

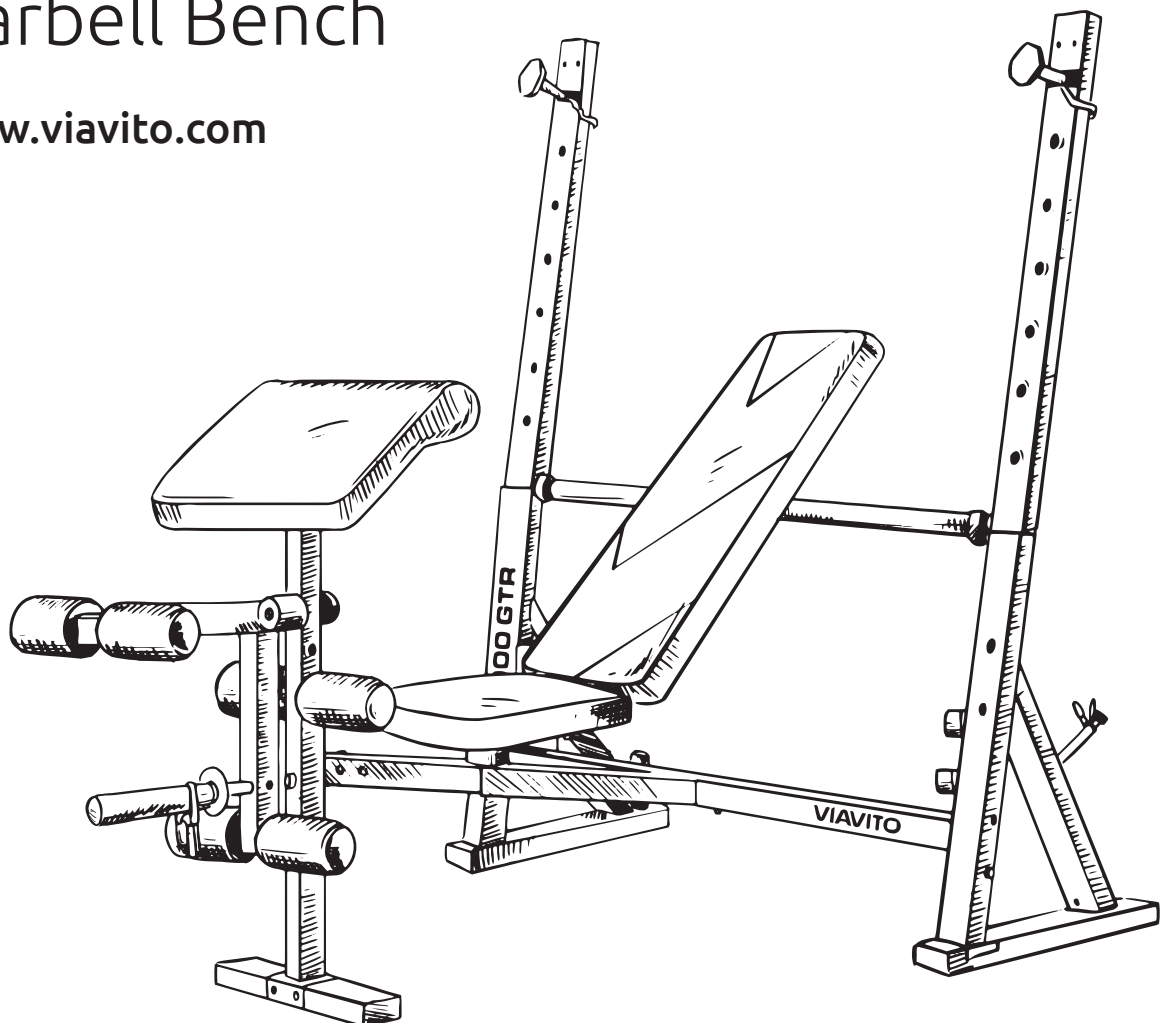
VIAVITO®

Owner's Manual.

VX1000

GTR Olympic
Barbell Bench

www.viavito.com



Manual version 1.1



Congratulations
on purchasing your
very own **VX1000**
GTR Olympic Barbell
Bench.

You have chosen a high-quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner’s manual as it will help you to get the most out of your new piece of equipment.

For more information, or if you require any assistance please email us at **support@viavito.com**

Safety Standards:

The weight bench conforms to the following standard:
EVS-EN ISO 20957-4:2016
(Class H: Domestic Use)



Manual Contents

Safety Information	03/05
Assembly	06/26
Product Overview	06
Part Identification Chart	07
Before You Begin	08
Assembly Instructions	09/23
Adjustments	24/26
Conditioning Guidelines	27/30
Beginner’s Guide to Exercise	28
Stretching Guide	29/30
Customer Support	31/32
Contact Information	31
Manufacturer’s Warranty	32
Technical Information	33/35
Exploded Diagram	33
Parts List	34
Space Required	35

Safety Information

- Please read all the instructions carefully before using this product.
- Retain this manual for future reference.
- The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you operate your machine. In particular, note the following safety precautions:

- 01** Check all the bolts, nuts and other connections before using the bench for the first time and ensure that it has been built correctly and is safe to be used.
- 02** It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
- 03** The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
- 04** Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet.
- 05** Make sure that there is enough room around the weight bench to mount, dismount, and use the weight bench (at least 0.6m in all directions).
- 06** Make sure the set screw attaching the Olympic adapter is properly tightened each time the adapter is used.
- 07** Keep hands and feet away from moving parts.
- 08** Always set both weight rests at the same height.
- 09** Choking hazard! Keep small parts and polybags away from children.
- 10** Periodically check all bolts, nuts and other connections to make sure that they are secure and in good working condition.
- 11** Damaged or worn parts may be dangerous for users and the integrity of the weight bench. Replace worn or damaged components immediately and do not use the bench until any issues have been resolved. Use only spare parts supplied by Viavito.
- 12** Unauthorized repairs or altering the bench's design or functions may be dangerous and will void the warranty.
- 13** WARNING! Inappropriate use of this machine such as while under the influence of drugs or alcohol, not in line with instructions or excessive usage, may result in serious injury or death.
- 14** Disabled persons should not use this equipment without a qualified person or physician in attendance.



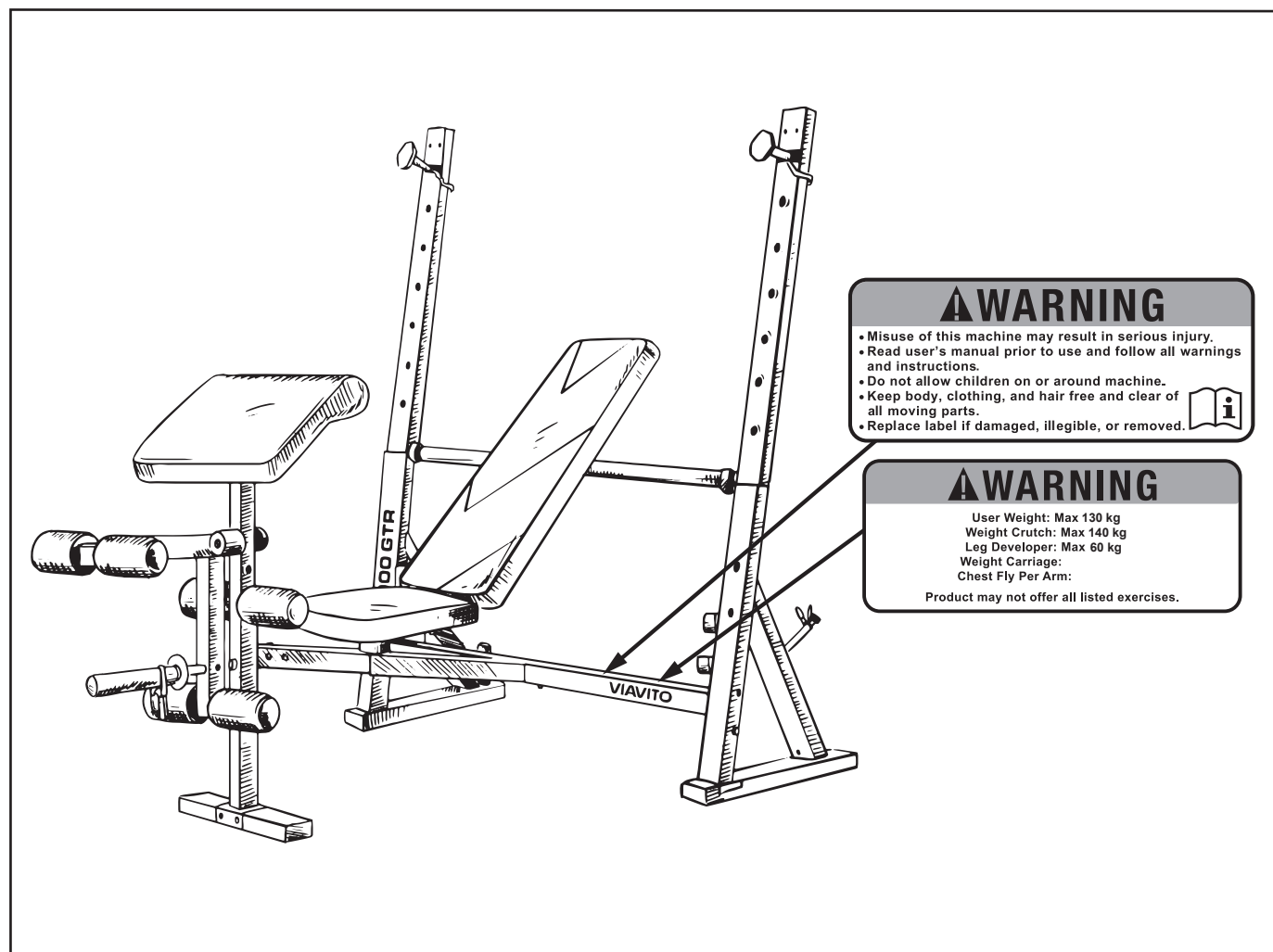
- 15** Children and pets shall not play unsupervised on or near the weight bench.
- 16** Always wear appropriate workout clothing when exercising. Sports shoes are required when using this equipment.
- 17** Always place an equal amount of weight on each side of the barbell.
- 18** The weight bench is designed to support a maximum user weight of 130kg and a maximum total weight of 270kg. Do not place more than 140kg, including a barbell, on the weight rest. Do not place more than 60kg on the leg lever. Note: The weight bench is designed for use with both 1" and 2" weight plates. The weight bench does not include a barbell or weights.
- 19** Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
- 20** If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

WARNING: Before beginning using this equipment or doing any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.

Viavito assumes no responsibility for personal injury and/or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS.

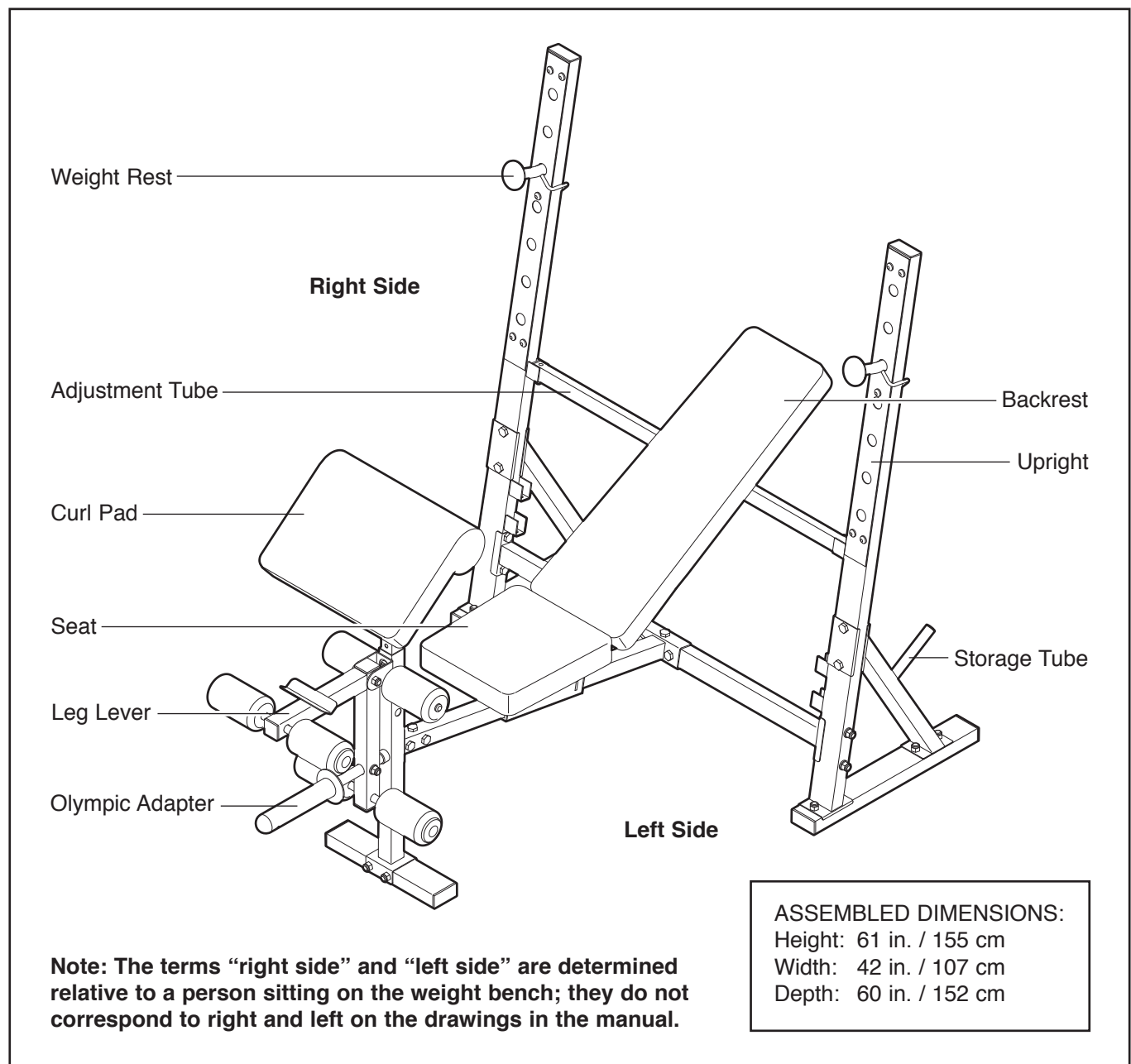
Warning Decal Placement



Assembly

Product Overview

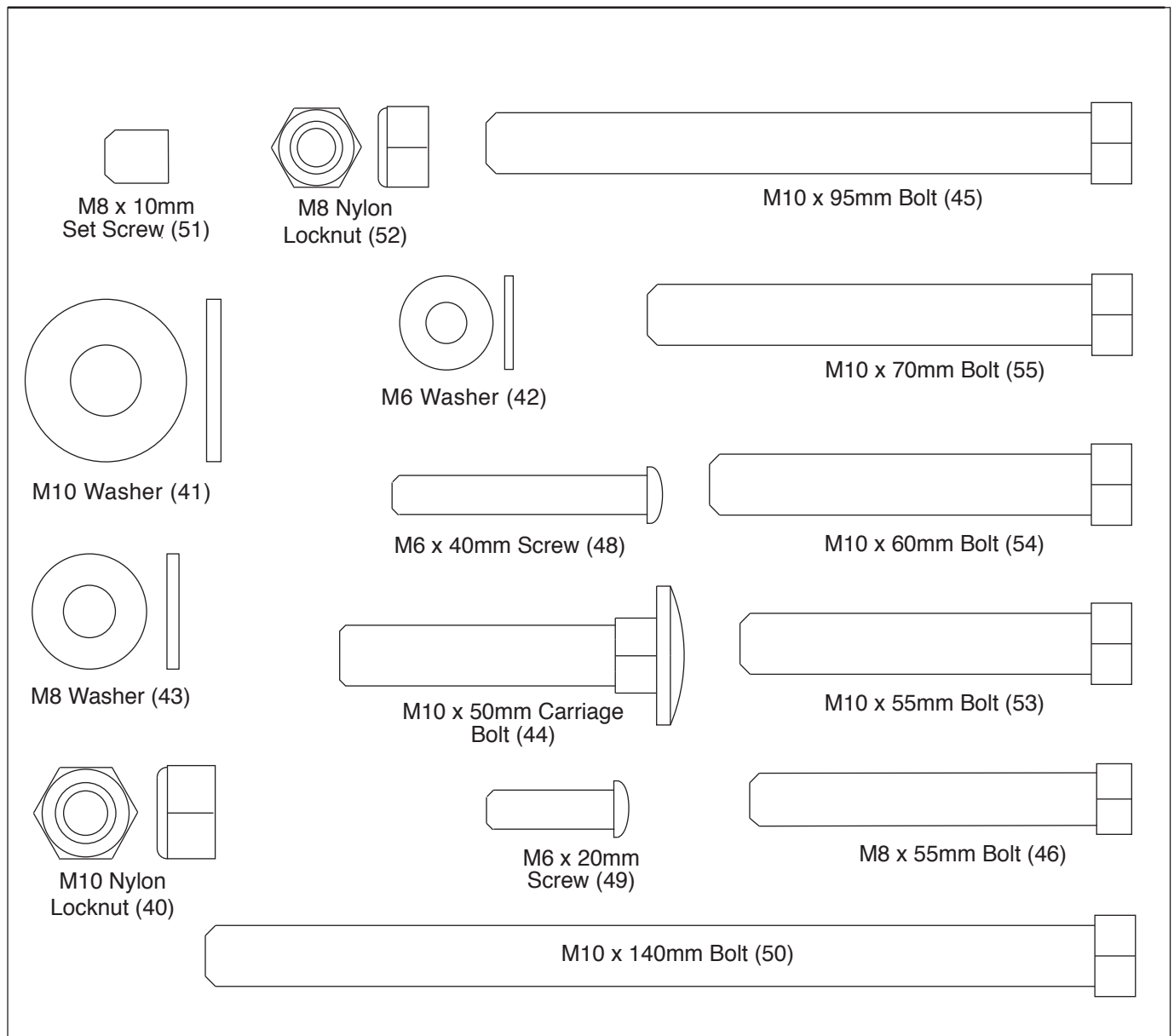
Thank you for selecting the Viavito VX1000 GTR Olympic Barbell Bench. This manual will guide you through the assembly process.



Part Identification Chart

Refer to the drawings below to identify small parts used in assembly. The number in brackets by each drawing is the key number of the part, from the Parts List on page 34.

Note: Some small parts may have been preattached. If a part is not in the hardware kit, check if it has been preattached.



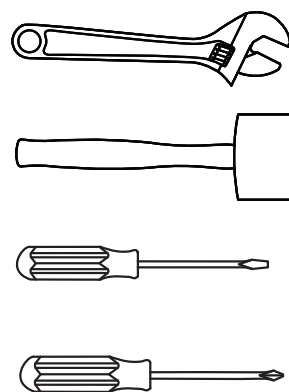


Before You begin

Before beginning assembly, carefully read the following information and instructions:

- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Assembly requires two people.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 7.

The included grease and the following tools (not included) may be required for assembly:



- 2 adjustable wrenches
- 1 rubber mallet
- 1 standard screwdriver
- 1 Phillips screwdriver

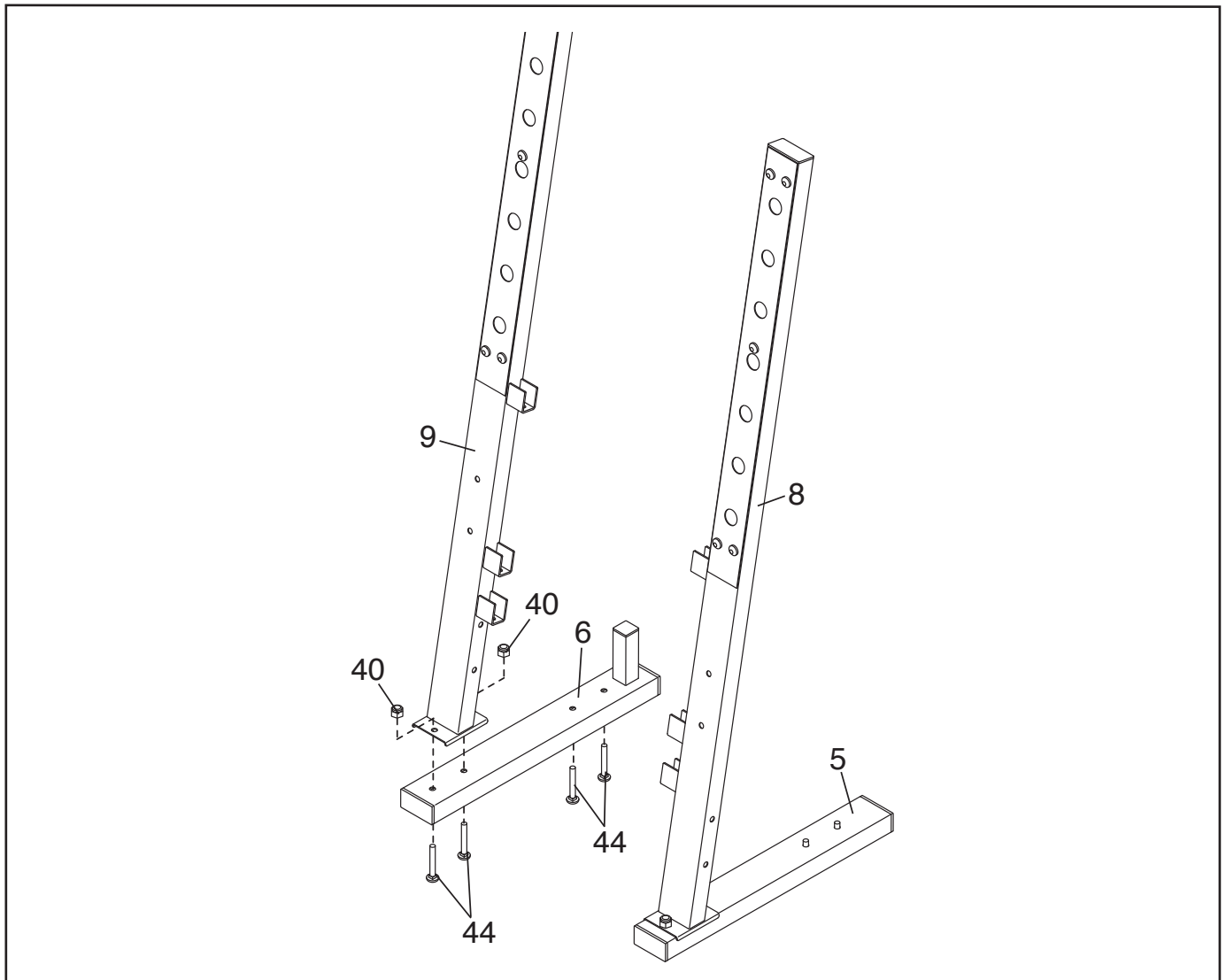
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

Assembly Instructions

Step One.

- 01** Insert four M10 x 50mm Carriage Bolts (44) up through the Right Rear Stabilizer (6). Attach the Right Upright (9) to the Stabilizer with the Carriage Bolts and two M10 Nylon Locknuts (40).
Do not tighten the Nylon Locknuts yet.

- 02** Repeat this step with the Left Rear Stabilizer (5) and the Left Upright (8).

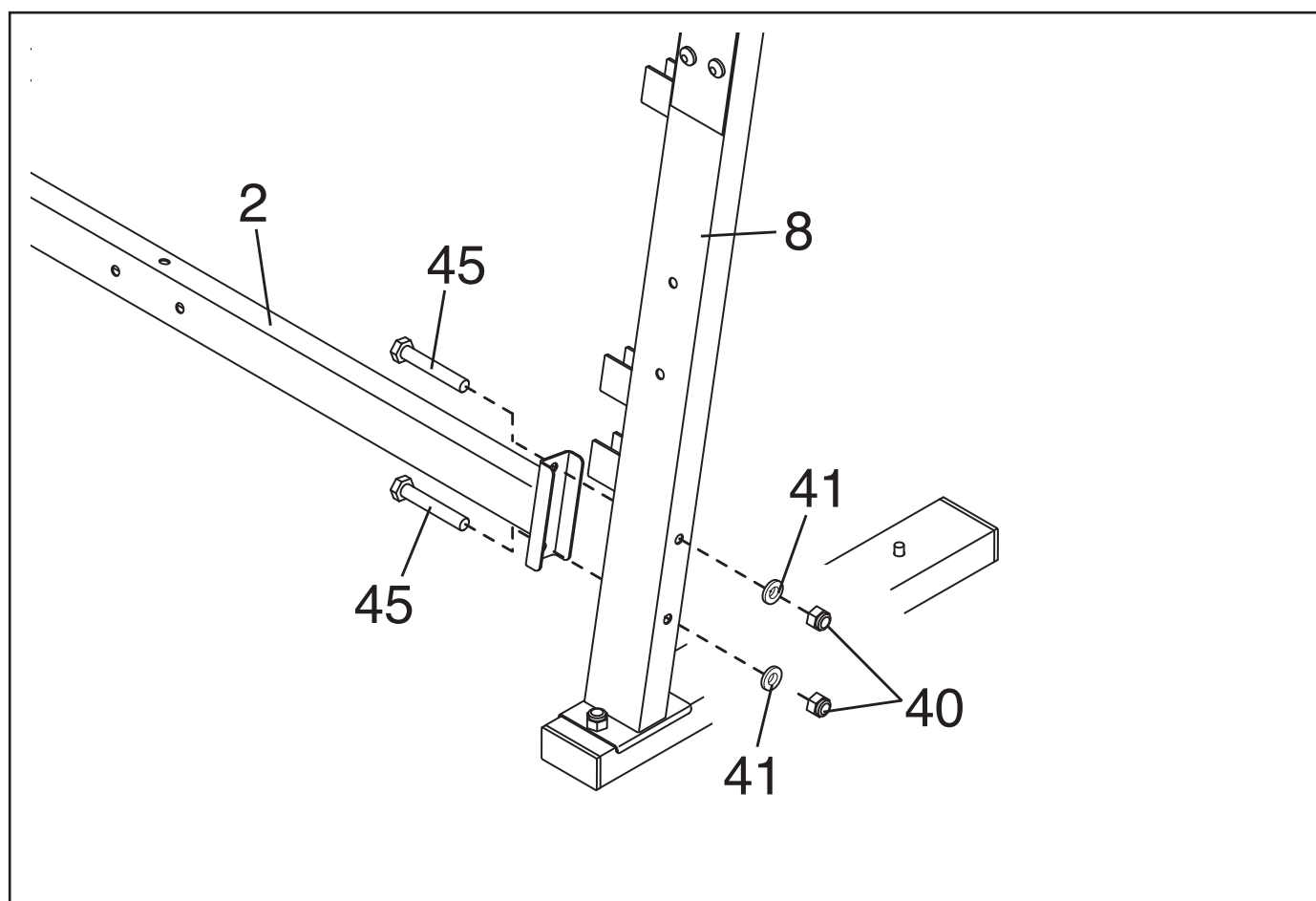


Step Two.

01 Attach the Crossbar (2) to the Left Upright (8) with two M10 x 95mm Bolts (45), two M10 Washers (41) and two M10 Nylon Locknuts (40).

Do not tighten the Nylon Locknuts yet.

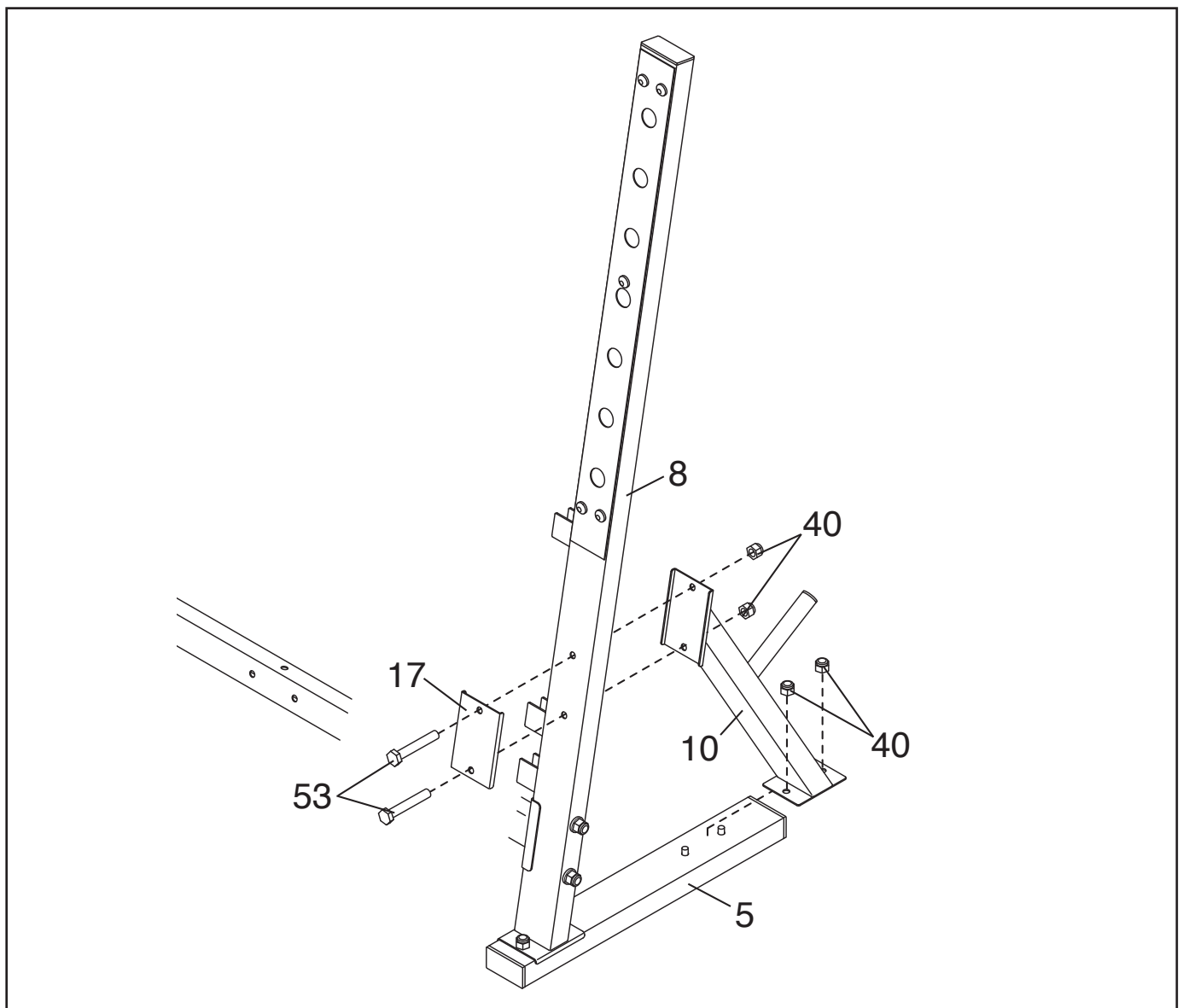
02 Repeat this step with the Right Upright (not shown).



Step Three.

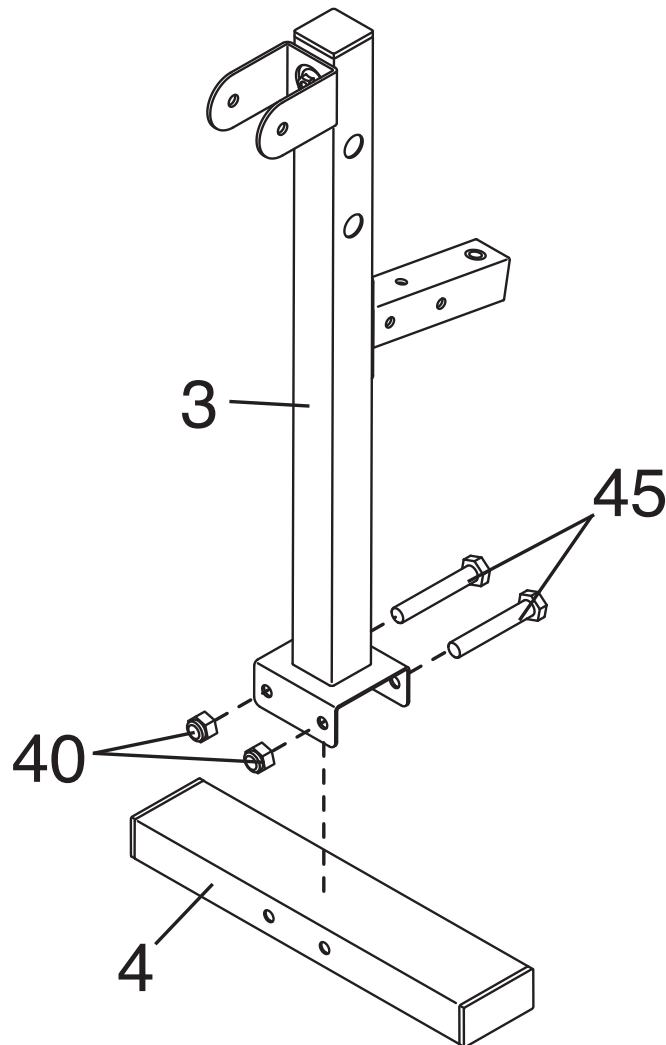
01 Attach the Left Rear Support (10) to the Left Upright (8) and the Left Rear Stabilizer (5) with two M10 x 55mm Bolts (53), an Upright Bracket (17) and four M10 Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

02 Repeat this step with the Right Upright (not shown) and the Right Rear Stabilizer (not shown).



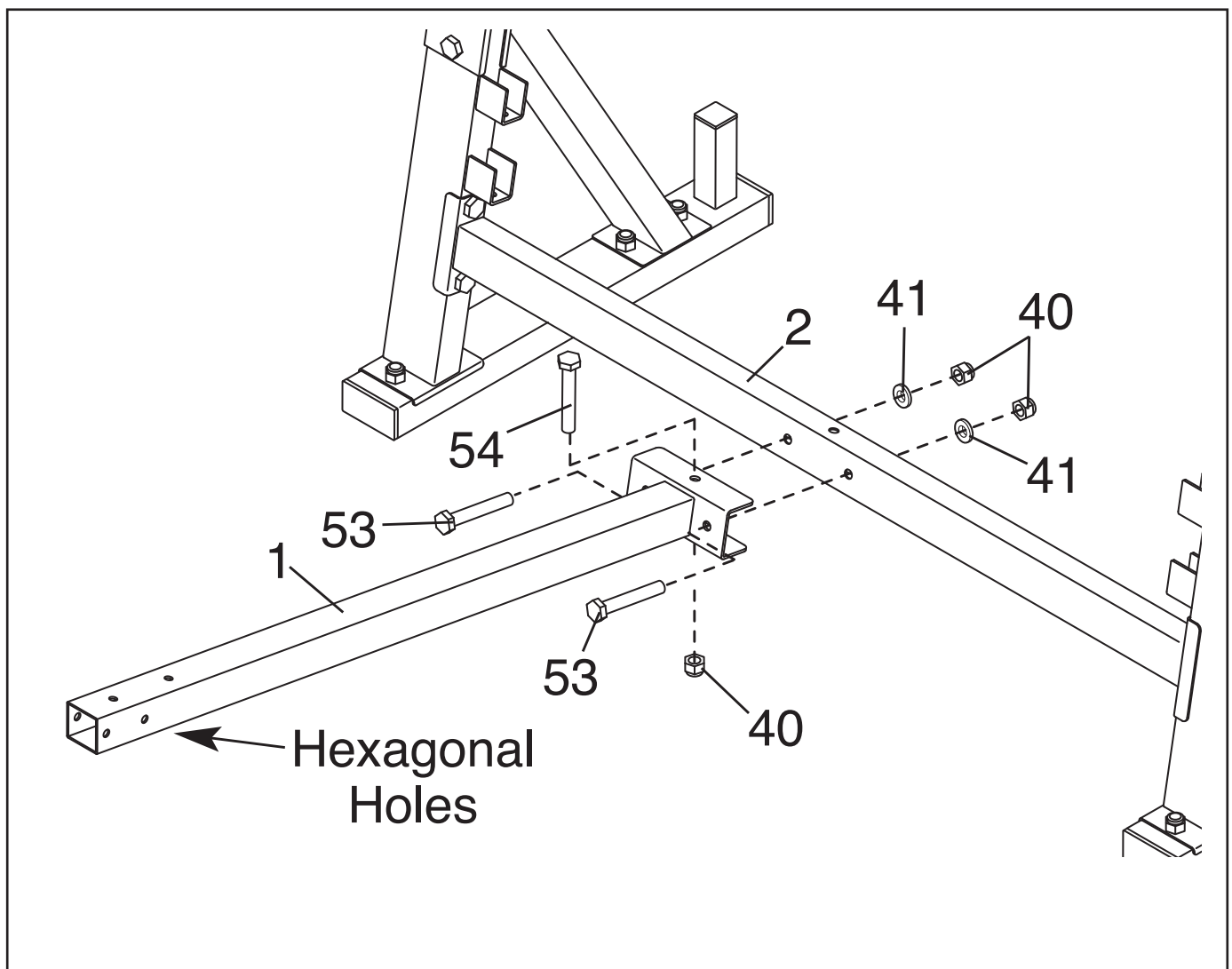
Step Four.

- 01** Attach the Front Leg (3) to the Front Stabilizer (4) with two M10 x 95mm Bolts (45) and two M10 Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**



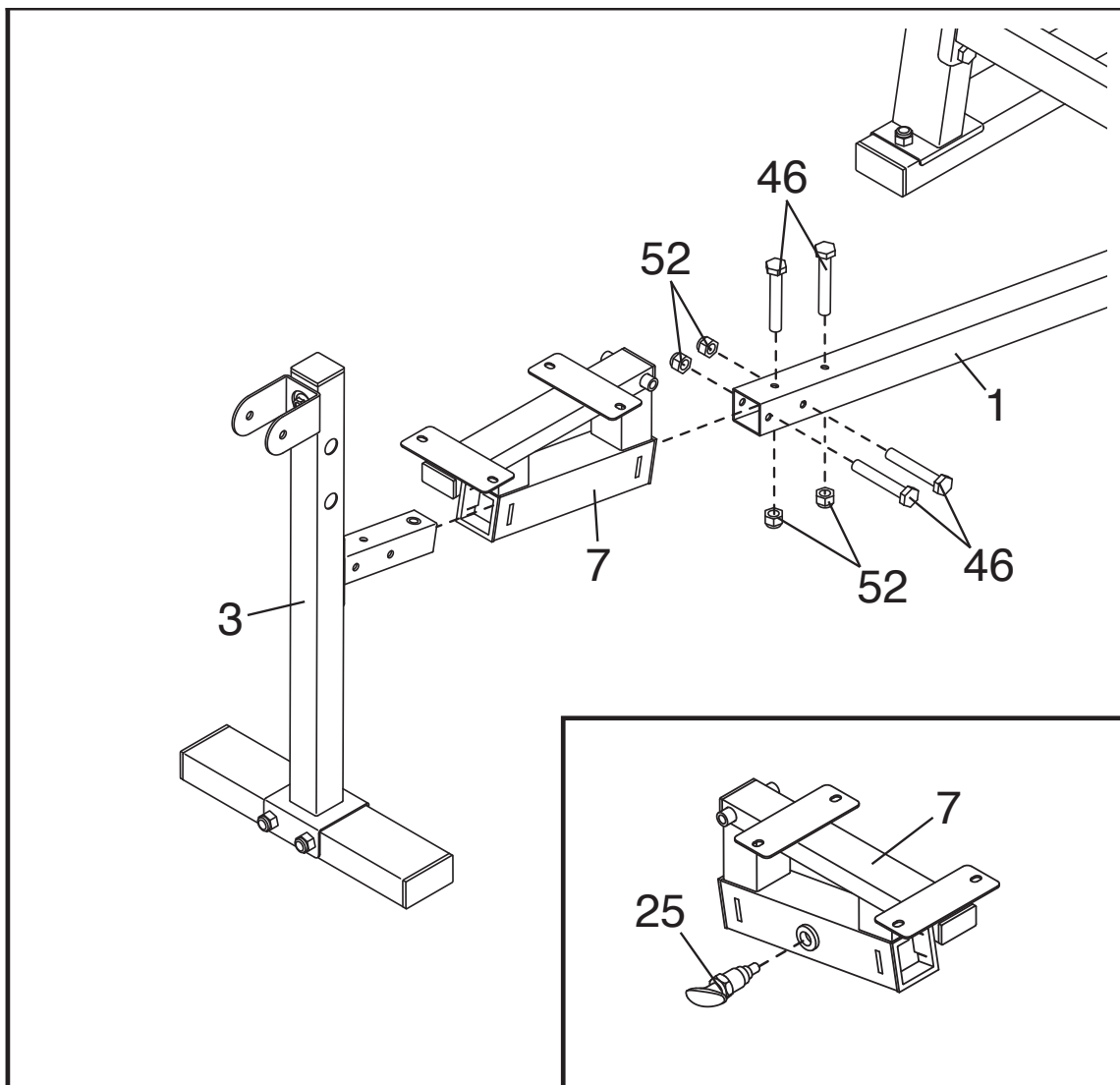
Step Five.

- 01** Orient the Seat Frame (1) so that the hexagonal holes are on the bottom. Attach the Seat Frame to the Crossbar (2) with two M10 x 55mm Bolts (53), two M10 Washers (41), two M10 Nylon Locknuts (40), an M10 x 60mm Bolt (54) and an M10 Nylon Locknut (40). **Do not tighten the Nylon Locknuts yet.**



Step Six.

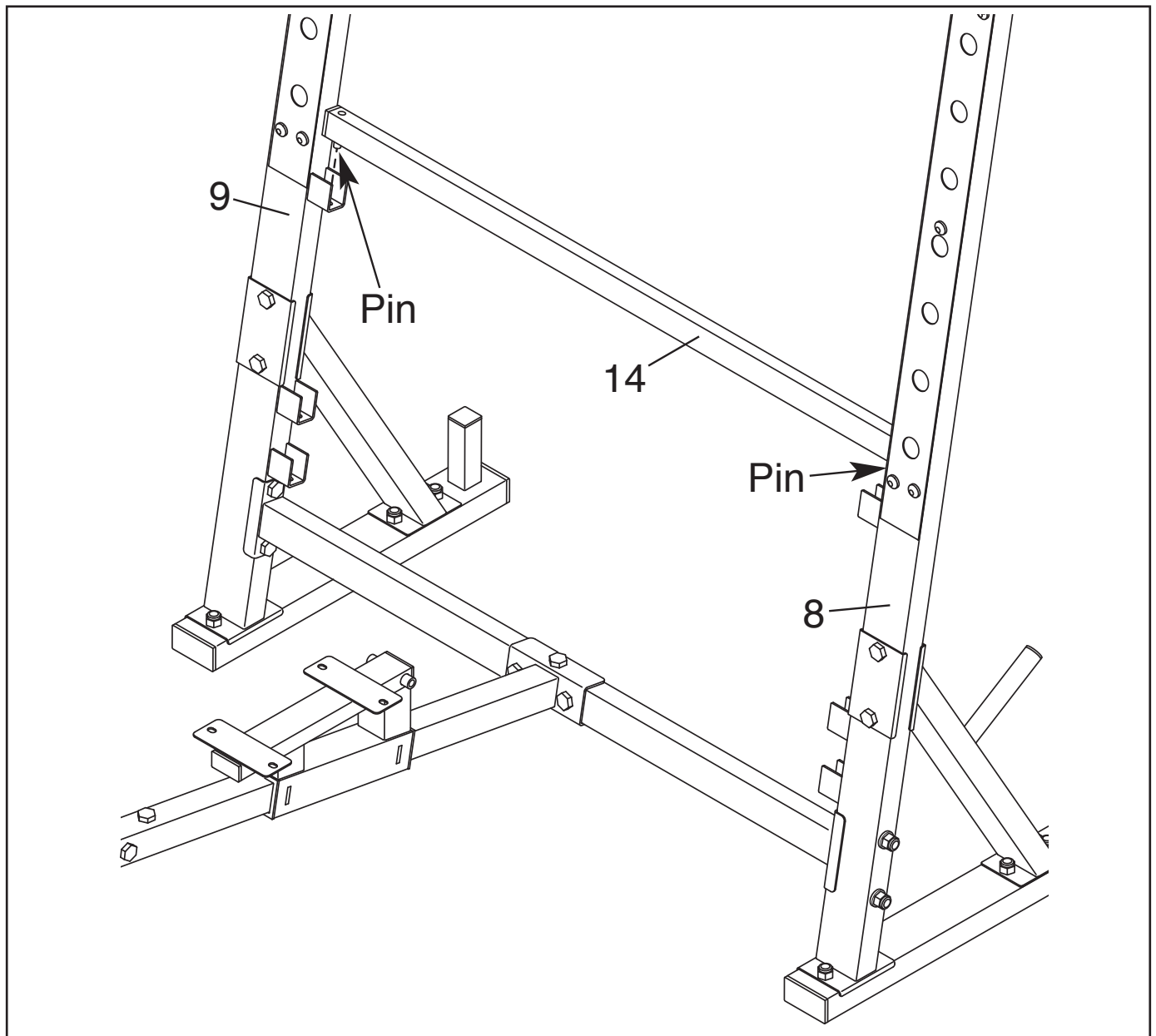
- 01 See the inset drawing.** Tighten the "T"-handle (25) into the Seat Carriage (7).
- 02** Pull the "T"-handle (25) out as far as it will go and slide the Seat Carriage (7) onto the Seat Frame (1).
- 03** Attach the Front Leg (3) to the Seat Frame (1) with four M8 x 55mm Bolts (46) and four M8 Nylon Locknuts (52). **Do not tighten the Nylon Locknuts yet.**



Step Seven.

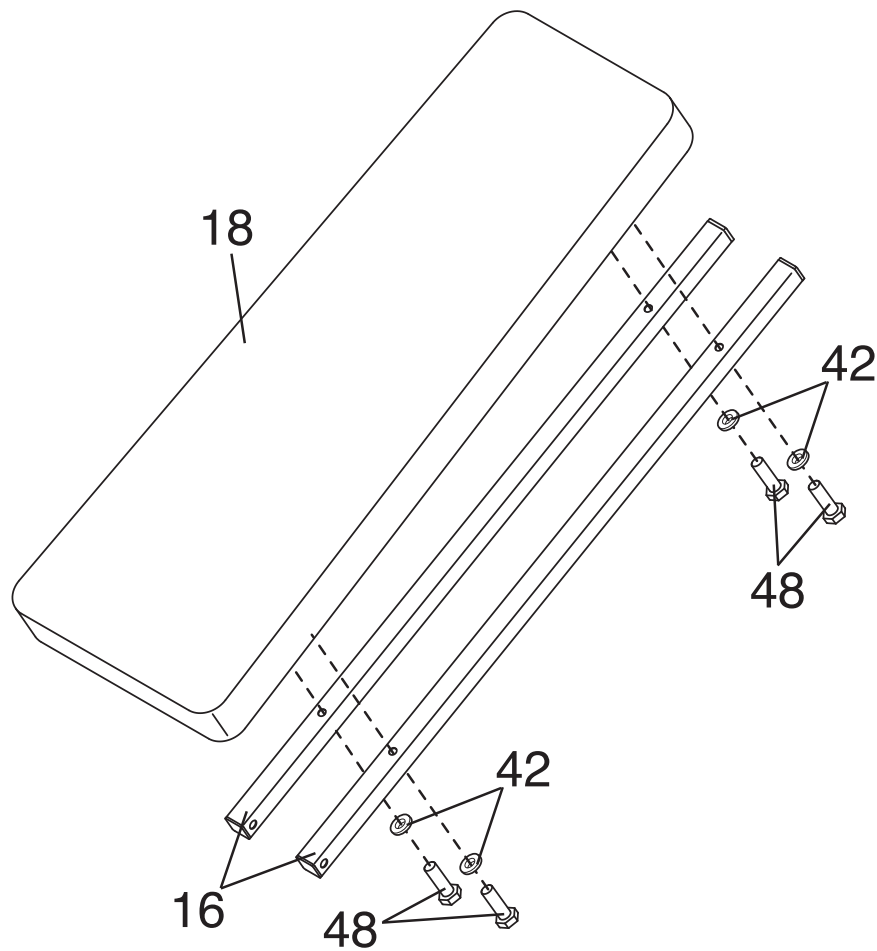
01 Set the pins on the Adjustment Tube (14) down into a set of brackets on the Left and Right Uprights (8, 9).

02 Tighten the M10 Nylon Locknuts (40) used in steps 1–5, and the M8 Nylon Locknuts (52) used in step 6.



Step Eight.

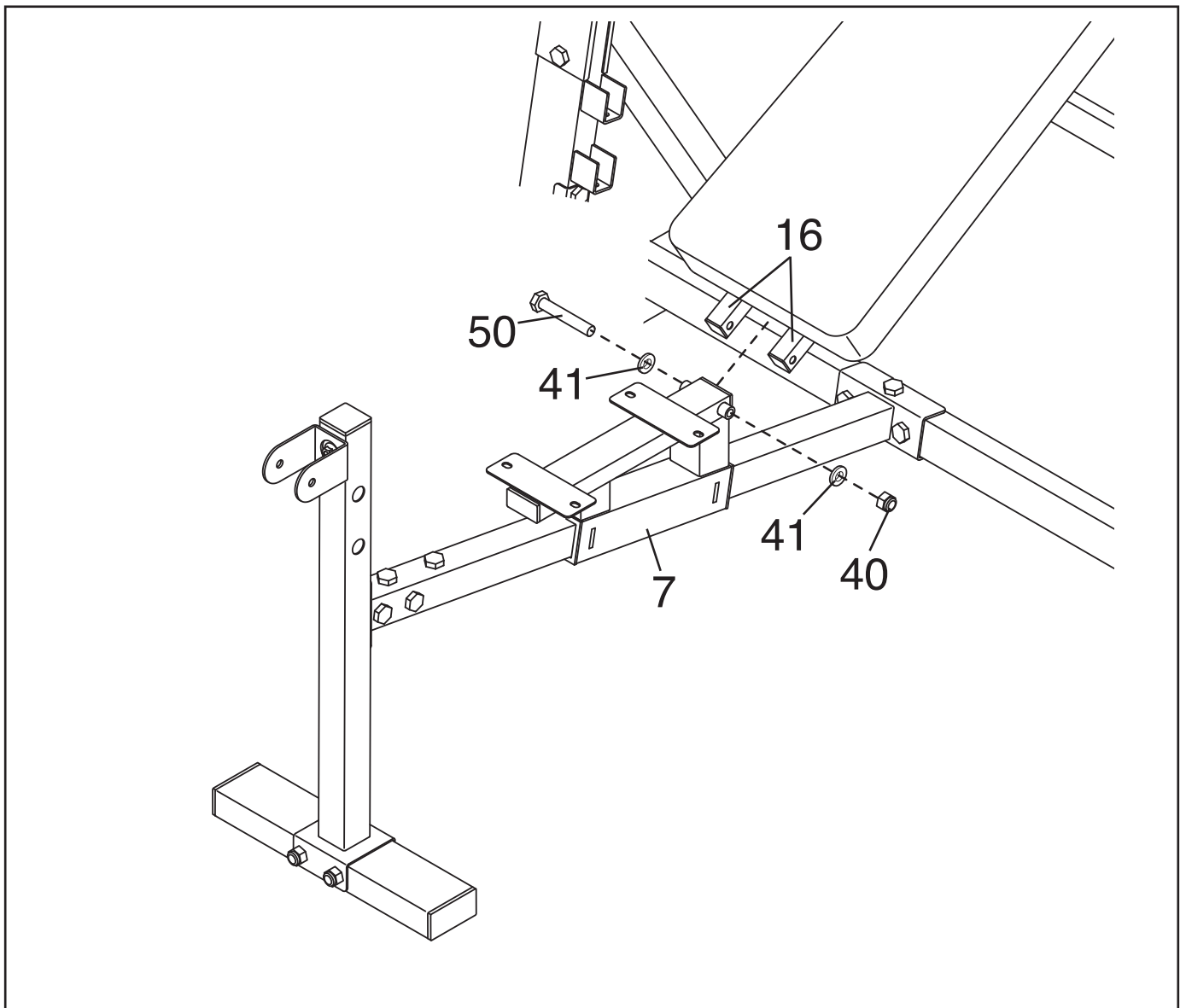
- 01** Attach the Backrest (18) to the two Backrest Frames (16) with four M6 Washers (42) and four M6 x 40mm Screws (48). **Do not tighten the Screws yet.**



Step Nine.

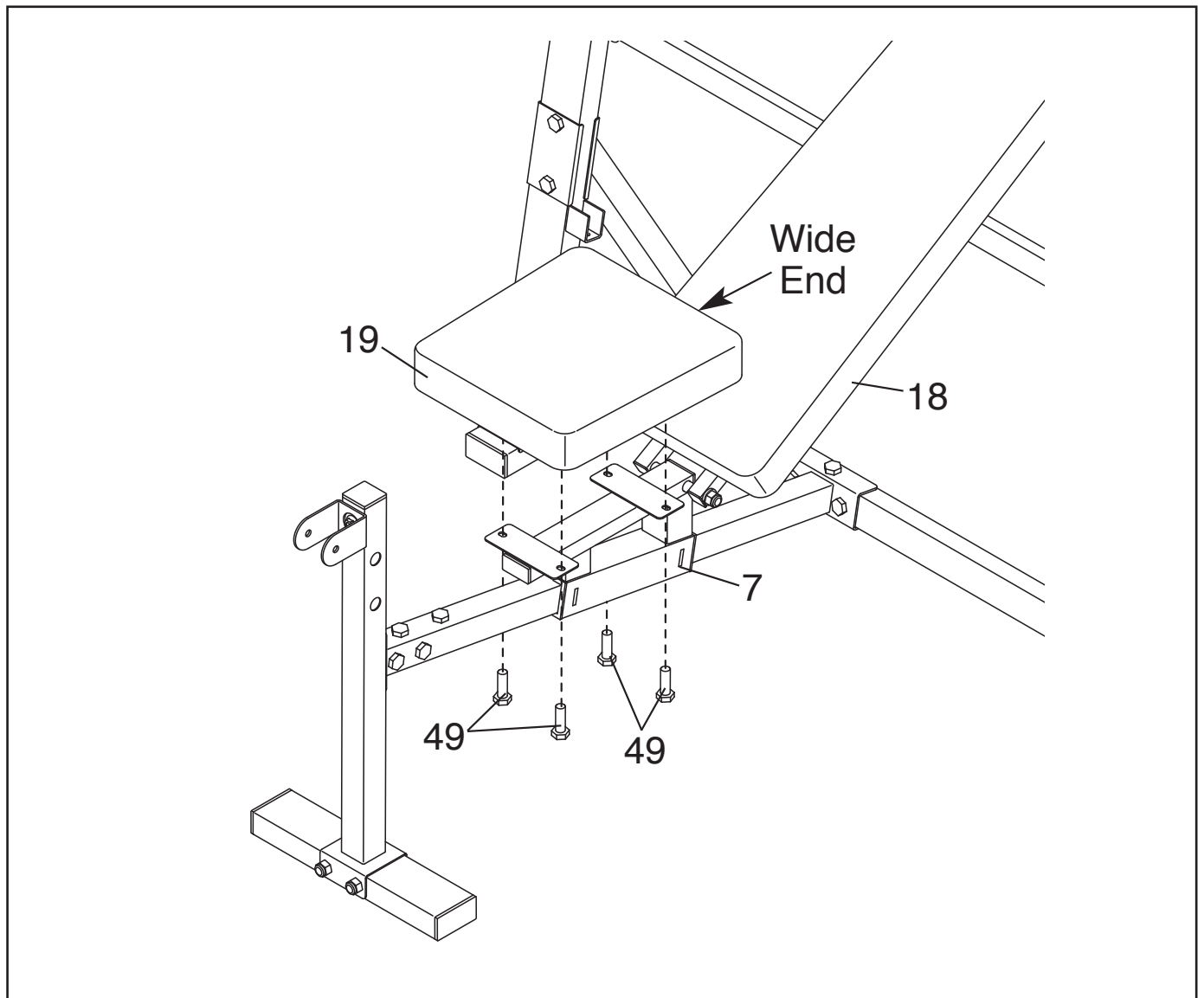
01 Grease an M10 x 140mm Bolt (50). Attach the Backrest Frames (16) to the Seat Carriage (7) with the Bolt, two M10 Washers (41), and an M10 Nylon Locknut (40). **Do not overtighten the Nylon Locknut; the Backrest Frames must be able to pivot easily.**

02 Tighten the four M6 x 40mm Screws (48) used in step 8.



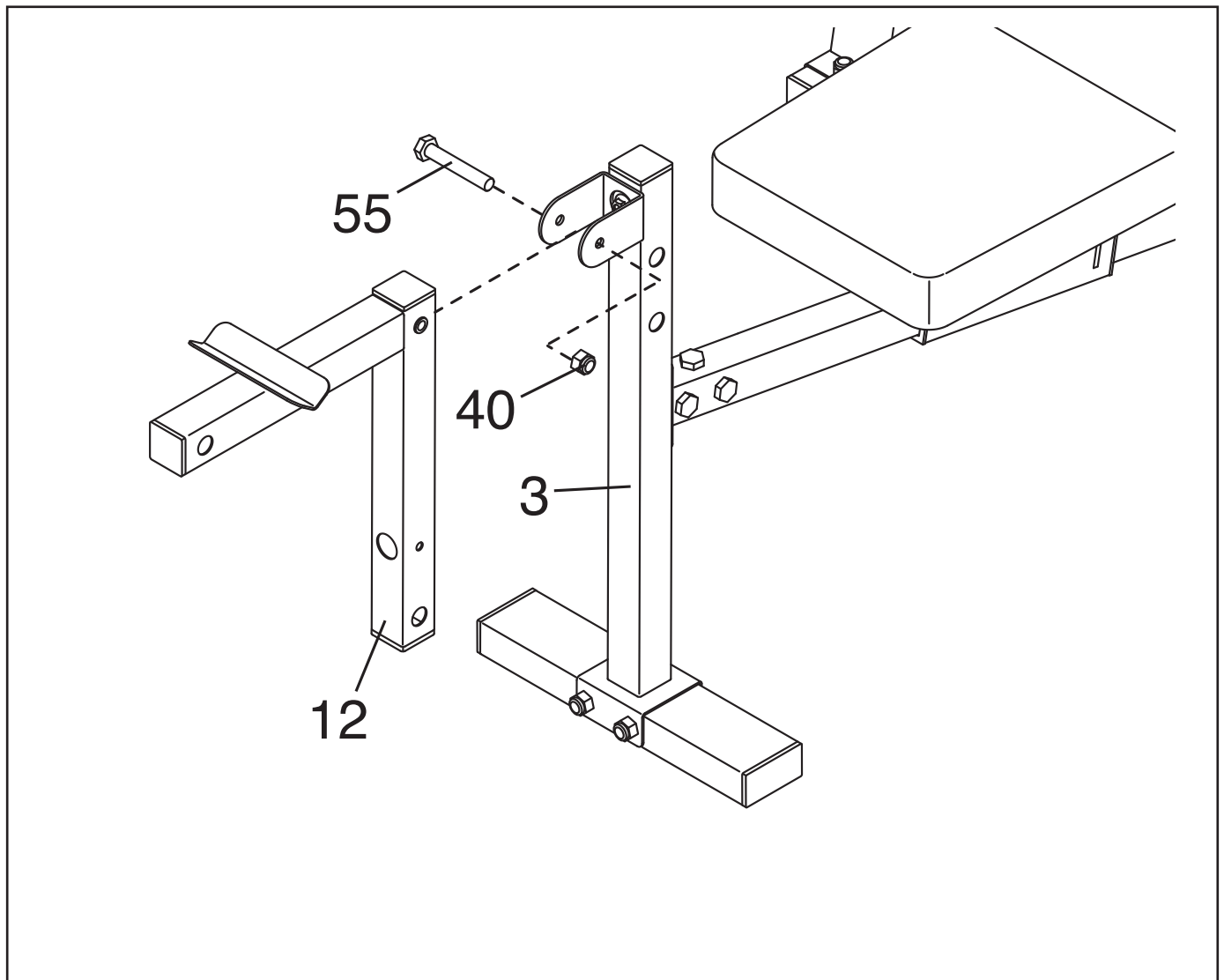
Step Ten.

- 01** Orient the Seat (19) with the wide end toward the Backrest (18). Attach the Seat to the Seat Carriage (7) with four M6 x 20mm Screws (49).



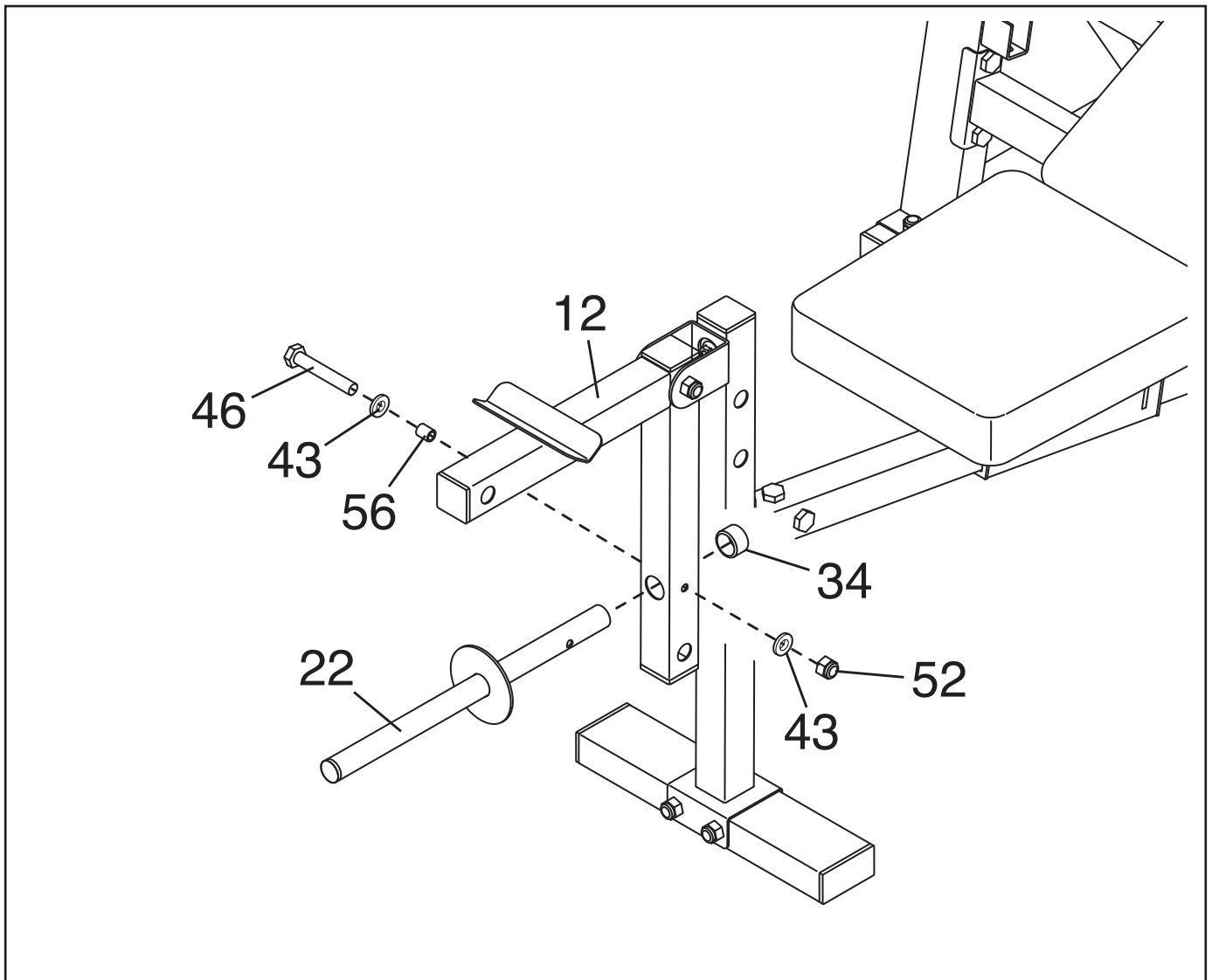
Step Eleven.

- 01** Grease an M10 x 70mm Bolt (55). Attach the Leg Lever (12) to the Front Leg (3) with the Bolt and an M10 Nylon Locknut (40). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot easily.**



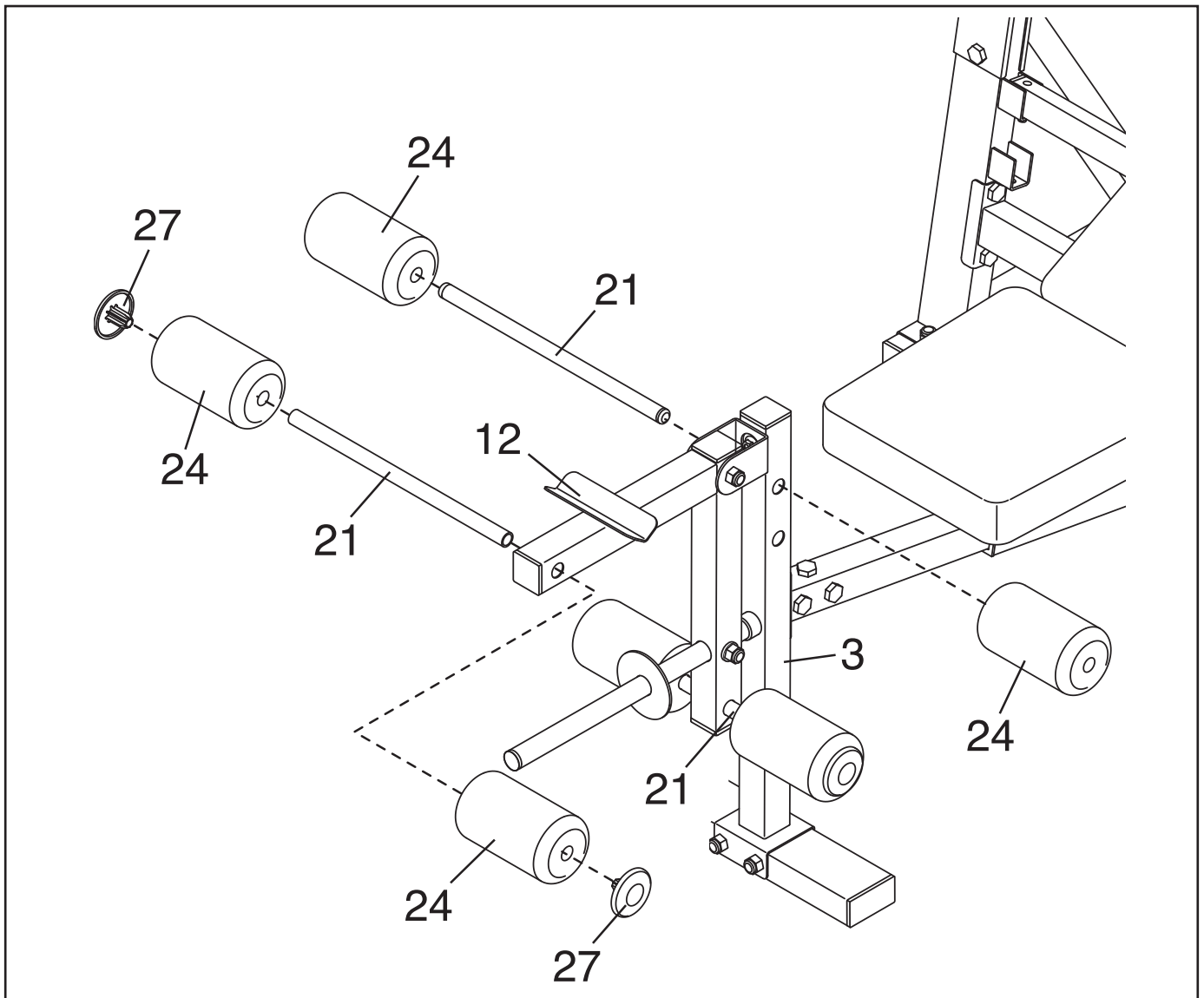
Step Twelve.

- 01** Attach the Weight Tube (22) to the Leg Lever (12) with an M8 x 55mm Bolt (46), two M8 Washers (43), a Weight Tube Bushing (56) and an M8 Nylon Locknut (52).
- 02** Press the 25mm Round Outer Cap (34) onto the end of the Weight Tube (22).



Step Thirteen.

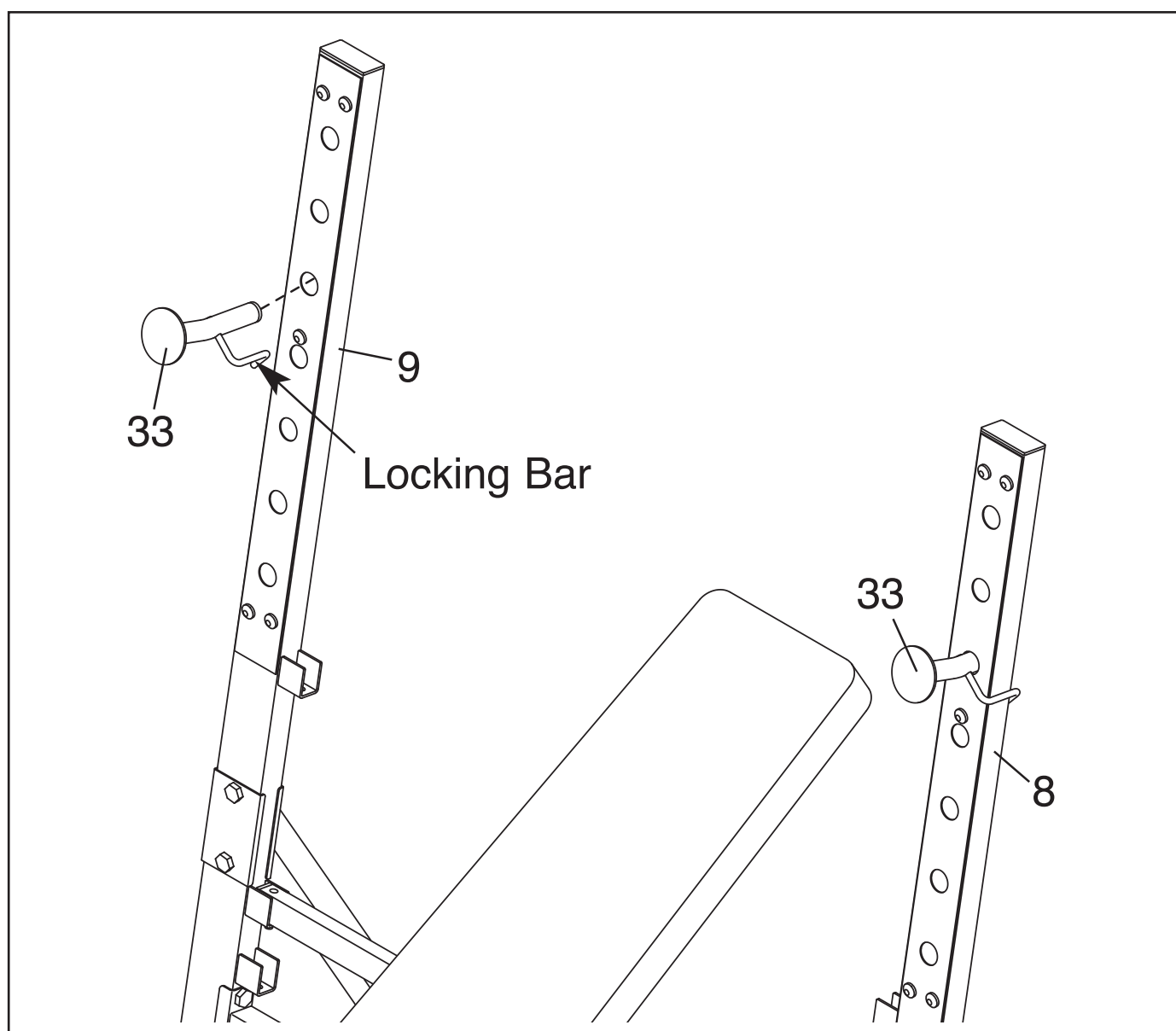
- 01** Insert a Pad Tube (21) into either hole in the Front Leg (3). Slide two Foam Pads (24) onto the Pad Tube.
- 02** Insert a Pad Tube (21) into the upper hole in the Leg Lever (12). Slide two Foam Pads (24) onto the Pad Tube. Press a Large Pad Tube Cap (27) into each end of the Pad Tube.
- 03** Repeat this step with the other Pad Tube (21) and the Leg Lever (12).



Step Fourteen.

01 Insert a Weight Rest (33) into the Right Upright (9) and engage the locking bar around the Right Upright.

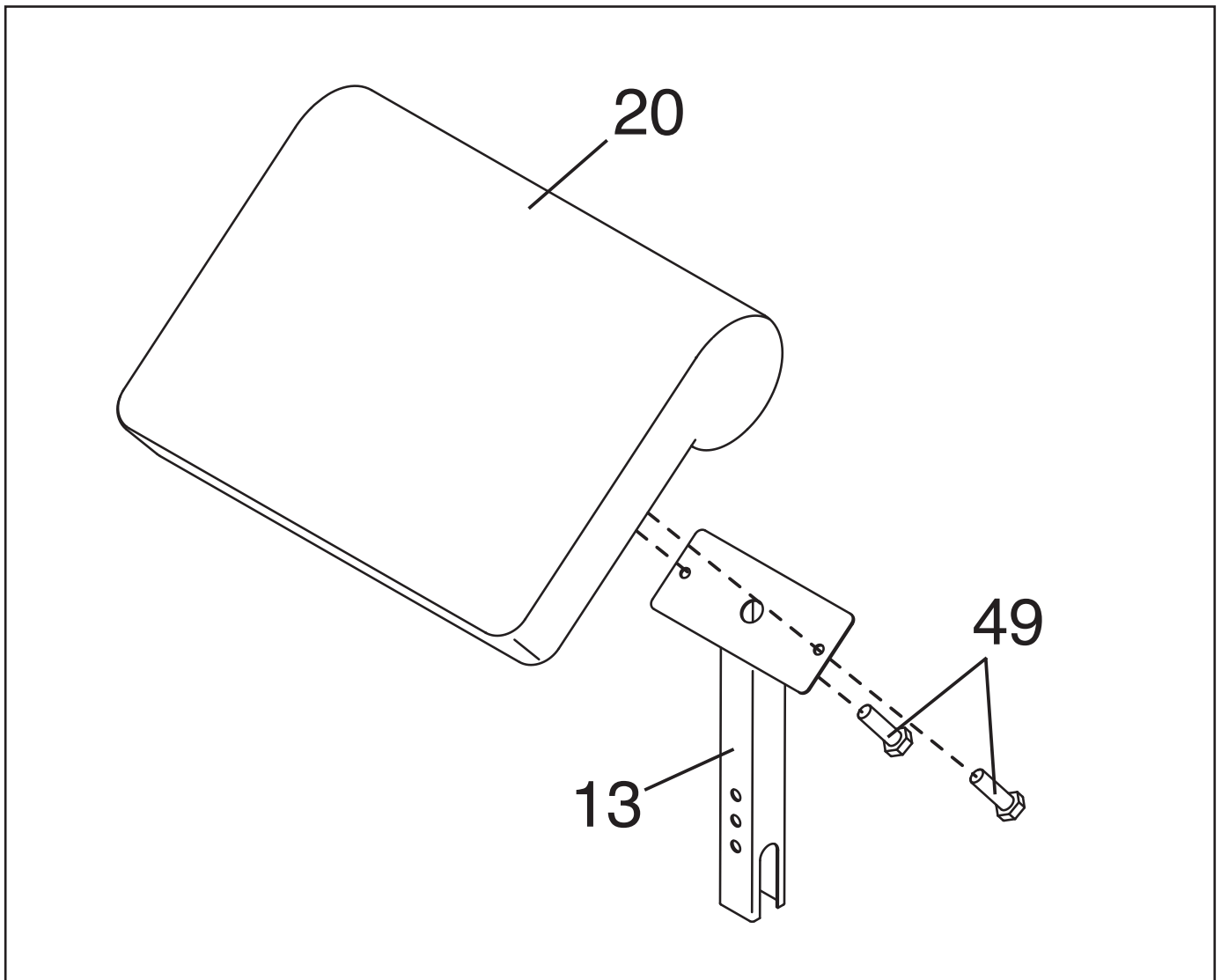
02 Repeat this step with the other Weight Rest (33) and the Left Upright (8).



Step Fifteen.

01 Attach the Curl Pad (20) to the Curl Post (13) with two M6 x 20mm Screws (49).

02 Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.



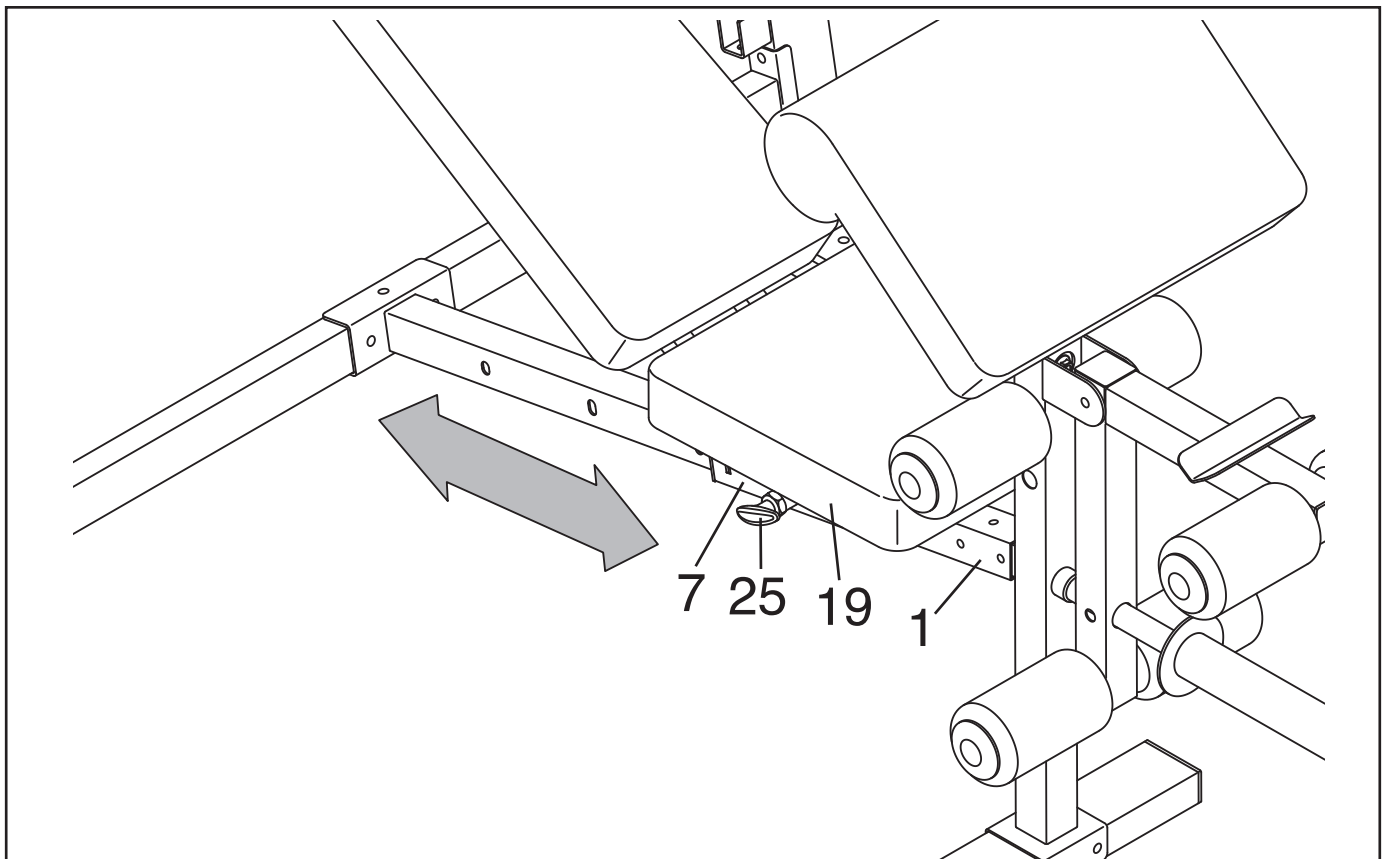
Adjustments

This section explains how to adjust the weight bench. See the Conditioning Guidelines on page 27 to exercise safely.

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

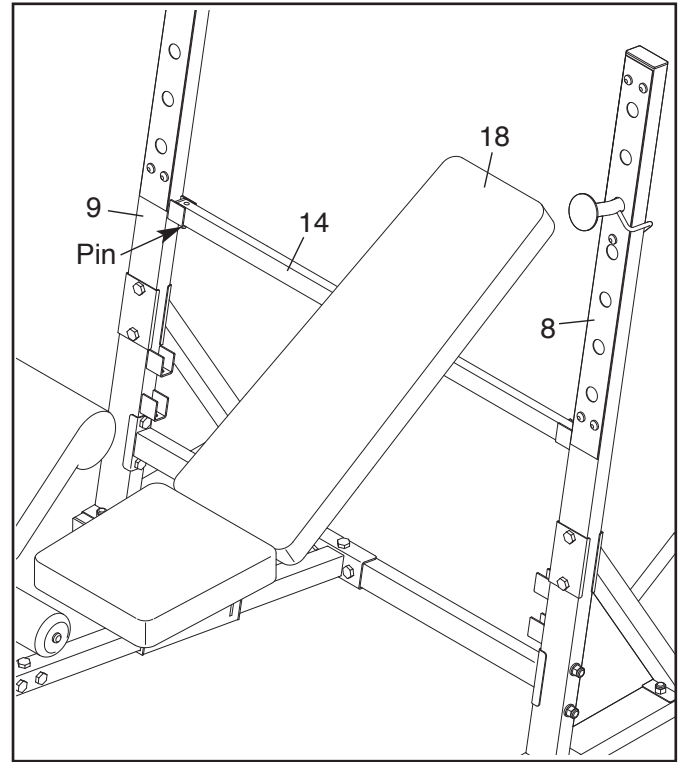
ADJUSTING THE SEAT ADJUSTMENT TUBE

To move the Seat (19), loosen the "T"- handle (25) and pull it out as far as it will go. Slide the Seat Carriage (7) to the desired location and engage the "T"- handle into the Seat Frame (1). Retighten the "T"- handle.



ADJUSTING THE BACKREST

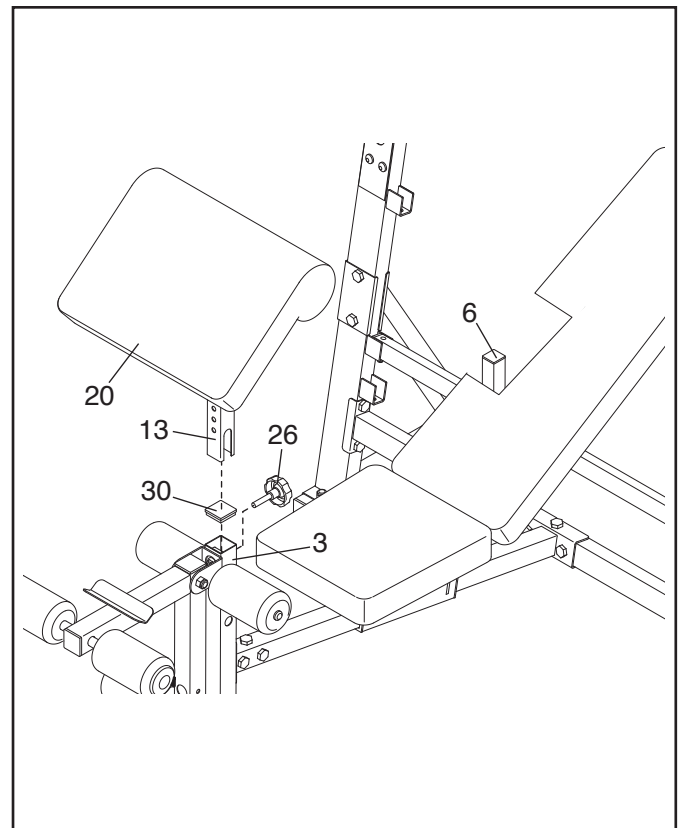
To adjust the position of the Backrest (18), first move the seat carriage to the desired position (see ADJUSTING THE SEAT ADJUSTMENT TUBE above). Next, move the Adjustment Tube (14) to the desired height. Make sure the pins on the Adjustment Tube are inserted into a set of brackets on the Uprights (8, 9). Then, lower the Backrest onto the Adjustment Tube.



ATTACHING THE CURL POST

Remove the 44mm Square Inner Cap (30) from the Front Leg (3). Insert the Curl Post (13) into the Front Leg and align the holes in the Front Leg and the Curl Post. Then, secure the Curl Post with the Curl Post Knob (26). **Make sure that you fully tighten the Curl Post Knob.**

When performing exercises that do not require the Curl Pad (20), remove the Curl Post (13) from the Front Leg (3) and store it in the storage tube on the Right Rear Stabilizer (6). Press the 44mm Square Inner Cap (30) into the Front Leg.

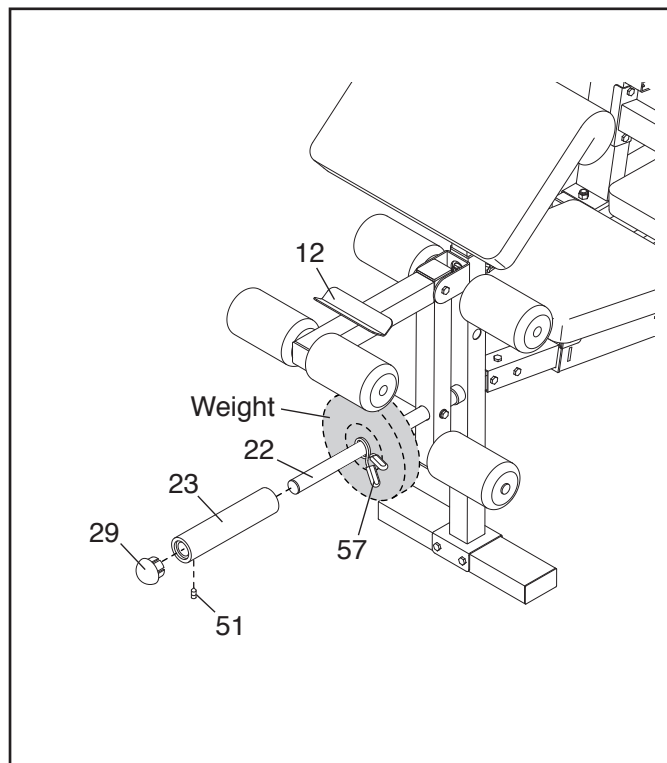


ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (12), slide the desired weights (not included) onto the Weight Tube (22). Secure the weights with a 1" Spring Clip (57).

To use Olympic weights, press the Olympic Adapter Cap (29) into the Olympic Adapter (23). Attach the Olympic Adapter to the Weight Tube (22) with the M8 x 10mm Set Screw (51). Make sure the Set Screw is on the bottom of the Olympic Adapter. Secure your weights with the 2" Spring Clip (not shown).

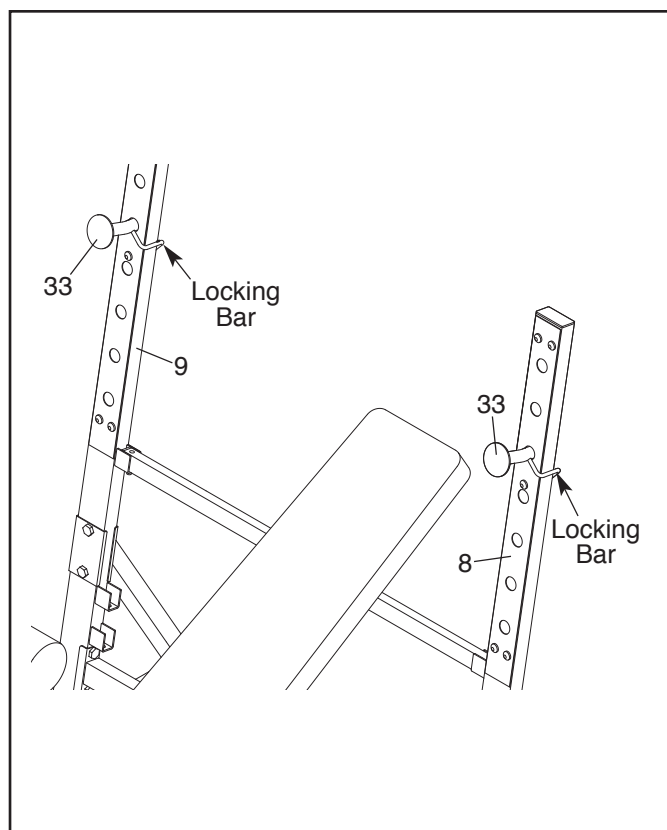
WARNING: Do not place more than 60kg on the Weight Tube (22). Secure your weights with Spring Clips (57, 58).



ADJUSTING THE WEIGHT RESTS

To use a barbell (not included) with the weight bench, first move the Weight Rests (33) to the correct height for the exercise to be performed. Engage the locking bars around the Left and Right Uprights (8, 9).

WARNING: Always place both Weight Rests (33) at the same height. Make sure the locking bars are securely wrapped around the Left and Right Uprights (8, 9) before setting a barbell on them. Do not place more than 140kg, including a barbell, on the Weight Rests (33).





Conditioning Guidelines

The following guidelines will help you to plan your exercise program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

Why exercise?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

Beginner's Guide to Exercise

If you're beginning an exercise program for the first time or starting a new exercise program, you must check with your doctor that you are fit to do so, particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- You are over 35 and do not currently exercise.
- You are pregnant or are a new mother.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

Workout tips

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

How to begin

- Start with two or three 15-minute sessions per week with a rest day between workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- Increase the intensity to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each workout with a 5-minute cool-down. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.

How hard should you work?

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

Stretching Guide

Tips for stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate the ankles, bend the knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, creating warmth which makes the muscles more supple.
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

Warm-up and cool-down

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warm-up

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

Stretching

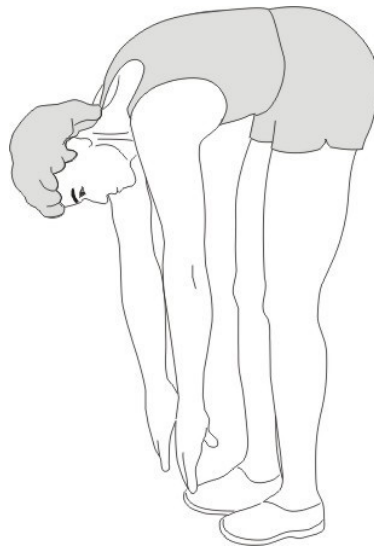
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

Do not bounce or over-stretch. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



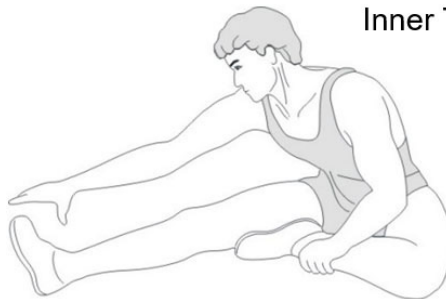
Side Stretch



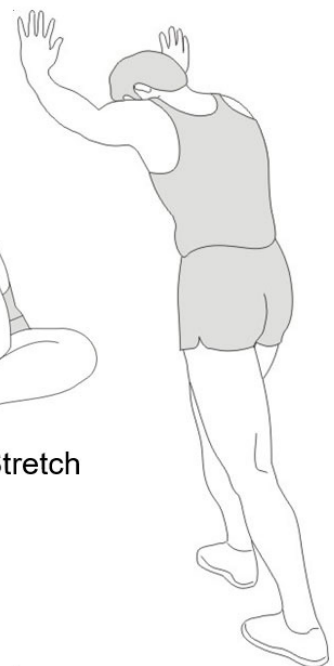
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.



Customer Support

Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect.

IMPORTANT! Please retain your sales receipt. Viavito Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via the website: **www.viavito.com**

Viavito

94 Cleveland Street

London

W1T 6NW

Email: **support@viavito.com**



<https://www.facebook.com/MyViavito>



<https://instagram.com/Viavito>



<https://twitter.com/MyViavito>



Manufacturer's Warranty

Viavito warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 12 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Viavito. To qualify for this, please complete the warranty registration form on the Viavito website at **www.viavito.com**. Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at **www.viavito.com**.

Terms.

This warranty extends only to the original purchaser and is not transferable.

The warranty does not cover:

- 01** Normal wear and tear
- 02** Any changes to upgrade this product from its normal state or use other than as described in the user manual
- 03** Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use
 - c) Non-home use - including commercial, professional, or rental purposes
 - d) Repairs not provided by Viavito
 - e) Accidents, lightning, water, fire, or any other causes beyond the control of Viavito
 - f) Improper location including, but not limited to, humid, dusty, or outdoor environments.

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

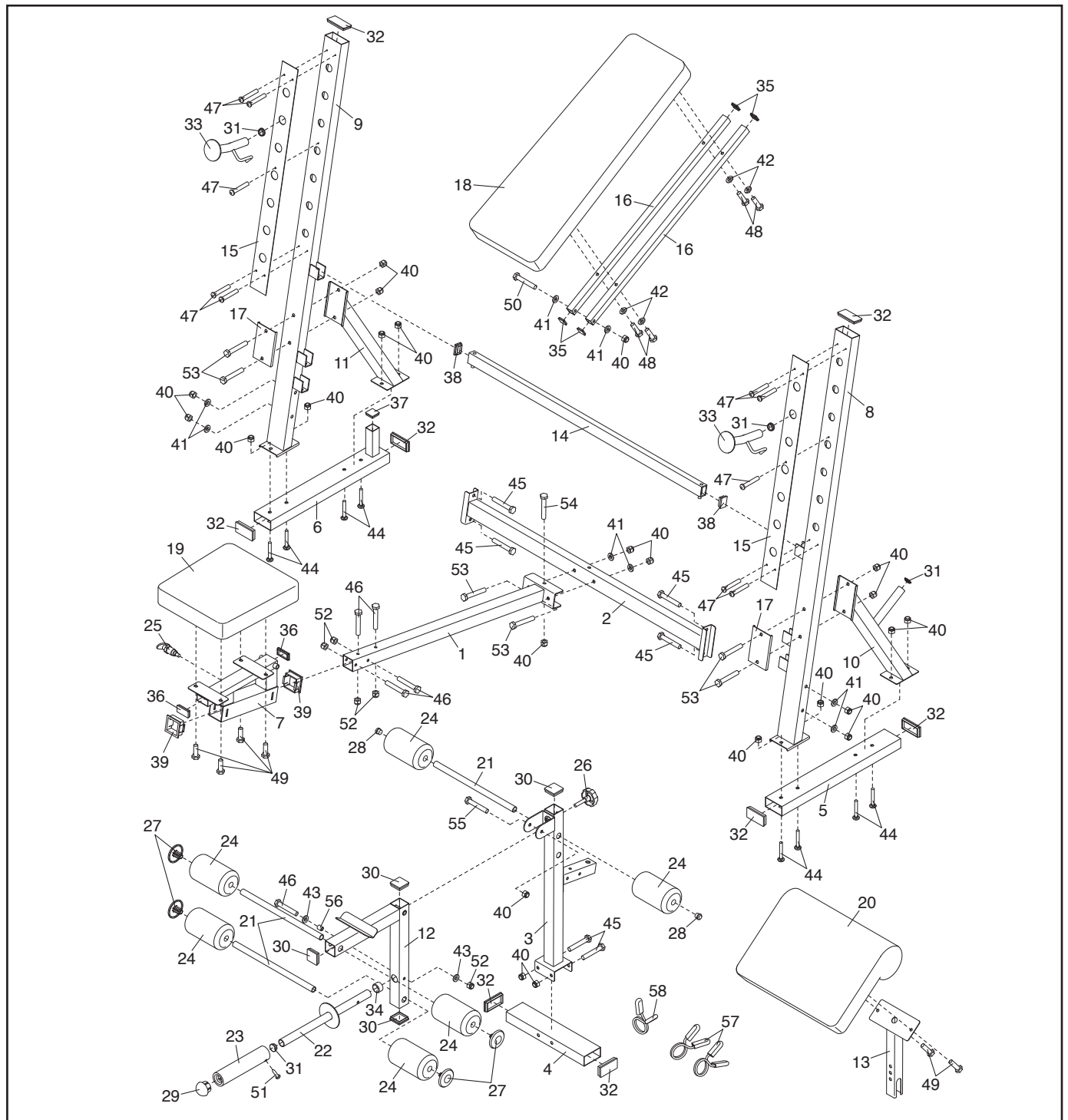
This warranty covers products purchased as new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a Viavito authorised repair centre.

This warranty is in addition and does not in any way affect your statutory rights.

Technical Information

Exploded Diagram



Parts List

KEY NO.	DESCRIPTION	Q'TY
1	Seat Frame	1
2	Crossbar	1
3	Front Leg	1
4	Front Stabilizer	1
5	Left Rear Stabilizer	1
6	Right Rear Stabilizer	1
7	Seat Carriage	1
8	Left Upright	1
9	Right Upright	1
10	Left Rear Support	1
11	Right Rear Support	1
12	Leg Lever	1
13	Curl Post	1
14	Adjustment Tube	1
15	Upright Cover	2
16	Backrest Frame	2
17	Upright Bracket	2
18	Backrest	1
19	Seat	1
20	Curl Pad	1
21	Pad Tube	3
22	Weight Tube	1
23	Olympic Adapter	1
24	Foam Pad	6
25	"T"-handle	1
26	Curl Knob	1
27	Large Pad Tube Cap	4
28	Small Pad Tube Cap	2
29	Olympic Adapter Cap	1
30	44mm Square Inner Cap	4
31	25mm Round Inner Cap	4

KEY NO.	DESCRIPTION	Q'TY
32	38mm x 76mm Inner Cap	8
33	Weight Rest	2
34	25mm Round Outer Cap	1
35	25mm Square Inner Cap	4
36	25mm x 50mm Inner Cap	2
37	32mm Square Inner Cap	1
38	20mm x 40mm Inner Cap	2
39	Seat Carriage Bushing	2
40	M10 Nylon Locknut	23
41	M10 Washer	8
42	M6 Washer	4
43	M8 Washer	2
44	M10 x 50mm Carriage Bolt	8
45	M10 x 95mm Bolt	6
46	M8 x 55mm Bolt	5
47	M4 x 16mm Button Bolt	10
48	M6 x 40mm Screw	4
49	M6 x 20mm Screw	6
50	M10 x 140mm Bolt	1
51	M8 x 10mm Set Screw	1
52	M8 Nylon Locknut	5
53	M10 x 55mm Bolt	6
54	M10 x 60mm Bolt	1
55	M10 x 70mm Bolt	1
56	Weight Tube Bushing	1
57	1" Spring Clip	1
58	2" Spring Clip	2

Appendix: Space Required

For safety reasons, minimum clearance for the equipment is 0.6m in all directions.

