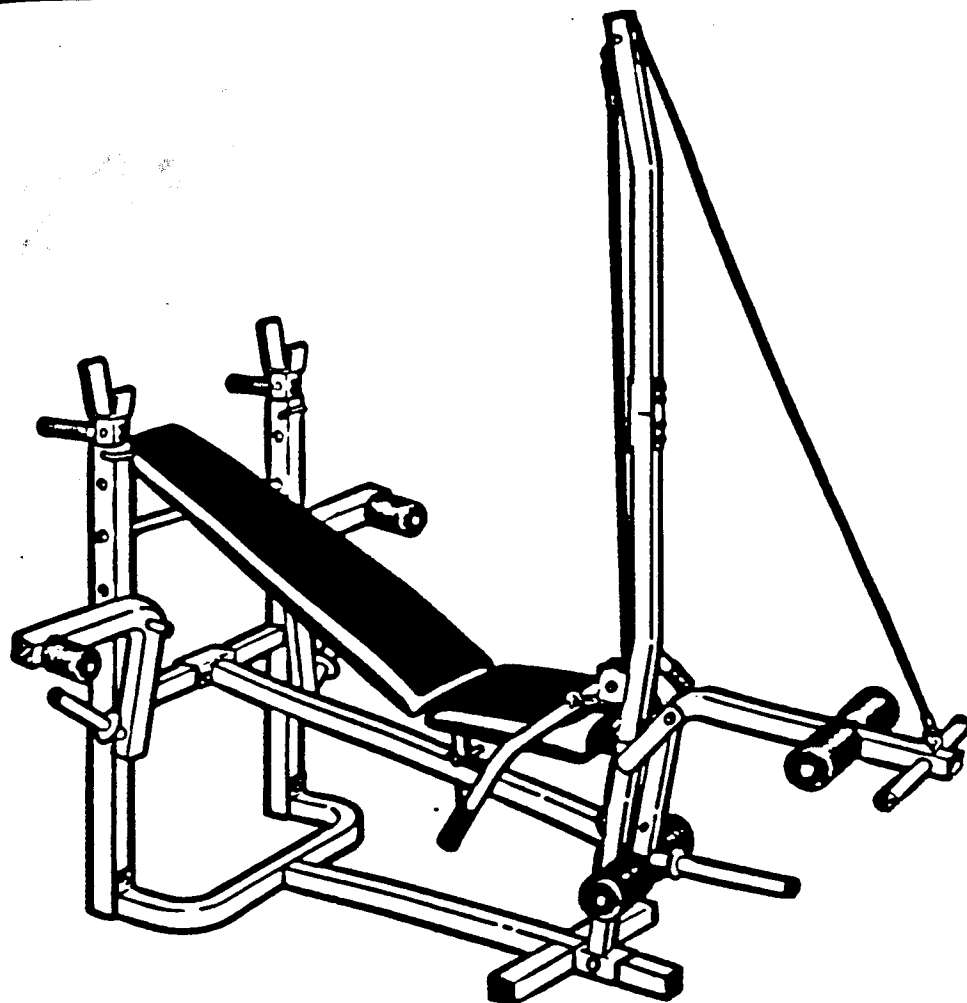




NN-1074A
RECOMMENDED WEIGHT SET - 210LBS

C103

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

MODEL NO. 354-15417

WEIDER®

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

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	1	C0255-C19
2	BASE FRAME	1	C0133-C19
3	MAIN FRAME	1	C0134-C19
4	BACKREST <i>03 98-C19 03 99-C19</i>	1	C0359-C04
5	SEAT <i>03 00-C19 C.300 C.19</i>	1	C0360-C04
6	LEG CURL	1	C0150-C19
7	WEIGHT PIN (14" LONG)	1	C0147-C19
8	LONG ANGLE IRON	2	C6204-C19
9	SHORT ANGLE IRON	2	C6205-C19
10	SEAT ADJ T	1	C6206-C19
11	PAD BAR	2	C6207-C19
12	FOAM PAD	6	C0411-C04
13	ADJUSTABLE UPRIGHT	2	C0256-C19
14	DIP BAR PIN	2	C0261-C19
15	BACKREST ADJ BAR	1	C6006-A03
16	WEIGHT BAR	1	C6208-C19
17	PAD SUPPORT	1	C6209-C19
18	ARM CURL PAD	1	C0379-C15
19	MAST TOP SECTION	1	C6210-C19
20	MAST BOTTOM SECTION	1	C6211-C19
21	LAT BAR	1	C6227-C19
22	LONG CABLE (NYLON)	1	C6224-C15
23	SHORT CABLE (NYLON)	1	C6225-C15
24	FOAM GRIP	4	C0417-B05
25	RIGHT BUTTERFLY	1	C6213-C19
26	WEIGHT PIN (9 1/2" LONG)	2	C6228-C19
27	LEFT BUTTERFLY	1	C6214-C19
28	BUTTERFLY PAD BAR	2	C6215-C19
29	MAST CONNECTOR PLATE	2	C6212-C19
	HARDWARE BAG	1	C5818-C19
A	5/16"-20 X 2 1/2 HEX HEAD BOLT	5	HH-5015
B	5/16"-20 LOCK NUT	12	HH-5021
C	5/16"-20 X 2" HEX HEAD BOLT	2	HH-5017
D	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
E	3/8"-16 LOCK NUT	3	HH-5013
F	1/4"-20 X 3/4" MACHINE SCREW	1	HH-5022
G	1/4"-20 LOCK NUT	3	HH-5011
H	1/4"-20 X 3/4" HEX HEAD BOLT	10	HH-5032
J	3/8"-16 X 1 1/2" HEX HEAD BOLT	1	HH-5068
K	3/8"-16 X 2" HEX HEAD BOLT	1	HH-5244
L	1 3/8" BUSHING	1	HH-5264
M	3/4" BUSHING (FERRULE)	5	HH-5259
N	5/16"-20 X 1 3/4" EYELET BOLT	2	HH-5069
P	1/4"-20 X 1 3/4" MACHINE SCREW	2	HH-5255
Q	5/16"-20 X 2" CARRIAGE BOLT	4	HH-5242
R	5/16"-20 X 1 3/4" HEX HEAD BOLT	3	HH-5240
S	5/16"-20 ACORN NUT	4	HH-5019
T	LOCKING PIN (LARGE)	1	VV-7004
U	LOCKING PIN (SMALL)	3	VV-7002
V	EYELET PIN	1	VV-7005
W	S-HOOKS	2	VV-7030

X	STOPPER PIN	2	WW-7038
Y	PECK DECK PIN	2	WW-7037
Z	1 1/2" SQUARE PLASTIC CAP	6	AA-8001
AA	2" SQUARE PLASTIC CAP	2	AA-8002
BB	3/4" ROUND PLASTIC CAP	6	AA-8004
CC	1" ROUND PLASTIC CAP	13	AA-8005
DD	1" ROUND PLASTIC COVER CAP (15 DEG.)	1	AA-8070
EE	PULLEY WHEEL	2	AA-8034
FF	7/8" ROUND PLASTIC CAP	2	AA-8088
GG	PLASTIC SLEEVE	2	AA-8091
HH	PLASTIC BUSHING	3	AA-8112
	UPRIGHT DECAL	2	DE-4098
	MAST DECAL	1	DE-4099
	INSTRUCTION MANUAL	1	CNN-1074
	*PRE-ASSEMBLED WITH SEAT & BACKREST		

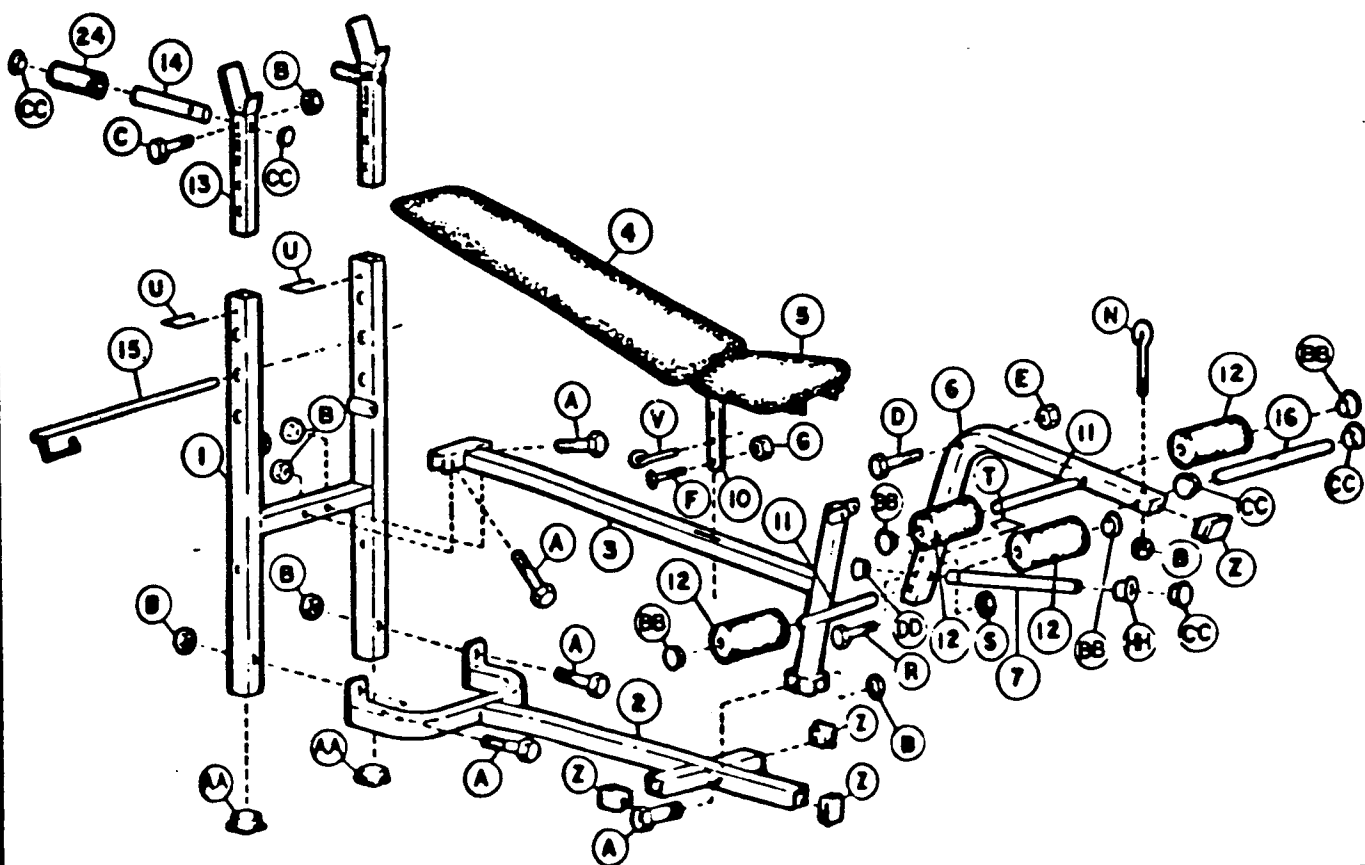


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REPAIR PARTS AND SERVICE

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 WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST 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.**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

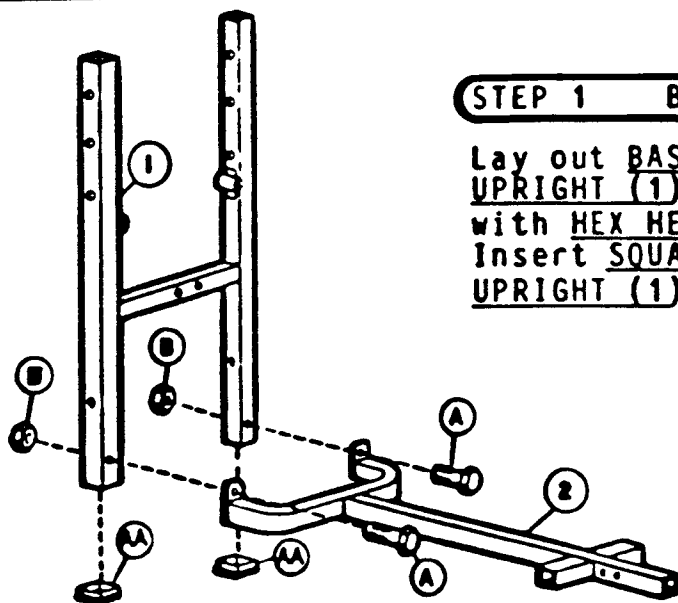
● MODEL NO. ● NAME OF PART ● ORDERING NUMBER

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES.
LAY OUT UNASSEMBLED PARTS; FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.

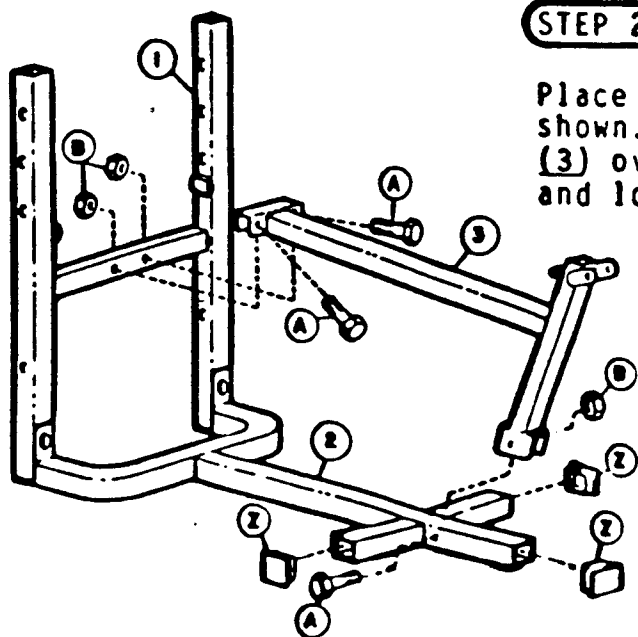
STEP 1 BASE FRAME ASSEMBLY

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

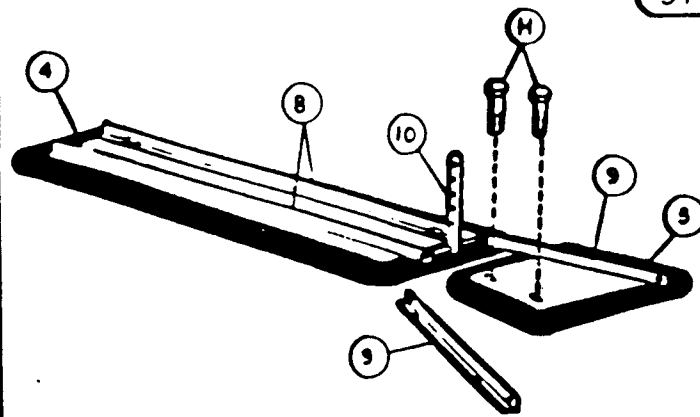


STEP 2 MAIN FRAME ASSEMBLY

Place MAIN FRAME (3) into position as shown. Position u-brackets of MAIN FRAME (3) over crossmember of UPRIGHT (1) and long tube of BASE (2). Secure each with HEX HEAD BOLTS (A) and LOCK NUTS (B). Insert PLASTIC CAPS (Z) into BASE (2). Tighten all frame bolts securely!

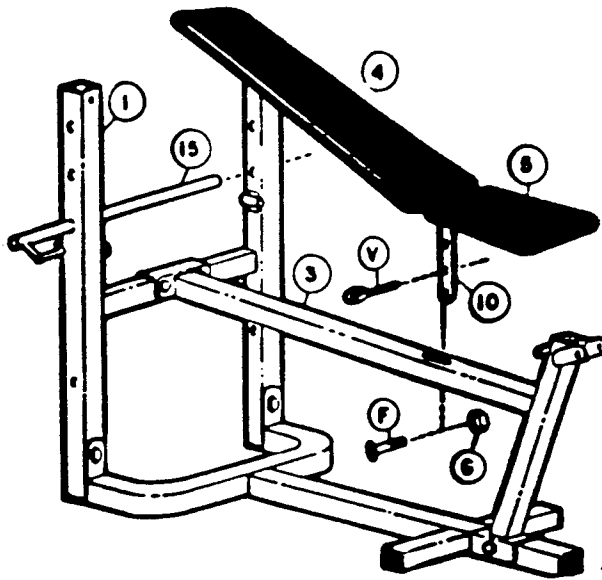


STEP 3 - BACKREST & SEAT PREPARATION

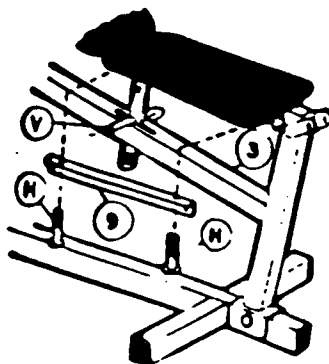


The BACKREST (4) and SEAT (5) are shipped assembled. Turn this assembly over to expose the work area. Remove 2 HEX HEAD BOLTS (H) from SEAT (5) and then remove 1 SMALL ANGLE IRON (9).

STEP 4 - BACKREST & SEAT

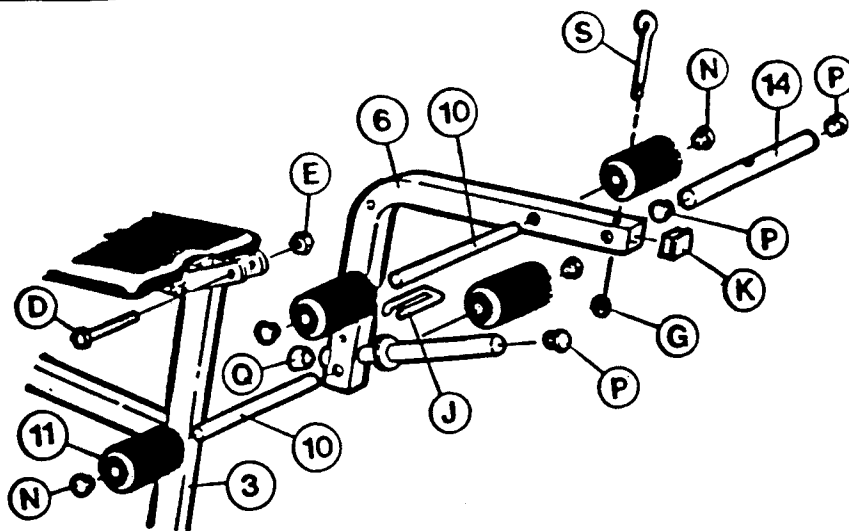


To aid in this assembly, first slide BACKREST ADJ BAR (15) into any of the hole patterns on the UPRIGHT (1). Lower BACKREST (4) and SEAT (5) assembly to MAIN FRAME (3). Slide SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and place SEAT ADJ T (10) thru slot on MAIN FRAME (3). MACHINE SCREW (F) and LOCK NUT (G) are placed in the last hole of SEAT ADJ T (10) to prevent the SEAT ADJ T from leaving the slot in the MAIN FRAME (3). EYELET PIN (V) is used to adjust the height of the Backrest and Seat assembly.



STEP 5 - REPLACEMENT OF SHORT ANGLE IRON

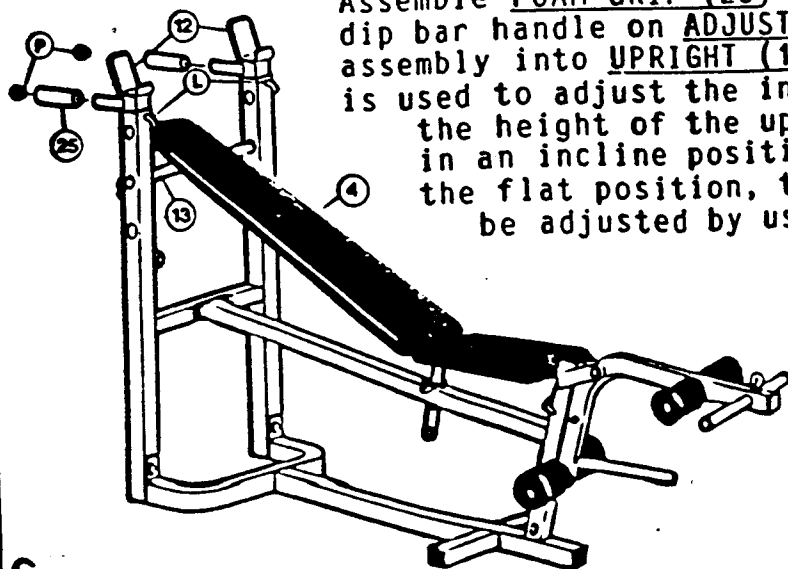
To aid in this assembly EYELET PIN (V) should be placed so that the highest possible position of the seat is achieved. Slide SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and pivot rod on SEAT ADJ T (10). Replace the 2 HEX HEAD BOLTS (H) that were removed in Step 3.



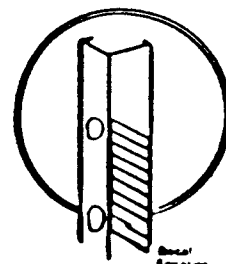
STEP 6 - LEG CURL ASSEMBLY

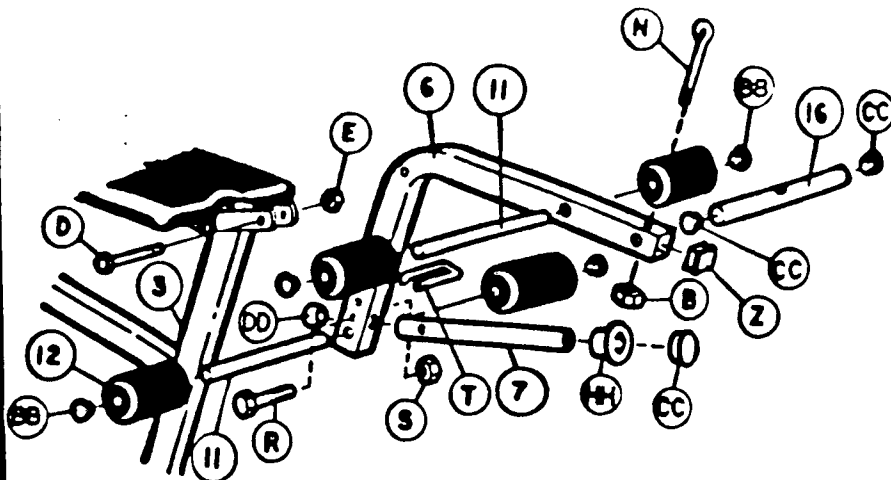
Position LEG CURL (6) between leg curl brackets on MAIN FRAME (3). Secure with HEX HEAD BOLT (D) and LOCK NUT (E). Do not over tighten! Repeat the following instructions until all leg curl parts are in place. First slide PAD BAR (10) through proper hole in LEG CURL (6) until equal amounts of bar are 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 CAPS (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 (J) is used to lock LEG CURL (6) to the MAIN FRAME for doing specific exercises. Assemble ROUND PLASTIC CAPS (P) into each end of WEIGHT BAR (14) and insert into LEG CURL (6) aligning bolt holes. Secure into place by using EYELET BOLT (S) and LOCK NUT (G).

STEP 7 - COMPLETING BENCH



Assemble FOAM GRIP (25) and ROUND PLASTIC CAP (P) into dip bar handle on ADJUSTABLE UPRIGHTS (12) and slide assembly into UPRIGHT (1). The BACKREST ADJ BAR (13) is used to adjust the incline of the BACKREST (4) and the height of the uprights when using the Backrest in an incline position. When the Backrest is in the flat position, the height of the uprights can be adjusted by use of the LOCKING PINS (L).





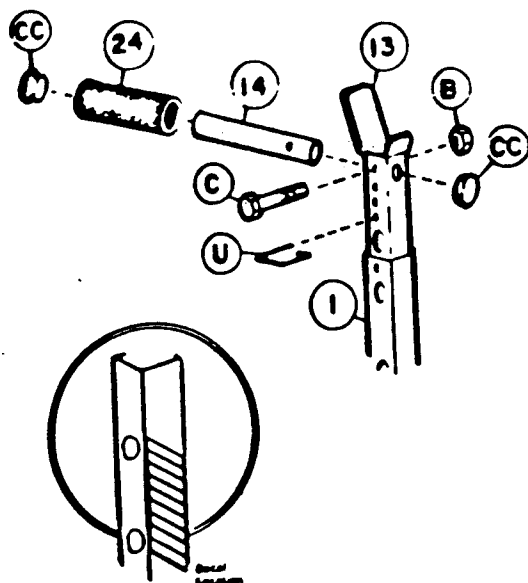
STEP 6 - LEG CURL ASSEMBLY

First, slide WEIGHT PIN (7) thru angled hole in the front part of LEG CURL (6). Align bolt holes and secure with HEX HEAD BOLT (R) and ACORN NUT (S). Place COVER CAP - 15° (DD) over rear extended portion of WEIGHT PIN (7). Slide PLASTIC BUSHING (HH) over WEIGHT PIN (7) until it is against the Leg Curl. Insert ROUND PLASTIC CAP (CC) into end of WEIGHT PIN (7). Insert SQUARE PLASTIC CAP (Z) into end of LEG CURL (6). Position LEG CURL (6) between leg curl brackets on MAIN FRAME (3). Secure with HEX HEAD BOLT (D) and LOCK NUT (E). **DO NOT OVER TIGHTEN!** Repeat the following instructions until all leg curl parts are in place. First, slide PAD BAR (11) thru proper hole in LEG CURL (6) until equal amounts of bar are on both sides. (To help with the following step, a small amount of liquid dish detergent should be applied to both ends of PAD BAR (11). This acts as a lubricant in assembling FOAM PADS (12) and also acts as an adhesive after it has dried.) Slide FOAM PAD (12) onto each end of PAD BAR (11). Insert ROUND PLASTIC CAPS (BB) into each end of PAD BAR (11). Slide WEIGHT BAR (16) thru large hole at end of LEG CURL (6). Align bolt holes and secure with EYELET BOLT (N) and LOCK NUT (B). Insert ROUND PLASTIC CAPS (CC) into each end of WEIGHT BAR (16). LOCKING PIN - LARGE (T) is used to lock Leg Curl Assembly to the Main Frame for doing specific exercises.

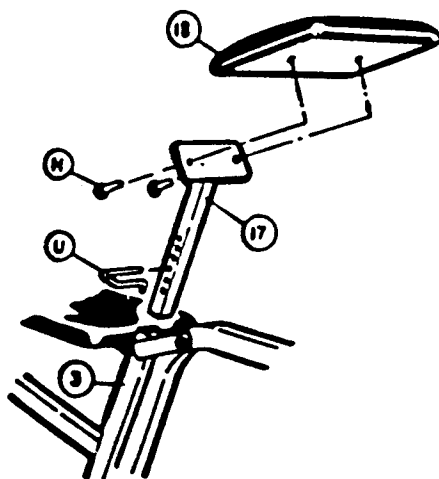
CAUTION

1. Allowing leg curl arm to free fall or bang into front leg can cause damage to the frame and leg curl. Do not exceed 100 lbs. of weight.
2. When weights are used on the leg curl the same amount of weight should be added to the rear of the bench. This can be done by placing a weighted barbell across the uprights or having your training partner stand on the frame base.
3. Use locking collars from dumbbells to secure weights on leg curl weight pins.

STEP 7 - ADJUSTABLE UPRIGHTS



Slide DIP BAR PIN (14) thru top hole of ADJUSTABLE UPRIGHT (13). Align bolt holes and secure with HEX HEAD BOLT (C) and LOCK NUT (B). Insert ROUND PLASTIC CAPS (CC) into both ends of DIP BAR PIN (14). Slide FOAM GRIP (24) over DIP BAR PIN (14). Slide assembly into UPRIGHT (1). The BACKREST ADJ BAR (15) assembled to bench in Step 4 is used to adjust the incline of the BACKREST (4) and the height of the ADJUSTABLE UPRIGHTS (13) when using the Backrest in an incline position. When the Backrest is in the flat position, the height of the ADJUSTABLE UPRIGHTS (13) can be adjusted by the use of LOCKING PINS - SMALL (U).

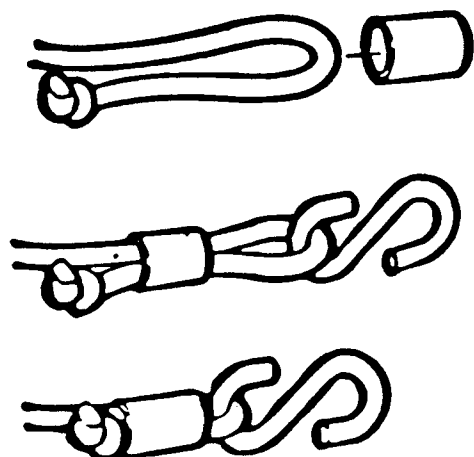


STEP 8 - ARM CURL ASSEMBLY

Assemble ARM CURL PAD (18) to PAD SUPPORT (17) using HEX HEAD BOLTS (H) which are preassembled into pad.

To use Arm Curl, insert PAD SUPPORT (17) into Main Frame and adjust to desired height by inserting LOCKING PIN - SMALL (U) into appropriate hole and allowing it to rest on top of frame.

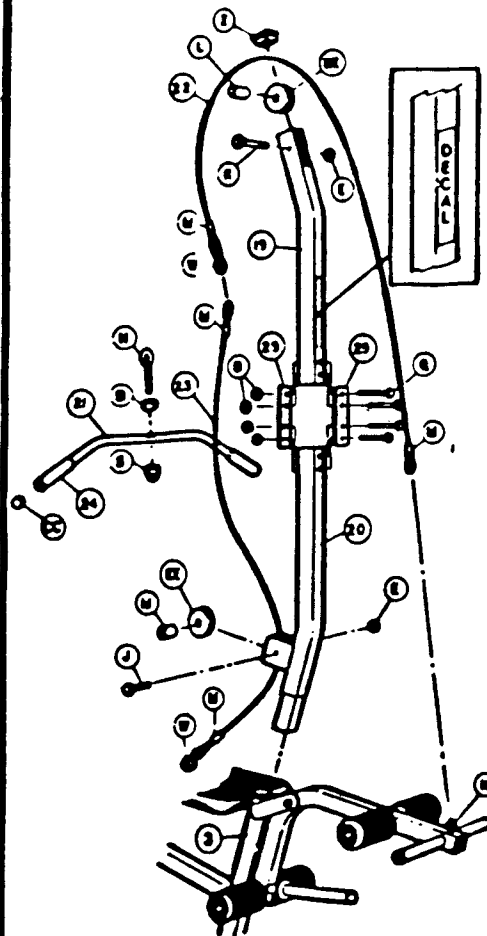
STEP 9 - CABLE AND HOOK ASSEMBLY



1. Tie knot in cable end close to the ends of cable. Loop cable and insert thru FERRULE (M).

2. Insert "S" HOOK (W) thru cable loop.

3. Pull cable back thru FERRULE (M) to secure "S" HOOK (W).



STEP 10 - MAST ASSEMBLY

Connect MAST TOP SECTION (19) and MAST BOTTOM SECTION (20) using MAST CONNECTOR PLATES (29) and securing with CARRIAGE BOLTS (O) and LOCK NUTS (B). Insert 3/4" BUSHING (M) into PULLEY WHEEL (EE) and assemble into pulley plates trapping SHORT CABLE (23) behind pulley. Secure with HEX HEAD BOLT (J) and LOCK NUT (E). Insert 1 3/8" BUSHING (L) into PULLEY WHEEL (EE) and insert assembly into MAST TOP SECTION (19) and secure with HEX HEAD BOLT (K) and LOCK NUT (E). Drape LONG CABLE (22) over pulley and cap mast with SQUARE PLASTIC CAP (Z). Insert ROUND PLASTIC CAPS (CC) into ends of LAT BAR (21) and assemble FOAM GRIPS (24) onto bar. Thread LOCK NUT (B) onto EYELET BOLT (N) and insert in center hole of LAT BAR (21). Secure with ACORN NUT (S).

USING MAST ASSEMBLY

STEP 1 - ROWING AND CURLS

Insert Mast Assembly into MAIN FRAME (3). Connect LOOP on LONG CABLE (22) into EYE BOLT (N) on LEG CURL (6). Connect other end of Long Cable to SHORT CABLE (23) and then to LAT BAR (21). With this configuration Rowing and Curl Exercises may be performed. Free weights can be loaded on either or both Weight Stack Pin and WEIGHT BAR (16).

STEP 2 - LAT PULL DOWNS

To do Lat Work; either sitting or standing, connect LAT BAR (21) directly to top end of LONG CABLE (22). Load weight on either the Leg Curl Weight Pin or Weight Bar.

USING DIP BARS

Adjust uprights to desired height and secure with LOCK PINS (U). Exercises may be performed from the front of the Uprights by straddling the bench. It is recommended that if doing the exercise, weight should be added to the front of the bench to insure the bench will not tip backward while exercising. This can be achieved by loading free weights onto the WEIGHT BAR (16) or simply laying a weighted barbell across the seat. We suggest loading on at least 50 pounds of weights or more, depending on the person's weight and type of workout.