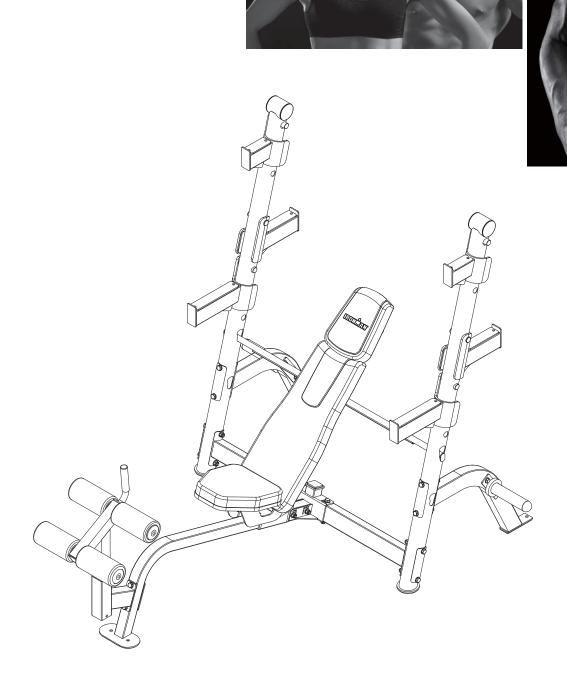


OWNER'S MANUAL



Standard Olympic Weight Bench

6836.3-051016

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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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

Response Time: 1-2 Business Days

Website:

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

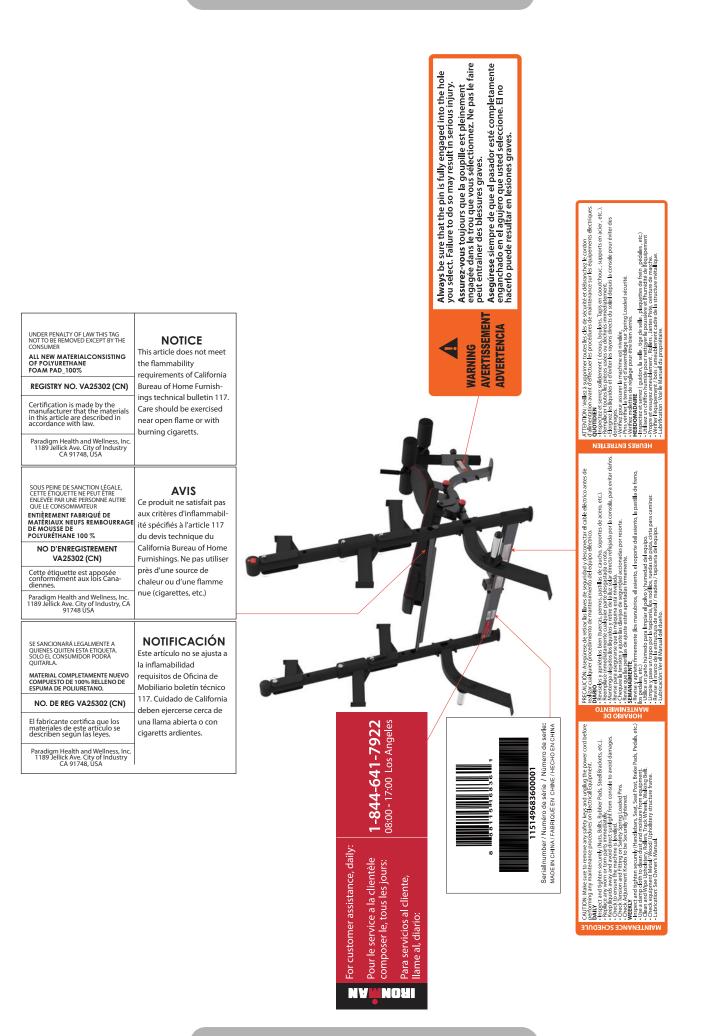
Part number

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



PRODUCT SAFETY

Read all instructions carefully before assembling and 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 Standard Olympic Weight Bench was designed and built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

- 1. Consult your physician or other health care professionals before using the Bench.
- 2. Always wear proper exercise apparel when using the equipment. Use care when getting on or off the unit.
- 3. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any kind of discomfort.
- 4. Keep children and pets away from the equipment at all times.
- 5. Only one person should use the 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.
- 7. Do not operate this or any exercise equipment if it is damaged.
- 8. Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
- 9. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
- 10. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
- 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.

WARNING: Before using this equipment you should consult with your personal physician to see if the Standard Olympic Weight 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 1500lbs/680kgs.

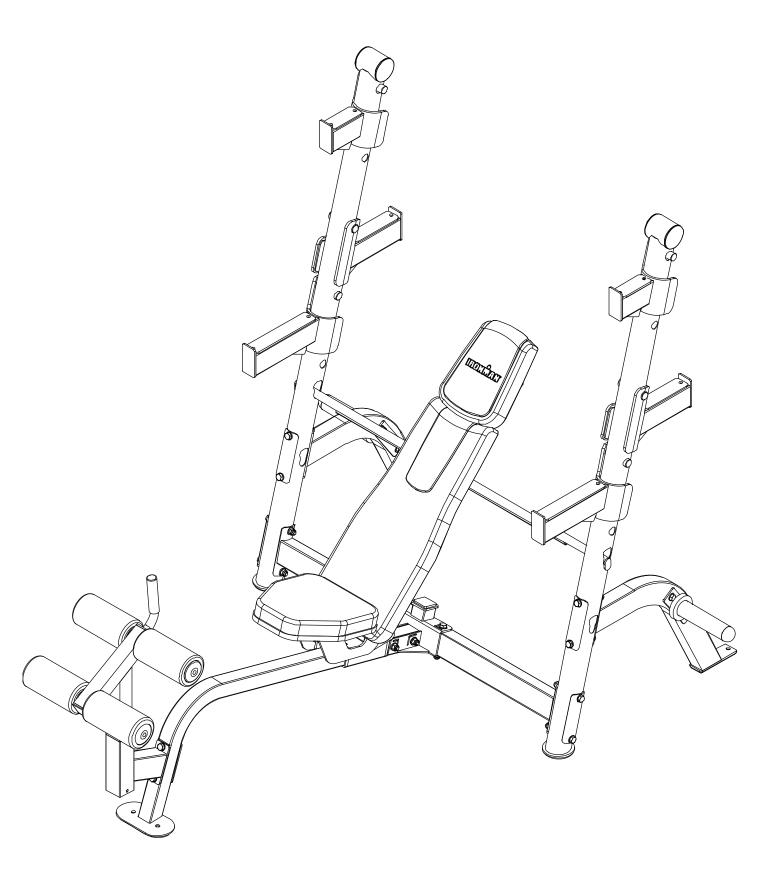
ASSEMBLY PREPARATION

- 1. **Warning**: It is highly recommend that you have assistance during the assembly of the IRONMAN strength equipment.
- 2. Tools for assembly:

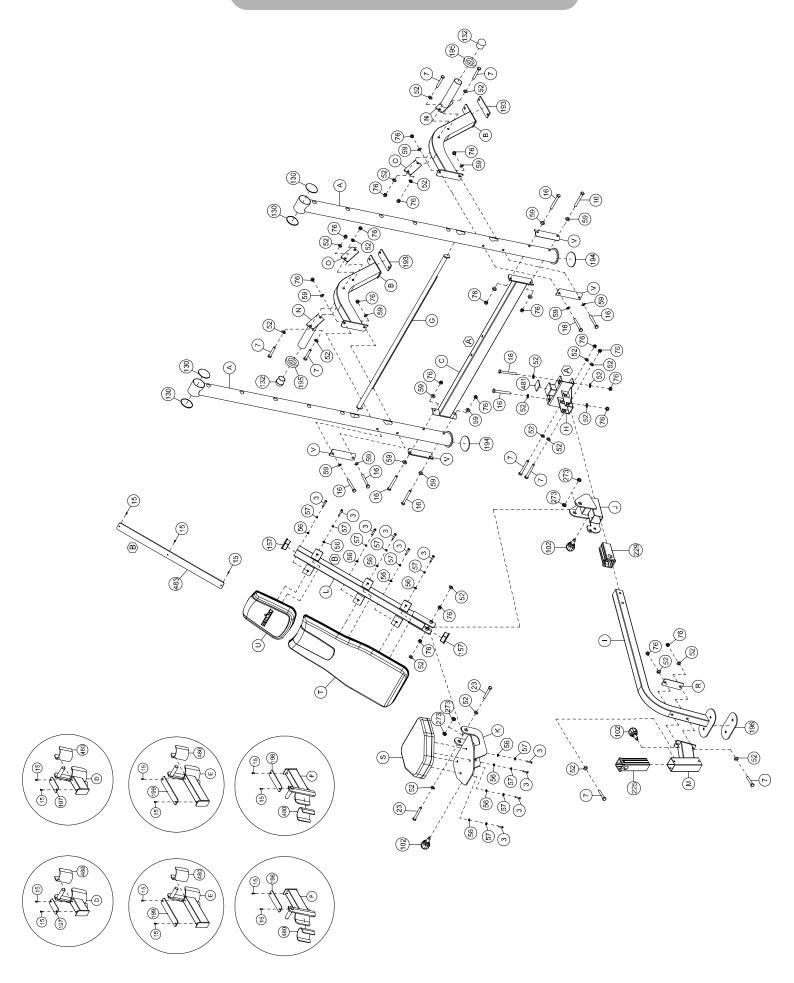
General tools needed for the assembly of the IRONMAN strength equipment.

- Metric Allen Key Set
- Metric Wrench Set or Adjustable Wrench
- Flat Screwdriver
- Phillips Screwdriver)
- Rubber Mallet
- Silicone Spray Oil
- 3. Insert bolts into the frame as illustrated in the drawing of each of the steps.
- 4. **Warning**: **Do NOT tighten the bolts, nuts, and screws until instructed to do so.** Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly,
- 5. It is highly recommended that a professional installer assembles the IRONMAN strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
- 6. Thoroughly read each step before proceeding to assemble the items of that step.
- 7. To aid in assembly of the equipment, the hardware pack (bolts, nuts, washer...etc.) have been presorted according to their corresponding steps. **See Hardware Pack page.**
- When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. See page 2.

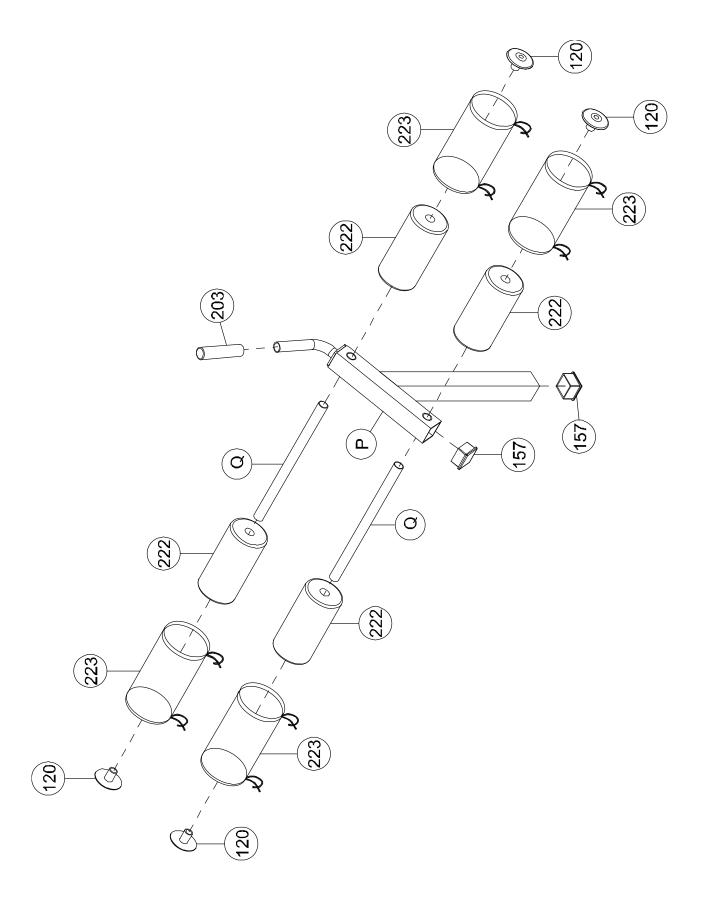
PRODUCT DRAWING



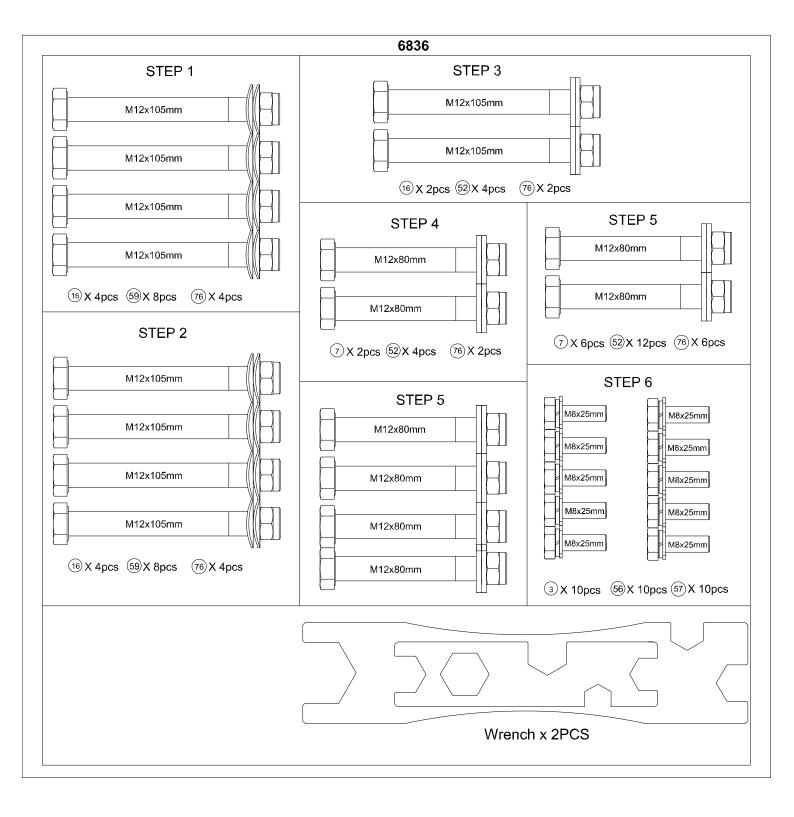
OVERVIEW DRAWING



OVERVIEW DRAWING



HARDWARE PACK



PART LIST

Part#	Description	Q'ty.	Part#	Description	Q'ty.
A	Vertical Post	2	R	Flat Mounting Plate	1
В	Foot Beam	2	S	Seat Pad	1
С	Crossbeam	1	Т	Backrest Pad	1
D	Short Safety Catch	2	U	Headrest Pad	1
E	Long Safety Catch	2	Р	Leg Hold Down	1
F	Rear Safety Catch	2	Q	Foam Roller Tube	2
G	Backrest Adjustment Rod	1	3	Hex Bolt M8x1.25x25L	10
н	Main Frame Bracket	1	7	Hex Bolt M12x1.75x80L	8
I	Main Frame	1	15	Screw M6x10L	12
J	Seat Assembly Bracket	1	16	Hex Bolt M12x1.75x105L	10
к	Seat Plate	1	23	Hex Bolt M12x1.75x50L	2
L	Backrest Frame	1	52	Washer D24xD13.5x2.5	24
М	Attachment Holder	1	56	Washer D8.4xD16x1.6	10
N	Weight Horn	2	57	Spring Washer D8.1xD12.3x2.1	10
0	Flat Mounting Plate	2	59	Curve Washer D21xD13x1	16
V	Curved Mounting Plate	4	76	Nylon Nut M12	20

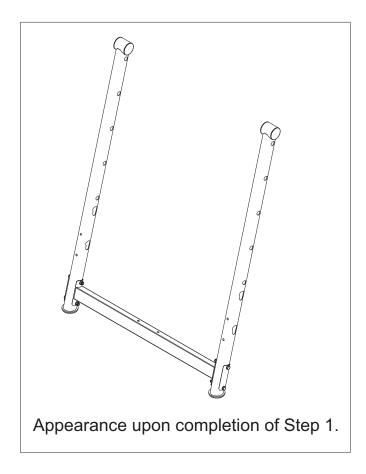
PART LIST

Part#	Description	Q'ty.	Part#	Description	Q'ty.
102	Ball Knob D50xM16x22xD8	3	198	Rubber Washer 50x180xt5.0	2
120	Big End Cap D70xD21x38	4	199	Rubber Washer 50x250xt5.0	2
130	Round End Cap D76x2	4	203	Rowing Bar Holder Φ24xΦ32x125	1
132	Footbar End Cap D50x2	2	222	Foam Roller ⊄ 100x ⊄ 25x200	4
153	Square End Cap 50x50x2	4	223	Sleeve D100x200	4
157	Square End Cap 50x50x20	2	225	Square Bushing 60x60x205	1
192	Rubber Donut D80xD50x16	2	229	Square Bushing 60x60x164	1
193	Rubber Bumper 145x45xt5.0	2	273	Powder Bushing ¢ 24x ¢ 20.8x ¢ 12.5x10x3	4
194	Rubber Bumper D90x5	2	480	Rubber Washer 100x187xt4.0	6
195	Weight Horn Buffer ⊄ 80x ⊄ 50x16	2	481	Rubber Washer 50x50xt5.0	1
196	Rubber Bumper 90x190xt5.0	1	483	Safety Catch Bumper 650x45xt5.0	1
197	Rubber Bumper 50x120xt5.0	2			

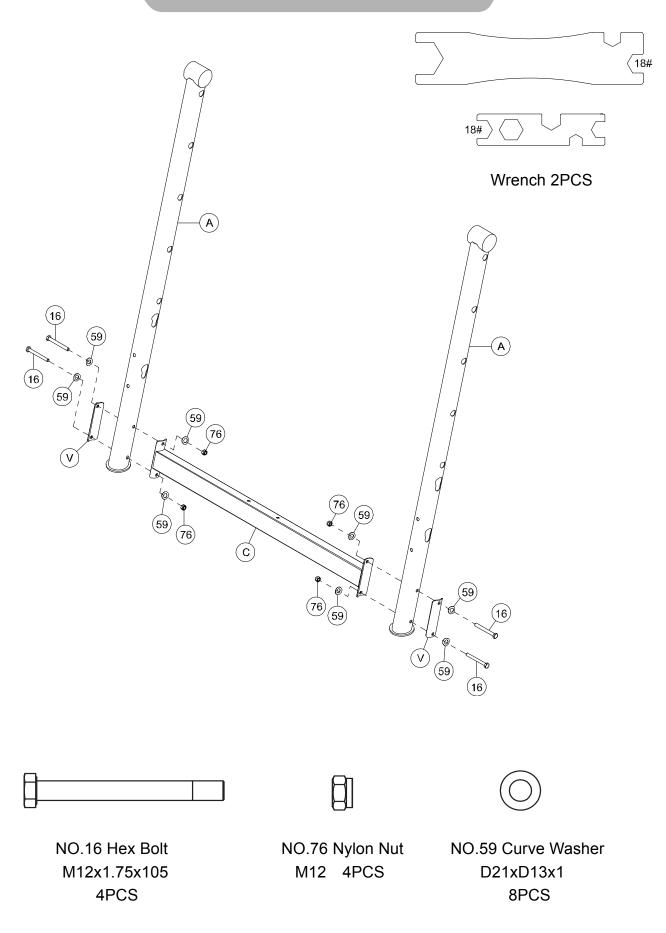
STEP 1

1A. Attach Crossbeam (C) and two Curved Mounting Plate (V) parts to the Vertical Post (A) by using:

- 4 (16) Hex Bolt M12x1.75x105L
- 8 (59) Curve Washer D21xD13x1
- 4 (76) Nylon Nut M12



STEP 1

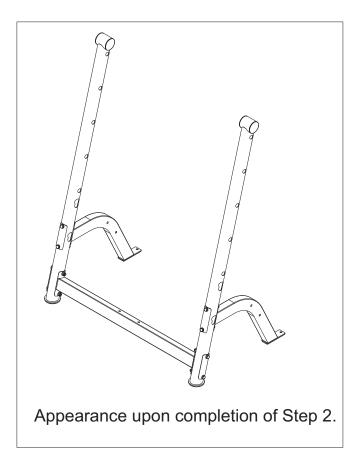


2A. Attach the two Foot Beam (B) and two Curved Mounting Plate (V) parts to the Vertical Post (A) parts by using:

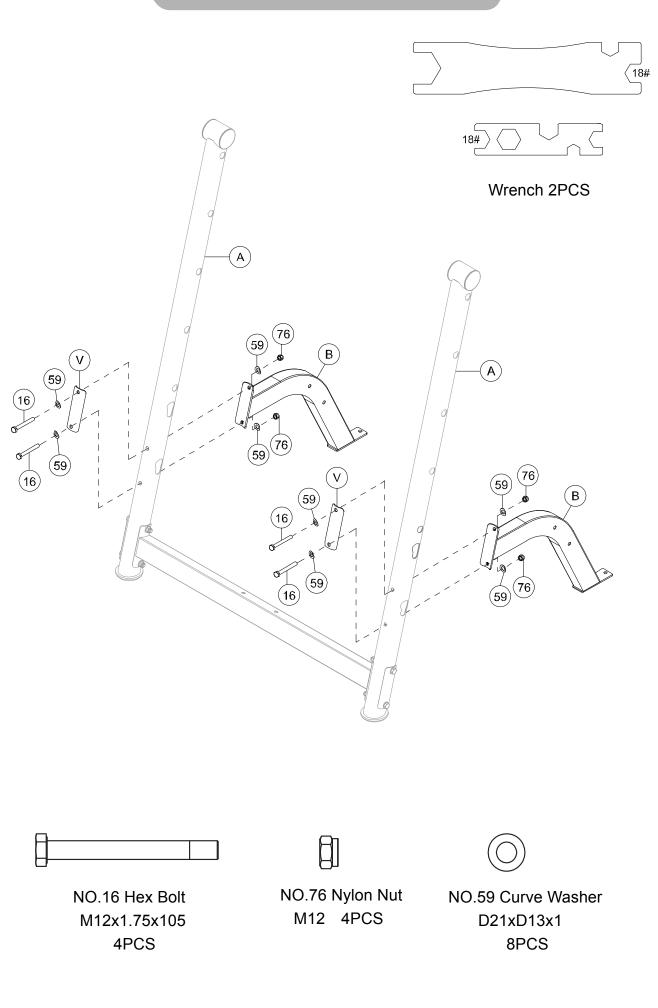
STEP 2

- 4 (16) Hex Bolt M12x1.75x105L
- 8 (59) Curve Washer D21xD13x1
- 4 (76) Nylon Nut M12

With all four feet flat on the ground, proceed to thoroughly tight all the bolts



STEP 2

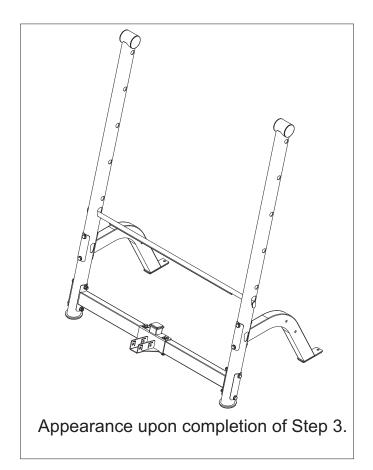


3A. Attach Main Frame Bracket (H) to Crossbeam (C) by using:

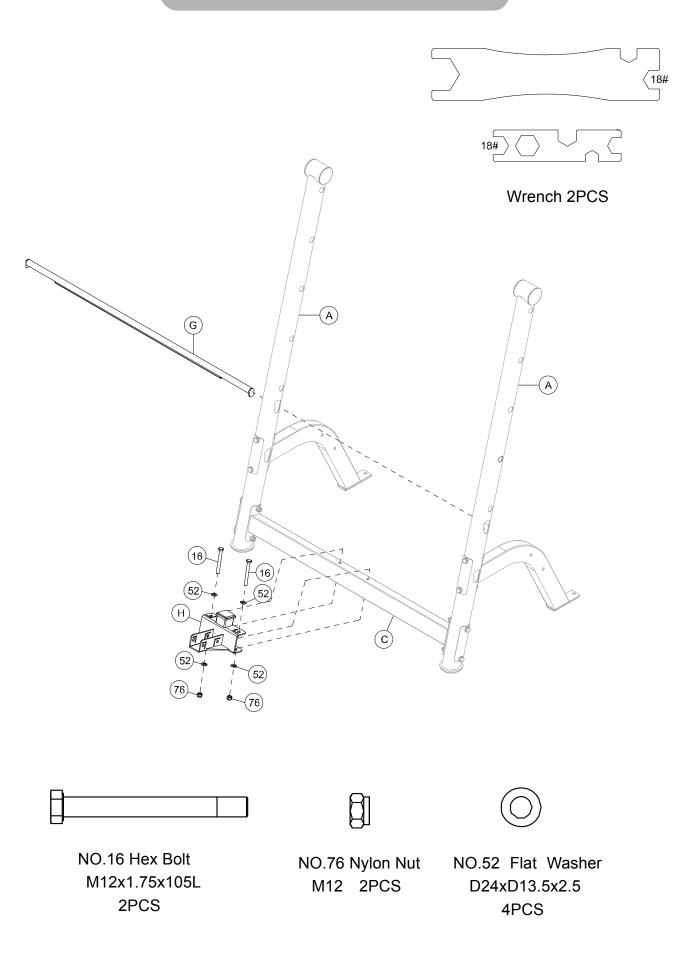
- 2 (16) Hex Bolt M12x1.75x105L
- 4 (52) Washer D24xD13.5x2.5
- 2 (76) Nylon Nut M12

3B. Insert the Backrest Adjustment Rod (G) into both of the Vertical Post (A) by aligning the tabs of the Backrest Adjustment Rod (G) with the stamped metal holes on Vertical Post (A)of the same shape.

Tip: The Backrest Adjustment Rod (G) can be inserted from the outer facing sides of the two Vertical Post (A), but we recommend inserting the Backrest Adjustment Rod (G) from the inner sides of the two Vertical Post (A).



STEP 3



4A. Slide Seat Assembly Bracket (J) on to the Main Frame (I).

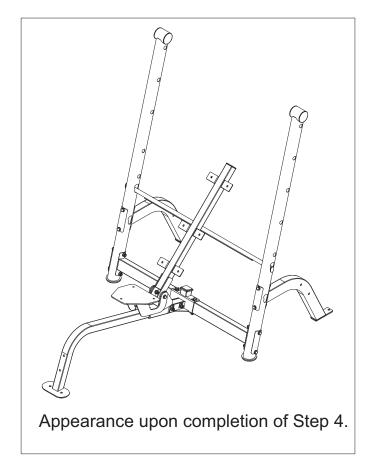
4B. Fasten the Seat Assembly Bracket (J) by installing two Ball Knob (102) parts, as shown in image AA-1.

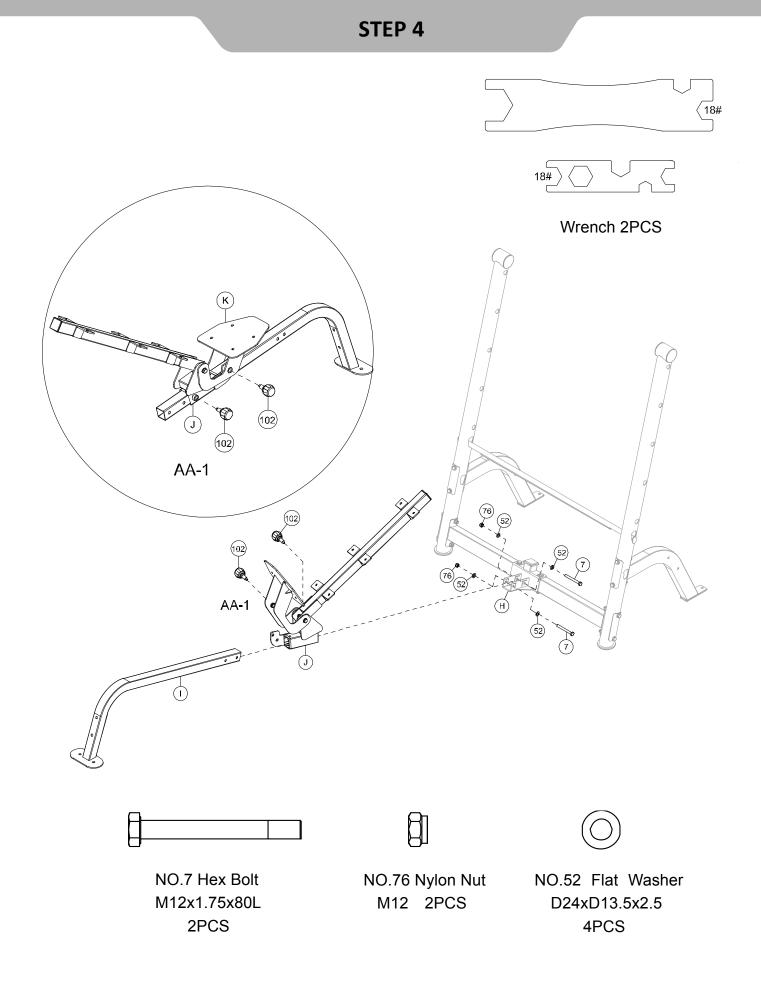
4C. Once the Ball Knob (102) parts are installed, the Seat Assembly Bracket (J) can be locked into place along the shaft of the Main Frame (I) by aligning the Ball Knob (102) with the holes on the Main Frame (I).

4B. Attach Main Frame (I) to Main Frame Bracket (H) by using:

2 - (7) Hex Bolt M12x1.75x80L

- 4 (52) Washer D24xD13.5x2.5
- 2 (76) Nylon Nut M12





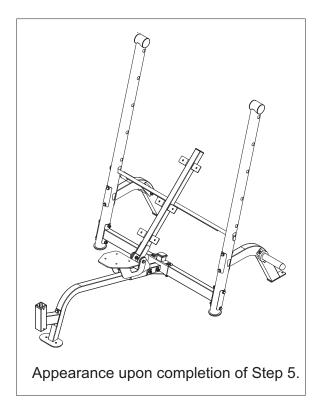
5A. Attach the two Weight Horn (N) and the two Flat Mounting Plate (O) parts to the two Foot Beam (B) parts by using:

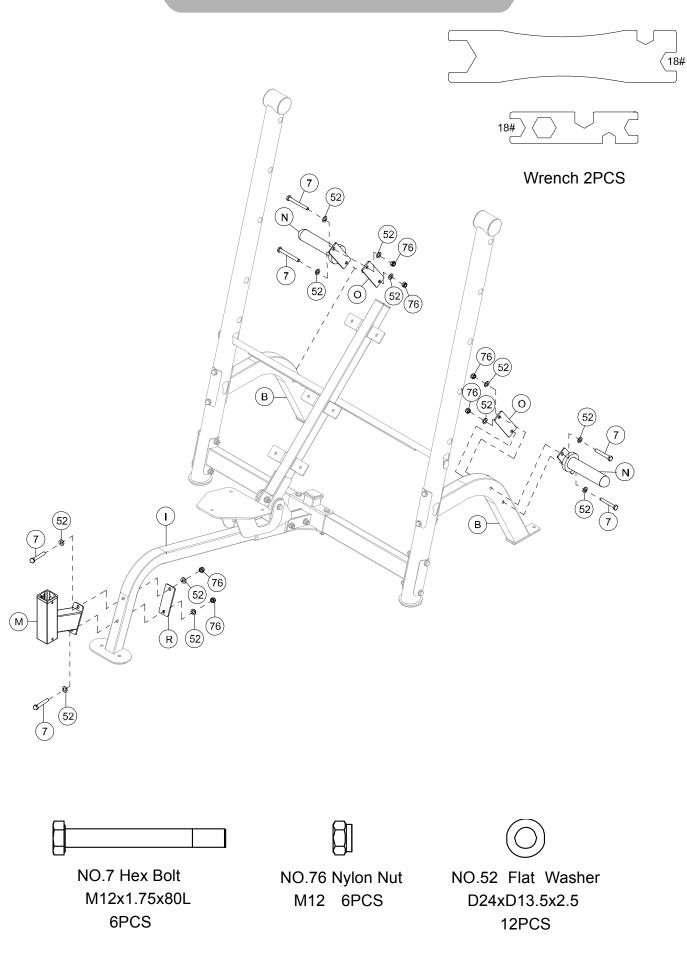
4 - (7) Hex Bolt M12x1.75x80L

- 8 (52) Washer D24xD13.5x2.5
- 4 (76) Nylon Nut M12

5B. Mount the Attachment Holder (M) and the Flat Mounting Plate (R) to the two Main Frame (I) parts by using:

- 2 (7) Hex Bolt M12x1.75x80L
- 4 (52) Washer D24xD13.5x2.5
- 2 (76) Nylon Nut M12





STEP 6

6A. Attach the Backrest Pad (T) to Backrest Frame (L) by first hand tightening the hardware listed below, then once all bolts are aligned, tightly fasten the Backrest Pad (T) into place using:

- 4 (3) Hex Bolt M8x1.25x25L
- 4 (56) Washer D8.4xD16x1.6
- 4 (57) Spring Washer D8.1xD12.3x2.1

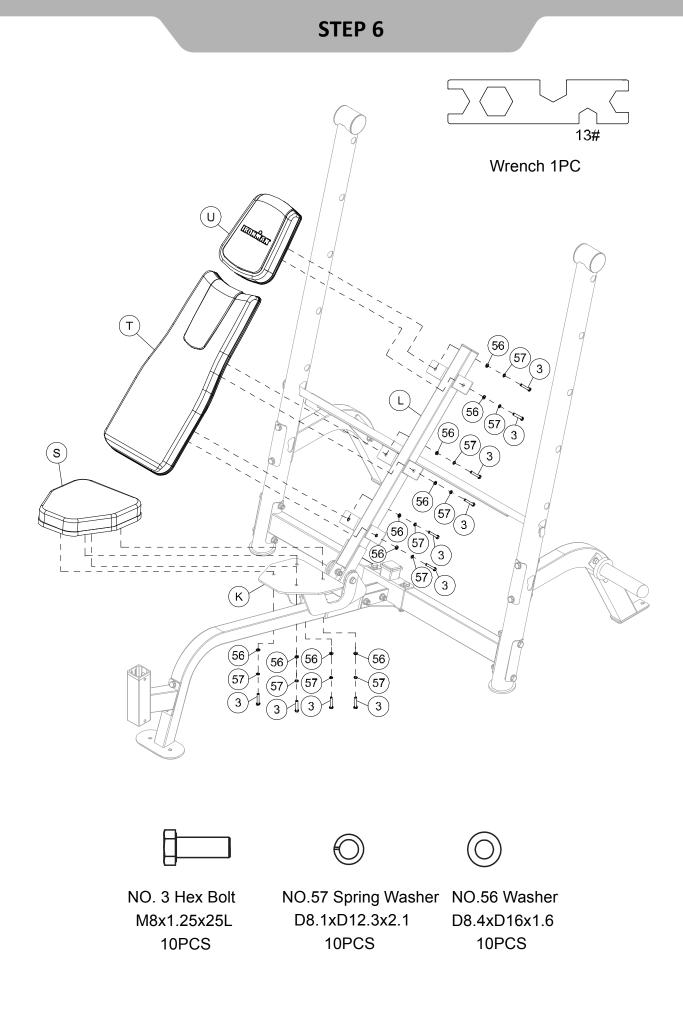
6B. Attach the Headrest Pad (U) to Backrest Frame (L) by first hand tightening the hardware listed below, then once all bolts are aligned, tightly fasten the Headrest Pad (U) into place using:

- 2 (3) Hex Bolt M8x1.25x25L
- 2 (56) Washer D8.4xD16x1.6
- 2 (57) Spring Washer D8.1xD12.3x2.1

6C. Attach the Seat Pad (S) to Seat Plate (K) by first hand tightening the hardware listed below, then once all bolts are aligned, tightly fasten the Seat Pad (S) into place using:

- 4 (3) Hex Bolt M8x1.25x25L
- 4 (56) Washer D8.4xD16x1.6
- 4 (57) Spring Washer D8.1xD12.3x2.1



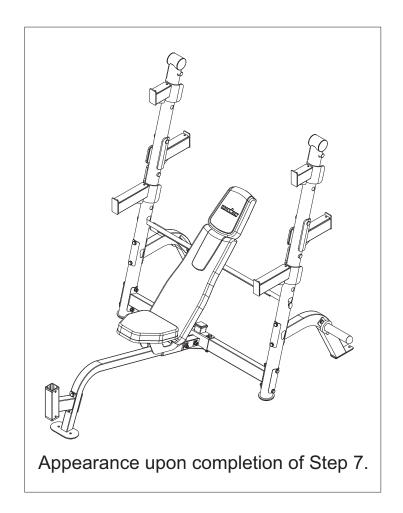


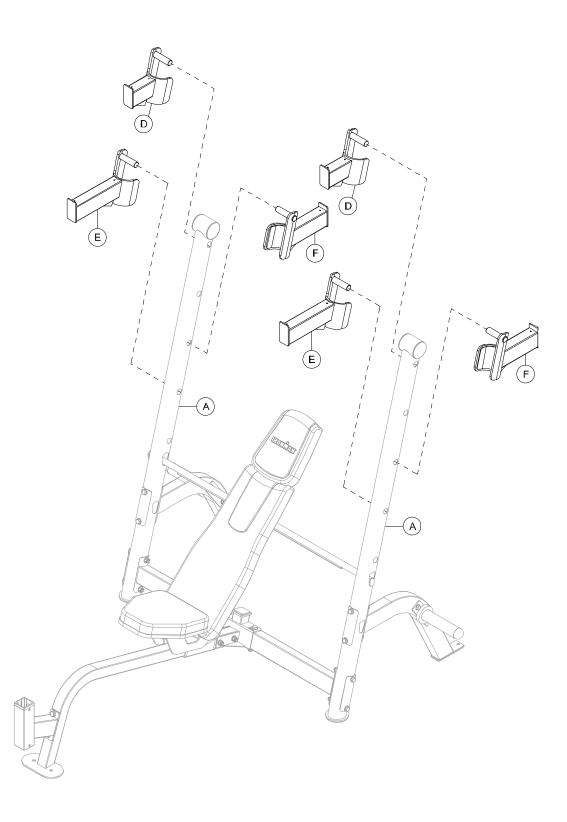
7A. The Short Safety Catch (D) parts are meant to be used on the front side of the Standard Olympic Weight Bench. They can be inserted into any of the available holes along the top portion of the Vertical Post (A)

7B. The Long Safety Catch (E) parts are meant to be used on the front side of the Standard Olympic Weight Bench. They can be inserted into any of the available holes along the top portion of the Vertical Post (A)

7C. The Rear Safety Catch (F) parts are meant to be used on the back side of the Standard Olympic Weight Bench. They can be inserted into any of the available holes along the top portion of the Vertical Post (A)

With the foot of Main Frame (I) flat on the ground proceed to thoroughly tighten all of the bolts.





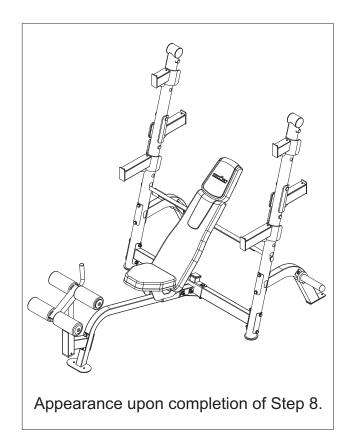
8A. Screw in the Ball Knob (102) into the back side of the Attachment Holder (M).

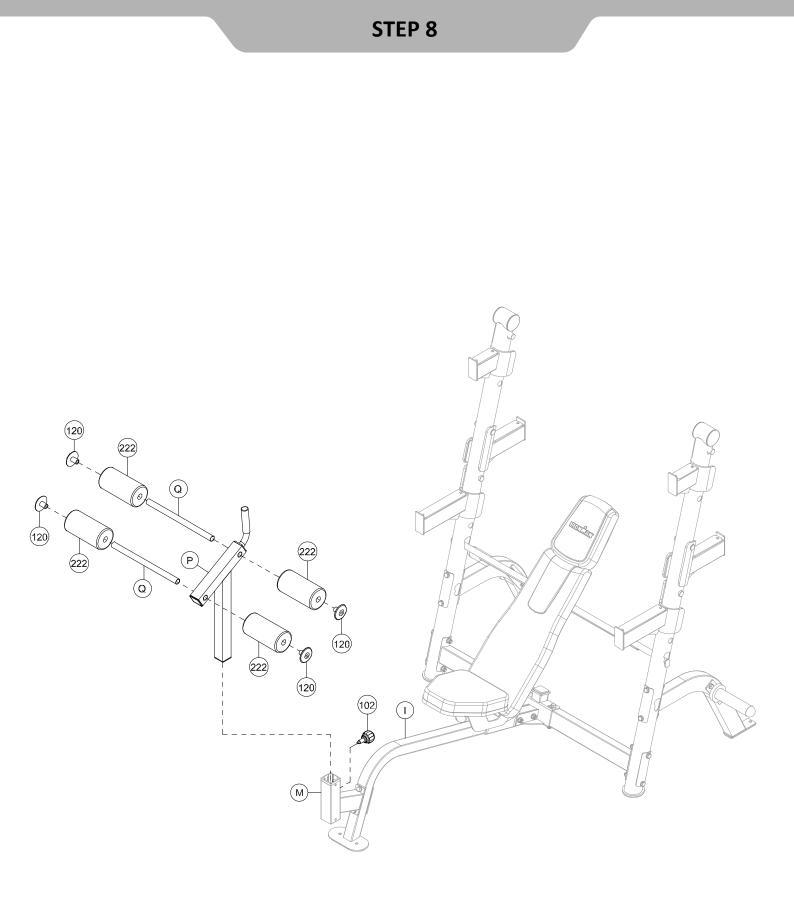
8B. Insert the Leg Hold Down (P) into the Attachment Holder (M). Adjust the Ball knob (102) to allow the Leg Hold down (P) to slide down enough to allow the Ball Knob (102) to lock the Leg Hold Down into place.

8C. Insert the two Foam Roller Tube (Q) parts midway along their length into the Leg Hold Down (P).

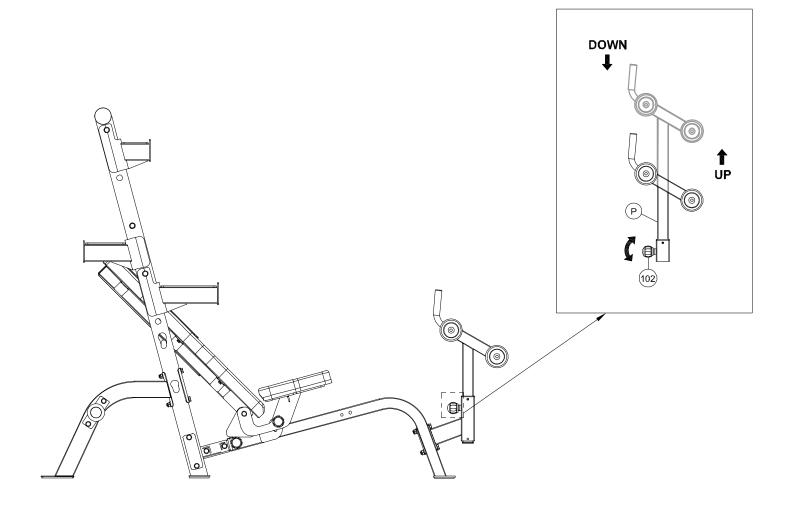
8D. Slide a Foam Roller (222) on to each of the exposed shafts of the two Foam Roller Tube (Q) parts. Try to keep the Foam Roller Tube centered during this step, so that each side remains equal in length. In total four Foam Rollers (222) will be installed.

8E. Insert a Big End Cap (120) into each of the ends of the Foam Roller Tube (Q). Make sure you have completed step 8E before inserting the four Big End Cap (120) parts.



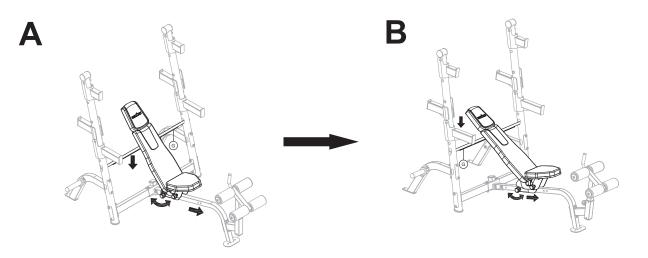


ADJUSTMENT



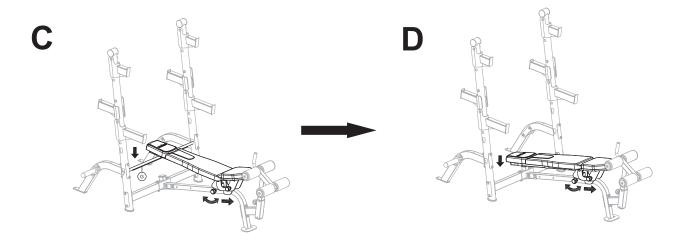
Leg Hold Down Adjustment

Lift or lower the Leg Hold Down (P) to desired position and secure it in place with Ball Knob Pop Pin (102) before using the Ironman Multi-angle Utility Bench.



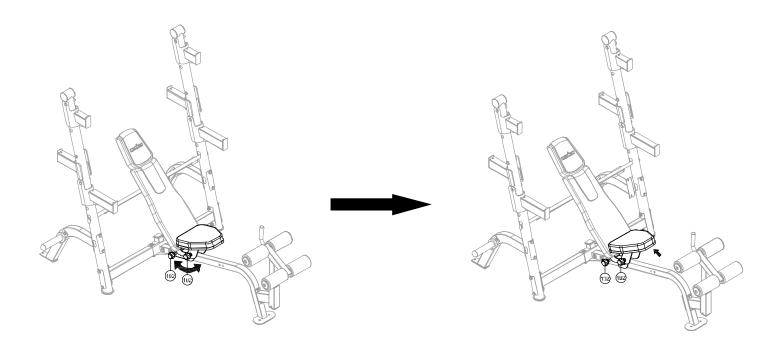
Backrest Adjustment

- A) For high incline bench press position adjust the seat to the rear most locking position and place the Backrest Adjustment Rod (G) in the highest hole it can rest in.
- B) For low incline bench press position adjust the seat to the second to the rear locking position and place the Backrest Adjustment Rod (G) in the highest hole it can rest in.



- **C)** For flat bench press position adjust the seat to the third to the rear locking position and place the Backrest Adjustment Rod (G) in the lowest hole it can rest in.
- D) For decline bench press position adjust the seat to the furthest most locking position from the rear and remove the Backrest Adjustment Rod (G) entirely.

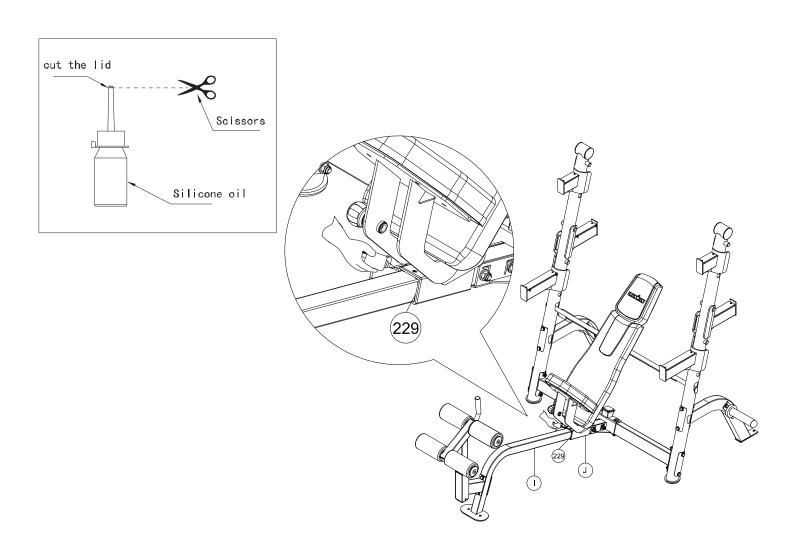
ADJUSTMENT



Seat Adjustment

- A) For a flat seat position loosen the Ball Knob (102) and lock the seat into the lower seat adjustment hole.
- A) For an incline seat position loosen the Ball Knob (102) and lock the seat into the upper seat adjustment hole.

LUBRICATION



Lubrication

The machine must be lubricated periodically. ONLY USE SILICONE OIL when lubricating the Main Frame (I).

- A) Wipe the Main Frame (I) clean using a dry cloth. Remove the Silicone Oil from the Manual pack and cut the lid off using a pair of scissors.
- B) Apply the Oil generously across the Main Frame (I) and indie the Squire Bushing (229). Slide the Seat Slide Bracket (J) back and forth to spread the oil.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees 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:

COMPONENTLENGTH OF WARRANTYAll ComponentsLimited Lifetime Guarantee for home use only

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. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

For best service, please email our customer service department:

Service@paradigmhw.com

Response Time:1-2 Business Days Or call to free at 1-844-641-7922. Daily 8:00AM – 5:00PM (PST.) Response Time may vary. 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.

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO

service@paradigmhw.com

NAME:		
ADDRESS: _		
	STATE	
TELEPHONE	: (Day)	
	(Night)	
	(Email Address)	
	SERIAL#:	
	MODEL#:	
PURCHASE	DATE:	

PURCHASE FROM:

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY	
SHIP DATE:	
TRK #:	
BACK ORDER:	