



Exclusively distributed by:

RFE UK Ltd

The Performance Centre

Maidstone Road

Kingston, Milton Keynes

MK10 0BD, UK

+44 (0)1908 793020

sales@goldsgymfitness.com



www.goldsgymfitness.com

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/ UTILITY BENCH USER MANUAL

G4510

BUILDING THE BEST BODIES SINCE 1965

Welcome from Gold's Gym

Thank you for choosing Gold's Gym. Before you get started, please read these instructions carefully. If you experience any difficulties, our support team will be happy to help or check out our website at goldsgymfitness.com

Important note:

Consult your doctor before starting any exercise programme. If you feel any sickness, chest pain, dizziness or breathlessness during your training, stop exercising and consult your doctor immediately.

If you have any further queries please contact our Technical Support team on the details provided either at the foot of this page or on the top of each page.



Technical Support
0800 440 2459
techsupport@rfeinternational.com



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Model name: Utility Bench GG0-G4510

Serial number:



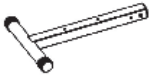
These details can be found on the underside of your product.

Checking The Parts

Before you begin, please check all parts are present and undamaged. If you are missing any parts, please call our Technical Support team on the number above.

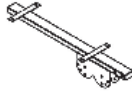
Rear Foot Tube x 1

1



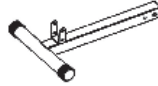
Under-carriage x 1

2



Front Foot Tube x 1

3



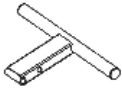
Seat Tubes x 2

4



Leg Bar x 1

5



Dumbbell Bracket x 1

6



Seat x 1

7



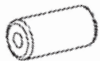
Back Rest x 1

8



Foam Roller x 2

9



Blister Pack

Pull Pin x 2

14



Pin x 1

15



Bolt M6x16 x 4

17



Bolt M6x45 x 4

18



Bolt M10x65 x 2

19



Bolt M10x75 x 1

20



Bolt M10x85 x 2

21



Bolt M10x140 x 1

22



Lock Nut M10 x 4

23



Washer 10mm x 12

24



Washer 6mm x 8

25



Nut M10 x 2

26



Short Pull Pin x 1

28



IMPORTANT SAFETY NOTICE

Note the following precautions before assembling the Utility Bench:

1. Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the room with the machine.
2. Only one person at a time should be using the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A DOCTOR IMMEDIATELY.
4. Place the machine on a clean, level surface. DO NOT use the equipment near water.
5. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
6. Use the machine only for its intended purpose. Do not use attachments not recommended by the manufacturer.
7. Do not place any sharp objects near the equipment.
8. Handicapped or disabled persons should not use the equipment without the assistance of a qualified person or doctor.
9. Always stretch out before exercising.
10. Never operate the equipment if it is not functioning properly.

Step 1

Attach the front foot tube (3) and rear foot tube (1) to the under-carriage (2) with bolt (21), washer (24), lock nut (23) and pull pin (14).

You will require:



Bolt M10x85 x 2



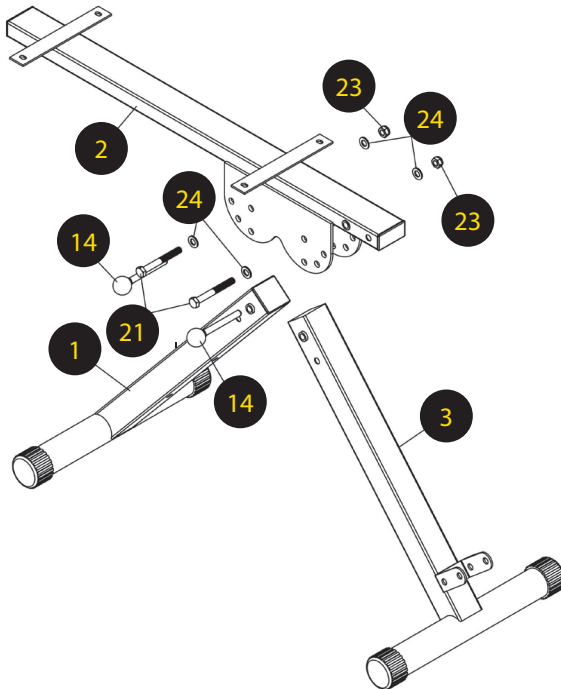
Washer 10mm x 2



Lock Nut M10 x 2



Pull Pin x 2



Step 2

Attach the seat tubes (4) to the under-carriage (2) with bolt (22), washer (24), lock nut (23) and pin (15).

You will require:

22



Bolt M10x140 x 1

24



Washer 10mm x 2

23

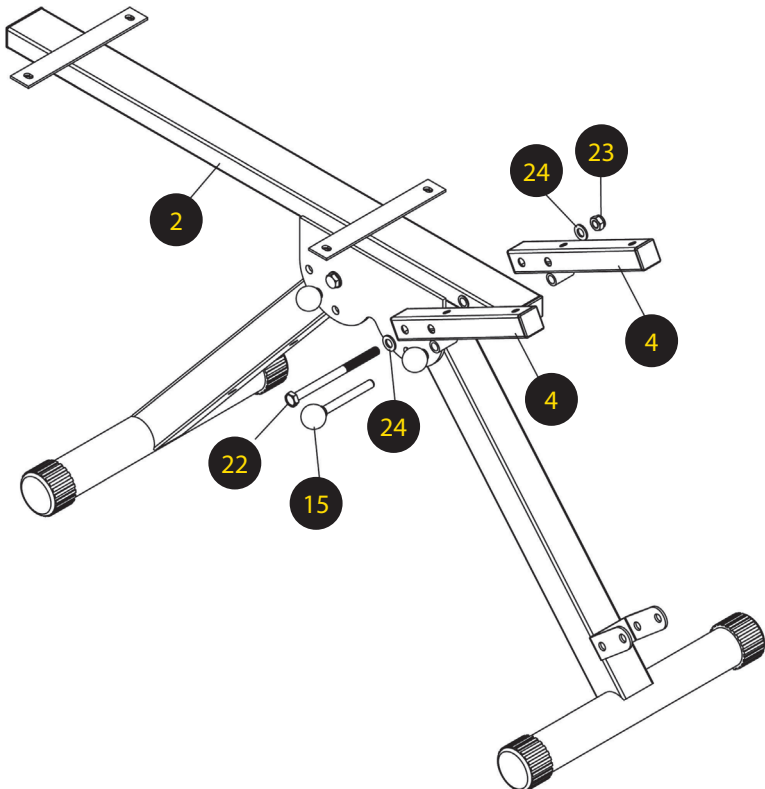


Lock Nut M10 x 1

15



Pin x 1



Step 3

Attach the dumbbell bracket (6) to the rear foot tube (1) with bolt (19), washer (24) and nut (26).

Slide the leg bar (5) into the designated bracket on the front foot tube (3), secure with a washer (24), bolt (20) and lock nut (23). Insert the short pull pin (28) into the hole in the bracket

Notice: For your convenience the foam roller (9) has been preassembled.

You will require:



Bolt M10x65 x 2



Bolt M10x75 x 1



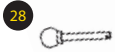
Washer 10mm x 6



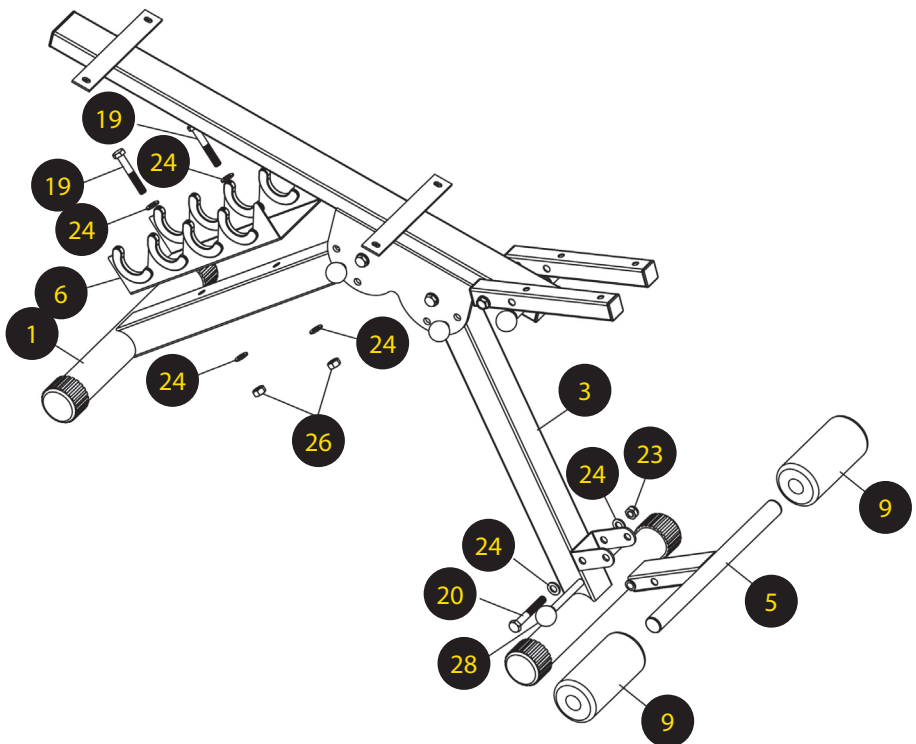
Nut M10 x 2



Lock Nut M10 x 1



Short Pull Pin x 1



Step 4

Attach the seat (7) to the seat tubes (4) with bolt (18) and washer (25).

Attach the back rest (8) to the under-carriage (2) with bolt (17) and washer (25).

Your Utility Bench is now ready to use.

You will require:

18



Bolt M6x45 x 4

17



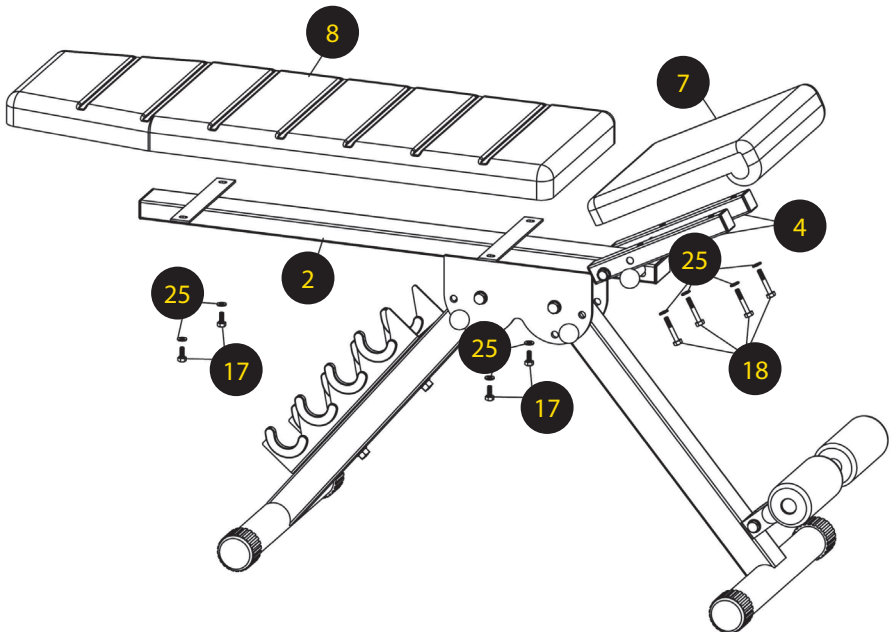
Bolt M6x16 x 4

25



Washer 6mm x 8

Your finished Utility Bench.



IMPORTANT SAFETY NOTICE

Note the following precautions before operating the Utility Bench:

These instructions are intended to provide important information for use and maintenance of the equipment as well as for your personal safety. Keep this user manual in a safe place for future reference.

WARNING!

This product is made for home use only and tested up to a maximum body weight of 120kg.

RFE International Ltd. assumes no responsibility for personal injury or property damage sustained by or through the use of this equipment. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.

SCOPE

- Maximum user weight of 120kg.
- This product is designed for physical exercise by adults. This product is not suitable for use by persons under 14 years of age.
- Never allow more than one person on the equipment at a time.

ENVIRONMENT

- Ensure that those present are aware of possible hazards e.g. moveable parts during training.
- Ensure that sufficient space is available to use the product.
- Please ensure that liquids or perspiration are wiped off the product.
- This product is designed to be used and stored indoors. Do not store the product outside, or in damp/dusty environments.
- The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial use.

USER HEALTH

- Consult your doctor before starting any exercise programme to receive advice on the optimal training.
- Ensure the product is on a flat, level surface with at least 1.0m of clear area surrounding the product.
- Incorrect/excessive training can cause health injuries.
- If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your doctor.

PRODUCT PREPARATION

- Ensure that training only starts after correct assembly, adjustment and inspection of the product.
- Follow the steps of the assembly instructions carefully.
- Only use suitable tools for assembly and ask for assistance if necessary.
- Only use original Gold's Gym parts as delivered (see checklist).

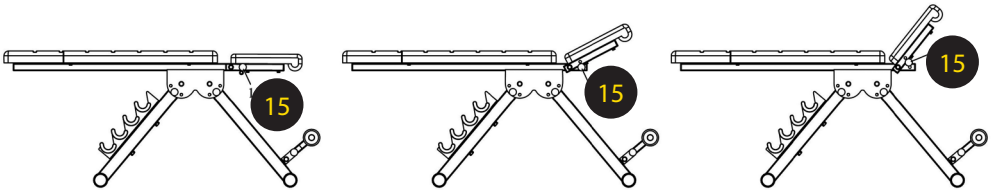
SAFETY CHECKS (Before Every Use)

- Tighten all adjustable parts to prevent sudden movement while training.
- Tighten all nuts and bolts.
- Check that the tension knob is secure.
- Ensure the product is on a flat, level surface.
- Do not use the product without shoes or with loose shoes.
- Be aware of non-fixed or moving parts whilst mounting or dismantling the product.
- Do not wear loose or poorly fitting clothing that may become trapped in the product.

Adjusting the seat cushion

There are 3 incline settings for the seat.

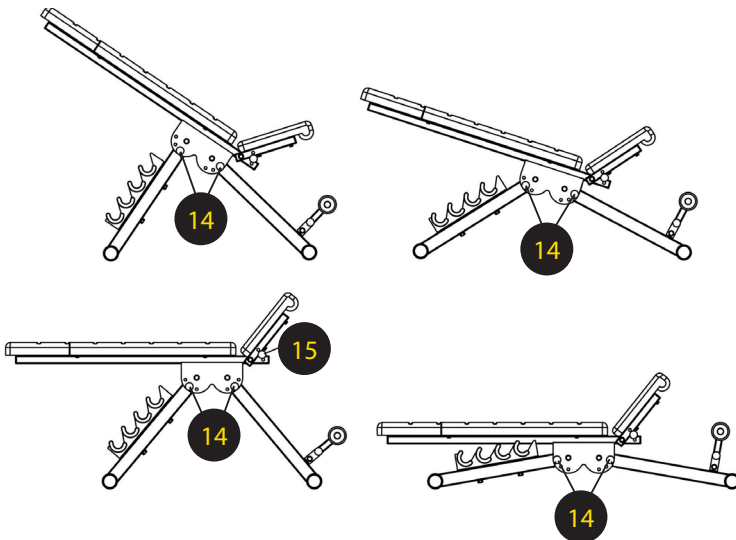
1. Pull out the pin (15).
2. Lift up the seat cushion.
3. Insert the pin (15) into the hole on under-carriage (2) or seat tubes (4) once in the position you want.



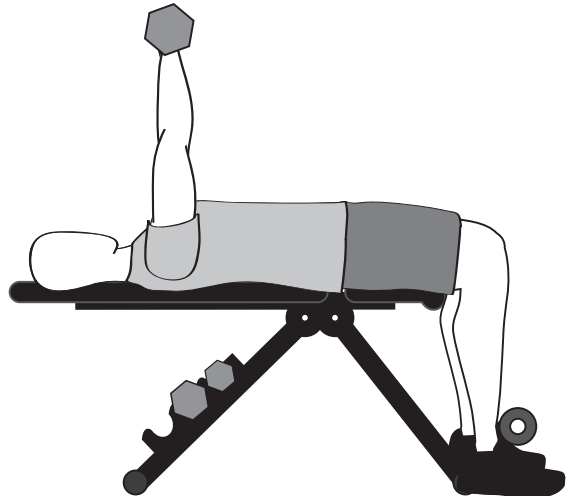
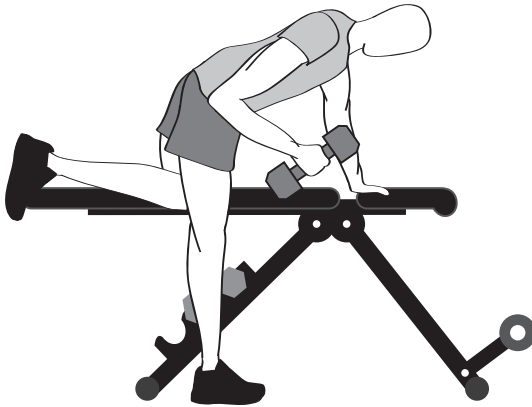
Adjusting the foot tube

There are 4 incline settings for foot tube.

1. Pull out the pin (14).
2. Choose your preferred position for the front and rear foot tube.
3. Insert the pin (14) into the corresponding hole.



We recommend you use your Utility Bench in the following ways:



Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment as well as exceeding the warranty coverage.

1. Inspect and tighten all parts of the equipment regularly:
 - Any worn parts must be replaced immediately.
 - Pay particular attention to nuts, bolts, screws and washers.
2. For continued smooth operation ensure the front and rear stabilisers are fully tightened and kept clean and free from any residue like perspiration or dust.
3. To ensure all components of the equipment, including the frame, are in a good condition please ensure any perspiration or dust is wiped clean on a regular basis using a soft, damp cloth.
4. Please don't use abrasives or solvents as this may affect the colouring or operation of the components.
5. Check the pedals / footplates are fully tightened before each use.
6. Keep the equipment out of direct sunlight at all times.

Warming Up

It is important to warm up before exercising to prepare your body for the workout it is about to do. The first phase of a warm up is to increase your heart rate and get blood pumping around your body faster. Choose an activity which will warm up the same muscles you are going to use during your workout.

1. 5-10 minutes heart rate raising activity
2. Static stretching
3. Workout

Stretches

Hold each stretch for about 30 seconds. Stretching should not hurt; only stretch your muscles to as far as is comfortable. If you have a tight or previously injured muscle stretch the affected muscle group within the warm up. Do not perform any sudden movements while warming up.



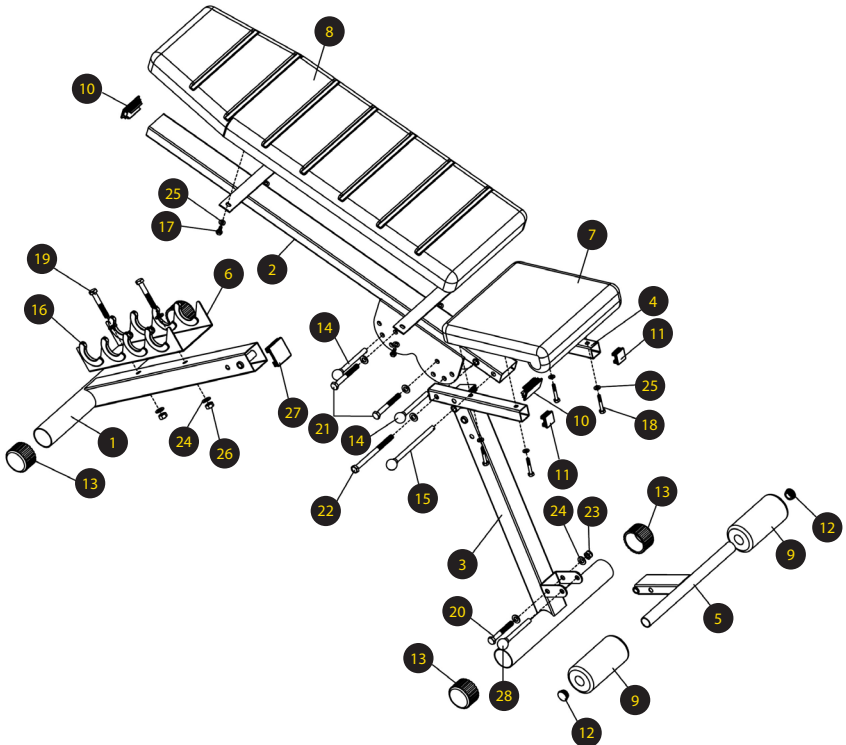
Cool Down

Following your workout you should carry out a cool down.

This should gradually bring your heart rate back to a resting level. To do a cool down perform an activity of your choice at a low intensity e.g. a steady 5 minute jog. This should be followed by static stretches, similar to those in the warm up. Again, hold each stretch for 30 seconds.

PART NO.	DESCRIPTION	QUANTITY
1	REAR FOOT TUBE	1
2	UNDER-CARRIAGE	1
3	FRONT FOOT TUBE	1
4	SEAT TUBES	2
5	LEG BAR	1
6	DUMBBELL BRACKET	1
7	SEAT	1
8	BACK REST	1
9	FOAM ROLLER	2
10	TUBE CAP 30x60	2
11	TUBE CAP 30x30	4
12	ROUND CAP ø25mm	2
13	ROUND END CAP ø50mm	4
14	PULL PIN	2
15	PIN	1
16	PLASTIC UNDERLAY	8
17	BOLT M6x16	4
18	BOLT M6x45	4
19	BOLT M10x65	2
20	BOLT M10x75	1
21	BOLT M10x85	2
22	BOLT M10x140	1
23	LOCK NUT M10	4

PART NO.	DESCRIPTION	QUANTITY
24	WASHER 10mm	12
25	WASHER 6mm	8
2	NUT M10	2
27	TUBE CAP 50x50mm	2
27	TUBE CAP 50x50mm	2
28	SHORT PULL PIN	1



Limited Warranty

UTILITY BENCH

17

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RFE International Ltd warrants products to be free from defective workmanship and materials, under normal use and service conditions, for the period of 2 years from the date of purchase. Details of these service conditions can be found within the product's user manual.

In order to validate warranty dates, a proof of purchase is required. This warranty only extends to the original purchaser and will only be covered in the country the machine was purchased.

RFE's obligation under this warranty is limited to replacing or repairing, at RFE's discretion, the product through one of its authorised service centres. All repairs for which warranty claims are made must be pre-authorized by RFE.

This warranty does not extend to any defect caused by abuse, misuse, additions, modifications or repairs not provided by an RFE authorised service centre.

Products used for commercial or rental purposes and/or used as store display models are not covered by this warranty. This product is designed for home use.

No other warranty beyond that specifically set forth above is authorised by RFE.

RFE 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, installation or other consequential damages of whatsoever nature.

We advise that your product is kept in a room with a constant environment; preventing your product from being exposed to extremes in temperature, heat, humidity and moisture. Guidance on the correct storage of equipment is contained within the product's user manual.

PLEASE RETAIN YOUR RECEIPT AS PROOF OF PURCHASE.

Your statutory rights remain unaffected.

Gold's Gym products are recyclable. At the end of its useful life please dispose of this Gold's Gym product correctly and safely at a local refuse site.



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