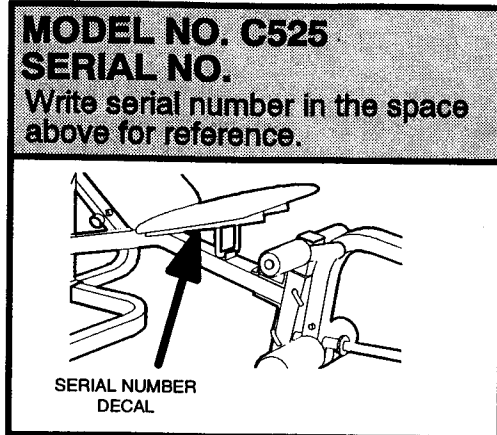
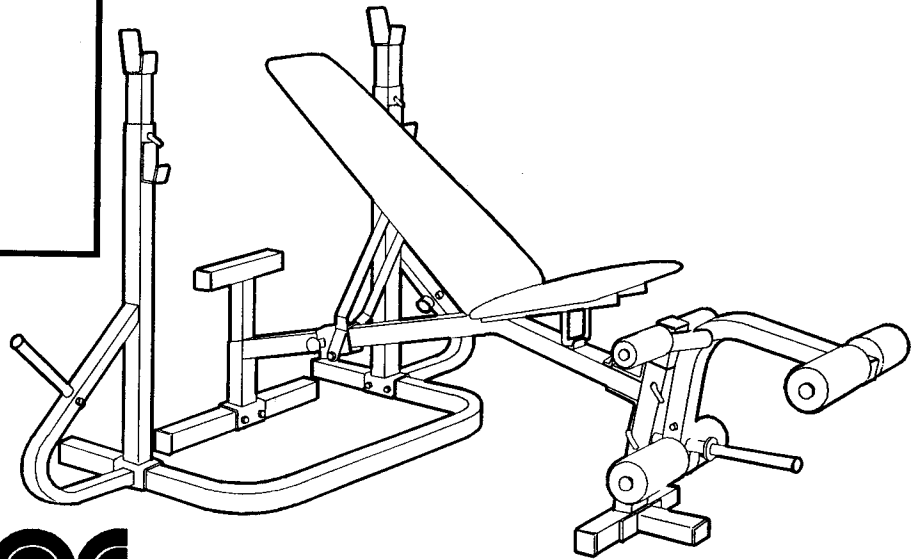


BLASTER

MULTI-FEATURED WEIGHT BENCH WITH SQUAT RACK



APPROXIMATE WEIGHT:
103 LBS.
APPROXIMATE SET UP DIMENSIONS:
74 1/2" L X 70" W X 57" H



weider
OWNER'S MANUAL

MADE IN CANADA

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.
Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN1273C525

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

TABLE OF CONTENTS

Table of Contents	1
Important Safety Precautions	1
Ordering Parts	2
Part List	3
Assembly Steps	4 - 7

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual.
2. Position the Bench on a level surface.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Keep small children away from this equipment during use.
6. Do not allow small children to play on this equipment unattended.
7. Wear appropriate workout attire, including running or aerobic shoes.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS!

ORDERING PARTS

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR *OWNER'S REGISTRATION CARD* WITHIN THE NEXT 10 DAYS.

Simply mail you *OWNER'S REGISTRATION CARD* to receive all benefits to which you are entitled.

WARRANTY VERIFICATION : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

OWNER CONFIRMATION : Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.
2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.
3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER:

1. Name of the Product (BLASTER C525)
2. Model Number of the Product (C525)
3. Ordering Number of the Part (See Parts List Page)
4. Description of the Part from the Parts List Page.
5. Country of the Manufacturer (See Cover)

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

Extended Seasonal Hours (Dec. 1 - Feb 28) Monday through Friday 7 a.m. to 9 p.m.; Saturday 9 a.m. to 5 p.m.; Sunday 12 p.m. to 4 p.m.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

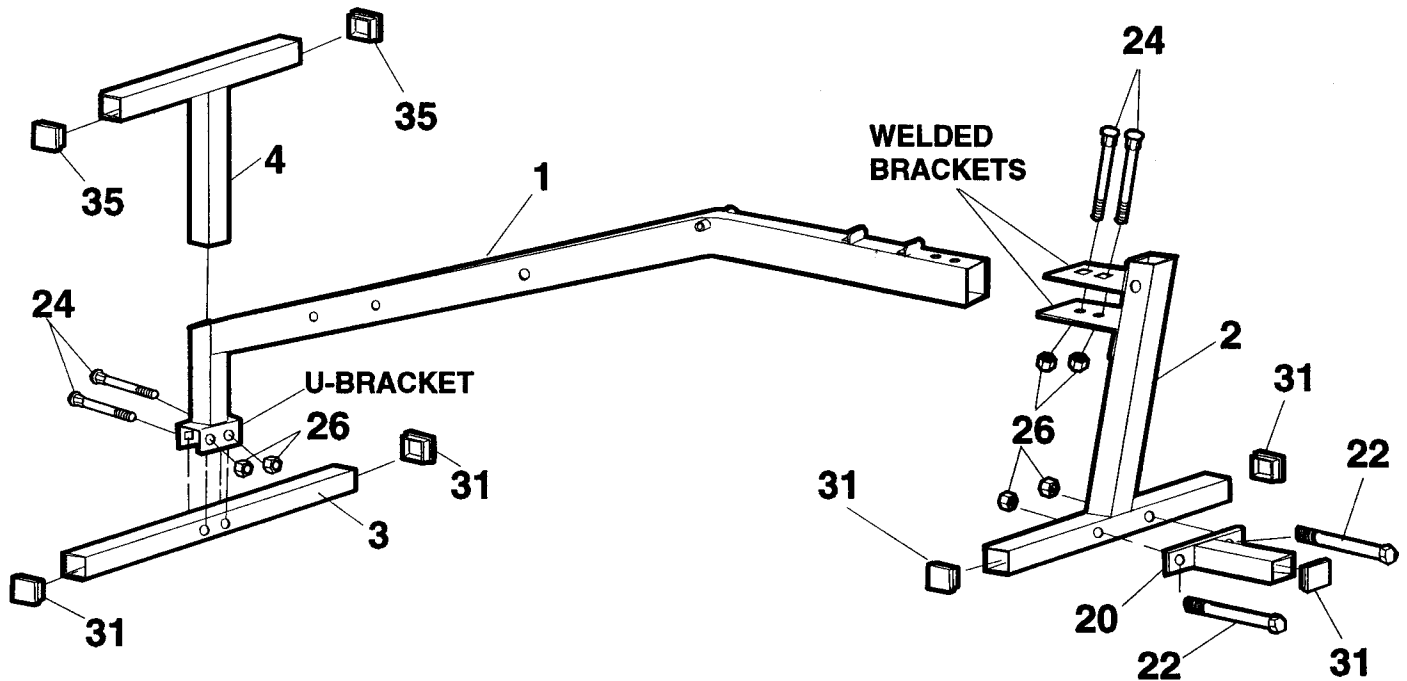
C525 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	MAIN FRAME	1	C4238-G19*G19
2	FRONT LEG	1	C4239-G19*G19
3	REAR FOOT	1	C4240-G19*G19
4	REAR "T" SUPPORT	1	C4241-G19*G19
5	BACKREST ADJUSTER BRACKET	1	C6297-G19*G19
6	BACKREST SUPPORT ARM	2	C6298-G19*G19
7	LONG ANGLE IRON	2	C6299-G19*G19
8	BACKREST	1	C1438-G19*G19
9	SEAT	1	C1439-G19*G19
10	SHORT ANGLE IRON	2	C7000-G19*G19
11	SEAT ADJ BAR	1	C7001-G19*G19
12	LEG CURL ADJUSTER	1	C4242-G19*G19
13	PAD BAR - 3/4" X 16"	3	C6061-A14*G19
14	SMALL FOAM PAD - 2 1/2" X 7"	2	C0426-A14*G19
15	LARGE FOAM PAD - 3 1/2" X 7"	4	C0427-A14*G19
16	LEG CURL	1	C4243-G19*G19
17	UPRIGHT - RIGHT	1	C1268-G19*G19
18	UPRIGHT - LEFT	1	C1269-G19*G19
19	ADJUSTABLE UPRIGHT	2	C1270-G19*G19
20	BASE EXTENSION	1	C4244-G19*G19
21	WEIGHT PIN - 1" X 14 3/4"	1	C7326-G19*G19
22	5/16" X 2 1/2" HEX HEAD BOLT	3	HH-5053*G19
23	5/16" X 3/4" HEX HEAD BOLT	2	HH-5245*G19
24	5/16" X 2 1/2" CARRIAGE BOLT	8	HH-5324*G19
26	5/16" NYLON LOCK NUT	13	HH-5012*G19
27	3/8" X 3" HEX HEAD BOLT	1	HH-5059*G19
28	3/8" X 3 1/2" HEX HEAD BOLT	1	HH-5062*G19
29	3/8" NYLON LOCK NUT	2	HH-5088*G19
30	1/4" X 3/4" MACHINE SCREW	8	HH-5022*G19
31	2" SQUARE PLASTIC INSERT CAP	8	AA-8002*G19
32	3/4" ROUND PLASTIC INSERT CAP	6	AA-8004*G19
33	1" ROUND PLASTIC INSERT CAP	5	AA-8005*G19
34	1" ROUND PLASTIC COVER CAP W/15° ANGLE	1	AA-8070*G19
35	1 3/4" SQUARE PLASTIC INSERT CAP	3	AA-8006*G19
36	WEIGHT STOP	1	AA-8112*G19
37	3/8" I.D. X 2 1/8" LONG METAL SPACER	1	HH-5265*G19
38	3/8" FLAT WASHER	2	HH-5266*G19
39	LEG CURL LOCK PIN	1	WW-7025*G19
40	SMALL LOCK PIN	3	WW-7002*G19
42	UPRIGHT BASE	1	C4245-G19*G19
45	UPRIGHT DECAL	2	DE-4075*G19
	HARDWARE BAG	1	C8838-G19*G19
	ASSEMBLY MANUAL	1	CNN-1273*G19
	WALL CHART	1	CNN-1269*G19

STEP 1 MAIN FRAME ASSEMBLY

PART NAME	QTY
22 5/16" X 2 1/2" HEX HEAD BOLT	2
24 5/16" X 2 1/2" CARRIAGE BOLT	4
26 5/16" NYLON LOCK NUT	6
31 2" SQUARE PLASTIC INSERT CAP	5
35 1 3/4" SQUARE PLASTIC INSERT CAP	2

- Begin by pressing 2" SQUARE PLASTIC INSERT CAPS (31) into each end of the REAR FOOT (3).
- Assemble the REAR FOOT (3) to the U-Bracket of the MAIN FRAME (1) using two 5/16" X 2 1/2" CARRIAGE BOLTS (24) to bolt through the Main Frame and then through the Rear Foot. Secure with 5/16" NYLON LOCK NUTS (26).



- Press a 2" SQUARE PLASTIC INSERT CAP (31) into the end of the BASE EXTENSION (20)
- Press 2" SQUARE PLASTIC INSERT CAPS (31) into the base ends of the FRONT LEG (2).
- Assemble the BASE EXTENSION (20) to the side of the FRONT LEG (2) without the Welded Brackets using two 5/16" X 2 1/2" HEX HEAD BOLTS (22) to bolt through the bracket of the Base Extension and then through the Front Leg. Secure with 5/16" NYLON LOCK NUTS (26).
- Attach the FRONT LEG (2) assembly to the MAIN FRAME (1) by inserting the tubing of the Main Frame into the Welded Brackets of the Front Leg. Secure using two 5/16" X 2 1/2" CARRIAGE BOLTS (24) to bolt down through the Welded Brackets and the Main Frame. Fasten with 5/16" NYLON LOCK NUTS (26).
- Press 1 3/4" SQUARE PLASTIC INSERT CAPS (35) into the ends of the REAR "T" SUPPORT (4). This assembly is then inserted into the rear leg of the MAIN FRAME (1). It is used to support the Backrest when in a horizontal position. To decline the Backrest, the "T" should be removed.

STEP 2 BACKREST ASSEMBLY

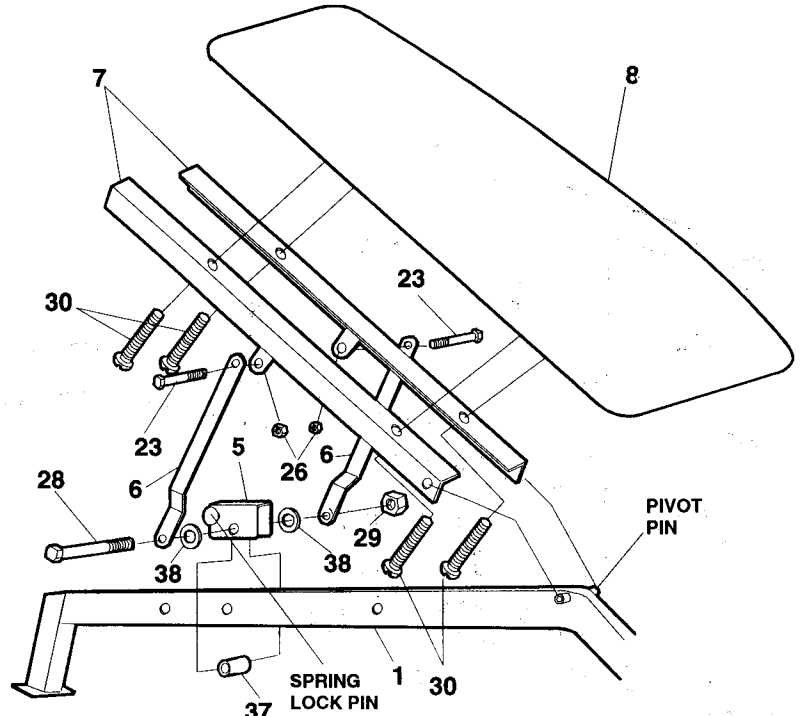
PART NAME	QTY
23 5/16" X 3/4" HEX HEAD BOLT	2
26 5/16" NYLON LOCK NUT	2
28 3/8" X 3 1/2" HEX HEAD BOLT	1
29 3/8" NYLON LOCK NUT	1
30 1/4" X 3/4" MACHINE SCREW	4
37 3/8" I.D. X 2 1/8" LONG METAL SPACER	1
38 3/8" FLAT WASHER	2

☐ Turn the **BACKREST (8)** over so it is facing down. Position the **LONG ANGLE IRONS (7)** onto the Backrest so that the hole in the very end of the Angle Irons is extending past the bottom of the Backrest and the flat side of the Angle Iron is facing toward the outside. Using **1/4" X 3/4" MACHINE SCREWS (30)**, attach only **THREE** of the Screws through the Angle Iron and Backrest. **DO NOT** attach one of the Screws on the lower Backrest.

☐ Assemble the **BACKREST SUPPORT ARMS (6)** to the brackets on the **LONG ANGLE IRONS (7)** using **5/16" X 3/4" HEX HEAD BOLTS (23)** to bolt through the Arm and into the bracket of the Angle Iron. Secure with **5/16" NYLON LOCK NUTS (26)**. Tighten only until barely snug so that the Arms will pivot freely when adjusting the angle of incline of the **BACKREST (8)**.

☐ Spread the **LONG ANGLE IRONS (7)** apart and close over the **Pivot Pin** on the **MAIN FRAME (1)**, trapping the pin in the holes in the end of the Long Angle Iron. Assemble the remaining **1/4" X 3/4" MACHINE SCREW (30)** into the Angle Iron and Backrest.

☐ Place the **BACKREST ADJUSTER BRACKET (5)** over the rear section of the **MAIN FRAME (1)** so that the **Spring Lock Pin** in it is to the rear. Using a **3/8" X 3 1/2" HEX HEAD BOLT (28)**, bolt through one of the **BACKREST SUPPORT ARMS (6)**, a **3/8"**



FLAT WASHER (38), the Backrest Adjuster Bracket, and a **3/8" I.D. X 2 1/8" LONG METAL SPACER (37)**. Continue to bolt now through the other side of the Backrest Adjuster Bracket, then assemble another **3/8" FLAT WASHER (38)** onto the Bolt, and then bolt through the other Support Arm. Secure with a **3/8" NYLON LOCK NUT (29)**. **DO NOT OVER TIGHTEN** this assembly because the Adjuster Bracket must be able to pivot freely as it moves up and down the Main Frame.

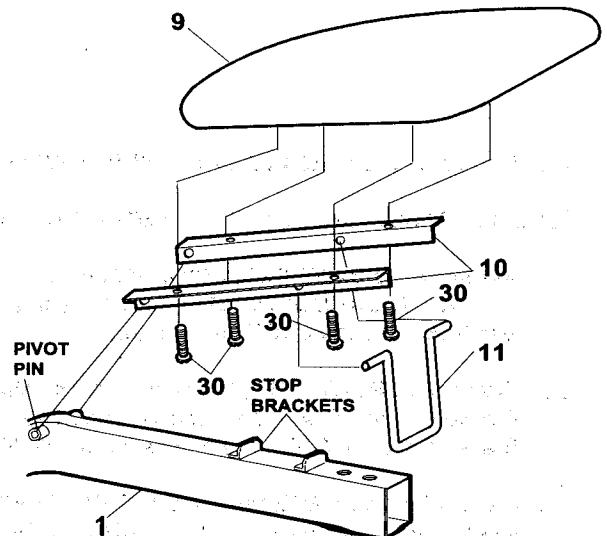
» **NOTE:** To adjust the Backrest incline, pull out on the Spring Lock Pin and raise or lower the rear of the Backrest. The Spring Lock Pin will automatically engage in the adjusting holes along the Main Frame as it passes across.

STEP 3 SEAT ASSEMBLY

PART NAME	QTY
30 1/4" X 3/4" MACHINE SCREW	4

☐ Turn the **SEAT (9)** over. Position only **ONE SHORT ANGLE IRON (10)** onto the Seat. This time the hole in the very end of the Angle Iron will extend past the rear of the Seat and the flat side of the Angle Iron is facing toward the inside. Attach using **1/4" X 3/4" MACHINE SCREWS (30)**.

☐ Assemble the hole in the end of the **SHORT ANGLE IRON (10)** on the **SEAT (9)** onto the **Pivot Pin** on the **MAIN FRAME (1)**. Slide the remaining loose Angle Iron onto the **Pivot Pin** and insert the **SEAT ADJUSTER BAR (11)** into the holes in the center of the Short Angle Irons. Re-assemble the loose Angle Iron to the Seat using **1/4" X 3/4" MACHINE SCREWS (30)**.



» **NOTE:** The incline of the Seat is adjusted by placing the **SEAT ADJUSTER BAR (11)** behind one of the Stop Brackets on the **MAIN FRAME (1)**.

STEP 4 LEG CURL ASSEMBLY

PART NAME	QTY
22 5/16" X 2 1/2" HEX HEAD BOLT	1
26 5/16" NYLON LOCK NUT	1
27 3/8" X 3" HEX HEAD BOLT	1
29 3/8" NYLON LOCK NUT	1
31 2" SQUARE PLASTIC INSERT CAP	1
32 3/4" ROUND PLASTIC INSERT CAP	6
33 1" ROUND PLASTIC INSERT CAP	1
34 1" ROUND PLASTIC COVER CAP W/15° ANGLE	1
35 1 3/4" SQUARE PLASTIC INSERT CAP	1
36 WEIGHT STOP	1
39 LARGE LEG CURL LOCK PIN	1
40 SMALL LOCK PIN	1

Press a 2" SQUARE PLASTIC INSERT CAPS (31) into the end of the LEG CURL (16).

Select the WEIGHT PIN (21) (This is a round tube 1" in diameter and 14 3/4" long with a hole in one end.) Insert the Weight Pin into the angled hole on the lower LEG CURL (16) and align the bolt holes. Secure in place using a 5/16" X 2 1/2" HEX HEAD BOLT (22) to bolt through the Leg Curl and then through the Weight Pin. Fasten with a 5/16" NYLON LOCK NUT (26).

Slide the WEIGHT STOP (36) (flanged side to the outside) onto the WEIGHT PIN (21) all the way to the LEG CURL (16) frame.

Press a 1" ROUND PLASTIC COVER CAP WITH 15° ANGLE END (34) onto the back of the WEIGHT PIN (21). The Cap should be oriented to fit the angle of the Weight Pin.

Press a 1" ROUND PLASTIC INSERT CAP (33) into the front of the WEIGHT PIN (21).

Assemble the LEG CURL (16) to the LEG CURL ADJUSTER (12) using a 3/8" X 3" HEX HEAD BOLT (27) to bolt through the Brackets of the Adjuster and then through the Leg Curl. Secure with a 3/8" NYLON LOCK NUT (29). Tighten securely, but leave enough slack so that the Leg Curl will pivot freely.

Assemble 3 1/2" X 7" FOAM PADS (15) onto one end only of the remaining two PAD BARS (13). Insert the Pad Bars into the ends of the LEG CURL (16). Slide on another 3 1/2" X 7" FOAM PAD (15).

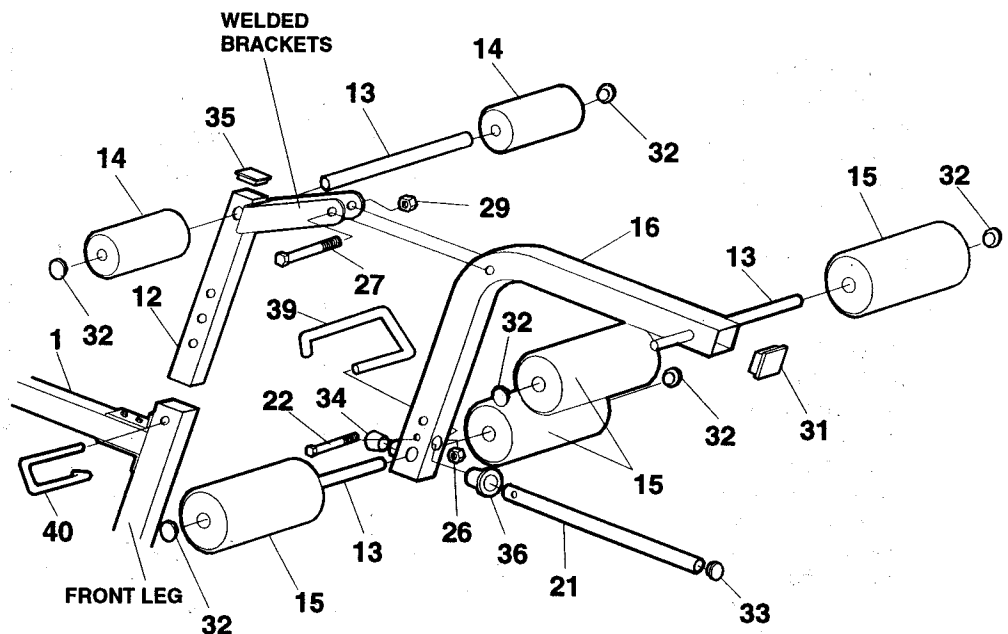
» **NOTE:** The LARGE LEG CURL LOCK PIN (39) is used to lock the LEG CURL (16) from moving so that the Leg Curl can be used for sit-ups and crunches.

» **NOTE:** Adjust the LEG CURL (16) to the desired height by use of the SMALL LOCK PIN (40) inserted through any of the hole along the LEG CURL ADJUSTER (12).

Assemble 1 3/4" SQUARE PLASTIC INSERT CAP (35) into the top of the LEG CURL ADJUSTER (12) and insert the Leg Adjuster into the MAIN FRAME (1) front leg. Secure in position using a SMALL LOCK PIN (40).

Press 3/4" ROUND PLASTIC CAPS (32) into each end of the 3/4" X 16" PAD BARS (13). Wipe a small amount of liquid dish detergent along the length of the Pad Bars. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive.

Assemble one 2 1/2" X 7" FOAM PAD (14) onto one of the PAD BARS (13) and then insert the Bar through the large hole in the upper end of the LEG CURL ADJUSTER (12). Slide on another 2 1/2" X 7" FOAM PAD (14).



STEP 5 UPRIGHT ASSEMBLY

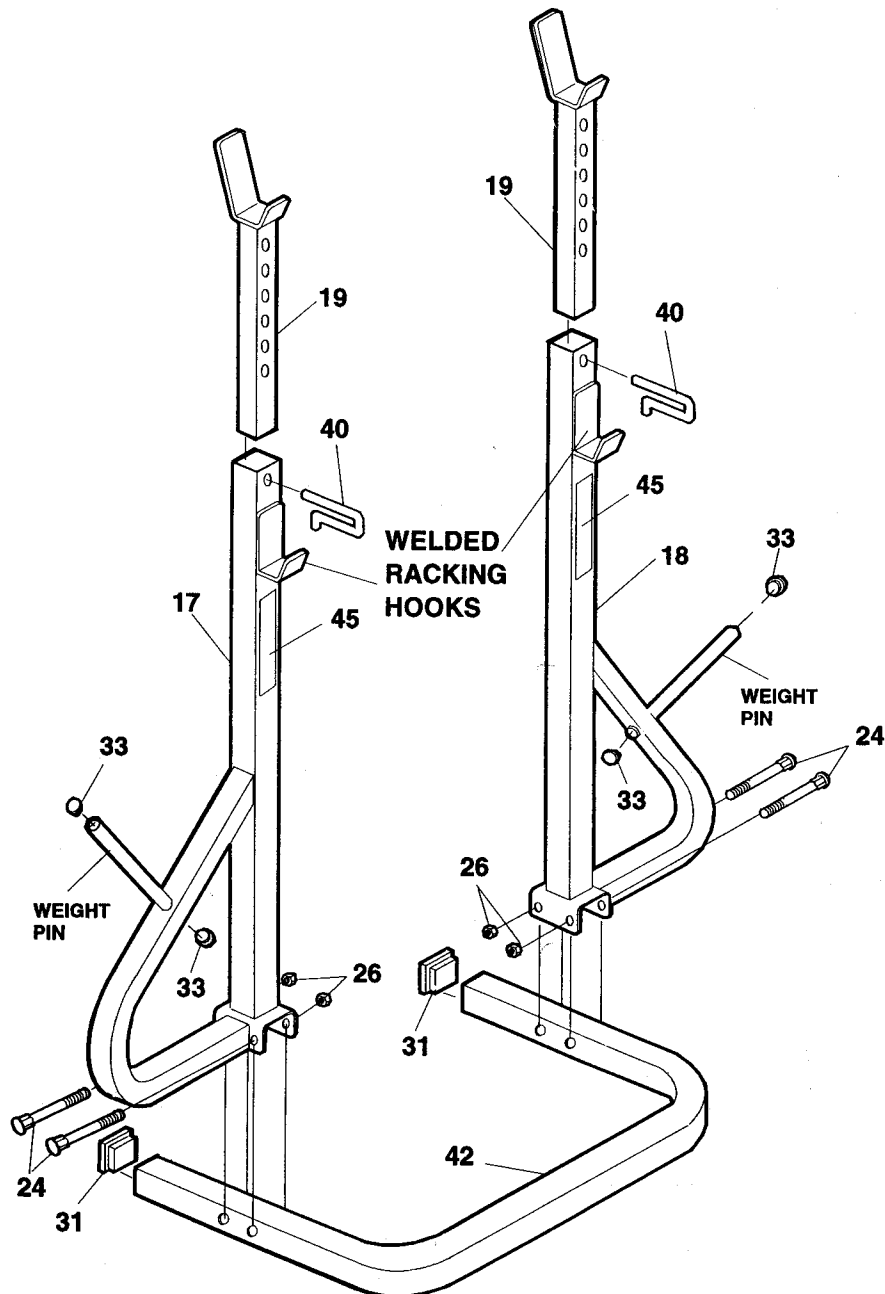
PART NAME	QTY
24 5/16" X 2 1/2" CARRIAGE BOLT	4
26 5/16" NYLON LOCK NUT	4
31 2" SQUARE PLASTIC INSERT CAP	2
33 1" ROUND PLASTIC INSERT CAP	4
40 SMALL LOCK PIN	2

- Press 1" ROUND PLASTIC INSERT CAPS (33) into both ends of the Welded Weight Pins.
- Press 2" SQUARE PLASTIC INSERT CAPS (31) into the UPRIGHT BASE (42).

Assemble the UPRIGHTS (17) and (18) to the UPRIGHT BASE (42) using 5/16" X 2 1/2" CARRIAGE BOLTS (24) to bolt through the U-Bracket of the Upright and then through the Upright Base. Secure with 5/16" NYLON LOCK NUTS (26).

Insert the ADJUSTABLE UPRIGHTS (19) into the UPRIGHTS (17) and (18) and lock in desired height using SMALL LOCK PINS (40).

Remove the UPRIGHT DECALS (45) from the backing sheet and adhere to the UPRIGHTS (17) and (18) below the Welded Racking Hooks. Carefully press the Decal onto the Uprights, starting at the top and working down. Smooth from side to side as you go, working out air bubbles that get trapped behind the Decal.



- » **NOTE:** 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:** There is an additional set of Welded Racking Hooks located at the top of the fixed Uprights for use in the event that you are unable to rack the barbell back on the Adjustable Upright.