

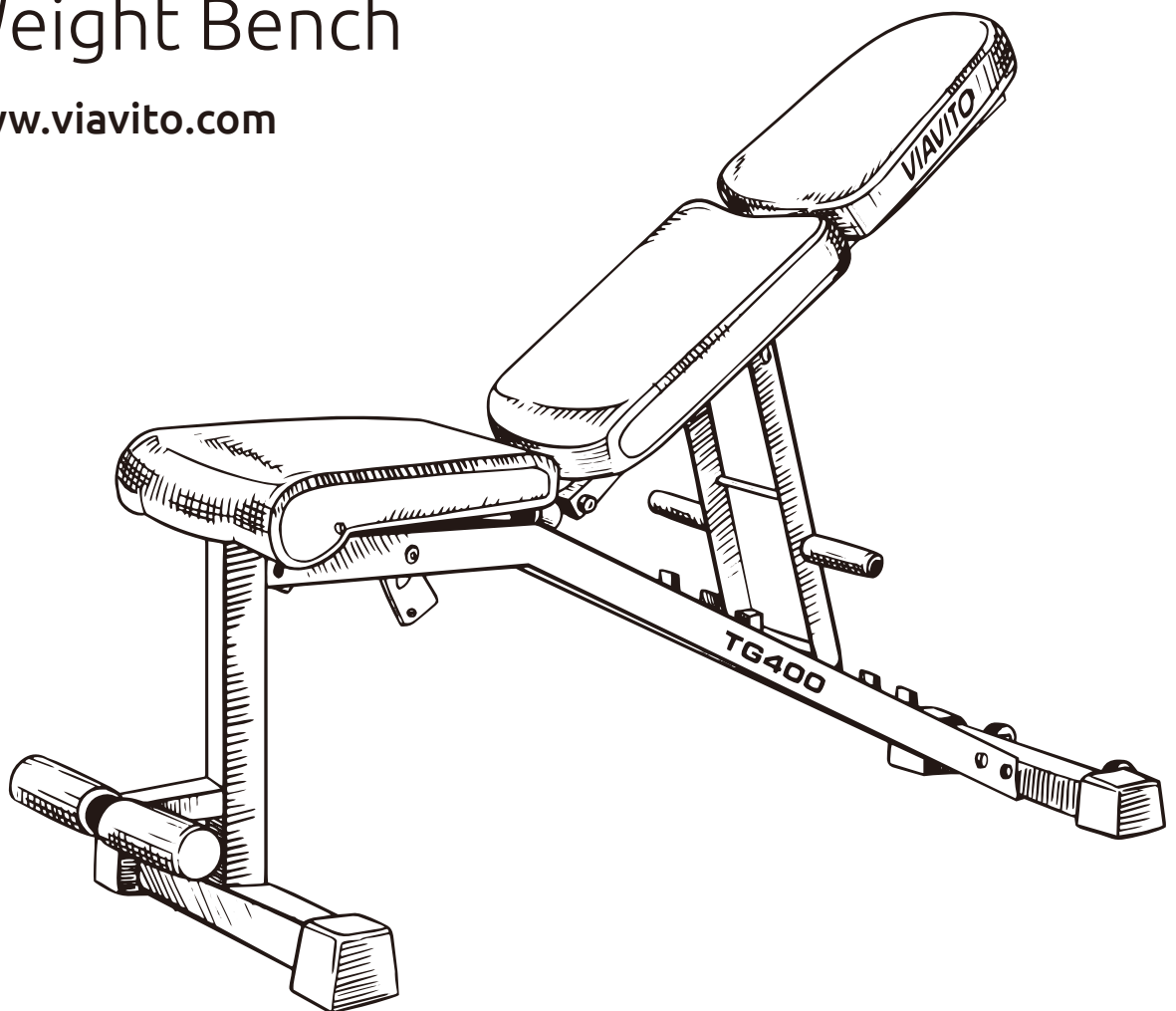
# VIAVITO®

## Owner's Manual.

# TG400

FID Utility  
Weight Bench

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



Manual version 1.1

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Congratulations on purchasing your very own **TG400** FID Utility Weight 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

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## 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** This product is intended for indoor, home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
- 03** Set up the bench in a dry, level place and keep it away from moisture and water.
- 04** Choking hazard! Keep small parts and polybags away from children.
- 05** Place the weight bench on a stable and level surface with enough clearance around the bench (at least 0.6m in all directions).
- 06** Only use the bench for its intended purpose. It is not suitable for therapeutic or medical purposes.
- 07** The bench may only be used by one person at a time.
- 08** Always wear appropriate workout clothing when exercising. Sports shoes are required when using this equipment.
- 09** Periodically check all bolts, nuts and other connections to make sure that they are secure and in good working condition.
- 10** 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.
- 11** Unauthorized repairs or altering the bench's design or functions may be dangerous and will void the warranty.
- 12** 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.
- 13** Disabled persons should not use this equipment without a qualified person or physician in attendance.
- 14** Children and pets should be kept away from the weight bench at all times.
- 15** If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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**16** The weight bench is designed to support a maximum user weight of 110kg and a maximum total weight of 200kg. The weight bench does not include weights.

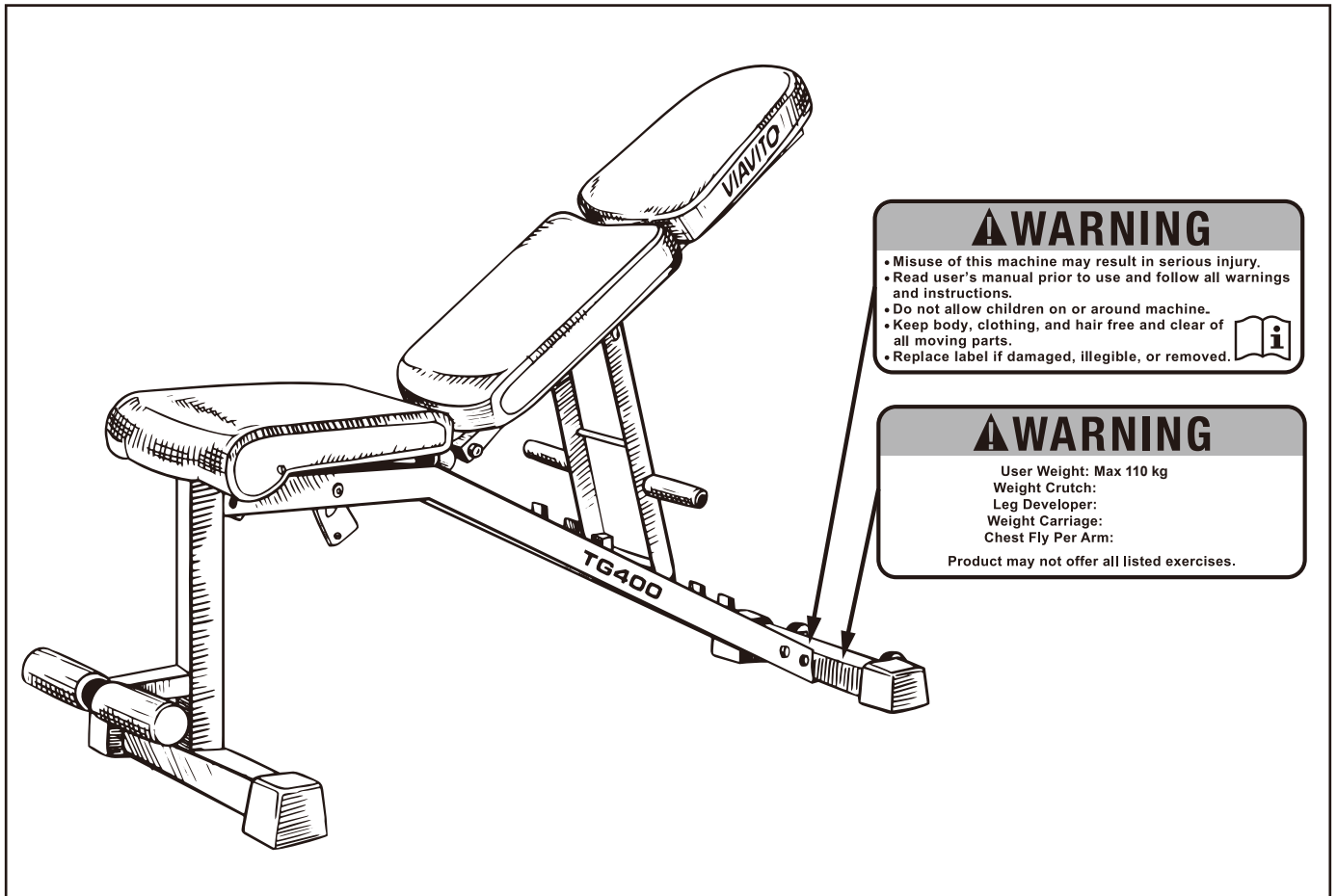
**WARNING:** Before beginning using this equipment or doing any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.

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

**SAVE THESE INSTRUCTIONS.**

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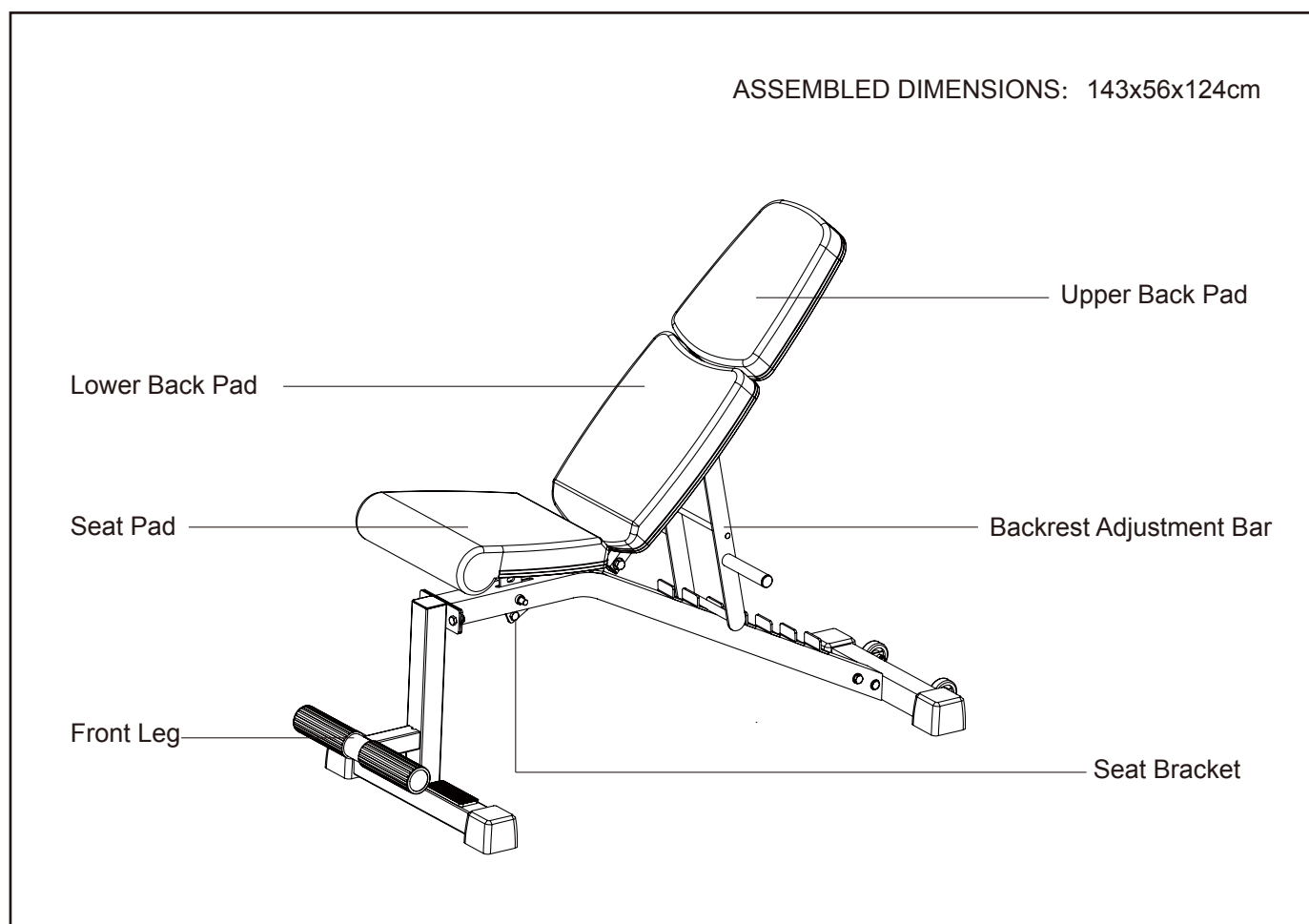
## Warning Decal Placement



## Assembly

### Product Overview

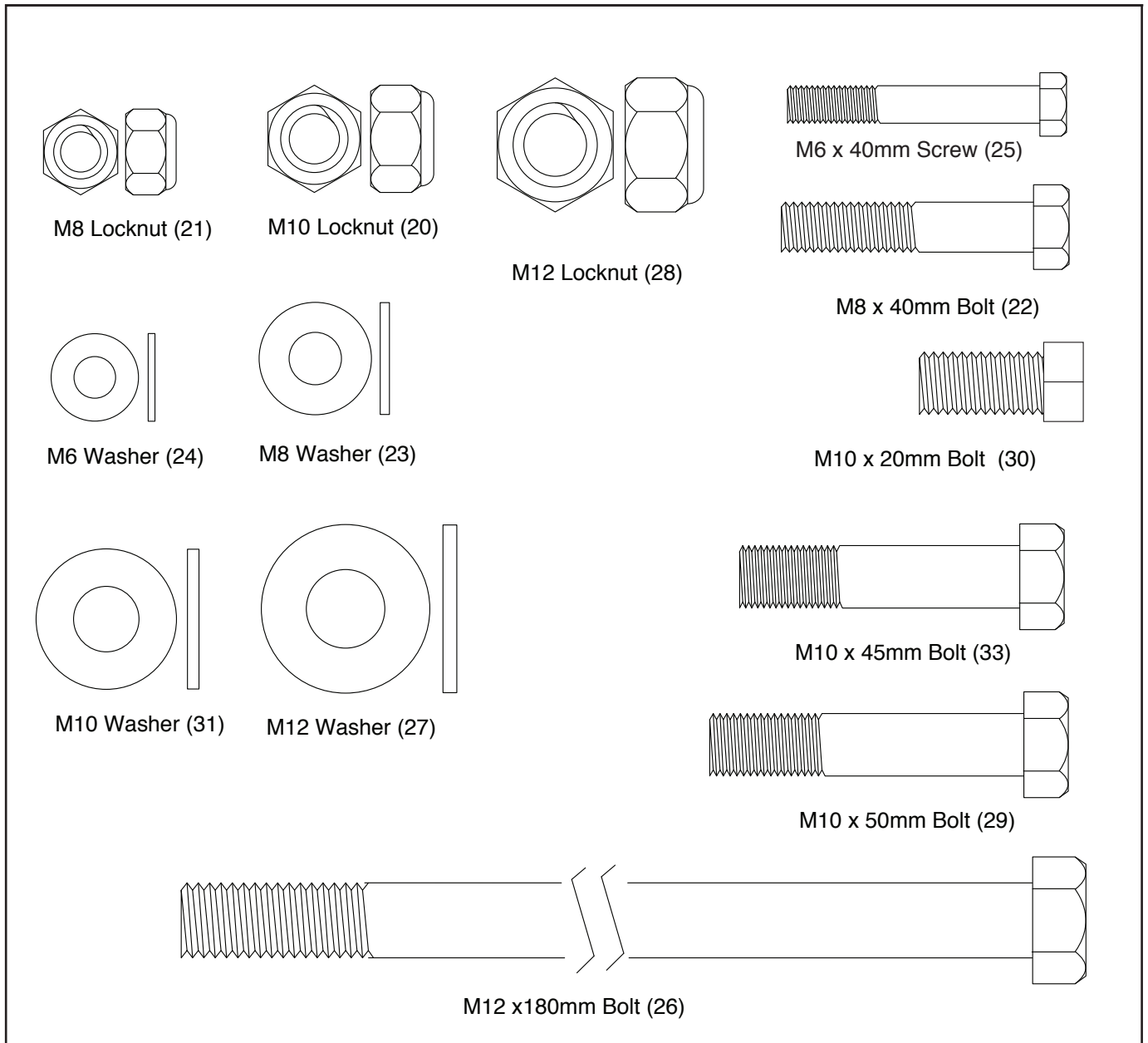
Thank you for selecting the Viavito TG400 FID utility weight bench. This manual will guide you through the assembly process.



## 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 24.

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

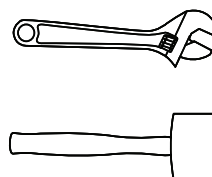


## Before You Begin

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

- Assembly requires two persons.
- 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.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 07.

**Assembly requires the following tools (not included):**



- 2 adjustable wrenches
- 1 rubber mallet

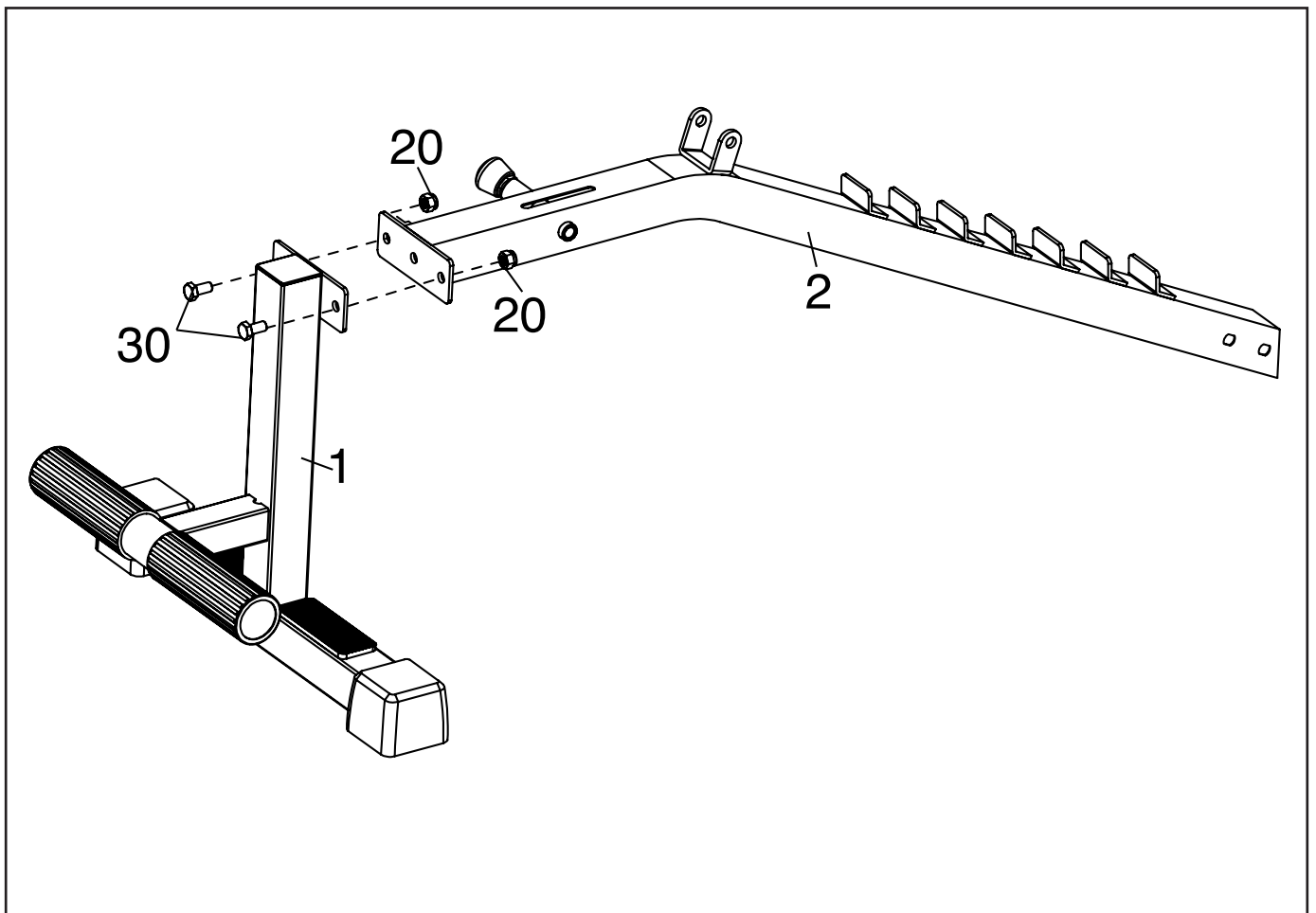
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

## Assembly Instructions

**Please Note:** Hand tighten bolts and locknuts until the machine is fully assembled. Locknuts may require additional force to tighten completely.

### Step One.

- 01** Attach the Front Leg (1) to the Frame (2) with two M10 x 20mm Bolts (30) and two M10 Locknuts (20). **Do not fully tighten the Bolts yet.**

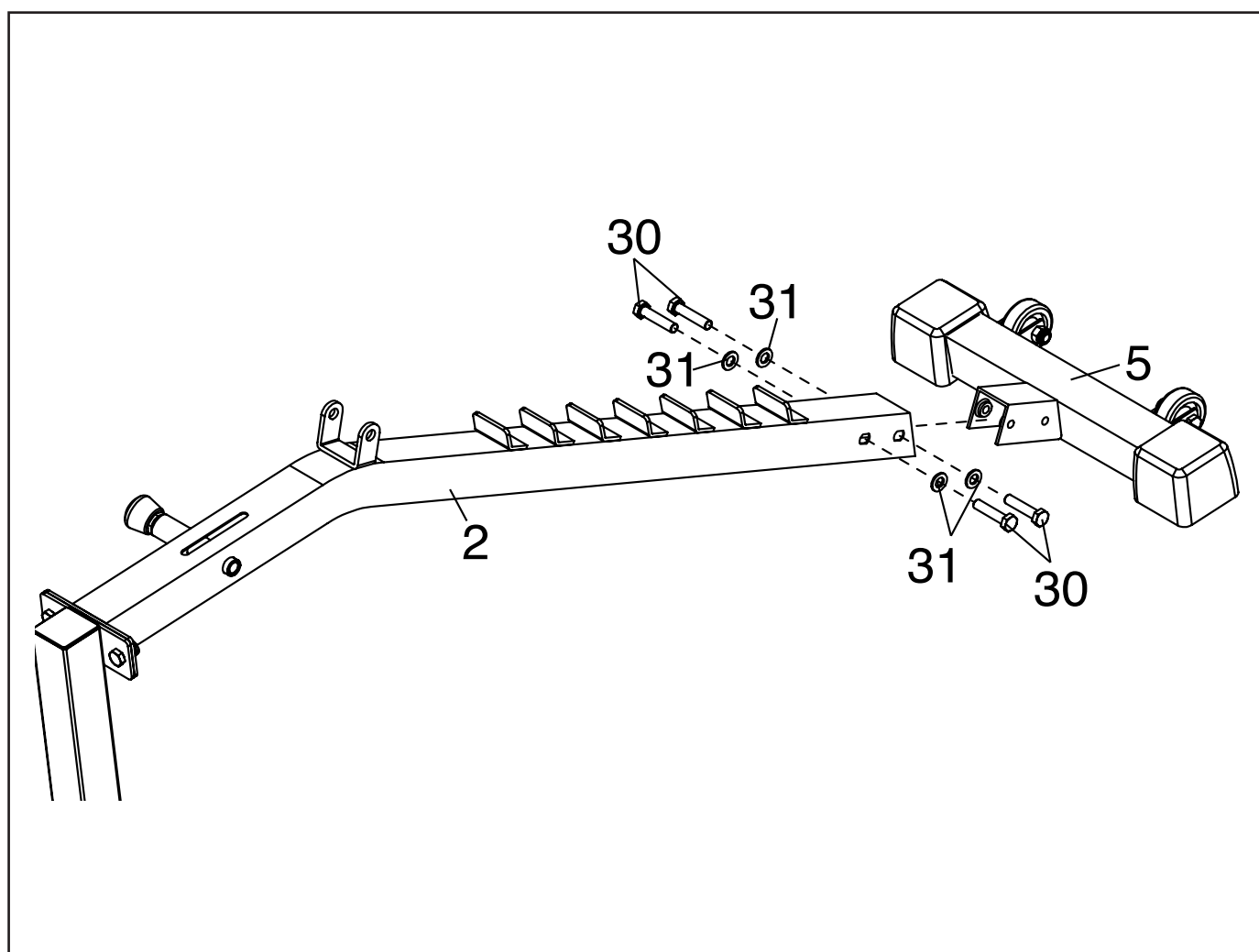


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## Step Two.

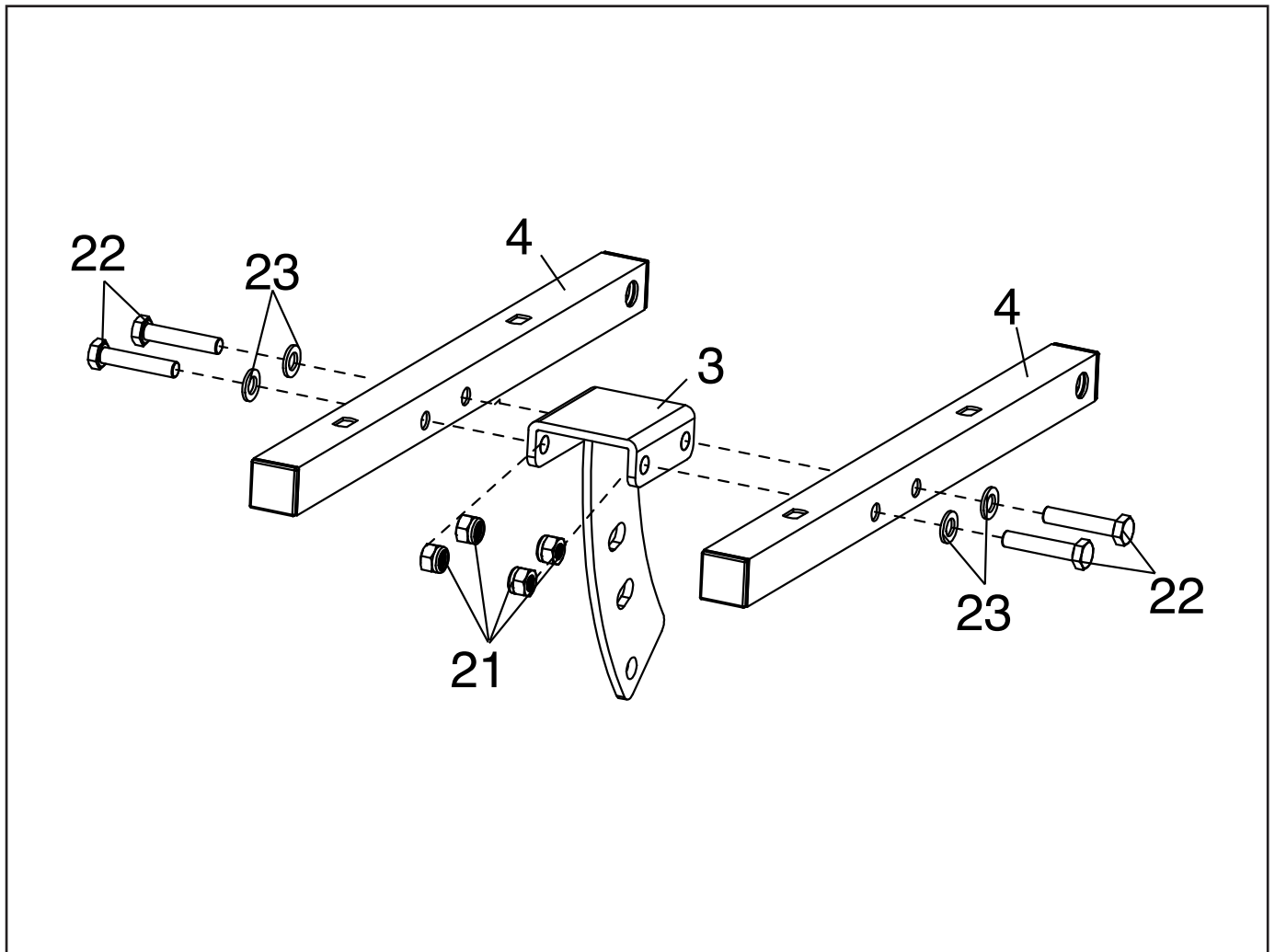
**01** Insert the Rear Stabilizer (5) into the Frame (2) securing with four the M10 x 20mm Bolts (30) and four M10 Washers (31). **Start all four Bolts, and then tighten them.**

**02 See step 1.** Tighten the M10 x 20mm Bolts (30).



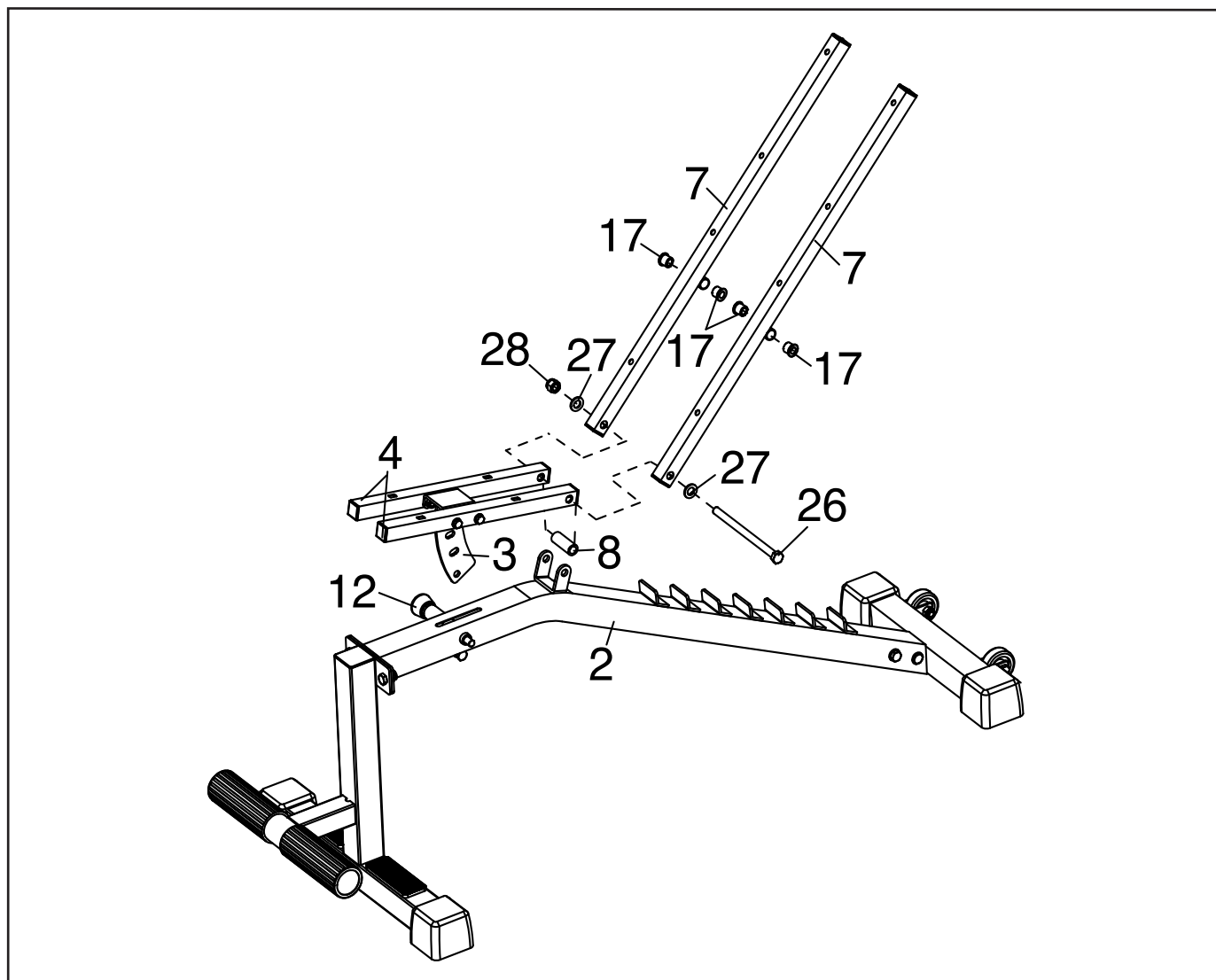
## Step Three.

- 01** Attach the Seat Frames (4) to the Seat Bracket (3) with four the M8 x 40mm Bolts (22), four M8 Washers (23) and four M8 Locknuts (21). **Do not fully tighten the Bolts yet.**



## Step Four.

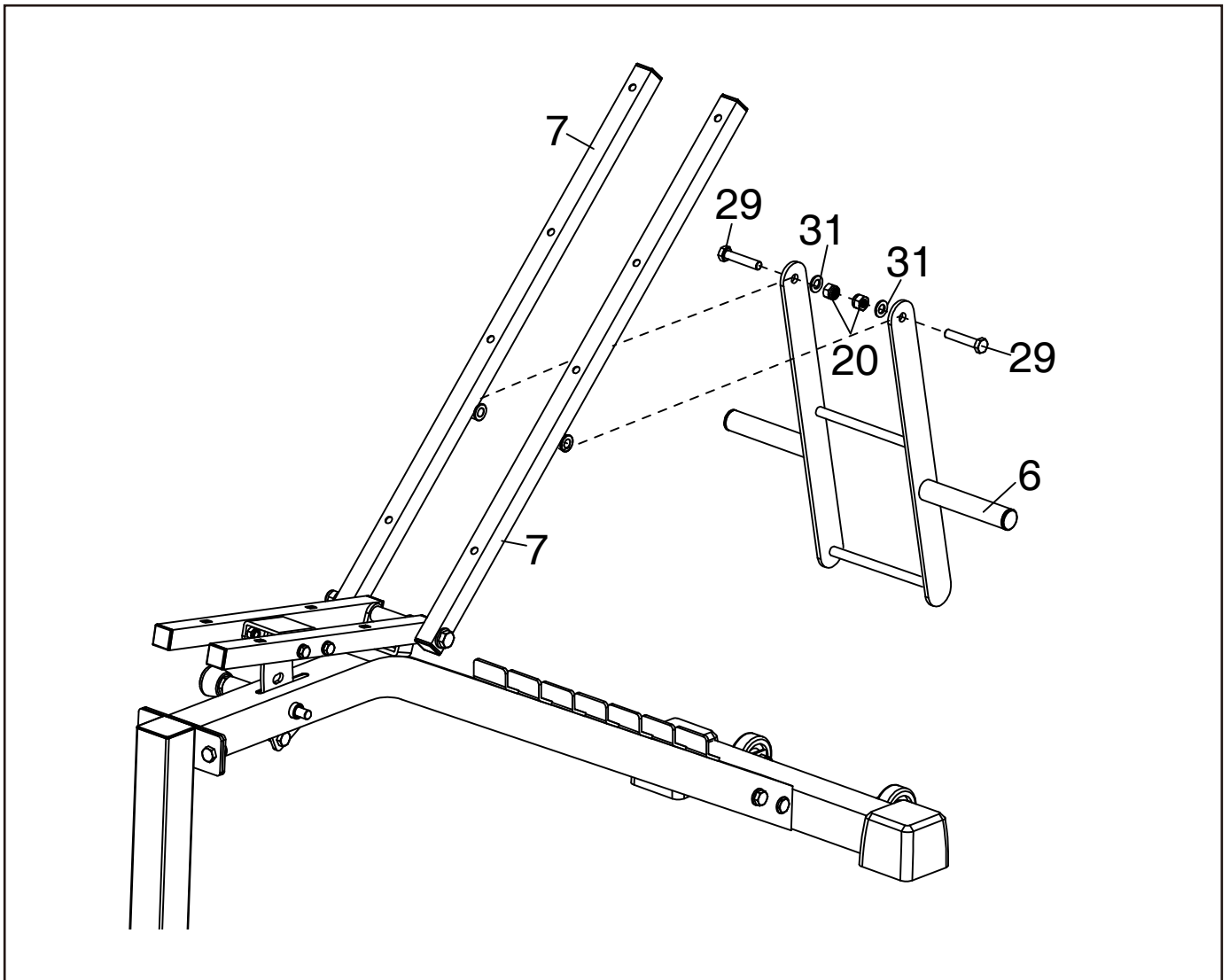
- 01** Push four Spacers (17) into the Backrest Supports (7).
- 02** Pull the Seat Knob (12), insert the Seat Bracket (3) into slot in the Frame (2) and release Seat Knob into an adjustment hole in the Seat Bracket.
- 03** Attach the Backrest Supports (7) and Seat Frames (4) to the Frame (2) with an M12 x 180 mm Bolt (26), one Plastic Sleeve (8), two M12 Washers (27) and one M12 Locknut (28). **Do not overtighten the Locknut; the Seat Frames and Backrest Supports must be able to pivot.**



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## Step Five.

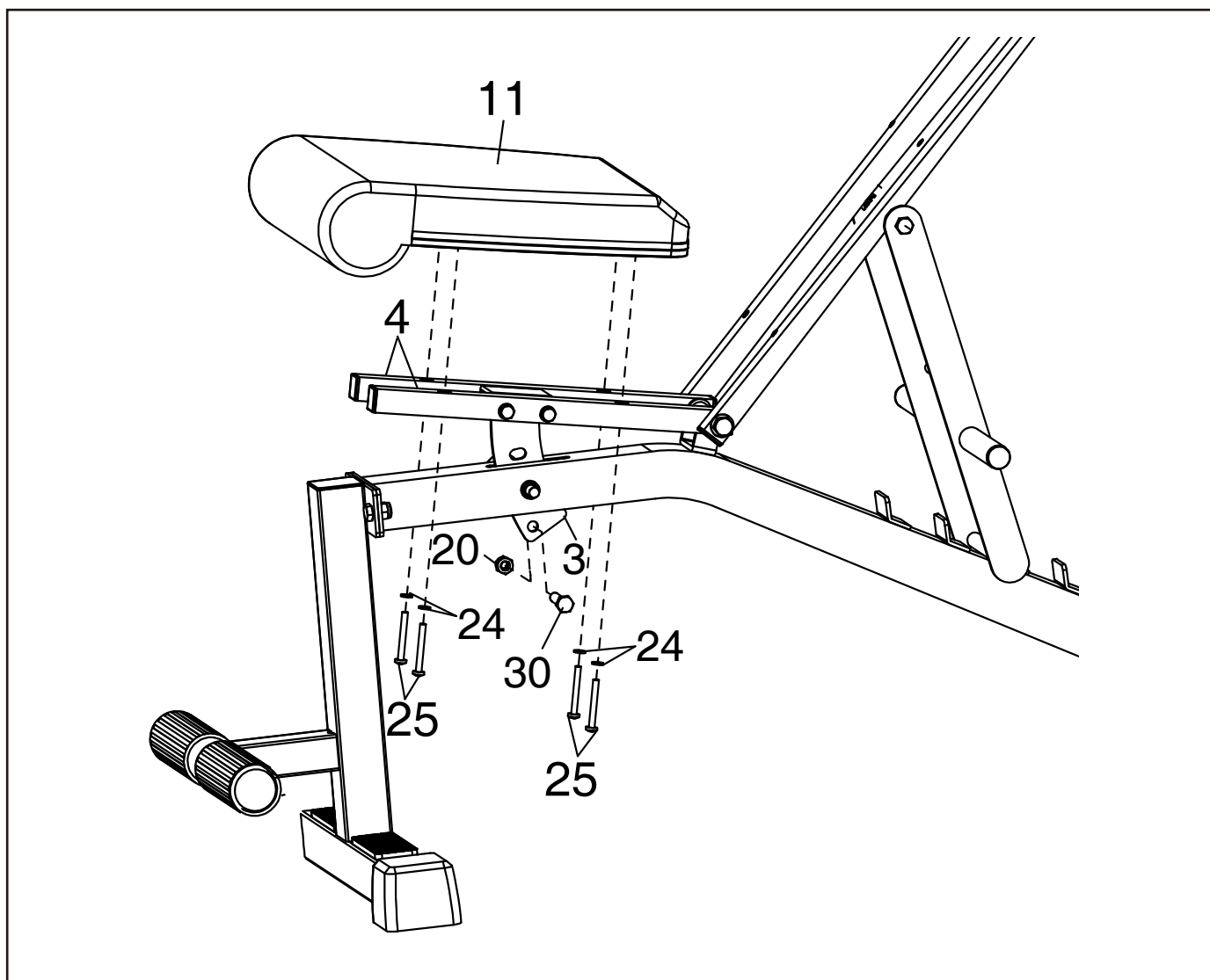
- 01** Insert Backrest Adjustment Bar (6) to the Backrest Supports (7) with two M10 x 50mm Bolts (29), two M10 Washers (31) and two M10 Locknuts (20).



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## Step Six.

- 01** Attach the Seat Pad (11) to Seat Frame (4) with four M6 x 40mm Screws (25) and four M6 Washers (24).
- 02** Next, attach an M10 x 20mm Bolt (30) and an M10 Locknut (20) to the lower end of the Seat Bracket (3).

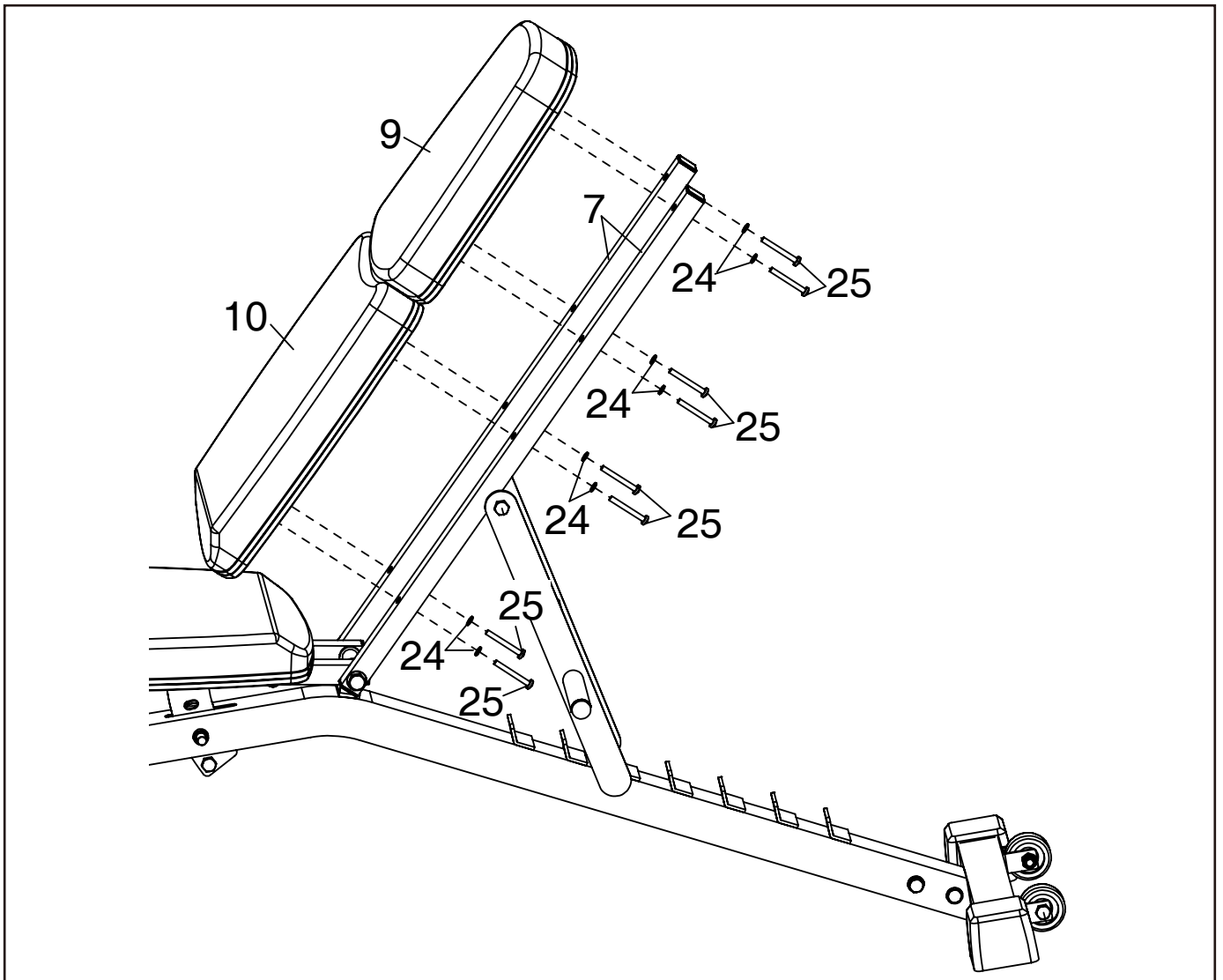


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## Step Seven.

**01** Attach the Lower Back Pad (10) and the Upper Back Pad (9) to the Backrest Supports (7) with eight M6 Washers (24) and eight M6 x 40mm Screws (25).

**02** See step 3. Tighten the eight M6 x 40mm Bolts (22).

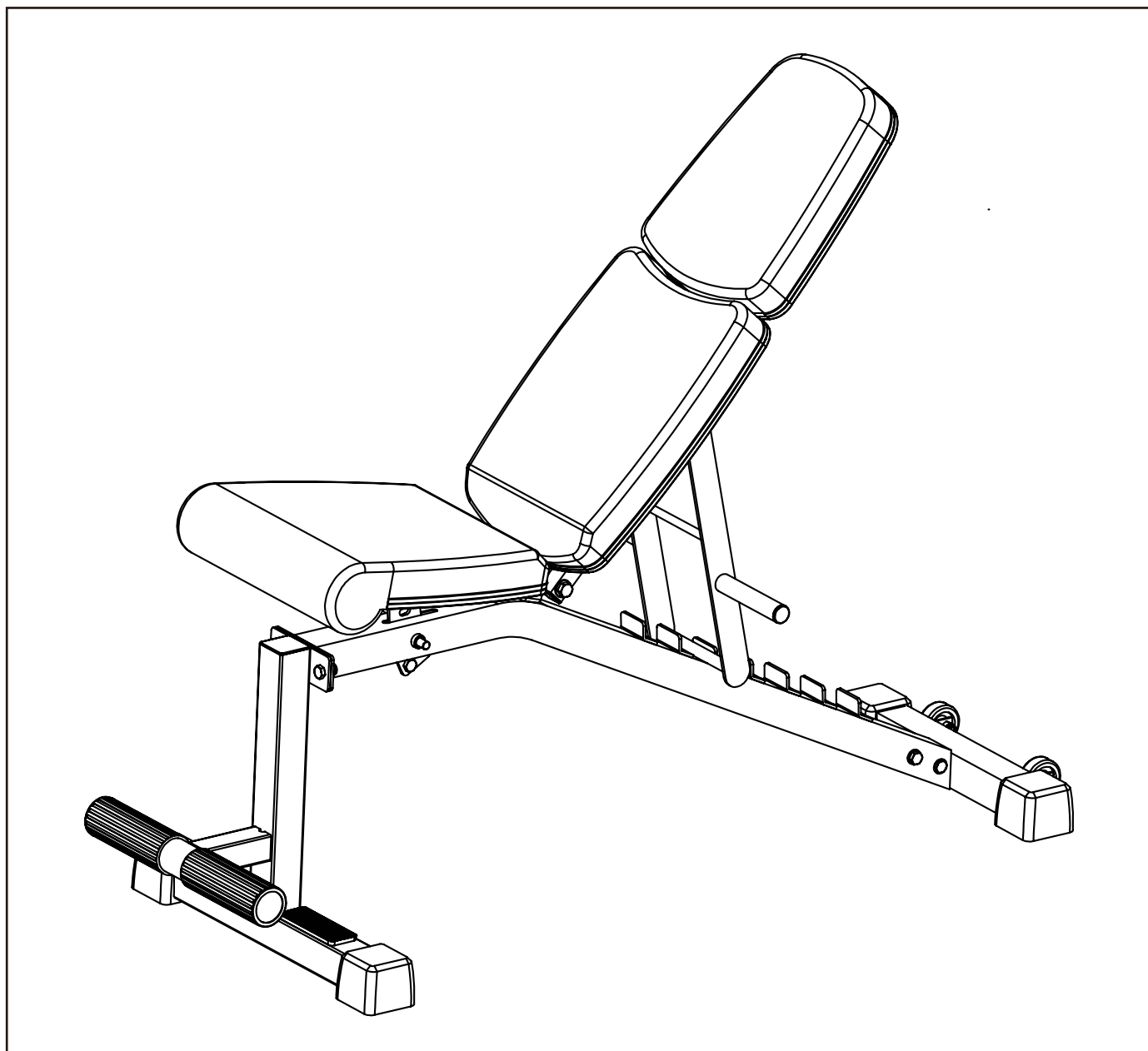


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## Step Eight.

**01** Make sure that all parts are properly tightened before you use the weight bench.

**02** Congratulations! You have completed assembly of your TG400 FID weight bench!





# 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.

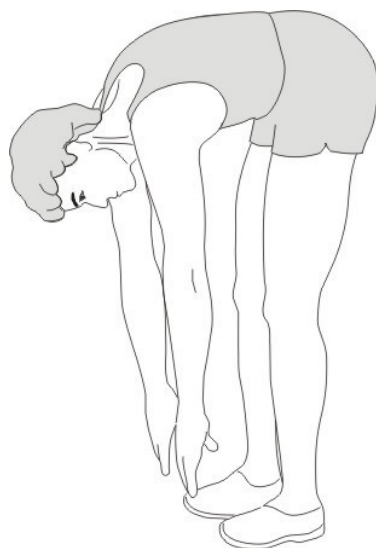
Stretches should be held for 15 to 30 seconds.

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**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



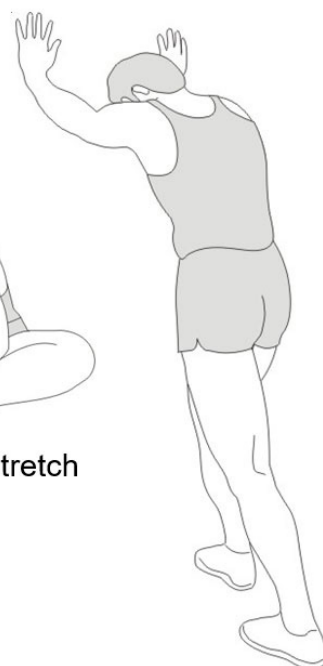
Toe Touch



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](http://www.viavito.com). Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at [www.viavito.com](http://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.

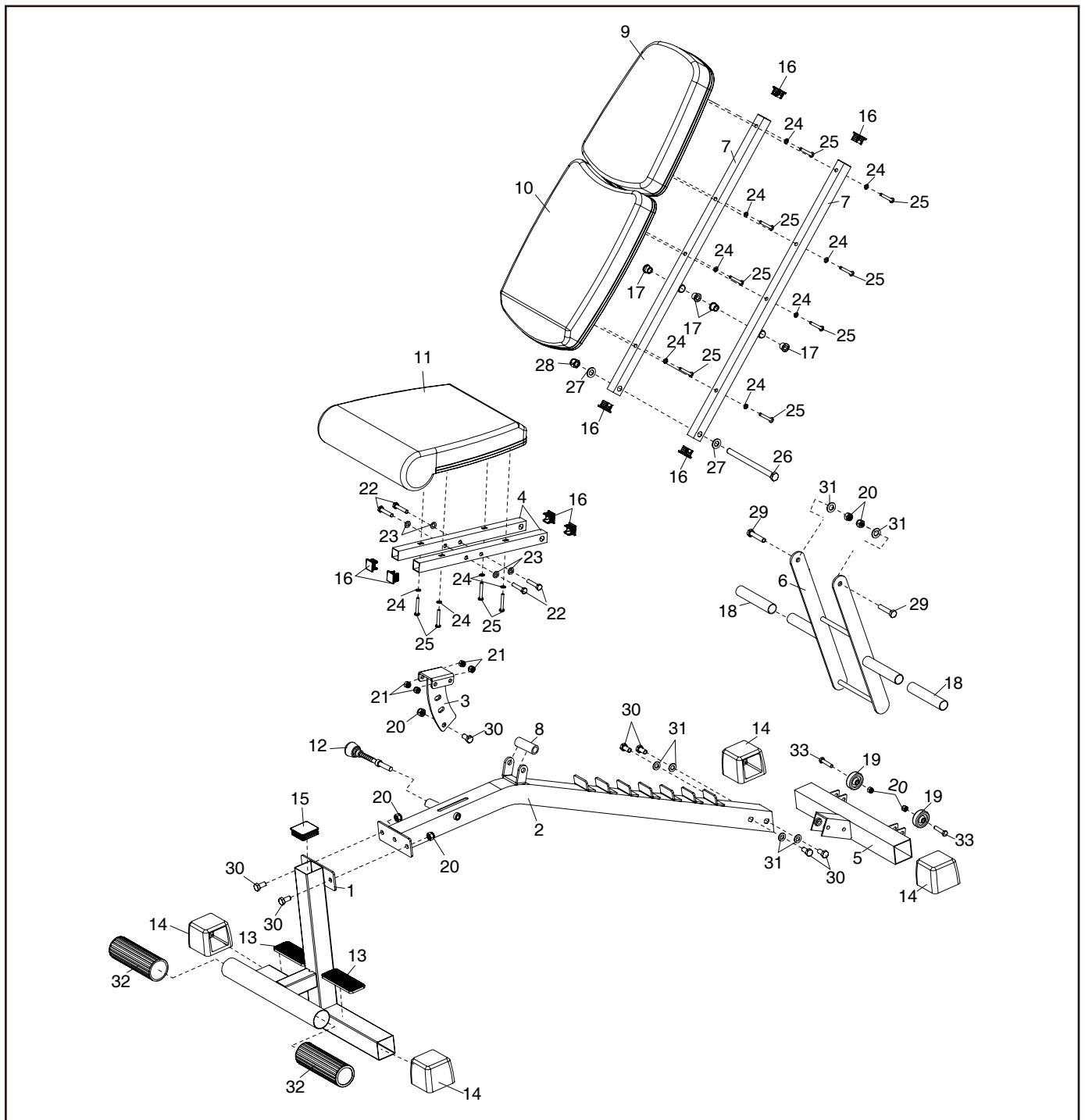
This warranty covers products purchased as new inside the United Kingdom.

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	Front Leg	1
2	Frame	1
3	Seat Bracket	1
4	Seat Frame	2
5	Rear Stabilizer	1
6	Backrest Adjustment Bar	1
7	Backrest Support	2
8	Plastic Sleeve	1
9	Upper Back Pad	1
10	Lower Back Pad	1
11	Seat Pad	1
12	Seat Knob	1
13	Rubber	2
14	Square End Cap 50	4
15	Square End Cap 50mm x1.5mm	1
16	Square Plug 25	8
17	Spacer	4

KEY NO.	DESCRIPTION	Q'TY
18	Protective Foam	2
19	Wheel	2
20	M10 Locknut	7
21	M8 Locknut	4
22	M8 x 40mm Bolt	4
23	M8 Washer	4
24	M6 Washer	12
25	M6 x 40mm Screw	12
26	M12 x 180mm Bolt	1
27	M12 Washer	2
28	M12 Locknut	1
29	M10 x 50mm Bolt	2
30	M10 x 20mm Bolt	7
31	M10 Washer	6
32	Long End Cap	2
33	M10 x 45mm Bolt	2

## Annex 1: Space Required

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

