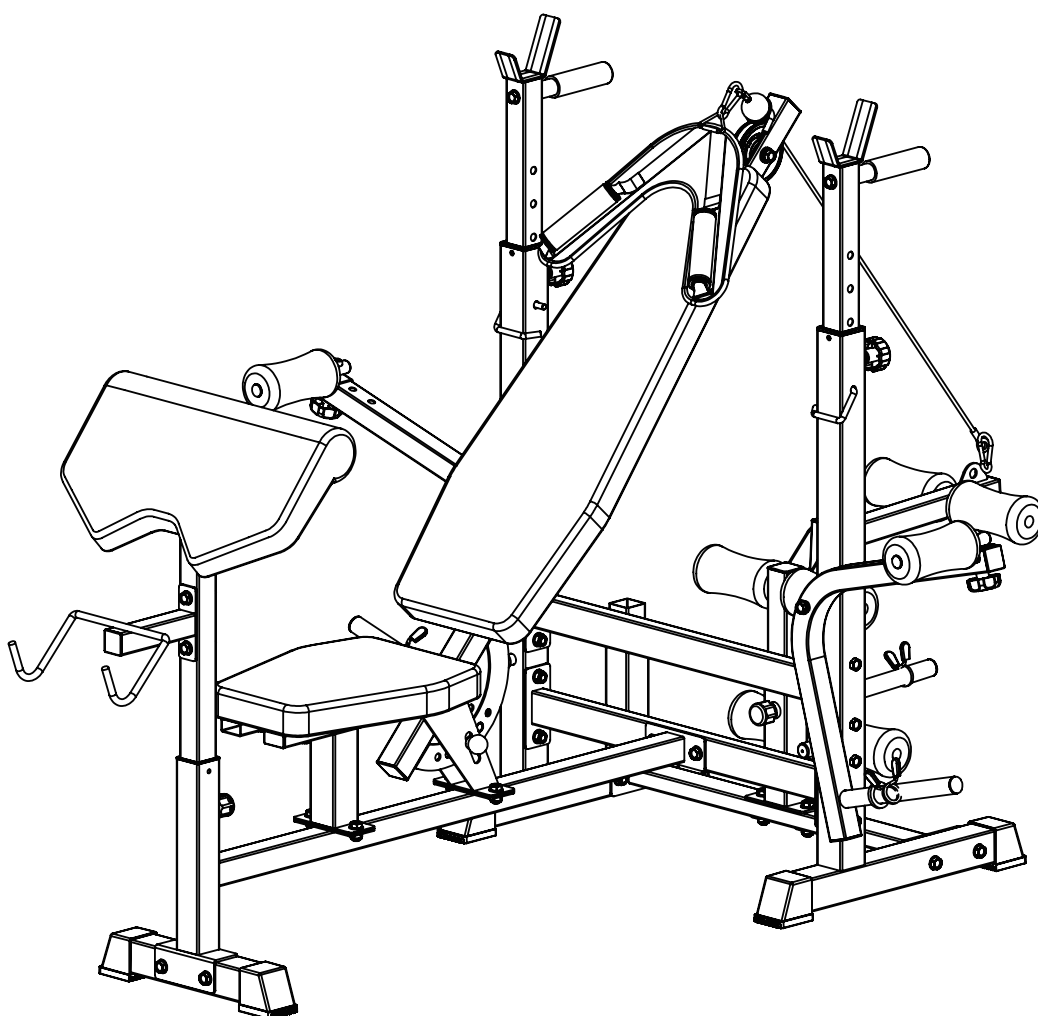


LSC

GBH-100 Multi-function Bench Press

USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

NOTE:

This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lsgfitness.com.au





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I. WARNINGS

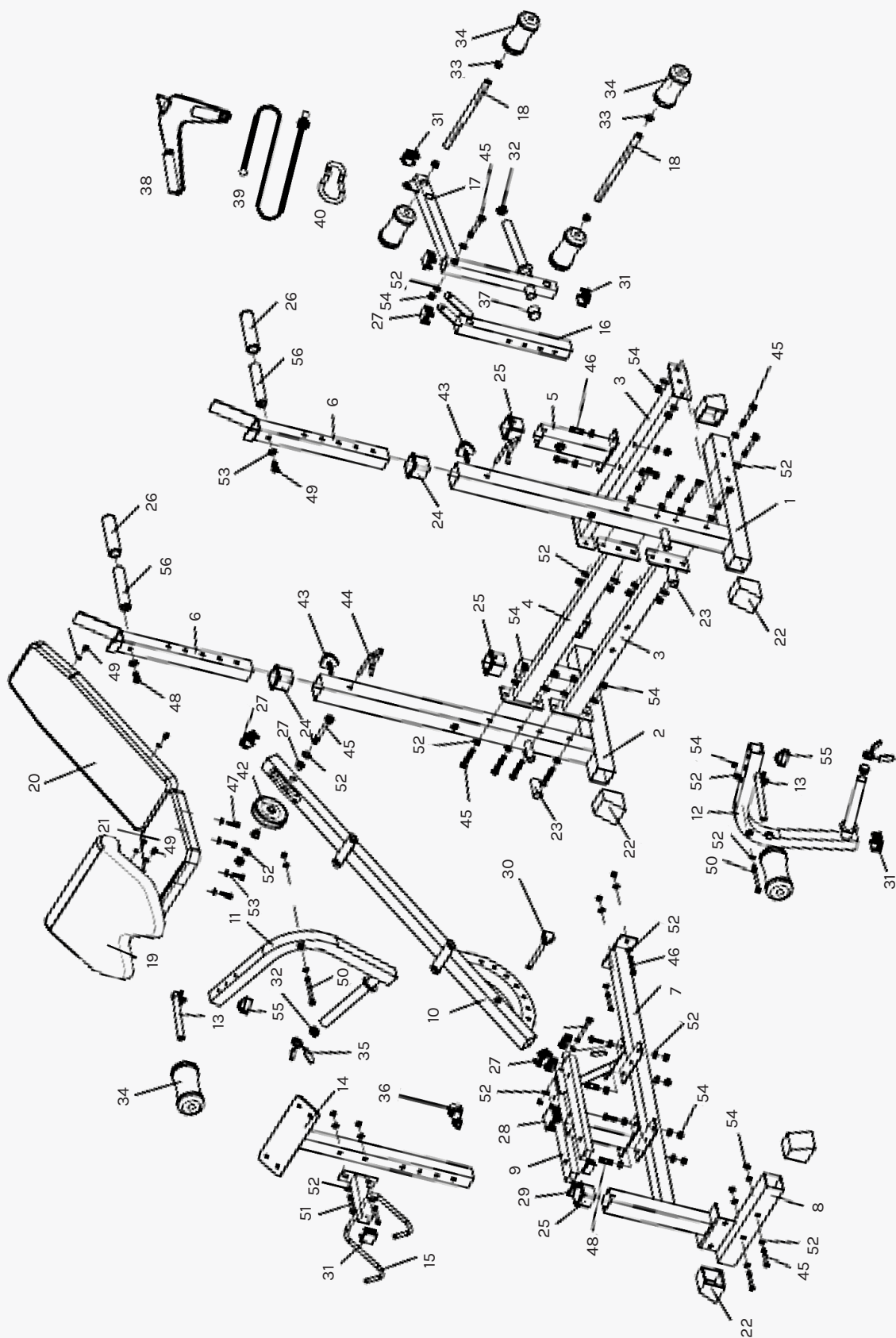


Before using the equipment, read the instructions carefully and keep for future use.

- Full safety and effectiveness of use can be achieved by following the instructions for assembly and use of the equipment. Please remember to inform all potential users of the equipment about restrictions and precautions. We don't take any responsibility for injuries of any kind caused by improper use of our equipment.
- The equipment must be used only in accordance to the intended use.
- Our products are designed for adult users and intended for home use only. Don't leave the equipment unattended if there are children nearby. Underage kids should only use the equipment under adult supervision.
- The device should be stored in a dry and warm place away from direct sunlight.
- Our equipment is not suitable for rehabilitation purposes.
- The equipment should be used by only one person at a time.
- Place your device on the horizontal and even surface. Make sure the location you choose is stable, clean and free of other items.
- It is recommended to place a carpet, mat or another form of floor protection under the equipment.
- Before training, check that the equipment is complete and that all parts are in the right place.
- If you have any medical conditions or chronic illnesses or if you are using this type of equipment for the first time, we recommend consulting a doctor or specialist. Incorrect or excessive training can damage your health.
- Warm-up before using the device.
- If you experience pain, an irregular heartbeat, shortness of breath, dizziness or nausea while using the device, stop training immediately. Seek medical advice before continuing using the device.
- Avoid wearing long, loose clothing while using the device, as it can get caught in the moving elements of the equipment.
- Use the device only when it's well-functioning. If you find faulty components or hear unusual sound from the device during use, stop exercising. Do not use the device until the problem is resolved.
- Do not make any adjustments or modifications to the device other than those described in these instructions. In case of any problems please contact the service provider (contact details provide below).
- The minimum space required for safe use of the device is no less than two meters.
- The maximum permissible user weight is 120kg.
- The device was made in accordance with the ISO 20957-4:2016 standard.



II. EXPLODED DIAGRAM



III. PARTS LIST

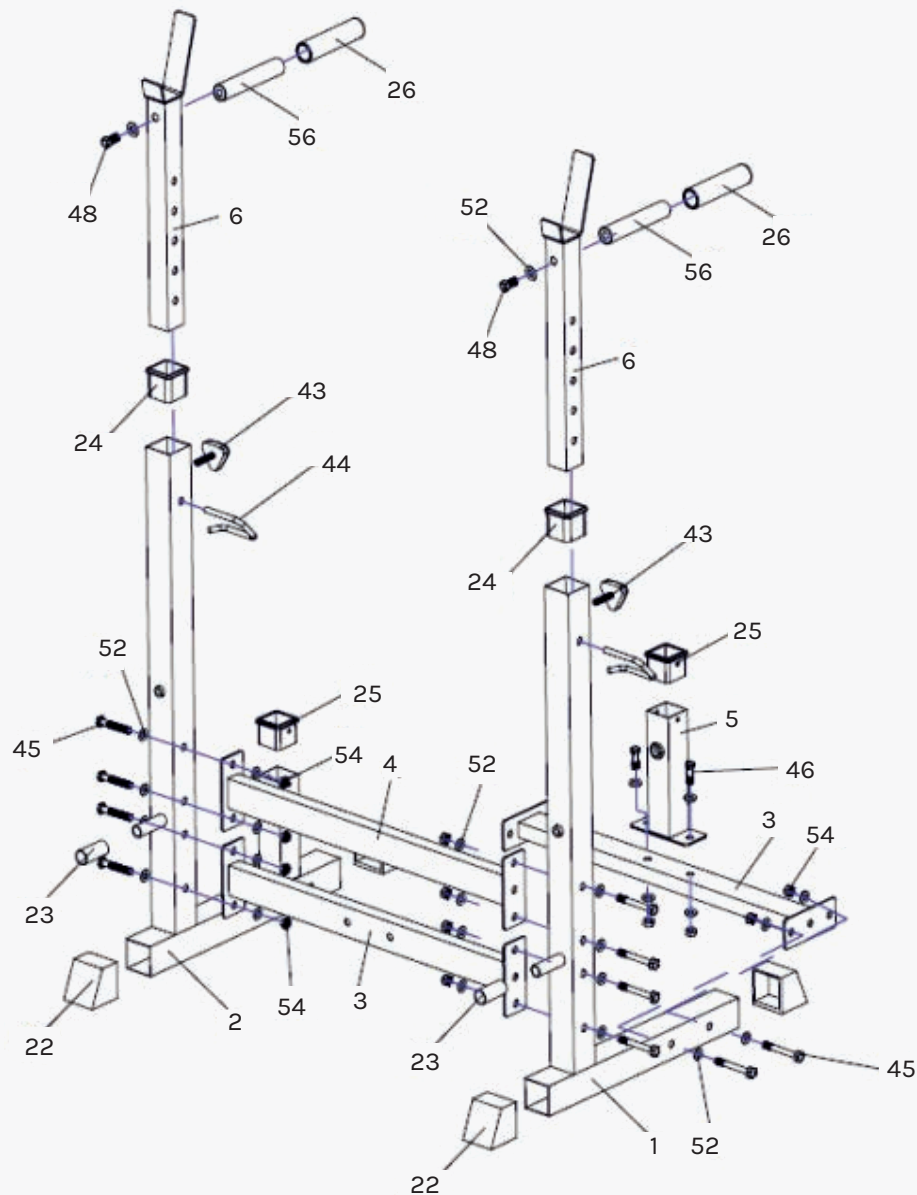
NO.	Name	Quantity
1	Left Stand Column	1
2	Right Stand Column	1
3	Lower Crossbar	2
4	Upper Crossbar	1
5	Lift Column	1
6	Stand	2
7	Main Bar	1
8	Frontal Base	1
9	Seat Base	1
10	Back Base	1
11	Right Butterfly Arm	1
12	Left Butterfly Arm	1
13	Handle	2
14	Preacher Base	1
15	Frontal Stand	1
16	Lift Column	1
17	Leg Press Arm	1
18	Handle Bar	3
19	Preacher	1
20	Back	1
21	Seat	1
22	Kickstand	6
23	Rubber Cover 19mm	2
24	Grommet 50x38mm	2
25	Plug 50mm	3
26	Handle cover	2
27	Plug 38mm	3
28	Plug 50mm	1
29	Plug 40x20mm	4

NO.	Name	Quantity
30	Bolt	1
31	Plug 34mm	8
32	Plug 25mm	3
33	Plug 19mm	8
34	Sponge	8
35	Butterfly Clamp 25mm	3
36	Fast Assembly Knob	2
37	Rubber Cover 26mm	1
38	Lift	1
39	Cable	1
40	Carabiner	2
41	Casing	2
42	Lift Roller	1
43	Knob	2
44	Lock	2
45	Screw M10x65	16
46	Screw M10x45	4
47	Screw M8x40	4
48	Screw M10x20	4
49	Screw M8x20	10
50	Screw M10x120	2
51	Screw M10x55	3
52	Washer M10	56
53	Washer M8	12
54	Nut M10	28
55	Knob	2
56	Handle	2
57	Washer ø14 - ø22	2



IV. ASSEMBLY INSTRUCTIONS

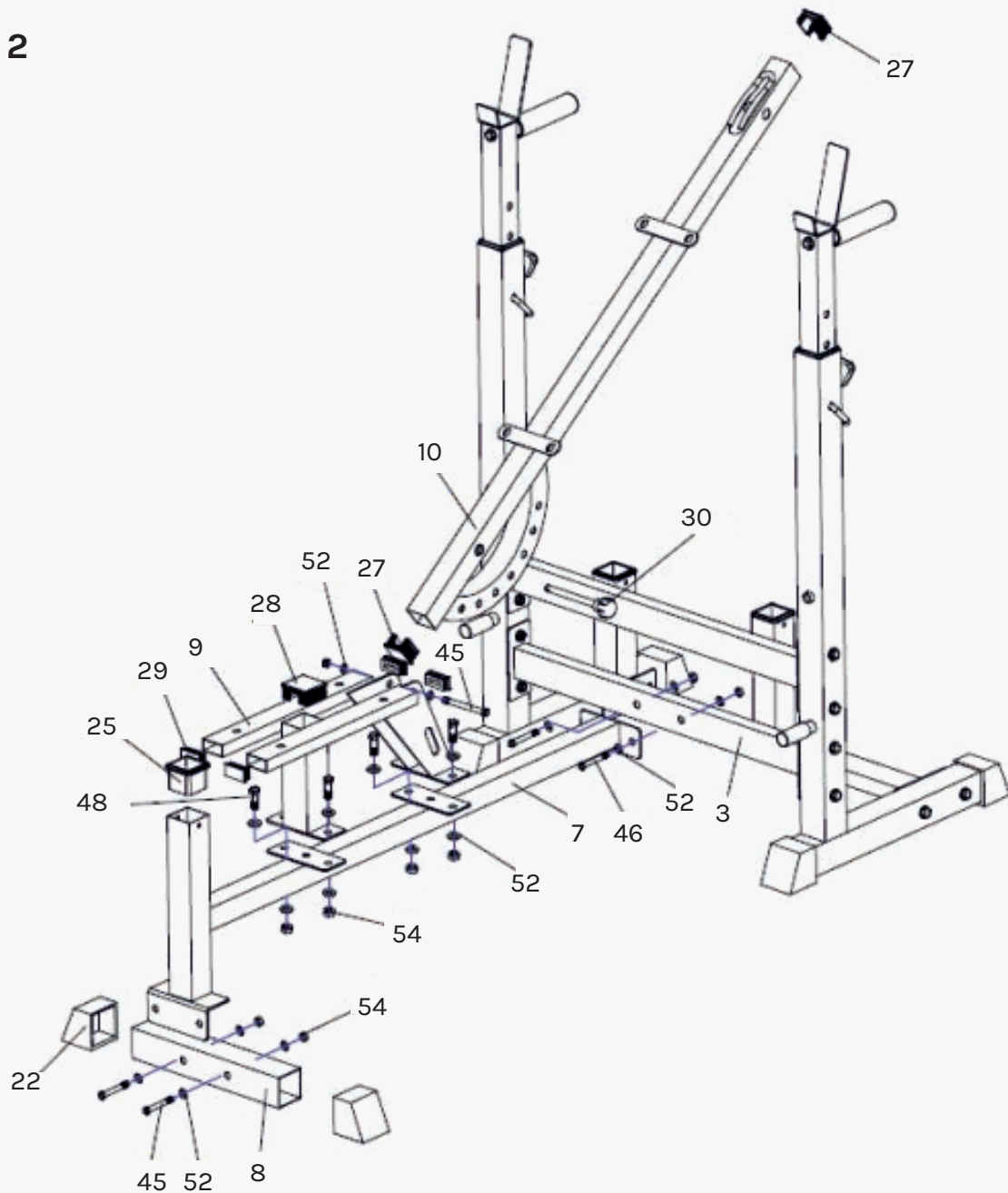
STEP 1



1. Connect part 3 lower cross bar to part 1 left stand column and part 2 right stand column using part 54 nut M10, part 52 washer M10 and part 45 screw M10x65.
2. Connect part 3 lower cross bar and part 4 upper cross bar to part 1 and 2, using part 54 nut M10, part 52 washer M10 and part 45 screw M10x65.
3. Connect part 5 Lift column to part 3 and secure with part 46 screw M10x45, part 52 washer M10 and part 54 nut M10.
4. Attach the part 22 kickstand on parts 1 and 2 stand column. Add part 25 plug 50mm to part 2 right stand column and part 5 lift column.
5. Add part 24 grommet 50x38mm to part 1 and 2 stand column as pictured.
6. Attach part 56 handle and part 26 handle cover and secure it to part 6 stand using part 52 washer M10 and part 48 screw M10xM20, as pictured.
7. Add part 6 into the tubes of part 1 and 2 stand column and secure using part 43 knob and part 44 lock according to your preferred height for exercise.
8. Add part 23 rubber Cover 19mm to part 1 and 2 stand column as pictured.



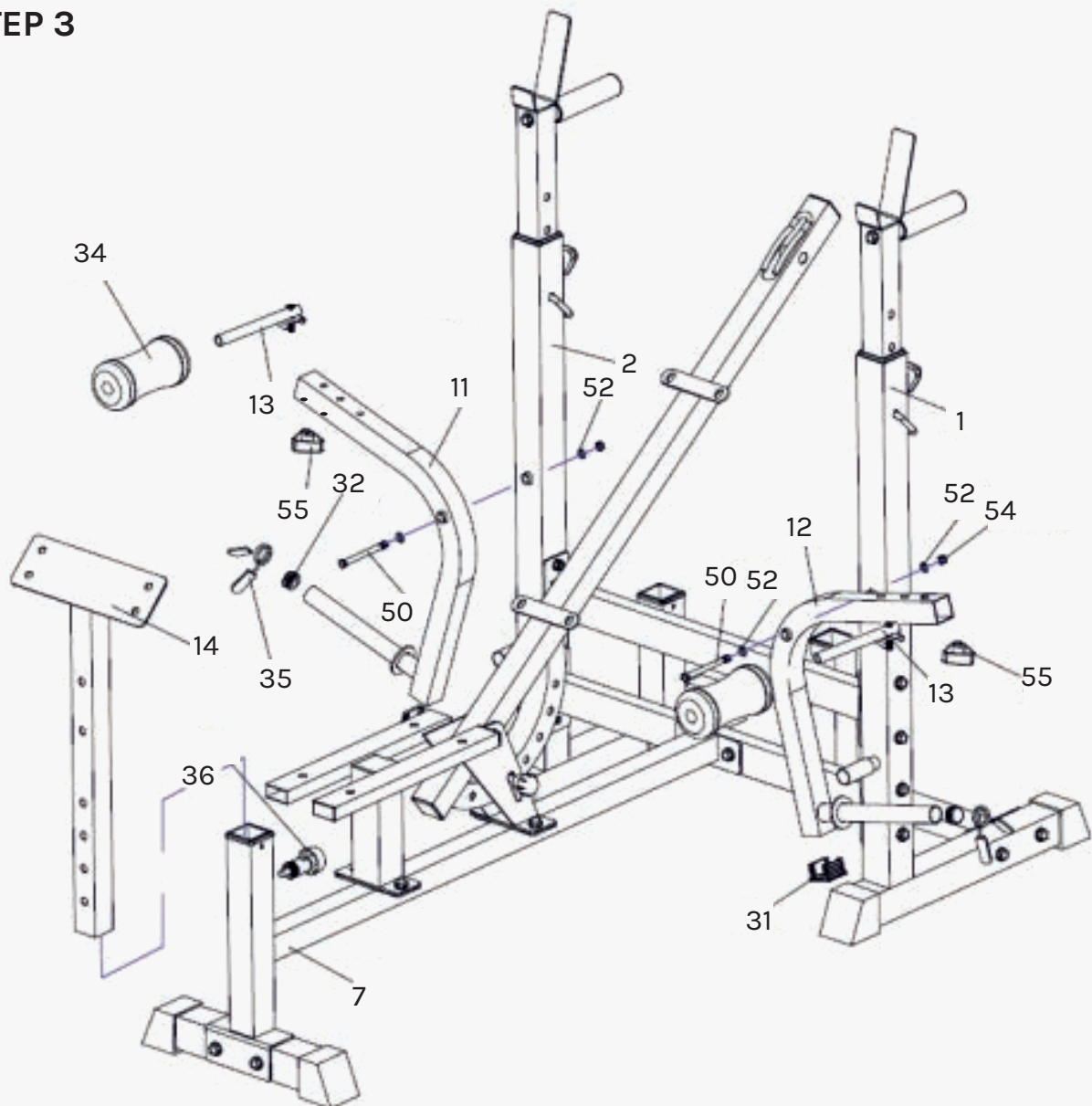
STEP 2



1. Secure part 8 frontal base to part 7 main bar using part 54 nut M10, part 52 washer M10 and part 45 screw M10x65.
2. Add part 22 kickstand onto the part 8 frontal base. Add part 25 plug 50mm to part 7 main bar.
3. Attach part 7 main bar to part 3 lower cross bar using part 46 screw M10x45, part 52 washer M10 and part 54 nut M10.
4. Attach part 9 seat base to part 7 main bar using part 48 screw M10x20, part 52 washer M10 and part 54 nut M10.
5. Add part 29 Plug 40x20mm and part 28 plug 50mm to part 9 seat base as pictured.
6. Secure part 10 back base to part 9 seat base using part 45 screw M10x65, part 52 washer M10 and part 54 nut M10.
7. Add part 27 Plug 38mm to part 10 back base.
8. Use part 30 to secure to part 9 seat base for incline adjustment.



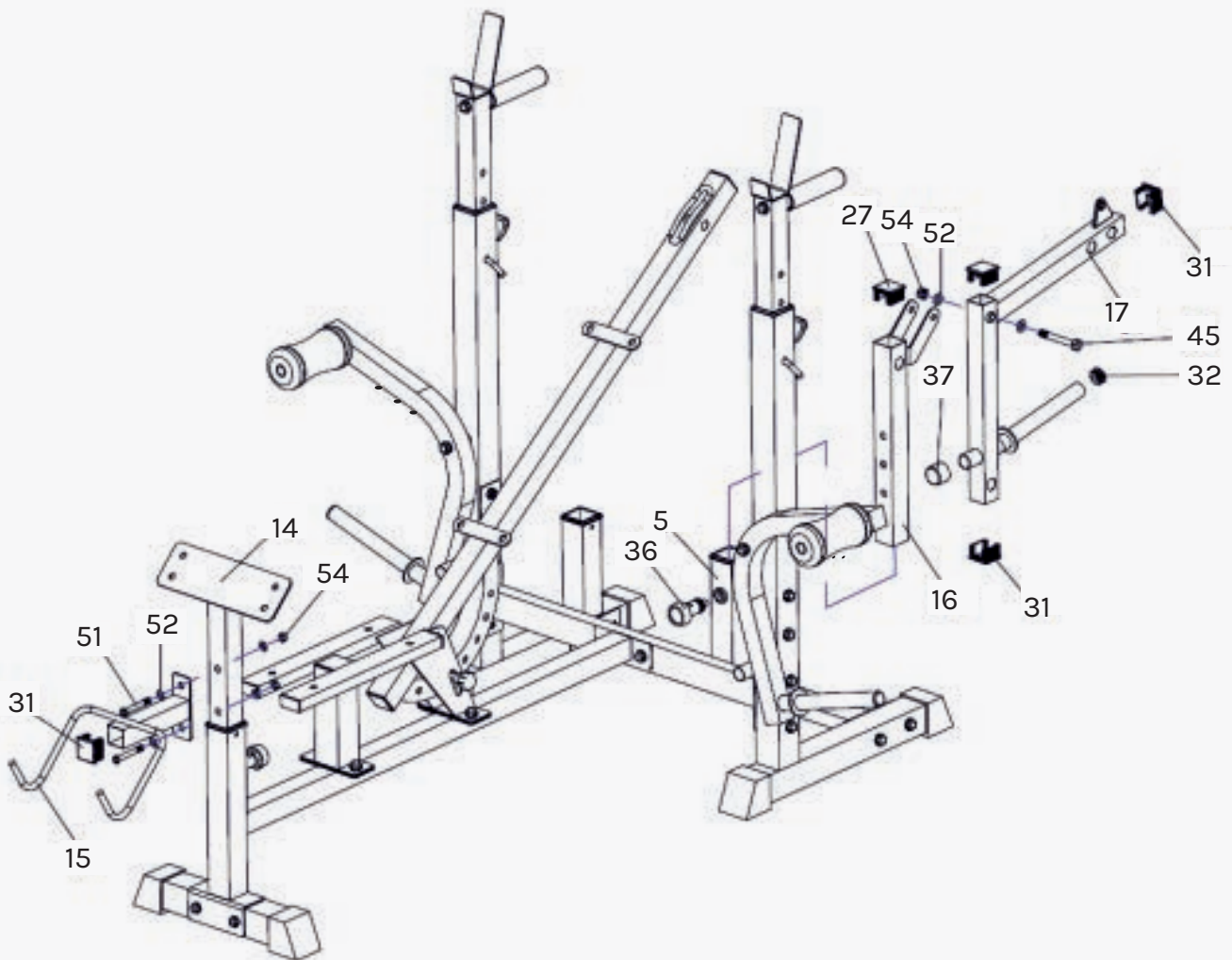
STEP 3



1. Attach part 11 right butterfly arm to part 2 right stand column using part 50 screw M10x120, part 52 washer M10 and part 54 nut M10.
2. Secure part 13 handle to part 11 right butterfly arm using part 55 knob.
3. Attach part 12 left butterfly arm to part 1 left stand column using part 50 screw M10x120, part 52 washer M10 and part 54 nut M10.
4. Secure part 13 handle to part 12 left butterfly arm using part 55 knob. Add part 34 sponge to part 13 handle.
5. Add part 34 sponge to part 13 handle. Add part 32 plug 25mm and part 31 plug 34mm to both part 11 and part 12 butterfly arm. Add part 35 butterfly clamp 25mm to butterfly arms 11 and 12 to secure weights in place.
6. Add part 14 preacher base into tube part 7 main bar and lock with part 36 fast assembly knob. Height can be adjusted to suit user.



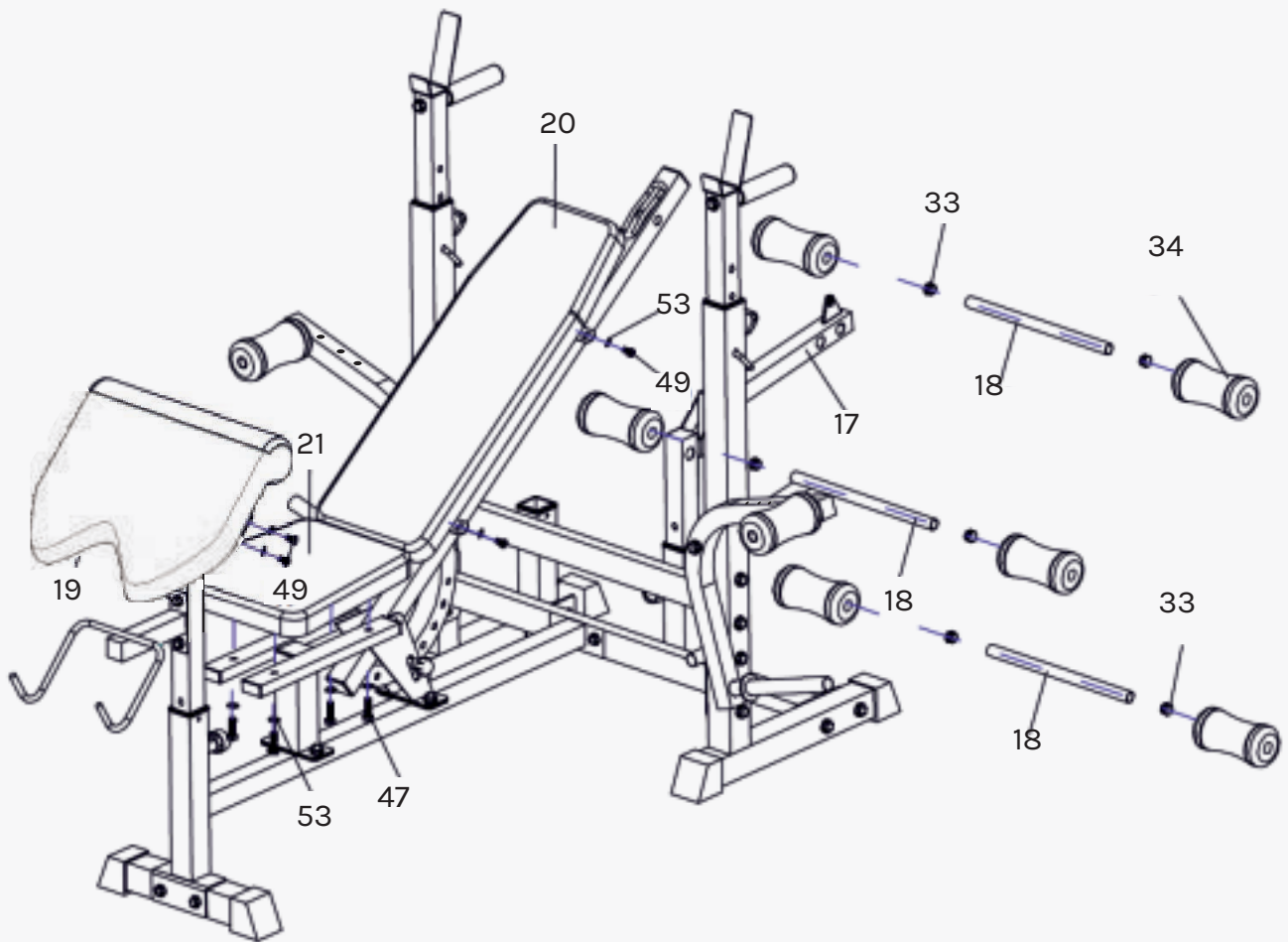
STEP 4



1. Secure part 16 lift column to part 5 lift column using part 36 fast assembly knob.
2. Secure part 17 leg press arm to part 16 using part 45 screw M10x65, part 52 washer M10 and part 54 nut M10.
3. Add part 27 plug 38mm and part 31 plug 34mm to part 16.
4. Add part 31 plug 34mm, part 32 plug 25mm and part 37 rubber cover 26mm to part 17.
5. Secure part 15 frontal stand to part 14 preacher base using part 51 screw M10x55, part 52 washer M10 and part 54 nut M10.
6. Add part 31 plug 34mm to part 15 frontal stand.



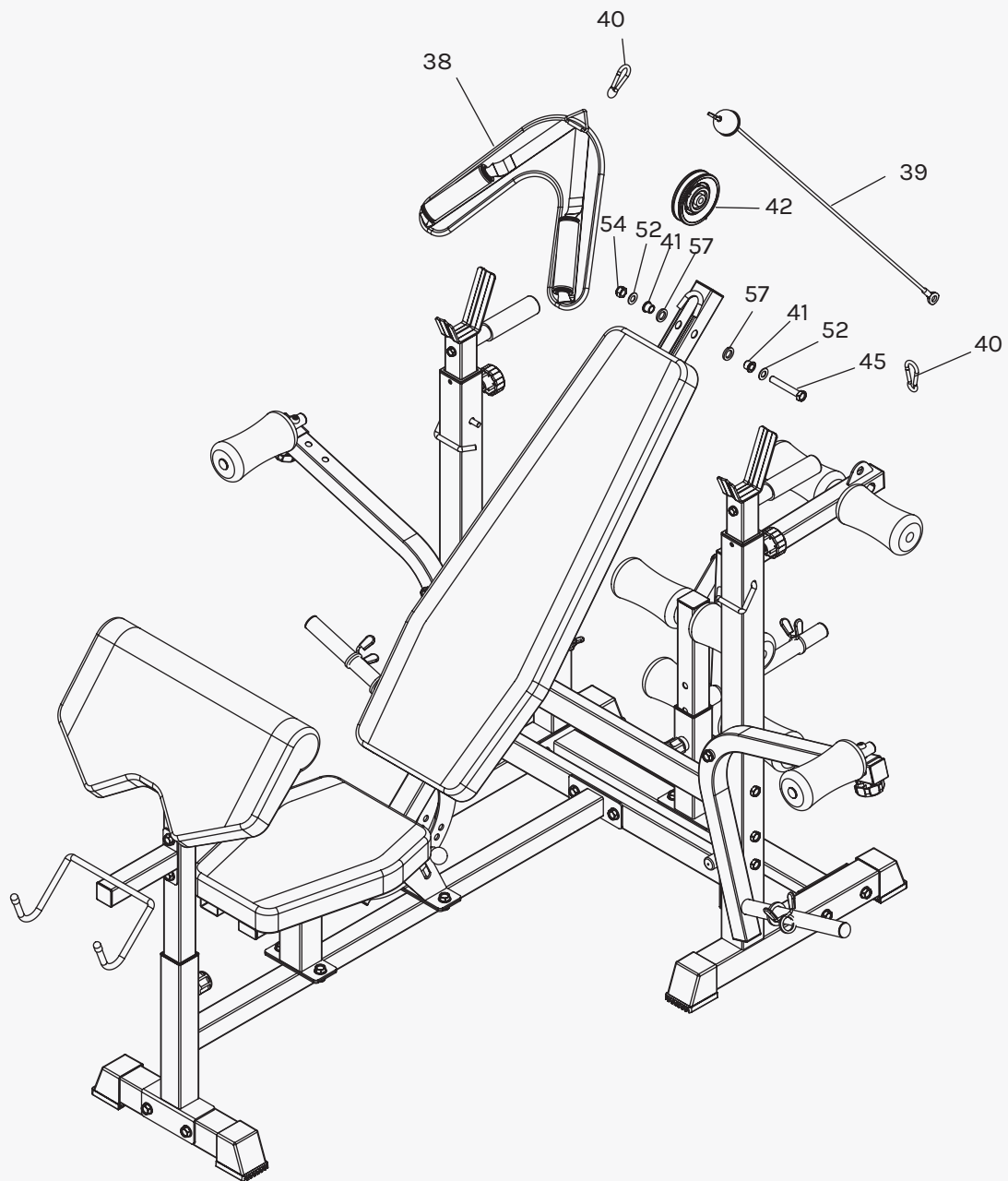
STEP 5



1. Secure part 20 to part 7 main bar using parts 49 screw M8x20 and part 53 Washer M8.
2. Secure part 21 to part 7 main bar using parts 47 screw M8x40 and part 53 Washer M8.
3. Secure part 19 to part 14 preacher base using part 49 screw M8x20 and part 53 Washer M8.
4. Attach part 18 handlebar into part 17 leg press arm as pictured. Feed the part 34 sponge into part 18 and place part 33 plug 19mm onto part 18.
5. Attach part 18 handlebar into part 16 lift column as pictured. Feed the part 34 sponge into part 18 and place part 33 plug 19mm onto part 18.



STEP 6



1. Install the lift roller part 42 and cable part 39 onto back base part 10 using the following parts in sequence (as pictured):

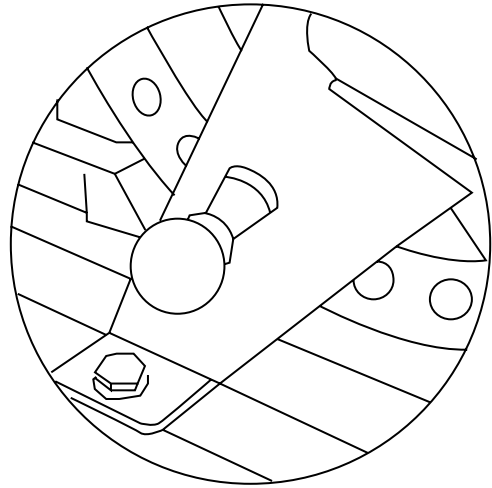
- 1x part 45 screw M10 x 65
- 2x part 52 washer M10
- 2x part 41 casing
- 2x part 57 washer (symbol like on parts list) 14 - (symbol like on parts list) 22
- 1x part 54 nut M10

2. Click part 40 to part 39 and secure on part 17.



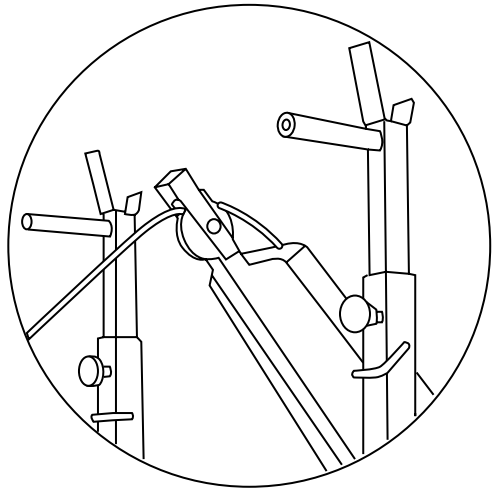
Back Rake Angle Adjustment

To adjust the back rake angle, take the pin in the lower part of back base out, set the back in desired angle and then lock the back with pin.



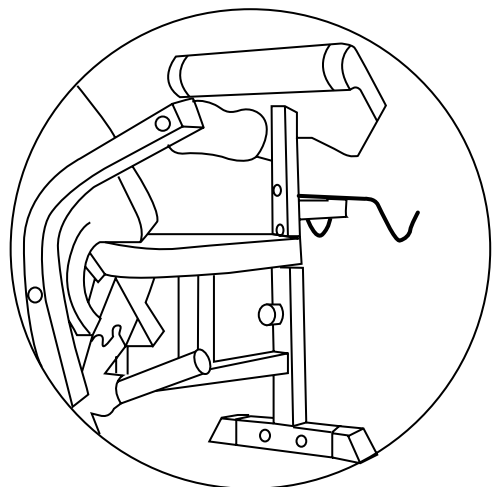
Stand Height Adjustment

To adjust the stand height, take the knob (43) and lock (44) out, set the height of the stands, put the lock back in and tighten the knob.



Preacher Height Adjustment

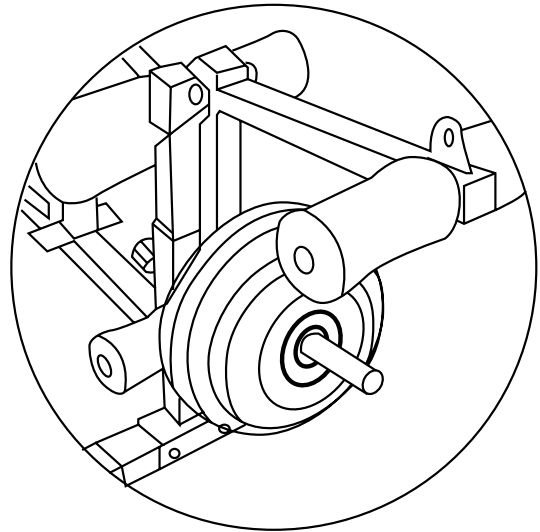
To adjust the preacher height, take the knob (36) out of the rear part of main bar (7), set the preacher height and put the knob back in.



Leg Press

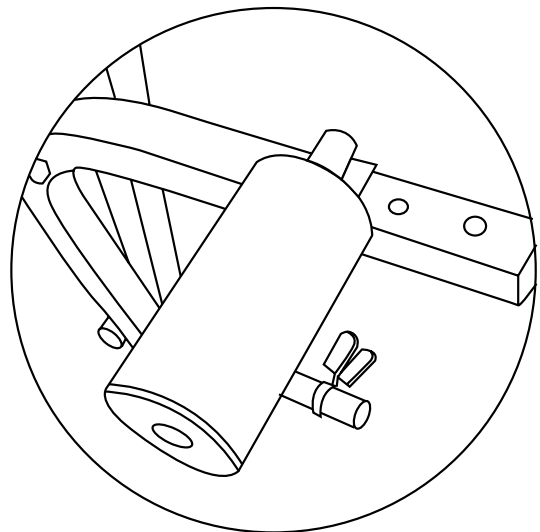
To use the leg press, disassemble it from the rear part of the bench (take out the knob 36), then put it in the preacher place (slot in the main bar 7)

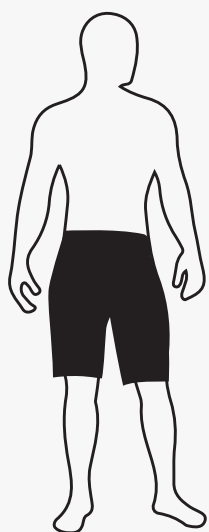
To set the leg press height, take the knob (36) out, set proper height and put the knob back in. To set the leg handles in the leg press, take the sponge out of the one side of the handle. Put the bar into the desired slot and put the sponge back on.



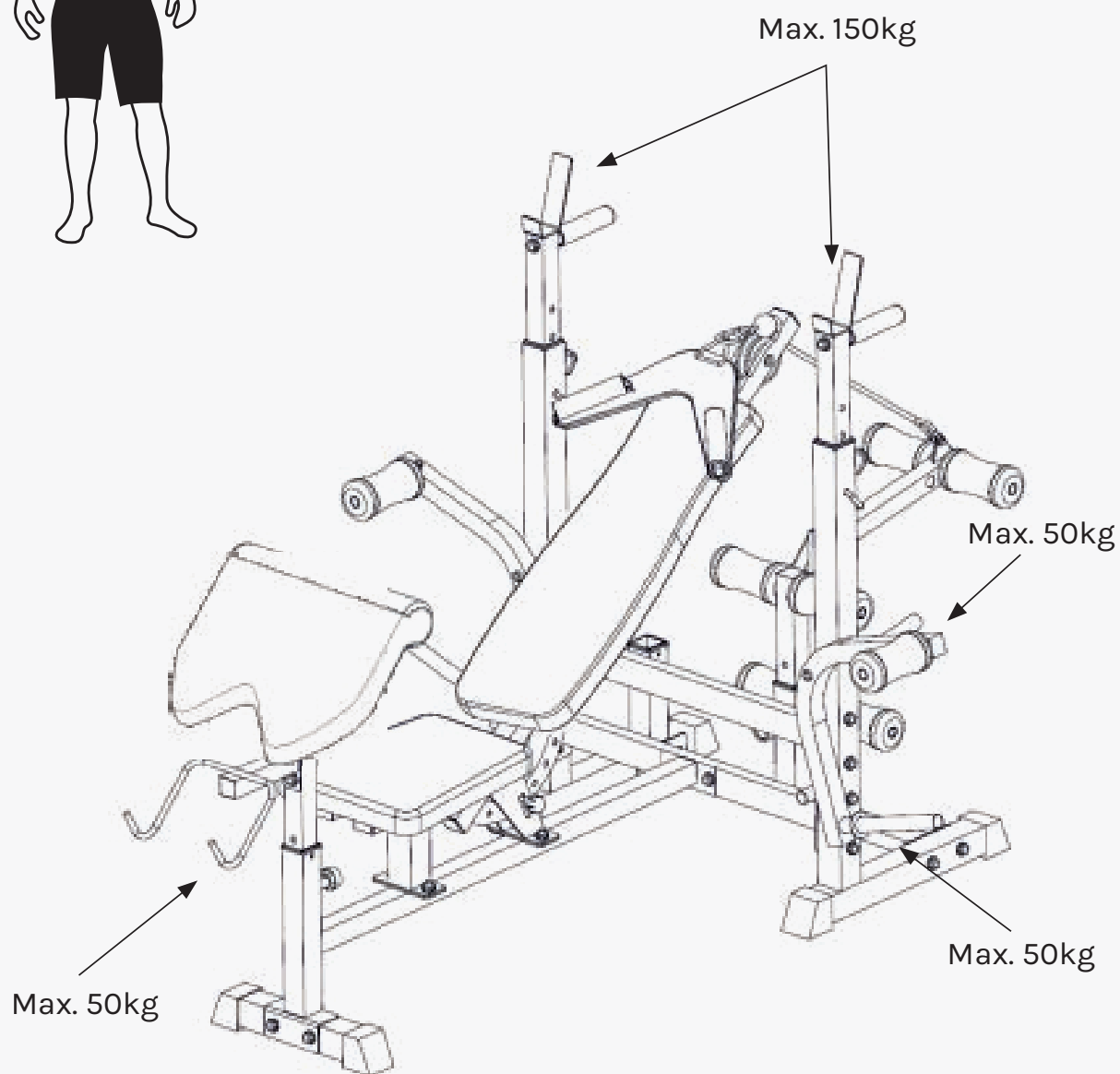
Butterflies Adjustment

To set the and handles distance in butterflies, unscrew the knob (55) placed under the butterfly arm profile, put the handle (13) to the desired slot and tighten the knob back.





Max Weight 120kg



V. CLEANING AND MAINTENANCE

1. Regular maintenance of the device should be considered. It should be carried out least every 20 hours of operation of the device.

2. Maintenance includes:

- Checking on moving parts of the equipment and keeping them greased. It is recommended to use bicycle bearing greases or multi-component greases for fitness equipment.
- Taking care of other parts of the device, i.e. tightening bolts and nuts.
- Checking power cords (if present in the device) for damage.

3. To clean the equipment it's recommended to use a soft cloth slightly moistened with water or possibly with soap and water. Do not use strong substance or sharp cleaning materials that can damage the equipment. Particular care should be taken with plastic components.

4. After each use, remove all traces of sweat and dirt from the device.

5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer or their approved service agent'

VI. TROUBLESHOOTING

Problem	Possible Solution
The product is unstable.	Make sure that all nuts and bolts are properly tightened.



VII. EXERCISE GUIDE

! PLEASE NOTE:

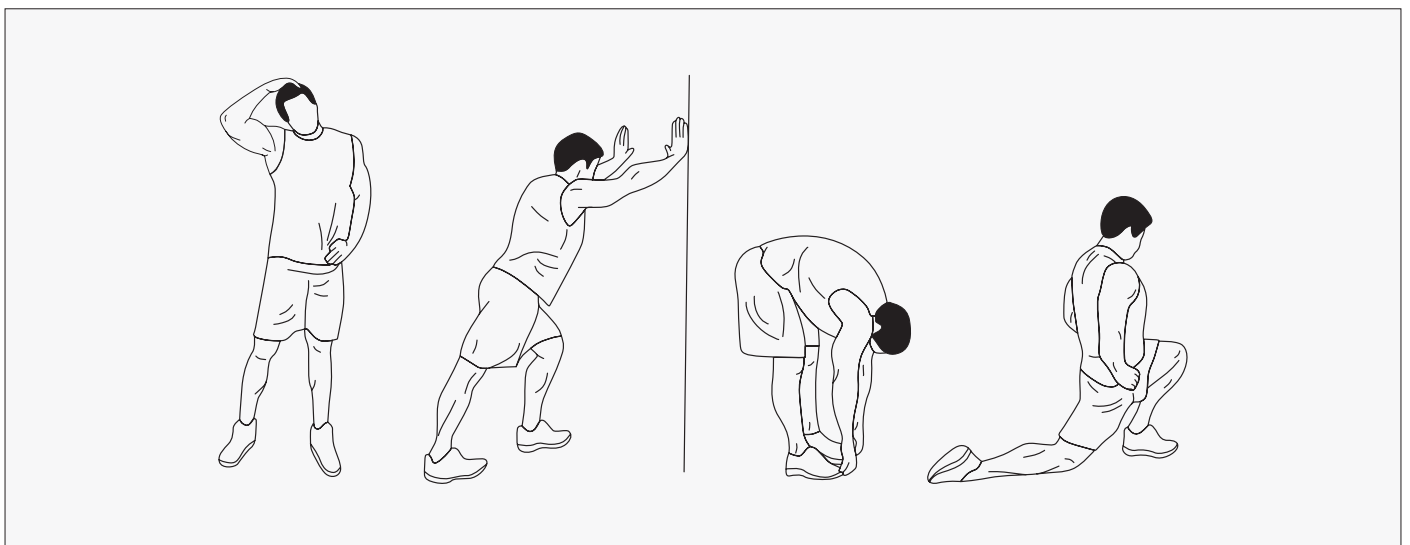
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

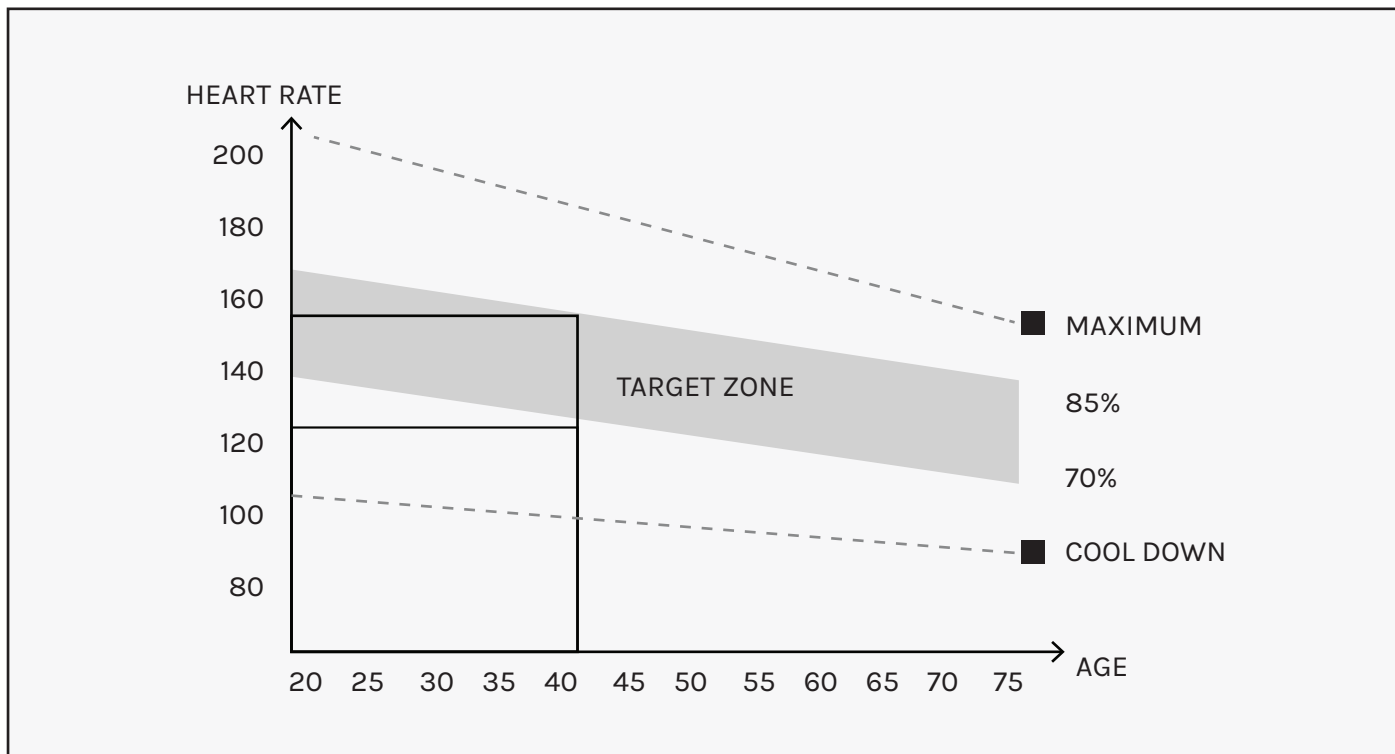
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.



COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.



VIII. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<https://www.lsgfitness.com.au/pages/warranty>

WARRANTY AND SUPPORT

Please email us at support@lsgfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.







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