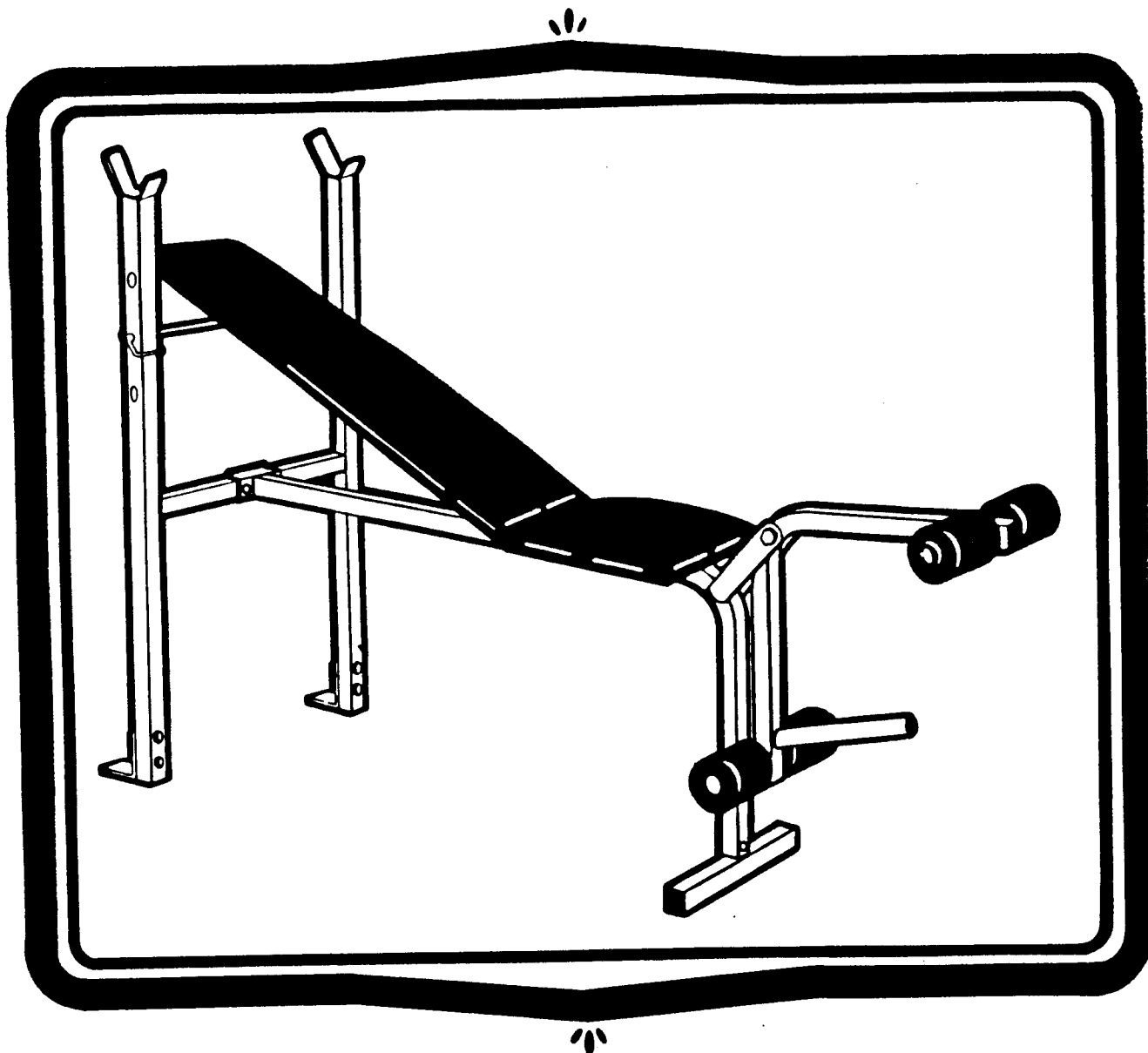




NN-1055

CSWB3

ASSEMBLY INSTRUCTIONS

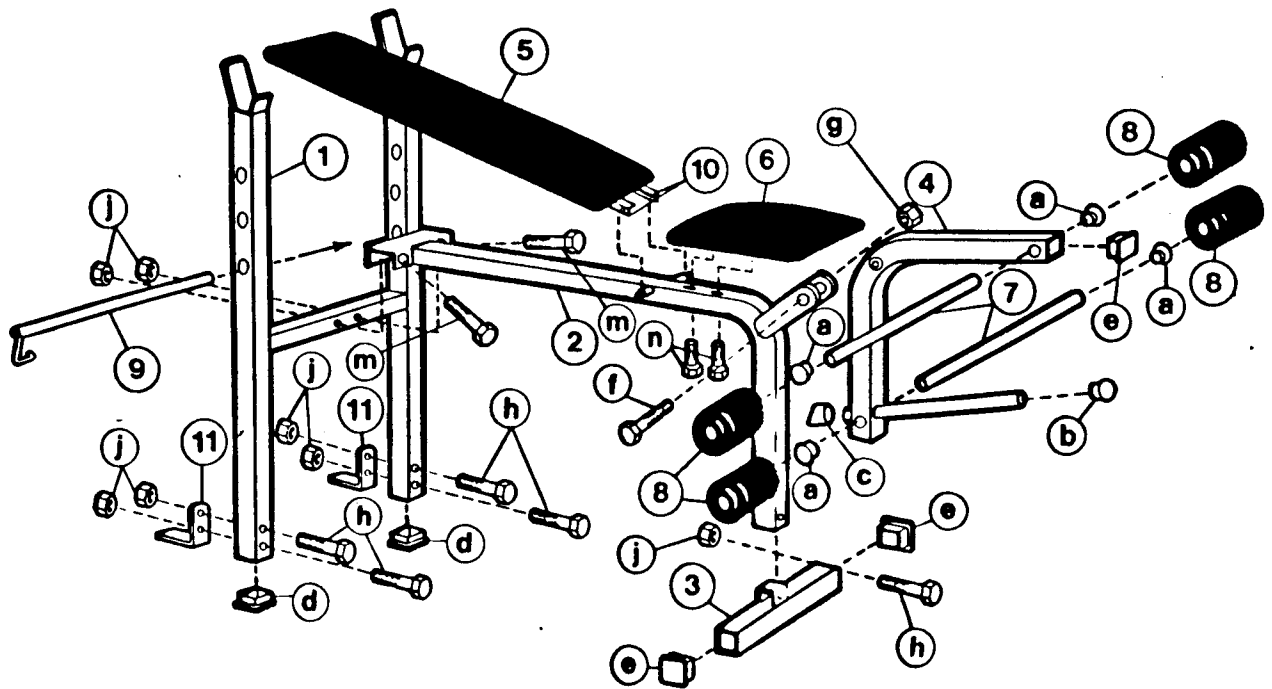
● REPLACEMENT PARTS

WEIDER®

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

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Same as
SWB3

CSWB3		PARTS LIST		2-20-89
DIAGRAM NO.	PART NAME	NO. REQUIRED	ORDERING NUMBER	
1	UPRIGHT	1	KC05-0239	
2	MAIN FRAME	1	KA23-0170	
3	FRONT SUPPORT	1	KA23-0171	
4	LEG CURL	1	KA23-0172	
5	BACKREST	1	KC02-0354	
6	SEAT	1	KC02-0355	
7	PAD BAR	2	KA23-6112	
8	FOAM PAD	4	KC02-0410	
9	BACKREST ADJ. BAR	1	KA05-6045	
10	LONG ANGLE IRON	2	KA23-6113	
11	L-BRACKET	2	KC05-6128	
	HARDWARE BAG	1	KA05-5795	
a	3/4" ROUND PLASTIC CAP	4	AA-8004	
b	1" ROUND PLASTIC CAP	1	AA-8005	
c	1" COVER CAP	1	AA-8070	
d	1 1/2" SQUARE PLASTIC CAP	2	AA-8001	
e	1 1/4" SQUARE PLASTIC CAP	3	AA-8069	
f	3/8" - 16 X 2 1/4" HEX HEAD BOLT	1	HH-5061	
g	3/8" - 16 LOCK NUT	1	HH-5013	
h	5/16" - 20 X 2" HEX HEAD BOLT	5	HH-5017	
i	5/16" - 20 LOCK NUT	7	HH-5021	
k	1/4" - 20 X 3/4" MACHINE SCREW	4	HH-5022	
m	5/16" - 20 X 2 1/4" HEX HEAD BOLT	2	HH-5035	
n	1/4" - 20 X 1 1/2" MACHINE SCREW	2	HH-5250	
	UPRIGHT DECAL	1	DE-4060	
	INSTRUCTION MANUAL	1	KNN-1055	

REPAIR PARTS AND SERVICE

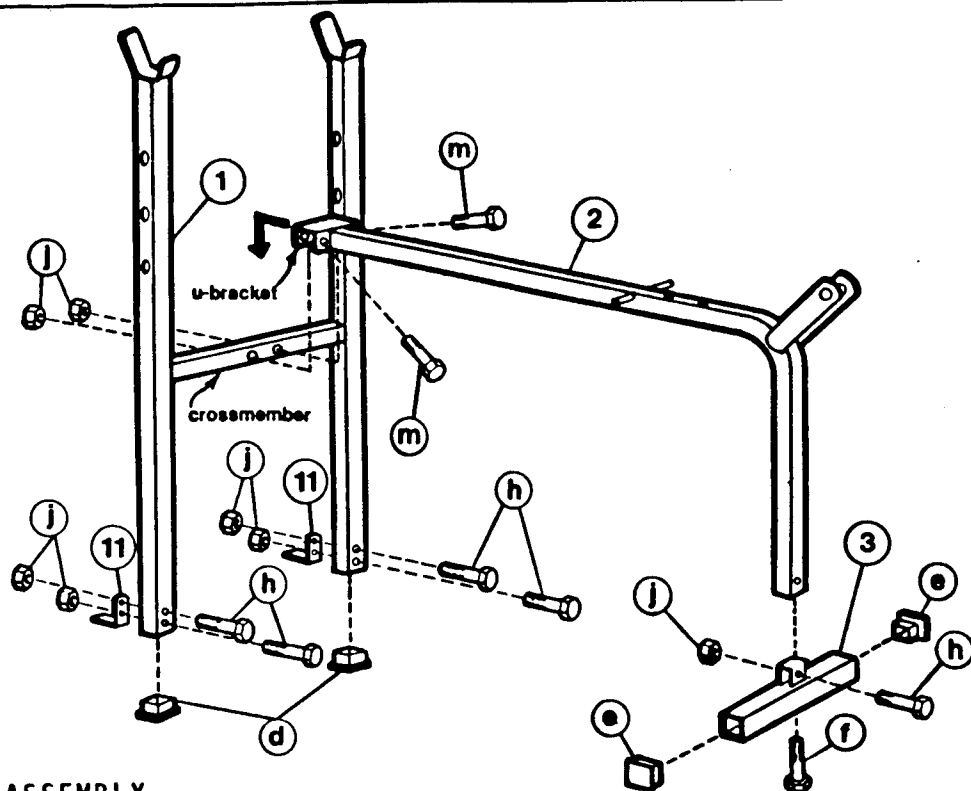
ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT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

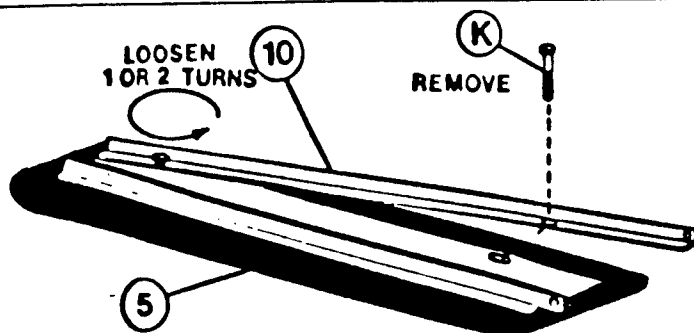
ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
● MODEL NO. ● NAME OF PART ● ORDERING NUMBER

C120



STEP 1 - FRAME ASSEMBLY

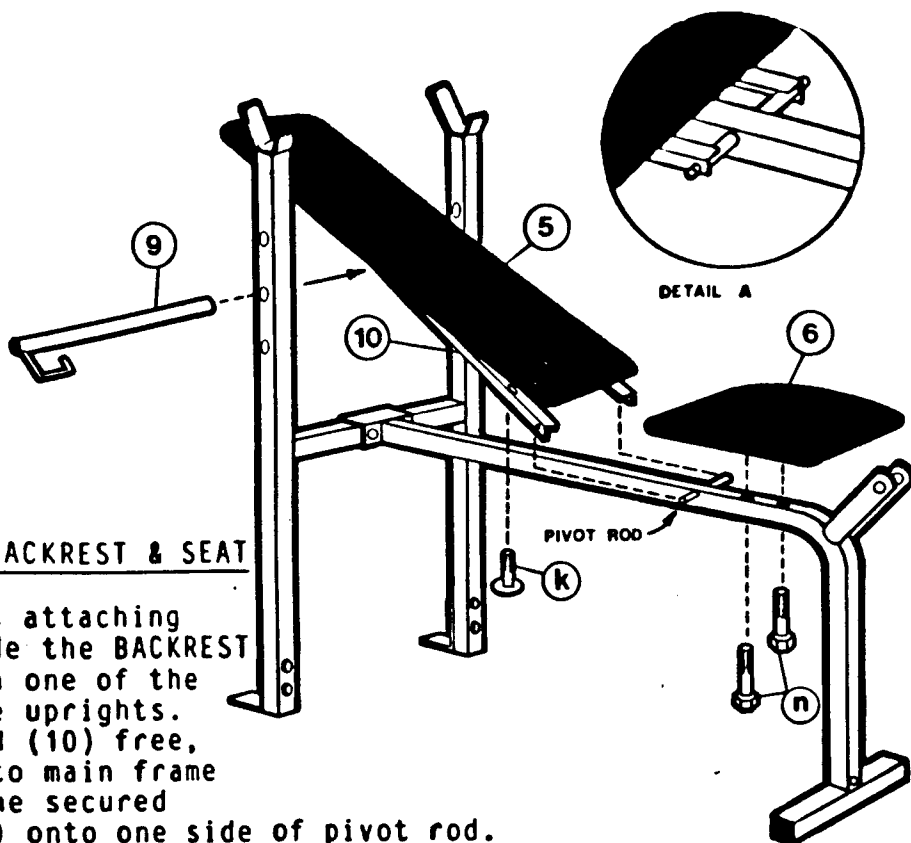
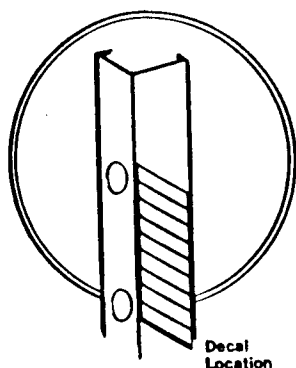
Begin by inserting 2 SQUARE PLASTIC CAPS (d) into UPRIGHT (1). Align bolt holes on L-BRACKETS (11) with bolt holes on UPRIGHT (1). Secure each bracket with 2 HEX HEAD BOLTS (h) and 2 LOCK NUTS (j). Align bolt hole on MAIN FRAME (2) and FRONT SUPPORT (3). Secure with 1 HEX HEAD BOLT (h) and 1 LOCK NUT (j). With UPRIGHT (1) standing, lower u-bracket of MAIN FRAME (2) onto crossmember of UPRIGHT (1). Align bolt holes and secure with 2 HEX HEAD BOLTS (m) and 2 LOCK NUTS (j). Insert 2 SQUARE PLASTIC CAPS (e) into FRONT SUPPORT (3). Tighten all bolts.



NOTE: The lower or attachment end of the BACKREST (5) can be identified quickly by the LONG ANGLE IRONS (10). The LONG ANGLE IRONS (10) will be extended approximately two inches beyond the BACKREST PAD (5).

STEP 2 - BACKREST PREPARATION

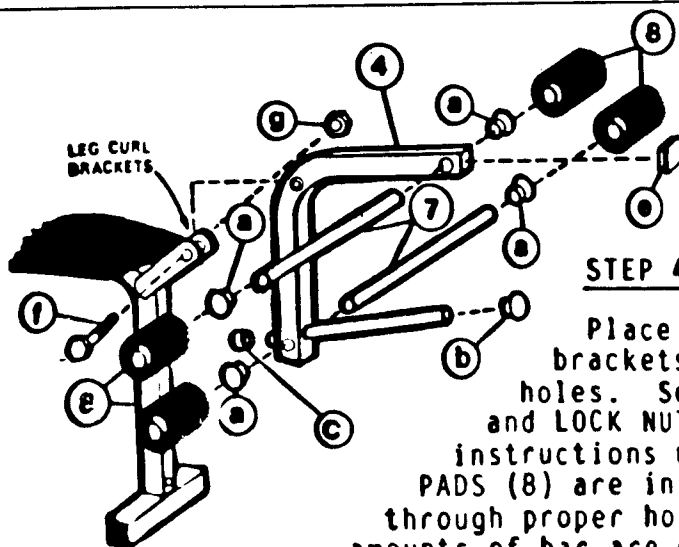
Turn BACKREST (5) over to expose work area. Both LONG ANGLE IRONS (10) have been fastened to BACKREST (5) for shipment. One long angle iron must be loosened in order to assemble BACKREST (5) to main frame pivot rod. The lower MACHINE SCREW (k) must be removed while the upper MACHINE SCREW (k) is only loosened. The LONG ANGLE IRON (10) can now swing freely from the lower end of BACKREST (5).



STEP 3 - ATTACHING BACKREST & SEAT

BACKREST: To aid in attaching backrest, first slide the BACKREST ADJ. BAR (9) through one of the hole patterns in the uprights. With LONG ANGLE IRON (10) free, lower BACKREST (5) to main frame pivot rod. Slide the secured LONG ANGLE IRON (10) onto one side of pivot rod. Swing the free LONG ANGLE IRON (10) back to its original position and onto the opposite end of the pivot rod. See Detail A. Replace MACHINE SCREW (k) that was removed in Step 2 and tighten all machine screws.

SEAT: With SEAT (6) right-side up, lower to MAIN FRAME (2) bolt holes. Align bolt holes and fasten with 2 HEX HEAD BOLTS (n)



STEP 4 - ATTACHING LEG CURL

Place LEG CURL (4) between leg curl brackets on main frame and align bolt holes. Secure with HEX HEAD BOLT (f) and LOCK NUT (g). Repeat the following instructions until all PAD BARS (7) and FOAM PADS (8) are in place. First slide PAD BAR (7) through proper hole in LEG CURL (4) until equal amounts of bar are on both sides of LEG CURL (4). Slide one FOAM PAD (8) onto each end of PAD BAR (7). Insert SQUARE PLASTIC CAP (e) into end of LEG CURL (4). Insert PLASTIC Cap (b) into weight pin on leg curl. Place COVER CAP (c) over weight pin opposite end.

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.