

WB 125

Standard Weight Bench With Leg Lift



CAUTION

Maximum Weight
Limit is 250 lbs.
(This includes the
user's body weight)



* Photo may differ from actual product. * Weights, Weight Set & Dumbbells Sold Separately.
* This product is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL

SAFETY AND CAUTION

WARNING

- Before Using Read All The Warnings And Obtain Instruction On The Use Of This Machine! Use Only For Intended Exercise! DO NOT Modify The Machine!
- Before Beginning Any Exercise Program, Consult With Your Doctor Or Health Physician.
- Refer To The Manual Whenever You Have A Question.
- Keep All Body Parts And Clothing Free From All Moving Objects And Parts Of This Machine!
- Always Use A Spotter When Attempting To Workout.
- If The User Needs More Assistance, Please Contact A Technical Consultant Before Attempting To Use The Machine.
- Keep Your Fingers, Body Parts, Children And Pets Away From Moving Parts.
- Warm Up Before Each Workout And Cool Down After Each Workout.
- Do Not Allow Children Near This Equipment! Teenagers Must Be Supervised!
- Inspect The Machine Before Each Use, Make Sure All Of The Connections Are Tightly Secured.
- Do Not Over Tighten The Bolts Or Screws As It Could Result In Bending The Steel Or Plastic.
- Inspect The Machine For Tears And Broken Welds And Make Sure To Do Routine Maintenance On The Unit Before Use.
- If The Parts In The Box Does Not Match The Owner's Manual, Please Do Not Assemble And Contact The Customer Service Department Immediately For Assistance.
- If The Machine Is Not In Proper Working Condition As The Above Points, **Please Do Not Use The Machine.**
- This Product Is For **Consumer User Only** And It Is Not Meant For Commercial Use.
- If The User Does Not Follow These Warnings, It Could Result In Serious Injury Or Even Death.
- The Minimum Suggested Clearance For Safe Exercise **7' Long 7' Wide.**

WARRANTY INFORMATION

Limited Warranty

Body Flex Sports warrants your product against defects in materials and workmanship when used for the intended purpose under normal personal use and conditions, provided that the product receives normal maintenance and care. Any unauthorized alterations or improper assembly damage will also void this warranty. This warranty is valid for:

*** 1 year on Frame * 90 days on Parts and Upholstery.**

A proof of purchase must be presented (No Exception) for any warranty validation. All of these are for the original owner only and warranty begins from the date of the purchase.

Body Flex Sports will provide a replacement part at no charge for any part found defective in material or workmanship during the warranty period. Under no circumstances will the manufacturer be responsible for damages or failures that occur as a result of improper assembly or failure to operate the product correctly.

Customer Service

If any parts are missing or unusable, please **Do Not Return The Product To The Store From Which It Was Purchased.** Our dedicated Customer Service Staff is standing by to help you at:

- Customer Service Center at: **(888) 266-6789**
- Monday-Friday, **9:00 am to 5:00 pm** (Pacific Time)

Any parts you need will be happily mailed to you at your home.

Exchange and Returns

For returns or exchanges, contact the store where the purchase was made. Because various vendors may observe different policies regarding returns and exchanges, neither the manufacturer nor the distributor can guarantee the satisfactory return or exchange of your purchase.

Body Flex Sports, Inc.

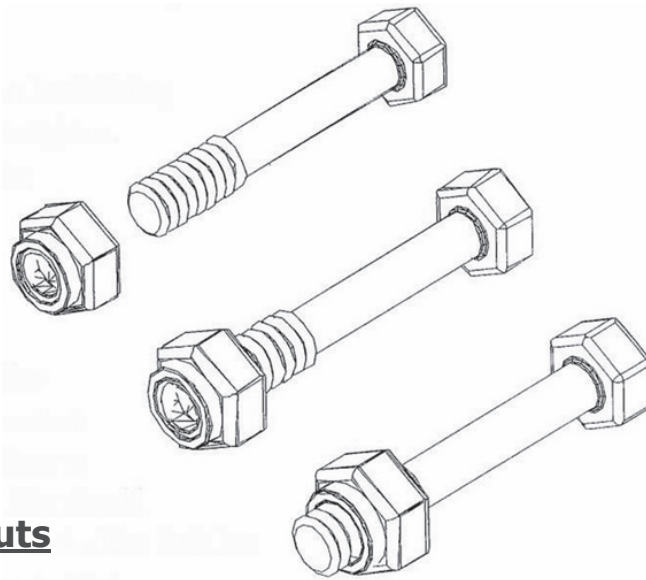
21717 Ferrero Parkway, Walnut, CA 91789

Fax: (909) 598-6707

Email: info@bodyflexsports.com

BEFORE ASSEMBLY

Take a few minutes to familiarize yourself with the parts and hardware included with your product.
IMPORTANT PLEASE NOTE: SOME OF THE PARTS AND HARDWARE LISTED ON THE PARTS LIST ARE ALREADY PRE-ASSEMBLED OR INSTALLED ON THE MACHINE.



Nylon Lock Safety Nuts

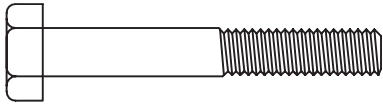
- A. It is only necessary to tighten the bolts and nuts to **"finger tight"** during the assembly process. This will make it easier to complete certain steps by allowing more tolerance for all the parts to fit properly.
- B. Do not tighten all the nuts onto the bolts securely until after you have completed assembly of your product.
- C. Use wrenches, pliers, or ratchet and sockets to tighten the bolts and nuts.
- D. The **Nylon Nut** should thread onto the Hex Bolt until the end of the **Hex Bolt** has broken through the **Nylon** insert inside the **Nut**.

Wiring and Loose Components

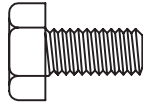
- A. Check all wiring for rips and tears
- B. Check the frame for any damage
- C. Make sure all the hardware is included

HARDWARE LIST

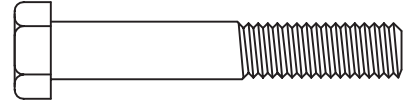
IMPORTANT PLEASE NOTE: The hardware listed below is a list of ALL the hardware used on your weight bench. Some of this hardware is already pre installed on your product. Do not be alarmed if you are missing any of these parts.



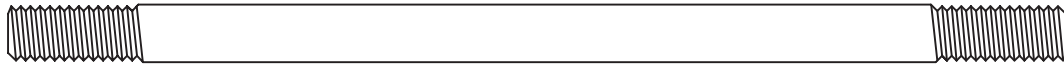
(15) 5/16" X 2-3/16"
Hex Head Bolt
Qty: 8pcs



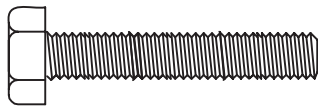
(17) 5/16" X 5/8"
Hex Head Bolt
Qty: 3pcs



(18) 3/8" X 2-3/8"
Hex Head Bolt
Qty: 1pc



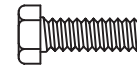
(16) 3/8" X 6-7/8"
Bolt
Qty: 1pc



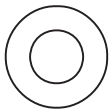
(19) 5/16" X 1-3/4"
Hex Head Bolt
Qty: 1pc



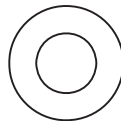
(20) M6 X 35
Hex Head Bolt
Qty: 8pcs



(21) M6 X 15
Hex Head Bolt
Qty: 2pcs



(22) $\varnothing 8.5 \times \varnothing 17 \times 1.5t$
Washer
Qty: 21pcs



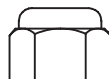
(23) $\varnothing 10.5 \times \varnothing 20 \times 1.5t$
Washer
Qty: 4pcs



(24) $\varnothing 6.5 \times \varnothing 13 \times 1.0t$
Washer
Qty: 12pcs



(25) 5/16" X 8.0t
Nylon Nut
Qty: 9pcs



(26) 3/8" X 10t
Nylon Nut
Qty: 3pcs



(27) M6 X 6.0t
Nylon Nut
Qty: 2pcs

PARTS LIST

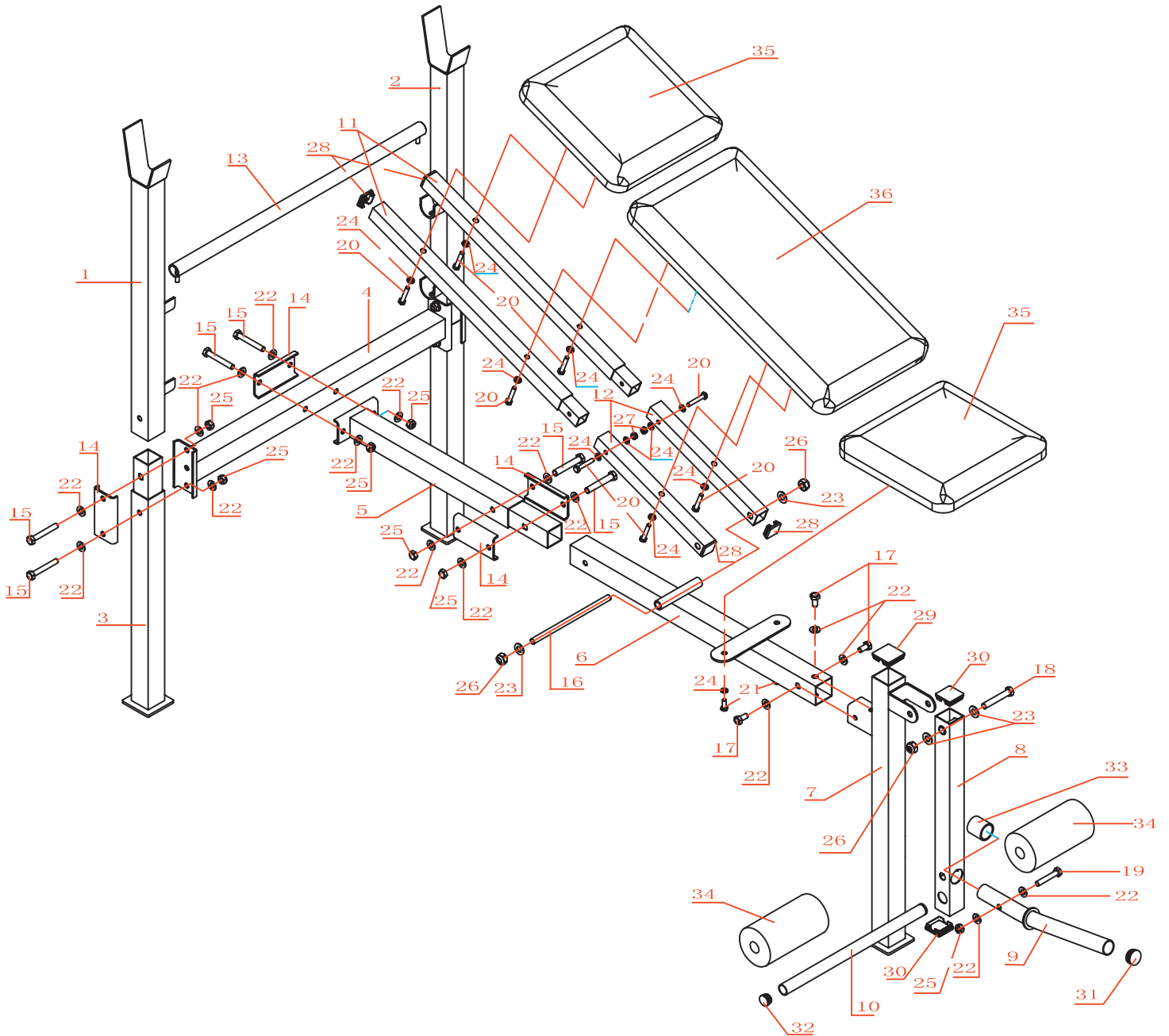
ITEM#	DESCRIPTION	QTY
1	Upright(Right)	1
2	Upright(Left)	1
3	Down Upright	2
4	Rear Cross Tube	1
5	Rear Main Frame	1
6	Front Main Frame	1
7	Front Upright	1
8	Leg Developer	1
9	Tube	1
10	Roller Tube	1
11	Backrest Tube (Long)	2
12	Backrest Tube (Short)	2
13	Backrest Adjustment Tube	1
14	Reinforcement Plate	5
15	5/16" X 2-3/16" Hex Head Bolt	8
16	3/8" X 6-7/8" Bolt	1
17	5/16" X 5/8" Hex Head Bolt	3
18	3/8" X 2-3/8" Hex Head Bolt	1
19	5/16" X 1-3/4" Hex Head Bolt	1
20	M6X35 Hex Head Bolt	8
21	M6X15 Hex Head Bolt	2
22	φ8.5Xφ17X1.5t Washer	21
23	φ10.5Xφ20X1.5t Washer	4

PARTS LIST

PART#	DESCRIPTION	QTY
24	Ø6.5×Ø13×1.0t Washer	12
25	5/16"×8.0t Nylon Nut	9
26	3/8"×10t Nylon Nut	3
27	M6×6.0t Nylon Nut	2
28	1"×1.5t Square Inner Plug	4
29	1 - 1/2"×1.5t Square Inner Plug	1
30	1 - 1/4"×1.5t Square Inner Plug	2
31	Ø25×1.5t Round Inner Plug	1
32	Ø19×1.5t Round Inner Plug	2
33	Ø25 End Cap	1
34	Foam Roller	2
35	Pad	2
36	Backrest Pad	1
37	User's Manual	1

EXPLODED DIAGRAM

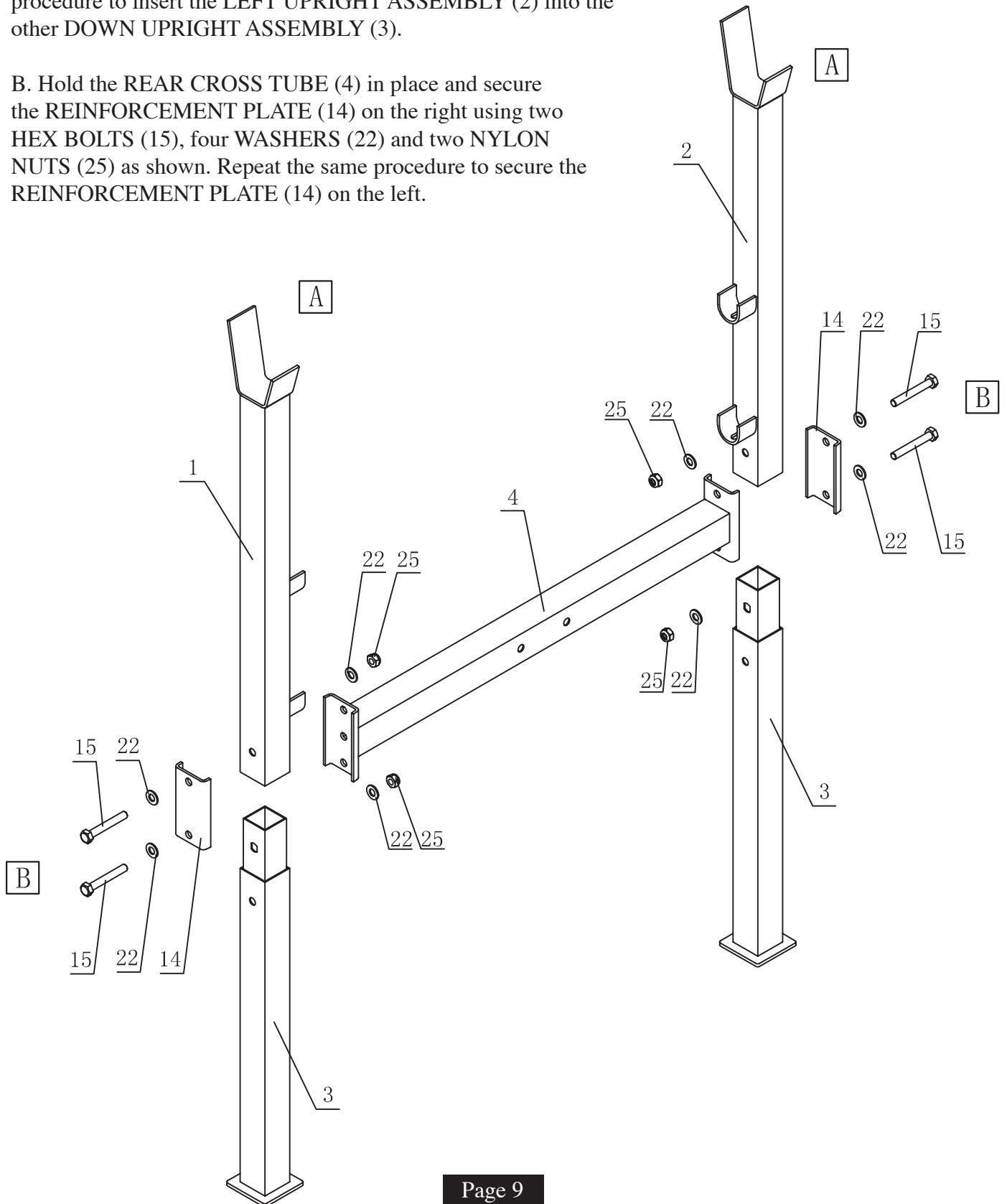
The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.



UPRIGHT ASSEMBLY STEP 1

A. Insert the RIGHT UPRIGHT ASSEMBLY (1) into the DOWN UPRIGHT ASSEMBLY (3) as shown in diagram. Repeat the same procedure to insert the LEFT UPRIGHT ASSEMBLY (2) into the other DOWN UPRIGHT ASSEMBLY (3).

B. Hold the REAR CROSS TUBE (4) in place and secure the REINFORCEMENT PLATE (14) on the right using two HEX BOLTS (15), four WASHERS (22) and two NYLON NUTS (25) as shown. Repeat the same procedure to secure the REINFORCEMENT PLATE (14) on the left.



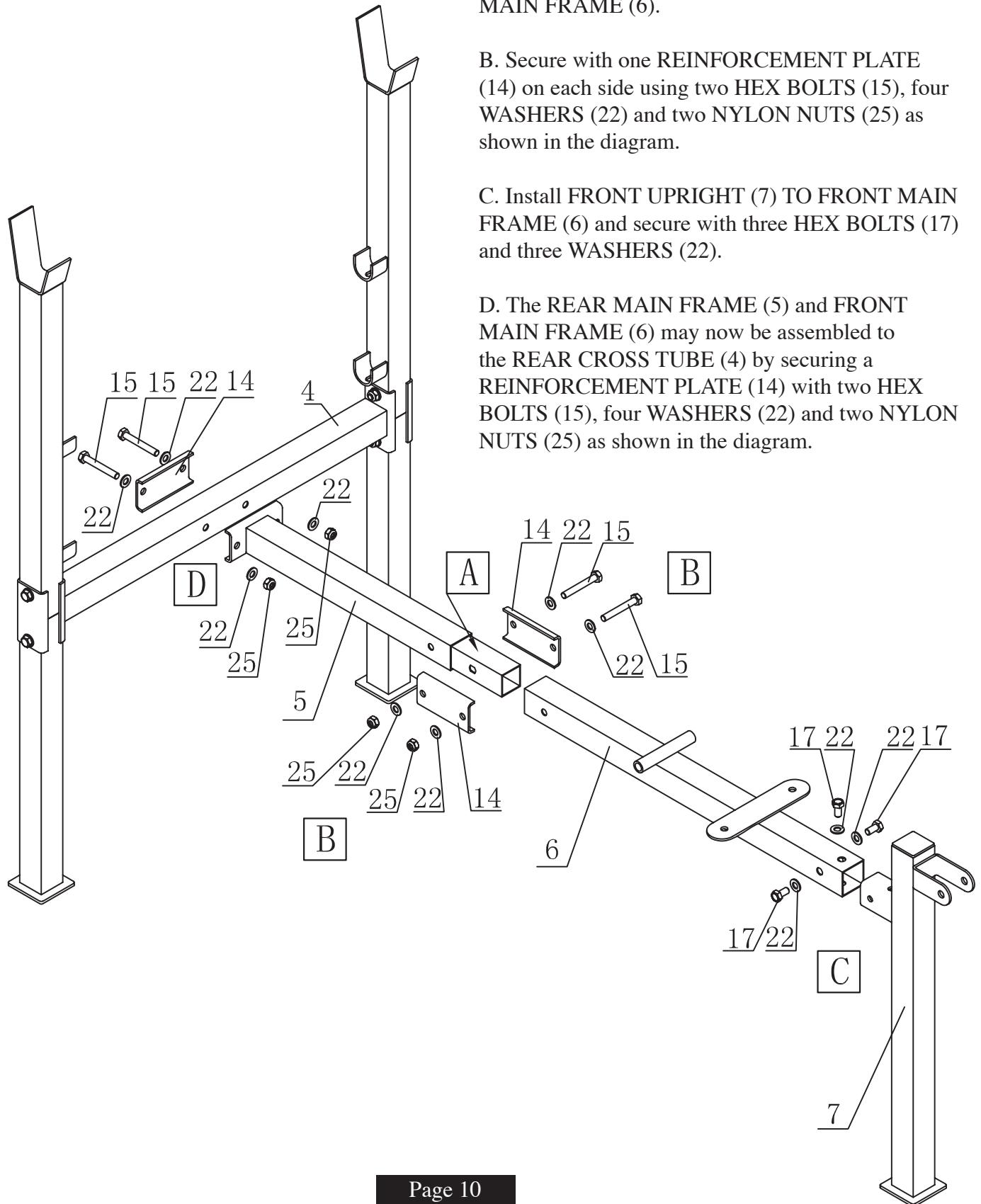
MAIN FRAME ASSEMBLY STEP 2

A. Insert REAR MAIN FRAME (5) into FRONT MAIN FRAME (6).

B. Secure with one REINFORCEMENT PLATE (14) on each side using two HEX BOLTS (15), four WASHERS (22) and two NYLON NUTS (25) as shown in the diagram.

C. Install FRONT UPRIGHT (7) TO FRONT MAIN FRAME (6) and secure with three HEX BOLTS (17) and three WASHERS (22).

D. The REAR MAIN FRAME (5) and FRONT MAIN FRAME (6) may now be assembled to the REAR CROSS TUBE (4) by securing a REINFORCEMENT PLATE (14) with two HEX BOLTS (15), four WASHERS (22) and two NYLON NUTS (25) as shown in the diagram.

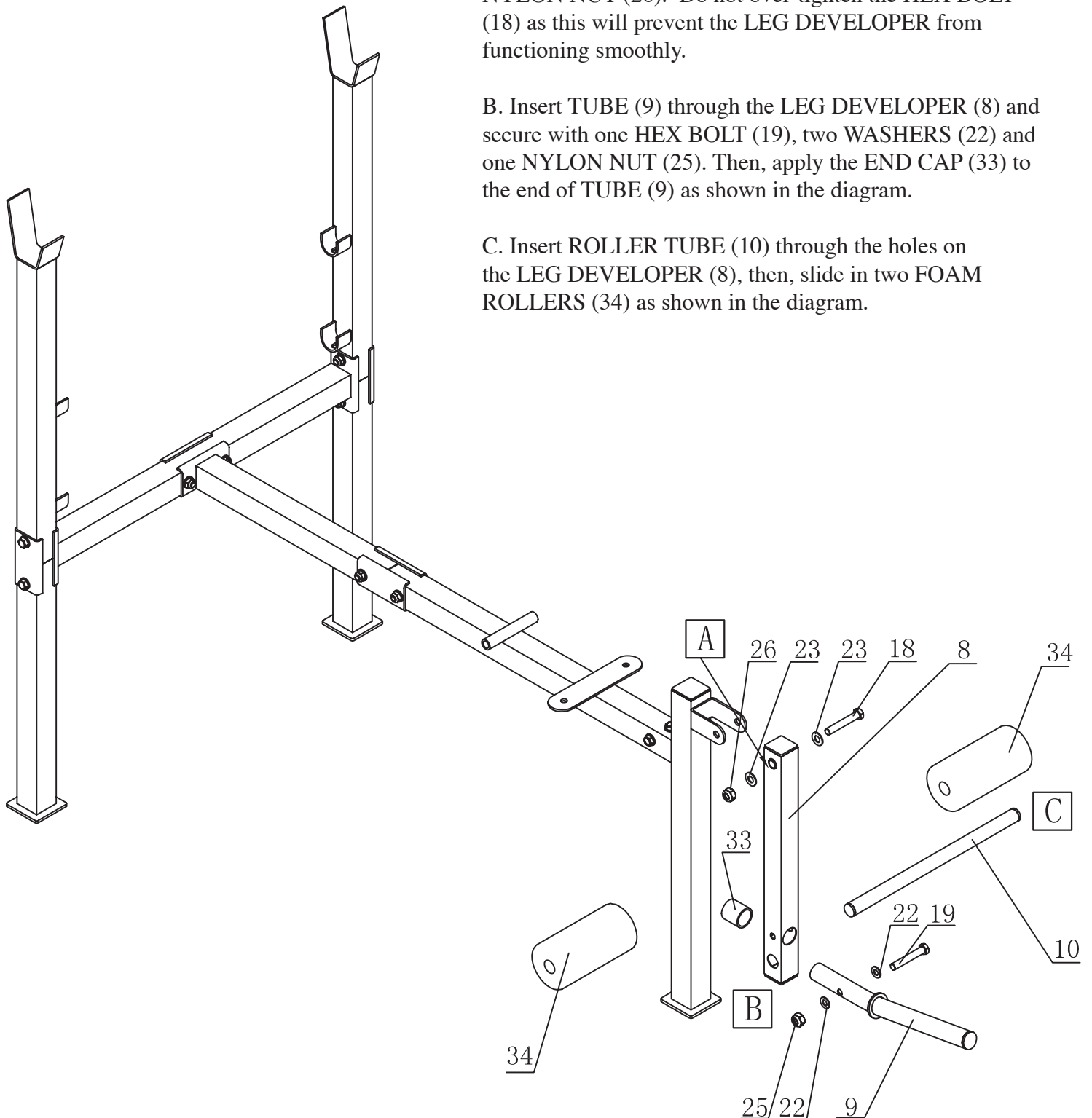


LEG DEVELOPER ASSEMBLY STEP 3

A. Install LEG DEVELOPER (8) to the FRONT UPRIGHT (7), which is attached to the MAIN FRAME ASSEMBLY using one HEX BOLT (18), two WASHERS (23) and one NYLON NUT (26). Do not over-tighten the HEX BOLT (18) as this will prevent the LEG DEVELOPER from functioning smoothly.

B. Insert TUBE (9) through the LEG DEVELOPER (8) and secure with one HEX BOLT (19), two WASHERS (22) and one NYLON NUT (25). Then, apply the END CAP (33) to the end of TUBE (9) as shown in the diagram.

C. Insert ROLLER TUBE (10) through the holes on the LEG DEVELOPER (8), then, slide in two FOAM ROLLERS (34) as shown in the diagram.

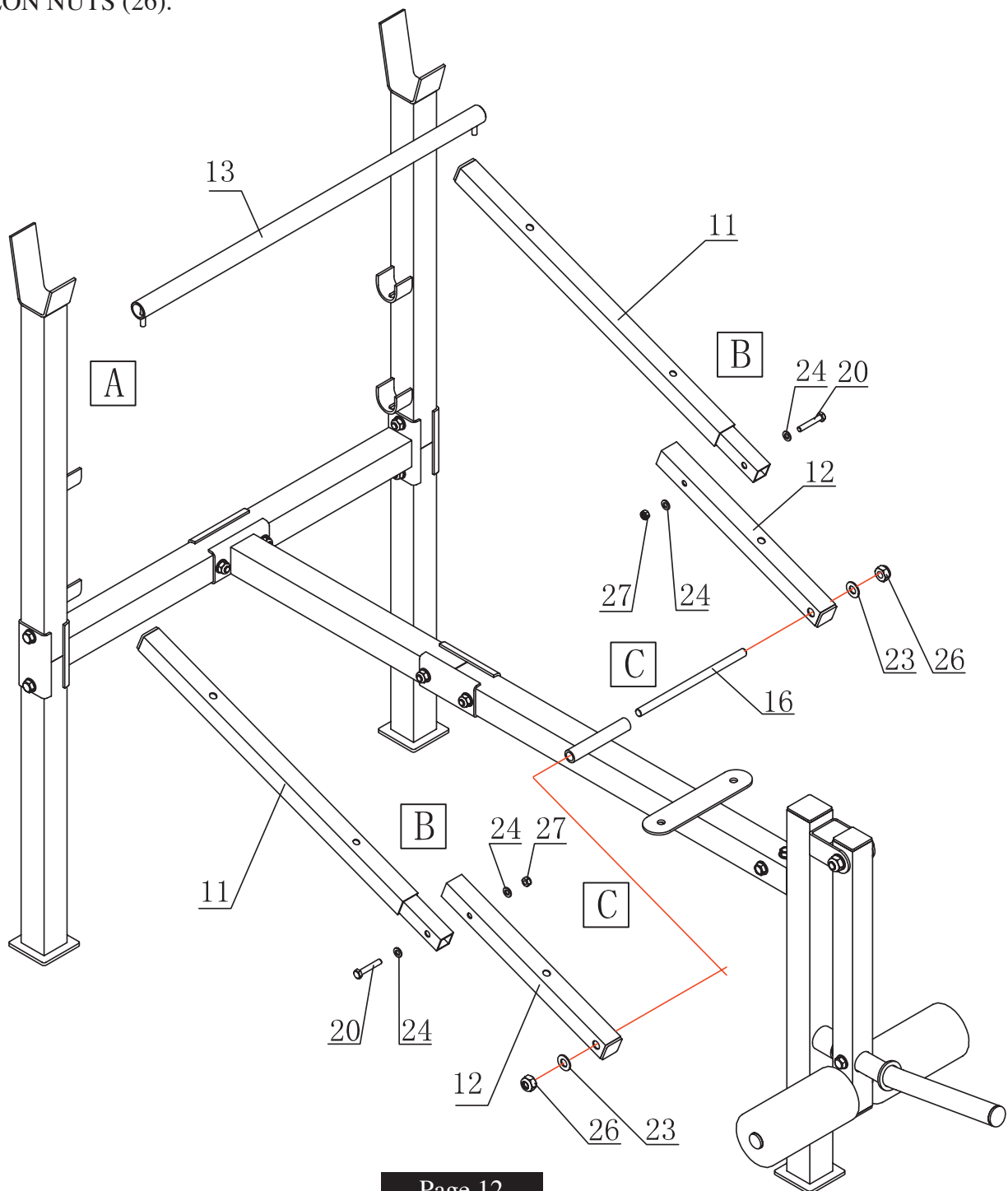


BACKREST FRAME ASSEMBLY STEP 4

A. The BACKREST ADJUSTMENT TUBE (13) is an adjustable tube for incline or flat operation. Install on the top notches ensuring that the tabs go into the small holes located on the adjustment brackets as shown.

B. Assemble the two sections of the BACKREST TUBE (11, 12) as shown using one HEX BOLT (20), two WASHERS (24) and one NYLON NUT (27). Repeat this step for the opposite side.

C. Insert the LONG BOLT (16) through the holes at the end of both the BACKREST TUBES (12) and the tube on the FRONT MAIN FRAME (6), and secure them from both sides using two WASHERS (23) and two NYLON NUTS (26).

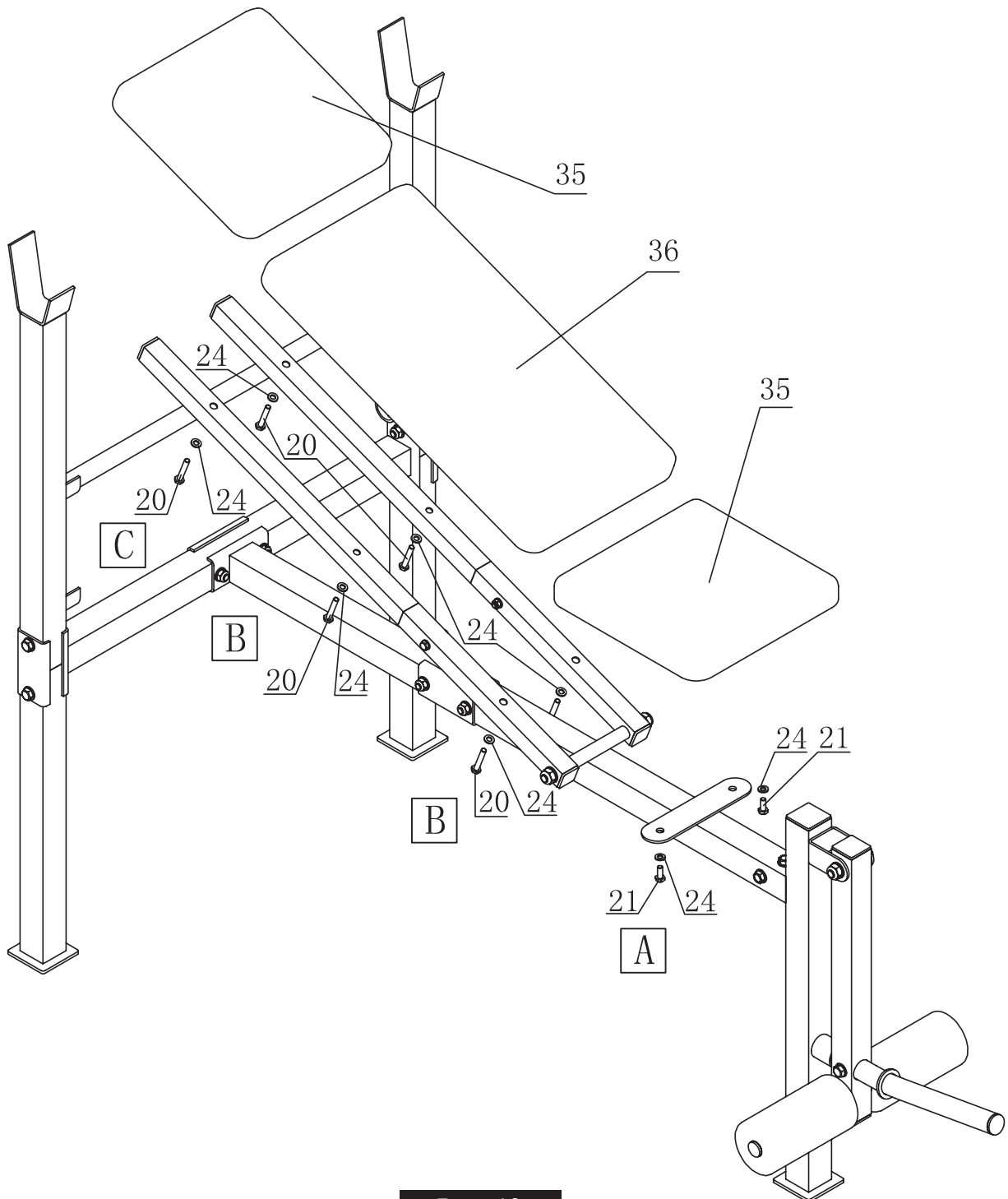


SEAT PAD ASSEMBLY STEP 5

A. Assemble one PAD (35) first at the BOTTOM using two HEX BOLTS (21) and two WASHERS (24). DO NOT over tighten hardware as this may damage your pad.

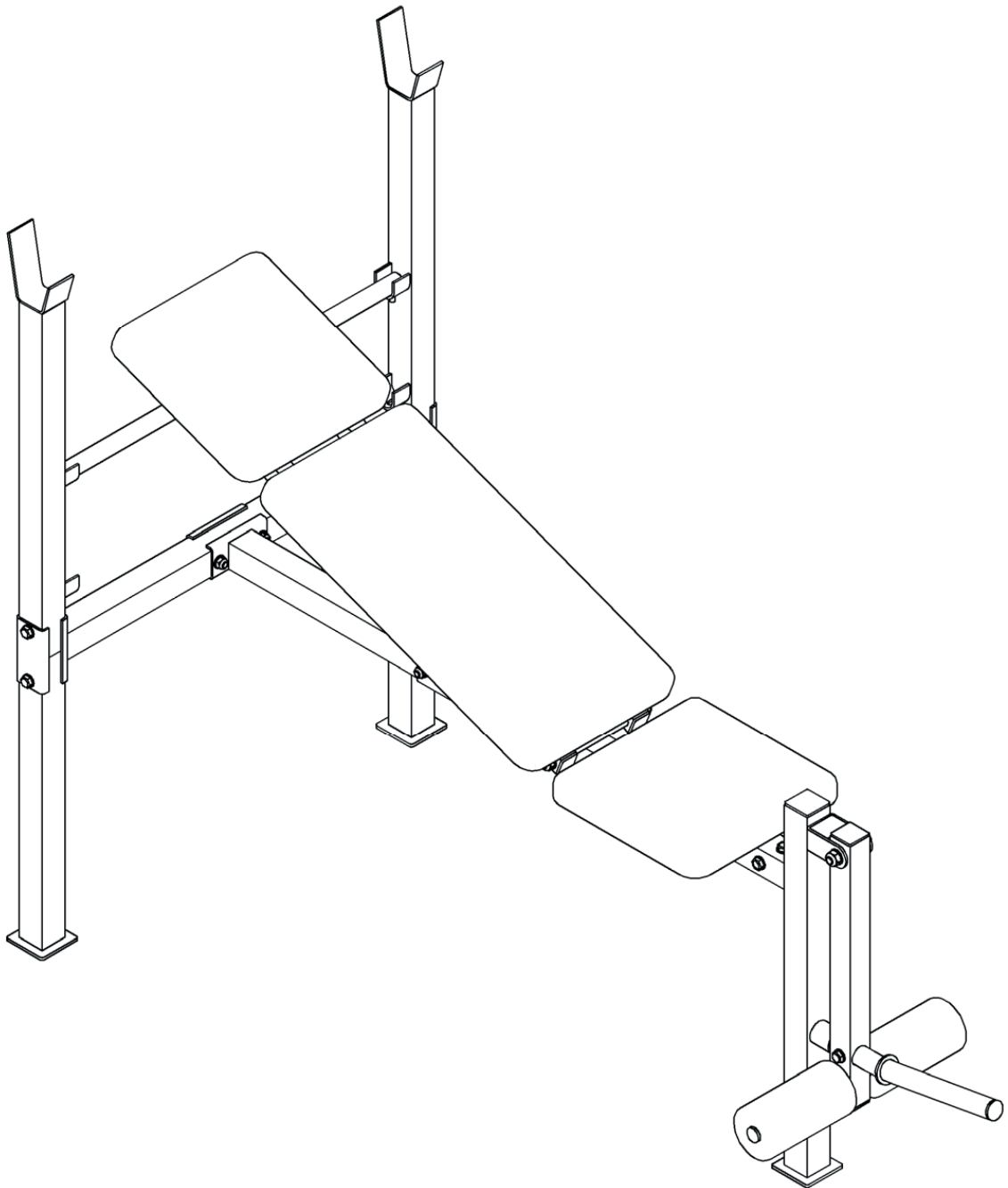
B. The LARGE PAD (36) must be the CENTER pad for proper assembly. Secure the LARGE PAD (36) with four HEX BOLTS (20) and four WASHERS (24).

C. Secure the other PAD (35) on TOP with two HEX BOLTS (20) and two WASHERS (24).



FINAL CHECK

- Make sure all bolts are tightened.
- Check for loose parts and components
- Check to see if there are any tears or bends in the welding or metal.
- Be sure that all adjustment locking devices and safety devices are properly located and fully engaged prior to use!



Thanks for choosing



Model Number WB 125

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Retailer:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com