

FITBENCH®

MANUAL

MODEL FITBENCH® ONE

#FB-06

UPDATED 01.02.2021





Thank you for purchasing the FITBENCH® ONE!

The FITBENCH ONE has product features that allow for a wide variety of workout options. It is portable, with 360-degree movement to help position the bench in any room. It has locking feet for safe use once it is in the desired location.

The FITBENCH ONE offers a storage slot down the middle of the bench for our FITROPE®, FITBANDS®, dumbbells or other accessories. The FITBENCH ONE also has a soft-close piston shock for the bench top.

If you have any questions about your FITBENCH ONE, please call us at +49(0)7621-940999-0 or email us at info@woodway.de and include the following information:

- Customer Name and Address
- Telephone Number
- Email Address
- FITBENCH ONE Serial Number





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IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using the FITBENCH® ONE, basic precautions should always be taken, including the following:

1. Read all instructions before using the FITBENCH ONE. These instructions are written to ensure your safety and to protect the unit.
2. Use the FITBENCH ONE only for its intended purpose. Do not use accessory attachments that are not recommended by FITBENCH, LLC.
3. The product should only be used on a level surface. Allow enough space around the FITBENCH ONE to perform all possible exercises.
4. Do not allow children on or near the FITBENCH ONE unless supervised by an adult.
5. Do not attempt to lift more weight than you can control safely. If you should feel pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. Never use the FITBENCH ONE if it has been damaged. Always inspect the FITBENCH ONE prior to use to ensure it is in proper working condition.
7. Keep hands, limbs, loose clothes, and long hair well out of the way of moving parts.
8. Wear proper exercise clothing and shoes for your workout.
9. Do not use the FITBENCH ONE as a plyo-box unless locking feet are engaged and the FITBENCH ONE is on a solid level surface.
10. Only use your feet (with shoes) to engage and disengage the FITBENCH ONE locking mechanism. NEVER use hands or fingers to engage or disengage locking mechanism.





ASSEMBLY INSTRUCTIONS and ACCESSORY PLACEMENT

The FITBENCH® ONE requires no assembly other than placing the dumbbell weights, kettlebells, slam ball and FITBANDS® in their designated locations.


It is recommended that once you have the FITBENCH ONE removed from its packaging, you place the FITBENCH ONE in its desired location before installing the dumbbell weights, kettlebells, slam ball and resistance band package.

To see how to unbox your FITBENCH, [watch our instructional video](#).

ENGAGING FEET & 3RD 360-DEGREE SWIVEL WHEEL

The FITBENCH products have been designed to move easily throughout the gym floor for cleaning or changing class environments.


To LOCK the FITBENCH into place:

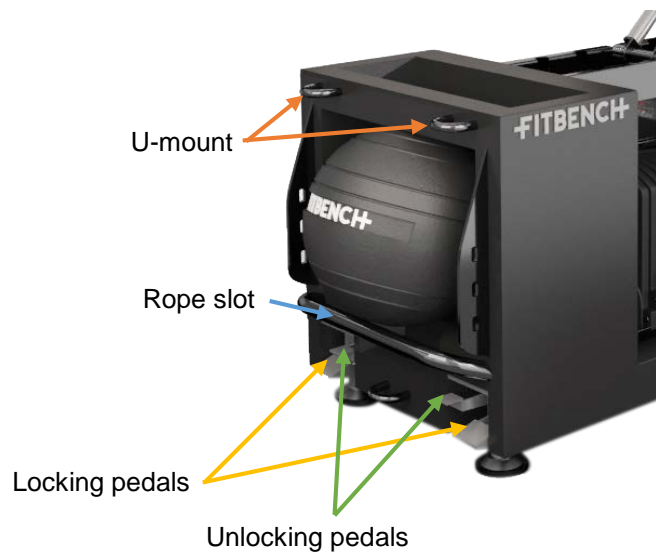
1. Locate the engaging foot pedals under the rope slot handle on the slam ball storage side of bench.
2. Using the toe of your shoe, step on one or both of the larger pedals 
3. While pressing down with your shoe, pull up (vertically) on the U-mount anchor point directly above the pedals near the top. You can also use the rope slot handle to pull up vertically.
4. Press down and pull up vertically at the same time until the pedal is locked into place.
5. You will hear them locking into place with a click.



FITBENCH®

To MOVE the FITBENCH®:

1. Simply step down on the smaller pedal  on both sides using the toe of your shoe.
2. Move to location and then follow the steps above.
 - PLEASE NOTE: the FITBENCH 3rd wheel was made to move with ease on rubber, wood, concrete and other hard surfaces. It was not designed to move as well on carpet, turf, grass or soft surfaces.





DUMBBELL SIZES

There are six sets of dumbbells that come with the FITBENCH® ONE. The dumbbells are neatly stored on the sides of the bench, with labeling on the dumbbell hook covers so that you can see where the weights should be placed. Our dumbbells have the pound sizes on the left and the kilograms on the right side of the dumbbell.

Dumbbell Sizes:

- 5 lb / 2.5 kg x 2
- 10 lb / 5 kg x 2
- 15 lb / 7 kg x 2
- 20 lb / 9 kg x 2
- 25 lb / 12 kg x 2
- 30 lb / 14 kg x 2



DUMBBELL LOCATION





KETTLEBELL SIZES

There are two kettlebells that come with the FITBENCH® ONE. Our kettlebells show both the pounds and kilograms weight on the front in white letters so they can be seen in a dark environment.

Kettlebell sizes:

- 18 lb / 8 kg x 1
- 30 lb / 14 kg x 1



KETTLEBELL LOCATION





SLAM BALL SIZE

There is one 15 lb / 7 kg slam ball that comes with the FITBENCH® ONE.



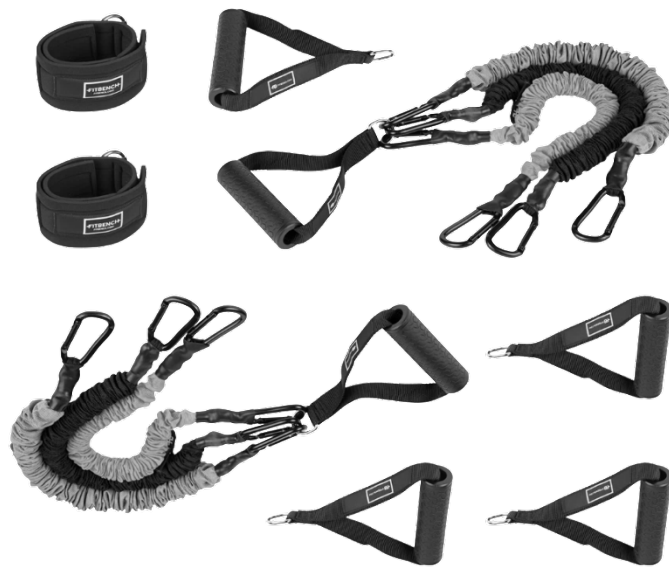
SLAM BALL LOCATION





FITBANDS®

There is one custom-made FITBANDS package that comes with the FITBENCH® ONE. Within the FITBANDS package, there will be six FITBANDS, consisting of two light (white - 10 lb), two medium (gray - 20 lb), and two heavy (black - 40 lb), with six rubber handles and two velcro ankle straps. These all fit neatly in a sling bag that is provided with your FITBENCH ONE.



FITBANDS PACKAGE INCLUDES

- 3 sets of FITBANDS (6 individual bands).
- 6 rubber handles and 2 velcro ankle straps.
- Each band has a carabiner at each end.
- FITBANDS can be stacked together to increase resistance to 70 pounds.
- The FITBENCH ONE has 14 attachment points for the FITBANDS.
- A snap-proof nylon sleeve surrounds the bands for safety.





FITBANDS® LOCATION

The FITBANDS storage location is under the adjustable bench top. To access this location (shown below), you need to open the bench top.





FITBENCH® ONE LIMITED WARRANTY 2022

The high quality and reliability of FITBENCH LLC ("FITBENCH") products and components (the "Products") enables us to offer you the following limited warranty:

THIS WARRANTY IS AN EXCLUSIVE WARRANTY AND FITBENCH MAKES NO OTHER WARRANTIES OF ANY KIND OR NATURE WHATSOEVER, EXPRESSED OR IMPLIED, WITH RESPECT TO THE PRODUCTS MANUFACTURED AND/OR SOLD BY IT. FITBENCH SPECIFICALLY DISCLAIMS ANY WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE OR MERCHANTABILITY. NO DISTRIBUTOR, AGENT, EMPLOYEE OR REPRESENTATIVE OF FITBENCH MAY ALTER THIS WARRANTY IN ANY WAY.

Main Components: Limited 10 Year Warranty:

The main components, consisting of and limited to the Steel Structure, Frame, Structural Moving Parts and Anchors, Wheels, Levelers, Locking Feet, Dumbbell Hooks, Covers, and Handle Sleeves are warranted for ten (10) years, subject to the terms of this Limited Warranty.

Other Components/Accessories: Limited 1 Year Warranty:

The following components or accessories are warranted for one (1) year, subject to the terms of this Limited Warranty: Commercial Hexagon Dumbbells, Shock, Rubber Encased Kettlebells, Molded Bench Top and FITROPE® (Battle Rope).

Other Components/Accessories: Limited 6 Months Warranty:

The following components or accessories are warranties for six (6) months, subject to the terms of this Limited Warranty: FITBANDS®, Slam Ball, Floor Mats, Glutey Bands, Speed Ropes, Core Sliders, Foam Rollers, Outdoor and Indoor Covers.

Subject to the limitations in this warranty, FITBENCH warrants to the original purchaser of the Products, that all parts and components of FITBENCH Products are free of defects in material and workmanship. If we determine that any FITBENCH Products are defective in either material or workmanship during the relevant Individual Warranty Term, FITBENCH will, either repair or replace the products or damaged components, at its option. This warranty is limited to the cost of repair or replacement at the option of FITBENCH of any defective Product and it **shall in no event include incidental or consequential commercial damages of any kind.** FITBENCH Limited Warranty does not cover shipping costs to customer if product needs replacement.

The following are specific exceptions to the warranty:

1. Any damages caused by accidents, any unreasonable use or neglect, deterioration, mishandling, failure of maintenance, exposure to harsh environmental conditions such as salt, impact damage, dents, scratches, rust or surface damages, or lost or stolen components.
2. Damage due to improper use.
3. Damages from improper use of fitness accessories, whether sold with FITBENCH or sold separately, such as adjustable or standard dumbbells or kettlebells, resistance bands or other fitness or recovery fitness devices.
4. Any damage occurring during shipping (claims should be presented to the carrier).
5. Any damage to FITBANDS due to over-extension or inadequate anchoring.
6. Any damage due to a failure to follow general maintenance requirements.





WARRANTY CLAIM PROCEDURE:

The customer must contact the authorized FITBENCH® Representative for approval prior to shipping. The customer will be responsible for shipping charges to FITBENCH in order to obtain warranty assistance. The Customer shall include, with the return shipment, a copy of the original bill of sale or receipt or other satisfactory proof of purchase as well as a short, detailed description of the problem. FITBENCH will pay return shipping charges if the repairs are covered under this warranty.

GERNERAL MAINTENANCE - The consumer must perform, or have performed, the following maintenance in order to keep the warranty in effect:

Composite Top:

- To ensure prolonged life and proper hygiene of the FITBENCH top, the entire FITBENCH composite top should be wiped clean with a damp cloth after every workout.
- Periodically take the time to use a mild soap or an approved disinfectant to clean the composite top. Avoid using any abrasive cleaners.
- Replace ripped or worn FITBENCH composite top immediately.
- Keep sharp or pointed objects clear of the FITBENCH composite top.
- Always inspect hinge screws and anchor point screws under the top to make sure they are snug/tight.

Locking Feet/Wheels:

- Locking feet **MUST BE** engaged when performing exercises on or with the bench.
- Check to make sure feet are all the way raised prior to moving before use.
- When moving the bench, be sure to pick up the bench if it is being moved over door thresholds, gravel, potholes, or any other non-smooth surface.
- **Shoes must be worn when engaging locking. Hands should not be used when engaging or disengaging the locking feet.**

Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- Inspect all nuts and bolts for any loosening and tighten if needed. Go through a re-tightening sequence periodically to ensure that all nuts and bolts are tightened properly. Loctite can be used to ensure screws stay tight.

This is the exclusive warranty applicable to your FITBENCH products. Please read the terms and limitations of this warranty.

Additional warranty on accessories, parts can be purchased online at fitbench.com.

Thank you and welcome to the #FITBENCHFamily!

