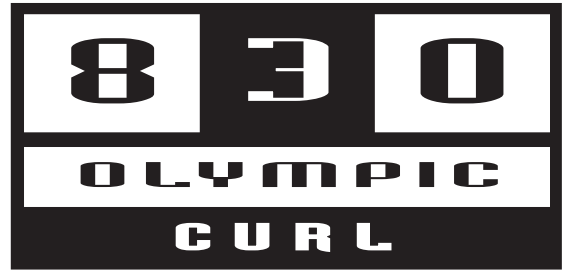


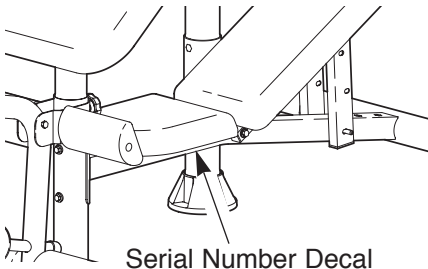
# PRO·FORM



Model No. PFBE19000

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

Write the serial number in the space above for reference.



## QUESTIONS?

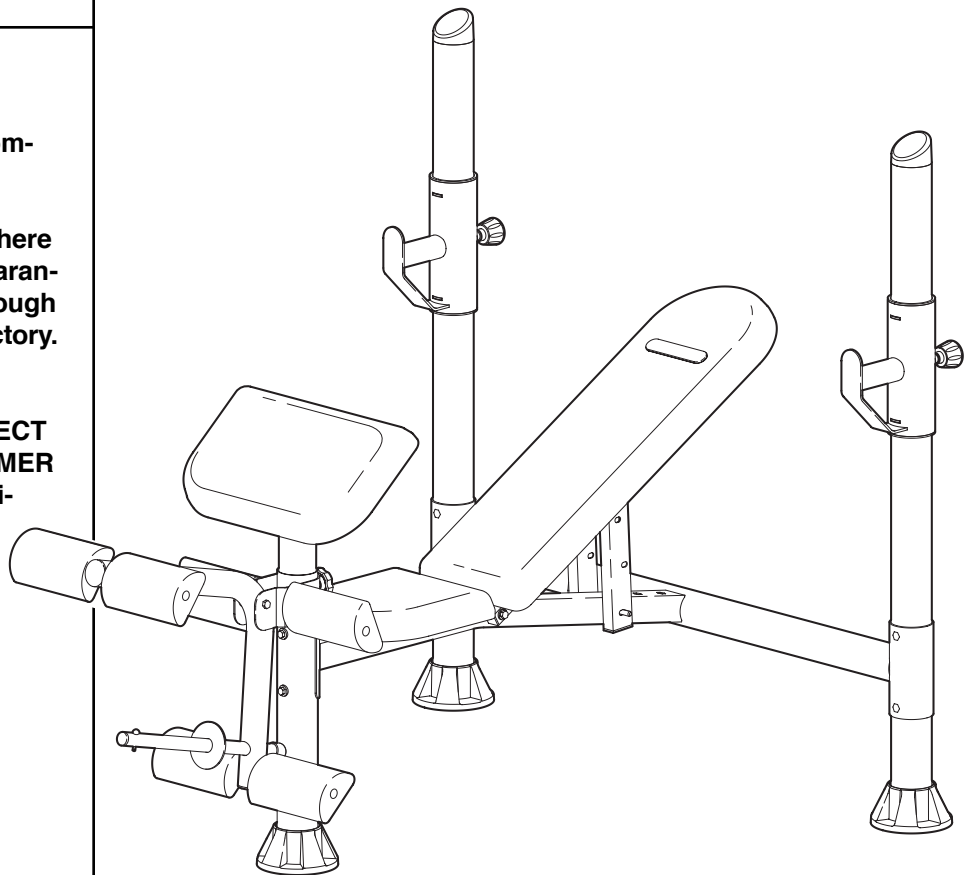
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY 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 to you.

**CUSTOMER HOTLINE:**

**1-800-999-3756**

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.



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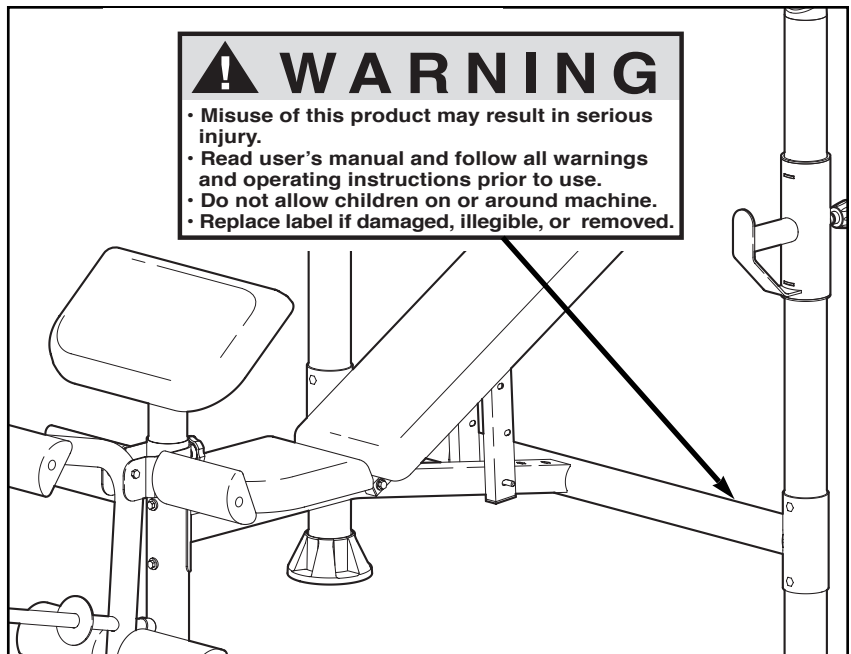
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Note: A Part List/Exploded Drawing is attached to the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

## Warning Decal Placement

The decal shown here has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal to 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.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. Keep children under 12 and pets away from the weight bench at all times.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
7. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell and prevent the barbell from tipping.
8. Use the weight bench only as described in this manual.
9. Do not use a barbell that is longer than six feet with the weight bench.
10. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
11. The weight bench does not include weights. The weight bench is designed to support a maximum of 560 pounds, including the user, a weight bar, and weights. Do not place more than 310 pounds, including a weight bar and weights, on the weight rests. Do not place more than 150 pounds on the leg lever.
12. When using the backrest in an inclined position, make sure that the Locking Pin is inserted completely through both adjustment tubes.
13. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
14. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
15. Keep hands and feet away from moving parts. Always wear athletic shoes for foot protection while exercising.

**⚠ 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.

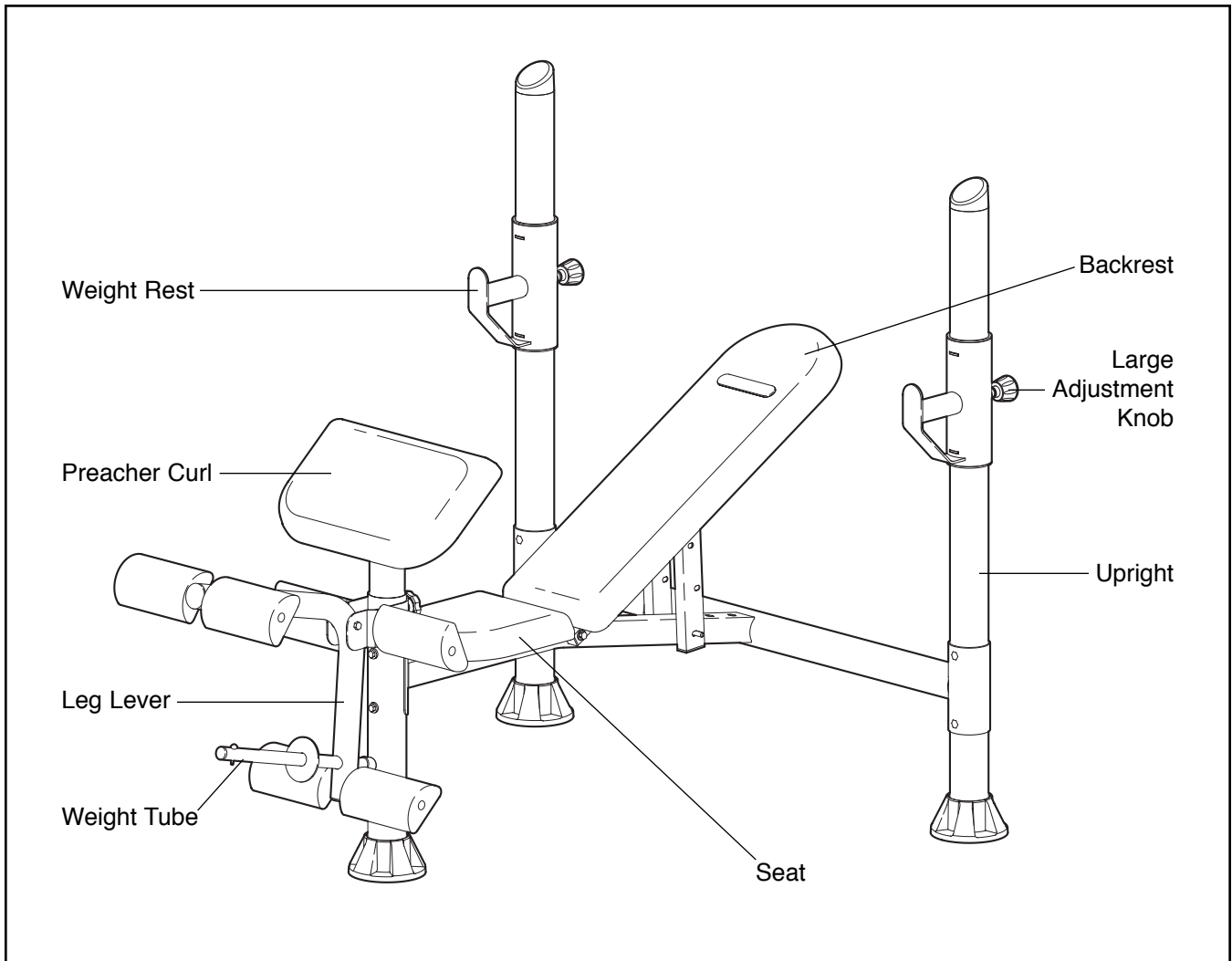
# Before You Begin

Thank you for selecting the PROFORM® 830 weight bench. The versatile PROFORM 830 is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PROFORM 830 will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the PROFORM 830 weight bench.** If you have additional questions, please call our toll-free Customer

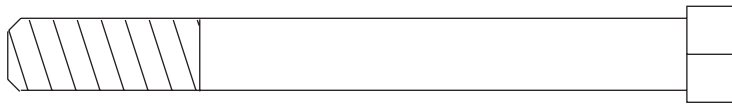
Service Department at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFBE19000. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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

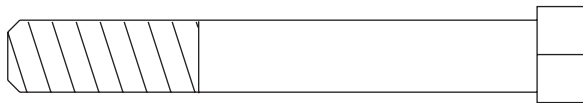
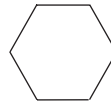


# Part Identification Chart

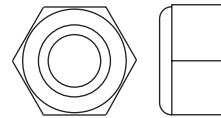
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



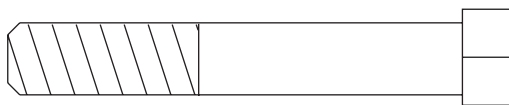
M10 x 90mm Bolt (23)-6



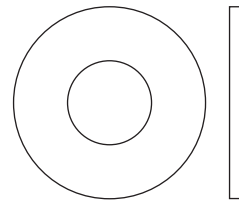
M10 x 70mm Bolt (32)-1



M10 Nylon Locknut (11)-10



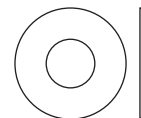
M10 x 60mm Bolt (42)-2



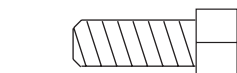
M10 Washer (6)-6



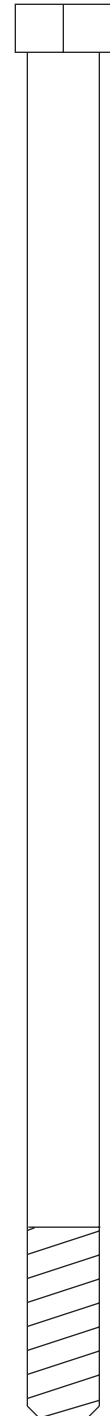
M6 x 38mm Bolt (39)-4



M6 Washer (38)-4



M6 x 16mm Bolt (26)-6



M10 x 180mm Bolt (28)-1




# Assembly

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

- Place all parts of the weight bench in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART on the previous page**. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure that all parts are oriented as shown in the drawings.

## THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

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

1. **Before assembling this product, be sure that you have read and understand the information in the box above.**

Attach the Crossbar (2) to one of the Uprights (1) with two M10 x 90mm Bolts (23) and two hand-tightened M10 Nylon Locknuts (11).

**Be sure that the adjustment holes in the Upright (1) are in the indicated position, and that the welded tube on the Crossbar (2) is angled upward.**

**Do not tighten the Nylon Locknuts (11) yet.**

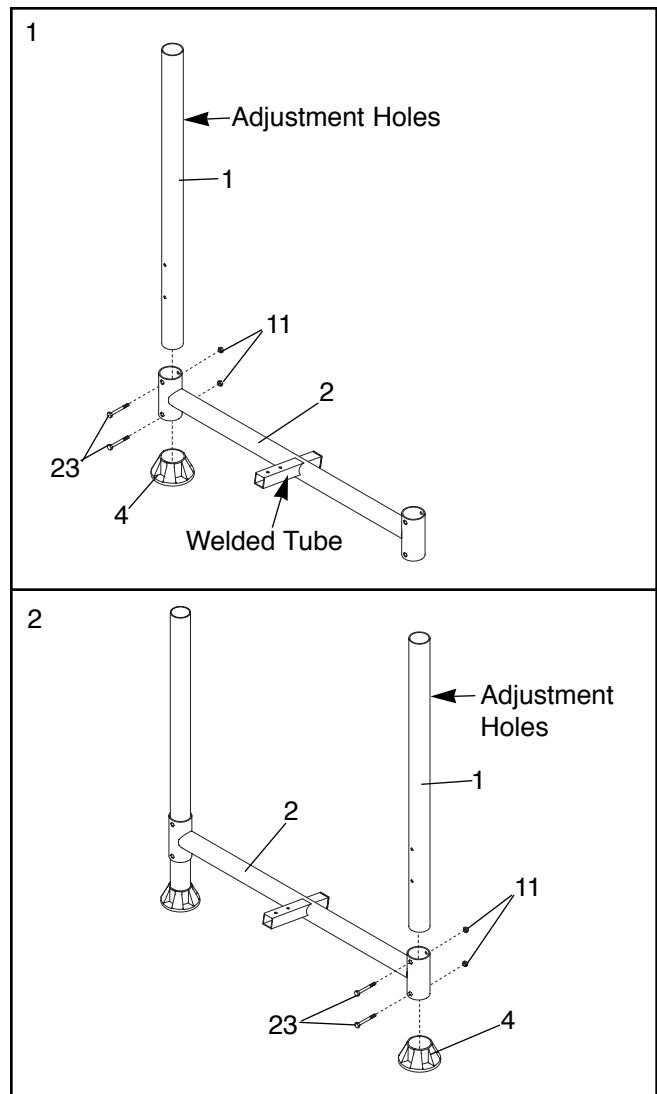
Attach a Foot Plate (4) to the bottom of the Upright (1).

2. Attach the Crossbar (2) to the other Upright (1) with two M10 x 90mm Bolts (23) and two hand-tightened M10 Nylon Locknuts (11).

**Be sure that the adjustment holes in the Upright (1) are in the indicated position.**

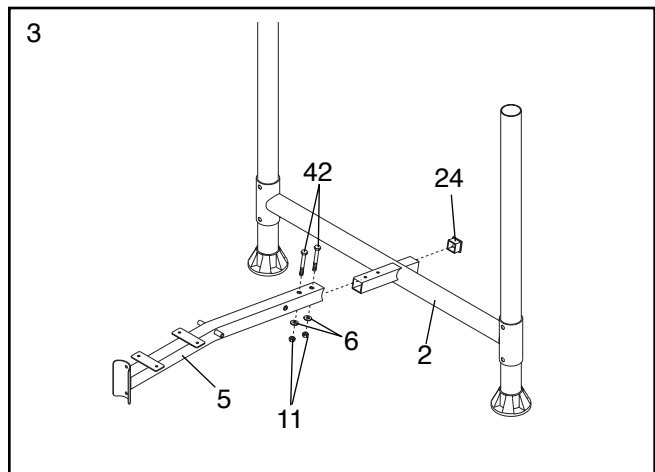
**Do not tighten the Nylon Locknuts (11) yet.**

Attach a Foot Plate (4) to the bottom of the Upright (1).



- Attach the Bench Frame (5) to the Crossbar (2) with two M10 x 60mm Bolts (42), two M10 Washers (6), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Press a 45mm Square Inner Cap (24) into the indicated hole in the Crossbar (2).

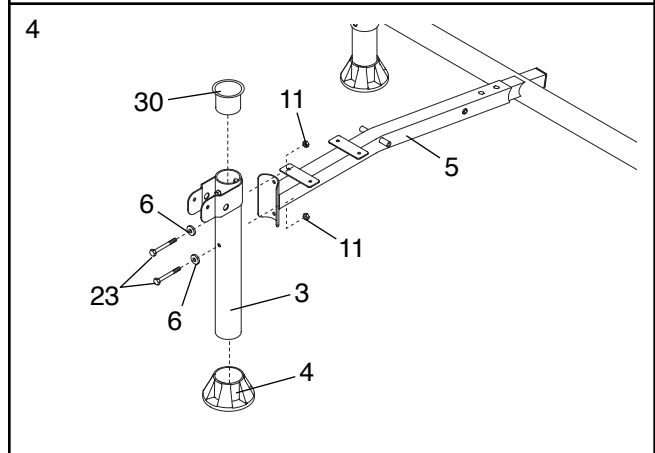


- Attach the Front Leg (3) to the Bench Frame (5) with two M10 x 90mm Bolts (23), two M10 Washers (6), and two M10 Nylon Locknuts (11).

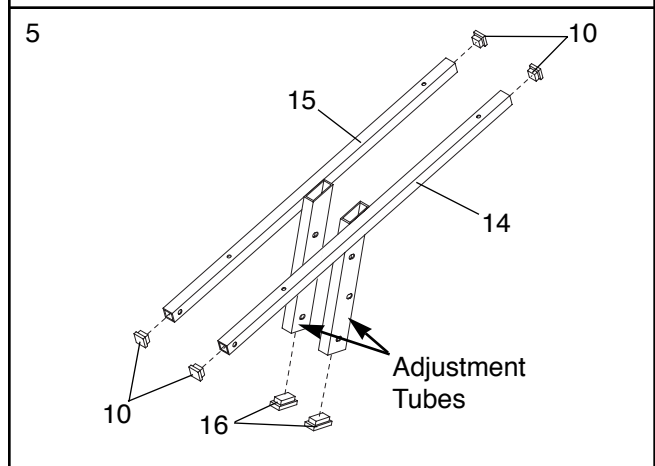
Press a Foot Plate (4) onto the bottom of the Front Leg (3), and insert the Plastic Bushing (30) into the top of the Front Leg.

**Note: Do not fully insert the Plastic Bushing (30) into the Front Leg (3) so that it can be easily removed when the Curl Pad (not shown) is installed.**

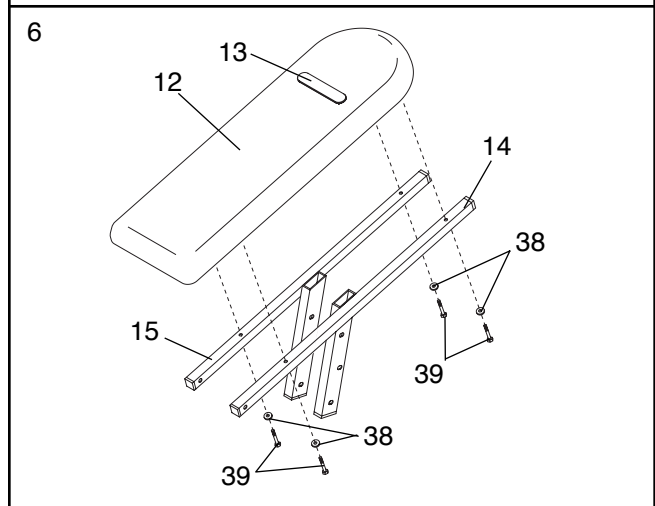
**Tighten the Nylon Locknuts used in steps 1–4.**



- Identify the Left and Right Backrest Frames (14, 15). Tap two 25mm x 25mm Inner Caps (10) into the ends of each Backrest Frame. Tap a 25mm x 50mm Inner Cap (16) into the bottom of each adjustment tube.



- Attach the Backrest (12) with the Logo Plate (13) on the top, to the Left and Right Backrest Frames (14, 15) with four M6 x 38mm Bolts (39) and four M6 Washers (38). **Do not tighten the Bolts yet.**



- Lubricate the M10 x 180mm Bolt (28). Attach the Backrest (12) to the Bench Frame (5) with the Bolt, two M10 Washers (6), and a M10 Nylon Locknut (11).

Secure the Backrest (12) to the Bench Frame (5) by inserting the Locking Pin (27) through one of the three sets of holes in the adjustment tubes and the tube (not shown) on the Bench Frame.

**Make sure the Locking Pin (27) is completely inserted through both adjustment tubes.**

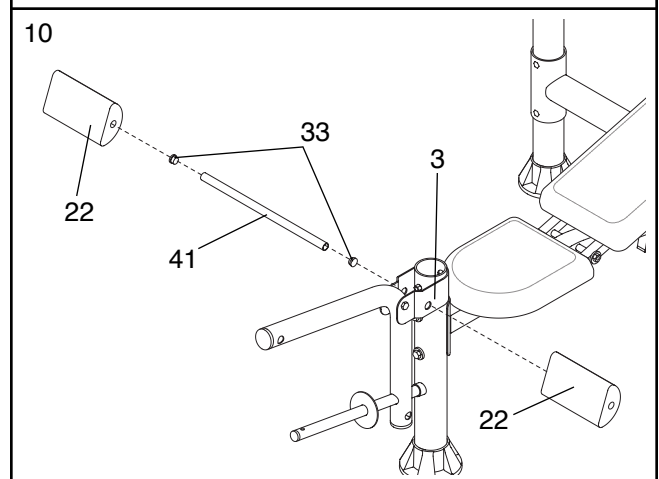
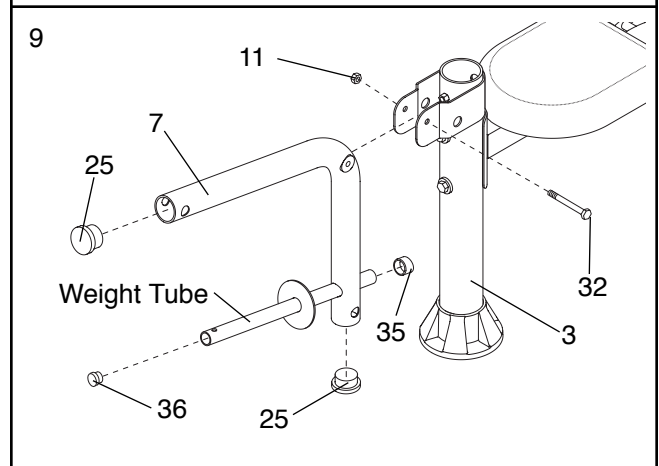
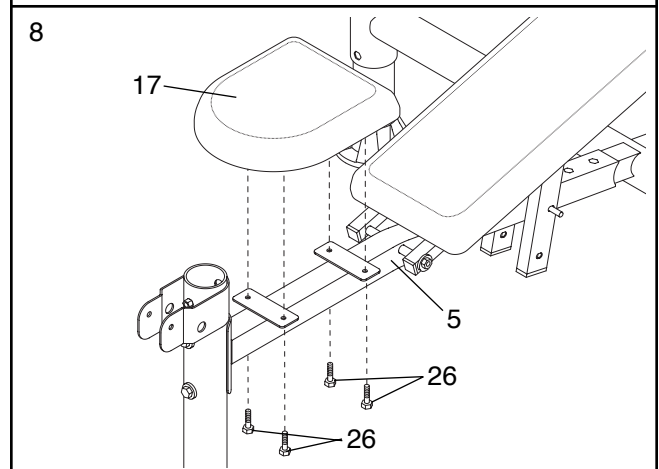
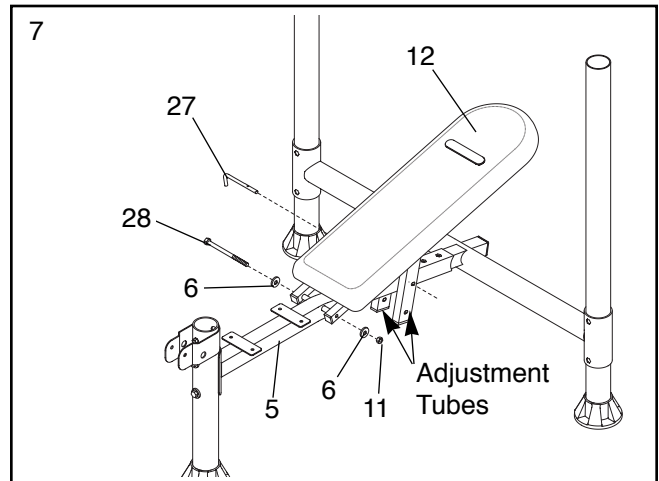
**Tighten the M6 x 38mm Bolts used in step 6.**

- Attach the Seat (17) to the Bench Frame (5) with four M6 x 16mm Bolts (26)

- Tap two 50mm Round Inner Caps (25) into the ends of the Leg Lever (7). Insert a 25mm Round Inner Cap (36) into the end of the weight tube on the Leg Lever. Place a 25mm Angle Cap (35) on the other end of the weight tube.

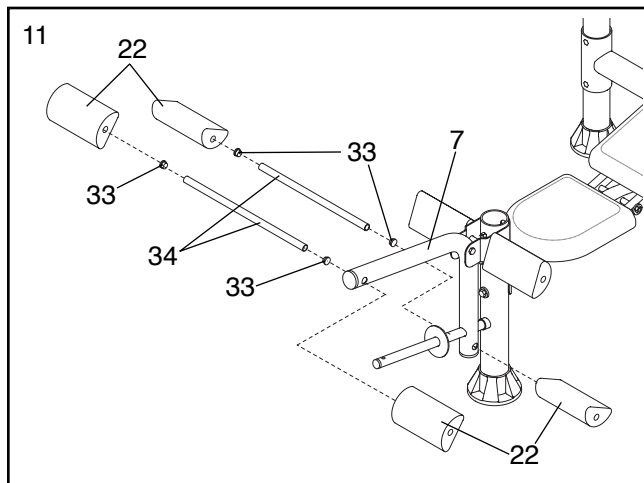
Attach the Leg Lever (7) to the Front Leg (3) with a M10 x 70mm Bolt (32) and a M10 Nylon Locknut (11).

- Place a 19mm Round Inner Cap (33) into each end of the Long Pad Tube (41). Insert the Long Pad Tube through the holes in the Front Leg (3). Slide a Leg Pad (22) onto each side of the Long Pad Tube.

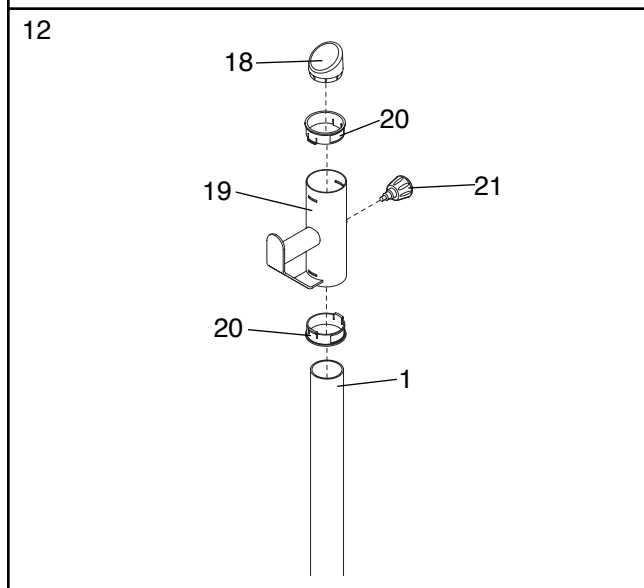




11. Insert two 19mm Round Inner Caps (33) into the ends of the two Short Pad Tubes (34). Slide the Short Pad Tubes through the holes in the Leg Lever (7). Slide a Leg Pad (22) onto each side of the Short Pad Tubes.



12. Insert Weight Rest Inserts (20) into the top and bottom of a Weight Rest (19). Slide the Weight Rest onto the right Upright (1). Attach a Large Adjustment Knob (21) to the welded nut on the Weight Rest and tighten it with a wrench. Pull out the Large Adjustment Knob and slide the Weight Rest to the desired height. Snap the Knob into a hole in the Upright and turn it clockwise to secure it in place.

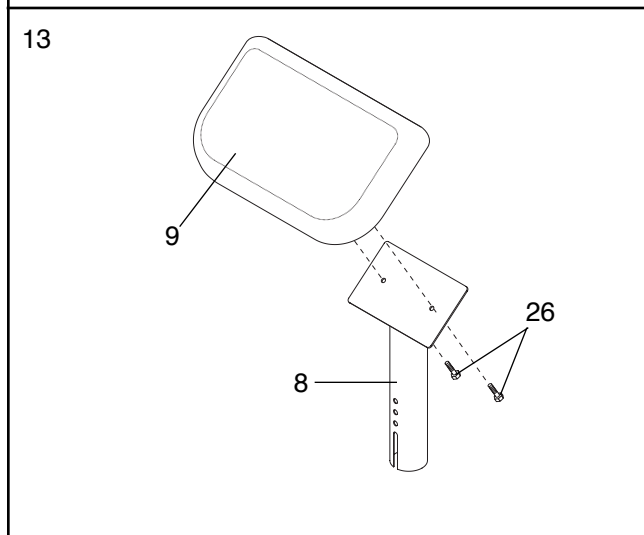


Insert a 76mm Round Inner Cap (18) into the top of the Upright (1).

Repeat this step for the left Upright (1).

Note: Always place both Weight Rests (19) at the same height for use.

13. Attach the Curl Pad (9) to the Curl Frame (8) with two M6 x 16mm Bolts (26).



14. **Make sure that all the bolts and nylon lock-nuts are properly tightened before using the weight bench.** The use of all remaining parts will be explained in Adjusting the Weight Bench, starting on page 10.

# Using the Weight Bench

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 12 for important exercise information and refer to the accompanying exercise poster to see the correct form for several exercises. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

Inspect and tighten all parts each time you use the weight bench. 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 (12) can be used in a decline position, a flat position, or two incline positions. To use the Backrest in the decline position, remove the Locking Pin (27) and lay the Backrest on the Crossbar (2).

To use the Backrest (12) in the flat position, lift the Backrest and insert the Locking Pin (27) through the top set of holes in the adjustment tubes and the Bench Frame (5).

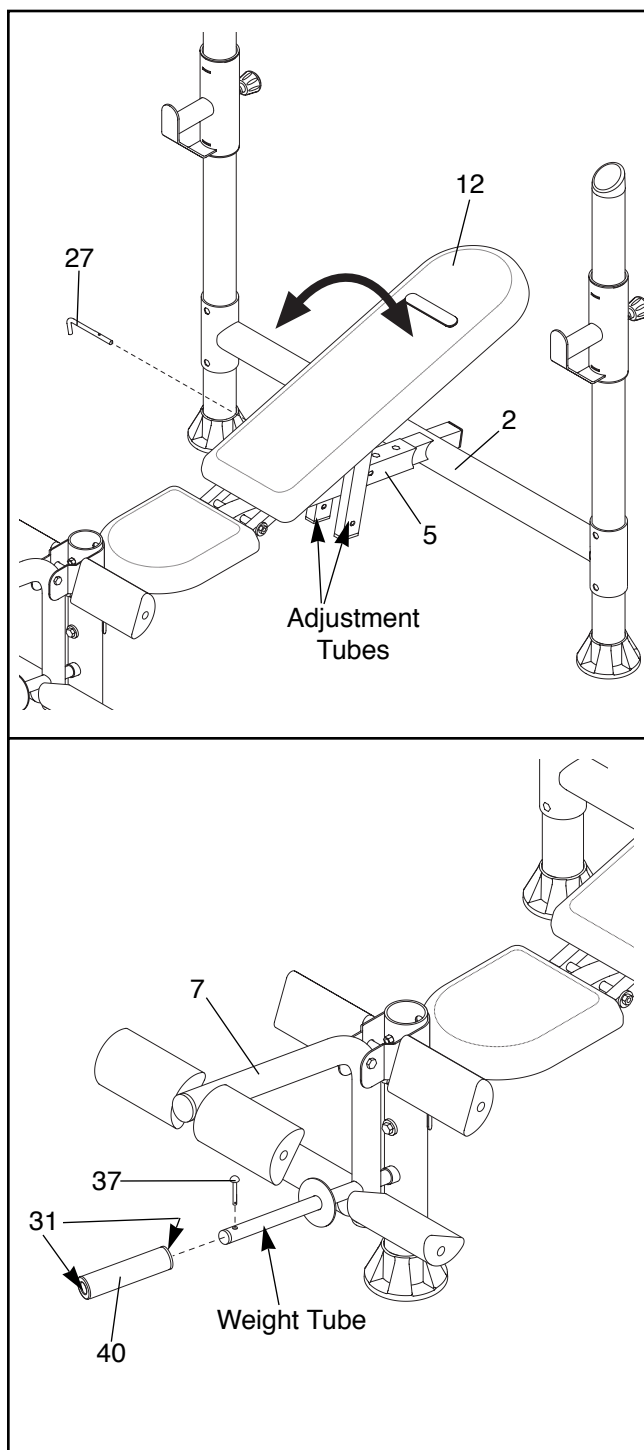
To use the Backrest (12) in an incline position, lift the Backrest and insert the Locking Pin (27) through one of the bottom two sets of holes in the adjustment tubes and the Bench Frame (5).

**⚠ WARNING:** When using the Backrest (12) in an inclined position, make sure that the Locking Pin (27) is inserted completely through both adjustment tubes.

## ATTACHING THE ADAPTER

To use your weight bench with an Olympic weight set, you must attach the Olympic Weight Adapter (40). To do this, press a Weight Adapter Bushing (31) into each end of the Weight Adapter. Slide the Weight Adapter onto the weight tube on the Leg Lever (7). Insert the Pin (37) into the weight tube.

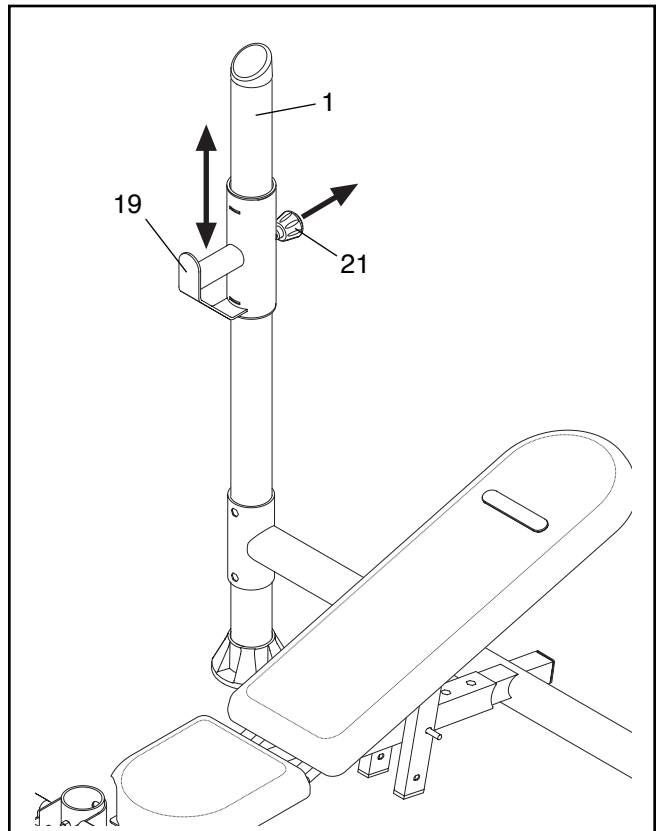
**⚠ WARNING:** Do not place more than 150 pounds on the Leg Lever (7).



## ADJUSTING THE WEIGHT RESTS

To adjust the Weight Rests (19), unscrew the Large Adjustment Knob (21) counterclockwise, and pull it out of the Weight Rest, allowing the Weight Rest to slide up or down the Upright (1) to the desired position. Reinsert the Large Adjustment Knob, so that it locks it into a hole in the Upright and screw it clockwise until tight.

**⚠️ WARNING:** Always set both Weight Rests (19) at the same height. Make sure that the Large Adjustment Knobs (21) are inserted completely and tightened into the Uprights (1).

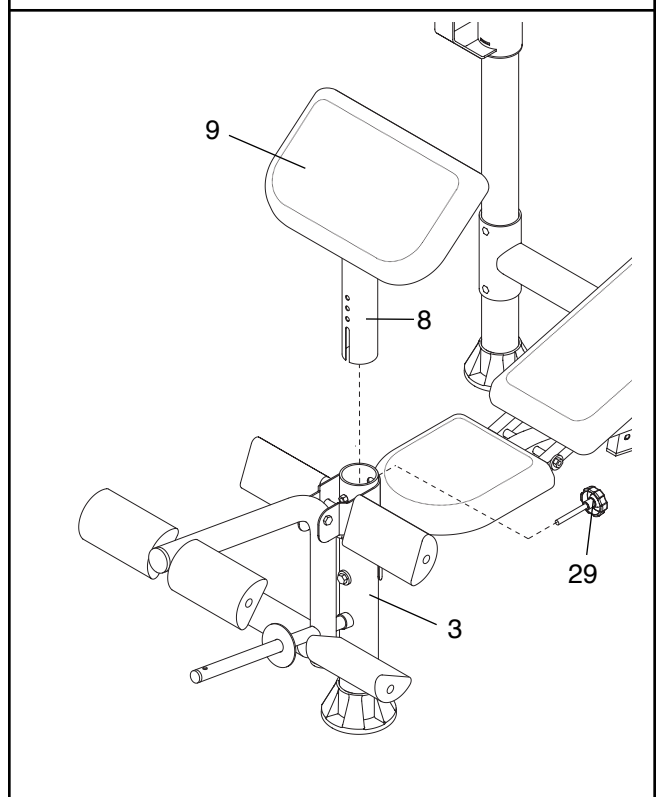


## ATTACHING AND REMOVING THE CURL PAD

For some exercises, the Curl Pad (9) must be attached to the bench. Insert Curl Frame (8) into the Front Leg, and tighten the Adjustment Knob (29) into the Front Leg and the Curl Frame.

To remove the Curl Frame (8) from the Front Leg (3), remove the Adjustment Knob (29) and lift the Curl Frame out of the Front Leg.

**⚠️ WARNING:** When the Curl Pad (9) is not in use, store it away from the bench so it will not interfere with other exercises.



# Exercise Guidelines

## THE FOUR BASIC TYPES OF WORKOUTS

### • Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or 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 performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that 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

To tone your muscles, you must push your muscles 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

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

### WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for 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, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

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

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means 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 poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 13 to find the locations 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 3 minutes after each set if you are doing a muscle

building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing 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—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 very effective for increasing flexibility.

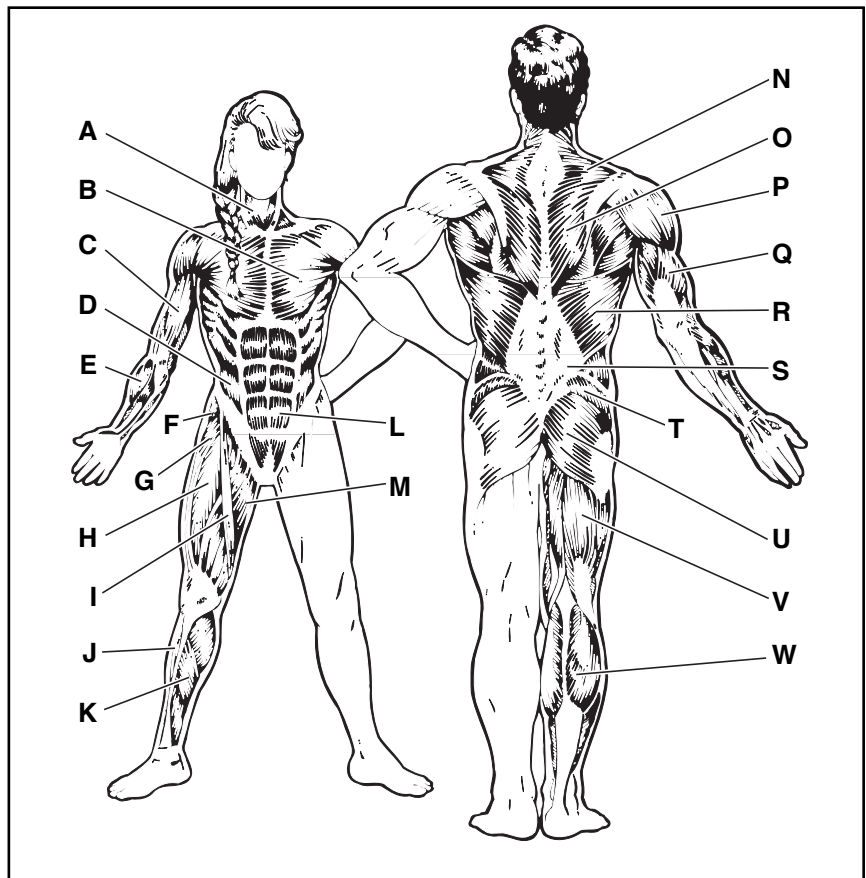
### STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 14 and 15 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and 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. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: /    /				

---

**TUESDAY     AEROBIC EXERCISE**

Date:  
    /    /

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: /    /				

---

**THURSDAY     AEROBIC EXERCISE**

Date:  
    /    /

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: /    /				

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

<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: /    /				

---

**TUESDAY     AEROBIC EXERCISE**

Date:  
    /    /

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: /    /				

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**THURSDAY     AEROBIC EXERCISE**

Date:  
    /    /

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: /    /				

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

# Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, 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 when calling:

1. The MODEL NUMBER of the product (PFBE19000)
2. The NAME of the product (PROFORM 830 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

## Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

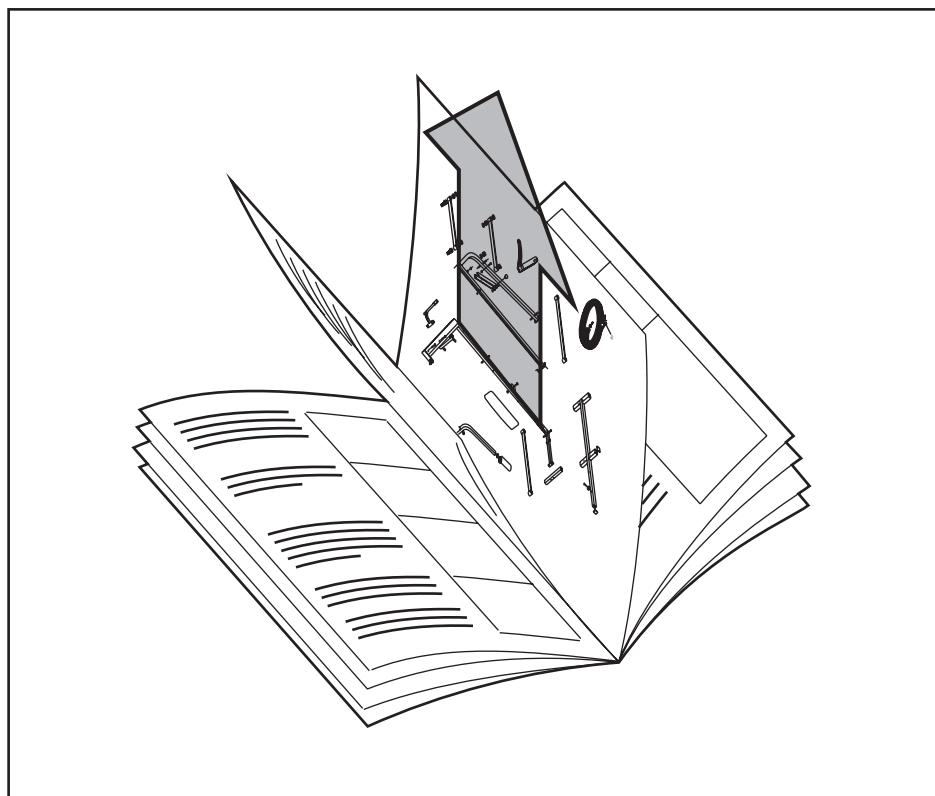
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**



**REMOVE THIS PART LIST/EXPLODED DRAWING  
FROM THE MANUAL**

**SAVE THIS PART LIST/EXPLODED DRAWING AND THE USER'S MANUAL  
FOR FUTURE REFERENCE**



# Part List—Model No. PFBE19000

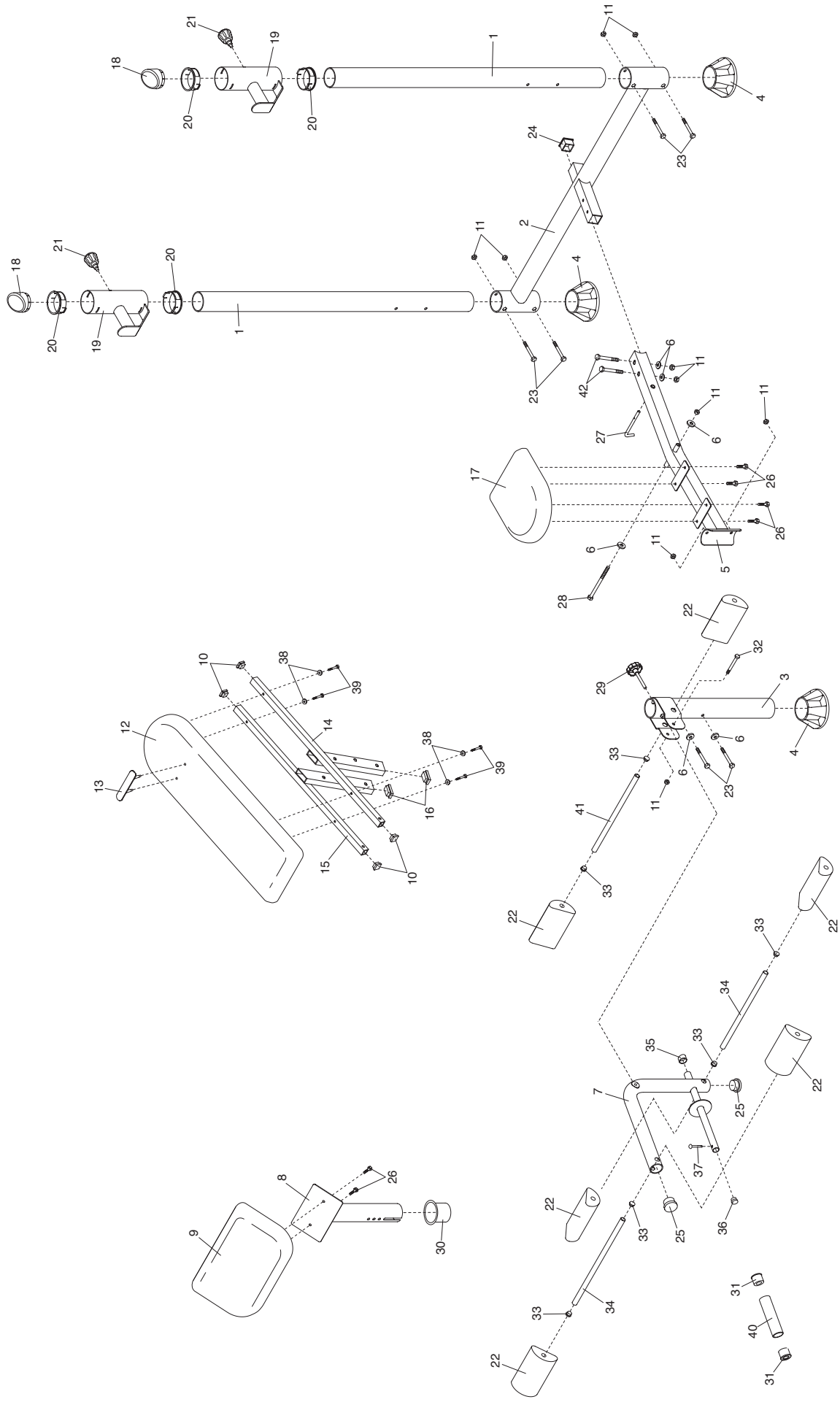
R1000B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	23	6	M10 x 90mm Bolt
2	1	Crossbar	24	1	45mm Square Inner Cap
3	1	Front Leg	25	2	50mm Round Inner Cap
4	3	Foot Plate	26	6	M6 x 16mm Bolt
5	1	Bench Frame	27	1	Locking Pin
6	6	M10 Washer	28	1	M10 x 180mm Bolt
7	1	Leg Lever	29	1	Adjustment Knob
8	1	Curl Frame	30	1	Plastic Bushing
9	1	Curl Pad	31	2	Adapter Bushing
10	4	25mm x 25mm Inner Cap	32	1	M10 x 70mm Bolt
11	10	M10 Nylon Locknut	33	6	19mm Round Inner Cap
12	1	Backrest	34	2	Short Pad Tube
13	1	Logo Plate	35	1	25mm Angle Cap
14	1	Left Backrest Frame	36	1	25mm Round Inner Cap
15	1	Right Backrest Frame	37	1	Pin
16	2	25mm x 50mm Inner Cap	38	4	M6 Washer
17	1	Seat	39	4	M6 x 38mm Bolt
18	2	76mm Round Inner Cap	40	1	Adapter
19	2	Weight Rest	41	1	Long Pad Tube
20	4	Weight Rest Insert	42	2	M10 x 60mm Bolt
21	2	Large Adjustment Knob	#	1	User's Manual
22	6	Leg Pad	#	1	Exercise Guide

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. PFBE19000

R1000B



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