

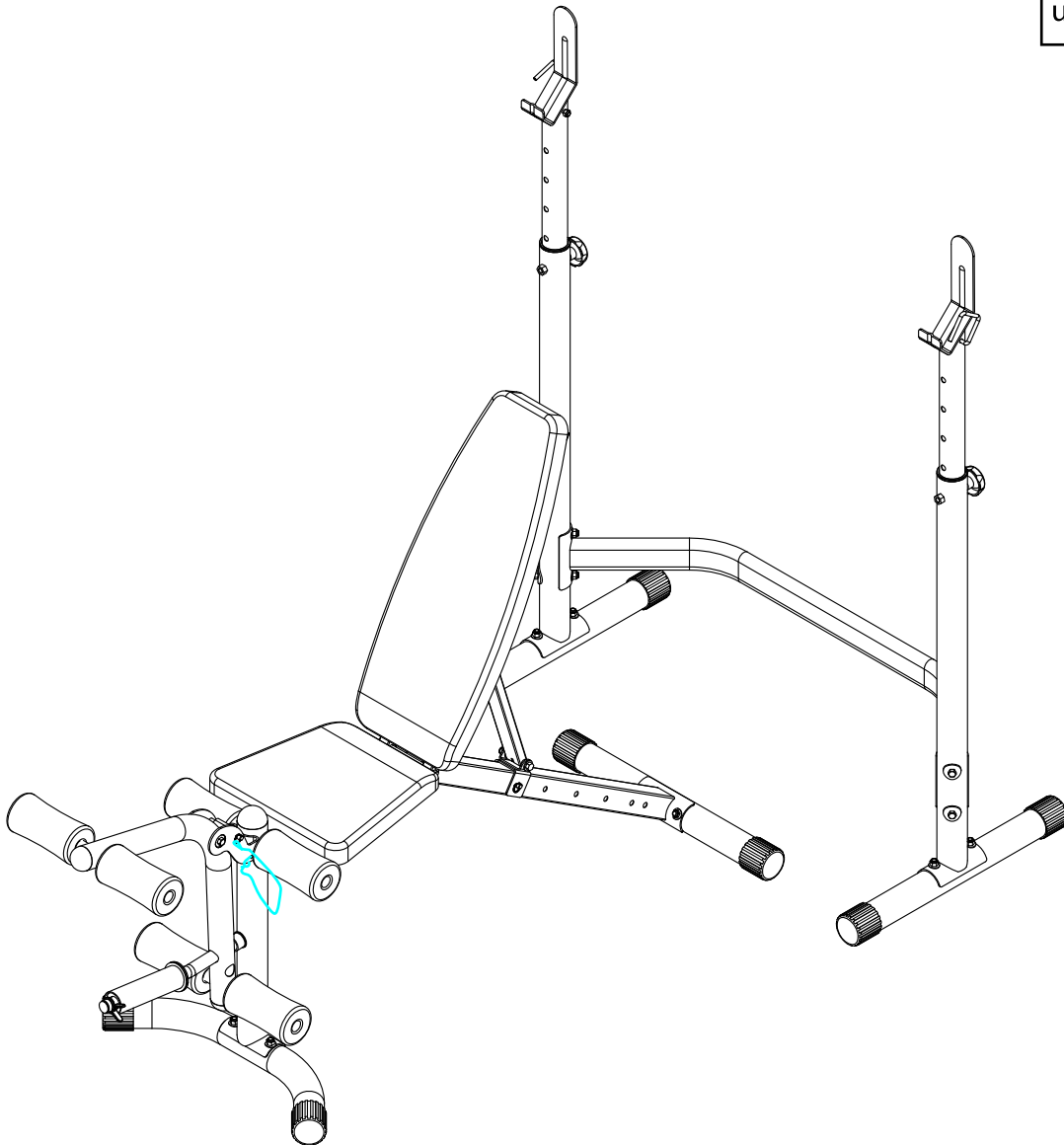
BCB 3780/3890

Olympic Width Bench System



CAUTION

Maximum Weight
Limit is 750 lbs.
(This includes the
user's body weight)



* Photo may differ from actual product. * Weights, Weight Set & Dumbbells Sold Separately.
* This product is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL



General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

The maximum weight capacity of this unit is 750 pounds (this includes the user's body weight).

- Maximum Olympic Weight Set: 300 lbs
- Maximum Body Weight: 300 lbs
- Maximum Weight on Leg Extension: 150 lbs



Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

HUPA International warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, HUPA International reserves the right to:

- a). provide replacement parts to the purchaser in an effort to repair the item.
- b). repair the product returned to our warehouse (at the purchaser's cost).
- c). replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.



Customer Support

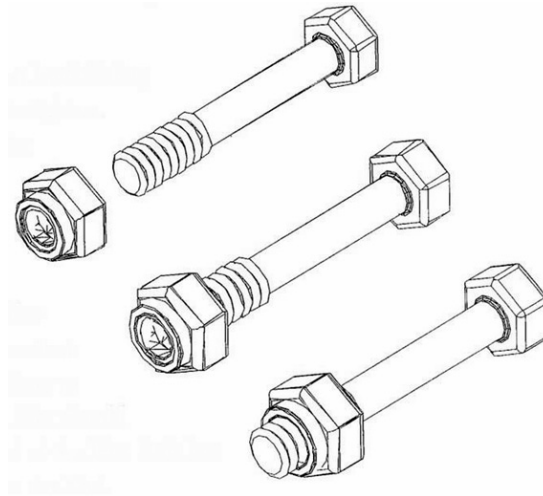
Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

HUPA International Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com

BEFORE ASSEMBLY

Take a few minutes to familiarize yourself with the parts and hardware included with your product.

IMPORTANT PLEASE NOTE: MANY OF THE PARTS AND HARDWARE LISTED ON THE PARTS LIST ARE ALREADY PRE-ASSEMBLED OR INSTALLED ON THE BENCH.



Nylon Lock Safety Nuts

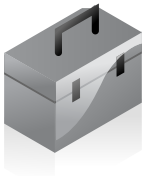
- A. It is only necessary to tighten the bolts and nuts to **“finger tight”** during the assembly process. This will make it easier to complete certain steps by allowing more tolerance for all the parts to fit properly.
- B. Do not tighten all the nuts onto the bolts securely until after you have completed assembly of your product.
- C. Use wrenches, pliers, or ratchet and sockets to tighten the bolts and nuts.
- D. The **Nylon Nut** should thread onto the Hex Bolt until the end of the **Hex Bolt** has broken through the **Nylon** insert inside the **Nut**.

Wiring and Loose Components

Tools required to assemble the machine:

- A. Check all wiring for rips and tears
- B. Check the frame for any damage
- C. Make sure all the hardware is included

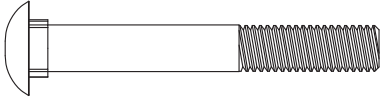
- Two Adjustable Wrenches
- Two Allen Wrenches



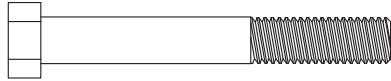
Hardware & Tool List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note, most of these parts are already pre-assembled on your unit. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

BOLT



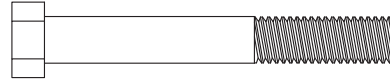
#20. Carriage Bolt (3/8"x2-7/8") [8 Pieces]



#22. Hex Bolt (3/8"x3") [1 Piece]



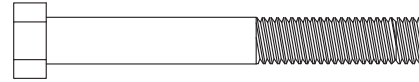
#24. Hex Bolt (5/16"x1-1/4") [4 Pieces]



#21. Hex Bolt (3/8"x3-1/8") [4 Pieces]

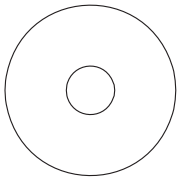


#23. Hex Bolt (5/16"x1-1/2") [4 Pieces]

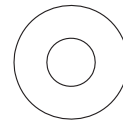


#43. Hex Bolt (3/8"x3-5/8") [1 Piece]

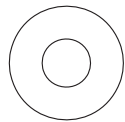
WASHER



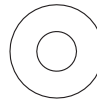
#27. Large Curved Washer [4 Pieces]



#28. Curved Washer (3/8") [12 Pieces]

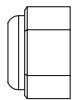


#29. Washer (3/8") [3 Pieces]



#30. Washer (5/16") [8 Pieces]

NUT

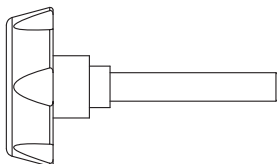


#25. Lock Nut (3/8") [14 Pieces]

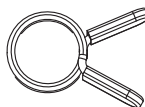


#26. Lock Nut (5/16") [2 Pieces]

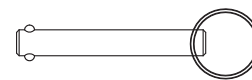
Others



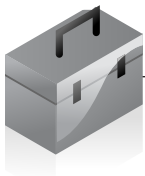
#16. Lock Knob [2 Pieces]



#17. Quick Clip [1 Piece]



#19. Lock Pin [1 Piece]



Parts Listing

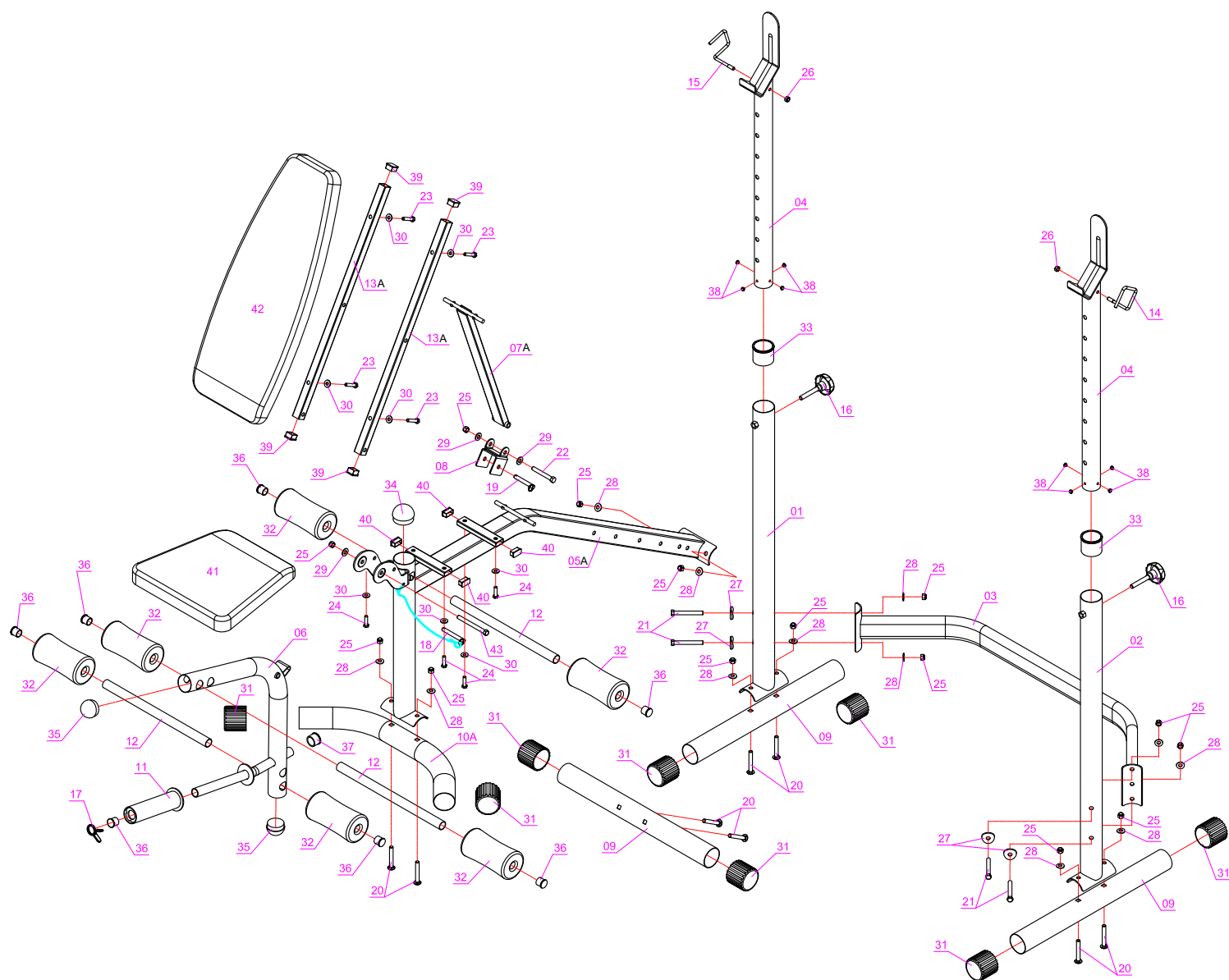
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Right Upright Frame	24	Hex Bolt (5/16"x1-1/4")
02	Left Upright Frame	25	Lock Nut (3/8")
03	Rear Cross Tube	26	Lock Nut (5/16")
04	Adjustable Upright Tube	27	Large Curved Washer
05A	Main Frame	28	Curved Washer (3/8")
06	Leg Developer	29	Washer (3/8")
07A	Backrest Adjustable Tube	30	Washer (5/16")
08	Bracket	31	End Cap (φ60 mm)
09	Rear Stabilizer	32	Foam Roller
10A	Front Stabilizer	33	Round Spacer (φ50-60 mm)
11	Olympic Adapter	34	Round Inner Plug (φ60 mm)
12	Foam Rod Tube	35	Round Inner Plug (φ50 mm)
13A	Backrest Tube	36	Round Inner Plug (φ25 mm)
14	Left Safety Hook	37	End Cap (φ25 mm)
15	Right Safety Hook	38	Bumper
16	Lock Knob	39	Square Inner Plug (25 mm)
17	Quick Clip	40	Rectangular Inner Plug (15x30 mm)
18	Lock Pin with Rope	41	Seat Cushion
19	Lock Pin	42	Backrest Cushion
20	Carriage Bolt (3/8"x2-7/8")	43	Hex Bolt (3/8"x3-5/8")
21	Hex Bolt (3/8"x3-1/8")		
22	Hex Bolt (3/8"x3")		
23	Hex Bolt (5/16"x1-1/2")		



Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

Assembly Step 1

- A). Connect the **Main Frame (#05A)** to the **Rear Stabilizer (#09)** by inserting two **Carriage Bolts (#20)** up through the **Rear Stabilizer (#09)** and **Main Frame (#05A)** and secure with two **Curved Washers (#28)** and two **Lock Nuts (#25)**.
- B). Connect the **Main Frame (#05A)** to the **Front Stabilizer (#10A)** by inserting two **Carriage Bolts (#20)** up through the **Front Stabilizer (#10A)** and **Main Frame (#05A)** securing with two **Curved Washers (#28)** and two **Lock Nuts (#25)**.

Hardware Required

BOLT



#20. Carriage Bolt (3/8"x2-7/8") [4 Pieces]

WASHER

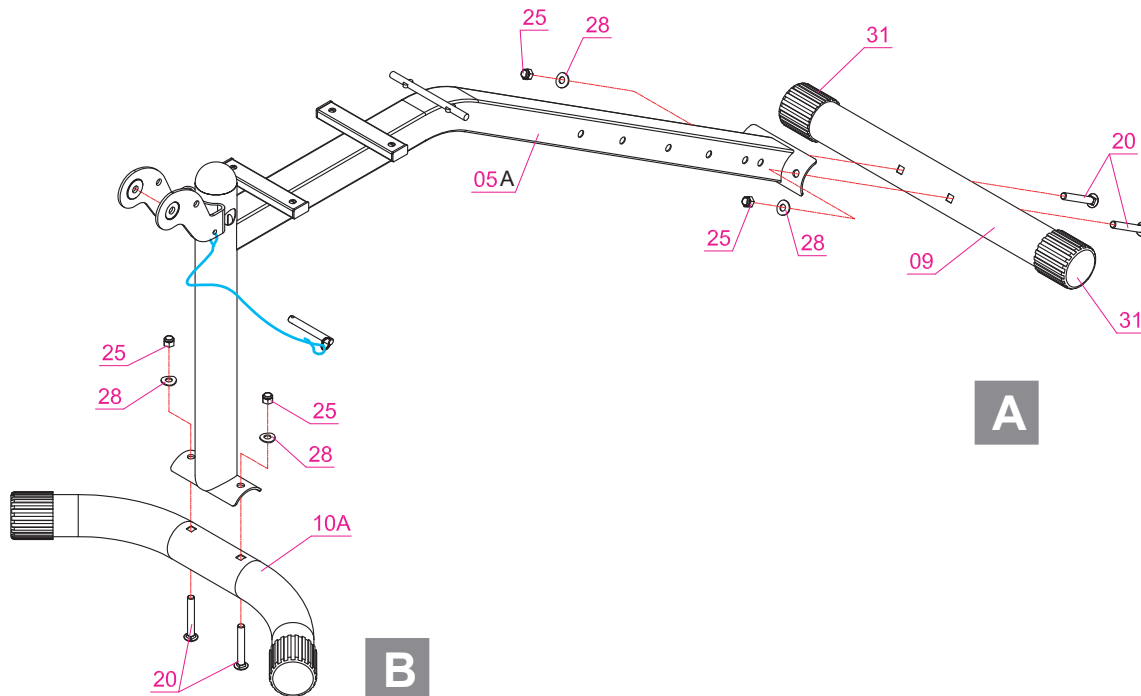


#28. Curved Washer (3/8") [4 Pieces]

NUT



#25. Lock Nut (3/8") [4 Pieces]





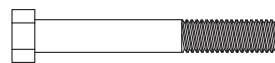
Assembly Instructions

Assembly Step 2

- A). Place the **Bracket (#08)** onto the rear declining portion of the **Main Frame (#05A)** as illustrated and secure by inserting **Lock Pin (#19)** in through the **Bracket (#08)** and the first set of holes of the **Main Frame (#05A)**.
- B). With the help of an assistant, align the bottom end of the **Backrest Adjustable Tube (#07A)** to the holes on the **Bracket (#08)** and secure by inserting one **Hex Bolt (#22)** through one **Washer (#29)**, the **Bracket (#08)**, the bottom end of the **Backrest Adjustable Tube (#07A)** all the way through the other hole on the **Bracket (#08)** and secure using one **Washer (#29)** and one **Lock Nut (#25)**.
- C). With the help of an assistant and using the diagram as reference, attach one **Backrest Tube (#13A)** to the left side by inserting the hole in the center to the left protruding small cylinder of the **Backrest Adjustable Tube (#07A)**, and the hole at the bottom of the **Backrest Tube (#13A)** to the small cylinder of the **Main Frame (#05A)**. Repeat this process with the second **Backrest Tube (#13A)** on the right side.

Hardware Required

BOLT



#22. Hex Bolt (3/8"x3") [1 Piece]

WASHER



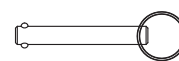
#29. Washer (3/8") [2 Pieces]

NUT

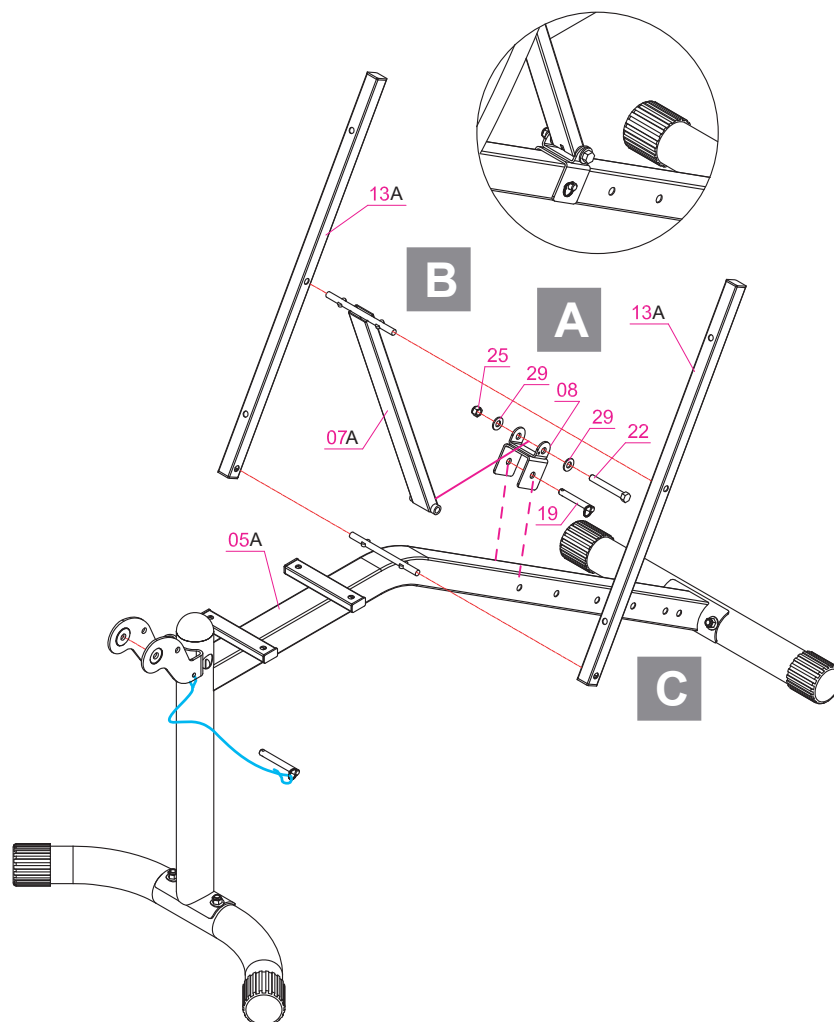


#25. Lock Nut (3/8") [1 Piece]

Others



#19. Lock Pin [1 Piece]





Assembly Instructions

Assembly Step 3

- A). Attach the **Seat Cushion (#41)** to the front section of the **Main Frame (#05A)** by inserting four **Hex Bolts (#24)** through four **Washers (#30)** and up through the bottom of the **Main Frame (#05A)** and secure.
- B). Next, attach the **Backrest Cushion (#42)** to the previously assembled portion in Assembly Step 2 (now connected as an extension of the **Main Frame (#05A)**) by inserting four **Hex Bolts (#23)** through four **Washers (#30)** from the back of the Step 2 assembly, through the **Backrest Tubes (#13A)** and the **Backrest Cushion (#42)**.

Hardware Required

BOLT



#23. Hex Bolt (5/16"x1-1/2") [4 Pieces]

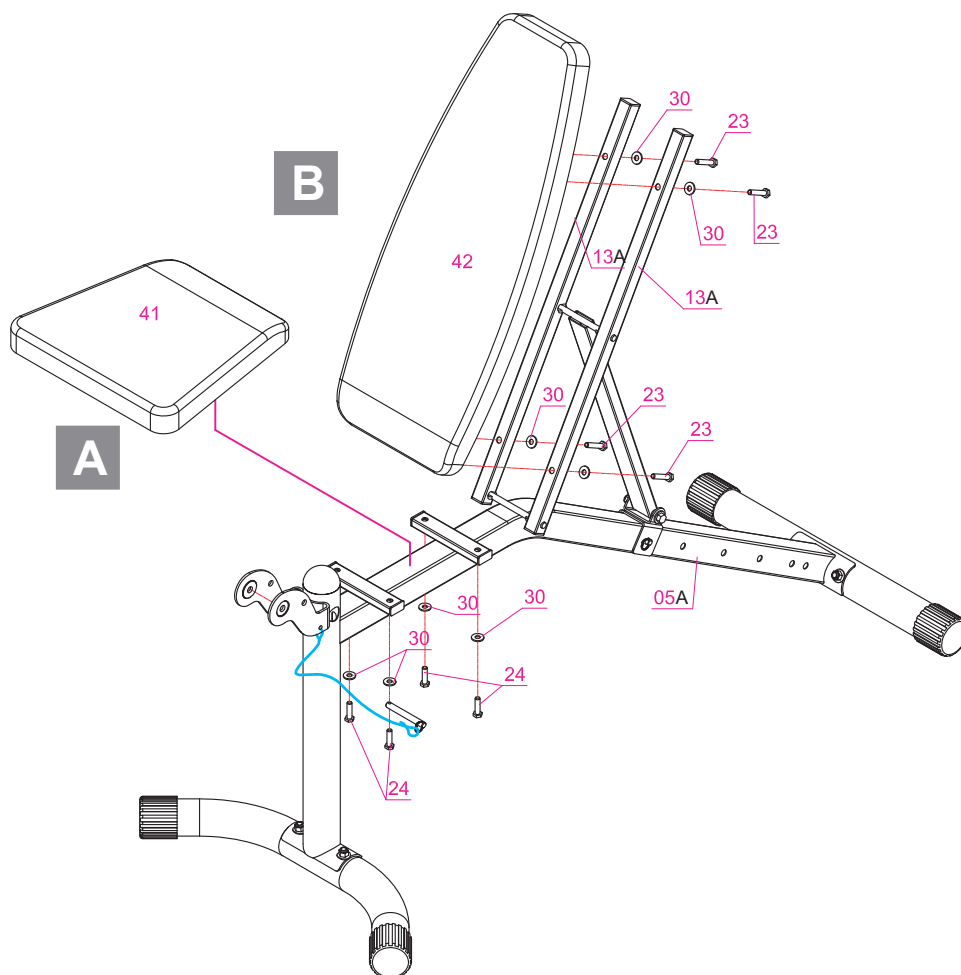


#24. Hex Bolt (5/16"x1-1/4") [4 Pieces]

WASHER



#30. Washer (5/16") [8 Pieces]





Assembly Instructions

Assembly Step 4

Please use the diagram and close-up diagram below for reference to ensure proper assembly.

- A). Attach the **Leg Developer (#06)** to the bracket on the **Main Frame (#05A)**. Secure by inserting through the front hole as illustrated: one **Hex Bolt (#43)** through the **Leg Developer (#06)** and out the other end of the bracket on the **Main Frame (#05A)**. Secure using one **Washer (#29)** and one **Lock Nut (#25)**.
- B). Gather the three **Foam Rod Tubes (#12)** and six **Foam Rollers (#32)**. Using one **Foam Rod Tube (#12)**, on one end, slide on one **Foam Roller (#32)**. Repeat this process with the other two **Foam Rod Tubes (#12)** so that all three **Foam Rod Tubes (#12)** each have one **Foam Roller (#32)** on one end.
- C). Insert the free end of one of the **Foam Rod Tubes (#12)** through either of the holes on the bottom of the **Leg Developer (#06)** as illustrated. These hole options allow you to configure the unit to your body height. If you are taller, you may want to use the most bottom hole. Then, attach one **Foam Roller (#32)** to the free end of the **Foam Rod Tube (#12)**.
- D). Repeat "C." above with either of the holes on the curve-extended portion of the **Leg Developer (#06)**.
- E). Then, repeat "C." above through the hole on the top center post of the **Main Frame (#05A)**.

Hardware Required

BOLT



#43. Hex Bolt (3/8"x3-5/8") [1 Piece]

WASHER



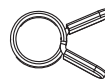
#29. Washer (3/8") [1 Piece]

NUT



#25. Lock Nut (3/8") [1 Piece]

Others



17. Quick Clip [1 Piece]

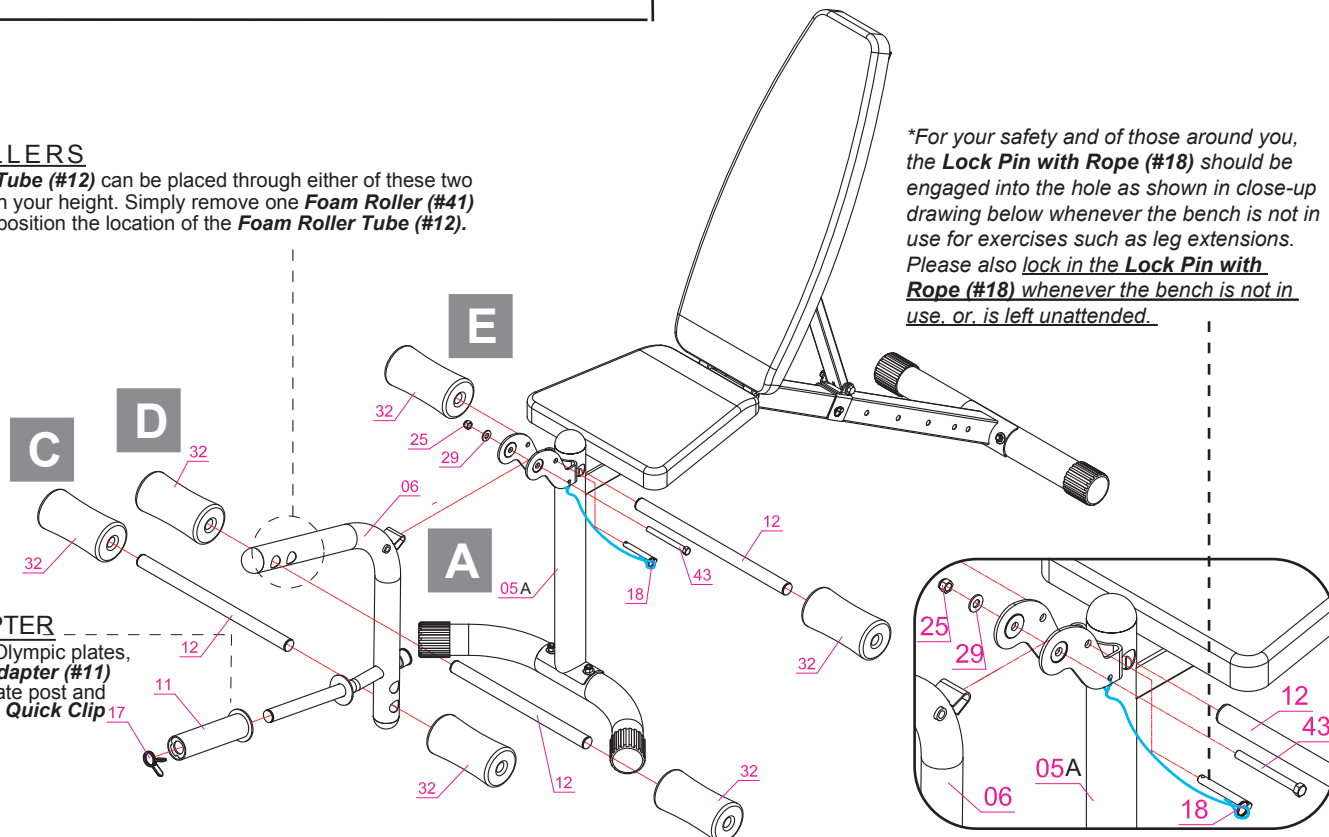
*FOAM ROLLERS

The **Foam Roller Tube (#12)** can be placed through either of these two holes depending on your height. Simply remove one **Foam Roller (#41)** from one end to reposition the location of the **Foam Roller Tube (#12)**.

For your safety and of those around you, the **Lock Pin with Rope (#18) should be engaged into the hole as shown in close-up drawing below whenever the bench is not in use for exercises such as leg extensions. Please also **lock in the Lock Pin with Rope (#18)** whenever the bench is not in use, or, is left unattended.*

OLYMPIC ADAPTER

If you intend to use Olympic plates, slide the **Olympic Adapter (#11)** over the standard plate post and secure it with one **1" Quick Clip (#17)**.

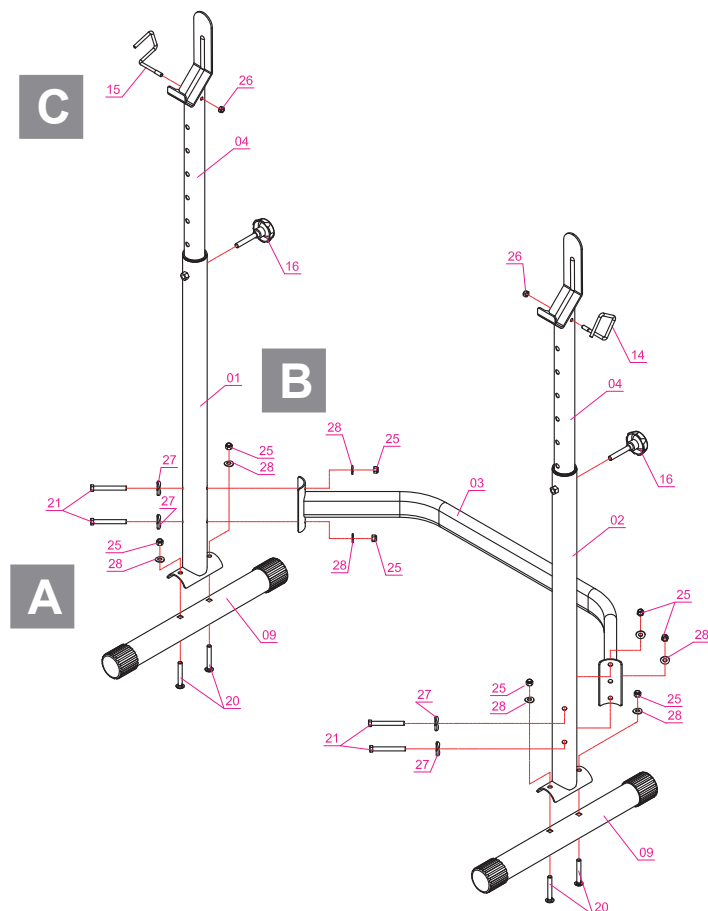




Assembly Instructions

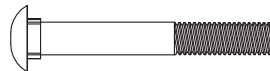
Assembly Step 5

- A). With the help of an assistant, attach the **Right Upright Frame (#01)** to one **Rear Stabilizer (#09)** by inserting two **Carriage Bolts (#20)** up through the **Rear Stabilizer (#09)** and **Right Upright Frame (#01)** and secure with two **Curved Washers (#28)** and two **Lock Nuts (#25)**. Repeat this process to assemble the **Left Upright Frame (#02)**.
- B). Connect the **Right Upright Frame (#01)** and **Left Upright Frame (#02)** by using the **Rear Cross Tube (#03)** in the mid-span as illustrated. Beginning on the right side, insert two **Hex Bolts (#21)** through two **Large Curved Washers (#27)**, and through the **Right Upright Frame (#01)**, securing with two **Curved Washers (#28)** and two **Lock Nuts (#25)**. Repeat this process to assemble the **Left Upright Frame (#02)**.
- Note: The **Adjustable Upright Tubes (#04)** are pre-installed on the **Right Upright Frame (#01)** and the **Left Upright Frame (#02)**. Adjust the **Adjustable Upright Tubes (#04)** to obtain the desired height and insert the **Lock Knobs (#16)** on both sides to secure it in place. Always ensure that after any adjustments are made, both sides are even and level to prevent serious injury and even death.
- C). Using the diagram as reference, insert the **Right and Left Safety Hooks (#15)** and **(#14)** into the holes on top of both **Adjustable Upright Tubes (#04)**. Secure each using one **Lock Nut (#26)** on each side.



Hardware Required

BOLT

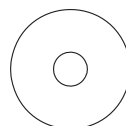


#20. Carriage Bolt (3/8"x2-7/8") [4 Pieces]



#21. Hex Bolt (3/8"x3-1/8") [4 Pieces]

WASHER



#27. Large Curved Washer [4 Pieces]



#28. Curved Washer (3/8") [8 Pieces]

NUT

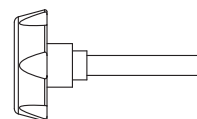


#25. Lock Nut (3/8") [8 Pieces]



#26. Lock Nut (5/16") [2 Pieces]

Others



#16. Lock Knob [2 Pieces]

The assembly process is now complete. **However**, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use.

For your safety, please visually and functionally inspect and test the unit after assembly is complete.



Safety & Maintenance

SAFETY & WARNINGS

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, do NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
- Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
- The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):
Seat Cushion (#41); Backrest Cushion (#42); Lock Knob (#16); Lock Pin (#18/19).
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at (888) 266-6789 or (909) 598-9876, or mail in a written request to: HUPA International Inc. 21717 Ferrero Parkway, Walnut, CA 91789. More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 1 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

Warm-Up Instructions

Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



Hip Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.

Warm-Up Instructions



Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.

Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.



Calf Stretch

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.



PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE. DO NOT DISCARD.

WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

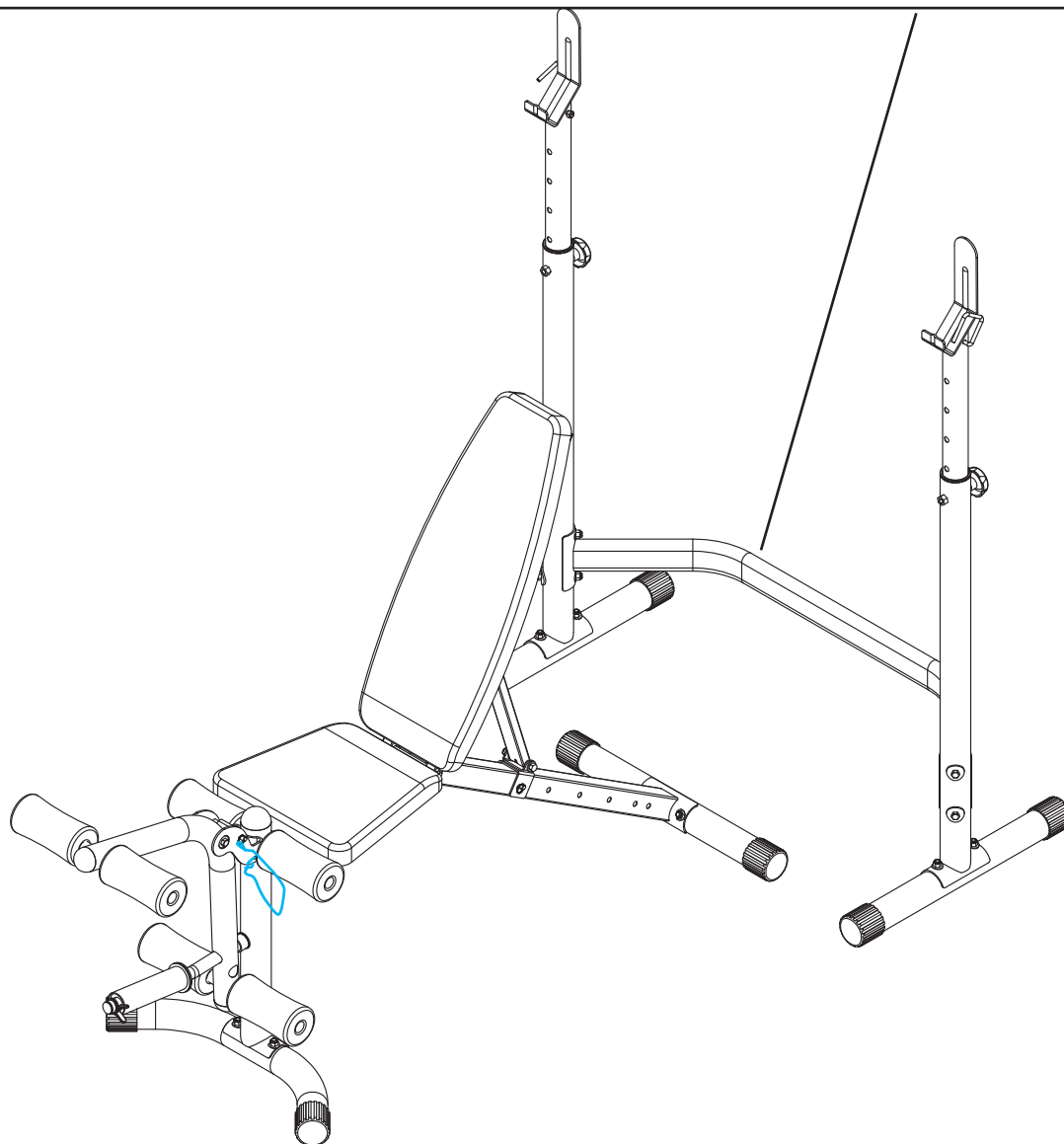
The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.



WARNING!

The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

1. Thoroughly inspect equipment before each workout. Check all nuts, bolts, screws and pop pins to be in place and fully tightened. Also, if included, check cables for signs of wear. Replace all worn parts before exercising. Never use the machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep body, hair and clothing free and clear of all moving parts.
3. Exercise carefully and with caution; you use this product at your own risk. Perform your exercises at a moderate pace; never perform jerky or uncoordinated movement that may cause injury. It is recommended that you should work out with a partner.
4. Do not allow children or minors to play on or around this equipment. Teenagers using strength equipment should be supervised by an adult.
5. Read and understand all instructions & warnings stated in the Owner's Manual as well as on the equipment before exercising.
6. **WARNING:** You should consult your physician before starting any exercise regimen. For your own safety, do not begin any exercise program without proper instructions.
7. The equipment is not to be used in a commercial setting.
8. Replace label if damaged, illegible, or removed.
9. This item meets ASTM F2216 standards for fitness equipment.
10. The maximum weight capacity of this unit is 750 pounds (this includes the user's body weight).
 - Maximum Olympic Weight Set: 300 lbs
 - Maximum Body Weight: 300 lbs
 - Maximum Weight on Leg Extension: 150 lbs



Thanks for choosing



Model Number BCB 3780/3890

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Retailer:

Hupa International Inc.
21717 Ferrero Parkway
Walnut, CA 91789

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Email: info@bodyflexsports.com