

# PRx Profile® Incline Folding Bench Installation Instructions

Patent Pending

# FOR RACKS WITH MODIFIED INSTALLATION HEIGHTS, PLEASE CONTACT CUSTOMER SERVICE BEFORE INSTALLING YOUR BENCH.



# **CONFUSED?**

It happens to the best of us.

That's why we have the best customer service team. We're here to help you with any questions regarding rack modifications, wall-mounted bench installations, or other installation concerns. Please call or email us!

701.566.0452 | support@prxperformance.com

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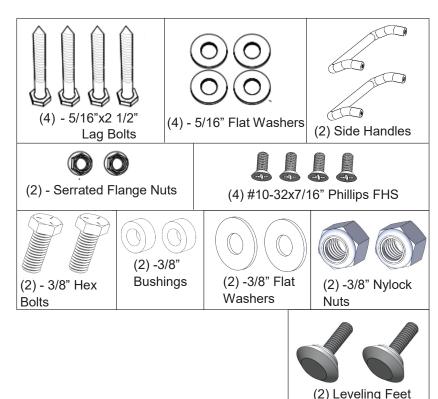
# **Incline Folding Bench**

#### All Parts & Tools Needed

#### **Tools Needed**

- 1. Cordless drill
- 2. Cordless impact wrench
- 3. 7/32" drill bit
- 4. Stud finder
- 5. 1/2" open-ended wrench
- 6. 7/16" open-ended wrench
- 7. 1/2" socket
- 8. 9/16" open-ended wrench
- 9. 9/16" socket
- 10. Socket wrench
- 11. 1/8" Allen wrench
- 12. Tape measure

#### **Included Hardware**



## **Measure and Mark Studs**

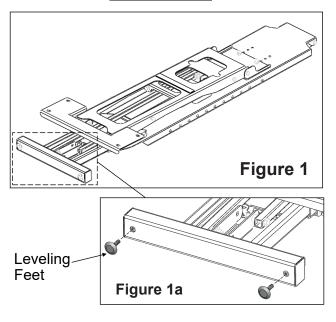
WARNING: Be sure that you are clear of any electrical wires and/or components before drilling into studs. If you are unsure of any hidden wiring, please consult a qualified electrician.

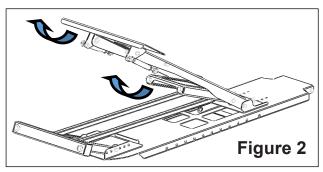
- 1. Locate studs in the wall using a stud finder.
  - a. If studs are 16" on center, proceed with instructions.
  - b. If studs are not 16" on center, a stringer board will be needed. When attaching a stringer board for the Incline Folding Bench, be sure that it is at least 8" tall, and long enough to be drilled into two studs. (Contact customer service if you have questions.)
- 2. From the floor, measure and mark the wall at 9 1/4" and 13 3/4" on the two located studs.
- 3. Drill pilot holes a minimum of 2" deep on those marks using a 7/32" drill bit.

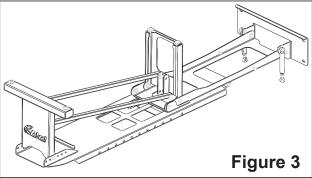
# **Assemble Bench Components**

- Remove the bench components from their boxes (Figure 1).
   WARNING: Bench components are heavy and may require 2 people to lift.
- 2. Place the leg assembly portion face down as shown below, and remove the shrink wrap holding the hardware to the leg and make sure all hardware is accounted for.
- 3. Attach the leveling feet to the bottom of the front leg (Figure 1a).
- 4. Unfold the legs by grabbing the wall bracket and lifting it 1/4 of the way up, then grab the middle leg below that and lift up both simultaneously. This allows the bench to unfold completely (Figures 2 & 3).

#### **Leg Assembly**

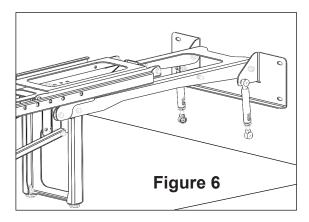






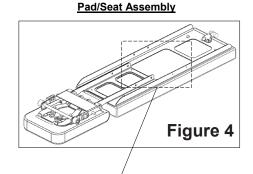
# **Position Bench Against Wall**

- Flip your fully extended Incline Folding Bench on its legs and place the wall bracket against the wall, aligning the pilot holes to the holes in the wall bracket (Figure 6).
- Make sure the bench remains fully extended.
   Keeping the wall bracket aligned and using the impact wrench, screw your lag bolts (with washers) into the pilot holes approximately 2/3 of the way in.



**Pro tip:** Sitting on the bench while facing the wall, will help keep the bench extended and flat on the floor. It will also make it easier to attach the bench to the wall.

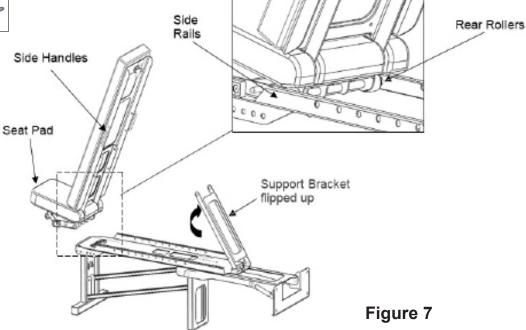
# **Attaching Seat Assembly to Leg Assembly**



- Place the pad/seat assembly face down and attach the handles with the #10 screws provided in the hardware pack (Figures 4 & 5).
- 2. Flip the support bracket located on the leg assembly (Figure 7).
- 3. Grab the seat assembly by the side handles and front of the seat pad (Figure 7). Warning: Bench components are heavy and may require 2 people to lift.
- 4. Slide the rear rollers on the bottom of the seat assembly into the side rails of the leg assembly approximately 1" (Figure 7).



Figure 5



- 5. Retract the pins by pulling on the incline setting latch handle (Figure 8).
- 6. While keeping the locating pins retracted, slide the seat assembly forward until they align with the holes (Figure 8).
- 7. Flip the support bracket up and attach it to the back of the backrest (Figure 9).

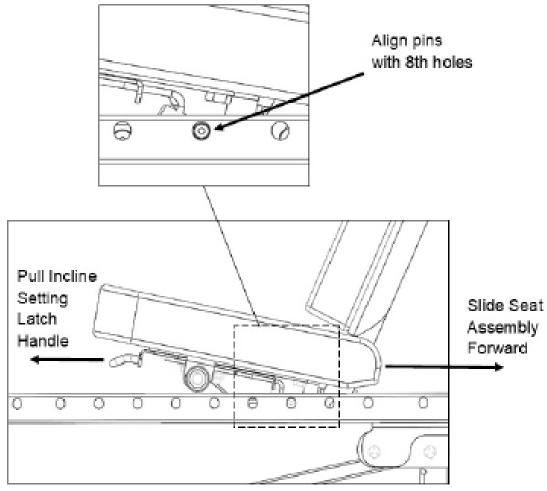
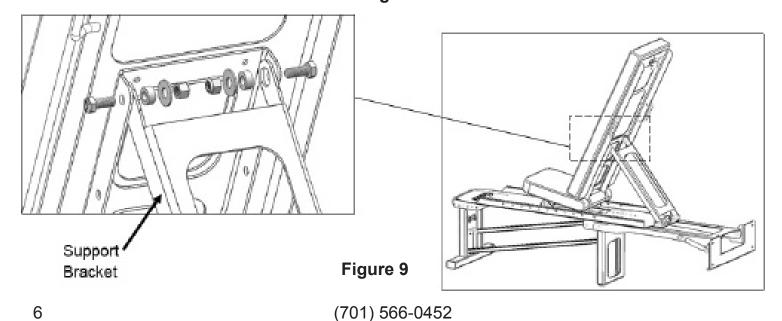


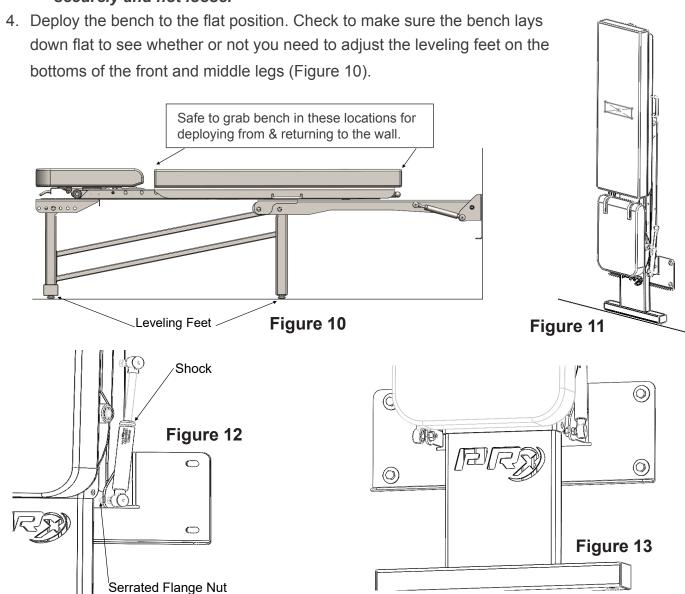
Figure 8



# **Attach Shocks and Level**

- 1. Place bench in the upright stored position against the wall (Figure 11). The help of a second person may be needed at this time, as the bench will be fairly heavy until the shocks are installed. (See Figure 10 for suggested lifting points)
- 2. With someone holding the bench against the wall, insert the gas shocks into the 'ears' of the wall bracket.\* Use the serrated flange nut to secure the shocks to the wall bracket (Figure 12) and tighten using the 1/2" socket and a 7/16" open-ended wrench (Figure 13).
- 3. Once both shocks are fully attached to the wall bracket, fully tighten the lag bolts securing the wall bracket to the wall.

NOTE: If the bench will not stay up against the wall when it is placed in the upright position, check to make sure the hardware holding the shocks in place are fastened securely and not loose.

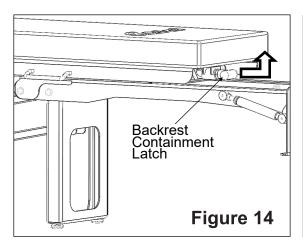


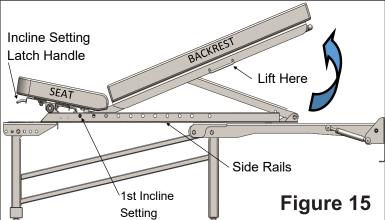
<sup>\*</sup>If gas shocks do not align with the 'ears', then deploy bench from wall making sure shocks are out of the way. Locate the nut that connects the gas shock to the bench and loosen 3/4 of the way and repeat Step 2. Once Step 2 is complete, retighten the loosened nut.

### **Incline Bench User Instructions**

- 1. Grab the backrest containment latch at the head end of the bench, pull it out, and lift up. The seat will automatically move back to the inclined position as you lift, and the backrest will simultaneously slide up toward the wall until the incline setting pins engage the first set of holes on the side rails. (Figures 14 & 15). WARNING: Always make sure the Incline Setting Pins are fully engaged in the Incline Setting Holes before sitting on and using the bench.
- 2. To set bench to the flat position, simply grab one of the side handles and the incline setting latch handle located under the front of the seat. Pull the latch handle towards the front of the seat. The seat and backrest are now free for you to move it to the next desired position.
  NOTE: Make sure the backrest containment latch fully engages when returning to the flat position.

WARNING: Always grab one of the side handles before triggering the latch on the front of the seat! Failure to do so could result in personal injury and/or harm to the bench.

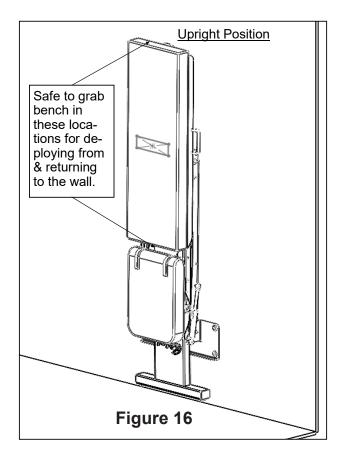




### **Incline Bench User Instructions**

#### Deploying the Bench from the wall

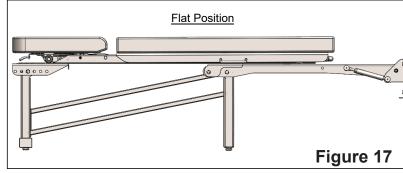
1. Grabbing the bench in the locations (Figure 16) is the easiest way to deploy and fold the bench up to the wall.



#### **WARNINGS:**

Using this bench for exercises other than the intended use of flat or inclined bench lifts could result in serious injury.

Bench should be cleaned with soap and water, if needed. Industrial type cleaning detergents are not recommended.



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### **Incline Bench User Instructions**

#### **Adjust Position of Bench within the Rack**

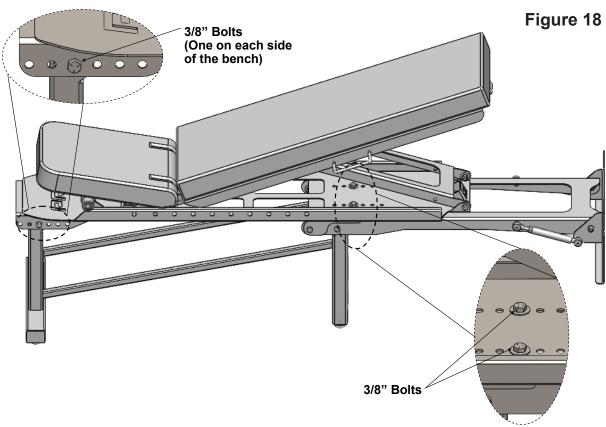
With your bench and your rack both deployed, check to make sure the bench is far enough in or out of the rack so that you are comfortable taking the barbell on and off the rack.

WARNING: Make sure the barbell is empty while testing the position of the bench to the rack. (A second person is also recommended to hold the legs in place when adjusting.)

- 1. If the bench needs to be moved toward the wall or away from the wall, remove the (4) 3/8" bolts (Figure 18) and adjust the bench accordingly. (Tools required for this adjustment are a 9/16" open-end wrench, a 9/16" socket, and socket wrench.)
- 2. First, remove the two bolts underneath the backrest.
- 3. Next, remove the two bolts at the front of the bench. Be sure to hold the front leg of the bench as you slowly slide the bench to the desired position and promptly replace the two bolts at the front end of the bench.

#### CAUTION: 2 people may be needed for this procedure.

- 4. Next, replace the two bolts underneath the backrest and check to see if the position you adjusted the bench to is correct. If another adjustment is needed, simply refer back to step #2 and proceed.
- 5. Once your bench is the optimal distance from the wall, double check to make sure all the 3/8" bolts you removed have been replaced and tightened securely.



That's it! Now go get those GAINZ.

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