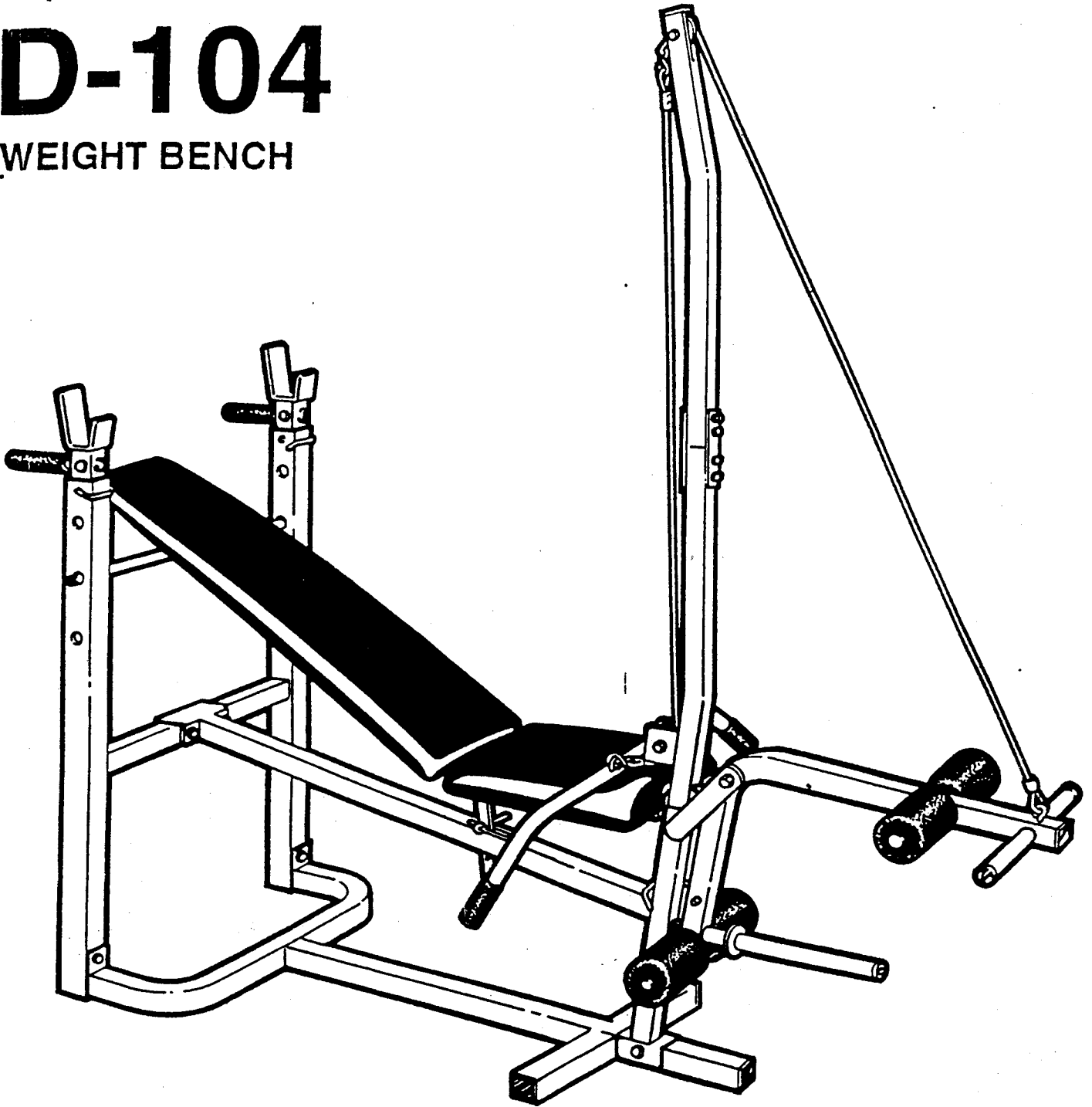


D-104

WEIGHT BENCH



weider.

OWNERS MANUAL

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

MODEL NUMBER: D104
 VERSION: 00
 PRODUCT NAME:
 PRODUCT DESC:

MODEL/PART BOOK LISTING PAGE 1
 IMI023P1
 RUN DATE: 11/17/95
 RUN TIME: 9:35:54

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
.	.	WEIDER D104	0
.	.	ULTRA MAX 14 IN 1 BENCH	0
.	.	OM# CNM-1088A SEE D104-0	0
.	.	OM# NN-1158 SEE VER 0	0
.	.	OM# CNM-1088 SEE VER 1	0
.	.	OM# NN-1157 SEE VER 2	0
.	.	OM# HNN-1171 SEE VER 3	0
.	.	OM# KNN-1170 SEE VER 4	0
.	NN-1158	OWNER'S MANUAL	1
1	NLA	UPRIGHT	1
2	NLA	BASE FRAME	1
3	NLA	MAIN FRAME	1
4	NLA	BACKREST	1
5	NLA	SEAT	1
6	NLA	LEG CURL	1
7	NLA	WEIGHT PIN	1
8	NLA	LONG ANGLE IRON	2
9	NLA	SHORT ANGLE IRON	2
10	U6120-A25	SEAT ADJ T	1
11	U6121-A25	PAD BAR	2
12	C0411-C04	FOAM PAD	6
13	NLA	ADJUSTABLE UPRIGHT	2
14	NLA	DIP BAR PIN 1"X7"	2
15	NLA	BACKREST ADJ BAR	1
16	U6159-C15	WEIGHT BAR 1"X12"	1
17	NLA	PAD SUPPORT	1
18	NLA	ARM CURL PAD	1
19	NLA	HAST TOP SECTION	1
20	NLA	HAST BOTTON SECTION	1
21	NLA	LAT BAR	1
22	U6224-C15	NYLON CABLE LONG	1
23	U6225-C15	NYLON CABLE SHORT	1
24	NLA	FOAM GRIP 1 1/4"X5"	4
25	NLA	RIGHT BUTTERFLY	1
26	NLA	WEIGHT PIN 1"X10 1/2"	2
27	NLA	LEFT BUTTERFLY	1
28	U6157-C14	BUTTRFLY PAD BAR	2
29	NLA	HAST CONNECTOR PLATE	2
40	NLA	HARDWARE BAG	1
41	103053	5/16"X2 1/2"HEX HEAD BOLT	5
42	012082	5/16"NYLON LOCK NUT	12
43	013464	5/16"X2"HEX HEAD BOLT	2
44	103045	3/8"X2 1/2"HEX HEAD BOLT	1
45	012108	3/8"NYLON LOCK NUT	3
46	119186	1/4"X3/4" MACHINE SCREW	11
47	012090	1/4"NYLON LOCK NUT	3
49	013369	3/8"X1 1/2"HEX HEAD BOLT	1
50	013580	3/8"X2"HEX HEAD BOLT	1
64	AA-8001	1 1/2" SQUARE PLASTIC CAP	5
65	AA-8002	2" SQUARE PLASTIC CAP	2
66	115366	3/4" ROUND PLASTIC CAP	7
67	AA-8005	1" ROUND PLASTIC CAP	9
68	123396	1" ROUND PLSTC CUR CAP-15	1
69	AA-8034	PULLEY WHEEL	2

MODEL NUMBER: D104
VERSION: 00
PRODUCT NAME:
PRODUCT DESC:

MODEL/PART BOOK LISTING

PAGE 2
INI023P1

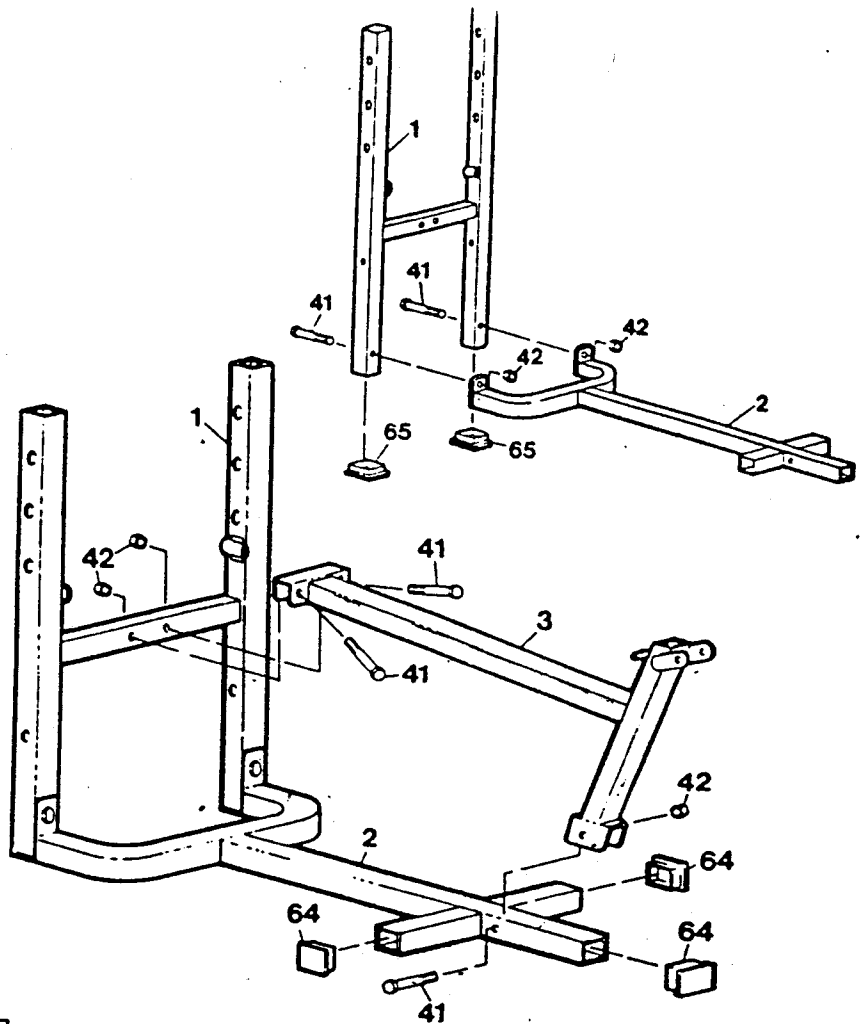
RUN DATE: 11/17/95
RUN TIME: 9:35:54

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
70	AA-8093	1"RND PLASTIC CUR CAP	2
71	AA-8091	PLASTIC SLEEVE	2
72	123403	WEIGHT STOP	3
73	120737	5/16"X5" HEX HEAD BOLT	2
74	AA-8128	PLASTIC SPACER 1/2"X3"	2
75	112932	LARGE WASHER 7/8"	2
.	.	NON-ILLUSTRATED PARTS	0
A	NLA	UPRIGHT DECAL	2
B	MN-1158	INSTRUCTION MANUAL	1

STEP 1 FRAME ASSEMBLY

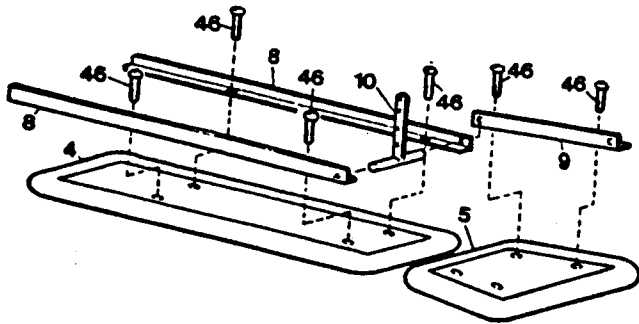
PART NAME	QTY
41 5/16" X 2 1/2" HEX HEAD BOLT	5
42 5/16" NYLON LOCK NUT	5
65 2" SQUARE PLASTIC CAP	2
64 1 1/2" SQUARE PLASTIC CAP	3

- Lay out BASE (2). Align bolt holes of UPRIGHT (1) with holes on BASE (2). Secure each side with 5/16" X 2 1/2" HEX HEAD BOLT (41) and 5/16" NYLON LOCK NUT (42). Insert 2" SQUARE PLASTIC CAPS (65) into bottom of UPRIGHT (1).
- Place MAIN FRAME (3) into position as shown. Position u-brackets of MAIN FRAME (3) over cross member of UPRIGHT (1) and long tube of BASE (2). Secure each with 5/16" X 2 1/2" HEX HEAD BOLTS (41) and 5/16" NYLON LOCK NUTS (42). Assemble 1 1/2" SQUARE PLASTIC CAPS (64) into BASE (2). TIGHTEN ALL FRAME BOLTS SECURELY!



STEP 2 BACKREST & SEAT ASSEMBLY

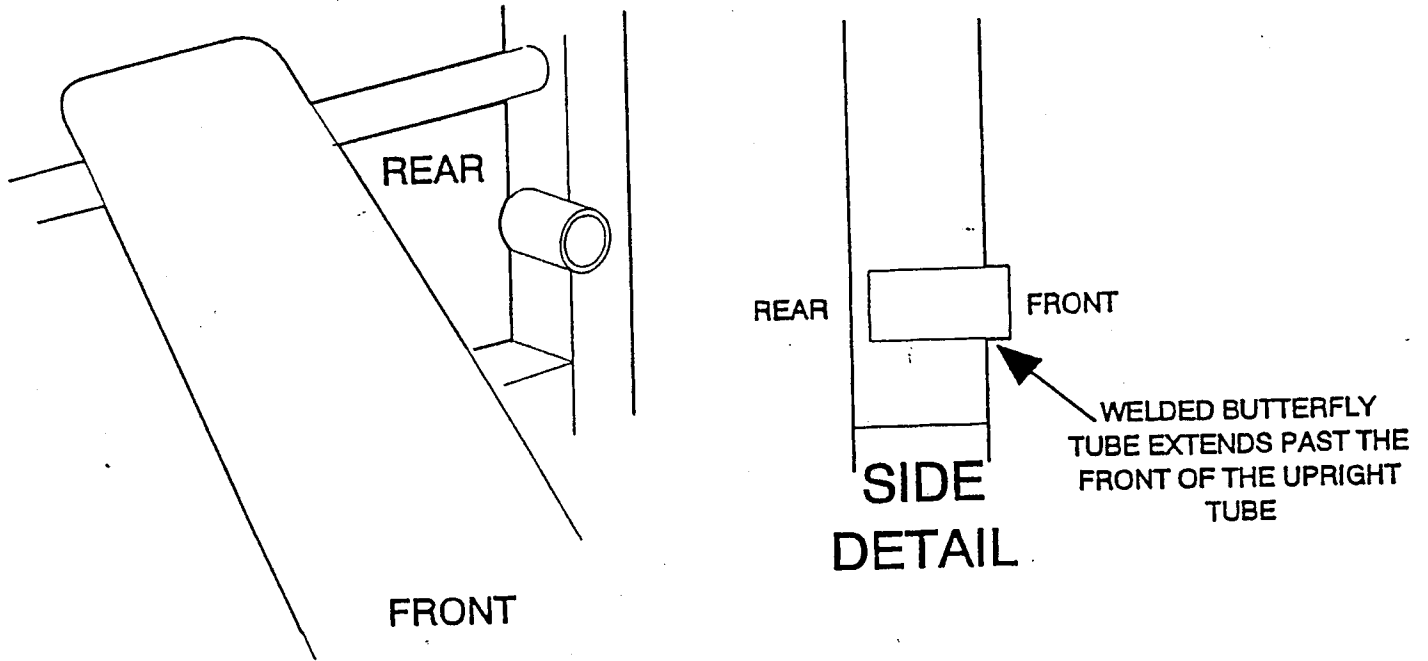
PART NAME	QTY
46 1/4" X 3/4" MACHINE SCREW	6



- Turn BACKREST (4) over. The LONG ANGLE IRONS (8) will be assembled first.
- Position only one LONG ANGLE IRON (8) on the Backrest aligning the holes. IMPORTANT: THE FLAT SIDE OF THE LONG ANGLE IRONS MUST FACE TO THE OUTSIDE OF THE PAD.
- Secure LONG ANGLE IRON (8) with two 1/4" X 3/4" MACHINE SCREW (46). The end of the BACKREST (4) where LONG ANGLE IRON (8) extends over is the bottom end of the pad. This is where SEAT ADJ T (10) is placed.
- Insert one end of the pivot rod of SEAT ADJ T (10) into the hole at the end of LONG ANGLE IRON (8) and position the other LONG ANGLE IRON (8) over opposite end of the pivot rod and align LONG ANGLE IRON (8) with the threaded holes on BACKREST (4). Secure with two 1/4" X 3/4" MACHINE SCREW (46).
- SEAT: First align the narrow part of SEAT (5) with the bottom of BACKREST (4). This time the flat side of SHORT ANGLE IRONS (9) will face to the inside of the pad.
- Attach only one SHORT ANGLE IRON (9) at this time.
- Slide the hole of SHORT ANGLE IRON (9) over the pivot rod of SEAT ADJ T (10) pushing the flat side of the SHORT ANGLE IRON (9) against the flat side of LONG ANGLE IRON (8).
- Align holes of SHORT ANGLE IRON (9) with holes in SEAT (5) and secure with 1/4" X 3/4" MACHINE SCREW (46).

D104 SUPPLEMENT

SUPPLEMENT TO STEP1 FRAME ASSEMBLY

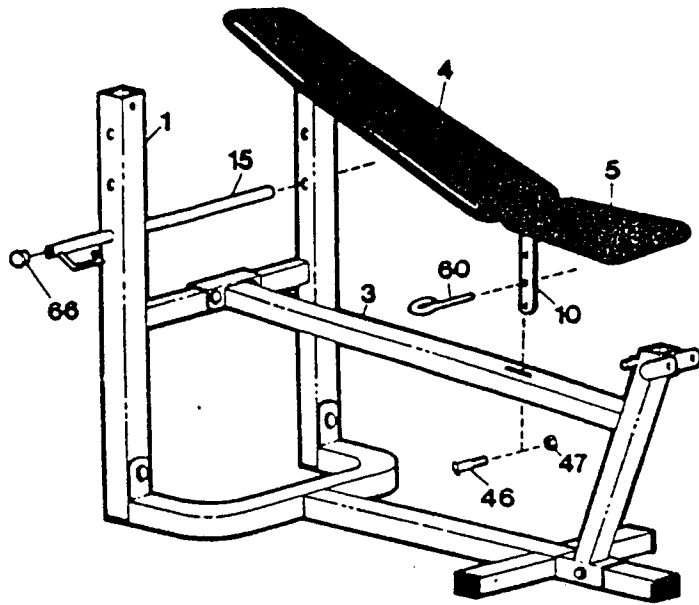


It is important to notice before beginning assembly of the D104 that the Upright (1) has a front and back, and it is important to orient the Upright correctly. The Welded Butterfly Tubes extend past one side of the Upright tube. This is the side of the Upright that should be faced to the front or to the side where the Main Frame (3) will be attached.

STEP 3 ATTACH BACKREST & SEAT

PART NAME	QTY
66 3/4" ROUND PLASTIC CAP	1
46 1/4" x 3/4" MACHINE SCREW	1
47 1/4" NYLON LOCK NUT	1
60 EYELET PIN	1

- Press 3/4" ROUND PLASTIC CAP (66) Into handle end of BACKREST ADJ BAR (15).
- To aid in this assembly, slide BACKREST ADJ BAR (15) into any of the hole patterns on the UPRIGHT (1). (The BACKREST ADJ BAR (15) is used to adjust the incline of BACKREST (4) and the height of the ADJUSTABLE UPRIGHTS (13) when using the Backrest in an incline position.)

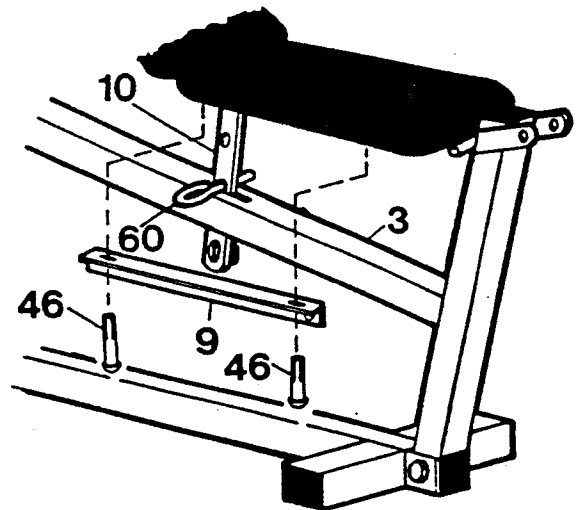


- Lower BACKREST (4) and SEAT (5) assembly to MAIN FRAME (3). Slide attached SHORT ANGLE IRON (9) over Pivot Rod on MAIN FRAME (3) and place SEAT ADJ T (10) through slot in MAIN FRAME (3). 1/4" X 3/4" MACHINE SCREW (46) and 1/4" NYLON LOCK NUT (47) are placed in the last hole of SEAT ADJ T (10) to prevent it from coming out when adjusting the Seat and Backrest height.
- EYELET PIN (60) is used to adjust the height of the Backrest and Seat.

STEP 4 SHORT ANGLE IRON

PART NAME	QTY
46 1/4" X 3/4" MACHINE SCREW	2

- To aid in this assembly, EYELET PIN (60) should be placed so that the highest possible position of the Seat is achieved.
- Slide SHORT ANGLE IRON (9) over the Pivot Rod on MAIN FRAME (3) and the Pivot Rod on SEAT ADJ T (10). Secure with two 1/4" X 3/4" MACHINE SCREW (46).



STEP 5 LEG CURL ASSEMBLY

PART NAME	QTY
56 5/16" X 1 3/4" HEX HEAD BOLT	1
42 5/16" NYLON LOCK NUT	2
68 1" ROUND PLASTIC COVER CAP	1
72 WEIGHT STOP	1
67 1" ROUND PLASTIC CAP	3
64 1 1/2" SQUARE PLASTIC CAP	1
44 3/8" X 2 1/2" HEX HEAD BOLT	1
45 3/8" NYLON LOCK NUT	1
66 3/4" ROUND PLASTIC CAP	4
53 5/16" X 1 3/4" EYELET BOLT	1
58 LOCKING PIN - LARGE	1

- First, slide WEIGHT PIN (7) through angled hole in the front part of LEG CURL (6). Align the bolt holes and secure with 5/16" X 1 3/4" HEX HEAD BOLT (56) and 5/16" NYLON LOCK NUT (42).
- Place 1" ROUND PLASTIC COVER CAP - 15 (68) over rear extended portion of WEIGHT PIN (7). Slide WEIGHT STOP (72) over WEIGHT PIN (7) (flared side out) until it is against the Leg Curl Frame. Assemble 1" ROUND PLASTIC CAP (67) into end of WEIGHT PIN (7).
- Insert 1 1/2" SQUARE PLASTIC CAPS (64) into end of LEG CURL (6).

Position LEG CURL (6) between leg curl brackets on MAIN FRAME (3). Secure with 3/8" X 2 1/2" HEX HEAD BOLT (44) and 3/8" NYLON LOCK NUT (45). DO NOT OVER TIGHTEN OR LEG CURL WILL NOT BE ABLE TO SWING FREELY.

Repeat the following instructions until all leg curl parts are in place.

First, slide PAD BAR (11) through proper hole in LEG CURL (6) until equal amounts of bar are on both sides.

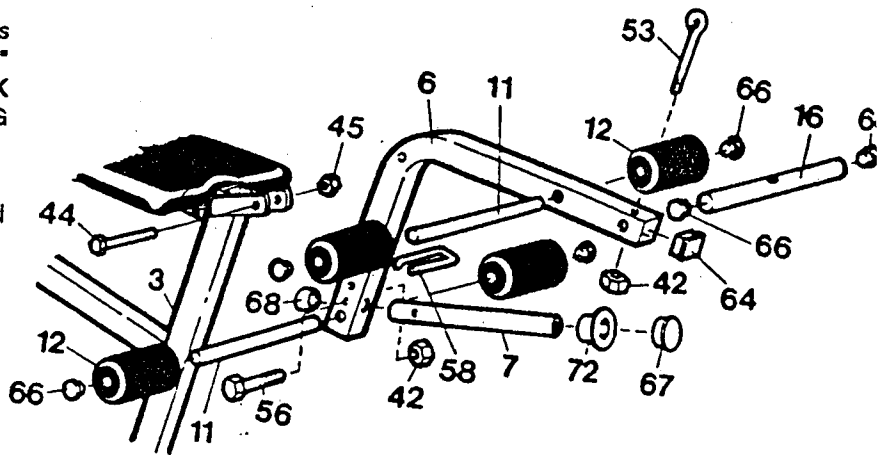
To help with the following step, a small amount of liquid dish detergent should be applied to both ends of PAD BAR (11). This acts as a lubricant in assembling FOAM PADS (12) and also acts as an adhesive after it has dried.

Slide FOAM PAD (12) onto each end of PAD BAR (11). Assemble 3/4" ROUND PLASTIC CAPS (66) into each end of PAD BAR (11).

Slide WEIGHT BAR (16) through large hole at the end of LEG CURL (6). Align bolt holes and secure with 5/16" x 1 3/4" EYELET BOLT (53) and 5/16" NYLON LOCK NUT (42).

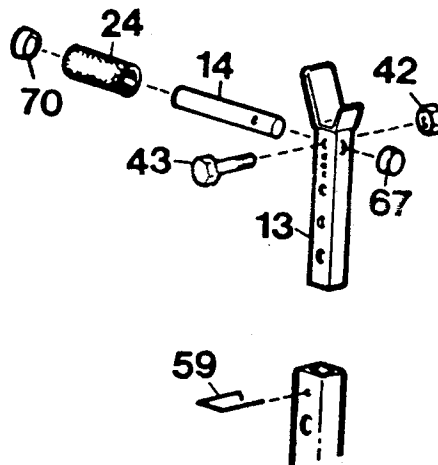
Assemble 1" ROUND PLASTIC CAPS (67) into each end of WEIGHT BAR (16).

LOCKING PIN - LARGE (58) is used to lock Leg Curl Assembly to the Main Frame.



STEP 6 ADJUSTABLE UPRIGHTS

PART NAME	QTY
43 5/16" X 2" HEX HEAD BOLT	2
42 5/16" NYLON LOCK NUT	2
67 1" ROUND PLASTIC CAP	2
70 1" ROUND PLASTIC COVER CAP	2
59 SMALL LOCKING PIN	2



Slide DIP BAR PIN (14) through the top hole of ADJUSTABLE UPRIGHT (13). Align bolt holes and secure with 5/16" X 2" HEX HEAD BOLT (43) and 5/16" NYLON LOCK NUT (42).

Assemble 1" ROUND PLASTIC CAP (67) into one end of DIP BAR PIN (14). Assemble 1" ROUND PLASTIC COVER CAP (70) into opposite end of DIP BAR PIN (14).

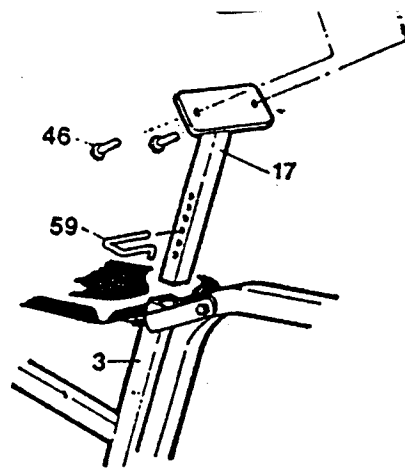
Slide FOAM GRIP (24) over DIP BAR PIN (14).

Slide entire assembly into UPRIGHT (1).

The BACKREST ADJ BAR (15) assembled to bench in Step 3 is used to adjust the incline of the BACKREST (4) and the height of the ADJUSTABLE UPRIGHTS (13) when using the Backrest in an incline position. When the Backrest is in the flat position, the height of the ADJUSTABLE UPRIGHTS (13) can be adjusted by the use of LOCKING PIN - SMALL (59).

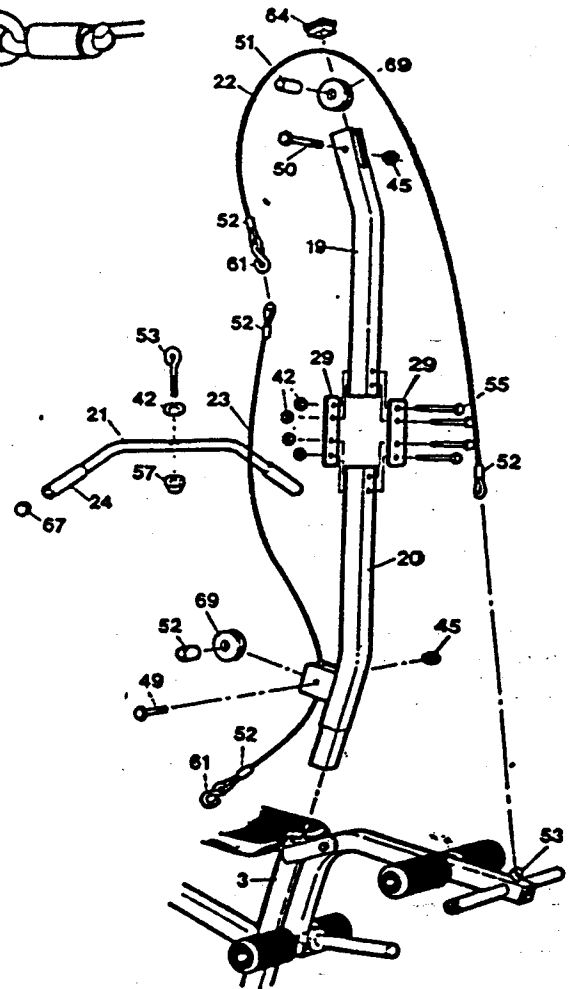
STEP 7 ARM CURL ASSEMBLY	
PART NAME	QTY
46 1/4" X 3/4" MACHINE SCREW	2
59 LOCKING PIN - SMALL	1

- Assemble ARM CURL PAD (18) to PAD SUPPORT (17) using 1/4" X 3/4" MACHINE SCREWS (46)
- To use Arm Curl, insert PAD SUPPORT (17) into Main Frame and adjust to desired height by inserting LOCKING PIN - SMALL (59) into appropriate hole and allowing it to rest on top of frame.



STEP 8 CABLE & HOOK ASSEMBLY	
PART NAME	QTY
52 FERRULE	4
61 S-HOOK	2

- NYLON CABLE - LONG (22) NYLON CABLE - SHORT (23)
- Tie knot in one end of cable. Loop cable and insert loop through FERRULE (52).
- Insert S-HOOK (61) through cable loop.
- Pull cable back through FERRULE (52) to secure S-HOOK (61).
- Tie knot and loop in opposite end of cable.



STEP 9 MAST ASSEMBLY	
PART NAME	QTY
55 5/16" X 2" CARRIAGE BOLTS	4
57 5/16" ACORN NUT	5
52 3/4" FERRULE	1
49 3/8" X 1 1/2" HEX HEAD BOLT	1
45 3/8" NYLON LOCK NUT	2
51 1 3/8" BUSHING	1
50 3/8" X 2" HEX HEAD BOLT	1
64 1 1/2" SQUARE PLASTIC CAP	1
70 1" ROUND PLASTIC CAP	2
42 5/16" NYLON LOCK NUT	1
53 5/16" EYELET BOLT	1

- Connect MAST TOP SECTION (19) and MAST BOTTOM (20) using MAST CONNECTOR PLATES (29) and securing with 5/16" X 2" CARRIAGE BOLTS (55) and 5/16" ACORN NUTS (57).
- Insert 3/4" BUSHING (52) into PULLEY WHEEL (69) and assemble into pulley plates trapping SHORT CABLE (23) behind pulley. Secure with 3/8" X 1 1/2" HEX HEAD BOLT (49) and 3/8" NYLON LOCK NUT (45).
- Insert 1 3/8" BUSHING (51) into PULLEY WHEEL (69) and insert assembly into MAST TOP SECTION (19) and secure with 3/8" X 2" HEX HEAD BOLT (50) and 3/8" NYLON LOCK NUT (45).
- Drape LONG CABLE (22) over pulley and cap mast with 1 1/2" SQUARE PLASTIC CAP (64).
- Assemble FOAM GRIPS (24) onto each end of LAT BAR (21) and push 1" ROUND PLASTIC CAPS (70) onto both ends bar.
- Thread 5/16" NYLON LOCK NUT (42) onto EYELET BOLT (53) - all the way to the top of the threads - and insert into center hole of LAT BAR (21). Secure with 5/16" ACORN NUT (57).

USING MAST ASSEMBLY

STEP 1 ROWING AND CURLS

Insert Mast Assembly Into MAIN FRAME (3). Connect Loop on LONG CABLE (22) Into 5/16" EYELET BOLT (53) on LEG CURL (6). Connect "S" Hook end of Long Cable to Loop end of SHORT CABLE (23) and then to LAT BAR (21). With this configuration Rowing and Curl Exercises may be performed. Free weights can be loaded on either or both the Weight Pin or WEIGHT BAR (16).

STEP 2 LAT PULL DOWNS

To do Lat Work; either sitting or standing, connect LAT BAR (21) directly to "S" Hook end of LONG CABLE (22). Load weight on either the Leg Curl Weight Pin or the Weight Bar.

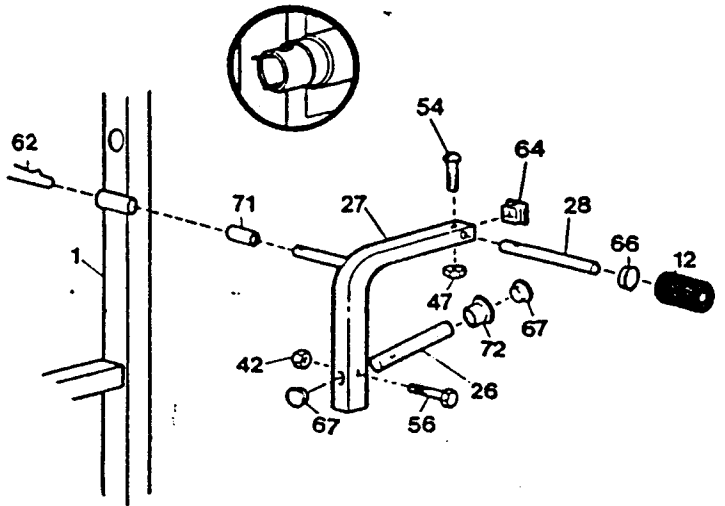
USING DIP BARS

Adjust uprights to desired height and secure with LOCK PINS (59). Exercises may be performed from the front of the Uprights by straddling the bench. It is recommended that if doing the exercise, weight should be added to the front of the bench to insure the bench will not tip backward while exercising. This can be achieved by loading free weights onto the WEIGHT BAR (16) or simply laying a weighted barbell across the seat. We suggest loading on at least 50 pounds of weights or more, depending on the person's weight and type of workout.

STEP 10 BUTTERFLY ATTACHMENT	
PART NAME	QTY
54 1/4" X 1 3/4" MACHINE SCREW	2
47 1/4" NYLON LOCK NUT	2
66 3/4" ROUND PLASTIC CAP	2
56 5/16" X 1 3/4" HEX HEAD BOLT	2
42 5/16" NYLON LOCK NUT	2
26 1" ROUND PLASTIC CAP	4
72 WEIGHT STOP	2
63 PEC-DECK PIN	2
71 PLASTIC SLEEVE	2
62 STOPPER PIN	2

- There are two Butterfly Attachments with this unit: a RIGHT BUTTERFLY (25) and a LEFT BUTTERFLY (27). Instructions are given for one and are repeated to assemble the other.

- First, slide BUTTERFLY PAD BAR (28) through the large hole in the end of the Butterfly Frame aligning the bolt holes. Secure with 1/4" X 1 3/4" MACHINE SCREW (54) and 1/4" NYLON LOCK NUT (47).
- Insert 3/4" ROUND PLASTIC CAPS (66) into both ends of BUTTERFLY PAD BAR (28). Slide FOAM PAD (12) over BUTTERFLY PAD BAR (28).
- Assemble WEIGHT PIN (26) into angled hole on front of Butterfly Frame. Align bolt holes and secure with 5/16" X 1 3/4" HEX HEAD BOLT (56) and 5/16" ACORN NUT (57). Assemble 1" ROUND PLASTIC CAPS (67) into both ends of WEIGHT PIN (26). Slide WEIGHT STOP (72) over WEIGHT PIN (26) (flared side out) until it is against the Butterfly Frame.



- Assemble PEC-DECK PIN (63) into small lower hole on side of UPRIGHT (1). This pin is used as a stop for the Butterfly Attachment.
- Slide PLASTIC SLEEVE (71) over welded Butterfly Tube. Slide entire assembly into welded tube bracket on UPRIGHT (1).
- Insert STOPPER PIN (62) into center of assembly (rounded end first), making sure the side of the STOPPER PIN (62) that has a raised section is aligned with the hole in the welded butterfly tube. Push STOPPER PIN (62) into welded Butterfly Tube until it clicks into place as the raised section exits the hole.

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 JOHN ST OLNEY, IL 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

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL BEING.

Joe Weider

DO NOT LET THE QUANTITY OF PARTS DISCOURAGE YOU. BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND IT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY ONE HOUR OF ASSEMBLY TIME.

HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. INCLUDED WITH THE LITERATURE OF THE UNIT IS AN ILLUSTRATED PARTS LIST TO HELP IN IDENTIFYING AND SIZING PARTS. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING, PARTS AGAINST THE HARDWARE ILLUSTRATIONS AND PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK ✓ AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.

4. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.

D-104/ M-305 /ULTB OWNER'S MANUAL

TO IMPROVE THE PRODUCT, TAKE NOTE THAT WE HAVE REPLACED THE TWO NYLON CABLE (22 and 23) BY A LONG 64" AND A SHORT 51" WIRE CABLE. ACCORDING TO THIS CHANGE, JUMP OVER THE ASSEMBLY STEP #9 IN YOUR OWNER'S MANUAL. ALSO, TAKE NOTE THAT THE FOUR (4) 5/8" PLASTIC BUSHINGS (DIAGRAM NO. "NN" IN PART UST) ARE NO MORE REQUIRED.

CONCERNING THE FOAM PAD, WE HAVE SUPPLIED YOU TWO DIFFERENT SIZES:

FOUR (4) 3" X 6" FOR THE LEG CURL

TWO (2) 2 1/4" X 7" FOR THE BUTTERFLIES