



Pure Fitness Multi Purpose Bench Model No. 8638MB Owner's Manual

Please read all the instructions before using this product.
Consult a physician before beginning any exercise program or strenuous activity



Do not allow more than one person on the trainer at any time.

ADULT ASSEMBLY REQUIRED.

To ensure warranty coverage, please visit www.pureglobalbrands.com to register your product

Pure Fitness is a Trademark of
Pure Global Brands, Inc.



**OWNERS MANUAL
CUSTOMER SERVICE INFORMATION**

Thank you for purchasing our **Pure Fitness™ Mid-With Multi Purpose Bench**

At Pure Global Brands, we want all of our customers to be completely satisfied with their purchase. Please take time to review the contents of the product you just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will happily provide replacement parts at no charge within 30 days of purchase. Please keep in mind that for select damaged part replacement requests, we will require a photo for submission to our quality control office.

To order these parts, or if you have any other questions or concerns about this Pure Global product, please e-mail the Pure Global Brands, Inc. customer service department at: customerservice@puregbi.com or contact us at 1-866-498-5269. You can also visit our website at: www.pureglobalbrands.com

If you request replacement parts, please be sure to include the following information in your correspondence:

YOUR NAME
YOUR MAILING ADDRESS
YOUR EMAIL ADDRESS
RETAILER WHERE YOU PURCHASED PRODUCT
DATE OF PURCHASE
ORDER # (IF AVAILABLE)
PRODUCT MODEL #: 8638MB
SERIAL #
PRODUCT NAME: Pure Fitness Mid-With Multi Purpose Bench
PART # (located in manual)
QUANTITY NEEDED
PICTURE OF DAMAGED PART(s) – SUBMIT VIA Email , Fax, or Mail

Again, thank you for purchasing a Pure Global Brands product.

Sincerely,
Customer Service
Pure Global Brands, Inc.
8040 Belvedere Road
West Palm Beach, FL 33411
1-866-498-5269

LIMITED WARRANTY

Pure Global Brands, Inc. warrants this product to be free from defects in workmanship and materials under normal use and conditions for the duration of the period outlined below FROM THE DATE OF ORIGINAL PURCHASE. This Limited Warranty is not transferable and is available only for the original purchaser of the Product.

The various components of this equipment are warranted against defects and workmanship for the following time period(s):

- **Steel Frame 1-year.**
- **All Other Parts 90-Days**

All warranty coverage extends only to the original retail purchaser from the date of purchase. Pure Fitness's obligation under this Warranty is limited to replacing or repairing, at Pure Fitness's option, the product at one of its authorized service centers. All products for which a warranty claim is made must be received by Pure Fitness at one of its authorized service centers and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Pure Fitness. All warranty claims must be pre-authorized by Pure Fitness. Pre-authorization can be obtained by calling 866-498-5269. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a Pure Fitness authorized service center or for products used for commercial or rental purposes. This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of Nature (such as damage caused by wind, lightning, snow, water, or ice). Weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other Warranty beyond that specifically set forth above is authorized by Pure Fitness.

PURE FITNESS IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND Pure Fitness SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

READ THIS FIRST!!!



WARNING
CHOKING HAZARD – Small parts
NOT for children under 3 years.

Warning

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

WARNING

IMPORTANT – PLEASE READ!

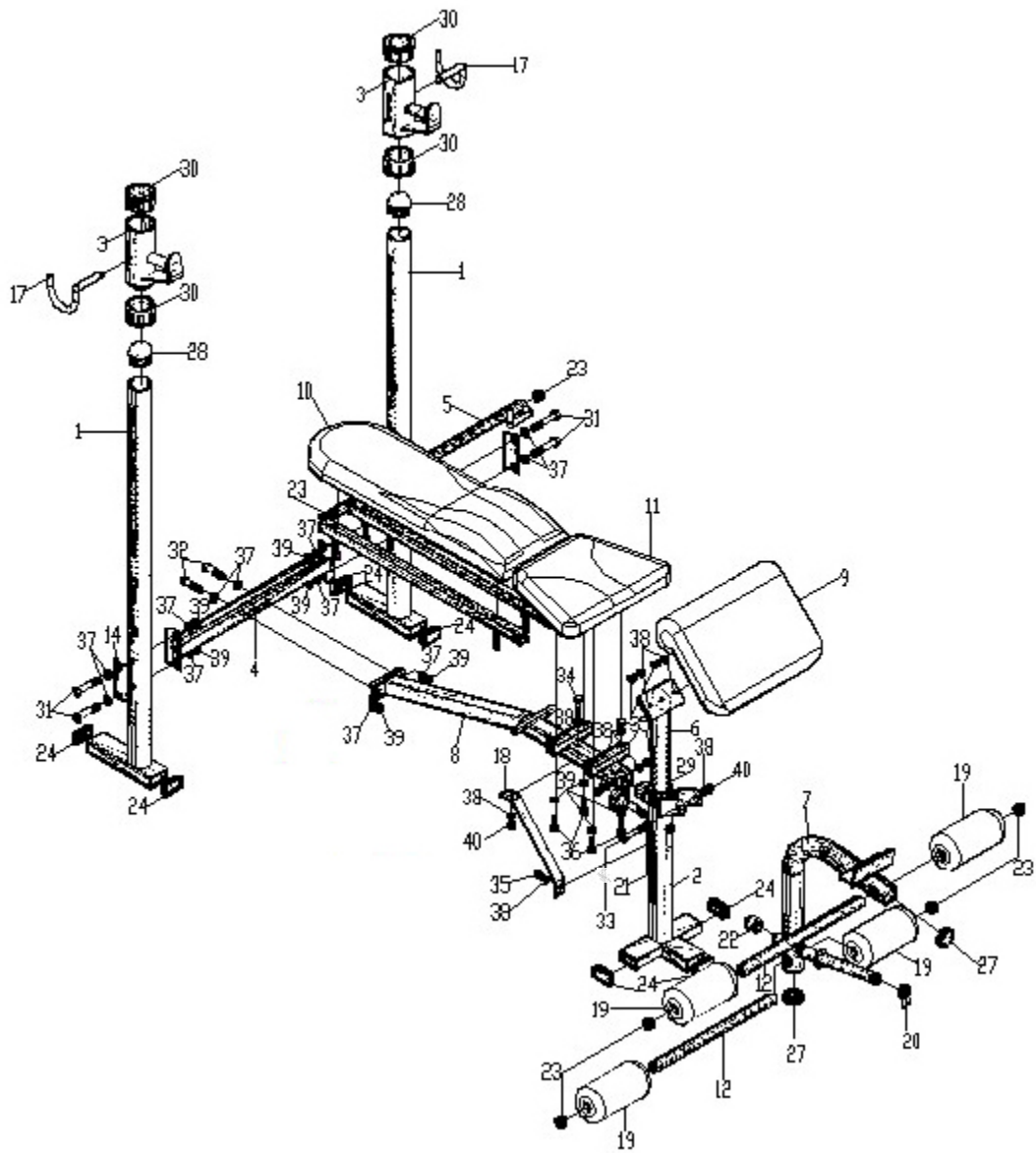
PRIOR TO ASSEMBLING: Please visit: www.pureglobalbrands.com for any important product information updates and/or additional safety warnings before assembling or using this product. Use search term: **8638MB**

WARNINGS – GENERAL SAFETY ADVICE

Please read these instructions in their entirety before use and retain for future reference.

- Ensure that this product has been assembled correctly, per the instructions in the manual.
- DO NOT make any modifications to this equipment or use this machine in any manner it is not intended for.
- This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.
- **NEVER exceed the MAXIMUM WEIGHT LIMIT of 400LBS (181KGS), including accessories and weights.**
- ALWAYS check this product before each use for missing or loose attachments, bolts and/or damaged parts. Carefully inspect the frame, back support bar assembly, anti-tip hooks, lock knob, and the cushion attachments. Check for damage and proper stability to ensure that all parts are correctly positioned, locked for use and in good working order.
- Failure to properly inspect your machine, improperly securing adjustable components, and/or misuse of this equipment can result in serious injury and death.
- ALWAYS use the proper weight bars for this machine. This is a Mid-With bench, and the correct bars should be used for use with this bench. DO NOT exceed 400 LBS: Your body weight, the workout bar, and weights used should never total over 400 LBS.
- ALWAYS use a spotter when working out with total weights of over 50 LBS.
- ALWAYS be aware of the position of your extremities and head in relation to both the steel frame and the weights you are using. Be aware that there are several PINCH POINTS on this unit around which caution must be used. See Page 14 for Pinch Point locations.
- ALWAYS consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.
- IF YOU EXPERIENCE any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness, dizziness, or other unusual discomfort while exercising, STOP and consult your physician and/or obtain medical assistance.
- ALWAYS ensure that the back cushion support bar is locked and fully inserted in the post holes.
- ALWAYS ensure that the foam roller supports are fully and evenly centered before use.
- ALWAYS ensure that the steel securing hooks on the weight support collars are securely and evenly inserted.
- ALWAYS ensure that the lock knob for the Preacher Curl addition is fully and securely inserted.
- This machine is intended for indoor individual home use only, it is not designed for commercial use or for use in communal workout areas.
- DO NOT allow children or pets to use, climb on, or play near this product.
- This machine is only intended for use by persons over the age of 13 years.
- NEVER allow more than one person at a time on this product.
- Ensure that the product is on level ground. If necessary, use a rubber mat under the machine to reduce the possibility of slipping during use.
- Warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.
- NEVER hold your breath while exercising.
- Rest adequately between workouts to allow your muscles to tone and develop.
- DO NOT wear loose fitting clothing, belt buckles, or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.
- DO NOT stand or kneel on the seat, backrest or any other component of this item.
- ALWAYS wear the appropriate fitness footwear. DO NOT use this product barefooted or with socks only. If applicable, ensure that any shoe laces will not become caught in moving parts.
- Dispose of all packaging materials safely and per local ordinance.
- Please retain this information for future reference.

8638MB EXPLODED VIEW

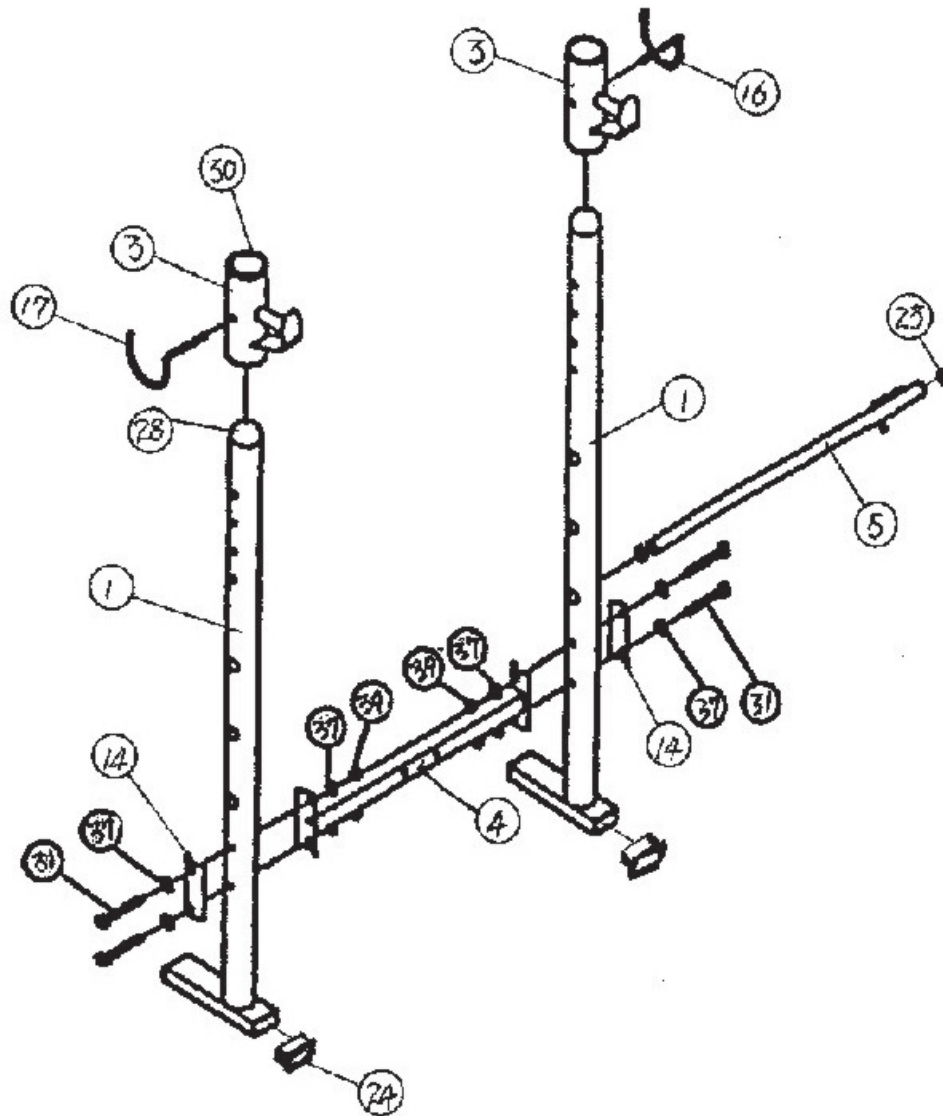


8638MB PARTS LIST

No.	Description	Qty		No.	Description	Qty				
1	UPRIGHT FRAME POSTS	2		35	BOLT M8 x 16	6				
2	FRONT LEG	1		36	BOLT M8 x 40	8				
3	WEIGHT SUPPORT COLLAR	2		37	FLAT WASHER M10	14				
4	SUPPORT TUBE	1		38	FLAT WASHER M8	16				
5	BACKREST SUPPORT BAR	1		39	NUT M10	7				
6	PREACHER FRAME	1		40	NUT M8	1				
7	LEG LIFT	1		<h2 style="margin: 0;">HARDWARE PACK</h2>						
8	CONTROL BRACE	1								
9	PREACHER CUSHION	1								
10	BACK CUSHION	1								
11	SEAT CUSHION	1								
12	LEG LIFT CROSS BAR	2								
13	FLAT PLATE	1								
14	ROUND PLATE	2								
15	BACKREST TUBE	2								
17	ANTI-TIP HOOK 1	1								
17	ANTI-TIP HOOK 2	1								
18	SUPPORT PLATE	1					33, M10*85 (1PC)		35, M10*16 (6PC)	
19	FOAM ROLLER	4					31, M10*80 (4PC)		39, M10 Nut (7PC)	
20	BUTTERFLY WEIGHT LOCK	1					32, M10*60 (2PC)		40, M8 Nut (1PC)	
21	KNOB BOLT	1		34, M8*55 (1PC)		38, M8 Washer (16PC)				
22	RUBBER BUMPER	1		36, M8*40 (8PC)		37, M10 Washer (14PC)				
23	ROUND PLUG	7								
24	RECTANGULAR END CAP	6								
25	SQUARE END CAP 1	4								
26	SQUARE END CAP 2	4								
27	LARGE ROUND PLUG	2								
28	POST CAPS	2								
29	PREACHER CURL SLEEVE	1								
30	COLLAR SLEEVES	4								
31	BOLT M10 x 80	4								
32	BOLT M10 x 60	2								
33	BOLT M8 x 85	1								
34	BOLT M8 x 55	1								

NOTE: These instructions use the following tools (not included):

2x Pliers



STEP 1: ASSEMBLE UPRIGHT POSTS AND COLLARS WITH ANTI-TIP HOOKS

Locate: 2x Upright Frame Posts (1), Support Tube (4), Backrest Support Bar (5), 4x M10*80 BOLTS (31), 8x M10 Washers (37), 2x Round Plates (14), 4x M10 Nuts (39), 2x Weight Support Collars (3), Anti-Tip Hooks (17), 4x End Caps (24), 2x Round Plugs (23), 2x Post Caps (28) and 4x Collar Sleeves (30)

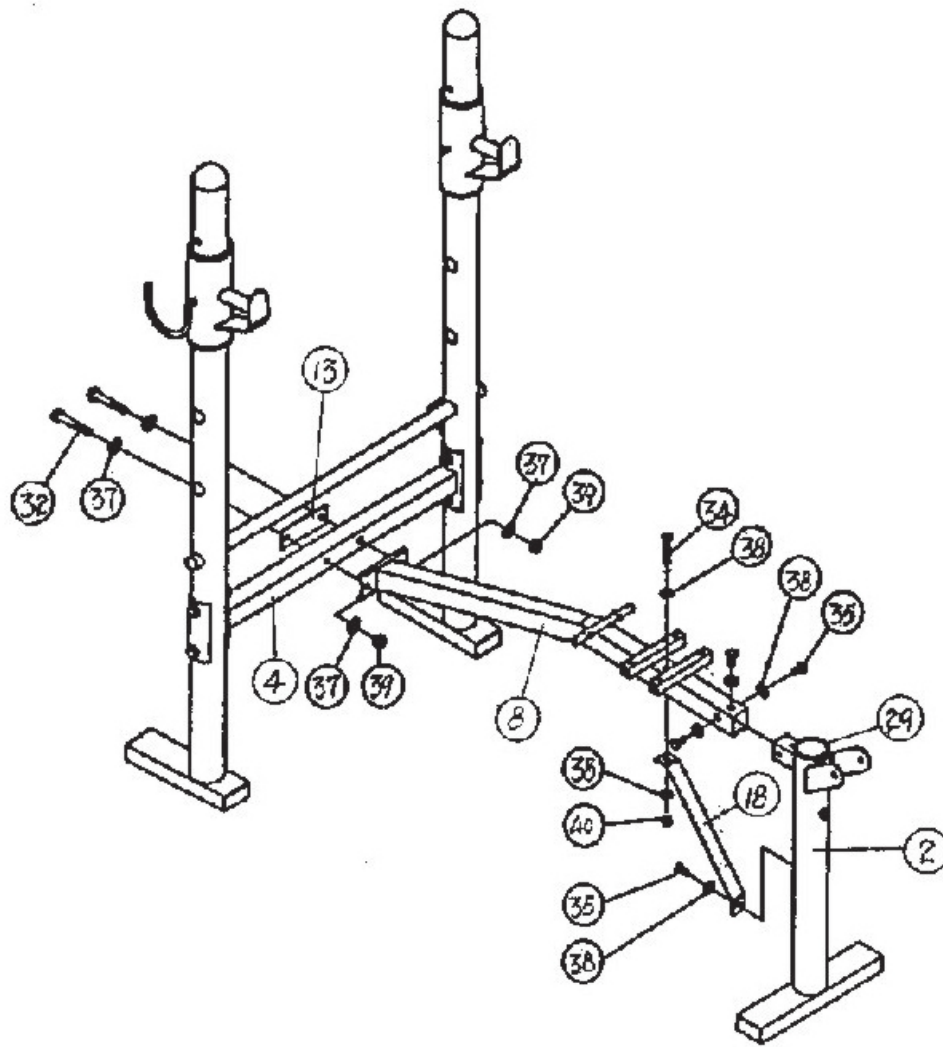
A. Position the Support Tube (4) between the Upright Posts (1). Thread a Washer (37) on each of the 4x M10*80 Bolts (31).

B. With the Washer at the Bolt heads, thread a M10*80 bolt through the 2 openings in each Round Plate (14). Place the Round Plates against the *outside* of the Upright Posts. Thread the bolts through the Posts and into the 2x holes in the Support Tube (4). Secure each bolt with a Washer (37) and M10 Nut (39).

C. Place 2x Round Plugs (23) in each open end of the Backrest Support Bar (5). Slide the Bar through one pair of holes in the Upright Posts and lock into place by turning the bar so the hook engages. (This can be adjusted later before use.)

D. Place the 4 Collar Sleeves (30) into the top and bottom of each Weight Support Collar (3). Slide the Collars onto the Upright Posts with the weight bar hooks facing in the *same direction* of the shorter leg on the Upright Posts. Lock the Collars into place using the two Anti-Tip Hooks (17) by sliding the straight end through both the Collar and the Upright Posts. Place 2x Post Caps (28) on the top open ends of the Upright Posts.

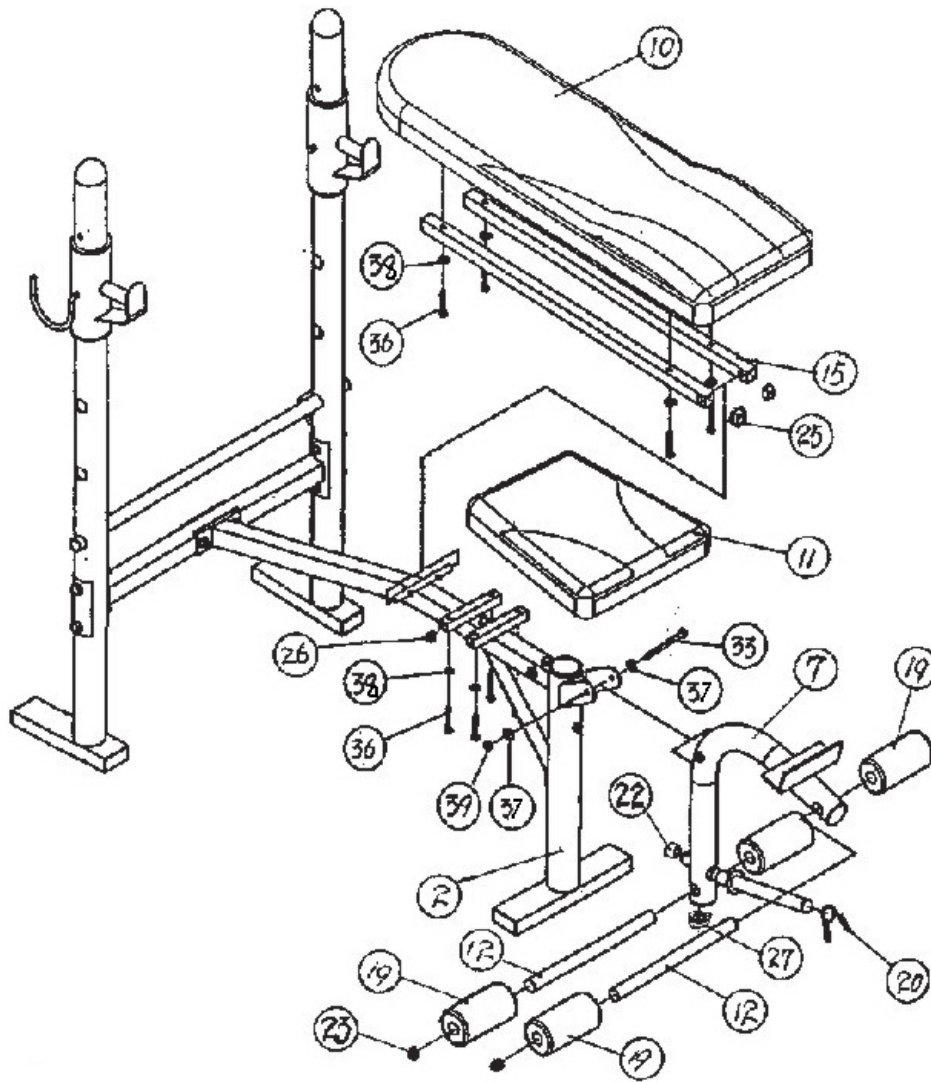
E. Place 4x Rectangular End Caps (24) on each open end at the bottom of the Upright Posts.



STEP 2: ASSEMBLE CENTER SUPPORT FRAME

*Locate: Control Brace (8), Front Leg (2), Support Plate (18), Flat Plate (13), 2x M10*60 Bolts (32), 1x M8*55 Bolt (34), 4x M8*16 Bolts (35), 4x M10 Washers (37), 6x M8 Washers (38), 2x M10 Nuts (39), 1x M8 Nut (40), 1x Preacher Curl Sleeve (29), 3x Rectangular End Caps (24), 4x Square End Caps 2 (26)*

- A.** Thread one M10 Washer (37) on each of the two M10*60 Bolts (32). Thread these bolts through the Flat Plate (13). Line up the Control Brace (8) to the two holes in the Support Tube (4). Place the Flat Plate on the rear outer surface of the Support Tube lined up to the holes in the center. Place the M10 Bolts through this tube and into the Control Brace. Secure the Flat Plate to the Control Brace with 2x M10 Washers (37) and 2x M10 Nuts (39).
- B.** Place the Front Leg (2) into the open end of the Control Brace (8). Secure the Front Leg to the Control Brace using the three pre-drilled holes in the top and the sides of the Control Brace using 3x M8 Washers (38) and 3x M8*16 Bolts (35).
- C.** Place the Support Plate (18) against the vertical post on the Front Leg and secure with 1x M8 Washer and 1x M8*16 Bolt (35). Place the opposite end of the Support Plate against the underside of the Control Brace (8) and connect by placing 1x M8*55 Bolt (34) and M8 Washer (38) combination down through the Control Brace Tube. Connect this to the underside of the Control Brace using another M8 Washer and the M10 Nut (40).
- D.** Place the Preacher Curl Sleeve (29) into the opening at the top of the Front Leg (2). Place 3x Rectangular End Caps (24) into the open ends at the bottom of the Front Leg. Place 4x Square End Caps (26) into the open ends of the two welded bars near the end of the Control Brace (8).



STEP 3: ATTACH CUSHIONS AND LEG LIFT BAR

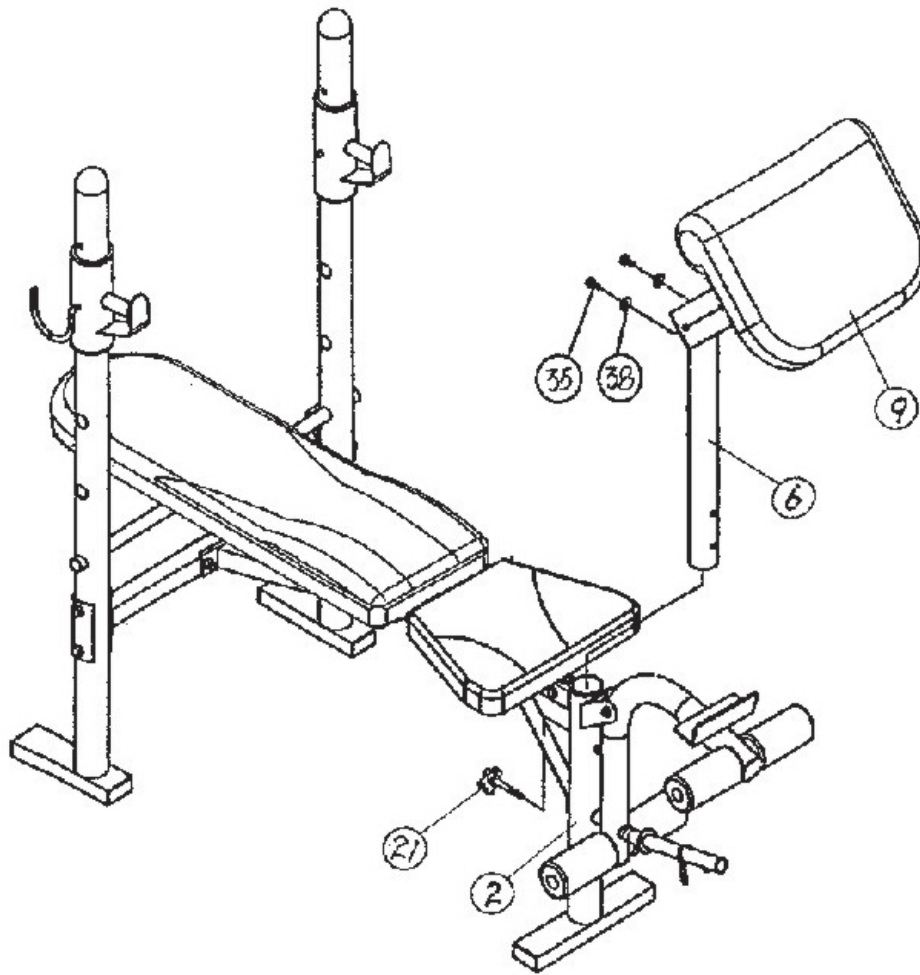
Locate: 2x Backrest Tubes (15), Backrest Cushion (10), Seat Cushion (11), 2x Leg Lift Cross Bars (12), Leg Lift (7), 4x Foam Rollers (19), 8x M8*40 Bolts (36), 8x M8 Washers (38), 1x M10*85 Bolt (33), 2x M10 Washers (37), 1x M10 Nut (39), Butterfly Weight Lock (20), 4x Round Plugs (23), 4x Square End Caps 1 (25), 2x Large Round Plugs (27) and 1x Rubber Bumper (22).

A. Place the Leg Lift so the hold in the center is lined up to the brackets on the Front Leg (2). Slide a M10 Washer (37) onto the M10*85 Bolt (33) and place this combination through the Front Leg brackets and Leg Lift. Secure with another M10 Washer and a M10 Nut (39).

B. Place the Leg Lift Cross Bars (12) through the two holes at the top and bottom of the Leg Lift (7). Keep these bars centered and slide the Foam Rollers (19) onto the Cross Bars. Place the Rubber Bumper (22) on the tube end that contacts the Front Leg. Place the Butterfly Weight Lock (20) on the opposite end of this tube. Place 4x Round Plugs (23) into the ends of the Cross Bars. Insert 2x Large Round Plugs (27) into the open ends of the Leg Lift.

C. Place 4x Square End Caps 1 (25) into the ends of the Backrest Tubes (15). Line up the two holes in the sides of the 2x Backrest Tubes and slide these Tubes onto the *round welded bar* on the Control Brace (8). Lay the top ends of the Backrest Tubes against the Backrest Support Bar (5) between the posts. Keeping the Backrest Tubes securely inserted onto the welded bar, use 4x M8 Washers (38) and 4x M8*40 Bolts (36) to attach the Backrest Cushions to the Backrest Tubes. When complete, raise and lower the back cushion to ensure proper assembly to the Control Brace.

D. Place the Seat Cushion onto the two welded square bars on the Control Brace (8). Secure the Seat Cushion to the Control Brace using 4x M8 Washers (38) and 4x M8*40 Bolts (36).



STEP 4: ATTACH PREACHER CURL

*Locate: Preacher Cushion (9), Preacher Frame (6), Lock Knob (21), 2x M8*15 Bolts (35) and 2x M8 Washers (38).*





A. Place the Preacher Cushion (9) against the Preacher Frame (6). Attach the cushion to the Frame using 2x M8 Washers (38) and 2x M8*15 Bolts (35).

B. Insert the completed Preacher Curl assembly into the top of the Front Leg (2). Secure with the Lock Knob (21). Ensure that the Lock Knob is inserted on the rear side of the Front Leg, in between the Support Plate (18) and the Front Leg.




USING YOUR MID-WITH MULTI PURPOSE BENCH: WARM UP/COOL DOWN EXERCISES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

	<p>Inner Thigh Stretch Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.</p>
	<p>Hamstring Stretch Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.</p>
	<p>Head Roll Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.</p>
	<p>Shoulder Lift Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.</p>

WARM UP/COOL DOWN EXERCISES (CONT.)

	<p>Calf-Achilles Stretch Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts</p>
	<p>Toe Touch Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.</p>
	<p>Side Stretch Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.</p>

PINCH POINT AND WARNING LABEL LOCATIONS



WARNING

For Consumer Use Only

When using this equipment, the possibility of injury (ligament, muscle, or tendon) may occur if caution is not used.

- Read the User's Manual. All warnings and instructions must be read and followed. All users must be properly instructed for the proper use of this equipment prior to using.
- Always inspect your equipment prior to each use for loose nuts and bolts, disengaged safety mechanisms, tampering and/or expired components and contact a qualified technician or fitness center. If found, do not exercise use until issues have been properly fixed and all necessary critical replacement parts have been obtained.
- Additional information on the above can be found in your manual.
- Not recommended for use by individuals under the age of 17 years of age.
- Keep children and pets away.
- Replace this label if damaged, illegible, or removed.

WARNING

Serial Number:

**400 LBS
MAX WEIGHT**

Model Number: 8523MB

Questions/Comments?
Plex Fitness Brands, Inc.
3648 Balchore Rd., WPA, FL 32411
888-688-5238 (USA) / 888-688-5238 (INTL)
customerservice@plexfitness.com

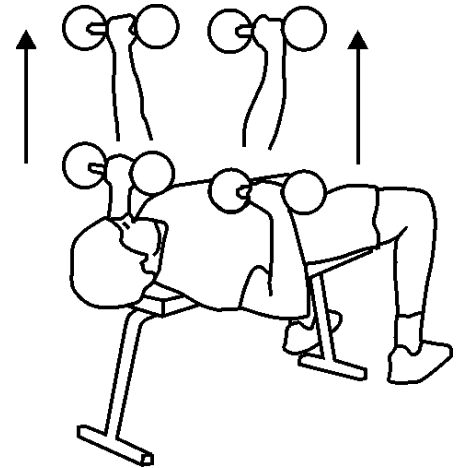
USING YOUR MID-WITH MULTI PURPOSE BENCH

ALWAYS consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.

ALWAYS make sure that all adjustable components of this bench are fully engaged and securely locked in place. Using this bench without checking these components can result in serious injury and/or death.

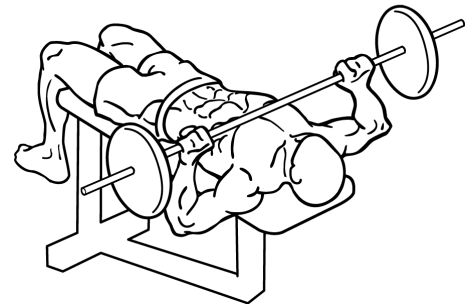
Dumbbell Bench Press

Lay down on the bench and set your feet firmly on the floor. Grip a pair of Dumbbells, holding each perpendicular to your shoulders. Raise and lower the dumbbells slowly and evenly, starting with your hands about 1 inch off your chest, then slowly pushing up to about 2 inches before full extension of your arms (this will stop you from locking your elbows and keep your target muscles tight). Repeat.



Bench Press

Lay down on the bench and set your feet firmly on the floor. Use a spotter. Grip the bar tightly, squeeze the bar tight and slowly lower it down to your upper chest (about 1/2 way between your nipples and collarbone). Stop the bar about 1 inch off your chest, pause, then slowly push the bar up to about 2 inches before the starting position (this will stop you from locking your elbows and keep your target muscles tight). Repeat.



Preacher Curl with Weights

Sit on the Preacher Curl bench. Hold the barbell in your hands with your palms facing up. Place elbows on the preacher curl pad. Extend your arms and curl arms toward your body, keeping your elbows on the pad. Hold for one second and lower arms to starting position. Repeat



FREQUENTLY ASKED QUESTIONS

Question: “How should I clean my Bench?”

Answer: YOU SHOULD CLEAN THIS EQUIPMENT WITH A SOLUTION OF WARM WATER AND NON-CORROSIVE AND/OR NON-ABRASIVE SOAP. DAMPEN A RAG WITH THIS SOLUTION AND WIPE COMPLETELY DRY BEFORE USING.

Question: “Is there any maintenance I need to do for my Bench?”

Answer: BEFORE EACH USE, YOU SHOULD ALWAYS DOUBLE CHECK TO MAKE SURE ALL YOUR BOLTS ARE TIGHT AND SECURE, THE ADJUSTABLE COMPONENTS AND CUSHIONS ARE SECURELY ATTACHED AND/OR LOCKED, AND THERE IS NO DAMAGE TO THE FRAME OR ITS PARTS. IF ANY OF THE CONDITIONS ARE FOUND, TIGHTEN BOLTS AND/OR SECURE ANY ADJUSTABLE COMPONENTS. IF THERE IS ANY DAMAGE, OR IF THE ADJUSTABLE COMPONENTS DO NOT STAY SECURED, CEASE USE OF THE UNIT IMMEDIATELY, SECURE IT FROM FURTHER USE AND CONTACT CUSTOMER SERVICE AT: customerservice@puregbi.com OR BY CALLING 866-498-5269 (9AM-5PM M-F)

Question: “Something was missing from the packaging,” “I need to purchase a replacement part” or “I discovered a damaged piece. What should I do?”

Answer: CONTACT CUSTOMER SERVICE AT: customerservice@puregbi.com or by calling 866-498-5269. YOU MUST HAVE YOUR PROOF OF PURCHASE AND/OR ORDER CONFIRMATION AVAILABLE TO BE CONSIDERED FOR WARRANTY REPLACEMENT. YOU MUST REPORT MISSING PIECES WITHIN 30 DAYS FROM DATE OF PURCHASE. PLEASE BE AWARE THAT UNDER OUR LIMITED WARRANTY, FOR SOME PARTS WE REQUIRE A PICTURE OF THE DAMAGED ITEM AND/OR RETURN OF THE DAMAGED ITEM(S) TO OUR QUALITY CONTROL OFFICE FOR REVIEW.

NOTE THAT WEIGHT BARS, WEIGHTS, DUMBBELLS, ETC. ARE NOT INCLUDED WITH THIS BENCH. THESE MUST BE PURCHASED SEPARATELY.

CUSTOMER SERVICE:
customerservice@puregbi.com
1-866-498-5269 (9AM-5PM, M-F)