



ROGERS

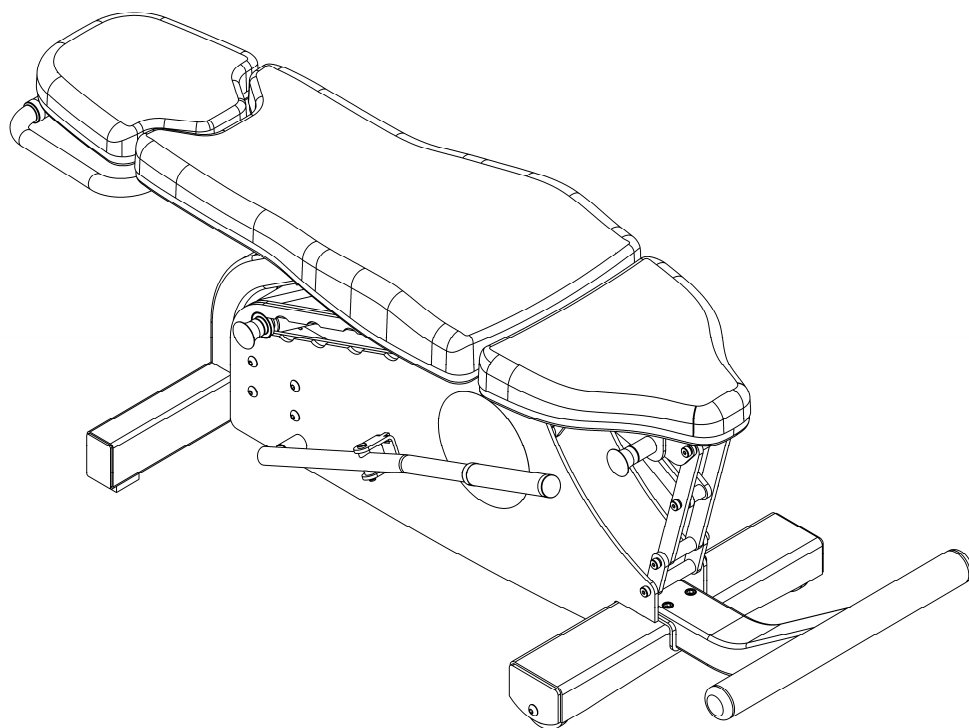
PRODUCT INFORMATION PACKET

DOCKING SYNCHRO BENCH

DOCKING SYNCHRO BENCH BASIC

PRODUCT PART NUMBERS: 410516 & 410542

PATENTS: #7322912, #7465260, #D547400



KEEP INFORMATION PACKET FOR FUTURE REFERENCE

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INTRODUCTION

The Rogers Athletic Docking Synchro Bench™ has been designed and manufactured with safety, performance and dependability as top priorities, making it easy to operate and maintain.

The care you give your Docking Synchro Bench™ will greatly determine your satisfaction with its performance and service life. Careful study of this manual is encouraged to obtain a thorough understanding of your new Docking Synchro Bench™ and its functions.

If your manual is lost or destroyed, Rogers Athletic will gladly provide you with a new copy. Should you require additional information or assistance, please feel free to contact us at 800-457-5337.

BECAUSE ROGERS ATHLETICS MAINTAINS AN ONGOING PROGRAM OF
PRODUCT DEVELOPMENT AND IMPROVEMENT, WE RESERVE THE RIGHT
TO MAKE IMPROVEMENTS IN DESIGN OR CHANGES IN SPECIFICATIONS
WITHOUT INCURRING ANY OBLIGATIONS TO INSTALL THEM ON UNITS
PREVIOUSLY SOLD.

GENERAL SAFETY RULES



WARNING!

READ AND UNDERSTAND ALL INSTRUCTIONS.




Failure to follow all instructions listed below may result in serious personal injury.

SAVE THESE INSTRUCTIONS

- **Supervision of athletes while using the equipment is recommended.** Horse play such as climbing on the machine or using the machine for unintended purpose can result in injuries.
- **Athletes should be oriented in the proper use of the equipment.**
- **Athletes should be properly fit to engage in a workout regimen.** Obtaining a medical exam prior to beginning any exercise program is recommended. If an athlete feels faint, dizzy, or experiences pain at any time while exercising, they should stop exercising and consult a physician.
- **Athletes should wear close fitting clothing to keep the clothing free from and clear of all moving parts.**
- **Inspect equipment prior to use.** DO NOT use if it appears damaged or inoperable.
- **This Product Information Packet is an integral part of this machine.** Save these instructions. If they are lost or damaged or if you would like another copy, a copy can be downloaded from www.RogersAthletic.com
- **Reading the Product Information Packet is recommended.** Failure to read this Packet is considered a misuse of this equipment.
- **Warning labels are an integral part of this machine.** Become familiar with all caution/warning labels and never cover or deface caution/warning labels.
- **Install the equipment allowing sufficient room for safe access to the machine, adequate room for the spotters to stand and to ensure that the machine does not collide with a wall or another machine through the entire range of motion.**
- **Use of a spotter is recommended.** Spotters should stand behind the athlete using the machine or to either side of the athlete.
- **Stay clear of all pinch points.** Instruct all athletes to keep fingers away from the weight arm and away from moving parts that may present danger of pinching.
- **Unit is designed for performing a bench exercises with proper technique using only authorized Rogers Athletic components.** Do not use weight equipment for anything other than its approved purpose.

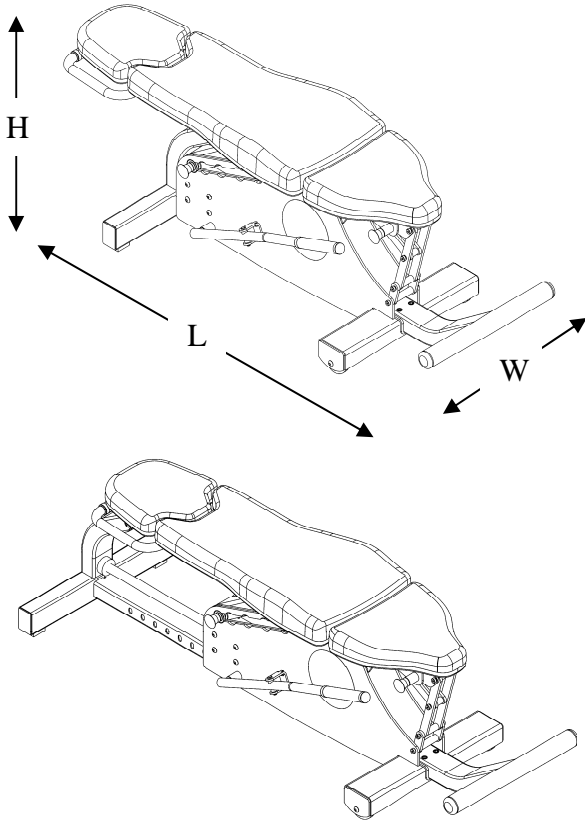
- **Equipment is designed for use by one person at a time.** Keeping other athletes and spectators away from the machines during use is recommended.
- **A clean workout environment is recommended to avoid trip hazards.**
- **Questions or comments?** Please contact Rogers Athletic by phone (1-800-457-5337), or visit our website at www.RogersAthletic.com

SYMBOLS

	<p>Safety Alert: Precautions that involve your safety</p>
 <p>WARNING</p> <p>To avoid personal injury, do not use this equipment until properly trained.</p>	<p>Athletes must be properly trained before using equipment. Failure to train athletes may result in personal injury.</p>
 <p>CAUTION</p> <p>Stay clear of equipment when in use.</p>	<p>Stay Clear Warning Label: Stay clear of weight equipment when it's in use. Only spotters should be in close proximity when the equipment is being used by someone else.</p>

ROGERS ATHLETIC WEIGHT EQUIPMENT SPECIFICATIONS

DOCKING SYNCHRO BENCH AND DOCKING SYNCHRO BENCH BASIC



	Docking Synchro Bench (410516)	Docking Synchro Bench Basic (410542)
Weight	160 lbs	
Height	21"-53.5"	
Length	61.5-65"	
Width	22"	

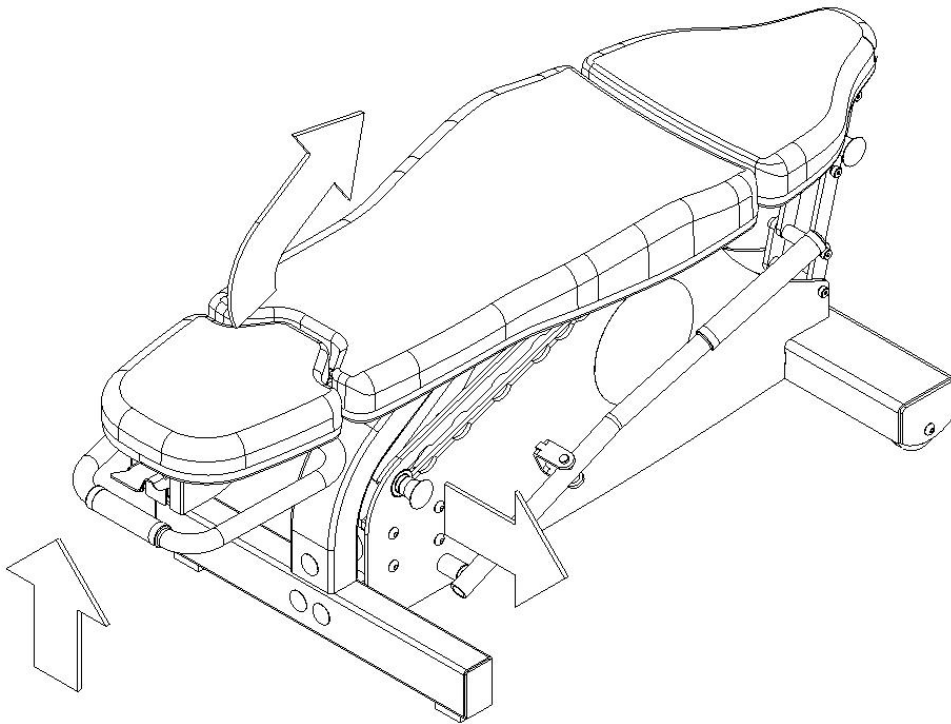
- Innovative, user-friendly bench providing extremely flexible and unmatched adjustment settings for highest possible lifter comfort.
- Innovative rear trigger release providing the only bench with one-hand adjustment of back angle. (410516 only)
- Seven back angle settings to provide unmatched flexibility: 0, 15, 30, 45, 60, 70, & 80 deg. adjusting for virtually any bench exercise.
- Automatically maintains and synchronizes proper back to seat angle throughout adjustable range.
- Further adjustment available in seat angle settings from preset angles.
- Integrated lumbar support.
- The only bench with height adjustable headrest for increased comfort while lifting. (410516 only)
- "Softex" grips for greater grip and comfort.
- Adjustable linear workout position providing ultimate range with two spotter platform docking positions.
- Optional removable footrest provides ergonomically safe lifting position.
- Red anodized handle, knobs and end cap provide color-coded adjustment points.
- Welded caps eliminate lost end caps.

Construction, Finish, and Hardware

- Constructed of ASTM specified steel.
- High durometer rubber stops and foot pads.
- Fatigue proof pins.
- Baked-on powder coat finish.
- Bronze bushings at pivot locations.
- UHMW stability guides and roller.
- ABS seat backing.
- Naugahyde fabric cover.
- Non-marking urethane casters.
- Zinc-plated hardware.

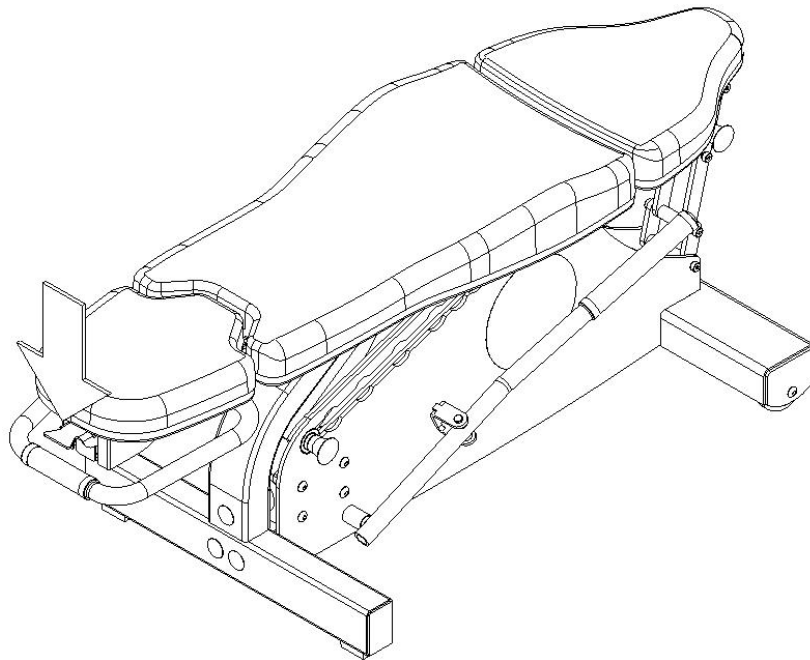
ASSEMBLY INSTRUCTIONS

1



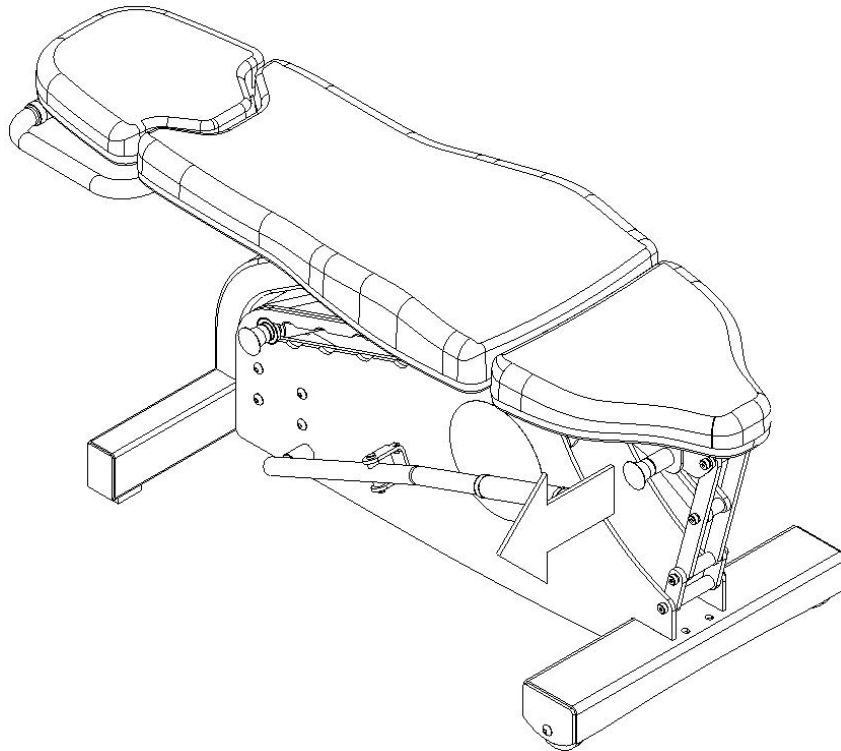
To adjust the angle of the backrest, pull out on the red knob to disengage the locking mechanism, then raise or lower the handle until the backrest is in the desired position. Once the correct position is obtained, release the red knob.

2



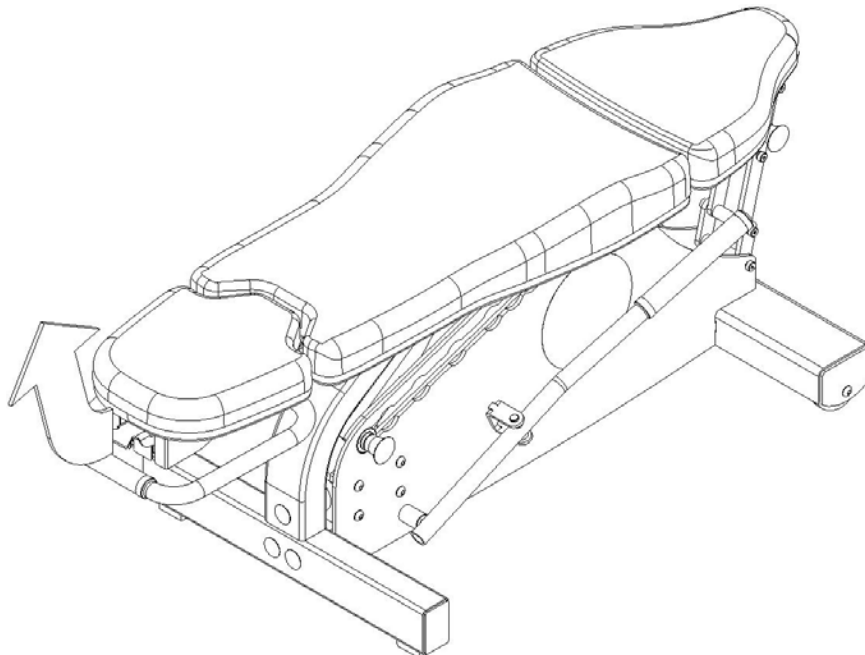
You can also press down on the red latch behind the headrest to disengage the locking mechanism and then raise or lower the handle until the backrest is in the desired position. Once the correct position is obtained, release the latch to engage the locking mechanism.

3



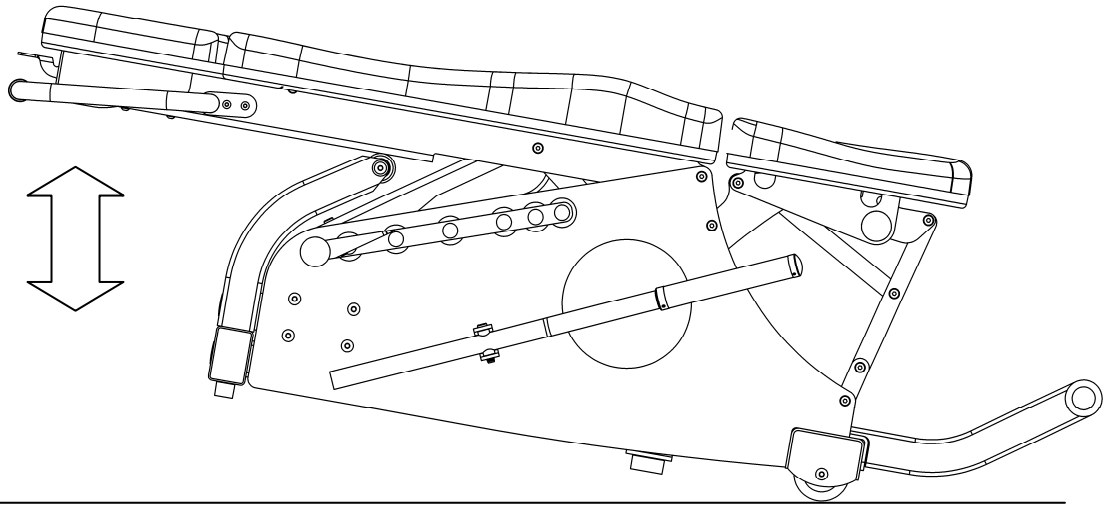
To independently position the seat, pull out on the red knob and pull up or push down on the seat to adjust the sitting angle. The seat can be adjusted upward an additional five or ten degrees from the base position.

4



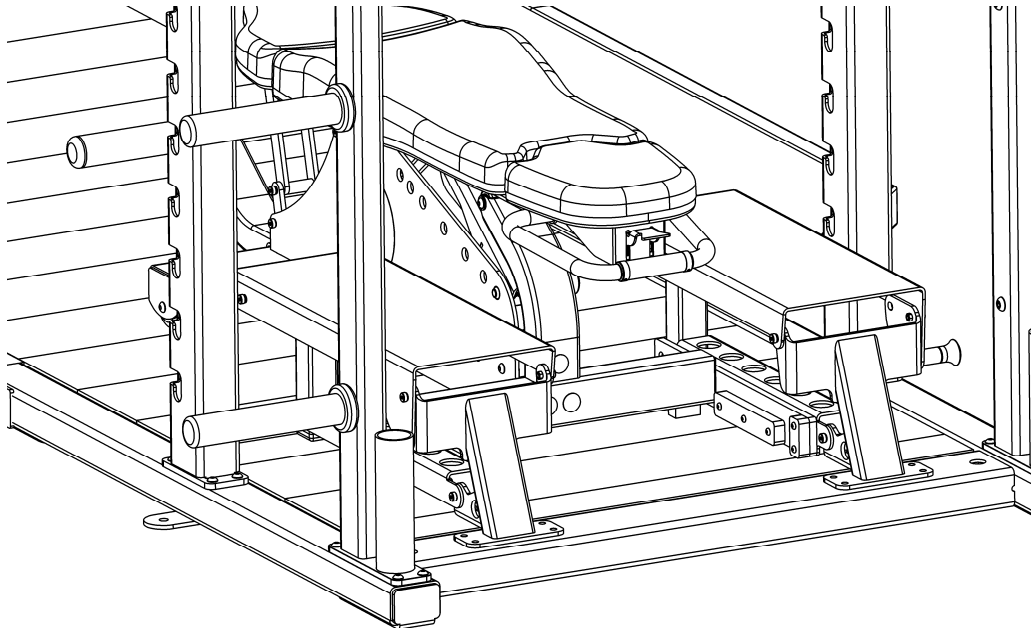
Lift up on the headrest to adjust its angle until you hear a “click” and then release to lock into that position. To return to the original horizontal base position, lift the headrest completely up and then release down. The angle can be adjusted two positions from the original base position.

5



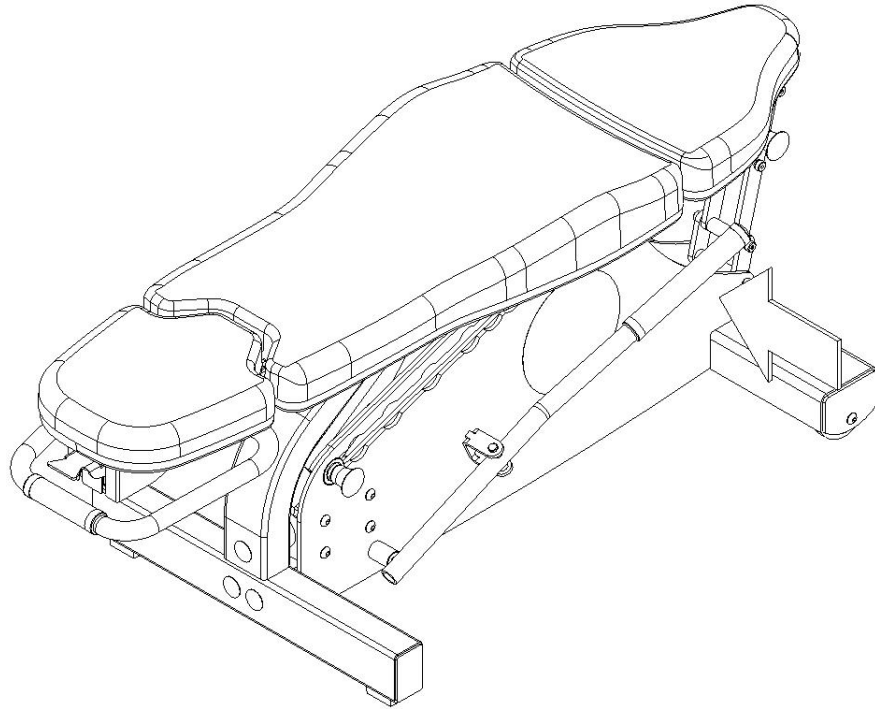
To move the bench, lift up on the handle to engage the urethane casters. Pull or push the bench to the desired location.

6



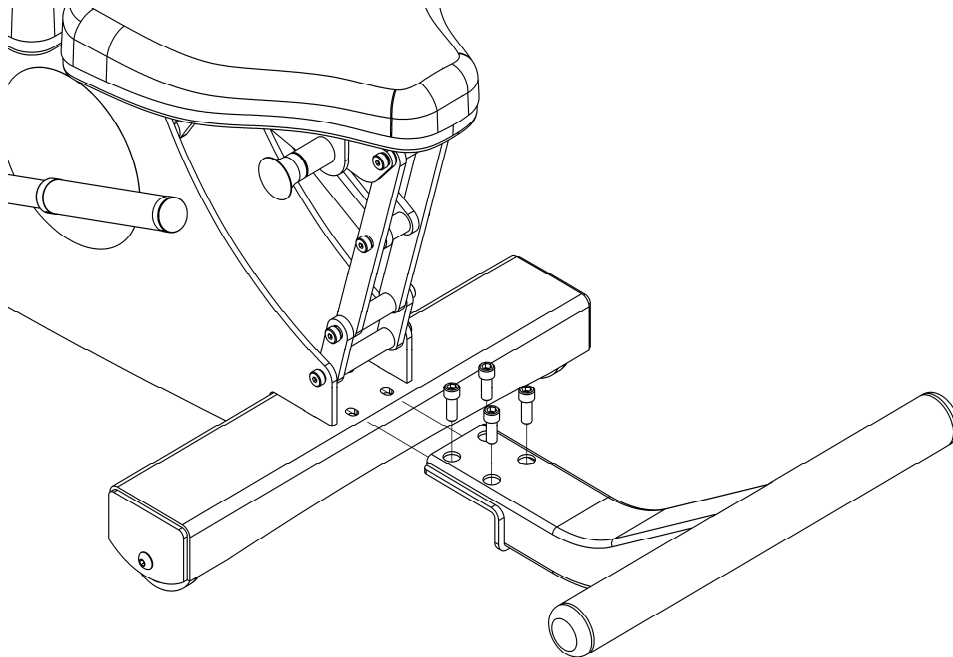
To dock the bench, roll it between the two spotter platforms until it drops firmly into one of the two docking positions. Once docked, the bench can travel 17" to accommodate the chosen exercise. (See Step 7)

7



To extend the bench, push in the side handle and glide to the desired position. Once the desired position is obtained, release the handle to engage locking mechanism.

8



Use a 5/16" Allen wrench and (4) 3/8" x 1" socket head cap screws to attach the optional footrest part #404680 to the bench.

MAINTENANCE



WARNING!

READ AND UNDERSTAND ALL MAINTENANCE PROCEDURES.

Failure to follow all procedures listed below may cause serious injury and decrease the equipment's functional existence.

- **Frequently check to see that all bolts are securely fastened.**
- **Frequently check to see that weight equipment is functioning properly.**
- **Touch up paint can be used to cover any scratches or blemishes sustained through use.**
- **A silicone based lubricant may be used on moving parts to maintain proper function.**
- **Mild detergent or disinfectant may be used to clean weight equipment.**
- **Replace any worn or damaged equipment with genuine Rogers Athletic parts.** Failure to do so may result in unsafe equipment and/or personal injury.

CUSTOMER SERVICE

For parts or service contact Rogers Athletic Company. When ordering parts be sure to provide all relevant information available including the name and part number of the equipment purchased. This information is located on the cover of this product information package. Hours of phone service are Monday through Friday from 8:00 a.m. to 5:00 p.m. Eastern Standard Time. Customers can phone (989) 386-2950 or toll free at (800) 487-5337. Fax toll free at (888) 549-9659 or mail:

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