

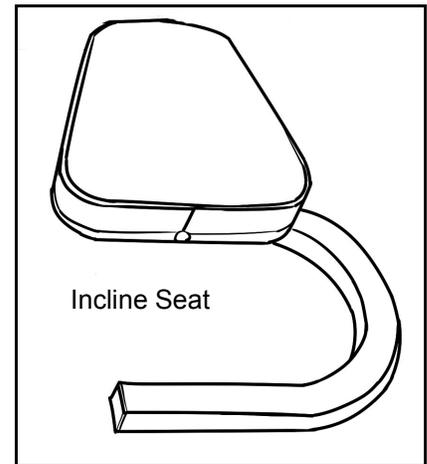
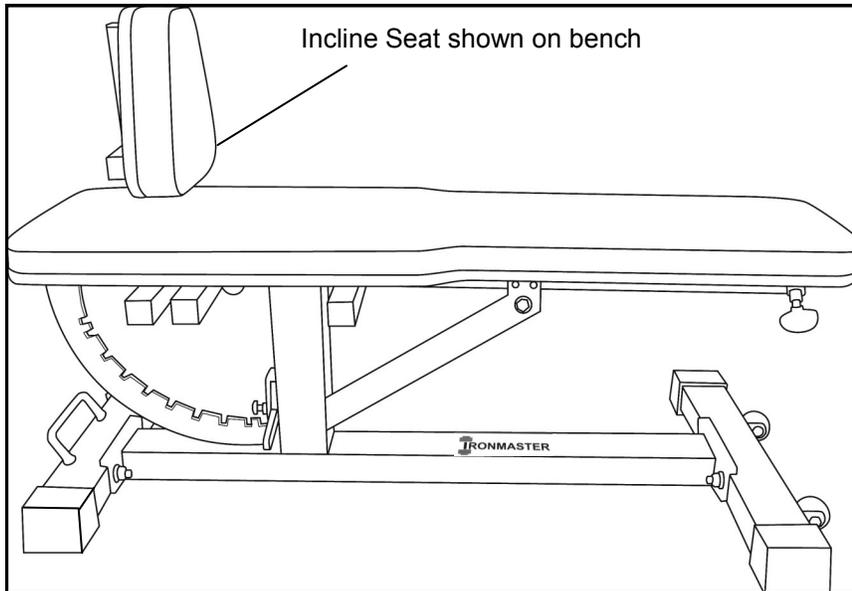
# Assembly & Operating Instructions

## Ironmaster Super Bench PRO-V2

Congratulations on your purchase of this fine Ironmaster product. Be sure to read and understand the operating instructions to achieve the best performance and avoid injury.

### Description:

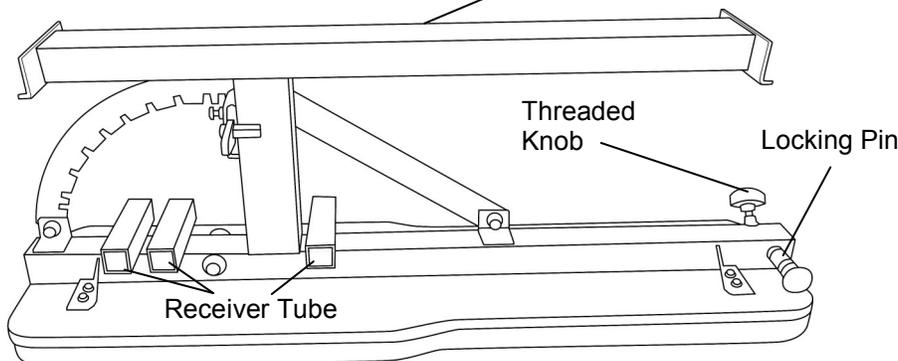
This adjustable exercise bench is designed to be used for dumbbell training, in a rack or cage for barbell training, or with Ironmaster's numerous optional attachments. It is a heavy duty multi use bench with 11 angle positions and includes a removable incline seat. Some tools are required for assembly as indicated in the following steps. The maximum load capacity including the user is 1000 LBS/450 KGS in the flat position and 600 LBS/270 KGS when tilted or the incline seat is used.



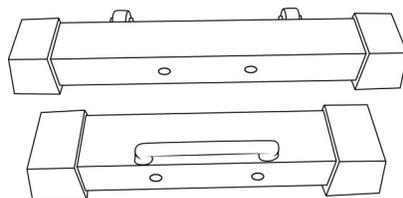
Incline Seat

### Box Contents:

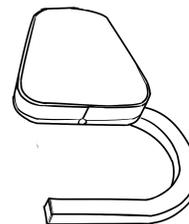
1x Super Bench frame



1x Bolt Pack and Ironmaster Emblem



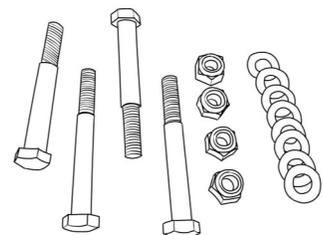
2x Super Bench Foot



1x Incline Seat

1x Instruction manual (Not Shown)

### Bolt Pack Contents:



1x Ironmaster Emblem  
 4x M12 x 100mm Hex Bolts  
 4x M12 Nylock nuts  
 8x M12 Washers

### NOTE:

2x 19mm box wrench or Ratchet wrench (Not included) required for assembly

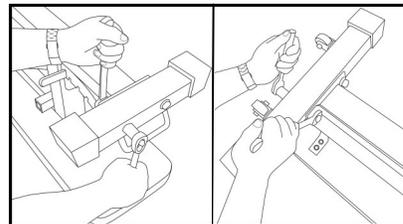
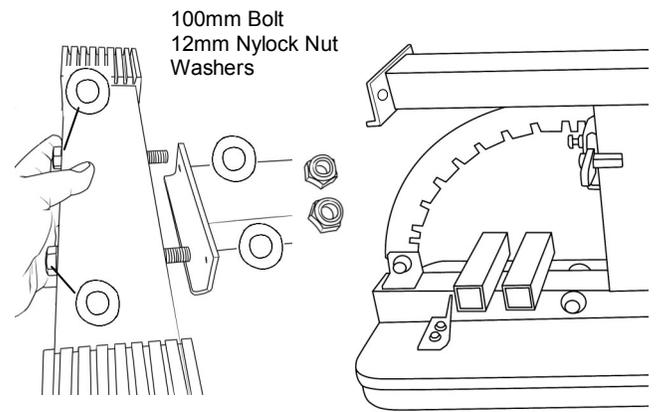
## Assembly:

1. Remove contents from box. Find bolt pack.
2. Install foot while bench is upside down for convenience but do not tighten. **2x M12 x 100mm bolts 4x M12 Washers and 2x Nylock Nuts.**
3. Repeat process with opposite foot. Do not over-tighten.

**NOTE: Foot with Wheels can be mounted on either side according to preference, but the standard position is as shown in Manual.**

4. Turn Super bench upright with feet on the floor before tightening bolts. Tighten bolts on level surface only to assure the bench is level. Do not overtighten which may cause leveling issues. If feet are not level with floor after installation, loosen bolts slightly, allow the bench to settle and retighten.

5. Remove adhesive backing from Ironmaster Emblem and install as shown in desired location.



**Install M12 X100mm bolt and M12 Washer from outside**

**M12 Washer and M12 Nylock Nut on inside of frame**

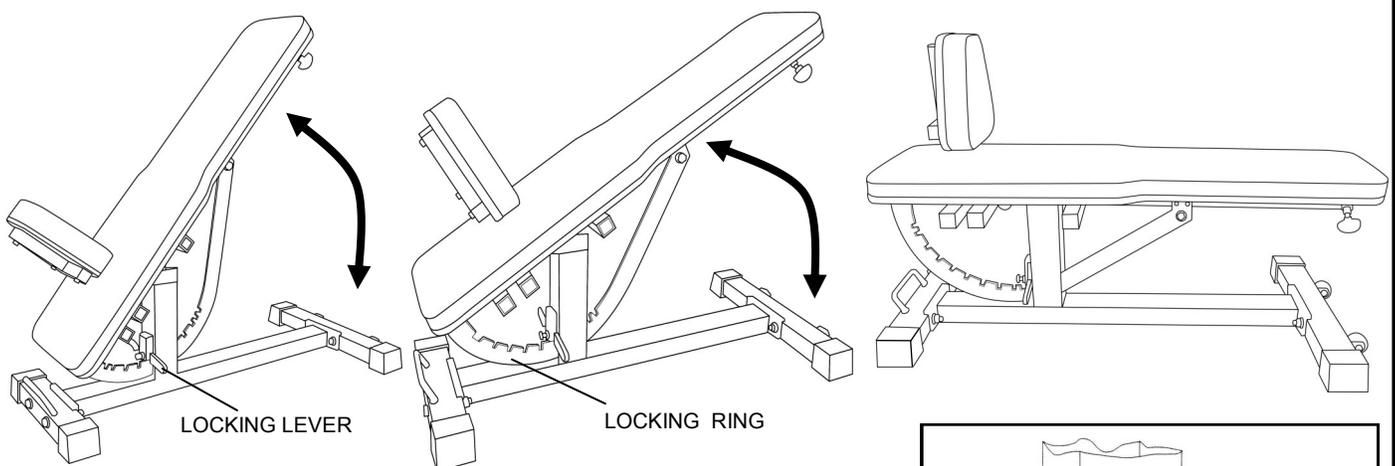
**Note: Do not overtighten bolts! If bench is not level, loosen bolts slightly and allow bench to self level.**

**Tighten securely once both feet are installed and level with floor**

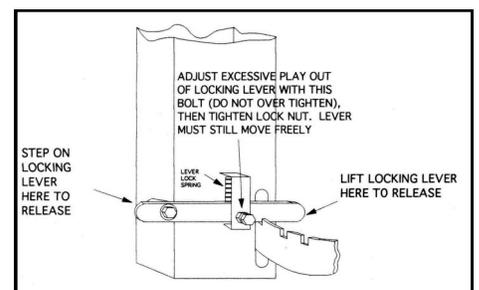
## Operation:

Be sure the locking lever enters the locking ring notches completely before using the bench. To adjust, lift the locking lever and move the bench to any of the 11 desired angles (as shown on the locking ring) and lock lever into position. The incline seat simply plugs in from the side into position. There are three choices of plug ins available to best match height/comfort of user.

**The Super Bench PRO-V2 can be set to any of 11 angles: 0, 5, 10, 20, 30, 40, 50, 60, 70, 80, and 85 degrees (as shown on the Locking ring) by simply lifting the LOCKING LEVER and setting bench to your desired workout position.**

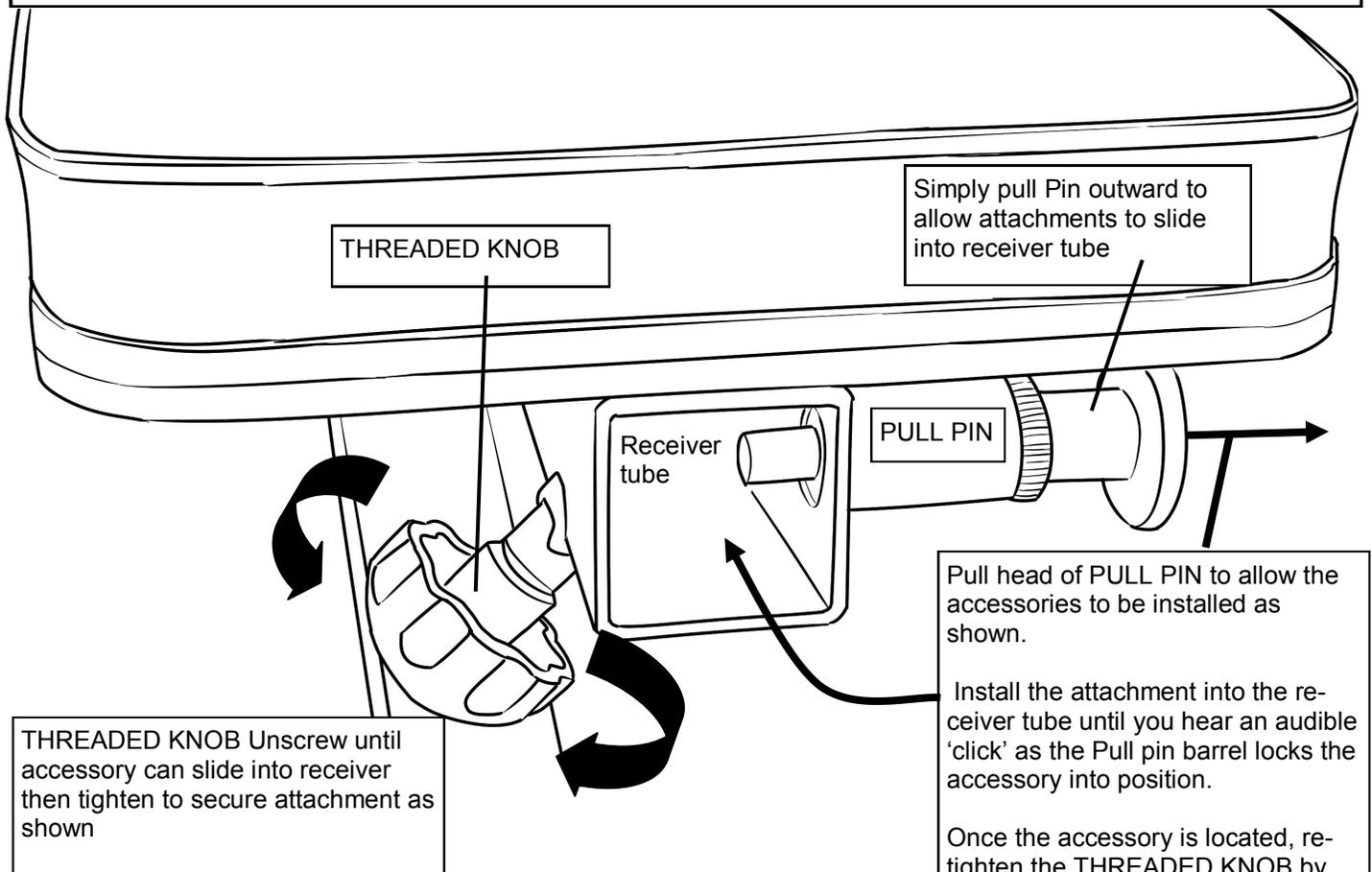


**CAUTION:** Make sure locking lever seats completely into any of the 11 positions (as shown on locking ring) within the locking ring. Failure to locate properly may result in the locking lever slipping out of position during use. If the locking ring cannot locate correctly please refer to Illustration right. Should these adjustments fail to solve the problem, discontinue use and contact Ironmaster for further assistance.



### Using the Super Bench PRO with accessories:

The Ironmaster Super Bench PRO is designed to accommodate an array of attachment (Note only Ironmaster attachments are to be used with the Super Bench PRO). Located at the front of the Super Bench PRO is the receiver tube which will accommodate most Ironmaster attachments (except the Leg attachment, which will use a Leg Attachment designed specifically for the lower bench height of the Ironmaster Super Bench PRO).



**CAUTION:** Although the PULL PIN is spring loaded and a positive lock, it is nevertheless recommended that the THREADED KNOB be tightened firmly while any accessories are being used with the Super Bench for added stability during use.

**WARNING:** Never under any circumstances use any of the Super Bench accessories with either a faulty or missing pull pin in conjunction with the Super Bench. Serious injury could occur.

If the Pull pin fails to operate correctly or for any reason, fails to locate properly with the Ironmaster accessory, discontinue use and contact your nearest dealer.

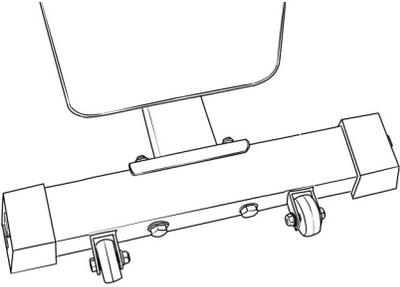
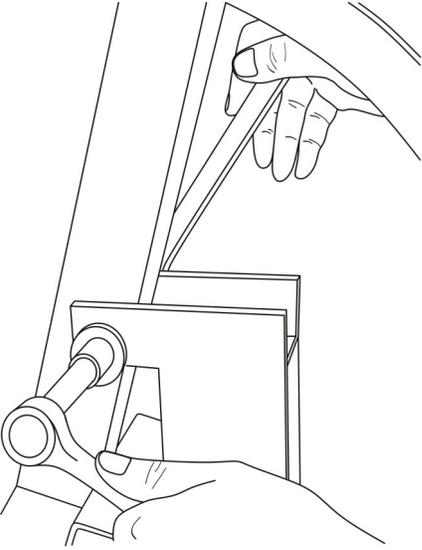
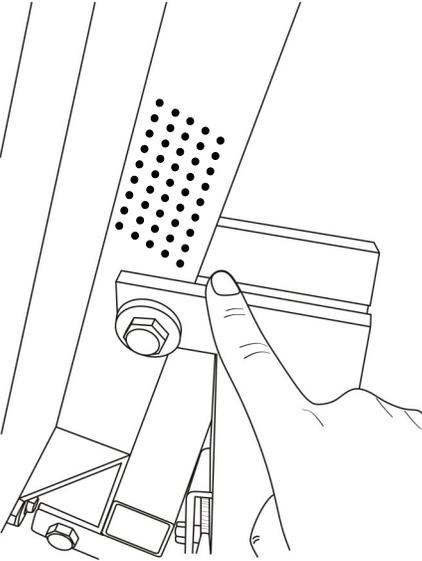
Specific installation instructions for the various Ironmaster accessories can be found in the User manuals provided with each Ironmaster accessory.

**For further details regarding the Super Bench, operation, use with accessories, tutorials and video links, please visit our website at [www.ironmaster.com](http://www.ironmaster.com)**

## Maintenance and Troubleshooting:

The Super Bench PRO is of very robust construction and will provide many years of trouble-free operation. For best performance, please follow these simple steps for maintenance and increased product longevity.

1. Make sure to check and tighten (if needed) the four foot bolts on a regular basis. If bolts are discovered to be loose, do not use the bench until bolts are retightened. Do not overtighten bolts.
2. The main pivot bolt needs to be checked on occasion. If this bolt loosens over time, the bench will not feel as solid. You will require 2x 19mm wrenches to tighten this bolt. However, use care, if over-tightened the bench will not function properly as the seat deck frame will be unable to rotate freely to sit into the lower frame and therefore it will be difficult to bring the bench back to a full prone position.
3. Lubrication—yearly or as needed. The portion of the frame where the upper frame and lower frame meet is pre-lubricated from the factory with a generous amount of grease. Over time, this can become dirty/dried out and lead to premature rubbing/wear. If lubricant is overly dirty or dried out, wipe the area clean with a dry cloth and re-lubricate the area with a light general grease where the seat frame base and lower frame meet when the bench seat is down. Also use a sparing amount of general purpose grease or oil on the locking lever area contact points (after cleaning).

 <p>Check foot bolts regularly and tighten as needed. Only use the Ironmaster Step bench on a level non skid surface.</p> <p>Overtightening or loose bolts can cause a bench to be wobbly.</p> <p>Excessive sweat and moisture can cause damage to paint, finish and upholstery. Regular cleaning after workouts will significantly improve the condition of your bench as well as extend longevity.</p>	 <p>The pivot bolt needs to be checked periodically. If seat has a slight side to side movement, tighten until movement ceases. Do not over tighten as it will impede movement.</p>	 <p>Check for adequate lubrication where the bottom of the seat frame meets the lower frame as shown. Use a light general grease in both the pivot area and lever locking mechanism (not pictured)</p>
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### For customer service, contact your local distributor or:

Ironmaster LLC, 14562 167th Ave SE Monroe, WA 98272 USA

Web site: [www.ironmaster.com](http://www.ironmaster.com) Email: [support@ironmaster.com](mailto:support@ironmaster.com) Tel: 800-533-3339 or 1-360-217-7780

### Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.

10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.