

## Standard Weight Bench Model WB200/WBX200

### **CAUTION:**

**WARNING:** Do not use this product without a physician's approval.

Do not let children use this product unsupervised.

Read all instructions carefully before using.

Tighten all bolts before using equipment.

Leave adequate space to exercise

### **Questions/ Comments**

#### **PLEASE DO NOT CONTACT THE STORE**

Innova Products Inc. is committed to providing the very best of quality and customer satisfaction for all of the products we distribute. If for any reason, you are dissatisfied with the product you have purchased or need assistance in any way, please do not hesitate to contact our knowledgeable support staff at: **408-541-1866**

Mon.-Fri 8:00 am – 6:00 pm Pacific Time



### **CAUTION:**

Maximum Weight Limit is 400 lbs.  
( This includes the User's body weight

Photo may differ from actual product

1

# BEFORE BEGINNING ASSEMBLY...

Take a few moments to familiarize yourself with the specific parts and hardware included with your product. Make sure all the parts and hardware are included in the carton and examine them for any damage that may have occurred in transport. Some parts may be pre-assembled and pre-installed.

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Tighten all bolts securely before using equipment

### **Product Warranty**

#### Limited Liability

**Innova Products Inc.** warrants that this product will be free from defects in materials and workmanship for a period of one year from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use, but not when the sale is for commercial use. This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, **Innova Products Inc.** DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

**Innova Products Inc.**, will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence and arising in connection with the sale, use or repair of the product.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call **Innova Products Inc.** Customer Service Number at **408-541-1866** for assistance in the repair or replacement of the product or any covered part. **Innova Products Inc.** will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including transit), or repairs or attempted repairs by any person not authorized by **Innova Products Inc.**, or by vandalism, misuse, abuse, or alteration. The Warranty Period is based on the purchase date of the product validated by the Authorized Retailers Register Receipt, or valid copy of transaction statement.

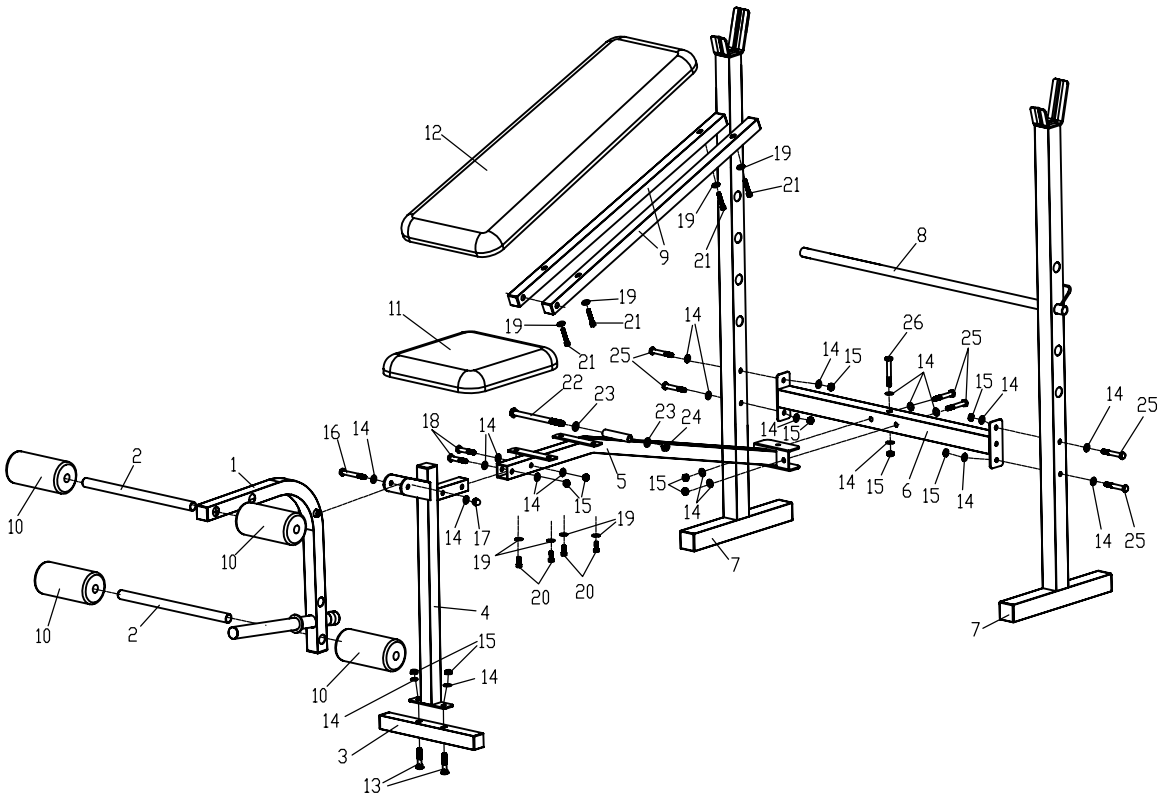
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## Parts Listing

| NO. | NAME                   | QUANTITY |
|-----|------------------------|----------|
| 1   | LEG LIFT POST          | 1        |
| 2   | ROLLER TUBE            | 2        |
| 3   | BOTTOM TUBE            | 1        |
| 4   | FRONT LEG ASSEMBLE     | 1        |
| 5   | MAIN FRAME             | 1        |
| 6   | REAR CROSS TUBE        | 1        |
| 7   | REAR UPRIGHT TUBE      | 2        |
| 8   | INCLINE ADJUSTMENT BAR | 1        |
| 9   | BACKREST TUBE          | 2        |
| 10  | FOAM ROLLER            | 4        |
| 11  | SEAT PAD               | 1        |
| 12  | BACKREST PAD           | 1        |
| 13  | BOLT M8x41             | 2        |
| 14  | PLATE WASHER M8        | 22       |
| 15  | NUT M8                 | 11       |
| 16  | BOLT M8x62             | 1        |
| 17  | NUT M8                 | 1        |
| 18  | BOLT M8x42             | 2        |
| 19  | PLATE WASHER M6        | 8        |
| 20  | BOLT M6x16             | 4        |
| 21  | BOLT M6x35             | 4        |
| 22  | BOLT M10x136           | 1        |
| 23  | PLATE WASHER M10       | 2        |
| 24  | NUT M10                | 1        |
| 25  | BOLT M8x54             | 6        |
| 26  | BOLT M8x57             | 1        |
| 27  | TOOL 13#/17#           | 2        |
| 28  | TOOL 10#               | 1        |

# Exploded View

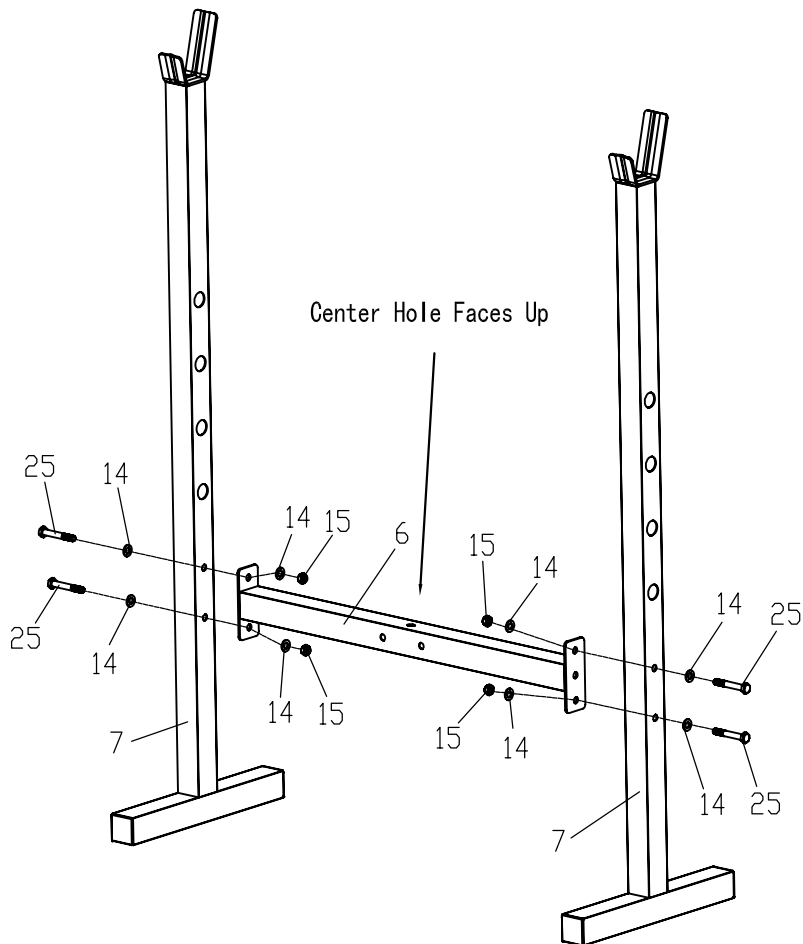


# Upright Assembly- Step 1

## Step 1- Upright Assembly

Attach Rear Cross Bar (6) to Rear Uprights (7) using Bolts (25) , Washers (14) and Nuts (15) as shown.

NOTE: Rear Cross Tube Must Have Center Hole Facing Up.



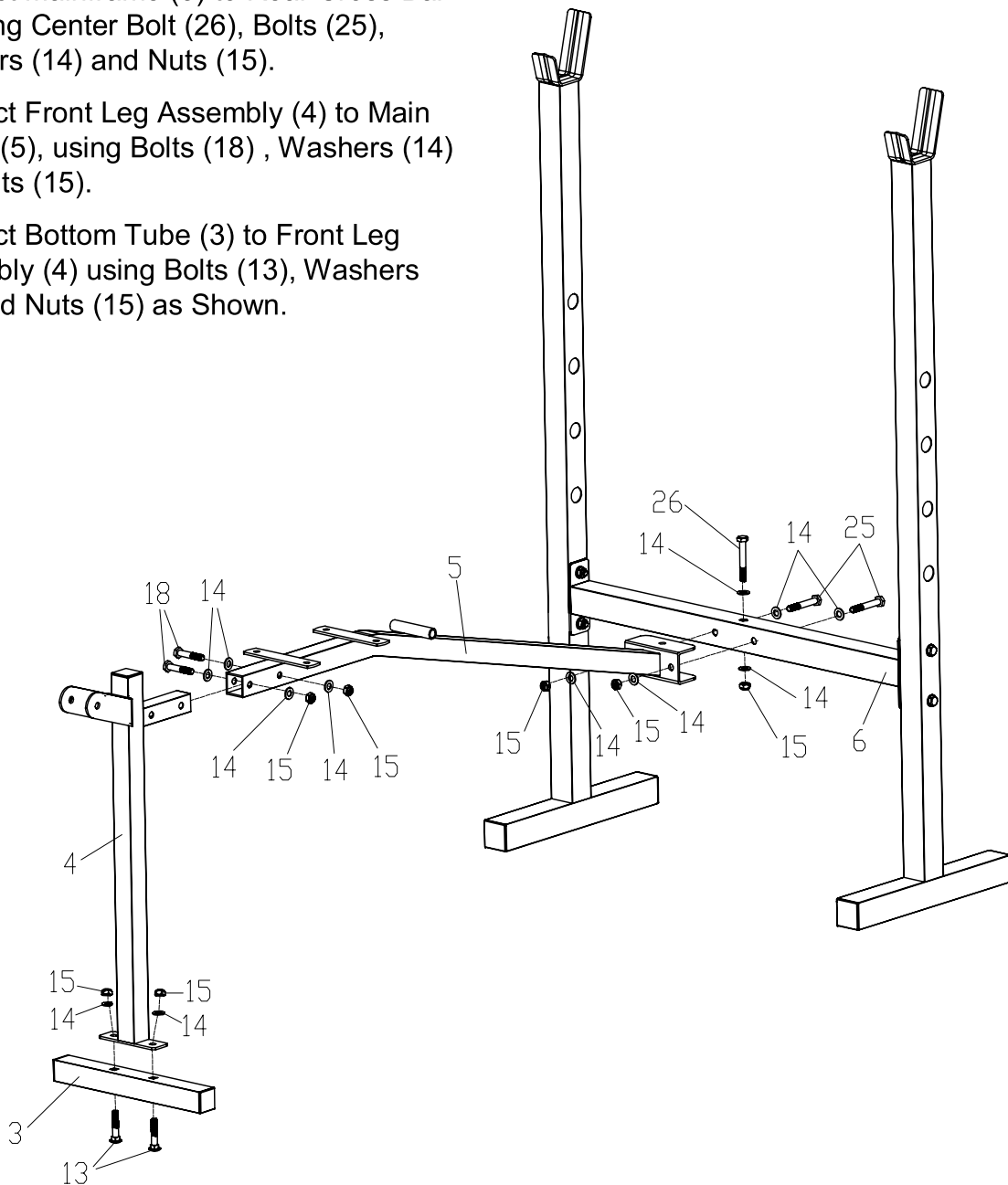
## Mainframe Assembly -Step 2

### Step 2- **Mainframe Assembly**

Connect Mainframe (5) to Rear Cross Bar (6) using Center Bolt (26), Bolts (25), Washers (14) and Nuts (15).

Connect Front Leg Assembly (4) to Main Frame (5), using Bolts (18), Washers (14) and Nuts (15).

Connect Bottom Tube (3) to Front Leg Assembly (4) using Bolts (13), Washers (14) and Nuts (15) as Shown.



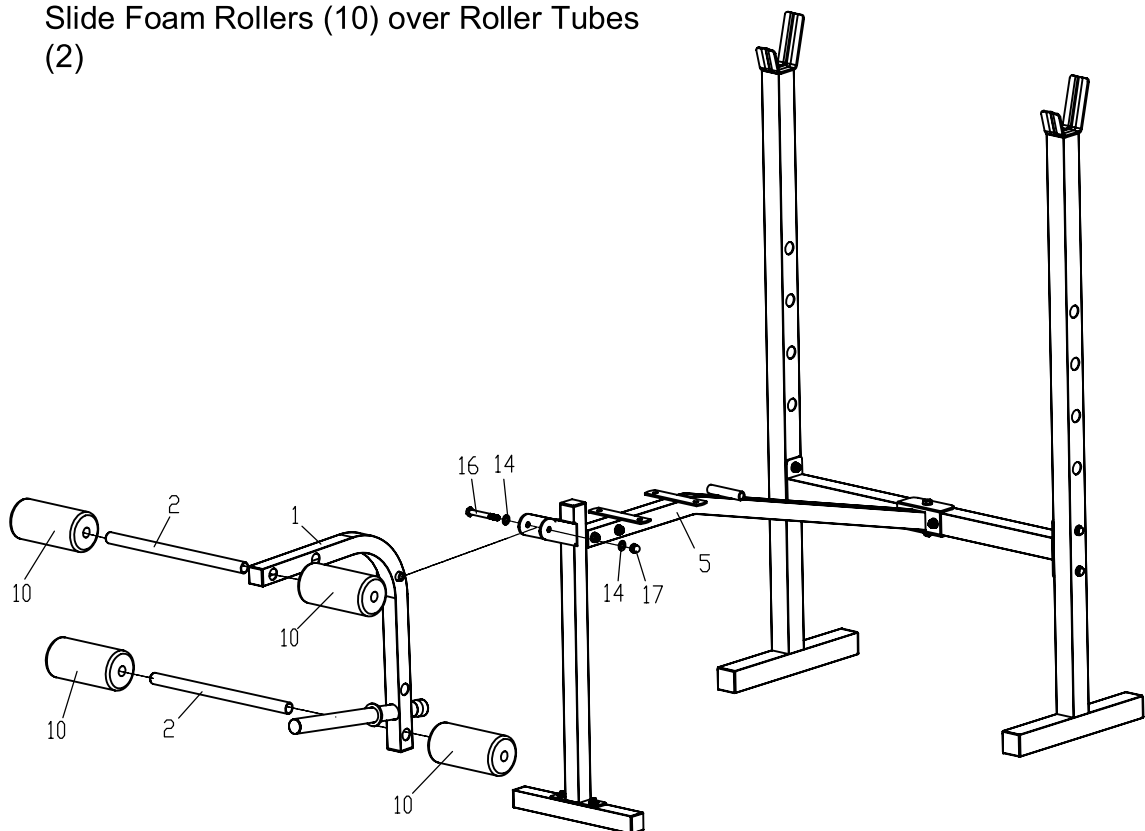
## Front Leg Lift Assembly –Step 3

### Step 3- Front Leg Lift Assembly

Attach Leg Lift Post (1) to Front Leg Assembly (4) using Bolt (16), Washers (14) and Nut (17).

Slide Roller Tubes (2) through holes in Leg Lift Post (1)

Slide Foam Rollers (10) over Roller Tubes (2)

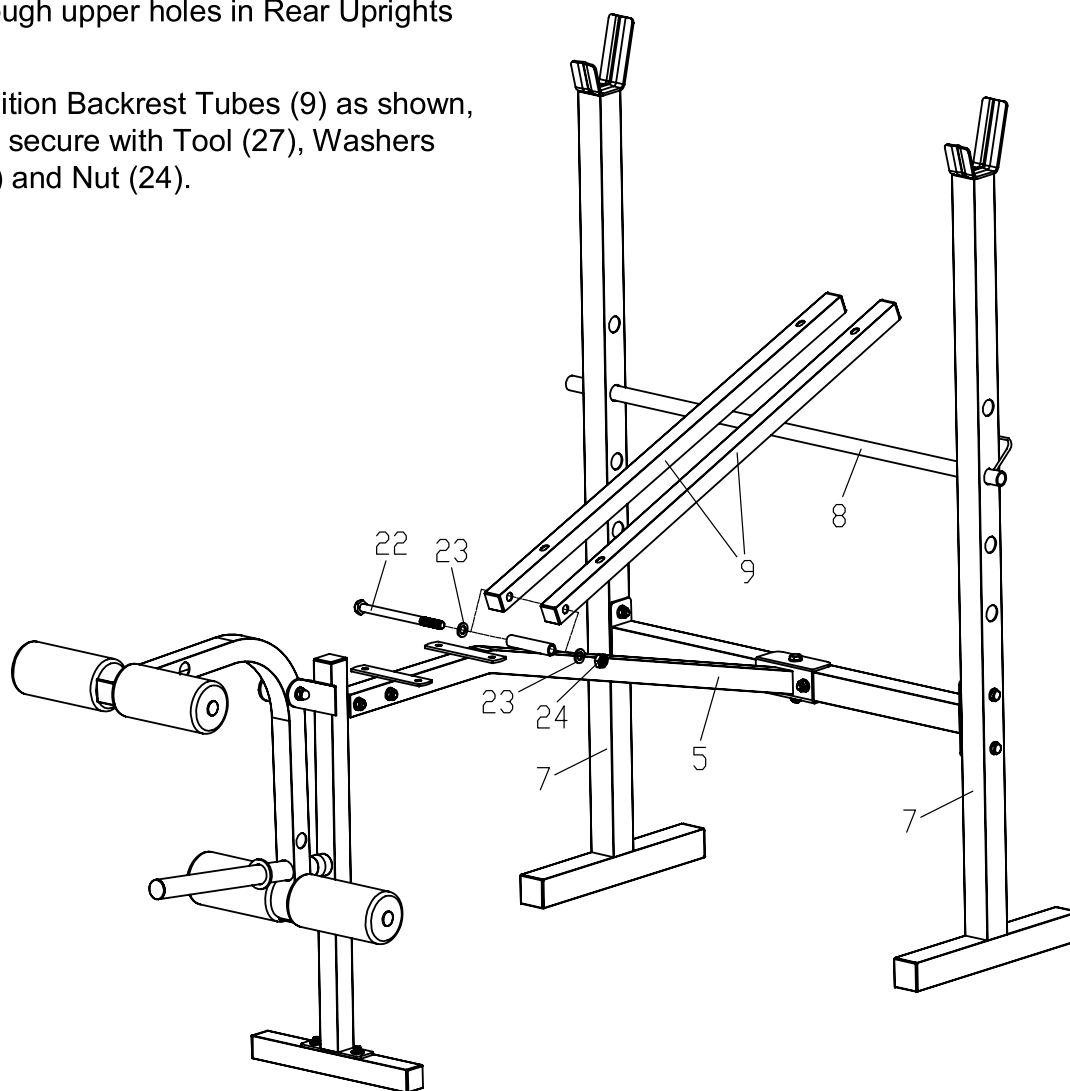


## Backrest Frame Assembly- Step 4

### Step 4- Backrest Frame Assembly

Slide Incline Adjustment Bar (8) through upper holes in Rear Uprights (7).

Position Backrest Tubes (9) as shown, and secure with Tool (27), Washers (23) and Nut (24).



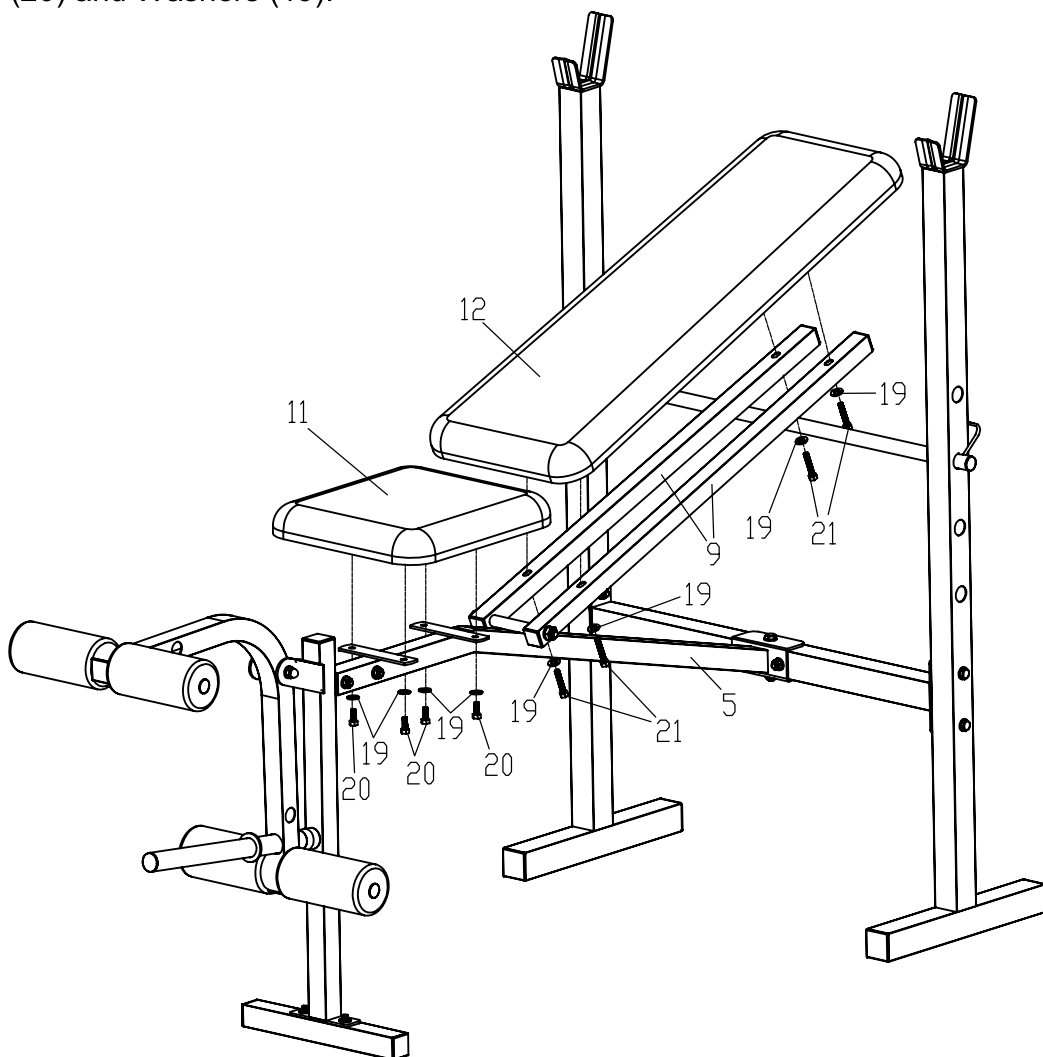


## Pad Assembly- Step 5

### Step 5- Pad Assembly

Attach Backrest Pad (12) to Backrest Tubes (9) using Bolts (21) and Washers (19).

Attach Seat Pad (11) to Mainframe (5) using Bolts (20) and Washers (19).



## Final Assembly



### **CAUTION:**

MAKE SURE ALL NUTS AND  
BOLTS ARE COMPLETELY  
TIGHTENED BEFORE USE

# PRECAUTIONS

**WARNING: 400 LB WEIGHT CAPACITY- INCLUDES USERS WEIGHT.**

**DO NOT PLACE MORE THAN 100 LBS, INCLUDING THE BARBELL, ON THE UPRIGHTS. DO NOT PLACE MORE THAN 50 LBS ON THE LEG LIFT.**

To reduce the risk of serious injury, read all important precautions instructions and warnings in this manual before using this product. **Innova Products Inc.** assumes no responsibility for personal injury or property damage sustained by or through the use of this Weight Bench.

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**DO NOT LET CHILDREN USE THIS PRODUCT WITHOUT PROPER ADULT SUPERVISION**

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**WARM UP BEFORE EACH WORKOUT AND COOL DOWN AFTER EACH WORKOUT**

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**INSPECT THIS PRODUCT FOR TEARS AND BROKEN WELDS AND MAKE SURE TO DO ROUTINE MAINTENANCE AND TIGHTENING OF ALL PARTS BEFORE EACH WORKOUT.**

**IF ANY PARTS APPEAR WORN, OR BROKEN, OR IF THIS PRODUCT IS NOT WORKING PROPERLY, DO NOT USE .**

**THIS PRODUCT IS FOR CONSUMER USE ONLY AND IS NOT MEANT FOR COMMERCIAL USE.**

**KEEP PRODUCT INDOORS AWAY FROM MOISTURE AND DUST. PLACE THE WEIGHT BENCH ON LEVEL SURFACE WITH A MAT BENEATH IT TO PROTECT THE FLOOR OR CARPET.**

**ALWAYS PLACE AN EQUAL AMOUNT OF WEIGHT ON EACH SIDE OF THE UPRIGHTS.**

**ALWAYS EXERCISE WITH A PARTNER.**



**Innova Products Inc.**

**1289 Hammerwood Avenue**

**Sunnyvale, CA 94089**

**Phone: 408-541-1866**

**[customerservice@innovaproductsinc.com](mailto:customerservice@innovaproductsinc.com)**



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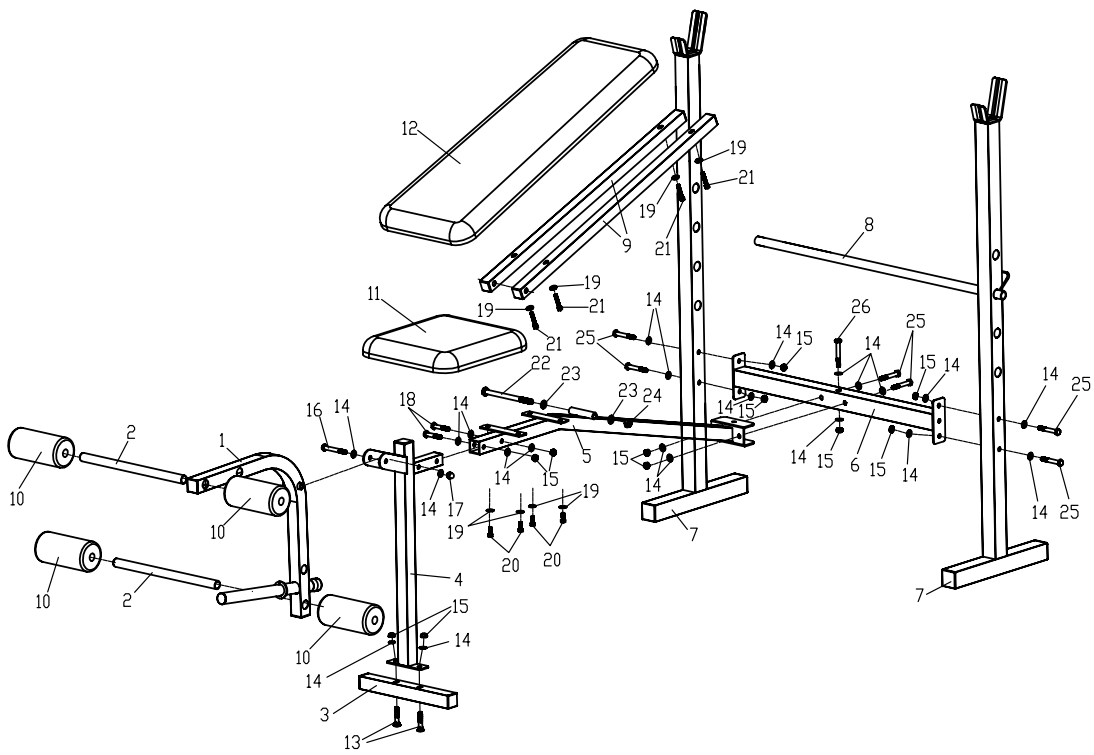
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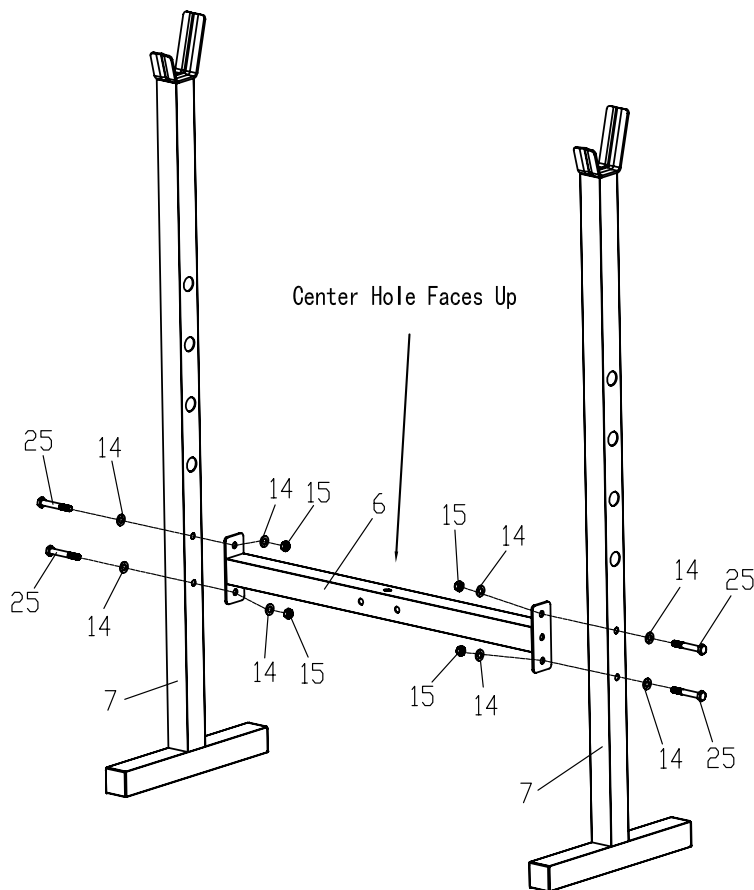


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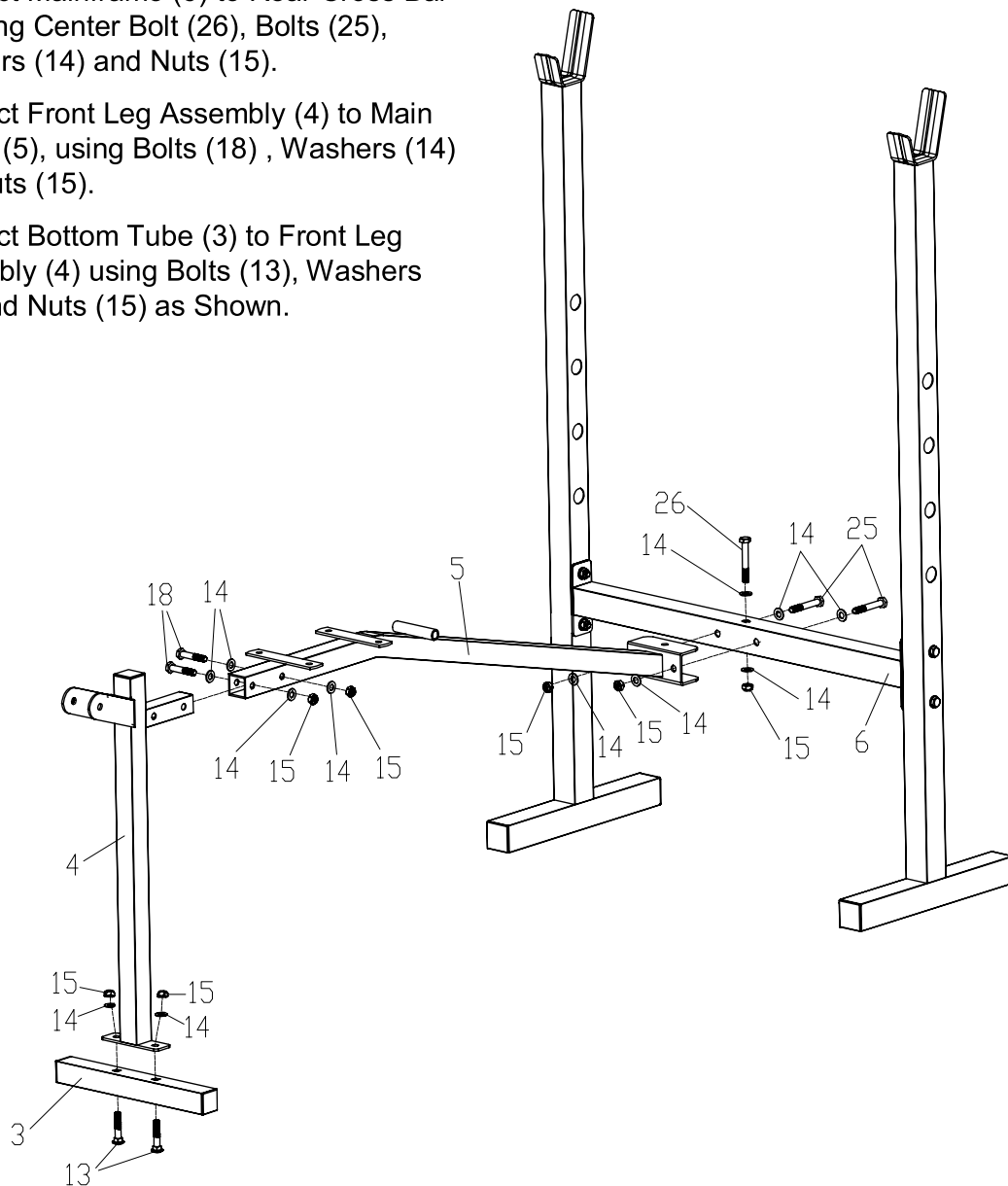
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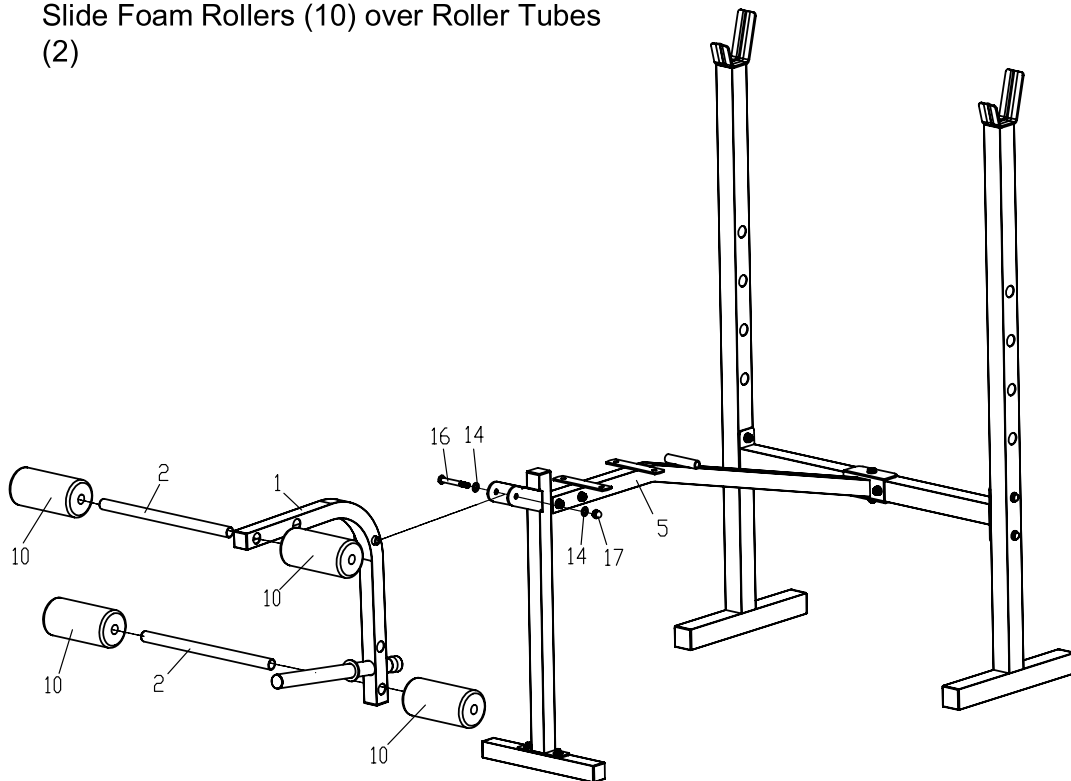
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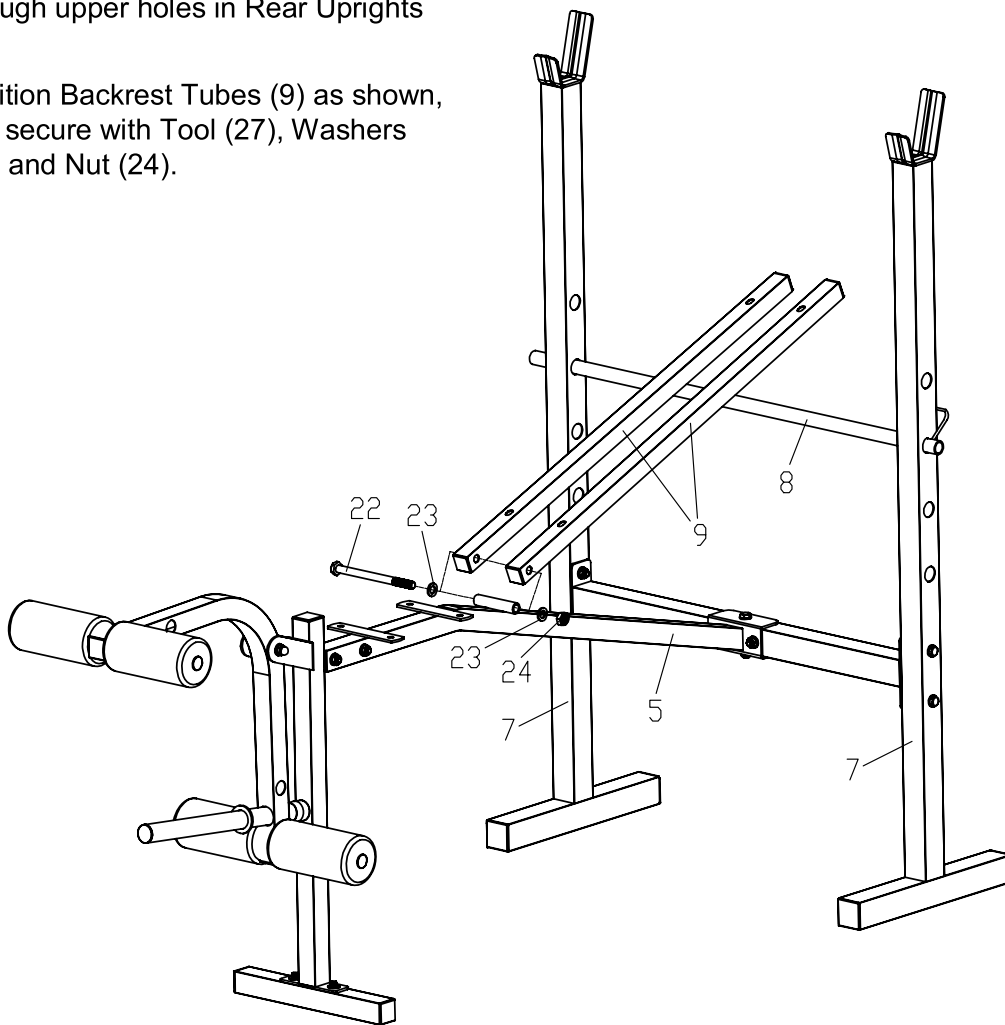


## Backrest Frame Assembly- Step 4

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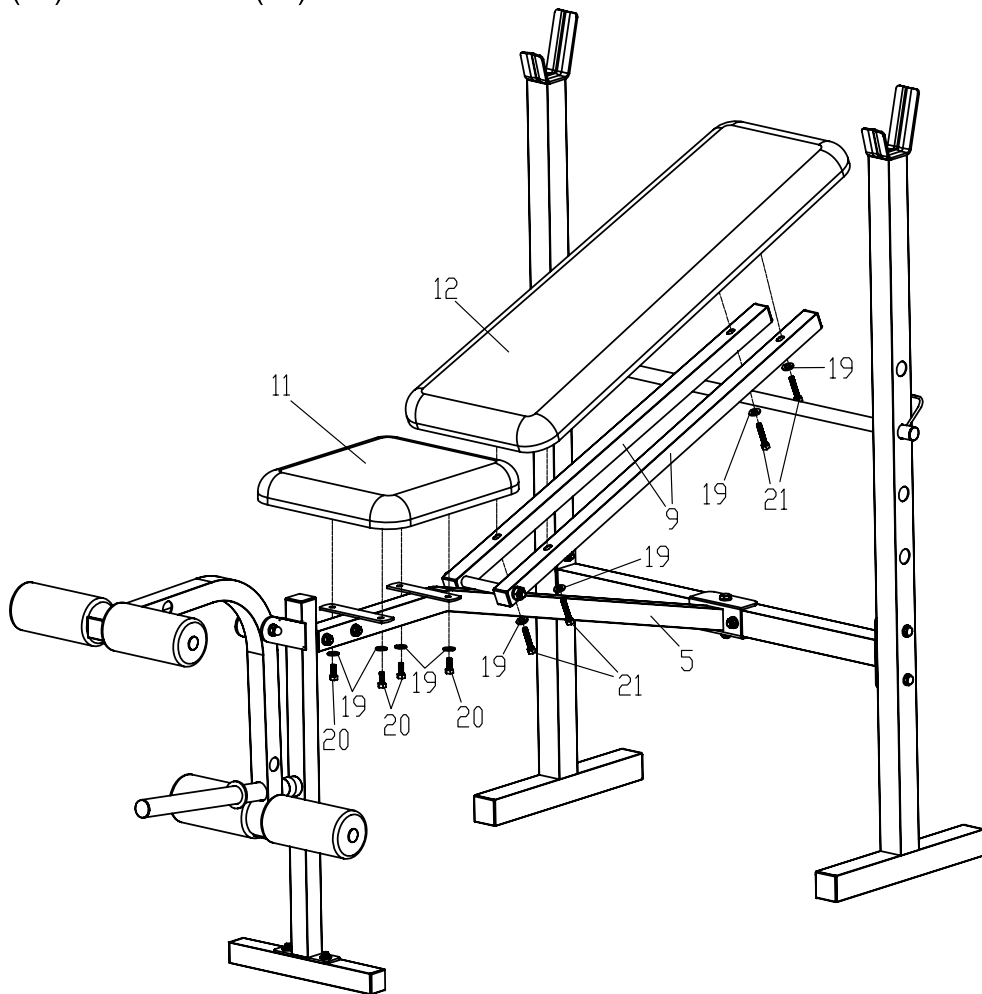


## Pad Assembly- Step 5

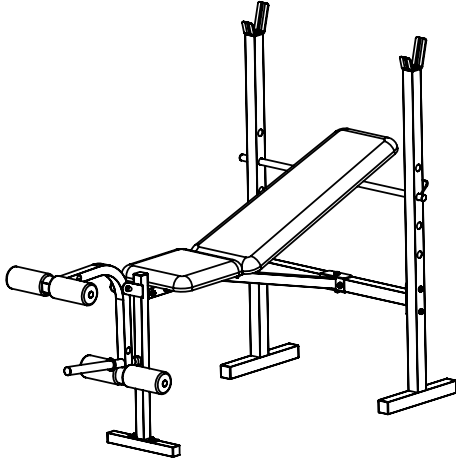
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## Final Assembly



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