

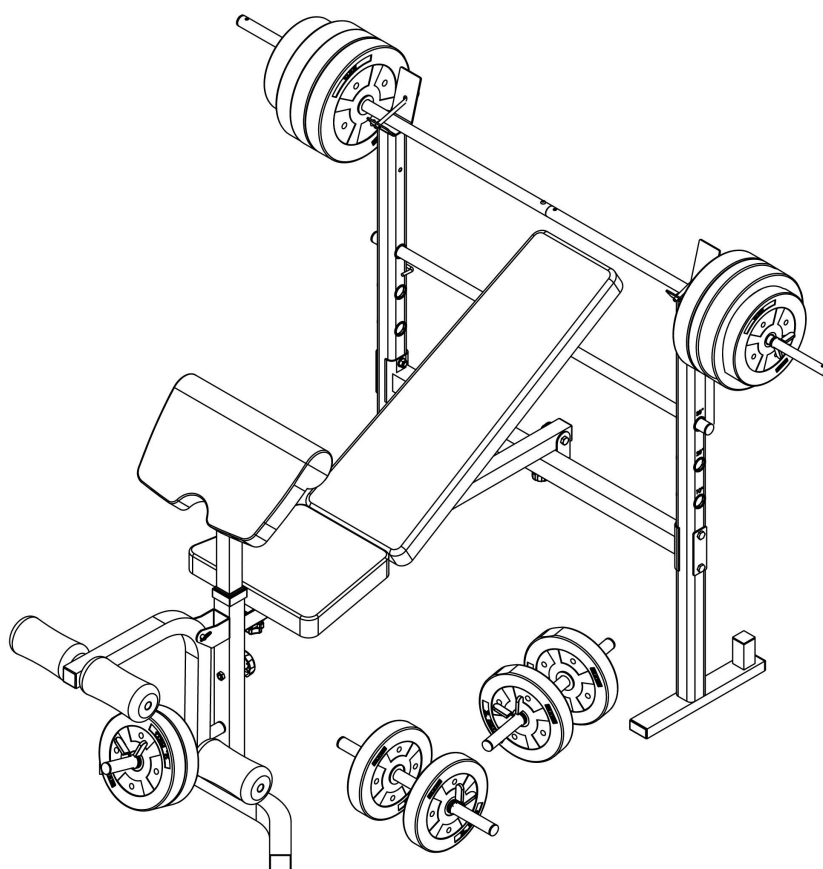
Multi-function folding bench with 50kg weights

Assembly & User Instructions - Please keep for future reference

315/6700



Men'sHealth
Active+



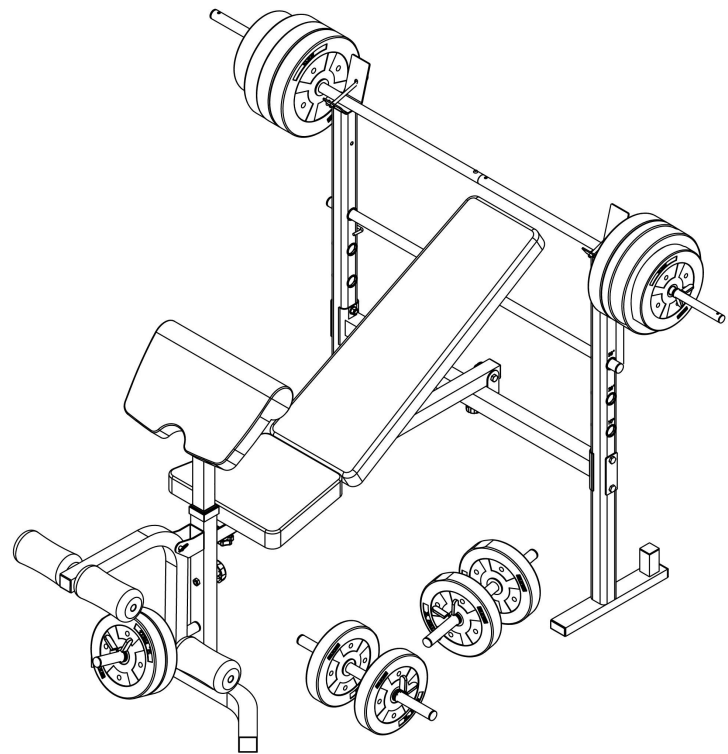
Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 6001714**
or visit **www.argos-support.co.uk**

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Safety Information

Important – Please read fully before assembly or use

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment

Assembly

- The product must be installed on a stable and level surface.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

Use

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.
Do not use in any commercial, rental, or institutional setting.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.

- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- A spotter is recommended during exercise.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: **110kgs.**
- Maximum capacity on uprights: **50kgs**(Including bar and weights)
- The maximum training mass on leg developer: **35kgs**
- The maximum training mass on the barbell bar is: **50kgs**
- The maximum training mass on each dumbbell bar is: **20kgs**
- This product is fit for 1" weight plates.
- This product conforms to: BS EN ISO 20957-1, and -4 Class (H) - Home Use



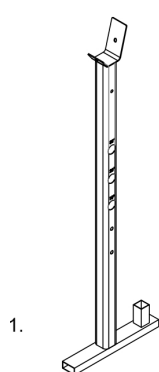
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

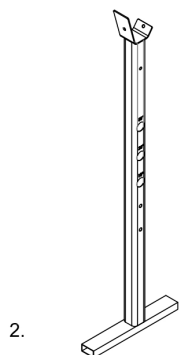
Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.
Total weight of the product is 76 kg (including weight plates). The overall dimensions after being assembled are (D) 174 × (W) 165 × (H) 120cm



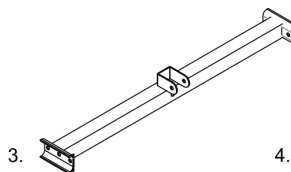
1.

Left barbell upright support x 1



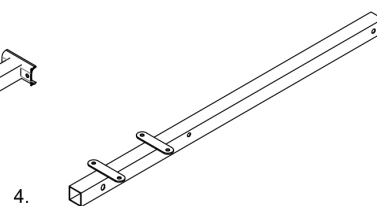
2.

Right barbell upright support x 1



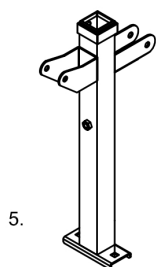
3.

Cross beam x 1



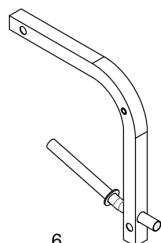
4.

Main support frame x 1



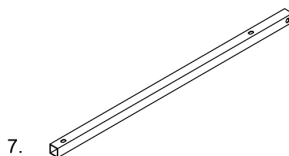
5.

Front stabilizer x 1



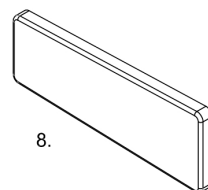
6.

Leg developer x 1



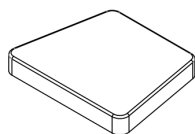
7.

Backrest support x 2



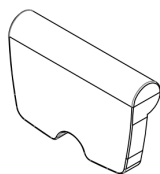
8.

Backrest pad x 1



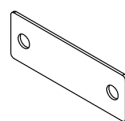
9.

Seat pad x 1



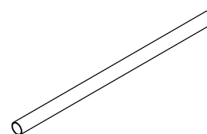
10.

Arm curl pad x 1



11.

Bracket x 2



12.

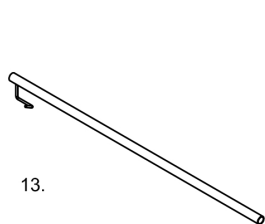
Foam roll tube x 2

Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

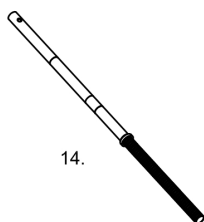
Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



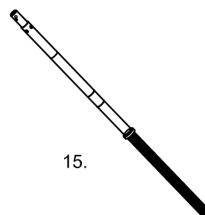
13.

Incline adjustment rod x 1



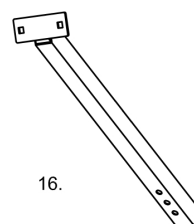
14.

Long weight bar x 1



15.

Short weight bar x 1



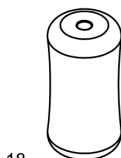
16.

Arm curl pad support x 1



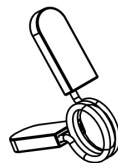
17.

Dumbbell bar x 2



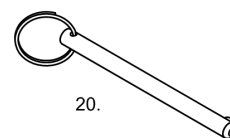
18.

Foam roll x 4



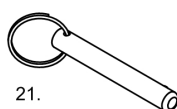
19.

Spring collar x 7



20.

Ø8x110mm Lock pin x 2



21.

Ø10x75mm Lock pin x 1



35.

Lock knob x 1



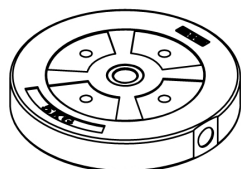
36.

Lock knob x 1



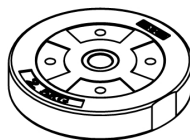
37.

Lock knob x 1



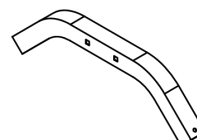
39.

5kg Weight plate x 6



40.

2.5kg Weight plate x 8



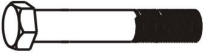
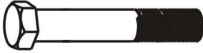
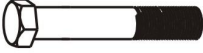










49.

Front Stabilizer x 1

Components - Fixings

Please check you have all fittings listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

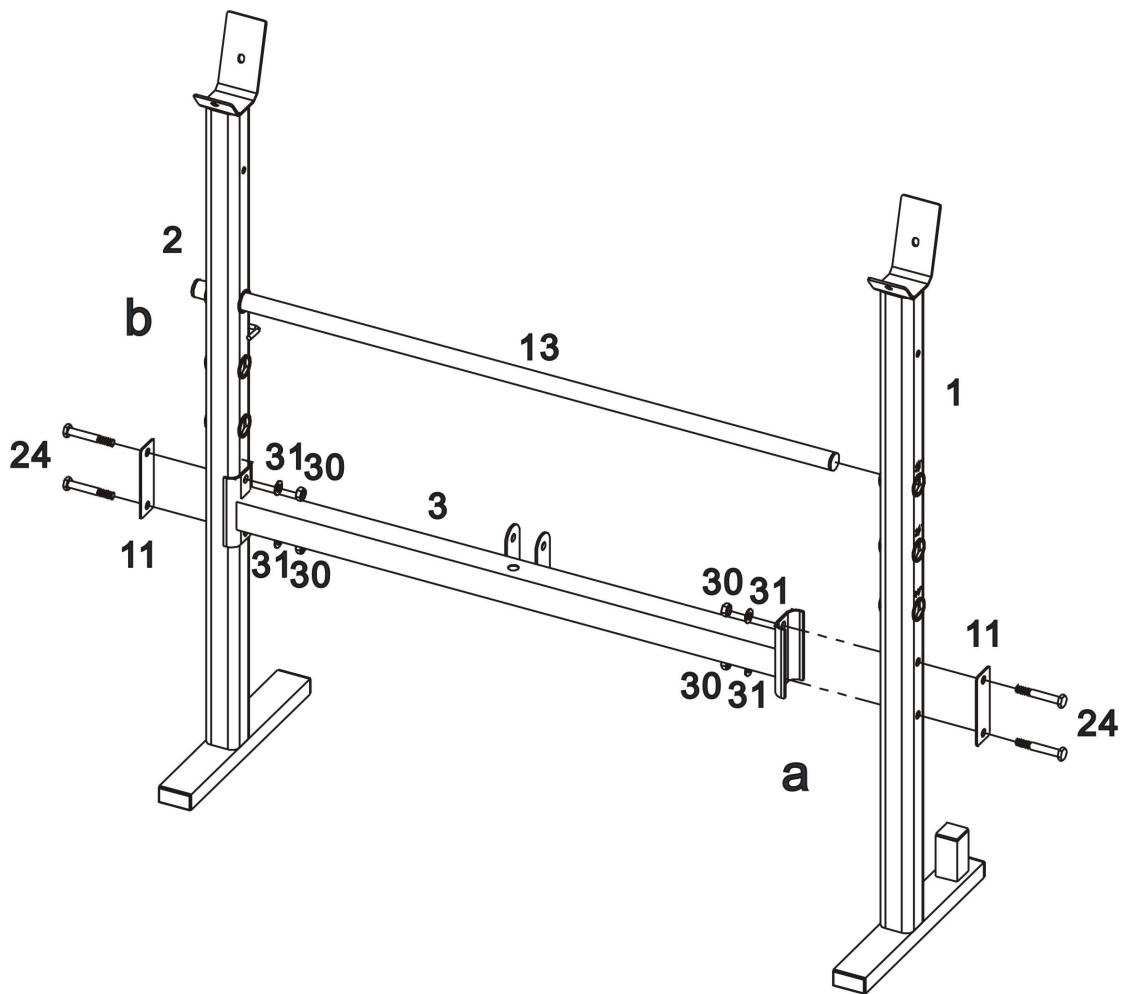
<p>23 </p> <p>M10x130mm Hex Bolt x 1</p>	<p>24 </p> <p>M10x70mm Hex Bolt x4</p>	<p>25 </p> <p>M10x60mm Hex Bolt x2</p>
<p>26 </p> <p>M8x18mm Hex Bolt x 2</p>	<p>27 </p> <p>M6x38mm Hex Bolt x 4</p>	<p>28 </p> <p>M6x18mm Hex Bolt x 4</p>
<p>29 </p> <p>M6x20mm Allen Bolt x 1</p>	<p>30 </p> <p>M10 Aircraft Nut x 9</p>	<p>31 </p> <p>Ø10mm Washer x 10</p>
<p>32 </p> <p>Ø8mm Washer x 2</p>	<p>33 </p> <p>Ø6mm Washer x 8</p>	<p></p> <p>4# Allen Key x 1</p>
<p>50 </p> <p>M10x55mm Carriage Bolt x 2</p>		

Tools prepared by user



Adjustable
spanner x 2

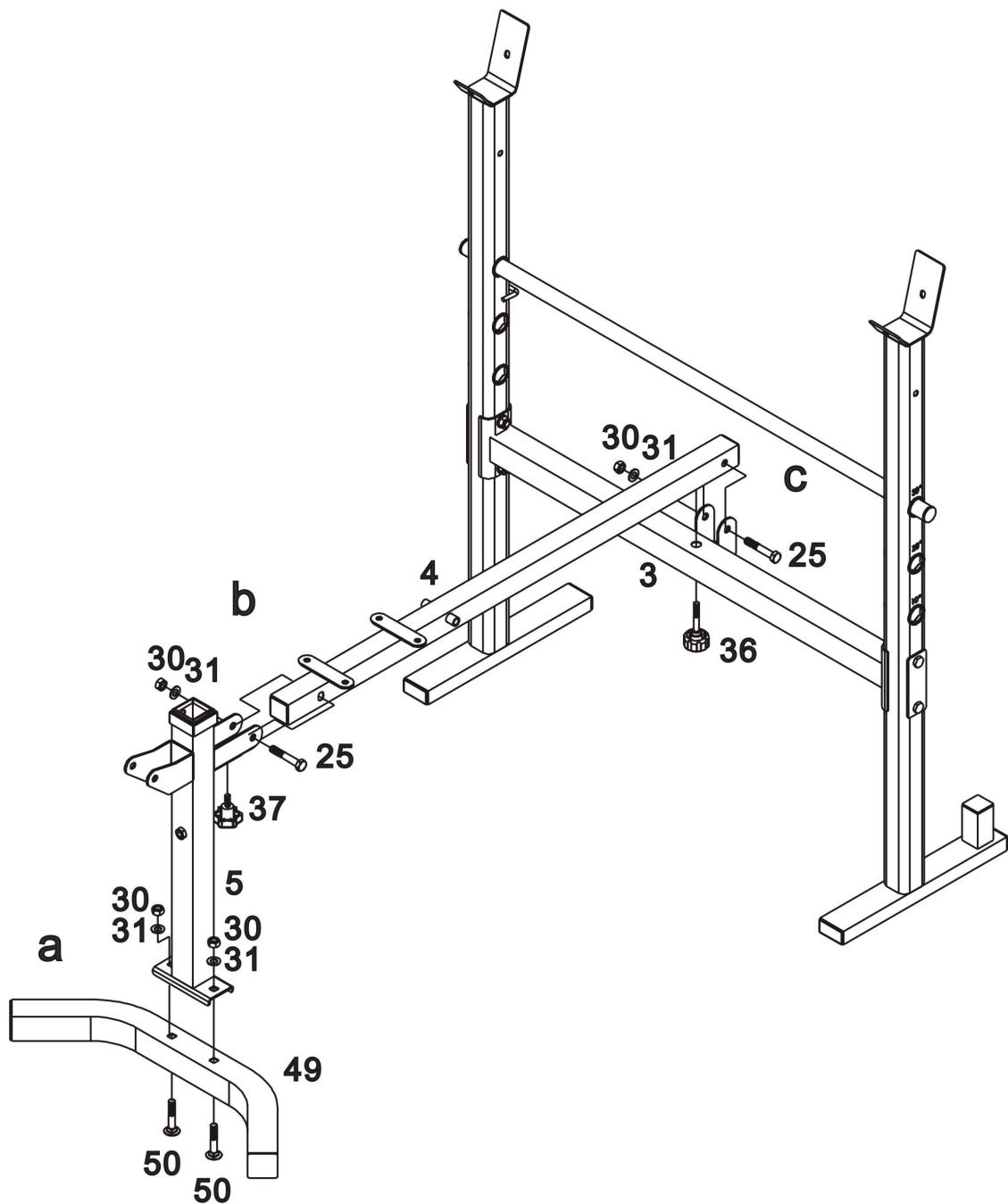
Assembly instructions



Step 1

- Connect the Cross Beam (3) with the Left & Right Upright Support (1,2) using 4 x M10 x 70mm Hex Bolts (24), 4 x M10 Aircraft Nuts (30), 4 x Ø10mm Washers (31) and 2 x Brackets (11).
- Put the Incline Adjustable Rod (13) through the two holes on the Right Upright Support (2), and then through the two holes on the Left Upright Support (1).

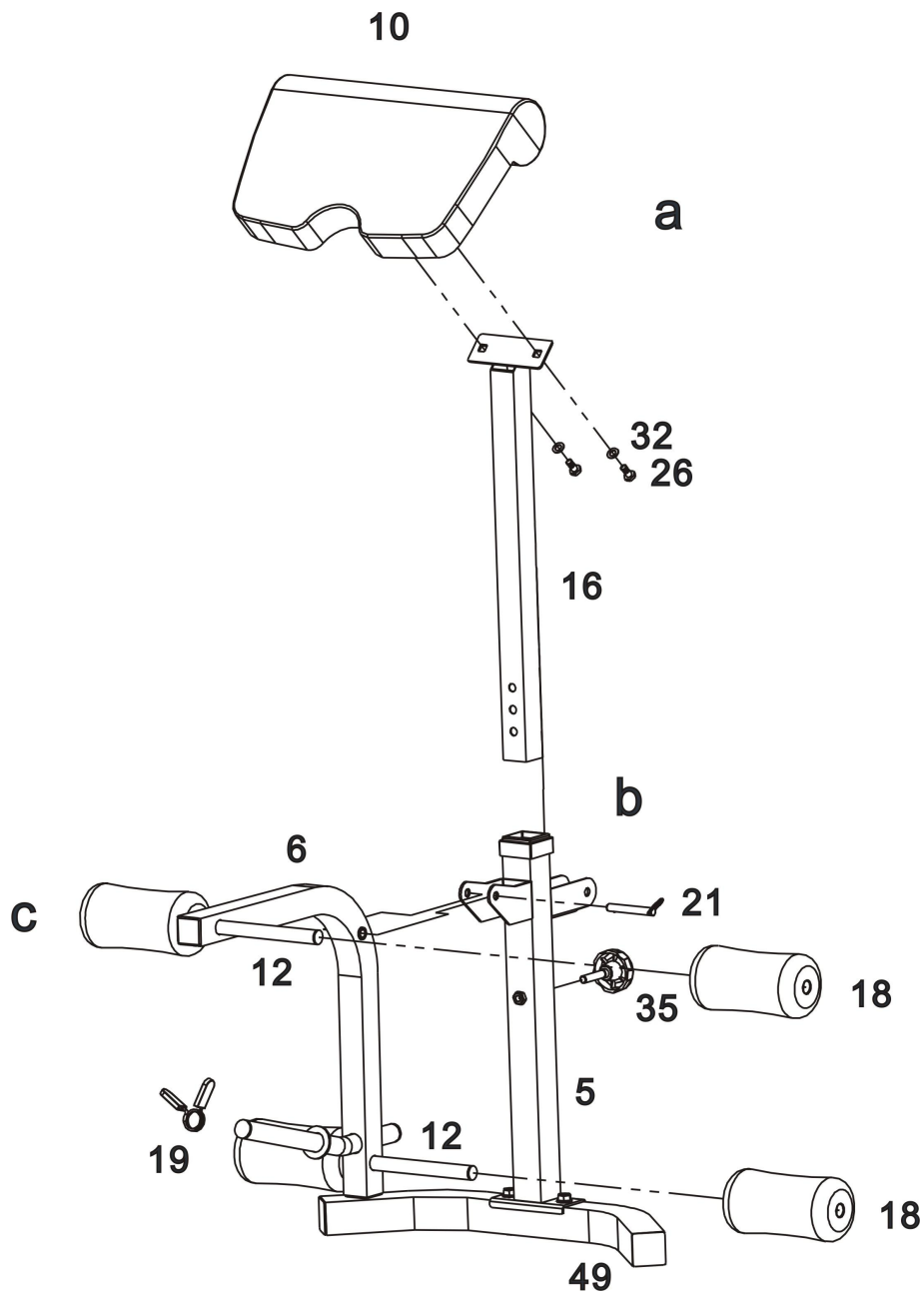
Assembly instructions



Step 2

- Attach the Front Upright Support (5) to the Front Stabilizer (49) using 2 x M10 x 55mm Carriage Bolts (50), 2 x Ø10mm Washers (31) and 2 x M10 Aircraft Nuts (30).
- Connect the Front Upright Support (5) with the Seat Pad Support (4) using 1 x M8×20 Lock Knob (37), 1 x M10×60mm Hex Bolt (25), 1 x Ø10mm Washer (31) and 1 x M10 Aircraft Nut (30).
- Connect the Cross Beam (3) with the Seat Pad Support (4) using 1 x M8×55 Lock Knob (36), 1 x M10×60 Hex Bolt (25), 1 x Ø10mm Washer (31) and 1 x M10 Aircraft Nut (30).

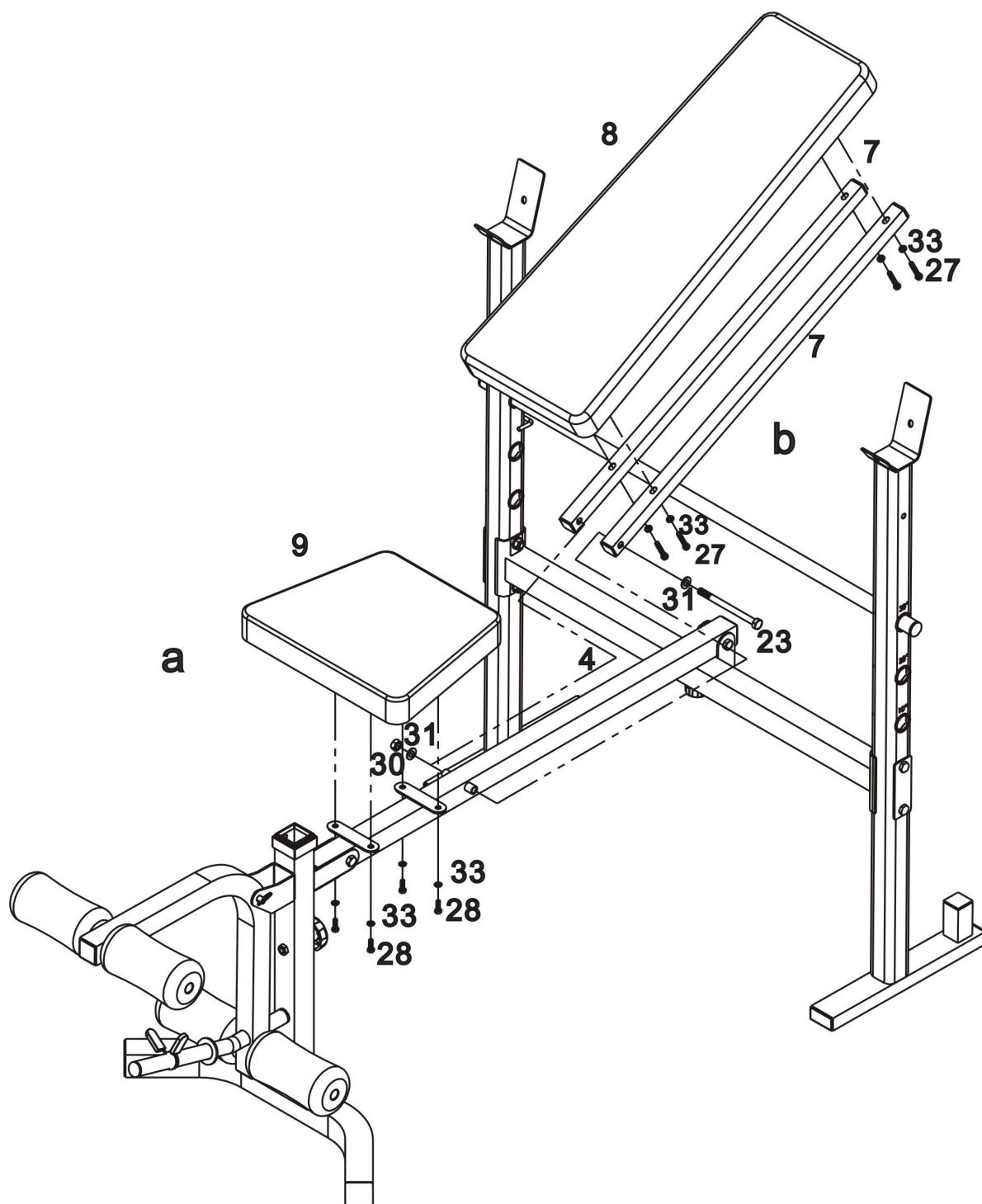
Assembly instructions



Step 3

- Attach the Arm Curl Pad (10) to the Arm Curl Pad Support (16) using 2 x M8 x 18mm Hex Bolts (26) and 2 x Ø8mm Washers (32).
- Insert the Arm Curl Pad Support (16) into the Front Upright Support (5) and secure with 1 x M10x50 Lock Knob (35).
- Attach 4 x Foam Rolls (18) to 2 x Foam Roll Tubes (12), and attach the Spring Collar (19) to the weight support on the Leg Developer (6); then attach the Leg Developer (6) to the Front Upright Support (5) using M10x75 Lock Pin (21).

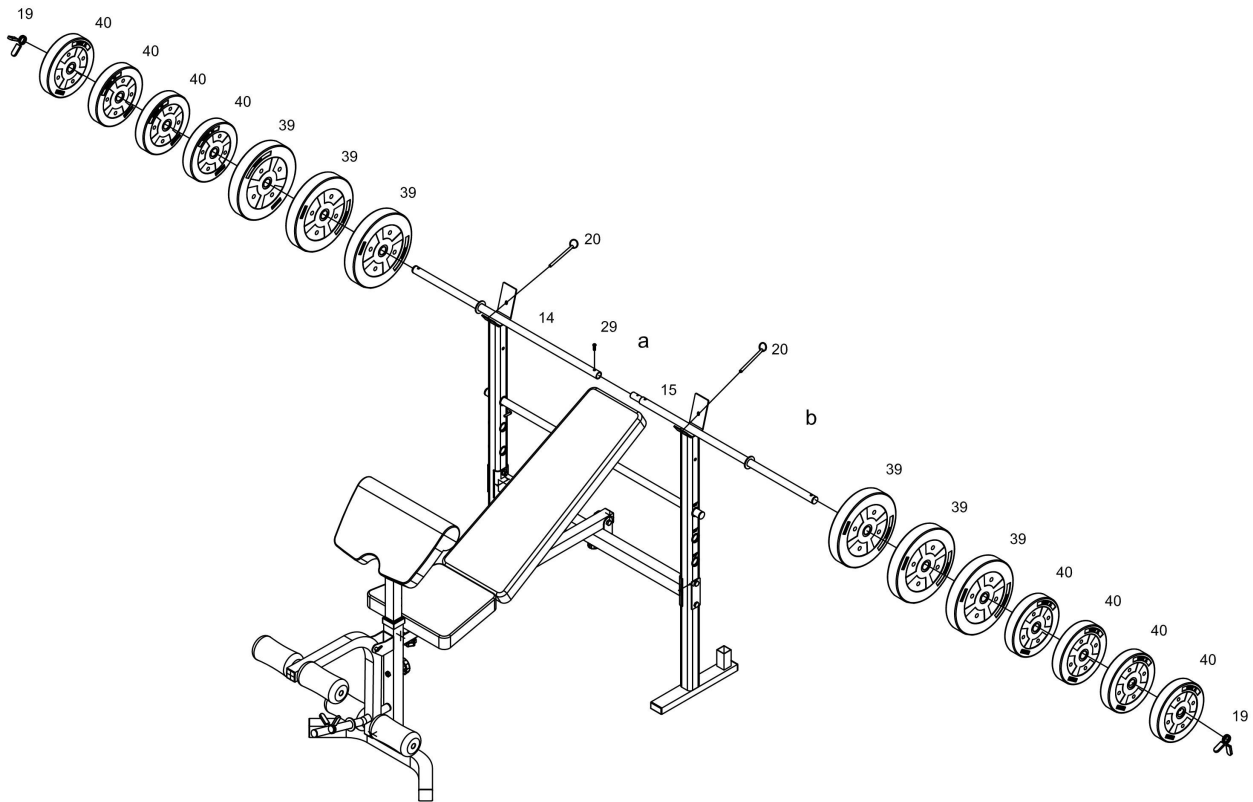
Assembly instructions



Step 4

- Attach the Seat Pad (9) to the Seat Pad Support (4) using 4 x M6×18mm Hex Bolts (28) and 4 x Ø6mm Washers (33).
- Connect the Backrest Support (7) with the Seat Pad Support (4) using 1 x M10×130mm Hex Bolt (23), 2 x Ø10mm Washers (31) and 1 x M10 Aircraft (30).
- Attach the Backrest Pad (8) to 2 x Backrest Support (7) using 4 x M6×38mm Hex Bolts (27) and 4 x Ø6mm Washers (33).

Assembly instructions

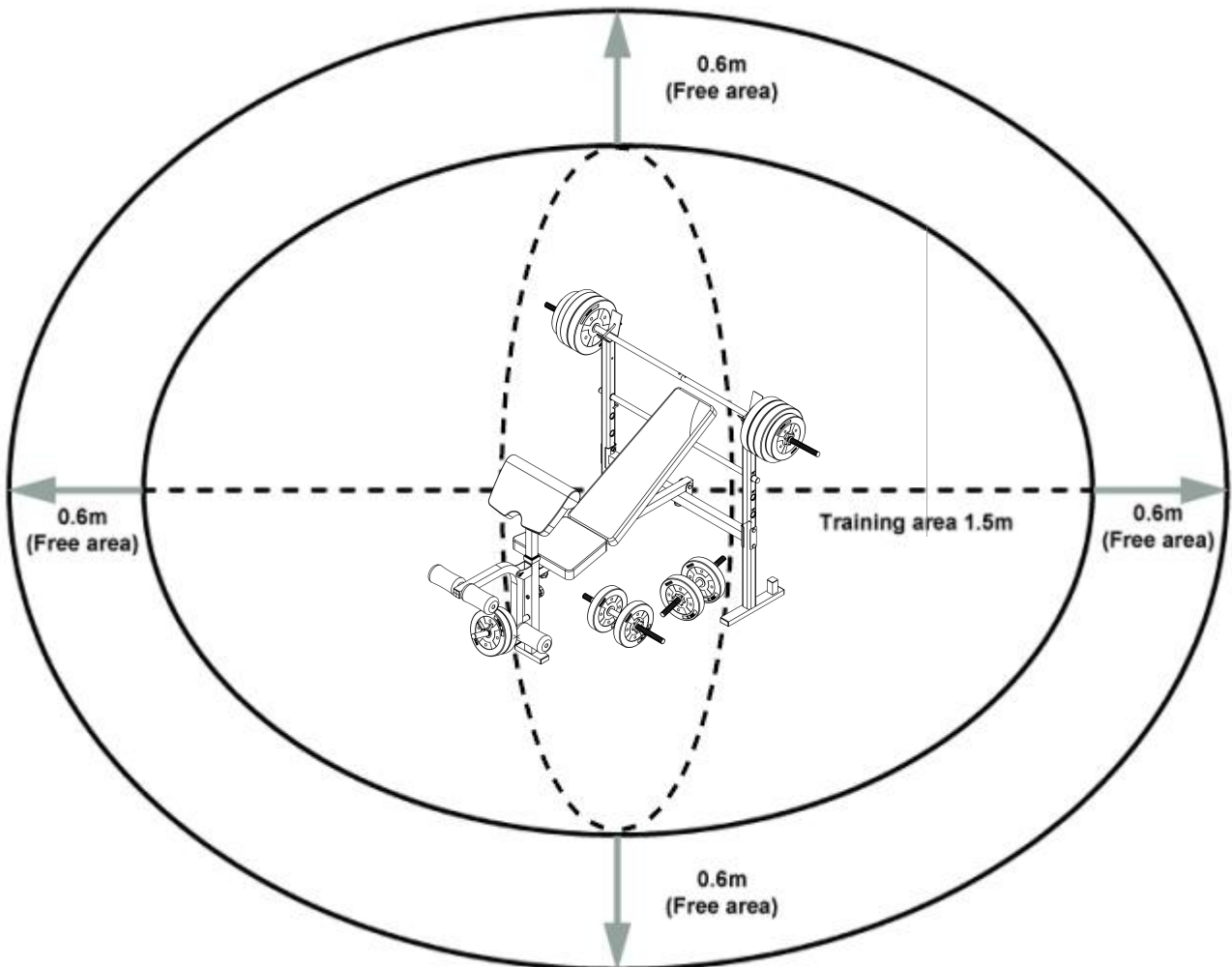


Step 5

- Connect the Long Weight Bar (**14**) with the Short Weight Bar (**15**) and secure with 1 x M6 × 20mm Allen Bolt (**29**); attach 6 x 5KG Weight Plates (**39**), 8 x 2.5KG Weight Plates (**40**) and 2 x Spring Collar (**19**) to the Long & Short Weight Bars (**14**, **15**). The plates should be divided equally among both ends of the bar.
- Attach the Long & Short Weight Bars (**14**, **15**) to the Left & Right Upright Support (**1**, **2**) and secure with 2 x Ø8×110 Lock Pins (**20**).

Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Only one person should be within the training area when the equipment is in use.

Workout Information

If you have not exercised for a while or are unsure as to how to use this equipment we recommend that you seek medical and professional advice to using the Men's Health Folding Bench.

Every individual will have their own training goals and will need to workout at different levels to achieve the desired result.

It is advised that you make sure that you have an understanding of the muscle groups you will be using and the correct form needed to use this equipment safely. It is also recommended that you make sure that you exercise safely and always ensure you have sufficient time to warm-up and cool-down before and after exercise.

FREE WORKOUT RESOURCES

Go to Menshealth.co.uk/workout to explore our FREE online workout library.

The Men's Health workout library allows you to select and tailor programmes according to your very own training goals.

Choose your workout based on difficulty, time available, muscles worked and equipment available.

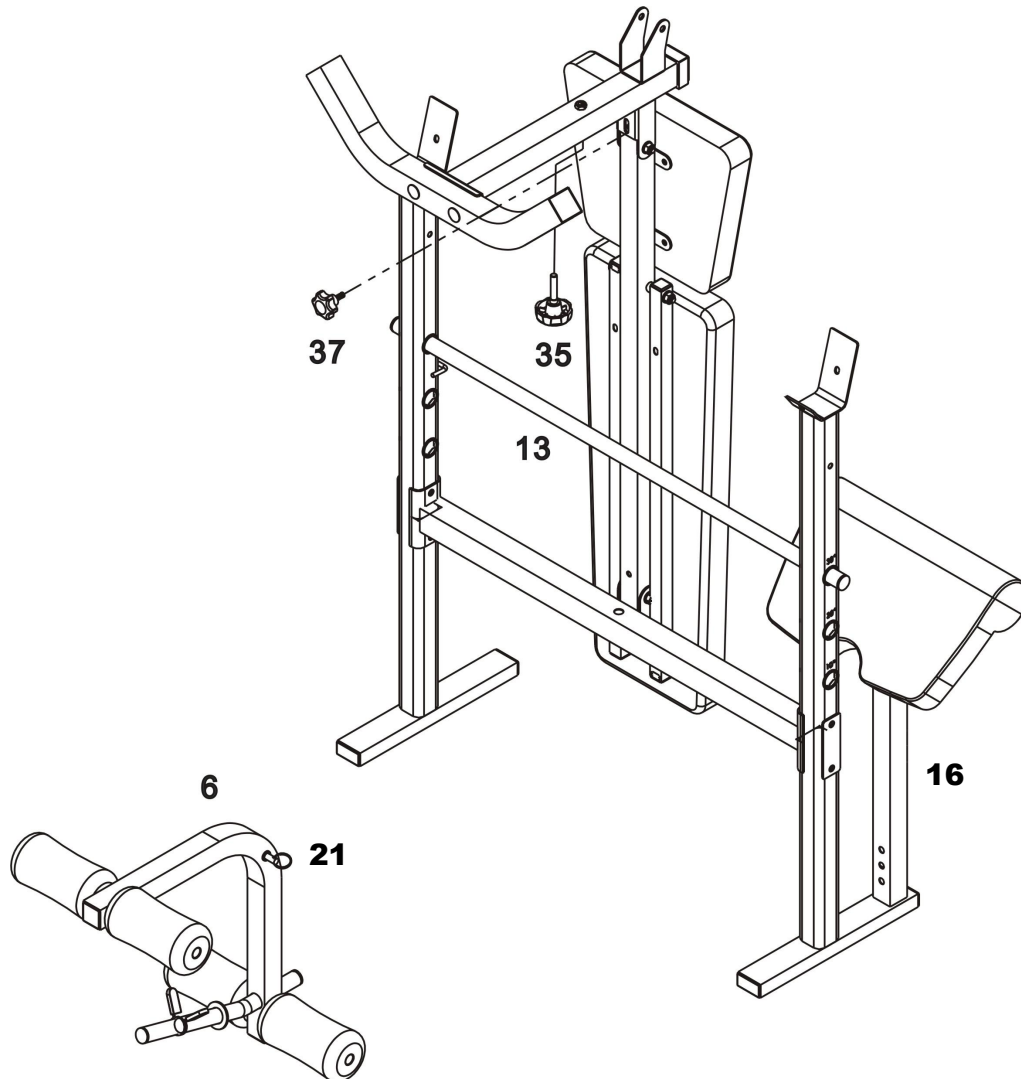
You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.

Men's Health - the UK's No.1 Men's Magazine

www.menshealth.co.uk

Workout Information

To Fold & Store Your Bench

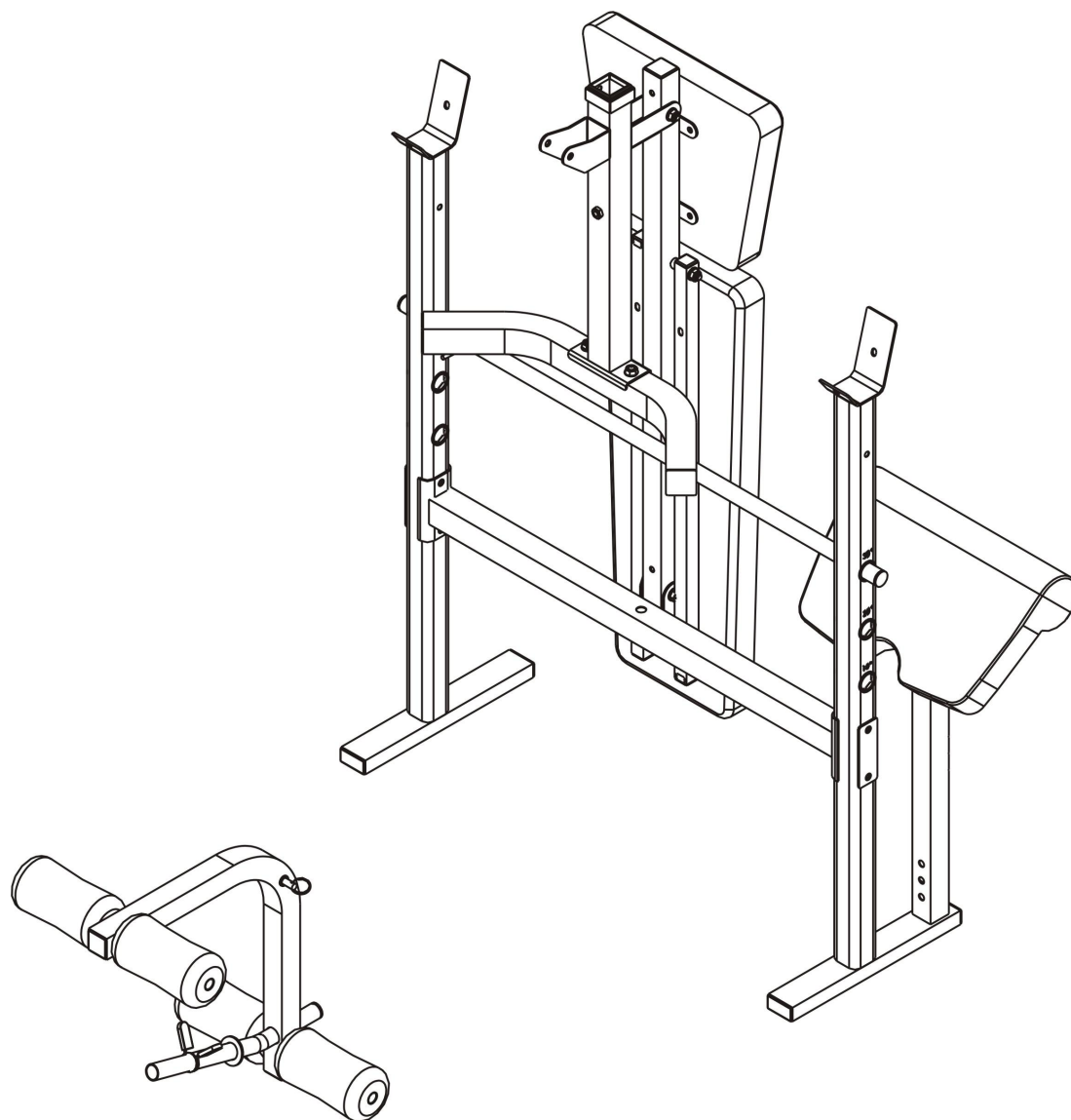


Step 1

Remove the Ø10×75 Lock Pin (**21**), Leg Developer (**6**) and M10×50 Lock Knob (**35**), move the Arm Curl Pad Support (**16**) to the spare tube of the Left Upright Support (**1**), remove the M8×20 Lock Knob (**37**) and Incline Adjustable Rod (**13**), then fold the bench, and finally insert the Incline Adjustable Rod (**13**) back into the L & R Upright supports.

Workout Information

To Fold & Store Your Bench



Step2

In fold position

Note:Weight plate for leg extension -1" bore size, max diameter 42cm, max13.5cm thickness, max training weight load 35kg.

Care and Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. connection points.

2. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair.

Pay special attention to components most susceptible to wear.

3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

4. Do not attempt to repair this equipment yourself. Should you

have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the **Customer Helpline:**

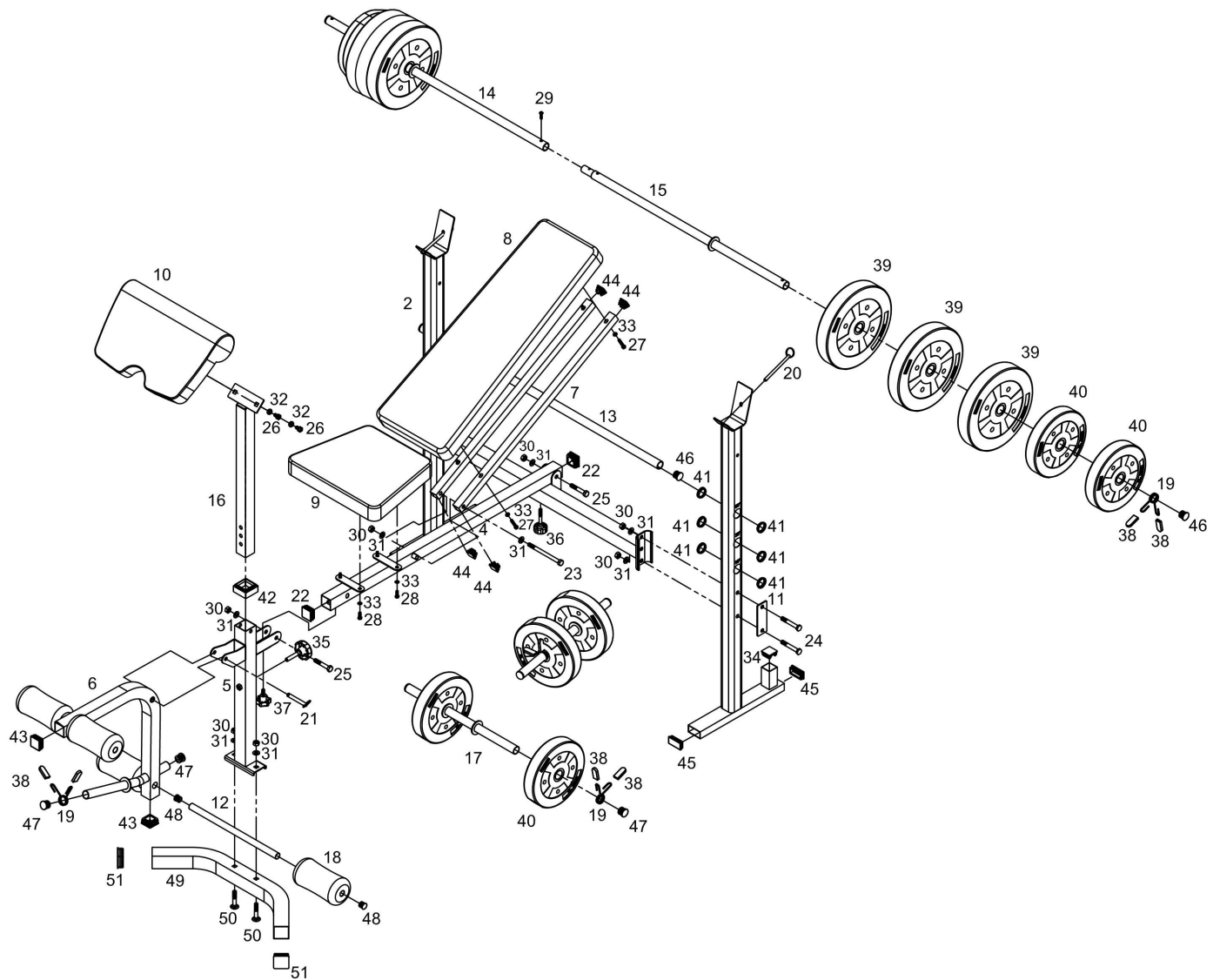
0345 600 1714.

www.argos-support.co.uk

Guarantee:

For guarantee purposes, please retain your original purchase receipt.

Exploded Parts Diagram



Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Left Upright Support	1	28	M6×18mm Hex Bolt	4
2	Right Upright Support	1	29	M6×20mm Allen Bolt	1
3	Cross Beam	1	30	M10 Aircraft Nut	9
4	Seat Pad Support	1	31	Ø10mm Washer	10
5	Front Upright Support	1	32	Ø8mm Washer	2
6	Leg Developer	1	33	Ø6mm Washer	8
7	Backrest Support	2	34	33.4×1.2 End Cap	1
8	Backrest Pad	1	35	M10×50 Lock Knob	1
9	Seat Pad	1	36	M8×55 Lock Knob	1
10	Arm Curl Pad	1	37	M8×20 Lock Knob	1
11	Bracket	2	38	Cap	14
12	Foam Roll Tube	2	39	5KG Weight Plate	6
13	Incline Adjustable Rod	1	40	2.5KG Weight Plate	8
14	Long Weight Bar	1	41	Bush	12
15	Short Weight Bar	1	42	Sleeve □ 45×□ 38	1
16	Arm Curl Pad Support	1	43	End Cap 38×1.5	2
17	Dumbbell Bar	2	44	End Cap 25×1.3	4
18	Foam Roll	4	45	End Cap 25×50×1.5	4
19	Spring Collar	7	46	End Cap Ø25×2	4
20	Lock Pin Ø8×110	2	47	End Cap Ø25×1.5	6
21	Lock Pin Ø10×75	1	48	End Cap Ø19×1.0	4
22	End Cap 38×1.2	2	49	Front Stabilizer	1
23	M10×130mm Hex Bolt	1	50	M10 x 55mm Carriage Bolt	2
24	M10×70mm Hex Bolt	4	51	End Cap 45×1.5	2
25	M10×60mm Hex Bolt	2		4mm Allen Key	1
26	M8×18mm Hex Bolt	2			
27	M6×38mm Hex Bolt	4			

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects for a period of



Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of a problem with the product within the guarantee period call **Customer Helpline: 0345 6001714 www.argos-support.co.uk**

Guarantor: Argos Ltd
489 – 499 Avebury Boulevard
Central Milton Keynes
MK9 2NW