

OWNER'S MANUAL  
RETAIN FOR FUTURE REFERENCE

MODEL NUMBER: 99225

SERIAL NUMBER:

USER'S WEIGHT LIMITATION 250lbs.

(113.5kg.)

APPLICATION STANDARD

ASSEMBLY  
CUSTOMER SERVICE  
OPERATING INSTRUCTIONS  
CONDITIONING GUIDELINES  
WARRANTY

# HB 500

## OLYMPIC BENCH

### Invite a friend

Assembly can be made much safer and easier with the help of another individual. Invite a friend to help with the assembly of your new exercise equipment. It is not only safe, but fun!

### Clear your work area

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

### Gather your tools

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

### Open the boxes

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions **DO NOT TAKE THE UNIT BACK TO THE RETAIL STORE**. Call our Customer Service Department, Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays), toll free at:

**1.888.535.8637**

Make sure that you have the following information ready before placing your call:

- >Your name
- >Your address
- >Your telephone number
- >Model number
- >Parts order number
- >Serial number

Any return of our products will require all of its original contents, such as packing material, packing box, components, hardware, etc..

### User Weight Limitation

**If you weigh more than 250lbs. (113.5 kg.) it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

### Weight Load Limitations

Do not load more than **100lbs.** of weight onto the leg lift weight bar. Also, do not use a weight set exceeding **220lbs.** when using this bench. Total weight capacity of user plus weight set is **470lbs.**

## Warning

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

## Before beginning

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

>Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

>Begin your training program slowly with realistic goals that have been set by you and your doctor.

>Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling.

Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

>Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



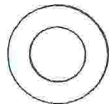
The Surgeon General has determined that lack of physical activity is detrimental to your health.



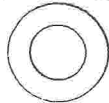
## COMPARISON CHART

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

31  
Washer M8  
(12 Pieces)



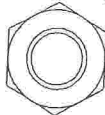
51  
Washer M10  
(28 Pieces)



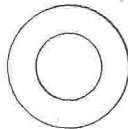
29  
Nut M8  
(2 Pieces)



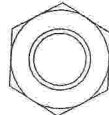
50  
Nut M10  
(1 Piece)



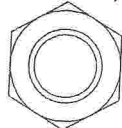
65  
Washer M12  
(2 Pieces)



30  
Nut M10  
(12 Pieces)



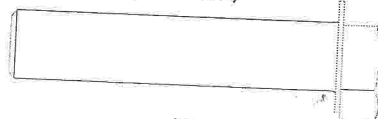
64  
Nut M12  
(1 Piece)



15  
Screw M8x38mm  
(8 Pieces)



26  
Bolt M10x65mm  
(1 Pieces)



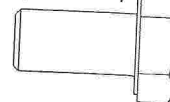
19  
Bolt M10x50mm  
(1 Pieces)



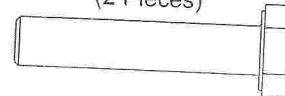
62  
Bolt M10x45mm  
(2 Pieces)



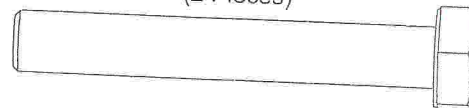
25  
Bolt M10 x 20mm  
(2 Pieces)



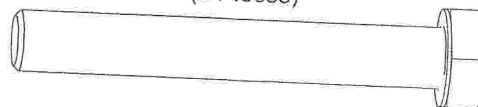
47  
Bolt M8 x 15mm  
(2 Pieces)



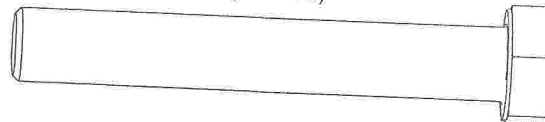
63  
Bolt M10 x 55mm  
(2 Pieces)



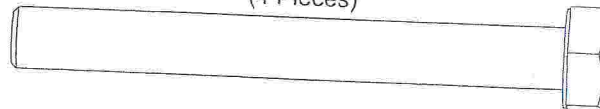
24  
Bolt M10 x 75mm  
(2 Pieces)



41  
Bolt M12 x 80mm  
(1 Piece)



28  
Bolt M10 x 80mm  
(4 Pieces)

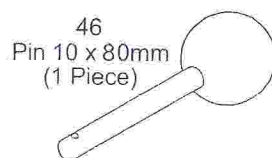
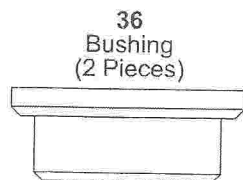
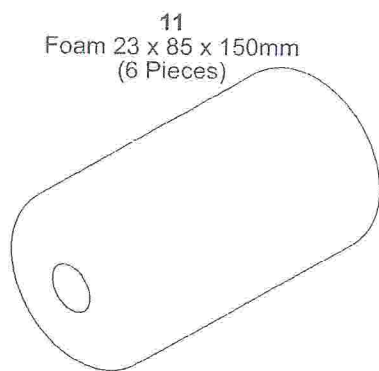




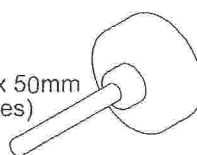
# COMPARISON CHART

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

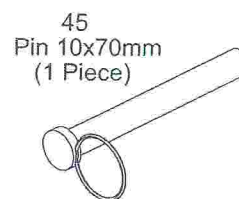
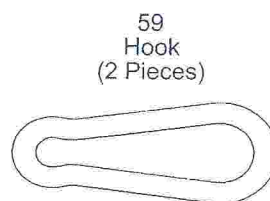
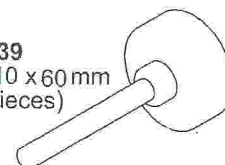
## hardware



35  
Knob M10 x 50mm  
(3 Pieces)



39  
Knob M10 x 60mm  
(2 Pieces)



ASSEMBLY

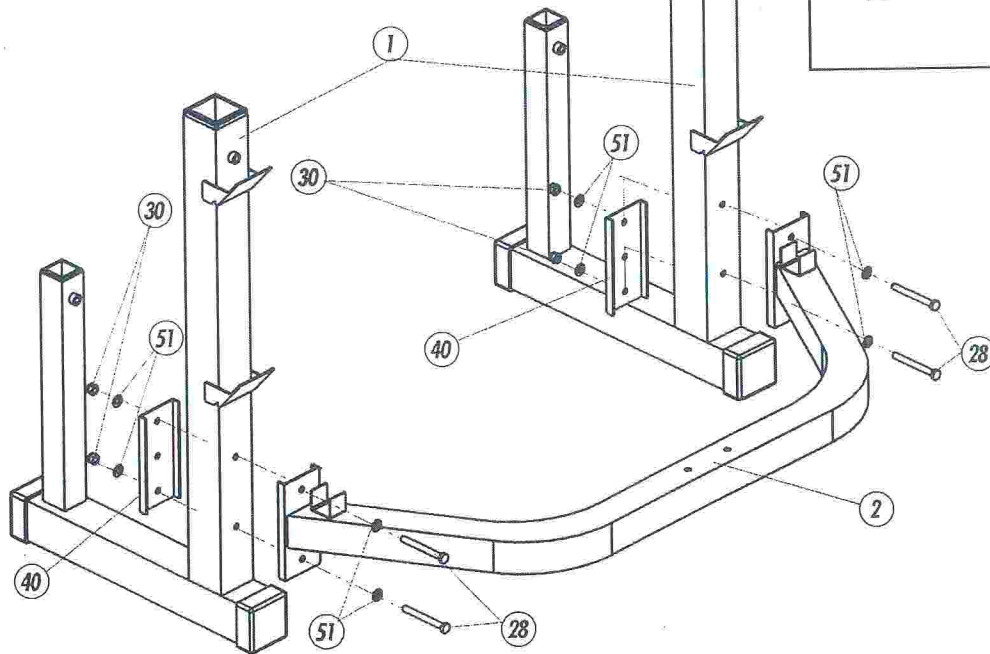
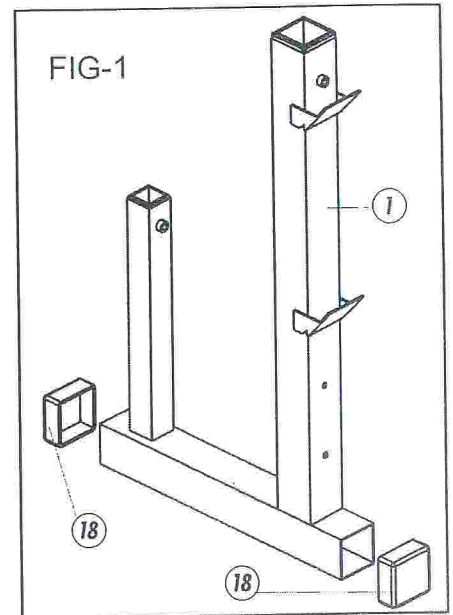
Step 1:

Slide the End Caps (18) onto both ends of the Upright Stanchions (1) as shown in FIG-1.

Connect the Upright Cross Bar (2) to both Upright Stanchions (1) using the 75mm Support Plates (40), Washers (51), Bolts (28) and Locknuts (30).

Make sure the Upright Cross Bar (2) connects into the two lowest holes in each Upright Stanchion (1).

Only hand tighten the bolts at this time.  
Do not use wrenches.

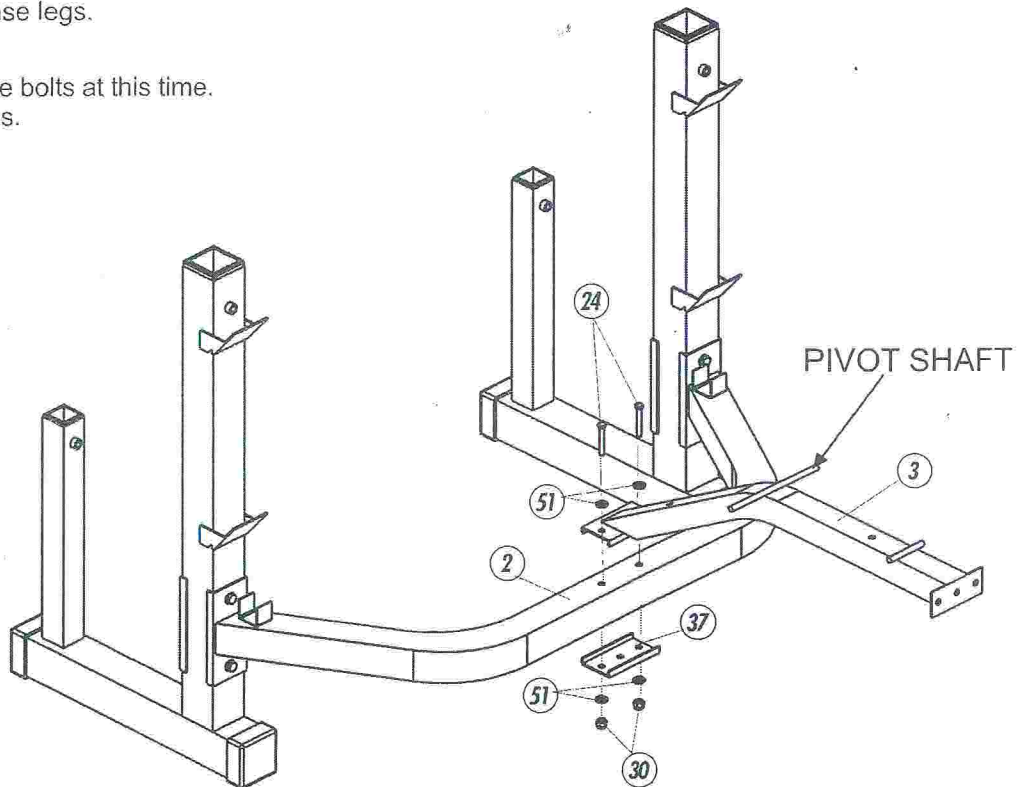


**Step 2:**

Connect the Cross Frame (3) to the Upright Cross Bar (2) and secure using the 60mm Support Plate (37), Bolts (24), Locknuts (30) and Washers (51).

Make sure that the pivot shaft for the back pad is located on the top side of the Cross Frame (3). The cross frame should extend out from the opposite side of the stanchions that have the longer part of the base legs.

Only hand tighten the bolts at this time.  
Do not use wrenches.





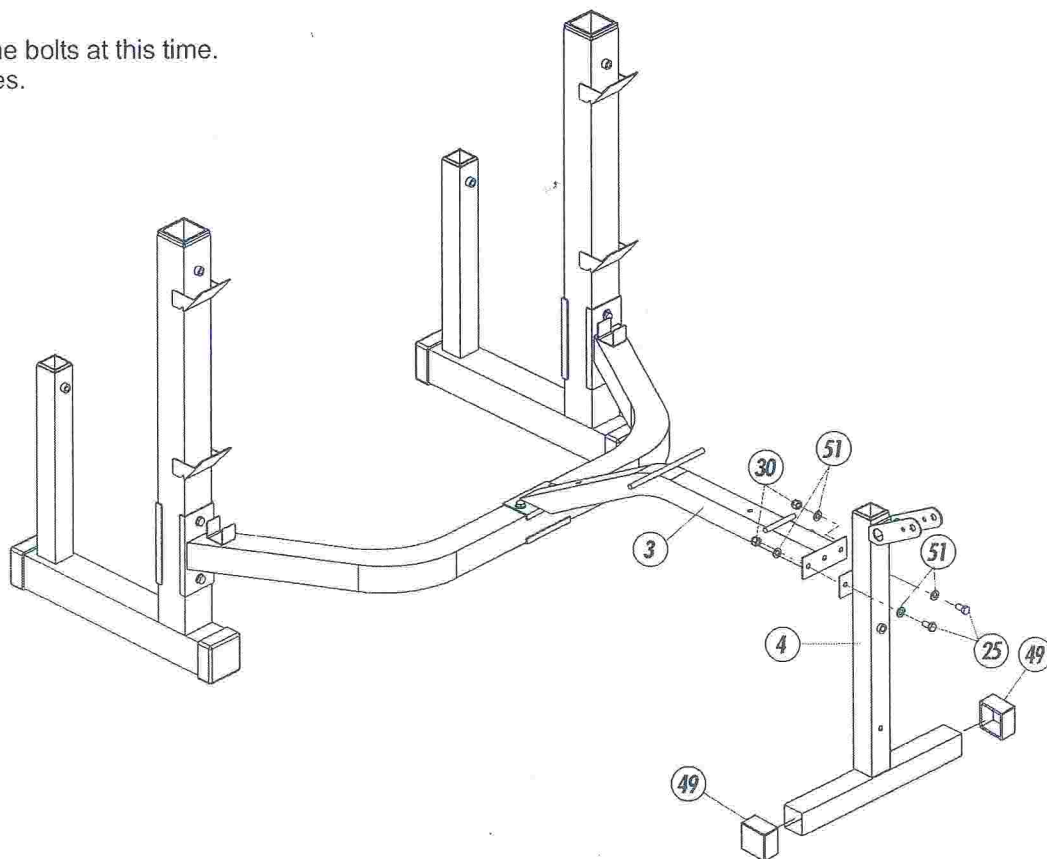
## ASSEMBLY

## Step 3:

Slide the End Caps (49) onto the Leg Lift Support Bar (4).

Connect the Leg Lift Support Bar (4) to the Cross Frame (3) and secure using the Bolts (25), Washers (51) and Locknuts (30).

Only hand tighten the bolts at this time.  
Do not use wrenches.



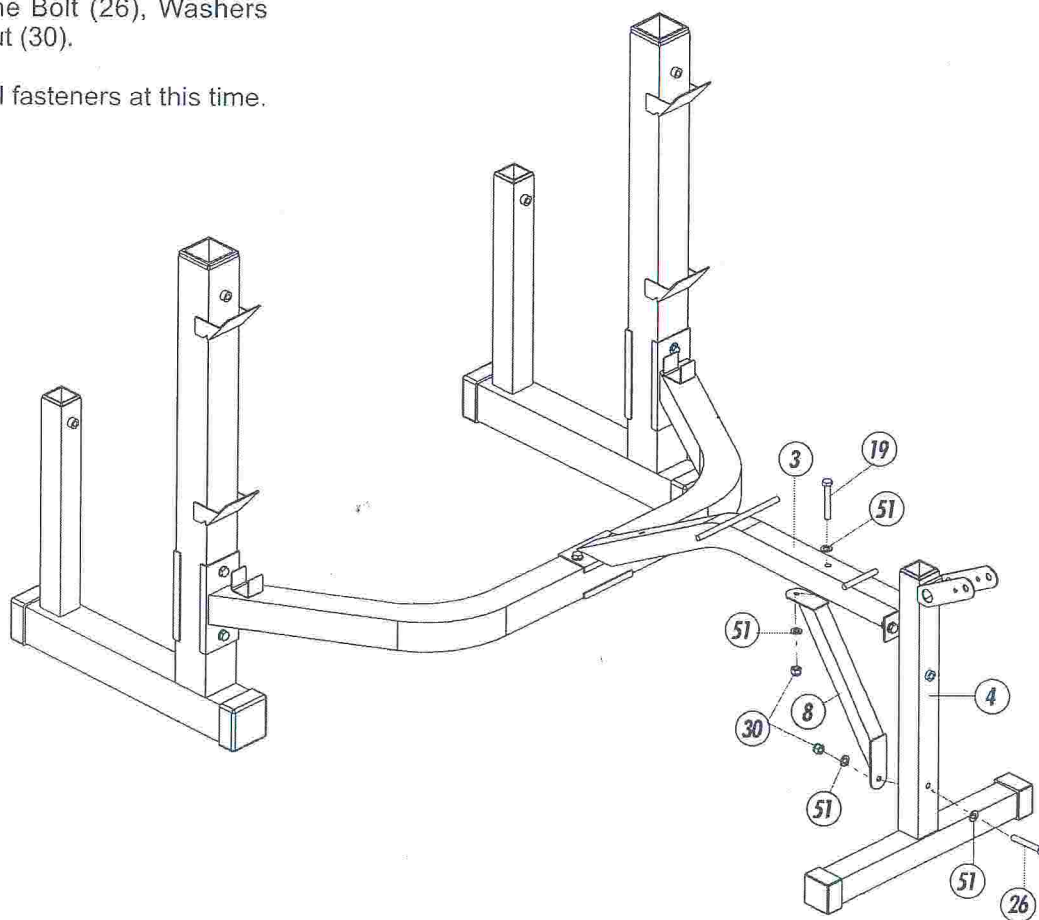
## ASSEMBLY

## Step 4:

Connect the Foot Stabilizer Bar (8) to the Cross Frame (3) and secure using the Bolt (19), Washers (51) and Locknut (30).

Connect the Foot Stabilizer Bar (8) to the Leg Lift Support Bar (4) and secure using the Bolt (26), Washers (51) and Locknut (30).

Firmly tighten all fasteners at this time.



**ASSEMBLY**

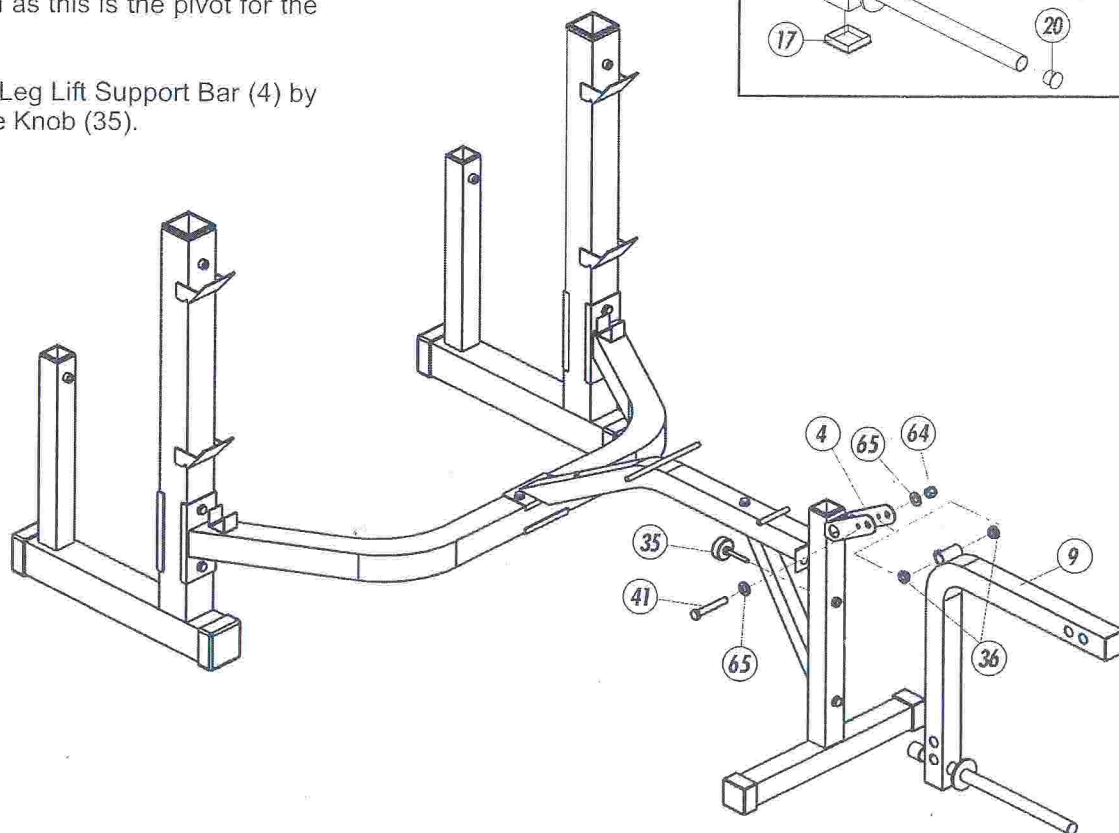
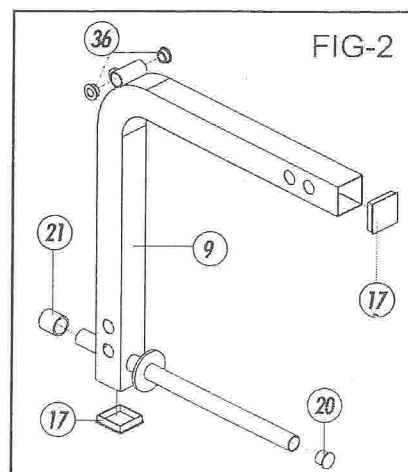
**Step 5:**

Slide the End Caps (17 and 20) and Bumper (21) onto the Leg Lift (9). Connect the Bushings (36) to the Leg Lift (9) as shown in FIG-2.

Connect the Leg Lift (9) to the Leg Lift Support Bar (4) using the Bolt (41), Locknut (64) and Washers (65).

Firmly tighten the Bolt (41) but do not over tighten as this is the pivot for the leg lift.

Secure the Leg Lift Support Bar (4) by inserting the Knob (35).



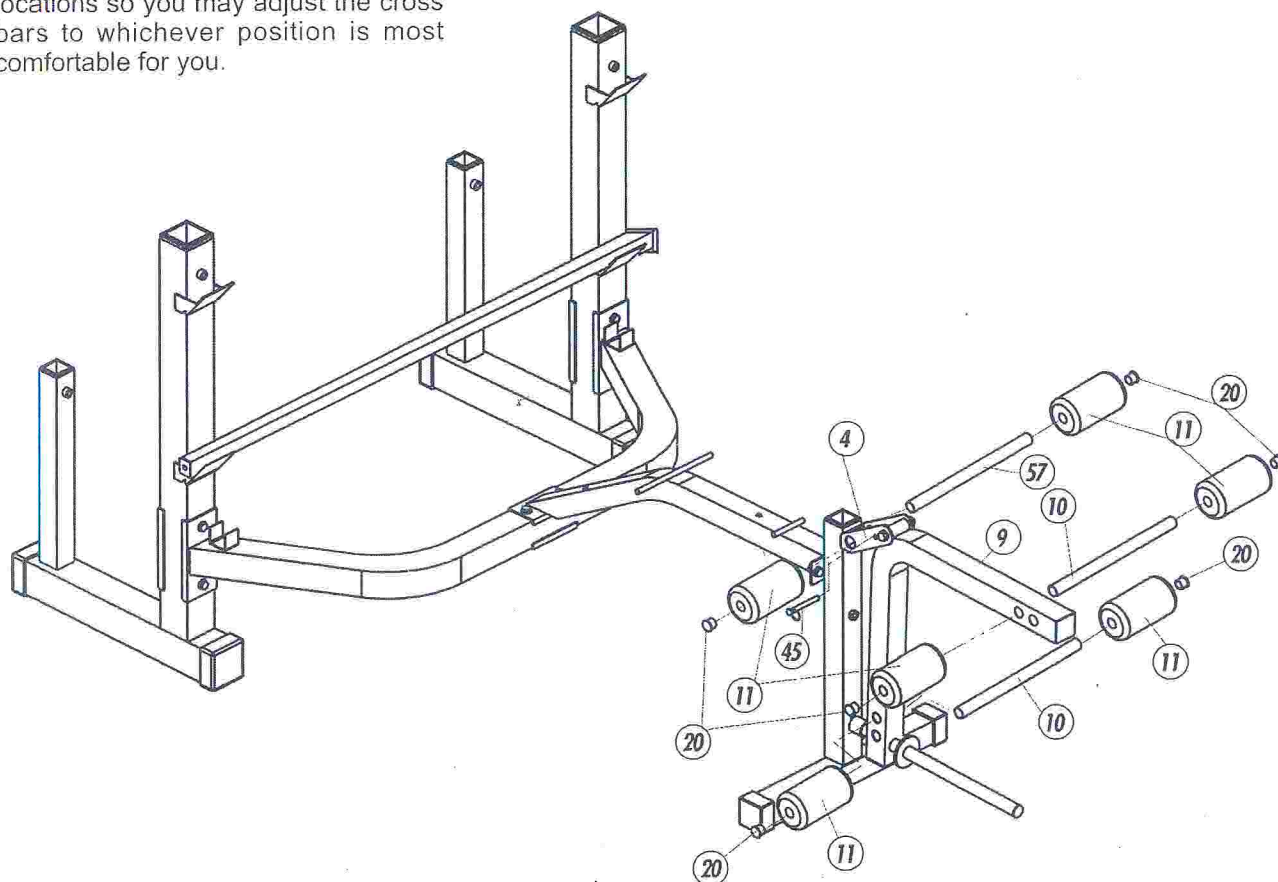


## ASSEMBLY

## Step 6:

Secure the Leg Lift (9) in place using the Pin (45). Slide the Leg Lift Crossbars (10 and 57) into the holes in the Leg Lift (9) and Leg Lift Support Bar (4). Slide one From Pad (11) onto each end of the three Cross Bars (10 and 57).

**NOTE:** There is a choice of two hole locations so you may adjust the cross bars to whichever position is most comfortable for you.



## ASSEMBLY

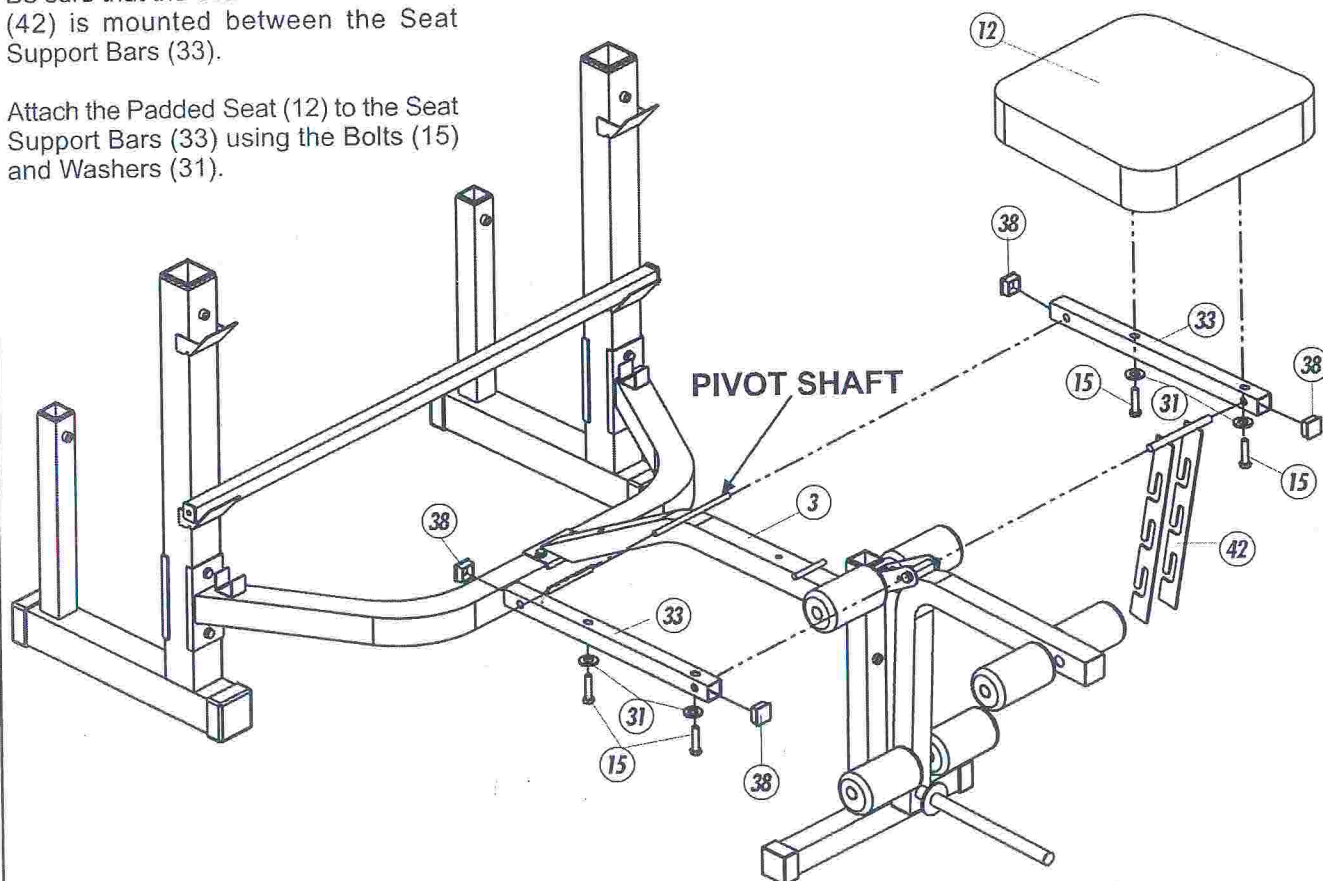
## Step 7:

Slide the End Caps (38) onto each of the Seat Support Bars (33).

Insert the two Seat Support Bars (33) onto the pivot shaft on the Cross Frame (3) by sliding the bars over the shaft.

Be sure that the seat Elevation Bracket (42) is mounted between the Seat Support Bars (33).

Attach the Padded Seat (12) to the Seat Support Bars (33) using the Bolts (15) and Washers (31).



# ASSEMBLY

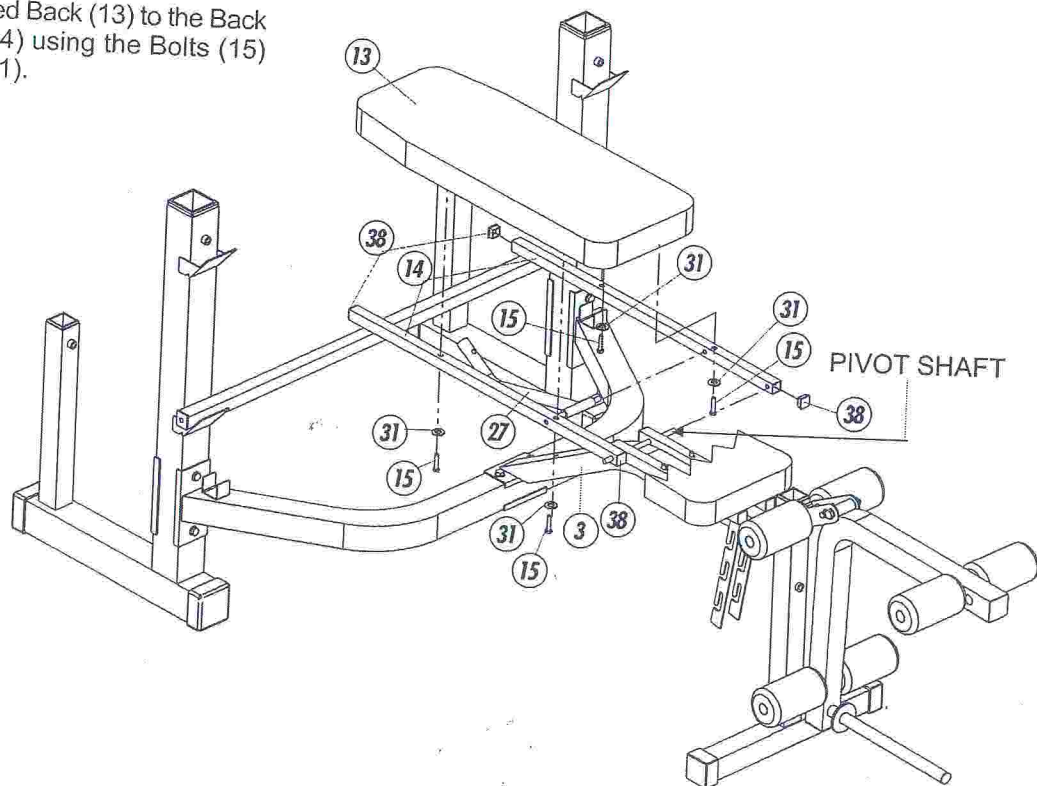
## Step 8:

Slide the End Caps (38) onto Each Back Support Bar (14).

Attach the two Back Support Bars (14) to the pivot shaft on the Cross Frame (3).

Be sure that the Back Elevation Bar (27) is mounted between the Back Support Bars (14).

Attach the Padded Back (13) to the Back Support Bars (14) using the Bolts (15) and Washers (31).





ASSEMBLY

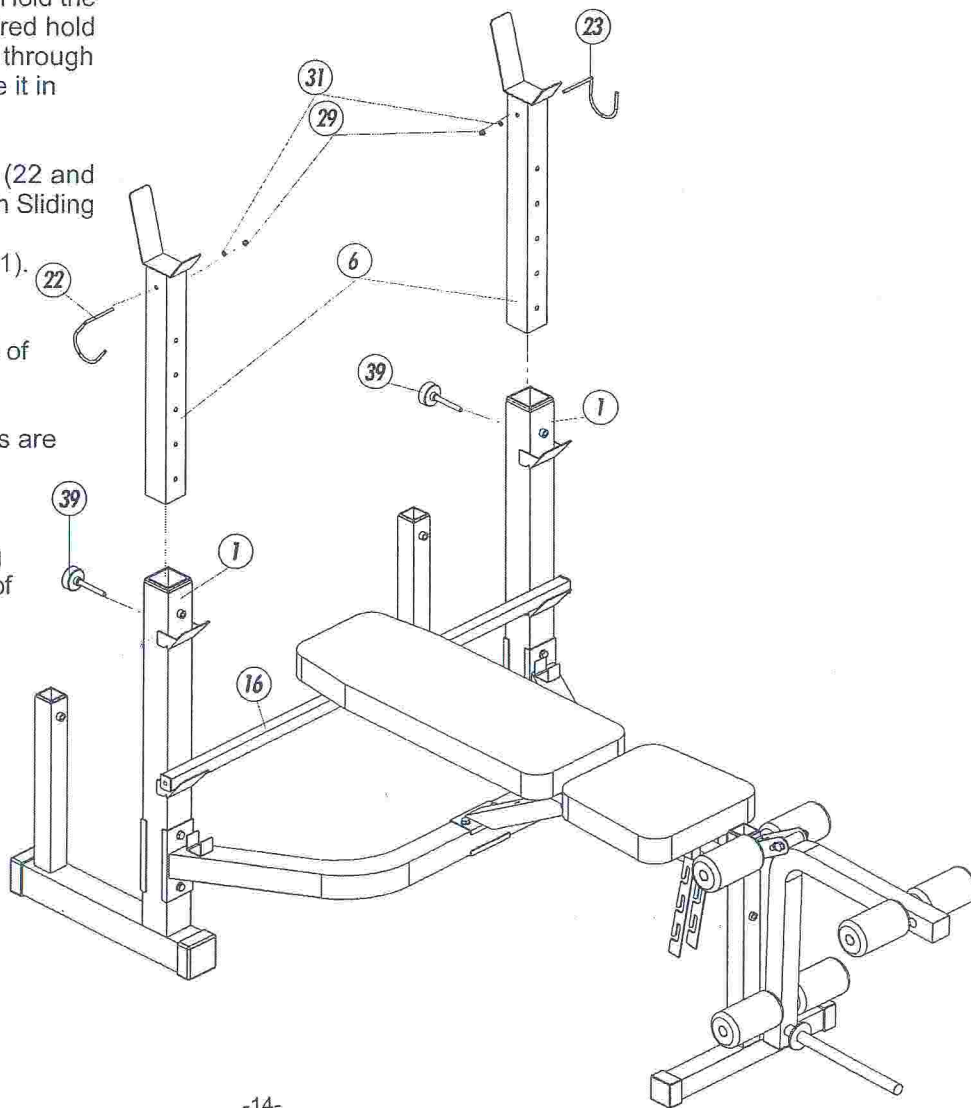
Step9:

Slide one Sliding Upright (6) into the top of each Upright Stanchion (1). Hold the Sliding Uprights (6) at the desired hold position and slide a Knob (39) through the upright stanchion to secure it in place.

Slide one Barbell Safety Lock (22 and 23) through the top hole in each Sliding Upright (6). Secure with Locknuts (29) and Washers (31). Make sure the hook portion of the Barbell Safety Locks (22 and 23) are on the outside of the Sliding Uprights (6).

Make sure both sliding uprights are adjusted to the same height position.

**NOTE:** The height of the sliding upright can be adjusted to any of the five positions.



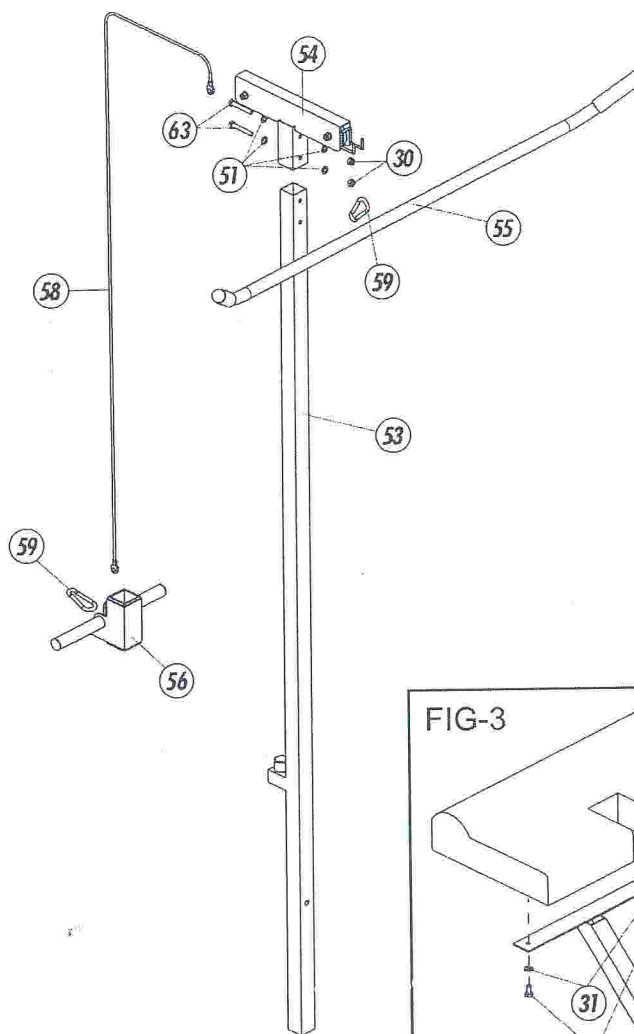
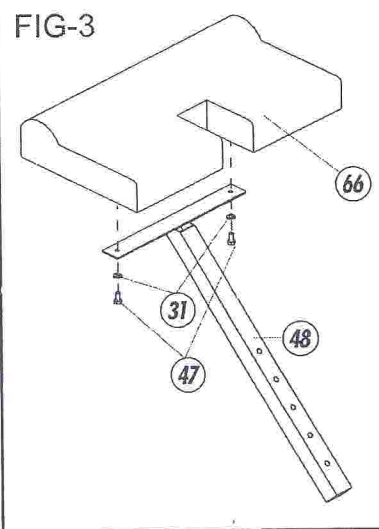
**Step 10:**

Slide the Weight Plate Sleeve (56) onto the Lat Tower Pole (53).

Insert the Pulley Housing (54) over the Lat Tower Pole (53) and secure with the Bolts (63), Washers (51) and Nuts (30).

Thread the Cable (58) through the pulleys and attach the ends to the Weight Plate Sleeve (56) and Lat Bar (55) using the Hooks (59).

Attach the Preacher Frame (48) to the Preacher Cushion (66) with the Bolts (47) and Washers (31) as shown in FIG-3.

**FIG-3**

ASSEMBLY

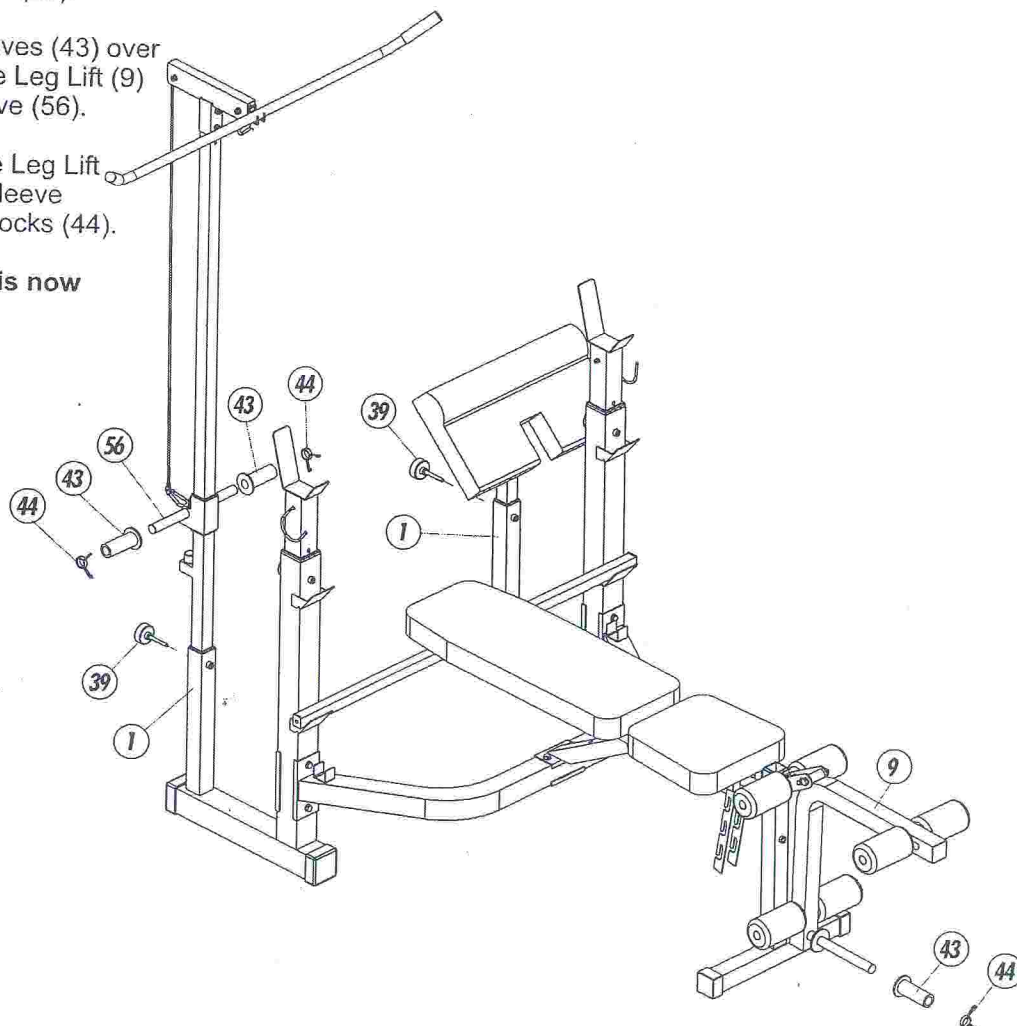
Step 11:

When not in use, slide the Lat Tower and Preacher Curl assemblies into the Upright Stanchions (1) for storage and secure using the Knobs (39).

Slide the Olympic Sleeves (43) over the round tubing on the Leg Lift (9) and Weight Plate Sleeve (56).

Lock the sleeves to the Leg Lift (9) and Weight Plate Sleeve (56) using the Spring Locks (44).

**Your Olympic Bench is now fully assembled.**

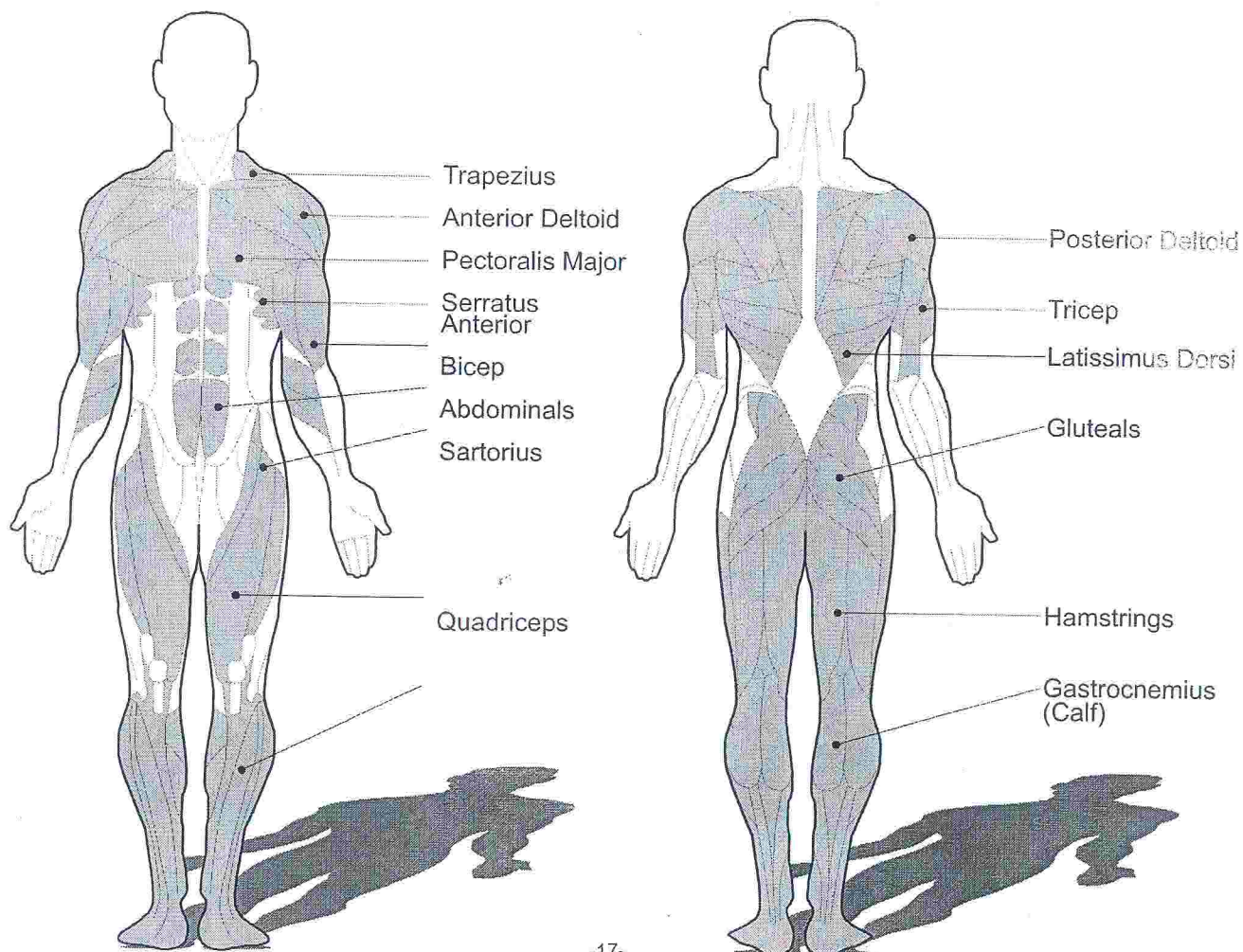




## MUSCLE CHART

The exercise routine that is performed on this product will develop both upper and lower body muscle groups. These muscle groups are shown on the chart below.

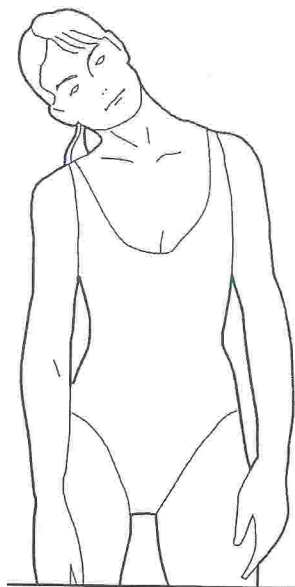
## muscle chart



**WARM UP AND COOL DOWN**

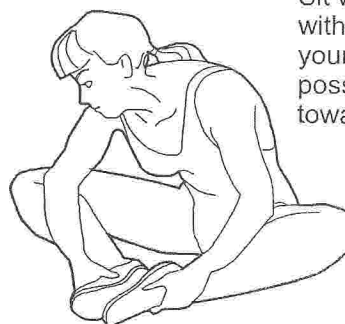
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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:



**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.



**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.

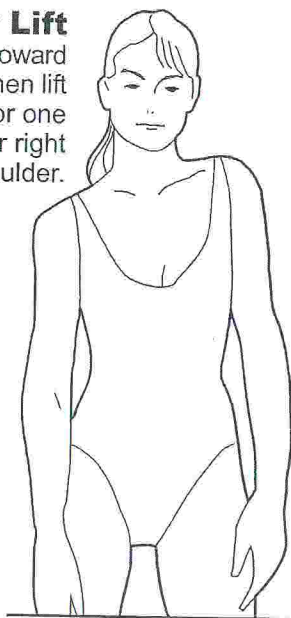
**Hamstring Stretch**

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.



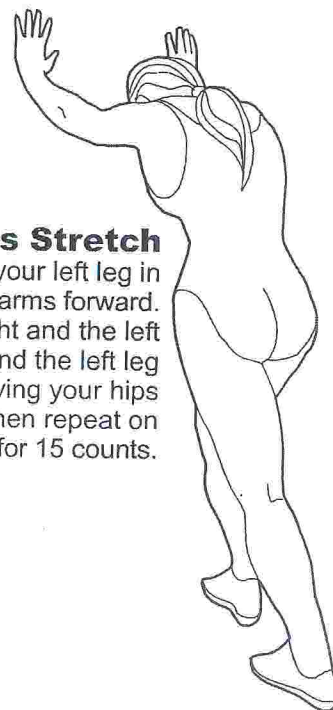
### Shoulder Lift

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.



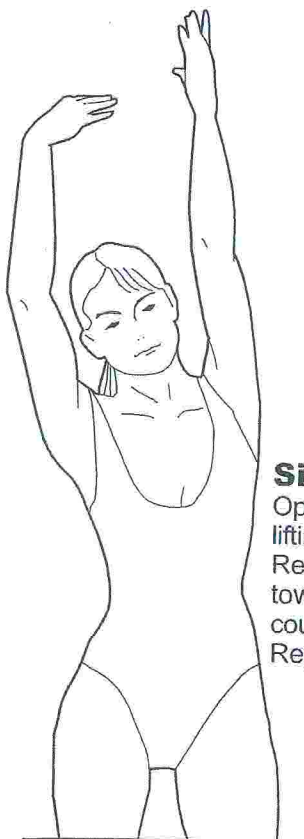
### Calf-Achilles Stretch

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.



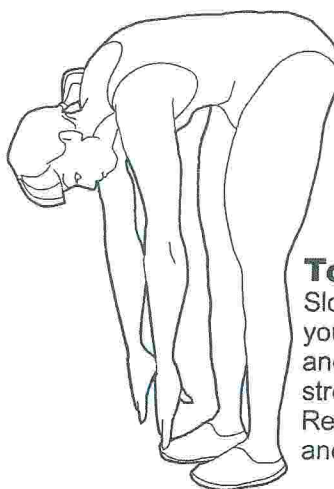
### Side Stretch

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.



### 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.





EXERCISING IN YOUR TARGET ZONE

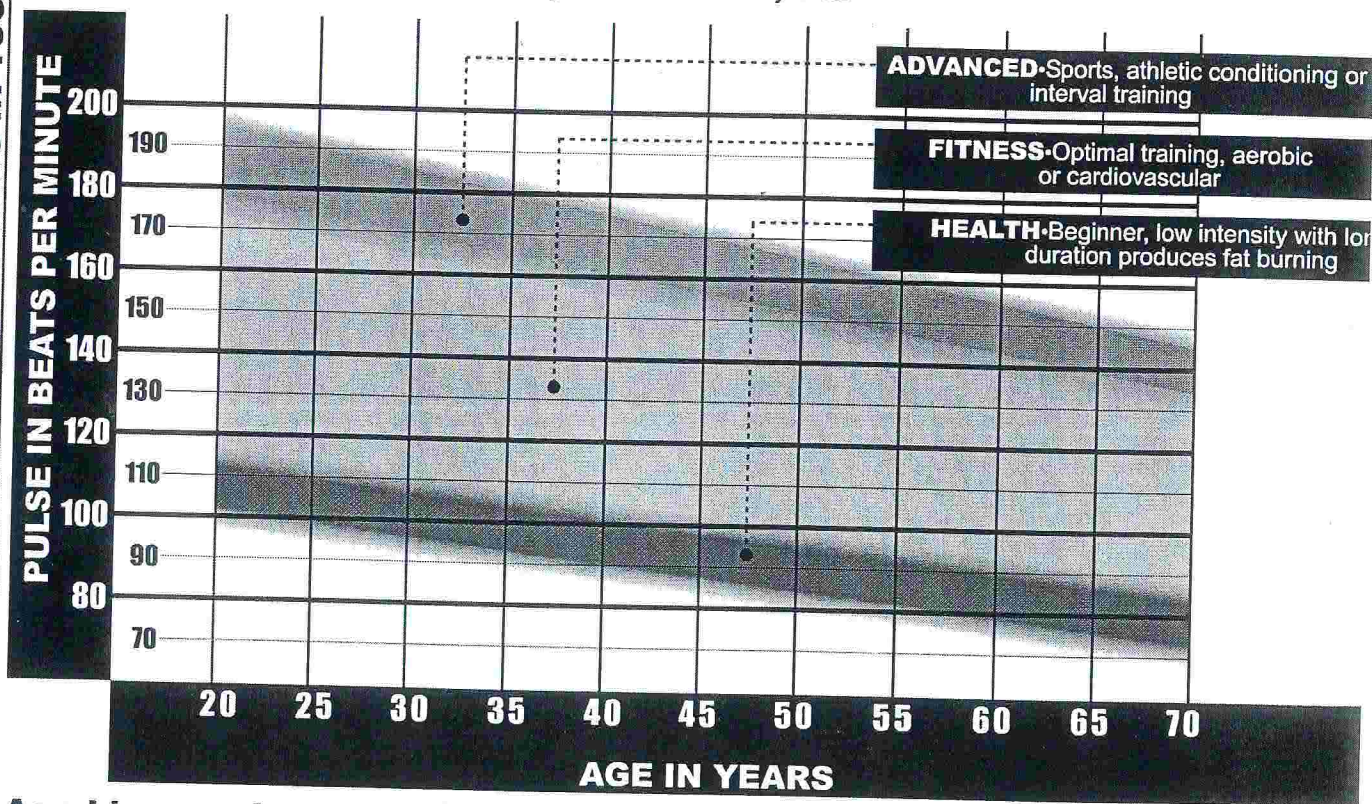
# Finding your pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count

the number of beats in ten seconds, then multiply by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its

"target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



**Aerobic exercise** is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's

most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you

breath deeply. An aerobic exercise should be part of your entire exercise routine.



**Warranty Coverage:** Phoenix Health and Fitness, Inc. ("Phoenix Health and Fitness") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

**Period of Coverage:** The Warranty on this product runs for a period of NINETY (90) days from the date of your purchase and includes all parts and materials.

It is recommended that the Original Receipt be kept with the product manual.

**Remedy Provided by Phoenix Health and Fitness:** Phoenix Health and Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. You may select any reputable service center to install any replacement part.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Phoenix Health and Fitness products is furnished without charge and on the basis that it represents Phoenix Health and Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

**Procedure for Obtaining Your Remedy Under This Warranty:** In the event you discover a defect in this product, please phone our Customer Service Department at 1 (888) 535.8637 between the hours of 8:00 a.m. and 4:00 p.m. (Pacific Standard Time). You may order your free replacement part at that time, and you may obtain assistance from our Customer Service professionals. Parts will be shipped to you within one hundred eighty (180) days of your notification to our Customer Service Department of your Warranty claim. To help us assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

**Limitations on Warranty:** This Warranty does not apply to you if you have purchased this product for resale. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Phoenix Health and Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by a repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States. This Warranty does not apply if the product is used for rental or commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. PHOENIX HEALTH AND FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. PHOENIX HEALTH AND FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

**PARTS ORDER FORM**

Last name, first name:

Daytime telephone number:

Address:

City:

State:

Zip code:

Place and date of purchase:

Model number of item purchased:

Serial No.:

To order replacement parts, simply call our Customer Service Department, at **1.888.535.8637**, Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays). To help us assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and order number.

Or you may fax your order to:

Phoenix Health & Fitness, Inc. at 1.562.903.8558

If the unit is no longer under warranty call for shipping and handling, pricing and taxes (if applicable).

PART NUMBER	QTY.	PART DESCRIPTION	PRICE

SHIPPING/HANDLING:

TAX:

TOTAL:



NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
1	Upright Stanchion	2	HB500-01
2	Upright Cross Bar	1	HB500-02
3	Cross Frame	1	HB500-03
4	Leg Lift Support Bar	1	HB500-04
6	Sliding Upright	2	HB500-06
8	Foot Stabilizer Bar	1	HB500-08
9	Leg Lift	1	HB500-09
10	Leg Lift Cross Bar	2	HB500-10
11	Foam Padding M23 x 85 x 150mm	6	HB500-11
12	Padded Seat	1	HB500-12
13	Padded Back Support	1	HB500-13
14	Back Support Bar	2	HB500-14
15	M8 x 38mm Screw	8	HB500-15
16	Elevation Bar	1	HB500-16
17	50 x 50mm Endcap	3	HB500-17
18	Endcap	4	HB500-18
19	M10 x 50mm Bolt	1	HB500-19
20	25mm DIA Endcap	9	HB500-20
21	Leg Lift Bumper	1	HB500-21
22	Barbell Safety Lock(Right)	1	HB500-22
23	Barbell Safety Lock(Left)	1	HB500-23
24	M10 x 75mm Bolt	2	HB500-24
25	M10 x 20mm Bolt	2	HB500-25
26	M10 x 65mm Bolt	1	HB500-26
27	Stabilizer Bar	1	HB500-27
28	M10 x 80mm Bolt	4	HB500-28
29	Locknut for M8 Bolt	2	HB500-29
30	Locknut for M10 Bolt	12	HB500-30
31	Washer 22mm DIA for M8 Bolt	12	HB500-31
32	Plastic Bushing	2	HB500-32
33	Seat Support Bar	2	HB500-33
34	Plastic Spacer	5	HB500-34
35	M10 x 50mm Knob	3	HB500-35
36	Bushing	2	HB500-36
37	Bracket 60 x 60mm	1	HB500-37
38	25x25mm Endcap	9	HB500-38
39	M10 x 60mm Knob	2	HB500-39
40	Bracket 75 x 75mm	2	HB500-40
41	M12 x 80mm Bolt	1	HB500-41
42	Seat Elevation Bracket	1	HB500-42
43	Olympic Sleeve 175mm Long	3	HB500-43
44	Spring Lock	3	HB500-44
45	Lock Pin	1	HB500-45
46	10 x 80mm Pin	1	HB500-46
47	M8 x 15mm Bolt	2	HB500-47

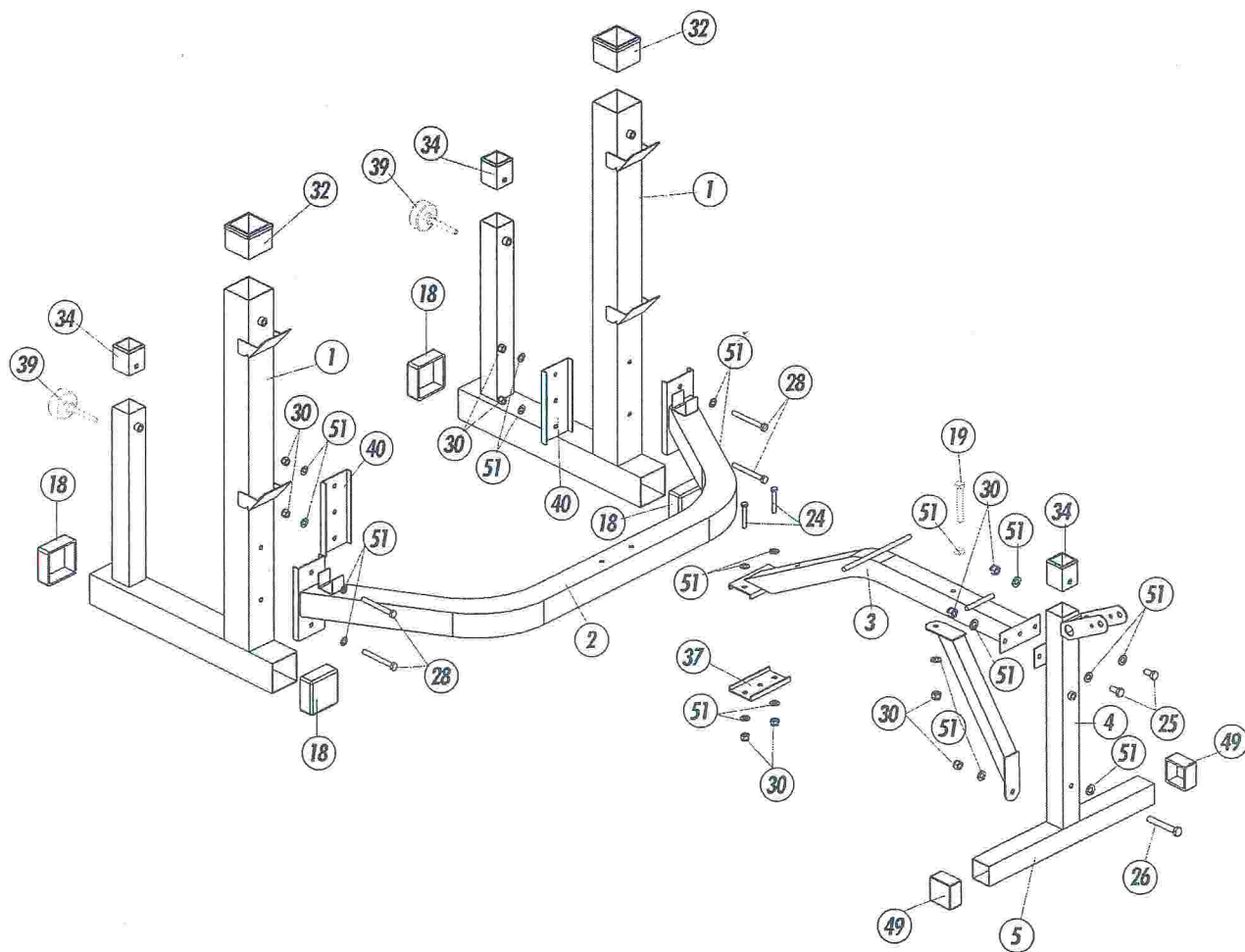


A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

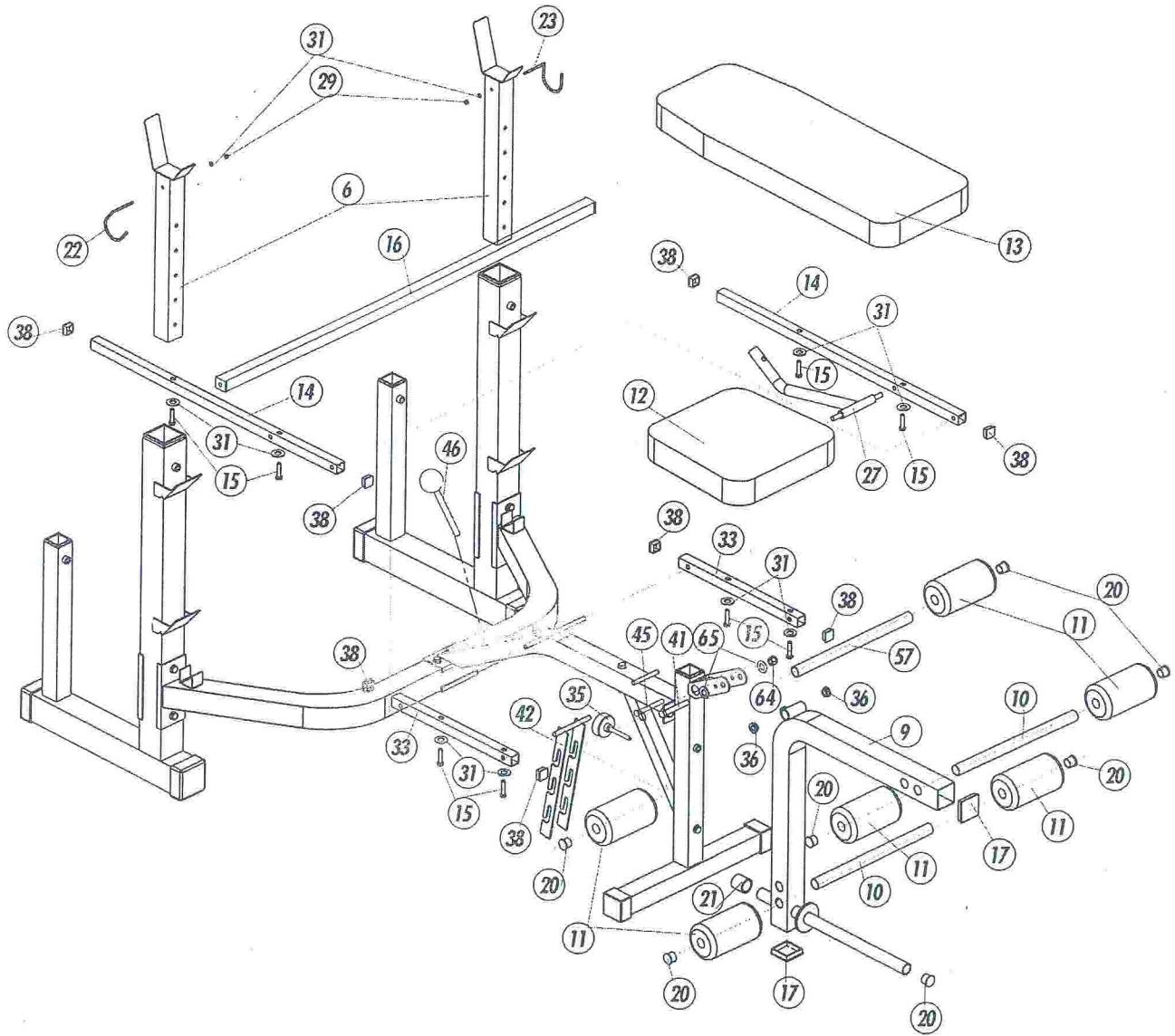
NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
48	Preacher Frame	1	HB500-48
49	50 x 50mm EndCap	2	HB500-49
50	M10 Nut	1	HB500-50
51	Washer M10	28	HB500-51
52	Cushion	1	HB500-52
53	Lat Tower Pole	1	HB500-53
54	Pulley Housing	1	HB500-54
55	Lat Bar	1	HB500-55
56	Weight Plate Sleeve	1	HB500-56
57	Leg Lift Cross Bar	1	HB500-57
58	Cable	1	HB500-58
59	Hook	2	HB500-59
60	Handlebar Grip	2	HB500-60
61	Pulley	2	HB500-61
62	Pulley Bolt M10 x 45mm	2	HB500-62
63	Pulley Housing Bolt M10 x 55mm	2	HB500-63
64	Nut M12	1	HB500-64
65	Washer M12	2	HB500-65
66	Preacher Cushion	1	HB500-66



MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY



A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE



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