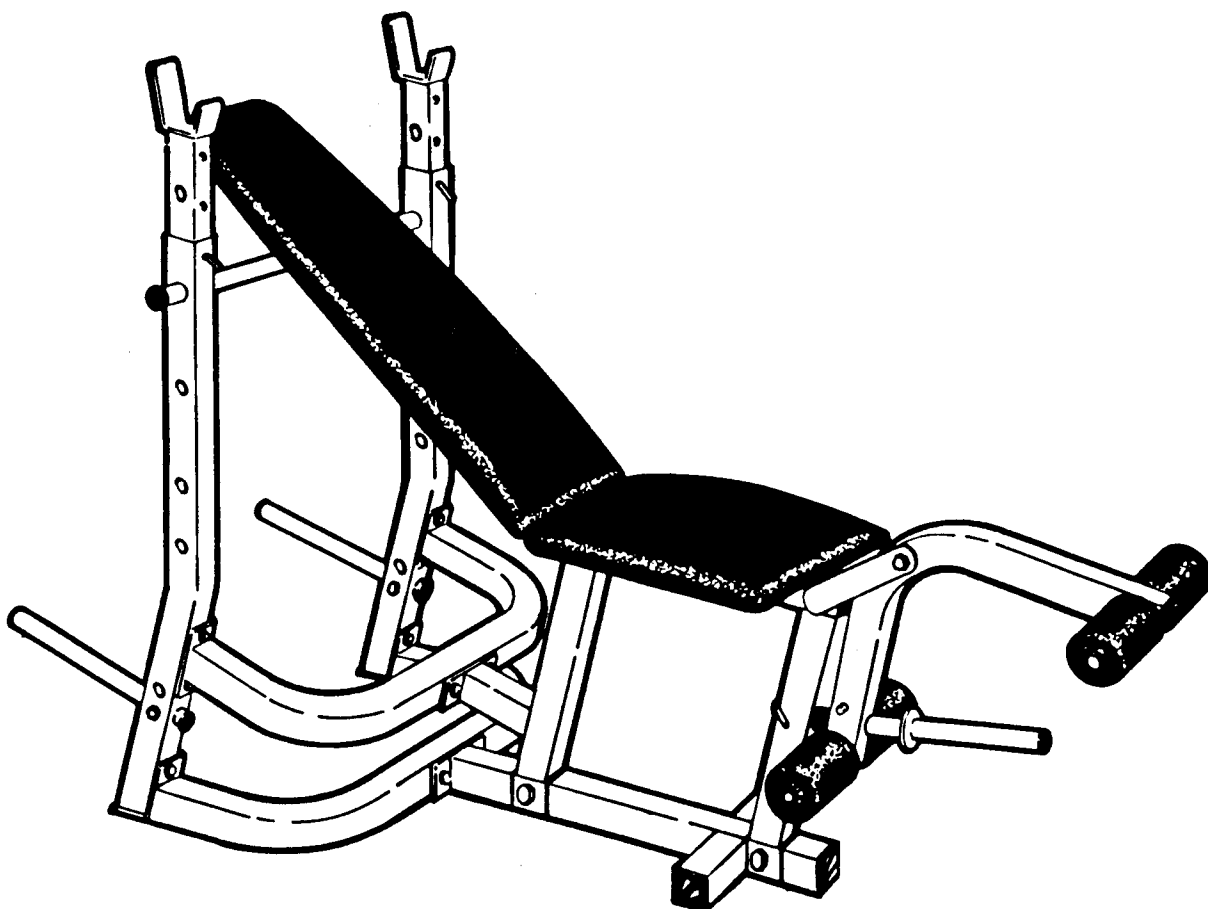




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ASSEMBLY INSTRUCTIONS

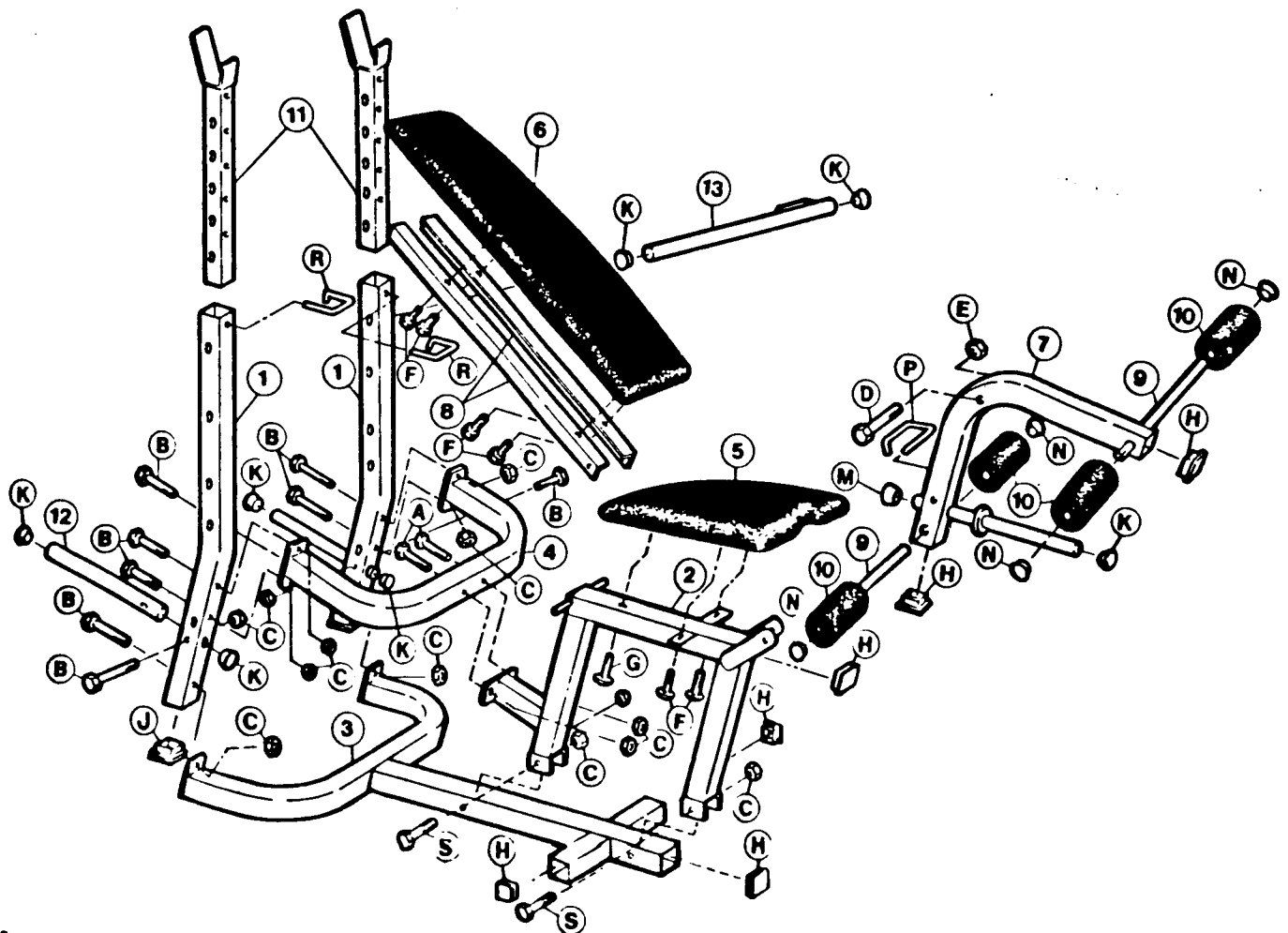
● REPLACEMENT PARTS

WEIDER®

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

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With back to bracket

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	2	C0253-C17
2	MAIN FRAME	1	C0142-C29
3	BASE FRAME	1	C0143-C29
4	UPPER U-FRAME	1	C0144-C29
5	SEAT	1	C0391-C29
6	BACKREST	1	C0392-C29
7	LEG CURL	1	C0200-C09
8	LONG ANGLE IRON	2	C6222-C29
9	PAD BAR	2	C6207-C19
10	FOAM PAD	4	C0411-C04
11	ADJUSTABLE UPRIGHT	2	C0254-C17
12	WEIGHT STACK PIN	2	C6186-C17
13	BACKREST ADJ BAR	1	C6223-C29
	HARDWARE BAG	1	C5816-C29
A	5/16"-20 X 2" HEX HEAD BOLT	2	HH-5017
B	5/16"-20 X 2 1/2" HEX HEAD BOLT	8	HH-5015
C	5/16"-20 LOCK NUT	12	HH-5021
D	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
E	3/8"-16 LOCK NUT	1	HH-5013
F	*1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022
G	*1/4"-20 X 2" MACHINE SCREW	1	HH-5256
H	1 1/2" SQUARE PLASTIC CAP	6	AA-8001
J	2" SQUARE PLASTIC CAP	2	AA-8002
K	1" ROUND PLASTIC CAP	7	AA-8005
M	1" COVER CAP	1	AA-8070
N	3/4" ROUND PLASTIC CAP	4	AA-8004
P	LOCKING PIN - LARGE	1	WW-7017
R	LOCKING PIN - SMALL	2	WW-7016
S	5/16"-20 X 2 1/4" HEX HEAD BOLT	2	HH-5035
	UPRIGHT DECAL	2	DE-4100
	INSTRUCTION MANUAL	1	CNN-1079
	*PREASSEMBLED WITH BACKREST & SEAT		

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.

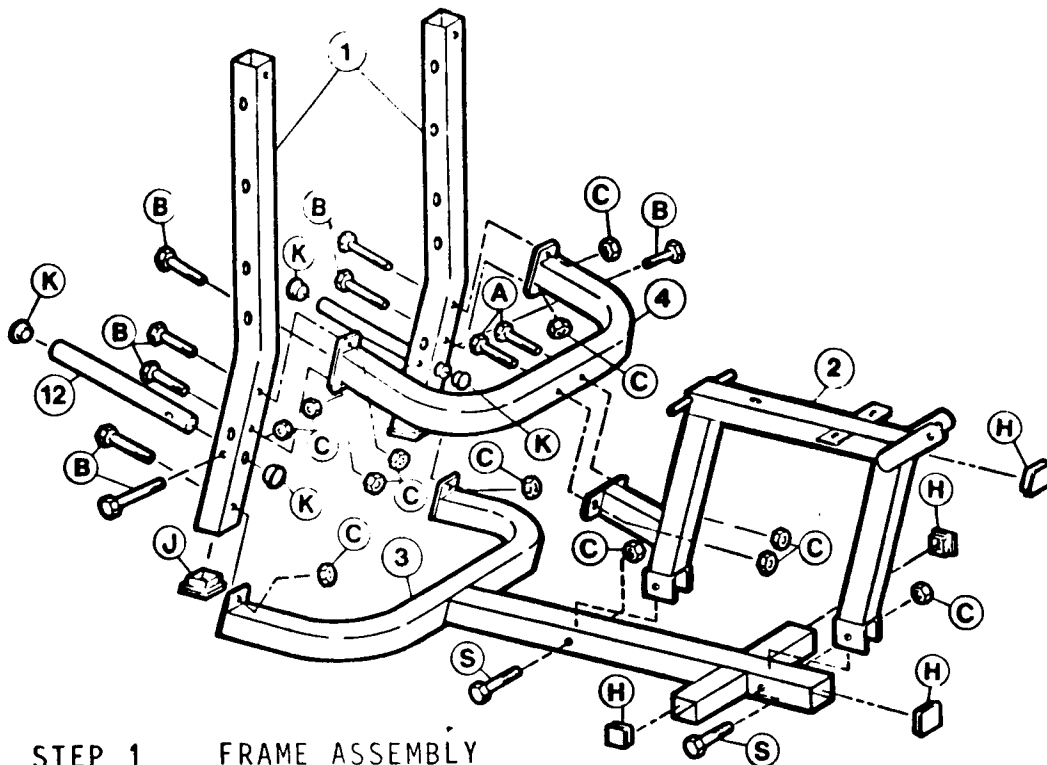
ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

● MODEL NO.

● NAME OF PART

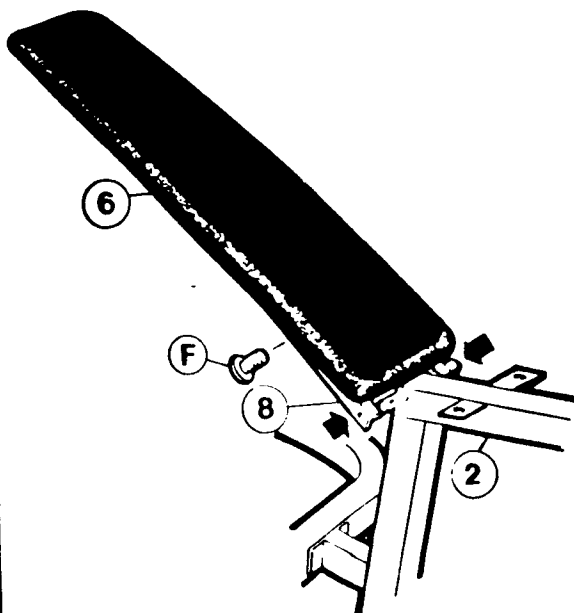
● ORDERING NUMBER

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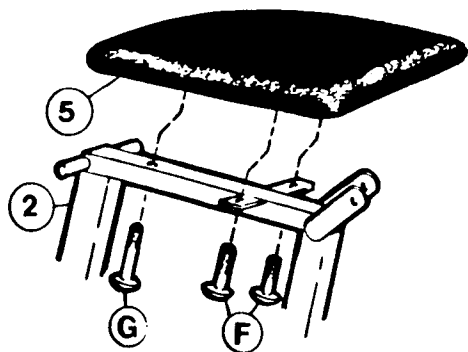
STEP 1 FRAME ASSEMBLY

ALIGN u-brackets of MAIN FRAME (2) with holes on BASE FRAME (3). Secure with 2 HEX HEAD BOLTS (S) and 2 LOCK NUTS (C). Align bolt holes of UPPER U-FRAME (4) with holes on bracket of MAIN FRAME (2). Secure with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (C). Insert 2 SQUARE PLASTIC CAPS (J) into end of UPRIGHTS (1). Align bolt holes of each UPRIGHT (1) with bolt holes on brackets of BASE FRAME (3) and UPPER U-FRAME (4). Secure each with 3 HEX HEAD BOLTS (B) and 3 LOCK NUTS (C). Insert 2 ROUND PLASTIC CAPS (K) into each end of WEIGHT STACK PIN (12). Slide WEIGHT STACK PIN (12) into lower hole in UPRIGHTS (1) and assemble with HEX HEAD BOLTS (B) and LOCK NUTS (C). Make sure all bolts are tight. Insert 3 SQUARE PLASTIC CAPS (H) into BASE FRAME (3) and 1 SQUARE PLASTIC CAP (H) into front of MAIN FRAME (2) between the leg curl brackets.



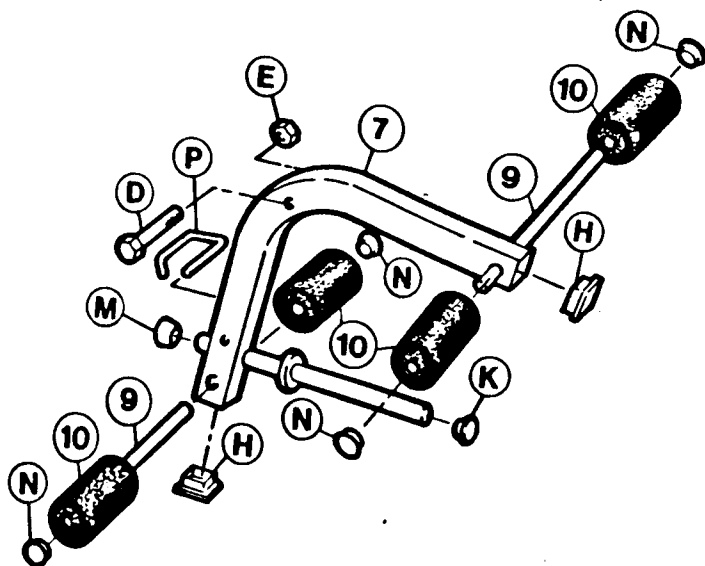
STEP 2 BACKREST ASSEMBLY

LONG ANGLE IRONS (8) are pre-assembled to BACKREST (6), so it is necessary to remove one MACHINE SCREW (F) from the lower end of one angle iron and spread apart enough to allow the backrest to be assembled onto pivot rod of MAIN FRAME (2). Close angle irons over pivot rod and secure loosened angle iron with MACHINE SCREW (F) that was previously removed.



STEP 3 SEAT ASSEMBLY

Align bolt holes of SEAT (5) with holes on MAIN FRAME (2). SECURE WITH 2 MACHINE SCREWS (f) through brackets and 1 MACHINE SCREW (6) through frame.



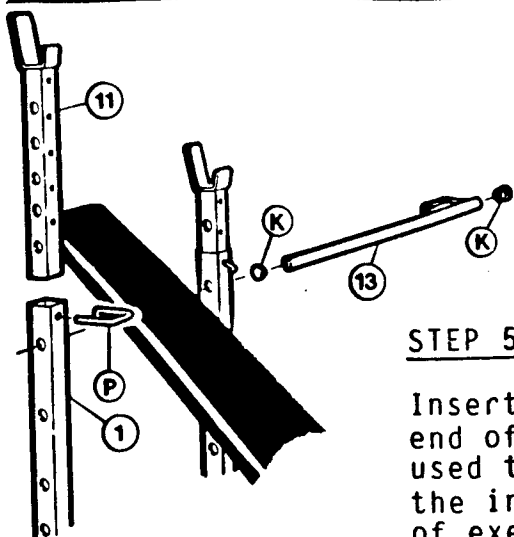
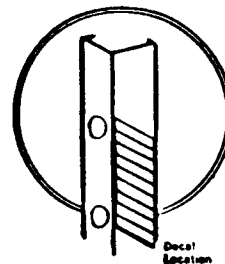
STEP 4 LEG CURL

Insert SQUARE PLASTIC CAPS (H) into both ends of LEG CURL (7). Insert 2 ROUND PLASTIC CAPS (N) into both ends of PAD BAR (9). Assemble FOAM PAD (10) onto one end of PAD BAR (9) and insert PAD BAR (9) through proper hole in LEG CURL (7). Assemble other FOAM PAD (10) onto PAD BAR (9). (The use of a small amount of liquid dish detergent wiped along the surface of the pad bar will make assembling pads easier and will act as an adhesive when it dries.)

Insert ROUND PLASTIC CAP (K) into weight pin on LEG CURL (7) and assemble COVER CAP (M) over the rear extended section of the weight pin.

Place the completed leg curl between brackets on MAIN FRAME (2) and secure with HEX HEAD BOLT (D) and LOCK NUT (E). Do not overtighten! The leg curl should swing in a free motion.

The leg curl can be held from pivoting by the use of the LOCKING PIN (P) when assembled through the hole in the lower section of the LEG CURL (7) and around the front frame of MAIN FRAME (2).



STEP 5 ADJUSTABLE UPRIGHTS

Insert ROUND PLASTIC CAPS (K) into each end of BACKREST ADJ BAR (13). 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 (11) into UPRIGHTS (1) and pinning into the desired height by using LOCKING PINS (R).

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.