

# GOLD'S GYM®

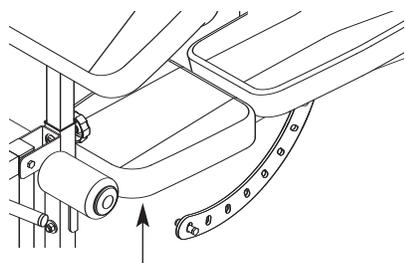
## XR 17



Model No. GGBE1067.0

Serial No. \_\_\_\_\_

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



Serial Number Decal (under seat)

## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

**CUSTOMER HOT LINE:**

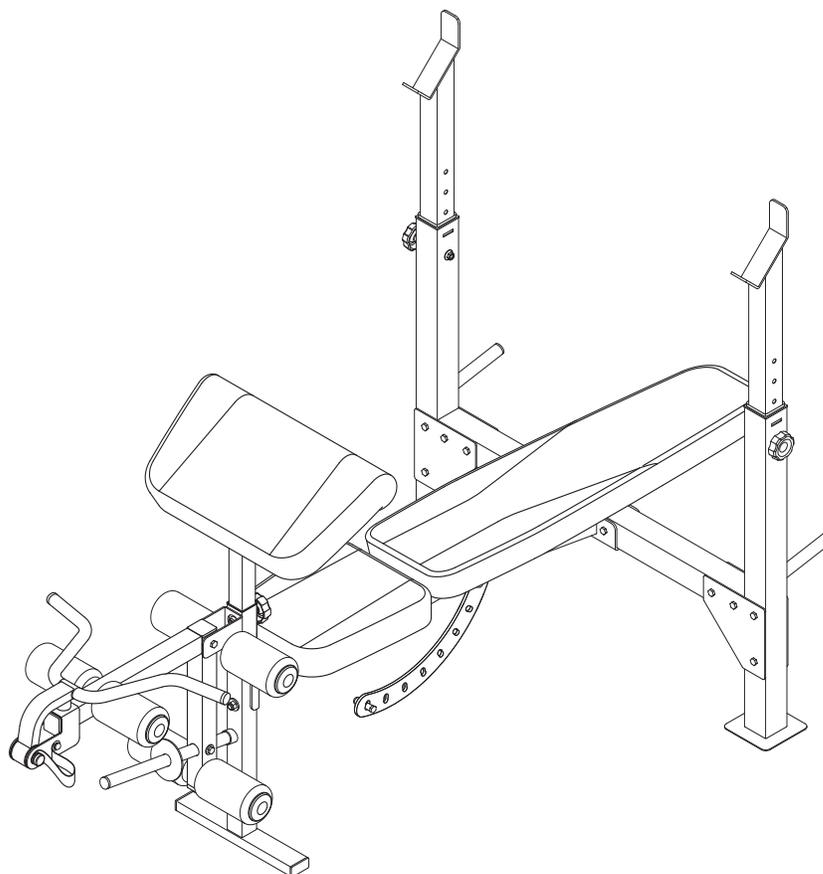
**1-877-776-4777**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

**ON THE WEB:**

[www.goldsgympowerflex.com](http://www.goldsgympowerflex.com)



### CAUTION

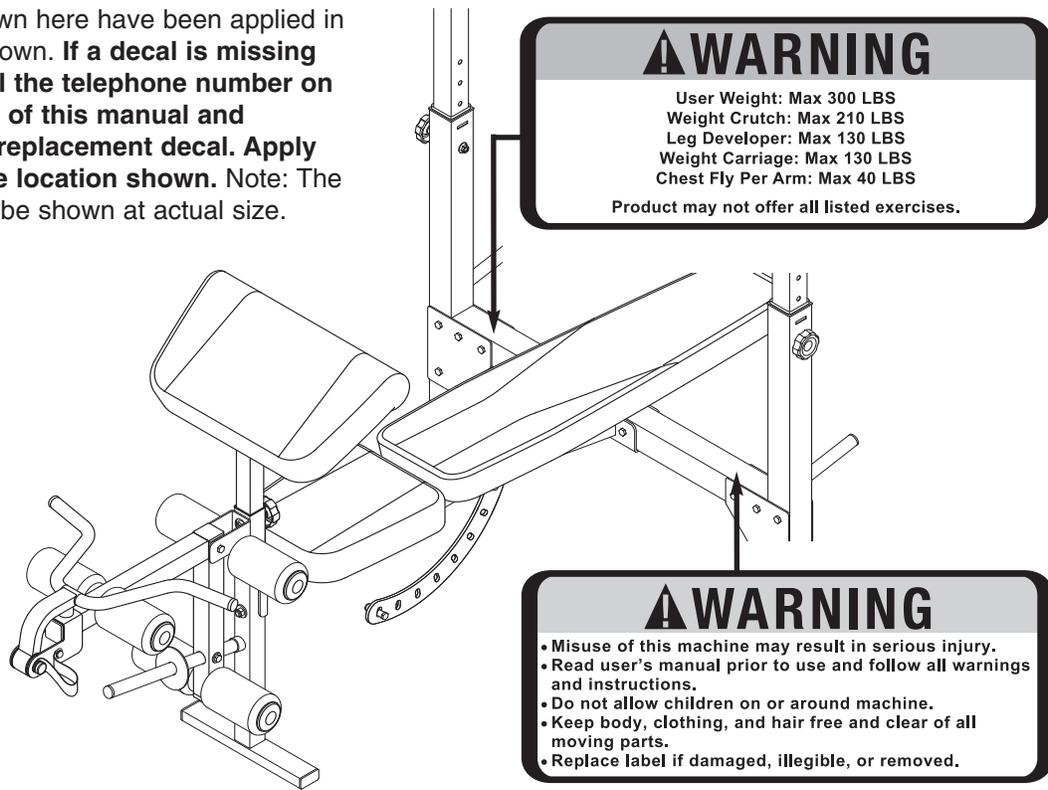
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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## WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



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# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight bench before using the weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight bench.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
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 any 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. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg), and a maximum total weight of 510 lbs. (236 kg). Do not place more than 210 lbs. (95 kg), including a barbell and weights, on the weight rests. Do not place more than 130 lbs. (59 kg) on the leg lever. Note: The weight bench does not include a barbell or weights.
11. Do not sit on the upper end of the backrest; this will cause the weight bench to tip.
12. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
13. When you put weight on the weight rests, make sure you put at least 10 lbs. (5 kg) on the leg lever to balance the weight bench.
14. Make sure that the adjustment pin and the weight rest knobs are inserted completely and tightened into the uprights before beginning any exercise.
15. Always remove the curl post from the front leg before using the leg lever.
16. If you feel pain or dizziness while exercising, stop immediately and cool down.

# BEFORE YOU BEGIN

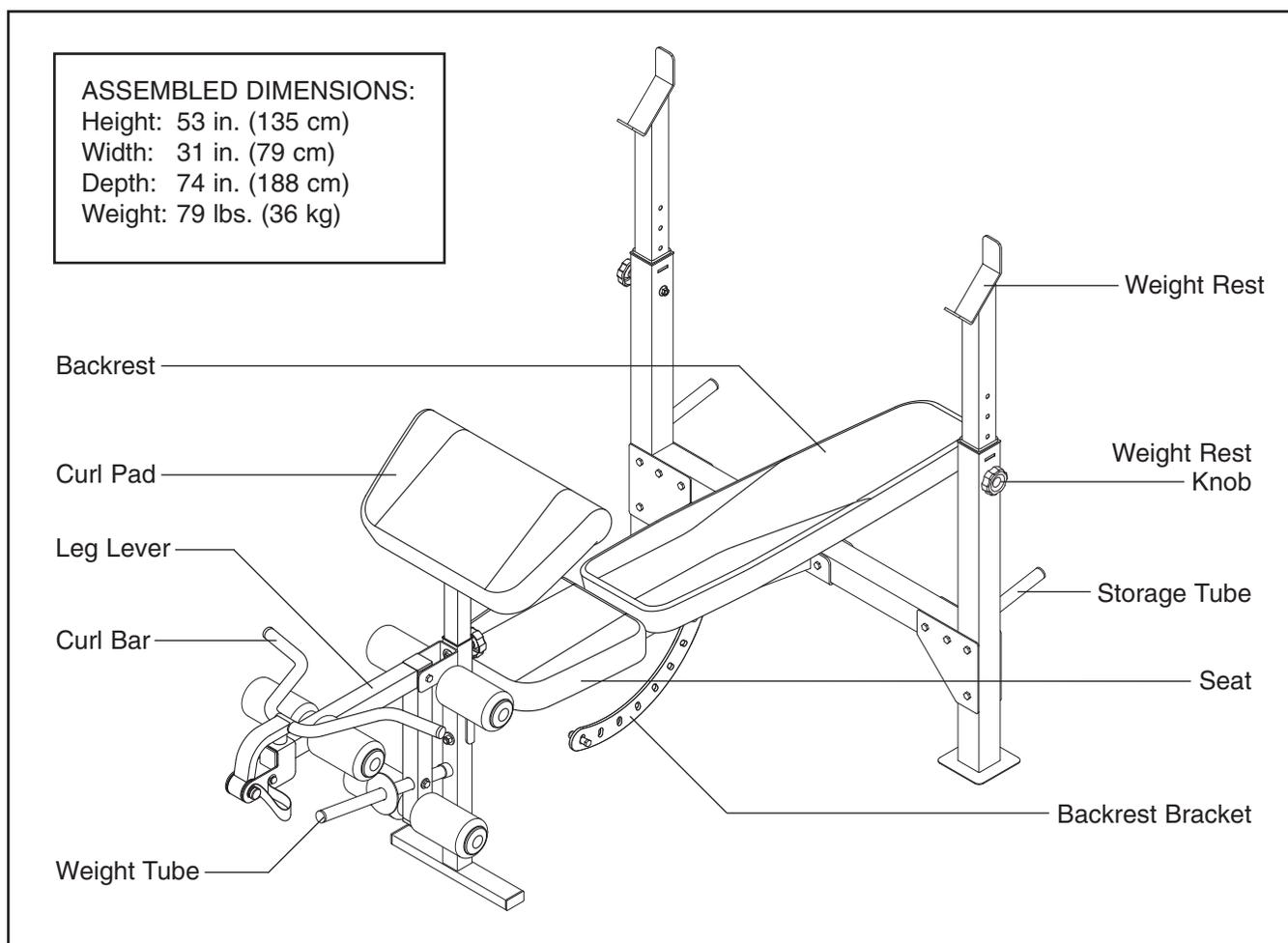
Thank you for selecting the versatile GOLD'S GYM® XR 17 weight bench. The weight bench offers an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular 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, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

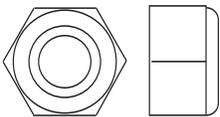
**To avoid a registration fee for any service needed under warranty, you must register the weight bench at [www.iconservice.com/registration](http://www.iconservice.com/registration).**

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



# PART IDENTIFICATION CHART

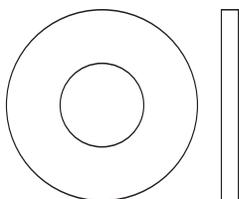
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**



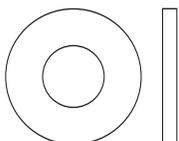
M10 Nylon Locknut (43)



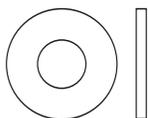
M8 Nylon Locknut (47)



M10 Washer (44)



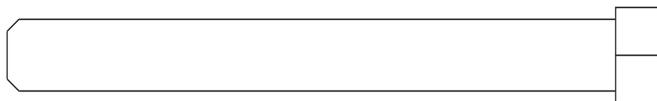
M8 Washer (35)



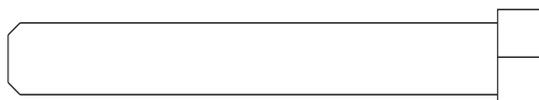
M6 Washer (48)



M10 x 85mm Bolt (41)



M10 x 80mm Bolt (42)



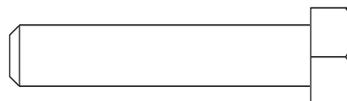
M10 x 65mm Bolt (40)



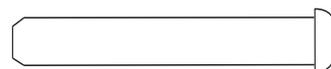
M8 x 60mm Bolt (52)



M10 x 55mm Bolt Set (51)



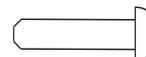
M8 x 40mm Bolt (37)



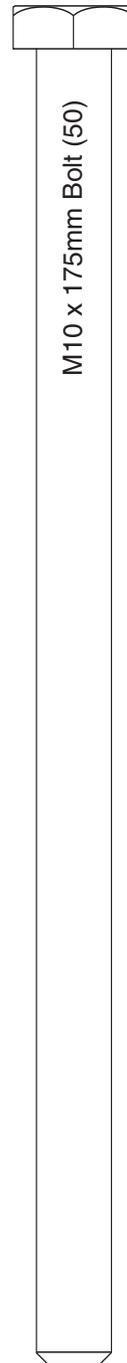
M6 x 40mm Screw (49)



M6 x 20mm Screw (39)



M4 x 16mm Screw (45)



M10 x 175mm Bolt (50)

# ASSEMBLY

## Make Assembly Easier

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

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

- To hire an authorized service technician to assemble the weight bench in your home, call 1-800-445-2480.
- Assembly requires two persons.
- 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.

- For help identifying small parts, use the PART IDENTIFICATION CHART.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- The included grease and the following tools (not included) may be required for assembly:

Two adjustable wrenches 

One rubber mallet 

One standard screwdriver 

One Phillips screwdriver 

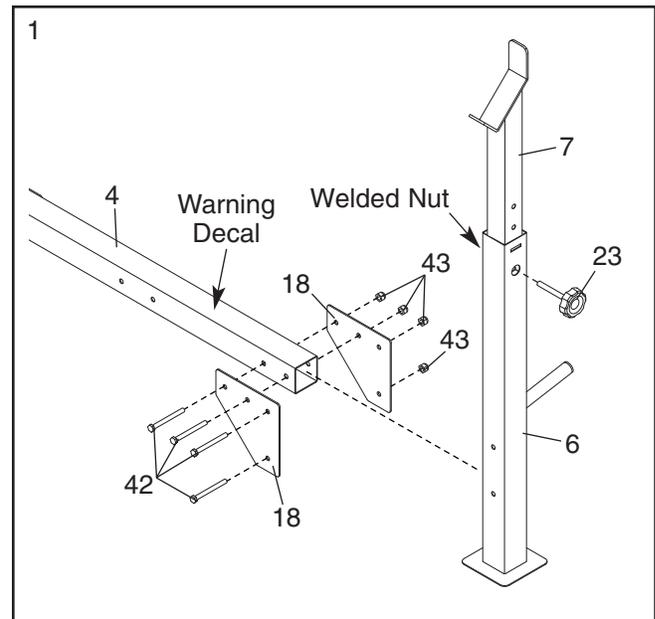
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above.**

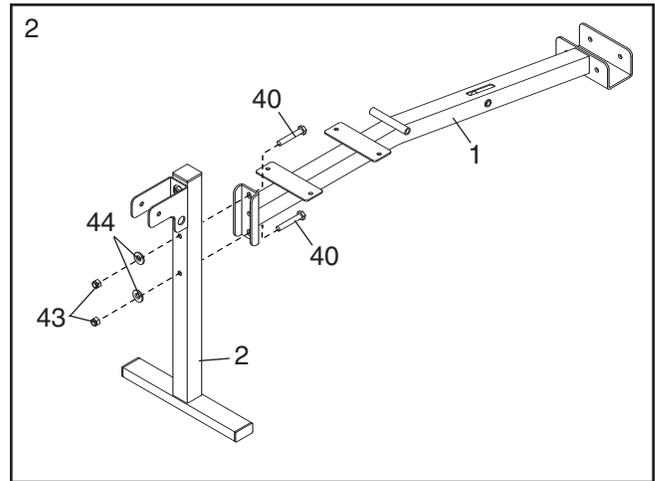
Identify the Left Upright (6), which has a welded nut on the side shown. Raise the Weight Rest (7) in the Left Upright and secure it with a Weight Rest Knob (23).

Orient the Crossbar (4) so that the warning decals are on top. Attach the Crossbar to the Left Upright (6) with two Joint Plates (18), four M10 x 80mm Bolts (42), and four M10 Nylon Locknuts (43). **Do not tighten the Nylon Locknuts yet.**

**Attach the Crossbar (4) to the Right Upright (not shown) in the same manner.**

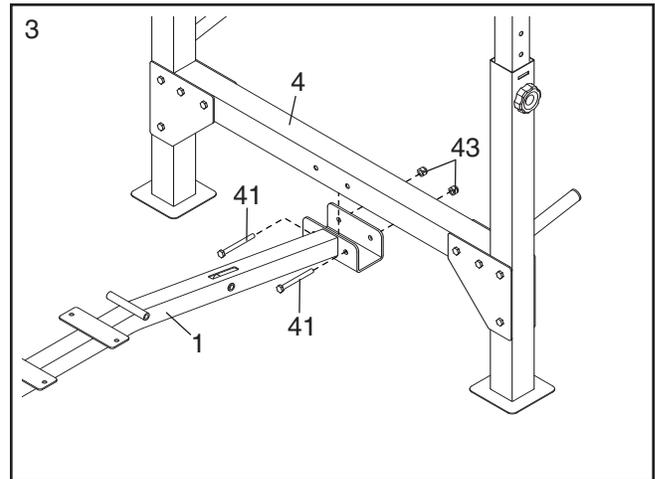


- Attach the Bench Frame (1) to the Front Leg (2) with two M10 x 65mm Bolts (40), two M10 Washers (44), and two M10 Nylon Locknuts (43). **Do not tighten the Locknuts.**



- Attach the Bench Frame (1) to the Crossbar (4) with two M10 x 85mm Bolts (41) and two M10 Nylon Locknuts (43).

**Tighten the M10 Nylon Locknuts (43) used in steps 1 through 3.**

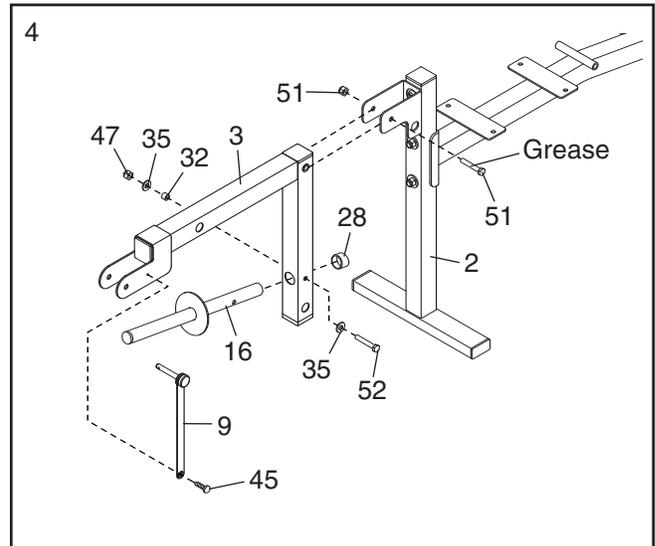


- Attach the Weight Tube (16) inside the Leg Lever (3) with an M8 x 60mm Bolt (52), two M8 Washers (35), an 11mm Spacer (32), and an M8 Nylon Locknut (47). **Make sure that the Spacer is inside the Leg Lever.**

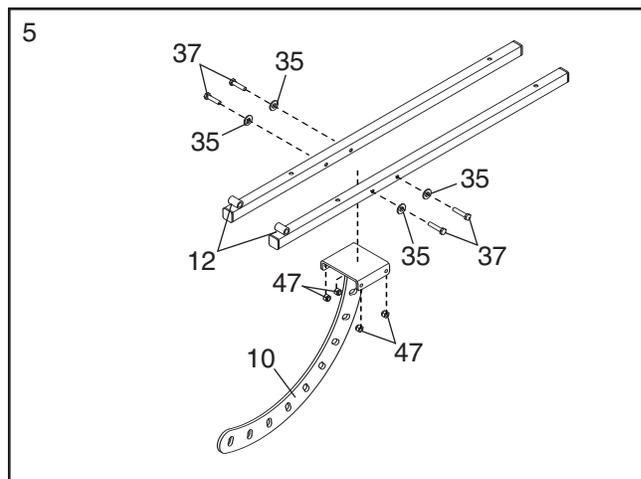
Press the 25mm Round Angled Cap (28) onto the Weight Tube (16).

Grease an M10 x 55mm Bolt Set (51). Attach the Leg Lever (3) to the Front Leg (2) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted into both sides of the bracket on the Front Leg.**

Attach a Tether (9) to the Leg Lever (3) with an M4 x 16mm Screw (45).



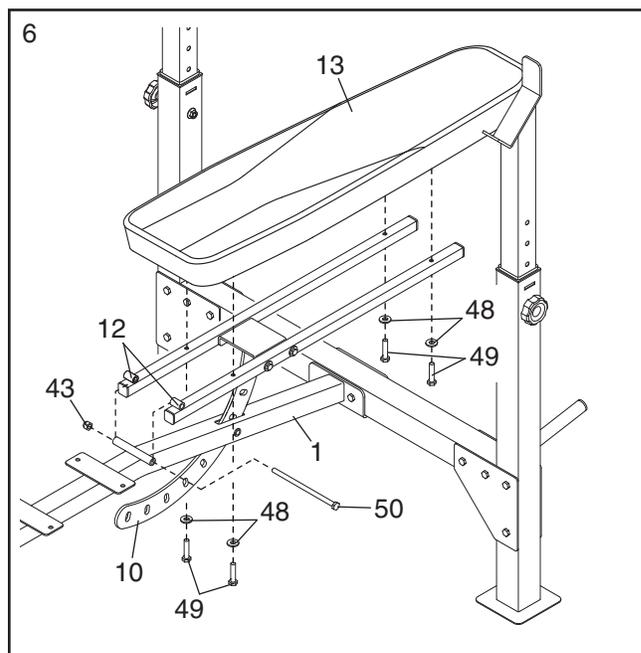
- Orient the Backrest Bracket (10) and the Backrest Frames (12) as shown. Attach the Backrest Bracket to the Backrest Frames with four M8 x 40mm Bolts (37), four M8 Washers (35), and four M8 Nylon Locknuts (47). **Do not tighten the Nylon Locknuts yet.**



- Insert the Backrest Bracket (10) into the Bench Frame (1) as shown.

Grease an M10 x 175mm Bolt (50). Attach the Backrest Frames (12) to the Bench Frame (1) with the Bolt and an M10 Nylon Locknut (43). **Do not tighten the Nylon Locknut yet.**

Orient the Backrest (13) as shown. Attach the Backrest to the Backrest Frames (12) with four M6 x 40mm Screws (49) and four M6 Washers (48). **Do not tighten the Screws yet.**

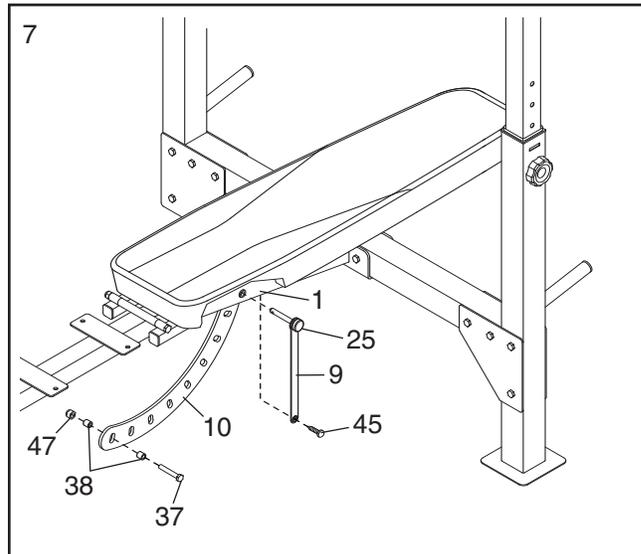


- Attach an M8 x 40mm Bolt (37), two 13mm Spacers (38), and an M8 Nylon Locknut (47) to the hole in end of the Backrest Bracket (10).

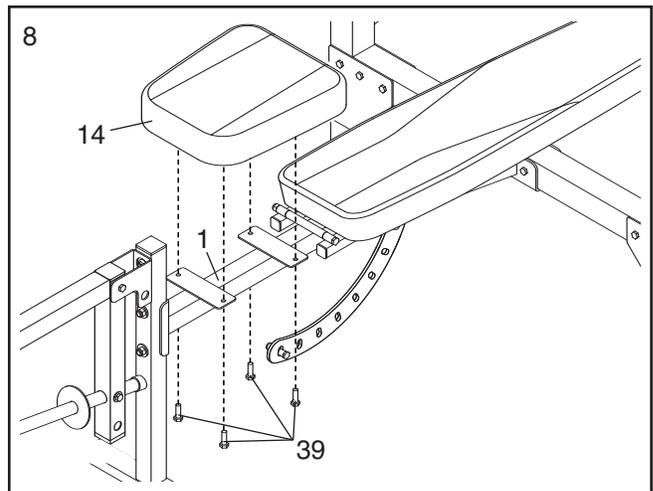
Insert the remaining Pin (25) into the Bench Frame (1) and into one of the adjustment holes in the Backrest Bracket (10). Next, attach the Tether (9) to the underside of the Bench Frame with an M4 x 16mm Screw (45).

**See step 5.** Tighten the four M8 Nylon Locknuts (47).

**See step 6.** Tighten the M10 Nylon Locknut (43). **Do not overtighten the Nylon Locknut; the Backrest Frames (12) must pivot easily.** Next, tighten the four M6 x 40mm Screws (49).

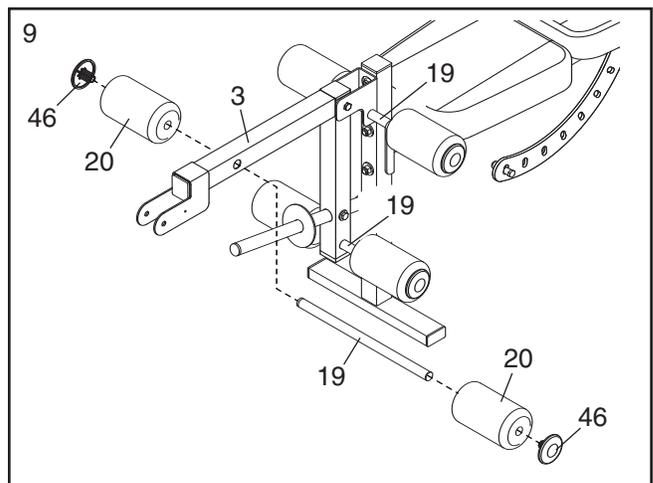


8. Next, orient the Seat (14) as shown. Attach the Seat to the Bench Frame (1) with four M6 x 20mm Screws (39).

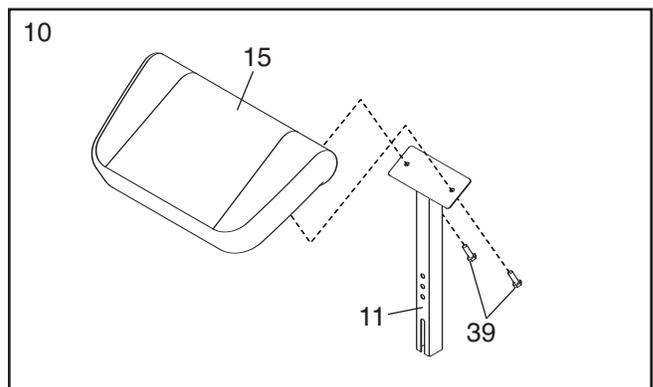


9. Insert a Pad Tube (19) into the Leg Lever (3). Slide two Foam Pads (20) onto the Pad Tube. Then, press two 19mm Round Inner Caps (46) into the Foam Pads.

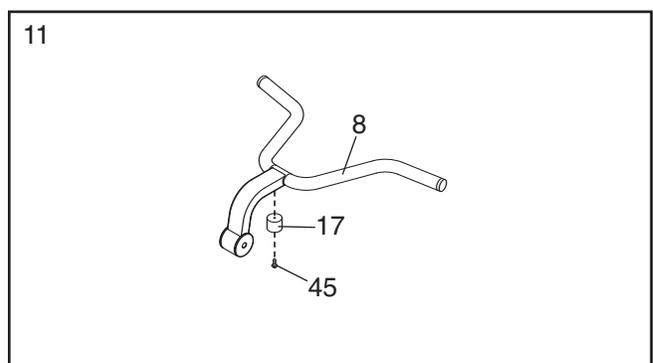
**Repeat this step with the other two Pad Tubes (19).**



10. Attach the Curl Pad (15) to the Curl Post (11) with two M6 x 20mm Screws (39).



11. Attach the Bumper (17) to the Curl Bar (8) with an M4 x 16mm Screw (45).



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

# ADJUSTMENT

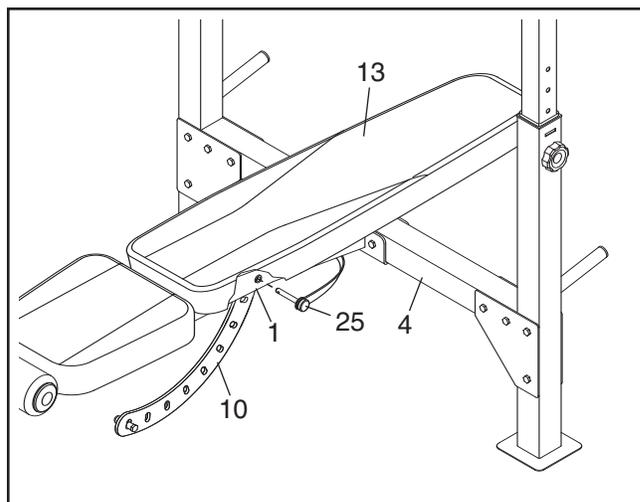
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 12 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

The Backrest (13) can be used in a declined position, a level position, or an inclined position. To use the Backrest in the declined position, remove the Pin (25) and lay the Backrest on the Crossbar (4).

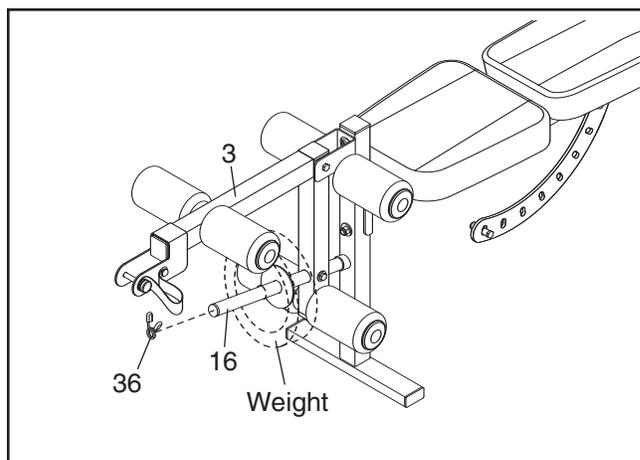
To use the Backrest (13) in the level or inclined position, lift the Backrest and insert the Pin (25) into the Bench Frame (1) and into an adjustment hole in the Backrest Bracket (10).



## USING THE LEG LEVER

To use the the Leg Lever (3), slide the desired weights (not included) onto the Weight Tube (16). Secure the weights with a Spring Clip (36).

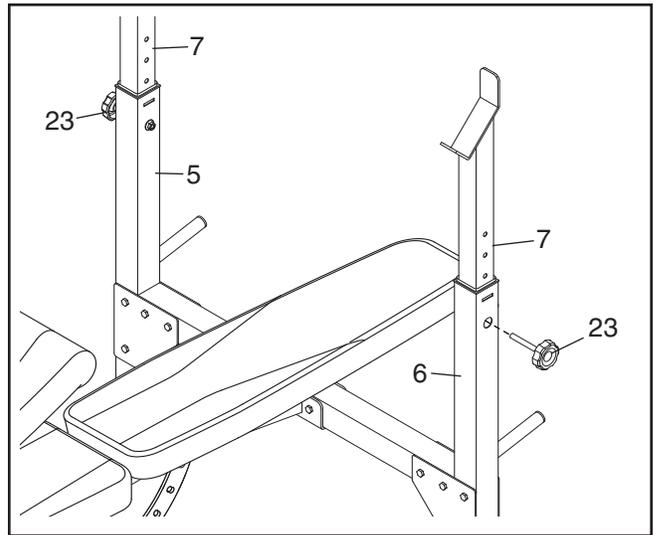
**⚠ WARNING:** Do not place more than 130 lbs. (59 kg) on the Leg Lever (3).



## USING THE WEIGHT RESTS

To change the height of the Weight Rests (7), remove the Weight Rest Knobs (23). Position the Weight Rests to the desired height in the Uprights (5, 6) and secure them with the Weight Rest Knobs.

**⚠ WARNING:** Always set both Weight Rests (7) at the same height. Make sure the Weight Rest Knobs (23) are inserted into both the Uprights (5, 6) and the Weight Rests. Do not place more than 210 lbs. (95 kg) on the Weight Rests.

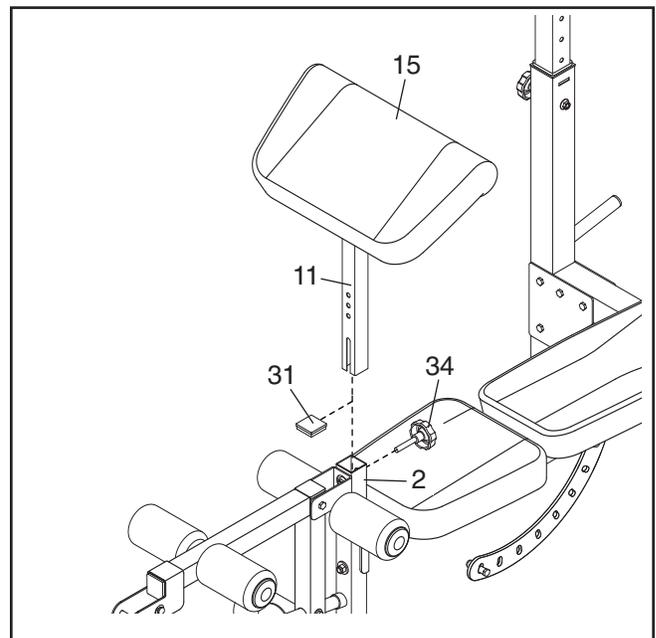


## USING THE CURL PAD

For some exercises, the Curl Pad (15) must be attached to the weight bench. Remove the 45mm Thick Square Inner Cap (31) from the Front Leg (2).

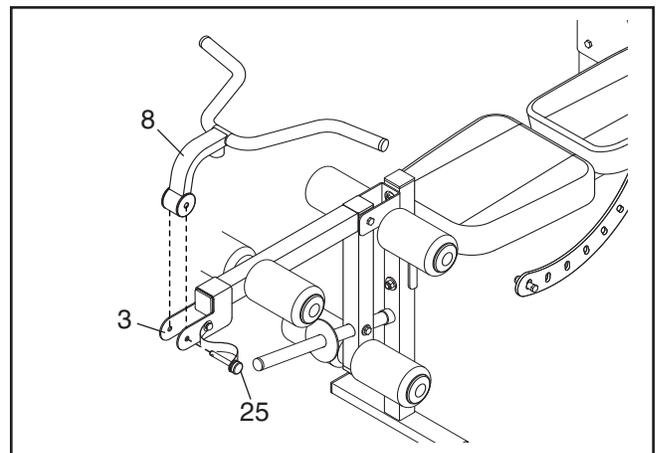
Insert the Curl Post (11) into the Front Leg (2). Align one of the adjustment holes in the Curl Post with the adjustment hole in the Front Leg. Fully tighten the Curl Knob (34) into the Front Leg.

When the Curl Pad (15) is not in use, insert the 45mm Thick Square Inner Cap (31) into the Front Leg (2).



## USING THE CURL BAR

Attach the Curl Bar (8) to the Leg Lever (3) with the Pin (25).



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# 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. 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 while exercising, stop immediately and cool 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 workout to workout.

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 manner 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. See 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.

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.

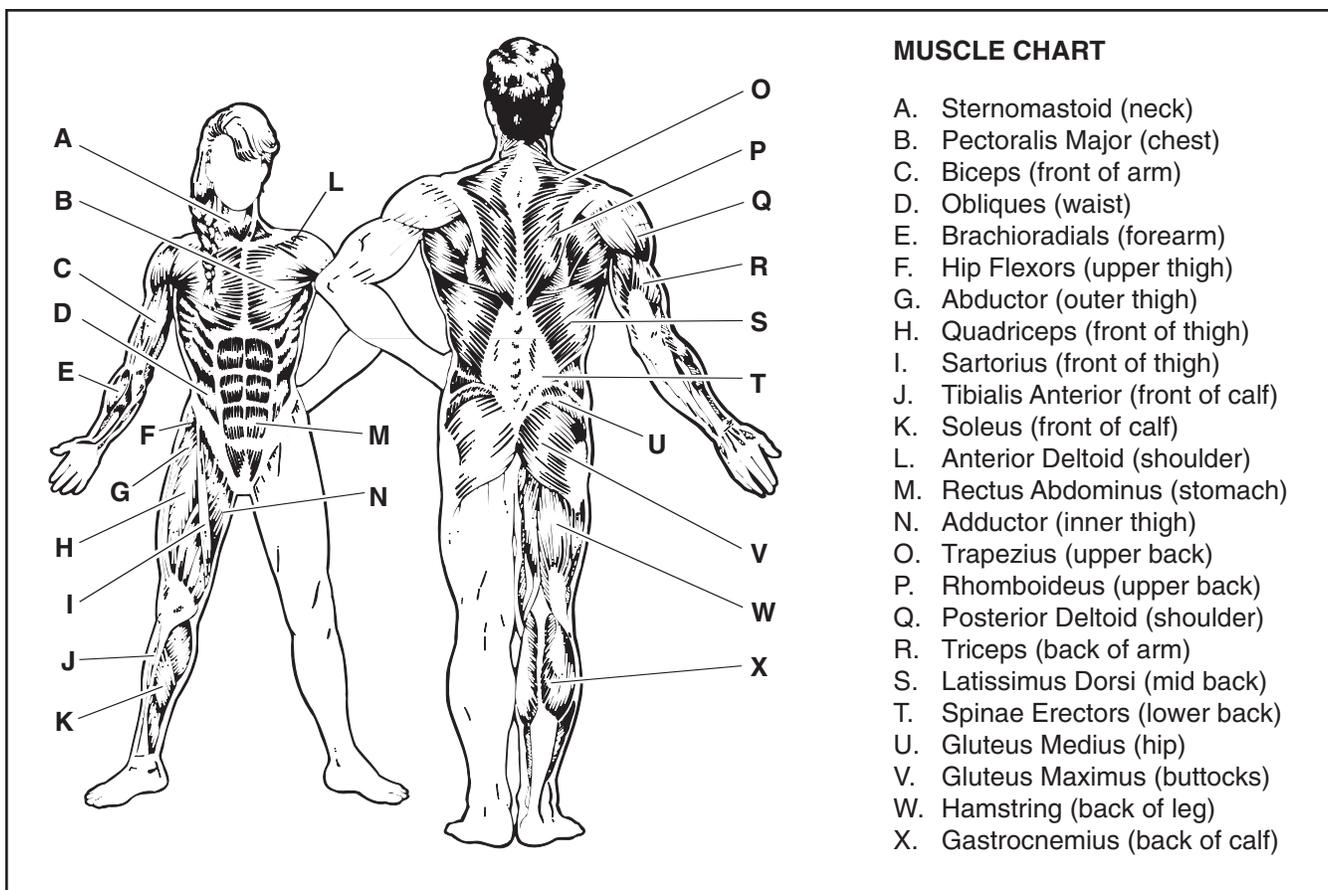
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

## 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. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

# PART LIST—Model No. GGBE1067.0

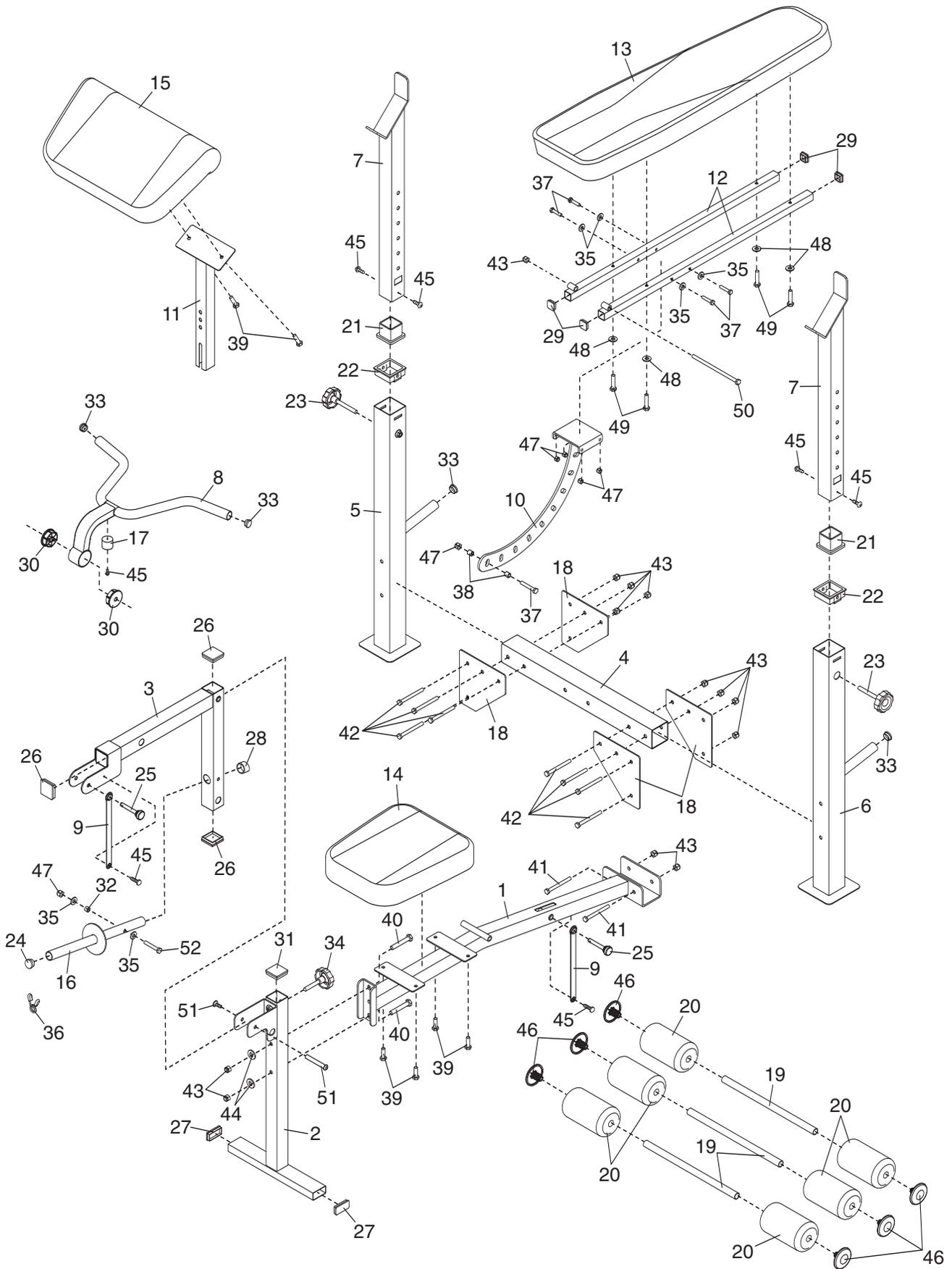
R0707A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	29	4	25mm Square Inner Cap
2	1	Front Leg	30	2	Curl Bar Bushing
3	1	Leg Lever	31	1	45mm Thick Square Inner Cap
4	1	Crossbar	32	1	11mm Spacer
5	1	Right Upright	33	4	25mm Round Inner Cap
6	1	Left Upright	34	1	Curl Knob
7	2	Weight Rest	35	6	M8 Washer
8	1	Curl Bar	36	1	Spring Clip
9	2	Tether	37	5	M8 x 40mm Bolt
10	1	Backrest Bracket	38	2	13mm Spacer
11	1	Curl Post	39	6	M6 x 20mm Screw
12	2	Backrest Frame	40	2	M10 x 65mm Bolt
13	1	Backrest	41	2	M10 x 85mm Bolt
14	1	Seat	42	8	M10 x 80mm Bolt
15	1	Curl Pad	43	13	M10 Nylon Locknut
16	1	Weight Tube	44	2	M10 Washer
17	1	Bumper	45	7	M4 x 16mm Screw
18	4	Joint Plate	46	6	19mm Round Inner Cap
19	3	Pad Tube	47	6	M8 Nylon Locknut
20	6	Foam Pad	48	4	M6 Washer
21	2	Weight Rest Cap	49	4	M6 x 40mm Screw
22	2	Square Bushing	50	1	M10 x 175mm Bolt
23	2	Weight Rest Knob	51	1	M10 x 55mm Bolt Set
24	1	25mm Thin Round Inner Cap	52	1	M8 x 60mm Bolt
25	2	Pin	*	—	User's Manual
26	3	45mm Square Inner Cap	*	—	Exercise Guide
27	2	25mm x 50mm Inner Cap	*	—	Grease Packet
28	1	25mm Round Angled Cap	*	—	Hex Key

Note: Specifications are subject to change without notice. See the front cover of this manual for information about ordering replacement parts. \*These parts are not illustrated.

# EXPLODED DRAWING—Model No. GGBE1067.0

R0707A



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# ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of the manual)
- the name 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 near the end of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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