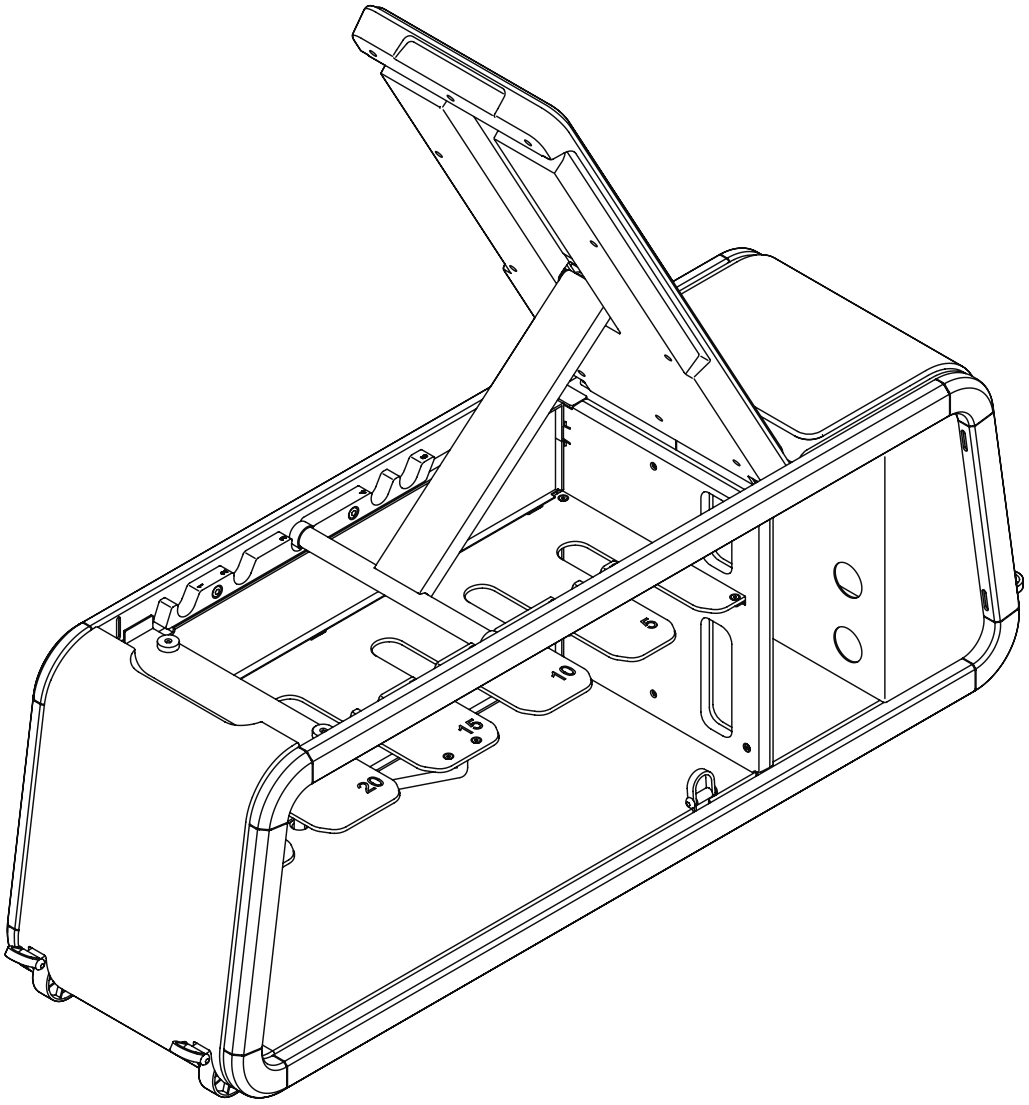
pulsefitness



Adjustable Storage Bench

Owners Manual

710C

Important Safety Information

CAUTION

Read these instructions carefully before operating Pulse equipment in conjunction with individual machine instructions.

Seek professional medical advice before using fitness equipment. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, dizzy or exhausted stop exercising immediately.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged until repaired using only genuine Pulse Fitness parts fitted by an authorised person.

SUPPORTING DOCUMENTATION

Carefully read and comprehend ALL of the safety documents relating to this piece of equipment before using or assembling this equipment. Keep this manual for future reference.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

Product Registration

Once the machine has been assembled, find the product SERIAL NUMBER located on the rating plate.

SERIAL NUMBER _____

* Refer to the SERIAL NUMBER and MODEL NAME when calling for service (Located on the front page of this manual).

Questions

If you have any questions or if any parts are damaged or missing, please contact your distributer immediately.

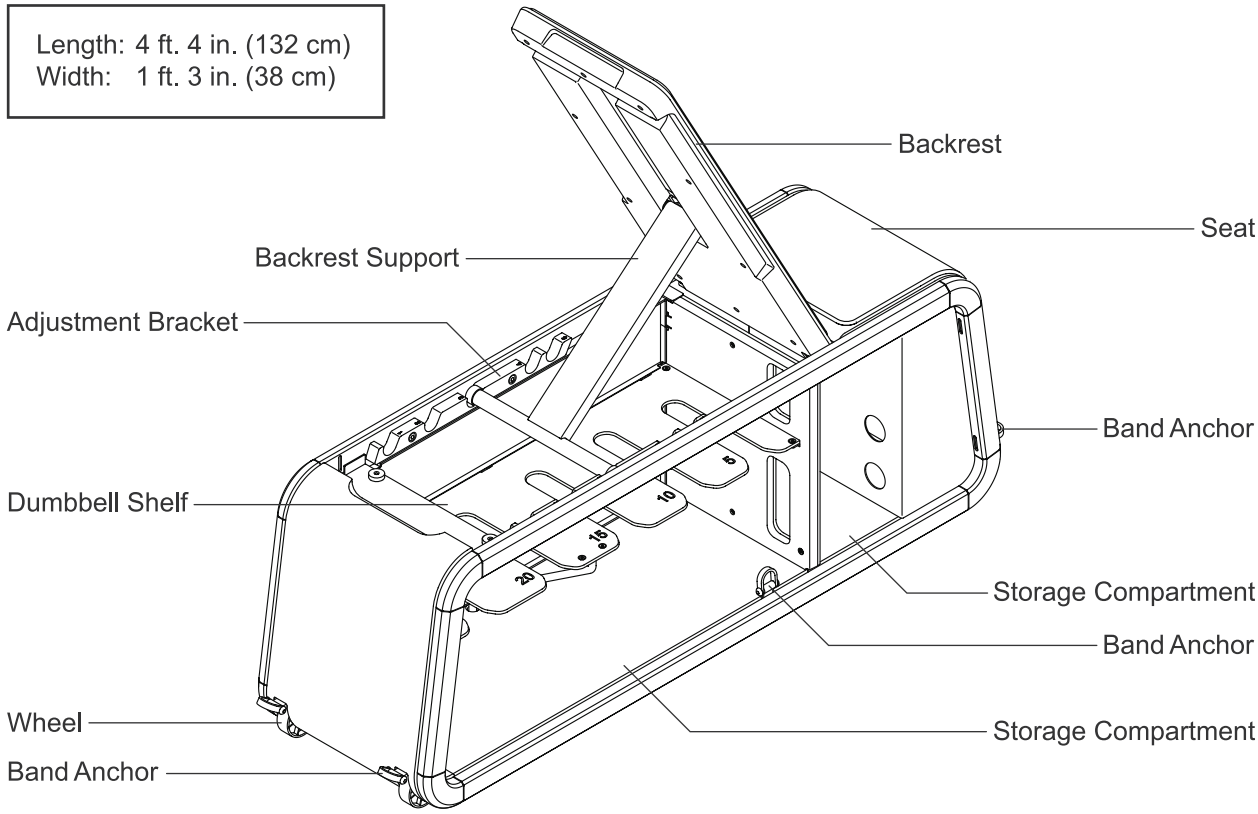
Caution

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench.

1. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
2. **Keep children under age 16 and pets away from the weight bench at all times.**
3. **Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.**
4. **Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the weight bench only as authorized by your health care provider.**
5. **The weight bench is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the weight bench by someone responsible for their safety.**
6. **Use the weight bench only as described in this manual.**
7. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
8. **Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench in a garage or covered patio, or near water.**
9. **Place the weight bench on a level surface, with enough clearance around the weight bench to mount, dismount, and use the weight bench. To protect the floor or carpet from damage, place a mat under the weight bench.**
10. **Inspect and properly tighten all parts each time the weight bench is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.**
11. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Always wear athletic shoes for foot protection while using the weight bench.**
12. **The weight bench is designed to support a maximum user weight of 300 lbs. (135 kg) and a maximum total weight of 410 lbs. (185 kg). Do not use more than 110 lbs. (50 kg) of weight with the weight bench. Do not place more than 150 lbs. (70 kg) of weights on the dumbbell shelf.**
13. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

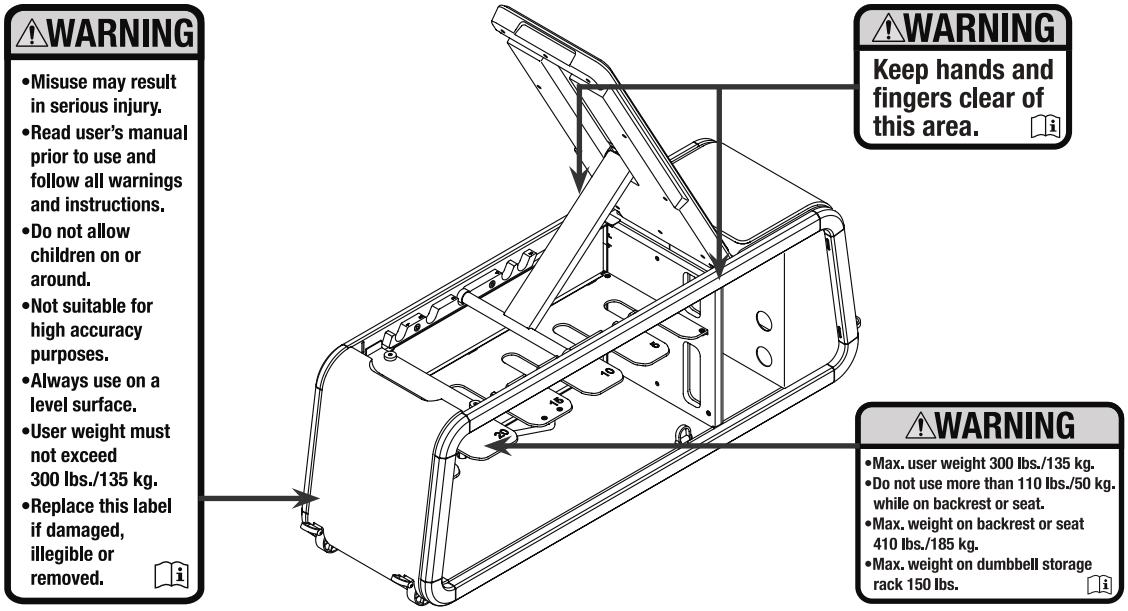
Product Overview

Length: 4 ft. 4 in. (132 cm)
Width: 1 ft. 3 in. (38 cm)

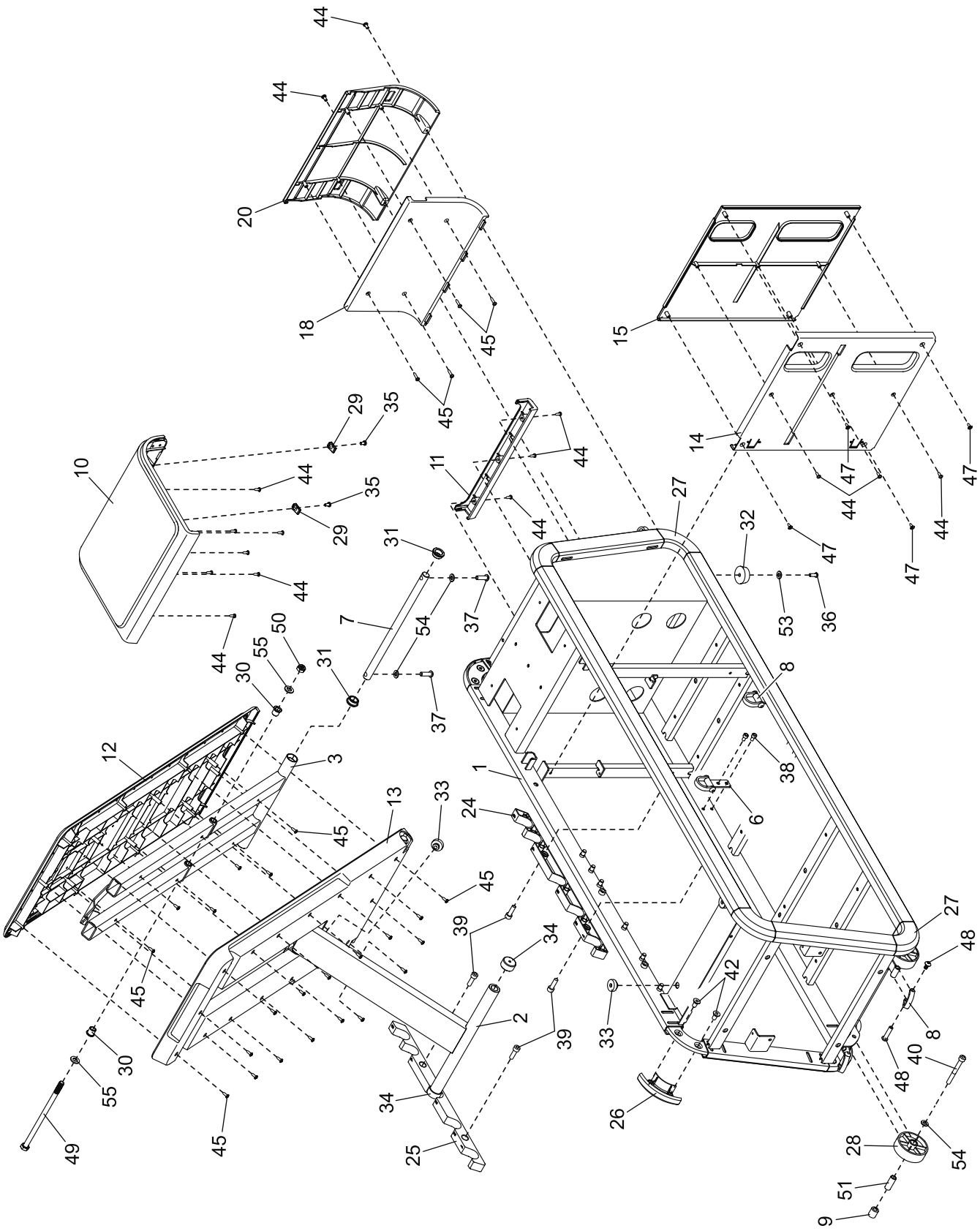


Warning Decal Placement

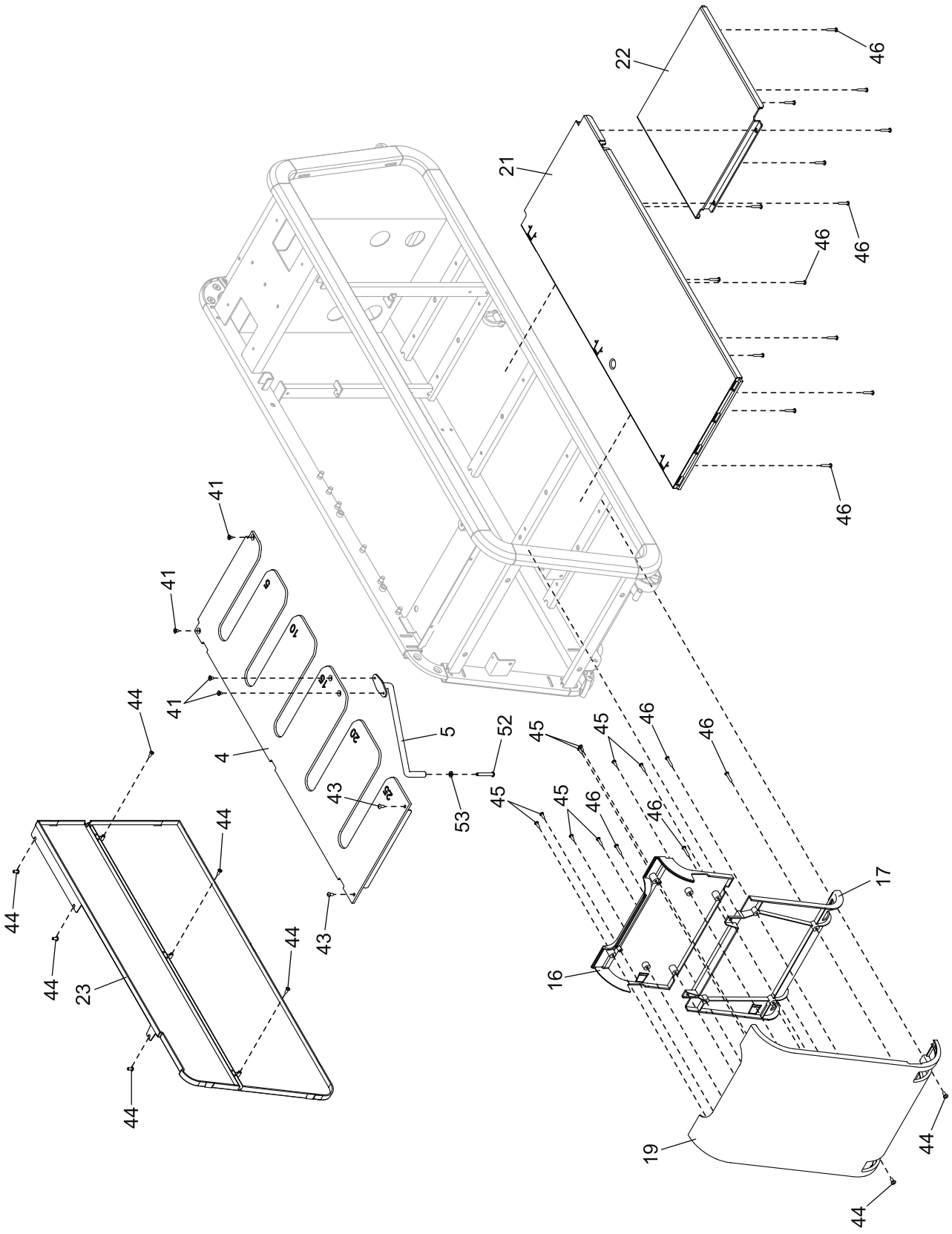
This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



Exploded Drawing - A



Exploded Drawing - B



Parts List

Key No.	Qty.	Description
1	1	Frame
2	1	Backrest Support
3	1	Backrest Frame
4	1	Dumbbell Shelf
5	1	Shelf Support
6	2	Clevis Mount
7	1	Shaft
8	6	Clevis
9	2	Wheel Bushing
10	1	Seat
11	1	Seat Support
12	1	Backrest
13	1	Backrest Cover
14	1	Partition A
15	1	Partition B
16	1	Frame Upper Cover
17	1	Frame Lower Cover
18	1	Seat Inner Cover
19	1	Frame Outer Cover
20	1	Seat Outer Cover
21	1	Large Deck
22	1	Small Deck
23	1	Side Cover
24	1	Left Adjustment Bracket
25	1	Right Adjustment Bracket
26	4	Upper Frame Shield
27	4	Lower Frame Shield
28	2	Wheel
29	2	Clip Nut
30	2	Backrest Support Bushing
31	2	Backrest Frame Bushing
32	4	Foot
33	3	Bumper
34	2	Backrest Support Cap
35	2	M5 x 40mm Screw
36	4	M6 x 16mm Button Screw
37	2	M8 x 25mm Button Screw
38	4	M6 x 10mm Cap Screw
39	4	M8 x 20mm Cap Screw
40	2	M8 x 70mm Cap Screw
41	4	M5 x 10mm Flat Head Screw
42	16	M8 x 10mm Flat Head Screw
43	2	M5 x 10mm Screw
44	23	ST4.2 x 13mm Screw
45	34	ST4.2 x 19mm Screw
46	18	ST4.2 x 25mm Screw
47	4	ST4.2 x 19mm Flat Head Screw
48	6	M8 x 33mm Bolt Set
49	1	M10 x 190mm Bolt
50	1	M10 Locknut
51	2	Wheel Spacer
52	1	M6 x 30mm Button Screw
53	5	M6 Washer
54	4	M8 Washer
55	2	M10 Washer
*	–	User's Manual
*	–	Exercise Guide
*	–	Grease Packet

Adjustments

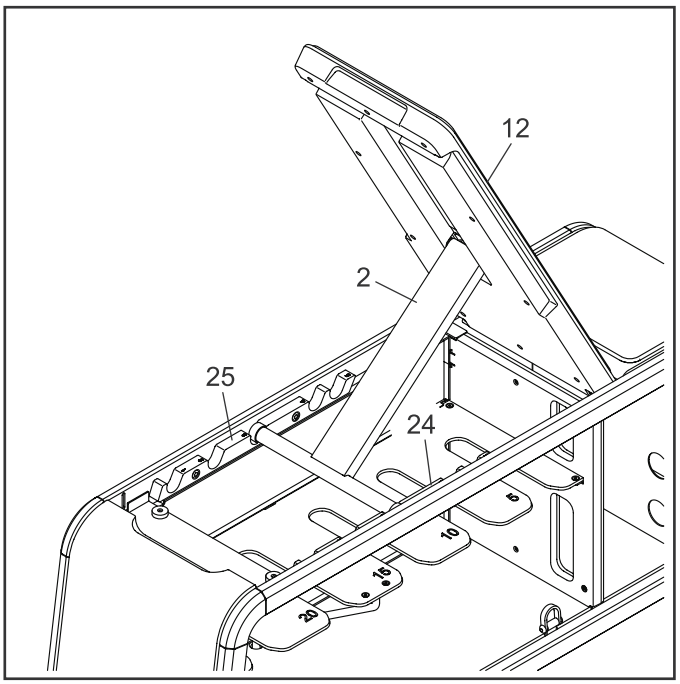
This section explains how to adjust the weight bench.

Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

ADJUSTING THE BACKREST

To adjust the angle of the Backrest (12), first **firmly hold the Backrest with one hand.** With your other hand, lift the Backrest Support (2) out of the Adjustment Brackets (24, 25). Then, raise or lower the Backrest, and insert the Backrest Support into the Adjustment Brackets.

⚠WARNING: Always hold the Backrest (12) before you move the Backrest Support (2); the Backrest can fall with great force. Make sure that the Backrest Support is fully inserted into the Adjustment Brackets (24, 25).



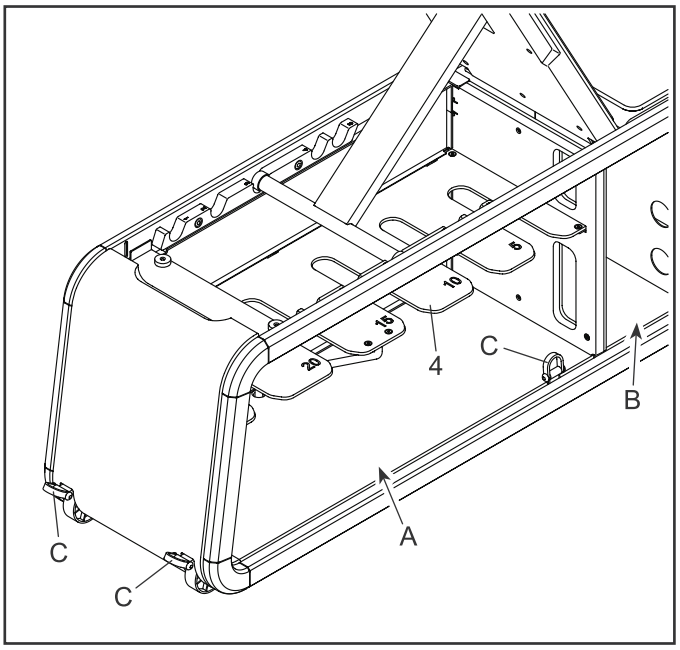
STORING FITNESS EQUIPMENT

A variety of fitness equipment, such as dumbbells and resistance bands, may be included with the weight bench. Note: You can also use your own fitness equipment with the weight bench.

Store dumbbells by hanging them in the labeled weight slots on the dumbbell shelf (4). Store resistance bands and other fitness equipment inside of the storage compartments (A, B) as desired.

ATTACHING RESISTANCE BANDS

While exercising, attach resistance bands to any of the six band anchors (C) (only three are shown) with clips as desired. Remove the resistance bands from the weight bench when you are finished exercising.



WARNING

Failure to carry out maintence on the equipment in this manual could result in serious injury and void your warranty.
Please ensure all publications supplied with Pulse Fitness equipment are read and understood.

Replacement of defected components should be carried out IMMEDIATELY and/or keep the defective equipment out of use until repaired.

The safety level of the equipment can be maintained ONLY if it is examined regularly for damage and wear,e.g.ropes , pulleys,connection points.
Pay special attention to components which are susceptible to wear.

Ensure all equipment is installed on a stable base and properly levelled before use.

PLEASE KEEP THIS FOR YOUR RECORDS

Pulse Group Radnor Park Greenfield Road Congleton Cheshire CW12 4TW
T: +44 (0)1260 294600 E: info@pulsefitness.com

All information, descriptions and illustrations are given solely as a guide. Actual product specifications may differ due to manufacturing requirements.
Pulse Fitness reserve the right to make changes to its products and services, where it considers necessary.

Pulse Fitness is part of the Pulse Group of companies. Copyright 2024 Pulse Group. All rights reserved.