



# ***WEIGHT BENCH WB8.0***

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## **USER MANUAL**



### **IMPORTANT**

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

## BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



### IMPORTANT

Read all instructions carefully before using this product.  
Retain this owner's manual for future reference.



### WARNING

Read and follow all safety instructions carefully.  
Failure to follow safety instructions could result in serious injury.

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### IMPORTANT

The specifications of this product may vary and are subject to change without further notice.

## SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this product. In order to ensure safe read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.

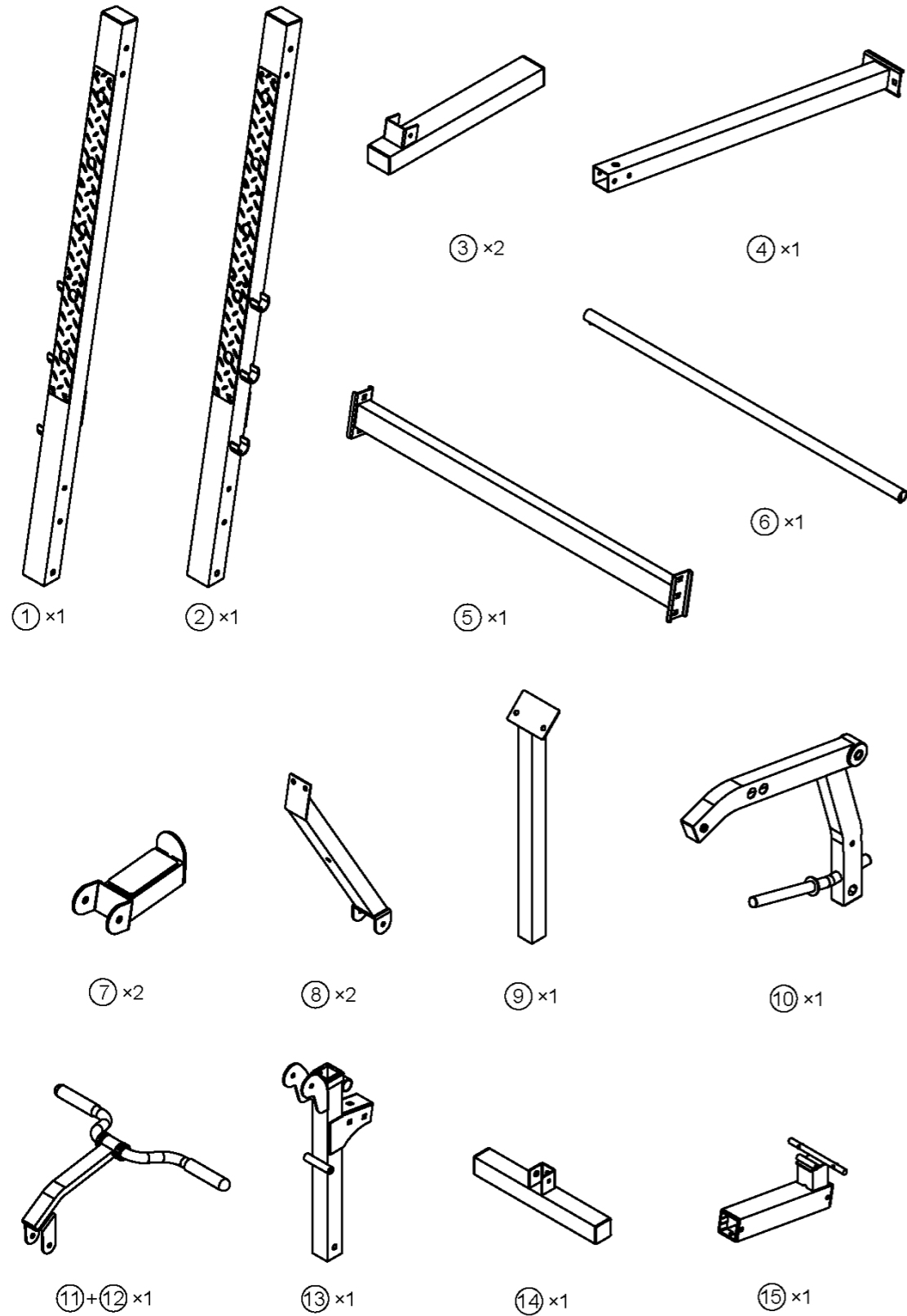


### WARNING

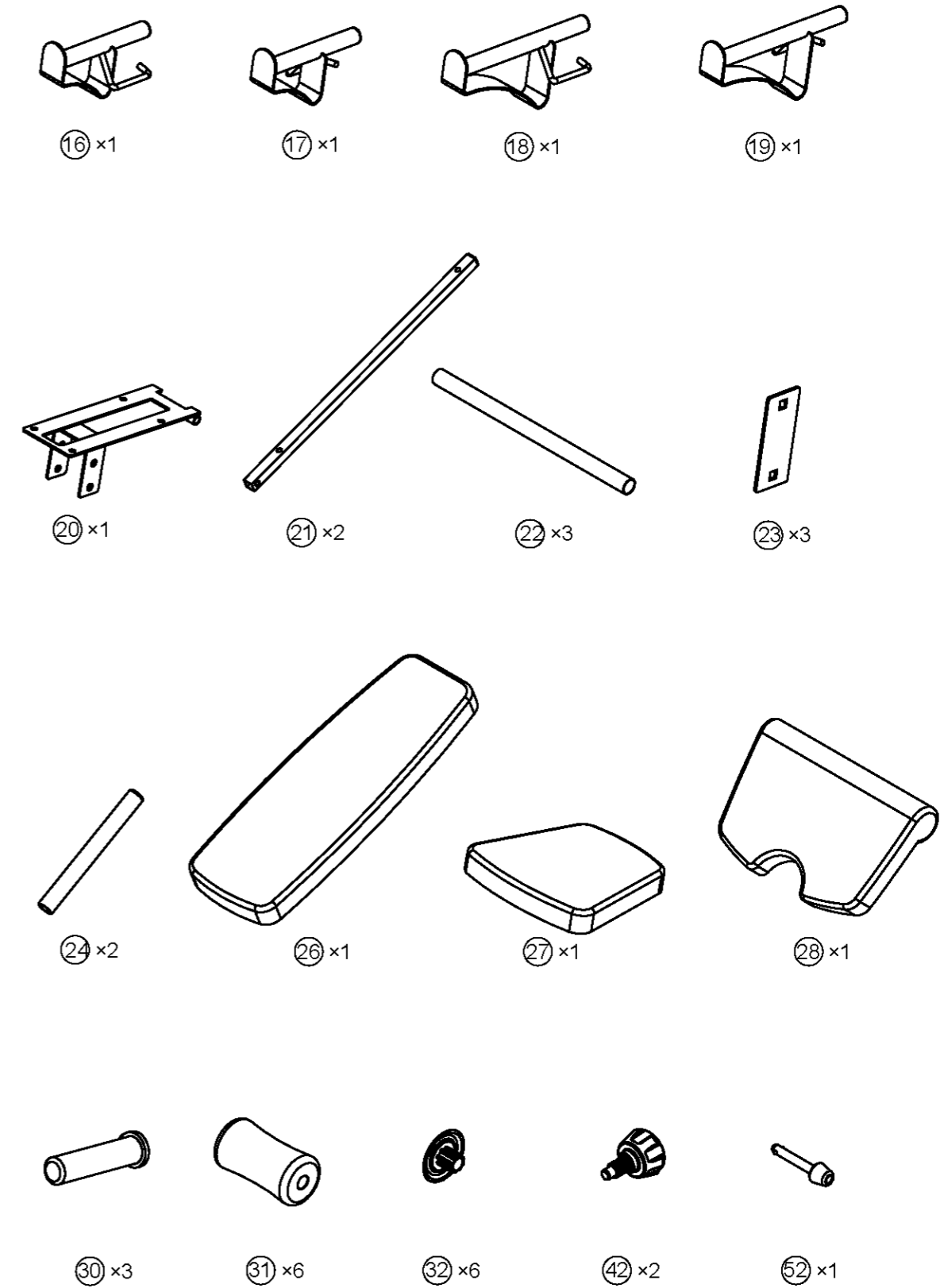
Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

1. This product is not a toy. Keep children and pets away from the device at all times. Do not leave unattended children in the same room with the device.
2. Handicapped or disabled persons should not use the device without the presence of a qualified health care professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. Before beginning training, remove all objects within a radius of 2 meters from the device. Do not place any sharp objects around the device.
5. Position the device on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the device stable and to protect the floor.
6. Only use the device for its intended purpose. Do not use any other accessories than the ones recommended by the manufacturer.
7. Assemble the device exactly as in the description in this instruction manual.
8. Check all bolts and other connections before using the device for the first time and ensure that the device is in good and safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the device.
10. Never operate the device if it is not functioning properly.
11. This device can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the device. Wipe drops of sweat from the device immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also suggested.
14. Before exercising, always warm-up your body thoroughly.
15. This device is intended for home use.
16. This device must be assembled by minimum two adults.
17. It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
18. Maximum weight load: Bar Catch 135kg / Leg Developer 45kg. Maximum user weight 135kg. Do not exceed these weight limits!

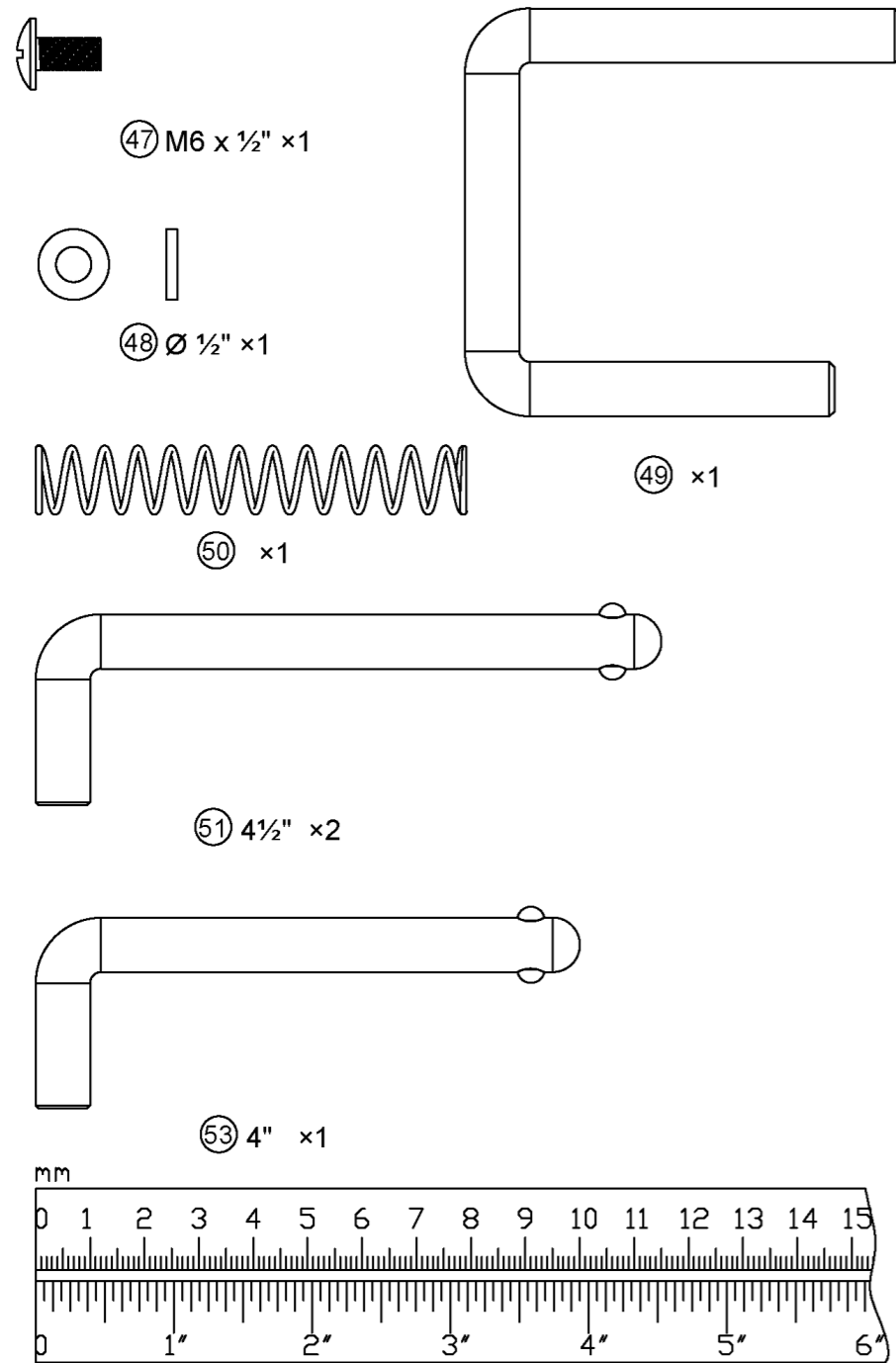
# HARDWARE PACKING LIST



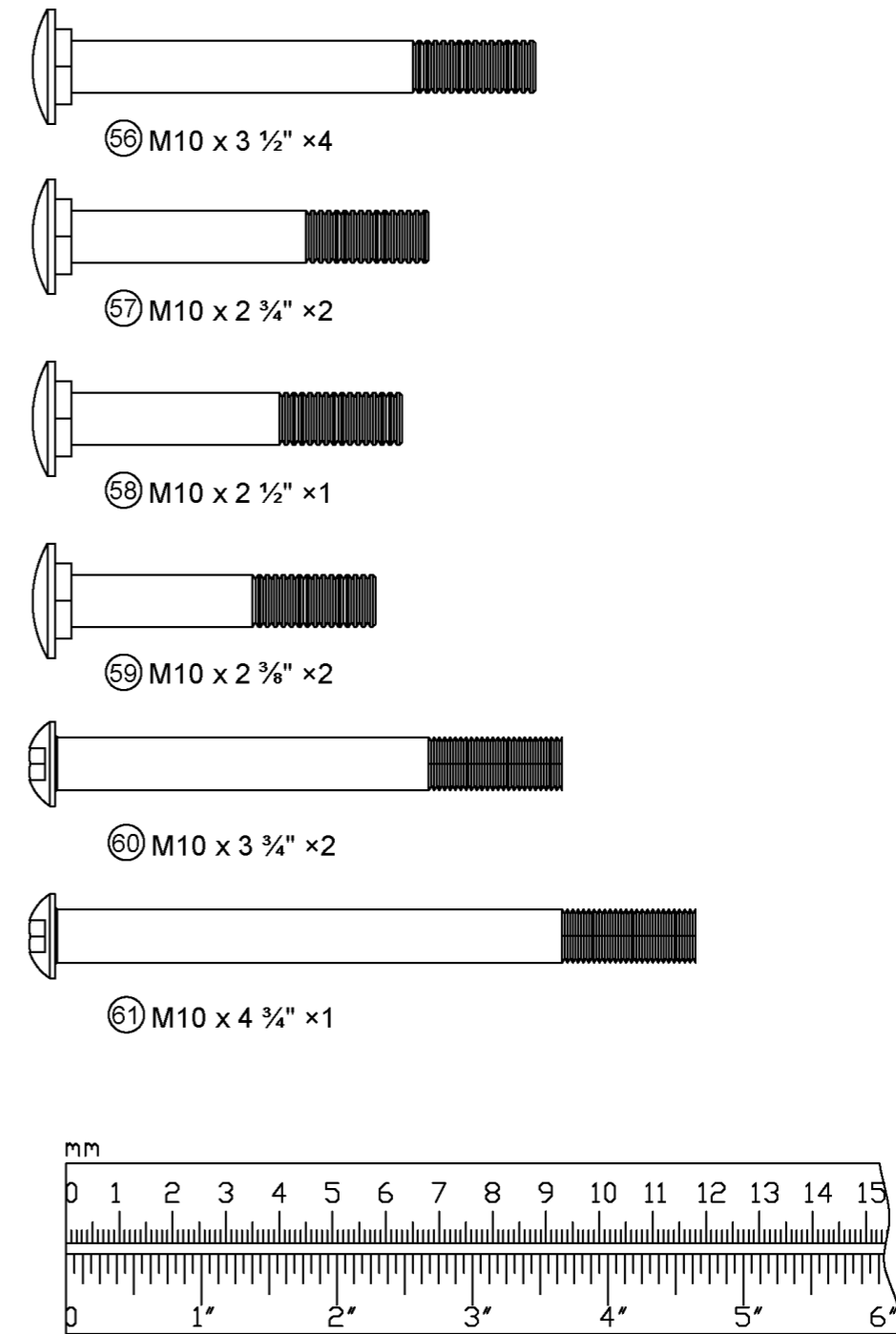
# HARDWARE PACKING LIST



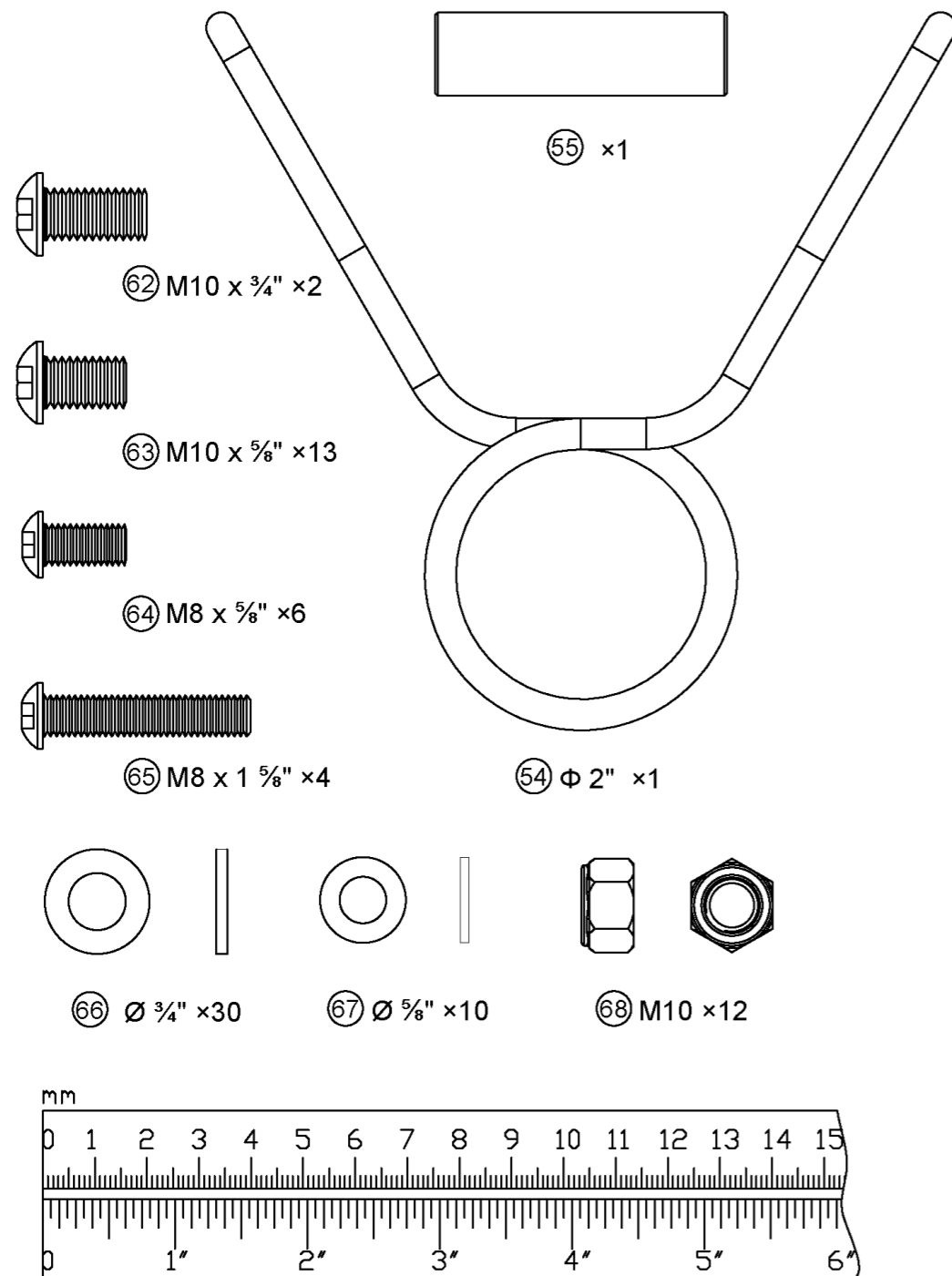
## HARDWARE PACKING LIST



## HARDWARE PACKING LIST



# HARDWARE PACKING LIST



# PARTS LIST

Part #	DESCRIPTION	Q'ty
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Rear Stabilizer	2
4	Main Seat Support	1
5	Cross Brace	1
6	Backrest Adjustment Bar	1
7	Squat Bar Catch	2
8	Rear Diagonal Support	2
9	Arm Curl Stand	1
10	Leg Developer	1
11	Curl Bar Handle Support	1
12	Curl Bar Handle	1
13	Leg Developer Support	1
14	Front Stabilizer	1
15	Sliding Block	1
16	Left Bar Catch	1
17	Right Bar Catch	1
18	Left Safety Catch	1
19	Right Safety Catch	1
20	Seat Bracket	1
21	Backrest Support	2
22	Foam Tube	3
23	4 3/4" x 2" Bracket	3
24	Weight Post	2
25	Panel	2
26	Backrest Board	1
27	Seat Pad	1
28	Arm Curl Pad	1
29	Rivet	14
30	Olympic Sleeve	3
31	Foam Roll	6
32	Foam Roll End Cap	6
33	1 5/8" x 2 3/8" End Cap	2
34	2" Square End Cap	2

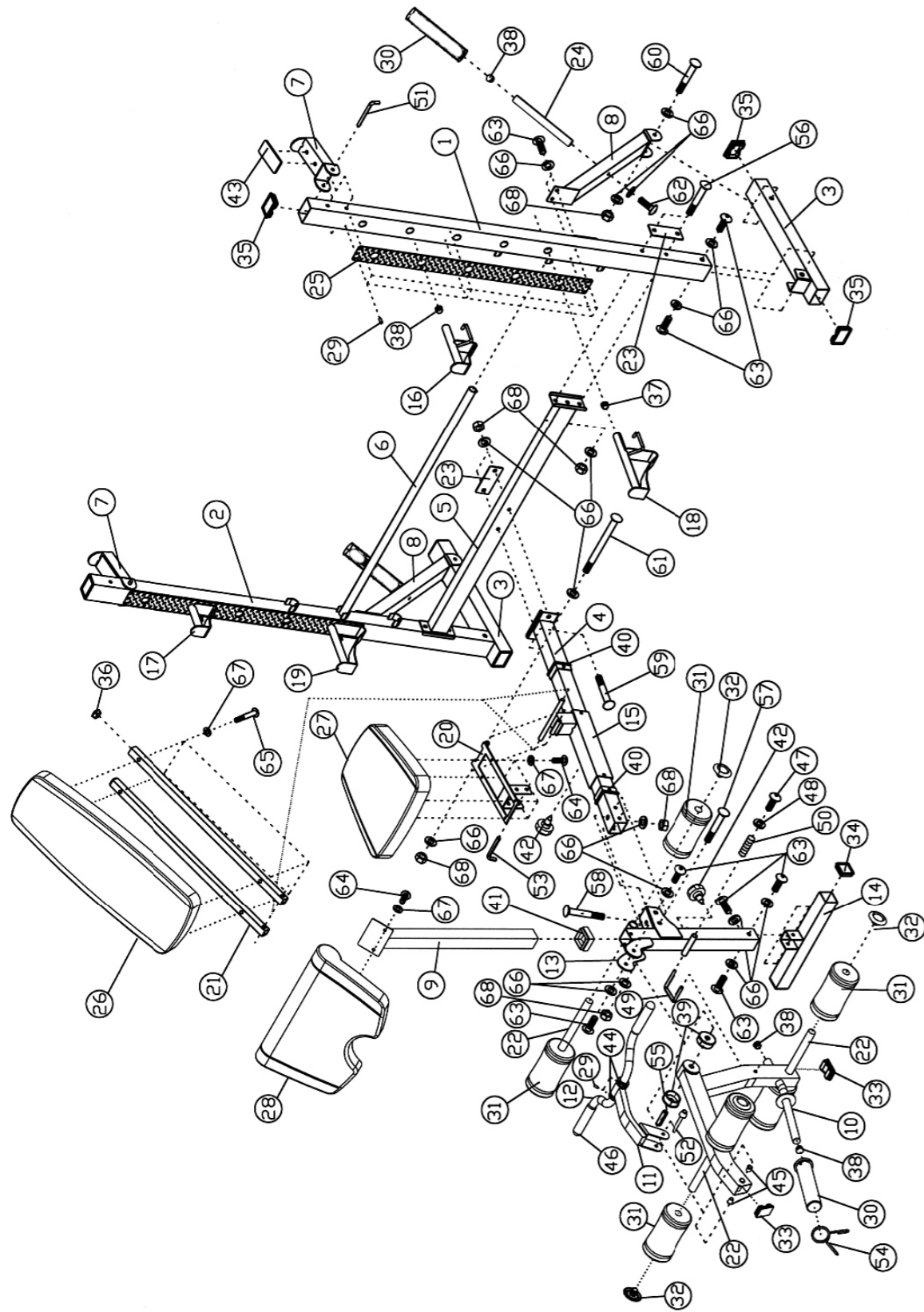
Part #	DESCRIPTION	Q'ty
35	2 3/4" x 2" End Cap	6
36	1" Square End Cap	2
37	1 5/8" x 3/4" End Cap	1
38	Ø 1" End Cap	8
39	Ø 2 3/8" Bushing	2
40	2 3/8" x 2" Sleeve	2
41	2" x 1 3/4" Sleeve	1
42	M18 Lock Knob	2
43	Rubber Bumper	2
44	Ø 1 1/2" Plastic Ring	2
45	Ø 1/2" Bushing	2
46	Curl Bar Handle Grip	2
47	M6 x 1/2" Philips Screw	1
48	Ø 1/2" Washer	1
49	U-shaped Pin	1
50	Spring	1
51	4 1/2" L-shaped Pin	2
52	3 7/8" Lock Pin	1
53	4" L-shaped Pin	1
54	Spring Clip	1
55	Axle	1
56	M10 x 3 1/2" Carriage Bolt	4
57	M10 x 2 3/4" Carriage Bolt	2
58	M10 x 2 1/2" Carriage Bolt	1
59	M10 x 2 3/8" Carriage Bolt	2
60	M10 x 3 3/4" Allen Bolt	2
61	M10 x 4 3/4" Allen Bolt	1
62	M10 x 3/4" Allen Bolt	2
63	M10 x 5/8" Allen Bolt	13
64	M8 x 5/8" Allen Bolt	6
65	M8 x 1 5/8" Allen Bolt	4
66	Ø 3/4" Washer	30
67	Ø 5/8" Washer	10
68	M10 Aircraft Nut	12



## IMPORTANT

Before assembly, please ensure all parts are included in the package. In case any parts are missing, contact our customer service to resolve the issue.

## EXPLODED DRAWING



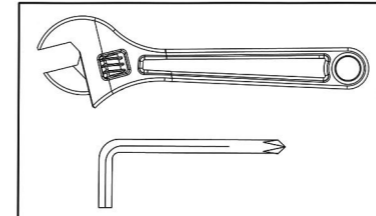
## CLEANING & STORAGE

The device can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any parts. Please wipe your perspiration off the device. Please keep the device out of direct sunlight. Store the device in a clean, warm and dry environment away from children.

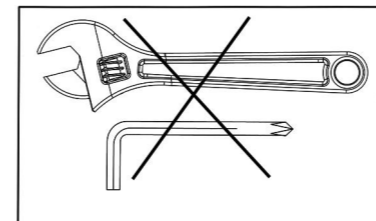
Lubricate moving parts with WD-40 or other light oil periodically.

## ASSEMBLY

- Tools required for assembling the bench: Adjustable Wrench and Allen Wrenches.
- Ensure Carriage Bolts are inserted through the SQUARE holes on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- Use Allen Bolts or Hex Bolts inserted through the ROUND hole on components that need to be assembled.
- Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed.



- Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.



- Do not tighten all Nuts and Bolts in this step.



### IMPORTANT

It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.






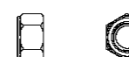
### WARNING

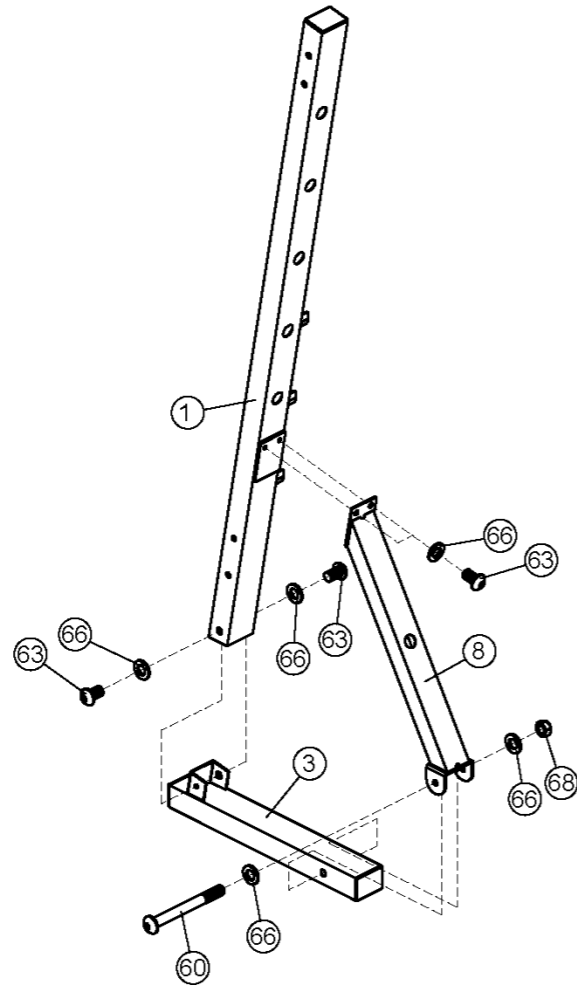
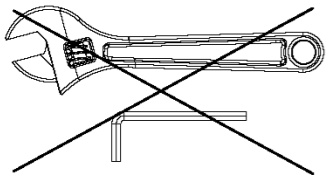
Do not exceed the weight limits mentioned in the safety instructions!



# ASSEMBLY





## STEP 1.

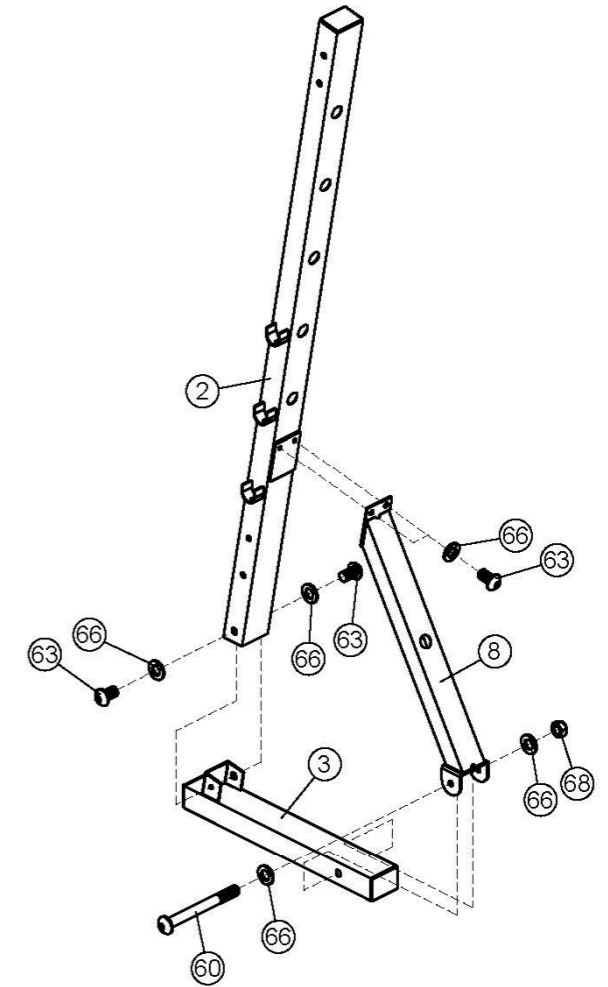
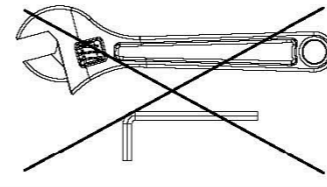
- |    |   |     |            |    |   |     |           |
|----|---|-----|------------|----|---|-----|-----------|
| 60 |  | × 1 | M10×3 3/4" | 63 |  | × 4 | M10× 5/8" |
| 66 |  | × 6 | Φ 3/4"     | 68 |  | × 1 | M10       |



# ASSEMBLY

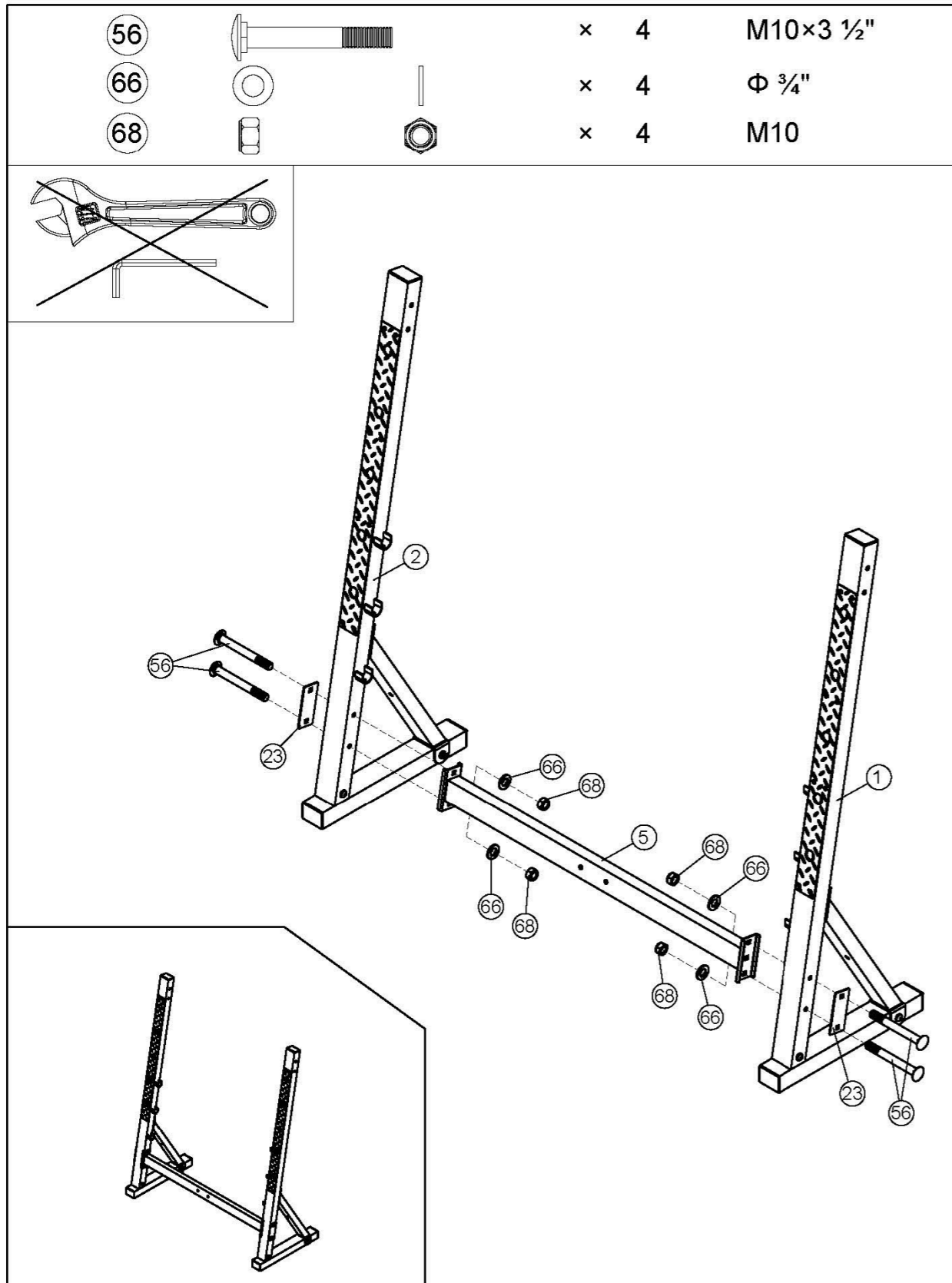
## STEP 2.

- |    |   |     |            |    |   |     |           |
|----|---|-----|------------|----|---|-----|-----------|
| 60 |  | × 1 | M10×3 3/4" | 63 |  | × 4 | M10× 5/8" |
| 66 |  | × 6 | Φ 3/4"     | 68 |  | × 1 | M10       |



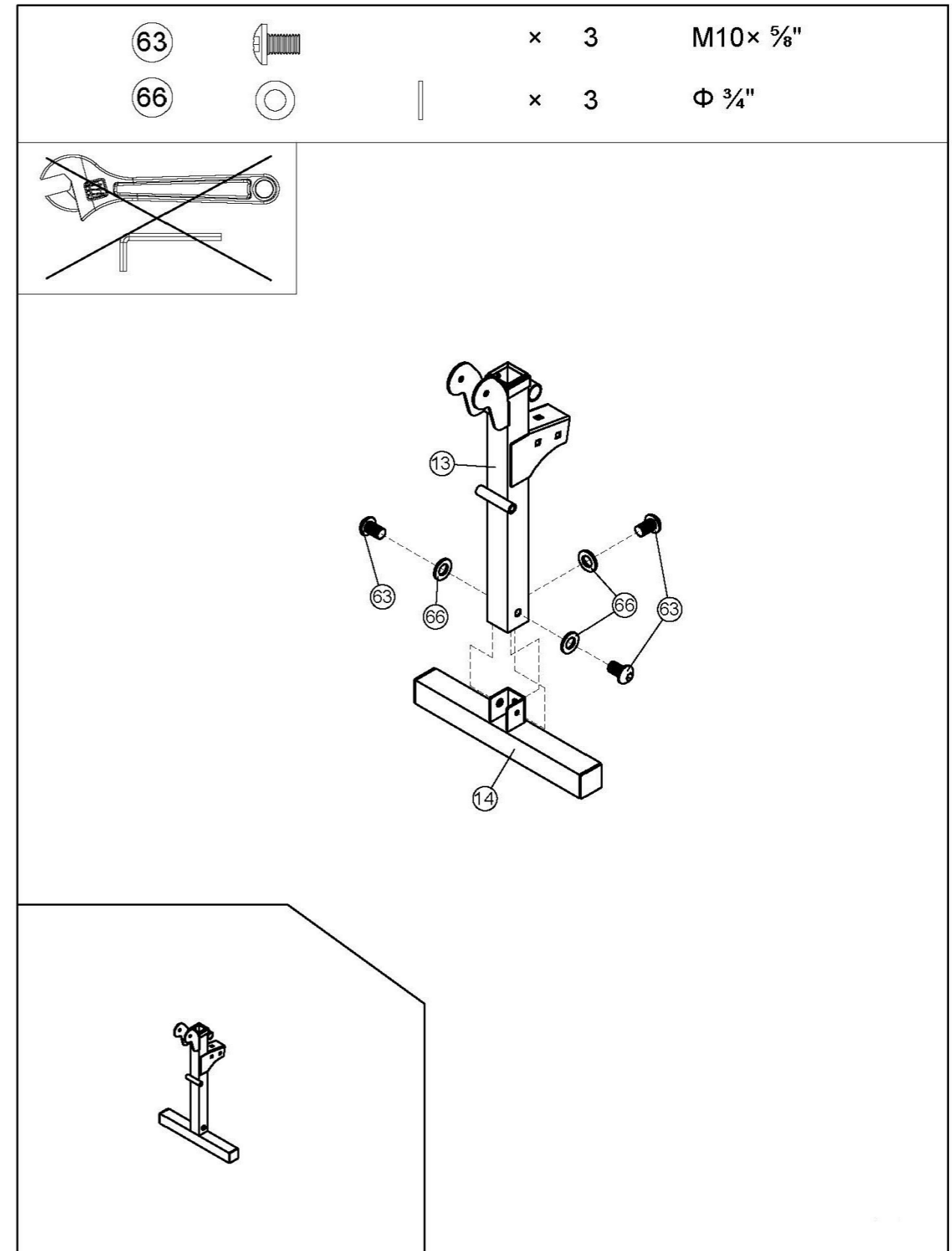
# ASSEMBLY

## STEP 3.



# ASSEMBLY

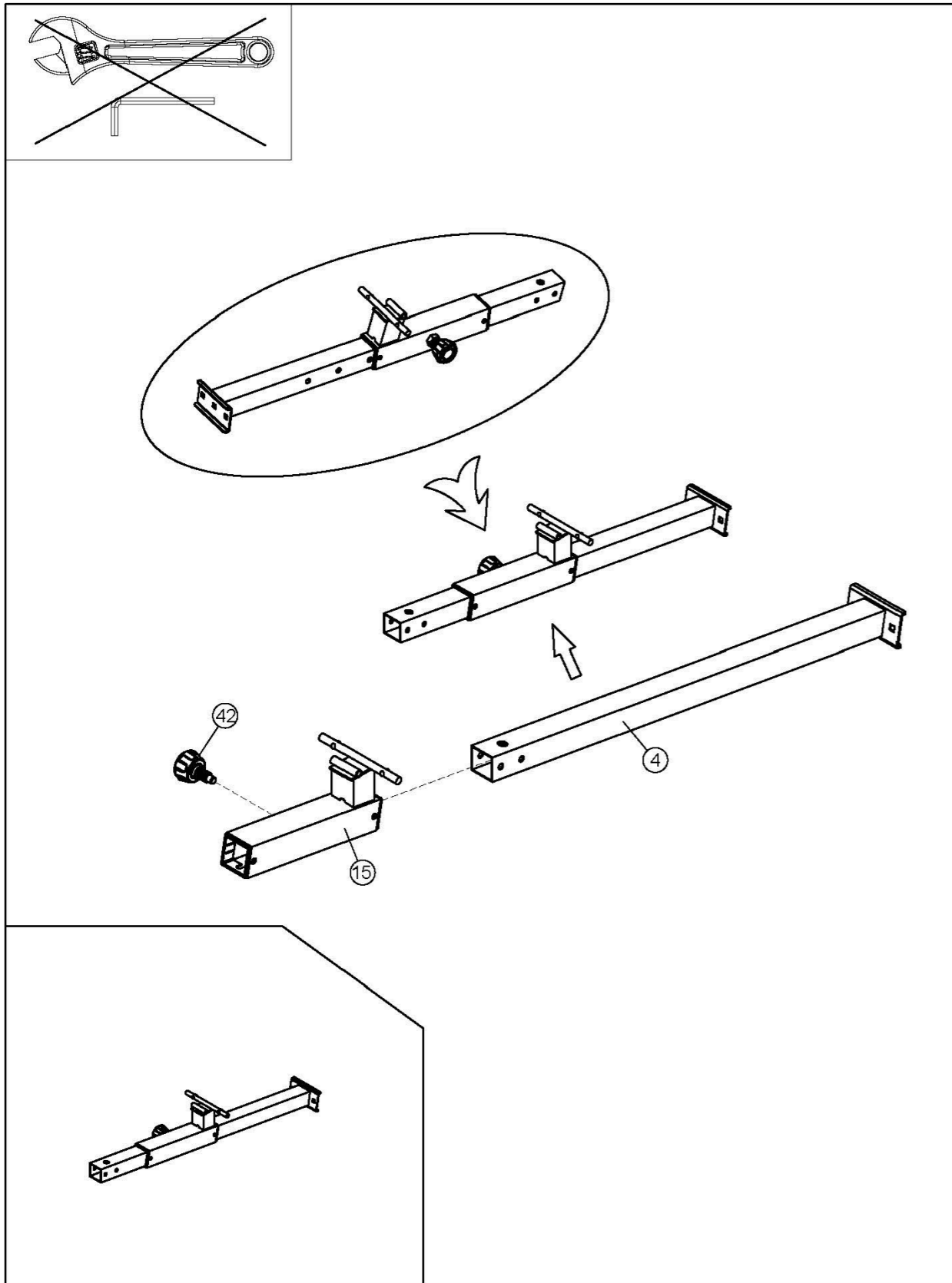
## STEP 4.





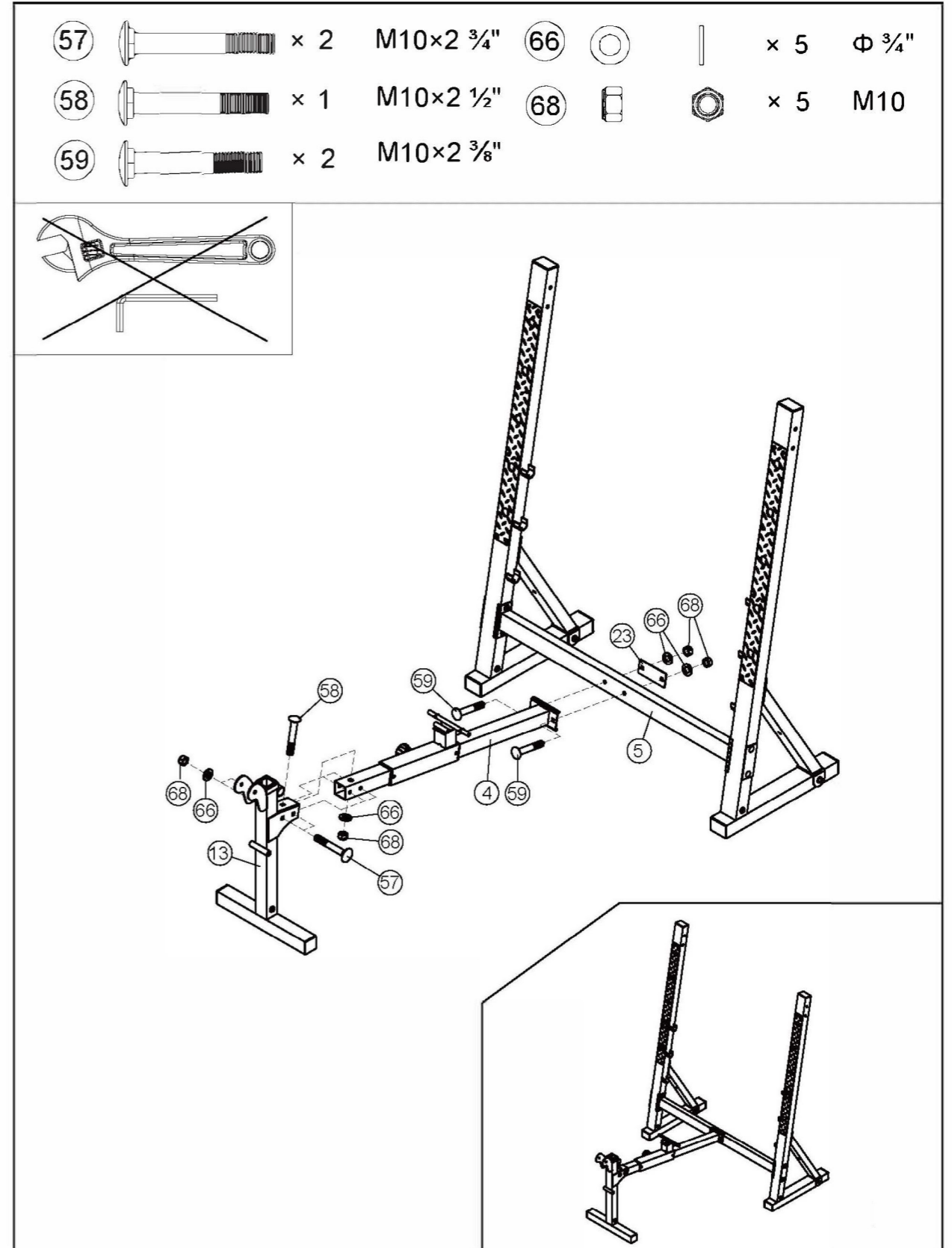
# ASSEMBLY

## STEP 5.





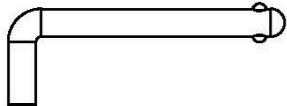

# ASSEMBLY

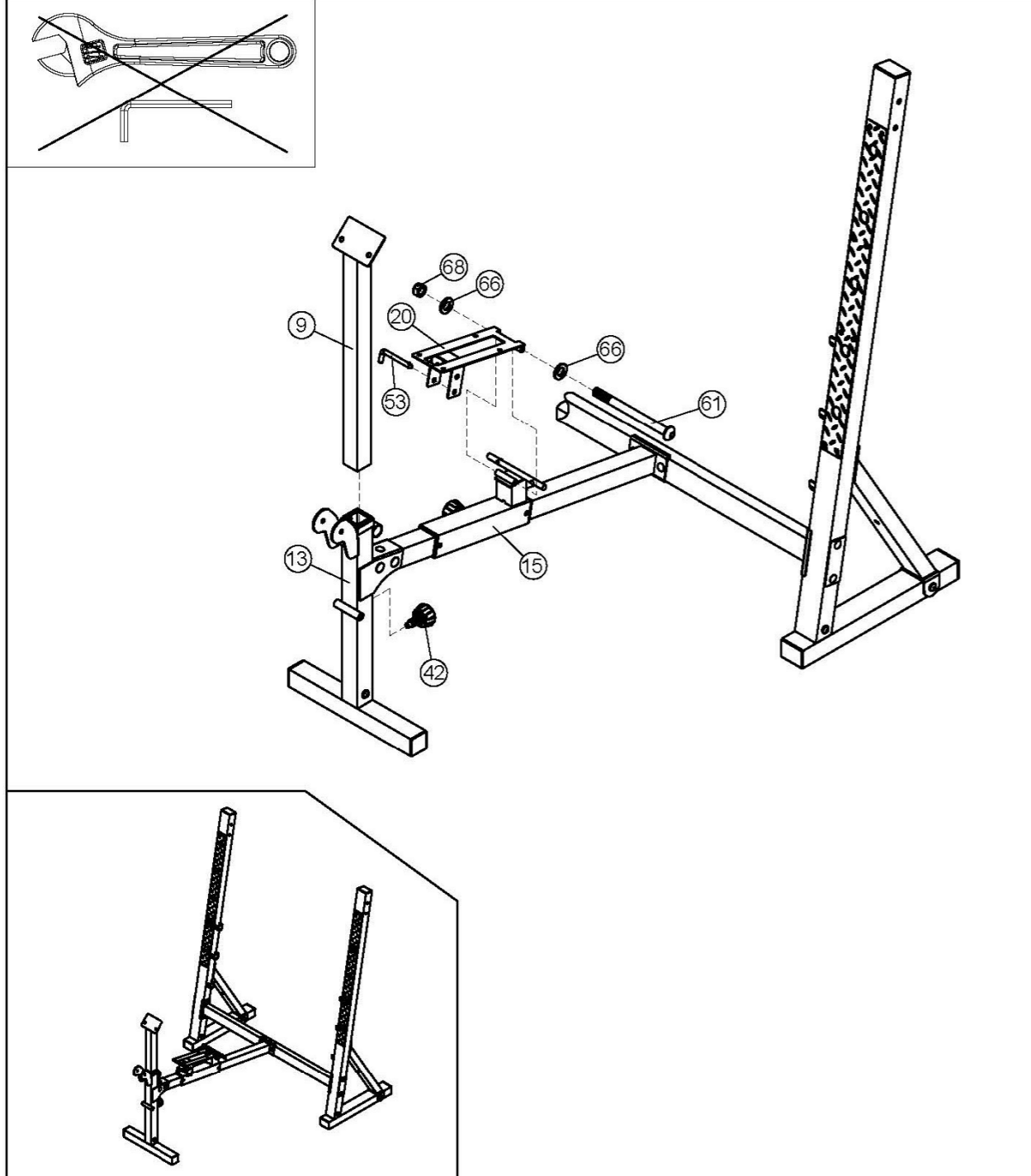
## STEP 6.



# ASSEMBLY



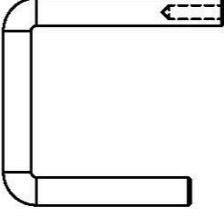

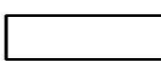


## STEP 7.

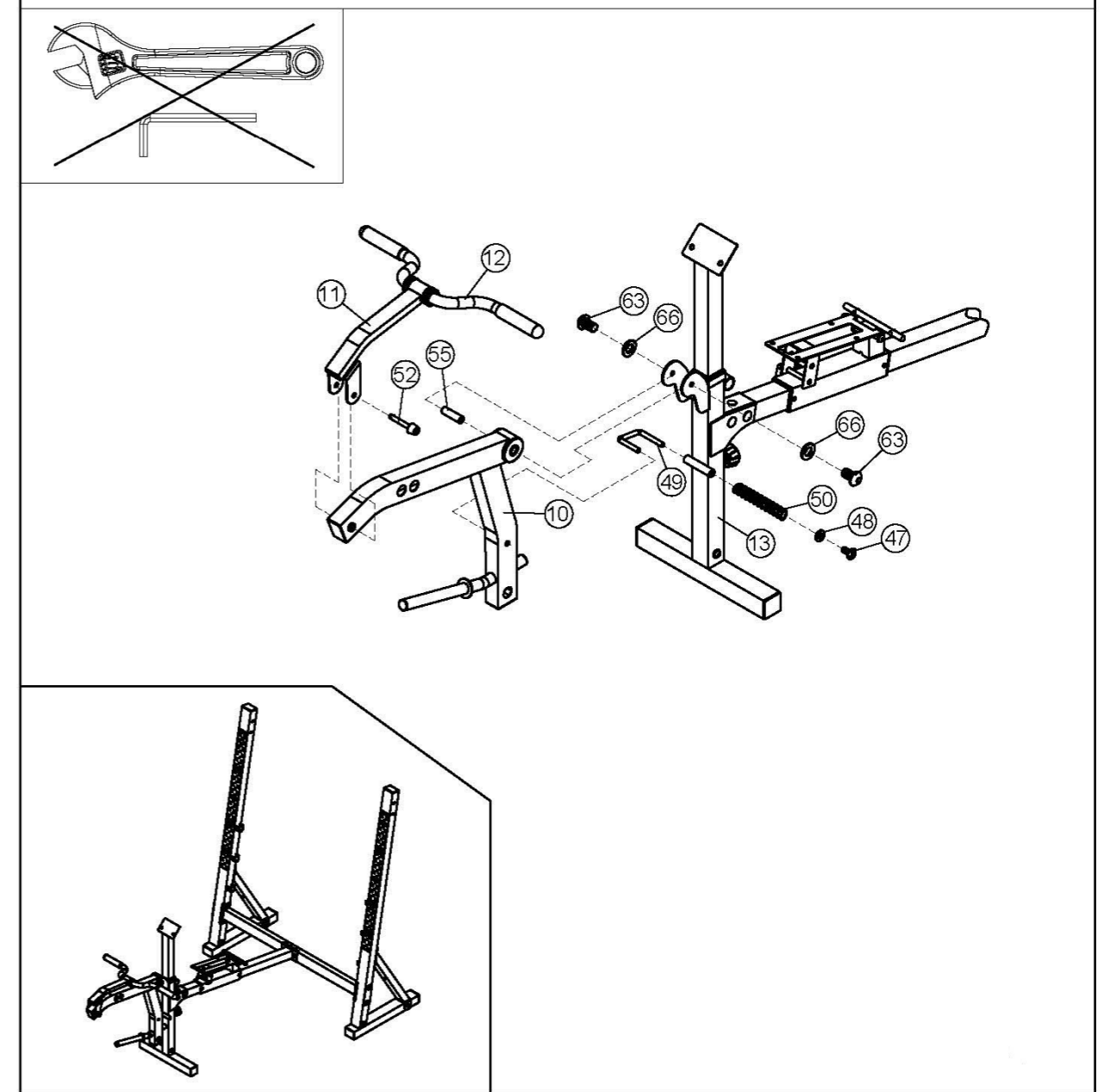
61		x 1 M10x4 3/4"	66		x 2 Φ 3/4"
53		x 1 Φ 3/8"x4"	68		x 1 M10



# ASSEMBLY



## STEP 8.

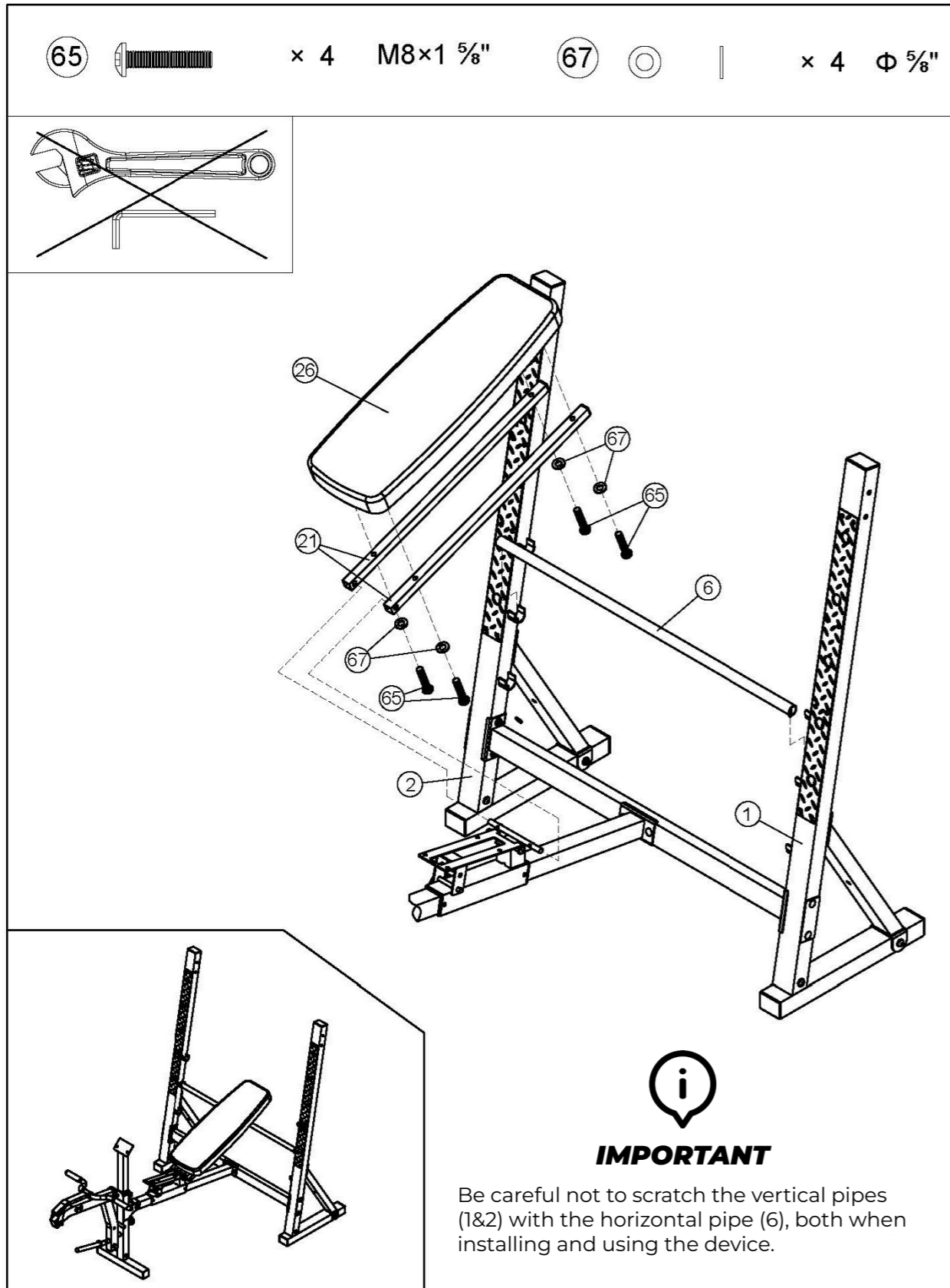
47		x 1 M6x 1/2"	48		x 1 Φ 1/2"
49		x 1	50		x 1
55		x 1	63		x 2 M10x 5/8"
			66		x 2 Φ 3/4"



# ASSEMBLY

## STEP 9.

65  × 4 M8×1 5/8" 67  | × 4  $\Phi$  5/8"





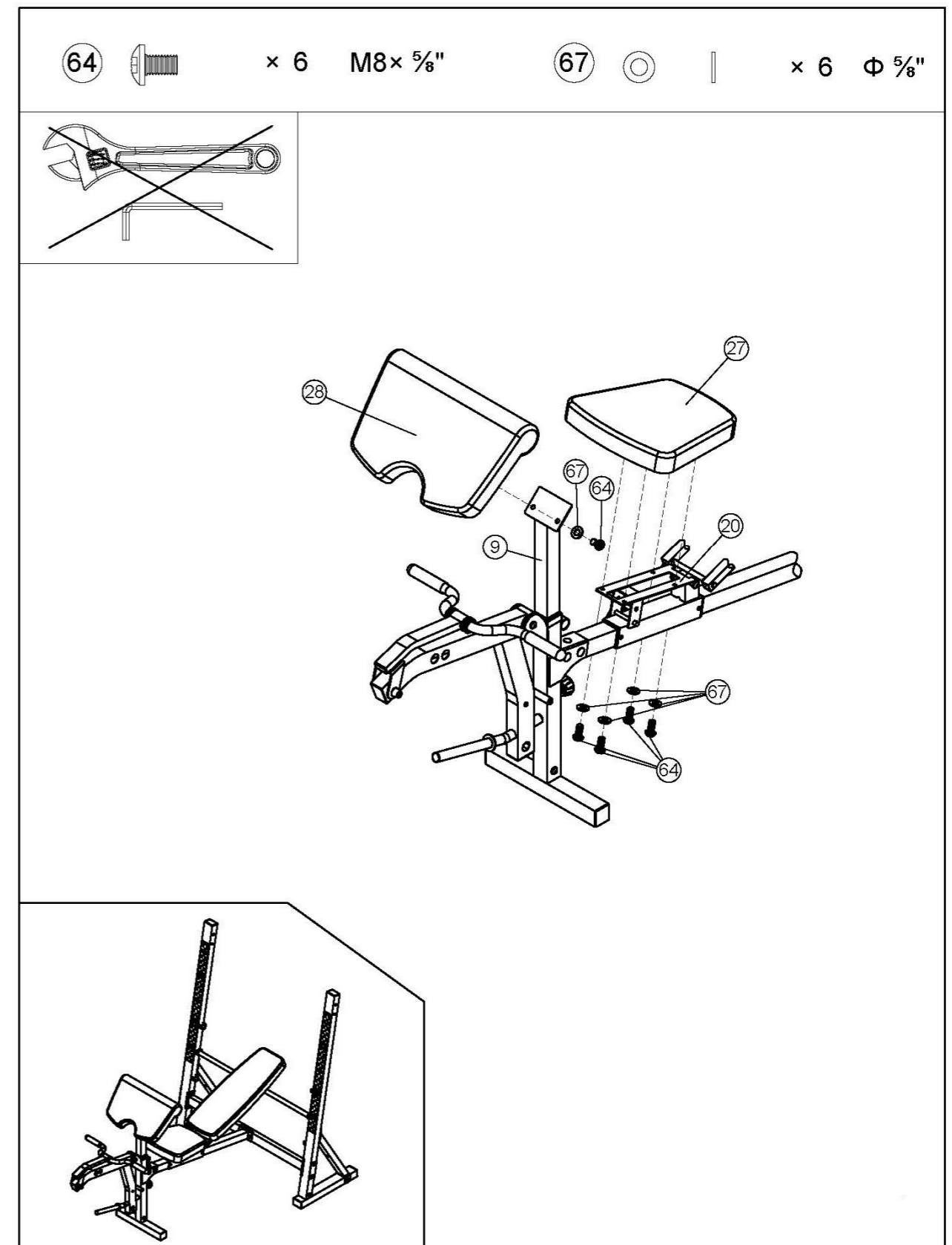
**IMPORTANT**

Be careful not to scratch the vertical pipes (1&2) with the horizontal pipe (6), both when installing and using the device.

# ASSEMBLY

## STEP 10.

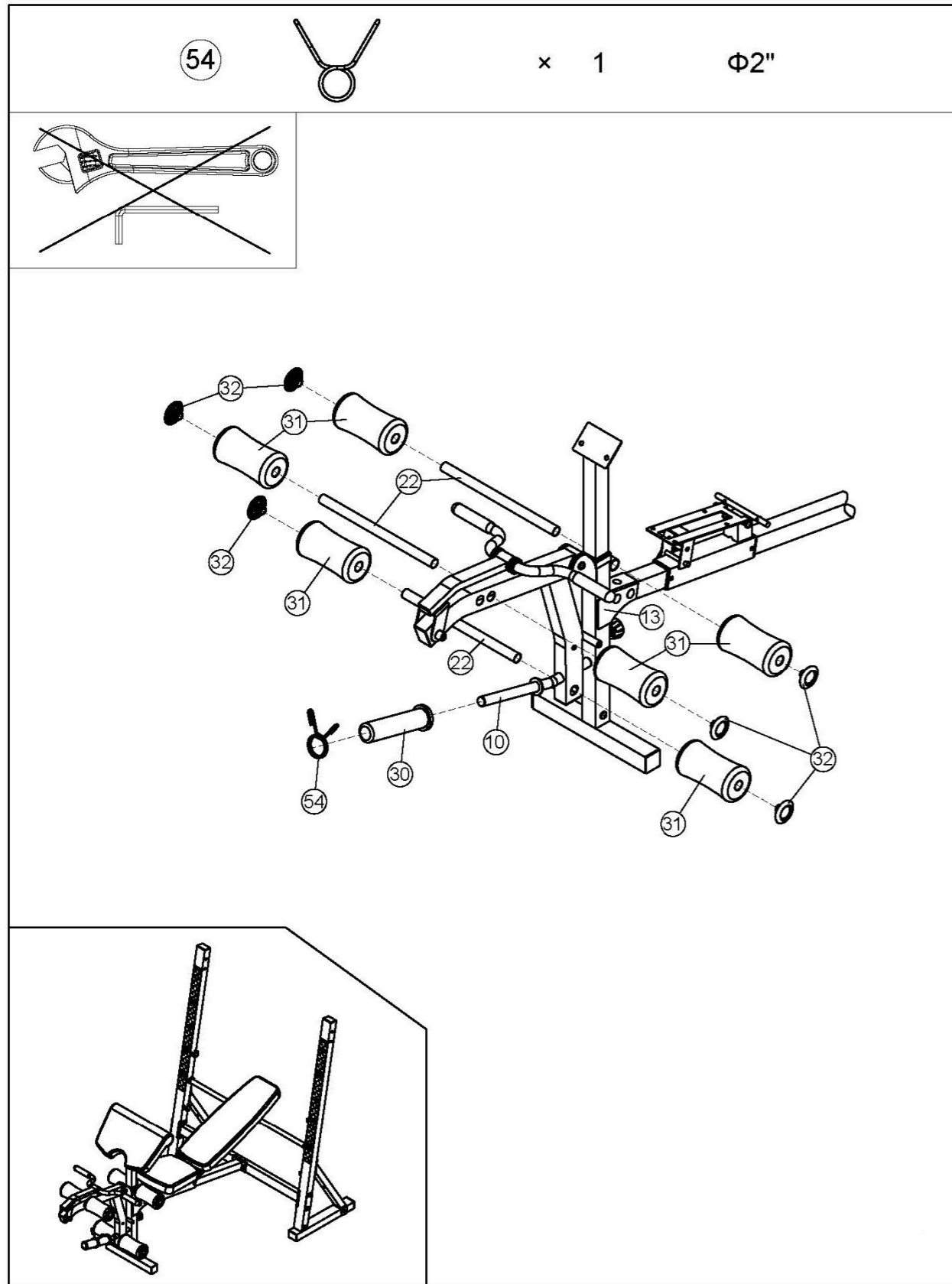
64  × 6 M8× 5/8" 67  | × 6  $\Phi$  5/8"





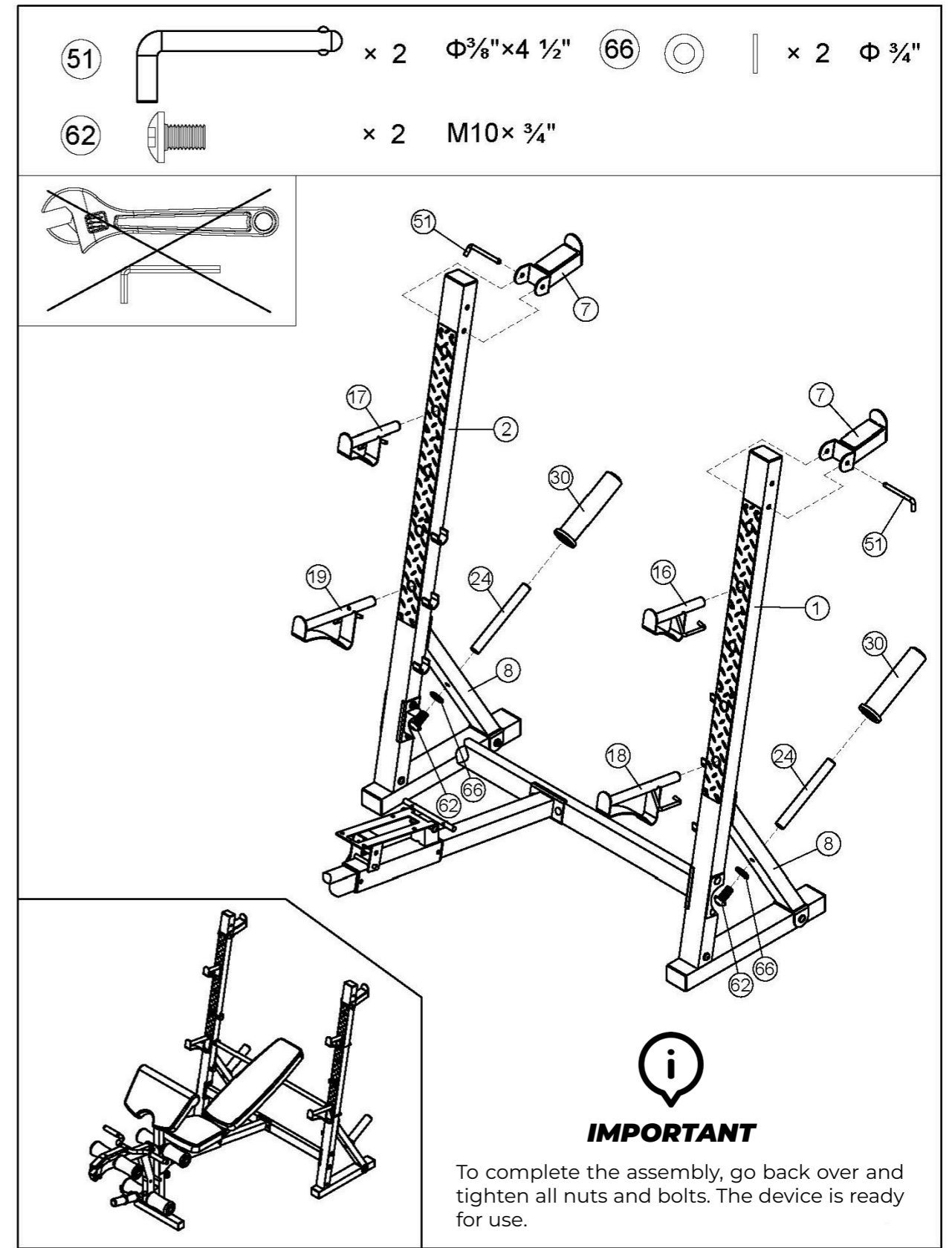
# ASSEMBLY

## STEP 11.



# ASSEMBLY

## STEP 12.



## WARM UP & COOL DOWN

Exercise in any form is one of the best things you can do for your overall health. A good exercise program consists of a warm-up, actual workout and a cool down.

STRENGTH TRAINING is a training form that causes your muscles to contract against an outside resistance. The resistance can be from weight machines, medicine balls, resistance bands, dumbbells or from your own body. Strength training is an essential part of the exercise routine process. It helps you to tone, build and strengthen muscles, improve joint flexibility and maintain a healthy body.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.



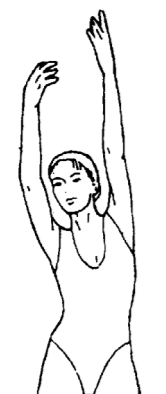
### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



### SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



### SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

## WARM UP & COOL DOWN



### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



### TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



### HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



## **IMPLIED WARRANTY**

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for home use.

### **The warranty applies to the following parts:**

- Frame
- All parts included in the original delivery

### **The warranty does not cover:**

- Incorrect installation
- Damage caused externally
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions
- Wear parts and expendable parts

## **MANUFACTURED FOR**

Gymstick International Oy  
Ratavartijankatu 11  
15170 Lahti, FINLAND

## **DISCLAIMER**

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

