

PLEASE REGISTER YOUR NEW PRODUCT

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www.ropeflex.com/warranty-and-registration

Product serial number is located on equipment or is shown in the box below

SERIAL NUMBER

If serial number is not shown
please check equipment

ROPEFLEX®

RXB2 FLAT BENCH

Product Manual

DOC: 32-4590

Configuration subject to change

IMPORTANT PRECAUTIONS

 **WARNING:** To reduce the risk of serious injury, read the following important precautions before using this equipment.

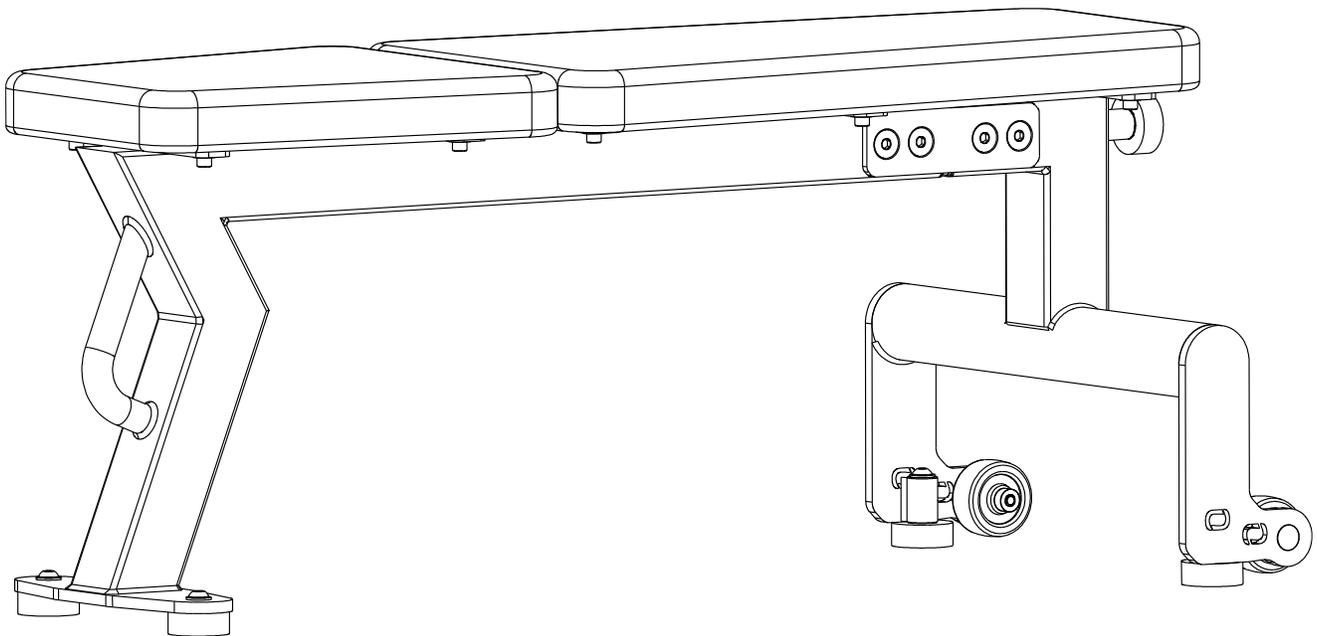
1. Read all instructions in this manual and assemble as described before using this equipment.
2. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
3. Use this equipment only on a level surface. Cover the floor beneath to protect the surface.
4. Keep children under 12 and pets away from the equipment at all times.
5. Make sure all parts are properly tightened each time you use this machine. Replace any worn parts immediately.
6. Make sure the adjustment knobs are fully engaged / disengaged before using the equipment.
7. Always wear athletic shoes for foot protection while exercising.
8. This equipment is designed to support a maximum user weight of 300 pounds.
9. Pull on one the rope only and never grab a rope in a way that prevents the drum from rotating. Never attempt to hang on the rope or frame. Pull rope with hands only.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

 **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ROPEFLEX assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Bench Assembly and Configuration

The RXB2 Flat bench is available in 2 configurations available upon request

- a. Uni-frame configuration – 1-piece welded frame
- b. Multi piece frame configuration



Multi piece frame configuration with binding plates shown.

Bench Component

1	8	Alloy Steel Hex Drive Flat Head Screw 1/2"-13 x 1"
2	2	BENCH BINDING PLATE
3	1	BENCH, BOTTOM RIGHT BASE ASSY
4	1	BENCH, BOTTOM RIGHT BASE ASSY
5	10	BLACK SS WASHER 5/16", .344"x.75x.05"
6	10	Black-Oxide Socket Head Screw 5/16"-18 x 1"
7	1	BOTTOM SEAT, LONG
8	1	BOTTOM SEAT, SHORT
ITEM	QTY.	DESCRIPTION

If you have any questions regarding ROPEFLEX equipment or any instruction found in this document, please call 650.549.5888 for assistance.