

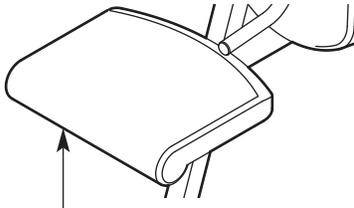
# **GOLD'S GYM®**

## **POWER SERIES GT 2000**

Model No. GGBE1774.0

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 a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

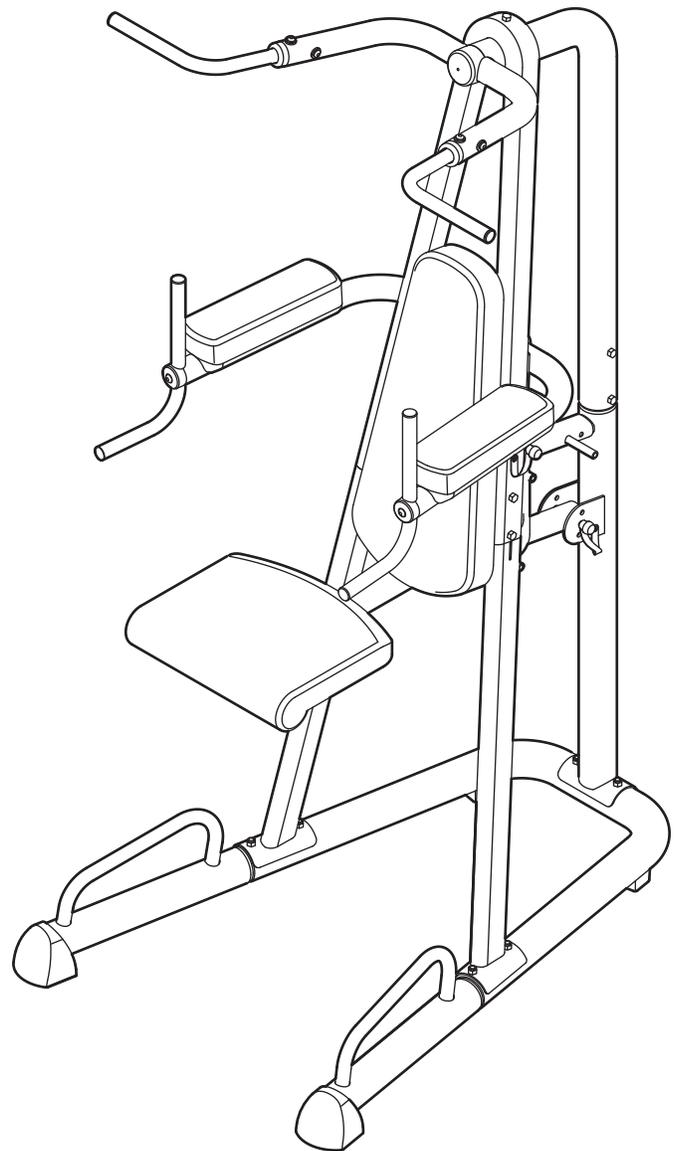
CALL TOLL-FREE:

**1-877-776-4777**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

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



### **⚠ CAUTION**

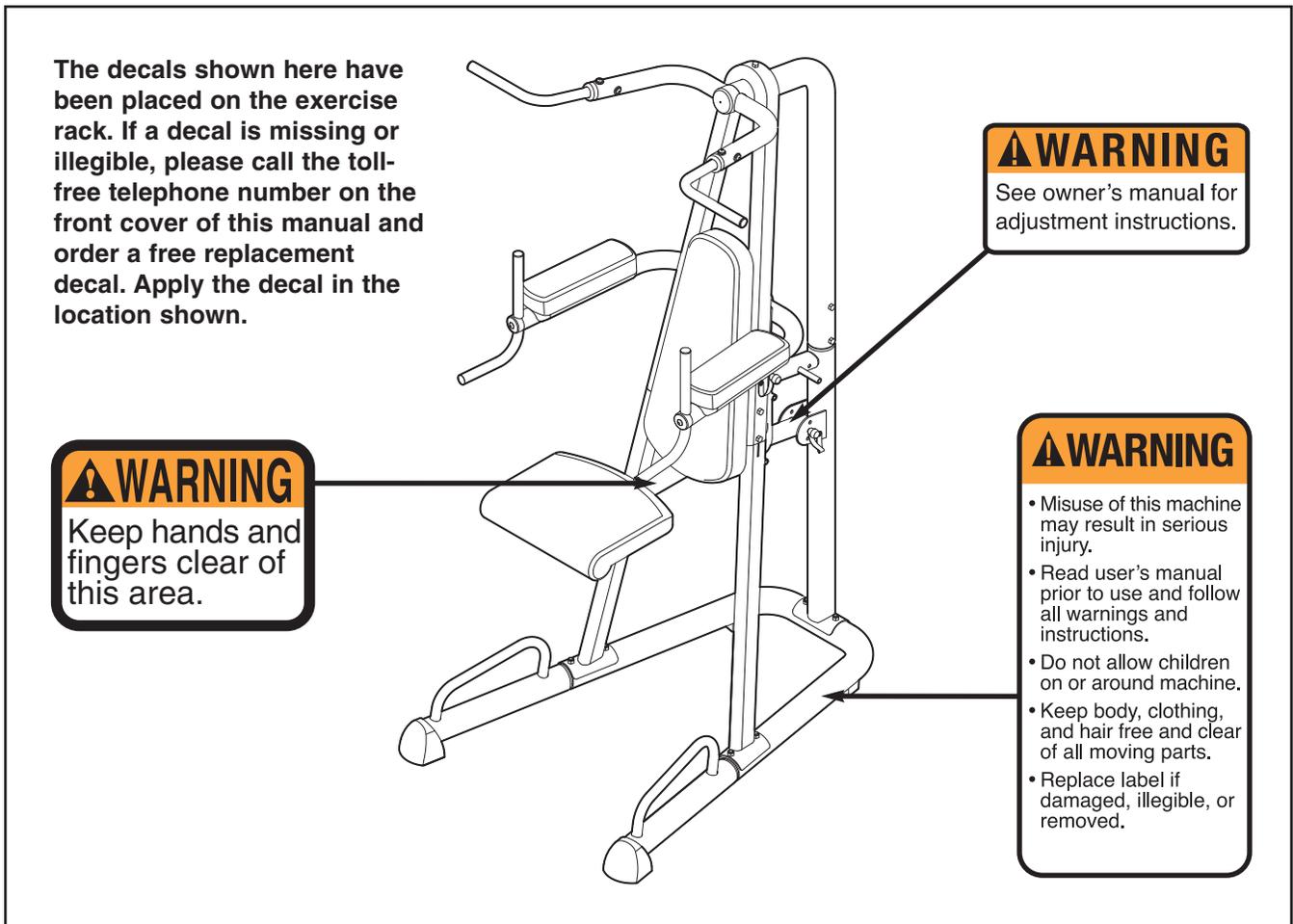
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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

## WARNING DECAL PLACEMENT



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.

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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the exercise rack.

1. Read all instructions in this manual and all warnings on the exercise rack before using the exercise rack. Use the exercise rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.
3. The exercise rack is intended for home use only. Do not use the exercise rack in any commercial, rental, or institutional setting.
4. Keep the exercise rack indoors, away from moisture and dust. Place the exercise rack on a level surface, with a mat beneath it to protect the floor or carpet.
5. Make sure that there is enough clearance around the exercise rack to mount, dismount, and use the exercise rack.
6. Keep children under 12 and pets away from the exercise rack at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Always make sure that the pins and knobs are fully engaged before the exercise rack is used.
9. Never use the knee pad without at least one resistance band connecting the support frame to the pivot arm.
10. Always wear athletic shoes for foot protection while exercising.
11. The exercise rack is designed to support a maximum user weight of 300 pounds.
12. 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

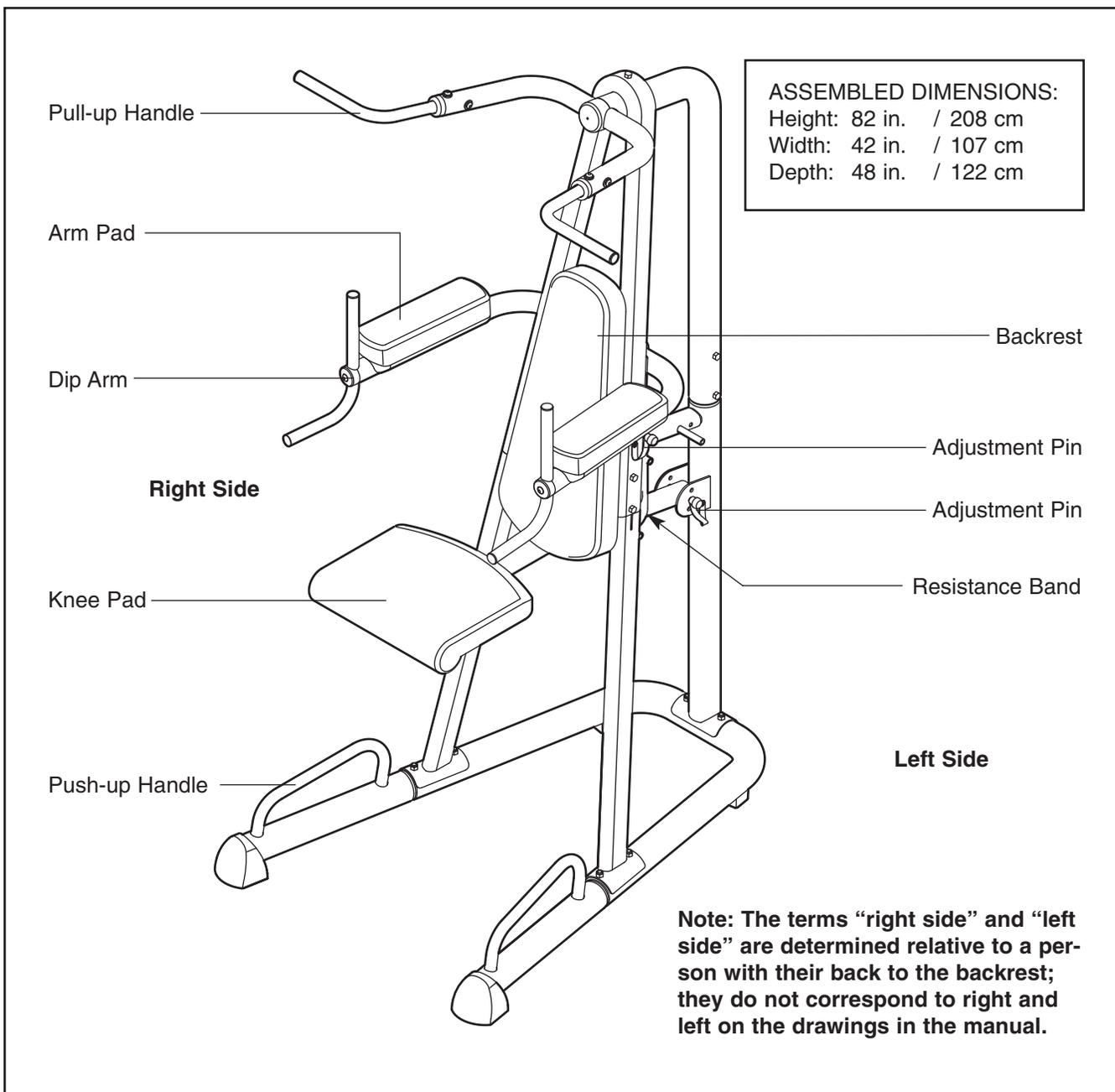
Thank you for selecting the versatile GOLD'S GYM® POWER SERIES GT 2000 exercise rack. The exercise rack offers a selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the exercise rack will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the exercise rack.** If you have questions after reading this manual, see the front cover of this manu-

al. To help us assist you, please note the product model number and serial number before calling. The model number is GGBE17740. The serial number can be found on a decal attached to the exercise rack (see the front cover of this manual).

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

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 exercise rack can be assembled successfully by anyone. However, it is important to realize that the versatile exercise rack 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.

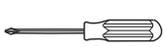
To hire an authorized service technician to assemble the weight bench, call toll-free 1-800-445-2480.

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 exercise rack, 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 

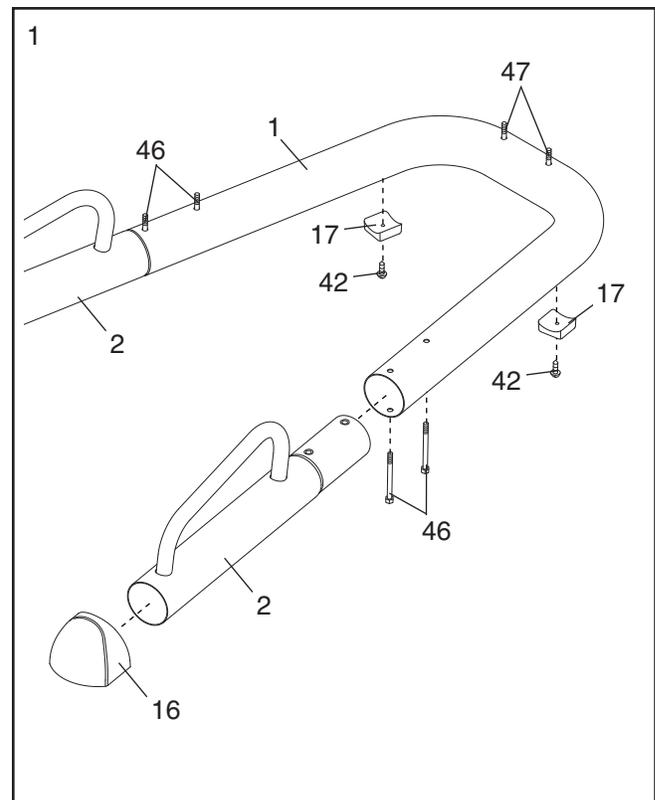
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Before beginning assembly, make sure that you have read and understand the information in the box above. Refer to the PART IDENTIFICATION CHART for help identifying small parts.

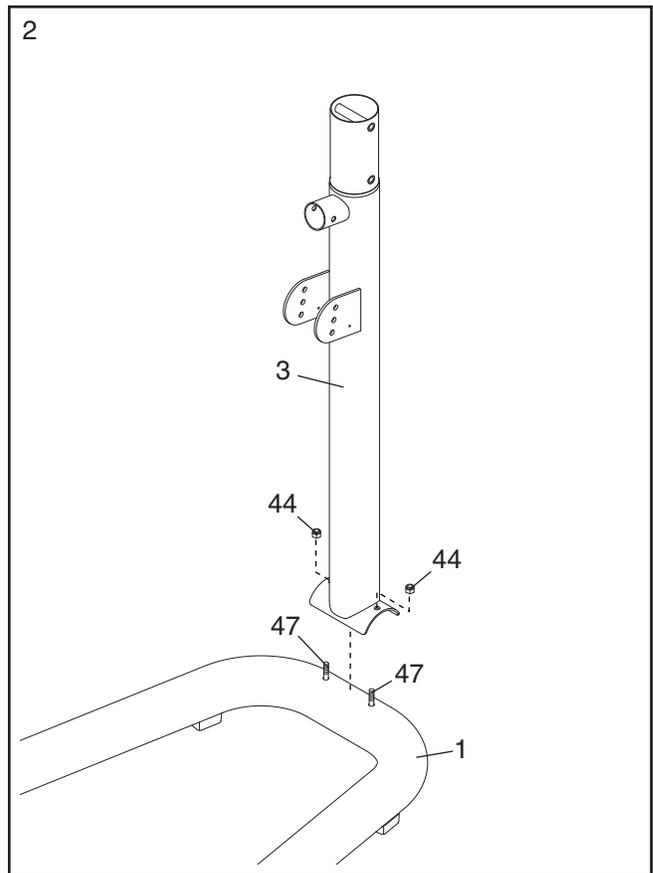
Attach two Base Pads (17) to the Base (1) with two M4 x 20mm Screws (42).

Press a Base Cap (16) onto a Base Handle (2). Repeat with the other Base Handle.

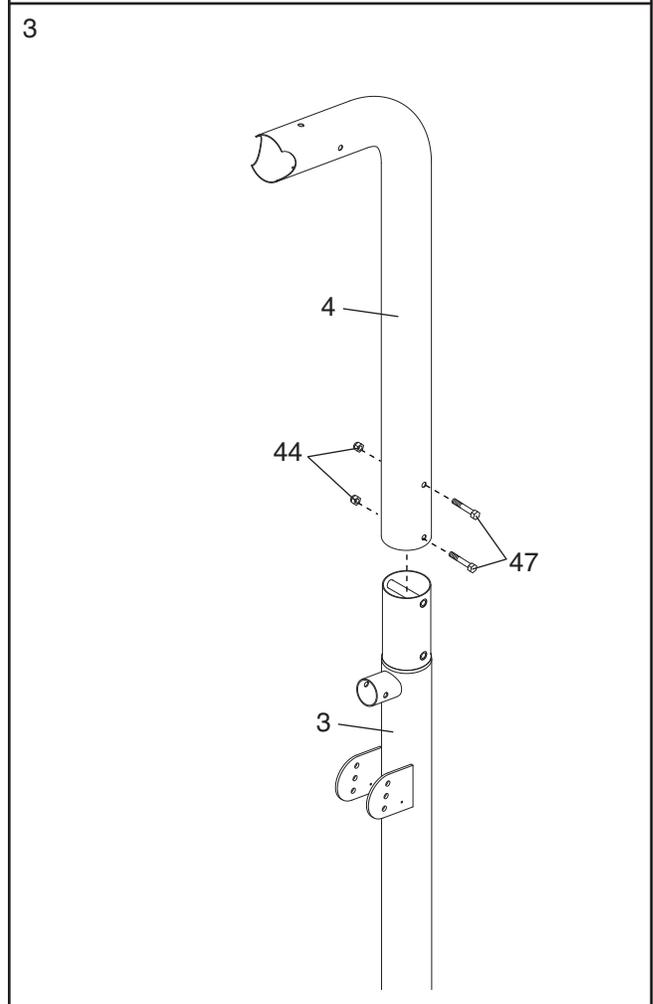
Insert the two Base Handles (2) into the Base (1) as shown. Insert four M10 x 90mm Bolts (46) and two M10 x 87mm Bolts (47) up through the Base. It may be helpful to place tape over the bolt heads to hold them in place.



2. Attach the Upright Base (3) to the Base (1) with the indicated M10 x 87mm Bolts (47) and two M10 Nylon Locknuts (44). **Do not tighten the Locknuts yet.**

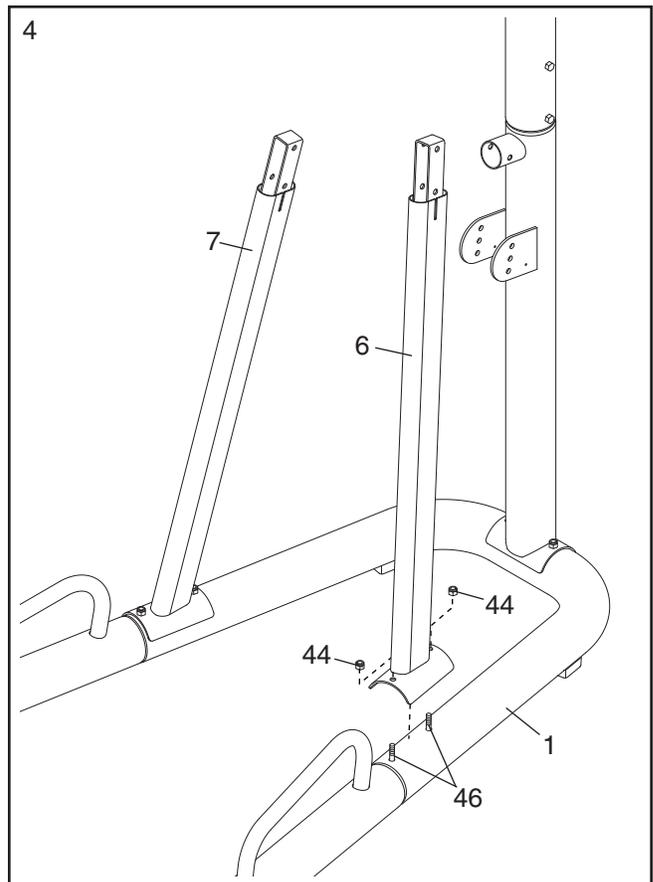


3. Attach the Upright (4) to the Upright Base (3) with two M10 x 87mm Bolts (47) and two M10 Nylon Locknuts (44). **Do not tighten the Locknuts yet.**



4. Attach the Left Leg (6) to the Base (1) with the indicated M10 x 90mm Bolts (46) and two M10 Nylon Locknuts (44). **Do not tighten the Locknuts yet.**

Repeat this step with the Right Leg (7).

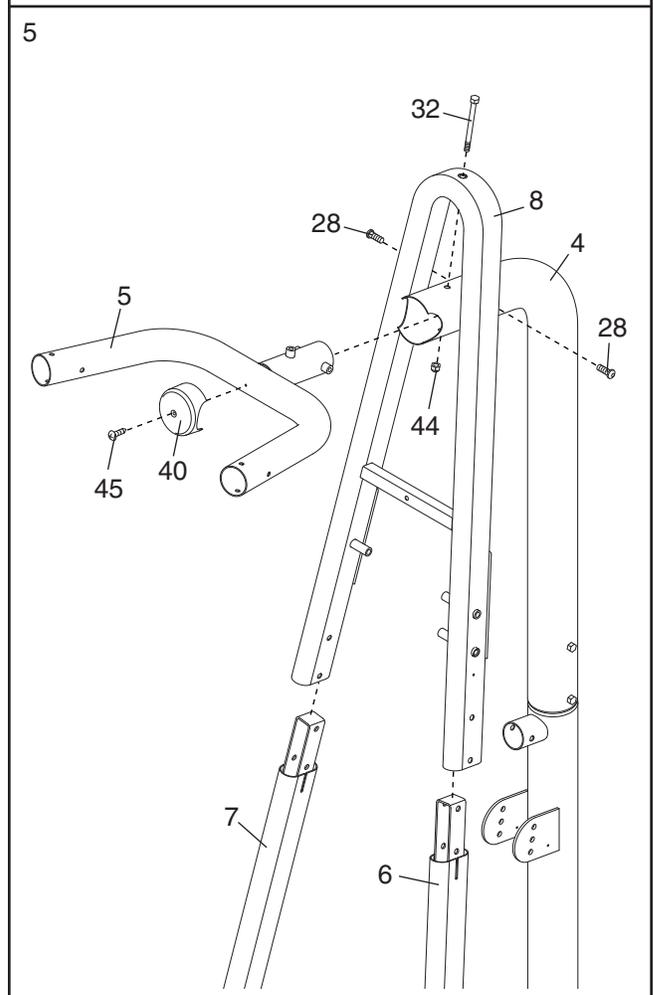


5. Slide the Backrest Frame (8) onto the Left and Right Legs (6, 7) and over the Upright (4) as shown.

Attach the Top Frame (5) inside the Upright (4) with two M8 x 15mm Screws (28). **Do not tighten the Screws yet.**

Attach the Backrest Frame (8) and the Top Frame (5) to the Upright (4) with an M10 x 127mm Bolt (32) and an M10 Nylon Locknut (44). **Do not tighten the Locknut yet.**

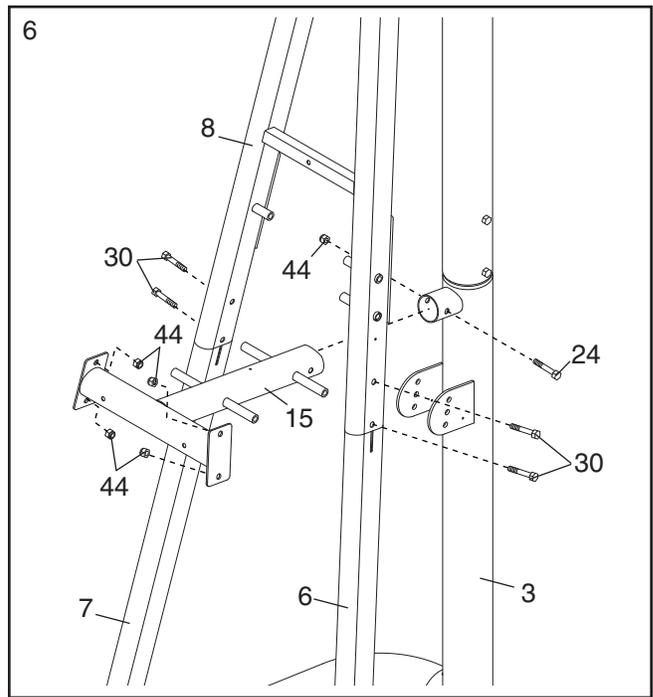
Attach the Top Frame Cap (40) to the Top Frame (5) with an M4 x 25mm Screw (45).



6. Attach the Support Frame (15) to the Upright Base (3) with an M10 x 62mm Bolt (24) and an M10 Nylon Locknut (44). **Do not tighten the Locknuts yet.**

Attach the Support Frame (15) and the Left and Right Legs (6, 7) to the Backrest Frame (8) with four M10 x 53mm Bolts (30) and four M10 Nylon Locknuts (44).

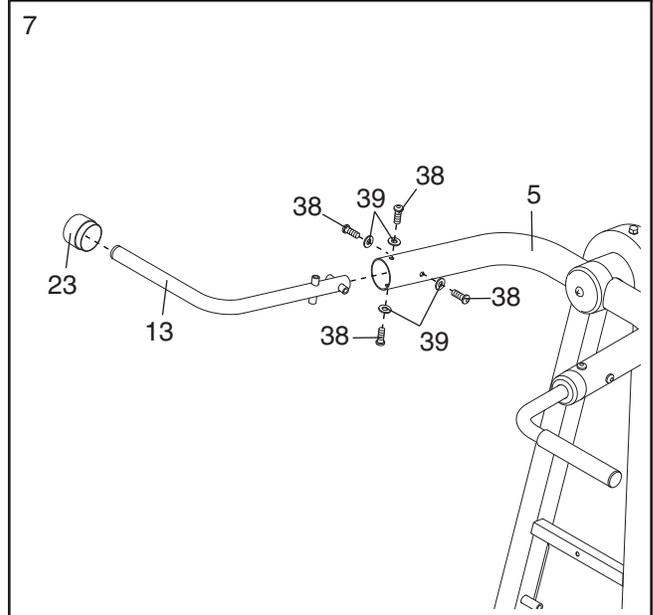
**Tighten the M10 Nylon Locknuts (44) and M8 x 15mm Screws (49) used in steps 2–6.**



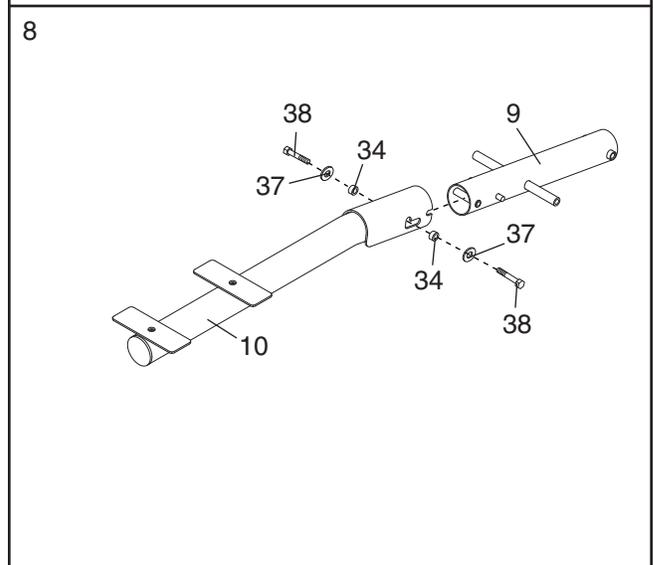
7. Attach a Pull-up Handle (13) inside the Top Frame (5) with four M8 x 19mm Screws (38) and four M8 Curved Washers (39).

Slide a 51mm Round Outer Cap (23) onto the Pull-up Handle (13) and press the Cap into the Top Frame (5).

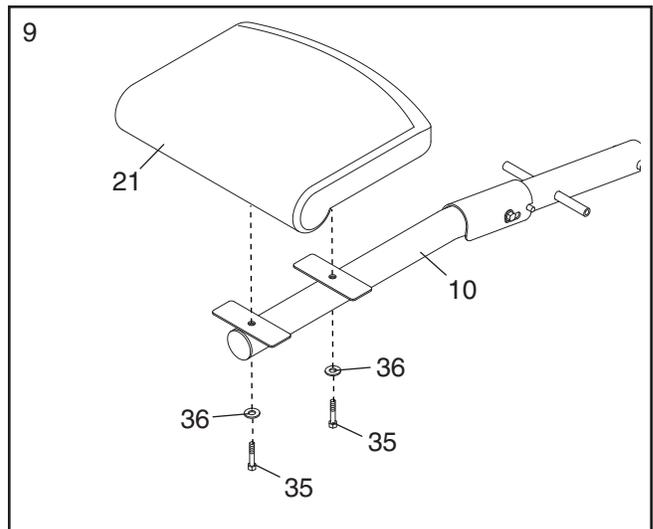
**Repeat this step on the other side of the Top Frame (5).**



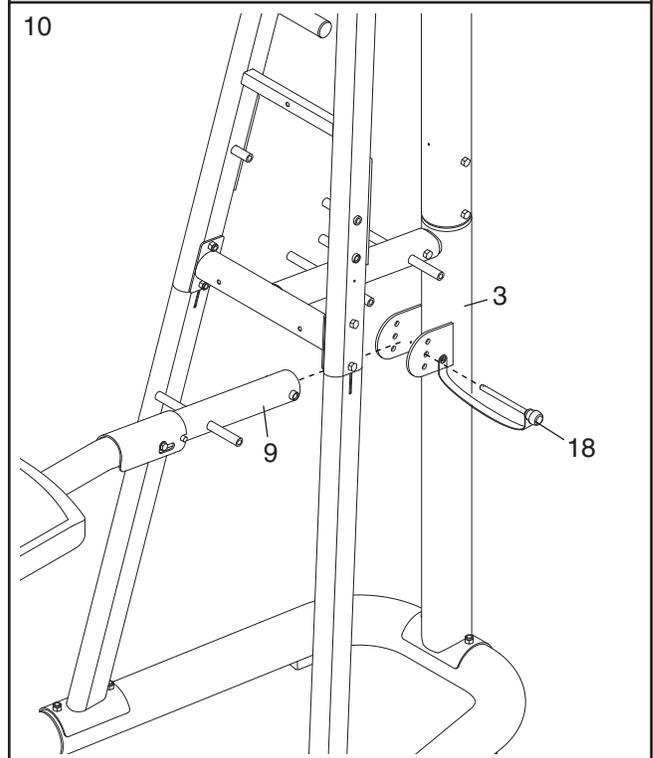
8. Attach the Pad Frame (10) to the Pivot Arm (9) with two M8 x 19mm Screws (38), two M8 Washers (37), and two 5mm Spacers (34).



9. Attach the Knee Pad (21) to Pad Frame (10) with two M6 x 70mm Screws (35) and two M6 Washers (36).

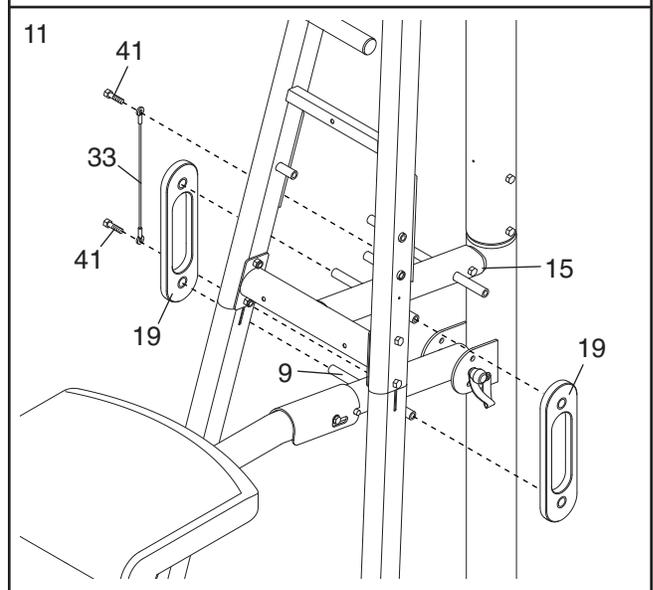


10. Attach the Pivot Arm (9) to the Upright Base (3) with the Pin (18). **Make sure the Pin is inserted all the way through the Upright Base and Pivot Arm.**

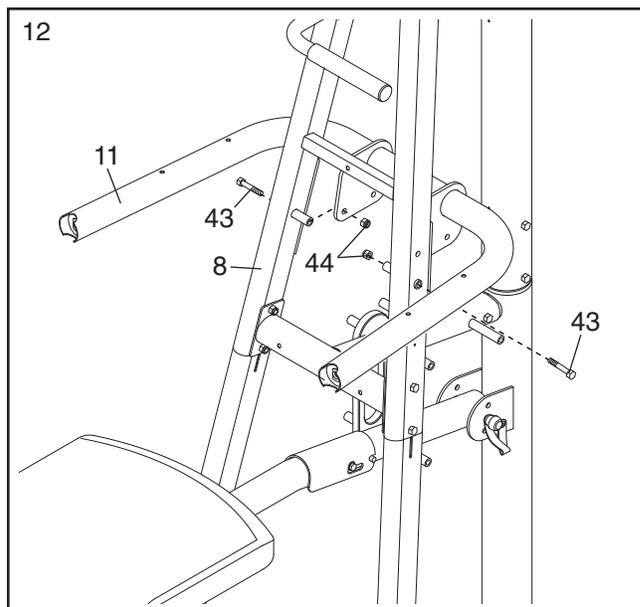


11. Slide two 15-pound Resistance Bands (19) onto the indicated tubes on the Support Frame (15) and Pivot Arm (9).

Attach the Cable (33) to the Support Frame (15) and Pivot Arm (9) with two M8 x 25mm Shoulder Screws (41). **Make sure that the cable ends pivot freely on the Bolts.**

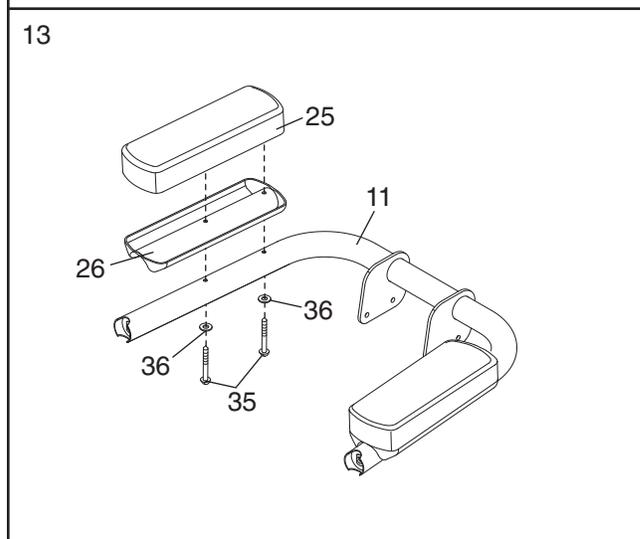


12. Hold the Dip Arm (11) behind the Backrest Frame (8) as shown. Attach the Dip Arm to the Backrest Frame with two M10 x 100mm Bolts (43) and two M10 Nylon Locknuts (44). **Do not overtighten the Locknuts; the Dip Arm must be able to pivot easily.**



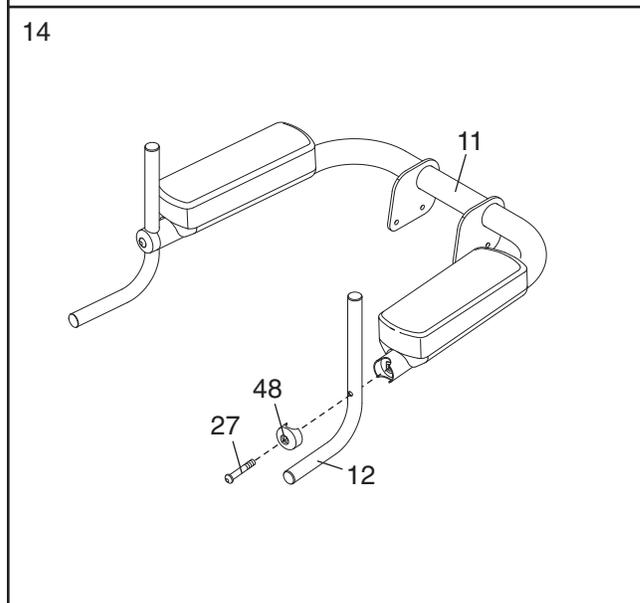
13. Attach the Right Pad Base (26) and an Arm Pad (25) to the Dip Arm (11) with two M6 x 70mm Screws (35) and two M6 Washers (36).

**Repeat this step on the other side of the Dip Arm (11).**



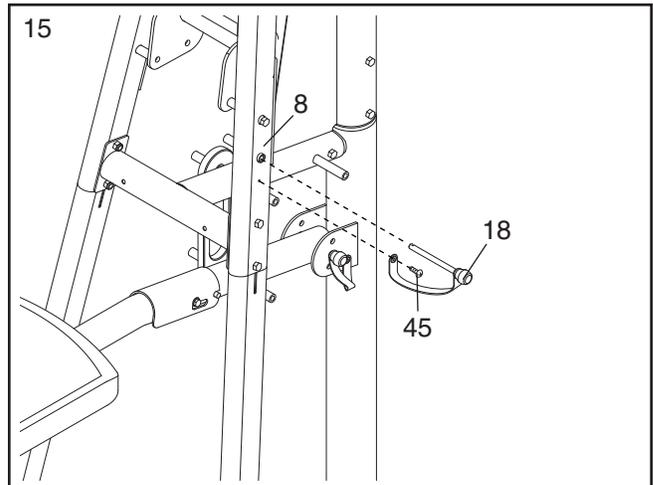
14. Attach a Dip Handle (12) to the Dip Arm (11) with an M10 x 50mm Screw (27) and a Dip Cap (48).

**Repeat this step on the other side of the Dip Arm (11).**



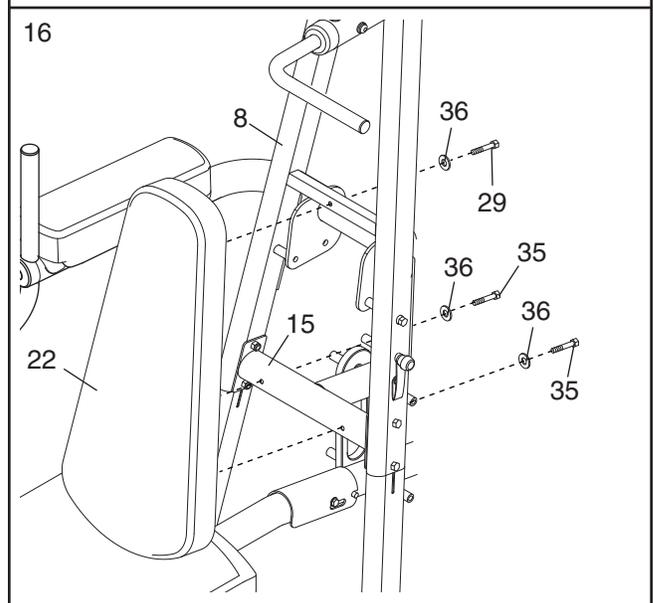
15. Attach a Pin (18) to the Backrest Frame (8) with an M4 x 25mm Screw (45).

Insert the Pin (18) into the Backrest Frame (8).



16. Attach the Backrest (22) to the Backrest Frame (8) with an M6 x 38mm Screw (29) and an M6 Washer (36).

Attach the Backrest (22) to the Support Frame (15) with two M6 x 70mm Screws (35) and two M6 Washers (36).



17. **Make sure that all parts have been properly tightened before the exercise rack is used.**

# ADJUSTMENTS

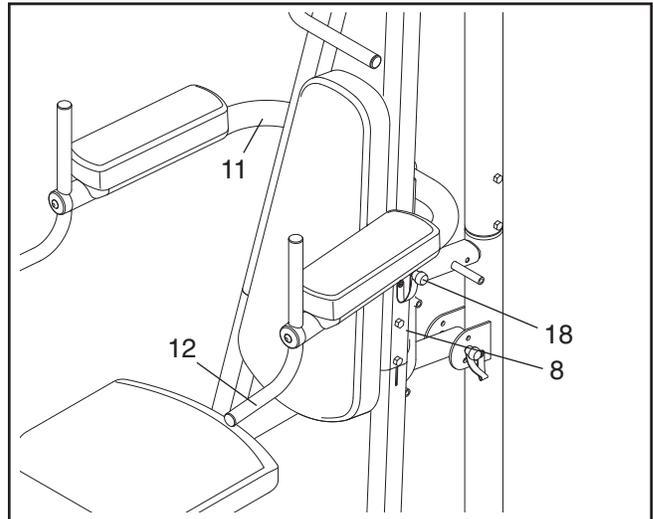
This section explains how to adjust the exercise rack. See the EXERCISE GUIDELINES on page 14 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

## ADJUSTING THE DIP ARM

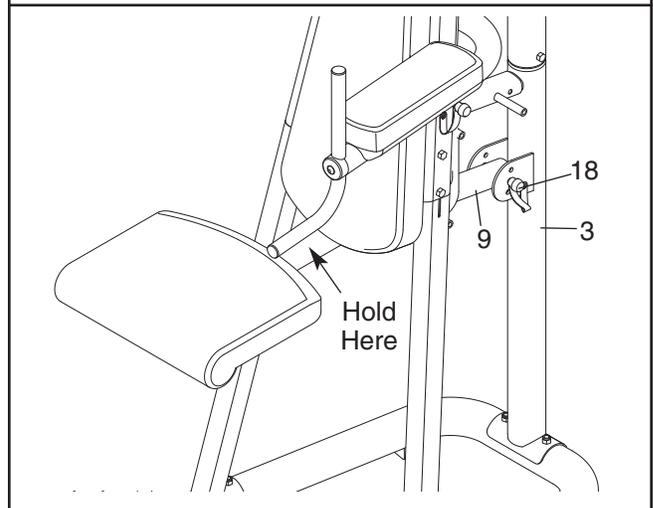
To perform some exercises, the Dip Arm (11) should be locked in the up position. Remove the indicated Pin (18) and lift the Dip Handle (12). Engage the Pin into the Backrest Frame (8) and the hole in the Dip Arm plate.

To use the Dip Arm (11), remove the Pin (18) and lower the Dip Handle (12). Insert the Pin into the Backrest Frame (8).



## ADJUSTING THE KNEE PAD

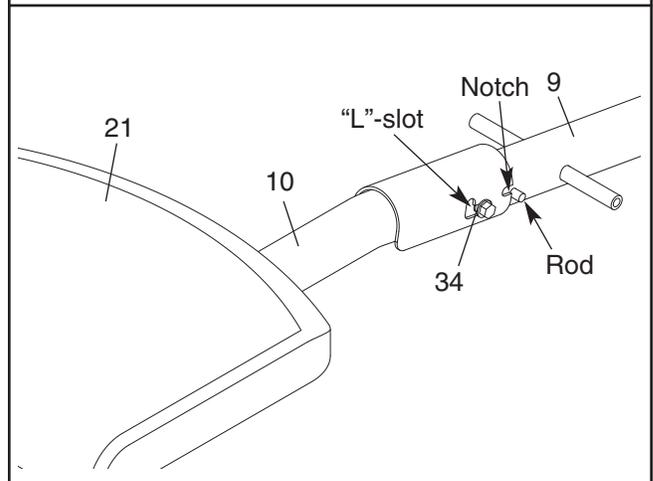
To change the pivot angle of the knee pad, first make sure that there are at least two resistance bands assembled on the Pivot Arm (9) (see USING RESISTANCE BANDS on page 13). Next, hold the Pivot Arm in the indicated location and remove the indicated Pin (18). Then, align the hole in the Pivot Arm with the desired hole in the Upright Base (3). **Note: The upper hole will be better for a taller person and the lower hole will be better for a shorter person. Find the position that is most comfortable for you.** Finally, reengage the Pin into the Upright Base and Pivot Arm.



## ADJUSTING THE KNEE PAD

To adjust the Knee Pad (21) to the up position, lift on the Knee Pad so that the rod on the Pivot Arm (9) is in the notch in the Pad Frame (10). Then, lower the Knee Pad so that the 5mm Spacers (34) are in the top of the "L"-slot in the Pad Frame (10).

To adjust the Knee Pad (21) to the down position, lift on the Knee Pad and slide the Pad Frame forward, disengaging the rod on the Pivot Arm (9). Lower the Knee Pad.

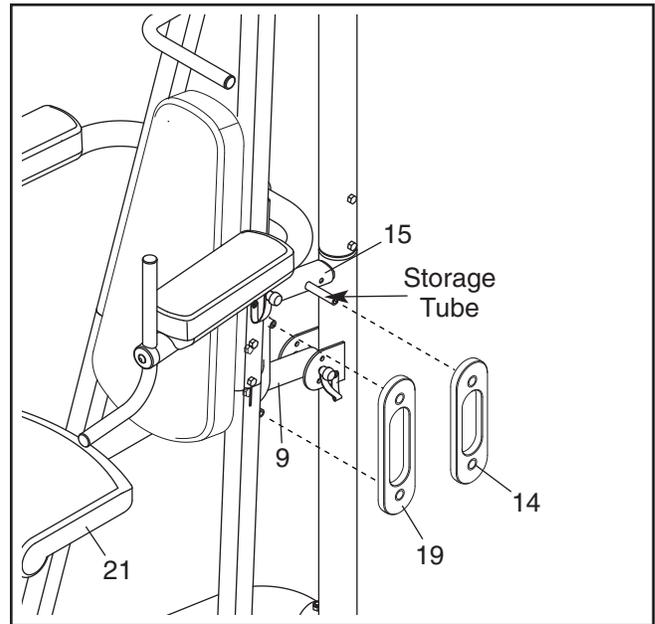


## USING THE RESISTANCE BANDS

To add resistance to the Pivot Arm (9), slide a Resistance Band (19 or 14) onto the tubes on the Pivot Arm and the Support Frame (15).

Store Resistance Bands (19 or 14) on the storage tube when they are not being used.

**⚠ WARNING:** Never use the Knee Pad (21) without at least one Resistance Band (19 or 14) connecting the Support Frame (15) to the Pivot Arm (9).



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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 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 is:

- 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 or exercise bike, 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 exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should 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 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. 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.

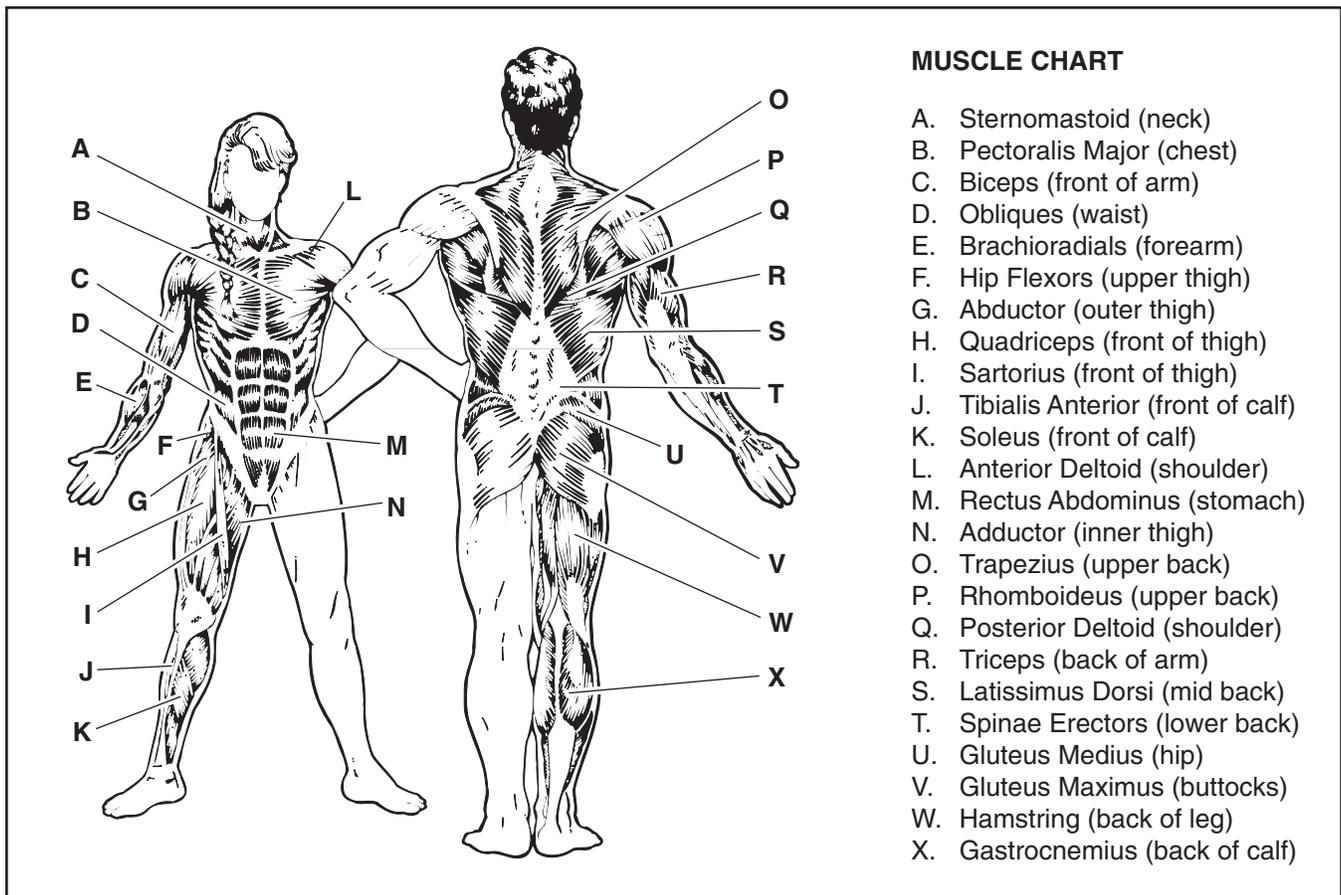
### COOLING DOWN

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. 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.

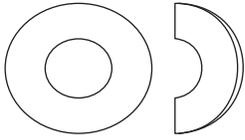


### MUSCLE CHART

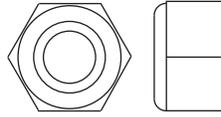
- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. 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 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 in the center of this manual. **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 pre-attached.**



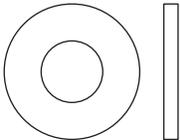
M8 Curve Washer (39)



M10 Nylon Locknut (44)



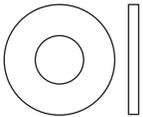
M8 x 25mm Shoulder Screw (41)



M8 Washer (37)



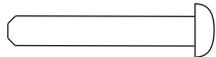
M6 x 38mm Screw (29)



M6 Washer (36)



M10 x 50mm Screw (27)



M4 x 25mm Screw (45)



M10 x 53mm Bolt (30)



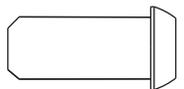
M4 x 20mm Screw (42)



M10 x 62mm Bolt (24)



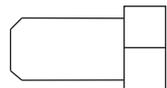
M6 x 70mm Screw (35)



M8 x 19mm Screw (38)



M10 x 87mm Bolt (47)



M8 x 15mm Screw (28)



M10 x 90mm Bolt (46)



M10 x 100mm Bolt (43)



M10 x 127mm Bolt (32)

# PART LIST—Model No. GGBE1774.0

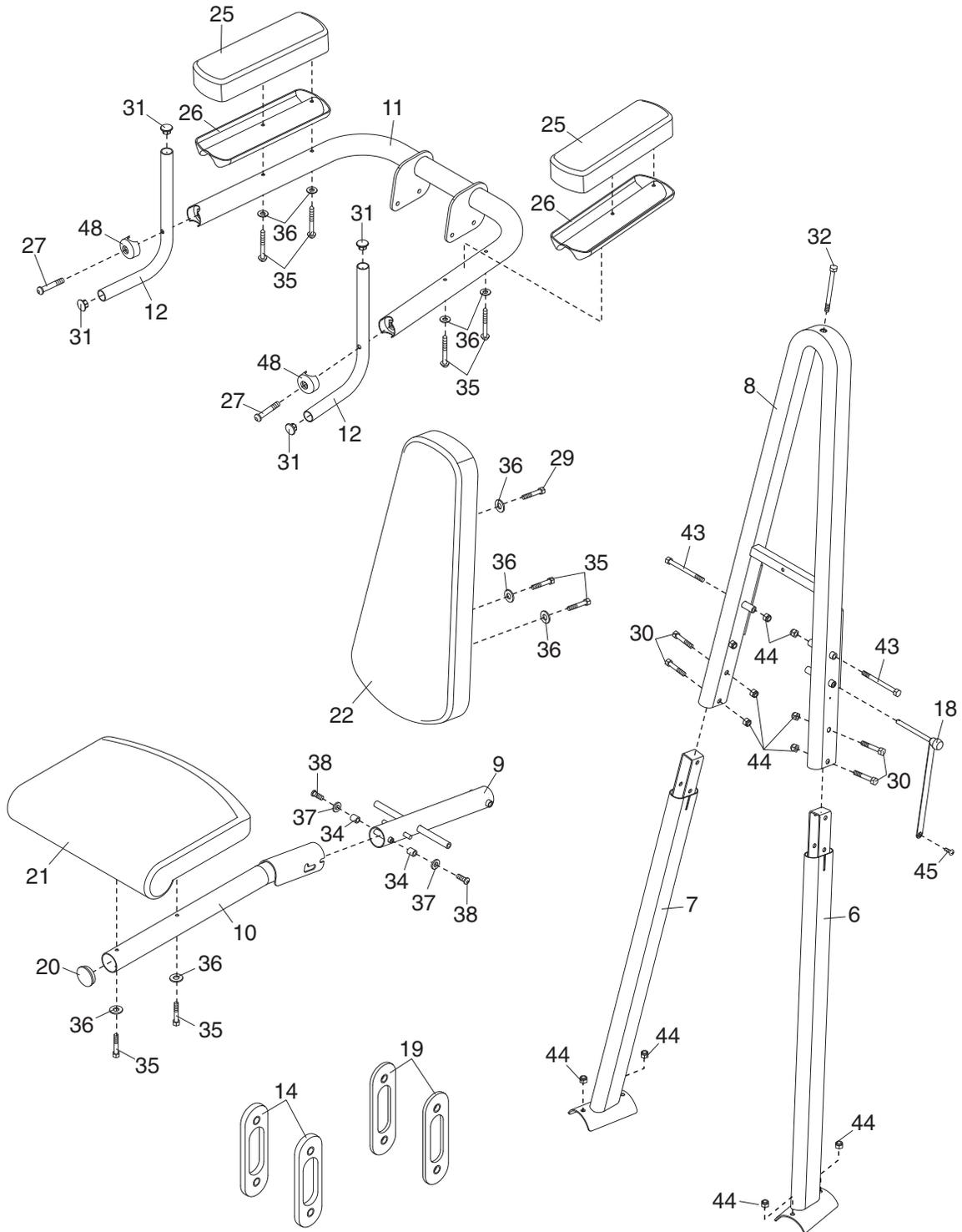
R0505A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	27	2	M10 x 50mm Screw
2	2	Base Handle	28	2	M8 x 15mm Screw
3	1	Upright Base	29	1	M6 x 38mm Screw
4	1	Upright	30	4	M10 x 53mm Bolt
5	1	Top Frame	31	6	29mm Round Inner Cap
6	1	Left Leg	32	1	M10 x 127mm Bolt
7	1	Right Leg	33	1	Cable
8	1	Backrest Frame	34	2	5mm Spacer
9	1	Pivot Arm	35	8	M6 x 70mm Screw
10	1	Pad Frame	36	9	M6 Washer
11	1	Dip Arm	37	2	M8 Washer
12	2	Dip Handle	38	10	M8 x 19mm Screw
13	2	Pull-up Handle	39	8	M8 Curved Washer
14	2	25-pound Resistance Band	40	1	Top Frame Cap
15	1	Support Frame	41	2	M8 x 25mm Shoulder Screw
16	2	Base Cap	42	2	M4 x 20mm Screw
17	2	Base Pad	43	2	M10 x 100mm Bolt
18	2	Pin	44	16	M10 Nylon Locknut
19	2	15-pound Resistance Band	45	2	M4 x 25mm Screw
20	1	51mm Round Inner Cap	46	4	M10 x 90mm Bolt
21	1	Knee Pad	47	4	M10 x 87mm Bolt
22	1	Backrest	48	2	Dip Cap
23	2	51mm Round Outer Cap	49	1	M4 x 10mm Screw
24	1	M10 x 62mm Bolt	#	1	User's Manual
25	2	Arm Pad	#	1	Exercise Guide
26	2	Pad Base	#	2	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.

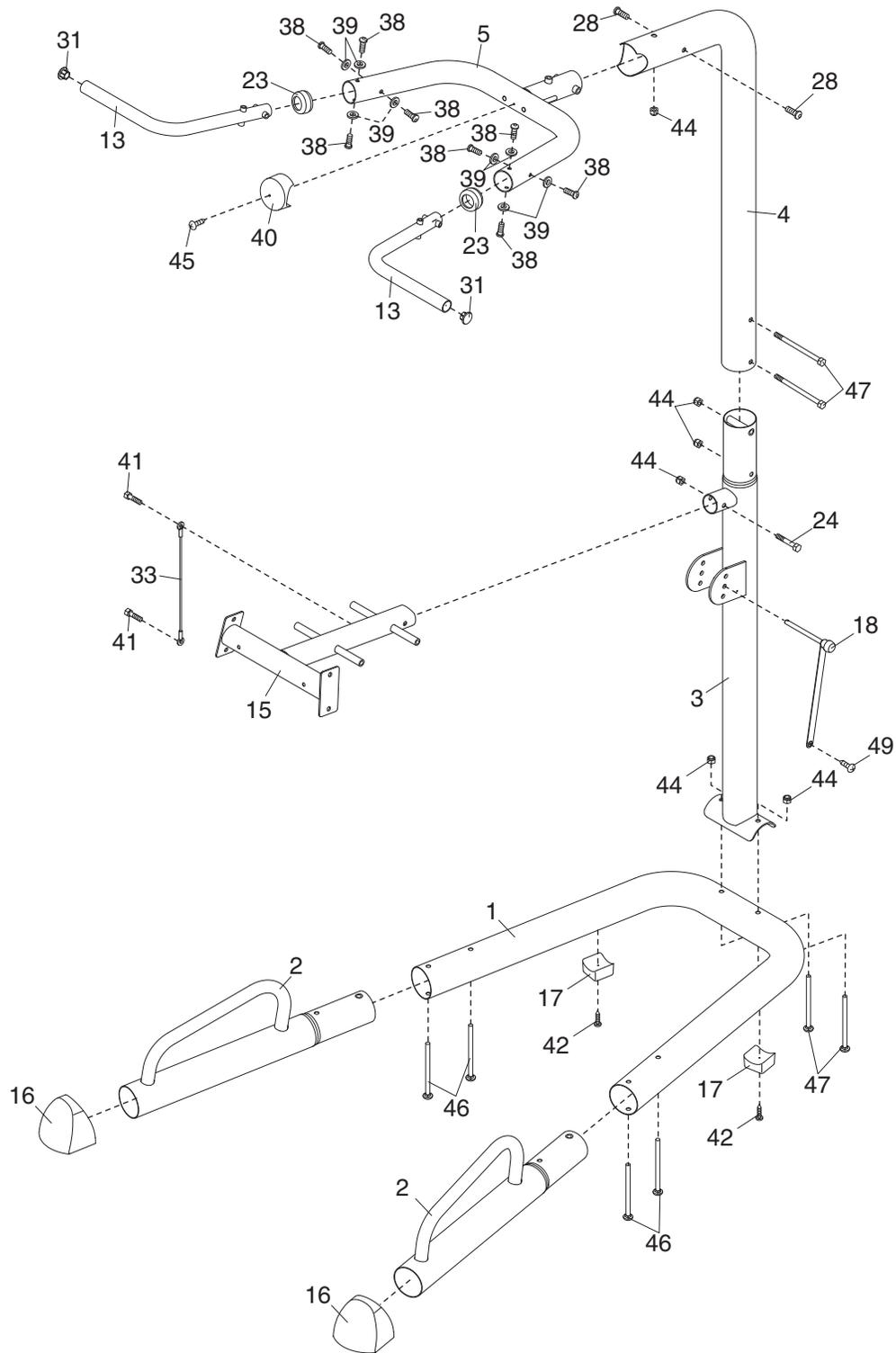
# EXPLODED DRAWING A—Model No. GGBE1774.0

R0505A



# EXPLODED DRAWING B—Model No. GGBE1774.0

R0505A



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# ORDERING REPLACEMENT PARTS

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

1. the MODEL NUMBER of the product (GGBE1774.0)
2. the NAME of the product (GOLD'S GYM POWER SERIES GT 2000 exercise rack)
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 at 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. 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.

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

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