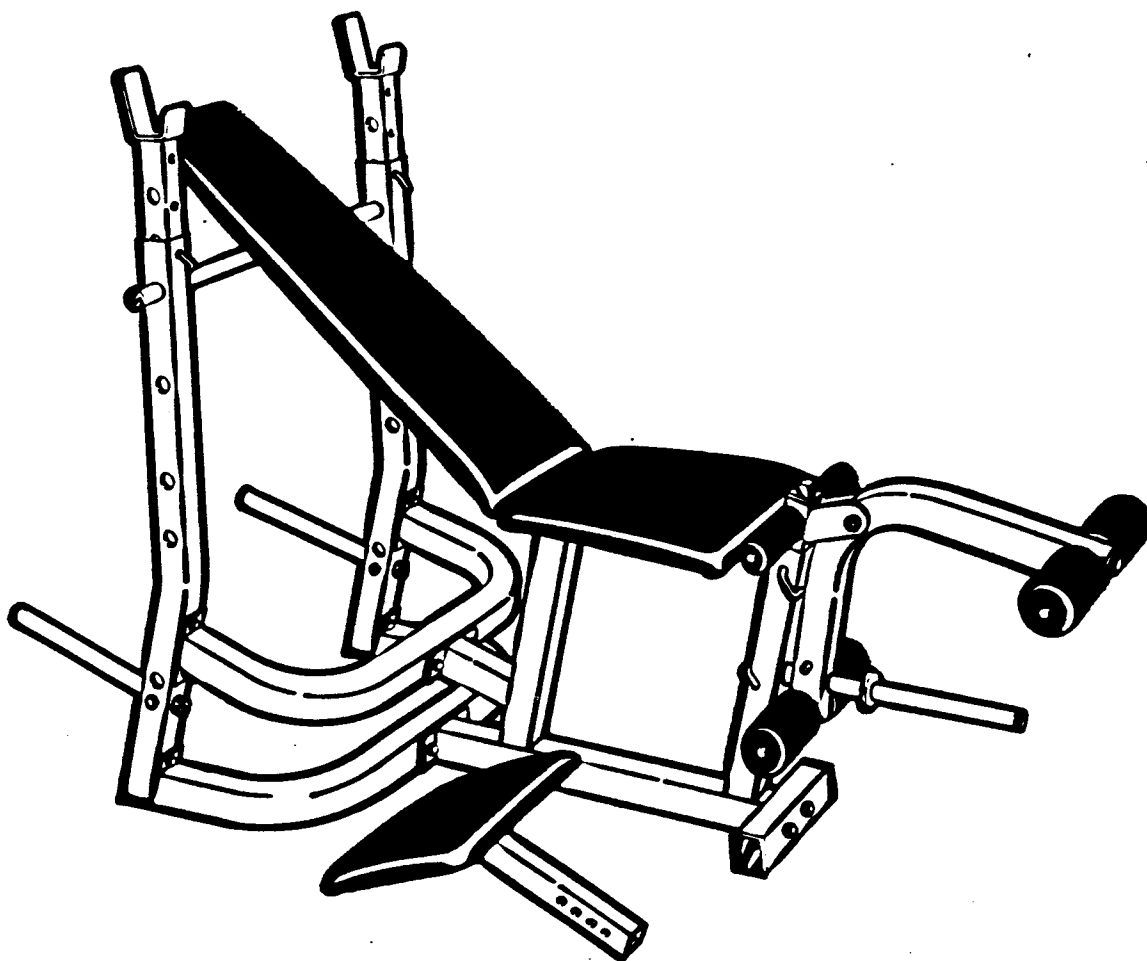




NN1069

C500

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 NO.
1	UPRIGHT	2	C0253-C17
2	MAIN FRAME	1	C0123-C17
3	BASE "U" FRAME	1	C0124-C17
4	UPPER "U" FRAME	1	C0125-C17
5	FRONT FOOT	1	C0126-C17
6	SEAT	1	C0383-C17
7	BACKREST	1	C0384-C17
8	LEG CURL	1	C0154-A12
9	LEG CURL HOLDER	1	C0153-A12
10	LONG ANGLE IRON	2	C6103-A12
11	SHORT ANGLE IRON	2	C6102-A12
12	PAD BAR	3	C6100-A12
13	SMALL FOAM PAD	2	C0426-A14
14	LARGE FOAM PAD	4	C0427-A14
15	ADJUSTABLE UPRIGHT	2	C0254-C17
16	WEIGHT STACK PIN	2	C6186-C17
17	BACKREST ADJ BAR	1	C6184-C17
18	ARM CURL PAD SUPPORT	1	C6185-C17
19	ARM CURL PAD	1	C0385-C17
	HARDWARE BAG	1	C5808-C17
A	5/16"-20 X 2 1/2" HEX HEAD BOLT	14	HH-5015
B	5/16"-20 LOCK NUT	14	HH-5021
C	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
D	3/8"-16 LOCK NUT	1	HH-5013
E	*1/4"-20 X 3/4" MACHINE SCREW	10	HH-5032
F	SMALL LOCK PIN	3	WW-7002
G	LARGE LEG LOCK PIN	1	WW-7012
H	1" ROUND PLASTIC CAP	7	AA-8005
J	1" ROUND COVER CAP	1	AA-8070
K	2" SQUARE PLASTIC CAP	6	AA-8002
L	1 3/4" SQUARE PLASTIC CAP	1	AA-8006
M	3/4" ROUND PLASTIC CAP	6	AA-8004
	UPRIGHT DECAL	2	DE-4081
	INSTRUCTION MANUAL	1	CNN-1069
	*PRE-ASSEMBLED IN SEAT, BACKREST, & ARM CURL		

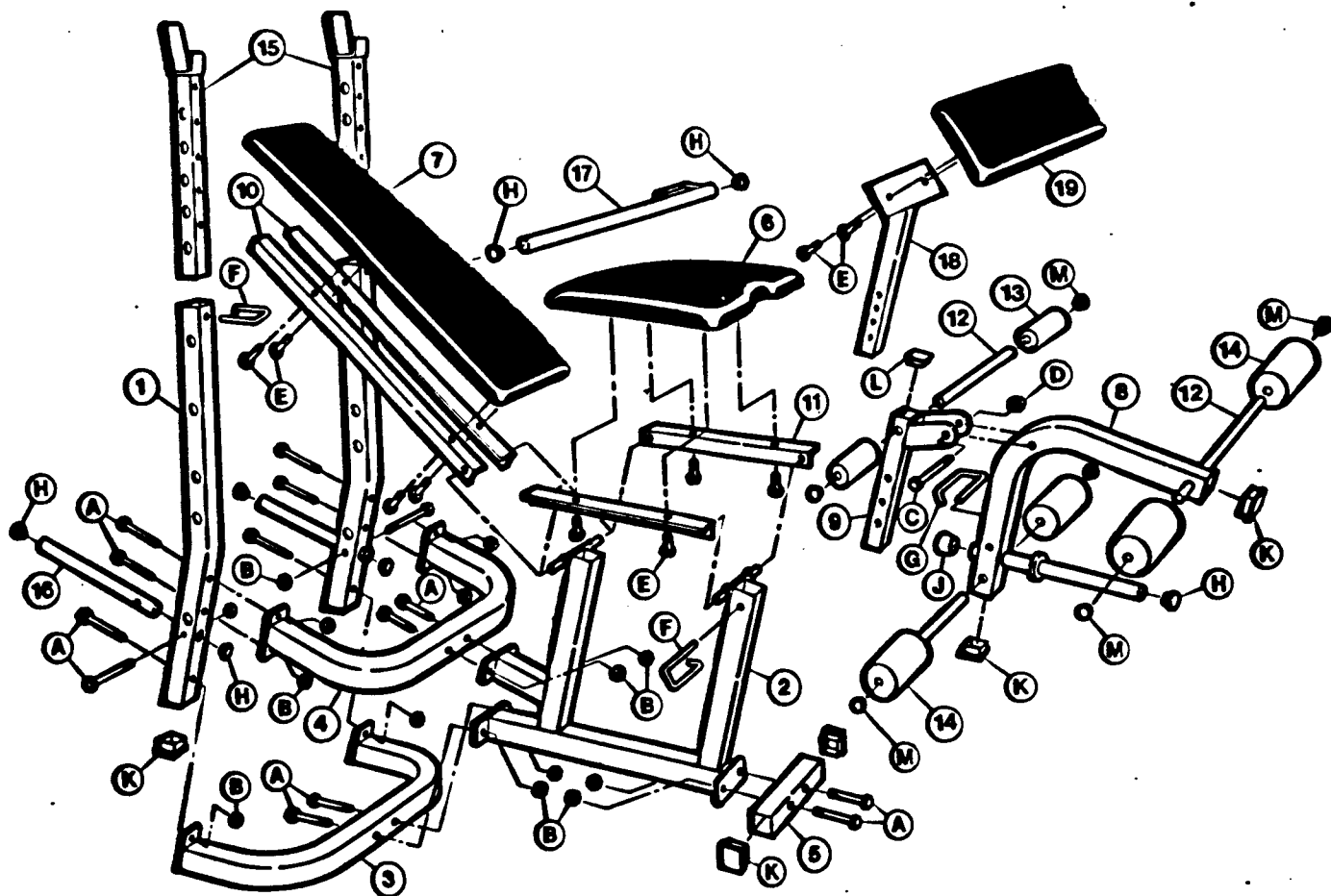
ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT 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

1 C-500



WARNING

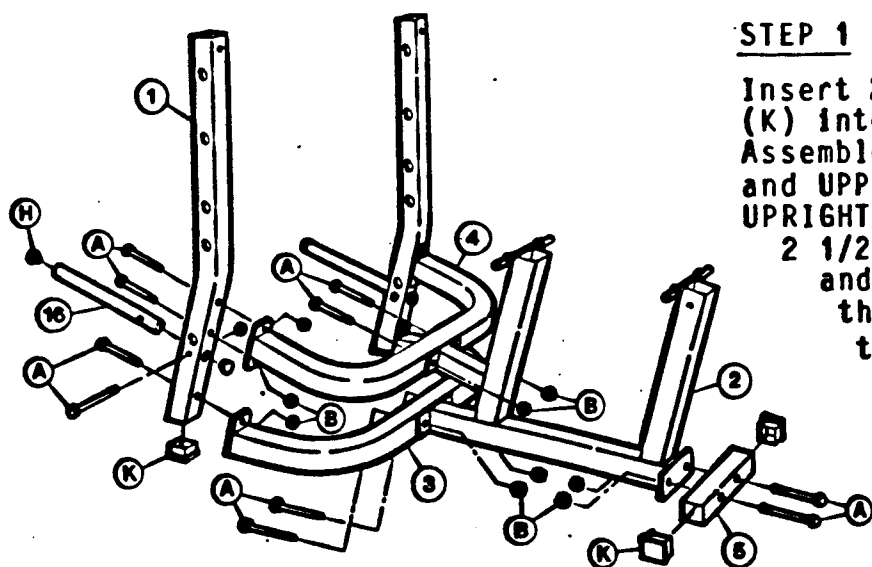
CONSULT YOUR PHYSICIAN

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.



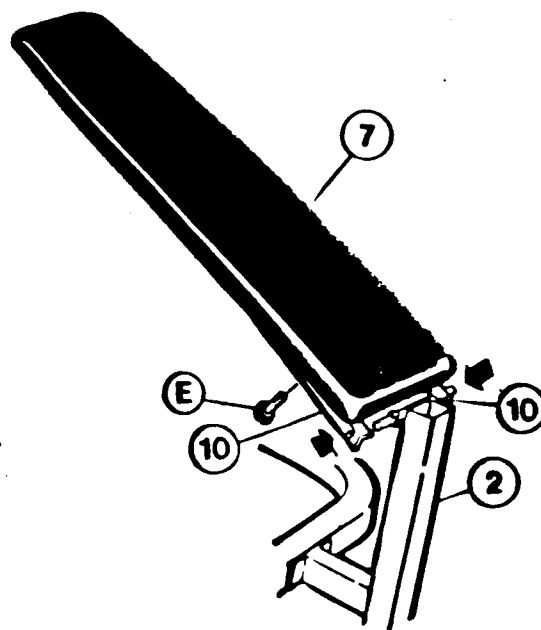
STEP 1 FRAME ASSEMBLY

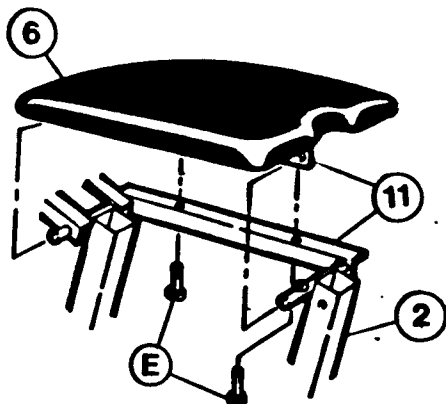
Insert 2" SQUARE PLASTIC CAPS (K) into end of UPRIGHTS (1). Assemble BASE "U" FRAME (3) and UPPER "U" FRAME (4) to UPRIGHTS (1) using 5/16" x 2 1/2" HEX HEAD BOLTS (A) and LOCK NUTS (B). Attach the completed assembly to the MAIN FRAME (2) using 5/16" x 2 1/2" HEX HEAD BOLTS (A) and LOCKNUTS (B). Insert 2" SQUARE PLASTIC CAPS (K) into each end of FRONT FOOT (5) and assemble to front of MAIN FRAME (2) using 5/16" x 2 1/2" HEX

HEAD BOLTS (A) and LOCKNUTS (B). Insert 1" ROUND PLASTIC CAPS (H) into each end of WEIGHT STACK PINS (16) and assemble to UPRIGHTS (1) with 5/16" x 2 1/2" HEX HEAD BOLTS (A) and LOCKNUTS (B).

STEP 2 BACKREST ASSEMBLY

LONG ANGLE IRONS (10) are pre-assembled to BACKREST (6), so it is necessary to remove one MACHINE SCREW (E) from the front of one angle iron and spread apart enough to allow backrest to be assembled onto pivot pin of rear seat support of MAIN FRAME (2). Close angle irons over pin and secure loosened angle iron with the previously removed MACHINE SCREW (E).



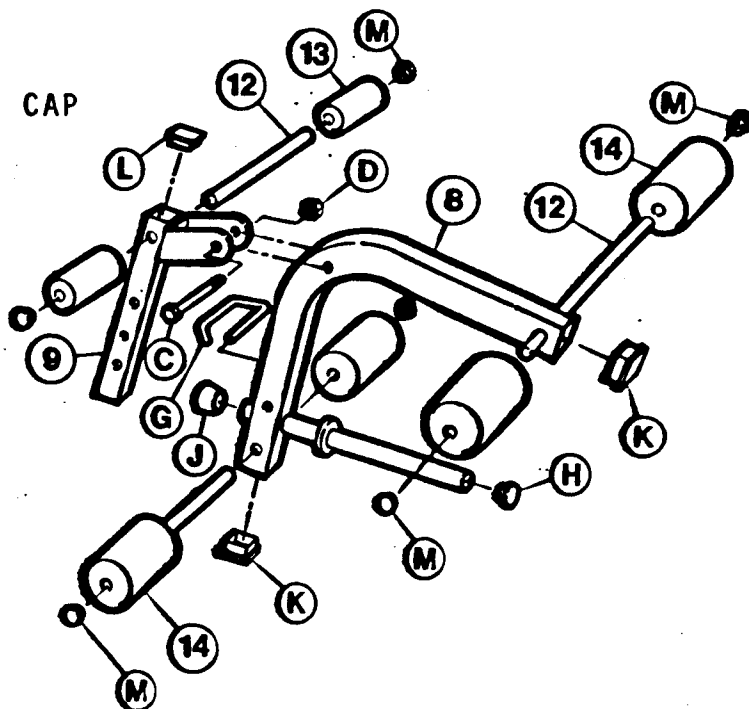


STEP 3 SEAT ASSEMBLY

Remove SHORT ANGLE IRON (11) from on side of SEAT (6). Slide angle irons over pins on seat supports of MAIN FRAME (2) and re-assemble previously removed angle iron using MACHINE SCREWS (E).

STEP 4 LEG CURL ASSEMBLY

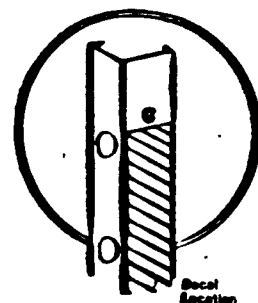
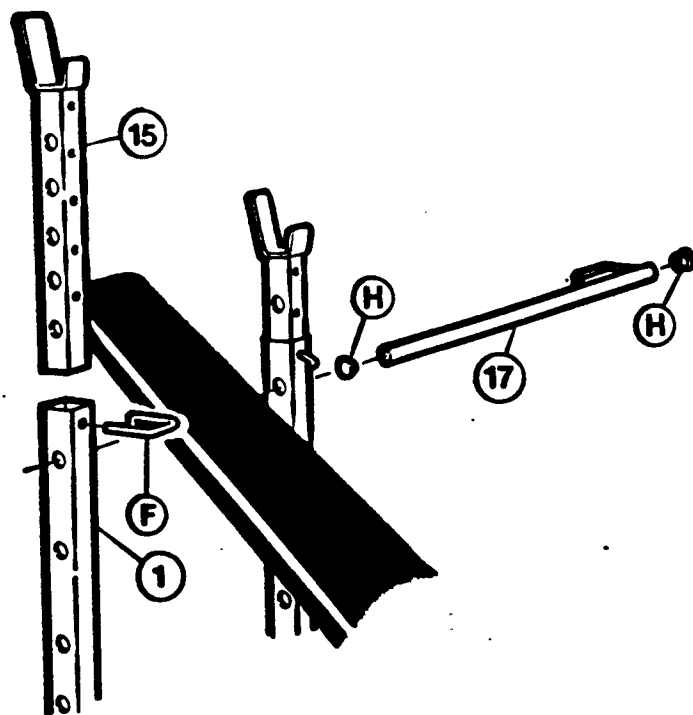
Insert 1 3/4" SQUARE PLASTIC CAP (L) into top end of LEG CURL HOLDER (9). Insert 3/4" ROUND PLASTIC CAPS (M) into the three PAD BARS (12). Assemble SMALL FOAM PAD (13) onto one end of a PAD BAR (12) and insert bar thru hole in upper end of HOLDER (9) and assemble other SMALL PAD (13) onto bar. (The use of a small amount of liquid detergent wiped along the surface of the pad bar will make assembling pads easier and will act as an adhesive when it dries.)



Insert 1" ROUND PLASTIC CAPS (H) into front of weight pin on LEG CURL (8) and push 1" ROUND PLASTIC COVER CAP (J) over back end of pin. Assemble LARGE FOAM PADS (14) onto one end of PAD BARS (12) and insert bars thru holes in ends of leg curl and into another LARGE PAD (14). Cap each end of leg curl with 2" SQUARE PLASTIC CAPS (K).

Insert completed LEG CURL (8) to LEG CURL ADJUSTER (9) using 3/8"x 2 1/2" HEX HEAD BOLT (C) and LOCKNUT (D). Insert assembly into open end of seat support on MAIN FRAME (2) and pin in place using SMALL LOCK PIN (F). The leg curl height can be adjusted according to whichever position feels most comfortable for the exercise being performed.

The leg curl can be held from pivoting by use of the LARGE LOCK PIN (G) when assembled thru the hole in the lower section of the LEG CURL (8) and around the front seat support of the MAIN FRAME.



STEP 5 ADJUSTABLE UPRIGHTS

Insert 1" ROUND PLASTIC CAPS (H) into each end of BACKREST ADJUSTER BAR (17). This bar is used to support the backrest and adjust the incline or decline for various types of exercise.

The height of the bar holders can be adjusted by inserting ADJUSTABLE UPRIGHTS (14) into UPRIGHTS (1) and pinning in desired height by use of SMALL LOCK PIN (F).

STEP 6 ARM CURL ATTACHMENT

Remove pre-assembled MACHINE SCREWS (E) from ARM CURL PAD (19) and assemble PAD to ARM CURL SUPPORT (18).

To use ARM CURL, remove leg curl assembly from bench and insert PAD SUPPORT (18) into MAIN FRAME (2). Lock in desired height by use of SMALL LOCK PIN (F).

The arm curl is used to support your arms while doing dumbbell and barbell curl exercises.

