

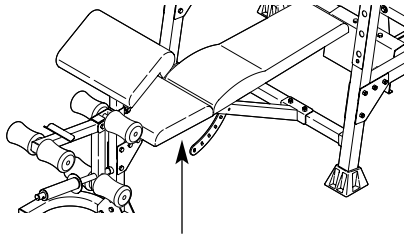
GOLD'S GYM

XR35

Model No. GGBE35422

Serial No. _____

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



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

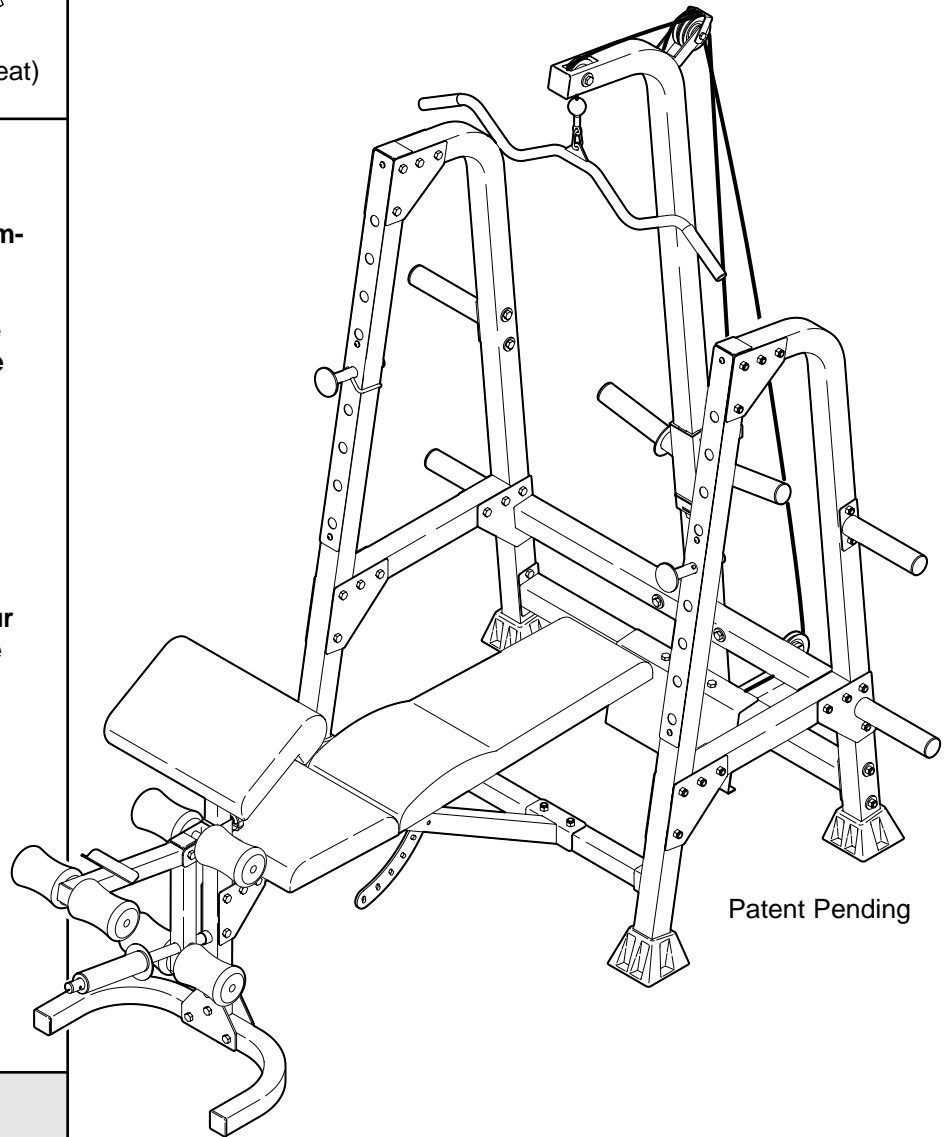
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



Patent Pending

▲ 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
EXERCISE GUIDELINES	16
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

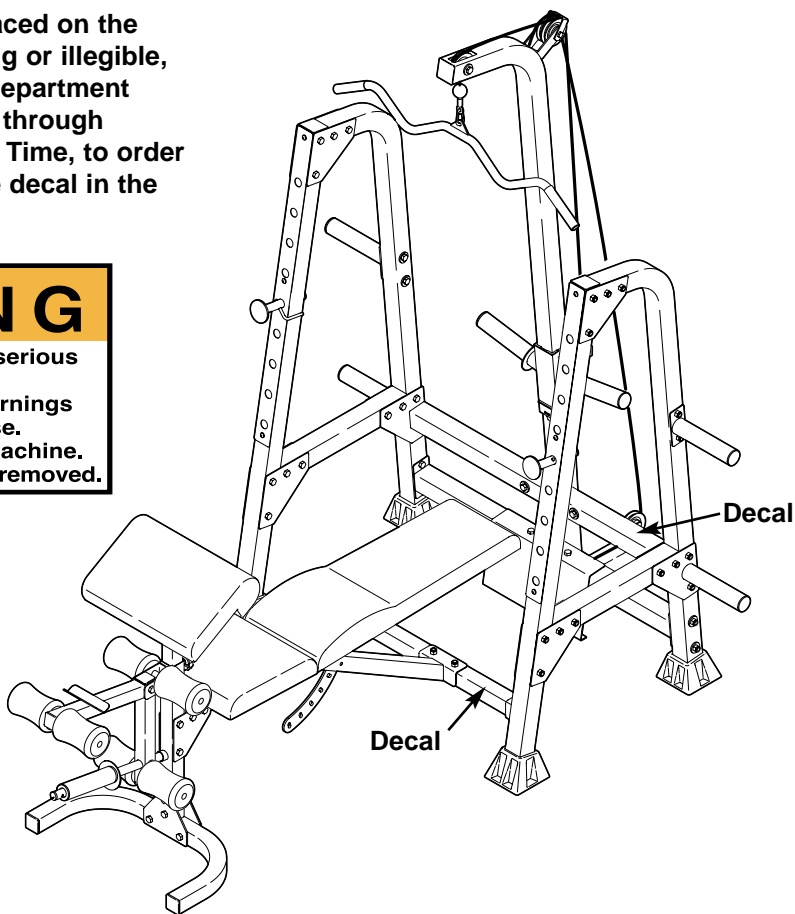
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, 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, to order a free replacement decal. Apply the decal in the location shown.

! WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.



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 you use the weight bench. 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. Always set both weight rests and both weight spotters at the same height.
10. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys.
11. The weight bench is designed to support a maximum user weight of 250 pounds, and a maximum total weight of 560 pounds. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 200 pounds on the weight carriage or more than 150 pounds on the leg lever. Note: The weight bench is designed to be used with an Olympic barbell. The weight bench does not include a barbell or weights.
12. Always place an equal amount of weight on each side of the weight carriage or barbell.
13. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
14. Always move the bench out of the way when performing squat exercises. Always disconnect the lat bar from the cable when performing an exercise that does not require it.
15. If you feel pain or dizziness at any time while exercising, stop immediately and cool 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.

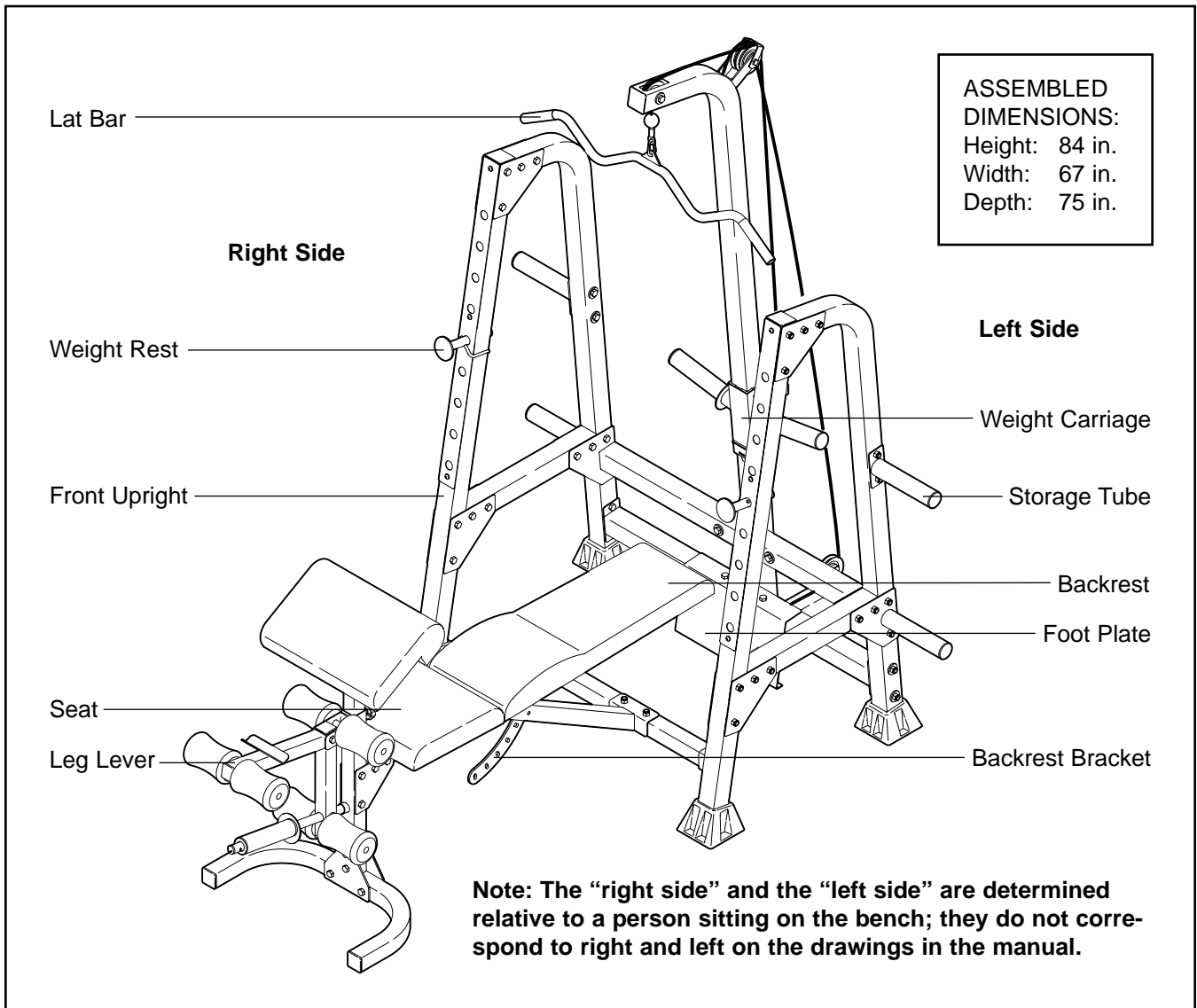
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR35 weight bench. The XR35 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 additional questions, 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 GGBE35422. 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




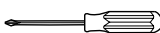
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- 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.**

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.

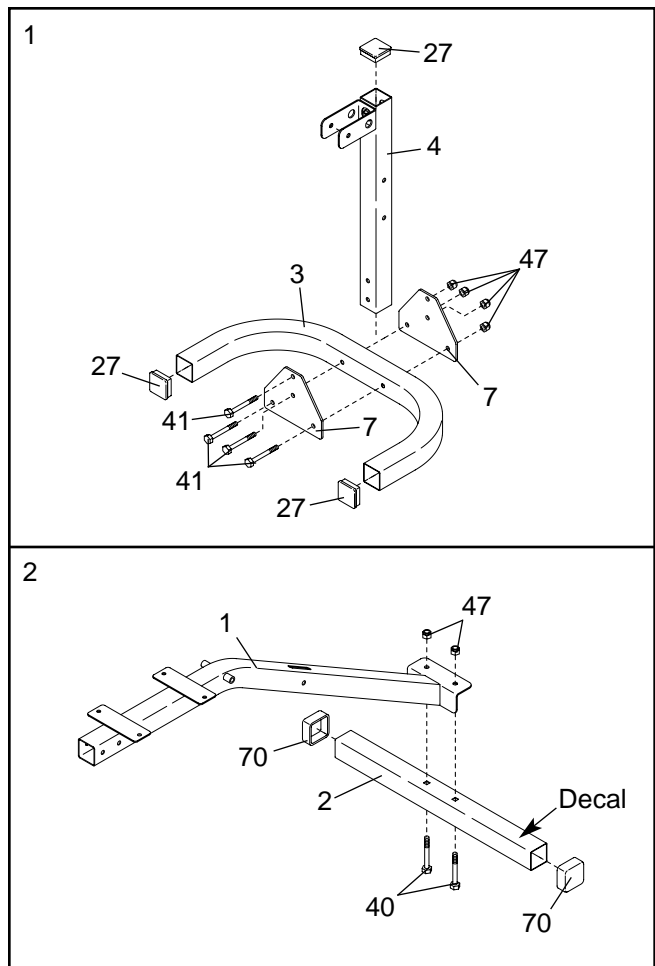
1. **Before beginning assembly, make sure you understand the information in the box above.**

Press two 50mm Square Inner Caps (27) into the Front Stabilizer (3). Press a 50mm Square Inner Cap (27) **partway** into the Front Leg (4). **Note: The Cap in the Front Leg must be removed when the Curl Pad (not shown) is used.**

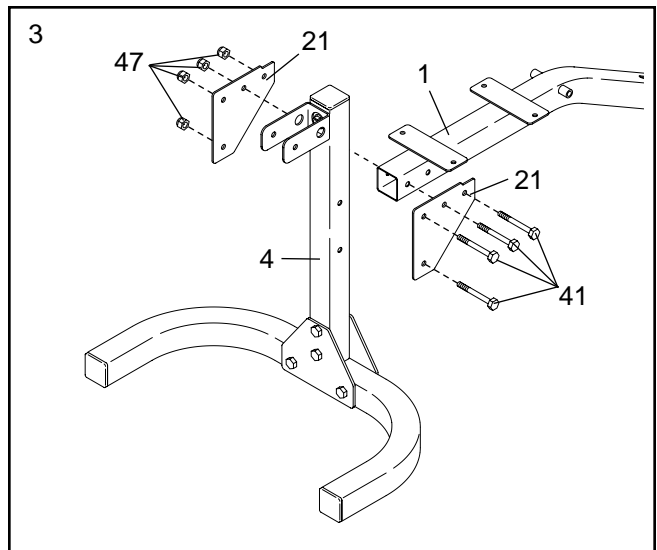
Attach the Front Leg (4) to the Front Stabilizer (3) with four M10 x 68mm Bolts (41), two Leg Plates (7), and four M10 Nylon Locknuts (47). **Do not tighten the Locknuts yet.**

2. Press two 50mm Square Outer Caps (70) onto the ends of the Rear Stabilizer (2).

Attach the Bench Frame (1) to the Rear Stabilizer (2) with two M10 x 58mm Carriage Bolts (40) and two M10 Nylon Locknuts (47). **Make sure the decal is in the indicated position. Do not tighten the Locknuts yet.**

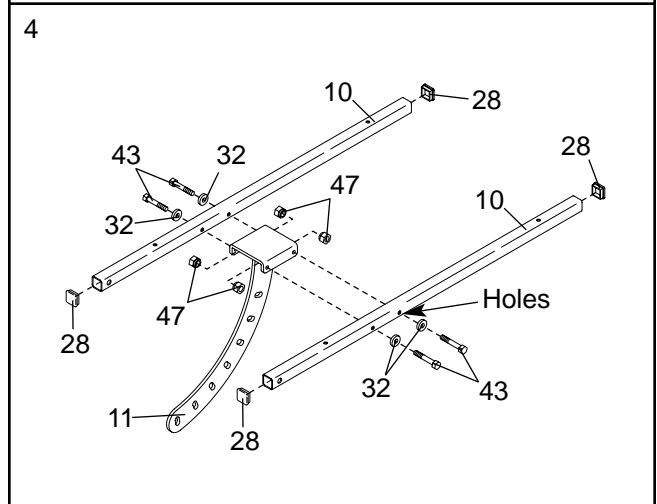


- Attach the Bench Frame (1) to the Front Leg (4) with four M10 x 68mm Bolts (41), two Notched Plates (21), and four M10 Nylon Locknuts (47). **Do not tighten the Locknuts yet.**

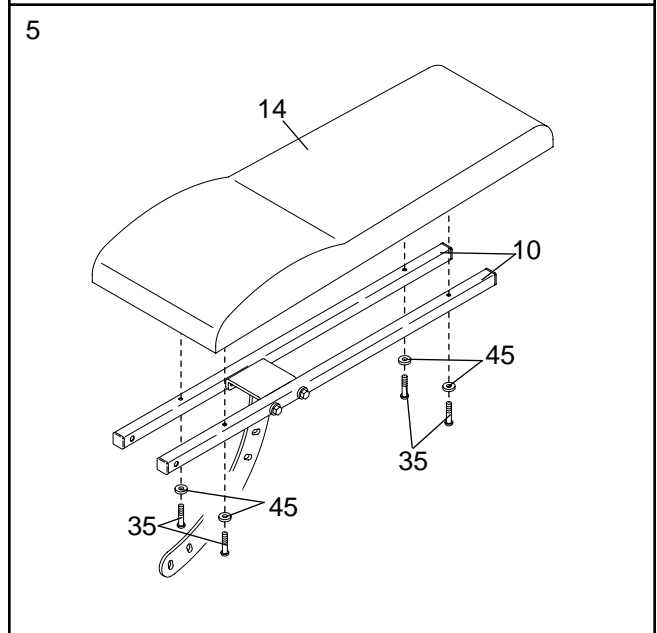


- Press four 25mm Square Inner Caps (28) into the ends of the two Backrest Frames (10).

Attach the Backrest Frames (10) to the Backrest Bracket (11) with four M10 x 45mm Bolts (43), four M10 Washers (32), and four M10 Nylon Locknuts (47). **Make sure the Backrest Frames are oriented with the indicated holes closer to the bottom.** Do not tighten the Locknuts yet.



- Attach the Backrest (14) to the Backrest Frames (10) with four M6 x 38mm Screws (35) and four M6 Washers (45).



- Attach the Backrest Frames (10) to the Bench Frame (1) with an M10 x 156mm Bolt (39), two M10 Washers (32), and an M10 Nylon Locknut (47). **Do not overtighten the Locknut; the Bracket Frames must be able to pivot easily.**

Insert the Backrest Bracket (11) into the slot in the Bench Frame (1) and engage the Adjustment Pin with Tether (38) into the Bench Frame and one of the holes in the Backrest Bracket.

Attach the tether on the Adjustment Pin (38) to the bottom of the Bench Frame (1) with an M4 x 16mm Black Screw (54).

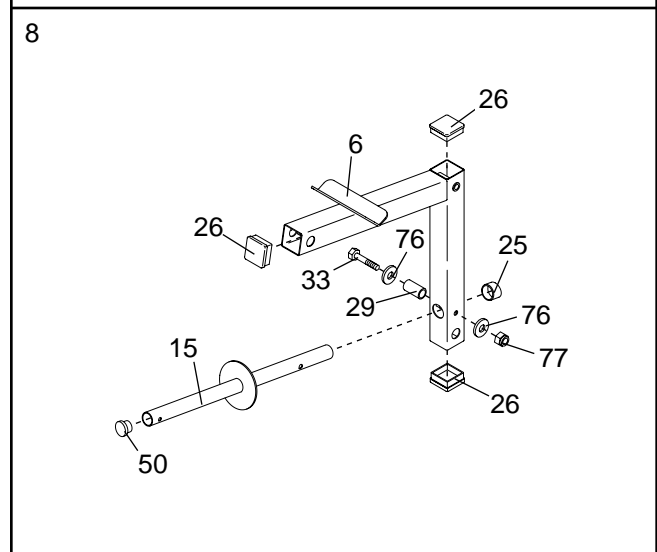
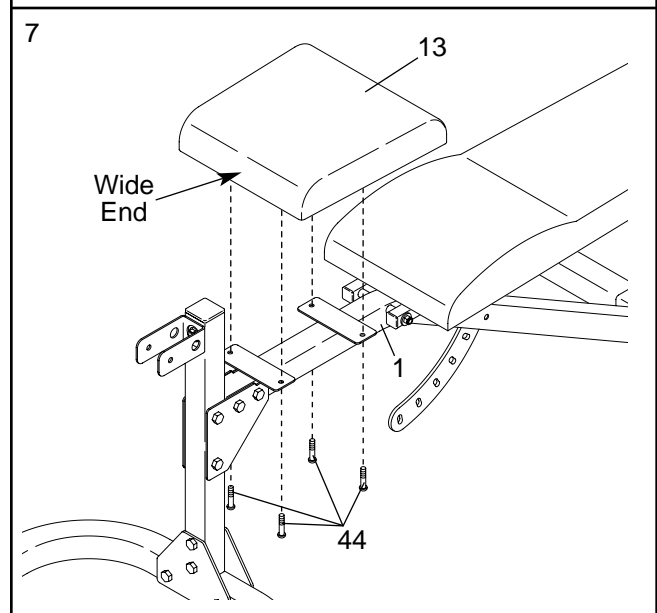
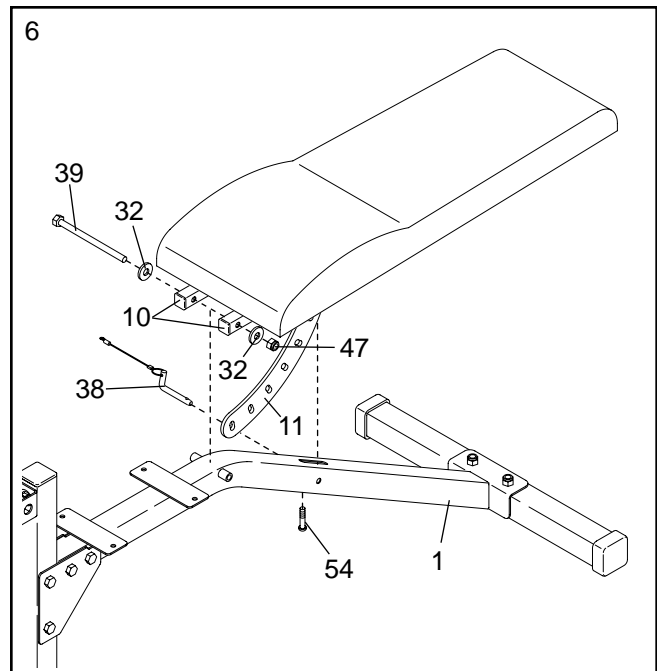
Tighten the M10 Nylon Locknuts (47) used in steps 1–4.

- Attach the Seat (13) to the Bench Frame (1) as shown with four M6 x 16mm Bolts (44).

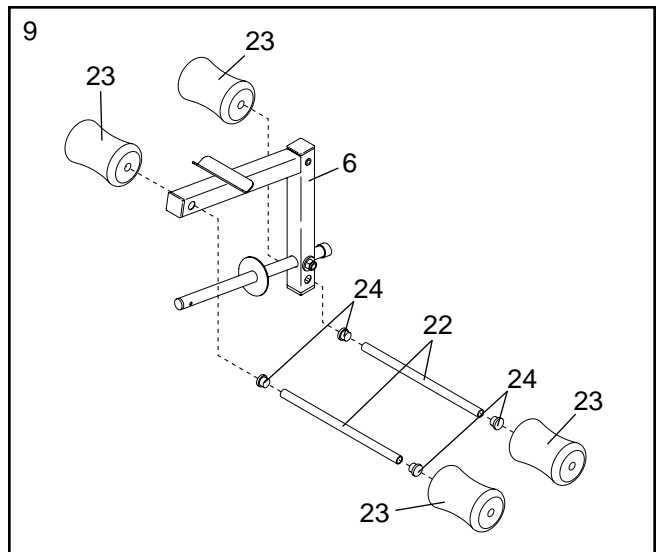
- Press three 45mm Square Inner Caps (26) into the Leg Lever (6). Press a 25mm Round Inner Cap (50) into the indicated end of the Weight Tube (15).

Attach the Weight Tube (15) to the Leg Lever (6) with an M8 x 58mm Bolt (33), two M8 Washers (76), the 10mm Spacer (29), and an M8 Nylon Locknut (77).

Press the 25mm Angled Outer Cap (25) onto the other end of the Weight Tube (15).

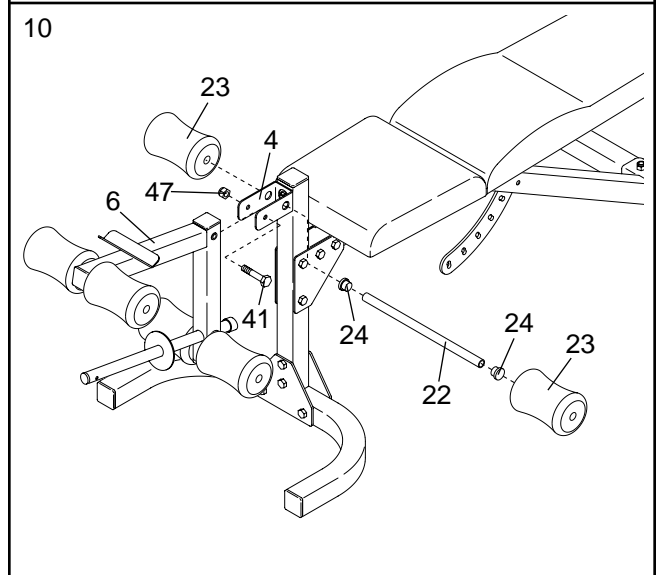


9. Slide the two Pad Tubes (22) into the Leg Lever (6). Slide four Foam Pads (23) onto the ends of the Pad Tubes. Press four 19mm Round Inner Caps (24) into the ends of the Pad Tubes.

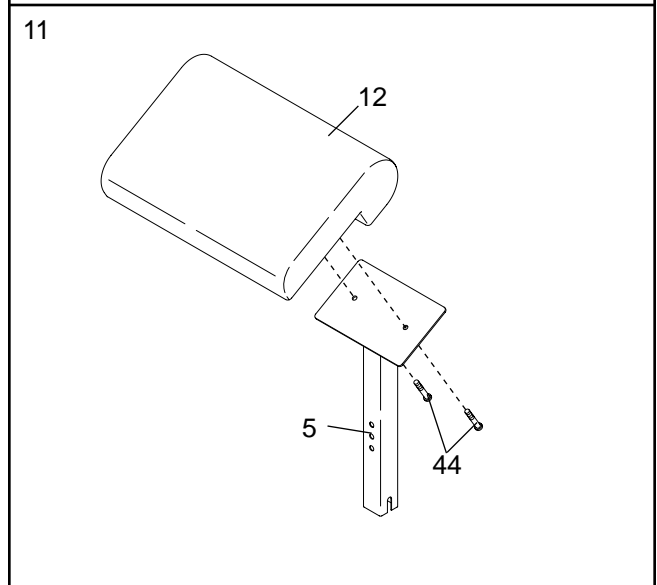


10. Lubricate an M10 x 68mm Bolt (41) with grease. Attach the Leg Lever (6) to the Front Leg (4) with the Bolt and an M10 Nylon Locknut (47). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

Slide a Pad Tube (22) into the Front Leg (4). Slide two Foam Pads (23) onto the ends of the Pad Tube. Press two 19mm Round Inner Caps (24) into the ends of the Pad Tube.



11. Attach the Curl Pad (12) to the Curl Post (5) with two M6 x 16mm Bolts (44).

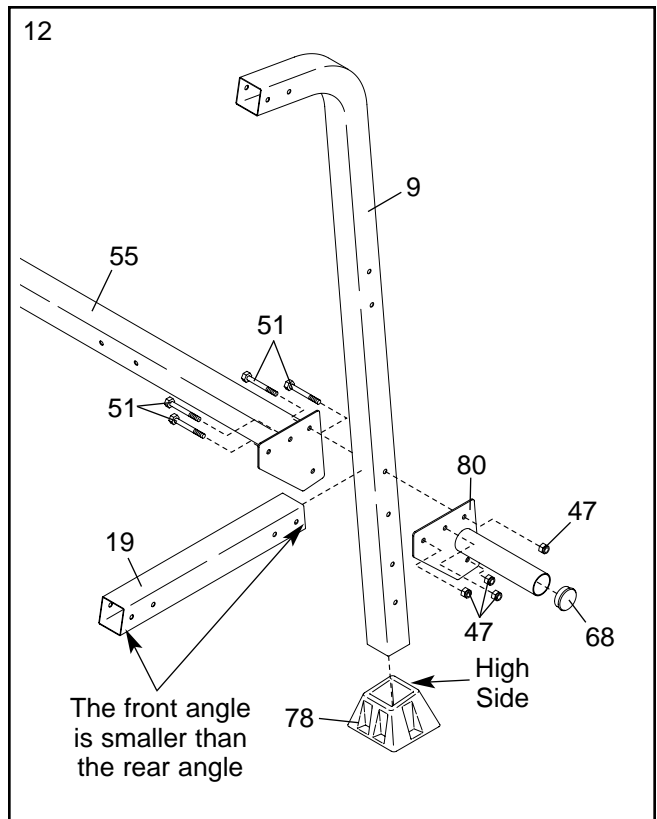


12. Identify a Rear Foot (78), which has “5” marked on the bottom. Press the Rear Foot onto a Rear Upright (9) as shown.

Press a 48mm Round Inner Cap (68) into the Left Storage Tube (80).

Attach the indicated end of the Top Crossbar (55), a Cross Brace (19), and the Left Storage Tube (80) to the Rear Upright (9) with four M10 x 78mm Bolts (51) and four M10 Nylon Locknuts (47). **Make sure the Cross Brace is oriented with the longer edge on the bottom. Do not tighten the Locknuts yet.**

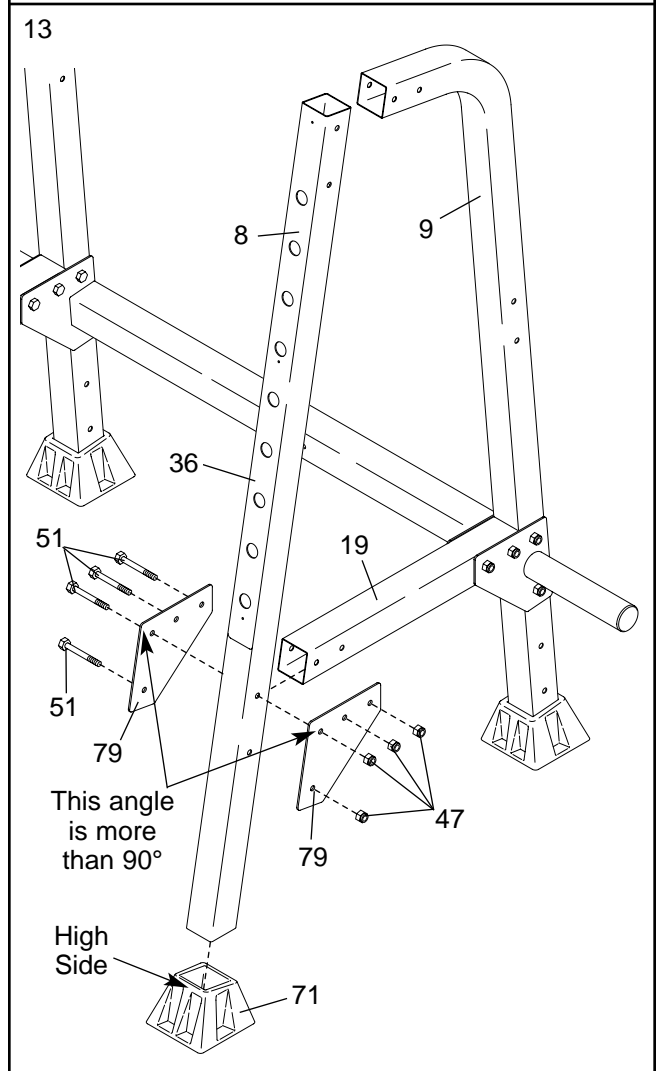
Repeat this step with the other end of the Top Crossbar (55).



13. Identify a Front Foot (71), which has “10” marked on the bottom. Orient the Front Foot as shown. Orient a Front Upright (8) with the Upright Cover (36) on the indicated side. Press the Front Foot onto the Front Upright (8).

Attach the Front Upright (8) to the indicated Rear Upright (9) and the indicated Cross Brace (19) with four M10 x 78mm bolts (51), two Bottom Rack Joint Plates (79), and four M10 Nylon Locknuts (47). **Do not tighten the Locknuts yet.**

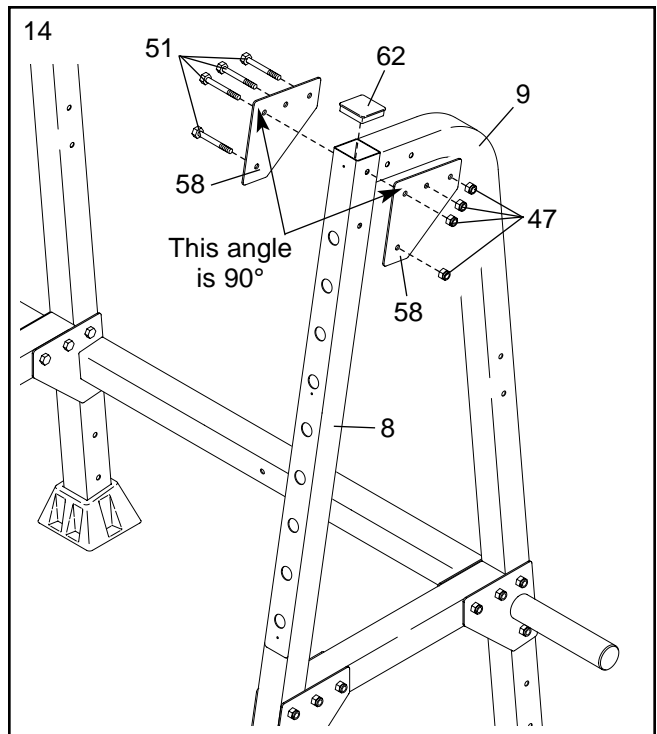
Assemble the other Front Upright (8) in the same manner.



14. Press a 60mm Square Inner Cap (62) into the indicated Front Upright (8).

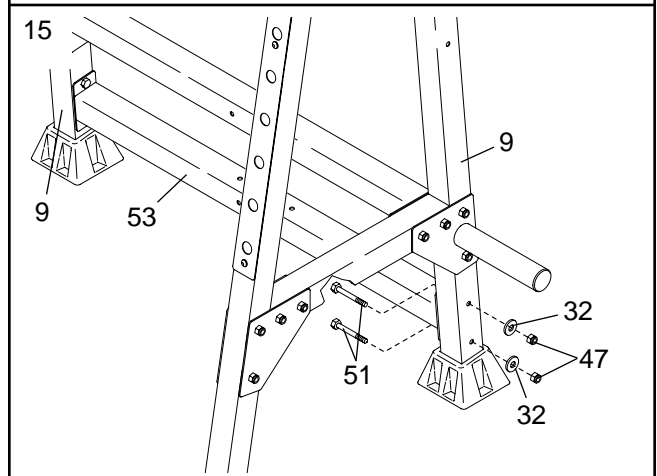
Attach the Front Upright (8) to the Rear Upright (9) with four M10 x 78mm Bolts (51), two Top Rack Joint Plates (58), and four M10 Nylon Locknuts (47). **Do not tighten the Locknuts yet.**

Repeat this step with the other Front Upright (8).



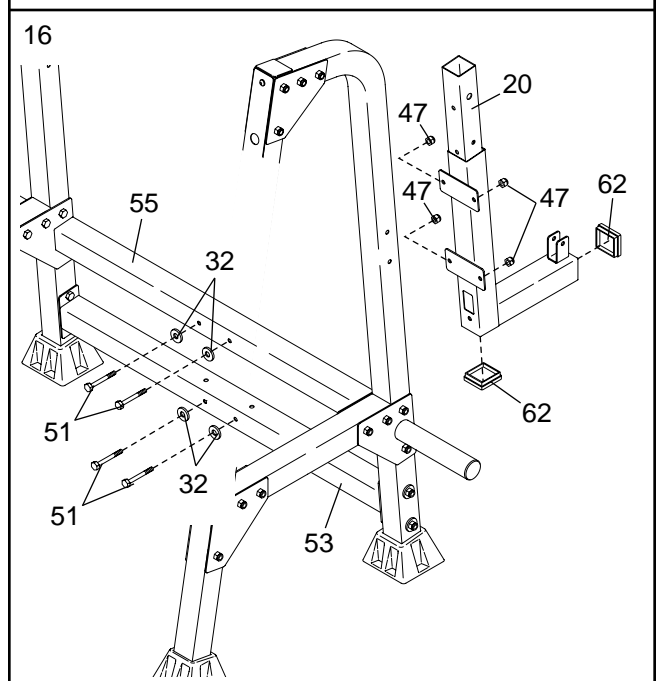
15. Attach the Bottom Crossbar (53) to the indicated Rear Upright (9) with two M10 x 78mm Bolts (51), two M10 Washers (32), and two M10 Nylon Locknuts (47). **Do not tighten the Locknuts yet.**

Attach the Bottom Crossbar (53) to the other Rear Upright (9) in the same manner.



16. Press two 60mm Square Inner Caps (62) into the indicated openings in the Lat Tower Stabilizer (20).

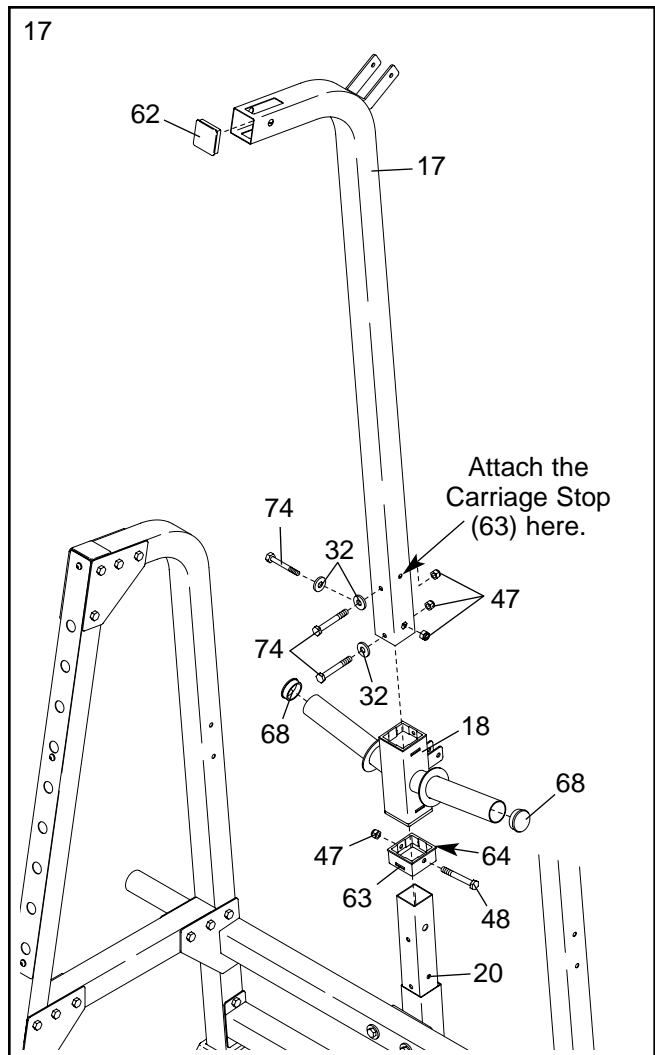
Attach the Lat Tower Stabilizer (20) to the Bottom Crossbar (53) and the Top Crossbar (55) with four M10 x 78mm Bolts (51), four M10 Washers (32), and four M10 Nylon Locknuts (47). **Do not tighten the Locknuts yet.**



17. Press a 60mm Square Inner Cap (62) into the top of the Lat Tower (17). Press two 48mm Round Inner Caps (68) into the Weight Carriage (18).

Slide the Weight Carriage (18) onto the Lat Tower (17) as shown. Orient the Carriage Stop (63) with the lip of the Carriage Stop Bushing (64) on top. Slide the Carriage Stop onto the Lat Tower.

Slide the Lat Tower (17) onto the Lat Tower Stabilizer (20). Attach the Carriage Stop (63) at the indicated hole in the Lat Tower with an M10 x 86mm Bolt (48) and an M10 Nylon Locknut (47). Attach the Lat Tower to the Lat Tower Stabilizer with three M10 x 72mm Bolts (74), three M10 Washers (32), and three M10 Nylon Locknuts (47).



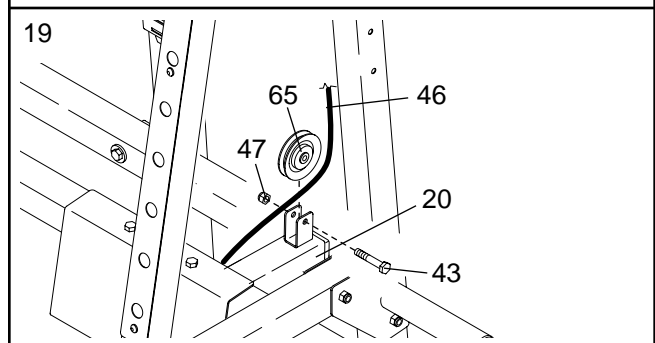
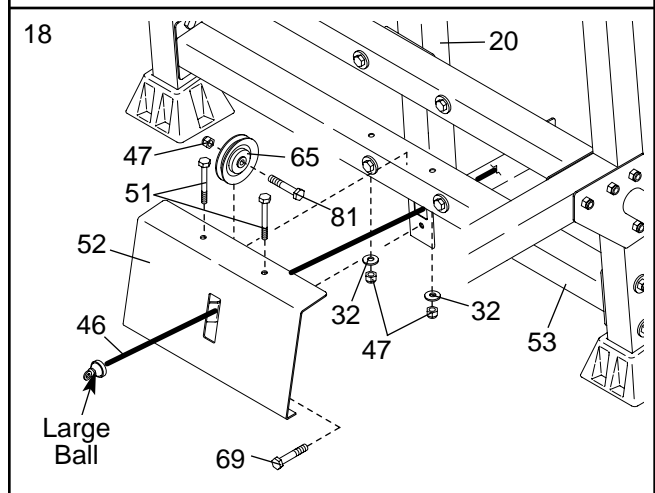
18. Route the small ball on the Cable (46) through the Foot Plate (52) and the Lat Tower Base (20). Attach an 89mm Pulley (65) to the Foot Plate, above the Cable, with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (47).

Attach the Foot Plate (52) to the Lat Tower Stabilizer (20) with an M10 x 25mm Bolt (69).

Attach the Foot Plate (52) to the Bottom Crossbar (53) with two M10 x 78mm Bolts (51), two M10 Washers (32), and two M10 Nylon Locknuts (47).

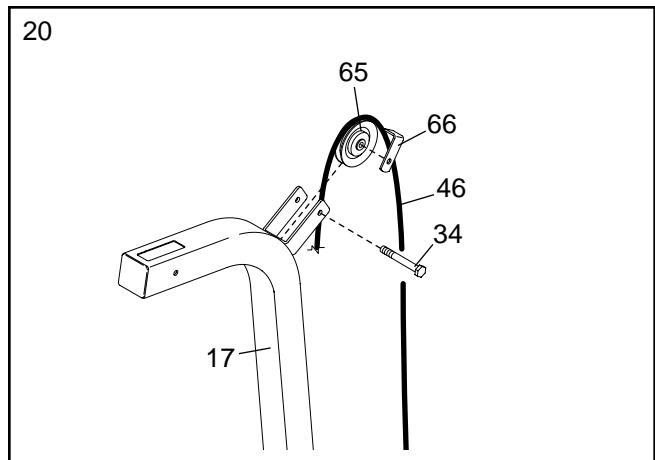
Tighten the M10 Nylon Locknuts (32) used in steps 12–17 and 23.

19. Route the Cable (46) around an 89mm Pulley (65). Attach the Pulley to the bracket on the Lat Tower Stabilizer (20) with an M10 x 45mm Bolt (43) and an M10 Nylon Locknut (47).

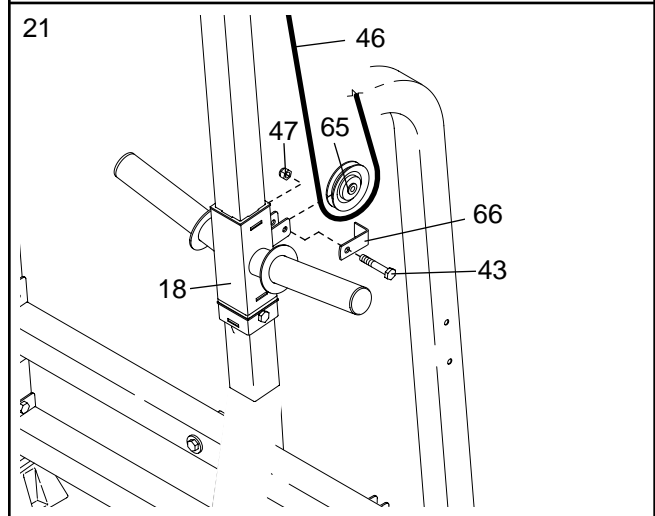


20. Wrap the Cable (46) around an 89mm Pulley (65). Attach the Pulley and a Cable Trap (66) to the bracket on the Lat Tower (17) with the M10 x 75mm Bolt (34). **Make sure the Cable Trap is inside of the bracket and oriented to hold the Cable in the groove of the Pulley.**

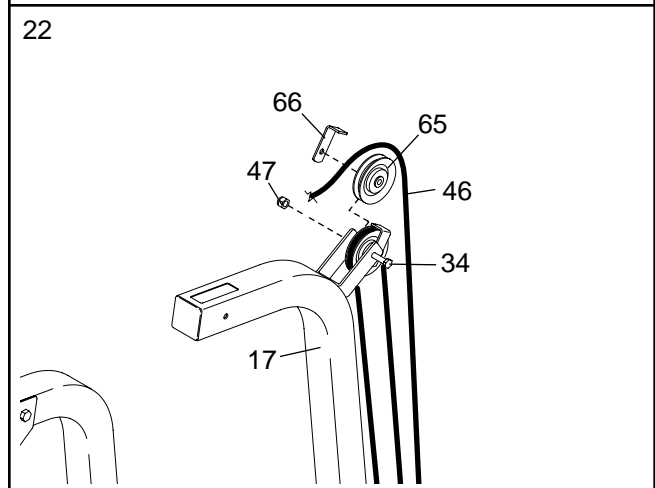
Note: Do not put an M10 Nylon Locknut (not shown) on the M10 x 75mm Bolt (34) yet.



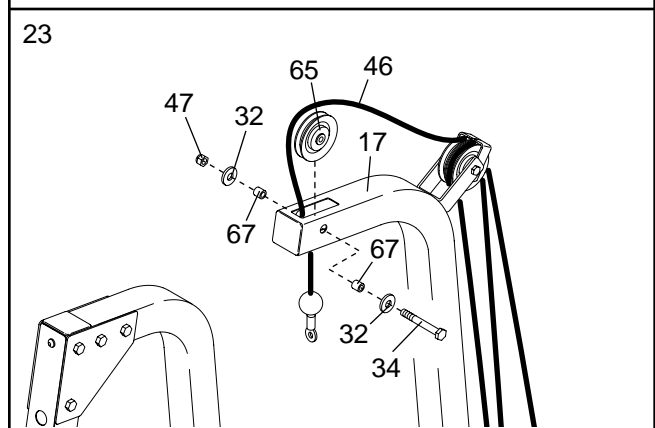
21. Wrap the Cable (46) under an 89mm Pulley (65). Attach the Pulley and a Cable Trap (66) to the Weight Carriage (18) with an M10 x 45mm Bolt (43) and an M10 Nylon Locknut (47). **Make sure the Cable Trap is outside of the bracket and oriented to hold the Cable in the groove of the Pulley.**



22. Wrap the Cable (46) around an 89mm Pulley (65). Attach the Pulley and a Cable Trap (66) to the bracket on the Lat Tower (17) with the M10 x 75mm Bolt (34) used in step 20 and an M10 Nylon Locknut (47). **Make sure the Cable Trap is inside of the bracket and oriented to hold the Cable in the groove of the Pulley.**



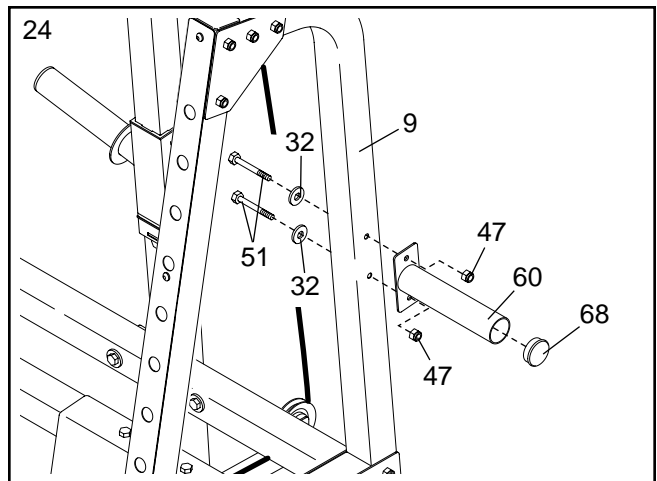
23. Route the small ball on the Cable (46) around a 89mm Pulley (65) and down through the Lat Tower (17). Attach the Pulley inside of the Lat Tower with an M10 x 75mm Bolt (34), two M10 Washers (32), two Long Spacers (67), and an M10 Nylon Locknut (47).



24. Press a 48mm Round Inner Cap (68) into a Top Storage Tube (60).

Attach the Top Storage Tube (60) to the indicated Rear Upright (9) with two M10 x 78mm Bolts (51), two M10 Washers (32), and two M10 Nylon Locknuts (47).

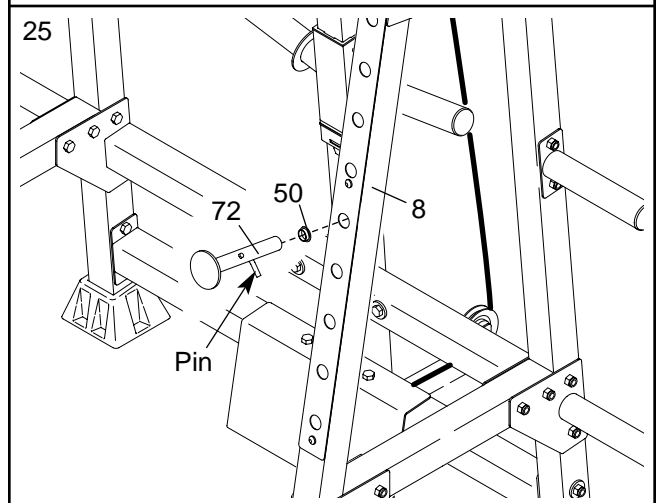
Assemble the other Top Storage Tube (60) in the same manner.



25. Press a 25mm Round Inner Cap (50) into the Left Weight Rest (72).

Insert the Left Weight Rest (72) into the left Front Upright (8) and engage the locking pin around the Upright.

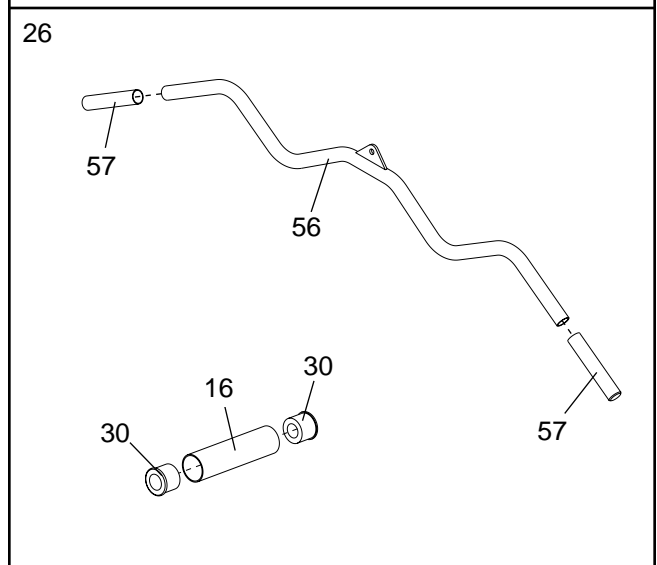
Assemble the Right Weight Rest (not shown) in the same manner.



26. Wet the ends of the Lat Bar (56) with soapy water. Slide a Handgrip (57) onto each end of the Lat Bar.

Press two Adapter Bushings (30) into the Olympic Adapter (16).

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



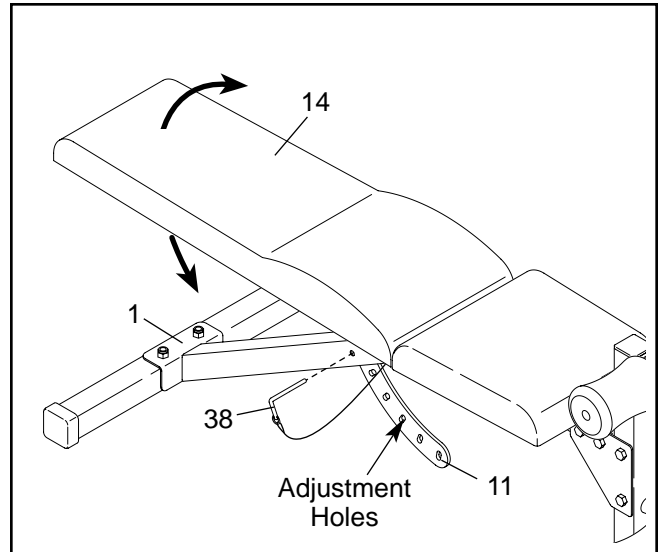
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 16 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.

ADJUSTING THE BACKREST

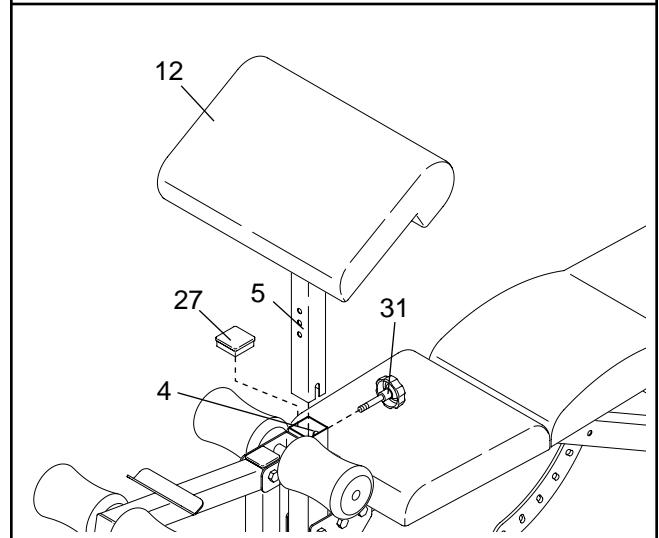
To adjust the position of the Backrest (14), pull the Adjustment Pin with Tether (38) out of the Bench Frame (1). Move the Backrest to the desired position, and insert the Pin into the Bench Frame and one of the holes in the Backrest Bracket (11).



ATTACHING THE LEG LEVER OR CURL PAD

To use the Curl Pad (12), remove the 50mm Square Inner Cap (27) from the Front Leg (4). Insert the Curl Post (5) into the Front Leg. Secure the Curl Post with the Curl Knob (31).

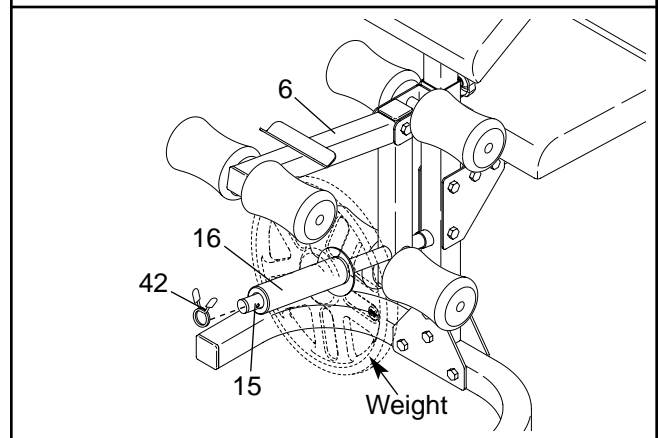
When performing an exercise that does not require the Curl Pad (12), remove it from the Front Leg (4) and insert the 50mm Square Inner Cap (27).



ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (6), slide the desired amount of weight (not included) onto the Weight Tube (15).

To use Olympic weights (not included), slide the Olympic Adapter (16) onto the Weight Tube (15) and secure it with the Spring Clip (42).

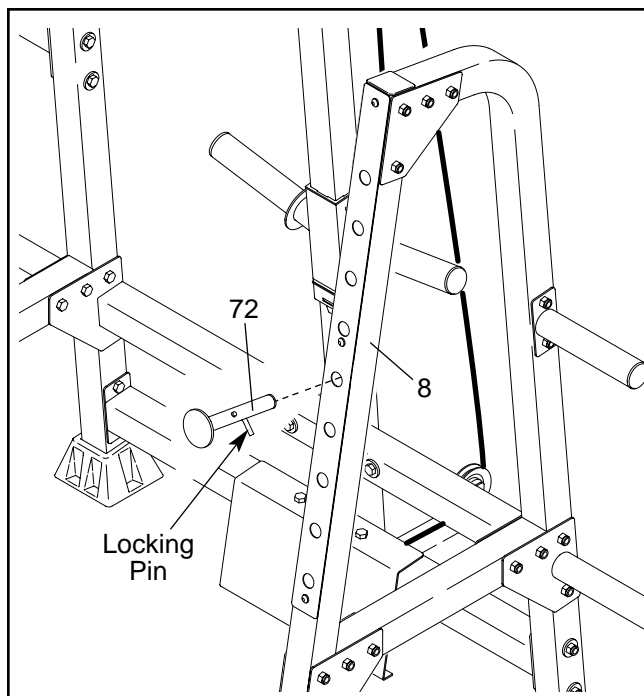


WARNING: Do not place more than 150 pounds on the Weight Tube (15).

WEIGHT RESTS AND SAFETY SPOTTERS

To use a barbell (not included) with the weight rack, first move the Weight Rests (72, 73 [not shown]) to the correct height for the exercise to be performed. Engage the locking pins around the Front Uprights (8).

⚠ WARNING: Always place both Weight Rests (72, 73) at the same height. Make sure the locking pins are securely wrapped around the Front Uprights (8) before setting a barbell on them.

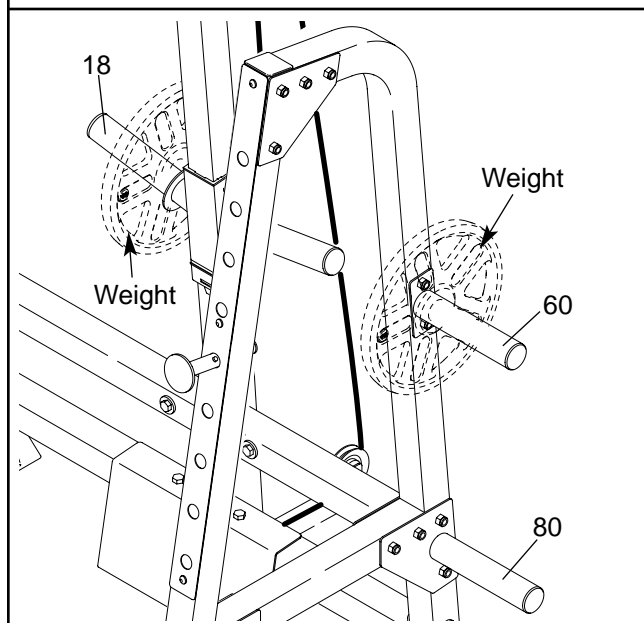


ADDING WEIGHT TO THE WEIGHT RACK

To use the Weight Carriage (18), slide the desired amount of weight (not included) onto the weight tubes.

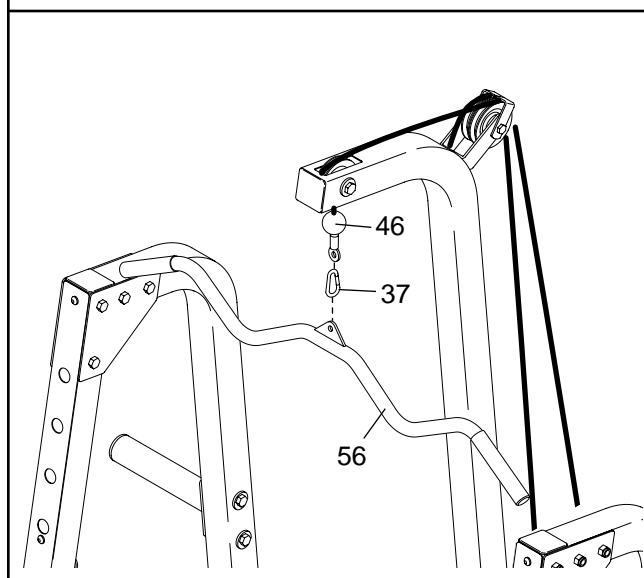
Unused weights can be stored on the Storage Tubes (59 [not shown], 60, 80) on the weight rack.

⚠ WARNING: Always place the same amount of weight on both sides of the Weight Carriage (18). Always store the same amount of weight on both sides of the weight rack.



ATTACHING THE LAT BAR

Attach the Lat Bar (56) to the Cable (46) with a Cable Clip (37).



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 weight 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 weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight 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 weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight 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 weight.

Weight Loss

To lose weight, use a low amount of weight 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 weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight 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 page 17 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

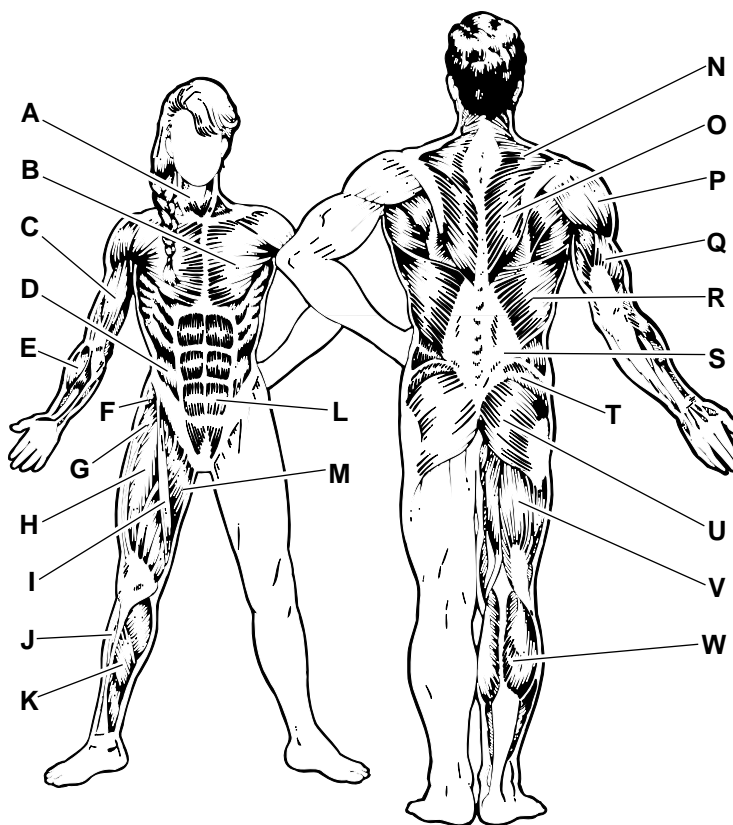
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 18 and 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, 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. Brachioradials (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. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

THURSDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _ / _ / _				

TUESDAY AEROBIC EXERCISE

Date:
_ / _ / _

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _ / _ / _				

THURSDAY AEROBIC EXERCISE

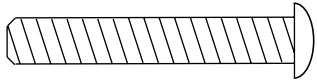
Date:
_ / _ / _

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _ / _ / _				

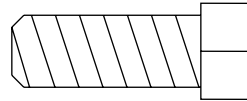
Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART—Model No. GGBE35422

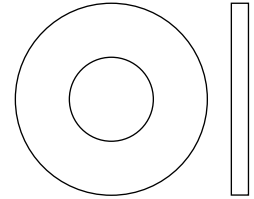
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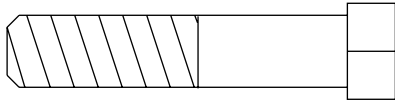
M6 x 38mm Screw (35)



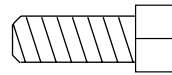
M10 x 25mm Bolt (69)



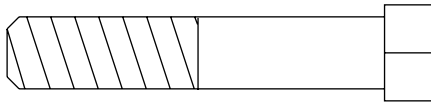
M10 Washer (32)



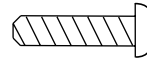
M10 x 45mm Bolt (43)



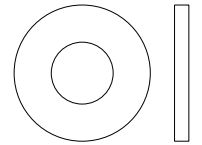
M6 x 16mm Bolt (44)



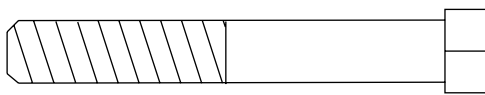
M10 x 50mm Bolt (81)



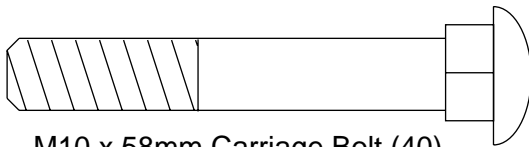
M4 x 16mm Screw (49, 54)



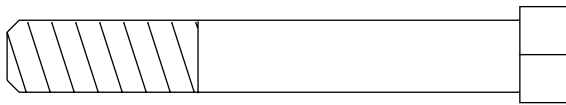
M8 Washer (76)



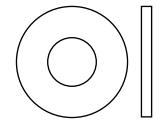
M8 x 58mm Bolt (33)



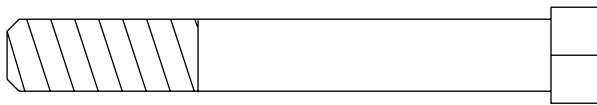
M10 x 58mm Carriage Bolt (40)



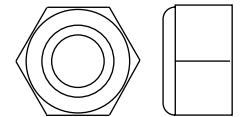
M10 x 68mm Bolt (41)



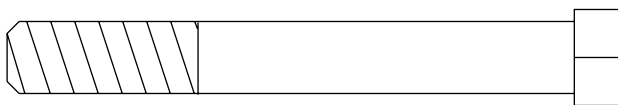
M6 Washer (45)



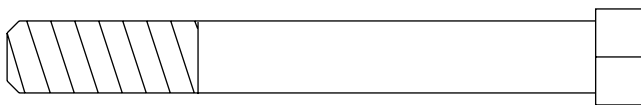
M10 x 72mm Bolt (74)



M10 Nylon Locknut (47)



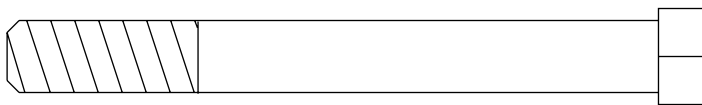
M10 x 75mm Bolt (34)



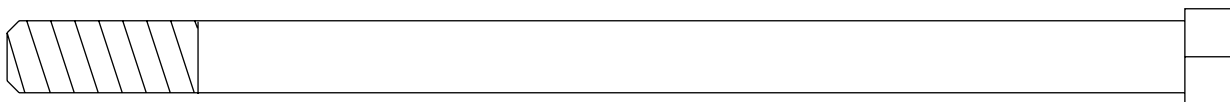
M10 x 78mm Bolt (51)



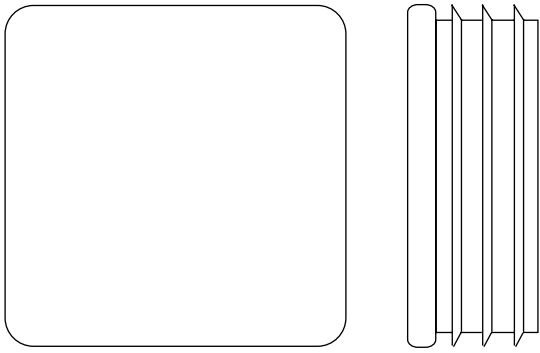
M8 Nylon Locknut (77)



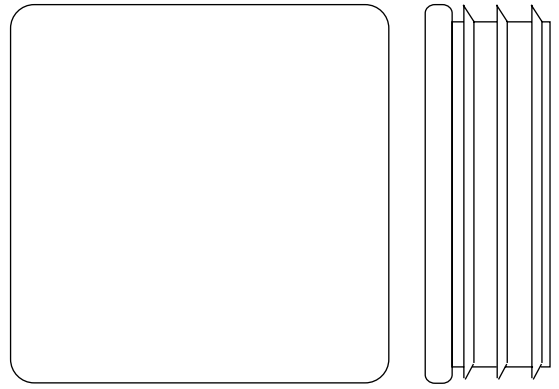
M10 x 86mm Bolt (48)



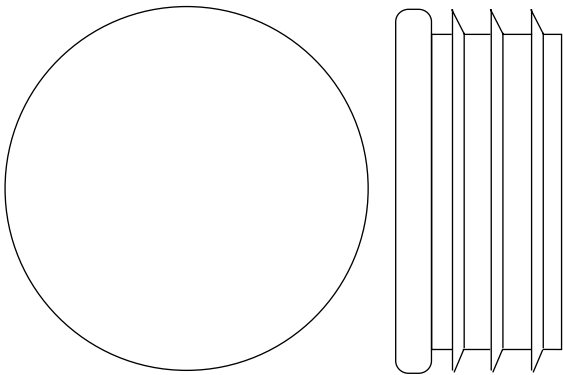
M10 x 156mm Bolt (39)



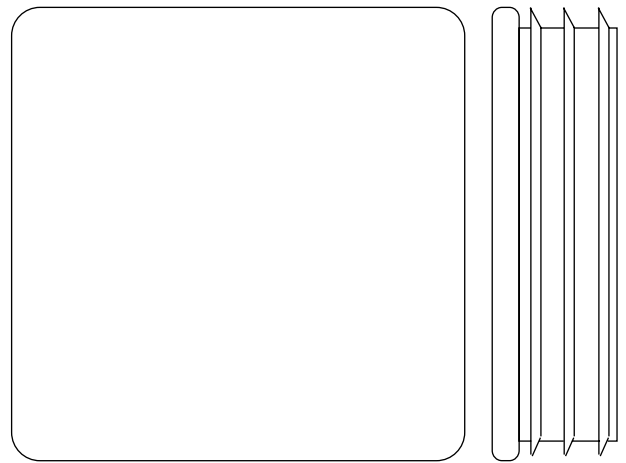
45mm Square Inner Cap (26)



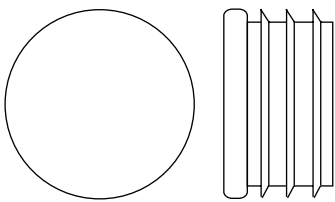
50mm Square Inner Cap (27)



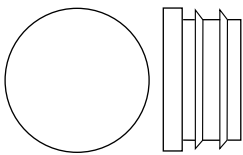
48mm Round Inner Cap (68)



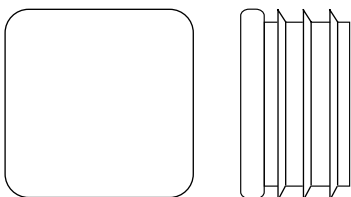
60mm Square Inner Cap (62)



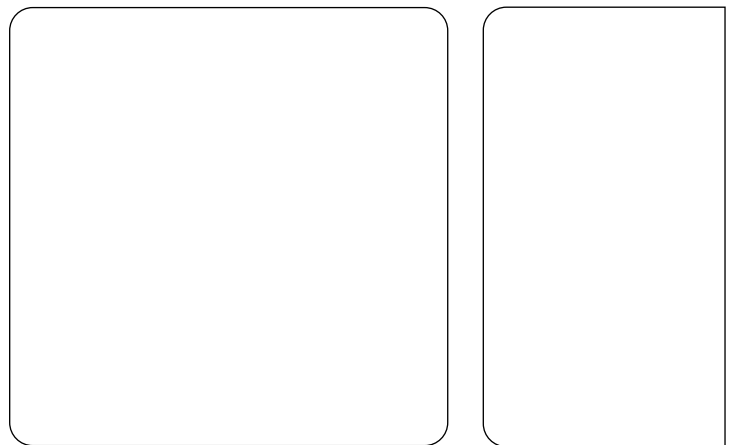
25mm Round Inner Cap (50)



19mm Round Inner Cap (24)



25mm Square Inner Cap (28)



50mm Square Outer Cap (70)

PART LIST—Model No. GGBE35422

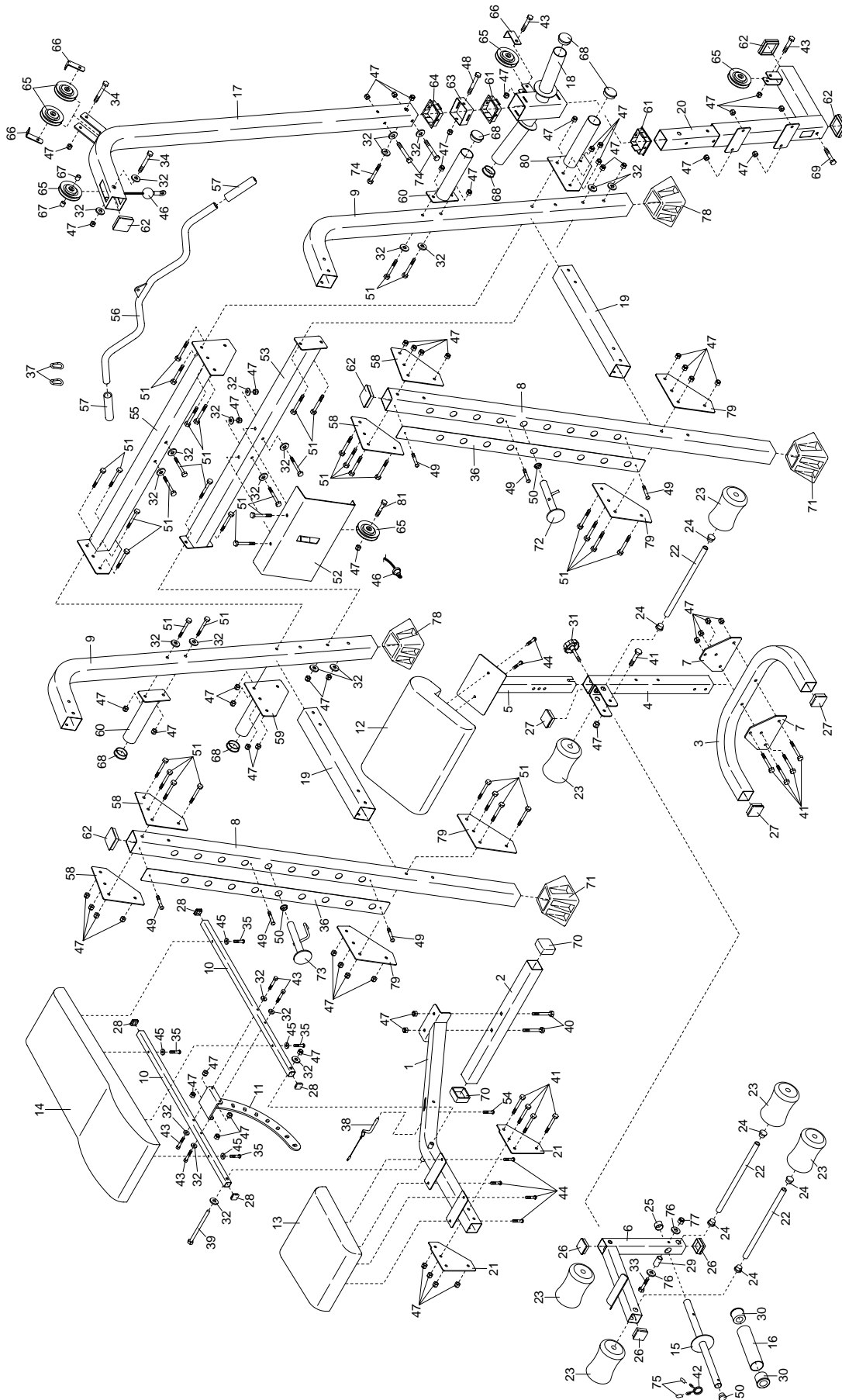
R1003A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	43	6	M10 x 45mm Bolt
2	1	Rear Stabilizer	44	6	M6 x 16mm Bolt
3	1	Front Stabilizer	45	4	M6 Washer
4	1	Front Leg	46	1	Cable
5	1	Curl Post	47	63	M10 Nylon Locknut
6	1	Leg Lever	48	1	M10 x 86mm Bolt
7	2	Leg Plate	49	6	M4 x 16mm White Screw
8	2	Front Upright	50	3	25mm Round Inner Cap
9	2	Rear Upright	51	38	M10 x 78mm Bolt
10	2	Backrest Frame	52	1	Foot Plate
11	1	Backrest Bracket	53	1	Bottom Crossbar
12	1	Curl Pad	54	1	M4 x 16mm Black Screw
13	1	Seat	55	1	Top Crossbar
14	1	Backrest	56	1	Lat Bar
15	1	Weight Tube	57	2	Handgrip
16	1	Olympic Adapter	58	4	Top Rack Joint Plate
17	1	Lat Tower	59	1	Right Storage Tube
18	1	Weight Carriage	60	2	Top Storage Tube
19	2	Cross Brace	61	2	Carriage Bushing
20	1	Lat Tower Stabilizer	62	5	60mm Square Inner Cap
21	2	Notched Plate	63	1	Carriage Stop
22	3	Pad Tube	64	1	Carriage Stop Bushing
23	6	Foam Pad	65	6	89mm Pulley
24	6	19mm Round Inner Cap	66	3	Cable Trap
25	1	25mm Angled Outer Cap	67	2	Long Spacer
26	3	45mm Square Inner Cap	68	6	48mm Round Inner Cap
27	3	50mm Square Inner Cap	69	1	M10 x 25mm Bolt
28	4	25mm Square Inner Cap	70	2	50mm Square Outer Cap
29	1	10mm Spacer	71	2	Front Foot
30	2	Adapter Bushing	72	1	Left Weight Rest
31	1	Curl Knob	73	1	Right Weight Rest
32	25	M10 Washer	74	3	M10 x 72mm Bolt
33	1	M8 x 58mm Bolt	75	2	Clip Cover
34	2	M10 x 75mm Bolt	76	2	M8 Washer
35	4	M6 x 38mm Screw	77	1	M8 Nylon Locknut
36	2	Upright Cover	78	2	Rear Foot
37	2	Cable Clip	79	4	Bottom Rack Joint Plate
38	1	Adjustment Pin With Tether	80	1	Left Storage Tube
39	1	M10 x 156mm Bolt	81	1	M10 x 50mm Bolt
40	2	M10 x 58mm Carriage Bolt	#	1	User's Manual
41	9	M10 x 68mm Bolt	#	1	Exercise Guide
42	1	Spring Clip			

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. GGBE35422

R1003A



ORDERING REPLACEMENT PARTS

To order replacement parts, 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 when calling:

- The MODEL NUMBER of the product (GGBE35422)
- The NAME of the product (GOLD'S GYM® XR35 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in 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.

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