



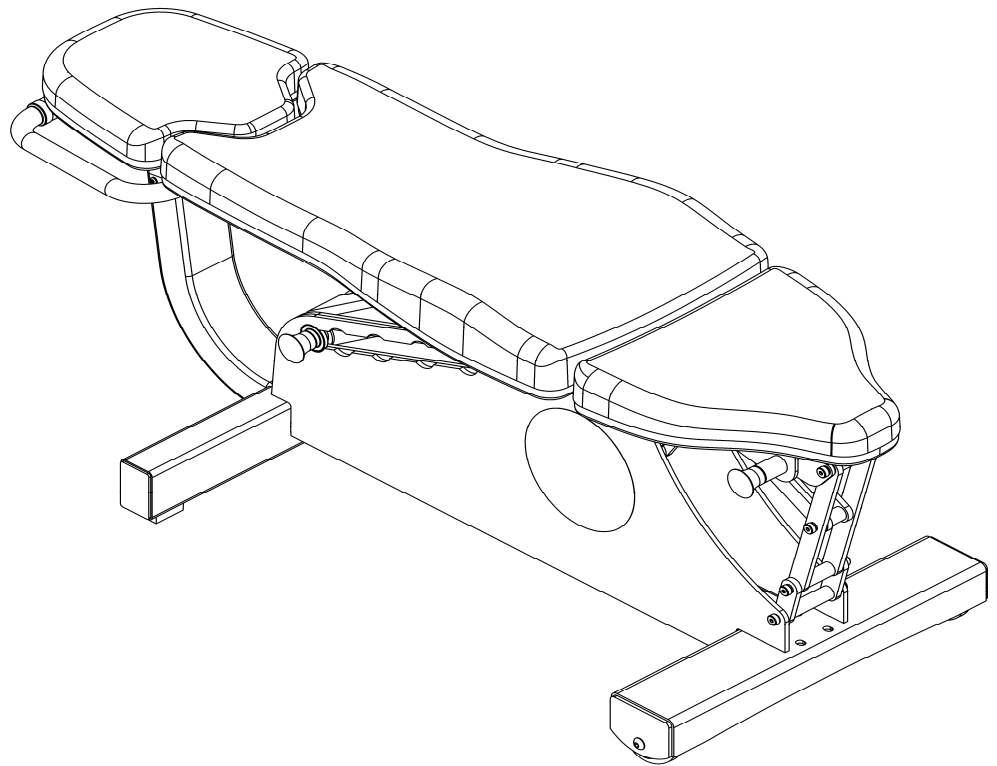
ROGERS

PRODUCT INFORMATION PACKET

SYNCHRO BENCH & SYNCHRO BENCH BASIC

PRODUCT PART NUMBER: 410517 & 410543

PATENTS: #7322912, #7465260, #D547400



KEEP INFORMATION PACKET FOR FUTURE REFERENCE

TABLE OF CONTENTS

- Introduction.....1
- General Safety Rules.....2
- Symbols.....4
- Technical Specifications.....5
- Operating Instructions.....6
- Maintenance.....9
- Customer Service Information.....9

INTRODUCTION

The Rogers Athletic 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 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 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 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.

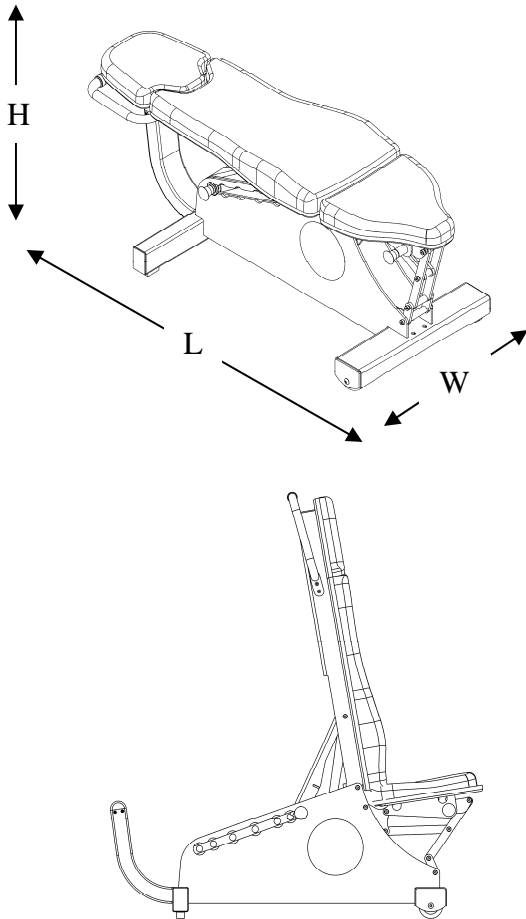
- **A clean workout environment is recommended to avoid trip hazards.**
- **Questions or comments?** Please contact Rogers Athletic by phone (1-800-457-5337), or visit our website at www.RogersAthletic.com

SYMBOLS

	<p>Safety Alert: Precautions that involve your safety</p>				
<table border="1"><tr><td colspan="2" data-bbox="191 409 570 451">⚠ WARNING</td></tr><tr><td data-bbox="203 468 358 619"></td><td data-bbox="358 468 570 619">To avoid personal injury, do not use this equipment until properly trained.</td></tr></table>	⚠ WARNING			To avoid personal injury, do not use this equipment until properly trained.	<p>Athletes must be properly trained before using equipment. Failure to train athletes may result in personal injury.</p>
⚠ WARNING					
	To avoid personal injury, do not use this equipment until properly trained.				
<table border="1"><tr><td data-bbox="191 678 370 856"></td><td data-bbox="370 678 570 856">⚠ CAUTION Stay clear of equipment when in use.</td></tr></table>		⚠ CAUTION Stay clear of equipment when in use.	<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>		
	⚠ CAUTION Stay clear of equipment when in use.				

ROGERS ATHLETIC FIELD EQUIPMENT SPECIFICATIONS

SYNCHRO BENCH (410517) AND SYNCHRO BENCH BASIC (410543)



Weight: Synchro Bench – 135 lbs (61 kg)
Synchro Bench Basic – 130 lbs (59 kg)

Height: 21-53.5" (53-136 cm)

Length: 61.5" (156 cm)

Width" 22" (55 cm)

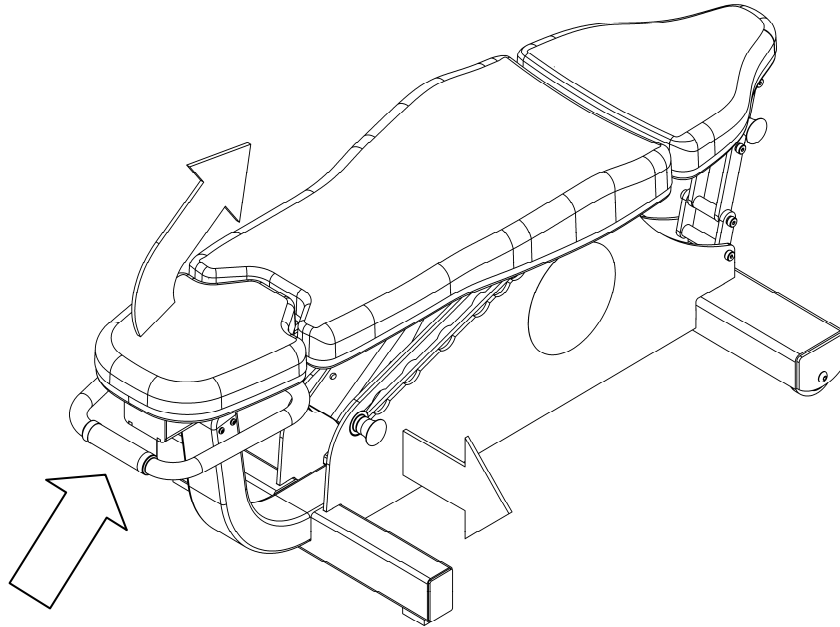
- Innovative, user-friendly bench providing extremely flexible and unmatched adjustment settings for highest possible lifter comfort.
- Innovative rear trigger release providing the only bench with one-hand adjustment of back angle. (410517 only)
- Seven back angle settings to provide unmatched flexibility: 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.
- High quality Naugahyde seat covering. (410517 only)
- Integrated lumbar support.
- The only bench with height adjustable headrest for increased comfort while lifting. (410517 only)
- GripWorks® "Softex" grips for greater comfort and grip.
- Red anodized handle, knobs and end cap provide color-coded adjustment points.
- Optional removable footrest provides ergonomically safe lifting position.
- Durable non-marking urethane casters.
- Welded caps eliminate lost end caps.

Construction, Finish, and Hardware

- Constructed of ASTM specified steel.
- Fatigue proof pins
- Baked-on powder coat finish.
- Bronze bushings at pivot locations.
- High durometer rubber foot pads.
- ABS seat backing.
- Grips covered with GripWorks "Softex" material or equivalent.
- Non-marking Urethane casters.
- Zinc-plated hardware.

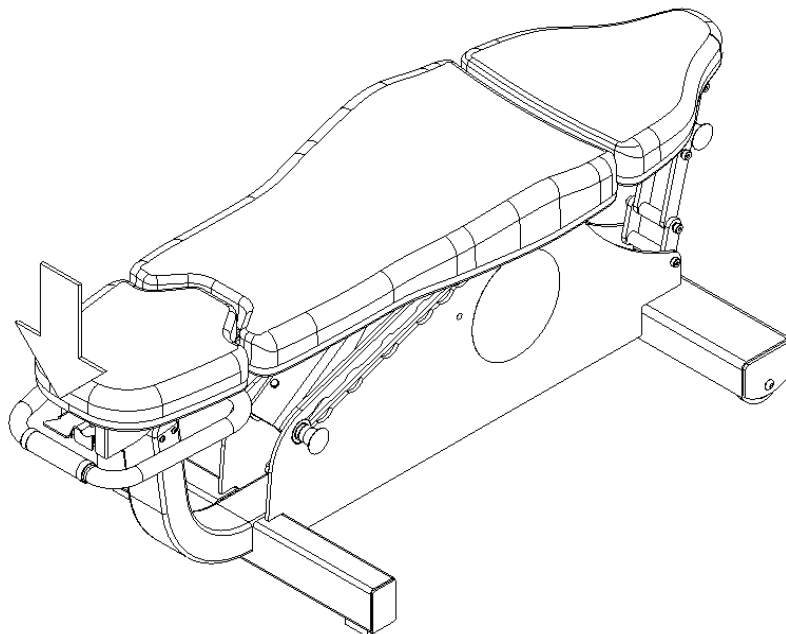
OPERATING INSTRUCTIONS

1



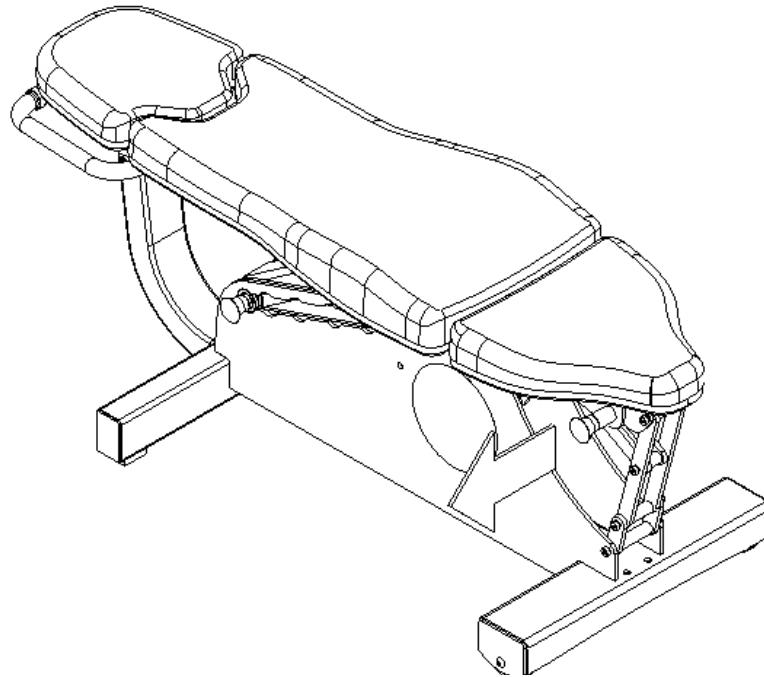
To adjust the angles of the backrest, pull out on the red knob to disengage the locking pin mechanism. Pull up or push down on the handle to position the backrest to the desired angle and release the knob to engage the locking mechanism.

2



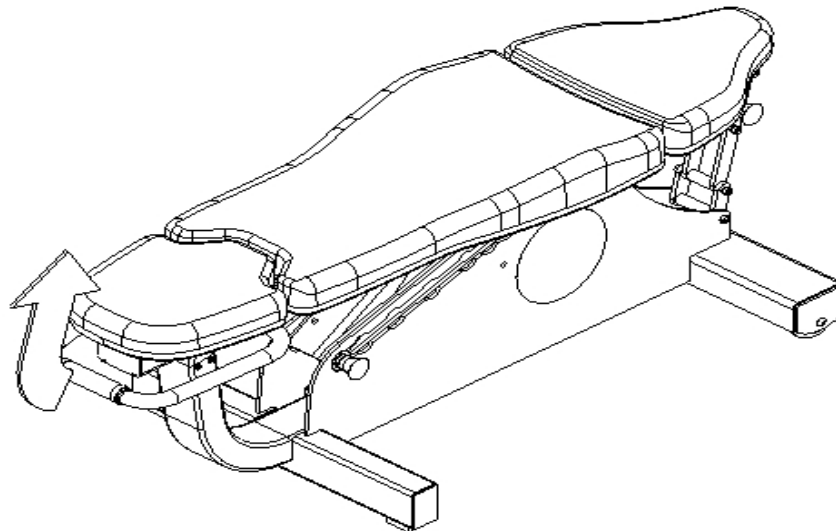
You can also press down on the red latch behind the headrest to disengage the locking mechanism and then raise or lower the handle until the backrest is in the desired position. Once the correct position is obtained, release the latch to engage the locking mechanism. * Synchro Bench shown with optional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

3



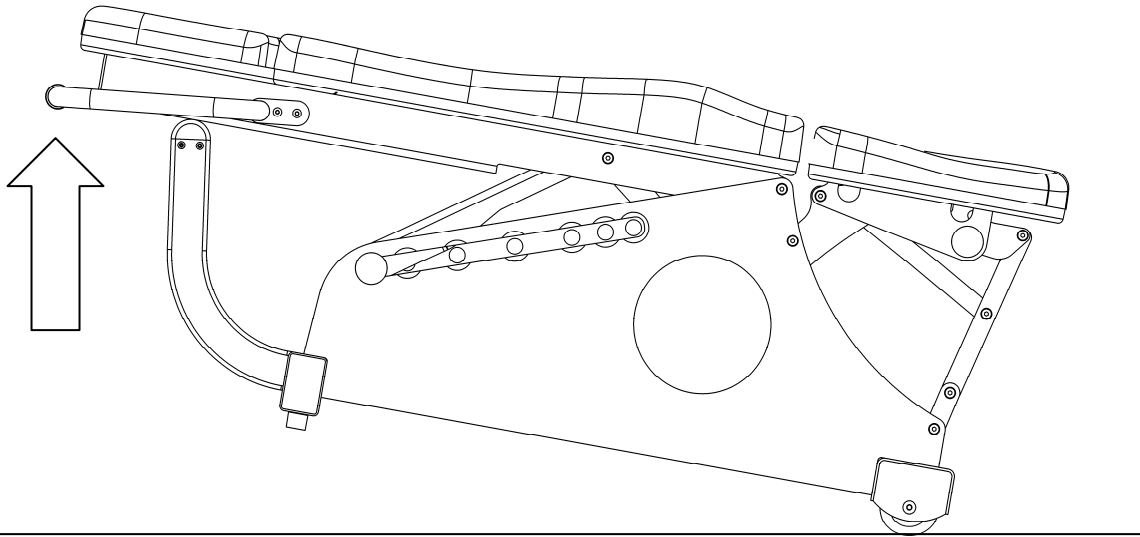
To independently position the seat, pull out on the red knob and pull up or push down on the seat to adjust the sitting angle. The seat can be adjusted upward an additional five or ten degrees from the base position.

4



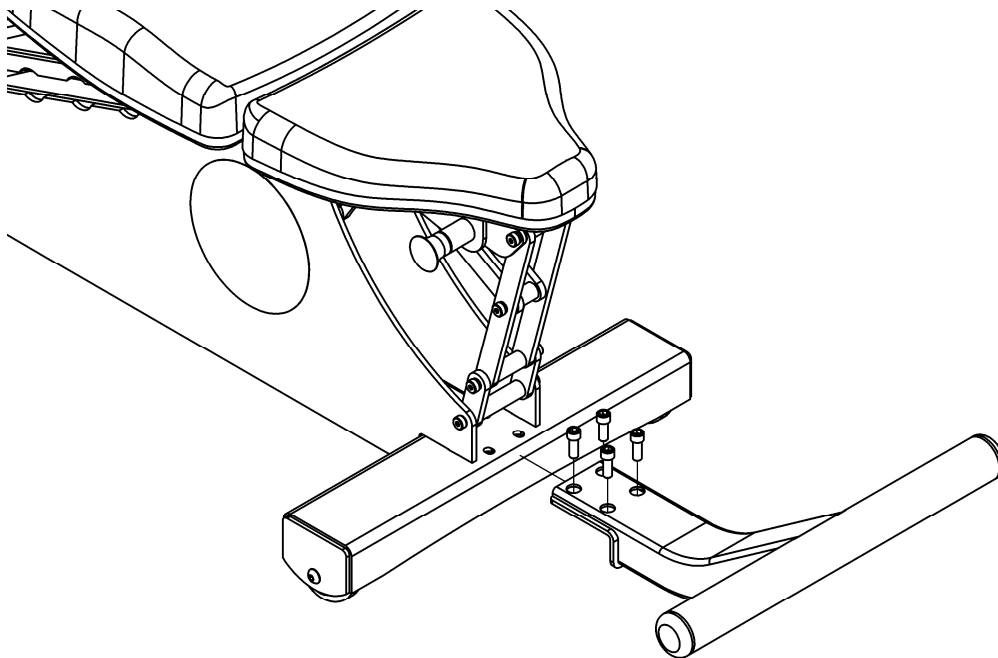
Lift up on the headrest to adjust its angle. The angle can be adjusted two positions from the original base position. Lift until you hear a “click” and then release to lock into that position. To return to the original horizontal base position, lift the headrest completely up and then release down. *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

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



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 a decrease in the equipments 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 base lubricant may be used on moving parts to maintain proper function.**
- **Mild detergent or disinfectant may be used to clean weight equipment.**
- **Replace any 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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Farwell, Michigan 48622

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