



BEFORE YOU BEGIN

Thank you for purchasing the versatile Bungee Bench. The Bungee Bench can be used for a wide variety of upper- and lower-body exercises to sculpt and tone your body in the convenience of your home.

For your safety and benefit, read this manual before using the Bungee Bench. If you have questions after reading this manual, please see the back cover of this manual.

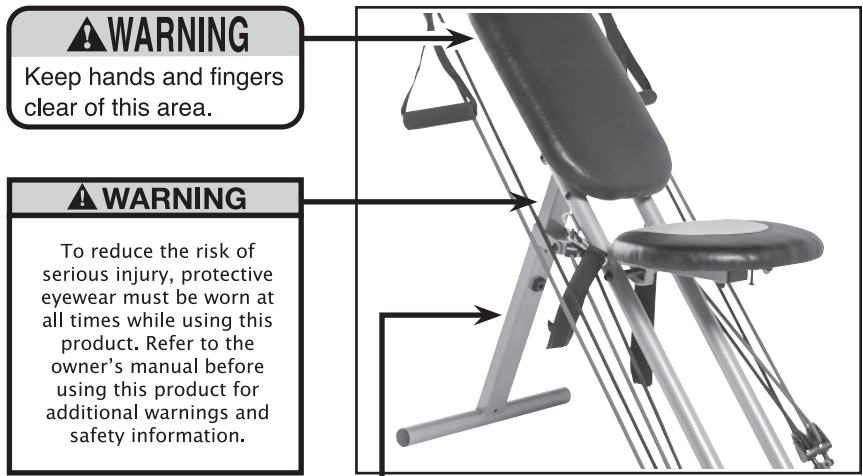
IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the bungee bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the bungee bench.

1. It is the responsibility of the owner to ensure that all users of the bungee bench are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The bungee bench is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the bungee bench by someone responsible for their safety.
4. The bungee bench is intended for home use only. Do not use the bungee bench in a commercial, rental, or institutional setting.
5. Keep the bungee bench indoors, away from moisture and dust. Place the bungee bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the bungee bench to mount, dismount, and use the bungee bench.
6. Inspect and properly tighten all parts each time the bungee bench is used. Do not use the bungee bench if any parts are damaged.
7. Keep children under age 13 and pets away from the bungee bench.
8. The bungee bench should not be used by persons weighing more than 250 lbs. (113 kg).
9. Use the bungee bench only as described in this manual and in the included instructions.
10. Always wear eye protection while using the bungee bench.
11. Always tie loose hair up and out of the way while using the bungee bench.
12. Always wear athletic shoes for foot protection while using the bungee bench.
13. Keep hands and feet away from moving parts.
14. When using the backrest, make sure that the brace is fully inserted into the upper or lower slots in the catch.
15. When performing standing exercises with one foot in an ankle strap, always place your other foot on the bungee bench stabilizer for stability.
16. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

WARNING DECAL PLACEMENT

The warning decals shown at the right have been placed on the bungee bench. **If a decal is missing or illegible, contact Customer Care and order a free replacement decal.** Apply the decal in the location shown. Note: The decals may not be shown at actual size.



WARNING		
<ul style="list-style-type: none">• Follow all warnings & instructions & obtain proper instruction prior to use.• Obtain a medical exam before beginning.• Inspect the machine, do not use if damaged.• Keep body & clothing clear of moving parts. Failure to do so could result in person injury.• Inspect all cables, straps & their connections. Do not use if any component is damaged.	<ul style="list-style-type: none">• Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.• Do not allow children on machines; use by teenagers must be supervised by a knowledgeable adult.• Maximum user weight is 250 lbs.	<ul style="list-style-type: none">• Do not remove this label. REPLACE IF DAMAGED.• INSPECT ALL ROPES, STRAPS, MOVING PARTS, AND FASTENERS WEEKLY. REFER TO MAINTENANCE MANUAL.

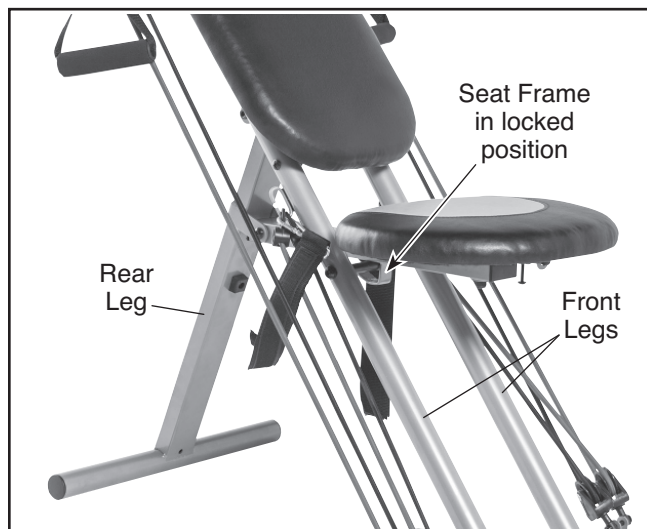
ADJUSTMENT

Inspect and properly tighten all parts each time the bungee bench is used. To clean the bungee bench, use a damp cloth and mild, non-abrasive detergent; **never use solvents**. Refer to the accompanying instructions to see how to do exercises on the bungee bench.

UNFOLDING AND FOLDING THE BUNGEE BENCH

To use the bungee bench, pull the rear leg away from the front legs until the seat frame snaps into the locked position.

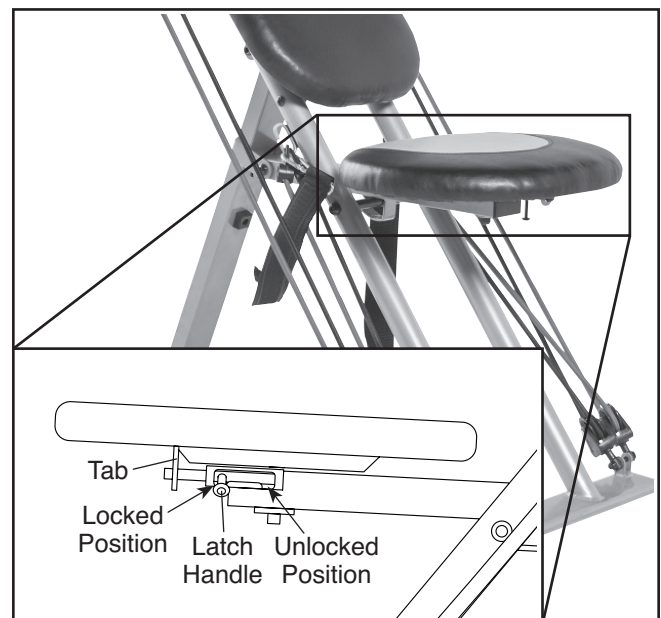
To fold the bungee bench when it is not in use, lift the seat and then push the rear leg all of the way to the front legs.



UNLOCKING AND LOCKING THE SEAT

To unlock the seat, locate the latch handle under the seat. Lift the latch handle, slide it all of the way to the right, and then press it downward. The seat will then swivel from side to side while you exercise.

To lock the seat, lift the latch handle, slide it all of the way to the left so that the latch pin is inserted into the tab under the seat, and then press the latch handle downward.

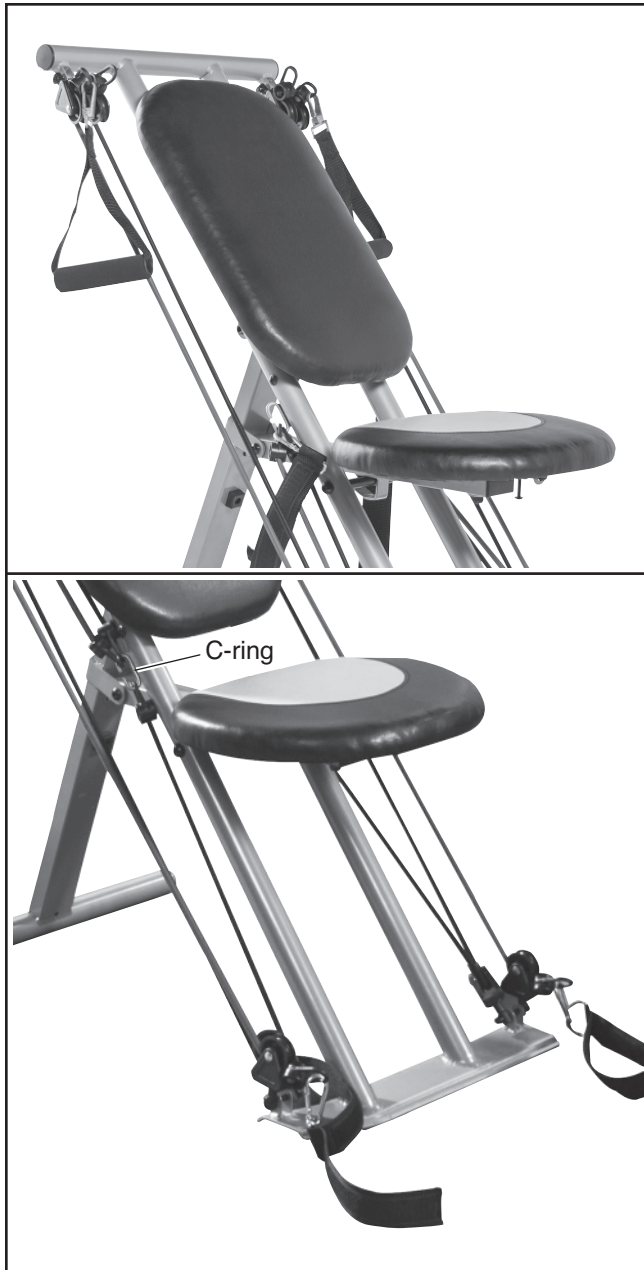


ATTACHING THE HANDLES AND THE STRAPS AND ADJUSTING THE RESISTANCE

Each handle can be attached to the upper or lower end of a black bungee, a red bungee, or both bungees on either side of the bungee bench.

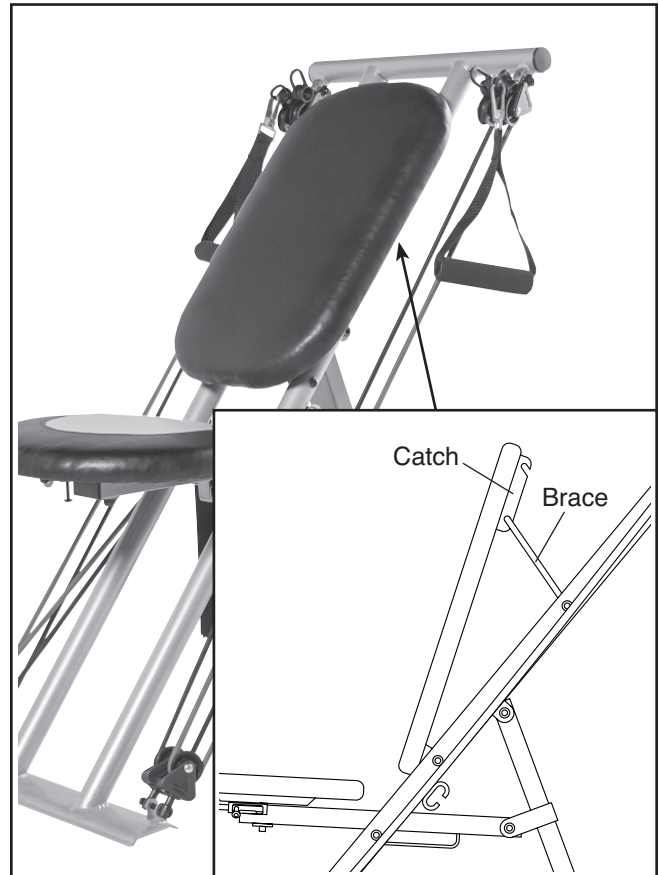
Each strap can be attached to the lower end of a black bungee, a red bungee, or both bungees on either side of the bungee bench.

To increase the resistance of any bungees, slide the free ends of the bungees onto the C-rings on the front legs as shown. Note: When the bungee bench is not in use, remove any bungees from the C-rings.



ADJUSTING THE BACKREST

The backrest can be adjusted to either of two positions. To adjust the backrest, fully insert the brace into the upper or lower slots in the catch.



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, please call the nearest Customer Care Department:

US: 1-800-288-4802

Germany: 01805 231243

Outside Germany: +49 2233 613250

France: +33(0) 810 121 140

Italy: 800 865 114

Outside Italy: +39 075 5910111

UK: 0845 7089009

Outside UK: +44 0113 3877133

Australia: 02 9722 3800

REPLACEMENT PARTS

Replacement parts may be available. For information about replacement parts, contact Customer Care.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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