

Opti Bench with 30KG Weights

Assembly & User Instructions - Please keep for future reference

619/3588



Important – Please read these instructions fully before assembly or use

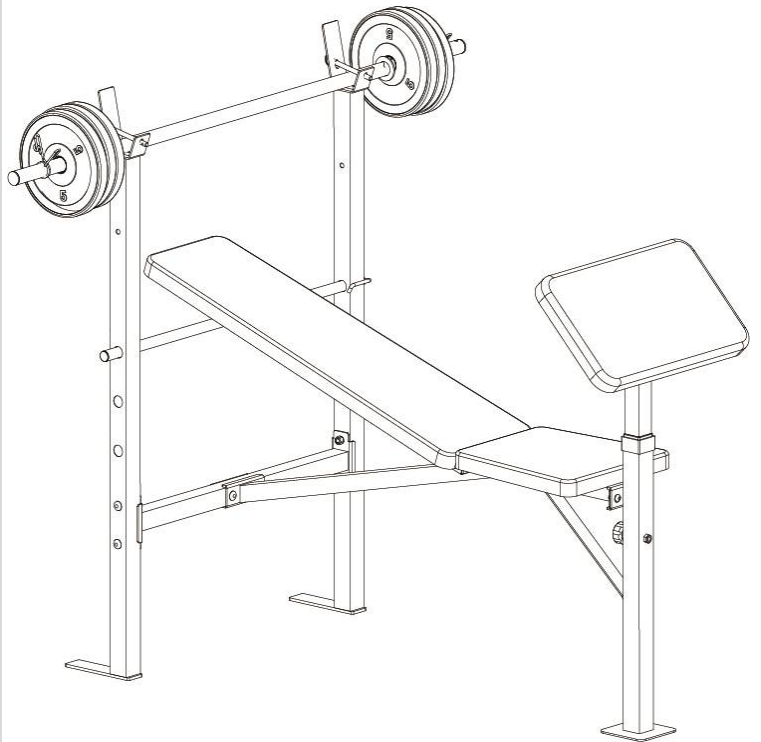
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

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

Issue 1 -18/5/17

Contents

Safety Information	2
Components - Parts	3-4
Components - Fixings	5
Assembly Instructions	6-9
Workout Area	10
Exercise Information	11-17
Before starting	11
Muscle Chart	12
Warming up and Cooling down	13-14
Fixing Your Bench	15
Using the bench	16-17
Care and Maintenance	18
Exploded Parts Diagram	19
Parts List	20





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: **100kg.**
 - The maximum training mass is on barbell support is **50kg** (including bar and weights).
 - The maximum training mass on the barbell bar is **45kg**
 - The maximum training mass on the preach pad is **30kg.**
 - 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

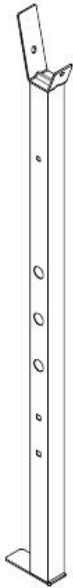
If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

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.

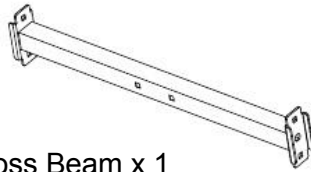
Total mass of the product is 46 kg. Total size of the equipment is (width) 120 cm × (depth) 120 cm × (height) 107 cm

1



Upright Support x 2

2



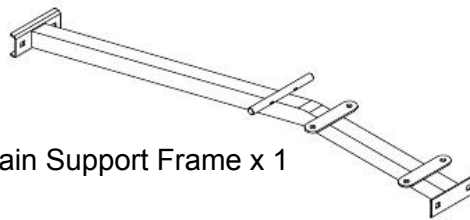
Cross Beam x 1

3



Bracket x 1

4



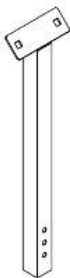
Main Support Frame x 1

5



Front Stabilizer x 1

6



Arm Curl Pad Support x 1

7



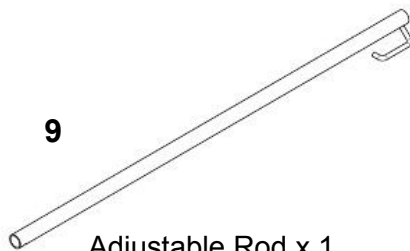
Diagonal Support x 1

8



Backrest Support x 2

9



Adjustable Rod x 1

10



Φ8x90 Lock pin x 2

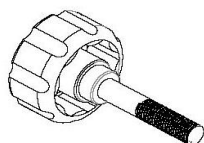
Components - Parts

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

Please check you have all parts listed below

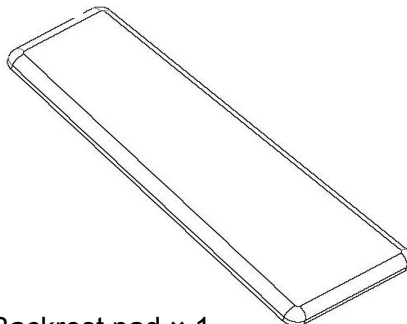
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

11



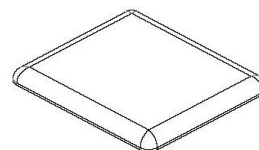
Lock knob × 1

12



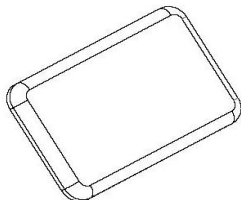
Backrest pad × 1

13



Seat pad × 1

14



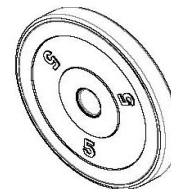
Arm curl pad × 1

15



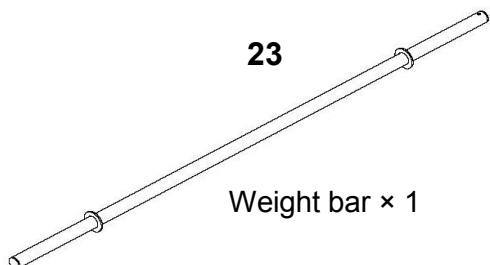
Spring collar × 2

24



5KG Weight plate × 6

23



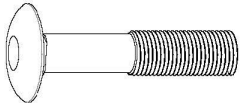

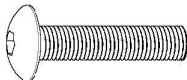






Weight bar × 1

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.

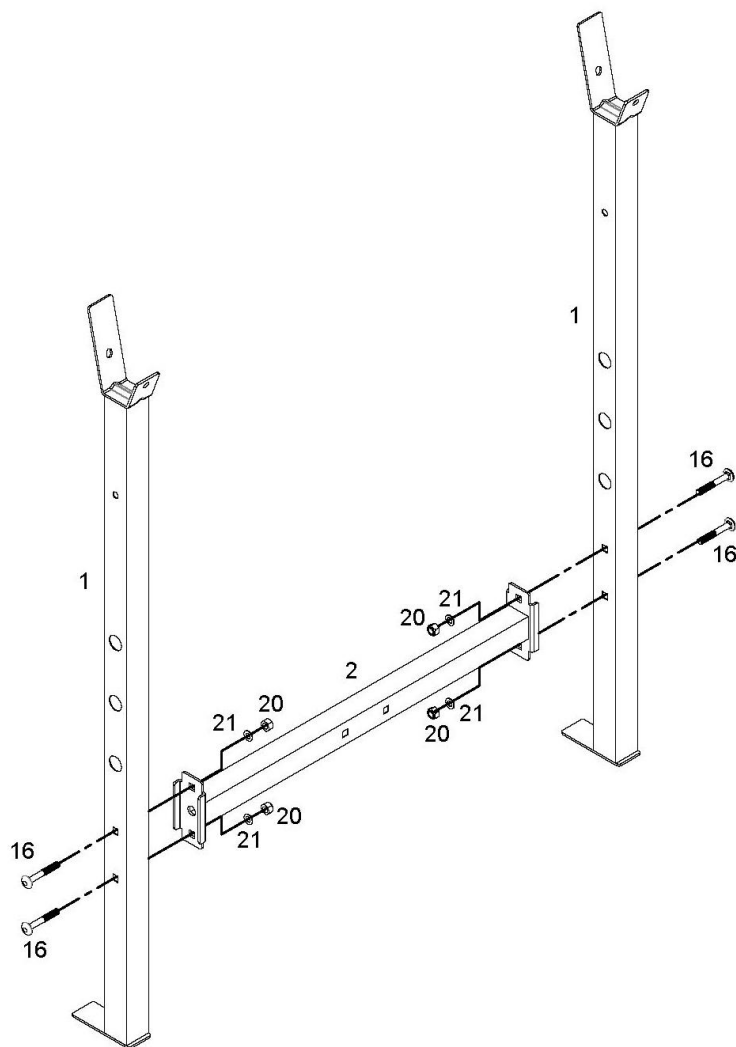
16  M8 x 50mm Carriage bolt x 6	17  M8 x 18mm Allen bolt x 6	18  M6 x 38mm Allen bolt x 4
19  M6 x 16mm Allen bolt x 4	20  M8 Aircraft nut x 8	21  8mm Washer x 14
22  6mm Washer x 8	 4mm Allen wrench x 1	 5mm Allen wrench x 1

Tools prepared by user



Adjustable
spanner x 2

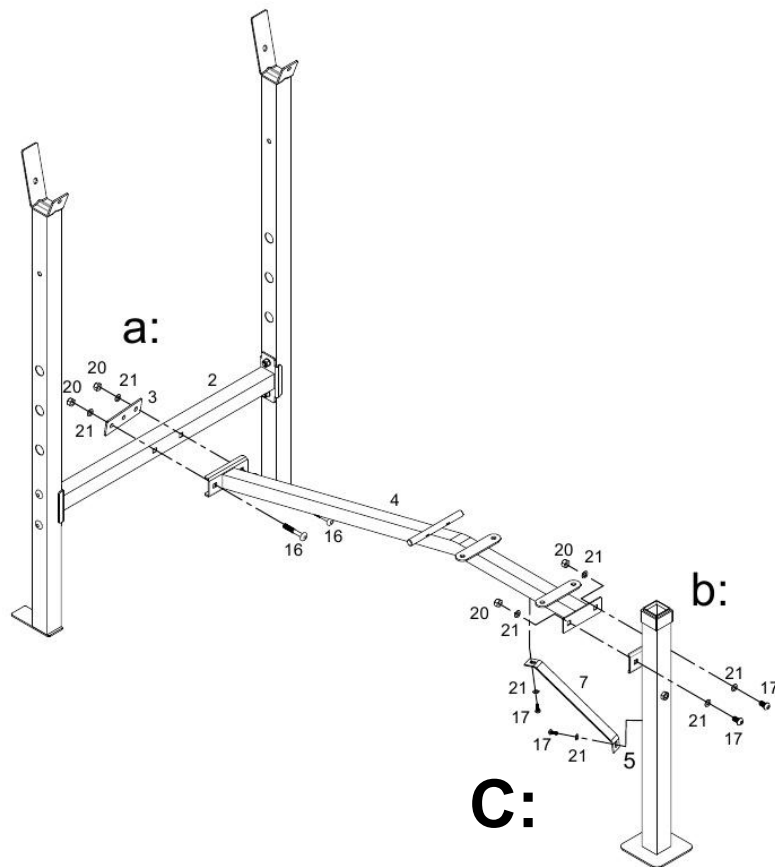
Assembly instructions



Step 1

Connect the Cross beam (2) to the Upright supports (1), securing with 4 x M8 x 50mm Carriage bolts (16), 4 x 8mm Washers (21) and 4 x M8 Nuts (20).

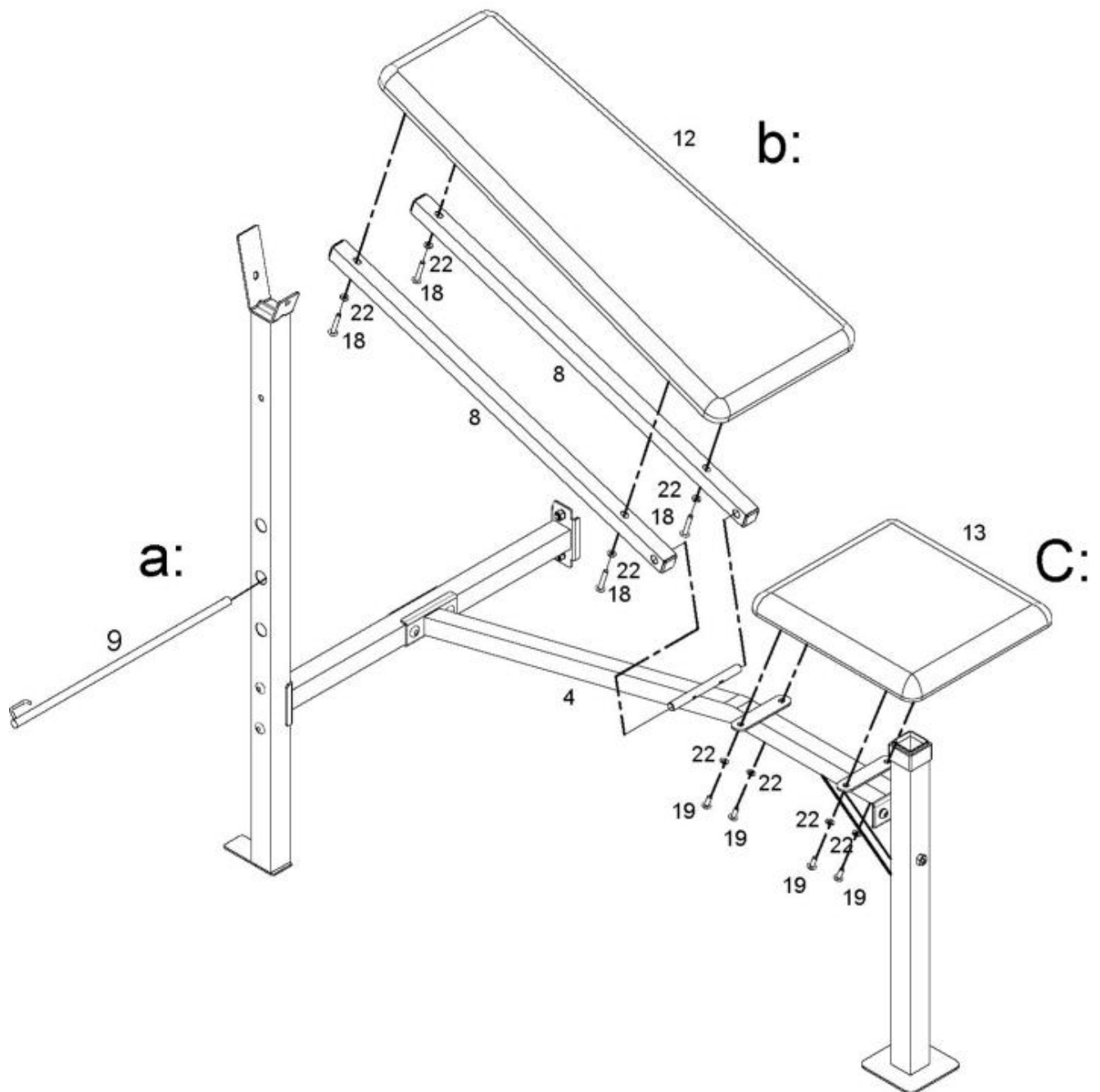
Assembly instructions



Step 2

- a. Attach the Main support frame (4) to the Cross beam (2), fix using 1 x Bracket (3), 2 x 8mm Washer (21), 2x M8 x 50mm Carriage bolt (16), and 2 x M8 Nuts (20).
- b. Attach the Front stabilizer (5) to the Main support frame (4), fix using 2 x M8 x 18mm Allen bolt (17), 4 x 8mm Washers (21) and 2 x M8 Nuts (20).
- c. Attach the Diagonal Support (7) to the Main support frame (4) and Front stabilizer (5), fix using 2 x M8 x 18mm Allen bolt (17) and 4 x 8mm Washers (21).

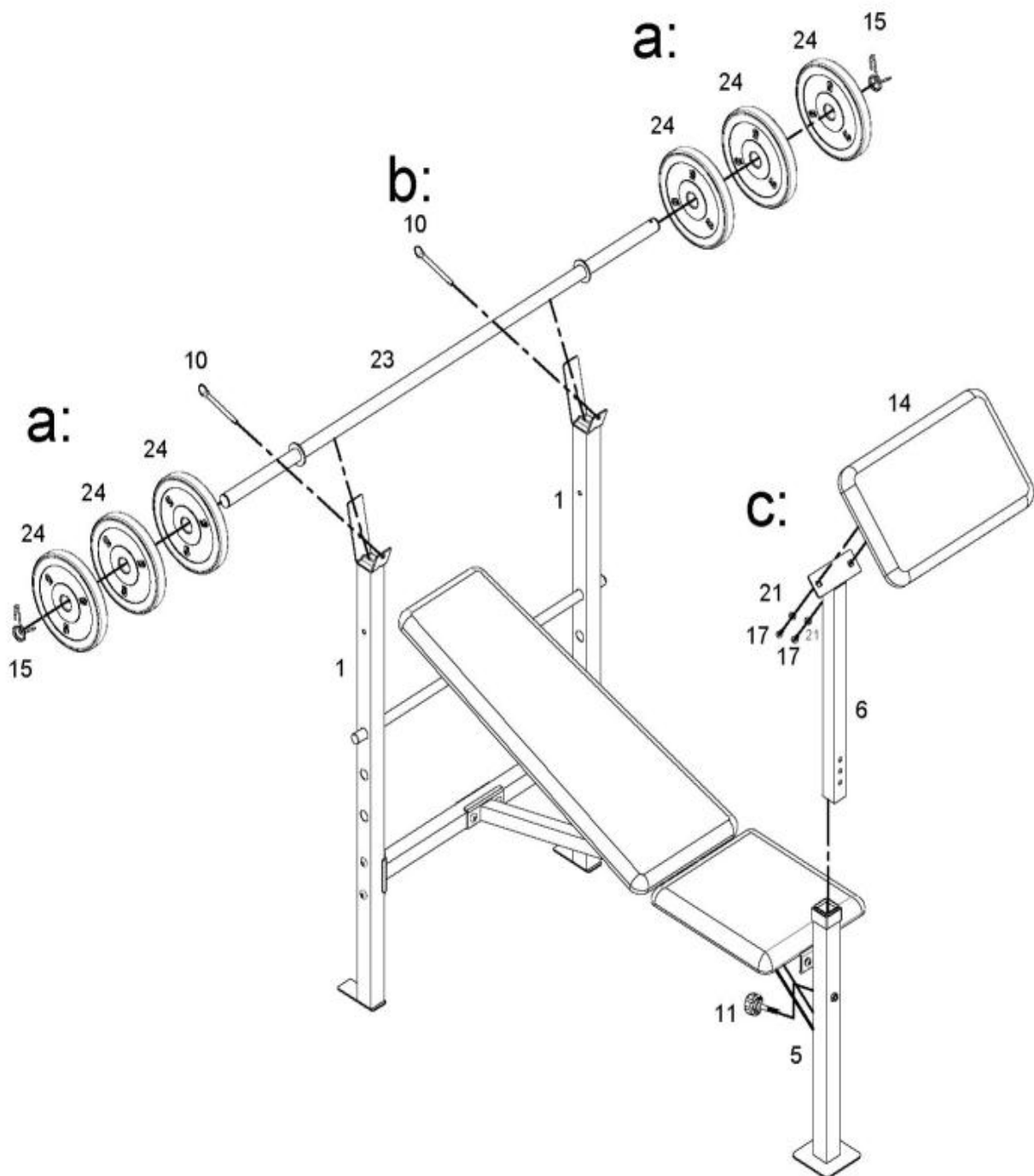
Assembly instructions



Step 3

- a. Insert the Adjustable Rod (9) into the hole of the Upright support (1).
- b. Attach the 2 x Backrest supports (8) on the Main support frame (4) sleeve, place the Backrest pad (12) on the 2 x Backrest supports (8), secure with 4 x 6mm Washers (22) and 4 x M6 x 38mm Allen bolt (18).
- c. Fixing the Seat pad (13) on the Main support frame (4) with 4 x M6 x 16mm Allen bolt (19), 4 x 6mm Washers (22) .

Assembly instructions

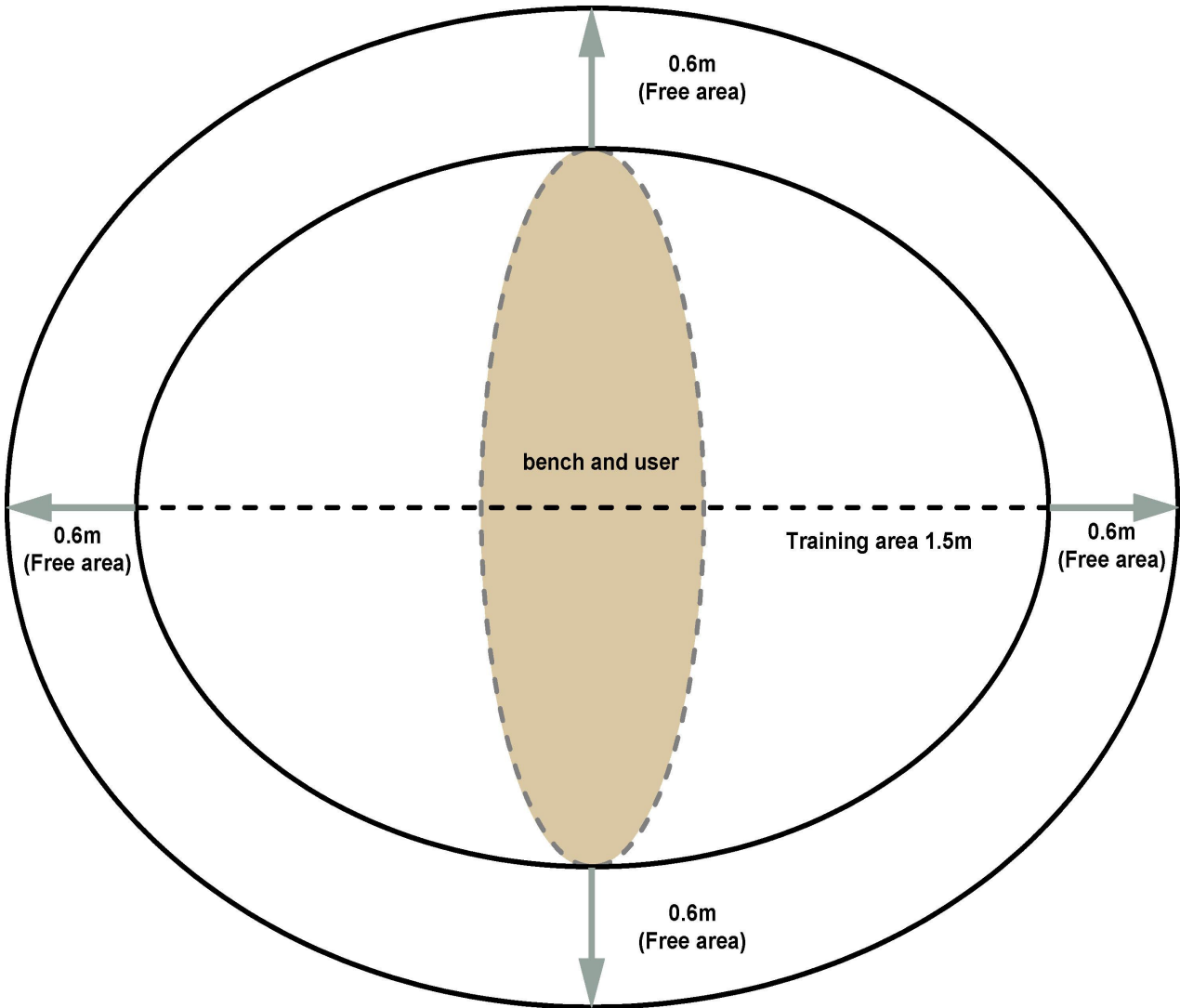


Step 4

- Lock the 6 x 5Kg Weight plates (24) on the Weight bar (23) using 2 x Spring collars (15).
- Put the Weight bar (23) on the Upright supports (1), and then lock it with 2 x Lock pins (10).
- Insert the Arm Curl pad support (6) into the Front Stabilizer (5), and secure with the Lock knob (11). Then attach the Arm Curl Pad (14) to the Arm Curl pad support (6) using 2 x M8 x 18mm Allen Bolts (17) and 2 x 8mm Washers (21).

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.

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.

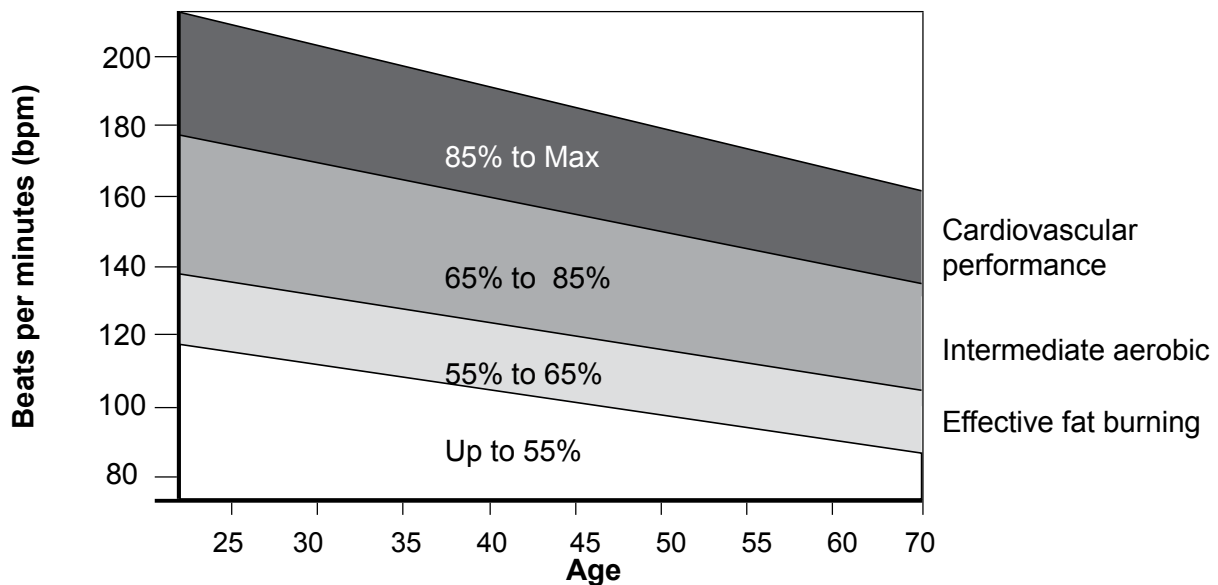
Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

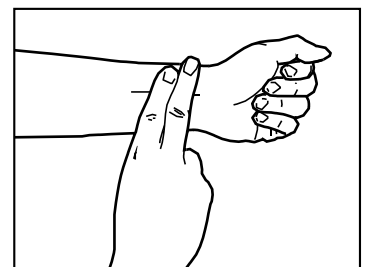
Exercise intensity

To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The 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

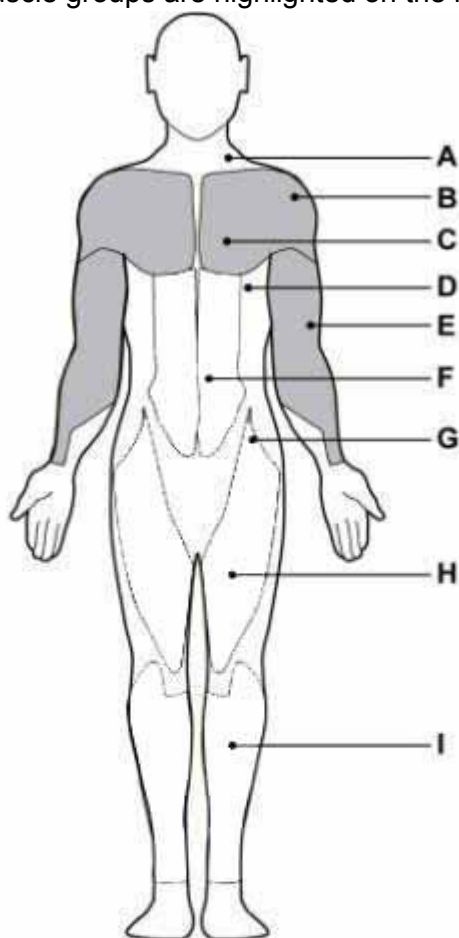
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example).

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 an exercise routine. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number of reps.

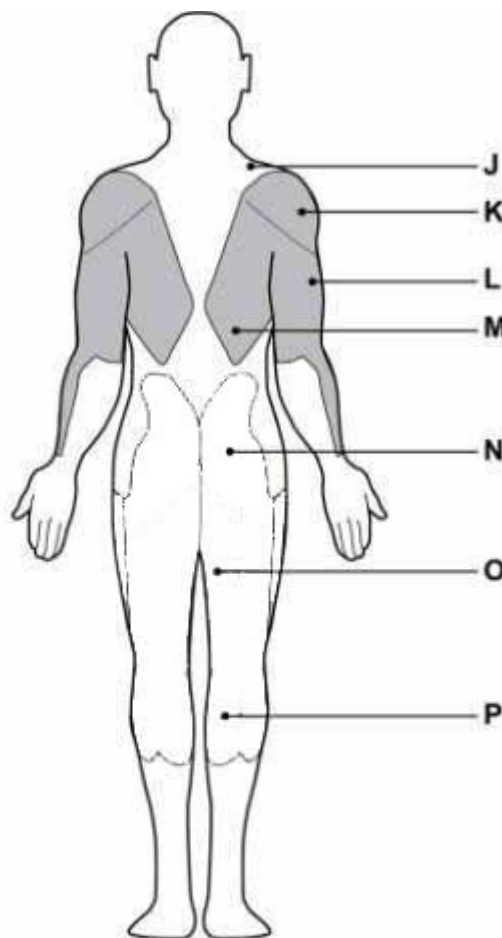
Targeted Muscle Groups

The exercise routine that is performed on the training Bench will develop the upper body 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 | |

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

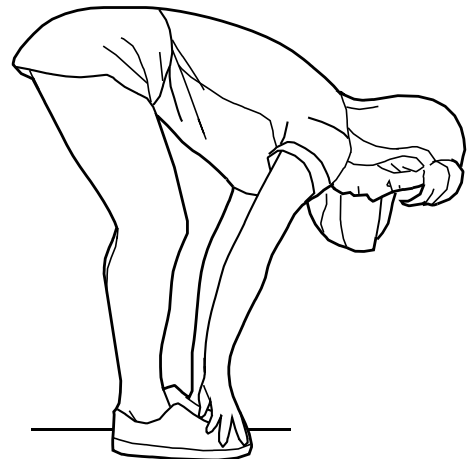
To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your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

Toe touch stretch

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

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

Stretches: Hamstrings, back of knees and back.

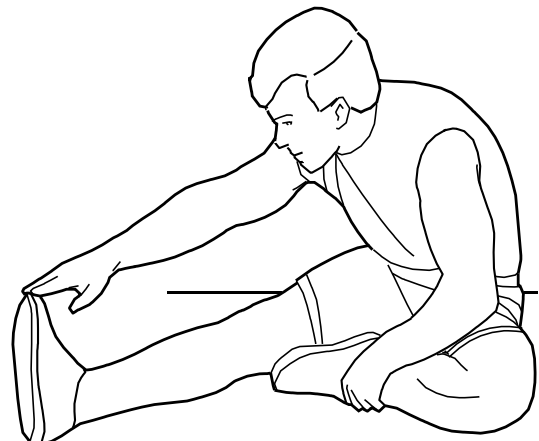


Hamstring stretch

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, and then relax.
Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercise Information

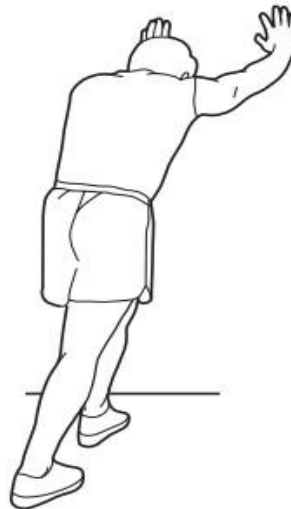
Calf / Achilles stretch

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

Hold for 15 counts, and then relax.

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

Stretches: 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.

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet toward your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, relax.

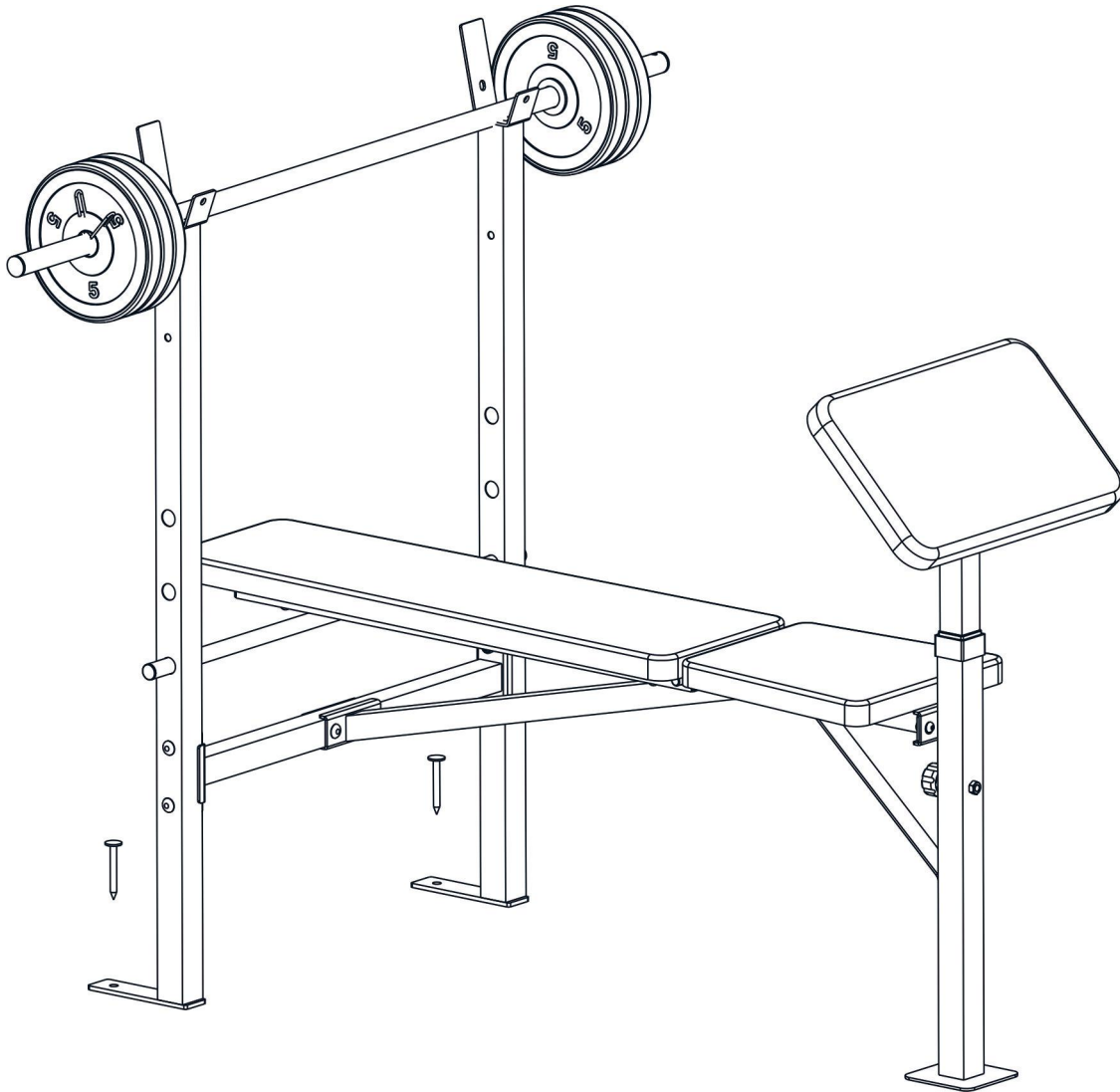
Repeat 3 times.

Stretches: Quadriceps and Hip muscles.



Exercise Information

Fixing Your Bench



Warning: Please fix the bench to the floor to prevent it tipping over.

Exercise Information

Using the bench

Important

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.

Flat Bench Press

Developing the Pectoral muscles

We recommend you have a spotter to assist when performing this exercise. Select the desired weight. With the backrest in the flat position. Lie on your back with your feet on the floor. Grasp the barbell at shoulder width distance and carefully remove it from the crutch. Lower the barbell until it touched your mid chest position. Raise to the starting position in a slow and controlled manner and repeat the exercise.

Beginners: 10 REPS with no weights

Intermediate: 20 REPS with light weights

Advanced: 20 REPS / 2-4 sets with gradually increasing weights.



Incline Bench Press

Developing the Pectoral muscles

We recommend you have a spotter to assist when performing this exercise. Select the desired weight. With the backrest in the incline position. Lie on your back with your feet on the floor. Grasp the barbell at shoulder width distance and carefully remove it from the crutch. Lower the barbell until it touched your mid chest position. Raise to the starting position in a slow and controlled manner and repeat the exercise.

Beginners: 10 REPS with no weights

Intermediate: 20 REPS with light weights

Advanced: 20 REPS / 2-4 sets with gradually increasing weights.



Exercise Information

Decline Bench Press

Developing the Pectoral muscles

We recommend you have a spotter to assist when performing this exercise. Select the desired weight. With the backrest in the decline position. Lie on your back with your feet on the floor. Grasp the barbell at shoulder width distance and carefully remove it from the crutch. Lower the barbell until it touched your mid chest position. Raise to the starting position in a slow and controlled manner and repeat the exercise.

Beginners: 10 REPS with no weights

Intermediate: 20 REPS with light weights

Advanced: 20 REPS /2-4 sets with gradually increasing weights.



Preacher Biceps Curl

Developing the Biceps muscle

Select the desired weight. Place both feet on the floor. Lean forward and position both upper arms on the preacher pad for support. Grasp the ball bell at the elbows, with your upper arms still on the preacher pad. Return to the starting position in a slow and controlled manner and repeat the exercise.

Biceps curls can be conducted using a barbell for both arms or one arm at a time using dumbbell weights.

Beginners: 10 REPS with no weights

Intermediate: 20 REPS with light weights

Advanced: 20 REPS/2-4 sets with gradually increasing weights.



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.

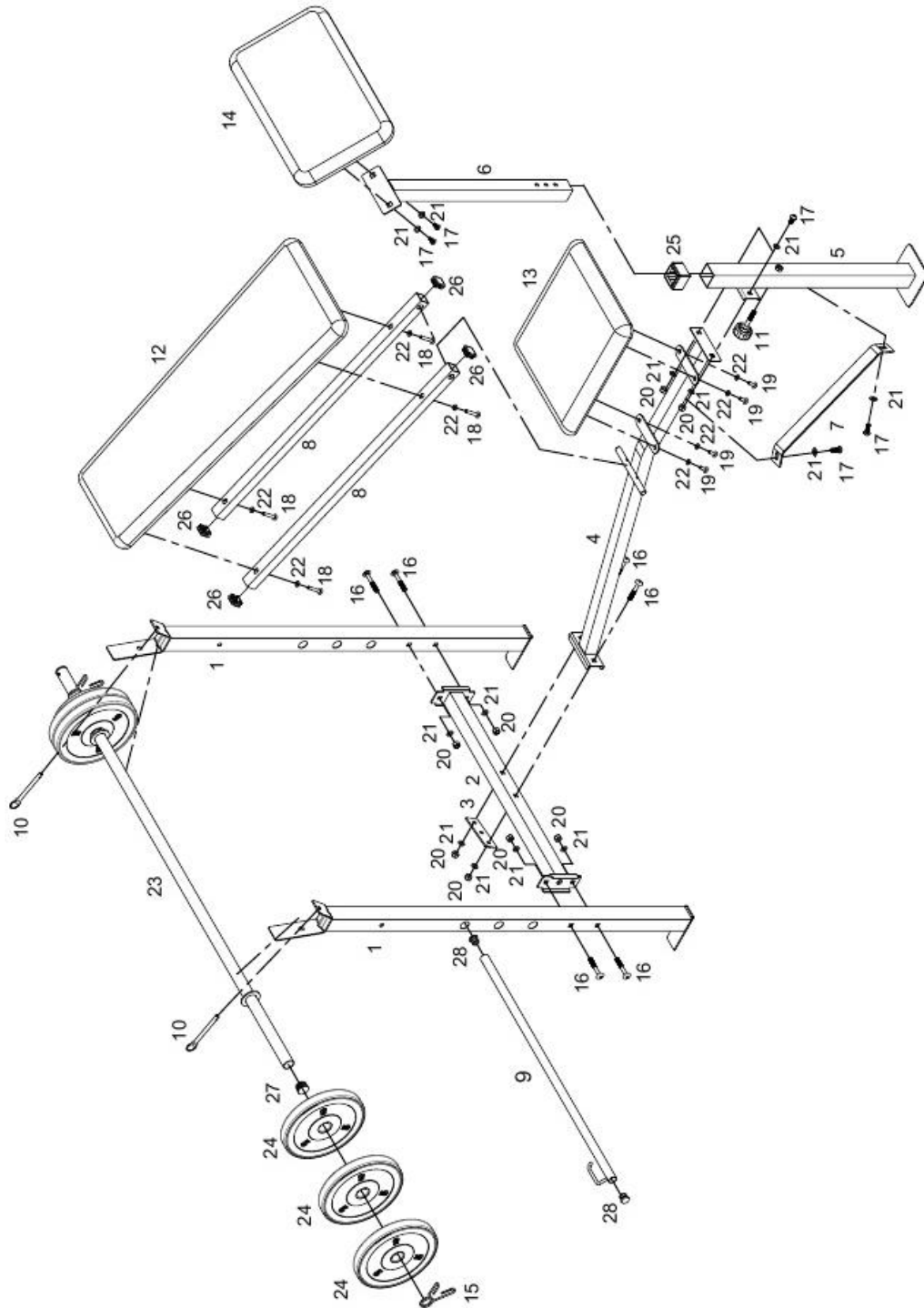
4. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly,

operation or use of your exercise product or if you think that you may have parts missing, contact the **Customer Helpline: 0345 6001714.**
www.argos-support.co.uk

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Exploded Parts Diagram



Parts List



Part	Description	Qty.	Part	Description	Qty.
1	Upright support	2	19	M6x16mm Allen bolt	4
2	Cross beam	1	20	M8 Aircraft nut	8
3	Bracket	1	21	8mm Washer	14
4	Main support frame	1	22	6mm Washer	8
5	Front stabilizer	1	23	Weight bar	1
6	Arm curl pad support	1	24	5Kg Weight plate	6
7	Diagonal Support	1	25	Reduction sleeve	1
8	Backrest support	2	26	□25*1.3 End cap	4
9	Adjustable rod	1	27	φ 25*1.5 End cap	2
10	Φ8x90 Lock pin	2	28	φ 19*1.5 End cap	2
11	M8x42 Lock knob	1		4mm Allen Wrench	1
12	Backrest pad	1		5mm Allen Wrench	1
13	Seat pad	1			
14	Arm curl pad	1			
15	1" Spring collar	2			
16	M8x50mm Carriage bolt	6			
17	M8x18mm Allen bolt	6			
18	M6x38mm Allen bolt	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 invalided 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