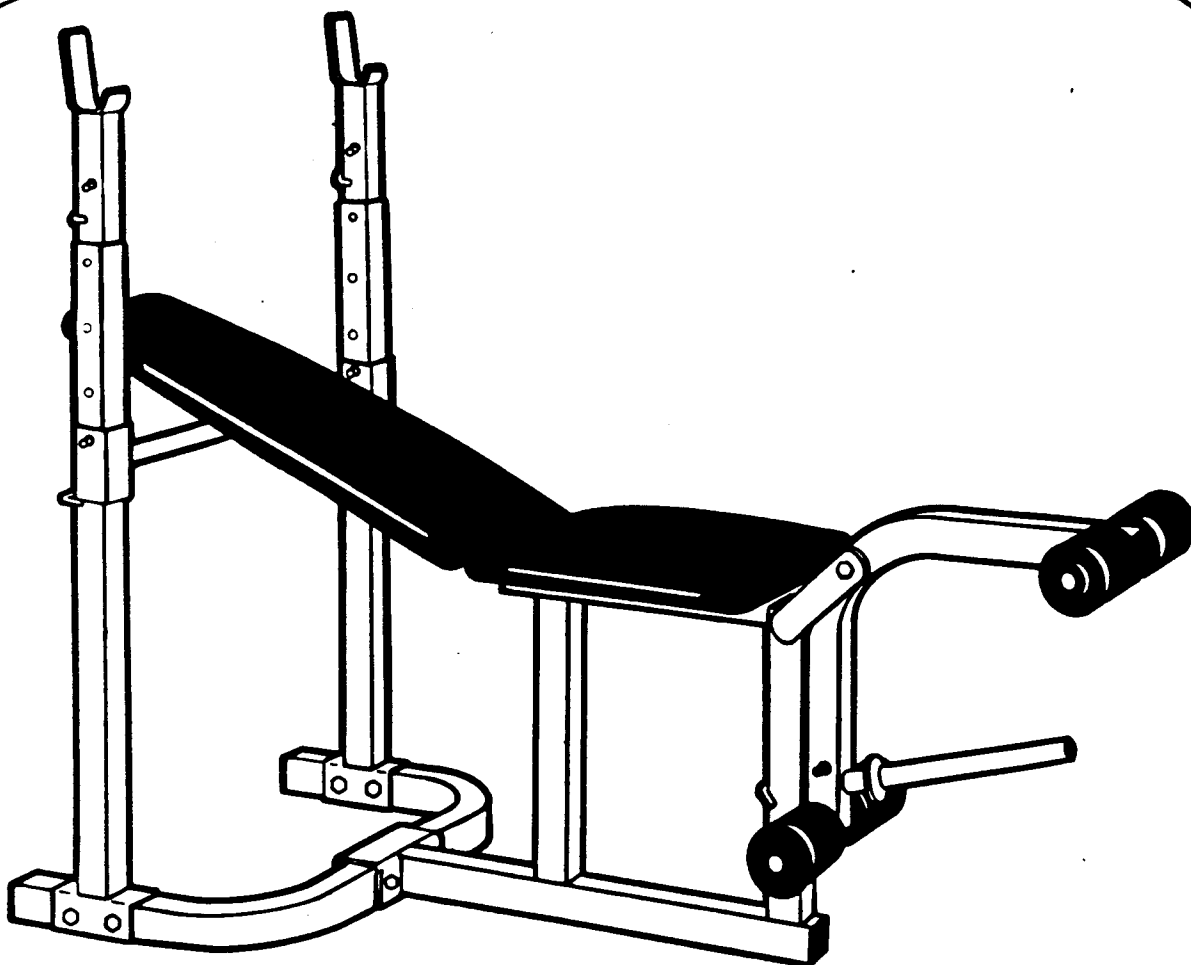




C420

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

weider®

RECOMMENDED WEIGHT SET - 215 LBS
NN-1086

WEIDER HEALTH AND FITNESS
21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

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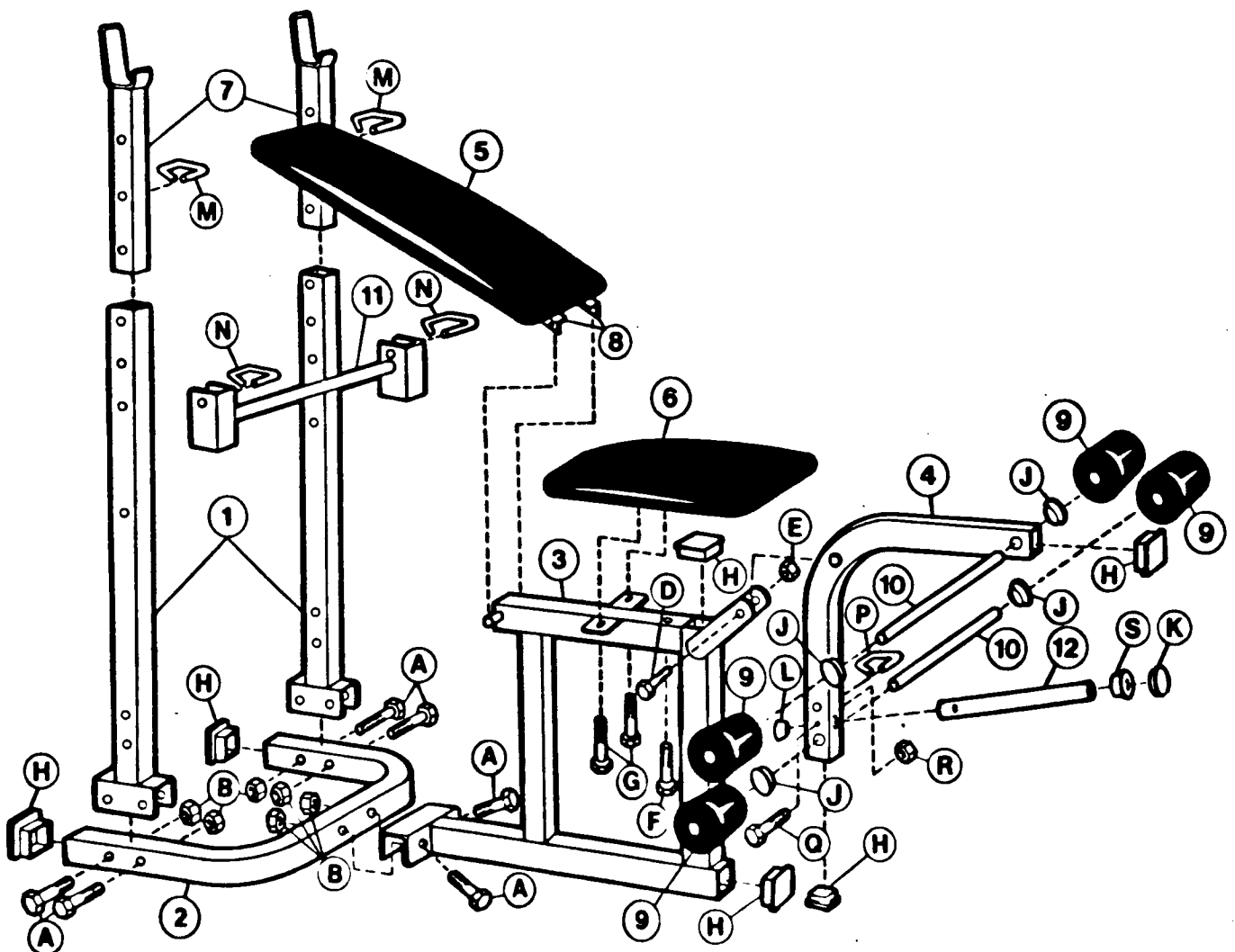
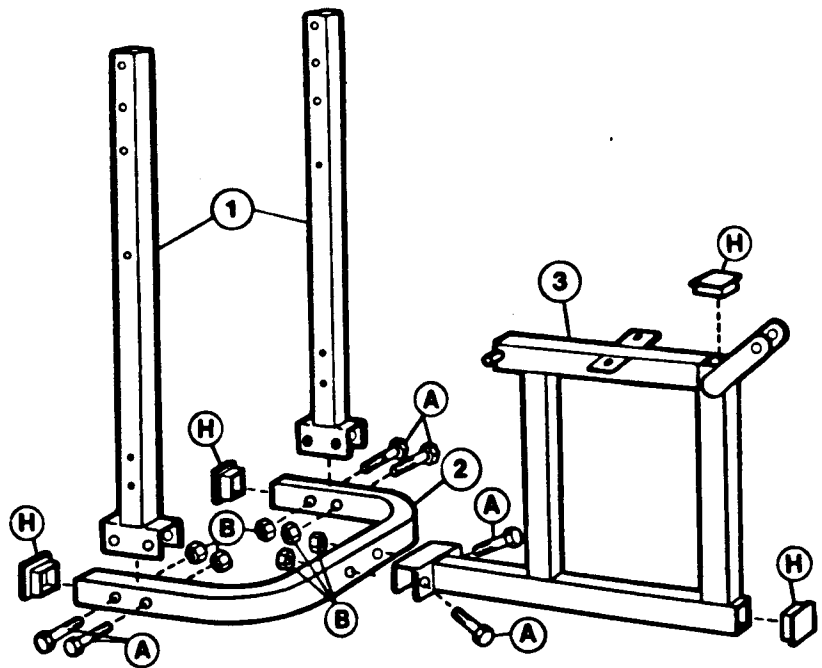


DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	2	CA10-0213
2	U-FRAME	1	CA10-0124
3	FRONT FRAME	1	CA10-0125
4	LEG CURL	1	CD06-0159
5	BACKREST	1	CD06-0301
6	SEAT	1	CA10-0323
7	ADJUSTABLE UPRIGHT	2	CA10-0214
8	*LONG ANGLE IRON	2	CA10-6065
9	FOAM PAD	4	CA10-0428
10	PAD BAR	2	CA10-6066
11	BACKREST ADJ BAR	1	CA10-6067
12	WEIGHT PIN	1	CC15-0148
	HARDWARE BAG	1	CD06-5824
A	5/16"-20 X 2 3/4" HEX HEAD BOLT	6	HH-5058
B	5/16"-20 LOCK NUT	6	HH-5012
D	3/8"-16 X 3" HEX HEAD BOLT	1	HH-5059
E	3/8"-16 LOCK NUT	1	HH-5013
F	1/4"-20 X 2 1/2" MACHINE SCREW	1	HH-5044
G	@1/4"-20 X 3/4" MACHINE SCREW	6	HH-5032
H	2" SQUARE PLASTIC CAP	6	AA-8002
J	3/4" ROUND PLASTIC CAP	4	AA-8004
K	1" ROUND PLASTIC CAP	1	AA-8005
L	1" ROUND COVER CAP - 15°	1	AA-8070
M	LOCKING PIN (SMALL)	2	WW-7002
N	LOCKING PIN (MEDIUM)	2	WW-7025
P	LOCKING PIN (LARGE)	1	WW-7012
Q	5/16"-20 X 2 1/4" HEX HEAD BOLT	1	HH-5035
R	5/16"-20 ACORN NUT	1	HH-5019
S	PLASTIC BUSHING	1	AA-8112
	UPRIGHT DECAL	2	DE-4108
	INSTRUCTION MANUAL	1	CNN-1086
	EXERCISE CHART	1	NN-1080
	*PREASSEMBLED WITH BACKREST & SEAT		
	@4 ASSEMBLED W\BACKREST 2 IN HARDWARE BAG		

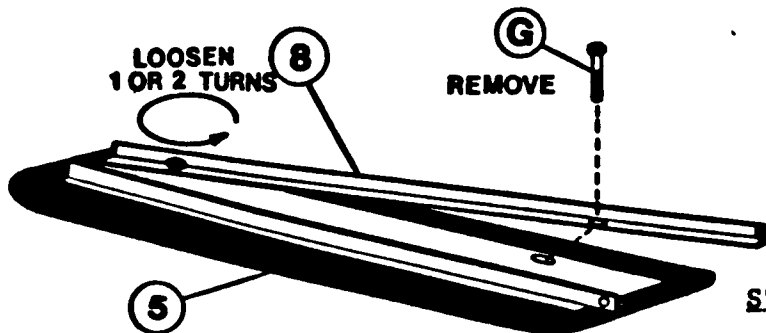
***BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING**

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES, OR NOTICES.
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 FRAME ASSEMBLY

Lay out all frame pieces: 2 UPRIGHTS (1), U-FRAME (2), and FRONT FRAME (3). To assemble, first align bolt holes on upright bracket with bolt holes on U-FRAME (2). Secure with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (B). Repeat to attach opposite UPRIGHT (1). Align bracket on FRONT FRAME (3) with bolt holes on front of U-FRAME (2). Secure with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (B). Insert 2 SQUARE PLASTIC CAPS (H) into ends of U-FRAME (2), 1 SQUARE PLASTIC CAP (H) into lower frame piece of FRONT FRAME (3), and 1 SQUARE PLASTIC CAP (H) into upright frame piece of FRONT FRAME (3). **TIGHTEN ALL BOLTS!**



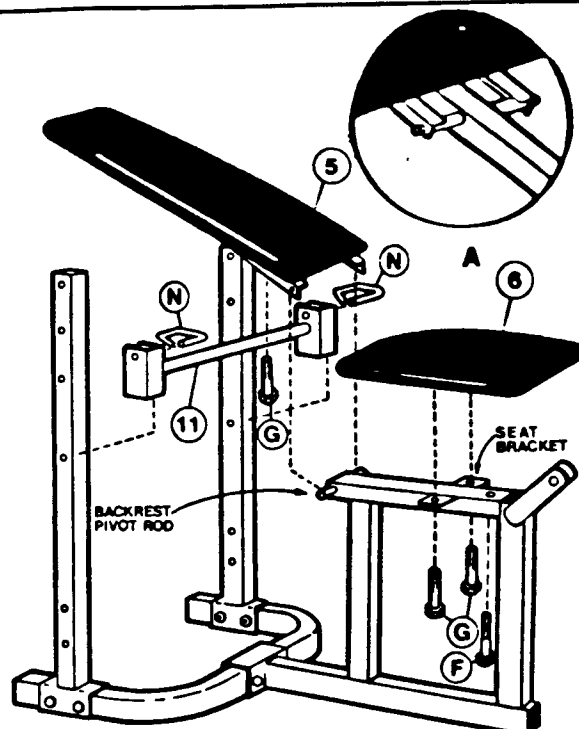
STEP 2 BACKREST PREPARATION

NOTE: The lower or attachment end of the BACKREST (5) can be identified quickly by the LONG ANGLE IRONS (8). The LONG ANGLE IRONS (8) will be extended approximately two inches beyond the BACKREST (5).

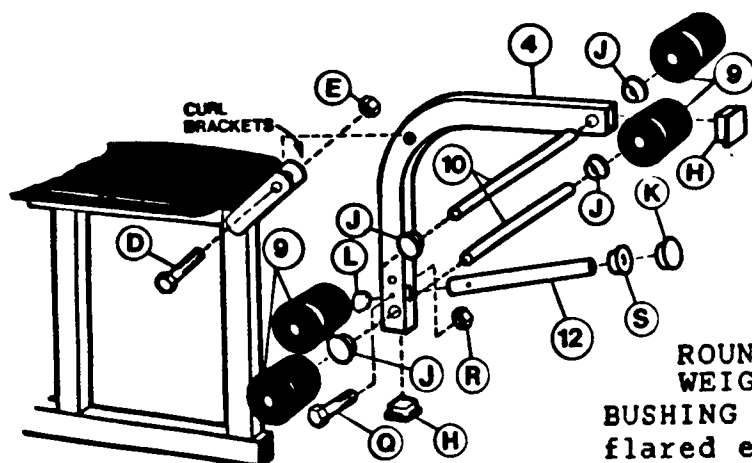
Turn BACKREST (5) over to expose work area. Both LONG ANGLE IRONS (8) have been fastened to BACKREST (5) for shipment. One LONG ANGLE IRON (8) must be loosened in order to assemble BACKREST (5) to front frame pivot rod. The lower MACHINE SCREW (G) must be removed while the upper MACHINE SCREW (G) is only loosened. The LONG ANGLE IRON (8) can now swing freely from the lower end of BACKREST (5).

STEP 3 CONNECTING BACKREST AND SEAT TO FRAME

BACKREST: To aid in assembly, first position BACKREST ADJ BAR (11) over one of the hole patterns on UPRIGHTS (1) and secure with 2 LOCKING PINS (N). With LONG ANGLE IRON (8) free, lower BACKREST (5) to backrest pivot rod. Slide secured LONG ANGLE IRON (8) onto one side of pivot rod. Swing the free LONG ANGLE IRON (8) back to its original position and on to the opposite end of the pivot rod. SEE DETAIL A. Replace MACHINE SCREW (G) that was removed in Step 2 and tighten all machine screws.



SEAT: With SEAT (6) right-side-up, lower to seat brackets. Align bolt holes. Insert 2 MACHINE SCREWS (G) through seat bracket holes into SEAT (6). Insert 1 MACHINE SCREW (F) through bolt hole in front frame into SEAT (6). TIGHTEN ALL MACHINE SCREWS!



STEP 4 LEG CURL

First, slide WEIGHT PIN (12) through angled hole on the front of LEG CURL (4) frame. Align bolt holes and secure with HEX HEAD BOLT (Q) and ACORN NUT (R). Place COVER CAP-15° (L) over rear extended piece of WEIGHT PIN (12). Insert ROUND PLASTIC CAP (K) into end of WEIGHT PIN (12). Next, slide PLASTIC BUSHING (S) onto WEIGHT PIN (12) so flared end is facing outward. Place LEG CURL (4) between leg curl brackets on front frame and align bolt holes. Secure with HEX HEAD BOLT (D) and LOCK NUT (E). DO NOT OVER TIGHTEN! Repeat the following instructions until all PAD BARS (10) and FOAM PADS (9) are in place. First, slide PAD BAR (10) through proper hole in LEG CURL (4) until equal amounts

of bar are on both sides of LEG CURL (4). (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 (9) and also acts as an adhesive after it has dried.) Slide 1 FOAM PAD (9) onto each end of PAD BAR (10). Insert ROUND PLASTIC CAP (J) into each end of PAD BAR (10). Insert SQUARE PLASTIC CAP (H) into each end of LEG CURL (4).

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 5 ADJUSTABLE UPRIGHTS AND LOCKING PINS

Slide ADJUSTABLE UPRIGHTS (7) into UPRIGHTS (1). LOCKING PINS (M) are used to adjust the height of the ADJUSTABLE UPRIGHTS (7). LOCKING PIN (P) is used to lock the leg curl to the main frame.

