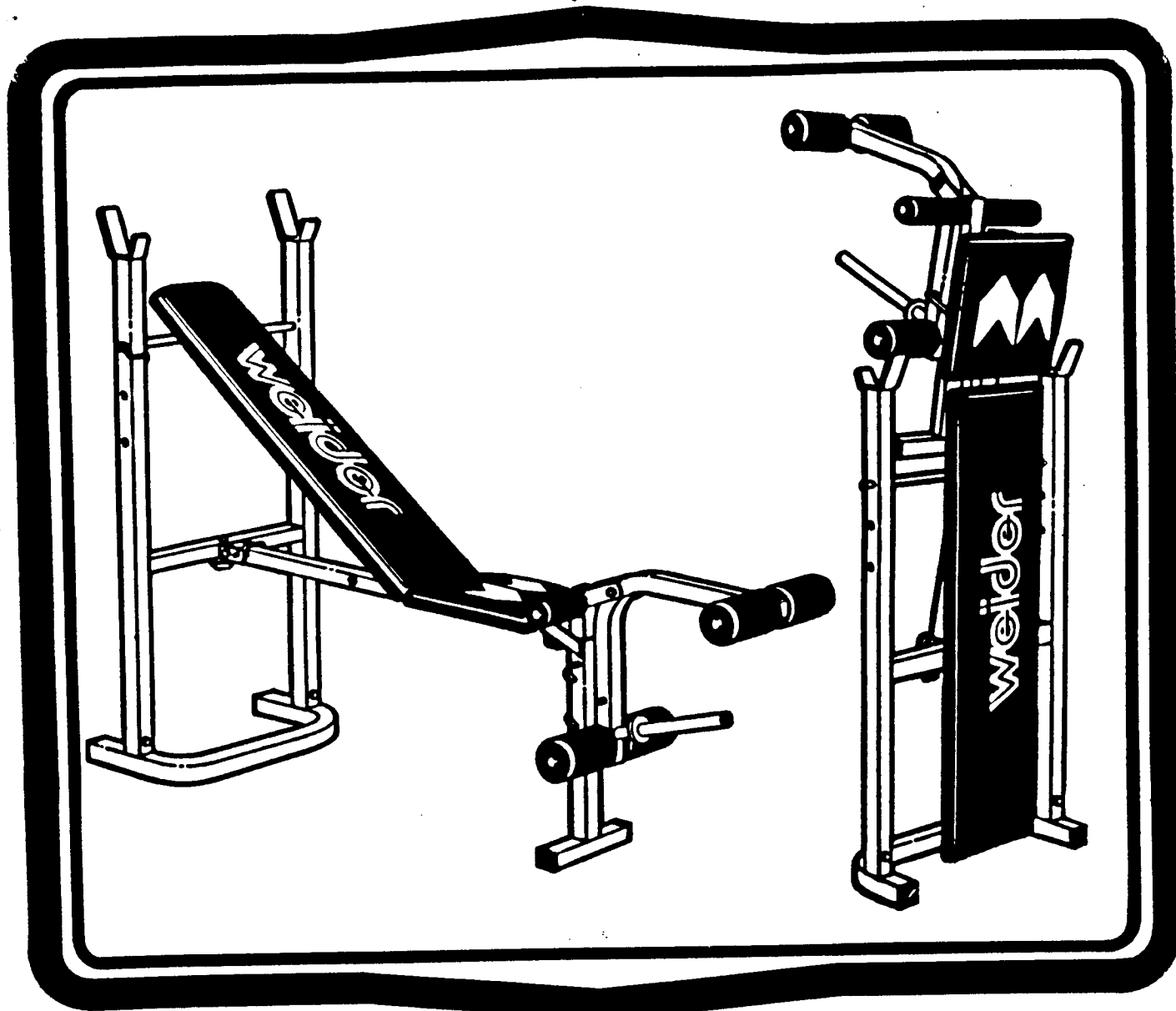




NN-1068

C230

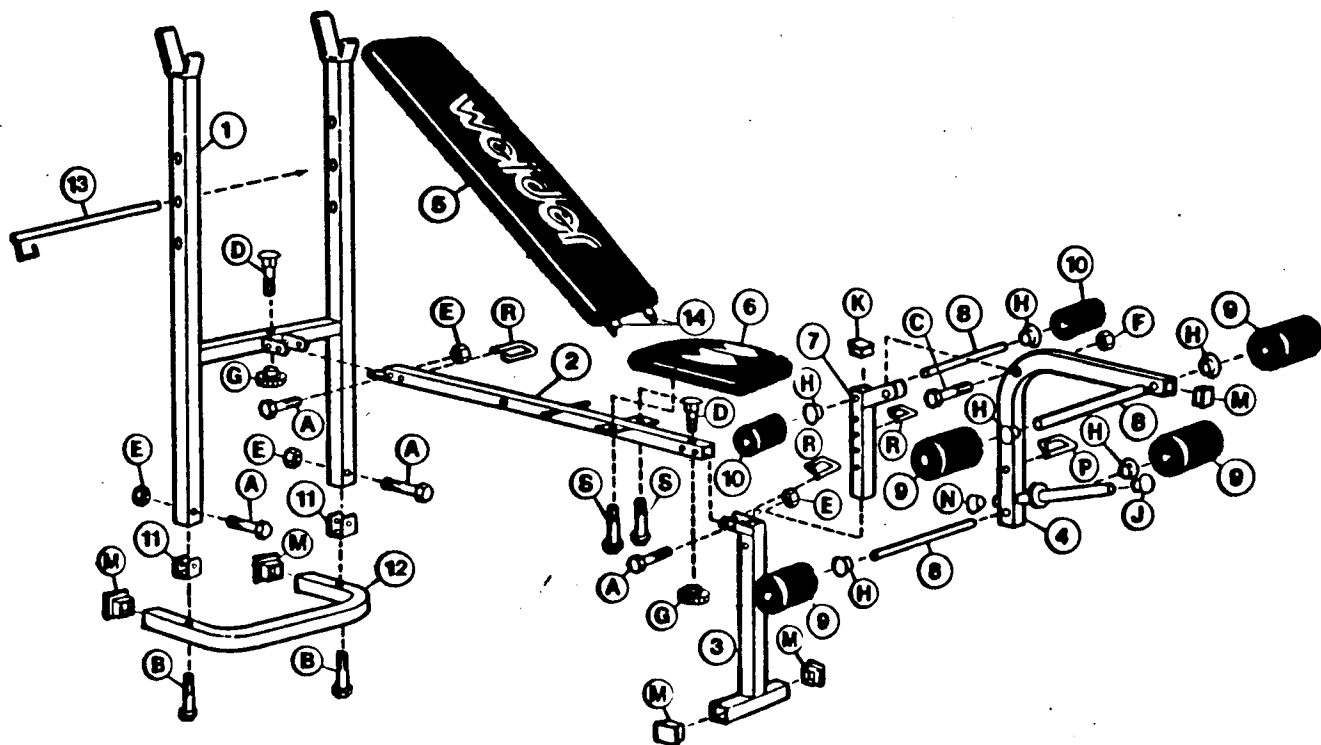
ASSEMBLY INSTRUCTIONS

● **REPLACEMENT PARTS**

WEIDER®

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

TABLE OF CONTENTS

[illegible]

blk frame. Color blk or grey

C230

PARTS LIST

5-17-89

minny color lt grey or blk grey

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	1	CA08-0231
2	MAIN FRAME	1	CA08-0166
3	FRONT FRAME	1	CA08-0167
4	LEG CURL	1	CA07-0119
5	BACKREST	1	CB18-0345
6	SEAT	1	CC10-0370
7	LEG CURL ADJUSTER	1	CA08-0169
8	PAD BAR	3	CA07-6056
9	LARGE FOAM PAD	4	CB18-0412
10	SMALL FOAM PAD	2	CB18-0413
11	U-BRACKET	2	CA01-6003
12	U-BASE	1	CA08-0168
13	BACKREST ADJ. BAR	1	CA01-6000
14	LONG ANGLE IRON	2	CA07-6057
	HARDWARE BAG	1	CA08-5792
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	1/4" - 20 X 3/4" MACHINE SCREW	6	HH-5022
	UPRIGHT DECAL	2	DE-4072
	INSTRUCTION MANUAL	1	CNN-1068

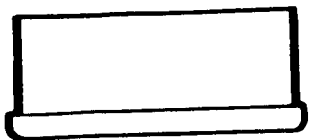
REPAIR PARTS AND SERVICE

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.

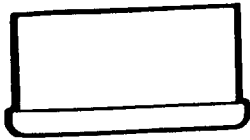
TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT.

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. C230 ● NAME OF PART ● ORDERING NUMBER



M



K



F



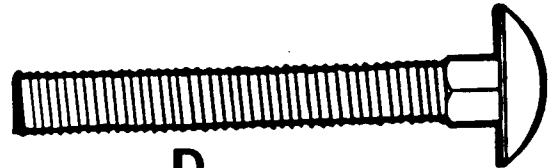
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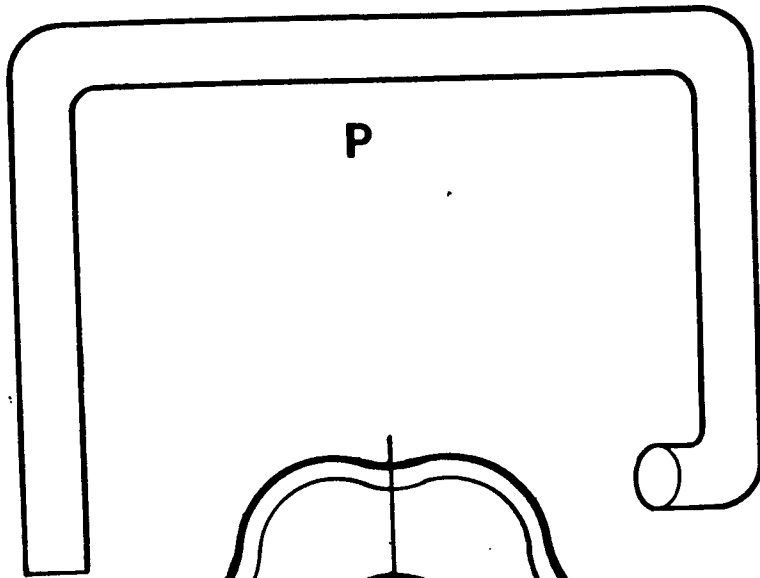
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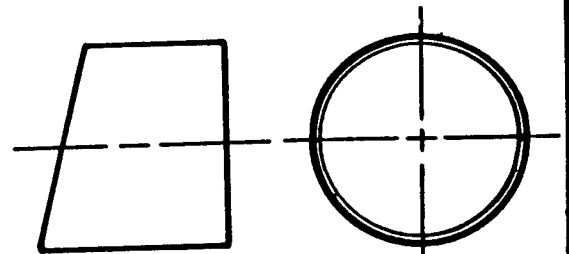
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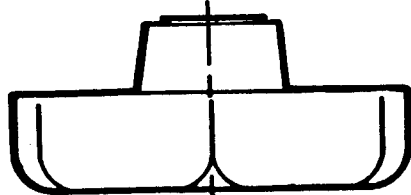
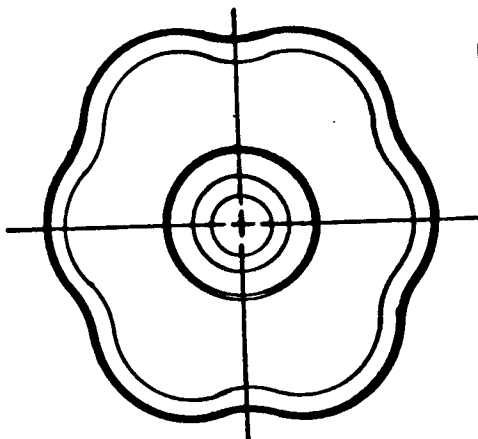
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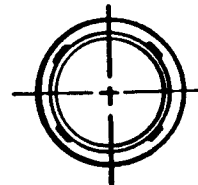
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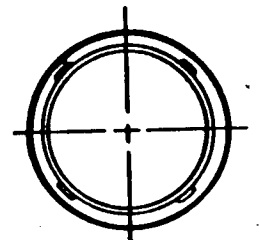
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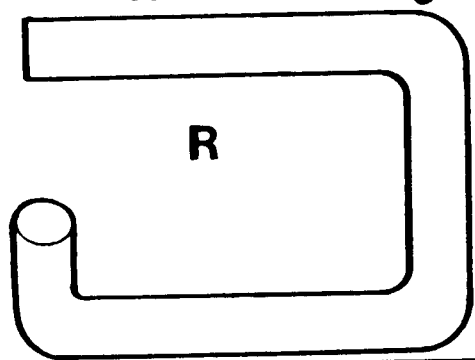
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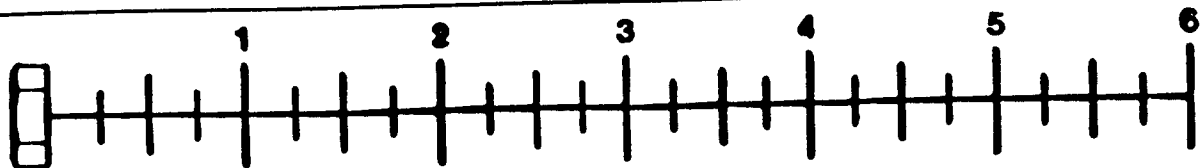
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J



R



BOLT LENGTH SCALE

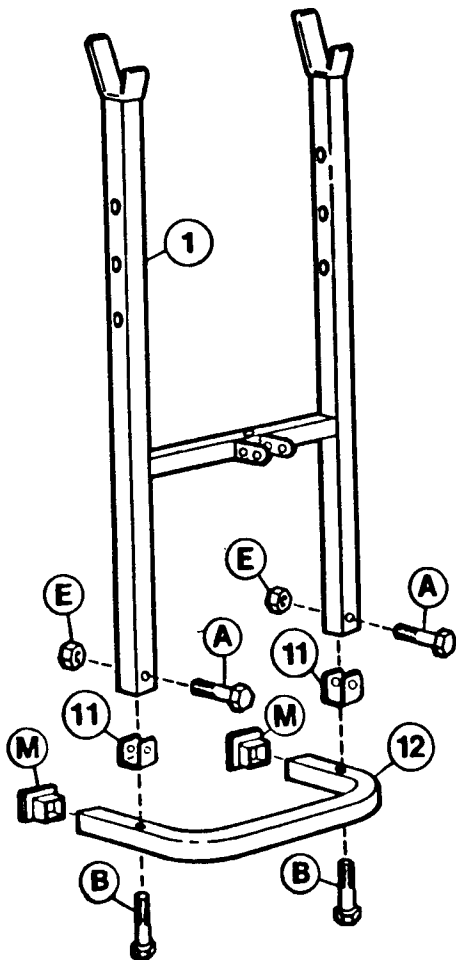
ASSEMBLY INSTRUCTIONS

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

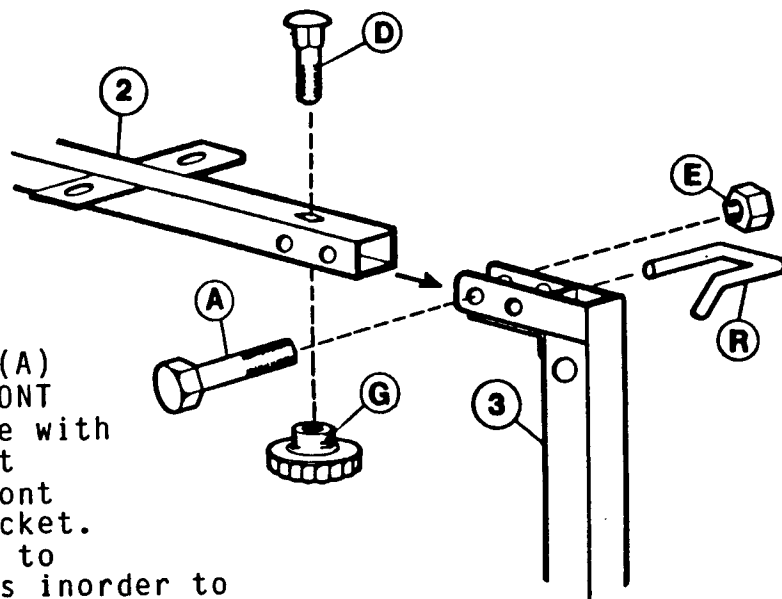


STEP 1 UPRIGHT ASSEMBLY

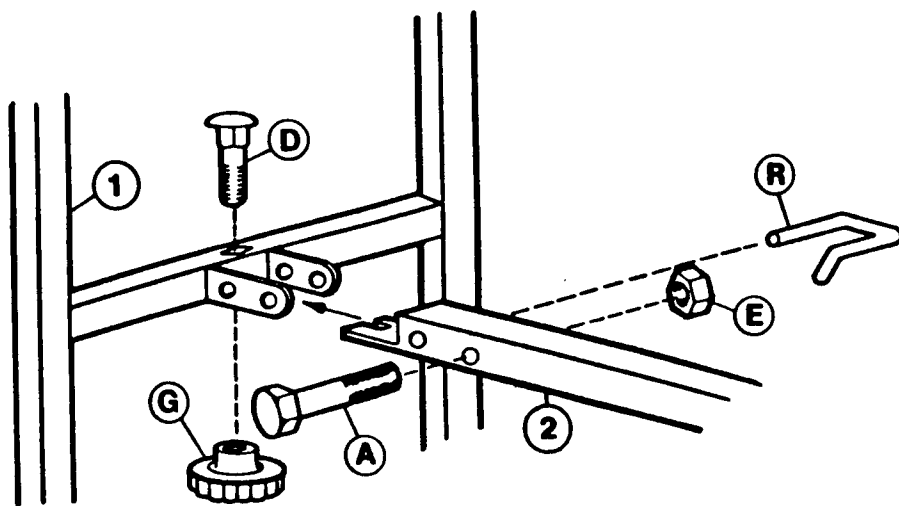
- 1A. Attach the 2 U-BRACKETS (11) to the U-BASE (12) by inserting two HEX HEAD BOLTS (B) through the bottom of the U-BASE (12) and threading into the U-BRACKETS (11). Make sure that the holes on the U-BRACKETS (11) are facing toward the front of the U-BASE (12). Do not completely tighten!
- 1B. Lower 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 2 FRONT FRAME ASSEMBLY

- 2A. Slide the MAIN FRAME (2) between the brackets on the FRONT FRAME (3). Align the bolt holes on both frame pieces. Insert 1 HEX HEAD BOLT (A) through rear hole of FRONT FRAME BRACKET and secure with 1 LOCK NUT (E). Insert LOCKING PIN (R) into front hole of Front Frame Bracket. LOCKING PIN (R) is used to release the frame pieces in order to fold bench.

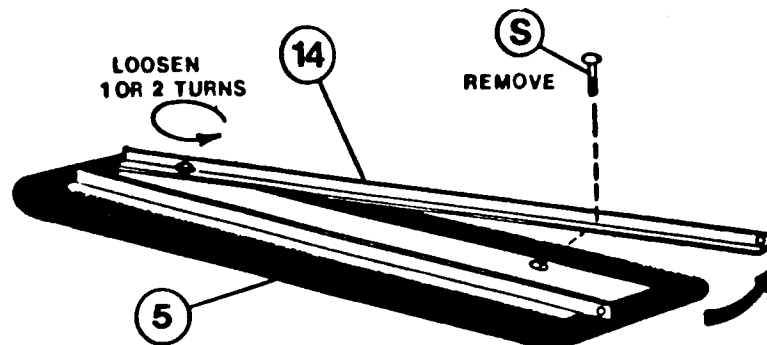


- 2B. Insert CARRIAGE BOLT (D) through square hole in MAIN FRAME (2) and secure with THREADED KNOB (G).



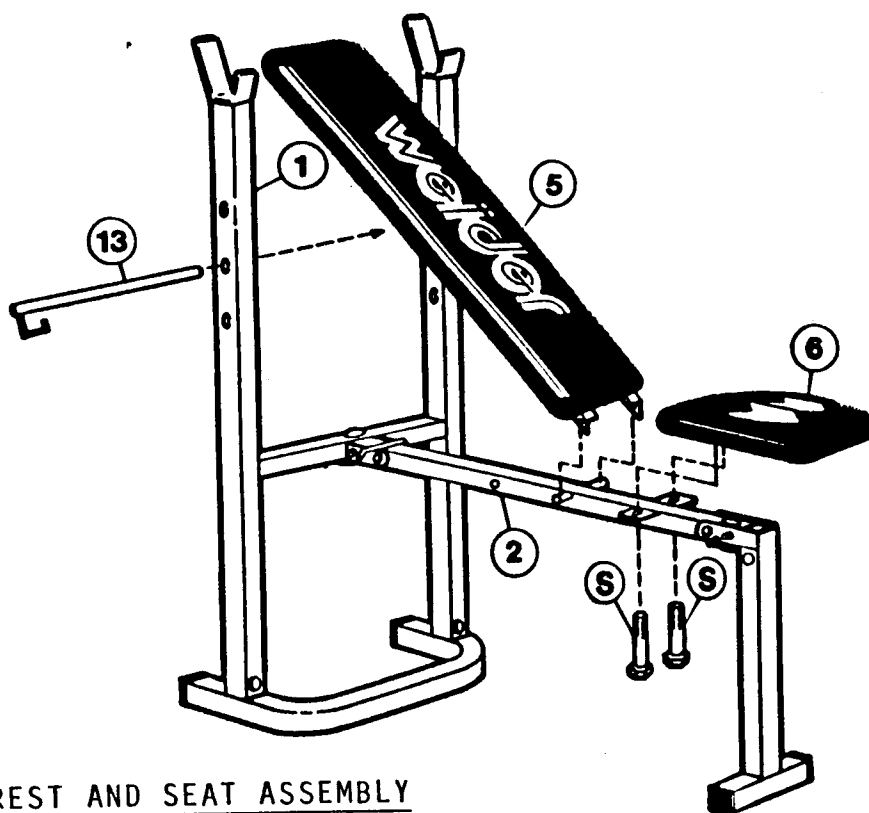
STEP 3 FRAME ASSEMBLY

- 3A. Slide rear of MAIN FRAME (2) into brackets on crossmember of UPRIGHT (1). Insert HEX HEAD BOLT (A) into front hole on Upright bracket and secure with LOCK NUT (E). Insert LOCKING PIN (R) into rear hole of Upright Bracket. LOCKING PIN (R) is used to release the frame pieces in order to fold bench.
- 3B. Insert CARRIAGE BOLT (D) through square hole on crossmember of UPRIGHT (1). Secure with THREADED KNOB (G).



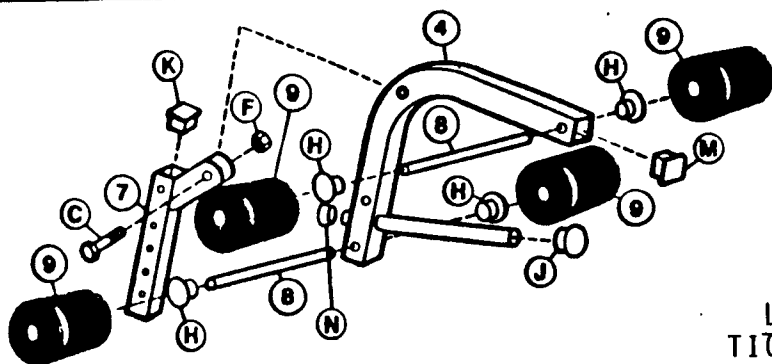
STEP 4 BACKREST PREPARATION

- 4A. Turn BACKREST (5) over to expose work area. Identify lower end of BACKREST (5) by checking the placement of LONG ANGLE IRON (14). The lower end of the BACKREST (5) is the end of the pad where the LONG ANGLE IRONS (14) extend past the pad. The MACHINE SCREW (S) on the lower end of the pad must be completely removed. The MACHINE SCREW (S) on the opposite end of the same LONG ANGLE IRON (14) is only loosened 1 or 2 turns.



STEP 5 BACKREST AND SEAT ASSEMBLY

- 5A. BACKREST: Slide BACKREST ADJ BAR (13) into any of the three hole patterns on the UPRIGHT (1) to aid in this assembly. With BACKREST (5) right-side up lower to MAIN FRAME (2). Slide secured LONG ANGLE IRON (14) over one side of pivot pin on MAIN FRAME (2). Swing freed LONG ANGLE IRON (14) over opposite side of pivot pin on MAIN FRAME (2). Replace MACHINE SCREW (S) removed in Step 4. Tighten all Machine Screws!
- 5B. SEAT: Align threaded holes on SEAT (6) with holes on seat bracket on MAIN FRAME (2). Secure SEAT (6) with 2 MACHINE SCREWS (S).



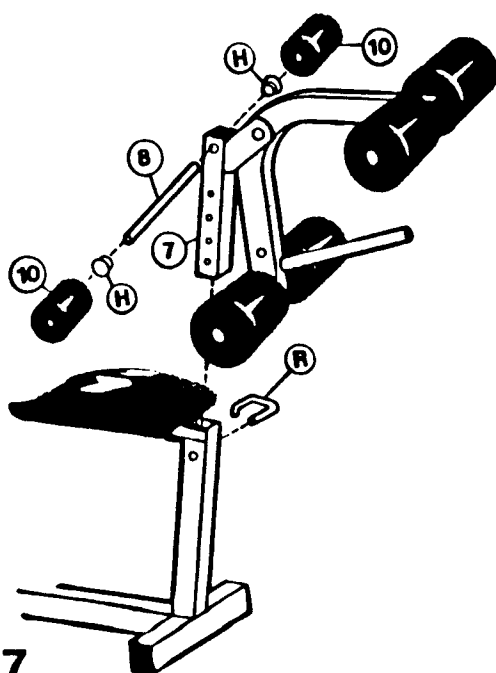
STEP 6 LEG CURL ASSEMBLY

6A. Position LEG CURL (4) between brackets on LEG CURL ADJUSTER (7). Secure with 1 HEX HEAD BOLT (C) and 1 LOCK NUT (F). DO NOT OVER TIGHTEN! The LEG CURL (4) must be able to swing freely.

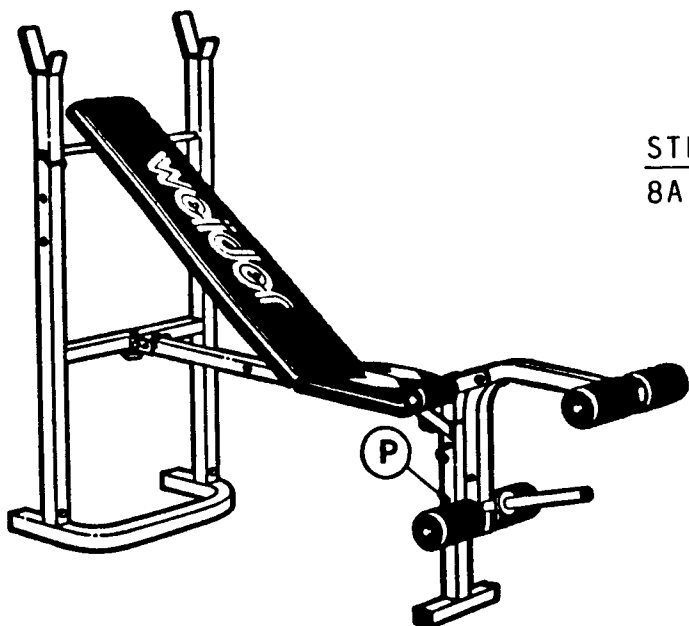
6B. Repeat the following instructions until all Leg Curl parts are in place. First, slide PAD BAR (8) through proper hole in the LEG CURL (4) until equal amounts of pad bar are on both sides of LEG CURL (4).

- 6C. Slide FOAM PAD (9) onto each end of PAD BAR (8). A small amount of liquid dish detergent may be an aid in this operation and also provides an adhesive substance to help hold pads in place.
- 6D. Insert ROUND PLASTIC CAP (H) into each end of PAD BAR (8).
- 6E. Insert 1 SQUARE PLASTIC CAP (M) into end of LEG CURL (4).
- 6F. Place COVER CAP (N) over rear extended piece of the weight pin. Insert ROUND PLASTIC CAP (J) into outer end of the weight pin on LEG CURL (4).
- 6G. Insert SQUARE PLASTIC CAP (K) into top of LEG CURL ADJUSTER (7).

STEP 7 LEG CURL

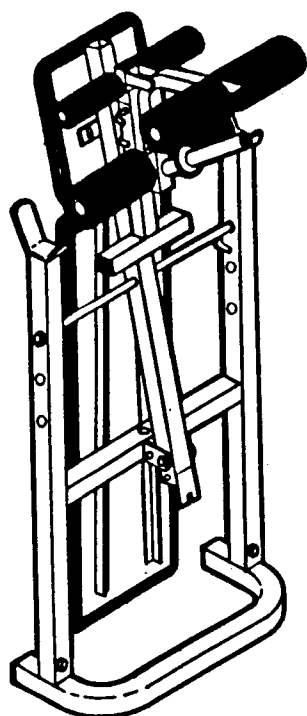
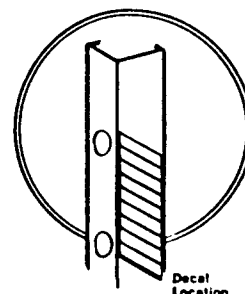


- 7A. With assembled Leg Curl extended slightly forward, lower LEG CURL ADJUSTER (7) into FRONT FRAME (3) tube.
- 7B. LOCKING PIN (R) is used to position the height of the Leg Curl Assembly.
- 7C. Slide PAD BAR (8) through top hole in LEG CURL ADJUSTER (7) until equal amounts of PAD BAR (8) are on both sides.
- 7D. Slide FOAM PAD (10) onto each end of PAD BAR (8). Liquid dish detergent rubbed on the PAD BAR (8) may aid in this assembly.
- 7E. Insert ROUND PLASTIC CAP (H) into each end of PAD BAR (8).



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).