



THE BENCHMARK OF FITNESS

# MANUAL

## MODEL FITBENCH FLEX

### #FLEX02

UPDATED 05.20.2020





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Thank you for purchasing the FITBENCH FLEX!

The FITBENCH FLEX has product features that allow for a wide variety of workout options. It is portable, with two fixed wheels to allow movement when weights are removed. The FITBENCH FLEX also has a soft-close piston shock for the hour glass-shaped bench top.

If you have any questions about your FITBENCH FLEX, please call us at 800-294-0536 or email us at [info@FITBENCH.com](mailto:info@FITBENCH.com) and include the following information:

- Customer Name and Address
- Telephone Number
- Email Address
- FITBENCH FLEX Serial Number (found under the top near the shock)





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### IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using the FITBENCH FLEX, basic precautions should always be taken, including the following:

1. Read all instructions before using the FITBENCH FLEX. These instructions are written to ensure your safety and to protect the unit.
2. Use the FITBENCH FLEX only for its intended purpose. Do not use accessory attachments that are not recommended by FITBENCH.
3. The product should only be used on a level surface. Allow enough space around the FITBENCH FLEX to perform all possible exercises.
4. Do not allow children on or near the FITBENCH FLEX unless supervised by an adult.
5. Do not attempt to lift more weight than you can control safely. If you should feel pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. Never use the FITBENCH FLEX if it has been damaged. Always inspect the FITBENCH FLEX prior to use to ensure it is in proper working condition.
7. Keep hands, limbs, loose clothes, and long hair well out of the way of moving parts.
8. Wear proper exercise clothing and shoes for your workout.
9. Do not use the FITBENCH FLEX as a plyo-box **UNLESS** locking feet unless on a solid, flat surface.

## ASSEMBLY INSTRUCTIONS and ACCESSORY PLACEMENT

The FITBENCH FLEX requires no assembly other than placing the dumbbell weights, kettlebells, and slam ball in their designated locations. It is recommended that once you have the FITBENCH FLEX removed from its packaging, you place the FITBENCH FLEX in its desired location before installing the dumbbell weights, kettlebells, slam ball and any other purchased accessories.





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## DUMBBELL SIZES

There are six sets of dumbbells that come with the FITBENCH FLEX. Depending on your location, you may have received dumbbells in POUNDS or KILOGRAMS.

### Pound Sizes:

- 5 Lb X 2
- 10 Lb X 2
- 15 Lb X 2
- 20 Lb X 2
- 25 Lb X 2
- 30 Lb X 2



### Kilogram Sizes:

- 2 Kg X 2
- 4 Kg X 2
- 6 Kg X 2
- 10 Kg X 2
- 12 Kg X 2
- 14 Kg X 2

## DUMBBELL LOCATION





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## KETTLEBELL SIZES

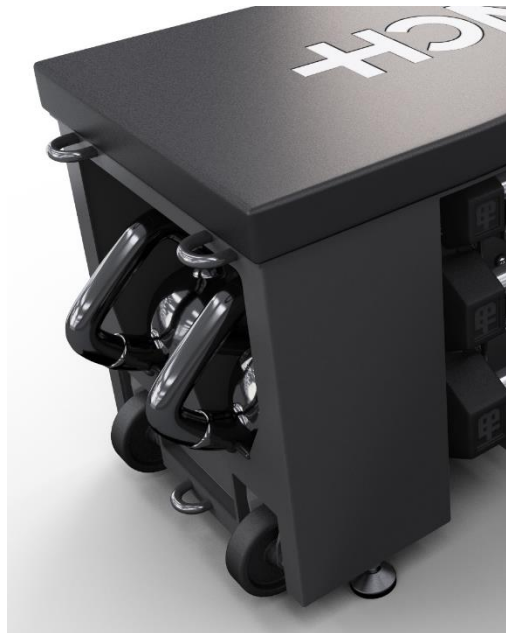
Two kettlebells are included with the FITBENCH FLEX.

Pound Sizes:

- 20 lb / 8 kg
- 30 lb / 14 kg



## KETTLEBELL LOCATION





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## SLAM BALL SIZE

One slam ball is included with the FITBENCH FLEX.

Weight Sizes

- 15 lb / 7 kg



## SLAM BALL LOCATION





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## FITBANDS

We recommend adding the FITBANDS® to your FITBENCH FLEX. Within the FITBANDS® package there will be six FITBANDS®, consisting of two light, two medium and two heavy, with six handles and two ankle straps. These all fit neatly in a sling bag that is provided with your FITBENCH FLEX.

FITBANDS sold separately on FITBENCH.com.



### FITBANDS® Strengths:

- 2 X Gray = Light 10 lb
- 2 X Green = Medium 20 lb
- 2 X Black = Heavy 40 lb
- 6 X Rubber, Commercial-grade handles
- 2 X Ankle-straps







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## GENERAL MAINTENANCE INFORMATION

### Vinyl Top:

- To ensure prolonged life and proper hygiene of the FITBENCH top, the entire FITBENCH vinyl top should be wiped clean with a damp cloth or nonabrasive cleaning solution after every workout.
- Replace ripped or worn FITBENCH FLEX vinyl top immediately. Replacement tops can be found at <https://fitbench.com/view-all-products/>.
- Keep sharp or pointed objects clear of the FITBENCH FLEX vinyl top.
- Always inspect hinge screws and anchor point screws under the top to make sure they are snug/tight.

### Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### Screws:

- Inspect all screws for any loosening and tighten if needed. Go through a re-tightening sequence periodically to ensure that all screws are tightened properly.
- Locktite can be used to improve screw's security.

Check out [www.fitbench.com/train](http://www.fitbench.com/train) or our YouTube page (<https://youtube.com/fitbench>) for exercise ideas, follow along workouts, and training plans.





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## WARRANTY

This warranty is valid only in accordance with the conditions set forth below:

1. This warranty does not cover normal wear and tear.
2. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
3. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability of fitness for a purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

For details of Warranty, please visit <https://fitbench.com/fitbench-warranty/>

**Thank you and welcome to the FITBENCH Family! #FITBENCHFamily**

