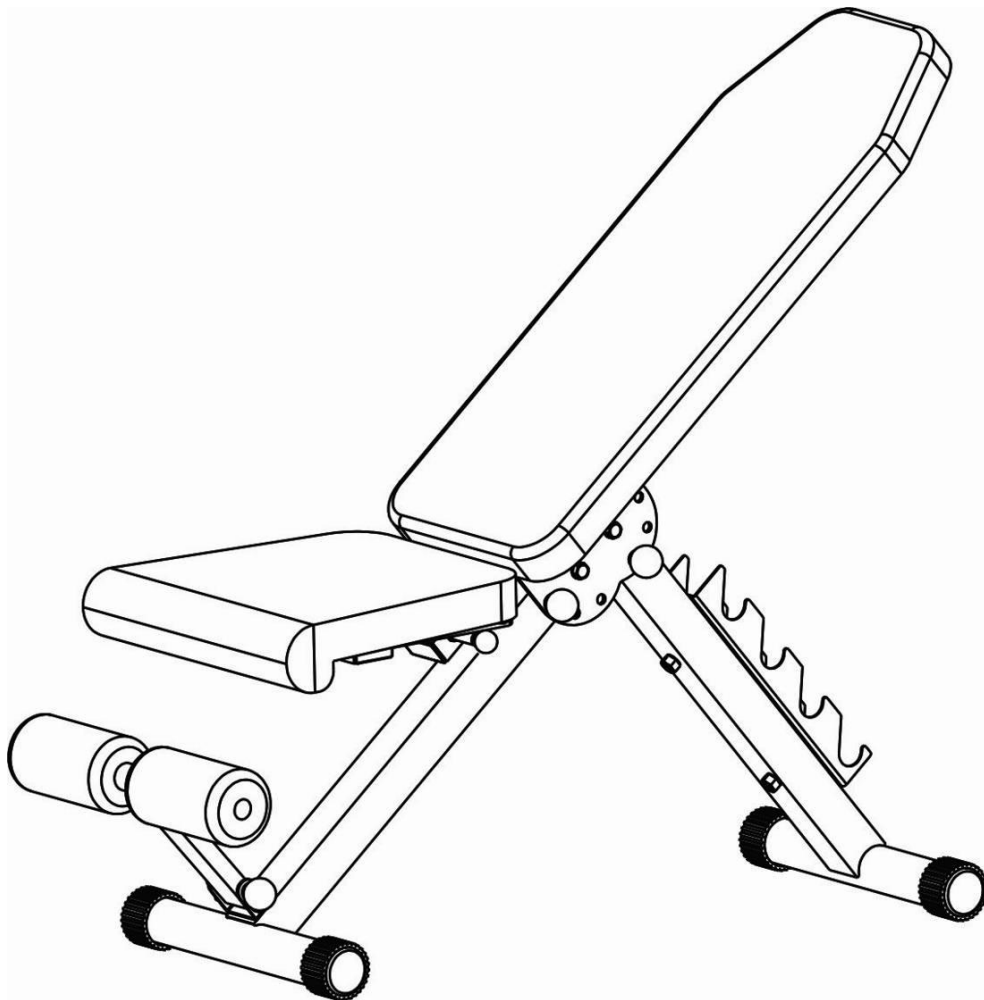


OPTI UTILITY TRAINING Bench

Assembly & User Instructions – Please keep for future reference

616 / 2629



opti

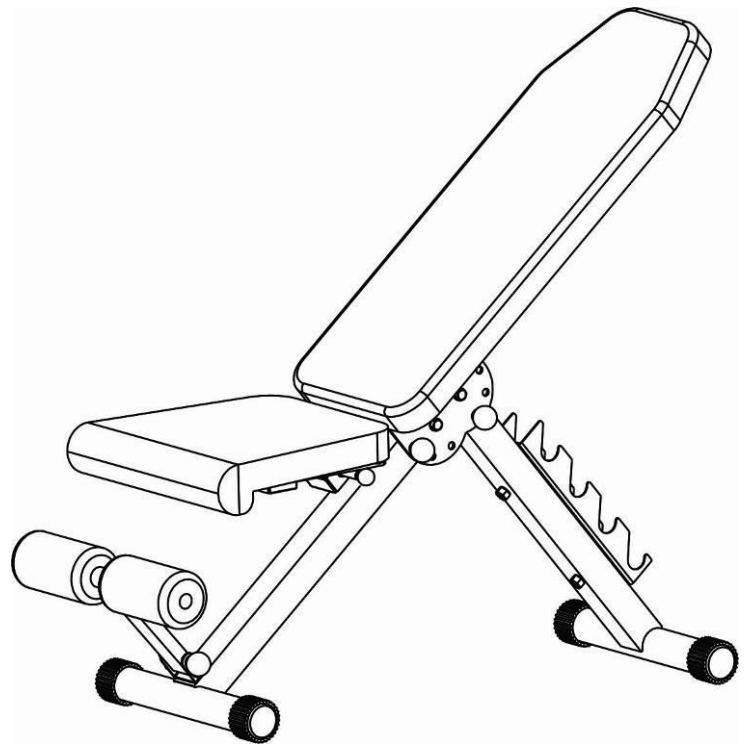
Important – Please read these instructions fully before assembly or use

These Instructions contain important information which will help you get 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

Contents

Safety Information	2
Components - Parts	3
Components - Fixings	4
Assembly Instructions	5-8
Workout Area	9
Exercise Information	10-15
Before starting	10
Muscle Chart	11
Warming up and Cooling down	12-13
Using the bench	14-15
To Fold & Store Your Bench	16
Care and Maintenance	17
Exploded Parts Diagram	18
Parts List	19





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.
- 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.

Using

- 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.**
- Max training weight is **30kgs.**
- This product conforms to: (BS EN ISO 20957-1 and EN ISO 20957-4) 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..

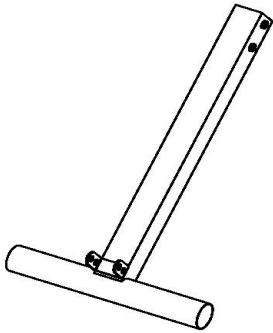
Components-parts

If you have any damaged or missing parts, Please Call the Customer Helpline: 0345 6001714.

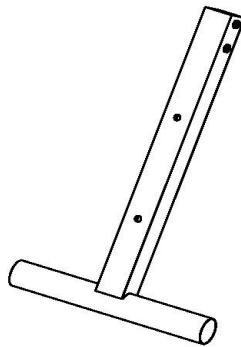
Please check you have all parts list below

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

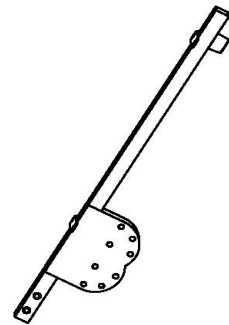
Total mass of the product is 13.5 kg. Total size of the equipment is (width) 56 cm × (depth) 142 cm × (height) 107 cm.



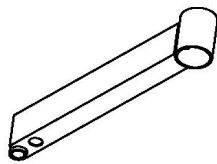
1 Front Stabilizerx1



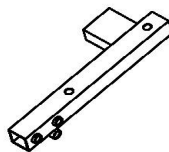
2 Rear Stabilizerx1



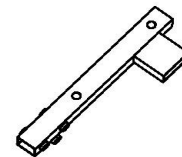
3 Backrest Supportx1



4 Foot Holderx1



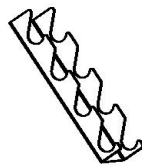
5 Left Seat Supportx1



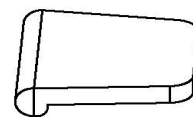
6 Right Seat Supportx1



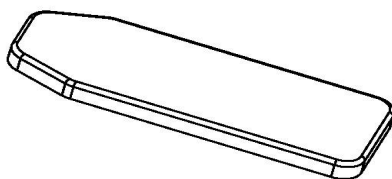
7 Foam Roll Tubex1



8 Dumbbell Holderx1



9 Seat Padx1



10 Backrest Padx1












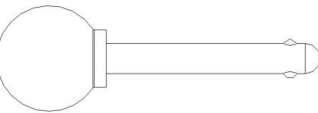


19 Foam Rollx2

Components – Fixings

Please check you have all fixings 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

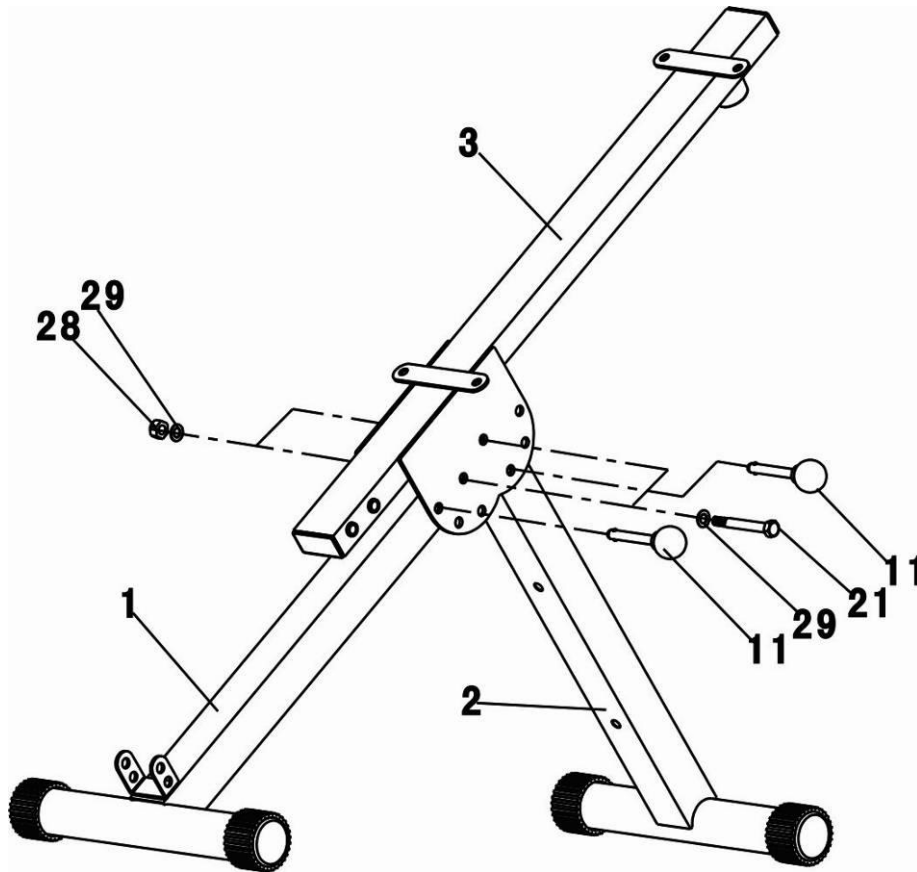
<p>21  M10X82MM Hex Bolt x 2</p>	<p>22  M10X65MM Hex Bolt x 2</p>	<p>29  ϕ 10MM Washer x 12</p>
<p>23  M10X70MM Hex Bolt x 1</p>	<p>25  M8X42MM Hex Bolt x 4</p>	<p>30  ϕ 8MM Washer x 8</p>
<p>26  M8X16MM Hex Bolt x 4</p>	<p>24  M10X160MM Hex Bolt x 1</p>	<p>28  M10 Aircraft Nut x 6</p>
<p>13  Long Lock Pin x 1</p>	<p>11  Lock Pin1 x 2</p>	<p>12  Lock Pin2 x 1</p>

Tools prepared by user



Adjustable spanner x 2

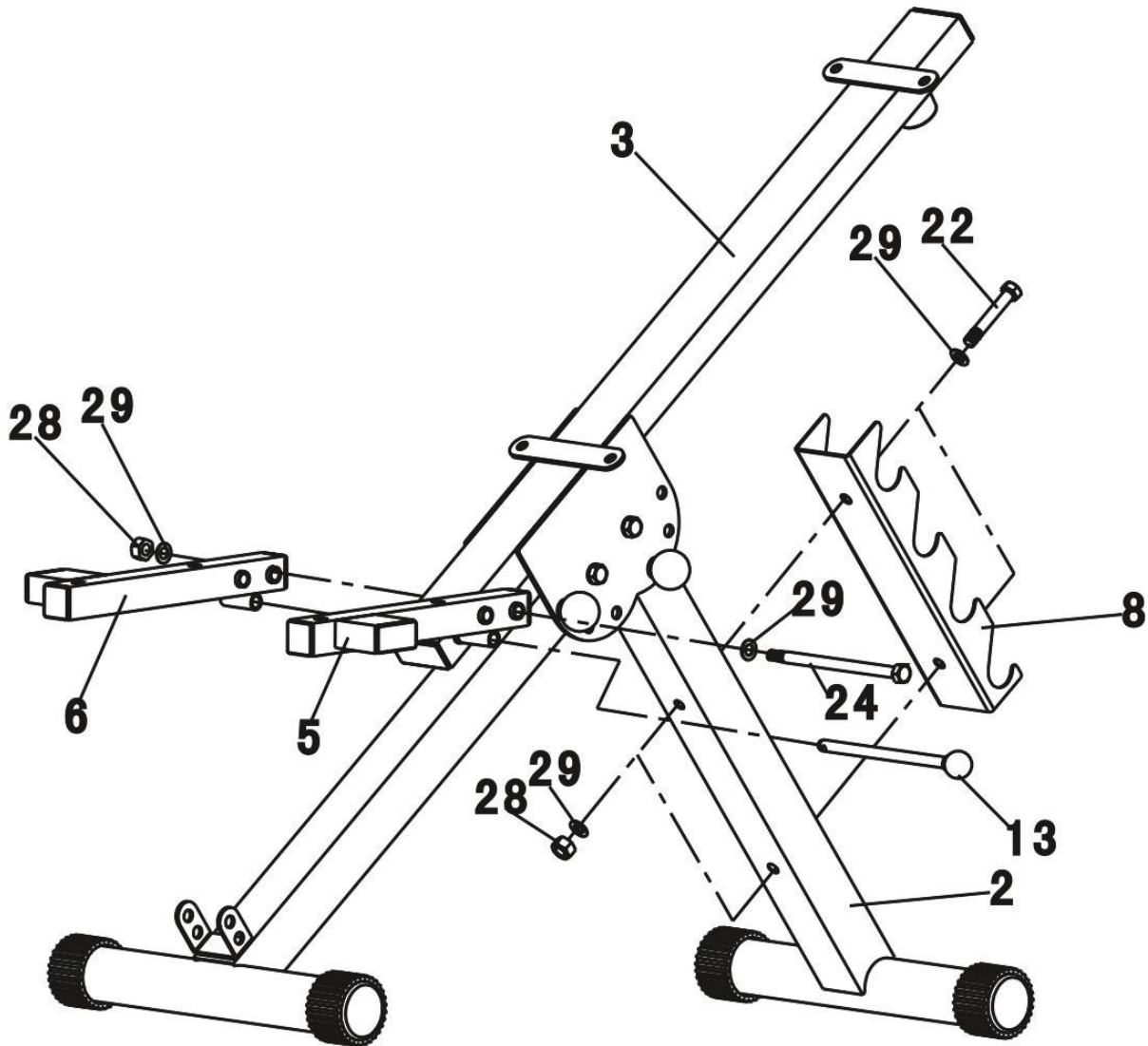
Assembly Instructions



Step 1

- A. Attach the Front Stabilizer(1) and Rear Stabilizer(2) to the Backrest Support(3), Align the hole and secure each of them with one M10*82MM Hex Bolt(21), two Φ 10mm Washers (29) and one M10 Aircraft Nut(28).
- B. Select Desired incline and lock the Front Stabilizer (1) and Rear Stabilizer (2) to the Backrest Support (3), to the Backrest Support (3) with two 95MM Lock Pins (11).

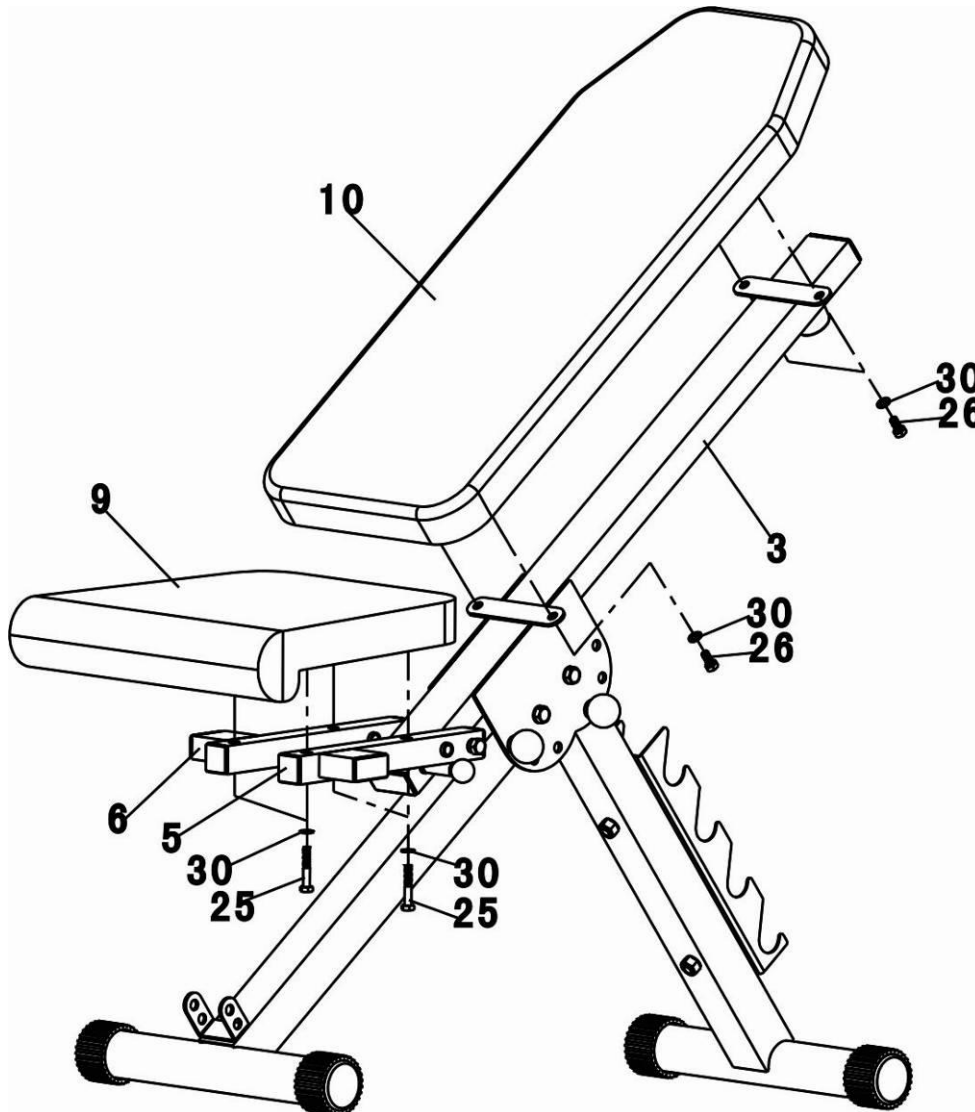
Assembly Instructions



Step 2

- A. Attach Dumbbell Holder (8) to the Rear Stabilizer (2), Align the hole and secure with two M10x65MM Hex Bolts (22), four Φ 10MM Washers (29) and two M10 Aircraft Nuts (28).
- B. Attach the Left & Right Seat Pad Supports (6&5) to each side of the Backrest Support (3), Align the top hole and secure with one M10x160MM Hex Bolt (24), two Φ 10MM Washers (29) and one M10 Aircraft Nut (28).
- C. The Seat Pad Support Assembling have two position incline adjustments, Select your desired angle and secure with one 175MM Lock Pin(13)

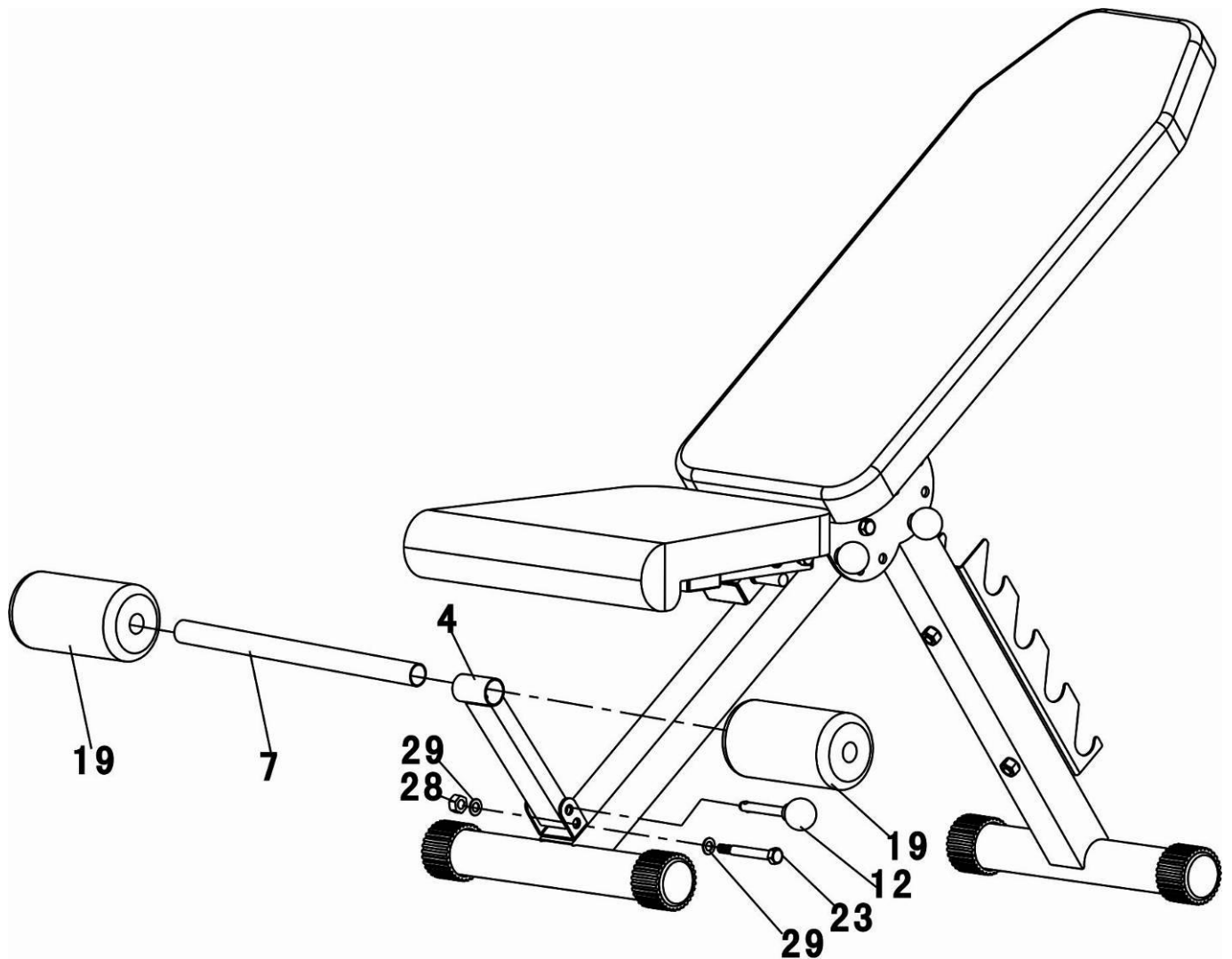
Assembly Instructions



Step 3

- A. Attach the Seat Pad (9) to the two Seat Pad Supports (5&6), Align the hole and secure with four M8*42MM Hex Bolts (25) and four Φ 8MM Washers (30).
- B. Attach the Backrest Pad (10) to the Backrest Pad Support(3), Align the hole and secure with four M8*16MM Hex Bolts (26) and four Φ 8MM Washers (30).

Assembly Instructions

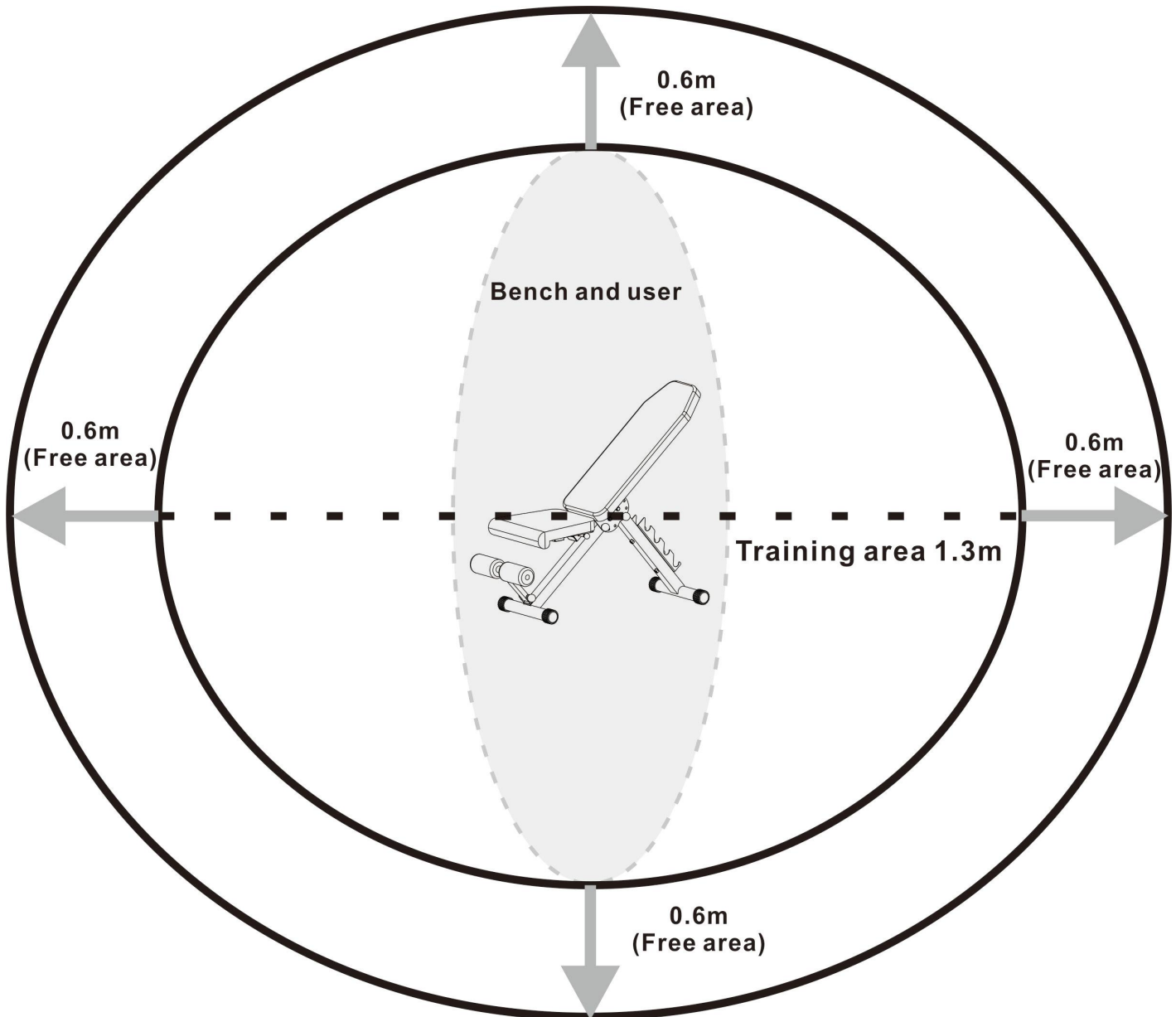


Step 4

- A. Attach the Foot Holder (4) to the bracket on the Front Stabilizer (1), Align the hole and secure with one M10*70MM Hex Bolt (23), two Φ 10mm Washers (29) and one M10 Aircraft Nut (28). **DO NOT OVER TIGHTEN THE BOLT.**
- B. During dumbbell exercise or storage the Foot Holder Assembling can be folded, when you attend to do sit up exercise, insert one 83MM Lock Pin(12) into another hole if the Foot Holder (4) and the bracket on the Front Stabilizer(1).
- C. Slide the Foam Roll Tube (7) into the hole on the top of the Foot Holder (4) with half way, attach two Foam Rolls (19) from each side of the Foam Roll Tube (7).

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.

Exercise Information

Before starting

Tailor your exercise program according to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment, a few minutes per workout increase is advisable.

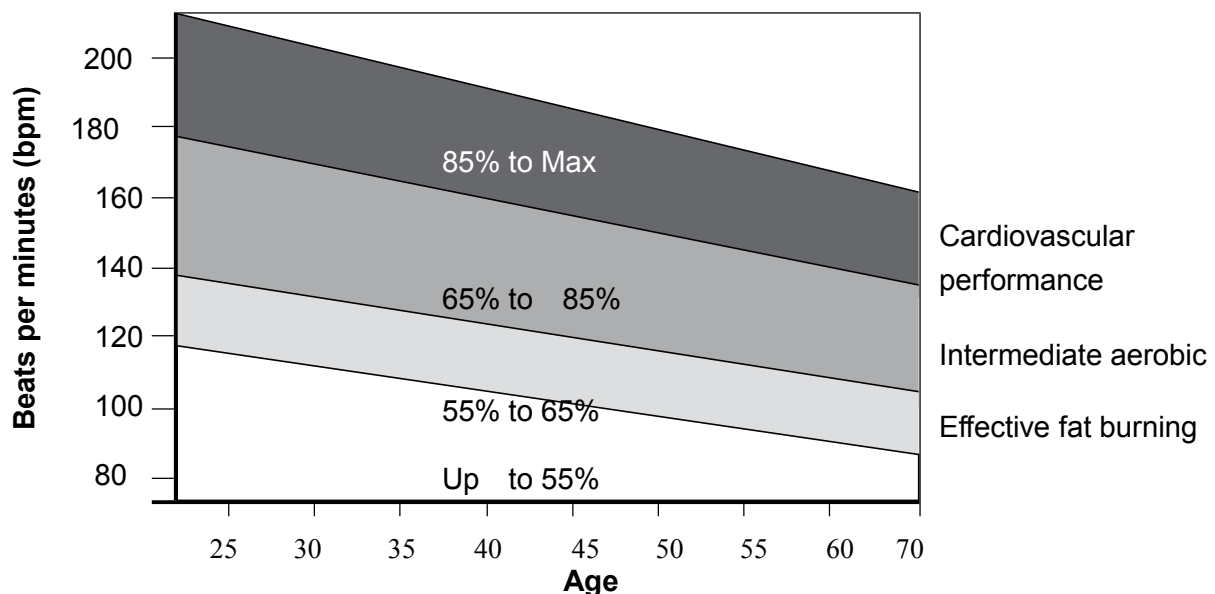
Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programme to advise you of a workout routine you should adopt.
- Begin your training programme slowly with realistic goals
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

Exercise intensity

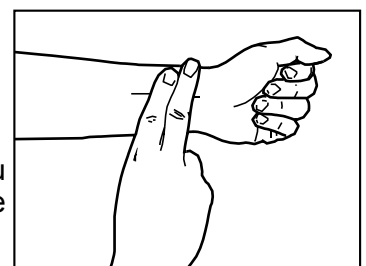
To maximize the benefits of exercising, it is important to exercise with proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise programme, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercises.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six - second heartbeat count is 14, your heart rate is 140 beats per minute.

(A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the required level.



Exercise Information

Muscle chart

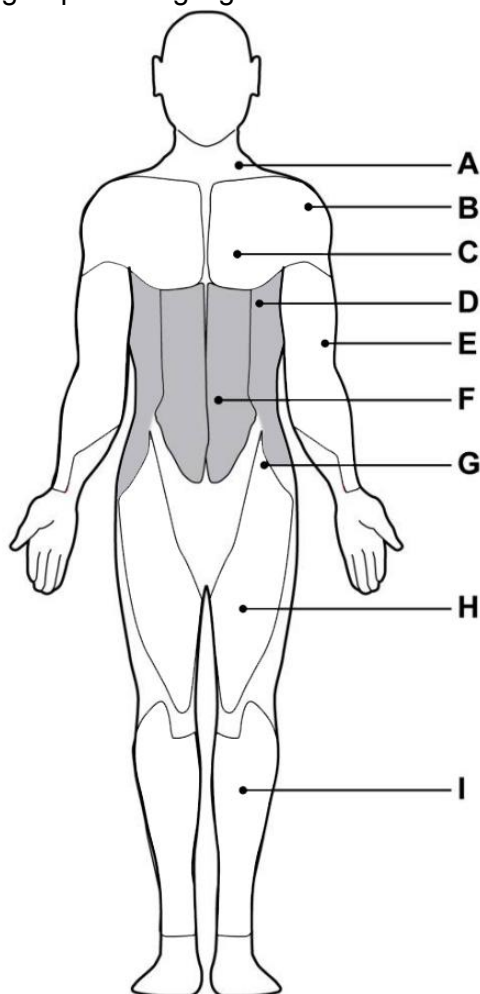
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example).

Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps.

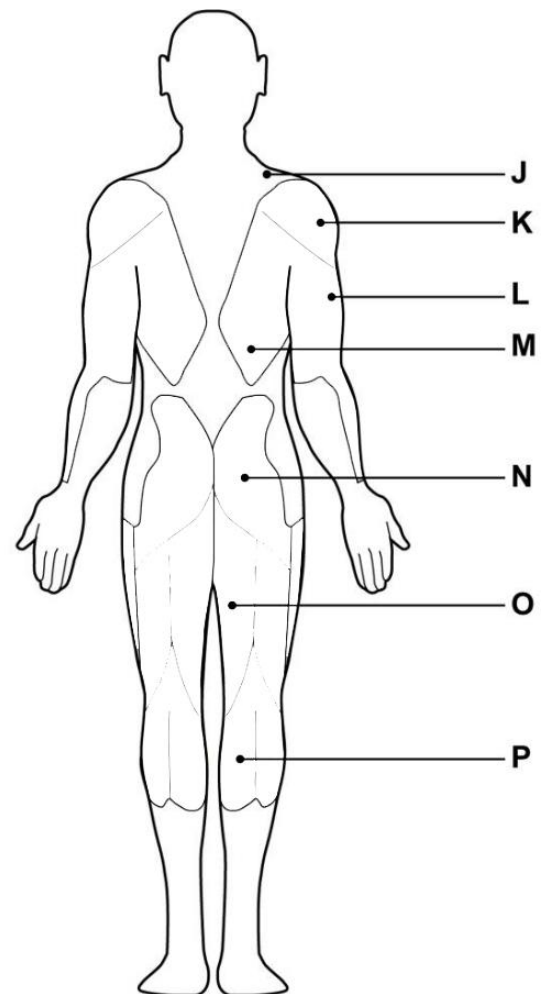
Targeted Muscle Groups

The exercise routine that is performed on the training bench will develop the core muscle groups. These muscle groups are highlighted on the muscle chart below.



Front

- | | |
|-----------------------------|-----------------------------|
| A: Trapezius | F: Abdominal |
| B: Anterior Deltoid | G: Sartorius |
| C: Pectoralis Major | H: Quadriceps |
| D: Serratus Anterior | I: Tibialis Anterior |
| E: Biceps | |



Back

- | | |
|-----------------------------|-------------------------|
| J: Trapezius | N: Gluteals |
| K: Posterior Deltoid | O: Hamstrings |
| L: Triceps | P: Gastrocnemius |
| M: Latissimus Dorsi | |

Exercise Information

Warming up and Cooling down

Each workout should include the following three parts:

1. A warm up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm up increases your body temperature, heart rate and circulation in preparation for exercise.
2. Training zone exercise consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise programme, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

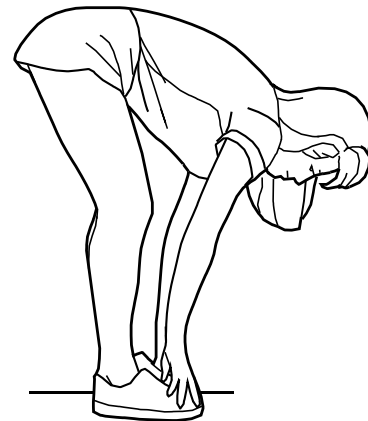
To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

Toe Touch Stretch

Stand with your knee bent slightly and slowly bent forward from your hips. Allow your back and shoulder to relax as you reach down toward your toes as far as possible.

Hold for 15 Counts, then relax.
Repeat 3 times

Stretches: Hamstring, back of knees and back



Quadriceps Stretch

Sit with one leg extended, bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible

Hold for 15 counts, then relax.
Repeat 3 times

Stretches: Hamstrings, lower back and groin.



Exercise Information

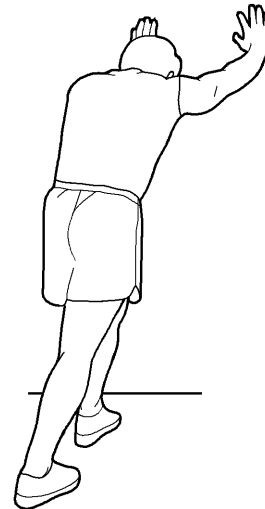
Calf / Achilles Stretch

With one leg in front of the other, reach forward and place your hands against the wall. Keep your back leg straight and your back foot flat on the floor. Lean forward and move your hips toward the wall.

Hold for 15 counts then relax.

Repeat 3 times for each leg. To cause further stretching of the Achilles. Tendons, bend your back leg as well.

Stretching: Calves, Achilles, Tendons and ankles



Quadriceps Stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax, Repeat 3 times for each leg.

Stretching: Quadriceps and hip muscle

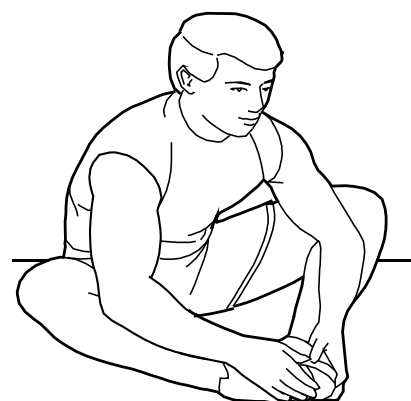


Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax. Repeat 3 times.

Stretching: Quadriceps and hips muscle



Exercise Information

Using the bench

When working out, do the following for each exercise: exhale while exerting/lifting and inhale while returning to starting position in a slow and controlled manner

- Read all caution and warning stickers before using this equipment.
- Before using, inspect the equipment for loose, frayed, or worn parts, if in doubt do not use the equipment until the parts have been replaced.
- Before beginning any exercise programme it is suggested to have a complete medical examination and to obtain your doctor's approval of your exercise/conditioning programme.
- Any clips must be closed completely before using this equipment.
- We recommend that you always exercise with a partner or someone who can assist you in case the weights become too heavy for you to lift on your own.

Always warm up your muscles before exercising. Prepare your body with easy stretching (without bouncing) and light calisthenic, for several minutes.

Biceps Curl - Develop the biceps muscles

Sit on the bench with your back supported on the bench

Grasp a dumbbell in each hand with the palms facing forwards. Raise the dumbbells until the biceps are fully contracted. Return slowly to the start position and repeat,

Beginners: 10 Reps with light weights

Intermediate: 10 reps/3 sets

Advance: 10Reps/ 4 sets with gradually increasing weights



Chest Press - Develop upper pectoral muscles

With the elbows slightly bent. Hold two dumbbells at arms length overhead, Lower the dumbbells slowly out to the sides of the chest to a point where you can feel the stretch of the pectoral muscles, Bring the dumbbells back to the start position again in the same arc and repeat.

Beginners: 10 Reps with light weights

Intermediate: 10 reps/3 sets

Advance: 10Reps/ 4 sets with gradually increasing weights



Exercise Information

Triceps Curl - Develops the Triceps muscle

Stand alongside the bench with your right knee bent in front of your left leg, and the dumbbell in your left hand, hold the bench side with your right hand for support. Bend over and drop your left hand towards the floor. Now, pull the dumbbell up until it is tucked into your side. Return to starting position and repeat with your opposite side.

Beginners: 10 Reps with light weights

Intermediate: 10 reps/3 sets

Advance: 10Reps/ 4 sets with gradually increasing weights



Sit Up - Develops the Abdominal muscles

Sit on the bench with your knees bent to about 45 degrees and your feet hooked under the Leg Bar Foam Rollers. Put your hand on your shoulders and your chin on your chest (This will put a slight bow in your back)

For this position, Inhale and lie back until your lower back touches the Backrest Board, Exhale as you raise back up to the starting position

Beginners: 10 Reps with light weights

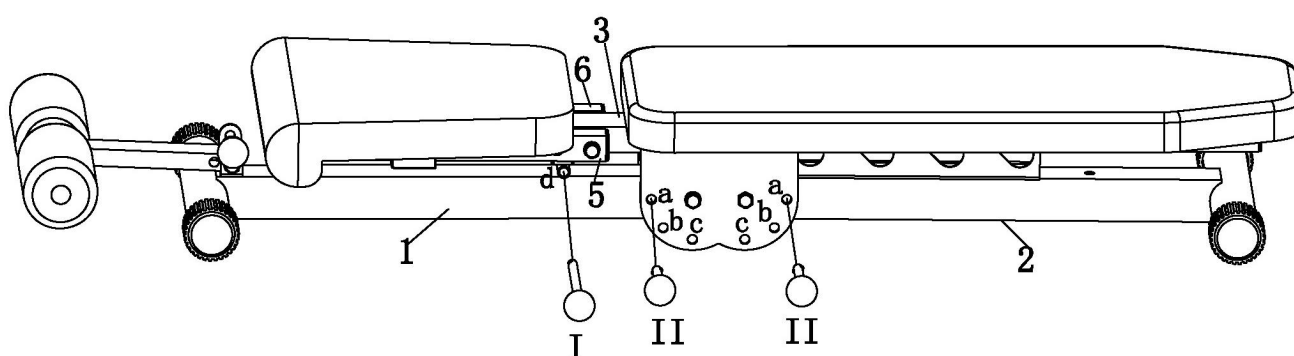
Intermediate: 10 reps/3 sets

Advance: 10Reps/ 4 sets with gradually increasing weights



Exercise Information

To Fold & Store Your Bench



Fold flat and insert the pins to lock the bench for storage.

Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use

the equipment again until it is in perfect working order.

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

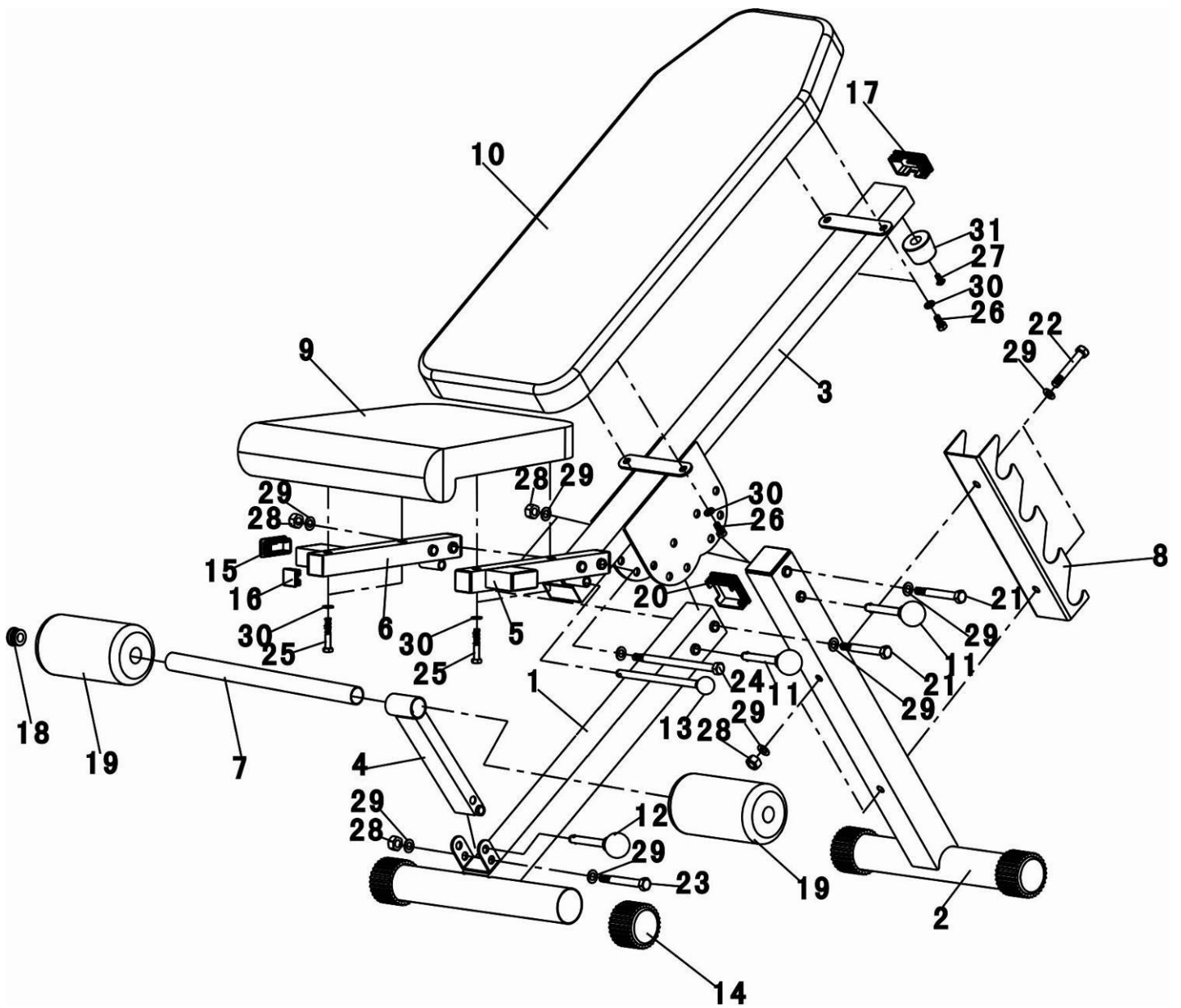
5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of

your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline: 0345 6001714**
www.argos-support.co.uk

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Exploded Parts Diagram



Note: Some of above parts have been pre-fitted to the large component at the factory.

Parts List

Part	Description	QTY	Part	Description	QTY
1	Front Stabilizer	1	17	□30x60MM End Cap	2
2	Rear Stabilizer	1	18	Φ25MM End Cap	2
3	Backrest Support	1	19	Foam Roll	2
4	Foot Holder	1	20	□50MM End Cap	2
5	Left Seat Support	1	21	M10X82MM Hex Bolt	2
6	Right Seat Support	1	22	M10X65MM Hex Bolt	2
7	Foam Roll Tube	1	23	M10X70MM Hex Bolt	1
8	Dumbbell Holder	1	24	M10X160MM Hex Bolt	1
9	Seat Pad	1	25	M8*42MM Hex Bolt	4
10	Backrest Pad	1	26	M8X16MM Hex Bolt	4
11	Lock Pin 1	2	27	M6X16MM Philips Bolt	1
12	Lock Pin 2	1	28	M10 Aircraft Nut	6
13	Long Lock Pin	1	29	Φ10MM Washer	12
14	Φ50mm End Cap	4	30	Φ8MM Washer	8
15	□25x50MM End Cap	2	31	Bumper	1
16	□30MM End Cap	4			

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects from 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 rendered invalid if the products 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 problem with the product with in 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