



Assembly Guide

Home Bench

Important Safety Instructions for Owners

Follow these guidelines to maintain proper working condition of the equipment:

Important: Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.

- Read all instructions before using the equipment. These instructions are written for your safety and to protect the unit.
- Before beginning any fitness program, see your physician for a complete physical examination.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

- Make sure the equipment is stable and placed on a solid surface.
- Check the equipment thoroughly based on the recommended maintenance needs outlined in this manual.
- Do not place the equipment outdoors or on wet surfaces.
- Do not allow children or those unfamiliar with the operation of the equipment, on or near it. Do not leave children unsupervised around the unit.
- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Return the equipment to a service center for examination and repair.

- Maintain the equipment in good working condition. Make sure that all fasteners are secure and the cables are clean and running smoothly.
- Do not attempt to service the equipment yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Do not rock the unit.
- Do not stand on the home bench.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

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Before You Begin

Thank you for purchasing the Home Bench. This unit is part of the Precor Strength line of quality strength training equipment that help you target specific muscle groups to achieve better muscle tone and overall body conditioning.

Unpacking the Equipment

Important: Open boxes and assemble components in the sequence presented in this manual.

The shipping container consists of the following items:

- Bench frame
- Wheel crossbar
- Box containing seat pad
- Box containing back pad
- Triangular box containing hardware

If any items are missing, contact the dealer from whom you purchased the unit. For more information, refer to *Obtaining Service*.

To unpack the equipment:

1. Carefully remove all staples securing the cover to the cardboard boxes.
2. Lift the cover upward and set it aside.
3. Carefully remove any staples holding the cardboard spacers in place at the ends of the container.
4. Pull the cardboard spacers away from the equipment and set them aside.
5. Cut all plastic ties securing the equipment in place.
6. Remove the main upright frames from the container and set them on the floor where you plan to assemble and use the equipment.

Installation Requirements

Important: Please review and follow the instructions in this guide. If you do not assemble and use the equipment according to the following guidelines, you can void the Precor Limited Warranty.

Follow these installation requirements when assembling the unit:

- Assemble the unit near the place where you plan to use it.
- Set up the unit on a solid, flat surface, so that it remains level and stable.
- Open the box and assemble the components in the sequence presented in this guide.
- Insert, align, and thread all fasteners with your fingers. This helps prevent cross-threading. Do not fully tighten fasteners until instructed to do so.

Required Tools

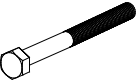
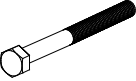

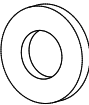
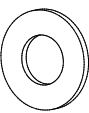
The following tools are required to assemble the unit:

- One ½-inch wrench
 - Two ⅝-inch wrenches
- Note:** Use box-end or open-end wrenches.
- Wire cutter to cut plastic tie wraps

Hardware Kit (not to scale)

The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. Before you begin assembly, make sure that your hardware kit is complete. If not, please contact Precor Customer Support.

Table 1. Hardware kit contents

Fasteners		Quantity
	Hex head bolt (¾-inch x 2½-inch)	2
	Hex head bolt (⅝-inch x 2½-inch)	5
	Lock nuts (¾-inch)	2
	Flat washer (8 mm internal diameter)	5
	Flat washer (10 mm internal diameter)	4

Note: The ¾-inch bolts and the ⅝-inch bolts are very similar, but the lock nuts will only fit on the ¾-inch bolts. Test these fasteners with a lock nut before you begin assembly.

Obtaining Service

You should not attempt to service the strength equipment, except for the maintenance tasks described in this manual. If any items are missing, contact your dealer. If you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com.

If you have any questions regarding a piece of equipment, locate its serial number and contact Precor Customer Support. Precor uses the serial number to establish the model and year of the product. You can generally find the serial number printed on a label affixed to the underside of the seat pad.

For future reference, write the serial numbers, model numbers, and dates of purchase for your Precor strength training equipment in the space provided. You may want to list all equipment information below for easy reference.

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Assembling the Home Bench

Assembly takes professional installers about ten minutes to complete. If this is the first time you have assembled this type of equipment, plan on more time.

The following figure shows the names used in this manual for the major components of the equipment.

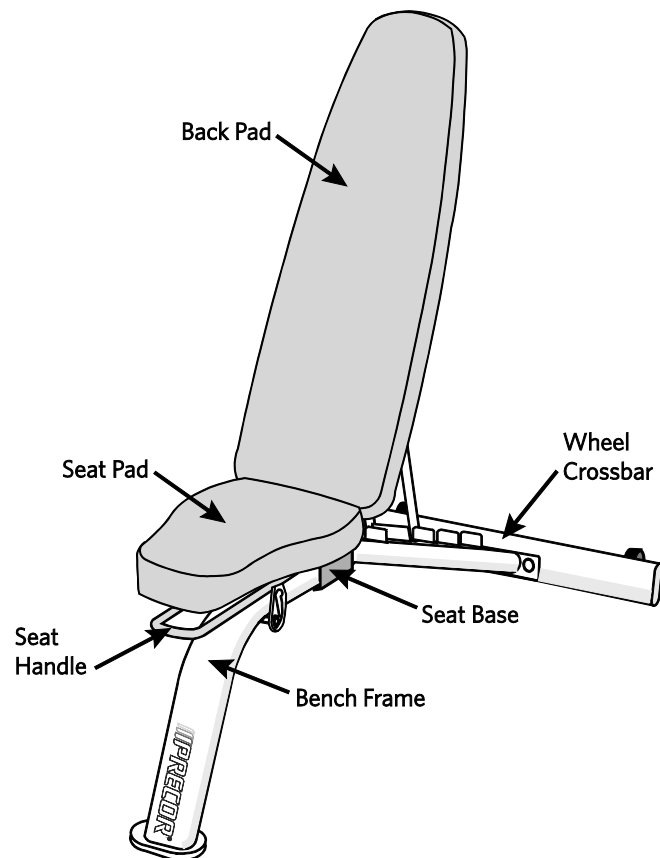


Figure 1: Major components of the home bench

Home Bench Specifications

Equipment Dimensions 52" L x 24" W x 16" H
(132 cm L x 61 cm W x 40.6 cm H)

Shipping Weight 55 lb (25 kg)

To attach the wheel crossbar to the bench frame:

1. Attach the wheel crossbar to the bench frame using two $\frac{3}{8}$ -inch x $2\frac{1}{2}$ -inch hex head bolts, four 10 mm washers and two locknuts. Partially tighten the fasteners using two $\frac{9}{16}$ -inch wrenches.

Note: The $\frac{3}{8}$ -inch bolts and the $\frac{5}{16}$ -inch bolts are very similar, but the lock nuts will only fit on the $\frac{3}{8}$ -inch bolts. Test these fasteners with a lock nut before you begin assembly.

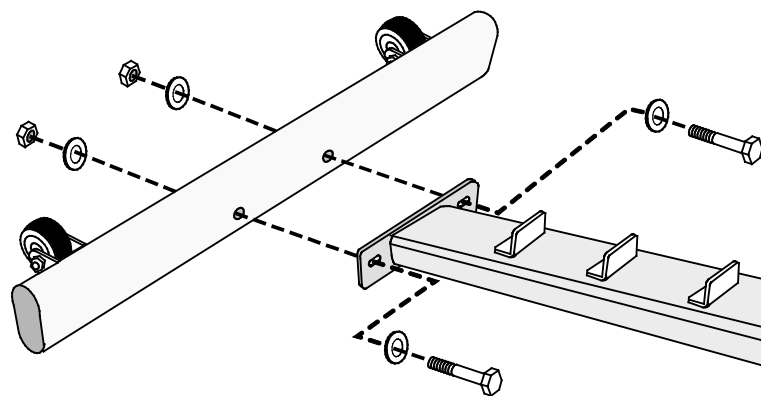


Figure 2: Wheel crossbar attachment

2. Place the seat base in the upper position.

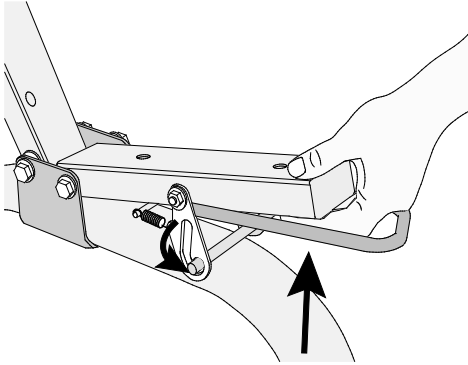


Figure 3: Raise the seat frame

3. Attach the seat pad using two $\frac{5}{16}$ -inch x $2\frac{1}{2}$ -inch hex head bolts and two 8 mm washers. Partially tighten the fasteners using a $\frac{1}{2}$ -inch wrench.

Note: To ease installation, tilt the rear bolt through the mounting hole and thread the bolt into the seat pad. Insert the front bolt and partially tighten. Push the seat pad forward to make room for the back pad.

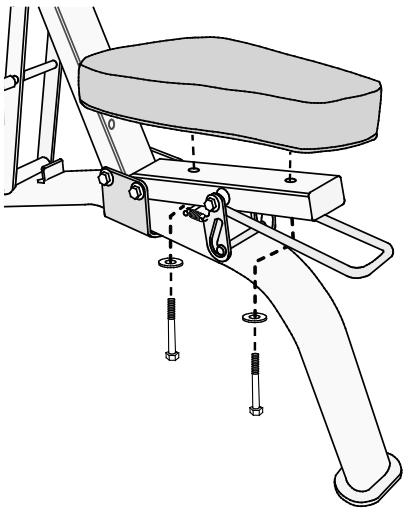


Figure 4: Seat pad attachment

4. Align the back pad with the frame. Attach the back pad using three $\frac{5}{16}$ -inch x $2\frac{1}{2}$ -inch hex head bolts and three 8 mm washers. Starting with the top fasteners, partially tighten them using a $\frac{1}{2}$ -inch wrench.

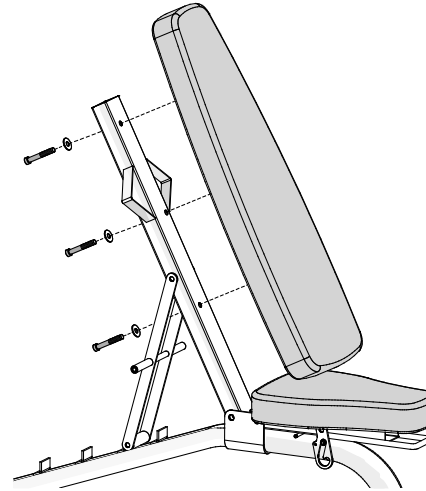


Figure 5: Back pad attachment

5. Center the seat pad and back pad, then fully tighten the fasteners using a $\frac{1}{2}$ -inch wrench.
6. Adjust the seat base to the lowest position.

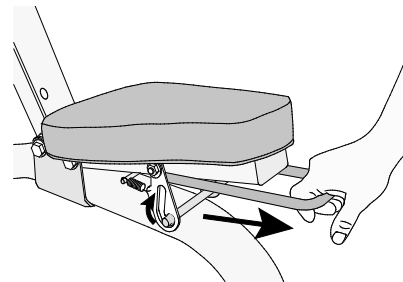


Figure 6: Lower the seat frame

7. Remove the protective film covering the Precor logo on the front leg of the bench frame.

Maintaining the Home Bench

Inspect the bench weekly. Look for frayed or worn parts, loose fasteners, and any other indications that the equipment may be in need of service.

To clean your home bench, Precor recommends mixing a few drops of mild dish washing liquid in a gallon of water and using it to clean the equipment with a soft cloth. When done, wipe the solution off with another soft, damp cloth.



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