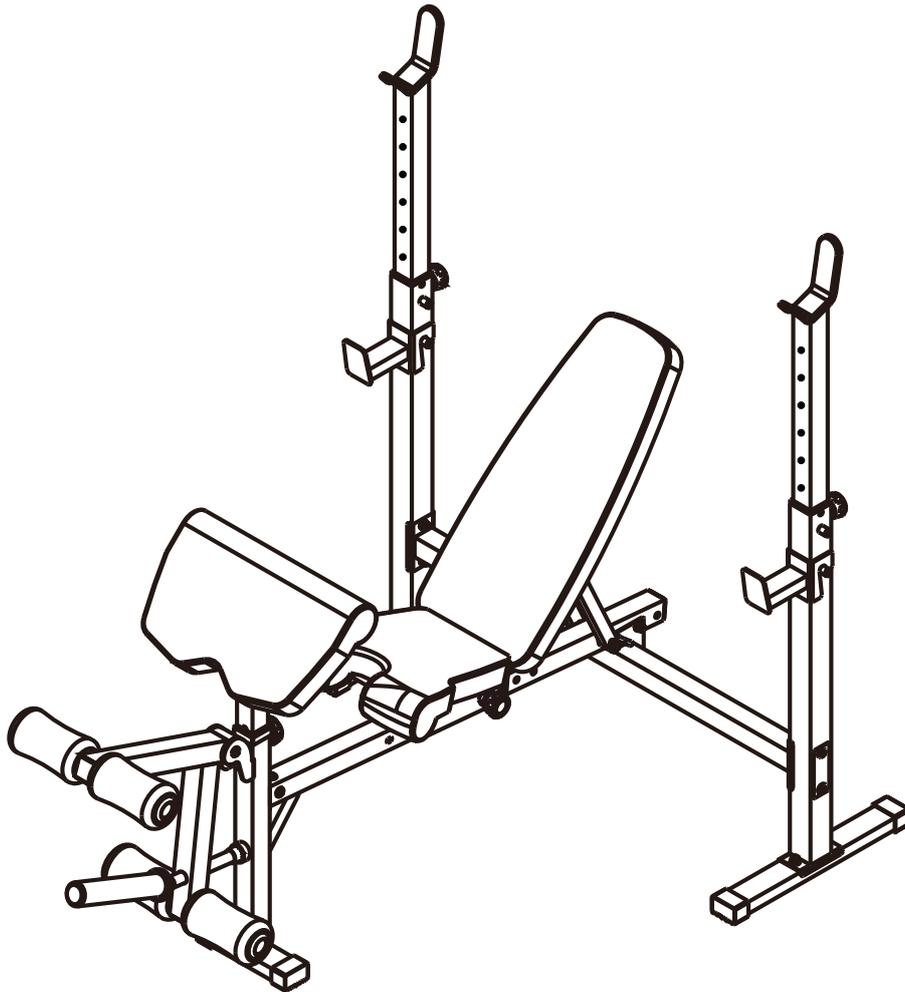


SERIAL NO. JX3184-UK

V-fit



STB-22/100 Olympic Weight Bench

☎ Call **FREephone 0800-3-101-202** for
CUSTOMER SUPPORT (UK ONLY)

If anything is wrong with your order, or if you have any questions or queries relating to the assembly or operation of this product, please get in touch by e-mail (support@benysports.co.uk) or, by calling our **FREephone** Number 0800-3-101-202 (for the UK)

or

+44 (0) 1535-637711 (outside the UK),
so we have the opportunity to resolve any problems

Contents

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Protect the environment by not disposing of this product with household waste.



General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 0800 3 101 202 or
+44 (0)1535 63711

Email:- support@benysports.co.uk

Website:- www.benysports.co.uk

CUSTOMER SUPPORT open from 9.00am to 4.30pm
from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8 Riparian Way,
The Crossings Business Park,
Cross Hills,
West Yorkshire.
BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- a). Provide parts for the purchaser to effect repair.
- b). Repair the product, returned to our warehouse (at the purchaser's cost).
- c). Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we will ask for proof of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.

Customer Support

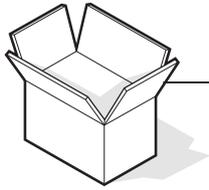
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Email:- support@benysports.co.uk

Website:- www.benysports.co.uk

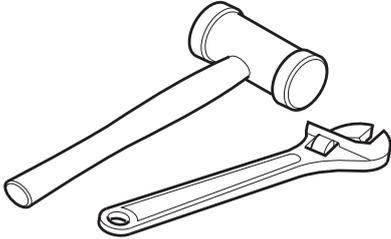
CUSTOMER SUPPORT open from 9.00am to
4.30pm from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8 Riparian Way,
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West Yorkshire
BD20 7BW



Before you Start

Tools



If required, most of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- * Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- * For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- * Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- * Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- * Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of damaging flooring or slipping in use.*
- * Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*



Warning

If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced

Storage and Use

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.

Weight Limit

*Your product is suitable for users weighing:
264 LBS / 18.8 Stones / 120 KG or less.*

Conformity

*This product conforms to:
BS EN ISO 20957-1 and BS EN 957-2- HOME USE - Class (HC).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

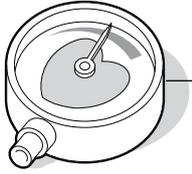
Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.



Note

Incorrect or excessive training may damage your health. Please read the exercise information first.

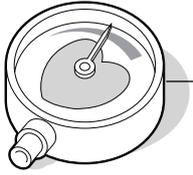
Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

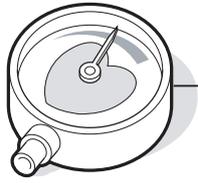
Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.



Exercising Information

Target Zone (con't)

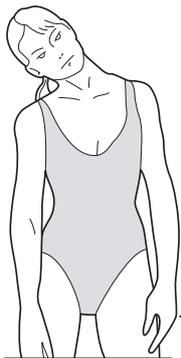
USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

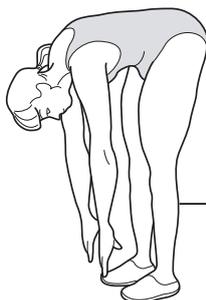
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

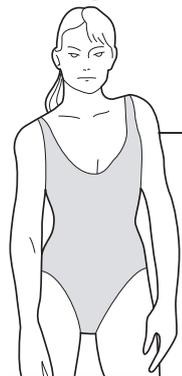
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.

Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.





Operating Adjustments

EXERCISE MONITOR FUNCTIONS

With your Exercise Bike the single screen, 5 function Exercise Monitor is set to start automatically when you begin to cycle. However, it is possible to switch on the monitor by pressing the Mode Button at the bottom of the monitor. To save battery consumption, the monitor will also switch off after it has been idle for approximately four minutes.

Please refer to the leaflet supplied with the Exercise Monitor for all operational functions.

LUBRICATION and MAINTENANCE

The moving parts in your Exercise Bike are all pre-lubricated at assembly and should not require further attention. We recommend however that the cycle is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the cycle and any attachments before use.



Note

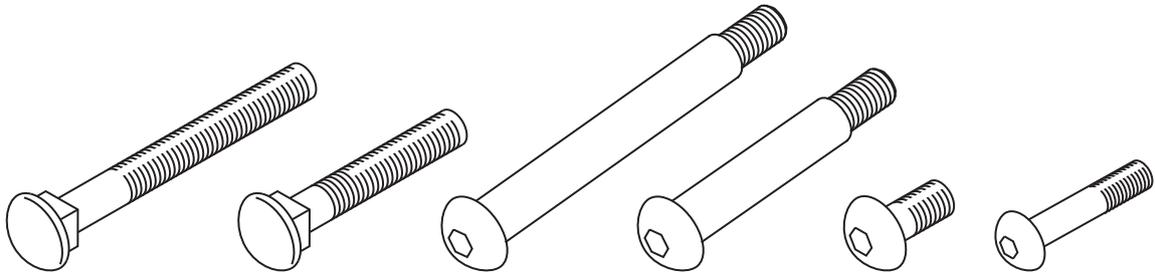
In the interest of safety, do NOT use polish or any lubricant on the foam handgrips, saddle or pedals.

Assembly



ACCESSORY FITMENT LIST

These are all the accessories you will need to complete the assembly of your product.



*Item 21
Qty 4*

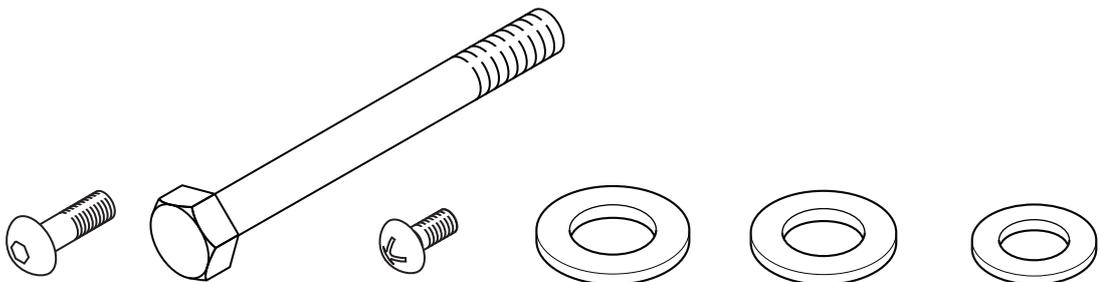
*Item 22
Qty 4*

*Item 23
Qty 3*

*Item 24
Qty 1*

*Item 25
Qty 5*

*Item 26
Qty 4*



*Item 27
Qty 8*

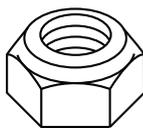
*Item 28
Qty 1*

*Item 29
Qty 1*

*Item 30
Qty 2*

*Item 31
Qty 21*

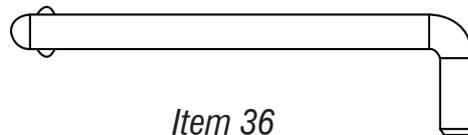
*Item 32
Qty 12*



*Item 33
Qty 1*



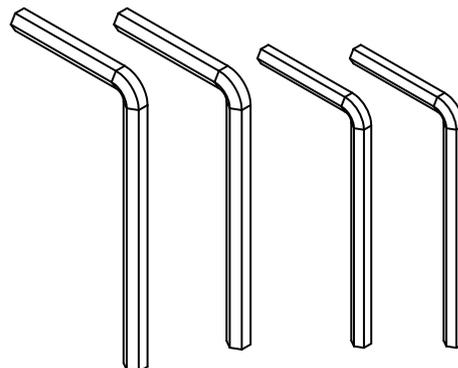
*Item 34
Qty 12*



*Item 36
Qty 2*



*Item 37
Qty 1*



Assembly



Beny Sports Co. UK Ltd

Unit 8 Riparian Way,
The Crossings Business Park,
Cross Hills,
West Yorkshire.
BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Tel:- 0800 3 101 202 or

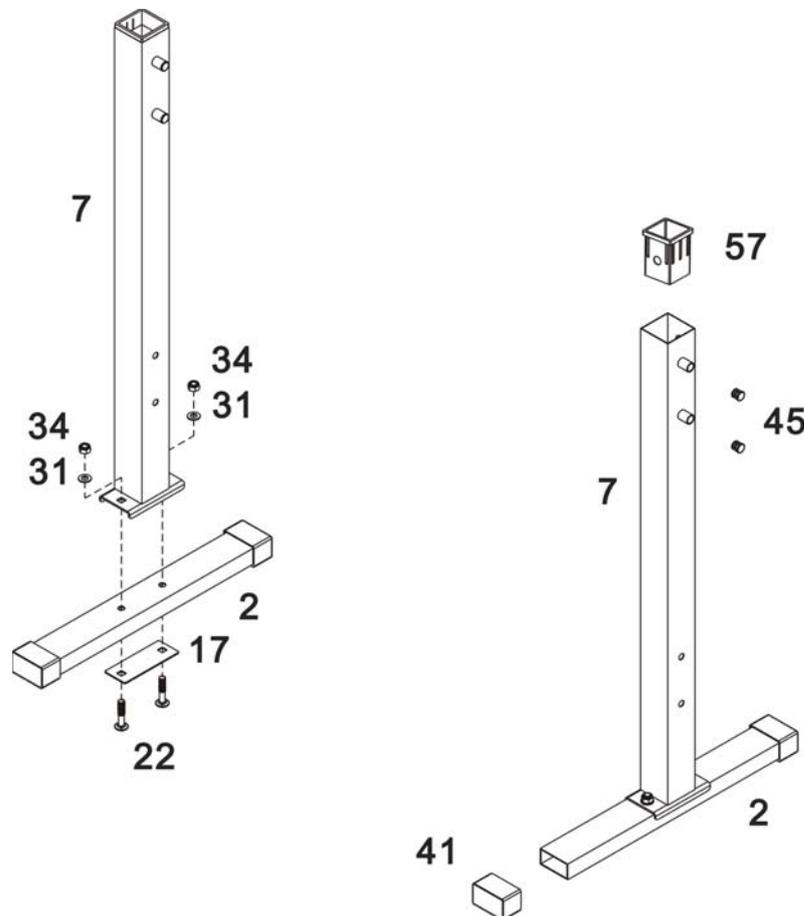
+44 (0)1535 637711

E-mail:- support@benysports.co.uk

CUSTOMER SUPPORT open from 9.00am to 4.30pm from Monday to Friday

Two persons may be required to finish the assembly steps.
(Caution!! Please follow the assembly steps below to avoid possible injury)

- 1.** Attach the Rear Upright Frames (7) to the Rear Stabilizers (2) using 2 x M10 x 50mm Carriage Bolts (22), 1 x Bracket (17), 2 x Ø10mm Washers (31) and 2 x M10 Aircraft Nut (34) and 2 x M10 Nylon Locknuts for each side. Note: (41), (45) and (57) are pre-assembled.



Assembly

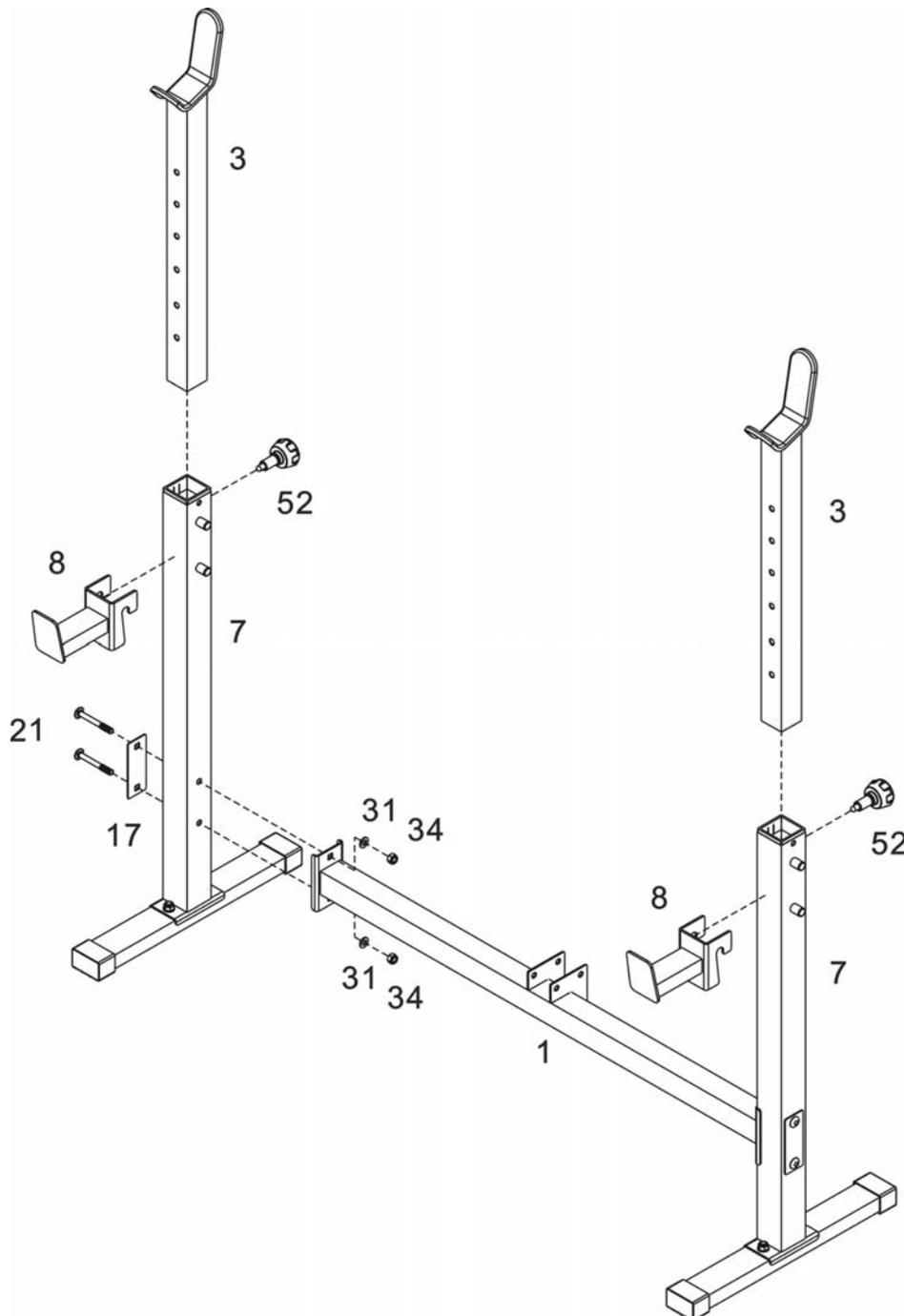


2.

A. Attach the Rear Upright Frames (7) to the Cross Beam (1) using 2 x M10 x 80mm Carriage Bolts (21), 1 x Bracket (17), 2 x Ø10mm Washers (31) and 2 x M10 Aircraft Nuts (34) and 2 x M10 Nylon Locknuts for each side.

B. Place the 2 x Barbell Bar Supports (8) at your selected level onto the Rear Upright Frame (7).

C. Insert a Barbell Support (3) into the Rear Upright Frame (7), and secure with Ø53 x M18 x Ø10 Lock Knob (52) at your desired height.



Assembly

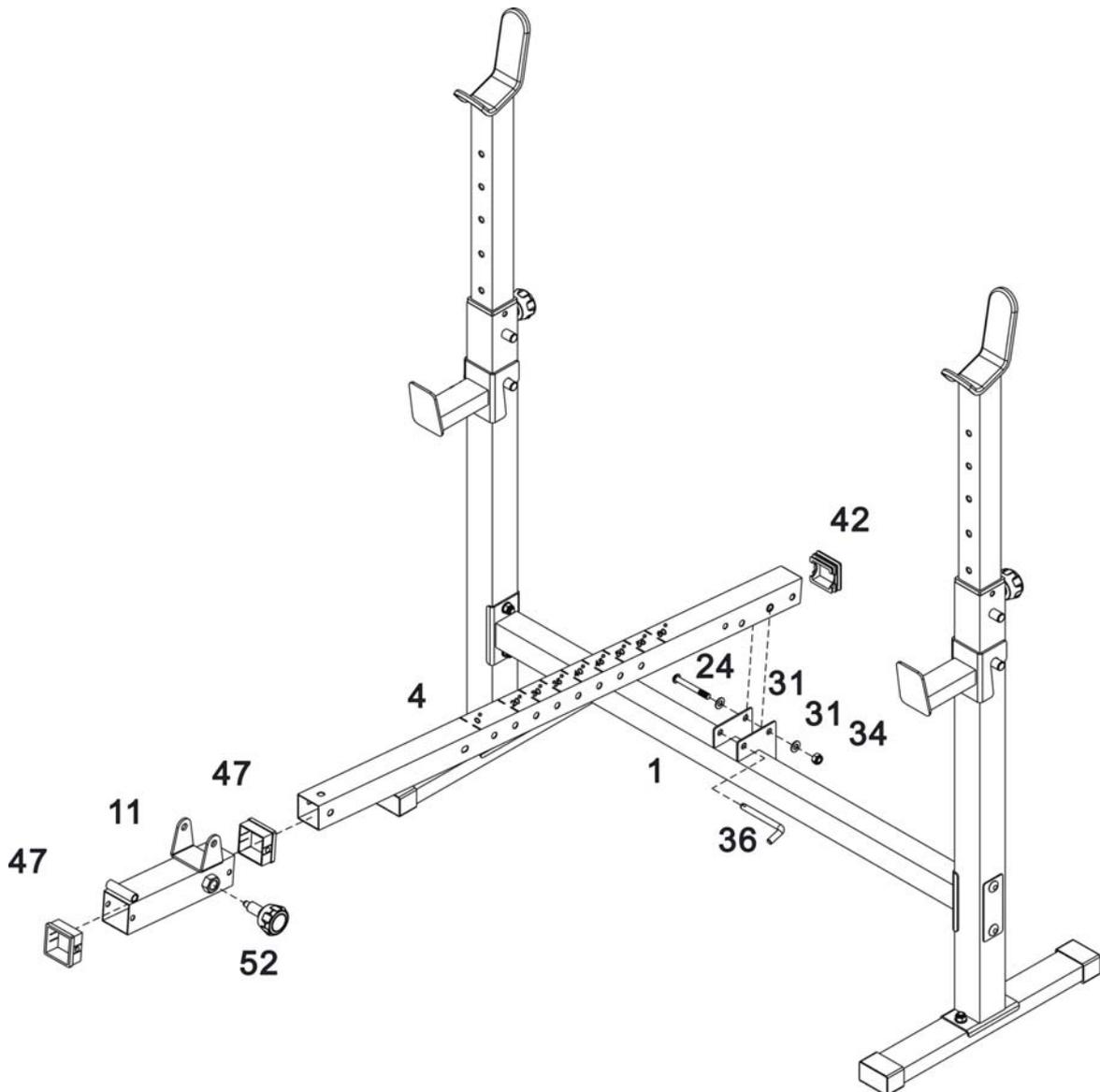


3.

a. Fix the Main Frame (4) to the Cross Beam (1) using 1 x M10 x 80mm Allen Bolt (24), 2 x Ø10mm Washers (31), 1 x M10 Nylon Locknut (34) and 1 x Ø10 x 105 L-Shaped Pin (36).

b. Insert the Main Frame (4) into the Sliding Frame (11), and secure with 1 x Ø53 x M18 x Ø10 Lock Knob (52) at your desired position.

Note: (42) and (47) are pre-assembled.

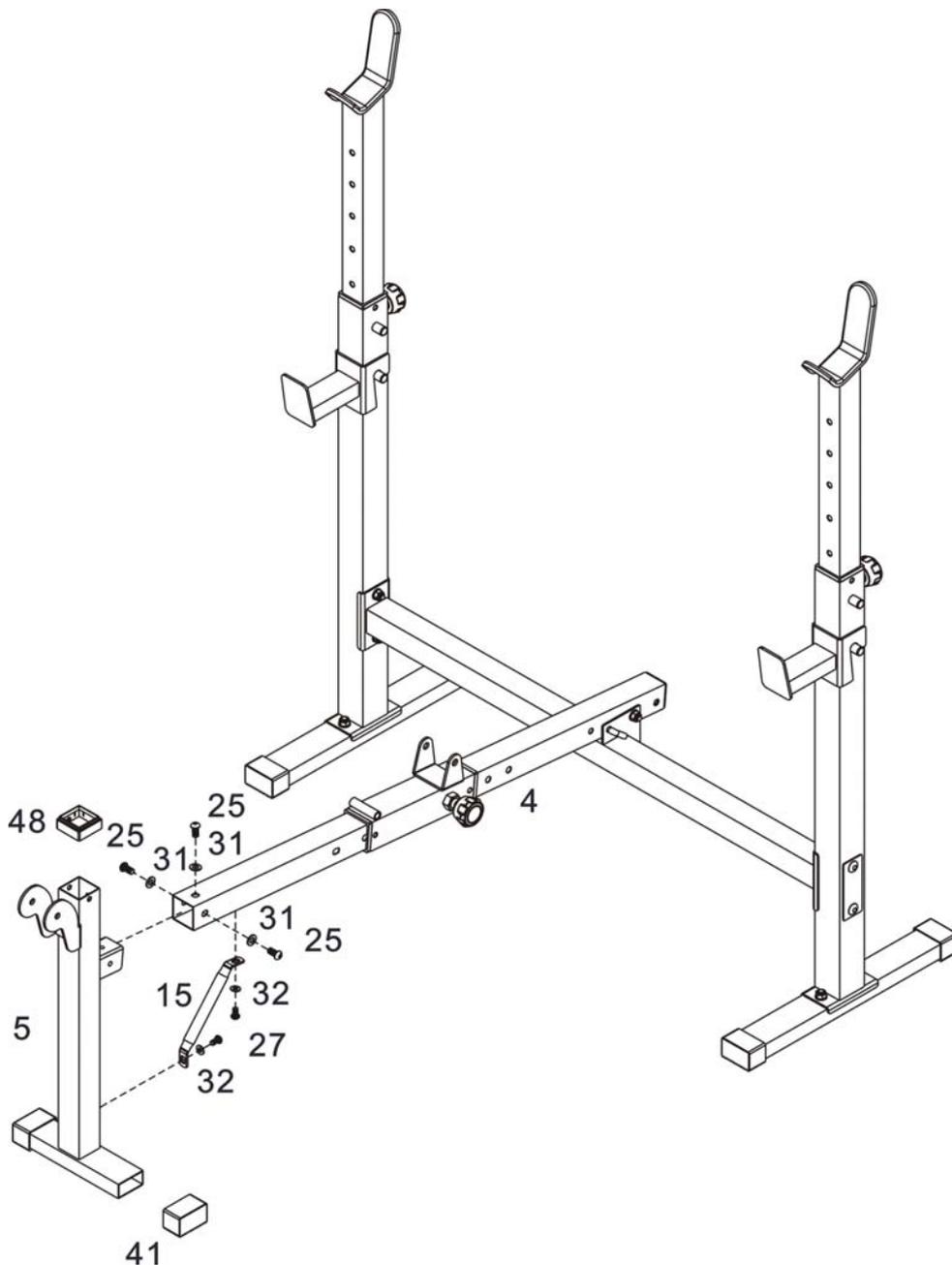


Assembly



- 4.** a. Insert the Front Upright Frame (5) into the Main Frame (4) and secure with 3 x M10 x 16mm Allen Bolts (25) and 3 x Ø10mm Washers (31).
- b. Attach the Slant Bracket (15) to the Front Upright Frame (5) into the Main Frame (4), and secure with 2 x M8 x 18mm Allen Bolts (27) and 2 x Ø8mm Washers (32).

Note: (41) and (48) are pre-assembled.



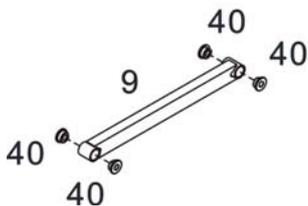
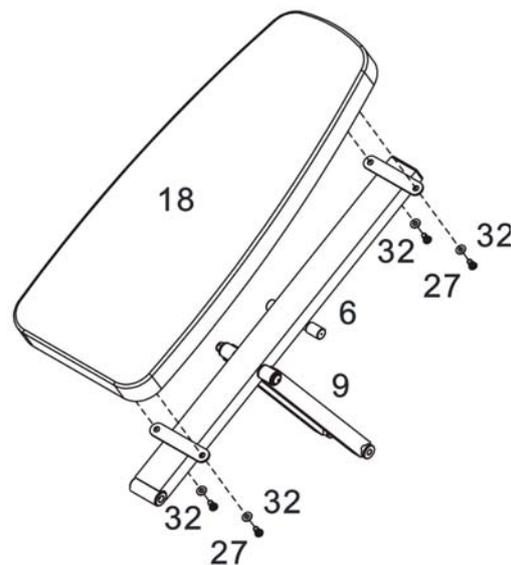
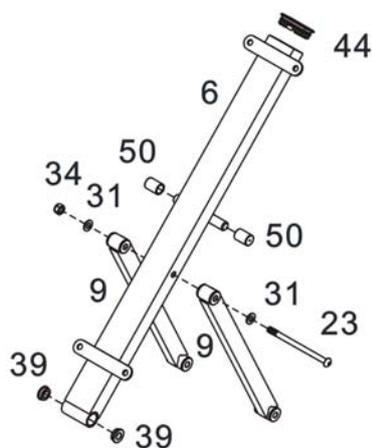
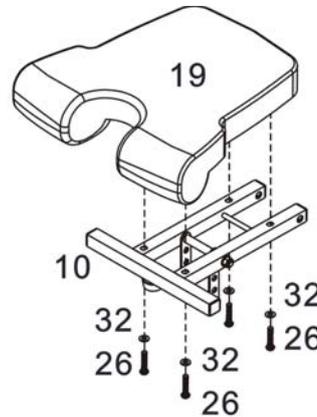
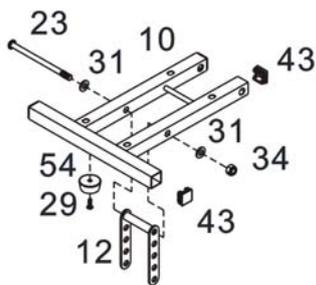
Assembly



5.

- a. Attach the Seat Pad Support (10) to the Seat Pad Adjustable Frame (12), and secure with 1 x M10 x 140mm Allen Bolt (23), 2 x Ø10mm Washers (31) and 1 x M10 Nylon Locknut (34).
- b. Attach the Seat Pad (19) to the Seat Pad Support (10), and secure with 4 x M8 x 40mm Allen Bolts (26) and 4 x Ø8mm Washers (32).
- c. Attach 2 x Slant Supports (9) to both sides of the Backrest Support (6), and secure with 1 x M10 x 140mm Allen Bolt (23), 2 x Ø10mm Washers (31) and 1 x M10 Nylon Locknut (34).
- d. Attach the Backrest Pad (18) to the Backrest Support (6), and secure with 4 x M8 x 18mm Allen Bolts (27) and 4 x Ø8mm Washers (32).

Notes: part (29) / (54) / (43) / (44) / (50) / (39) / (40) are pre-assembled.

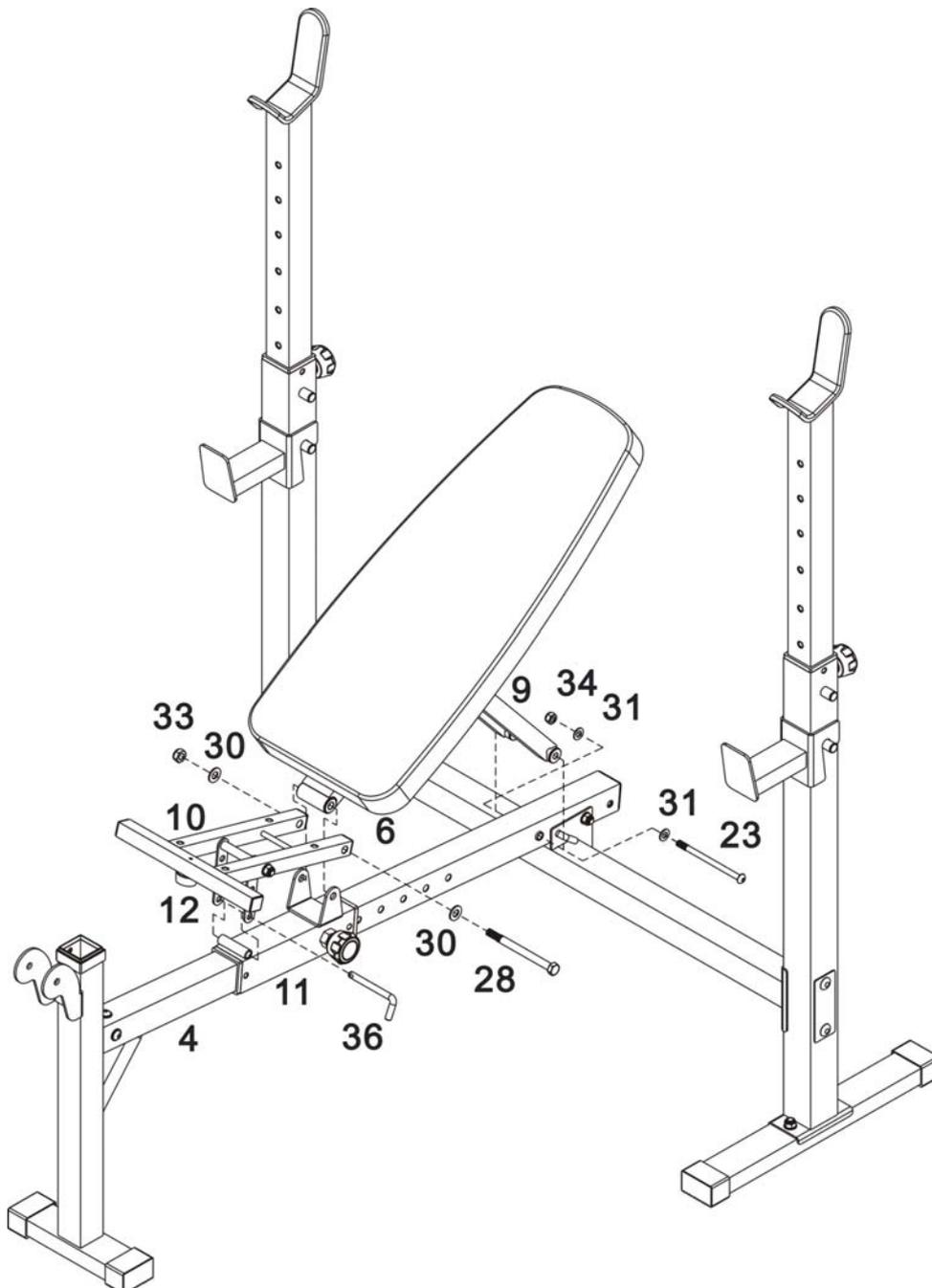


Assembly



- 6.** a. Attach the Seat Pad Support (10) and Backrest Support (6) to the Sliding Frame (11), and secure with 1 x M12 x 145mm Hex Bolt (28), 2 x Ø12mm Washers (30) and 1 x M12 Nylon Locknut (33).
b. Attach the Seat Pad Adjustable Frame (12) to the Sliding Frame (11), and secure with Ø10 x 105 L-Shaped Lock Pin (36).

Attach 2 x Slant Supports (9) to both sides of the Main Frame (4) and secure with 1 x M10 x 140mm Allen Bolt (23), 2 x Ø10mm Washers (31) and 1 x M10 Nylon Locknut (34).

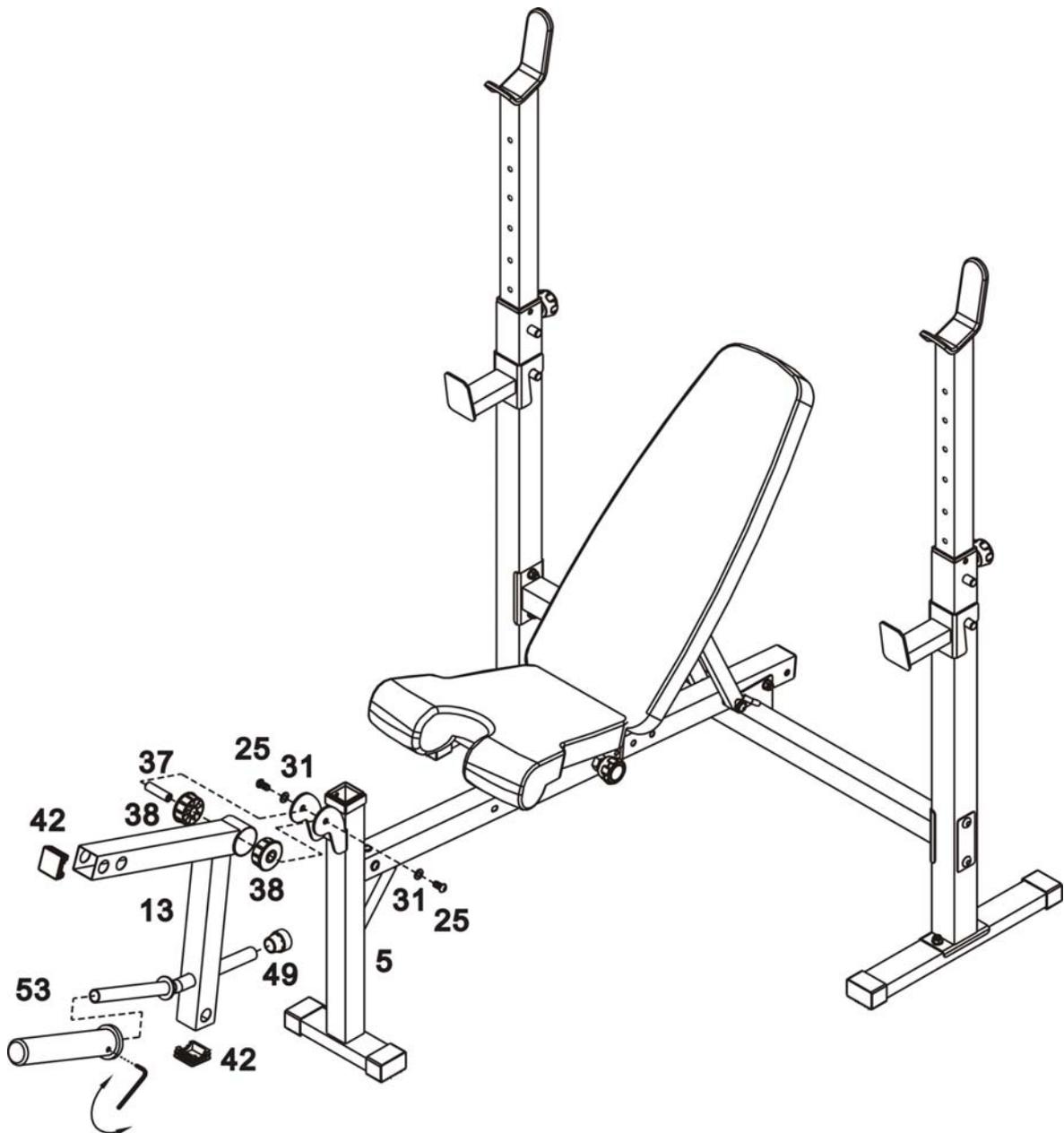


Assembly



- 7.** a. Attach Leg Developer (13) to Front Upright Frame (5) using Axle (37), 2 x Ø10 Flat Washers (31) and 2 x M10 x 16mm Allen Bolts (25).
b. If required, fit Ø50mm x 200mm Sleeve (53) onto Leg Developer (13) securing with Allen Key.

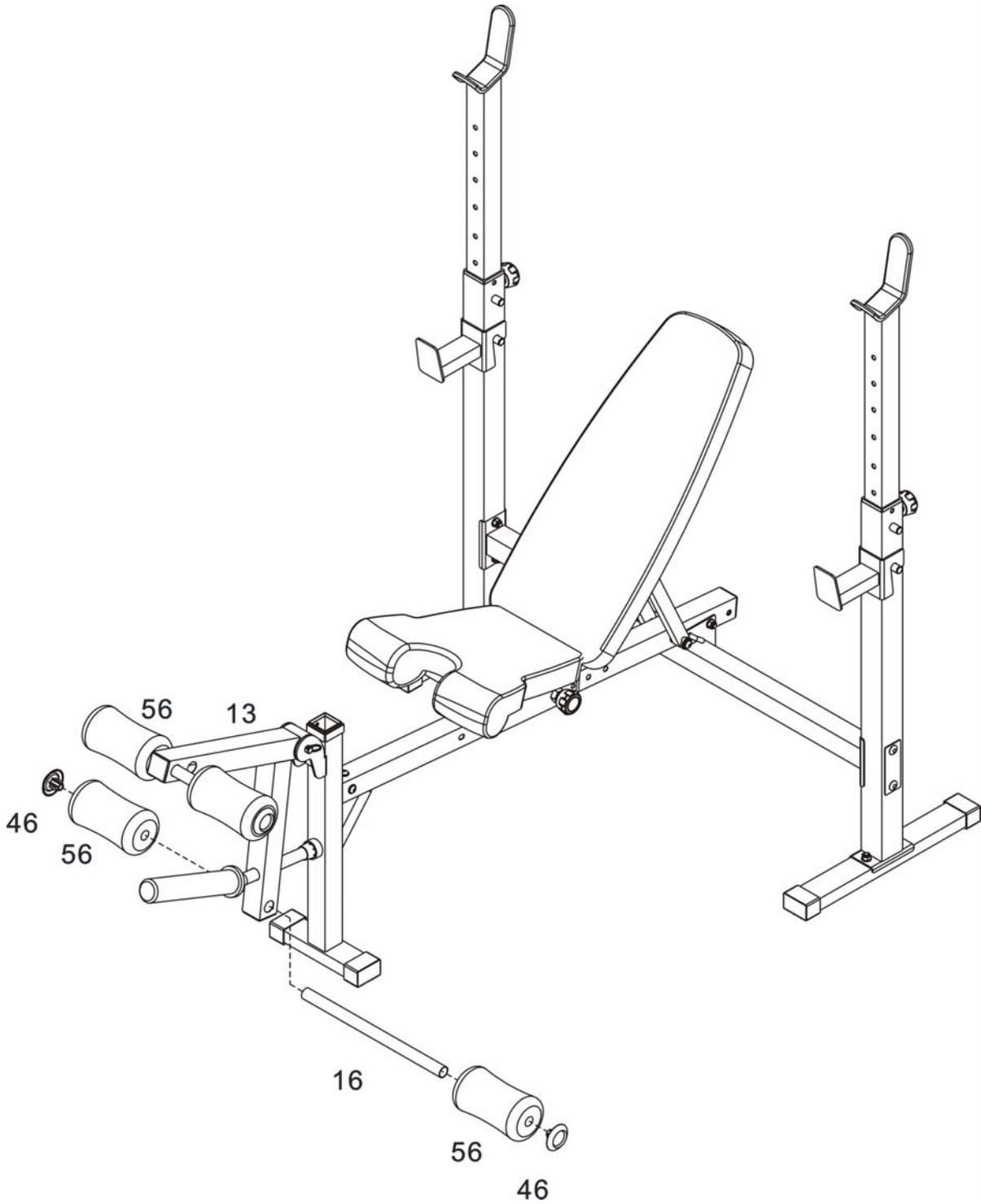
Notes: the (42) / (38) / (49) are pre-assembled.



Assembly



- 8.** Insert the 2 x Leg Extension Tubes (16) into both holes in the Leg Developer (13), and align with 2 x Foam Rolls (56) and 2 x Ø25mm End Caps (46) to both ends.



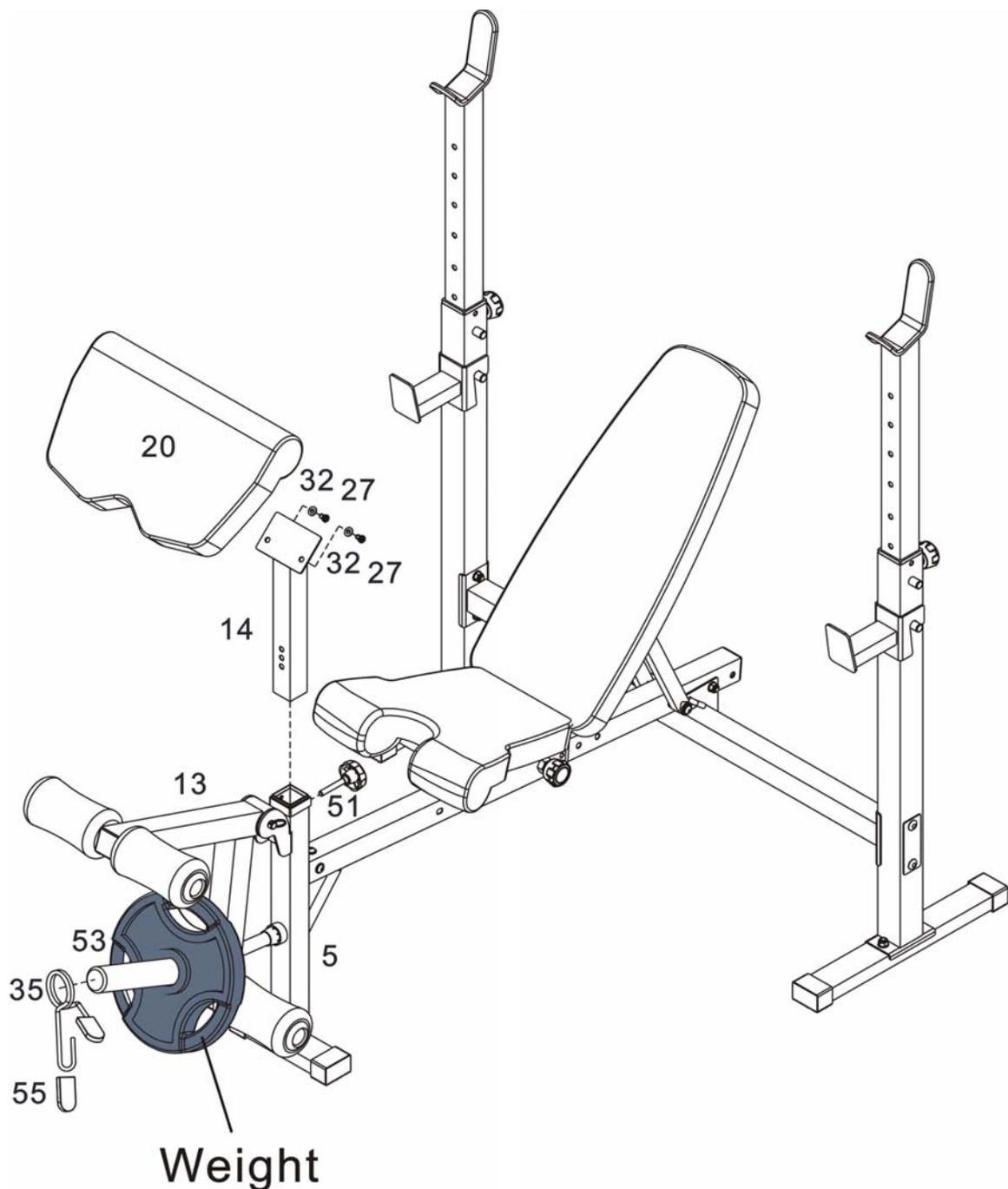
Assembly



- 9.** Attach the Arm Curl Pad (20) to the Arm Curl Support (14) and secure with 2 x M8 x 18mm Allen Bolts (27) and 2 x Ø8mm Washers (32). Insert the Arm Curl Support (14) into the Front Upright Frame (5) and secure with M10 x 70 Lock Knob (51).

When using Weight Plates on the Leg Developer, ensure that the Spring Collar (35) is used on the Ø50 x 200mm Sleeve (53) to retain any weights.

Notes: (55) is pre-assembled.

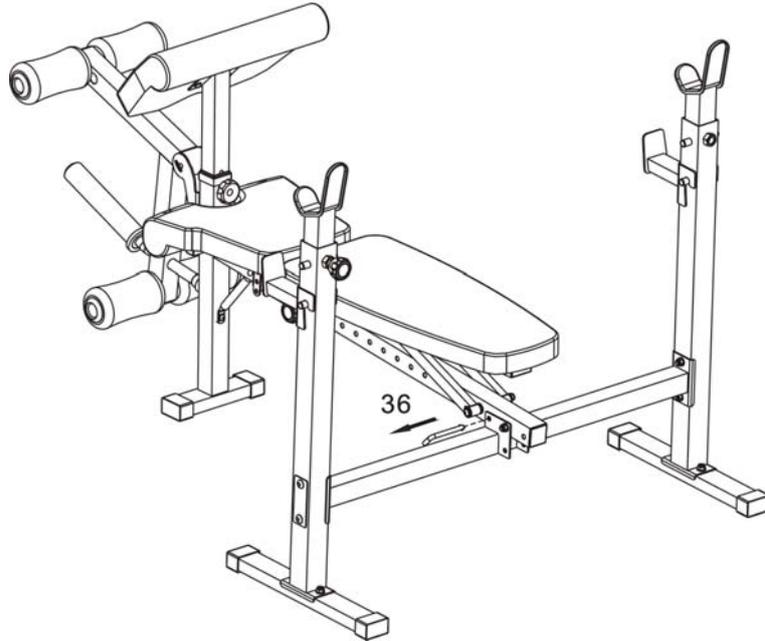


Assembly



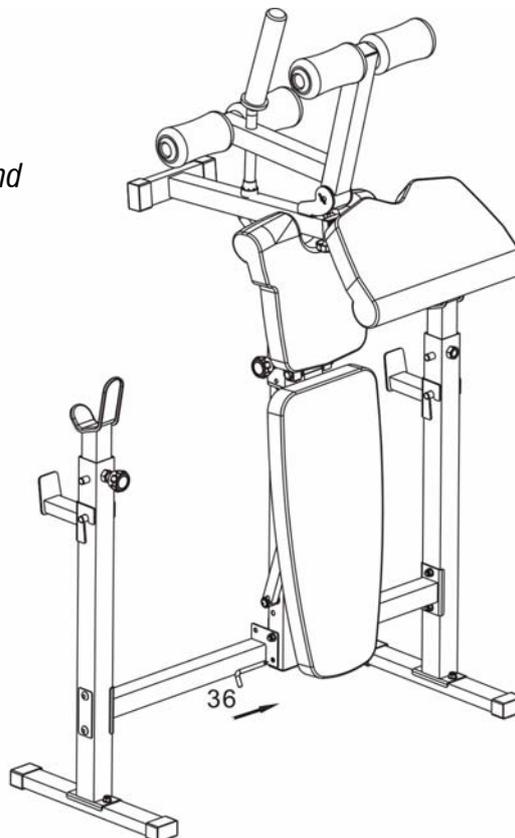
10.

To Fold your STB-22/100 Olympic Weight Bench, pull out the L-Shaped Lock Pin (36), and fold the bench as shown in the diagram, and then insert the L-Shaped Lock Pin (36) back into the Main Frame (4).



Note

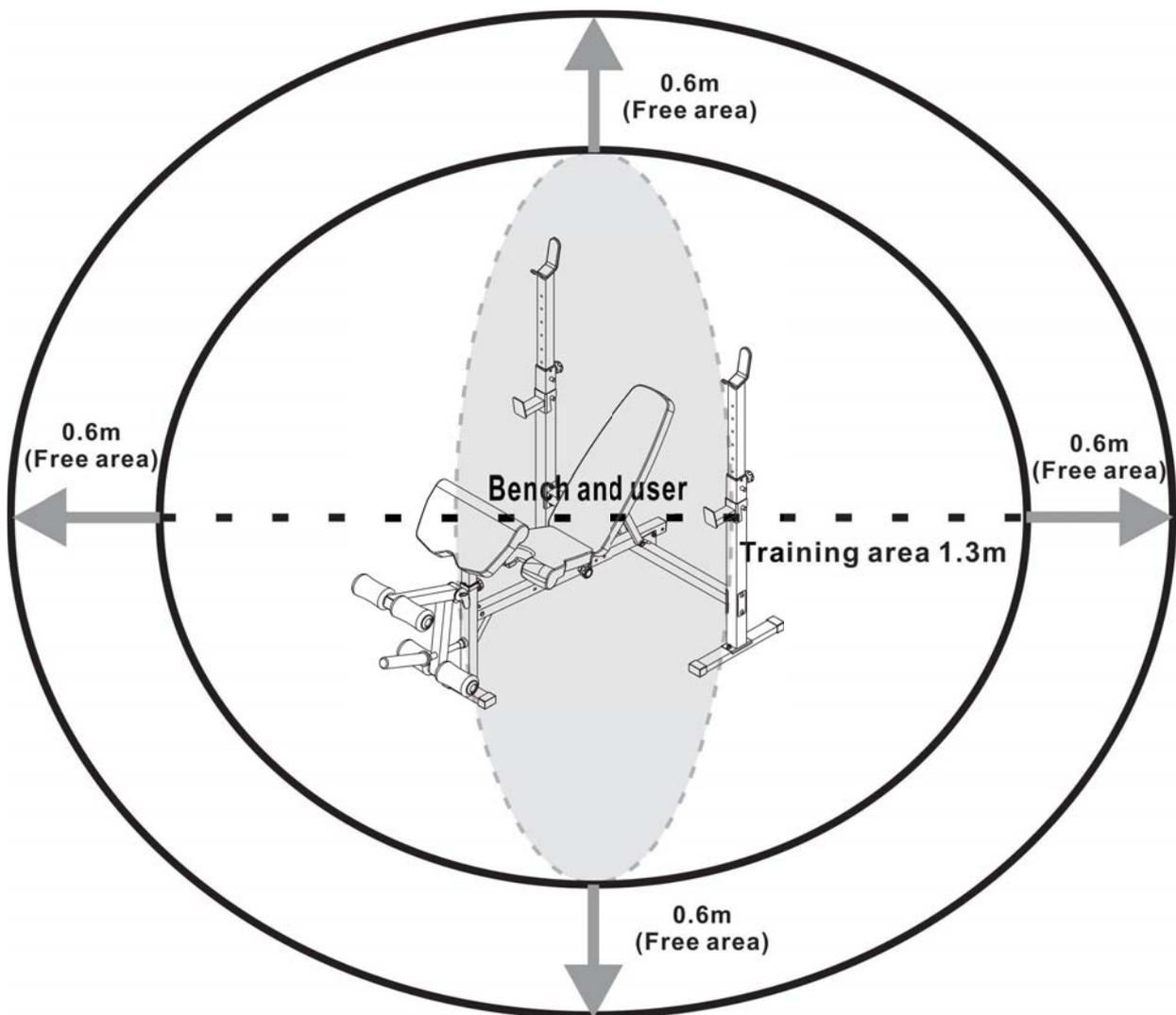
FULLY TIGHTEN all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear flat surface before doing so. Your product will now be ready to use.



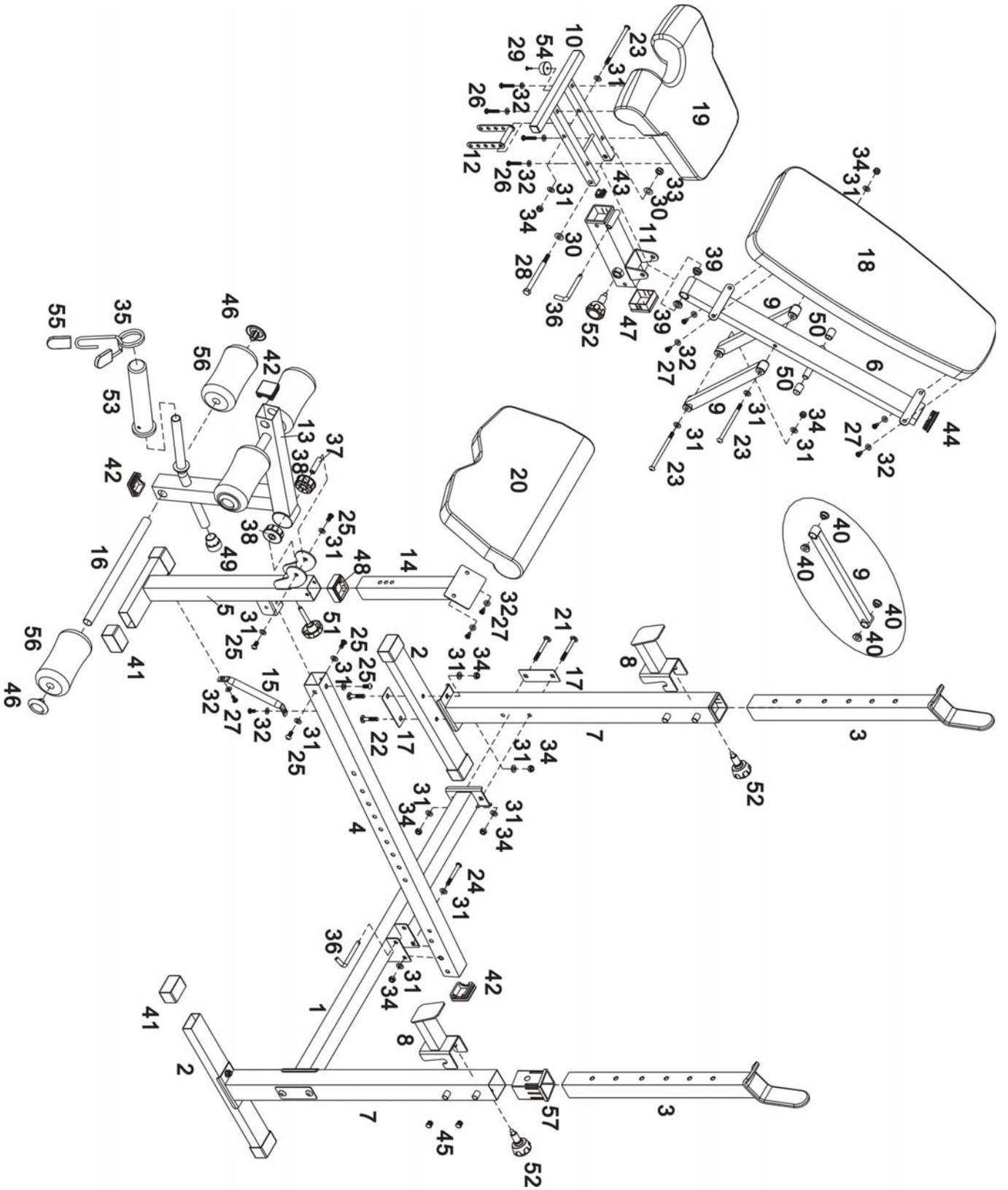
User Safety



The free area must be at least 0.6m greater than the training area in the directions from which the equipment is accessed. The free area is a place should you need to dismount in an emergency. Where two pieces of equipment are positioned adjacent to each other the value of the free area may be shared.



Assembly



Assembly



PARTS LIST

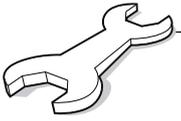
PART No.	DESCRIPTION	QTY			
1	Cross Beam	1	31	Ø10mm Washer	21
2	Rear Stabilizer	2	32	Ø8mm Washer	12
3	Barbell Support	2	33	M12 Nylon Locknut	1
4	Main Frame	1	34	M10 Nylon Locknut	12
5	Front Upright Frame	1	35	Spring Collar	1
6	Backrest Support	1	36	Ø10 x 105mm L-Shaped Lock Pin	2
7	Rear Upright Frame	2	37	Axle M10 x Ø16mm	1
8	Barbell Bar Support	2	38	Threaded Knob Ø60 x 16mm	2
9	Slant Support	2	39	Bush Ø25 x Ø22 x Ø12 x 10mm	2
10	Seat Pad Support	1	40	Bush Ø25 x Ø20 x Ø9.9 x 10mm	8
11	Sliding Frame	1	41	30mm x 60mm Foot Cover	6
12	Seat Pad Adjustable Frame	1	42	Ø50 x 1.5 End Cap	3
13	Leg Developer	1	43	Ø25 x 1.3 End Cap	4
14	Arm Curl Pad Support	1	44	30mm x 60mm x 2.0 End Cap	1
15	Slant Bracket	1	45	Ø16 x 1.5 End Cap	8
16	Leg Extension Tube	2	46	Ø25mm End Cap	4
17	Bracket	4	47	Ø60 x Ø50 Sleeve	2
18	Backrest Pad	1	48	Ø50 x Ø45 Sleeve	1
19	Seat Pad	1	49	Ø40 x Ø25 x 38.5mm Foot Cover	1
20	Arm Curl Pad	1	50	Ø16 End Cap	2
21	M10 x 80mm Carriage Bolt	4	51	M10 x 70mm Lock Knob	1
22	M10 x 50mm Carriage Bolt	4	52	Ø53 x M18 x Ø10 Lock Knob	3
23	M10 x 140mm Allen Bolt	3	53	Ø50mm x 200mm Sleeve	1
24	M10 x 75mm Allen Bolt	1	54	Rubber Bumper	1
25	M10 x 16mm Allen Bolt	5	55	Cap	2
26	M8 x 40mm Allen Bolt	4	56	Ø22 x Ø100 x 180mm Foam Roll	4
27	M8 x 18mm Allen Bolt	8	57	Ø50 x Ø45 x 84mm Sleeve	2
28	M12 x 145mm Hex Bolt	1			
29	M6 x 16mm Phillips Bolt	1			
30	Ø12mm Washer	2			



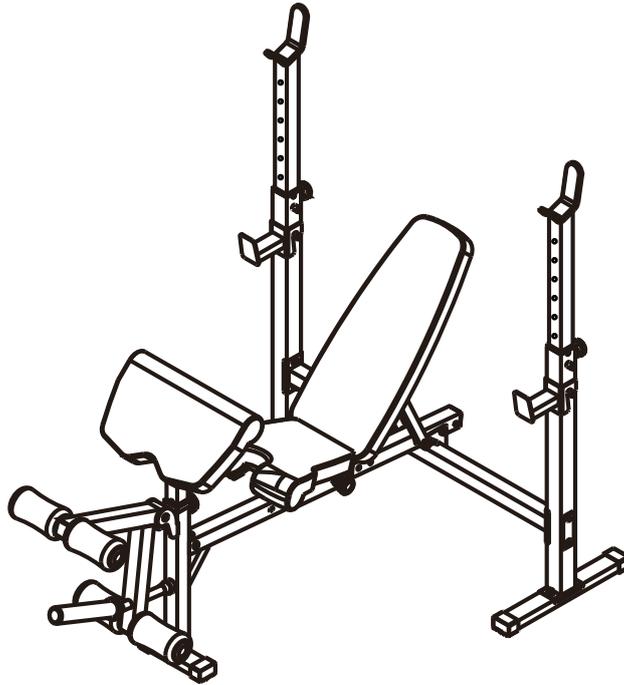
Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

Note



V-fit



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