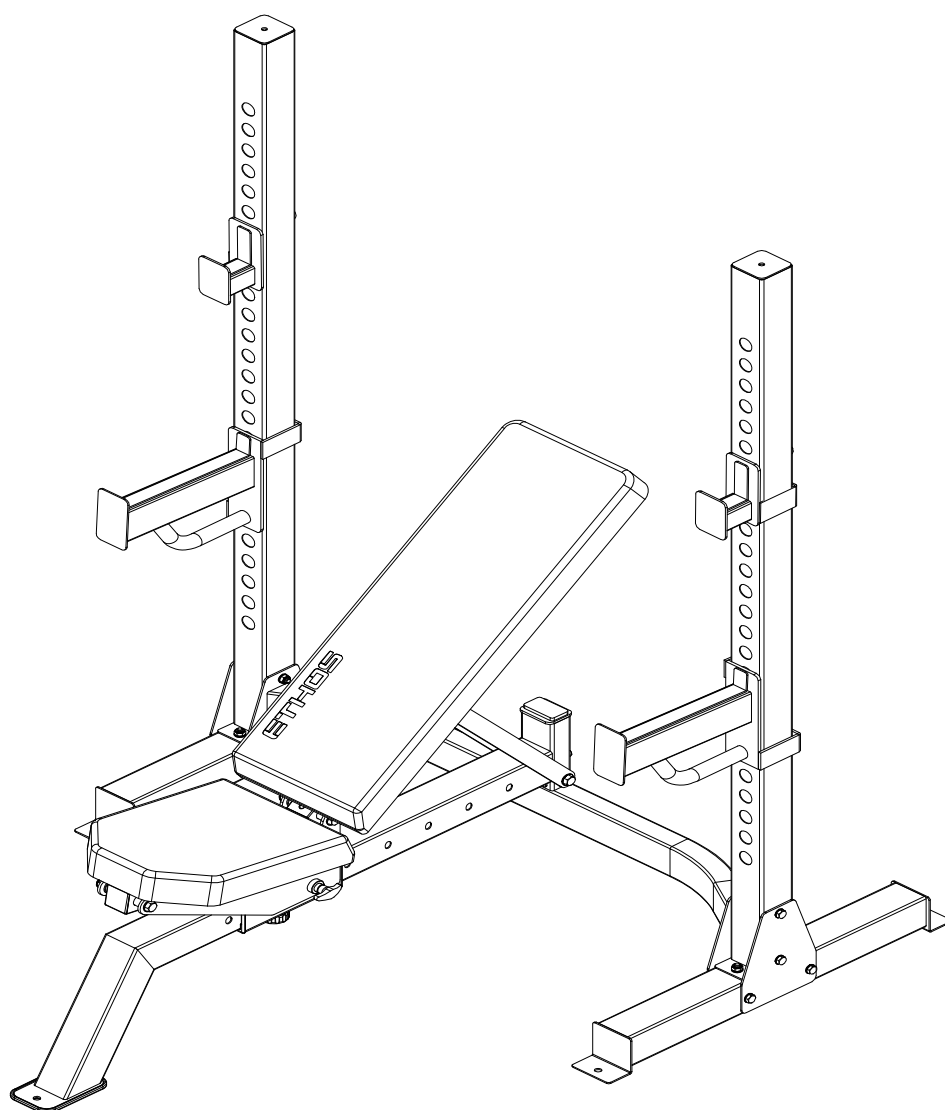


ETHE301

ETHOS OLYMPIC BENCH

OWNER'S MANUAL



Dick's Sporting Goods 345 Court Street Coraopolis, PA 15108

ETHOS

TABLE OF CONTENTS



SECTION	PAGE
BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICE	2
IMPORTANT CARE AND MAINTENANCE	3
WARNING LABEL PLACEMENT	4
PARTS LIST	5
HARDWARE PACK	6
ASSEMBLY INSTRUCTIONS	7-11
EXPLODED DIAGRAM	12
INCLINEADJUSTMENT	13
WARRANTY	14

BEFORE YOU BEGIN

Thank you for selecting the ETHOS Olympic Bench. For your safety and benefit, read this manual carefully before using the exercise equipment. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

Toll-Free Customer Service Number

1-877-846-9997

Mon. – Fri. 9 a.m. – 5 p.m. EST



IMPORTANT SAFETY NOTICE

Certain precautions apply when you operate a piece of exercise equipment. For your safety and benefit, read this manual carefully prior to assembly or use. Failure to follow the instructions and safety precautions in this manual can result in **serious injury or death or damage to equipment.**

This machine is designed and intended for home and consumer use only, not for commercial use.

WARNING

1. **CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.**
2. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. This exercise bench is **NOT FOR USE BY CHILDREN UNDER AGE 14**. Do not leave children and pets unsupervised. Keep children and pets away from the area when in use.
4. **DO NOT adjust seat or backrest while sitting on bench. Adjust seat and backrest from standing position, with no weight on the seat or backrest.**
5. **Only a 7' Olympic bar should be used with this machine.**
6. **ALWAYS** ensure Pull Pins are fully engaged when adjusting the angle of the seat or back.
7. **ALWAYS** turn Pull Pins to fully tighten.
8. **ALWAYS** lift bench from handle and roll on wheels when moving/repositioning. To prevent finger and hand entrapment, **DO NOT** lift bench from any other position.
9. **ALWAYS test the position of the seat and backrest to be sure both are secure before beginning exercises.**
10. **Pinch Hazard: Exercise extreme caution when adjusting or moving the bench. DO NOT put hands or other body parts close to the notched area while adjusting bench and legs. Keep hands away from all moving parts.**
11. Ensure locking nuts are installed properly prior to use of this equipment. Failure to install locking nuts may lead to equipment damage or failure.
12. Ensure the Spotter Arms side labelled as INSIDE faces the frame interior.
13. Only one person at a time should use the bench.
14. Position the equipment on an obstruction free, level surface. DO NOT use the equipment near water or outdoors. Corrosion caused by installation in these locations can lead to premature failure of components.
15. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the bench. Running or aerobic shoes are required when using the bench.
16. DO NOT use attachments not recommended by the manufacturer.
17. Incorrect or excessive exercise may lead to injury
18. Do not place any sharp objects around the bench.
19. Before using the bench, always stretch properly to warm up.
20. Never operate the bench if the bench is not functioning properly.

21. Always exercise with an experienced spotter.
22. Use the bench only for its intended use as described in this manual.

Instructions:

1. Set the Spotter Arms just below (1-2 inches) the lowest point of the exercise being performed.
2. Always start with weight bar on the J-hooks.
3. Do not drop weight or weight bar on Spotter Arms.
4. Use numbers on the Olympic Bench frame to install Spotter Arms at the same level on both sides.



IMPORTANT! CARE AND MAINTENANCE

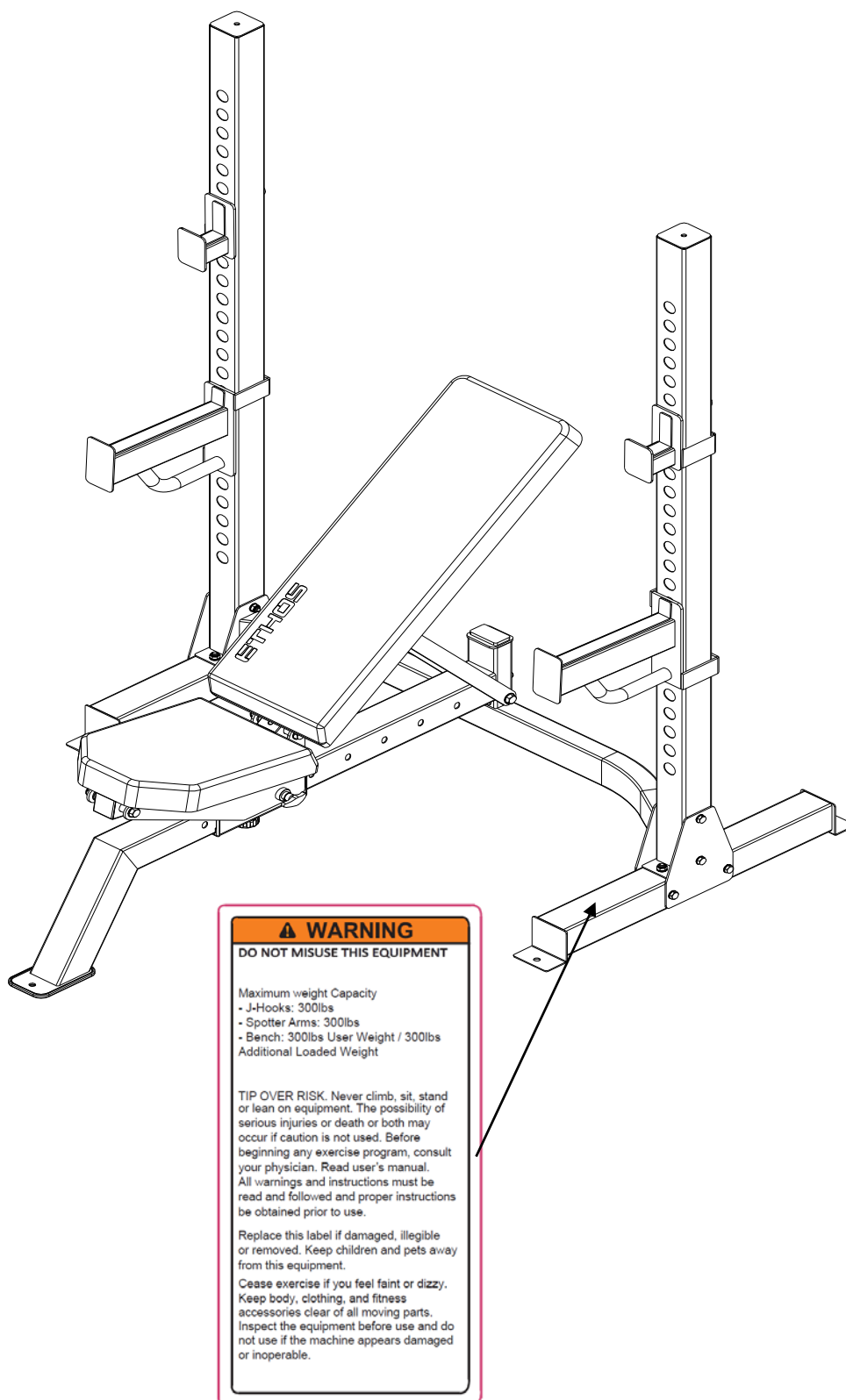
1. Inspect bench regularly for signs of wear or failure and tighten all parts before using the bench. DO NOT over tighten. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. If the bench is making any abnormal sounds that may indicate structural fatigue (e.g. cracking), stop use immediately and have the bench inspected by a professional.
3. **Failure to examine regularly may affect the safety level of the bench.**
4. Periodically Lubricate moving parts with WD-40 or light oil.
5. The bench can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach.
6. **Maximum Weight Capacity (User Weight + Weights): '**
 - J-Hooks: 300lbs
 - Spotter Arms: 300lbs
 - Bench: 300lbs User Weight + 300lbs Additional Loaded Weight
7. Assembled Dimension: 62.7" L x 50" W x 71.4" H

⚠ WARNING

: CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NOT FOR USE BY CHILDREN UNDER AGE 14. INSPECT FOR DAMAGE BEFORE EACH USE. DO NOT USE IF DAMAGED OR MISSING PARTS.

SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT



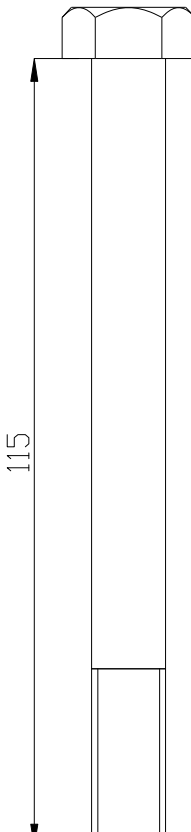
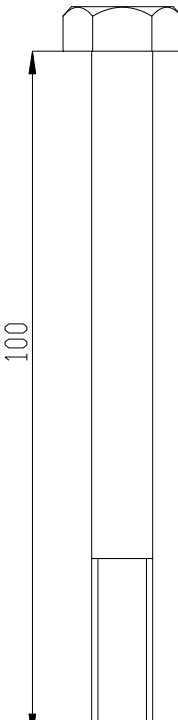

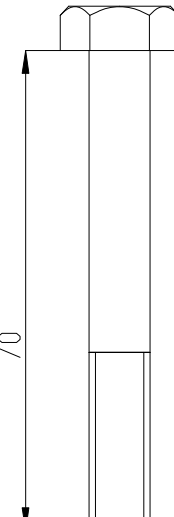
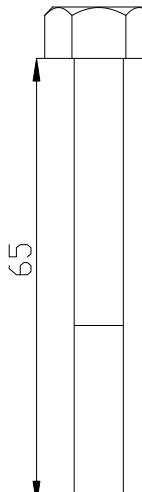
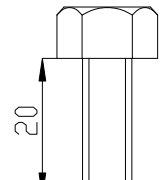
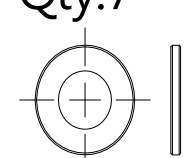
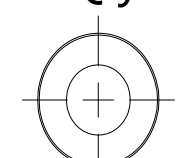
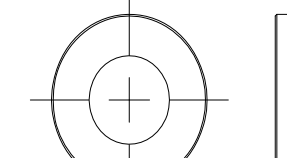
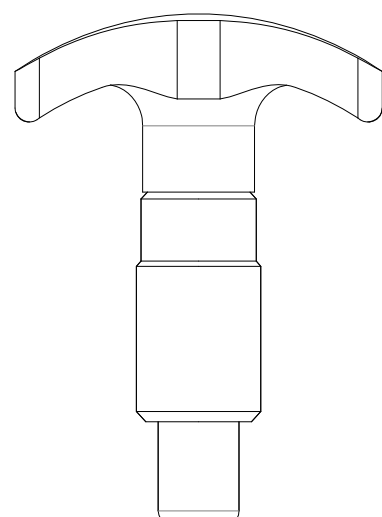
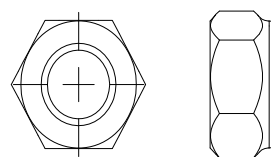
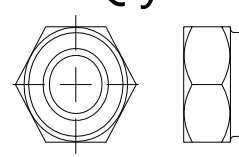
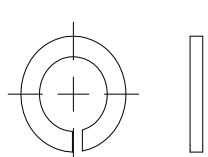
The warning labels shown here have been placed on the Rear Base. If the labels are missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

ETHOS OLYMPIC BENCH PARTS LIST

Part #	Description	Qty	Remark
1	Bench Mainframe	1	
2	Cross Frame	1	
3	Right/Left Base Frame	2	
4	Right Upright	1	
5	Left Upright	1	
6	Support Plate	2	
7	Backrest Support Frame	1	Pre-assembled
8	Seat Support Frame	1	Pre-assembled
9	Knob	1	
10	Shuttle Plastic Plug	2	Pre-assembled
11	Backrest	1	
12	Seat	1	
13	Left Safety Spotter	1	
14	Right Safety Spotter	1	
15	Left Bar Rest	1	
16	Right Bar Rest	1	
17	Front Foot Boot	1	Pre-assembled
18	Shuttle Frame	1	
19	Support Frame	1	
20	End Cap 50*50	3	Pre-assembled
21	Nylon Bushing	8	Pre-assembled
22	Pull Pin	1	
23	Hex Head Bolt M10*100	8	
24	Hex Head Bolt M10*70	2	
25	Hex Head Nut M10	12	
26	Hex Head Bolt M10*95	4	
27	Counter Sunk Bolt ST4.2*18	2	Pre-assembled
28	Hex Head Bolt M12*115	4	Pre-assembled (2)
29	Washer M12	8	Pre-assembled (4)
30	Hex Head Nut M12	4	Pre-assembled (2)
31	Hex Head Bolt M8*20	6	
32	Washer $\phi 10$	26	
33	Washer $\phi 8$	7	
34	Hex Head Bolt M8*65	1	
35	Rubber Bumper	2	Pre-assembled
36	Spring Washer $\phi 10$	2	

HARDWARE PACK

Bolts & Washers Size Chart

<p>#28 Qty:2</p>  <p>115</p> <p>M12*115</p>	<p>#23 Qty:8</p>  <p>100</p> <p>M10*100</p>	<p>#26 Qty:4</p>  <p>95</p> <p>M10*95</p>	<p>#24 Qty:2</p>  <p>70</p> <p>M10*70</p>	<p>#34 Qty:1</p>  <p>65</p> <p>M8*65</p>	<p>#31 Qty:6</p>  <p>20</p> <p>M8*20</p>
<p>#33 Qty:7</p>  <p>8/16mm</p>	<p>#32 Qty:26</p>  <p>10/20mm</p>	<p>#29 Qty:4</p>  <p>13/25mm</p>	<p>#22 Qty:1</p> 		
<p>#30 Qty:2</p>  <p>M12</p>	<p>#25 Qty:12</p>  <p>M10</p>			<p>#36 Qty:2</p>  <p>11/17mm</p>	

ASSEMBLY INSTRUCTIONS

WARNING

: Ensure locking nuts are installed properly prior to use of this equipment. Failure to install locking nuts may lead to equipment damage or failure.

- A flat area of 6' x 6' will be required to properly assemble the Olympic Bench.
- The following tools will be required to complete the assembly of the Olympic Bench:
- 14-19mm Box wrench

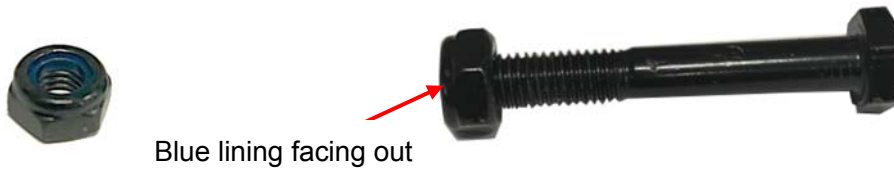
All plastic end caps and plugs have been assembled on the unit prior to shipment. They are shown on the assembly drawing for reference in the event replacement parts are needed.

 **CAUTION!** It is required that this bench be assembled and moved by two or more people to avoid possible injury.

Please refer to the illustration to ensure that all parts are oriented correctly. **HAND TIGHTEN ALL BOLTS INITIALLY UNTIL THE UNIT IS COMPLETELY ASSEMBLED.** Check all hardware by placing them against the real size drawing on the “Bolts & Washers Size Chart”. Over tightening will cause metal to crimp, do not over tighten.

STEP 1 (See Diagram 1)

- a) Make sure there are two adults to assemble this item.
- b) Locking nuts should be tightened to bolts with the blue lining facing out. Locking nuts help prevent bolts from backing out and must be installed correctly prior to use.



- c) Attach Right Upright (4) to Right Base Frame (3) using two Hex Head Bolts (26), four Washers (32) and two Hex Head Nuts (25).
- d) Attach Cross Frame (2) to Right Upright (4) and Right Base Frame (3) using one support plate (6), four Hex Head Bolts (23), eight Washers (32) and four Hex Head Nuts (25).
- e) Repeat step b and c for left side.

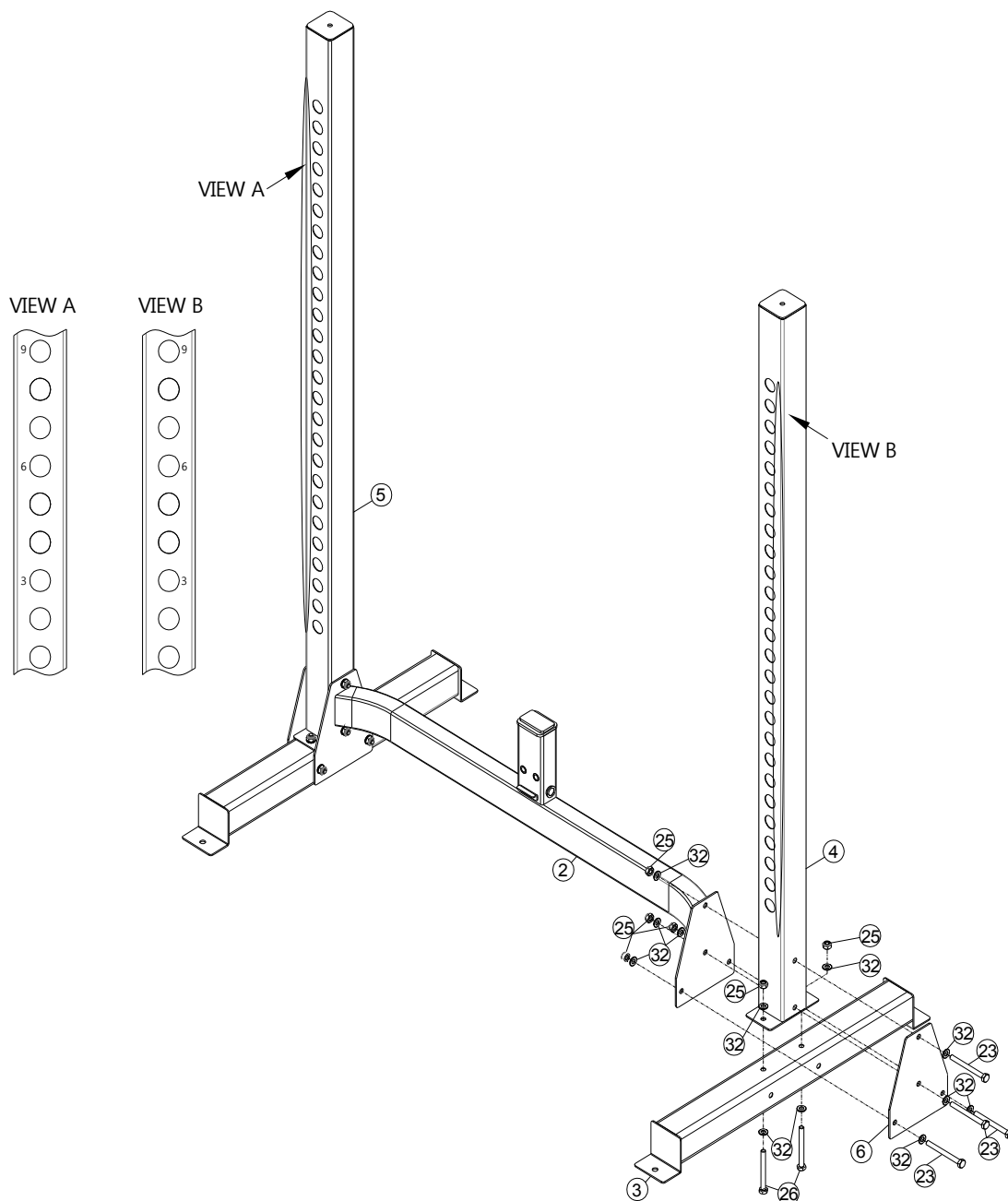


Diagram 1. Main Frame Assembly

Step 2 (See Diagram 2)

- a) Seat Support Frame (8) and Backrest Support Frame (7) are pre-assembled to Shuttle Frame (18). Insert the Bench Mainframe (1) to Shuttle Frame (18) per below picture shown.
- b) Attach Pull pin (22) through Shuttle Frame (18) into the hole on Bench Mainframe (1) per below picture shown. Make sure the Pull pin (22) is securely locked into place in the hole on the Bench Mainframe (1).
- c) Attach one Knob (9) to the Shuttle Frame (18). Do NOT over tighten, the Shuttle Frame (18) should move freely during adjustment. Always tighten the Knob (9) after the adjustment.

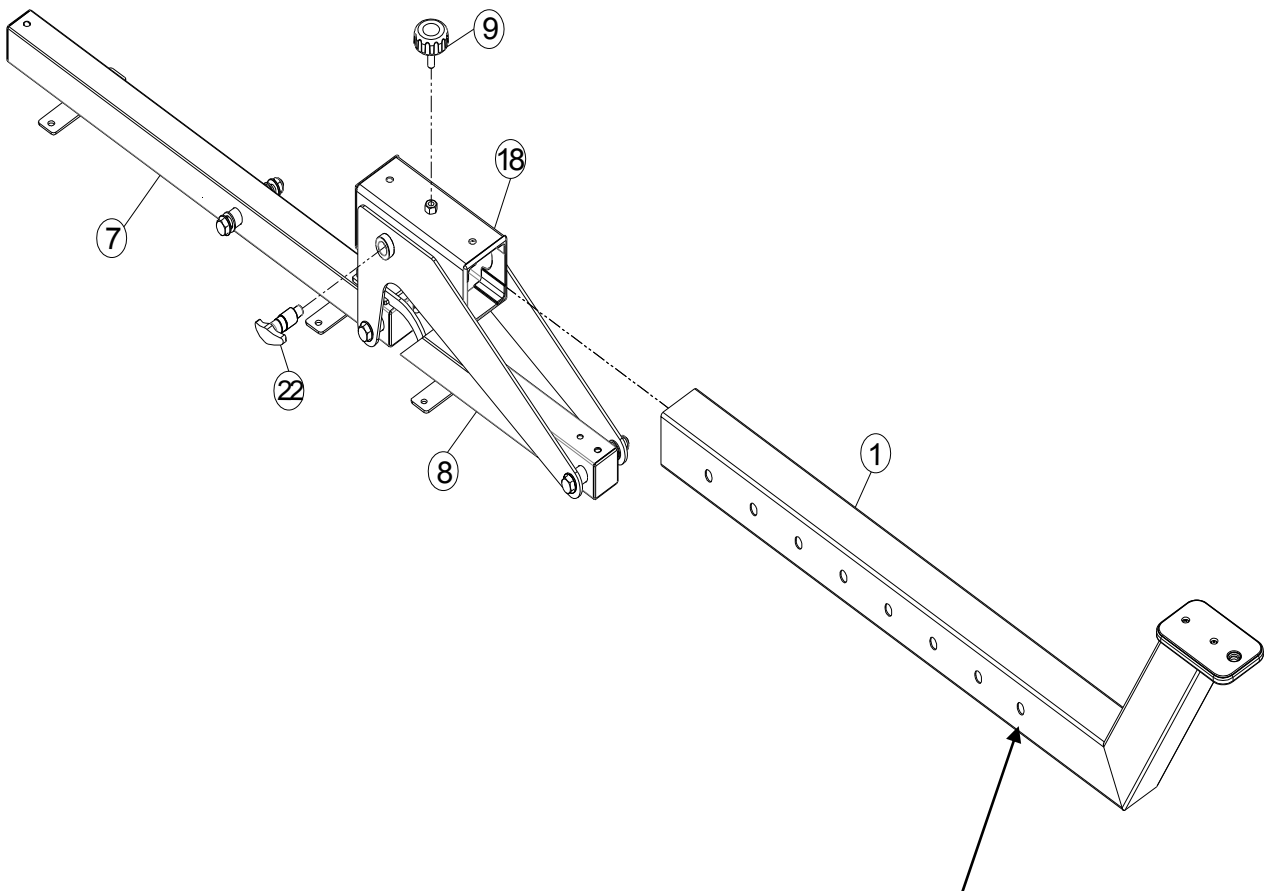


Diagram 2. Main Frame Assemble

Step 3 (See Diagram 3)

- a) Attach assembled Bench Mainframe (1) to Cross Frame (2) using two Hex Head Bolts (24), two Spring Washers (36) and two Washers (32).
- b) Attach Support Frame (19) to Cross Frame (2) using one Hex Head Bolt (28), two Washers (29) and one Hex Head Nut (30).
- c) Attach Support Frame (19) to Backrest Support Frame (7) using one Hex Head Bolt (28), two Washers (29) and one Hex Head Nut (30).

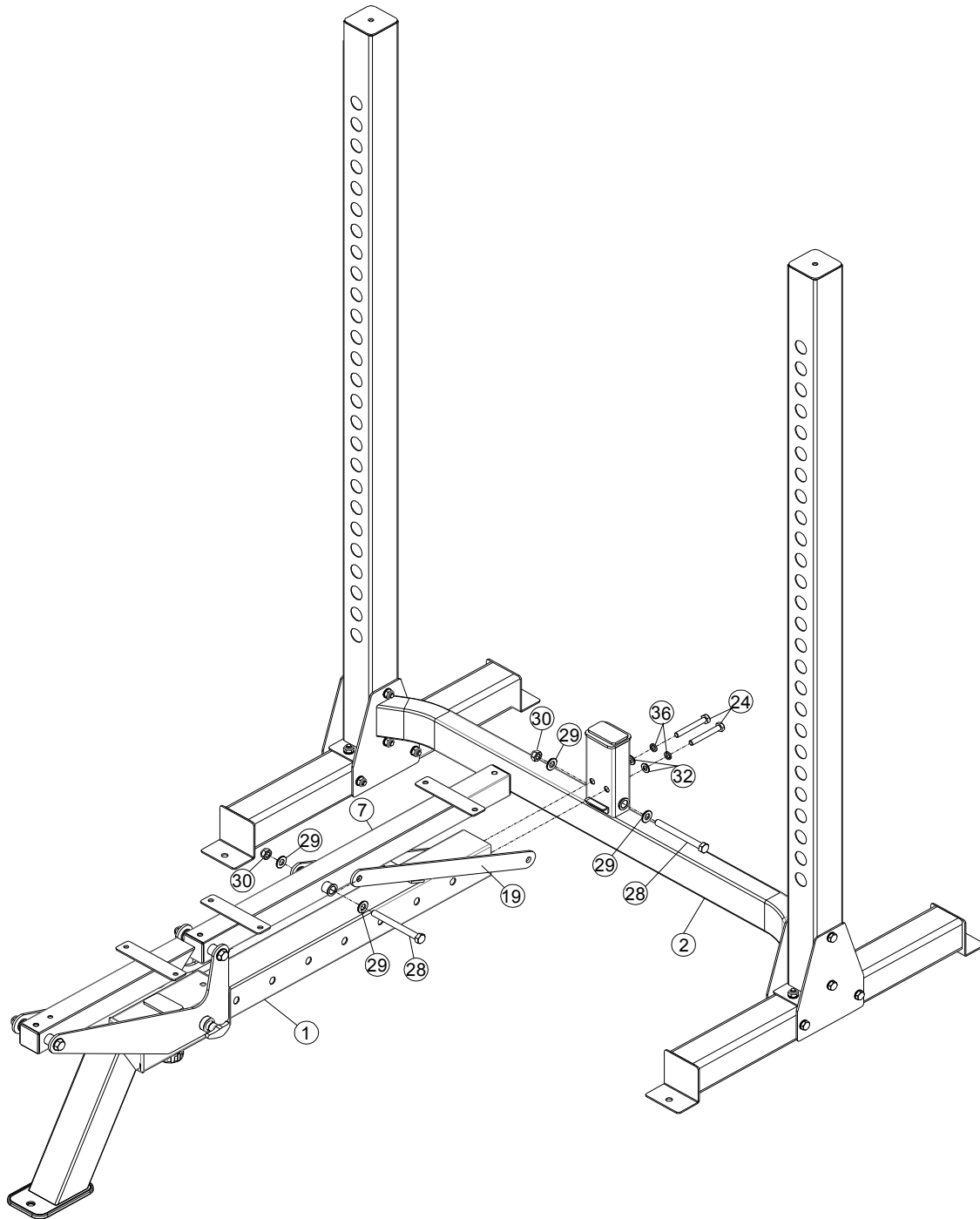


Diagram 3. Bench Mainframe and Support Frame Assemble

Step 4 (See Diagram 4)

- a) Attach the Backrest (11) to the Backrest Support Frame (7) using four Hex Head Bolts (31) and Four Washers (33).
- b) Attach the Seat (12) to the Seat Support Frame (8) using two Hex Head Bolts (31), one Hex Head Bolt (34) and three Washers (33).
- c) Check the final assembly against illustrations and tighten all nuts and bolts securely.
- d) Place both Bar Rests (15 and 16) onto Right Upright (4) and Left Upright (5).
- e) Place both Safety Spotters (13 and 14) onto Right Upright (4) and Left Upright (5). Ensure the side labeled as **INSIDE** is facing the frame interior.

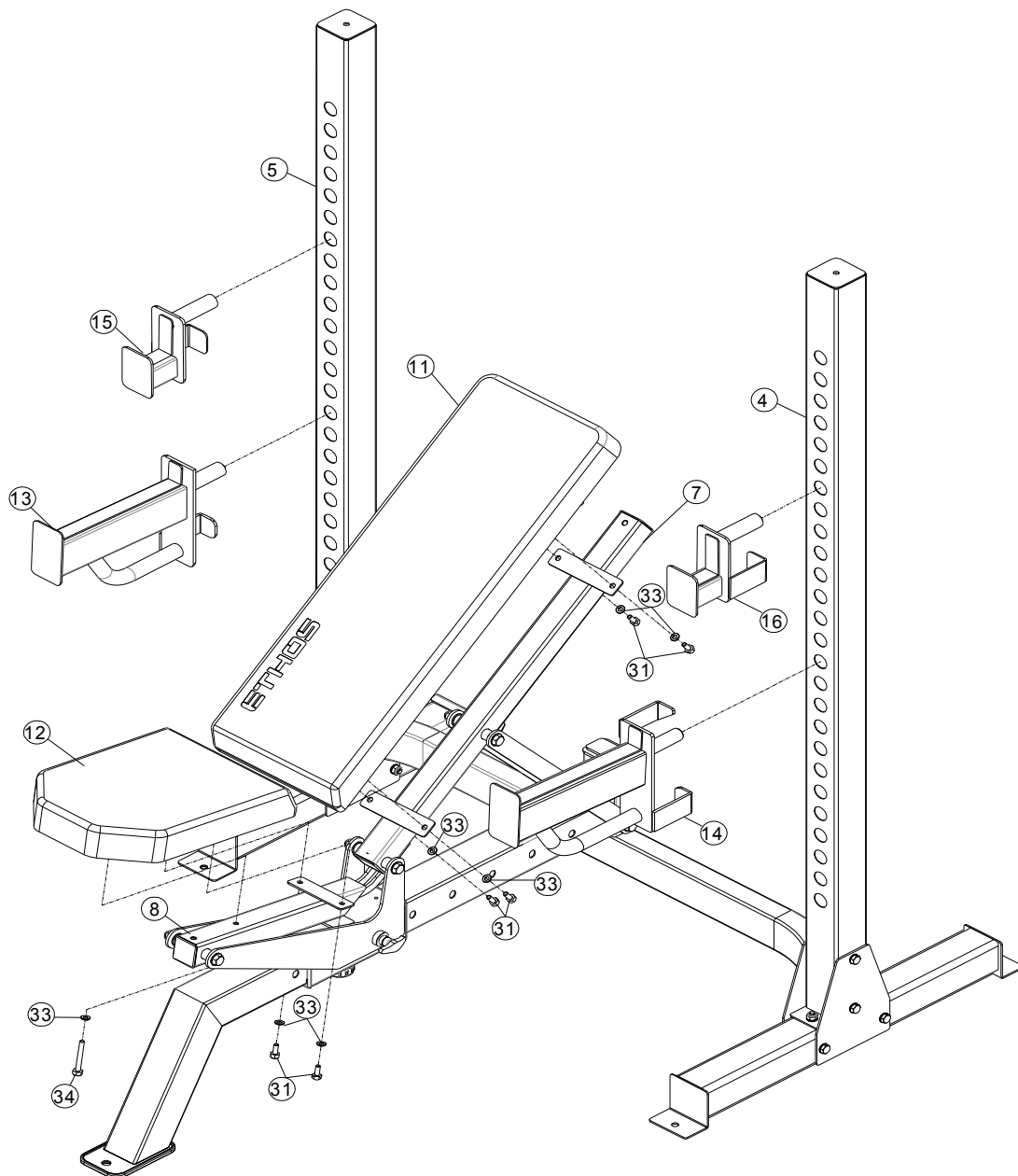
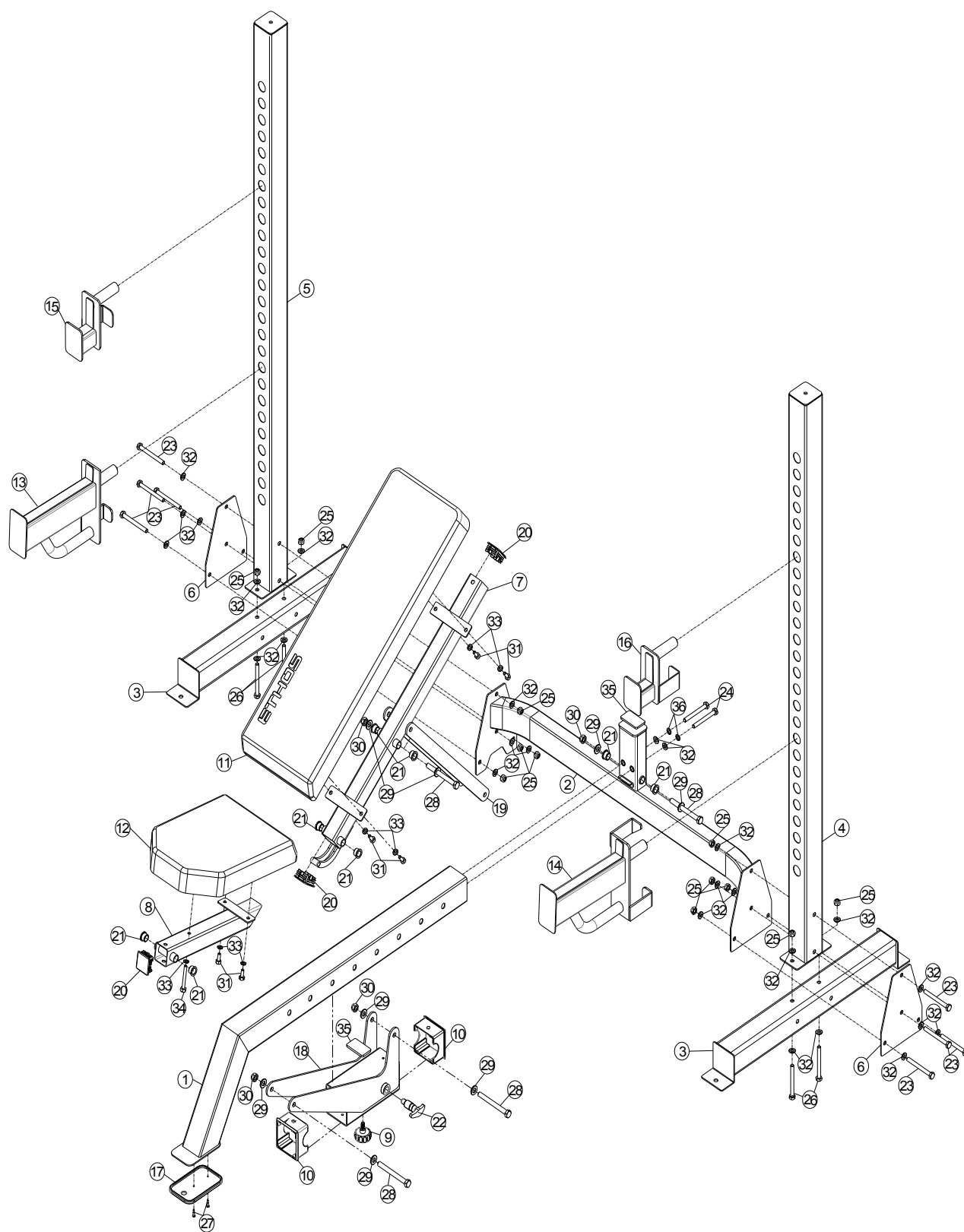


Diagram 4. Seat and Bench Assemble

EXPLODED DIAGRAM

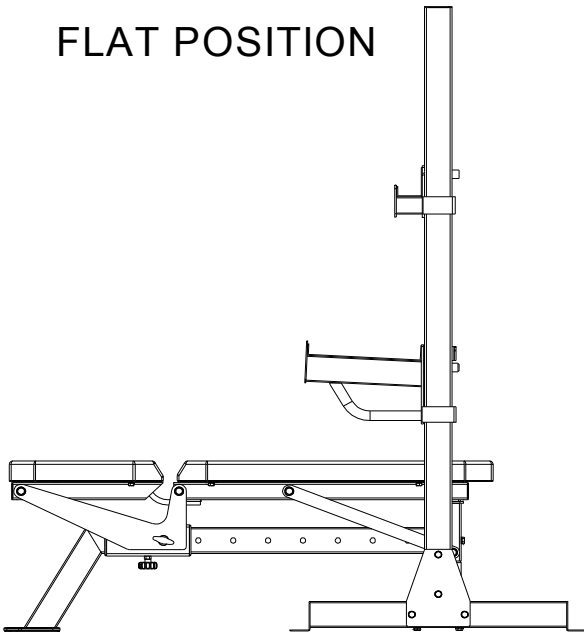


INCLINEADJUSTMENT

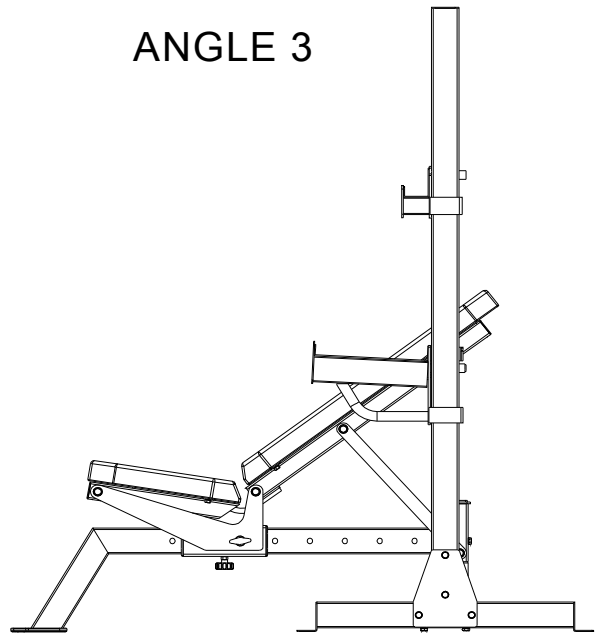
When adjusting the Backrest incline, do **NOT** over tighten the Knob (8), the Shuttle Frame (18) should move freely during adjustment. **ALWAYS** tighten the knob (8) after the adjustment. Adjust the backrest and seat from a standing position with no weight on the backrest or seat.

Backrest Incline can be adjusted from 0° to 85° .

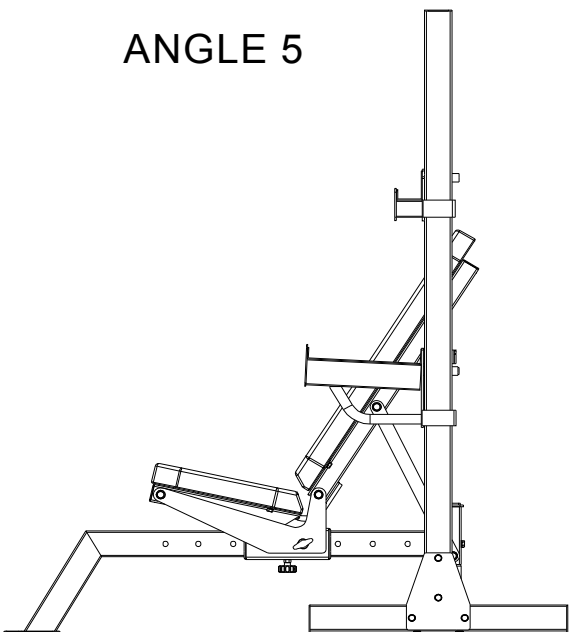
FLAT POSITION



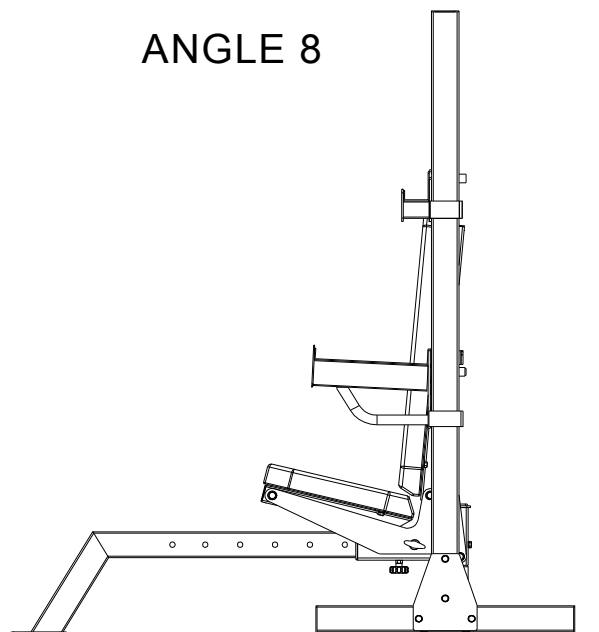
ANGLE 3



ANGLE 5



ANGLE 8



DICK'S LIMITED WARRANTY

DICK'S warrants the products described above to be free from defects in workmanship and materials as follows:

Who is Covered?

This limited warranty ("Limited Warranty") covers only the person who first purchased the product. This Limited Warranty expires at the time of transfer and is not transferable to anyone else. Proof of purchase is required to make a warranty claim.

What the Warranty Covers

This Limited Warranty covers defects in materials and workmanship.

What the Warranty Does Not Cover

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in rental applications.
- Products that have been modified using replacement parts that were not provided by Dick's.
- Defects or damage caused by using third-party parts or services.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

What the Period of Coverage Is

This Limited Warranty lasts for a period of one year from receipt of the product (unless a different warranty period is noted in Appendix 1). Any implied warranty arising under state law is limited in duration to the one-year period (or other noted time frame) of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

How to Make a Warranty Claim

You can make a warranty claim by bringing the product to any store location of the chain the product was purchased as long as: (1) it meets the warranty criteria, (2) is within the warranty period (one year, unless noted differently in Appendix 1), (3) you have a valid proof of purchase and provide that to the store at the time of making the warranty claim, and (4) you are the original purchaser of the product. If you are unable to find your valid proof of purchase, please contact 1-877-846-9997 and a customer service representative may be able to assist.

Please direct all warranty service inquiries as follows:

If in writing, mail to:

**DICK'S Sporting Goods, Inc.
345 Court St.
Coraopolis, PA 15108
Attn: Customer Service**

If by telephone, call: **1-877-846-9997**

What DICK'S Will Do to Correct the Problem

Once you make a valid warranty claim, DICK'S will either:

- Return or exchange the product; or
- Provide a free replacement part, if applicable; or
- Repair the product for free, if applicable.

How State Law Applies

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Appendix 1

PRODUCT CATEGORY	WARRANTY TERMS	LIMITATIONS
GYM UNITS	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
WEIGHT BARS	Limited Lifetime*	Warranted for indoor use only
KETTLEBELLS/DUMBBELLS/WEIGHT PLATES	Limited Lifetime*	-
WEIGHT STORAGE	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
WEIGHT BENCHES	Frames/Welds: Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
CARDIO (Bike, Rower)	Frame/Welds: 5 Year Limited Warranty, Components: 2 Year Limited Warranty	Warranted for indoor use only
ACCESSORIES (Sandbag, Pull-Up Assist, Rig Accessories, Collars, Foam Rollers & Recovery, Plyo Box, Battle Ropes)	Three-Year Limited Warranty	Warranted for indoor use only
SLAM BALLS	Three-Year Limited Warranty	Warranted for indoor use only
WALL BALLS	Three-Year Limited Warranty	Warranted for indoor use only
RINGS/SUSPENDED STRAPS	Three-Year Limited Warranty	Warranted for indoor use only
GLOVES/GRIPS	One-Year Limited Warranty	-
JUMP ROPES	Three-Year Limited Warranty	-
SUPER BANDS	Three-Year Limited Warranty	-
WEIGHTED VESTS	Three-Year Limited Warranty	-
AB MAT	Three-Year Limited Warranty	-

*DICK'S warrants this product from defects in material, functionality and workmanship for the lifetime of the product. "Lifetime" warranty coverage ends when the product becomes unusable for reasons other than defects in material or workmanship. This warranty applies only to the original purchaser for as long as they own the product and is non-transferable.