

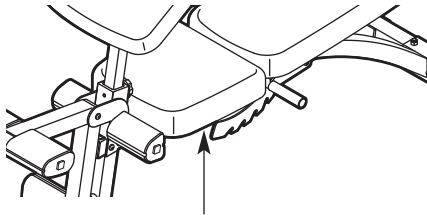
PRO-FORM[®]

C900

Model No. PFB48031

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

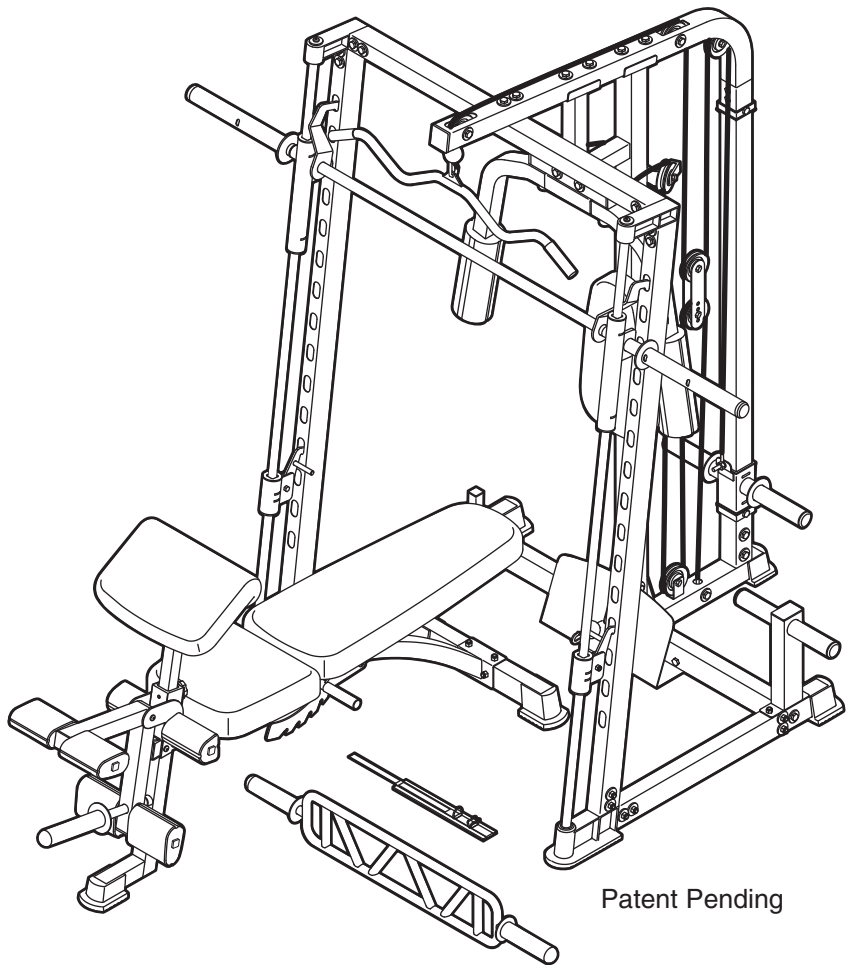
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:
1-888-533-1333
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

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

USER'S MANUAL



Patent Pending



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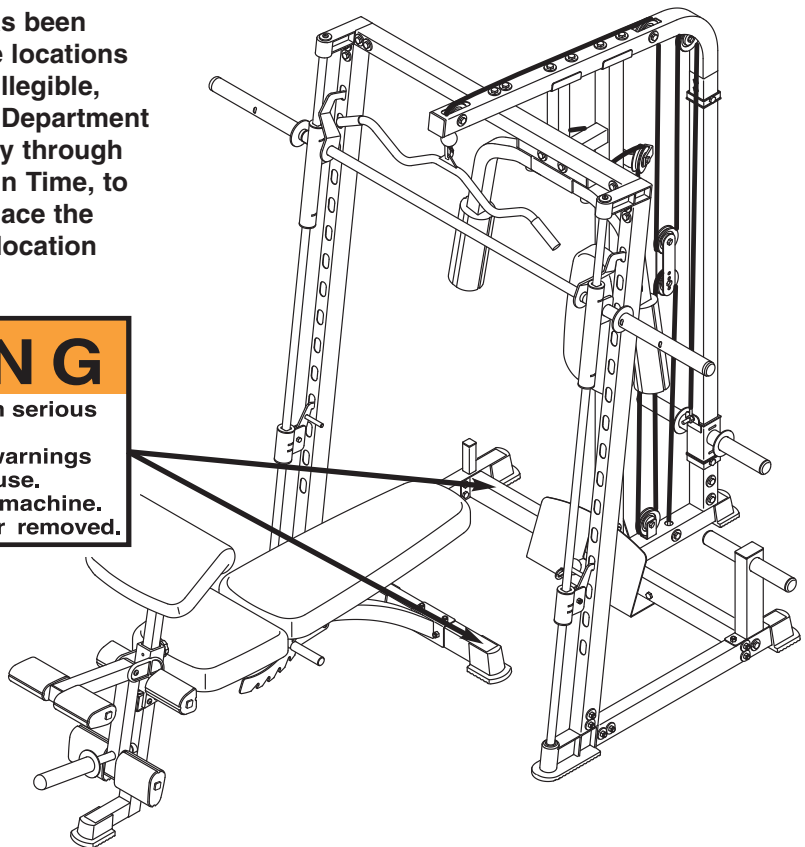
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The warning decal shown here has been placed on the weight bench in the locations shown. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Place the decal on the weight bench in the location shown.



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. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. 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.
6. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
7. Keep children under 12 and pets away from the weight bench at all times.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection while exercising.
10. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
11. Always set both safety spotters at the same height.
12. Make sure that the set screws attaching the Olympic weight adapters are properly tightened each time the adapters are used.
13. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 610 pounds. Do not place more than 310 pounds on the barbell guides or safety spotters. Do not place more than 150 pounds on the weight carriage, the leg lever, or the curl bar. Note: The weight bench does not include weights.
14. Always place an equal amount of weight on each side of the weight carriage or barbell.
15. Always secure the weights with the weight clips when they are mounted on the weight carriage or barbell.
16. Always lower the weight carriage in a controlled manner; never let the weight carriage drop.
17. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.
18. Always move your bench out of the way when performing an exercise that does not use the bench.
19. Use the curl bar only with the weight clips provided with the bench.
20. Always make sure the backrest bracket is fully engaged before using the backrest.
21. 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.

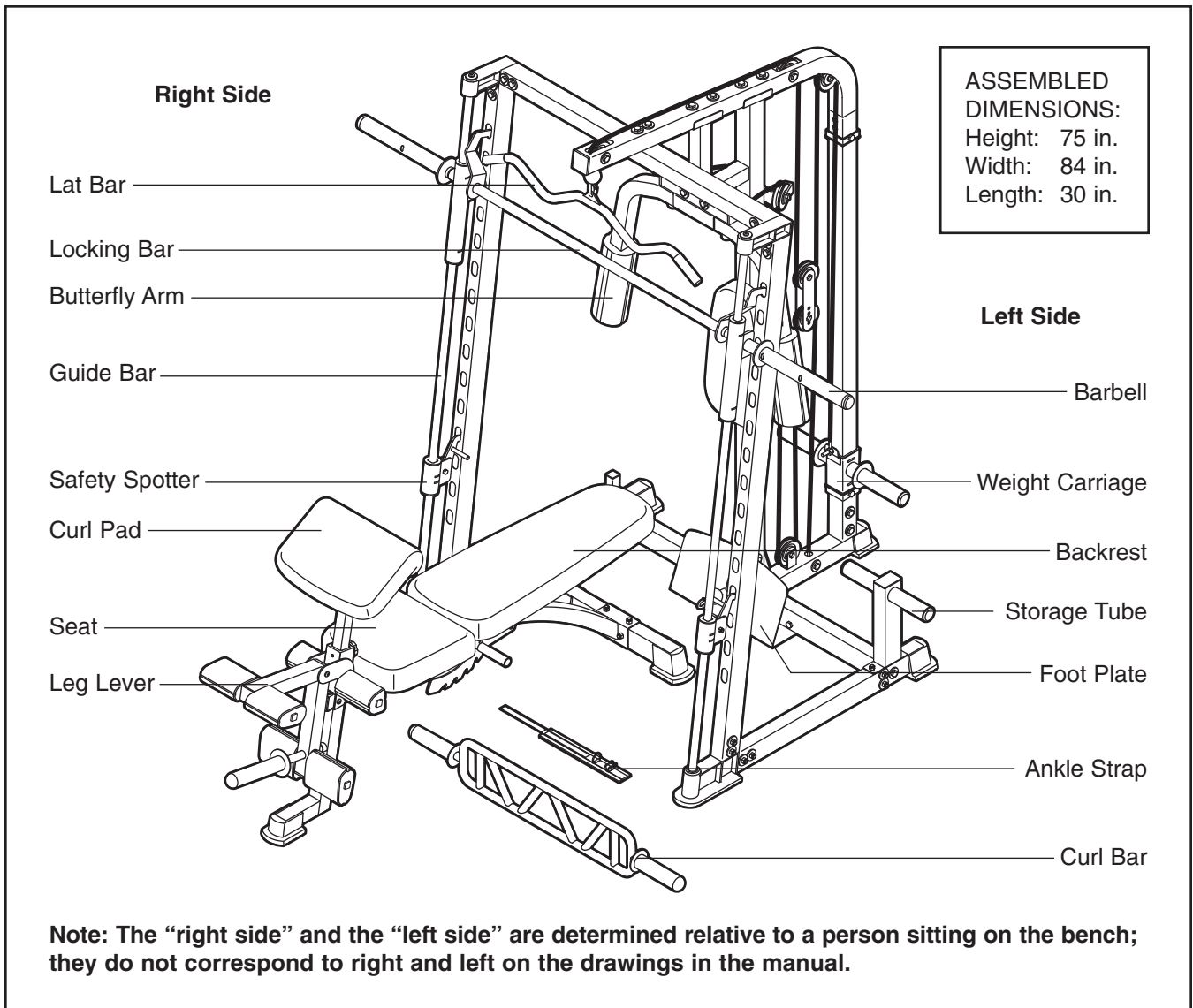
BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM® C900 weight bench. The weight bench offers an impressive array of weight 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 additional questions, please call our Customer Service Department

toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFB48031. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual for the location of the decal).

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



ASSEMBLY

Make Things Easier for Yourself




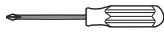
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- ***For help identifying small parts, use the PART IDENTIFICATION CHART.***
- 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 following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, 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.

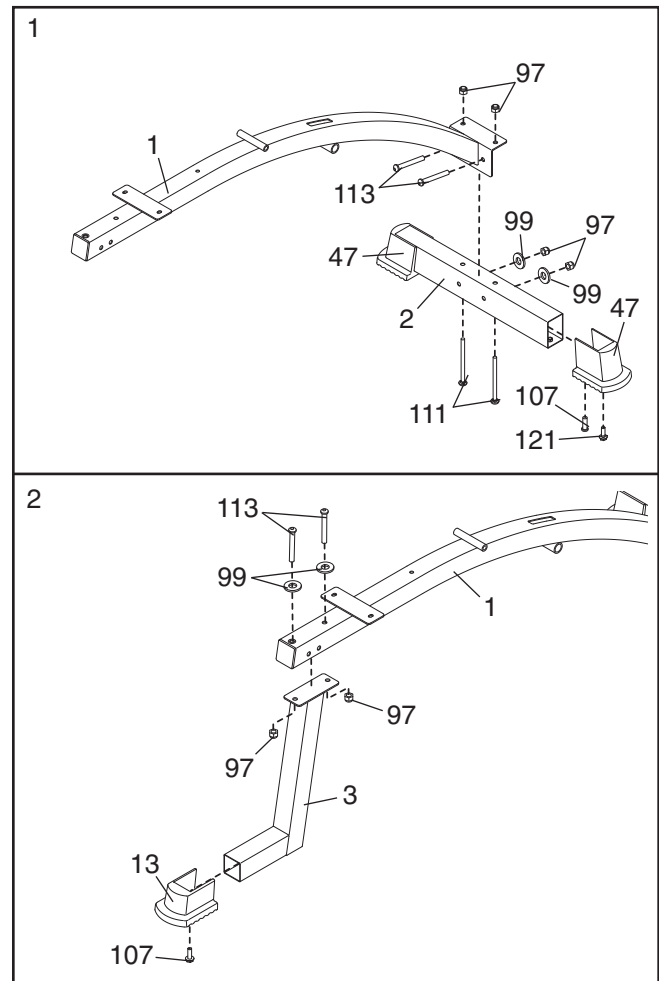
1. **Before beginning, make sure you understand the information in the box above. Note: Some parts described in the assembly steps may be pre-assembled.**

Attach a Base Cap (47) to the Stabilizer (2) with an M4 x 16mm Screw (107) and an M10 x 25mm Screw (121). **Attach another Base Cap to the Stabilizer in the same manner.**

Attach the Stabilizer (2) to the Bench Frame (1) with two M10 x 92mm Carriage Bolts (111) and two M10 Nylon Locknuts (97). Attach the Stabilizer to the Bench Frame with two M10 x 68mm Bolts (113), two M10 Washers (99), and two M10 Nylon Locknuts. **Do not tighten the Locknuts yet.**

2. Attach the Small Base Cap (13) to the Bench Leg (3) with an M4 x 16mm Screw (107).

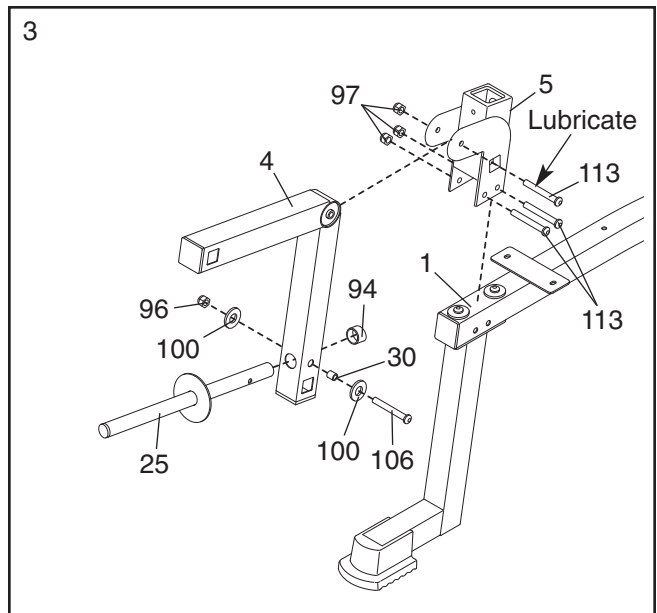
Attach the Bench Leg (3) to the Bench Frame (1) with two M10 x 68mm Bolts (113), two M10 Washers (99), and two M10 Nylon Locknuts (97).



- Attach the Leg Lever Bracket (5) to the Bench Frame (1) with two M10 x 68mm Bolts (113) and two M10 Nylon Locknuts (97).

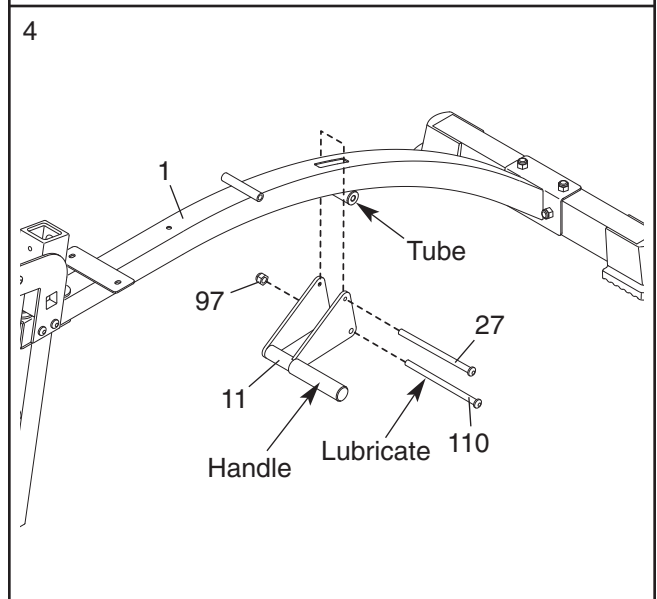
Attach the Weight Tube (25) to the Leg Lever (4) with an M8 x 58mm Bolt (106), two M8 Washers (100), a 10mm Spacer (30), and an M8 Nylon Locknut (96). Press a 25mm Round Outer Cap (94) onto the Weight Tube.

Lubricate the M10 x 68mm Bolt (113) with grease. Attach the Leg Lever (4) to the Leg Lever Bracket (5) with the Bolt and an M10 Nylon Locknut (97). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

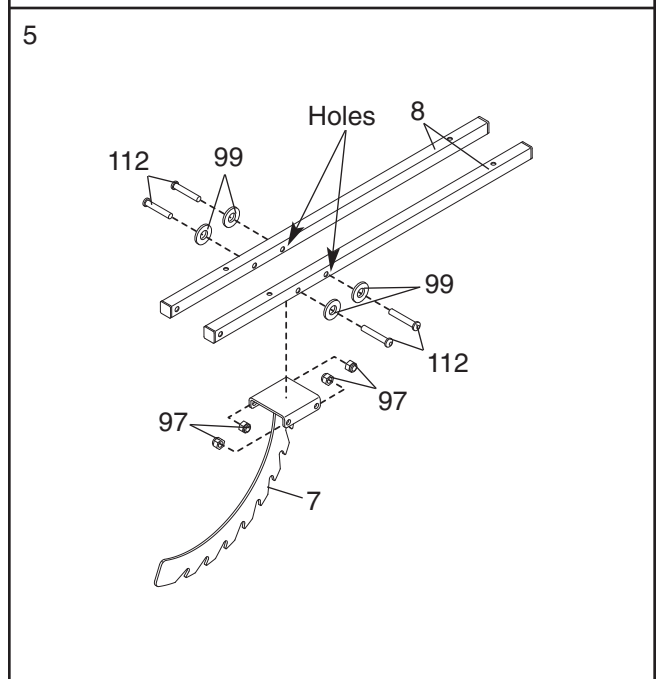


- Lubricate an M10 x 78mm Bolt (110) with grease. Attach the lower hole in the Adjustment Lever (11) to the tube on the bottom of the Bench Frame (1) with the Bolt and an M10 Nylon Locknut (97). **Do not overtighten the Locknut; the Adjustment Lever must be able to pivot easily.**

Hold the handle on the Adjustment Lever (11) so that the upper hole is above the Bench Frame (1). Slide the M10 x 62mm Flat Head Screw (27) through the indicated side of the Lever, over the Bench Frame, and tighten it into the other side of the Adjustment Lever. **Make sure that the threads of the Screw show through the Adjustment Lever. Do not overtighten the Screw.**

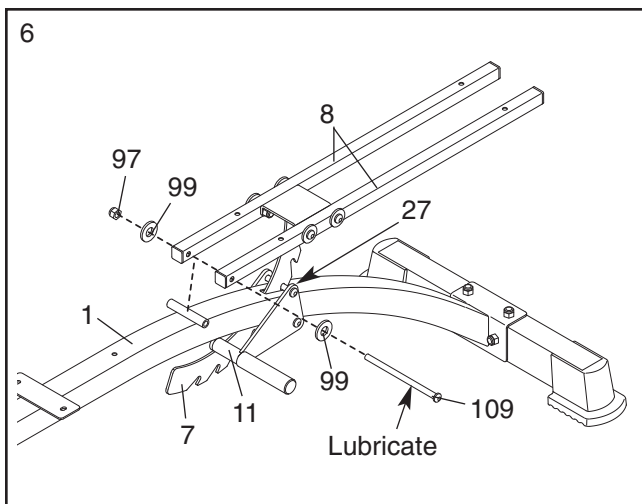


- Attach the Backrest Bracket (7) to the Backrest Tubes (8) with four M10 x 45mm Bolts (112), four M10 Washers (99), and four M10 Nylon Locknuts (97). **Make sure the Backrest Tubes are oriented so that the indicated holes are closer to the bottom. Do not tighten the Locknuts yet.**



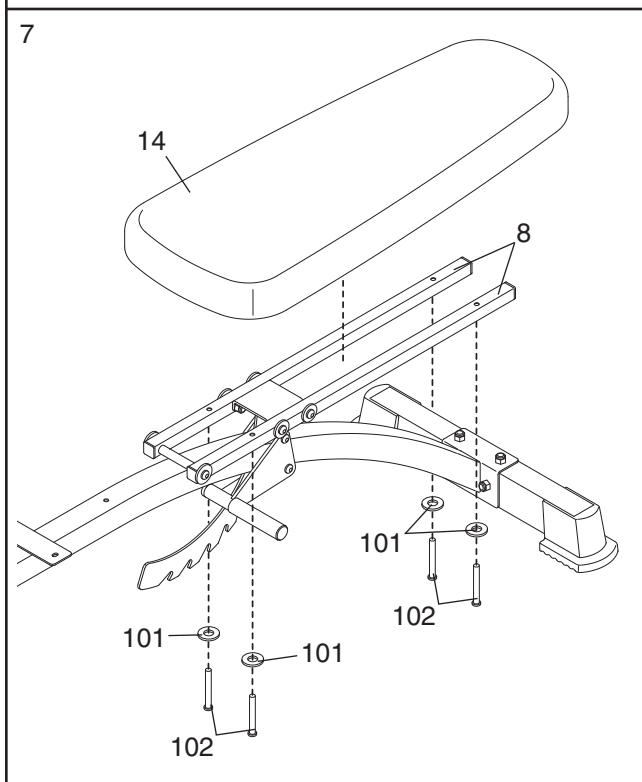
- Insert the Backrest Bracket (7) through the slot in the Bench Frame (1) and under the Adjustment Lever (11). **Make sure that the M10 x 62mm Flat Head Screw (27) is under a notch in the Backrest Bracket.**

Lubricate an M10 x 155mm Bolt (109) with grease. Attach the Backrest Tubes (8) to the Bench Frame (1) with the Bolt, two M10 Washers (99), and an M10 Nylon Locknut (97). **Do not overtighten the Locknut; the Backrest Tubes must be able to pivot easily.**

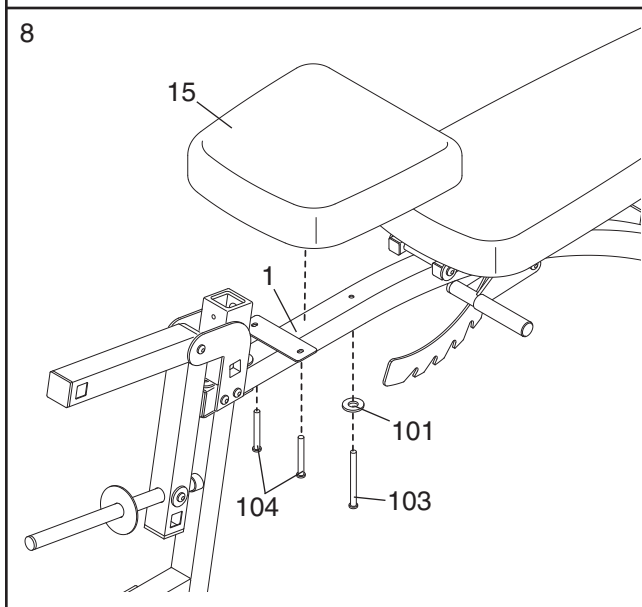


- Attach the Backrest (14) to the Backrest Tubes (8) with four M6 x 38mm Screws (102) and four M6 Washers (101).

Tighten the six M10 Nylon Locknuts (97) used in steps 1 and 5.

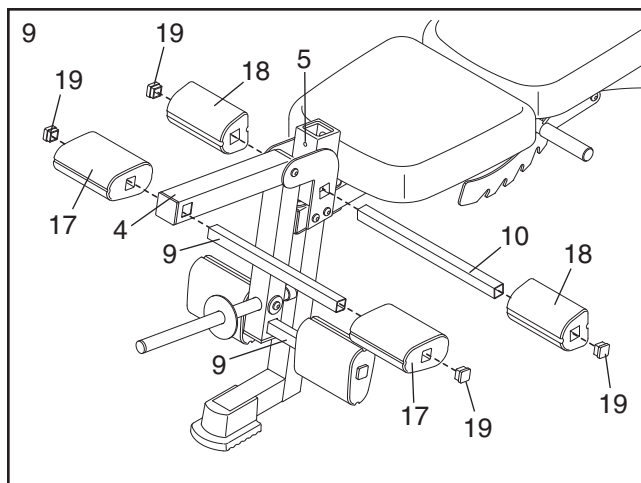


- Attach the Seat (15) to the Bench Frame (1) with an M6 x 63mm Screw (103), an M6 Washer (101), and two M6 x 16mm Screws (104).

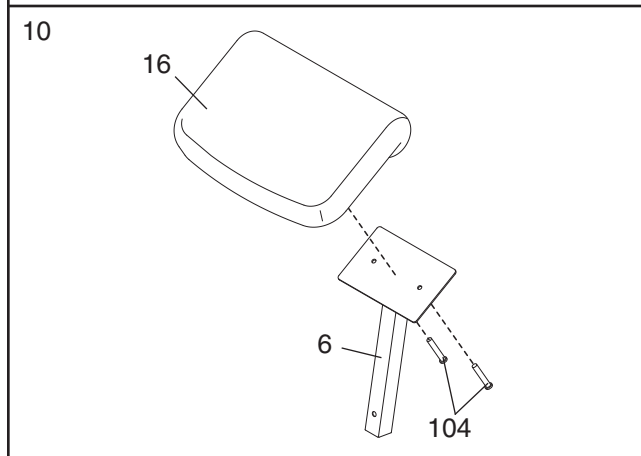


- Slide the Thick Pad Tube (10) into the hole in the Leg Lever Bracket (5). Wet both sides of the Pad Tube with soapy water. Slide two Small Foam Pads (18) onto the Tube as shown. Press two 19mm Square Inner Caps (19) into the Pad Tube.

Slide a Pad Tube (9) into a hole in the Leg Lever (4). Wet both sides of the Pad Tube with soapy water. Slide two Large Foam Pads (17) onto the Pad Tube as shown. Press two 19mm Square Inner Caps (19) into the Pad Tube. **Repeat with the other Pad Tube.**



- Attach the Curl Pad (16) to the Curl Post (6) with two M6 x 16mm Screws (104).

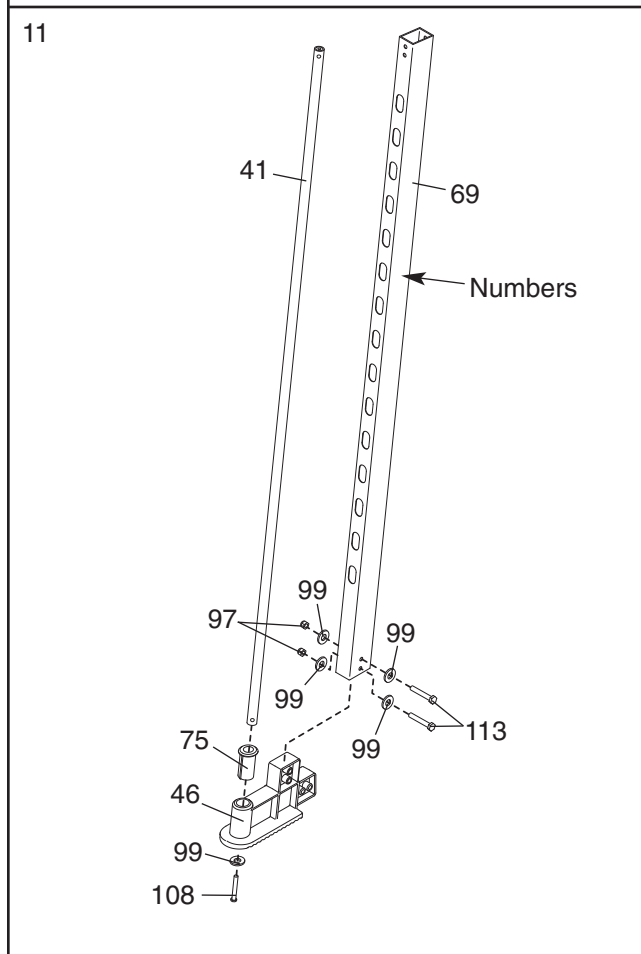


- Press a Round Angled Bushing (75) into a Rack Foot (46).

Attach a Guide Bar (41) to the Rack Foot (46) with an M10 x 50mm Screw (108) and an M10 Washer (99).

Attach the Right Upright (69), which has numbers on the indicated side, to the Rack Foot (46) with two M10 x 68mm Bolts (113), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Make sure the Bolts are inserted from the side shown. Do not tighten the Locknuts yet.**

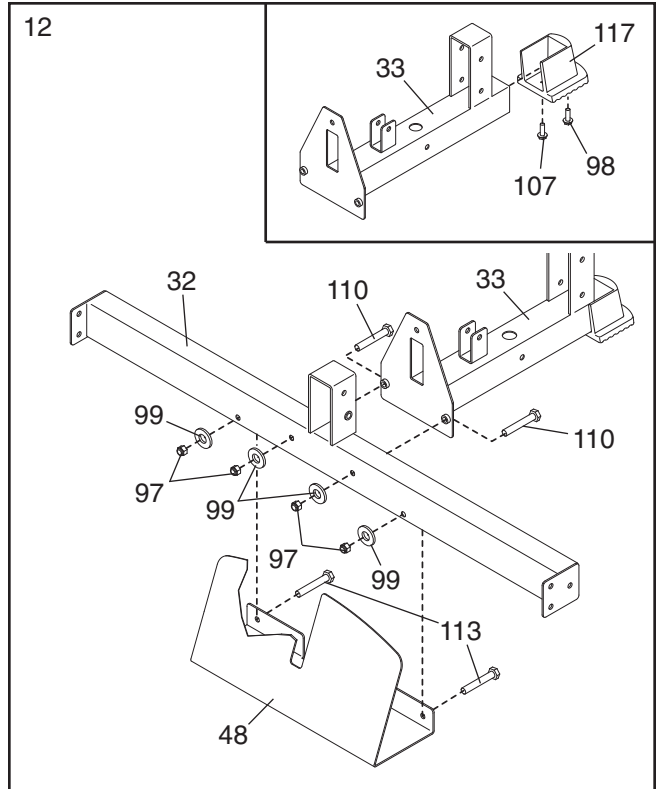
Repeat this step with the Left Upright (36 [not shown]), Guide Bar (41), Rack Foot (46), and Round Angled Bushing (75). Insert the M10 x 68mm Bolts (113) from the other side.



12. **See the inset drawing.** Attach the Large Base Cap (117) to the Rear Base (33) with an M4 x 16mm Screw (107) and an M8 x 16mm Screw (98).

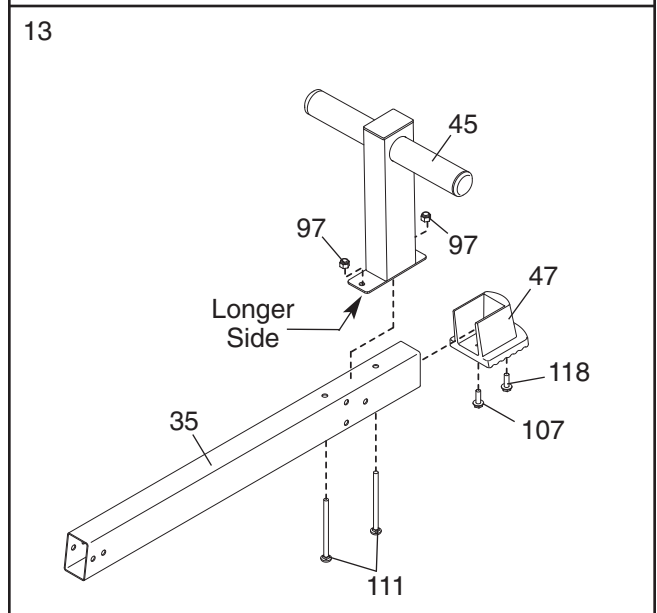
Attach the Rear Base (33) to the Center Base (32) with two M10 x 78mm Bolts (110), two M10 Washers (99), and two M10 Nylon Locknuts (97).
Do not tighten the Locknuts yet.

Set the Center Base (32) inside of the Foot Plate (48). Attach the Foot Plate to the Center Base with two M10 x 68mm Bolts (113), two M10 Washers (99), and two M10 Nylon Locknuts (97).
Do not tighten the Locknuts yet.

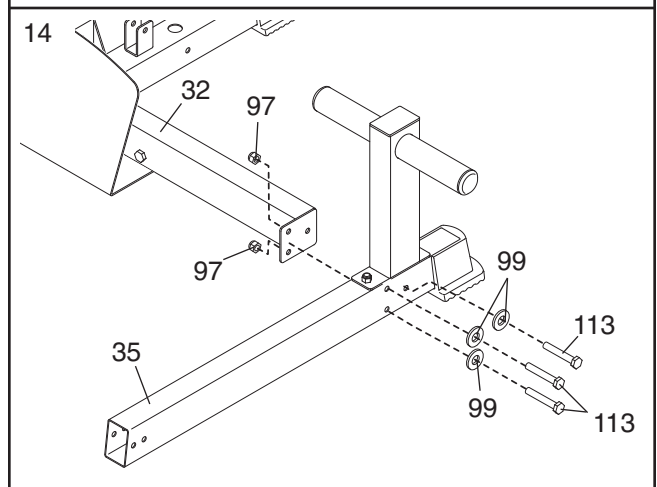


13. Attach the Base Cap (47) to the Left Base (35) with an M4 x 16mm Screw (107) and an M10 x 19mm Screw (118).

Orient the Storage Leg (45) so that the longer side of the plate is in the indicated position. Attach the Storage Leg to the Left Base (35) with two M10 x 92mm Carriage Bolts (111) and two M10 Nylon Locknuts (97).

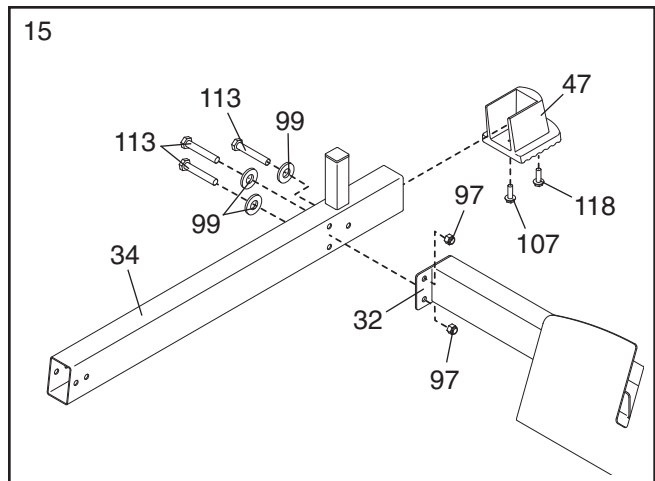


14. Attach the Left Base (35) to the Center Base (32) with three M10 x 68mm Bolts (113), three M10 Washers (99), and two M10 Nylon Locknuts (97).
Do not tighten the Locknuts yet.



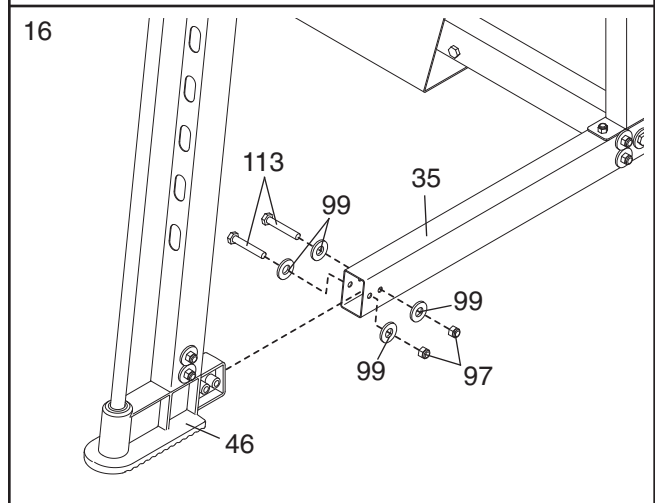
15. Attach a Base Cap (47) to the Right Base (34) with an M4 x 16mm Screw (107) and an M10 x 19mm Screw (118).

Attach the Right Base (34) to the Center Base (32) with three M10 x 68mm Bolts (113), three M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**



16. Using a rubber mallet, tap the left Rack Foot (46) into the Left Base (35). Attach the Rack Foot to the Left Base with two M10 x 68mm Bolts (113), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

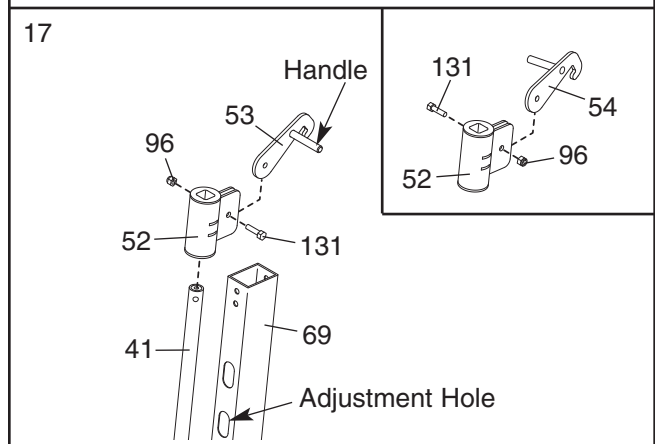
Attach the other Rack Foot (not shown) to the Right Base (not shown) in the same manner.



17. Attach the Right Spotter Hook (53) to a Safety Spotter (52) with an M8 x 12mm Shoulder Bolt (131) and an M8 Nylon Locknut (96). **Make sure the bolt is on the same side as the handle.**

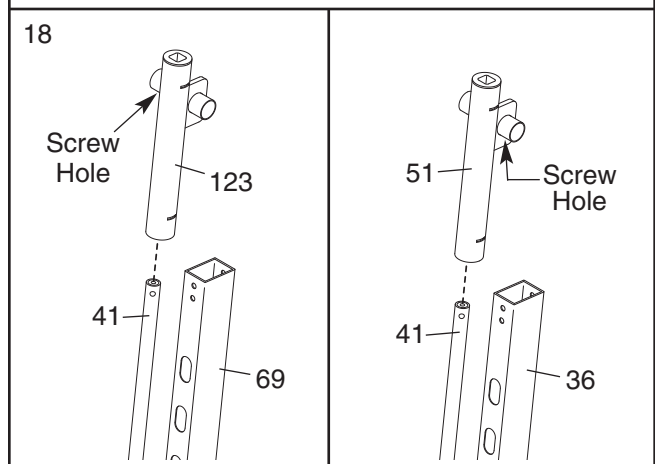
Slide the Safety Spotter (52) onto the right Guide Bar (41) and engage the Right Spotter Hook (53) into an adjustment hole near the bottom of the Right Upright (69).

Assemble the Left Spotter Hook (54) and a Safety Spotter (52) in the same manner. Always set both Safety Spotters (52) at the same height.



18. Identify the Left and Right Barbell Gliders (51, 123) by the position of the screw holes.

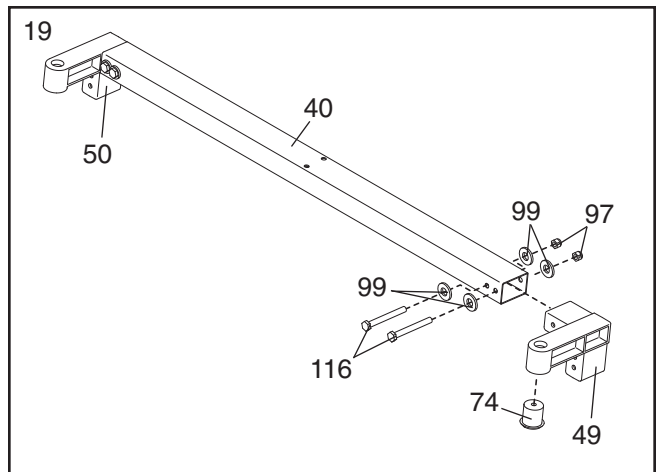
Slide each Barbell Glider (51, 123) onto the Guide Bar (41) next to the indicated Upright (36, 69). **Make sure the Barbell Gliders are oriented as shown.**



19. Press a Round Joint Bushing (74) into the Left Frame Joint (49).

Attach the Top Frame (40) to the Left Frame Joint (49) with two M10 x 91mm Bolts (116), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

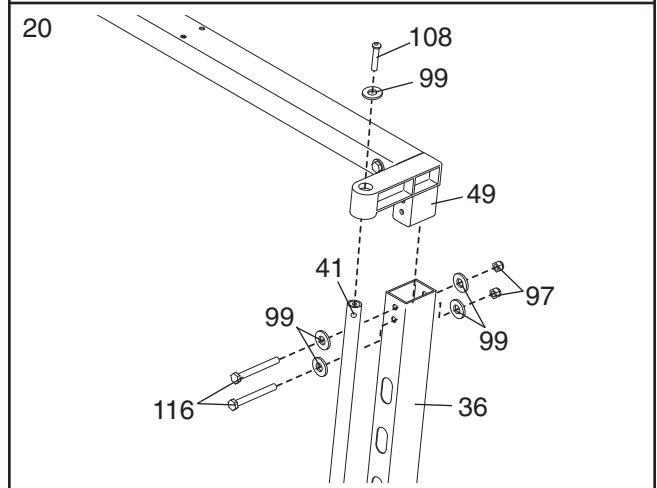
Repeat this step with the Right Frame Joint (50).



20. Attach the Left Frame Joint (49) to the Left Upright (36) with two M10 x 91mm Bolts (116), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

Attach the Left Frame Joint (49) to the Guide Bar (41) with an M10 x 50mm Screw (108) and an M10 Washer (99).

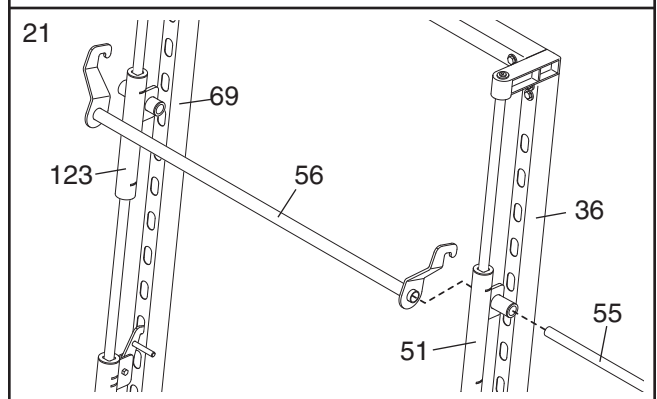
Repeat this step with the Right Frame Joint (50).



21. Have a second person orient the Locking Bar (56) as shown, and hold it between the Left and Right Barbell Gliders (51, 123).

Slide the Weight Bar (55) through the Left Barbell Glider (51), the Locking Bar (56), and the Right Barbell Glider (123).

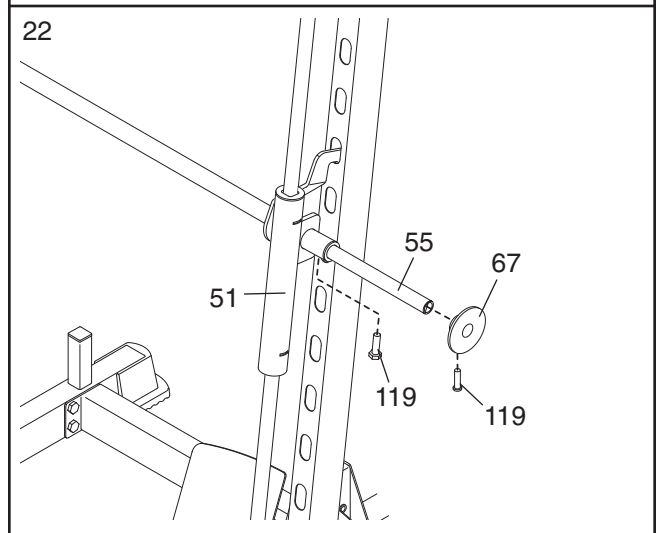
Engage the hooks on the Locking Bar (56) into a set of holes in the Uprights (36, 69).



22. Slide a Weight Stop (67) onto the Weight Bar (55). Thread a 1/4" x 14mm Screw (119) into the Weight Stop and the hole in the Weight Bar. **Do not tighten the Screw yet.**

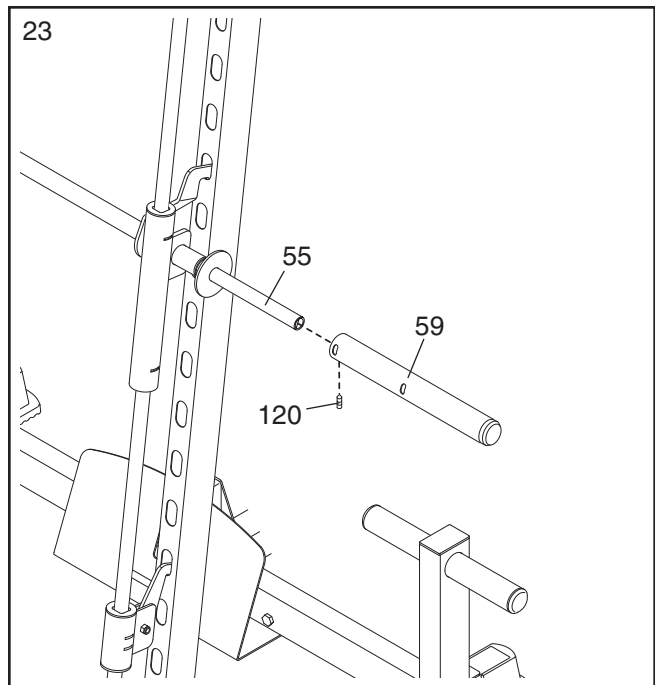
Thread a 1/4" x 14mm Screw (119) into the Left Barbell Glider (51).

Repeat this step with the Right Barbell Glider (not shown) and the other Weight Stop (not shown).



23. Slide the Barbell Adapter (59) onto the Weight Bar (55). Thread a 1/4" x 9.5mm Allen Head Set Screw (120) into the Barbell Adapter. **Do not tighten the Screw yet.**

Repeat this step with the other Barbell Adapter (not shown).

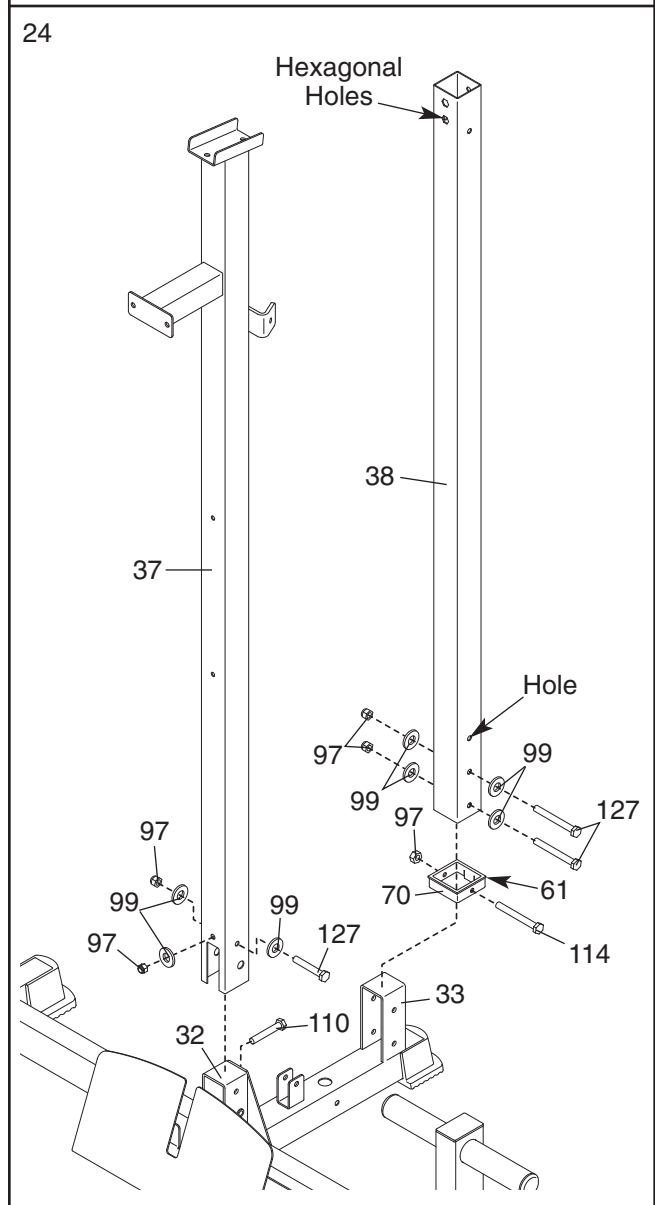


24. Attach the Center Upright (37) to the Center Base (32) and Rear Base (33) with an M10 x 78mm Bolt (110), an M10 Washer (99), and an M10 Nylon Locknut (97). **Do not tighten the Locknut yet.**

Attach the Center Upright (37) to the Center Base (32) with an M10 x 75mm Bolt (127), two M10 Washers (99), and an M10 Nylon Locknut (97). **Do not tighten the Locknut yet.**

Orient the Weight Carriage Stop (70) with the Square Carriage Bushing (61) on top. Attach a Weight Carriage Stop to the Rear Upright (38), at the indicated hole, with an M10 x 88mm Bolt (114) and an M10 Nylon Locknut (97).

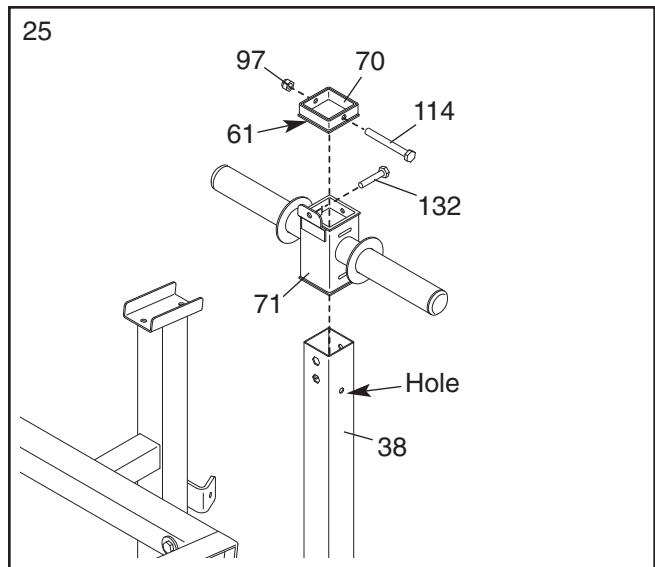
Attach the Rear Upright (38), with the hexagonal holes on the indicated side, to the Rear Base (33) with two M10 x 75mm Bolts (127), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**



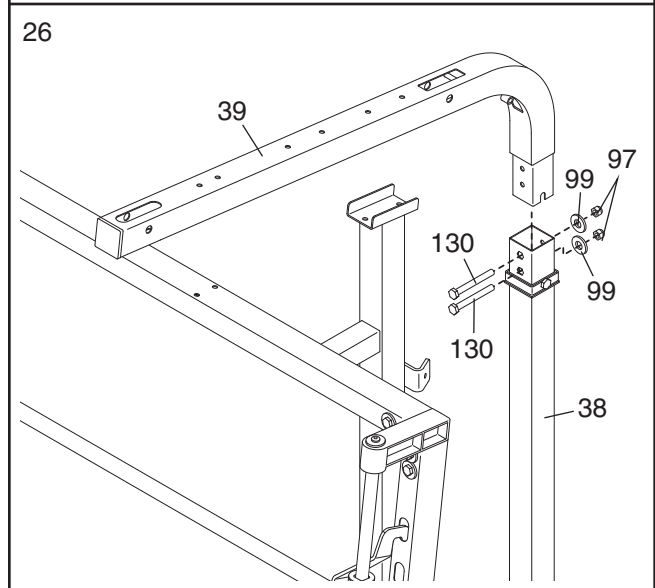
25. Insert an M10 x 19mm Hex Head Bolt (132) into the bracket on the Weight Carriage (71) from the side shown.

Orient the Weight Carriage (71) as shown and slide it onto the Rear Upright (38).

Orient the Weight Carriage Stop (70) so that the Square Carriage Bushing (61) is on the bottom. Attach the Weight Carriage Stop to the Rear Upright (38), at the indicated hole, with an M10 x 88mm Bolt (114) and an M10 Nylon Locknut (97).

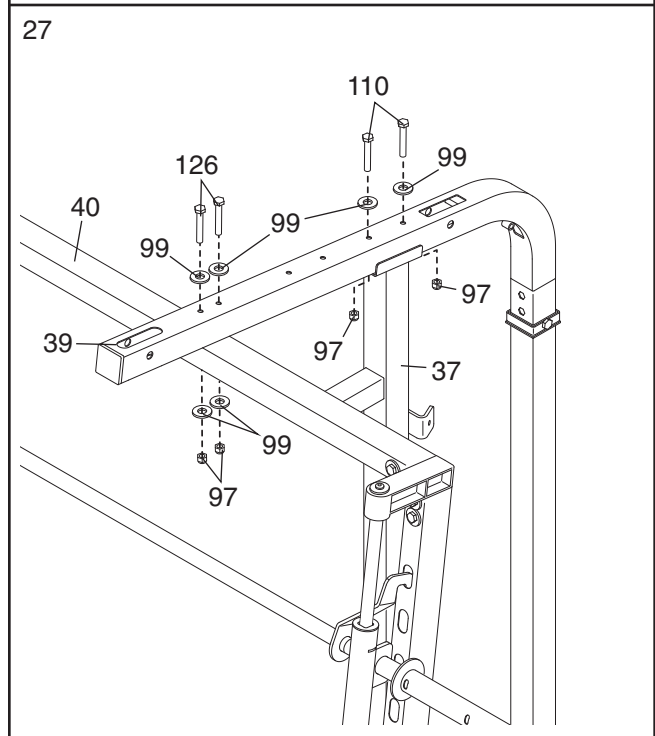


26. Attach the Rear Top Frame (39) to the Rear Upright (38) with two M10 x 72mm Hex Head Bolts (130), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Make sure the bolt heads are set inside of, and are flush with, the hex holes in the Rear Upright. Do not tighten the Locknuts yet.**



27. Attach the Rear Top Frame (39) to the Center Upright (37) with two M10 x 78mm Bolts (110), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

Attach the Rear Top Frame (39) to the Top Frame (40) with two M10 x 127mm Bolts (126), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**



28. Attach the Butterfly Frame (42) to the Rear Top Frame (39) with two M10 x 78mm Bolts (110), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

Attach the Butterfly Frame (42) to the Center Upright (37) with two M10 x 68mm Bolts (113), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

Tighten all of the M10 Nylon Locknuts (97) used in steps 11–28. Tighten the 1/4" x 14mm Screws (119) used in step 22 and the 1/4" x 9.5mm Allen Head Set Screws (120) used in step 23.

29. Lubricate both axles on the Butterfly Frame (42) with grease.

Insert a Fly Arm Bushing (92) into the Right Fly Arm (43). Wet the end of the Arm and the inside of a Fly Foam Pad (95) with soapy water and slide the Foam Pad onto the Arm.

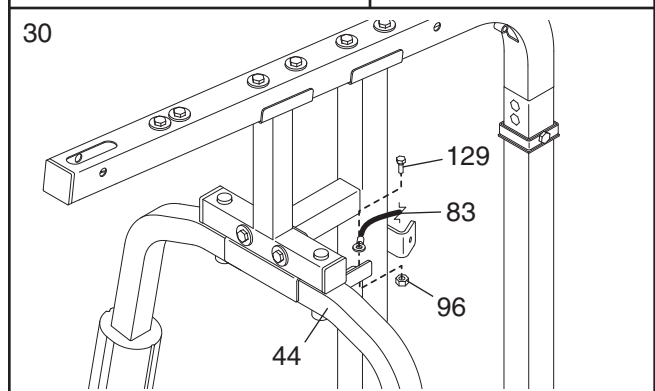
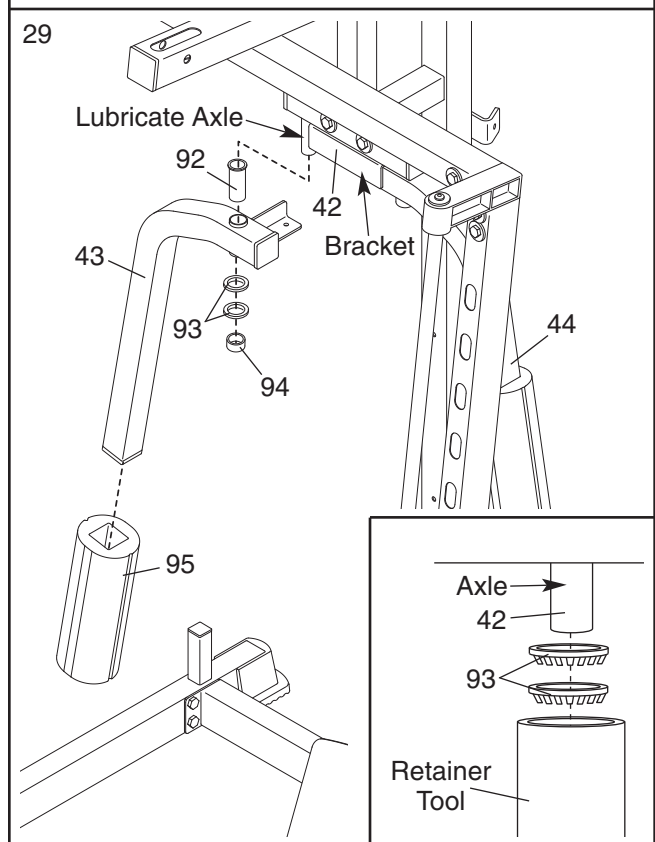
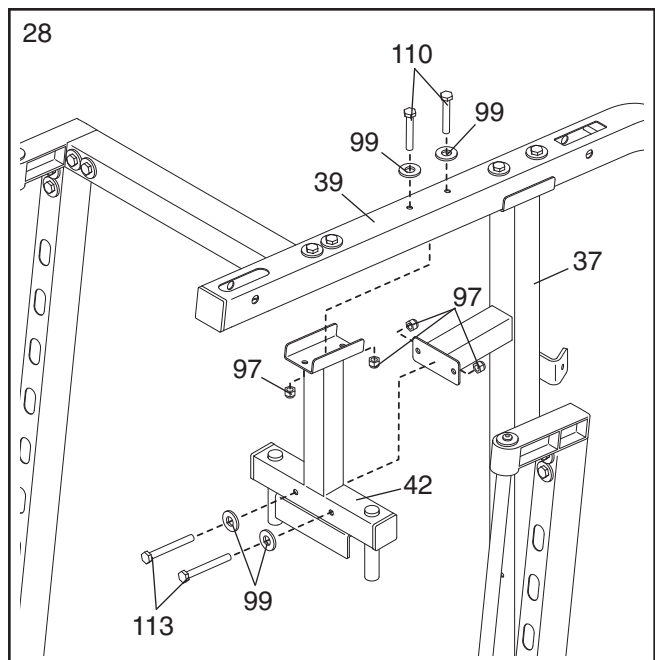
Have another person slide the Right Fly Arm (43) onto the right axle on the Butterfly Frame (42). **Note: Be careful not to confuse the Left Fly Arm (44) with the Right Fly Arm. Make sure that the upper end of the Arm is behind the indicated bracket on the Butterfly Frame.**

Tap two 25mm Retainer Rings (93) onto the axle of the Butterfly Frame (42) with the included retainer tool. **Make sure that the teeth on the Retainer Rings bend toward the tool, as shown in the inset drawing.** Tap the 25mm Round Outer Cap (94) onto the right axle on the Butterfly Frame.

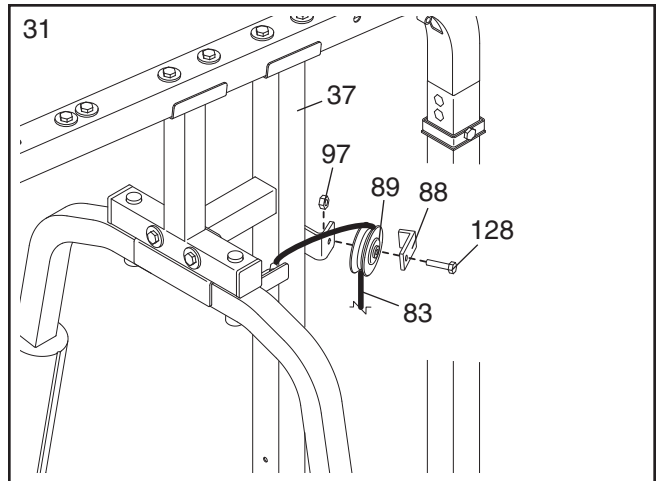
Attach the Left Fly Arm (44) in the same manner.

30. **During cable assembly, refer to the CABLE DIAGRAMS on page 22 for cable identification and to verify cable routing.**

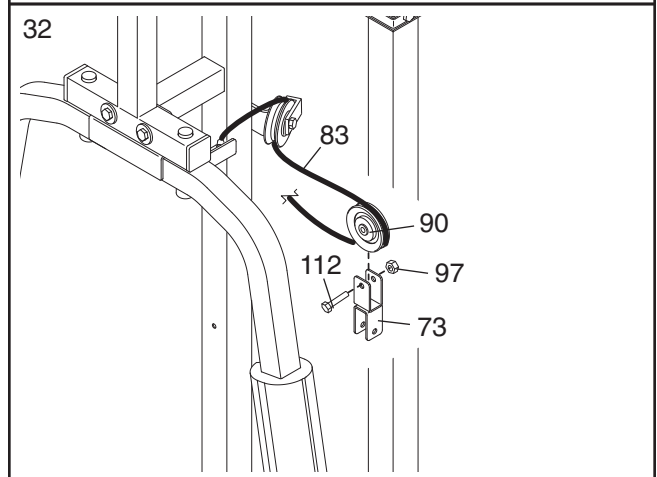
Locate the Butterfly Cable (83). Attach the Cable to the Left Fly Arm (44) with an M8 x 16mm Shoulder Bolt (129) and an M8 Nylon Locknut (96).



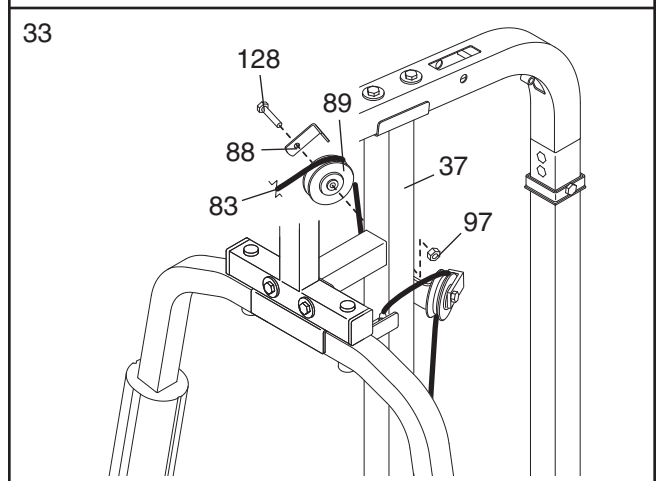
31. Wrap the Butterfly Cable (83) over a “V”-pulley (89). Attach the “V”-pulley and a Large Cable Trap (88) to the Center Upright (37) with an M10 x 60mm Bolt (128) and an M10 Nylon Locknut (97). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



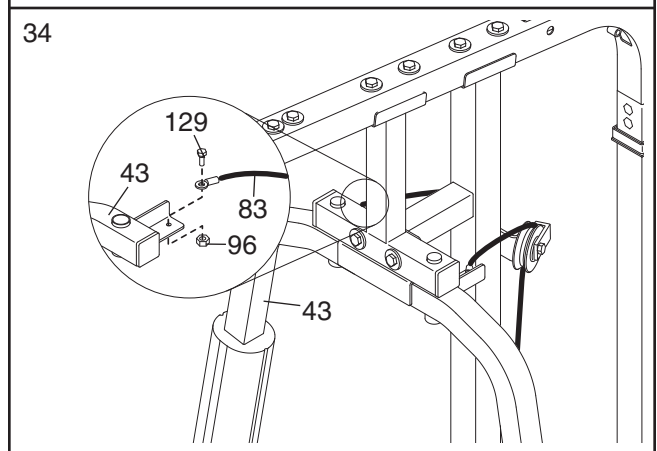
32. Wrap the Butterfly Cable (83) under a 90mm Pulley (90). Attach the Pulley to the Double “U”-bracket (73) with an M10 x 45mm Bolt (112) and an M10 Nylon Locknut (97).



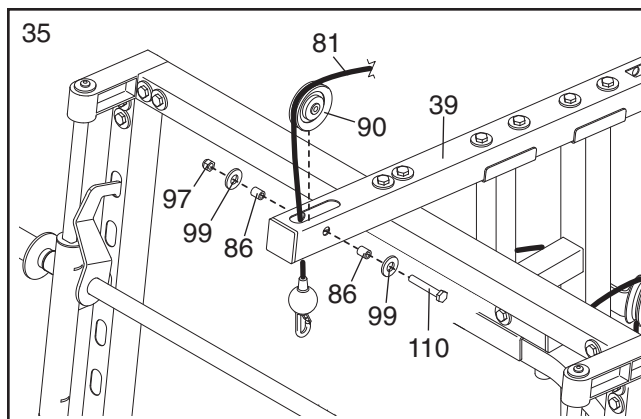
33. Wrap the Butterfly Cable (83) over a “V”-pulley (89). Attach the “V”-pulley and a Large Cable Trap (88) to the Center Upright (37) with an M10 x 60mm Bolt (128) and an M10 Nylon Locknut (97). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



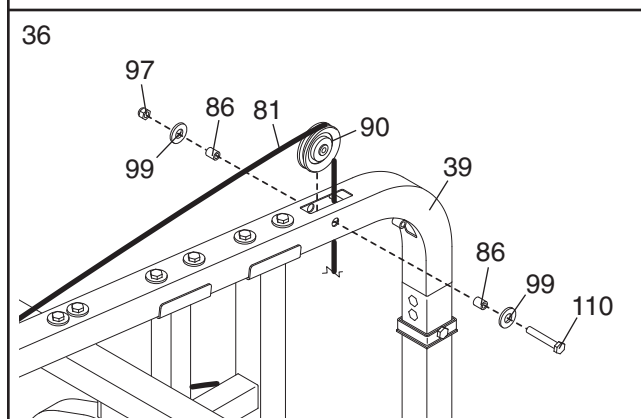
34. Attach the Butterfly Cable (83) to the Right Fly Arm (43) with an M8 x 16mm Shoulder Bolt (129) and an M8 Nylon Locknut (96).



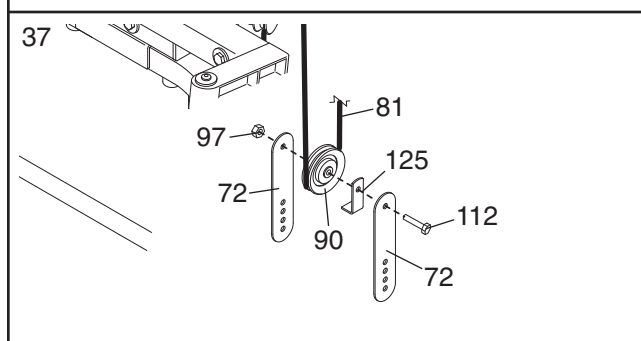
35. **Locate the Lat Cable (81).** Route the Cable up through the Rear Top Frame (39) and over a 90mm Pulley (90). Attach the Pulley inside the Rear Top Frame with an M10 x 78mm Bolt (110), two M10 Washers (99), two 17mm Spacers (86), and an M10 Nylon Locknut (97).



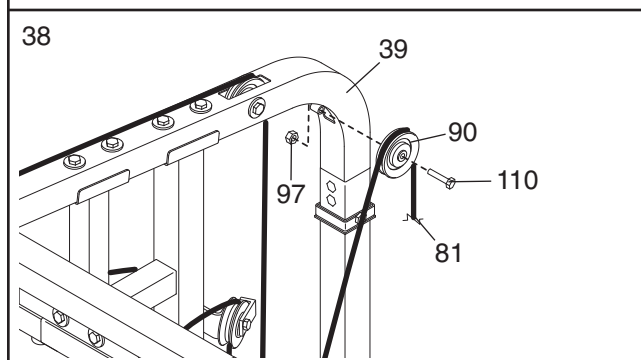
36. Route the Lat Cable (81) over a 90mm Pulley (90) and down through the Rear Top Frame (39). Attach the Pulley inside the Rear Top Frame with an M10 x 78mm Bolt (110), two M10 Washers (99), two 17mm Spacers (86), and an M10 Nylon Locknut (97).



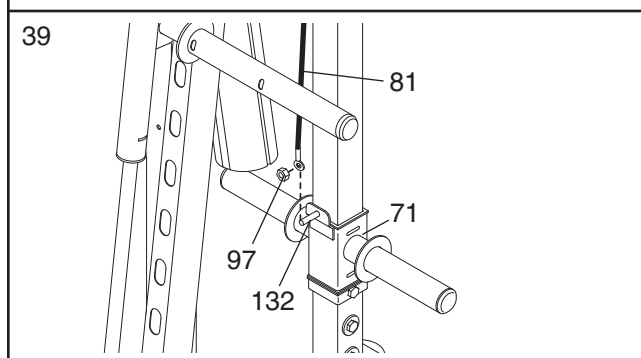
37. Wrap the Lat Cable (81) under a 90mm Pulley (90). Attach the Pulley and a Small Cable Trap (125) to the indicated hole in the two Pulley Plates (72) with an M10 x 45mm Bolt (112) and an M10 Nylon Locknut (97). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



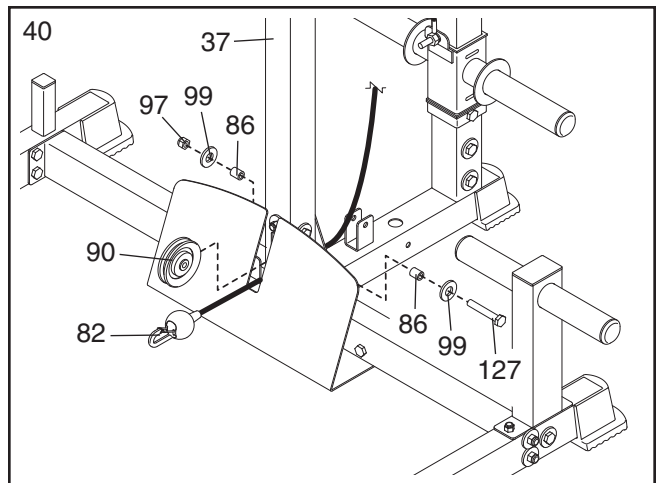
38. Wrap the Lat Cable (81) over a 90mm Pulley (90). Attach the Pulley inside the Rear Top Frame (39) with an M10 x 78mm Bolt (110) and an M10 Nylon Locknut (97).



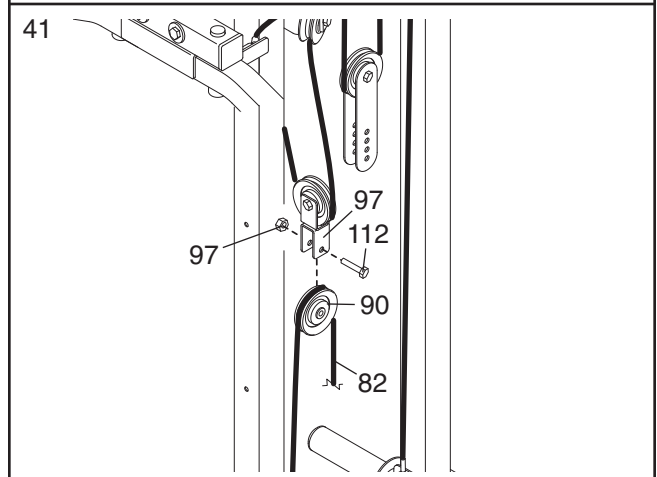
39. Attach the Lat Cable (81) to the M10 x 19mm Hex Head Bolt (132) in the Weight Carriage (71) with an M10 Nylon Locknut (97). **Do not overtighten the Locknut; the Cable must be able to pivot.**



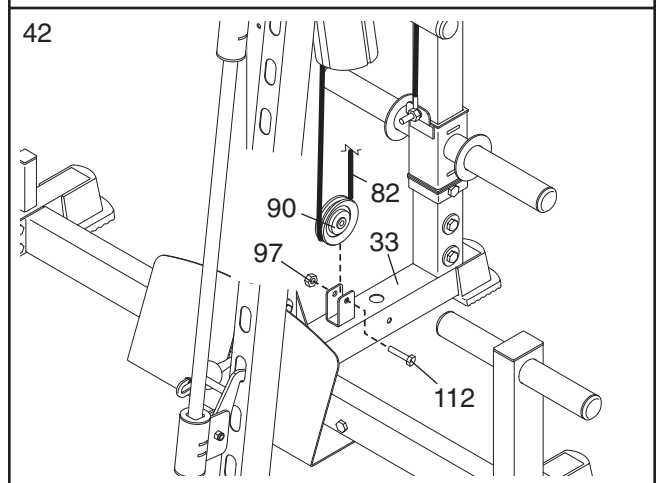
40. **Locate the Low Cable (82).** Route the eyelet end of the Cable through the Center Upright (37) and under a 90mm Pulley (90). Attach the Pulley inside the Upright with an M10 x 75mm Bolt (127), two M10 Washers (99), two 17mm Spacers (86), and an M10 Nylon Locknut (97).



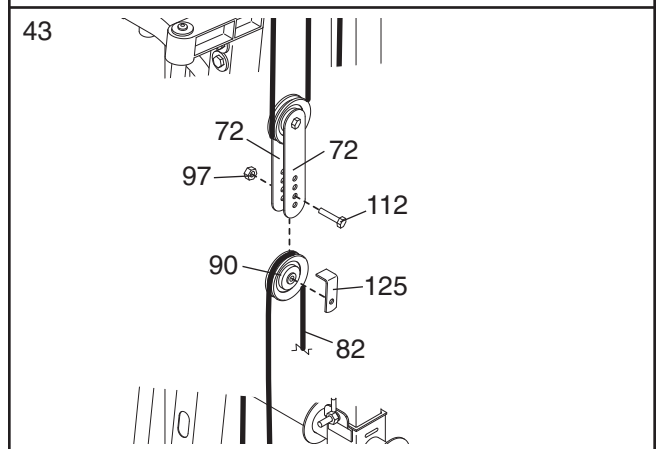
41. Route the Low Cable (82) over a 90mm Pulley (90) as shown. Attach the Pulley to the Double "U"-bracket (73) with an M10 x 45mm Bolt (112) and an M10 Nylon Locknut (97).



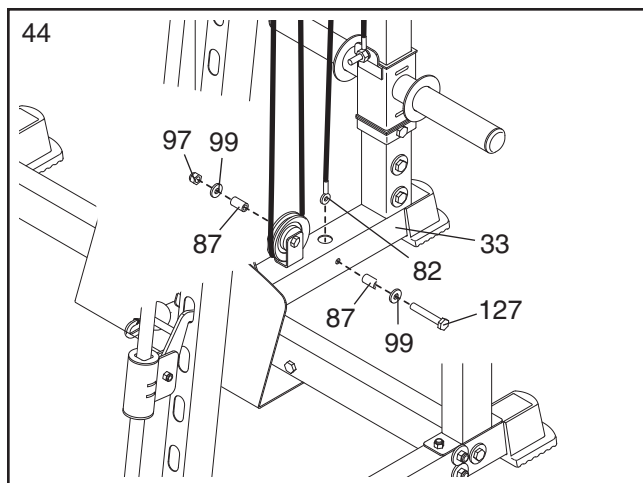
42. Route the Low Cable (82) under a 90mm Pulley (90) as shown. Attach the Pulley to the Rear Base (33) with an M10 x 45mm Bolt (112) and an M10 Nylon Locknut (97).



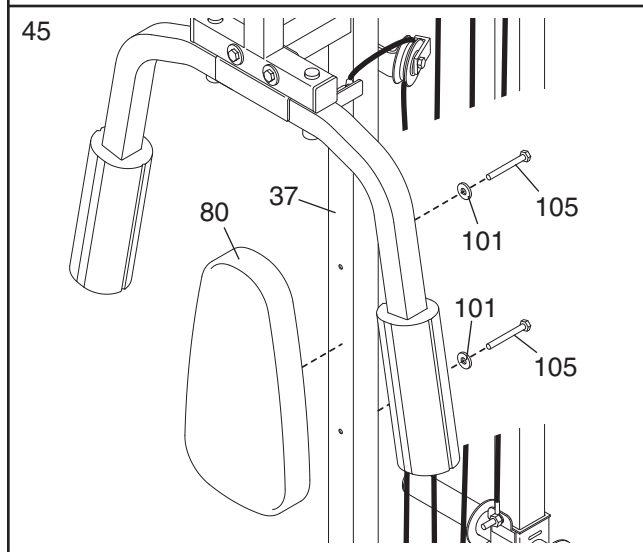
43. Route the Low Cable (82) over a 90mm Pulley (90) as shown. Attach the Pulley and a Cable Trap (125) to the second set of holes from the bottom of the two Pulley Plates (72) with an M10 x 45mm Bolt (112) and an M10 Nylon Locknut (97). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



44. Attach the Low Cable (82) inside the Rear Base (33) with an M10 x 75mm Bolt (127), two M10 Washers (99), two 27mm Spacers (87), and an M10 Nylon Locknut (97). **Do not overtighten the Locknut; the Cable must be able to pivot easily.**



45. Attach the Butterfly Backrest (80) to the Center Upright (37) with two M6 x 72mm Screws (105) and two M6 Washers (101).



46. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight bench, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 22 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLESHOOTING on page 23.**

ADJUSTMENTS

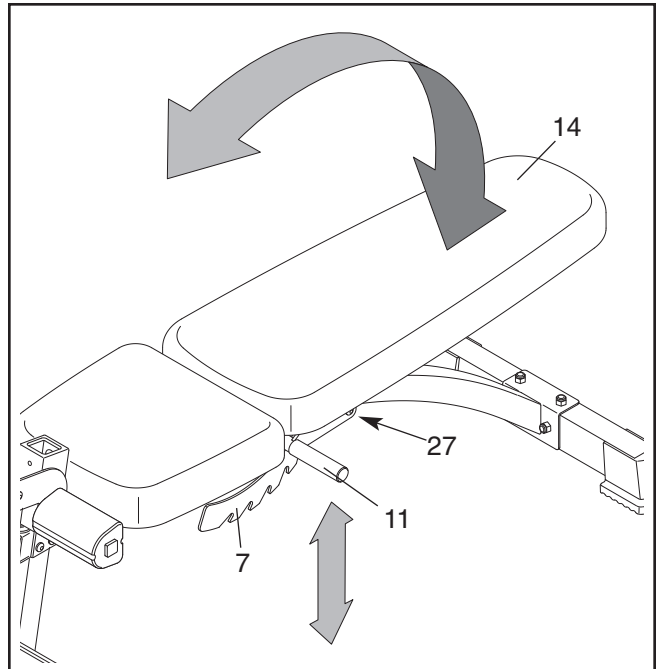
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 24 for important information about how to get the most benefit from your exercise program. Refer to the accompanying exercise guide to see the correct form for each exercise.

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 (14), hold the upper end of the Backrest with one hand and lift the Adjustment Lever (11) with the other hand, disengaging the Backrest Bracket (7). Raise or lower the Backrest to the desired position. Lower the Adjustment Lever so that the M10 x 62mm Flat Head Screw (27 [not shown]) engages one of the notches in the Backrest Bracket.

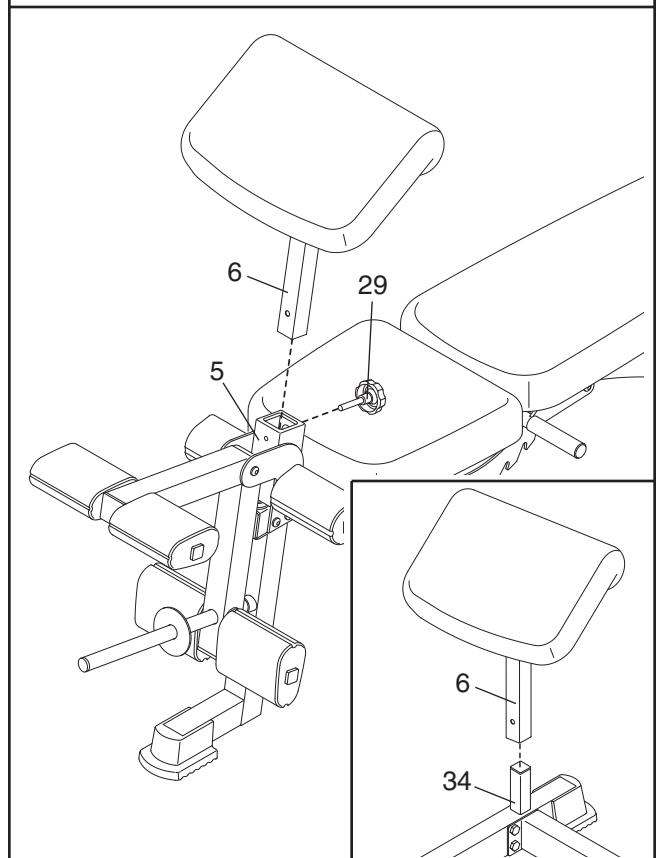
⚠️ WARNING: Always hold the Backrest (14) securely before disengaging the Backrest Bracket (7). Always make sure the Backrest Bracket is fully engaged before using the Backrest.



ATTACHING THE CURL POST

For some exercises, the Curl Post (6) must be attached to the weight bench. Slide the Curl Post into the Leg Lever Bracket (5). Align the adjustment holes in the Curl Post with the adjustment hole in the Leg Lever Bracket. Tighten the Curl Knob (29) into the adjustment hole in the Leg Lever Bracket. **Fully tighten the Knob.**

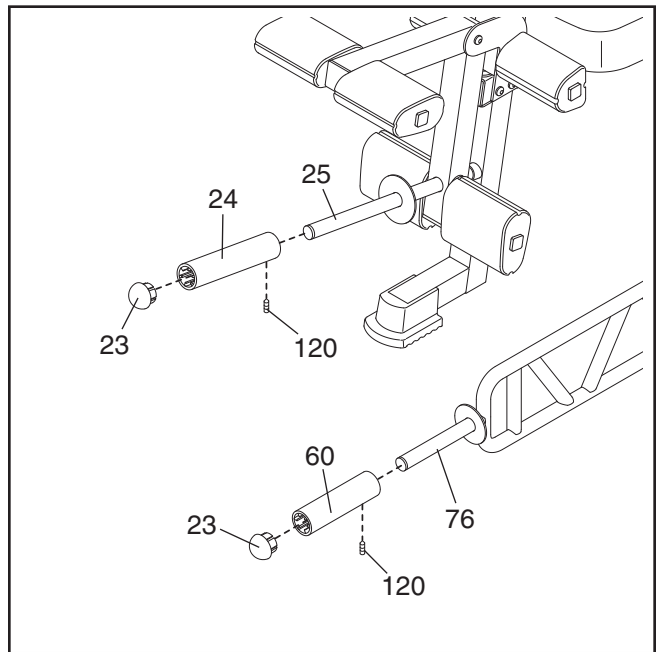
When not being used, the Curl Post (6) can be stored on the tube on the Right Base (34) (see the inset drawing).



USING THE OLYMPIC WEIGHT ADAPTER

Press a 48mm Round Inner Cap (23) into the Olympic Adapter (24). Attach the Olympic Adapter to the Weight Tube (25) with a 1/4" x 9.5mm Allen Head Set Screw (120). **Make sure that the Set Screw is in the bottom of the Adapter.**

Press a 48mm Round Inner Cap (23) into a Weight Adapter (60). Attach the Weight Adapter to the Curl Bar (76) with a 1/4" x 9.5mm Allen Head Set Screw (120). **Make sure that the Set Screw is in the bottom of the Adapter. Attach the other Weight Adapter to the Curl Bar in the same manner.**



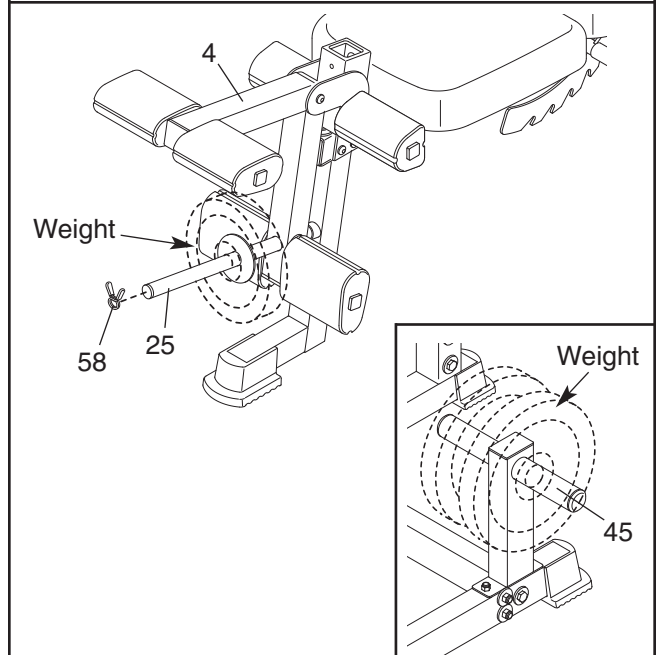
ADDING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (4), slide the desired weights (not included) onto the Weight Tube (25). Secure the weights with a Weight Clip (58 or 77 [not shown]).

Weights can be added to the Curl Bar (not shown) in the same manner. Secure the weights to the Curl Bar with two Weight Clips (53 or 77 [not shown]).

⚠ WARNING: Do not place more than 150 pounds on the Weight Tube (25) or the Curl Bar. (76).

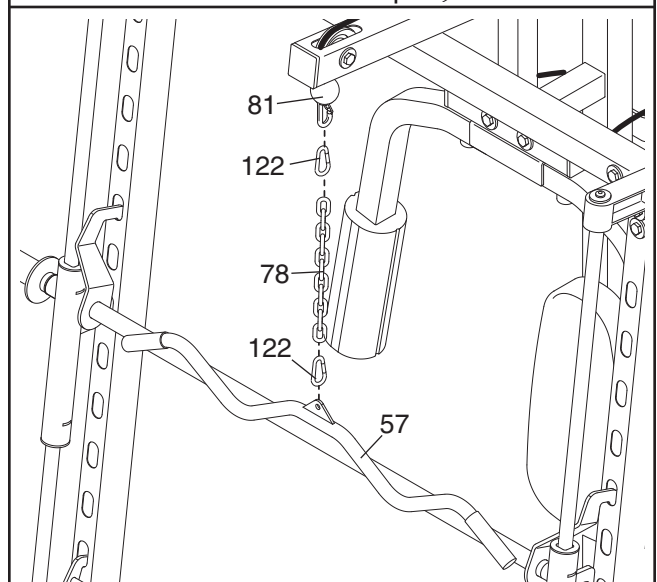
See the inset drawing. Weights can be stored on the Storage Leg (45).



ATTACHING THE ACCESSORIES

To use the Lat Bar (57), attach it to the Lat Cable (81) with a Cable Clip (122). For some exercises, the Chain (78) should be attached between the Lat Bar and the Lat Cable with two Cable Clips (134). **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

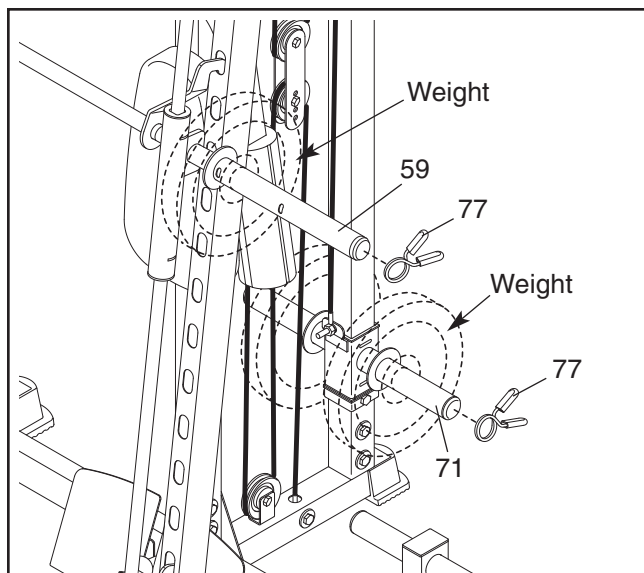
The Ankle Strap (not shown) can be attached to the Low Cable (not shown) in the same manner.



ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE

To use the barbell or Weight Carriage (71), slide the desired amount of weight (not included) onto the Barbell Adapters (59) or Weight Carriage. Secure the weights with the Large Weight Clips (77).

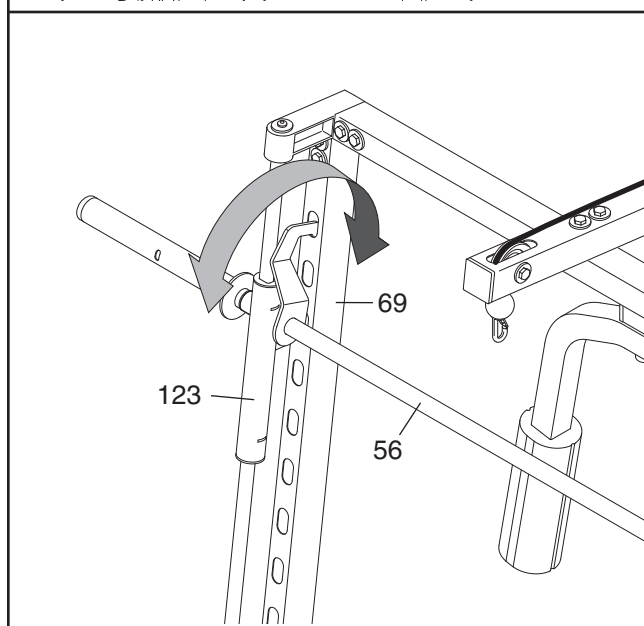
⚠ WARNING: Do not place more than 310 pounds on the barbell or 150 pounds on the Weight Carriage (71). Always place the same amount of weight on each side of the barbell or Weight Carriage. Always secure weights with the Large Weight Clips (77).



USING THE LOCKING BAR

Before starting an exercise, position the Locking Bar (56) in the correct position for the exercise.

To do this, stand in front of the rack and grip the Locking Bar (56) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Left and Right Uprights (36 [not shown], 69). Raise or lower the Locking Bar to a new position and turn it until the hooks engage the slots in the Uprights.

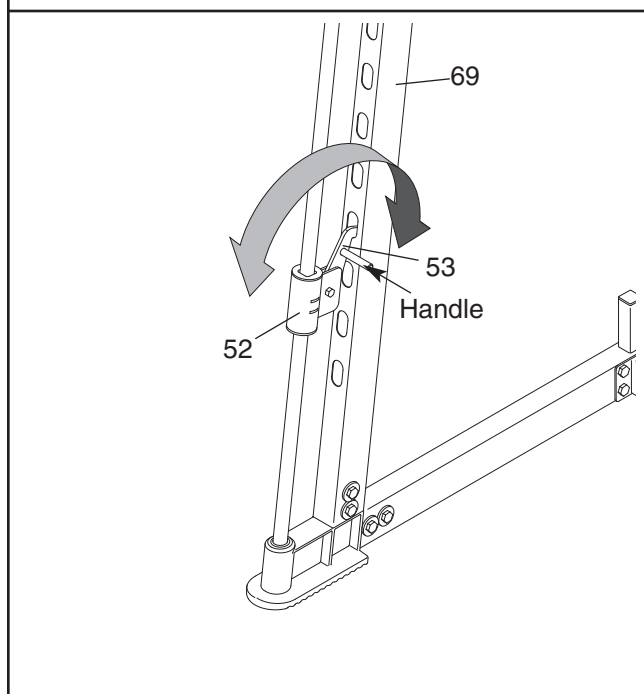


MOVING THE SAFETY SPOTTERS

Before starting an exercise, position the Safety Spotters (52) in the correct position for the exercise.

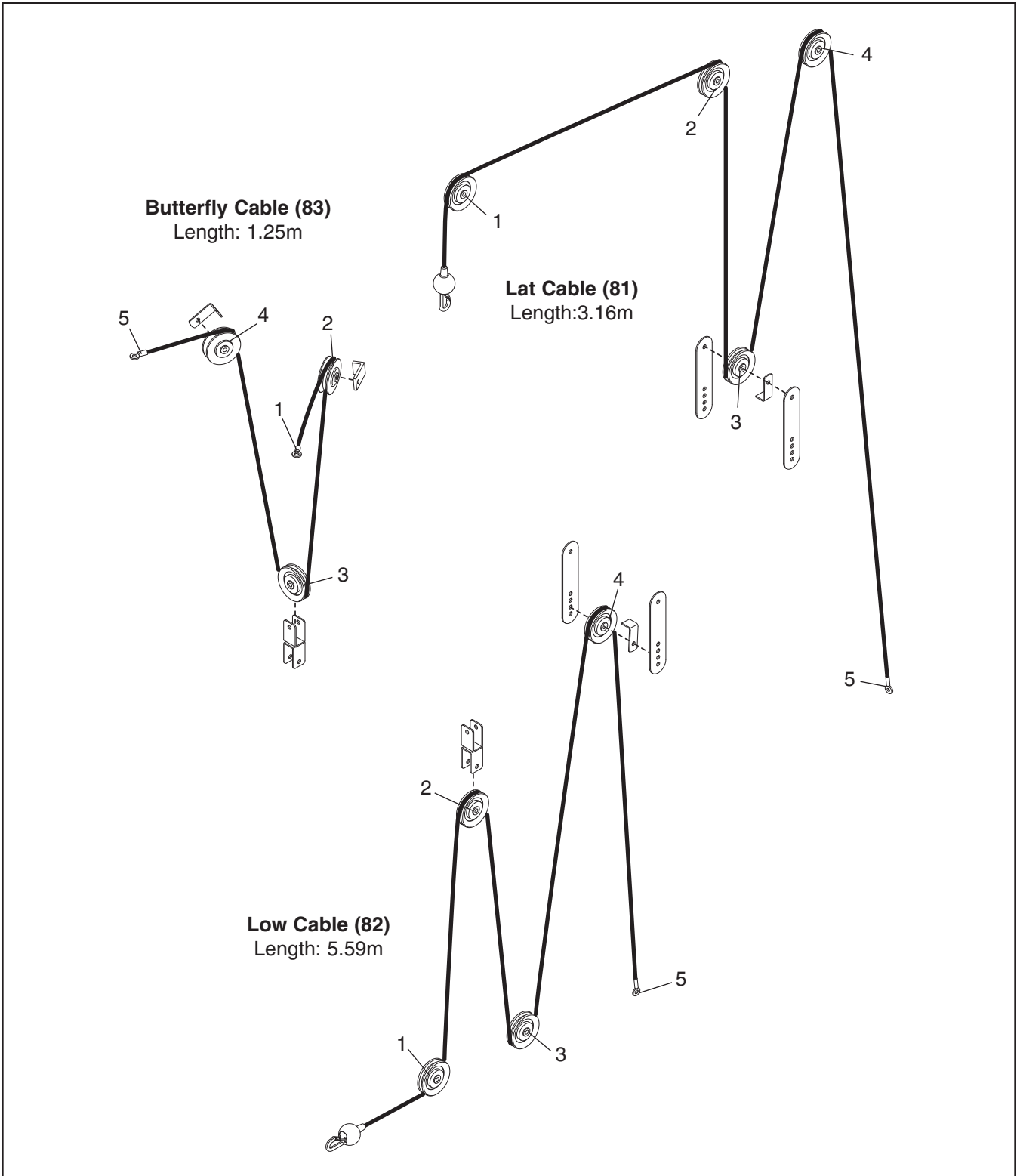
To move the Safety Spotters (52) to a new position, grip the handles on the Spotter Hooks (53, 54 [not shown]) and pull the hooks out of the slots in the Uprights (36 [not shown], 69). Raise or lower the Safety Spotters to new positions and pivot the hooks back into the slots in the Uprights. **Note: Always start an exercise with the Safety Spotters positioned at the lowest point to which you want the barbell to move during the exercise.**

⚠ WARNING: Always set both Safety Spotters (52) at the same height.



CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Lat Cable (81), the Low Cable (82), and the Butterfly Cable (83). Use the diagram to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight bench will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



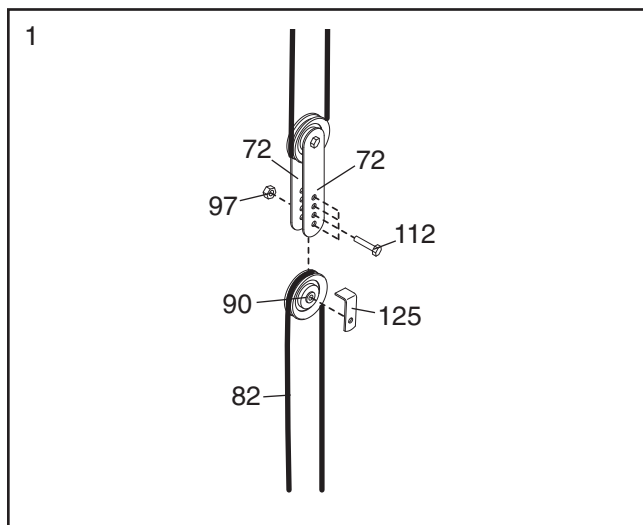
TROUBLESHOOTING

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 using a damp cloth and mild non-abrasive detergent. Do not use solvents.

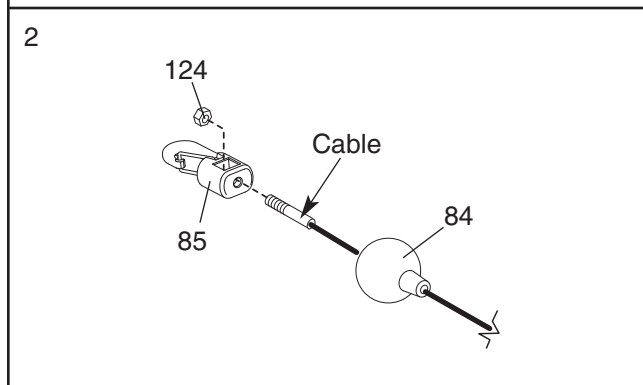
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Slack can be removed from the cables in several ways:

See drawing 1. To tighten the cables, remove the M10 Nylon Locknut (97) and the M10 x 45mm Bolt (112) from the lower 90mm Pulley (90), Cable Trap (125), and the Pulley Plates (72). Reattach the Pulley and the Cable Trap between a set of holes closer to the center of the Pulley Plates with the Bolt and Locknut. **Make sure the Cable Trap is oriented to hold the Low Cable (82) in the groove of the Pulley.**



See drawing 2. Additional slack can be removed from the cables by tightening a cable into the M6 Nylon Locknut (124) inside a Cable End Clip (85). To do this, pull the Clip Cover (84) back and use pliers to tighten the Locknut. Replace the Cover.



Do not overtighten the cables. If a cable slips off the pulleys repeatedly, it may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

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

TONING

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

WEIGHT LOSS

To lose weight, use a low amount of resistance 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 elliptical or exercise bike, 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.

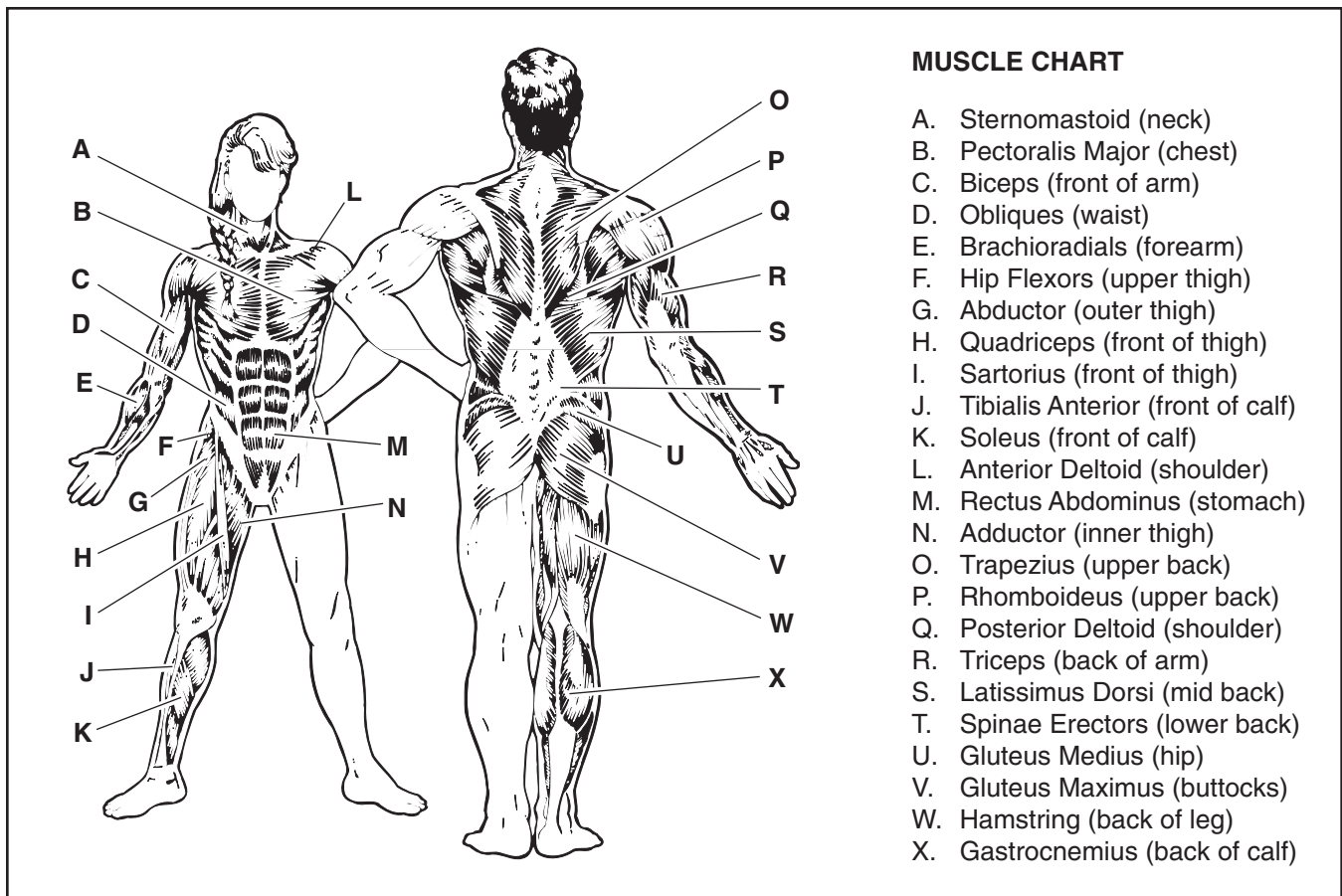
COOLING DOWN

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. The chart on pages 26 and 27 of this manual can be photocopied and used to schedule and record your workouts. 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.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

THURSDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

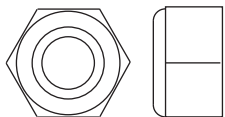
THURSDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

Refer to 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 in the center of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**



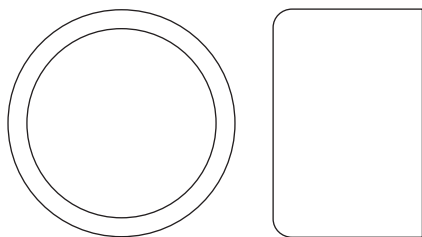
M10 Nylon Locknut (97)



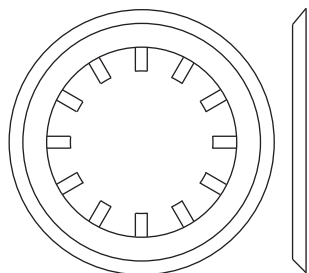
M8 Nylon Locknut (96)



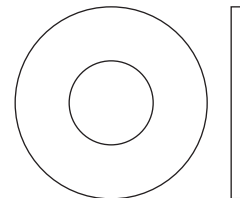
M6 Nylon Locknut (124)



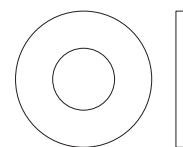
25mm Round Outer Cap (94)



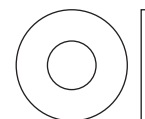
25mm Retainer Ring (93)



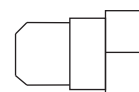
M10 Washer (99)



M8 Washer (100)



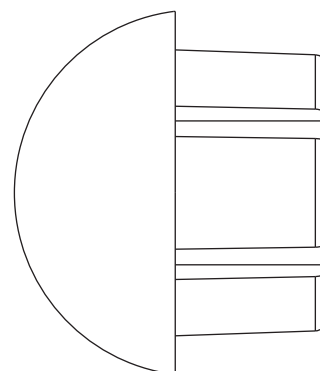
M6 Washer (101)



M8 x 12mm Shoulder Bolt (131)



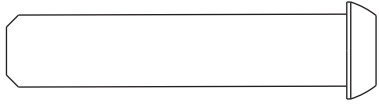
1/4\" x 9.5mm Allen Head Set Screw (120)



48mm Round Inner Cap (23)



M10 x 50mm Screw (108)



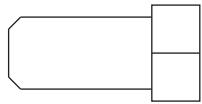
M10 x 45mm Bolt (112)



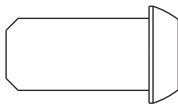
M6 x 38mm Screw (102)



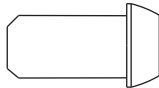
M10 x 25mm Screw (121)



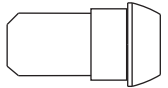
M10 x 19mm Hex Head Bolt (132)



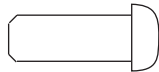
M10 x 19mm Screw (118)



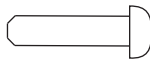
M8 x 16mm Screw (98)



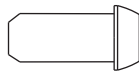
M8 x 16mm Shoulder Bolt (129)



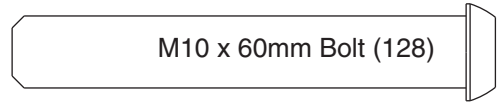
M6 x 16mm Screw (104)



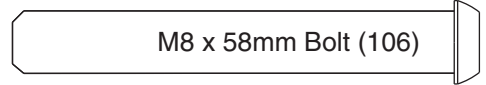
M4 x 16mm Screw (107)



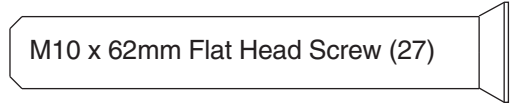
1/4" x 14mm Screw (119)



M10 x 60mm Bolt (128)



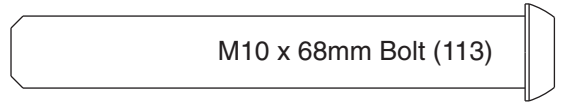
M8 x 58mm Bolt (106)



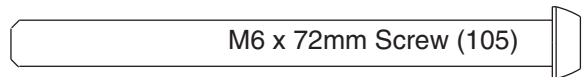
M10 x 62mm Flat Head Screw (27)



M6 x 63mm Screw (103)



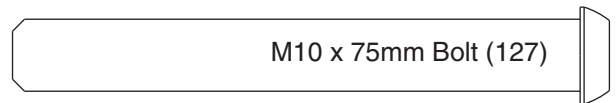
M10 x 68mm Bolt (113)



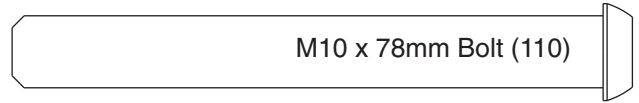
M6 x 72mm Screw (105)



M10 x 72mm Hex Head Bolt (130)



M10 x 75mm Bolt (127)



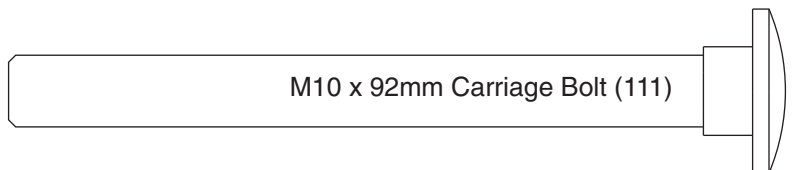
M10 x 78mm Bolt (110)



M10 x 88mm Bolt (114)



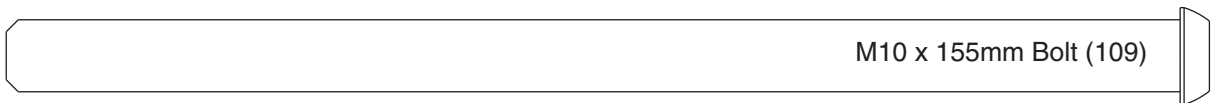
M10 x 91mm Bolt (116)



M10 x 92mm Carriage Bolt (111)



M10 x 127mm Bolt (126)



M10 x 155mm Bolt (109)

PART LIST—Model No. PFB48031

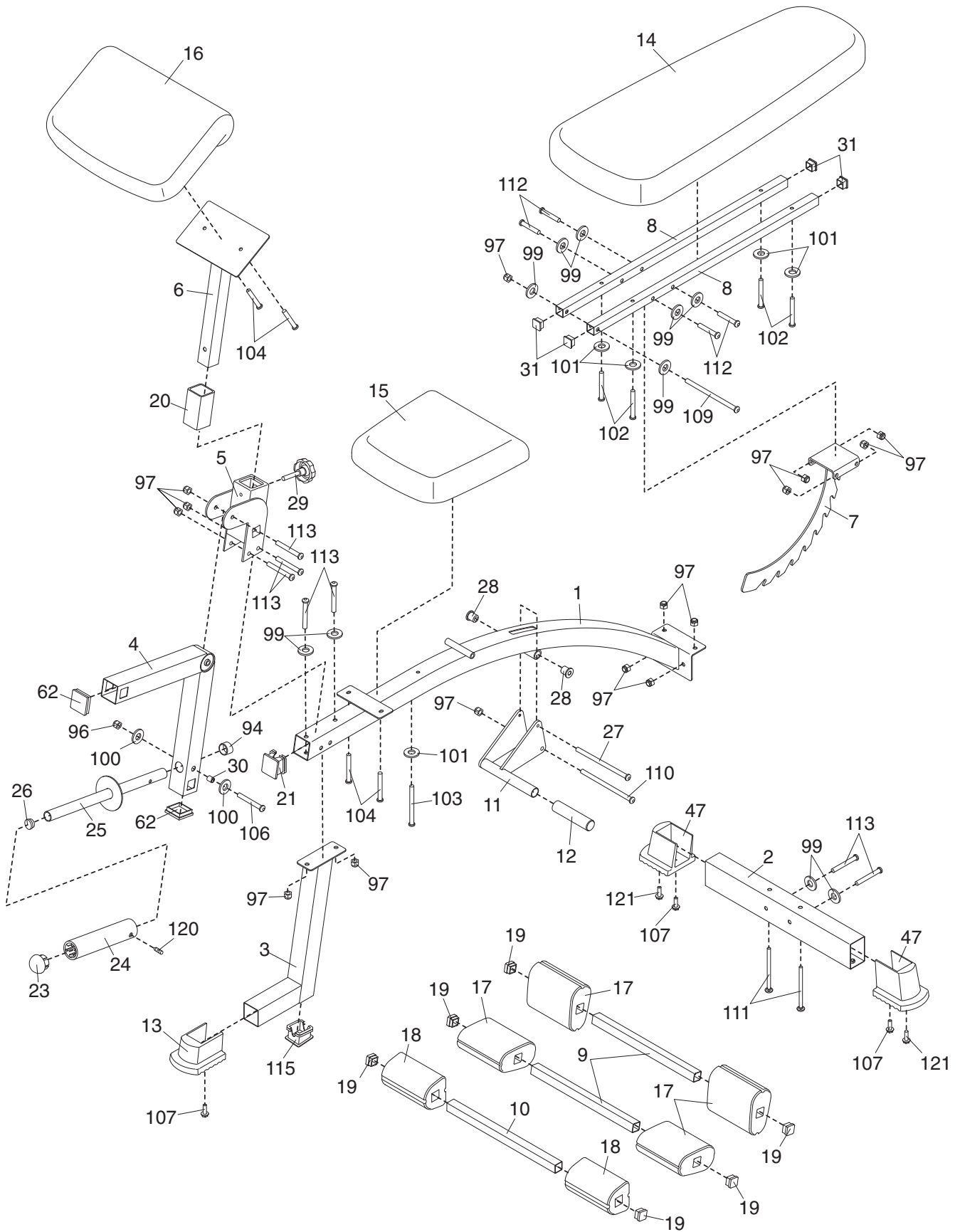
R1204A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	47	4	Base Cap	93	4	25mm Retainer Ring
2	1	Stabilizer	48	1	Foot Plate	94	3	25mm Round Outer Cap
3	1	Bench Leg	49	1	Left Frame Joint	95	2	Fly Foam Pad
4	1	Leg Lever	50	1	Right Frame Joint	96	5	M8 Nylon Locknut
5	1	Leg Lever Bracket	51	1	Left Barbell Glider	97	70	M10 Nylon Locknut
6	1	Curl Post	52	2	Safety Spotter	98	1	M8 x 16mm Screw
7	1	Backrest Bracket	53	1	Right Spotter Hook	99	83	M10 Washer
8	2	Backrest Tube	54	1	Left Spotter Hook	100	2	M8 Washer
9	2	Pad Tube	55	1	Weight Bar	101	7	M6 Washer
10	1	Thick Pad Tube	56	1	Locking Bar	102	4	M6 x 38mm Screw
11	1	Adjustment Lever	57	1	Lat Bar	103	1	M6 x 63mm Screw
12	3	Grip	58	2	Small Weight Clip	104	4	M6 x 16mm Screw
13	1	Small Base Cap	59	2	Barbell Adapter	105	2	M6 x 72mm Screw
14	1	Backrest	60	2	Weight Adapter	106	1	M8 x 58mm Bolt
15	1	Seat	61	4	Square Carriage Bushing	107	6	M4 x 16mm Screw
16	1	Curl Pad				108	4	M10 x 50mm Screw
17	4	Large Foam Pad	62	2	45mm Square Inner Cap	109	1	M10 x 155mm Bolt
18	2	Small Foam Pad				110	11	M10 x 78mm Bolt
19	6	19mm Square Inner Cap	63	6	48mm Tapered Inner Cap	111	4	M10 x 92mm Carriage Bolt
20	1	Leg Lever Bushing	64	1	51mm x 76mm Inner Cap	112	9	M10 x 45mm Bolt
21	1	Notched Square Inner Cap	65	1	60mm Square Inner Cap	113	25	M10 x 68mm Bolt
22	6	50mm Square Inner Cap	66	1	32mm Square Inner Cap	114	2	M10 x 88mm Bolt
23	3	48mm Round Inner Cap	67	2	Weight Stop	115	1	Thin Notched Square Inner Cap
24	1	Olympic Adapter	68	8	Bar Slide Bushing	116	8	M10 x 91mm Bolt
25	1	Weight Tube	69	1	Right Upright	117	1	Large Base Cap
26	3	25mm Round Inner Cap	70	2	Weight Carriage Stop	118	2	M10 x 19mm Screw
27	1	M10 x 62mm Flat Head Screw	71	1	Weight Carriage	119	4	1/4" x 14mm Screw
28	2	Small Round Bushing	72	2	Pulley Plate	120	5	1/4" x 9.5mm Allen Head Set Screw
29	1	Curl Knob	73	1	Double "U"-bracket	121	2	M10 x 25mm Screw
30	1	10mm Spacer	74	2	Round Joint Bushing	122	2	Cable Clip
31	4	25mm Square Inner Cap	75	2	Round Angled Bushing	123	1	Right Barbell Glider
32	1	Center Base	76	1	Curl Bar	124	2	M6 Nylon Locknut
33	1	Rear Base	77	2	Large Weight Clips	125	2	Small Cable Trap
34	1	Right Base	78	1	Chain	126	2	M10 x 127mm Bolt
35	1	Left Base	79	1	Ankle Strap	127	5	M10 x 75mm Bolt
36	1	Left Upright	80	1	Butterfly Backrest	128	2	M10 x 60mm Bolt
37	1	Center Upright	81	1	Lat Cable	129	2	M8 x 16mm Shoulder Bolt
38	1	Rear Upright	82	1	Low Cable	130	2	M10 x 72mm Hex Head Bolt
39	1	Rear Top Frame	83	1	Butterfly Cable	131	2	M8 x 12mm Shoulder Bolt
40	1	Top Frame	84	2	Clip Cover	132	1	M10 x 19mm Hex Head Bolt
41	2	Guide Bar	85	2	Cable End Clip	#	1	User's Manual
42	1	Butterfly Frame	86	6	17mm Spacer	#	1	Exercise Guide
43	1	Right Fly Arm	87	2	27mm Spacer	#	1	Grease Pack
44	1	Left Fly Arm	88	2	Large Cable Trap	#	3	Allen Wrench
45	1	Storage Leg	89	2	"V"-pulley			
46	2	Rack Foot	90	9	90mm Pulley			
			91	4	Weight Bar Bushing			
			92	2	Fly Arm Bushing			

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

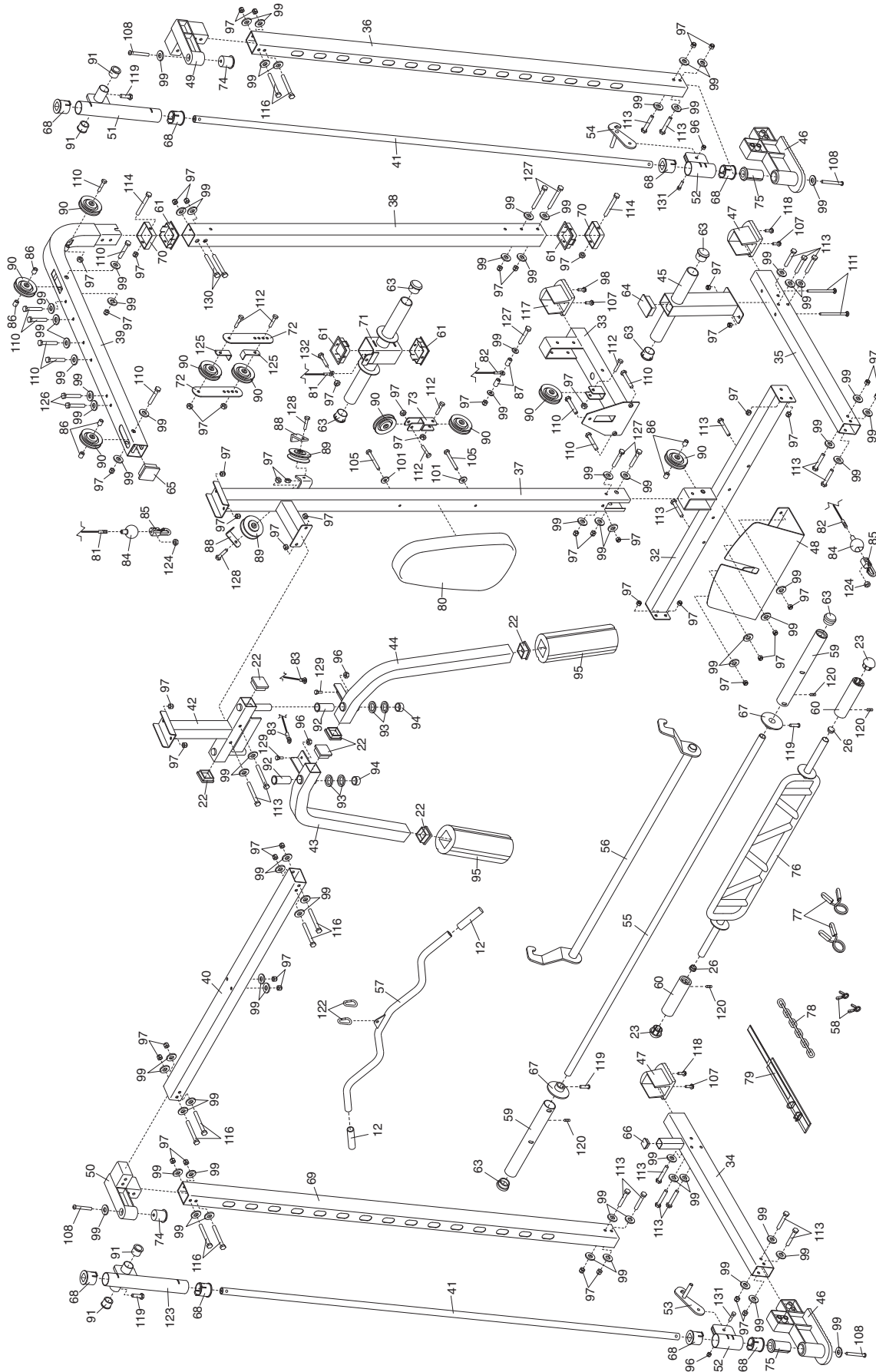
EXPLODED DRAWING—Model No. PFB48031

R1204A



EXPLODED DRAWING—Model No. PFB48031

R1204A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PFB48031)
2. The NAME of the product (PROFORM C900 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual)

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