

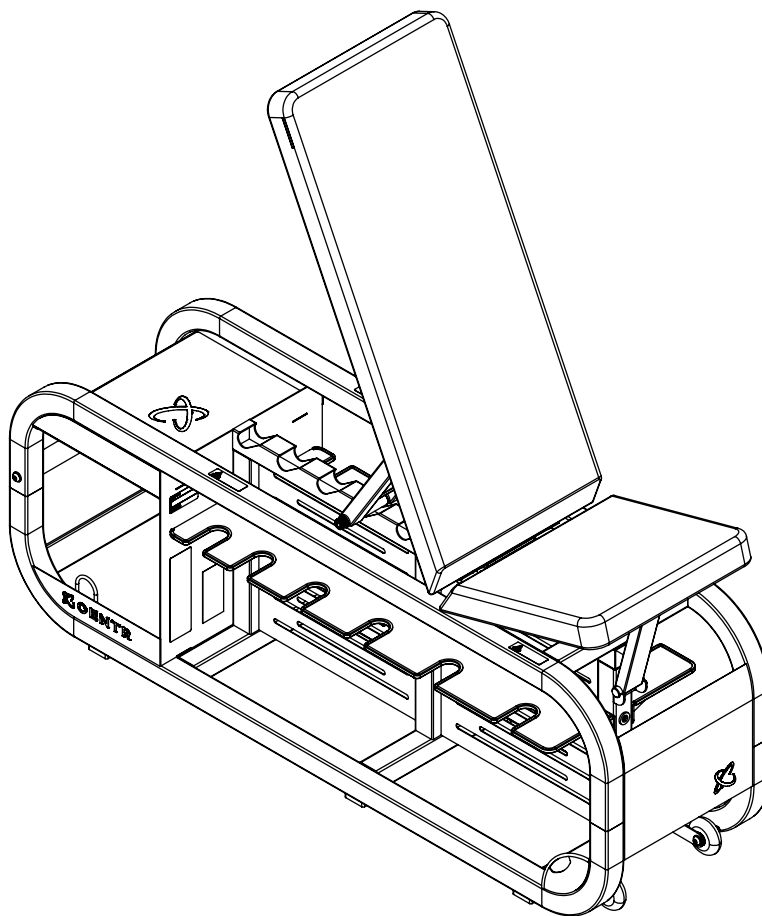


Model : CFUB1.1
ITM. / ART. 1857402

USER MANUAL

CENTR FUSION BENCH

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



SCAN FOR MANUALS,
VIDEOS, AND SUPPORT

Record Serial Number Here

MADE IN CHINA
80242-EN-V2025-05-29

IMPORTANT SAFETY NOTICE

PRECAUTIONS

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

1. **Consult a physician prior to commencing an exercise program.**
2. Always keep children and pets away from the bench. **DO NOT** leave children unattended in the same room with the bench. The linkages on this bench can cause serious injury or death if used improperly .
3. Only one person at a time should use the bench.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
5. Position the bench on a clear, level surface.
6. **DO NOT** use the bench outdoors or near water..
7. Keep hands away from all moving parts.
8. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could be caught in the machine. Running or training shoes are also required when using the bench.
9. Use the bench only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
10. **DO NOT** place any sharp objects around the bench
11. Disabled persons should not use this bench without a qualified person or physician in attendance.
12. Always do stretching exercises to properly warm up before using this bench.
13. Never use this bench if it is not functioning properly.
14. A spotter is recommended during exercise.
15. Maximum USER weight on bench is 200 kg / 441 lb. This means that a PERSON'S maximum weight can be up to 136 kg / 300 lb. The total weight capacity the bench can hold is 290.7 kg / 641 lb.

CARE AND MAINTENANCE

1. Regularly inspect product for loose hardware.
2. **Do not use or store equipment outdoors.**
3. Locate and familiarize yourself with all warning decals, replace if damaged.
4. Replace damaged or worn upholstery immediately.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health in Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

LABEL PLACEMENT

⚠ WARNING / AVERTISSEMENT / ADVERTENCIA

Maximum User Weight Poids utilisateur maximal Peso máximo de usuario	200 kg / 441 lb
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80166-V2025-03-28

**⚠ WARNING
AVERTISSEMENT
ADVERTENCIA**

USE ONLY GENUINE CENTR REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN SERIOUS INJURY. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE RULES.

N'UTILISER QUE DES PIÈCES DE RECHANGE INSPIRE. AUTREMENT, CELA ANNULERA LA GARANTIE ET POURRAIT ENTRAÎNER DES BLESSURES GRAVES. LES PERSONNES QUI UTILISENT CET ÉQUIPEMENT ASSUMENT UNE PART DE RISQUE. POUR DIMINUER LES RISQUES, TOUJOURS SUIVRE CES ÉTAPES.

SOLO USE PIEZAS DE REPUESTO DE INSPIRE GENUINAS. SI NO LO HACE, SE ANULARÁ LA GARANTÍA Y PODRÍA SUFRIR LESIONES GRAVES. LAS PERSONAS QUE USAN ESTE TIPO DE EQUIPO ASUMEN UN RIESGO. PARA MINIMIZAR ESE RIESGO, SIGA SIEMPRE ESTAS REGLAS.

DO NOT MISUSE THIS EQUIPMENT
THE POSSIBILITY OF SERIOUS INJURIES MAY OCCUR IF CAUTION IS NOT USED. ALL CAUTION AND WARNING LABELS MUST BE READ AND FOLLOWED AND PROPER INSTRUCTIONS BE OBTAINED PRIOR TO USE. REPLACE THIS LABEL IF DAMAGED, ILLIGIBLE OR REMOVED. KEEP CHILDREN AND PETS AWAY FROM THIS EQUIPMENT.

N'UTILISER QU'À FINS PRÉVUES
LA PRUDENCE EST DE MISE, SANS QUOI DES BLESSURES GRAVES PEUVENT SURVENIR. IL EST IMPÉRATIF DE LIRE TOUS LES AUTOCOLLANTS D'AVIS ET D'AVERTISSEMENT, D'ÊTRE SUIVRE LES DIRECTIVES ET DE CONNAÎTRE LES INSTRUCTIONS ADEQUATES AVANT L'UTILISATION. REMPLACER CET AUTOCOLLANT S'IL EST ENDOIMAGÉ, ILLISIBLE OU RETIRÉ. TENIR HORS DE PORTÉE DES ENFANTS ET DES ANIMAUX DOMESTIQUES.

NO USE INCORRECTAMENTE ESTE EQUIPO
SI NO TIENE CUIDADO, EXISTE LA POSIBILIDAD DE QUE SURTA LESIONES GRAVES. DEBE LEER Y RESPETAR TODAS LAS ETIQUETAS DE PRECAUCIÓN Y ADVERTENCIA, Y DEBE OBTENER LAS INSTRUCCIONES ADECUADAS ANTES DE USAR EL EQUIPO. REEMPLACE ESTA ETIQUETA SI SE DAÑA, SE VUELVE ILLISIBLE O ES RETIRADA. MANTÉNGA A LOS NIÑOS Y LAS MASCOTAS ALEJADOS DEL EQUIPO.

FOR CONSUMER USE ONLY
RÉSERVÉ AU CONSOMMATEUR UNIQUEMENT
PARA USO DEL CONSUMIDOR ÚNICAMENTE

80166-V2025-03-28

HEALTH IN MOTION, LLC
3300 HORSELESS CARRIAGE DRIVE, NORCO, CA 95060

SERIAL NO. / NO DE SÉRIE / N.º DE SERIE:
XXXX.X-XXX-X-XX-XX-XXXXXX

MODEL / MODÈLE / MODELO:
XXXX

SALES AND SERVICE / VENTE ET SERVICE / VENTAS Y SERVICIOS:
+1 714-738-1729

MADE IN CHINA
FABRIQUÉ EN CHINE
HECHO EN CHINA
V2024-04-12 103002

**⚠ WARNING
AVERTISSEMENT
ADVERTENCIA**

**PINCH POINTS
POINTS DE PINCEMENT
PUNTO DE PELLIZCO**

80350-V2025-05-30

Manufacturer Fabricant Fabricante
Health In Motion LLC.
Manufacture Date Date de fabrication Fecha de fabricación
08/2023
Made in China Fabriqué en Chine Fabricado en China
Compliant with TSCA Title VI and CARB (California 93120 Phase 2) for Formaldehyde. Conforme au titre VI de la TSCA et à la phase 2 de la norme 93120 du CARB de la Californie pour les émanations de formaldéhyde. Cumple con el Título VI de la TSCA y la Fase 2 de CARB (California 93120) para formaldehído.

**⚠ WARNING
AVERTISSEMENT
ADVERTENCIA**

**PINCH POINTS
POINTS DE PINCEMENT
PUNTOS DE PELLIZCO**

80216-V2025-03-28

BEFORE YOU BEGIN

Thank you for selecting the Centr Fusion Workout Bench. Service of your bench should only be performed by an authorized Centr retailer. Service performed by anyone else can result in loss of warranty. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please call our TOLL-FREE customer service number. Our Customer Service agents will provide immediate assistance to you.



Email

hello@centr.com



Phone

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish

PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit **centr.com/support**

AUSTRALIA

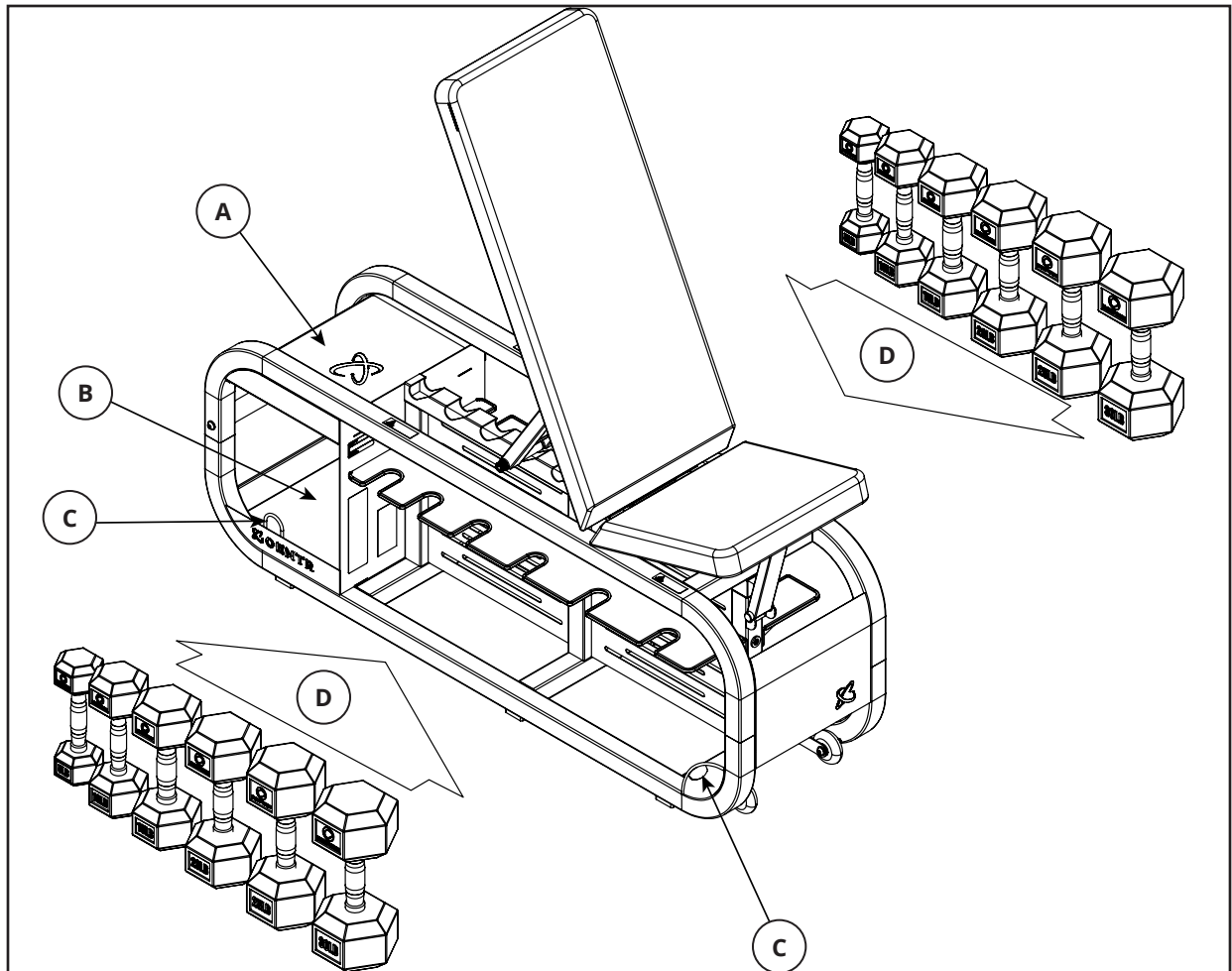
Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us; and
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

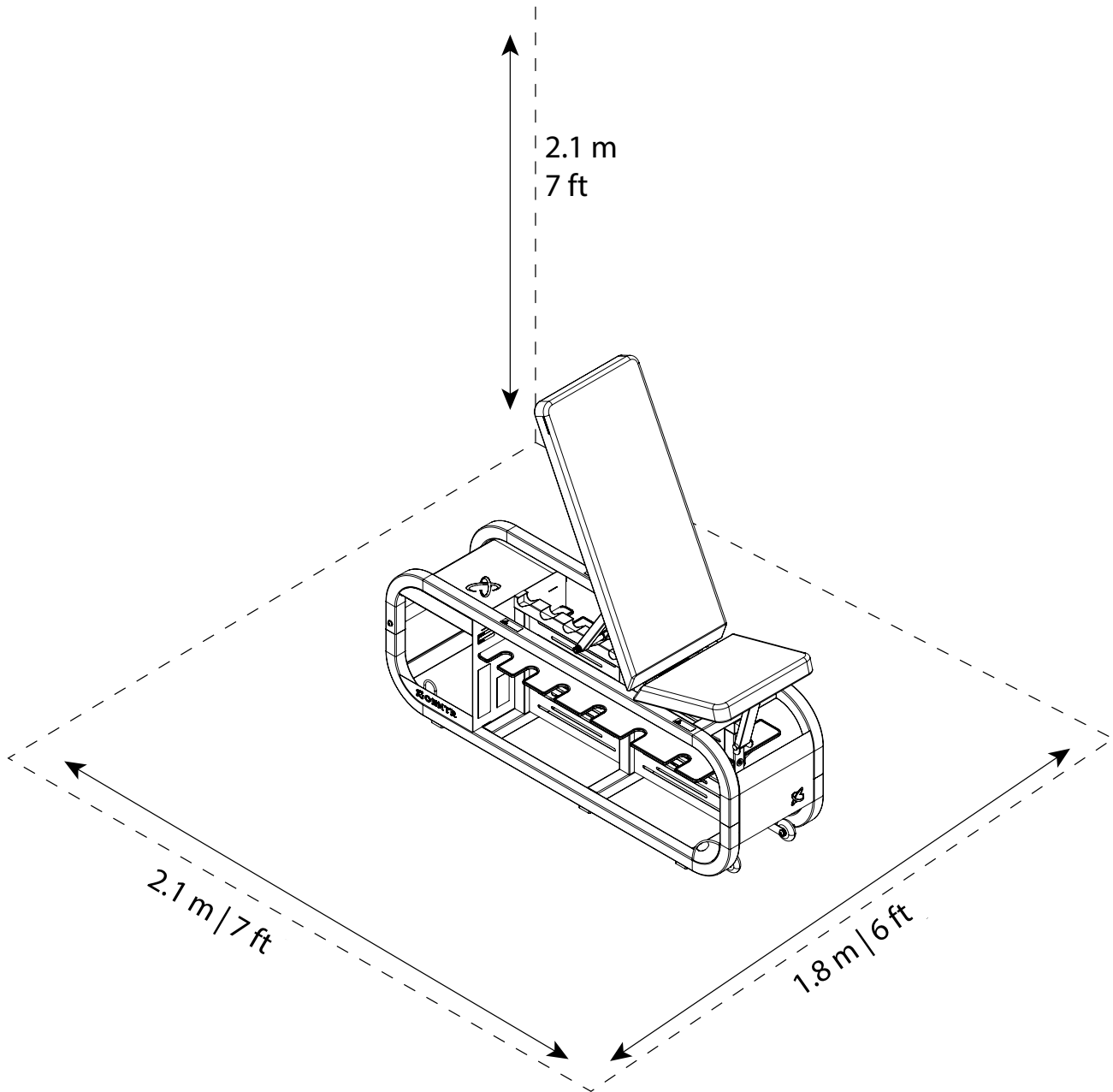
FEATURES



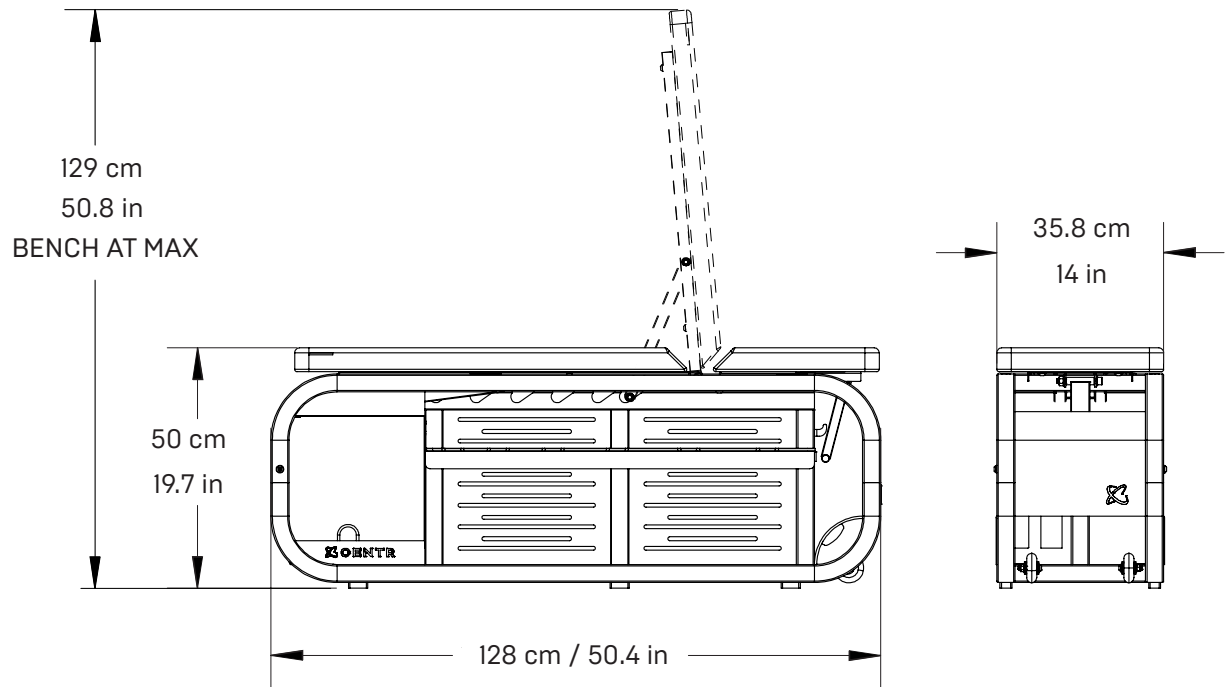
- A** UPPER STORAGE AREA
- B** LOWER STORAGE AREA
- C** *RESISTANCE BAND MOUNTS (2X BOTH SIDES)
- D** *DUMBBELL STORAGE

*DUMBBELLS AND RESISTANCE BANDS ARE PURCHASED SEPARATELY

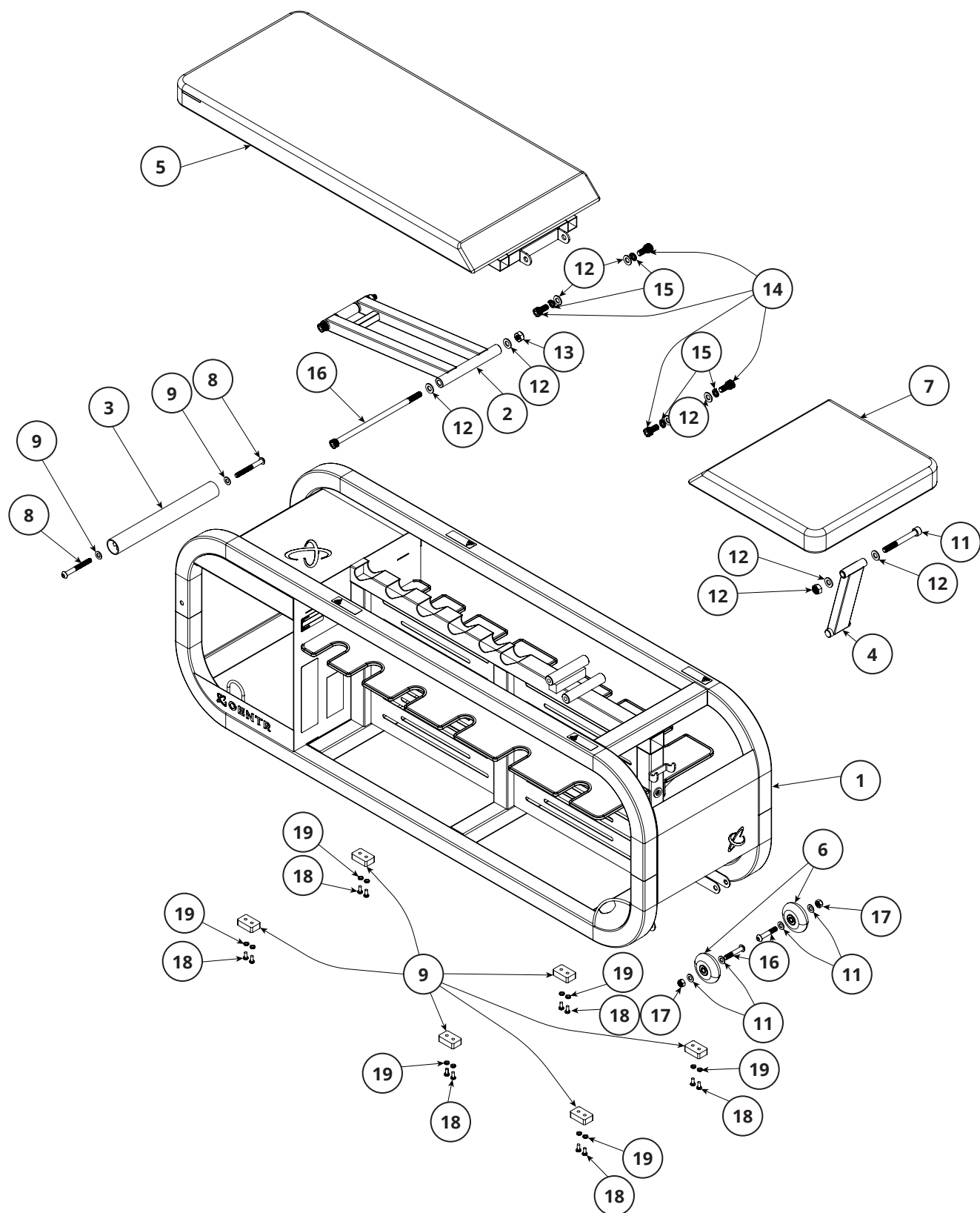
WORKOUT AREA



ASSEMBLED DIMENSIONS



EXPLODED VIEW



PARTS LIST

No.	Part Number	Description	Qty.
1	104360	MAIN FRAME	1
2	104361	ASSY, BENCH ADJ ARM	1
3	104395	TRANSPORT HANDLE	2
4	104411	SEAT ADJUSTMENT ARM	1
5	104403	BENCH BACK ASSEMBLY	1
6	104404	TRANSPORT WHEEL	2
7	104405	SEAT BENCH ASSEMBLY	1
9	104422	RUBBER FOOT PADS	6
8	104419	BOLT, M8 X 1.25 X 70P, BH, CL 8.8, BZ	6
9	102393	WASHER, FLAT, 8.5 X 16 X 1.6, BZ	1
10	103111	BOLT, M10 X 1.5 X 85, SH, CL 8.8, BZ	1
11	102390	WASHER, FLAT, 10.5 X 20 X 2, BZ	1
12	102391	NUT, M10 X 1.5 X 10, LOCK, CL 8, BZ	1
13	104429	BOLT, M10 X 1.5 X 20, SH, CL 8.8, BZ	1
14	103097	WASHER, SPLIT LOCK, M10, BZ	4
15	104431	BOLT, M10 X 1.5 X 230P, SH, CL 12.9, BZ	2
16	103223	BOLT, M8 X 1.25 X 45P, BH, CL 10.9, BZ	2
17	103128	NUT, M8 X 1.25 X 8, LOCK, CL 8, BZ	4
18	104422	SCREW, M5 X 0.8 X 12 PH BZ	12
19	104925	WASHER, FLAT, 5.5 X 10 X 1.0 BZ	12

CENTR