

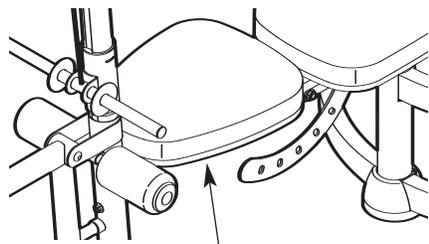
PRO-FORM

G680

Model No. PFEVBE2836.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

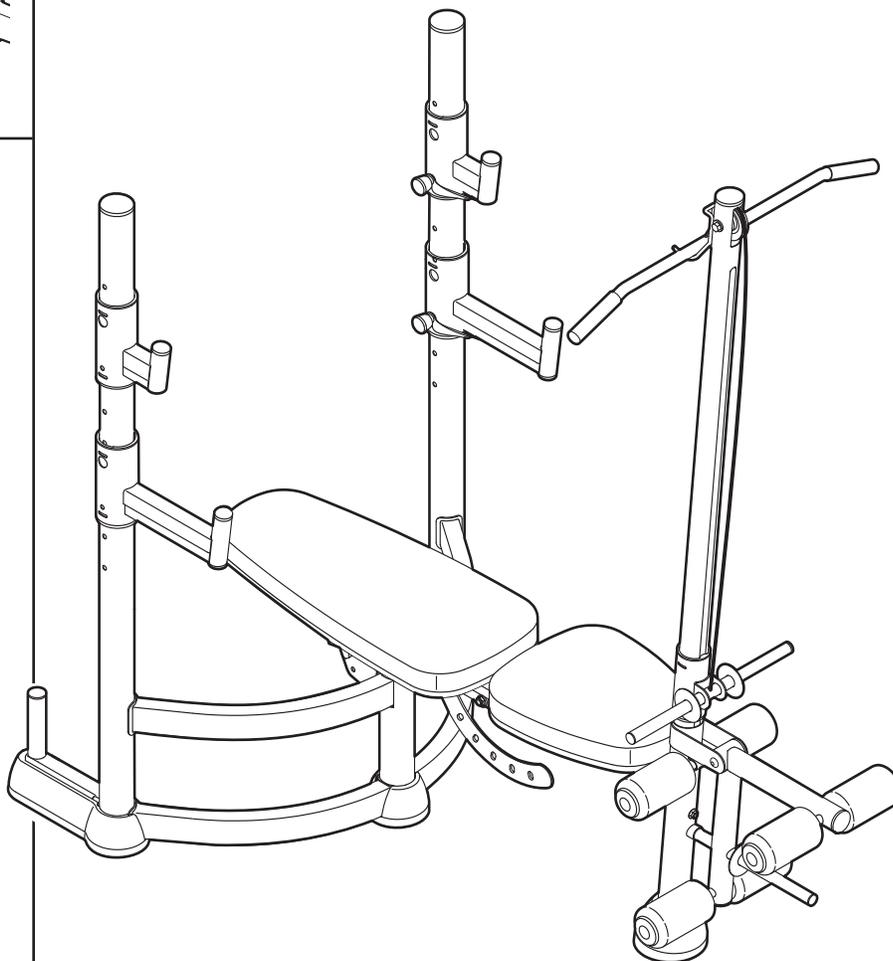
or 0 (44) 113 3877133 for telephone calls outside the UK.

Or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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G680

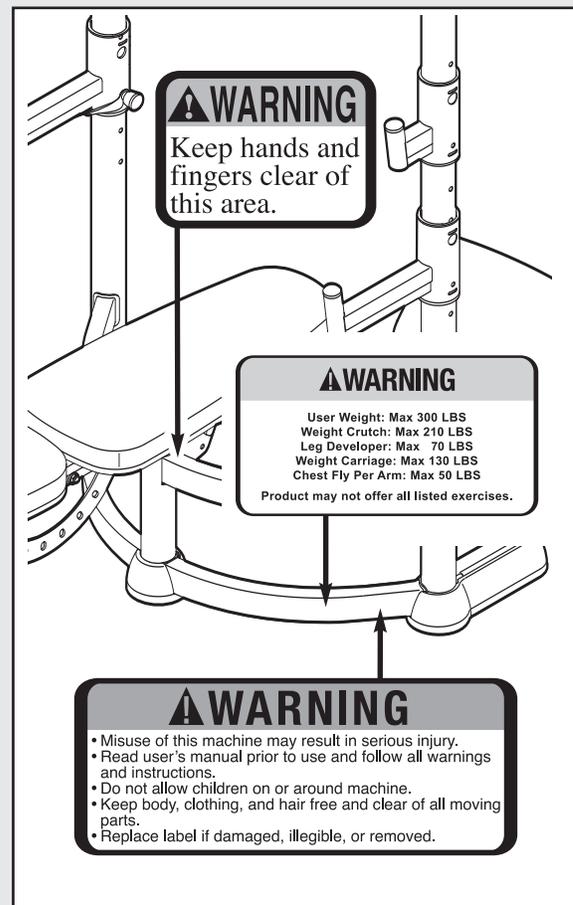
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IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Keep children under 12 and pets away from the weight bench at all times.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Always make sure that the backrest knob is fully engaged before using the backrest.
8. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 610 pounds. Do not use the weight bench with more than 310 pounds of weight. Do not place more than 150 pounds on the leg lever. Do not place more than 150 pounds on the weight carriage. Note: The weight bench does not include weights.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. The decals shown below have been placed on the weight bench. If a decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



⚠️ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

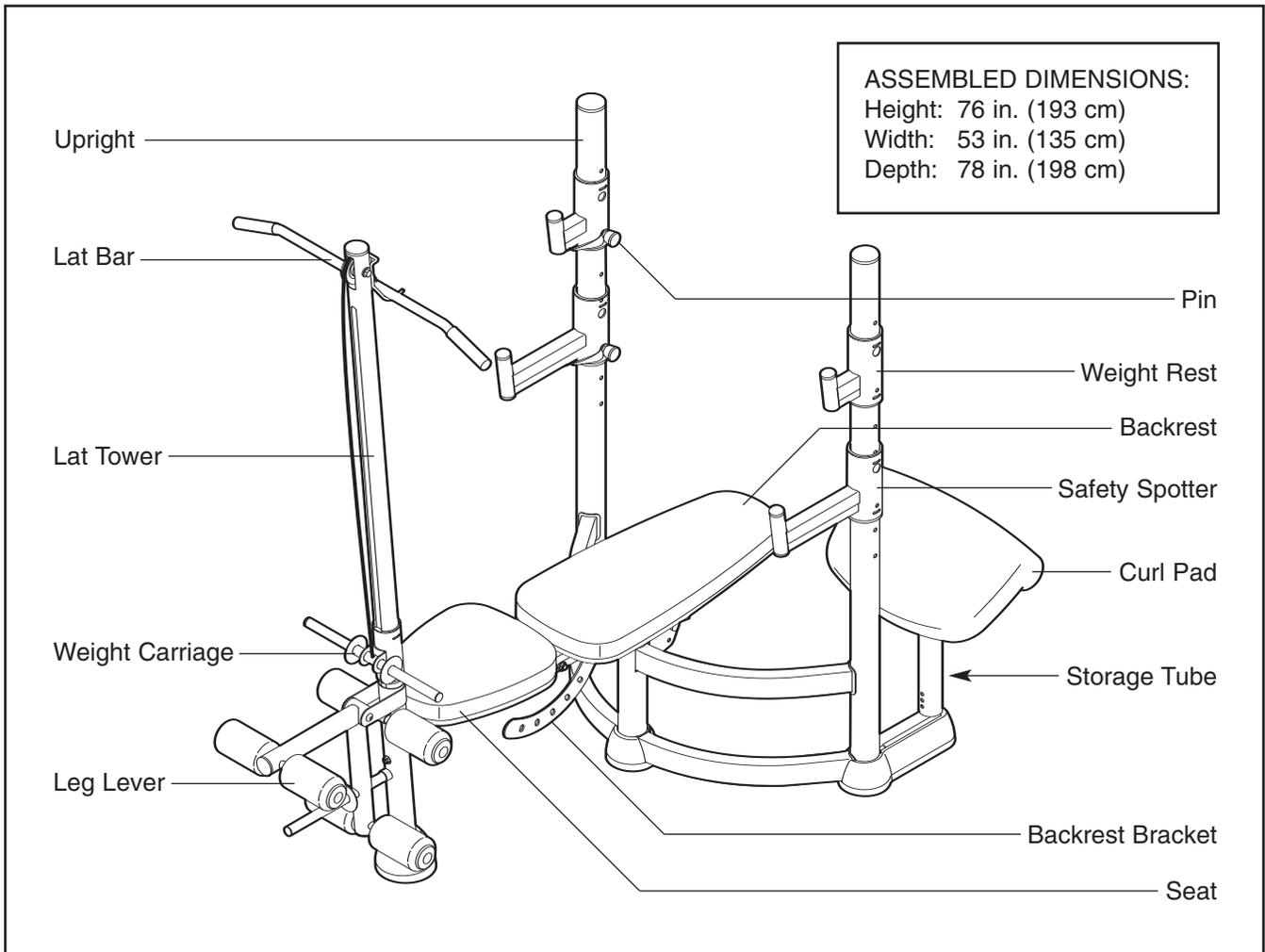
BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM® G 680 weight bench. The weight bench offers a selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after

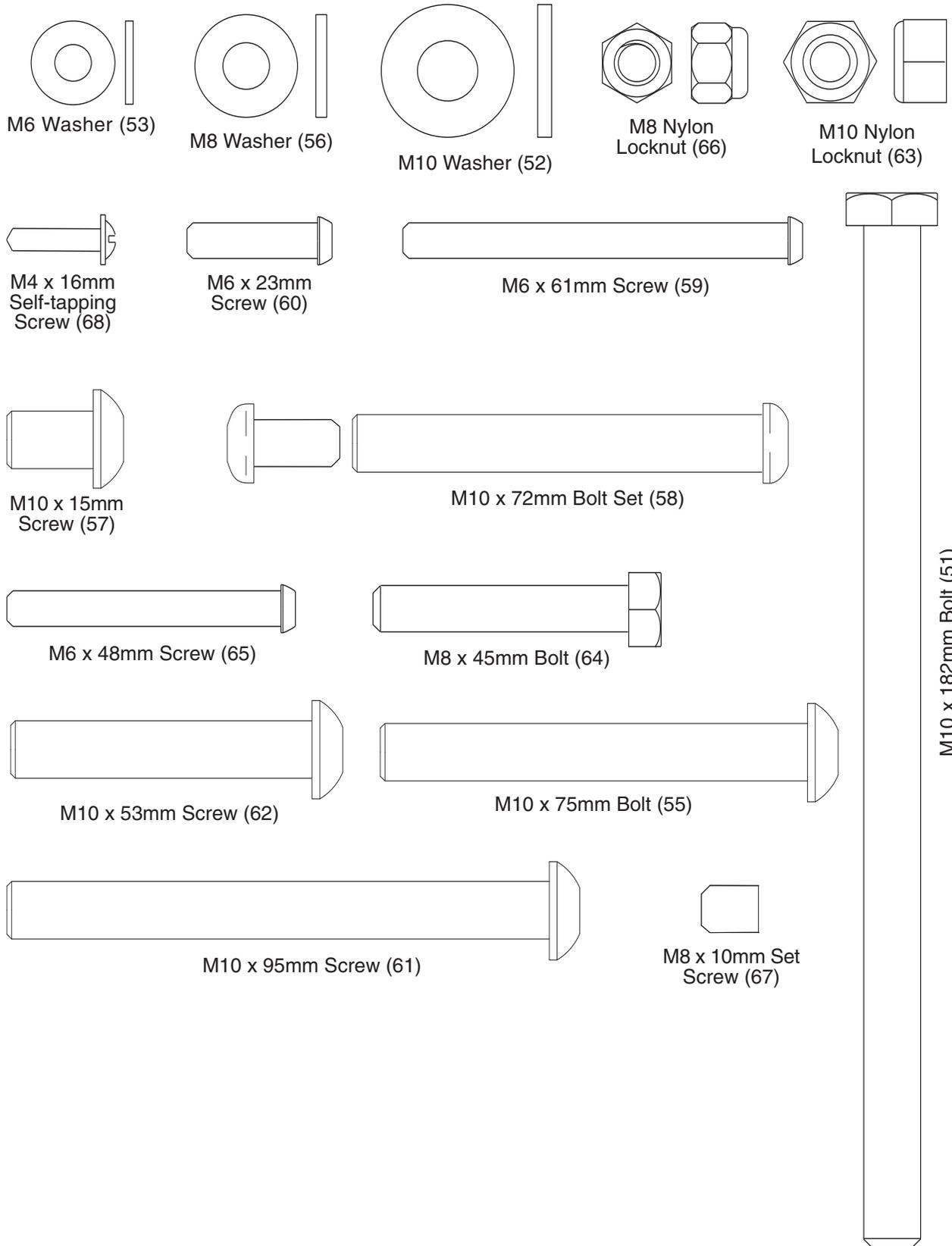
reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number is PFEVBE2836.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 17. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been preattached.**



ASSEMBLY

Make Assembly Easier

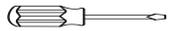
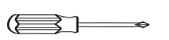
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. However, the weight bench has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, **make sure all parts are oriented as shown in the drawings.**
- Assembly requires two persons.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

In addition to the included hex key  and the grease packet, assembly may require the following tools (not included):

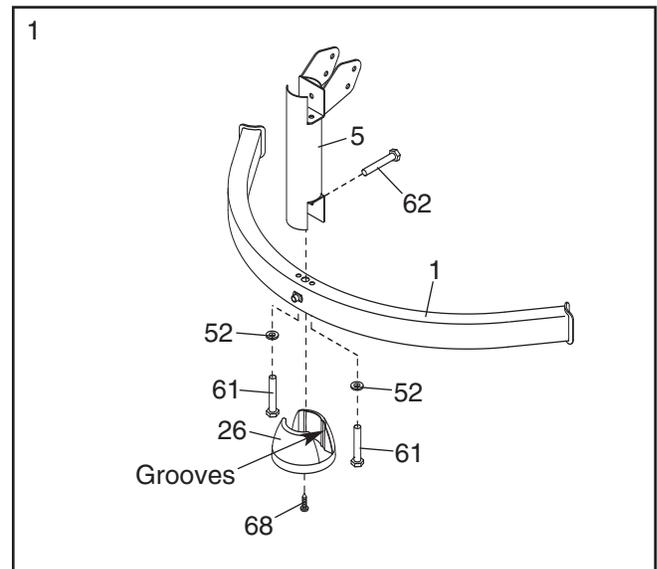
- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 

Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you have read and understand the information in the box above. See the PART IDENTIFICATION CHART on page 5 for help identifying small parts.**

Attach the Support (5) to the Base (1) with an M10 x 53mm Screw (62), two M10 Washers (52), and two M10 x 95mm Screws (61).

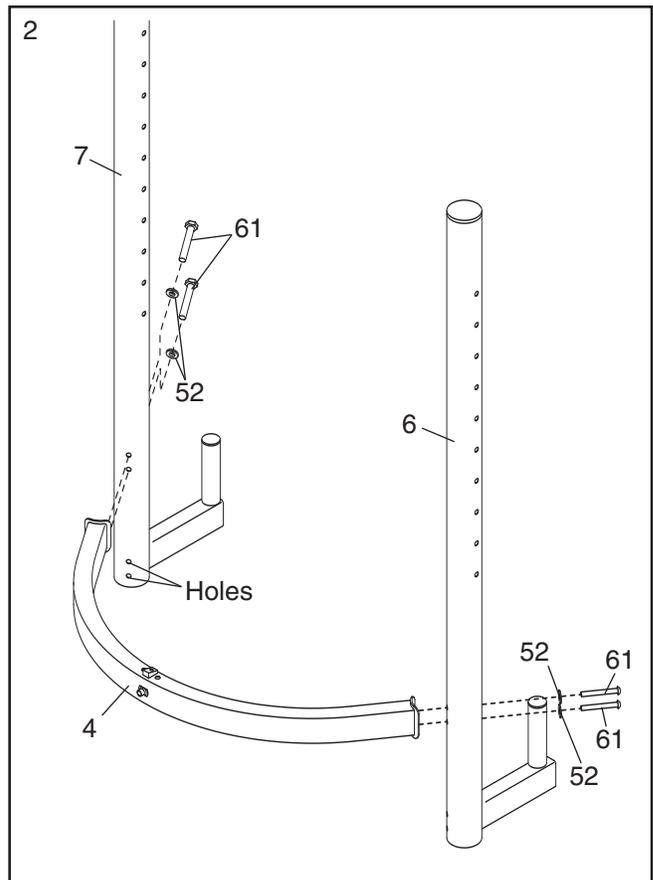
Orient the Base Foot (26) with the grooves in the position shown. Attach the Base Foot to the Base (1) with an M4 x 16mm Self-tapping Screw (68).



- Identify the Right Upright (7) by looking at the positions of the holes near the lower end.

Attach the Crossbar (4) to the Right Upright (7) with two M10 x 95mm Screws (61) and two M10 Washers (52). **Do not tighten the Screws yet.**

Attach the Crossbar (4) to the Left Upright (6) in the same way.

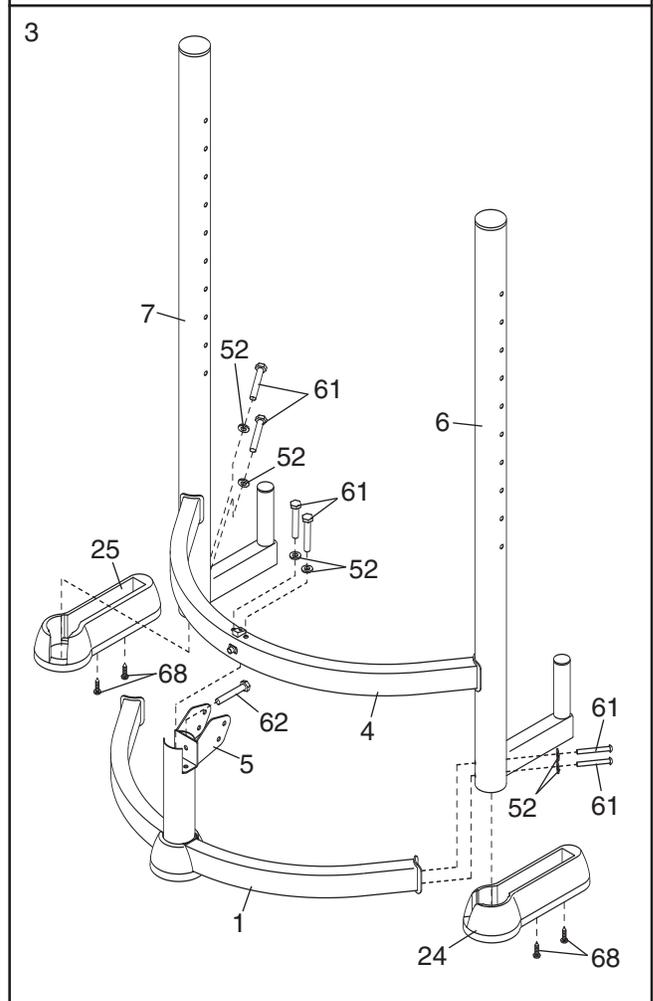


- Attach the Crossbar (4) to the Support (5) with an M10 x 53mm Screw (62), two M10 Washers (52), and two M10 x 95mm Screws (61). **Do not tighten the Screws Yet.**

Attach the Base (1) to the Left and Right Uprights (6, 7) with four M10 x 95mm Screws (61) and four M10 Washers (52).

Tighten the Screws (61, 62) used in step 2 and this step.

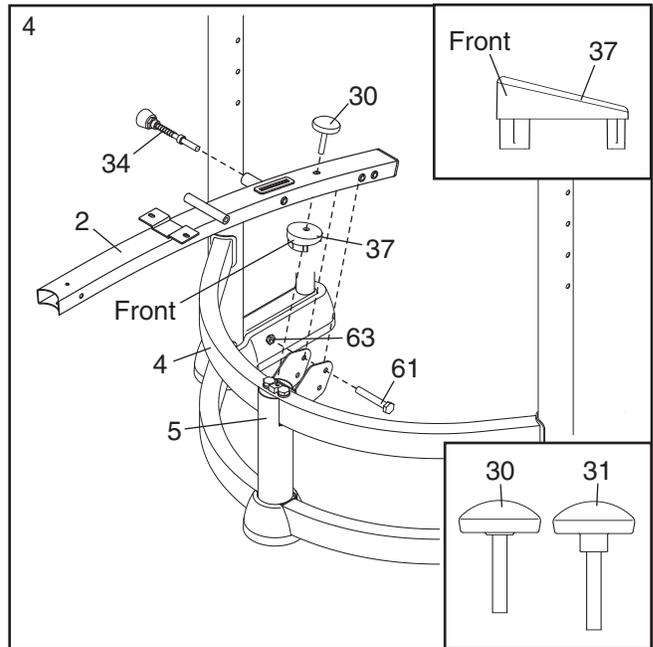
Attach the Left and Right Upright Feet (24, 25) to the Left and Right Uprights (6, 7) with four M4 x 16mm Self-tapping Screws (68).



- Orient the Crossbar Cap (37) as shown in the top inset drawing. Press the Crossbar Cap onto the Crossbar (4). Apply a small amount of the included grease to an M10 x 95mm Screw (61). Attach the Seat Frame (2) to the Support (5) with the Screw and an M10 Nylon Locknut (63).

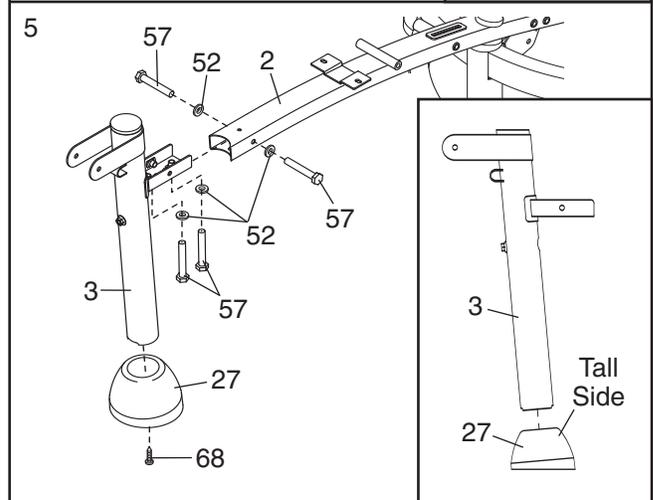
See the bottom inset drawing and identify the Frame Knob (30). Tighten the Frame Knob into the Seat Frame (2).

Tighten the Backrest Knob (34) into the Seat Frame (2).



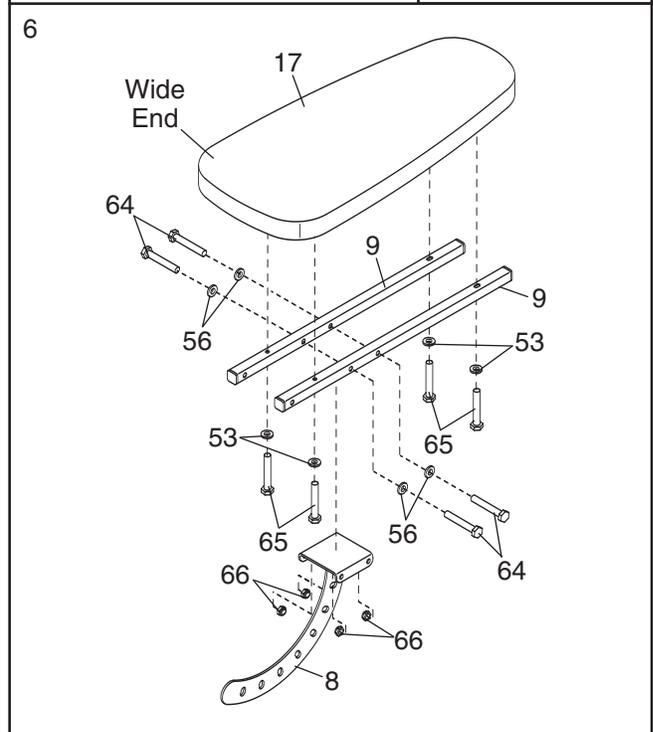
- See the inset drawing.** Orient the Front Leg Foot (27) and the Front Leg (3) as shown. Press the Front Leg Foot onto the Front Leg.

Attach the Front Leg Foot (27) to the Front Leg (3) with an M4 x 16mm Self-tapping Screw (68). Next, attach the Front Leg to the Seat Frame (2) with four M10 x 15mm Screws (57) and four M10 Washers (52).



- Attach the Backrest Bracket (8) to the two Backrest Frames (9) with four M8 x 45mm Bolts (64), four M8 Washers (56), and four M8 Nylon Locknuts (66). **Do not tighten the Nylon Locknuts yet.**

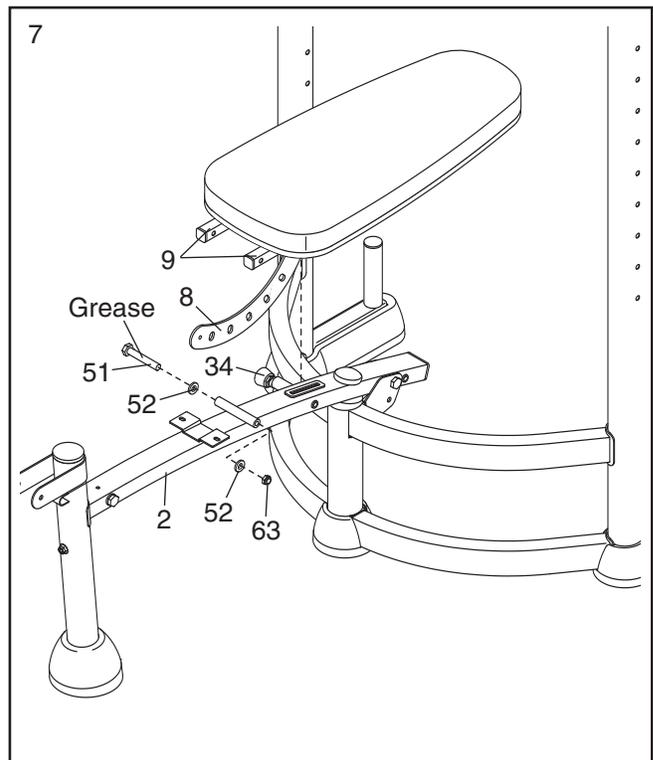
Orient the Backrest (17) with the wide end in the position shown. Attach the Backrest to the Backrest Frames (9) with four M6 x 48mm Screws (65) and four M6 Washers (53). **Do not tighten the Screws yet.**



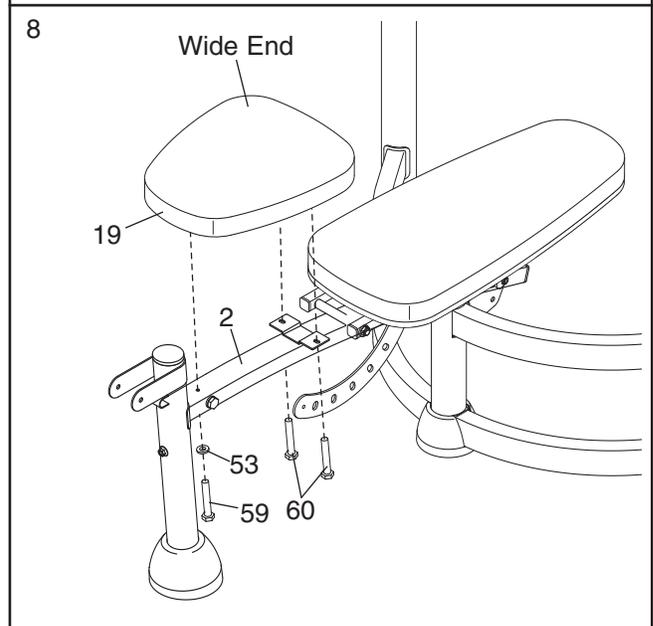
- Pull the Backrest Knob (34) out as far as it will go. Insert the Backrest Bracket (8) into the slot in the Seat Frame (2). Then, engage the Backrest Knob into the Backrest Bracket.

Apply grease to an M10 x 182mm Bolt (51). Attach the Backrest Frames (9) to the Seat Frame (2) with the Bolt, two M10 Washers (52), and an M10 Nylon Locknut (63). **Do not over-tighten the Nylon Locknut; the Backrest Frames must pivot easily.**

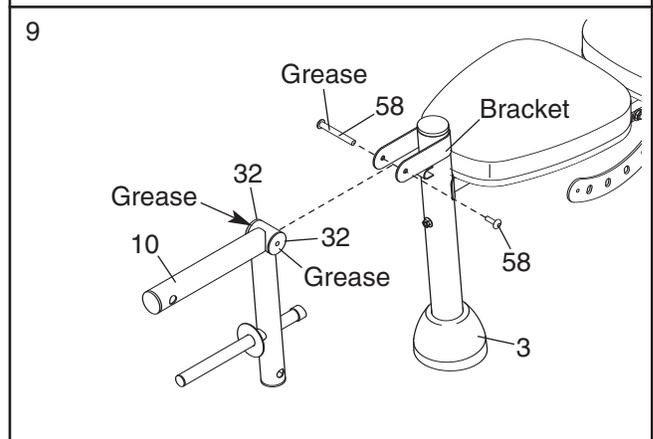
See step 6 and tighten the M8 Nylon Locknuts (66) and the M6 x 48mm Screws (65).



- Attach the Seat (19) to the Seat Frame (2) with two M6 x 23mm Screws (60), an M6 Washer (53), and an M6 x 61mm Screw (59).

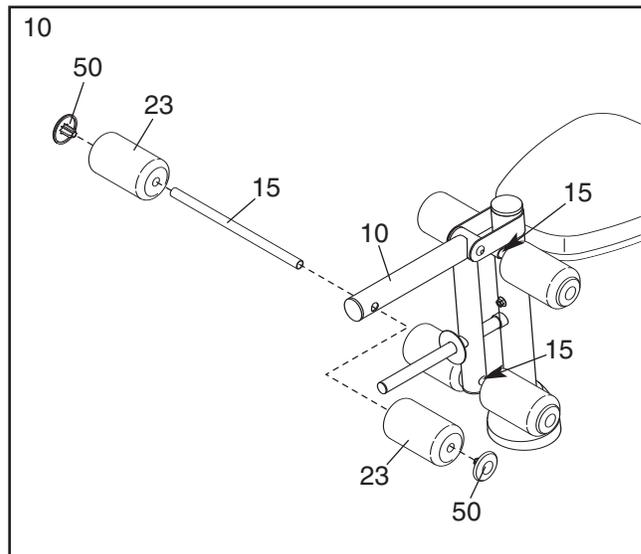


- Apply grease to the barrel of the M10 x 72mm Bolt Set (58) and to the face of each 50mm Bushing (32). Attach the Leg Lever (10) to the Front Leg (3) with the Bolt Set. **Make sure the barrel of the Bolt Set is inserted through both sides of the bracket on the Leg Lever.**



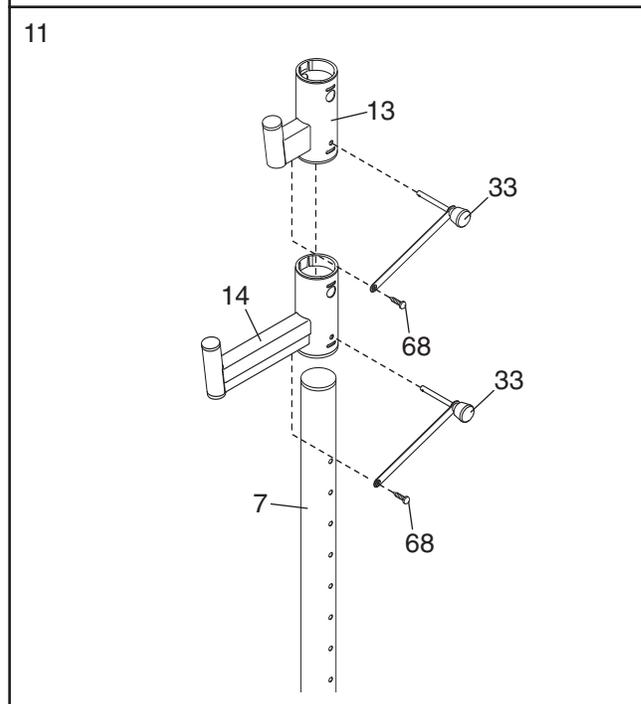
10. Insert a Pad Tube (15) into the Leg Lever (10). Slide a Foam Pad (23) onto each end of the Pad Tube. Then, press a Pad Cap (50) into each Foam Pad.

Repeat this step with the other two Pad Tubes (15).

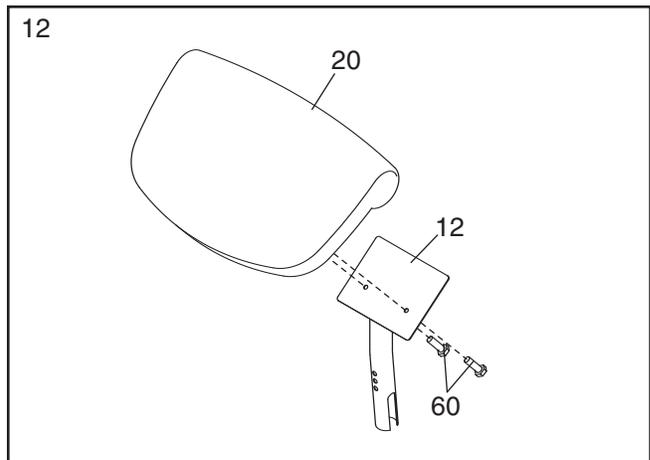


11. Slide a Safety Spotter (14) and a Weight Rest (13) onto the Right Upright (7). Insert an Upright Pin (33) through the Safety Spotter and an Upright Pin through the Weight Rest and the Right Upright. Next, attach the Upright Pins to the Safety Spotter and the Weight Rest with M4 x 16mm Self-tapping Screws (68).

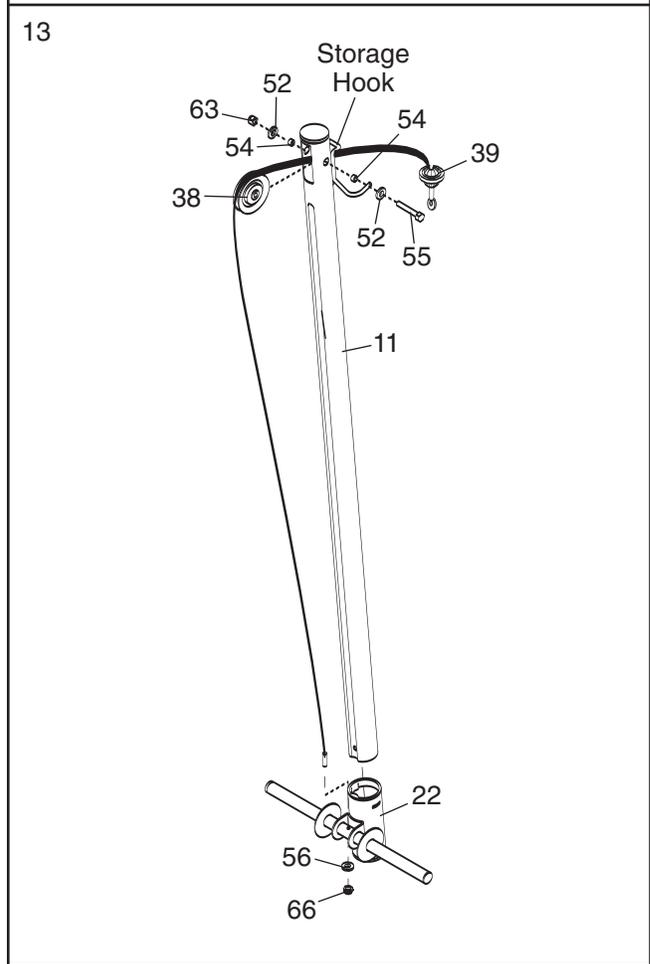
Repeat this step for the other side of the weight bench.



12. Attach the Curl Pad (20) to the Curl Post (12) with two M6 x 23mm Screws (60).



13. Route the Cable (39) under the storage hook, through the Lat Tower (11), and over the Pulley (38). Attach the Pulley inside the Lat Tower with an M10 x 75mm Bolt (55), two M10 Washers (52), two 16mm Spacers (54), and an M10 Nylon Locknut (63).



Slide the Weight Carriage (22) onto the Lat Tower (11). Attach the Cable (39) to the Weight Carriage with an M8 Nylon Locknut (66) and an M8 Washer (56).

14. Make sure that all parts are properly tightened before the weight bench is used. The use of the remaining parts will be explained in ADJUSTMENT, beginning on the next page.

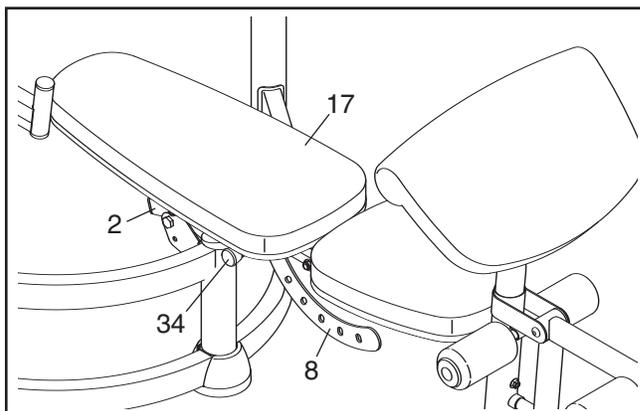
ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 14 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

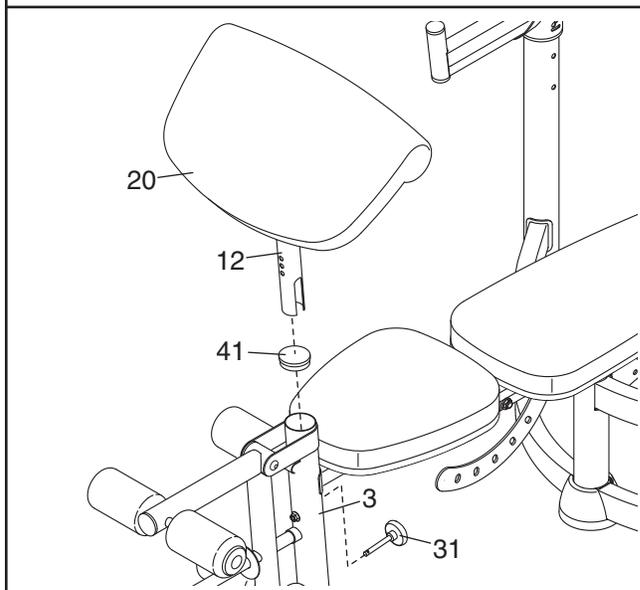
ADJUSTING THE BACKREST

To adjust the position of the Backrest (17), pull the Backrest Knob (34) out of the Seat Frame (2) as far as it will go. Raise or lower the Backrest, and engage the Backrest Knob into the Backrest Bracket (8).



USING THE CURL PAD OR THE LAT TOWER

To use the Curl Pad (20), remove the indicated 65mm Round Inner Cap (41) and insert the Curl Post (12) into the Front Leg (3). Tighten the Curl Knob (31) into the Front Leg. **Make sure that the Curl Knob passes through a hole in the Curl Post.**



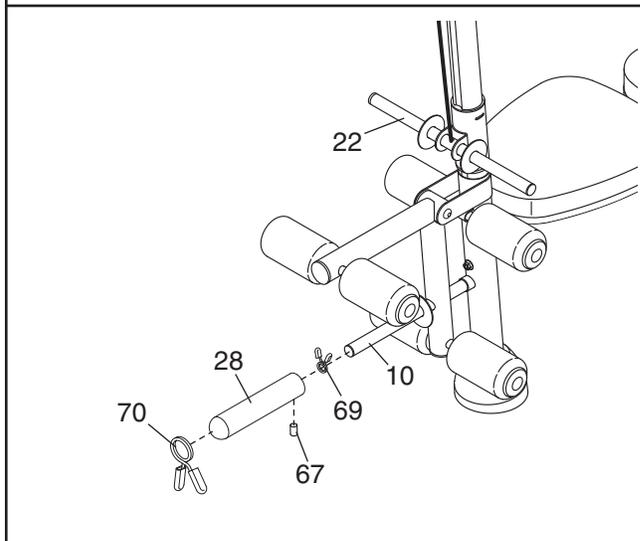
When performing exercises that do not require the Curl Pad (20), remove the Curl Pad and reinsert the 65mm Round Inner Cap (41) into the Front Leg (3).

Attach the Lat Tower (not shown) to the Front Leg (3) in the same way.

USING THE LEG LEVER

The Leg Lever (10) can be used with standard weights or Olympic weights. To use standard weights, slide a weight plate (not shown) onto the Leg Lever and secure it with a 1" Spring Clip (69).

To use Olympic weights, slide the Long Olympic Adapter (28) onto the Leg Lever (10). Attach the Long Olympic Adapter with an M8 x 10mm Set Screw (67). Secure the weight plates with a 48mm Spring Clip (70).

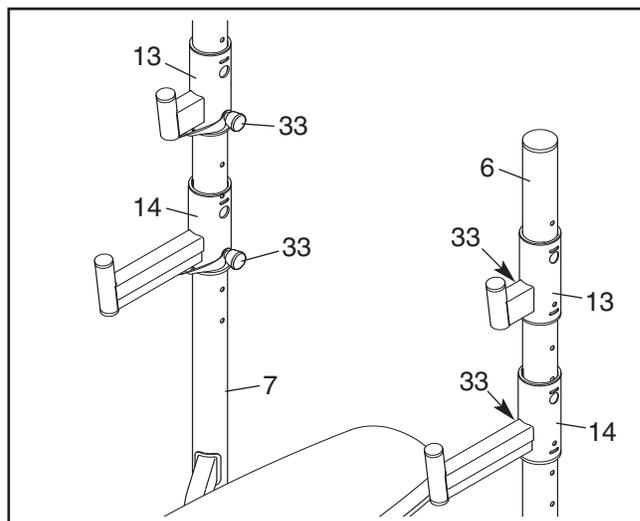


Attach weight plates to the Weight Carriage (22) in the same way. Note: Use the Short Olympic Adapters (not shown) when using Olympic weights.

ADJUSTING THE WEIGHT RESTS AND THE SAFETY SPOTTERS

To adjust the position of the Weight Rests (13) and the Safety Spotters (14), remove the Upright Pins (33) from the Left and Right Uprights (6, 7). Raise or lower the Weight Rests and the Safety Spotters to the desired position. Reengage the Upright Pins into the Weight Rests, the Safety Spotters, and the Left and Right Uprights. **Make sure that the Weight Rests and the Safety Spotters are at the same height.**

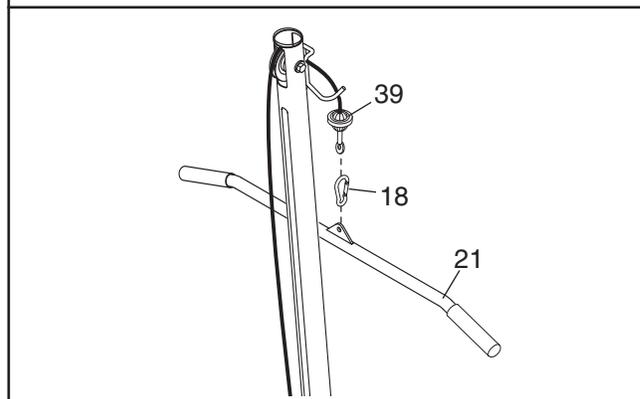
To perform squat exercises, pull the Upright Pins (33) out of the Left and Right Uprights (6, 7) and rotate the Weight Rests (13) and the Safety Spotters (14) until they are facing away from the Front Leg (not shown). Reinsert the Upright Pins into the Right and Left Uprights.



ATTACHING THE LAT BAR

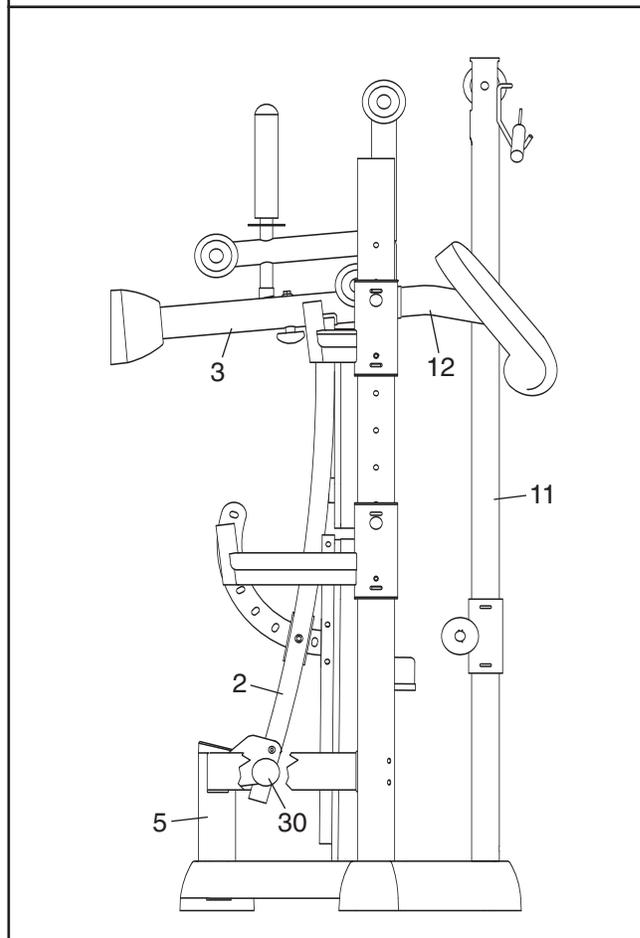
Attach the Weight Clip (18) to the Lat Bar (21) and to the Cable (39).

Remove the Lat Bar (21) from the Cable (39) when you are not using the Lat Bar.



STORING THE WEIGHT BENCH

Slide the Lat Tower (11) onto the storage tube and insert the Curl Post (12) into the Front Leg (3). Next, remove the Seat Frame Knob (30) from the Seat Frame (2), and lift the weight bench to the position shown. Then, insert the Seat Frame Knob into the lower hole in the Support (5) and the Seat Frame. **Make sure that the Seat Frame Knob is inserted through the Seat Frame.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout and the numbers of repetitions and sets to complete is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

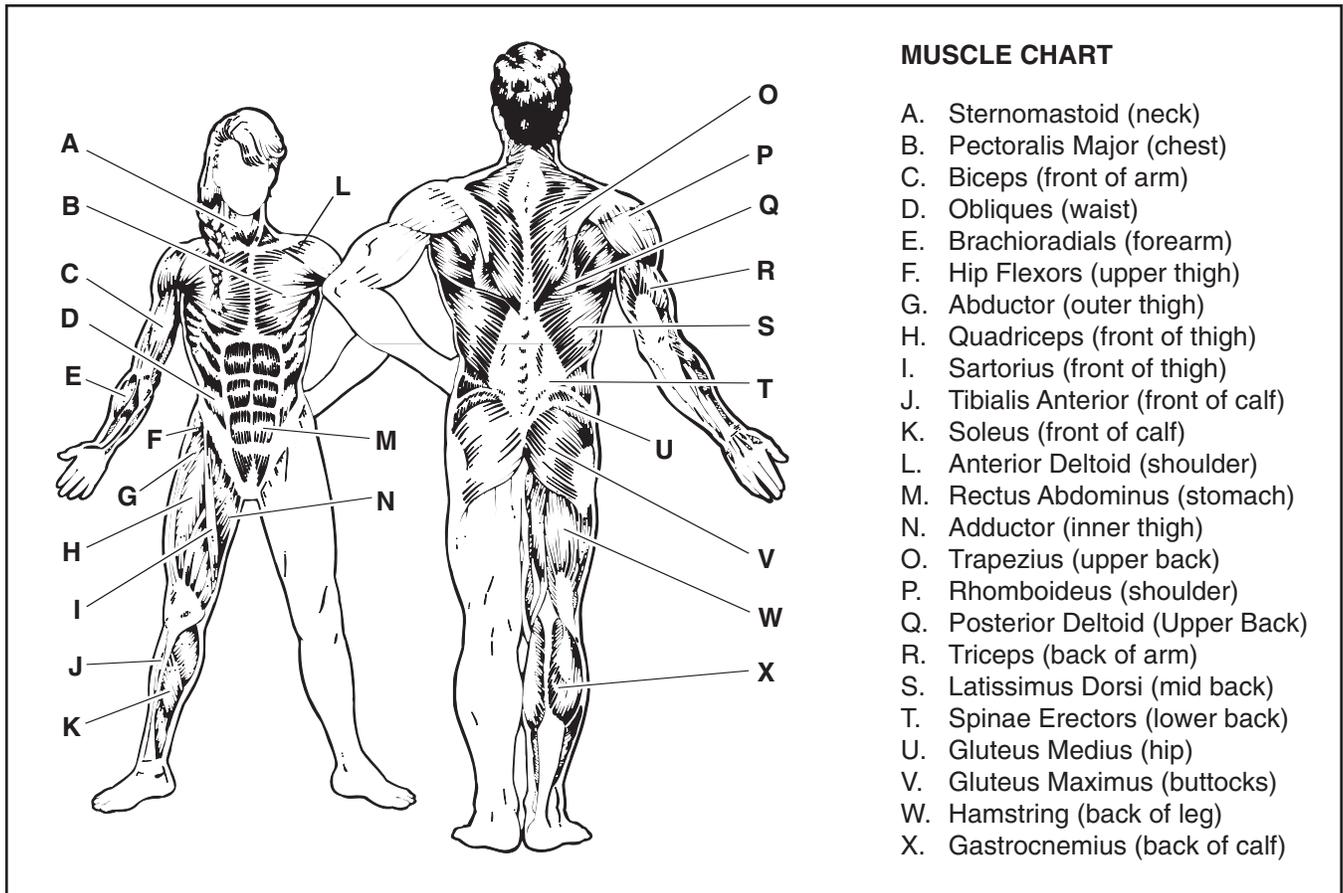
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Make copies of the exercise log found on page 16. Use the log to record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

THURSDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. PFEVBE2836.0

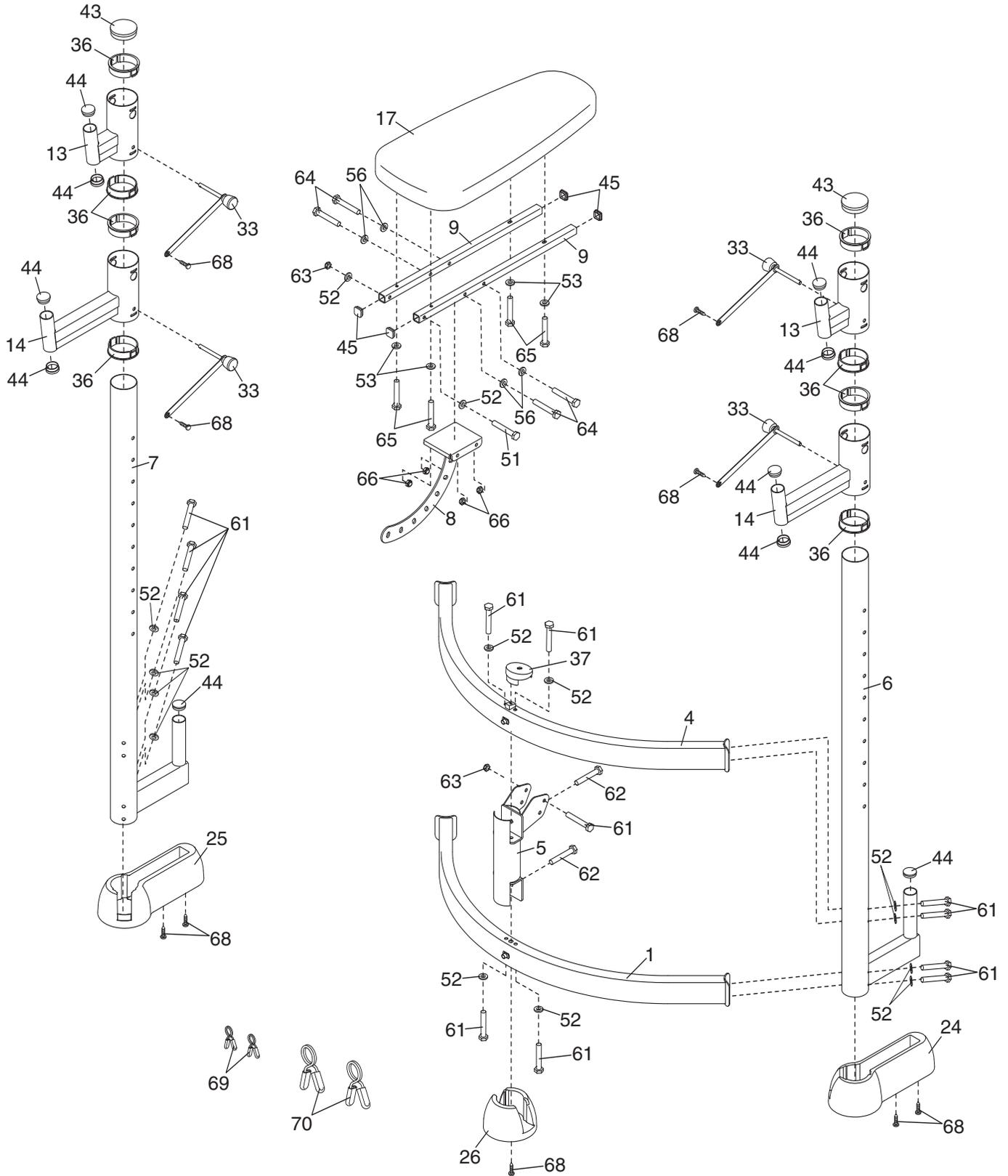
R1006A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	38	1	Pulley
2	1	Seat Frame	39	1	Cable
3	1	Front Leg	40	1	60mm Round Inner Cap
4	1	Crossbar	41	1	65mm Round Inner Cap
5	1	Support	42	2	50mm Round Inner Cap
6	1	Left Upright	43	2	76mm Round Inner Cap
7	1	Right Upright	44	10	38mm Round Inner Cap
8	1	Backrest Bracket	45	4	25mm Square Inner Cap
9	2	Backrest Frame	46	1	60mm x 40mm Inner Cap
10	1	Leg Lever	47	3	Olympic Adapter Cap
11	1	Lat Tower	48	3	25mm Round Inner Cap
12	1	Curl Post	49	1	25mm Round Outer Cap
13	2	Weight Rest	50	6	Pad Cap
14	2	Safety Spotter	51	1	M10 x 182mm Bolt
15	3	Pad Tube	52	20	M10 Washer
16	2	Lat Bar Grip	53	5	M6 Washer
17	1	Backrest	54	2	16mm Spacer
18	1	Weight Clip	55	1	M10 x 75mm Bolt
19	1	Seat	56	5	M8 Washer
20	1	Curl Pad	57	4	M10 x 15mm Screw
21	1	Lat Bar	58	1	M10 x 72mm Bolt Set
22	1	Weight Carriage	59	1	M6 x 61mm Screw
23	6	Foam Pad	60	4	M6 x 23mm Screw
24	1	Left Upright Foot	61	13	M10 x 95mm Screw
25	1	Right Upright Foot	62	2	M10 x 53mm Screw
26	1	Base Foot	63	3	M10 Nylon Locknut
27	1	Front Leg Foot	64	4	M8 x 45mm Bolt
28	1	Long Olympic Adapter	65	4	M6 x 48mm Screw
29	2	Short Olympic Adapter	66	5	M8 Nylon Locknut
30	1	Frame Knob	67	3	M8 x 10mm Set Screw
31	1	Curl Knob	68	10	M4 x 16mm Self-tapping Screw
32	2	50mm Bushing	69	2	1" Spring Clip
33	4	Upright Pin	70	2	48mm Spring Clip
34	1	Backrest Knob	#	—	User's Manual
35	2	70mm Bushing	#	—	Exercise Guide
36	8	89mm Bushing	#	—	Hex Key
37	1	Crossbar Cap	#	—	Grease Packet

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

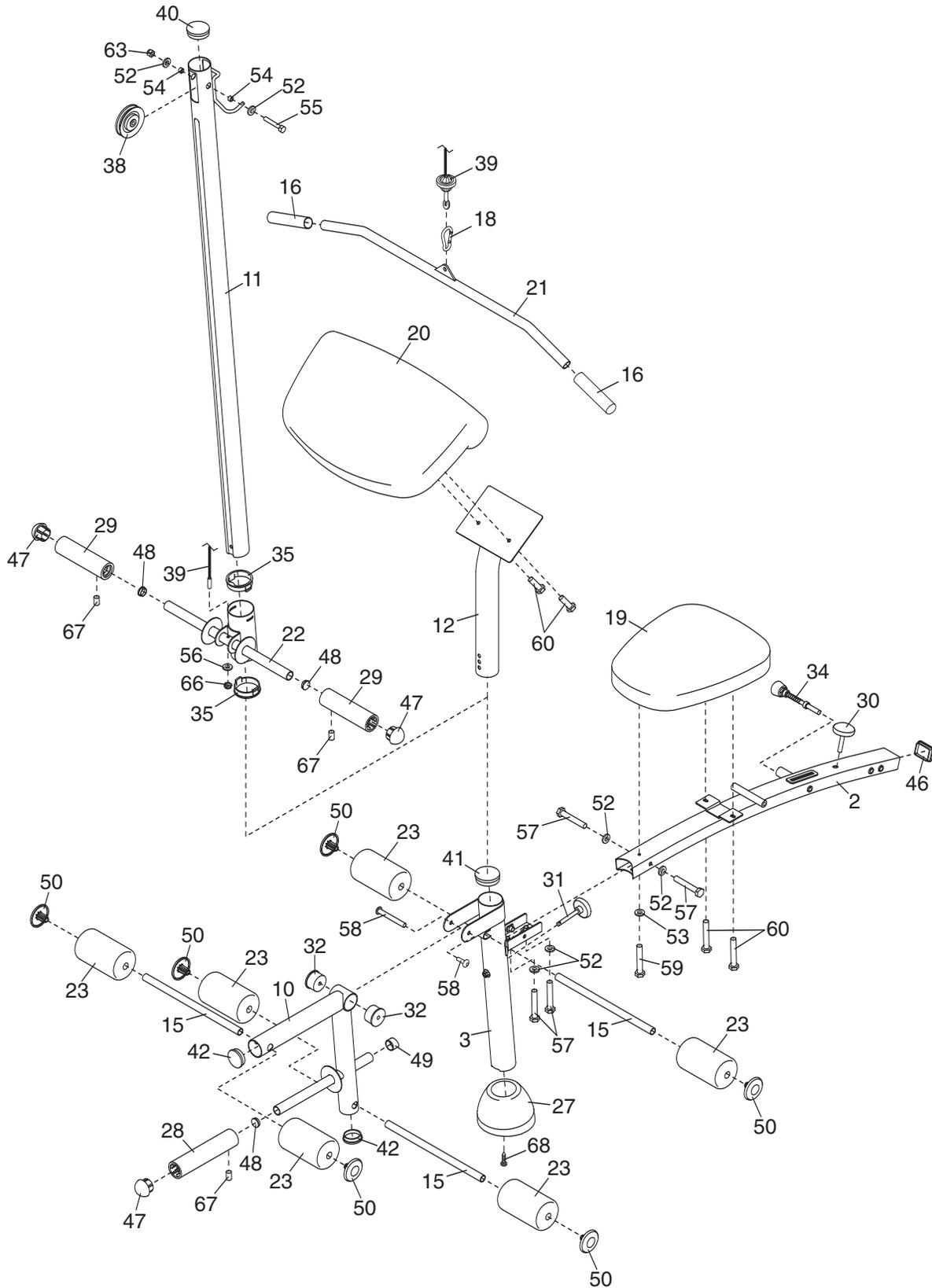
EXPLODED DRAWING A—Model No. PFEVBE2836.0

R1006A



EXPLODED DRAWING B—Model No. PFEVBE2836.0

R1006A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVBE2836.0)
- the NAME of the product (PROFORM G 680 weight bench)
- the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- the KEY NUMBER AND DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 17 to 19)