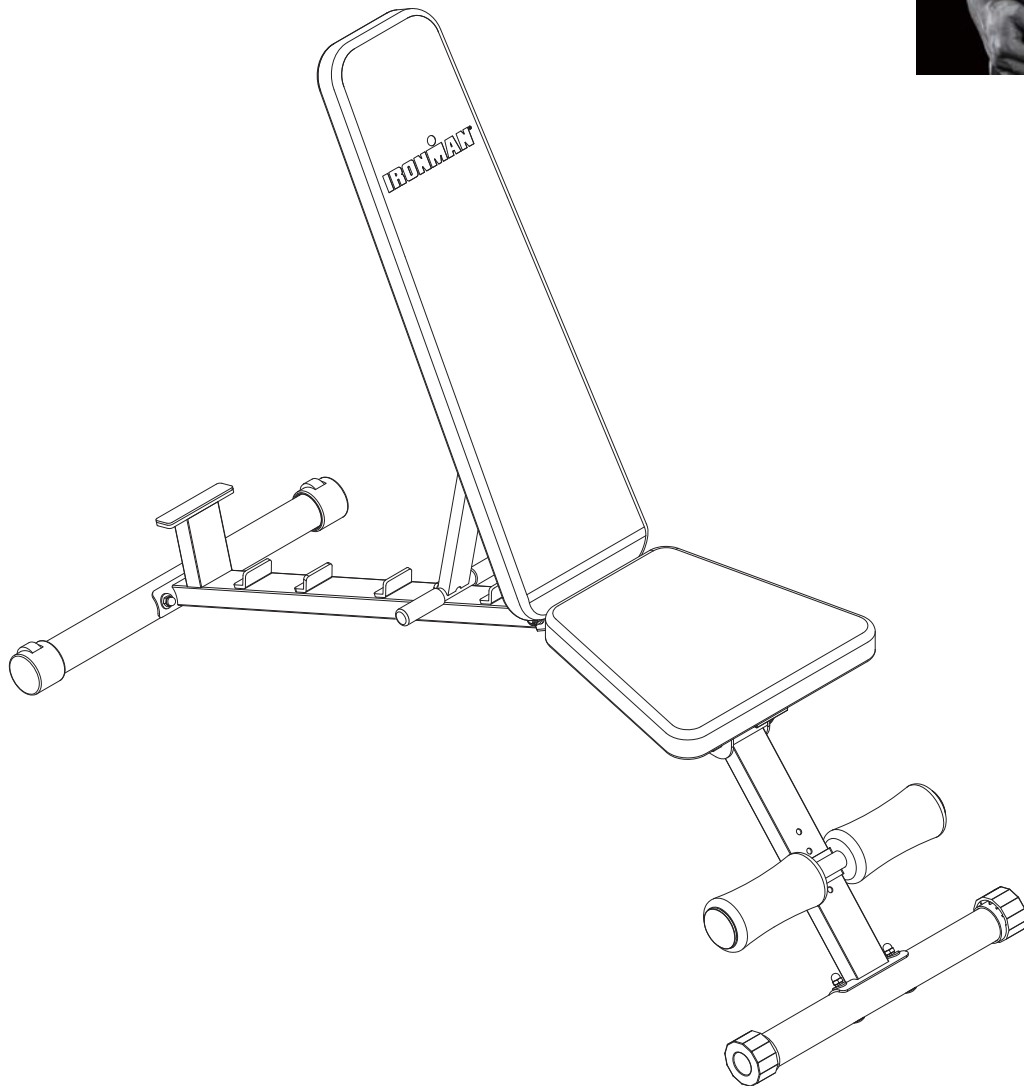


# OWNER'S MANUAL



## Weight Bench

**6806.0-090116**

The specifications of this product may vary from this photo and are subject to change without notice.  
IRONMAN, IRONMAN TRIATHLON and M-DOT are registered trademarks of World Triathlon Corporation.  
This product is licensed by the World Triathlon Corporation.



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## SERVICE

### **IMPORTANT: FOR NORTH AMERICA ONLY**

For damaged, defective products, questions, replacement parts, or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by the below methods:

For Best Service, please Email:

**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)\***

Response Time: 1-2 Business Days

Website:

**[www.paradigmhw.com](http://www.paradigmhw.com)**

Toll-Free:

**1-844-641-7922\*\***

Response time may vary.

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase


**For damaged or defective products please contact our customer service before returning to the store.**

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

## LABEL PLACEMENT



11515 000000000001

Serial number / Numéro de série / Número de serie:  
MADE IN CHINA / Fabriqué en Chine / HECHO EN CHINA

**For customer assistance, daily:**

**1-844-641-7922**  
8 am - 5 pm PST

**Pour le service à la clientèle  
composer le, tous les jours:**

**Para servicios al cliente,  
llame al diario:**

**NOTICE**

This article does not meet requirements of California Bureau of Home Furnishings 17. Care should be exercised near open flame or with burning cigarettes.

**AVIS**

Ce produit ne satisfait pas aux ordres et articles 17 des spécifications du Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.).

**NOTIFICACIÓN**

Este artículo no se ajusta a los requisitos de la Oficina de Mobiliario de California 17. Ciudad de California deben ejercerse cerca de una llama abierta o con cigarrillos ardientes.

<p><b>REGISTRY NO. VAS2302 (CN)</b></p> <p>ALL NEW MATERIALS CONSISTING OF POLYURETHANE FOAM PAD, 100% UNDER PENALTY OF LAW THIS IS NOT TO BE REMOVED EXCEPT BY THE CONSUMER.</p>	<p>1189 Jaleco Ave. City of Industry, CA 91746, USA</p> <p>Registration Health and Wellness, Inc.</p> <p>1189 Jaleco Ave. City of Industry, CA 91746, USA</p> <p>Pradigim Health and Wellness, Inc.</p>	<p><b>NO DEREQUIREMENT VAS2302 (CN)</b></p> <p>Cette exigence est apporée conformément aux lois Californiennes.</p> <p><b>NO DE REG VAS2302 (CN)</b></p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p>
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**REPAIR**

Inspect and tighten securely (Nuts, Bolts, Rubber Pads, Seat Buckets, etc.).  
Replace any worn or torn parts immediately.  
Check Tension and Firming on Safety Spring Loaded Pins.  
Check Adjustment Knobs to be Securely Tightened.  
Inspect and tighten securely.  
Check that all equipment is in good repair and moisture from equipment.  
Check equipment Metal Wood Upholstery structure frame.

**REPARACIÓN**


Inspeccione y apriete bien (tuercas, pernos, patillas de caucho, soportes de asientos, etc.).  
Reemplace inmediatamente cualquier parte desgastada o rota.  
Compruebe la tensión y el firmeza de los resortes de seguridad cargados por resorte.  
Compruebe que los pernos de ajuste estén apriete firmemente.  
Inspeccione y apriete firmemente.  
Compruebe que todo el equipo esté en buenas condiciones y que no haya humedad proveniente del equipo.  
Compruebe el marco de la estructura de metal / madera / tapicería del equipo.

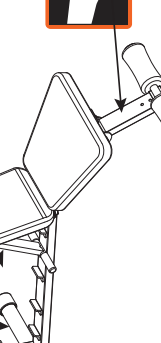
**REPARATION**

Inspectez et serrez soigneusement (écrous, boulons, types de coussins, supports en acier, etc.).  
Remplacez tous les pièces usées ou défectueuses immédiatement.  
Vérifiez la tension et le serrage des ressorts de sécurité chargés par ressort.  
Vérifiez que les vis de réglage pour être bien serrés.  
Inspectez et serrez.  
Vérifiez que tout l'équipement pour nettoyer le pourvoir et l'humidité et l'équipement.  
Vérifiez l'équipement / bois / rembourrage cadre de la structure métallique.

**WARNING / AVERTISSEMENT / ADVERTENCIA**

Pinch point, keep hands clear  
Pincez moment, garder les mains claires  
Punto Pinch, mantenga las manos alejadas





## PRODUCT SAFETY

**WARNING: Before using this equipment you should consult with your physician to see if this Bench is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:**

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

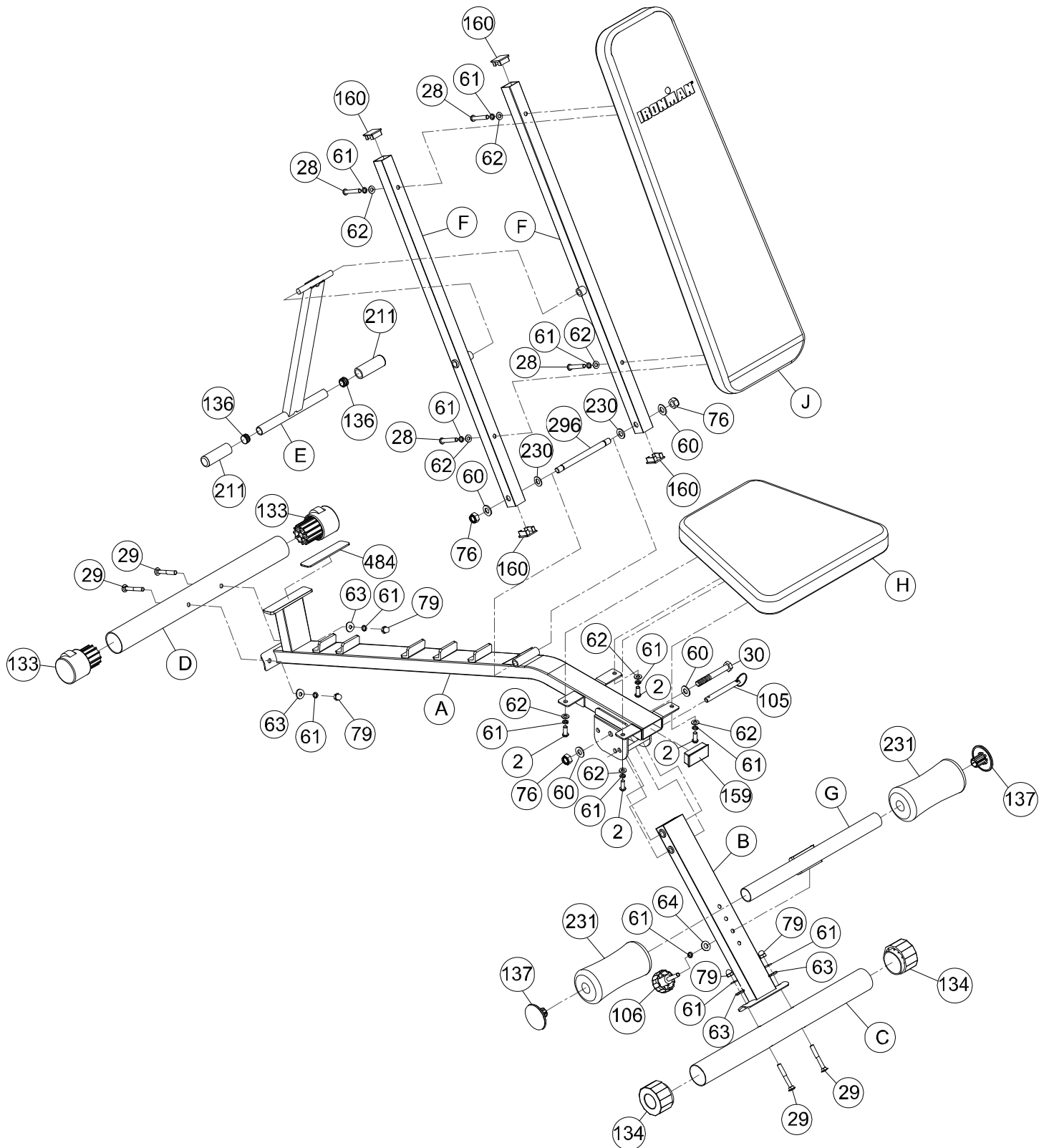
**The Maximum Weight Capacity for this product is 800lbs / 363kgs.**

**Read all the instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.**

This Bench is designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, note the following safety instructions:

1. Consult your physician or other health care professionals before using this Bench.
2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
3. If at any time you feel faint, light-headed, or dizziness while operating this equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
4. Keep children and pets away from this equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use. Check screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any objects into any openings on the equipment.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.
13. Children from 12 to 18 should have adult supervision.

# OVERVIEW DRAWING



## PART LIST

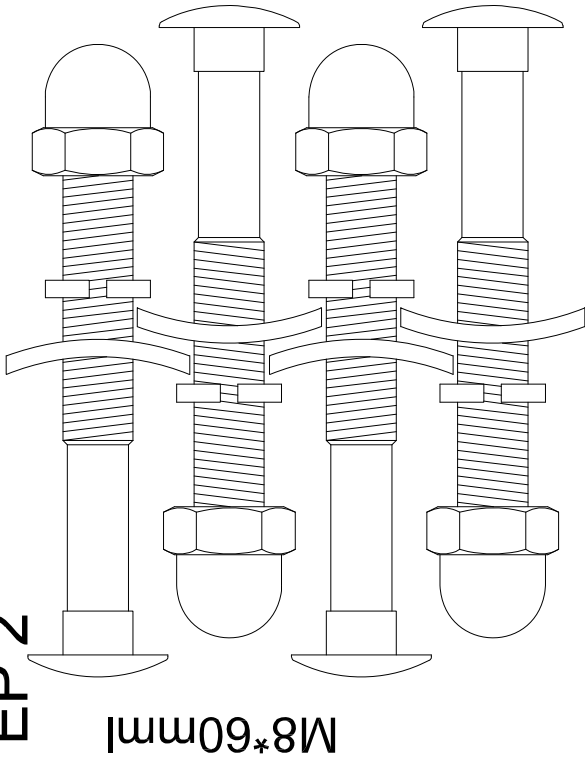
Part #	Description	Q'ty
A	Main Frame	1
B	Front Support Tube	1
C	Front Stabilizer	1
D	Rear Stabilizer	1
E	Rear Support Tube	1
F	Backrest Support Tube	2
G	Leg Holder	1
H	Seat	1
J	Backrest	1
2	Hex Bolt	4
28	Hex Bolt	4
29	Carriage Bolt	4
30	Hex Bolt	1
60	Flat Washer	4
61	Spring Washer	13
62	Flat Washer	8
63	Curved Washer	4
64	Flat Washer	1
76	Nylon Nut	3
79	Cap Nut	4
105	Pin	1
106	Round Knob	1
133	Wheel End Cap	2
134	Stability End Cap	2
136	Round End Cap	2
137	Round End Cap	2
159	Rectangle End Cap	1
160	Square End Cap	4
211	Hand Grip	2
230	Plastic Washer	2
231	Foam Roller	2
296	Threaded Shaft	1
484	Bumper	1



HARDWARE PACK

6806 Hardware Pack

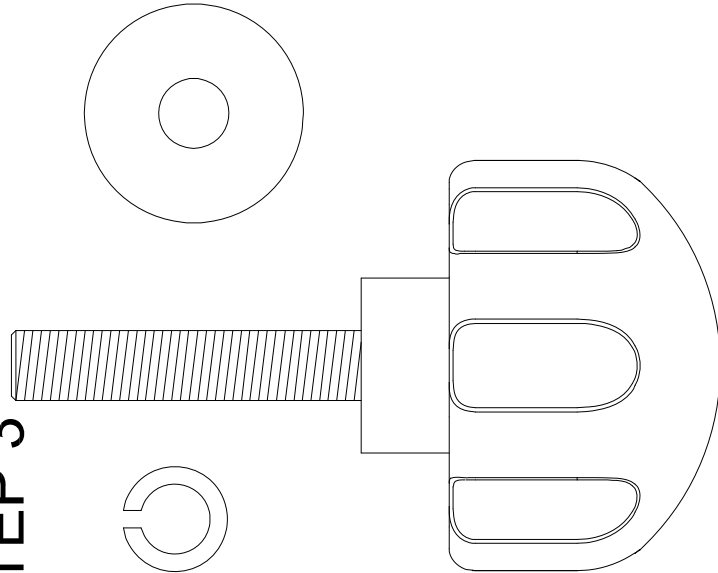
STEP 2



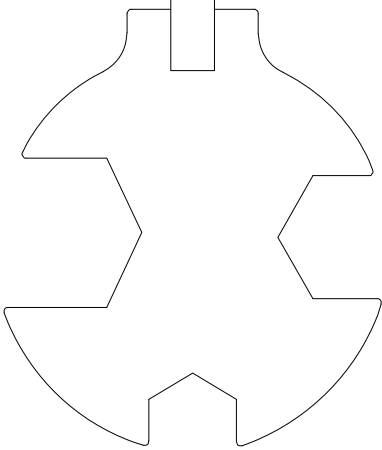
M8\*60mm

NO.29x4 NO.79x4 NO.61x4 NO.63x4

STEP 3

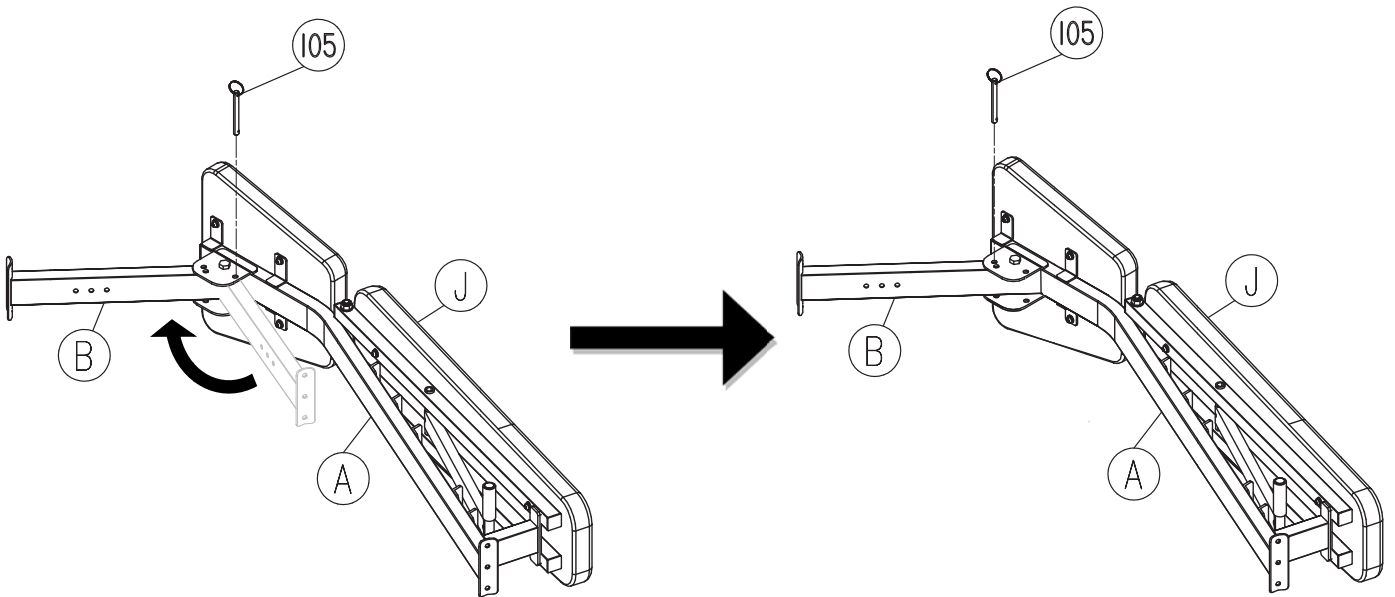


NO.61x1 NO.106x1 NO.64x1



Multi Hex TOOL with phillips  
Screwdriver 1 PC

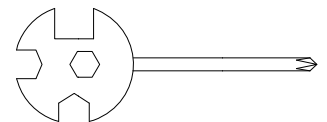
## STEP 1



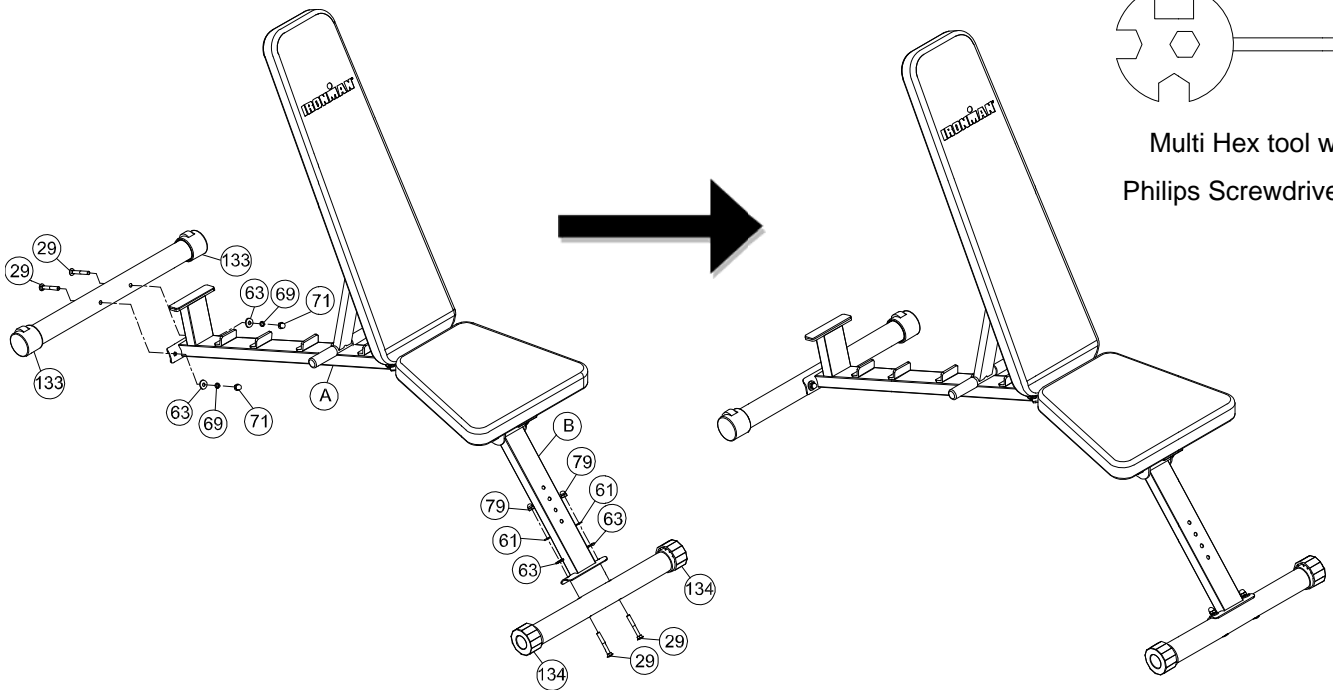
### Opening the Bench:

1. Rest the Bench on its right side and pull the Pin (105) out from the bracket on the Main Frame (A).
2. Pull the Front Support Tube (B) forward and completely reinsert the Pin (105) into the first hole on the bracket of Main Frame (A).

## STEP 2



Multi Hex tool with  
Phillips Screwdriver 1PC

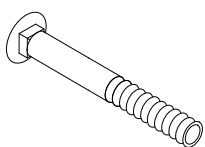


### Installing the Front Stabilizer (C) with Stability End Caps (134):

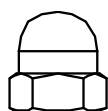
1. Lift up the Front Support Tube (B), and then align the Front Stabilizer (C) holes with the holes on the front curve of the Front Support Tube (B). **The square holes of the Front Stabilizer (C) should point towards the floor.**
2. Insert Two Carriage Bolts (29) into the square shaped holes of the Front Stabilizer (C) until the threads reach all the way through to the other side and come out of the front curve of the Front Support Tube (B).
3. Attach two Curved Washers (63), two Spring Washers (61), and two Cap Nuts (79) to the threaded side of the two Carriage Bolts (29).
4. Tighten the Cap Nuts (79) with the 14 mm Multi Hex tool provided.

### Installing the Rear Stabilizer (D) with Wheel End Caps (133):

1. Lift up the Rear of the Main Frame (A), and then align the Rear Stabilizer (D) holes with the holes on the rear curve of the Main Frame (A). **The square holes of the Rear Stabilizer (D) should point towards the floor and The CUSTOMER SERVICE stickers facing upward.**
2. Insert Two Carriage Bolts (29) into the square shaped holes of the Rear Stabilizer (D) until the threads reach all the way through to the other side and come out of the rear curve of the Main Frame (A).
3. Attach two Curved Washers (63), two Spring Washers (61), and two Cap Nuts (79) to the threaded side of the two Carriage Bolts (29).
4. Tighten the Cap Nuts (79) with the Multi Hex tool with Phillips Screwdriver provided.



(#29) Carriage Bolt  
4 PCS



(#79) Cap Nuts  
4 PCS

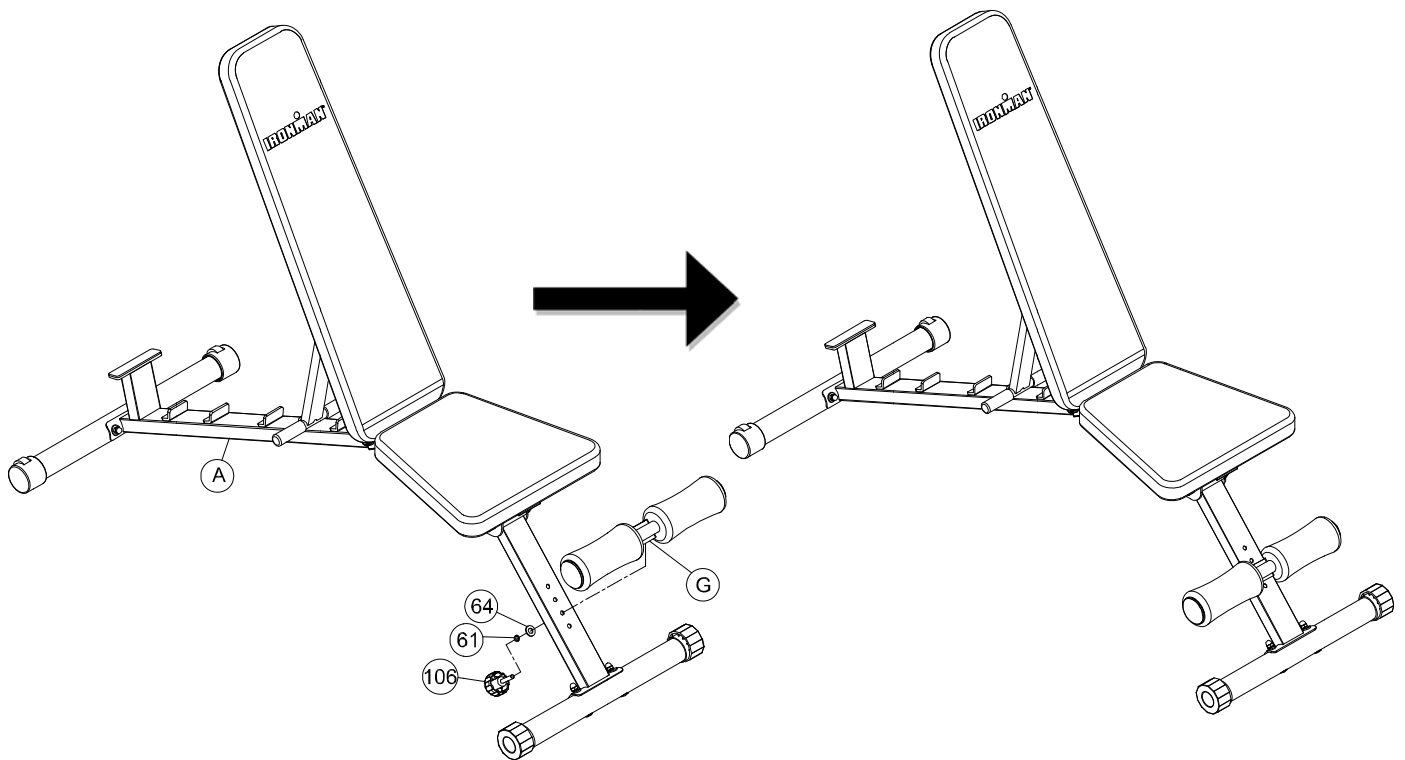


(#61) Spring Washer  
4 PCS



(#63) Curved  
Washer  
4 PCS

## STEP 3



### Installing the Leg Holder:

1. On to the threaded shaft of the Round Knob (106) first place a Spring Washer (61) followed by a Flat Washer (64).
2. Insert the threaded shaft of the Round Knob (106) into one of the four Available holes on the underside of the Front Support Tube (B) until the threads are visible on the front side of the Front Support Tube (B).
3. Align the Threaded hole on the backside of the Leg Holder (G) with the threaded shaft of the Round Knob (106) that is sticking out from the hole on the front side of Front Support Tube (B).
4. Tighten the Round Knob (106) by turning it clockwise until the Leg Holder (G) is firmly secured to the Front Support Tube (B).



(#106) Round Knob  
1 PC

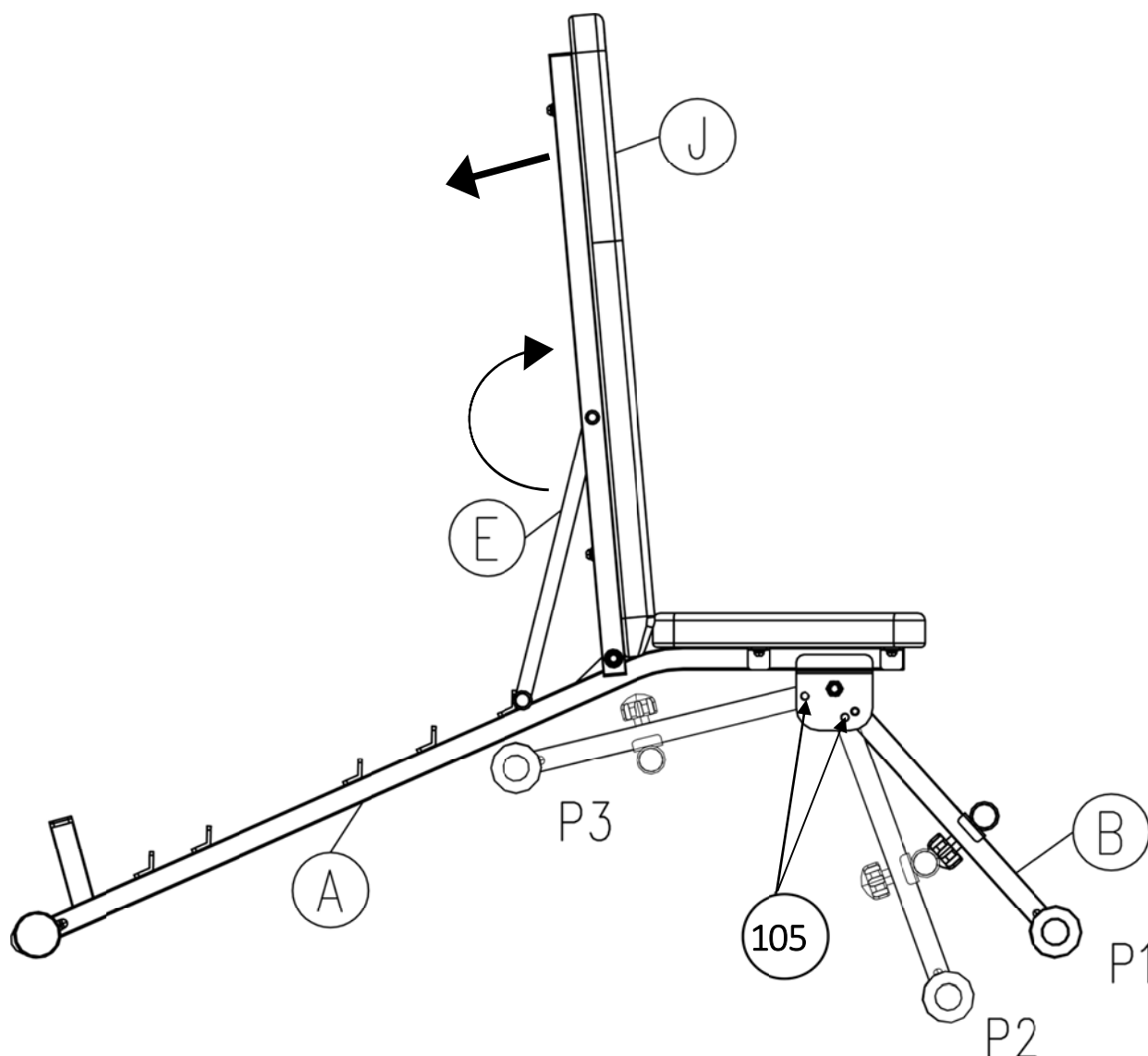


(#61) Spring Washer  
1 PC



(#64) Flat Washer  
1PC

## ADJUSTMENT



### Adjusting the Front Support Tube (B):

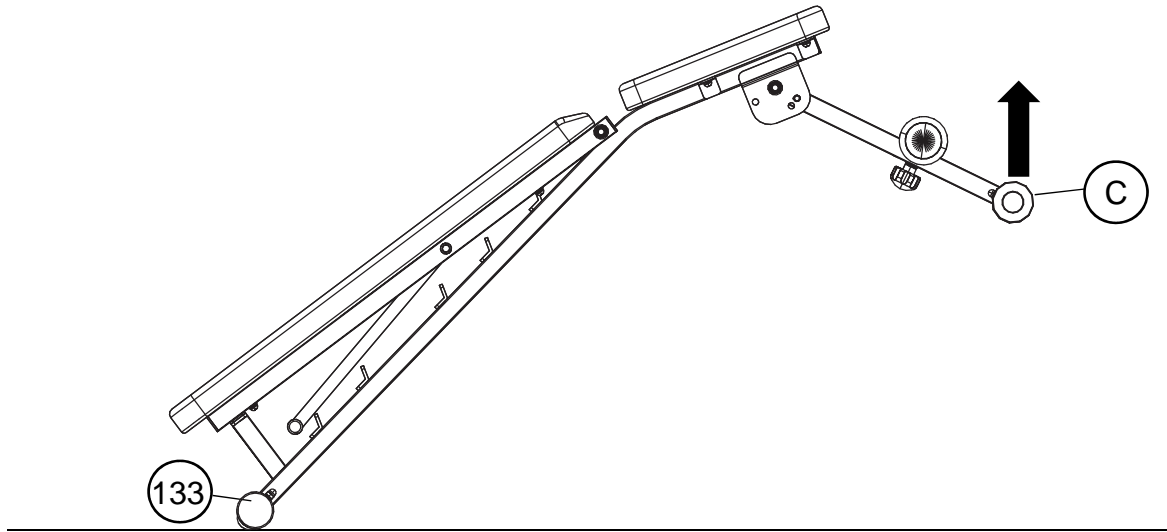
1. Pull the Pin (105) out from the Main Frame (A) and swing the Front Support Tube (B) into one of the following positions:
  - a. Position **P1** gives a flat and level seat for working out.
  - b. Position **P2** gives an inclined seat for working out.
  - c. Position **P3** is for folding up the Bench for storage.

Completely re-insert the Pin (105) into the hole of the bracket on the Main Frame (A) for the position you select.

### Adjusting the Backrest (J):

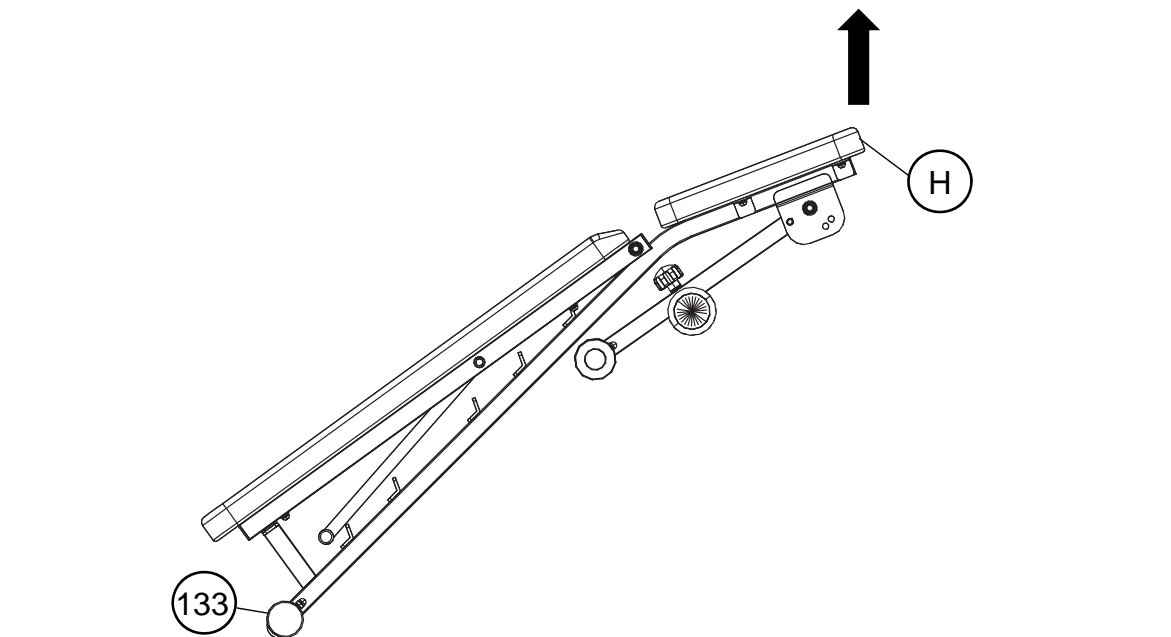
1. Lift the Rear Support Tube (E) off of the tabs that run along the shaft of Main Frame (A)
2. Gently lower the Backrest (J) while holding the Rear Support Tube (E) up and away from the Main Frame (A).
3. Select a position and rest the Rear Support Tube (E) against the Main Frame (A).

## TRANSPORTING



### Transporting In Storage Mode:

Lift up the Front Stabilizer (C) until the wheels on the Wheel End Caps (133) make contact with the ground, then move the bench to your desired location.



### Transporting In Storage Mode:

Lift up the Seat (H) until the wheels on the Wheel End Caps (133) make contact with the ground, then move the bench to your desired location.

## WARRANTY

### MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Structural Frame	5 years
Parts	1 years
Wearable Parts	1 year

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

#### **Exclusions from Warranty Coverage:**

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

**Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.**

#### Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

**Service@paradigmhw.com**

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. Owner's Manual
2. Model Number
3. Description of Parts
4. Part Number
5. Date of Purchase

## PARTS REQUEST FORM

### Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO

[Service@paradigmhw.com](mailto:Service@paradigmhw.com) \*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: (Day) \_\_\_\_\_

(Night) \_\_\_\_\_

SERIAL#: \_\_\_\_\_

MODEL#: \_\_\_\_\_

PURCHASE DATE: \_\_\_\_\_

PLACE OF PURCHASE: \_\_\_\_\_

PART #	DESCRIPTION	QTY

***"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"***

***\*This form can also be faxed to #: 626-810-2166***