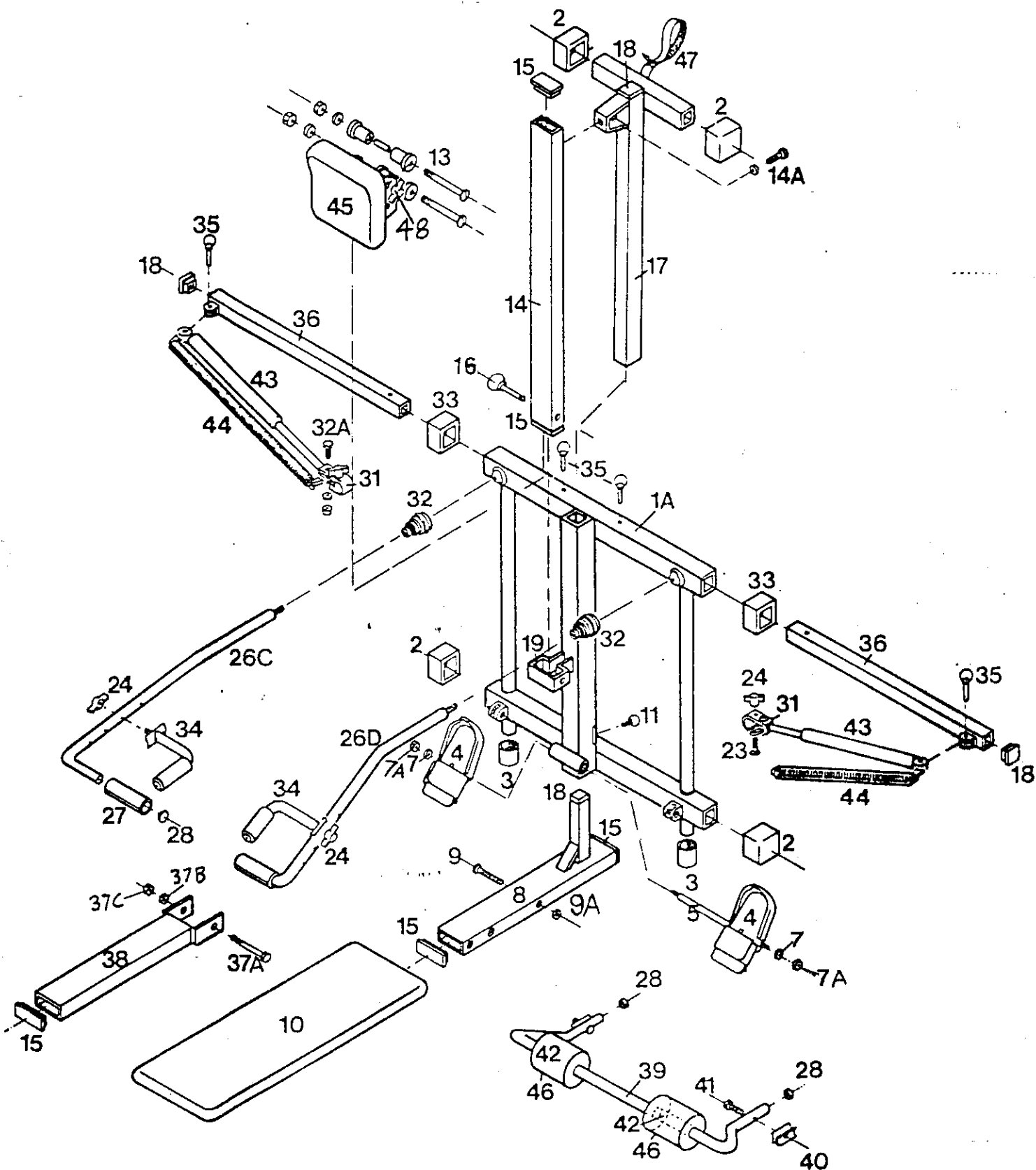
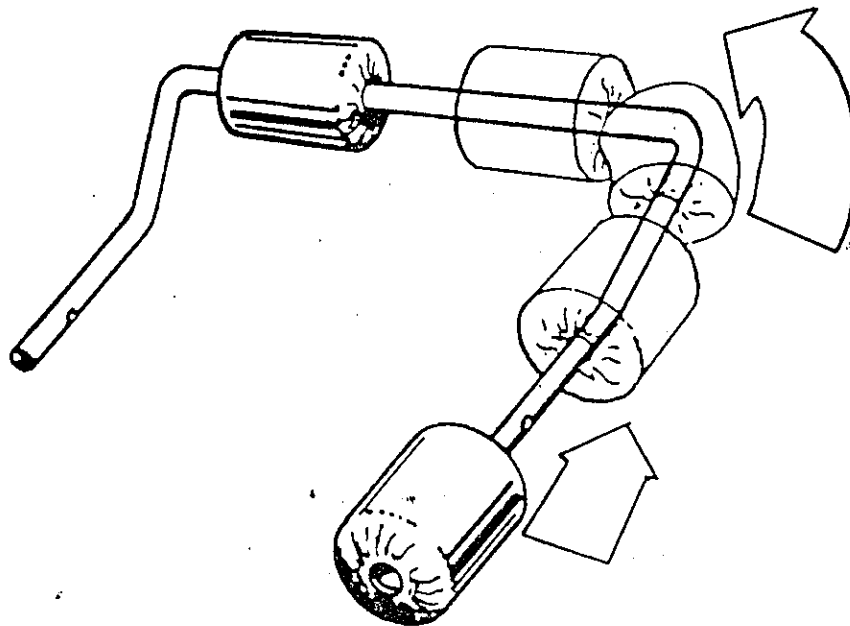




ADDITIONAL IMPROVEMENTS

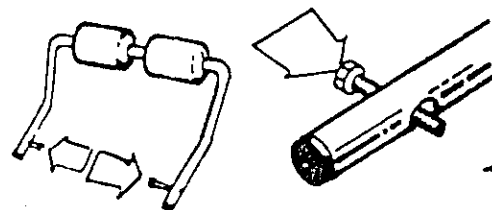
for Weslo Body Shop 1000 and Sears Lifestyler 2000.

To make assembly of the Abdominal function more convenient, we have separated the Bolt and Bracket from the Abdominal Bar allowing you to easily slide the Foam Roller Pads on as shown.

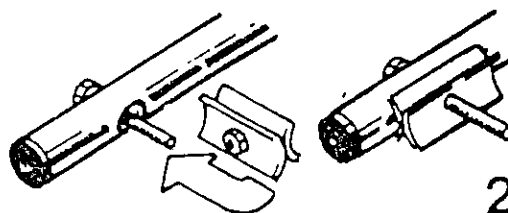


Then, to complete the one-time assembly procedure, follow these instructions:

1. Insert the Bolts into the holes on the inside of the Abdominal Bar.



2. With the nut on the Bracket facing the Bar, screw the Bolt into the Bracket until it is tight against the Abdominal Bar. Repeat this process on the other side.



For use in the Abdominal mode, see the instructions as listed in the Owner's Manual.

MODEL NUMBER: BS1000
VERSION: 00
PRODUCT NAME: BODYSHOP 1000
PRODUCT DESC:

MODEL/PART BOOK LISTING

PAGE 1

INI023P1

RUN DATE: 03/22/93

RUN TIME: 15:43:24

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
1A	NSP	FRAME	1
2	040019	ENDCAP	4
3	040016	ENDCAP	2
4	039001	FOOT REST	2
4A	035004	FOOT REST STRAP	2
5	049008	FOOT REST SHAFT	1
6	019012	PLASTIC TUBE INSERT	2
7	014017	WASHER	2
7A	012002	LOCKNUT	2
8	006011	BENCH L-BAR	1
9	013047	LONG BOLT	1
10	070060	BENCH ASSEMBLY	1
10A	NSP	FOOT CAP	4
10B	008004	FOOT BRACKET	2
11	017011	THUMB SCREW KNOB	2
13	070011	WHEEL ASSEMBLY	2
13A	.	012150 HEX NUT	1
13B	.	014017 WASHER	1
13C	.	022022 ROLLER	2
13D	.	019011 SPACER	1
13E	.	013048 BOLT	1
14	006013	ROWING BAR	1
14A	070040	BOLT & WASHER	1
	.	013030 BOLT	1
	.	014012 WASHER	1
15	040014	RECTANGULAR BAR CAP	5
16	015004	HITCH PIN	1
17	006014	T-BAR	1
18	040015	TUBE CAP	4
19	.	ON FRAME	1
23	013043	CARRIAGE BOLT	2
24	017001	T-WINGNUT KNOB	4
26C	002003	RIGHT ROWING ARM	1
26D	002004	LEFT ROWING ARM	1
27	041004	FOAM GRIP	4
28	040004	ENDCAP	2
31	016022	H-CLAMP	2
32	010021	BALL JOINT CAP	2
32A	070041	BOLT, WASHER & NUT	2
	.	013041 CARRIAGE BOLT	1
	.	014012 WASHER	1
	.	012002 LOCK NUT	1
33	040018	OPEN-ENDED RUBBER CAP	2
34	002001	L-OAR RETURN HANDLE	2
35	015008	SHORT HITCH PIN	4
36	006012	EXTENSION ARM	2
37	.	BOLT, WASHER & NUT	1
37A	.	013049 BOLT	1
37B	.	014041 WASHER	1
37C	.	012002 NUT	1
38	006010	BENCH EXTENSION ARM	1
39	002002	ABDOMINAL BAR	1
40	008005	BAR MOUNTING BRACKET	2
41	013047	ABDOMINAL BAR BOLT	2

MODEL NUMBER: BS1000
VERSION: 00
PRODUCT NAME: BODYSHOP 1000
PRODUCT DESC:

MODEL/PART BOOK LISTING

PAGE 2

INI023P1

RUN DATE: 3/22/93

RUN TIME: 15:43:24

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
42	057002	FOAM ROLLER PAD W/COVER	2
43	043002	SHOCK W/SPRING MOUNTING	2
44	058005	SPRING	2
45	042007	SEAT	1
45A	008053	SEAT BRACKET	1
45B	013021	MOUNTING SCREW	4
45C	014020	MOUNTING WASHER	4
46	.	SEE #42	0
47	035005	VELCRO STRAP	1
48	017003	T-WINGBOLT KNOB	1
#	047021	ASSEMBLY INSTRUCTIONS	1
#	046019	OWNERS MANUAL	1

BS1000

04-13-87 GVB

OLD PART NUMBER	DESCRIPTION	NEW PART NUMBER	WESLO PRICE
1A	FRAME	004009	43.69
2	SQUARE CAP	040019	.64
3	ROUND CAP	040016	.27
4	FOOT REST	039001	1.82
5	FOOT REST SHAFT	049008	2.20
6	PLASTIC TUBE INSERT	019012	.16
7	WASHER & LOCKNUT	070014	2.75
8	BENCH L-BAR	006011	6.26
9	LONG BOLT & NUT	013050	.32
10	BENCH	042006	15.93
11	THUMB SCREW	017011	.27
13	WHEEL ASSEMBLY	070011	2.98
14	CHROME ROWING BAR	006015	11.74
14A	BOLT, WASHER	013030	.43
15	RECTANGLE BAR CAP	040023	.27
17	T-FRAME SUPPORT BAR	006016	8.44
18	SQUARE TUBE CAP	040021	.32
19	CHROME BAR BRACKET [ON FRAME]		
23	CARRIAGE BOLT	013002	.32
24	"T" WINGNUT	013002	.99
26C	RIGHT ROWING ARM	002003	5.73
26D	LEFT ROWING ARM	002004	5.73
27	HAND GRIP	041008	1.19
28	END CAP	040004	.11
31	BLACK "J" CLAMP	016007	2.20
32	BALL JOINT CAP	040017	.69
32A	CARRIAGE BOLT, WSHR, NUT	070041	.84
33	OPEN ENDED RUBBER CAP	040018	.32
34	"L" OAR RETURN HANDLE	002001	4.60
35	SHORT HITCH PIN	015003	.43
36	EXTENSION ARM	006012	3.65
37	EXTENSION BAR BOLT, WSHR, NUT	013049	.32
38	BENCH EXTENSION BAR	006010	3.65
39	ABDOMINAL BAR	006049	4.17
40	BAR ATTACHMENT BRACKET	008005	1.96
41	BOLT		
42	FOAM ROLLER PAD	057002	3.69
43	SPRING MOUNT SHOCK	043002	15.49
44	SPRING	058005	.64
45	LOCKING SEAT	070048	16.89
46	ROLLER PAD COVER		
47	VELCRO STRAP	035005	4.60

BODY SHOP 1000

With Butterfly Extension and Abdominal Bar Mode

ASSEMBLY INSTRUCTIONS

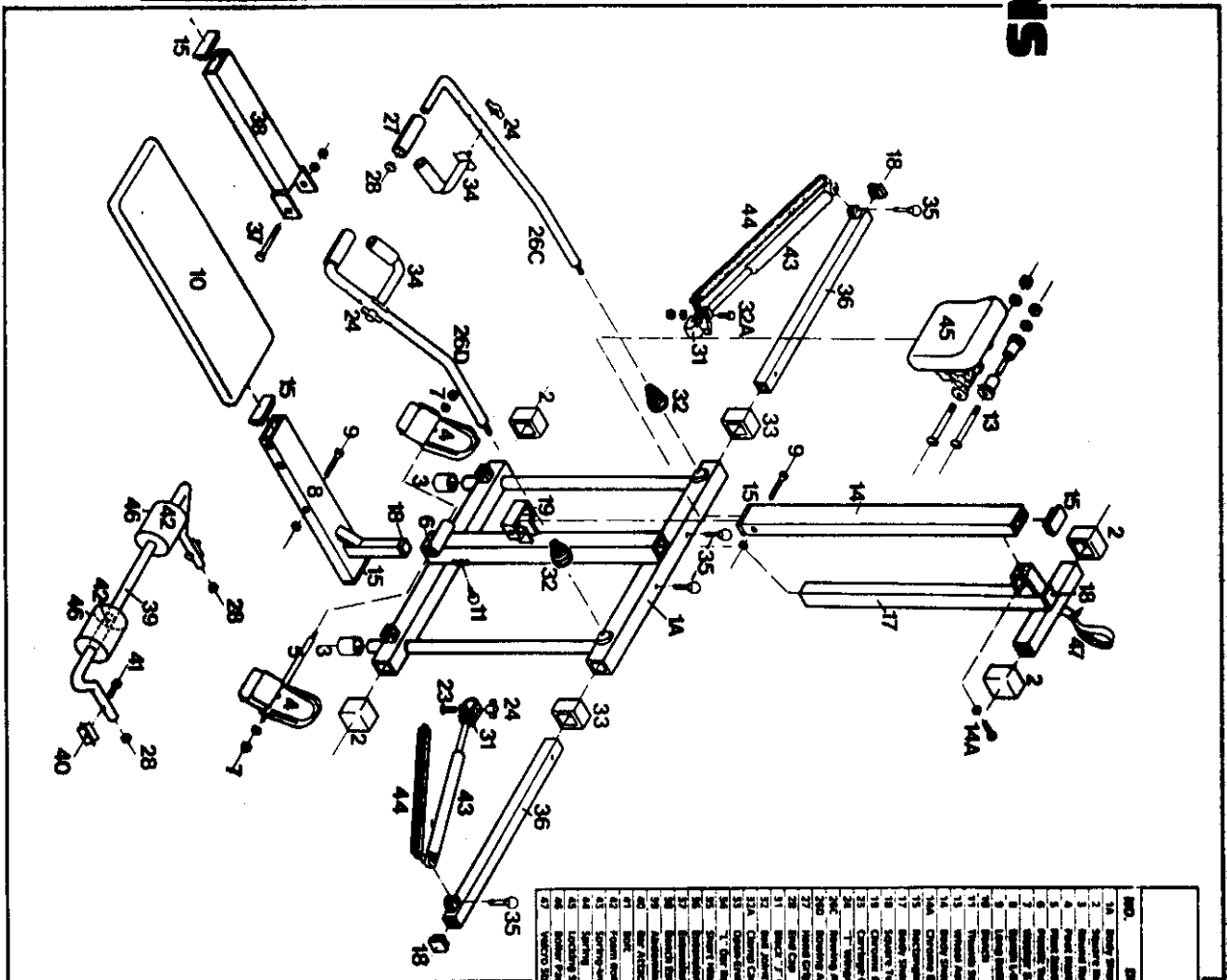
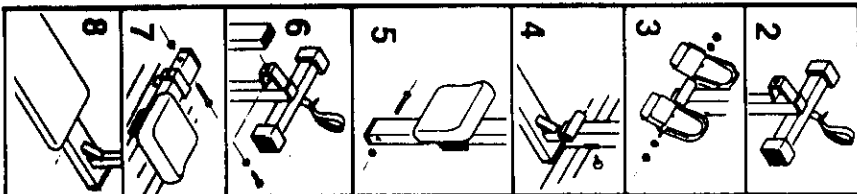
IMPORTANT! Read all instructions carefully before beginning assembly.

Your Body Shop 1000 is packaged partially assembled. Final assembly is easily completed.

1. Remove Body Shop from carton. Do not throw carton away until assembly is complete and all parts are accounted for.
2. Attach Square Rubber Caps (2) and Open-Ended Rubber Caps (33) to Body Shop Frame (1A).
3. Insert the Foot Rest Shaft (5) through the Shaft Tube and slide the Foot Rests (4) on either side. Attach the Washer and Nuts (7) and tighten.
4. Attach Bench L-Bar (8) to the front of the Body Shop by inserting the protruding arm into the Body Shop Frame tube and tightening the Thumb Screw (11).
5. Remove the Bolt (9) from the Chrome Rowing Bar (14) and slide the Rowing Seat (45) on.
6. Attach the T-Frame Support Bar (17) underneath the Chrome Rowing Bar (14) and screw in the Bolt (14A).
7. Push the Rowing Seat all the way back on the Chrome Rowing Bar. Insert the Chrome Rowing Bar and T-Frame Support Bar into the Chrome Bar Bracket (19) and the frame tube respectively. Replace the Bolt (9) on the Chrome Rowing Bar.
8. Slide the Bench (10) onto the Bench L-Bar (8).
9. Make sure all nuts and bolts have been tightened before using the Body Shop.

For proper exercise form, training program guidelines, and directions for use in the Butterfly Extension or Abdominal Bar Mode, see the Owner's Manual.

Replacement parts may be ordered quickly and easily from the Westo Factory offices. If you need to order parts, please call Westo Customer Service toll free at 800-824-3109 (or in Canada, 800-824-8949) during regular business hours: 8 a.m. to 5 p.m. Mountain Standard Time.



PARTS LIST		
Body Shop 1000		
NO.	DESCRIPTION	QUANTITY
1	Body Shop and Joint Frame	1
2	Square Rubber Cap	2
3	Open-Ended Rubber Cap	2
4	Foot Rest	2
5	Foot Rest Shaft	1
6	Washer	2
7	Nut	2
8	Bench L-Bar	1
9	Bolt	1
10	Bench	1
11	Thumb Screw	1
12	Chrome Rowing Bar	1
13	Chrome Bar Bracket	1
14	Chrome Rowing Bar	1
15	Chrome Rowing Bar	1
16	Chrome Rowing Bar	1
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19	Chrome Rowing Bar	1
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