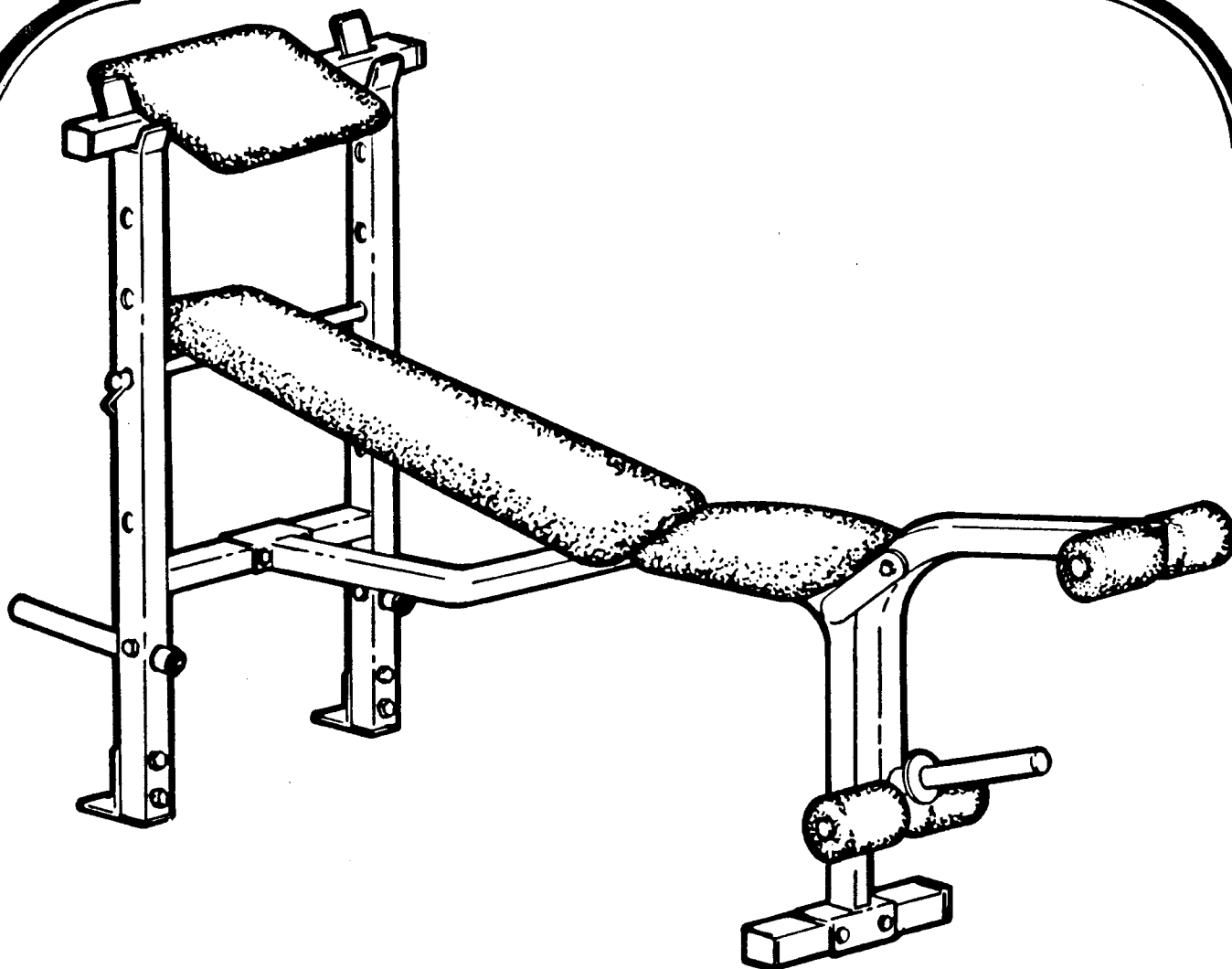




D136

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

weider®

NN-1083

RECOMMENDED WEIGHT SET - 160LBS

Silver

MEDALLION

WEIDER HEALTH AND FITNESS

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

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	1	K0241-C09
2	L-BRACKET	2	K6128-A05
3	WEIGHT STACK PIN	2	K6137-C09
4	MAIN FRAME	1	K0198-C09
5	FRONT SUPPORT	1	K0199-C09
6	BACKREST	1	K0366-C09
7	SEAT	1	K0367-C09
8	LONG ANGLE IRON	2	K6113-A23
9	LEG CURL	1	K0153-D03
10	WEIGHT PIN	1	K0147-C19
11	PAD BAR	2	K6112-A23
12	FOAM PAD	4	K0400-A01
13	BACKREST ADJ BAR	1	K6054-A06
14	ARM CURL PAD	1	K0368-C09
15	ARM CURL BRACKET	1	K6138-C09
16	ARM CURL BAR	1	K6139-C09
	HARDWARE BAG	1	K5821-D03
A	3/4" ROUND PLASTIC CAP	4	AA-8004
B	1" ROUND PLASTIC CAP	5	AA-8005
C	1" COVER CAP	1	AA-8070
D	2" SQUARE PLASTIC CAP	2	AA-8002
E	1 1/2" SQUARE PLASTIC CAP	3	AA-8001
F	1 1/4" SQUARE PLASTIC CAP	2	AA-8069
G	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
H	3/8"-16 LOCK NUT	1	HH-5013
J	5/16"-20 X 2 1/4" HEX HEAD BOLT	6	HH-5035
K	5/16"-20 LOCK NUT	12	HH-5021
L	*1/4"-20 X 3/4" MACHINE SCREW	9	HH-5022
M	5/16"-20 X 2 1/2" HEX HEAD BOLT	4	HH-5015
N	5/16"-20 X 1 3/4" HEX HEAD BOLT	3	HH-5240
P	5/16"-20 ACORN NUT	1	HH-5019
R	PLASTIC BUSHING	1	AA-8112
S	LOCKING PIN	1	WW-7004
	UPRIGHT DECAL	2	DE-4059
	INSTRUCTION MANUAL	1	KNN-1083
	EXERCISE CHART	1	KNN-1080
	*PRE-ASSEMBLED WITH SEAT & BACKREST		

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.

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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

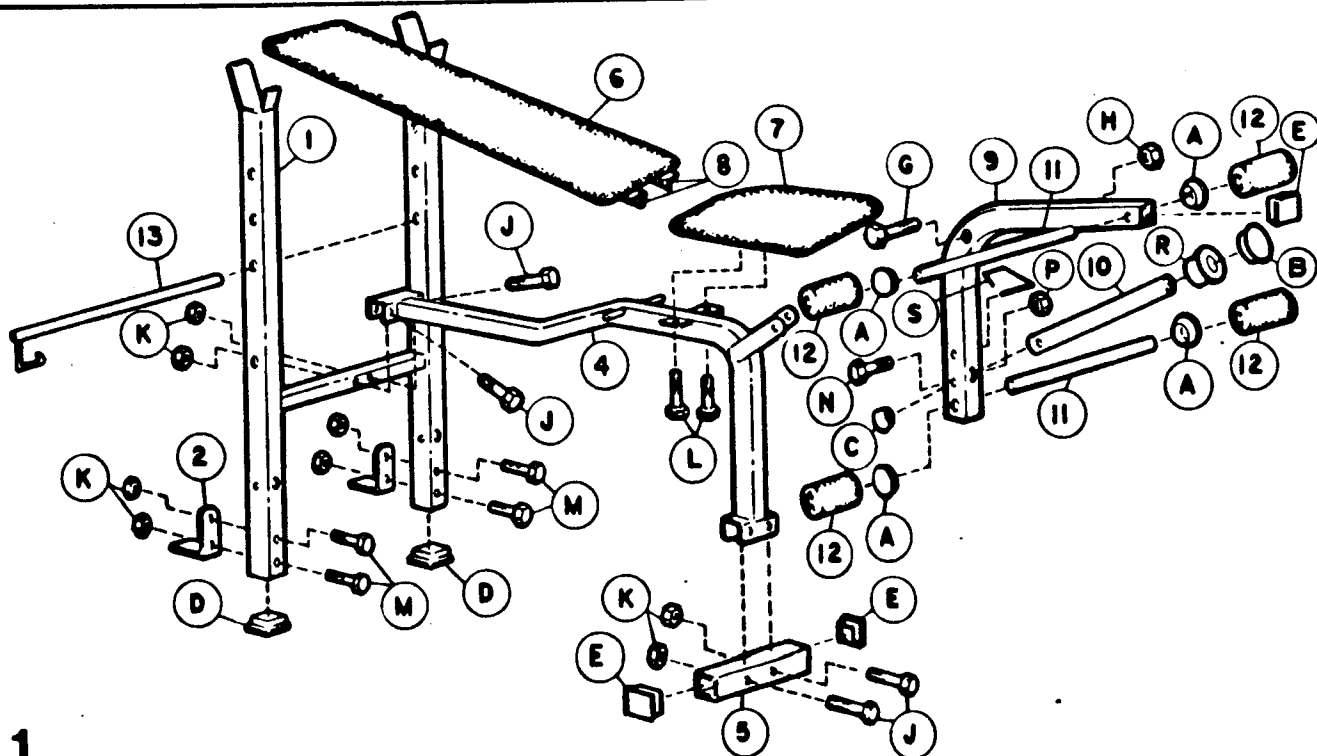
CUSTOMER SERVICE 1-800-225-0653

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:

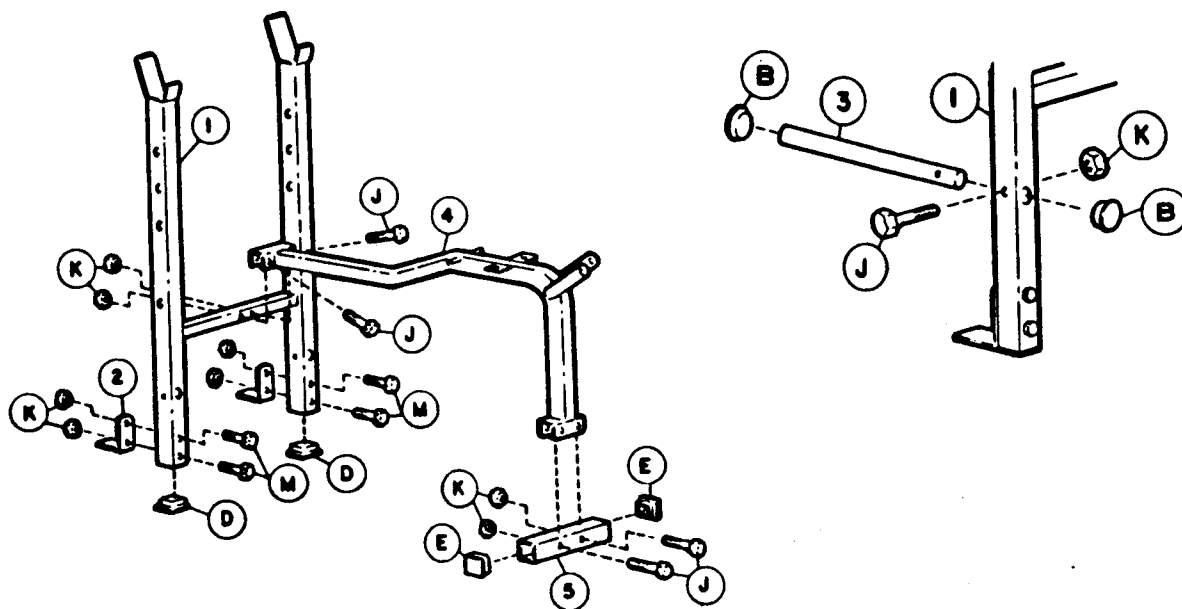
● MODEL NO. ● NAME OF PART ● ORDERING NUMBER



IMPORTANT NOTICE

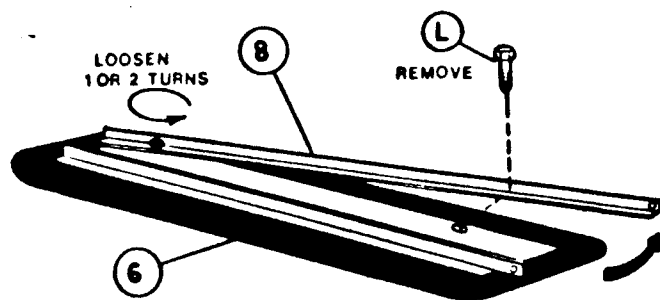
BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS; FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.



STEP 1 - FRAME ASSEMBLY

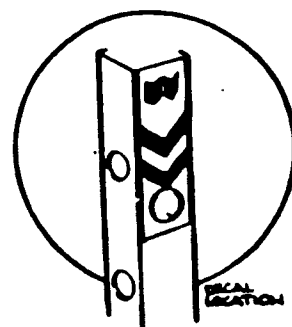
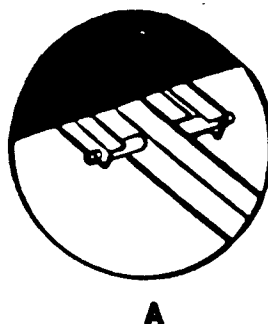
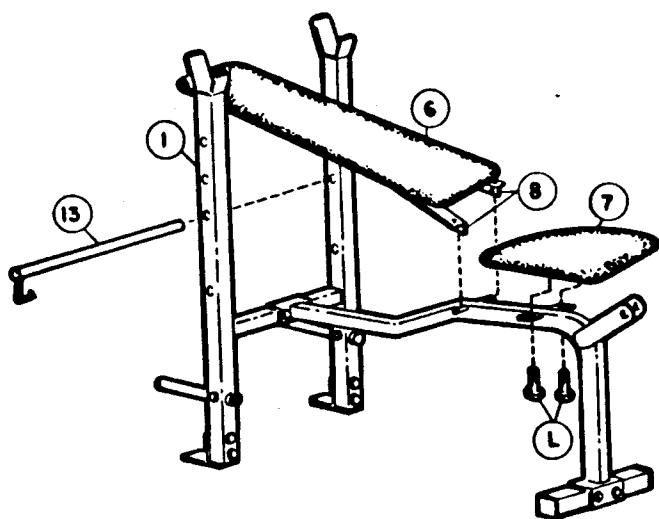
Begin by inserting 2 SQUARE PLASTIC CAPS (D) into UPRIGHT (1). Align bolt holes in L-BRACKET (2) with holes in UPRIGHT (1) and secure each bracket with 2 HEX HEAD BOLTS (M) and 2 LOCK NUTS (K). Insert ROUND PLASTIC CAP (B) into each end of WEIGHT STACK PINS (3), insert pins into UPRIGHTS (1) and secure with HEX HEAD BOLT (J) and LOCK NUT (K). Align holes in main frame front u-bracket and FRONT SUPPORT (5). Secure with 2 HEX HEAD BOLTS (J) and LOCK NUTS (K). Secure rear u-bracket on MAIN FRAME (4) to crossbar of UPRIGHTS (1) using 2 HEX HEAD BOLTS (J) and LOCK NUTS (K). Insert 2 SQUARE PLASTIC CAPS (E) into FRONT SUPPORT (5). Tighten all bolts.



Note: The lower or attachment end of the BACKREST (6) can be identified quickly by the LONG ANGLE IRONS (8). The LONG ANGLE IRONS (8) will be extended approximately two inches beyond the BACKREST PAD (6).

STEP 2 - BACKREST PREPARATION

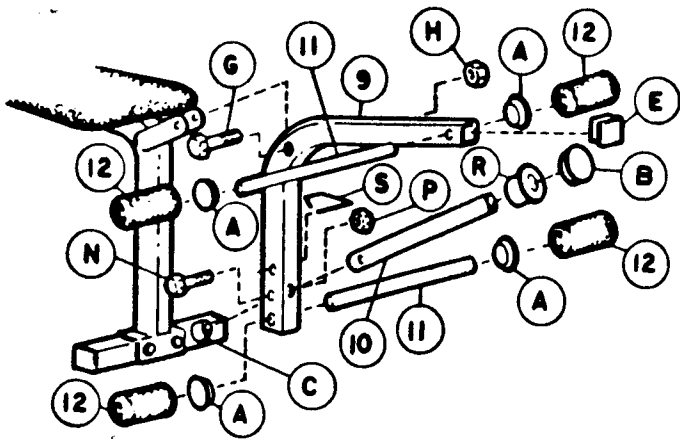
Turn BACKREST (6) over to expose work area. Both LONG ANGLE IRONS (8) have been fastened to BACKREST (6) for shipment. One long angle iron must be loosened in order to assemble BACKREST (6) to main frame pivot rod. The lower MACHINE SCREW (L) must be removed while the upper MACHINE SCREW (L) is only loosened. The LONG ANGLE IRON (8) can now swing freely from the lower end of BACKREST (6).



STEP 3 - ATTACHING BACKREST & SEAT

BACKREST: To aid in attaching backrest, first slide the BACKREST ADJ. BAR (13) through one of the hole patterns in the uprights. With LONG ANGLE IRON (8) free, lower BACKREST (6) to main frame pivot rod. Slide the secured LONG ANGLE IRON (8) onto one side of pivot rod. Swing the free LONG ANGLE IRON (8) back to its original position and onto the opposite end of the pivot rod. See Detail A. Replace MACHINE SCREW (L) that was removed in Step 2 and tighten all machine screws.

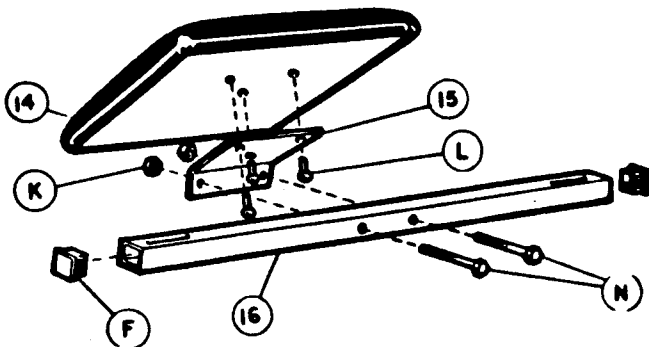
SEAT: With SEAT (7) right-side up, lower SEAT (7) to seat brackets on main frame. Align bolt holes and fasten with 2 MACHINE SCREWS (L). Tighten all machine screws.



STEP 4 - LEG CURL

First, slide WEIGHT PIN (10) thru angled holes on the front of LEG CURL (9). Align bolt holes and secure with HEX HEAD BOLT (N) and ACORN NUT (P). Place COVER CAP - 15° (C) over rear extended portion of WEIGHT PIN (10). Slide PLASTIC BUSHING (R) over WEIGHT PIN (10) until it is against the leg curl. Insert ROUND PLASTIC CAP (B) into end of WEIGHT PIN (10). Insert SQUARE PLASTIC CAP (E) into end of LEG CURL (9).

Position LEG CURL (9) between leg curl brackets on MAIN FRAME (4). Secure with HEX HEAD BOLT (G) and LOCK NUT (H). **DO NOT OVER TIGHTEN!** Repeat the following instructions until all remaining leg curl parts are in place. First, slide PAD BAR (11) thru proper hole in LEG CURL (9) until equal amounts of bar are on both sides. (To help with the following step, a small amount of liquid 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). Insert ROUND PLASTIC CAPS (A) into each end of PAD BAR (11).



STEP 5 - ARM CURL

Assemble arm curl by aligning holes in BRACKET (15) with holes in ARM CURL BAR (16). Secure with 2 HEX HEAD BOLTS (N) and LOCK NUTS (K). Attach completed assembly to arm curl pad using 3 MACHINE SCREWS (L). Insert SQUARE PLASTIC CAP (F) into each end of BAR (16).

To use arm curl, mount it to upright by inserting long ear of bar holder into slots in arm curl bar.