NOTE:
Please read all instructions
carefully before using this
product

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Model PRG-510

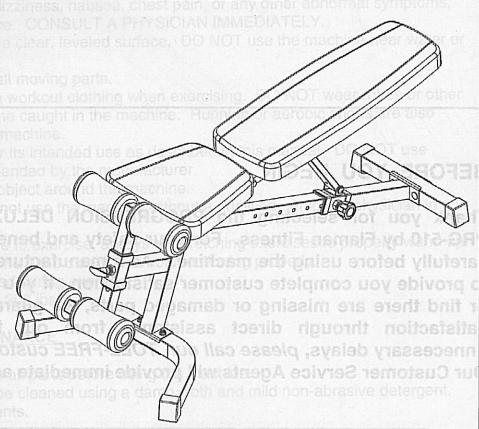
Retain This Manual for Reference

07/15/09

OWNER'S MANUAL

# PROGRESSION Fitness\*\*

DELUXE UTILITY BENCH PRG-510



**Progrssion Fitness** 

1-866-978-1999

customerservice@flaman.com

www.flamanfitness.com

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PRG-510

## **BEFORE YOU BEGIN**

Thank you for selecting the PROGRESSION DELUXE UTILITY BENCH PRG-510 by Flaman Fitness. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee your complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, please call our TOLL-FREE customer service number. Our Customer Service Agents will provide immediate assistance to you.

Ordering Parts

07/13/09

MWO

MAM

Toll-Free Customer Service Number

1-866-978-1999 www.flamanfitness.com customerservice@flaman.com

# IMPORTANT SAFETY NOTICE

#### **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- 1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- 2. Only one person at a time should use the machine.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
- 5. Keep hands away from all moving parts.
- 6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- 7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- 8. Do not place any sharp object around the machine.
- 9. Disabled person should not use the machine without a qualified person or physician in attendance.
- 10. Before using the machine to exercise, always do stretching exercises to properly warm up.
- 11. Never operate the machine if the machine is not functioning properly.
- 12. A spotter is recommended during exercise.
- 13. Maximum user's weight: 300 lbs.

## **CARE AND MAINTENANCE**

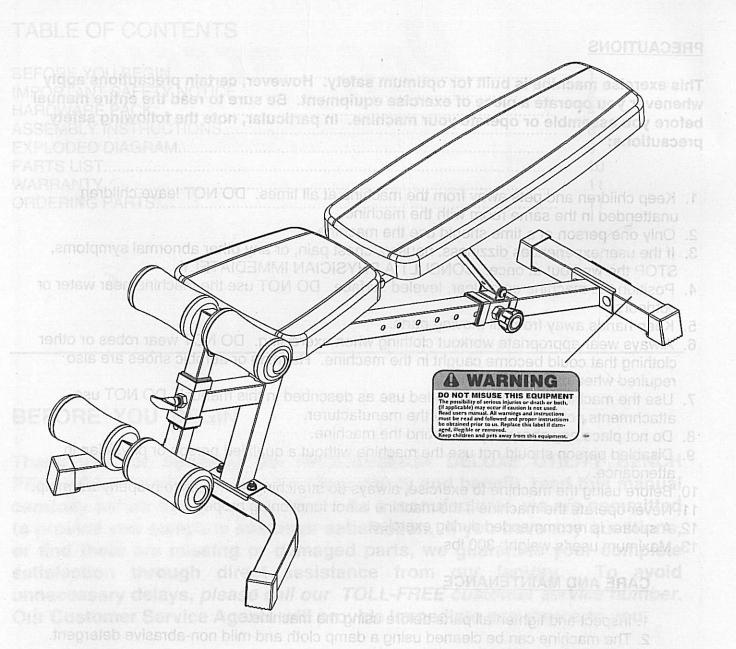
- 1. Inspect and tighten all parts before using the machine.
- 2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent.

  DO NOT use solvents.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. FLAMAN FITNESS ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

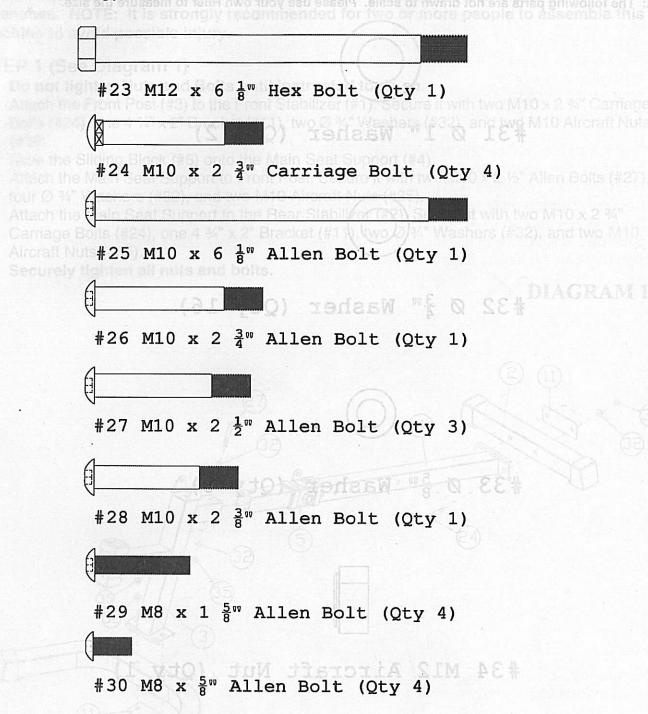
## WARNING LABEL PLACEMENT AS THAT HOSMI

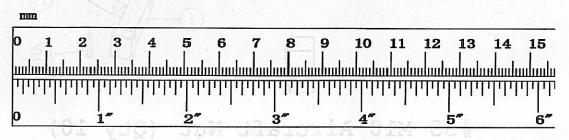


The Warning Label shown here has been placed on the Rear Stabilizer. If the label is missing or illegible, please call customer service at 1-866-978-1999 for replacement. Apply the label in location shown

### HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



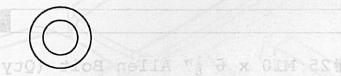


# HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#31 Ø 1<sup>™</sup> Washer (Qty 2)



#32 Ø  $\frac{3}{4}$  Washer (Qty 16)

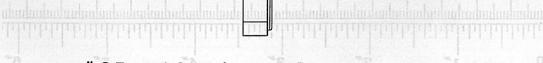


#33 Ø  $\frac{5}{8}$  Washer (Qty 8)



#34 M12 Aircraft Nut (Qty 1)

#28 M10 x 2 8" Allen Bolt (Oty 1)



#35 M10 Aircraft Nut (Qty 10)

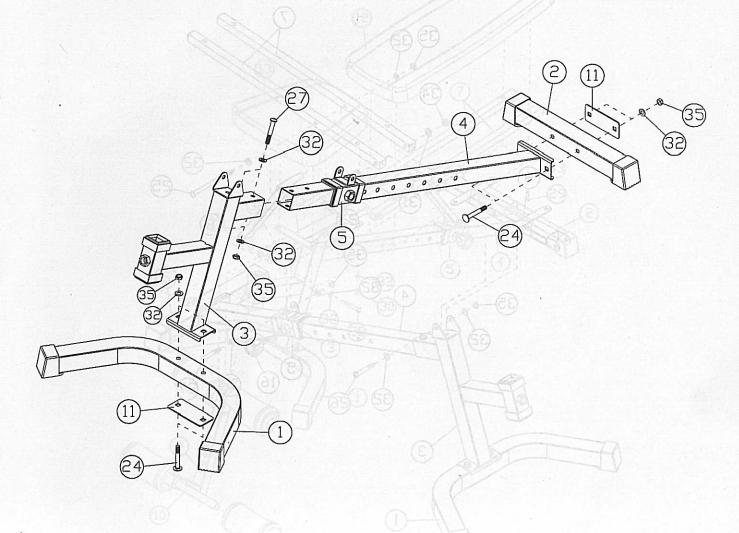
## **ASSEMBLY INSTRUCTION**

Tools Required For Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended for two or more people to assemble this machine to avoid possible injury.

## STEP 1 (See Diagram 1)

- A.) Do not tighten Nuts and Bolts until instructed to do so. And A. (CEN) NVI SECOND OFM
- B.) Attach the Front Post (#3) to the Front Stabilizer (#1). Secure it with two M10 x 2 ¾" Carriage Bolts (#24), one 4 ¾" x 2" Bracket (#11), two Ø ¾" Washers (#32), and two M10 Aircraft Nuts (#35).
- C.) Slide the Sliding Block (#5) onto the Main Seat Support (#4).
- D.) Attach the Main Seat Support to Front Post. Secure it with two M10 x 2 ½" Allen Bolts (#27), four Ø ¾" Washers (#32), and two M10 Aircraft Nuts (#35).
- E.) Attach the Main Seat Support to the Rear Stabilizer (#2). Secure it with two M10 x 2 ¾" Carriage Bolts (#24), one 4 ¾" x 2" Bracket (#11), two Ø ¾" Washers (#32), and two M10 Aircraft Nuts (#35).
- F.) Securely tighten all nuts and bolts.

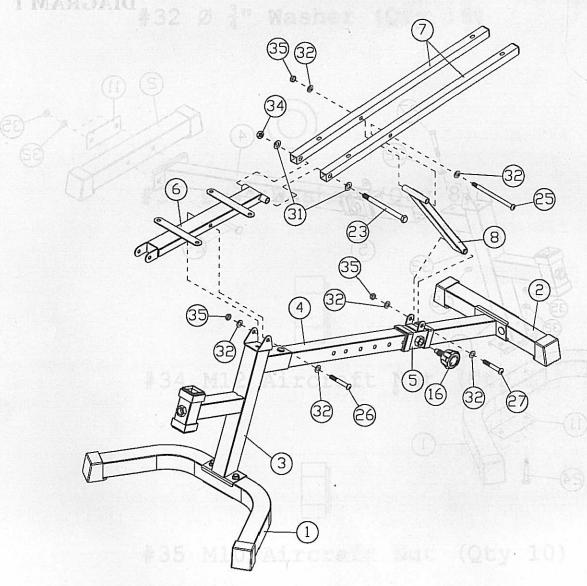
**DIAGRAM 1** 



## STEP 2 (See Diagram 2)

- A.) Do not tighten the Nuts and Bolts until instructed to do so.
- B.) Attach the Incline Support (#8) to the side-holes on the two Backrest Supports (#7). Align the holes. Secure it with one M10 x 6 1/8" Allen Bolt (#25), two Ø ¾" Washers (#32), and one M10 Aircraft Nut (#35). Attach the other end of Incline Support to the open bracket on Sliding Block (#5). Secure it with one M10 x 2 ½" Allen Bolt (#27), two Ø ¾" Washers (#32), and one M10 Aircraft Nut (#35).
- C.) Attach the middle side holes on Seat Bracket to the open bracket on Front Post (#3). Secure it with one M10 x 2 ¾" Allen Bolt (#26), two Ø ¾" Washers (#32), and one M10 Aircraft Nut (#35).
- D.) Attach the holes on the end of the Backrest Supports to the pivot on the Seat Bracket. Align the holes. Secure the two Backrest Supports to the pivot with one M12 x 6 1/8" Hex Bolt (#23), two Ø 1" Washers (#31), and one M12 Aircraft Nut (#34).
- E.) Securely tighten all Nuts and Bolts. Make sure the Backrest Supports and Incline Support are able to swivel.
- F.) Slide the Siding Block to a selected hole one Main Seat Support. Use a M18 Lock Knob to securely lock the Incline Support in desired position.

**DIAGRAM 2** 

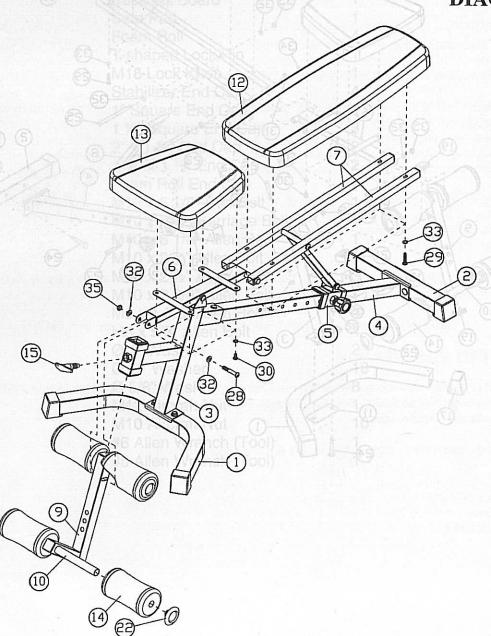


## STEP 3 (See Diagram 3)

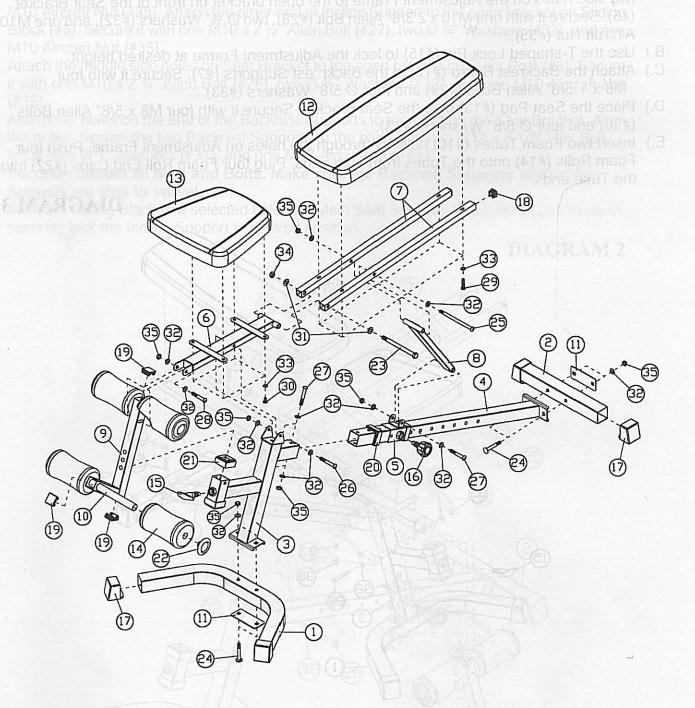
- A.) Insert the Adjustment Frame (#9) through the frame holder on Front Post (#3). Attach the two side holes on the Adjustment Frame to the open bracket on front of the Seat Bracket (#6). Secure it with one M10 x 2 3/8" Allen Bolt (#28), two Ø ¾" Washers (#32), and one M10 Aircraft Nut (#35).
- B.) Use the T-shaped Lock Pin (#15) to lock the Adjustment Frame at desired height.
- C.) Attach the Backrest Board (#12) to the Backr est Supports (#7). Secure it with four M8 x 1 5/8" Allen Bolts (#29) and four Ø 5/8" Washers (#33).
- D.) Place the Seat Pad (#13) onto the Seat Bracket. Secure it with four M8 x 5/8" Allen Bolts (#30) and four Ø 5/8" Washers (#33).
- E.) Insert two Foam Tubes (#10) halfway through the holes on Adjustment Frame. Push four Foam Rolls (#14) onto the Tubes from both ends. Plug four Foam Roll End Caps (#22) into the Tube ends.

DIAGRAM 3

XPLODED DIAGRAM



## EXPLODED DIAGRAM



PARTS LIST KEY NO.	DESCRIPTION	QUANTITY
RET NO.	DESCRIPTION	GOARTIT
1	Front Stabilizer	4
2 .	Rear Stabilizer	
3	Front Post	
4	Main Seat Support	
5	Sliding Block	
nd material, under norma 6		Progression Fitness warrants this of oduct to I
ourchase. This warranty	Backrest Support	use and service conditions, for a protod of two
als Warranty is limited tog	Incline Support	use and service conditions, for a project of two extends only to the original purchaser. Preplacing or repairing, at PROGRESSION File
9	Adjustment Frame	replacing or repairing, at PROGRESSION Fil
flon may be obtained 10.1		All returns must be pre-authorize(\$Dy PRO)
78-1999. All treights ont	4 34" x 2" Bracket	calling PROGRESSION FITNESS Custor
This warranty does not	Backrest Board	products returned to PROGRESS ON FITNE
13	Seat Pad	
14 egama	Foam Roll	extend to any product or damage to a produc
NESS authorized services eyond that specifically set	T shaped Look Din	improper or abnormal usage or repairs not center or for products used for commercial or
16	THE DIE HE ARE THE WAR TO SELECT THE PROPERTY OF THE PROPERTY	forth above is authorized by PROCRESSION
17	Stabilizer End Cap	4
quential damages arisir81	1" Square End Can	PROGRESSION FITNESS is not rs ponsible
ages with respect to a 191	1 ½" Square End Cap	aut of or in connection with the $u_{\mathbf{E}}^{\mathbf{z}}$ or perfu
20 vomen to alsoo ,sau to	2 Y 1 3/4 End 1.3h	economic loss, loss of property, less of reviews installation or other consequential sumages:
21 oy of yiggs ton yam not		or limitation of incidental or consequential da
22	Foam Roll End Cap	4
any implied warranties 22	M12 x 6 1/8" Hex Bolt	The warranty extended hereunder is in lieu
24 not les armet ent et noi	M10 x 2 ¾" Carriage Bolt	merchantability or fitness for a parycular pur
25 Accordingly, the above 25	M10 x 6 1/8" Allen Bolt	herein. Some states do not allow limitations limitation may not apply to you.
26	M10 x 2 ¾" Allen Bolt	1
vary by region. 27	M10 x 2 1/2" Allen Bolt	This warranty gives you specific legal right.
28	M10 x 2 3/8" Allen Bolt	Register on-line at www.flamanfitness.com
29 7M3 J	M8 x 1 5/8" Allen Bolt	9 4
30	IVIO X 3/6 AIIEII DUIL	120 Nobili Cles Pent, 34s
31	Ø 1" Washer	ORDERING REPLACEMENT PAISTS
32	Ø ¾" Washer	16
	Ø 5/8" Washer moteu 0 wo	Replacement parts can be ordered by calling
34		during our regular business hours; Monday
35	M10 Aircraft Nut	customerservice@flaman.com01
	#6 Allen Wrench (Tool)	When ordering replacement parts, always giv
	#5 Allen Wrench (Tool)	
		leboM,1

2.Description of Parts 3.Part Number 4.Date of Purchase



## LIMITED WARRANTY

Progression Fitness warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. Progression Fitness obligation under this Warranty is limited to replacing or repairing, at PROGRESSION Fitness' option.

All returns must be pre-authorized by PROGRESSION FITNESS. Pre-authorization may be obtained by calling PROGRESSION FITNESS Customer Service Department at 1-866-978-1999. All freights on products returned to PROGRESSION FITNESS must be prepaid by the customer. This warranty does not

extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an PROGRESSION FITNESS authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PROGRESSION FITNESS.

PROGRESSION FITNESS 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 revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. 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 any and all other warranties and any implied warranties 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 limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary by region. Register on-line at www.flamanfitness.com

Progression Fitness
120 Robin Crescent, Saskatoon, Saskatchewan, Canada S7L 6M7

#### **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-866-978-1999. during our regular business hours: Monday through Friday, 9 am until 5 pm. customerservice@flaman.com

When ordering replacement parts, always give the following information.

- 1.Model
- 2. Description of Parts
- 3. Part Number
- 4. Date of Purchase