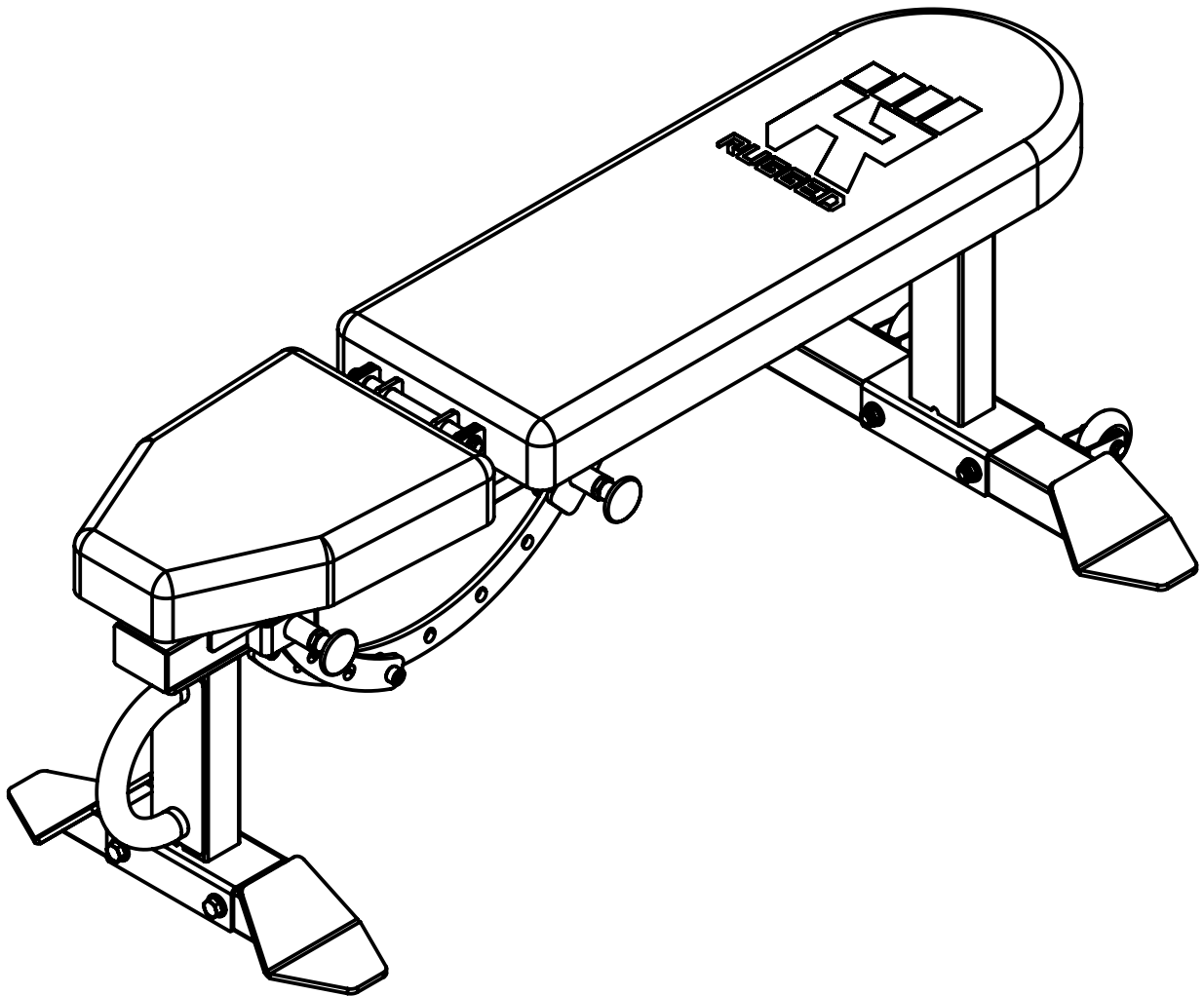


STRENGTH & FITNESS
RUGGED



**FLAT/INCLINE
BENCH**

SKU# Y001

Assembly & Instructions
OWNER'S & MANUAL

Y001-070618

Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from Rugged Fitness.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using this equipment. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- If the machine is equipped with cables, always check its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

This equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your **RUGGED FITNESS FLAT /INCLINE BENCH**.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call **1-800-556-3113** for customer assistance.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only RUGGED FITNESS replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official RUGGED FITNESS website at www.ruggedfitness.com or contact RUGGED FITNESS customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@ruggedfitness.com

Or write to: Rugged Fitness
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**

Preparation

Required Tools

The basic tools that you must obtain before assembling the **Y001** include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

Installation Requirements

Follow these installation requirements when assembling the **Y001**. Set up the **Y001** on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

Assembly Tips

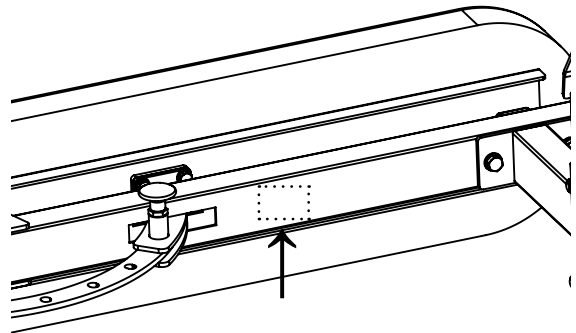
Read all "Notes" on each page before beginning each step.

While you may be able to assemble the **Y001** using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

CAUTION: Obtain assistance! Do not attempt to assemble the equipment alone as this could result in injury. Review the installation requirements before proceeding with the following steps.



Your S/N# can be found here

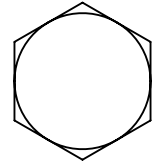
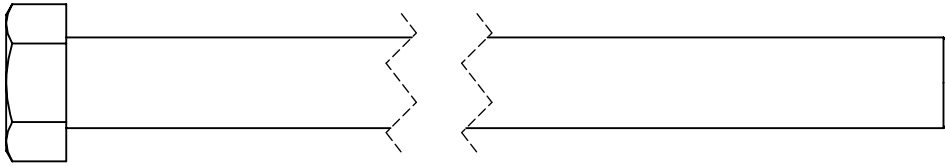
RUGGED FITNESS continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with RUGGED FITNESS equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to Service Department at RUGGED FITNESS Inc. in Forest Park, Illinois.

Y001 Hardware Illustration

Part #1

HEX HEAD BOLT M12x180mm

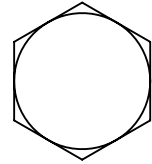
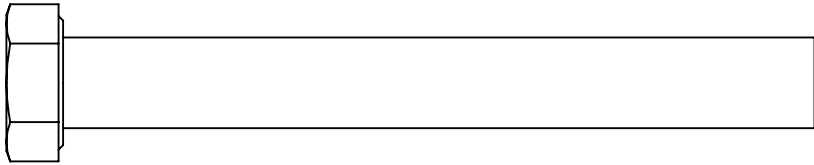
QTY. 1



Part #2

HEX HEAD BOLT M12x100mm

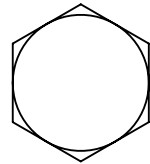
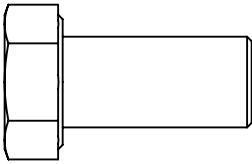
QTY. 4



Part #3

HEX HEAD BOLT M12x25mm

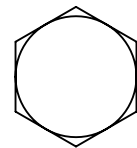
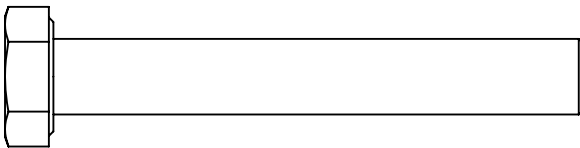
QTY. 4



Part #4

HEX HEAD BOLT M10x70mm

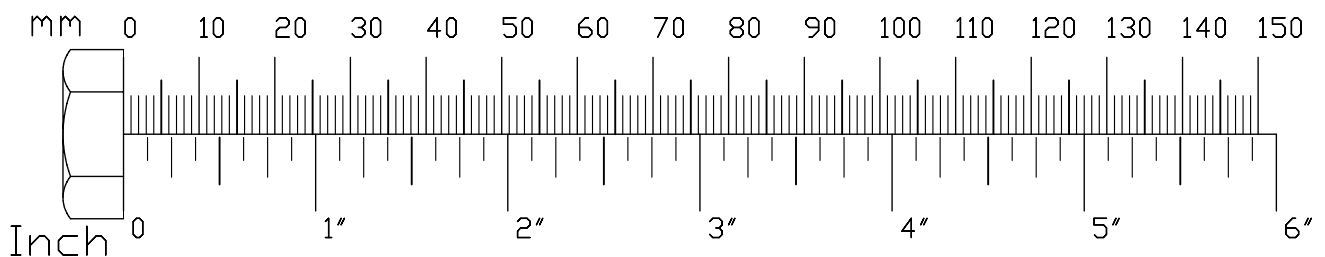
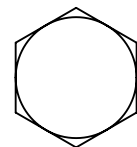
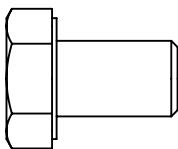
QTY. 2



Part #5

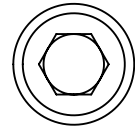
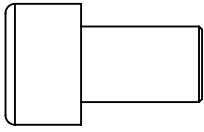
HEX HEAD BOLT M10x16mm

QTY. 6

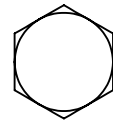
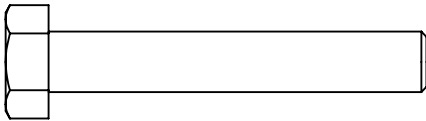


Y001 Hardware Illustration

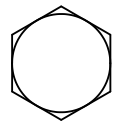
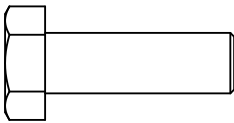
Part #6 SOCKET HEAD CAP SCREW M10x16mm QTY. 2



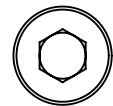
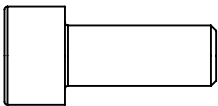
Part #7 HEX HEAD BOLT M8x50mm QTY. 2



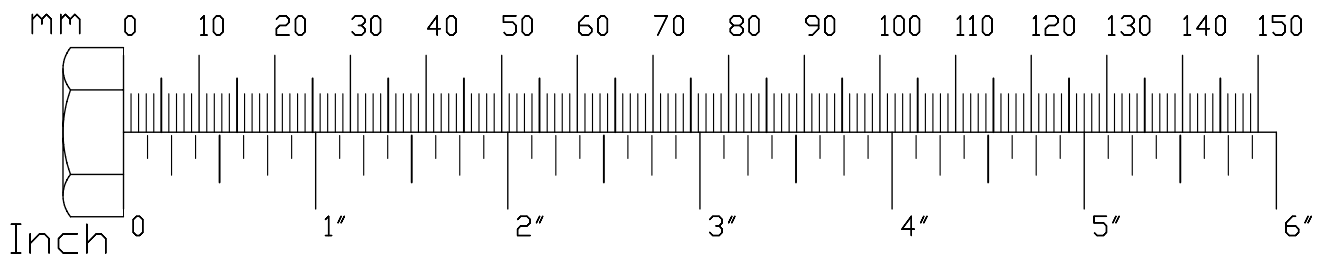
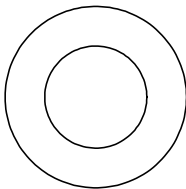
Part #8 HEX HEAD BOLT M8x25mm QTY. 5



Part #9 SOCKET HEAD CAP SCREW M8x20mm QTY. 2



Part #10 FLAT WASHER M12 QTY. 16

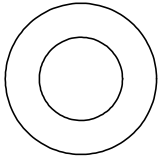


Y001 Hardware Illustration

Part #11

FLAT WASHER M10

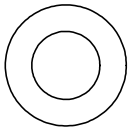
QTY. 8



Part #12

FLAT WASHER M8

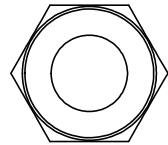
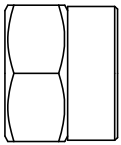
QTY. 11



Part #13

NYLON LOCK NUT M12

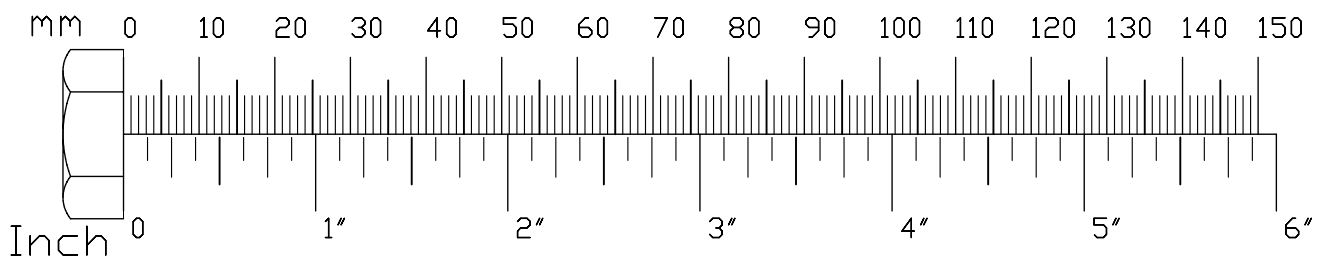
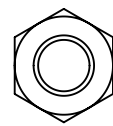
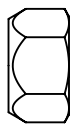
QTY. 5



Part #14

NYLON LOCK NUT M8

QTY. 4



Y001 Parts & Hardware List

| Part# | Qty | Description |
|--------------|------------|---------------------------------|
| A | 1 | FRONT STABILIZER |
| B | 1 | FRONT LEG |
| C | 1 | REAR STABILIZER |
| D | 1 | REAR LEG |
| E | 1 | HANDLE |
| F | 1 | MAIN FRAME |
| G | 1 | SEAT ADJUSTMENT BRACKET |
| H | 1 | SEAT FRAME |
| J | 1 | BACK ADJUSTMENT BRACKET |
| K | 1 | BACK FRAME |
| 1 | 1 | M12x180mm HEX HEAD BOLT |
| 2 | 4 | M12x100mm HEX HEAD BOLT |
| 3 | 4 | M12x25mm HEX HEAD BOLT |
| 4 | 2 | M10x70mm HEX HEAD BOLT |
| 5 | 6 | M10x16mm HEX HEAD BOLT |
| 6 | 2 | M10x16 mm SOCKET HEAD CAP SCREW |
| 7 | 2 | M8x50mm HEX HEAD BOLT |
| 8 | 5 | M8x25mm HEX HEAD BOLT |
| 9 | 2 | M8x20mm SOCKET HEAD CAP SCREW |
| 10 | 16 | M12 FLAT WASHER |
| 11 | 8 | M10 FLAT WASHER |
| 12 | 11 | M8 FLAT WASHER |
| 13 | 5 | M12 NYLON LOCK NUT |
| 14 | 4 | M8 NYLON LOCK NUT |
| 15 | 2 | TRANSPORT WHEEL |
| 16 | 2 | POP PIN |
| 17 | 2 | RUBBER BUMPER |
| 18 | 2 | BUSHING |
| 19 | 2 | PLASTIC SLEEVE |
| 20 | 1 | SEAT PAD |
| 21 | 1 | BACK PAD |

STEP**1**

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware first. Wrench tighten ALL hardware at the end of STEP 1F. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

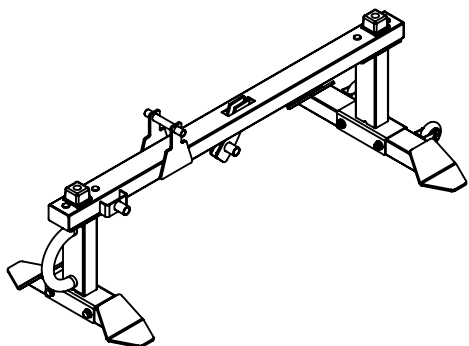
- 1A.** Attach Front Leg (B) to Front Stabilizer (A) using:
(#2) M12x100mm Hex Head Bolt, QTY 2
(#10) M12 Flat Washer, QTY 4
(#13) M12 Nylon Lock Nut, QTY 2

- 1B.** Attach Rear Leg (D) to Rear Stabilizer (C) using:
(#2) M12x100mm Hex Head Bolt, QTY 2
(#10) M12 Flat Washer, QTY 4
(#13) M12 Nylon Lock Nut, QTY 2

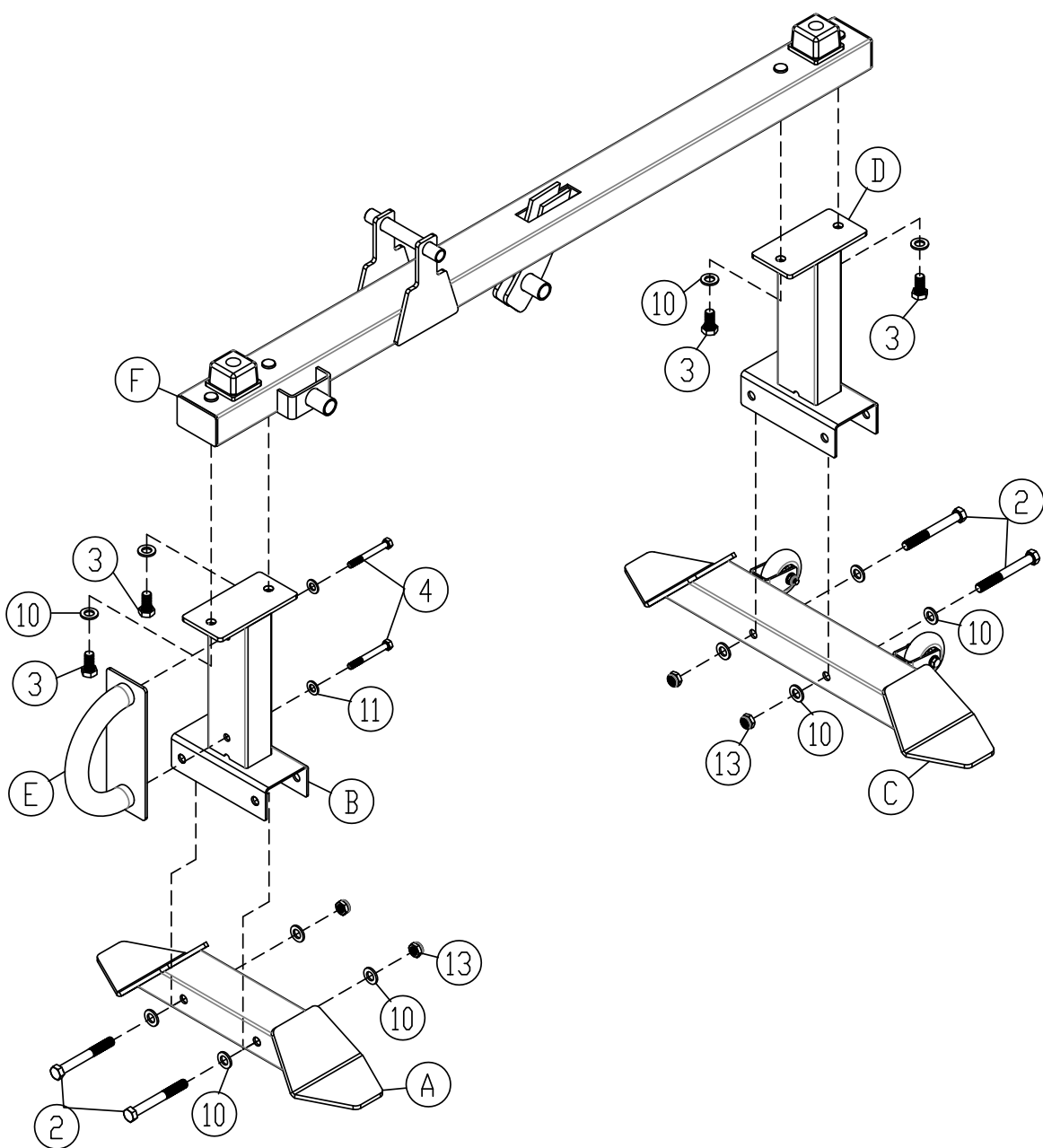
- 1C.** Attach Front Leg (B) to Main Frame (F) using:
(#3) M12x25mm Hex Head Bolt, QTY 2
(#10) M12 Flat Washer, QTY 2

- 1D.** Attach Rear Leg (D) to Main Frame (F) using:
(#3) M12x25mm Hex Head Bolt, QTY 2
(#10) M12 Flat Washer, QTY 2

- 1E.** Attach Handle (E) to Front Leg (B) using:
(#4) M10x70mm Hex Head Bolt, QTY 2
(#11) M10 Flat Washer, QTY 2



Above shows Step 1 assembled and completed.



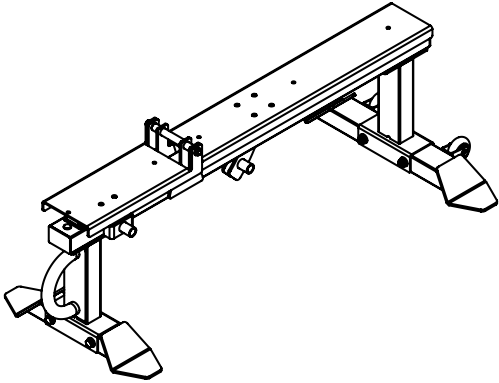
STEP**2**

Be careful to assemble all components in the sequence they are presented.

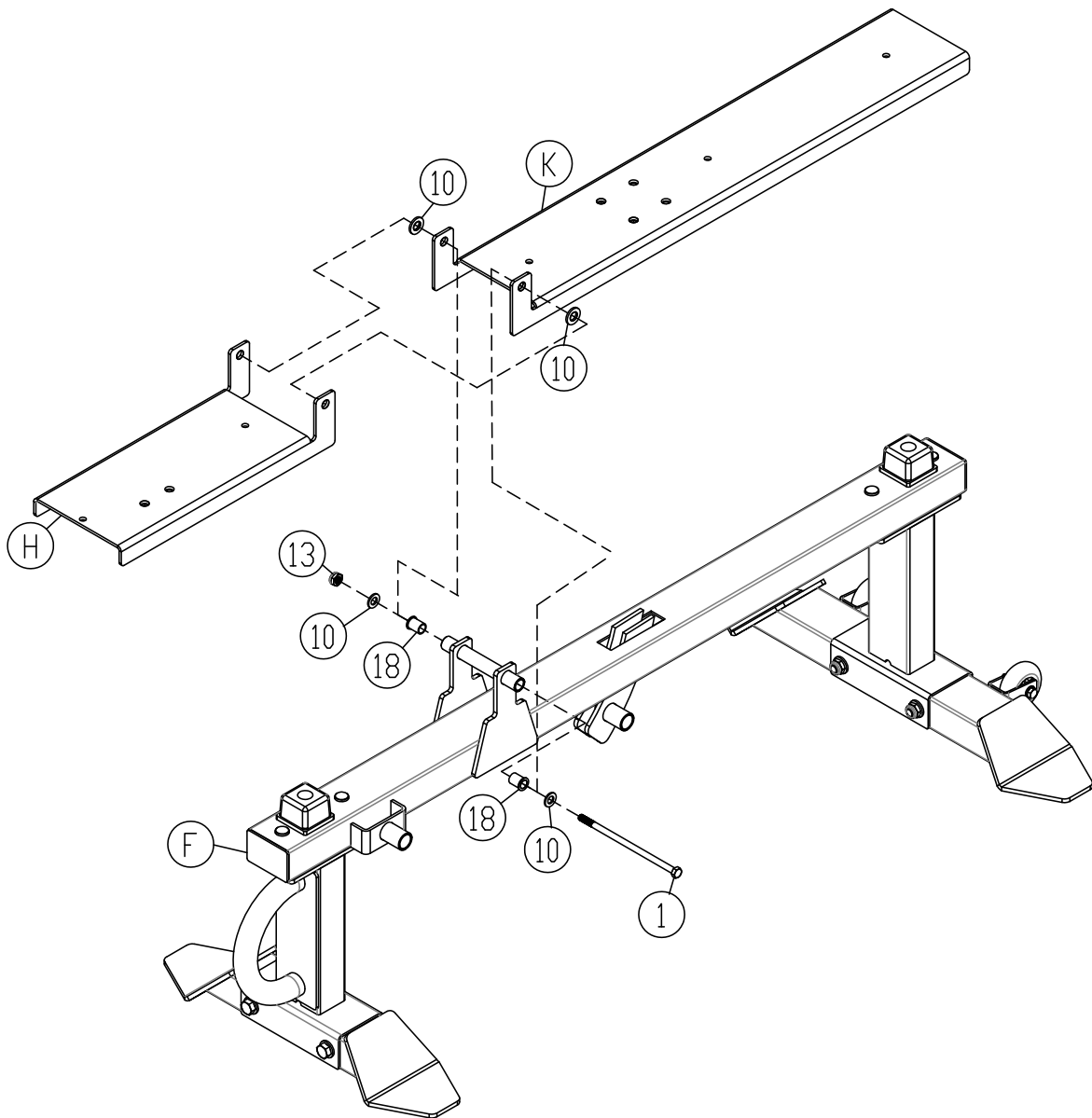
NOTE:

Finger tighten all hardware first. Wrench tighten ALL hardware at the end of STEP 2A. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 2A.** Attach Seat Frame (**H**) and Back Frame (**K**) to Main Frame (**F**) using:
- (#1) M12x180mm Hex Head Bolt, QTY 1**
 - (#10) M12 Flat Washer, QTY 4**
 - (#18) Bushing, QTY 2**
 - (#13) M12 Nylon Lock Nut, QTY 1**



Above shows Step 2 assembled and completed.



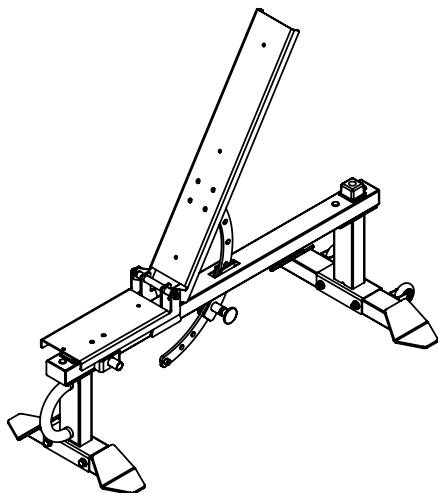
STEP**3**

Be careful to assemble all components in the sequence they are presented.

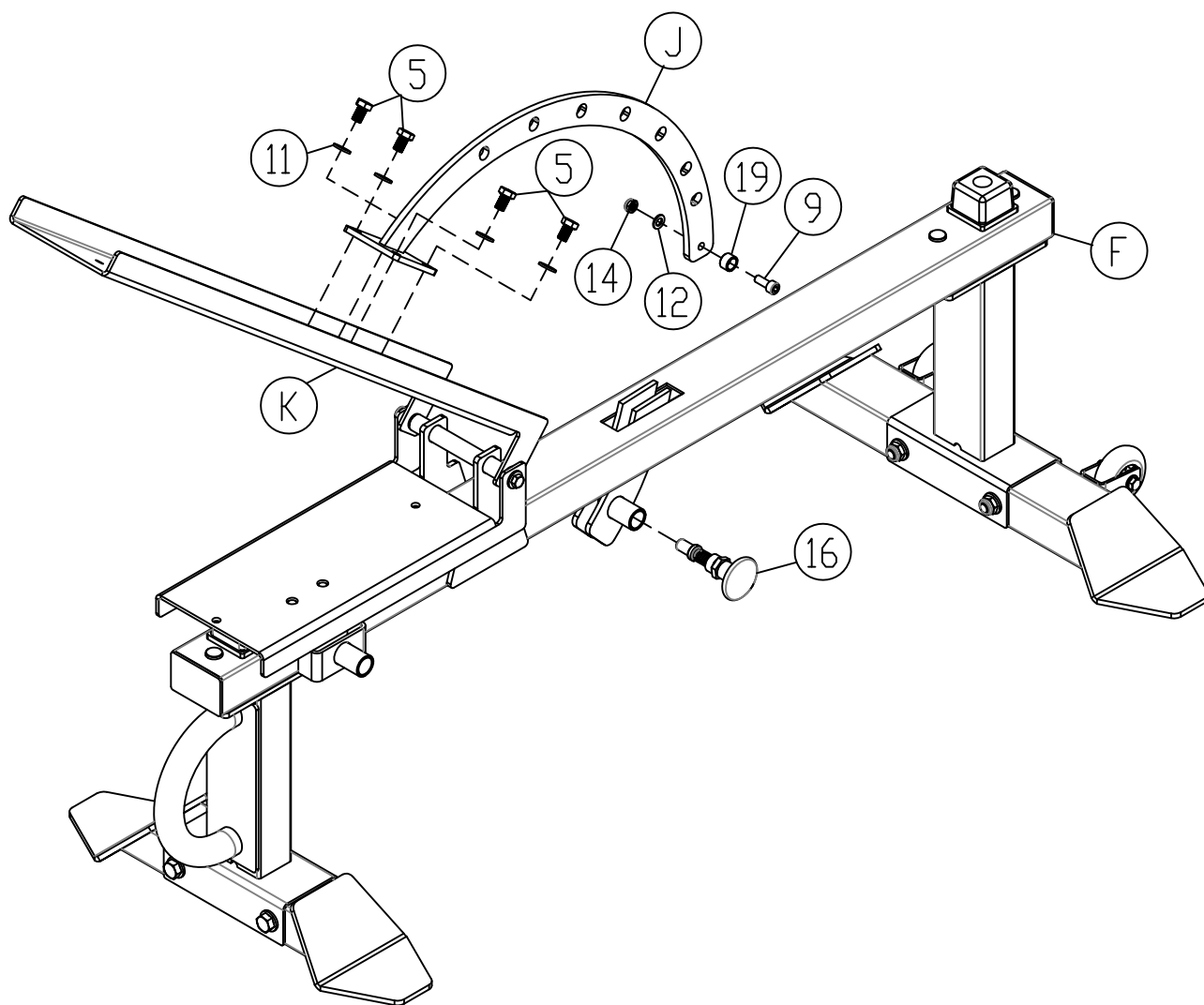
NOTE:

Wrench tighten ALL hardware at the end of EACH STEP. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 3A.** Attach Back Adjustment Bracket (**J**) to Back Frame (**K**) using:
(#5) M10x16mm Hex Head Bolt, QTY 4
(#11) M10 Flat Washer, QTY 4
- 3B.** Rotate Back Frame (**K**) to insert Back Adjustment Bracket (**J**) into the Main Frame (**F**).
- 3C.** Attach Plastic Sleeve (**#19**) to Back Adjustment Bracket (**J**) using:
(#9) M8x20mm Socket Head Cap Screw, QTY 1
(#12) M8 Flat Washer, QTY 1
(#14) M8 Nylon Lock Nut, QTY 1
- 3D.** Attach Pop Pin (**#16**) to Main Frame (**F**).



Above shows Step 3 assembled and completed.



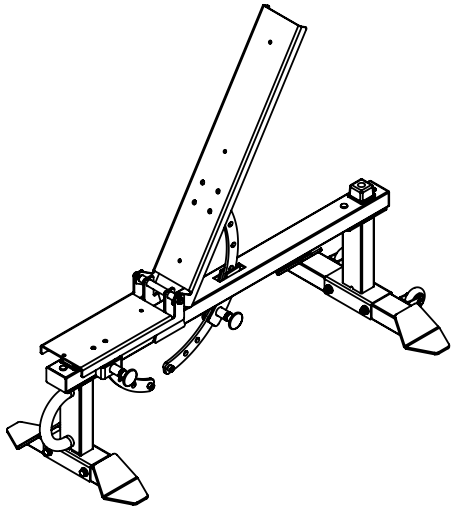
STEP**4**

Be careful to assemble all components in the sequence they are presented.

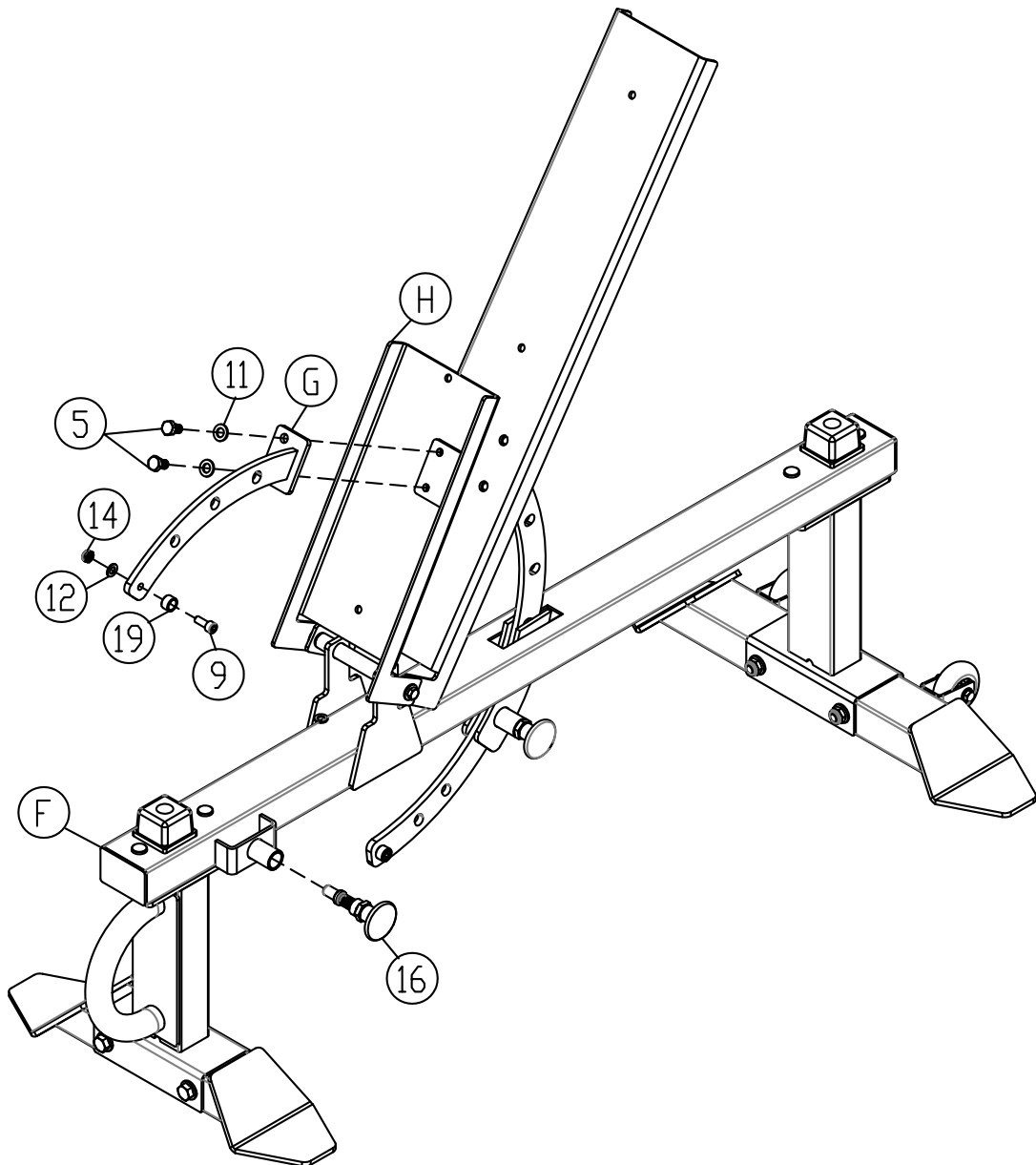
NOTE:

Wrench tighten ALL hardware at the end of EACH STEP. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 4A.** Attach Seat Adjustment Bracket (**G**) to Seat Frame (**H**) using:
(#5) M10x16mm Hex Head Bolt, QTY 2
(#11) M10 Flat Washer, QTY 2
- 4B.** Rotate Seat Frame (**H**) to Insert Seat Adjustment Bracket (**G**) into the Main Frame (**F**).
- 4C.** Attach Plastic Sleeve (**#19**) to Seat Adjustment Bracket (**G**) using:
(#9) M8x20mm Socket Head Cap Screw, QTY 1
(#12) M8 Flat Washer, QTY 1
(#14) M8 Nylon Lock Nut, QTY 1
- 4D.** Attach Pop Pin (**#16**) to Main Frame (**F**).



Above shows Step 4 assembled and completed.



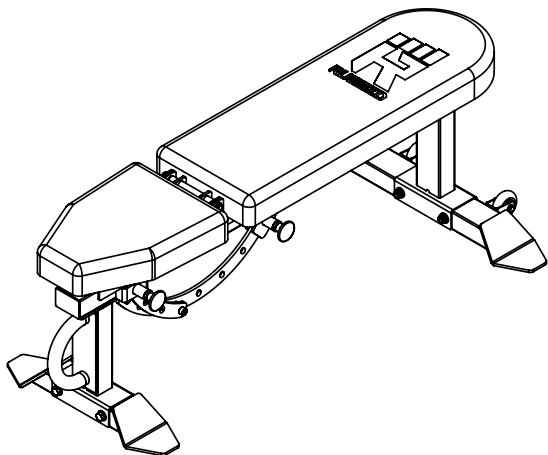
STEP**5**

Be careful to assemble all components in the sequence they are presented.

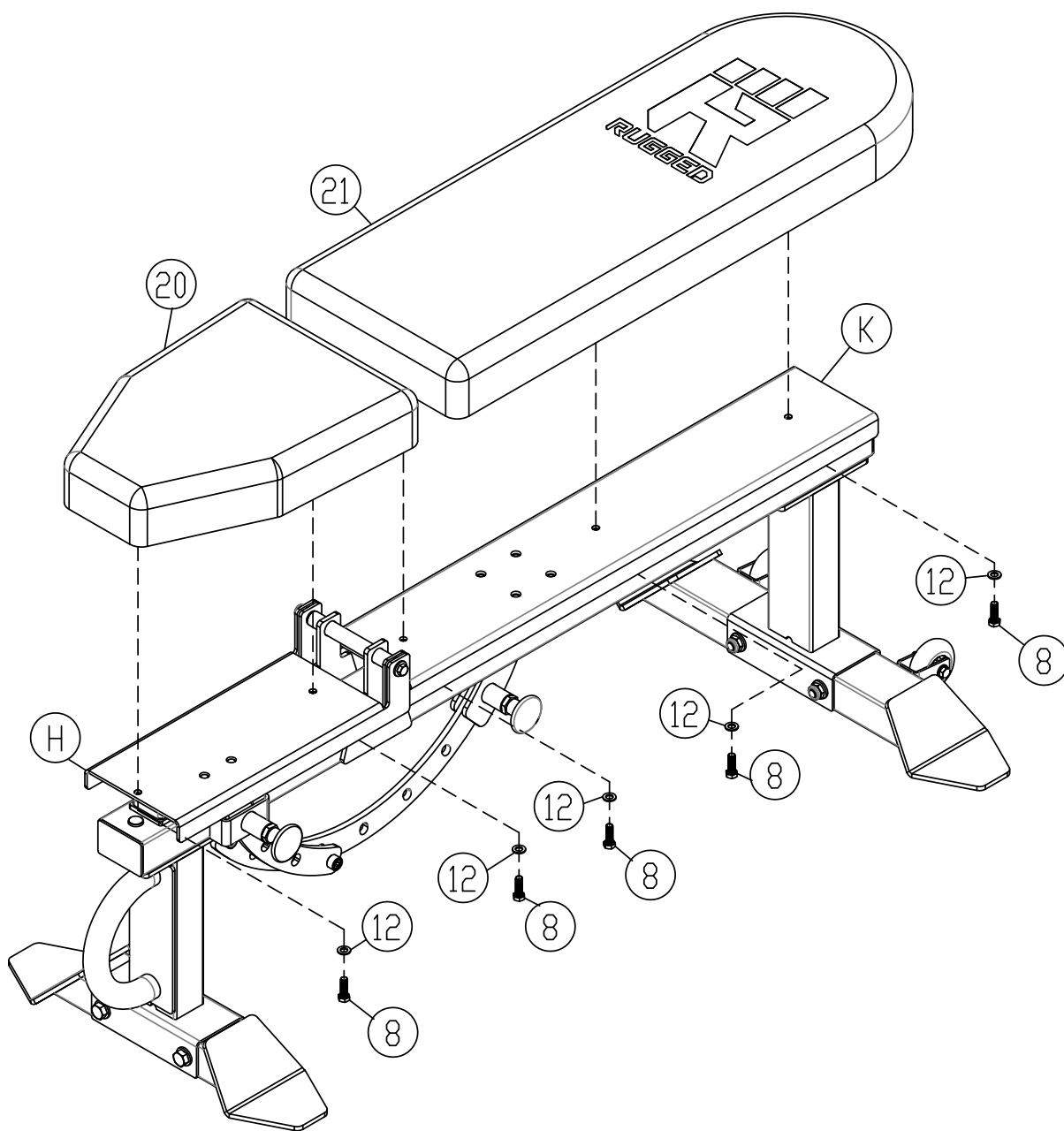
NOTE:

Wrench tighten ALL hardware at the end of EACH STEP . Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 3A.** Attach Seat Pad (#20) to Seat Frame (H) using:
(#8) M8x25mm Hex Head Bolt, QTY 2
(#12) M8 Flat Washer, QTY 2
- 3B.** Attach Back Pad (#21) to Back Frame (K) using:
(#8) M8x25mm Hex Head Bolt, QTY 3
(#12) M8 Flat Washer, QTY 3



Above shows Step 3 assembled and completed.



Notes



Y001

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # 0144459----

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Forest Park, IL 60130
Phone:(708)427-3555
Fax:(708)427-3556
Hours: M-F 8:30 - 5:00 CST
www.ruggedfitness.com