

HPF[®]

WEIGHT BENCH

MODEL: B300



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SAFETY NOTICE

PRECAUTIONS

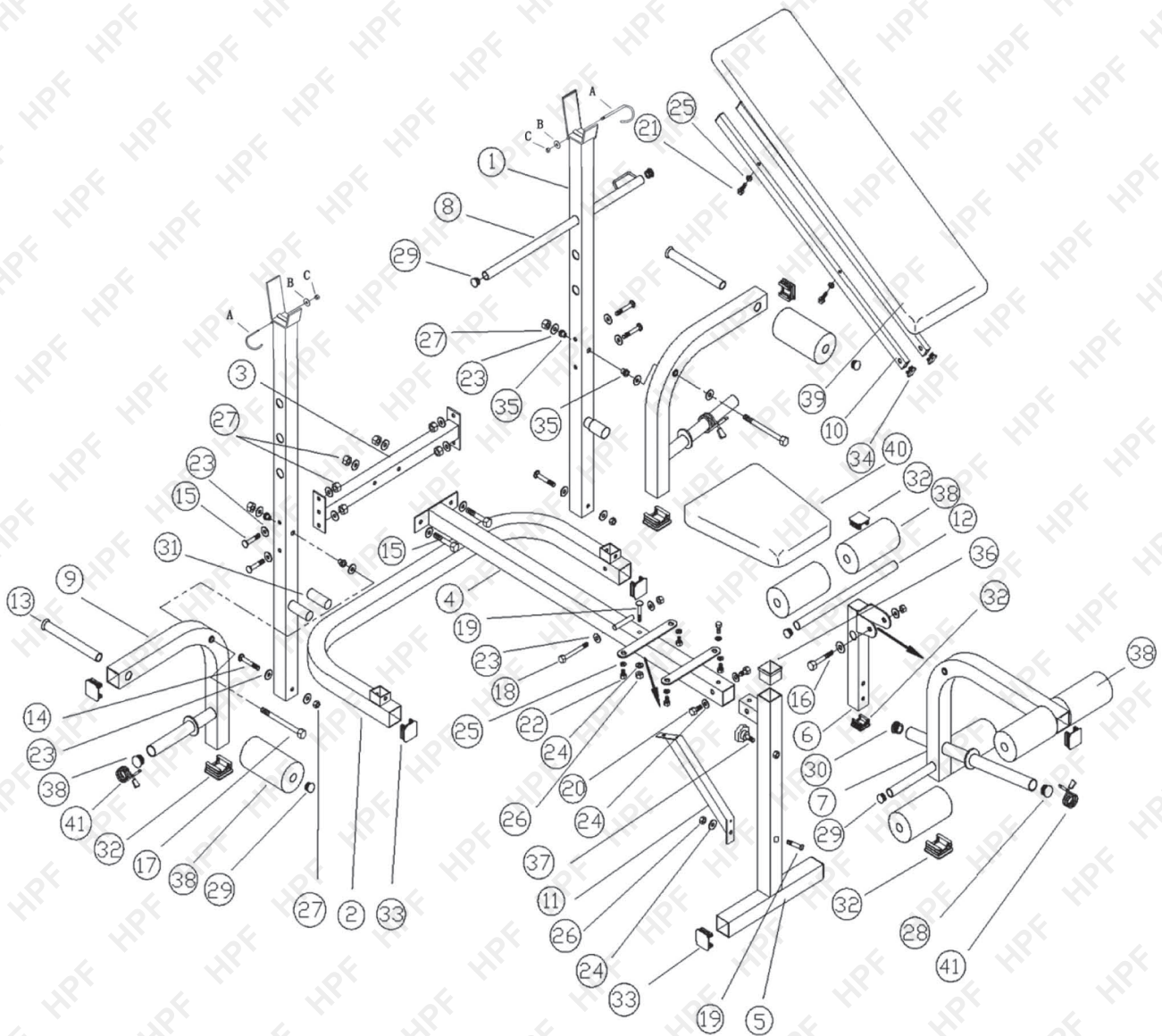
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
- It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
- The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
- Recommended maximum user weight: 120kg.
- Recommended maximum weight of barbell and weights: Do not place more than 80kg, including a barbell and weights, on the weight rest. Note: The weight bench does not include a barbell or weights.
- **Keep children and pets away from the machine at all times.** DO NOT leave unattended children in the same room with the machine.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Position the machine on a clear, level surface. DO NOT use near water or outdoors.
- Make sure the set screws attaching the adapters are properly tightened each time the adapters are used.
- Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
- Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
- Always be sure there is an equal amount of weight on each side of your barbell when you are using it. Always keep *some* weight on both ends of the barbell when adding or removing weights to prevent the barbell from tipping.
- Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. Do not wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required.

- If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
- Use the machine only for its intended use as described in this manual. **DO NOT** use any other accessories not recommended by the manufacturer.
- **DO NOT** place any sharp objects around the machine.
- Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
- Before exercising, always do stretching first.
- Never operate the machine if it is not functioning properly.

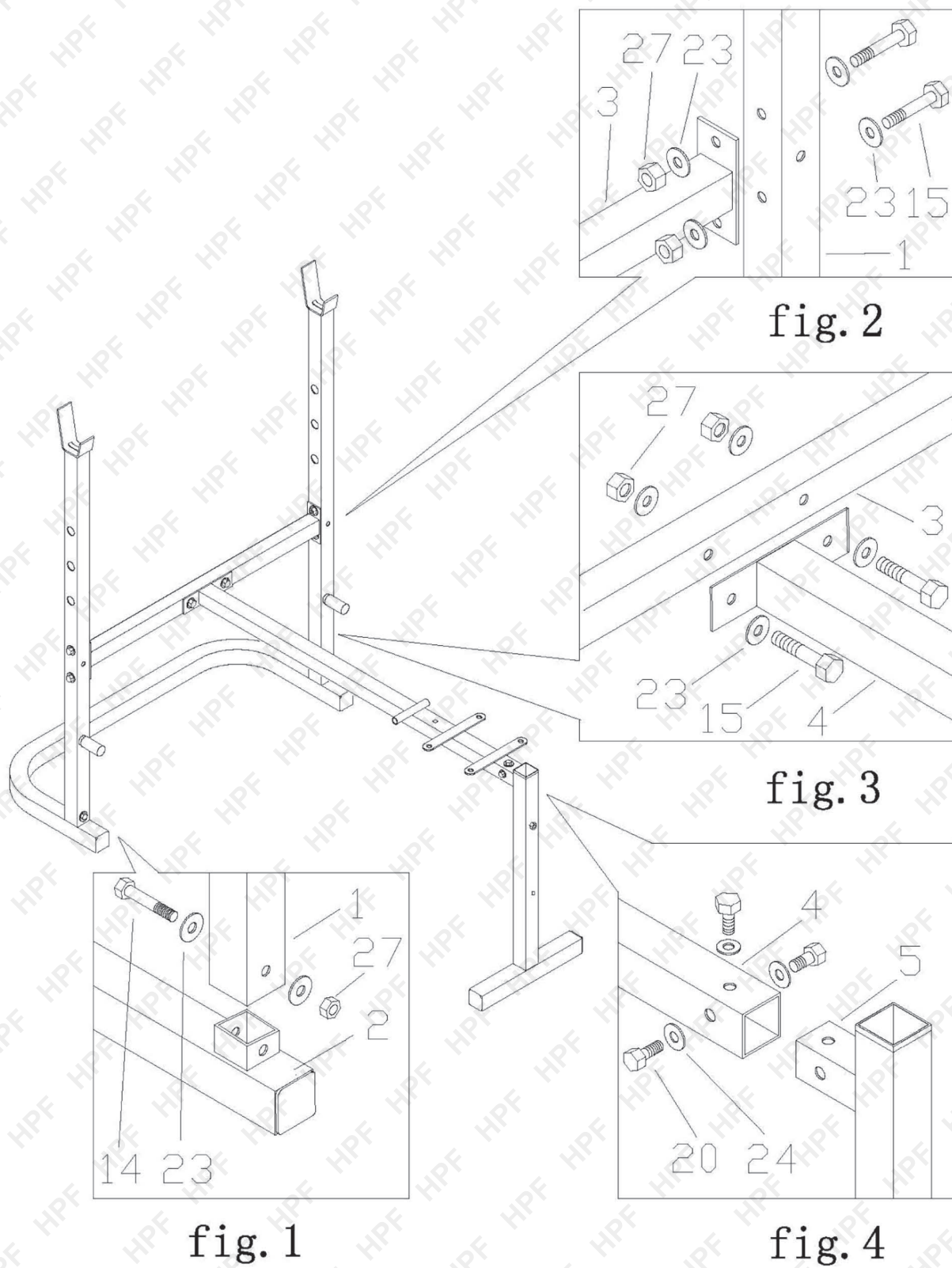
WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Exploded View



Part List

1	Back Support	1
2	Back Leg Tube	1
3	Cross Frame	1
4	Main Frame	1
5	Right Pec Deck Arm	1
6	Front Base	1
7	Leg Extension Arm	1
8	Adjustment Tube	1
9	Pec Deck Arm	2
10	Seat Tube	2
11	Support	1
12	Foam Tube	3
13	Short Foam Tube	2
14	M10*50 Bolt	2
15	M10*54 Bolt	6
16	M10*65 Bolt	1
17	M10*110 Bolt	2
18	Hex Bolt M10*130	1
19	Bolt	2
20	M8*16 Bolt	3
21	M6*34 Bolt	4
22	M6*16 Bolt	4
23	M10 Washer	24
24	Hex Bolt M10*130	3
25	M6 Washer	10
26	M8 Nut	2
27	M10 Nut	12
28	25 Plug	7
29	19 Plug	5
30	Bumper Cover	1
31	Protect Cover	2
32	33.5 Plug	7
33	38 Plug	10
34	25 Plug	4
35	Nylon Bearing	2
36	Cover	3
37	Cutton Bolt	1
38	Foam	8
39	Socketed Tube	1
40	Seat Pad	1
41	Circlip	3
42	Back Adjustment Tube	2
43	Bolt	2
A	Hook	2
B	M6 Washer	2
C	M6 Nut	2



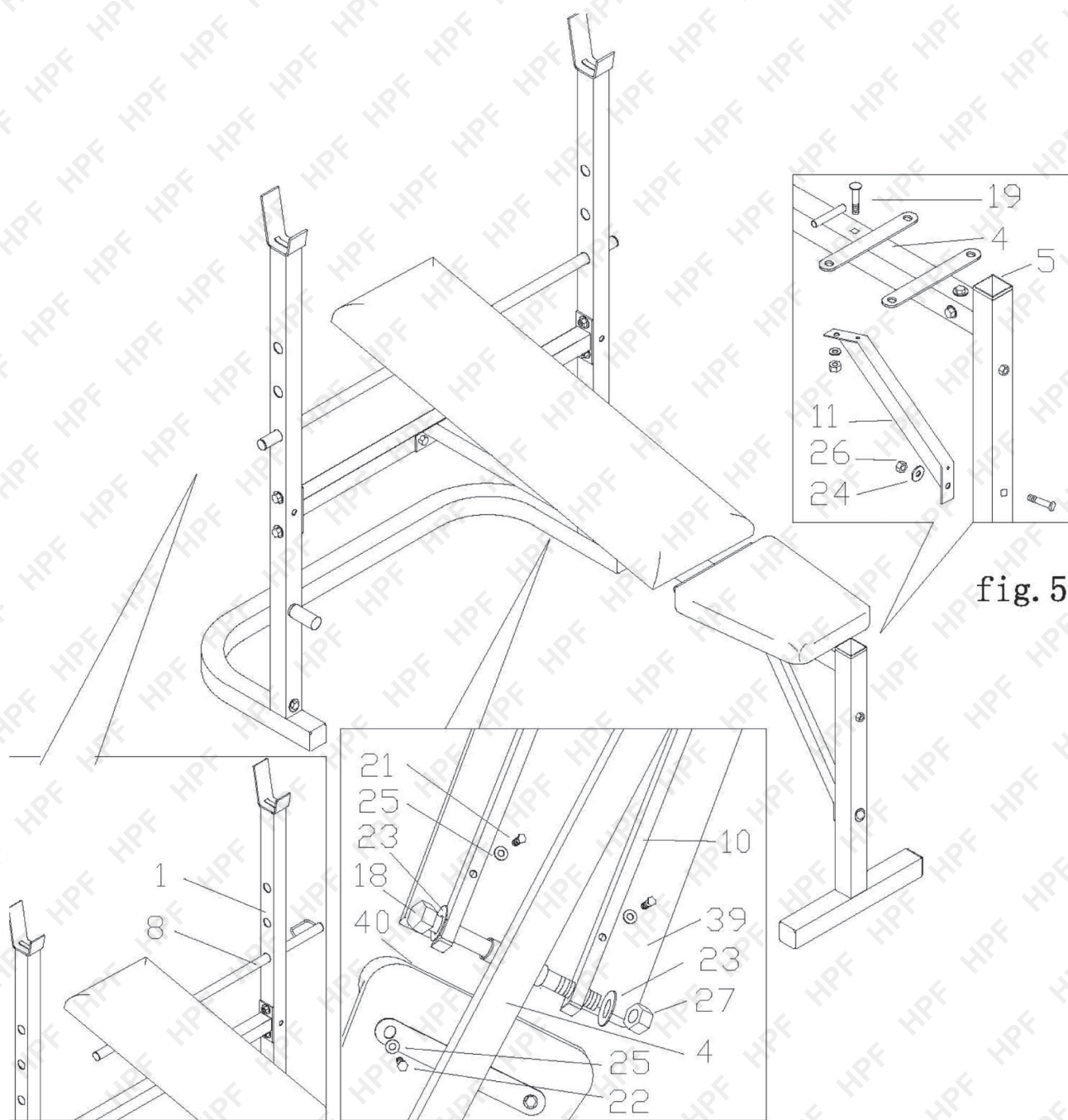


fig. 7

fig. 6

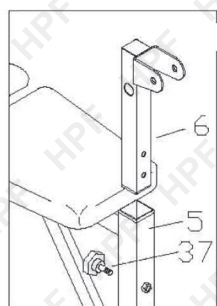
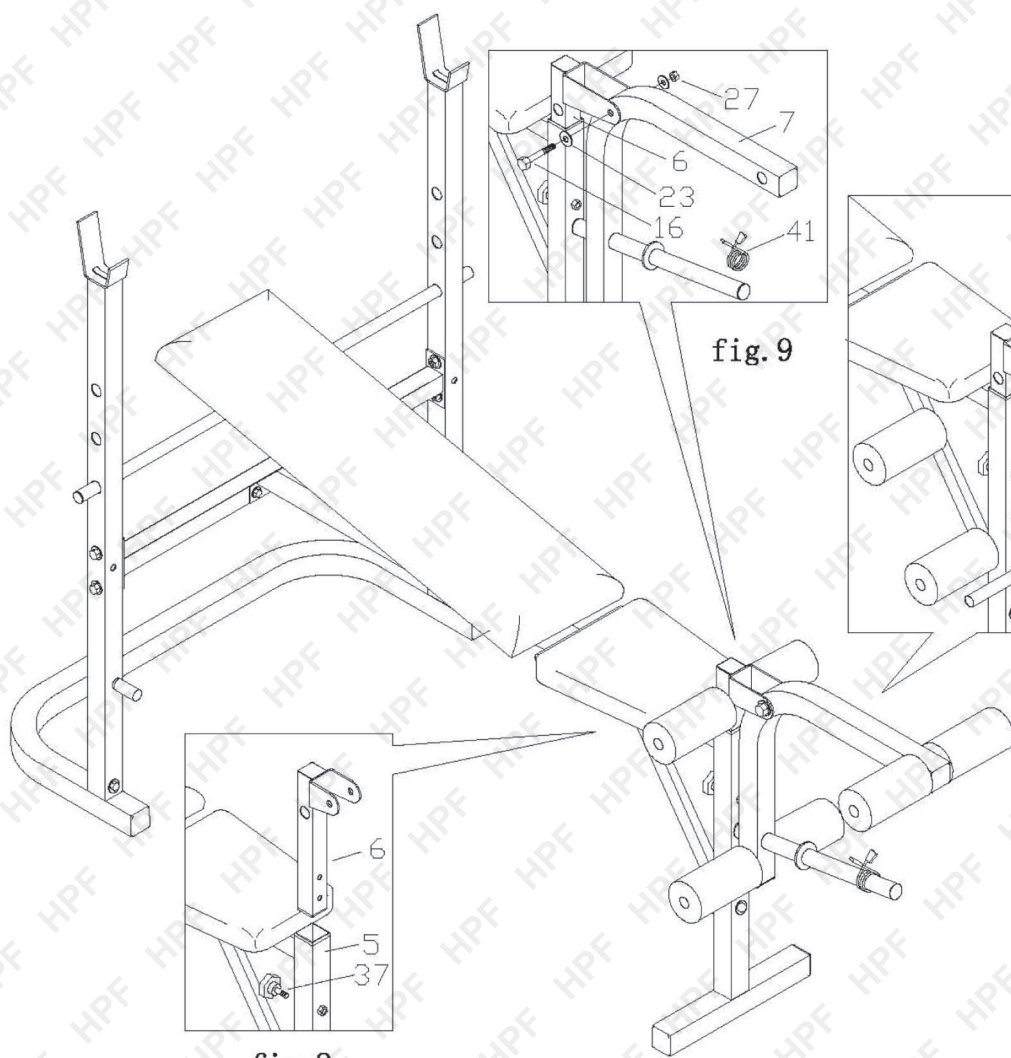


fig. 8

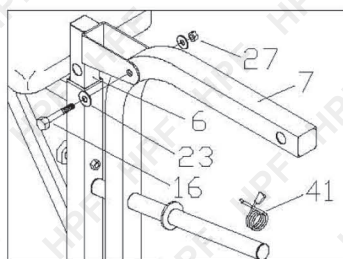


fig. 9

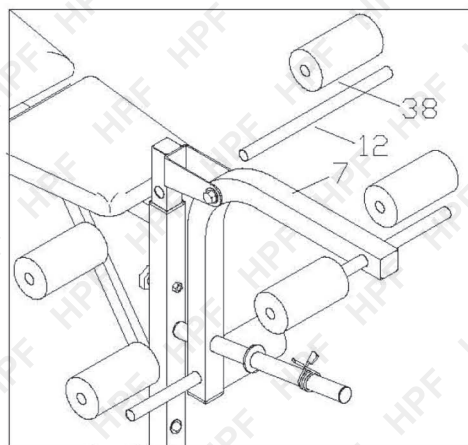
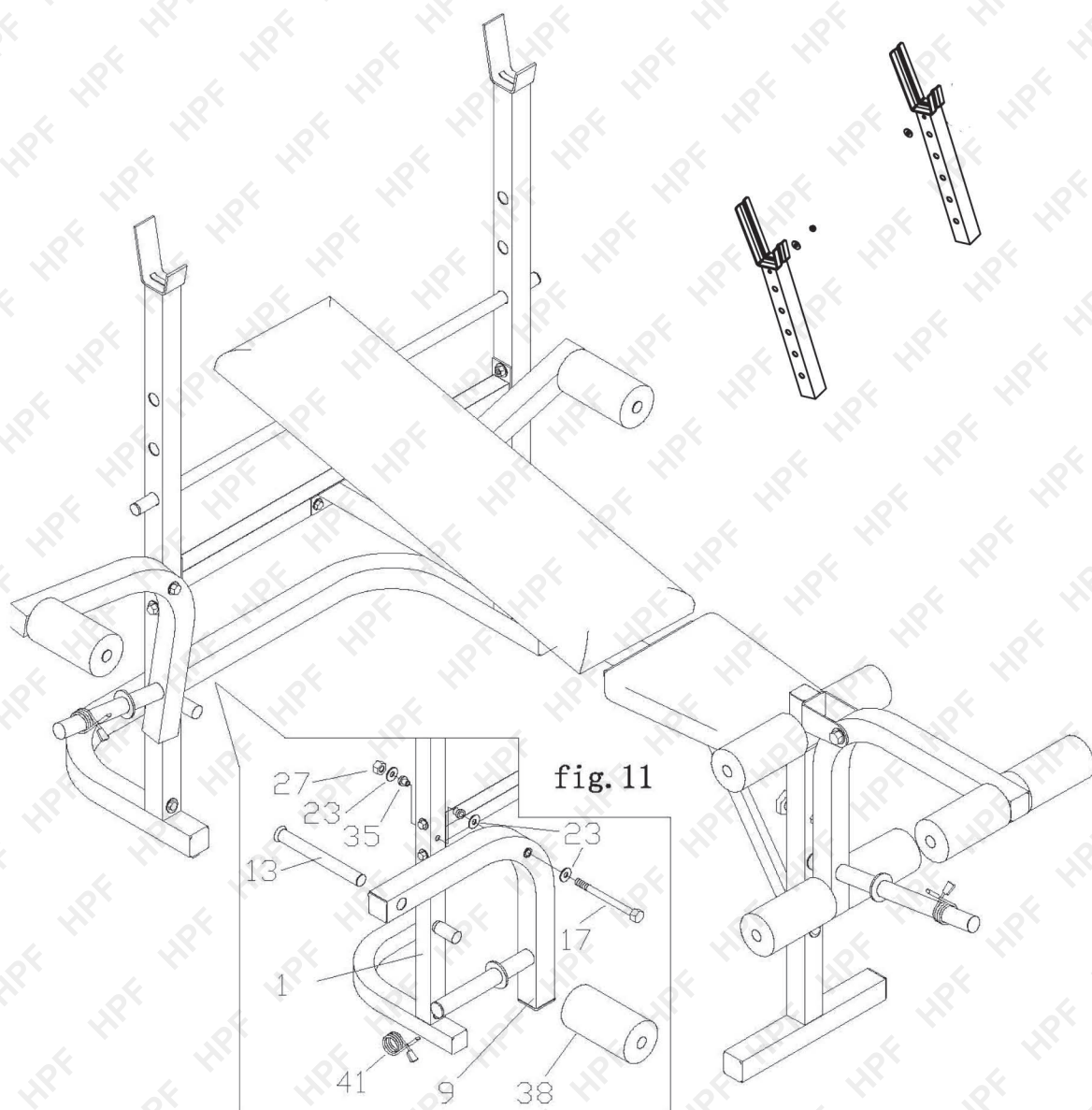


fig. 10



Maintenance

Maintenance Information

- a. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.
- b. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
- c. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.
- d. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
- e. Check welds to be free of cracks.
- f. Failure to perform routine maintenance could result in personal injury and/or equipment damage.



Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death consult the points below and additionally, the information available at www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognised training course before being given access to the product.

- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example) there is always a small chance of a technical issue that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee or could financially affect the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error considering the points above simply contact the retailer directly for details of their returns policies if required.

