

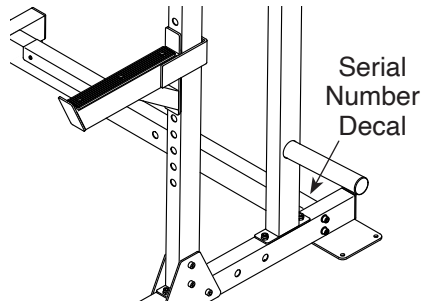
PRO-FORM®

CARBON STRENGTH POWER RACK

Model No. PFBE25020.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER CARE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

Write:

ICON Health & Fitness

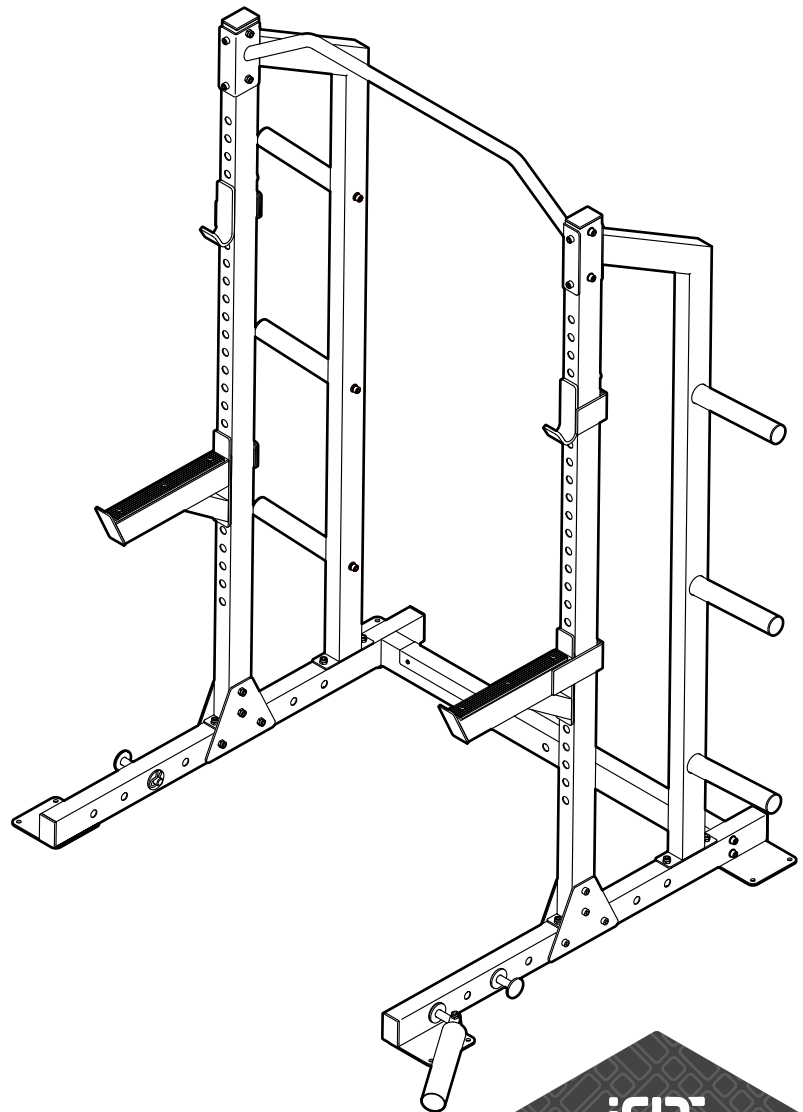
PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



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WARNING DECAL PLACEMENT

The decals shown here have been applied to the rack. If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown at actual size.

1

▲WARNING

DEATH OR SERIOUS CRIPPLING INJURY CAN OCCUR IF THE BARBELL DROPS SUDDENLY. TO AVOID INJURY, FOLLOW THESE PRECAUTIONS:

- BEFORE USING: Read all warnings and obtain instruction on the use of this machine.
- ALWAYS set both spotters when using machine.
- ALWAYS use a human spotter in addition to machine spotters.
- PROPER spotter height depends on the exercise performed. Adjust as follows:
 1. Remove all weight from the barbell.
 2. For squats, perform the exercise and determine the lowest comfortable position without your body contacting the floor. FOR SQUATS, NEVER PLACE THE SPOTTERS BELOW THE HEIGHT INDICATED ON THE MACHINE.
 For other exercises, perform the movement and select the lowest point of barbell travel without the barbell contacting your body.
- 3. Position both spotters to stop the barbell at this point. Ensure that both spotters are completely seated on the machine.
- 4. Load weights onto the barbell and carefully perform the exercise.

•Visually ensure the barbell latch is fully engaged and seated in the hooks before releasing the load and exiting the machine.

•DO NOT REMOVE this label. Replace when worn or damaged.

2

▲WARNING

User Weight maximum 300 lbs.
Weight Rest maximum 510 lbs.
Landmine maximum 150 lbs.
Weight Tube (each) maximum 150 lbs.

3

▲WARNING

HEAVY

Spotters must be used at all times.

4

▲WARNING

To reduce the risk of serious spinal injury, do not place spotters below this level when doing SQUAT exercises.

Spotters must be used at all times when this machine is used.

5

▲WARNING ▲ADVERTENCIA

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.
- Mal uso de esta máquina puede resultar en graves lesiones
- Lea el manual del usuario antes del uso y siga todas las precauciones e instrucciones.
- No permita a los niños en o alrededor de la máquina.
- Mantenga el cuerpo, la ropa, y el pelo libres y alejados de todas las piezas móviles.
- Reemplace la calcomanía si está dañada, ilegible, o faltando.

6

▲WARNING ▲

Risk of tipping;
bolt the rack to the floor if using bands. s

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the rack before using the rack. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the rack are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
3. The rack is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the rack by someone responsible for their safety.
4. Use the rack only as described in this manual.
5. The rack is intended for home use only. Do not use the rack in any commercial, rental, or institutional setting.
6. Keep the rack indoors, away from moisture and dust. Place the rack on a level surface, with a mat beneath it to protect the floor or carpet.
7. Make sure that there is enough clearance around the rack for the exercises that you will perform.
8. If you will use resistance bands (not included) with the rack, bolt the rack to the floor using the holes in the bases (see page 4 to identify the bases).
9. Inspect and properly tighten all parts each time the rack is used. Replace any worn parts immediately.
10. Keep children under age 16 and pets away from the rack at all times.
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rack. Always wear athletic shoes for foot protection.
12. The pull-up bar is designed to support a maximum user weight of 300 lbs. (136 kg). Do not place more than 510 lbs. (231 kg) of weight on the weight rests. Do not place more than 150 lbs. (68 kg) of weight, including a barbell and weights, in the landmine. Do not store more than 150 lbs. (68 kg) of weights on each weight tube. Note: The rack does not include a barbell or weights.
13. Keep hands and feet away from moving parts.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

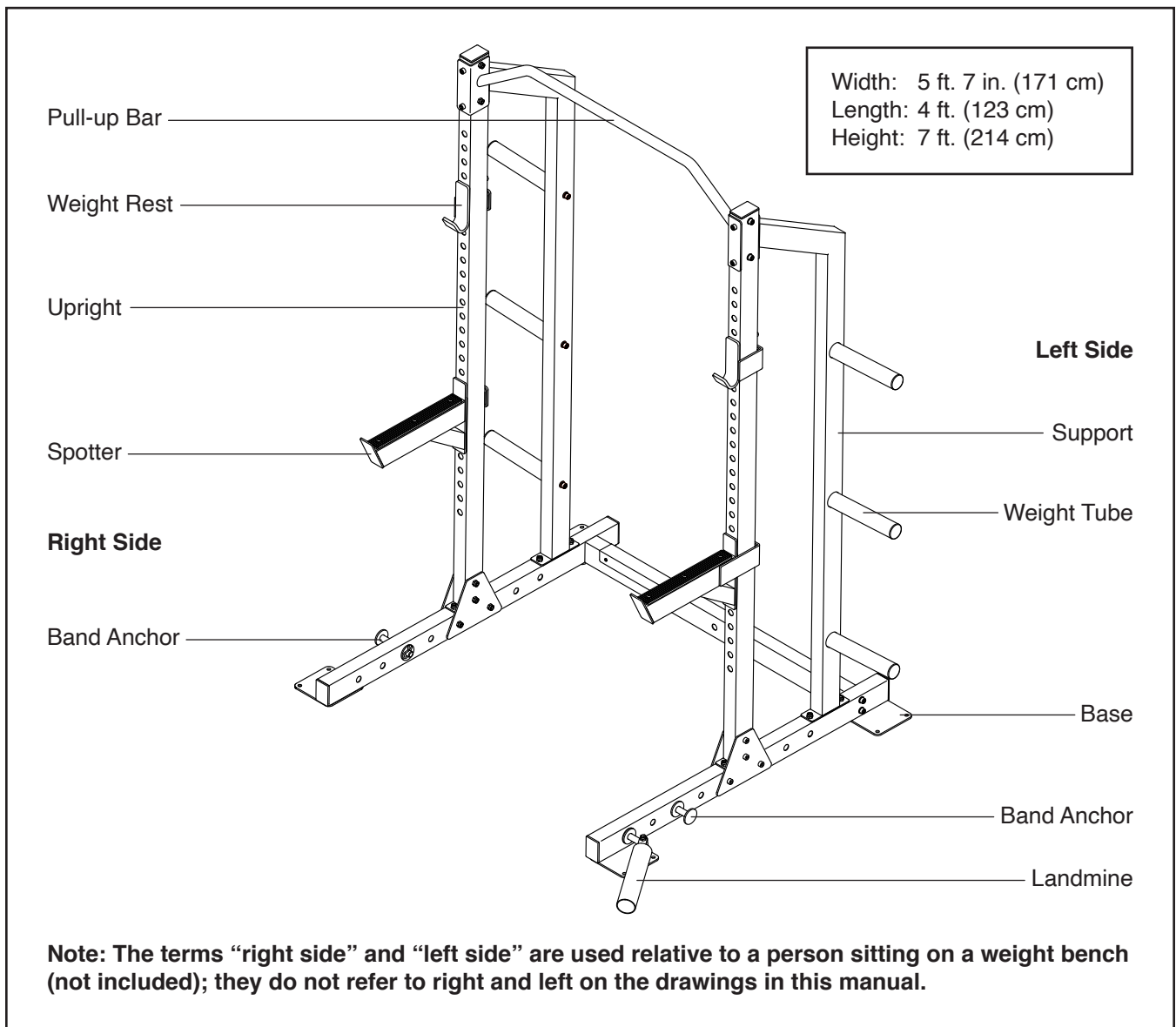
BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM® CARBON STRENGTH POWER RACK. The rack offers a selection of exercise stations designed to develop the major muscle groups of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the rack will help you to achieve the specific results you want.

manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

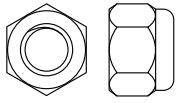
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

For your benefit, read this manual carefully before using the rack. If you have questions after reading this

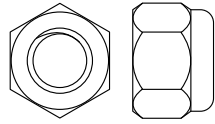


PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



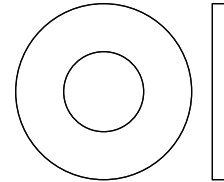
M8 Locknut
(29)–2



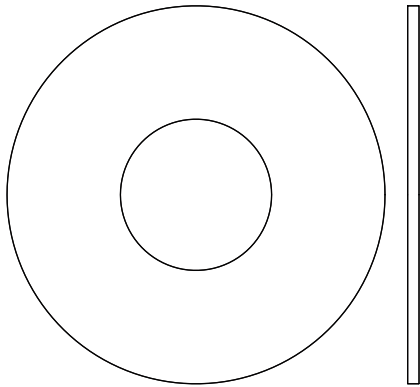
M10 Locknut
(24)–24



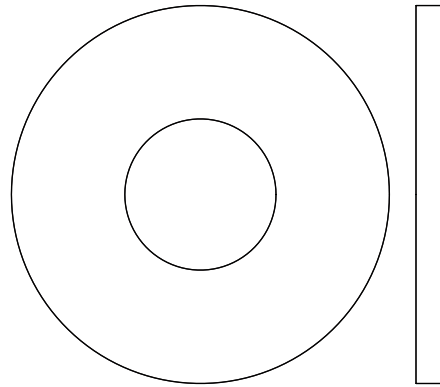
M10 Split
Washer
(32)–6



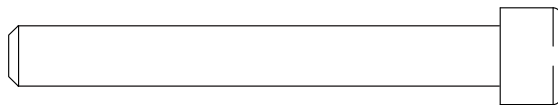
M10 Washer
(22)–14



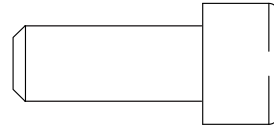
Nylon Washer (3)–2



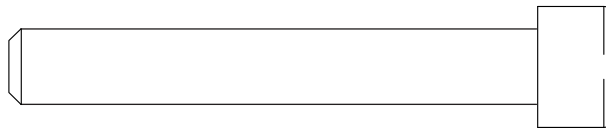
Large Washer (4)–3



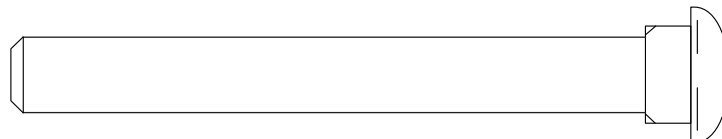
M8 x 65mm Bolt (28)–2



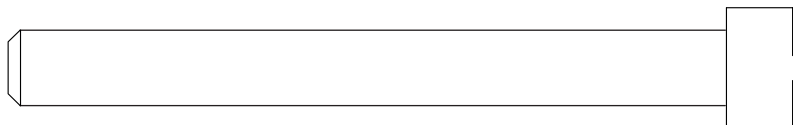
M10 x 25mm Screw (27)–6



M10 x 70mm Bolt/Screw (23)–16



M10 x 90mm Carriage Bolt (25)–8



M10 x 95mm Bolt (26)–4

ASSEMBLY

- Assembly requires two persons.
- Because of its weight and size, assemble the rack in the location where it will be used. Make sure that there is enough clearance to walk around the rack.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is finished.
- For help identifying small parts, see page 5.

- In addition to the included tool(s), assembly requires the following tool(s):

one adjustable wrench



one rubber mallet

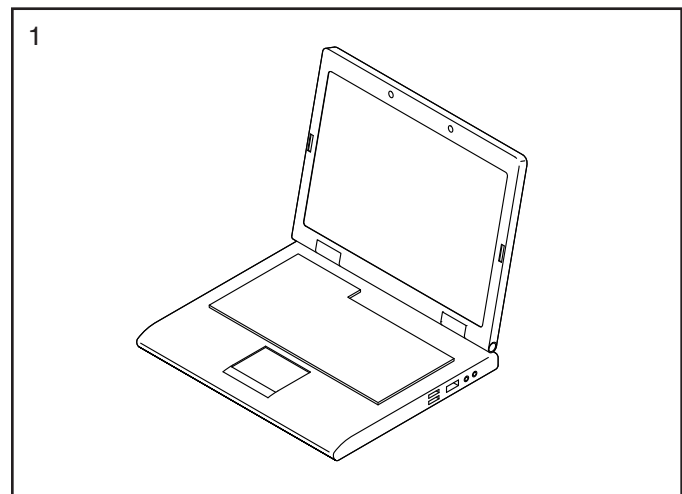


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. **To Register your product and activate your warranty in the UK, go to iconsupport.eu.** If you do not have internet access, call Customer Service (see front cover of this manual)

To Register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual

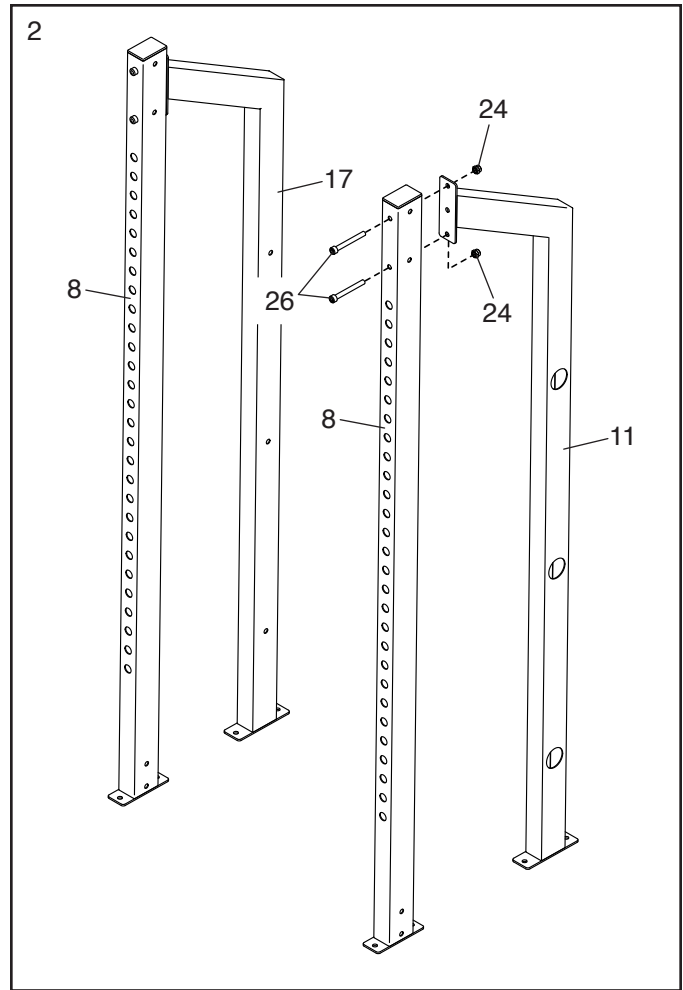
- your receipt(make sure to keep a copy)
- your name, address and telephone number
- the model number, serial number and name of your product (see the front cover of this manual)



2. Identify the Left Support (11).

Attach the Left Support (11) to an Upright (8) with two M10 x 95mm Bolts (26) and two M10 Locknuts (24); **do not tighten the Locknuts yet.**

Attach the Right Support (17) to the other Upright (8) in the same way.

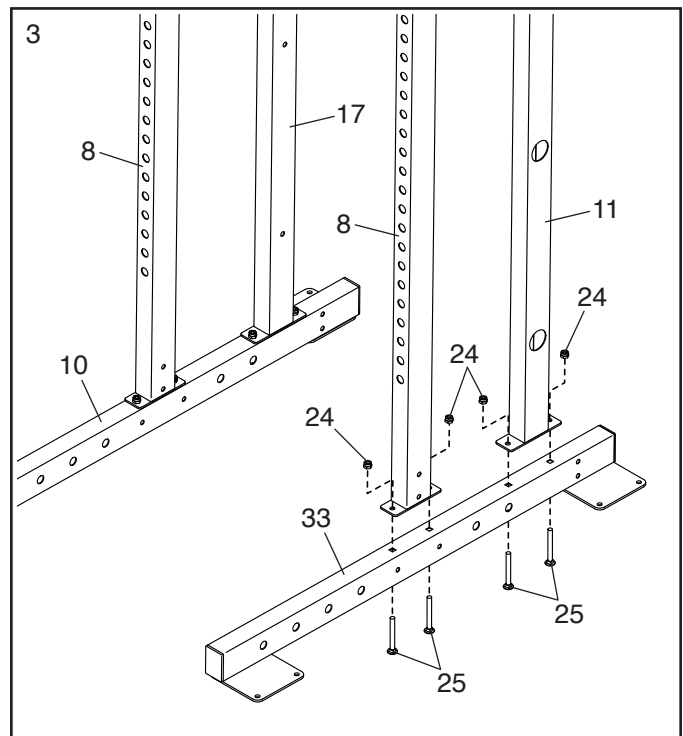


3. Identify the Left Base (33) and orient it as shown.

Next, insert four M10 x 90mm Carriage Bolts (25) upward through the Left Base (33).

Then, slide the Left Support (11) and the attached Upright (8) onto the M10 x 90mm Carriage Bolts (25), and attach four M10 Locknuts (24) to the Carriage Bolts; **do not tighten the Locknuts yet.**

Attach the Right Support (17) and the other Upright (8) to the Right Base (10) in the same way.

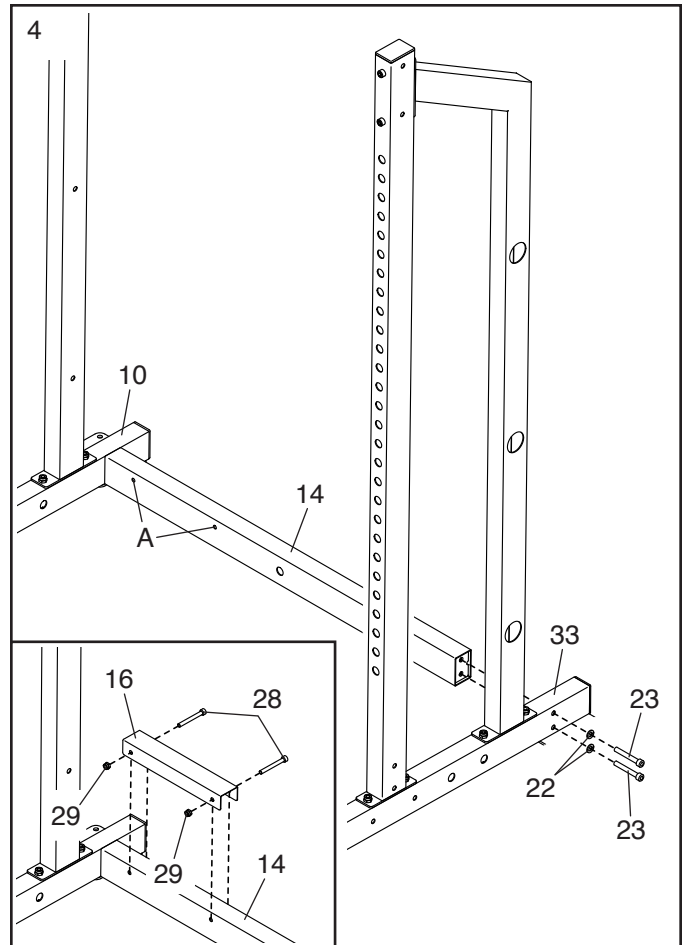


4. Orient the Crossbar (14) so that the small holes (A) are in the position shown.

Attach the Crossbar (14) to the Left Base (33) with two M10 x 70mm Screws (23) and two M10 Washers (22); **do not tighten the Screws yet.**

Attach the Crossbar (14) to the Right Base (10) in the same way.

See the inset drawing. Attach the Crossbar Cover (16) to the Crossbar (14) with two M8 x 65mm Bolts (28) and two M8 Locknuts (29).

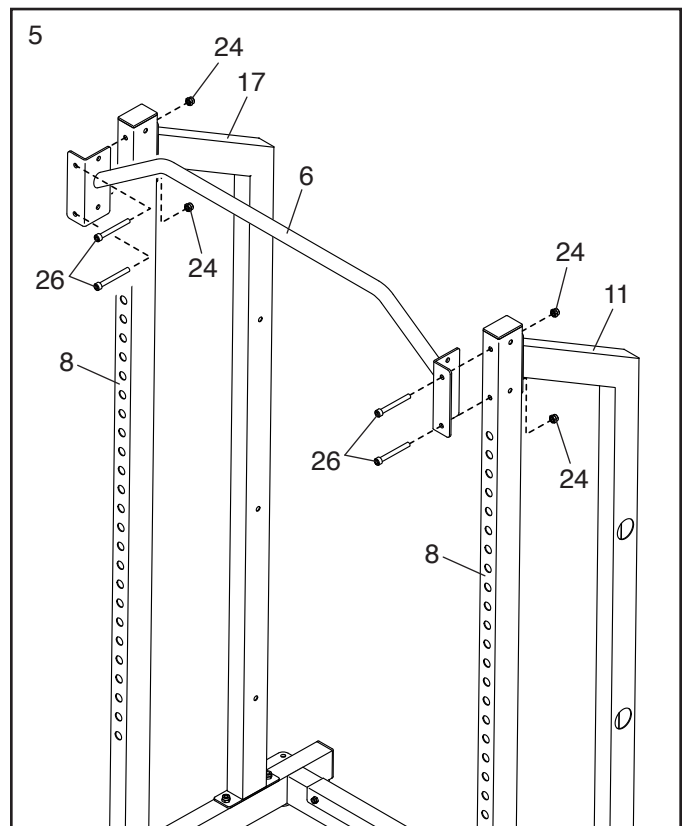


5. Remove the four indicated M10 Locknuts (24) and M10 x 95mm Bolts (26) from the left and right Uprights (8) and from the Left and Right Supports (11, 17).

Next, hold the Pull-up Bar (6) between the Uprights (8).

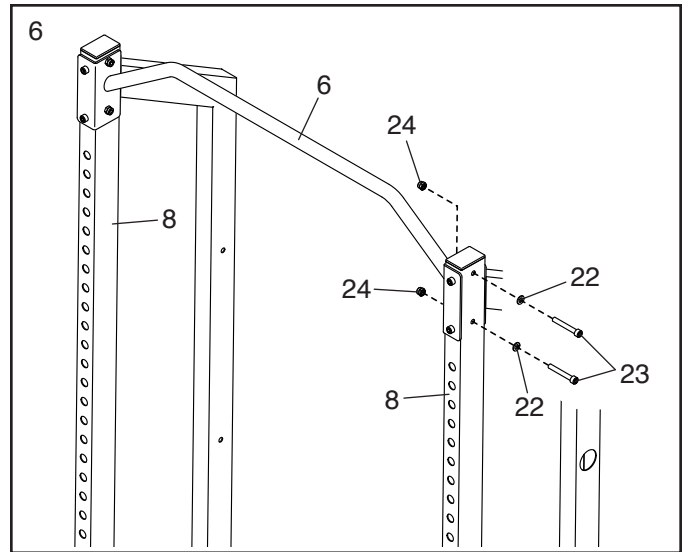
Attach the Pull-up Bar (6) to the left Upright (8) and to the Left Support (11) with two M10 x 95mm Bolts (26) and two M10 Locknuts (24); **do not tighten the Locknuts yet.**

Attach the Pull-up Bar (6) to the right Upright (8) and to the Right Support (17) in the same way.



- Finish attaching the Pull-up Bar (6) to the left Upright (8) with two M10 x 70mm Bolts (23), two M10 Washers (22), and two M10 Locknuts (24); **do not tighten the Locknuts yet.**

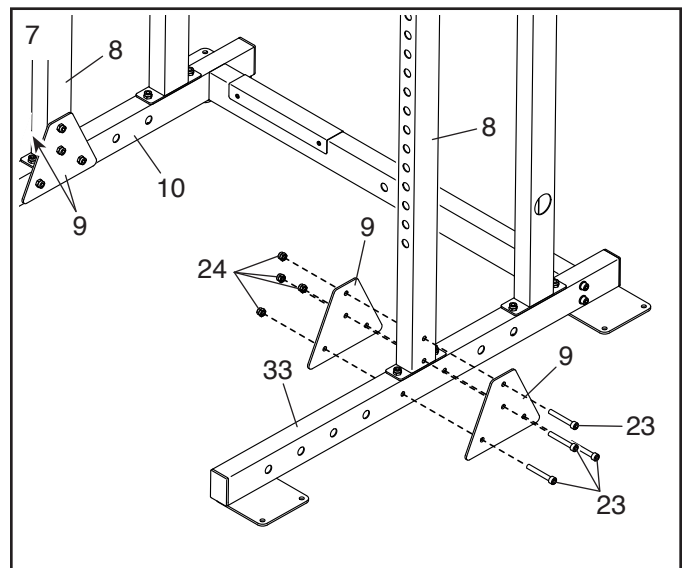
Finish attaching the Pull-up Bar (6) to the right Upright (8) in the same way.



- Attach two Support Plates (9) to the Left Base (33) and to the left Upright (8) with four M10 x 70mm Bolts (23) and four M10 Locknuts (24); **do not tighten the Locknuts yet.**

Attach two Support Plates (9) to the Right Base (10) and to the right Upright (8) in the same way.

See steps 2–7. Fully tighten the M10 Locknuts (24) and the M10 x 70mm Screws (23).

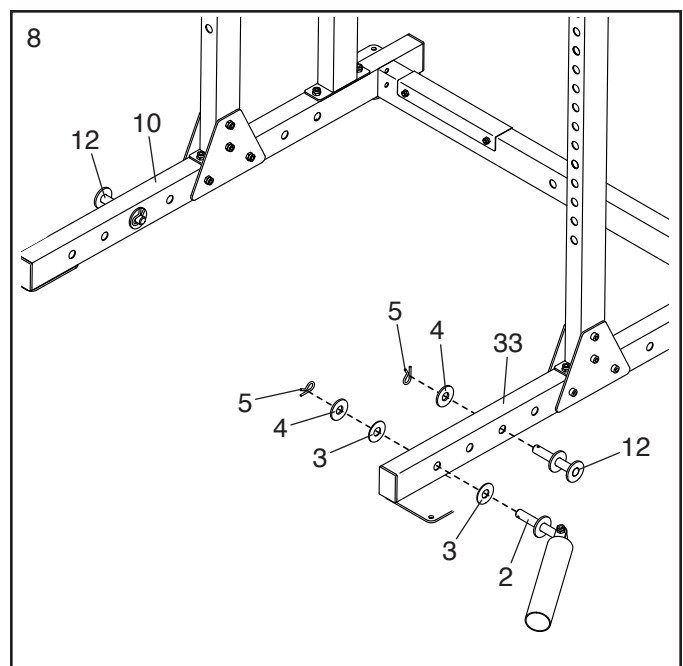


- Slide a Nylon Washer (3) onto the Landmine Axle (2), and insert the Landmine Axle through one of the holes in the Left Base (33).

Then, slide another Nylon Washer (3) and a Large Washer (4) onto the Landmine Axle (2), and insert a Cotter Pin (5) through the Landmine Axle.

Next, insert a Band Anchor (12) through one of the holes in the Left Base (33). Then, slide a Large Washer (4) onto the Band Anchor, and insert a Cotter Pin (5) through the Band Anchor.

Attach the other Band Anchor (12) to the Right Base (10) in the same way.



ADJUSTMENT

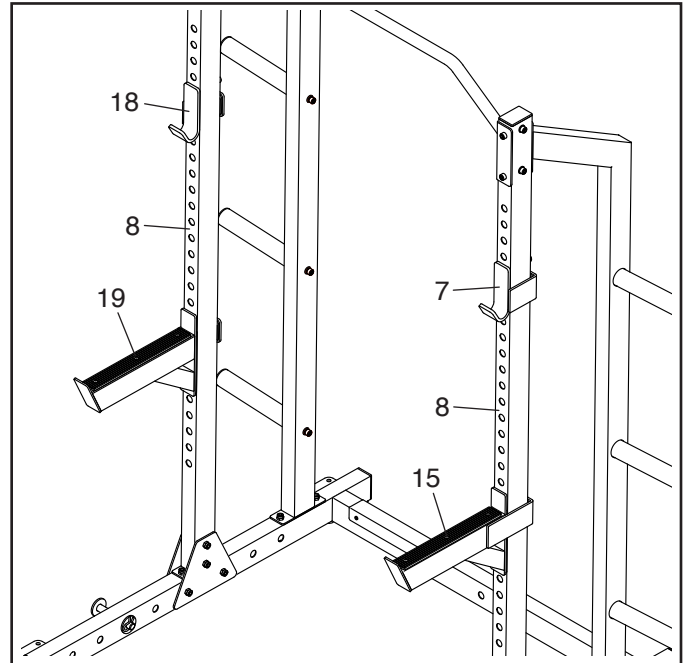
This section explains how to adjust the rack. See the EXERCISE GUIDELINES on page 12 for important information about how to get the most benefit from your exercise program. **Make sure that all parts are properly tightened each time you use the rack. Replace any worn parts immediately.** The rack can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

ADJUSTING THE WEIGHT RESTS AND THE SPOTTERS

To change the height of the Weight Rests (7, 18), remove them from the Uprights (8) and insert them into different holes in the Uprights. **Make sure to rotate the Weight Rests so that they are wrapped around the Uprights as shown.**

Adjust the Spotters (15, 19) in the same way.

⚠ WARNING: Make sure that both Weight Rests (7, 18) are at the same height and that both Spotters (15, 19) are at the same height. Do not place more than 510 lbs. (231 kg) on the Weight Rests.



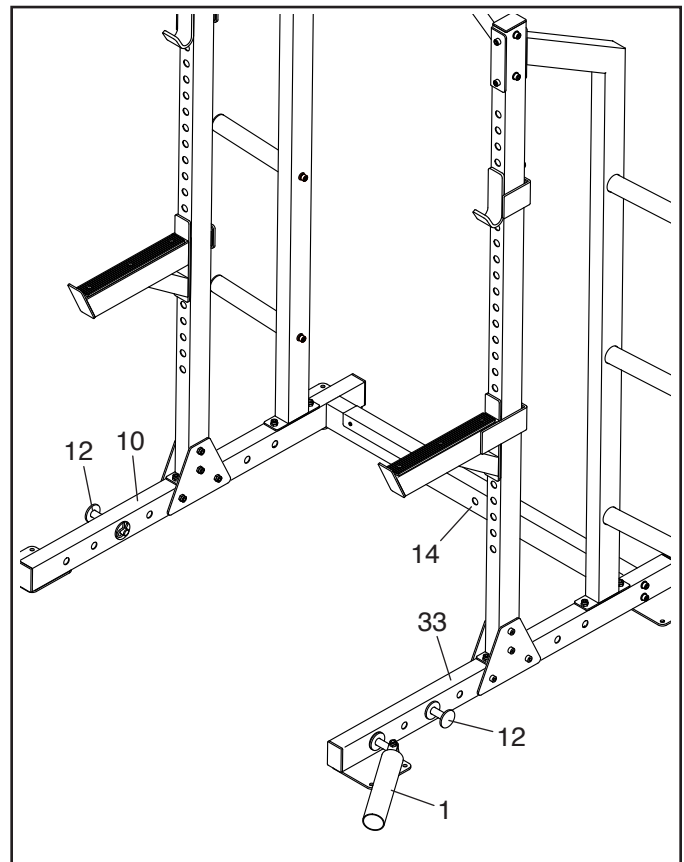
ADJUSTING THE LANDMINE AND THE BAND ANCHORS

To move the Landmine (1) to a different hole in either of the Bases (33, 10) or to the hole in the Crossbar (14), see assembly step 8 on page 9.

⚠ WARNING: Do not place more than 150 lbs. (68 kg) of weight, including a barbell and weights, in the Landmine (1).

To move the Band Anchors (12) to different holes in the Bases (33, 10), see assembly step 8 on page 9.

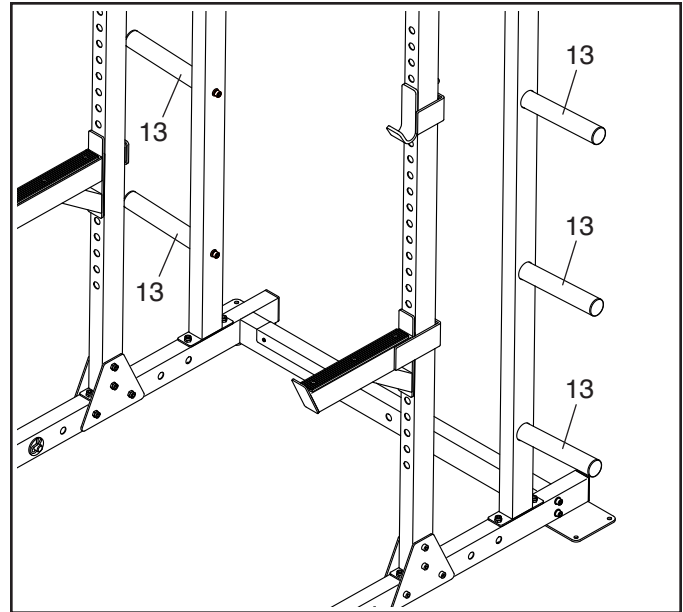
⚠ WARNING: Before using the Band Anchors (12), bolt the rack to the floor.



STORING YOUR WEIGHT PLATES

To store your weight plates (not included), slide them onto the Weight Tubes (13).

⚠ WARNING: Do not place more than 150 lbs. (68 kg) of weight on each Weight Tube (13).



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage.

Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST

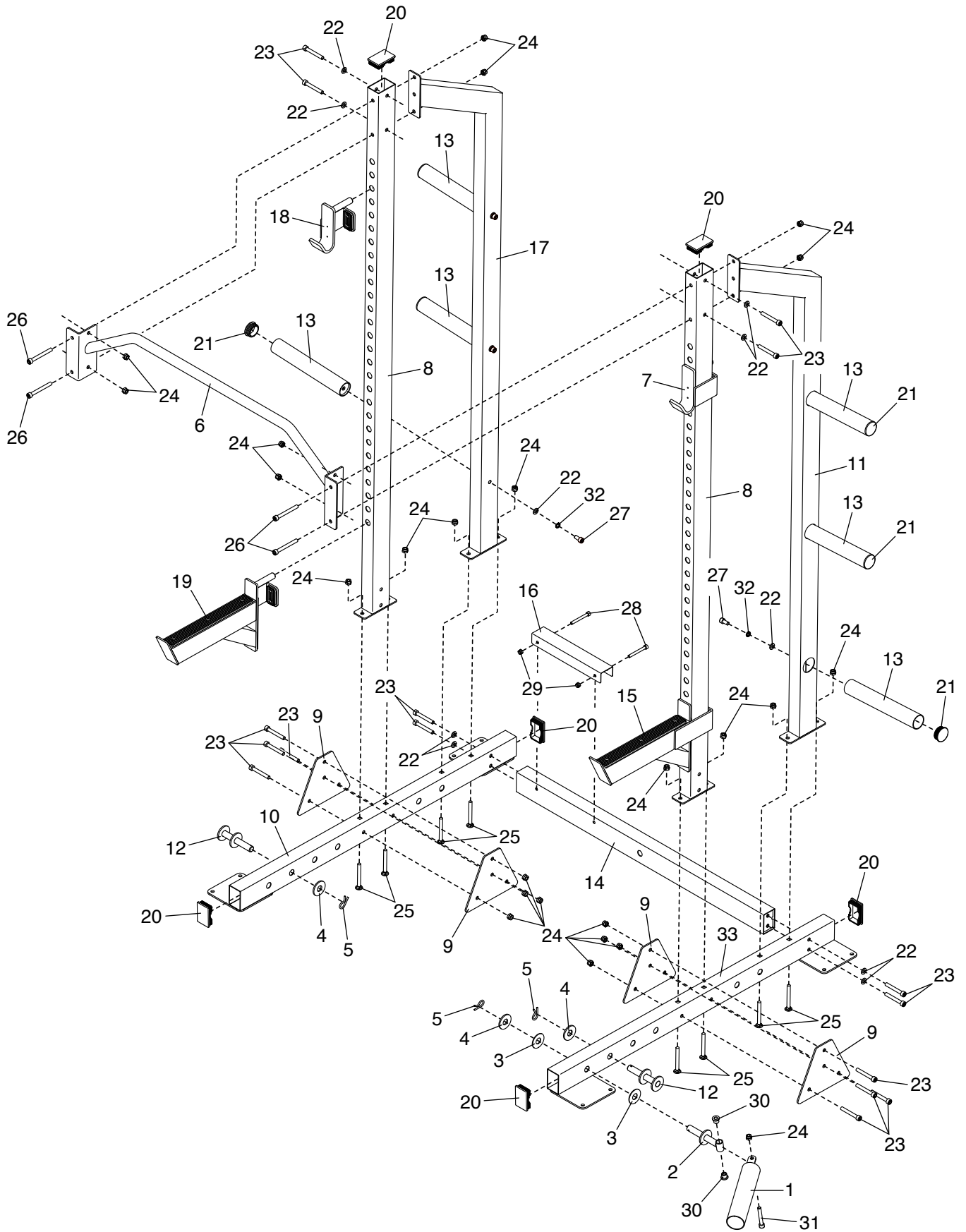
Model No. PFBE25020.0 R0720A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Landmine	18	1	Right Weight Rest
2	1	Landmine Axle	19	1	Right Spotter
3	2	Nylon Washer	20	6	Rectangle Cap
4	3	Large Washer	21	6	Round Cap
5	3	Cotter Pin	22	14	M10 Washer
6	1	Pull-up Bar	23	16	M10 x 70mm Bolt/Screw
7	1	Left Weight Rest	24	25	M10 Locknut
8	2	Upright	25	8	M10 x 90mm Carriage Bolt
9	4	Support Plate	26	4	M10 x 95mm Bolt
10	1	Right Base	27	6	M10 x 25mm Screw
11	1	Left Support	28	2	M8 x 65mm Bolt
12	2	Band Anchor	29	2	M8 Locknut
13	6	Weight Tube	30	2	Bushing
14	1	Crossbar	31	1	M10 x 60mm Bolt
15	1	Left Spotter	32	6	M10 Split Washer
16	1	Crossbar Cover	33	1	Left Base
17	1	Right Support	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, please see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING

Model No. PFBE25020.0 R0720A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)