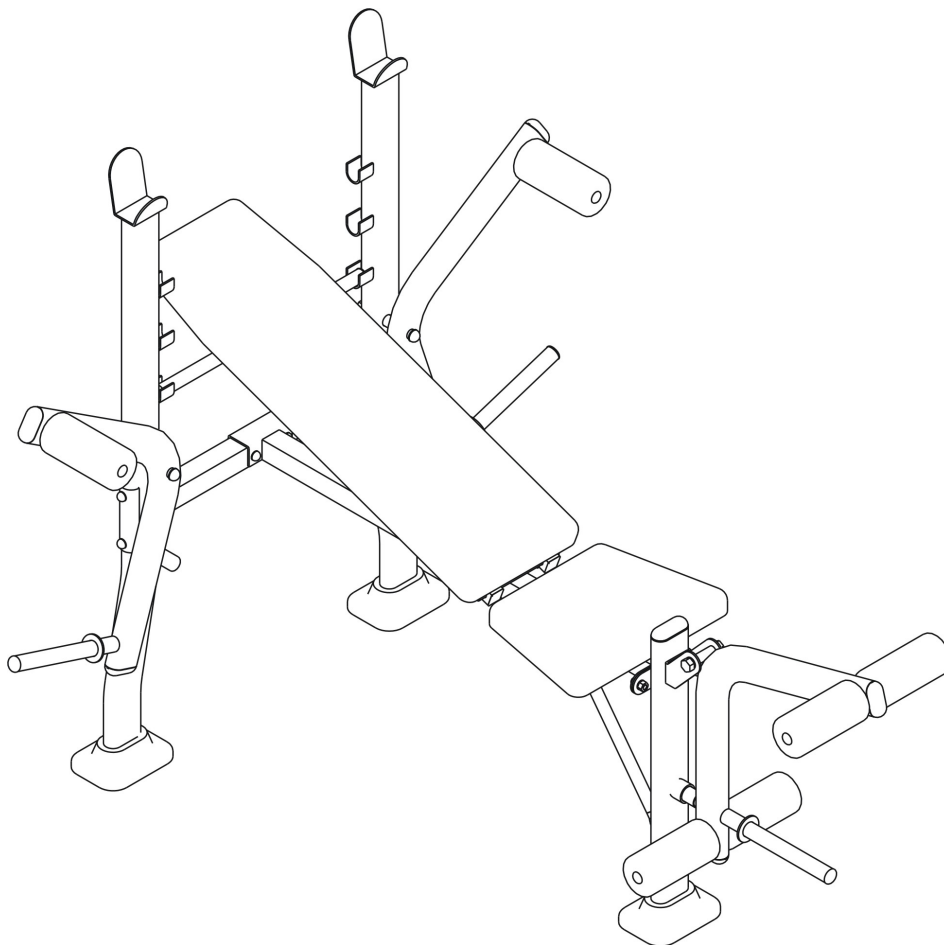




# SLEXFE0230 STANDARD WEIGHT BENCH

**OWNER'S MANUAL**  
Model: SLEXFE0230

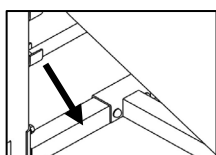


Maximum Weight Capacity, including User:

**350 LB**

Serial No:

\_\_\_\_\_



Write the serial Number in the space above for future reference

## QUESTIONS?

Call: **1-877-227-0955**  
Monday – Friday from 9 – 5 PM CST  
Email: [customerservice@capbarbell.com](mailto:customerservice@capbarbell.com)  
Website: [www.capbarbell.com](http://www.capbarbell.com)

**CAP Barbell**  
10820 Westpark Dr.  
Houston, TX 77042

Manufacturer's  
Model No:  
**FM-DX6230BN**

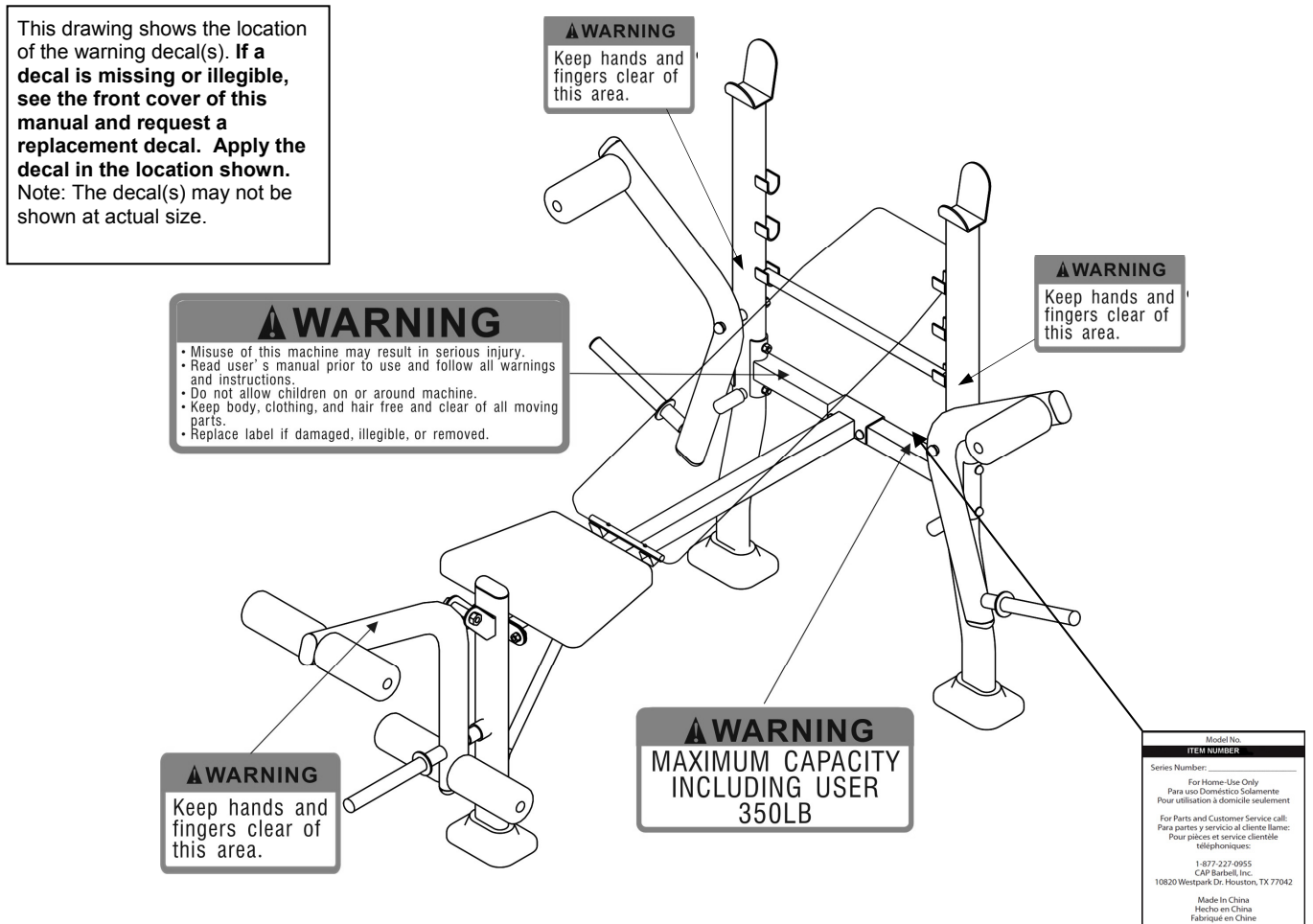
**WARNING: SERIOUS INJURY OR DEATH AN OCCUR IF CAUTION IS NOT USED.** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your product before using it. **Keep this manual for future reference.** FOR CONSUMER USE ONLY

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## 1. WARNING DECAL PLACEMENT



## 2. WARNINGS

---

**WARNING:** SERIOUS INJURY OR DEATH CAN OCCUR IF CAUTION IS NOT USED. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your product before using it. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

1. Read all instructions in this manual and all warnings on the product before using it. Use this product only as described in this manual and keep this manual handy for future reference.
2. Keep children and pets away from this product at all times. Keep hands and feet away from moving parts.
3. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
4. This product is intended for consumers use only and in an indoors environment. Do not use it in a commercial, rental, or institutional setting.
5. Place the product on a level surface, with at least 3 feet of clearance around it. To protect the floor or carpet from damage, place a mat under it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately. Make sure all locking mechanisms are properly secured before using the unit.
7. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught. Always wear athletic shoes for foot protection.
8. Keep this product indoors, away from moisture and dust. Do not put it in a garage or covered patio, or near water.
9. Over exercising may result in serious injury or death. If you feel faint, dizzy, or experience pain while exercising, stop immediately and cool down.
10. Never exercise alone, always have someone present to ensure your safety when using this fitness product.
11. Add or take off equal amounts of weight on each side of the barbell to prevent it from tipping over.
12. Do not store your barbell with weight on the bench for an extended period of time to prevent the bar from bending.
13. Use caution when adding or removing weight from the leg developer to prevent the unit from tipping over.
14. Do not use a barbell that is longer than five feet with this weight bench.
15. Always make sure there is an equal amount of weight on each side of your barbell when using it.
16. When you are using the leg developer, place a barbell with the same amount of weight on the weight rests to balance the bench.
17. When using the backrest in an inclined or level position, make sure that the support rod is placed securely between the uprights.

### **MAXIMUM WEIGHT CAPACITIES**

These are the maximum weight capacities recommended by the manufacturer. Use Caution when exercising and always workout with safety in mind. Serious injury or death can occur if these warnings are not followed. Never exercise alone.

Maximum User Weight = 200 lbs

Maximum Leg Developer Capacity = 50 lbs

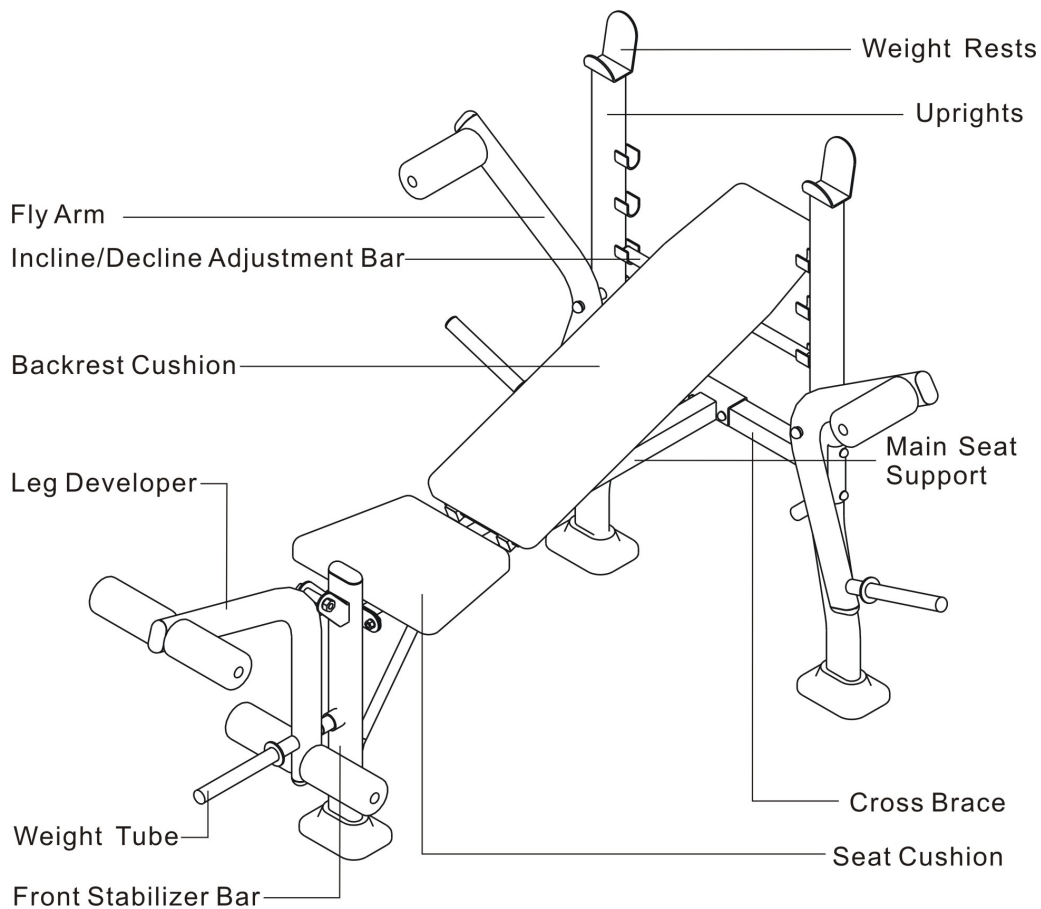
Maximum Uprights or Squat Rack Capacity = 150 lbs

Maximum Butterfly Arms Capacity = 30 lbs

Maximum Weight Capacity (INCLUDING USER) = 350 lbs

### 3. MAIN PARTS AND ASSEMBLED DIMENSIONS

If you have any questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number before contacting us. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



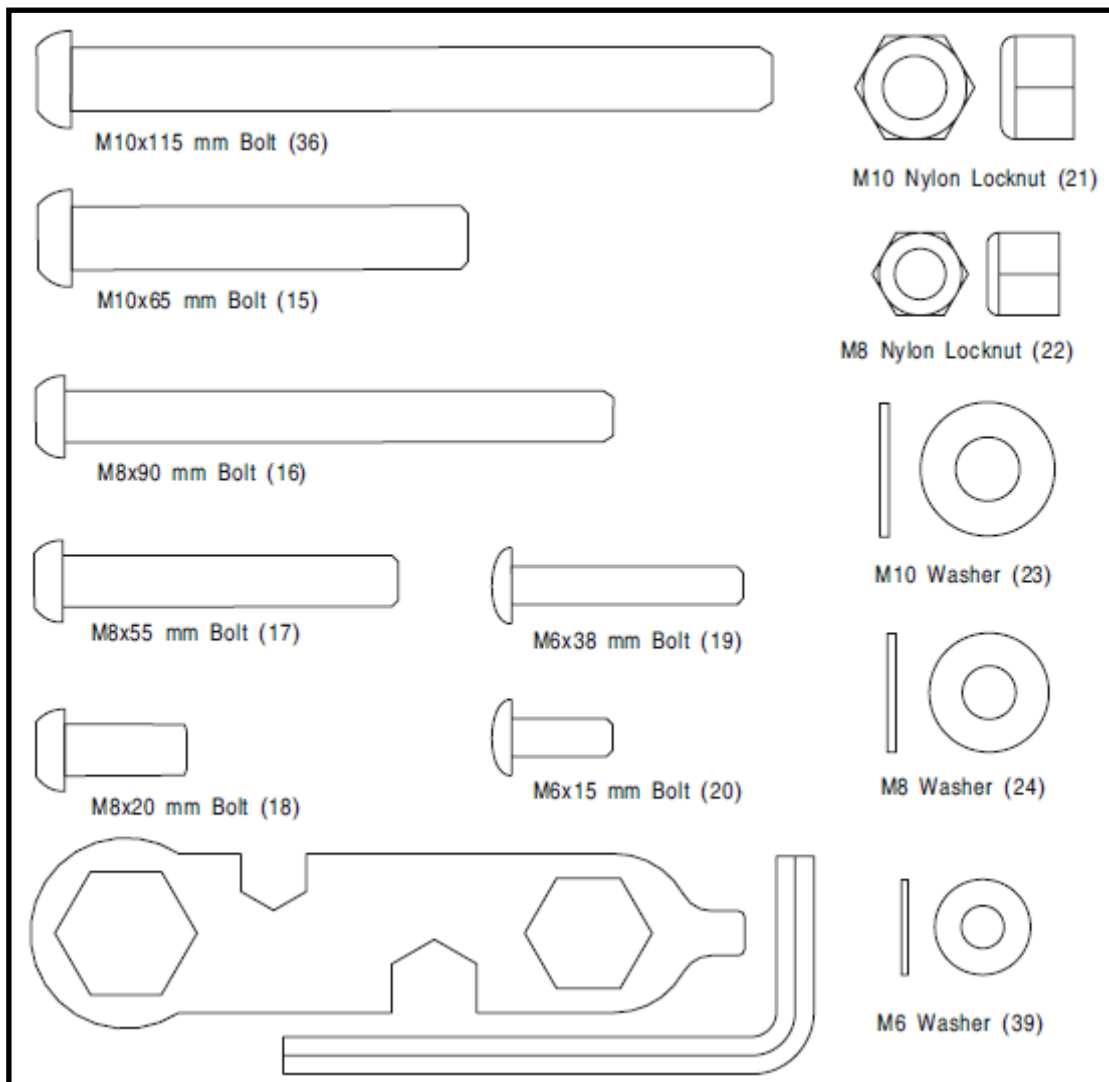
| ASSEMBLED DIMENSIONS AND WEIGHT |       |       |        |          |
|---------------------------------|-------|-------|--------|----------|
|                                 | Width | Depth | Height | NW       |
| IN                              | 61.8  | 45.3  | 45.3   | 39.7 Lbs |

\*Set up and operate your unit on a solid level surface with at least 3 feet of clearance around it. Designed for consumer-use only. Do not use it in a commercial setting.

## 4. PART IDENTIFICATION CHART

Assembly requires two persons. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. See below a list of tools that are included with your product. **In addition to the included tools, assembly may require a Phillips screwdriver, an adjustable wrench, and a rubber mallet (not included).** See 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 PARTS LIST. 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 if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**

Not included:



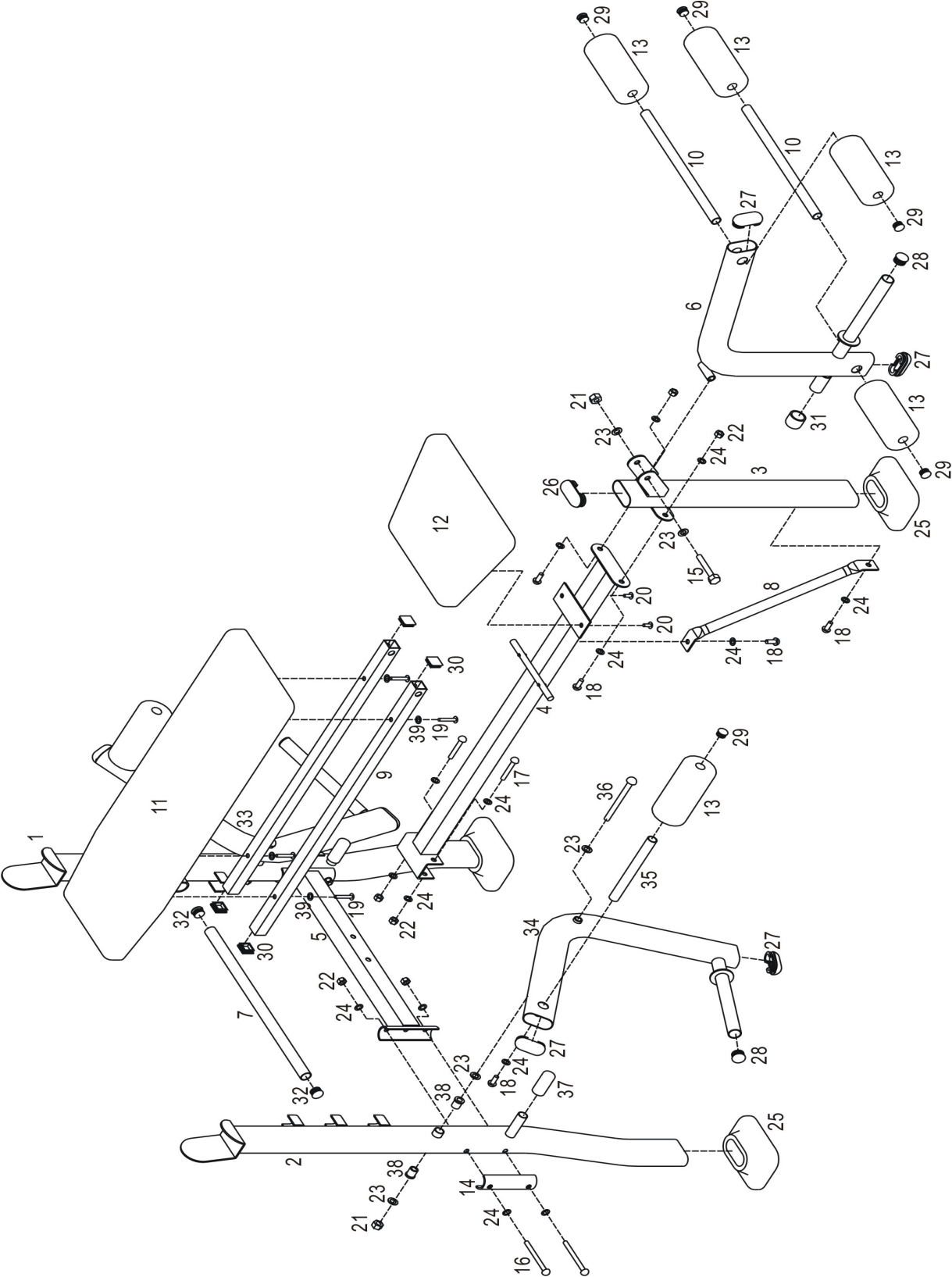
## 5. PARTS LIST

| No. | Part No.    | Description                    | Qty. |
|-----|-------------|--------------------------------|------|
| 1   | PFM6230B-01 | Left Upright                   | 1    |
| 2   | PFM6230B-02 | Right Upright                  | 1    |
| 3   | PFM6230B-03 | Front Stabilizer Bar           | 1    |
| 4   | PFM6230B-04 | Main Seat Support              | 1    |
| 5   | PFM6230B-05 | Cross Brace                    | 1    |
| 6   | PFM6230B-06 | Leg Developer                  | 1    |
| 7   | PFM6230B-07 | Incline/Decline Adjustment Bar | 1    |
| 8   | PFM6230B-08 | Angle Support                  | 1    |
| 9   | PFM6230B-09 | Backrest Support Bars          | 2    |
| 10  | PFM6230B-10 | Pad Tubes                      | 2    |
| 11  | PFM6230B-11 | Backrest                       | 1    |
| 12  | PFM6230B-12 | Seat                           | 1    |
| 13  | PFM6230B-13 | Foam Rollers<br>#70*#17*150L   | 6    |
| 14  | PFM6230B-14 | Support Plates                 | 2    |
| 15  | PFM2240-22  | M10 x 65mm Bolts               | 1    |
| 16  | PFM504-19   | M8 x 90mm Bolts                | 4    |
| 17  | PFMS80-17   | M8 x 55mm Bolts                | 2    |
| 18  | PFM504-22   | M8 x 20mm Bolts                | 6    |
| 19  | PFM2240-24  | M6 x 38mm Bolts                | 4    |
| 20  | PFM2240-23  | M6 x 15mm Bolts                | 2    |

| No. | Part No.    | Description            | Qty. |
|-----|-------------|------------------------|------|
| 21  | PRK1-05     | M10 Nylon Locknuts     | 3    |
| 22  | PHHKRK6-10  | M8 Nylon Locknuts      | 8    |
| 23  | PRK1-06     | M10 Washers            | 8    |
| 24  | PFM2006-27  | M8 Washers             | 20   |
| 25  | PFM6230B-15 | Upright End Caps       | 3    |
| 26  | PFMG3251-22 | 30x70mm Inner Caps     | 1    |
| 27  | PFM6230B-16 | 30x60mm Inner Caps     | 6    |
| 28  | PRK1-03     | 25mm Round Inner Caps  | 3    |
| 29  | PFM2240-33  | 19mm Round Inner Caps  | 6    |
| 30  | PFM2240-32  | 25mm Square Inner Caps | 4    |
| 31  | PFM2240-19  | 25mm Round Angled Cap  | 1    |
| 32  | PFM6230B-17 | 22mm Square Inner Caps | 2    |
| 33  | PFM6230B-18 | Left Fly Arm           | 1    |
| 34  | PFM6230B-19 | Right Fly Arm          | 1    |
| 35  | PFM6230B-20 | Arm Pad Tube           | 2    |
| 36  | PFM6230B-21 | M10 x 115mm Bolts      | 2    |
| 37  | PFM6230B-22 | Fly Arm Stop           | 2    |
| 38  | PFMS80-13   | Plastic Bushing        | 4    |
| 39  | PFMS80-22   | M6 Washers             | 4    |

**Note:** Specifications are subject to change without notice. For information about ordering replacement parts, see the front cover of this manual.

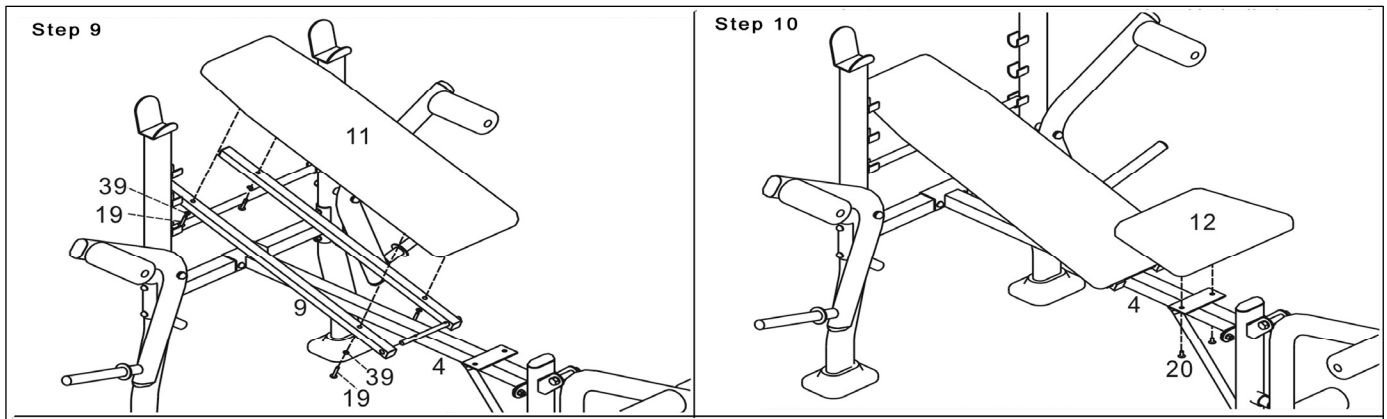
# 6. EXPLODED VIEW



# 7. ASSEMBLY INSTRUCTIONS

|   |  |
|---|--|
| <p><b>Step 1</b></p> <p>Distinguish left and right upright.</p> | <p><b>Step 2</b></p> <p>Connect Main Seat Support (4) to Stabilizer Bar (3) before assembling the Angle Support (8).</p> |
| <p><b>Step 3</b></p>  | <p><b>Step 4</b></p>   |
| <p><b>Step 5</b></p> <p>Distinguish left and right fly arm.</p> | <p><b>Step 6</b></p>   |
| <p><b>Step 7</b></p>  | <p><b>Step 8</b></p>   |





## 8. EXERCISE GUIDELINES

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session. Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. 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. The ideal resting periods are:

- Rest for three minutes after each set for a muscle-building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

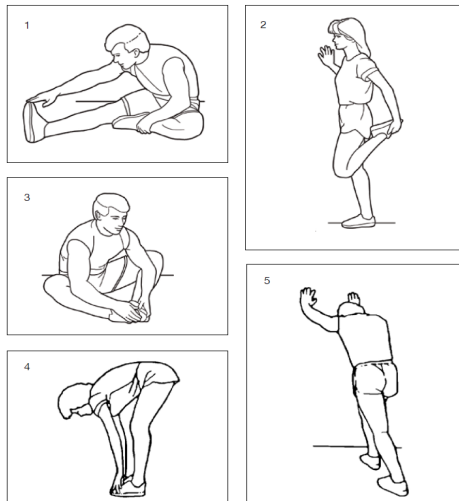
Plan to spend the first couple of weeks getting familiar with the equipment and learning the proper form for each exercise.

### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



## 9. MAINTENANCE

The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately and stop using the equipment until the repair is made.

1. Wipe machine regularly to prevent accumulation of dust.
2. Use a damp cloth on plastic parts only, use dry cloth on metal frames.
3. Upholstery: Wipe down all upholstery with a damp cloth as needed.
4. Check regularly to ensure all parts are tight and in working condition. If a part is damaged do not use until the part is replaced or repaired.
5. Inspect all nuts and bolts for looseness. Tighten as required.
6. Inspect all labeling for readability. This includes warning and caution decals. Replace them as needed.
7. Do not install any fitness product near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components.
8. Place it on a level surface with a mat beneath it to protect your floor or carpet
9. Verify that all adjustments can be made into each position.
10. Verify that any adjustment pins insert freely into each position and is fully engaged.
11. Keep weight balanced on product when adding or removing weights to prevent the product from tipping over
12. Make sure that all locking mechanisms work and lock securely.
13. Avoid acid chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment

## 10. OPERATIONAL INSTRUCTIONS

Pictures are for reference only. Actual product may be different and may not include all features shown on this chart.

### INCLINE/REG. BENCH PRESS

Lie on bench with back flat against back pad & hold the barbell with an overhand grip. Lift barbell above head with arms extended without locking elbows. Slowly lower barbell until touching your chest. Return slowly to starting position. For incline bench press follow same instructions but adjust backrest to desired incline position.



### PREACHER CURL

Sit on bench & rest arms on the curl pad. Hold barbell with underhand grip. Slowly curl the barbell toward your chest. Slowly lower to start position.



### FLY EXERCISE

Lie on bench & position arms under lower foam rollers on fly arm as shown. Raise arms until your hands meet. Return to starting position.



### LEG EXTENSION

Sit on the bench with ankles under lower foam rollers. Rest hands on upper thigh or hold onto seat with both hands. Extend legs straight out parallel to the floor. Return to starting position.



### LEG CURL

Lie on bench face down with ankles under foam rollers. Keep back straight & curl your heels towards your buttocks. After curling lower weight slowly back down.



### STANDING CURL

Hold the barbell with the underhand grip as show in picture. Keep elbows at your side & slowly curl up to your chest. In a controlled motion, return to starting position.



### SQUAT

Stand & carefully lift barbell over shoulders using the overhand grip. Keep back straight & feet hip-width apart. Keep head looking upwards. Squat down until thighs are almost parallel to the floor. Remember to keep back straight. Return to starting position.



### UPRIGHT ROW

Hold the barbell with a close overhand grip as shown. In a controlled motion, lift barbell to your chest and slowly lower to starting position.



## 11. MANUFACTURER'S LIMITED WARRANTY

This warranty applies to products purchased in the CONTIGUOUS UNITED STATES and covers your product against defects in Materials, and workmanship when used for the intended purpose under normal use and conditions, provided that the product receives normal maintenance and care. The warranty is for the original owner only. This warranty covers defects in material or craftsmanship for 30 days from date of purchase. Sales receipt required. This warranty does not cover pads, rollers, rubber pieces, bolts or nuts unless missing or damaged in original box. It does not cover any damages due to misuse or exceeding the recommended weight capacity. This warranty is void in cases where the product is used in a commercial, rental, or other non-home use setting. Manufacturer will provide a replacement part at no charge for any part found defective in materials or workmanship during the specified warranty period. Under no circumstances will the manufacturer be responsible for damages or failures that occur as a result of improper assembly or failure to operate the product correctly. This warranty does not cover misuse, neglect, accident, alterations, or repairs made by an unauthorized service representative. **Warranty voided outside of the United States.** Proof of purchase is required for all warranty claims. Use of this product creates an agreement between the manufacturer and the user of this product to resolve all disputes, claims, or controversies whatsoever arising from or relating to this product, including the validity of this arbitration clause, by binding arbitration pursuant to Section 2 of the Federal Arbitration Act. Maximum judgment for all causes of action shall be limited to \$10,000. The parties agree and understand that by using this product they choose arbitration instead of litigation to resolve disputes. If buyer(s) choose not to enter into this agreement, they may return unused product to the place of purchase. **IMPORTANT:** To help us assist you, be prepared to provide the model no., name of the product and key number for replacement parts found on this manual.

Manufacturer's Model No:

**FM-EX6230BN**

### STOP!

Missing a part or need assembly assistance? Do not RETURN to store! Call CAP Barbell's service line at 1-877-227-0955 Monday through Friday from 9:00 AM to 5:00 PM (CST).

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