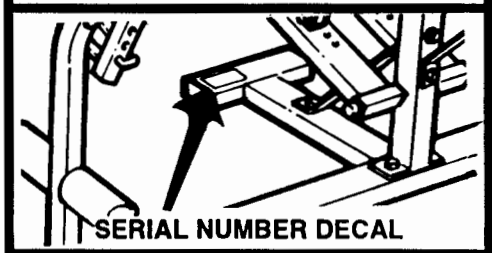


114-2 MULTI-FLEX

Family Fitness Center

MODEL NO. 114-2
SERIAL NO.

Write the serial number in the space above for reference.



WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The **ASSEMBLY MANUAL**
MODEL NUMBER of this UNIT
PART NAME or **DESCRIPTION**
ORDERING NUMBER
THE **QUANTITY** of each part that you need.

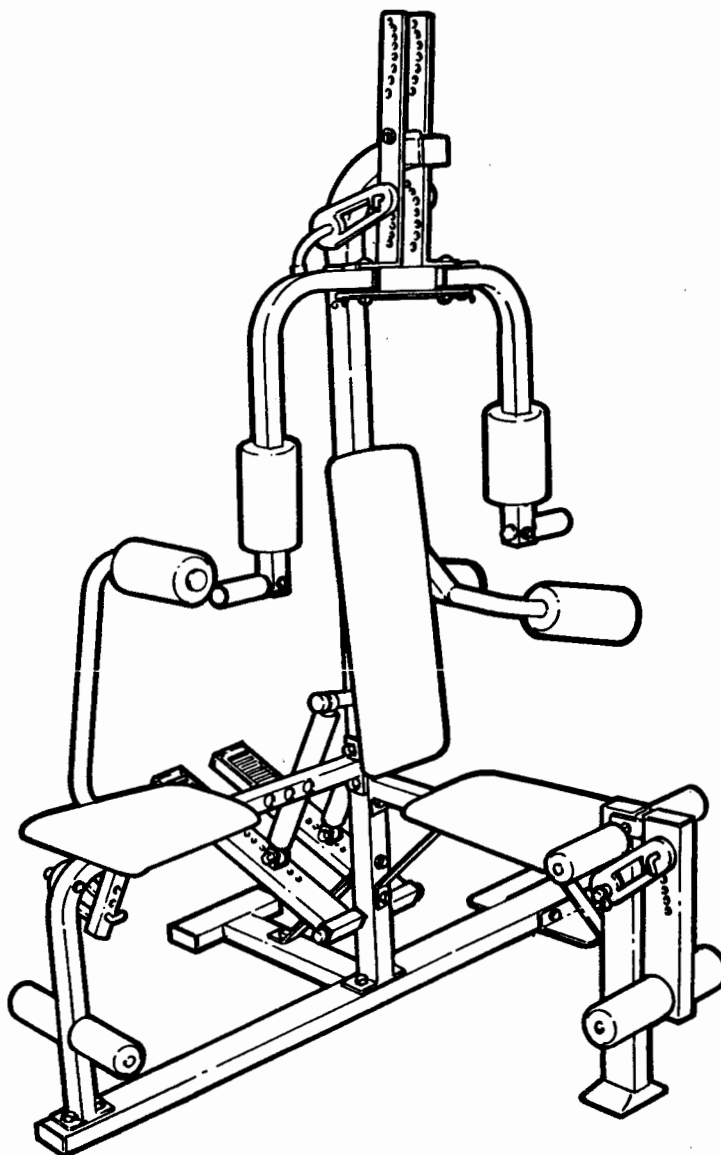
THE **MODEL NUMBER** of this unit is found in the **UPPER LEFT-HAND** or **RIGHT-HAND CORNER** of this page. The **MODEL NUMBER** is a series of **LETTERS** followed by a **NUMBER**.

THE **PART NAME** or **DESCRIPTION** and the **ORDERING NUMBER** can be found on the **PARTS LIST PAGE**.

weider.

OWNER'S MANUAL

MADE IN CANADA



WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. **AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT.** Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

PART LIST 114-2

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C3205-F23*F23
2	MAST UPRIGHT	1	C3206-F23*F23
3	AB SEAT FRAME	1	C3207-F23*F23
4	ARM PRESS SEAT FRAME	1	C3208-F23*F23
5	FOOTPLATE	2	C6769-F23*F23
6	STEPPER STRAP BRACE - 15" LONG	1	C6770-F23*F23
7	BASE FOOT	1	AA-8153*F23
8	LEG EXTENSION	1	C3209-F23*F23
9	PAD BAR 3/4" X 13 1/4"	2	C6380-F23*F23
10	FOAM ROLLER 2 1/4" X 6"	2	C0449-E08*F23
11	PAD BAR 3/4" X 13"	1	C6252-E03*F23
12	SEAT BRACE - 12" LONG	1	C6771-F23*F23
13	SEAT MOUNTING PLATE	6	C6772-F23*F23
14	ARM PRESS SEAT - 16" DEEP	1	C1376-F23*F23
15	FLEX BAND	7	C6255-E03*F23
16	"L" BACKREST SUPPORT BRACKET - 4" LONG	2	C6773-F23*F23
17	BACKREST	1	C1377-F23*F23
18	SHOCK MOUNTING ROD 5/8" X 8 1/2"	1	C6381-F23*F23
19	STEPPER PEDAL PIVOT TUBE 1" X 13"	1	C6382-F23*F23
20	STEPPER PEDAL	2	C3210-F23*F23
21	"L" BACKREST SUPPORT BRACKET - 5 1/2" LONG	2	C6774-F23*F23
22	SHOCK	2	ZZ-0006*F23
23	SHOCK MOUNTING BRACKET	2	C6742-E28*F23
24	STEPPER PEDAL FOOTPAD	2	AA-8134*F23
25	SQUAT ARM	1	C6959-F23*F23
26	CURVED FLEX BAND HORN	1	C6960-F23*F23
27	ARM PRESS SELECTOR ASSEMBLY	1	C6961-F23*F23
28	ARM PRESS ARM	2	C6266-F23*F23
29	AB STATION SEAT - 14" DEEP	1	C1378-F23*F23
30	FOAM ROLLER 3 1/4" X 7" X 1 1/8" I.D.	2	C0443-E02*F23
31	FOAM ROLLER 3 1/4" X 7" X 1 3/8" I.D.	2	C0467-F23*F23
32	FOAM ROLLER 3" X 5 3/4" X 1/2" I.D.	4	C0468-F23*F23
33	FOAM ROLLER 3 1/4" X 10" X 1 1/8" I.D.	1	C0469-F23*F23
34	ARM PRESS HANDLE 1" X 7"	2	C6378-F21*F23
35	FOAM GRIP	2	C0432-C06*F23
36	AB ARM PIVOT TUBE 7/8" X 8"	1	C6383-F23*F23
37	3/4" X 6" FLEX BAND TUBE	1	C6254-E03*F23
38	LOCK PIN 3/8" X 3 1/4"	2	WW-7044*F23

PART LIST 114-2

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
39	FLEX BAND "L" PIN 3/8" X 4"	3	WW-7045*F23
40	FLEX BAND "L" PIN 3/8" X 6"	2	WW-7046*F23
41	5/16" INTERNAL THREAD KNOB	2	HH-5400*F23
42	LONG METAL BUSHING 1/2" X 3/8"	1	HH-5455*F23
44	AB ARM	1	C6962-F23*F23
55	3/8" SPRING CLIP	5	WW-7043*F23
56	3/4" SPRING CLIP	4	WW-7047*F23
57	5/8" I.D. TOOTHED SPRING WASHER	2	HH-5422*F23
58	1" I.D. TOOTHED SPRING WASHER	2	HH-5423*F23
60	5/16" X 2" CARRIAGE BOLT	6	HH-5311*F23
61	5/16" X 2 1/2" HEX HEAD BOLT	8	HH-5053*F23
62	5/16" X 3 3/4" HEX HEAD BOLT	2	HH-5418*F23
63	5/16" X 2 3/4" HEX HEAD BOLT	2	HH-5058*F23
64	5/16" X 1" HEX HEAD BOLT	4	HH-5332*F23
65	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*F23
66	5/16" X 3" HEX HEAD BOLT	1	HH-5167*F23
67	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*F23
68	5/16" X 2" HEX HEAD BOLT	3	HH-5054*F23
69	1/4" X 3 1/4" ROUND HEAD SCREW	1	HH-5456*F23
70	5/16" FLAT WASHER	13	HH-5127*F23
71	5/16" NYLON LOCK NUT	27	HH-5012*F23
72	1/2" MACHINE SCREW	1	HH-5372*F23
73	1/4" X 2" CARRIAGE BOLT	4	HH-5338*F23
74	1/4" FLAT WASHER	4	HH-5048*F23
75	1/4" NYLON LOCK NUT	5	HH-5011*F23
76	1/4" X 3/4" ROUND HEAD SCREW	12	HH-5022*F23
77	1 1/2" SQUARE PIVOT BUSHING	4	AA-8137*F23
78	5/8" I.D. X 1 1/4" FLAIR END SPACER	2	AA-8138*F23
79	5/8" I.D. X 1/4" PLASTIC SPACER	2	AA-8139*F23
80	5/8" I.D. ROUND COVER CAP	2	HH-5357*F23
81	1" X 3" PLASTIC INSERT CAP	2	AA-8204*F23
82	1 1/4" ROUND INSERT CAP	3	AA-8014*F23
83	3/4" I.D. PLASTIC COVER CAP	2	AA-8089*F23
84	3/8" O.D. X 2 1/2" PLASTIC SPACER	1	AA-8205*F23
85	1 1/2" SQUARE PLASTIC INSERT CAP	2	AA-8001*F23
86	1" ROUND PLASTIC INSERT CAP	4	AA-8005*F23
87	1" ROUND PLASTIC COVER CAP	2	AA-8093*F23
88	1 1/8" O.D. X 2" ROUND PLASTIC BUSHING	3	AA-8206*F23

PART LIST 114-2

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
89	LEG EXTENSION BUMPER	1	AA-8131*F23
90	1 1/2" X 3" PLASTIC INSERT CAP	6	AA-8130*F23
91	3/4" ROUND PLASTIC CAP	10	AA-8004*F23
100	1/2" X 1/4" PLASTIC SPACER	2	AA-8207*F23
101	2" SQUARE PLASTIC INSERT CAP	1	AA-8002*F23
102	5/16" X 2 3/4" CARRIAGE BOLT	2	HH-5298*F23
103	MULTI-FLEX MAST DECAL	1 SET	DE-4227*F23
104	LEG EXTENSION DECAL	1 SET	DE-4227*F23
105	AB/BACK RESISTANCE DECAL	1 SET	DE-4227*F23
106	SQUAT RESISTANCE DECAL	1 SET	DE-4227*F23
107	STEPPER RESISTANCE DECAL	1 SET	DE-4227*F23
108	PULL DOWN RESISTANCE DECAL	1 SET	DE-4227*F23
109	ARM PRESS RESISTANCE DECAL	1 SET	DE-4227*F23
110	STATION 1 MULTI-STATION	1 SET	DE-4227*F23
111	STATION 2 SQUAT	1 SET	DE-4227*F23
112	STATION 3 AB/BACK	1 SET	DE-4227*F23
113	STATION 4 STEPPER	1 SET	DE-4227*F23
	HARDWARE BAG (BOLTS & NUTS)	1	C5962-F23*F23
	HARDWARE BAG (PLASTICS)	1	C5963-F23*F23
	ASSEMBLY MANUAL	1	NN-1179*F23
	TRAINING MANUAL	1	NN-1180*F23

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL-BEING.

Joe Weider

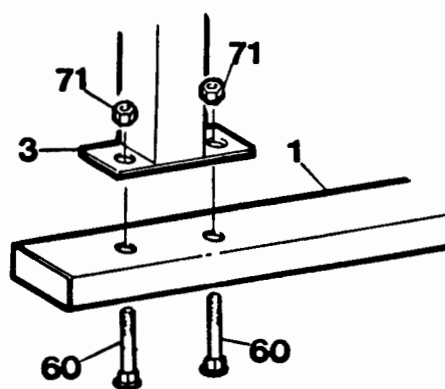
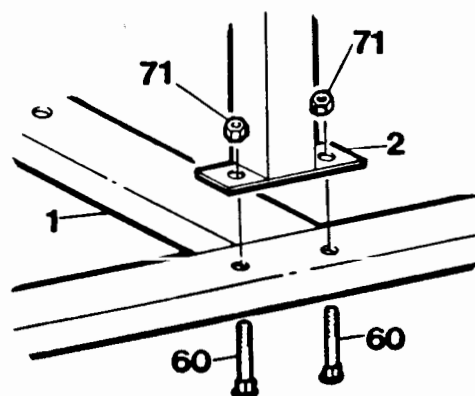
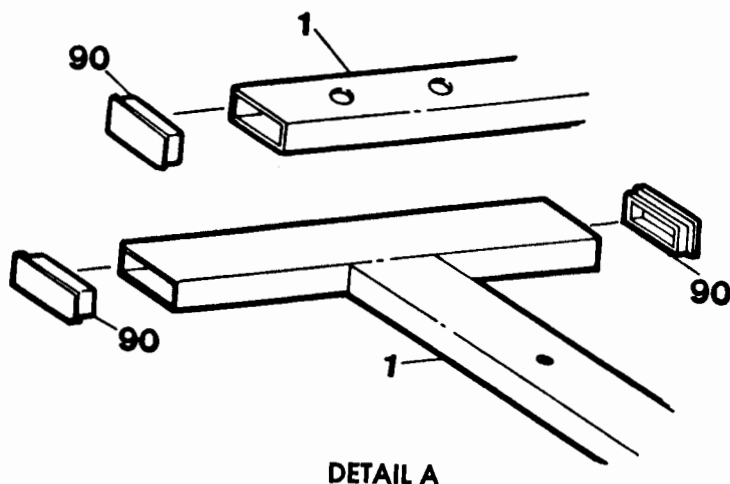
HELPFUL HINTS FOR ASSEMBLY

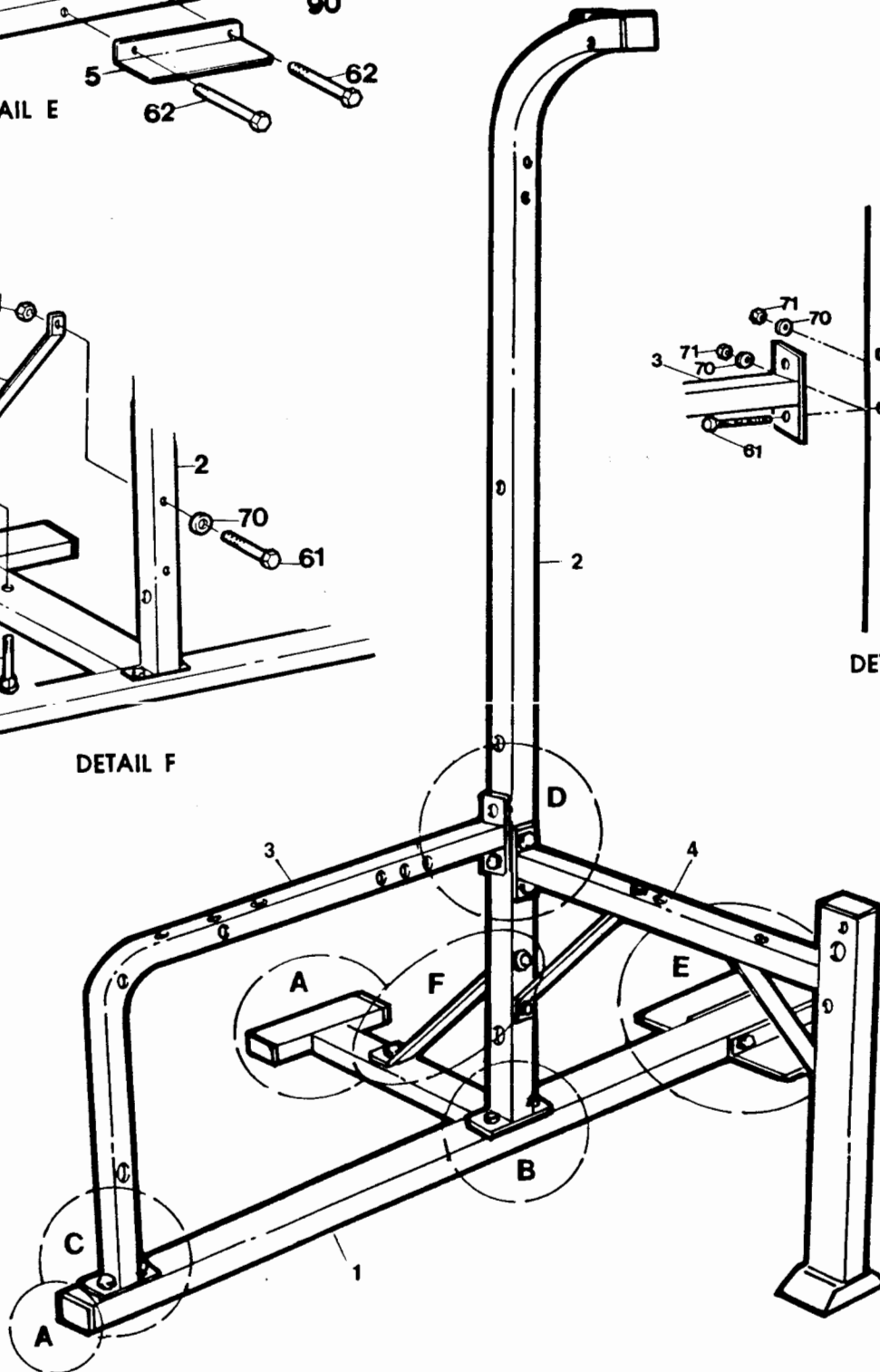
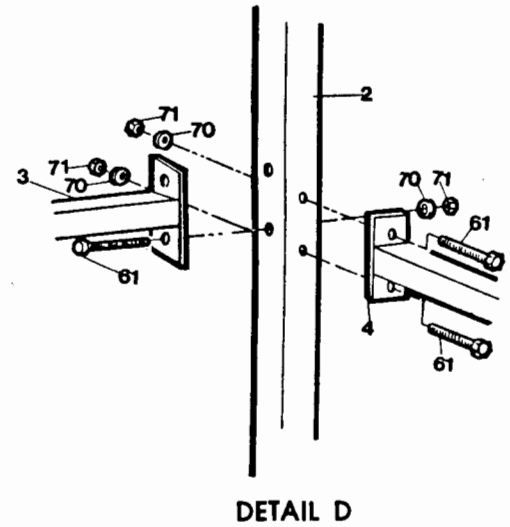
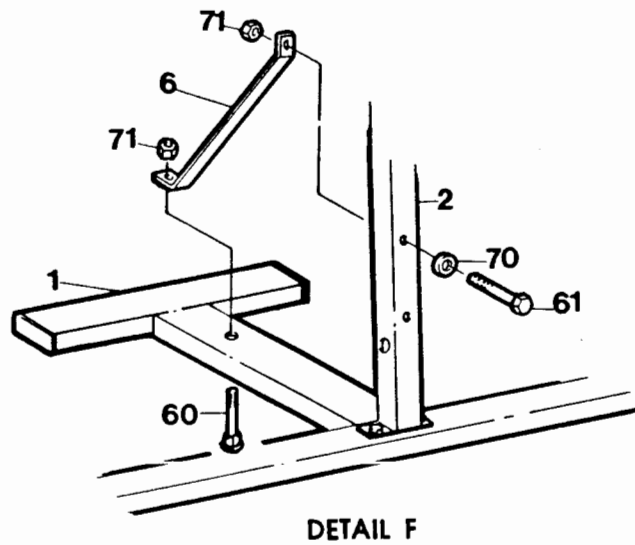
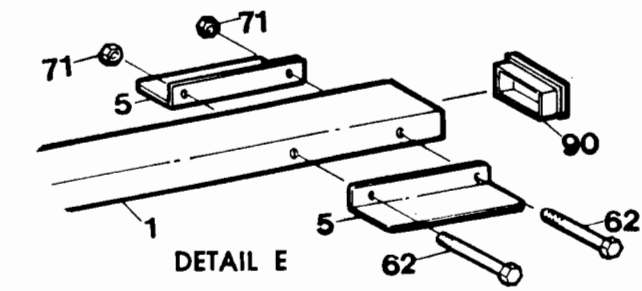
1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING PARTS AGAINST THE PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK✓AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.
4. YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.
5. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES, OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
6. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
7. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
8. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
9. IN ASSEMBLY, WHEN THERE ARE INSTRUCTIONS THAT INDICATE THE USE OF A WASHER WHEN BOLTING, IT IS VERY IMPORTANT TO USE THE WASHER IN EACH PLACE SHOWN. THE WASHERS ARE USED TO DISTRIBUTE THE LOAD ON THE BOLT AND ARE VERY IMPORTANT.
10. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
11. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.
12. WITH CONTINUED USE THE MOVING PARTS OF THIS UNIT WILL BECOME STIFF AND POSSIBLY BEGIN SQUEAKING. LUBRICATE THE MOVING PARTS WITH ANY HOUSEHOLD LUBRICATING OIL. NOTE: IT MAY BE NECESSARY TO PARTIALLY DIS-ASSEMBLE THE PARTS TO LUBRICATE THE PARTS PROPERLY.

STEP 1 BASE FRAME ASSEMBLY

PART NAME	QTY
60 5/16" X 2" CARRIAGE BOLT	5
61 5/16" X 2 1/2" HEX HEAD BOLT	4
62 5/16" X 3 3/4" HEX HEAD BOLT	2
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	11
90 1 1/2" X 3" PLASTIC INSERT CAP	4

- ☐ Cap ends of BASE FRAME (1) with 1 1/2" X 3" PLASTIC INSERT CAPS (90). (SEE DETAIL A)
- ☐ Align MAST UPRIGHT (2) so top of Mast curves forward away from "T" section of Base. Bolt Mast to Base with 5/16" X 2" CARRIAGE BOLT (60) and 5/16" NYLON LOCK NUT (71). (SEE DETAIL B)
- ☐ Attach AB SEAT FRAME (3) loosely to BASE FRAME (1) with 5/16" X 2" CARRIAGE BOLTS (60) and 5/16" NYLON LOCK NUTS (71). (SEE DETAIL C) Attach Seat Frame to Mast Upright with 5/16" X 2 1/2" HEX HEAD BOLT (61), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). Bolt together through the bottom hole only at this time. The top bolt will be installed in a later step. Tighten this and the Base bolts tightly. (SEE DETAIL D)
- ☐ To the front side of the MAST UPRIGHT (2) align ARM PRESS SEAT FRAME (4) and bolt through the Seat Frame Plate with 5/16" X 2 1/2" HEX HEAD BOLTS (61), 5/16" FLAT WASHERS (70), and 5/16" NYLON LOCK NUTS (71). (SEE DETAIL D)
- ☐ Align FOOTPLATES (5) on either side of the Base Frame and bolt in place with 5/16" X 3 3/4" HEX HEAD BOLTS (62) and 5/16" NYLON LOCK NUTS (71). Stand atop Footplates while tightening to insure Footplates set firmly on the floor. (SEE DETAIL E)
- ☐ Align the 15" LONG STEPPER STRAP BRACE (6) (measured from bend to bend) so the round hole is down against the Base "T" and the slotted hole is in line with the second hole from the bottom of the Mast. Bolt brace to Base with 5/16" X 2" CARRIAGE BOLT (60) and 5/16" NYLON LOCK NUT (71). (SEE DETAIL F)
- ☐ Bolt through STRAP BRACE (6) and MAST (2) with a 5/16" X 2 1/2" HEX HEAD BOLT (61) and secure with a 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). NOTE: Push the Mast forward, away from the Strap so the bolt will be seated in the upper part of the slot. Tighten firmly. (SEE DETAIL F)





STEP 2 LEG EXTENSION ASSEMBLY

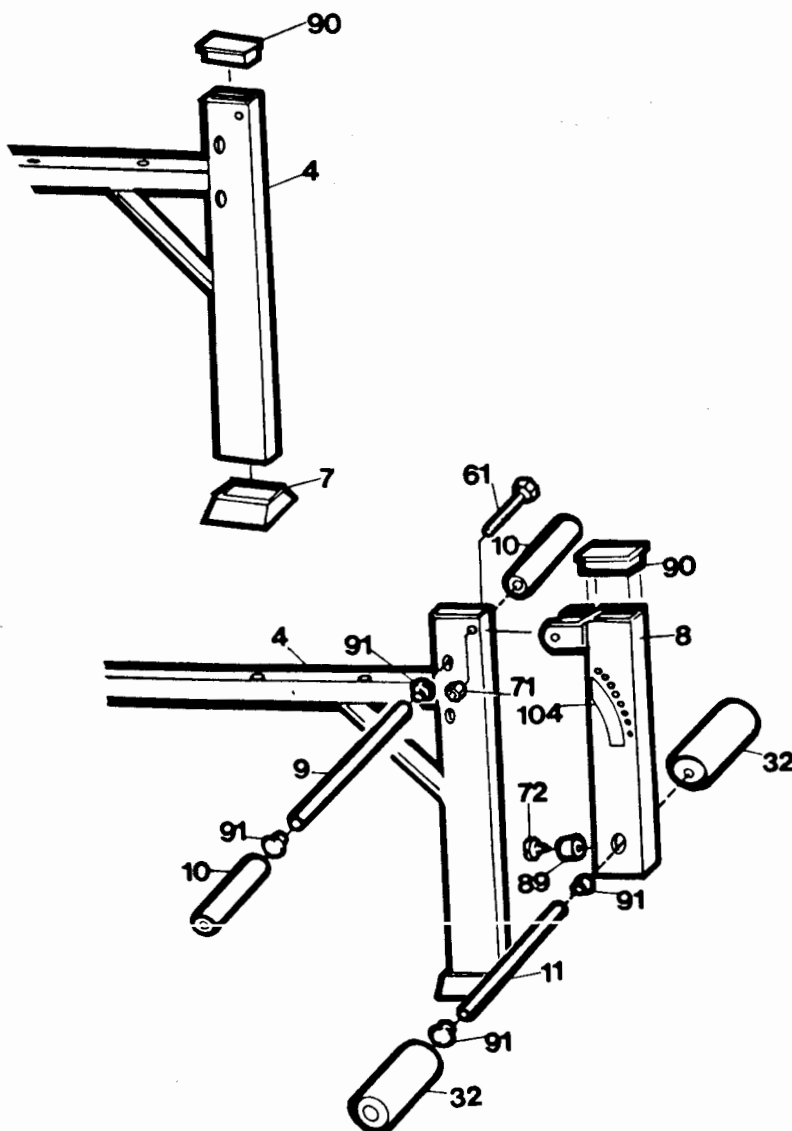
PART NAME	QTY
7 BASE FOOT	1
61 5/16" X 2 1/2" HEX HEAD BOLT	1
71 5/16" NYLON LOCK NUT	1
90 1 1/2" X 3" PLASTIC INSERT CAP	2
91 3/4" ROUND PLASTIC INSERT CAP	4

☐ Press BASE FOOT (7) onto bottom of SEAT FRAME LEG (4) and cap top of leg with 1 1/2" X 3" PLASTIC INSERT CAP (90).

☐ Assemble LEG EXTENSION (8) to Seat Frame with 5/16" X 2 1/2" HEX HEAD BOLT (61) and 5/16" NYLON LOCK NUT (71). Cap top of Leg Extension with 1 1/2" X 3" PLASTIC INSERT CAP (90). Fasten PLASTIC LEG EXTENSION BUMPER (89) to front of Frame with 1/2" MACHINE SCREW (72).

☐ Press 3/4" ROUND PLASTIC INSERT CAPS (91) into each end of a 3/4" X 13 1/4" PAD BAR (9). Push the Pad Bar into a 2 1/4" X 6" FOAM ROLLER (10). Insert Pad Bar into the top hole in the Seat Frame and press on another 2 1/4" X 6" FOAM ROLLER (10). NOTE: Applying a small amount of liquid detergent to the Pad Bar will make assembling Foam Rollers easier.

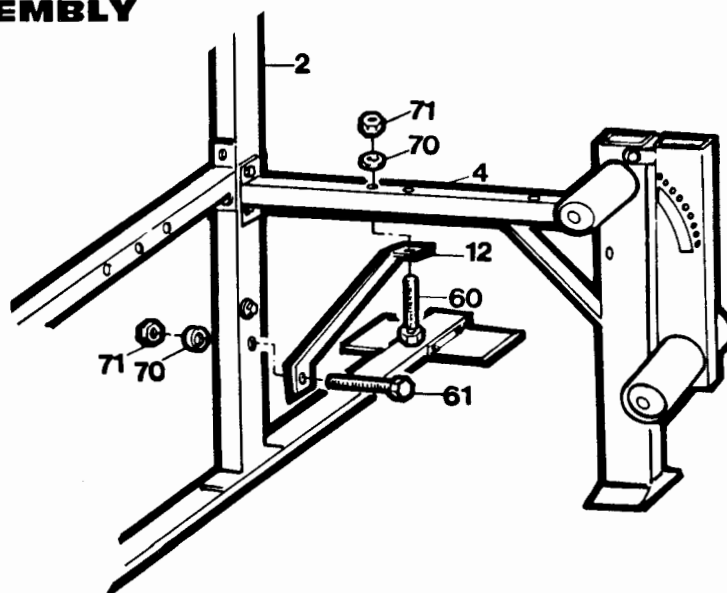
☐ Insert 3/4" ROUND PLASTIC CAPS (91) into a 3/4" X 13" PAD BAR (11) and assemble it and two 3" X 5 3/4" FOAM ROLLERS (32) to the bottom end of the LEG EXTENSION (8).



STEP 3 SEAT BRACE ASSEMBLY

PART NAME	QTY
60 5/16" X 2" HEX HEAD BOLT	1
61 5/16" X 2 1/2" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	2
71 5/16" NYLON LOCK NUT	2

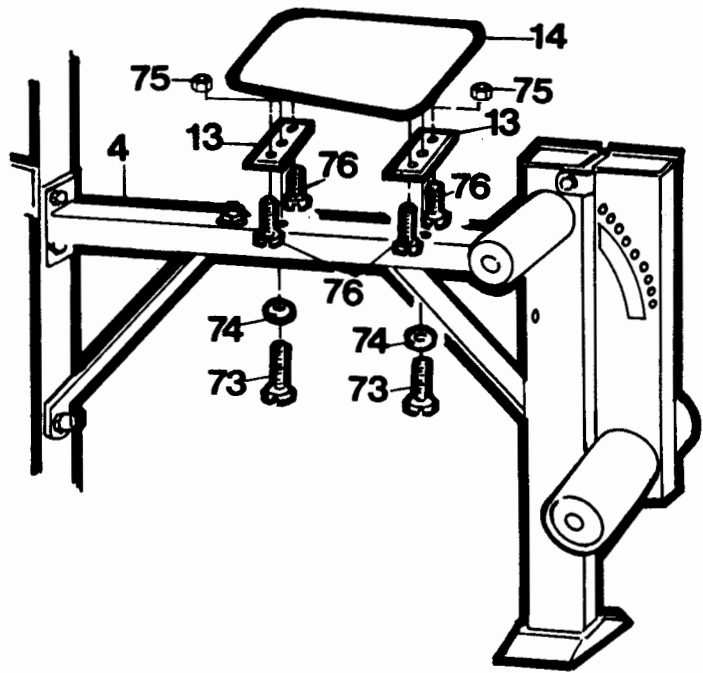
☐ Attach the 12" LONG SEAT BRACE (12) to the MAST UPRIGHT (2) with a 5/16" X 2 1/2" HEX HEAD BOLT (61), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). Bolt Strap to SEAT FRAME (4) with a 5/16" X 2" HEX HEAD BOLT (60), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71).



STEP 4 SEAT ASSEMBLY

PART NAME	QTY
73 1/4" X 2" CARRIAGE BOLT	2
74 1/4" FLAT WASHER	2
75 1/4" NYLON LOCK NUT	2
76 1/4" X 3/4" ROUND HEAD SCREW	4

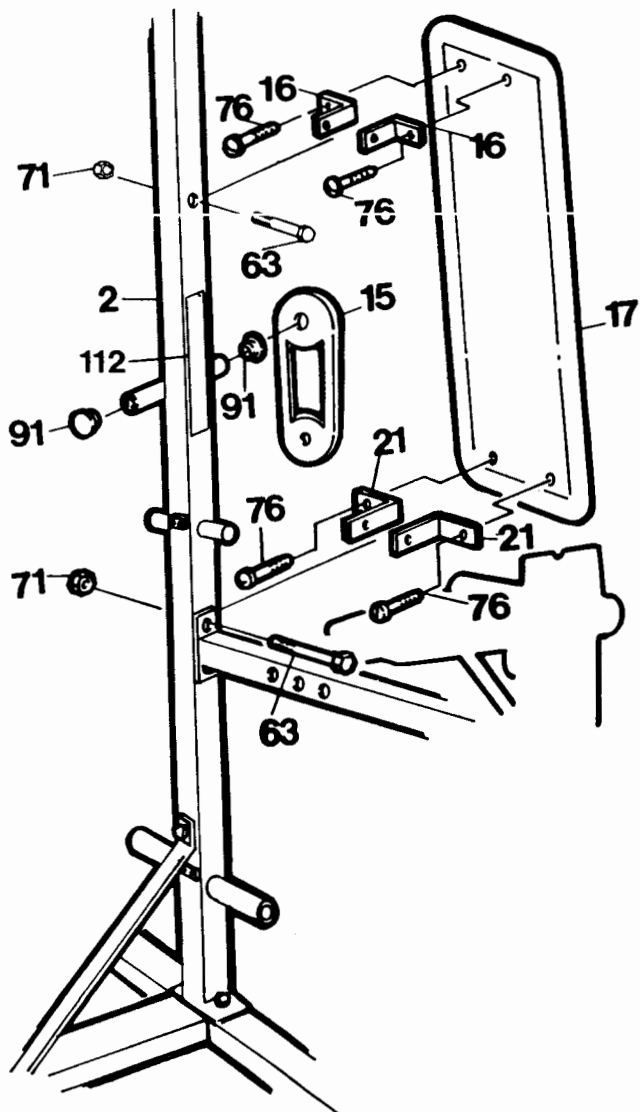
- ☐ Bolt two SEAT MOUNTING PLATES (13) to the ARM PRESS SEAT FRAME (4) with 1/4" X 2" CARRIAGE BOLTS (73), 1/4" FLAT WASHERS (74), and 1/4" NYLON LOCK NUTS (75).
- ☐ Align 16" deep SEAT (14) with Seat Brackets and attach with 1/4" X 3/4" ROUND HEAD SCREWS (76).

**STEP 5 BACKREST ASSEMBLY**

PART NAME	QTY
63 5/16" X 2 3/4" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2
76 1/4" X 3/4" ROUND HEAD SCREW	4
91 3/4" ROUND PLASTIC INSERT CAP	2

» **NOTE:** Before assembling the Backrest, cap the ends of the welded 3/4" diameter tube on the Squat Station with 3/4" ROUND PLASTIC INSERT CAPS (91) and assemble a FLEX BAND (15) onto the tube.

- ☐ Select two 4" long "L" BACKREST SUPPORT BRACKETS (16) and attach to the MAST UPRIGHT (2) with a 5/16" X 2 3/4" HEX HEAD BOLT (63) and 5/16" NYLON LOCK NUT (71). DO NOT FULLY TIGHTEN AT THIS TIME.
- ☐ Fasten two 5 1/2" long "L" BACKREST SUPPORT BRACKETS (21) to the lower section of Mast in line with the top hole of the Bracket on the Ab Frame with 5/16" X 2 3/4" HEX HEAD BOLTS (63) and 5/16" NYLON LOCK NUTS (71).
- ☐ Position BACKREST (17) to Mounting Brackets and secure with 1/4" X 3/4" ROUND HEAD SCREWS (76). Go back and tighten Bracket mounting bolts.



STEP 6 STEPPER ASSEMBLY

PART NAME	QTY
41 5/16" INTERNAL THREAD PLASTIC KNOB	2
57 5/8" TOOTHED SPRING RETAINER WASHER	2
58 1" TOOTHED SPRING RETAINER WASHER	2
59 1 3/8" O.D. FLAT WASHER	2
64 5/16" X 1" HEX HEAD BOLT	4
65 5/16" X 1 1/2" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2
77 1 1/2" SQUARE PIVOT BUSHING	4
78 5/8" I.D. X 1 1/4" FLAIR END SPACER	2
79 5/8" I.D. X 1/4" PLASTIC SPACER	2
80 5/8" PLASTIC COVER CAP	2
81 1" X 3" RECTANGULAR PLASTIC CAP	2
87 1" ROUND PLASTIC COVER CAP	2

☐ Locate the 5/8" X 8 1/2" SHOCK MOUNTING ROD (18) and the 1" X 13" STEPPER PIVOT TUBE (19).

☐ Insert and center the 1" X 13" STEPPER PIVOT TUBE (19) into the lower hole in the MAST TUBE (2). Thread two 5/16" X 1" HEX HEAD BOLTS (64) into the threaded holes in the mounting plate and screw in against the 1" tube to lock in position and keep rigid.

☐ Fit the 5/8" X 8 1/2" SHOCK MOUNTING ROD (18) into the upper mounting location and center rod in Mast and secure by bolting two more 5/16" X 1" HEX HEAD BOLTS (64) into Mounting Bracket and tighten securely against Rod.

☐ Press 1 1/2" SQUARE PIVOT BUSHINGS (77) into pivot ends of the STEPPER PEDALS (20).

☐ Push Pedals onto 1" STEPPER PIVOT TUBE (19) so the series of resistance selection holes are positioned inside closest to Mast.

☐ Using a 1" ROUND PLASTIC COVER CAP (87) as an assist, drive a 1" TOOTHED RETAINER SPRING WASHER (58) (so teeth are oriented outwards from the Pedal) and the Cover Cap onto each end of the Pivot Rod and up against the Pedal.

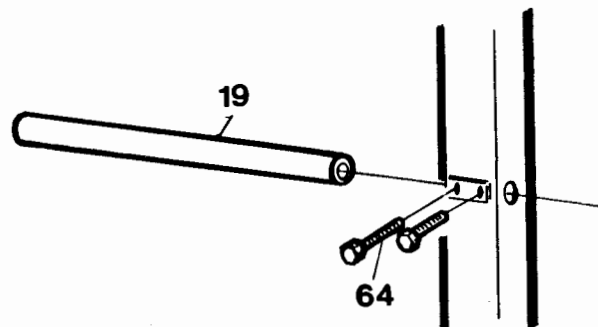
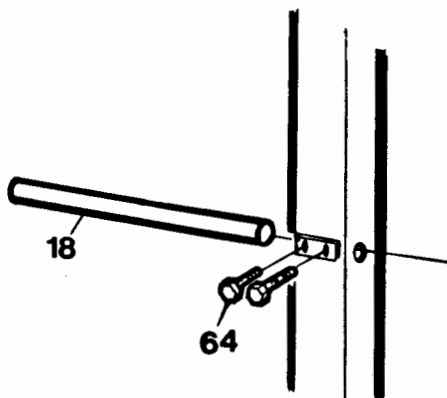
☐ Push a 5/16" I.D. X 1 1/4" FLAIR END SPACER (78) and a 5/8" I.D. X 1/4" PLASTIC SPACER (79) over each side of the 5/8" SHOCK MOUNTING ROD (18) then assemble an INDEPENDENT ACTION SHOCK (22) onto the Mounting Rod.

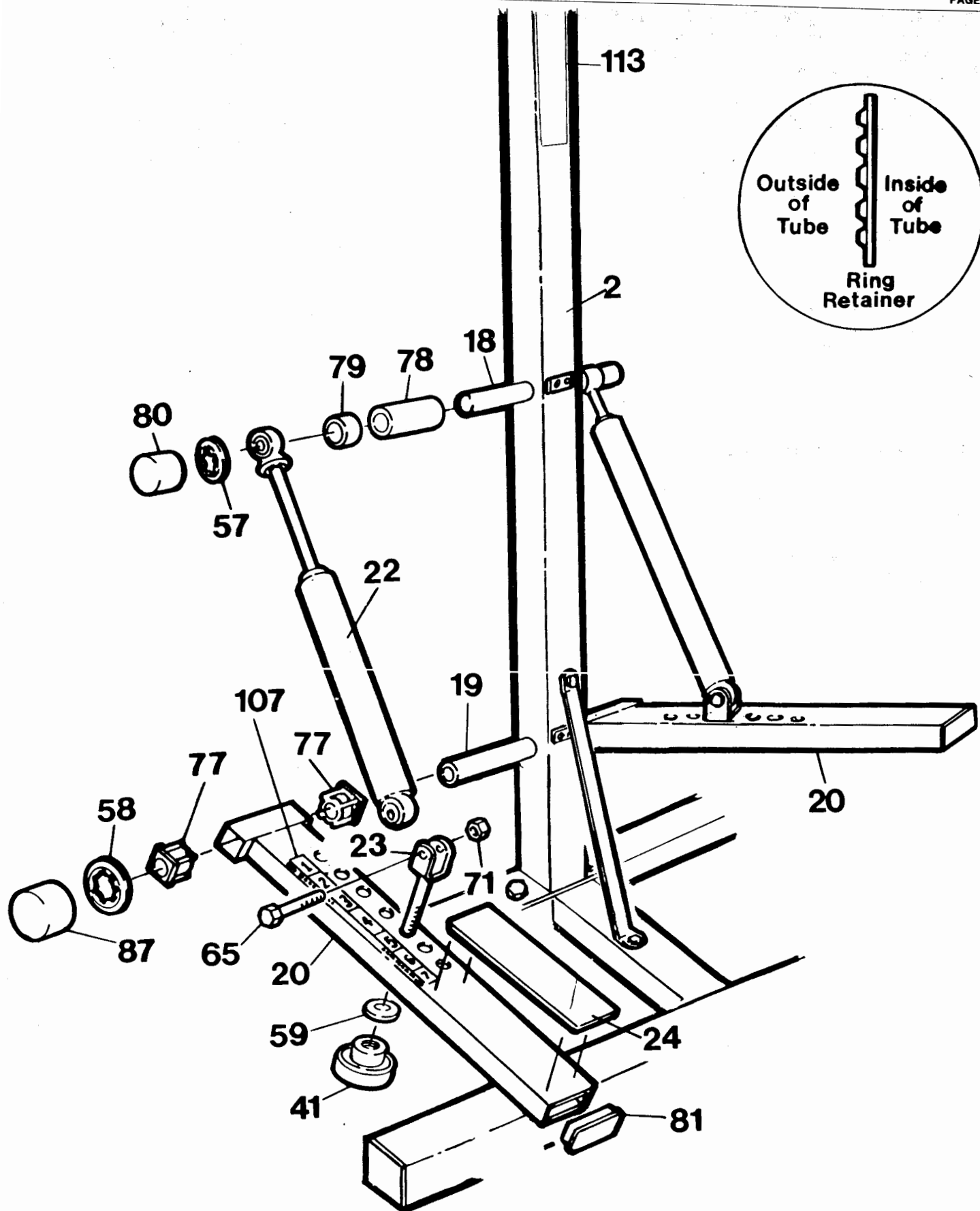
☐ Using a 5/8" PLASTIC COVER CAP (80) to assist, drive a 5/8" TOOTHED SPRING RETAINER WASHER (57) (with teeth oriented outward) and the Cover Cap onto each end of Mounting Rod and up against Shock.

☐ Assemble a SHOCK MOUNTING BRACKET (23) to the lower end of each Shock and fasten with 5/16" X 1 1/2" HEX HEAD BOLT (65) and 5/16" NYLON LOCK NUT (71). Insert threaded shank of Mounting Bracket through any resistance hole setting and secure in place with 1 3/8" O.D. FLAT WASHER (59) and a 5/16" INTERNAL THREAD PLASTIC KNOBS (41).

☐ Cap ends of Stepper Pedal with 1" X 3" RECTANGULAR PLASTIC CAPS (81).

☐ Assemble STEPPER PEDAL FOOTPADS (24) to Pedals.



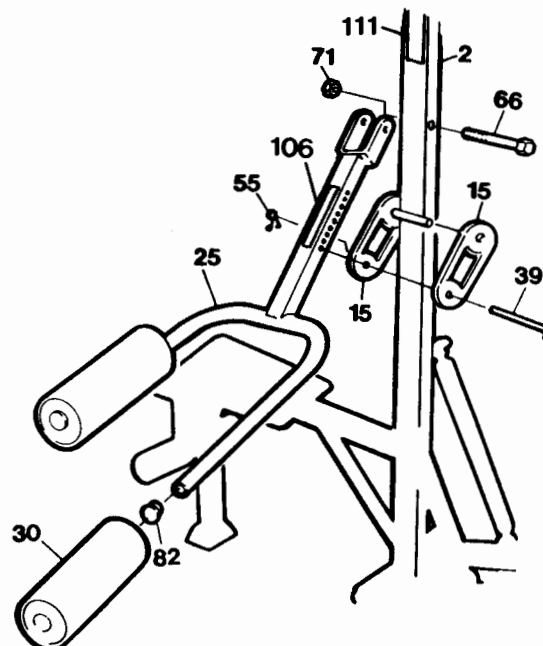


STEP 7 SQUAT ARM ASSEMBLY

PART NAME	QTY
66 5/16" X 3" HEX HEAD BOLT	1
71 5/16" NYLON LOCK NUT	1
82 1 1/4" ROUND PLASTIC CAP	2

- ☐ Turn SQUAT ARM (25) so handles are positioned up and bolt to MAST (2) with a 5/16" X 3" HEX HEAD BOLT (66) and 5/16" NYLON LOCK NUT (71).

- ☐ Press a 1 1/4" ROUND PLASTIC CAP (82) into handle ends and push a 3 1/4" X 7" FOAM ROLLER (30) onto each handle.

**STEP 8 ARM PRESS ASSEMBLY**

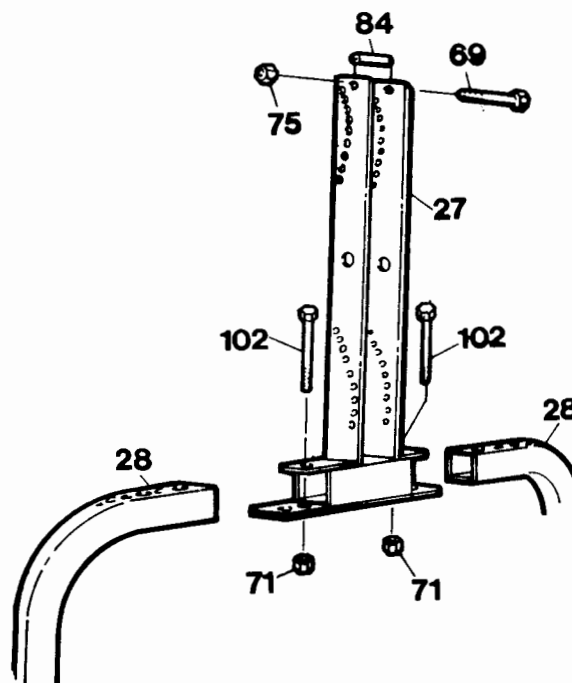
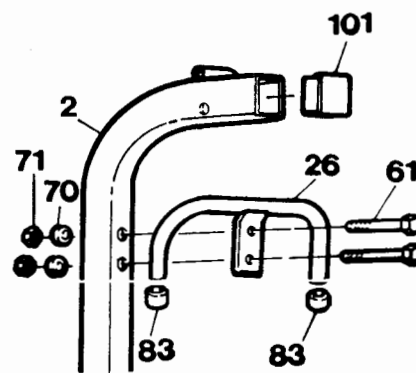
PART NAME	QTY
61 5/16" X 2 1/2" HEX HEAD BOLT	2
67 5/16" X 3 1/4" HEX HEAD BOLT	1
68 5/16" X 2" HEX HEAD BOLT	2
69 1/4" X 3 1/4" ROUND HEAD SCREW	1
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	7
75 1/4" NYLON LOCK NUT	1
83 3/4" ROUND COVER CAP	2
84 2 1/2" LONG PLASTIC SPACER	1
86 1" ROUND INSERT CAP	4
101 2" SQUARE PLASTIC INSERT CAP	1

- ☐ Bolt CURVED FLEX BAND HORN (26) to inside curve of MAST UPRIGHT (2) with 5/16" X 2 1/2" HEX HEAD BOLTS (61), 5/16" FLAT WASHERS (70), and 5/16" NYLON LOCK NUTS (71). Cap ends of Tube with 3/4" ROUND COVER CAPS (83).

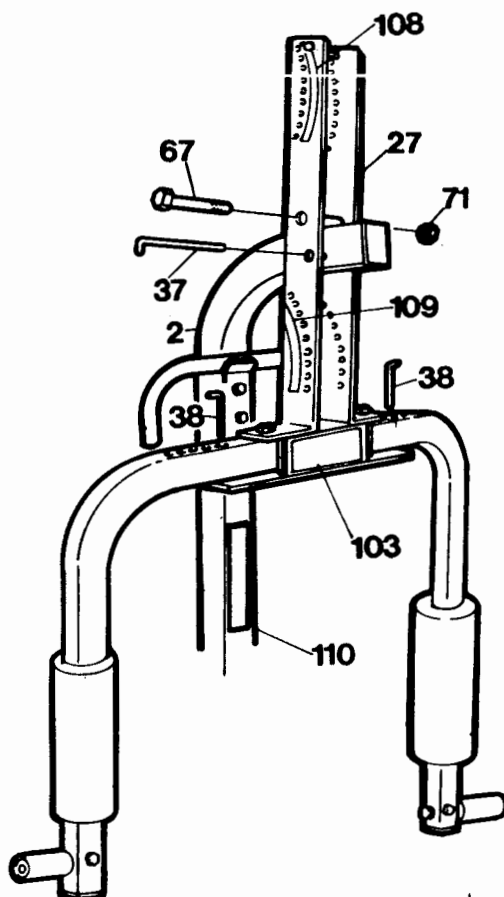
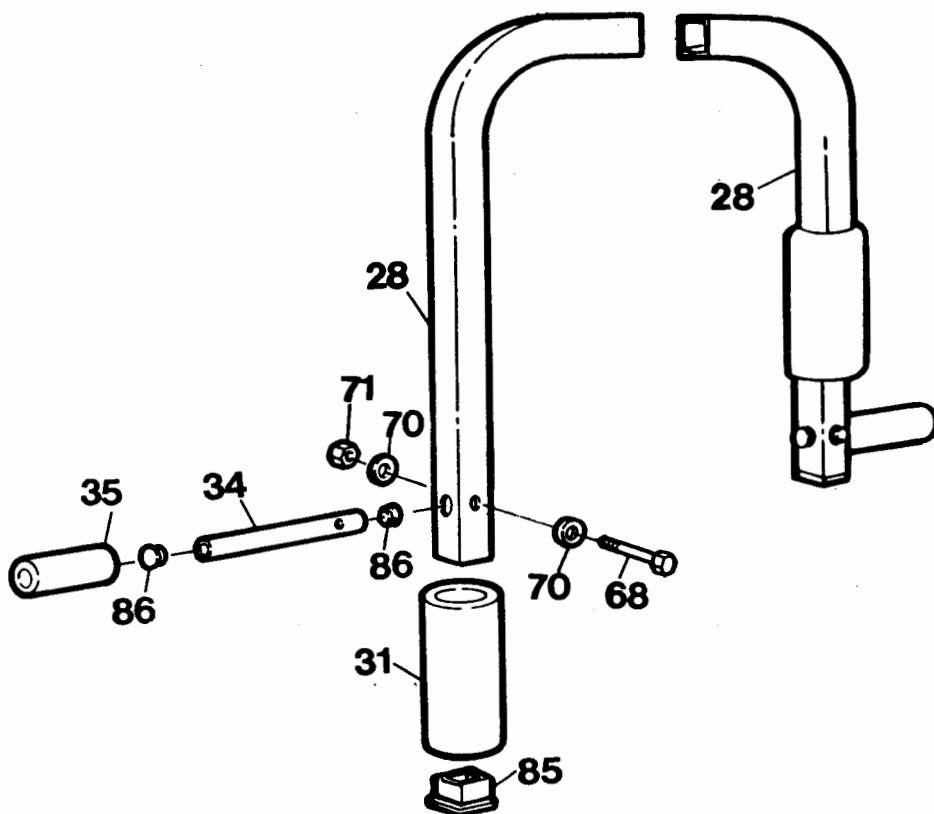
- ☐ Cap end of MAST UPRIGHT (2) with 2" SQUARE PLASTIC INSERT CAP (101).

- ☐ Bolt top wings of ARM PRESS SELECTOR ASSEMBLY (27) together through top hole. Position the 2 1/2" LONG PLASTIC SPACER (84) between wings and fasten with 1/4" X 3 1/4" ROUND HEAD SCREW (69) and 1/4" NYLON LOCK NUT (75).

- ☐ Bolt ARM PRESS ARMS (28) into the ARM PRESS SELECTOR ASSEMBLY (27) by inserting 5/16" X 2 3/4" CARRIAGE BOLTS (102) down through the Assembly and Pivot Sleeve in Arms and secure with 5/16" NYLON LOCK NUTS (71).



- ☐ Push a 1 1/2" SQUARE PLASTIC CAP (85) into the bottom end of the ARM PRESS ARMS (28).
- ☐ Lubricate bottom section of Arm Press Arms and push on 3 1/4" X 7" FOAM ROLLERS (31). Locate Pads about 6" above the end of the Arm.
- ☐ Bolt a 1" X 7" ARM PRESS HANDLE (34) into bottom section of Arm Press Arm with 5/16" X 2" HEX HEAD BOLTS (68), 5/16" FLAT WASHERS (70), and 5/16" NYLON LOCK NUT (71).
- ☐ Press a 1" ROUND PLASTIC INSERT CAP (86) into each end of Handle.
- ☐ Lubricate surface of Handle and slide on FOAM GRIPS (35).
- ☐ Turn the ARM PRESS SELECTOR ASSEMBLY (27) as shown in DETAIL "A" and fit onto top of MAST (2) and bolt through Pivot Tube with 5/16" X 3 1/4" HEX HEAD BOLT (67) and 5/16" NYLON LOCK NUT (71).



STEP 9 AB ARM PRESS ASSEMBLY

PART NAME	QTY
42 3/8" LONG BUSHING	1
68 5/16" X 2" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	1
71 5/16" NYLON LOCK NUT	1
73 1/4" X 2" CARRIAGE BOLT	2
74 1/4" FLAT WASHER	2
75 1/4" NYLON LOCK NUT	2
76 1/4" X 3/4" ROUND HEAD SCREW	4
82 1 1/4" ROUND PLASTIC CAP	1
88 1 1/8" X 2" ROUND PLASTIC BUSHING	3
91 3/4" ROUND PLASTIC CAP	4

- ☐ Bolt the 7/8" X 8" AB ARM PIVOT TUBE (36) into AB SEAT FRAME (3) with a 5/16" X 2" HEX HEAD BOLT (68), 3/8" LONG BUSHING (42), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71).

- ☐ Assemble two SEAT MOUNTING PLATES (6) to Seat Frame with 1/4" X 2" CARRIAGE BOLTS (73), 1/4" FLAT WASHERS (74), and 1/4" NYLON LOCK NUTS (75).

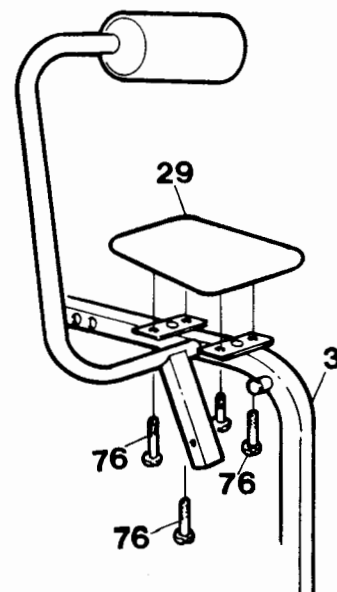
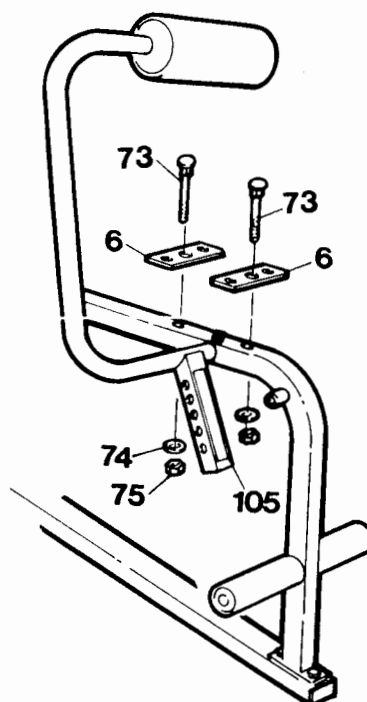
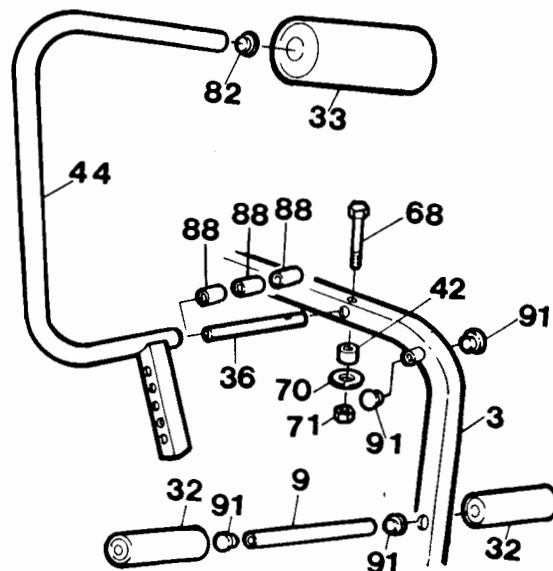
- ☐ Press three 1 1/8" O.D. X 2" ROUND PLASTIC BUSHING (88) into the bottom section of the AB ARM (44). Push AB Arm onto Pivot Tube until the Arm is snugly against Frame. NOTE: This is a snug fit and the Arm is not permanently attached to the Frame so it is important to make sure it is fully inserted over the Pivot Tube before beginning exercise each time it is used.

- ☐ Attach 14" deep AB STATION SEAT (29) to Seat Frame by bolting through the Mounting Plates and into the bottom of the Seat with 1/4" X 3/4" ROUND HEAD SCREWS (76).

- ☐ Press a 1 1/4" ROUND PLASTIC CAP (82) into the top end of the AB ARM (44), wipe lubricant over the Tube and press on a 3 1/4" X 10" FOAM ROLLER (33).

- ☐ Push a 3/4" ROUND PLASTIC CAP (91) into each end of the 3/4" X 13 1/4" PAD BAR (9). Insert the Pad Bar into a 3" X 5 3/4" FOAM ROLLER (32). (This Pad Bar Assembly is used to support your legs while doing AB or Back Exercises and is moved from the Seat Frame low front position for AB crunches to the top back positions for knee support while doing back extensions.) Move from one location to another and secure in place with a second 3" X 5 3/4" FOAM ROLLER (32).

- ☐ Press a 3/4" ROUND PLASTIC INSERT CAP (91) into the end of the 3/4" Flex Band Tube.



DECAL ASSEMBLY

LEG EXTENSION:

- ☐ Attach the LEG CURL CURVED DECAL (104) to the LEG EXTENSION (8) with 30 at the top and 110 at the bottom.

AB/BACK STATION:

- ☐ Affix RESISTANCE DECAL (105) to the top of the Selection Tube in alignment with hole pattern so 110 is at the bottom of the tube.

SQUAT STATION:

- ☐ Apply the RESISTANCE DECAL (106) to the top of the Squat Arm so the 30 setting is closest to the Mast and 110 is closest to the Handlebar.

STEPPER PEDALS:

- ☐ Adhere STEPPER RESISTANCE DECALS (107) atop Pedals so they align with resistance holes with one to the front and 7 furthest back.

ARM PRESS & PULL DOWN STATION :

- ☐ Apply the PULL DOWN DECAL (108) to the upper section of the Selector Assembly with 110 at the top of the hole pattern.
- ☐ Position ARM PRESS DECAL (109) to the lower hole pattern so 110 is at the bottom
- ☐ Attach a 15 to 55 SCALE DECAL (109) to the top of the Press Arms with 15 to the inside and 55 furthest apart.

MAST DECALS

- ☐ Remove MULTI-FLEX DECAL (103) from backing and adhere it to Arm Press Mounting Assembly between the Arm Press Arms.
- ☐ Attach STATION 1 DECAL (110) to the front of the MAST (2) just above the Backrest.
- ☐ Apply STATION 2 DECAL (111) to the back side of the Mast directly behind Station 1 Decal.
- ☐ Apply STATION 3 DECAL (112) to the AB Back.
- ☐ Apply STATION 4 DECAL (113) to the Stepper.

RESISTANCE SELECTION

LEG EXTENSION:

- ☐ Insert the 3/4" X 6" BAND TUBE (37) into the front leg of the Arm Press Station Leg. Slide a FLEX BAND (15) onto each side of Band Tube and secure in place with 3/4" SPRING CLIPS (56). Pin other end of Flex Band to desired resistance setting in Leg Extension with 3/8" X 4" "L" PIN (39) and secure Bands with 3/8" SPRING CLIP (55).

SQUAT STATION:

- ☐ Assemble a Flex Bank to side of Band tube. Secure with 3/4" SPRING CLIP (56). Pin Flex Bands to Squat Arm with 3/8" X 4" "L" PIN (39) and secure with 3/8" SPRING CLIP (55). To add or change Flex Band on side against Backrest, unbolt lower Backrest brackets from Frame and pivot bottom of Backrest forward for clearance.

AB/BACK STATION:

- ☐ Slide two Flex Bands over Band tube through Frame of Seat Support and secure with 3/4" SPRING CLIP (56). Pin Bands to Pivot Arm with 3/8" X 4" "L" PIN (39) and secure with 3/8" SPRING CLIP (55).

ARM PRESS STATION:

- ☐ Slide a FLEX BAND (15) over each side of CURVED BAND HORN (26) and press a 3/4" PLASTIC COVER CAP (83) onto the ends of the Tube.

ARM PRESS EXERCISE:

- ☐ Push Flex Bands to the top of the Curved Horn against Mast. Pin Flex Bands to desired resistance setting along bottom scale on the Arm Press Assembly with 3/8" X 6" "L" PIN (40) and 3/8" SPRING CLIP (55). Insert a 3/8" X 3 1/4" LOCK PIN (38) down through Assembly bracket and press Arms to keep Arms fixed out straight.

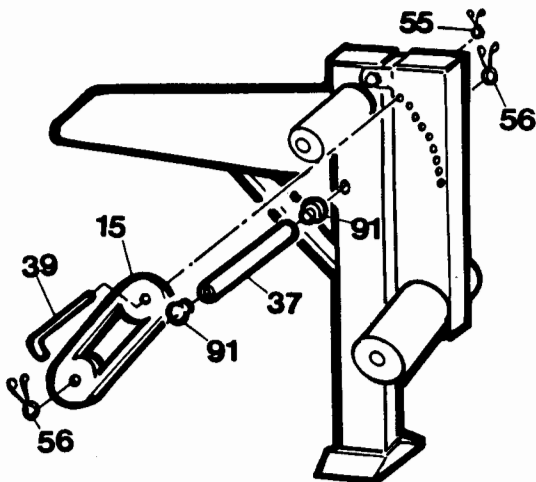
PULL DOWN EXERCISE:

- ☐ With Bands positioned along Mast, pivot Press Arms up and pin Flex Bands along upper scale in Mounting Assembly into desired setting with 3/8" X 6" "L" PIN (40) and 3/8" SPRING CLIP (55).

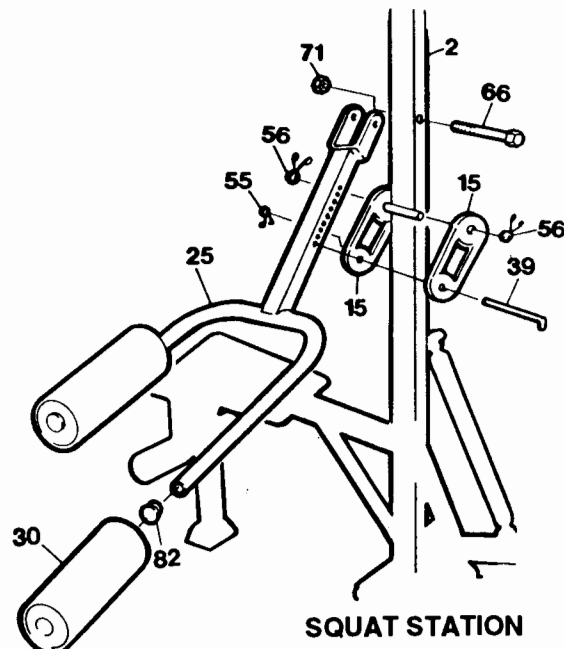
BUTTERFLY EXERCISES:

- ☐ Position Flex Bands to the lower ends of Curved Horn and pin along the top of Press Arms with 3/8" X 4" "L" PINS (39). Place a 1/2" O.D. X 1/4" LONG PLASTIC SPACER (100) between Flex Band and through Press Arm to prevent Bands from rubbing Brackets. Secure with 3/8" SPRING CLIPS (55). Using the 3/8" X 6" "L" PIN (40), pin Mounting Assembly to Mast to prevent it from moving. Remove LOCK PINS (38) from Press Arms so Arms can pivot in for exercising.

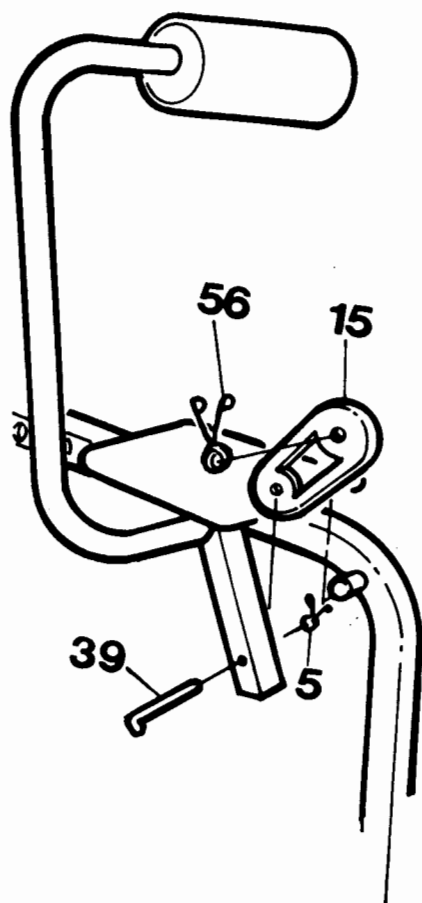
NOTE: The Arm Press, Pull Down, Squat, and AB Back Station can be increased to 220 lb. resistance by adding additional set of bands.



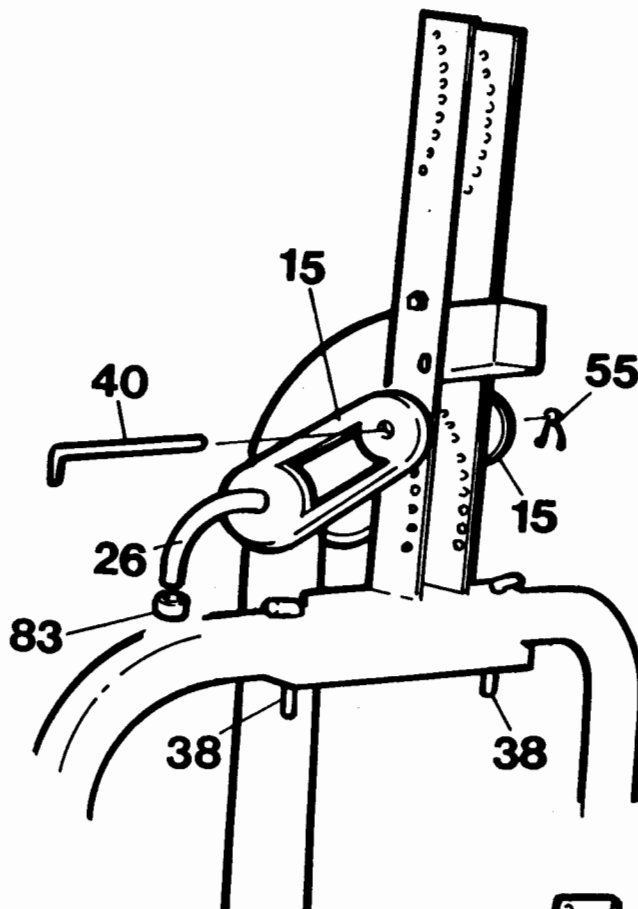
LEG EXTENSION



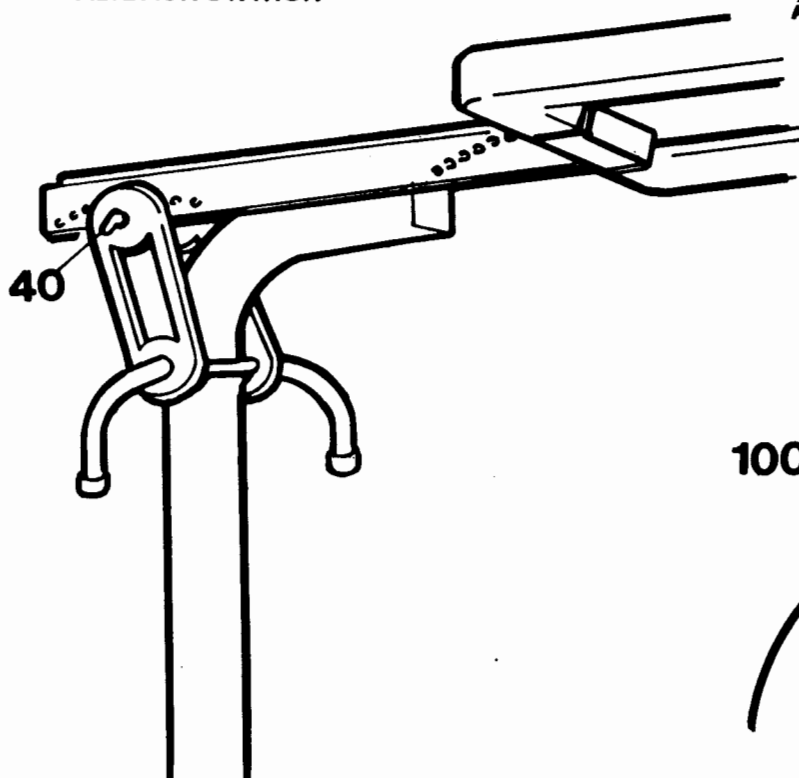
SQUAT STATION



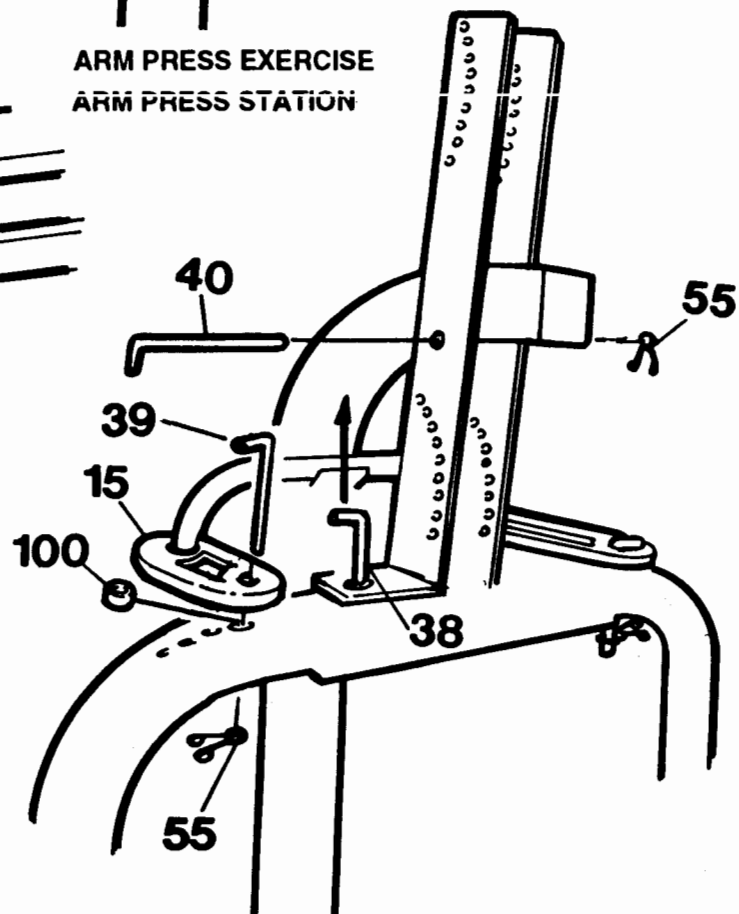
AB/BACK STATION



ARM PRESS EXERCISE
ARM PRESS STATION



PULL DOWN EXERCISE



BUTTERFLY EXERCISES

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

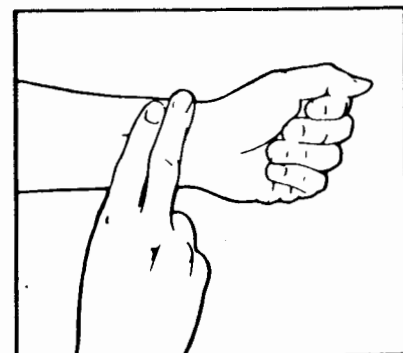
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4.COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

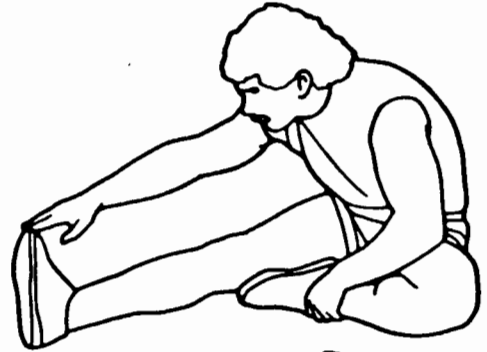
To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.



Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

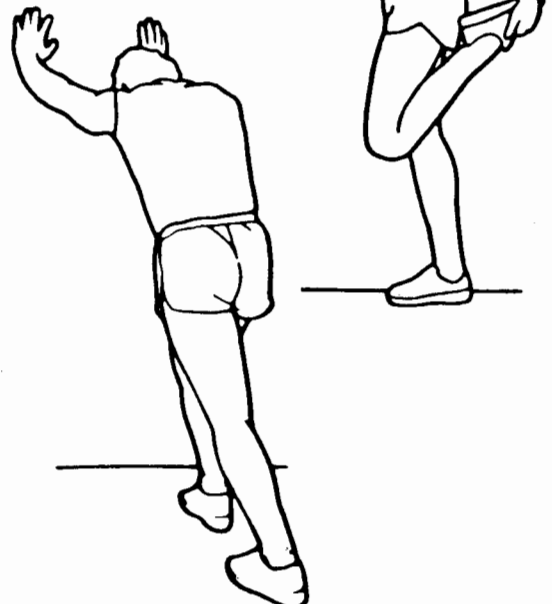
Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles

REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN
YOUR WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHT BENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST., OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU
PURCHASED THIS UNIT**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

MODEL NO. NAME OF PART ORDERING NO.

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.