

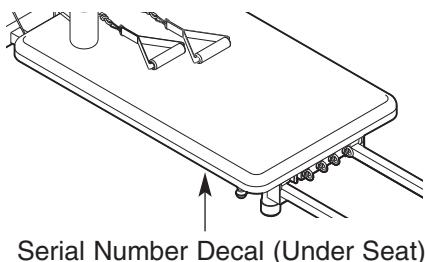
# PRO-FORM®

## CoreTech

Model No. PFBE1355.0

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

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



## 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:

**1-888-533-1333**

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

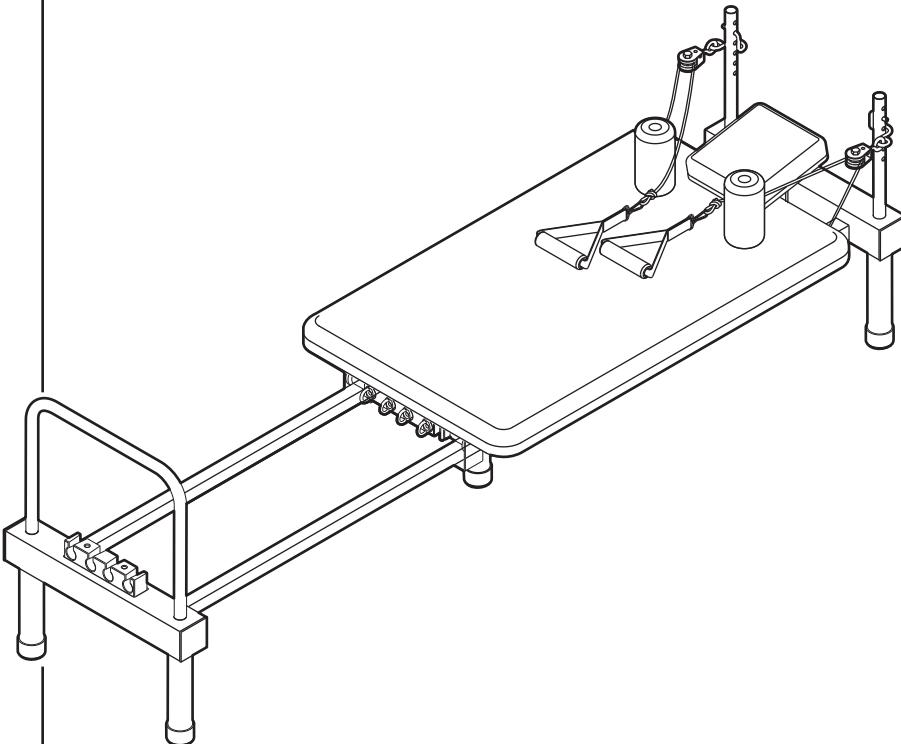
ON THE WEB:

[www.proformservice.com](http://www.proformservice.com)

## CAUTION

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

## USER'S MANUAL



Visit our website at

[www.proform.com](http://www.proform.com)

*new products, prizes,  
fitness tips, and much more!*

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## IMPORTANT PRECAUTIONS



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

1. Read all instructions in this manual and all warnings on the exercise bench before using the exercise bench. Use the exercise bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise bench are adequately informed of all precautions.
3. The exercise bench is intended for home use only. Do not use the exercise bench in any commercial, rental, or institutional setting.
4. Keep the exercise bench indoors, away from moisture and dust. Place the exercise 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 exercise bench to mount, dismount, and use the exercise bench.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the exercise bench at all times.
7. Always tie back long hair to prevent it from becoming caught in moving parts or pulleys.
8. Keep hands and feet away from moving parts.
9. The exercise bench is designed to support a maximum user weight of 300 pounds.
10. Make sure that the nylon ropes remain on the pulleys at all times. If the ropes bind as you are exercising, stop immediately and make sure that the ropes are on the pulleys.
11. The exercise bench is not designed to be used with weights.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. The decal shown here has been placed on the exercise bench in the location shown on page 3. If the decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



**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:** 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

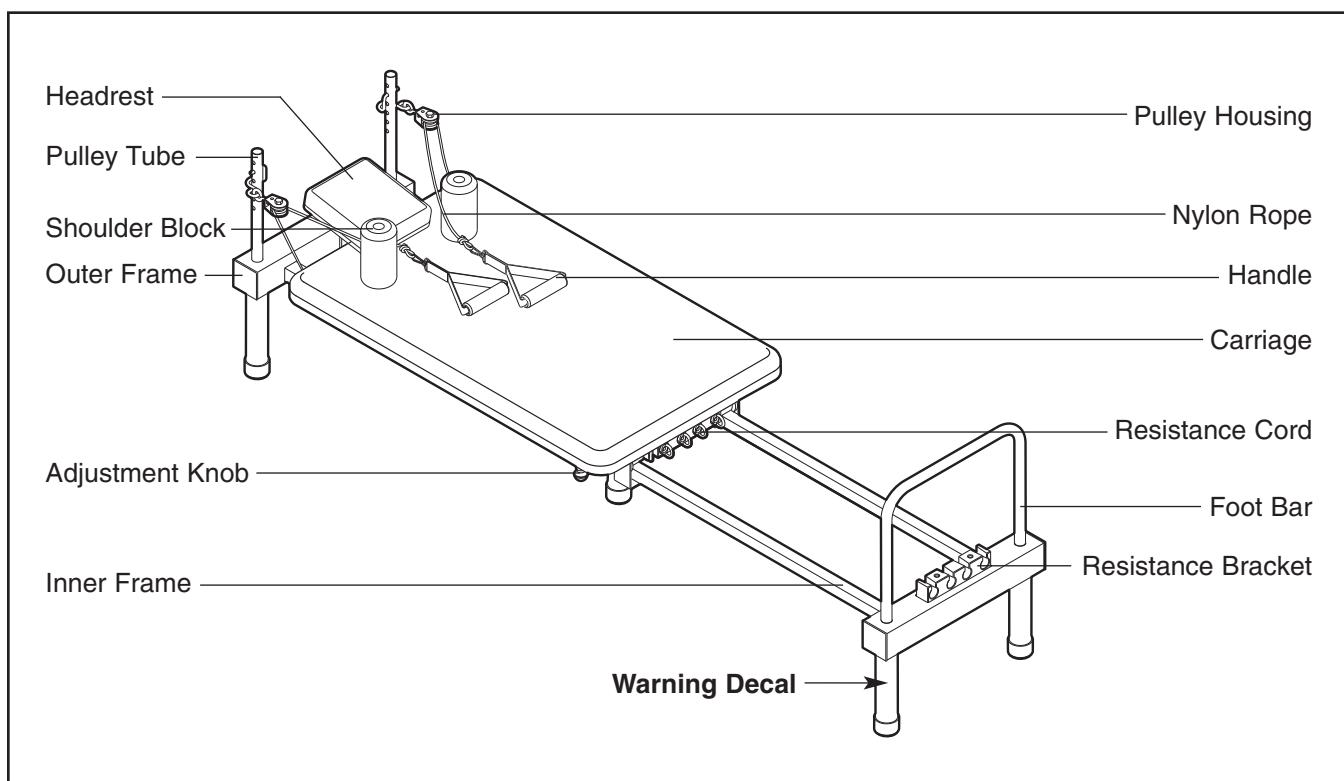
Thank you for selecting the versatile PROFORM® CORETECH exercise bench. The exercise bench features hundreds of exercises to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the exercise bench will help you to achieve the specific results you want.

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

The model number is PFBE1355.0. The serial number can be found on a decal attached to the exercise bench (see the front cover of this manual).

**To avoid a registration fee for any service needed under warranty, you must register the exercise bench at [www.proformservice.com/registration](http://www.proformservice.com/registration).**

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 exercise bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

**To hire an authorized service technician to assemble the exercise bench, call toll-free 1-800-445-2480.**

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

- As you assemble the exercise 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.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires two people.

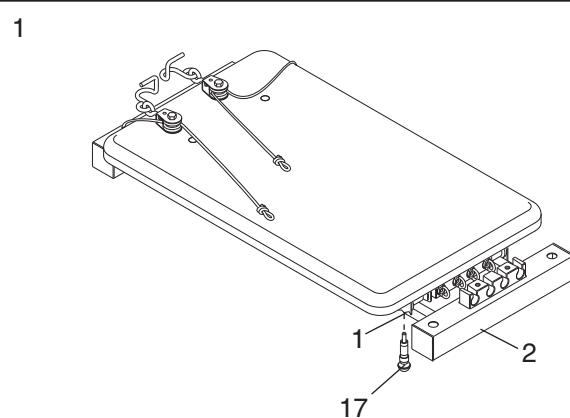
**The following tools (not included) may be required for assembly:**

- two adjustable wrenches**
- one standard screwdriver**
- one Phillips screwdriver**



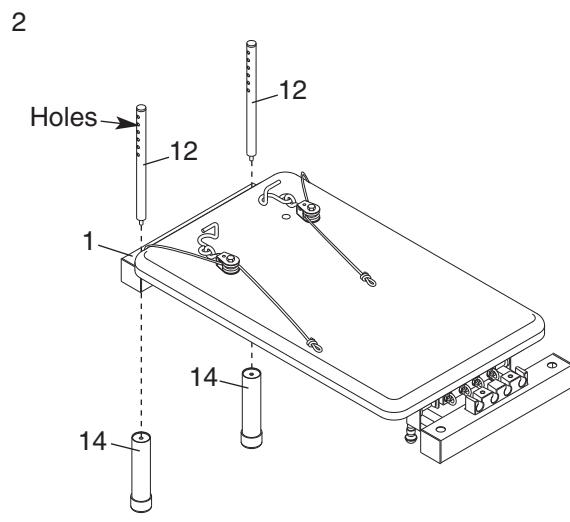
- Before beginning assembly, make sure you understand the information in the box above.**

Tighten the Adjustment Knob (17) into the hole in the bottom of the Outer Frame (1) and engage the Knob into the adjustment hole in the Inner Frame (2).

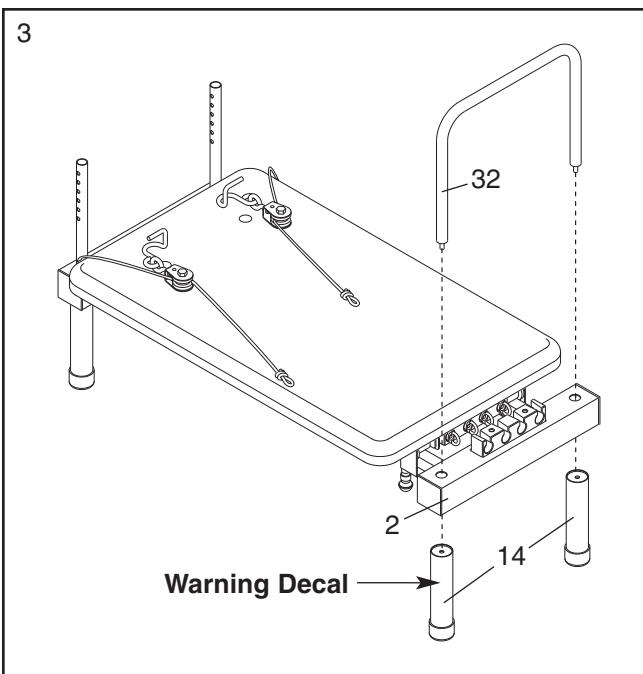


- Insert a Pulley Tube (12) into the Outer Frame (1). Tighten the Pulley Tube into the top of a Cap Leg (14). **Note: Make sure that the holes in the Pulley Tube are parallel to the end of the Outer Frame, as shown.**

**Attach the other Pulley Tube (12) and another Cap Leg (14) in the same manner.**

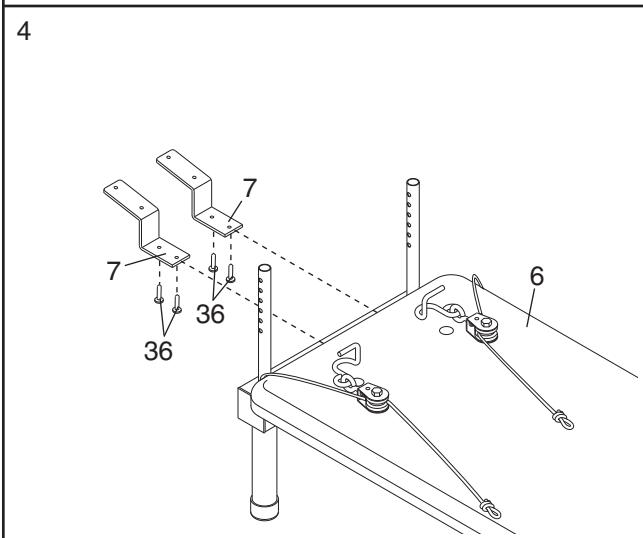


3. Insert the Foot Bar (32) into the end of the Inner Frame (2). Attach two Cap Legs (14) to the ends of the Foot Bar. **Make sure that the Cap Leg with the warning decal is attached in the position shown.**



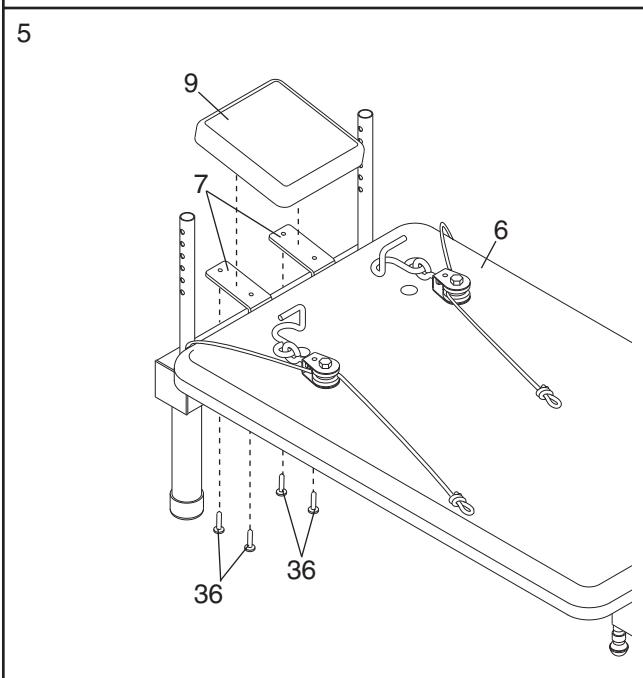
4. Rest the exercise bench on its side for this step.

Attach the short ends of the two Headrest Frames (7) to the bottom of the Carriage (6) with four M6 x 18mm Screws (36). **Do not tighten the Screws.**



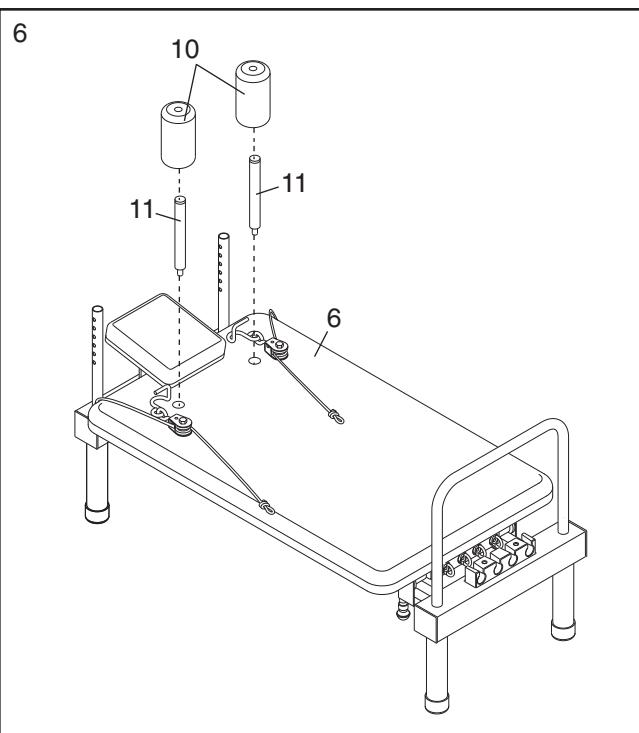
5. Attach the Headrest (9) to the long ends of the Headrest Frames (7) with four M6 x 18mm Screws (36). **Make sure that the Headrest overlaps the Carriage (6), as shown in step 6.**

**Tighten the four M6 x 18mm Screws (36) used in step 4.**



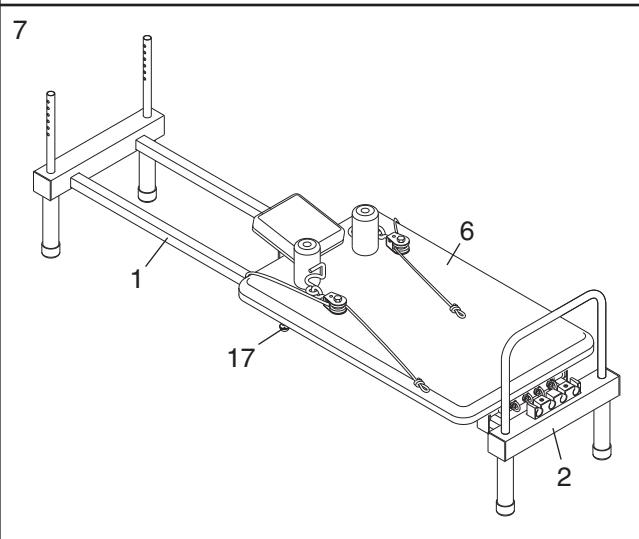
6. Tighten the two Carriage Tubes (11) into the holes in the Carriage (6).

Slide a Shoulder Block (10) onto each Carriage Tube (11).



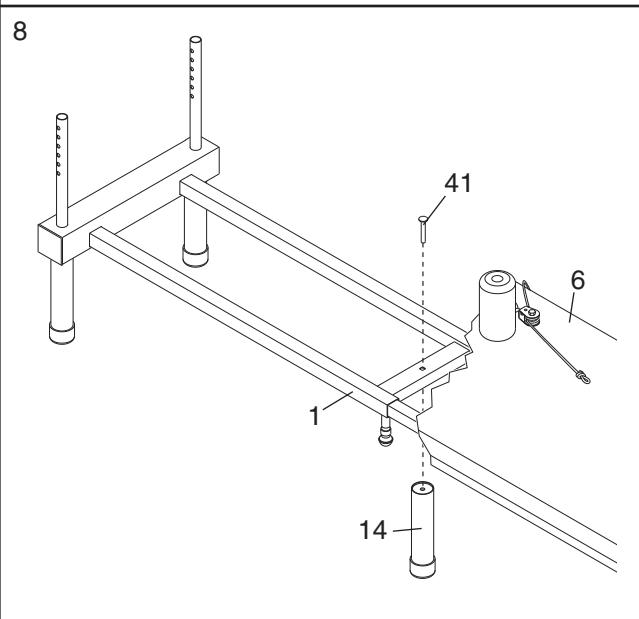
7. Pull the Adjustment Knob (17) out of the Inner Frame (2). Slide the Inner Frame out of the Outer Frame (1) and engage the Knob into the adjustment hole in the Inner Frame.

Slide the Carriage (6) to the indicated end of the exercise bench.



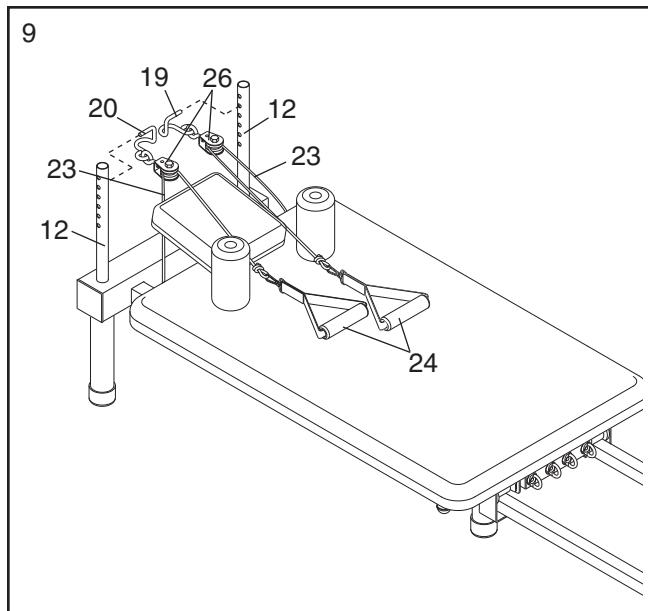
8. Rest the exercise bench on its side for this step.

Insert an M10 x 50mm Carriage Bolt (41) through the indicated hole in the Outer Frame (1). Tighten a Cap Leg (14) onto the Carriage Bolt.



9. Orient the two Pulley Housings (26) as shown. Slide the Eyebolt/Pins (19, 20) into a set of holes in the Pulley Tubes (12).

Attach the two Handles (24) to the two Nylon Ropes (23).

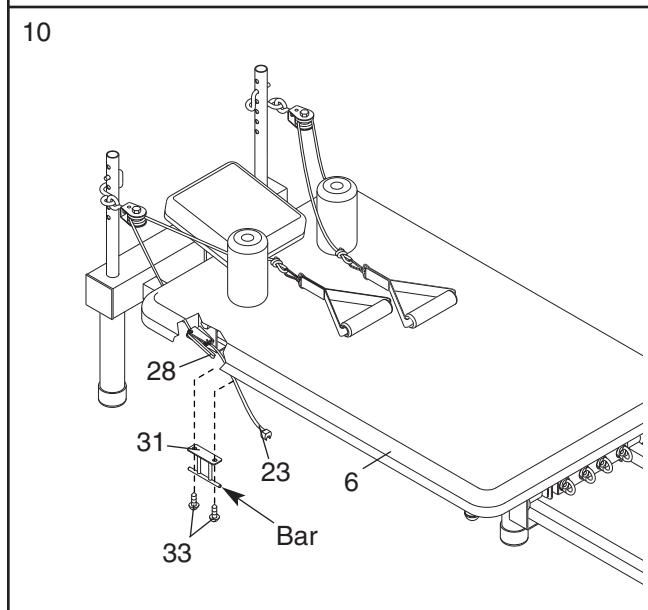


10. Attach a Rope Storage Bracket (31) to the Carriage (6) with two M6 x 15mm Screws (33).

Pull the Nylon Rope (23) through the Rope Grip (28). Press the lever on the Rope Grip to hold the Nylon Rope.

Wrap the Nylon Rope (23) around the Rope Storage Bracket (31). Press the end of the Rope onto the indicated bar on the Rope Storage Bracket to keep it from unwinding.

**Repeat this step on the other side of the Carriage (6).**



11. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in **ADJUSTMENTS**, beginning on the following page.

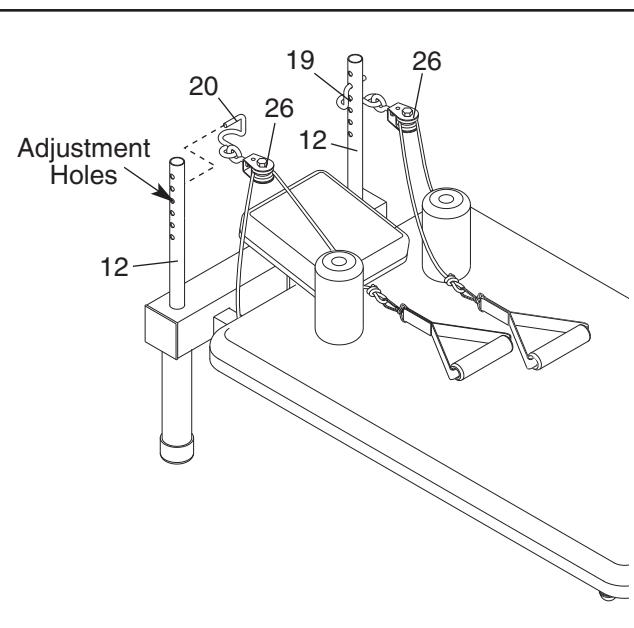
# ADJUSTMENTS

This section explains how to adjust the exercise bench. Refer to the accompanying exercise guide and DVD to see the correct form for each exercise.

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

## ADJUSTING THE PULLEY HEIGHT

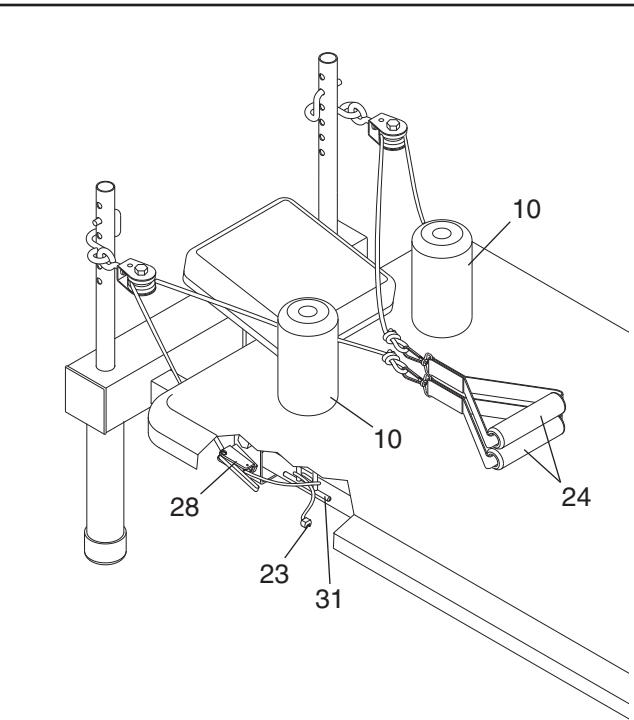
To adjust the height of the Pulley Housings (26), pull the Eyebolt/Pins (19, 20) out of the Pulley Tubes (12). Reinsert the Eyebolt/Pins into another set of adjustment holes in the Pulley Tubes.



## ADJUSTING THE NYLON ROPE LENGTH

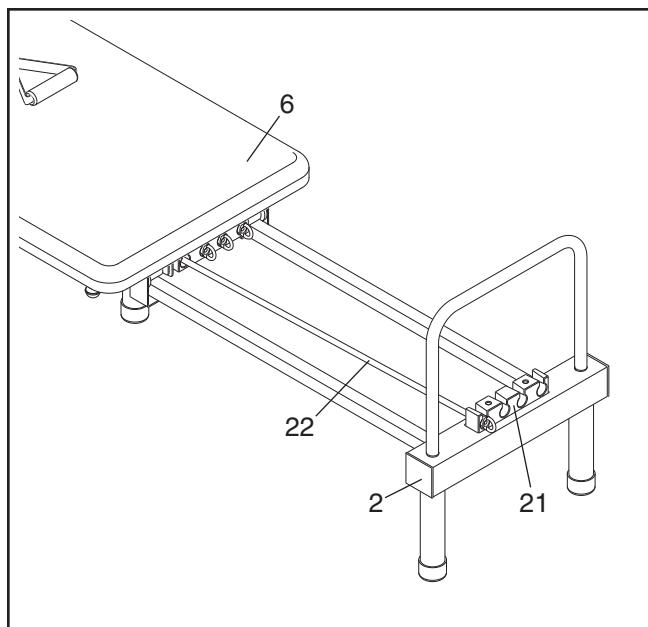
To adjust the length of the Nylon Ropes (23), first hold the Handles (24) together between the Shoulder Blocks (10). Then, unwrap the Rope from the Rope Storage Bracket (31) and pull the lever on the Rope Grip (28) to release the Rope. Next, pull the Rope to the desired length and resecure it in the Rope Grip. Wrap the Rope around the Rope Storage Bracket and press the end of the Rope onto the bar on the Rope Storage Bracket.

**Repeat with the other Nylon Rope (23).**



## ADDING RESISTANCE

To add resistance to the movement of the Carriage (6), engage a Resistance Cord (22) to the Resistance Bracket (21) on the Inner Frame (2). To add more resistance, engage more Resistance Cords to the Resistance Bracket.

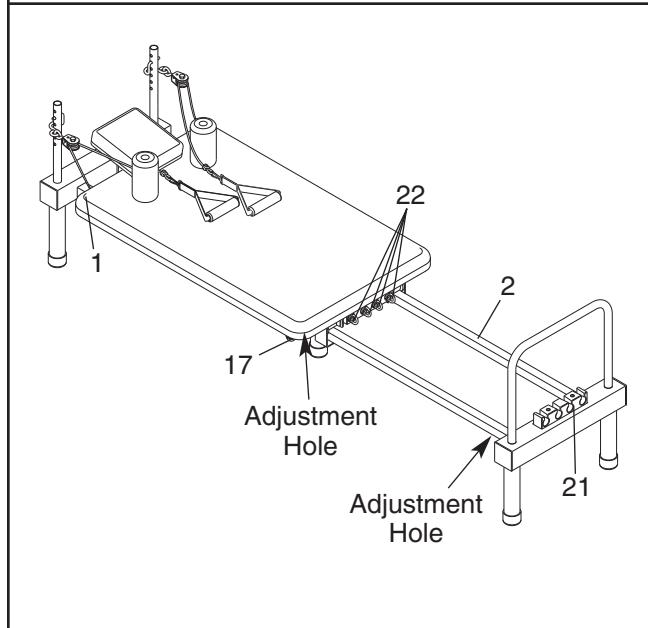


## STORING THE BENCH

The exercise bench can be shortened when not in use.

To change the length of the bench, pull the Adjustment Knob (17) out of the Inner Frame (2). Slide the Inner Frame into or out of the Outer Frame (1). Engage the Knob into one of the adjustment holes in the Inner Frame (2).

**Note: When storing the exercise bench, the four Resistance Cords (22) must be engaged into the Resistance Bracket (21) on the Inner Frame (2).**



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# PART LIST—Model No. PFBE1355.0

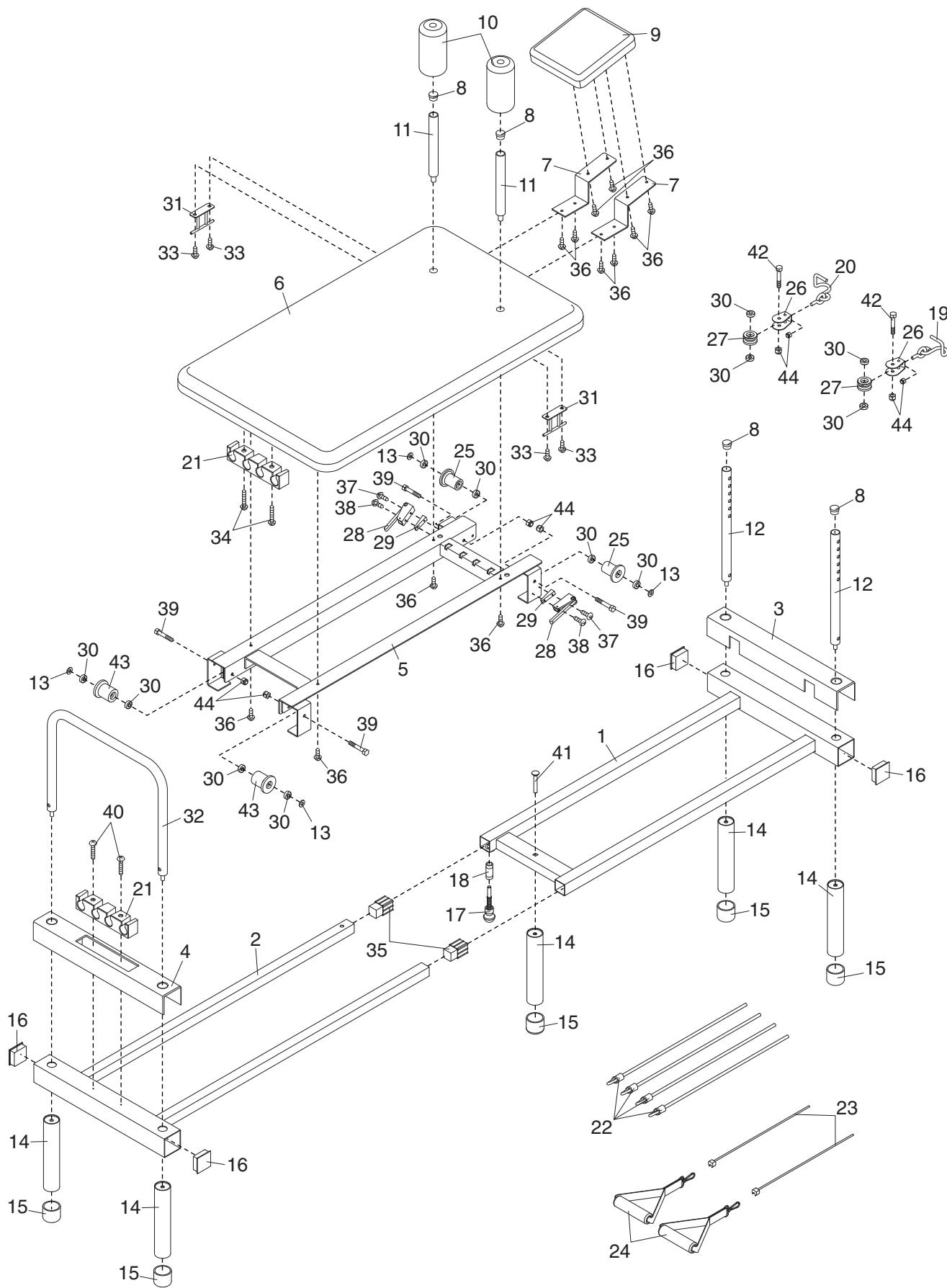
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Outer Frame	25	2	Small Carriage Wheel
2	1	Inner Frame	26	2	Pulley Housing
3	1	Outer Frame Cover	27	2	Pulley
4	1	Inner Frame Cover	28	2	Rope Grip
5	1	Carriage Frame	29	2	Grip Base
6	1	Carriage	30	12	Bearing
7	2	Headrest Frame	31	2	Rope Storage Bracket
8	4	25mm Round Inner Cap	32	1	Foot Bar
9	1	Headrest	33	4	M6 x 15mm Screw
10	2	Shoulder Block	34	2	M6 x 45mm Screw
11	2	Carriage Tube	35	2	Inner Frame Cap
12	2	Pulley Tube	36	12	M6 x 18mm Screw
13	4	M8 Washers	37	2	M4 x 20mm Screw
14	5	Cap Leg	38	2	M4 x 16mm Screw
15	5	45mm Round Outer Cap	39	4	M8 x 80mm Bolt
16	4	60mm Square Inner Cap	40	2	M4 x 40mm Screw
17	1	Adjustment Knob	41	1	M10 x 50mm Carriage Bolt
18	1	Adjustment Spacer	42	2	M8 x 36mm Bolt
19	1	Left Eyebolt/Pin	43	2	Large Carriage Wheel
20	1	Right Eyebolt/Pin	44	8	M8 Nylon Locknut
21	2	Resistance Bracket	#	1	User's Manual
22	4	Resistance Cord	#	1	Exercise Guide
23	2	Nylon Rope	#	1	DVD
24	2	Handle			

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

# EXPLODED DRAWING—Model No.PFBE1355.0

R0805A



# ORDERING REPLACEMENT PARTS

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

1. the MODEL NUMBER of the product (PFBE1355.0)
2. the NAME of the product (PROFORM CORETECH exercise 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 the EXPLODED DRAWING on pages 10 and 11 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.

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**