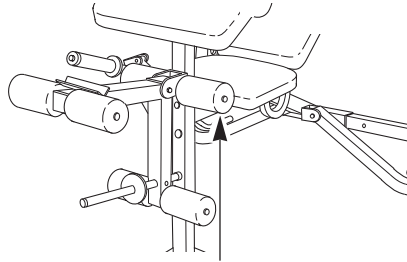


® PRO·FORM 733

Model No. PFBE62290

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

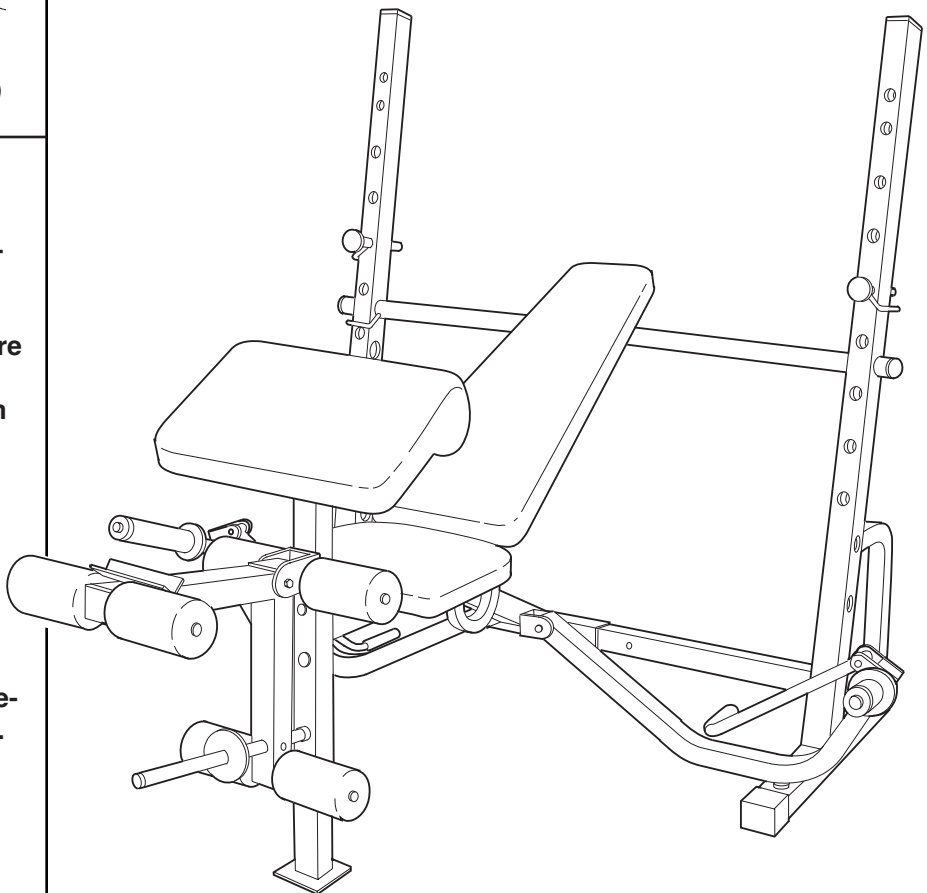
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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.

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.



Visit our website at

www.proform.com

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

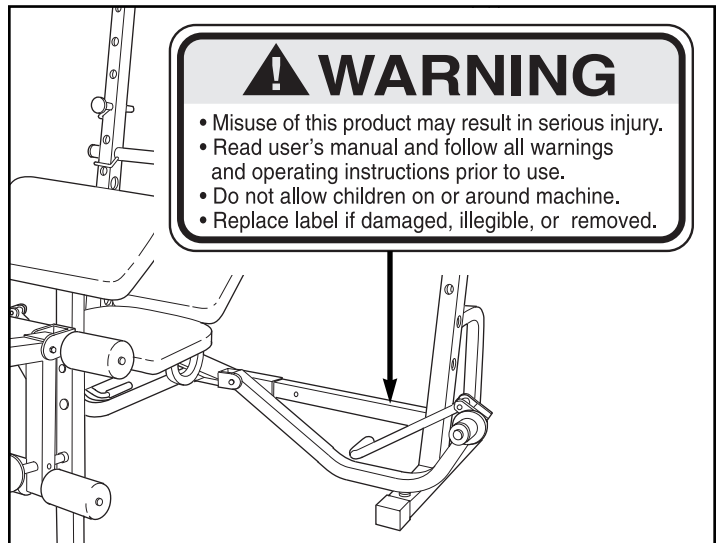
Table of Contents

Warning Decal Placement	2
Important Precautions	3
Before You Begin	4
Part Identification Chart	5
Assembly	6
Adjusting the Weight Bench	11
Exercise Guidelines	14
Ordering Replacement Parts	Back Cover
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.

Warning Decal Placement

The decal shown at the right has been applied to the weight bench. If the decal is missing, or if it is not legible, 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.



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 for protection.
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 wear athletic shoes for foot protection while exercising.
9. Do not use a barbell (not included) that is longer than six feet with the weight bench.
10. Always make sure that there is an equal amount of weight (not included) on each side of your barbell.
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 a barbell and weights, on the weight rests. Do not place more than 50 pounds on each fly arm. Do not place more than 150 pounds on the leg lever for normal use.
12. Always place 50 pounds on the leg lever to balance the bench when performing squat exercises (see page 13).
13. Always fold the backrest out of the way when performing squat exercises (see page 11). Do not sit on the seat when the backrest is folded.
14. Do not stand with your back to the weight bench when performing squat exercises (see page 13). You should be able to see the weight rests while exercising so that you can safely return the barbell to the weight rests when you finish the exercise.
15. When using the backrest, make sure that the adjustment tube is fully inserted into the adjustment brackets on the uprights.
16. Always remove the curl post from the front leg before performing leg curl or leg extension exercises with the leg lever (see page 13).
17. Always set both weight rests at the same height. Make sure that the weight rests are turned so the locking pins are hooked around the uprights.
18. Always exercise with a partner. When you are performing bench press exercises, squat exercises, or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
19. 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.

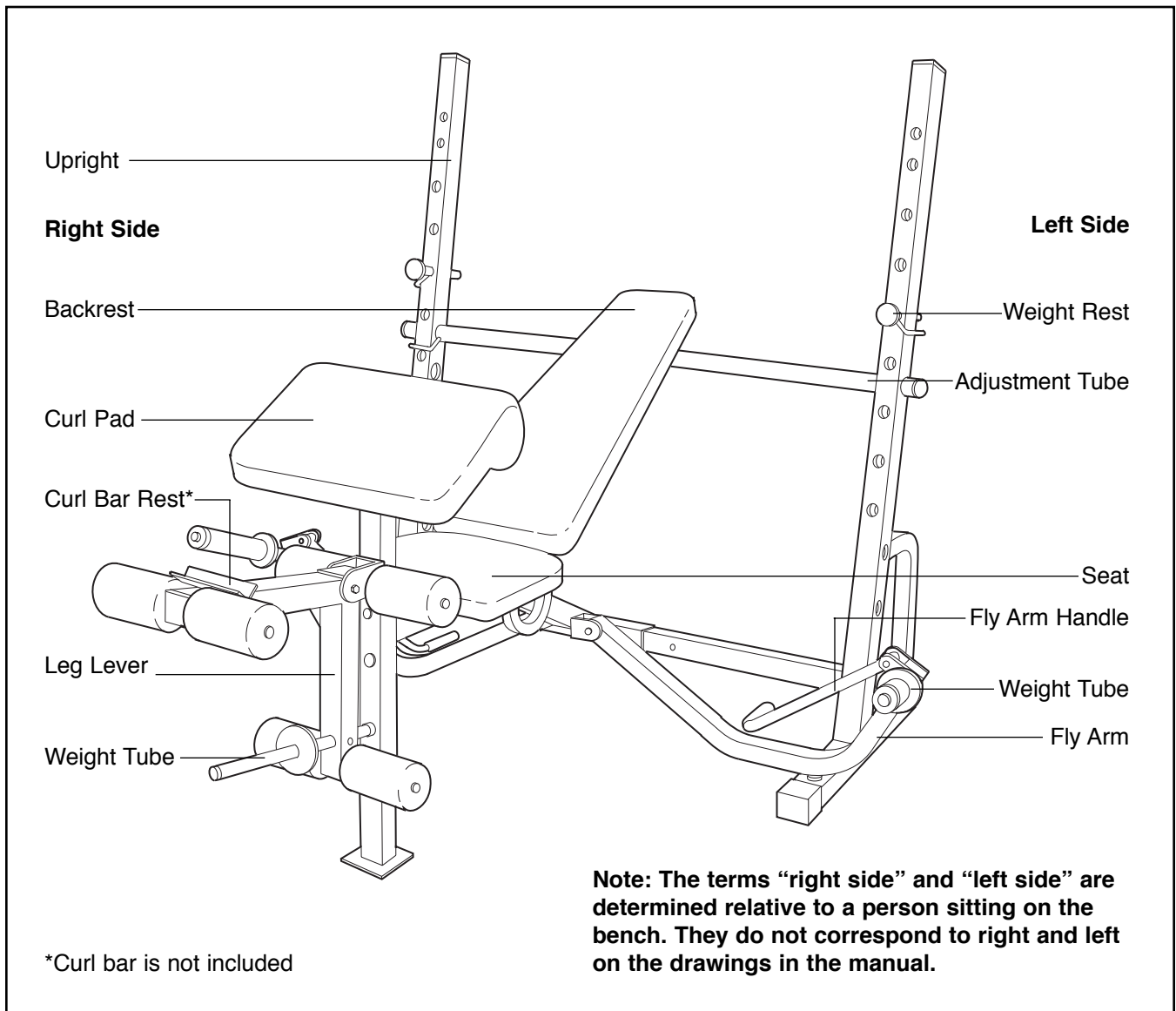
Before You Begin

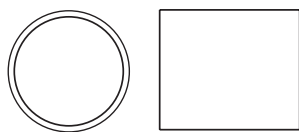
Thank you for selecting the versatile PROFORM® 733 weight bench. The PROFORM® 733 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PROFORM® 733 will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the PROFORM® 733 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 PFBE62290. 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.

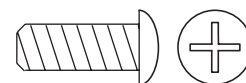




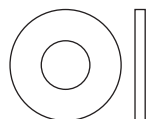
25mm Spacer (8)-2



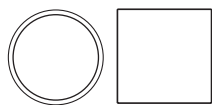
11mm Spacer (37)-2



M6 x 16mm Screw (3)-4



M6 Washer (30)-5



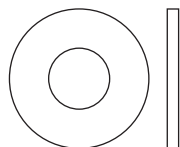
13mm Spacer (50)-1



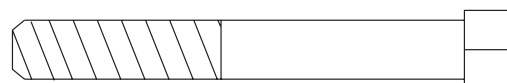
M6 x 40mm Bolt (4)-4



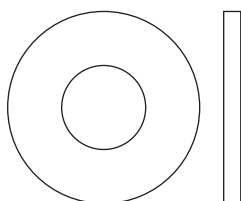
M10 x 55mm Bolt (51)-2



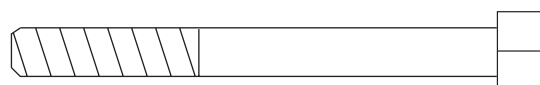
M8 Washer (23)-6



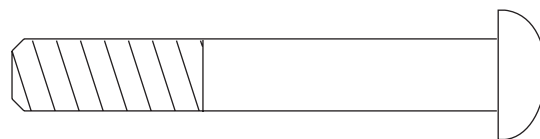
M8 x 60mm Bolt (43)-3



M10 Washer (6)-5



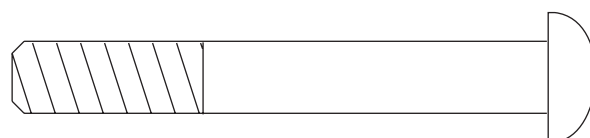
M6 x 65mm Bolt (7)-1



M10 x 65mm Carriage Bolt (33)-8



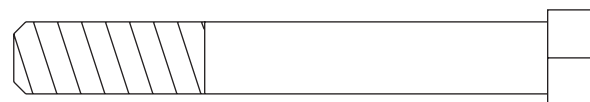
M8 Nylon Locknut (13)-3



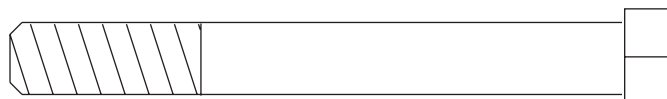
M10 x 70mm Carriage Bolt (56)-2



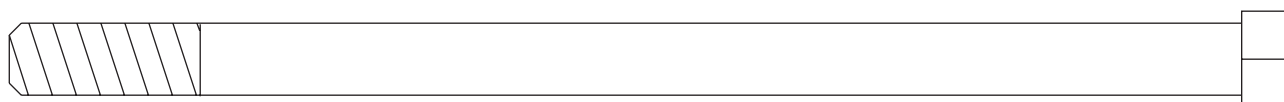
M10 Nylon Locknut (11)-22



M10 x 70mm Bolt (34)-6



M10 x 75mm Bolt (26)-3



M10 x 165mm Bolt (22)-1

Assembly

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

Make Things Easier for Yourself!



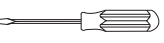
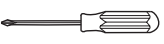
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to recognize that the weight bench has many small parts, and, consequently, assembly will take time. Most people find that by setting aside plenty of time and by deciding to make 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 the small parts, use the PART IDENTIFICATION CHART on page 5.

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

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

- **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 assembling this product, make sure you understand the information in the box above.**

Press a 50mm x 80mm Inner Cap (53) into the top of one of the Uprights (1).

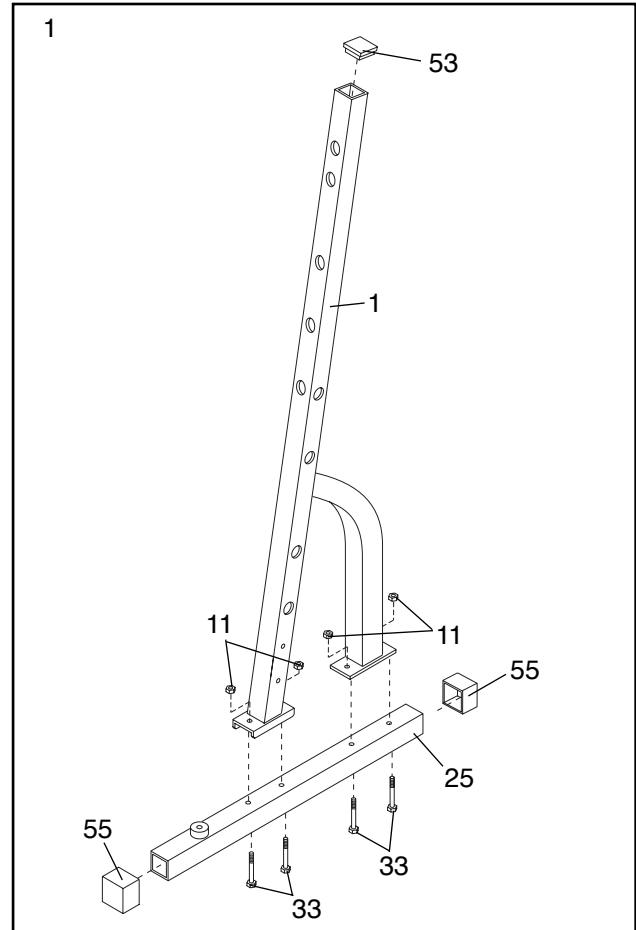
Press a 50mm Square Outer Cap (55) into each end of a Stabilizer (25).

Insert four M10 x 65mm Carriage Bolts (33) up through the Stabilizer (25). **(Note: On the bottom of the Stabilizer there is an indentation around each hole. Insert the Carriage Bolts from this side.)** Place the Stabilizer flat on the floor.

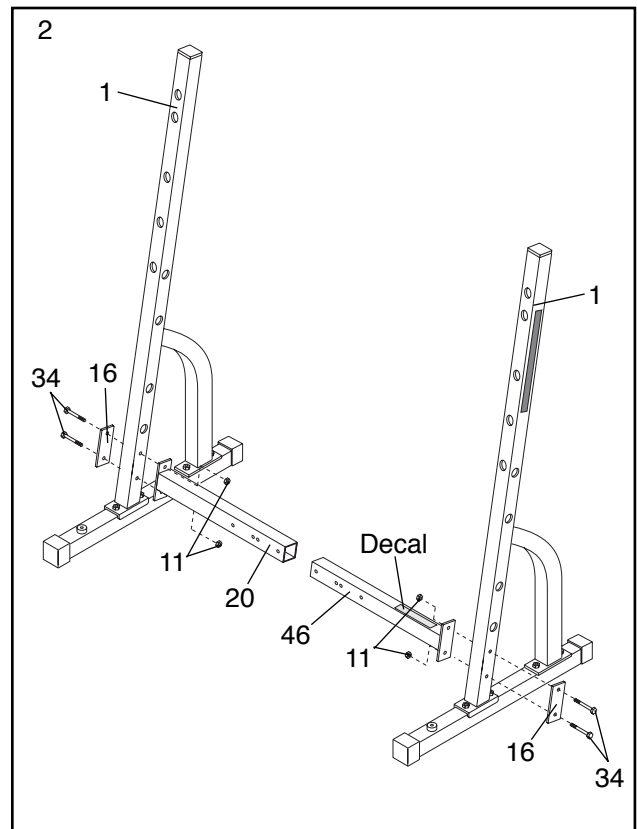
Slide the Upright (1) onto the four M10 x 65mm Carriage Bolts (33) in the Stabilizer (25). Attach the Upright with four M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Set the Upright (1) aside, making sure that it cannot fall.

Assemble the other Upright (not shown) in the same way.



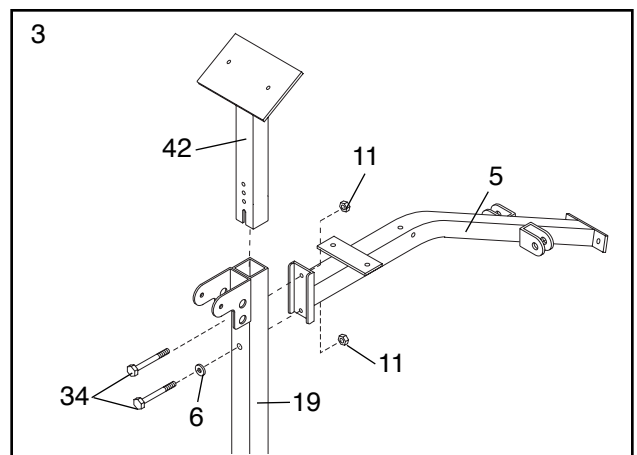
- Attach the Right Crossbar (20) and the Left Crossbar (46) to the Uprights (1) with M10 x 70mm Bolts (34), Support Plates (16), and M10 Nylon Locknuts (11) as shown. **Make sure that all parts are oriented exactly as shown in the drawing and that the Left Crossbar is turned so the decal is facing up.**



- Insert two M10 x 70mm Bolts (34) and an M10 Washer (6) through the indicated holes in the Front Leg (19) and then through the holes in the bracket on the Bench Frame (5). Insert the Curl Post (42) into the Front leg.

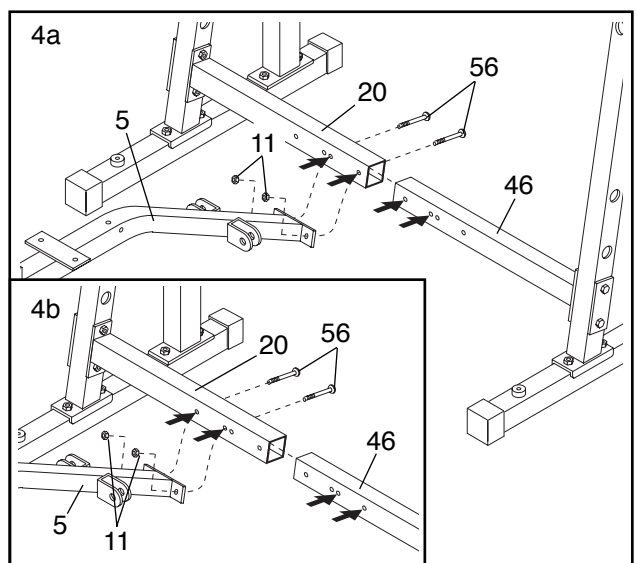
Secure the M10 x 70mm Bolts (34) with two M10 Nylon Locknuts (11).

Do not overtighten the Nylon Locknuts. The Curl Post (42) must slide freely into and out of the Front Leg (19). Set the Curl Post aside until assembly step 15.



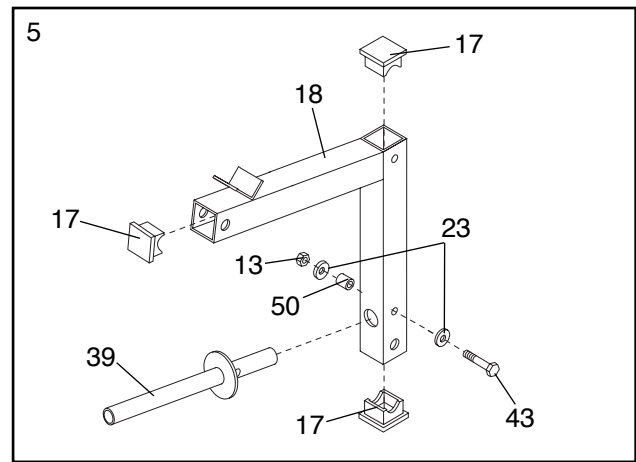
- Insert the Left Crossbar (46) into the Right Crossbar (20). **If you will be using an olympic barbell**, align the holes indicated by the arrows in drawing 4a. **If you will be using a standard barbell**, align the holes indicated by the arrows in drawing 4b.

Next, insert two M10 x 70mm Carriage Bolts (56) into the indicated holes in the Right Crossbar (20) and the Left Crossbar (46). Slide the bracket on the Bench Frame (5) onto the Bolts and thread an M10 Nylon Locknut (11) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



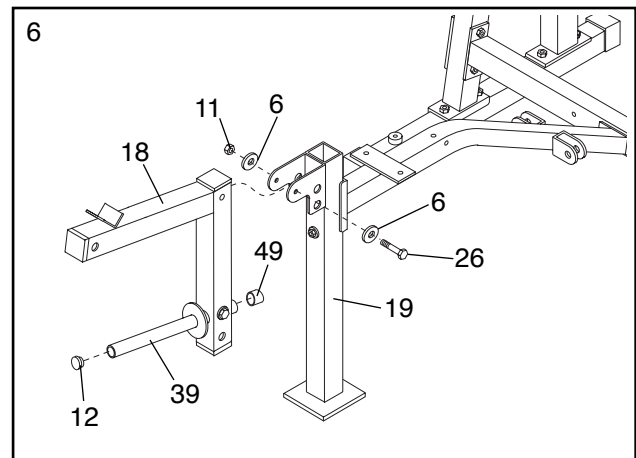
5. Press three 50mm Square Inner Caps (17) into the Leg Lever (18).

Attach a Weight Tube (39) to the Leg Lever (18) with an M8 x 60mm Bolt (43), two M8 Washers (23), the 13mm Spacer (50), and an M8 Nylon Locknut (13).



6. Press the Angle Cap (49) onto the indicated end of the Weight Tube (39). Press a 25.4mm Round Inner Cap (12) into the other end of the Weight Tube.

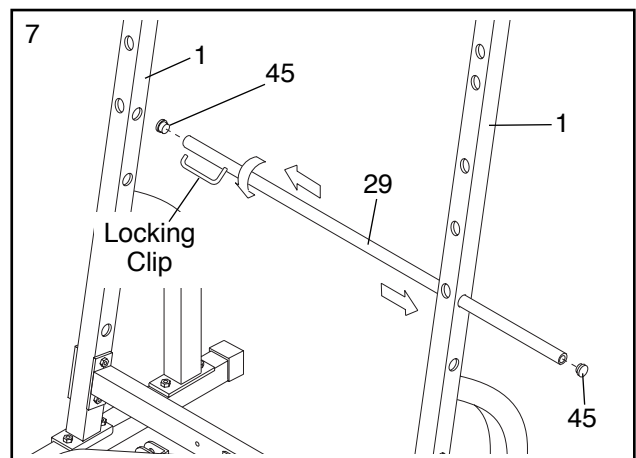
Lubricate an M10 x 75mm Bolt (26). Attach the Leg Lever (18) to the bracket on the Front Leg (19) with the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut. You must be able to freely pivot the Leg Lever.**



7. Press a 38mm Round Inner Cap (45) into each end of the Adjustment Tube (29).

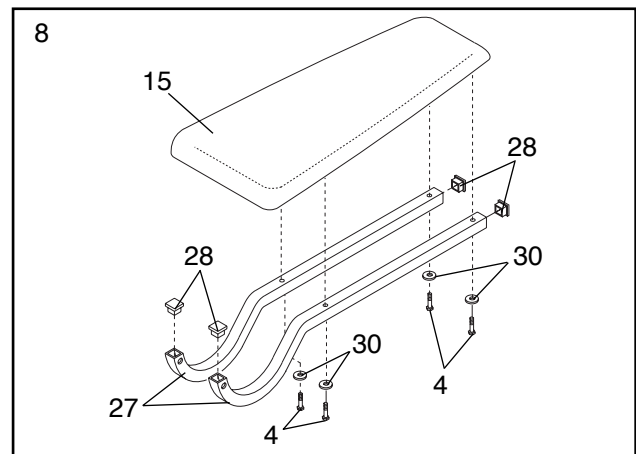
To mount the Adjustment Tube (29), insert the end without the locking clip through the left Upright (1) from the inside. Then, slide the end with the locking clip into the right Upright (1). Rotate the locking clip into place around the Upright. **When moving the Adjustment Tube (29), always make sure the locking clip is in place around the right Upright (1).**

Tighten all of the Nylon Locknuts used in steps 1 to 7.



8. Press 25.4 Square Inner Caps (28) into the ends of both Backrest Tubes (27).

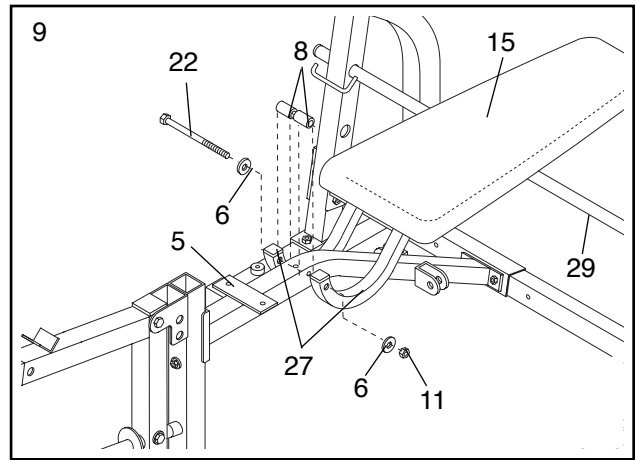
Attach the Backrest Tubes (27) to the Backrest (15) with four M6 x 40mm Bolts (4) and four M6 Washers (30). **Do not tighten the four Bolts yet.**



- Slide an M10 Washer (6) onto the M10 x 165mm Bolt (22). Lubricate the Bolt.

Rest the Backrest (15) on the Adjustment Tube (29). Insert the M10 x 165mm Bolt (22) through the right Backrest Tube (27) and then slide a 25mm Spacer (8) onto the Bolt.

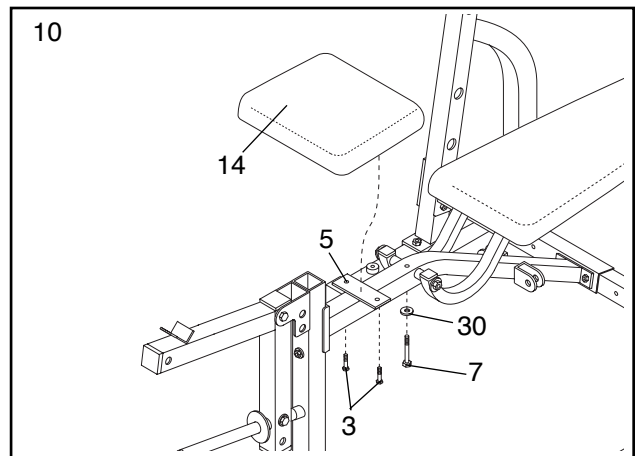
Next, insert the M10 x 165mm Bolt (22) into the Bench Frame (5) until the tip is barely visible on the other side. Hold a 25mm Spacer (8) between the Bench Frame and the left Backrest Tube (27) and insert the Bolt through the Spacer and the Backrest Tube. Secure the Bolt with an M10 Washer (6) and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut. You must be able to freely pivot the Backrest. Tighten the four M6 x 40mm Bolts used in step 8.**



- Attach one end of the Seat (14) to the Bench Frame (5) with an M6 x 65mm Bolt (7) and an M6 Washer (30). **Do not tighten the Bolt yet.**

Attach the other end of the Seat (14) to the bracket on the Bench Frame (5) with two M6 x 16mm Screws (3).

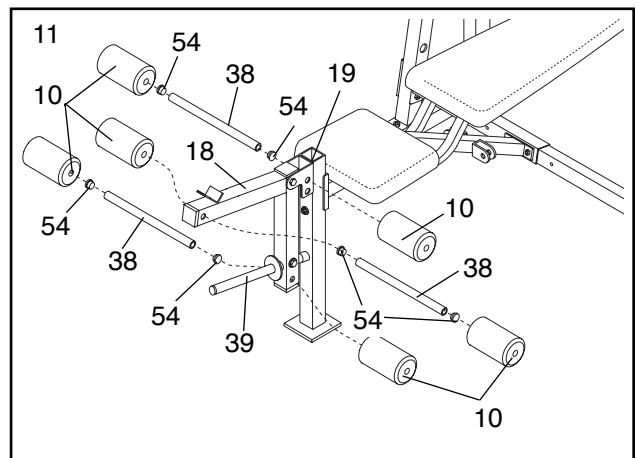
Tighten the M6 x 65mm Bolt (7).



- Press two 19mm Round Inner Caps (54) into each of the three Pad Tubes (38).

Slide a Foam Pad (10) onto one end of each Pad Tube (38).

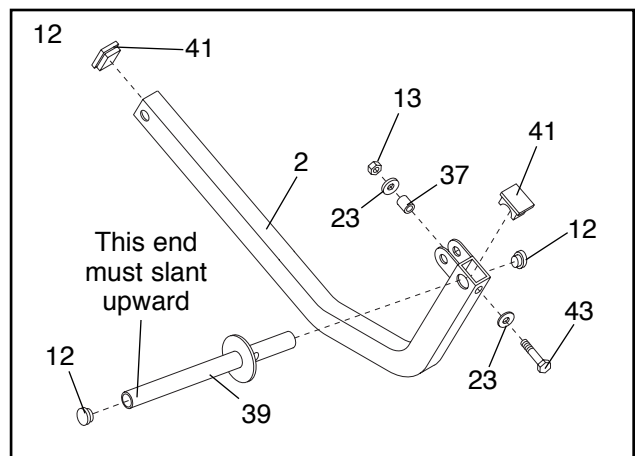
Insert the free ends of the Pad Tubes (38) into the indicated holes in the Leg Lever (18) and the bracket on the Front Leg (19). Secure each Pad Tube by sliding another Foam Pad (10) onto the free end.



- Insert a Weight Tube (39) into the Left Fly Arm (2). **The indicated end of the Weight Tube must slant upward. If it slants downward, use the other Fly Arm.** Attach the Weight Tube to the Left Fly Arm with an M8 x 60mm Bolt (43), two M8 Washers (23), an 11mm Spacer (37), and an M8 Nylon Locknut (13).

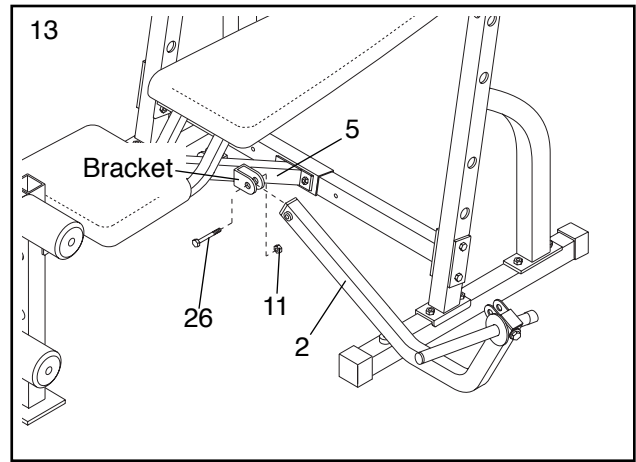
Press a 25.4mm Round Inner Cap (12) into each end of the Weight Tube (39). Press two 45mm Square Inner Caps (41) into the Left Fly Arm (2).

Assemble the Right Fly Arm (not shown) in the same way.



13. Attach the Left Fly Arm (2) to the left bracket on the Bench Frame (5) with an M10 x 75mm Bolt (26) and an M10 Nylon Locknut (11).

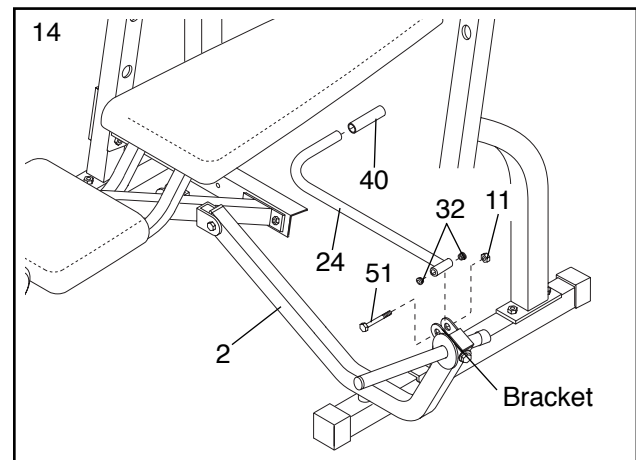
Attach the Right Butterfly Arm (not shown) in the same way.



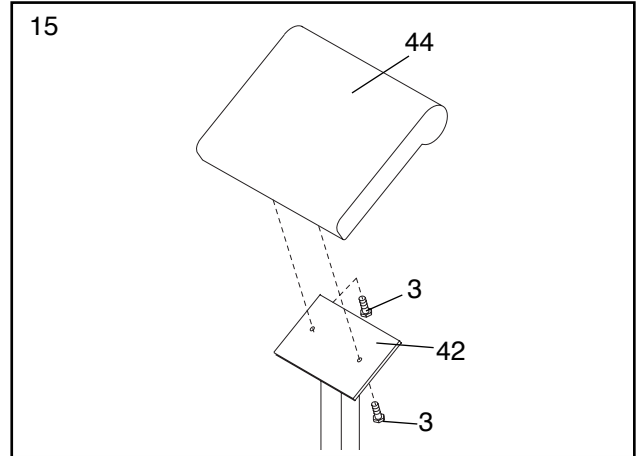
14. Press a Handle Grip (40) and two 10mm Plastic Bushings (32) onto a Fly Arm Handle (24). Note: These parts may be pre-assembled.

Attach the Fly Arm Handle (24) to the bracket on the Left Fly Arm (2) with an M10 x 55mm Bolt (51) and an M10 Nylon Locknut (11).

Attach the other Fly Arm Handle (not shown) in the same way.

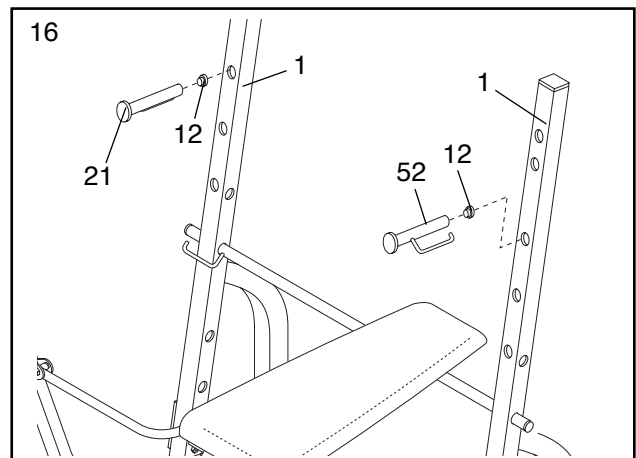


15. Attach the Curl Pad (44) to the Curl Post (42) with two M6 x 16mm Screws (3).



16. Press a 25.4mm Round Inner Cap (12) into each Weight Rest (21, 52).

Insert the Weight Rests (21, 52) into the Uprights (1). Turn the Weight Rests until the locking clips are hooked around the Uprights. **Make sure that both Weight Rests are at the same height.**



17. **Make sure that 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, beginning on the next page.

Adjusting the Weight Bench

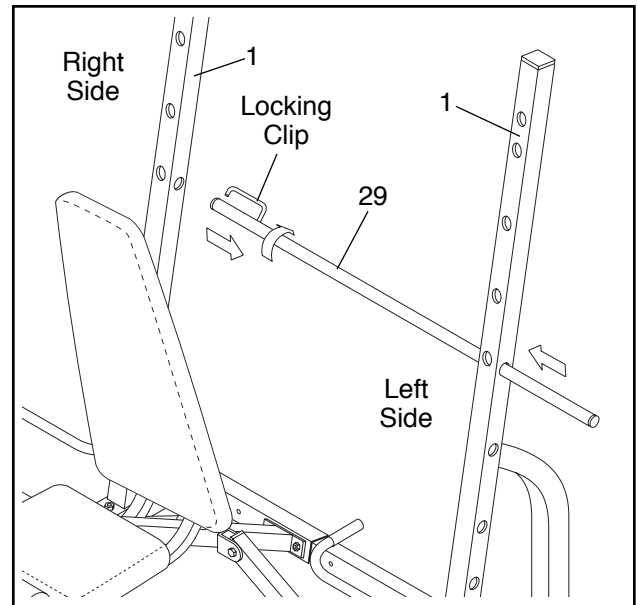
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 14 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

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.

MOVING THE ADJUSTMENT TUBE

Remove the Adjustment Tube (29) by first rotating it until the locking clip disengages the right Upright (1). Then, push the Adjustment Tube through the left Upright, turn it at an angle, and pull it out completely.

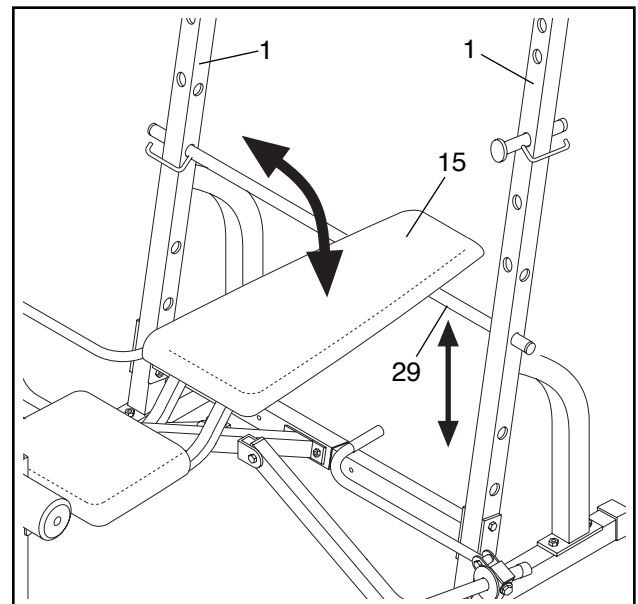
Insert the Adjustment Tube (29) by first pushing the end without the locking clip into the left Upright (1). Then, push the other end into the right Upright (1) as far as it will go. Rotate the Adjustment Tube (29) until the locking clip locks into place around the right Upright (1).



ADJUSTING THE BACKREST

The Backrest (15) can be set to four different positions: a level position, two incline positions, and a decline position.

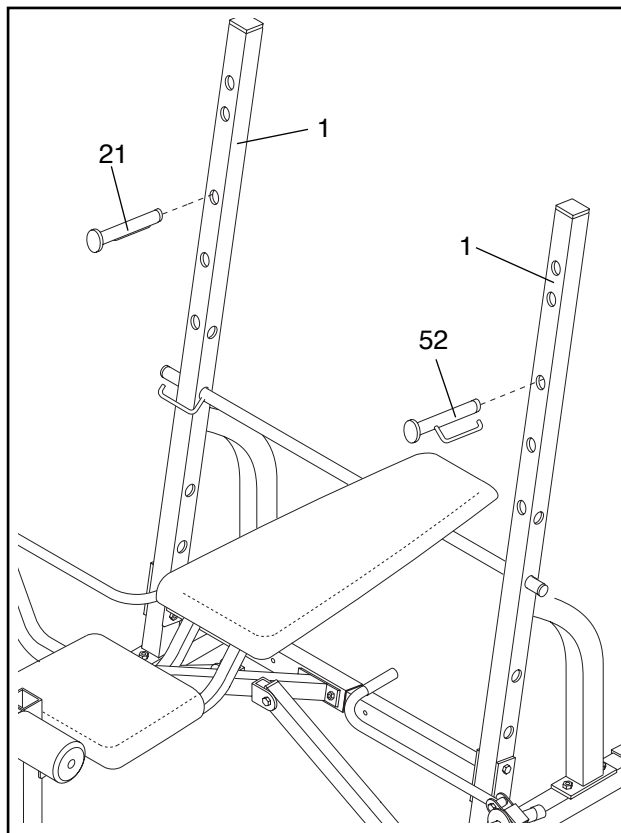
To change the position of the Backrest (15), move the Adjustment Tube (29) to a different set of adjustment holes in the Uprights (1).



USING THE WEIGHT RESTS

Before beginning an exercise, insert the Weight Rests (21, 52) into the holes in the Uprights (1) that are best suited for the exercise. The selected holes should be at the lowest point to which you want your barbell to go during the exercise. Perform the exercise as shown on the accompanying exercise poster. **Note: Make sure that the locking clips are hooked around the Uprights.**

WARNING: Always set both weight rests at the same height.

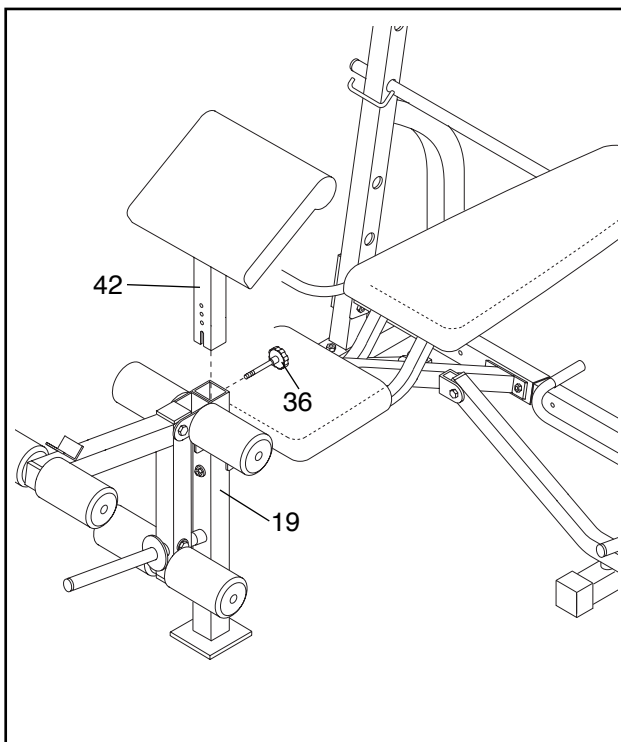


ATTACHING THE CURL POST

For some exercises, the Curl Post (42) must be attached to the weight bench.

Insert the Curl Post (42) into the indicated hole in the Front Leg (19). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Adjustment Knob (36). **Make sure that you fully tighten the Adjustment Knob.**

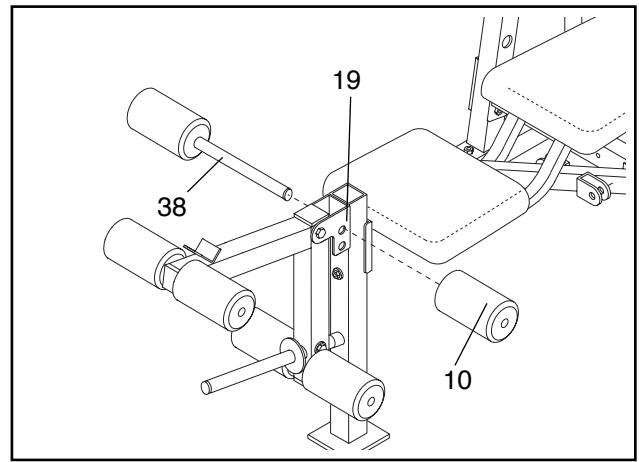
For some exercises, store the Curl Post away from the weight bench so it will not interfere with your exercise.



ADJUSTING THE PAD TUBE

The Pad Tube (38) that is inserted into the Front Leg (19) can be adjusted to either a high position or a low position.

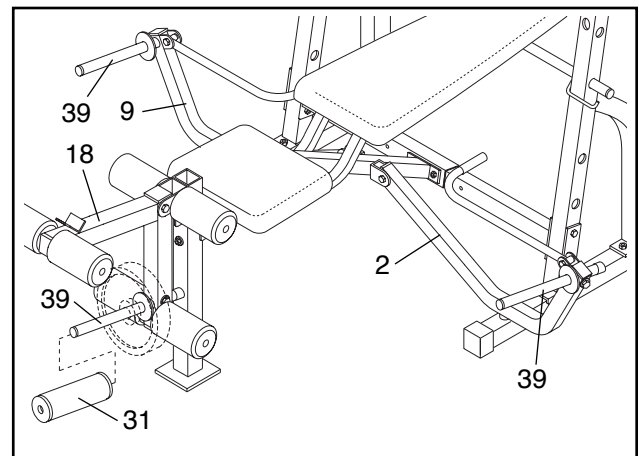
To adjust the Pad Tube (38), remove one Foam Pad (10). Slide the Pad Tube out of the bracket on the Front Leg (19) and re-insert it into the other hole in the bracket. Slide the Foam Pad back onto the Pad Tube.



ATTACHING WEIGHTS TO THE LEG LEVER OR THE FLY ARMS

To use the Leg Lever (18) or the Fly Arms (2, 9), slide the desired amount of weight (not included) onto the Weight Tubes (39). If you are using olympic weights, slide the Weight Adapters (31) onto the Weight Tubes.

WARNING: Do not place more than 150 pounds on the leg lever. Do not place more than 50 pounds on each fly arm.



ADJUSTING THE BENCH FOR SQUAT EXERCISES

To perform squat or toe raise exercises, fold the Backrest (15) into the upright position by lifting and pulling it forward as far as it will go.

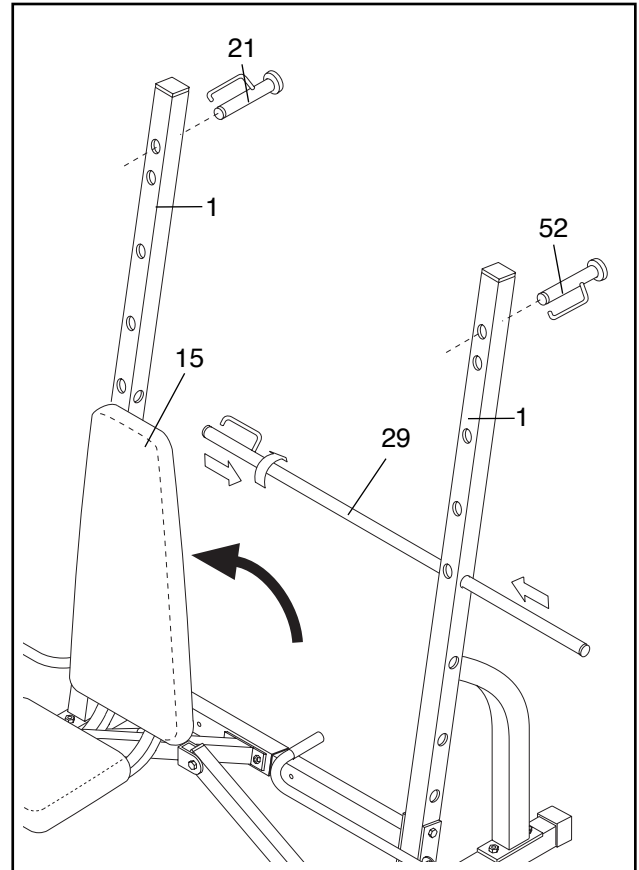
Remove the Adjustment Tube (29) from the Uprights (1).

Insert the Weight Rests (21, 52) into the highest set of holes in the Uprights (1). **Important: For squat exercises, the Weight Rests must be inserted from the back, in the highest set of holes as shown.**

WARNING: Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.

WARNING: Always place 50 pounds on the leg lever to balance the weight bench when performing squat exercises.

WARNING: Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell when you finish the exercise.



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level 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 obviously 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

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very 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 with emphasis on the areas that you want to develop the 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

You will gain the greatest benefits from exercising by maintaining proper form. 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 poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 15 to find the locations 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 three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 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

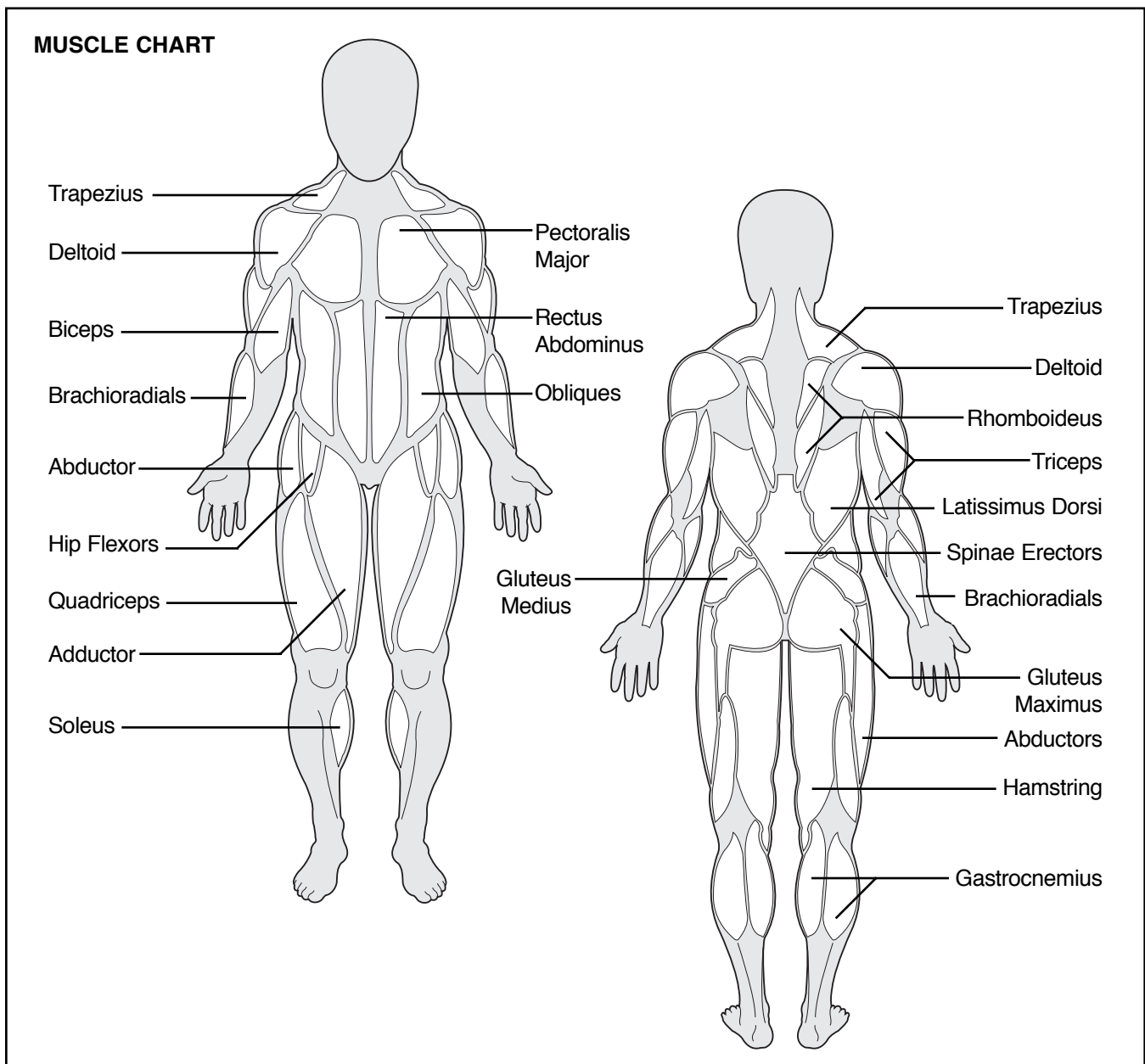
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into

each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight 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.



Part List—Model No. PFBE62290

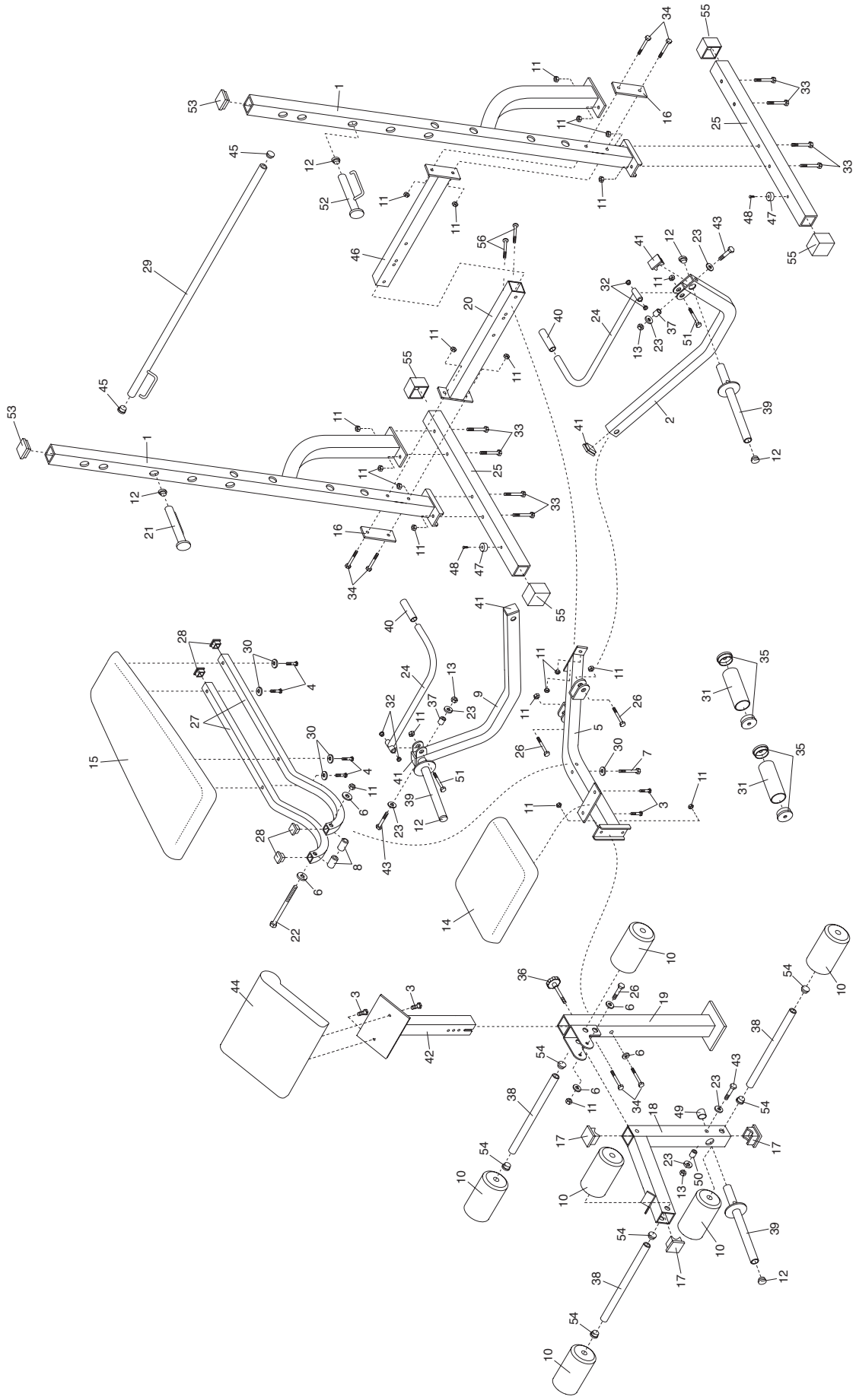
R1199A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	30	5	M6 Washer
2	1	Left Fly Arm	31	2	Weight Adapter
3	4	M6 x 16mm Screw	32	4	10mm Plastic Bushing
4	4	M6 x 40mm Bolt	33	8	M10 x 65mm Carriage Bolt
5	1	Bench Frame	34	6	M10 x 70mm Bolt
6	5	M10 Washer	35	4	Adapter Bushing
7	1	M6 x 65mm Bolt	36	1	Adjustment Knob
8	2	25mm Spacer	37	2	11mm Spacer
9	1	Right Fly Arm	38	3	Pad Tube
10	6	Foam Pad	39	3	Weight Tube
11	22	M10 Nylon Locknut	40	2	Handle Grip
12	7	25.4mm Round Inner Cap	41	4	45mm Square Inner Cap
13	3	M8 Nylon Locknut	42	1	Curl Post
14	1	Seat	43	3	M8 x 60mm Bolt
15	1	Backrest	44	1	Curl Pad
16	2	Support Plate	45	2	38mm Round Inner Cap
17	3	50mm Square Inner Cap	46	1	Left Crossbar
18	1	Leg Lever	47	2	Bumper
19	1	Front Leg	48	2	Bumper Screw
20	1	Right Crossbar	49	1	Angle Cap
21	1	Right Weight Rest	50	1	13mm Spacer
22	1	M10 x 165mm Bolt	51	2	M10 x 55mm Bolt
23	6	M8 Washer	52	1	Left Weight Rest
24	2	Fly Arm Handle	53	2	50mm x 80mm Inner Cap
25	2	Stabilizer	54	6	19mm Round Inner Cap
26	3	M10 x 75mm Bolt	55	4	50mm Square Outer Cap
27	2	Backrest Tube	56	2	M10 x 70mm Carriage Bolt
28	4	25.4mm Square Inner Cap	#	1	User's Manual
29	1	Adjustment Tube	#	1	Exercise Poster

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. PFBE62290

R1199A



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 (PFBE62290)
- The NAME of the product (PROFORM® 733 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

PROFORM® is a registered trademark of ICON Health & Fitness, Inc.