



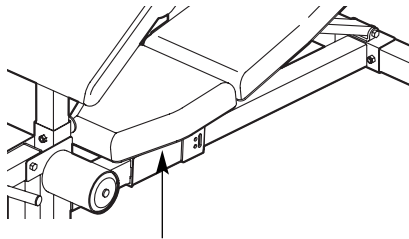
GOLD'S GYM®

Pro Series GB 2000

Model No. GGBE2557.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

1-877-776-4777

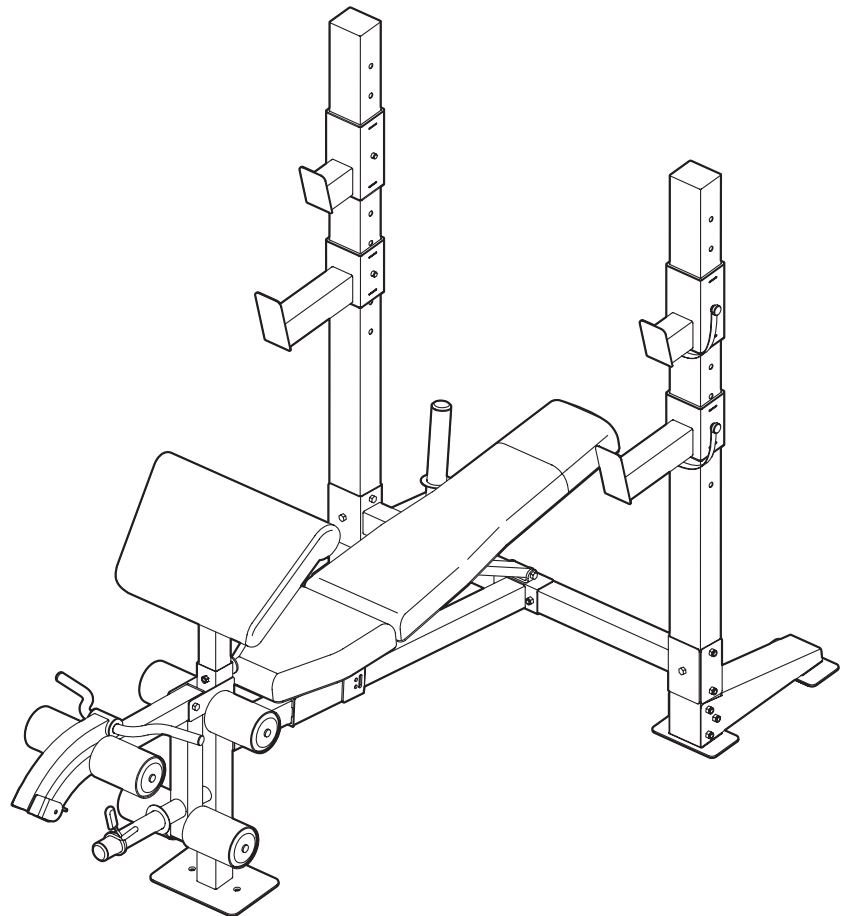
Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.goldsgympowerflex.com

USER'S MANUAL



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

TABLE OF CONTENTS


WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
ADJUSTMENT	12
EXERCISE GUIDELINES	15
PART LIST	17
EXPLODED DRAWING	18
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

WARNING DECAL PLACEMENT

The decals shown here have been applied to the weight bench. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown actual size.

⚠ WARNING

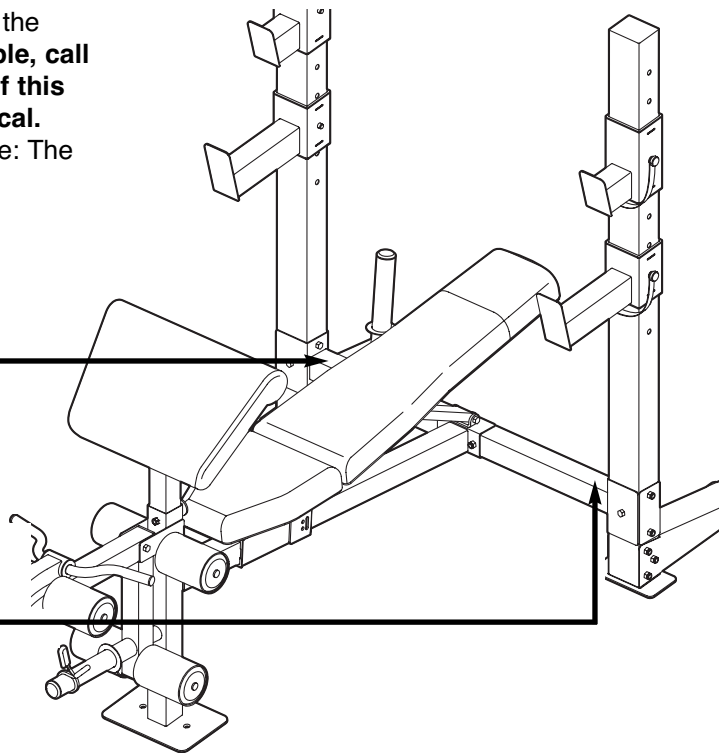
- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



⚠ WARNING

User Weight: Max 300 LBS
 Weight Crutch: Max 310 LBS
 Leg Developer: Max 150 LBS
 Weight Carriage: Max 150 LBS
 Chest Fly Per Arm: Max 50 LBS

Product may not offer all listed exercises.



GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym International, Inc.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight bench before using the weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight bench.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Read all instructions in this manual and all warnings on the weight bench before using the weight bench.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight 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 weight bench to mount, dismount, and use it.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Make sure that the pins and knobs are fully engaged before the weight bench is used.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs (277 kg). Do not place more than 310 lbs (141 kg), including a barbell, on the weight rests. Do not place more than 150 lbs (68 kg) on the leg lever. Note: The weight bench does not include a barbell or weights.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. Use the weight bench only as described in this manual.

BEFORE YOU BEGIN

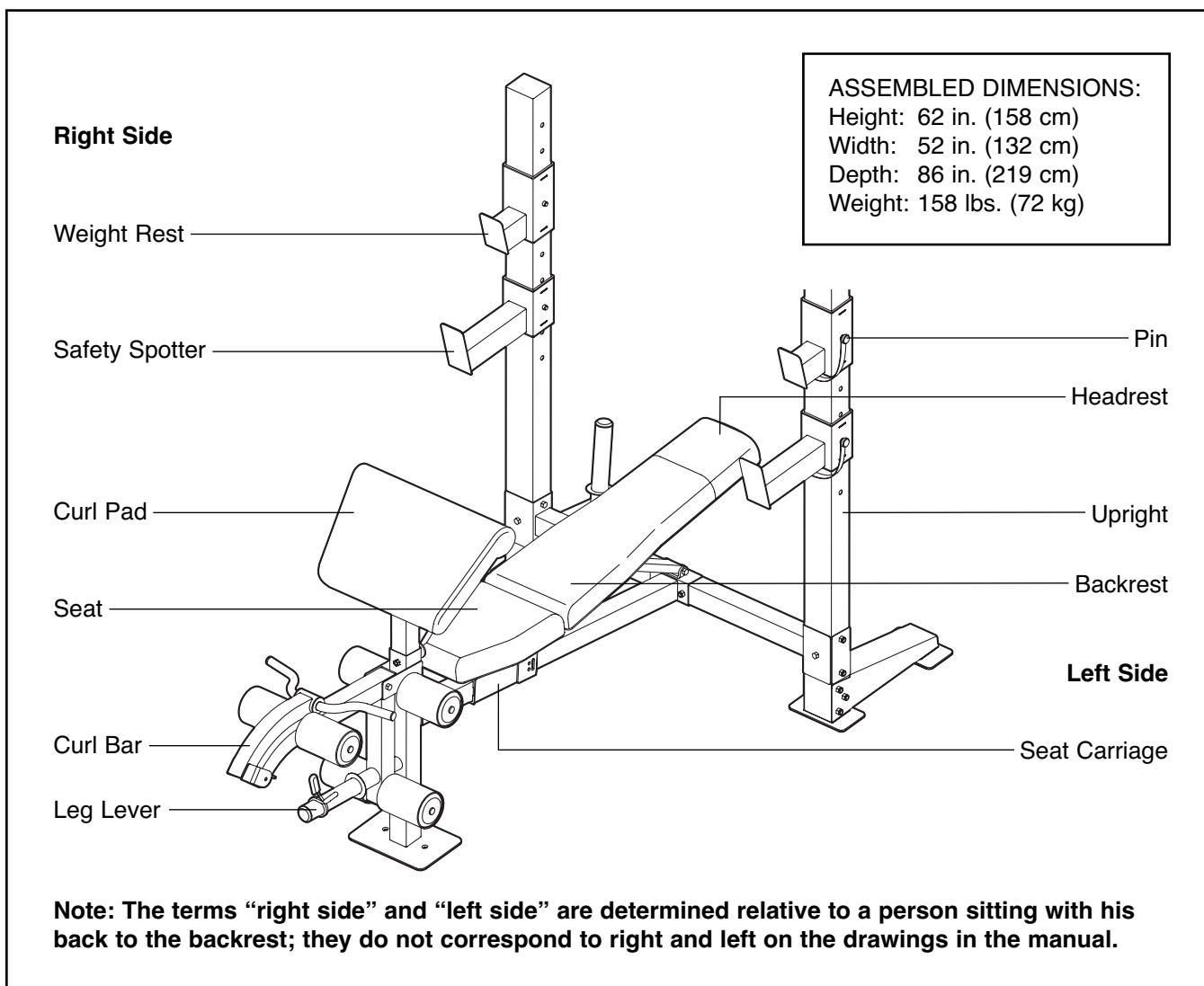
Thank you for selecting the versatile GOLD'S GYM® PRO SERIES GB 2000 weight bench. The weight bench offers a selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this

manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

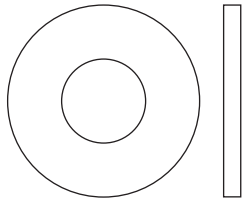
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.iconservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

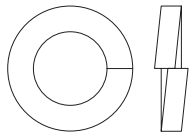


PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 17. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**



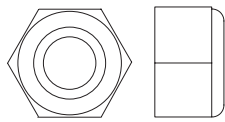
M10 Washer (64)



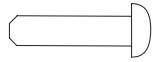
M10 Split Washer (55)



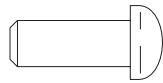
M6 Washer (68)



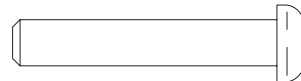
M10 Nylon Locknut (66)



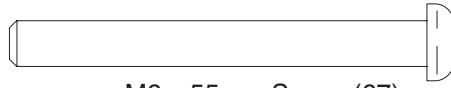
M4 x 16mm Screw (58)



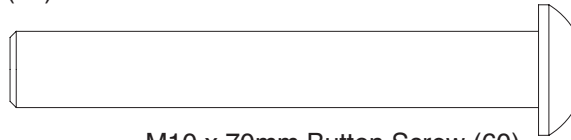
M6 x 16mm Screw (61)



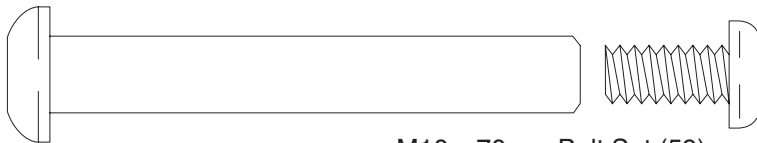
M6 x 35mm Screw (56)



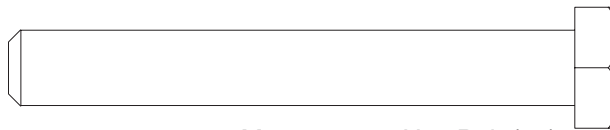
M6 x 55mm Screw (67)



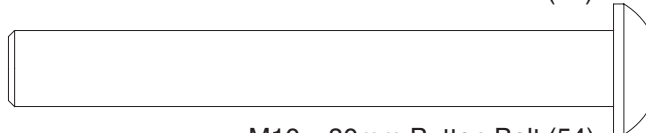
M10 x 70mm Button Screw (60)



M10 x 70mm Bolt Set (59)



M10 x 75mm Hex Bolt (57)



M10 x 80mm Button Bolt (54)



M10 x 80mm Hex Bolt (24)



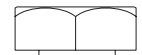
M10 x 90mm Hex Bolt (19)



M10 x 95mm Button Bolt (52)



M10 x 117mm Button Bolt (46)



M10 x 185mm Hex Bolt (63)

ASSEMBLY


Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing

materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Assembly requires the included hex key(s)  and the following tools (not included):

two adjustable wrenches



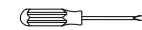
one rubber mallet



one standard screwdriver



one Phillips screwdriver

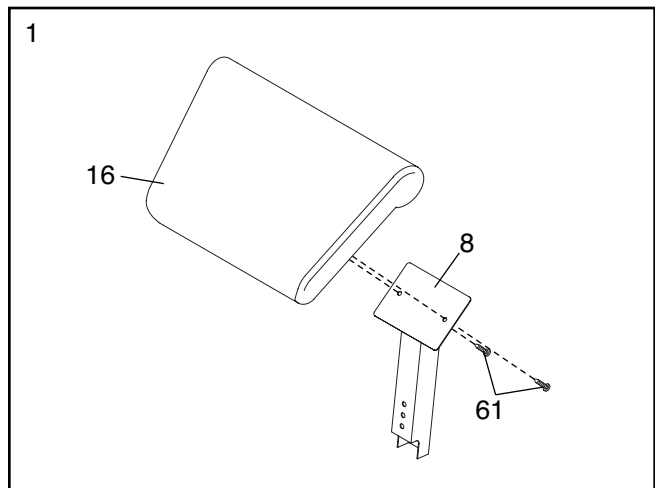


Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

Before beginning assembly, make sure that you have read and understand the information in the box above. See the PART IDENTIFICATION CHART on page 5 for help identifying small parts.

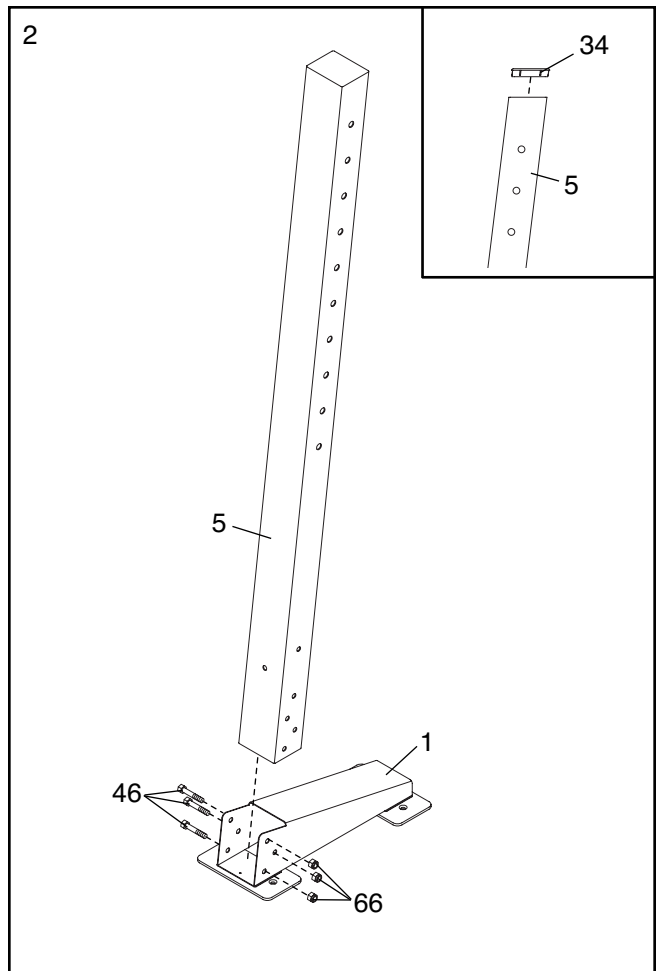
Attach the Curl Pad (16) to the Curl Post (8) with two M6 x 16mm Screws (61).



2. Press a 70mm x 100mm Cap (34) into the top of an Upright (5) as shown in the inset drawing.

Attach the Upright (5) to the Base (1) with three M10 x 115mm Button Bolts (46) and three M10 Nylon Locknuts (66). **Do not tighten the Nylon Locknuts yet.**

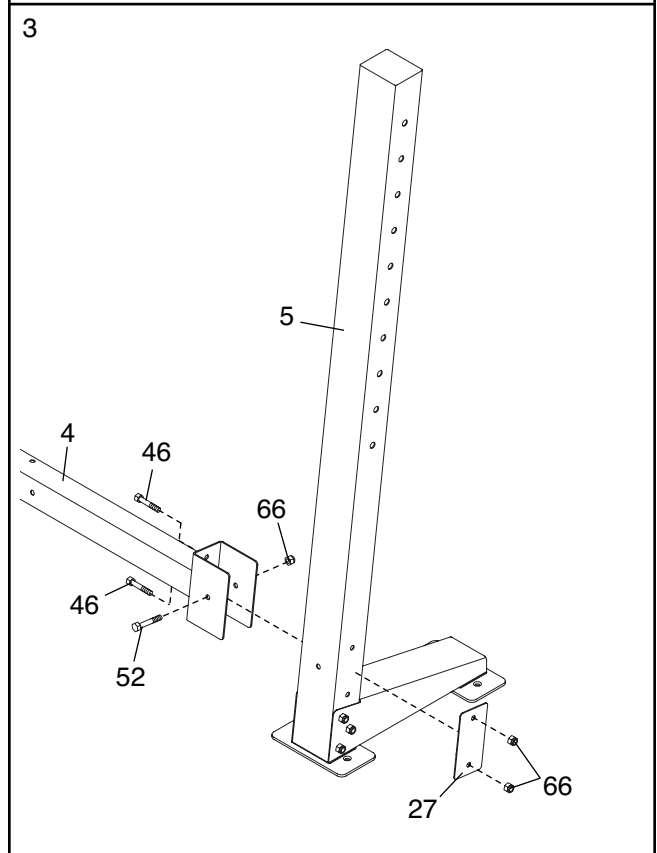
Repeat this step with the other Upright (not shown) and the Storage Base (not shown).



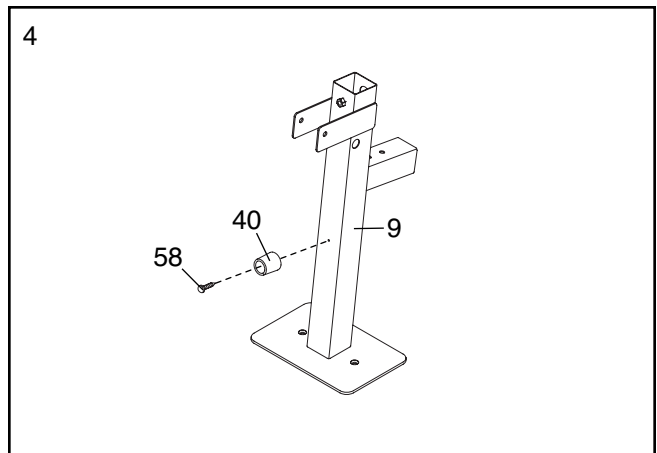
3. Orient the Center Frame (4) so that the warning decals are in the positions shown on page 2.

Attach the Center Frame (4) to the indicated Upright (5) with an M10 x 95mm Button Bolt (52), two M10 x 115mm Button Bolts (46), a Large Support Plate (27), and three M10 Nylon Locknuts (66). **Do not tighten the Nylon Locknuts yet.**

Attach the Center Frame (4) to the other Upright (not shown) in the same way.

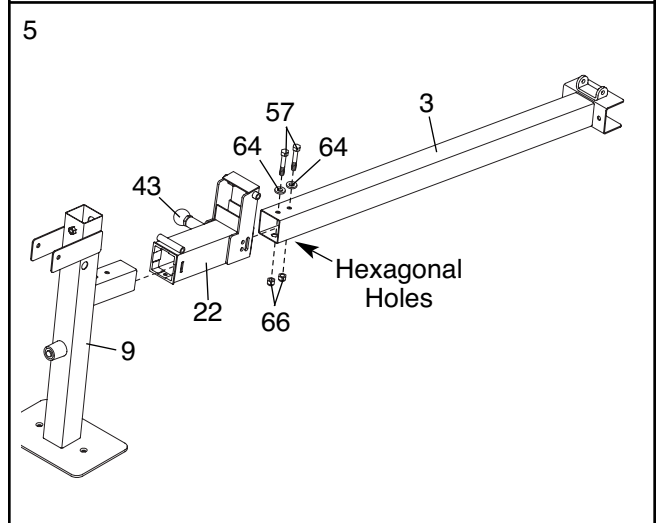


- Attach the Front Leg Bumper (40) to the Front Leg (9) with an M4 x 16mm Screw (58).



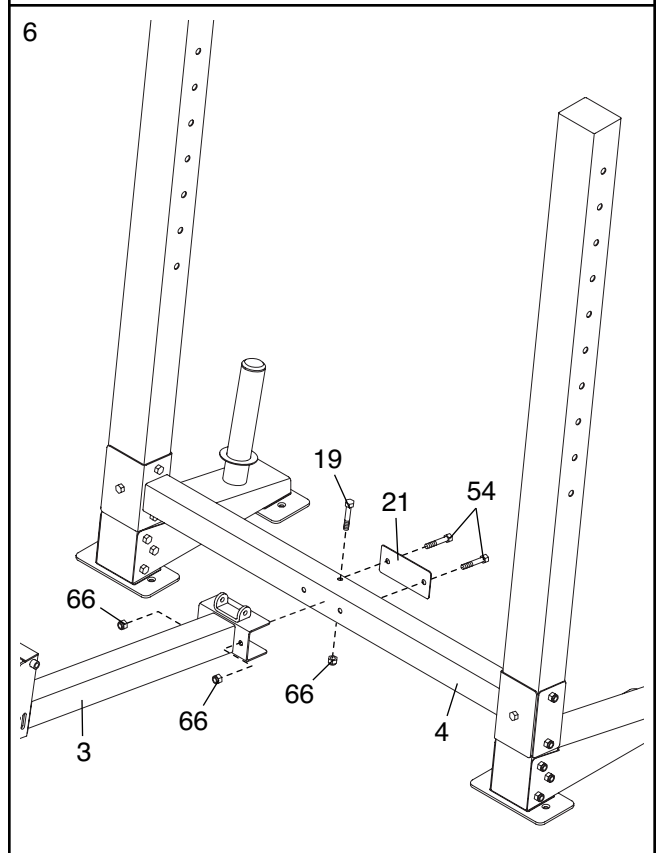
- Orient the Seat Carriage (22) and the Bench Frame (3) as shown. Pull the Knob (43) and slide the Seat Carriage onto the Bench Frame. **Engage the Knob into a hole in the Bench Frame.**

Attach the Bench Frame (3) to the Front Leg (9) with two M10 x 75mm Hex Bolts (57), two M10 Washers (64), and two M10 Nylon Locknuts (66). **Make sure that the Nylon Locknuts are inside the hexagonal holes in the bottom of the Bench Frame. Do not tighten the Nylon Locknuts yet.**



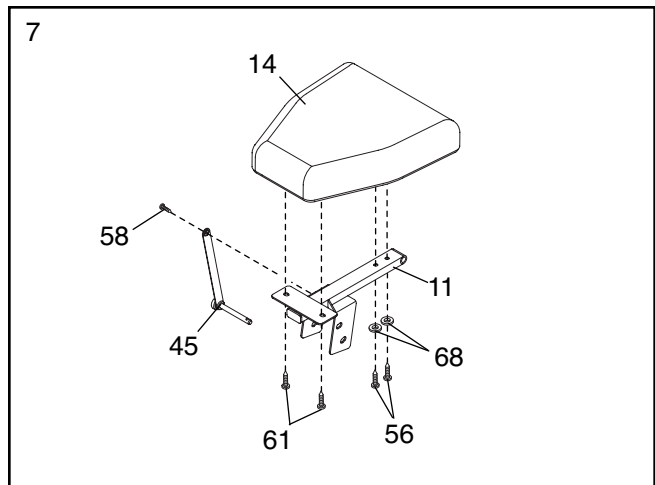
- Attach the Bench Frame (3) to the Center Frame (4) with two M10 x 80mm Button Bolts (54), an M10 x 90mm Hex Bolt (19), a Small Support Plate (21), and three M10 Nylon Locknuts (66).

Tighten the M10 Nylon Locknuts (66) used in steps 2–6.



- Attach the Medium Pin (45) to the Seat Frame (11) with an M4 x 16mm Screw (58).

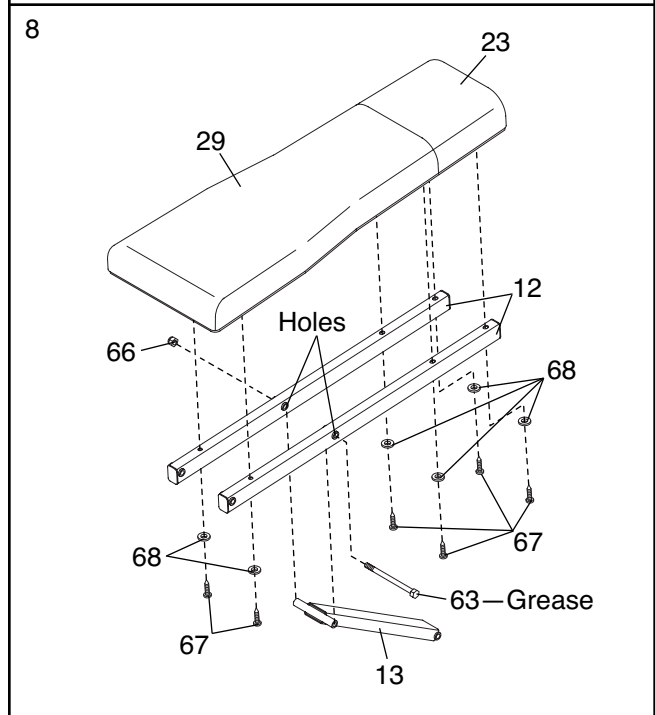
Attach the Seat (14) to the Seat Frame (11) with two M6 x 35mm Screws (56) and two M6 Washers (68).



- Orient the Backrest Frames (12) so that the indicated holes are closer to the tops of the Frames.

Apply some of the included grease to an M10 x 185mm Hex Bolt (63). Attach the Backrest Support (13) between the Backrest Frames (12) with the Hex Bolt and an M10 Nylon Locknut (66). **Do not overtighten the Nylon Locknut; the Backrest Support must pivot easily.**

Next, attach the Backrest (29) and the Headrest (23) to the Backrest Frames (12) with six M6 x 55mm Screws (67) and six M6 Washers (68). **Do not tighten the Screws yet.**



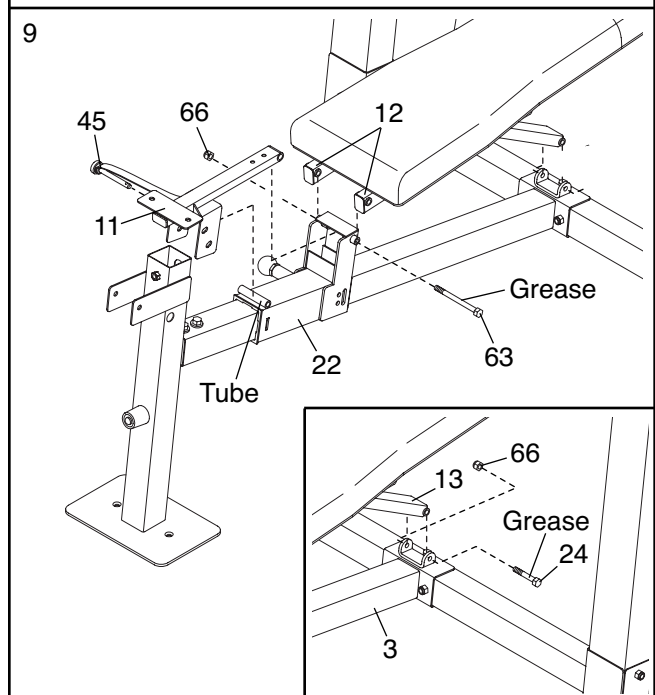
- Note: For clarity, the seat is not shown in this step.

Grease an M10 x 185mm Hex Bolt (63). Attach the Seat Frame (11) and the Backrest Frames (12) to the Seat Carriage (22) with the Hex Bolt and an M10 Nylon Locknut (66). **Do not overtighten the Nylon Locknut; the Seat Frame and the Backrest Frames must pivot easily.**

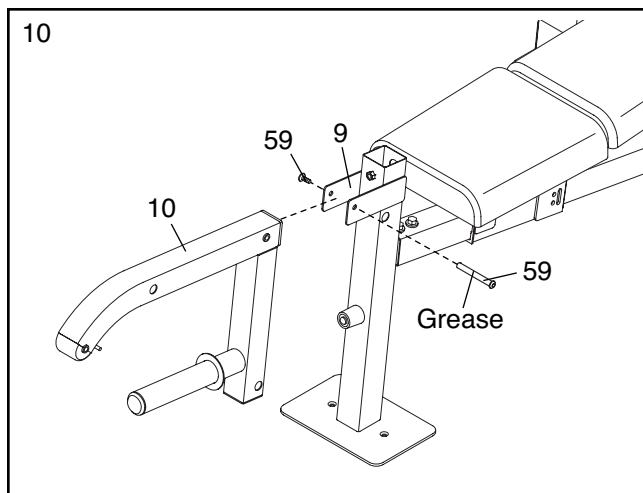
Insert the Medium Pin (45) through a hole in the Seat Frame (11) and the tube on the Seat Carriage (22).

See the inset drawing. Grease an M10 x 80mm Hex Bolt (24). Attach the Backrest Support (13) to the Bench Frame (3) with the Hex Bolt and an M10 Nylon Locknut (66). **Do not overtighten the Nylon Locknut; the Backrest Support must pivot easily.**

See step 8. Tighten the M6 x 47mm Screws (67).

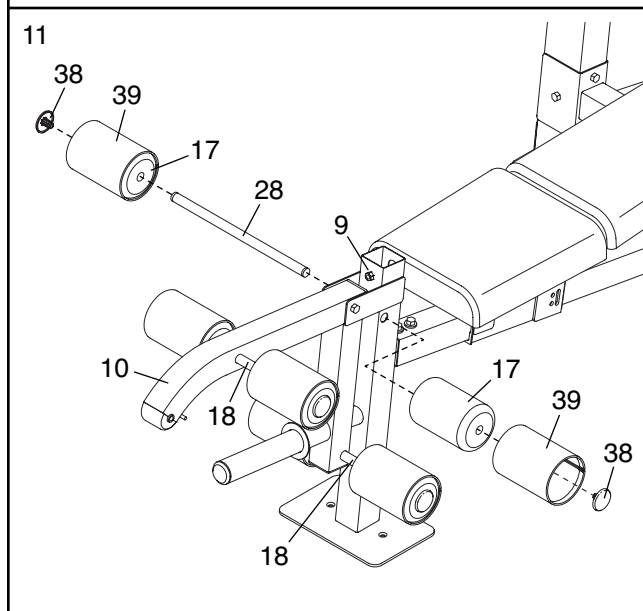


10. Grease the outside of the barrel of an M10 x 70mm Bolt Set (59). Attach the Leg Lever (10) to the Front Leg (9) with the Bolt Set. **Do not over-tighten the Bolt Set; the Leg Lever must pivot easily.**



11. Insert the Long Pad Tube (28) into the Front Leg (9). Slide two Round Pads (17) with Pad Covers (39) onto the Long Pad Tube. Then, press two Pad Caps (38) into the Long Pad Tube.

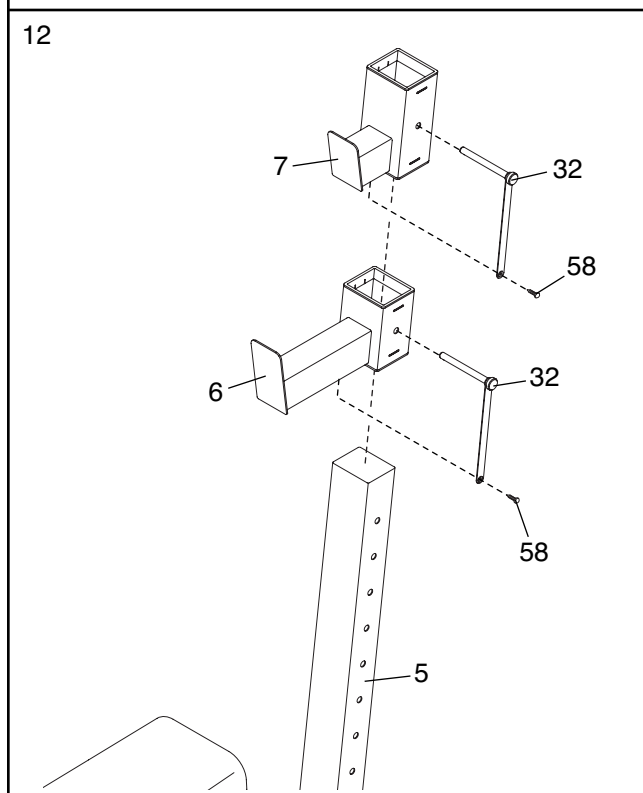
Assemble the two Short Pad Tubes (18) to the Leg Lever (10) in the same way.



12. Attach a Long Pin (32) to a Safety Spotter (6) with an M4 x 16mm Screw (58). Next, attach a Long Pin (32) to a Weight Rest (7) with an M4 x 16mm Screw (58).

Slide the Safety Spotter (6) onto an Upright (5) as shown. Insert the Long Pin (32) into the Safety Spotter and a hole in the Upright. Next, slide the Weight Rest (7) onto the Upright. Insert the Long Pin (32) into the Weight Rest and a hole in the Upright. **Make sure that the heads of the Long Pins are on the outside of the weight bench.**

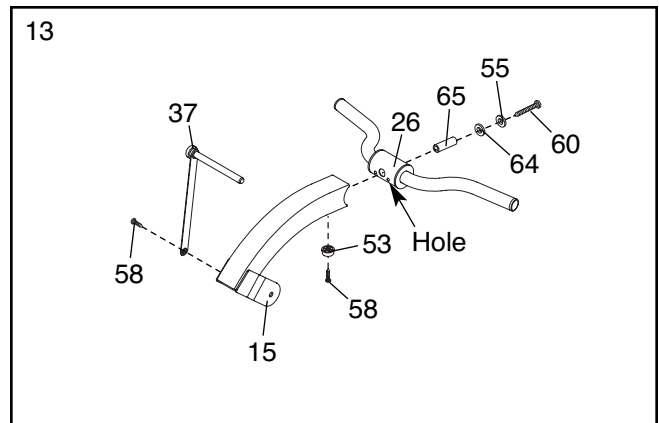
Repeat this step on the other side of the weight bench. Always set both Safety Spotters (6) and both Weight Rests (7) at the same height.



13. Attach the Short Pin (37) to the Curl Bar Frame (15) with an M4 x 16mm Screw (58).

Attach the Curl Bar Bumper (53) to the Curl Bar Frame (15) with an M4 x 16mm Screw (58).

Attach the Curl Bar Tube (26), with the small holes toward the bottom, to the Curl Bar Frame (15) with an M10 x 70mm Button Screw (60), an M10 Split Washer (55), an M10 Washer (64), and a 50mm Spacer (65).



14. Make sure all parts are properly tightened before you use the weight bench. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 12.

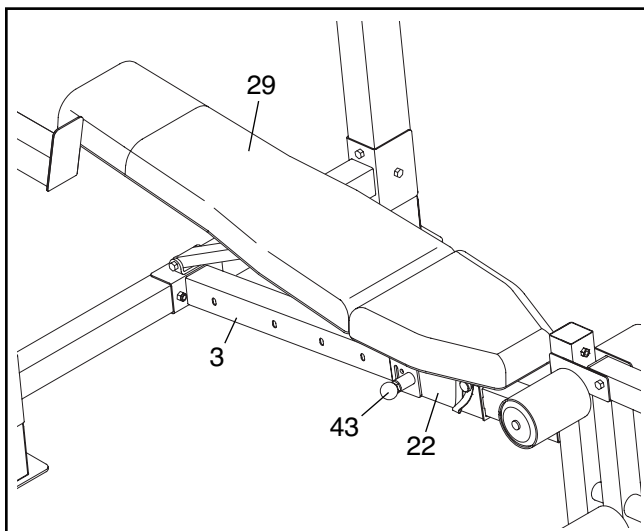
ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 15 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

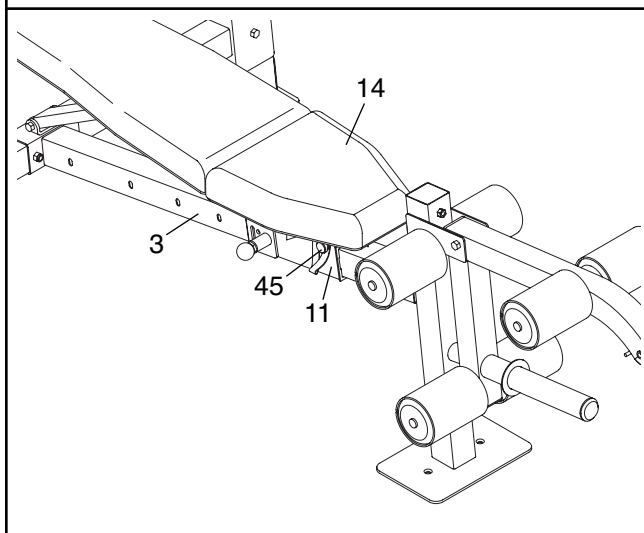
ADJUSTING THE BACKREST

To adjust the position of the Backrest (29), first pull the Knob (43) on the Seat Carriage (22). Slide the Seat Carriage along the Bench Frame (3) until the Backrest is in the desired position, and then engage the Knob into a hole in the Bench Frame.



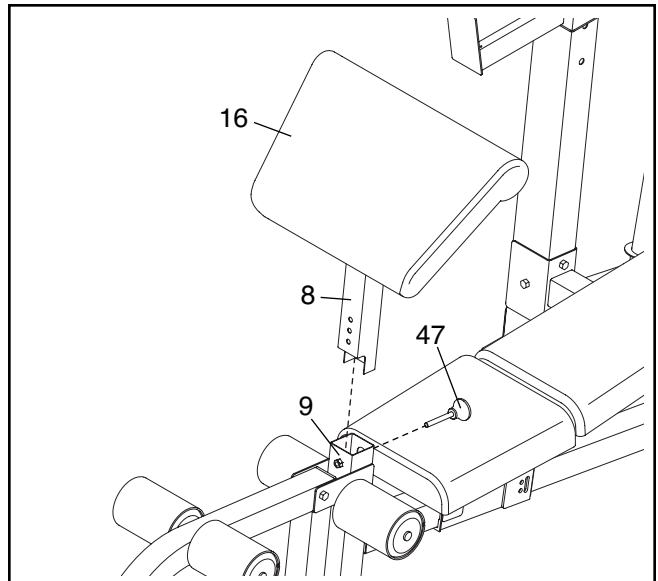
ADJUSTING THE SEAT

To adjust the position of the Seat (14), first remove the Medium Pin (45). Raise or lower the Seat, and then engage the Medium Pin into the Seat Frame (11) and the tube on the Bench Frame (3).



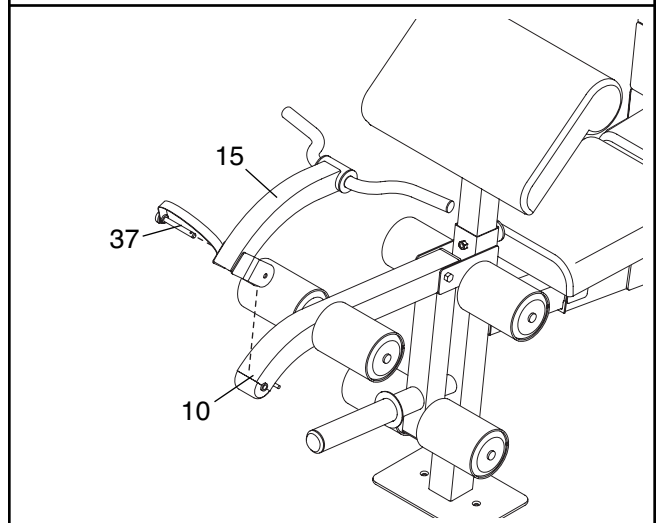
ATTACHING THE CURL PAD

To use the Curl Pad (16), insert the Curl Post (8) into the Front Leg (9) and secure the Curl Post with the Curl Knob (47). **Firmly tighten the Curl Knob.**



ATTACHING THE CURL BAR

Attach the Curl Bar Frame (15) to the Leg Lever (10) with the Short Pin (37).

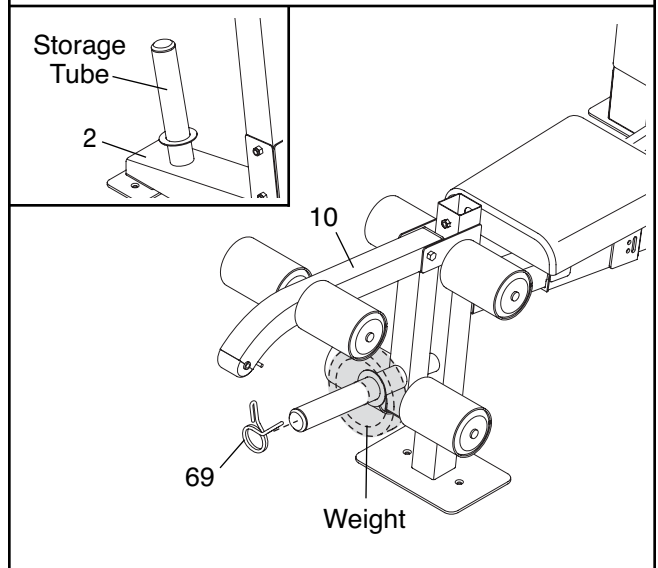


USING YOUR WEIGHTS

To use the Leg Lever (10), slide the desired weights (not included) onto the Leg Lever. Secure the weights with the Weight Clip (69).

⚠ WARNING: Do not put more than 150 lbs (68 kg) on the Leg Lever (10). Do not put more than 310 lbs (141 kg) on the Weight Rests (7) or the Safety Spotters (6). Always secure weights with the Weight Clip (69).

See the inset drawing. Unused weights can be stored on the tube on the Storage Base (2).



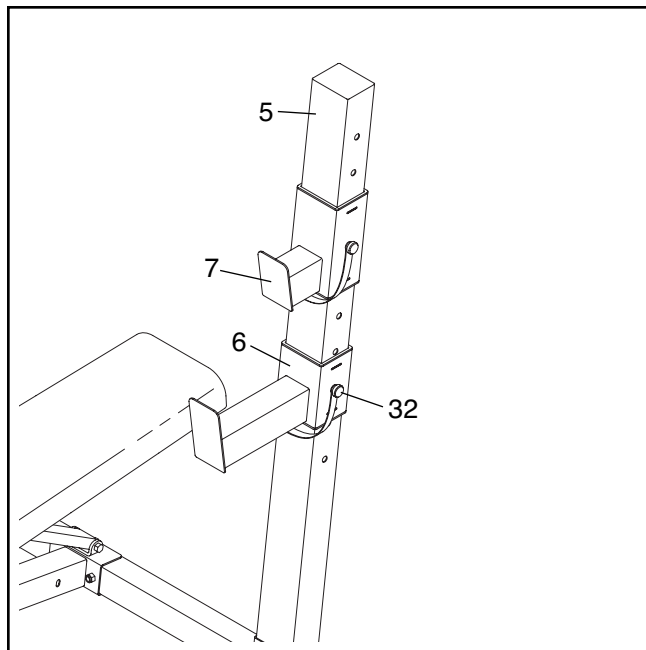
ADJUSTING THE SAFETY SPOTTERS

Before using your barbell (not included), set the Safety Spotters (6) at the lowest point to which you want your barbell to move.

To do this, hold a Safety Spotter (6) and pull out the Long Pin (32). Move the Safety Spotter to the desired height, and reengage the Long Pin into the Safety Spotter and the Upright (5).

Adjust the other Safety Spotter (not shown) and the two Weight Rests (7) in the same way.

⚠ WARNING: Always adjust both Safety Spotters (6) and both Weight Rests (7) to the same height.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross-training

Cross-training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers and repetitions or sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on page 16 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

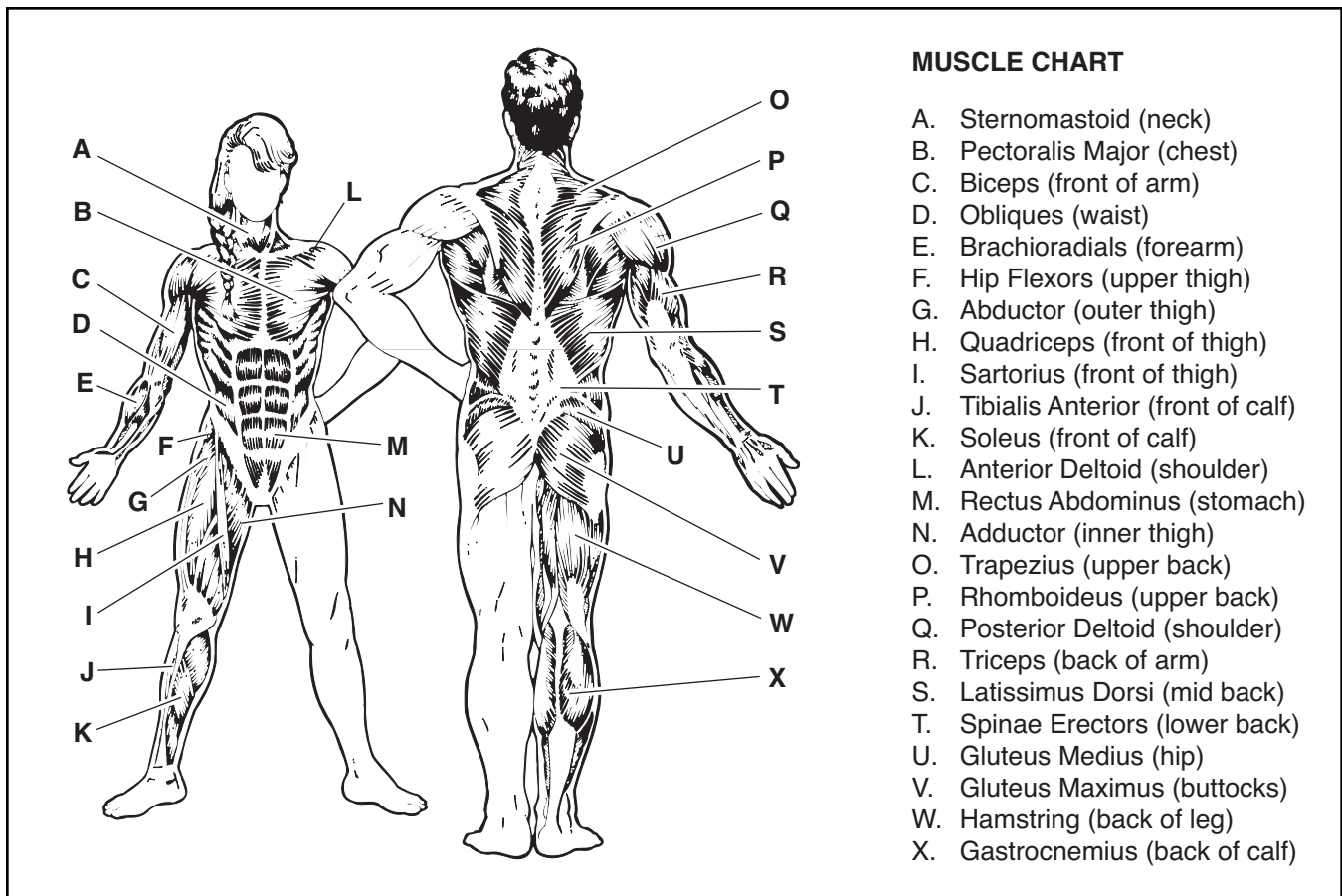
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

PART LIST—Model No. GGBE2557.0

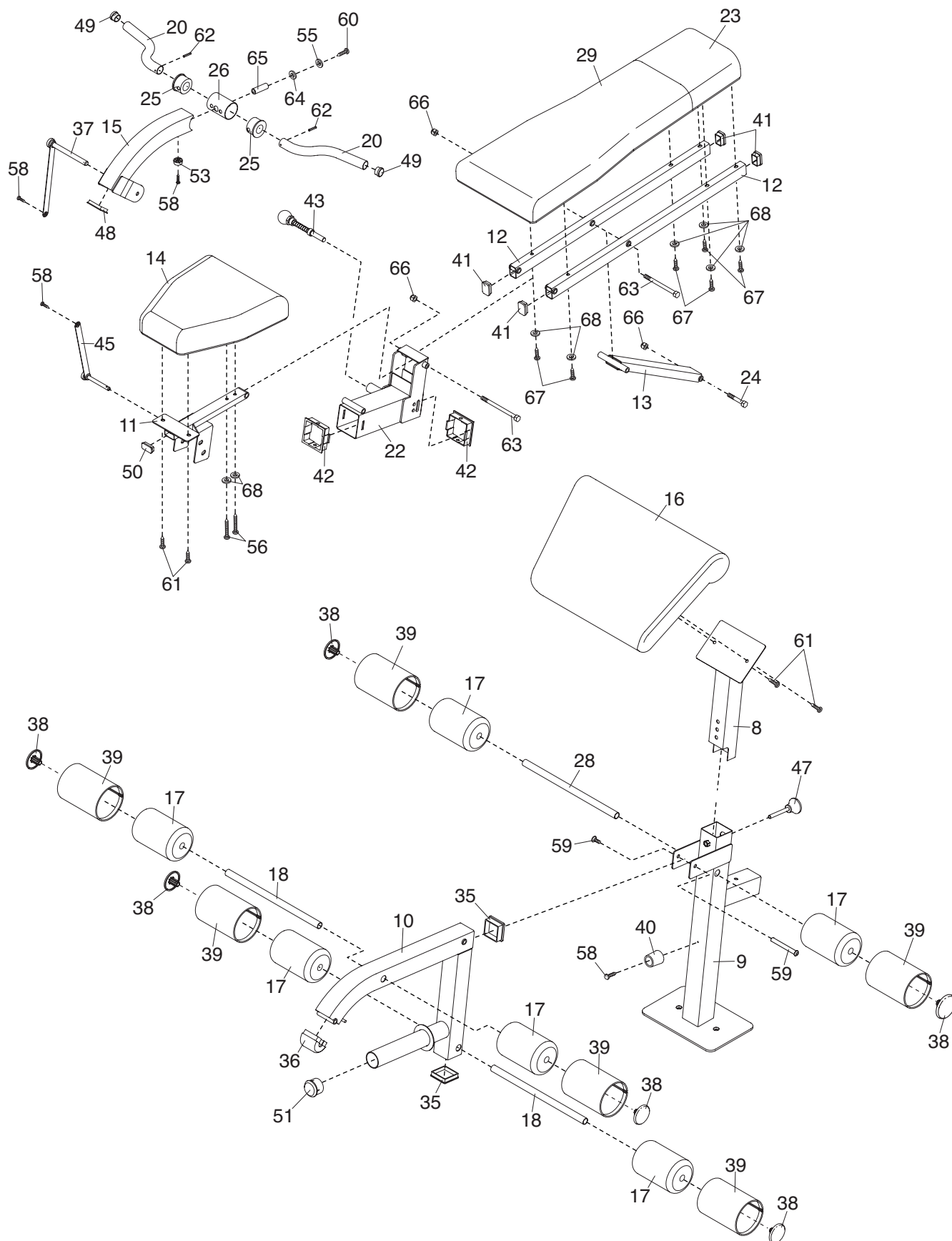
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	38	6	Pad Cap
2	1	Storage Base	39	6	Pad Cover
3	1	Bench Frame	40	1	Front Leg Bumper
4	1	Center Frame	41	4	25mm x 38mm Cap
5	2	Upright	42	2	Carriage Bushing
6	2	Safety Spotter	43	1	Knob
7	2	Weight Rest	44	1	48mm Thin Round Cap
8	1	Curl Post	45	1	Medium Pin
9	1	Front Leg	46	10	M10 x 117mm Button Bolt
10	1	Leg Lever	47	1	Curl Knob
11	1	Seat Frame	48	1	50mm Square Cap
12	2	Backrest Frame	49	2	25mm Round Cap
13	1	Backrest Support	50	1	20mm x 40mm Cap
14	1	Seat	51	1	48mm Round Cap
15	1	Curl Bar Frame	52	2	M10 x 95mm Button Bolt
16	1	Curl Pad	53	1	Curl Bar Bumper
17	6	Round Pad	54	2	M10 x 80mm Button Bolt
18	2	Short Pad Tube	55	1	M10 Split Washer
19	1	M10 x 90mm Hex Bolt	56	2	M6 x 35mm Screw
20	2	Handlebar	57	2	M10 x 75mm Hex Bolt
21	1	Small Support Plate	58	8	M4 x 16mm Screw
22	1	Seat Carriage	59	1	M10 x 70mm Bolt Set
23	1	Headrest	60	1	M10 x 70mm Button Screw
24	1	M10 x 80mm Hex Bolt	61	4	M6 x 16mm Screw
25	2	Handlebar Bushing	62	2	Roll Pin
26	1	Curl Bar Tube	63	2	M10 x 185mm Hex Bolt
27	2	Large Support Plate	64	3	M10 Washer
28	1	Long Pad Tube	65	1	50mm Spacer
29	1	Backrest	66	20	M10 Nylon Locknut
30	2	Spotter Plate	67	6	M6 x 55mm Screw
31	2	Rest Plate	68	8	M6 Washer
32	4	Long Pin	69	1	Weight Clip
33	8	Upright Bushing	70	2	33mm x 100mm Cap
34	2	75mm x 100mm Cap	*	—	User's Manual
35	2	57mm Square Cap	*	—	Exercise Guide
36	1	Leg Lever Cap	*	—	Hex Key
37	1	Short Pin	*	—	Grease Packet

Note: Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts. *These parts are not illustrated.

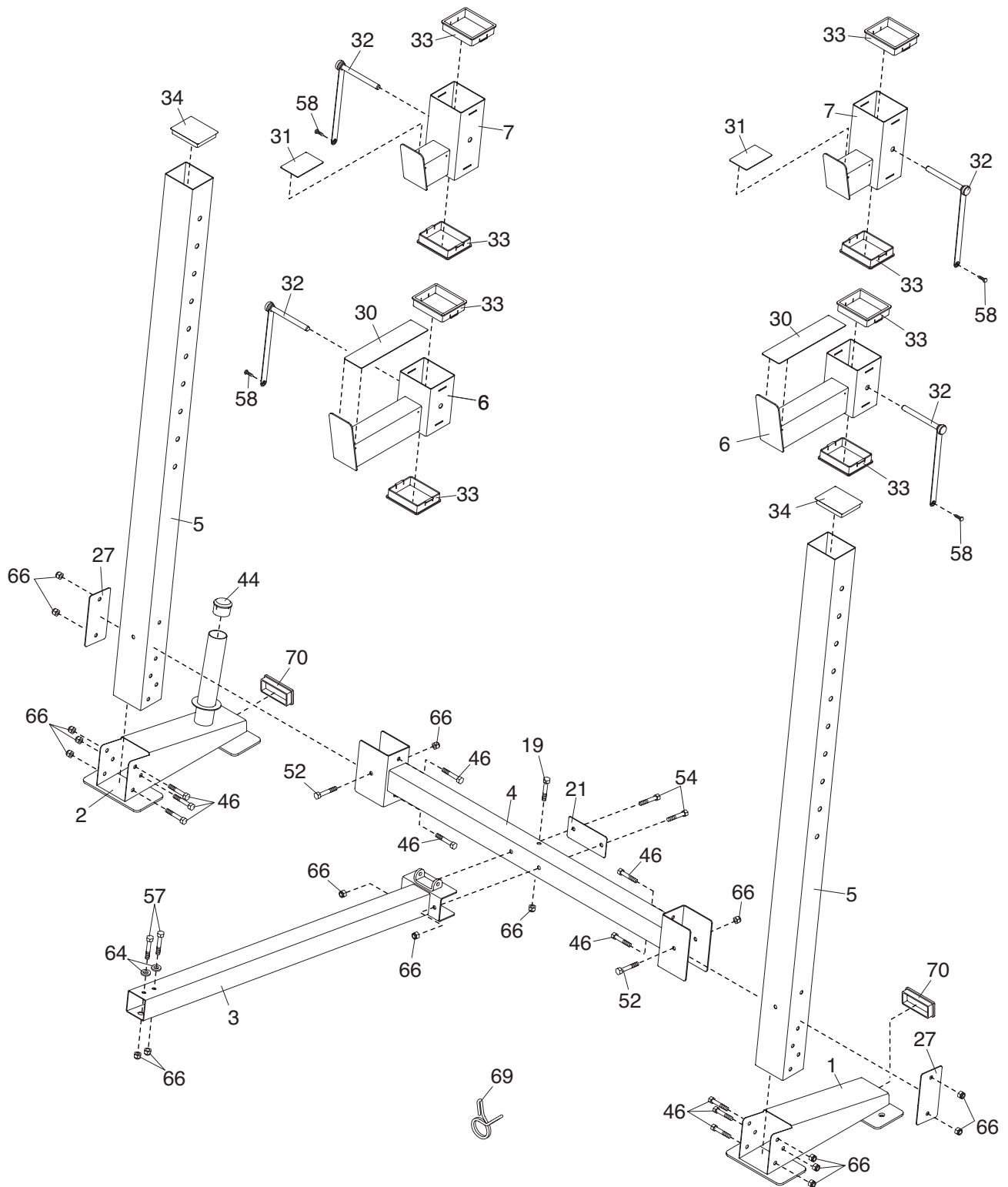
EXPLODED DRAWING A—Model No. GGBE2557.0

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EXPLODED DRAWING B—Model No. GGBE2557.0

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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of the manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. 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 pre-authorized 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. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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