CORE
HEALTH & FITNESS

CORE HEALTH & FITNESS

OLYMPIC FLAT BENCH



OWNER'S MANUAL

IMPORTANT SAFETY INSTRUCTIONS

WARNING!

Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment operation and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.

Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

WARNING: to reduce the risk of serious injury to persons using this equipment, read and follow all of these warnings:

1. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 24 inches (0.6 meters) of clearance on at least one side to allow for ease of mounting and dismounting. Allow for 24 inches (0.6 meters) of clearance behind the machine (See Fig. 1). These dimensions are the recommended minimum distances.

   The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations (www.access-board.gov/ada).
2. Do not exceed the maximum allowable weight limit of:
   - 350 lbs. / 160 kg.
3. Load plates evenly and carefully to avoid tipping equipment and possible crushing injuries. DO NOT exceed 230 lbs. (104.5 kgs) per side of loaded weight.
4. Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device, including specific weight rod and band peg limits
5. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
6. Use only Olympic style weight plates (2.0" Bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance.
7. Always utilize weight plate retention devices such as clamps or pins.
8. Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device, including specific weight rod and band peg limits
9. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by Core Heath & Fitness.
10. Ensure all adjustment and locking features are properly secured before using the equipment.
11. Care should be used when mounting or dismounting the equipment.
12. Keep the top surface of the platform clean and dry.
13. When adjusting any seat, knee stabilization pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury. If any of the adjustment devices are left projecting, they could interfere with the user's movement.
14. Do not over exert yourself during exercise. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.
15. **WARNING**: Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint stop exercising immediately
16. **WARNING**: Risk of personal injury – Keep children under the age of 13 away from machine.
17. This equipment is designed for use in a commercial gymnasium or health club only. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination form their health care provider before beginning any exercise program.
18. This machine is for indoor use only.
19. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.
20. Use only replacement components supplied by Core Heath & Fitness. Substitutes are forbidden and will void all warranties.
21. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.

SAVE THESE INSTRUCTIONS

MAINTENANCE SCHEDULE

With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.

The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

Maintenance Schedule	Daily	Weekly	Monthly	Every 6 Months
Inspect				
Fasteners			✓	
Labels			✓	
Main Frame				✓
Cleaning				
Upholstery	✓			
Main Frame		✓		

Table 1

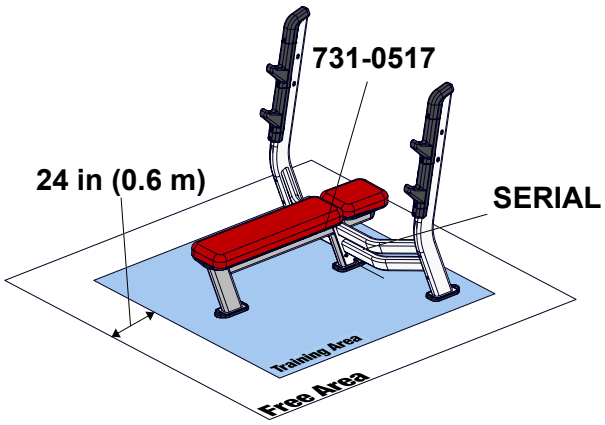


Fig. 1 Required Clearance

Product Details

Product SKU	Name
9NP-B7202	**Olympic Flat Bench**
Weight:	115 lbs 52 kg
Dimensions:	65 x 73 x 49 in 165 x 185 x 124 cm

Maintenance

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance.

- Metric Allen Key Set
- Torque Wrench
- Metric Open-Ended Wrench Set
- Large Adjustable Crescent Wrench
- Metric Socket Set

MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping the product in safe operating condition. Failure to conduct preventative maintenance by the owner may cause the product to operate in an unsafe manner. Equipment needs to be inspected and maintained at regular intervals per the preventative maintenance schedule provided in this manual.

Cleaning

Keeping your Strength units clean is an important component of preventative maintenance and the overall aesthetics of your product. While your clients will appreciate clean equipment free of sweat, dirt and other contaminants proper care and cleaning will extend the life of your product and reduce premature aging and wear. See the maintenance schedule for recommended frequency. Cleaners/Disinfectants should be used at manufacturer recommended dilutions and never in concentrated form.

Inspection

Visual inspection of your units will insure a safe environment for your clients and alert you to any issues that may require maintenance prior to equipment failure. Proper, timely visual inspection is a critical component to the long term care of your product.

- Fasteners, hardware and attachments should be checked monthly for looseness. Tighten as required using appropriate tools.
- Main frame should be inspected every six months for signs of unusual wear, corrosion or structural integrity issues.

CAUTION: Cleaning products may be harmful/irritating to your skin, eyes, etc. Use protective gloves and eye protection. Do not inhale or swallow any cleaning product. Protect surrounding area/clothing from exposure. Use in a well-ventilated area. Follow all product manufacturer's warnings.

CORE Health and Fitness cannot be held responsible for damage or injuries resulting from the use or misuse of cleaning products.

Preventive Maintenance Cautions

- While maintaining equipment you will want to avoid spraying any liquids directly onto any surface of the unit. Always spray cleaning solutions onto a clean towel first then wipe the unit.
- Cleaners/Disinfectants should be used at manufacturer recommended dilutions and never in concentrated form.

SAVE THESE INSTRUCTIONS

This page shows the location of the warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged the replacement numbers are shown on the support site and in Fig. 1 above. See Support and Service to order replacements.

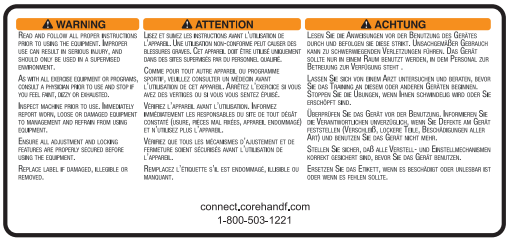
Note: Sticker/Label images are not to scale.

731-0517 STICKER, WARNING, BOLT DOWN

731-7920 STICKER,WARNING,NP STANDARD INSTRUCTIONS



731-0517



731-7920

CORE HEALTH & FITNESS
StairMaster SCHWINN NAUTILUS STAR TRAC THROWDOWN wexer

ASSEMBLY

REQUIRED TOOLS

- Metric Allen Key Set
- Torque Wrench
- Metric Open-Ended Wrench Set
- Large Adjustable Crescent Wrench



PACKAGING REMOVAL:

Carefully remove all packaging materials that wrap the equipment. If parts are missing see **Support & Service**

DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.

Before beginning to assemble the product, remove any sub-components from the pallet and set aside for later assembly. Once all packaging has been removed, lay all parts out in a clean open area to prepare for assembly. The list of included parts is in Table 2 and Fig. 3 to the right.

Should any component not be present or if you have any operational questions, please refer to **SUPPORT & SERVICE** on the back page of this manual.

INCLUDED PARTS

#	PN	Description
A	731-7421-XX	NP-B7202, WELD ASSY, CENTER FRAME
B	731-7422-XX	NP-B7202, WELD ASSY, R UPRIGHT FRAME
C	731-7423-XX	NP-B7202, WELD ASSY, L UPRIGHT FRAME
D	Hardware Card	Hardware Card

Table 2

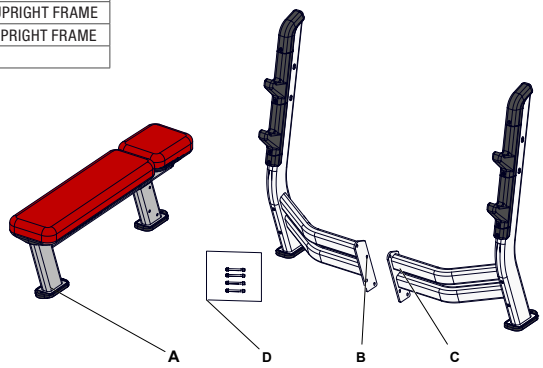


Fig. 3 Included Parts

ASSEMBLY PROCEDURE

1. Use a ratchet wrench with a 6mm allen socket and a 13mm open-ended wrench to secure the left (731-7423-XX) and right (731-7422-XX) Upright Frames to the Bench assembly using four (4) M8 x 80mm bolts (731-1622), eight (8) M8 flat washers (731-0355), and four (4) M8 nylock nuts (731-0287). (See Fig. 2)

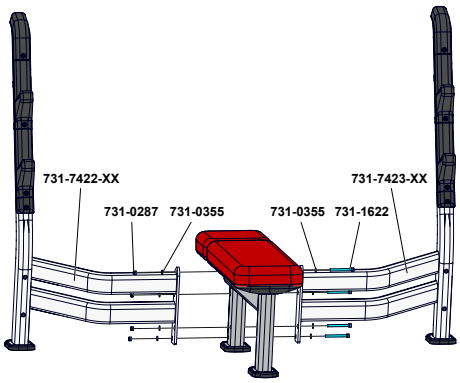


Fig. 2

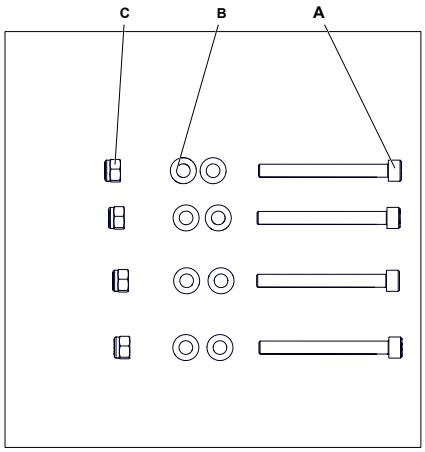


Fig. 6

#	PN	Description
A	731-1622	SCREW,M8 X 1.25,80mm,SHC,HK,AS,ZP
B	731-0355	WASHER,PLAIN,M8,NARROW
C	731-0287	NUT,M8x1.25,NYLOCK

Table 3

Replacement parts for this unit are available through SUPPORT & SERVICE. Parts listed are shown below and in interactive drawings available on Core Connect. Listed parts may change, please check Core Connect for latest versions and other SKU's covered by this manual. Warranty information may vary by unit. To read warranty information visit: https://corehandf.com/warranty

9NP-B7202 - OLYMPIC FLAT BENCH

Part Number	Qty	Description
731-0287	4	NUT,M8x1.25,NYLOCK
731-0355	8	WASHER,PLAIN,M8,NARROW
731-0379	10	SCREW,M8 X1.25,20mm,SHC,HK
731-0390	8	SCREW,M8x1.25,25mm,SHC,HK, AS,GR12.9,NKL,FT
731-0517	1	STICKER, WARNING, BOLT DOWN
731-1098	1	ENDCAP, 110 X 50, ROUND
731-1392-00XX	1	ASSY,BACK REST,FB

Part Number	Qty	Description
731-1393-00XX	1	ASSY,HEAD REST,FB
731-1617	2	COVER,FRONT,END,SEAT,B&R
731-1618	1	COVER,FRONT,END,SEAT,B&R
731-1619	1	COVER,FRONT,END,SEAT,B&R
731-1620	2	COVER,MIDDLE,SEAT,B&R
731-1622	4	SCREW,M8 X 1.25,80mm,SHC,HK,AS,ZP
731-2647	4	FOOT,LONG,LEVERAGE
731-7422-XX	1	NP-B7202, WELD ASSY, R UPRIGHT FRAME

Part Number	Qty	Description
731-7423-XX	1	NP-B7202, WELD ASSY, L UPRIGHT FRAME
731-7424	4	ASSY, WEARGUARD, BENCH & RACK, FULL HOOK
731-7426	2	ASSY, WEARGUARD, BENCH & RACK, TOP CAP
731-7427	2	ASSY, WEARGUARD, BENCH & RACK, END CAP
731-7435	8	PLUG, ROUND, 10.5mm
731-7436	8	PLUG, SLOT, 25L, 11W

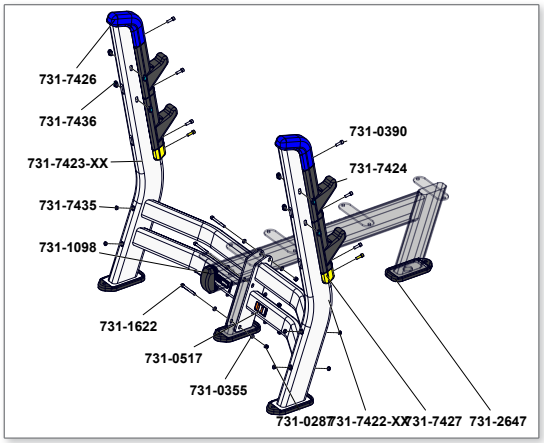


Fig. 4

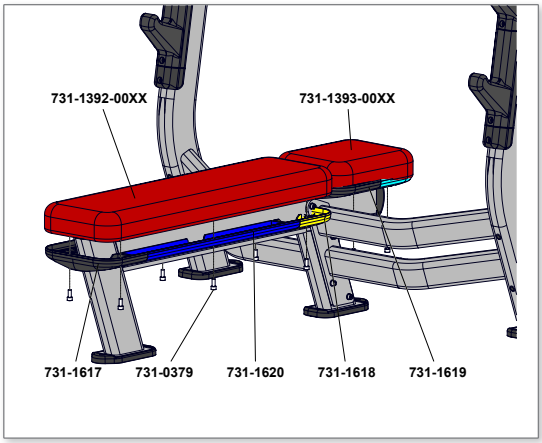
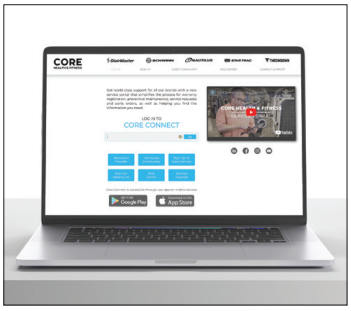


Fig. 5



PRODUCT SUPPORT

Get world class support for all of our brands with our customer support portal, a platform that simplifies the process for warranty registration, preventive maintenance, service requests, parts orders and allows you to get help with your general inquiries.

SUPPORT.COREHANDF.COM



CORE ADVANTAGE

Our preventative maintenance program, Core Advantage, will help preserve your equipment as excessive use takes its toll and ensures the longest possible life of your products while reducing downtime. We offer programs for all aspects of gym equipment, in every category and for every Core Health & Fitness brand. Core Advantage provides the industry's most complete programs; including one-time, monthly, once every other month, semi-annual and quarterly options available.

BENEFITS OF CORE HEALTH & FITNESS CUSTOMER SERVICE

support.corehandf.com
for preventative maintenance schedules, owner's manuals, and other online support

Customer Support Center

24/7 Chat Support
hosted by AI agents

Live Agent Support
available from
6am to 4pm PST

Network of 600+ factory-trained, annually-certified service providers

In-service seminars for staff

SCAN THE QR CODE TO LEARN MORE ABOUT OUR WORLD-CLASS CUSTOMER SERVICE

© 2026 CORE HEALTH & FITNESS LLC

PART NUMBER 637-9193-EN, REV A

All rights reserved. Star Trac, the Star Trac logo and StairMaster are registered trademarks of Core Health & Fitness, LLC. Schwinn and Nautilus are registered trademarks of Nautilus Inc. used under license to Core Health & Fitness LLC. Throwdown is a registered trademark of Throwdown Industries, LLC.