

OWNER'S MANUAL

RETAIN FOR FUTURE REFERENCE

MODEL NUMBER **98220**

SERIAL NUMBER

USER'S WEIGHT LIMITATION 250lbs.

ASSEMBLY

WARRANTY

OPERATING INSTRUCTIONS

CONDITIONING GUIDELINES

MAINTENANCE

SERVICE

PB-220 POWER BENCH



DISTRIBUTED BY

PHOENIX
HEALTH & FITNESS INC.™

THANK YOU FOR YOUR COOPERATION

Should you have any questions, please call our Customer Service Department, Monday through Friday, 8:00am until 4:00pm Pacific time (excluding holidays), at: 1.888.535.8637.

Please have the following information ready before placing your call:

- >Your name
- >Your address
- >Your telephone number
- >Model number
- >Parts order number
- >Serial number

Many times product assembly questions can be handled by our customer service personnel. **Please call us first if you are having problems.**

Any return of our products will require all of its original contents, such as packing material, packing box, components, hardware, etc.

Please note that there is a weight limitation for this product. **If you weigh more than 250lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

BEFORE BEGINNING

Gather your tools

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend

Some of the assembly steps may require the help of another individual. Invite a friend to help with the assembly of your new exercise equipment. It is not only safe, but fun!

Open the boxes

When you have completed the steps **BEFORE BEGINNING**, you are now ready to open the boxes of your new unit. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts, please **DO NOT TAKE THE UNIT BACK TO THE RETAIL STORE.** Instead, call our Customer Service Department, Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays), at: 1.888.535.8637.

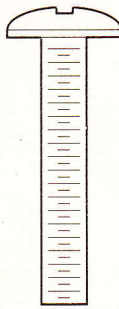
Make sure that you have the following information ready before placing your call:

- >Your name
- >Your address
- >Your telephone number
- >Model number
- >Parts order number
- >Serial number

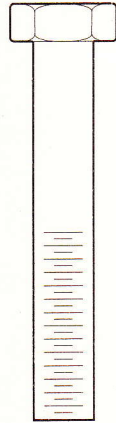
For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

Note: All hardware is shown at actual size, except for Barbell Safety Locks 22 and 23.

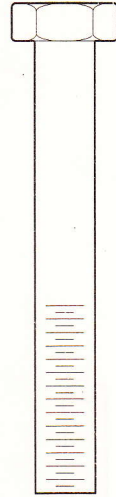
15
Bolt
M6 x 35mm
(8 pieces)



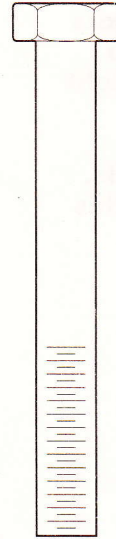
26
Bolt
M8 x 50mm
(1 piece)



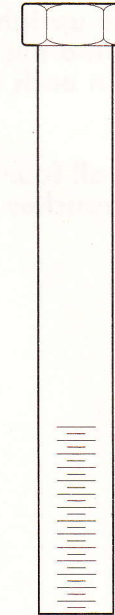
46
Bolt
M8 x 60mm
(1 piece)



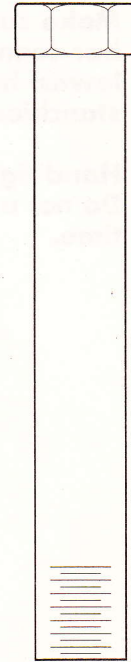
24
Bolt
M8 x 65mm
(4 pieces)



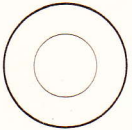
28
Bolt
M10 x 75mm
(4 pieces)



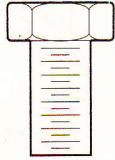
41
Bolt
M12 x 80mm
(1 piece)



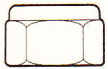
31
Washer
M8 x 22mm
(6 pieces)



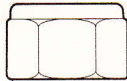
25
Bolt
M8 x 15mm
(4 pieces)



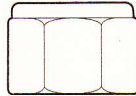
29
Locknut
M8
(4 pieces)



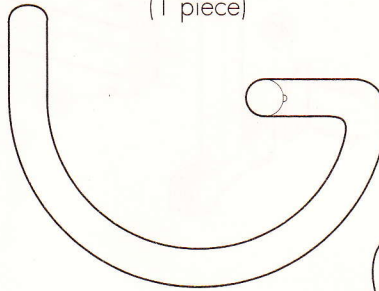
30
Locknut
M10
(4 pieces)



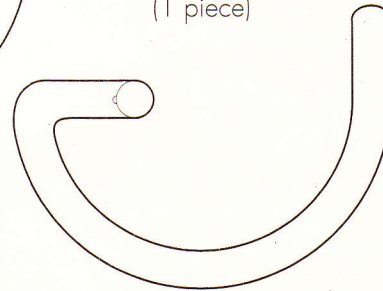
39
Locknut
M12
(1 piece)



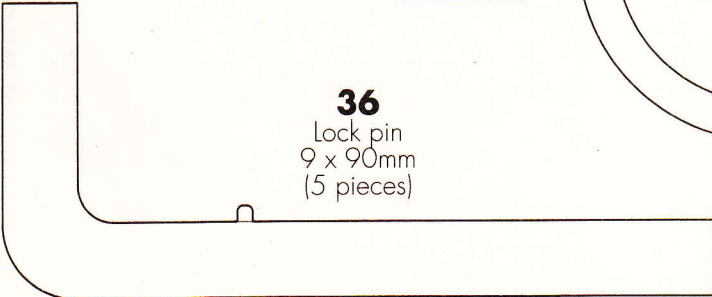
23
Barbell Safety Lock (Left)
(1 piece)



22
Barbell Safety Lock (Right)
(1 piece)



36
Lock pin
9 x 90mm
(5 pieces)

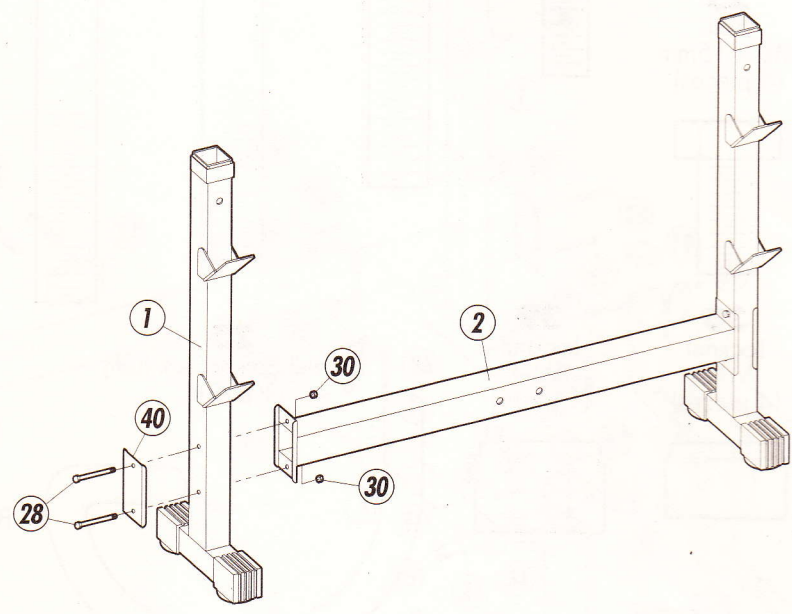


STEP 1

Connect the Upright Cross Bar (2) to both Upright Stanchions (1) and secure with Bolts (28), Locknuts (30), and 60mm Support Plates (40).

Make sure the upright cross bar connects into the two lowest holes in each upright stanchion.

Hand tighten all four bolts. Do not use wrenches at this time.

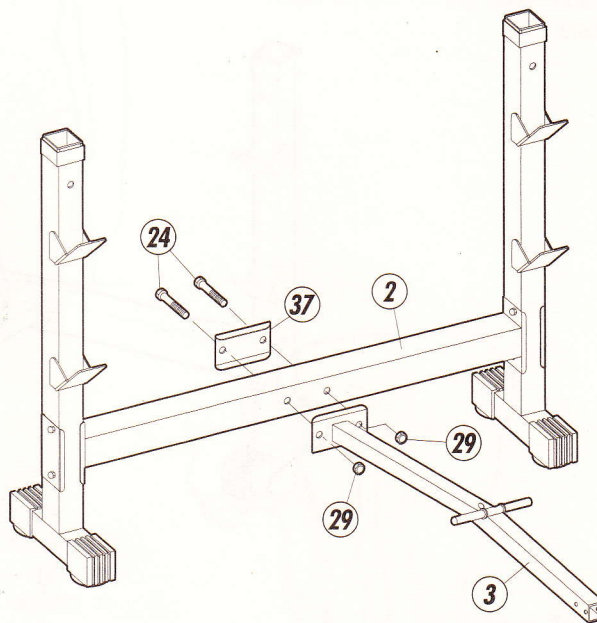


STEP 2

Connect the Cross Frame (3) to the Upright Cross Bar (2) and secure with Bolts (24), 50mm Support Plate (37), and Locknuts (29).

Make sure that the pivot shaft for the back pad is located on the top side of the Cross Frame (3). The cross frame should extend out from the opposite side of the stanchions that have the longer part of the base legs

Hand tighten both bolts. Do not use wrenches at this time.

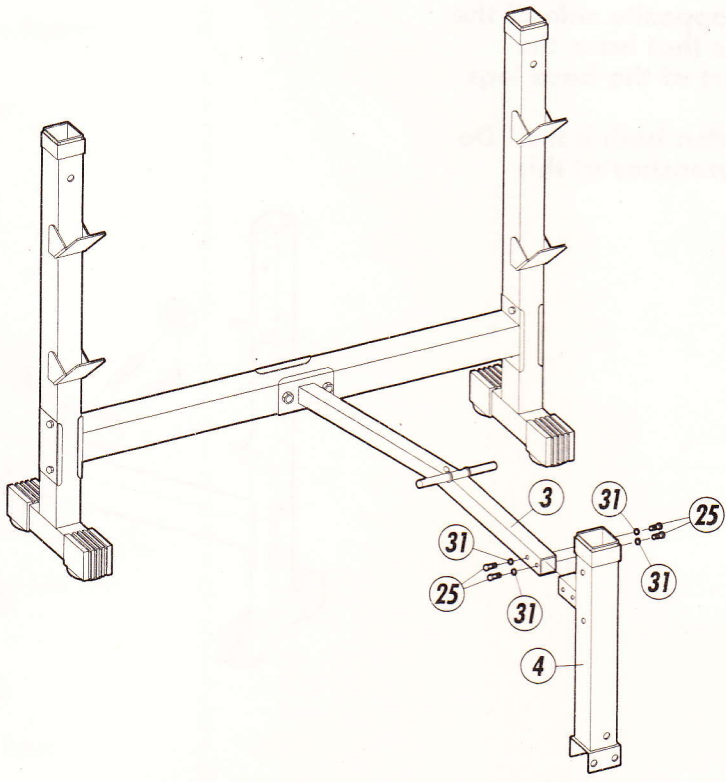


STEP 3

Slide the bracket on the Leg Lift Support Bar (4) into the end of the Cross Frame (3).

Connect the Leg Lift Support Bar (4) to the Cross Frame (3) and secure with Bolts (25) and Washers (31).

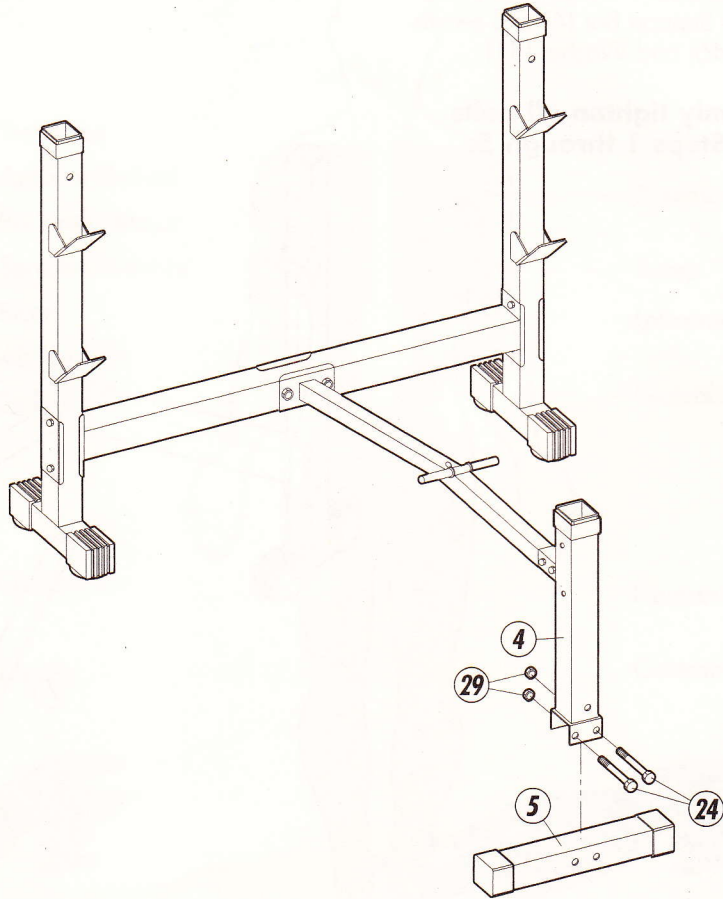
Hand tighten both bolts. Do not use wrenches at this time.



4
STEP

Connect the Base Bar (5) to the Leg Lift Support Bar (4) and secure with Bolts (24) and Locknuts (29).

Hand tighten both bolts. Do not use wrenches at this time.



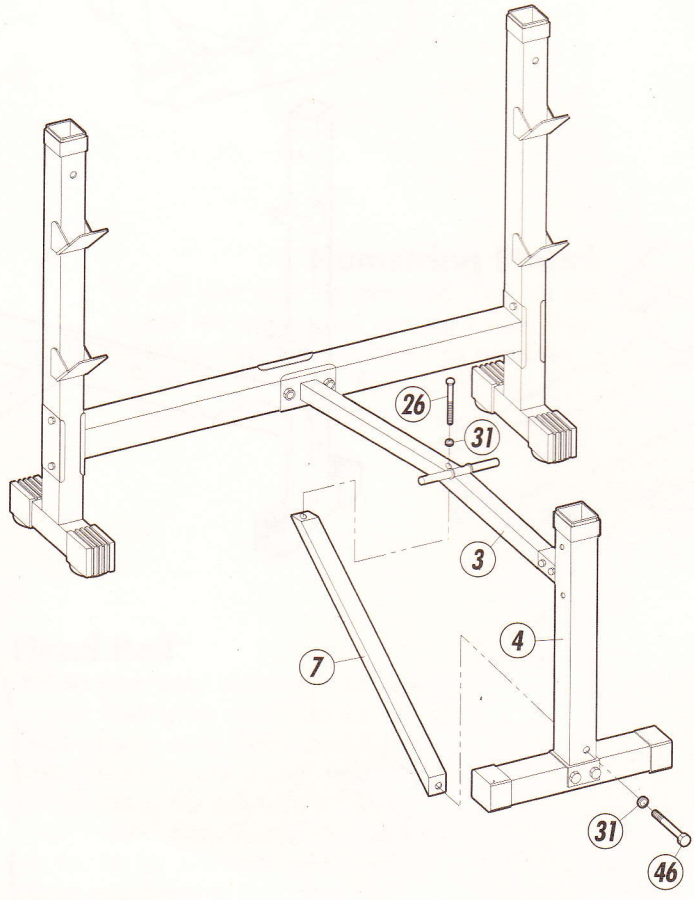
STEP 5

Connect the Foot Stabilizer Bar (7) to the Cross Frame (3) and secure with Bolt (26) and Washer (31).

Hand tighten both bolts. Do not use wrenches at this time.

Connect the Foot Stabilizer Bar (7) to the Leg Lift Support Bar (4) and secure with Bolt (46) and Washer (31).

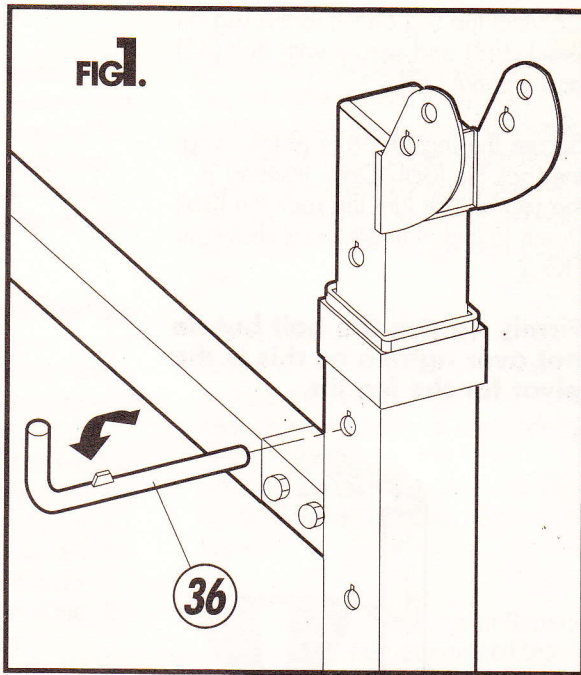
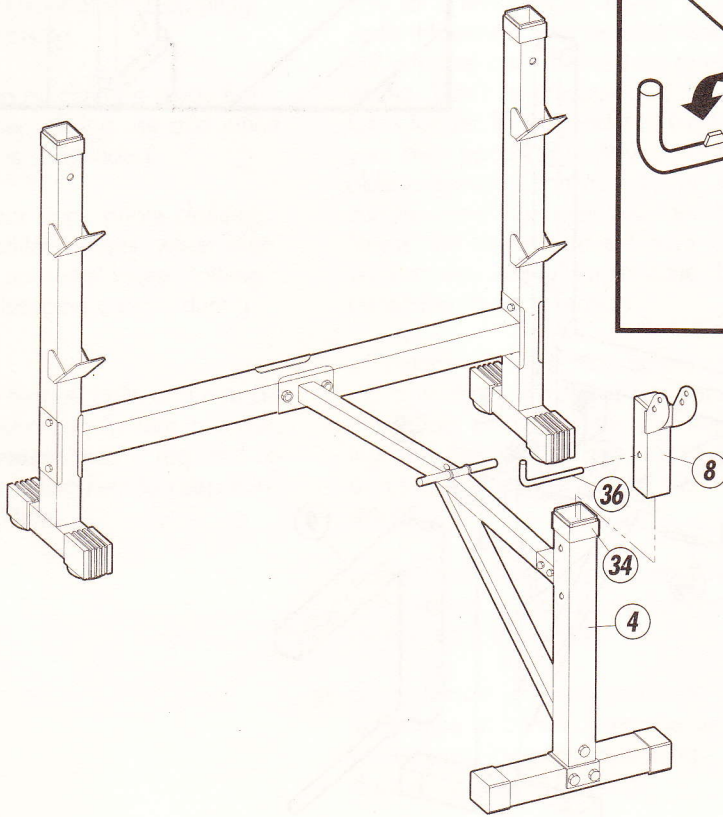
Now firmly tighten all bolts used in Steps 1 through 5.



6 STEP

Slide the Leg Lift Bracket (8) into the Bushing (34) at the top of the Leg Lift Support Bar (4).

Secure the Leg Lift Bracket (8) in place using the Lock Pin (36). Once inserted in the Leg Lift Bracket (8), turn the Lock Pin (36) down to lock it in place as shown in FIG 1.

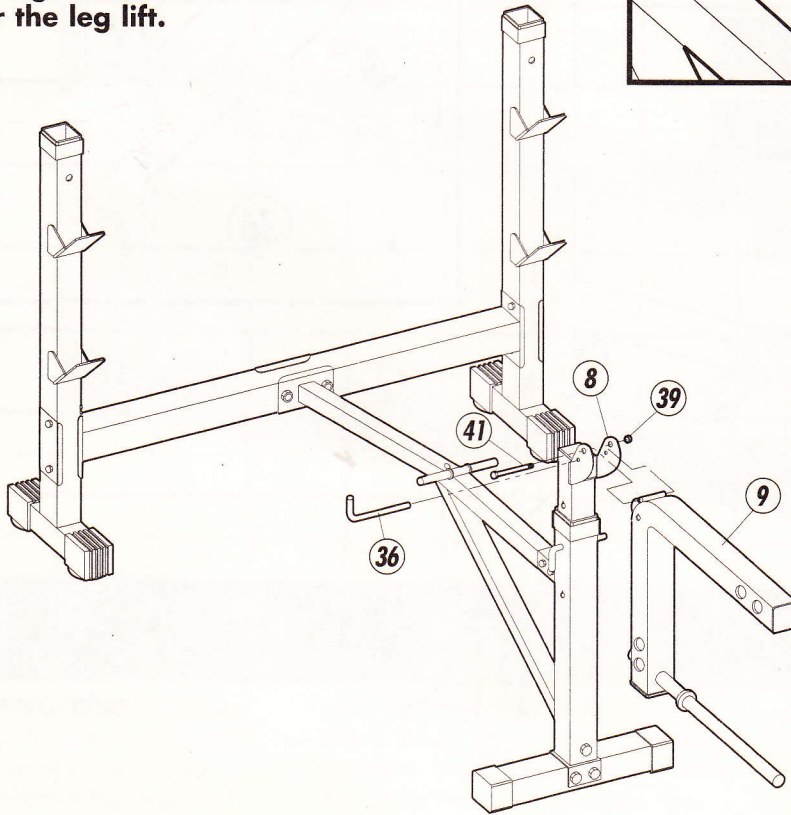
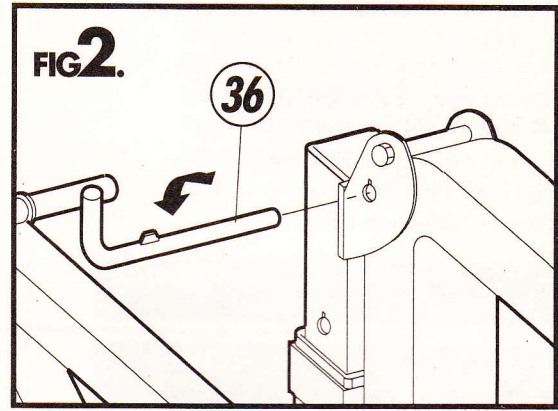


7
STEP

Connect the Leg Lift (9) to the Leg Lift Bracket (8) and secure with Bolt (41) and Locknut (39).

Secure the Leg Lift (9) in place using the Lock Pin (36). Once inserted in the Leg Lift (9), turn the Lock Pin (36) down to lock it in place as shown in FIG 2.

Firmly tighten the bolt but do not over tighten as this is the pivot for the leg lift.

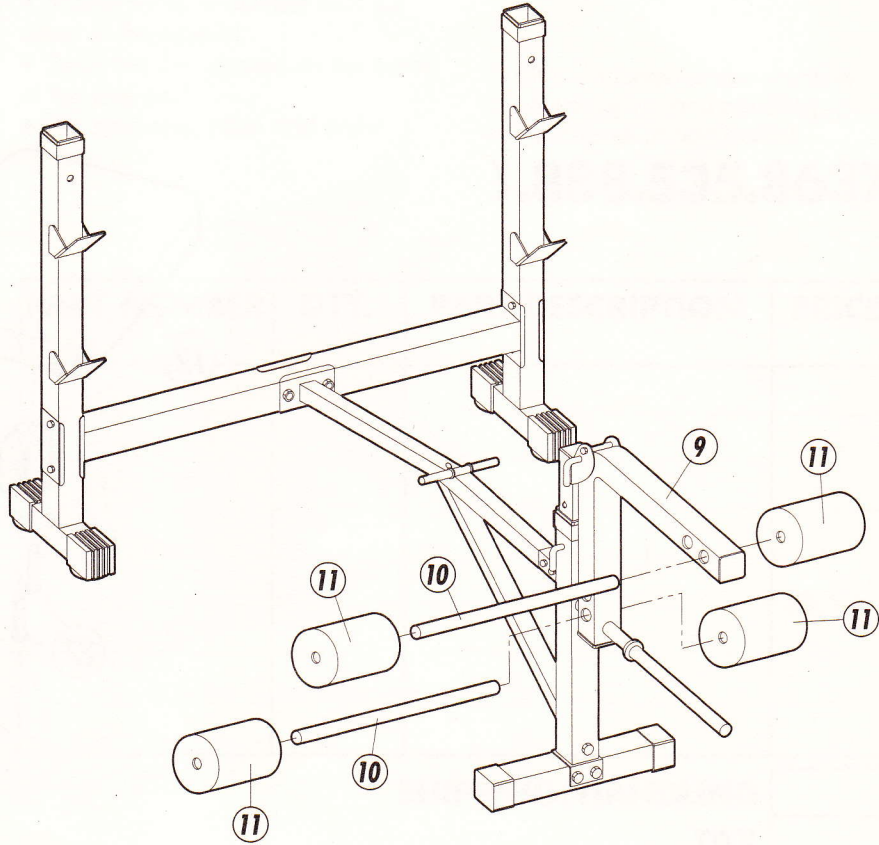


STEP

8
Slide the Leg Lift Crossbar (10) into either of the two holes at each end of the Leg Lift (9).

Slide one Foam Padding (11) onto each end of the two Cross Bars (10).

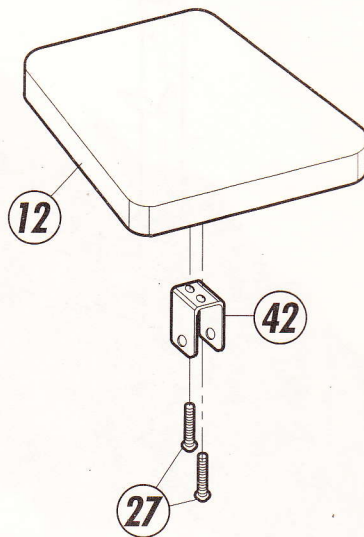
Note: There is a choice of two hole locations so your may adjust the cross bars to whichever position is most comfortable for you.



9
STEP

Connect the Seat Elevation Bracket (42) to the Padded Seat (12) and secure with Bolts (27).

Firmly tighten both bolts.



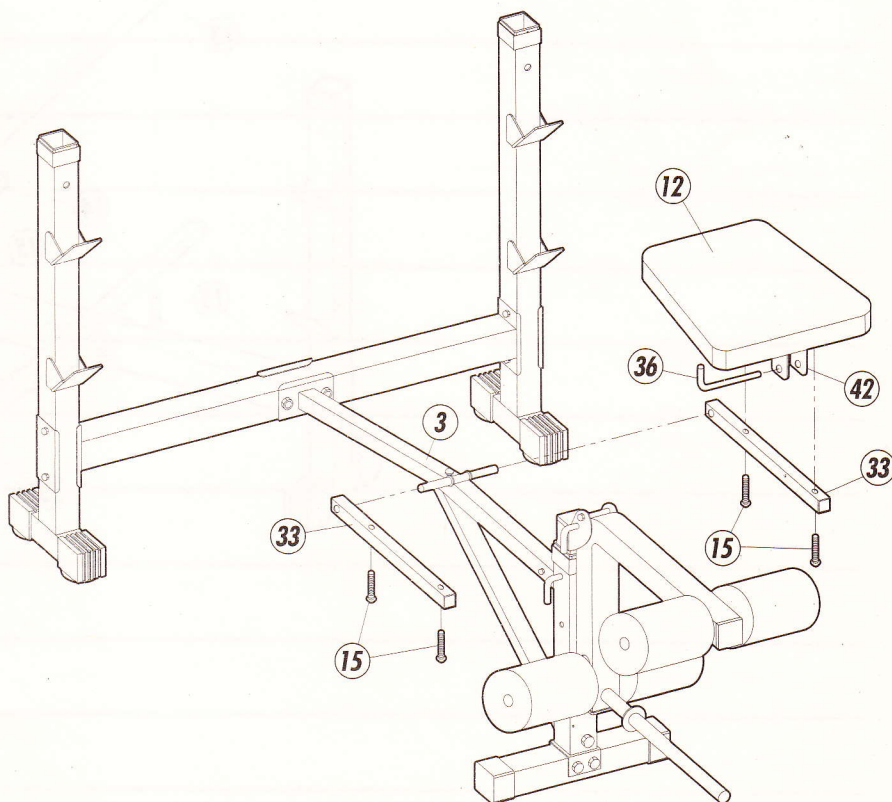
10 STEP

Connect the two Seat Support Bars (33) to the pivot shaft on the Cross Frame (3) by sliding the bars over the shaft.

Connect the Padded Seat (12) to the Seat Support Bars (33) and secure using Bolts (15).

Make sure that the wider side of the padded seat is facing towards the leg lift. Firmly tighten the bolts.

Note: You will need to use a Lock Pin (36) to secure the padded seat in its up position for the leg extension exercises. Simply slide the Lock Pin (36) through the Seat Elevation Bracket (42) and then allow it to rest on the Cross Frame (3).

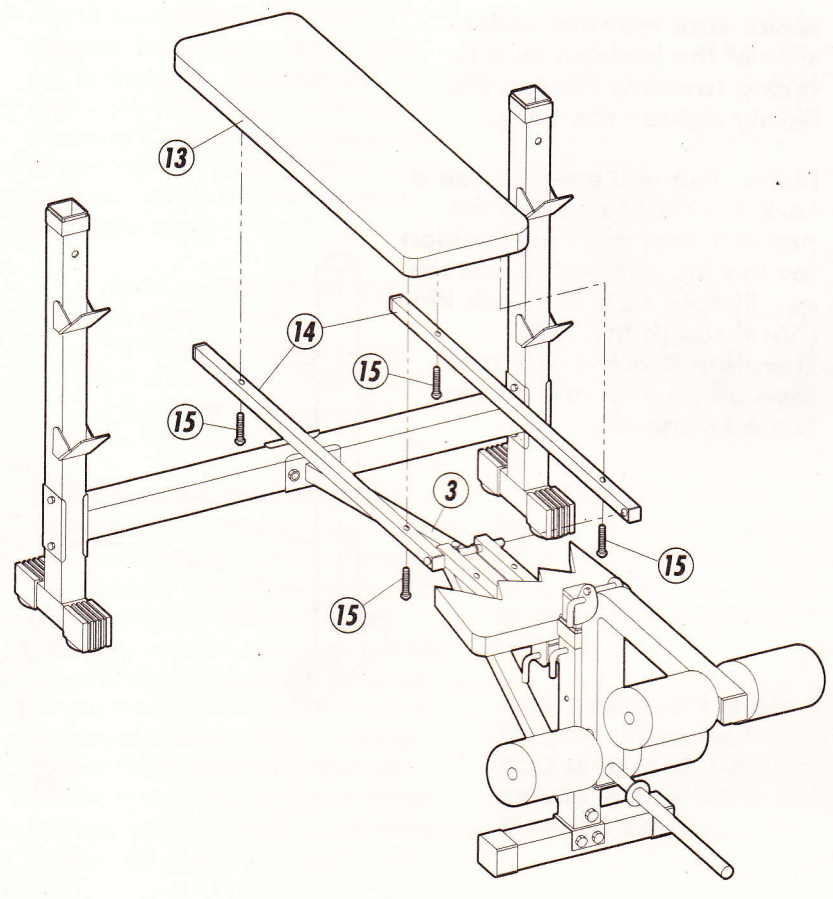


1 STEP

Connect the two Back Support Bars (14) to the pivot shaft on the Cross Frame (3) by sliding the bars over the shaft.

Connect the Padded Back Support (13) to the Back Support Bars (14) and secure with Bolts (15).

Firmly tighten the bolt.

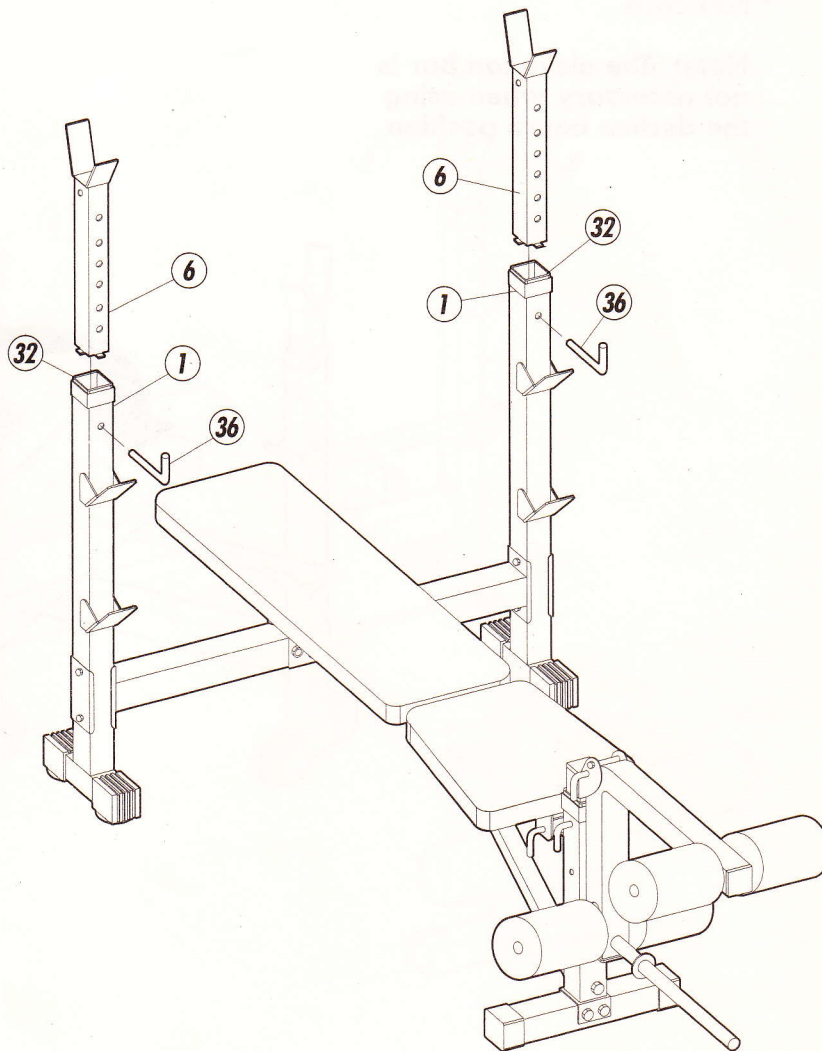


12 STEP

Place one Sliding Upright (6) into the Plastic Bushing (32) in the top of each Upright Stanchion (1). Hold the sliding upright at the desired hole position and slide a Lock Pin (36) through the upright stanchion to secure it in place.

Make sure both sliding uprights are adjusted to the same height position.

Note: The height of the sliding uprights can be adjusted to the six positions.



13

STEP

Lift up the Padded Back Support (13). Place the Elevation Bar (16) in the supports on the Upright Stanchions (1) at the desired padded back angle.

Note: The elevation bar is not necessary when using the decline bench position.

