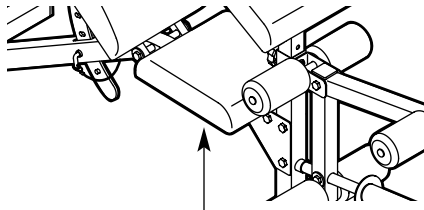


# GOLD'S GYM® XR38

Model No. GGBE29830

Serial No. \_\_\_\_\_

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



Serial Number Decal (Under Seat)

## USER'S MANUAL

### QUESTIONS?

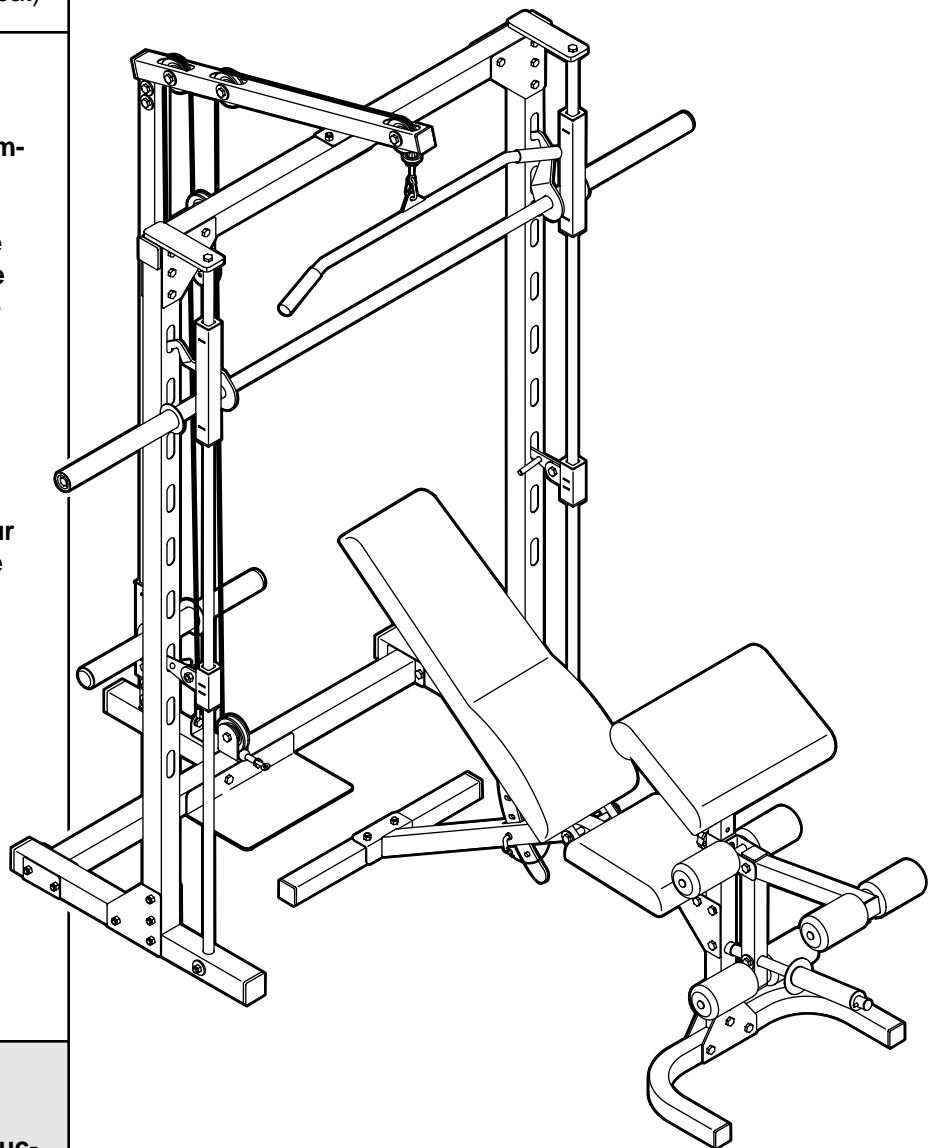
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST



### CAUTION

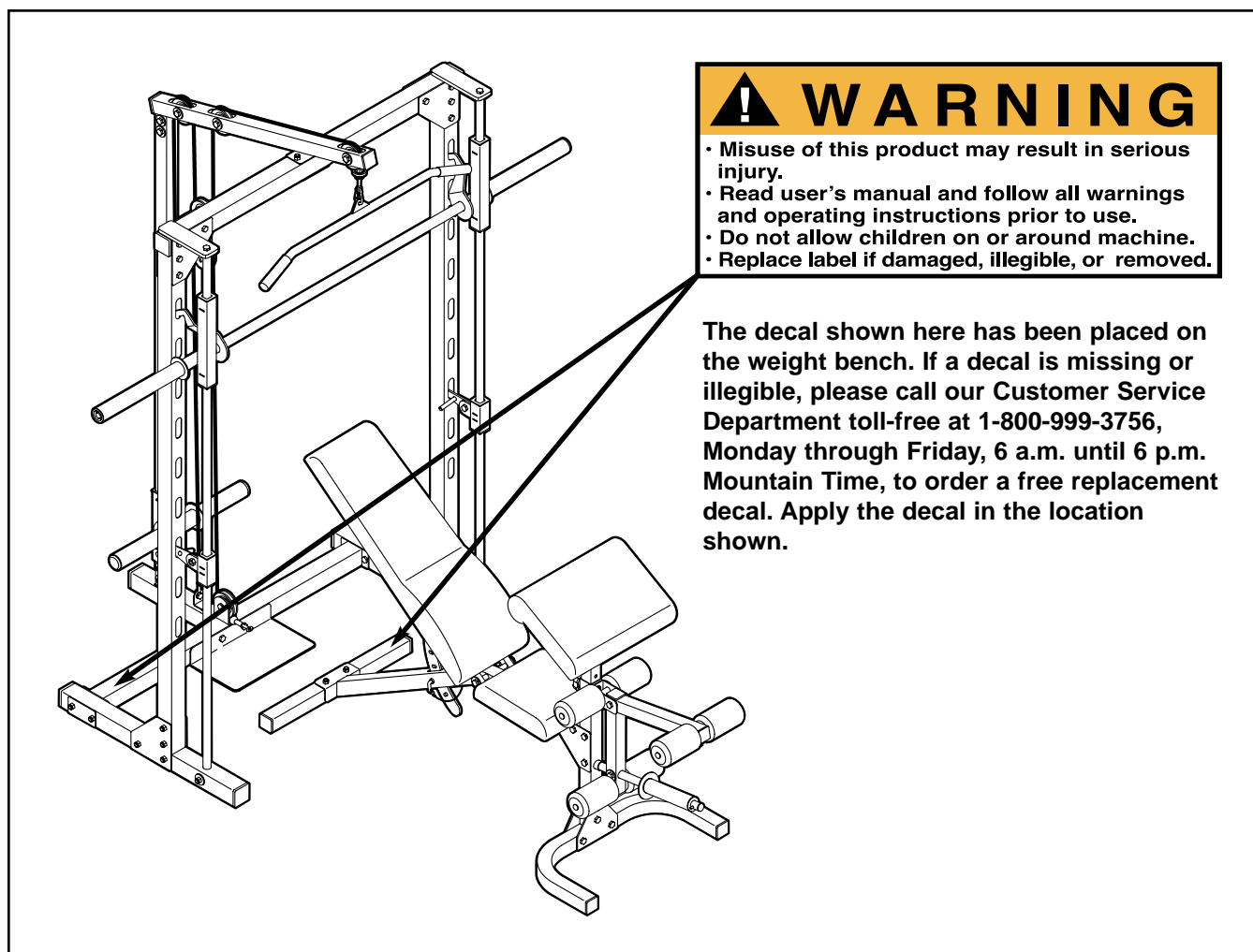
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
ASSEMBLY .....	5
ADJUSTMENTS .....	14
CABLE DIAGRAM .....	17
EXERCISE GUIDELINES .....	18
ORDERING REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT



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 Merchandising, Inc.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
10. Always set both barbell guides and both safety spotters at the same height.
11. The weight bench is designed to support a maximum user weight of 300 pounds. Do not place more than 310 pounds, including the barbell, on the barbell guides or safety spotters. Do not place more than 150 pounds on the weight carriage or the leg lever. Note: The weight bench does not include weights.
12. Always place an equal amount of weight on each side of the weight carriage or barbell.
13. Always secure the weights with the weight clips when they are mounted on the weight carriage or barbell.
14. Always lower the weight carriage in a controlled manner; never let the weight carriage drop.
15. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.
16. Always move your bench out of the way when performing an exercise that does not use the bench.
17. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

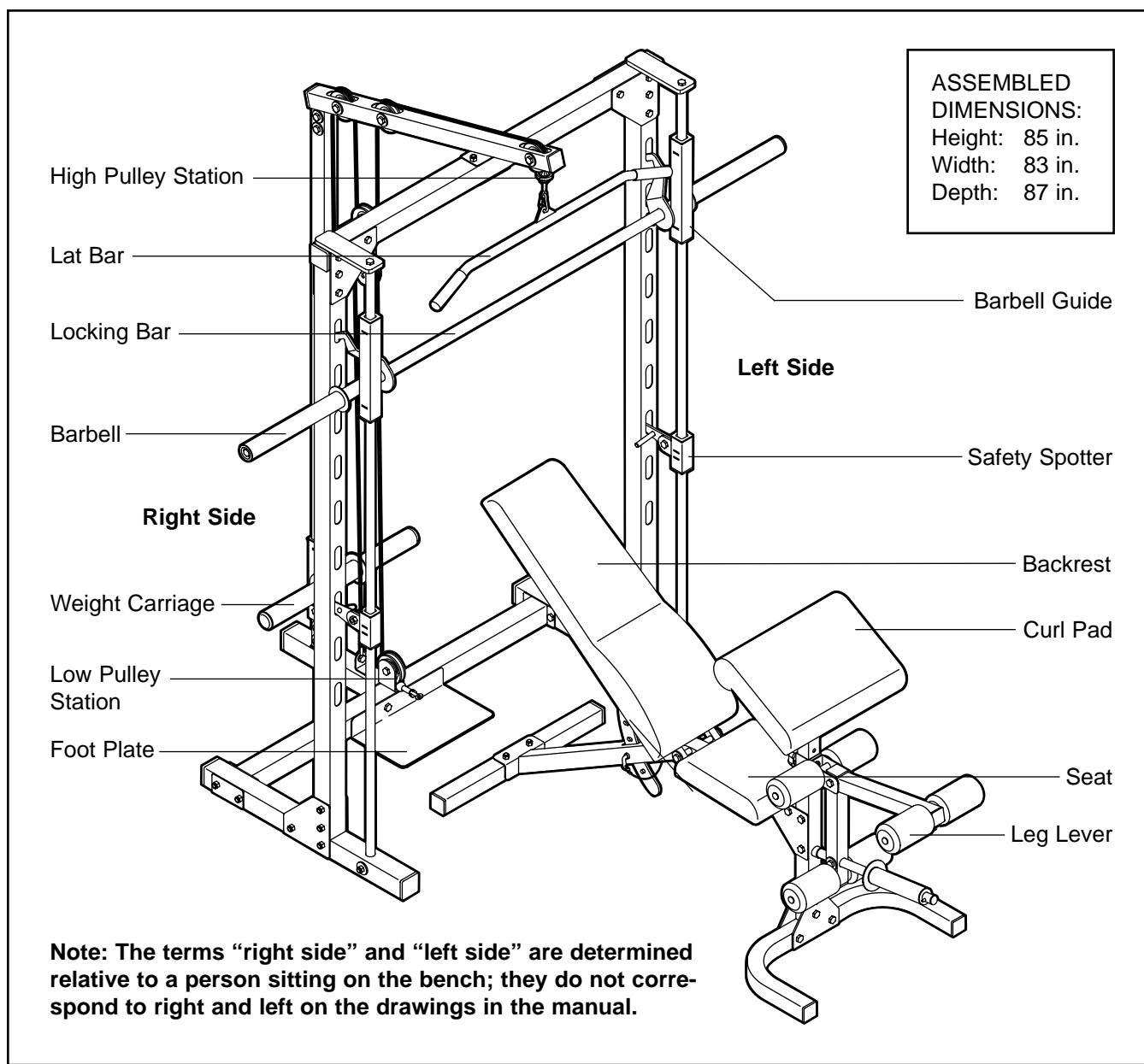
# BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR38 weight bench. The weight bench is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the weight bench will help you 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 call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GGBE29830. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



# ASSEMBLY

## Make Things Easier for Yourself



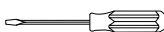
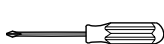
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**
- 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.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**The following tools (not included) are required for assembly:**

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Lubricant, such as grease or petroleum jelly, and soapy water.

Assembly will 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, make sure you understand the information in the box above. Note: Some parts described in the assembly steps may be pre-assembled.**

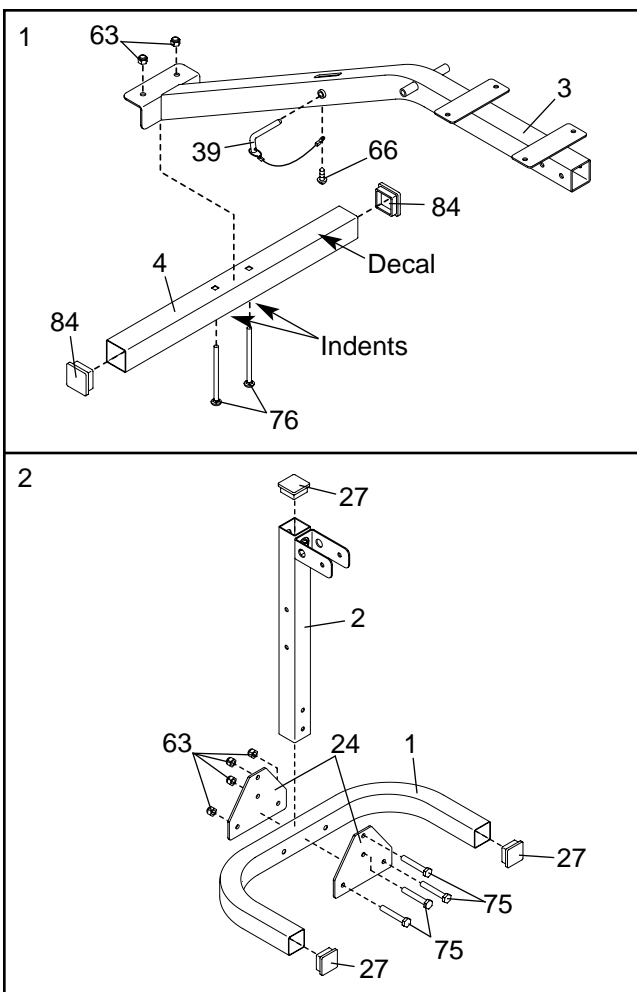
Press two 50mm x 70mm Inner Caps (84) into the ends of the Rear Stabilizer (4). Attach the tether on the Bench Pin (39) to the bottom of the Bench Frame (3) with an M4 x 16mm Self-tapping Screw (66).

Attach the Rear Stabilizer (4) to the Bench Frame (3) with two M10 x 62mm Carriage Bolts (76) and two M10 Nylon Locknuts (63). **Do not tighten the Locknuts yet.**

**Note: The indents around the holes in the Rear Stabilizer (4) should be on the bottom, and the decal should be in the indicated location.**

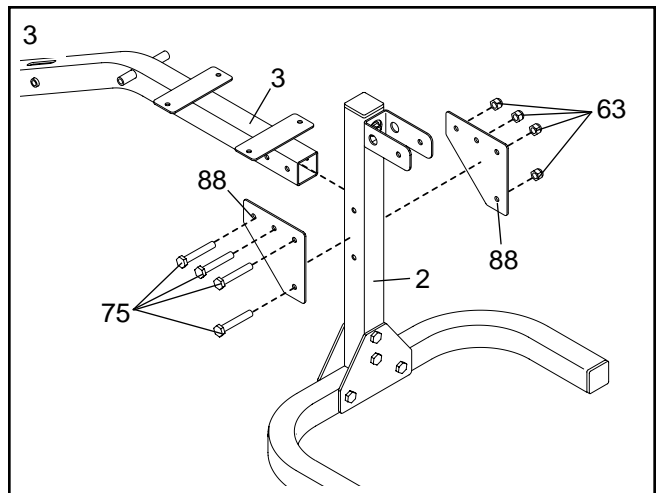
2. Press three 50mm Square Inner Caps (27) into the ends of the Front Stabilizer (1) and into the top of the Bench Leg (2).

Attach the Bench Leg (2) to the Front Stabilizer (1) using the two Bench Leg Plates (24), four M10 x 70mm Bolts (75), and four M10 Nylon Locknuts (63). **Do not tighten the Locknuts yet.**



3. Attach the Bench Leg (2) to the Bench Frame (3) using two Small Joint Plates (88), four M10 x 70mm Bolts (75), and four M10 Nylon Locknuts (63).

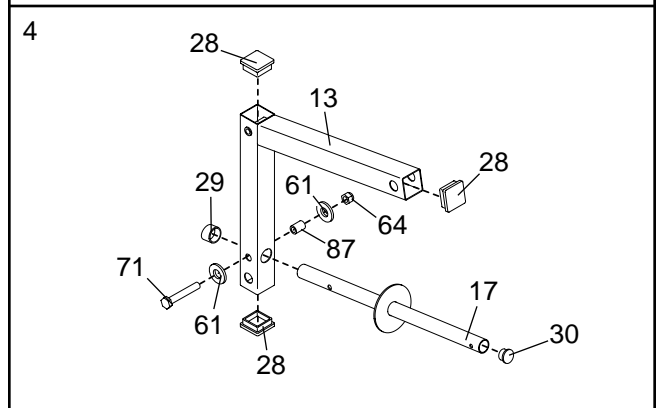
**Tighten the M10 Nylon Locknuts (63) used in steps 1–3.**



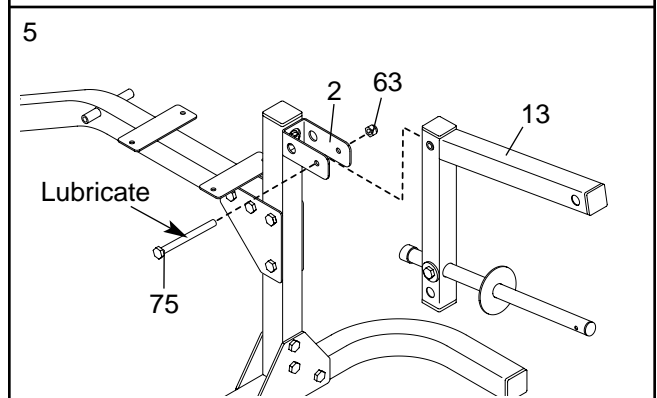
4. Press three 45mm Square Inner Caps (28) into the Leg Lever (13). Press a 25mm Round Inner Cap (30) into the indicated end of the Weight Tube (17).

Attach the Weight Tube (17) to the Leg Lever (13) with an M8 x 55mm Bolt (71), two M8 Washers (61), a 10mm Spacer (87), and an M8 Nylon Locknut (64).

Press an 25mm Round Angled Cap (29) onto the indicated end of the Weight Tube (17).

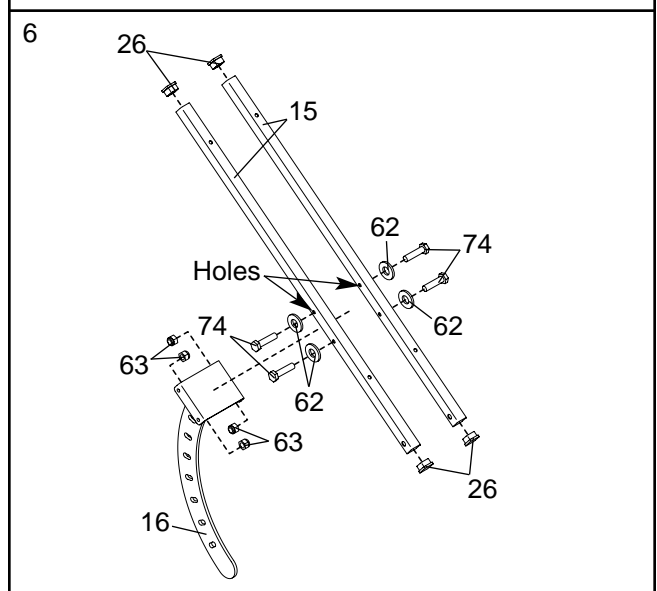


5. Lubricate an M10 x 71mm Bolt (75) with grease. Attach the Leg Lever (13) to the Bench Leg (2) with the Bolt and an M10 Nylon Locknut (63). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

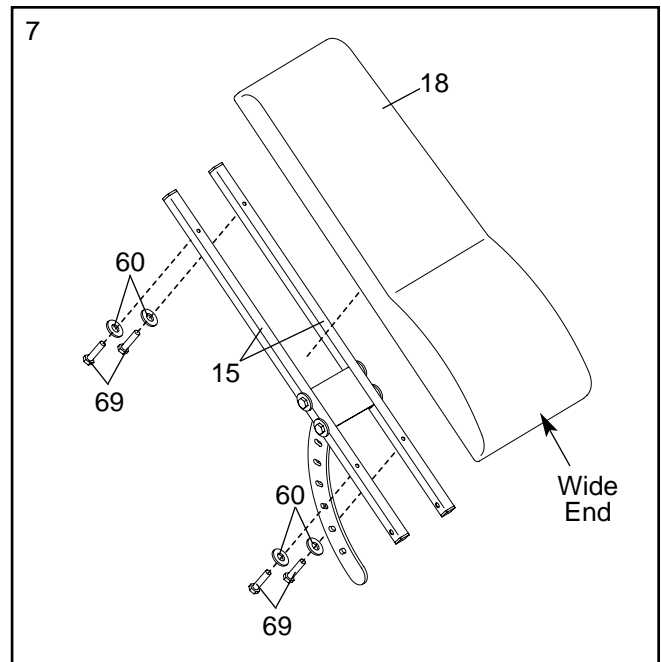


6. Press four 25mm Square Inner Caps (26) into the ends of the Backrest Tubes (15).

Attach the Backrest Bracket (16) to the Backrest Tubes (15) with four M10 x 45mm Bolts (74), four M10 Washers (62), and four M10 Nylon Locknuts (63). **Make sure the Backrest Tubes are oriented so that the indicated holes are closer to the bottom. Do not tighten the Locknuts yet.**



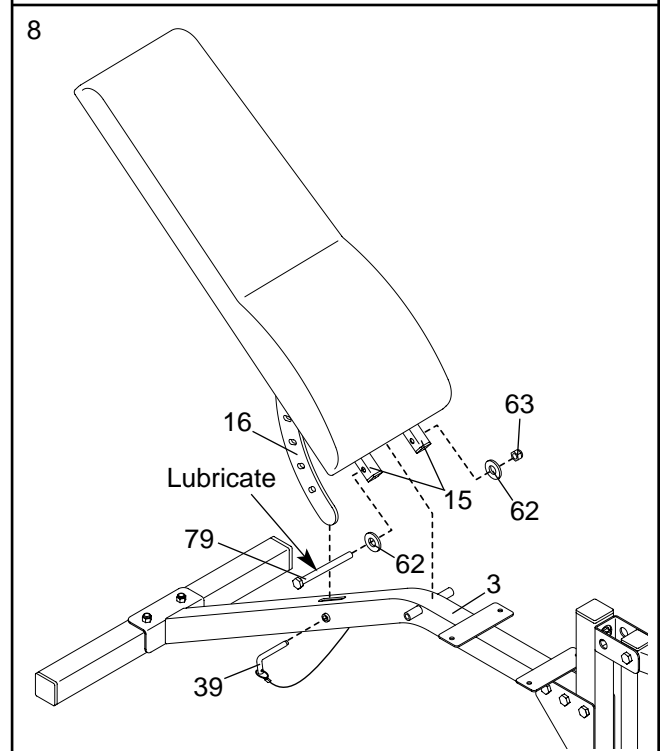
7. Attach the Backrest (18) to the Backrest Tubes (15) with four M6 x 36mm Screws (69) and four M6 Washers (60). **Make sure that the Backrest is oriented as shown. Do not tighten the Screws yet.**



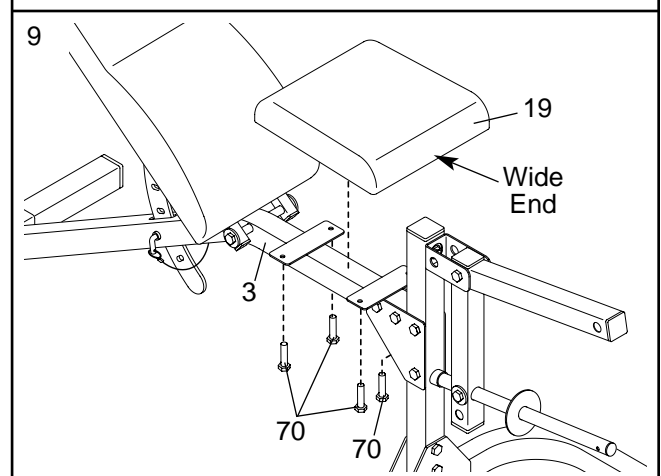
8. Lubricate an M10 x 181mm Bolt (79) with grease. Attach the Backrest Tubes (15) to the Bench Frame (3) with the Bolt, two M10 Washers (62), and an M10 Nylon Locknut (63). **Do not over-tighten the Locknut; the Backrest Tubes must be able to pivot freely.**

Slide the Backrest Bracket (16) into the slot in the Bench Frame (3). Engage the Bench Pin (39) into the hole in the Bench Frame and an adjustment hole in the Backrest Bracket.

**Tighten the M10 Nylon Locknuts (63) and the M6 x 36mm Screws (69) used in steps 6 and 7.**



9. Attach the Seat (19) to the Bench Frame (3) with four M6 x 16mm Screws (70). **Make sure that the Seat is oriented as shown.**



10. Press two 19mm Round Inner Caps (22) into the end of a Pad Tube (21). Slide the Pad Tube through the indicated hole in the Bench Leg (2). Slide two Foam Pads (23) onto the Pad Tube.

**Repeat this step with the other two Pad Tubes (21) and the Leg Lever (13).**

11. Attach the Curl Pad (20) to the Curl Post (14) with two M6 x 16mm Screws (70).

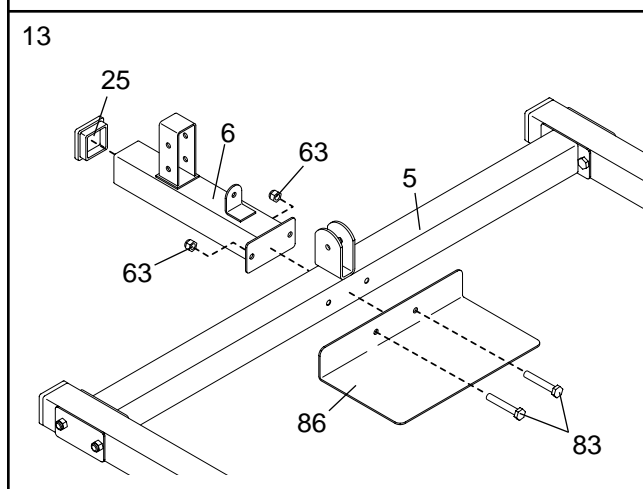
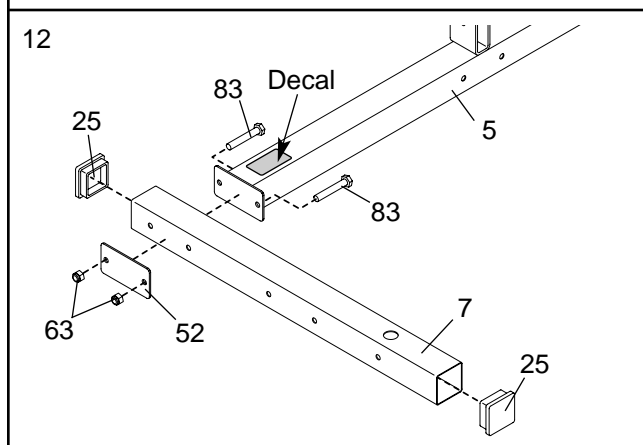
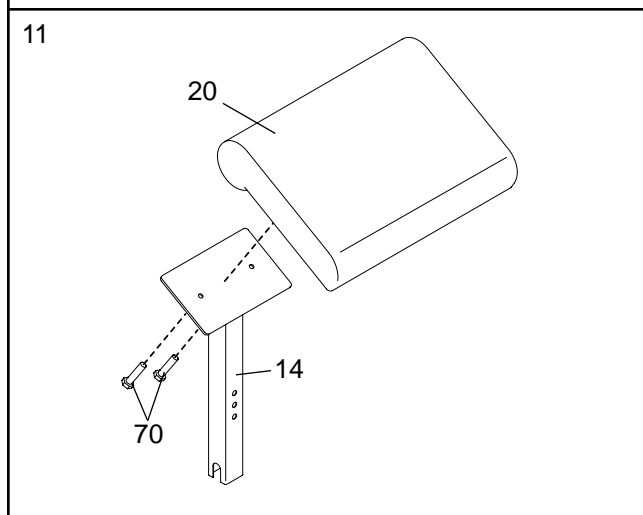
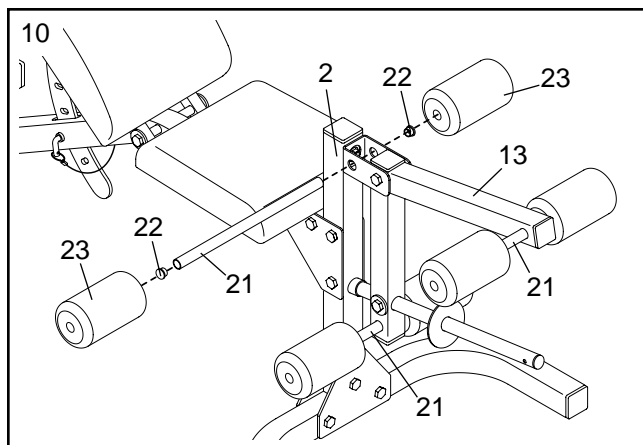
12. Press a 60mm Square Inner Cap (25) into each end of a Side Base (7).

Attach the Side Base (7) to the Center Base (5) with two M10 x 80mm Bolts (83), a Support Plate (52), and two M10 Nylon Locknuts (63). **Make sure the decal is in the position shown. Do not tighten the Locknuts yet.**

**Attach the other Side Base (not shown) to the other end of the Center Base (5) in the same manner.**

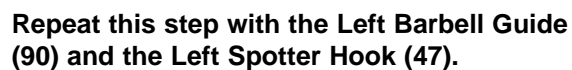
13. Press a 60mm Square Inner Cap (25) into the Rear Base (6).

Attach the Rear Base (6) and the Foot Plate (86) to the Center Base (5) using two M10 x 80mm Bolts (83) and two M10 Nylon Locknuts (63). **Do not tighten the Locknuts yet.**





- Repeat this step with the other Upright (8) and Guide Bar (12).**



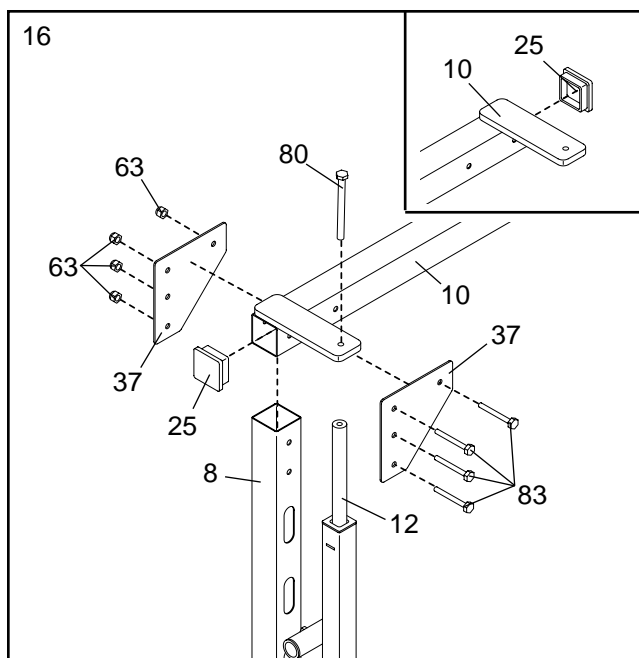
16. Press a 60mm Square Inner Cap (25) into each end of the Top Frame (10).

Attach the Top Frame (10) to an Upright (8) using four M10 x 80mm Bolts (83), two Large Joint Plates (37), and four M10 Nylon Locknuts (63).

**Do not tighten the Locknuts yet.**

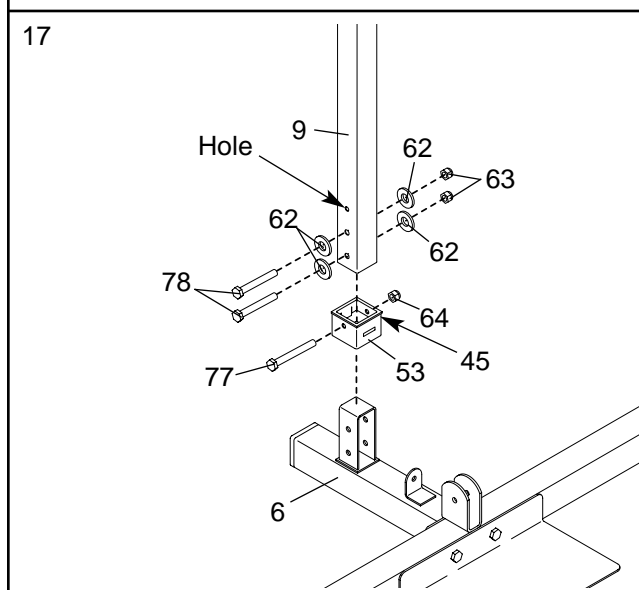
Secure the Top Frame (10) to the Guide Bar (12) using an M10 x 30mm Bolt (80).

**Attach the Top Frame (10) to the the other Upright (not shown) and Weight Bar (not shown) in the same manner.**



17. Attach the Carriage Stop (53) to the Rear Upright (9) at the indicated hole with an M8 x 70mm Bolt (77) and an M8 Nylon Locknut (64). **Make sure the Large Square Bushing (45) is on top.**

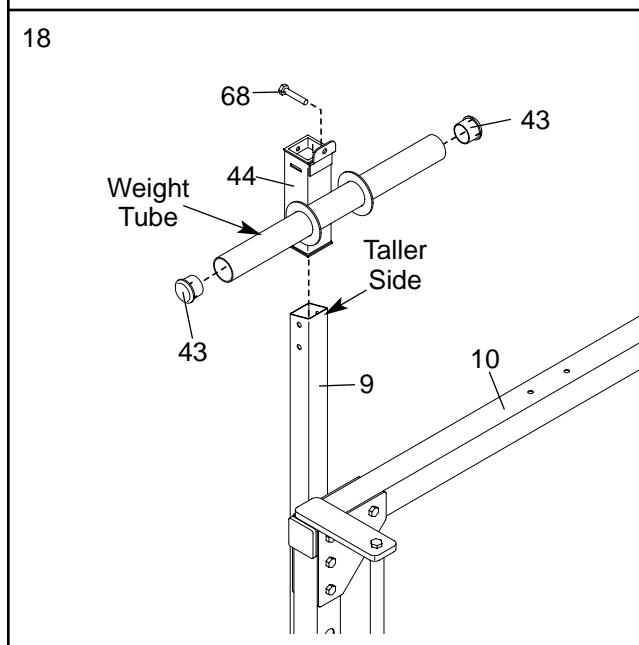
**Orient the Rear Upright (9) with the tall side positioned as shown in step 18.** Slide the Rear Upright onto the Rear Base (6). Attach the Rear Upright to the Rear Base with two M10 x 65mm Bolts (78), four M10 Washers (62), and two M10 Nylon Locknuts (63). **Do not tighten the Locknuts yet.**



18. Press two 48mm Round Inner Caps (43) into the ends of the weight tube on the Weight Carriage (44).

Insert an M10 x 20mm Bolt (68) into the bracket on the Weight Carriage (44).

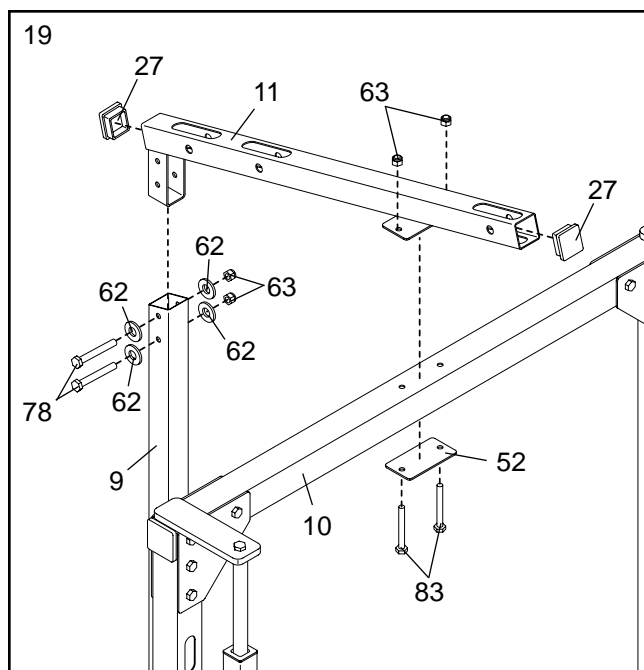
Slide the Weight Carriage (44) onto the Rear Upright (9). **Make sure that the Weight Carriage is oriented as shown.**



19. Press two 50mm Square Inner Caps (27) into the Rear Top Frame (11).

Slide the Rear Top Frame (11) into the top of the Rear Upright (9). Attach the Rear Top Frame to the Rear Upright using two M10 x 65mm Bolts (78), four M10 Washers (62), and two M10 Nylon Locknuts (63). **Do not tighten the Locknuts yet.**

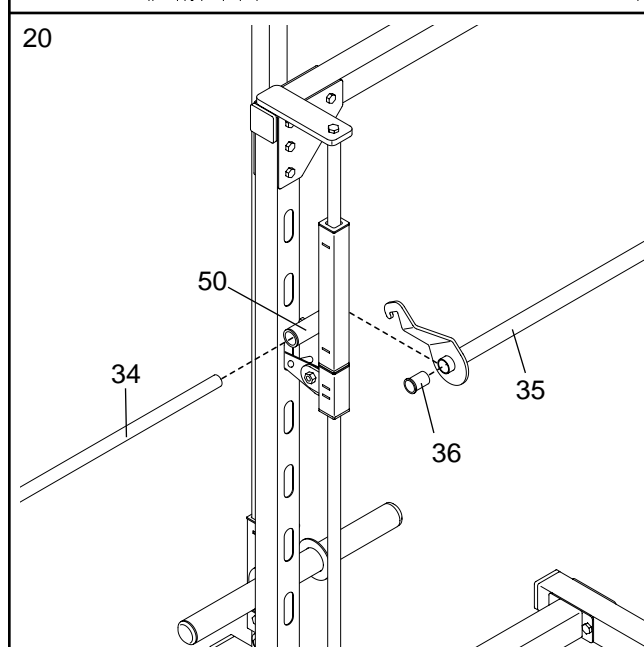
Attach the Rear Top Frame (11) to the Top Frame (10) with two M10 x 80mm Bolts (83), a Support Plate (52), and two M10 Nylon Locknuts (63). **Do not tighten the Locknuts yet.**



20. Press two 25mm Long Round Bushing (36) into the ends of the Locking Bar (35).

Slide the Barbell (34) through the Right Barbell Guide (50), the Locking Bar (35), and the Left Weight Glider (not shown). **Make sure the Locking Bar is oriented as shown.**

**Tighten all the M10 Nylon Locknuts (63) used in steps 12–19.**

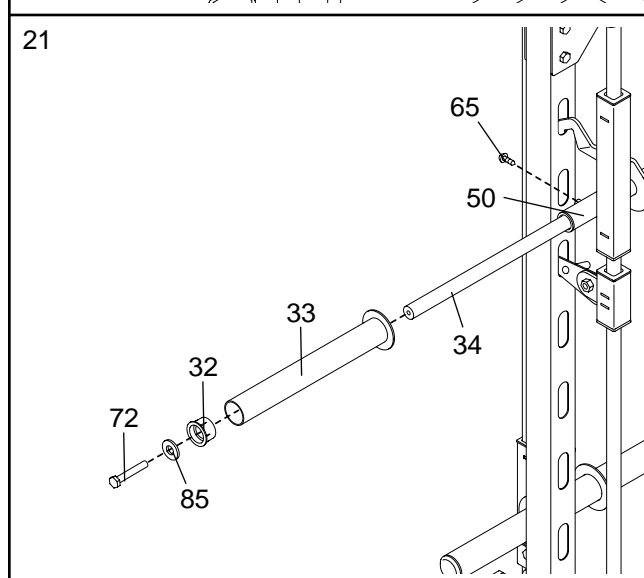


21. Press a 48mm Barbell Bushing (32) into the indicated end of a Weight Adapter (33).

Attach the Weight Adapter (33) to the Barbell (34) with an M10 x 25mm Bolt (72) and an M10 Special Large Washer (85).

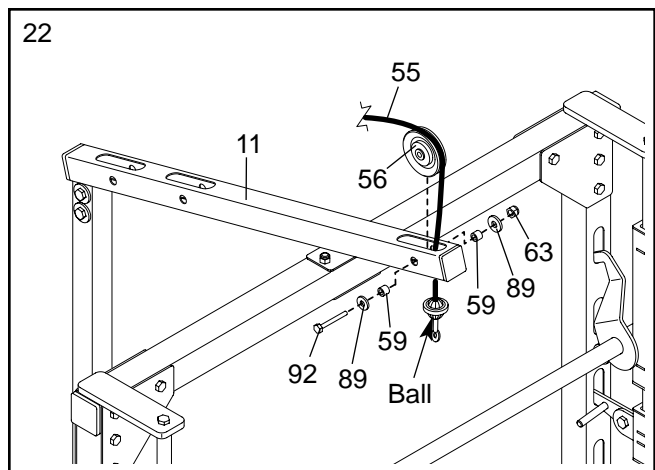
**Attach the other Weight Adapter (33) to the other end of the Barbell (34) in the same manner.**

Secure the Barbell (34) to the Right Barbell Guide (50) with an M8 x 20mm Screw (65). **Repeat with the Left Barbell Guide (not shown).**

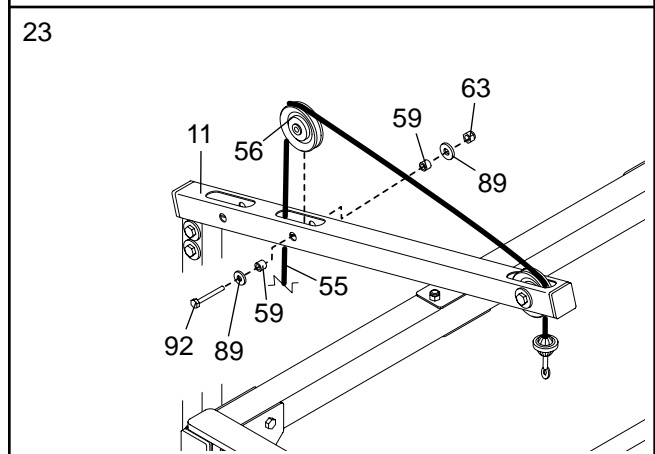


22. **Locate the Long Cable (55).** Route the Cable up through the indicated slot in the Rear Top Frame (11) and over a Pulley (56). **Make sure the ball is in the indicated location.**

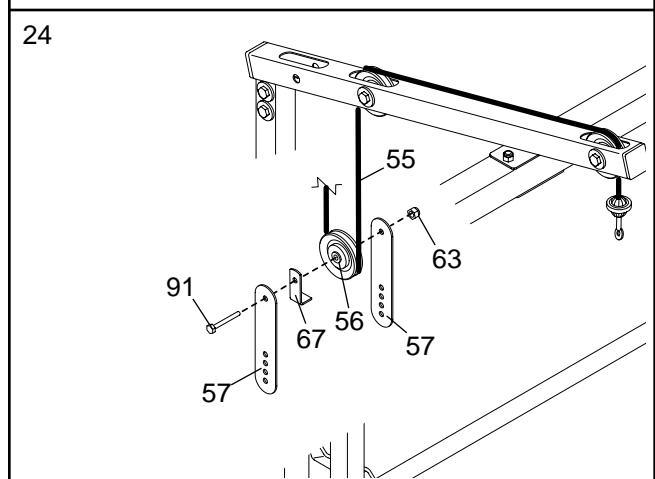
Attach the Pulley (56) inside Rear Top Frame (11) with an M10 x 68mm Bolt (92), two M10 Large Washers (89), two 15mm Spacers (59), and an M10 Nylon Locknut (63).



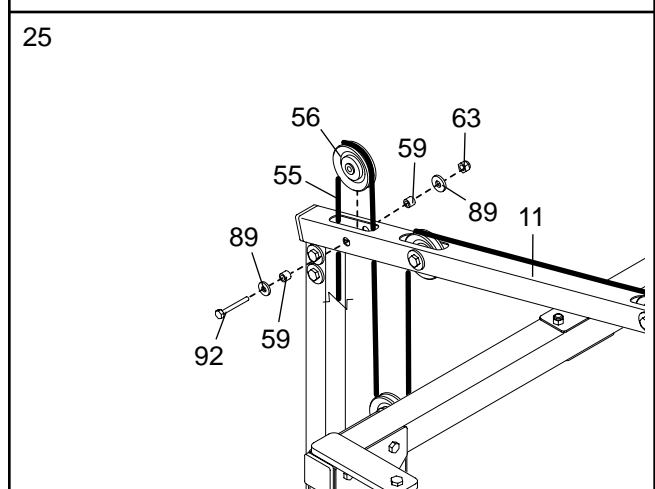
23. Route the Long Cable (55) over a Pulley (56) and down through the Rear Top Frame (11). Attach the Pulley inside the Rear Top Frame with an M10 x 68mm Bolt (92), two M10 Large Washers (89), two 15mm Spacers (59), and an M10 Nylon Locknut (63).



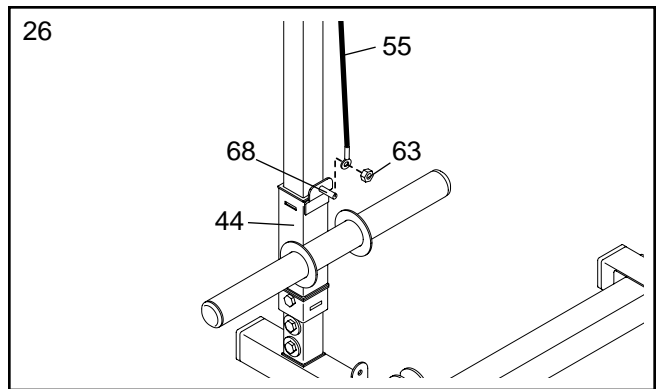
24. Route the Long Cable (55) under a Pulley (56). Attach the Pulley and a Cable Trap (67) to the indicated hole in the pair of Pulley Plates (57) with an M10 x 48mm Bolt (91) and an M10 Nylon Locknut (63). **Make sure the Cable Trap holds the Cable in the groove of the Pulley.**



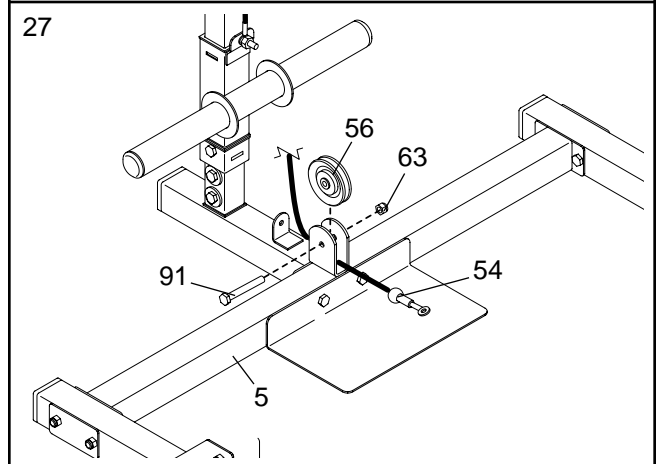
25. Route the Long Cable (55) up through the Rear Top Frame (11), over a Pulley (56), and back down through the Rear Top Frame. Attach the Pulley inside the Rear Top Frame with an M10 x 68mm Bolt (92), two M10 Large Washers (89), two 15mm Spacers (59), and an M10 Nylon Locknut (63).



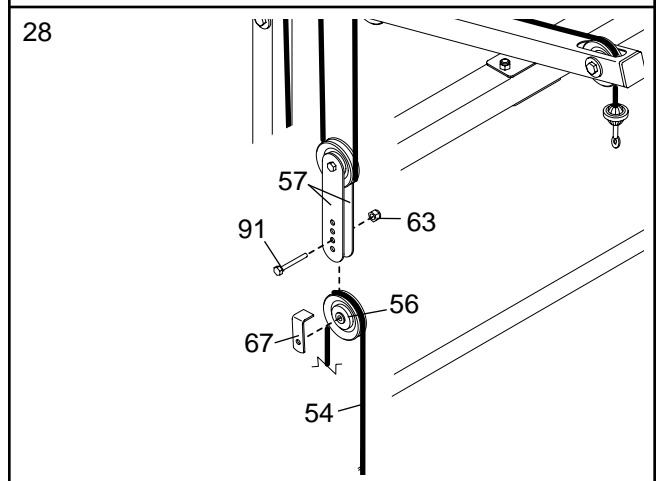
26. Attach the end of the Long Cable (55) to the M10 x 20mm Bolt (68) in the Weight Carriage (44) with an M10 Nylon Locknut (63).



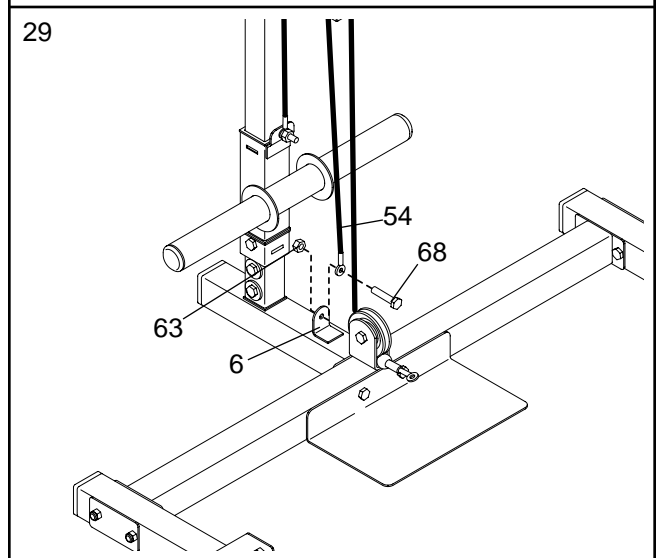
27. **Locate the Short Cable (54).** Wrap the indicated end of the Cable under a Pulley (56). Attach the Pulley to the bracket on the Center Base (5) with an M10 x 48mm Bolt (91) and an M10 Nylon Locknut (63).



28. Route the Short Cable (54) over a Pulley (56). Attach the Pulley and a Cable Trap (67) to the second set of holes from the bottom of the pair of Pulley Plates (57) with an M10 x 48mm Bolt (91) and an M10 Nylon Locknut (63). **Make sure the Cable Trap holds the Cable in the groove of the Pulley.**



29. Attach the Short Cable (54) to the bracket on the Rear Base (6) with an M10 x 20mm Bolt (68) and an M10 Nylon Locknut (63).



30. **Make sure that all parts are properly tightened before the weight bench is used. The use of all remaining parts will be explained in ADJUSTMENTS, starting on the next page.**

# ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 18 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 each exercise.

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.

## USING THE LOCKING BAR

Before starting an exercise, position the Locking Bar (35) and the Safety Spotters (49 [not shown]) in the correct position for the exercise.

To do this, stand in front of the rack and grip the Locking Bar (35) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Uprights (8). Raise or lower the Locking Bar to a new position and turn it until the hooks engage the slots in the Uprights. **Note: Always start an exercise with the barbell positioned at the lowest point to which it will move during the exercise.**

Position both Safety Spotters (49) directly under the Barbell Guides (50, 90). (See USING THE SAFETY SPOTTERS below.)

## USING THE SAFETY SPOTTERS

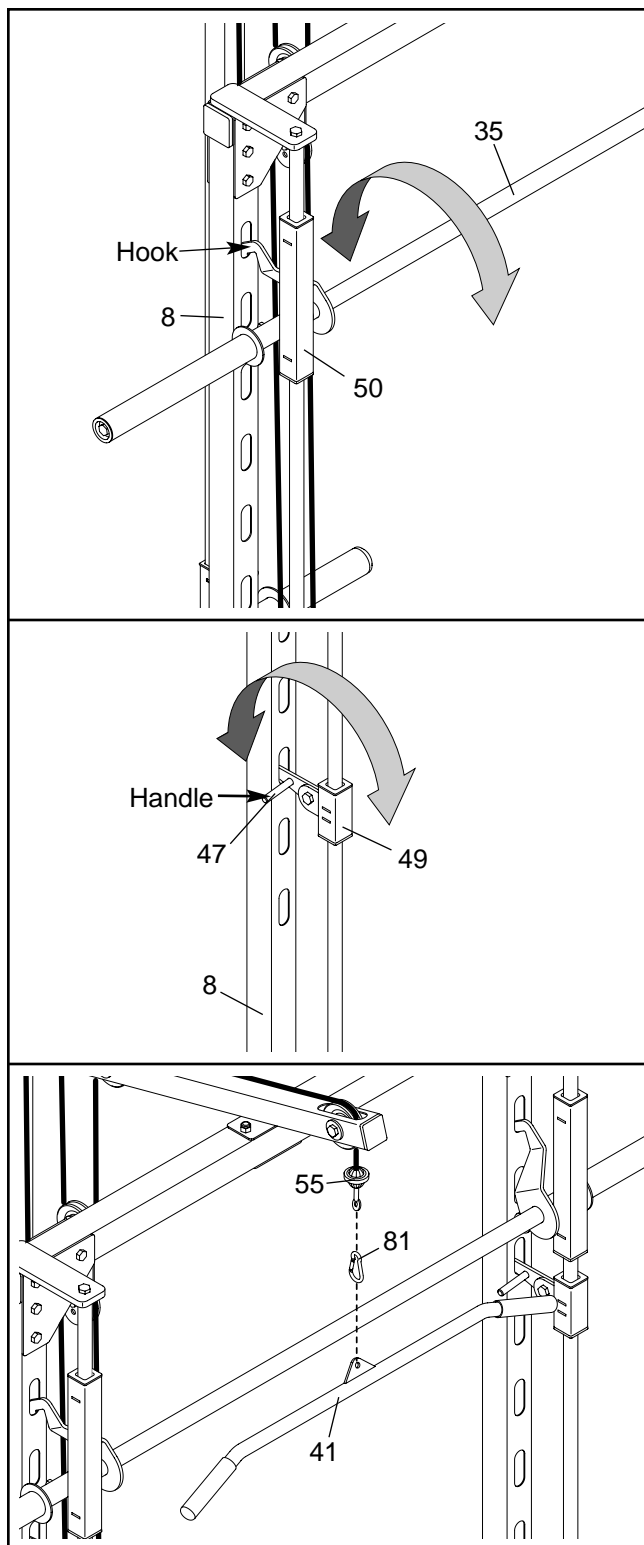
To move the Safety Spotters (49) to a new position, grip the handles on the Spotter Hooks (47, 48 [not shown]) and pull the hooks out of the slots in the Uprights (8). Raise or lower the Safety Spotters to new positions and pivot the hooks back into the slots in the Uprights.

**⚠ WARNING:** Always set both Safety Spotters (49) at the same height.

## ATTACHING THE LAT BAR

To use the Lat Bar (41), attach it to the Long Cable (55) or the Short Cable (54 [not shown]) with a Cable Clip (81).

**⚠ WARNING:** Always remove the Lat Bar (41) when performing an exercise that does not require the use of the Lat Bar.

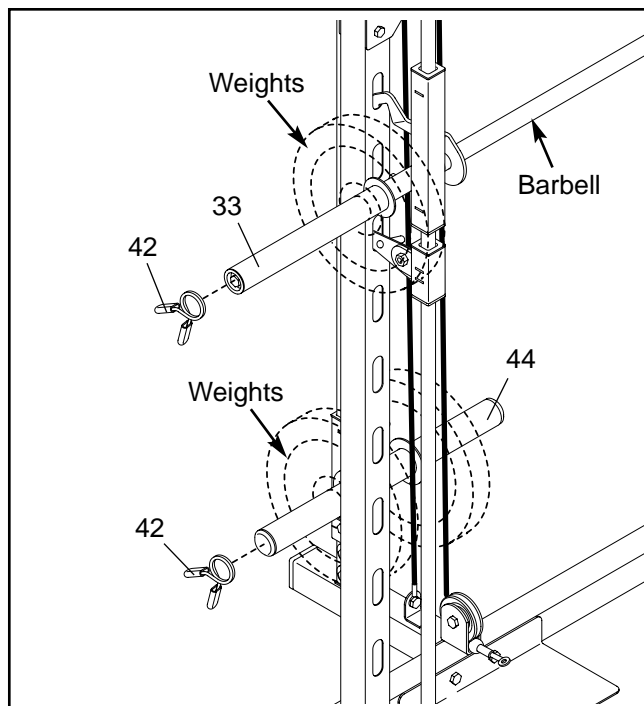


## ATTACHING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE

To use the barbell, slide the desired amount of weight (not included) onto the Weight Adapters (33). Secure the weights with Weight Clips (42).

Attach weight to the Weight Carriage (44) in the same manner.

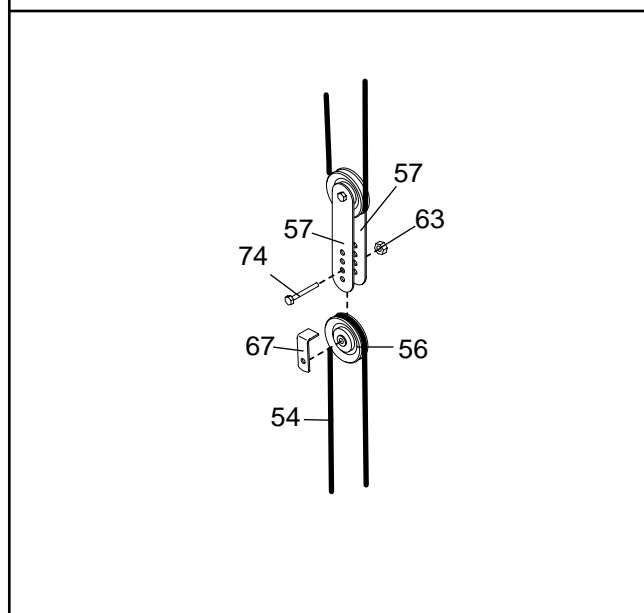
**⚠ WARNING:** Do not place more than 310 pounds on the barbell. Do not place more than 150 pounds on the Weight Carriage (44). Always place the same amount of weight on each side of the barbell or the Weight Carriage. Always secure weights with Weight Clips (42).



## TIGHTENING THE CABLES

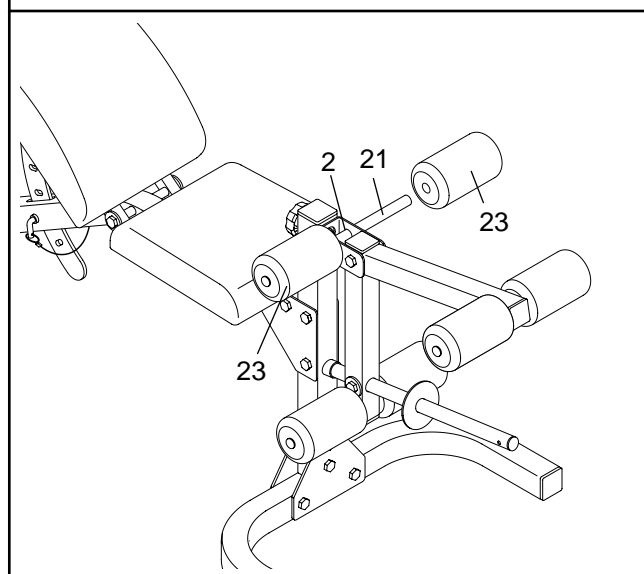
Woven cable, the type of cable used on the weight rack, can stretch slightly when it is first used. If the cables need to be tightened, remove the M10 Nylon Locknut (63) and the M10 x 45mm Bolt (74) from the lower ends of the Pulley Plates (57). Reattach the Pulley (56) and Cable Trap (67) to the next higher set of holes in the Pulley Plates with the Bolt and Locknut. **Make sure the Cable Trap is positioned to hold the Short Cable (54) in the groove of the Pulley.** Repeat until the cables are properly tightened.

**If a cable slips off the pulleys repeatedly, it may have become twisted. Remove the cable and re-install it.** If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



## REMOVING THE FOAM PADS

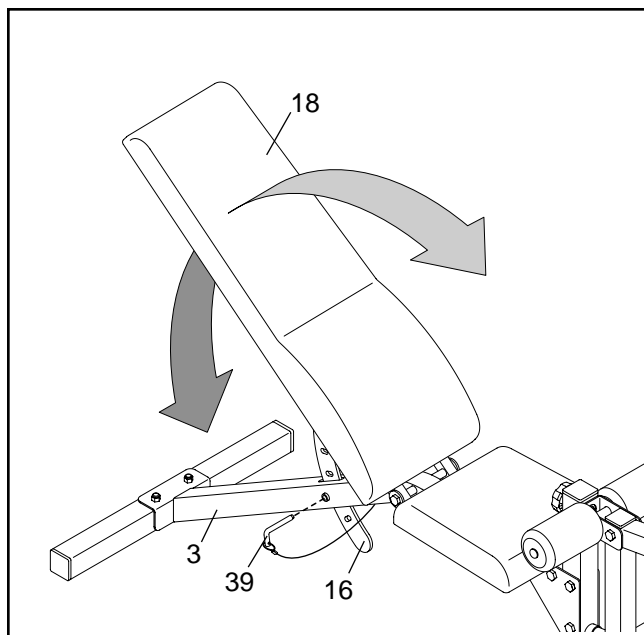
For some exercises, the indicated Foam Pads (23) and Pad Tube (21) should be removed from the Bench Leg (2). To do this, slide one of the Foam Pads off the Pad Tube, and then remove the Pad Tube.



## ADJUSTING THE BACKREST

To adjust the Backrest (18), pull the Bench Pin (39) out and move the Backrest to the desired position. Re-engage the Pin into the Bench Frame (3) and a hole in the Backrest Bracket (16).

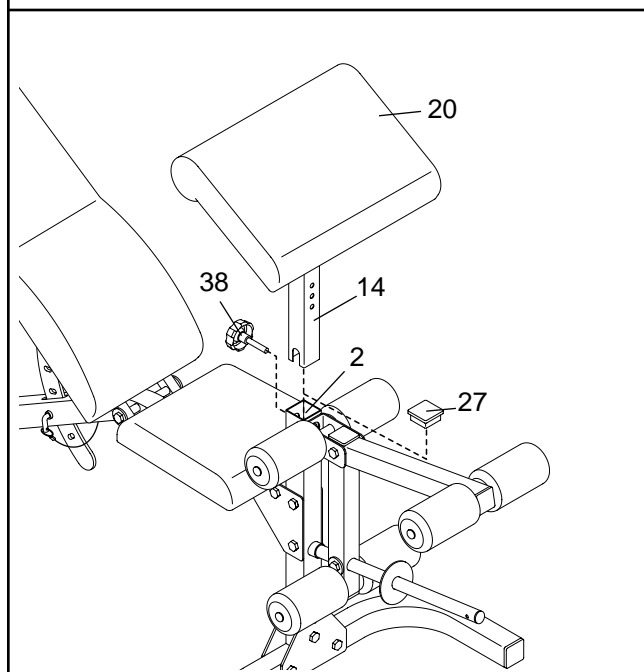
**⚠ WARNING:** Make sure the Bench Pin (39) is securely inserted into the Bench Frame (3) and one of the holes in the Backrest Bracket (16) before putting any weight on the Backrest (18).



## ATTACHING THE CURL PAD

For some exercises, the Curl Pad (20) must be attached to the weight bench. Remove the 50mm Square Inner Cap (27) from the Bench Leg (2). Insert the Curl Post (14) into the Bench Leg. Align the holes in the Bench Leg and the Curl Post. Secure the Curl Post with the Curl Knob (38). **Make sure that you fully tighten the Curl Knob.**

**⚠ WARNING:** When the Curl Pad (20) is not in use, store it away from the bench so it will not interfere with other exercises, and replace the 50mm Square Inner Cap (27).

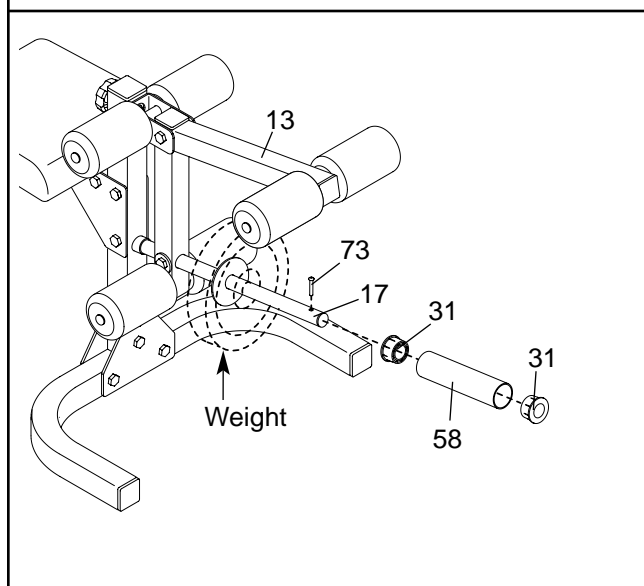


## USING THE LEG LEVER

To use the Leg Lever (13), slide the desired amount of weight (not included) onto the Weight Tube (17).

To use Olympic weights with the Leg Lever (13), first make sure the 48mm Adapter Bushings (31) have been inserted into the Leg Lever Adapter (58). Then, slide the Leg Lever Adapter onto the Weight Tube (17). Secure the Leg Lever Adapter with the Adapter Pin (73).

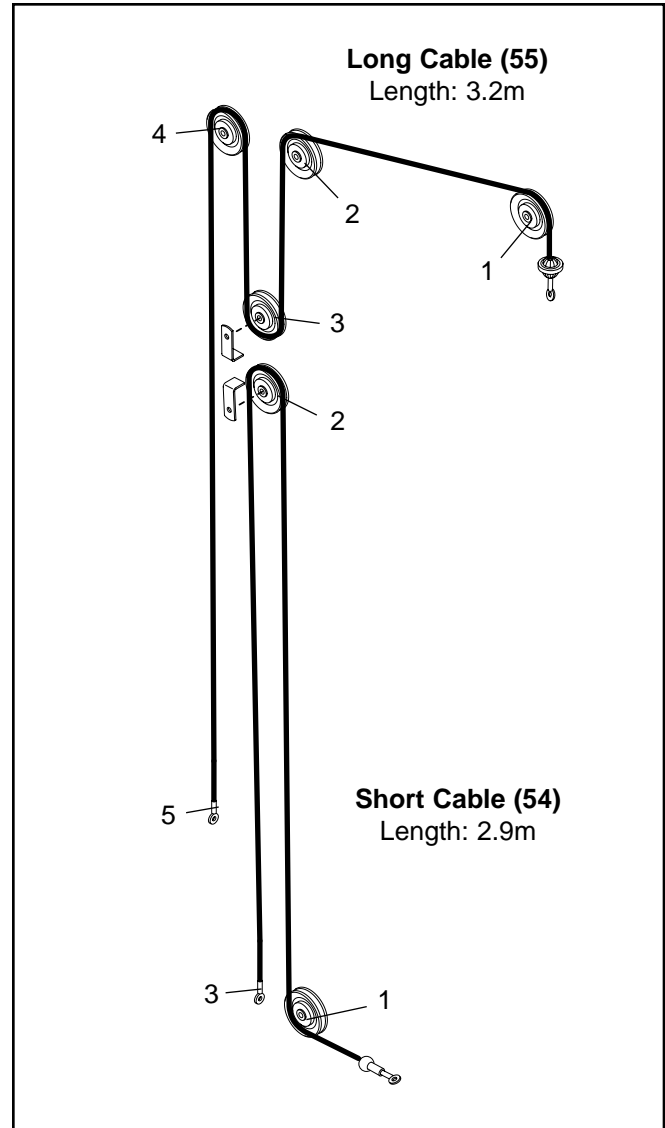
**⚠ WARNING:** Do not place more than 150 pounds on the Weight Tube (17).





# CABLE DIAGRAM

The cable diagrams below show the proper routing of the Short Cable (54) and the Long Cable (55). Use the diagram to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight bench will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



---

# 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 elliptical or exercise bike, 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 exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling 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.

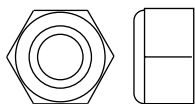
### EXERCISE FORM

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. Refer to the muscle chart on the next page to find the names of the muscles.

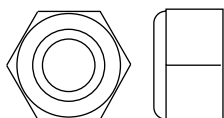
The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your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

# PART IDENTIFICATION CHART

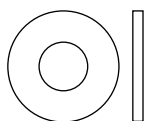
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



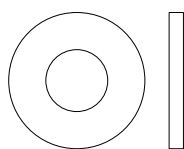
M8 Nylon Locknut (64)



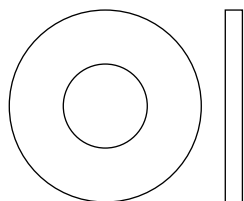
M10 Nylon Locknut (63)



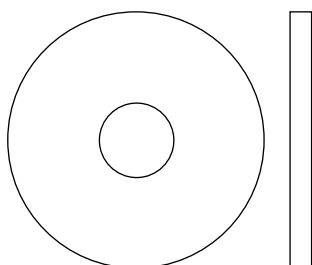
M6 Washer (60)



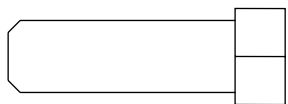
M8 Washer (61)



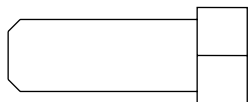
M10 Washer (62)



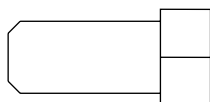
M10 Special Large Washer (85)



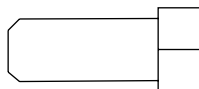
M10 x 30mm Bolt (80)



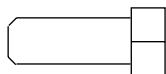
M10 x 25mm Bolt (72)



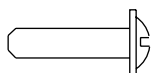
M10 x 20mm Bolt (68)



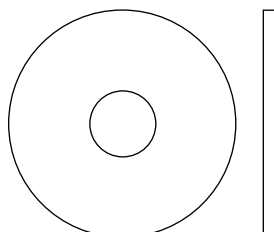
M8 x 20mm Screw (65)



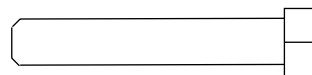
M6 x 16mm Screw (70)



M4 x 16mm Self-tapping Screw (66)



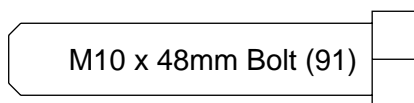
M10 Large Washer (89)



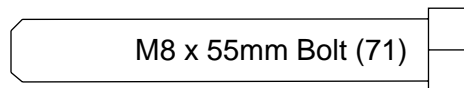
M6 x 36mm Screw (69)



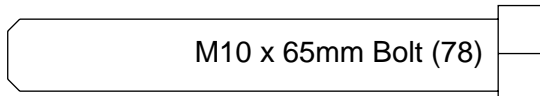
M10 x 45mm Bolt (74)



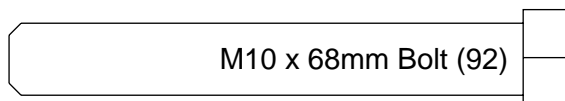
M10 x 48mm Bolt (91)



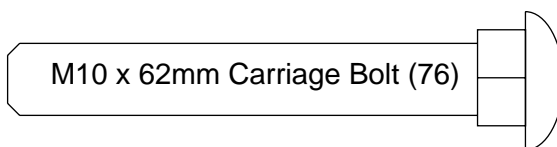
M8 x 55mm Bolt (71)



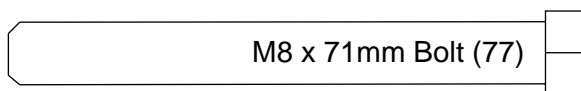
M10 x 65mm Bolt (78)



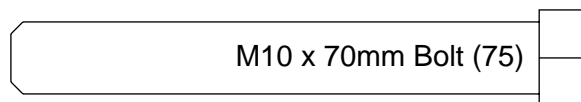
M10 x 68mm Bolt (92)



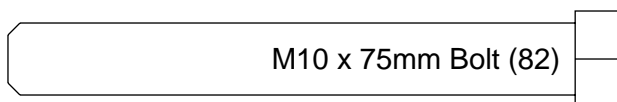
M10 x 62mm Carriage Bolt (76)



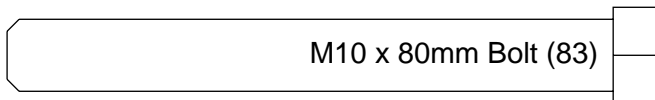
M8 x 71mm Bolt (77)



M10 x 70mm Bolt (75)



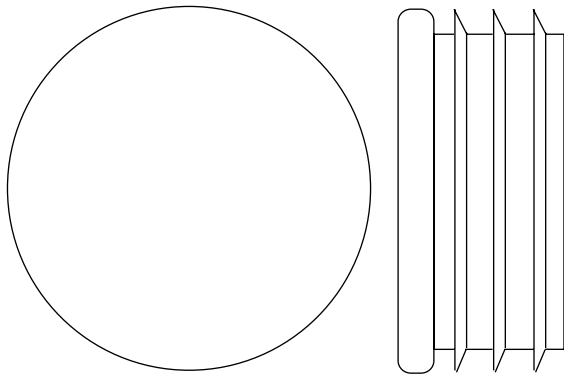
M10 x 75mm Bolt (82)



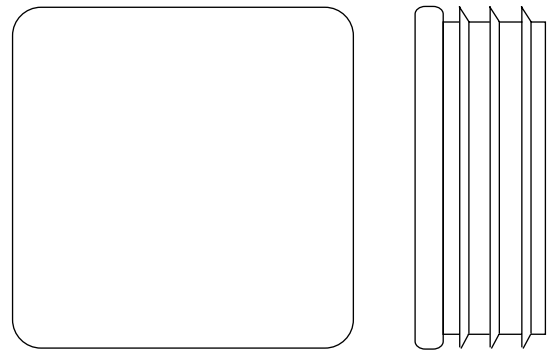
M10 x 80mm Bolt (83)



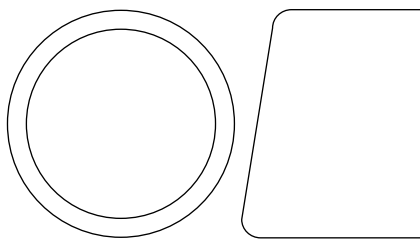
M10 x 181mm Bolt (79)



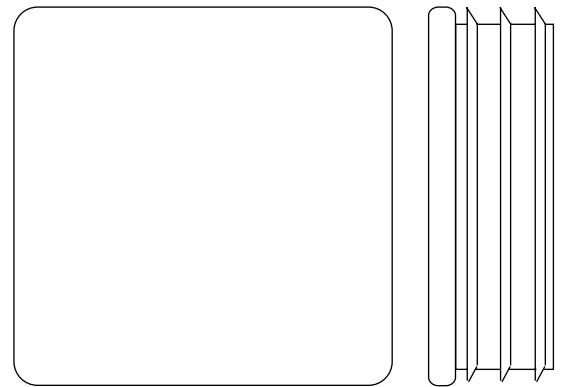
48mm Round Inner Cap (43)



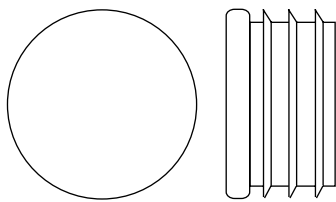
45mm Square Inner Cap (28)



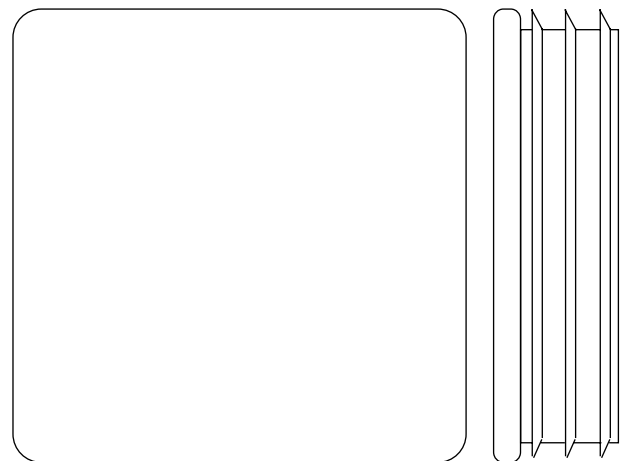
25mm Round Angled Cap (29)



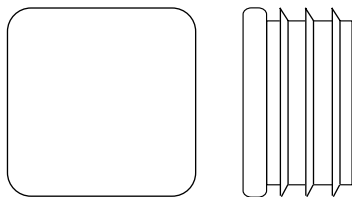
50mm Square Inner Cap (27)



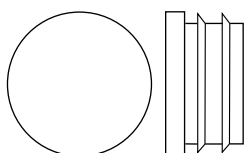
25mm Round Inner Cap (30)



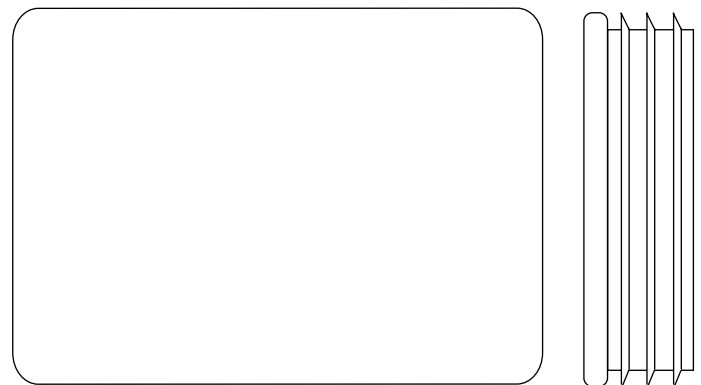
60mm Square Inner Cap (25)



25mm Square Inner Cap (26)



19mm Round Inner Cap (22)



50mm x 70mm Inner Cap (84)

# PART LIST—Model No. GGBE29830

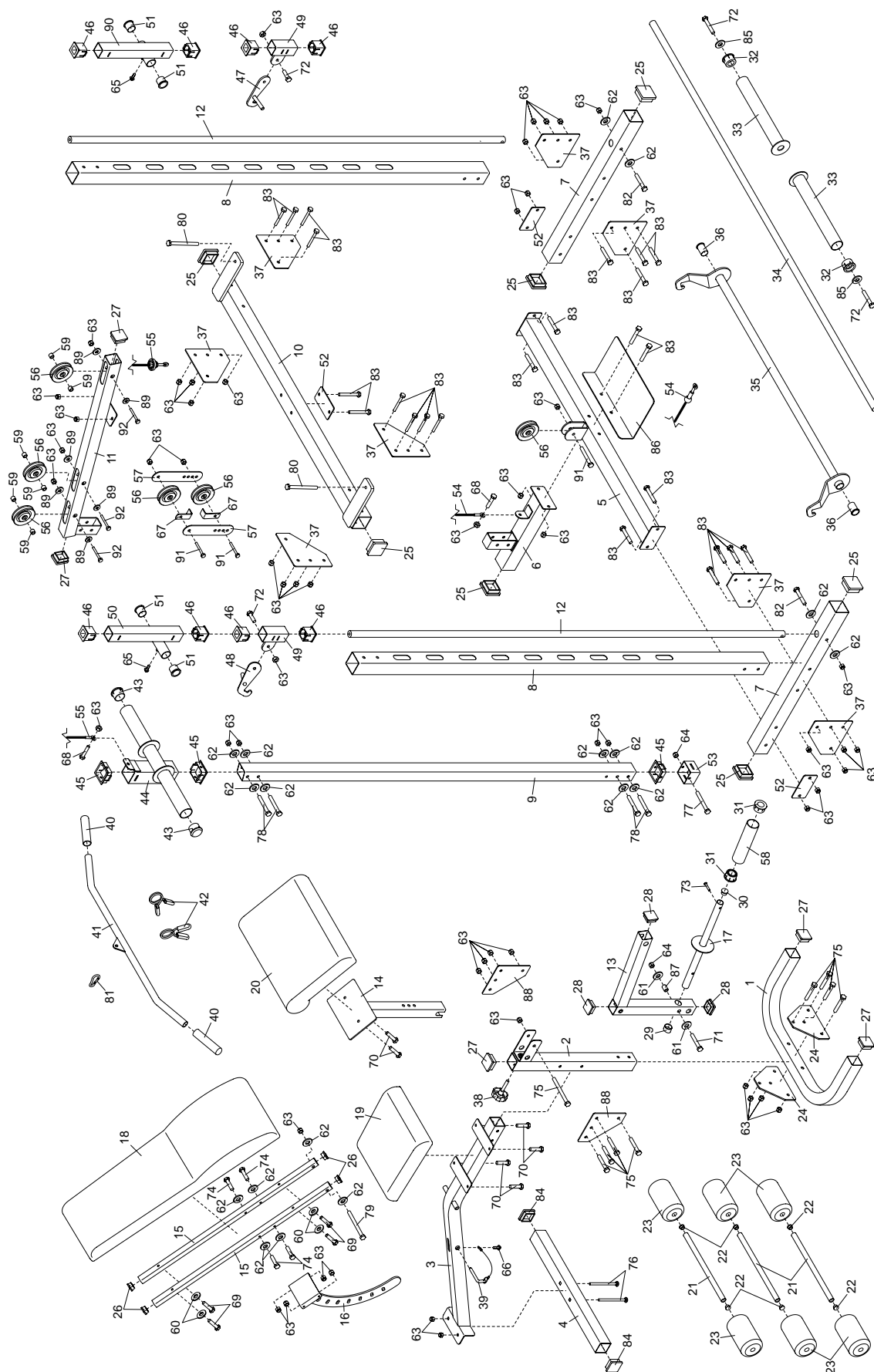
R0803C

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Front Stabilizer	49	2	Safety Spotter
2	1	Bench Leg	50	1	Right Barbell Guide
3	1	Bench Frame	51	4	38mm Short Round Bushing
4	1	Rear Stabilizer	52	3	Support Plate
5	1	Center Base	53	1	Carriage Stop
6	1	Rear Base	54	1	Short Cable
7	2	Side Base	55	1	Long Cable
8	2	Upright	56	6	Pulley
9	1	Rear Upright	57	2	Pulley Plate
10	1	Top Frame	58	1	Leg Lever Adapter
11	1	Rear Top Frame	59	6	15mm Spacer
12	2	Guide Bar	60	4	M6 Washer
13	1	Leg Lever	61	2	M8 Washer
14	1	Curl Post	62	18	M10 Washer
15	2	Backrest Tube	63	56	M10 Nylon Locknut
16	1	Backrest Bracket	64	2	M8 Nylon Locknut
17	1	Weight Tube	65	2	M8 x 20mm Screw
18	1	Backrest	66	1	M4 x 16mm Self-tapping Screw
19	1	Seat	67	2	Cable Trap
20	1	Curl Pad	68	2	M10 X 20mm Bolt
21	3	Pad Tube	69	4	M6 X 36mm Screw
22	6	19mm Round Inner Cap	70	6	M6 X 16mm Screw
23	6	Foam Pad	71	1	M8 X 55mm Bolt
24	2	Bench Leg Plate	72	4	M10 X 25mm Bolt
25	7	60mm Square Inner Cap	73	1	Adapter Pin
26	4	25mm Square Inner Cap	74	4	M10 X 45mm Bolt
27	5	50mm Square Inner Cap	75	9	M10 X 70mm Bolt
28	3	45mm Square Inner Cap	76	2	M10 X 62mm Carriage Bolt
29	1	25mm Round Angled Cap	77	1	M8 X 71mm Bolt
30	1	25mm Round Inner Cap	78	4	M10 X 65mm Bolt
31	2	48mm Adapter Bushing	79	1	M10 X 181mm Bolt
32	2	48mm Barbell Bushing	80	2	M10 X 30mm Bolt
33	2	Weight Adapter	81	1	Cable Clip
34	1	Barbell	82	2	M10 x 75mm Bolt
35	1	Locking Bar	83	24	M10 x 80mm Bolt
36	2	25mm Long Round Bushing	84	2	50mm x 70mm Inner Cap
37	8	Large Joint Plate	85	2	M10 Special Large Washer
38	1	Curl Knob	86	1	Foot Plate
39	1	Bench Pin	87	1	10mm Spacer
40	2	Plastic Handle	88	2	Small Joint Plate
41	1	Lat Bar	89	6	M10 Large Washer
42	2	Weight Clip	90	1	Left Barbell Guide
43	2	48mm Round Inner Cap	91	3	M10 x 48mm Bolt
44	1	Weight Carriage	92	3	M10 x 68mm Bolt
45	3	Large Square Bushing	#	1	User's Manual
46	8	Small Square Bushing	#	1	Exercise Guide
47	1	Left Spotter Hook	#	1	Grease Pack
48	1	Right Spotter Hook			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. GGBE29830

R0803C



---

# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGBE29830)
2. The NAME of the product (GOLD'S GYM® XR38 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center 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. 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.

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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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 is limited in its 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 you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**