

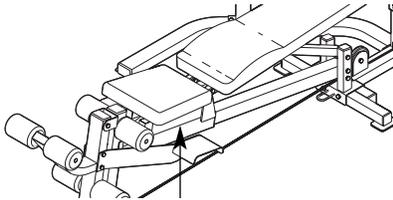
GOLD'S GYM®

XR30

Model No. GGBE29922

Serial No. _____

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



Serial Number Decal (Under Seat)

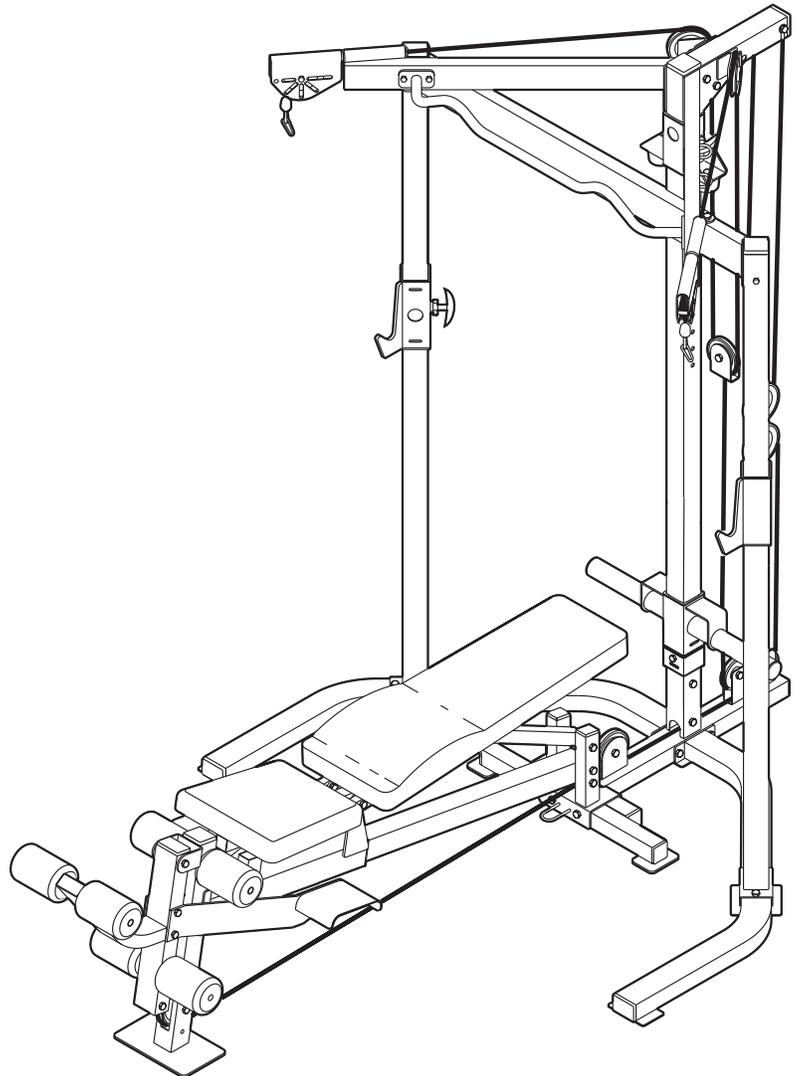
USER'S MANUAL

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

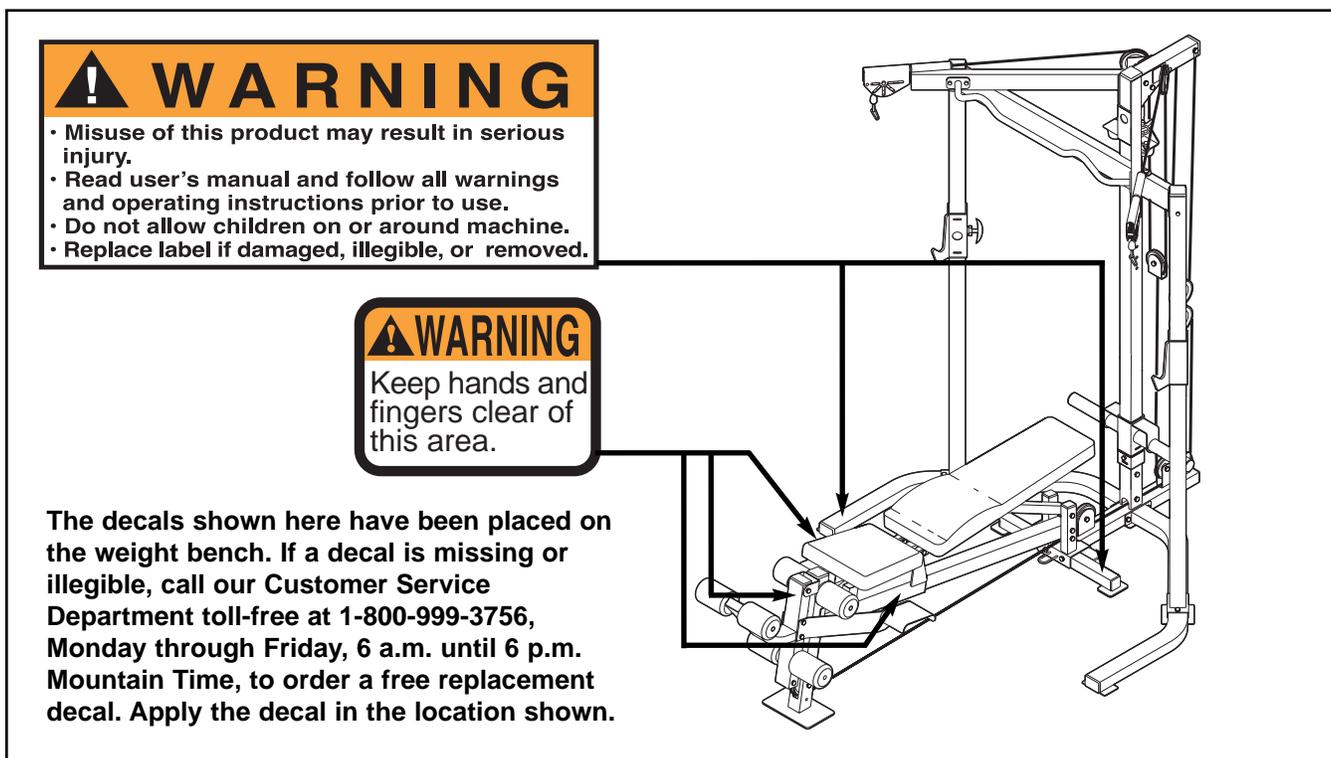
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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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.

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 the weight bench is used. Replace any worn parts immediately.
6. Keep children under 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. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
10. Always set both weight rests at the same height.
11. The weight bench is designed to support a maximum user weight of 300 pounds. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the 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.
12. Always place an equal amount of weight on each side of the weight carriage or barbell.
13. Always secure the weights with the weight clips when they are mounted on the weight carriage.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always set the back leg over the center base before using the leg lever. Always attach the bench cable to the low cable before performing a bench exercise.
16. Always move the bench out of the way when performing squat exercises. Always disconnect the barbell from the high cable when performing an exercise that does not require it. The barbell could be lifted off of the weight rests and fall.
17. 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.

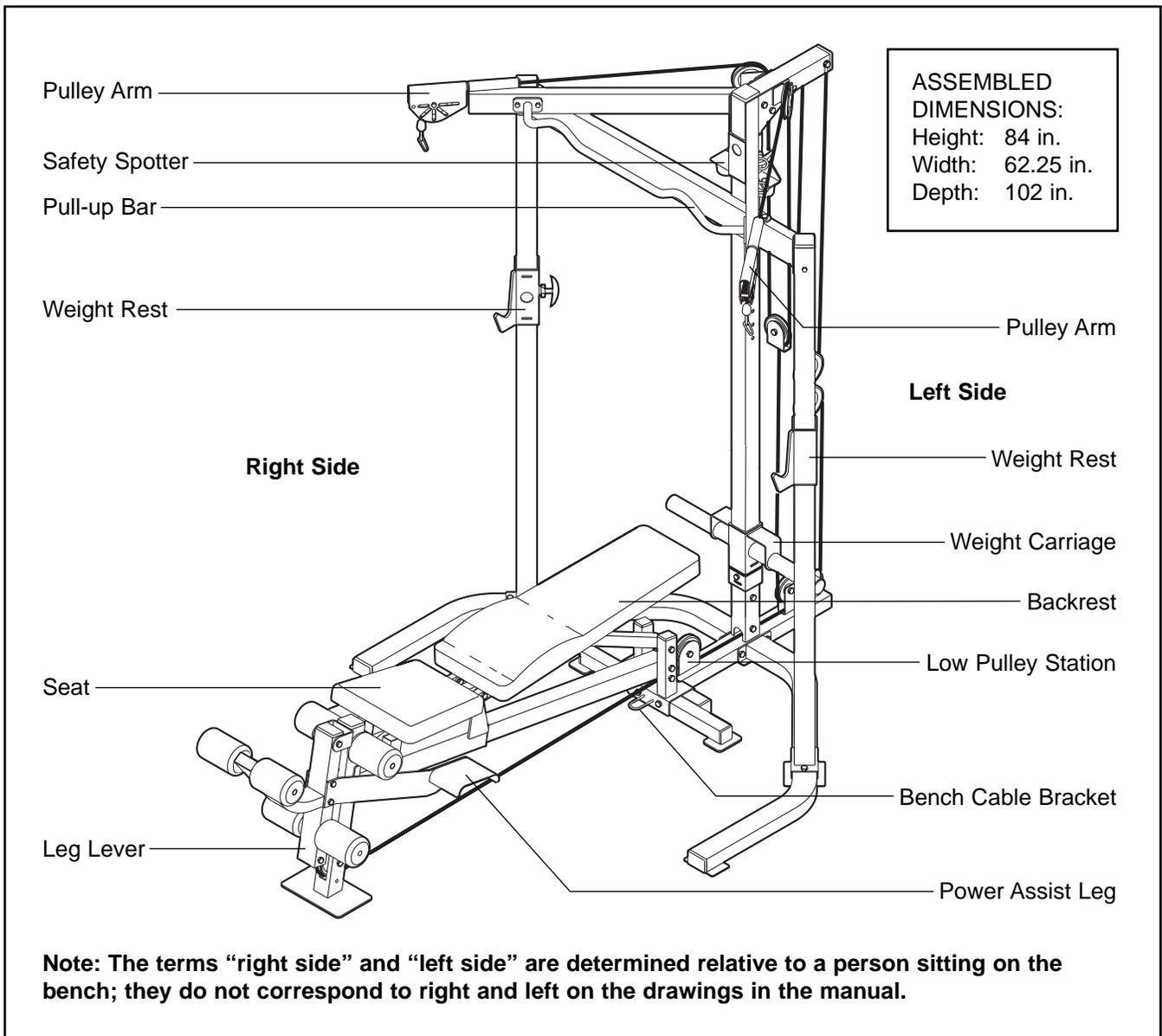
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR30 weight bench. The XR30 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 XR30 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 additional questions, 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 GGBE29922. 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

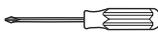
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly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

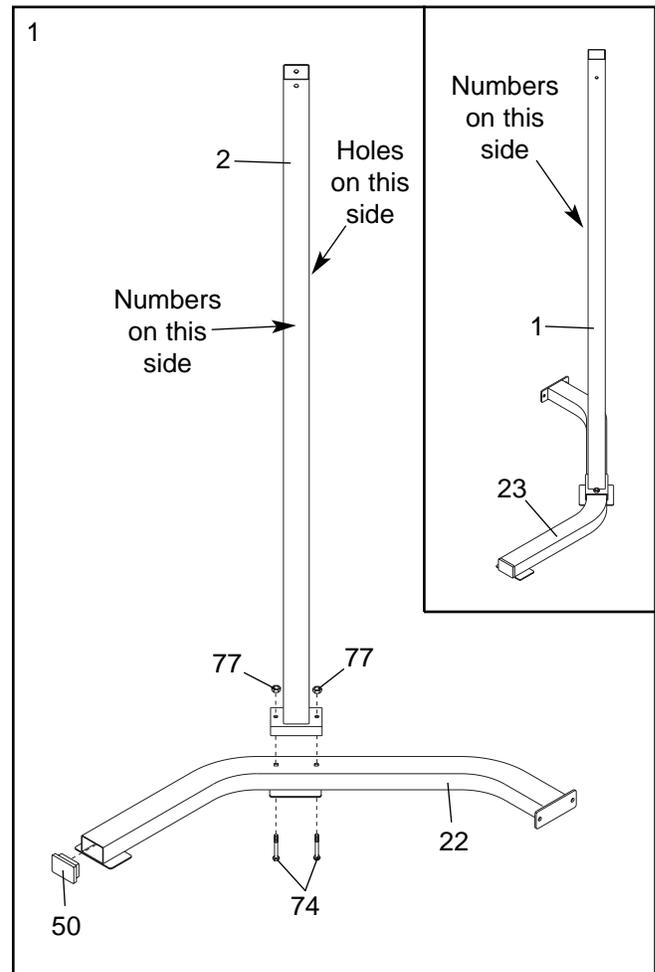
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above. Important: Some of the parts described in the assembly steps may be pre-assembled.**

Press a 2" x 3" Square Inner Cap (50) into the end of the Right Base (22).

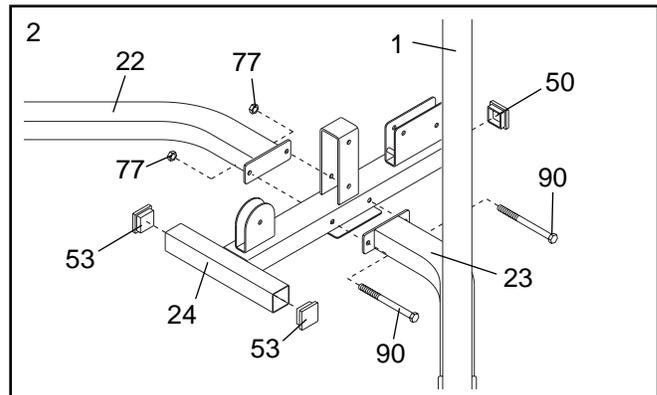
Identify the Right Upright (2) by the positions of the numbers and holes. Attach the Right Upright to the Right Base (22) with two M10 x 62mm Carriage Bolts (74) and two M10 Nylon Locknuts (77). **Make sure that the numbers on the Right Upright are on the side shown. Do not tighten the Locknuts yet.**

Repeat this step with the Left Base (23) and Left Upright (1). **Make sure the numbers on the Left Upright are on the side shown in the inset drawing.**



- Press two 50mm Thick Square Inner Caps (53) and a 2" x 3" Inner Cap (50) into the ends of the Center Base (24).

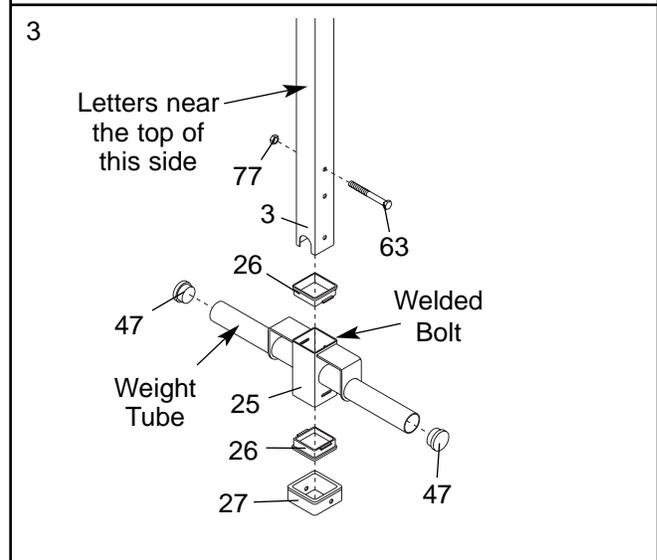
Have a second person hold the Right and Left Uprights (1, 2 [not shown]). Attach the Right and Left Bases (22, 23) to the Center Base (24) with two M10 x 97mm Bolts (90) and two M10 Nylon Locknuts (77). **Do not tighten the Locknuts yet.**



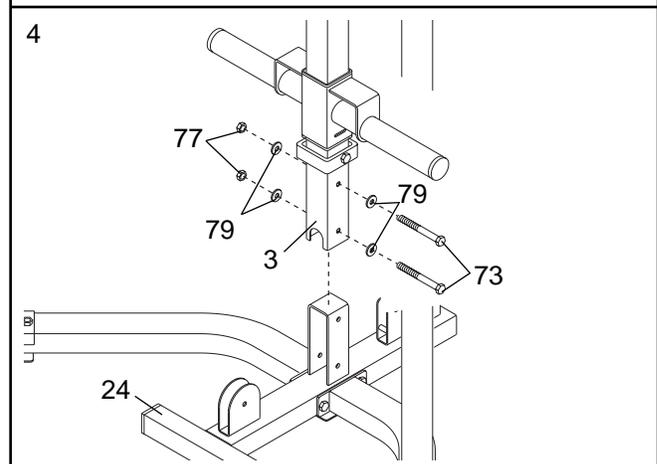
- Press two 48mm Round Inner Caps (47) into the ends of the weight tube on the Weight Carriage (25). Press two 75mm Bushings (26) into the top and bottom of the Weight Carriage.

Orient the Weight Carriage (25) and Center Upright (3) so that the welded bolt and letters are on the indicated sides. Slide the Weight Carriage onto the bottom of the Center Upright.

Attach the Carriage Stop (27) to the indicated hole in the Center Upright (3) with an M10 x 86mm Bolt (63) and an M10 Nylon Locknut (77).



- Attach the Center Upright (3) to the Center Base (24) with two M10 x 75mm Bolts (73), four M10 Washers (79), and two M10 Nylon Locknuts (77). **Do not tighten the Locknuts yet.**

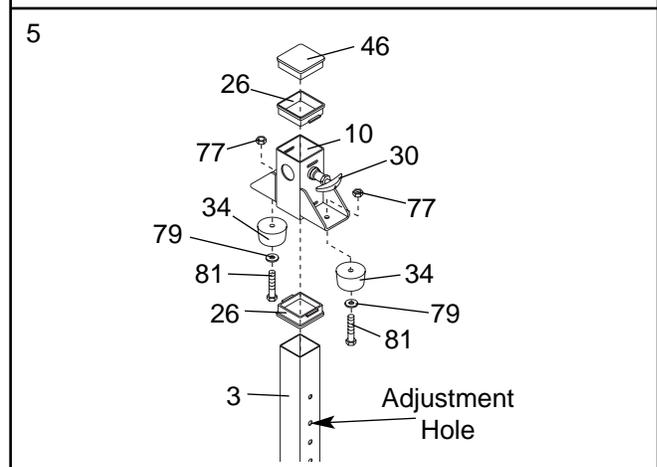


- Press two 75mm Bushings (26) into the top and bottom of the Safety Spotter (10).

Attach the two Safety Spotter Bumpers (34) to the Safety Spotter (10) with two M10 x 25mm Button Bolts (81), two M10 Washers (79), and two M10 Nylon Locknuts (77).

Pull the Knob (30) out as far as it will go. Slide the Safety Spotter (10) onto the top of the Center Upright (3) and engage the Knob into an adjustment hole. Turn the Knob clockwise until tight.

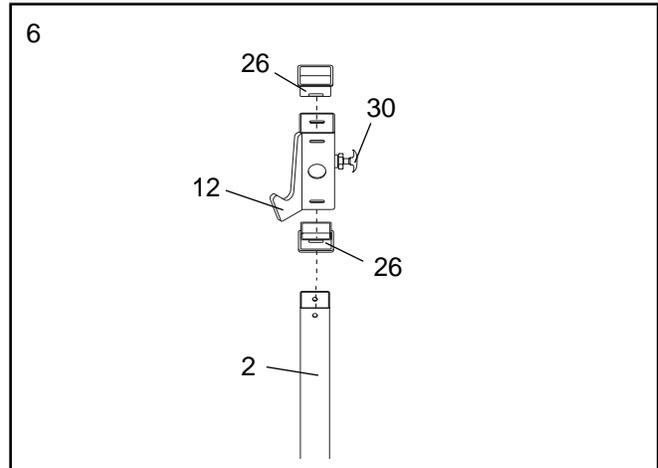
Press a 60mm Square Inner Cap (46) into the top of the Center Upright (3).



- Press two 75mm Bushings (26) into the top and bottom of the Right Weight Rest (12).

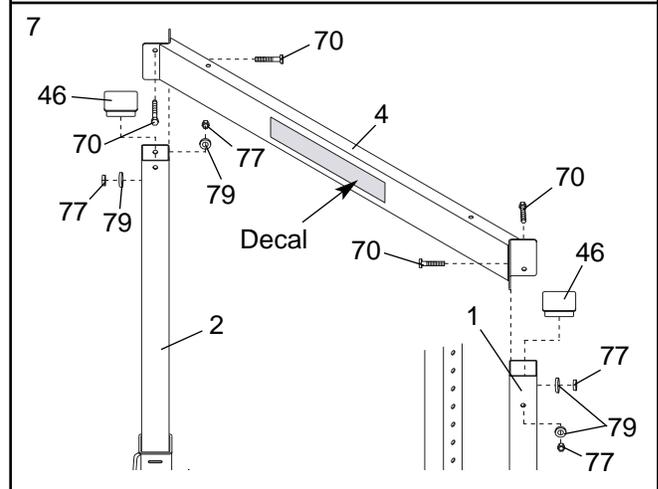
Pull the Knob (30) out as far as it will go. Slide the Right Weight Rest (12) onto the Right Upright (2) and engage the Knob into an adjustment hole in the Upright. Turn the Knob clockwise until tight.

Repeat this step with the Left Weight Rest (not shown).



- Press two 60mm Square Inner Caps (46) into the top of the Left and Right Uprights (1, 2).

Orient the Center Frame (4) with the decal on the side shown. Attach the Center Frame to the Left and Right Uprights (1, 2) with four M10 x 78mm Bolts (70), four M10 Washers (79), and four M10 Nylon Locknuts (77). **Do not tighten the Locknuts yet.**



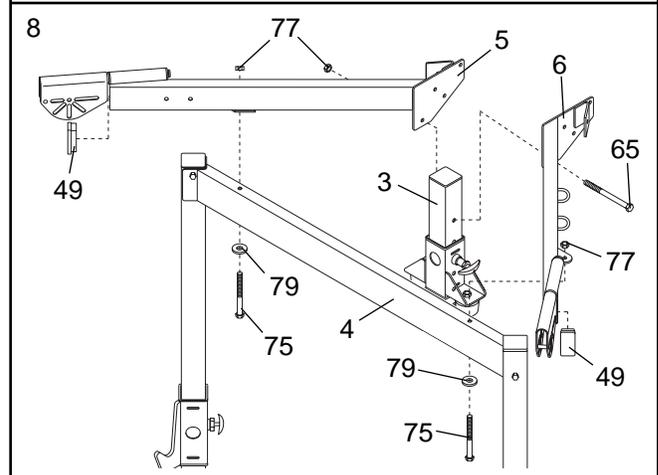
- Press two 38mm x 76mm Inner Caps (49) into the end of the Right and Left Frames (5, 6).

Attach the Right and Left Frames (5, 6) to the Center Upright (3) with an M10 x 81mm Bolt (65) and an M10 Nylon Locknut (77).

Attach the Right Frame (5) to the Center Frame (4) with an M10 x 120mm Bolt (75), an M10 Washer (79), and an M10 Nylon Locknut (77).

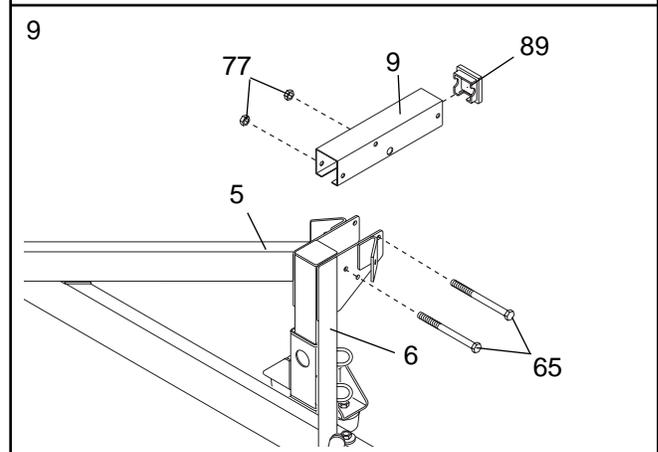
Attach the Left Frame (6) to the Center Frame in the same manner.

Do not tighten the M10 Nylon Locknuts (77) yet.



- Press a 60mm Square Arched Inner Cap (89) into the end of the Top Frame (9).

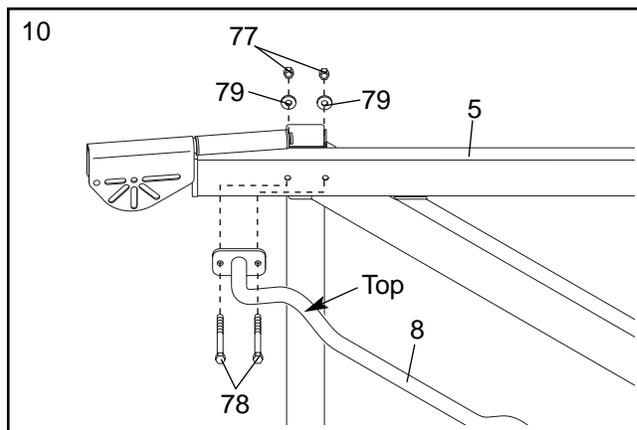
Attach the Top Frame (9) to the Right and Left Frames (5, 6) with two M10 x 81mm Bolts (65) and two M10 Nylon Locknuts (77). **Do not tighten the Locknuts yet.**



10. Orient the Pull-up Bar (8) with the bend on top. Attach the Pull-up Bar to the Right Frame (5) with two M10 x 57mm Bolts (78), two M10 Washers (79), and two M10 Nylon Locknuts (77). **Do not tighten the Locknuts yet.**

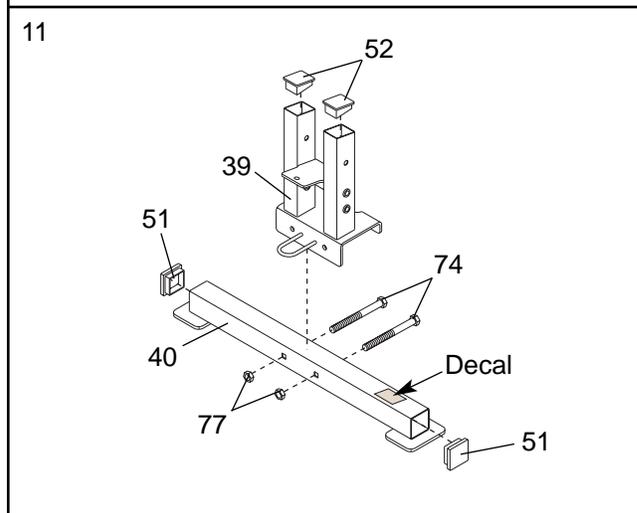
Attach the Pull-up Bar (8) to the Left Frame (not shown) in the same manner.

Tighten the M10 Nylon Locknuts (77) used in steps 1–10.



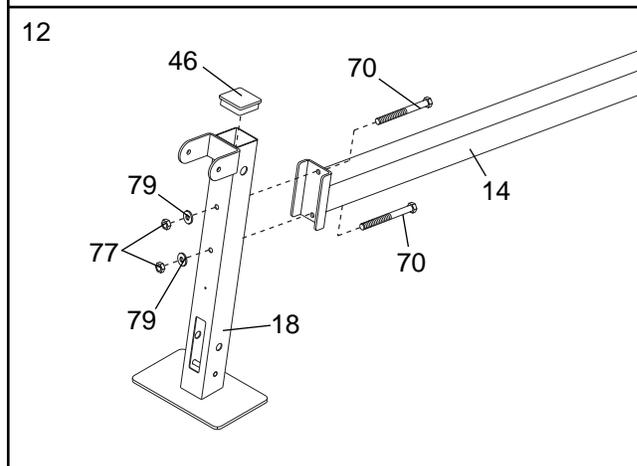
11. Press two 38mm x 50mm Angled Inner Caps (52) into the top of the Back Leg (39). Press two 50mm Square Inner Caps (51) into the ends of the Stabilizer (40).

Orient the Stabilizer (40) so the decal is in the position shown. Attach the Back Leg (39) to the Stabilizer with two M10 x 62mm Carriage Bolts (74) and two M10 Nylon Locknuts (77). **Do not tighten the Locknuts yet.**



12. Press a 60mm Square Inner Cap (46) into the top of the Front Leg (18).

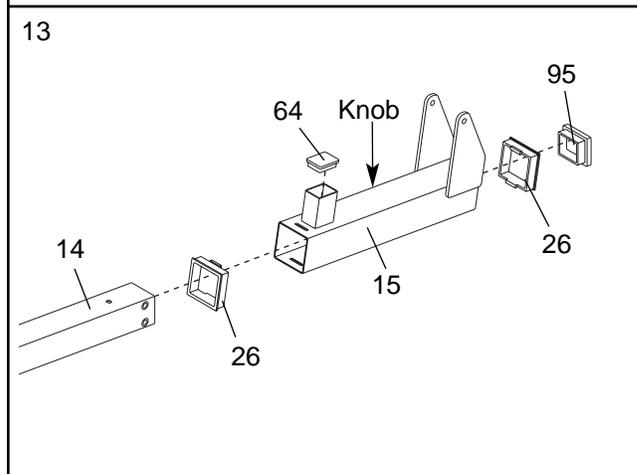
Orient the Bench Frame (14) as shown. Attach the Bench Frame to the Front Leg (18) with two M10 x 78mm Bolts (70), two M10 Washers (79), and two M10 Nylon Locknuts (77). **Do not tighten the Locknuts yet.**



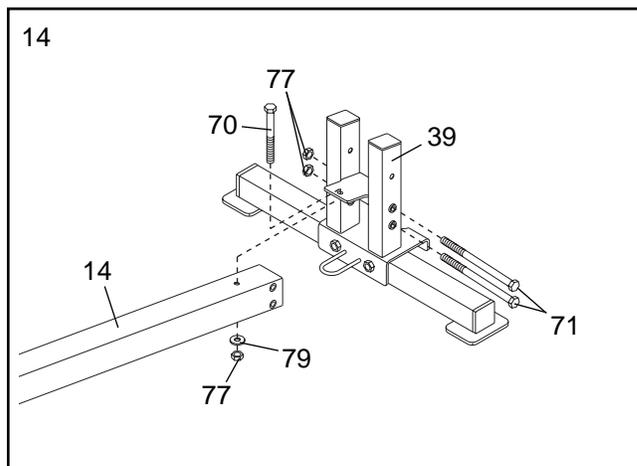
13. Press a 38mm x 50mm Inner Cap (64) into the indicated part of the Sliding Seat Frame (15). Press two 75mm Bushings (26) into the ends of the Sliding Seat Frame.

Orient the Sliding Seat Frame (15) as shown. Pull the Knob (not shown) out as far as it will go. Slide the Sliding Seat Frame onto the Bench Frame (14) and engage the Knob into an adjustment hole in the Bench Frame.

Press a 60mm Square Angled Inner Cap (95) into the end of the Bench Frame (14).



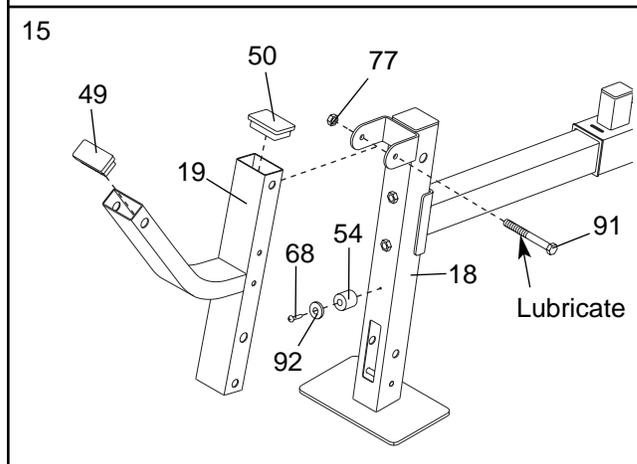
14. Attach the Bench Frame (14) to the Back Leg (39) with an M10 x 78mm Bolt (70), two M10 x 164mm Bolts (71), an M10 Washer (79), and three M10 Nylon Locknuts (77). **Do not tighten the Locknuts yet.**



15. Attach the Leg Lever Bumper (54) to the Front Leg (18) with the M4 x 19mm Screw (68) and an M5 Washer (92).

Press a 38mm x 76mm Inner Cap (49) and a 2" x 3" Inner Cap (50) into the Leg Lever (19).

Lubricate an M10 x 102mm Bolt (91) with grease. Attach the Leg Lever (19) to the Front Leg (18) with the Bolt and an M10 Nylon Locknut (77). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



16. Press four 25mm x 38mm Inner Caps (45) into the Backrest Frame (16).

Orient the Backrest (38) as shown. Attach the Backrest to the Backrest Frame (16) with four M6 x 16mm Screws (72).

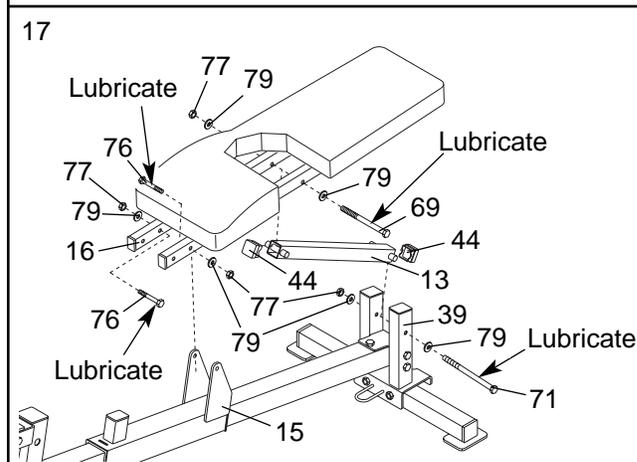
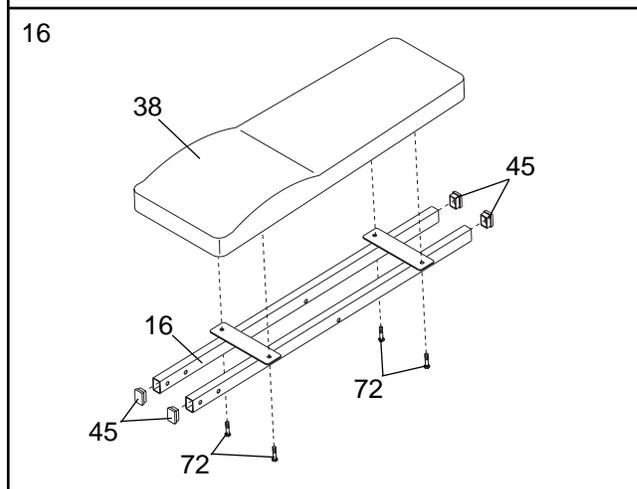
17. Press two 38mm Square Inner Caps (44) into the ends of the Support Leg (13).

Lubricate an M10 x 154mm Bolt (69) with grease. Attach the Support Leg (13) to the Backrest Frame (16) with the Bolt, two M10 Washers (79), and an M10 Nylon Locknut (77).

Lubricate an M10 x 164mm Bolt (71) with grease. Attach the Support Leg (13) to the Back Leg (39) with the Bolt, two M10 Washers (79), and an M10 Nylon Locknut (77).

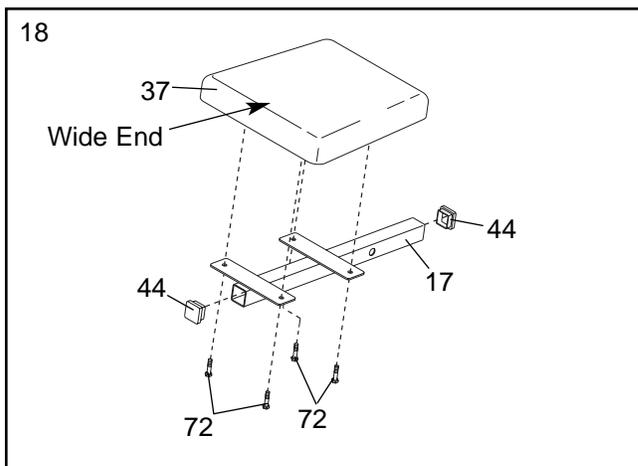
Lubricate two M10 x 45mm Bolts (76) with grease. Attach the Backrest Frame (16) to the Sliding Seat Frame (15) with the Bolts, two M10 Washers (79), and two M10 Nylon Locknuts (77).

Do not overtighten the M10 Nylon Locknuts (77); the Support Leg (13) and the Backrest Frame (16) must be able to pivot easily.

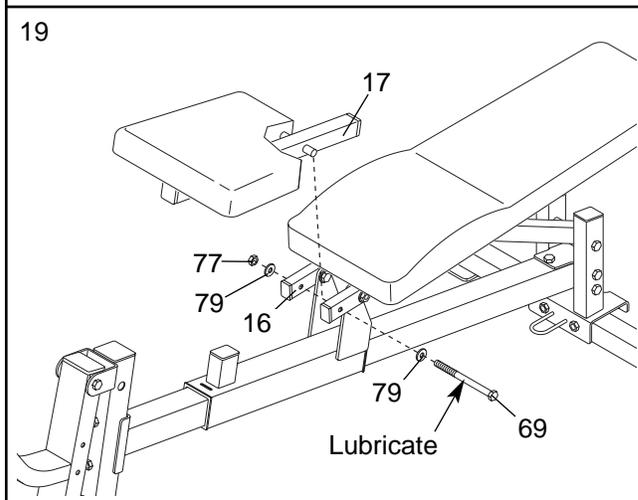


18. Press two 38mm Square Inner Caps (44) into the ends of the Seat Frame (17).

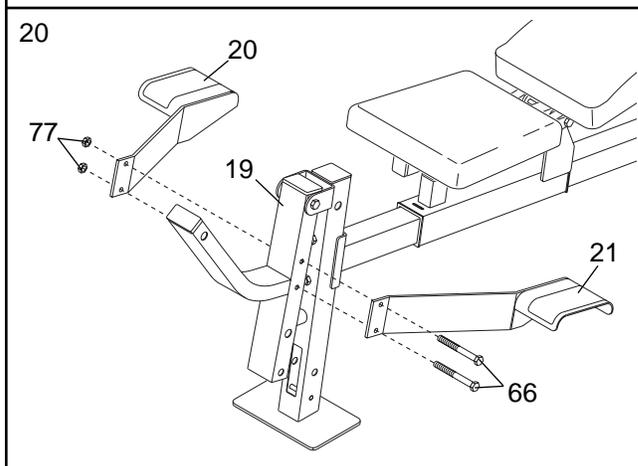
Orient the Seat (37) with the wide end on the side shown. Attach the Seat to the Seat Frame (17) with four M6 x 16mm Screws (72).



19. Lubricate an M10 x 154mm Bolt (69) with grease. Attach the Seat Frame (17) to the Backrest Frame (16) with the Bolt, two M10 Washers (79), and an M10 Nylon Locknut (77). **Do not over-tighten the Nylon Locknut; the Seat Frame must be able to pivot easily.**



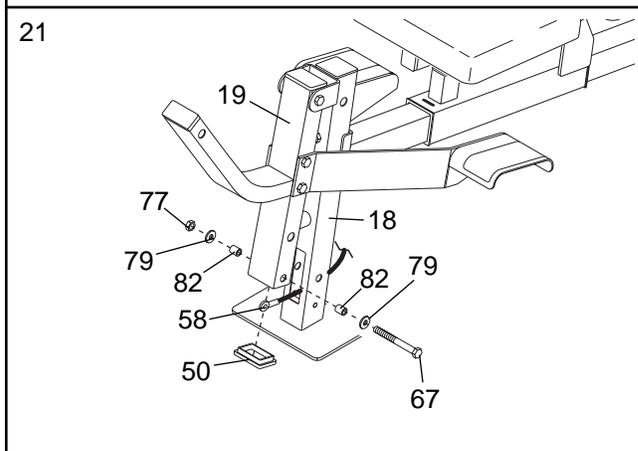
20. Attach the Right and Left Power Assist Legs (20, 21) to the Leg Lever (19) with two M10 x 100mm Bolts (66) and two M10 Nylon Locknuts (77).



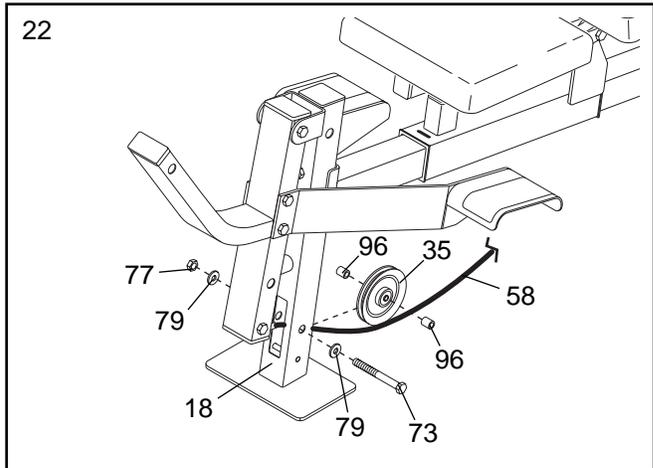
21. Refer to the **CABLE DIAGRAMS** on page 19 of this manual to identify the different cables included with the weight bench.

Locate the Bench Cable (58). Route the Cable through the Front Leg (18) and attach it to the Leg Lever (19) with an M10 x 91mm Bolt (67), two 35mm Spacers (82), two M10 Washers (79), and an M10 Nylon Locknut (77).

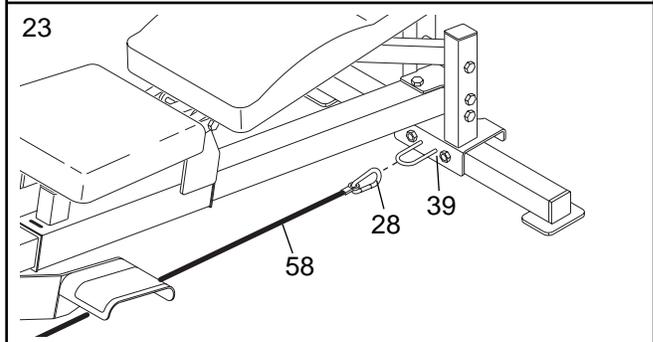
Press a 2" x 3" Inner Cap (50) into the bottom of the Leg Lever (19).



22. Route the Bench Cable (58) under a 4 1/2" Pulley (35). Attach the Pulley to the Front Leg (18) with an M10 x 75mm Bolt (73), two 17mm Spacers (96), two M10 Washers (79), and an M10 Nylon Locknut (77).

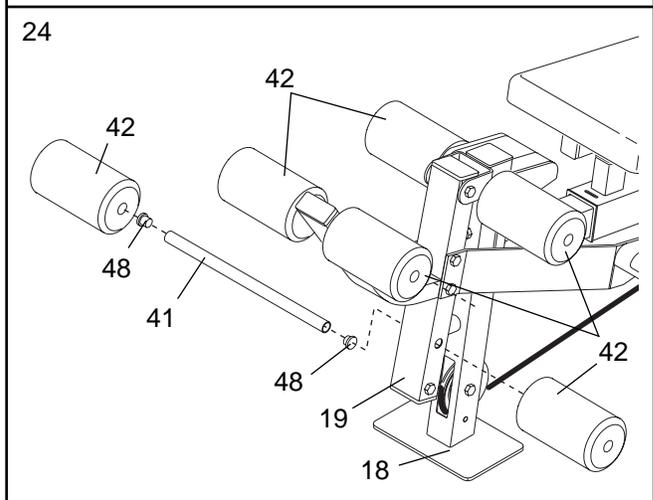


23. Attach the Bench Cable (58) to the Back Leg (39) with a Cable Clip (28).



24. Press a 19mm Round Inner Cap (48) into each end of the three Pad Tubes (41).

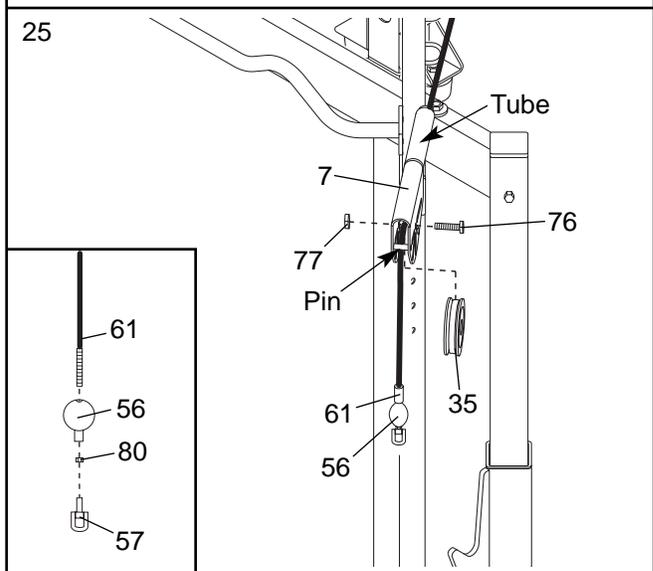
Slide two Pad Tubes (41) through the holes in the Leg Lever (19). Slide the third Pad Tube through the holes in the Front Leg (18). Slide two Foam Pads (42) onto each Pad Tube.



25. **Locate the High Cable (61).**

See the inset drawing. Slide a Cable Ball (56) onto the end of the High Cable (61). Thread an M6 Locknut (80) onto the Cable as far as it will go. Tighten a Cable Eye (57) onto the Cable. Hold the Cable Eye and fully tighten the Locknut against the Cable Eye. Slide the Cable Ball over the Locknut and the Cable Eye.

Route the end of the High Cable (61) without a Cable Ball (56) through the tube on the left Pulley Arm (7). Wrap the Cable around a 4 1/2" Pulley (35) and attach the Pulley to the Pulley Arm with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77). **Make sure the Cable is under the indicated pin on the Pulley Arm.**



26. Wrap the High Cable (61) around an 88mm Pulley (36). Attach the Pulley and a Small Cable Trap (93) to the Left Frame (6) with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77).

Note: 88mm is approximately 3 1/2".

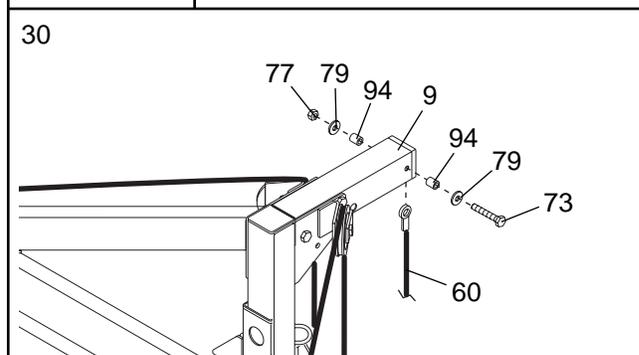
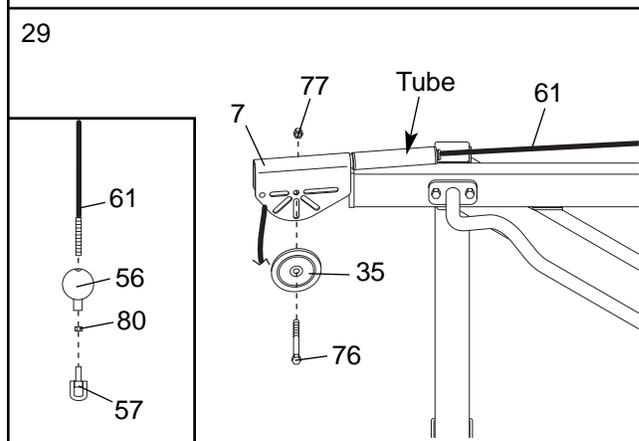
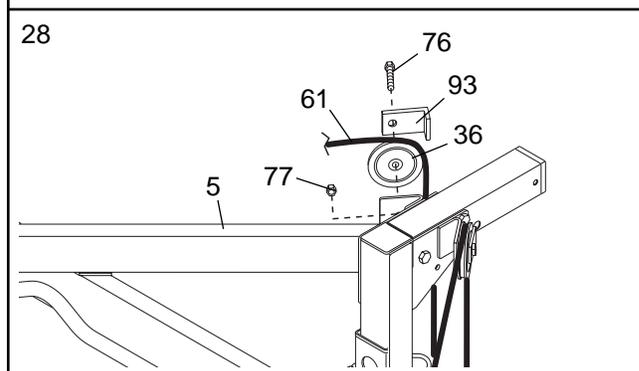
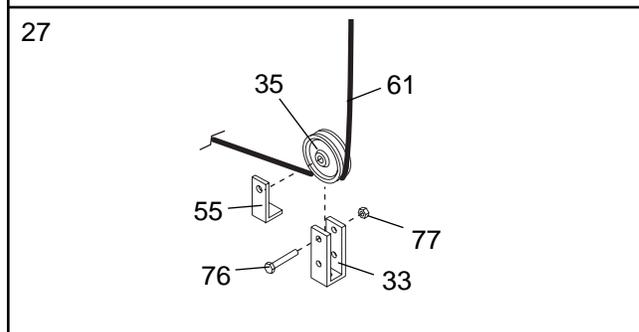
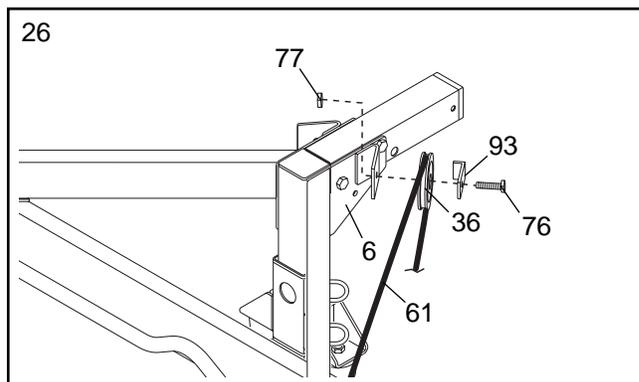
27. Wrap the High Cable (61) around a 4 1/2" Pulley (35). Attach the Pulley and a Large Cable Trap (55) to the "U"-Bracket (33) with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77).

28. Wrap the High Cable (61) around an 88mm Pulley (36). Attach the Pulley and a Small Cable Trap (93) to the Right Frame (5) with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77).

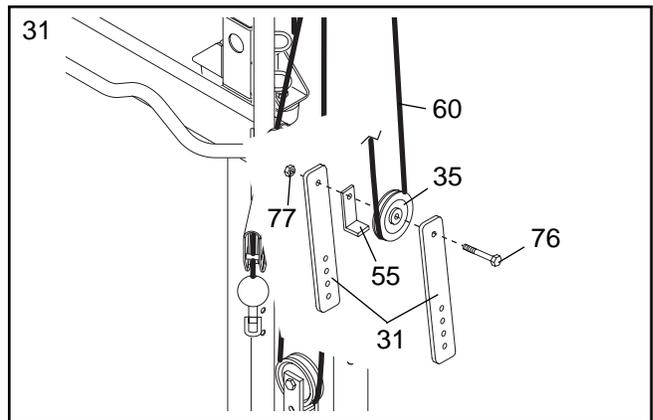
29. Route the High Cable (61) through the tube on the right Pulley Arm (7). Wrap the Cable around a 4 1/2" Pulley (35). Attach the Pulley to the Pulley Arm with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77).

See the inset drawing. Slide a Cable Ball (56) onto the end of the High Cable (61). Thread an M6 Locknut (80) onto the Cable as far as it will go. Tighten a Cable Eye (57) onto the Cable. Hold the Cable Eye and fully tighten the Locknut against the Cable Eye. Slide the Cable Ball over the Locknut and the Cable Eye.

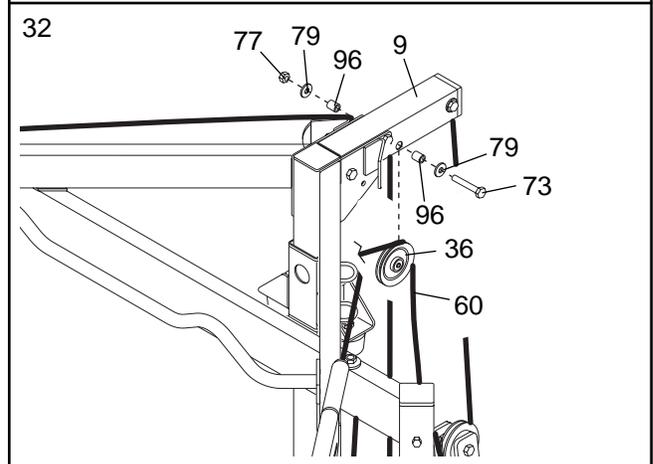
30. **Locate the Carriage Cable (60).** Attach the end of the Cable inside the Top Frame (9) with an M10 x 75mm Bolt (73), two 27mm Spacers (94), two M10 Washers (79), and an M10 Nylon Locknut (77).



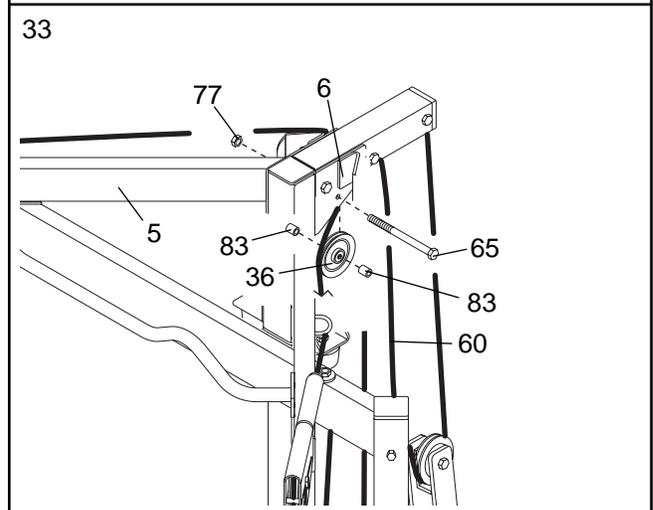
31. Wrap the Carriage Cable (60) around a 4 1/2" Pulley (35). Attach the Pulley and a Large Cable Trap (55) to the single set of holes in the pair of Pulley Plates (31) with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77).



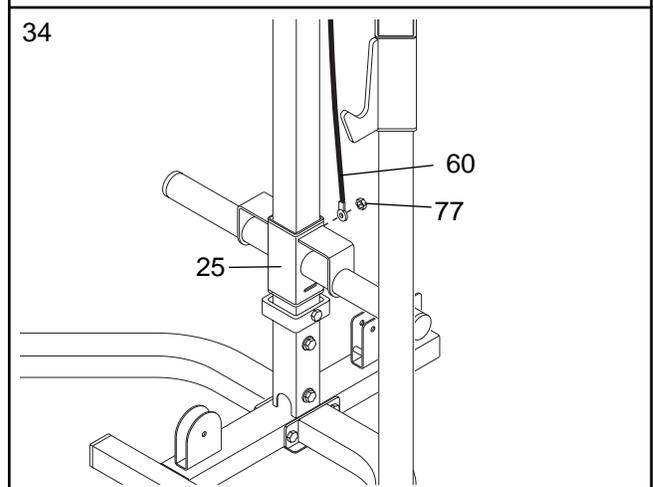
32. Wrap the Carriage Cable (60) around an 88mm Pulley (36). Attach the Pulley inside the Top Frame (9) with an M10 x 75mm Bolt (73), two 17mm Spacers (96), two M10 Washers (79), and an M10 Nylon Locknut (77).



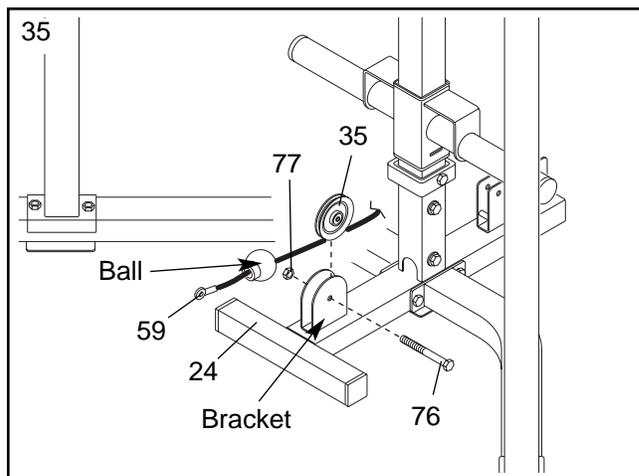
33. Wrap the Carriage Cable (60) around an 88mm Pulley (36). Attach the Pulley between the Right and Left Frames (5, 6) with an M10 x 81mm Bolt (65), two 15mm Spacers (83), and an M10 Nylon Locknut (77).



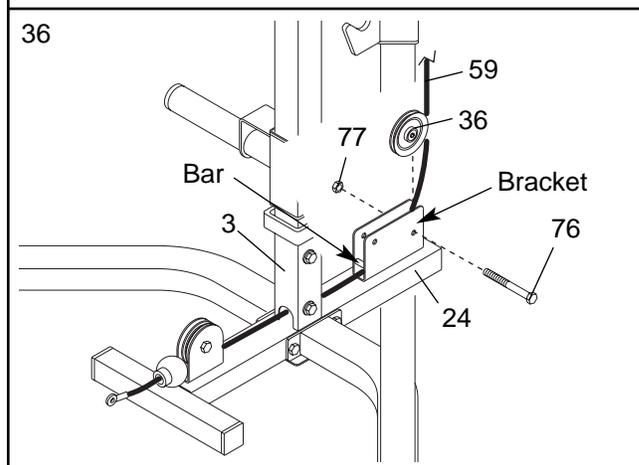
34. Attach the end of the Carriage Cable (60) to the welded bolt on the Weight Carriage (25) with an M10 Nylon Locknut (77).



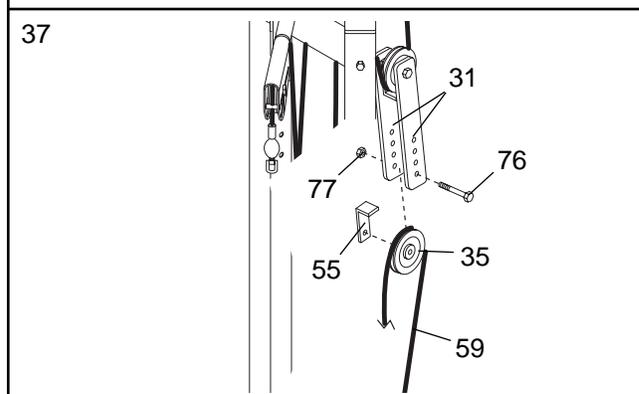
35. **Locate the Low Cable (59).** Lay the Cable inside the bracket on the Center Base (24) so that the ball is on the side shown. Attach a 4 1/2" Pulley (35) inside the bracket with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77).



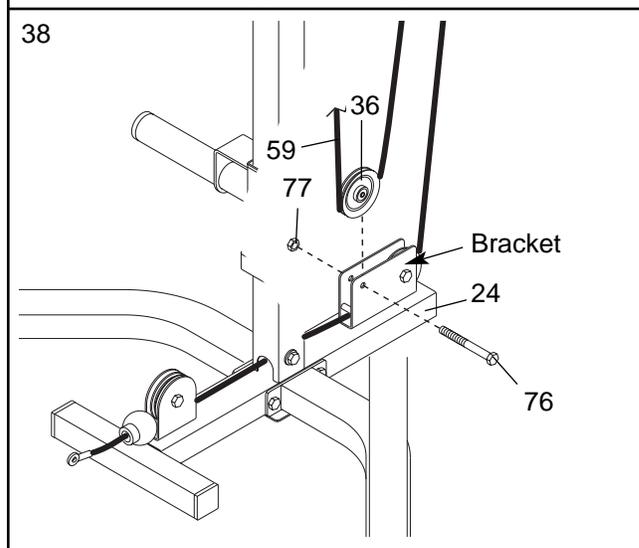
36. Route the Low Cable (59) through the Center Upright (3) and under the bar in the bracket on the Center Base (24). Wrap the Cable around an 88mm Pulley (36). Attach the Pulley to the rear hole in the bracket on the Center Base with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77).



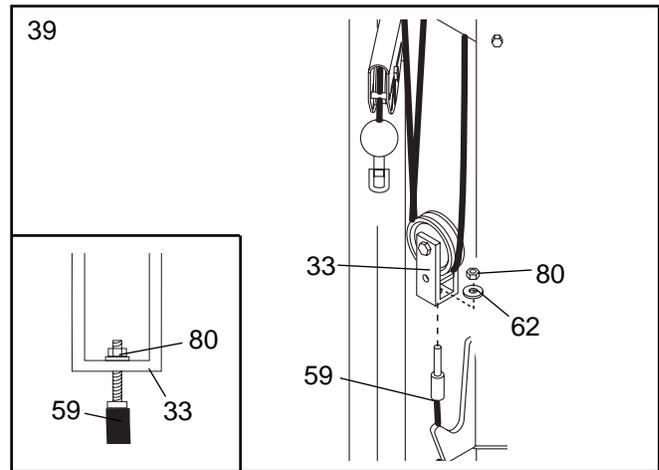
37. Wrap the Low Cable (59) around a 4 1/2" Pulley (35). Attach the Pulley and a Large Cable Trap (55) to the bottom set of holes in the pair of Pulley Plates (31) with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77).



38. Wrap the Low Cable (59) around an 88mm Pulley (36). Attach the Pulley to the front hole in the bracket on the Center Base (24) with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (77).



39. Attach the Low Cable (59) to the "U"-Bracket (33) with an M6 Washers (62) and an M6 Locknut (80). **Do not completely tighten the Locknut; it should be threaded onto the end of the Cable until only two threads are showing above the Locknut, as shown in the inset drawing.**



40. **Make sure all parts of the weight bench are properly tightened. In addition, pull each cable a few times to make sure the cables move smoothly over the pulleys. If the cables do not move smoothly, locate and correct the problem. When weights are used, the cables may be damaged if they are incorrectly routed. Refer to the CABLE DIAGRAMS on page 19 for correct cable routing.**

The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

ADJUSTMENTS

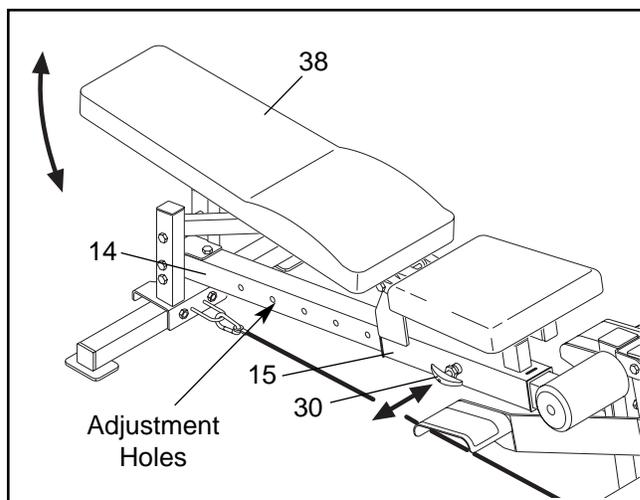
This section explains how to adjust the weight bench. The first time you perform an exercise that uses the safety spotter, adjust the bench to the position that is best for you. Note the position of the weight rest and safety spotter on the BENCH ADJUSTMENT CHART, on page 20 of this manual. When preparing to perform the exercise again, refer back to the chart for a quick reference to your personal settings.

See the EXERCISE GUIDELINES on page 21 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 (38) can be used in a decline position, a level position, or any of five incline positions. To adjust the Backrest, turn the Knob (30) counterclockwise until loose. Pull the Knob out as far as it will go and slide the Sliding Seat Frame (15) to the desired position. Engage the Knob into an adjustment hole in the Bench Frame (14). Turn the Knob clockwise until tight.

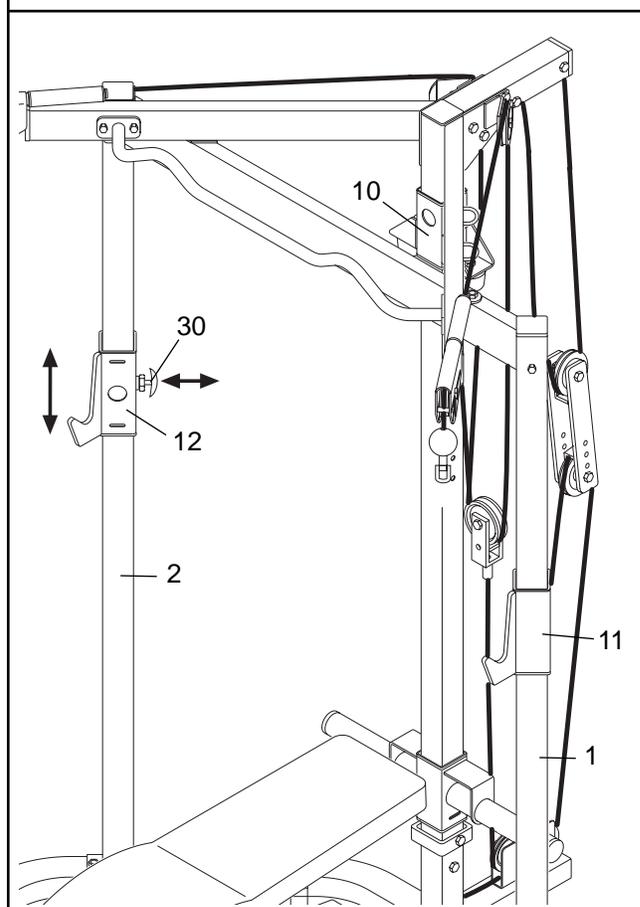


ADJUSTING THE WEIGHT RESTS AND SAFETY SPOTTER

Before performing an exercise that uses a barbell, adjust the Weight Rests (11, 12) and Safety Spotter (25) to the height that is best suited for that exercise. The Weight Rests should be at a comfortable height for lifting and replacing the barbell. Moving the Safety Spotter (10) will change the distance that the barbell can move. First, attach the barbell to the high cable (see ATTACHING A BARBELL TO THE CABLES, on page 17). Then, set the Safety Spotter to the position that will stop the barbell at the lowest point that you want it to go during the exercise.

To adjust a Weight Rest (11, 12) turn the Knob (30) counterclockwise until loose. Pull the Knob out as far as it will go and move the Weight Rest to the desired height. Engage the Knob into an adjustment hole in the Upright (1, 2) and turn it clockwise until tight.

The Safety Spotter (10) can be adjusted in the same manner.

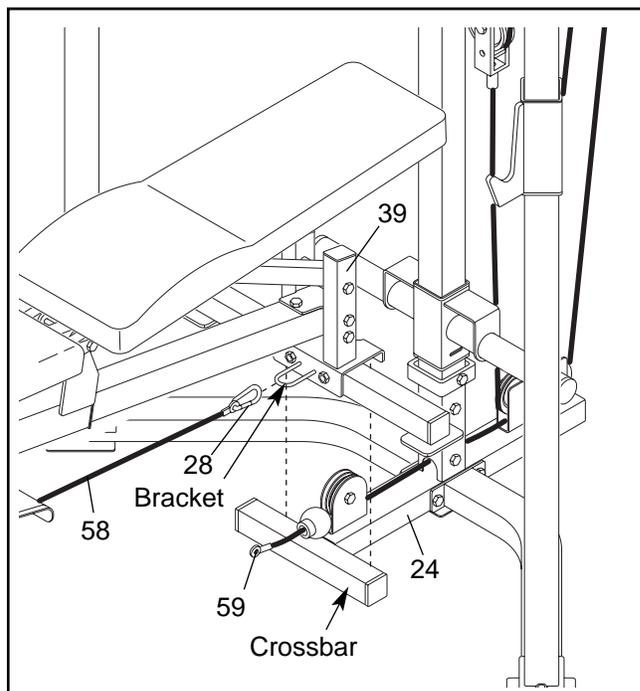


⚠ WARNING: Always adjust both Weight Rests (11, 12) to the same height before exercising.

ATTACHING THE BENCH TO THE RACK

To perform bench and leg lever exercises, the weight bench must be attached to the weight rack. To attach the bench to the rack, rest the Back Leg (39) over the crossbar on the Center Base (24). **Make sure that the Low Cable (59) goes through the Back Leg.** Next, attach the Bench Cable (58) to the Low Cable with a Cable Clip (28).

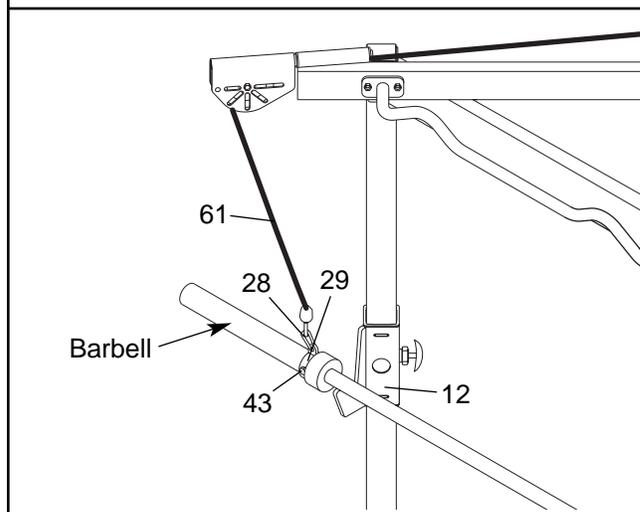
When the bench is not attached to the rack, use the Cable Clip (28) to attach the Bench Cable (58) to the bracket on the Back Leg (39).



ATTACHING A BARBELL TO THE CABLES

To use a barbell (not included) with the Safety Spotter (not shown), set the barbell on the Weight Rests (11 [not shown], 12). Slide a Barbell Ring (29) onto each end of the barbell and tighten the M8 x 12mm Screw (43). Attach each end of the High Cable (61) to a Barbell Ring with a Cable Clip (28).

⚠ WARNING: Use only an Olympic barbell (not included) with the Barbell Rings (29). Always disconnect the barbell from the High Cable (61) when performing an exercise that does not require it; the barbell could be lifted off of the weight rests and fall.

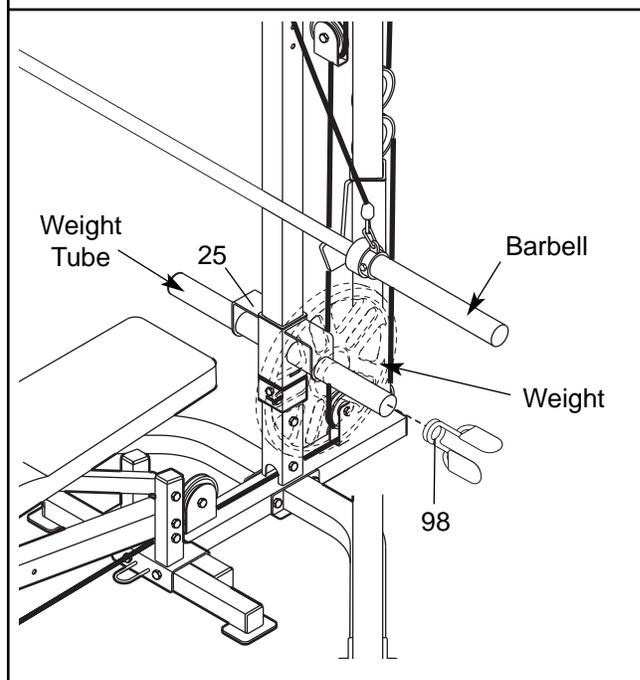


ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE OR BARBELL

Slide the desired amount of weight (not included) onto the weight tube on the Weight Carriage (25) or the barbell. Secure the weight to the Weight Carriage with Weight Clips (98).

Do not place weights on the Weight Carriage (25) when performing exercises that use the barbell.

⚠ WARNING: Do not place more than 150 pounds on the Weight Carriage (25). Do not place more than 310 pounds, including the barbell, on the Weight Rests (11, 12) Always place the same amount of weight on each side of the Weight Carriage or barbell. Always secure the weights to the Weight Carriage with Weight Clips (98).



USING THE POWER ASSIST LEGS

If you are unable to complete the repetition after performing a bench exercise, the Power Assist Legs (20, 21) can be used to help lift the barbell back to the Weight Rests (not shown).

To use the Power Assist Legs (20, 21), attach the bench to the rack and a barbell to the high cable (see ATTACHING THE BENCH TO THE RACK and ATTACHING A BARBELL TO THE CABLES on page 17). Press down on the Power Assist Legs with your feet while lifting the barbell to the Weight Rests (not shown).

ATTACHING THE ACCESSORIES TO THE CABLES

To use the Row Bar (38), attach it to the High Cable (61) or Low Cable (not shown) with a Cable Clip (28).

The other accessories (not shown) can be attached to the cables in the same manner.

⚠ WARNING: Always disconnect the accessories when performing exercises that do not require them.

The accessories can be stored on the back of the Right and Left Frames (5, 6 [not shown]) with Cable Clips (28).

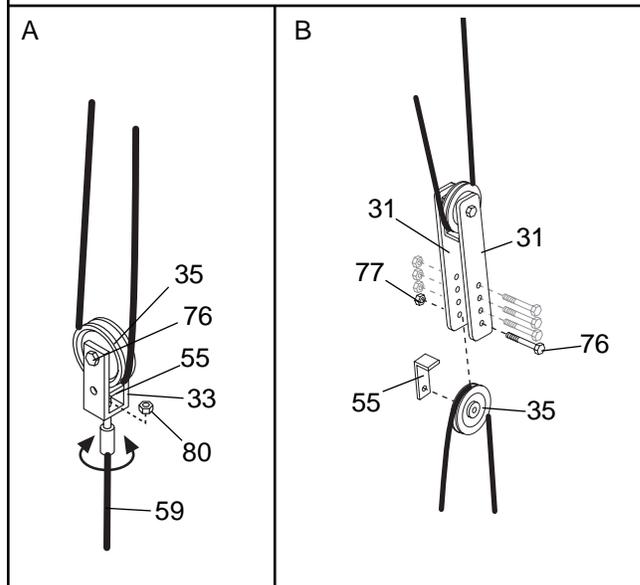
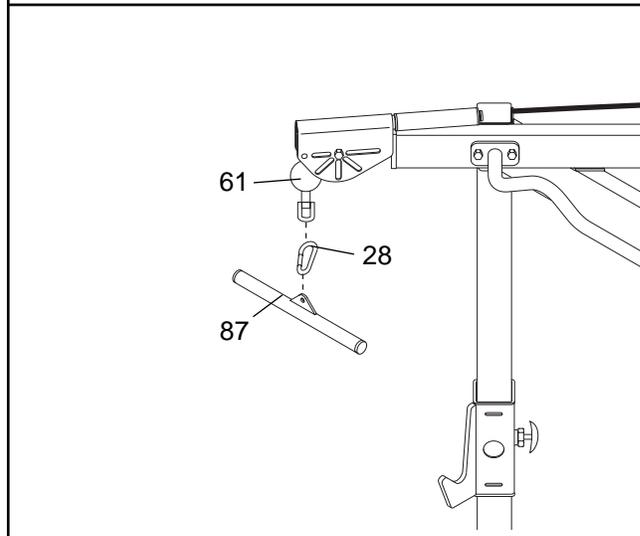
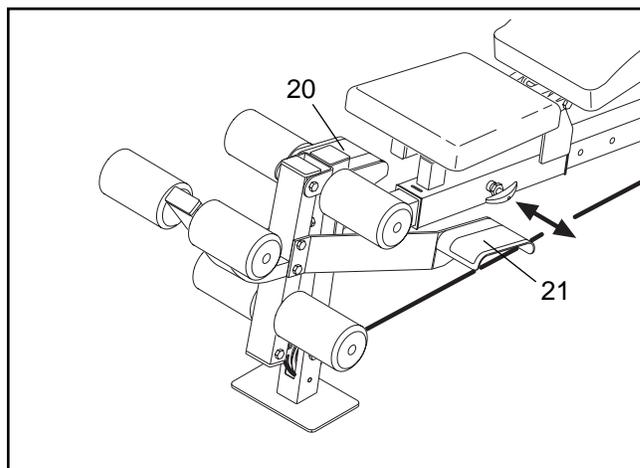
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly after it is first used. If there is slack in the cables, tighten them as described below.

See drawing A. Tighten the M6 Locknut (80) onto the Low Cable (59) a couple of turns.

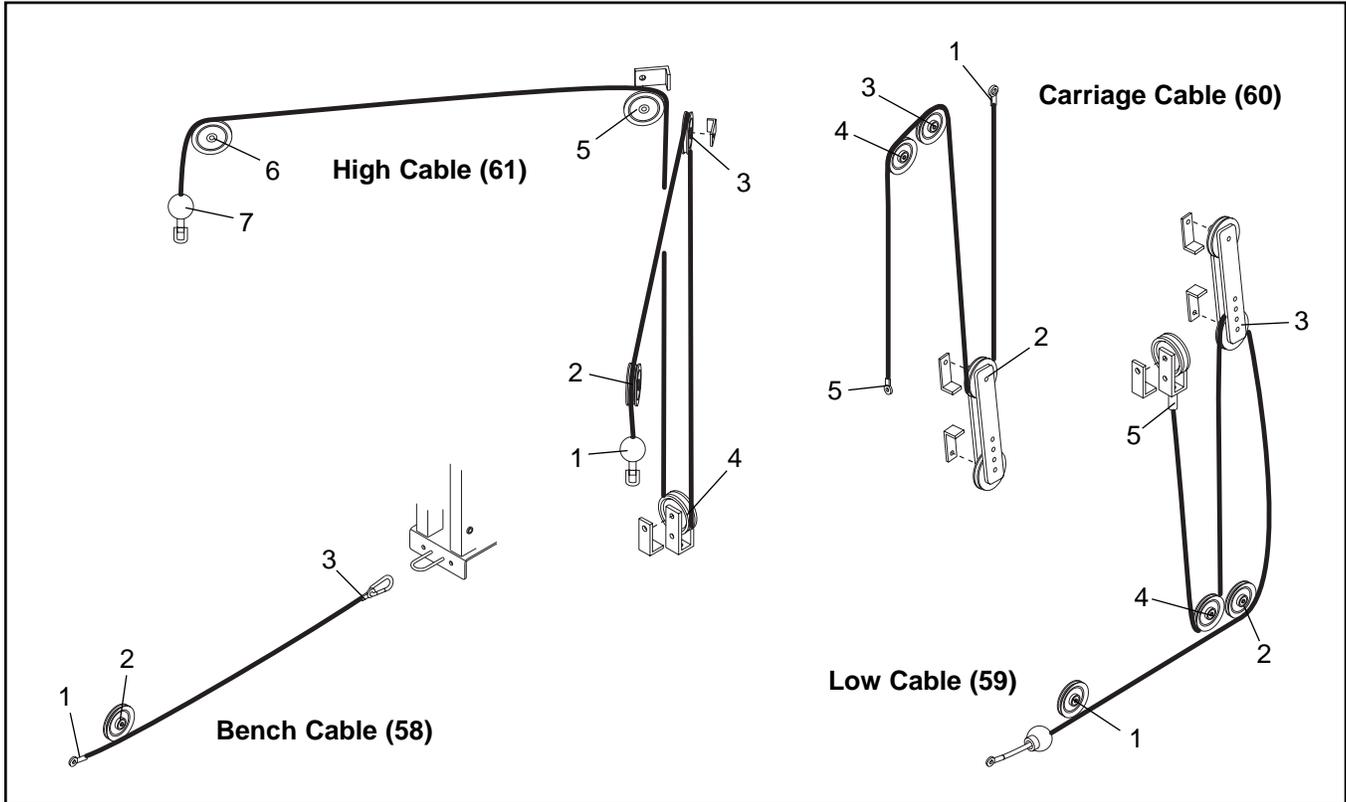
See drawing A. Remove the M10 x 45mm Bolt (76) and the M10 Nylon Locknut (not shown) attaching the 4 1/2" Pulley (35) and Large Cable Trap (55) to the "U"-Bracket (33). Use the Bolt and Nylon Locknut to reattach the Pulley and Cable Trap to the lower set of holes in the "U"-Bracket.

See drawing B. Remove the M10 x 45mm Bolt (76) and the M10 Nylon Locknut (77) attaching the lower 4 1/2" Pulley (35) and Large Cable Trap (55) to the Pulley Plates (31). Use the Bolt and Nylon Locknut to reattach the Pulley and Cable Trap to the next set of holes in the Pulley Plates. Repeat until the cables are tight.



CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Bench Cable (58), the Low Cable (59), the Carriage Cable (60), and the High Cable (61). Use the diagram to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight bench will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



BENCH ADJUSTMENT CHART

The chart below contains a list of exercises that require the use of the safety spotter. When preparing the weight bench for one of these exercises, follow the steps listed below. For information about each of these steps, refer to the ADJUSTMENTS section of this manual. **Make sure the bench cable is attached to the low cable when performing any of the bench exercises.**

For each exercise, determine the positions of the bench, the weight rests, and the safety spotter that are best for you. The first time you perform each exercise, write the positions of the weight rests and the safety spotter in the chart. Write the number corresponding to the height of the weight rests and the letter corresponding to the height of the safety spotter in the appropriate column. When preparing to perform the exercise again, refer back to the chart for a quick reference to your personal settings.

Follow these steps when preparing for each exercise:

1. Adjust the position of the bench
(be sure the bench cable is attached to the low cable when performing any of the bench exercises)
2. Adjust the position of the weight rests
3. Attach your barbell to the high cable
4. Adjust the position of the safety spotter
5. Add weight to the barbell.

The first time you perform the exercises listed in the chart, note the position of the weight rests and safety spotter in the appropriate column.

The Bench can be:

R- removed

D- attached in a declined position

L- attached in a level position

I#- attached in one of five incline positions
(I1 indicates the least incline;
I5 indicates fully inclined.)

The Bench Cable can be:

A- attached

N- not attached

The Weight Rests can be adjusted to positions 1–8.

Note the number of the position that is best for each exercise.

The Safety Spotter can be adjusted to positions A–O.

Note the letter of the position that is best for each exercise.

Exercises	Bench	Bench Cable	Weight Rest	Safety Spotter
Decline Bench Press	D	A		
Bench Press	L	A		
Incline Bench Press 1	I1	A		
Incline Bench Press 2	I2	A		
Incline Bench Press 3	I3	A		
Incline Bench Press 4	I4	A		
Military Press	I5	A		
Squat	R	N		

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 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.

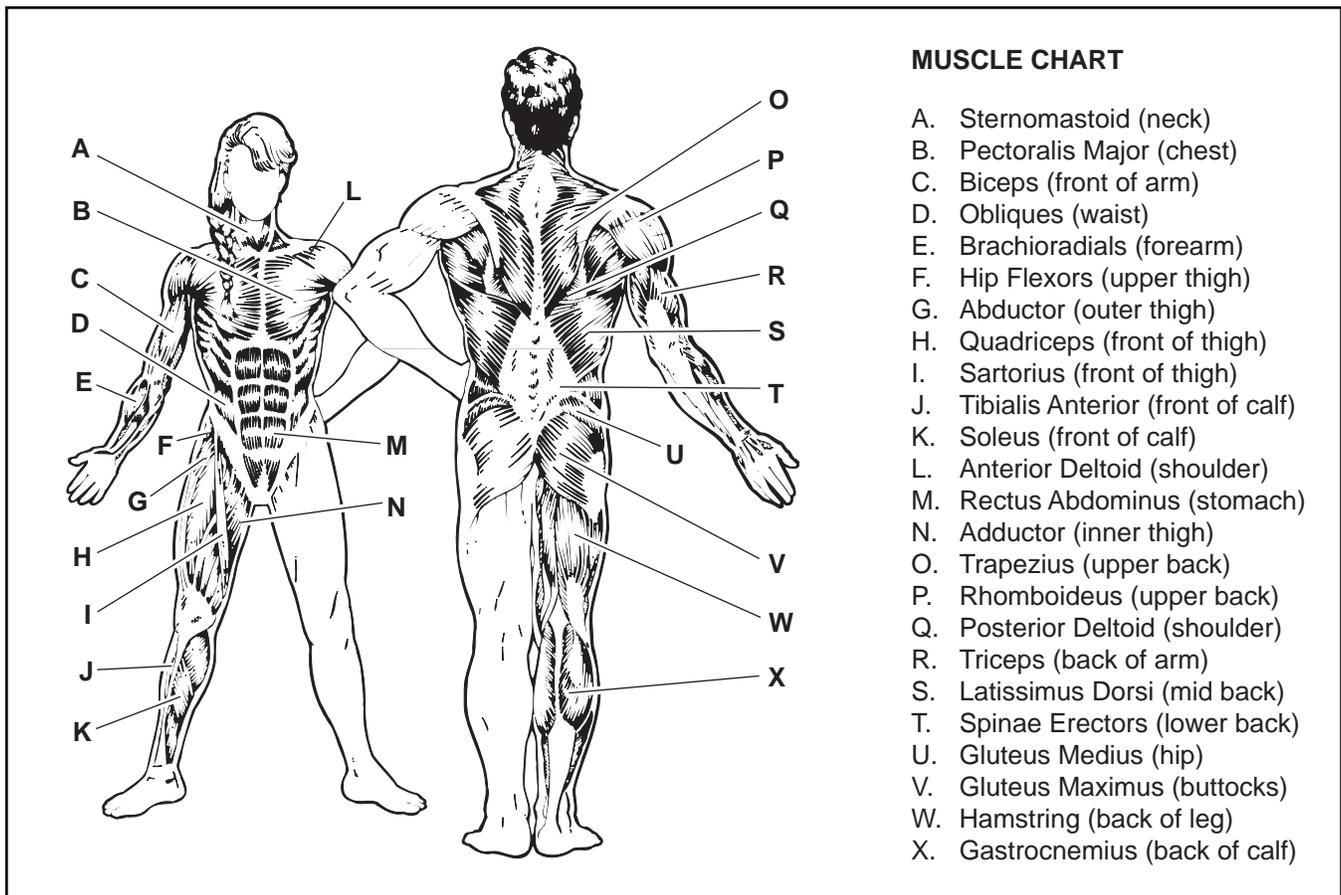
COOLING DOWN

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. The chart on page 23 of this manual can be photocopied and used to schedule and record your workouts. 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.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

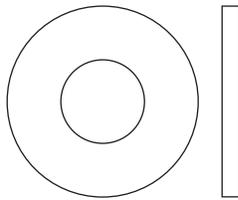
FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

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

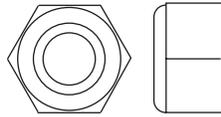
PART IDENTIFICATION CHART—Model No. GGBE29922

R0903A

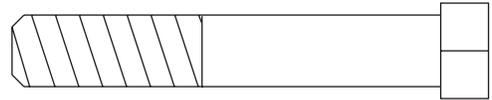
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has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



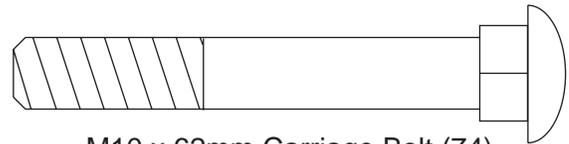
M10 Washer (79)



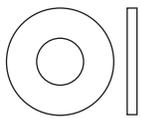
M10 Nylon Locknut (77)



M10 x 57mm Bolt (78)



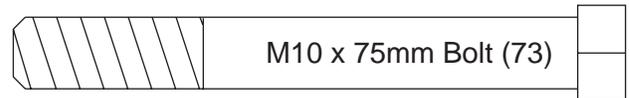
M10 x 62mm Carriage Bolt (74)



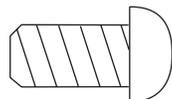
M6 Washer (62)



M6 Locknut (80)



M10 x 75mm Bolt (73)



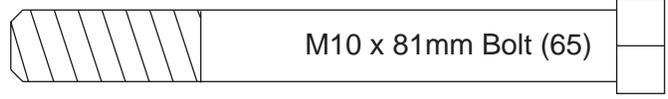
M8 x 12mm Screw (43)



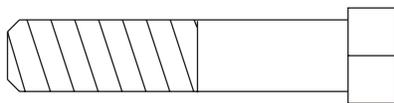
M10 x 78mm Bolt (70)



M5 Washer (92)



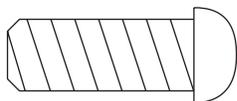
M10 x 81mm Bolt (65)



M10 x 45mm Bolt (76)



M10 x 86mm Bolt (63)



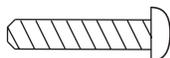
M10 x 25mm Button Bolt (81)



M10 x 91mm Bolt (67)



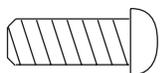
M10 x 97mm Bolt (90)



M4 x 19mm Screw (68)



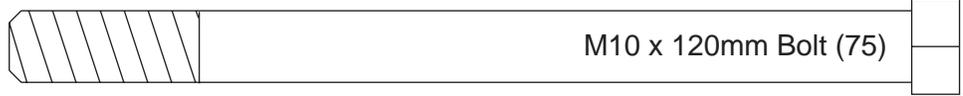
M10 x 100mm Bolt (66)



M6 x 16mm Screw (72)



M10 x 102mm Bolt (91)



M10 x 120mm Bolt (75)



M10 x 154mm Bolt (69)



M10 x 164mm Bolt (71)

PART LIST—Model No. GGBE29922

R0903A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	51	2	50mm Square Inner Cap
2	1	Right Upright	52	2	38mm x 50mm Angled Inner Cap
3	1	Center Upright	53	2	50mm Thick Square Inner Cap
4	1	Center Frame	54	1	Leg Lever Bumper
5	1	Right Frame	55	3	Large Cable Trap
6	1	Left Frame	56	2	Cable Ball
7	2	Pulley Arm	57	2	Cable Eye
8	1	Pull-up Bar	58	1	Bench Cable
9	1	Top Frame	59	1	Low Cable
10	1	Safety Spotter	60	1	Carriage Cable
11	1	Left Weight Rest	61	1	High Cable
12	1	Right Weight Rest	62	1	M6 Washer
13	1	Support Leg	63	1	M10 x 86mm Bolt
14	1	Bench Frame	64	1	38mm x 50mm Inner Cap
15	1	Sliding Seat Frame	65	4	M10 x 81mm Bolt
16	1	Backrest Frame	66	2	M10 x 100mm Bolt
17	1	Seat Frame	67	1	M10 x 91mm Bolt
18	1	Front Leg	68	1	M4 x 19mm Screw
19	1	Leg Lever	69	2	M10 x 154mm Bolt
20	1	Right Power Assist Leg	70	7	M10 x 78mm Bolt
21	1	Left Power Assist Leg	71	3	M10 x 164mm Bolt
22	1	Right Base	72	8	M6 x 16mm Screw
23	1	Left Base	73	5	M10 x 75mm Bolt
24	1	Center Base	74	6	M10 x 62mm Carriage Bolt
25	1	Weight Carriage	75	2	M10 x 120mm Bolt
26	10	75mm Bushing	76	12	M10 x 45mm Bolt
27	1	Carriage Stop	77	55	M10 Nylon Locknut
28	5	Cable Clip	78	4	M10 x 57mm Bolt
29	2	Barbell Ring	79	35	M10 Washer
30	4	Knob	80	3	M6 Locknut
31	2	Pulley Plate	81	2	M10 x 25mm Button Bolt
32	4	Pulley Arm Bushing	82	2	35mm Spacer
33	1	“U”-Bracket	83	2	15mm Spacer
34	2	Safety Spotter Bumper	84	1	Ab Strap
35	7	4 1/2” Pulley	85	2	Handle
36	6	88mm Pulley*	86	1	Ankle Strap
37	1	Seat	87	1	Row Bar
38	1	Backrest	88	2	Row Bar Grip
39	1	Back Leg	89	1	60mm Square Arched Cap
40	1	Stabilizer	90	2	M10 x 97mm Bolt
41	3	Pad Tube	91	1	M10 x 102mm Bolt
42	6	Foam Pad	92	1	M5 Washer
43	2	M8 x 12mm Screw	93	2	Small Cable Trap
44	4	38mm Square Inner Cap	94	2	27mm Spacer
45	4	25mm x 38mm Inner Cap	95	1	60mm Square Angled Inner Cap
46	4	60mm Square Inner Cap	96	4	17mm Spacer
47	2	48mm Round Inner Cap	97	1	75mm Bushing (PP Material)
48	6	19mm Round Inner Cap	98	2	Weight Clip
49	3	38mm x 76mm Inner Cap	#	1	User’s Manual
50	5	2” x 3” Inner Cap	#	1	Exercise Guide

*88mm is approximately 3 1/2”.

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.

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:

- The MODEL NUMBER of the product (GGBE29922)
- The NAME of the product (GOLD'S GYM® XR30 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and 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. 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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