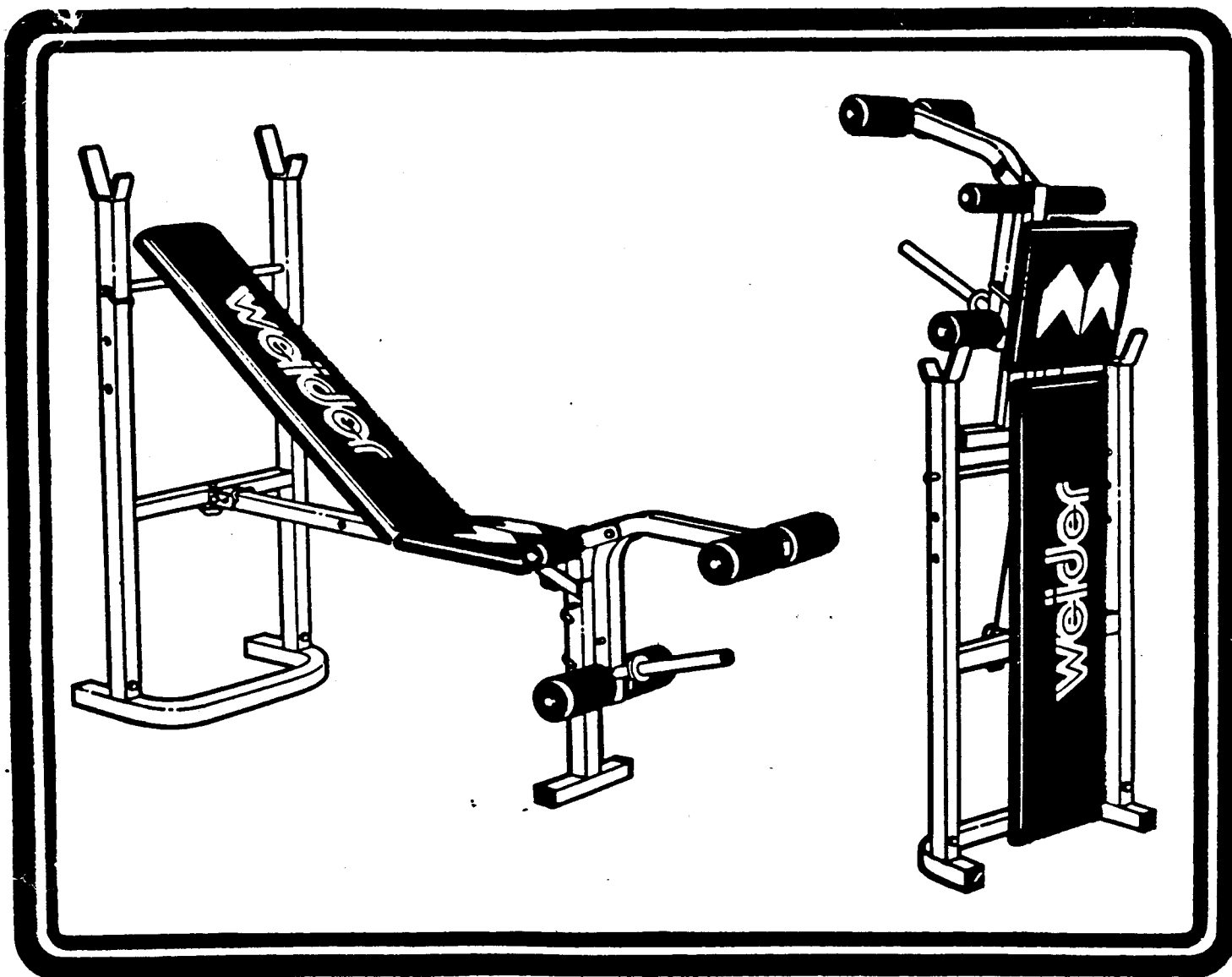




B-230

FOLDING BENCH
ASSEMBLY INSTRUCTIONS

• REPLACEMENT PARTS

weider®

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, California, U.S.A. 91367

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. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

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

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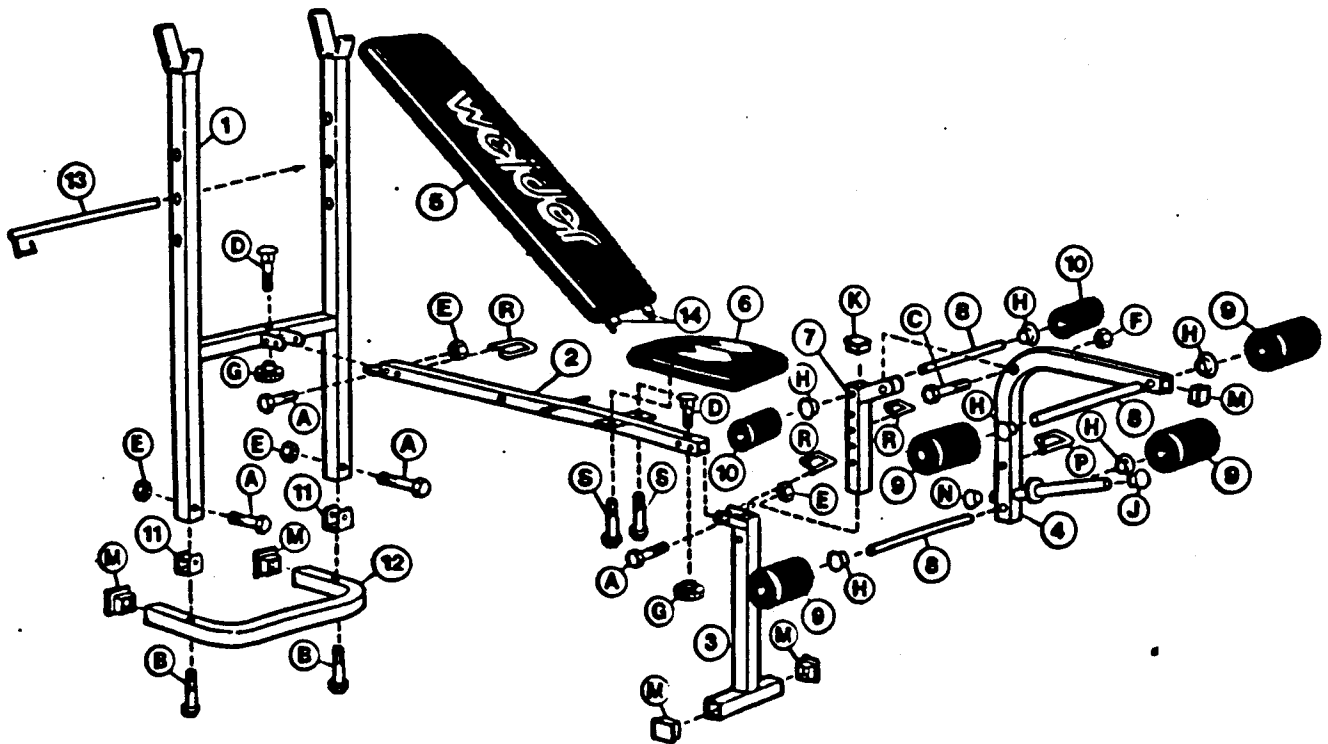
[illegible]

DIAGRAM NO	PART NAME	NO REQ	ORDERING NUMBER
1	UPRIGHT	1	A08-0231
2	MAIN FRAME	1	A08-0166
3	FRONT FRAME	1	A08-0167
4	LEG CURL	1	A07-0119
5	BACKREST	1	A07-0318
6	SEAT	1	A21-0340
7	LEG CURL ADJUSTER	1	A08-0169
8	PAD BAR	3	A07-6056
9	LARGE FOAM PAD	4	B18-0412
10	SMALL FOAM PAD	2	B18-0413
11	U-BRACKET	2	A01-6003
12	U-BASE	1	A08-0168
13	BACKREST ADJ. BAR	1	A01-6000
14	LONG ANGLE IRON	2	A07-6057
	HARDWARE BAG	1	A08-5792
A	5/16" x 2" HEX HEAD BOLT	4	HH-5017
B	3/8" x 2 1/4" HEX HEAD BOLT	2	HH-5061
C	3/8" x 2 1/2" HEX HEAD BOLT	1	HH-5018
D	5/16" x 2" CARRIAGE BOLT	2	HH-5242
E	5/16" LOCK NUT	4	HH-5021
F	3/8" LOCK NUT	1	HH-5088
G	THREADED KNOB 5/16" - 20	2	HH-5243
H	3/4" RD. PLASTIC CAP	6	AA-8004
J	1" ROUND PLASTIC CAP	1	AA-8005
K	1 1/4" SQUARE PLASTIC CAP	1	AA-8069
M	1 1/2" SQUARE PLASTIC CAP	5	AA-8001
N	1" COVER CAP	1	AA-8070
P	LARGE LOCKING PIN	1	WW-7017
R	SMALL LOCKING PIN	3	WW-7003
S	1/2" - 20 x 3/4" MACHINE SCREW	6	HH-5022
	DECAL-RIGHT	1	DE-4010
	DECAL-LEFT	1	DE-4011
	INSTRUCTION MANUAL	1	NN-1047

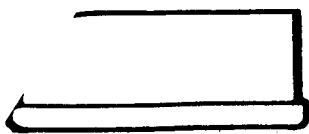
REPAIR PARTS AND SERVICE

All of the parts for the Weightbench can be ordered from Weider Health and Fitness, Parts Service Dept., 900 West St. John St., Olney, Ill. 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.

If you find this product to have either a defective part or a missing part, write the above address or for faster service phone Customer Service at 1-800-423-5502

ALWAYS include the following information when ordering parts:

- Model Number
- Name of Part
- Ordering Number



M



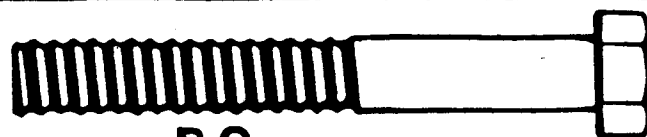
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F



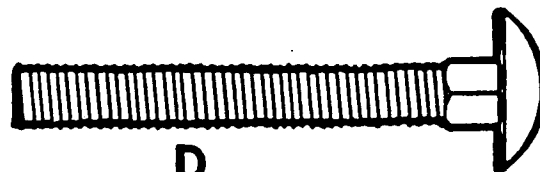
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BC



A

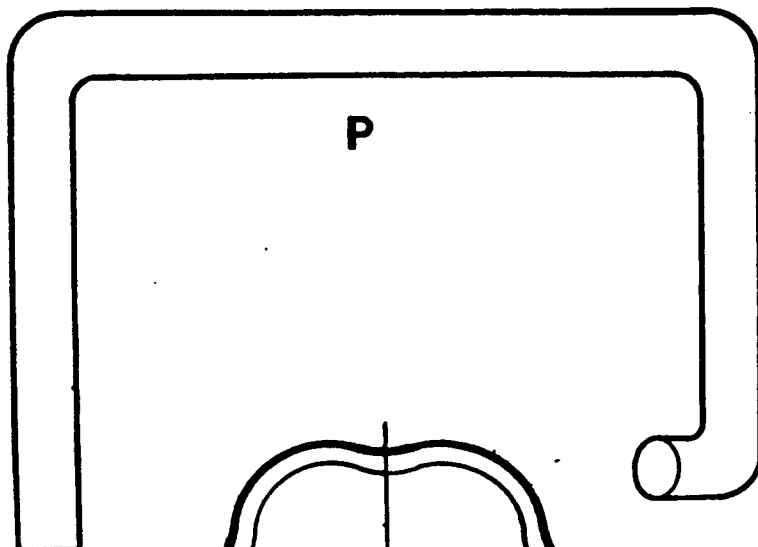


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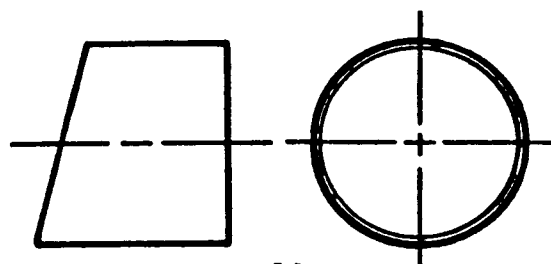


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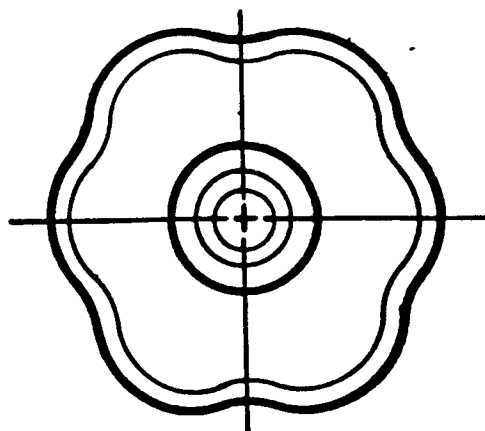
(BACKREST & SEAT)



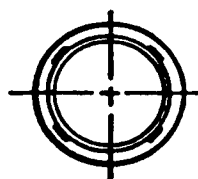
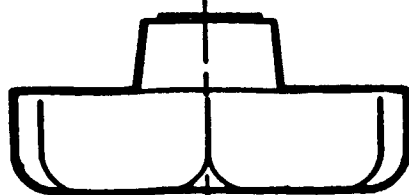
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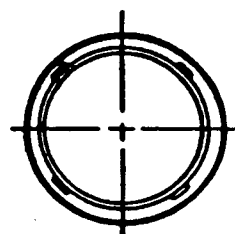
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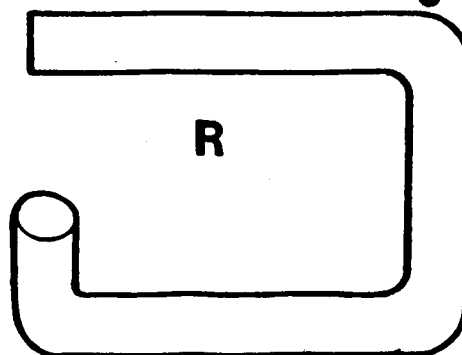
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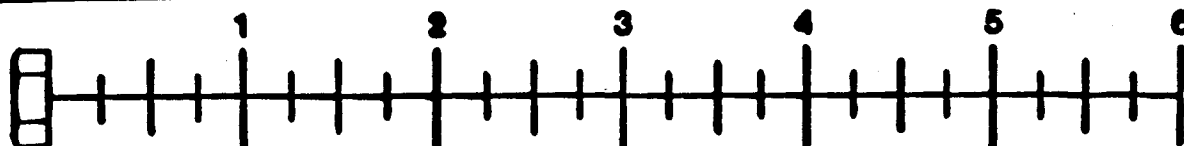
H



J



R



BOLT LENGTH SCALE

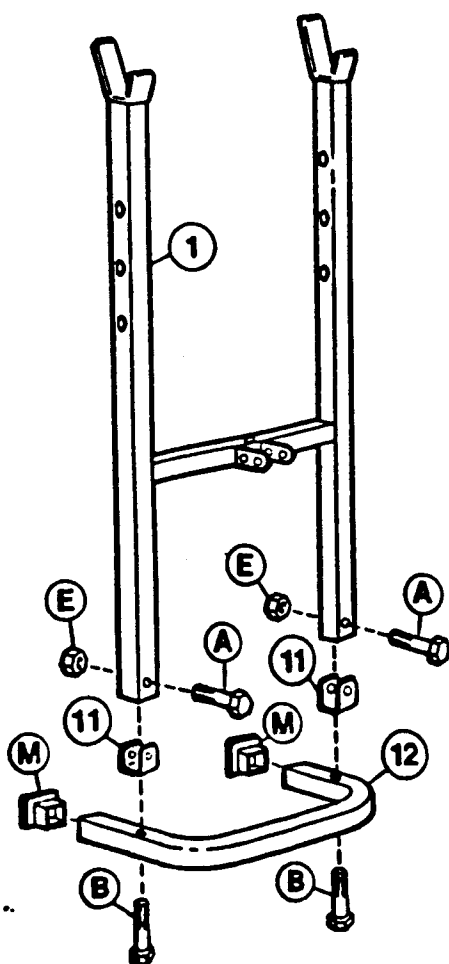
ASSEMBLY INSTRUCTIONS

BEFORE STARTING, REMOVE ALL PIECES FROM THE BOX AND PACKING AND LAY THEM OUT ON A CLEAN SURFACE.

CHECK THE PARTS LIST TO VERIFY THAT YOU HAVE ALL THE PIECES. THE DIAGRAM ON PAGE 1 WILL ALSO BE HELPFUL.

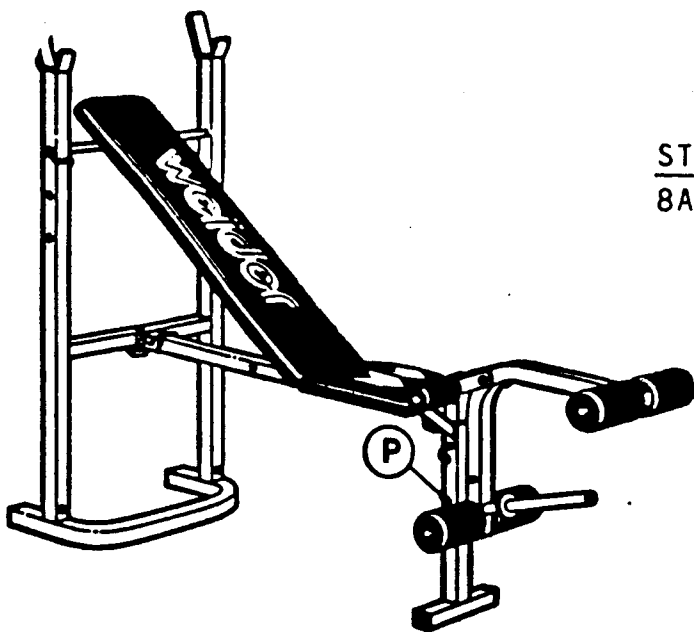
TOOLS NEEDED:

FLAT HEAD SCREWDRIVER
ADJUSTABLE WRENCH
PLIERS
HAMMER



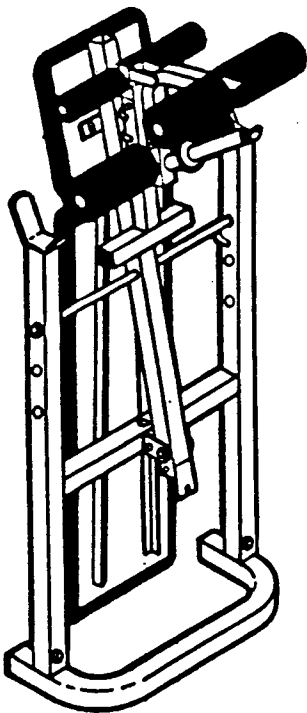
STEP 1 UPRIGHT ASSEMBLY

- 1A. Attach the 2 U-BRACKETS (11) to the U-BASE (12) by inserting two HEX HEAD BOLTS (B) through the bottom of the U-BASE (12) and threading into the U-BRACKETS (11). Make sure that the holes on the U-BRACKETS (11) are facing toward the front of the U-BASE (12). Do not completely tighten!
- 1B. Lower the UPRIGHTS (1) over the U-BRACKETS (11). Insert 1 HEX HEAD BOLT (A) through each side of the UPRIGHT (1) aligning bolt holes on UPRIGHT (1) with holes in U-BRACKET (11). Secure bolts with 2 LOCK NUTS (E). Tighten all bolts.
- 1C. Insert 2 SQUARE PLASTIC CAPS (M) into the two ends of the U-BASE (12).



STEP 8 COMPLETED BENCH

- 8A. LOCKING PIN (P) is used to lock LEG CURL (4) to frame for doing specified exercises.



FOLDING INSTRUCTIONS

- 9A. Following Step 8 your new WEIDER BENCH should be in the functional position.
- 9B. First you should ensure that LOCKING PIN (P) has the LEG CURL (4) locked to the frame and that LOCKING PIN (R) has the LEG CURL ADJUSTER (7) secured.
- 9C. Remove the BACKREST ADJ BAR (13) from the UPRIGHT (1).
- 9D. Loosen the THREADED KNOB (G) that is located under the MAIN FRAME (2) near the Upright Brackets on the Upright Crossmember. Remove LOCKING PIN (R) from brackets.
- 9E. Pivot the MAIN FRAME (2) upward parallel to the UPRIGHT (1) and replace the BACKREST ADJ BAR (13) through the Upright hole pattern and the hole available on the MAIN FRAME (2).
- 9F. Loosen THREADED KNOB (G) under the SEAT (6) and remove LOCKING PIN (R). Lower FRONT FRAME (3) with LEG CURL Assembly to rest against MAIN FRAME (2).