



FLAT BENCH WITH WEIGHT RACK

MODEL# 8741FB
PRODUCT MANUAL - VERSION 5.21.01

FOR AGES:

13+

WEIGHT LIMIT:

600 Lbs
272 Kgs

TO BUILD:



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:

FLAT BENCH WITH WEIGHT RACK

MODEL# 8741FB

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 to open a ticket.

At GQ Brands®, 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.

Please Note: In the interest of better quality and value, we are constantly improving and updating our product information. Most up to date manuals, warnings and product information can be found at: <https://www.globalqualitybrands.com/warnings>

To register your product please visit:
www.globalqualitybrands.com/product-registration
or Scan code



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

PureFun.Net
GQBrands®
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: _____

RETAILER WHERE PURCHASED: _____

YOUR MAILING ADDRESS: _____

DATE OF PURCHASE: _____

YOUR EMAIL ADDRESS: _____

ORDER NUMBER: (If Available) _____

PRODUCT NAME: _____

QUANTITY NEEDED: _____

PRODUCT MODEL#: _____

SERIAL NUMBER: _____

PART NUMBER _____

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:

6 Months - Steel
90 Days - All other Parts

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 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, use in commercial applications, 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 GQ Brands®.

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 OR INSTALLATION. ALL MERCHANDISE IS SOLD ON THIS CONDITION, WHICH NO REPRESENTATIVE OF GQBRANDS® CAN WAIVE OR CHANGE.



WARNINGS



IMPORTANT MESSAGE

Please read all of the warnings and directions below prior to assembly. This product comes equipped with warnings and instructions for the assembly, care, maintenance and use of the product. This information must be read by all supervisors and users before any person is allowed to use this item.

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

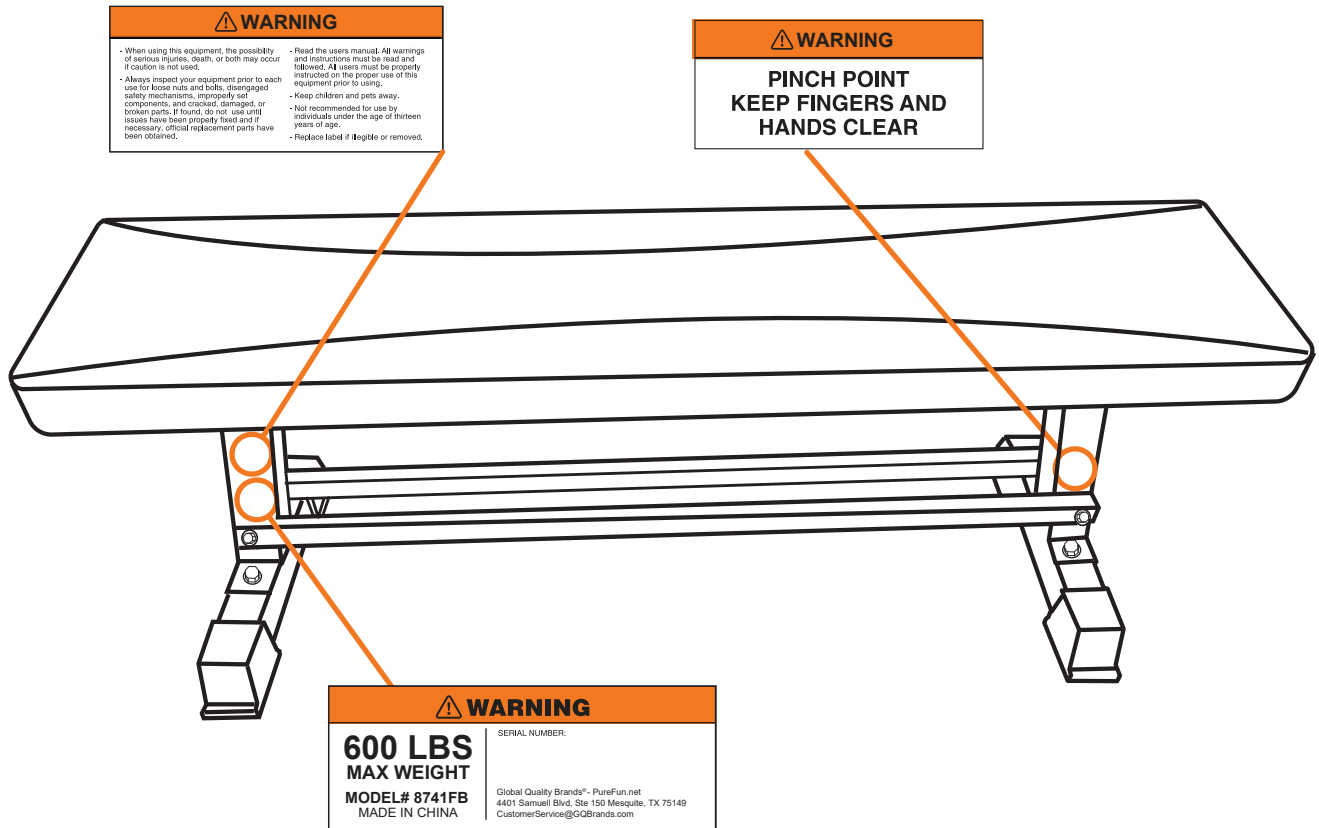
WARNING:

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use and installation. All merchandise is sold on this condition, which no representative of the company can waive or change.

PROPOSITION 65

THIS PRODUCT CAN POSSIBLY EXPOSE YOU TO CHEMICALS INCLUDING DI(2-ETHYLHEXYL) PHTHALATE (DEHP), WHICH IS KNOWN TO THE STATE OF CALIFORNIA TO CAUSE CANCER AND BIRTH DEFECTS OR OTHER REPRODUCTIVE HARM. FOR MORE INFORMATION GO TO WWW.P65WARNINGS.CA.GOV.

⚠ WARNING LABEL LOCATIONS



⚠ WARNING

- When using this equipment, the possibility of serious injuries, death, or both may occur if caution is not used.
- Always inspect your equipment prior to each use for loose nuts and bolts, disengaged safety mechanisms, improperly installed components, and cracked, damaged, or broken parts. If found, do not use until issues have been properly fixed and if necessary, official replacement parts have been obtained.
- Read the users manual. All warnings and instructions must be read and followed. All users must be properly instructed on the proper use of this equipment prior to using.
- Keep children and pets away.
- Not recommended for use by individuals under the age of thirteen years of age.
- Replace label if illegible or removed.

⚠ WARNING

**PINCH POINT
KEEP FINGERS AND
HANDS CLEAR**

⚠ WARNING

**600 LBS
MAX WEIGHT**

MODEL# 8741FB
MADE IN CHINA

SERIAL NUMBER:

Global Quality Brands® - PureFun.net
4401 Samuell Blvd, Ste 150 Mesquite, TX 75149
CustomerService@GQBrands.com



WARNINGS & SAFETY INFORMATION

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

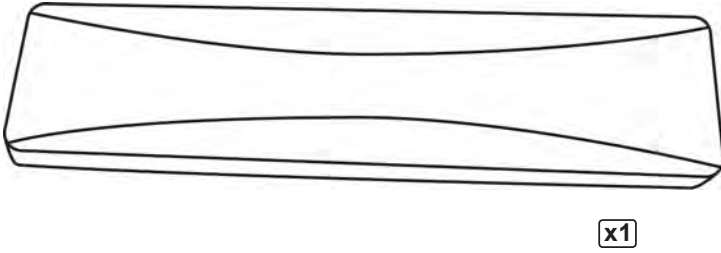
Failure to comply with the following instructions may increase the risk of serious injury and/or death:

We recommend that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using the our Workout Bar, discontinue use & consult your physician.

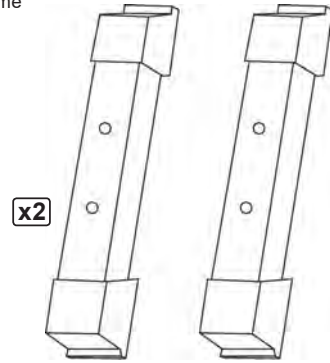
- This product must be assembled and disassembled by **ADULTS ONLY**.
- This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.
- The owner and supervisors of this product are responsible to make sure all users are aware of the warnings and use specified in this manual.
- Ensure the bench has been assembled correctly, per the instructions in the manual.
- It is essential that the intended site for this bench is completely flat and level. If the ground is not level this will cause movement in the frame and could cause stress on the joined sections.
- It is only recommended for use by adults/teens 13 years of age and older.
- The contents are not suitable for children under 3 years. This product contains small parts, which may cause choking.
- Use this bench only with mature, knowledgeable supervision.
- **NEVER** exceed the **MAXIMUM WEIGHT LIMIT** of 600 LBS, including accessories and weights.
- This product is intended for indoor individual home use only, it is not designed for commercial use or for use in communal workout areas. Such use will void the warranty.
- **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 product and/or misuse of this equipment can result in serious injury and death.
- 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.
- Lateral clearance is essential. Place the bench away from walls, structures, fences and other areas. Maintain a clear space on all sides of the bench.
- This product is intended for indoor individual home use only, it is not designed for commercial use or for use in communal workout areas. Such use will void the warranty.
- Immediately discontinue use if any breakage to the frame assembly or parts are found. Failure to do this may result injury and/or further damage to the product.
- **DO NOT** allow children or pets to use, climb on, or play near this product.
- **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.
- **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.
- Misuse and abuse of the bench is dangerous and can cause serious injuries.
- Before each use of this product and twice per month, inspect and replace any worn, loose, defective or missing parts and tighten all hardware. All moving parts should be lubricated with a household lubricant.
- It is important to check the entire product to ensure the Frame, Protective Coverings, and Seats are steady and all parts are attached in good condition. If any loose, cracked, missing, or otherwise damaged components are found, cease use of this item immediately.
- Check metal parts for rust. If rust is found, sand and repaint using a non-lead based paint. If removed for winter storage, reinstall any plastic parts before allowing use.
- **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.
- **NEVER** hold your breath while exercising.
- Warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.
- Rest adequately between workouts to allow your muscles to tone and develop.
- **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.
- No modification should be carried out to the bench or any of its components. Any modification could lead to damage to the product or result in a personal injury.
- Please read and refer to other warnings and use information in the **WEIGHT BENCH** instructions before use.
- Owners shall be responsible for maintaining the legibility of the warning labels.
- Please read and refer to other warnings and use information in this products instruction manual before use.
- Dispose of all packaging materials safely and per local ordinance.
- Please retain this information for future reference.

PARTS LIST

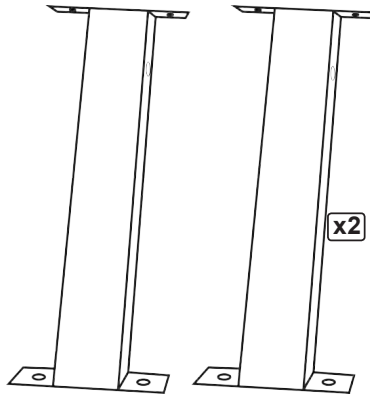
1 - Backrest Cushion



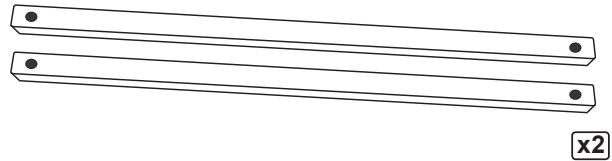
2 - Base Frame



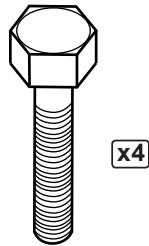
3 - Leg Frame



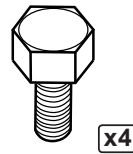
4 - Weight Rack Rail



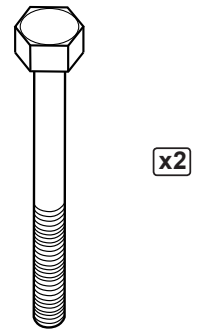
5- M10 x 65mm Bolt



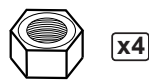
6 - M10x16mm Bolt



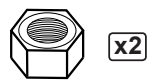
7- M8x110 Bolt



8 - M10 Nut



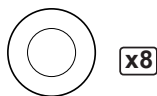
9- M8 Nut



12- Wrench



10- M10 Washer



11- M8 Washer



ASSEMBLY INSTRUCTIONS

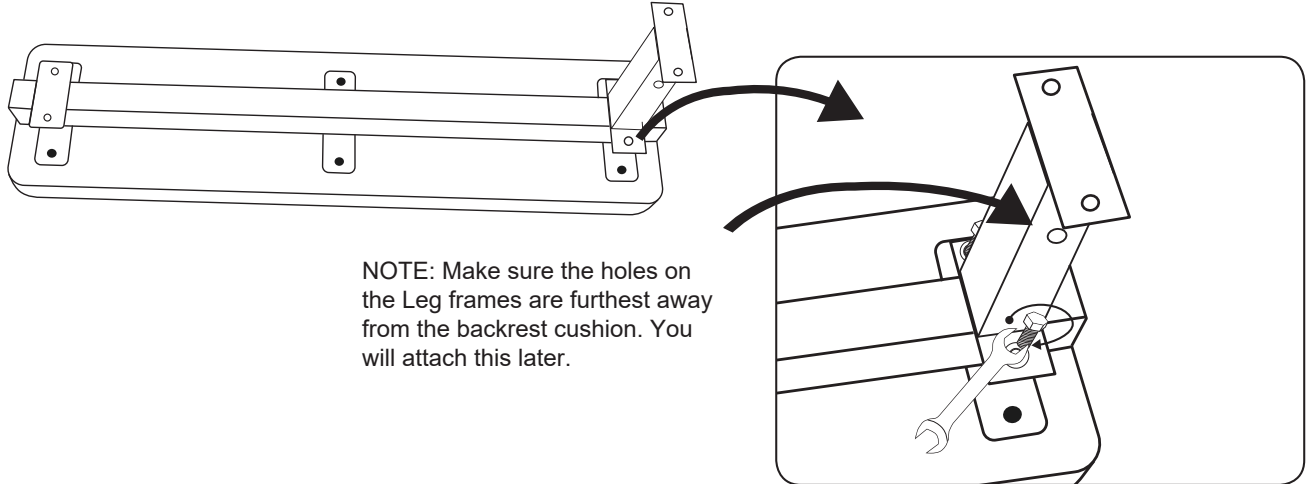
To assemble the product properly, you must follow all instruction steps below. Do not attempt to alter any frame components or parts or skip any steps below. Use gloves to protect your hands from pinch points during assembly.

STEP 1

With the Backrest Cushion (1) facing the floor, attach one of the Leg Frames (3) by aligning the openings at the bottom of the backrest cushion to the openings of the Leg Frame like diagram below.

Tighten in place with the M10x16mm Bolt (6) and M10 Washer (10) turning it clockwise until tightened.

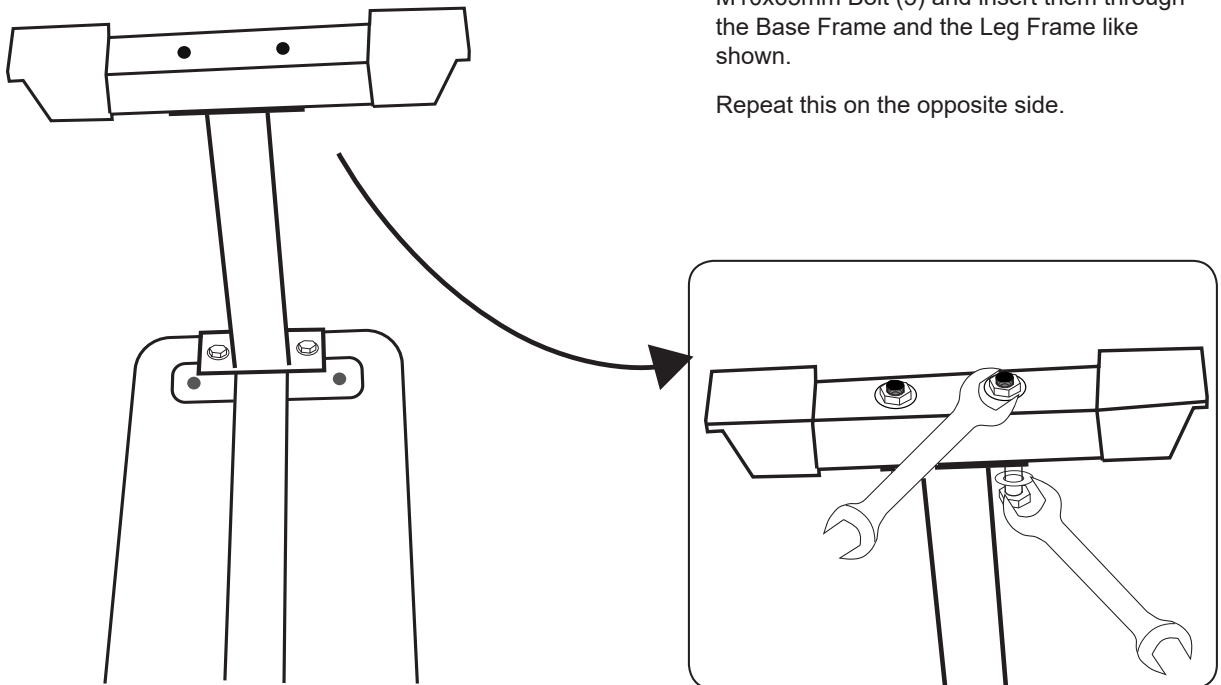
Repeat this on opposite side of Backrest Cushion to have 2 leg frames attached to Backrest Cushion.



STEP 2

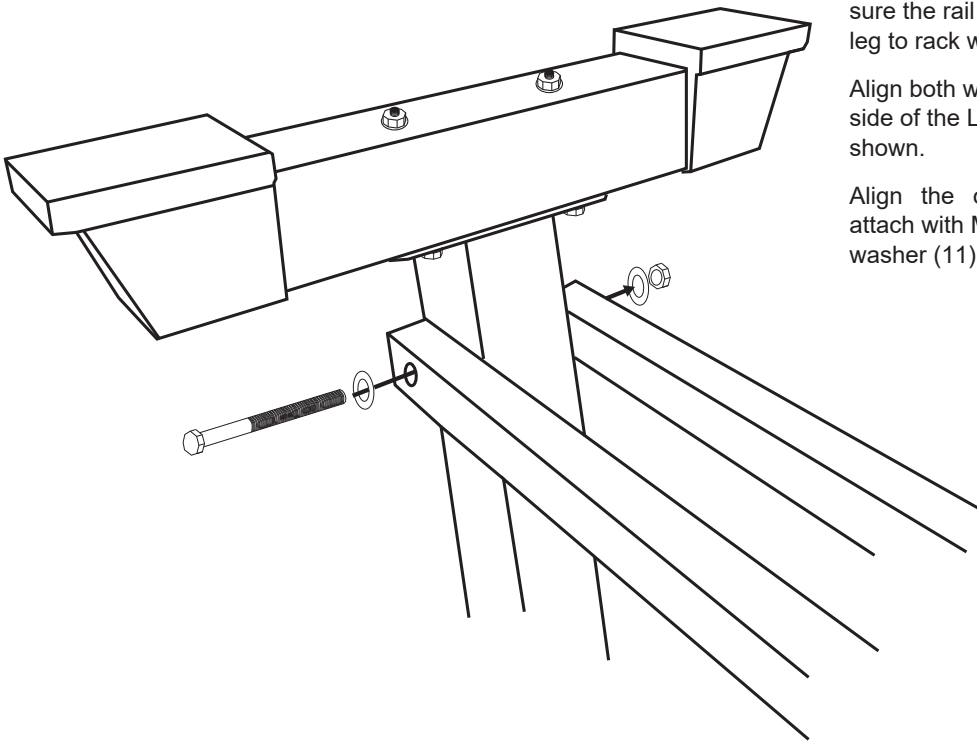
Attach the Base Frame (2) to the Leg Frame (3) with M10 Nut (8) M10 Washer (10) and M10x65mm Bolt (5) and insert them through the Base Frame and the Leg Frame like shown.

Repeat this on the opposite side.



ASSEMBLY INSTRUCTIONS

STEP 3

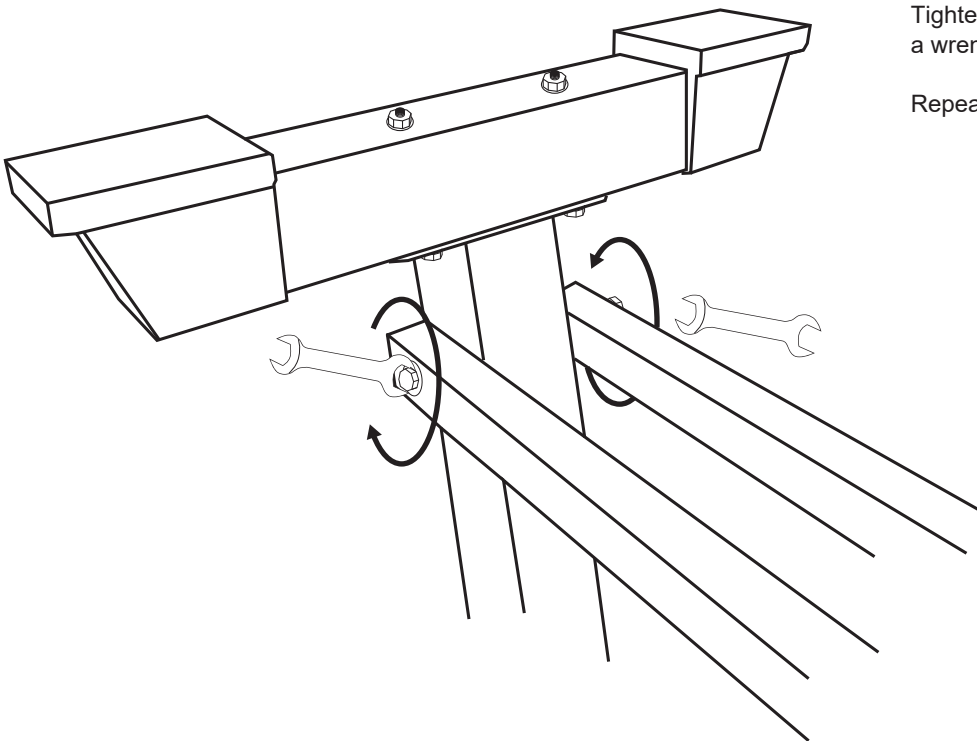


Gather both weight rack rails (4) Make sure the rail is attached closest to the leg to rack weights.

Align both weight rack rails (4) on each side of the Leg Frame (3) like diagram shown.

Align the openings of both rails and attach with M8x110mm bolt (7), M8 washer (11) and M8 nut. (9)

STEP 4



Tighten the bolt, washer and nut with a wrench turning clockwise as shown.

Repeat on opposite leg frame.

ASSEMBLY INSTRUCTIONS

STEP 5

Once bench is completely assembled,
double check that all parts are tightened
and secure before starting workout.



FREQUENTLY ASKED QUESTIONS

- Question: "The foam padding or mat is damaged, what should I do?"
- Answer: If you are still within your warranty period (90 Days from initial purchase) you should contact customer service. You can also purchase replacement padding and mats at: www.PureFun.net
- Question: "I had a part missing from my box" or "something was damaged in shipping, 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.

CARE & MAINTENANCE

- It is essential that the intended site for this bench is completely flat and level. If the ground is not level this will cause movement in the frame and could cause stress on the joined sections.
- 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.
- Cleaning your Machine - Wipe frames and other powder coated surfaces down with a damp cloth. If a more thorough cleaning is needed, a mixture of mild dish soap and water can be used. After cleaning, it's best to dry the frame completely with a clean, dry cloth. This will further prevent corrosion or rust from forming.
- To clean upholstery, use a solution that is ten percent mild dish soap and ninety percent warm water. Apply it with a damp cloth (or a soft bristle brush for more stubborn soiling), and then wipe the residue away with another damp cloth. Completely dry the upholstery with a soft cloth.
- NOTE: DO NOT use bleach or alcohol-based cleaners to clean equipment. This can cause premature rust and rapidly fatigue upholstery. Doing so will invalidate warranties and guarantees.

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

Use Code: GQBRANDS10 at Checkout