

C520

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

weider[®]

NN-1067A

RECOMMENDED WEIGHT SET - 465LBS.

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

NEW

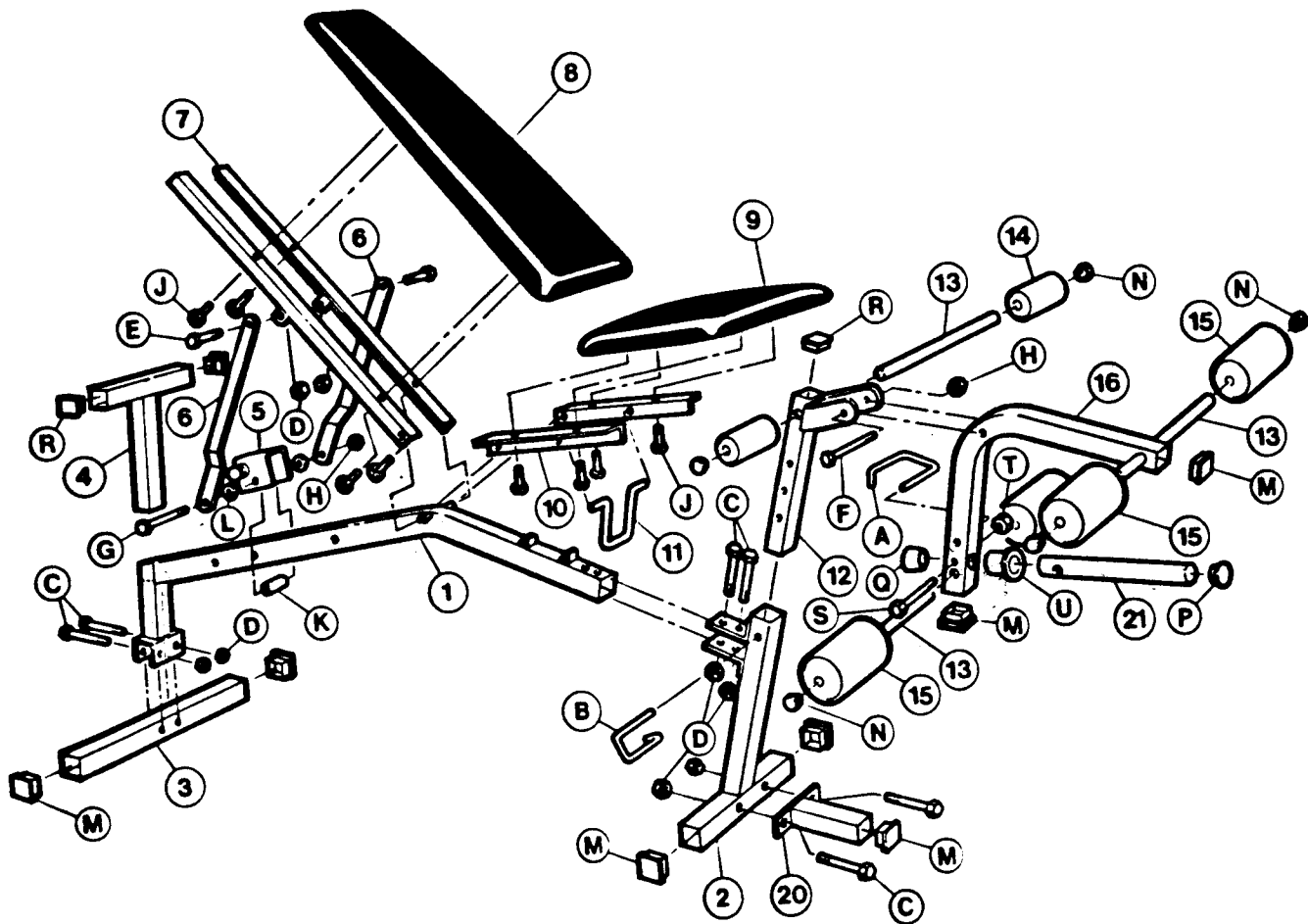
C5-20-Kit 2.27 (4187)

5-09-89

C-520

PARTS LIST

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	MAIN FRAME	1	KC16-0019
2	FRONT LEG	1	KC16-0145
3	REAR FOOT	1	KC16-0121
4	REAR "T" SUPPORT	1	KC16-0122
5	BACKREST ADJ BRACKET	1	KC16-6167
6	BACKREST SUPPORT ARM	2	KC16-6168
7	LONG ANGLE IRON	2	KC16-6169
8	BACKREST	1	KC16-0397
9	SEAT	1	KC16-0381
10	SHORT ANGLE IRON	2	KC16-6170
11	SEAT ADJ BAR	1	KC16-6171
12	LEG CURL ADJUSTER	1	KA14-0122
13	PAD BAR	3	KA14-6061
14	SMALL FOAM PAD	2	KA14-0426
15	LARGE FOAM PAD	2	KA14-0427
16	LEG CURL	4	KA14-0427
17	UPRIGHT	1	KA10-0126
18	UPRIGHT BASE	2	KC16-0250
19	ADJUSTABLE UPRIGHT	2	KC16-0251
20	BASE EXTENSION	1	KC16-0252
21	WEIGHT PIN 14"	1	KC16-0146
22		1	KC15-0148
A	HARDWARE BAG	1	KC16-5807
B	LEG CURL LOCK PIN	1	WW-7025
C	SMALL LOCK PIN	3	WW-7002
D	5/16"-20 X 2 1/2" HEX HEAD BOLT	10	HH-5015
E	5/16"-20 LOCK NUT	12	HH-5021
F	5/16"-20 X 3/4" HEX HEAD BOLT	2	HH-5241
G	3/8"-16 X 3" HEX HEAD BOLT	1	HH-5059
H	3/8" -16 3 1/2" HEX HEAD BOLT	1	HH-5018
I	3/8" - 16 LOCK NUT	2	HH-5013
J	*1/4"-20 X 3/4" MACHINE SCREW	8	HH-5032
K	SPACER BUSHING	1	HH-5266
L	SPACER WASHER	2	HH-5265
M	2" SQ. PLASTIC CAP	9	AA-8002
N	3/4" RD PLASTIC CAP	6	AA-8004
O	1" RD PLASTIC CAP	5	AA-8005
P	1" RD COVER CAP	1	AA-8070
Q	1 3/4" SQ PLASTIC CAP	3	AA-8073
R	5/16"-20 X 2 1/4" HEX HEAD BOLT	1	HH-5035
S	5/16"-20 ACORN NUT	1	HH-5019
T	PLASTIC BUSHING	1	AA-8012
U	UPRIGHT DECAL	2	DE-4075
	INSTRUCTION MANUAL	1	KNN-1067
*PRE-ASSEMBLED WITH SEAT & BACKREST			



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

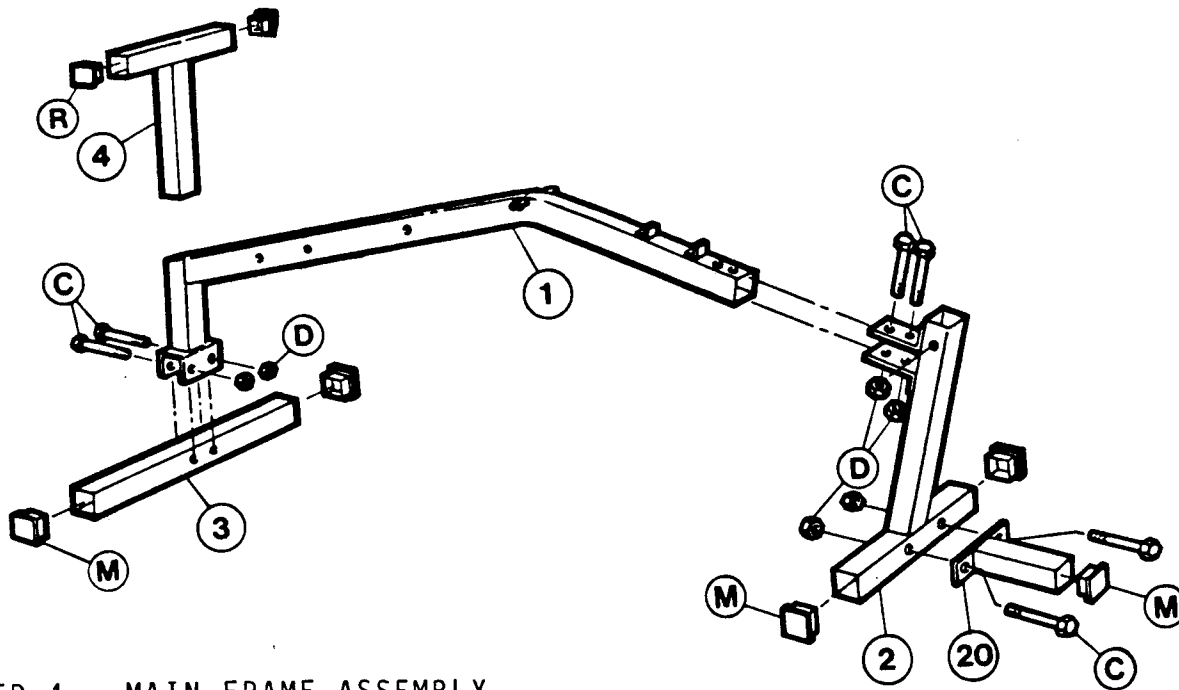
CUSTOMER SERVICE 1-800-225-0653

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 _____



STEP 1 MAIN FRAME ASSEMBLY

Press 2" SQUARE PLASTIC CAPS (M) into each end of REAR FOOT (3). Assemble REAR FOOT (3) to MAIN FRAME (1) using two 5/16" x 2 1/2" HEX HEAD BOLTS (C) and LOCKNUTS (D). Press 2" SQUARE PLASTIC CAP (M) into end of BASE EXTENSION (20) and assemble extension to FRONT LEG (2) using two 5/16" x 2 1/2" HEX HEAD BOLTS (C) and LOCKNUTS (D). Press 2" SQUARE PLASTIC CAPS (M) into base end of FRONT LEG (2) and attach to MAIN FRAME (1) using two 5/16" x 2 1/2" HEX HEAD BOLTS (C) and LOCKNUTS (D).

Insert 1 3/4" SQUARE PLASTIC CAPS (R) into end of REAR "T" SUPPORT (4). This assembly is then inserted into rear leg of main frame. It is used to support the backrest when in a horizontal position. To decline backrest the "T" should be removed.

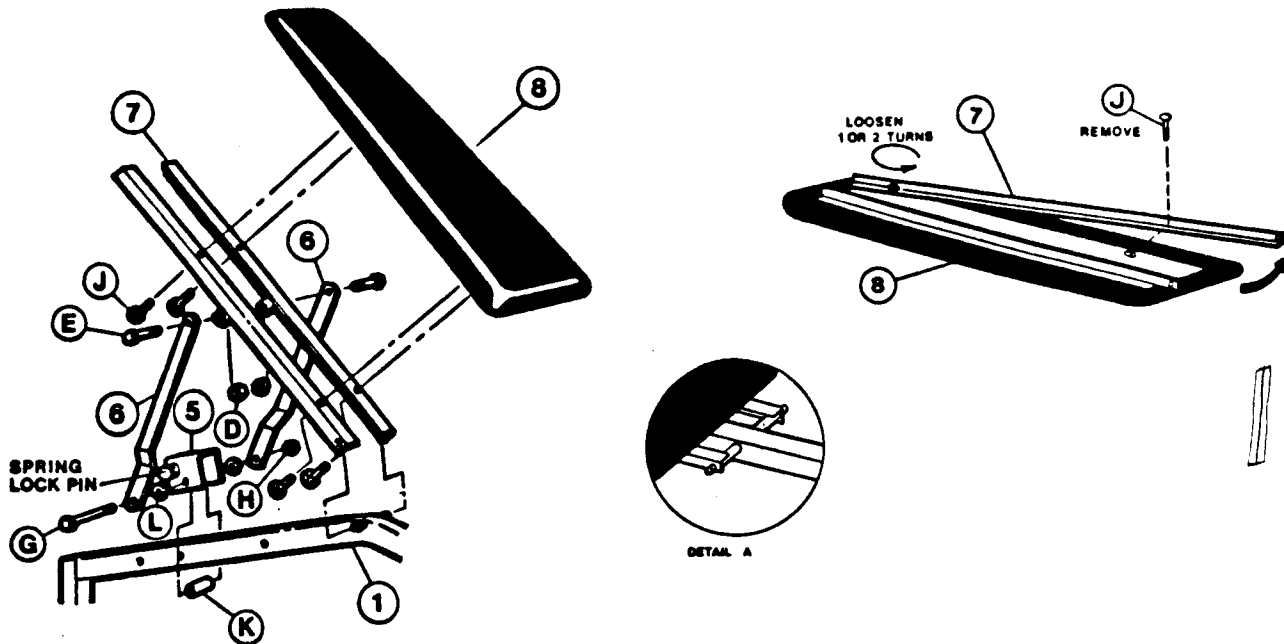
WARNING CONSULT YOUR PHYSICIAN

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.



STEP 2 BACKREST ASSEMBLY

Turn BACKREST (8) upside down and remove one SCREW (J) from base of ANGLE IRON (7). While turned over, assemble BACKREST SUPPORT ARMS (6) to brackets on angle iron using 5/16" x 3/4" HEX HEAD BOLT (E) and LOCK NUT (D). Tighten only until barely snug so arms will pivot freely when adjusting the angle of incline of the backrest. Spread ANGLE IRONS (7) apart and close over pivot pin on MAIN FRAME (1), trapping pin in holes in end of angle iron. Re-assemble the SCREW (J) that was earlier removed from backrest.

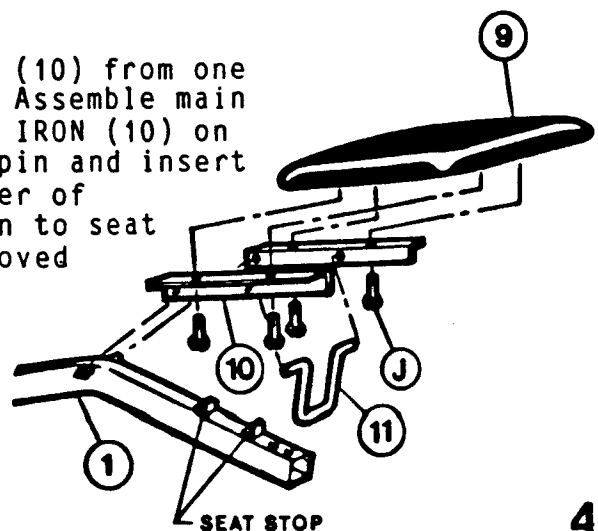
Place BACKREST ADJUSTER BRACKET (5) over rear section of MAIN FRAME (1) so that the spring pin is to the rear. Assemble SUPPORT ARM (6), SPACER WASHERS (L), ADJUSTER (5) and SPACER BUSHING (K) using 3/8" x 3 1/2" HEX HEAD BOLT (G) and LOCK NUT (H). Do Not Overtighten this assembly because adjuster bracket should be able to pivot freely as it moves up and down the main frame.

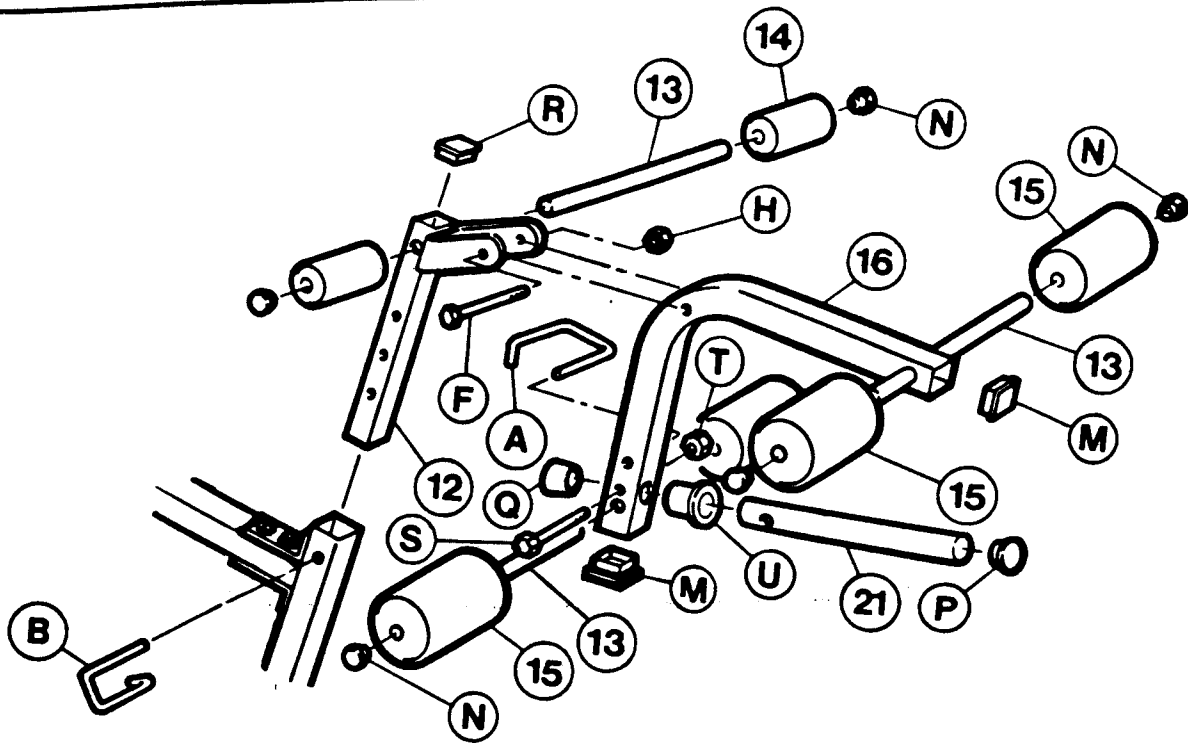
To adjust backrest incline, pull out on spring pin knob and raise or lower rear of backrest. Spring pin will automatically engage in adjusting holes along main frame as it passes across.

STEP 3 SEAT ASSEMBLY

To assemble seat, remove SHORT ANGLE IRON (10) from one side of SEAT (9) by removing SCREWS (J). Assemble main frame pivot pin into hole in end of ANGLE IRON (10) on seat. Slide loose angle iron onto pivot pin and insert SEAT ADJUSTER BAR (11) into holes in center of angle irons. Re-assemble loose angle iron to seat using SCREWS (J) that were previously removed from seat.

The incline of the seat is adjusted by placing adjuster bar (11) behind one of the stop brackets on the main frame.





STEP 4 LEG CURL ASSEMBLY

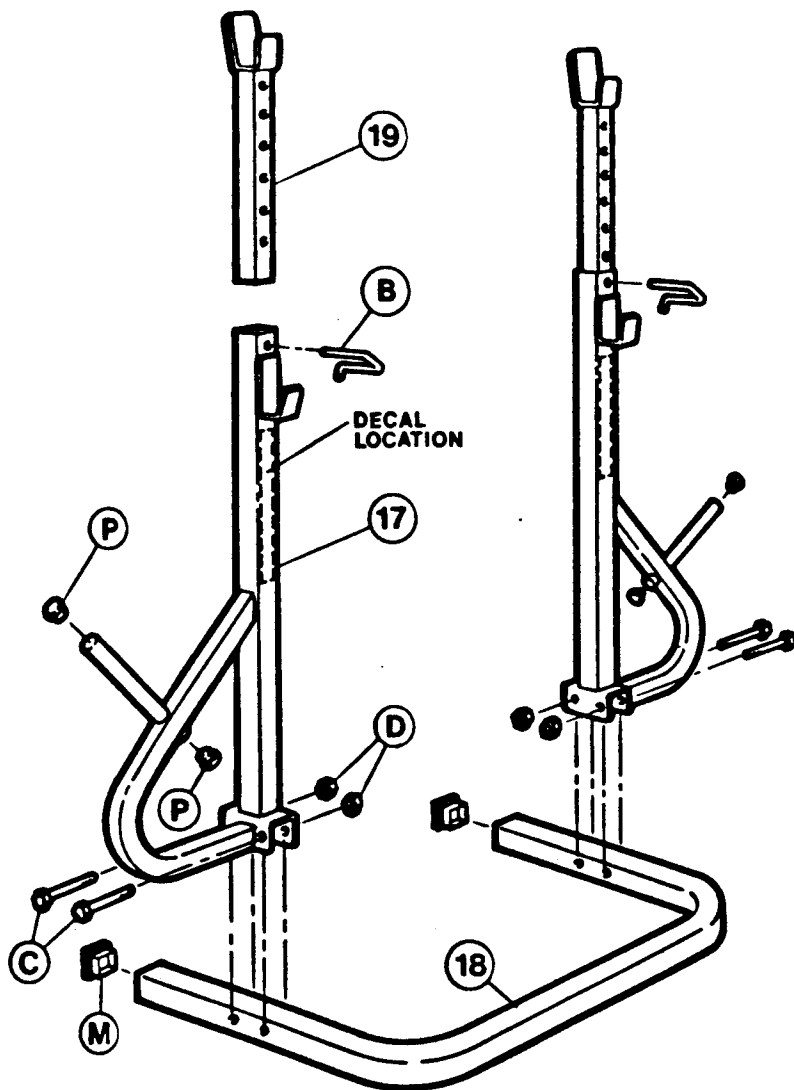
Assemble 1 3/4" SQUARE PLASTIC CAP (R) into top of LEG CURL ADJUSTER (12) and insert assembly into FRONT LEG (2) of frame assembly. Secure in position using SMALL LOCK PIN (B). Insert 3/4" ROUND PLASTIC CAPS (N) into each of the PAD BARS (13). Assemble one SMALL FOAM PAD (14) onto pad bar, insert bar thru large hole in upper end of adjuster and onto other SMALL FOAM PAD (14). (If pads are difficult to assemble onto bar, wipe a small amount of liquid detergent over surface of bar to use as a lubricant. When the detergent dries, it will also act as an adhesive to keep pads from working off bars.)

Next, assemble 2" SQUARE PLASTIC CAPS (M) into the ends of LEG CURL (16). Insert WEIGHT PIN (21) into LEG CURL (16) and secure using 5/16" x 2 1/4" HEX HEAD BOLT (S) and ACORN NUT (T). Next, slide PLASTIC BUSHING (U) onto WEIGHT PIN (21) so flare end is facing outward. Push 1" ROUND PLASTIC PLUG (P) into the front end of weight pin and 1" PLASTIC CAP (Q) onto back end of pin. Assemble LEG CURL (16) to adjuster (12) using 3/8" x 3" HEX HEAD BOLT (F) and LOCK NUT (H). Tighten securely, but leave enough slack so leg curl will pivot freely.

Insert PAD BARS (13) into one each of the LARGE FOAM PADS (15), insert thru leg curl and into another large pad.

LARGE LEG CURL LOCK PIN (A) is used to lock the leg curl from moving so leg curl can be used for sit ups and crunches.

Adjust leg curl to desired height by use of SMALL LOCK PIN (B) inserted thru any of the holes along the LEG CURL ADJUSTER (12).



STEP 5 UPRIGHT ASSEMBLY

Insert 1" ROUND PLASTIC PLUGS (P) into ends of weight stack pins on UPRIGHTS (17). Assemble 2" SQUARE PLASTIC CAPS (M) into UPRIGHT BASE (18). Fasten UPRIGHTS (17) to BASE (18) using 5/16" x 2 1/2" HEX HEAD BOLTS (C) and LOCK NUTS (D). Insert ADJUSTABLE UPRIGHTS (19) into UPRIGHTS (17) and lock in desired height using SMALL LOCK PINS (B).

Assemble decals to location indicated by removing backing and carefully pressing decal onto upright starting at the top and working down. Smooth from side to side as you go, working out air bubbles that get trapped behind decal.

The unique feature of this upright is that it can be positioned anywhere along the bench for various types of bench work or used alone as a free standing squat rack.

* NOTE: That there is an additional set of racking hooks welded to the top of the fixed uprights for use in the event that you are unable to rack the barbell back on the upright extension bar holder.