

OWNER'S MANUAL

RETAIN FOR FUTURE
REFERENCE

MODEL NUMBER :

99255A

SERIAL NUMBER :

USER'S WEIGHT LIMITATION

250LBS.

ASSEMBLY

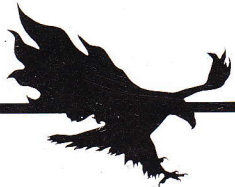
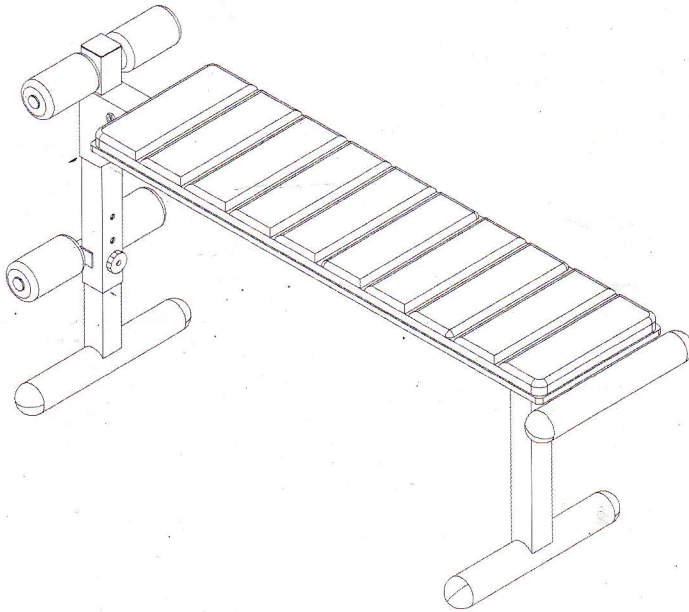
WARRANTY

OPERATING INSTRUCTIONS

CONDITIONING GUIDELINES

MAINTENANCE

SERVICE



PHOENIX
HEALTH & FITNESS™

FORT LAUDERDALE, FLORIDA 33309

PB255A

POWER BOARD

CALL US FIRST

Should you have any questions, Please call our Customer Service Department, Monday through Friday, 8:00am until 4:00pm Pacific time (excluding holidays), at : **1.888.535.8637**

Please have the following information ready before placing your call :

- >Your name
- >Your address
- >Your telephone number
- >Model number
- >Parts order number
- >Serial number

Many times product assembly questions can be handled by our customer service personnel. **Please call us first if you are having problems.**

Any return of our products will require all of its original contents, such as packing material, packing box, components, hardware, etc.

Please note that there is a weight limitation for this product. **If you weight more than 250 lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

BEFORE BEGINNING

Gather your tools

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle free.

Clear your work area

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend

Some of the assembly steps may require the help of another individual. Invite a friend to help with the assembly of your new exercise equipment. It is not only safe, but fun!

OPEN THE BOXES

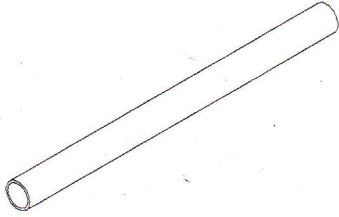
When you have completed the steps **BEFORE BEGINNING**, you are now ready to open the boxes of your new unit. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts, please **DO NOT TAKE THE UNIT BACK TO THE RETAIL STORE.** Instead, call our Customer Service Department, Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays), at : **1.888.535.8637**

Make sure that you have the following information ready before placing your call :

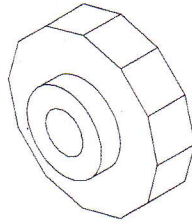
- >Your name
- >Your address
- >Your telephone number
- >Model number
- >Parts order number
- >Serial number

COMPARISON CHART

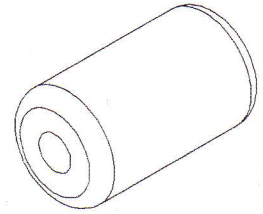
For your convenience, we have identified the components used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.



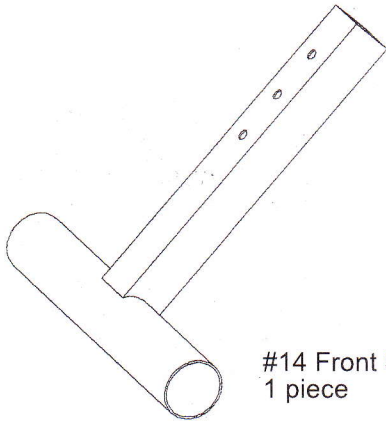
#5 Upper Support Tube
1 piece



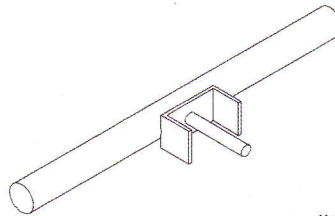
#12 Knob
1 piece



#6 Foam Pad
4 pieces



#14 Front Support Tube
1 piece

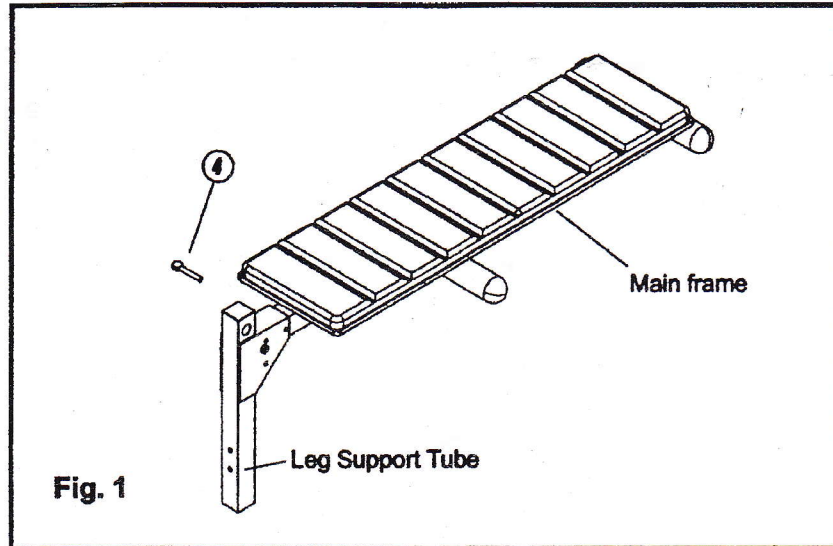


#9 Lower Support
Tube
1 piece

Assembly Instructions

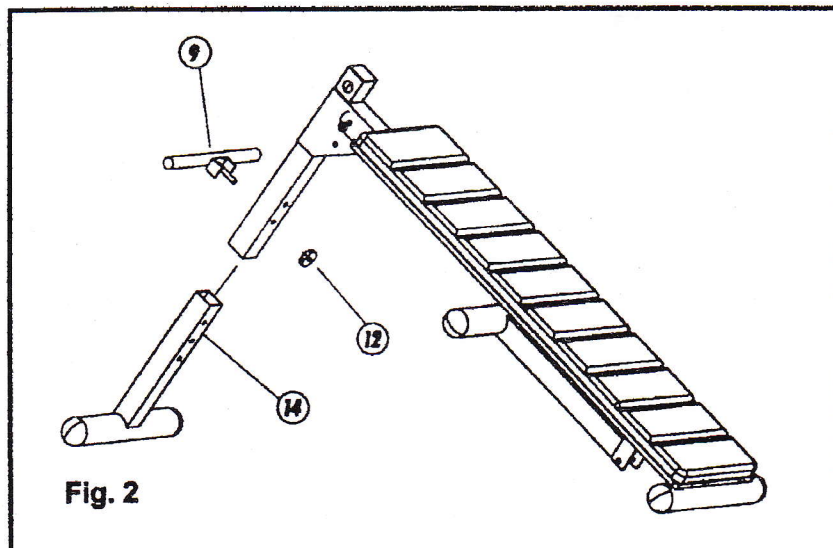
Step 1

The main frame had been partial assembled in the factory. Remove the #4 Lock Pin from the main frame, unfold the main frame as Fig. 1. Insert the #4 Lock Pin to the main frame and lock the main frame with Leg Support Tube.



Step 2

Insert #14 Front Support Tube into the Leg Support Tube. Adjust the Front Support Tube to the proper position and match the hole with Leg Support Tube. Insert #9 Lower Support Tube as Fig 2. shows and tighten it with #12 Knob.



Step 3

Insert #5 Upper Support Tube into the Main Frame. Then put the #6 Foam Pad on the Upper Support Tube and Lower Support Tube as Fig 3. shows. Now, your Power Board is fully assembled. Make sure you tighten all of the bolts and nuts before you use it.

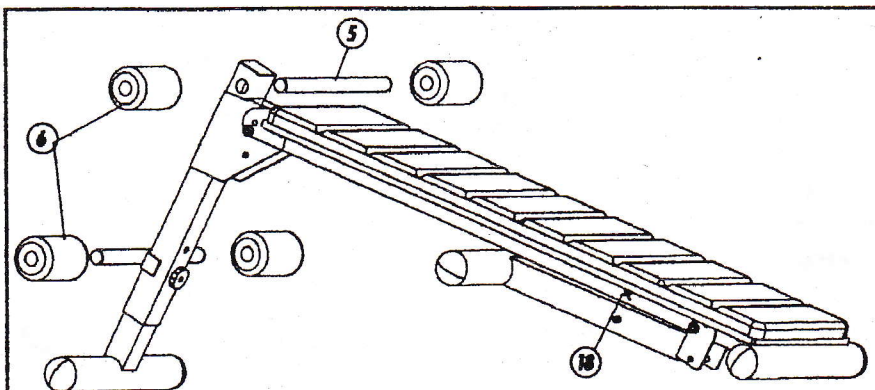


Fig. 3

Step 4

The Power Board can be adjusted as a flat dumbbell bench. Remove the #18 Spring Clip #17 Safety Lock from the #11 Rear Support. (This Safety Lock and Spring Clip had been attached on the Rear Support in the factory. If you can not find the them from the rear Support, please look for it from the shipping carton.) Unfold the #11 Rear Support, secure the Rear Support with Main Frame by insert the #17 Safety Lock and #18 Spring Clip as Fig 4. Remove the #12 Knob to release the #9 Lower Support from the Main Frame. Adjust the #14 Front Support Tube till the bench parallel with the floor. Then secure the #14 with the Main Frame by tighten the #12 Knob with #9 as the Fig. 4 shows.

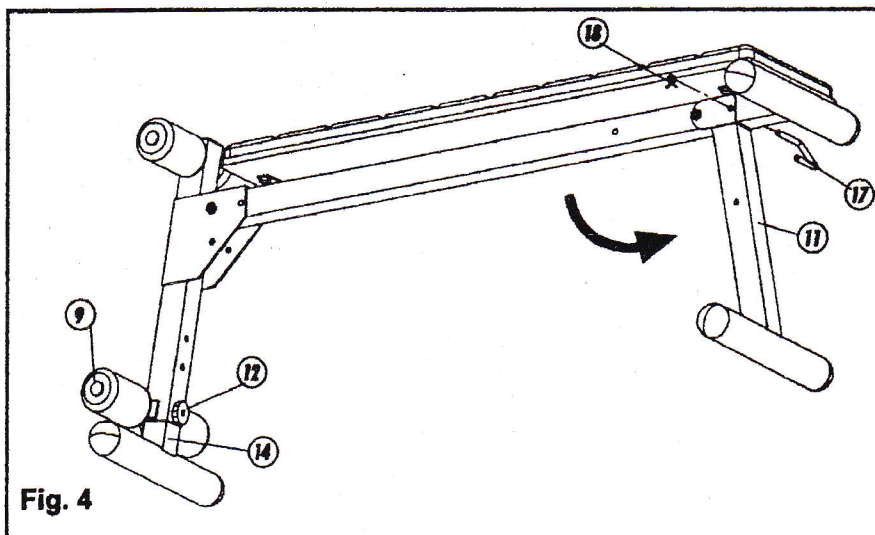


Fig. 4

LIMITED WARRANTY

Warranty Coverage : Phoenix Health and Fitness, Inc. ("Phoenix Health and Fitness") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage : The Warranty on this product runs for a period of NINETY (90) days from the date of your purchase and includes all parts and materials. There is a LIFETIME warranty on the steel frame and a ONE HUNDRED and EIGHTY (180) days warranty on the Electronics (If the unit includes electronic parts).

It is recommended that the Original Receipt be kept with the product manual.

Remedy Provided by Phoenix Health and Fitness: Phoenix Health and Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay an charges for shipping and handling outside of the Continental United States and for labor. You may select any reputable service center to install any replacement parts.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard

to the use or application of Phoenix Health and Fitness products is furnished without charge and on the basis that it represents Phoenix Health and Fitness' best judgment under the circumstances but that the advices is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty :

In the event you discover a defect in this product, please phone our Customer Service Department at **1.888.535.8637** between the hours of 8:00am and 4:00pm (Pacific Standard Time). You may order your free replacement part at that time, and you may obtain assistance from our Customer Service professionals. Parts will be shipped to you within one hundred eighty (180) days of your notification to our Customer Service Department of your Warranty claim. To help us assist you, please have the following information ready:

>Model name or number from the cover of the manual.

>Serial number located on the frame of the unit.

>The art description and the order number.

Limitations on Warranty :This Warranty does not apply to you if you have purchased this product for resales. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product

correctly, abuse or freight damage. Phoenix Health and Fitness does not warrant against any damage or defects that may result from repair of alterations made to the product by a repair facility. This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States. This Warranty does not apply if the product is used for rental or commercial use.

Consequential and incidental damages are not recoverable under this Warranty. (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.)

This Warranty is expressly in lieu of all other express warranties. All implied warranties, including warranties of merchantability or fitness for any particular purpose, are limited in duration to one (1) year from the effective date of this warranty. Phoenix Health and Fitness is not liable for consequential or incidental damages resulting from any defect in parts nor for any breach of express or implied warranties. Phoenix Health and Fitness' sole liability under this warranty is limited to the terms described in this form.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

PLEASE COMPLETE

Last name, first name :

Daytime telephone number :

Address :

City :

State : Zip code :

Place and date of purchase :

Model number of item purchased :

Serial No. :

REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department, at **1.888.535.8637**, Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays). To help us assist you, please have the following information ready :

- >Model name or number from the cover of the manual.
- >Serial number located on the frame of the unit.
- >The part description and order number.

Send your order to:

PHOENIX HEALTH AND FITNESS
9115 DICE ROAD, UNIT #2
SANTA FE SPRINGS, CA 90670

IMPORTANT : Please do not return any product to this address.

If unit is no longer under warranty, call for shipping and handling, pricing and taxes (If applicable):

1.888.535.8637

PART NUMBER	QTY.	PART DESCRIPTION	PRICE

SHIPPING/HANDLING

TAX

TOTAL

PHOENIX HEALTH & FITNESS, INC.
9115 DICE ROAD, UNIT #2
SANTA FE SPRINGS, CA 90670

PLACE
STAMP
HERE

SEND TO
PHOENIX HEALTH & FITNESS, INC.
9115 DICE ROAD, UNIT #2
SANTA FE SPRINGS, CA 90670



IMPORTANT STEPS

Warning

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

>Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adapt.

>Begin your training program slowly with realistic goals that have been set by you and your doctor.

>Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling.

>Monitor your pulse frequently. If you do not have any electronic heart rate monitor, have

your physician show you the proper way to manually check your pulse by using your wrist rate based on your age and condition.

>Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.

EXERCISING IN YOUR TARGET ZONE

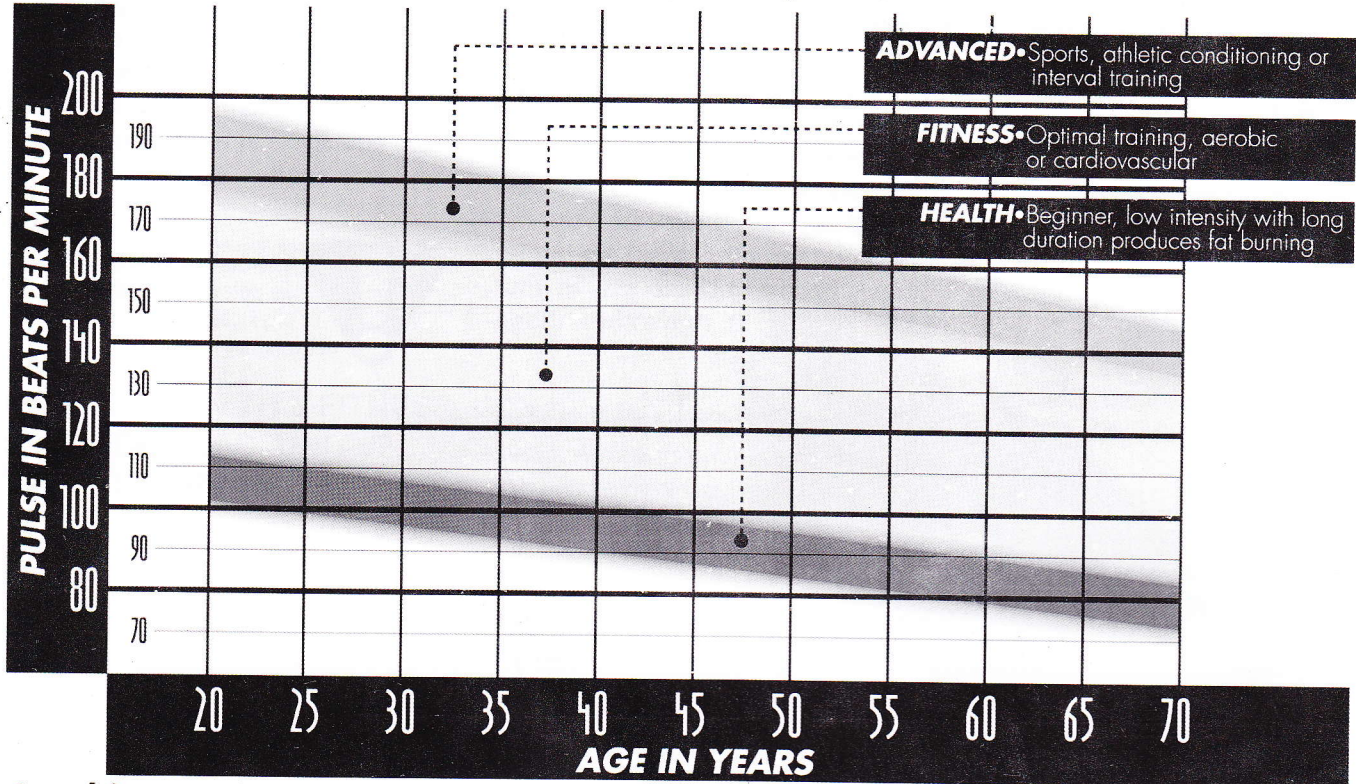
Finding your pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the

number of beats in ten seconds, then multiply by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone,"

a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



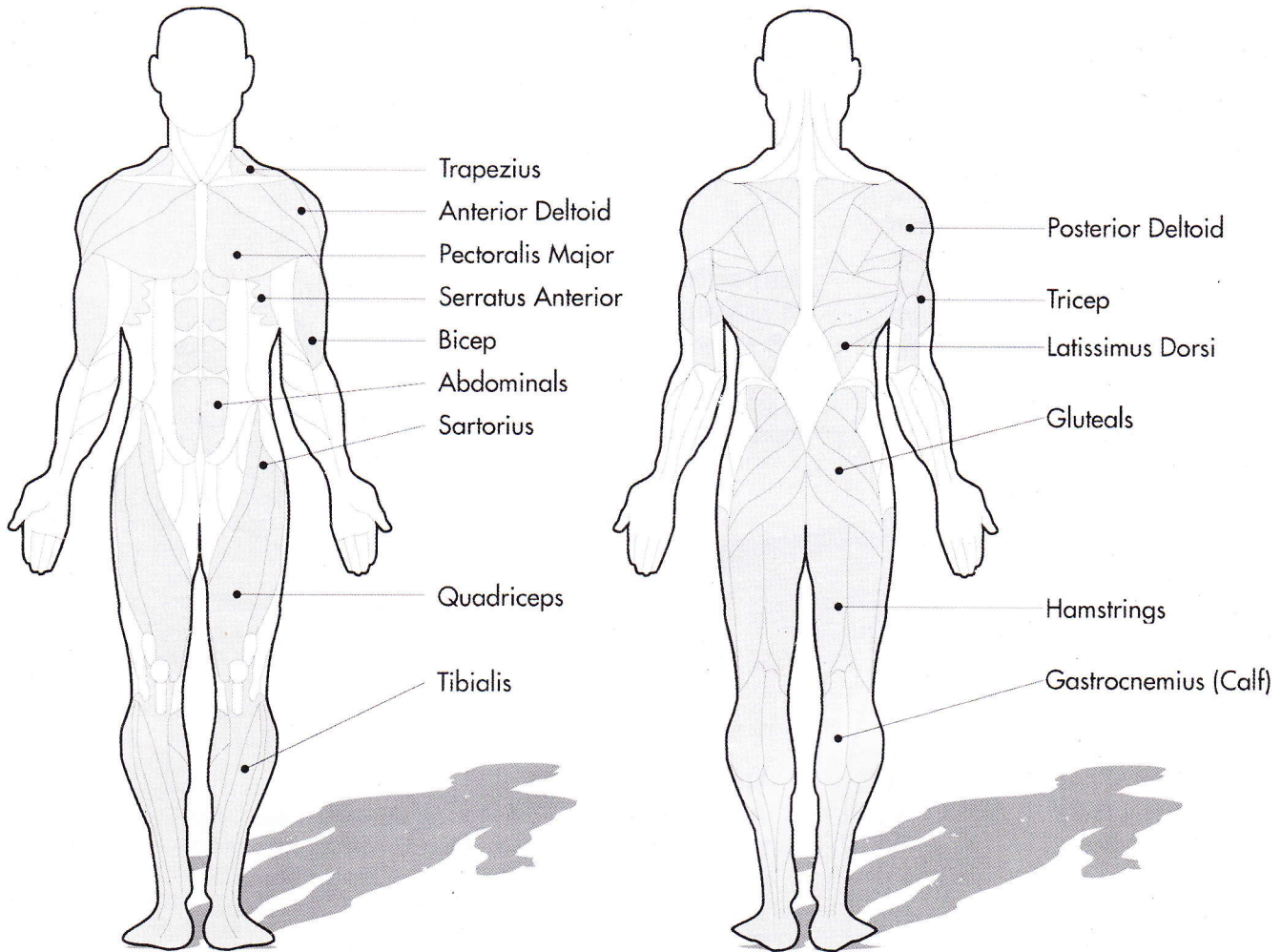
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's

most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you

breath deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

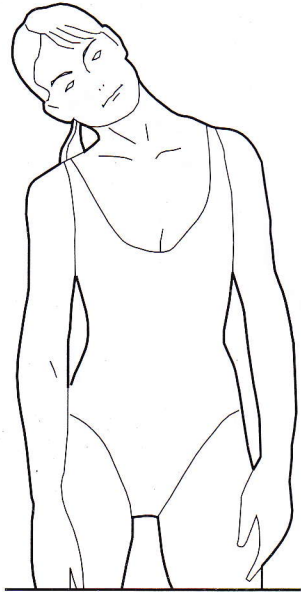
The exercise routine that is performed on this product will develop both upper and lower body muscle groups. These muscle groups are shown on the chart below :



WARM UP AND COOL DOWN

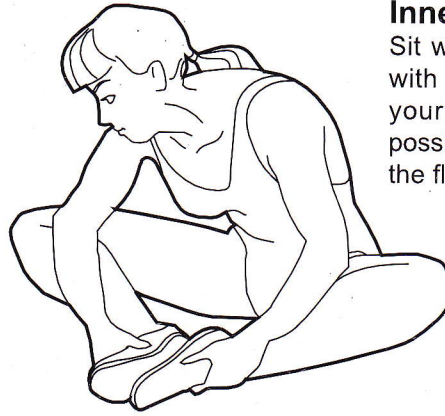
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercise :



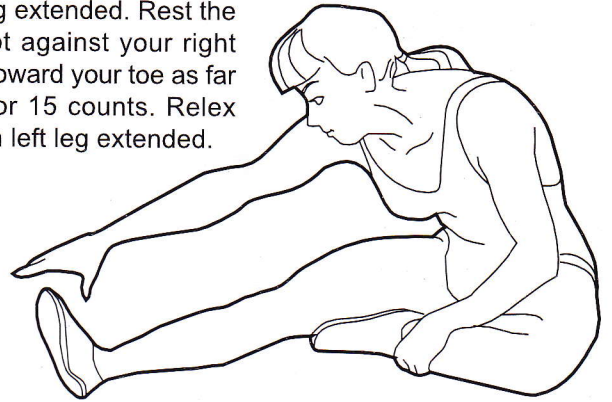
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

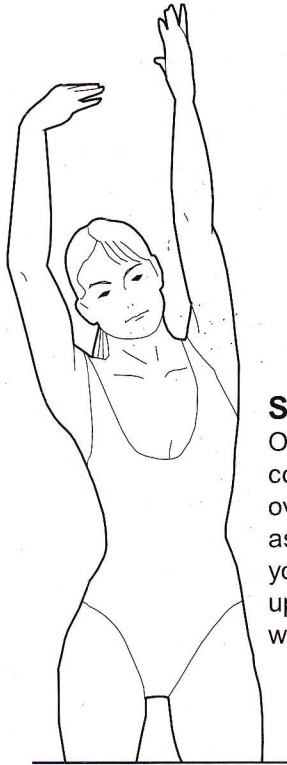
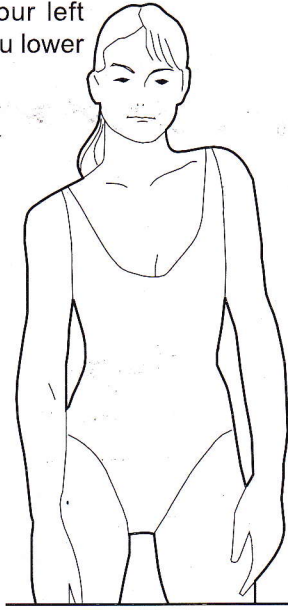


Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

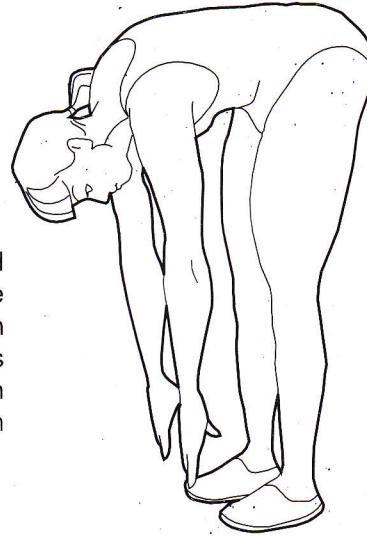
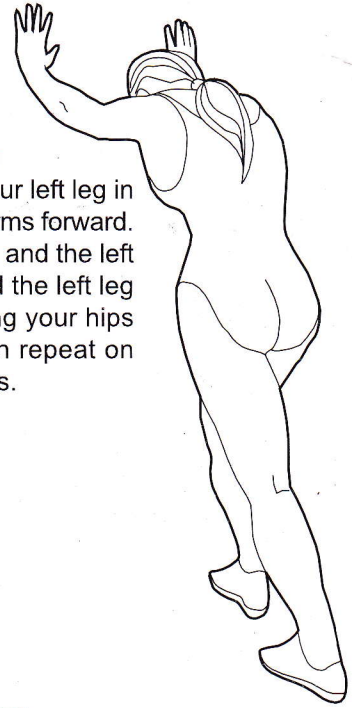


Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

Calf-Achilles Stretch

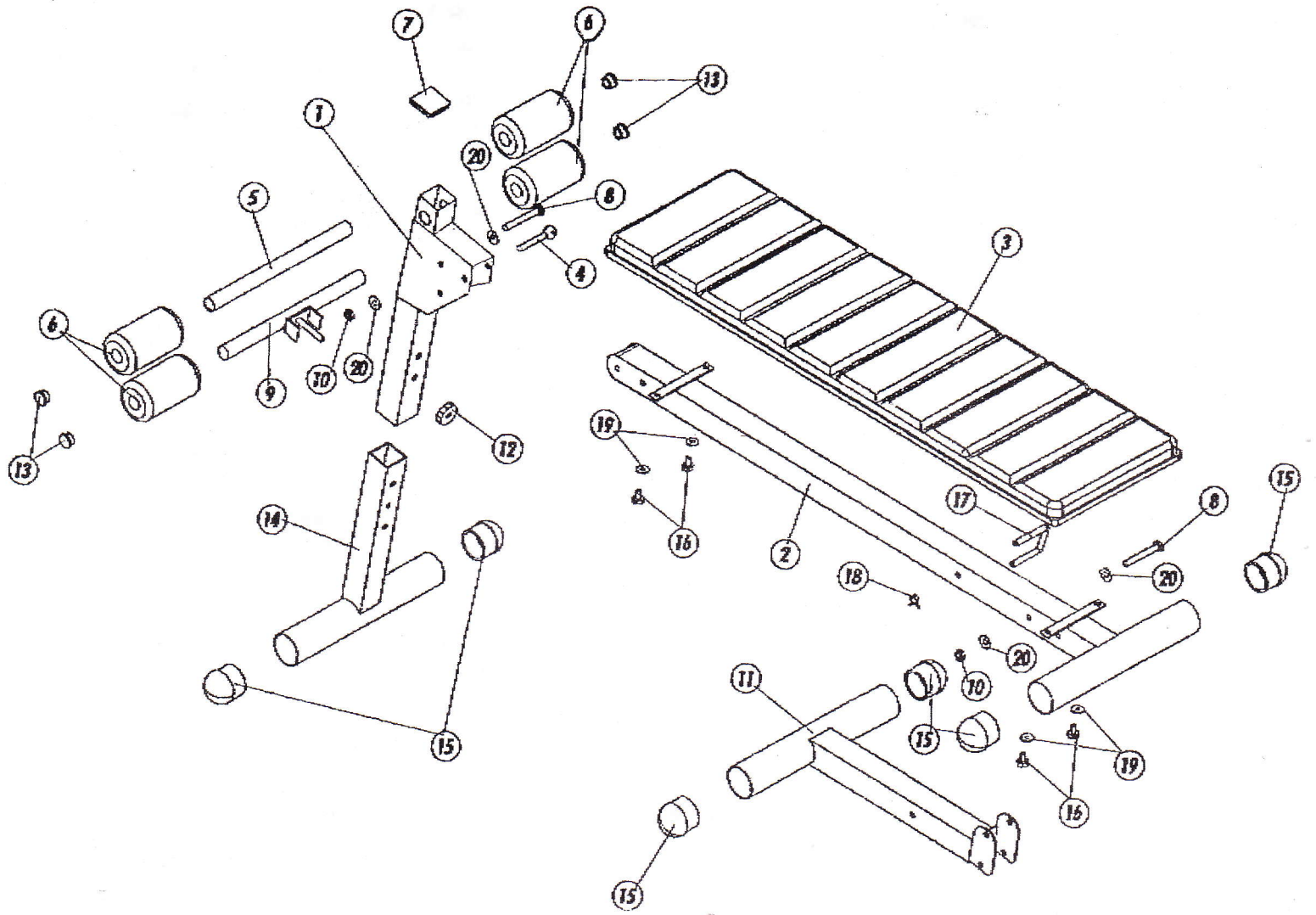
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

PARTS DIAGRAM



PARTS LIST

A majority of the listed hardware is already in place.

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
1	Leg Support Tube	1	255A-01
2	Main Frame	1	255A-02
3	Backrest Board	1	255A-03
4	LockPin	1	255A-04
5	Upper Support Tube	1	255A-05
6	Foam Pad	4	255A-06
7	Plastic End Cap 45mm square	1	255A-07
8	Bolt M10 x 70mm	2	255A-08
9	Lower Support Tube	1	255A-09
10	Nut M10	2	255A-10
11	Rear Support	1	255A-11
12	Plastic Knob	1	255A-12
13	Plastic End Cap 1" Dia.	4	255A-13
14	Front Support Tube	1	255A-14
15	Please End Cap 50mm Dia.	6	255A-15
16	Bolt M8 x 15mm	4	255A-16
17	Safety Lock	1	255A-17
18	Spring Clip	1	255A-18
19	Washer 8mm	4	255A-19
20	Washer 10mm	4	255A-20