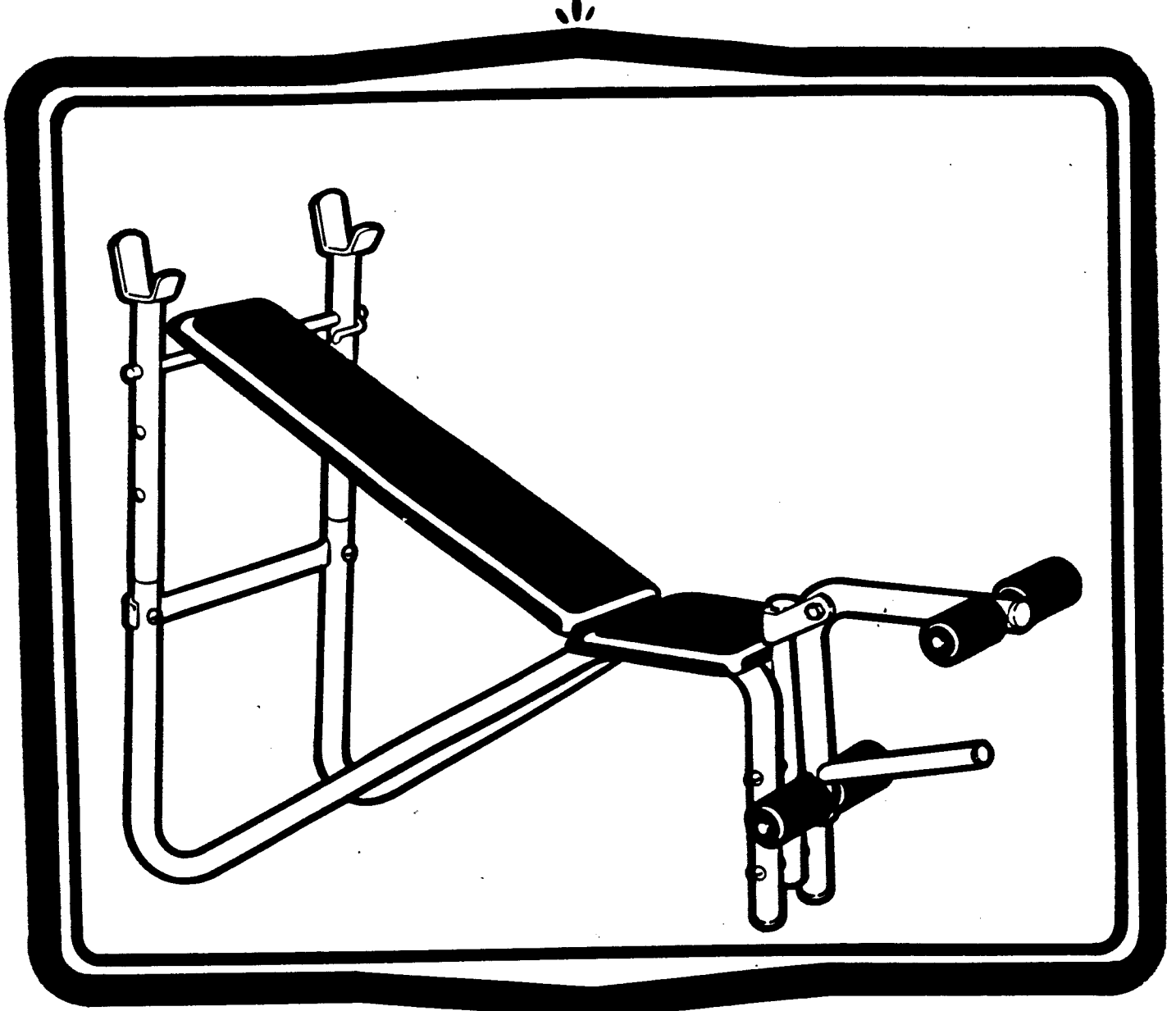




NN-1061

C100

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

WEIDER®

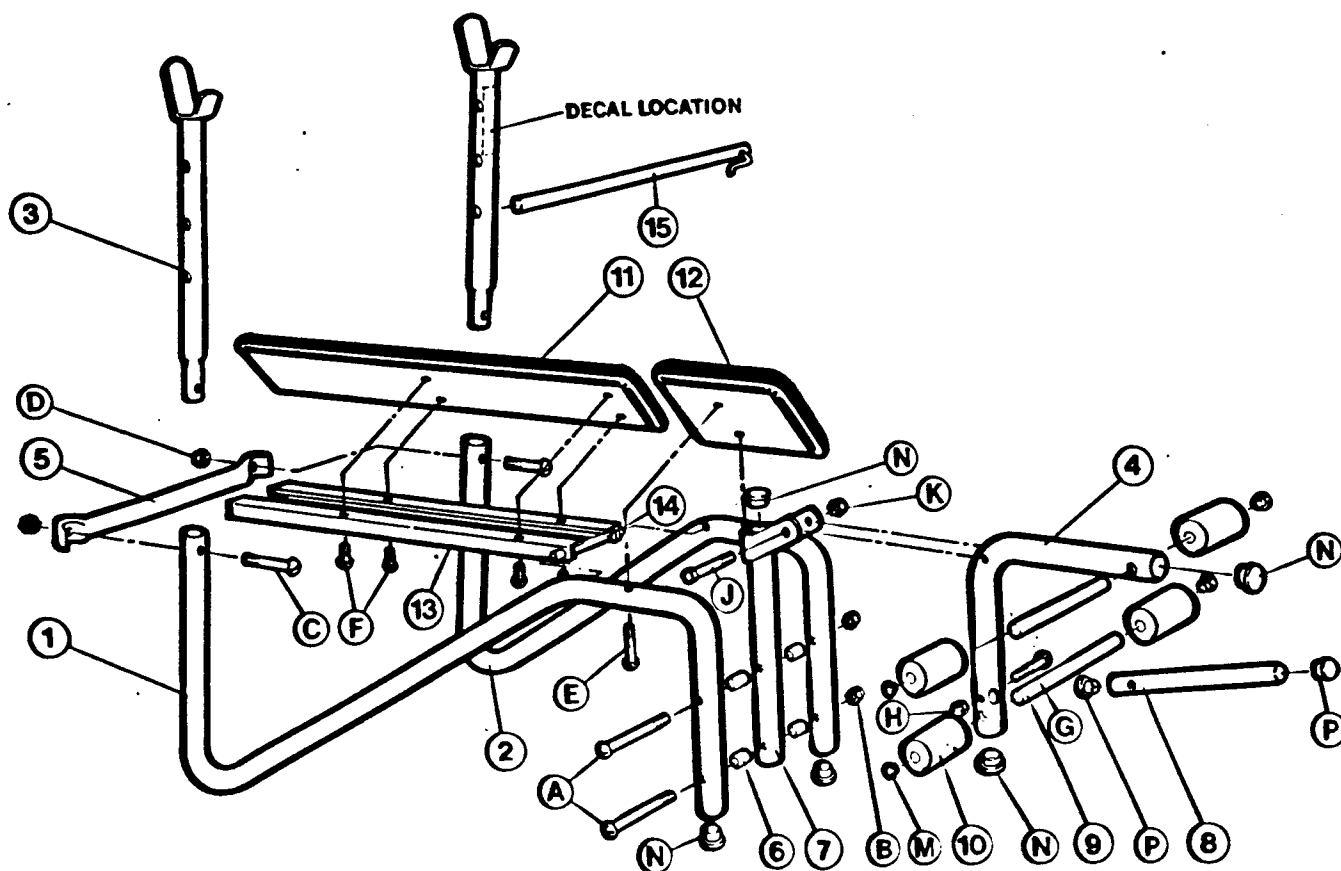
WEIDER HEALTH AND FITNESS
21100 ERWIN ST., WOODLAND HILLS, CA., U.S.A. 91367

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
1	RIGHT SIDE FRAME	1	HC08-0101
2	LEFT SIDE FRAME	1	HC08-0102
3	UPRIGHT EXTENSION	2	HC08-0103
4	LEG CURL HOLDER	1	HC08-0100
5	FRAME BRACE	1	HC08-0104
6	SPACER	4	HC08-0105
7	LEG CURL	1	HC08-0196
8	WEIGHT PIN	1	HC08-0197
9	PAD BAR	2	HC08-6136
10	FOAM PAD	4	HC02-0410
11	BACKREST	1	HC08-0372
12	SEAT	1	HC08-0373
13	LONG ANGLE IRON	2	HA25-6118
14	PIVOT ROD	1	HC11-6145
15	BACKREST ADJ BAR	1	HC08-6143
	HARDWARE BAG	1	HC08-5801
A	1/4"-20 X 5" MACHINE SCREW	2	HH-5253
B	1/4"-20 ACORN NUT	2	HH-5254
C	1/4"-20 X 1 3/4" MACHINE SCREW	2	HH-5255
D	1/4"-20 LOCK NUT	2	HH-5011
E	*1/4"-20 X 2" MACHINE SCREW	2	HH-5256
F	*1/4"-20 X 3/4" MACHINE SCREW	4	HH-5022
G	5/16"-20 X 1 1/2" HEX HEAD BOLT	1	HH-5257
H	5/16"-20 ACORN NUT	1	HH-5019
J	3/8"-16 X 2 1/4" HEX HEAD BOLT	1	HH-5061
K	3/8"-16 LOCK NUT	1	HH-5088
M	3/4" ROUND PLASTIC CAP	4	AA-8004
N	1 1/4" ROUND PLASTIC CAP	5	AA-8010
P	7/8" ROUND PLASTIC CAP	2	AA-8088
	UPRIGHT DECAL	1	DE-4069
	INSTRUCTION MANUAL	1	HNN-1061
	*PREASSEMBLED WITH BACKREST & SEAT		

ASSEMBLY INSTRUCTIONS

1. Assemble 1 1/4" ROUND PLASTIC CAPS (N) into foot of RIGHT & LEFT FRAMES (1) & (2).
2. Using 5" LONG MACHINE SCREWS (A) assemble RIGHT & LEFT FRAME (1) & (2). (Note: holes in the inside of frame should be to the inside of assembly.) Position LEG CURL HOLDER (7) between frame legs and use SPACERS (6) to separate frame legs and holder. Secure with 1/4" ACORN NUTS (B). Assemble 1 1/4" PLASTIC CAP (N) into top of LEG CURL HOLDER.
3. Insert PIVOT ROD (14) into large holes in end of LONG ANGLE IRON (13). Spread frame sections apart and insert ends of PIVOT ROD (14) into holes in frame and close frame sections on rod to trap it in place.
4. Insert UPRIGHT EXTENSIONS (3) into RIGHT & LEFT FRAME (1) & (2) and align bolt holes.

5. Using 1 3/4" MACHINE SCREWS (C) align FRAME BRACE (5) and secure with 1/4" LOCK NUTS (D).
6. Assemble SEAT (12) to frame using 2" MACHINE SCREWS (E) which are preassembled in seat.
7. Assemble BACKREST (11) to LONG ANGLE IRONS (13) using four 3/4" MACHINE SCREWS (F) that have been preassembled to backrest.
8. Insert 1 1/4" ROUND PLASTIC CAPS (N) into ends of LEG CURL (4) and attach to LEG CURL HOLDER (7) using 2 1/4 x 3/8 HEX BOLT (J) and ACORN NUT (K).
9. Insert 7/8" ROUND PLASTIC CAPS (P) into ends of WEIGHT PIN (8) and assemble into LEG CURL (4) and fasten with 5/16 x 1 1/2 HEX HEAD BOLT (G) and 5/16 ACORN NUT (H).
10. Insert 3/4" PLASTIC CAPS (M) into ends of PAD BARS (9). Insert bars into LEG CURL (4) and slide FOAM PADS (10) onto each end of bars. (If pads are difficult to assemble a small amount of detergent will work as a lubricant and will help to secure the pads in place when it dries.)
11. Use BACKREST BAR (15) to adjust BACKREST (11) to varying degrees of incline for various exercises.
12. Attach decal to upright in area indicated in drawing.



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

C100

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.