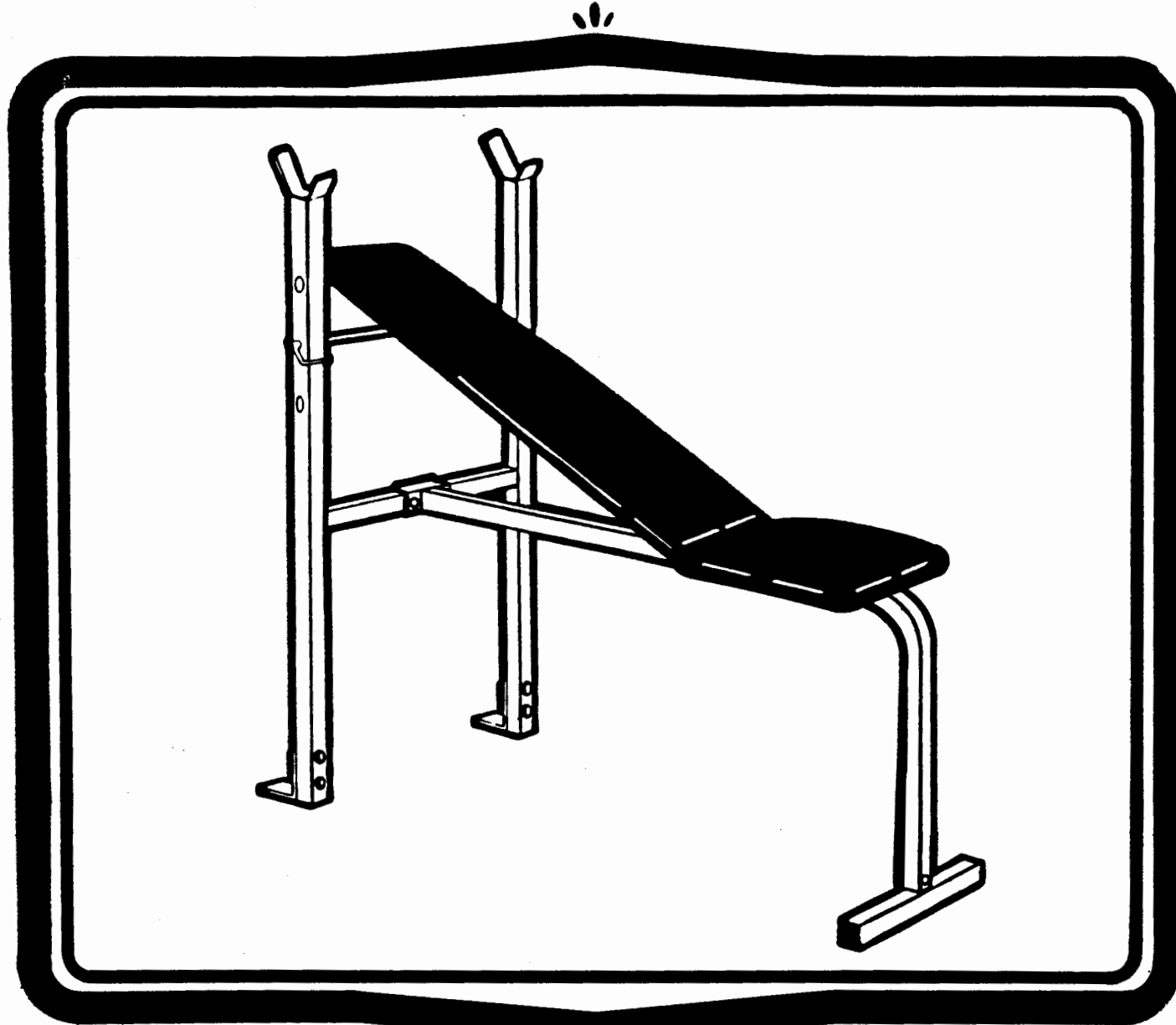




NN-1075

C123

ASSEMBLY INSTRUCTIONS

● **REPLACEMENT PARTS**

WEIDER[®]

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

ASSEMBLY INSTRUCTIONS

STEP 1 FRAME ASSEMBLY

Begin by inserting 2 SQUARE PLASTIC CAPS (A) into UPRIGHT (1). Align bolt holes on L-BRACKETS (8) with bolt holes on UPRIGHT (1). Secure each bracket with 2 HEX HEAD BOLTS (D) and 2 LOCK NUTS (F). Align bolt hole on MAIN FRAME (2) and FRONT SUPPORT (3). Secure with HEX HEAD BOLT (E) and LOCK NUT (F). With UPRIGHT (1) standing lower u-bracket of MAIN FRAME (2) onto crossmember of UPRIGHT (1). Align bolt holes and secure with 2 HEX HEAD BOLTS (C) and 2 LOCK NUTS (F). Insert 2 SQUARE PLASTIC CAPS (B) into FRONT SUPPORT (3). Tighten all bolts.

STEP 2 BACKREST PREPARATION

NOTE: The lower or attachment end of the BACKREST (4) can be identified quickly by the LONG ANGLE IRONS (7). The LONG ANGLE IRON (7) will be extended approximately two inches beyond the BACKREST PAD (4).

Turn BACKREST (4) over to expose work area. Both LONG ANGLE IRONS (7) have been fastened to BACKREST (4) for shipment. One LONG ANGLE IRON (7) must be loosened in order to assemble BACKREST (4) to the Main Frame Pivot Rod. The lower MACHINE SCREW (J) must be removed while the upper MACHINE SCREW (J) is only loosened one or two full turns. The LONG ANGLE IRON (7) can now swing freely from the lower end of BACKREST (4).

STEP 3 ATTACHING BACKREST & SEAT

BACKREST: To aid in attaching BACKREST (4), first slide the BACKREST ADJ BAR (6) through one of the hole patterns in the UPRIGHTS (1). With LONG ANGLE IRON (7) free, lower BACKREST (4) to MAIN FRAME (2) pivot rod. Slide the secured LONG ANGLE IRON (7) onto one side of pivot rod. Swing the free LONG ANGLE IRON (7) back to its' original position and onto the opposite end of the pivot rod. Replace MACHINE SCREW (J) that was removed in Step 2 and tighten all machine screws.

SEAT: With SEAT (5) right-side up, lower to MAIN FRAME (2) bolt holes. Align bolt holes and fasten with 2 FLAT WASHERS (H) and 2 MACHINE SCREWS (G).

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

C123

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.

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
1	UPRIGHT	1	C0257-C20
2	MAIN FRAME	1	C0136-C20
3	FRONT SUPPORT	1	C0137-C20
4	BACKREST	1	C0389-C20
5	SEAT	1	C0370-C10
6	BACKREST ADJ BAR	1	C6045-A05
7	LONG ANGLE IRON	2	C6047-A09
8	L-BRACKET	2	C6140-C10
	HARDWARE BAG	1	C5814-C20
A	1 1/2" SQUARE PLASTIC CAP	2	AA-8001
B	1 1/4" SQUARE PLASTIC CAP	2	AA-8069
C	5/16"-20 X 2 1/4" HEX HEAD BOLT	2	HH-5035
D	5/16"-20 X 2" HEX HEAD BOLT	2	HH-5017
E	5/16"-20 X 1 1/2" HEX HEAD BOLT	1	HH-5257
F	5/16"-20 LOCK NUT	7	HH-5021
G	1/4"-20 X 1 1/2" MACHINE SCREW	2	HH-5250
H	1/4" FLAT WASHER	2	HH-5048
J	*1/4"-20 X 3/4" MACHINE SCREW	4	HH-5022
	UPRIGHT DECAL	2	DE-4043
	INSTRUCTION MANUAL	1	CNN-1075
	*PREASSEMBLED WITH BACKREST & SEAT		

