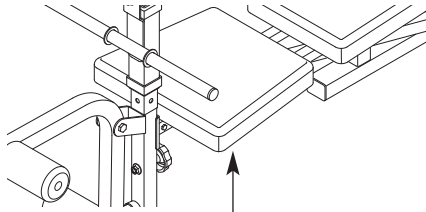


Model No. RBBE0955.0

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

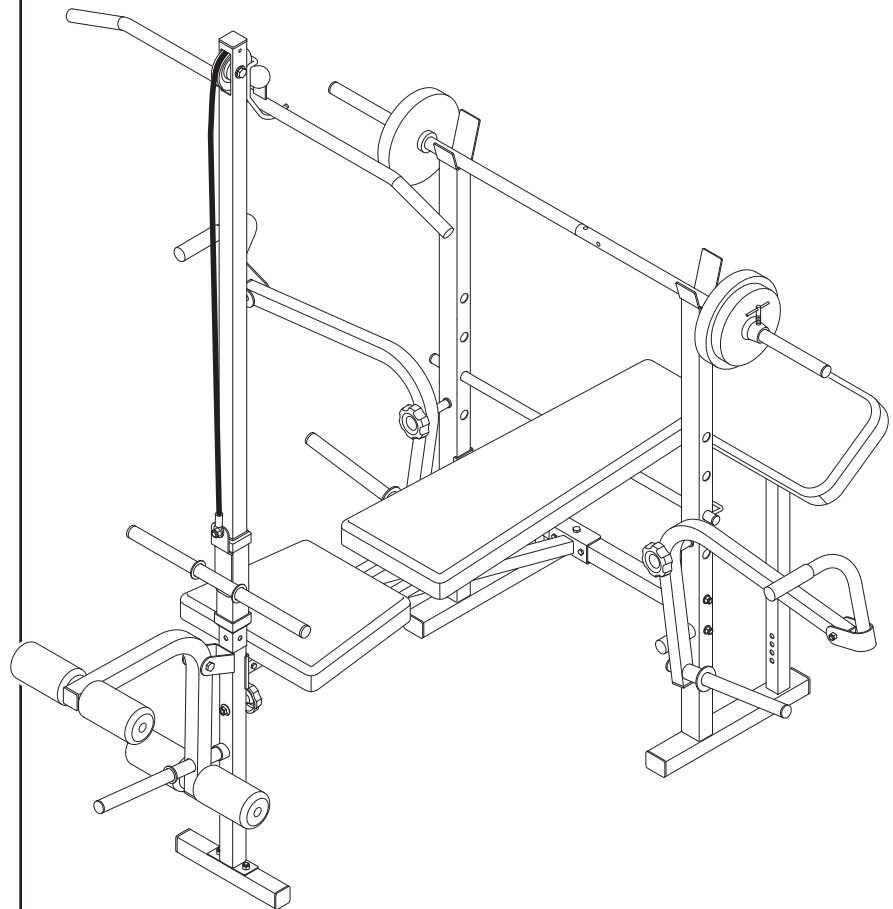
CALL TOLL-FREE:

**1-877-994-4999**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

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



### CAUTION

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



Visit our website at

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

*new products, prizes,  
fitness tips, and much more!*

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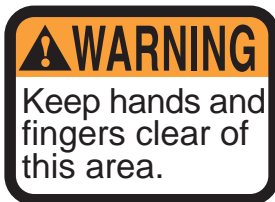
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

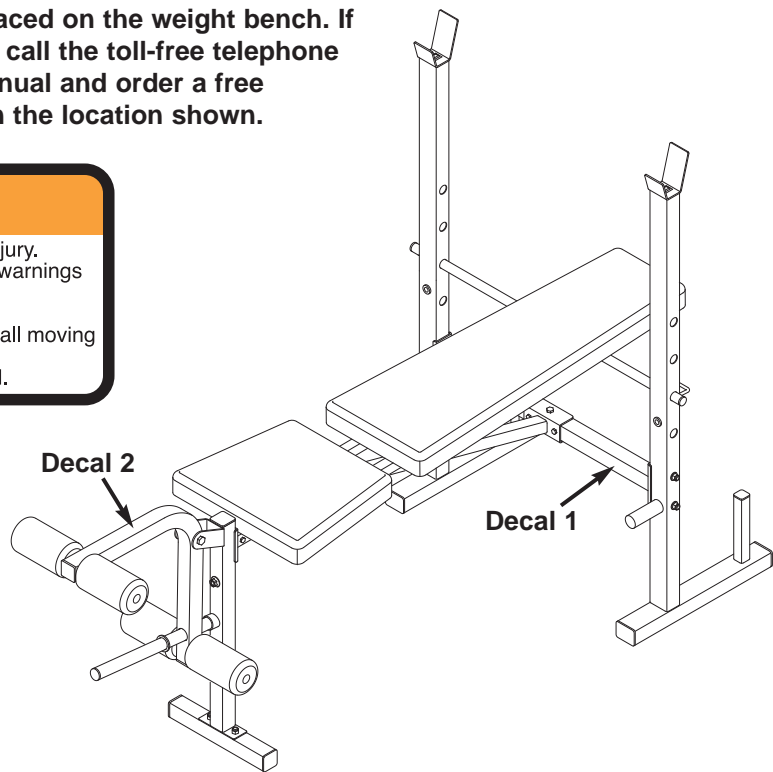
The decals shown here have been placed on the weight bench. If a decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



Decal 1



Decal 2



# 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 and all warnings on the weight bench 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. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Inspect and properly tighten all parts regularly. 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 cable remains on the pulley at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulley. Replace the cable at least every two years.
10. When using the backrest in a level or an inclined position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.
11. The weight bench is designed to support a maximum user weight of 300 pounds, and a maximum total weight of 410 pounds. Do not place more than 110 pounds, including the barbell, on the weight rests. Do not place more than 50 pounds on the leg lever. Do not place more than 80 pounds on the weight carriage. Do not place more than 30 pounds on either butterfly arm.
12. Always make sure there is an equal amount of weight on each side of the barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping.
13. Always place an equal amount of weight on each side of the weight carriage or on each butterfly arm.
14. Always secure the weights with the weight clips when they are mounted on the weight carriage.
15. When you are using the leg lever, place the barbell with the same amount of weight on the weight rests to balance the bench.
16. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
17. Always disconnect the lat bar from the cable when performing an exercise that does not require it.
18. 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

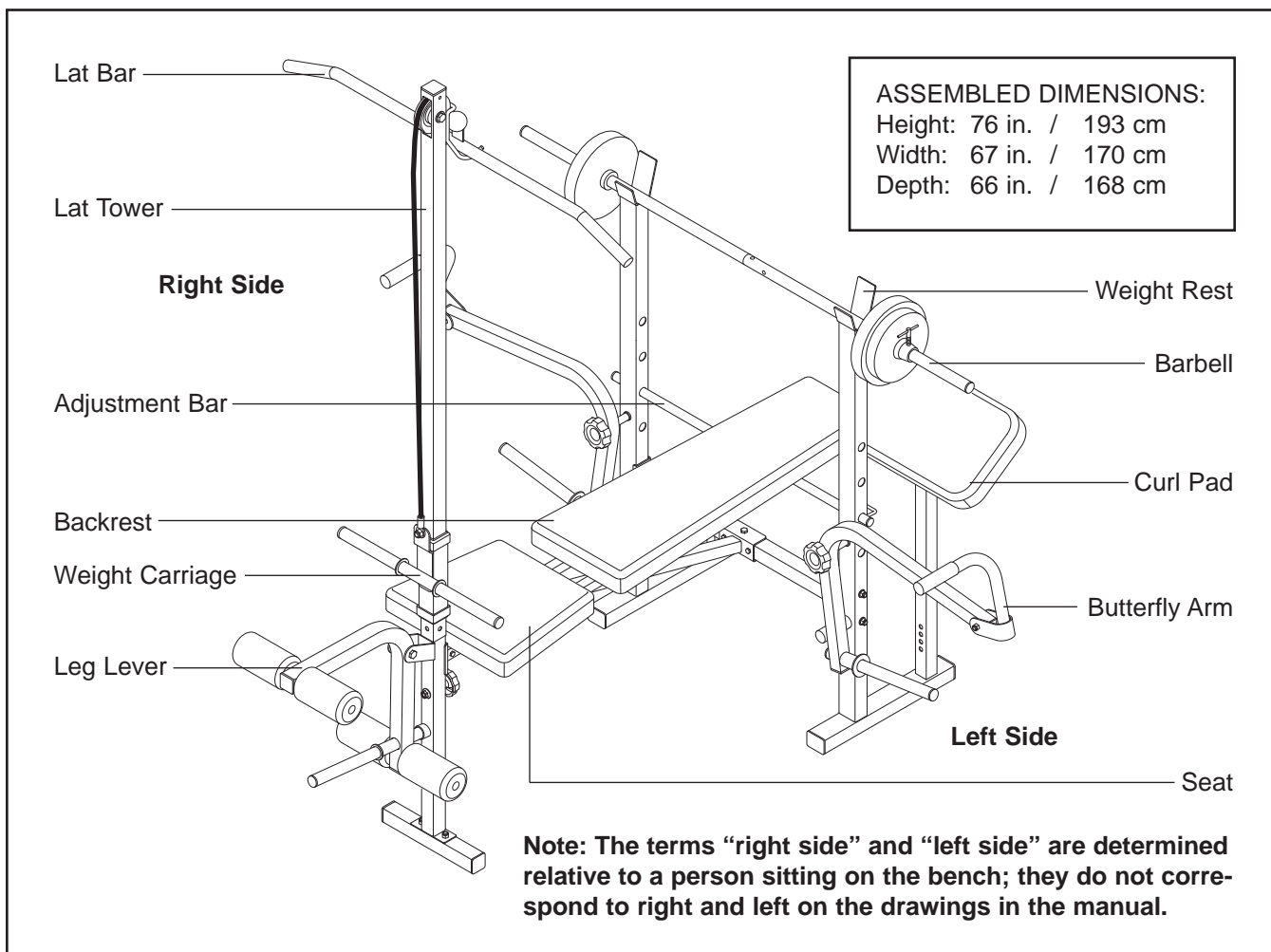
Thank you for selecting the versatile REEBOK® RS 100 weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product

model number and serial number before calling. The model number is RBBE0955.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

**To avoid a registration fee for any service needed under warranty, you must register the weight bench at [www.reebokservice.com/registration](http://www.reebokservice.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 weight bench can be assembled successfully by anyone. 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 weight bench, make sure all parts are oriented as shown in the drawings.

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

The included grease, and the following tools (not included) may be required for assembly:

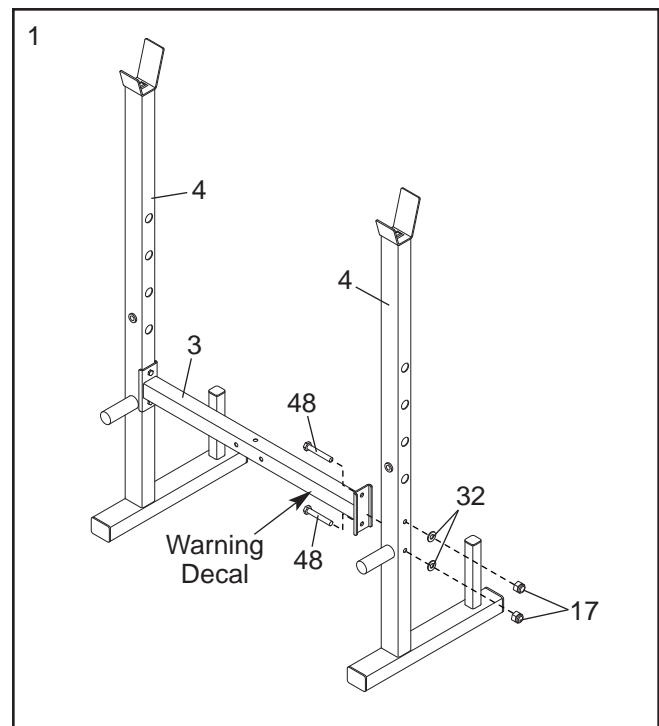
- Two adjustable wrenches 
- One hammer 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape, and soapy water.

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

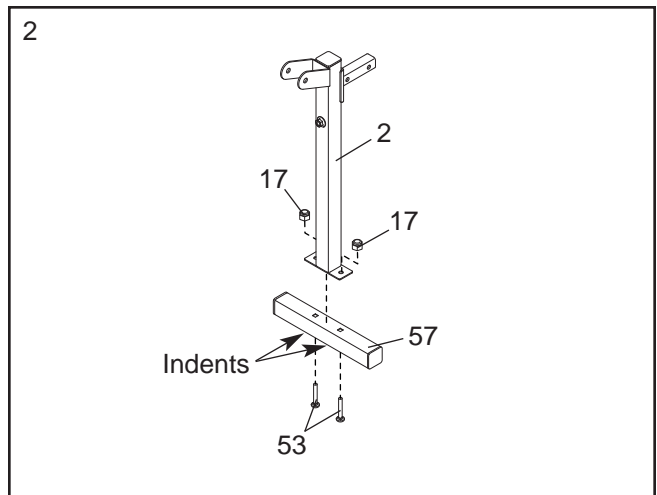
1. Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the **PART IDENTIFICATION CHART**.

Attach an Upright (4) to the Crossbar (3) with two M8 x 65mm Bolts (48), two M8 Washers (32), and two M8 Nylon Locknuts (17). **Make sure the warning decal is in the indicated position. Do not tighten the Locknuts.**

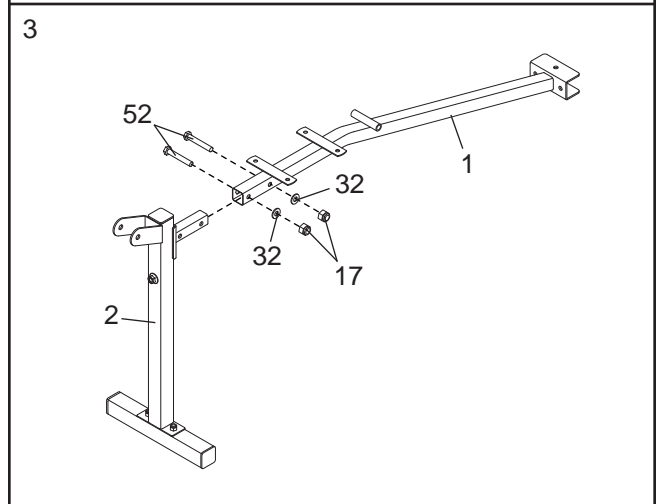
Repeat this step with the other Upright (4).



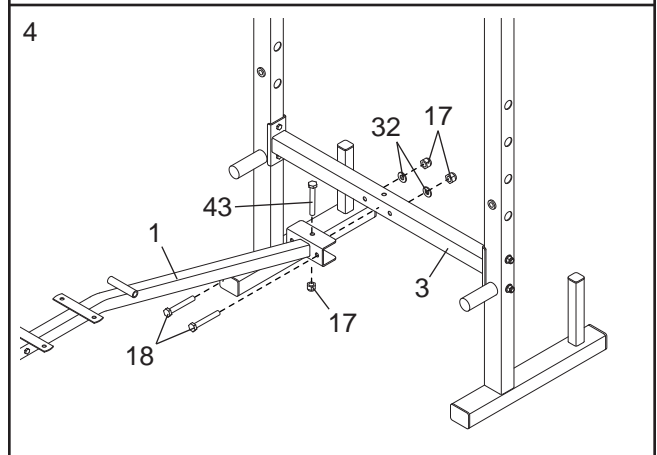
- Orient the Stabilizer (57) so that the indents around the holes are on the bottom. Attach the Bench Leg (2) to the Stabilizer with two M8 x 50mm Carriage Bolts (53) and two M8 Nylon Locknuts (17). **Do not tighten the Locknuts.**



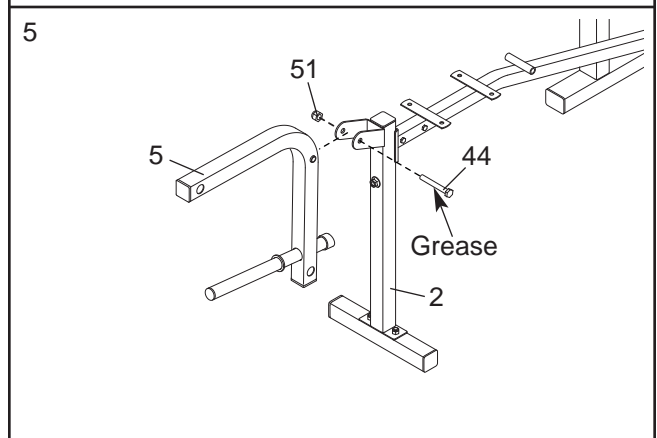
- Attach the Bench Frame (1) to the Bench Leg (2) with two M8 x 39mm Bolts (52), two M8 Washers (32), and two M8 Nylon Locknuts (17). **Make sure that the bolt heads fit inside the hexagonal holes in the Bench Frame. Do not tighten the Locknuts.**



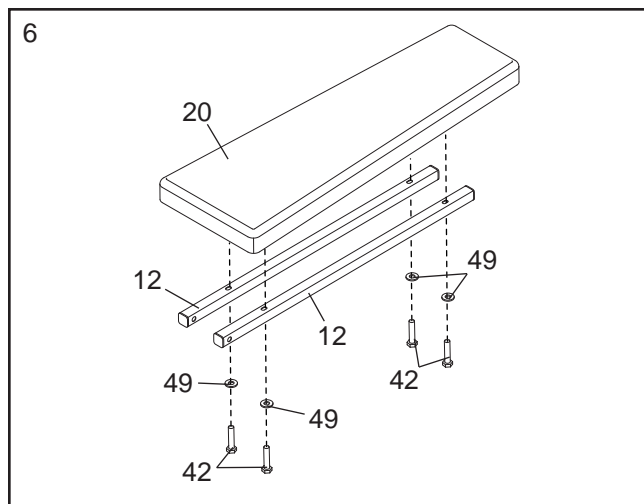
- Attach the Bench Frame (1) to the Crossbar (3) with an M8 x 54mm Bolt (43) and an M8 Nylon Locknut (17); and with two M8 x 52mm Bolts (18), two M8 Washers (32), and two M8 Nylon Locknuts (17). **Do not tighten the Locknuts.**



- Lubricate an M10 x 65mm Bolt (44) with grease. Attach the Leg Lever (5) to the Bench Leg (2) with the Bolt and an M10 Nylon Locknut (51). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



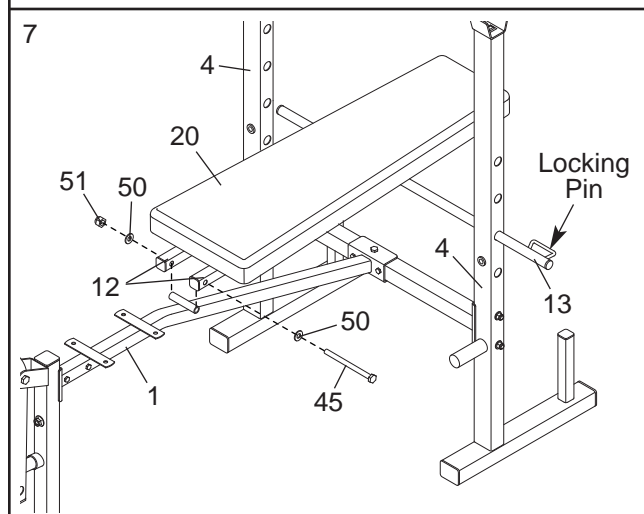
- Attach the Backrest Tubes (12) to the Backrest (20) with four M6 x 38mm Screws (42) and four M6 Washers (49). **Do not tighten the Screws.**



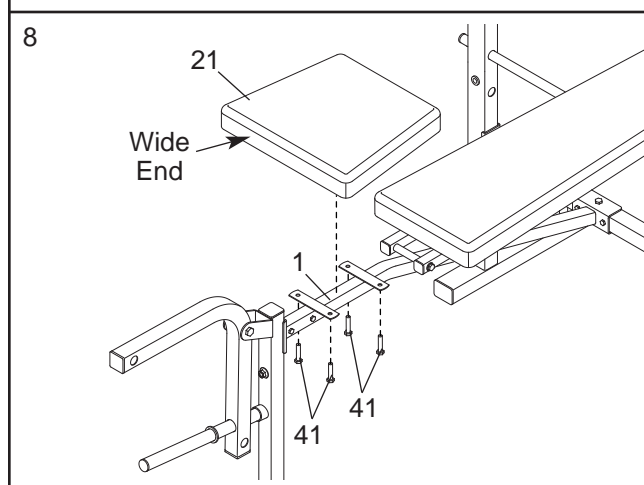
- Slide the Adjustment Bar (13) into the Uprights (4) from the side shown. Turn the Adjustment Bar so that the locking pin wraps around the Upright.

Grease an M10 x 138mm Bolt (45). Attach the Backrest Tubes (12) to the Bench Frame (1) with the Bolt, two M10 Washers (50), and an M10 Nylon Locknut (51). **Do not overtighten the Locknut; the Backrest Tubes must be able to pivot easily.**

**Tighten the M8 Nylon Locknuts (17) used in steps 1–4. Tighten the four M6 x 38mm Screws (42) used in steps 6.**

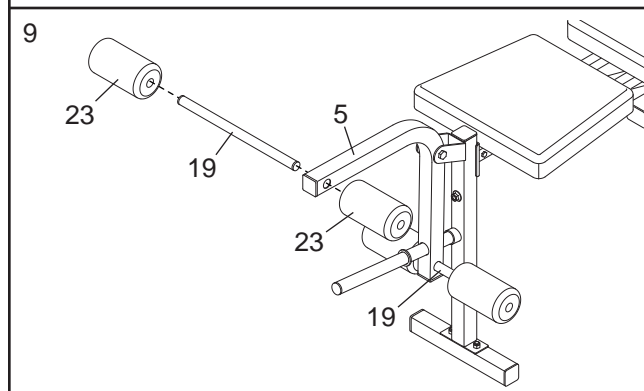


- Orient the Seat (21) as shown and attach it to the Bench Frame (1) with four M6 x 15mm Screws (41).



- Insert a Pad Tube (19) into a hole in the Leg Lever (5). Slide two Foam Pads (23) onto the Pad Tube.

**Repeat this step with the other Pad Tube (19).**



10. Identify the **Left Butterfly Arm (6)** by the position of the long side of the indicated tube.

Slide a **Weight Stop (31)** onto the Butterfly Arm.

Grease an **M10 x 57mm Bolt (26)**. Attach the **Left Butterfly Handle (7)** to the **Left Butterfly Arm (6)** with the Bolt and an **M10 Nylon Locknut (51)**. **Do not overtighten the Locknut; the Handle must be able to pivot easily.**

**Repeat this step with the Right Butterfly Arm (not shown) and Right Butterfly Handle (not shown).**

11. Grease an **M10 x 138mm Bolt (45)**. Attach the **Left Butterfly Arm (6)** to the indicated **Upright (4)** with the Bolt and a **Butterfly Knob (55)**.

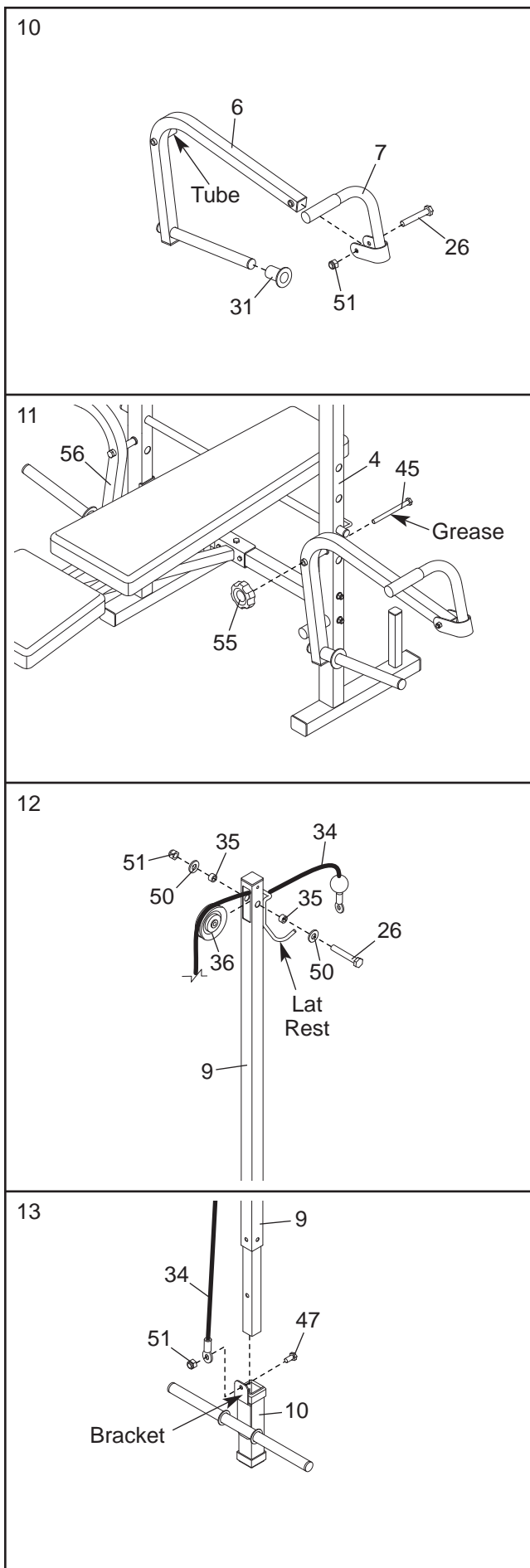
**Repeat this step with the Right Butterfly Arm (56).**

12. Route the **Cable (34)** through the **Lat Tower (9)** and over the **Pulley (36)**. **Make sure that the Cable is under the lat rest bar.** Attach the **Pulley (36)** inside the **Lat Tower (9)** with an **M10 x 57mm Bolt (26)**, two **M10 Washers (50)**, two **7.5mm Spacers (35)**, and an **M10 Nylon Locknut (51)**.

13. Insert an **M10 x 20mm Bolt (47)** into the bracket on the **Weight Carriage (10)**.

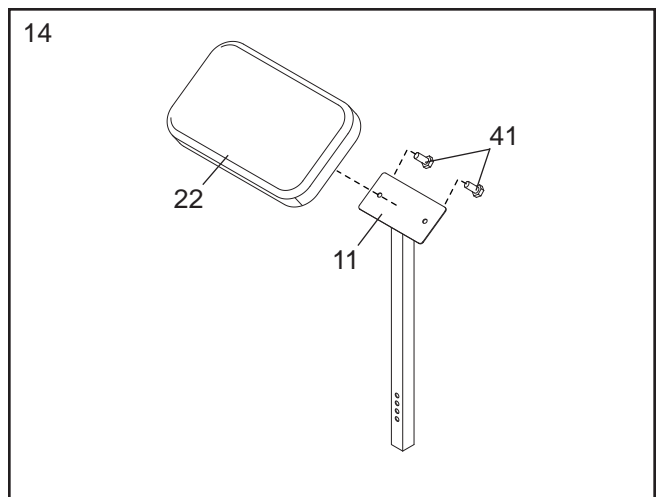
Slide the **Weight Carriage (10)** onto the **Lat Tower (9)**. **Make sure the bracket on the Weight Carriage and the lat rest on the Lat Tower (see step 12) are on the opposite sides.**

Attach the **Cable (34)** to the **M10 x 20mm Bolt (47)** with an **M10 Nylon Locknut (51)**.

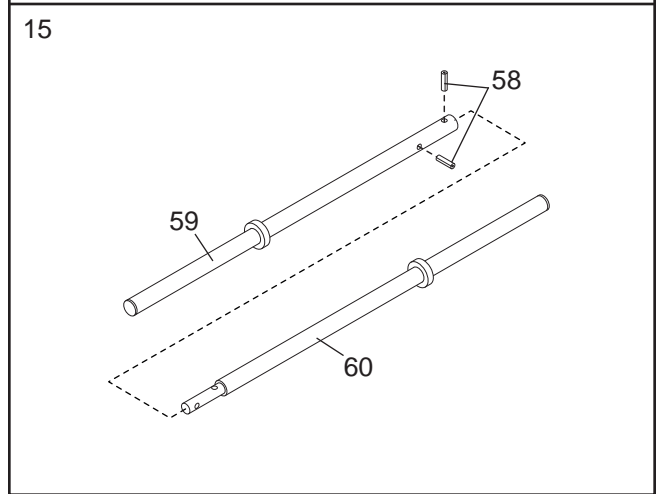




14. Attach the Curl Pad (22) to the Curl Post (11) with two M6 x 15mm Screws (41).



15. Insert the Inner Barbell (60) into the Outer Barbell (59) and align the holes. Using a hammer, tap the two Roll Pins (58) into the holes until they are flush with the Outer Barbell.



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

# ADJUSTMENTS

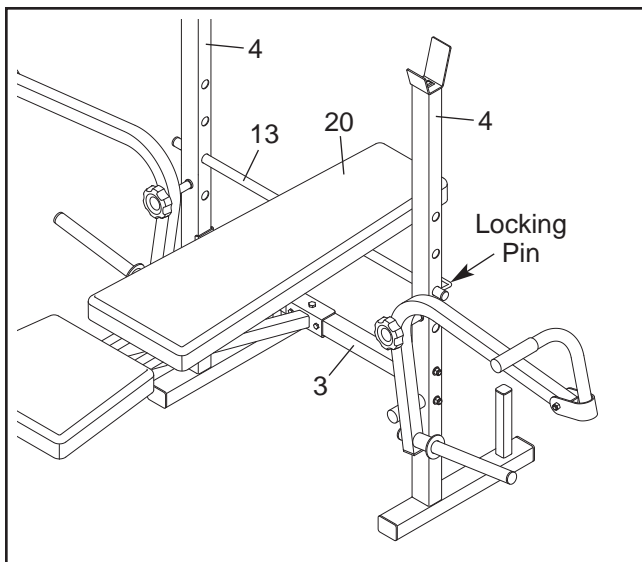
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 13 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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 (20) can be used in a declined position, a level position and two inclined positions. To use the Backrest in a declined position, remove the Adjustment Bar (13) and lay the Backrest on the Crossbar (3).

To use the Backrest (20) in a level or inclined position, insert the Adjustment Bar (13) through a set of holes in the Uprights (4). Rotate the Adjustment Bar to the locked position, so the locking pin is wrapped around the Upright. Lay the Backrest on the Adjustment Bar.

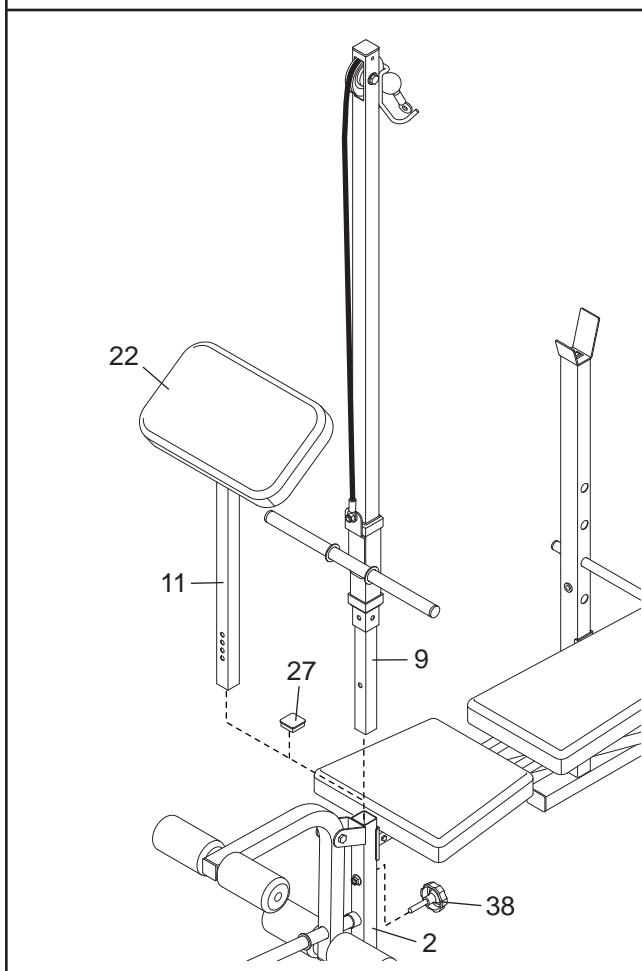


## ATTACHING THE CURL PAD OR LAT TOWER

For some exercises, the Curl Pad (22) needs to be attached to the weight bench. To do this, remove the 38mm Square Cap (27) from the Bench Leg (2). Insert the Curl Post (11) into the Front Leg and secure it with the Curl Knob (38).

The Lat Tower (9) can be attached to the weight bench in the same manner.

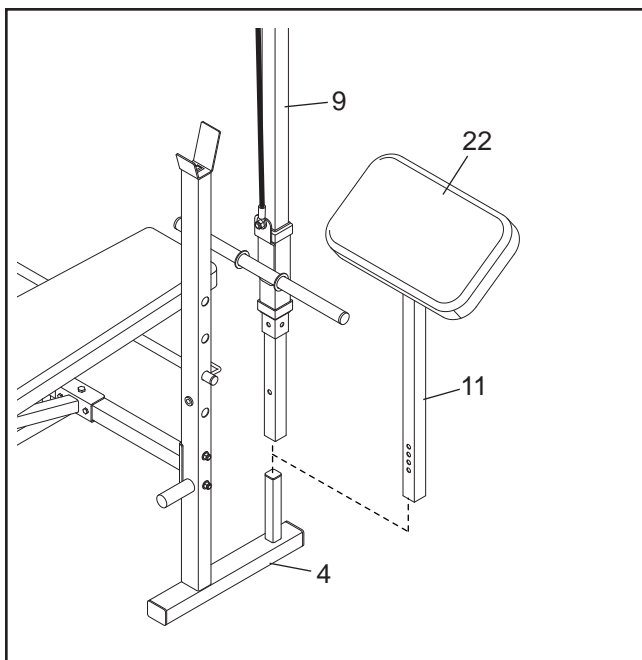
When the Curl Pad (22) and the Lat Tower (9) are removed, the 38mm Square Cap (27) should be inserted into the Bench Leg (2).



## STORING THE CURL PAD

To store the Curl Pad (22), slide the Curl Post (11) onto a storage tube on an Upright (4).

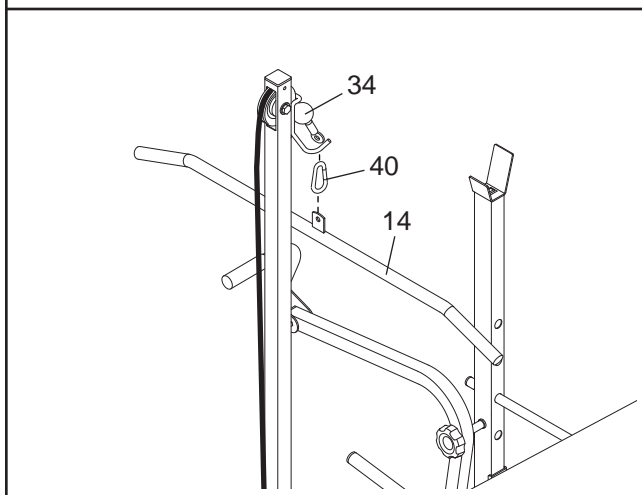
The Lat Tower (9) can be stored in the same way.



## ATTACHING THE LAT BAR

To use the Lat Bar (14), attach it to the Cable (34) with a Cable Clip (40).

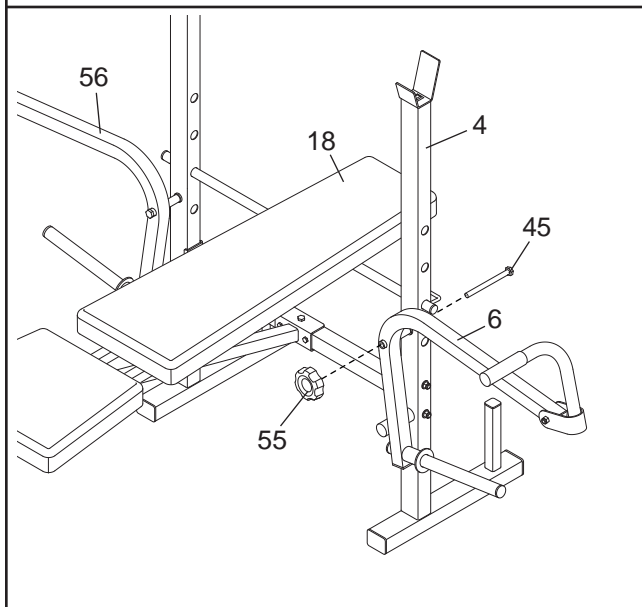
**⚠ WARNING:** Remove the Lat Bar (14) when performing an exercise that does not require it.



## ATTACHING THE BUTTERFLY ARMS

To use the Butterfly Arms (6, 56), attach each Arm to an Upright (4) with an M10 x 138mm Bolt (45) and a Butterfly Knob (55).

Remove the Butterfly Arms (6, 56) when performing exercises that do not require them.



## ATTACHING WEIGHTS

To use the Leg Lever (5), slide the desired Weights (61 or 62) onto the weight tube on the Leg Lever. **Do not place more than 50 pounds on the Leg Lever.**

**⚠ WARNING:** When using the Leg Lever (5), place the barbell with the same amount of weight on the Upright (4) weight rests to balance the bench.

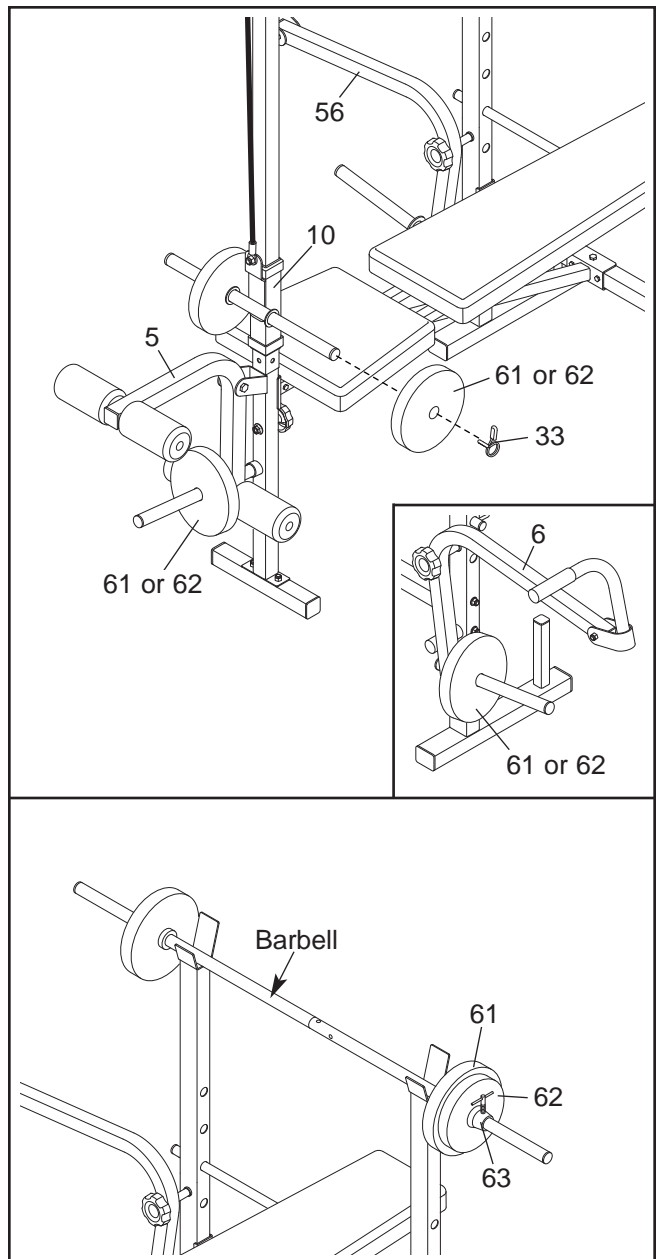
To use the Weight Carriage (10), slide an equal amount of Weight (61 or 62) onto each side of the weight tube. Secure the Weights with the Weight Clips (33). **Do not place more than 80 pounds on the Weight Carriage.**

**See the inset drawing.** To use the Butterfly Arms (6, 56), first make sure there is a Weight Stop (not shown) on each weight tube. Then slide the desired Weights (61 or 62) onto the weight tubes. **Do not place more than 30 pounds on each Butterfly Arm.**

## ATTACHING WEIGHTS TO THE BARBELL

Slide an equal amount of Weight (61, 62) onto each end of the barbell. Slide the two Lock Collars (63) against the Weights, and tighten them fully.

**⚠ WARNING:** Always secure the Weights (61, 62) on the barbell with the Lock Collars (63). Never use the barbell with more than 100 pounds.



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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 weight 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 weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight 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 weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight 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 weight.

### Weight Loss

To lose weight, use a low amount of weight 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 exercise cycle or an elliptical exerciser, 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.

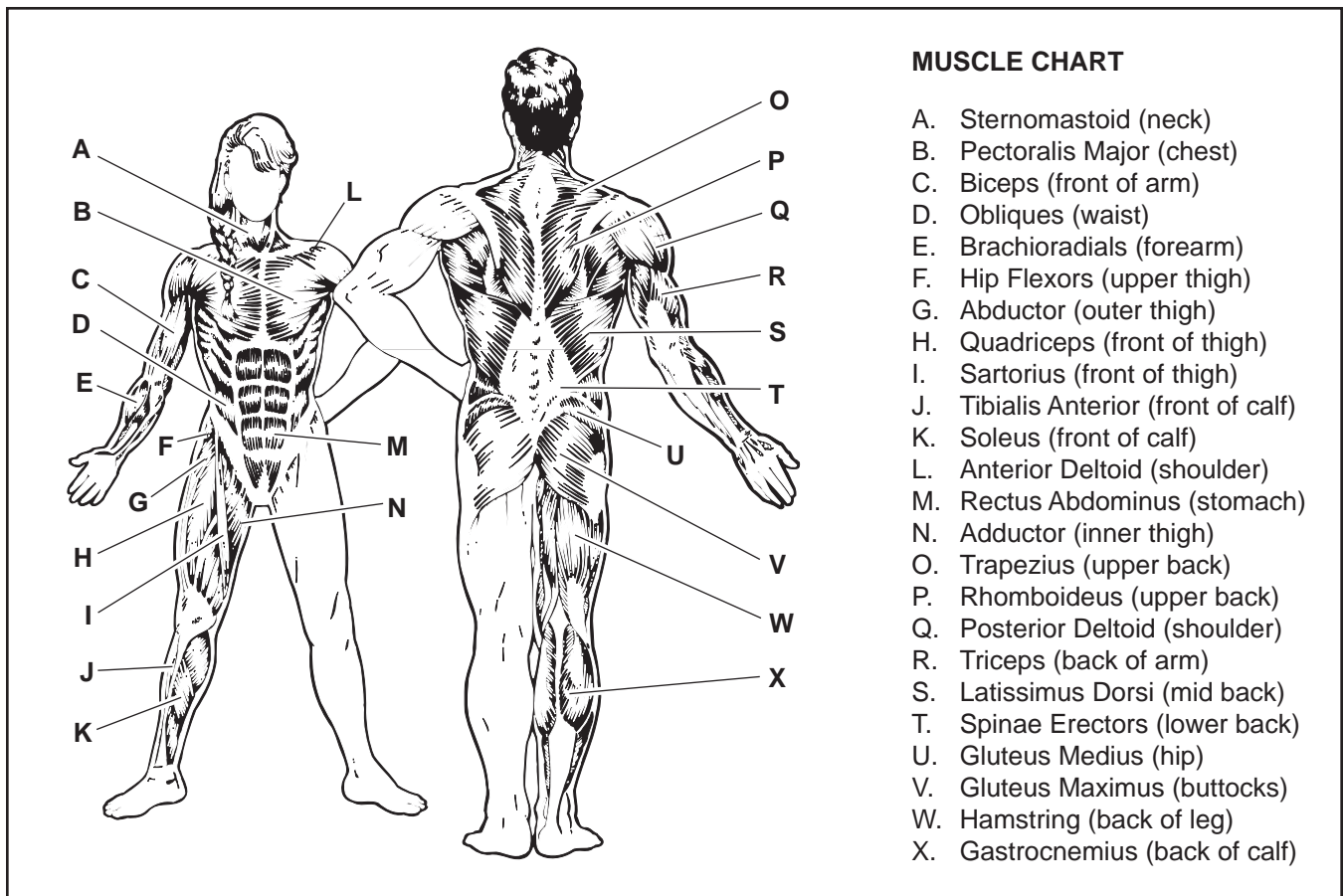
### COOLING DOWN

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 15 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.



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

---

**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**THURSDAY      AEROBIC EXERCISE**

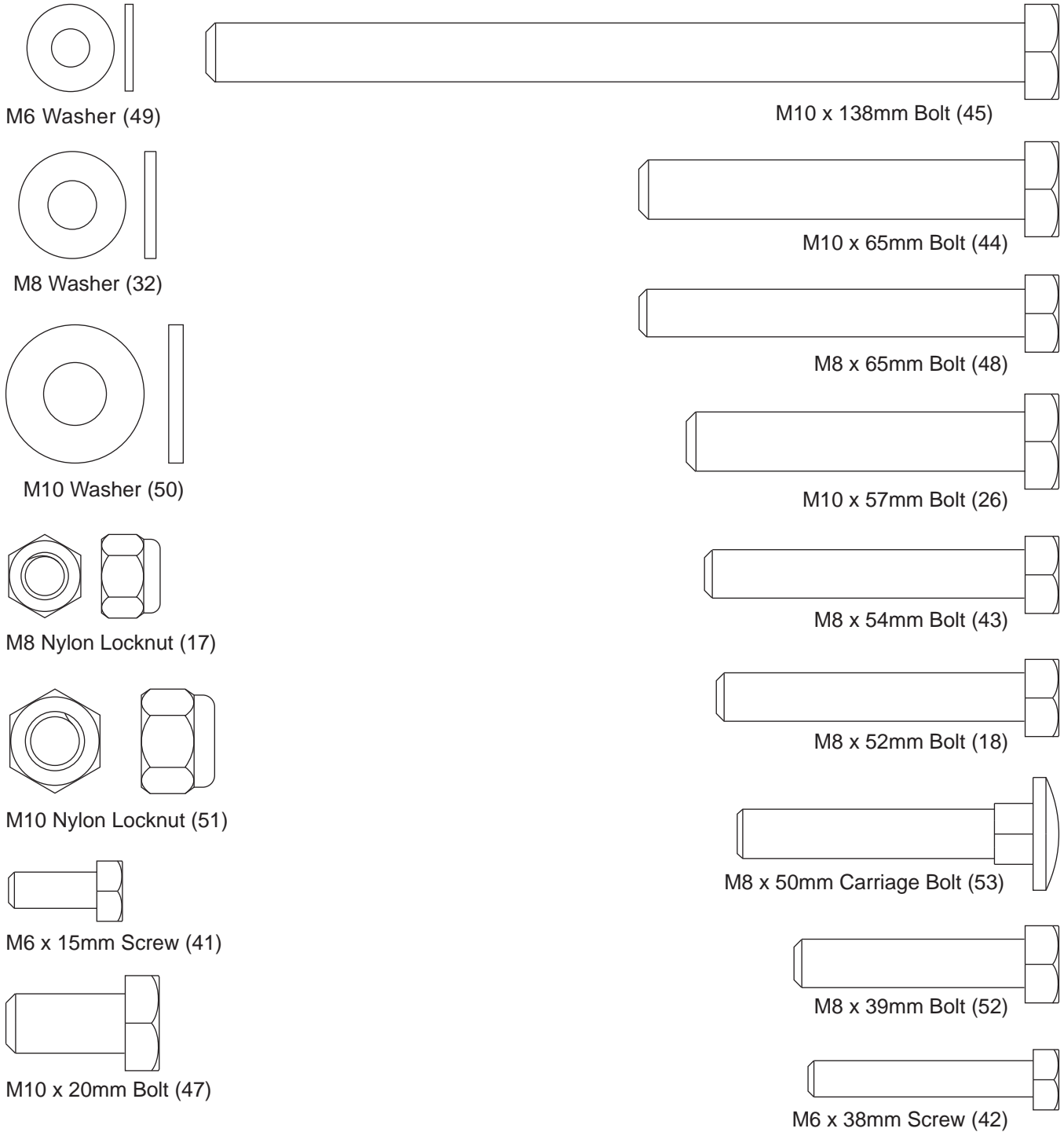
Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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

# PART IDENTIFICATION CHART

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.**





# PART LIST—Model No. RBBE0955.0

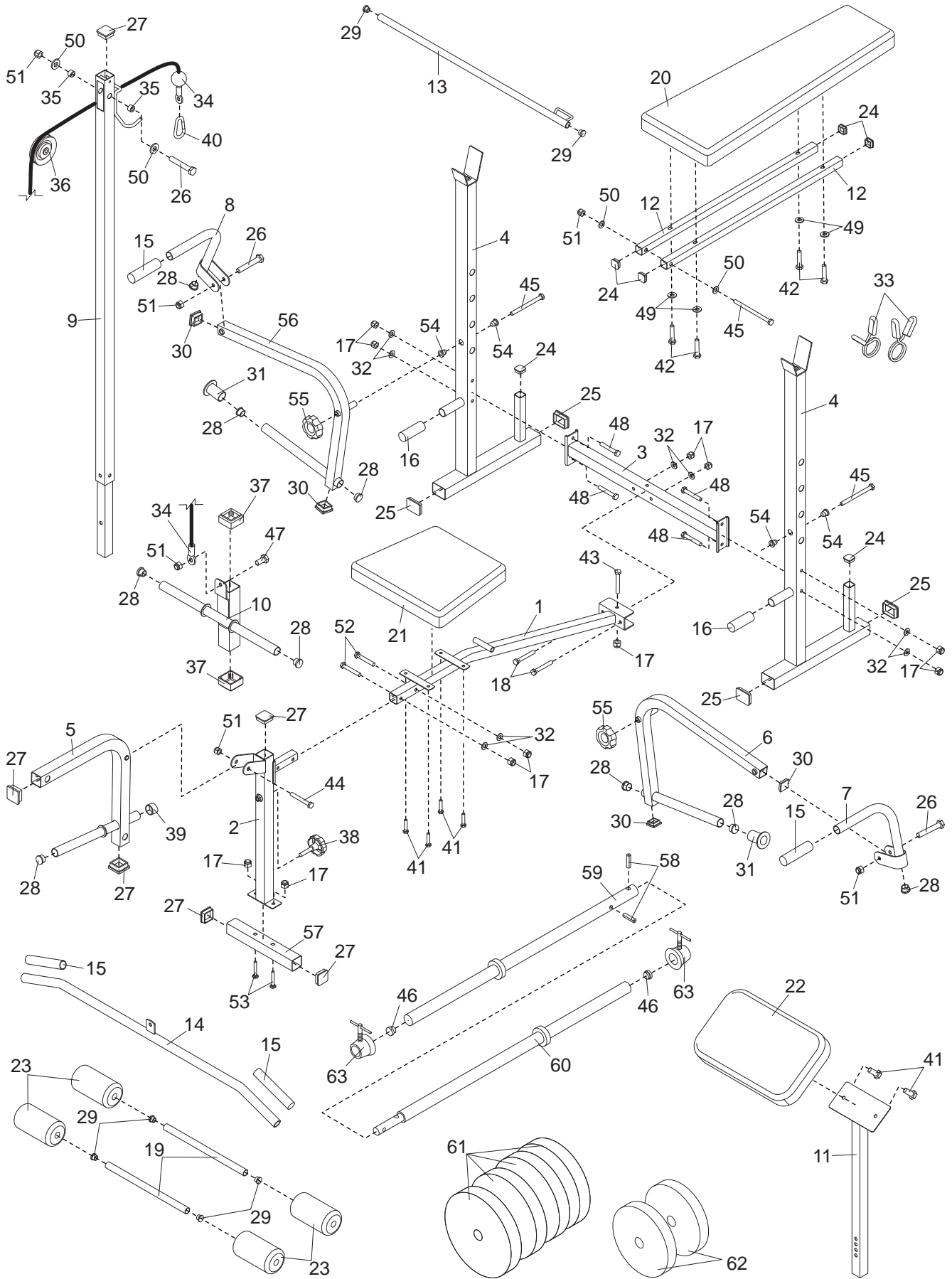
R0805A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	34	1	Cable
2	1	Bench Leg	35	2	7.5mm Spacer
3	1	Crossbar	36	1	Pulley
4	2	Upright	37	2	Square Bushing
5	1	Leg Lever	38	1	Curl Knob
6	1	Left Butterfly Arm	39	1	25mm Round Angled Cap
7	1	Left Butterfly Handle	40	1	Cable Clip
8	1	Right Butterfly Handle	41	6	M6 x 15mm Screw
9	1	Lat Tower	42	4	M6 x 38mm Screw
10	1	Weight Carriage	43	1	M8 x 54mm Bolt
11	1	Curl Post	44	1	M10 x 65mm Bolt
12	2	Backrest Tube	45	3	M10 x 138mm Bolt
13	1	Adjustment Bar	46	2	25mm Thick Round Cap
14	1	Lat Bar	47	1	M10 x 20mm Bolt
15	4	Handgrip	48	4	M8 x 65mm Bolt
16	2	Rubber Bumper	49	4	M6 Washer
17	11	M8 Nylon Locknut	50	4	M10 Washer
18	2	M8 x 52mm Bolt	51	6	M10 Nylon Locknut
19	2	Pad Tube	52	2	M8 x 39mm Bolt
20	1	Backrest	53	2	M8 x 50mm Carriage Bolt
21	1	Seat	54	4	Round Bushing
22	1	Curl Pad	55	2	Butterfly Knob
23	4	Foam Pad	56	1	Right Butterfly Arm
24	6	25mm Square Cap	57	1	Stabilizer
25	4	38mm x 50mm Cap	58	2	Roll Pin
26	3	M10 x 57mm Bolt	59	1	Outer Barbell
27	6	38mm Square Cap	60	1	Inner Barbell
28	9	25mm Round Cap	61	4	15-pound Weight
29	6	19mm Round Cap	62	2	10-pound Weight
30	4	30mm Square Cap	63	2	Lock Collar
31	2	Weight Stop	#	1	User's Manual
32	8	M8 Washer	#	1	Exercise Guide
33	2	Weight Clip	#	1	Grease Pack

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. RBBE0955.0

R0805A



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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 (RBBE0955.0)
2. the NAME of the product (REEBOK RS 100 weight bench)
3. the SERIAL NUMBER of the product (see the front cover of this manual)
4. the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual)

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## 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.

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