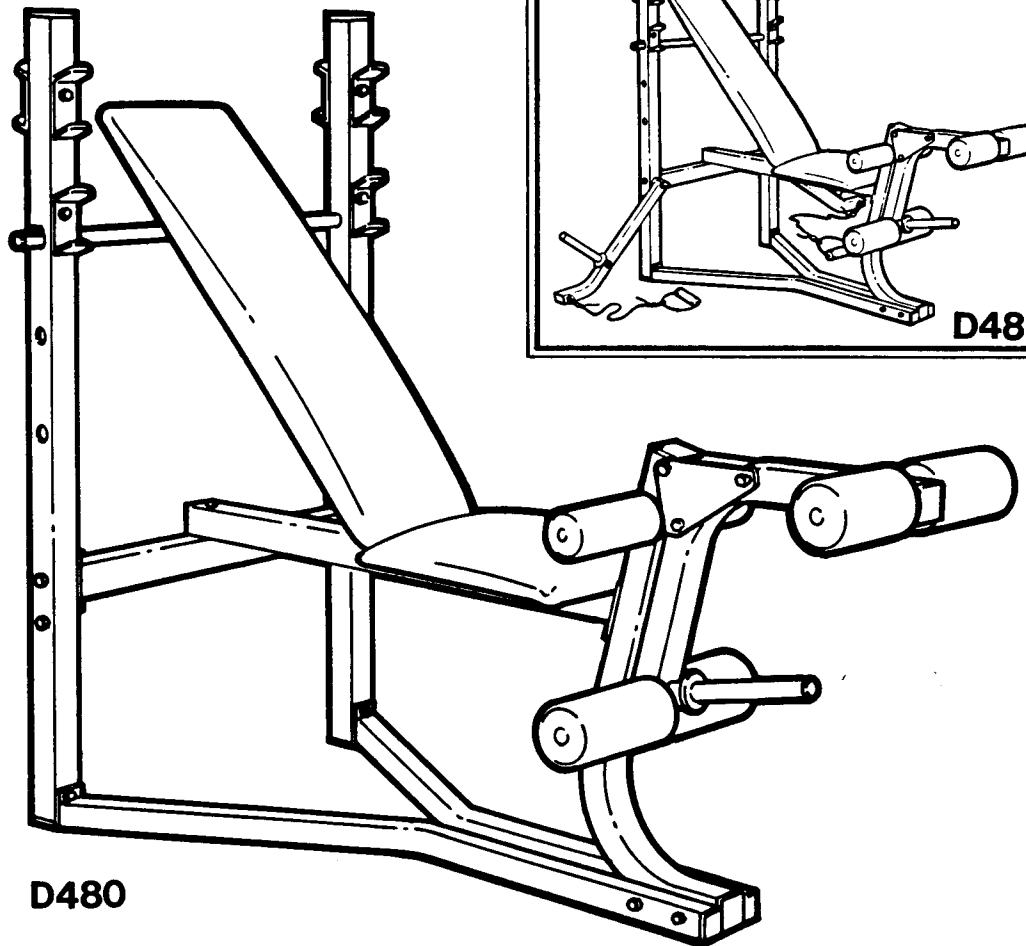




D480/485

ASSEMBLY INSTRUCTIONS

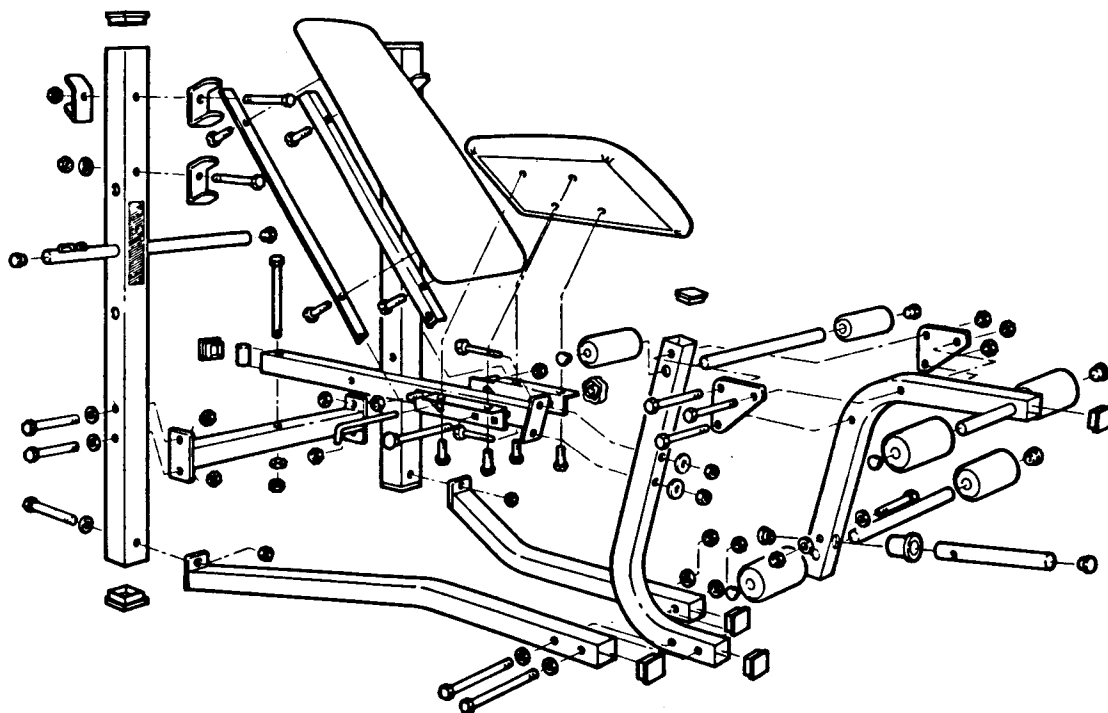
REPLACEMENT PARTS

RECOMMENDED WEIGHT SET - 365 LBS.

NN-1107

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., 91367

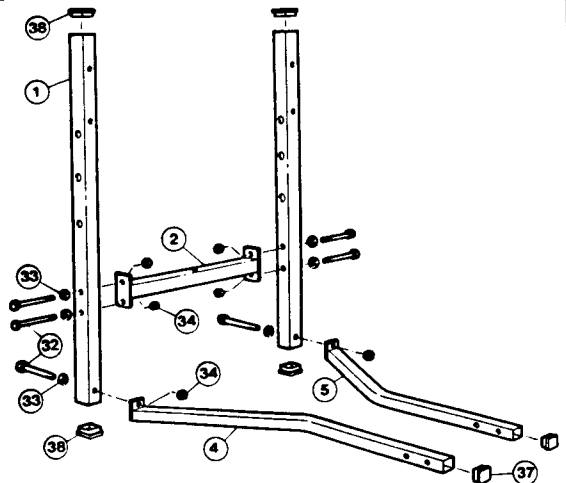


BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

- 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.**

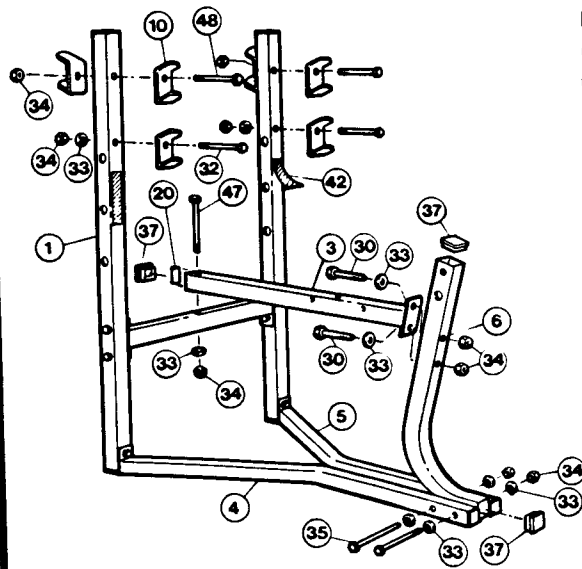
STEP 1 UPRIGHT AND BASE ASSEMBLY

Insert 2 1/2" SQUARE PLASTIC CAPS (38) into each end of UPRIGHT (1). Assemble CROSS MEMBER (2) to Uprights using 5/16" X 3" HEX HEAD BOLTS (32), 5/16" FLAT WASHERS (33) and 5/16" LOCK NUTS (34). Insert 2" SQUARE PLASTIC CAPS (37) into end of FRAME BASES (4) and (5) and bolt BASES to UPRIGHT (1) using 5/16" X 3" HEX HEAD BOLTS (32), 5/16" FLAT WASHERS (33) and 5/16" LOCK NUTS (34).



STEP 2 MAIN FRAME ASSEMBLY

Assemble FRONT SUPPORT (6) to BASE FRAMES (4) and (5) using 5/16" X 6 1/2" HEX HEAD BOLTS (35) FLAT WASHERS (33) and 5/16" LOCK NUTS (34). Press 2" SQUARE PLASTIC CAPS (37) into each end of FRONT SUPPORT (6).



Insert 1 3/4" SPACER (20) into end of MAIN FRAME (3) and position with bolt holes. Bolt MAIN FRAME (3) to UPRIGHT CROSS MEMBER (2) using 5/16" X 4 1/2" HEX HEAD BOLT (47) 5/16" FLAT WASHER (33) and 5/16" LOCK NUT (34). Cap off tube with 2" SQUARE PLASTIC CAP (37). Bolt MAIN FRAME (3) to FRONT SUPPORT (6) with 5/16" X 2 1/2" HEX HEAD BOLTS (30) 5/16" FLAT WASHERS (33) and 5/16" LOCK NUTS (34). Using the upper holes in UPRIGHT (1), bolt a WEIGHT HOLDER BRACKET (10) to both sides using a 5/16" X 3 1/4" HEX HEAD BOLT (48) and 5/16" LOCK NUT (34). To lower hole, bolt WEIGHT HOLDER BRACKET (10) to UPRIGHT (1) with 5/16" X 3" HEX HEAD BOLT (32), 5/16" FLAT WASHER (33) and 5/16" LOCK NUT (34).

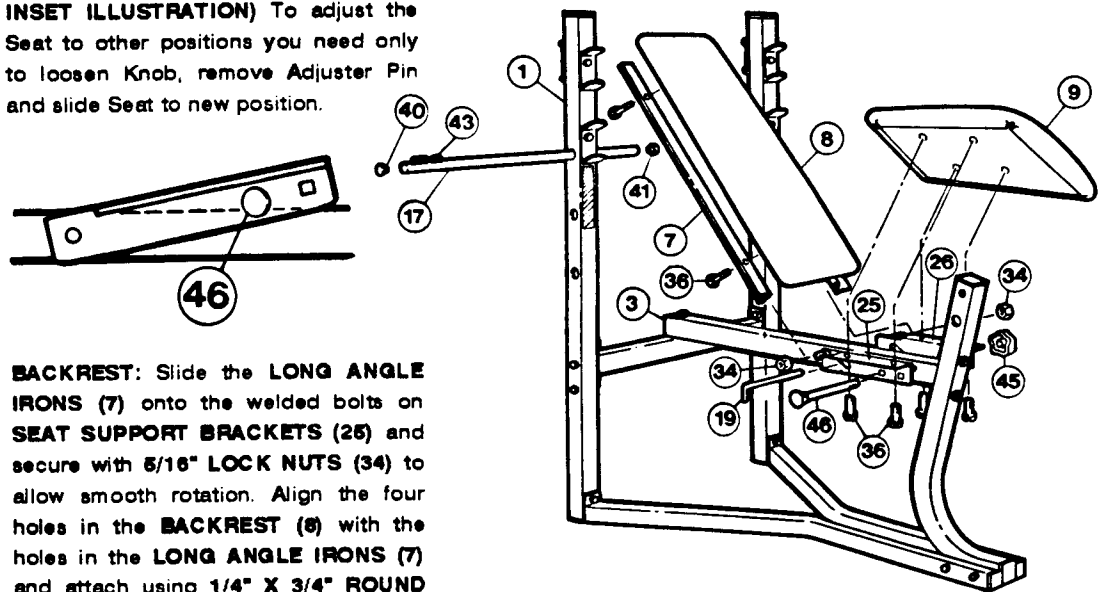
DECALS: Remove backing sheet from DECALS (42) and adhere to UPRIGHTS (1) approximately 1/2" below Bar Holder Bracket.

*Weighted
Butterflies
D480 / D485*

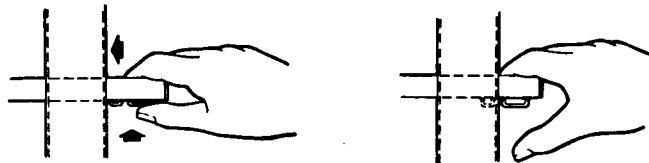
D480 (COBRA II)		PARTS LIST		07-27-90
DIAGRAM NO	PART NAME	QTY	ORDERING NO	
1	UPRIGHT	2	C0286-D28	
2	CROSS MEMBER	1	C0275-D14	
3	MAIN FRAME	1	C2108-D28	
4	BASE (RIGHT)	1	C1189-D14	
5	BASE (LEFT)	1	C1189-D14	
6	FRONT SUPPORT	1	C1170-D14	
7	LONG ANGLE IRON	2	C8236-D14	
8	BACKREST	1	C1313-D14	
9	SEAT	1	C1314-D14	
10	WEIGHT HOLDER BRACKET	6	C0276-D14	
11	LEG CURL	1	C1171-D14	
12	LEG CURL BRACKET	2	C1172-D14	
13	WEIGHT PIN <i>C102</i>	1	C0148-C15	
14	PAD BAR (SHORT)	1	C6061-A14	
15	FOAM PAD 2 1/2" X 7"	2	C0426-A14	
16	FOAM PAD 4" X 8"	4	C0440-D28	
17	BACKREST ADJ BAR	1	C6236-D14	
18	ADJUSTMENT PIN	1	WW-7036	
20	INSERT SPACER (1 3/4")	1	HH-5314	
21	PAD BAR (LONG)	2	C6305-D28	
25	SEAT SUPPORT BRACKET (RIGHT)	1	C2106-D28	
26	SEAT SUPPORT BRACKET (LEFT)	1	C2107-D28	
	HARDWARE BAG	1	C5848-D28	
30	5/16"-18 X 2 1/2" HEX HEAD BOLT	3	HH-5053	
31	5/16"-18 X 2 3/4" HEX HEAD BOLT	3	HH-5058	
32	5/16"-18 X 3" HEX HEAD BOLT	8	HH-5167	
33	5/16" FLAT WASHER	17	HH-5127	
34	5/16"-18 LOCK NUT	21	HH-5012	
35	5/16"-18 X 6 1/2" HEX HEAD BOLT	2	HH-5304	
36	1/4"-20 X 3/4" ROUND HEAD SCREW	8	HH-5032	
37	2" SQUARE PLASTIC CAP	7	AA-8002	
38	2 1/2" SQUARE PLASTIC CAP	4	AA-8013	
39	3/4" ROUND PLASTIC CAP	6	AA-8004	
40	1" ROUND PLASTIC CAP	4	AA-8005	
41	PLASTIC BUSHING (WEIGHT PIN)	1	AA-8112	
42	UPRIGHT DECAL	2	DE-4190	
43	SPRING RELEASE PIN	1	WW-7041	
45	PLASTIC KNOB	1	HH-5208	
46	5/16" X 2 1/2" CARRIAGE BOLT	1	HH-5315	
47	5/16"-18 X 4 1/2" HEX HEAD BOLT	1	HH-5316	
48	5/16"-18 X 3 1/4" HEX HEAD BOLT	2	HH-5297	
	INSTRUCTION MANUAL	1	CNN-1107	
	EXERCISE CHART	1	CNN-1080	
1				

STEP 3 SEAT & BACKREST ASSEMBLY

SEAT: Loosely assemble **SEAT SUPPORT BRACKETS** (25) and (26) to **SEAT** (9) using **1/4" X 3/4" ROUND HEAD SCREWS** (36). Assemble so that the threaded shaft on the Brackets are positioned to the rear of the Seat. Fit Seat and Bracket over **MAIN FRAME** (3) and snug Brackets against Frame, but allow enough clearance so that assembly will slide easily along **MAIN FRAME** (3). Tighten Seat screws securely. Position Seat in place by inserting **ADJUSTER PIN** (19) through rear hole of Brackets and through one of the positioning holes along the frame. The Seat can be fastened in either a flat or incline position by inserting **CARRIAGE BOLT** (46) through one of the square holes in the front of the Brackets and securing with the **PLASTIC KNOB** (45) (SEE **INSET ILLUSTRATION**) To adjust the Seat to other positions you need only to loosen Knob, remove Adjuster Pin and slide Seat to new position.



BACKREST: Slide the **LONG ANGLE IRONS** (7) onto the welded bolts on **SEAT SUPPORT BRACKETS** (25) and secure with **5/16" LOCK NUTS** (34) to allow smooth rotation. Align the four holes in the **BACKREST** (8) with the holes in the **LONG ANGLE IRONS** (7) and attach using **1/4" X 3/4" ROUND HEAD SCREWS** (36).

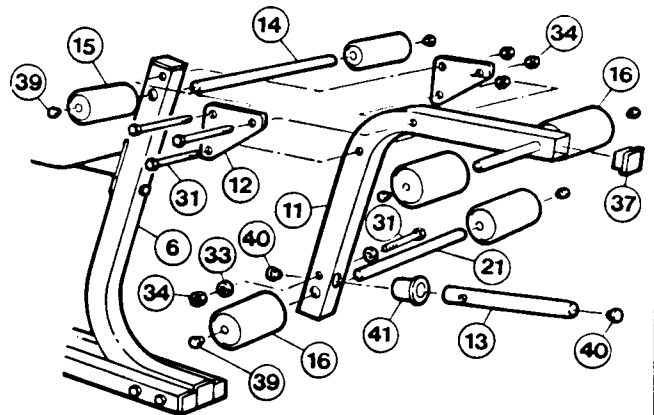


Insert **1" ROUND PLASTIC CAPS** (40) into each end of **BACKREST ADJ BAR** (17) and insert it through **UPRIGHTS** (1) to adjust **BACKREST** (8) to a desired incline.

To lock **BACKREST ADJ BAR** (17) into **UPRIGHTS** (1), squeeze **SPRING RELEASE PIN** (43) so it can pass through hole in **UPRIGHT** (1). When small bump section is inside Upright, release Spring and Bar should be locked into position. (SEE **ILLUSTRATION**) **SPRING RELEASE PIN** (43) is pre-assembled in **BACKREST ADJ BAR** (17)

STEP 4 LEG CURL ASSEMBLY

Loosely bolt **LEG CURL BRACKETS** (12) to **LEG CURL** (11) with **5/16" X 2 3/4" HEX HEAD BOLTS** (31) and **5/16" LOCK NUTS** (34). Assemble this assembly to **FRONT SUPPORT** (6) with a **5/16" X 2 3/4" HEX HEAD BOLT** (31) and **5/16" LOCK NUT** (34). Tighten all bolts securely but leave the Pivot Bolt a little less tight so the Leg Curl can move freely. Fasten **WEIGHT PIN** (13) to **LEG CURL** (11) using **5/16" X 2 3/4" HEX HEAD BOLT** (31), **5/16" FLAT WASHER** (33) and **5/16" LOCK NUT** (34). Slide **PLASTIC BUSHING** (41) over **WEIGHT PIN** (13) (flared side out) and cap each end of **WEIGHT PIN** (13) with **1" ROUND PLASTIC CAP** (40). Cap each end of **LEG CURL** (11) with **2" SQUARE PLASTIC CAP** (37). Insert **3/4" ROUND PLASTIC CAP** (39) into both ends of **PAD BARS** (14). Assemble **2 1/2" X 7" FOAM PAD** (15) on to the shorter Pad Bar and insert it into Pad Bar Hole in **FRONT SUPPORT** (6). Slide second **2 1/2" X 7" FOAM PAD** on to other end. (NOTE: Using a small amount of any liquid dish detergent wiped along the Pad Bars will make this assembly easier and also will act as an adhesive for the Pads when it has dried.) Follow the same assembly procedure and assemble **4" X 8" FOAM PADS** (16) to Longer **PAD BARS** (21) and assemble them to **LEG CURL** (11).

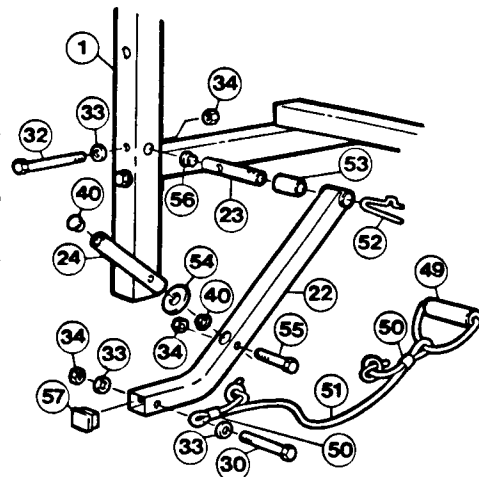


CAUTION

1. ALLOWING LEG CURL ARM TO FREE FALL OR BANG INTO FRONT LEG CAN CAUSE DAMAGE TO THE FRAME AND LEG CURL. DO NOT EXCEED 100 LBS. OF WEIGHT.
2. WHEN WEIGHTS ARE USED ON THE LEG CURL THE SAME AMOUNT OF WEIGHT SHOULD BE ADDED TO THE REAR OF THE BENCH. THIS CAN BE DONE BY PLACING A WEIGHTED BARBELL ACROSS THE UPRIGHTS OR HAVING YOUR TRAINING PARTNER STAND ON THE FRAME BASE.
3. USE LOCKING COLLARS FROM DUMBBELLS TO SECURE WEIGHTS ON LEG CURL WEIGHT PINS.

STEP 5 FLY ARMS ASSEMBLY - D485 ONLY

Remove 5/16" X 3" HEX HEAD BOLT (32) from upper hole of Cross Member. Insert PIVOT TUBE (23) into UPRIGHT (1) and re-bolt with previously removed HEX BOLT (32). Cap back of Pivot Tube with 7/8" ROUND PLASTIC CAP (56). Press 2" PLASTIC BUSHING (53) into tube at the end of FLY ARM (22) and slide completed assembly over PIVOT TUBE (23). Insert STOPPER PIN (52) into end of PIVOT TUBE (23) so that projection on pin protrudes through hole in Pivot Tube thus preventing Butterfly Arm from sliding off Pivot Tube. Locate WEIGHT STACK PINS (24) through holes in FLY ARMS (22) and bolt in place with 5/16" X 1 3/4" HEX HEAD BOLT (55) through square and round tubing and secure with 5/16" LOCK NUTS (34).



Press 1" ROUND PLASTIC CAP (40) into each end of WEIGHT STACK PIN (24) and slide on a ROUND WEIGHT BUMPER (54). To attach each NYLON CABLE (51), first pass one end of cable through FERRULE (50) and loop around mid-point of DUMBBELL HANDLE (49) loop before passing through sleeve and knotting the end of the cable securely. Pull tight to fasten DUMBBELL HANDLE (49). Repeat this procedure with the other end of NYLON CABLE (51), but this time form an open loop and knot the end of the loop securely. Pass a 5/16" X 2 1/2" HEX HEAD BOLT (30) with a 5/16" FLAT WASHER (33) through this loop and through locating hole at the end of FLY ARM (22). Secure with another FLAT WASHER (33) and 5/16" LOCK NUT (34) and tighten just enough to allow free rotation of loop. Pull loop tight so that loop is securely trapped behind the washer and bolt head. Press a 1 1/2" SQUARE PLASTIC CAP (57) into end of FLY ARM (22).

D485 (COBRA PLUS) SUPPLEMENTAL PARTS LIST

07-27-90

DIAGRAM NO	PART NAME	QTY	ORDERING NO
22	FLY ARM	2	C0284-D29
23	PIVOT TUBE	2	C0285-D29
24	WEIGHT STACK PIN (1" X 8")	2	C6306-D29
	HARDWARE BAG	1	C5849-D29
30	5/16"-18 X 2 1/2" HEX BOLT	2	HH-5053
33	5/16" FLAT WASHER	4	HH-5127
34	5/16" LOCK NUT	4	HH-5012
40	1" ROUND PLASTIC CAP	4	AA-8005
49	DUMBBELL HANDLE	2	AA-8119
50	3/4" BUSHING (FERRULE)	4	HH-5259
51	NYLON CABLE	2	C6241-D20
52	STOPPER PIN	2	WW-7038
53	PLASTIC BUSHING	2	AA-8091
54	ROUND WEIGHT BUMPER	2	AA-8016
55	5/16"-18 X 1 3/4" HEX BOLT	2	HH-5301
56	7/8" ROUND PLASTIC CAP	2	AA-8088
57	1 1/2" SQUARE PLASTIC CAP	2	AA-8001
58	UPRIGHT DECAL	2	DE-4141