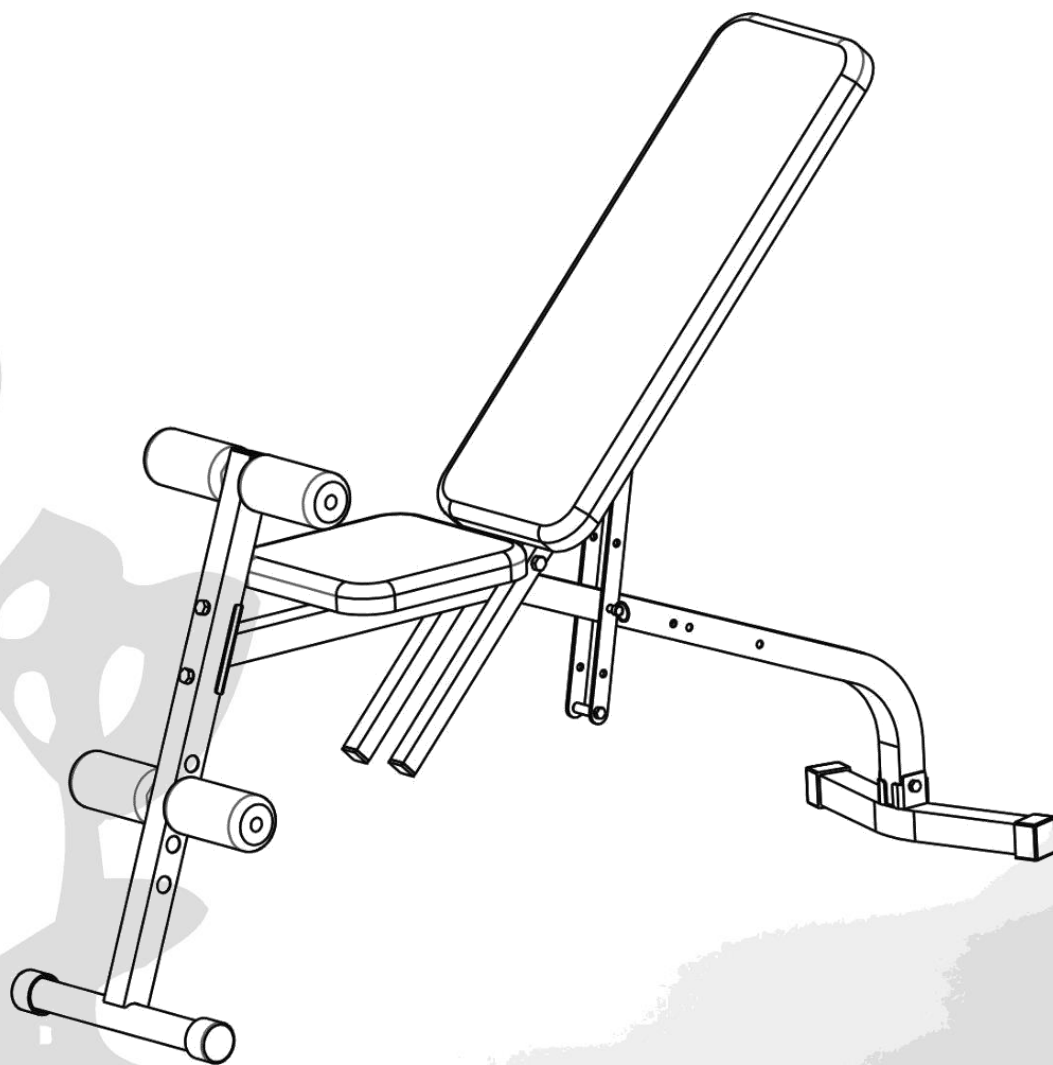


BSB-512 Dumbbell Bench



SINCE 1965

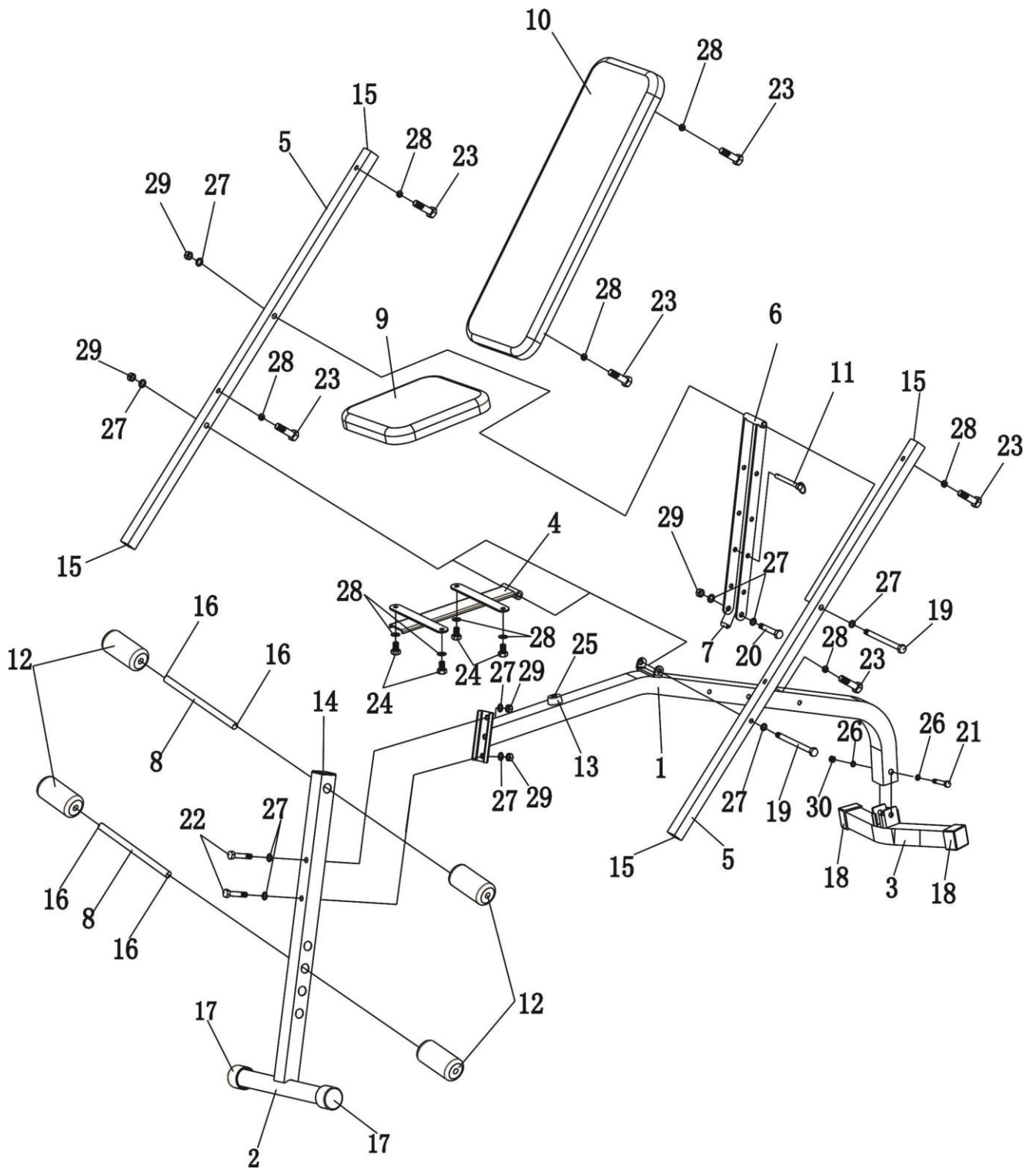


Important Safety Information

Please keep this manual in a safe place for easy reference.

1. It is important to read this entire manual before assembling and using the equipment.
Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. Maximum weight of user: 110kg.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

EXPLODED-VIEW ASSEMBLY DRAWING

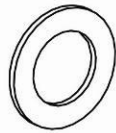


PART LIST		
PART NO.	DESCRIPTION	QTY
1.	Main Frame	1
2.	Front Stabilizer	1
3.	Rear Base Support	1
4.	Seat Support Frame	1
5.	Backrest Pad Support	2
6.	Backrest Incline Adjustment Frame	1
7.	φ14Xφ10.2X39mm Sleeve	1
8.	Foam Roll Tube	2
9.	Seat Pad	1
10.	Backrest Pad	1
11.	Incline Select Pin	1
12.	Foam Roll	4
13.	Rubber Bumper	1
14.	38X38X1.2mm End Cap	1
15.	25X25X1.0mm End Cap	4
16.	Φ19x1.0mm End Cap	4
17.	φ38mm Foot	2
18.	□38mm Foot	2
19.	M10X125mm Hex Bolt	2
20.	M10X60mm Hex Bolt	1
21.	M8X55mm Hex Bolt	1
22.	M10X55mm Hex Bolt	2
23.	M6X40mm Hex Bolt	4
24.	M6X18mm Hex Bolt	4
25.	M6X16mm Dome Head Philips Bolt	1
26.	φ8mm Washer	2
27.	φ10mm Washer	10
28.	φ6mm Washer	8
29.	M10 Aircraft Nut	5
30.	M8 Aircraft Nut	1

HARDWARE PACK



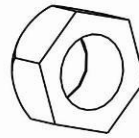
Item 28
Qty 8



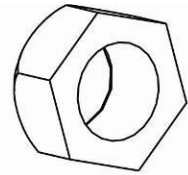
Item 26
Qty 2



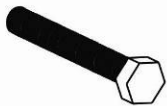
Item 27
Qty 10



Item 30
Qty 1



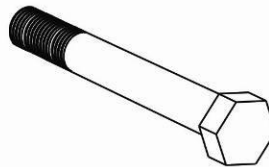
Item 29
Qty 5



Item 23
Qty 4



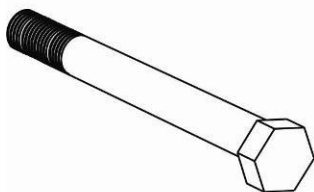
Item 24
Qty 4



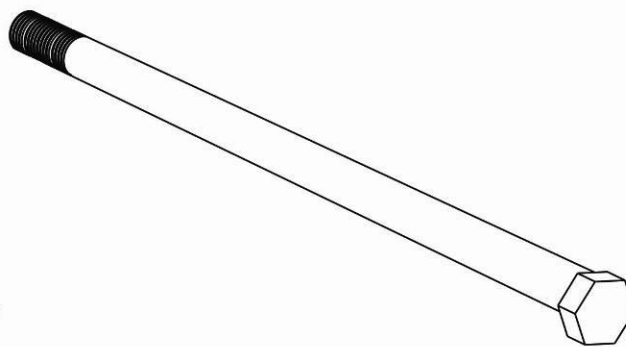
Item 22
Qty 2



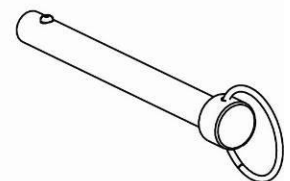
Item 21
Qty 1



Item 20
Qty 1

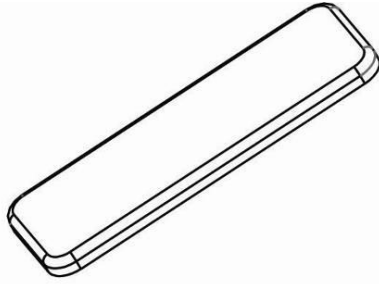


Item 19
Qty 2



Item 11
Qty 1

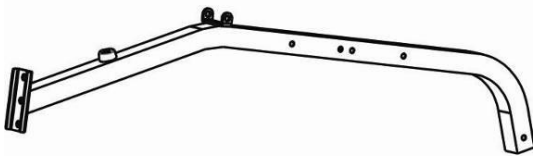
ACCESSORY PART LIST



Item 10
Qty 1



Item 9
Qty 1



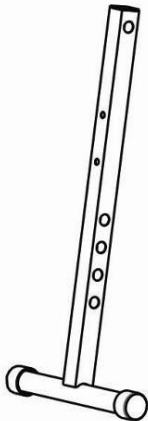
Item 1
Qty 1



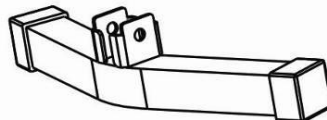
Item 6
Qty 1



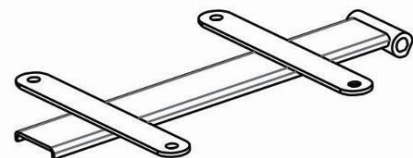
Item 12
Qty 4



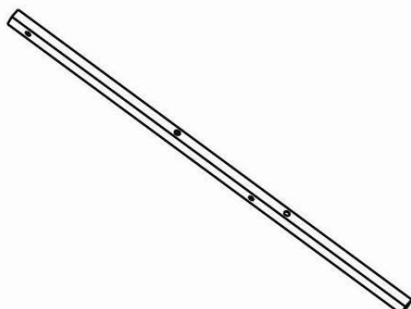
Item 2
Qty 1



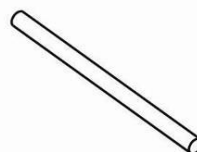
Item 3
Qty 1



Item 4
Qty 1



Item 5
Qty 2



Item 8
Qty 2



Item 7
Qty 1

ASSEMBLY INSTRUCTIONS

Tools Required Assembling the Machine: Two Adjustable Wrenches, and one Philips Screw driver.

NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

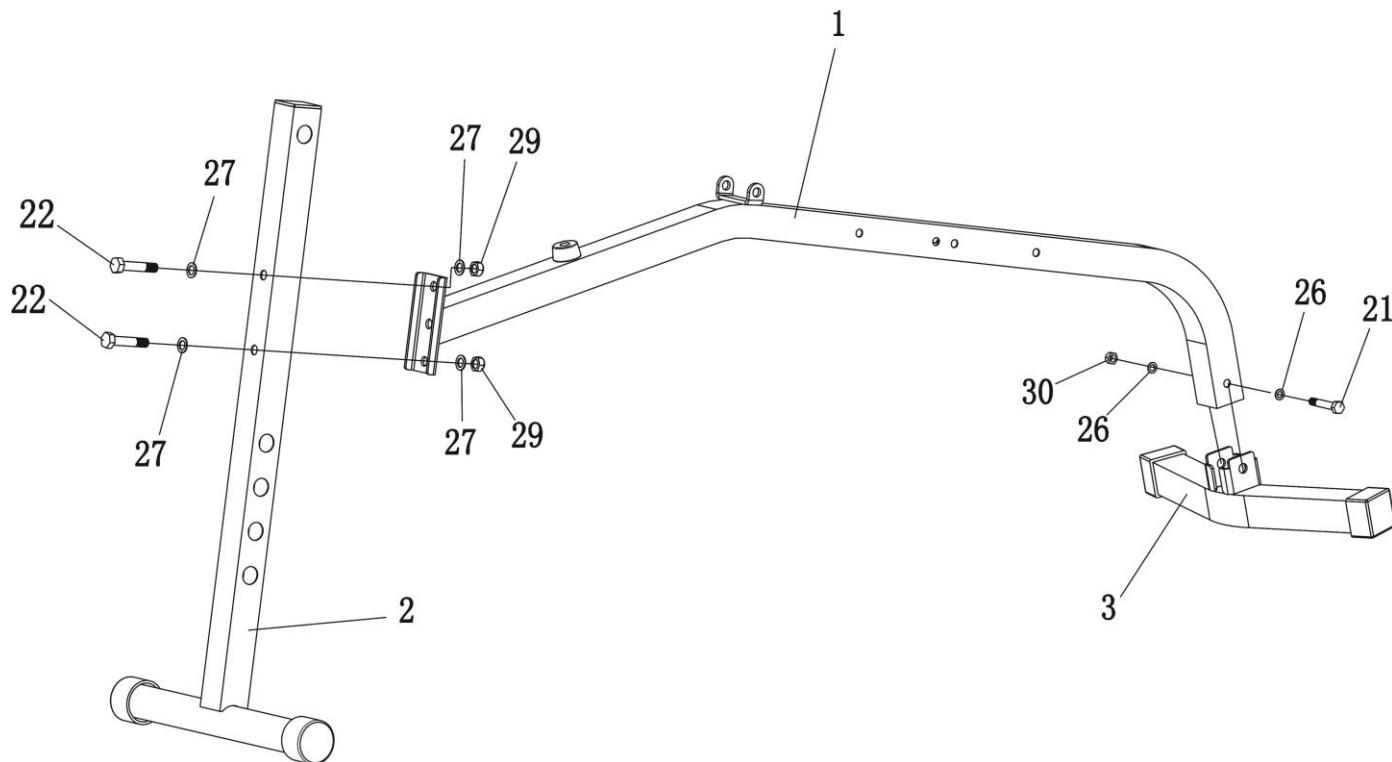
Carefully unpack each component, checking against the part list that you have all the necessary parts to complete the assembly of your product

PLEASE NOTE that some of the parts may be pre-fitted to major components. So please check carefully before contacting Argos in any event.

Step 1 (See Below Diagram 1)

- A). Attach the Main Frame(#1) to the Front Stabilizer(#2), Align the hole and secure with two M10X55mm Hex **Bolts** (#22) four Φ 10mm **Washers** (#27) and two M10 Aircraft **Nuts** (#29).
- B.) Attach the Rear Base Support(#3) to the Main Frame(#1), Align the hole and secure with one M8X55mm Hex Bolt(#21) two ϕ 8mm **Washers** (#26)

Diagram 1



Step 2 (See Diagram 2)

A). Attach the Seat Pad Support(#4) and Backrest Pad Support(#5) to the U shape bracket on the mid of the Main Frame(#1), Align the hole and secure with one M10X125mm Hex Bolt(#19), twoφ10mm Washers (#27) and one Aircraft Nut(#29).

B).Attach the Backrest Incline Adjustment Frame (#6) to the center of the Backrest Pad Support (#5), align the hole and secure with one M10X125mm Hex Bolt (#19), twoφ10mm Washers (#27) and one Aircraft Nut (#29).

C.) Hold the top of the Backrest Incline Adjustment Frame(#6) cross the Main Frame(#1), Secure the top of the Backrest Incline Adjustment Frame(#6) with one M10X60mm Hex Bolt (#20), one φ14Xφ10.2X39mm Sleeve(#7) and two φ10mm Washers.

D). Select desired incline and lock the Backrest Incline Adjustment Frame(#6) to the Main Frame(#1) with Incline Select Pin(#11).

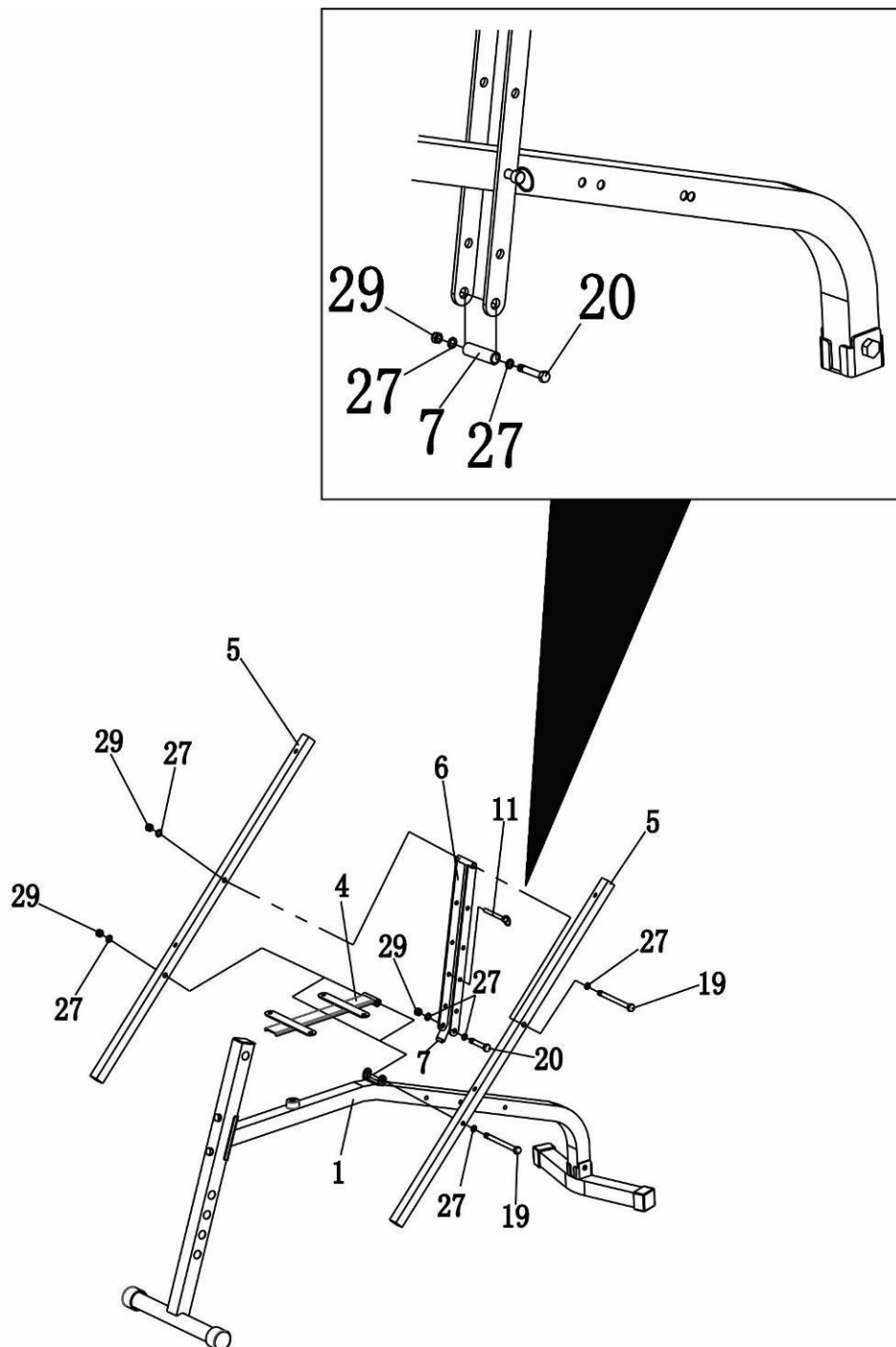


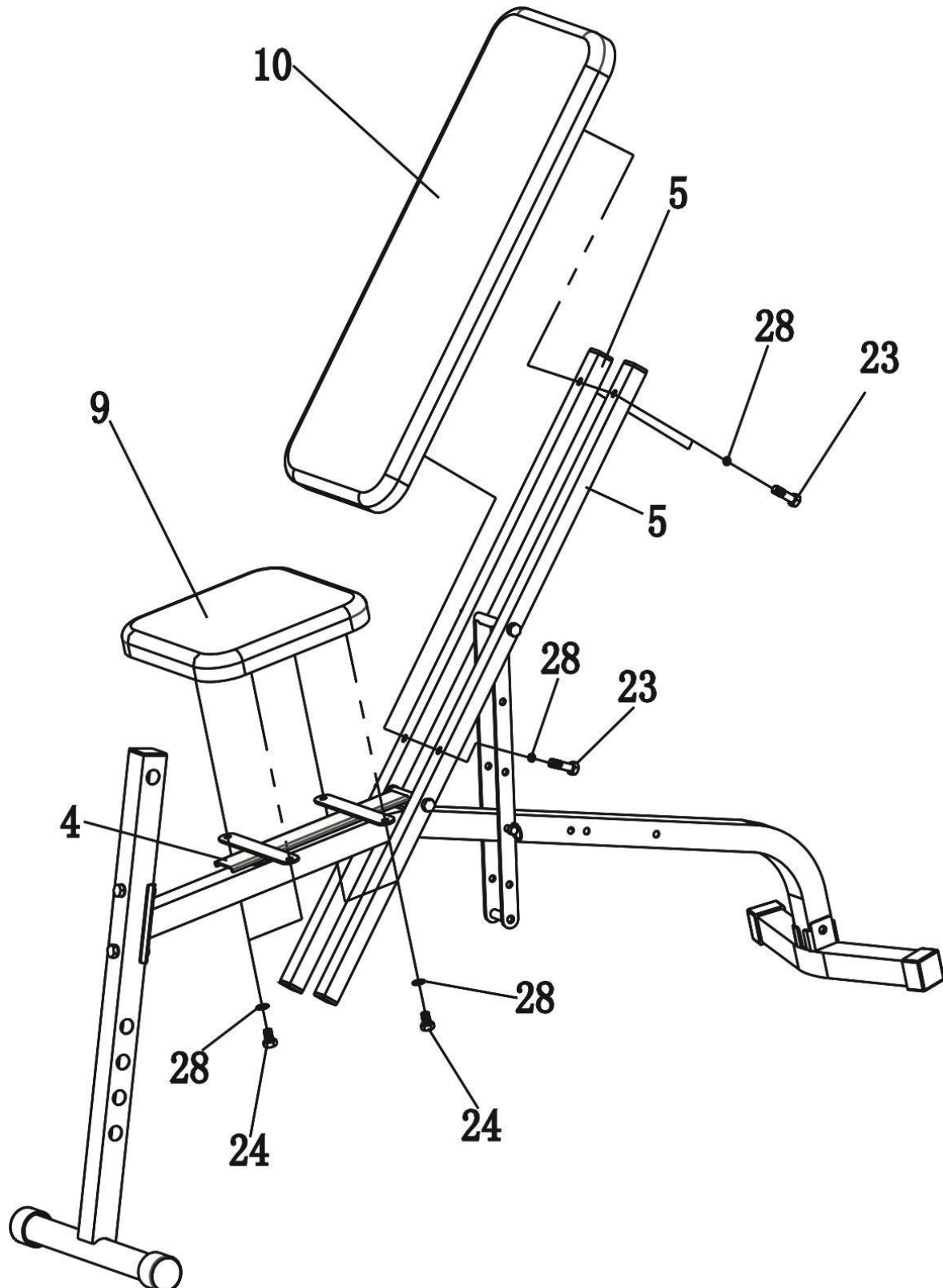
Diagram 2

STEP 3 (See Diagram 3)

A). Attach the Seat Pad(#9) to the Seat Pad Support Frame(#4), Align the hole and secure with four M6X18mm Hex **Bolts** (#24) and four ϕ 6mm **Washers** (#28).

B.) Attach the Backrest Pad (#10) to the Backrest Pad Support (#5), Align the hole and secure with four M6X40mm Hex **Bolts** (#23) and four ϕ 6mm **Washers** (#28).

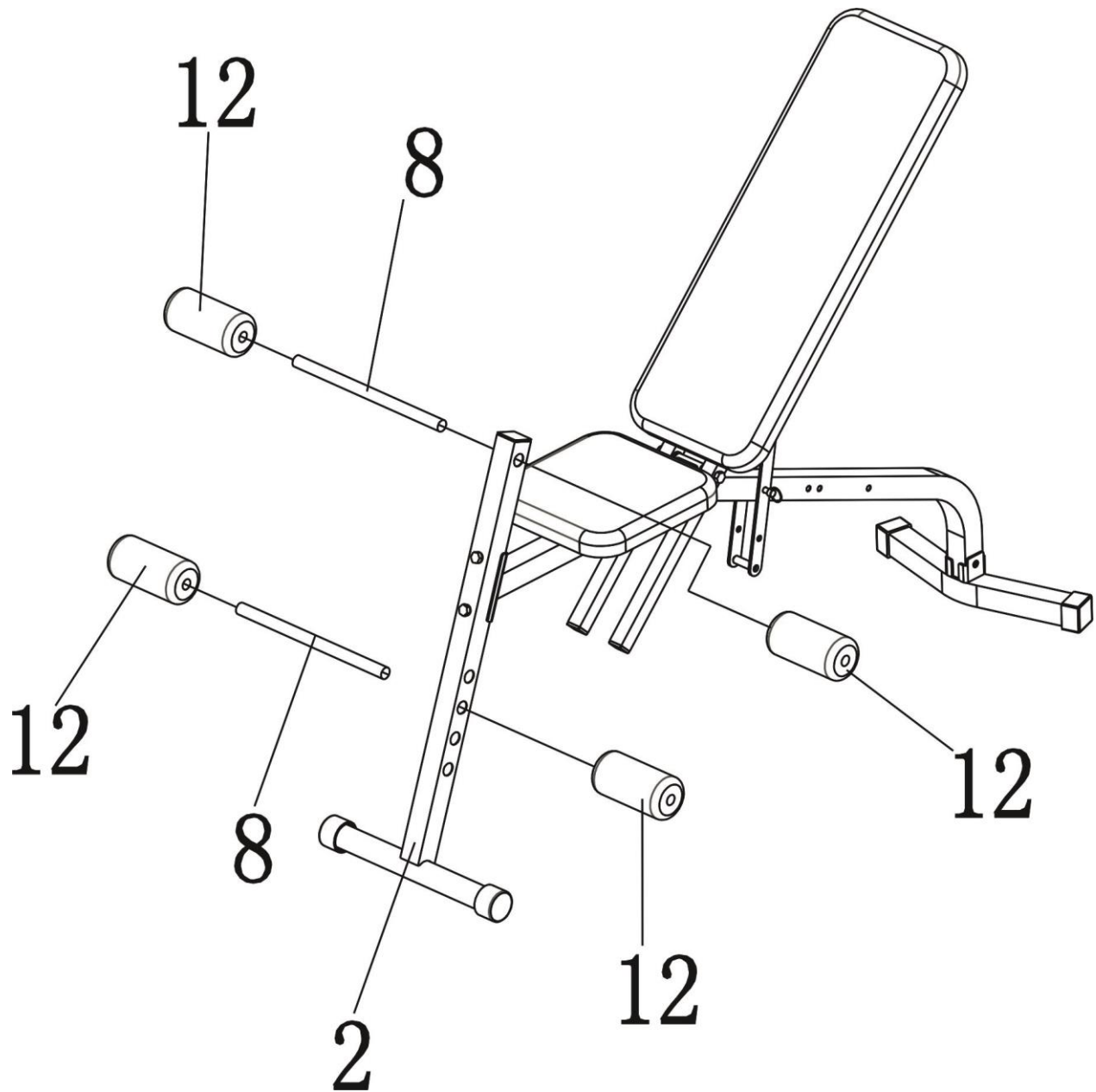
Diagram 3



STEP 4 (Diagram 4)

- A). Insert Foam Roll Tube (#8) into the top hole on the Front Stabilizer (#2) with half way. Attach two Foam **Rolls** (#12) from each side of the foam roll tube (#8)
- B). Select desired height of the hole on the lower side of the Front Stabilizer (#2), Install the Foam Roll Tube (#8) and two Foam **Rolls** (#12) with same way showing in Step A.

Diagram 4

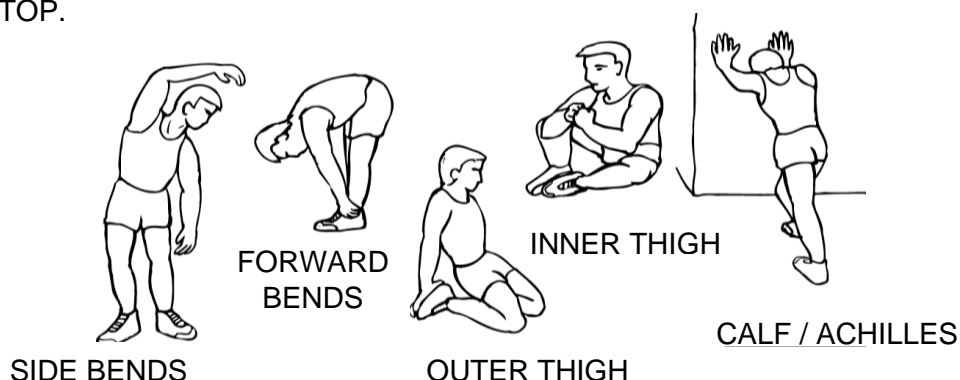


EXERCISE INSTRUCTIONS

Using your BENCH will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

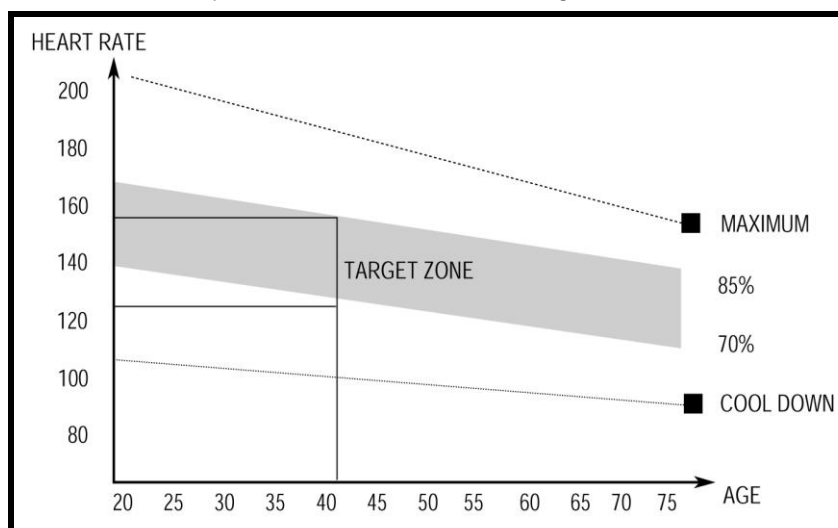
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your stride and tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

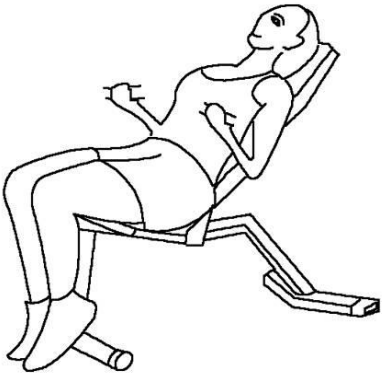
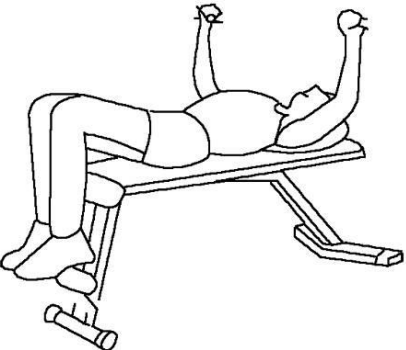
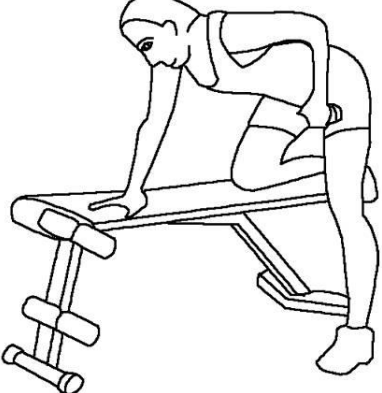
WORKOUT CHART

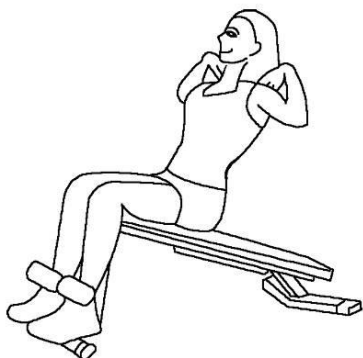
WARNING! PLEASE READ BEFORE EXERCISE

Always warm up your body muscle before exercising, easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body.

Exercise the complete body every other day, up to three times a week. The one day rest enables the body recover from the previous workout.

WORKOUT CHART

	<p><u>Biceps Curl</u></p> <p>Develop the biceps muscles Sit on the bench with you back supported on the bench Grasp a dumbbell in each hand with the palms facing forwards. Raise the dumbbells until the biceps are fully contracted. Return slowly to the start position and repeat,</p> <p>Beginners: 10 Reps with light weights Intermediate: 10 reps/3 sets Advance: 10Reps/ 4 sets with gradually increasing weights</p>
	<p><u>Chest Press</u></p> <p>Develop the upper pectoral muscles of the chest. With the elbows slightly bent. Hold two dumbbells at arms length overhead, Lower the dumbbells slowly out to the sides of the chest to a point where you can feel the stretch of the pectoral muscles, Bring the dumbbells back o the start position again in the same arc and repeat.</p> <p>Beginners: 10 Reps with light weights Intermediate: 10 reps/3 sets Advance: 10Reps/ 4 sets with gradually increasing weights</p>
	<p><u>Rows</u></p> <p>Develops the Triceps muscle. Stand alongside the bench with your right knee bent in front of your left leg, and the dumbbell in your left hand, hold the bench side with your right hand for support. Bend over and drop your left hand towards the floor Now, Pull the dumbbell up until it is tucked into your side. Return to starting position and repeat with your opposite side.</p> <p>Beginners: 10 Reps with light weights Intermediate: 10 reps/3 sets Advance: 10Reps/ 4 sets with gradually increasing weights</p>



Sit-Up

Develops the Abdominal muscles.

Sit on the bench with your knees bent to about 45 degrees and your feet hooked under the Leg Bar Foam Rollers, Put your hand on your shoulders and your chin on your chest

(This will put a slight bow in your back)

For this position, Inhale and lie back until your lower back touches the Backrest Board, Exhale as you raise back up to the starting position

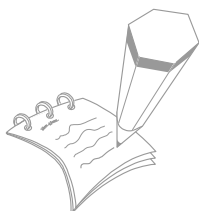
Beginners: 10 Reps with light weights

Intermediate: 10 reps/3 sets

Advance: 10Reps/ 4 sets with gradually increasing weights

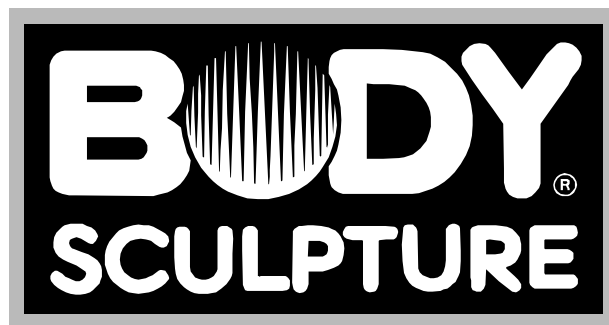
CARE AND MAINTENANCE

1. Examine the machine periodically in order to detect any damage or wear which may have been produced.
2. Lubricate moving parts with light oil periodically to prevent premature wear.
3. Inspect and tighten all parts before using the machine, replace any defective parts immediately, and do not use the machine again until it is in perfect working order
4. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use



EXERCISE NOTES

Use this space to record your own exercise routine results.



S I N C E 1 9 6 5