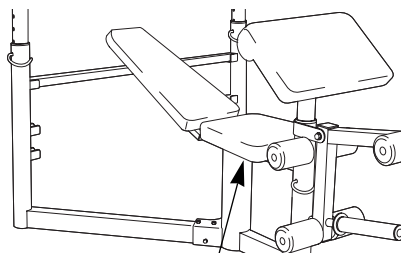


# PRO·FORM® 738

Model No. PFBE30790

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

Write the serial number in the space above for reference.



Serial Number Decal

## USER'S MANUAL

### QUESTIONS?

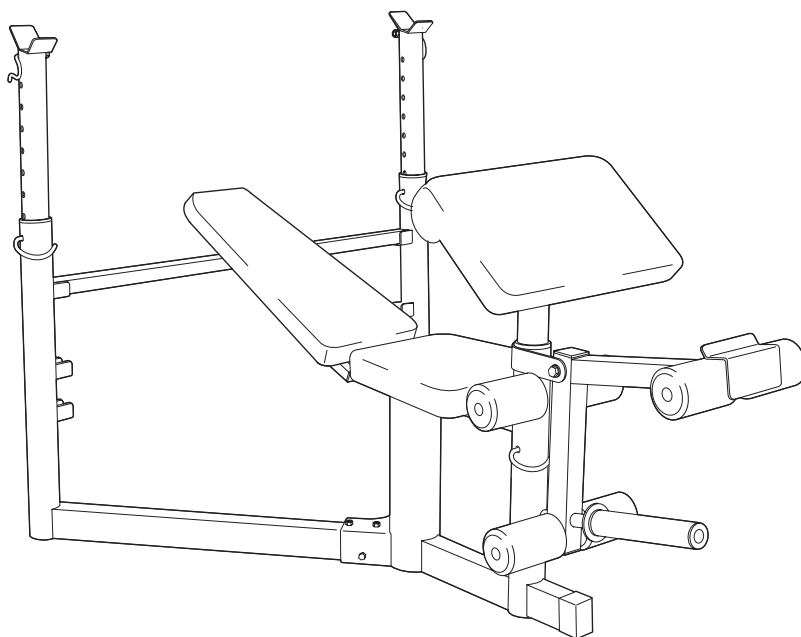
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**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 HOT LINE:**

**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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Note: A PART IDENTIFICATION CHART is attached in the center of this manual.

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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.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the weight bench at all times.
6. The weight bench is designed to be used by only one person at a time.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection when exercising.
9. When using a barbell with the weight bench, place the same amount of weight on both ends of the barbell. (A barbell and weights are not included.)
10. Do not place more than 365 pounds, including a barbell and weights, on the weight rests; do not place more than 150 pounds on the leg lever.
11. Do not change the amount of weight on your preacher curl bar while the bar is resting on the preacher curl weight rest. (A preacher curl bar is not included.)
12. When placing the barbell on the weight rests, guide the barbell carefully, making sure that the barbell is resting properly on both the right and left weight rests.
13. When adjusting the backrest, make sure that the adjustment bar is securely seated in one of the three sets of adjustment brackets, and that the weight rest are adjusted to the proper height.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. 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 and to assist in guiding the barbell onto the weight rests.
16. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.

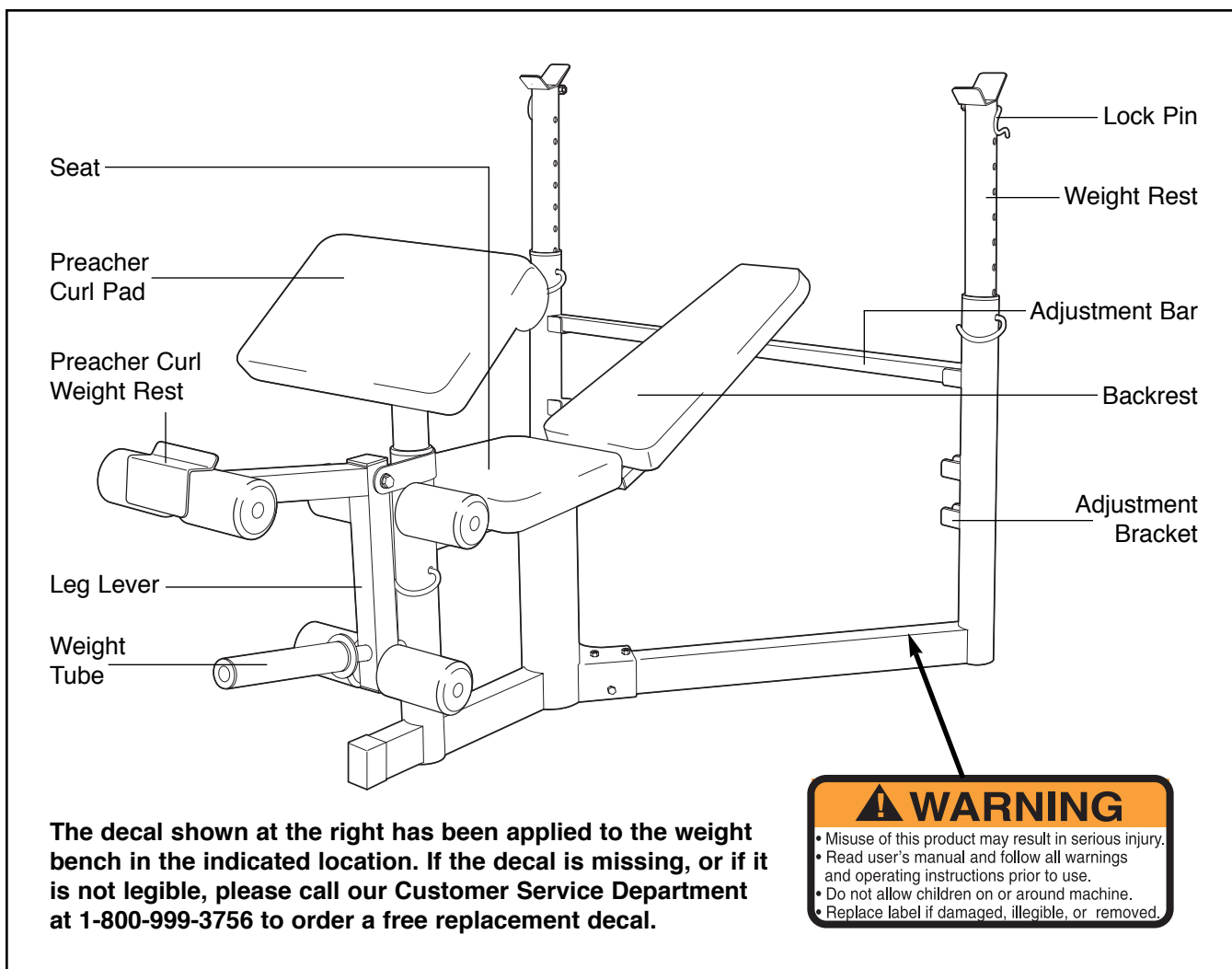
# BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM® 738 weight bench. The PROFORM® 738 offers a selection 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 PROFORM® 738 will help you to achieve the results you want.

**For your benefit, read this manual carefully before using the PROFORM® 738.** If you have additional questions, 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 (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFBE30790. The serial number can be found on a decal attached to the PROFORM® 738 (see the front cover of this manual).

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



**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.





# 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.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART located in the center of this manual. Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- As you assemble the weight bench, be sure that all parts are oriented as shown in the drawings.

- Tighten all parts as you assemble them, unless instructed to do otherwise.

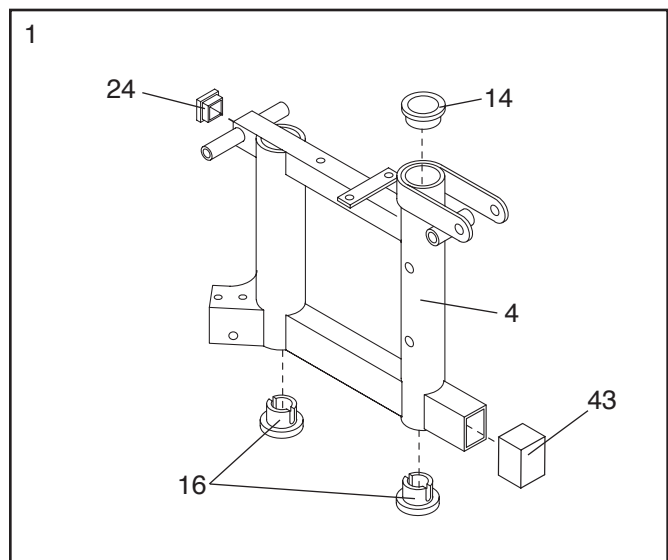
**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:**

- **Two (2) adjustable wrenches** 
- **One (1) standard screwdriver** 
- **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 beginning assembly, be sure that you have read and understand the information in the box above.**

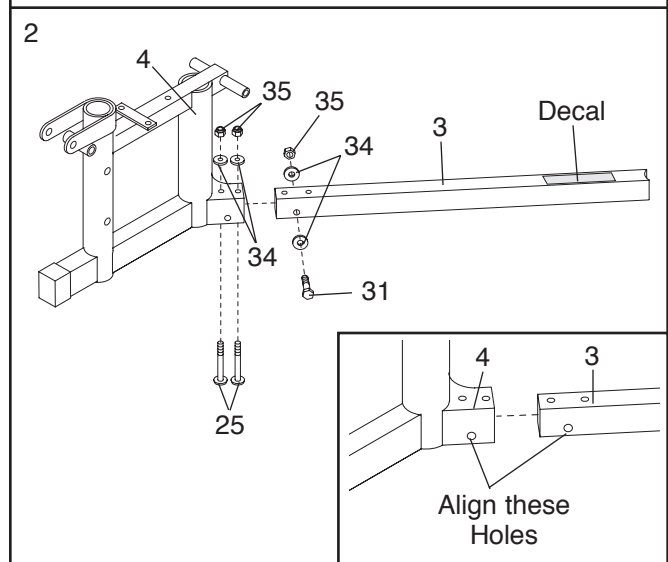
Press a 76mm Plastic Bushing (14) into the top of the Frame (4). Press two 76mm Slotted Endcaps (16) into the bottom of the Frame. Press a 50mm x 70mm Outer Cap (43) onto the lower end of the Frame. Press a 50mm Square Endcap (24) into the back of the Frame.



- 2. Locate the Stabilizer (3) that has a warning decal on it. Turn the Stabilizer so the decal is on top and insert the Stabilizer into the Frame (4) as shown. Refer to the inset drawing and align the indicated holes.**

Insert two M10 x 85mm Carriage Bolts (25) up through the Frame (4) and the Stabilizer (3). Thread an M10 Nylon Locknut (35) with a 10mm Washer (34) onto each Bolt. **Do not tighten the Nylon Locknuts yet.** Next, attach the Stabilizer to the Frame with an M10 x 70mm Bolt (31), two 10mm Washers (34), and an M10 Nylon Locknut (35) as shown. **Do not tighten the Nylon Locknut yet.**

Attach the other Stabilizer (not shown) to the Frame (4) in the same way.



- Identify the Right Upright (2) by noting the positions of the adjustment brackets and the bolt holes near the lower end. Attach the Right Upright to the indicated Stabilizer (3) with two M10 x 95mm Bolts (49), two 10mm Washers (34), and two 15mm x 70mm Spacers (39). **Do not tighten the Bolts yet.**

Press a 76mm Slotted Endcap (16) into the bottom of the Right Upright (2); it may be necessary to turn the Slotted Endcap so it fits around the 15mm x 70mm Spacers (39).

Attach the Left Upright (not shown) to the other Stabilizer (not shown) in the same manner.

- Insert the Right Barbell Lock Pin (38) through the welded tube on a Weight Rest (1). Tighten an M10 Nylon Locknut (35) onto the Right Barbell Lock Pin.

Attach the Left Barbell Lock Pin (28) to the other Weight Rest (1) in the same manner.

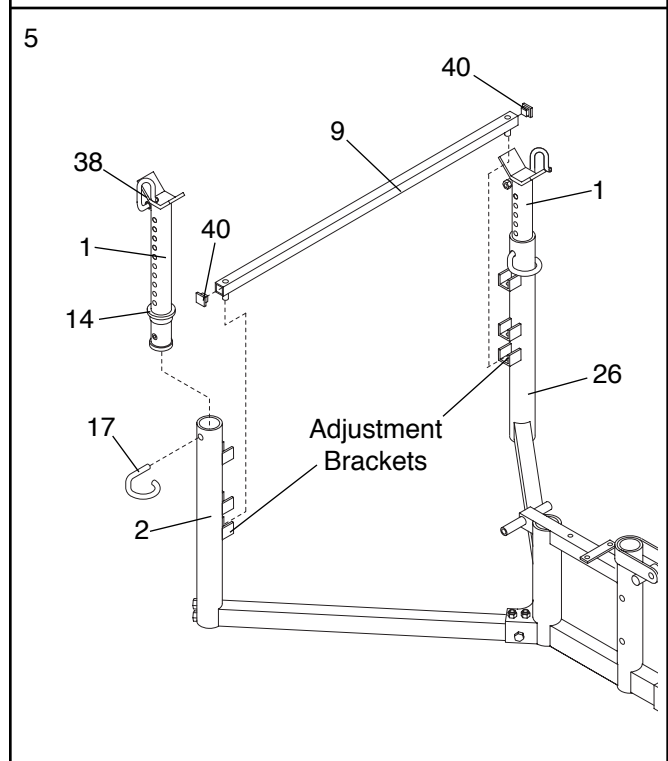
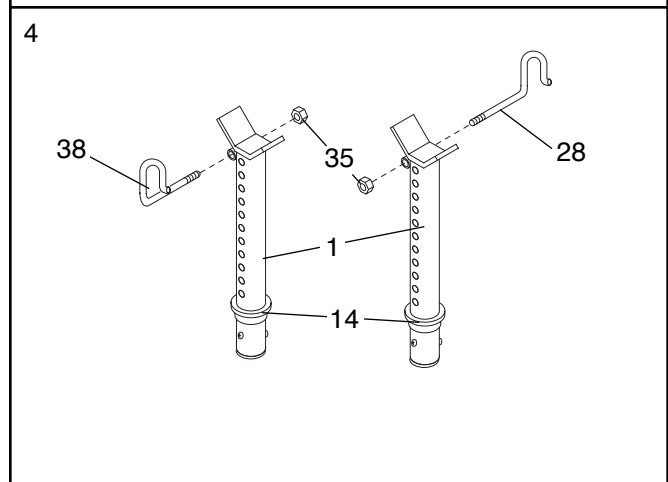
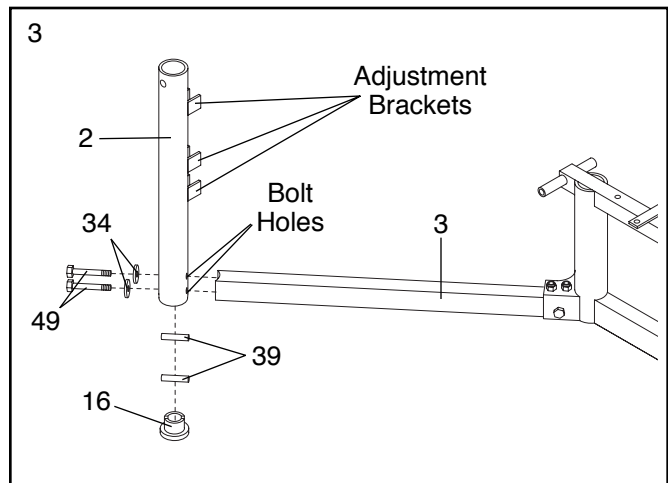
Slide a 76mm Plastic Bushing (14) onto each Weight Rest (1). **The Plastic Bushings must be turned as shown.**

- Insert a 32mm Square Endcap (40) into each end of the Adjustment Bar (9). Set the Adjustment Bar in the lowest set of adjustment brackets on the Right and Left Uprights (2, 26).

Refer to step 2 and tighten the six M10 Nylon Locknuts (35) used in that step. **Do not overtighten the Nylon Locknuts.** Next, refer to step 3 and tighten the four M10 x 95mm Bolts (49) used in that step. **Do not overtighten the Bolts; the Uprights will be damaged and you will not be able to fully insert the Weight Rests (1) into the Uprights.**

Insert the Weight Rest (1) with the Right Barbell Lock Pin (38) into the Right Upright (2). **Press the 76mm Plastic Bushing (14) firmly into the top of the Right Upright.** Insert an Adjustment Pin (17) through the holes in the Right Upright and the Weight Rest (1).

Attach the other Weight Rest (1) to the Left Upright (26) in the same way. **Make sure that both Weight Rests are at the same height.**

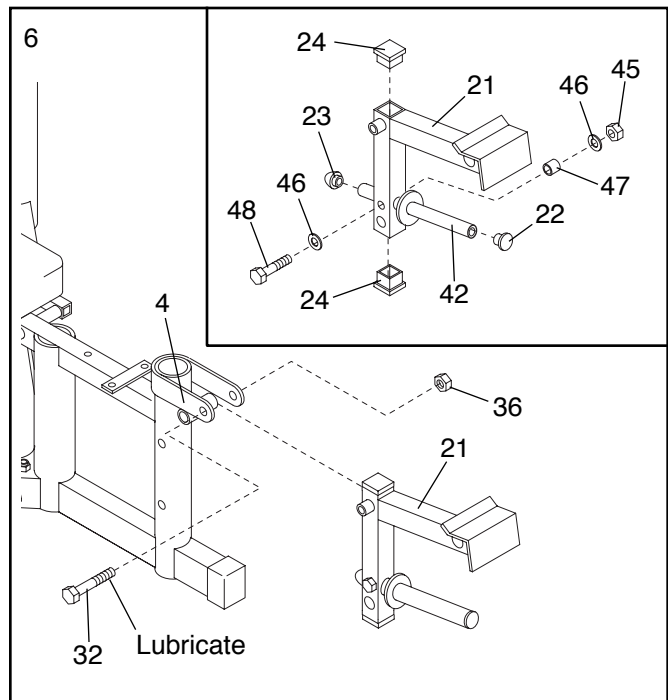


6. **Refer to the inset drawing.** Insert the Weight Tube (42) into the indicated hole in the Leg Lever (21). Attach the Weight Tube with an M8 x 60mm Bolt (48), two 8mm Washers (46), the 13.5mm Spacer (47), and an M8 Nylon Locknut (45). Press two 50mm Square Endcaps (24) into the Leg Lever.

**Refer to the inset drawing.** Press a 25.4mm Endcap (22) into the indicated end of the Weight Tube. Press the Leg Lever Bumper (23) into the other end of the Weight Tube.

**Note: The above parts may have been pre-assembled at the factory.**

Lubricate the M12 x 95mm Bolt (32). Attach the Leg Lever (21) to the Frame (4) with the Bolt and the M12 Nylon Locknut (36). **Do not overtighten the Nylon Locknut.**

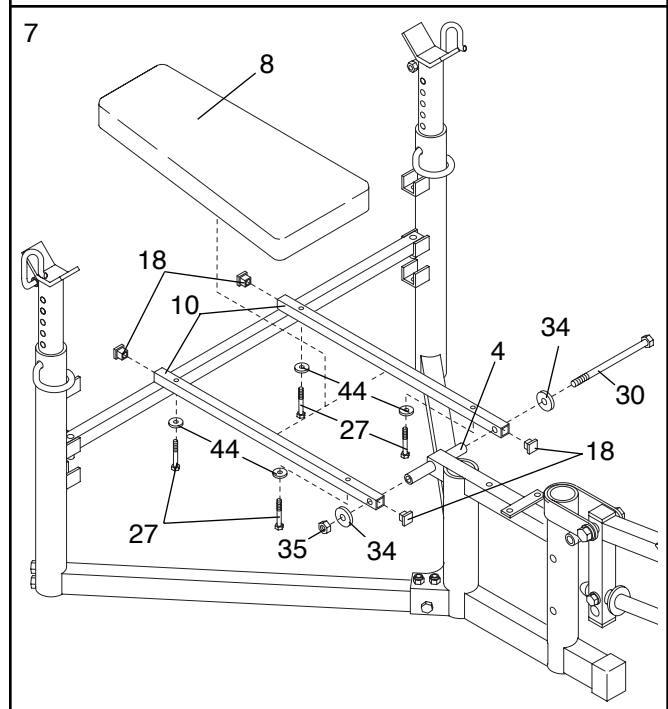


7. Insert 25.4mm Square Endcaps (18) into the ends of both Backrest Rails (10).

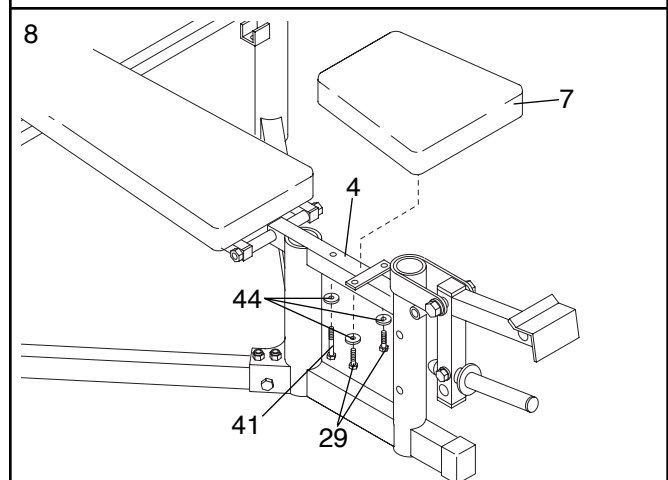
Attach the Backrest Rails (10) to the Backrest (8) with four M6 x 40mm Bolts (27) and four M6 Washers (44). **Do not tighten the Bolts yet. Make sure that the Backrest Rails are turned as shown.**

Attach the Backrest Rails (10) to the tube on the Frame (4) with the M10 x 190mm Bolt (30), two 10mm Washers (34), and an M10 Nylon Locknut (35). **Do not overtighten the Nylon Locknut.**

**Tighten the four M6 x 40mm Bolts (27).**



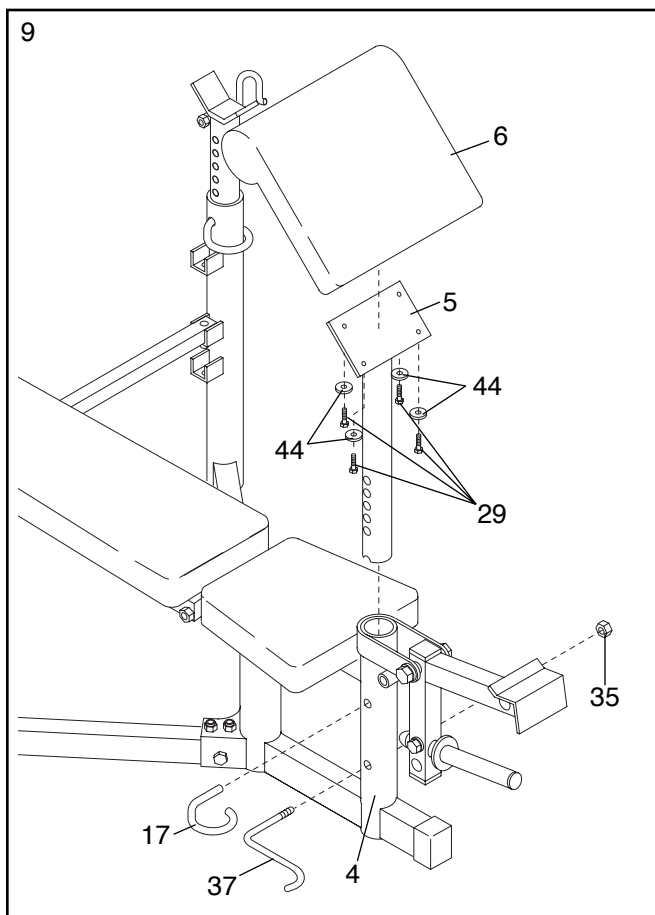
8. Attach the Seat (7) to the Frame (4) with two M6 x 15mm Screws (29), an M6 x 65mm Bolt (41), and three M6 Washers (44) as shown.



- Insert the Leg Lever Lock Pin (37) into the indicated hole in the Frame (4). Tighten an M10 Nylon Locknut (35) onto the Leg Lever Lock Pin. **Do not overtighten the Nylon Locknut.**

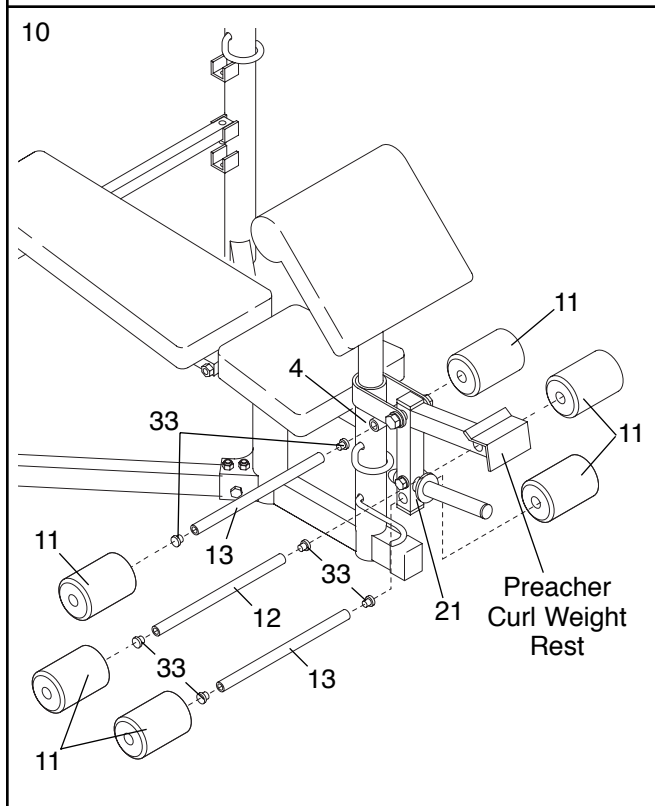
Attach the Preacher Curl Pad (6) to the Curl Post (5) with four 6mm Washers (44) and four M6 x 15mm Screws (29).

Insert the Curl Post (5) into the Frame (4). Align one set of holes in the Curl Post with the holes in the Frame. Insert an Adjustment Pin (17) through the Curl Post and the Frame.



- Press a 19mm Endcap (33) into each end of the 381mm Pad Tube (13). Insert the Pad Tube into the welded tube on the Frame (4). Slide a Foam Pad (11) onto each end of the Pad Tube.

Press 19mm Endcaps (33) into the ends of the 356mm Pad Tube (12) and the 381mm Pad Tubes (13). Insert the Pad Tubes into the Leg Lever (21). Next, push Foam Pads (11) onto the ends of the Pad Tubes. Make sure the upper Foam Pads are under the preacher curl weight rest.



- Make sure that all parts of the weight bench are properly tightened.** Any remaining parts will be explained in HOW TO ADJUST THE WEIGHT BENCH, beginning on the next page.

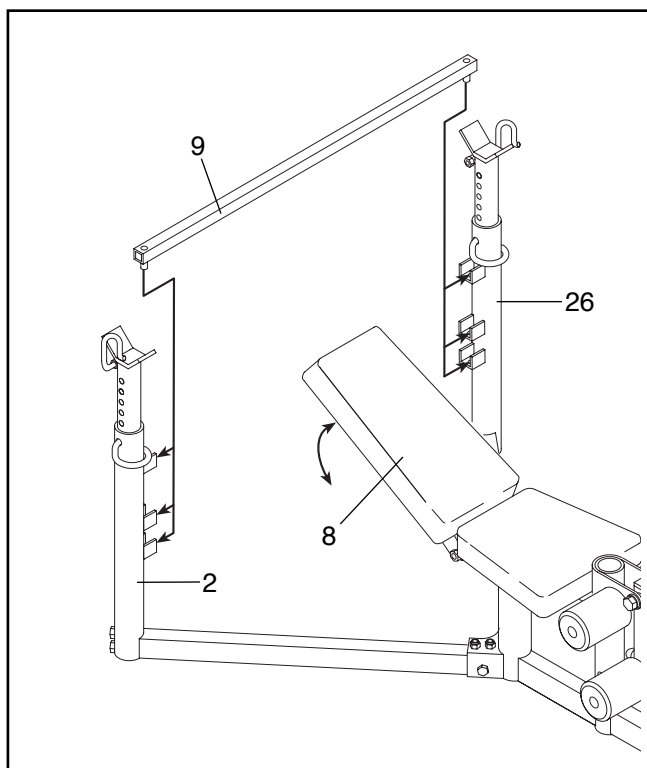
# HOW TO ADJUST THE WEIGHT BENCH

The instructions below describe how each part of the weight bench can be adjusted. Refer to the exercise information accompanying your weight set (not included) to see the correct form for each exercise.

## ADJUSTING THE BACKREST

The Backrest (8) has three different positions: a level position, a decline position, and an incline position.

To change the position of the Backrest (8), move the Adjustment Bar (9) to a different set of adjustment brackets on the Right and Left Uprights (2, 26). **Make sure that the Adjustment Bar is securely seated in the adjustment brackets.**

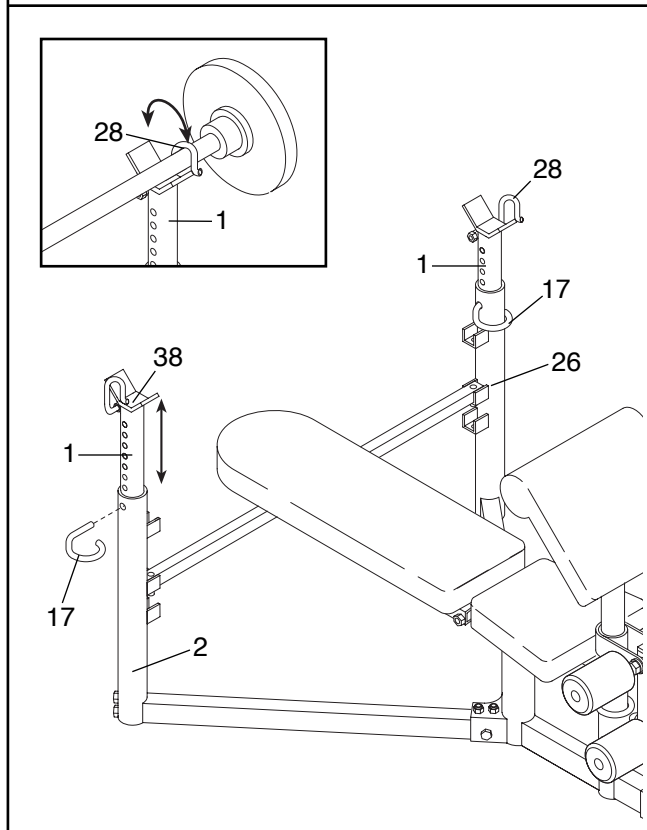


## ADJUSTING THE WEIGHT RESTS

See the inset drawing. To change weights while your barbell (not included) is on the Weight Rests (1), secure your barbell with the Barbell Lock Pins (28, 38). This will reduce the possibility of the barbell tipping while you change weights. **Place the same amount of weight on both ends of the barbell.**

To change the height of the Weight Rests (1), first remove your barbell from the Weight Rests. Remove the Adjustment Pin (17) from the Weight Rest in the Right Upright (2). Position the Weight Rest at the desired height. Align the holes in the Weight Rest with the holes in the Upright. Re-insert the Adjustment Pin.

Position the Weight Rest (1) in the Left Upright (26) at the same height.





## ATTACHING THE PREACHER CURL PAD

For some exercises, the Preacher Curl Pad (6) must be attached to the weight bench.

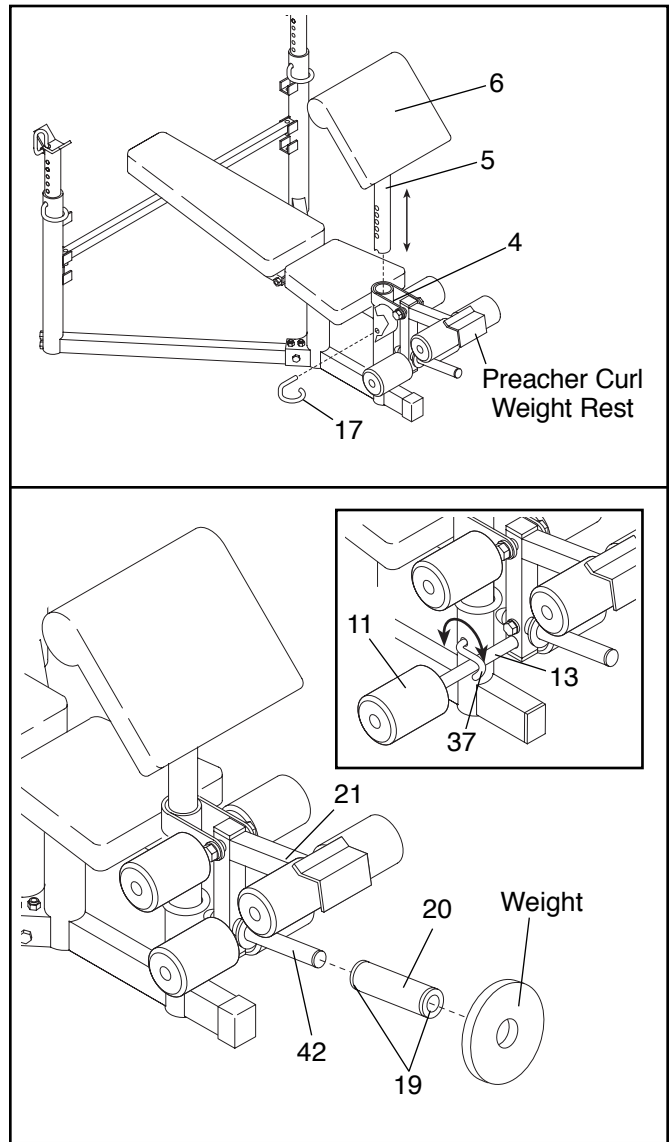
Insert the Curl Post (5) into the indicated opening in the Frame (4). Position the Curl Post at the desired height and align one of the holes in the Curl Post with the indicated hole in the Frame. Insert an Adjustment Pin (17) into the holes.

**Do not change the amount of weight on your preacher curl bar while the bar is resting on the preacher curl weight rest.**

## USING THE LEG LEVER

To use the Leg Lever (21), slide the desired amount of weight (not included) onto the Weight Tube (42). If you are using olympic weights, slide the Weight Adapter (20) onto the Weight Tube. Make sure that the Weight Adapter Bushings (19) are in the Weight Adapter.

For some exercises, the Leg Lever (21) must be locked in place. Refer to the inset drawing. To lock the Leg Lever, slide the indicated Foam Pad (11) back from the Leg Lever about one inch. Turn the Leg Lever Lock Pin (37) so that it clips onto the 381mm Pad Tube (13). Slide the Foam Pad back into place.



# PART LIST—Model No. PFBE30790

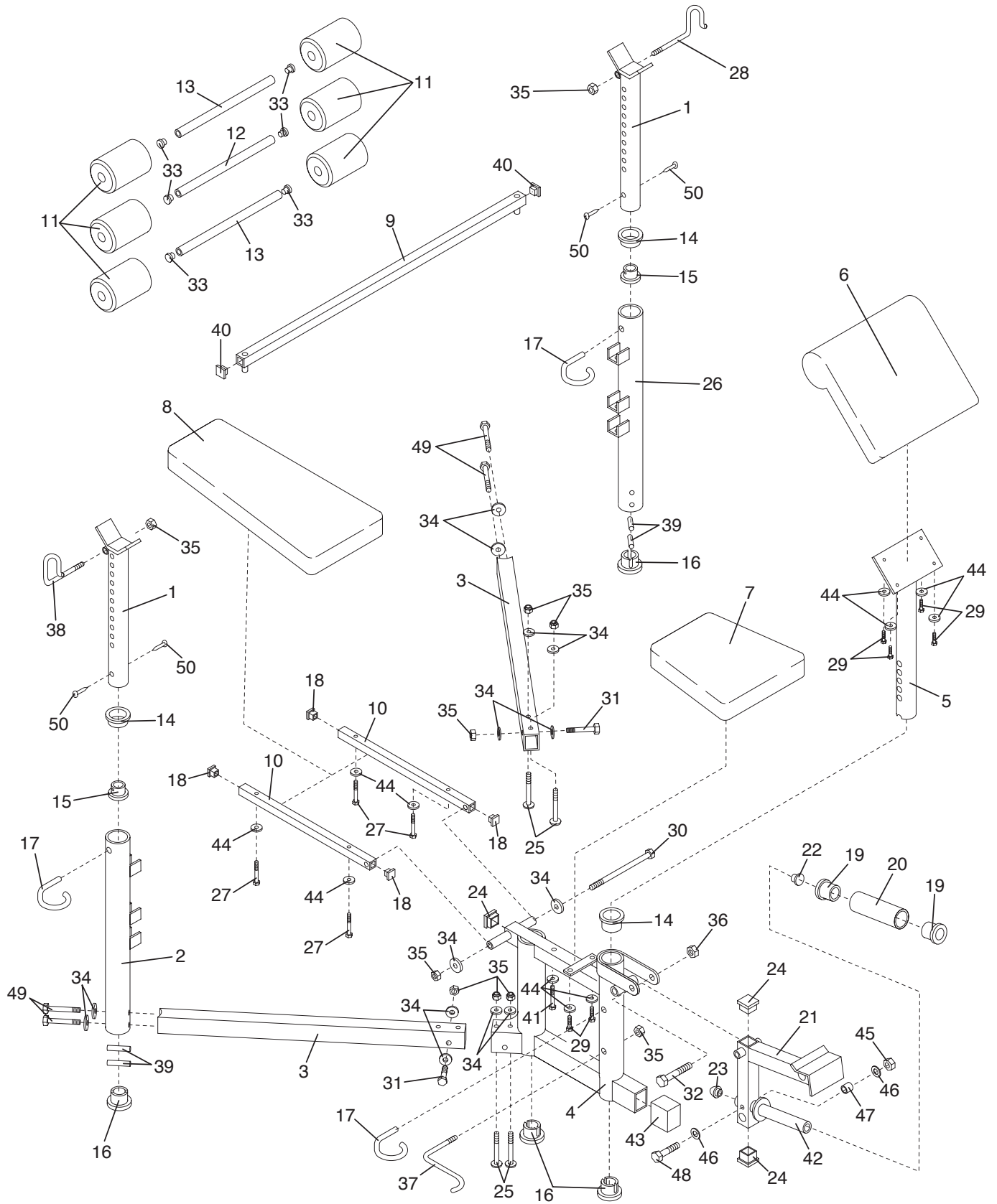
R1099A

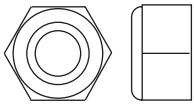
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Weight Rest	27	4	M6 x 40mm Bolt
2	1	Right Upright	28	1	Left Barbell Lock Pin
3	2	Stabilizer	29	6	M6 x 15mm Screw
4	1	Frame	30	1	M10 x 190mm Bolt
5	1	Curl Post	31	2	M10 x 70mm Bolt
6	1	Preacher Curl Pad	32	1	M12 x 95mm Bolt
7	1	Seat	33	6	19mm Endcap
8	1	Backrest	34	14	10mm Washer
9	1	Adjustment Bar	35	10	M10 Nylon Locknut
10	2	Backrest Rail	36	1	M12 Nylon Locknut
11	6	Foam Pad	37	1	Leg Lever Lock Pin
12	1	356mm Pad Tube	38	1	Right Barbell Lock Pin
13	2	381mm Pad Tube	39	4	15mm x 70mm Spacer
14	3	76mm Plastic Bushing	40	2	32mm Square Endcap
15	2	60mm Endcap	41	1	M6 x 65mm Bolt
16	4	76mm Slotted Endcap	42	1	Weight Tube
17	3	Adjustment Pin	43	1	50mm x 70mm Outer Cap
18	4	25.4mm Square Endcap	44	11	M6 Washer
19	2	Weight Adapter Bushing	45	1	M8 Nylon Locknut
20	1	Weight Adapter	46	2	8mm Washer
21	1	Leg Lever	47	1	13.5mm Spacer
22	1	25.4mm Endcap	48	1	M8 x 60mm Bolt
23	1	Leg Lever Bumper	49	4	M10 x 95mm Bolt
24	3	50mm Square Endcap	50	4	4mm x 8mm Screw
25	4	M10 x 85mm Carriage Bolt	#	1	User's Manual
26	1	Left Upright	#	1	Exercise Poster

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

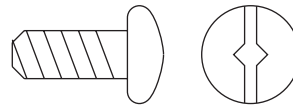
# EXPLODED DRAWING—Model No. PFBE30790

R1099A

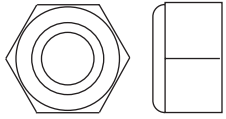




M8 Nylon Locknut (45)–1



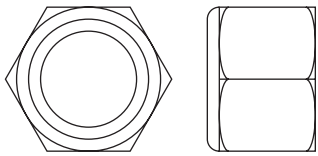
M6 x 15mm Screw (29)–6



M10 Nylon Locknut (35)–10



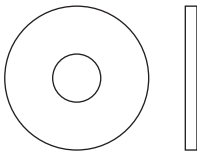
M6 x 40mm Bolt (27)–4



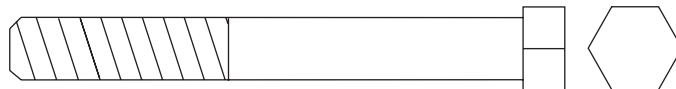
M12 Nylon Locknut (36)–1



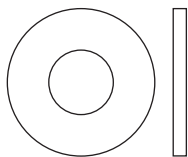
M6 x 65mm Bolt (41)–1



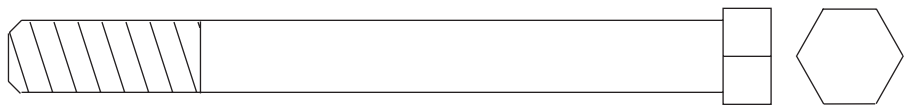
M6 Washer (44)–11



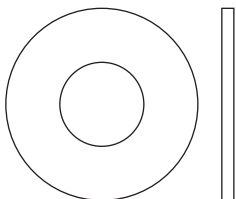
M8 x 60mm Bolt (48)–1



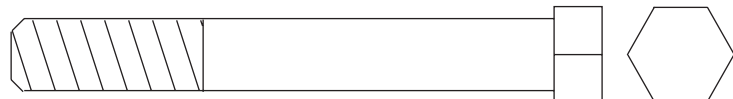
M8 Washer (46)–2



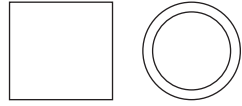
M10 x 95mm Bolt (49)–4



10mm Washer (34)–14



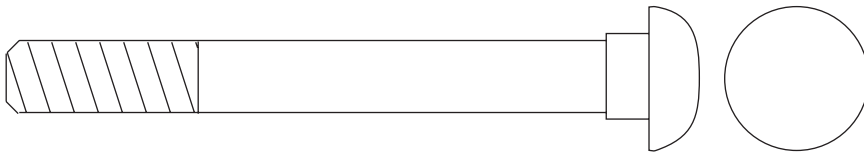
M10 x 70mm Bolt (31)–2



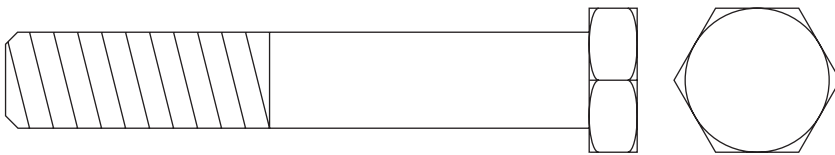
13.5mm Spacer (47)-1



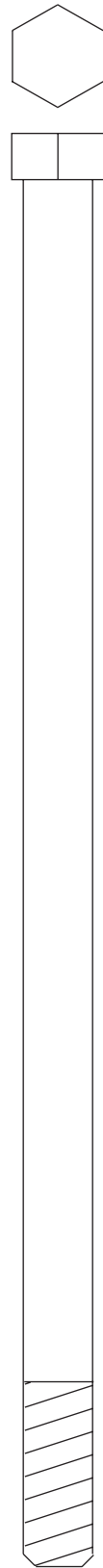
15mm x 70mm Spacer (39)-4



M10 x 85mm Carriage Bolt (25)-4



M12 x 95mm Bolt (32)-1



M10 x 190mm Bolt (30)-1

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## 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:

- The MODEL NUMBER of the product (PFBE30790)
- The NAME of the product (PROFORM® 738 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 on page 10 of this manual).

PROFORM® is a registered trademark of ICON Health & Fitness, Inc.

### 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.

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