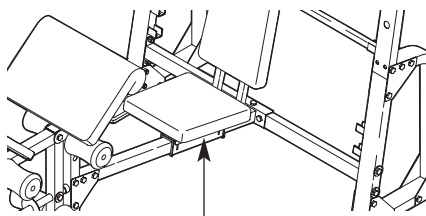


GOLD'S GYM® XR5

Model No. GGBE12830

Serial No. _____

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



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

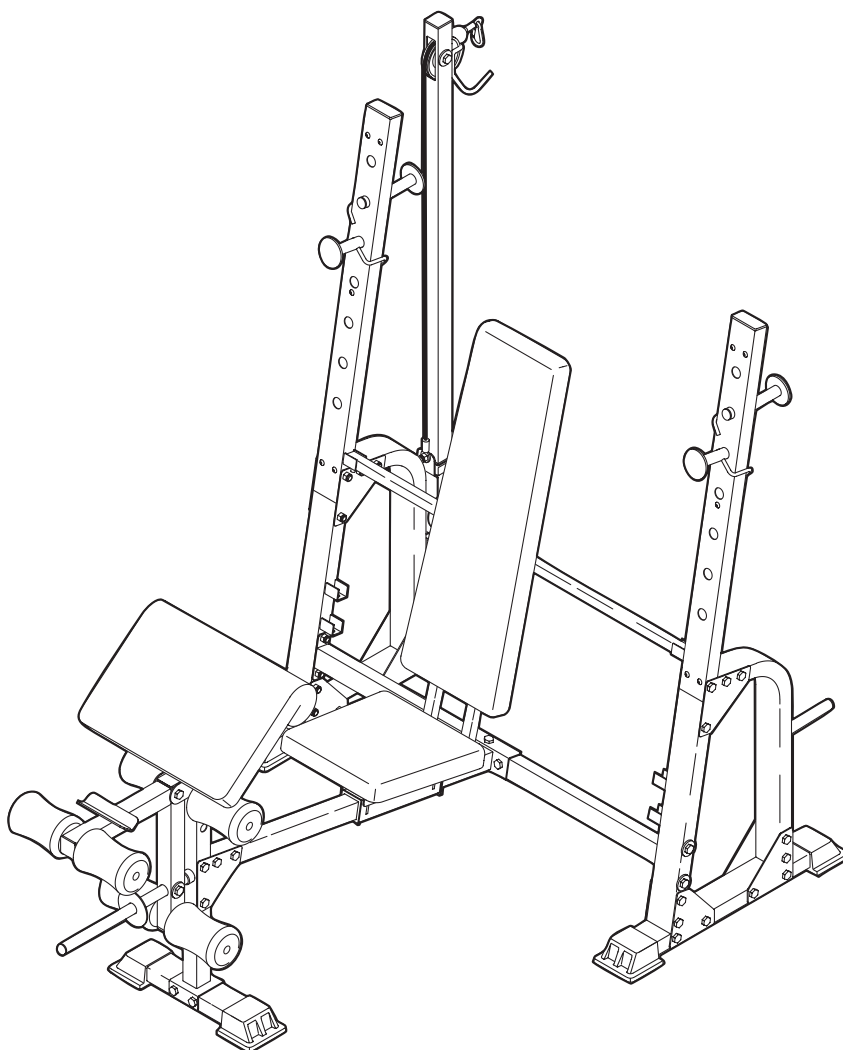
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



⚠ CAUTION


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

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ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

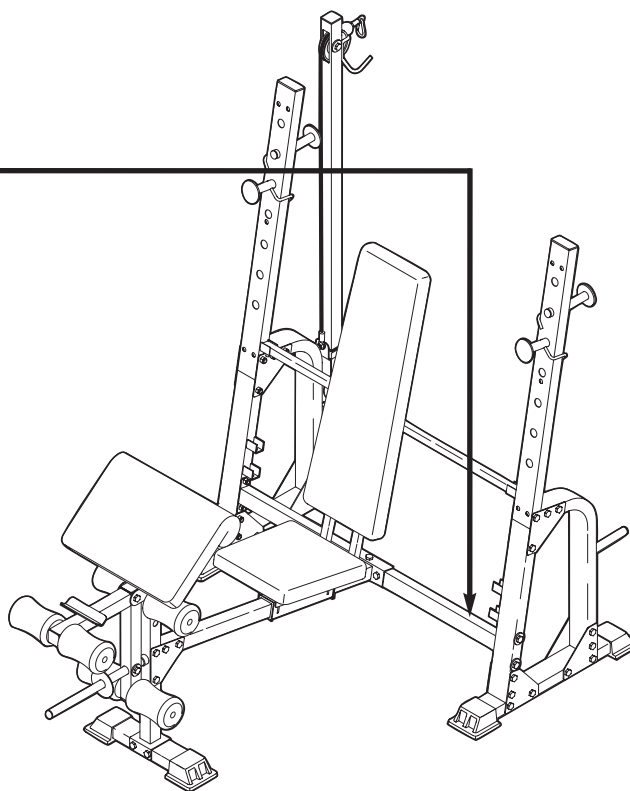
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

**WARNING**

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym International, Inc.

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 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 any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Make sure the set screws attaching the Olympic adapters are properly tightened each time the adapters are used.
7. Keep children under 12 and pets away from the weight bench at all times.
8. Always set both weight rests at the same height.
9. Keep hands and feet away from moving parts.
10. Always wear athletic shoes for foot protection while exercising.
11. Make sure that the cable remains on the pulley at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulley.
12. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 610 pounds. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 130 pounds on the leg lever or weight carriage. Note: The weight bench is designed to be used with an Olympic barbell. The weight bench does not include a barbell or weights.
13. Always place an equal amount of weight on each side of the barbell.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ 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.

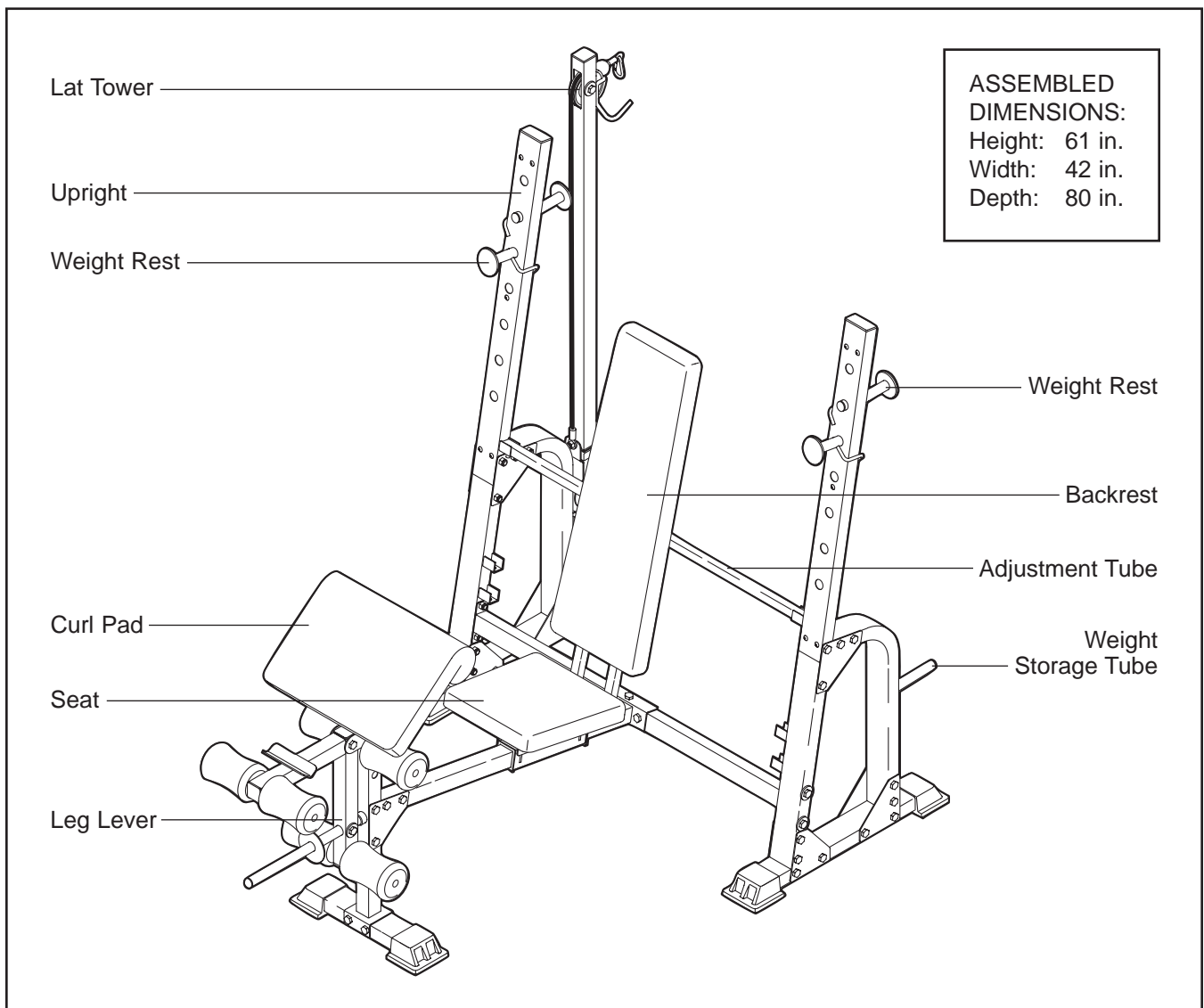
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR5 weight bench. The XR5 weight bench offers a selection 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 XR5 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 call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GGBE12830. 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.



ASSEMBLY

Make Things Easier for Yourself

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




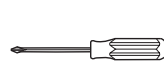
Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- 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.

- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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.

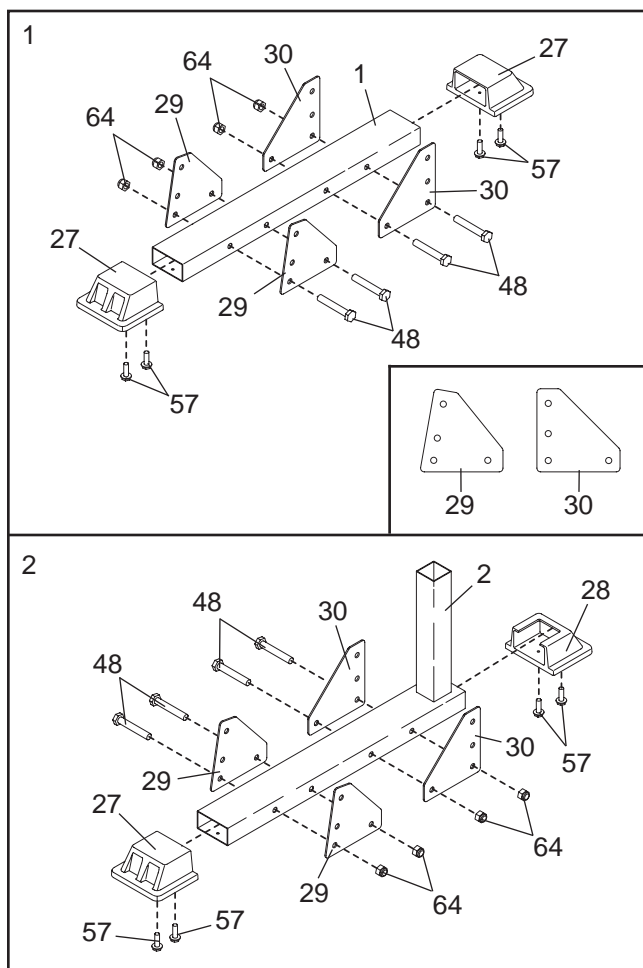
1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART.**

Attach two Base Feet (27) to the Left Stabilizer (1) with four M4 x 16mm Screws (57).

Refer to the inset drawing and identify the Front Support Plates (29) and the Rear Support Plates (30). Attach two Front Support Plates and two Rear Support Plates to the Left Stabilizer (1) with four M8 x 90mm Bolts (48) and four M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

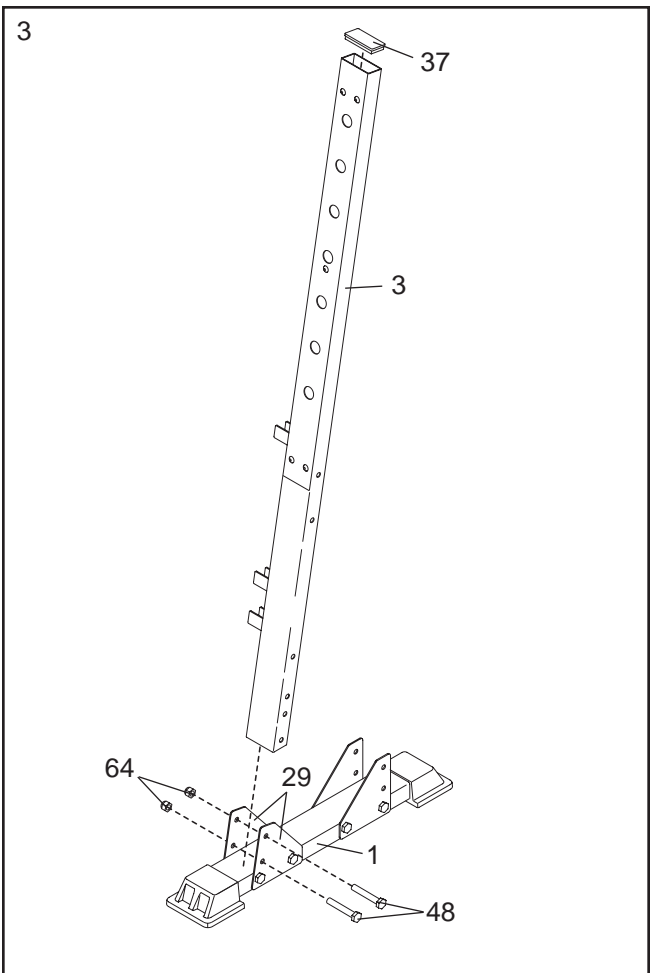
2. Attach a Base Foot (27) and a Notched Base Foot (28) to the Right Stabilizer (2) with four M4 x 16mm Screws (57).

Attach two Front Support Plates (29) and two Rear Support Plates (30) to the Right Stabilizer (2) with four M8 x 90mm Bolts (48) and four M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**



3. Press a 38mm x 75mm Inner Cap (37) into the top of the Left Upright (3).

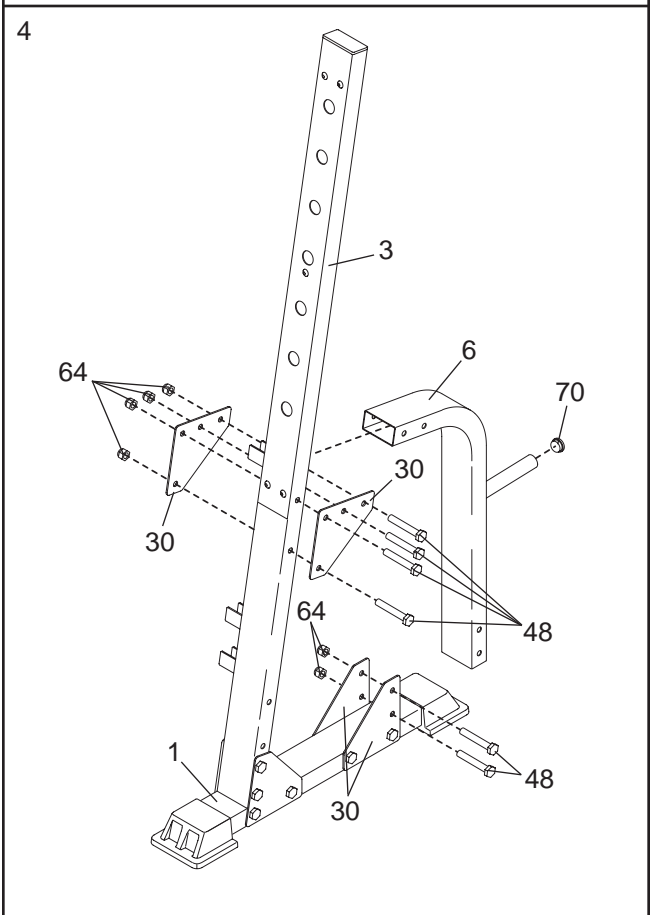
Attach the Left Upright (3) to the Left Stabilizer (1) with the Front Support Plates (29), two M8 x 90mm Bolts (48), and two M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**



4. Press a 25mm Round Inner Cap (70) into the Left Rear Support (6).

Attach the Left Rear Support (6) to the Rear Support Plates (30) on the Left Stabilizer (1) with two M8 x 90mm Bolts (48), and two M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

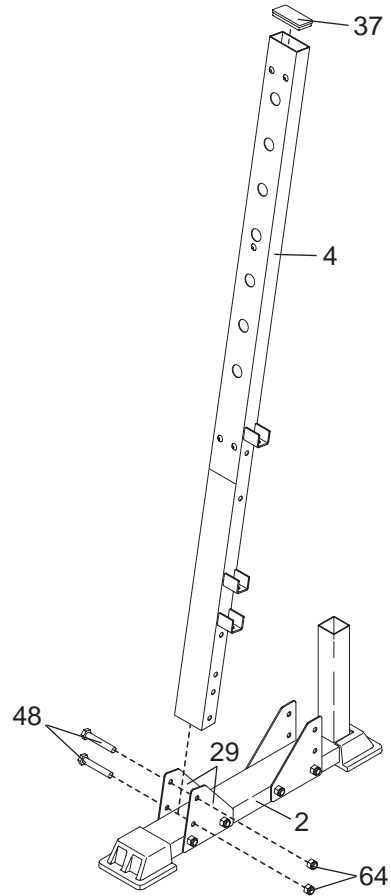
Attach the Left Rear Support (6) to the Left Upright (3) with two Rear Support Plates (30), four M8 x 90mm Bolts (48), and four M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**



5. Press a 38mm x 75mm Inner Cap (37) into the top of the Right Upright (4).

Attach the Right Upright (4) to the Right Stabilizer (2) with the Front Support Plates (29), two M8 x 90mm Bolts (48), and two M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

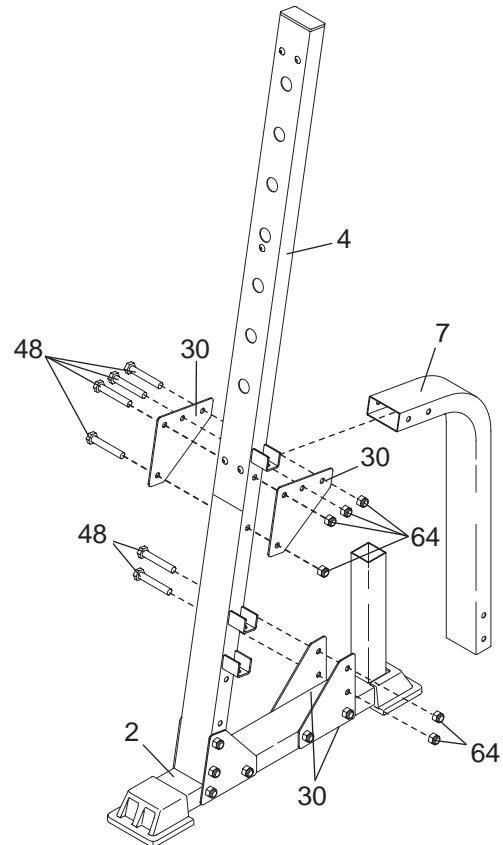
5



6. Attach the Right Rear Support (7) to the Rear Support Plates (30) on the Right Stabilizer (2) with two M8 x 90mm Bolts (48), and two M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

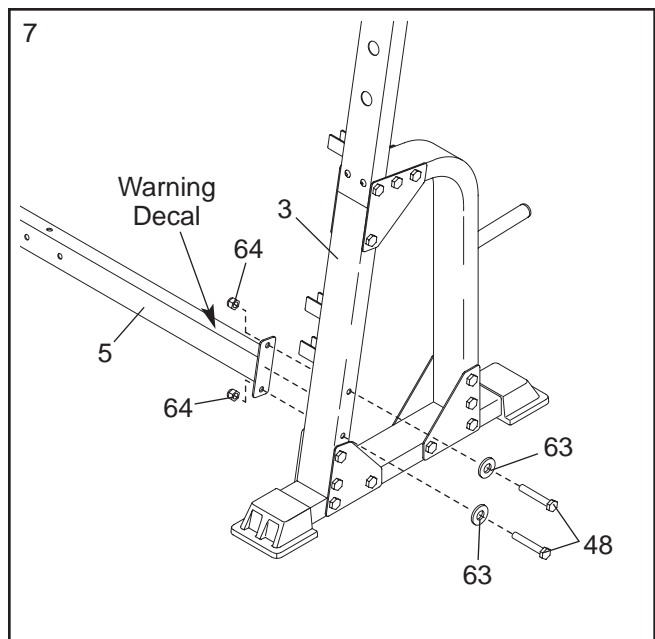
Attach the Right Rear Support (7) to the Right Upright (4) with two Rear Support Plates (30), four M8 x 90mm Bolts (48), and four M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

6



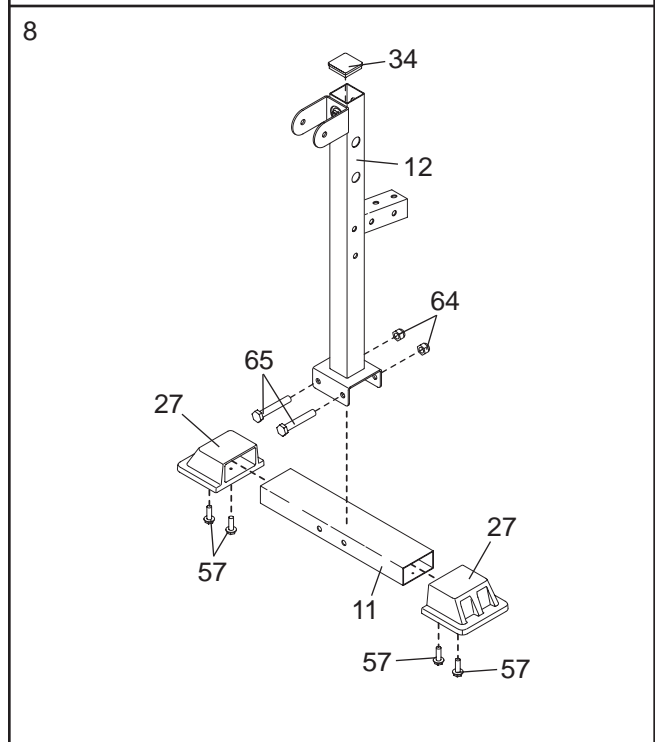
7. Orient the Crossbar (5) with the warning decal in the position shown. Attach the Crossbar to the Left Upright (3) with two M8 x 90mm Bolts (48), two M8 Washers (63), and two M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**

Attach the Crossbar (5) to the Right Upright (not shown) in the same manner.

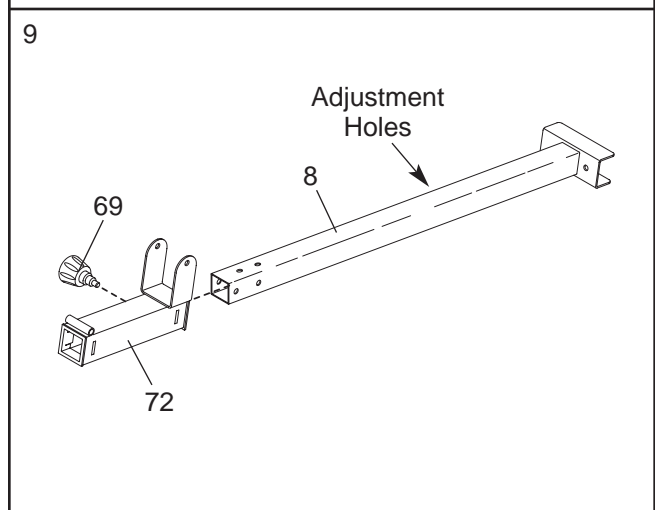


8. Press a 45mm Square Inner Cap (34) part way into the Front Leg (12). Attach two Base Feet (27) to the Front Stabilizer (11) with four M4 x 16mm Screws (57).

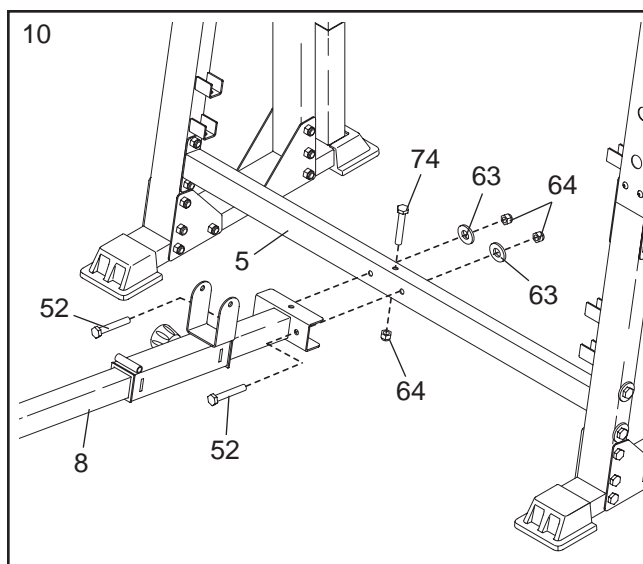
Attach the Front Stabilizer (11) to the Front Leg (12) with two M8 x 95mm Bolts (65) and two M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**



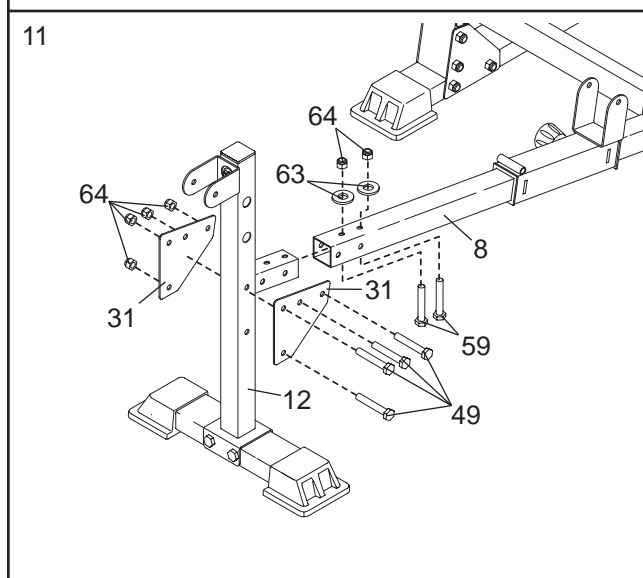
9. Tighten the Adjustment Knob (69) into the Seat Adjustment Tube (72). Pull the Knob out as far as it can go and slide the Adjustment Tube onto the Bench Frame (8). Tighten the Knob into one of the adjustment holes in the Bench Frame.



10. Attach the Bench Frame (8) to the Crossbar (5) with two M8 x 55mm Bolts (52), one M8 x 70mm Bolt (74), two M8 Washers (63), and three M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**



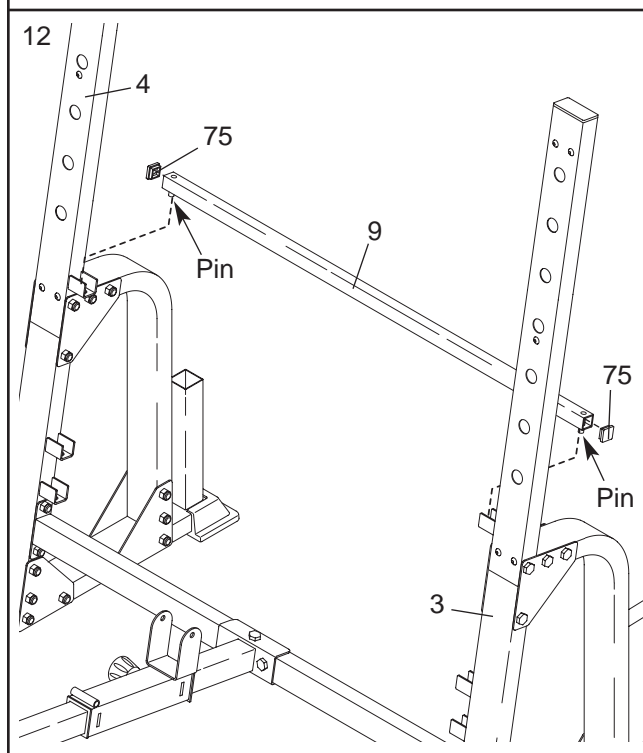
11. Attach the Bench Frame (8) to the Front Leg (12) with two Bench Support Plates (31), four M8 x 60mm Bolts (49), two M8 x 52mm Bolts (59), two M8 Washers (63), and six M8 Nylon Locknuts (64). **Do not tighten the Locknuts yet.**



12. Press two 25mm x 40mm Inner Caps (75) into the Adjustment Tube (9).

Set the pins on the Adjustment Tube (9) in a set of brackets on the Uprights (3, 4).

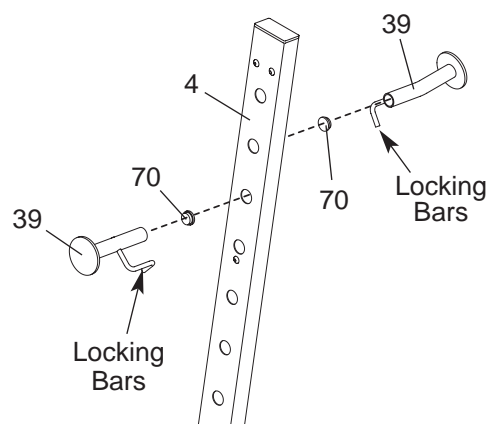
Tighten the M8 Nylon Locknuts (64) used in steps 1–11.



13. Press two 25mm Round Inner Caps (70) into two Weight Rests (39). Insert the Weight Rests into the Right Upright (4) and engage the locking bars around the Upright.

Repeat this step with the other Weight Rests (39) and the Left Upright (not shown).

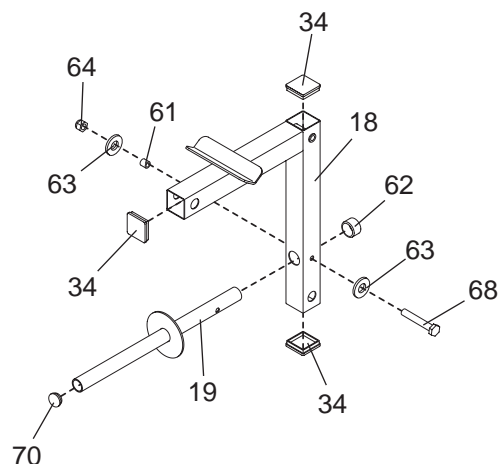
13



14. Press three 45mm Square Inner Caps (34) into the Leg Lever (18). Press a 25mm Round Inner Cap (70) into the Weight Tube (19).

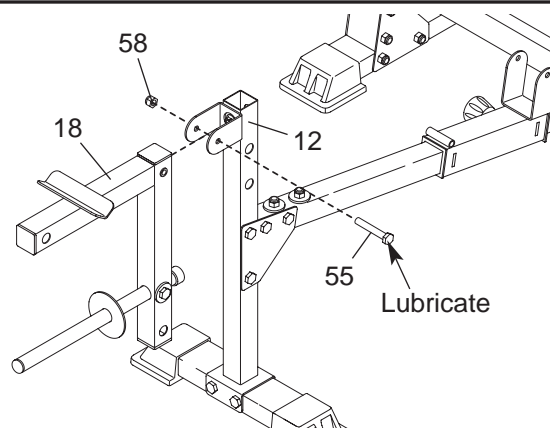
Attach the Weight Tube (19) to the Leg Lever (18) with an M8 x 57mm Bolt (68), two M8 Washers (63), a 12mm x 10mm Spacer (61), and an M8 Nylon Locknut (64). Press the 25mm Round Outer Cap (62) onto the end of the Weight Tube.

14



15. Lubricate an M10 x 70mm Bolt (55) with grease. Attach the Leg Lever (18) to the Front Leg (12) with the Bolt and an M10 Nylon Locknut (58). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

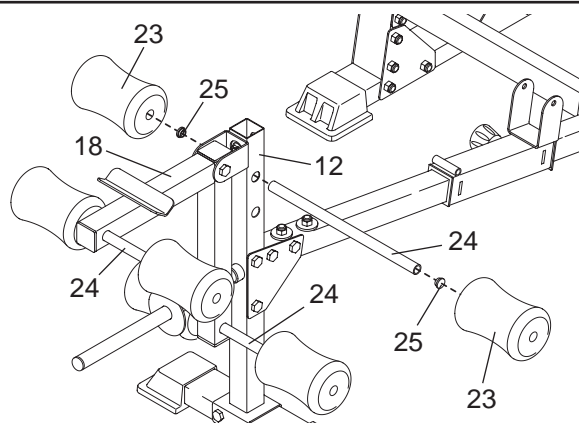
15



16. Press two 19mm Round Inner Caps (25) into the ends of a Pad Tube (24). Slide a Pad Tube through a hole in the Front Leg (12). Slide two Foam Pads (23) onto the Pad Tube.

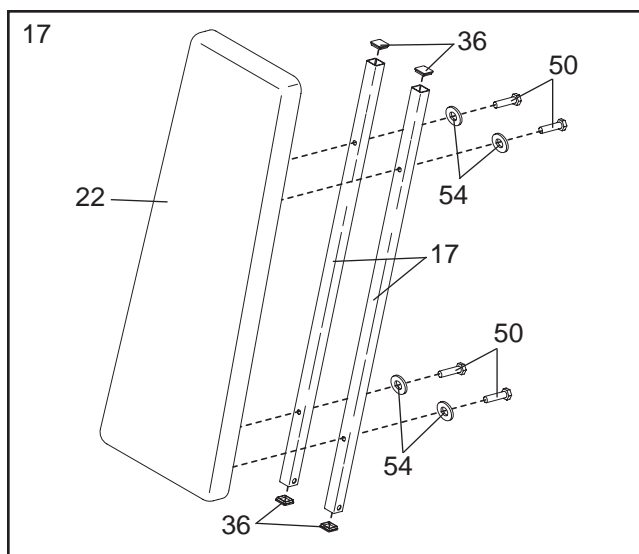
Repeat this step with other Pad Tubes (24) and the Leg Lever (18).

16



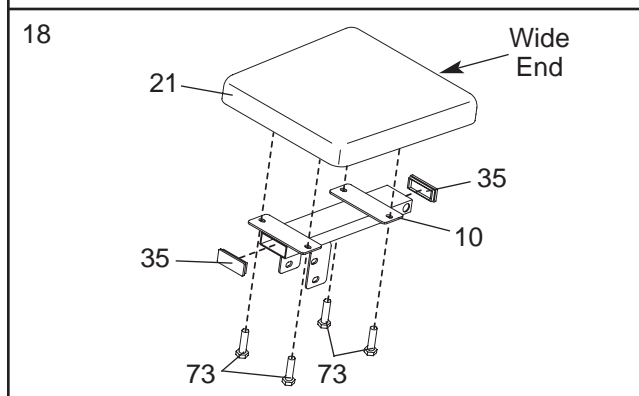
17. Press four 25mm Square Inner Caps (36) into the two Backrest Frames (17).

Attach the Backrest (22) to the two Backrest Frames (17) with four M6 Washers (54) and four M6 x 40mm Screws (50). **Do not tighten the Screws yet.**



18. Press two 25mm x 50mm Inner Caps (35) into the Seat Frame (10).

Orient the Seat (21) with the wide end on the side shown. Attach the Seat to the Seat Frame (10) with four M6 x 16mm Screws (73).

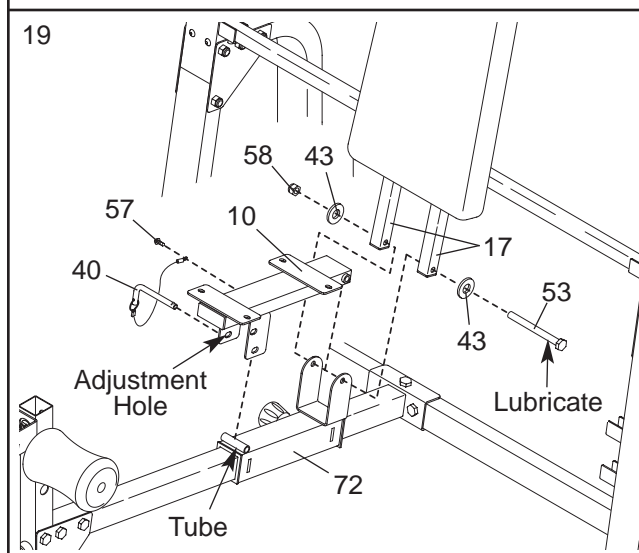


19. **Note: The Seat (21) is shown removed for clarity.**

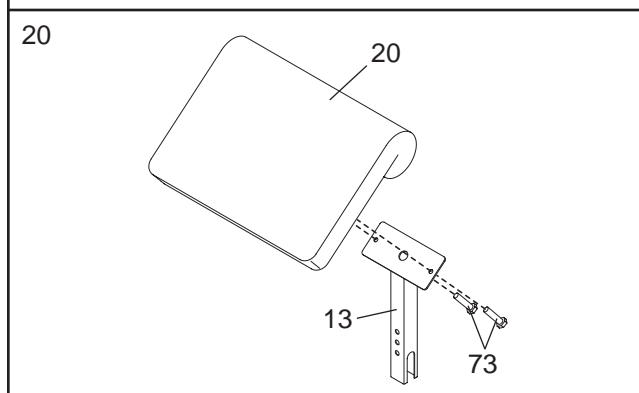
Lubricate an M10 x 145mm Bolt (53) with grease. Attach the Seat Frame (10) and the Backrest Frames (17) to the Seat Adjustment Tube (72) with the Bolt, two M10 Washers (43), and an M10 Nylon Locknut (58). **Do not overtighten the Locknut; the Seat Frame and Backrest Frames must be able to pivot easily.**

Attach the tether on the Seat Adjustment Pin (40) to the Seat Frame (10) with an M4 x 16mm Screw (57).

Insert the Seat Adjustment Pin (40) into an adjustment hole in the Seat Frame (10) and the tube on the Seat Adjustment Tube (72).



20. Attach the Curl Pad (20) to the Curl Post (13) with two M6 x 16mm Screws (73).

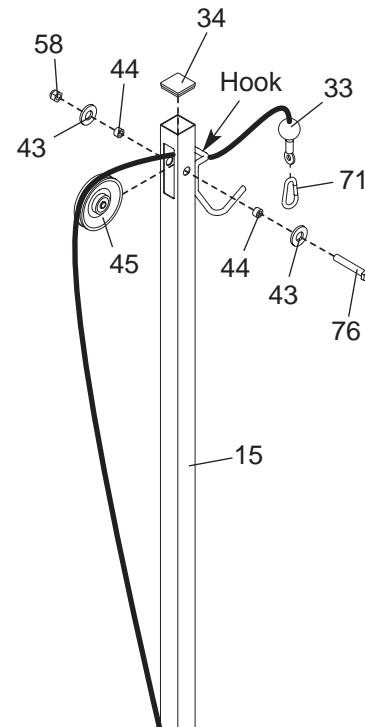


21. Press a 45mm Square Inner Cap (34) into the top of the Lat Tower (15).

Route the Cable (33) over the 90mm Pulley (45), through the Lat Tower (15), and under the hook. Attach the Pulley inside the Lat Tower with an M10 x 60mm Bolt (76), two M10 Washers (43), two 15mm x 10mm Spacers (44), and an M10 Nylon Locknut (58).

Attach the Weight Clip (71) to the end of the Cable (33) as shown.

21

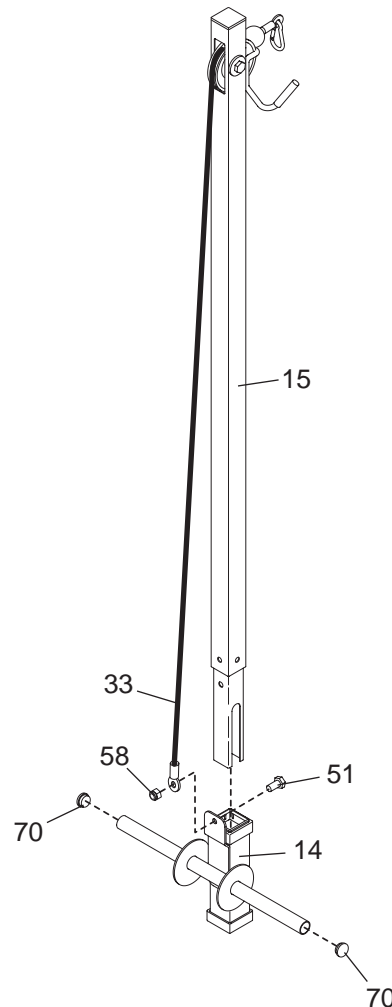


22. Press two 25mm Round Inner Caps (70) into the Weight Carriage (14). Insert an M10 x 20mm Bolt (51) into the Weight Carriage (14) as shown.

Slide the Weight Carriage (14) onto the Lat Tower (15) as shown.

Attach the Cable (33) to the Weight Carriage (14) with the M10 x 20mm Bolt (51) and an M10 Nylon Locknut (58).

22



23. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**

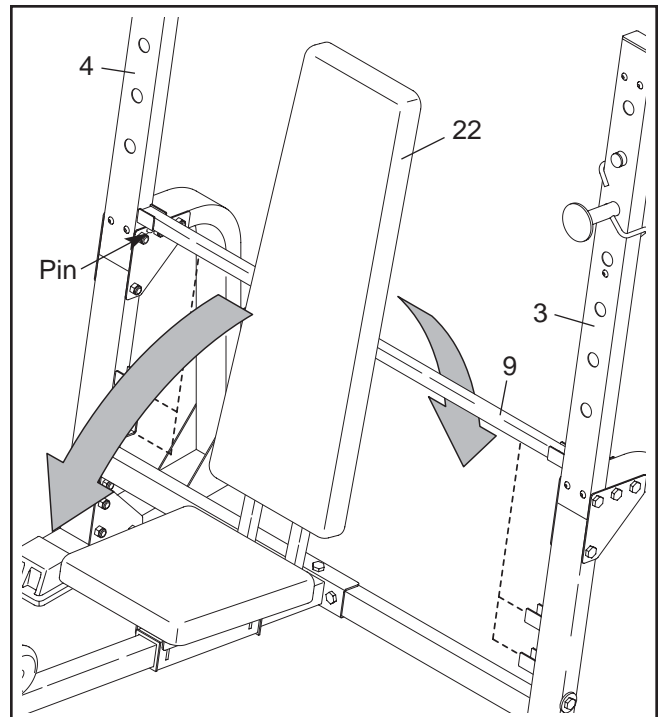
ADJUSTMENTS

This section explains how to adjust the weight bench. 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.

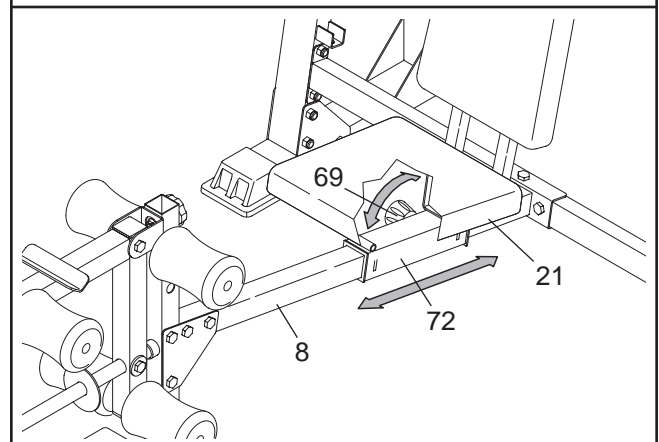
ADJUSTING THE BACKREST

To adjust the position of the Backrest (22), first move the seat adjustment tube to the desired position (see ADJUSTING THE SEAT ADJUSTMENT TUBE below). Then, move the Adjustment Tube (9) to the desired height. Make sure the pins in the Adjustment Tube are inserted into a set of brackets on the Uprights (3, 4). Finally, rest the Backrest on the Adjustment Tube.



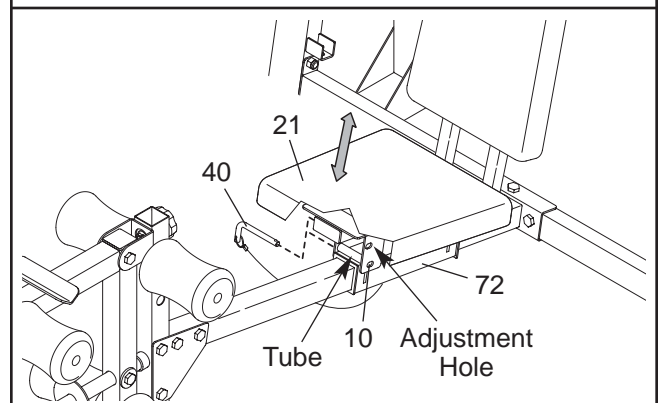
ADJUSTING THE SEAT ADJUSTMENT TUBE

To move the Seat (21), loosen the Adjustment Knob (69) and pull it out as far as it will go. Slide the Seat Adjustment Tube (72) to the desired location and engage the Knob into the Bench Frame (8). Retighten the Knob.



ADJUSTING THE SEAT FRAME

To adjust the angle of the Seat (21), remove the Seat Adjustment Pin (40) and reinsert it into the other holes in the Seat Frame (10) and the tube on the Seat Adjustment Tube (72).



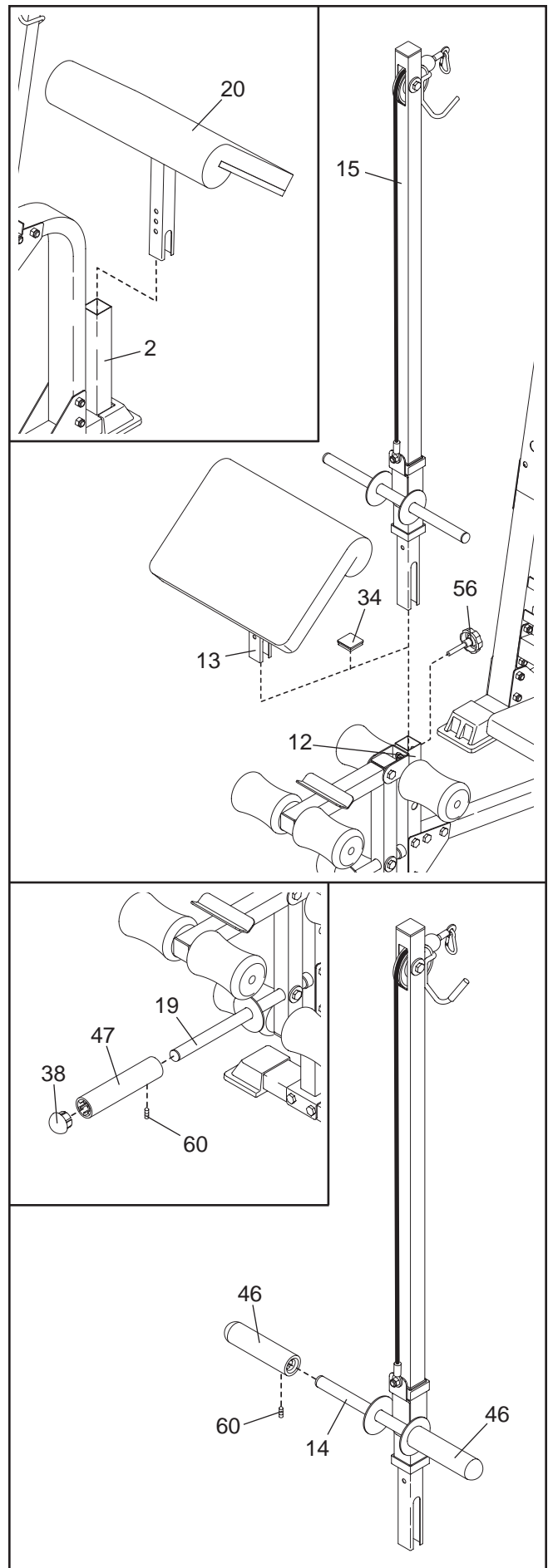
ATTACHING THE CURL POST OR LAT TOWER

For some exercises, the Curl Post (13) must be attached to the Front Leg (12). Remove the 45mm Square Inner Cap (34) from the Front Leg. Insert the Curl Post into the Front Leg and align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Curl Post Knob (56). **Make sure that you fully tighten the Knob.**

When performing exercises that do not require the Curl Pad (20), remove the Curl Post (13) from the Front Leg (12).

Attach the Lat Tower (15) in the same manner. Replace the 45mm Square Inner Cap (34) into the Front Leg (12) when not using the Curl Pad (20) or the Lat Tower.

The Curl Pad (20) or Lat Tower (15) can be stored in the storage tube on the Right Stabilizer (2).



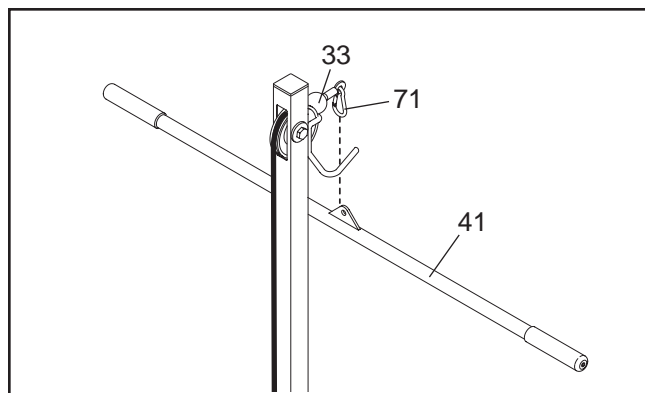
OLYMPIC WEIGHT ADAPTER

Press a 48mm Round Inner Cap (38) into the Weight Tube Olympic Adapter (47). Attach the Olympic Adapter to the Weight Tube (19) with an M8 x 10mm Allen Head Set Screw (60). **Make sure the Set Screw is on the bottom of the Adapter.**

Attach the two Carriage Olympic Adapters (46) to the Weight Carriage (14) in the same manner.

ATTACHING THE LAT BAR

The Lat Bar (41) can be attached to the Cable (33) with the Weight Clip (71). **Remove the Lat Bar when performing an exercise that does not require it.**

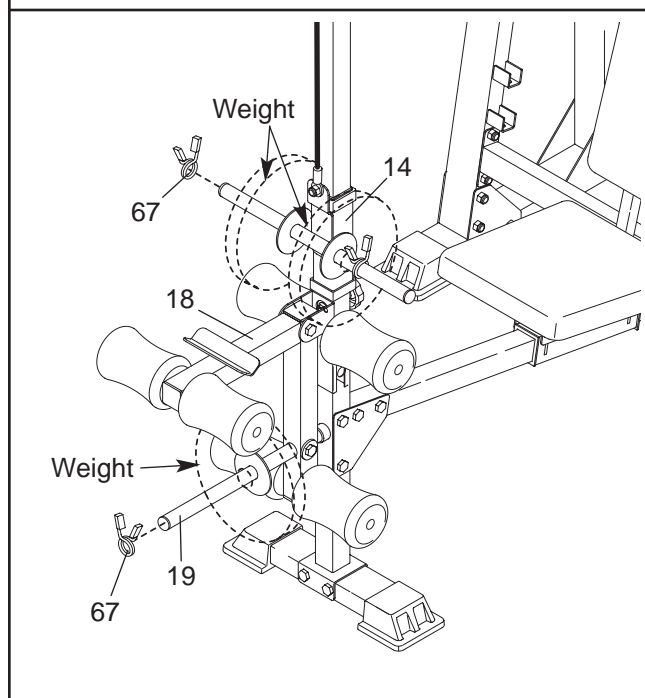


ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (18) or the Weight Carriage (14), slide the desired amount of weight (not included) onto the Weight Tube (19) or Weight Carriage. Secure your weights with Small Spring Clips (67).

To use Olympic weights, attach the Olympic adapters to the bench (see OLYMPIC WEIGHT ADAPTER on the previous page). Secure your weights with the Large Spring Clips (66).

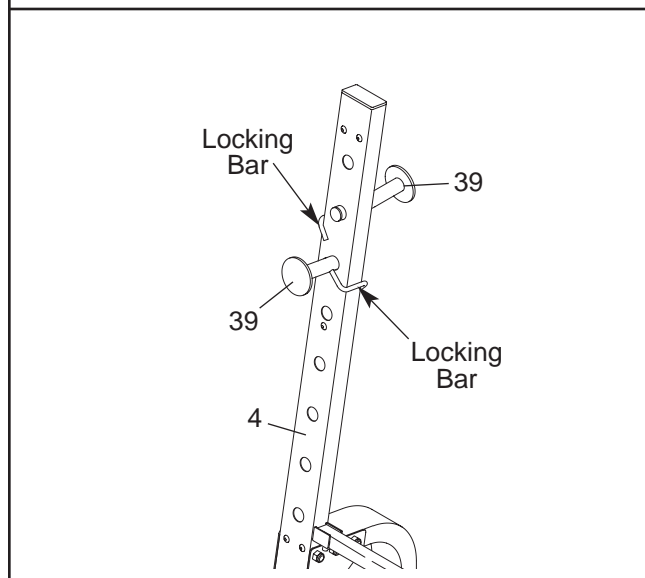
⚠ WARNING: Do not place more than 150 pounds on the Weight Tube (19) or Weight Carriage (14). Secure your weights with Spring Clips (66, 67).



WEIGHT RESTS

To use a barbell (not included) with the weight bench, first move the Weight Rests (39) to the correct height for the exercise to be performed. Engage the locking bars around the Uprights (3, 4).

⚠ WARNING: Always place each pair of Weight Rests (39) at the same height. Make sure the locking bars are securely wrapped around the Uprights (3, 4) before setting a barbell (not included) on them.



PART LIST—Model No. GGBE12830

R0803A

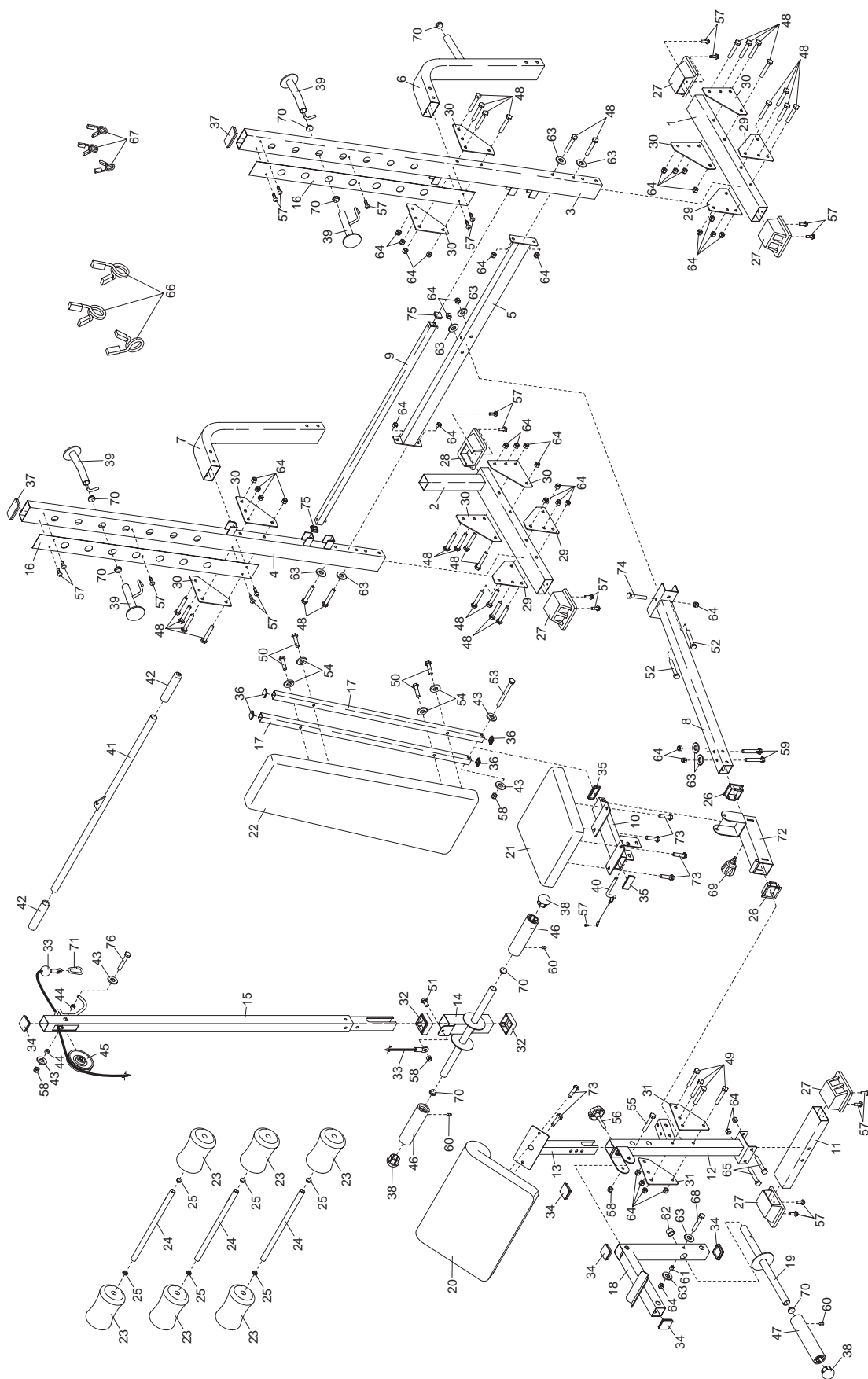
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Stabilizer	41	1	Lat Bar
2	1	Right Stabilizer	42	2	Handgrip
3	1	Left Upright	43	4	M10 Washer
4	1	Right Upright	44	2	15mm x 10mm Spacer
5	1	Crossbar	45	1	90mm Pulley
6	1	Left Rear Support	46	2	Carriage Olympic Adapter
7	1	Right Rear Support	47	1	Weight Tube Olympic Adapter
8	1	Bench Frame	48	28	M8 x 90mm Bolt
9	1	Adjustment Tube	49	4	M8 x 60mm Bolt
10	1	Seat Frame	50	4	M6 x 40mm Screw
11	1	Front Stabilizer	51	1	M10 x 20mm Bolt
12	1	Front Leg	52	2	M8 x 55mm Bolt
13	1	Curl Post	53	1	M10 x 145mm Bolt
14	1	Weight Carriage	54	4	M6 Washer
15	1	Lat Tower	55	1	M10 x 70mm Bolt
16	2	Upright Cover	56	1	Curl Post Knob
17	2	Backrest Frame	57	23	M4 x 16mm Screw
18	1	Leg Lever	58	4	M10 Nylon Locknut
19	1	Weight Tube	59	2	M8 x 52mm Bolt
20	1	Curl Pad	60	3	M8 x 10mm Allen Head Set Screw
21	1	Seat	61	1	12mm x 10mm Spacer
22	1	Backrest	62	1	25mm Round Outer Cap
23	6	Foam Pad	63	10	M8 Washer
24	3	Pad Tube	64	40	M8 Nylon Locknut
25	6	19mm Round Inner Cap	65	2	M8 x 95mm Bolt
26	2	Square Bushing	66	3	Large Spring Clip
27	5	Base Foot	67	3	Small Spring Clip
28	1	Notched Base Foot	68	1	M8 x 57mm Bolt
29	4	Front Support Plate	69	1	Adjustment Knob
30	8	Rear Support Plate	70	8	25mm Round Inner Cap
31	2	Bench Support Plate	71	1	Weight Clip
32	2	Carriage Bushing	72	1	Seat Adjustment Tube
33	1	Cable	73	6	M6 x 16mm Screw
34	5	45mm Square Inner Cap	74	1	M8 x 70mm Bolt
35	2	25mm x 50mm Inner Cap	75	2	25mm x 40mm Inner Cap
36	4	25mm Square Inner Cap	76	1	M10 x 60mm Bolt
37	2	38mm x 75mm Inner Cap	#	1	User's Manual
38	3	48mm Round Inner Cap	#	1	Exercise Guide
39	4	Weight Rest	#	1	Grease Pack
40	1	Seat Adjustment Pin	#	1	Allen Wrench

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

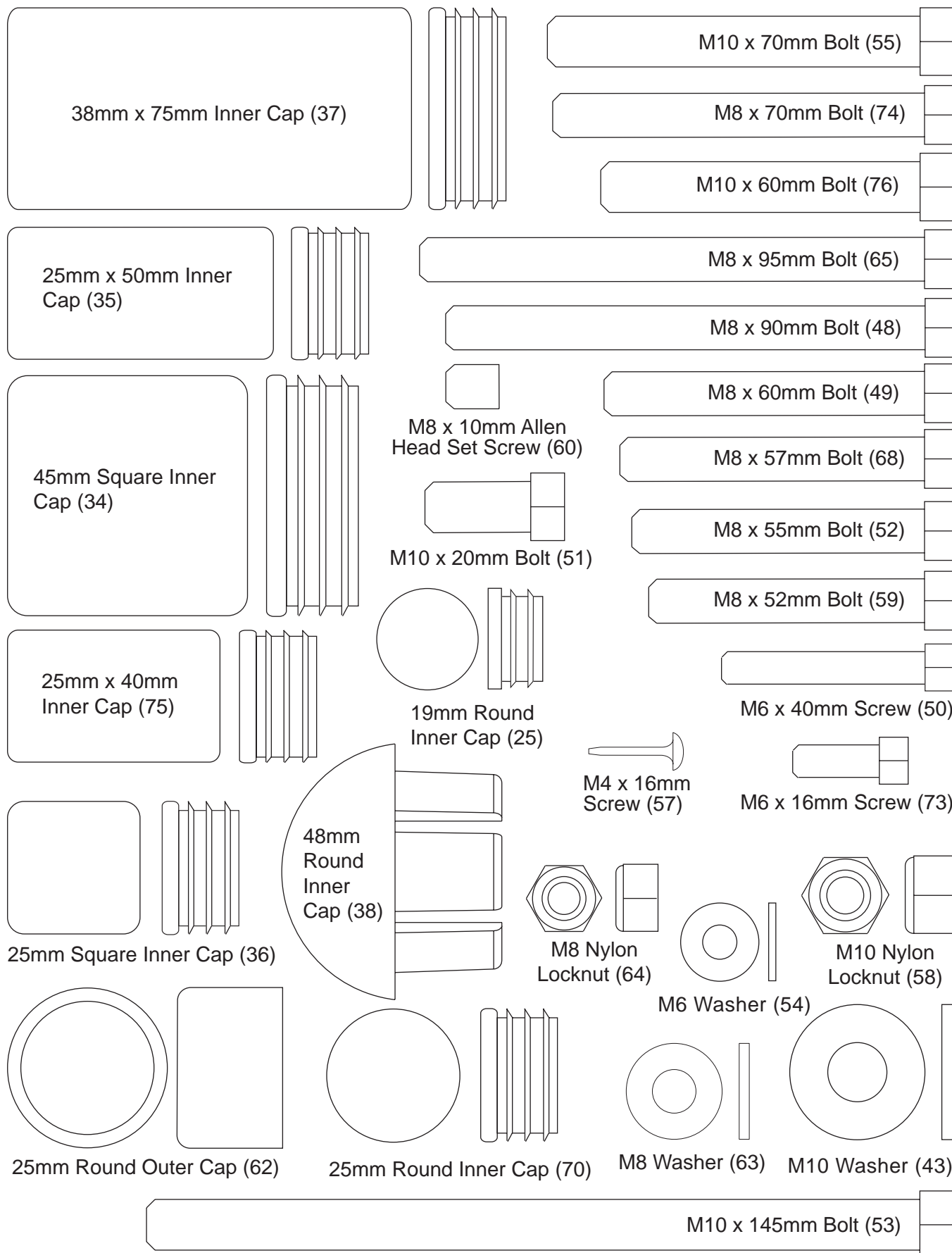
**REMOVE THIS PART IDENTIFICATION CHART AND PART LIST/
EXPLODED DRAWING. SAVE THIS PART IDENTIFICATION CHART
AND PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE.**

EXPLODED DRAWING—Model No. GGBE12830

R0803A



PART IDENTIFICATION CHART



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGBE12830)
2. The NAME of the product (GOLD'S GYM® XR5 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center 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. 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.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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