

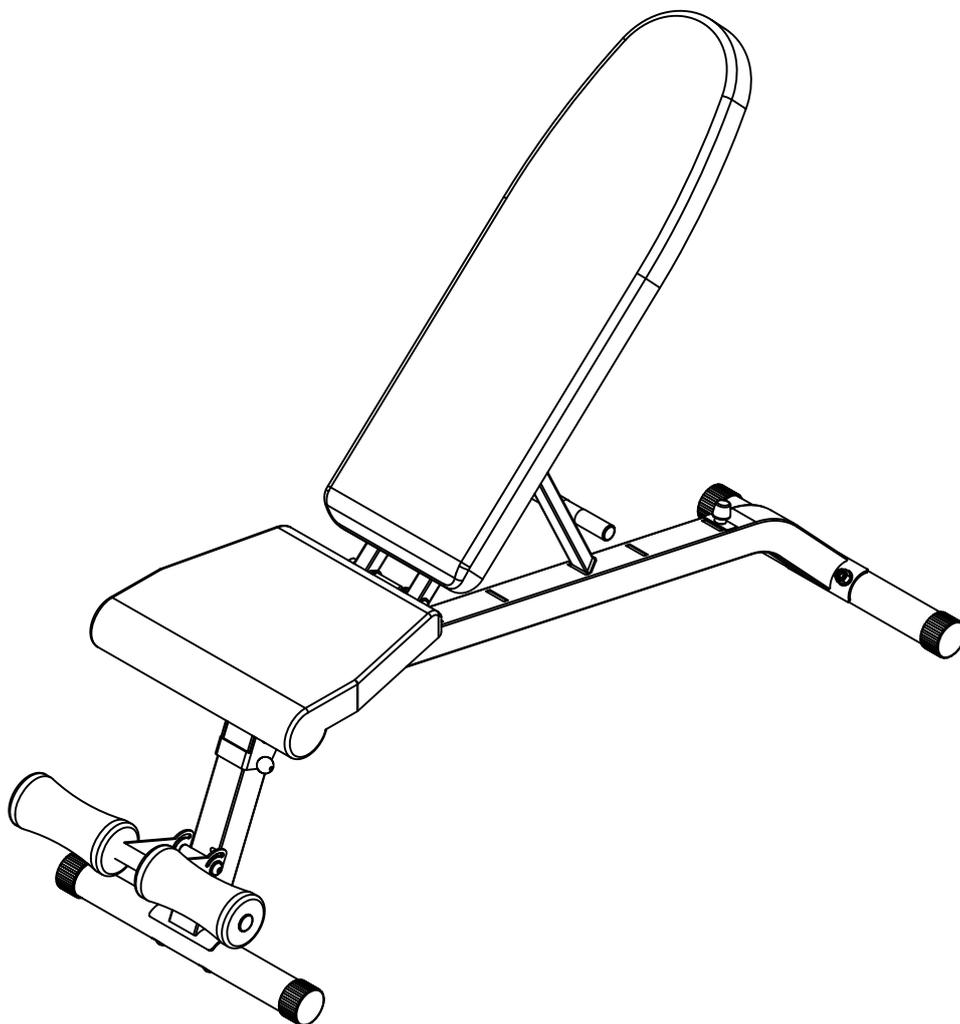
MH Incline & Decline Bench

Assembly & User Instructions-Please Keep for future reference

760/3259



Men'sHealth[®]
Active+



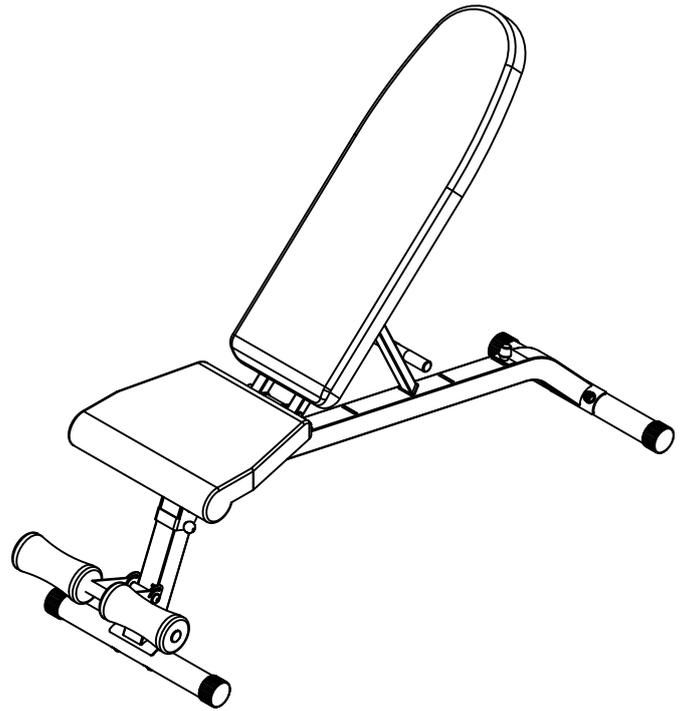
Important – Please read these instructions fully before assembly or use

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 600 1714** 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.
- 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.

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: **120kg**.
- The maximum training mass is **50kg** (i.e. the total additional weight used for your workout).
- 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.

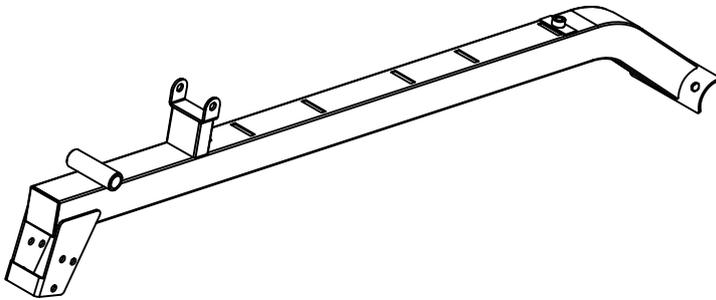
Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 600 1714**

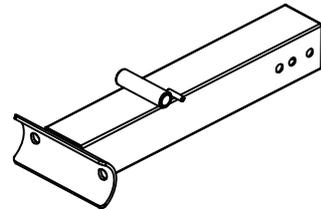
Please check you have all parts listed below

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

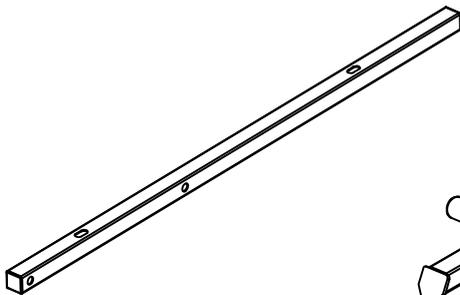
Total mass of the product is 13.8kg. The dimensions of the equipment after being assembled are (width) 46 × (depth) 140 × (height) 128.5 cm.



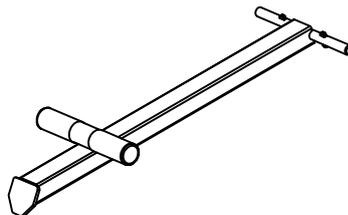
1. Main Base Frame × 1



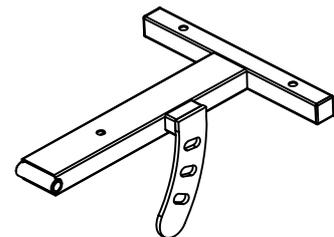
2. Front Support Frame × 1



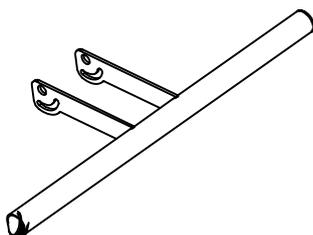
3. Backrest Pad Support × 2



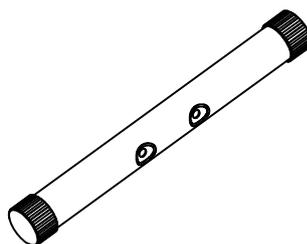
4. Backrest Pad Incline Support × 1



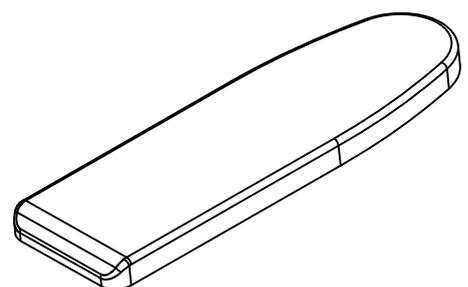
5. Seat Pad Support × 1



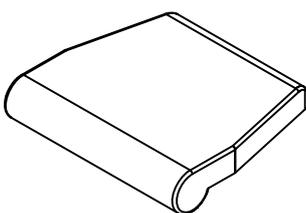
6. Leg Developer × 1



7. Stabilizer × 2



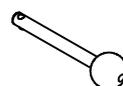
8. Backrest Pad × 1



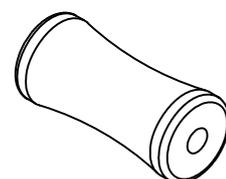
9. Seat Pad × 1



17. Spring Pin × 1



18. Lock Pin × 1

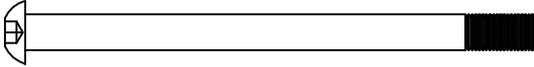
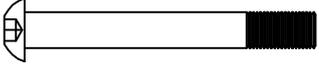
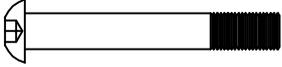
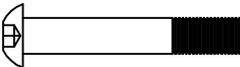
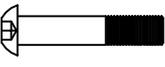
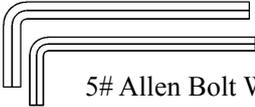


24. Foam Roll × 2

Components - Fixings

Please check you have all parts 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.

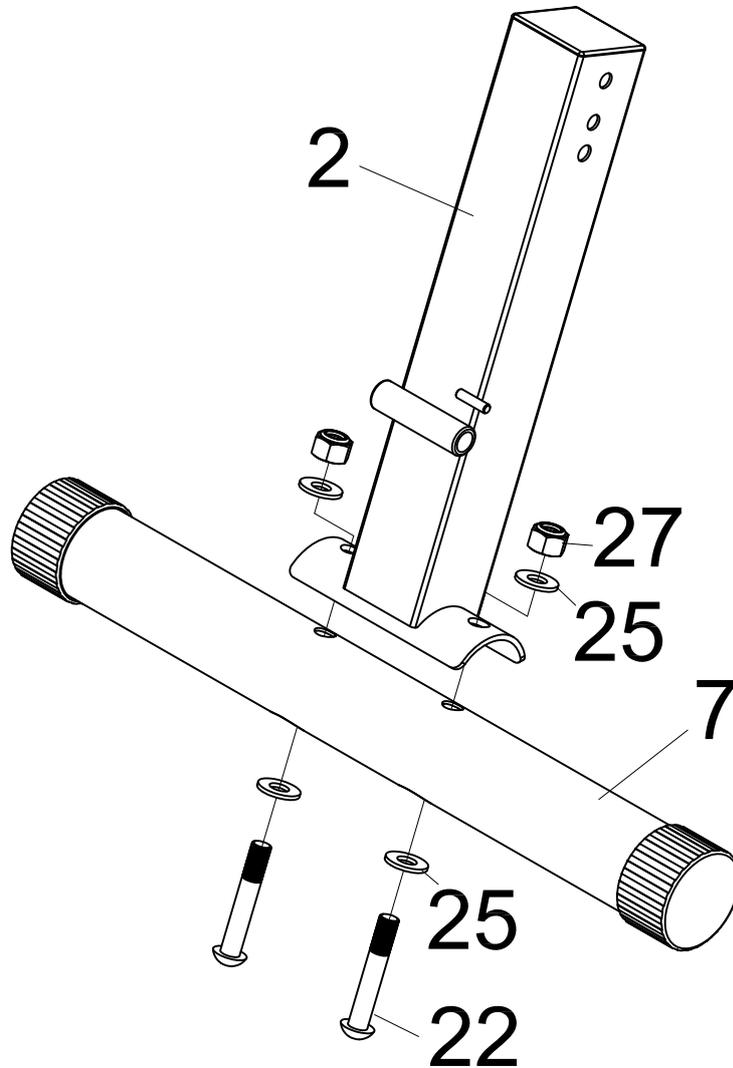
<p>19 </p> <p>M10X140 Allen Bolt X1</p>	<p>20 </p> <p>M10X80 Allen BoltX1</p>	
<p>21 </p> <p>M10X70 Allen Bolt X1</p>	<p>22 </p> <p>M10X60 Allen Bolt X4</p>	<p>23 </p> <p>M8X40 Allen Bolt X7</p>
<p>25 </p> <p>φ 10 washer X14</p>	<p>26 </p> <p>Φ 8washer X7</p>	<p>27 </p> <p>M10 Aircraft Nut X7</p>
<p></p> <p>5# Allen Bolt Wrench X1 6# Allen Bolt Wrench X1</p>	<p>10 </p> <p>Ø16×Ø11×13 Bushing X2</p>	

Tools prepared by user



Adjustable spanner x 2

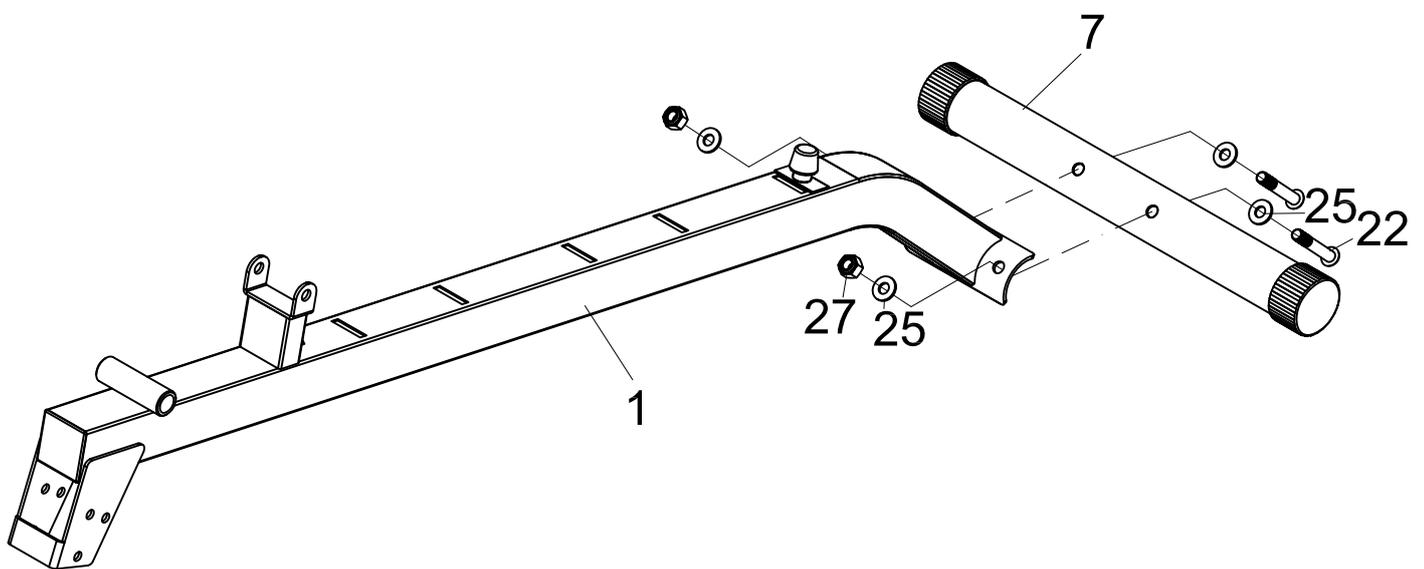
Assembly instructions



Step 1

Attached the Front Support Frame(2) onto the Stabilizer(7),Align the hole and secure with 2xM10X60 Allen Bolts(22), 4xØ10 Washers (25) and 2XM10 Aircraft nuts (27).

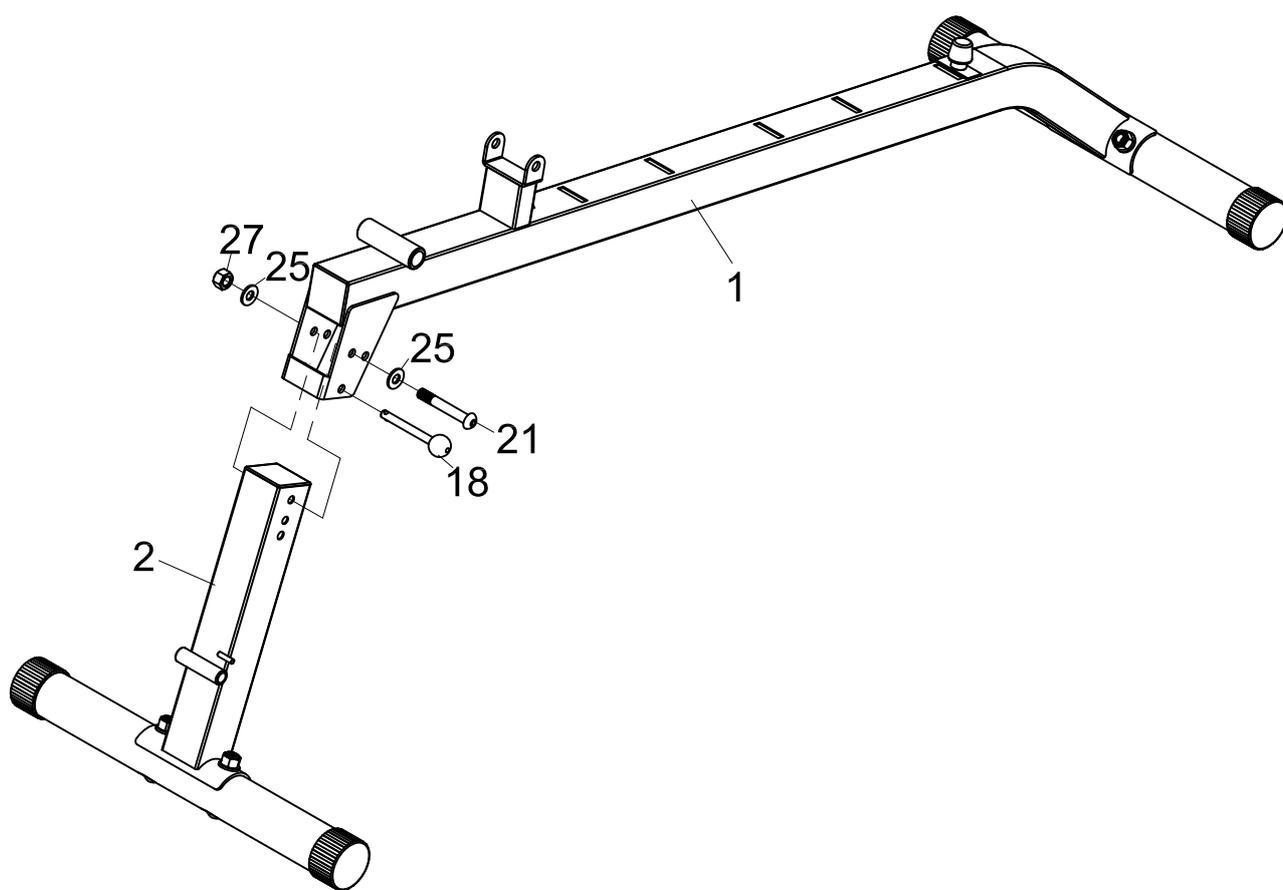
Assembly instructions



Step 2

Attach one end of Main Base Frame (1) to the Stabilizer(7), Align the hole and secure with 2xM10X60 Allen Bolts(22), 4xØ10 Washers (25) and 2XM10 Aircraft nuts (27).

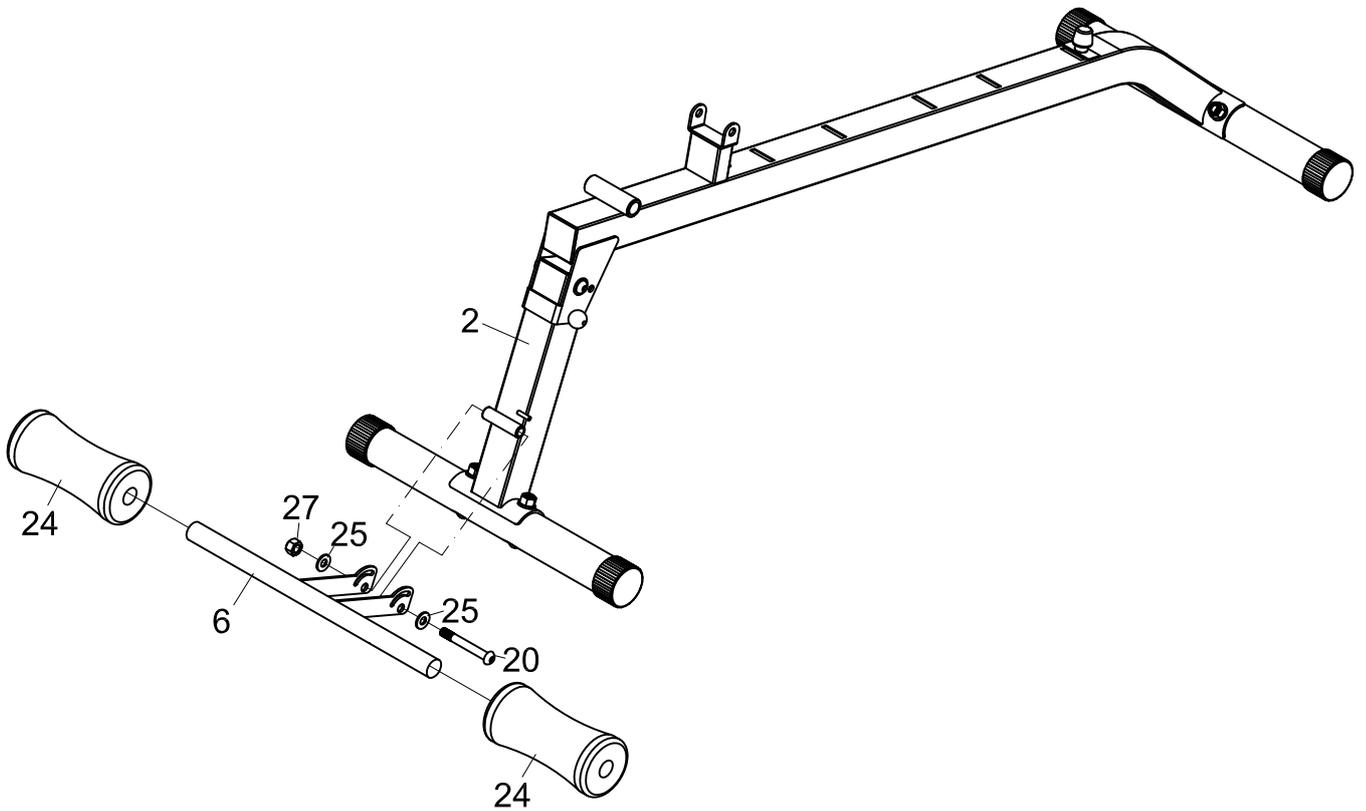
Assembly instructions



Step 3

Attach the other end of the Main Base Frame(1) to the Front Support Frame (2),Align the hole and secure with 1xM10X70 Allen Bolt(21),2xØ10 Washers (25),1XM10 Aircraft nut(27) and Lock Pin (18) .

Assembly instructions

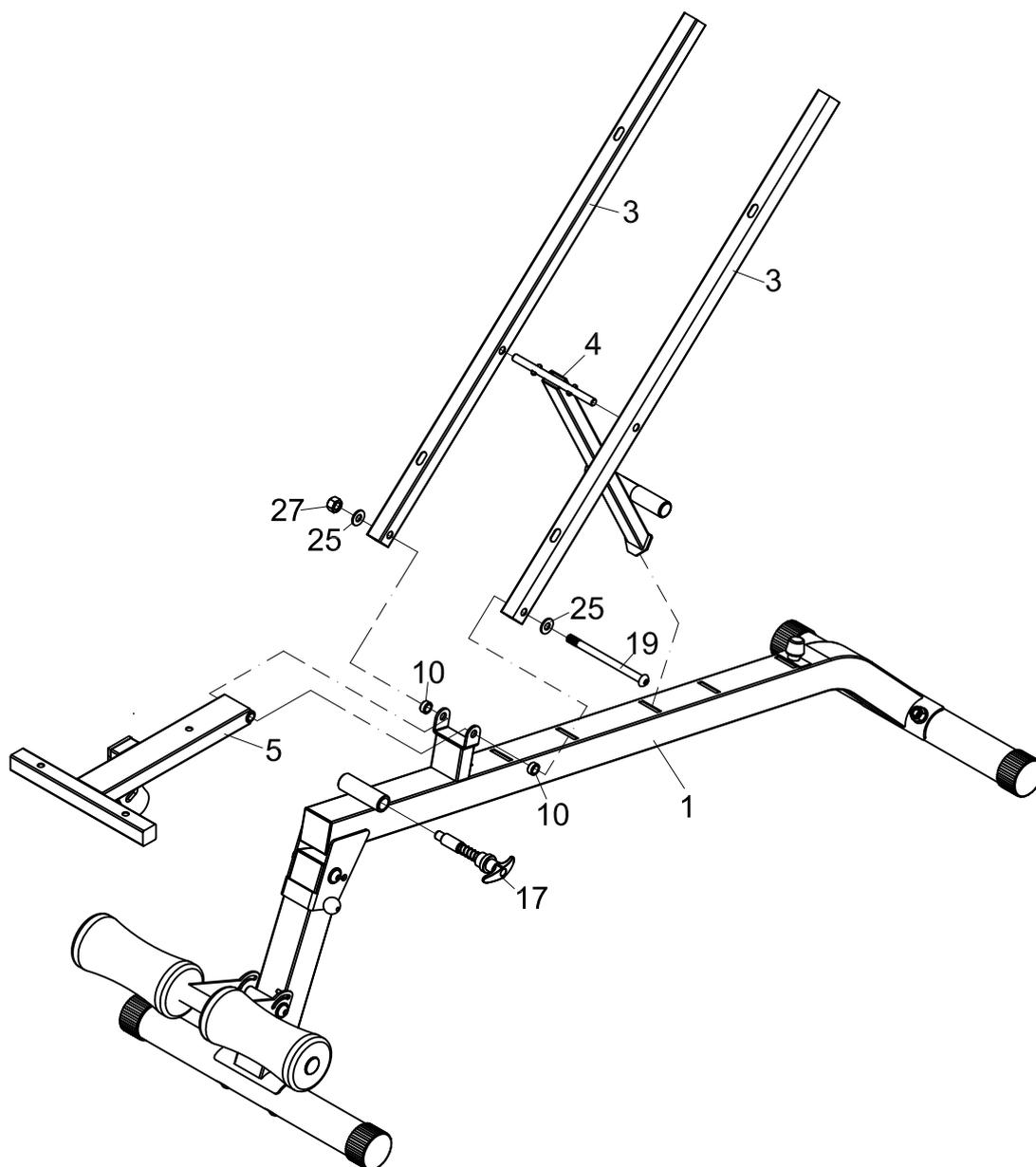


Step 4

Attach the Leg Developer(6) to the Front Support Frame(2),Align the hole and secure with 1xM10X80 Allen Bolt(20),2xØ10 Washers (25) and 1XM10 Aircraft nut(27).

Push 2XFoam Roll(24) from both ends separately as the diagram shows.

Assembly instructions

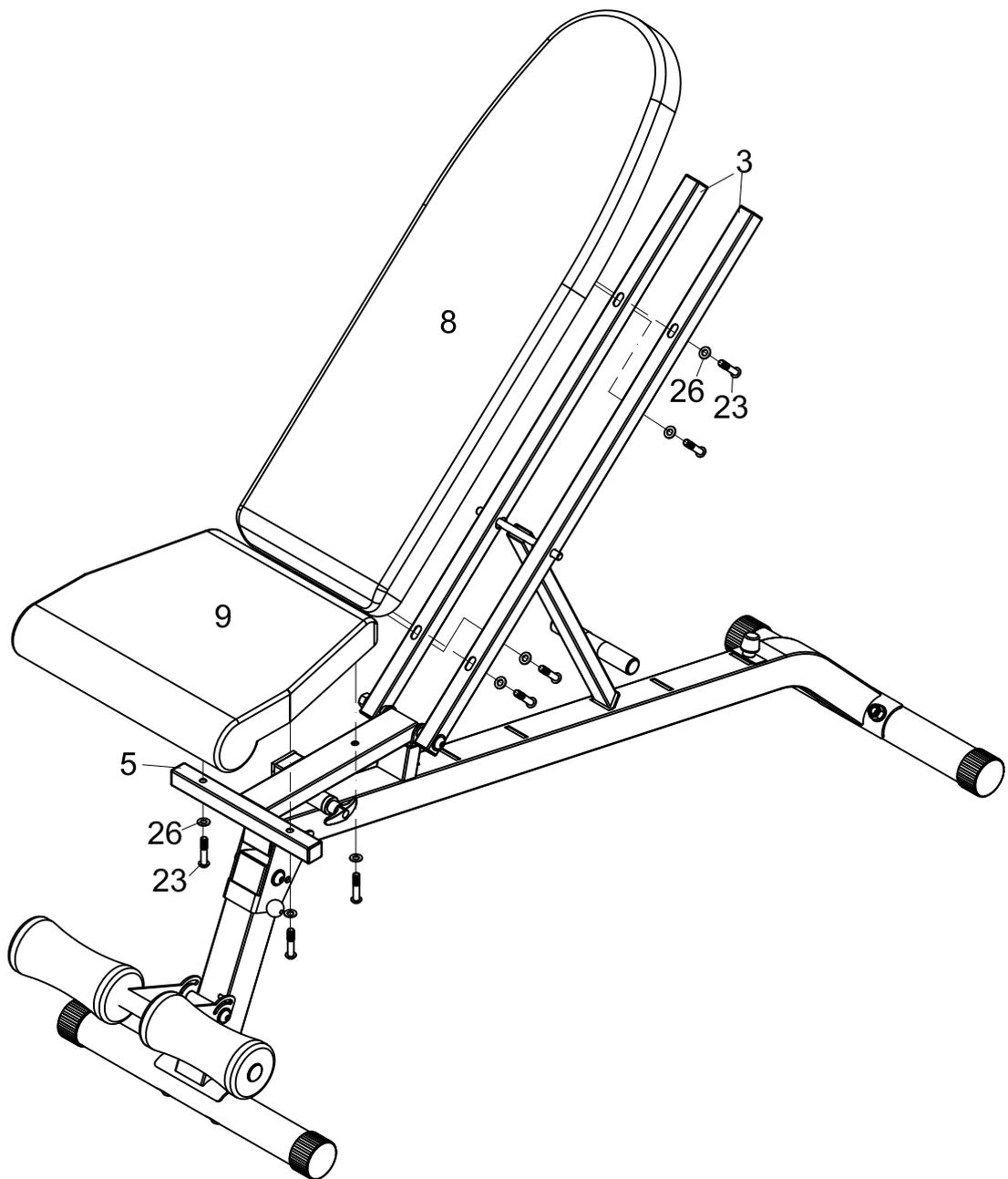


Step 5

Attach 2x Backrest Pad Support (3) to the Backrest Pad Incline Support (4) as shown in the diagram. Then attach it and the Seat Pad Support (5) to the bracket on the Main Base Frame (1), aligning the holes and securing them with 1x M10x140 Allen Bolt (19), 2x Ø10 Washers (25), 2x Ø16x Ø11x13 Bushing (10) and 1x M10 Aircraft nut (27).

Attach the Spring Pin (17) to the Main Base Frame (1) and tighten it by turning clockwise. Seat height adjustment - Pull the Spring Pin (17) backwards and select the seat height you desire. (If the seat is still locked by the Spring Pin (17), turn the Spring Pin (17) counter-clockwise until it does not lock the seat when being pulled backwards.) Then restore the Spring Pin (17) and turn it clockwise to lock the seat firmly.

Assembly instructions



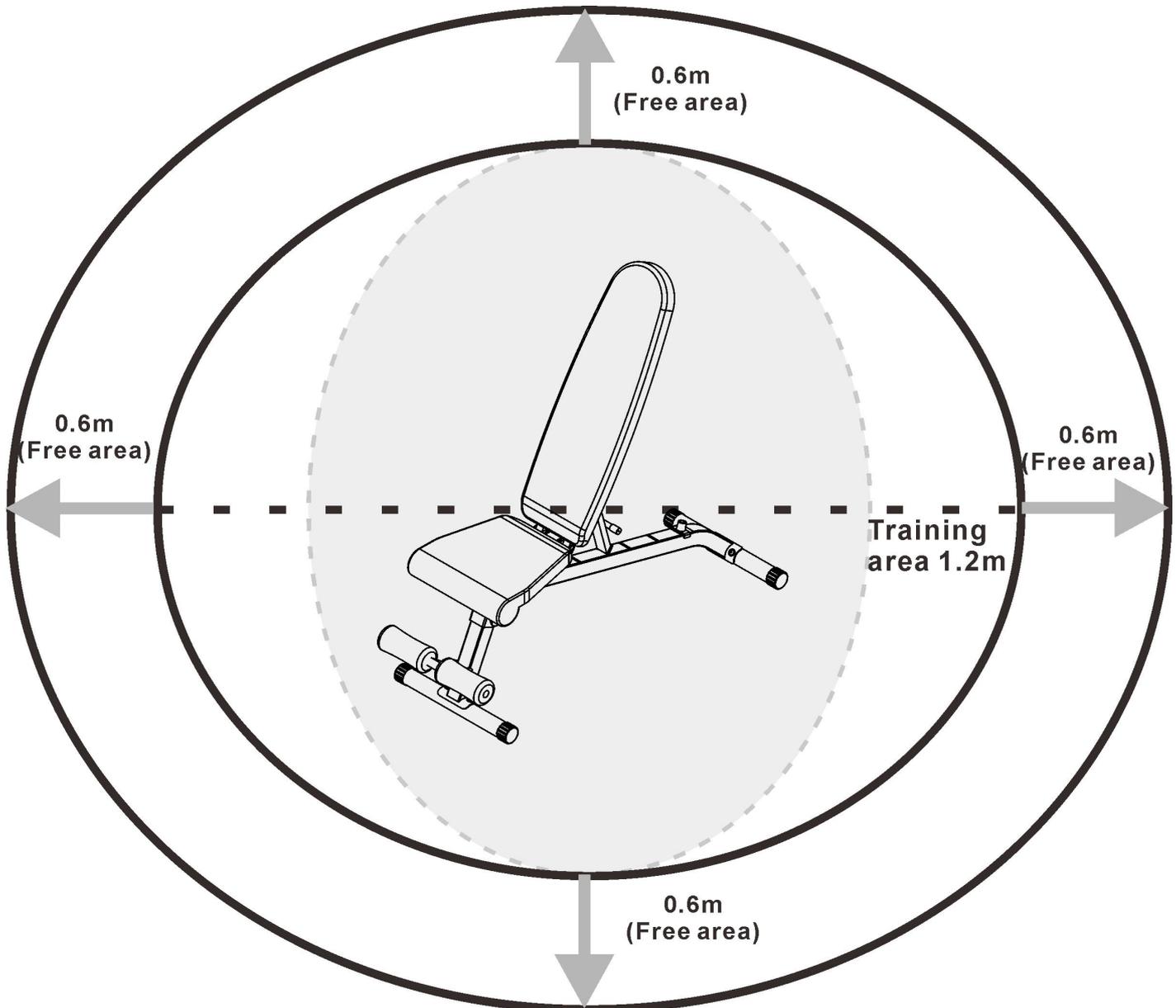
Step 7

Attach the Seat Pad(9) to the Seat Pad Support(5). Align the holes and secure with 3xM8x40 Allen Bolts (23) and 3x Ø8 Washers(26).

Attach the Backrest Pad(8) to the Backrest Pad Support(3). Align the holes and secure with 4xM8x40 Allen Bolts (23) and 4x Ø8 Washers(26).

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 Multi-Function 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](https://www.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.

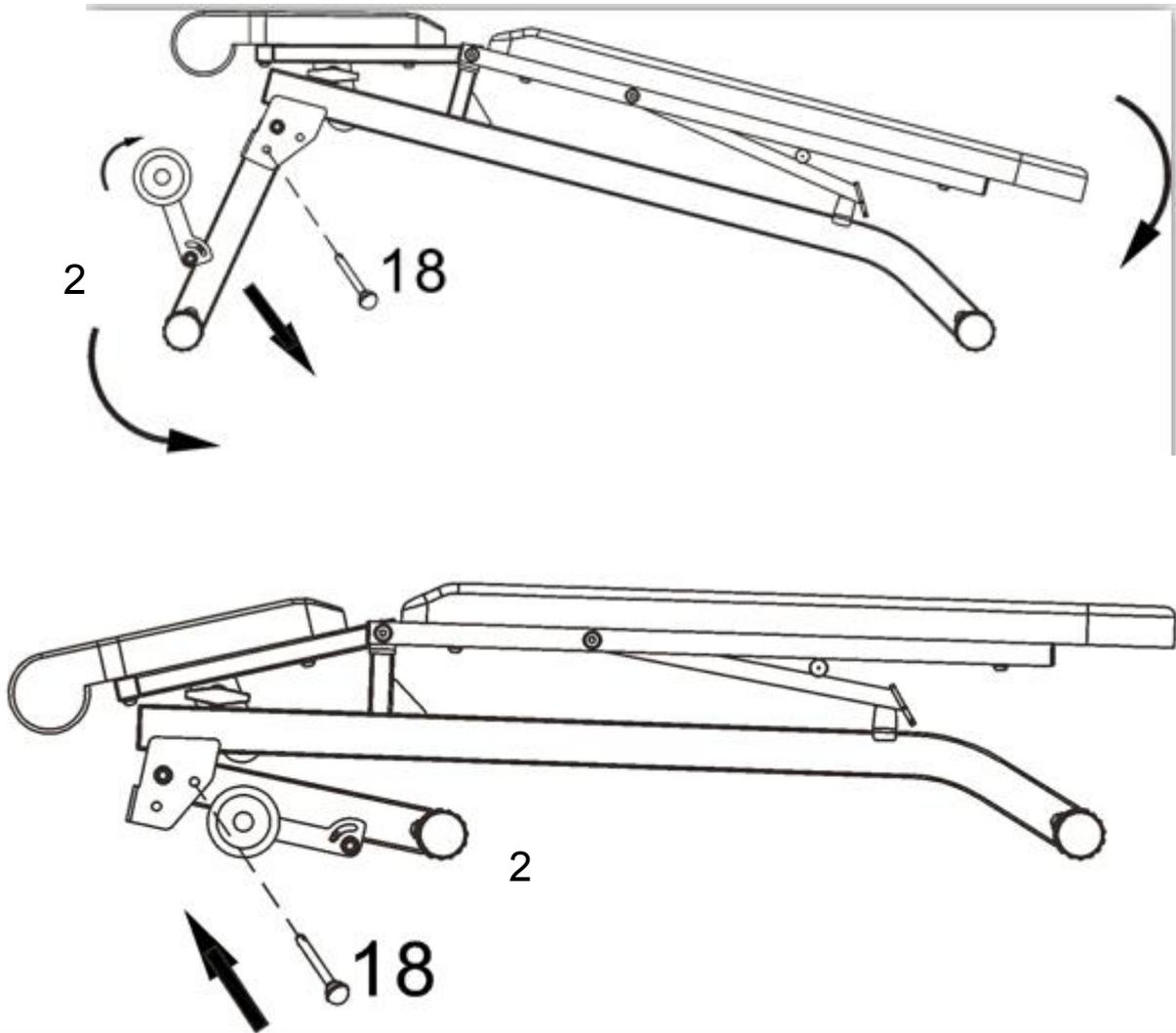
You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.

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

www.menshealth.co.uk

Workout Information

To Fold & Store Your Bench



Remove the Lock Pin(18) and fold the Front Support Frame(2) and the Leg Developer(6). Then insert the Lock Pin(18) into the other hole to lock it in folding position as shown in the diagram.

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

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

3. 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.

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

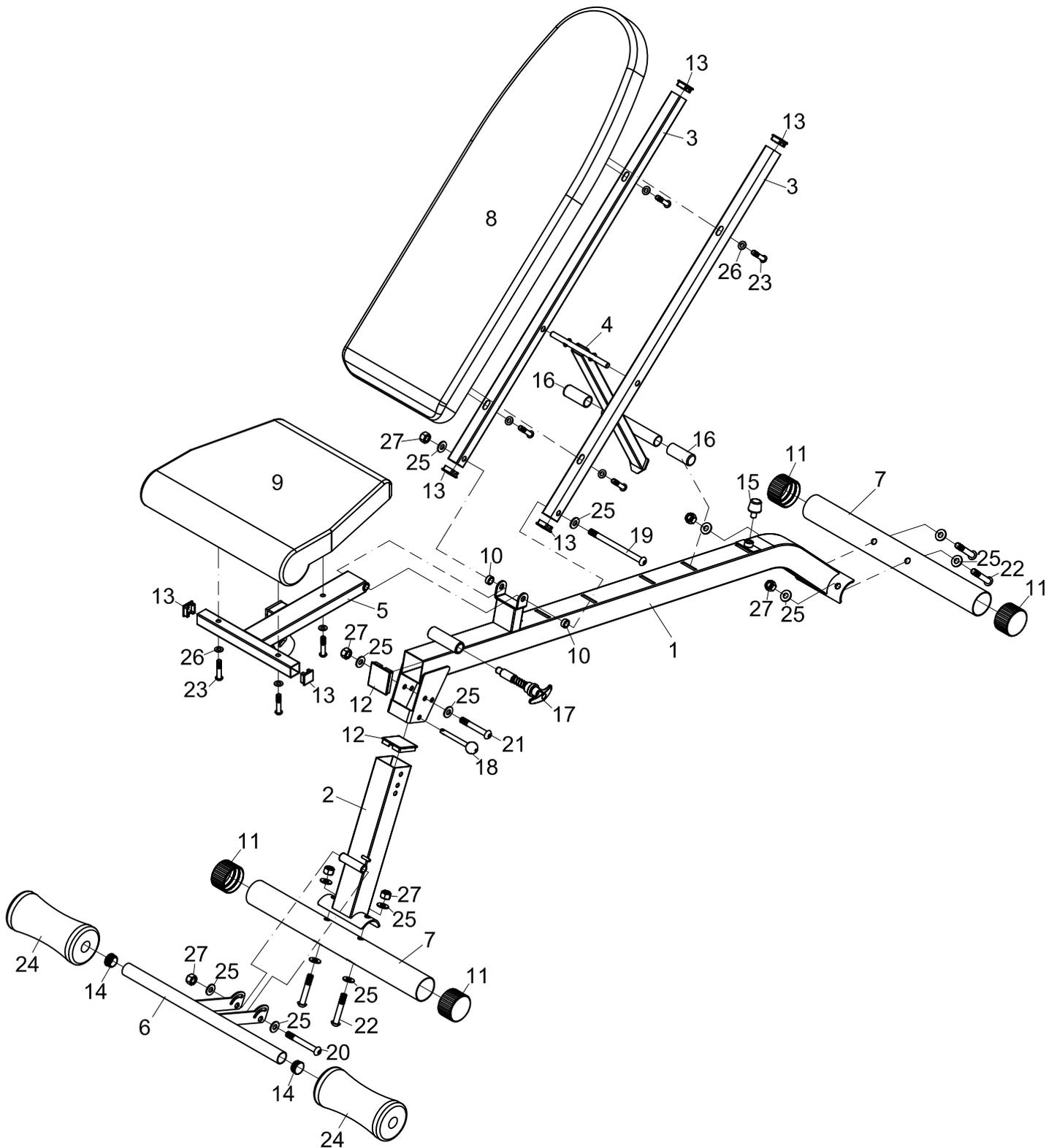
5. Do not attempt to repair this equipment yourself. Should

you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact **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	Main Base Frame	1	17	Spring Pin	1
2	Front Support Frame	1	18	Lock Pin	1
3	Backrest Pad Support	2	19	M10×140 Allen Bolt	1
4	Backrest Pad Incline Support	1	20	M10×80 Allen Bolt	1
5	Seat Pad Support	1	21	M10×70 Allen Bolt	1
6	Leg Developer	1	22	M10×60 Allen Bolt	4
7	Stabilizer	2	23	M8×40 Allen Bolt	7
8	Backrest Pad	1	24	Foam Roll	2
9	Seat Pad	1	25	φ 10 washer	14
10	Ø16×Ø11×13 Bushing	2	26	φ 8 washer	7
11	φ 50 Foot	4	27	M10 Aircraft Nut	7
12	□ 50×1.5 End Cap	2			
13	□ 25×1.5 End Cap	6			
14	Ø25×1.2 End Cap	2			
15	Ø26×25 Rubber Bumper	1			
16	Rubber Protection	2			

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
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