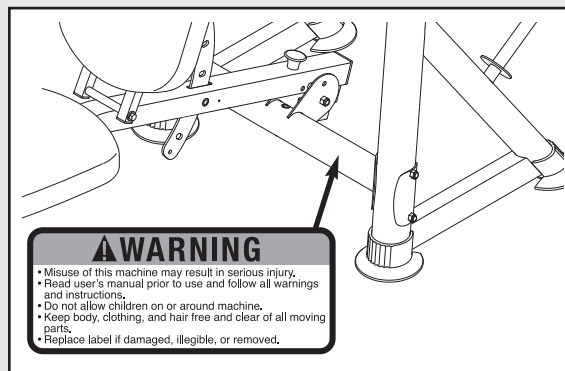
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IMPORTANT PRECAUTIONS

⚠ 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 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. Do not put the weight bench in a garage or covered patio, or near water.
5. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
8. Always make sure that the knobs are fully engaged before the weight bench is used.
9. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 510 lbs. (231 kg). Do not place more than 210 lbs. (95 kg), including the barbell, on the weight rests. Do not place more than 130 lbs. (59 kg) on the leg lever. Note: The weight bench does not include a barbell or weights.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



⚠ 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.

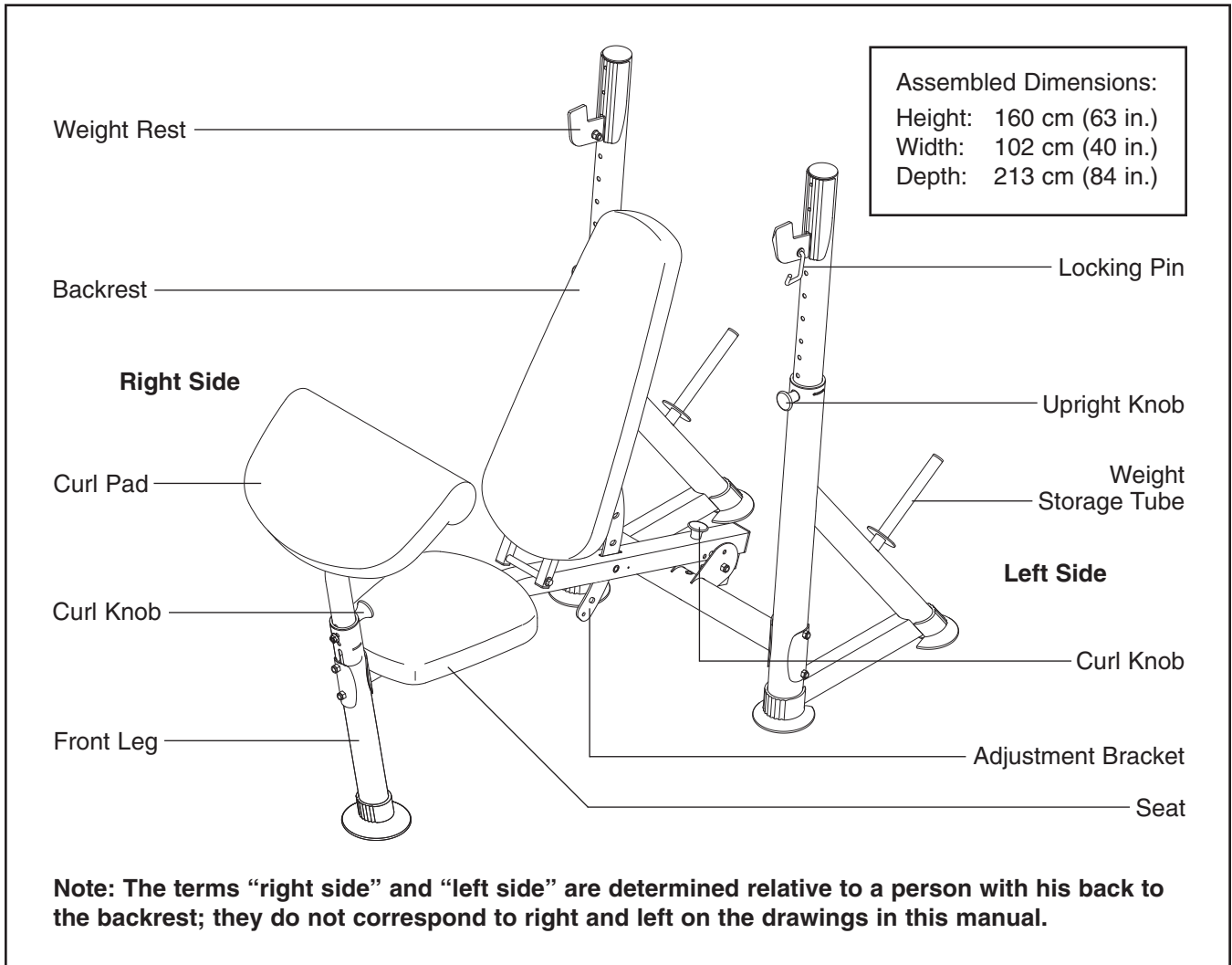
BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM G 580 weight bench. The weight bench offers a selection of exercise stations designed to develop every major muscle group of the 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

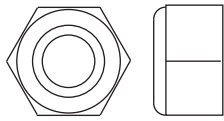
reading this manual, please call the phone number on the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number is PFEVBE1836.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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

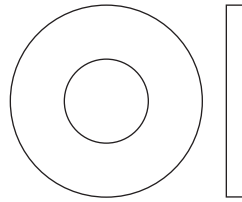


PART IDENTIFICATION CHART

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 14. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



M10 Nylon Locknut (37)



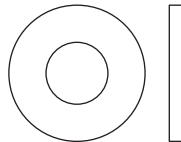
M10 Washer (49)



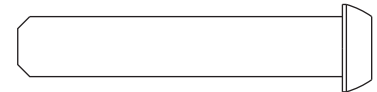
M6 x 40mm Button Bolt (51)



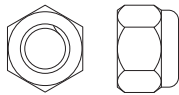
M8 Nylon Locknut (34)



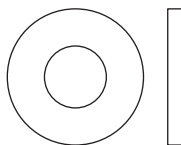
M8 Washer (35)



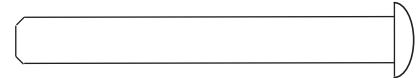
M8 x 43mm Button Bolt (38)



M6 Nylon Locknut (50)



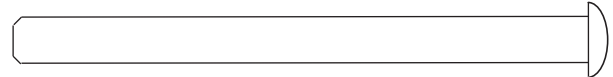
M8 Plastic Washer (44)



M6 x 50mm Screw (39)



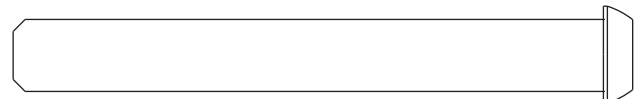
M4 x 10mm Screw (33)



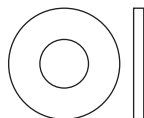
M6 x 76mm Screw (42)



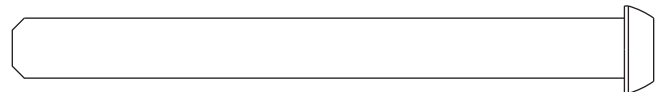
M4 x 16mm Screw (32)



M10 x 78mm Button Bolt (48)



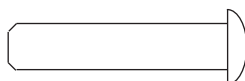
M6 Washer (36)



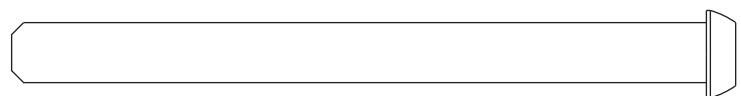
M8 x 81mm Button Bolt (47)



M4 x 16mm Round Head Screw (46)



M6 x 29mm Screw (41)



M8 x 92mm Button Bolt (43)



M10 x 168mm Button Bolt (45)

ASSEMBLY

Make Assembly Easier



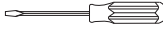

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

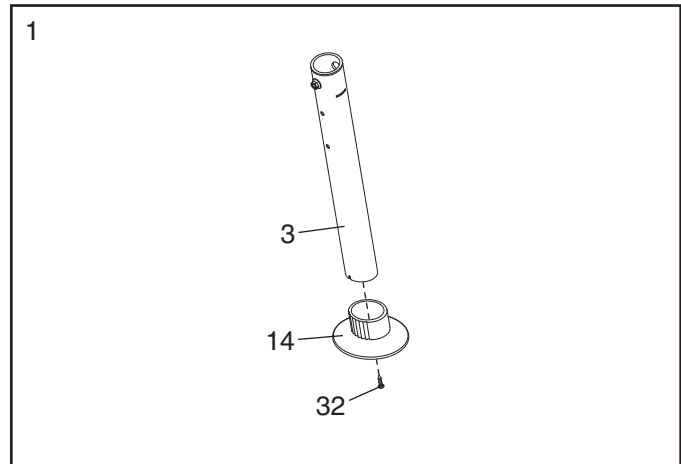
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART.

In addition to the included hex key and grease packet, the following tools (not included) are required for assembly:

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 

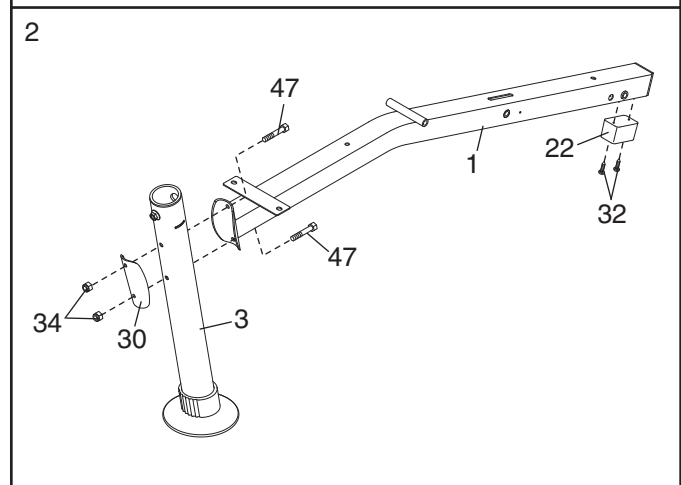
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Attach the Front Leg Foot (14) to the Front Leg (3) with an M4 x 16mm Screw (32).



2. Attach the Frame (1) to the Front Leg (3) with two M8 x 81mm Button Bolts (47), a Short Support Plate (30), and two M8 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**

Attach the Bumper (22) to the Frame (1) with two M4 x 16mm Screws (32).



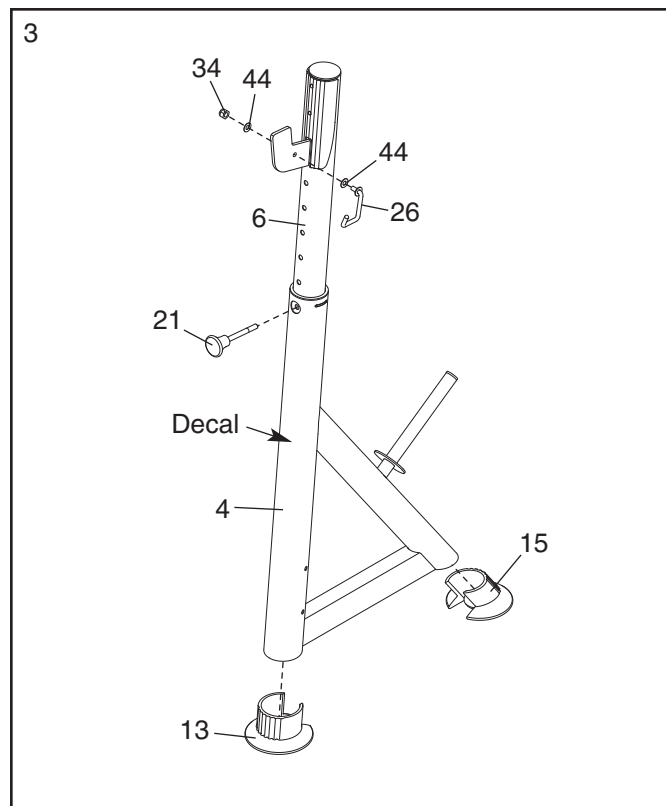
3. Identify the Left Upright (4), which has a "G580" decal in the indicated location.

Press a Rear Base Foot (15) and a Front Base Foot (13) onto the Left Upright (4) as shown.

Remove the Upright Knob (21) from the Left Upright (4). Rotate the Weight Rest (6) to the position shown. Fully tighten the Upright Knob into the Left Upright and the Weight Rest.

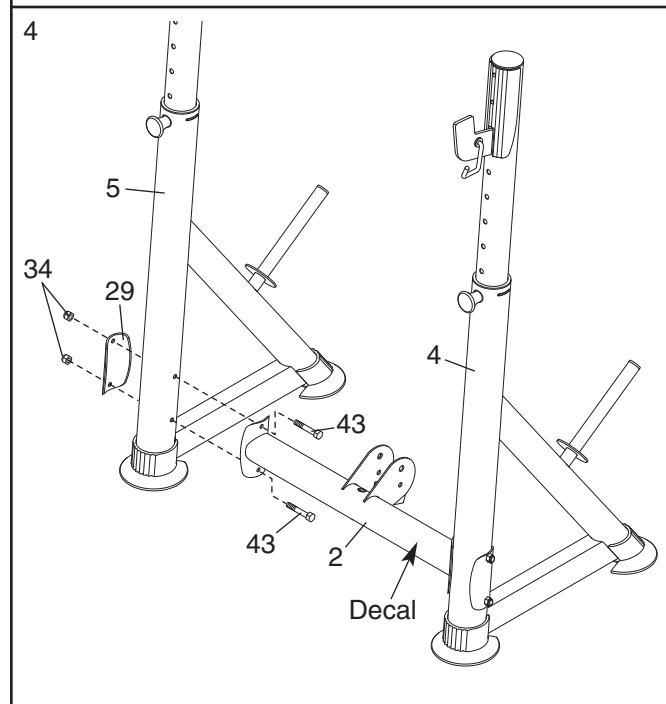
Attach a Locking Pin (26) to the Weight Rest (6) with two M8 Plastic Washers (44) and an M8 Nylon Locknut (34). **Do not overtighten the Nylon Locknut; the Locking Pin must pivot easily.**

Repeat this step with the Right Upright (not shown). Make sure both Weight Rests (6) are set to the same height.



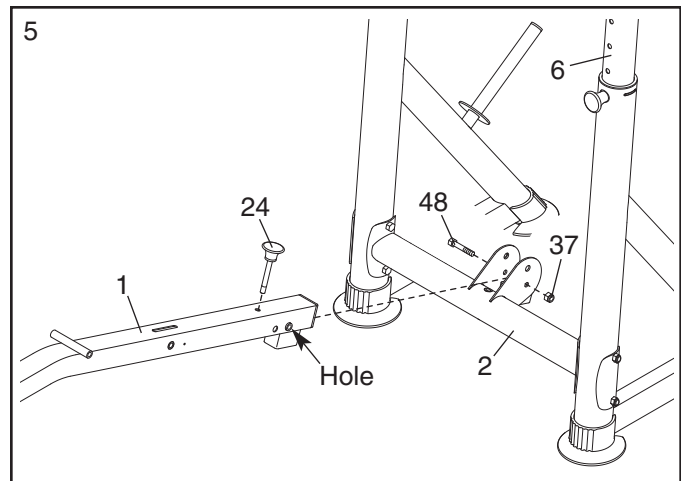
4. Orient the Crossbar (2) so the warning decal is in the position shown. Attach the Crossbar to the Right Upright (5) with two M8 x 92mm Button Bolts (43), a Long Support Plate (29), and two M8 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**

Repeat this step with the Left Upright (4).

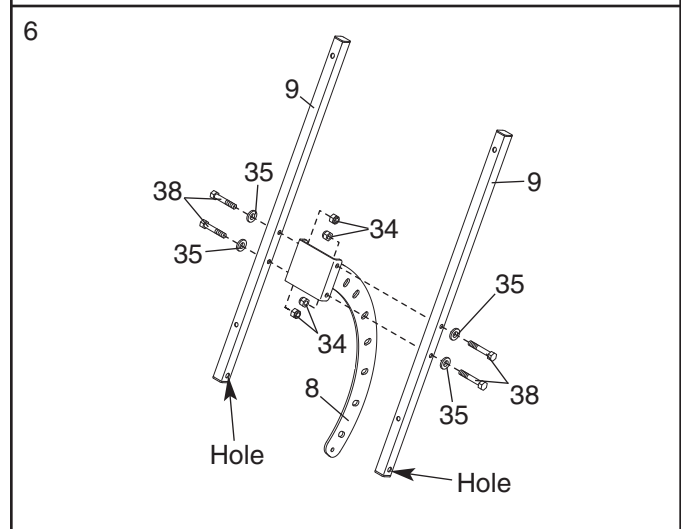


- Attach the Frame (1) to the Crossbar (2) with an M10 x 78mm Button Bolt (48) and an M10 Nylon Locknut (37). Next, fully tighten a Curl Knob (24) into the Frame. Make sure that the Button Bolt is inserted through the indicated hole in the Frame.

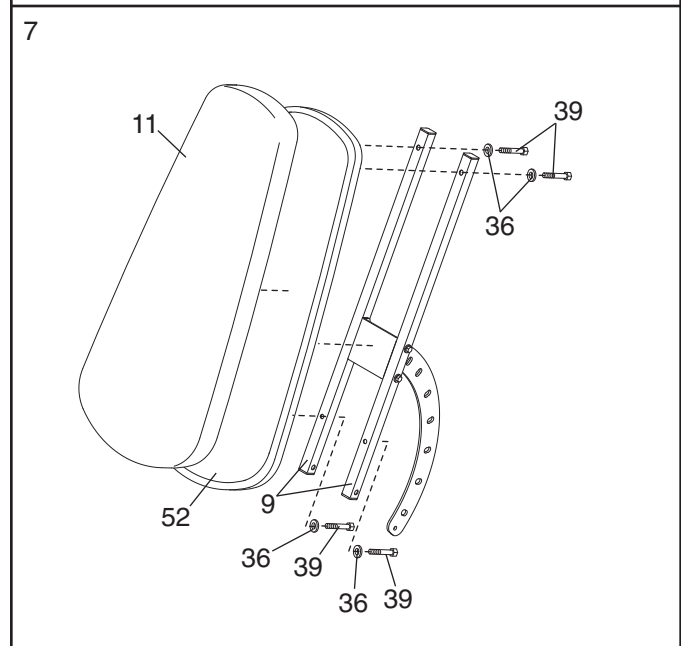
Tighten the M8 and M10 Nylon Locknuts (34, 37) used in steps 1–5. Do not overtighten the Nylon Locknuts used in step 4; overtightening them may make it difficult to raise and lower the Weight Rests (6).



- Orient the two Backrest Frames (9) with the indicated holes near the bottom. Attach the Backrest Frames to the Adjustment Bracket (8) with four M8 x 43mm Button Bolts (38), four M8 Washers (35), and four M8 Nylon Locknuts (34). **Do not tighten the Nylon Locknuts yet.**



- Attach the Backrest (11) and the Backrest Base (52) to the Backrest Frames (9) with four M6 x 50mm Screws (39) and four M6 Washers (36). **Do not tighten the Screws yet.**



8. Insert the Adjustment Bracket (8) through the Frame (1) as shown. Apply a small amount of the included grease to an M10 x 168mm Button Bolt (45). Attach the Backrest Frames (9) to the Frame (1) with the Button Bolt, two M10 Washers (49), and an M10 Nylon Locknut (37). **Do not overtighten the Nylon Locknut; the Backrest Frames must pivot easily.**

Insert a Backrest Knob (25) into the Frame (1) and the Adjustment Bracket (8). Attach the tether on the Backrest Knob to the Frame with an M4 x 10mm Screw (33).

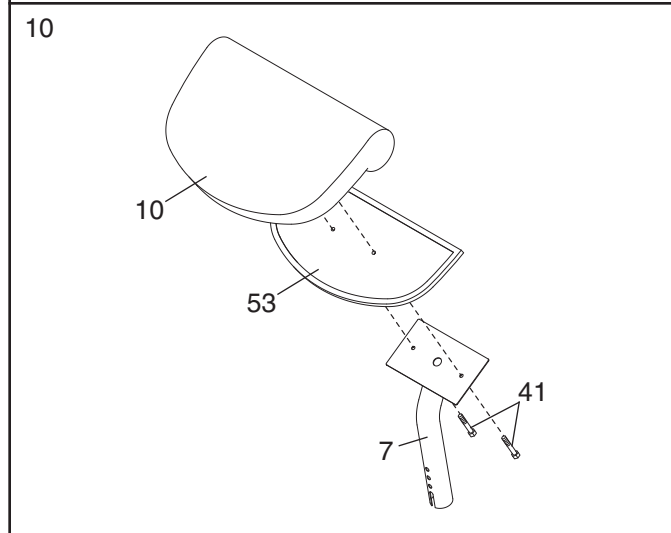
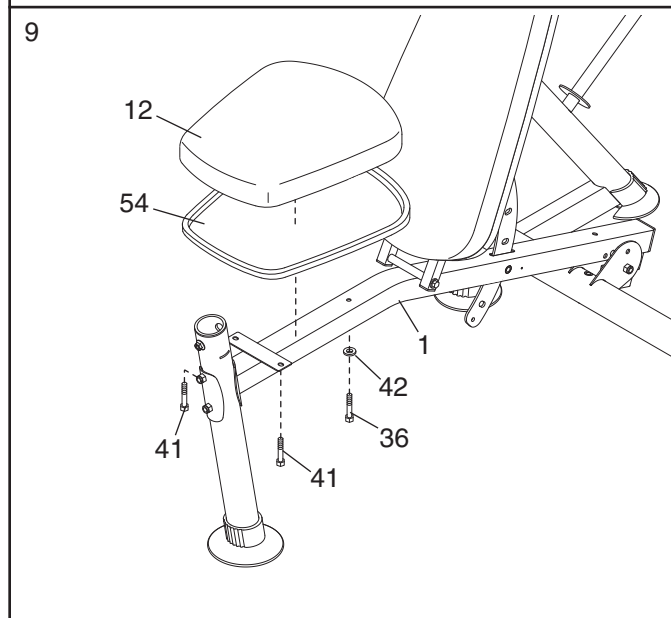
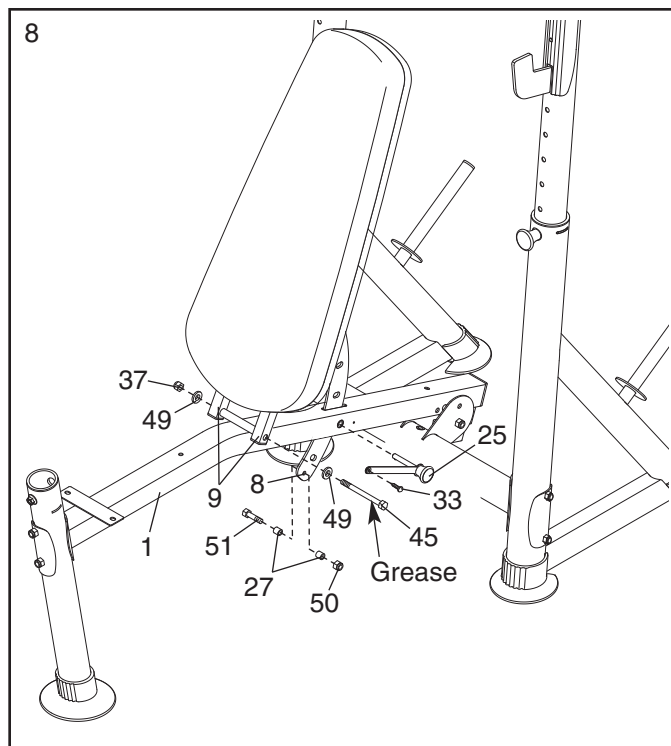
Insert an M6 x 40mm Button Bolt (51) through two 12mm Spacers (27) and the Adjustment Bracket (8). Secure the Button Bolt with an M6 Nylon Locknut (50).

See step 6. Tighten the four M8 Nylon Locknuts (34) used in step 6. See step 7. Tighten the four M6 x 50mm Screws (39).

9. Attach the Seat (12) and the Seat Base (54) to the Frame (1) with two M6 x 29mm Screws (41), an M6 x 76mm Screw (42), and an M6 Washer (36).

10. Attach the Curl Pad (10) and the Curl Base (53) to the Curl Post (7) with two M6 x 29mm Screws (41).

11. **Make sure all parts are properly tightened before you use the weight bench. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the next page.**

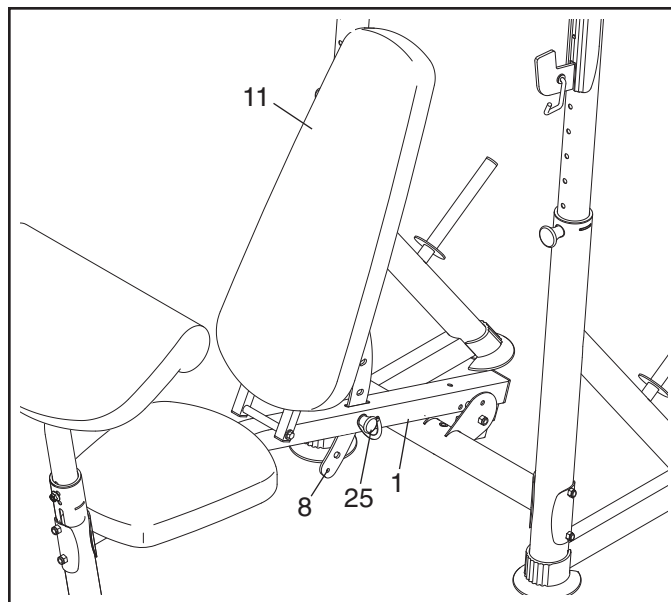


ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 12 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

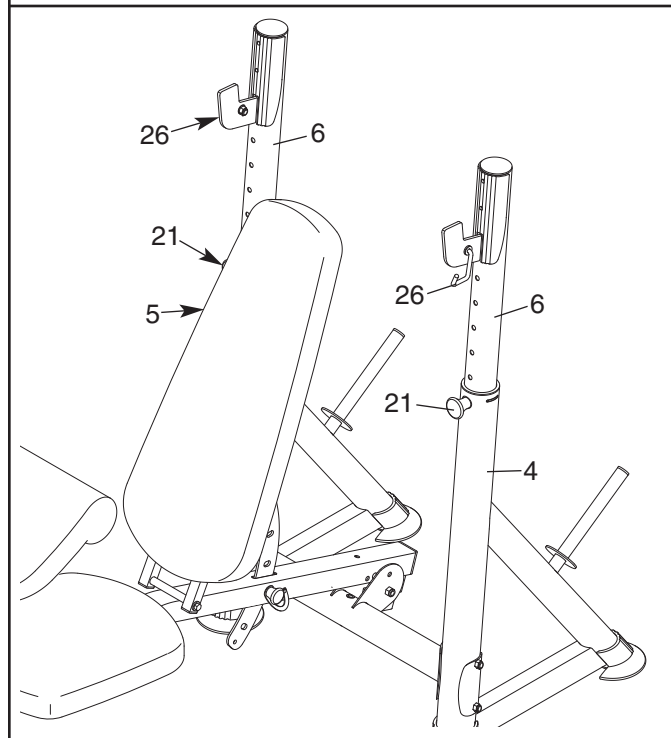
To adjust the position of the Backrest (11), hold the upper end of the Backrest with one hand and pull the Backrest Knob (25) out. Raise or lower the Backrest to the desired position. Engage the Backrest Knob into the Frame (1) and an adjustment hole in the Adjustment Bracket (8).



ADJUSTING THE WEIGHT RESTS

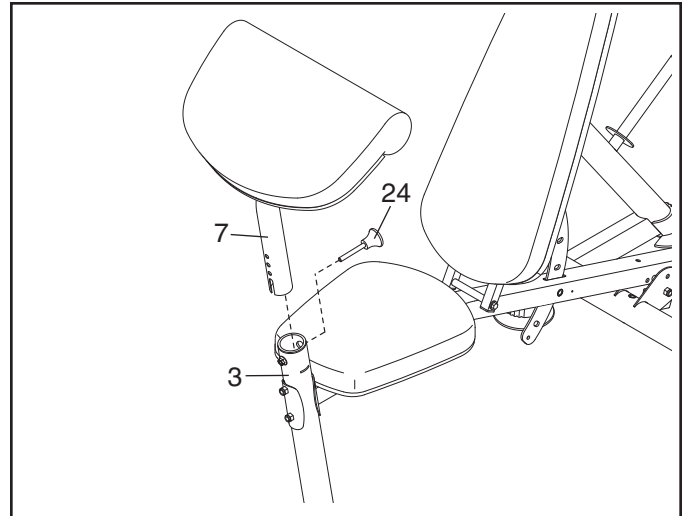
To change the height of a Weight Rest (6), first remove the Upright Knob (21) from the Left or Right Upright (4, 5). Then, hold the Weight Rest at the desired height. Finally, fully tighten the Upright Knob into the Left or Right Upright and the Weight Rest.

⚠ WARNING: Always set both Weight Rests (6) at the same height. Make sure the Locking Pins (26) are around the barbell when it is not in use.



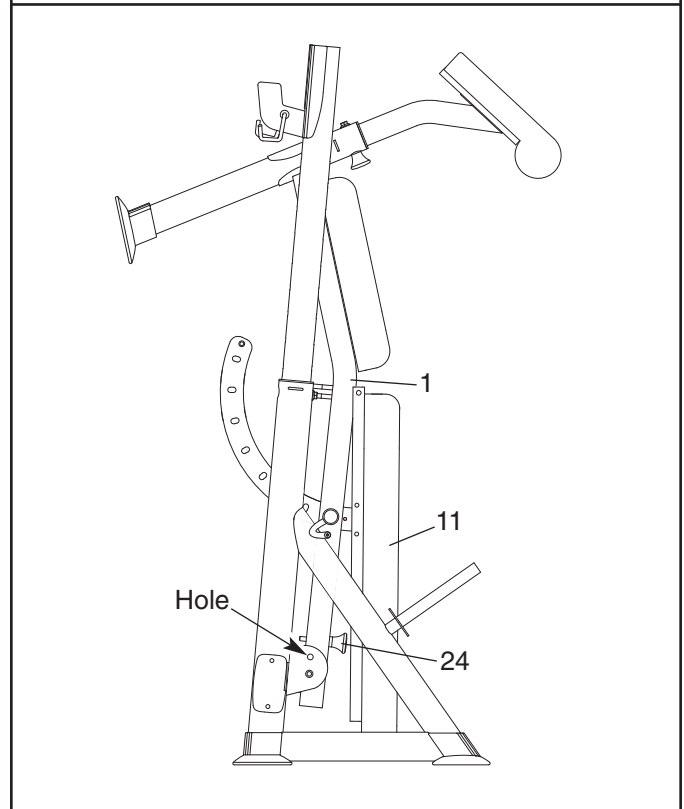
ATTACHING THE CURL POST

Insert the Curl Post (7) into the Front Leg (3) and align the holes in the Front Leg and the Curl Post. Secure the Curl Post with a Curl Knob (24). **Make sure that you fully tighten the Curl Knob.**



STORING THE WEIGHT BENCH

To store the weight bench, first lay the Backrest (11) flat (see ADJUSTING THE BACKREST on page 10). Next, remove the indicated Curl Knob (24). Then, lift the Frame (1) to the position shown and tighten the Curl Knob into the indicated hole. **Make sure that the Curl Knob is inserted through the Frame.**



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 continually 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 follows:

- 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 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.

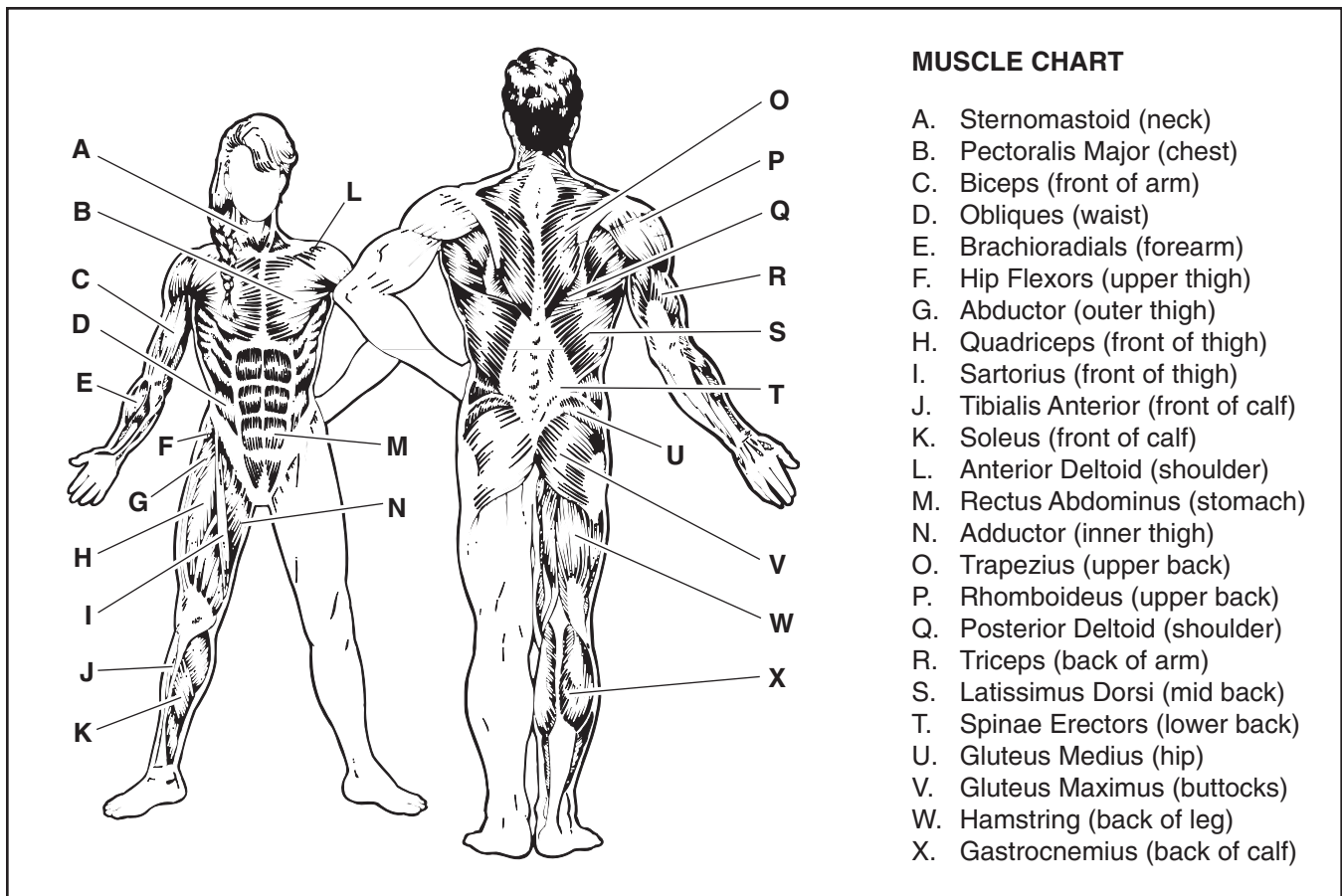
COOLING DOWN

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 weight 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.



MUSCLE CHART

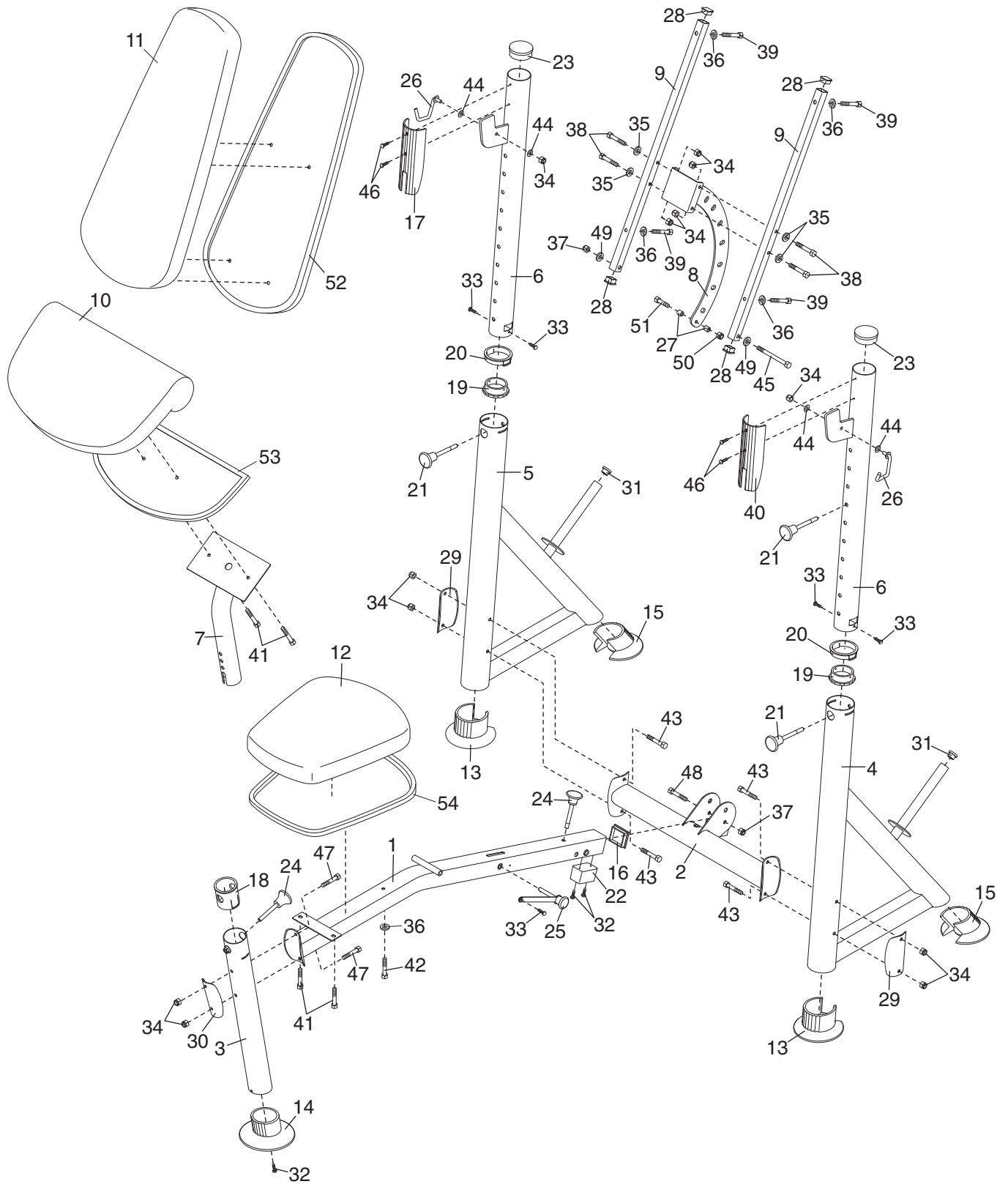
- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

PART LIST—Model No. PFEVBE1836.0

R0706A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	1	Short Support Plate
2	1	Crossbar	31	2	25mm Round Endcap
3	1	Front Leg	32	3	M4 x 16mm Screw
4	1	Left Upright	33	5	M4 x 10mm Screw
5	1	Right Upright	34	12	M8 Nylon Locknut
6	2	Weight Rest	35	4	M8 Washer
7	1	Curl Post	36	5	M6 Washer
8	1	Adjustment Bracket	37	2	M10 Nylon Locknut
9	2	Backrest Frame	38	4	M8 x 43mm Button Bolt
10	1	Curl Pad	39	4	M6 x 50mm Screw
11	1	Backrest	40	1	Left Strike Plate
12	1	Seat	41	4	M6 x 29mm Screw
13	2	Front Base Foot	42	1	M6 x 76mm Screw
14	1	Front Leg Foot	43	4	M8 x 92mm Button Bolt
15	2	Rear Base Foot	44	4	M8 Plastic Washer
16	1	50mm Square Inner Cap	45	1	M10 x 168mm Button Bolt
17	1	Right Strike Plate	46	4	M4 x 16mm Round Head Screw
18	1	Bushing	47	2	M8 x 81mm Button Bolt
19	2	63mm Thick Round Endcap	48	1	M10 x 78mm Button Bolt
20	2	Upright Bushing	49	2	M10 Washer
21	2	Upright Knob	50	1	M6 Nylon Locknut
22	1	Bumper	51	1	M6 x 40mm Button Bolt
23	2	63mm Endcap	52	1	Backrest Base
24	2	Curl Knob	53	1	Curl Base
25	1	Backrest Knob	54	1	Seat Base
26	2	Locking Pin	#	1	User's Manual
27	2	12mm Spacer	#	1	Exercise Guide
28	4	25mm Square Endcap	#	3	Hex Key
29	2	Long Support Plate			

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.



ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFEVBE1836.0)
- the NAME of the product (PROFORM G 580 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 the EXPLODED DRAWING on pages 14 and 15)

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