

**FITBENCH®**

# MANUAL

MODEL FITBENCH® FREE

#FBF1

UPDATED 2.1.2022





Thank you for purchasing the FITBENCH® FREE!

The FITBENCH FREE has product features that allow for a wide variety of workout options and is our first 100% made-in-the-USA bench! We made this bench with two things in mind: safety and durability! The FREE is made of a polyethylene composite material, making it light enough to take the bench with you to many different rooms or locations. The FREE has non-marking rubber feet to ensure that it stays in place when it is in use. It also offers multiple storage compartments for your additional accessories, such as our Glutey Bands. The FREE's bench top has six different elevation positions so that you can do endless incline or decline exercises. The molded top is soft enough to lie on, but durable enough to act as a plyo box for step ups and box jumps. Its soft-close top ensures that fingers or limbs won't be pinched. This all-in-one workout bench is the perfect addition to your home gym. We can't wait for you to start crushing your workouts!

If you have any questions about your FITBENCH FREE, please call us at 800-294-0536 or email us at [info@FITBENCH.com](mailto:info@FITBENCH.com) and include the following information:

- Customer Name and Address
- Telephone Number
- Email Address
- FITBENCH FREE Serial Number (located under the top near the hinge)





## TABLE OF CONTENTS

ASSEMBLY INSTRUCTIONS and ACCESSORY PLACEMENT .....	4
DUMBBELL SIZES .....	5
DUMBBELL LOCATION .....	5
KETTLEBELL SIZES .....	6
KETTLEBELL LOCATION .....	6
SLAM BALL SIZE .....	7
SLAM BALL LOCATION .....	7
FITBANDS® .....	8
FITBANDS PACKAGE INCLUDES .....	8
FITBANDS® LIMITED WARRANTY 2022 .....	9
FITBANDS PACKAGE LOCATION .....	9
GENERAL MAINTENANCE INFORMATION .....	10
FITBENCH® TRAIN APP .....	11
FITBENCH® FREE LIMITED WARRANTY 2022 .....	12





## **IMPORTANT SAFETY INSTRUCTIONS**

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using the FITBENCH® FREE, basic precautions should always be taken, including the following:

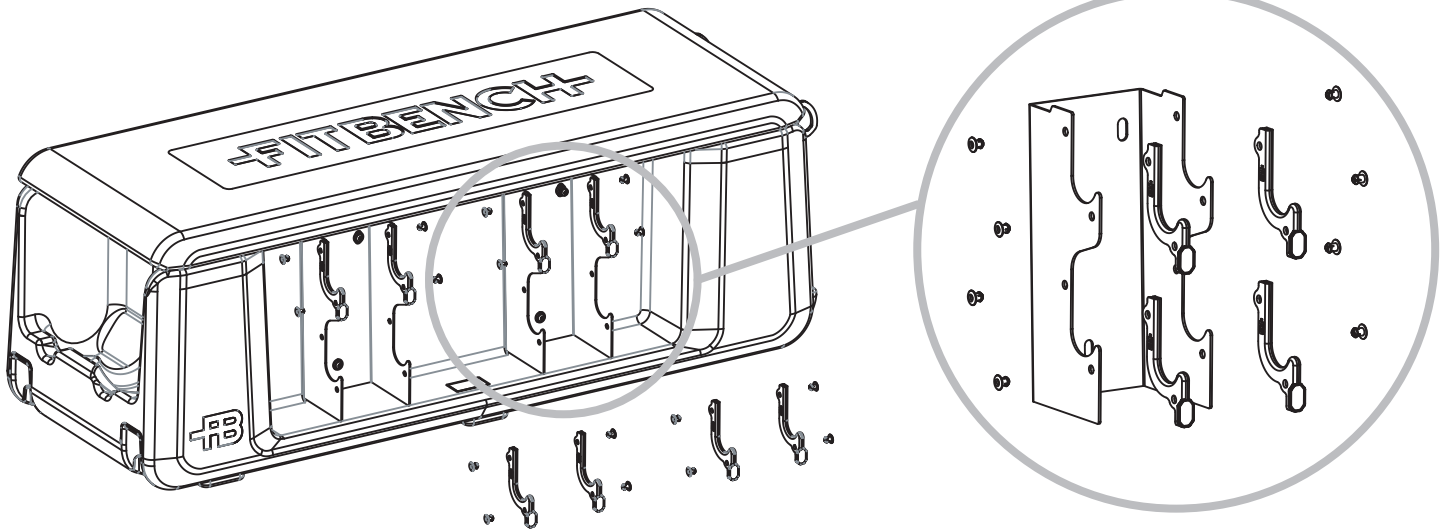
1. Read all instructions before using the FITBENCH FREE. These instructions are written to ensure your safety and to protect the unit.
2. Use the FITBENCH FREE only for its intended purpose. Do not use accessory attachments that are not recommended by FITBENCH, LLC.
3. The product should only be used on a level surface. Allow enough space around the FITBENCH FREE to perform all possible exercises.
4. Do not allow children on or near the FITBENCH FREE unless supervised by an adult.
5. Do not attempt to lift more weight than you can control safely. If you should feel pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. Never use the FITBENCH FREE if it has been damaged. Always inspect the FITBENCH FREE prior to use to ensure it is in proper working condition.
7. Keep hands, limbs, loose clothes, and long hair well out of the way of moving parts.
8. Wear proper exercise clothing and shoes for your workout.
9. The FREE should be moved with two people.

## **ASSEMBLY INSTRUCTIONS and ACCESSORY PLACEMENT**

The FITBENCH FREE requires the placement of the dumbbell stickers and the hook covers onto the bench. In addition, the user will need to place the dumbbell weights, slam ball, kettlebell, and FITBANDS® in their designated locations. It is recommended that once you have the FITBENCH FREE removed from its packaging, you place the FITBENCH FREE in its desired location before placing the accessories.



## DUMBBELL HOOK COVER AND STICKER ASSEMBLY



The FREE comes with plastic dumbbell hook covers, press snaps, and a weight label sticker sheet. You will have leftover stickers. There is no where to place the kettlebell stickers.



Dumbbell hooks will come without covers.

Place hook covers on dumbbell hooks.

Snap in the press snaps with fingers.

Inside of press snap should face inward.

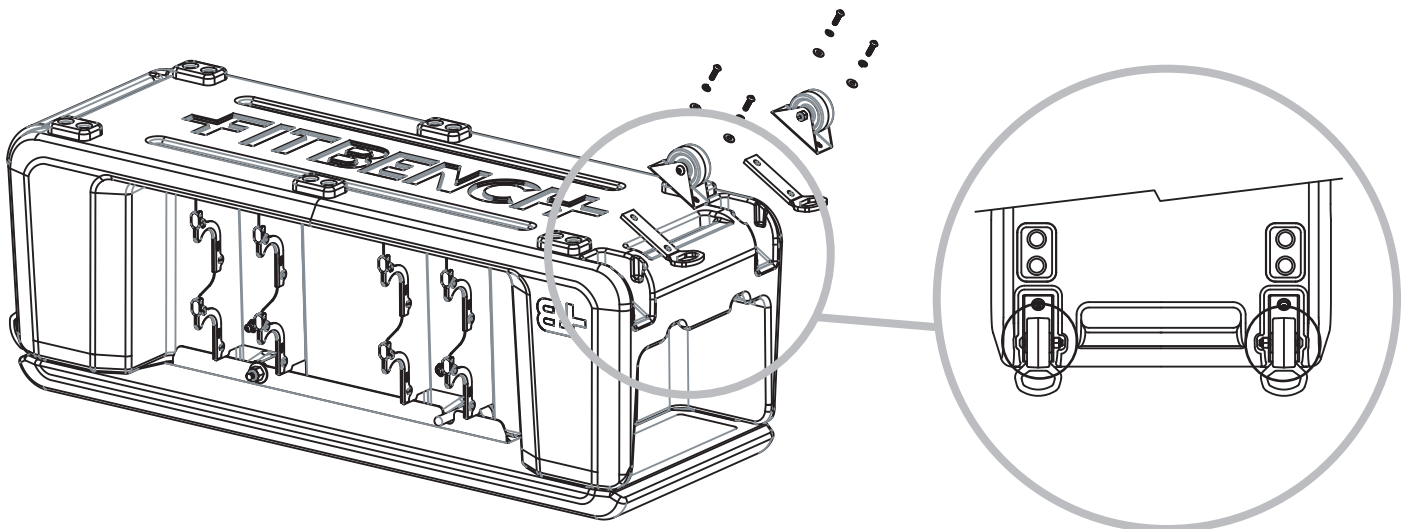
Empty weight labels will have smooth surface.

Select desired weight labels.

Press weight labels into location and stick.

**STICKER APPLICATION RECOMMENDATION:** In the USA, it is designed to hold 10 - 25 pounds. When looking at the end of the bench with the kettlebell/slam ball storage slot, the 10 and 25 lb weights go on the LEFT side, and the 15 and 20 lb weights will go on the RIGHT side.

## LOWER ANCHOR POINT AND WHEEL ASSEMBLY



The FITBENCH FREE has two lower anchor points for the FITBANDS.

1. Place the steel anchor point angled so that the circle part of the anchor point is parallel to the ground.
2. Using a power drill, install the screws to secure the anchor points and wheels.



## DUMBBELL SIZES

There are four sets of dumbbells that come with the FITBENCH® FREE. The dumbbells are neatly stored on the sides of the bench, with labeling on the dumbbell hook covers so that you can see where the weights should be placed. Our dumbbells have the pound sizes on the left and the kilograms on the right side of the dumbbell.

Dumbbell sizes:

- 10 lb / 5 kg X 2
- 15 lb / 7 kg X 2
- 20 lb / 9 kg X 2
- 25 lb 12 kg X 2



## DUMBBELL LOCATION





## KETTLEBELL SIZES

There is one kettlebell that comes with the FITBENCH® FREE. The kettlebell is a chrome-handled, rubber weight that is perfect for power exercises.

Kettlebell size:

- 18 lb / 8 kg X 1



## KETTLEBELL LOCATION

The kettlebell and the slam ball share the same storage slot at the end of the FREE furthest from the hinge. The kettlebell slot is slightly smaller than the slam ball slot.





## SLAM BALL SIZE

There is one slam ball that comes with the FITBENCH® FREE. The new slam ball features a 7-inch in diameter ball allowing the ball to fit into the FREE bench.

Slam ball size

- 12 lb / 5 kg X 1



## SLAM BALL LOCATION



Storage slot  
for slam ball

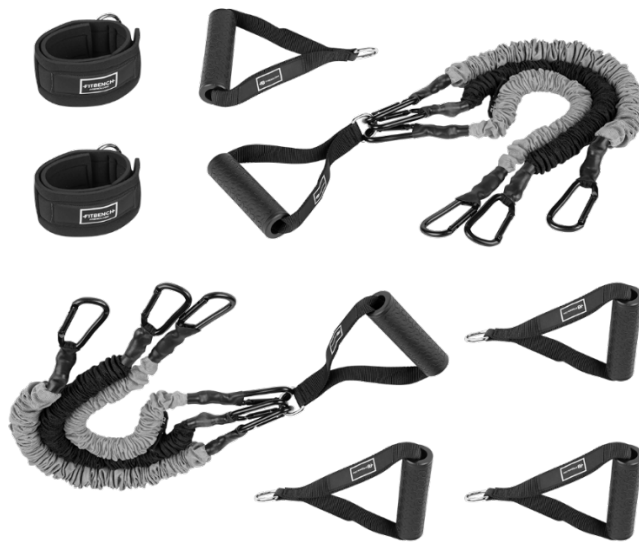






## FITBANDS®

There is one custom-made FITBANDS package that comes with the FITBENCH® FREE. Within the FITBANDS package, there will be six FITBANDS, consisting of two light (white - 10 lb), two medium (grey - 20 lb), and two heavy (black - 40 lb), with six rubber handles and two velcro ankle straps. These all fit neatly in a sling bag that is provided with your FITBENCH FREE.



## FITBANDS PACKAGE INCLUDES

- 3 sets of FITBANDS (6 individual bands)
- 6 rubber handles and 2 velcro ankle straps
- Each band has a carabiner at each end
- FITBANDS can be stacked together to increase resistance to 70 pounds
- The FREE has 5 attachment points for the FITBANDS
- A snap-proof nylon sleeve surrounds the bands for safety





## FITBANDS® LIMITED WARRANTY 2022

### 6-Month Limited Warranty

Intended for commercial use.

This limited warranty covers defects in manufacturing and materials with your FITBANDS. At FITBENCH®'s discretion, we will replace any defective FITBANDS covered by this limited warranty.

Limited Warranty does not include lost or stolen handles, straps, clips or bands.

This Limited Warranty does not cover any problems which result from accident, neglect, modification, abuse, or misuse of the FITBANDS. Warranty valid only if FITBANDS are used how they are designed to be used. Limited Warranty does not cover over extension, inadequate anchoring, use as a rope, or towing or suspension. Limited Warranty also does not cover exposure to variations in environmental conditions (salt, changes in heat, humidity, or moisture, and water saturation), impact damage, normal wear and tear, indentations, scratches, or surface damage.

## FITBANDS PACKAGE LOCATION

The FITBANDS storage location is on the end of the FREE that is closest to the hinge of the bench top.





## GENERAL MAINTENANCE INFORMATION

### Cushioned, Molded Top:

- To ensure prolonged life and proper hygiene of the FITBENCH® top, the entire FITBENCH FREE molded top should be wiped clean with a damp cloth after every workout.
- Periodically take the time to use a mild soap or an approved disinfectant to clean the composite top. Avoid using any abrasive cleaners.
- Replace ripped or worn FITBENCH FREE molded top immediately.
- Keep sharp or pointed objects clear of the FITBENCH FREE composite top.
- Always inspect hinge screws and anchor point screws under the top to make sure they are snug/tight.

### Gripping feet:

- To ensure the sturdiness of the bench, periodically wipe down the bottom of the feet to keep it clear of dust and debris.
- Check to make sure gripping feet are all the way in the bottom of the bench prior to using it.

### Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### Nuts and Bolts:

- Inspect all nuts and bolts for any loosening and tighten if needed. Go through a re-tightening sequence periodically to ensure that all nuts and bolts are tightened properly. Loctite can be used to ensure screws stay tight.





## FITBENCH® TRAIN APP

We have an APP! Download our new FITBENCH Train app, available for Android and iOS. Check out <https://fitbench.com/pages/app> to amplify your FITBENCH workouts now!





## FITBENCH® FREE LIMITED WARRANTY 2022

The high quality and reliability of FITBENCH LLC ("FITBENCH") products and components (the "Products") enables us to offer you the following limited warranty:

**THIS WARRANTY IS AN EXCLUSIVE WARRANTY AND FITBENCH MAKES NO OTHER WARRANTIES OF ANY KIND OR NATURE WHATSOEVER, EXPRESSED OR IMPLIED, WITH RESPECT TO THE PRODUCTS MANUFACTURED AND/OR SOLD BY IT. FITBENCH SPECIFICALLY DISCLAIMS ANY WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE OR MERCHANTABILITY. NO DISTRIBUTOR, AGENT, EMPLOYEE OR REPRESENTATIVE OF FITBENCH MAY ALTER THIS WARRANTY IN ANY WAY.**

**Limited 1 Year Warranty:** The main components, consisting of and limited to the Composite Bench Structure, Steel Parts, Structural Moving Parts and Anchors, Wheels, Gription Feet, Levelers, Shock, Dumbbell Hooks and Covers, Handle Sleeves, Commercial Hexagon Dumbbells, Rubber-encased Kettlebells, FITROPE® (Battle Rope) are warranted for one (1) year, subject to the terms of this Limited Warranty.

**Other Components/Accessories: Limited 6 Year Warranty:** The following components or accessories are warranties for six (6) months, subject to the terms of this Limited Warranty: Glutey Bands, Speed Ropes, Core Sliders, Foam Rollers, Outdoor and Indoor Covers, Molded Bench Top, FITBANDS®, Slam Ball, and Floor Mats.

Subject to the limitations in this warranty, FITBENCH warrants to the original purchaser of the Products, that all parts and components of FITBENCH Products are free of defects in material and workmanship. If we determine that any FITBENCH Products are defective in either material or workmanship during the relevant Individual Warranty Term, FITBENCH will, either repair or replace the products or damaged components, at its option. This warranty is limited to the cost of repair or replacement at the option of FITBENCH of any defective Product and it **shall in no event include incidental or consequential commercial damages of any kind.** FITBENCH Limited Warranty does not cover shipping costs to customer if product needs replacement.

**The following are specific exceptions to the warranty:**

1. Any damages caused by accidents, any unreasonable use or neglect, deterioration, mishandling, failure of maintenance, exposure to harsh environmental conditions such as salt, impact damage, dents, scratches, rust or surface damages, or lost or stolen components.
2. Damage due to improper use.
3. Damages from improper use of fitness accessories, whether sold with FITBENCH® or sold separately, such as adjustable or standard dumbbells or kettlebells, resistance bands or other fitness or recovery fitness devices.
4. Any damage occurring during shipping (claims should be presented to the carrier).
5. Any damage to FITBANDS® due to over-extension or inadequate anchoring.
6. Any damage due to a failure to follow general maintenance requirements.





**WARRANTY CLAIM PROCEDURE:** The customer must contact the authorized FITBENCH Representative for approval prior to shipping. The customer will be responsible for shipping charges to FITBENCH to obtain warranty assistance. The Customer shall include, with the return shipment, a copy of the original bill of sale or receipt or other satisfactory proof of purchase as well as a short, detailed description of the problem. FITBENCH will pay return shipping charges if the repairs are covered under this warranty.

**This is the exclusive warranty applicable to your FITBENCH products. Please read the terms and limitations of this warranty.**

**Increases on the warranty can be purchased online.  
Contact [info@fitbench.com](mailto:info@fitbench.com) to learn more.**

**Thank you and welcome to the #FITBENCHFamily!**

