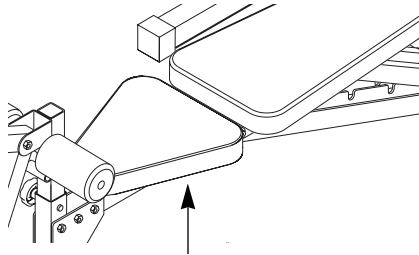


# IMAGE<sup>®</sup> 4.5

Model No. IMBE53900

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

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

## USER'S MANUAL

### QUESTIONS?

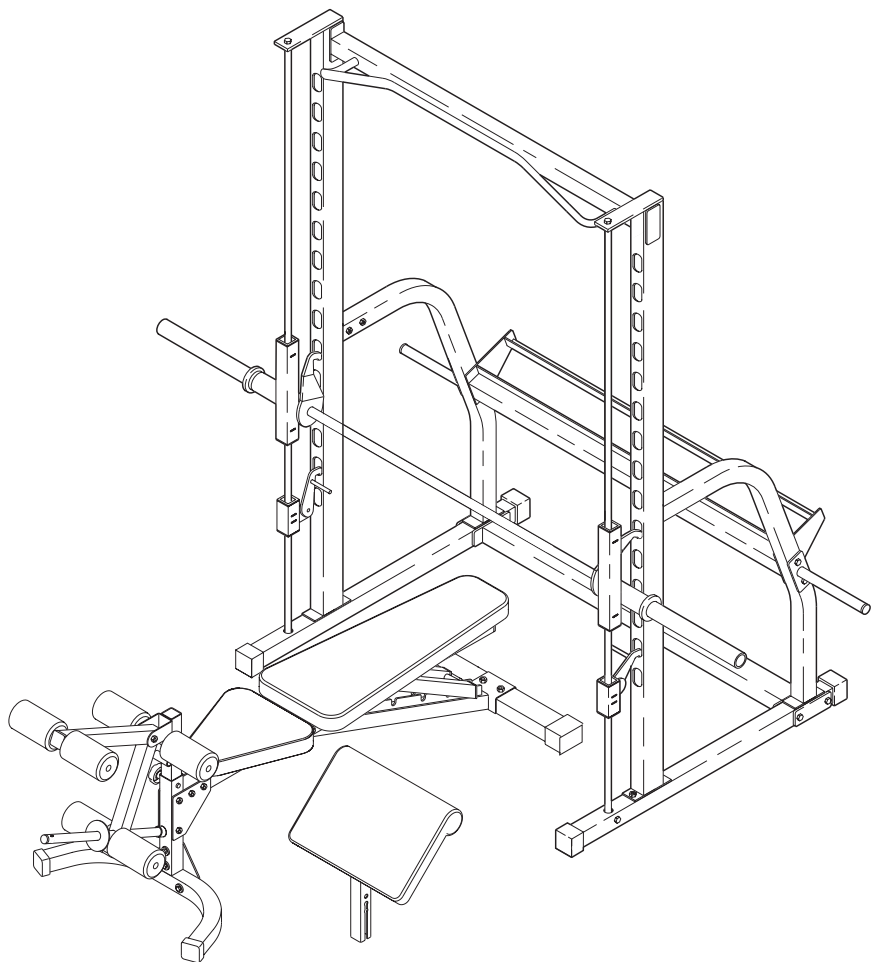
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY 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 to you.

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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# IMAGE<sup>®</sup> 4.5

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Limited Warranty .....	Back Cover

Note: A Part List/Exploded Drawing is attached in the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

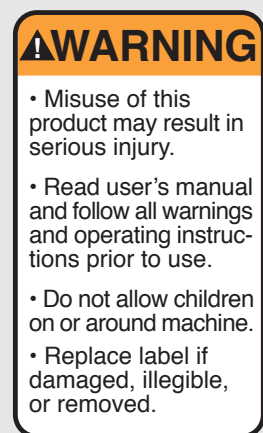
# Important Precautions

**⚠ 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 a 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. Inspect and tighten all parts each time you use the weight bench. 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 secure your weights (not included) with weight clips when they are mounted on the barbell.
9. Always make sure that there is an equal amount of weight on each side of the barbell.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. The weight bench is designed to support a maximum of 560 pounds, including the user, a barbell, and weights. Do not place more than 310 pounds, including the barbell, on the weight gliders and safety spotters.
12. Always set both safety spotters at the same height.
13. Always wear athletic shoes for foot protection while exercising.
14. Always move the bench out of the way when performing an exercise that does not use the bench.
15. The decals shown below have been placed on the weight bench. If a 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 on page 4.



Decal 1



Decal 2

**⚠ 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.

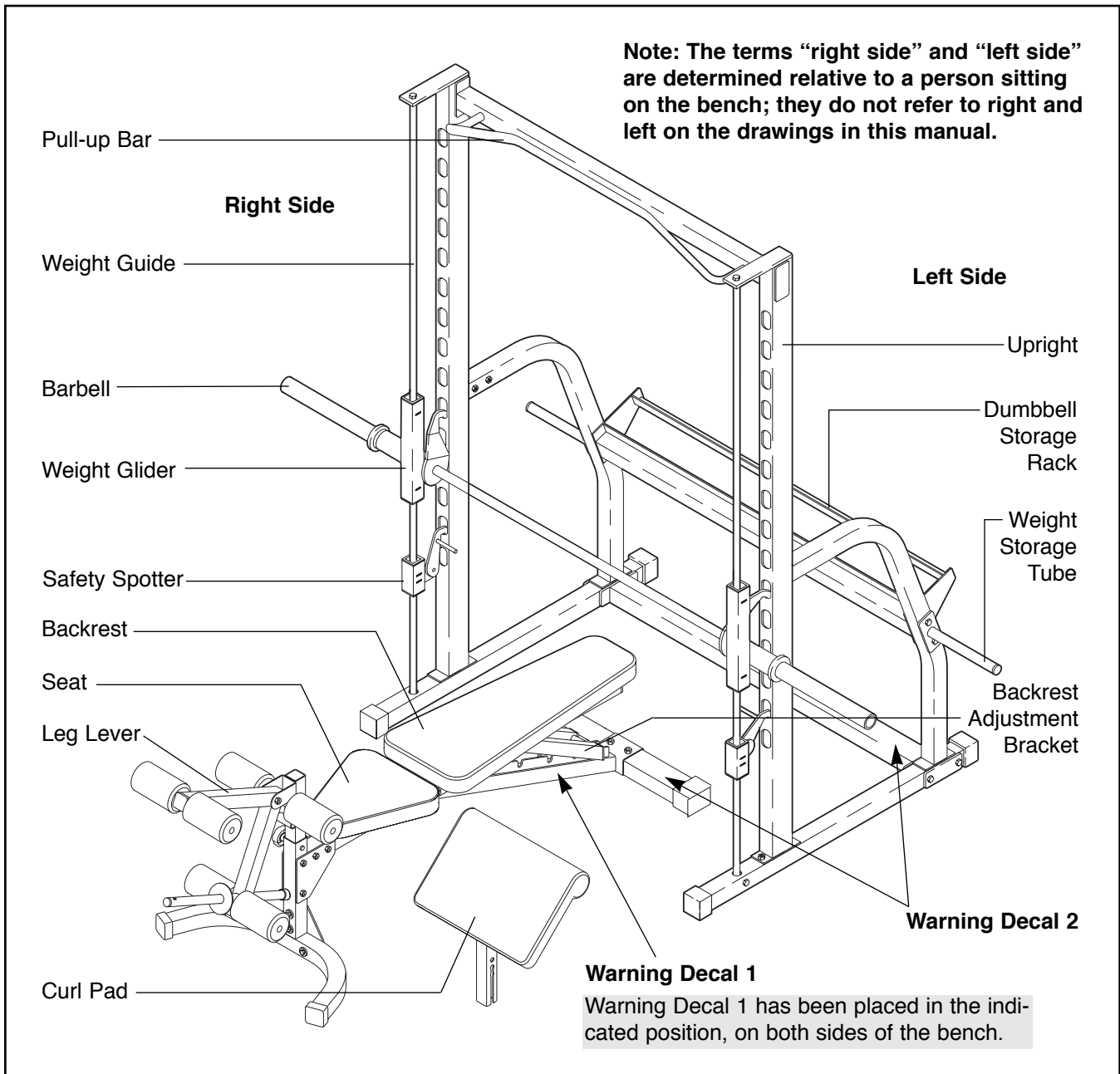
# Before You Begin

Thank you for selecting the versatile IMAGE® 4.5 weight bench. The IMAGE® 4.5 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the IMAGE® 4.5 will help you achieve the specific results you want.

**For your benefit, read this manual carefully before using the IMAGE® 4.5.** If you have additional questions, please call our Customer Service Department

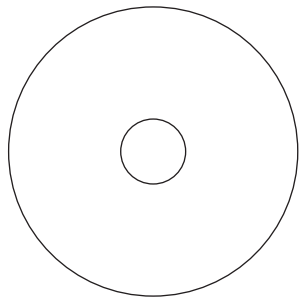
toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is IMBE53900. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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

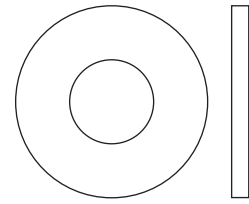


# Part Identification Chart—Model No. IMBE53900

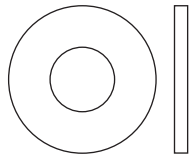
R1100A



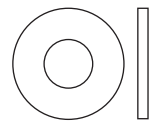
Large Washer (70)



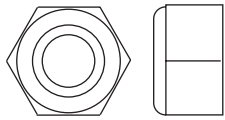
M10 Washer (6)



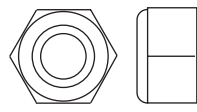
M8 Washer (77)



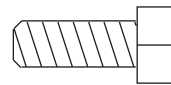
M6 Washer (30)



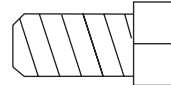
M10 Nylon Locknut (11)



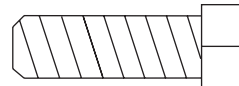
M8 Nylon Locknut (42)



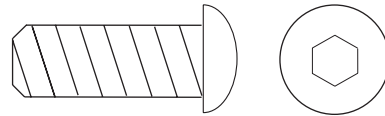
M6 x 16mm Screw (3)



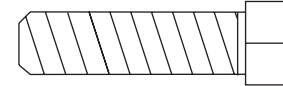
M8 x 16mm Bolt (75)



M8 x 25mm Bolt (76)



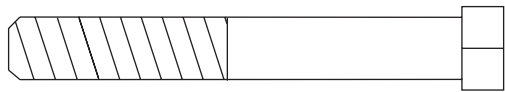
M10 x 25mm Bolt (69)



M8 x 30mm Bolt (64)



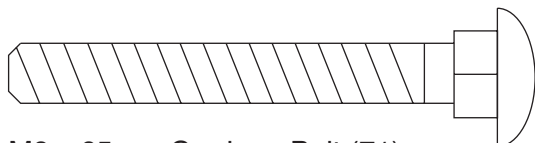
M6 x 35mm Bolt (34)



M8 x 60mm Bolt (65)



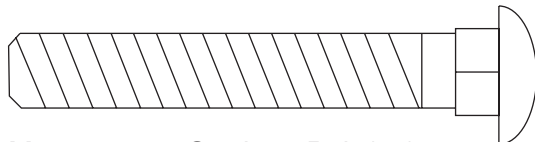
M6 x 55mm Screw (4)



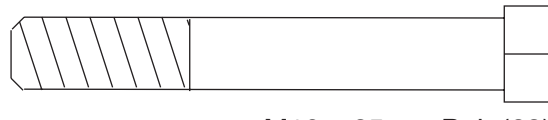
M8 x 65mm Carriage Bolt (71)



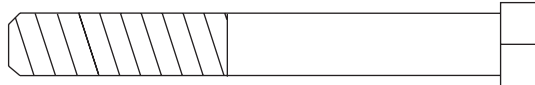
M10 x 60mm Button Head Bolt (12)



M10 x 65mm Carriage Bolt (66)



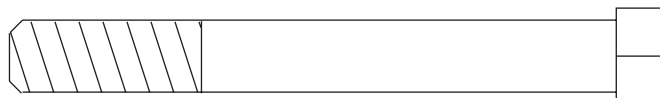
M10 x 65mm Bolt (68)



M8 x 70mm Bolt (41)



M10 x 70mm Bolt (21)



M10 x 80mm Bolt (31)



M10 x 190mm Bolt (22)

# Assembly

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




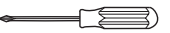
## Make Things Easier for Yourself!

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. By setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- 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.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5. **Note: Some small parts may be pre-assembled.**

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

In addition to the included allen wrench , assembly requires the following tools (not included):

- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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

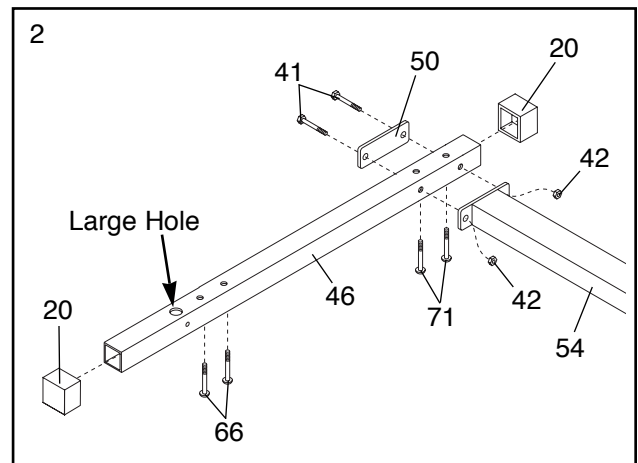
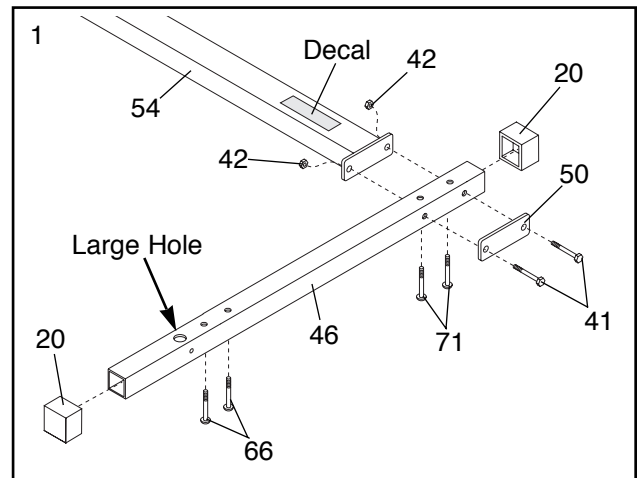
1. **Before beginning, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be pre-assembled.**

Press a 50mm Square Outer Cap (20) onto each end of a Base (46). Turn the Base so the large hole is in the position shown. Insert two M8 x 65mm Carriage Bolts (71) and two M10 x 65mm Carriage Bolts (66) up into the indicated holes in the Base. Place the Base flat on the floor.

Turn the Base Crossbar (54) so the warning decal is on top. Attach the Base (46) to the Base Crossbar with two M8 x 70mm Bolts (41), a Large Support Plate (50), and two M8 Nylon Locknuts (42). **Do not tighten the Nylon Locknuts yet.**

2. Press a 50mm Square Outer Cap (20) onto each end of the other Base (46). Turn the Base so the large hole is in the position shown. Insert two M8 x 65mm Carriage Bolts (71) and two M10 x 65mm Carriage Bolts (66) up into the indicated holes in the Base. Place the Base flat on the floor.

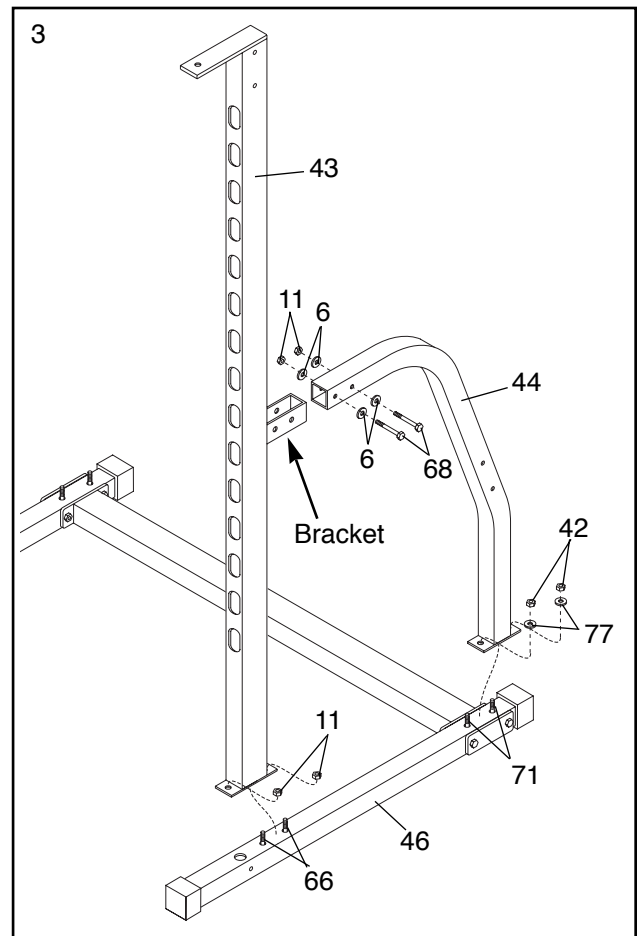
Attach the Base (46) to the Base Crossbar (54) with two M8 x 70mm Bolts (41), a Large Support Plate (50), and two M8 Nylon Locknuts (42). **Do not tighten the Nylon Locknuts yet.**



- Slide a Brace (44) onto the bracket on one of the Uprights (43). Attach the Brace to the Upright with two M10 x 65mm Bolts (68), four M10 Washers (6), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

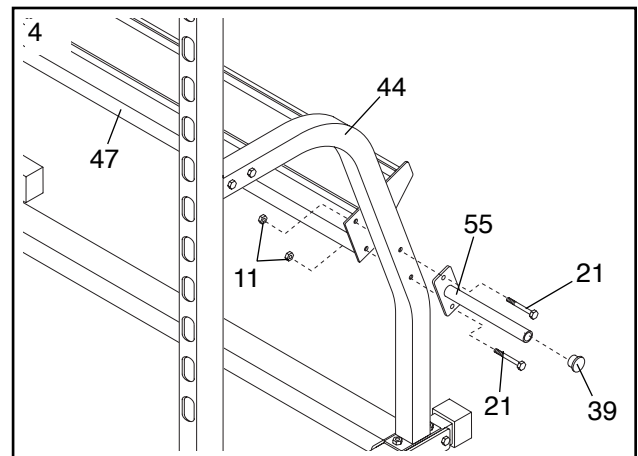
Slide the Upright (43) and the Brace (44) onto the M10 x 65mm Carriage Bolts (66) and the M8 x 65mm Carriage Bolts (71) in the left Base (46). Attach the Upright with two M10 Nylon Locknuts (11). Attach the Brace with two M8 Washers (77) and two M8 Nylon Locknuts (42). **Do not tighten the Nylon Locknuts yet.**

Repeat this step on the right Base (46) with the other Upright (43) and Brace (44).



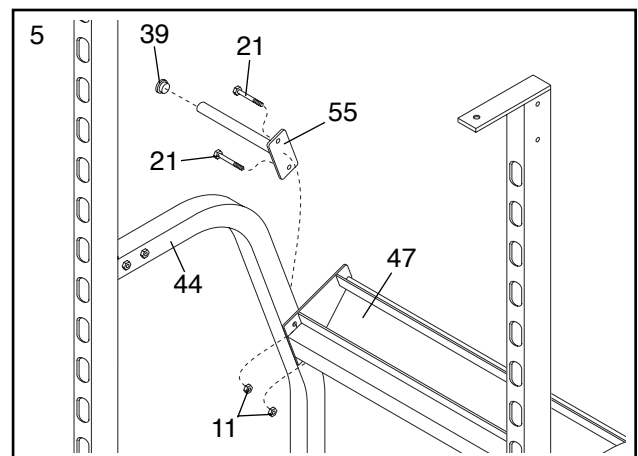
- Press a 25mm Round Inner Cap (39) into the end of a Weight Storage Tube (55).

While a second person holds the Middle Crossbar (47) in the position shown, insert two M10 x 70mm Bolts (21) through the bracket on the Weight Storage Tube (55), the left Brace (44), and the bracket on the Middle Crossbar. Thread an M10 Nylon Locknut (11) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



- Press a 25mm Round Inner Cap (39) into the end of the other Weight Storage Tube (55).

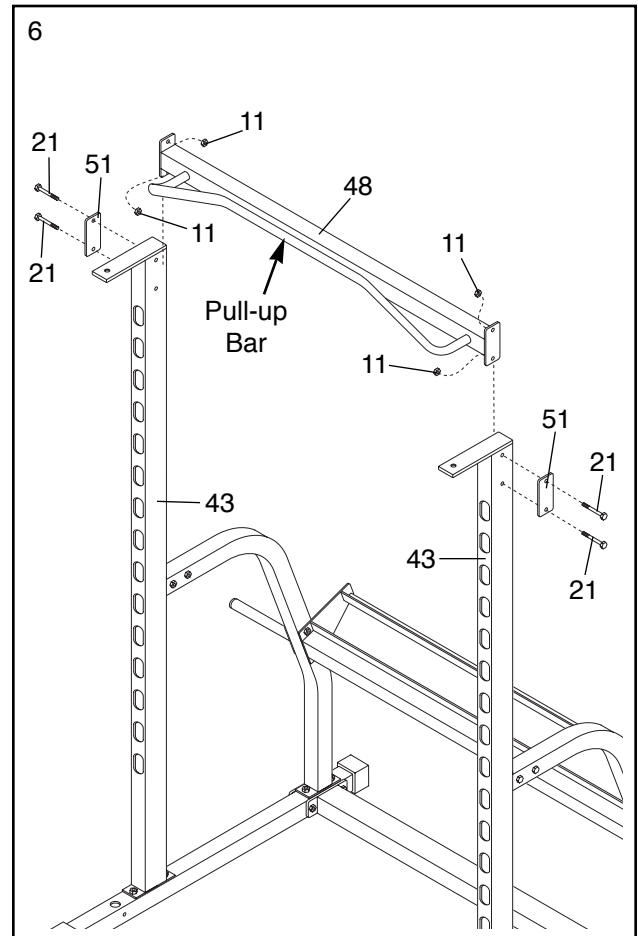
While a second person continues to hold the Middle Crossbar (47), insert two M10 x 70mm Bolts (21) through the bracket on the Weight Storage Tube (55), the right Brace (44), and the bracket on the Middle Crossbar. Thread an M10 Nylon Locknut (11) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



- Have a second person hold the Top Crossbar (48) so that the pull-up bar faces away from the rack, as shown.

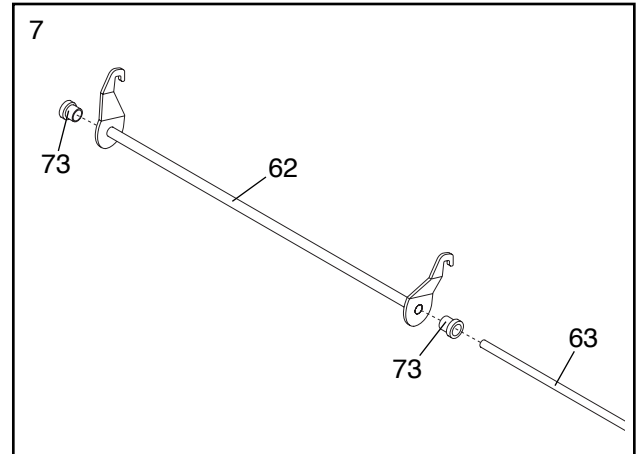
Attach the Top Crossbar (48) to the left Upright (43) with two M10 x 70mm Bolts (21), a Small Support Plate (51), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Attach the Top Crossbar (48) to the right Upright (43) with two M10 x 70mm Bolts (21), a Small Support Plate (51), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



- Press a 25mm Bushing (73) into each end of the Locking Bar (62).

Insert the Barbell (63) through the Locking Bar (62) until the Barbell is centered in the Locking Bar.

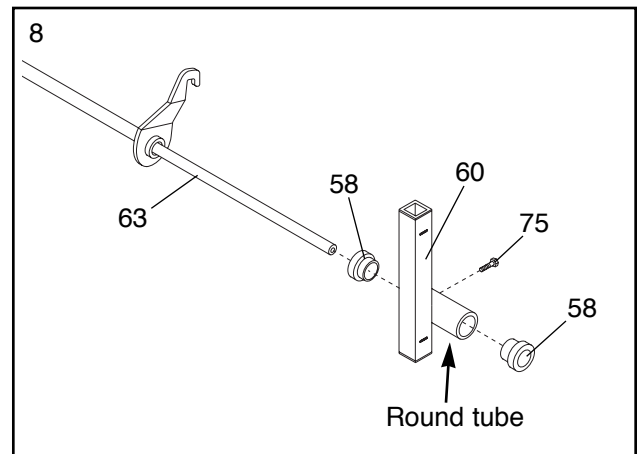


- Identify the Left Weight Glider (60) by looking at the position of the round tube.

Press a 38mm Bushing (58) into each end of the round tube on the Left Weight Glider (60).

Slide the Left Weight Glider (60) onto the left end of the Barbell (63). Secure the Weight Glider to the Barbell with a hand-tightened M8 x 16mm Bolt (75). **Look at the drawing on page 4 to make sure that you have correctly identified the left end. The Left Weight Glider must be turned as shown in the drawing.**

**Repeat this step with the Right Weight Glider (not shown).**

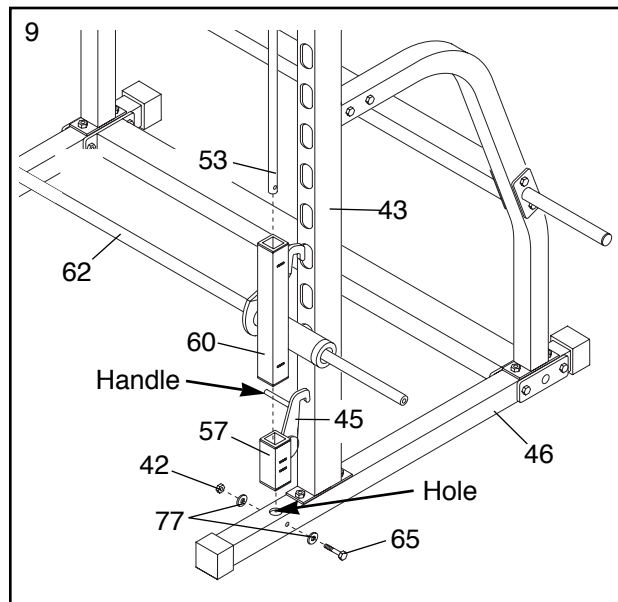




9. Identify the Left Safety Spotter (57) by the position of the handle and the Left Spotter Hook (45). Place the Left Safety Spotter on the left Base (46) so it is centered over the indicated hole.

Have a second person hold the Locking Bar (62) so that the Left Weight Glider (60) rests on top of the Left Safety Spotter (57). Insert a Weight Guide (53) into the Left Weight Glider, the Left Safety Spotter, and the hole in the Base (46). **Note: Tilt the Weight Guide away from the Upright (43) as you insert it.**

Attach the Weight Guide (53) to the Base (46) with an M8 x 60mm Bolt (65), two M8 Washers (77), and an M8 Nylon Locknut (42). **Do not tighten the Nylon Locknut yet.**



10. Place the Right Safety Spotter (56) on the right Base (46) and center it over the indicated hole. **Note: The handle must point toward the center of the rack.**

Have a second person hold the Locking Bar (62) so that the Right Weight Glider (59) rests on top of the Right Safety Spotter (56). Insert a Weight Guide (53) into the Right Weight Glider, the Right Safety Spotter, and the hole in the Base (46). **Note: Tilt the Weight Guide away from the Upright (43) as you insert it.**

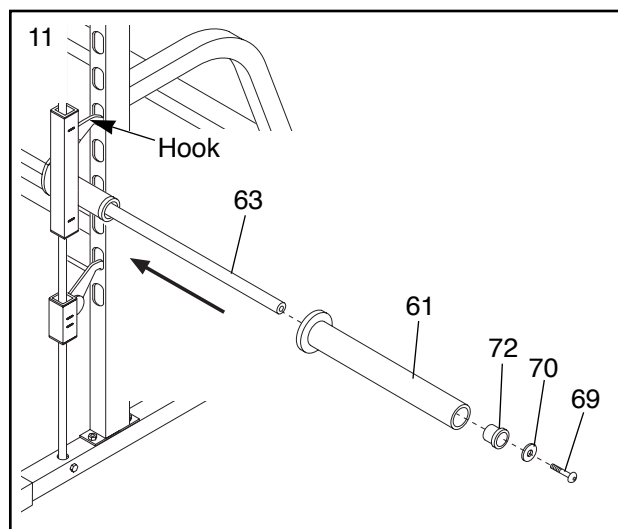
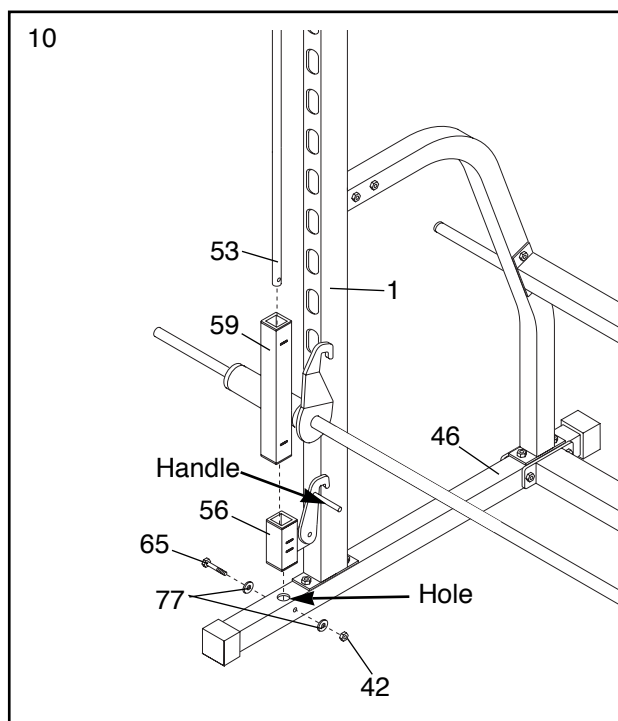
Attach the Weight Guide (53) to the Base (46) with an M8 x 60mm Bolt (65), two M8 Washers (77), and an M8 Nylon Locknut (42). **Do not tighten the Nylon Locknut yet.**

11. **Note: If you are not planning to use Olympic weights with the weight rack, you do not need to perform this step. Keep the two Weight Adapters (61) in a safe place in case you need them in the future.**

**Fully engage the indicated hook on both sides of the weight rack before beginning this step.**

Insert a 50mm Bushing (72) into the end of a Weight Adapter (61). With a second person holding the Barbell (63) so that it cannot turn, use the allen wrench to secure the Weight Adapter to the Barbell with a Large Washer (70) and an M10 x 25mm Bolt (69). **Note: The Large Washer must fit into the indentation in the 50mm Bushing in the Weight Adapter.**

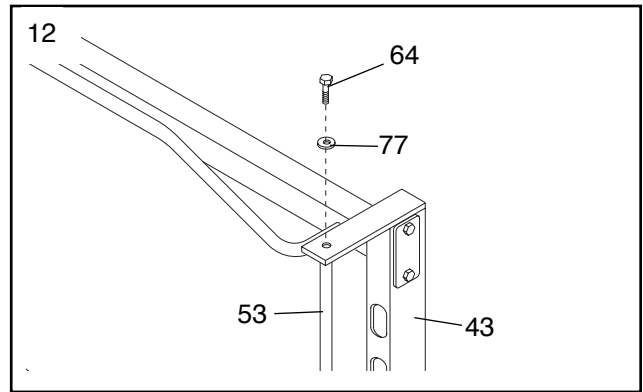
Pull the remaining length of the Barbell (63) in the direction shown. **Next, tighten the M8 x 16mm Screws used in steps 9 and 10.** Attach the other Weight Adapter (61) to the other end of the Barbell in the same manner.



12. Attach the upper end of one of the Weight Guides (53) to the bracket on the Upright (43) with an M8 x 30mm Bolt (64) and an M8 Washer (77).

Attach the other Weight Guide (53) to the other Upright (43) in the same manner.

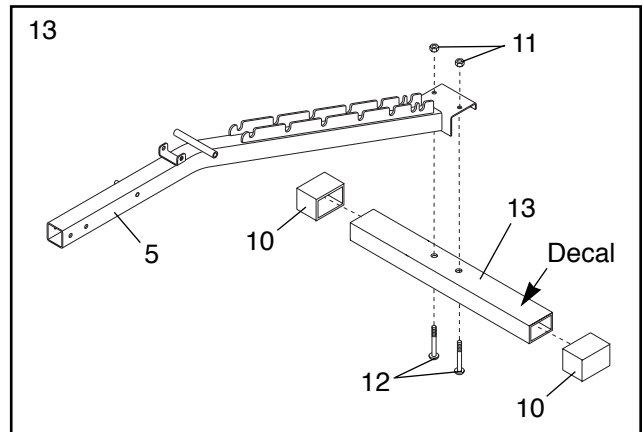
**Tighten all of the Locknuts used in steps 1 to 12.**



13. Press a 50mm x 70mm Outer Cap (10) onto each end of the Stabilizer (13).

Attach the Stabilizer (13) to the Bench Frame (5) with two M10 x 60mm Button Head Bolts (12) and two M10 Nylon Locknuts (11). **Note: There is an indentation around each hole on one side of the Stabilizer; this side must be facing the floor so that the warning decal is in the position shown.**

**Note: Do not tighten the Nylon Locknuts yet.**



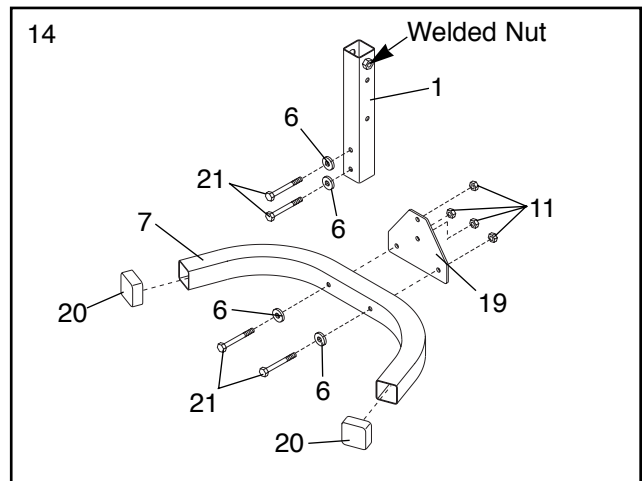
14. Press a 50mm Square Outer Cap (20) onto each end of the Bench Base (7).

Attach the Bench Base Joint Plate (19) to the Bench Base (7) with two M10 x 70mm Bolts (21), two M10 Washers (6), and two M10 Nylon Locknuts (11).

Attach the Bench Leg (1) to the Bench Base Joint Plate (19) with two M10 x 70mm Bolts (21), two M10 Washers (6), and two M10 Nylon Locknuts (11).

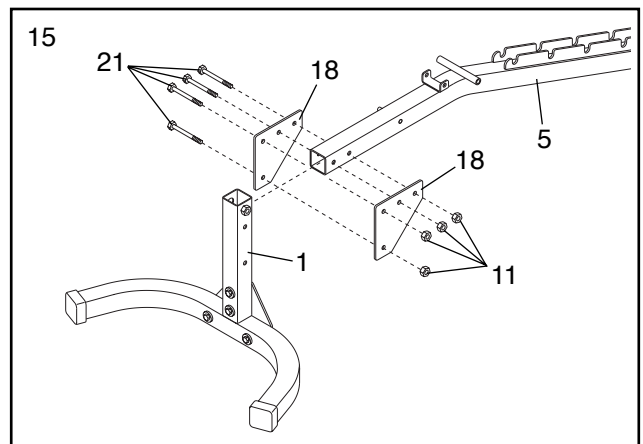
**Be sure the welded nut is in the position shown.**

**Note: Do not tighten the Nylon Locknuts yet.**



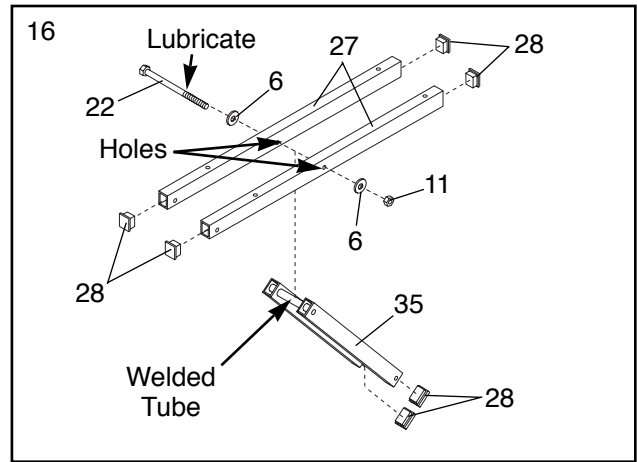
15. Attach the Bench Leg (1) to the Bench Frame (5) with two Bench Joint Plates (18), four M10 x 70mm Bolts (21), and four M10 Nylon Locknuts (11).

**Note: Tighten all the M10 Nylon Locknuts (11) used in steps 13-15.**

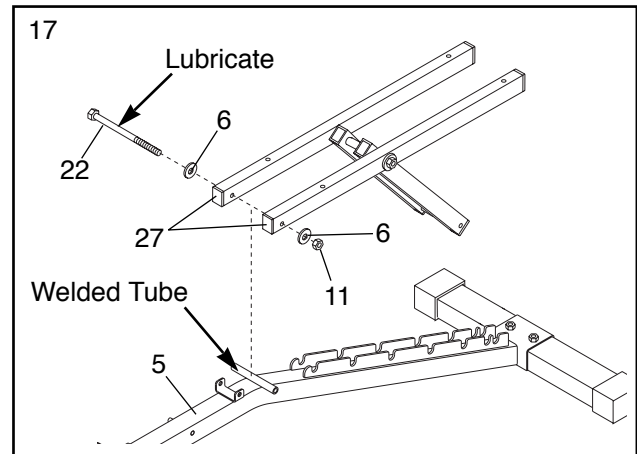


16. Press two 25mm x 40mm Inner Caps (28) into each Backrest Tube (27). Press two 25mm x 40mm Inner Caps into the Backrest Adjustment Bracket (35).

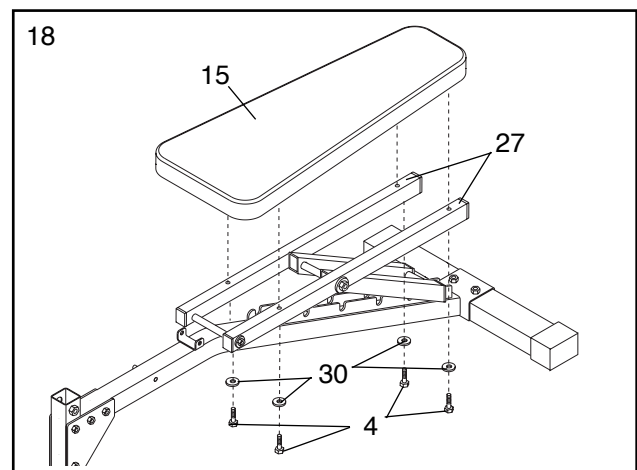
Lubricate an M10 x 190mm Bolt (22). Attach the Backrest Tubes (27) to the welded tube on the Backrest Adjustment Bracket (35) with the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). **Make sure that the Backrest Tubes are turned as shown. The indicated holes are not centered in the Backrest Tubes but are closer to one side. Turn the Backrest Tubes so the holes are closer to the floor. Do not over tighten the Nylon Locknut; the Backrest Tubes must pivot easily.**



17. Lubricate an M10 x 190mm Bolt (22). Attach the Backrest Tubes (27) to the welded tube on the Bench Frame (5) with the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). **Note: Do not over tighten the Nylon Locknut; the Backrest Tubes must pivot easily.**



18. Attach the Backrest (15) to the Backrest Tubes (27) with four M6 x 55mm Screws (4) and four M6 Washers (30).

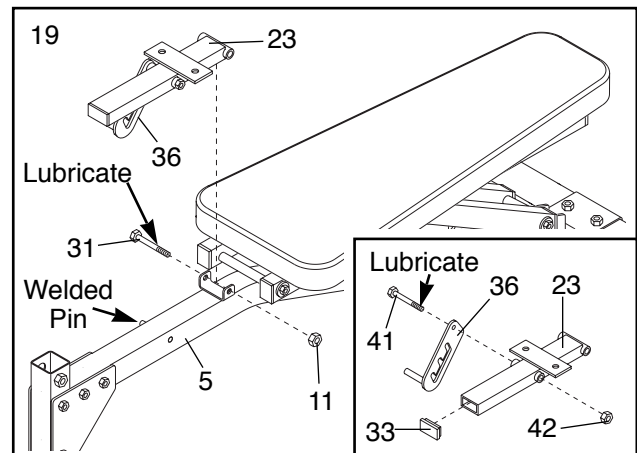


19. See the inset drawing. Press the 20mm x 50mm Inner Cap (33) into the open end of the Seat Mounting Bracket (23).

See the inset drawing. Lubricate an M8 x 70mm Bolt (41). Attach the Seat Adjustment Bracket (36) to the indicated side of the Seat Mounting Bracket (23) with the Bolt and an M8 Nylon Locknut (42). **Note: Do not over tighten the Nylon Locknut; the Seat Adjustment Bracket must pivot easily.**

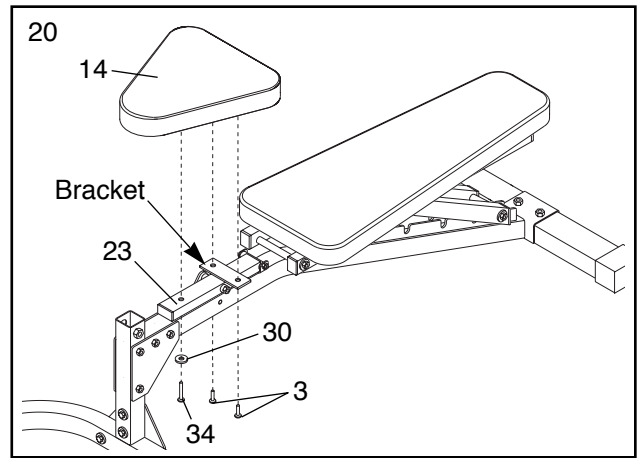
Place the Seat Mounting Bracket (23) on the Bench Frame (5) so that the Seat Adjustment Bracket (36) fits over the welded pin on the side of the Bench Frame.

Lubricate an M10 x 80mm Bolt (31). Attach the Seat Mounting Bracket (23) to the indicated bracket on the Bench Frame (5) with the Bolt and a M10 Nylon Locknut (11). **Note: Do not over tighten the Nylon Locknut; the Seat Mounting Bracket must pivot easily.**



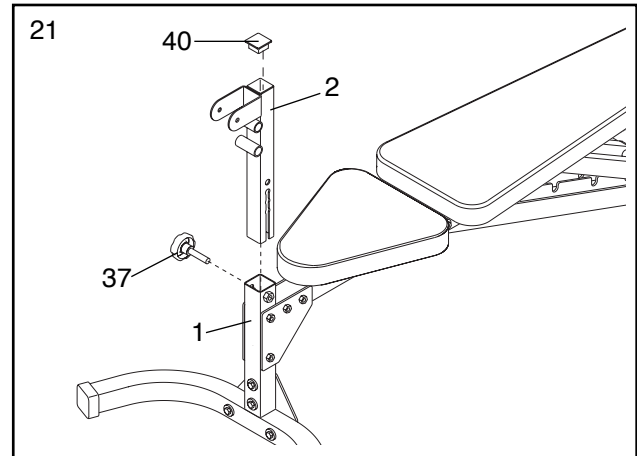
20. Turn the Seat (14) as shown. Attach the wide end of the Seat to the bracket on the Seat Mounting Bracket (23) with two M6 x 16mm Screws (3).

Tilt the Seat Mounting Bracket (23) upwards and attach the narrow end of the Seat (14) to the Seat Mounting Bracket with an M6 x 35mm Bolt (34) and an M6 Washer (30).



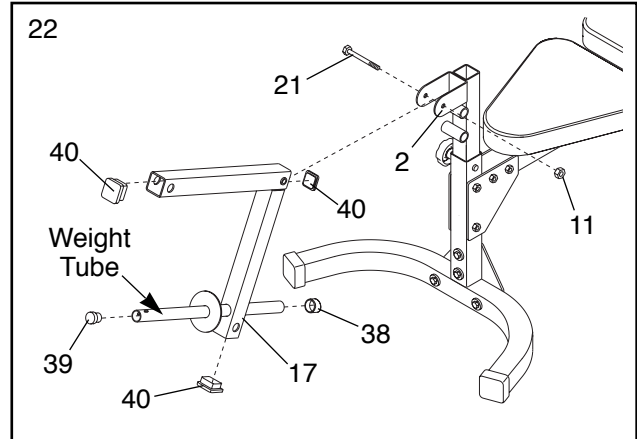
21. Attach the Adjustable Bench Leg (2) to the Bench Leg (1) with the Adjustment Knob (37).

Insert a 45mm Square Inner Cap (40) into the top of the Adjustable Bench Leg (2).



22. Insert three 45mm Square Inner Caps (40) into the ends of the Leg Lever (17). Insert a 25mm Round Inner Cap (39) into the weight tube on the Leg Lever. Press a 25mm Angled Outer Cap (38) onto the other end of the weight tube.

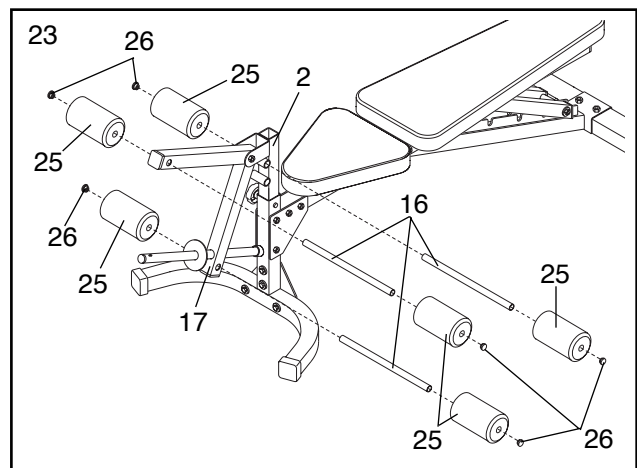
Attach the Leg Lever (17) to the Adjustable Bench Leg (2) with an M10 x 70mm Bolt (21) and an M10 Nylon Locknut (11). **Note: Do not over tighten the M10 Nylon Locknut; the Leg Lever must pivot easily.**



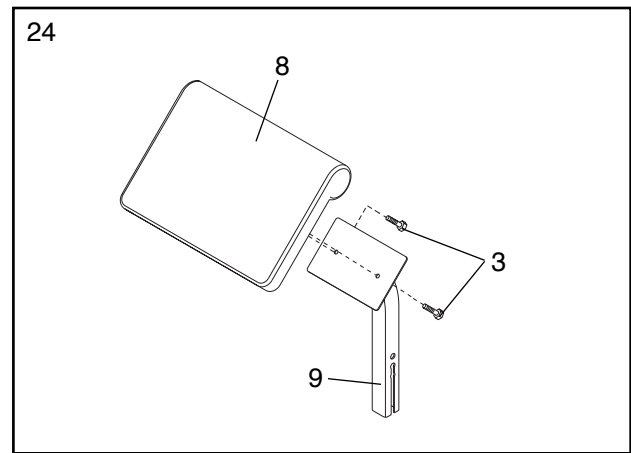
23. Insert 19mm Round Inner Caps (26) into the ends of the three Pad Tubes (16).

Insert two Pad Tubes (16) through the holes in the Leg Lever (17). Slide a Foam Pad (25) onto each side of the Pad Tubes.

Insert a Pad Tube (16) through the upper tube on the Adjustable Bench Leg (2). Slide a Foam Pad (25) onto each side of the Pad Tube.



24. Attach the Curl Pad (8) to the Curl Upright (9) with two M6 x 16mm Screws (3).



25. **Make sure all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTING THE WEIGHT BENCH starting on the following page.

## Adjusting the Weight Bench

This section explains how the weight bench can be adjusted. See the included exercise guide for important information about how to perform a variety of exercises and how to get the greatest benefit from your exercise program. Inspect and tighten all parts each time you use the weight bench. 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.

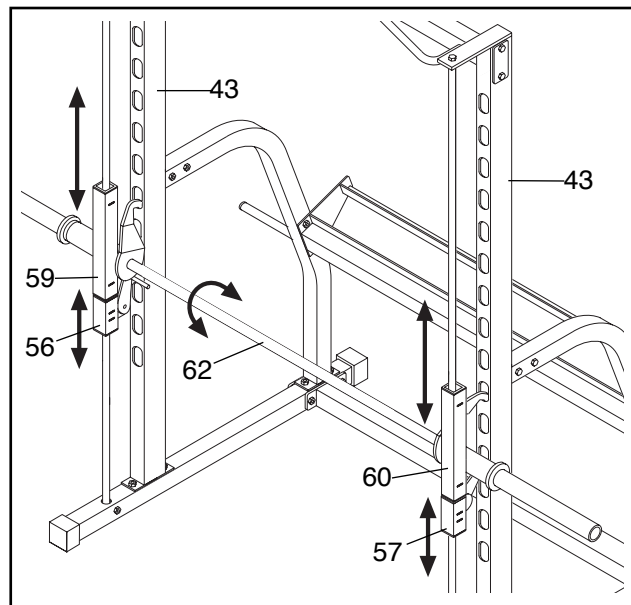
### USING THE LOCKING BAR AND SAFETY SPOTTERS

Before starting an exercise, position the barbell and the Safety Spotters (56, 57) in the correct position for that exercise.

To do this, stand in front of the cage and grip the Locking Bar (62) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Uprights (43). Move the Locking Bar to a new position and turn the Locking Bar until the hooks engage the slots in the Uprights.

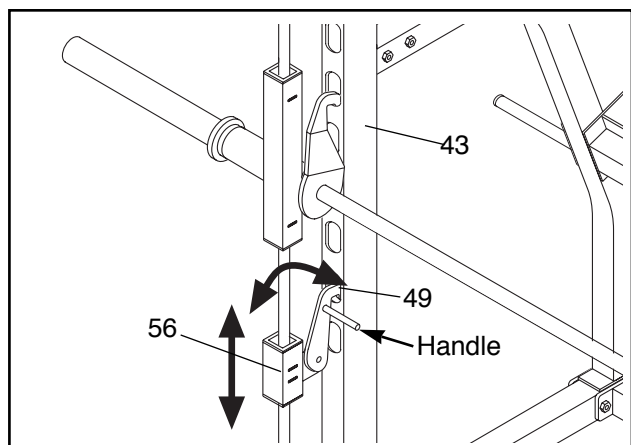
**Note: Always start an exercise with the barbell positioned at the lowest point to which it will move during the exercise.**

Position both Safety Spotters (56, 57) directly under the Weight Gliders (59, 60).



### USING THE SAFETY SPOTTERS

To move a Safety Spotter (56, 57) to a new position, grip the handle on one side of the Spotter Hook (49, 45 [not shown]) and pull the Spotter Hook out of the slot in the Upright (43). Raise or lower the Safety Spotter to a new position and turn the Spotter Hook until it engages one of the slots in the Upright.

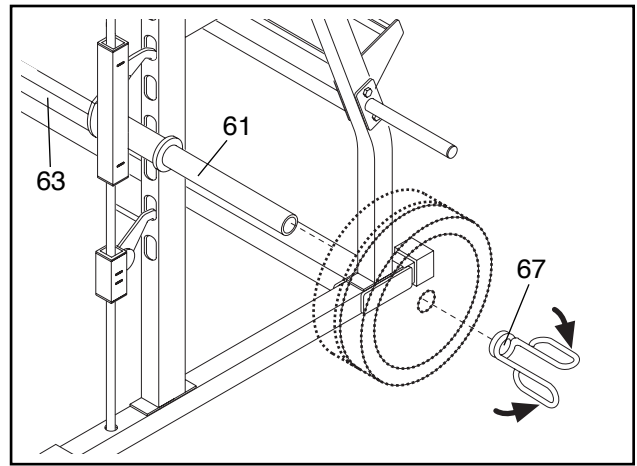


**WARNING:** Always set both Safety Spotters (56, 57) at the same height.

## ATTACHING WEIGHTS TO THE BARBELL

To use the Barbell (63), slide the desired amount of weight (not included) onto each end of the Barbell. Secure the weights with the Large Weight Clips (67). Note: To use standard weights, the Weight Adapters (61) should be removed from the Barbell. Attach weights to the Barbell with the Small Weight Clips (not shown).

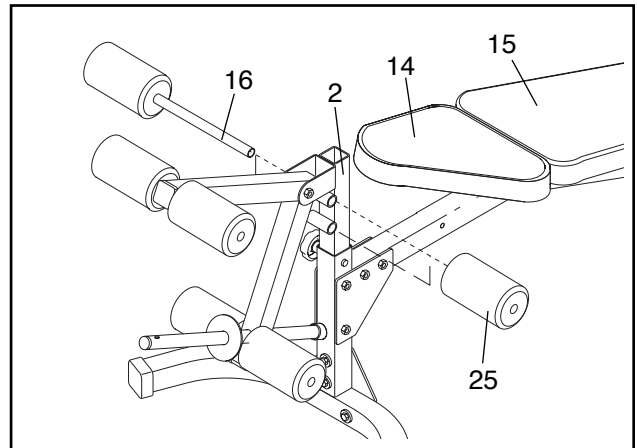
**⚠ WARNING:** Do not place more than 260 pounds on the Barbell (63). Always secure the weights with Weight Clips (67) when they are on the Barbell. Always place the same amount of weight on each side of the Barbell.



## ADJUSTING THE PAD TUBES

For some exercises, it may be necessary to move the Pad Tube (16) in the Adjustable Bench Leg (2). To do this, remove a Foam Pad (25) from one side of the Pad Tube. Slide the Pad Tube out of the Adjustable Bench Leg. Reinsert the Pad Tube into the lower welded tube on the Adjustable Bench Leg. Replace the Foam Pad on the Pad Tube.

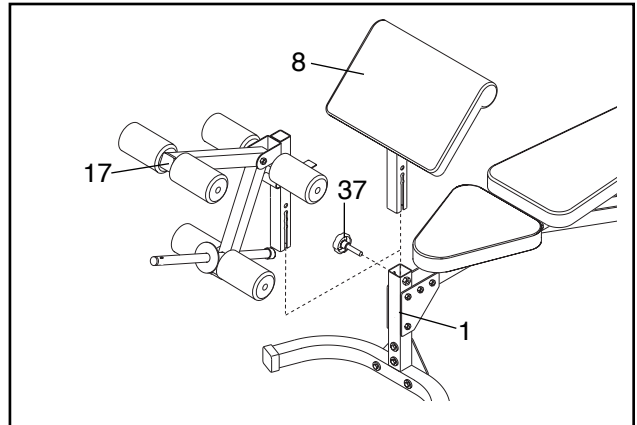
To do leg raise exercises, the Pad Tube (16) must be moved to the lower welded tube, the narrow end of the Seat (14) must be raised, and the Backrest (15) must be declined as shown.



## USING THE CURL PAD

To use the Curl Pad (8), unscrew the Adjustment Knob (37) and lift the Leg Lever (17) out of the Bench Leg (1). Insert the Curl Pad into the Bench Leg, and secure it with the Adjustment Knob.

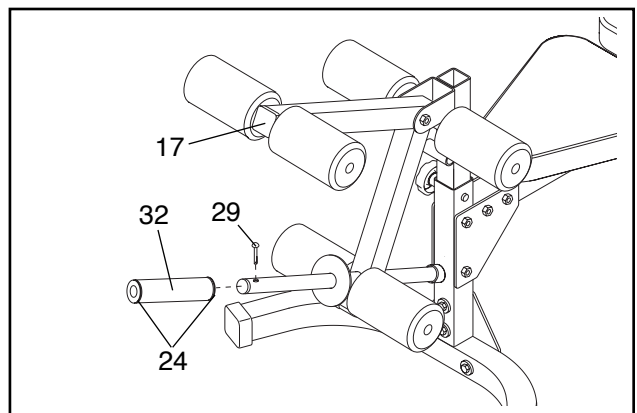
**Note:** When not using the Curl Pad (8), store it away from the bench.



## USING OLYMPIC WEIGHTS ON THE LEG LEVER

To use Olympic weights on the Leg Lever (17), insert the Weight Adapter Bushings (24) into the ends of the Weight Adapter (32). Slide the Weight Adapter over the weight tube on the Leg Lever. Insert the Weight Adapter Pin (29) into the weight tube.

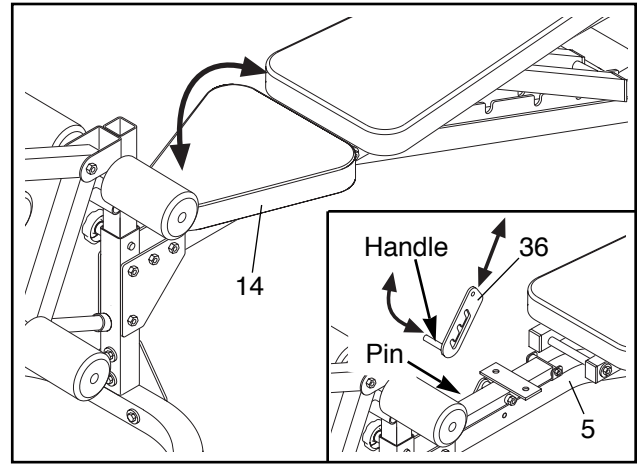
**⚠ WARNING:** Do not place more than 150 pounds on the Leg Lever (17).



## ADJUSTING THE SEAT

To raise the Seat (14), lift the narrow end of the Seat until the appropriate tab on the Seat Adjustment Bracket (36) engages the welded pin (not shown) on the right side of the Bench Frame (5).

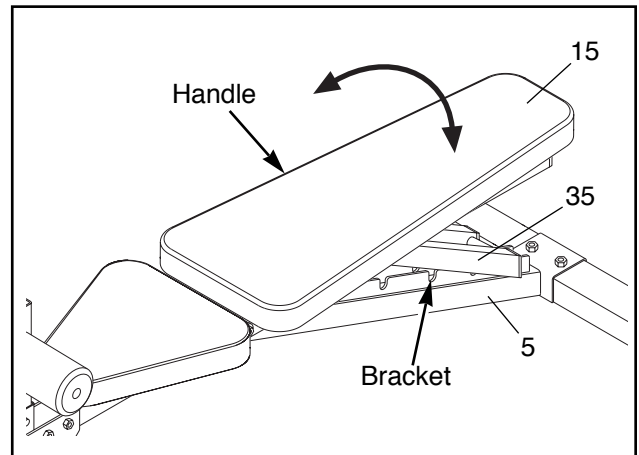
To lower the Seat (14), use the handle on the Seat Adjustment Bracket (36) to disengage the Seat Adjustment Bracket from the pin on the right side of the Bench Frame (5). Lower the Seat to the desired position and engage the appropriate tab on the Seat Adjustment Bracket to the pin.



## ADJUSTING THE BACKREST

To raise the Backrest (15), grip the end of the Backrest with one hand and pull it upward until the Backrest Adjustment Bracket (35) locks into the appropriate tab on the bracket on the Bench Frame (5).

To lower the Backrest (15), grip the end of the Backrest with one hand and pull it slightly upwards. Grip the handle (not shown) on the right side of the Backrest Adjustment Bracket (35) with your other hand and pull the Backrest Adjustment Bracket free of the tabs on the bracket on the Bench Frame (5). Lower the Backrest to the desired position and lock the Backrest Adjustment Bracket into the desired tab on the Bench Frame bracket.



**⚠ WARNING:** Be sure that the Backrest Adjustment Bracket (35) is securely locked to the Bench Frame (5) before using the weight bench.

# 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 when calling:

- The MODEL NUMBER of the product (IMBE53900)
- The NAME of the product (IMAGE® 4.5 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the 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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns 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, 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.

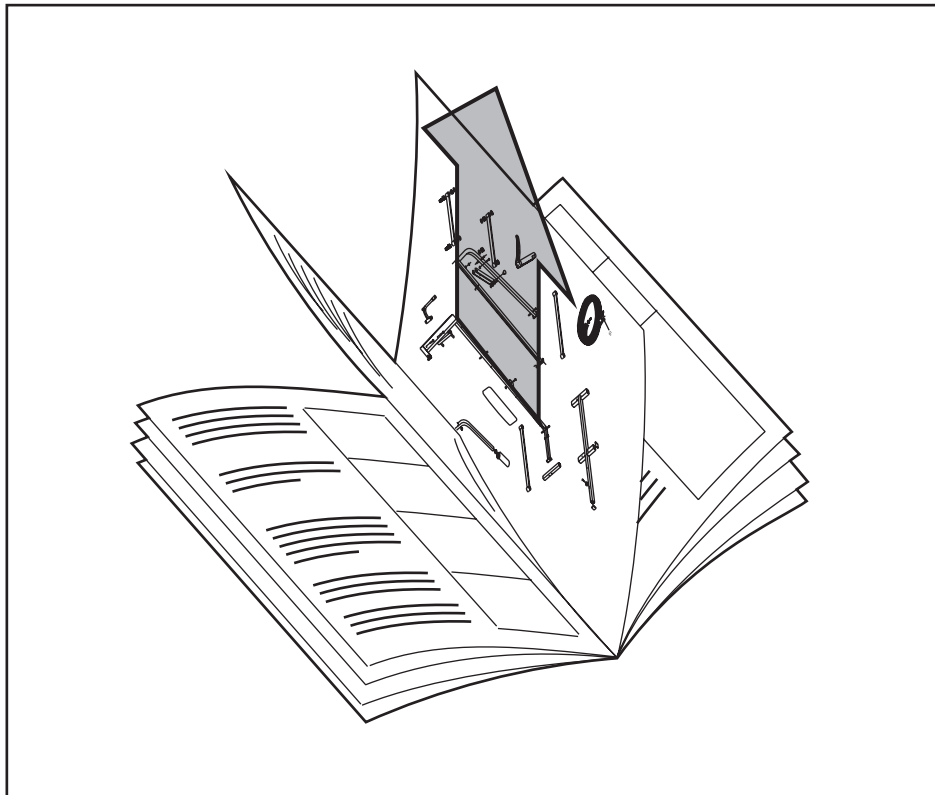
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**



**REMOVE THIS PART LIST/EXPLODED DRAWING  
FROM THE MANUAL**

**SAVE THIS PART LIST/EXPLODED DRAWING AND THE USER'S MANUAL  
FOR FUTURE REFERENCE**



# Part List—Model No. IMBE53900

R1100A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Leg	41	5	M8 x 70mm Bolt
2	1	Adjustable Bench Leg	42	13	M8 Nylon Locknut
3	4	M6 x 16mm Screw	43	2	Upright
4	4	M6 x 55mm Screw	44	2	Brace
5	1	Bench Frame	45	1	Left Spotter Hook
6	16	M10 Washer	46	2	Base
7	1	Bench Base	47	1	Middle Crossbar
8	1	Curl Pad	48	1	Top Crossbar
9	1	Curl Upright	49	1	Right Spotter Hook
10	2	50mm x 70mm Outer Cap	50	2	Large Support Plate
11	30	M10 Nylon Locknut	51	2	Small Support Plate
12	2	M10 x 60mm Button Head Bolt	52	2	Small Weight Clip
13	1	Stabilizer	53	2	Weight Guide
14	1	Seat	54	1	Base Crossbar
15	1	Backrest	55	2	Weight Storage Tube
16	3	Pad Tube	56	1	Right Safety Spotter
17	1	Leg Lever	57	1	Left Safety Spotter
18	2	Bench Joint Plate	58	4	38mm Bushing
19	1	Bench Base Joint Plate	59	1	Right Weight Glider
20	6	50mm Square Outer Cap	60	1	Left Weight Glider
21	17	M10 x 70mm Bolt	61	2	Weight Adapter
22	2	M10 x 190mm Bolt	62	1	Locking Bar
23	1	Seat Mounting Bracket	63	1	Barbell
24	2	Weight Adapter Bushing	64	2	M8 x 30mm Bolt
25	6	Foam Pad	65	2	M8 x 60mm Bolt
26	6	19mm Round Inner Cap	66	4	M10 x 65mm Carriage Bolt
27	2	Backrest Tube	67	2	Large Weight Clip
28	6	25mm x 40mm Inner Cap	68	4	M10 x 65mm Bolt
29	1	Weight Adapter Pin	69	2	M10 x 25mm Bolt
30	5	M6 Washer	70	2	Large Washer
31	1	M10 x 80mm Bolt	71	4	M8 x 65mm Carriage Bolt
32	1	Weight Adapter	72	2	50mm Bushing
33	1	20mm x 50mm Inner Cap	73	2	25mm Bushing
34	1	M6 x 35mm Bolt	74	8	45mm x 45mm Bushing
35	1	Backrest Adjustment Bracket	75	2	M8 x 16mm Bolt
36	1	Seat Adjustment Bracket	76	2	M8 x 25mm Bolt
37	1	Adjustment Knob	77	10	M8 Washer
38	1	25mm Angled Outer Cap	#	1	User's Manual
39	3	25mm Round Inner Cap	#	1	Exercise Guide
40	4	45mm Square Inner Cap	#	1	6mm 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—Model No. IMBE53900

R1100A

