

# AB CRUNCH SIT UP BENCH

MODEL# 8642AB  
PRODUCT MANUAL - VERSION 01.18.06

FOR AGES:

13+

WEIGHT LIMIT:

250 Lbs  
113 Kgs

TO BUILD:



TOOLS NEEDED:



**HOW-TO**  
VIDEOS ONLINE



## CUSTOMER SERVICE

# CUSTOMER SERVICE INFORMATION

## Thank you for purchasing: **AB CRUNCH SIT UP BENCH**

MODEL# 8642AB

At GQBrands®, we want all of our customers to be completely satisfied with their purchase. Take time to review the contents of the product you have just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will provide replacement parts at no charge within 30 days of purchase.

Please keep in mind that for select damaged part replacement requests, we will require a photo for submission.

To order these parts, or if you have any other questions or concerns about this GQBrands product, please contact us at

PureFun.Net  
Phone: 1-866-498-5269  
Email: CustomerService@GQBrands.com  
4401 Samuell Blvd, Ste 150  
Mesquite, TX 75149

*Please be sure to include the following information when you contact Customer Service:*

**YOUR NAME:** \_\_\_\_\_

**YOUR MAILING ADDRESS:** \_\_\_\_\_

**YOUR EMAIL ADDRESS:** \_\_\_\_\_

**PRODUCT NAME:** \_\_\_\_\_

**PRODUCT MODEL#:** \_\_\_\_\_

**PART NUMBER** \_\_\_\_\_

**RETAILER WHERE PURCHASED:** \_\_\_\_\_

**DATE OF PURCHASE:** \_\_\_\_\_

**ORDER NUMBER:** *(If Available)* \_\_\_\_\_

**SERIAL NUMBER:** *(If Available)* \_\_\_\_\_

**QUANTITY NEEDED:** \_\_\_\_\_

**PICTURE OF DAMAGED PART**

## LIMITED WARRANTY

Global Quality Brands® warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of 90 DAYS FROM THE DATE OF ORIGINAL PURCHASE. This Limited Warranty is not transferable and is available only for the original purchaser of the Product. The Company's obligation under this warranty is limited to replacing or repairing the Product, at the discretion of the company.

All warranty coverage extends only to the original retail purchaser from the date of purchase. GQ Brands obligation under this warranty is limited to replacing or repairing, at Global Quality Brands® option. All products for which a warranty claim is made must be received by Global Quality Brands® and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Global Quality Brands®. All warranty claims must be preauthorized by Global Quality Brands® pre-authorization can be obtained by calling 866-498-5269.

This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of nature, (such as damage caused by wind, lightning, snow, water, or ice) weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other warranty beyond that specifically set forth above is authorized by GQBrands®.

GLOBAL QUALITY BRANDS® 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 OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. 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 ALL OTHER WARRANTIES AND GLOBAL QUALITY BRANDS®, SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY 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 LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NO APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

WHILE EVERY ATTEMPT IS MADE TO ENSURE THE HIGHEST DEGREE OF PROTECTION IN ALL EQUIPMENT, WE CANNOT GUARANTEE FREEDOM OF INJURY. THE USER ASSUMES ALL RISK OF INJURY DUE TO USE. ALL MERCHANDISE IS SOLD ON THIS CONDITION, WHICH NO REPRESENTATIVE OF GQBRANDS® CAN WAIVE OR CHANGE.



# WARNINGS

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## **ADULT ASSEMBLY REQUIRED** **CHOKING HAZARD - Small Parts** **NOT for children under 3 years of age.**

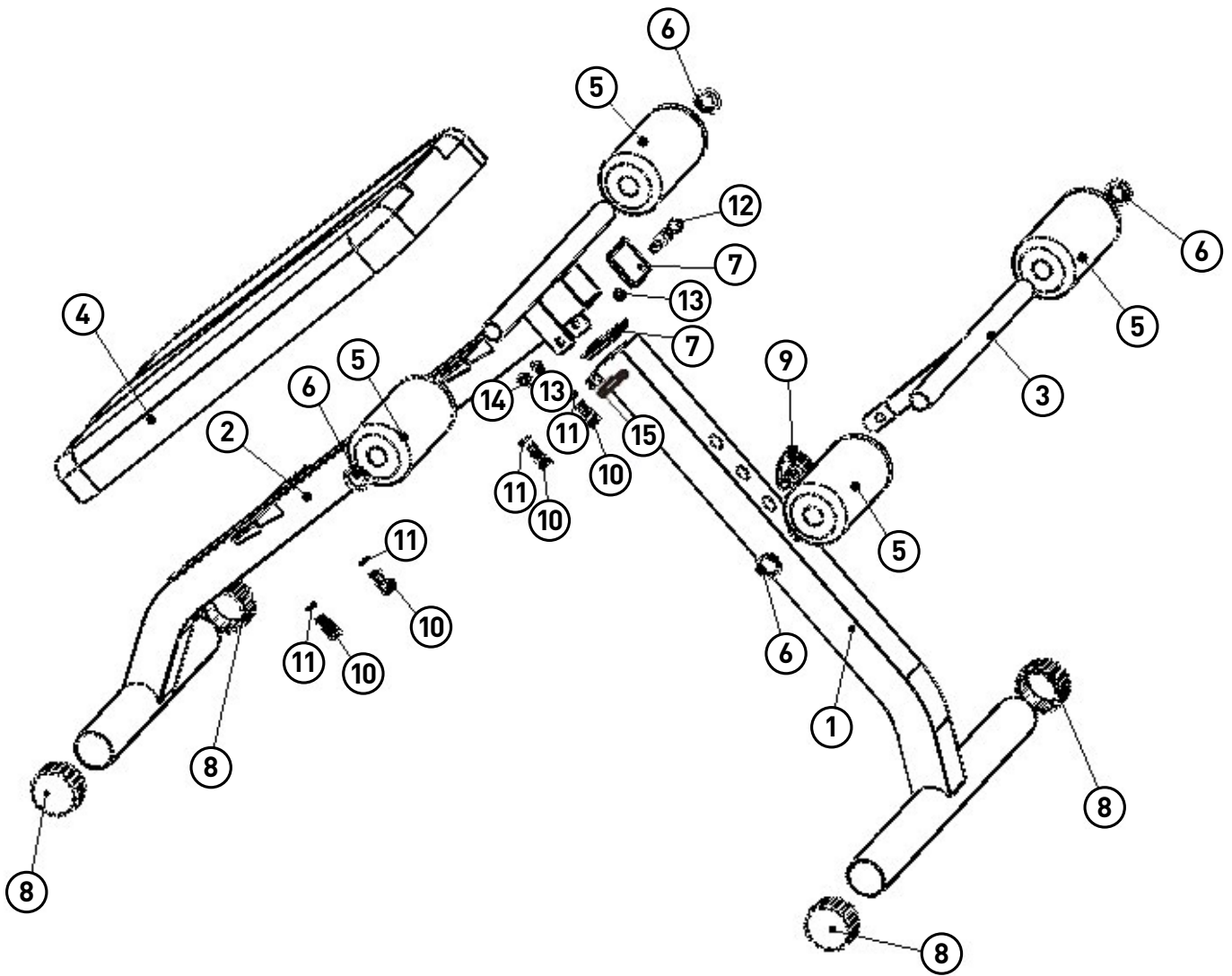
**Please read these warnings and the information in this manual in its entirety.**

Failure to comply with the following instructions may increase the risk of serious injury and/or death:

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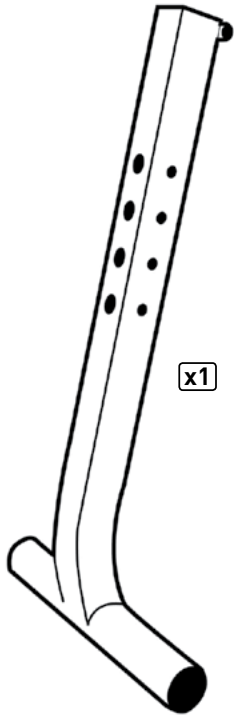
- Ensure that this product has been assembled correctly, per the instructions in the manual.
- DO NOT make any modifications to this equipment or use this machine in any manner it is not intended for.
- This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.
- NEVER sit on, transport, or use the Ab Bench without the Hinge Lock Pin in Place. Even with the Hinge Lock Pin engaged, always be aware of the position of your extremities, especially your fingers, and keep them away from the Folding Leg Hinge at all times. Failure to exercise proper caution around this pinch point may result in serious injury.
- NEVER operate this equipment without the Lock Knob fully tightened in place.
- NEVER exceed the MAXIMUM WEIGHT LIMIT of 250LBS (113KGS), including accessories and weights.
- ALWAYS check this product before each use for missing or loose bolts and/or damaged parts. Carefully inspect the frame and the cushion attachments. Check for damage and proper stability to ensure that all parts are correctly positioned, secured for use and in good working order.
- Failure to properly inspect your machine and/or misuse of this equipment can result in serious injury and death.
- ALWAYS be aware of the position of your extremities and head in relation to the steel frame.
- ALWAYS consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.
- IF YOU EXPERIENCE any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness, dizziness, or other unusual discomfort while exercising, STOP and consult your physician and/or obtain medical assistance.
- This machine is intended for indoor individual home use only, it is not designed for commercial use or for use in communal workout areas.
- DO NOT allow children or pets to use, climb on, or play near this product.
- This machine is only intended for use by persons over the age of 13 years.
- NEVER allow more than one person at a time on this product.
- Ensure that the product is on level ground. If necessary, use a rubber mat under the machine to reduce the possibility of slipping during use.
- Warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.
- NEVER hold your breath while exercising.
- Rest adequately between workouts to allow your muscles to tone and develop.
- DO NOT wear loose fitting clothing, belt buckles, or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.
- DO NOT stand or kneel on the seat, backrest or any other component of this item.
- ALWAYS wear the appropriate fitness footwear. DO NOT use this product barefooted or with socks only. If applicable, ensure that any shoe laces will not become caught.
- Dispose of all packaging materials safely and per local ordinance.
- Please retain this information for future reference.

# EXPLODED VIEW

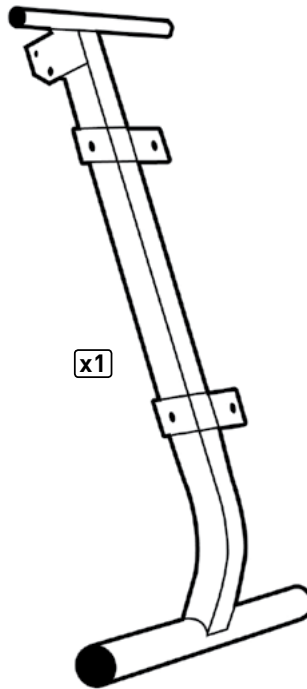


# PARTS LIST

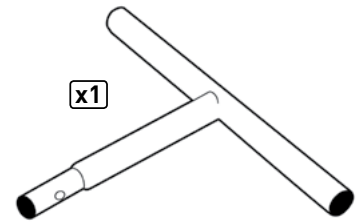
1 - Base Frame



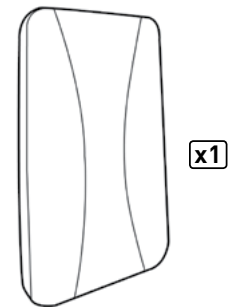
2 - Back Frame



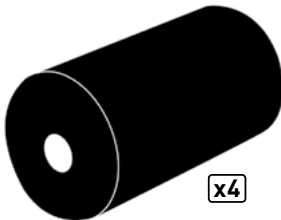
3 - Ankle Support Attachment



4 - Backrest Cushion



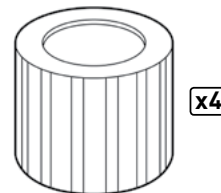
5 - Foam Rollers



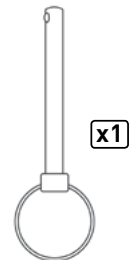
6 - 1" Round Caps



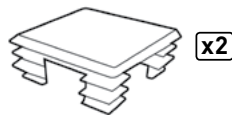
8 - 2" Round Leg Caps



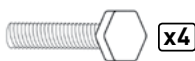
9 - Lock Pin



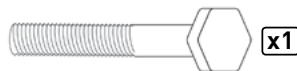
7 - 2" Square End caps



10 - Cushion Bolts M8 - 15mm



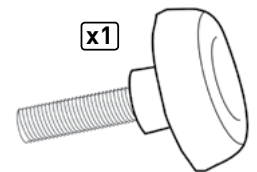
12 - Frame Bolt M10 - 75mm



14 - Frame Nut M10



15 - Hinge Lock Pin



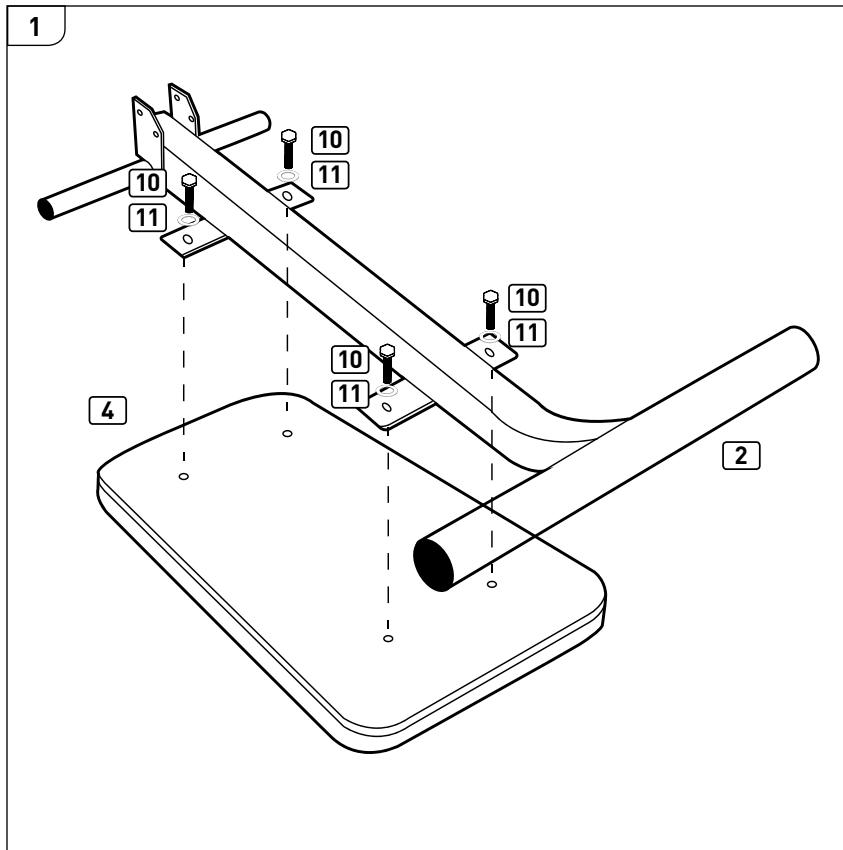
11 - M8 Washer



13 - M10 Washer



# ASSEMBLY INSTRUCTIONS



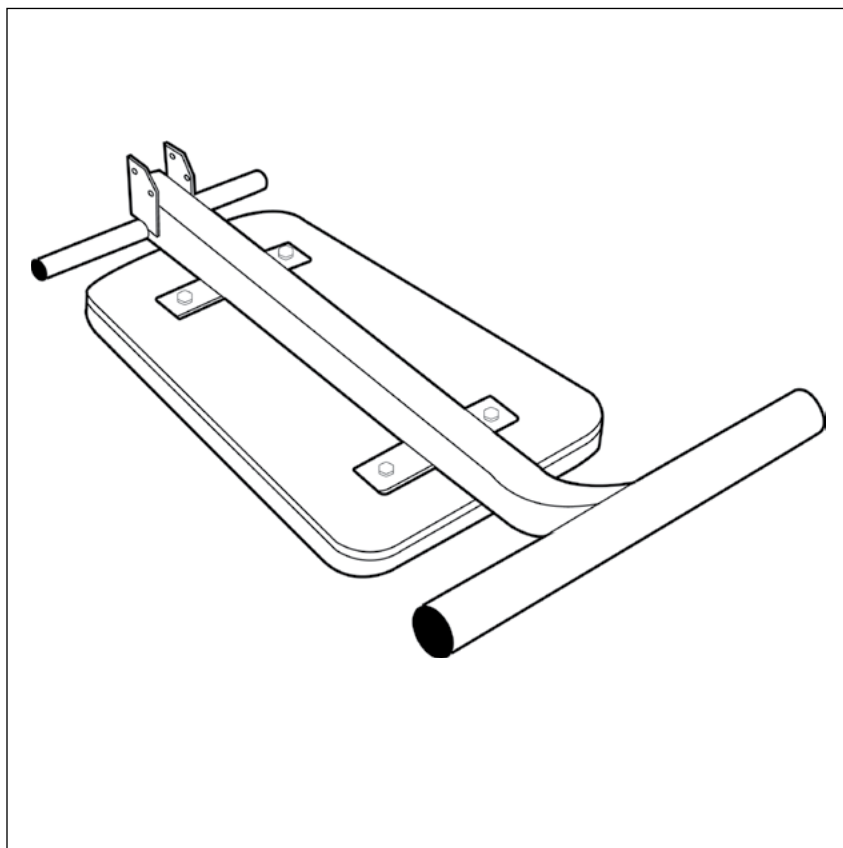
## STEP 1:

### Parts:

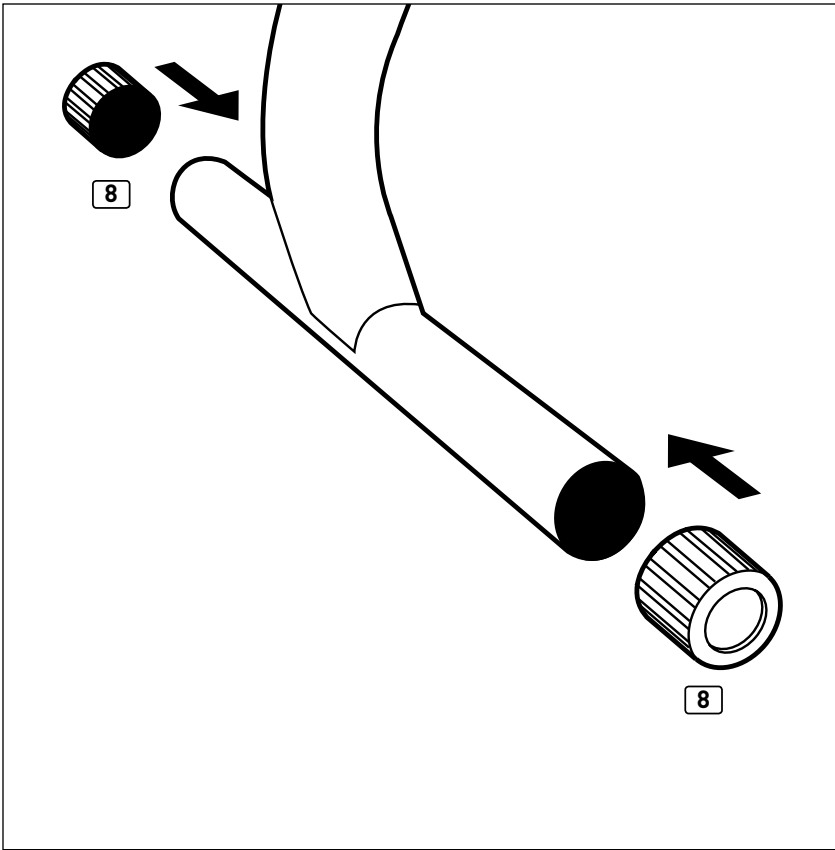
- 1x Back Frame (Part 2)
- 1x Backrest Cushion (Part 4)
- 4x Cushion Bolts M8 (Part 10)
- 4x M8 Washer (Part 11)

A. Place the Backrest Cushion (4) on a flat surface with the logo facing the surface. Align the Back Frame (2) openings to the openings of the Backrest Cushion.

B. Tighten with 4x Cushion Bolts M8 (10) and 4x M8 Washers (11) on all openings.



# ASSEMBLY INSTRUCTIONS

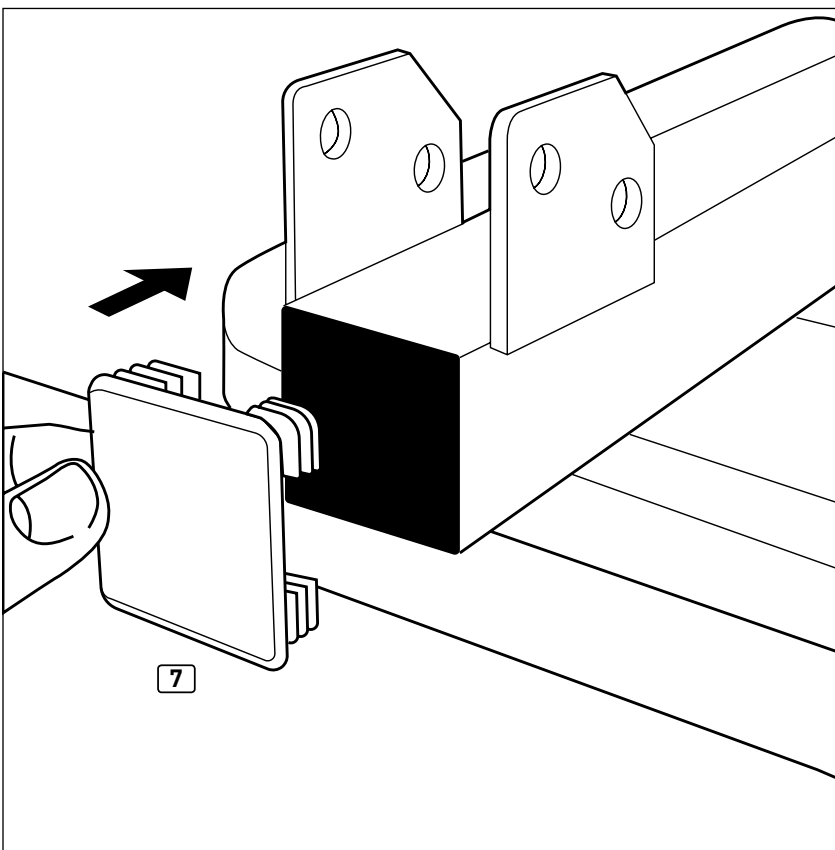


## STEP 2:

### Parts:

2x 2" Round Leg Caps (Part 8)

- A. Locate both bottom leg openings to the Back Frame
- B. Use x2 - 2" Round Leg Caps (8) to cover both openings.



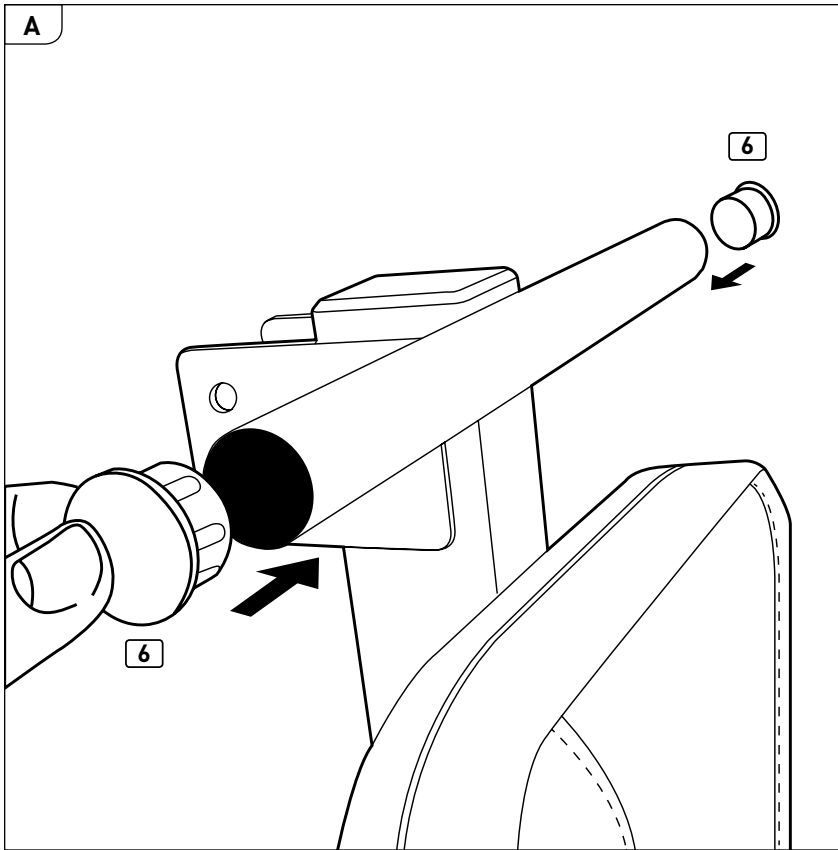
## STEP 3:

### Parts:

1x 2" Square End Cap (Part 7)

- A. Use x1 - 2" Square End Cap to cover the upper opening of the Back Frame

# ASSEMBLY INSTRUCTIONS

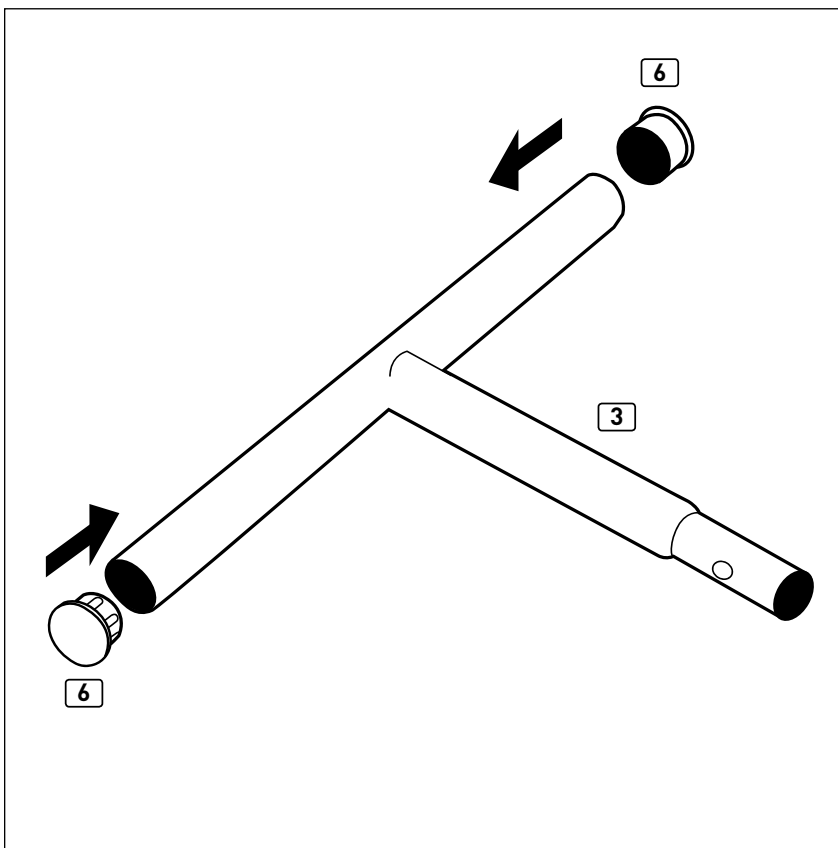


## STEP 4:

### Parts:

2x 1" Round Caps (Part 6)

A. Place x2 - 1" Round Caps (6) on each side of the foam tubes openings



## STEP 5:

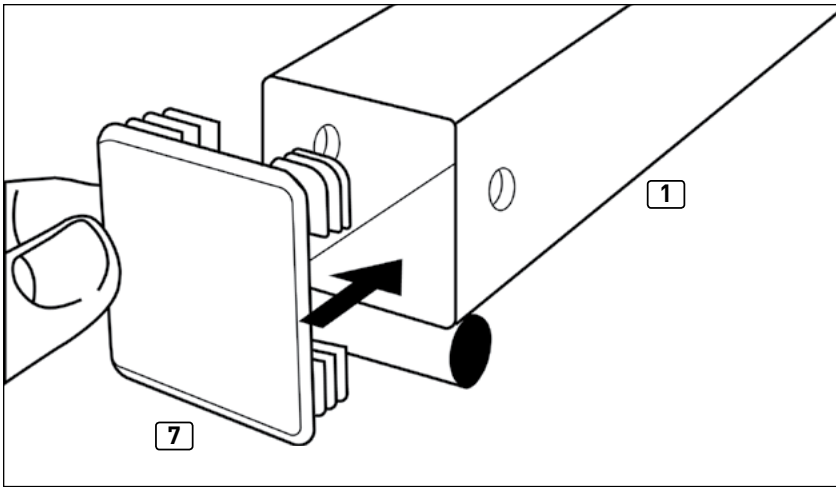
### Parts:

1x Ankle Support Attachment (Part 3)  
2x 1" Round Caps (Part 6)

A. Place x2 - 1" Round Caps (6) on each side of the foam tubes openings



# ASSEMBLY INSTRUCTIONS

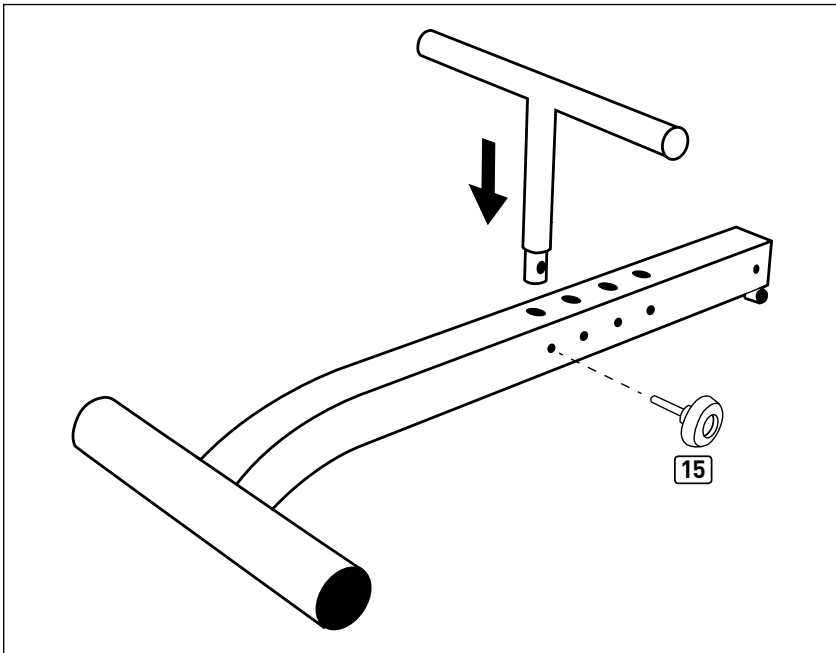


## STEP 6:

### Parts:

1x 2" Square End Cap (Part 7)

- A. Use x1 - 2" Square End Cap to cover the upper opening of the Back Frame



## STEP 7:

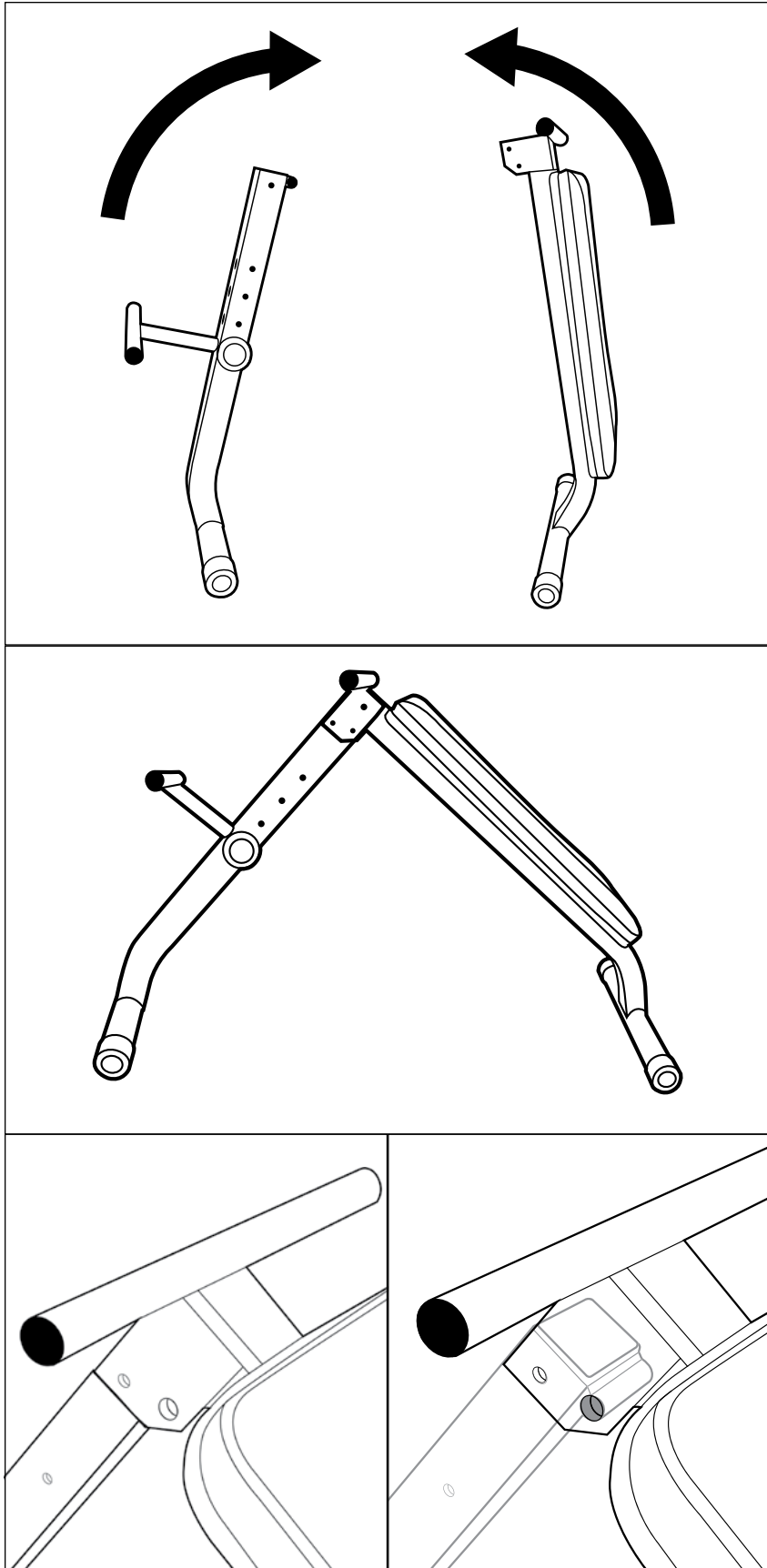
### Parts:

1x Hinge Lock Pin (Part 15)

- A. Place the Ankle Support Attachment (3) on a desired height on the Base Frame
- B. Align the opening at the base of the Ankle Support Attachment to the side openings of the Base Frame
- C. Tighten in place with the Hinge Lock Pin (15) by turning it Clockwise until the whole Bolt has been inserted into the Base Frame



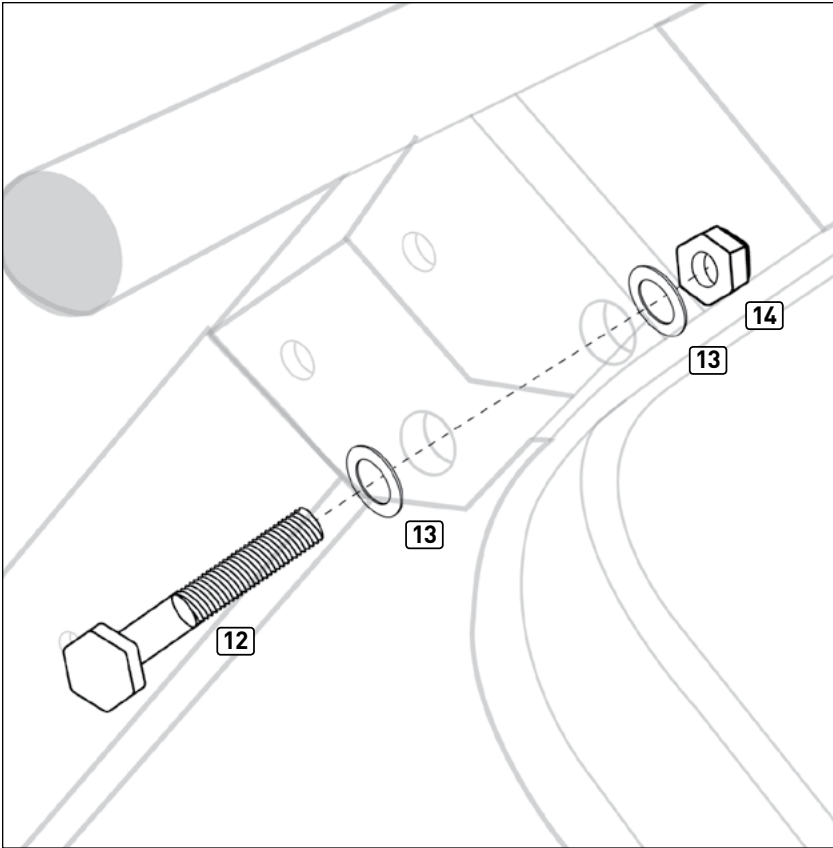
# ASSEMBLY INSTRUCTIONS



## STEP 8:

- A. Align both the Assembled Base Frame and the assembled Back Frame so the upper portions meet
- B. Align the upper openings of both frames
- C. Make sure both frames are standing still so you may proceed with Step 9 and Step 10

# ASSEMBLY INSTRUCTIONS



## STEP 9:

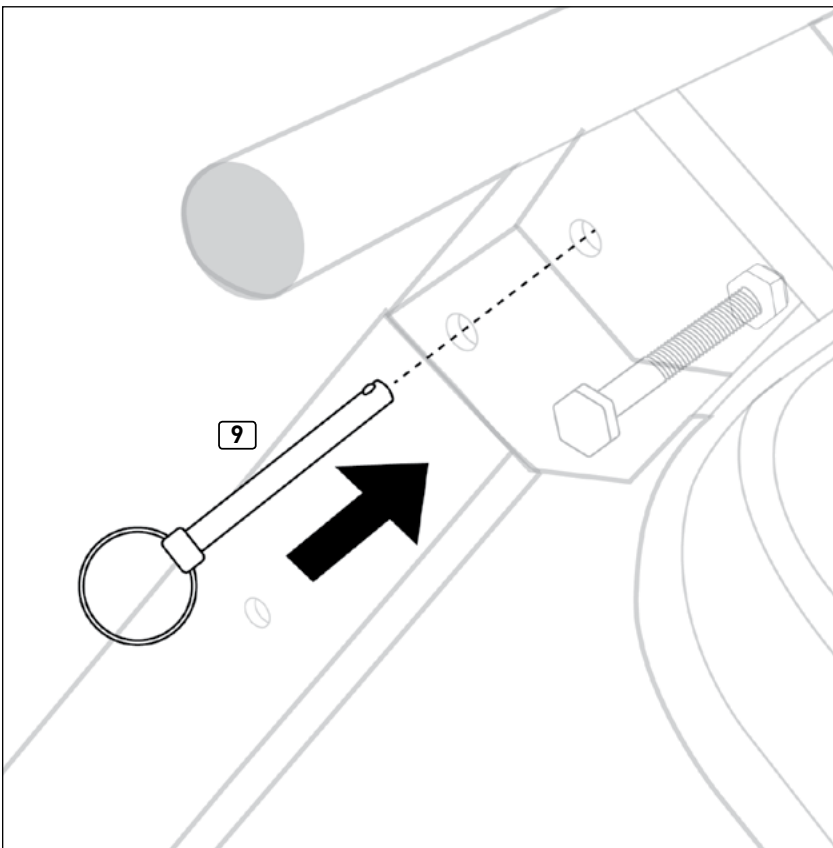
### Parts:

- 1x Frame Bolt M10 (Part 12)
- 2x M10 Washer (Part 13)
- 1x Frame Bolt Nut M10 (Part 14)

- A. The bottom opening is assigned for the M10 Bolt.
- B. Secure both Frames with x1 - Frame Bolt (12), x2 - M10 Washer (13), and x1 - Frame Bolt Nut M10 (14)

### NOTE:

Do not over tighten the M10 bolt to the frames. This can scratch the product and make it difficult to store away/fold the product away.



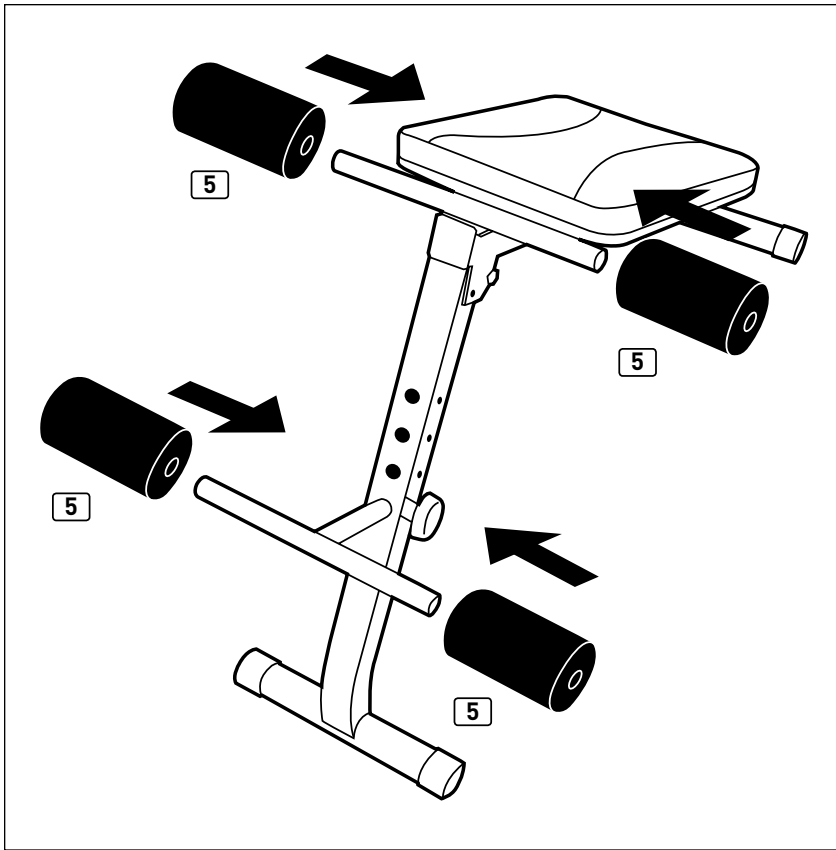
## STEP 10:

### Parts:

- 1x Lock Pin (Part 9)

- A. Place the Lock Pin (9) on the upper opening.
- B. Make sure Lock Pin is in place and will not move while in use. Failure to do so may result in injury or damage to the product.

# ASSEMBLY INSTRUCTIONS

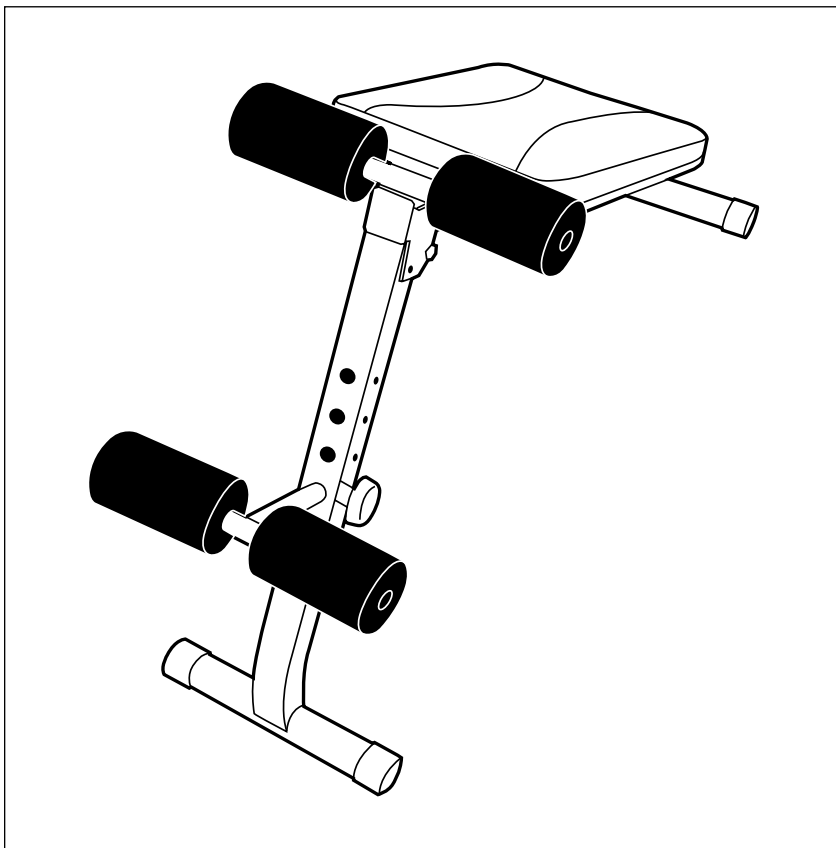


## STEP 11:

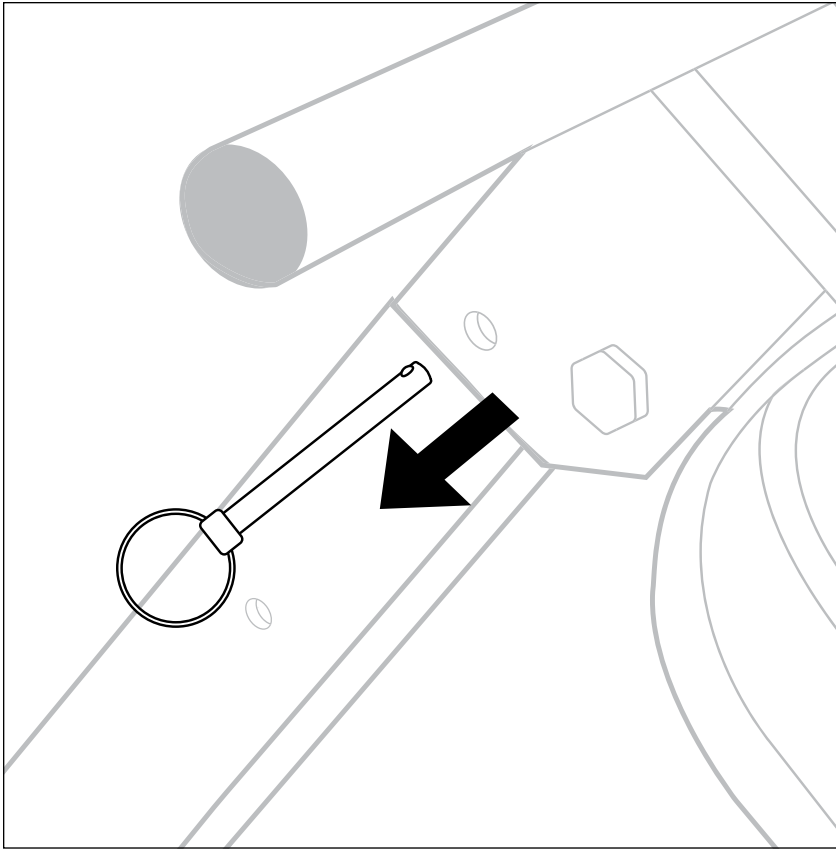
### Parts:

4x Foam Rollers (Part 5)

A. Place all 4x Foam Rollers (5) on the arms of the Ankle Support Attachment and the Arms at the top of the frame where they meet.



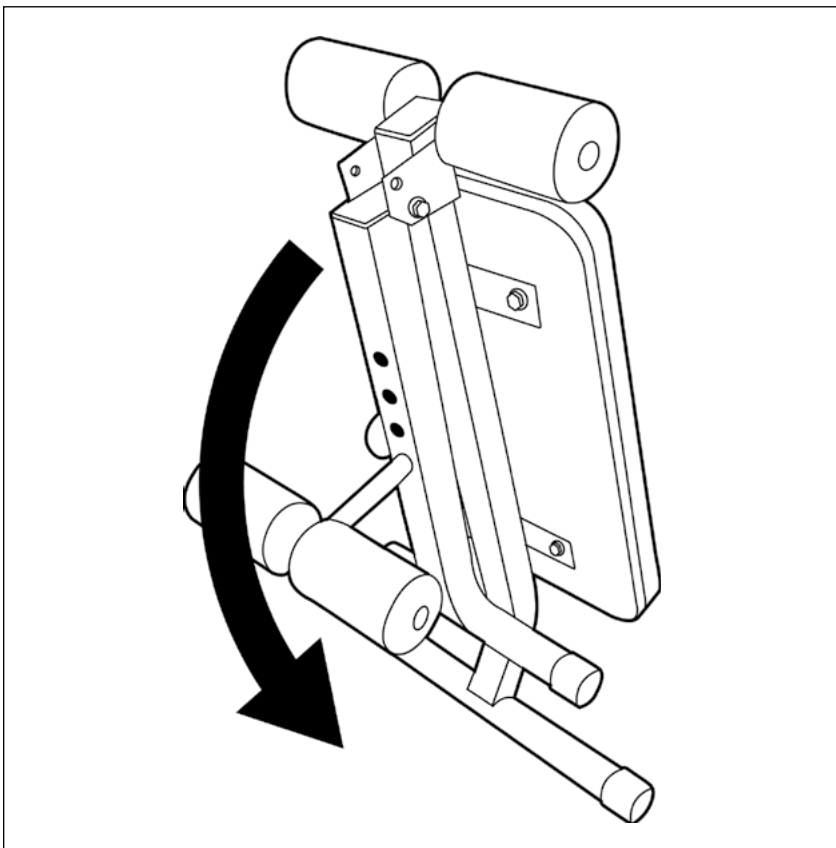
# FOLDING / STORING AWAY



Once you are done with your workout regimen, remove the Lock Pin from the upper openings in the frames.

**NOTE:**

Keep this Lock pin for future use to secure the Ab Crunch Sit Up Bench in place for each workout.



Fold the Bass Frame as shown into the Back Frame.

Store away in a secure place to avoid serious injury or damage to the product.

