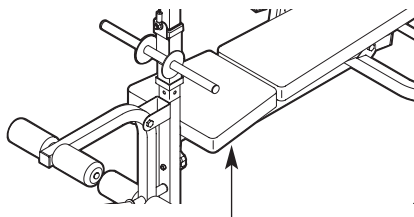


Model No. NFLB09530

Serial No. _____

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



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if 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

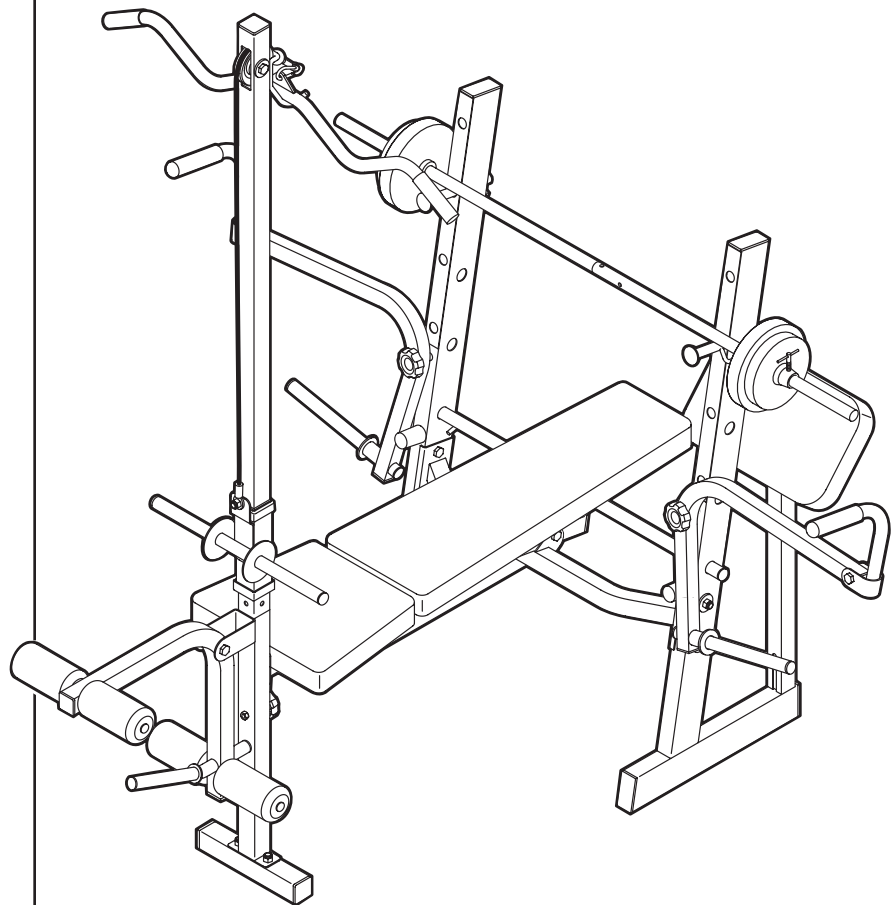
Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

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



by **Reebok** 



USER'S MANUAL



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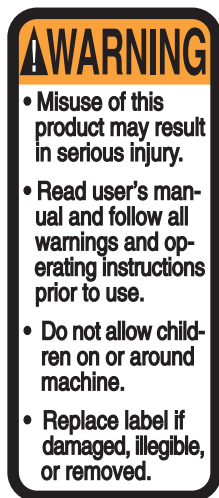
TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENTS	10
EXERCISE GUIDELINES	13
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

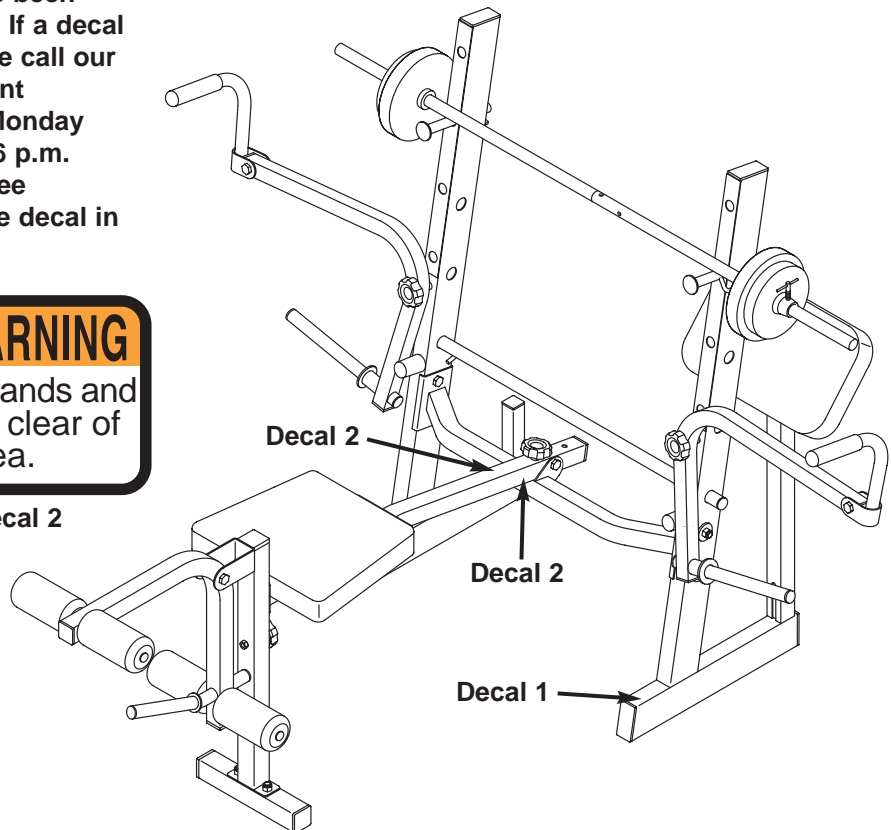
The decals shown here have been placed on the weight bench. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.




Decal 1



Decal 2



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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 cable remains on the pulley at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulley.
10. Always set both weight rests at the same height.
11. When using the backrest in a level or an inclined position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.
12. The weight bench is designed to support a maximum user weight of 300 pounds, and a maximum total weight of 410 pounds. Do not place more than 110 pounds, including the barbell, on the weight rests. Do not place more than 50 pounds on the leg lever or the weight carriage. Do not place more than 30 pounds on either butterfly arm.
13. Always make sure there is an equal amount of weight on each side of the barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping.
14. Always place an equal amount of weight on each side of the weight carriage or on each butterfly arm.
15. Always secure the weights with the weight clips when they are mounted on the weight carriage.
16. When you are using the leg lever, place the barbell with the same amount of weight on the weight rests to balance the bench.
17. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
18. Always disconnect the lat bar from the cable when performing an exercise that does not require it.
19. 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.

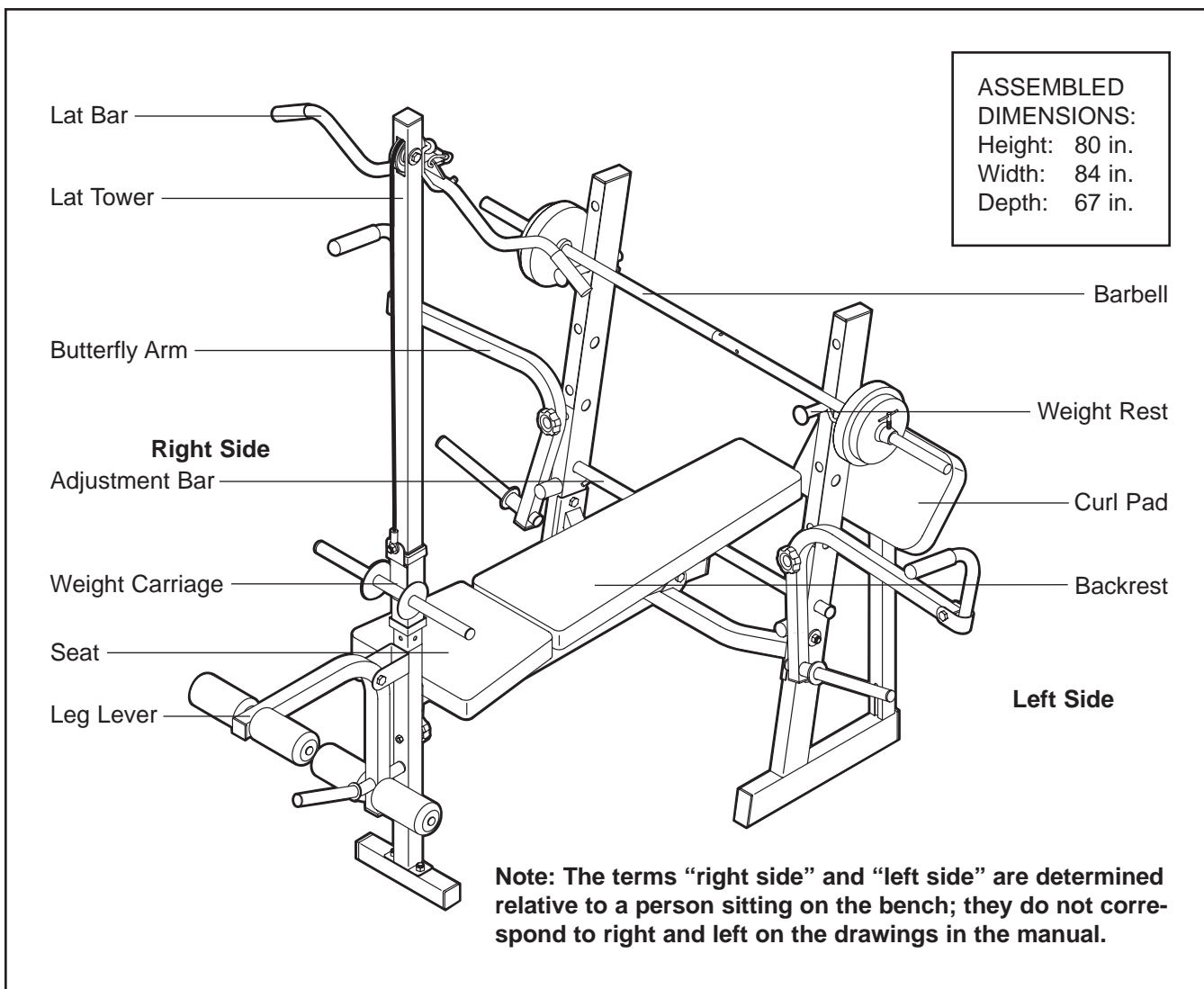
BEFORE YOU BEGIN

Thank you for selecting the versatile NFL BY REEBOK® weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have 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 NFLB09530. 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




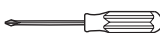
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly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

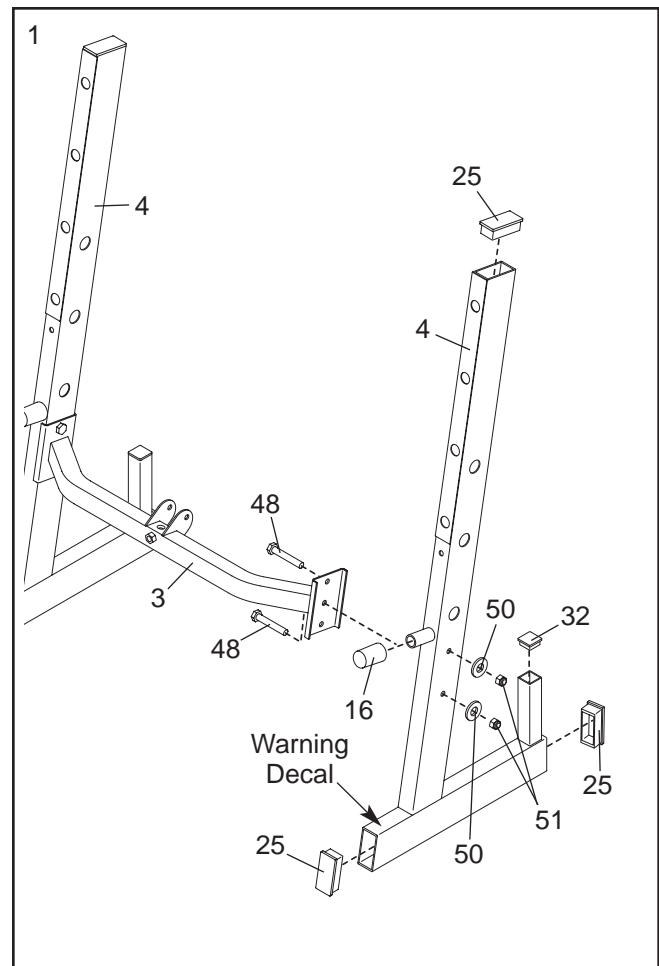
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART.**

Press three 38mm x 75mm Inner Caps (25) and a 35mm Square Inner Cap (32) into an Upright (4). Press a Rubber Bumper (16) onto the Upright.

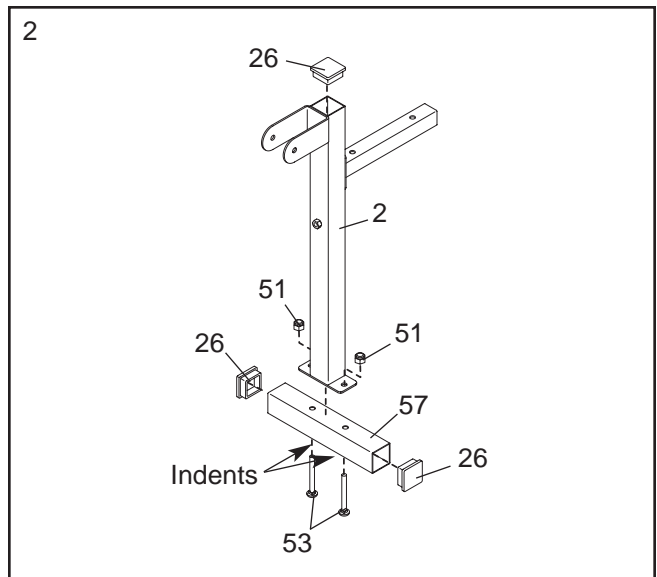
Attach the Upright (4) to the Crossbar (3) with two M10 x 55mm Bolts (48), two M10 Washers (50), and two M10 Nylon Locknuts (51). **Make sure the warning decal is in the indicated position. Do not tighten the Locknuts yet.**

Repeat this step with the other Upright (4).



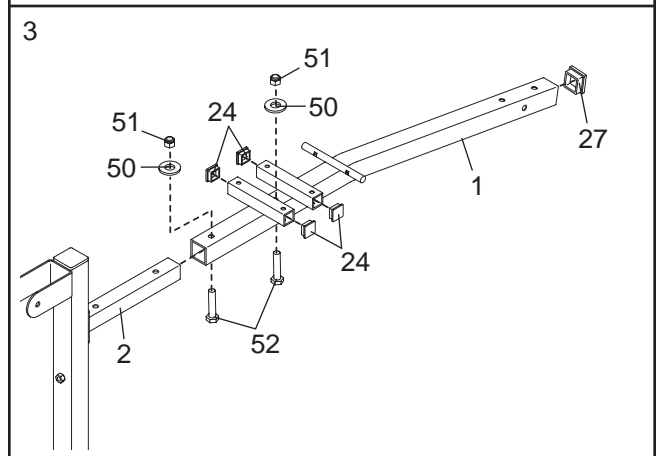
2. Press three 45mm Square Inner Caps (26) into the Bench Leg (2) and the Stabilizer (57).

Orient the Stabilizer (57) so that the indents around the holes are on the bottom. Attach the Bench Leg (2) to the Stabilizer with two M10 x 58mm Carriage Bolts (53) and two M10 Nylon Locknuts (51). **Do not tighten the Locknuts yet.**



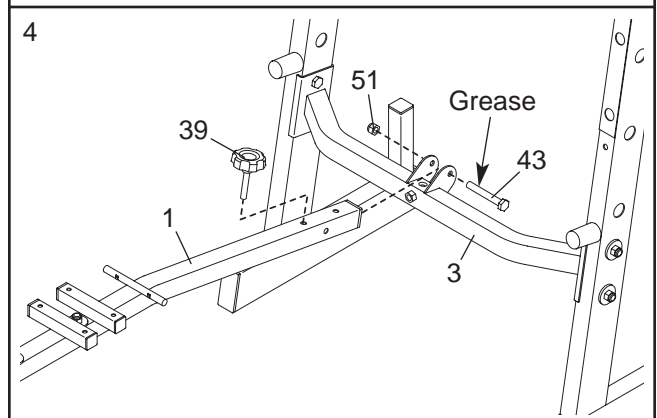
3. Press a 38mm Square Inner Cap (27) and four 25mm Square Inner Caps (24) into the Bench Frame (1).

Attach the Bench Frame (1) to the Bench Leg (2) with two M10 x 48mm Bolts (52), two M10 Washers (50), and two M10 Nylon Locknuts (51). **Do not tighten the Locknuts yet.**



4. Lubricate an M10 x 57mm Bolt (43) with grease. Attach the Bench Frame (1) to the Crossbar (3) with the Bolt and an M10 Nylon Locknut (51). **Do not overtighten the Locknut; the Bench Frame must be able to pivot easily.**

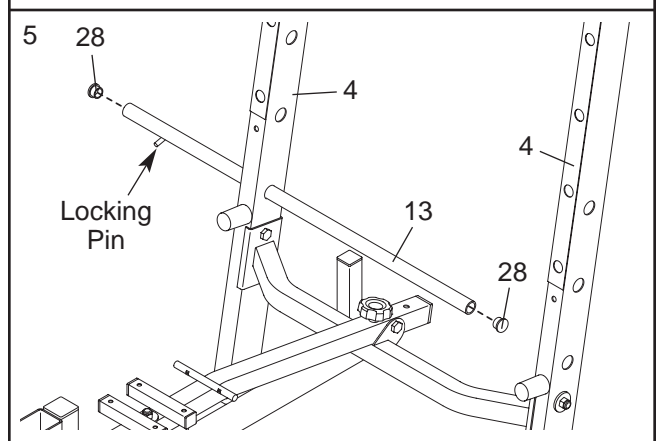
Tighten the Long Knob (39) into the Bench Frame (1) and the Crossbar (3).



5. Press two 25mm Round Inner Caps (28) into the Adjustment Bar (13).

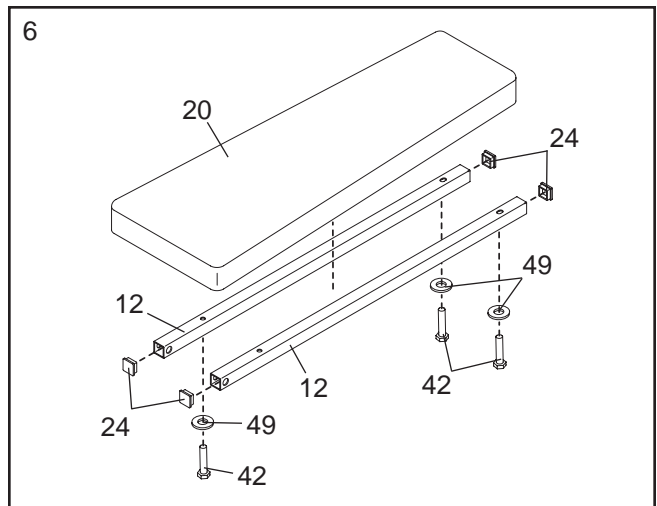
Slide the Adjustment Bar (13) into the Uprights (4) and turn the Bar so that the locking pin wraps around the Upright.

Tighten the M10 Nylon Locknuts (51) used in steps 1-3.



- Press four 25mm Square Inner Caps (24) into the Backrest Tubes (12).

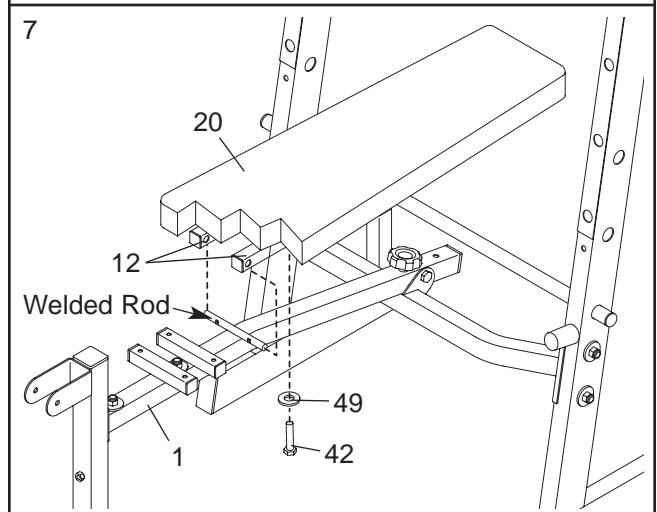
Attach the Backrest Tubes (12) to the Backrest (20) with three M6 x 40mm Screws (42) and three M6 Washers (49). **Do not tighten the Screws yet.**



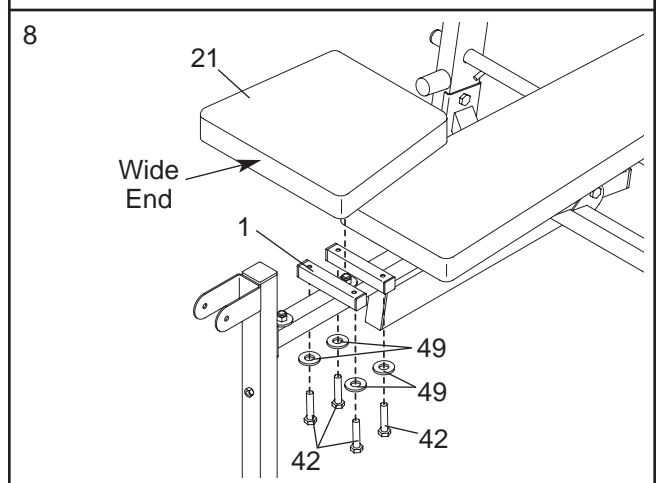
- Slide the Backrest Tubes (12) onto the welded rod on the Bench Frame (1).

Attach the indicated Backrest Tube (12) to the Backrest (20) with an M6 x 40mm Screw (42) and an M6 Washer (49).

Tighten the four M6 x 40mm Screws (42) used in steps 6 and 7.

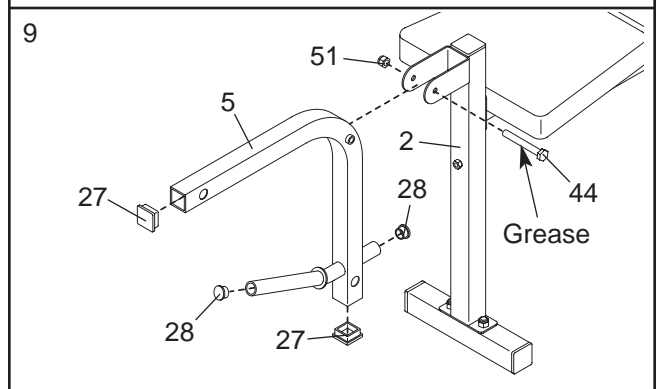


- Attach the Seat (21), as shown, to the Bench Frame (1) with four M6 x 40mm Screws (42) and four M6 Washers (49).



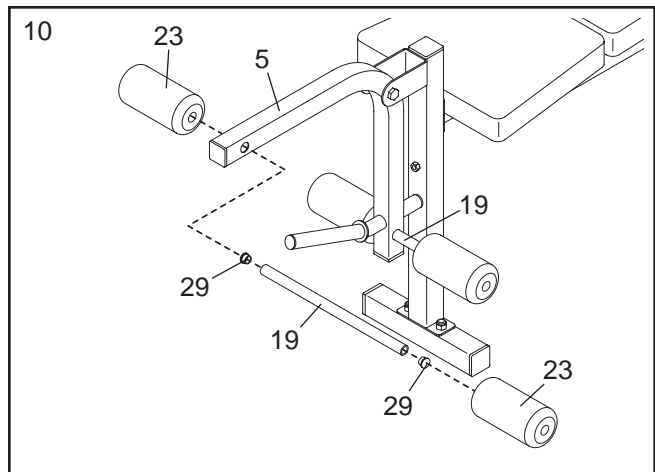
- Press two 38mm Square Inner Caps (27) and two 25mm Round Inner Caps (28) into the Leg Lever (5).

Lubricate an M10 x 69mm Bolt (44) with grease. Attach the Leg Lever (5) to the Bench Leg (2) with the Bolt and an M10 Nylon Locknut (51). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



10. Press two 19mm Round Inner Caps (29) into the ends of a Pad Tube (19). Slide the Pad Tube into a hole in the Leg Lever (5). Slide two Foam Pads (23) onto the Pad Tube.

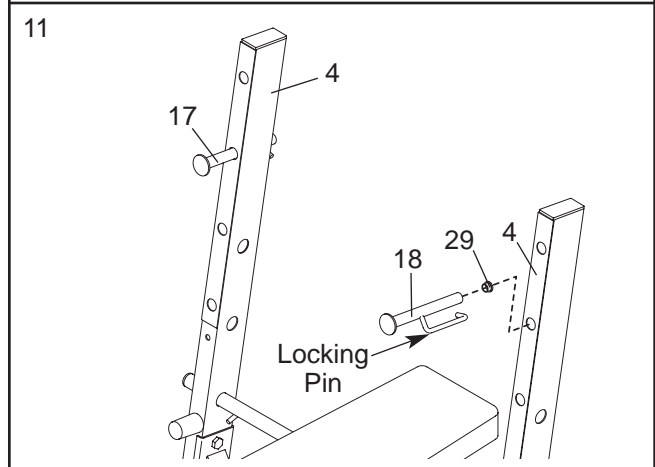
Repeat this step with the other Pad Tube (19).



11. Press a 19mm Round Inner Cap (29) into the Left Weight Rest (18).

Insert the Left Weight Rest (18) into the indicated Upright (4). Turn the Weight Rest so that the locking pin is wrapped around the Upright.

Repeat this step with the Right Weight Rest (17).

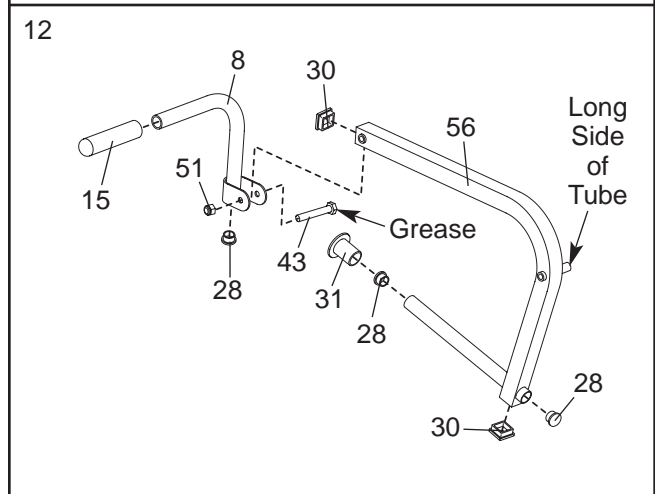


12. **Identify the Right Butterfly Arm (56) by the position of the indicated tube.** Press two 25mm Round Inner Caps (28) and two 32mm Square Inner Caps (30) into the Butterfly Arm. Slide a Weight Stop (31) onto the Butterfly Arm.

Wet the end of the Right Butterfly Handle (8) with soapy water and slide a Handgrip (15) onto it. Press a 25mm Round Inner Cap (28) into the Butterfly Handle.

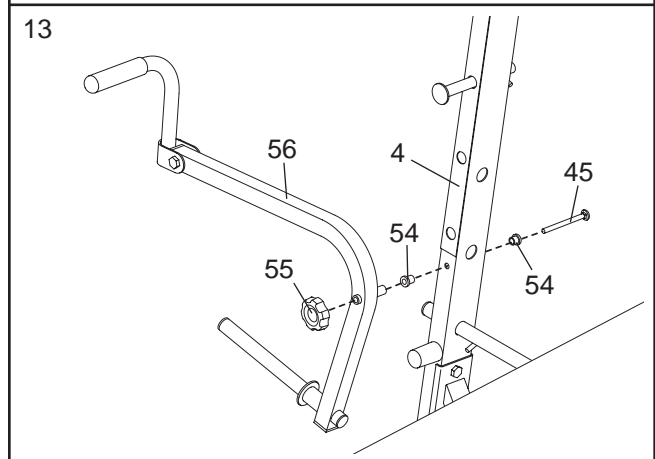
Lubricate an M10 x 57mm Bolt (43) with grease. Attach the Right Butterfly Handle (8) to the Right Butterfly Arm (56) with the Bolt and an M10 Nylon Locknut (51). **Do not overtighten the Locknut; the Handle must be able to pivot easily.**

Repeat this step with the Left Butterfly Arm (not shown) and Left Butterfly Handle.



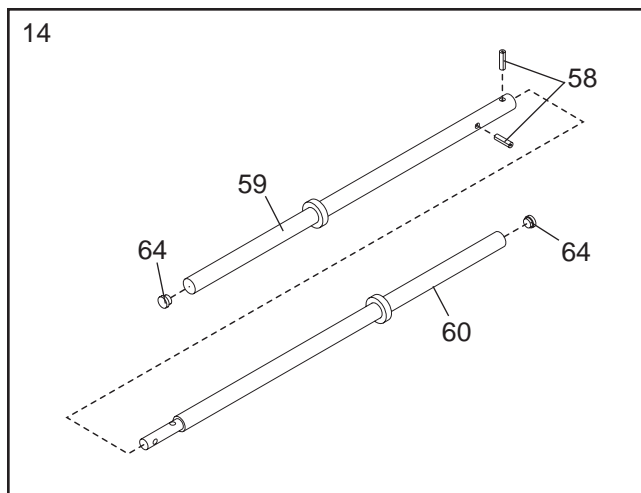
13. Press two Round Bushings (54) into the indicated Upright (4). Attach the Right Butterfly Arm (56) to the Upright with an M10 x 160mm Bolt (45) and a Butterfly Knob (55).

Repeat this step with the Left Butterfly Arm (not shown).

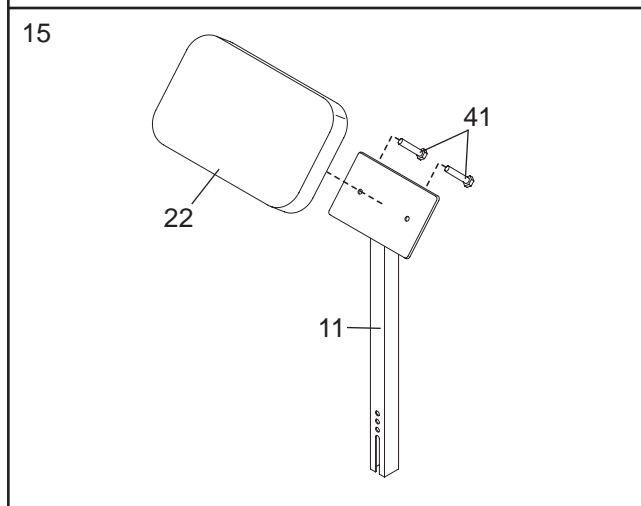


14. Insert the Inner Barbell (60) into the Outer Barbell (59) and align the indicated holes. Using a hammer, tap the two Roll Pins (58) into the holes until they are flush with the Outer Barbell.

Press two 25mm Thick Round Inner Caps (64) into the ends of the Inner and Outer Barbells (60, 59).

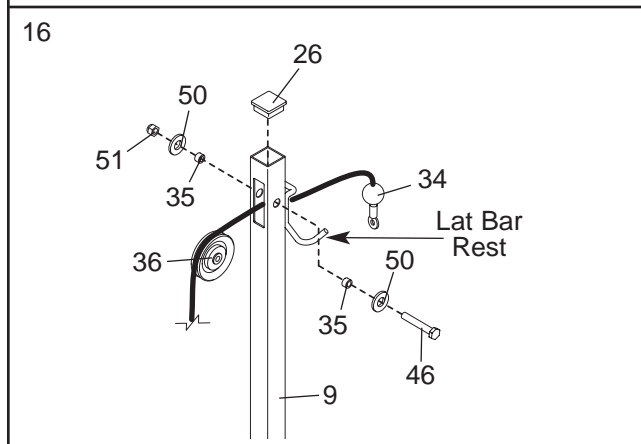


15. Attach the Curl Pad (22) to the Curl Post (11) with two M6 x 16mm Screws (41).



16. Press a 45mm Square Inner Cap (26) into the top of the Lat Tower (9).

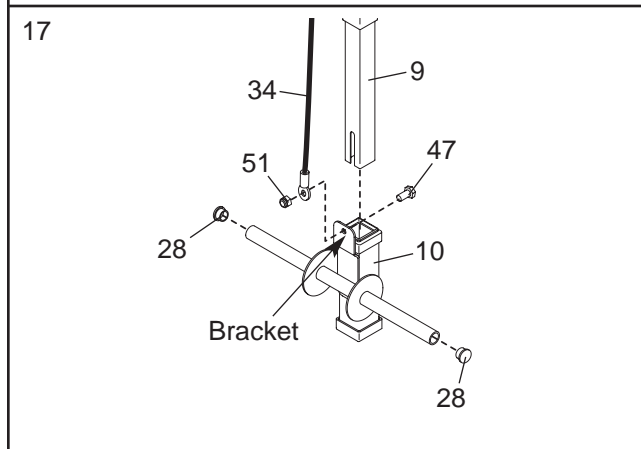
Route the Cable (34) through the Lat Tower (9) and over the Pulley (36). Attach the Pulley inside the Lat Tower with an M10 x 61mm Bolt (46), two M10 Washers (50), two 15mm Spacers (35), and an M10 Nylon Locknut (51).



17. Press two 25mm Round Inner Caps (28) into the Weight Carriage (10). Insert an M10 x 20mm Bolt (47) into the bracket on the Weight Carriage.

Slide the Weight Carriage (10) onto the Lat Tower (9). **Make sure the bracket on the Weight Carriage and the lat rest on the Lat Tower are on the opposite sides (see step 16).**

Attach the Cable (34) to the M10 x 20mm Bolt (47) with an M10 Nylon Locknut (51).



18. **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

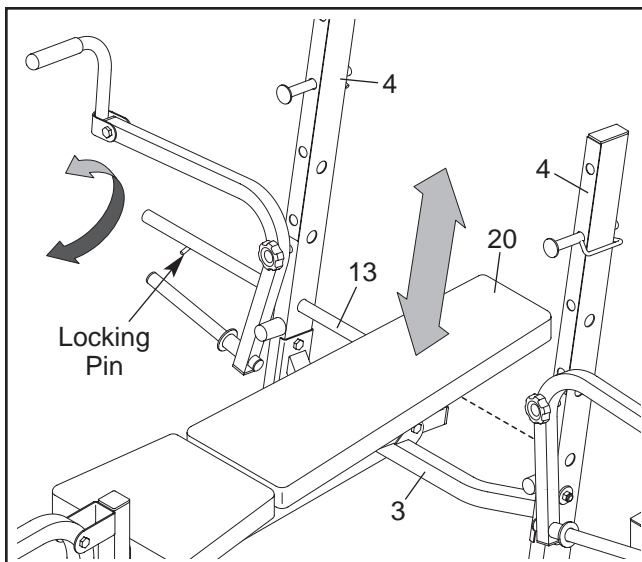
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 13 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

The Backrest (20) can be used in a declined position, a level position and two inclined positions. To use the Backrest in a declined position, remove the Adjustment Bar (13) and lay the Backrest on the Crossbar (3).

To use the Backrest (20) in a level or inclined position, insert the Adjustment Bar (13) through a set of holes in the Uprights (4). Rotate the Adjustment Bar to the locked position, so the locking pin is wrapped around the Upright. Rest the Backrest on the Adjustment Bar.

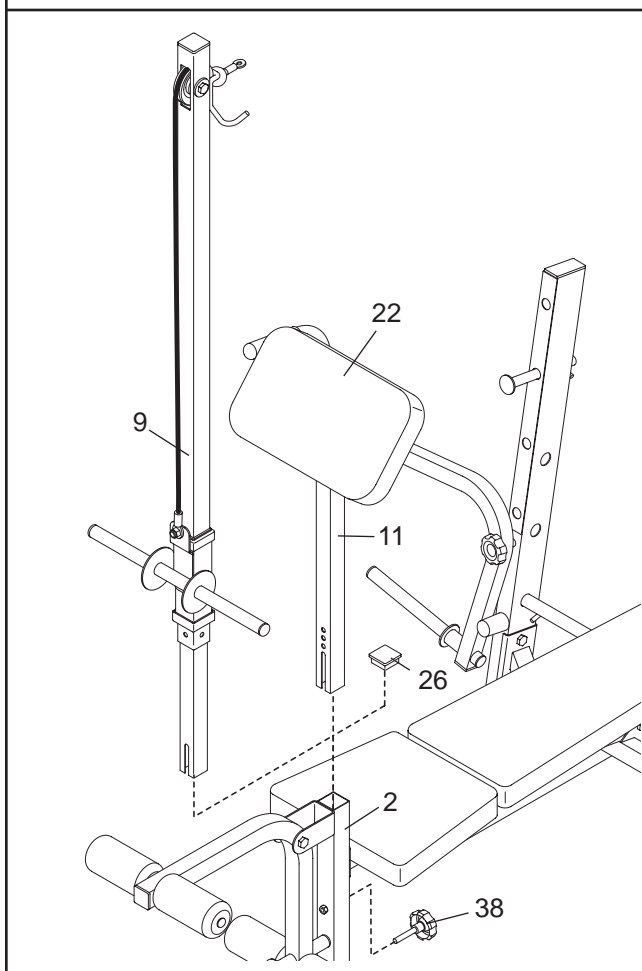


ATTACHING THE CURL PAD OR LAT TOWER

For some exercises, the Curl Pad (22) needs to be attached to the weight bench. To do this, remove the 45mm Square Inner Cap (26) from the Bench Leg (2). Insert the Curl Post (11) into the Front Leg and align an adjustment hole in the Curl Post with the adjustment hole in the Bench Leg. Secure the Curl Post with the Short Knob (38).

The Lat Tower (9) can be attached to the weight bench in the same manner.

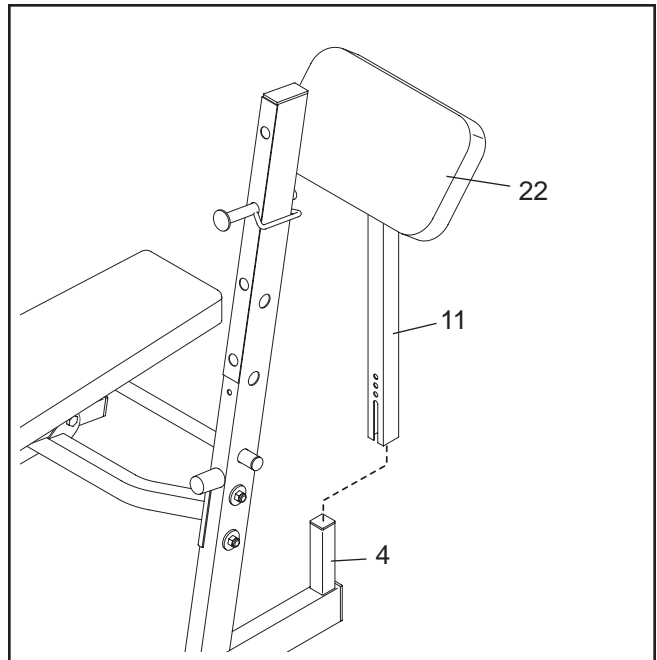
When the Curl Pad (22) and the Lat Tower (9) are removed, the 45mm Square Inner Cap (26) should be inserted into the Bench Leg (2).



STORING THE CURL PAD

To store the Curl Pad (22), slide the Curl Post (11) onto a storage tube on an Upright (4).

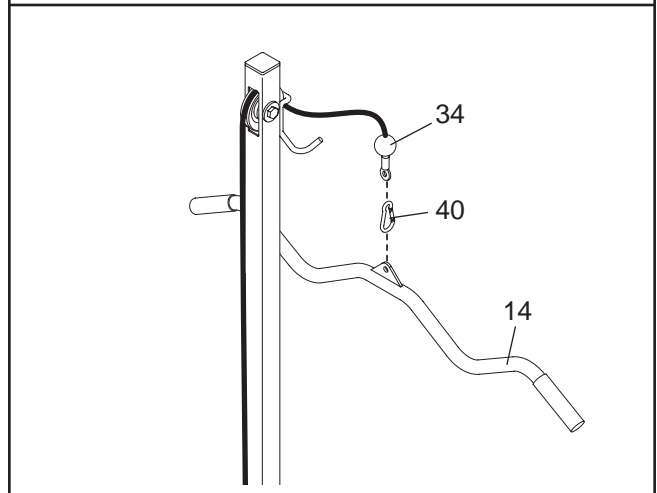
The Lat Tower (not shown) can be stored in the same manner.



ATTACHING THE LAT BAR

To use the Lat Bar (14), attach it to the Cable (34) with a Cable Clip (40).

⚠ WARNING: Remove the Lat Bar (14) when performing an exercise that does not require it.

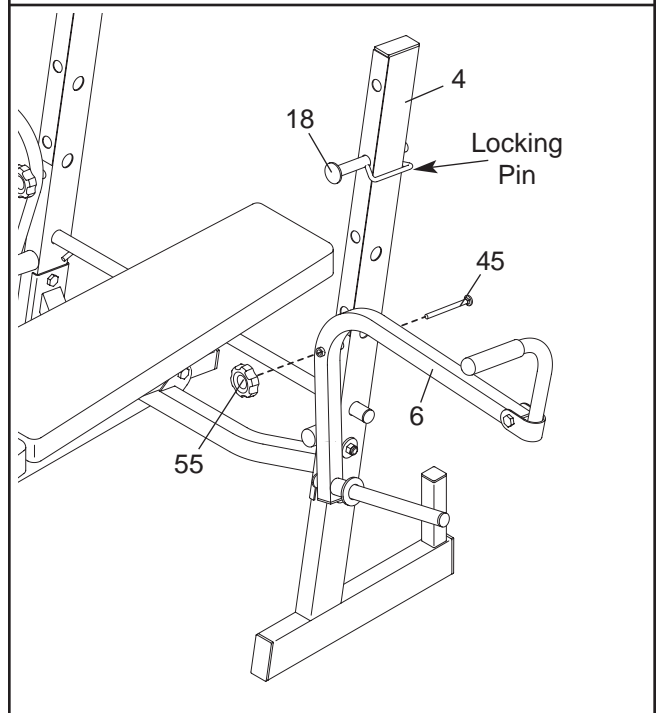


USING THE BUTTERFLY ARMS AND WEIGHT RESTS

To use the Butterfly Arms (6, 56 [not shown]), attach each Arm to an Upright (4) with an M10 x 160mm Bolt (45) and a Butterfly Knob (55). Remove the Weight Rests (17 [not shown], 18) from the Uprights.

Remove the Butterfly Arms (6, 56 [not shown]) when performing exercises that do not require them. Reinsert the Weight Rests (17 [not shown], 18) into the Uprights (4) at the correct height for the exercise to be performed. Turn the Weight Rests so that the locking pins wrap around the Uprights.

⚠ WARNING: Always set both Weight Rests (17, 18) at the same height.



ATTACHING WEIGHTS

See the inset drawing. To use the Leg Lever (5), slide the desired Weights (61 or 62) onto the weight tube on the Leg Lever. **Do not place more than 50 pounds on the Leg Lever.**

⚠ WARNING: When using the Leg Lever (5), place the barbell with the same amount of weight on the Weight Rests (17, 18) to balance the bench.

To use the Butterfly Arms (6, 56), first make sure there is a Weight Stop (31) on each weight tube. Then slide the desired Weights (61 or 62) onto the weight tubes. **Do not place more than 30 pounds on each Butterfly Arm.**

To use the Weight Carriage (10), slide the desired Weights (61 or 62) onto the weight tubes. Secure the Weights with the Weight Clips (65). **Do not place more than 110 pounds on the Weight Carriage.**

ATTACHING WEIGHTS TO THE BARBELL

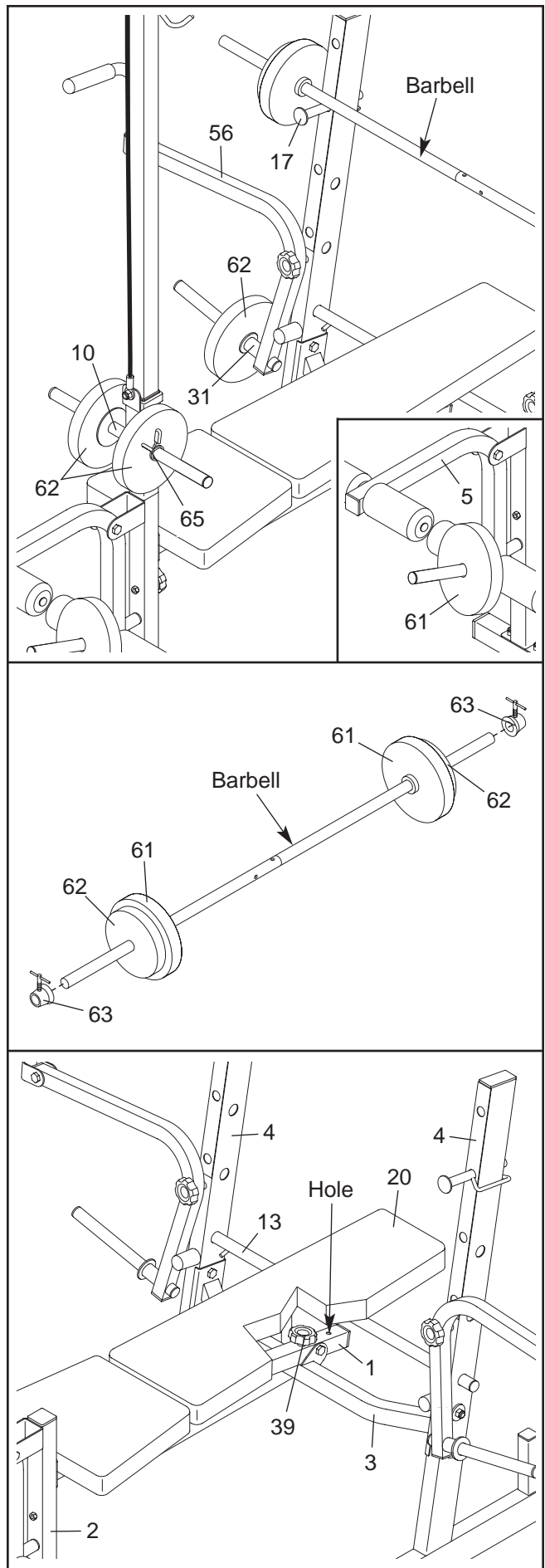
Slide an equal amount of Weight (61, 62) onto each end of the barbell. Slide the two Lock Collars (63) against the Weights, and tighten them fully.

⚠ WARNING: Always secure the Weights (61, 62) on the barbell with the Lock Collars (63). Never use the barbell with more than 100 pounds.

STORING THE WEIGHT BENCH

To store the weight bench, adjust the Backrest (20) to the level position (See ADJUSTING THE BACKREST on page 10). Remove the Long Knob (39) and lift the Bench Leg (2) up. Tighten the Knob into the indicated hole in the Bench Frame (1) and the Crossbar (3).

⚠ WARNING: Always make sure that the Long Knob (39) is fully tightened before the weight bench is used.



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.

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.

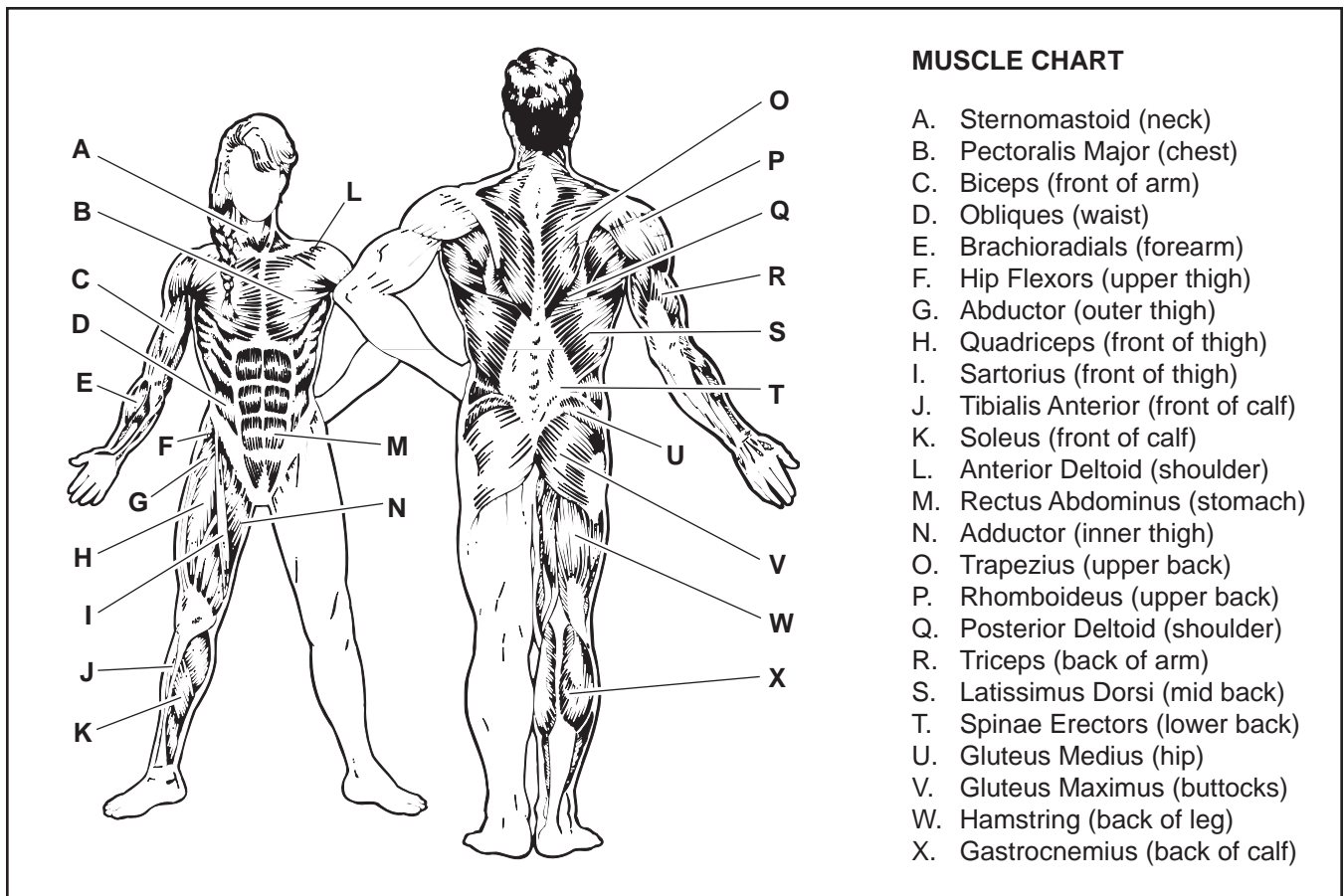
COOLING DOWN

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 chart on page 15 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. 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. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

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

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

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

THURSDAY AEROBIC EXERCISE

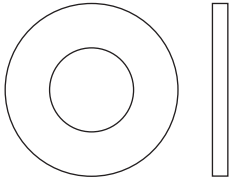
Date: _____ / _____ / _____

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

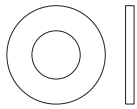
Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART

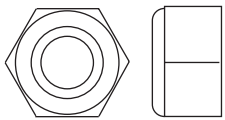
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has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



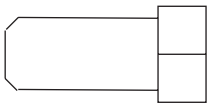
M10 Washer (50)



M6 Washer (49)



M10 Nylon Locknut (51)



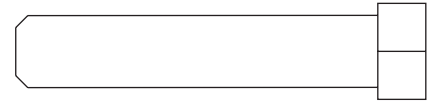
M10 x 20mm Bolt (47)



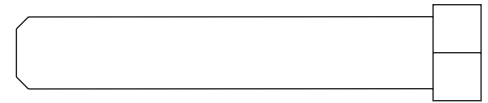
M6 x 16mm Screw (41)



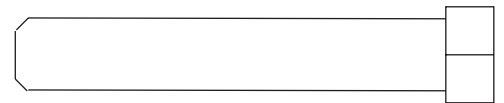
M6 x 40mm Screw (42)



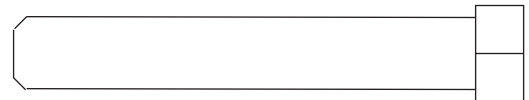
M10 x 48mm Bolt (52)



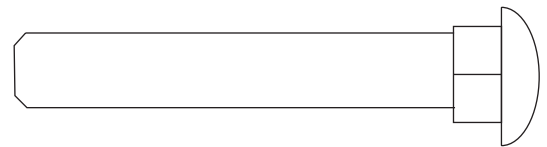
M10 x 55mm Bolt (48)



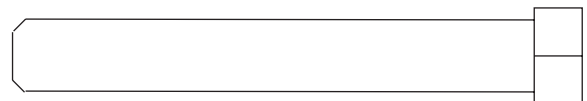
M10 x 57mm Bolt (43)



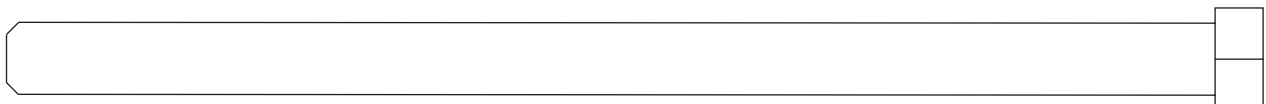
M10 x 61mm Bolt (46)



M10 x 58mm Carriage Bolt (53)



M10 x 69mm Bolt (44)



M10 x 160mm Bolt (45)

PART LIST—Model No. NFLB09530

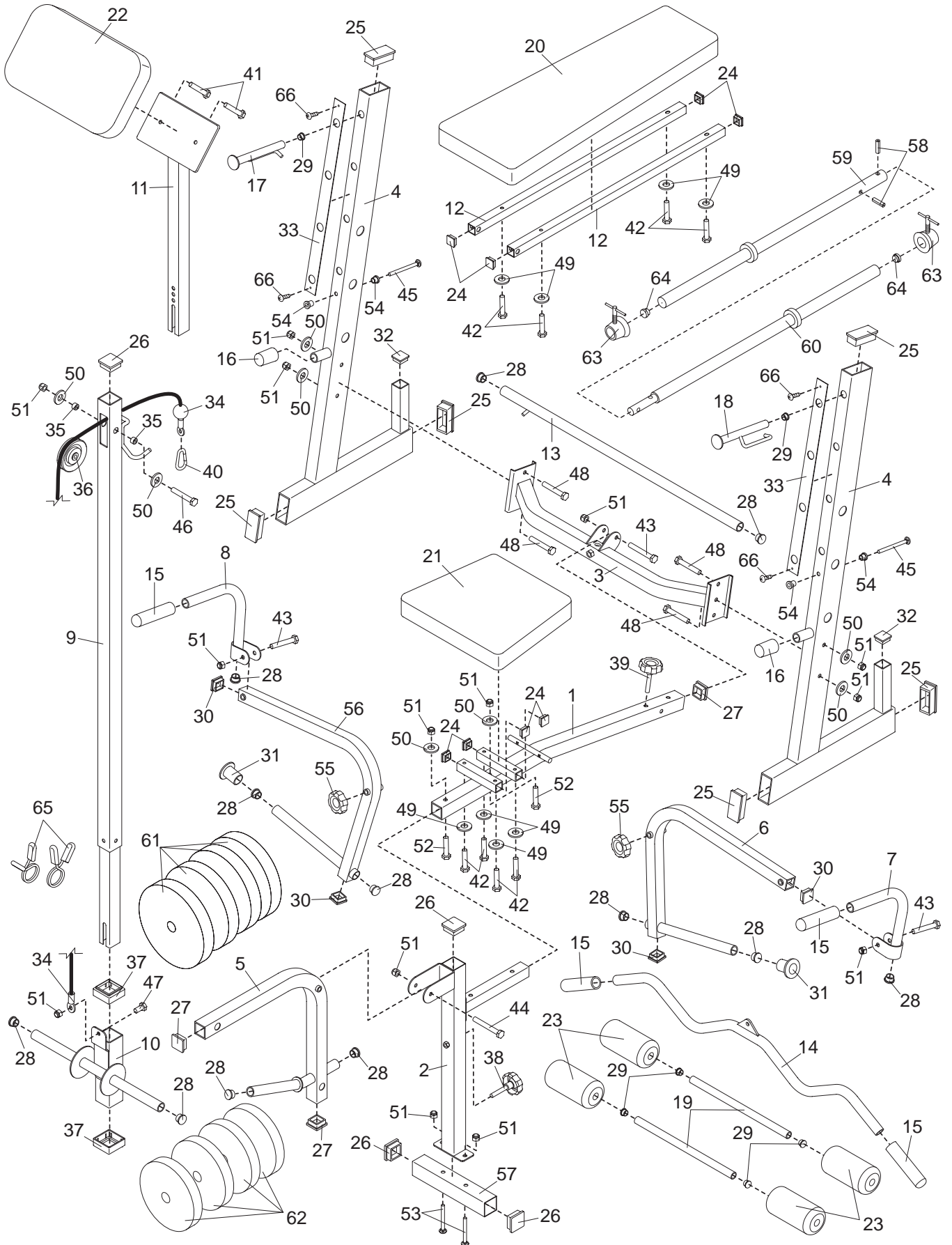
R0903B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	36	1	Pulley
2	1	Bench Leg	37	2	Square Bushing
3	1	Crossbar	38	1	Short Knob
4	2	Upright	39	1	Long Knob
5	1	Leg Lever	40	1	Cable Clip
6	1	Left Butterfly Arm	41	2	M6 x 16mm Screw
7	1	Left Butterfly Handle	42	8	M6 x 40mm Screw
8	1	Right Butterfly Handle	43	3	M10 x 57mm Bolt
9	1	Lat Tower	44	1	M10 x 69mm Bolt
10	1	Weight Carriage	45	2	M10 x 160mm Bolt
11	1	Curl Post	46	1	M10 x 61mm Bolt
12	2	Backrest Tube	47	1	M10 x 20mm Bolt
13	1	Adjustment Bar	48	4	M10 x 55mm Bolt
14	1	Lat Bar	49	8	M6 Washer
15	4	Handgrip	50	8	M10 Washer
16	2	Rubber Bumper	51	14	M10 Nylon Locknut
17	1	Right Weight Rest	52	2	M10 x 48mm Bolt
18	1	Left Weight Rest	53	2	M10 x 58mm Carriage Bolt
19	2	Pad Tube	54	4	Round Bushing
20	1	Backrest	55	2	Butterfly Knob
21	1	Seat	56	1	Right Butterfly Arm
22	1	Curl Pad	57	1	Stabilizer
23	4	Foam Pad	58	2	Roll Pin
24	8	25mm Square Inner Cap	59	1	Outer Barbell
25	6	38mm x 75mm Inner Cap	60	1	Inner Barbell
26	4	45mm Square Inner Cap	61	4	15-pound Weight
27	3	38mm Square Inner Cap	62	4	10-pound Weight
28	12	25mm Round Inner Cap	63	2	Lock Collar
29	6	19mm Round Inner Cap	64	2	25mm Thick Round Inner Cap
30	4	32mm Square Inner Cap	65	2	Weight Clip
31	2	Weight Stop	66	4	M4X8mm Self-tapping Screw
32	2	35mm Square Inner Cap	#	1	User's Manual
33	2	Cover Plate	#	1	Exercise Guide
34	1	Cable	#	1	Grease Pack
35	2	15mm Spacer			

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. NFLB09530

R0903B



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 (NFLB09530)
2. The NAME of the product (NFL BY REEBOK® 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