



MANUAL

MODEL FITBENCH® YBELL #FBH80

UPDATED 2.1.2022





Thank you for purchasing the FITBENCH YBELL!

The FITBENCH YBELL has product features that allow for a wide variety of workout options. We have partnered with YBell Fitness to introduce this innovative solution.

Each YBell® Neo is a 4-on-1 fitness tool that combines a kettlebell, a dumbbell, a double-grip med ball, and a push-up stand. This innovative design makes them the perfect fit in our new bench. Like our other benches, it is portable, with 360-degree movement to help position the bench in any room.

If you have any questions about your FITBENCH YBELL, please call us at 800-294-0536 or email us at info@FITBENCH.com and include the following information:

- Customer Name and Address
- Telephone Number
- Email Address
- FITBENCH YBELL Serial Number (located near the hinge and shock)





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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® YBELL, basic precautions should always be taken, including the following:

1. Read all instructions before using the FITBENCH YBELL. These instructions are written to ensure your safety and to protect the unit.
2. Use the FITBENCH YBELL 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 YBELL to perform all possible exercises.
4. Do not allow children on or near the FITBENCH YBELL 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 YBELL if it has been damaged. Always inspect the FITBENCH YBELL 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 YBELL as a plyo-box unless locking feet are engaged and the FITBENCH YBELL is on a solid level surface.
10. Only use feet to engage and disengage the FITBENCH YBELL locking feet. **Do not use hands or fingers** to engage or disengage locking feet.






ASSEMBLY INSTRUCTIONS and ACCESSORY PLACEMENT

The FITBENCH® YBELL requires no assembly other than placing the YBell® Neo weights and FITBANDS® in their designated locations. It is recommended that you place the bench in its desired location before installing the YBell Neos and FITBANDS.


ENGAGING FEET & 3RD SWIVEL WHEEL

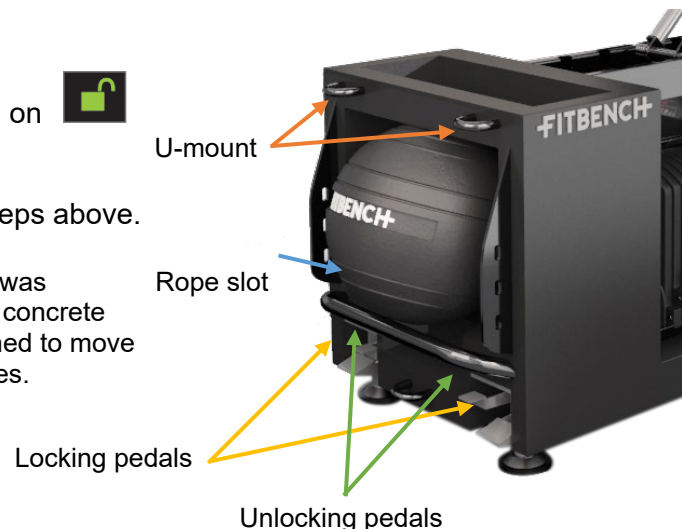
The FITBENCH products have been designed to move easily throughout the gym floor for cleaning or changing class environments.

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.
4. Press down and pull up at the same time until the pedal is locked into place.
5. You will hear them locking into place with a click.

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.





YBELL® NEO SIZES

There are five sets of YBell Neo weights that fit in the FITBENCH YBELL.

The FITBENCH® YBELL features colored markings on each YBell Neo as well as on decal weight labels on the bench so that you can see where the YBell Neo are located in dark environments.

Two of each YBell Neo (XS – XL) fit into dedicated areas in the FITBENCH YBELL bench.

YBell Neo Pound Sizes:

- XS – 10 lb (4.5 kg)
- S – 14 lb (6 kg)
- M – 18.5 lb (8 kg)
- L – 22.5 lb (10 kg)
- XL – 27 lb (12 kg)



YBELL NEO LOCATION



YBell storage





YBELL® NEO 1-YEAR LIMITED WARRANTY

WARRANTY AND DISCLAIMERS: YBell Group warrants to the initial retail purchaser that the products it sells will be free of defects in workmanship or materials for a period of one year from the date of purchase by the user.

The YBell Group products are strictly for use in exercise. Users under the age of 18 must always have adult supervision and instruction on the use of YBell Products.

WARNING – YBell Group weight products are heavy. Never allow the YBell Arc Series (neoprene covered YBells) or YBell Neo Series (neoprene covered YBells) or YBell Pro Series (powder coated YBells) or other heavy YBell Group products to drop freely to the ground. Users should be careful to place or set YBell products onto the ground or other hard surfaces. Damage to the product and potential personal injury may occur.

WARNING –YBell vertical racks are designed ONLY for use with YBell Arc Series and YBell Neo Series products. DO NOT store any YBell Pro Series products on any YBell vertical rack as this may increase the risk of personal injury.

WARNING – The YBell vertical rack loaded with YBell Arc Series (neoprene covered YBells) or YBell Neo Series (neoprene covered YBells) products or other heavy weights is heavy and may cause personal injury if leaned on or knocked over. DO NOT allow toddlers and young children to play around the YBell rack or pull themselves up using the YBell vertical rack.

WARNING – DO NOT store YBell Pro Series (powder coated YBells) on any YBell vertical racks as YBell Pro Series products may slip off the YBell vertical racks. YBell vertical racks are ONLY designed for use with neoprene covered YBell products. YBell Pro Series products have a metal surface and will not grip to the chrome surface of the YBell vertical rack and may slip or slide off and cause personal injury.

This warranty does not cover damage caused by inappropriate or improper use of the YBell Group product, including (a) dropping the YBell Arc Series, or YBell Neo Series or YBell Pro Series products or another heavy YBell Group product on the ground; (b) causing the YBell Arc Series, YBell Neo Series, or YBell Pro Series products or another heavy YBell Group product to come into contact with another heavy or solid object; (c) using anything other than (i) water or (ii) water and mild soap or detergent and a soft cloth to clean YBell Group products, or (d) storing of YBell Pro Series products on a YBell vertical rack product.

Further, this warranty does not cover (a) normal wear and tear, (b) transit, (c) use of the product other than for its original intended purpose or what is deemed normal use, (d) misuse or mishandling, (e) improper storage.

Notice of such defect must be promptly given to the seller of the product (such as YBell Group, a certified and approved dealer or another group or person authorized by YBell Group).





Correction will be either replacement of the product or repair in the sole discretion of YBell Group. Correction of the product constitutes complete fulfillment of all liabilities of YBell Group with respect to the quality of the product purchased.

This warranty does not cover any damage or condition determined by YBell Group to be caused by carelessness, negligence, neglect, misuse or unreasonable use, normal wear and tear, or failure to properly maintain the product or unauthorized repairs or any modifications thereof. Under no circumstances will YBell Group be held responsible for any damages suffered, including but not limited to incidental or consequential damages, medical expenses, temporary or permanent injuries suffered as a result of the use of the product, if such use does not conform to the described safety standards listed on the YBell Group website or if such damages were due to the negligence of the user or the result of any repair, adjustments or modifications to the product that were not authorized, in writing, by YBell Group. The foregoing warranty and disclaimer is exclusive and in lieu of all other warranties of quality, whether written, oral or implied (including any warranty of merchantability or fitness for the purpose).

WARNING FOR EXERCISE -- Consult a physician or medical practitioner before starting an exercise program using YBell Group products. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. Contact your physician or medical practitioner before starting an exercise program using YBell Group products again.

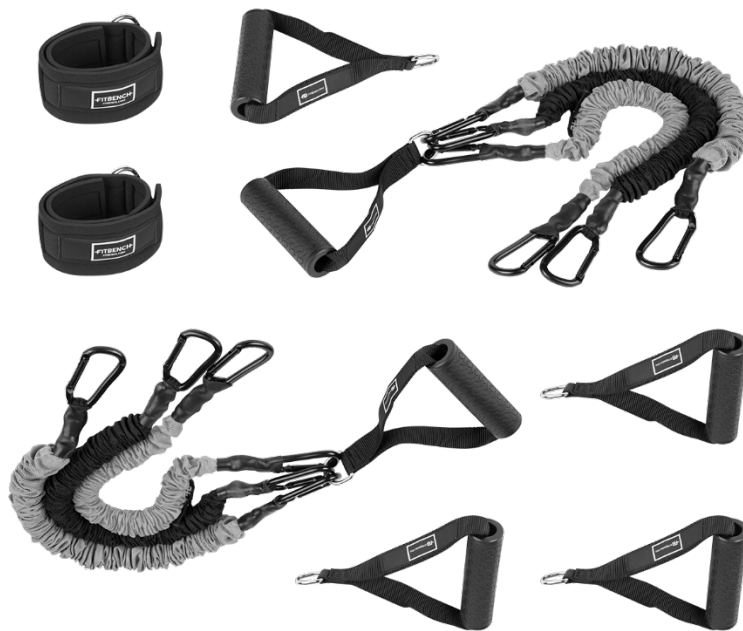
Reference the [YBell Usage Guide](#) for explicit directions on caring for your YBells.





FITBANDS®

There is one custom-made FITBANDS package that comes with the FITBENCH® YBell. 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 YBell.



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 YBell has 11 attachment points for the FITBANDS
- A snap-proof nylon sleeve surrounds the bands for safety





FITBANDS STORAGE LOCATION

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

FITBANDS storage





FITBENCH® YBELL 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 and Covers, 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, FITROPE® (Battle Rope)

Other Components/Accessories: Limited 6 Month Warranty: The following components or accessories are warranted 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 ONE composite top immediately.
- Keep sharp or pointed objects clear of the FITBENCH ONE 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!

