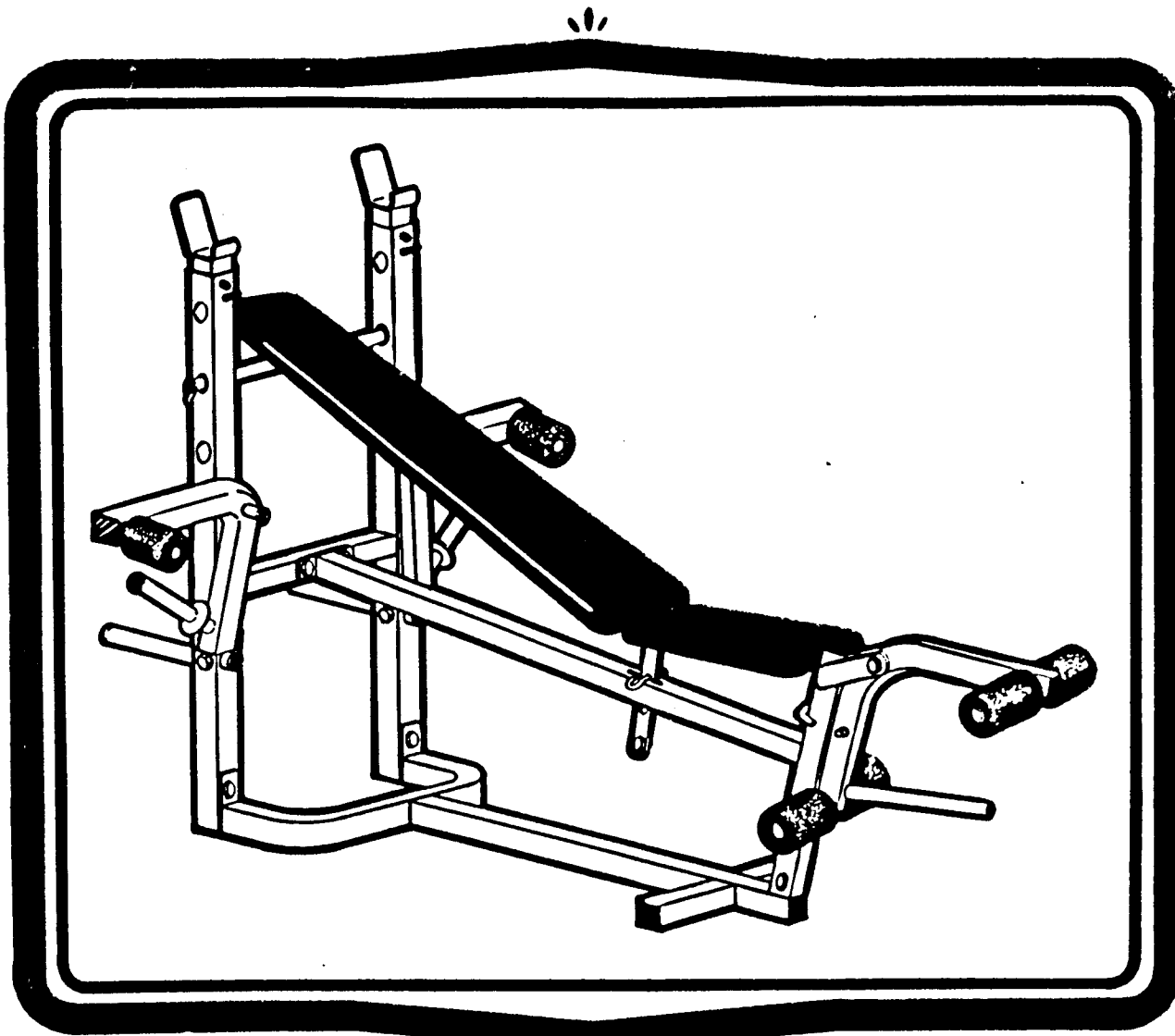




NN-1077

B241

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

WEIDER®

WEIDER HEALTH AND FITNESS
21100 ERWIN ST., WOODLAND HILLS, CA., U.S.A. 91367

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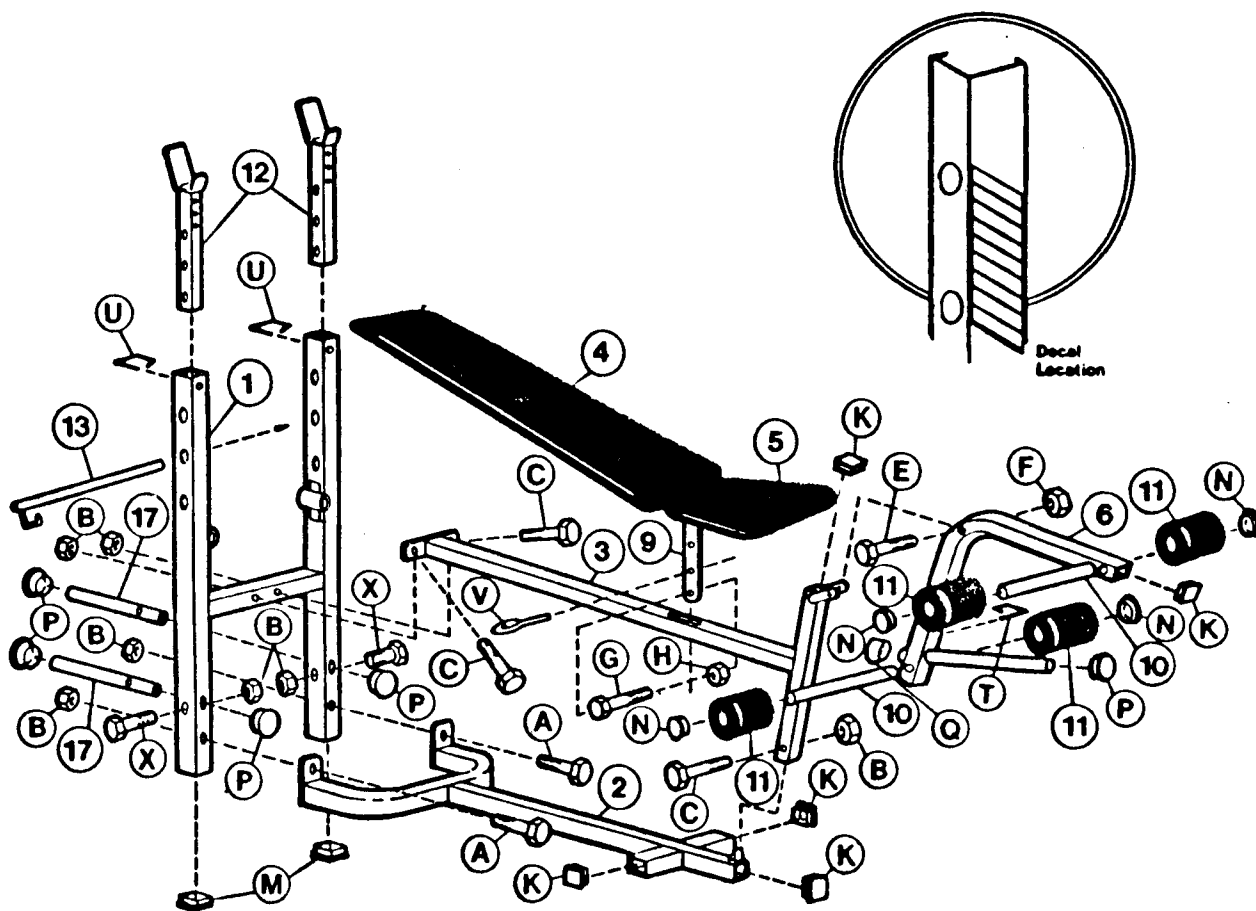
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DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	1	C0260-C30
2	BASE FRAME	1	C0180-A25
3	MAIN FRAME	1	C0191-C04
4	BACKREST	1	C0359-C04
5	SEAT	1	C0360-C04
6	LEG CURL	1	C0183-A25
7	LONG ANGLE IRON	2	C6126-C04
8	SHORT ANGLE IRON	2	C6127-C04
9	SEAT ADJ "T"	1	C6120-A25
10	PAD BAR	2	C6121-A25
11	FOAM PAD	6	C0411-C04
12	ADJUSTABLE UPRIGHT	2	C0230-A22
13	BACKREST ADJ BAR	1	C6054-A06
14	RIGHT BUTTERFLY	1	C6156-C14
15	LEFT BUTTERFLY	1	C6158-C14
16	BUTTERFLY PAD BAR	2	C6157-C14
17	WEIGHT STACK PIN	2	C6221-C30
	HARDWARE BAG	1	C5815-C30
A	5/16"-20 X 2 1/2" HEX HEAD BOLT	2	HH-5015
B	5/16"-20 LOCK NUT	7	HH-5021
C	5/16"-20 X 2" HEX HEAD BOLT	3	HH-5017
D	1/4"-20 X 1 3/4" MACHINE SCREW	2	HH-5242
E	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
F	3/8"-16 LOCK NUT	1	HH-5013
G	1/4"-20 X 3/4" MACHINE SCREW	1	HH-5022
H	1/4"-20 LOCK NUT	3	HH-5011
J	*1/4"-20 X 3/4" HEX HEAD BOLT	8	HH-5032
K	1 1/2" SQUARE PLASTIC CAP	7	AA-8001
M	2" SQUARE PLASTIC CAP	2	AA-8002
N	3/4" ROUND PLASTIC CAP	6	AA-8004
P	1" ROUND PLASTIC CAP	7	AA-8005
Q	1" COVER CAP	1	AA-8070
R	7/8" ROUND PLASTIC CAP	2	AA-8088
S	PLASTIC SLEEVE	2	AA-8091
T	LOCKING PIN	1	WW-7004
U	LOCKING PIN	2	WW-7002
V	EYELET PIN	1	WW-7005
W	STOPPER PIN	2	WW-7038
X	5/16"-20 X 2 1/2" HEX HEAD BOLT	2	HH-5035
	UPRIGHT DECAL	2	DE-4063
	INSTRUCTION MANUAL	1	CNN-1077
	*PRE-ASSEMBLED WITH BACKREST & SEAT		

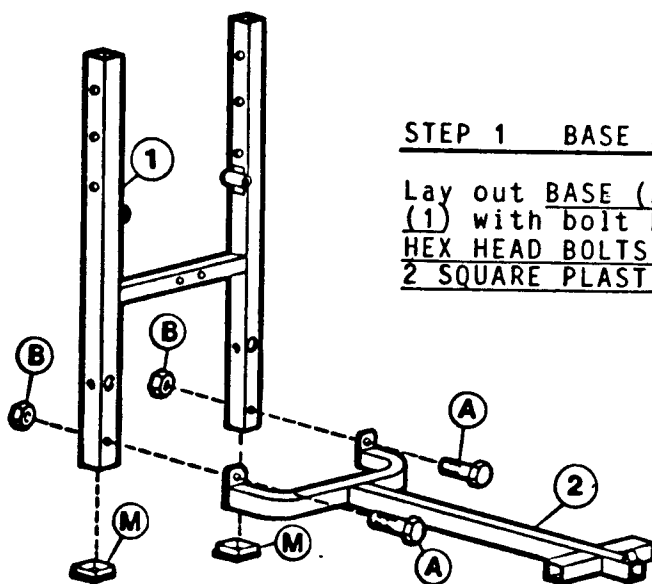
ASSEMBLY INSTRUCTIONS

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. CHECK THE HARDWARE WITH THE HELP OF THE PARTS LIST ON PAGE 2.

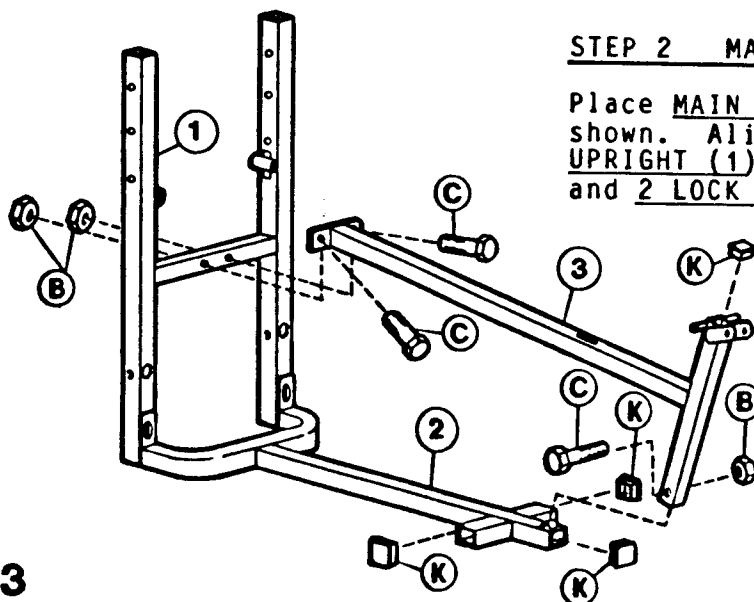
TOOLS NEEDED:

- FLAT HEAD SCREWDRIVER
- ADJUSTABLE WRENCH
- PLIERS
- HAMMER



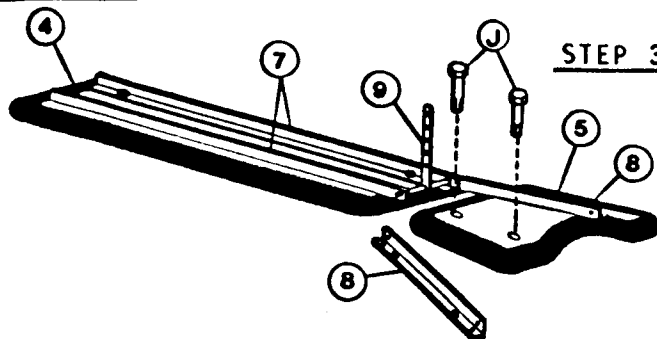
STEP 1 BASE FRAME ASSEMBLY

Lay out BASE (2). Align bolt holes of UPRIGHT (1) with bolt holes on BASE (2). Secure with HEX HEAD BOLTS (A) and LOCK NUTS (B). Insert 2 SQUARE PLASTIC CAPS (M) into UPRIGHT (1).



STEP 2 MAIN FRAME ASSEMBLY

Place MAIN FRAME (3) into position as shown. Align bolt holes and attach to UPRIGHT (1) with 2 HEX HEAD BOLTS (C) and 2 LOCK NUTS (B). Finger tighten! Secure front of MAIN FRAME (3) with HEX HEAD BOLT (C) and LOCK NUT (B). At this time make sure to tighten all bolts of frame assembly. Place 3 SQUARE PLASTIC CAPS (K) into BASE (2).

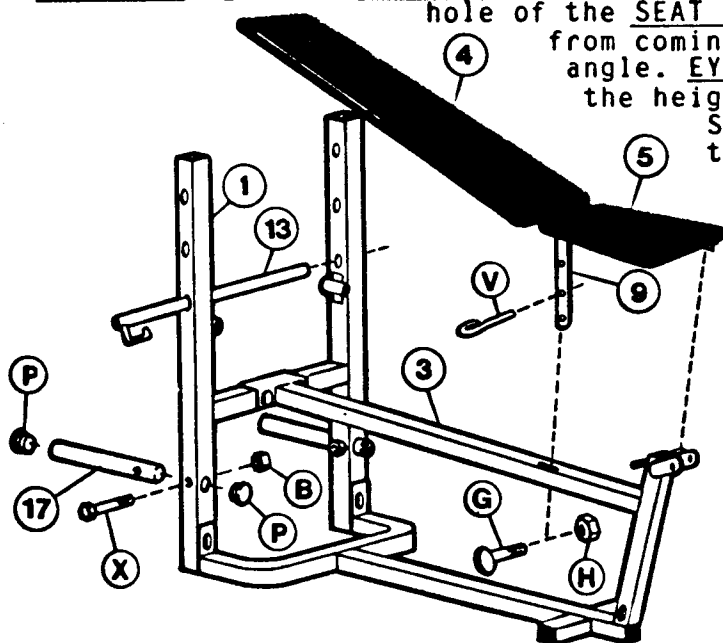


STEP 3 BACKREST & SEAT PREPARATION

The BACKREST (4) and SEAT (5) are shipped assembled. Turn this assembly over to expose the work area. Remove 2 HEX HEAD BOLTS (J) from SEAT (5) and then remove 1 SHORT ANGLE IRON (8).

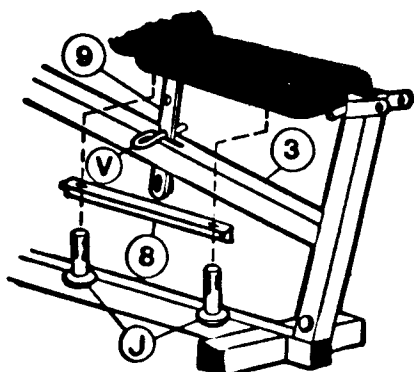
STEP 4 BACKREST AND SEAT

To aid in this assembly, slide BACKREST ADJ BAR (13) into any of the hole patterns on the UPRIGHT (1). Lower BACKREST (4) and SEAT (5) assembly to MAIN FRAME (3). Slide SHORT ANGLE IRON (8) over pivot rod on MAIN FRAME (3) and place SEAT ADJUST T (9) through slot in MAIN FRAME (3). MACHINE SCREW (G) and LOCK NUT (H) are placed in the last hole of the SEAT ADJUST T (9) to prevent it



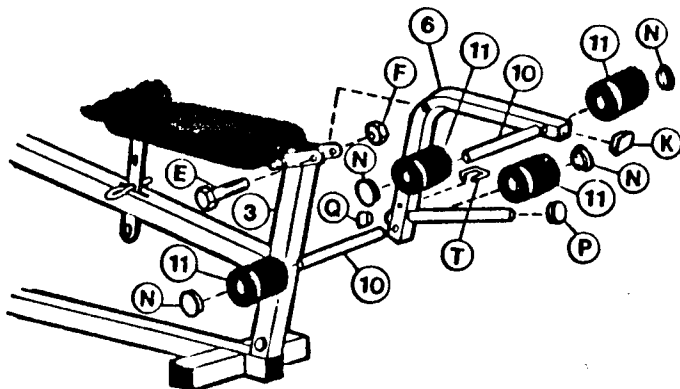
from coming out when adjusting the seat angle. EYELET PIN (V) is used to adjust the height of the backrest and seat.

Slide WEIGHT STACK PINS (17) through holes in UPRIGHT (1) aligning bolt holes. Secure with HEX HEAD BOLTS (X) and LOCK NUTS (B). Insert ROUND PLASTIC CAPS (P) into each end of WEIGHT STACK PIN (17).



STEP 5 REPLACEMENT OF SHORT ANGLE IRON

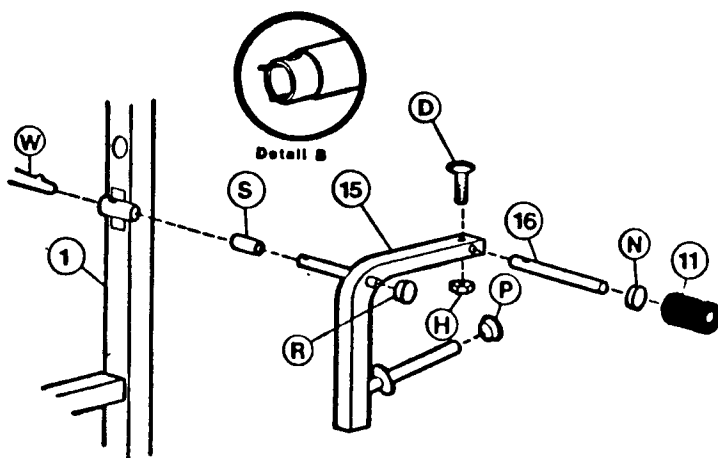
To aid in this assembly EYELET PIN (V) should be placed so that the highest possible position of the seat is achieved. Slide SHORT ANGLE IRON (8) over pivot rod on MAIN FRAME (3) and pivot rod on SEAT ADJ T (9). Replace 2 HEX HEAD BOLTS (J) that were removed in Step 3.



STEP 6 LEG CURL ASSEMBLY

Position LEG CURL (6) between leg curl brackets on MAIN FRAME (3). Secure with HEX HEAD BOLT (E) and LOCK NUT (F). Do not over tighten! Repeat the following instructions until all leg curl parts are in place. First, slide PAD BAR (10) through proper hole in LEG CURL (6) until equal amounts of bar are on both sides of LEG CURL (6). To help with the following step, a small amount of liquid dish detergent

should be applied to both ends of PAD BAR (10). This acts as a lubricant in assembling FOAM PADS (11) and also acts as an adhesive after it has dried. Slide FOAM PAD (11) onto each end of PAD BAR (10). Insert PLASTIC CAP (N) into each end of PAD BAR (10). Insert PLASTIC CAP (K) into end of LEG CURL (6). Insert PLASTIC CAP (P) into weight pin on LEG CURL (6). Place COVER CAP (Q) over rear extended piece of weight pin. LOCKING PIN (T) is used to lock LEG CURL (6) to MAIN FRAME (3) for doing specific exercises.

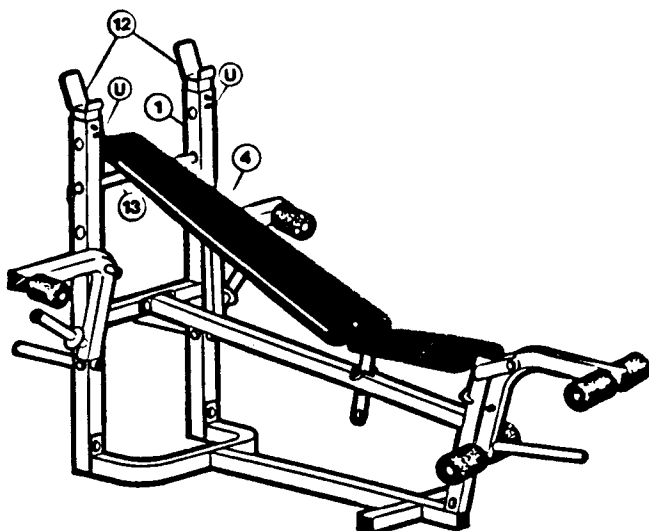


STEP 7 BUTTERFLY ATTACHMENT

There are two Butterfly attachments with this unit: A RIGHT BUTTERFLY (14) and a LEFT BUTTERFLY (15). Instructions for assembly are given for one and are repeated to assemble the other.

First, slide BUTTERFLY PAD BAR (16) through the large hole in the Butterfly aligning bolt holes. Secure with

CARRIAGE BOLT (D) and LOCK NUT (B). Insert ROUND PLASTIC CAP (N) into BUTTERFLY PAD BAR (16). Slide FOAM PAD (11) over BUTTERFLY PAD BAR (16). Insert ROUND PLASTIC CAP (P) into weight pin on Butterfly. Insert ROUND PLASTIC CAP (R) into weld tube on Butterfly. Slide PLASTIC SLEEVE (S) over welded tube. Slide entire assembly into welded tube bracket on UPRIGHT (1) making sure to align holes on top of both tubes. Insert STOPPER PIN (W) into center of assembly (rounded end first), making sure the side of the STOPPER PIN (W) that has a raised section is on top and aligned with holes in assembly. Push STOPPER PIN (W) in until it clicks into place as raised section exits the hole. See Detail B.



STEP 8 COMPLETING BENCH

Slide ADJUSTABLE UPRIGHTS (12) into UPRIGHT (1). Use LOCKING PIN (U) to adjust the height of the ADJUSTABLE UPRIGHTS (12). The BACKREST ADJ BAR (13) is used to adjust the height of the BACKREST (4). It can also be used to adjust the height of the ADJUSTABLE UPRIGHTS (12), but is not used in conjunction with LOCKING PINS (U).

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.

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

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OR A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

● MODEL NO.

● NAME OF PART

● ORDERING NUMBER

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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 WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED