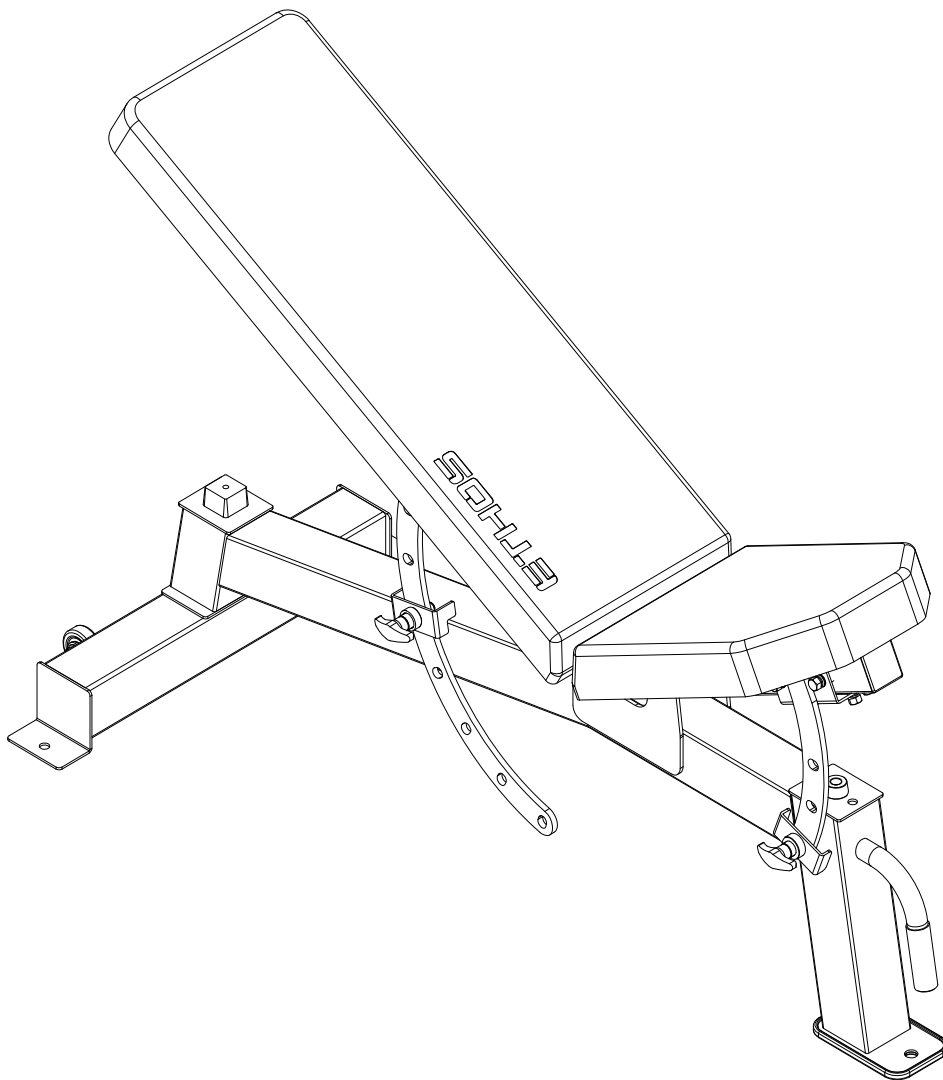


ETHE302

ETHOS UTILITY BENCH

OWNER'S MANUAL



Tools Require:
14-19mm Box Wrench

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
IMPORTANT OPERATIONAL INSTRUCTIONS	3
WARNING LABEL PLACEMENT	4
PARTS LIST	5
HARDWARE PACK	6
ASSEMBLY INSTRUCTIONS	7-8
EXPLODED DIAGRAM	9
INCLINEADJUSTMENT	10
WARRANTY	11

BEFORE YOU BEGIN

Thank you for selecting the ETHOS UTILITY 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

For your safety and benefit, read the following instructions carefully prior to assembly or use. Failure to follow all instructions and safety precautions 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 a standing position, with no weight on the seat or backrest.**
5. **ALWAYS** ensure Pull Pins are fully engaged when adjusting the angle of the seat or back.
6. **ALWAYS** turn Pull Pins to fully tighten.
7. **ALWAYS** test the position of the seat and backrest to be sure they are fully engaged before beginning exercises.
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. **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.**
10. Ensure locking nuts are installed properly prior to use of this equipment. Failure to install locking nuts may lead to equipment damage or failure.
11. Only one person at a time should use the bench.
12. Position the bench on an obstruction free, level surface. DO NOT use the bench near water or outdoors. Corrosion caused by installation in these locations can lead to premature failure of components.
13. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught on the bench. Running or aerobic shoes are required when using the bench.
14. DO NOT use attachments not recommended by the manufacturer.
15. Incorrect or excessive exercise may lead to injury
16. Do not place any sharp objects around the bench.
17. Before using the bench, always stretch properly to warm up.
18. Never operate the bench if the bench is not functioning properly.
19. Always exercise with an experienced spotter.
20. Use the bench only for its intended use as described in this manual.



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 equipment 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): 300lbs User Weight + 300lbs Additional Loaded Weight**
7. Assembled Dimension: 53.6" L x 24" W x 17.7"H



IMPORTANT! OPERATIONAL INSTRUCTIONS

1. This product is designed to be used for weight training, exercise, and physical fitness activities.
2. This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment

This exercise equipment is intended for residential use.

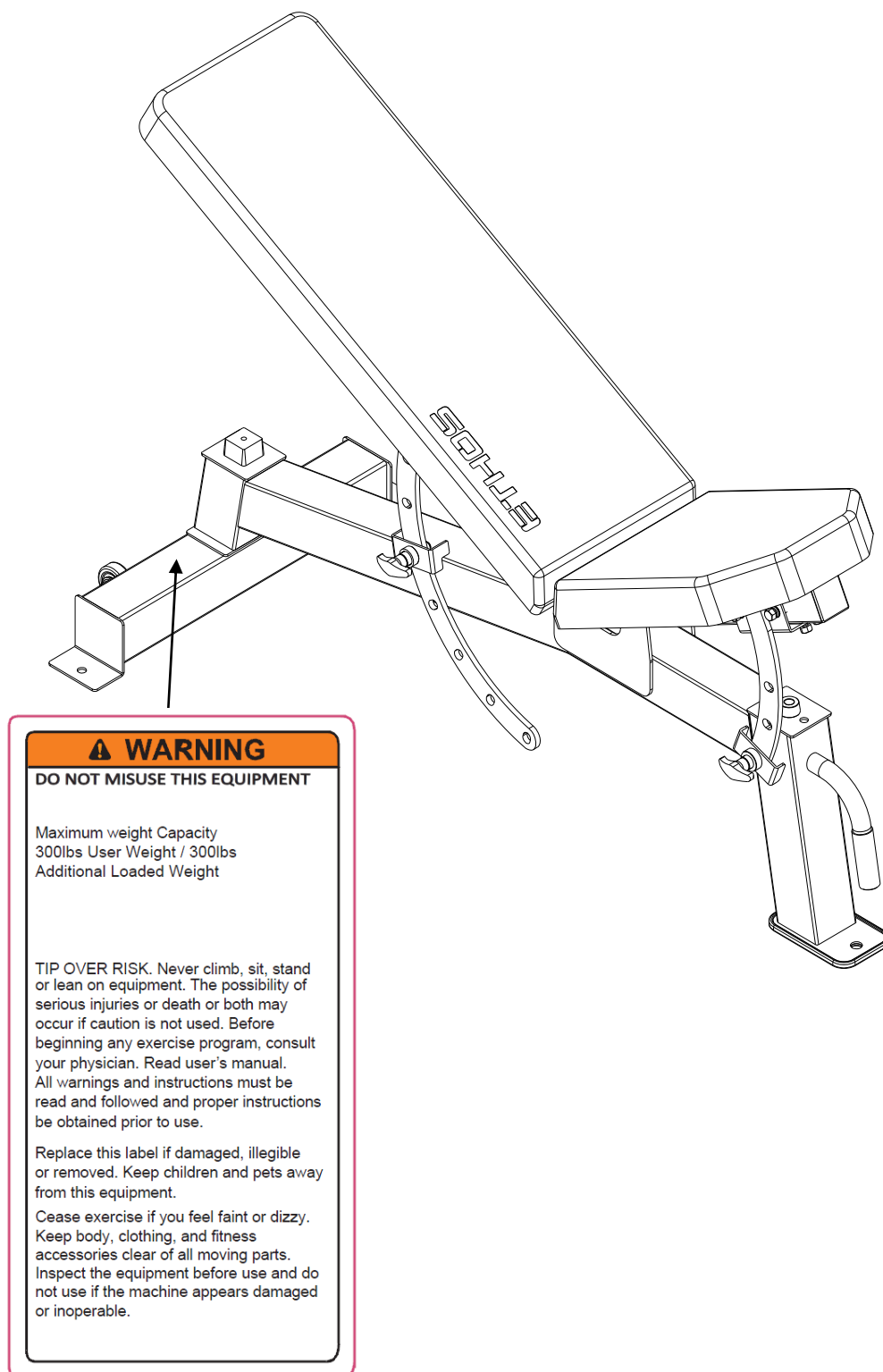
This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.

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.

Save these instructions.

WARNING LABEL PLACEMENT



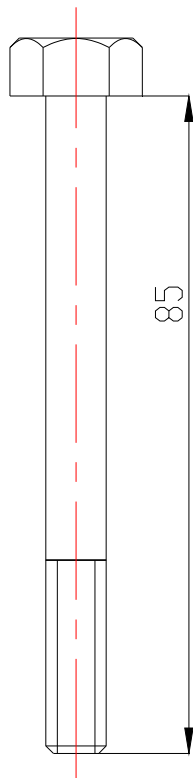
The warning labels shown here have been placed on the Rear Base. If the labels are missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

ETHOS UTILITY BENCH PARTS LIST

Part #	Description	Qty	Remark
1	Mainframe	1	
2	Rear foot frame	1	
3	Backrest Support Frame	1	Pre-assembled
4	Seat Support Frame	1	Pre-assembled
5	Backrest Adjustment Frame	1	Pre-assembled
6	Seat Adjustment Frame	1	Pre-assembled
7	Backrest	1	
8	Seat	1	
9	Wheel	2	Pre-assembled
10	Square Rubber Pad	1	Pre-assembled
11	Round Rubber Pad	1	Pre-assembled
12	Foam Roller $\phi 25$	1	Pre-assembled
13	Round Inner Plug $\phi 25$	1	Pre-assembled
14	Square Inner Plug 50*50	4	Pre-assembled
15	Nylon Bushing	4	Pre-assembled
16	Pull Pin	2	
17	Hex Head Bolt (M8*45)	2	Pre-assembled
18	Washer $\phi 8$	21	Pre-assembled (12)
19	Nylon Lock Nut M8	2	Pre-assembled
20	Hex Head Bolt(M8*85)	2	
21	Phillips Screw M4.2*18	4	Pre-assembled
22	Hex Head Bolt (M12*105)	2	Pre-assembled
23	Washer $\phi 12$	4	Pre-assembled
24	Nylon Lock Nut M12	2	Pre-assembled
25	Hex Head Bolt (M8*20)	14	Pre-assembled (8)
26	Spring washer $\phi 8$	8	Pre-assembled
27	Hex Head Bolt M8*65	1	
28	Front Foot Boot	1	

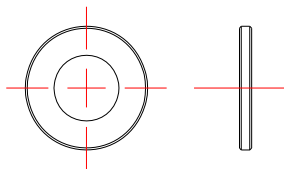
HARDWARE PACK

#20
Qty:2

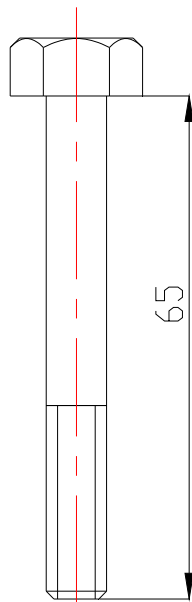


M8*85

#18
Qty:9

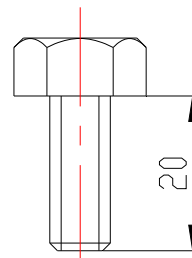


#27
Qty:1



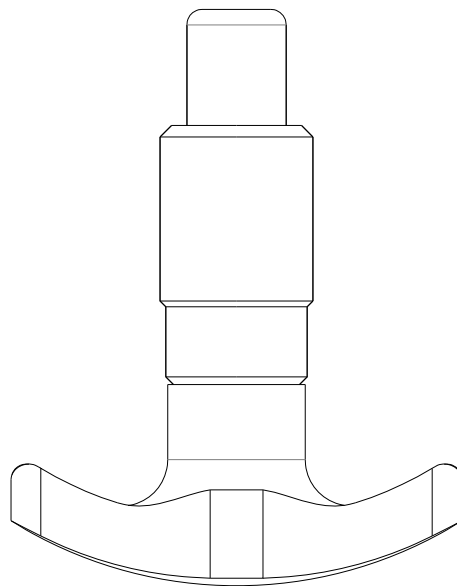
M8*65

#25
Qty:6



M8*20

#16
Qty:2



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 5' x 5' will be required to properly assemble the Utility Bench.
- The following tools will be required to complete the assembly:
- Phillips Head Screwdriver
- 14-17mm 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”.

STEP 1 (See Figure1.)

- Attach the Rear Base Frame (2) to Mainframe (1) using two Hex Head Bolts (20) and two Washers (18).
- 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.

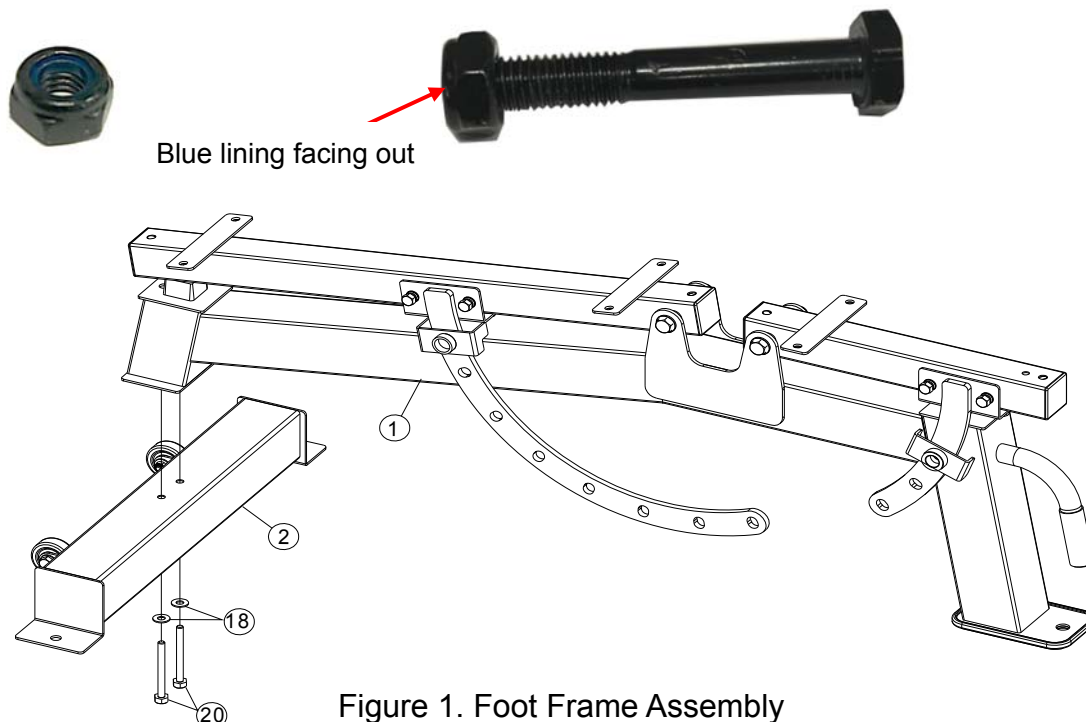


Figure 1. Foot Frame Assembly

STEP 2 (See Figure 2.)

- a) Attach the Backrest (7) to the Backrest Support Frame (3) using four Hex Head Bolts (25) and four Washers (18).
- b) Attach the Seat (8) to the Seat Support Frame (4) using two Hex Head Bolts (25), one Hex Head Bolt (27) and three Washers (18).
- c) Attach both Pull Pins (16) to the Mainframe (1).

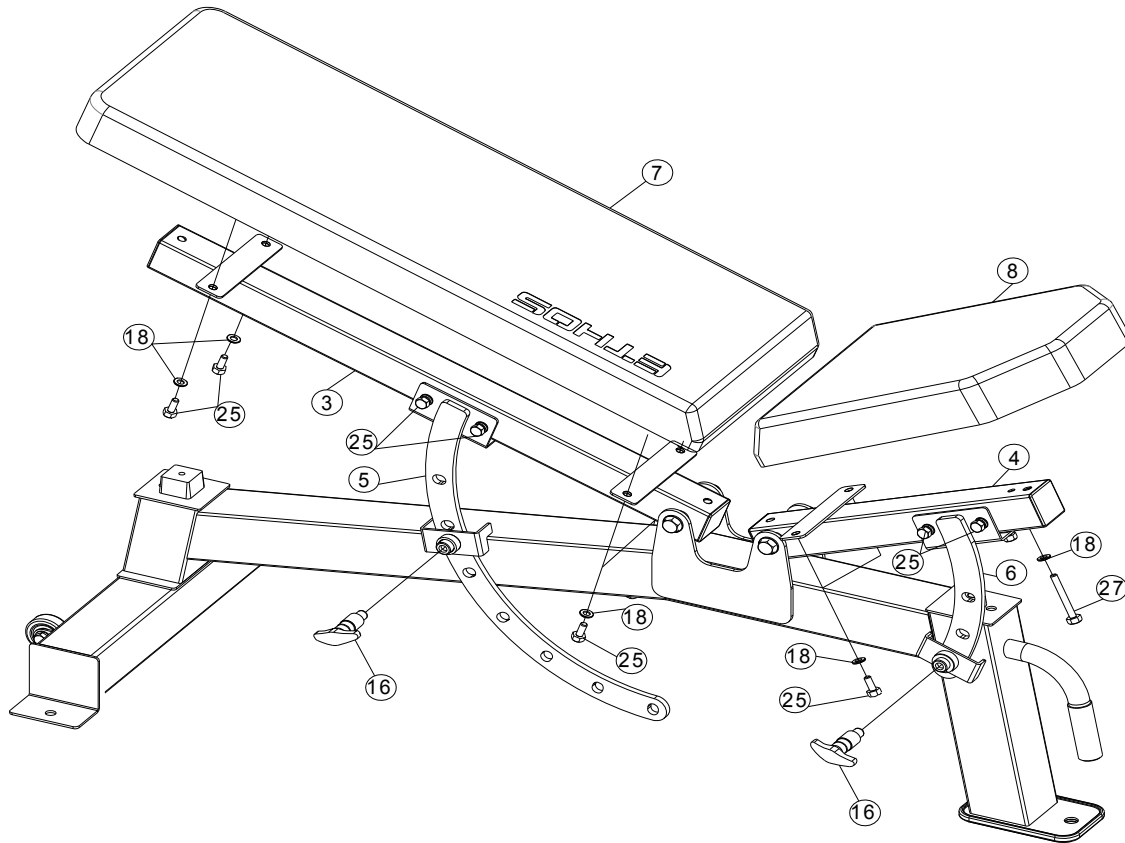
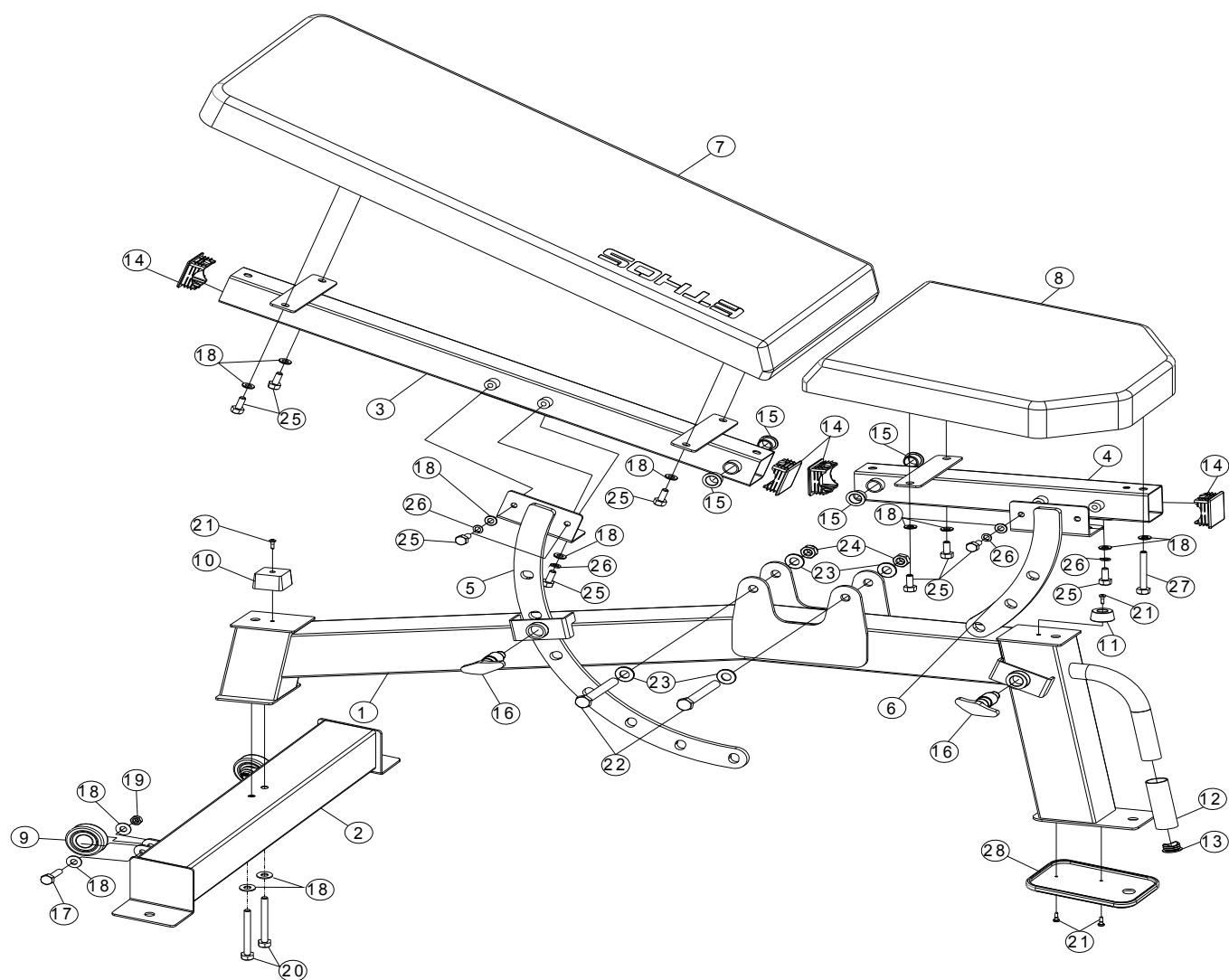


Figure 2. Backrest and Seat Assembly

Note: If the Backrest Adjustment Frame (5) holes become misaligned with the Pull Pin (16), use the following directions to realign the holes:

- 1. Loosen the four bolts (25) on the Backrest Adjustment Frame (5).
- 2. Adjust the Backrest Adjustment Frame (5) to the bottom hole position and tighten Pull Pin (16).
- 3. Tighten the four bolts (25) on the Backrest Adjustment Frame (5).
- 4. Un-tighten Pull Pin (16) and check alignment for all holes.
- 5. Repeat steps 1 to 4 if holes are still not aligned.

EXPLODED DIAGRAM



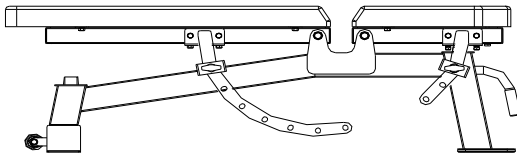
INCLINEADJUSTMENT

Never grasp the adjustment frame while adjusting seat or backrest. Adjust by holding the top of the backrest or seat, removing the pull pin, adjusting the backrest or seat to the desired incline, and engaging the pull pin to secure the adjustment.

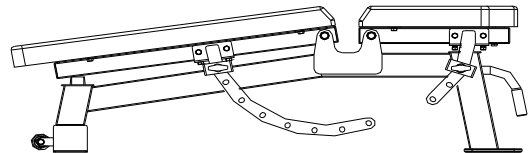
⚠ WARNING

1. **DO NOT adjust seat or backrest while sitting on bench. Adjust seat and backrest from a standing position, with no weight on the seat or backrest.**
2. **ALWAYS** ensure Pull Pins are fully engaged when adjusting the angle of the seat or backrest.
3. **ALWAYS** turn Pull Pins to fully tighten.
4. **ALWAYS** test the position of the seat and backrest to be sure they are fully engaged before beginning exercises.

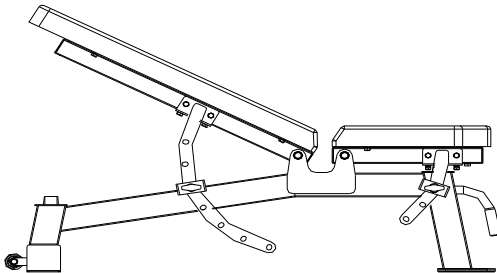
Incline can be adjusted from -10° to 84° . Seat incline can be adjusted from 0° to 28° .



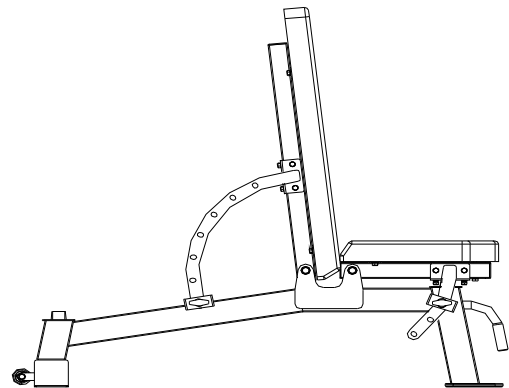
DEFAULT FLAT POSITION



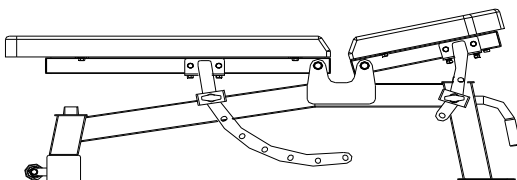
BACKREST DECLINE POSITION



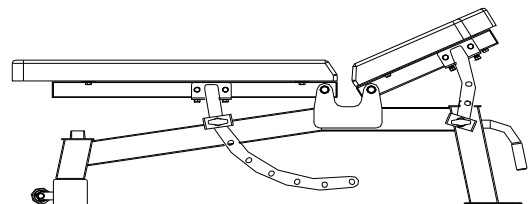
BACKREST INCLINE POSITION



BACKREST INCLINE POSITION



SEAT INCLINE POSITION



SEAT INCLINE POSITION

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.