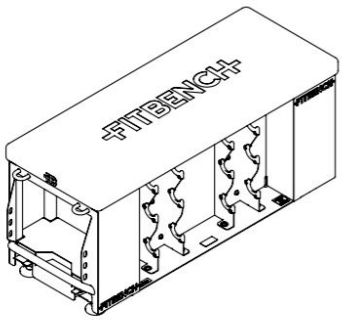
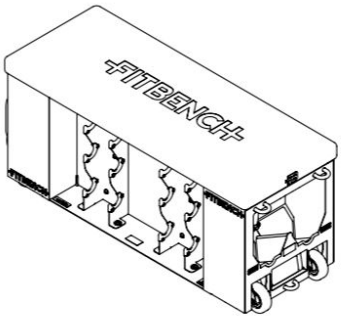
FITBENCH

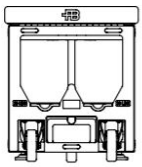
MANUAL

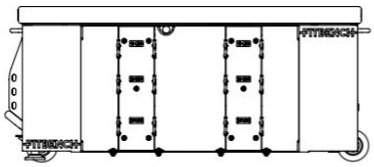
MODEL #FB-05

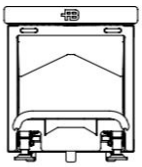
UPDATED 1-1-2018











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Thank you for purchasing the FITBENCH!

The FITBENCH has product features that allow for a wide variety of workout options. It is portable, with 360-degree movement to help position the bench is any room. It has locking feet for safe use once it is in the desired location. The FITBENCH also has a soft-close piston shock for the bench top.

If you have any questions about your FITBENCH, please call us at 800-294-0536 or email us at info@fitbench.com and include the following information:

- Customer Name and Address
- Telephone Number
- Email Address
- FITBENCH Serial Number

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IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using the FITBENCH, basic precautions should always be taken, including the following:

1. Read all instructions before using the FITBENCH. These instructions are written to ensure your safety and to protect the unit.
2. Use the FITBENCH only for its intended purpose. Do not use accessory attachments that are not recommended by FITBENCH, LLC.
3. The product should only be used on a level surface. Allow enough space around the FITBENCH to perform all possible exercises.
4. Do not allow children on or near the FITBENCH unless supervised by an adult.
5. Do not attempt to lift more weight than you can control safely. If you should feel pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. Never use the FITBENCH if it has been damaged. Always inspect the FITBENCH for damage prior to use.
7. Keep hands, limbs, loose clothes, and long hair well out of the way of moving parts.
8. Wear proper exercise clothing and shoes for your workout. No loose clothing.
9. Do not use the FITBENCH as a plyo-box unless locking feet are engaged and the FITBENCH is on a solid level surface.

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ASSEMBLY INSTRUCTIONS and ACCESSORY PLACEMENT

The FITBENCH requires no assembly other than placing the dumbbell weights, kettlebells, slam ball and resistance band package in their designated locations.

It is recommended that once you have the FITBENCH removed from its packaging, you place the FITBENCH in its desired location before installing the dumbbell weights, kettlebells, slam ball and resistance band package.

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DUMBELL SIZES

There are six sets of dumbbells that come with the FITBENCH. Depending on your location, you may have received dumbbells in POUNDS or KILOGRAMS.

Pound Sizes:

- 5 Lbs. X 2
- 10 Lbs. X 2
- 15 Lbs. X 2
- 20 Lbs. X 2
- 25 Lbs. X 2
- 30 Lbs. X 2

Kilogram Sizes:

- 2 Kg. X 2
- 4 Kg. X 2
- 6 Kg. X 2
- 10 Kg. X 2
- 12 Kg. X 2
- 14 Kg. X 2

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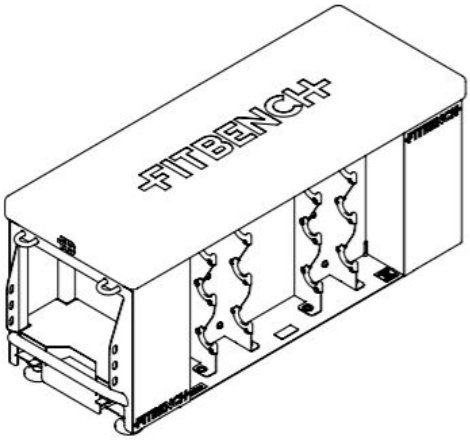
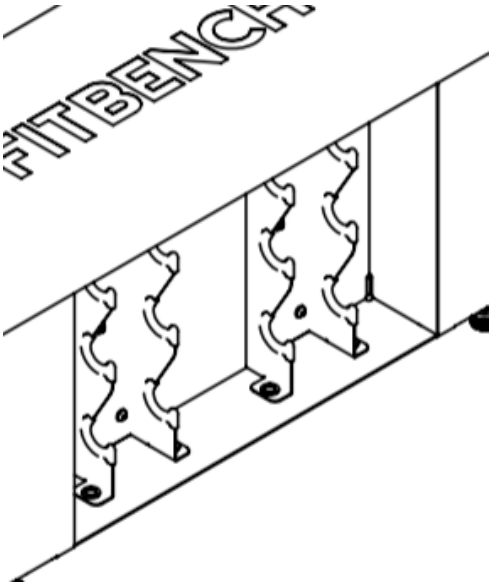
DUMBBELL LOCATION





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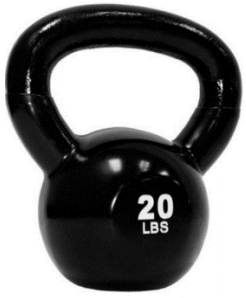
KETTLEBELL SIZES

There are two kettle bells that come with the FITBENCH. Depending on your location, you may have received kettlebells in POUNDS or KILOGRAMS.



Pound Sizes:

- 20 Lbs. X 1
- 30 Lbs. X 1

Kilogram Sizes:

- 8 Kg. X 1
- 12 Kg. X 1

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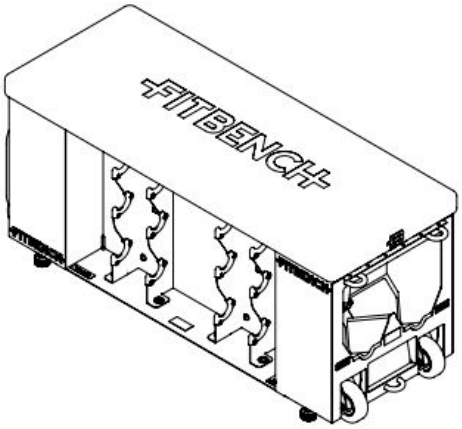
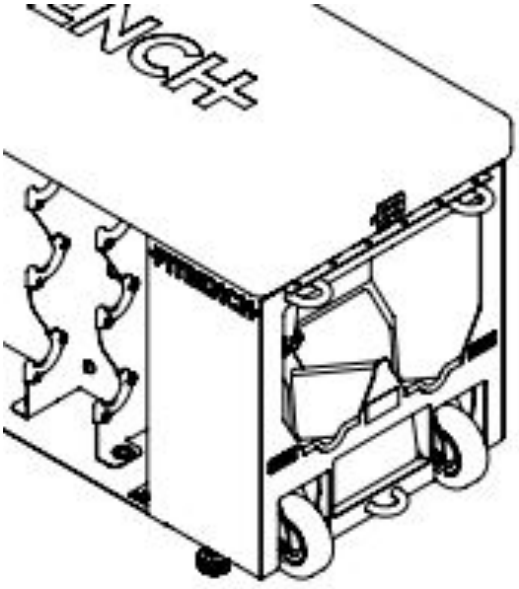
KETTLEBELL LOCATION





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SLAM BALL SIZE

There is one slam ball that comes with the FITBENCH. Depending on your location, you may have received the slam ball in POUNDS or KILOGRAMS.

Pound Sizes

- 15 Lbs. X 1

Kilogram Sizes

- 7 Kg. X 1

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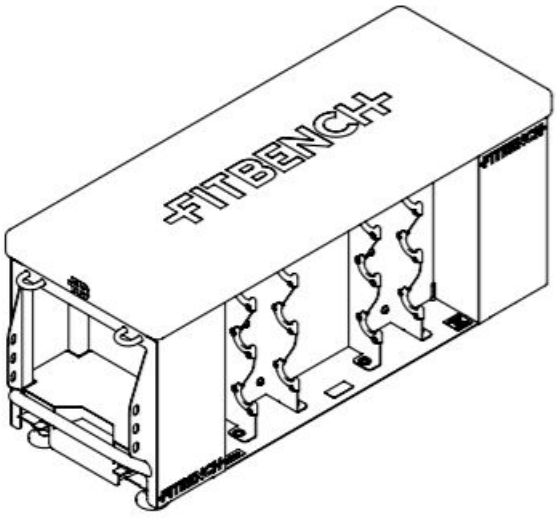
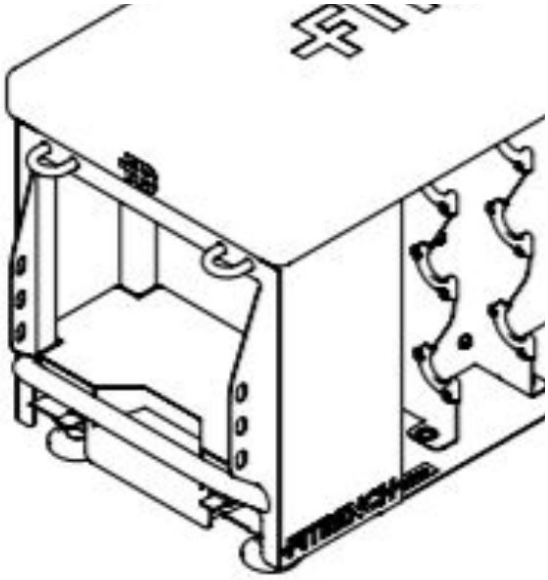
SLAM BALL LOCATION





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FITBANDS

There is one custom-made FITBANDS package that comes with the FITBENCH. Within the FITBANDS package there will be six FITBANDS, consisting of two light, two medium and two heavy, with six handles and two ankle straps. These all fit neatly in a sling bag that is provided with your FITBENCH.

FITBANDS Strengths:

- 2 X Gray = Light
- 2 X Green = Medium
- 2 X Black = Extra Heavy

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FITBANDS PACKAGE DESCRIPTION

- 3 sets of FITBANDS (6 individual bands)
- Bands include 6 detachable handles
- Each FITBAND has a carabiner at each end
    - FITBANDS can be stacked together to increase resistance
    - FITBENCH has 14 attachment points for the FITBANDS
- A nylon sleeve around the bands for safety
- FITBANDS also include two ankle straps for dynamic leg exercises.

For additional FITBANDS, please visit www.fitbench.com to purchase.

FITBANDS LIMITED WARRANTY

1 Year Limited Warranty

Intended for commercial use.

This limited warranty covers defects in manufacturing and materials with your FITBANDS. At FITBENCH's discretion, we will replace any defective FITBANDS covered by this limited warranty.

Limited Warranty does not include lost or stolen handles, straps, clips or bands.

This Limited Warranty does not cover any problems which result from accident, neglect, modification, abuse or misuse of the FITBANDS.

Warranty valid only if FITBANDS are used how they are designed to be used. Limited Warranty does not cover over extension, inadequate anchoring, use as a rope, or towing or suspension. Limited Warranty also does not cover exposure to variations in environmental conditions (salt,

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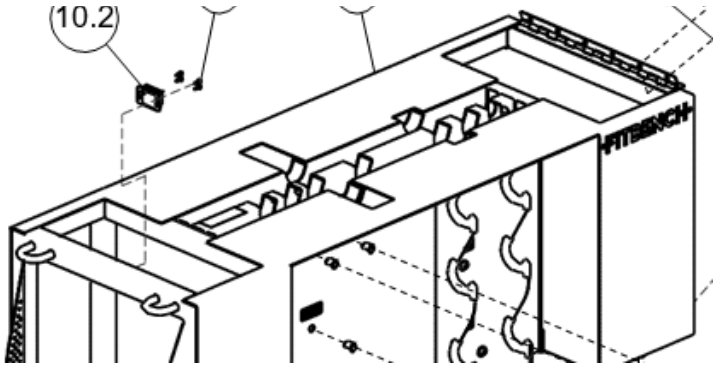
changes in heat, humidity, or moisture, and water saturation), impact damage, normal wear and tear, indentations, scratches or surface damage.

FITBANDS PACKAGE LOCATION

The resistance band storage location is under the adjustable bench top. To access this location (shown below), you need to open the bench top.



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GENERAL MAINTENANCE INFORMATION

Composite Top:

- To ensure prolonged FITBENCH composite top life and proper hygiene, the entire FITBENCH composite top should be wiped clean with a damp cloth after every workout.
- Periodically take the time to use a mild soap or an approved disinfectant to clean the composite top. Avoid using any abrasive cleaners.
- Replace ripped or worn FITBENCH composite top immediately.
- Keep sharp or pointed objects clear of the FITBENCH composite top.

Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- Inspect all nuts and bolts for any loosening, and tighten if needed. Go through a re-tightening sequence periodically to ensure that all nuts and bolts are tightened properly.

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FITBENCH WORKOUT IDEAS

Leg Exercises

Quadriceps

1) FITBENCH "wall" squat: Adjust the FITBENCH top to the highest position (should be near 90-degrees). With your feet slightly wider than shoulder-width apart, sit back and rest your back on the top. Your knees should be at a 90-degree angle and your hamstrings should be parallel to the floor. Hold your arms straight out in front of you, parallel to the floor – palms facing down. Hold this position for as long as possible.

- **Increased difficulty:** You can increase the intensity by performing the same exercise, but also holding dumbbells in either hand, letting them hang at your sides. You can also slowly lift one leg 2 inches off floor, replace, and then lift the other 2 inches off floor and replace. Repeat doing this until you no longer can.

2) FITBENCH box jump: Stand in front of the FITBENCH on the long side with feet shoulder-width apart. Dip your knees and jump onto the FITBENCH with a soft landing. (Note: try to land as light as possible and make very little noise – this will recruit more muscle fibers.) Step down, reset feet, and repeat. This exercise can also be done with the slam ball for an added challenge.

3) Single leg FITBENCH squat: Stand on top of the FITBENCH standing on your left leg. Hold your arms straight out in front of you. Keep your core engaged and torso as upright as possible. Balancing on your left foot, bend your left knee, and slowly lower your body until the top of your thigh is parallel to the floor. Pause, then push your body back up to starting position. Do this several times with your left leg, then switch to your right leg.

4) Kettlebell goblet squat: Grab one of the kettlebells with both of your palms cupping the ball portion of the kettlebell. Hold the kettlebell close to your chest, standing upright with your elbows pointing down at the floor. Squat down as deep as possible, pause, then push yourself back to the starting position.

5) Dumbbell jump squat: Grab a pair of dumbbells at arm's length at your sides with your palms facing each other. Dip your knees down low and explosively jump as high as you can. Land as softly as possible on the balls of your feet and repeat.

- **Increased difficulty:** Try doing a shrug and curl at the top of your jump and landing with the dumbbells at your shoulders.

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6) Slam ball Bulgarian split squat: Grab the slam ball from the FITBENCH. Put the top of your left foot on the top of the FITBENCH with your right foot on the floor, a stride away. Press the slam ball above your head with a slight bend in your arm. Squat down until your left knee just hovers over the floor. Pause and press back to starting position. (Remember to never let your front knee go past your front toes.) Do several reps, then switch.

7) Dumbbell slit jump: Grab two dumbbells (medium/light weight). From a standing position, lower your body into a split squat. Keep your torso upright and core engaged. Jump up with enough force to get both feet off the floor. While in the air, scissor-kick your legs so you land with the opposite leg forward. Land softly and repeat – alternating back and forth between each repetition.

Calf Exercises

1) Dumbbell calf raise: Grab one 30lb dumbbell from the FITBENCH and place it on the floor. Increase the FITBENCH top to the max height, as you will use this for stabilization. Place your right foot onto the handle of the dumbbell, adjusting so the ball of your foot is over the handle. With a straight leg and torso, raise your heel off the floor as high as possible. Pause, lower, and repeat. The FITBENCH top can be used for balance. Do several reps and then switch legs.

2) Straight leg calf hop: Standing straight up with good posture and feet just inside your shoulders, jump up using just your calf muscles to propel you off the floor. Go for height. Land and repeat, doing quick hops. Grab a pair of light dumbbells to make this exercise more challenging.

Hamstring Exercises

1) Single leg hip raise with foot on FITBENCH: Place your right heel on the FITBENCH with your back and butt on the floor. Extend your left leg straight out and press your hips up with your right leg, until hips are in line with torso as well as your left extended leg. Do several reps, then switch.

2) Single leg dumbbell straight leg deadlift: Grab a set of heavy dumbbells and hold them at either side of your body (overhand grip). Stand with your feet shoulder-width and knees slightly bent. Balance on your right leg and bend at your hips. Do not change the bend in your right knee and keep your left leg in line with your torso. Lower your torso until parallel with the floor. Pause, then return to the starting position. Do several reps, then switch.

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3) Single arm kettlebell swing: Grab a kettlebell with an overhand grip and hold it in front of your waist at arm's length. With feet slightly wider than shoulders, bend at your hips and knees and lower your torso until it forms a 45-degree angle to the floor. Swing the kettlebell between your legs with your arm straight, thrust your hips forward, and straighten your knees. Swing the kettlebell up to chest level as you raise to standing position. Squat back down as you swing the kettlebell back through your legs in a fluid motion and repeat.

4) Standing resistance band hip abduction: Grab a resistance band from the storage area under the FITBENCH top. Attach the ankle strap to your right ankle and attach the carabiner to one of the lower anchor points on the FITBENCH. Stand just far enough away from the FITBENCH to where the resistance band has slight tension in it. With your left hip facing the anchor point, cross your right leg in front of your left and raise your right leg away from the FITBENCH as far as you, can keeping a straight leg. Pause, then return to starting position. Do this several times and then switch.

5) Hamstring dumbbell curl: Grab one light/medium weight dumbbell, and get on hands and knees on top of the FITBENCH. Place the dumbbell behind your right knee so it fits in the crease of your knee. While keeping your knee in the bent position, raise your right leg up so the bottom of your foot points to the sky and the top of your thigh is parallel to the floor. Pause, then return to starting position. Do this several times and then switch.

- **Increased difficulty:** Do the same exercise, but when your thigh is parallel and the bottom of your foot is up towards the sky, raise your leg out perpendicular to your body (like a dog marking its territory). Pause at the top, then return to thigh parallel to the floor and bottom of foot to the sky. Then go back to the start of the exercise on hands and knees. Repeat.

6: Slam ball step up with press: Grab the slam ball and hold it at your chest. Standing perpendicular to the FITBENCH, step up with your right leg. Before you get to full standing position on top of the FITBENCH, raise up your left knee so it is at hip height and press the slam ball above your head. Pause, then return to starting position. Do several reps, then switch legs.

Core Exercises

1) 45-degree FITBENCH plank: Position body perpendicular to FITBENCH. Place forearms on the FITBENCH and put your body in a plank position. Arms should be at a 90-degree angle. Hold this position until you can no longer keep your hips in line with your torso.

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2) Side plank with feet on FITBENCH: Position body perpendicular to FITBENCH. Place feet stacked up on FITBENCH top with right forearm on the floor. Raise your torso and hips up so your body is in a straight line and hold until hips start to go out of line with the rest of your body. Lower down and change sides.

- **Increased difficulty:** Do the side plank, but instead of resting on elbow and forearms, extend arm up so you are resting on your right palm and raise your left arm to the sky. Your body should look like a "T". Hold this position for 30 seconds, then lower and change sides.

3) Mountain climber on FITBENCH: Assume the pushup position with your body perpendicular to the FITBENCH and your hands on the top. Engage your core. Lift your right foot off the floor and slowly raise your knee as close to your chest as possible. Return to starting position and quickly do the same move with your left knee. Alternate back and forth – 1 rep counts for one right leg raise and one left leg raise.

4) FITBENCH leg raise: Lay on your back on top of the FITBENCH and position your body so your legs are hanging off and your butt is on the edge of the FITBENCH top. Hold onto the sides of the FITBENCH and raise your straight legs up to above 45-degrees. Pause, then return your legs back to parallel to the floor. Do this exercise several times.

5) Russian twist: Sit on top of the FITBENCH with your feet flat and your knees bent. Hold your arms straight out in front of you with your palms together. Lean back so your torso is at 45-degrees to the top. Engage your torso and rotate to the right as far as you can. Pause, then rotate your torso as far to the left as you can. 1 rep counts for one twist to the right and one twist to the left.

- **Increased difficulty:** Russian twist with a slam ball: This exercise can also be done with a slam ball or a lighter weight. Instead of holding arms straight out in front of you, hold the weight out and rotate from left to right in a controlled fashion.

Chest Exercises

1) Incline pushup: Place your hands on the FITBENCH – body in plank, then pushup.

2) Decline pushup: Place feet on FITBENCH - hands on the floor in plank position, pushup.

- **Increased difficulty:** Try single leg decline pushup – same as decline pushup, but raise one leg into the air, engage the core, and do pushups.

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3) Single arm slam ball pushup: In plank position, place one hand on slam ball, do a pushup. Roll the ball over to the other hand while engaging the core, do another pushup – repeat.

4) Slam ball pushup: Place both hands on slam ball, body in plank, engage the core, and do a pushup.

5) Dumbbell T-pushup: Grab a pair of dumbbells from the FITBENCH (medium/light weight). Hold dumbbells in hands and get in a plank position. Lower body to the floor, as you push yourself back up, rotate the right side of your body upward and raise your right arm so it is straight above your shoulder. Engage your core (your body should look like a "T"). Lower the dumbbell back down to plank position and repeat, but on the left side.

6) Dumbbell pushup with row: Grab a pair of dumbbells from the FITBENCH (medium/light weight). Hold dumbbells in hands and get into a plank position. Do a pushup - as you raise yourself up, row the dumbbell on your right side, raising the dumbbell to your chest. Pause, then lower the dumbbell back down and repeat the same movement with your left arm.

7) Dumbbell flat FITBENCH press: Grab a pair of dumbbells from the FITBENCH (medium/heavy weight). Lie flat on your back on the FITBENCH, folding the dumbbells over your chest so they are nearly touching. Your palms should be facing towards your knees. Lower the dumbbells to your armpits. Pause, then press the weights back up to the start position with a steady pace.

- **Increased Difficulty:** Try alternating the dumbbell press up. Instead of pressing both dumbbells up at once, lift one at a time in an alternating fashion. This will force your body to engage your core to keep balance. You can also try this exercise with a neutral grip on the dumbbell – which instead of facing palms toward knees, face palms toward each other and perform the same alternating exercise.

8) Incline dumbbell FITBENCH press: Raise the FITBENCH top up to 45-degrees (choose slot position 1, 2, or 3 – the higher you go, the more difficult). Grab a pair of dumbbells (medium/heavy weight). Lie on your back with your feet on the ground slightly wider than shoulder-width. Engage your quadriceps and your core to lock your body to the top of the FITBENCH. Press dumbbells in the up position with your palms facing toward your knees and dumbbells above shoulders. Lower the dumbbells slowly to your chest, pause, then press the weights back up to the starting position.

- **Increased difficulty:** Try alternating the dumbbells press up (same as above). Press your right hand up and return to staring, then press your left. Alternating up

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and down. NOTE: The steeper the incline on the bench, the more difficult it will be. You will engage your core and legs more the steeper it is, as well as activate different muscle groups in the chest and shoulders. Try all of these variations at different angles of the bench.

9) Incline FITBENCH dumbbell chest fly: Raise the FITBENCH top up to 45-degrees (choose slot position 1, 2, or 3 – the higher you go, the more difficult). Grab a pair of dumbbells (medium/heavy weight). Lie on your back with your feet on the ground slightly wider than shoulder-width. Engage your quadriceps and your core to lock your body to the top of the FITBENCH. Press dumbbells in the up position with your palms facing toward each other and dumbbells above shoulders. Instead of lowering dumbbells to your chest, lower the dumbbells with a slight bend in your elbow and pull your arms apart until your dumbbells are shoulder height. Pause, then raise the dumbbells back to the starting position (pretend you are hugging a tree when going back to the starting position).

10) Kettlebell FITBENCH pullover: Grab a kettlebell (light or heavy). With a flat top on the FITBENCH, lay on the FITBNECH with your body perpendicular to the FITBENCH-with just your shoulders/upper back on the top, with your knees at a 90-degree angle and your feet on the floor. (note that only your shoulders and upper back will be on the bench top) Hold the kettlebell with both hands on the handle. Press the kettlebell up so it is above your shoulders with arms straight. Lower the kettlebell by bending arms at the elbows and lower until your hands are at the crown of your head. Pause, then press back to starting position with a slight bend in your elbows.

11) Slam ball over-head slam: Grab the slam ball from the FITBENCH. From a standing position with feet at shoulder width, raise the slam ball above your head and slam the ball down onto the floor with a fierce throw. Remember to engage your core and bend at the knees to get as much velocity on the slam ball as possible. Grab the ball, raise it to the starting position, and repeat.

12) Standing resistance band press up: Grab one of the resistance bands and attach it to one of the anchor points on the slam ball side of the FITBENCH. Stand a few feet away with your back facing the FITBENCH. Grabbing the resistance band by the handles, press the band up and out. Pause, then return to the starting position and repeat.

Arm Exercises

Biceps

1) Standing bicep curl: Grab a pair of dumbbells from the FITBENCH (medium/light weight). While standing with core engaged and feet shoulder-width apart, let dumbbells hang at arm's

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length next to your sides, with palms facing forward. Without moving your upper arms, bend your elbows, and curl the dumbbells, keeping them close to your shoulders. Pause, then slowly

lower the dumbbells back to the starting position. Remember your arms should be straight at the starting position.

- **Increased difficulty:** Do the same exercise but perform a FITBENCH wall sit at the same time: Raise FITBENCH top to the very top position (nearly 90-degrees). Rest back on the top and lower your body until your knees are at a 90-degree angle and hamstrings are parallel with the floor. Engage your core and quadriceps and perform the same dumbbell curl exercise, holding this position until all of the reps are completed for this exercise.

NOTE: All curl exercises can be done with varying grips. Standard-grip is palms facing forward, neutral-grip is your palms facing each other, and reverse-grip is your palms facing behind you. Each grip targets a different muscle grouping in your forearms, biceps, and shoulders.

2) Incline FITBENCH hammer curl: Adjust the FITBENCH top to a 45-degree incline. Grab a set of dumbbells (light/medium weight). Standing at the lower end of the top, lower your entire body with your upper thighs, hips, stomach, and chest lying on the top. Position your body to where your chest is just cresting the upper edge on the top. (Note – your entire body from your heels to your neck should be at that same 45-degree angle.) Let your arms with dumbbells in hands (palms facing in) hang in front of your body. Curl the dumbbell up while not moving your upper arms. Pause, and lower weights slowly to the starting position.

3) Seated reverse dumbbell curl: With the FITBENCH in the flat position, grab two (medium/light weight) dumbbells. Sit on the top with good posture with dumbbells hanging down at sides, palms facing backwards. Bend at the elbow and curl the dumbbells up while not moving your upper arms. (remember to keep palms facing the same direction the entire curl). Pause, then slowly lower dumbbells to starting position.

- **Increased difficulty:** Try curling the dumbbells in both standard and reverse-grip. Do a standard curl, and when you reach the top of the curl, reverse your grip, and lower the dumbbell to the starting position. Continue to curl the weight with reverse-grip, then switch again at the top, going back to a standard grip. Repeat. (Remember to go slow with good form.)

4) Standing isolated curl: Adjust FITBENCH top to 45-degrees. Grab a dumbbell (medium/light weight) with your right hand and stand behind the inclined FITBENCH top. Rest your elbow and back of your arm on the FITBENCH top. Lower the dumbbell until your arm is bent at about 20 degrees. Pause, then raise dumbbell back up to shoulder. Do several times and repeat on the left side.

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- **Increased difficulty:** Try doing the same exercise, but add a static hold when your arm is extended. Hold in the down position for 30 seconds, do several reps of this, and then switch arms.

5) Resistance band alternating burnout curl: Grab a resistance band from storage under the FITBENCH and fix it to one of the anchor points (light/ medium resistance). While standing with feet shoulder-width apart, grab the handles and hold palms facing forward. Step back from the FITBENCH a few feet with arms hanging down. Curl your right arm and lower and then left arm and lower in a fluid motion. Repeat this until fatigue in biceps sets in.

Triceps

1) Dumbbell or kettlebell lying triceps extension: Grab a pair of dumbbells or a kettlebell (medium/light weight) and lie flat on the FITBENCH. Hold the weight over your head with straight arms that are slightly angled back, with your palms facing each other (try to keep elbows in). Without moving your upper arms, bend your elbows to lower the dumbbells or kettlebell until your forearms are slightly beyond parallel to the floor. Pause, then lift the weights back to the starting position.

NOTE: This exercise can be done standing or seated.

2) FITBENCH dip: With a flat top on the FITBENCH, sit on the long side of the top with fingers holding the edge, facing your knees. Feet should be slightly wider than shoulder-width apart with hamstrings parallel to the floor. Lower butt down until upper arm is parallel with the floor. Pause, and then press back up until arms are straight. Make sure you keep your elbows in and your core engaged.

- **Increased difficulty:** Try adding weight by placing a dumbbell or slam ball in your lap and performing the same exercises. You can also isolate one leg by lifting one leg straight out, parallel to the ground. Do several reps, then switch.

3) Dumbbell kickback: Grab a dumbbell (light/medium weight). With the FITBENCH flat, place your left hand and left knee on the top. Your lower back should be naturally arched and your torso parallel to the floor. Hold your right upper arm so that your bicep is parallel to the floor with your elbow bent. Without moving your upper arm, raise the dumbbell until your arm is completely straight. Lower your weight slowly back to the start position and repeat.

4) Overhead triceps extension with resistance band: Grab a resistance band from under the FITBENCH top (medium/light weight). Fix the resistance band to one of the higher anchor points

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on the slam ball side of the FITBENCH. From a few feet away, get into a split lunge stance, with right knee and left toe on the ground. With a handle in each palm, extend arms straight over

head. With a controlled motion and without moving your upper arms, lower palms to your ears. Pause, then raise them back up to start position. Do this several times and switch stance.

5) Close grip incline FITBENCH pushup: Get into a plank position on one of the long sides of the FITBENCH, so your body is perpendicular to the FITBENCH. Position your hands so they are very close together placing your palms on the top. Keeping your elbows close to your body, perform a pushup in a fluid motion. Remember to engage your core and keep your hips in-line with the rest of your body.

Back Exercises

1) Standing rear lateral raise: Grab a set of dumbbells (heavy/medium weight). Feet should be shoulder-width apart with a bend at the waist, so torso is parallel to the floor. Let weights hang down with palms facing in and a slight bend in the elbows. Keeping the same bend in arms, raise both weights so forearms are parallel with the floor. Pinch your shoulder blades together. Pause, and then slowly lower weights back down to starting position. Remember to engage your core on this exercise.

2) Standing supported single arm kettlebell row: Raise FITBENCH top 1 or 2 positions up. Grab a kettlebell and stand behind raised top end. Hold kettlebell in right hand with palms facing in (other grips can be used to reach different muscle groups). Place your left hand on the FITBENCH top in front of you and bend at the hips. Let the kettlebell hang at arm's length. Keep your elbow next to your side as you row the weight to the side of your torso. Pause and then slowly lower to starting position.

- **Increased difficulty:** Perform this same exercise not supporting yourself on the FITBENCH top, but rather locking core and resting the arm not being used on thigh. This exercise can be increased even more by raising one leg behind so it is in line with upper body and doing the same row exercise.

3) Inclined FITBENCH reverse fly: Raise FITBENCH top to 45-degrees. Grab dumbbells (medium/light weight) and lay face down on FITBENCH top. Your entire body should be at the same angle, from your heels to your neck. Hang dumbbells straight down from shoulders with palms facing the rear (can also be done with palms facing in). Engage your core and raise your arms straight out to your sides until they are in line with your body. Pause, then slowly return to the starting position.

4) Superman rows: While lying face down on the FITBENCH flat top, position body so toes are pointed straight out and slightly elevated. Arms are straight out in front of head, palms facing each other. Lift chest off of the top so just belly is touching the top. Pull arms straight back,

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bending at the elbows, until shoulder blades pinch in the middle. Pause and return to starting position, still keeping chest and legs elevated off of the bench top.

5) Resistance Band standing reverse fly: Attach a resistance band to one of the anchor points on the FITBENCH. Step away from the FITBENCH a few feet while holding a handle in each hand, palms facing each other. In a controlled motion, raise your palms up to ear height. Your palms should be facing out at this point with arms spread out wide. Hold this position and return to the starting position. Repeat.

Shoulder Exercises

1) Seated incline press: Grab two dumbbells (medium/heavy weight) and sit on the FITBENCH with good posture and engaging core with dumbbells just outside your shoulders. Bend your arms and palms facing out. Press the weights upward until your arms are completely straight. Pause, then slowly lower back to starting position.

- **Increased difficulty:** Elevate FITBENCH top to the top height. Do a wall sit with back against the FITBENCH top, with hamstrings parallel to the ground and perform the same exercise. Remember to engage core and keep good form.

2) Slam ball raise: Grab the slam ball and stand a few feet away from the FITBENCH. Squat down to where knees are bent at a 45-degree angle and feet are beyond shoulder-width apart. Hold slam ball with both hands on either side and hang the ball in between legs. With straight arms, raise arms up to eye level and slowly lower ball back down to starting position.

3) Dumbbell push press: Grab dumbbells (heavy/medium weights). With feet shoulder-width apart, hold the dumbbells next to your shoulders with your elbows bent. Bend your knees to about 45-degrees. With an explosive action, push up with your legs as you press the dumbbells straight over your head. Use a controlled speed to return to started position.

4) Inverted push press: Assume a pushup position but place your feet on the FITBENCH top and push your hips up so your torso is nearly perpendicular to the floor. Without changing your body posture, lower your body until your head nearly touches the ground. Press your body back to the started position, not changing body positioning (essentially an inverted shoulder press).

5) TC dumbbell raise: Grab a set of lighter weight dumbbells and stand with feet shoulder-width apart. Grabbing dumbbells with palms facing in and arms straight down by sides. Raise dumbbells to your sides until your arms are parallel with the floor. Slowly lower the weights back to starting position and then raise the weights in front of your body until parallel with the floor. Make sure arms stay straight and core is engaged. Count 1 rep as one front raise and one side raise.

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6) Resistance band shoulder rotation: Grab a resistance band from the FITBENCH and fix it to one of the higher anchor points on the slam ball side of the FITBENCH. Grab the handles with both hands, standing with feet shoulder-width apart, with palms down, raise elbows so they are at shoulder height and at 90-degrees (this is your starting position). Rotate the shoulders so arms move from palms down to palms facing forward (arms should continue to stay at a 90-degree angle), forearms will be straight in the air. Pause, slowly move arms back to starting position.

"The FITBENCH 300"

The goal of this workout is to do 300 total reps in as little time as possible, with very little rest.

Back #1 (30 reps), Shoulder #3 (30 reps), Back #2 (30 reps), Shoulder #2 (30 reps), Plank with alternating rotating hip touches (30 touches, counting Right and Left as 1 rep)

Short break

Back #5 (30 reps), Shoulder #1 (30 reps), Back #4 (30 reps), Shoulder #5, Plank with alternating rotating hip touches (30 touches, counting right and left as 1 rep)

Super Tri-Circuit [tri-circuit is a cluster of superset exercises doing back-to-back exercises with rest in between sets of 3 exercises]

Back #5 (20 reps), Shoulder #2 (20 reps), Back #3 (20 reps). Do 2 sets of this with a 1 minute plank in between sets.

1 minute rest

Shoulder #6 (20 reps), Back #2 (15 reps each side), Shoulder #3 (15 reps). Do 2 sets of this with 40 crunches in between each set.

1 minute rest

Shoulder #4 (15 reps), Back #4 (30 reps), Shoulder #5 (10 reps). Do 2 sets of this with 30 ab leg raises in between each set.

Rest and hydrate - you deserve it!

Notes:

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WARRANTY

This warranty is valid only in accordance with the conditions set forth below:

1. This warranty does not cover normal wear and tear.
2. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
3. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability of fitness for a purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

FITBENCH Limited Warranty	
Description	Warranty
Structural Steel Frame	5 Years
Structural Moving Parts, Rope Frame, Anchors	2 Years
Wheels, Levelers, Top, Dumbbell Hock Covers, Handle Covers, Sleeves	6 Months

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