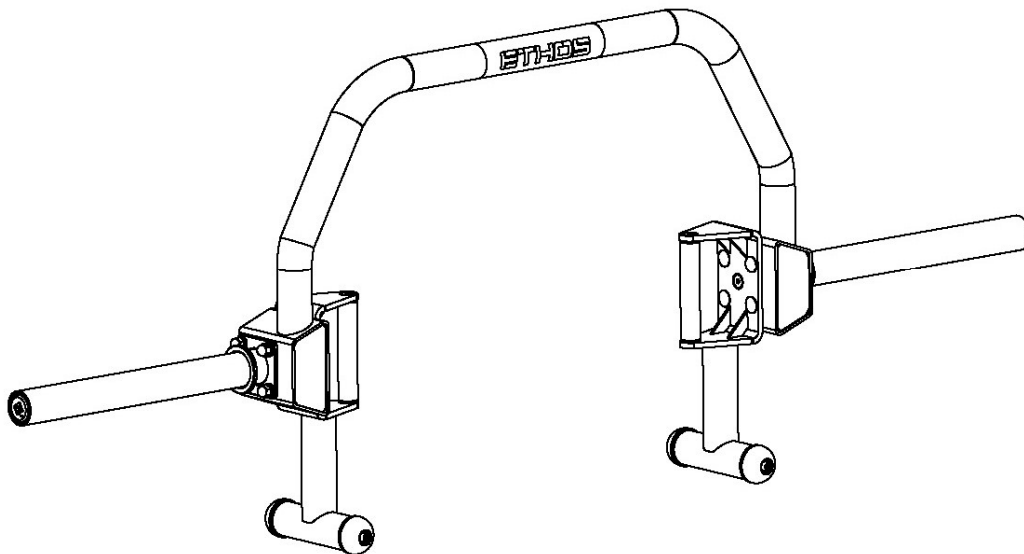


**ETHE335**

# **ETHOS OPEN HEX BAR OWNER'S MANUAL**



**DICK'S Sporting Goods 345 Court Street Coraopolis, PA 15108**

# **ETHOS**



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## BEFORE YOU BEGIN

Thank you for selecting the ETHOS OPEN HEX BAR . 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**

**RETAIN THESE INSTRUCTIONS FOR FUTURE USE**



## 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.**

### **WARNING**

1. USERS SHOULD CONSULT WITH THEIR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.
2. If you feel pain or dizziness at any time while exercising, STOP immediately and consult your physician. Excessive or incorrect use may cause pain or injury.
3. This exercise equipment is **NOT FOR USE BY CHILDREN UNDER AGE 14**. Keep children and pets away from equipment at all times. DO NOT leave children unattended in the same room with the exercise equipment.



## IMPORTANT! CARE AND MAINTENANCE

1. Inspect all parts before using the exercise equipment for signs of wear or failure. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. If the equipment is making any abnormal sounds that may indicate structural fatigue e.g. cracking, then stop use immediately and have the equipment inspected by a professional.
3. Lubricate moving parts with WD-40 or light oil periodically.
4. Inspect and tighten all parts before using the product.
5. The product can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
6. Maximum Weight Capacity on Bar: 1000 lbs.
7. Assembled Dims: 73.35"x27.5"x8.5"



## IMPORTANT! OPERATIONAL INSTRUCTIONS

This product is designed to be used for weight training, exercise, and physical fitness activities.

This exercise equipment is intended for commercial and residential use.

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

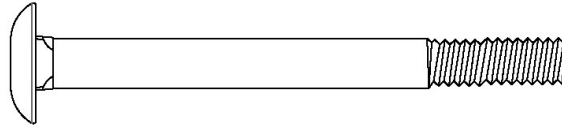
**⚠ WARNING**

**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.**

**ETHE335 PARTS LIST**

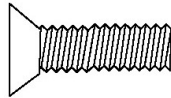
Part #	Description	Size	Qty
1	Main Frame		1
2	Olympic arm Attachments		2
3	Stand		2
4	Handle		2
5	Axel		2
6	Bushing		4
7	Weight Bar		2
8	End Cap		4
9	Carriage Bolt	M10×3¾"	8
10	Allen Bolt	M10×1⅜"	2
11	Allen Bolt	M10×1"	4
12	Hex Bolt	M8×1½"	4
13	Washer	φ10	8
14	Locking Washer	φ10	8
15	Washer	φ8	4
16	Hex Nut	M10	8



#9 M10 x  $3\frac{3}{4}$ " Carriage Bolt (Qty 8)



#10 M10 x  $1\frac{3}{8}$ " Countersunk Bolt (Qty 2)



#11 M10 x 1" Countersunk Bolt (Qty 4)



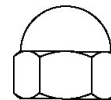
#13  $\varnothing\frac{3}{4}$ " Washer (Qty 8)



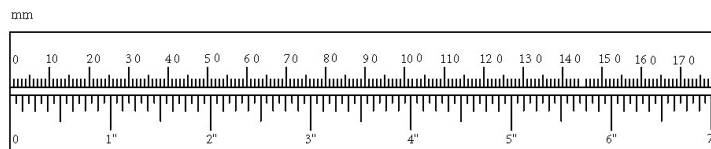
#14  $\varnothing\frac{3}{4}$ " Lock Washer (Qty 8)

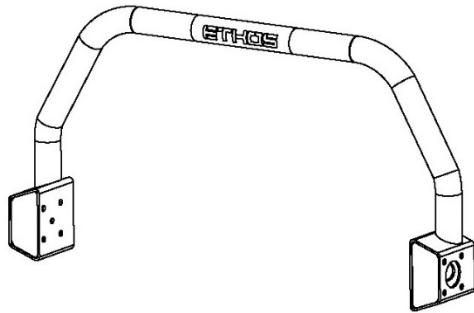


#15  $\varnothing\frac{5}{8}$ " Washer (Qty 4)

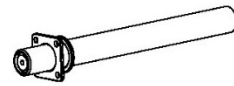


#16 M10 Cap Nut (Qty 8)





1 X 1



2 X 2



3 X 2



4 X 2

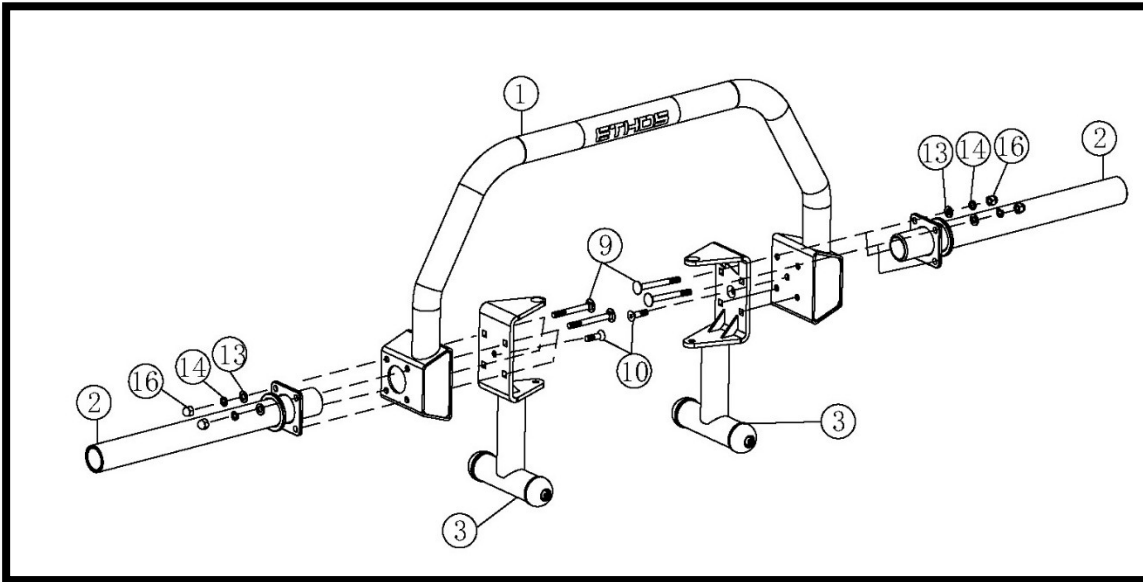


5 X 2

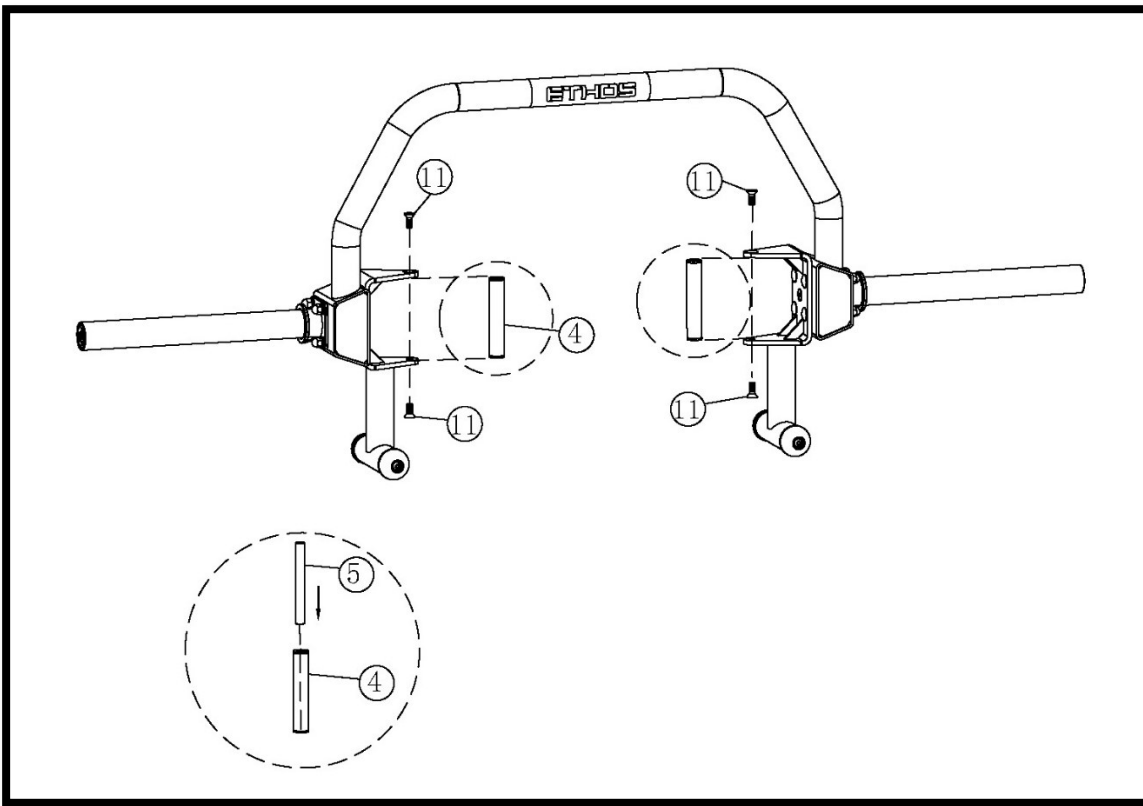
## ASSEMBLY INSTRUCTIONS

**Tools Required for Assembly: Allen Wrench**

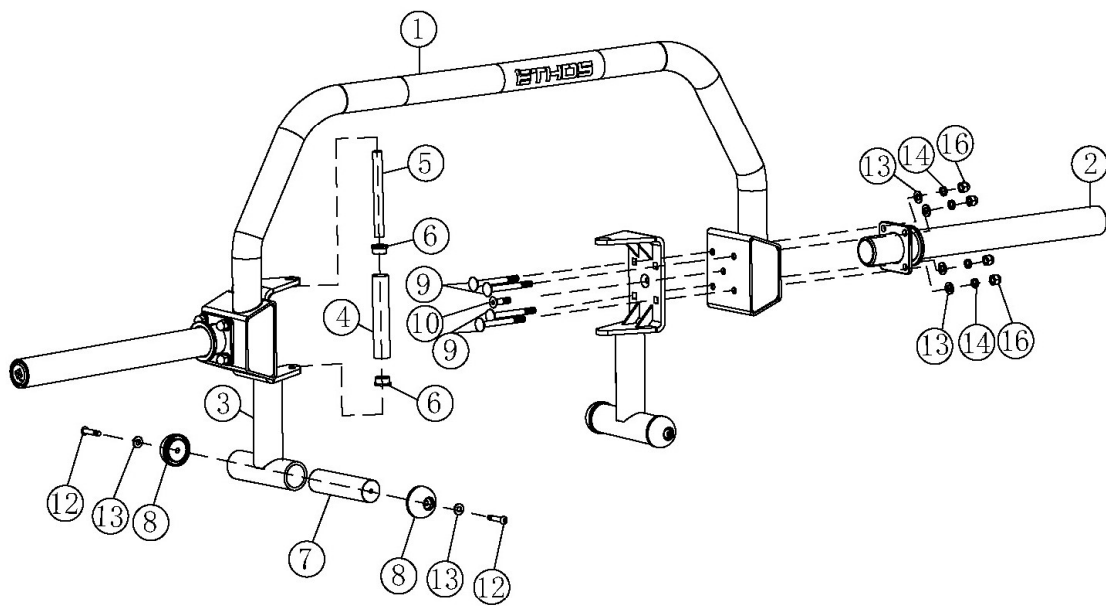
**Step #1:**



**Step #2:**



## EXPLODED DIAGRAM





## LIMITED WARRANTY

### Who is Covered?

This Limited Warranty covers only the original purchaser of the product. This Limited Warranty is not transferable to anyone else.

### What the Warranty Covers

DICK'S Sporting Goods Inc. ("The Company") warrants to the original purchaser of this product that the product shall be free from defects in workmanship and materials for the period designated for the specific product (listed in Exhibit A) when the product is used under normal uses and conditions.

### 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 or repaired by anyone not authorized by the Company.
- Please see Exhibit A for additional product-specific limitations.

The Limited Warranty does not cover any consequential or incidental damages of any kind, including, but not limited to transportation, loss of time, loss of use, etc., unless otherwise dictated by the laws of your state.

### What the Period of Coverage Is

Please see Exhibit A for product-specific coverage terms.

Any implied warranty arising under state law is limited to the same duration provided for the specific product listed in Exhibit A, unless the laws of your state dictate otherwise.

### What the Company Will Do to Correct Problems

The Company will furnish a replacement part at no charge to you.

### How You Can Get Service


Please direct all warranty service inquiries as follows:

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

If in writing, mail to:

Dick's Sporting Goods Inc.  
345 Court St.  
Coraopolis, PA 15108  
Attn: Customer Service

LIMITED WARRANTY  
EXHIBIT A

	<b>ETHOS</b>	
		
<b>Product Category</b>	<b>Warranty Term</b>	<b>Limitations</b>
<b>Gym Units</b>	<b>Frames / Welds- Limited lifetime.</b>	<b>Warranted for indoor use only</b>
<b>Weight Plates</b>	<b>Limited Lifetime.</b>	Warranted for indoor use only. 10 and 15 pound plates should not be used on bar alone when dropping bumper plates and barbell to the ground. Covers defects in structural integrity only. Coatings not Covered.
<b>Weight Bars</b>	<b>Limited Lifetime.</b>	<b>Warranted for indoor use only</b>
<b>Kettle bells</b>	<b>Limited Lifetime.</b>	<b>NA</b>
<b>Weight Storage</b>	<b>Frames/ Welds- Limited lifetime.</b>	<b>Warranted for indoor use only</b>
<b>Weight Benches</b>	<b>Frame- lifetime Upholstery 3 years.</b>	<b>Warranted for indoor use only</b>
<b>Accessories</b> Sandbag, Pull Up Assist, Rig Accessories, Collars, Foam Rollers and Recovery, Plyo-Box, Battle Ropes	<b>3 Year Limited Warranty.</b>	<b>Warranted for indoor use only</b>
<b>Slam Balls</b>	<b>3 Year Limited Warranty.</b>	<b>Warranted for indoor use only</b>
<b>Wall Ball</b>	<b>3 Year Limited Warranty.</b>	<b>Warranted for indoor use only</b>
<b>Rings / Suspended Straps</b>	<b>3 Year Limited Warranty.</b>	<b>Warranted for indoor use only</b>
<b>Gloves / Grips</b>	<b>90 day Limited Warranty.</b>	<b>NA</b>
<b>Jump Ropes</b>	<b>3 Year Limited Warranty.</b>	<b>NA</b>
<b>Super Bands</b>	<b>3 Year Limited Warranty.</b>	<b>NA</b>
<b>Weighted Vest</b>	<b>3 Year Limited Warranty.</b>	<b>NA</b>
<b>AB Mat</b>	<b>3 Year Limited Warranty.</b>	<b>NA</b>