

# ADJUSTABLE AB BENCH

MODEL# 8742AB  
PRODUCT MANUAL - VERSION 9.20.02

FOR AGES:

**13+**

WEIGHT LIMIT:

**250** Lbs  
113 Kgs

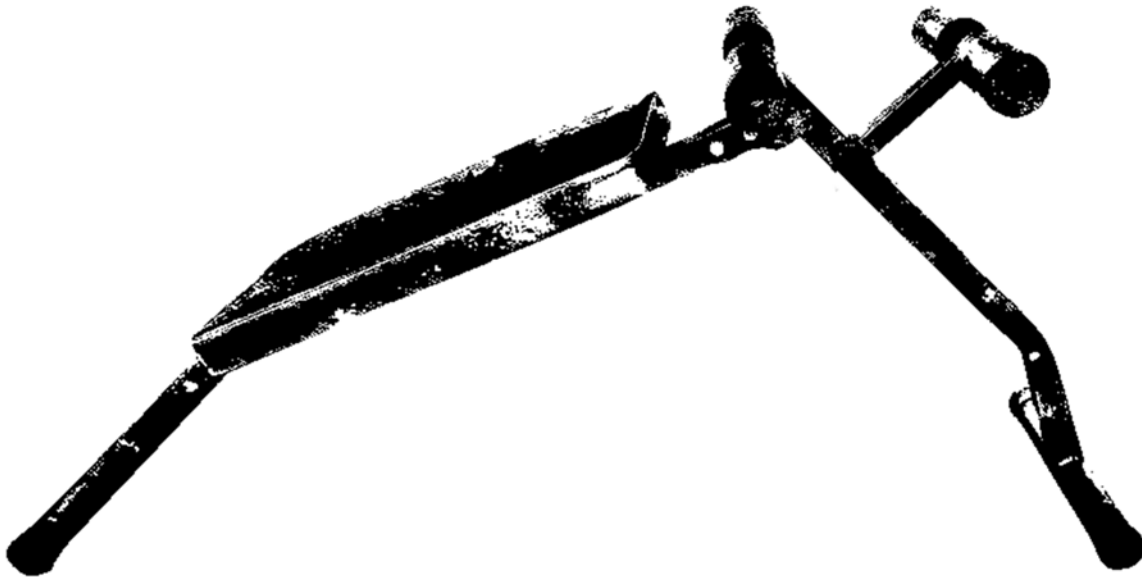
TO BUILD:

 x 1

TOOLS NEEDED:



**HOW-TO**  
VIDEOS ONLINE



## CUSTOMER SERVICE

GQBrands.com • CustomerService@GQBrands.com • 1-866-498-5269 • 4401 Samuell Blvd, Ste 150, Mesquite, TX 75149



# CUSTOMER SERVICE INFORMATION

## Thank you for purchasing: **ADJUSTABLE AB BENCH**

MODEL# 8742AB

If you have an issue with your item, do not return. Please report items that are damaged or missing parts to the manufacturer GQ Brands within three days of delivery. Contact customer service at [customerservice@gqbrands.com](mailto:customerservice@gqbrands.com) to open a ticket.

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.

To register your product please visit:  
[www.globalqualitybrands.com/product-registration](http://www.globalqualitybrands.com/product-registration)  
or Scan code:



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

PureFun.net  
GQ Brands  
Phone: 1-866-498-5269  
Email: [CustomerService@GQBrands.com](mailto: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) \_\_\_\_\_

PO NUMBER ON BOX: (If Available) \_\_\_\_\_

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

SERIAL NUMBER: (On Product Frame) \_\_\_\_\_

## 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. GQBrands 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 pre-authorized 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 NOT 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



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

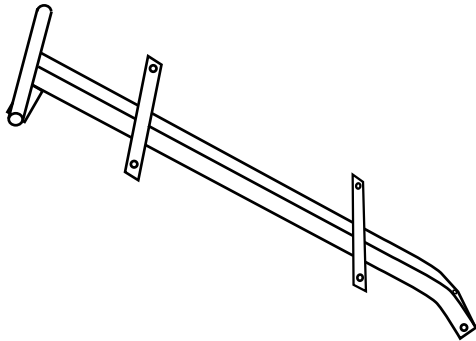
**Please read these warnings and the information in this manual in its entirety.**

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

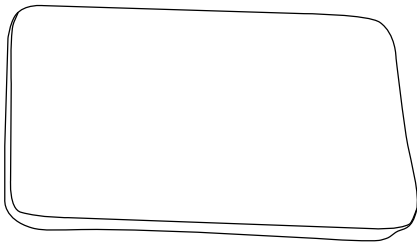
- 
- Ensure that this product has been assembled correctly, per the instructions in the manual.
  - DO NOT make any modifications to this equipment or use this machine in any manner it is not intended for.
  - This manual is designed to help you assemble, adjust, maintain and use the product. It contains 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 HInge Lock Pin 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.

# PARTS LIST

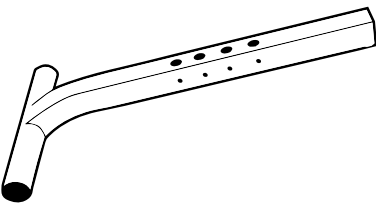
1 - Back Frame **x1**



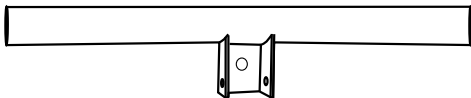
2 - Back Rest Cushion **x1**



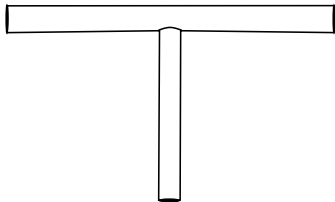
3 - Base Frame **x1**



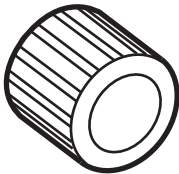
4 - Back Frame Base **x1**



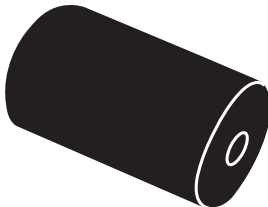
5 - Ankle Support Attachment **x1**



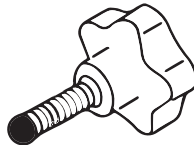
6 - Base Frame End Cap **x4**



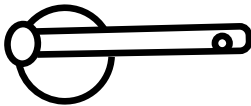
7 - Foam Rollers **x4**



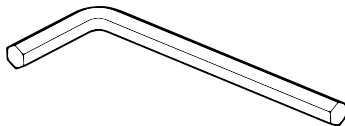
8 - Hinge Lock Pin **x1**



9 - Lock Pin **x1**



10 - Allen Key **x1**

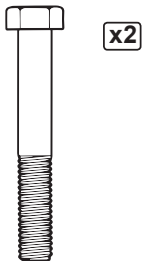


11 - Frame Bolt M6x11MM



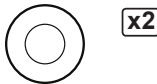
**x5**

12 - Frame Bolt M6x16MM



**x2**

13 - Washers



**x2**

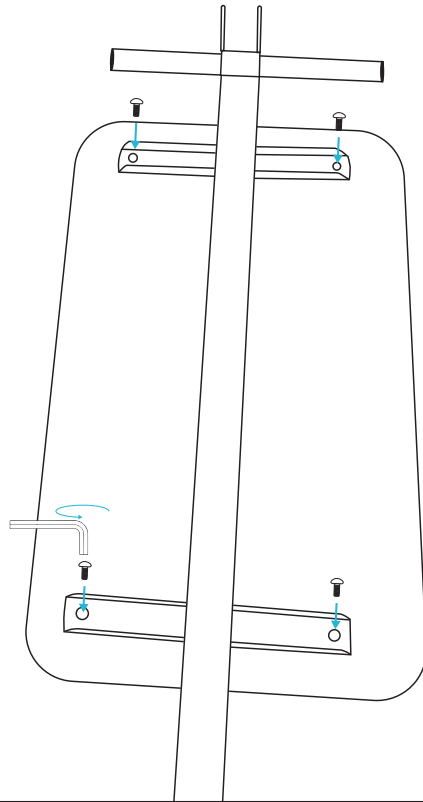
14 - Frame Nut M6



**x2**

# ASSEMBLY INSTRUCTIONS

## STEP 1



### Parts:

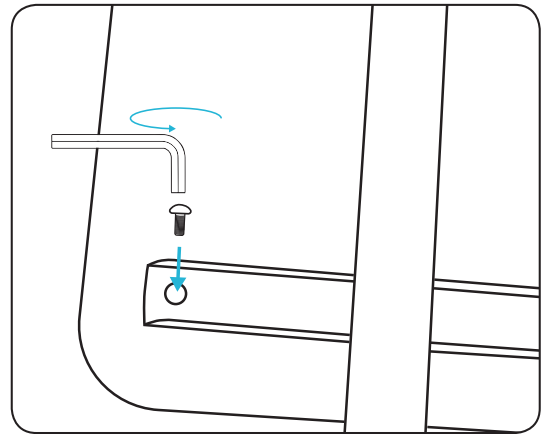
Part 1 (x1) - Back Frame

Part 2 (x1) - Back Rest Cushion

Part 11 (x4) - Frame Bolts M6x11mm

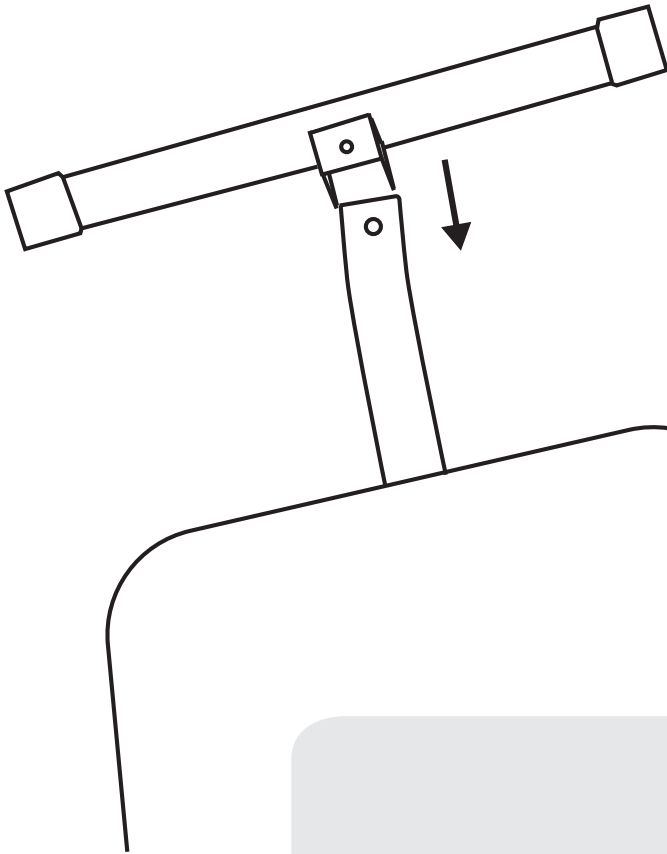
Part 10 (x1) - Allen Key

Place the Backrest Cushion (2) on a flat surface with the logo facing the ground. Align the Back Frame (1) openings to the openings of the Backrest Cushion. Tighten with 4x Frame Bolts M6 (11) on all openings.



# ASSEMBLY INSTRUCTIONS

## STEP 2

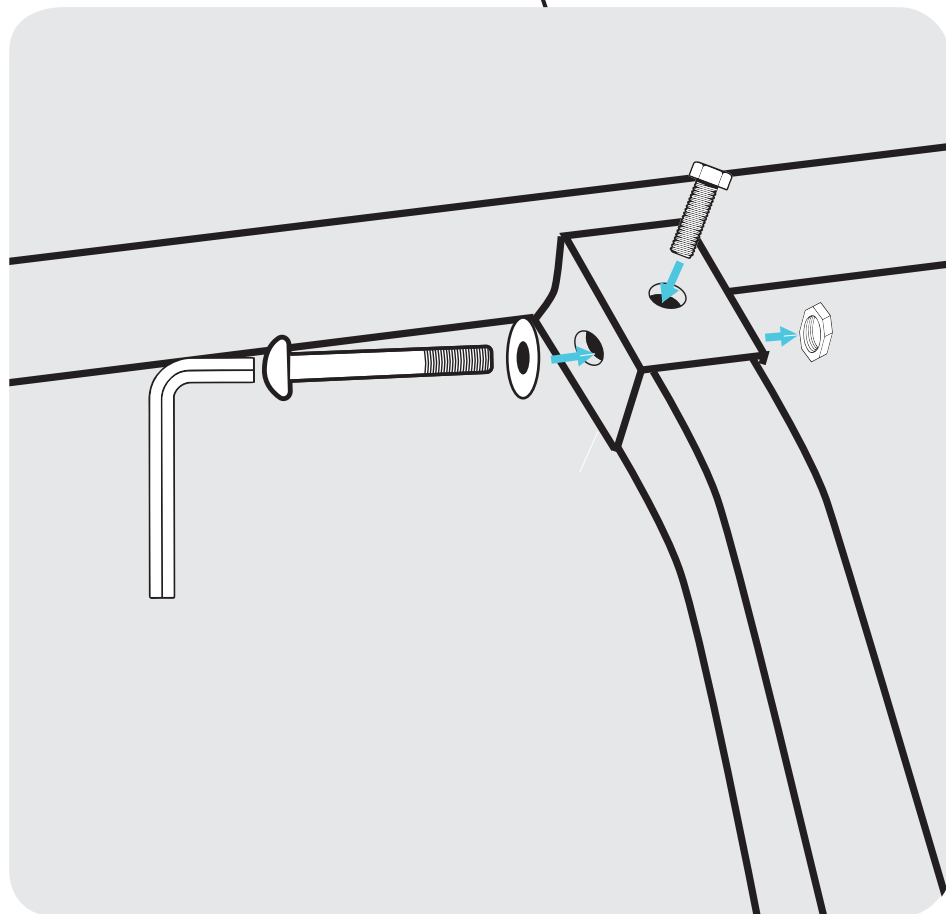


### Parts:

- Part 4 (x1) - Back Frame Base
- Part 10 (x1) - Allen Key
- Part 11 (x1) - Frame Bolts M6x11mm
- Part 12 (x1) - Frame Bolts M6x16mm
- Part 13 (x1) - M6 Washer
- Part 14 (x1) - M6 Nut

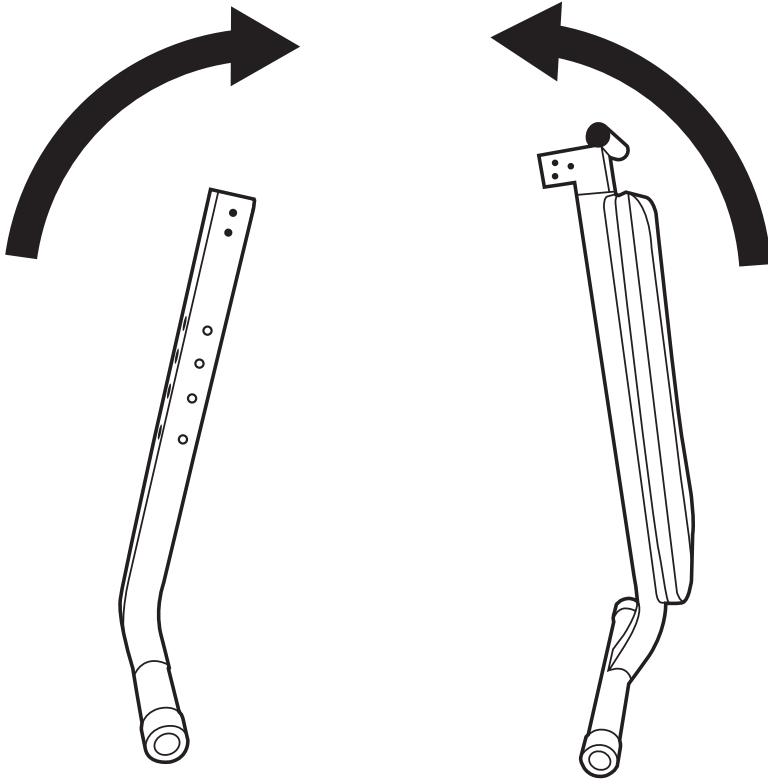
Align the bottom of the Back Frame (1) with the Back Frame Base (4) opening.  
Attach the top part with the M6x11mm Washer (11) and tighten with Allen Key (10).

On the side hole insert the Frame Bolt M6x16mm (12) M6 Washer (13) and M6 Nut (14) as shown in diagram. Tighten with Allen Key and wrench.



# ASSEMBLY INSTRUCTIONS

## STEP 3



### Parts:

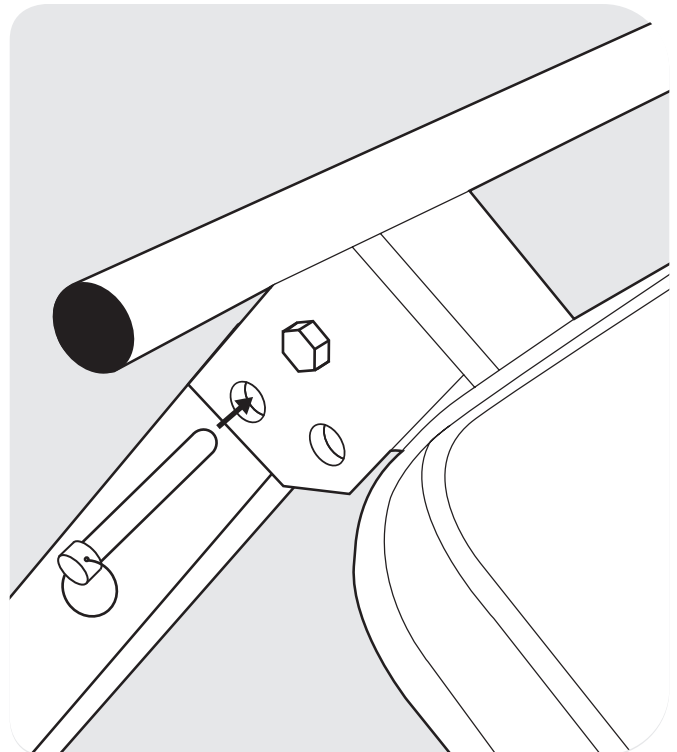
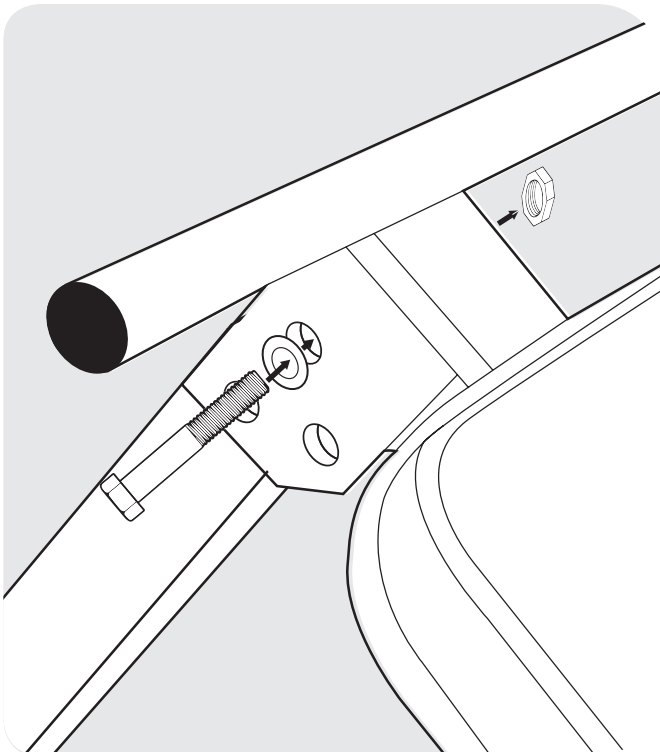
- Part 1 (x1) - Back Frame
- Part 3 (x1) - Base Frame
- Part 9 (x1) - Lock Pin
- Part 12 (x2) - Frame Bolts M6x16mm
- Part 13 (x1) - M6 Washer
- Part 14 (x1) - M6 Nut

Align both the Assembled Base Frame (3) and the Back Frame (1) so the upper portions meet.

Align the upper openings of both frames as shown below.

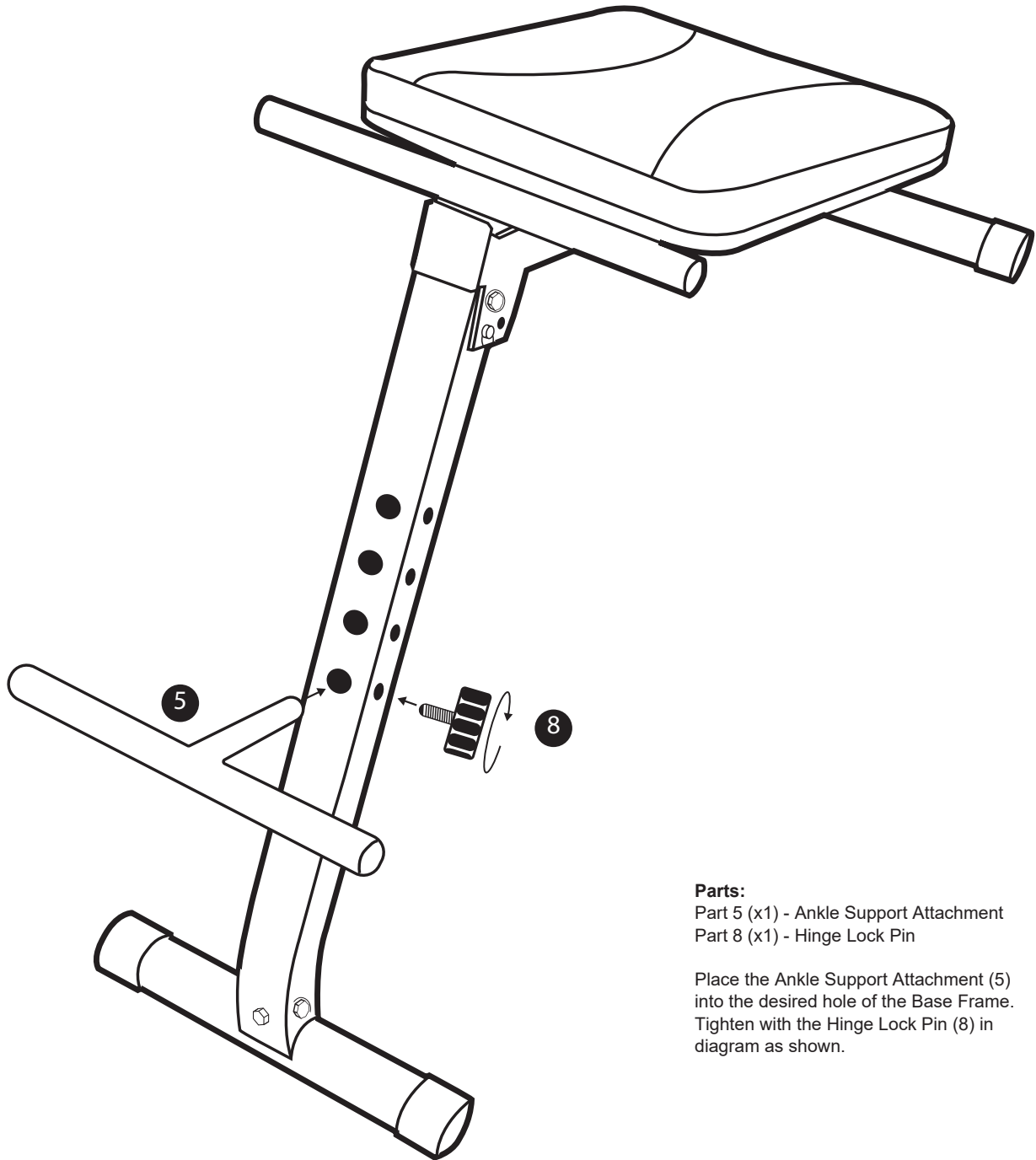
The top opening is assigned for the M6 Bolt(12), M6 Washer(13) and M6 Nut(14). The bottom is for the Lock Pin (9). Tighten all parts to secure both frames together as shown in diagram below.

**NOTE:** The button at the end of the Lock Pin must pass both openings to safely secure it. 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 4



**Parts:**

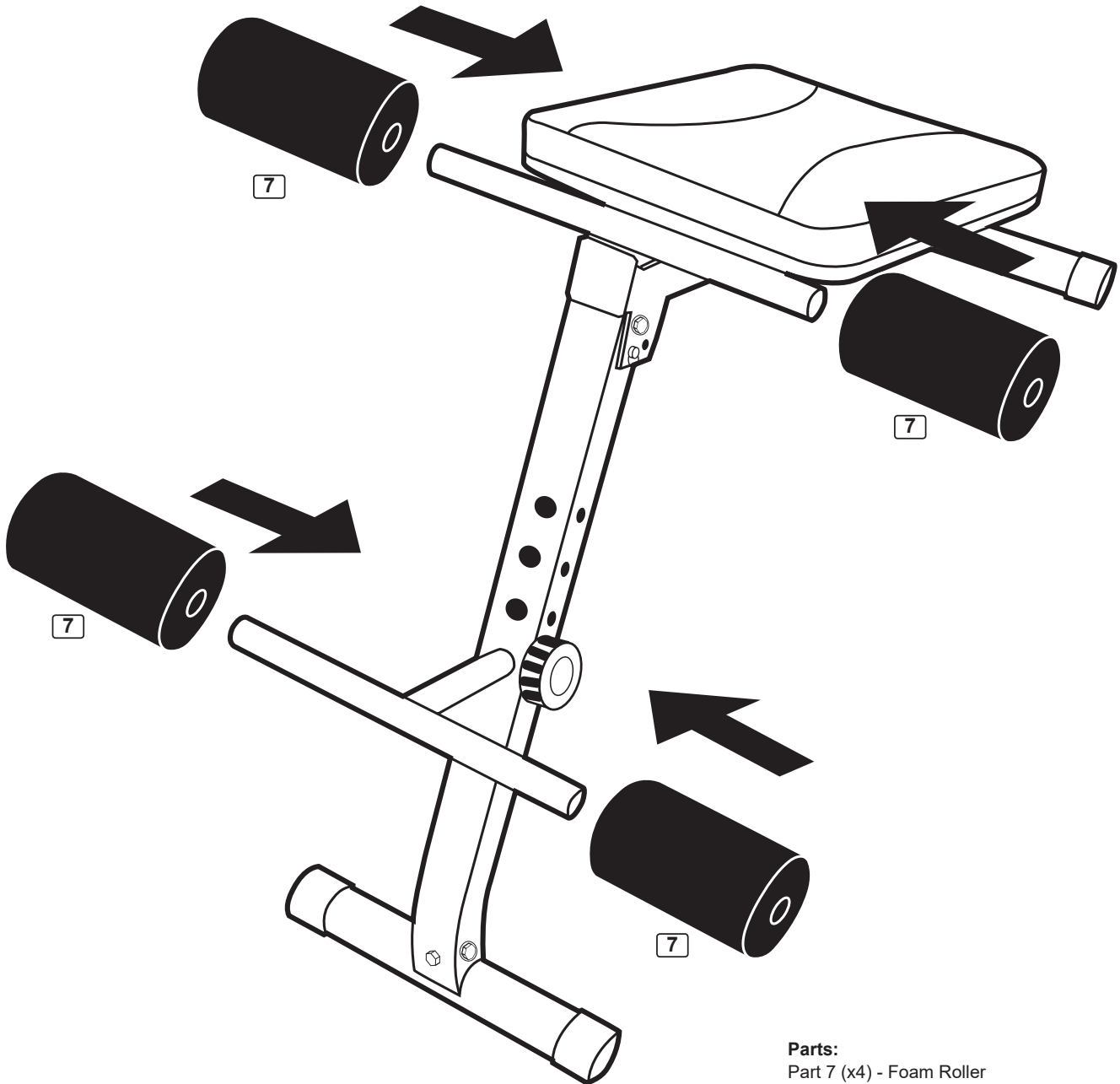
- Part 5 (x1) - Ankle Support Attachment
- Part 8 (x1) - Hinge Lock Pin

Place the Ankle Support Attachment (5) into the desired hole of the Base Frame. Tighten with the Hinge Lock Pin (8) in diagram as shown.



# ASSEMBLY INSTRUCTIONS

## STEP 5



**Parts:**  
Part 7 (x4) - Foam Roller

Place all 4x Foam Rollers (7) on the arms of the Ankle Support Attachment and the Arms at the top of the frame where they meet.

# FREQUENTLY ASKED QUESTIONS

---

Question: "One of the parts has broken" or, how do I replace it?"

Answer: If you are still within your warranty period, you should contact customer service. You can also purchase select replacement parts at: [www.purefun.net](http://www.purefun.net)

Question: "I had a part missing from my box" or "something was damaged during assembly, can you send it to me?"

Answer: If it has been 30 days or less from the date of your initial purchase, you can contact customer service for a replacement part to be issued.

## Thank You Coupon!

As a way of saying thank you for purchasing one of our products, here is a 10% OFF coupon for your next purchase at  
**[www.PureFun.net](http://www.PureFun.net)**

Use Code: GQBRANDS10 at Checkout