

NOTE:
Please read all instructions
carefully before using this
product

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Model
PRG-739

Retain This
Manual for
Reference

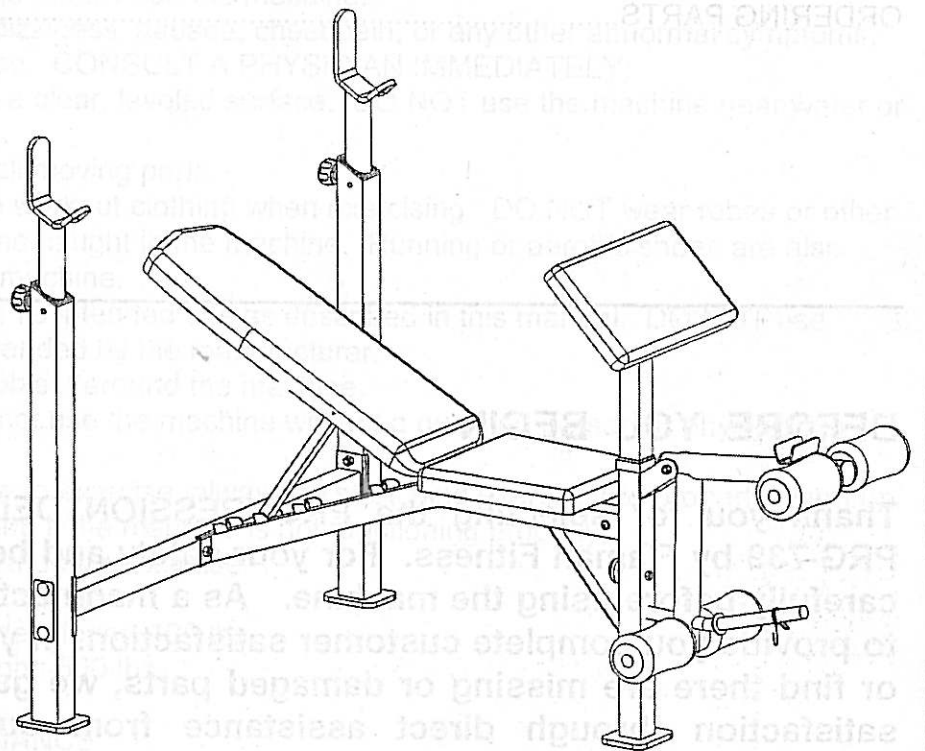
07/16/09

**OWNER'S
MANUAL**

PROGRESSION

Fitness™

DELUXE WEIGHT BENCH PRG-739



Progression Fitness

1-866-978-1999

customerservice@flaman.com

www.flamanfitness.com

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BEFORE YOU BEGIN

Thank you for selecting the PROGRESSION DELUXE WEIGHT BENCH PRG-739 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.

Toll-Free Customer Service Number

1-866-978-1999

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BEFORE YOU BEGIN

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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.
14. Maximum weight on leg developer: 100 lbs.
15. Maximum weight on upright: 600 lbs.

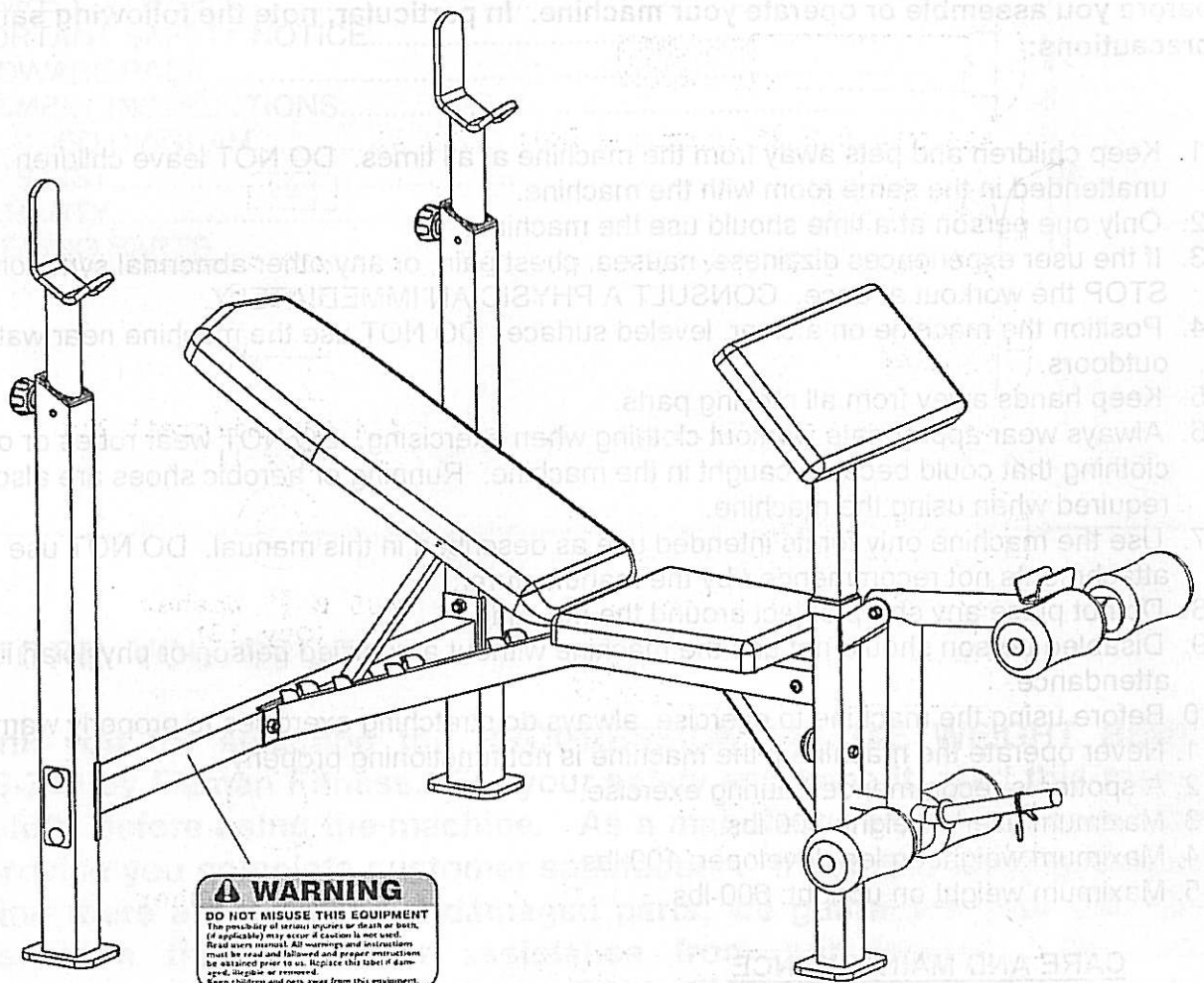
CARE AND MAINTENANCE

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. PROGRESSION FITNESS ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

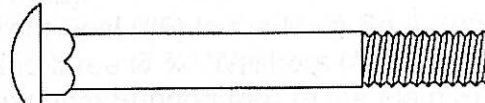
WARNING LABEL PLACEMENT



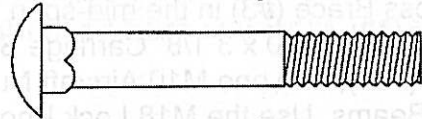
The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-866-978-1999 for replacement. Apply the label in location shown

HARDWARE PACK

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



#25 M10 x 3 $\frac{1}{8}$ " Carriage Bolt (Qty 4)



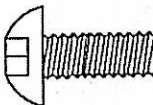
#26 M10 x 2 $\frac{5}{8}$ " Carriage Bolt (Qty 2)



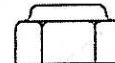
#27 M6 x 1 $\frac{1}{4}$ " Hex Bolt (Qty 4)



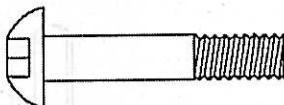
#32 M10 Aircraft Nut (Qty 8)



#28 M8 x $\frac{3}{4}$ " Allen Bolt (Qty 4)



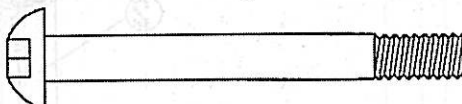
#34 M12 Aircraft Nut (Qty 1)



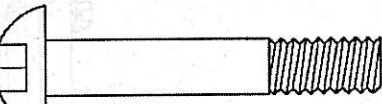
#29 M8 x 1 $\frac{3}{4}$ " Allen Bolt (Qty 2)



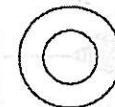
#35 \varnothing $\frac{3}{4}$ " Washer (Qty 13)



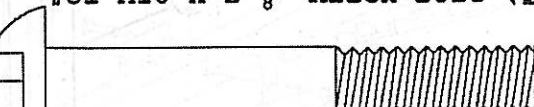
#30 M10 x 3" Allen Bolt (Qty 1)



#31 M10 x 2 $\frac{3}{8}$ " Allen Bolt (Qty 1)



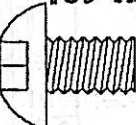
#36 \varnothing 1" Washer (Qty 2)



#39 M12 x 3 $\frac{1}{2}$ " Allen Bolt (Qty 1)



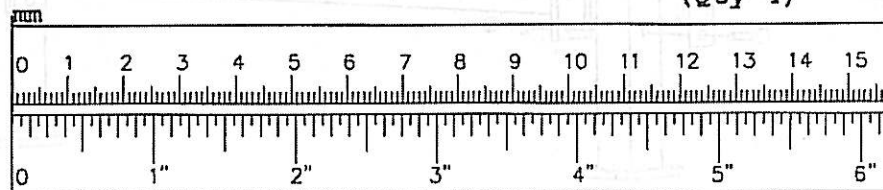
#37 \varnothing $\frac{5}{8}$ " Washer (Qty 6)



#40 M10 x $\frac{5}{8}$ " Allen Bolt (Qty 3)



#38 \varnothing $\frac{1}{2}$ " Washer (Qty 4)



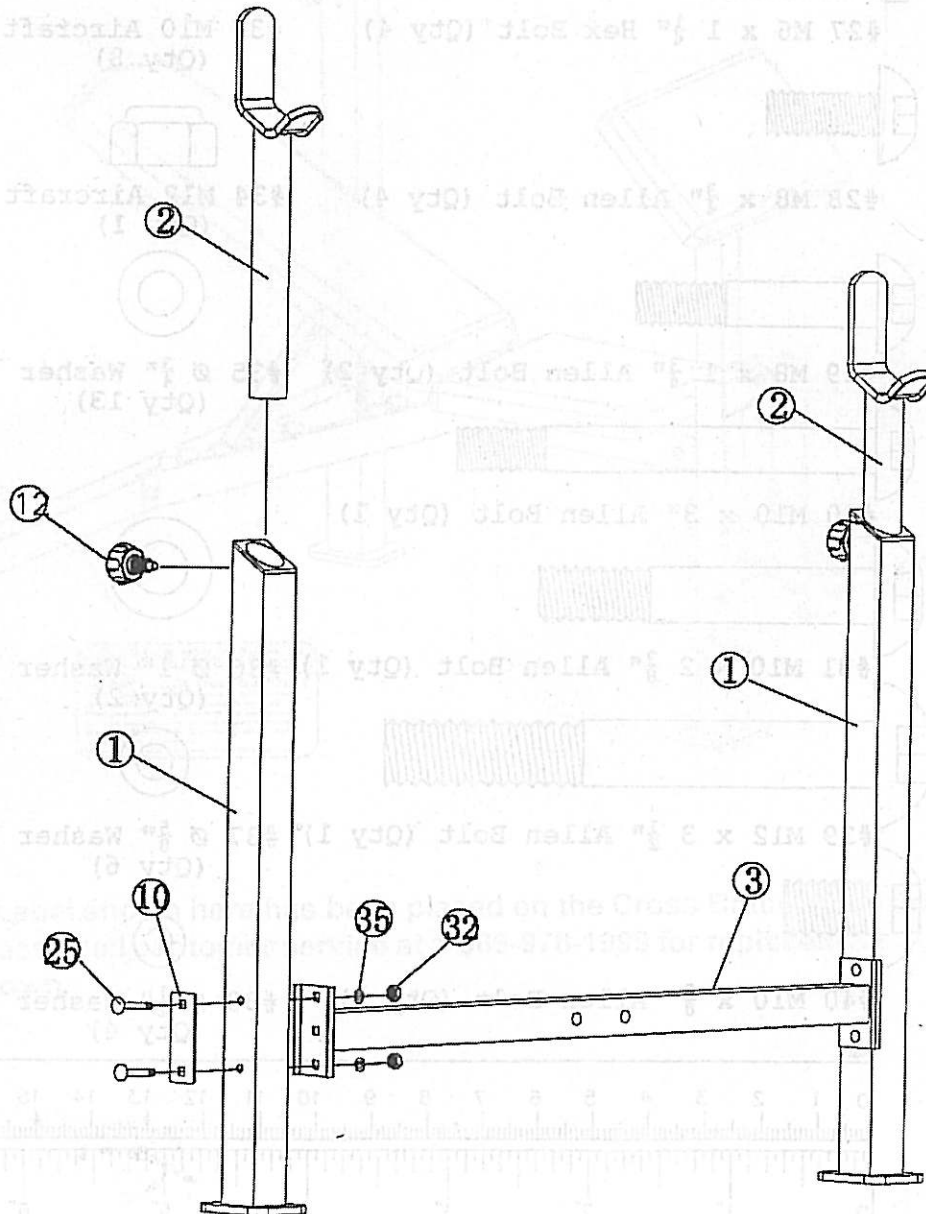
ASSEMBLY INSTRUCTION

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.
- B.) Connect the two Upright Beams (#1) by a Cross Brace (#3) in the mid-span. Secure each end of the Cross Brace to an Upright Beam with two M10 x 3 1/8" Carriage Bolts (#25), one 4 3/4" x 1 3/4" Bracket (#10), one $\text{\O} \frac{3}{4}$ " Washer (#35), and one M10 Aircraft Nut (#32).
- C.) Insert two Crutches (#2) into the two Upright Beams. Use the M18 Lock Knob (#12) to secure each Crutch at desired height.

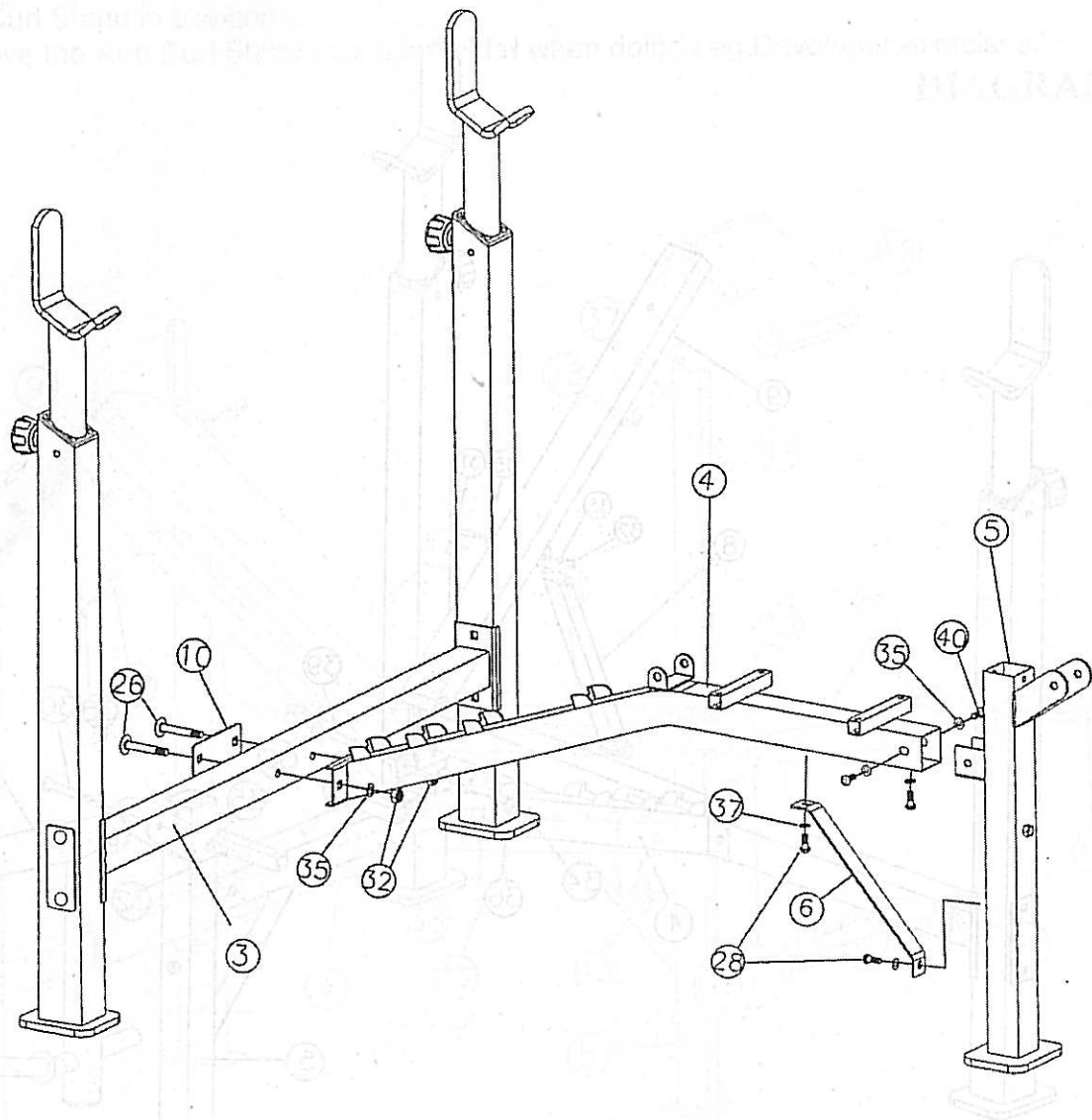
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Main Seat Support (#4) to the Cross Brace (#3). Secure it with two M10 x 2 5/8" Carriage Bolts (#26), one 4 3/4" x 1 3/4" Bracket (#10), two Ø 3/4" Washers (#35), and two M10 Aircraft Nuts (#32).
- B.) Attach the Front Post (#5) to the Main Seat Support. Secure it with three M10 x 5/8" Allen Bolts (#40) and three Ø 3/4" Washers (#35).
- C.) Attach the Diagonal Support (#6) to the Main Seat Support and Front Post. Secure each end with one M8 x 3/4" Allen Bolt (#28) and Ø 5/8" Washer (#37).
- D.) **Securely tighten all Nuts and Bolts installed in Step-1 and Step-2.**

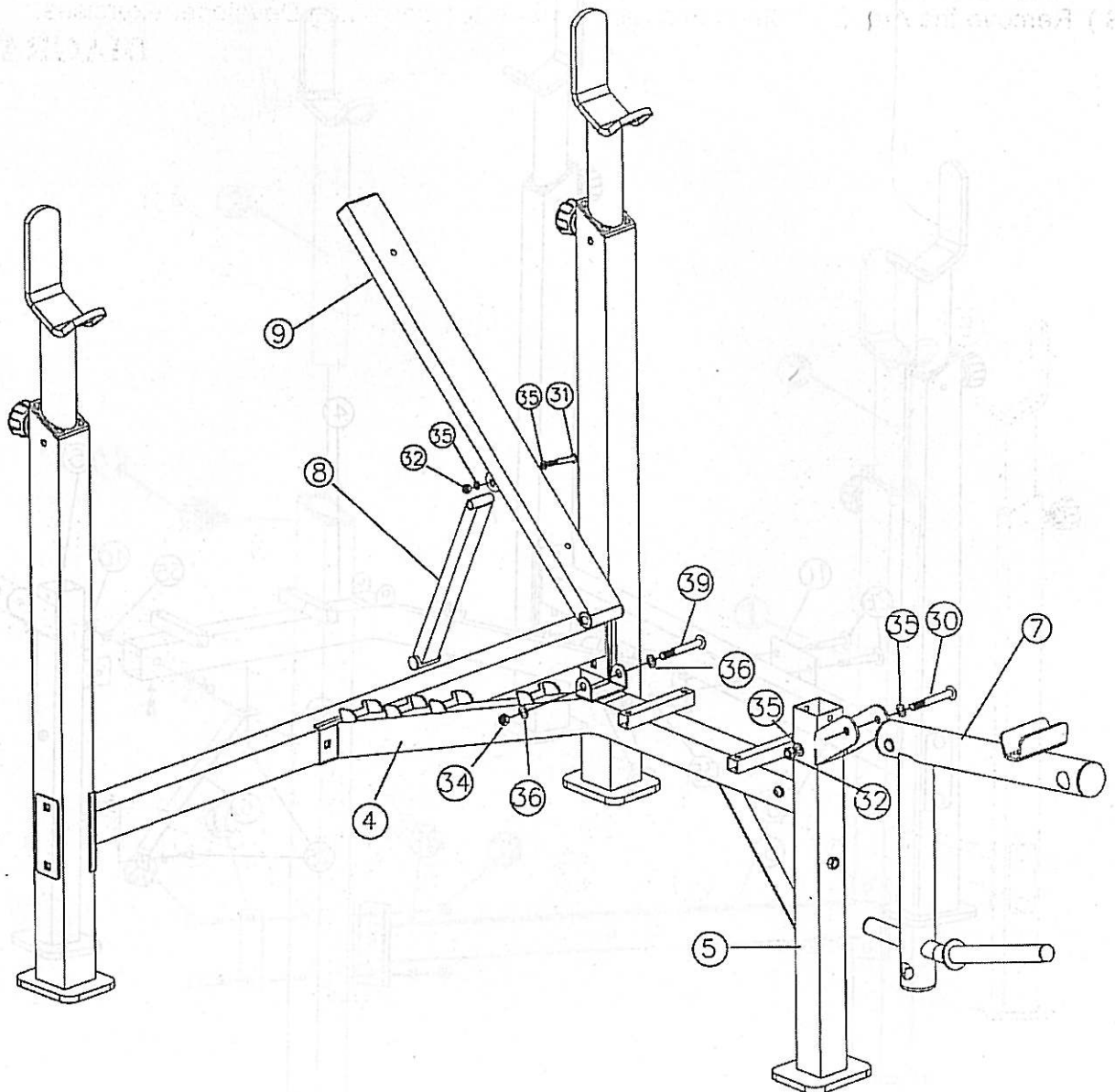
DIAGRAM 2



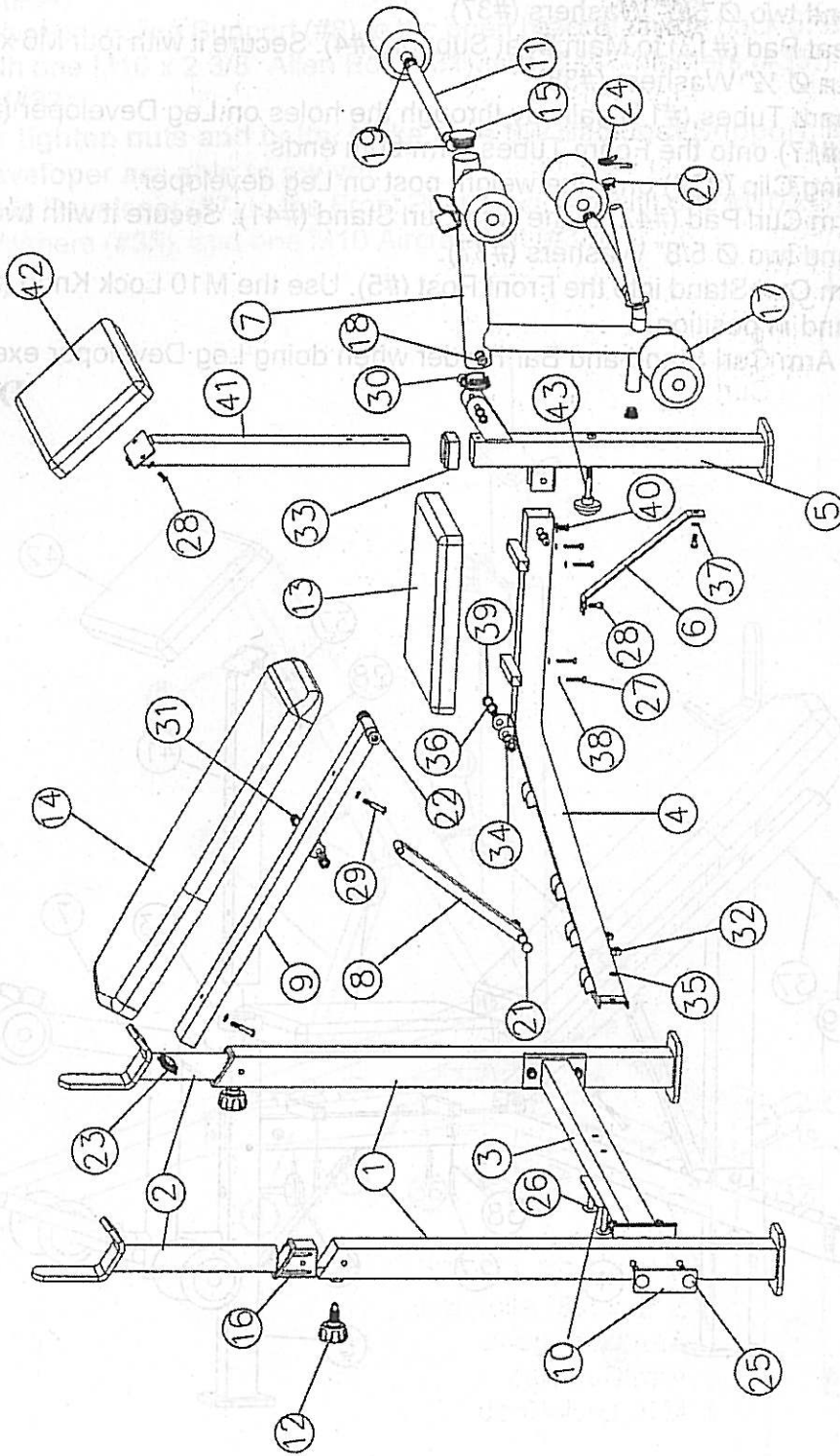
STEP 3 (See Diagram 3)

- A.) Attach the pivot on Backrest Support (#9) to the open bracket on Main Seat Support (#4). Secure it with one M12 x 3 1/2" Allen Bolt (#39), two Ø 1" Washers (#36), and one M12 Aircraft Nut (#34).
- B.) Attach the pivot on Incline Support (#8) to the open bracket on the back of Backrest Support. Secure it with one M10 x 2 3/8" Allen Bolt (#31), two Ø 3/4" Washers (#35), and one M10 Aircraft Nut (#32).
- C.) **Do not over tighten nuts and bolts. Make sure the Backrest Support, Incline Support, and Leg Developer are able to swivel.**
- D.) Attach the Leg Developer (#7) to the Front Post. Secure it with one M10 x 3" Allen Bolt (#30), two Ø 3/4" Washers (#35), and one M10 Aircraft Nut (#32).

DIAGRAM 3



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Upright Beams	2
2	Crutch	2
3	Cross Brace	1
4	Main Seat Support	1
5	Front Post	1
6	Diagonal Support	1
7	Leg Developer	1
8	Incline Support	1
9	Backrest Support	1
10	4 3/4" x 1 3/4" Bracket	3
11	Foam Tube	2
12	M18 Lock Knob	2
13	Seat Pad	1
14	Backrest Board	1
15	Ø 2" End Cap	3
16	2 3/8" x Ø 2" End Cap	2
17	Foam Roll	4
18	Ø 3/4" Leg Developer Bushing	2
19	Ø 1" Foam Tube End Cap	4
20	Ø 1" End Cap	2
21	Ø 3/4" Incline Support End Cap	2
22	Backrest Support Bushing	2
23	2 3/8" x 1 1/8" End Cap	1
24	Spring Clip	1
25	M10 x 3 1/8" Carriage Bolt	4
26	M10 x 2 5/8" Carriage Bolt	2
27	M6 x 1 1/4" Hex Bolt	4
28	M8 x 3/4" Allen Bolt	4
29	M8 x 1 3/4" Allen Bolt	2
30	M10 x 3" Allen Bolt	1
31	M10 x 2 3/8" Allen Bolt	1
32	M10 Aircraft Nut	8
33	Sleeve	1
34	M12 Aircraft Nut	1
35	Ø 3/4" Washer	13
36	Ø 1" Washer	2
37	Ø 5/8" Washer	6
38	Ø 1/2" Washer	4
39	M12 x 3 1/2" Allen Bolt	1
40	M10 x 5/8" Allen Bolt	3
41	Arm Curl Stand	1
42	Arm Curl Pad	1
43	M10 Lock Knob	1

PROGRESSION

Fitness™

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**