

# GOLD'S GYM®

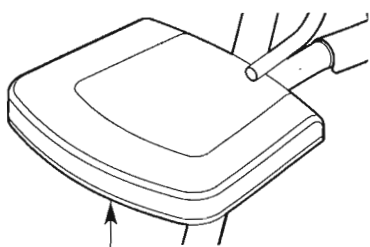
## ◆ PLATINUM ◆

[www.workoutwarehouse.com](http://www.workoutwarehouse.com)

Model No. GGBE1957.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal  
(under knee pad)

### QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

**IMPORTANT:** Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

**1-877-776-4777**

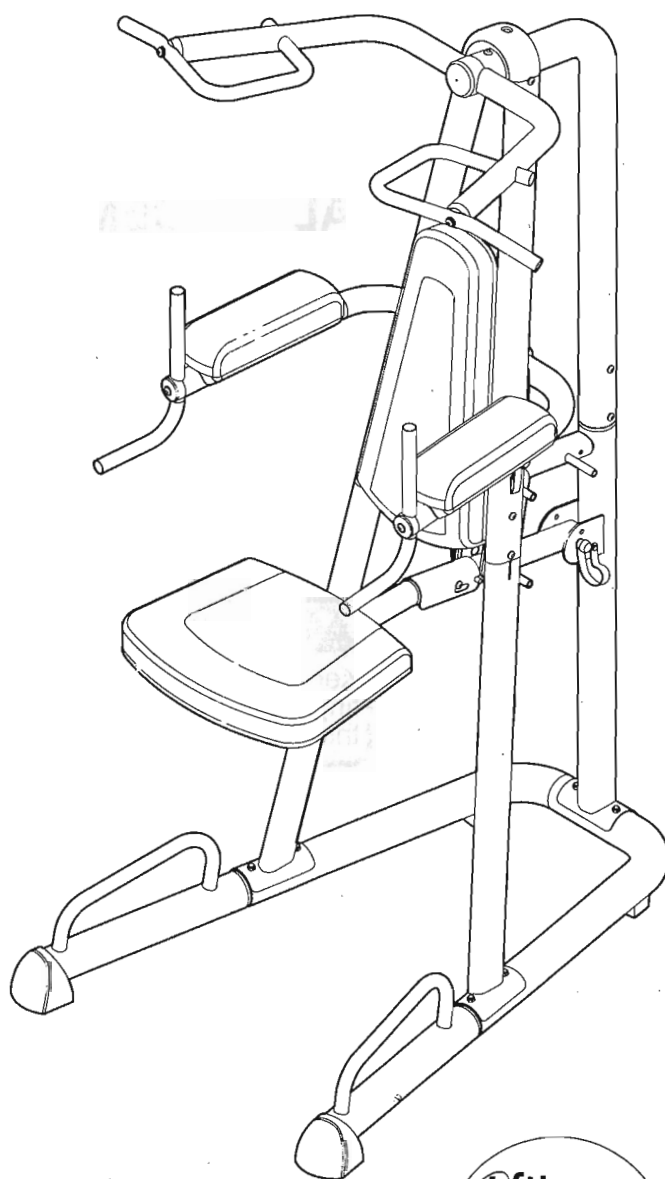
Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.workoutwarehouse.com](http://www.workoutwarehouse.com)

## USER'S MANUAL



### ⚠ CAUTION

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



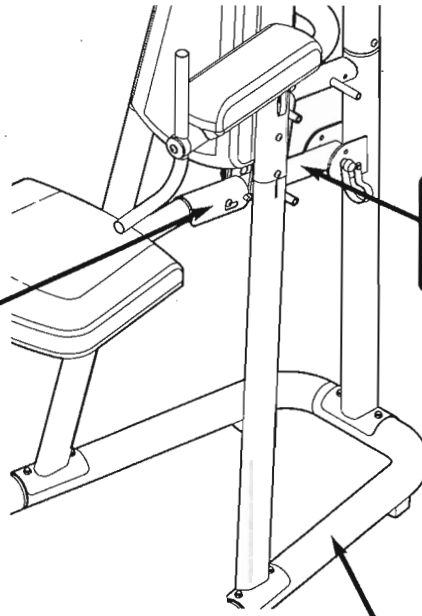
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## WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **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.


**WARNING**  
Keep hands and fingers clear of this area.



**WARNING**  
See owner's manual for adjustment instructions.

**WARNING**

- 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.



GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym International, Inc.

## IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.
3. The exercise rack is intended for home use only. Do not use the exercise rack in any commercial, rental, or institutional setting.
4. Use the exercise rack only on a level surface. Cover the floor beneath the exercise rack to protect the floor.
5. Keep children under age 12 and pets away from the exercise rack at all times.
6. Make sure that all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately.
7. Always make sure that the pins and knobs are fully engaged before using the exercise rack.
8. Never use the knee pad without at least one resistance band connecting the support frame to the pivot arm.
9. Always wear athletic shoes for foot protection while exercising.
10. The exercise rack is designed to support a maximum user weight of 300 lbs. (136 kg).
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
12. Use the exercise rack only as described in this manual.

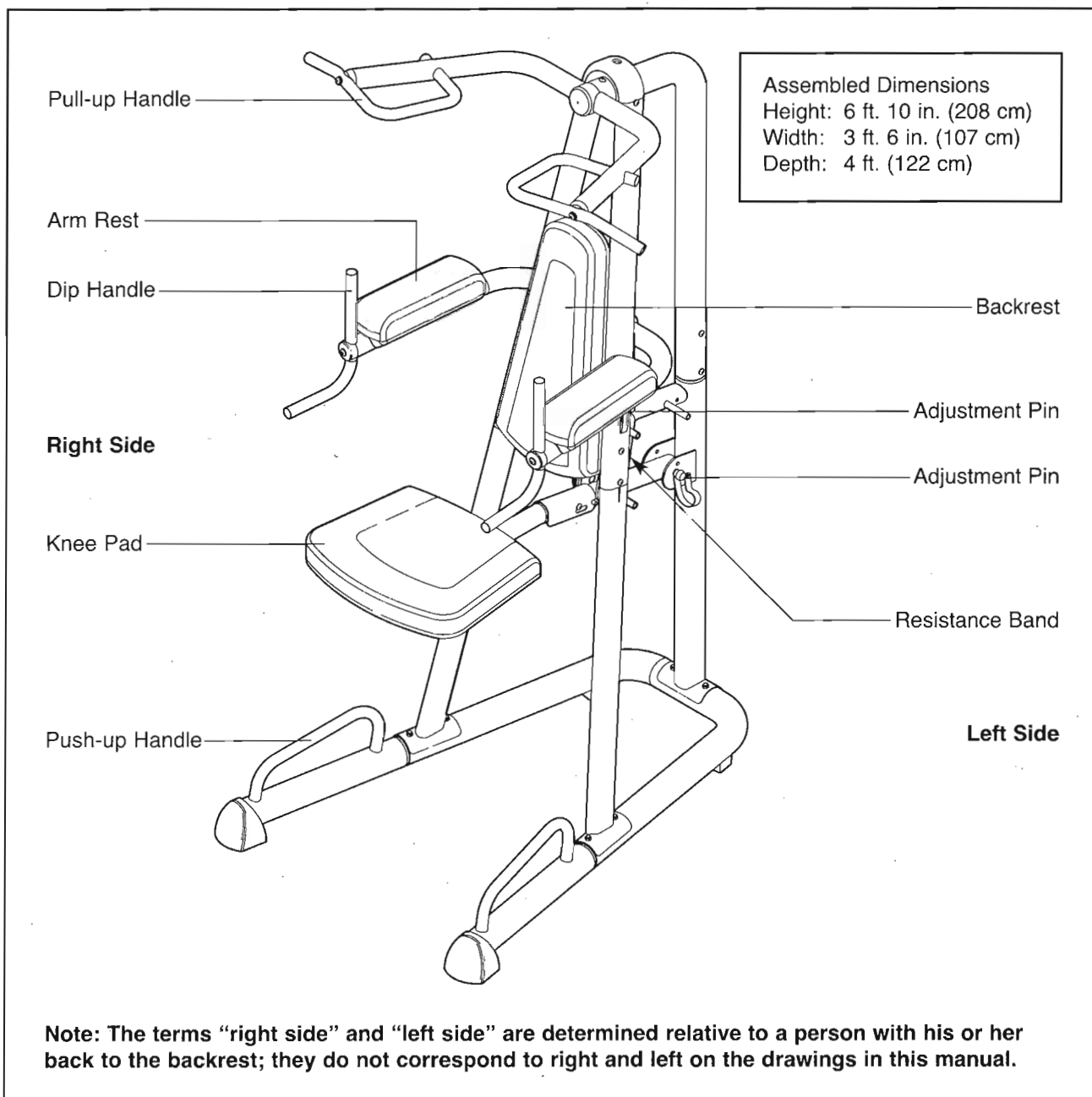
## BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® PLATINUM exercise rack. The exercise rack is designed to develop the muscles of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the exercise rack will help you to achieve the specific results you want.

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

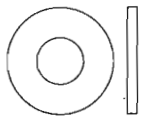
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

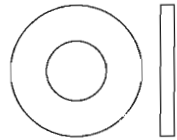


# PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preattached.**



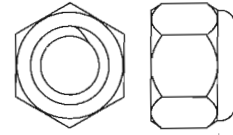
M6 Washer (36)



M8 Washer (37)



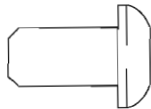
M10 Curved Washer (48)



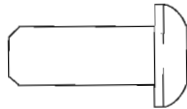
M10 Locknut (35)



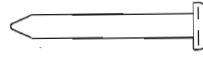
M4 x 12mm  
Screw (49)



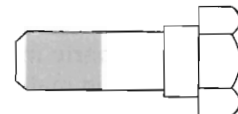
M8 x 15mm  
Button Screw (39)



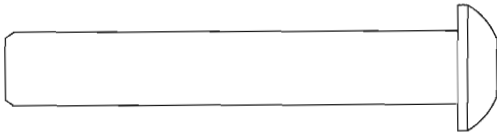
M8 x 20mm  
Button Screw (43)



M4 x 25mm  
Screw (42)



M8 x 25mm  
Patch Screw (44)



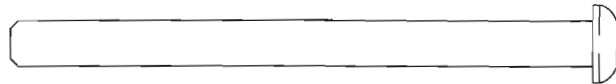
M10 x 62mm Button Bolt (30)



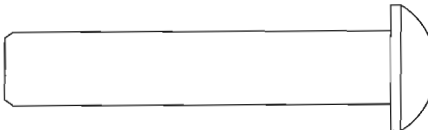
M6 x 70mm Button Screw (45)



M8 x 62mm Button Screw (41)



M6 x 80mm Button Screw (47)



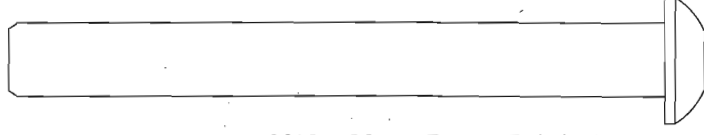
M10 x 53mm Button Bolt (40)



M10 x 85mm Button Bolt (54)



M10 x 53mm Patch Screw (53)



M10 x 90mm Button Bolt (50)



M6 x 43mm Button Screw (46)







M10 x 100mm Button Bolt (31)

# ASSEMBLY

- To hire an authorized service technician to assemble the exercise rack in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its size and weight, assemble the exercise rack in the location where it will be used. Make sure that there is enough clearance to walk around the exercise rack as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

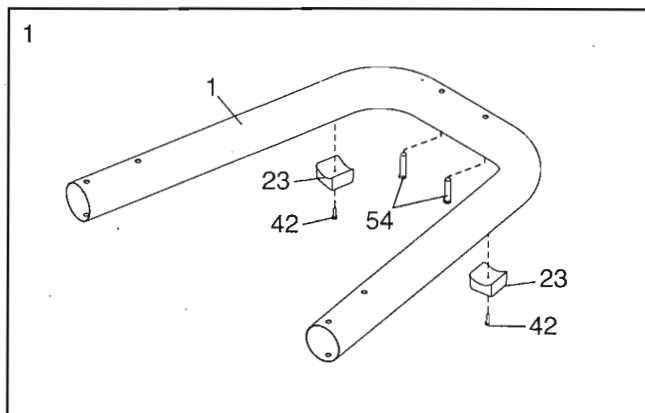
- To identify small parts, see page 5.
- The following tools (not included) may be required for assembly:

- two adjustable wrenches 
- one rubber mallet 
- one standard screwdriver 
- one Phillips screwdriver 

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Attach two Base Pads (23) to the Base (1) with two M4 x 25mm Screws (42).

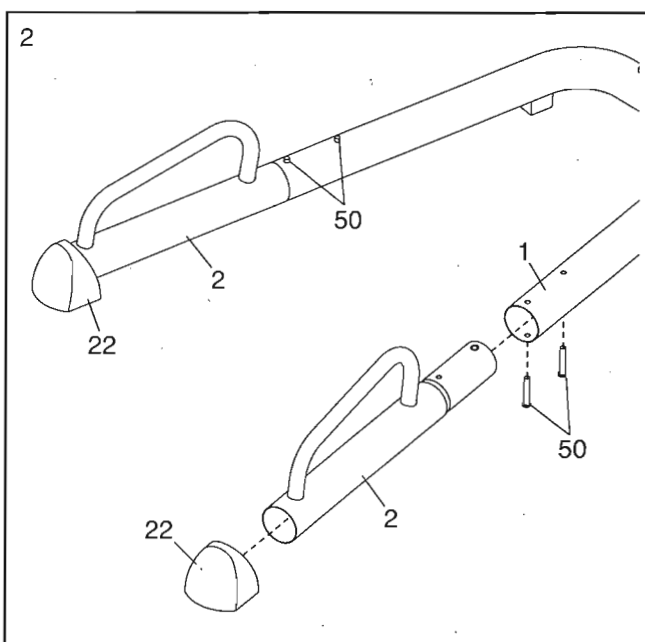
Insert two M10 x 85mm Button Bolts (54) upward through the Base (1). **Tip: It may be helpful to place tape over the bolt heads to hold them in place.**



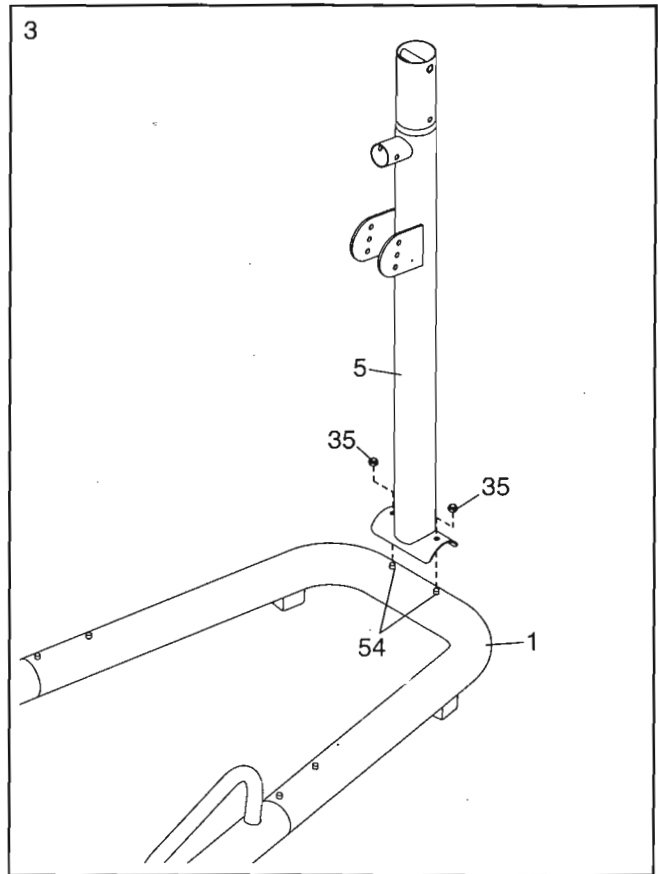
2. Press the two Base Leg Caps (22) onto the Base Legs (2).

Insert the two Base Legs (2) into the Base (1) as shown.

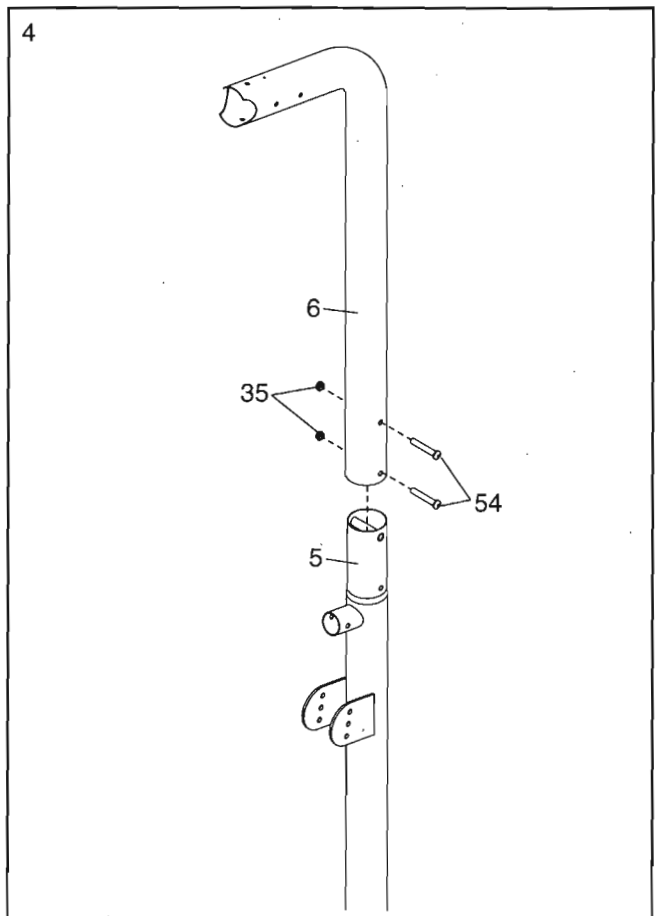
Insert four M10 x 90mm Button Bolts (50) upward through the Base (2). **Tip: It may be helpful to place tape over the bolt heads to hold them in place.**



3. Attach the Rear Upright (5) to the Base (1) using the indicated M10 x 85mm Button Bolts (54) and two M10 Locknuts (35). **Do not tighten the Locknuts yet.**

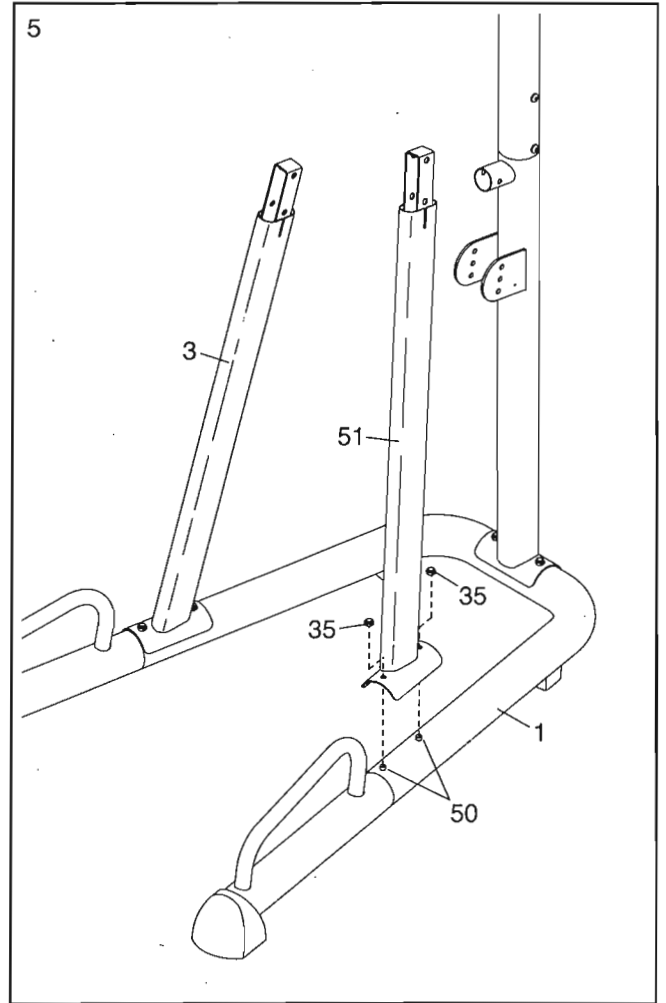


4. Attach the Rear Top Frame (6) to the Rear Upright (5) with two M10 x 85mm Button Bolts (54) and two M10 Locknuts (35). **Do not tighten the Locknuts yet.**

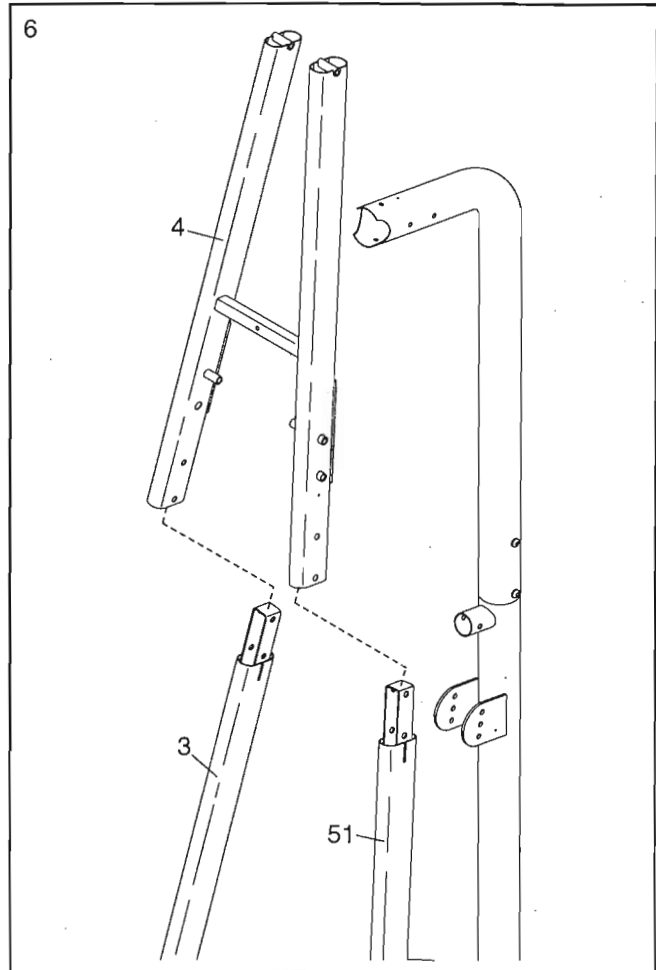


5. Attach the Left Front Upright (51) to the Base (1) using the indicated M10 x 90mm Button Bolts (50) and two M10 Locknuts (35). **Do not tighten the Locknuts yet.**

**Attach the Right Front Upright (3) in the same way.**

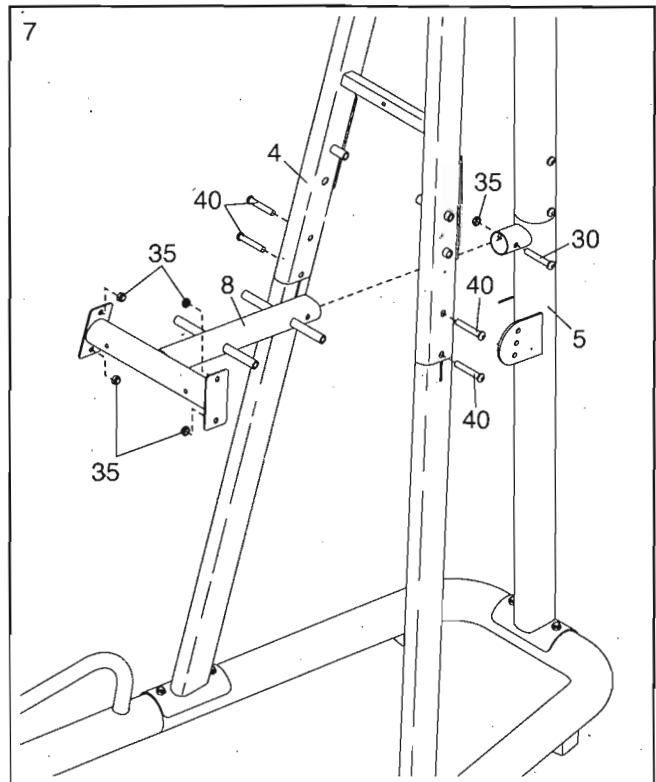


6. Slide the Front Top Frame (4) onto the Left and Right Front Uprights (51, 3).



7. Attach the Backrest Support (8) to the Rear Upright (5) with an M10 x 62mm Button Bolt (30) and an M10 Locknut (35). **Do not tighten the Locknut yet.**

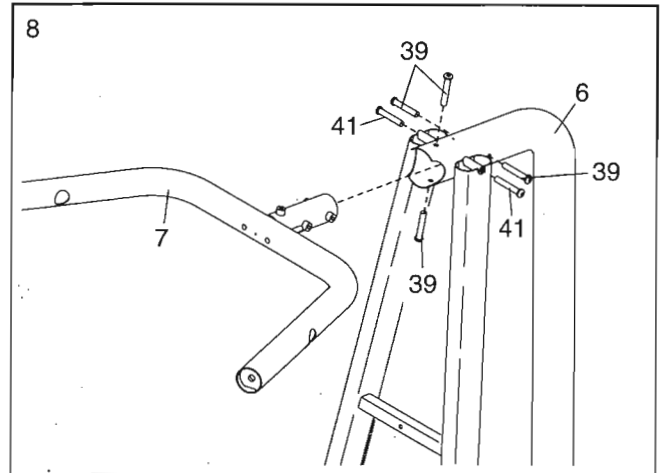
Attach the Backrest Support (8) to the Front Top Frame (4) with four M10 x 53mm Button Bolts (40) and four M10 Locknuts (35).



8. Insert the Pull-up Frame (7) into the Rear Top Frame (6).

Attach the Pull-up Frame (7) with four M8 x 15mm Button Screws (39) and two M8 x 62mm Button Screws (41).

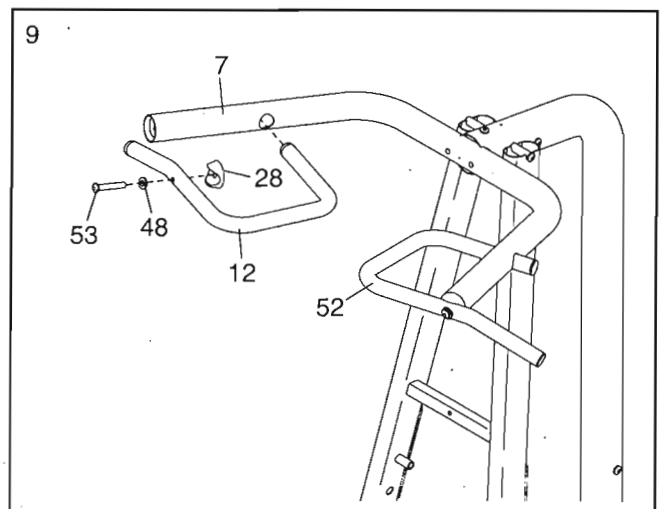
**See steps 3–8. Tighten the M10 Locknuts (35).**



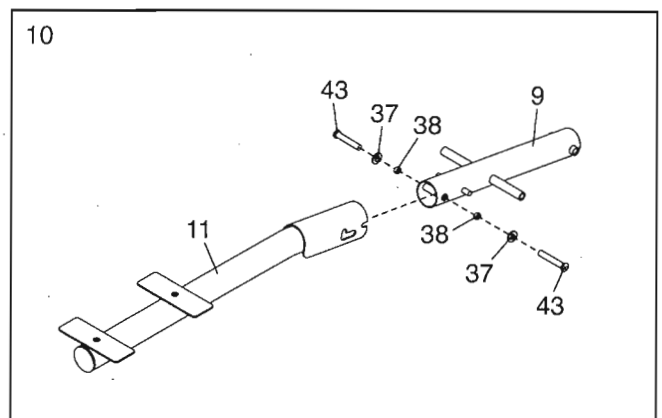
9. Insert the Right Pull-up Handle (12) through the Pull-up Frame (7).

Attach the Right Pull-up Handle (12) with an M10 x 53mm Patch Screw (53), an M10 Curved Washer (48), and a Pull-up Handle Cap (28).

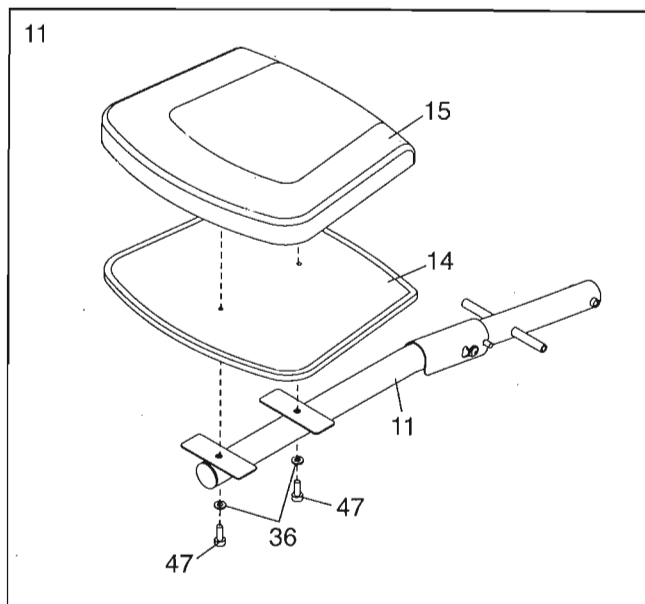
**Attach the Left Pull-up Handle (52) to the Pull-up Frame (7) in the same way.**



10. Attach the Pad Frame (11) to the Assist Arm (9) with two M8 x 20mm Button Screws (43), two M8 Washers (37), and two 5mm Spacers (38).

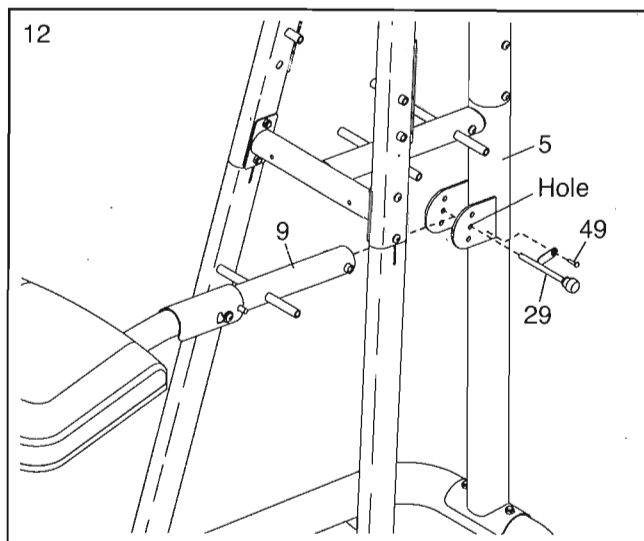


11. Attach the Knee Pad Cover (14) and the Knee Pad (15) to the Pad Frame (11) with two M6 x 80mm Button Screws (47) and two M6 Washers (36).



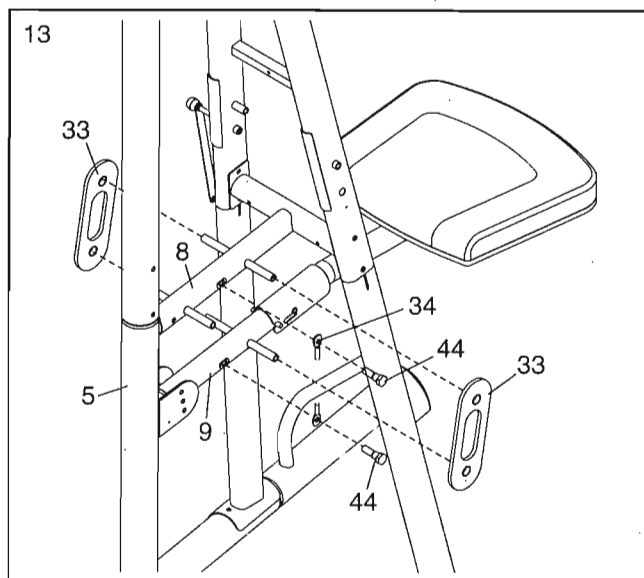
12. Fully insert an Adjustment Pin (29) through the indicated hole in the Rear Upright (5) and through the Assist Arm (9).

Attach the tether on the Adjustment Pin (29) to the Rear Upright (5) with an M4 x 12mm Screw (49).



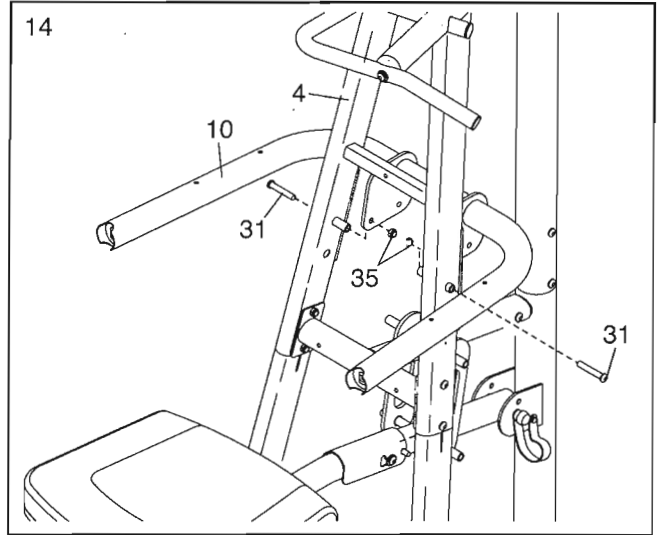
13. Attach the Assist Arm Cable (34) to the Backrest Support (8) and the Assist Arm (9) with two M8 x 25mm Patch Screws (44).

Slide two 15-pound Resistance Bands (33) onto the indicated tubes on the sides of the Backrest Support (8) and the Assist Arm (9). Note: The tubes closest to the Rear Upright (5) are for storing the Resistance Bands.

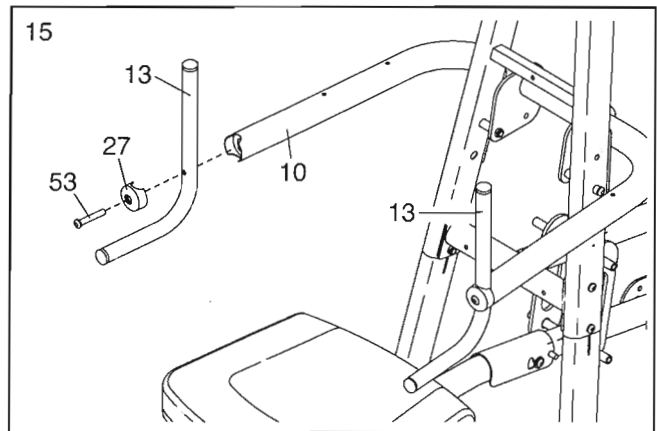


14. Hold the Dip Arm (10) behind the Front Top Frame (4) as shown.

Attach the Dip Arm (10) to the Front Top Frame (4) with two M10 x 100mm Button Bolts (31) and two M10 Locknuts (35). **Do not overtighten the Locknuts; the Dip Arm must be able to pivot easily.**

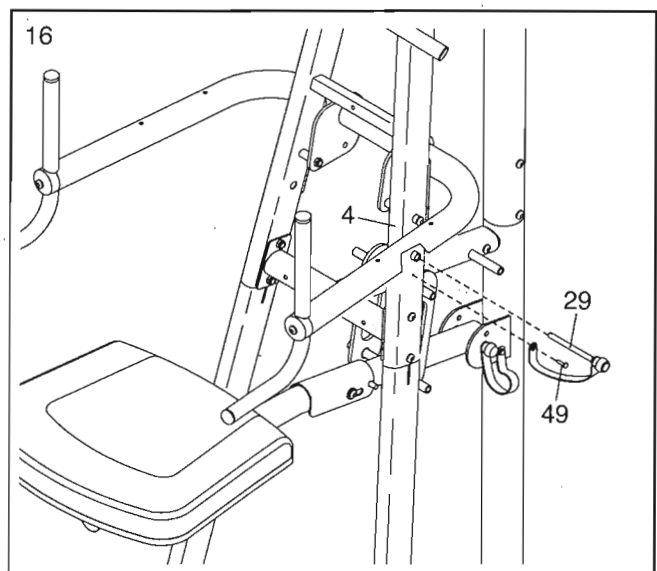


15. Attach a Dip Handle (13) to the Dip Arm (10) with a Dip Frame Cap (27) and an M10 x 53mm Patch Screw (53). **Attach the other Dip Handle (13) in the same way.**



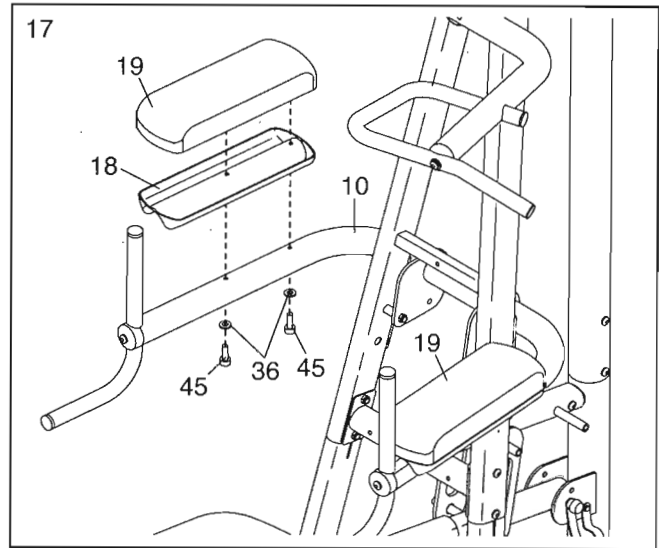
16. Insert an Adjustment Pin (29) into the Front Top Frame (4).

Attach the Adjustment Pin (29) to the Front Top Frame (4) with an M4 x 12mm Screw (49).

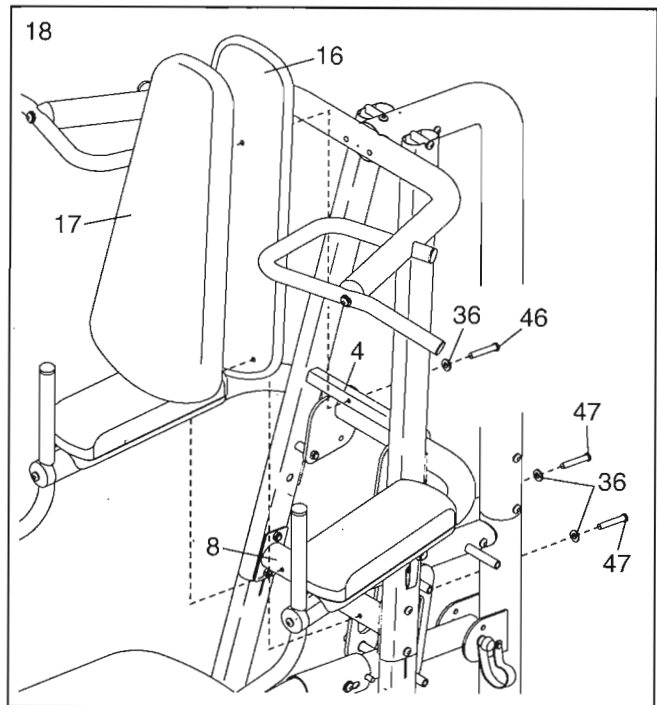


17. Attach an Armrest Cover (18) and an Armrest (19) to the Dip Arm (10) with two M6 x 70mm Button Screws (45) and two M6 Washers (36).

**Attach the other Armrest (19) and Armrest Cover (not shown) in the same way.**

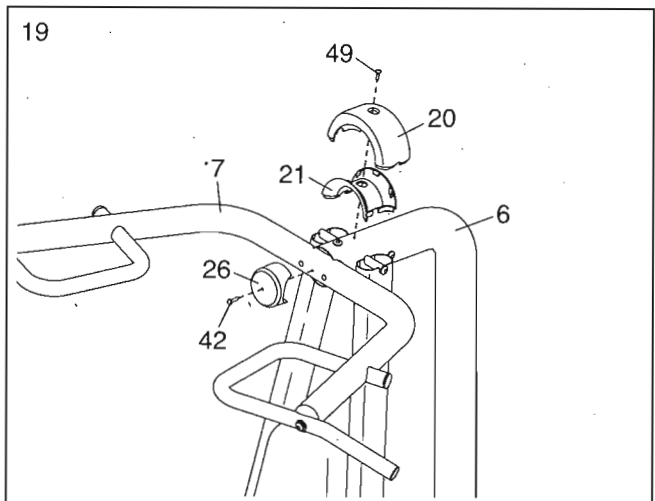


18. Attach the Backrest Cover (16) and the Backrest (17) to the Front Top Frame (4) and the Backrest Support (8) with an M6 x 43mm Button Screw (46), two M6 x 80mm Button Screws (47), and three M6 Washers (36).



19. Attach the Top and Bottom Frame Caps (20, 21) to the Rear Top Frame (6) with an M4 x 12mm Screw (49).

Attach the Pull-up Frame Cap (26) to the Pull-Up Frame (7) with an M4 x 25mm Screw (42).



20. **Make sure that all parts have been properly tightened before you use the exercise rack.**

# ADJUSTMENT

This section explains how to adjust the exercise rack. See the EXERCISE GUIDELINES on page 16 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

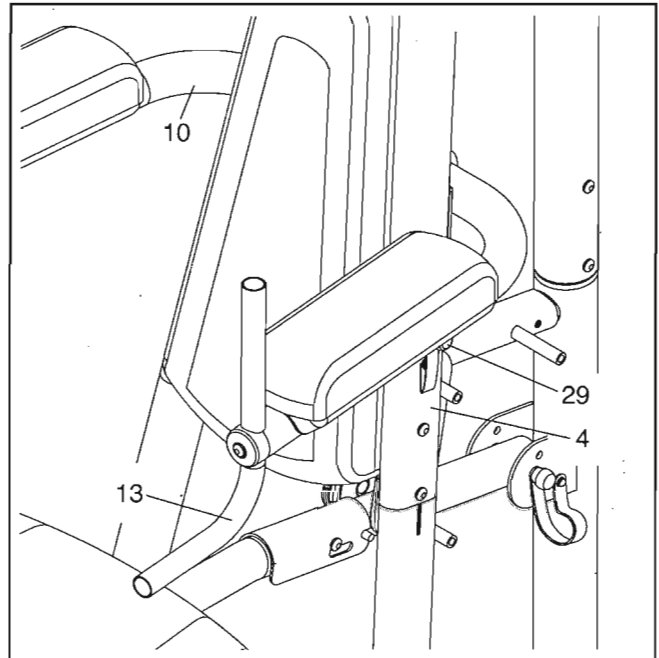
Make sure all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately. The exercise rack can be cleaned with a damp cloth and a mild, non-abrasive detergent; do not use solvents.

## ADJUSTING THE DIP ARM

To perform some exercises, the Dip Arm (10) should be locked in the up position.

Remove the indicated Adjustment Pin (29) and lift the Dip Handle (13). Engage the Adjustment Pin into the Front Top Frame (4) and the hole in the Dip Arm plate (not shown).

To use the Dip Arm (10), remove the Adjustment Pin (29) and lower the Dip Handle (13). Insert the Adjustment Pin into the Front Top Frame (4).



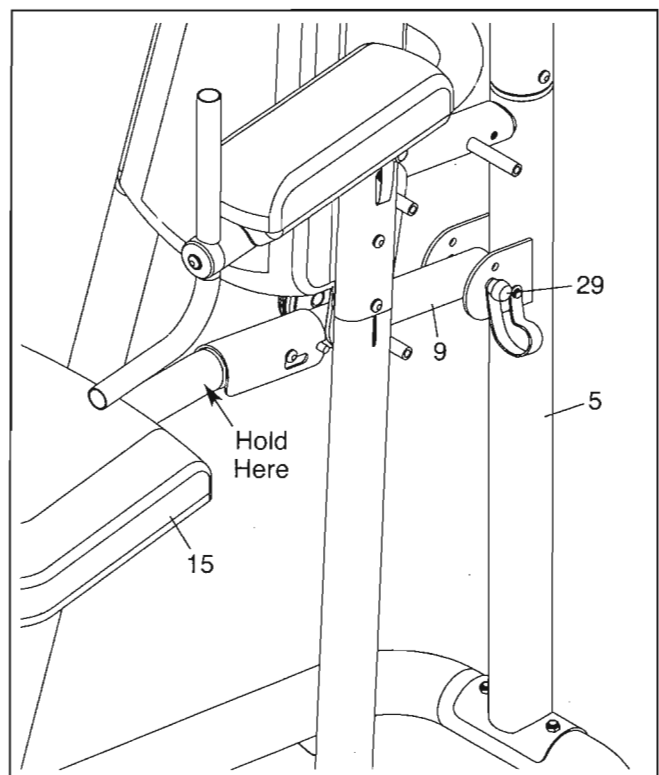
## ADJUSTING THE PIVOT ANGLE OF THE KNEE PAD

To change the pivot angle of the Knee Pad (15), first make sure that there are at least two resistance bands on the Assist Arm (9) (see USING THE RESISTANCE BANDS on page 15).

Next, hold the Assist Arm (9) in the indicated location and remove the indicated Adjustment Pin (29).

Then, align the hole in the Assist Arm (9) with the desired hole in the Rear Upright (5).

Finally, reengage the Adjustment Pin (29) into the Rear Upright (5) and the Assist Arm (9).

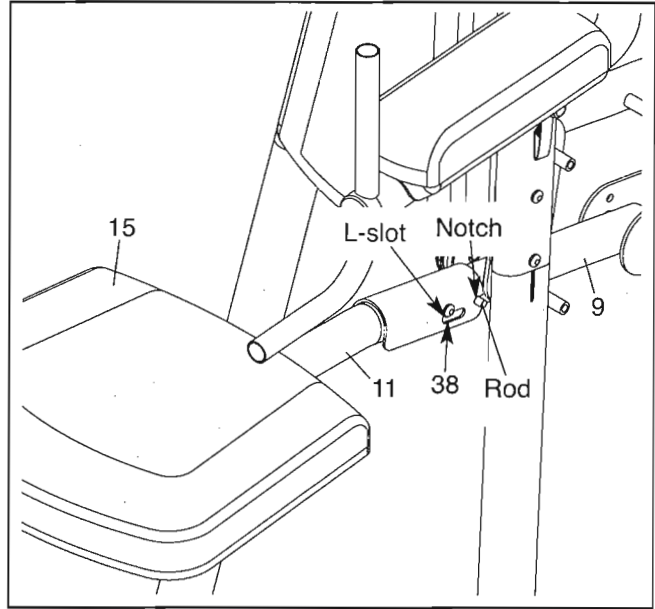


## ADJUSTING THE KNEE PAD

To adjust the Knee Pad (15) to the horizontal position, lift the Knee Pad so that the rod on the Assist Arm (9) is in the notch in the Pad Frame (11).

Then lower the Knee Pad (15) so that the 5mm Spacers (38) are in the top of the L-slot in the Pad Frame (11).

To move the Knee Pad (15) out of the way, lift the Knee Pad and slide the Pad Frame (11) forward, disengaging the rod on the Assist Arm (9). Lower the Knee Pad.

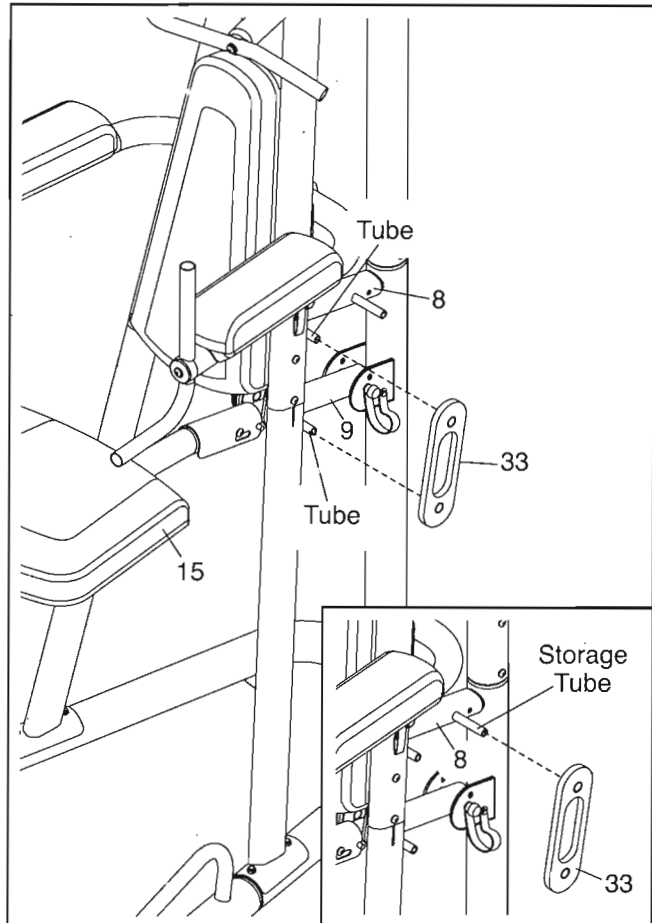


## USING THE RESISTANCE BANDS

To add resistance to the Assist Arm (9), slide a Resistance Band (33 or 32) onto the tubes on the Assist Arm and the Backrest Support (8).

See the inset drawing. You can store the Resistance Bands (33 or 32) on the storage tube located on the Backrest Support (8).

**WARNING:** Never use the Knee Pad (15) without at least one Resistance Band (32 or 33) connecting the Backrest Support (8) to the Assist Arm (9).



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# 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.

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**NOTES**

# PART LIST—Model No. GGBE1957.0

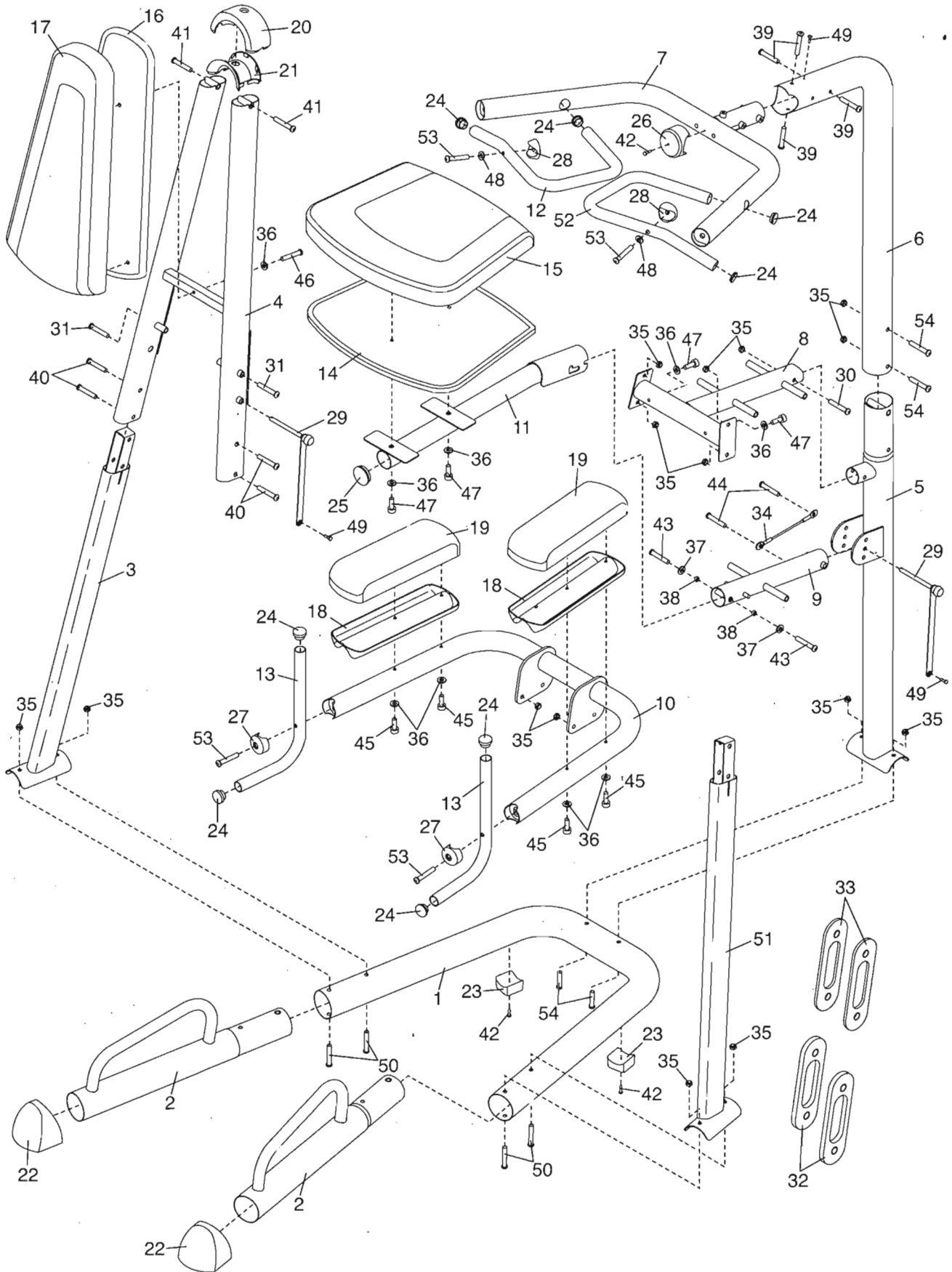
R1209A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	29	2	Adjustment Pin
2	2	Base Leg	30	1	M10 x 62mm Button Bolt
3	1	Right Front Upright	31	2	M10 x 100mm Button Bolt
4	1	Front Top Frame	32	2	25-pound Resistance Band
5	1	Rear Upright	33	2	15-pound Resistance Band
6	1	Rear Top Frame	34	1	Assist Arm Cable
7	1	Pull-up Frame	35	15	M10 Locknut
8	1	Backrest Support	36	9	M6 Washer
9	1	Assist Arm	37	2	M8 Washer
10	1	Dip Arm	38	2	5mm Spacer
11	1	Pad Frame	39	4	M8 x 15mm Button Screw
12	1	Right Pull-up Handle	40	4	M10 x 53mm Button Bolt
13	2	Dip Handle	41	2	M8 x 62mm Button Screw
14	1	Knee Pad Cover	42	3	M4 x 25mm Screw
15	1	Knee Pad	43	2	M8 x 20mm Button Screw
16	1	Backrest Cover	44	2	M8 x 25mm Patch Screw
17	1	Backrest	45	4	M6 x 70mm Button Screw
18	2	Armrest Cover	46	1	M6 x 43mm Button Screw
19	2	Armrest	47	4	M6 x 80mm Button Screw
20	1	Top Frame Cap	48	2	M10 Curved Washer
21	1	Bottom Frame Cap	49	3	M4 x 12mm Screw
22	2	Base Leg Cap	50	4	M10 x 90mm Button Bolt
23	2	Base Pad	51	1	Left Front Upright
24	8	29mm Round Inner Cap	52	1	Left Pull-up Handle
25	1	51mm Round Inner Cap	53	4	M10 x 53mm Patch Screw
26	1	Pull-up Frame Cap	54	4	M10 x 85mm Button Bolt
27	2	Dip Frame Cap	*	—	User's Manual
28	2	Pull-up Handle Cap	*	—	Assembly Tool

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

# EXPLODED DRAWING—Model No. GGBE1957.0

R1209A



## 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)

### LIMITED WARRANTY

**IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to [www.workoutwarehouse.com/registration](http://www.workoutwarehouse.com/registration).**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. 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 any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**