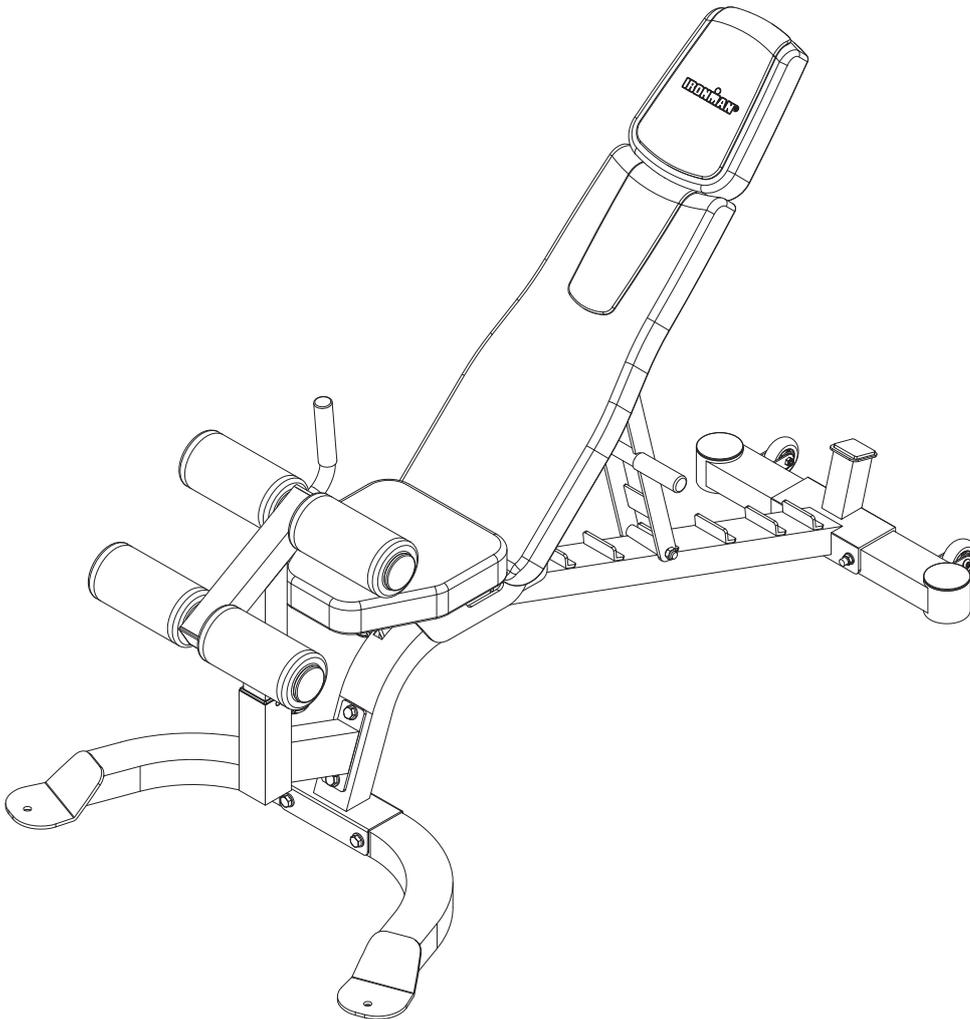


OWNER'S MANUAL

IRONMAN[®]
FITNESS



Multi-angle Utility Bench

6871.1-122915

The specifications of this product may vary from this photo and are subject to change without notice.
IRONMAN, IRONMAN TRIATHLON and M-DOT are registered trademarks of World Triathlon Corporation.
This product is licensed by the World Triathlon Corporation.

TABLE OF CONTENTS

SERVICE-----	2
LABEL PLACEMENT-----	3
PRODUCT SAFETY-----	4
ASSEMBLY PREPARATION-----	5
OVERVIEW-----	6
HARDWARE PACK-----	8
PART LIST-----	9
STEP 1-----	12
STEP 2-----	14
STEP 3-----	16
STEP 4-----	18
STEP 5-----	20
STEP 6-----	22
STEP 7-----	24
ADJUSTMENTS-----	26
WARRANTY-----	28
PART REQUEST FORM-----	29

IMPORTANT: FOR NORTH AMERICA ONLY

For damage or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Open Daily) by below methods:

For Best Service Email:

Service@paradigmhw.com *

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7922**

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

For damaged or defective product please contact our customer service before returning to the store.

* Emailing us with the information above will be the best method to receive a response during peak business hours.

**Response time may vary.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

PRODUCT SAFETY

WARNING: Before using this equipment you should consult with your physician to see if this Bench is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

The Maximum Weight Capacity for this product is 1500lbs/680kgs.

Read all instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.

This Bench was designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using this Bench.
2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
3. If at any time you feel faint, light-headed, or dizziness while operating this equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
4. Keep children and pets away from this equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use. Check screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings on the equipment.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.
13. Children from 12 to 18 should have adult supervision.

Warning: It is highly recommend that you have assistance during the assembly of this IRONMAN strength equipment.

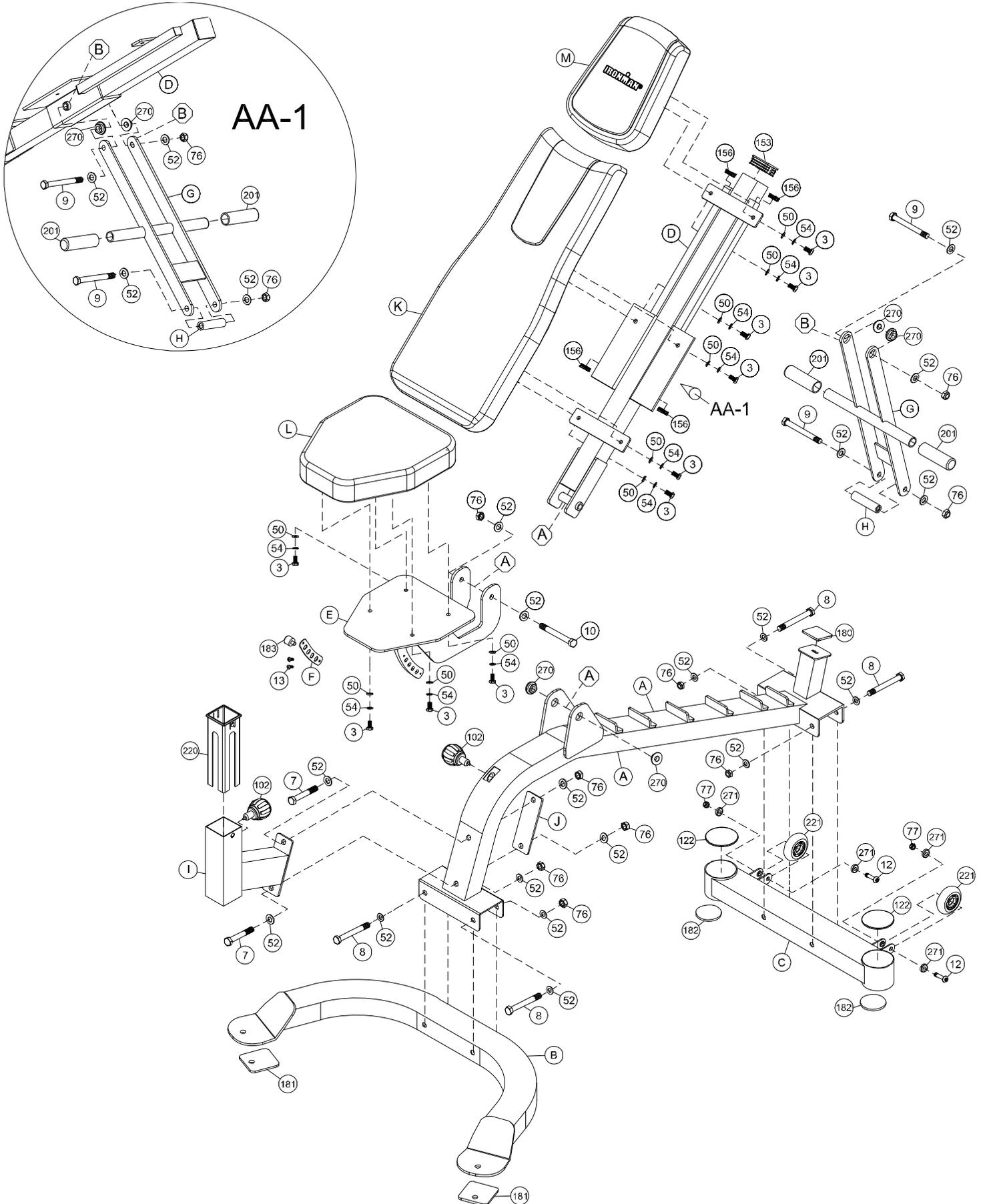
1. Tools for assembly:

General tools you may need for the assembling this IRONMAN strength equipment:

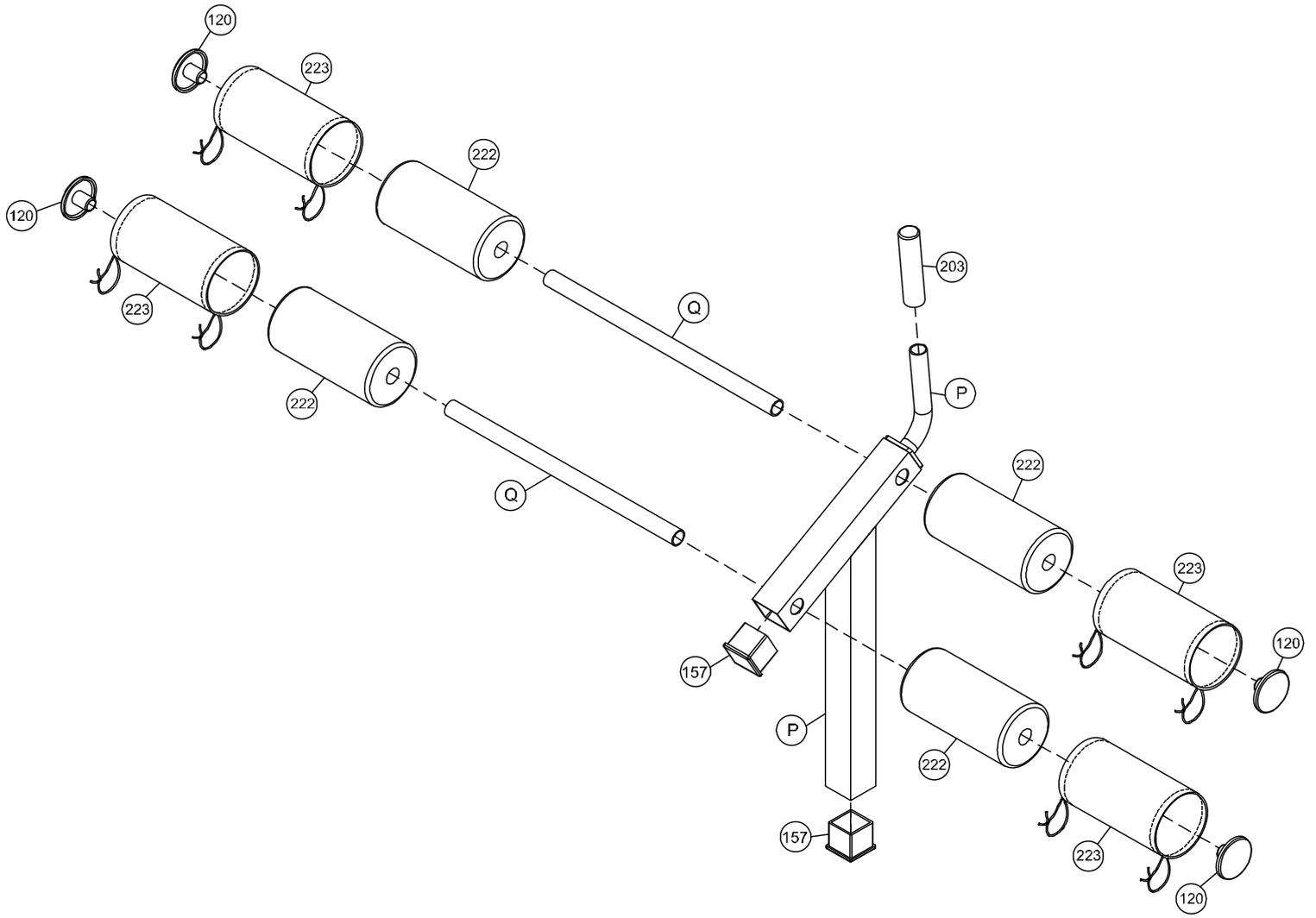
- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

2. Insert the bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the IRONMAN strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the items of that step.
6. To aid in assembly of the equipment, the hardware (bolts, nuts, washer...etc.) has been presorted according to their corresponding steps. **Each bag of hardware is labeled with its corresponding step number.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. See page 2.

OVERVIEW DRAWING



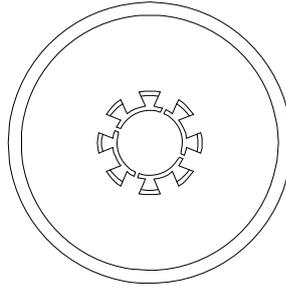
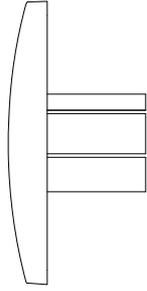
OVERVIEW DRAWING



HARDWARE PACK

Part 120 ROUND CAP D25.4xD65x31.5

QTY.4



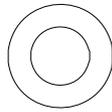
Part 76 NYLON LOCK NUT M12

QTY.8



Part 52 WASHER D24xD13.5x2.5

QTY.16



Part 50 WASHER D18xD8.5X1.2

QTY.10



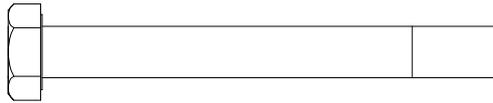
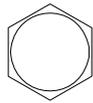
Part 54 LOCK WASHER D15.4xD8.2X2

QTY.10



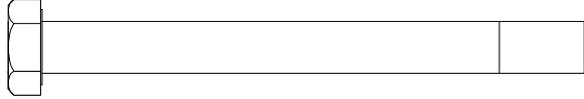
Part 8 HEX BOLT M12x1.75x105mm

QTY.4



Part 10 HEX BOLT M12x1.75x125mm

QTY.1



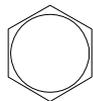
Part 9 HEX BOLT M12x1.75x110mm

QTY.1



Part 7 HEX BOLT M12x1.75x80mm

QTY.2



Part 3 HEX BOLT M8x1.25x25mm

QTY.10



PART LIST

Part#	Description	Q'ty.
A	Main Frame	1
B	Front Stabilizer	1
C	Rear Stabilizer	1
D	Backrest Frame	1
E	Seat Plate	1
F	Seat Adjustment Arc	1
G	Backrest Post	1
H	Sleeve	1
I	Attachment Holder	1
J	Fixing Plate	1
K	Backrest Pad	1
L	Seat Pad	1
M	Head Pad	1
P	Leg Hold Down	1
Q	Foam Roller Tube	2
3	Hex Bolt M8x1.25x25L	10

Part#	Description	Q'ty.
7	Hex Bolt M12x1.75x80L	2
8	Hex Bolt M12x1.75x105L	4
9	Hex Bolt M12x1.75x110L	2
10	Hex Bolt M12x1.75x125L	1
12	Allen Bolt M8x1.25x40L	2
13	Bolt M5x0.8x10L	2
50	Flat Washer D18xD8.5x1.2T	10
52	Flat Washer D24xD13.5xD2.5T	18
54	Spring Washer D15.4xD8.2x2T	10
76	Nylon Nut M12x1.75x12T	9
77	Nylon Nut M8x1.25x8T	2
102	Ball Knob Pop Pin D50xM16x22xD8	2
120	Round Cap D25.4xD65x31.5	4
122	Round Cap D76x16	2
153	Square Cap 50x50x20L	1
156	Square Cap 20x20x13L	4

PART LIST

Part#	Description	Q'ty.
157	Square Cap 50x50x20L	2
180	Buffer 52x52x5T	1
181	Buffer 75x75x5T	2
182	Buffer D70x5T	2
183	Buffer D20x10LxM8x1.25	1
201	Hand Grip D24x100x3T	2
203	Hand Grip 3Tx125L	1

Part#	Description	Q'ty.
220	Square Bushing 60x60x200L	1
221	Wheel D70.5x23	2
222	Foam Roller D23xD100x200L	4
223	Sleeve D100x200	4
270	Bushing D29xD12.1x9T	4
271	Bushing D22.2xD8.2x7T	4

STEP 1

1A. Attach Front Stabilizer (B) onto the Main Frame (A) by using:

2 - (8) Hex Bolt M12x1.75x105L

2 - (76) Nylon Nut M12x1.75x12T

4 - (52) Flat Washer D24xD13.5x2.5T

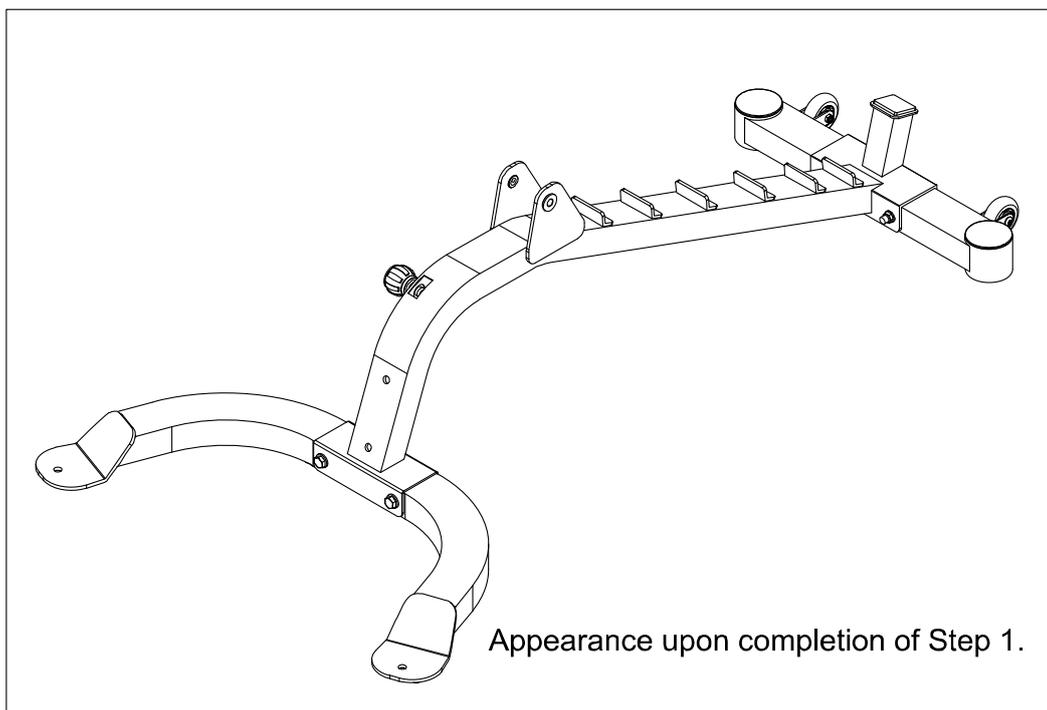
1B. Attach Rear Stabilizer (C) onto the Main Frame (A) by using:

2 - (8) Hex Bolt M12x1.75x105L

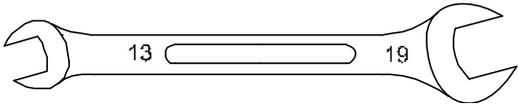
2 - (76) Nylon Nut M12x1.75x12T

4 - (52) Flat Washer D24xD13.5x2.5T

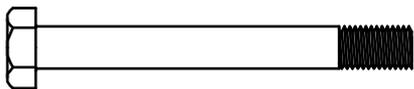
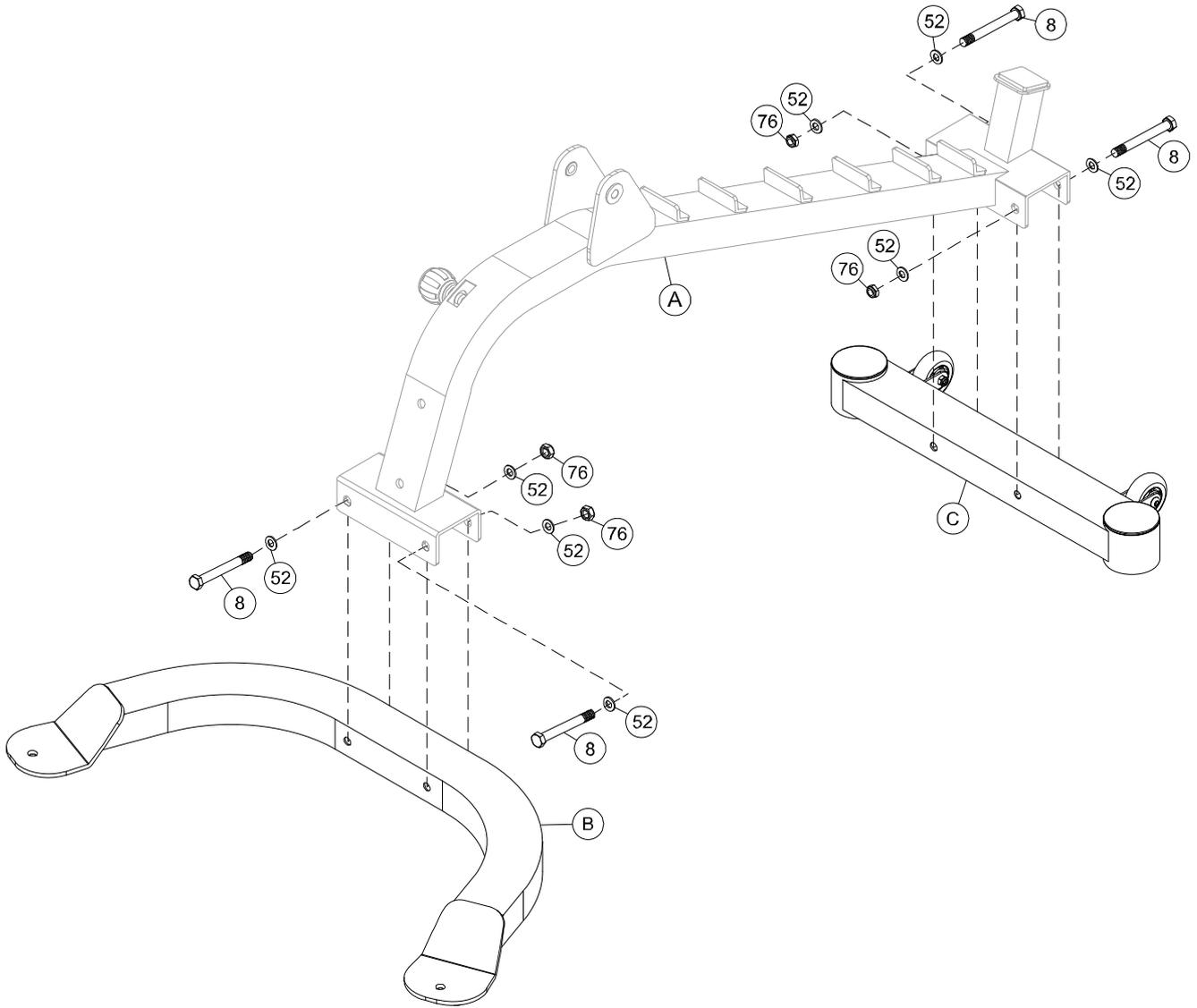
Thoroughly tighten the hardware once complete



STEP 1



Open Wrench 2PCS



NO.8 Hex Bolt
M12x1.75x105L
4PCS



NO.76 Nylon Nut
M12x1.75x12T
4PCS



NO.52 Flat Washer
D24xD13.5x2.5T
8PCS

STEP 2

2A. Remove twist ties From Main Frame (A), but leave the two Bushing (270) parts in place.

2B. loosen the Ball Knob Pop Pin (102) on the Main Frame (A) to allow for the insertion of the Seat Adjustment Arc (F).

2C. Insert the Seat Adjustment Arc (F) into the slot on the Main Frame (A) and secure it in place by inserting it into one of the holes of Seat Adjustment Arc (F) and tighten the Ball Knob Pop Pin (102), as shown in Fig AA-2

2D. Attach Seat Plate (E) and Backrest Frame (D) to the Main Frame (A) by aligning all the holes of the three parts by using:

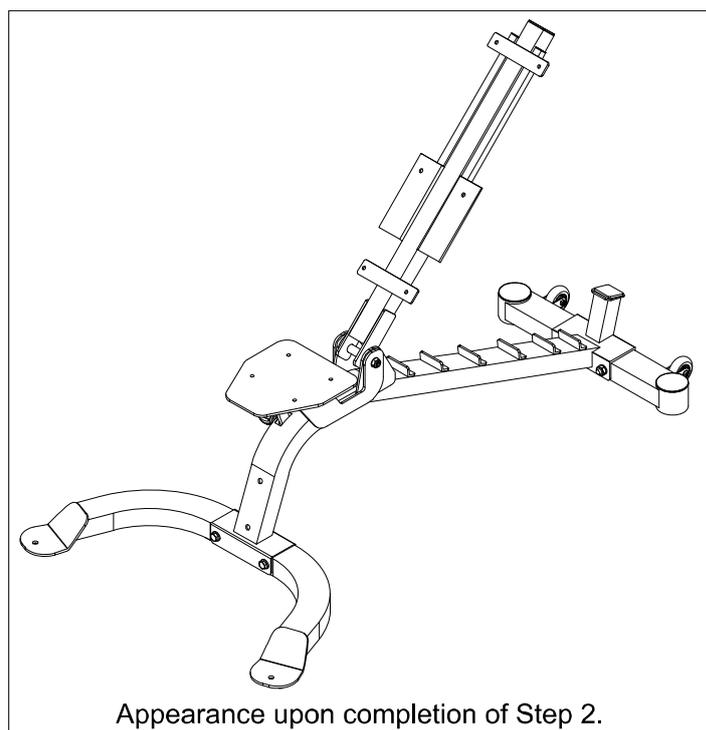
1 - (10) Hex Bolt M12x1.75x125L

1 - (76) Nylon Nut M12x1.75x12T

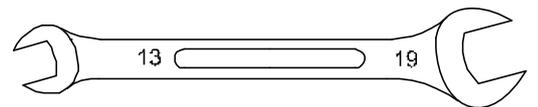
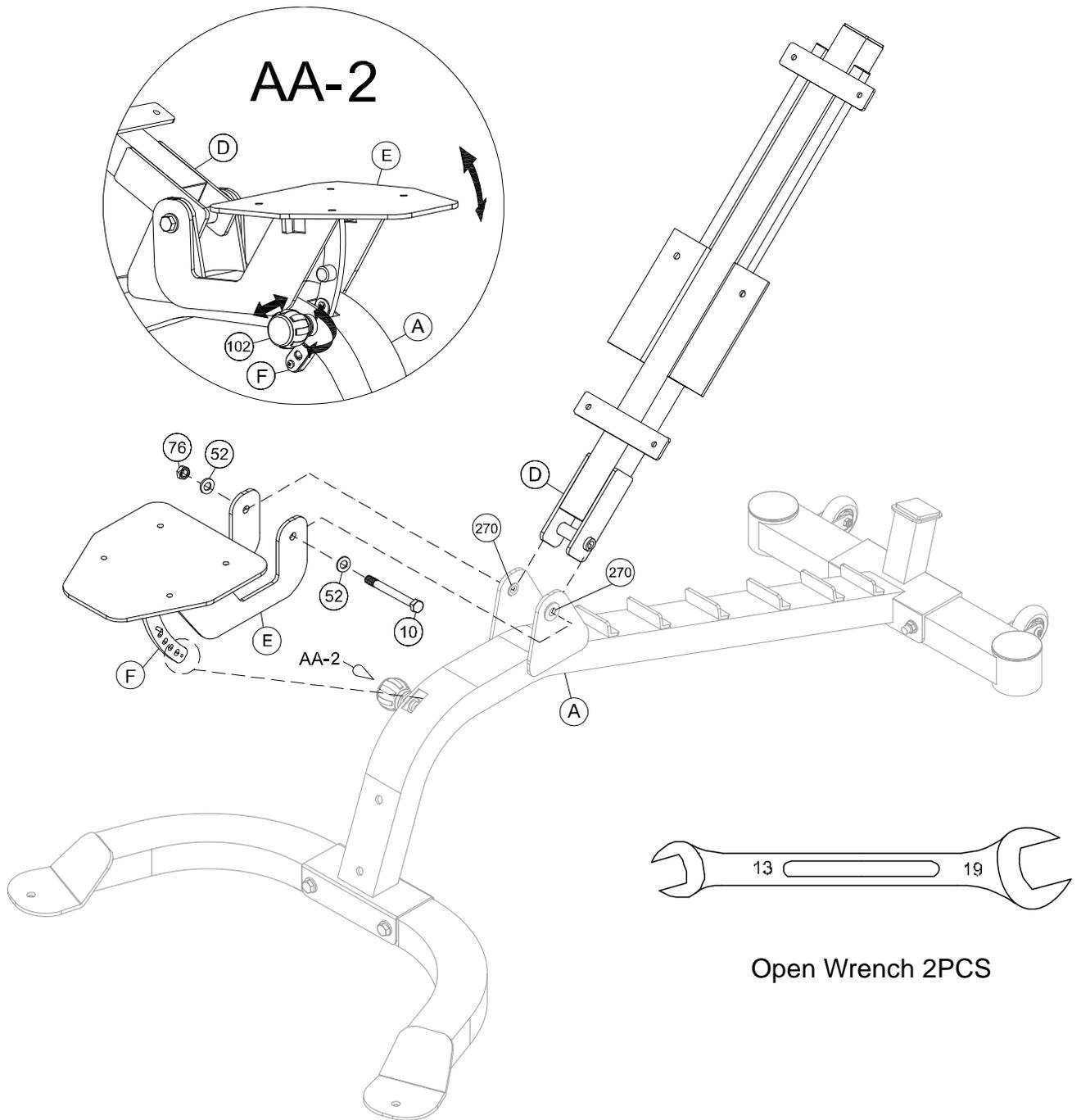
2 - (52) Flat Washer D24xD13.5x2.5T

Thoroughly tighten the hardware once complete

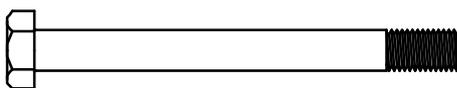
WARNING: Do not over tighten the Hex Bolt (10) and Nylon Nut (76); doing so may make changing the Seat and Backrest angle positions difficult.



STEP 2



Open Wrench 2PCS



NO.10 Hex Bolt
M12x1.75x125L
1PC



NO.76 Nylon Nut
M12x1.75x12T
1PC



NO.52 Flat Washer
D24xD13.5x2.5T
2PCS

STEP 3

3A. Remove twist ties From Backrest Post (G), but leave the two Bushing (270) parts in place.

3B. Attach Backrest Post (G) onto the Backrest Frame (D) by using:

1 - (9) Hex Bolt M12x1.75x110L

1 - (76) Nylon Nut M12x1.75x12T

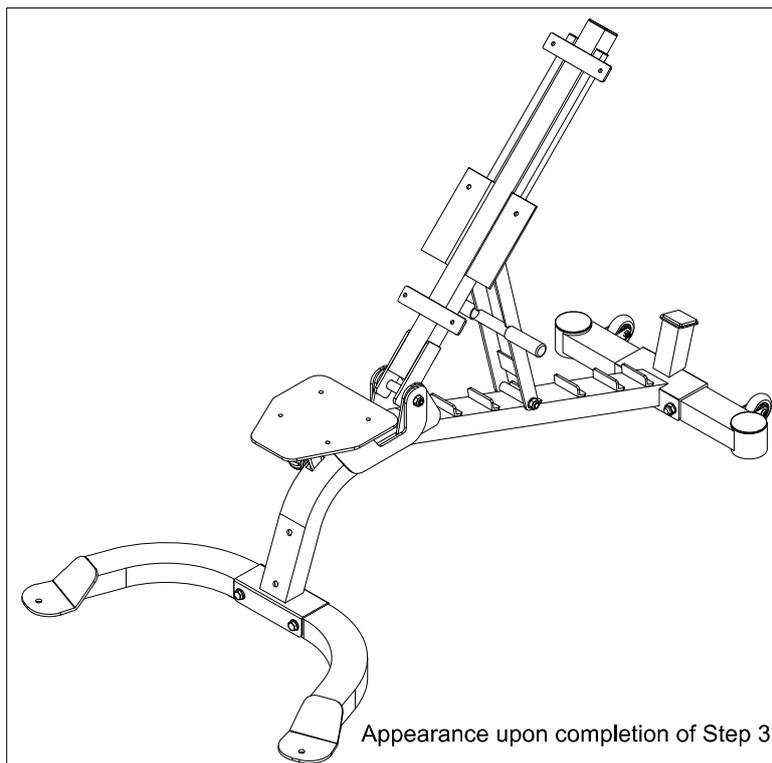
2 - (52) Flat Washer D24xD13.5x2.5T

Note: Make sure the circular hand grip tube of Backrest Post (G) is on the underside during installation.

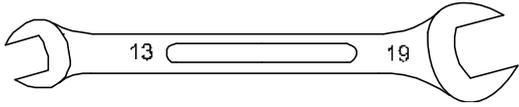
WARNING: Do not over tighten the Hex Bolt (9) and Nylon Nut (76), doing so may make changing the Seat and Backrest angle positions difficult.

3C. Adjust the Backrest Frame (D) by resting the Sleeve (H) into one of the tabs along Main Frame (A).

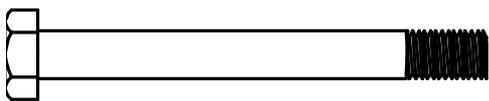
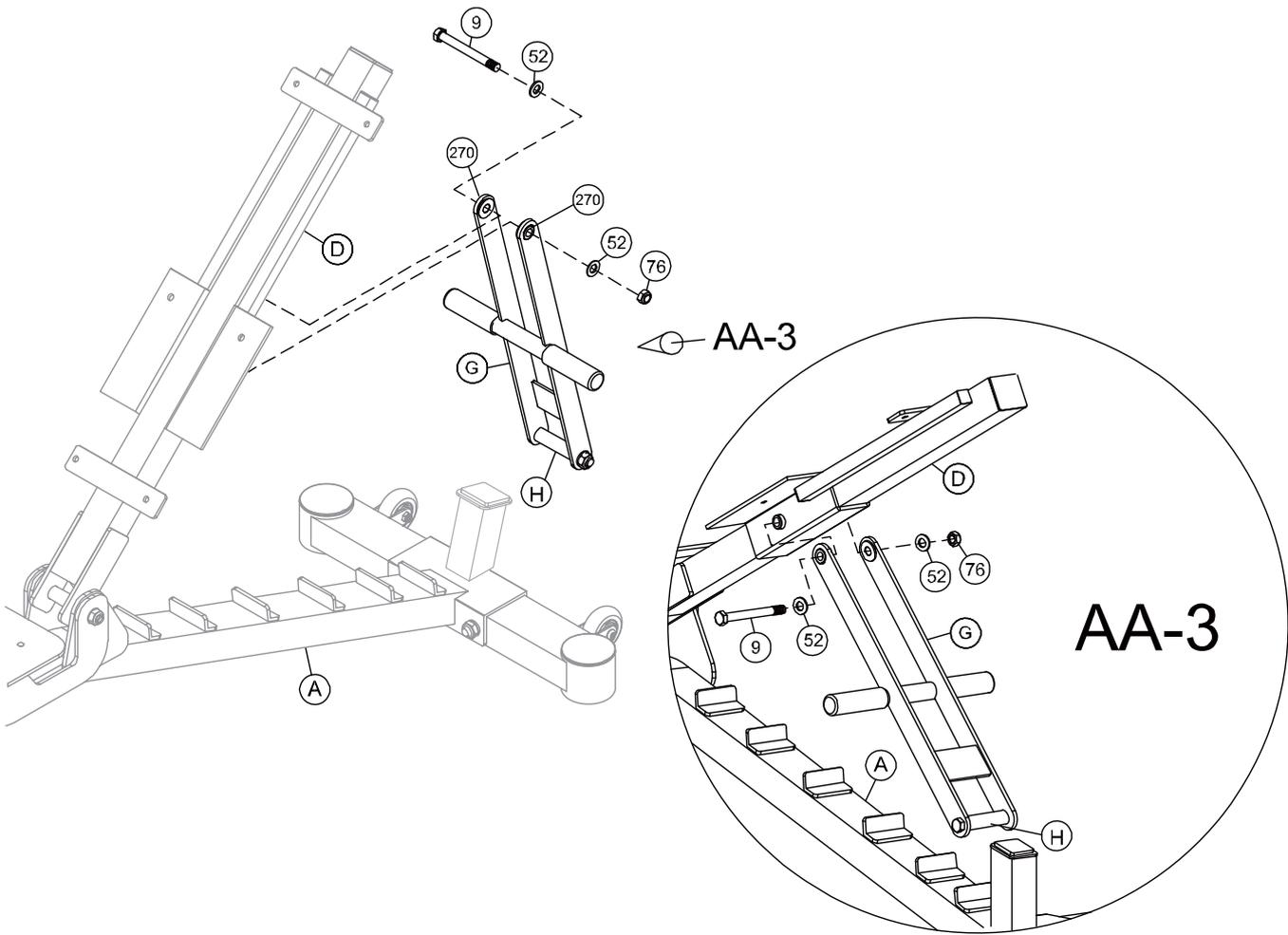
Thoroughly tighten the hardware once complete



STEP 3



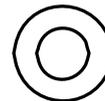
Open Wrench 2PCS



NO.9 Hex Bolt
M12x1.75x110L
1PC



NO.76 Nylon Nut
M12x1.75x12T
1PC



NO.52 Flat Washer
D24xD13.5x2.5T
2PCS

STEP 4

4A. Attach the Attachment Holder (I) to the front of Main Frame (A) and Fixing Plate (J) to the rear of Main Frame (A) by using:

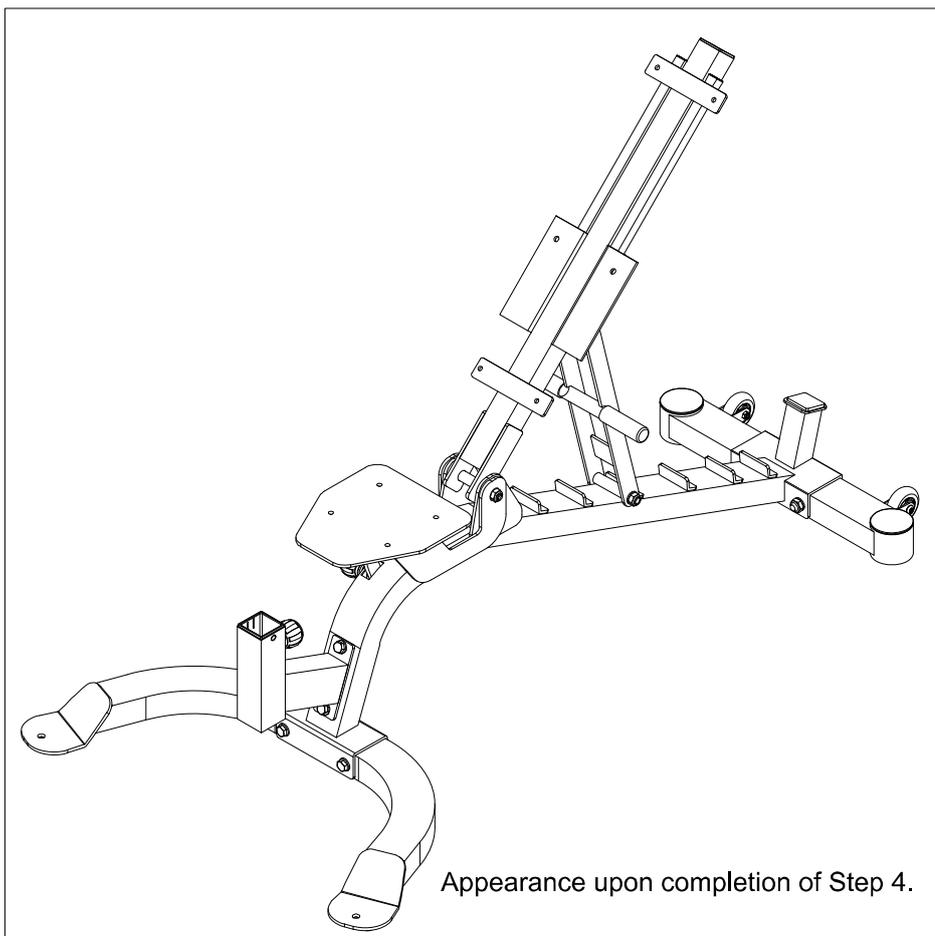
2 - (7) Hex Bolt M12x1.75x80L

2 - (76) Nylon Nut M12x1.75x12T

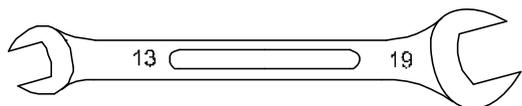
4 - (52) Flat Washer D24xD13.5x2.5T

Note: If you do not intend on using the Leg Hold Down, do not install the Attachment Holder (I).

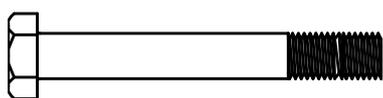
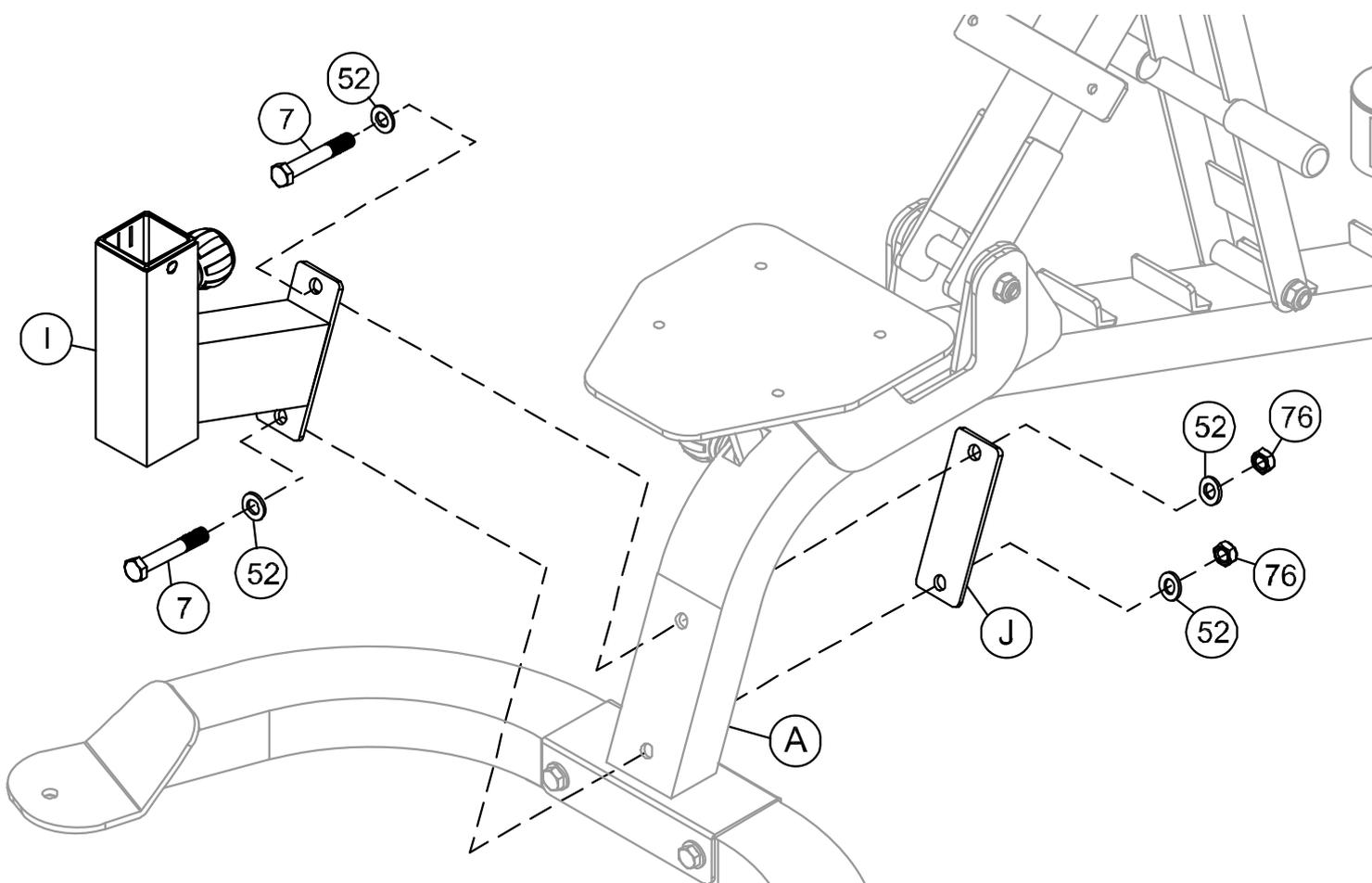
Thoroughly tighten the hardware once complete



STEP 4



Open Wrench 2PCS



NO. 7 Hex Bolt
M12x1.75x80L
2PCS



NO.76 Nylon Nut
M12x1.75x12T
2PCS



NO.52 Flat Washer
D24xD13.5x2.5T
4PCS

STEP 5

5A. Attach the Seat Pad (L) onto the Seat Plate (E) by using:

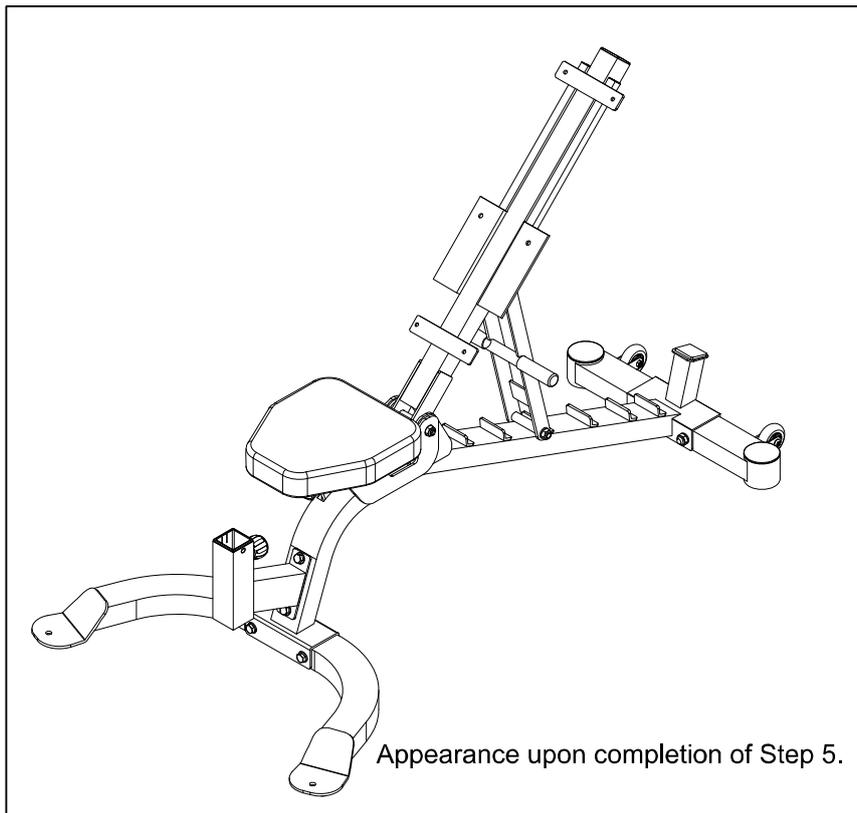
4 - (3) Hex Bolt M8x1.25x25L

4 - (54) Spring Washer D15.4xD8.2x2T

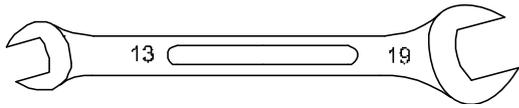
4 - (50) Flat Washer D18xD8.5x1.2T

Note: loosely install all the hardware by hand prior to tightening with tools. This will make aligning the holes easier

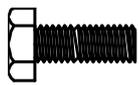
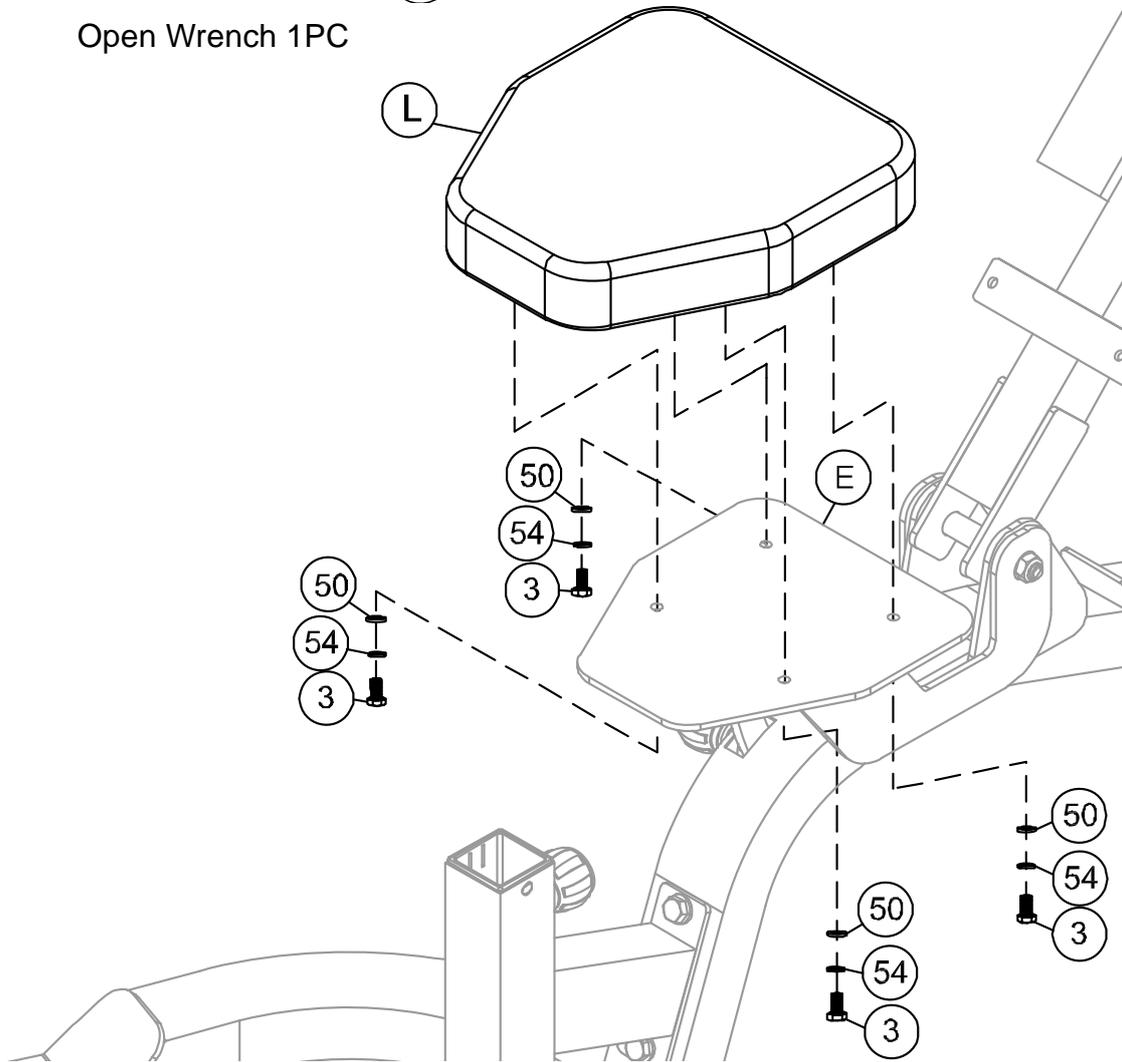
Thoroughly tighten the hardware once complete



STEP 5



Open Wrench 1PC



NO. 3 Hex Bolt
M8x1.25x25L
4PCS



NO.54 Spring Washer
D15.4xD8.2x2T
4PCS



NO.50 Flat Washer
D18xD8.5x1.2T
4PCS

STEP 6

6A. Attach the Backrest Pad (K) and Head Pad (M) onto the Backrest Frame (D) by using:

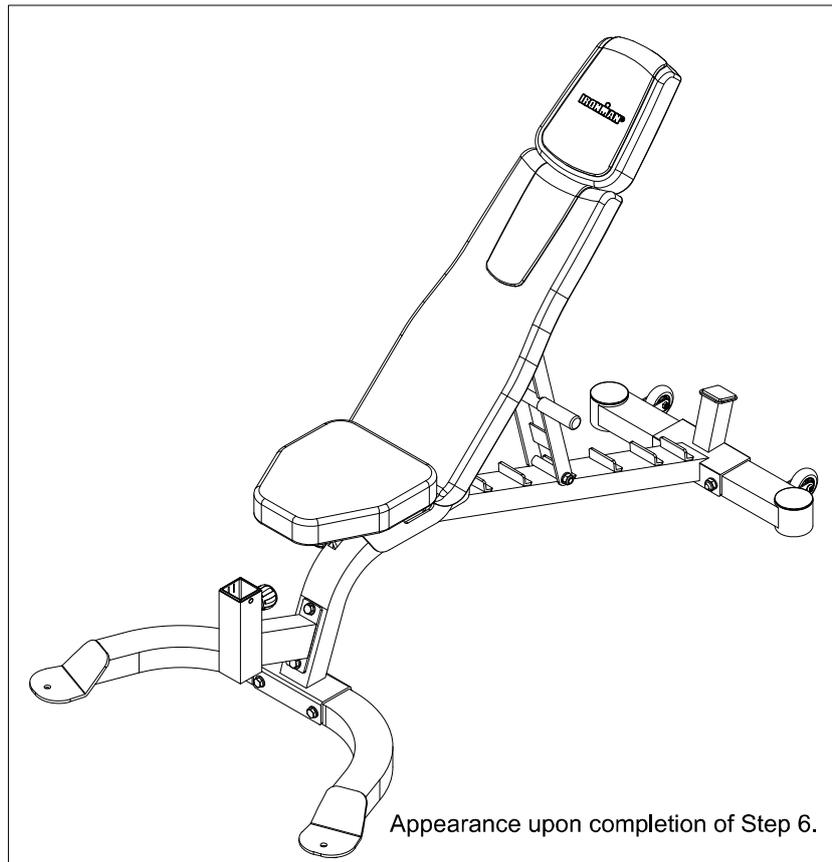
6 - (3) Hex Bolt M8x1.25x25L

6 - (54) Spring Washer D15.4xD8.2x2T

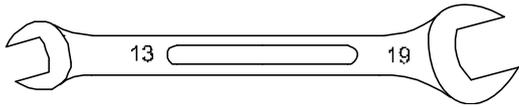
6 - (50) Flat Washer D18xD8.5x1.2T

Note: loosely install all the hardware by hand prior to tightening with tools. This will make aligning the holes easier

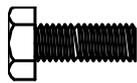
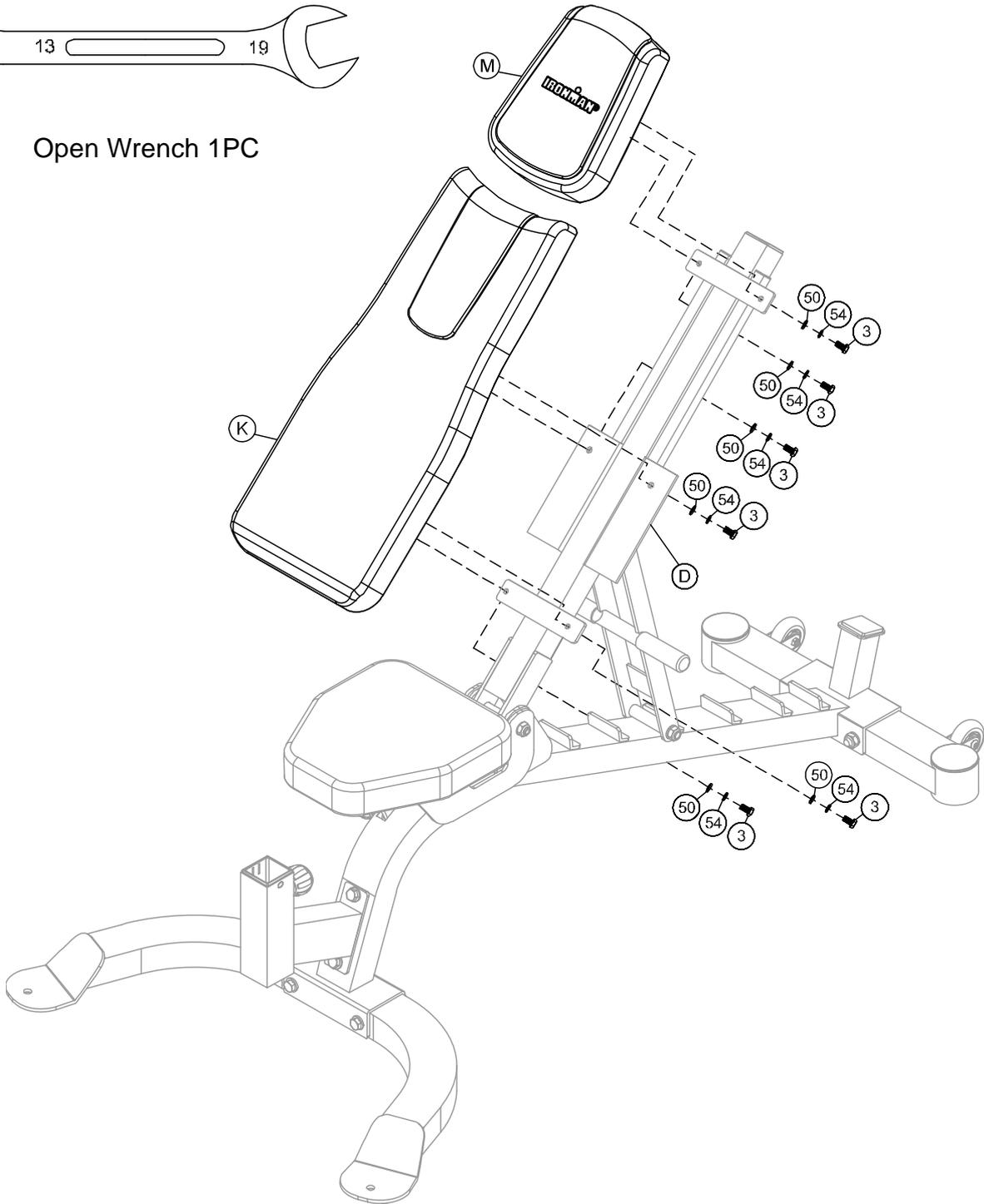
Thoroughly tighten the hardware once complete



STEP 6



Open Wrench 1PC



NO. 3 Hex Bolt
M8x1.25x25L
6PCS



NO.54 Spring Washer
D15.4xD8.2x2T
6PCS



NO.50 Flat Washer
D18xD8.5x1.2T
6PCS

STEP 7

7A. Loosen Ball Knob Pop Pin (102) then mount Leg Hold Down (P) into Attachment Holder (I) and Secure into position by tightening the Ball Knob Pop Pin (102).

7B. Insert a Foam Roller Tube (Q) midway along its length into the upper holes on the Leg Hold Down (P). Use Two Foam Roller (222 & 223) and slide one on to each exposed side of the Foam Roller Tube (Q). Insert a Round Cap (120) on to each side of Foam Roller Tube (Q) using:

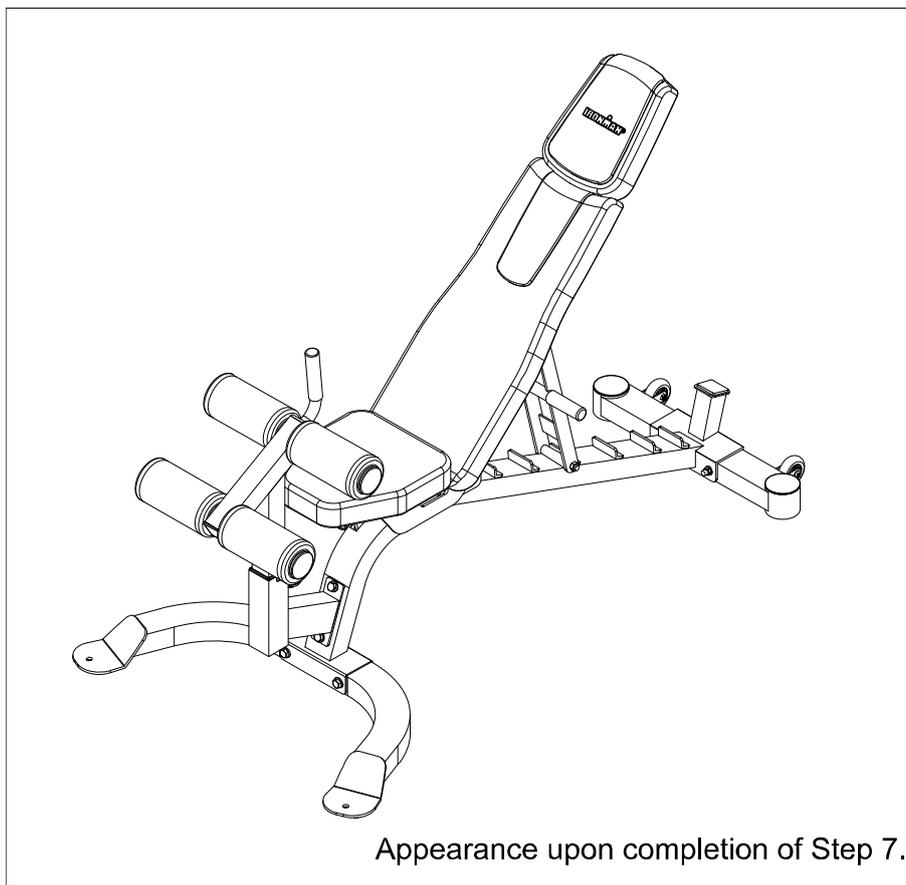
2 - (120) Round Cap D25.4xD65x31.5

2 - (222 & 233) Foam Roller D23xD100x200L

7C. Insert a Foam Roller Tube (Q) midway along its length into the lower holes on the Leg Hold Down (P). Use Two Foam Rollers (222 & 223) and slide one on to each exposed side of the Foam Roller Tube (Q). Insert a Round Cap (120) on to each side of Foam Roller Tube (Q) to keep the Foam Rollers in place using:

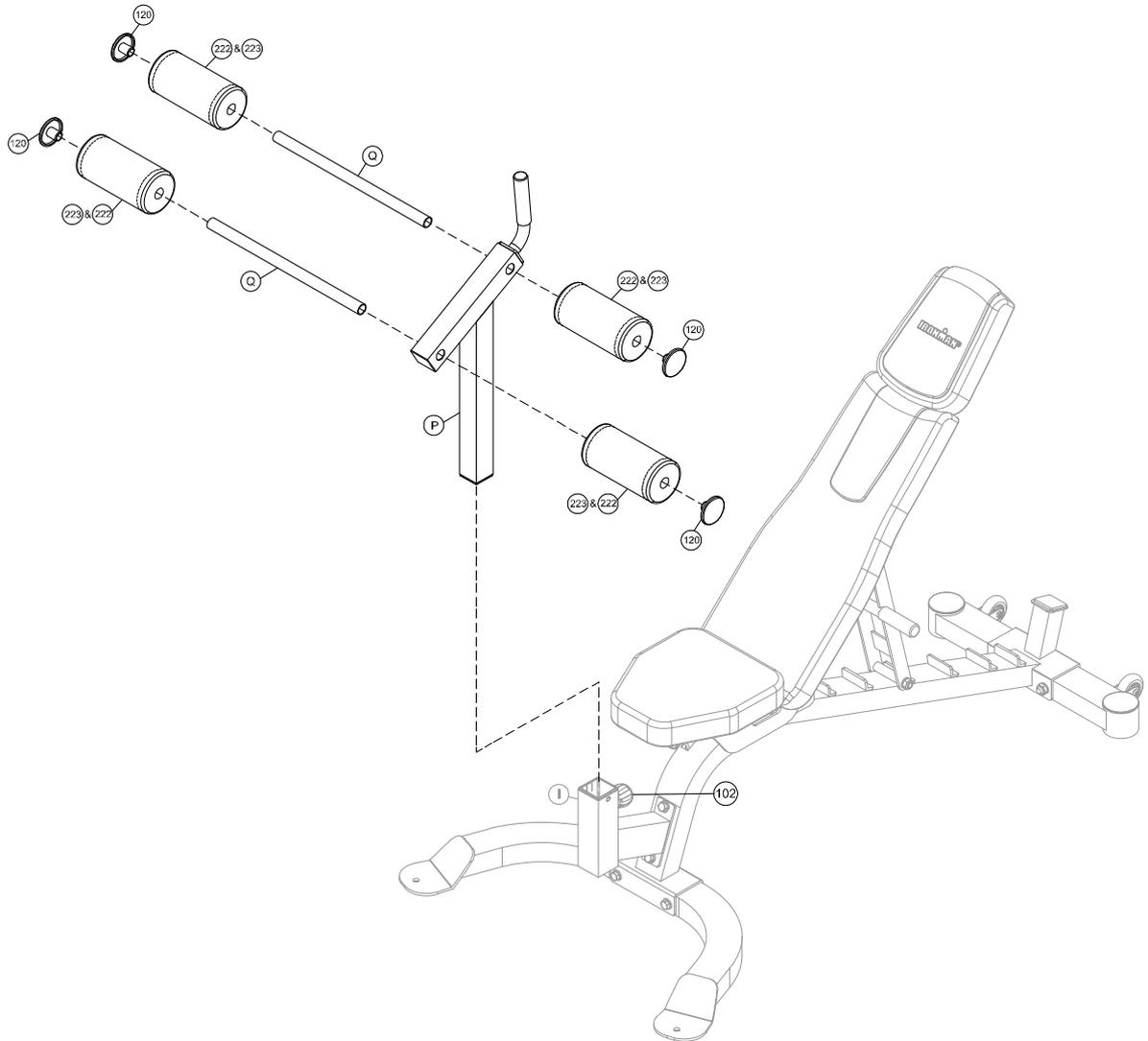
2 - (120) Round Cap D25.4xD65x31.5

2 - (222 & 233) Foam Roller D23xD100x200L



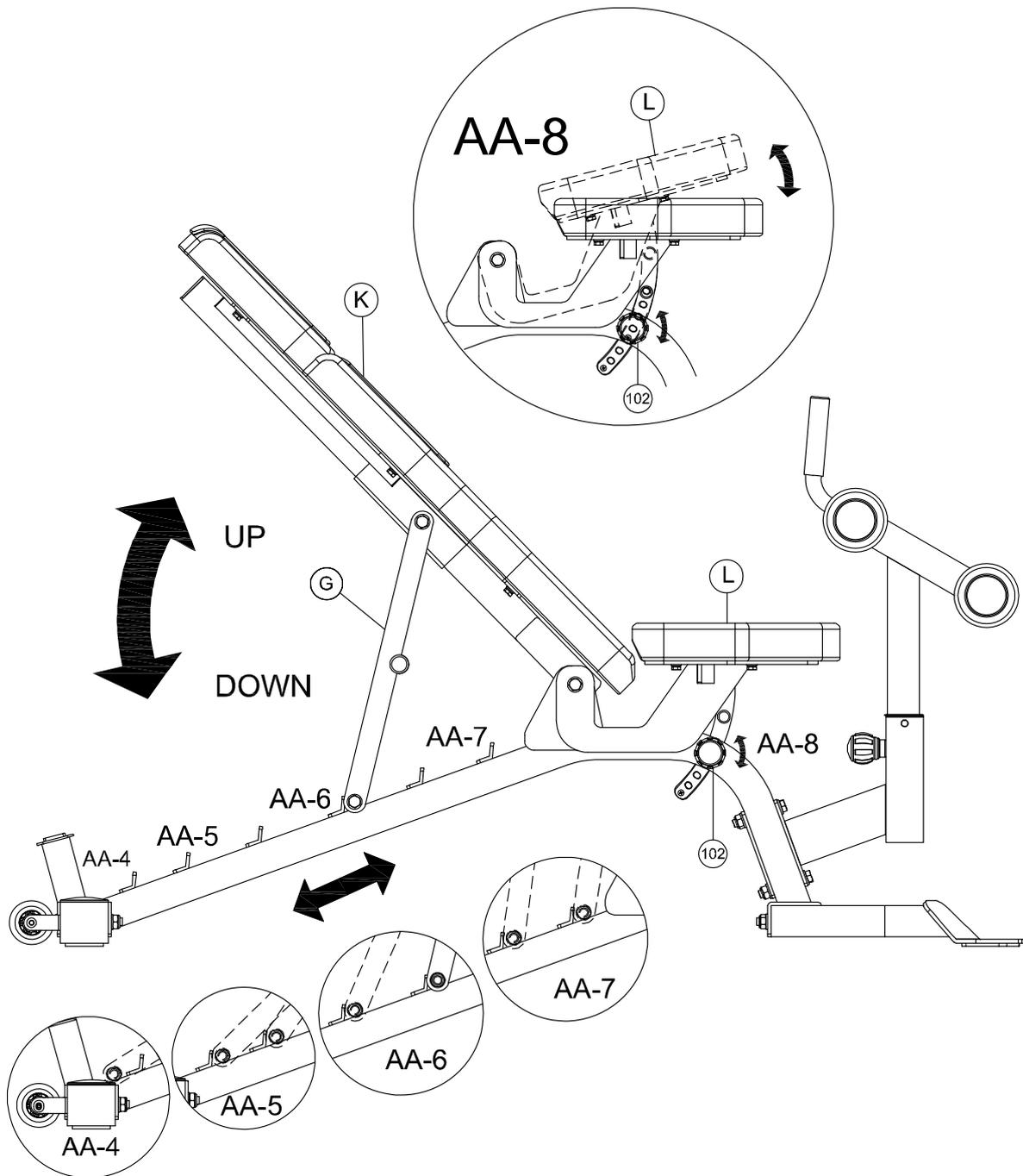
Appearance upon completion of Step 7.

STEP 7



NO.120 Round Cap
D25.4xD65x31.5
4PCS

ADJUSTMENTS



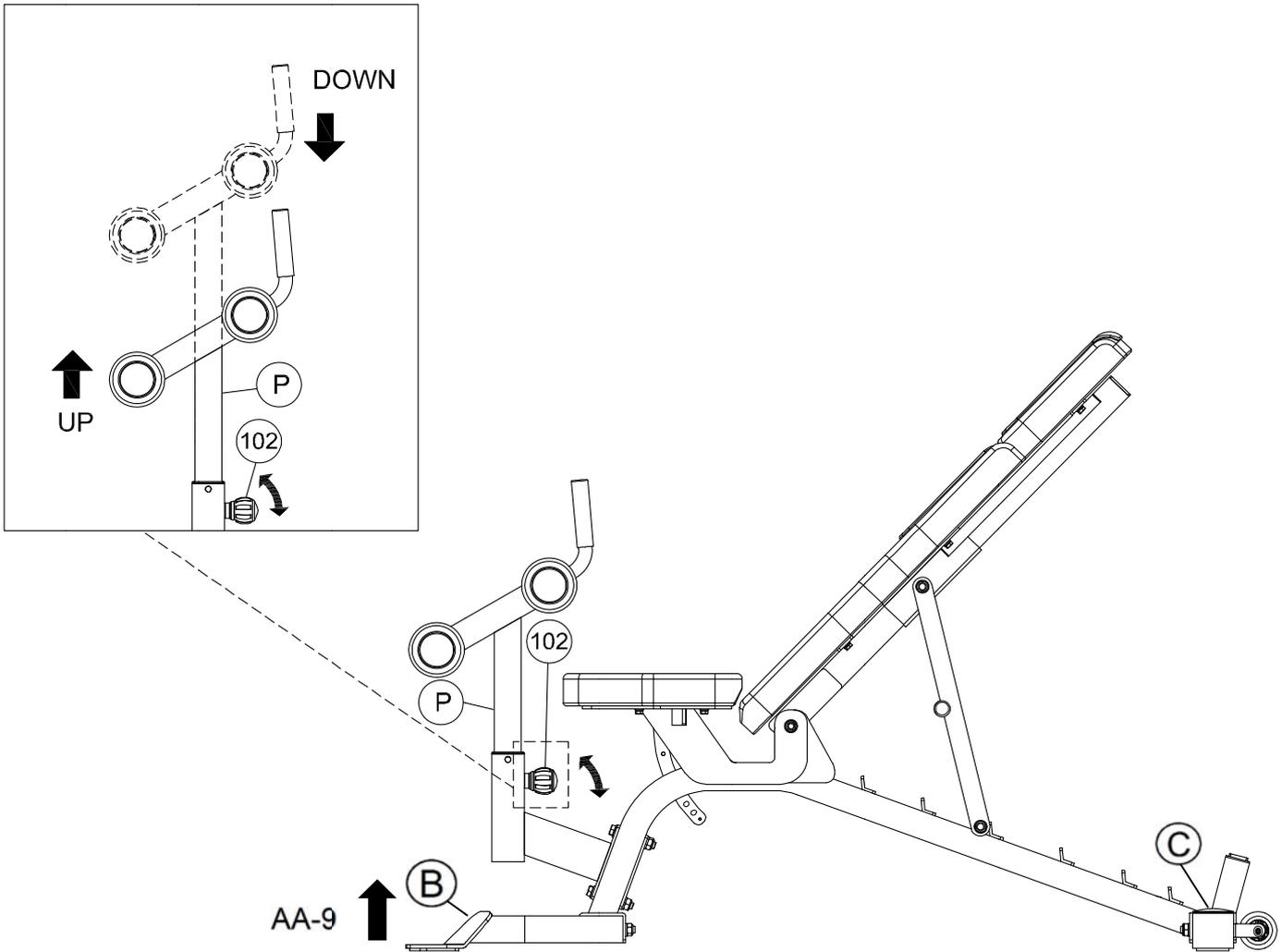
1. Seat Adjustment (View AA-8)

Lift or lower the Seat Pad (L) to desired position and secure it in place with Ball Knob Pop Pin (102) before using the Ironman Multi-angle Utility Bench.

2. Backrest Adjustment (Views AA-4, AA-5, AA-6, and AA-7)

Lift or lower the Backrest Post (G) to the desired angle for the Backrest Pad (K) before using the Ironman Multi-angle Utility Bench.

ADJUSTMENTS



3. Leg Hold Down Adjustment

Lift or lower the Leg Hold Down (P) to desired position and secure it in place with Ball Knob Pop Pin (102) before using the Ironman Multi-angle Utility Bench.

4. Transporting the Bench (AA-9)

Grab and hold Front Stabilizer (B), then carefully lift the Front Stabilizer (B) until the wheels on the Rear Stabilizer (C) make contact with the ground.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
All Components	Limited Lifetime Guarantee for home use only

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

