

# PREACHER CURL BENCH

MODEL# 8640PC

PRODUCT MANUAL - VERSION 01.18.07

FOR AGES:

**13+**

WEIGHT LIMIT:

**350** Lbs  
158 Kgs

TO BUILD:



TOOLS NEEDED:



**HOW-TO**  
VIDEOS ONLINE



## CUSTOMER SERVICE



GQBrands.com



CustomerService@GQBrands.com



1-866-498-5269



4401 Samuell Blvd, Ste 150, Mesquite, TX 75149

# CUSTOMER SERVICE INFORMATION

## Thank you for purchasing: **PREACHER CURL BENCH**

MODEL# 8640PC

At GQBrands®, we want all of our customers to be completely satisfied with their purchase. Take time to review the contents of the product you have just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will provide replacement parts at no charge within 30 days of purchase.

Please keep in mind that for select damaged part replacement requests, we will require a photo for submission.

To order these parts, or if you have any other questions or concerns about this GQBrands product, please contact us at

PureFun.Net  
Phone: 1-866-498-5269  
Email: CustomerService@GQBrands.com  
4401 Samuell Blvd, Ste 150  
Mesquite, TX 75149

*Please be sure to include the following information when you contact Customer Service:*

**YOUR NAME:** \_\_\_\_\_

**YOUR MAILING ADDRESS:** \_\_\_\_\_

**YOUR EMAIL ADDRESS:** \_\_\_\_\_

**PRODUCT NAME:** \_\_\_\_\_

**PRODUCT MODEL#:** \_\_\_\_\_

**PART NUMBER** \_\_\_\_\_

**RETAILER WHERE PURCHASED:** \_\_\_\_\_

**DATE OF PURCHASE:** \_\_\_\_\_

**ORDER NUMBER:** *(If Available)* \_\_\_\_\_

**SERIAL NUMBER:** *(If Available)* \_\_\_\_\_

**QUANTITY NEEDED:** \_\_\_\_\_

**PICTURE OF DAMAGED PART**

## LIMITED WARRANTY

Global Quality Brands® warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of 90 DAYS FROM THE DATE OF ORIGINAL PURCHASE. This Limited Warranty is not transferable and is available only for the original purchaser of the Product. The Company's obligation under this warranty is limited to replacing or repairing the Product, at the discretion of the company.

All warranty coverage extends only to the original retail purchaser from the date of purchase. GQ Brands obligation under this warranty is limited to replacing or repairing, at Global Quality Brands® option. All products for which a warranty claim is made must be received by Global Quality Brands® and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Global Quality Brands®. All warranty claims must be preauthorized by Global Quality Brands® pre-authorization can be obtained by calling 866-498-5269.

This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of nature, (such as damage caused by wind, lightning, snow, water, or ice) weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other warranty beyond that specifically set forth above is authorized by GQBrands®.

GLOBAL QUALITY BRANDS® IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY,

THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND GLOBAL QUALITY BRANDS®, SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NO APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

WHILE EVERY ATTEMPT IS MADE TO ENSURE THE HIGHEST DEGREE OF PROTECTION IN ALL EQUIPMENT, WE CANNOT GUARANTEE FREEDOM OF INJURY. THE USER ASSUMES ALL RISK OF INJURY DUE TO USE. ALL MERCHANDISE IS SOLD ON THIS CONDITION, WHICH NO REPRESENTATIVE OF GQBRANDS® CAN WAIVE OR CHANGE.



# WARNINGS

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## **ADULT ASSEMBLY REQUIRED** **CHOKING HAZARD - Small Parts** **NOT** for children under 3 years of age.

**Please read these warnings and the information in this manual in its entirety.**

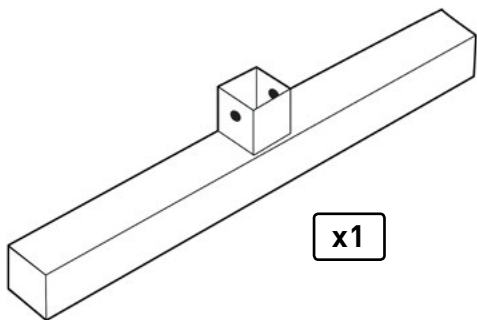
Failure to comply with the following instructions may increase the risk of serious injury and/or death:

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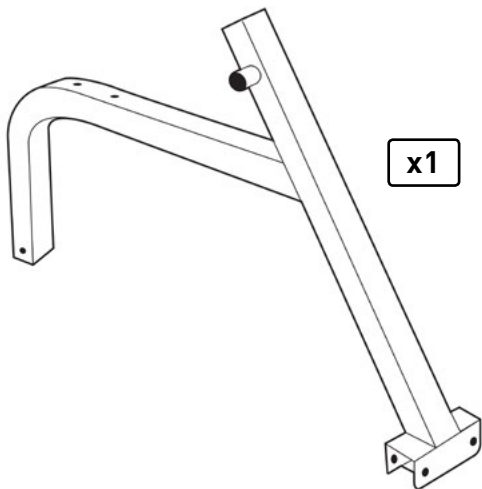
- Ensure that this product has been assembled correctly, per the instructions in the manual.
- DO NOT make any modifications to this equipment or use this machine in any manner it is not intended for.
- This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.
- NEVER operate this equipment without the Lock Knob fully tightened in place.
- NEVER exceed the MAXIMUM WEIGHT LIMIT of 350LBS (158KGS), including accessories and weights.
- ALWAYS check this product before each use for missing or loose bolts and/or damaged parts. Carefully inspect the frame and the cushion attachments. Check for damage and proper stability to ensure that all parts are correctly positioned, secured for use and in good working order.
- Failure to properly inspect your machine and/or misuse of this equipment can result in serious injury and death.
- ALWAYS be aware of the position of the weights, your extremities and head in relation to the steel frame.
- ALWAYS consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.
- IF YOU EXPERIENCE any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness, dizziness, or other unusual discomfort while exercising, STOP and consult your physician and/or obtain medical assistance.
- This machine is intended for indoor individual home use only, it is not designed for commercial use or for use in communal workout areas.
- DO NOT allow children or pets to use, climb on, or play near this product.
- This machine is only intended for use by persons over the age of 13 years.
- NEVER allow more than one person at a time on this product.
- Ensure that the product is on level ground. If necessary, use a rubber mat under the machine to reduce the possibility of slipping during use.
- Warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.
- NEVER hold your breath while exercising.
- Rest adequately between workouts to allow your muscles to tone and develop.
- DO NOT wear loose fitting clothing, belt buckles, or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.
- DO NOT stand or kneel on the seat, backrest or any other component of this item.
- ALWAYS wear the appropriate fitness footwear. DO NOT use this product barefooted or with socks only. If applicable, ensure that any shoe laces will not become caught.
- Dispose of all packaging materials safely and per local ordinance.
- Please retain this information for future reference.

# PARTS LIST

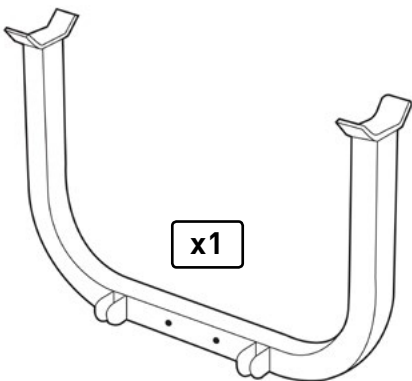
1- Frame Leg



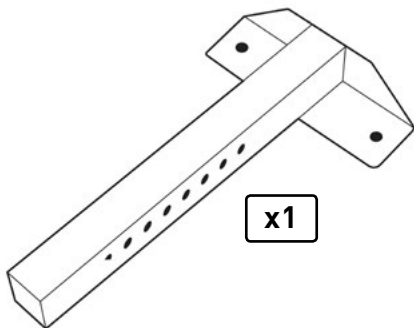
2- Main Frame



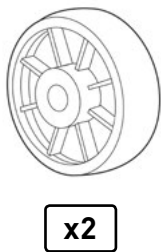
3- Weight Support



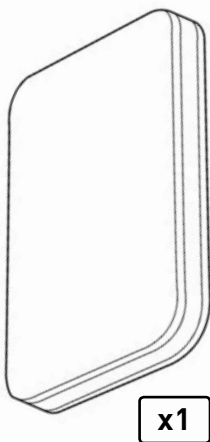
4- Preacher Frame



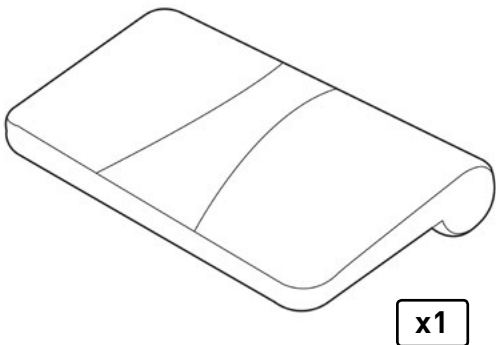
5- Wheel



6- Seat Cushion

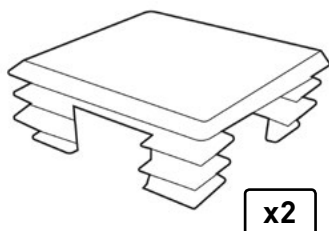


7- Preacher Cushion



# PARTS LIST

**8-** 2" Square End Cap



**9-** M10 x 70mm Bolt



**10-** M8 x 40mm Bolt



**11-** M10 x 75mm Bolt



**15-** M10 x 25mm Bolt



**13-** M8 Washer



**14-** M8 Nut



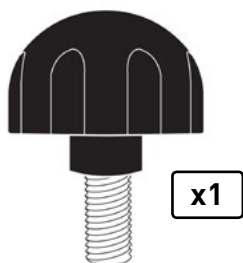
**16-** M10 Washer



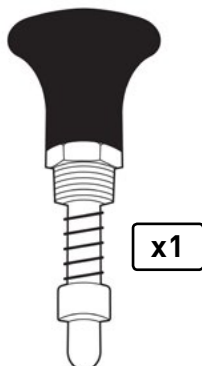
**17-** M8 Nut



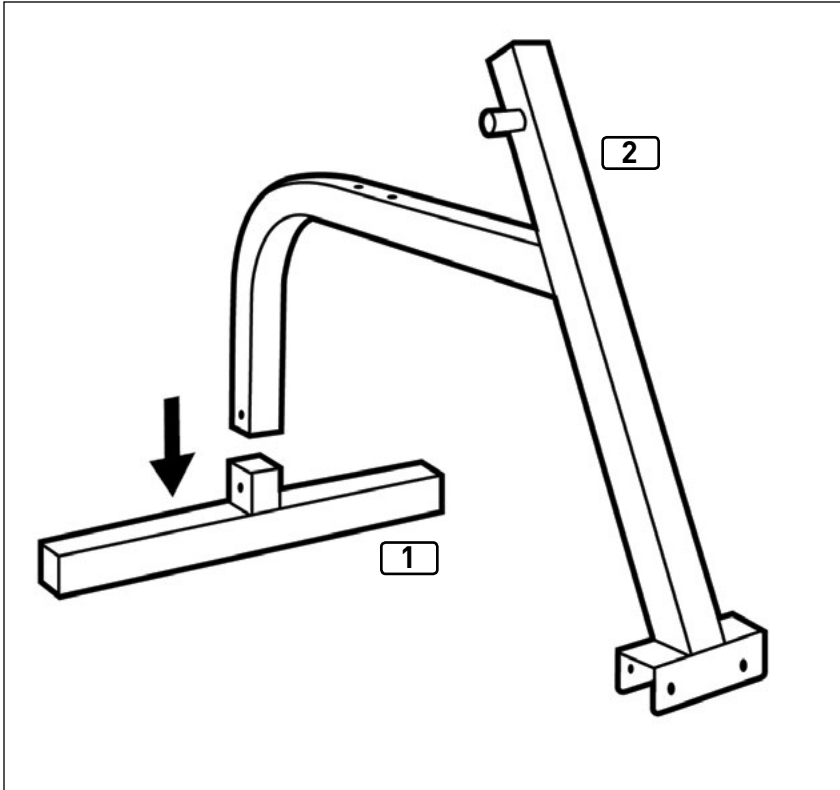
**12-** Lock Knob



**2A-** Spring Lock Knob



# ASSEMBLY INSTRUCTIONS



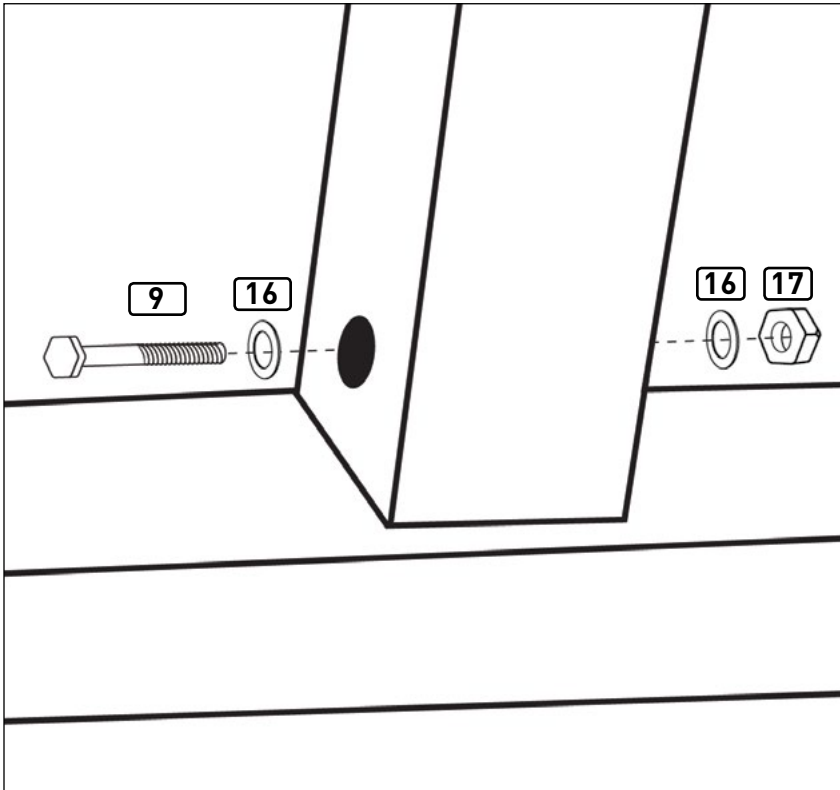
## STEP 1:

Parts:

- 1x Frame Leg (Part 1)
- 1x Main Frame (Part 2)

Grab the back tube of Main Frame (2) and align to the middle opening of the Frame Leg (1).

Make sure the openings are aligned.



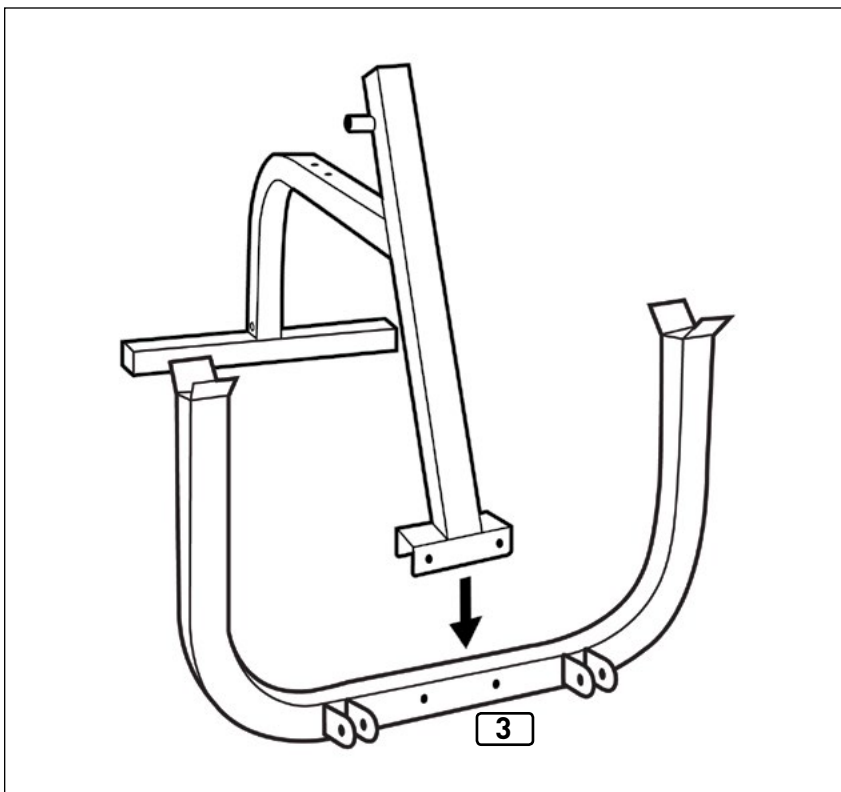
## STEP 2:

Parts:

- 1x M10 x 70mm Bolt (Part 9)
- 2x M10 Washer (Part 16)
- 1x M10 Nut (Part 17)

Secure both frames by using the parts listed.

# ASSEMBLY INSTRUCTIONS



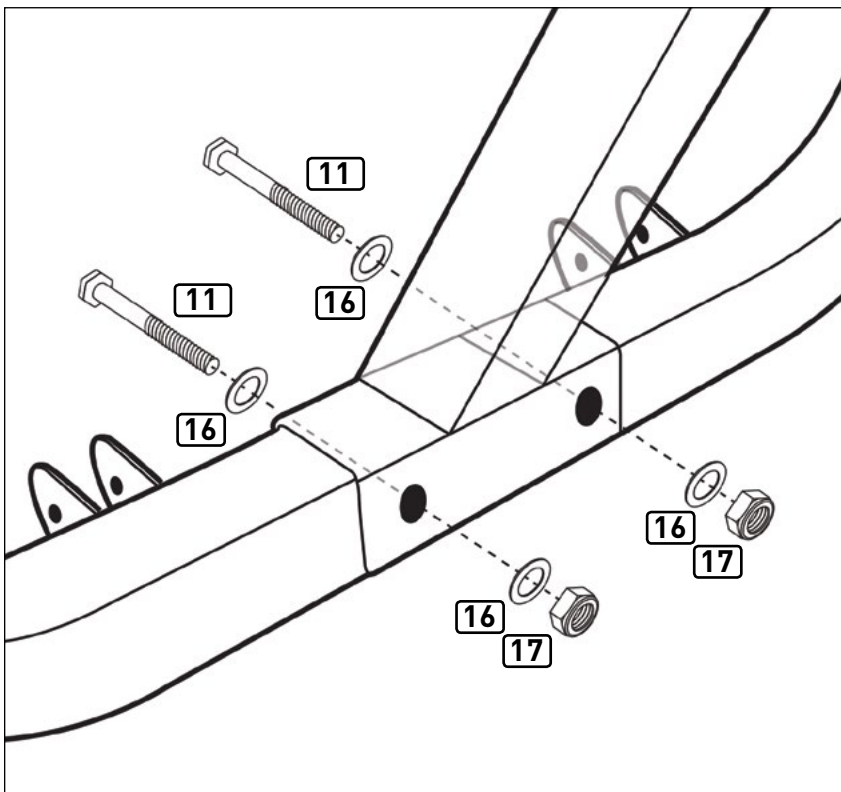
## STEP 3:

Parts:

1x Weight Support (part 3)

Place the Main Frame so the front bracket aligns to the openings of the Weight Support (3).

Make sure that the wheel sockets are facing the outside of the frame and the support Tube Hands are facing up.



## STEP 4:

Parts:

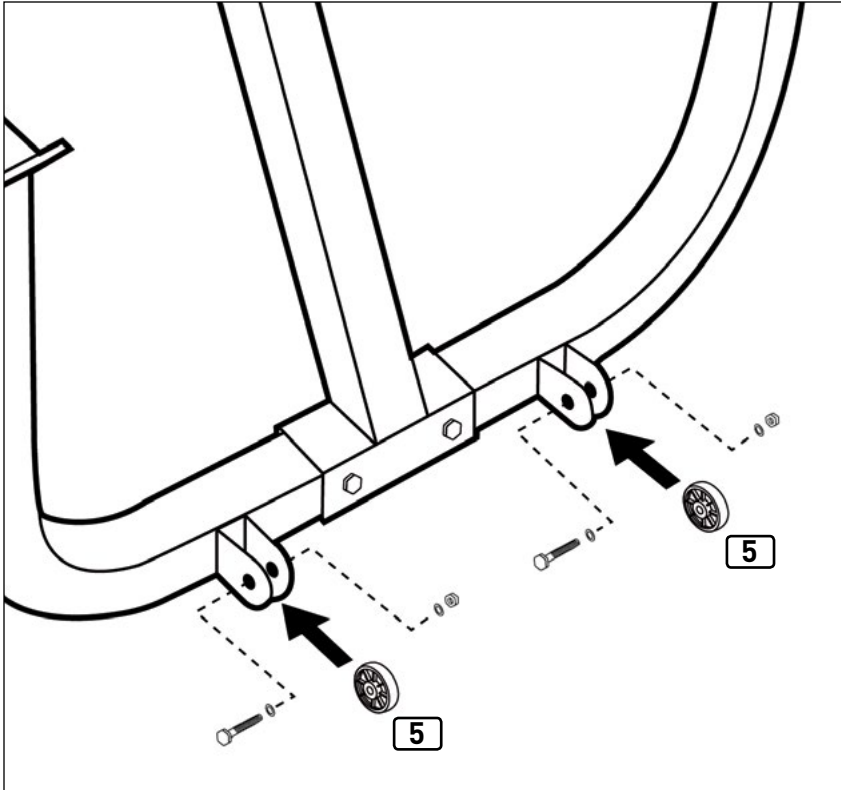
2x M10 x 75mm Bolt (Part 11)

4x M10 Washer (Part 16)

2x M10 Nut (Part 17)

Secure the Weight Support by using the parts listed. Make sure the Washer and Nut are facing the inside of the Preacher Curl Frame.

# ASSEMBLY INSTRUCTIONS



## STEP 5:

### Parts:

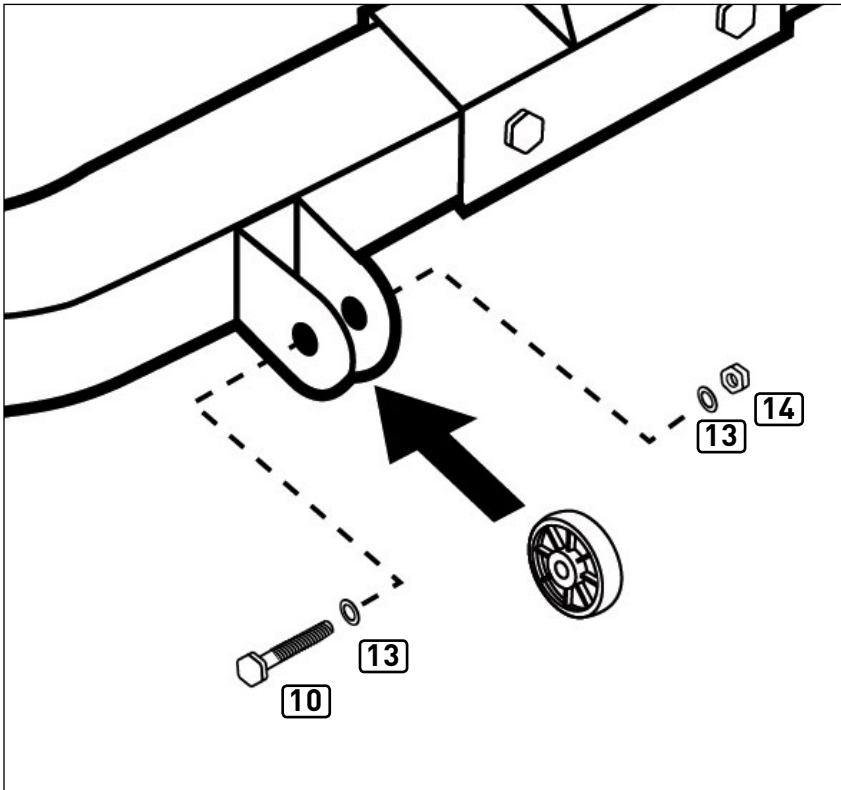
- 2x Wheel (Part 5)
- 2x M8 x 40mm Bolt (Part 10)
- 2x M8 Washer (Part 13)
- 2x M8 Nut (Part 14)

Align the Wheels (5) to the socket openings on the front of the Weight Support (3). Place inside both wings.

Secure both wheels by using the parts listed.

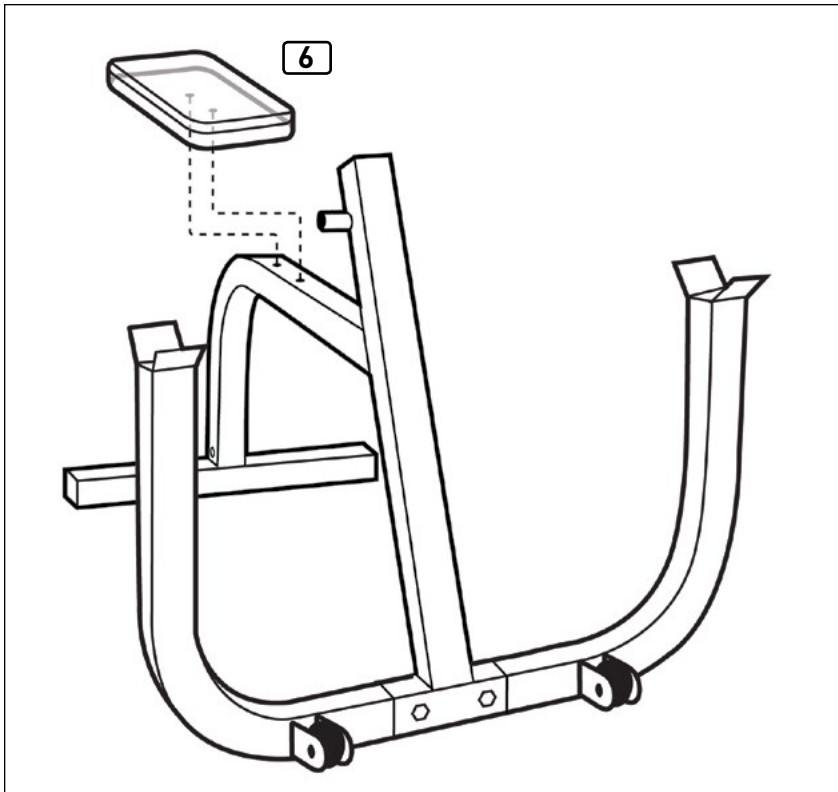
### NOTE:

Over-tightening the wheels may cause them to get stuck while using.





# ASSEMBLY INSTRUCTIONS

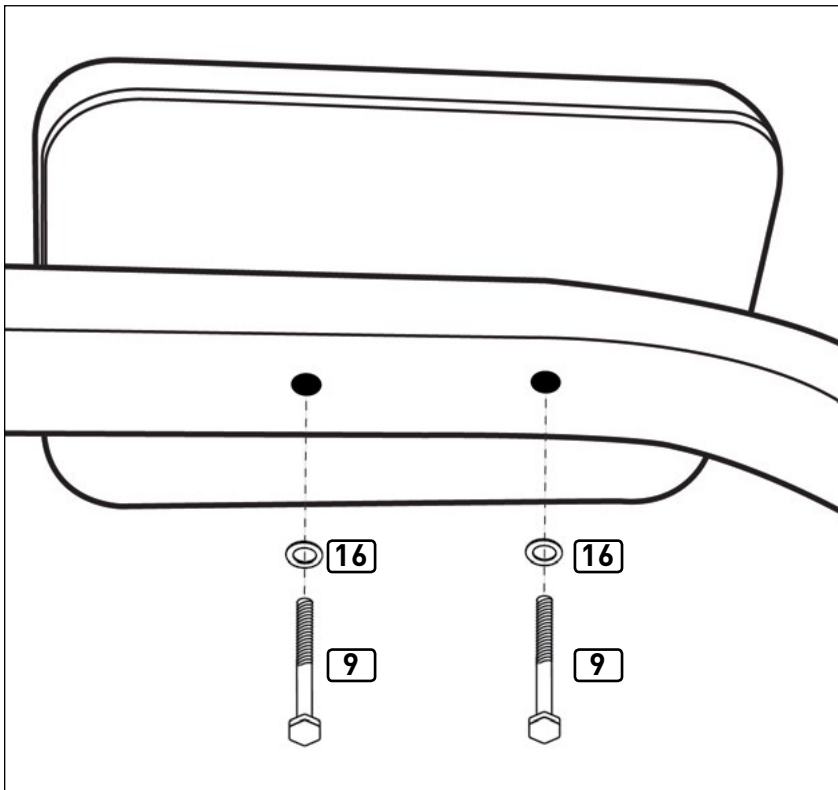


## STEP 6:

Parts:

1x Seat Cushion (Part 6)

Align the openings at the bottom of the Seat Cushion (6) and place it on top of the frame so its ready to be installed.



## STEP 7:

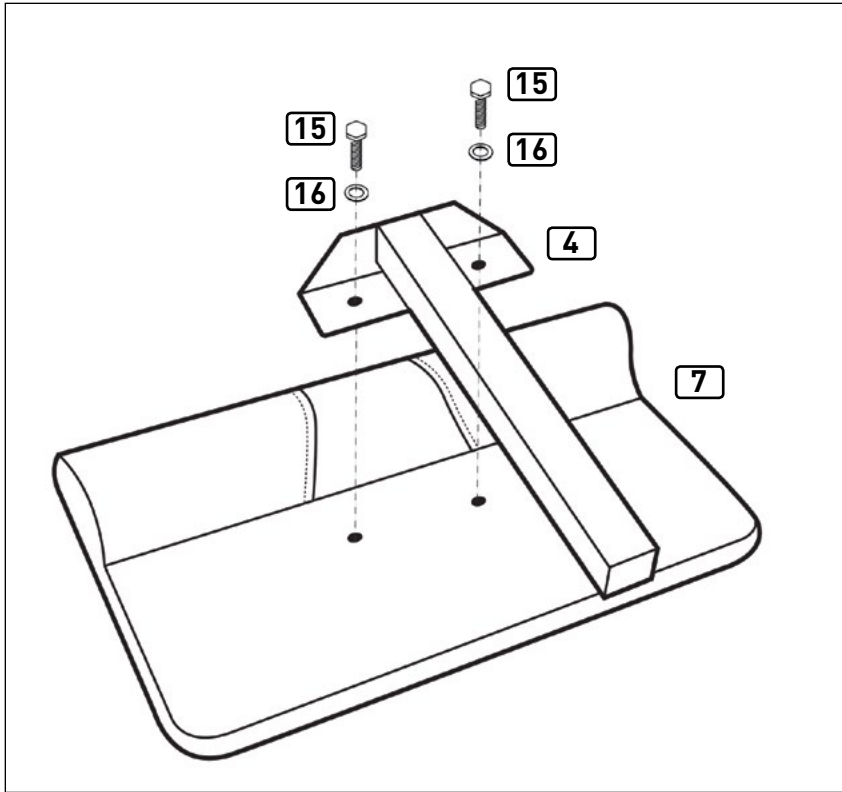
Parts:

2x M10 x 70mm Bolt (Part 9)

2x M10 Washer (Part 16)

Secure the seat cushion to the Main Frame by using the parts listed.

# ASSEMBLY INSTRUCTIONS



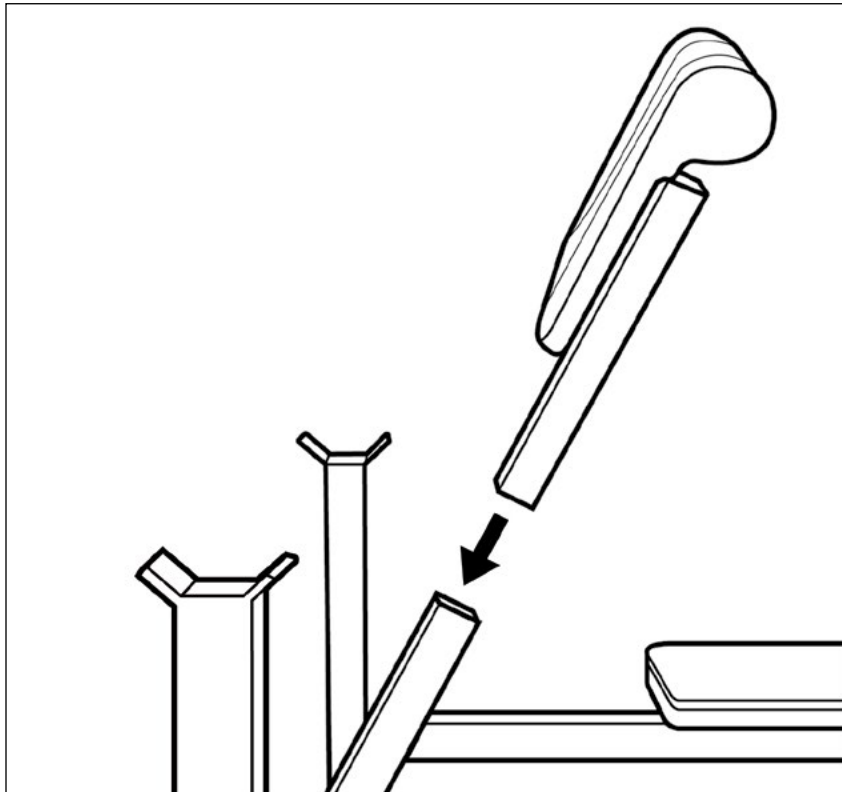
## STEP 8:

### Parts:

- 1x Preacher Cushion (Part 7)
- 1x Preacher Frame (Part 4)
- 2x M10 x 25mm Bolt (Part 15)
- 2x M10 Washer (Part 16)

Align the openings at the middle of the Preacher Cushion's (7) Back to the top openings of the Preacher Frame (4)

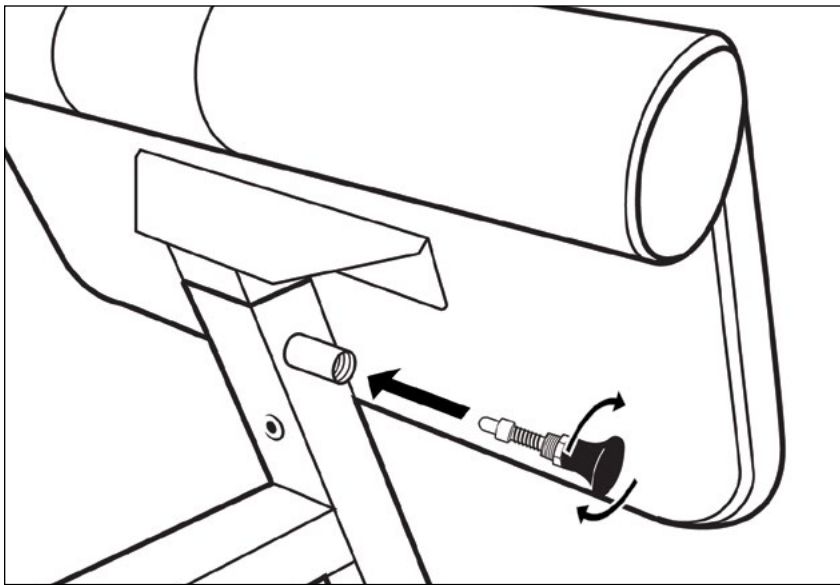
Secure by using the hardware listed.



## STEP 9:

Slide the Preacher Cushion to the Main Frame with the front facing the away from the Seat Cushion, and towards the Weighted Support handles.

# ASSEMBLY INSTRUCTIONS



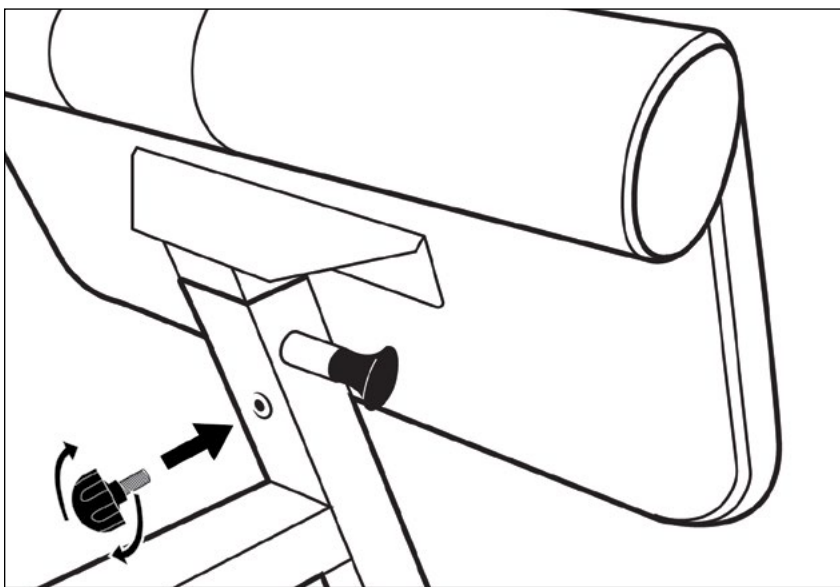
## STEP 10:

Parts:

1x Spring Lock Knob (Part 2A)

Adjust the Preacher Cushion to your preferred height by installing the Spring Lock Knob (2A).

Once Installed, you may pull on the Knob and release so it secures to an opening of your choice.

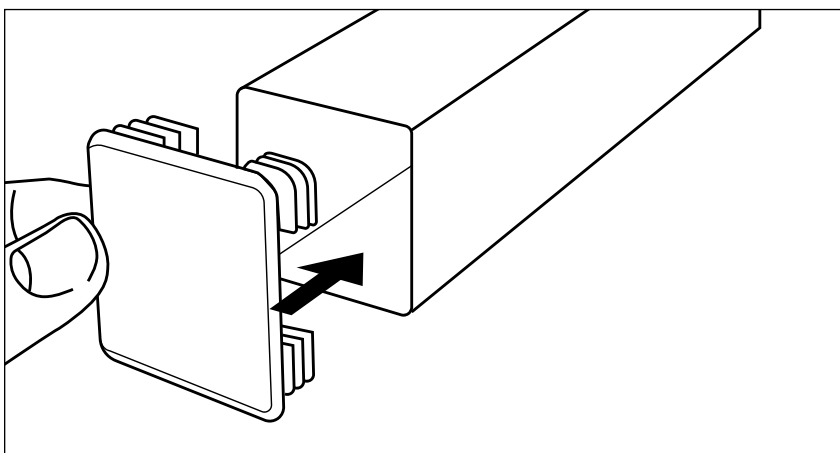


## STEP 11:

Parts:

1x Lock Knob (Part 12)

For added safety, use the Lock Knob (12) behind the Preacher Frame by using the once you have selected your preferred height for the Preacher Cul Bench.



## STEP 12:

Parts:

2x 2" Square End Cap (Part 8)

If the Frame Leg (1) did not come with the 2" Square End Caps pre-installed. Simply push them, each one respectively, to both sides of the Frame Leg.

## NOTES

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