

FITBENCH®

THE BENCHMARK OF FITNESS

MANUAL

MODEL FITBENCH® PRO

#FBH-30

UPDATED 2.1.2022





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Thank you for purchasing the FITBENCH® PRO!

The FITBENCH PRO has product features that allow for a wide variety of workout options. It is portable, with 360-degree movement to help position the bench in any room. Once it is in the desired location, it has locking feet for safe use. The FITBENCH PRO is the first of our benches to have a space for an adjustable dumbbell set. On either side of the bench, there are shelves that tilt out so that the adjustable dumbbell can be safely removed and put back.

There are two separate methods to ensure that the adjustable dumbbell bases stay put: **adjustable metal book ends** that screw into the bench shelf and **a securing strap**. There is storage on both ends of the bench, plus an additional space on top, to include multiple places to store the included accessories. The PRO comes with one kettlebell, one slam ball, a foam roller, and a set FITBANDS®.

Adjustable dumbbell sets and adjustable kettlebells are sold separately. For additional accessories, check out [fitbench.com](https://www.fitbench.com) to add to your FITBENCH PRO.

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

- Customer Name and Address
- Telephone Number
- Email Address
- FITBENCH PRO Serial Number (found under the top near the shock)





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IMPORTANT SAFETY INSTRUCTIONS

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

1. **BEFORE USING ADJUSTABLE DUMBBELL SETS, ENSURE THAT ADJUSTMENT PIN/DIAL IS PROPERLY PLACED PER DUMBBELL MANUFACTURER'S SPECIFICATIONS.**
2. Read all instructions before using the FITBENCH PRO. These instructions are written to ensure your safety and protect the unit.
3. Use the FITBENCH PRO only for its intended purpose. Do not use accessory attachments that are not recommended by FITBENCH, LLC.
4. The product should only be used on a level surface. Allow enough space around the FITBENCH PRO to perform all possible exercises.
5. Do not allow children on or near the FITBENCH PRO unless supervised by an adult.
6. 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.
7. Never use the FITBENCH PRO if it has been damaged. Always inspect the FITBENCH PRO prior to use to ensure it is in proper working condition.
8. Keep hands, fingers, limbs, loose clothes, and long hair well out of the way of moving parts.
9. Wear proper exercise clothing and shoes for your workout.
10. Do not use the FITBENCH PRO as a plyo-box **UNLESS** locking feet are engaged and the FITBENCH PRO is on a solid level surface.
11. Only use shoes to engage and disengage the FITBENCH PRO locking feet. Do not use hands, fingers, or toes to engage or disengage locking feet.





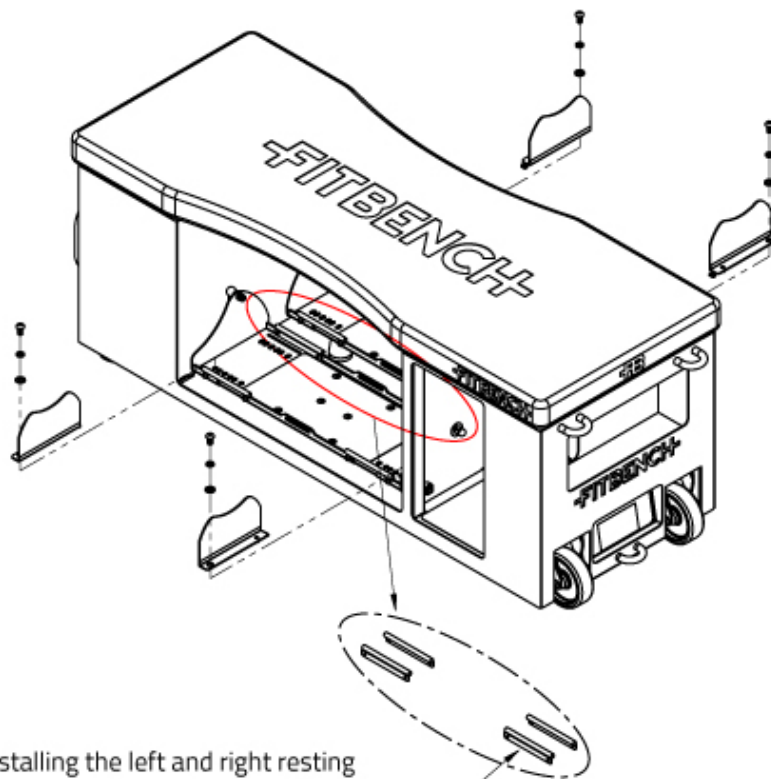
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ASSEMBLY INSTRUCTIONS & ACCESSORY PLACEMENT

The FITBENCH PRO requires you to either install the metal book or securing the strap provided. The metal book ends can be secured with screws at several different spots depending on how large your weight set is (the PRO fits up to a 90 pound weight set).

We recommend that once you have the FITBENCH PRO removed from its packaging, place the FITBENCH PRO in its desired location before putting in the adjustable dumbbell weights and accessories.

ASSEMBLY INSTRUCTIONS FOR RESTING BRACKETS



When installing the left and right resting brackets remove the small support frame first, and then reinstall the small support frame after the installation is complete.






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ENGAGING FEET & 3RD 360 SWIVEL WHEEL

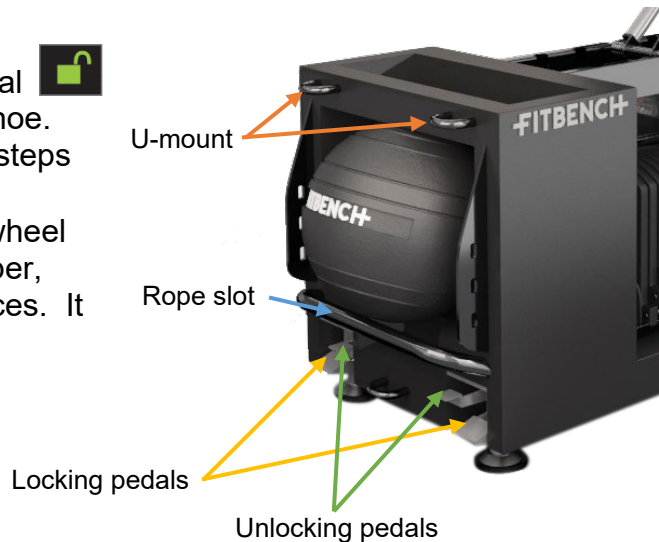
The FITBENCH® products have been designed to move easily throughout the gym floor for cleaning or changing class environments.

To LOCK the FITBENCH into place:

1. Locate the engaging foot pedals under the rope slot handle on the slam ball storage side of bench.
2. Using the toe of your shoe, step on one or both larger pedals 
3. While pressing down with your shoe, pull up (vertically) on the U-mount anchor point directly above the pedals near the top. You can also use the rope slot handle to pull up.
4. Press down and pull up at the same time until the pedal is locked into place.
5. You will hear them locking into place with a click.

To UNLOCK/MOVE the FITBENCH:

1. Simply step down on the smaller pedal  on both sides using the toe of your shoe.
2. Move to location and then follow the steps above.
- PLEASE NOTE: the FITBENCH 3rd wheel was made to move with ease on rubber, wood, concrete and other hard surfaces. It was not designed to move as well on carpet, turf, grass or soft surfaces.





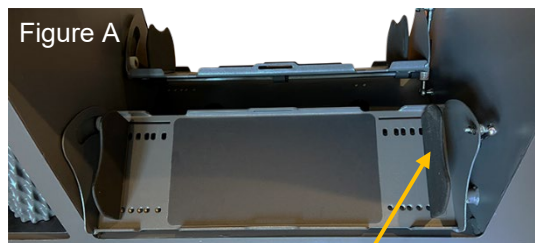
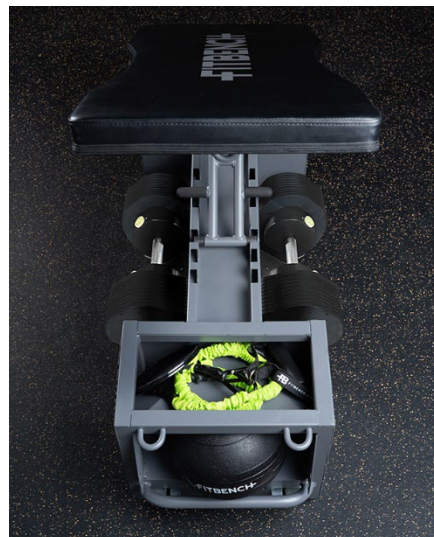
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ADJUSTABLE DUMBBELL PLACEMENT

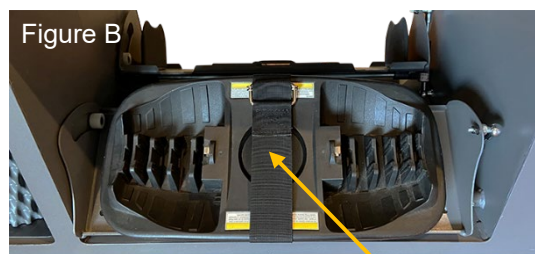
The FITBENCH PRO contains shelves that tilt out 30 degrees so that the dumbbells can safely be picked up and placed back in its original spot. In order to safely keep the dumbbell sets in place, there are two methods for securing the base of the sets. **If dumbbell sets are not secured as specified below, they will fall out. PLEASE TAKE CAUTION!**

1. Metal book: the weights bases can be secured in several different locations. The screw will be provided so that you can place these on the bench depending on what size of the dumbbell sets you have. **Metal book ends MUST be mounted tightly to end of dumbbell block.** See figure A.
2. Securing strap: the strap will go around the middle of the base of the weight set to ensure that it stays in place when the shelves are titled out. This can be easily adjusted by tightening or loosening the straps. See figure B.

ADJUSTABLE DUMBBELL LOCATION



Metal book ends



Securing strap





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CONTINUED ADJUSTABLE DUMBBELL LOCATION

FITBENCH® will not be held liable for 3rd party fitness products used on or with the FITBENCH PRO. Products sold by FITBENCH or approved resellers MUST be used as stated on previous page. Any other usage, other than stated on previous page, will void warranty and FITBENCH cannot be held liable for any damages, injury or costs resulting from improper use of fitness accessories sold with the FITBENCH PRO or sold separately from the FITBENCH PRO. These products would include but is not limited to adjustable dumbbells, kettlebells, adjustable kettlebells, individual dumbbells, resistance bands or any other fitness or recovery fitness device.





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KETTLEBELL SIZE

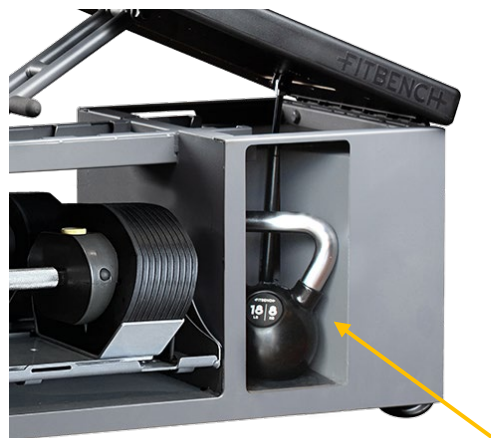
One kettlebell is included with the FITBENCH® PRO. The kettlebell slot can also fit an adjustable kettlebell. The adjustable kettlebell is sold separately.

Weight Size:

- 18 lb / 8 kg



KETTLEBELL LOCATION



Kettlebell slot





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SLAM BALL SIZE

One slam ball is included with the FITBENCH® PRO.

Weight Size:

- 15 lb / 7 kg



SLAM BALL LOCATION





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FOAM ROLLER SIZE

One foam roller is included with the FITBENCH® PRO.

Inches Size

- 12" long, 4" diameter

Centimeter Size

- 30 cm long, 10 cm diameter



FOAM ROLLER LOCATION





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FITBANDS®

There is one custom-made FITBANDS package that comes with the FITBENCH® PRO. Within the FITBANDS package, there will be six FITBANDS, consisting of two light (white - 10 lb), two medium (gray - 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 PRO.



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 PRO has 14 attachment points for the FITBANDS
- A snap-proof nylon sleeve surrounds the bands for safety.





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FITBENCH® PRO 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.

Main Components: Limited 10 Year Warranty: The main components, consisting of and limited to the Steel Structure, Frame, Structural Moving Parts and Anchors, Wheels, Levelers, Locking Feet, Dumbbell Hooks and Covers, Handle Sleeves are warranted for ten (10) years, subject to the terms of this Limited Warranty.

Other Components/Accessories: Limited 1 Year Warranty: The following components or accessories are warranted for one (1) year, subject to the terms of this Limited Warranty: Commercial Hexagon Dumbbells, Shock, Rubber Encased Kettlebells, Molded Bench Top, FITROPE® (Battle Rope)

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

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.





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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 in order 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.

GENERAL MAINTENANCE - The consumer must perform, or have performed, the following maintenance in order to keep the warranty in effect:

Composite Top:

- To ensure prolonged life and proper hygiene of the FITBENCH top, the entire FITBENCH composite 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 ONE composite top immediately.
- Keep sharp or pointed objects clear of the FITBENCH ONE composite top.
- Always inspect hinge screws and anchor point screws under the top to make sure they are snug/tight.

Locking Feet/Wheels:

- Locking feet **MUST BE** engaged when performing exercises on or with the bench.
- Check to make sure feet are all the way raised prior to moving before use.
- When moving the bench, be sure to pick up the bench if it is being moved over door thresholds, gravel, potholes, or any other non-smooth surface.
- **Shoes must be worn when engaging locking. Hands should not be used when engaging or disengaging the locking feet.**

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.

This is the exclusive warranty applicable to your FITBENCH products. Please read the terms and limitations of this warranty. Additional warranty on accessories, parts can be purchased online at fitbench.com.

Thank you and welcome to the #FITBENCHFamily!

