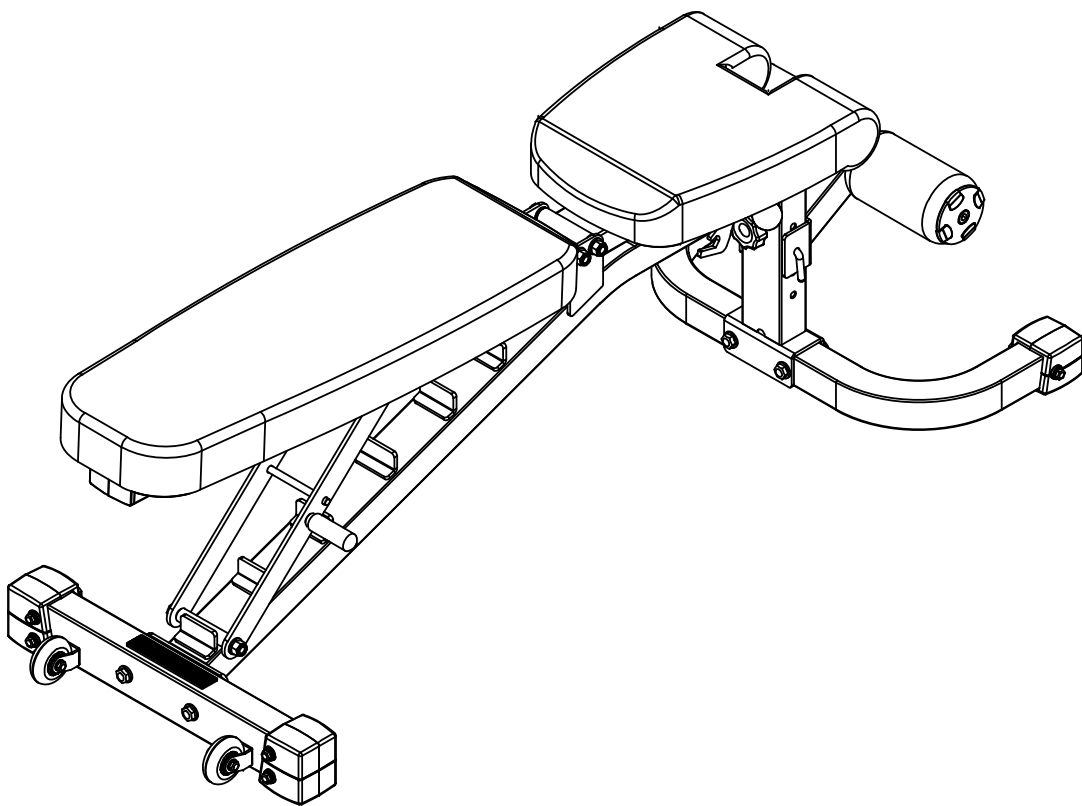


X-plode™ MULTI-PURPOSE WEIGHT LIFTING BENCH

by Progression Fitness™

Assembly/Owner's Manual



PROGRESSION Fitness™

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ATTENTION: Read all precautions and instructions in this manual before using this equipment

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Safety Precautions

Always take the time to ensure that you are taking the proper safety precautions before, during, and after your workout to prevent any potential injuries. Failing to follow proper safety procedures can result in injury.

** Always consult your physician before starting a workout program.

1. Read, study and understand this manual and all the warning labels on the X-plode™ Multi-Purpose Weight Lifting Bench. Familiarize yourself and others with the proper operation and workout recommendations for the Multi-Purpose Bench prior to use. Some of the information can be obtained in this manual, as-well-as from your local retailer.
2. Please keep a copy of this manual and be sure all warning labels are legible and intact on the bench. Replacement owner's manuals are available from your local retailer or online at www.progressionfitness.ca.
3. The assembly of this bench is a two-person job.
4. You can use the **WRENCH** and the **INNER HEX WRENCH** to complete the assembly.
5. Consult your physician before starting any exercise program.
6. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, stop the exercise at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
7. Always wear appropriate workout clothes when exercising. **DO NOT** wear loose clothing that could become caught. Proper footwear is required.
8. Inspect the bench before each use to ensure it is in good condition and not damaged.
9. If you find any defective components, hardware becoming worn out or damaged, while assembling or inspecting the equipment, or if you hear any unusual noises coming from the equipment during use, replace the defective components.
DO NOT Use the equipment until the problem has been rectified.
10. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it. If the floor is not stable, please level the uneven floor.
11. It is recommended the bench be used indoors.
DO NOT use near water.

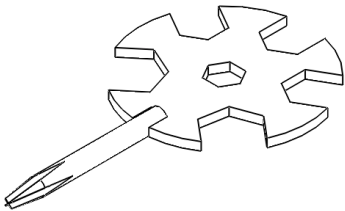
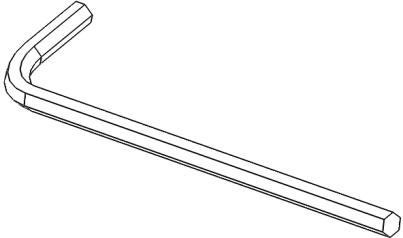
Safety Precautions Cont'd

12. Our product is in compliance with EN957, CLASS H. Suitable for domestic, home use only.
13. WEIGHT CAPACITIES:
 - Max user's body weight is 220lbs (100kg).
 - Max Loading of Weight Plate is 150lbs (68kg).
14. Warm up 5 to 10 minutes before each workout, and cool down 5 to 10 minutes after each workout.
15. Always start with a lighter workout to gauge your capacity and prevent injury.
 - DO NOT attempt to lift more weight than you can handle safely.
16. Keep unsupervised children and pets away from the bench at all times.
17. Pregnant women are not advised to use the product. Please consult your doctor prior to use.
18. Children should consult a physician before using the bench and should always be supervised when exercising with the bench to ensure proper use.

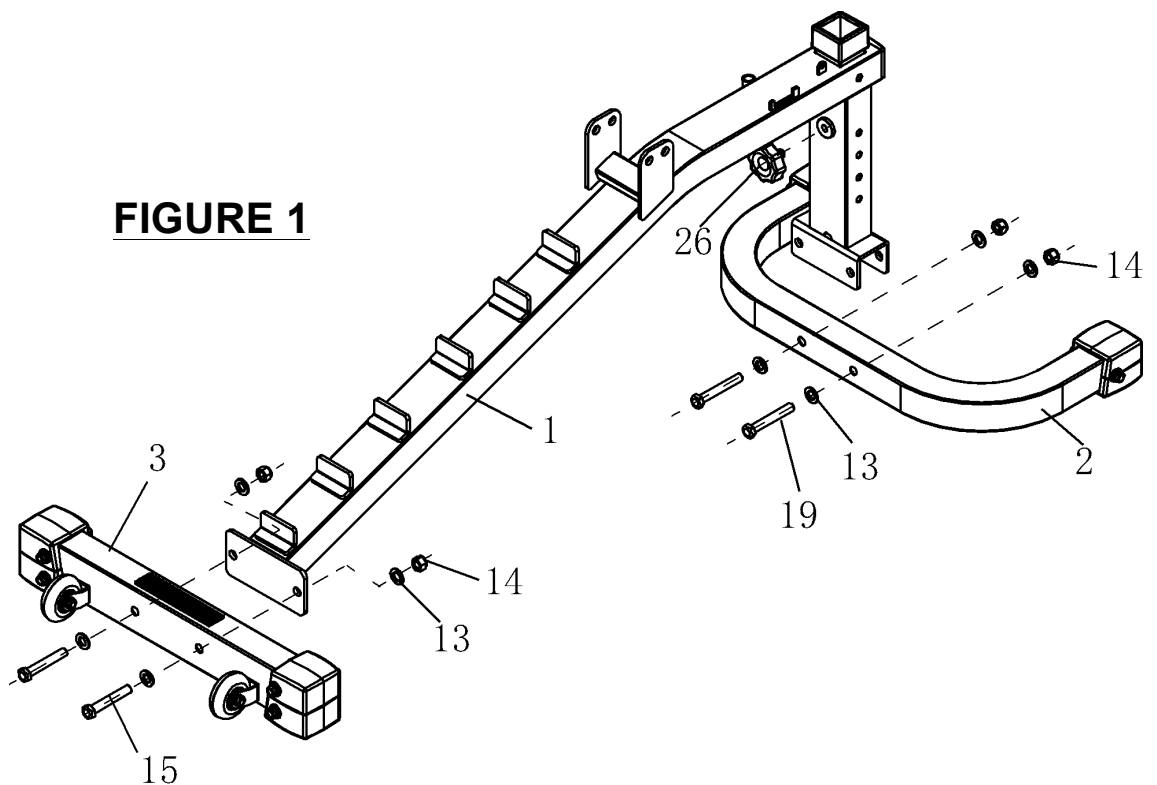
PARTS LIST

Part #	DESCRIPTION	QTY	Part #	DESCRIPTION	QTY
1	Main Frame	1	22	Plug 80cm x 40cm	2
2	U Front Base	1	23	Ball Head for Pin	1
3	Rear Base	1	24	Spring	1
4	Seat Pad Support Frame	1	25	Caster	2
5	Back Pad Support Frame	1	26	Knob	1
6	Adjustable Back Pad Frame	1	27	Plastic Sleeve 50cm x 45cm	1
7	Plastic Sleeve	1	28	Plug 50cm x 75cm	1
8	Seat Pad	1	29	Leg Support	1
9	Back Pad	1	30	Plug 50cm	1
10	Pin	1	31	Roller Pad Tube	1
11	Iron Bushing	1	32	Upholstered Roller Pad	2
12	Hex Bolt 12cm x 125cm	4	33	Big Plug	2
13	Flat Washer 12cm Hole	17	34	L Pin	1
14	Nylon Lock Nut 12cm Hole	9	35	Rubber Dumper	1
15	Hex Bolt 12cm x 75cm	2	36	Flat Washer 8cm Hole	16
16	Foot Cap 1 50cm x 75cm	2	37	Nylon Lock Nut 8cm	2
17	Hex Bolt 10cm x 70cm	6	38	Button Head Cap Screw 8cm x 45cm	2
18	Flat Washer 10cm Hole	5	39	Foot Cap 2 50cm	2
19	Hex Bolt 12cm x 80cm	2	40	Foot Cap 2 50cm x 75cm	2
20	Foot Cap 1 50cm	2	41	Button Head Cap Screw 8cm x 25cm	12
21	Grip	1			

Tools Required List

	
Wrench	Hex Key Wrench Set

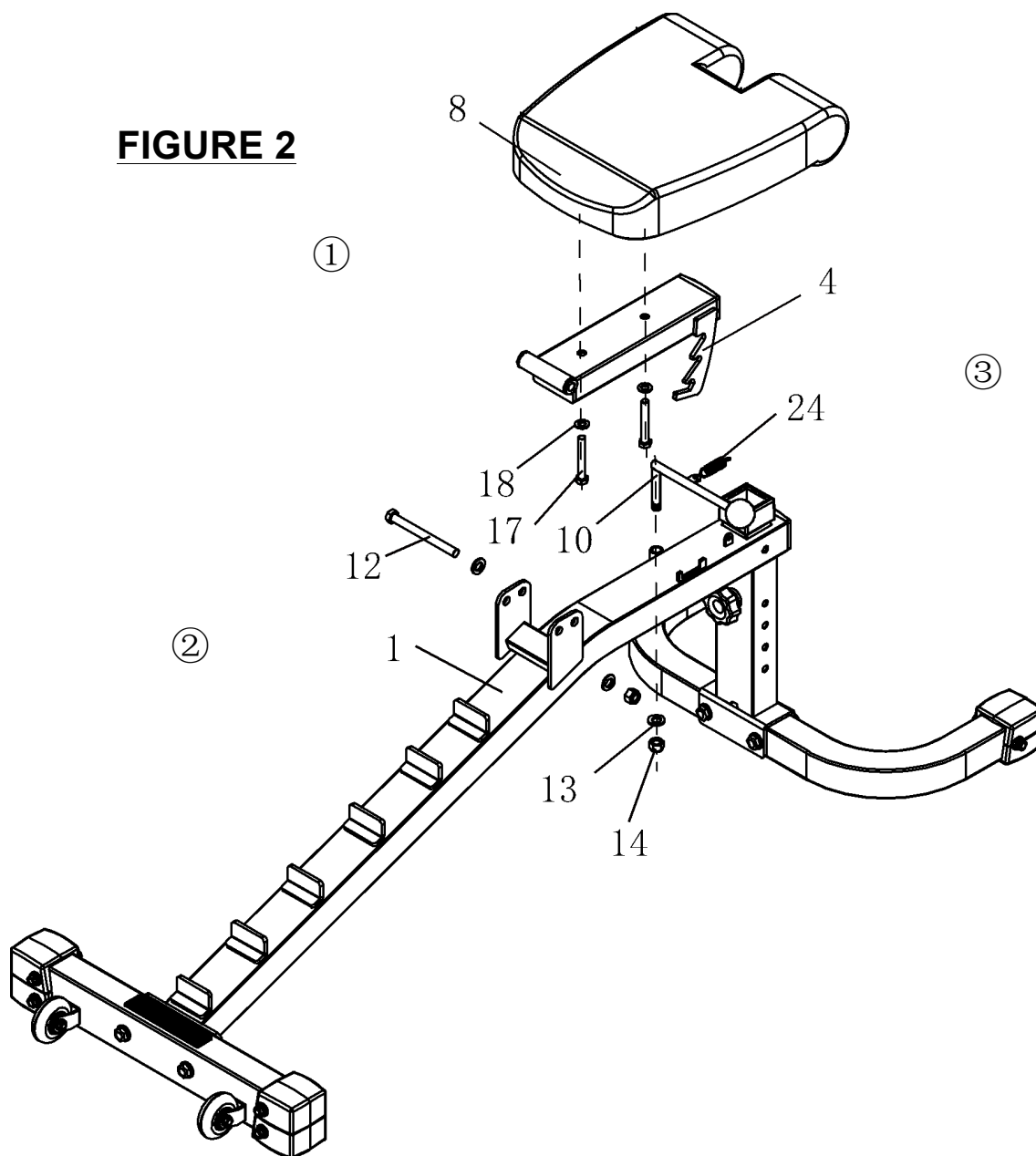
Assembly Instructions



Step 1:

1. On a flat surface, lay the U Front Base (2) and Rear Base (3) down.
2. Attach the U Front Base (2) to Main Frame (1) with Bolt (19-2pcs), Washer (13-4pcs), and Nylon Lock Nut (14-2pcs).
3. Attach the Rear Base (3) to Main Frame (1) with Bolt (15-2pcs), Washer (13-4pcs) and Nylon Lock Nut (14-2pcs).
4. Attach the Knob (26) into Main Frame (1). This Knob is used to tighten down any attachment used in your Bench, such as a leg attachment or arm/preacher curl attachment (all sold separately).

Warning: Only Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.

FIGURE 2**STEP 2:**

1. Attach the Seat Pad (8) to the Seat Support Frame (4) with Bolts (17-2pcs), Washers (18-2pcs).
2. Attach the Pin (10) to Main Frame (1) with Washers (13), Nylon Lock Nut (14). Connect Spring (24) between Main Frame (1) and Pin (10).
3. Attach the Seat Support Frame (4) to Main Frame (1) with Bolts (12), Washers (13-2pcs), Nylon Lock Nut (14).

* Seat can be adjusted by pulling Pin (10) toward rear of unit.

Warning: Only Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.

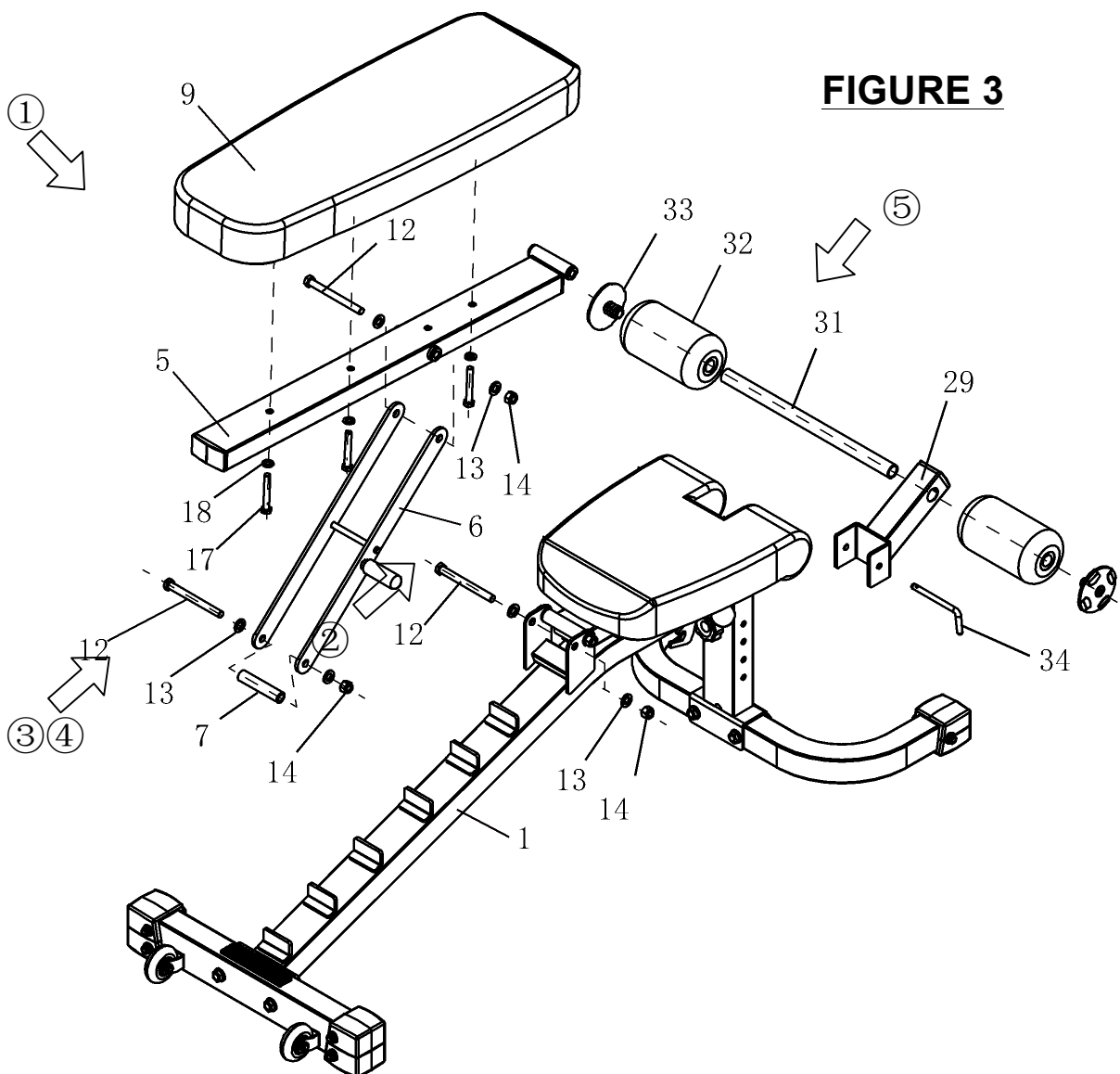


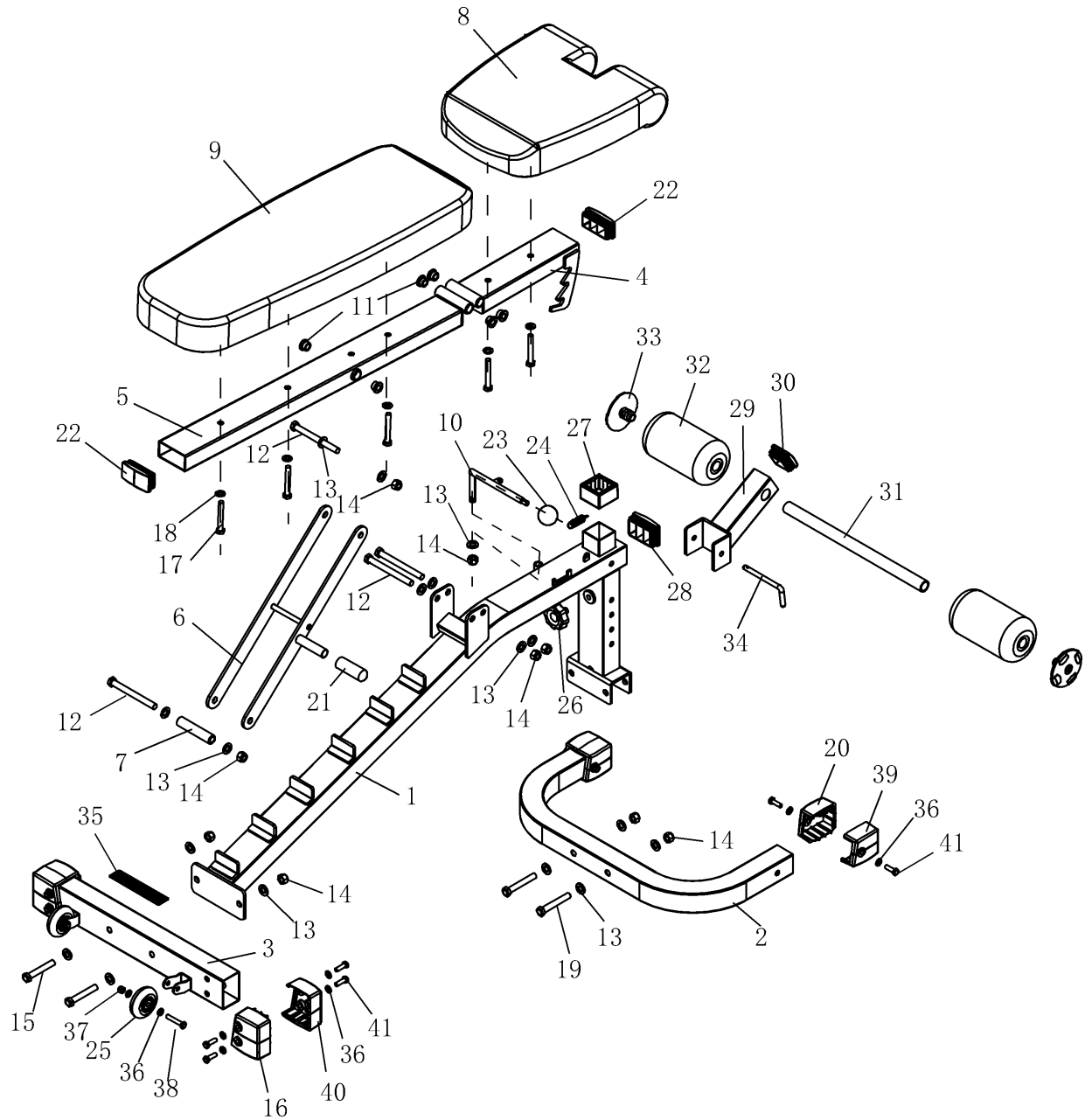
FIGURE 3

STEP 3:

1. Attach the Back Pad (9) to the Back Pad Support Frame (5) with Bolts (17-2pcs), Washers (18-2pcs).
 2. Attach the Back Pad Support Frame (5) to Main Frame (1) with Bolts (12), Washers (13-2pcs), and Nylon Lock Nut (14).
 3. Attach the Adjustable Back Pad Support Frame (6) to Back Pad Support Frame (5) with Bolts (12), Washers (13-2pcs), Nylon Lock Nut (14).
 4. Attach the Plastic Sleeve (7) to Adjustable Back Pad Support Frame (6) with Bolts (12), Washers (13-2pcs), Nylon Lock Nut (14).
 5. Attach the Roller Pad Tube (7) into Leg Support (29) .
Place Upholstered Roller Pad (32) on each side of Roller Pad Tube (31) secure with Big Plugs (33).
- Warning: Only Hand-Tighten bolts and Nylon Lock Nuts until machine is fully assembled.**
6. Attach Leg Support (29) to Main Frame (1) with L Pin (34).

You Can now Wrench Tighten all bolts and lock nuts.

Exploded View Diagram



Instructions for Use

The X-plode™ Multi-Purpose Weight Lifting Bench will help users lift weights safely and ergonomically. The bench can be used with a variety power cages, racks, and other strength machines, or it can be used on its own with dumbbells. For other weight lifting products that are compatible with the Multi-Purpose Bench visit www.progressionfitness.ca.

It is recommended to complete a 5 to 10 minute warm-up before using the Multi-Purpose Bench and a 5 to 10 minute cool-down. Warm-up and cool-down exercises will vary based on workout goals. We recommend incorporating a Progression Fitness™ Vibration Trainer with your warm-up and cool-down for effective circulation and activation of all muscle groups.

Maintenance

1. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or a replacement part is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.
2. Wipe machine down with a damp cloth and dry thoroughly after each use. As needed, machine may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your machine.
3. When checking the bolts and nuts, be sure they are all fully tightened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
4. Check welds to be free of cracks.
5. Failure to perform routine maintenance could result in personal injury and/or equipment damage.



**120 Robin Cres
Saskatoon, Sk, Canada
1-866-978-1999**

www.progressionfitness.ca