

Adjustable Bench



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and, subject to change without notice.



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:

Service@paradigmhw.com

Or call us at:

1-844-641-7920

Hours:

8:00 am to 5:00 pm (PST)

Monday thru Friday

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IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7920

(8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday)

Response time may vary via calling

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 product please contact our customer service before returning to the store.

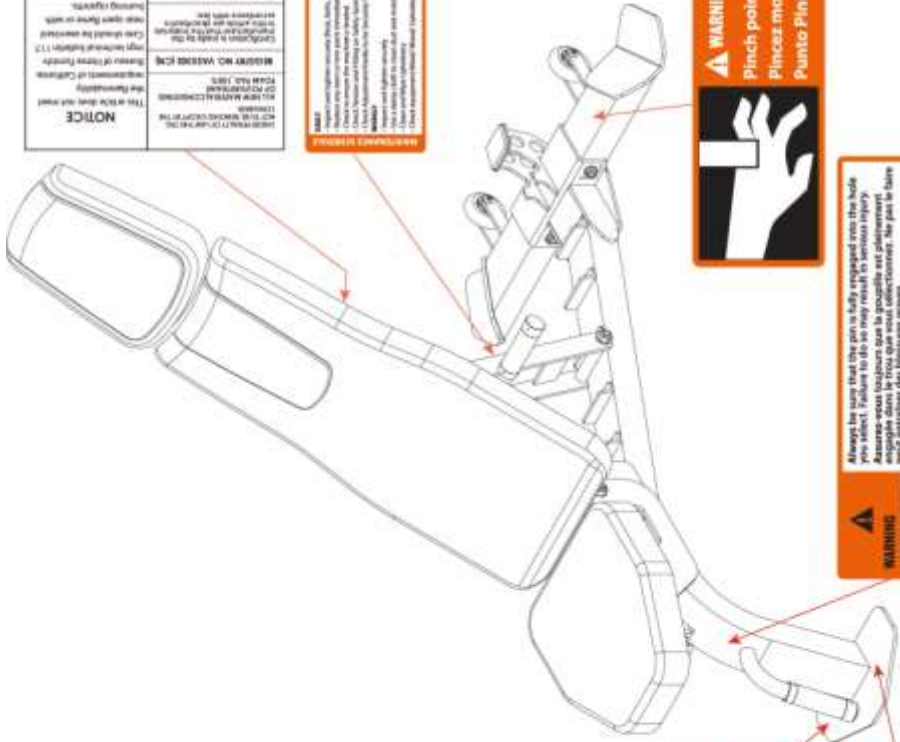
Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

For customer assistance:
Monday - Friday
1-844-641-7920
8 am - 5 pm PST
Pour le service à la clientèle
comptez les lundi à vendredi.
Pour services al cliente,
llama al, llama a please.

WARNING
WARNING: CANCER AND REPRODUCTIVE HARM — WWW.P65WARNINGS.CA.GOV.



NOTICE This is the first time you must read the instructions. Read the instructions carefully before using the tool. Failure to follow the instructions may result in injury or death. Keep the tool away from children. Do not use the tool if you are under the influence of alcohol or drugs. Do not use the tool if you are tired or distracted. Do not use the tool if you are wearing loose clothing or jewelry. Do not use the tool if you are wearing gloves that are not designed for the tool. Do not use the tool if you are wearing safety glasses that are not designed for the tool. Do not use the tool if you are wearing a hard hat that is not designed for the tool. Do not use the tool if you are wearing a respirator that is not designed for the tool. Do not use the tool if you are wearing a harness that is not designed for the tool. Do not use the tool if you are wearing a fall protection system that is not designed for the tool. Do not use the tool if you are wearing a safety net that is not designed for the tool. Do not use the tool if you are wearing a safety cage that is not designed for the tool. Do not use the tool if you are wearing a safety barrier that is not designed for the tool. Do not use the tool if you are wearing a safety fence that is not designed for the tool. Do not use the tool if you are wearing a safety gate that is not designed for the tool. Do not use the tool if you are wearing a safety lock that is not designed for the tool. Do not use the tool if you are wearing a safety key that is not designed for the tool. Do not use the tool if you are wearing a safety tag that is not designed for the tool. Do not use the tool if you are wearing a safety label that is not designed for the tool. Do not use the tool if you are wearing a safety sign that is not designed for the tool. Do not use the tool if you are wearing a safety symbol that is not designed for the tool. Do not use the tool if you are wearing a safety icon that is not designed for the tool. Do not use the tool if you are wearing a safety pictogram that is not designed for the tool. Do not use the tool if you are wearing a safety pictograph that is not designed for the tool. Do not use the tool if you are wearing a safety pictogram that is not designed for the tool.	AVIS C'est la première fois que vous devez lire les instructions. Lisez les instructions attentivement avant d'utiliser l'outil. Le non-respect des instructions peut entraîner des blessures ou la mort. Gardez l'outil loin des enfants. Ne pas utiliser l'outil si vous êtes sous l'influence d'alcool ou de drogues. Ne pas utiliser l'outil si vous êtes fatigué ou distrait. Ne pas utiliser l'outil si vous portez des vêtements lâches ou des bijoux. Ne pas utiliser l'outil si vous portez des gants qui ne sont pas conçus pour l'outil. Ne pas utiliser l'outil si vous portez des lunettes de sécurité qui ne sont pas conçues pour l'outil. Ne pas utiliser l'outil si vous portez un casque qui n'est pas conçu pour l'outil. Ne pas utiliser l'outil si vous portez un système de protection contre les chutes qui n'est pas conçu pour l'outil. Ne pas utiliser l'outil si vous portez un filet de sécurité qui n'est pas conçu pour l'outil. Ne pas utiliser l'outil si vous portez une cage de sécurité qui n'est pas conçue pour l'outil. Ne pas utiliser l'outil si vous portez une barrière de sécurité qui n'est pas conçue pour l'outil. Ne pas utiliser l'outil si vous portez une porte de sécurité qui n'est pas conçue pour l'outil. Ne pas utiliser l'outil si vous portez une serrure de sécurité qui n'est pas conçue pour l'outil. Ne pas utiliser l'outil si vous portez une étiquette de sécurité qui n'est pas conçue pour l'outil. Ne pas utiliser l'outil si vous portez un panneau de sécurité qui n'est pas conçu pour l'outil. Ne pas utiliser l'outil si vous portez un pictogramme de sécurité qui n'est pas conçu pour l'outil. Ne pas utiliser l'outil si vous portez un pictogramme de sécurité qui n'est pas conçu pour l'outil.	NOTIFICACIÓN Esta es la primera vez que usted debe leer las instrucciones. Lea las instrucciones cuidadosamente antes de usar la herramienta. El no seguir las instrucciones puede causar lesiones o la muerte. Mantenga la herramienta lejos de los niños. No use la herramienta si está bajo los efectos del alcohol o las drogas. No use la herramienta si está cansado o distraído. No use la herramienta si está usando ropa suelta o joyas. No use la herramienta si está usando guantes que no estén diseñados para la herramienta. No use la herramienta si está usando gafas de seguridad que no estén diseñadas para la herramienta. No use la herramienta si está usando un casco que no esté diseñado para la herramienta. No use la herramienta si está usando un sistema de protección contra caídas que no esté diseñado para la herramienta. No use la herramienta si está usando una red de seguridad que no esté diseñada para la herramienta. No use la herramienta si está usando una valla de seguridad que no esté diseñada para la herramienta. No use la herramienta si está usando una puerta de seguridad que no esté diseñada para la herramienta. No use la herramienta si está usando un candado de seguridad que no esté diseñado para la herramienta. No use la herramienta si está usando una etiqueta de seguridad que no esté diseñada para la herramienta. No use la herramienta si está usando un cartel de seguridad que no esté diseñado para la herramienta. No use la herramienta si está usando un pictograma de seguridad que no esté diseñado para la herramienta. No use la herramienta si está usando un pictograma de seguridad que no esté diseñado para la herramienta.
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WARNING
Always be sure that the pin is fully engaged into the hole you select. Failure to do so may result in serious injury.
Assurez-vous toujours que la goulotte est pleinement engagée dans le trou que vous sélectionnez. Ne pas le faire peut entraîner de graves blessures.
Asegúrese siempre de que el pasador está completamente encajado en el agujero que usted selecciona. El no hacerlo puede resultar en lesiones graves.

WARNING / AVERTISSEMENT / ADVERTENCIA
Pinch point; keep hands clear
Punto Pinch, mantenga las manos alejadas

WARNING
Always be sure that the pin is fully engaged into the hole you select. Failure to do so may result in serious injury.
Assurez-vous toujours que la goulotte est pleinement engagée dans le trou que vous sélectionnez. Ne pas le faire peut entraîner de graves blessures.
Asegúrese siempre de que el pasador está completamente encajado en el agujero que usted selecciona. El no hacerlo puede resultar en lesiones graves.

WARNING
Always be sure that the pin is fully engaged into the hole you select. Failure to do so may result in serious injury.
Assurez-vous toujours que la goulotte est pleinement engagée dans le trou que vous sélectionnez. Ne pas le faire peut entraîner de graves blessures.
Asegúrese siempre de que el pasador está completamente encajado en el agujero que usted selecciona. El no hacerlo puede resultar en lesiones graves.

3

PRODUCT SAFETY

WARNING: Before using this equipment you should consult with your personal physician to see if Adjustable 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
- A hiatus hernia or a ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anticoagulants including Aspirin in high doses

The Maximum Weight Capacity for this product is 1000lbs/454kgs.

Read all 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 was 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, 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 this equipment. Use care when getting on or off the unit.
3. If anytime you feel faint, light-headed, or dizziness while operating the 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.
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. 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.

WARNING: CANCER AND REPRODUCTIVE HARM--WWW.P65WARNINGS.CA.GOV.

Warning: It is highly recommended that you have assistance during the assembly of this strength equipment.

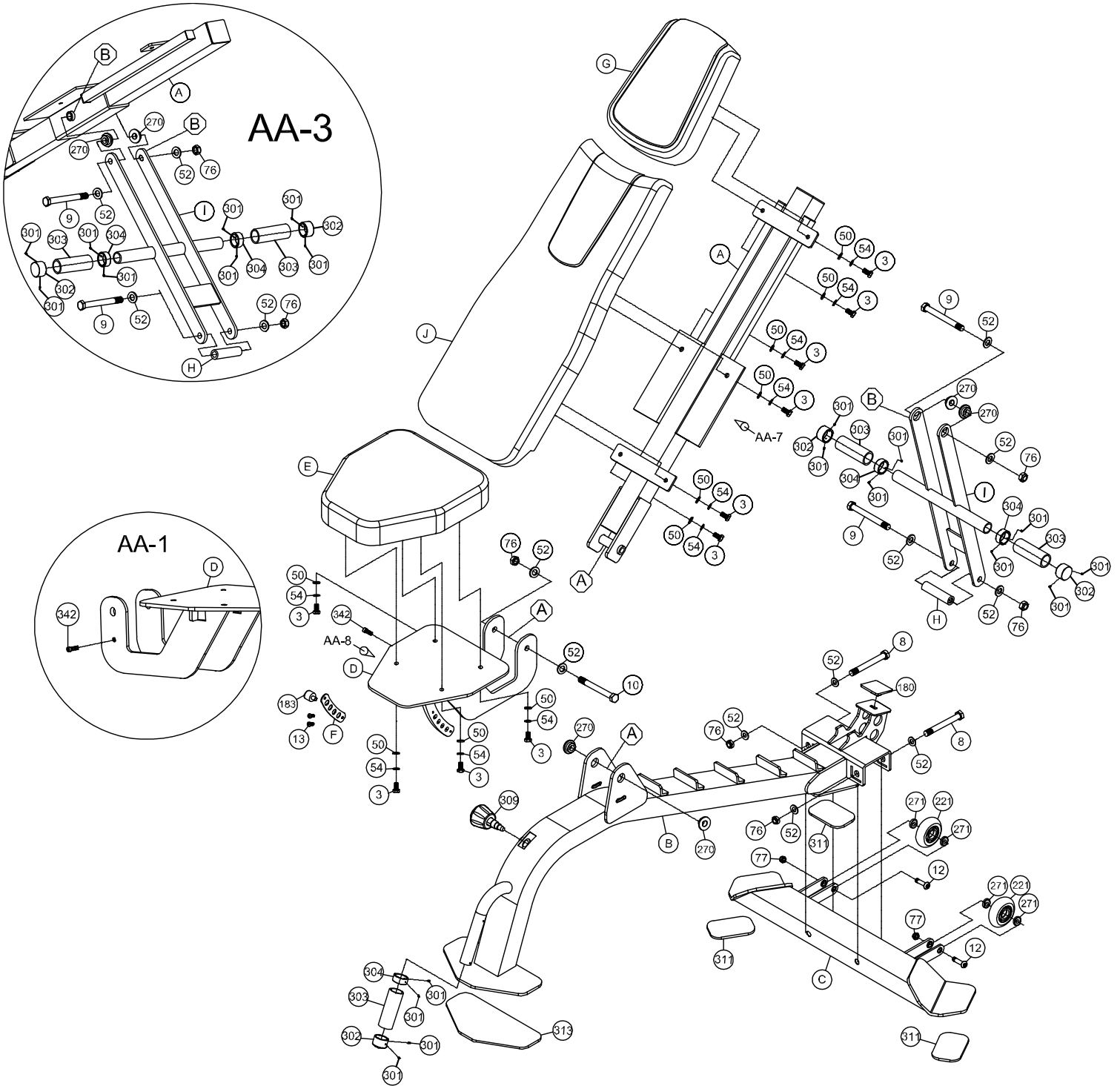
1. Tools for assembly:

General tools needed for the assembly of this strength equipment:

- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

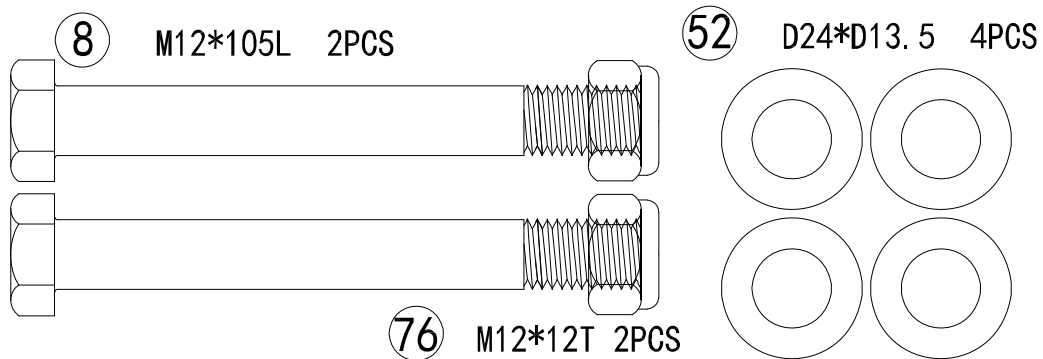
2. Insert the bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the 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.
5. Thoroughly read each step before proceeding to assemble the items of that step.
6. To aid in assembly of the equipment, the hardware (bolts, nuts, washer...etc.) has been presorted according to their corresponding steps. **Each bag of hardware is labeled with its corresponding step number.**
7. 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.

OVERVIEW DRAWING

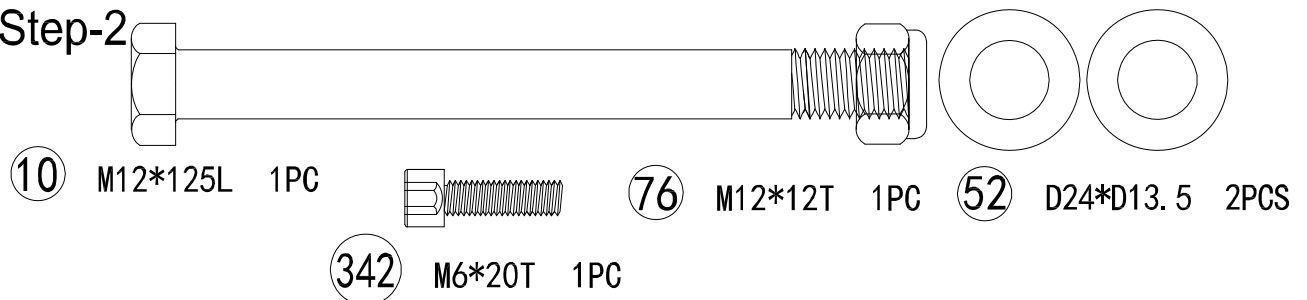


HARDWARE PACK

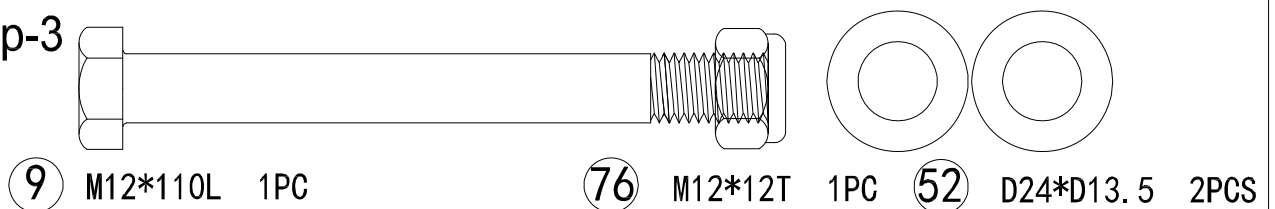
Step-1



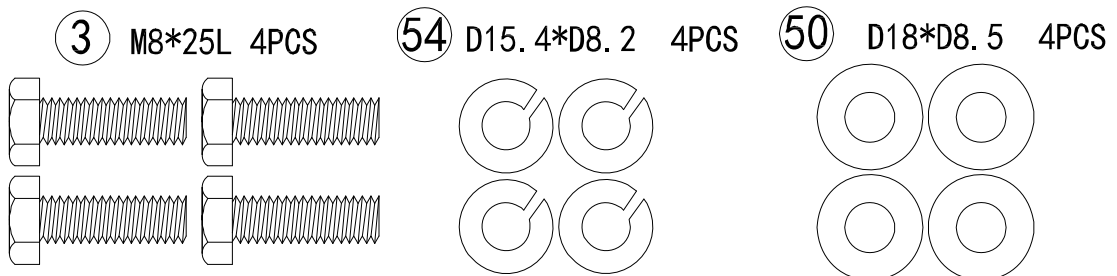
Step-2



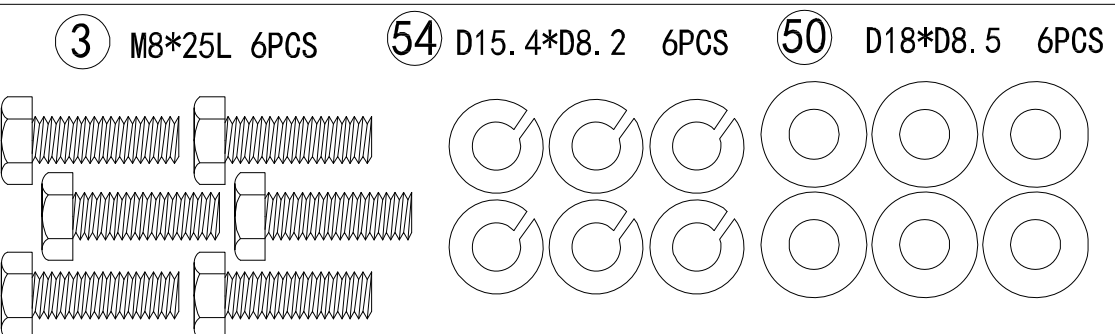
Step-3



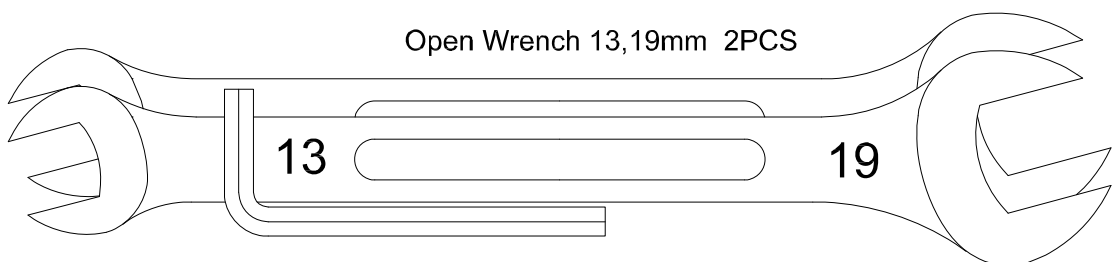
Step-4



Step-5



Open Wrench 13,19mm 2PCS



5mm Allen Wrench 1PC

PART LIST

Part#	Description	Qty.
A	Backrest Frame	1
B	Main Frame	1
C	Rear Stabilizer	1
D	Seat Plate	1
E	Seat Pad	1
F	Seat Adjustment Arc	1
G	Head Pad	1
H	Sleeve D19*D12.2*80	1
I	Backrest Post	1
J	Backrest Pad 300*694*60T	1
3	Hex Bolt M8*1.25*25L	10
8	Hex Bolt M12*1.75*105L	2
9	Hex Bolt M12*1.75*110L	2
10	Hex Bolt M12*1.75*125L	1
12	Allen Bolt M8*1.25*45L	2
13	Screw M5*0.8*10L	2
50	Flat Washer D18*D8.5*1.2T	10

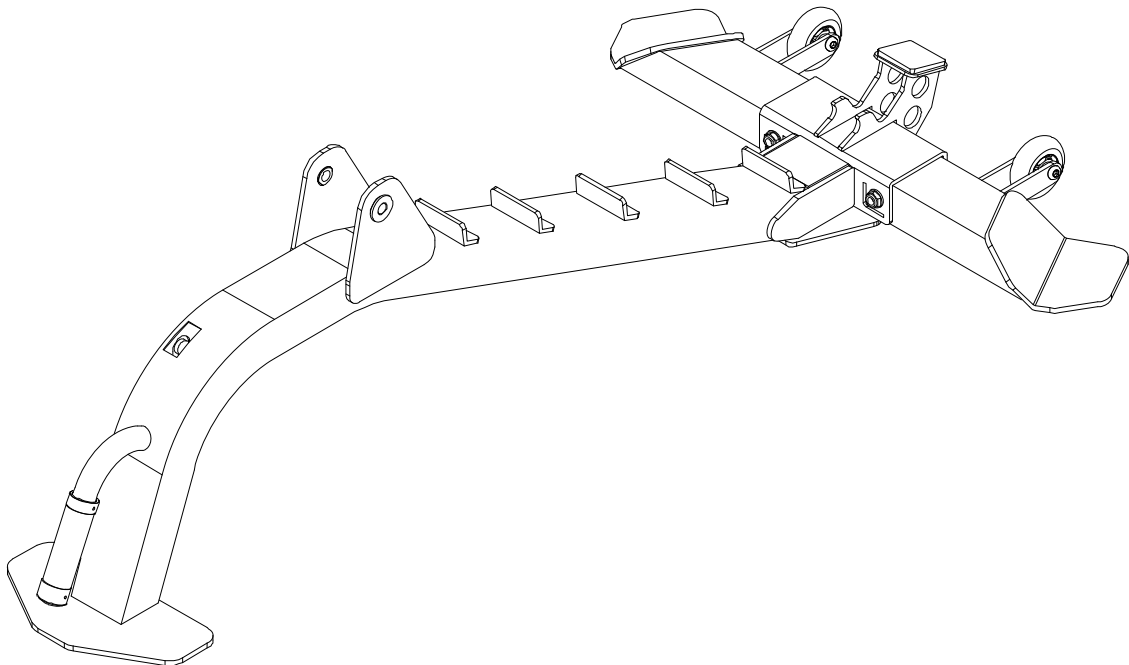
Part#	Description	Qty.
52	Flat Washer D24*D13.5*D2.5T	10
54	Spring Washer D15.4*D8.2*2T	10
76	Nylon Nut M12*1.75*12T	5
77	Nylon Nut M8*1.25*8T	2
180	Buffer 52*52*5T	1
183	Buffer D20*10L*M8*1.25	1
221	Wheel D70.5*23	2
270	Bushing D29*D12.1*9T	4
271	Bushing D22.2*D8.2*7T	4
301	Allen Screw M3*0.5*4L	12
302	End Cap D32*D26*24	3
303	Dip Foam D24*3T*85L	3
304	Fixing Ring D32*D26*13	3
309	Ball Knob Pop Pin D50*47.7*M16	1
311	Buffer(1) 65*100*5T	3
313	Buffer(2) 120*245*5T	1
342	Socket Hex Bolt M6*1.0*20L	1

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STEP 1

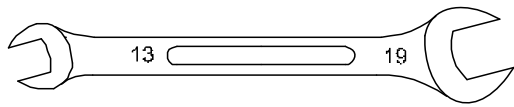
1A. Attach the **Rear Stabilizer (C)** onto the slot of **Main Frame (B)**. Fasten the **Rear Stabilizer (C)** to the **Main Frame (B)** using:

- 2 - (8) Hex Bolt M12x1.75x105L**
- 4 - (52) Flat Washer D24xD13.5x2.5T**
- 2 - (76) Nylon Nut M12x1.75x12T**

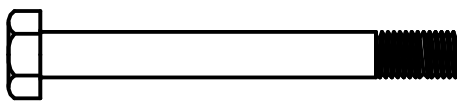
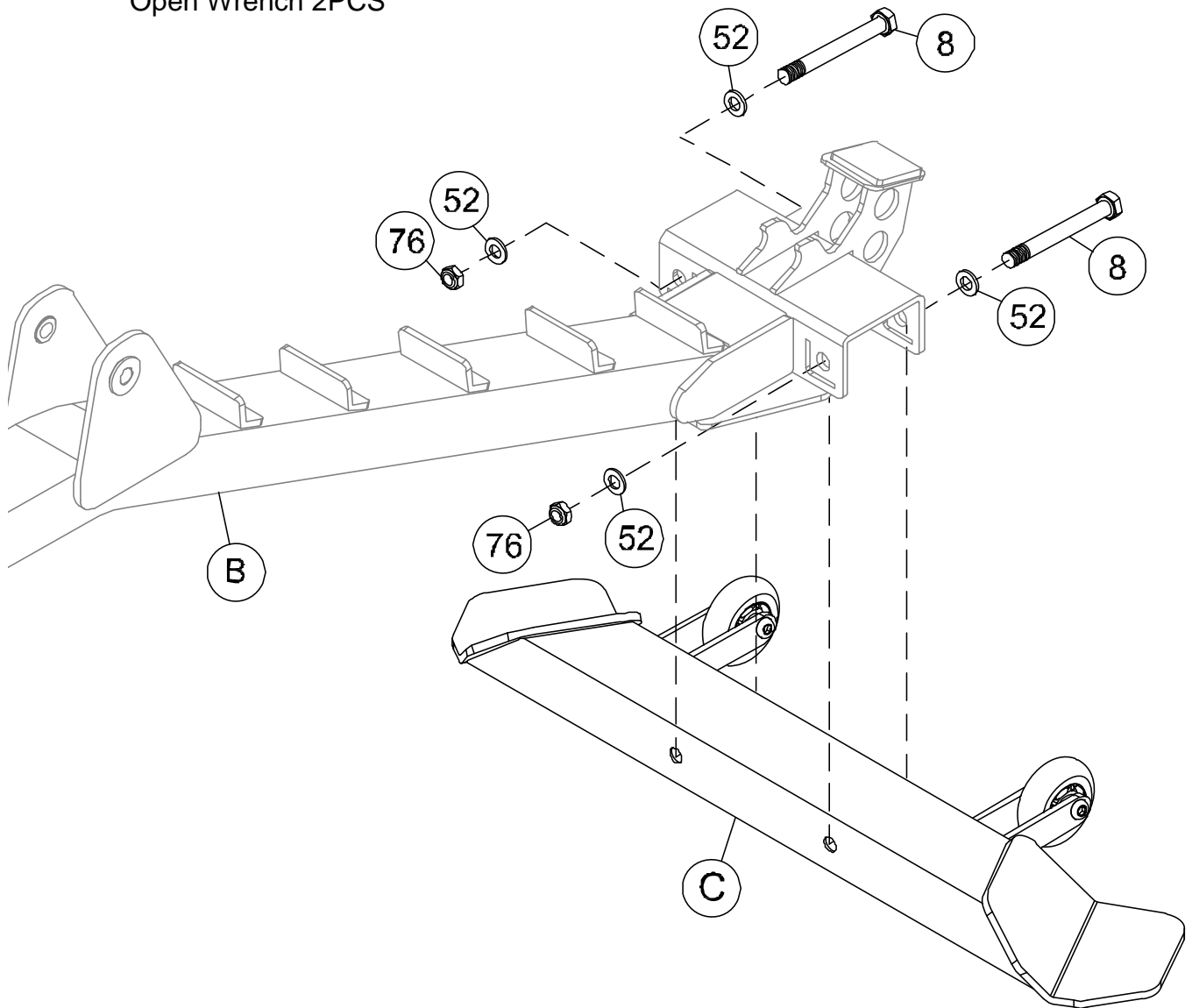


Appereance upon completion of Step 1

STEP 1



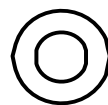
Open Wrench 2PCS



NO.8 Hex Bolt
M12x1.75x105L
2PCS



NO. 76 Nylon Nut
M12x1.75x12T
2PCS



NO.52 Flat Washer
D24xD13.5xD2.5T
4PCS

STEP 2

2A. Loosen the **Ball Knob Pop Pin (309)** on the **Main Frame (B)** to allow for the insertion of the **Seat Adjustment Arc (F)**

2B. Insert the **Seat Adjustment Arc (F)** into the slot on the **Main Frame (B)** and secure it in place by inserting it into one of the holes of **Seat Adjustment Arc (F)** and tighten the **Ball Knob Pop Pin (309)**.

2C. Attach **Seat Plate (D)** and **Backrest Post (A)** to the **Main Frame (B)** by aligning all the holes of the three parts by using:

1 - (10) **Hex Bolt M12x1.75x125L**

1 - (76) **Nylon Nut M12x1.75x12T**

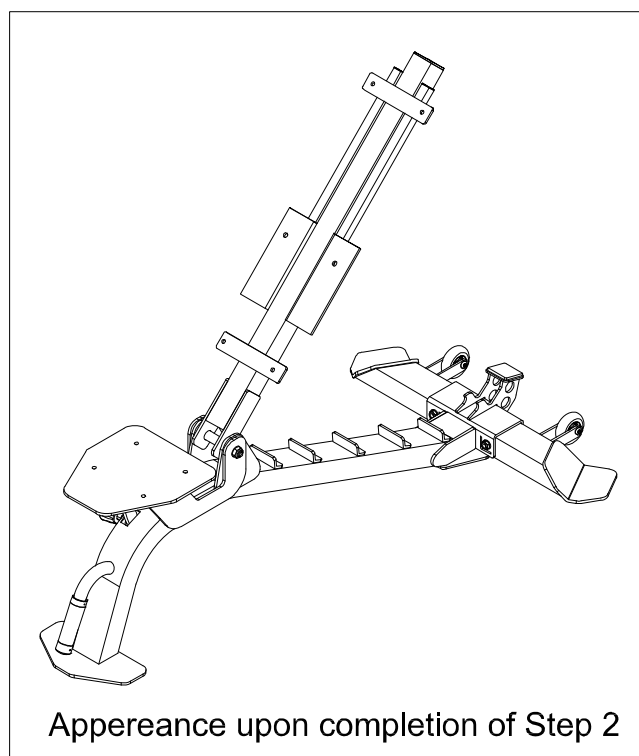
2 - (52) **Flat Washer D24xD13.5x2.5T**

2D. The **Seat Plate (D)** should be set as shown in **Figure AA-1** when insert the **Socket Hex Bolt (342)** into the side of the **Seat Plate (D)** by using:

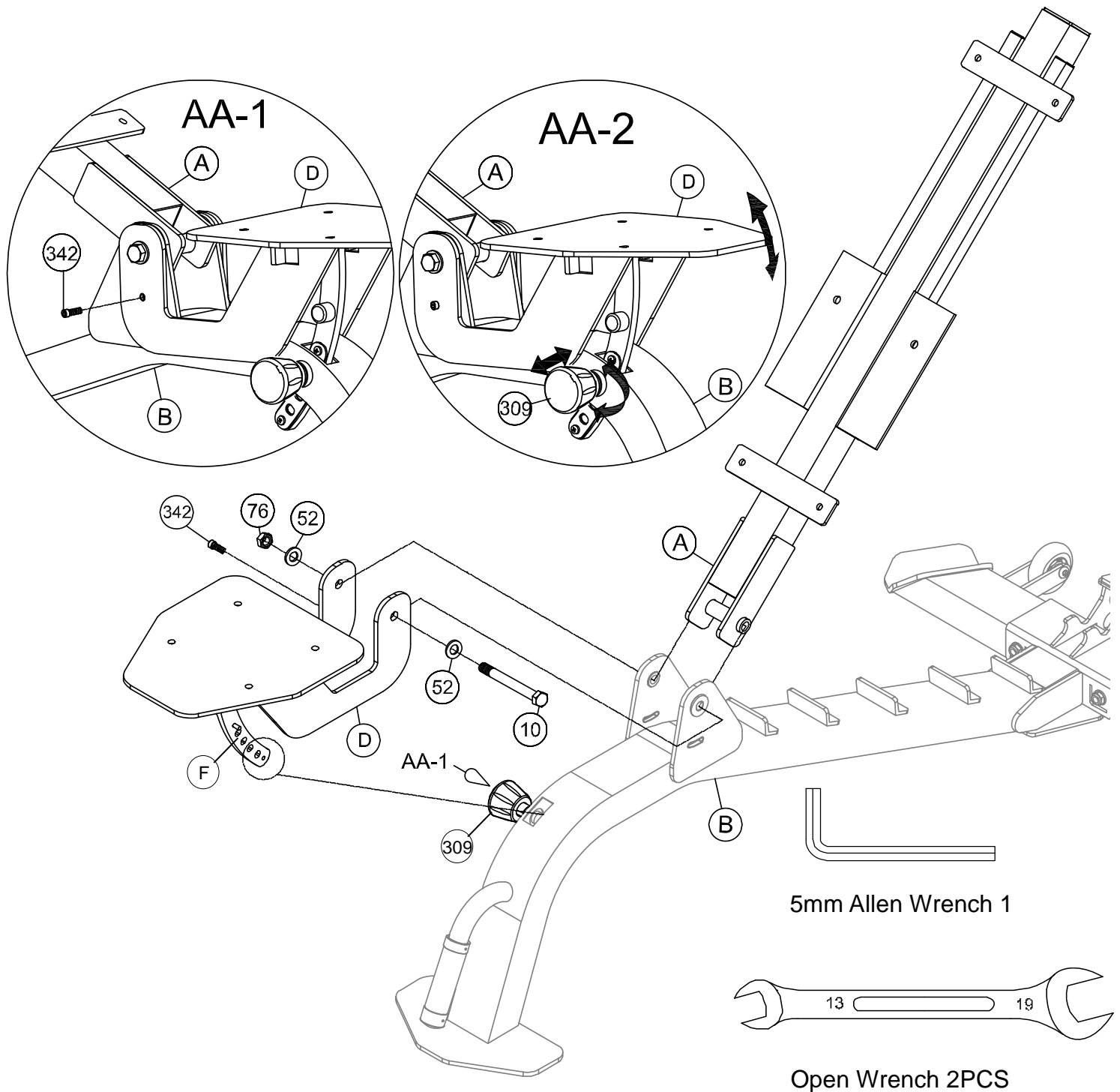
1 – (342) **Socket Hex Bolt M6*1.0*20L**

Thoroughly tighten the hardware once complete

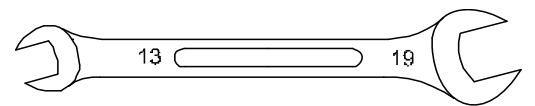
WARNING: Do not over tighten the **Hex Bolt (10)** and **Nylon Nut (76)**; doing so may make changing the Seat and Backrest angle positions difficult.



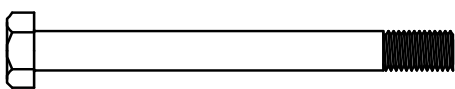
STEP 2



5mm Allen Wrench 1



Open Wrench 2PCS



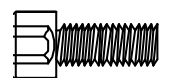
NO.10 Hex Bolt
M12x1.75x125L
1PC



NO.76 Nylon Nut
M12x1.75x12T
1PC



NO.52 Flat Washer
D24xD13.5x2.5T
2PCS



NO.342 Socket Hex
Bolt M6*1.0*20L
1PC

STEP 3

3A. Attach Backrest Post (I) onto the Backrest Frame (A) by using:

1 - (9) Hex Bolt M12x1.75x110L

1 - (76) Nylon Nut M12x1.75x12T

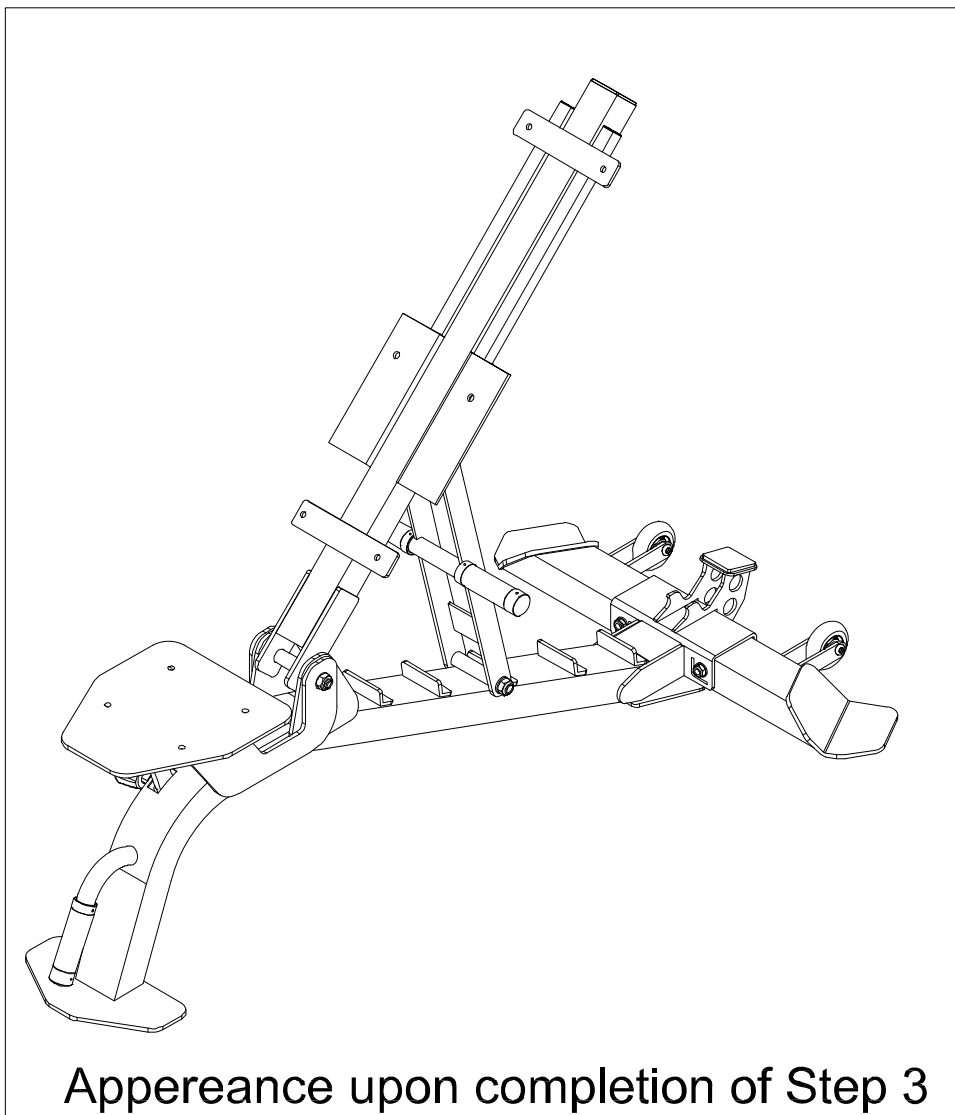
2 - (52) Flat Washer D24xD13.5x2.5T

Note: Make sure the circular hand grip tube of **Backrest Post (I)** is on the underside during installation.

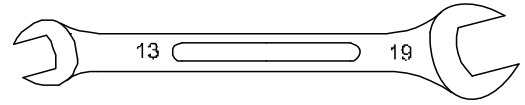
WARNING: Do not over tighten the **Hex Bolt (9)** and **Nylon Nut (76)**, doing so may make changing the Seat and Backrest angle positions difficult.

3B. Adjust the Backrest Frame (A) by resting the Sleeve (H) into one of the tabs along Main Frame (B).

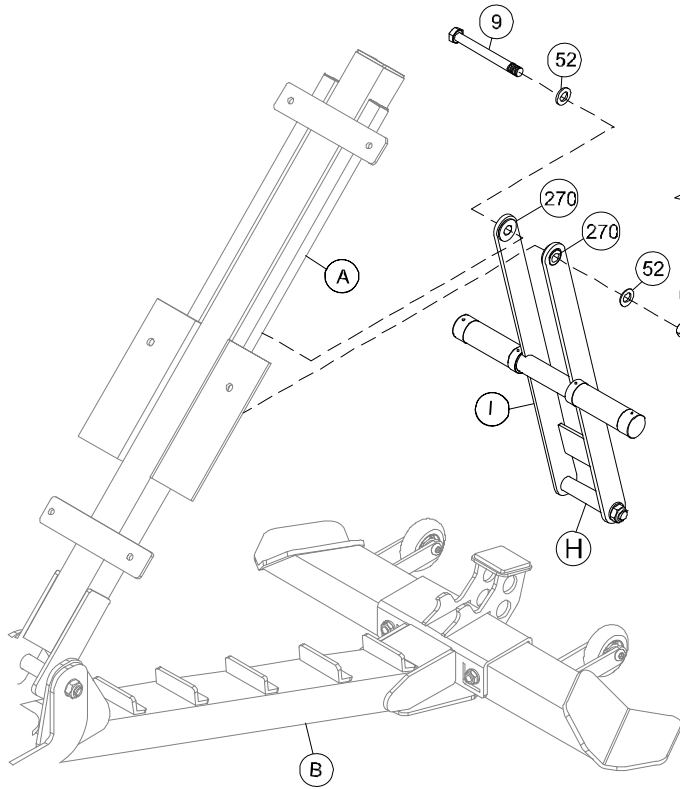
Thoroughly tighten the hardware once complete



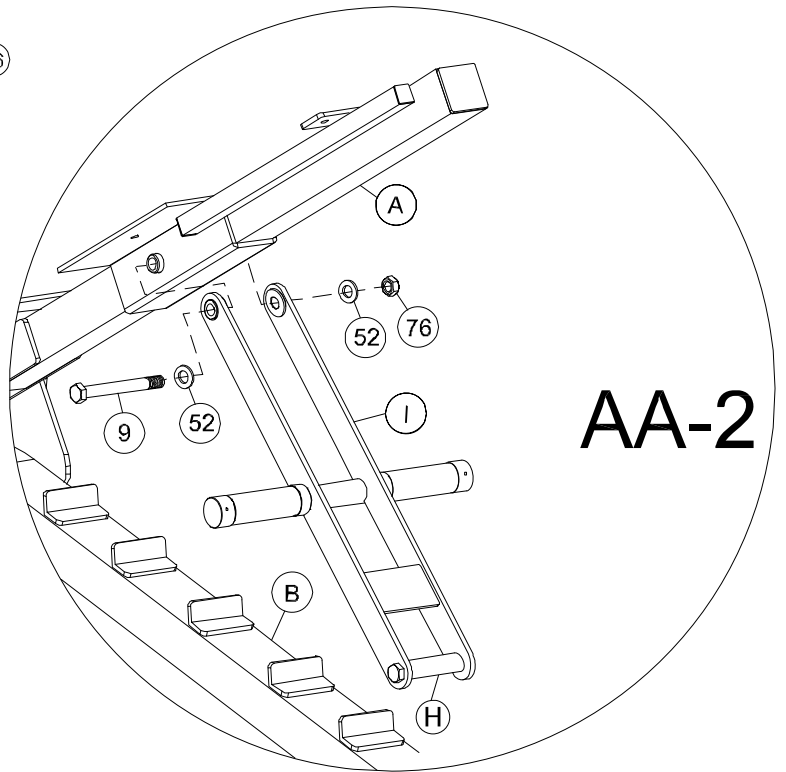
STEP 3



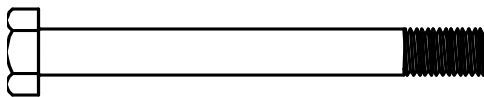
Open Wrench 2PCS



AA-2



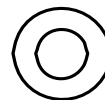
AA-2



NO.9 Hex Bolt
M12x1.75x110L
1PC



NO.76 Nylon Nut
M12x1.75x12T
1PC



NO.52 Flat Washer
D24xD13.5x2.5T
2PCS

STEP 4

5A. Attach the **Seat Pad (E)** onto the **Seat Plate (D)** by using:

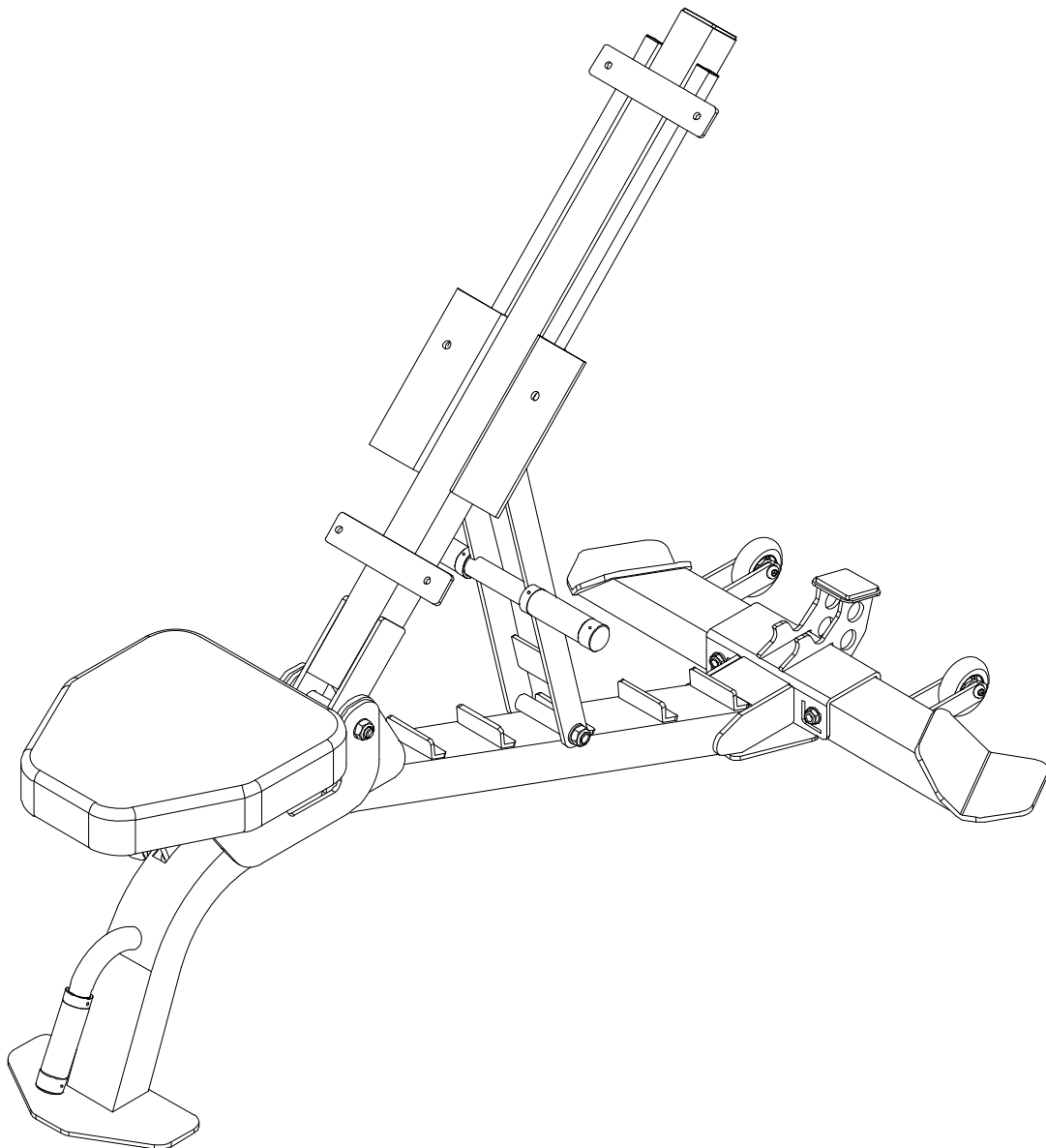
4 - (3) Hex Bolt M8x1.25x25L

4 - (54) Spring Washer D15.4xD8.2x2T

4 - (50) Flat Washer D18xD8.5x1.2T

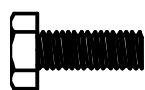
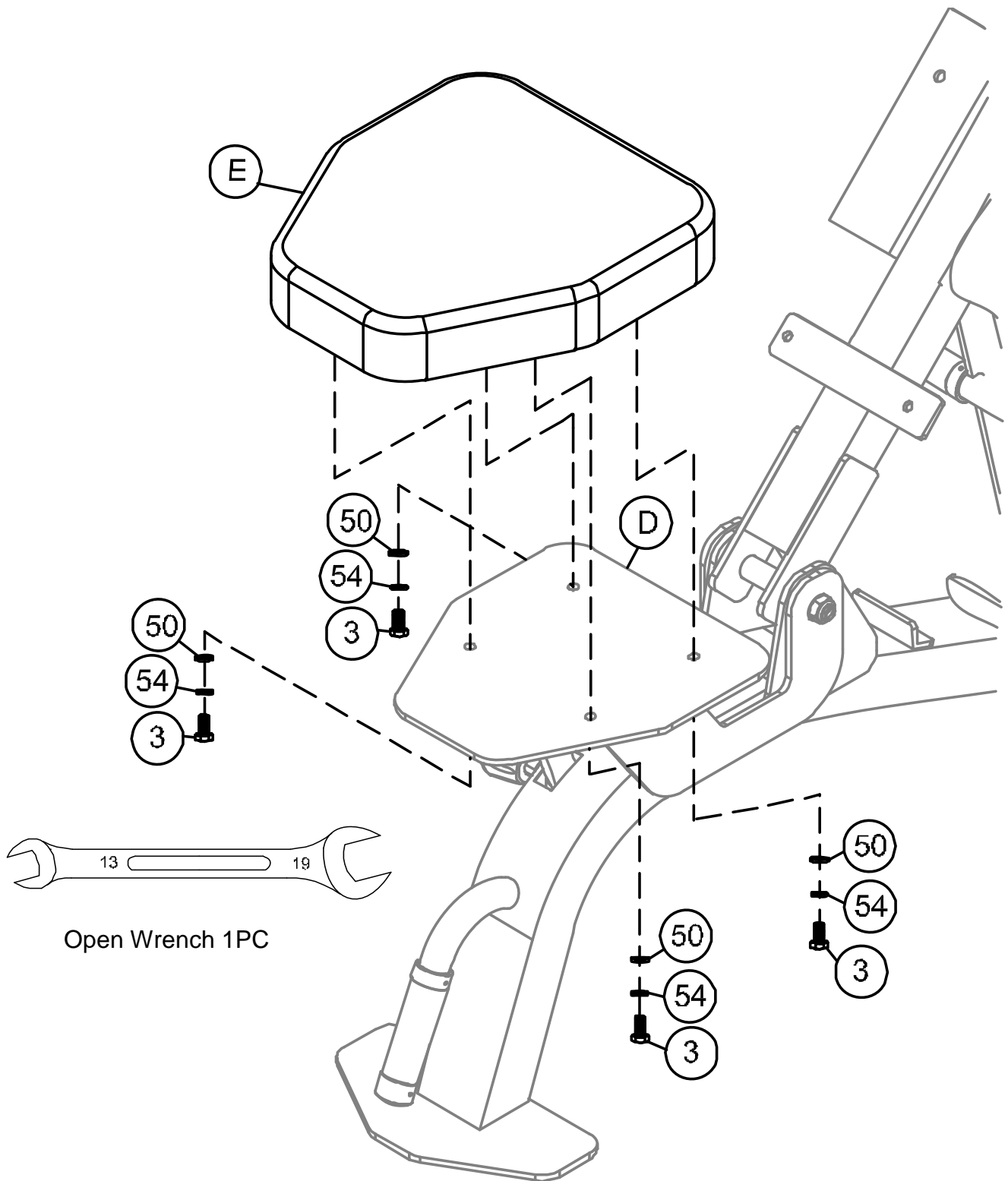
Note: loosely install all the hardware by hand prior to tightening with tools. This will make aligning the holes easier

Thoroughly tighten the hardware once complete



Appereance upon completion of Step 4

STEP 4



NO.3 Hex Bolt
M8x1.25x25L
4PCS



NO.54 Spring Washer
D15.4xD8.2x2T
4PCS



NO.50 Flat Washer
D18xD8.5x1.2T
4PCS

STEP 5

6A. Attach the **Backrest Pad (J)** and **Head Pad (G)** onto the **Backrest Frame (D)** by using:

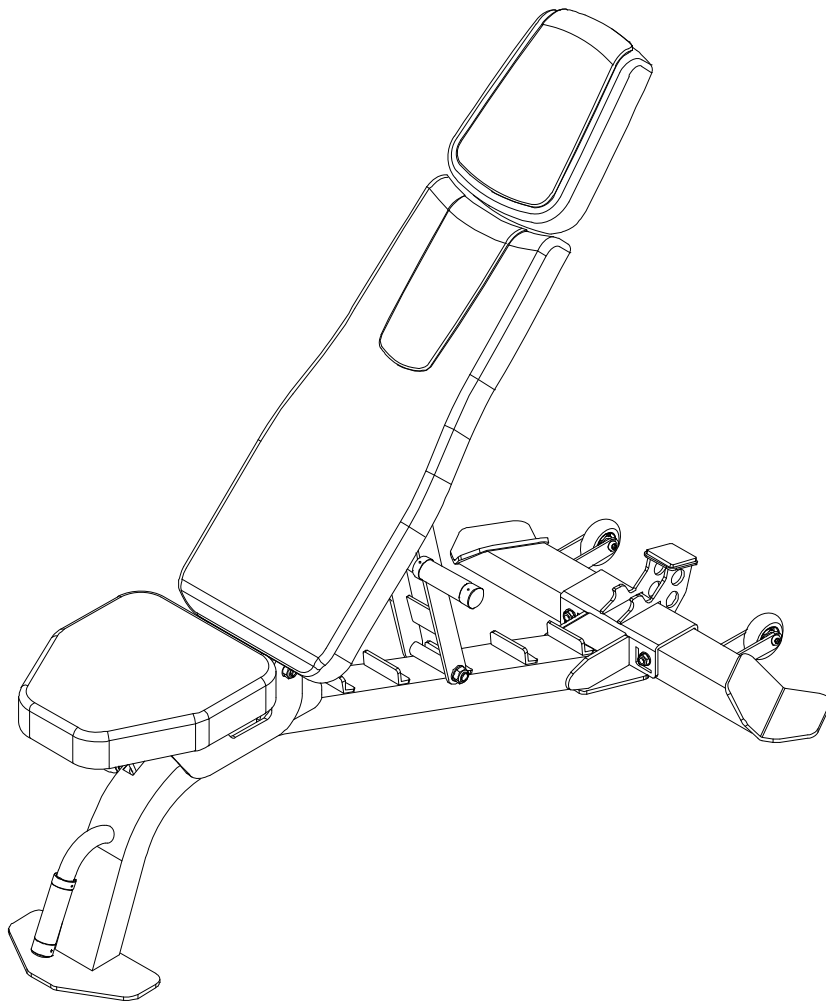
6 - (3) Hex Bolt M8x1.25x25L

6 - (54) Spring Washer D15.4xD8.2x2T

6 - (50) Flat Washer D18xD8.5x1.2T

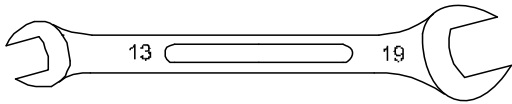
Note: loosely install all the hardware by hand prior to tightening with tools. This will make aligning the holes easier

Thoroughly tighten the hardware once complete

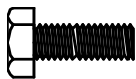
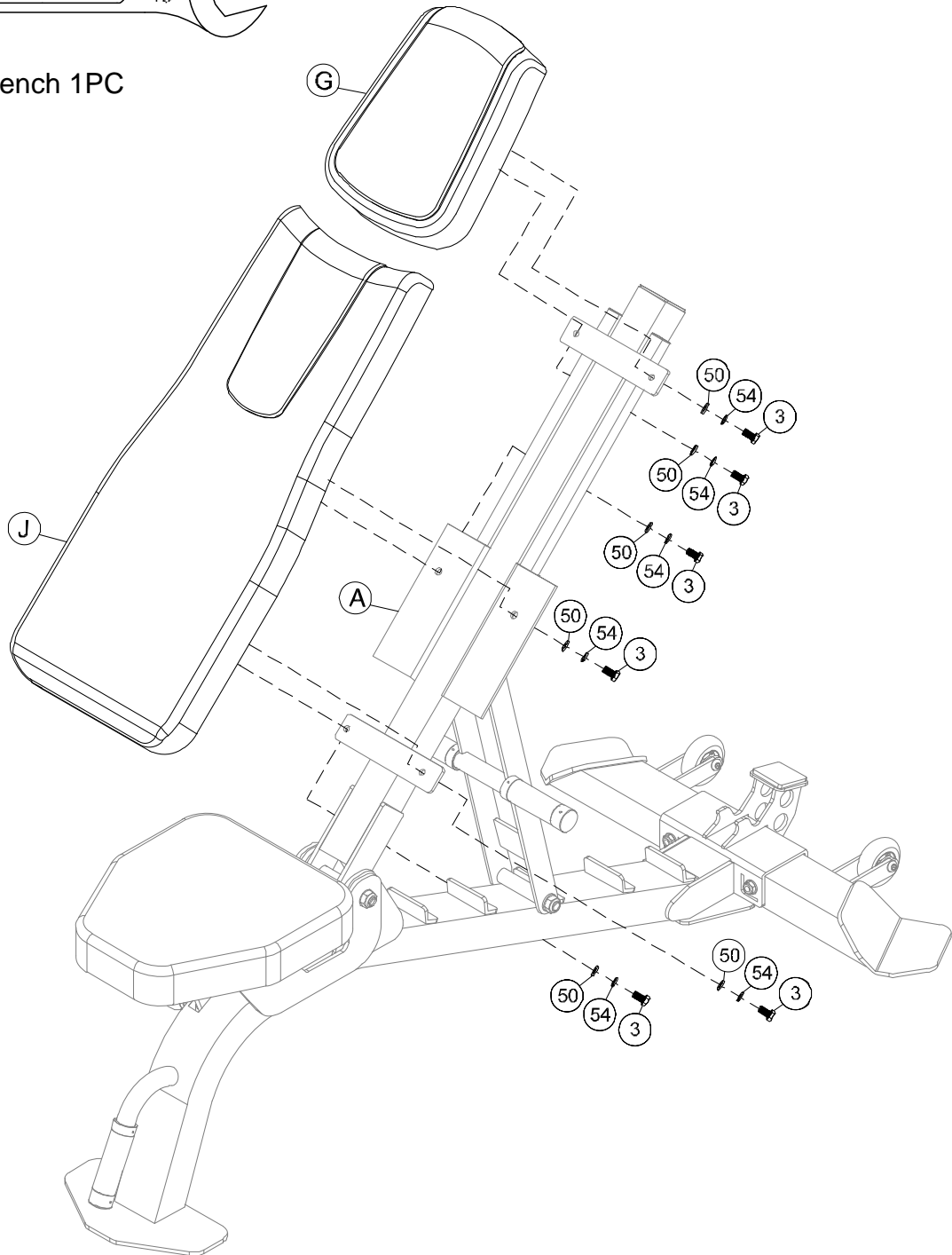


Appereance upon completion of Step 5

STEP 5



Open Wrench 1PC



NO. 3 Hex Bolt
M8x1.25x25L
6PCS

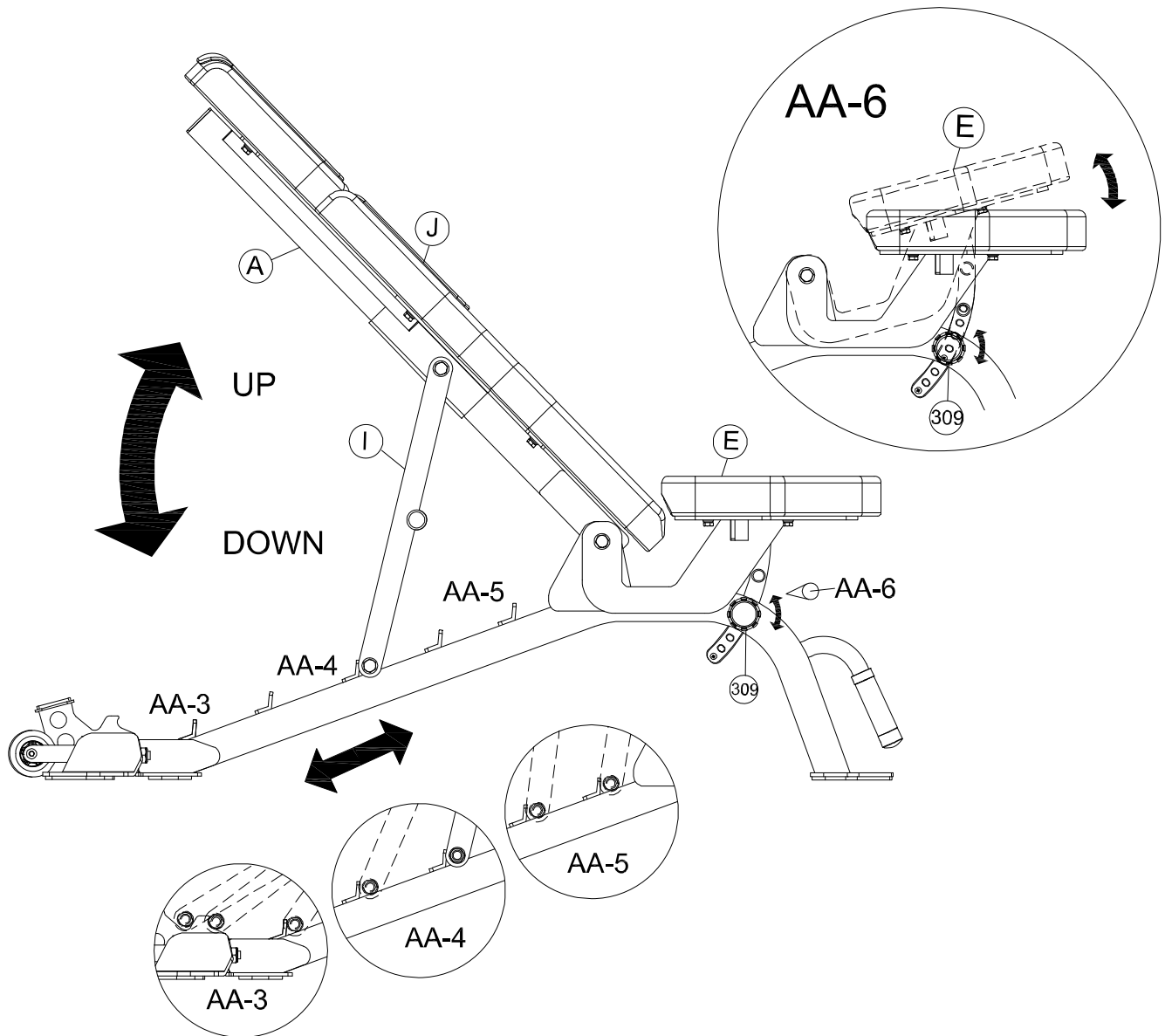


NO.54 Spring Washer
D15.4xD8.2x2T
6PCS



NO.50 Flat Washer
D18xD8.5x1.2T
6PCS

ADJUSTMENTS



1. Seat Adjustment (View AA-6)

Loosen and pull the **Ball Knob Pop Pin (309)** to lift or lower the **Seat Pad (E)** to desired seat angle position. Release the **Ball Knob Pop Pin (309)** to secure the **Seat Pad (E)** in place. Fully tighten the **Ball Knob Pop Pin (309)** before sitting down.

2. Backrest Adjustment (View AA-3, View AA-4, View AA-6)

Lift the **Backrest Post (I)** off the main frame to adjust the angle of the **Backrest Pad (J)**. Rest the end of the **Backrest Post (I)** onto one of the available tabs on the main frame.

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:

COMPONENT	LENGTH OF WARRANTY
Structural Frame	10 Years For Home Use Only
Parts	3 Years For Home Use Only
Wearable Parts	2 Years 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

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

Service@paradigmhw.com

Open Monday thru Friday 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**

PART REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

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***