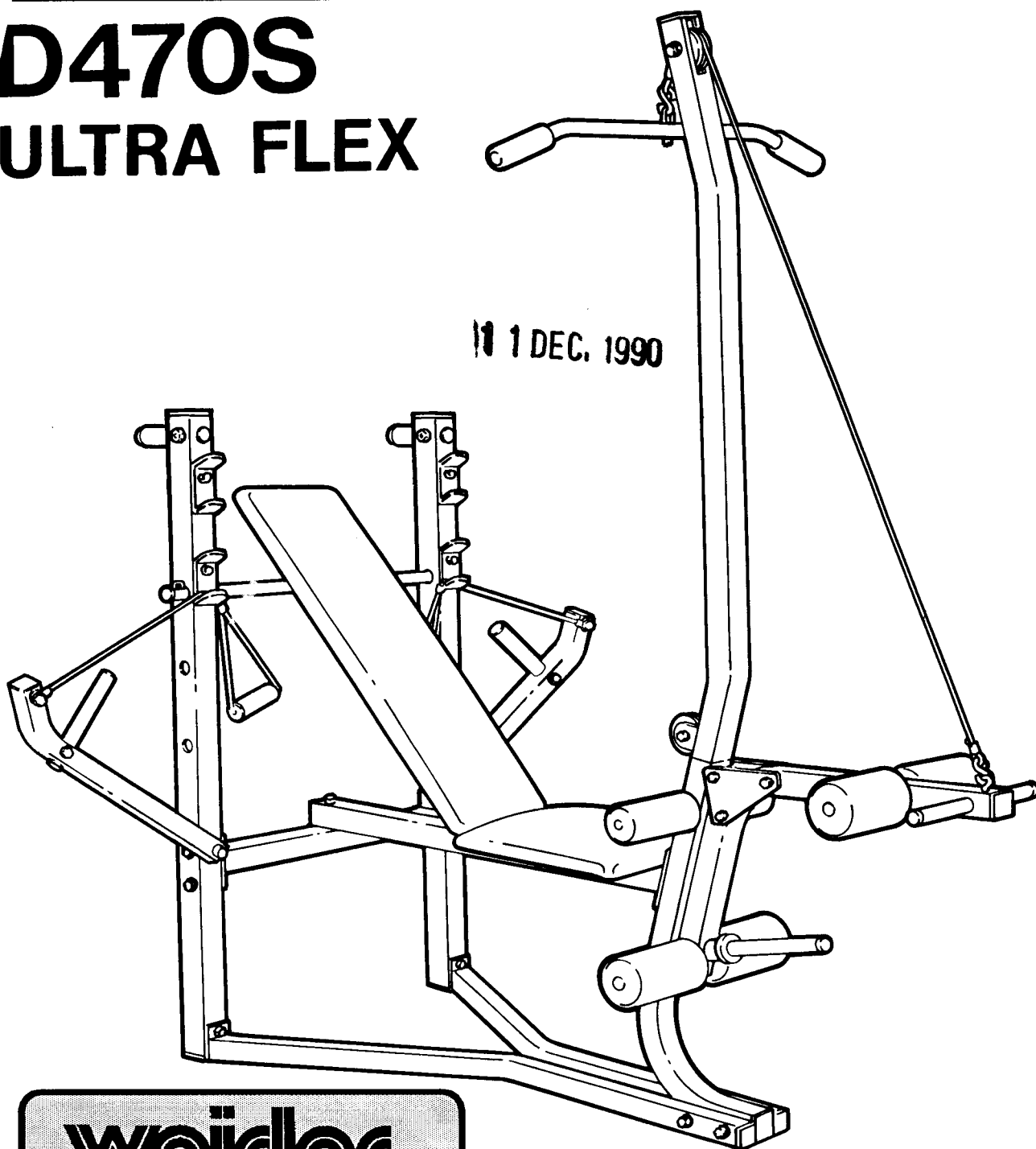


D470S

ULTRA FLEX

11 1 DEC. 1990



weider.

MODEL NO 354.156220

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

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

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.

STEP 1 UPRIGHT & BASE ASSEMBLY

HARDWARE

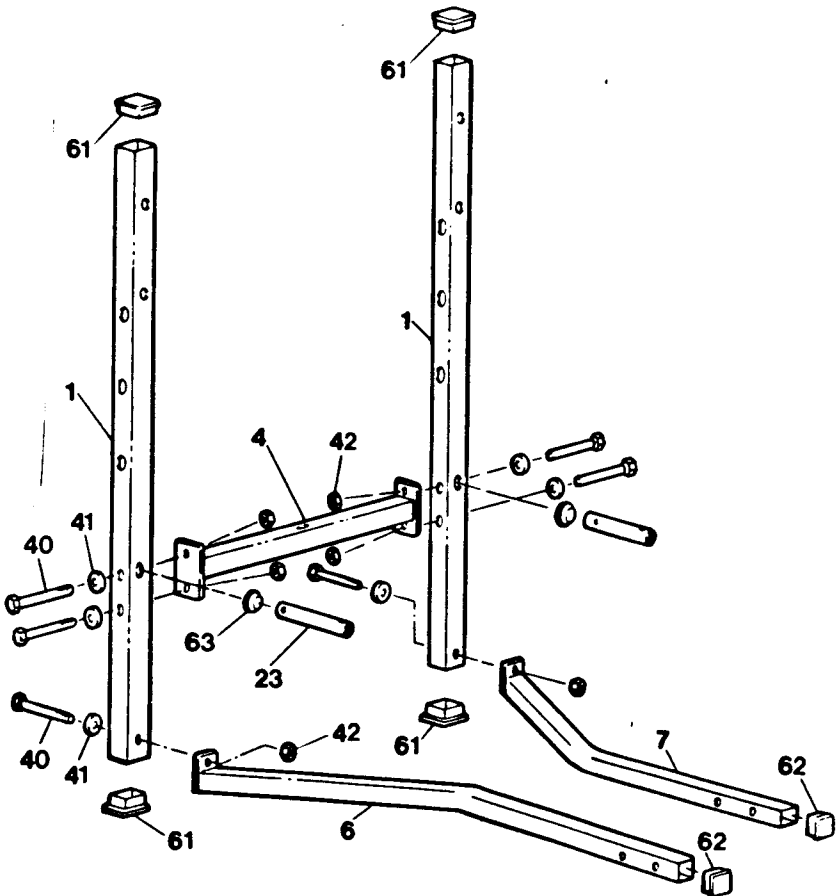
PART NAME	QTY
40 5/16" X 2 3/4" HEX HEAD BOLT	6
41 5/16" FLAT WASHER	6
42 5/16" LOCK NUT	6
63 7/8" ROUND PLASTIC CAP	2
62 1 1/2" SQUARE PLASTIC CAP	2
61 2" SQUARE PLASTIC CAP	4

- ☐ Insert 2" SQUARE PLASTIC CAP (61) into each end of UPRIGHTS (1).

- ☐ Press 7/8" ROUND PLASTIC CAPS (63) into end of PIVOT TUBE (23) that will be inserted into UPRIGHT (1). Assemble PIVOT TUBE (23) into large lower hole in UPRIGHTS (1) aligning bolt holes.

- ☐ Position CROSSMEMBER (4) between UPRIGHTS (1) and bolt together using 5/16" X 2 3/4" HEX HEAD BOLTS (40), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUTS (42). The upper bolt on each Upright will be bolting through UPRIGHT (1), PIVOT TUBE (23), and the bracket on CROSSMEMBER (4).

- ☐ Insert 1 1/2" SQUARE PLASTIC CAPS (62) into end of FRAME BASES (6) and (7). Bolt FRAME BASES (6) and (7) to UPRIGHTS (1) using 5/16" X 2 3/4" HEX HEAD BOLTS (40), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUTS (42).



STEP 2 MAIN FRAME ASSEMBLY

HARDWARE

PART NAME	QTY
40 5/16" X 2 3/4" HEX HEAD BOLT	8
46 5/16" X 4 1/2" HEX HEAD BOLT	1
44 5/16" X 5 1/2" HEX HEAD BOLT	2
41 5/16" FLAT WASHER	15
42 5/16" LOCK NUT	11
45 SPACER 1 5/8" LONG	1
61 2" SQUARE PLASTIC CAP	2
77 1" ROUND PLASTIC CAP (119-1)	2
76 1" COVER CAP (9-1)	2

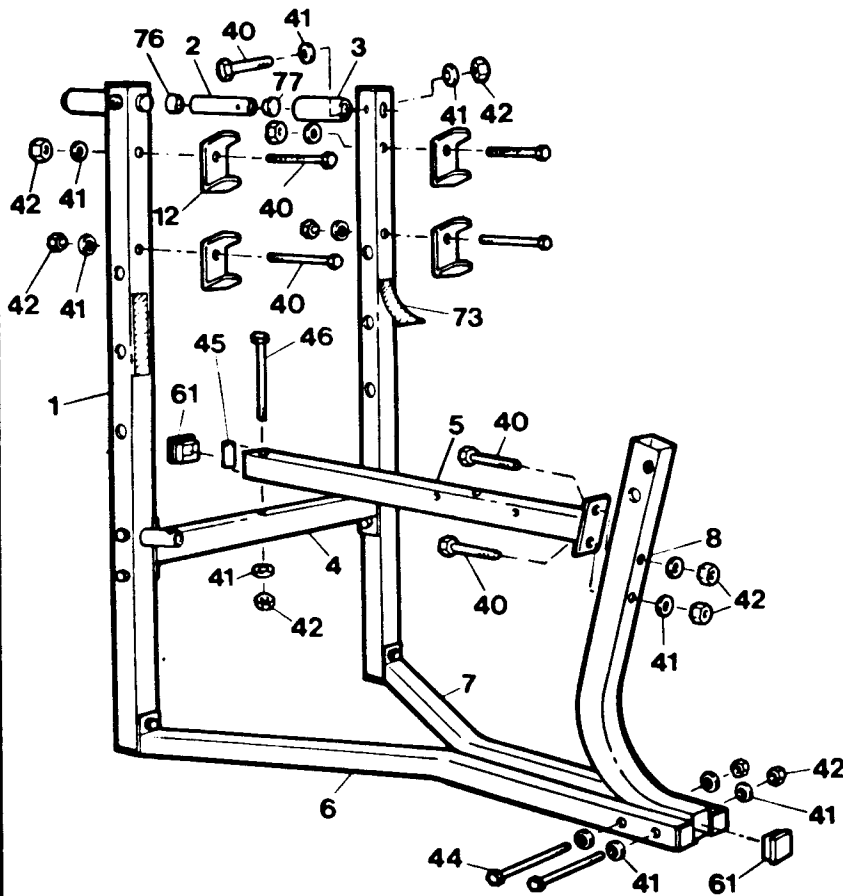
- ☐ Assemble FRONT SUPPORT (8) to BASE FRAMES (6) and (7) using 5/16" X 5 1/2" HEX HEAD BOLTS (44), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUTS (42).

- ☐ Press 2" SQUARE PLASTIC CAP (61) into base end of FRONT SUPPORT (8).

- ☐ Bolt MAIN FRAME (5) to FRONT SUPPORT (8) with 5/16" X 2 3/4" HEX HEAD BOLTS (40), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUTS (42).

- ☐ Insert SPACER 1 5/8" LONG (45) into end of MAIN FRAME (5) and position with bolt holes. Bolt MAIN FRAME (5) to UPRIGHT CROSSMEMBER (4) using 5/16" X 4 1/2" HEX HEAD BOLT (46), 5/16" FLAT WASHER (41), and 5/16" LOCK NUT (42).

- ☐ Cap Main Frame Tube with 2" SQUARE PLASTIC CAP (61).



☐ Bolt all **WEIGHT HOLDER BRACKETS (12)** to Uprights in position illustrated using **5/16" X 2 3/4" HEX HEAD BOLTS (40)**, **5/16" FLAT WASHERS (41)**, and **5/16" LOCK NUTS (42)**.

☐ Cap the end of each **DIP BAR (2)** that does not have a drilled hole with **1" ROUND PLASTIC COVER CAP (9-1) (76)** (THIS IS THE CAP THAT READS 9-1 INSIDE THE CAP) Assemble **FOAM GRIP (3)** onto each **DIP BAR (2)** making sure to slide all the way up to the Plastic Cover Cap just assembled.

☐ Press **1" ROUND PLASTIC CAP (77)** (119-1) (THIS IS THE CAP THAT READS 119-1 INSIDE THE CAP) onto opposite end of **DIP BARS (2)**.

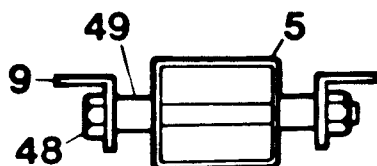
☐ Assemble **DIP BARS (2)** into large upper holes on **UPRIGHTS (1)** aligning bolt holes. Secure each with **5/16" X 2 3/4" HEX HEAD BOLT (40)**, **5/16" FLAT WASHERS (41)**, and **5/16" LOCK NUT (42)**.

DECALS: Remove backing sheet from **UPRIGHT DECALS (73)** and adhere to **UPRIGHTS (1)** approximately 1/2" below the Weight Holder Brackets.

STEP 3 SEAT & BACKREST ASSEMBLY

HARDWARE

PART NAME	QTY
1/4" X 3/4" SLOT HEAD SCREW	6
1/4" X 2 3/4" SLOT HEAD SCREW	1
5/16" X 2 3/4" HEX HEAD BOLT	1
5/16" X 5" HEX HEAD BOLT	1
5/16" LOCK NUT	2
1" SPACER	2
1" ROUND PLASTIC CAP	2



☐ Insert **1" ROUND PLASTIC CAPS (64)** into each end of **BACKREST ADJ BAR (20)** and assemble into one of the hole patterns on **UPRIGHTS (1)**. The Backrest Adj Bar is used to adjust the height of the Backrest.

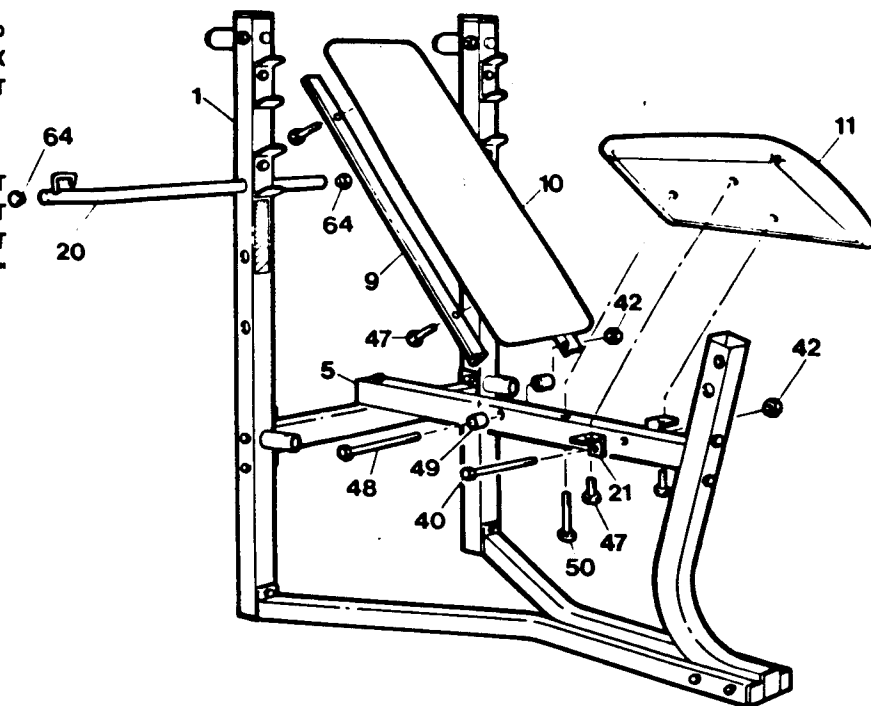
☐ **BACKREST:** Assemble both **LONG ANGLE IRONS (9)** to top of **BACKREST (10)** using **1/4" X 3/4" SLOT HEAD SCREWS (47)**. The flat side of the **LONG ANGLE IRONS (9)** must face to the inside of the Backrest as illustrated. **DO NOT TIGHTEN THESE SCREWS COMPLETELY!**

☐ Spread **LONG ANGLE IRONS (9)** apart and assemble to **MAIN FRAME (5)** by inserting **5/16" X 5" HEX HEAD BOLT (48)** first through one **LONG ANGLE IRON (9)** then a **1" SPACER (49)**, the **MAIN FRAME (5)**, and a second **1" SPACER (49)**.

☐ Close Angle Irons passing the bolt through the second Long Angle Iron and secure assembly with **5/16" LOCK NUT (42)**. SEE DETAIL INSERT! Secure the lower end of **LONG ANGLE IRONS (9)** to **BACKREST (10)** using two more **1/4" X 3/4" SLOT HEAD SCREWS (47)**. and tighten all screws securely.

- ☐ **SEAT:** Bolt **SEAT BRACKETS (21)** to **MAIN FRAME (5)** using **5/16" X 2 3/4" HEX HEAD BOLT (40)** and **5/16" LOCK NUT (42)**.

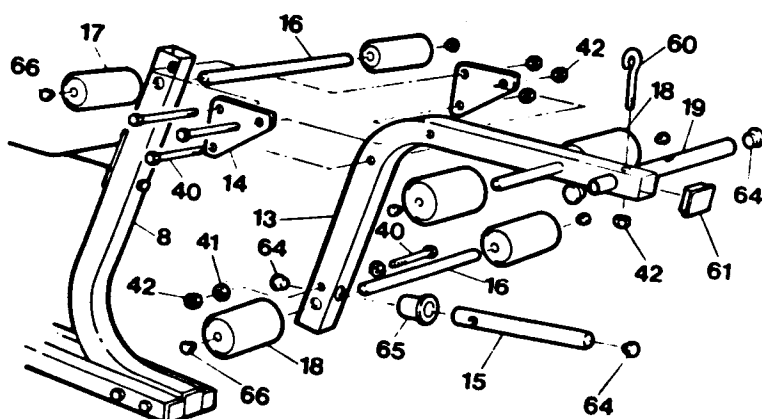
- ☐ Bolt front of **SEAT (11)** to **SEAT SUPPORT BRACKETS (21)** using **1/4" X 3/4" SLOT HEAD SCREWS (47)**. Bolt rear of **SEAT (11)** to **MAIN FRAME (5)** using **1/4" X 2 3/4" SLOT HEAD SCREW (50)**.



STEP 4 LEG CURL ASSEMBLY

HARDWARE

<u>PART NAME</u>	<u>QTY</u>
40 5/16" X 2 3/4" HEX HEAD BOLT	4
41 5/16" FLAT WASHER	2
42 5/16" LOCK NUT	5
66 3/4" ROUND PLASTIC CAP	6
64 1" ROUND PLASTIC CAP	4
61 2" SQUARE PLASTIC CAP	1
65 PLASTIC BUSHING	1
60 5/16" EYELET BOLT	1



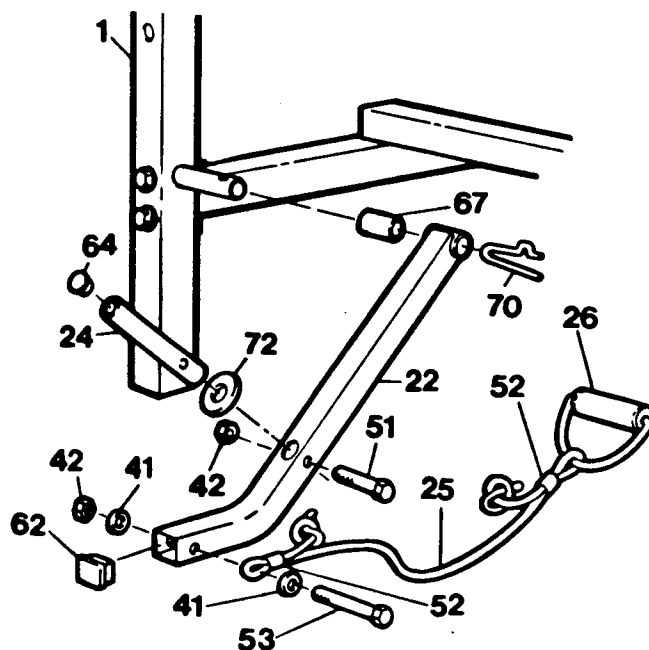
- ☐ Loosely bolt **LEG CURL BRACKETS (14)** to **LEG CURL (13)** with **5/16" X 2 3/4" HEX HEAD BOLT (40)** and **5/16" LOCK NUT (42)**.
- ☐ Align this assembly with the welded tube in **FRONT SUPPORT (8)** and secure with **5/16" X 2 3/4" HEX HEAD BOLT (40)** and **5/16" LOCK NUT (42)**.
- ☐ Tighten all bolts securely but leave the **Pivot Bolt** a little less than tight so the **Leg Curl** can move freely.

- ☐ Fasten WEIGHT PIN (15) to LEG CURL(13) using 5/16" X 2 3/4" HEX HEAD BOLT (40), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUT (42). Slide PLASTIC BUSHING (65) over WEIGHT PIN (15) (flared side out) and cap each end of WEIGHT PIN (15) with 1" ROUND PLASTIC CAP (64).
- ☐ Cap end of LEG CURL (13) with 2" SQUARE PLASTIC CAP (61).
- ☐ Assemble 3/4" ROUND PLASTIC CAPS (66) into both ends of all PAD BARS (16).
- ☐ Assemble 2 1/2" X 7" FOAM PAD (17) onto one side of PAD BAR (16) and slide it through the Pad Bar Hole in FRONT SUPPORT (8). Slide second 2 1/2" X 7" FOAM PAD (17) onto other end. (NOTE: Using a small amount of liquid dish detergent applied along the Pad Bar end will make this assembly easier and will also act as an adhesive for the Pads when it has dried.)
- ☐ Follow the same assembly procedure and assemble the 3 1/2" X 7" FOAM PADS (18) to remaining Pad Bars and assemble them to LEG CURL (13).
- ☐ Cap each end of WEIGHT BAR (19) with 1" ROUND PLASTIC CAPS (64). Center WEIGHT BAR (19) in large hole on end of LEG CURL (13). Secure with 5/16" EYELET BOLT (60) and 5/16" LOCK NUT (42).

STEP 5 BUTTERFLY ASSEMBLY

HARDWARE

PART NAME	QTY
51 5/16" X 1 3/4" HEX HEAD BOLT	2
53 5/16" X 2 1/2" HEX HEAD BOLT	2
41 5/16" FLAT WASHER	4
42 5/16" LOCK NUT	4
52 3/4" METAL FERRULE	4
64 1" ROUND PLASTIC CAP	2
62 1 1/2" SQUARE PLASTIC CAP	2
67 2" LONG PLASTIC BUSHING	2
70 STOPPER PIN	2
72 ROUND RUBBER BUMPER	2

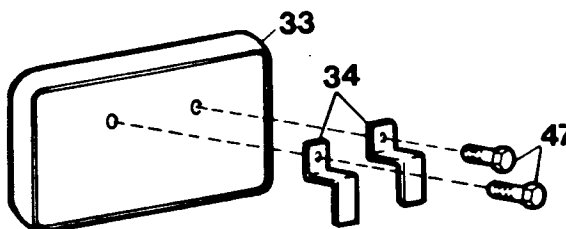


- ☐ Press 2" PLASTIC BUSHING (67) into Round Tube at the end of FLY ARM (22). Slide Fly Arm over Pivot Tube and secure in place by inserting STOPPER PIN (70) into Pivot Tube so that tab on Stopper Pin snaps into locating hole in Pivot Tube.
- ☐ Press 1" ROUND PLASTIC CAP (64) into end of 10" WEIGHT PIN (24) and fasten to BUTTERFLY ARM (22) using 5/16" X 1 3/4" HEX HEAD BOLT (51) and 5/16" LOCK NUT (42). Slide on a ROUND RUBBER BUMPER (72).
- ☐ Form loop on end of 28" BUTTERFLY ROPE (25) by doubling over the rope and passing it through a 3/4" METAL FERRULE (52). Tie a knot in the end of the rope and pull it tight against the Ferrule. Fasten the rope to the BUTTERFLY ARM (22) using a 5/16" X 2 1/2" HEX HEAD BOLT (53), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUT (42) so that the rope is trapped between the Flat Washer and the Butterfly Arm. Draw rope loop tightly around bolt and tighten to hold rope in place.
- ☐ Insert other end of BUTTERFLY ROPE (25) through another 3/4" METAL FERRULE (52) and around mid point of rope on DUMBBELL HANDLE (26). Pass rope back through Ferrule and secure rope end by knotting. Draw rope tightly around Dumbbell Handle.
- ☐ Insert 1 1/2" SQUARE PLASTIC CAP (62) into end of BUTTERFLY ARM (22).

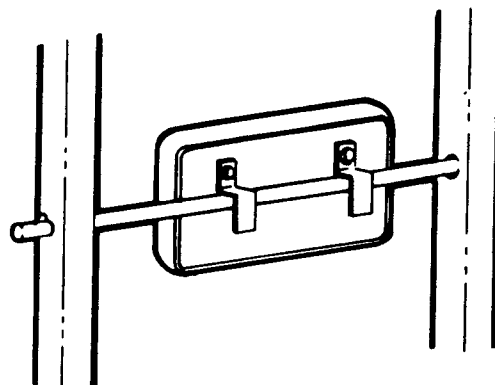
STEP 7 ARM CURL PAD

HARDWARE

<u>PART NAME</u>	<u>QTY</u>
47 1/4" X 3/4" SLOT HEAD SCREW	2



- ☐ Assemble ARM CURL BRACKETS (34) to ARM CURL PAD (33) using 1/4" X 3/4" SLOT HEAD SCREWS (47).
- ☐ To use Arm Curl, hook S-BRACKETS (34) over BACKREST ADJ BAR (20).



USING MAST ASSEMBLY

STEP 1 ROWING AND CURLS

Insert Mast Assembly into Front Support. Connect loop on Mast Cable into Eyelet Bolt on end of Leg Curl. Connect "S" Hook end of Mast Cable to loop end of Lat Bar Rope and then to Lat Bar. With this configuration Rowing and Curl Exercises may be performed. Free weights can be loaded on either or both the Weight Pin or the Weight Bar.

STEP 2 LAT PULL DOWNS

To do Lat Work; either sitting or standing, connect Lat Bar directly to "S" Hook end of Mast Cable. Load weight on either the Leg Curl Weight Pin or the Weight Bar.

USING DIP BARS

It is recommended that 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 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.

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

WARNING

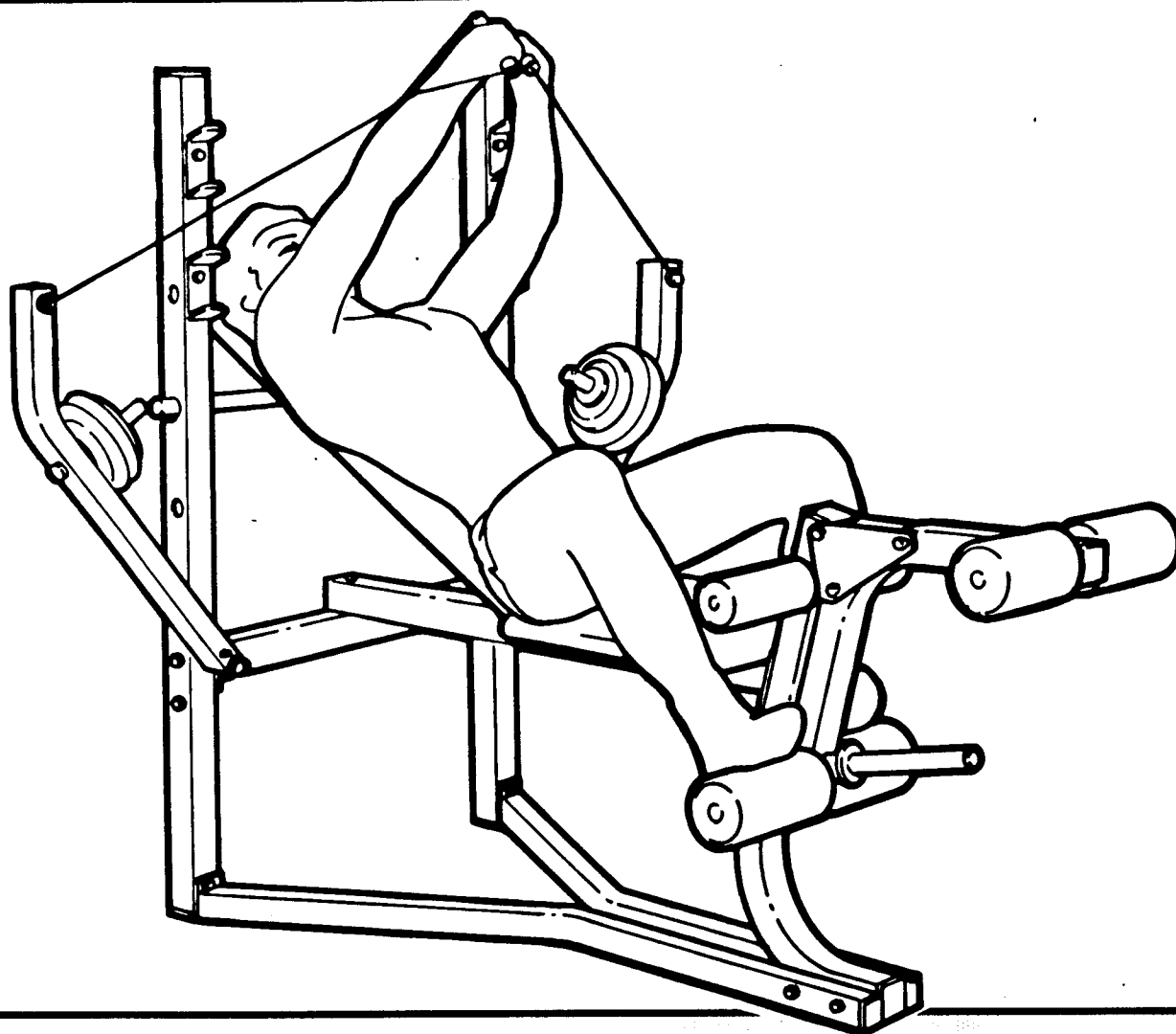
CONSULT YOUR PHYSICIAN

**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.**



CROSSOVER BUTTERFLY EXERCISE:

EXTEND YOUR ARMS OUT TO THE SIDE AND GRASP BUTTERFLY HANDLES. WITH ARMS SLIGHTLY BENT, BRING HANDS TOGETHER AT ABOUT CHEST HEIGHT. SLOWLY EXTEND ARMS BACK OUT TO THE SIDE AND LOWER BUTTERFLIES UNTIL THEY ALMOST TOUCH THE GROUND.

REPEAT THIS PROCEDURE WITH SLOW, SMOOTH MOTION TO MAXIMIZE BENEFITS.

A VARIATION OF THIS EXERCISE IS TO LET YOUR HANDS CROSS OVER ONE ANOTHER TO LENGTHEN THE STROKE.

TAKE CAUTION TO NOT LET WEIGHT BANG AGAINST UPRIGHTS.

D470S HARDWARE ILLUSTRATION SHEET



3/8" HEX HEAD BOLT

54 55



3/8" LOCK NUT

57



3/8" FLAT WASHER

56



5/16" HEX HEAD BOLT

40 43 44 46 48 51 53



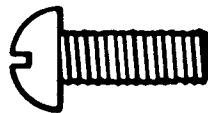
5/16" LOCK NUT

42



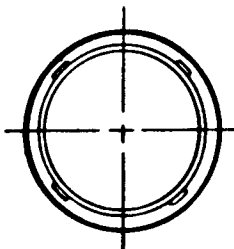
5/16" FLAT WASHER

41



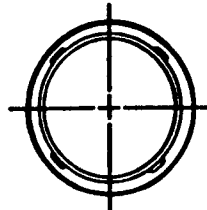
1/4" SLOT HEAD SCREW

50



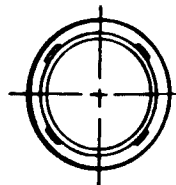
**1" ROUND
PLASTIC CAP**

64



**7/8" ROUND
PLASTIC CAP**

63



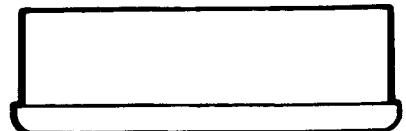
**3/4" ROUND
PLASTIC CAP**

66



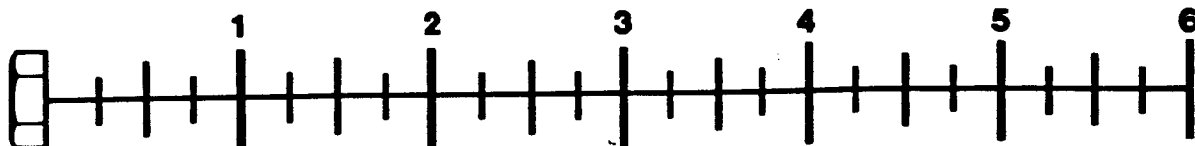
1 1/2" SQUARE PLASTIC CAP

62



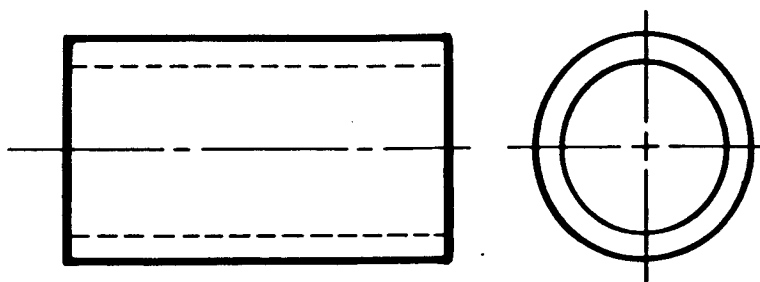
2" SQUARE PLASTIC CAP

61



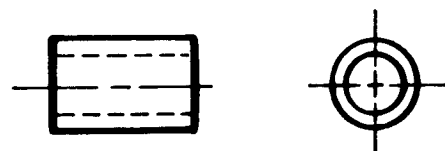
BOLT LENGTH SCALE

D470S HARDWARE ILLUSTRATION SHEET



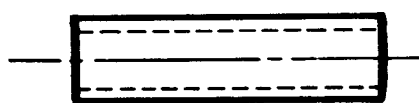
2" LONG PLASTIC BUSHING

67



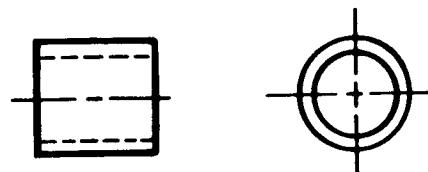
3/4" METAL FERRULE

52



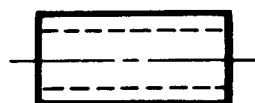
1 5/8" SPACER

45



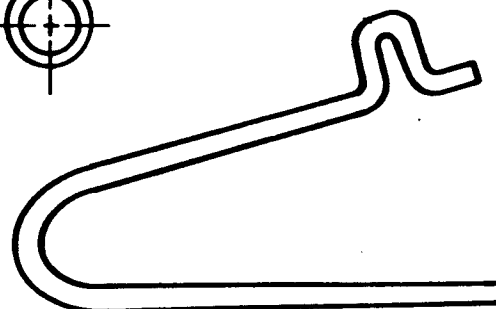
5/8" SPACER BUSHING

58



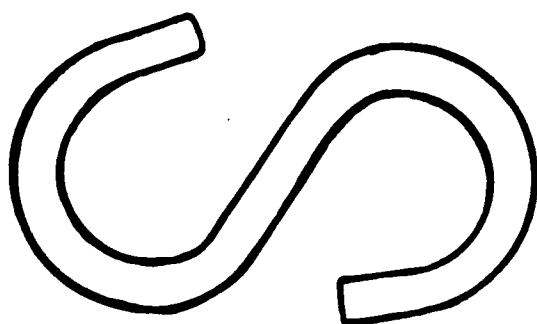
1" SPACER

49



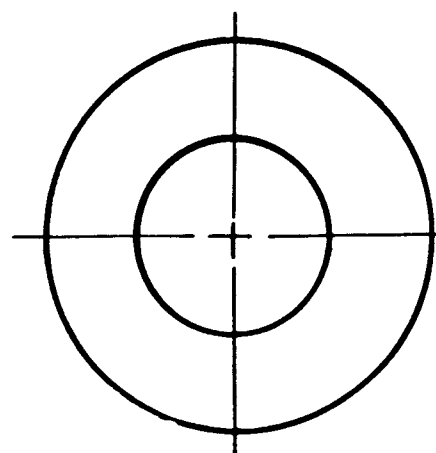
STOPPER PIN

70



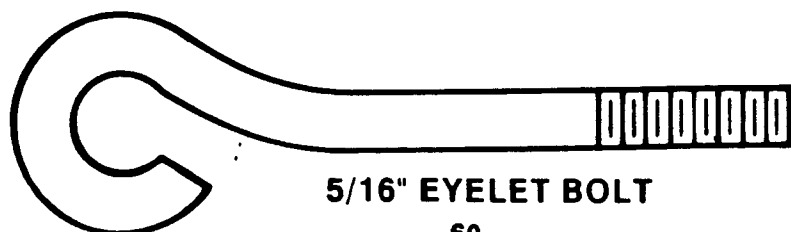
"S" HOOK

59



ROUND RUBBER BUMPER

72



5/16" EYELET BOLT

60