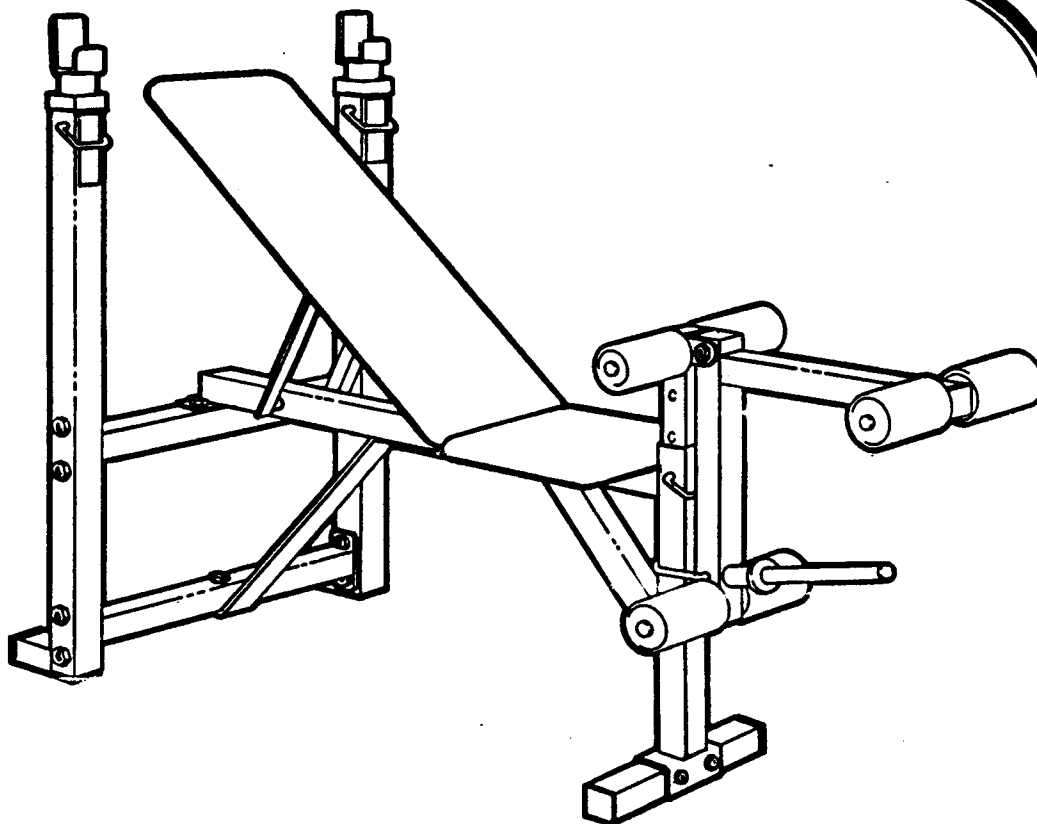




weider®

RECOMMENDED WEIGHT SET - 365LBS

NN-1091

D490

ASSEMBLY INSTRUCTIONS

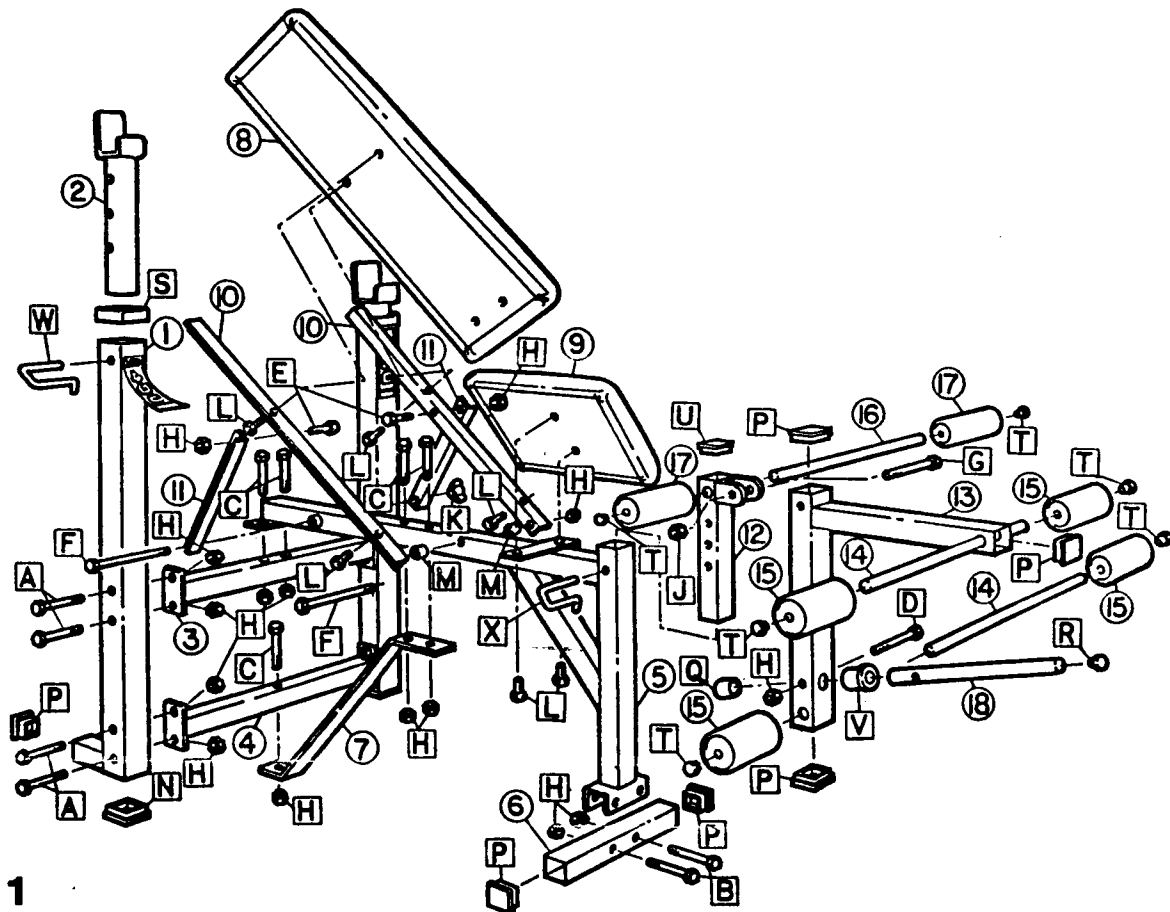
REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA, USA 91367

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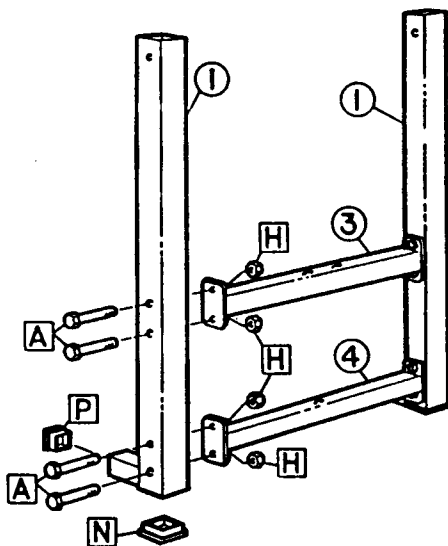
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D490		PARTS LIST		04-27-80
DIAGRAM NO	PART NAME	QTY	ORDERING NO	
1	UPRIGHT	2	C0269-D12	
2	ADJUSTABLE UPRIGHT	2	C0272-D12	
3	UPRIGHT CROSS MEMBER (2 HOLES)	1	C0270-D12	
4	UPRIGHT CROSS MEMBER (1 HOLE)	1	C0271-D12	
5	MAIN FRAME	1	C1182-D12	
6	FRONT SUPPORT	1	C1183-D12	
7	FRAME BRACE	1	C1184-D12	
8	BACKREST	1	C1310-D12	
9	SEAT	1	C1311-D12	
10	LONG ANGLE IRON	2	C6234-D12	
11	ANGLE IRON BRACE	2	C6235-D12	
12	LEG CURL ADJUSTER	1	C1185-D12	
13	LEG CURL	1	C1188-D12	
14	PAD BAR 13 1/2"	2	C6121-A25	
15	FOAM PAD 5 3/4"	4	C0412-B18	
16	PAD BAR 16"	1	C6061-A14	
17	FOAM PAD 7"	2	C0426-A14	
18	WEIGHT PIN	1	C6230-D02	
	HARDWARE BAG	1	C5828-D12	
A	5/16"-20 X 3" HEX HEAD BOLT	8	HH-5031	
B	5/16"-20 X 2 3/4" HEX HEAD BOLT	2	HH-5070	
C	5/16"-20 X 2 1/2" HEX HEAD BOLT	5	HH-5015	
D	5/16"-20 X 2 1/4" HEX HEAD BOLT	1	HH-5035	
E	5/16"-20 X 3/4" HEX HEAD BOLT	2	HH-5241	
F	5/16"-20 X 4 1/4" HEX HEAD BOLT	2	HH-5278	
G	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018	
H	5/16"-20 LOCK NUT	18	HH-5021	
J	3/8"-16 LOCK NUT	1	HH-5088	
K	5/16"-20 WING NUT	1	HH-5056	
L	1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022	
M	BUSHING	2	HH-5259	
N	2 1/2" SQUARE PLASTIC CAP	2	AA-8013	
P	2" SQUARE PLASTIC CAP	7	AA-8002	
Q	1" ROUND PLASTIC COVER CAP - 15°	1	AA-8070	
R	1" ROUND PLASTIC CAP	1	AA-8005	
S	PLASTIC FRAME INSERT	2	AA-8085	
T	3/4" ROUND PLASTIC CAP	6	AA-8004	
U	1 3/4" SQUARE PLASTIC CAP	1	AA-8008	
V	PLASTIC BUSHING	1	AA-8112	
W	LOCKING PIN (SMALL)	2	WW-7034	
X	LOCKING PIN (LARGE)	1	WW-7035	
	UPRIGHT DECAL	2	DE-4120	
	INSTRUCTION MANUAL	1	CNN-1091	
	EXERCISE CHART	1	NN-1080	
	PRE-ASSEMBLED WITH BACKREST			
	4 ASSEMBLED WITH BACKREST / 2 IN HARDWARE BAG			

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

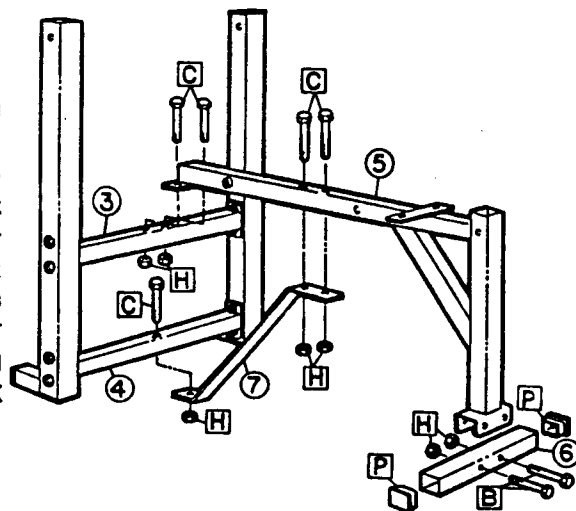


STEP 1 UPRIGHT ASSEMBLY

It is important to notice in this assembly that the position of UPRIGHT CROSS MEMBER (2 HOLES) (3) will be on top and UPRIGHT CROSS MEMBER (1 HOLE) (4) will be on bottom. Assemble both UPRIGHT CROSS MEMBER (3) and UPRIGHT CROSS MEMBER (4) to one UPRIGHT (1) using 2 - 5/16" x 3" HEX HEAD BOLTS (A) and 2 - 5/16" LOCK NUTS (H) per Cross member. Assemble second UPRIGHT (1) to assembled UPRIGHT CROSS MEMBERS using 2 more 5/16" x 3" HEX HEAD BOLTS (A) and 5/16" LOCK NUTS (H) per Cross member. TIGHTEN ALL BOLTS! Assemble 2 1/2" SQUARE PLASTIC CAPS (N) into base of UPRIGHTS (1). Assemble 2" SQUARE PLASTIC CAPS (P) into extension on rear of UPRIGHT (1).

STEP 2 FRAME ASSEMBLY

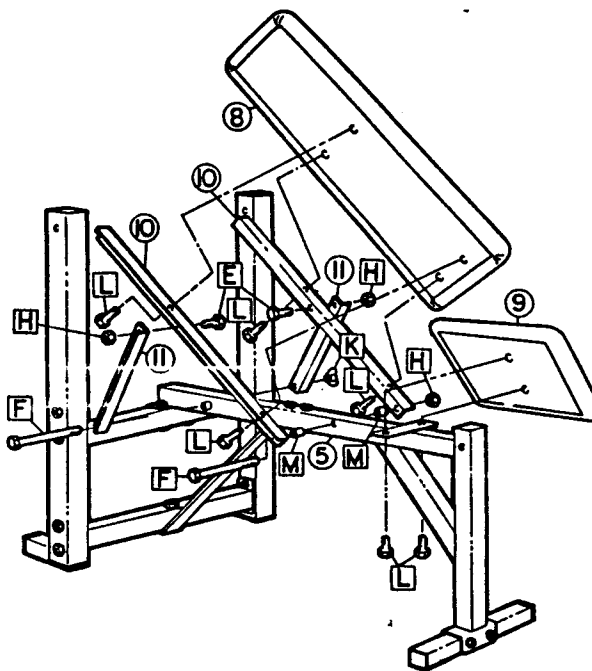
Attach MAIN FRAME (5) to FRONT SUPPORT (6) using 2 - 5/16" x 2 3/4" HEX HEAD BOLTS (B) and 2 - 5/16" LOCK NUTS (H). Assemble 2" SQUARE PLASTIC CAPS (P) into both ends of FRONT SUPPORT (6). Align bolt holes of MAIN FRAME (5) bracket with holes on upper UPRIGHT CROSS MEMBER (3). Secure with 2 - 5/16" x 2 1/2" HEX HEAD BOLTS (C) and 2 - 5/16" LOCK NUTS (H). Align FRAME BRACE (7) with hole on UPRIGHT CROSS MEMBER (4) (bottom) and 2 holes of MAIN FRAME (5) (bottom). Secure with 3 - 5/16" x 2 1/2" HEX HEAD BOLTS (C) and 3 - 5/16" LOCK NUTS (H).



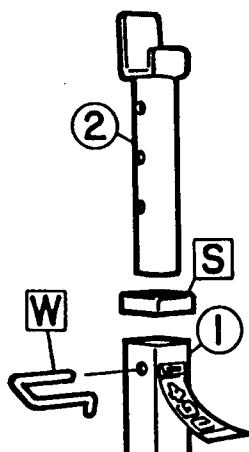
STEP 3 BACKREST & SEAT ASSEMBLY

BACKREST: The BACKREST (8), 2 LONG ANGLE IRONS (10), and 4 - 1/4" X 3/4" MACHINE SCREWS (L) are pre-assembled at the factory. The assembly is shown apart only to clearly show the assembly of the LONG ANGLE IRONS (10) to the MAIN FRAME (5), and the assembly of the ANGLE IRON BRACES (11).

First, turn pre-assembled BACKREST (8) over. Attach ANGLE IRON BRACES (11) to center hole on LONG ANGLE IRONS (10) making sure that ANGLE IRON BRACES (11) are facing in the direction shown on the illustration. Secure each ANGLE IRON BRACE (11) with 5/16" x 3/4" HEX HEAD BOLT (E) and 5/16" LOCK NUT (H). Attach lower end of LONG ANGLE IRONS (10) to MAIN FRAME (5) first. To do this, first slide 5/16" x 4 1/4" HEX HEAD BOLT (F) through lower hole in LONG ANGLE IRON (10). Assemble one BUSHING (M) over 5/16" x 4 1/4" HEX HEAD BOLT (F), and insert Bolt through hole in MAIN FRAME (5). Assemble second BUSHING (M) over 5/16" x 4 1/4" HEX HEAD BOLT (M) as it exits the hole in MAIN FRAME (5), and then slide bolt on through LONG ANGLE IRON (10). Secure with 5/16" LOCK NUT (H). To assemble ANGLE IRON BRACES (11) to MAIN FRAME (5), first slide 5/16" x 4 1/4" HEX HEAD BOLT (F) through any of the remaining holes in ANGLE IRON BRACE (11) and insert through welded Bushing on MAIN FRAME (5), and then through opposite ANGLE IRON BRACE (11). Secure with 5/16" WING NUT (K). This procedure is followed each time an adjustment of the BACKREST (8) is needed.



SEAT: Align bolt holes on SEAT (9) with holes on brace of MAIN FRAME (5). Secure with 2 - 1/4" x 3/4" MACHINE SCREWS (L).

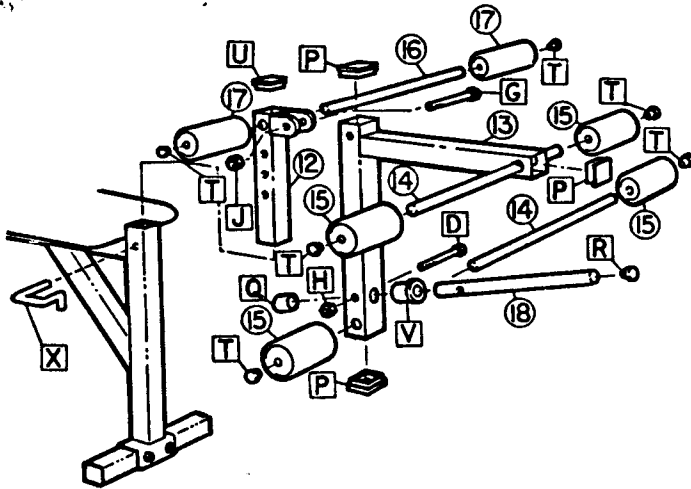


STEP 4 ADJUSTABLE UPRIGHTS

Assemble PLASTIC FRAME INSERTS (S) onto the top of UPRIGHTS (1). Slide ADJUSTABLE UPRIGHTS (2) through hole in PLASTIC FRAME INSERTS (S). LOCKING PINS (W) are used to adjust the height of the ADJUSTABLE UPRIGHTS (2).

DECAL: Remove backing from decal; align decal on Upright and apply it to area indicated by the decal in the illustration.

STEP 5 LEG CURL ASSEMBLY



Assemble 1 3/4" SQUARE PLASTIC CAP (U) into top of LEG CURL ADJUSTER (12). Slide LEG CURL ADJUSTER (12) into MAIN FRAME (5) tube. LOCKING PIN (X) is used to adjust the height of the LEG CURL ADJUSTER (12). Slide WEIGHT PIN (18) through angled hole in the front side of LEG CURL (13). Align the bolt holes and secure with 5/16" x 2 1/4" HEX HEAD BOLT (D) and 5/16" LOCK NUT (H). Place 1" ROUND PLASTIC COVER CAP - 15 (Q) over rear extended portion of WEIGHT PIN (18). Slide PLASTIC BUSHING (V) over WEIGHT PIN (18) (flared side out) until it is against the Leg Curl Frame. Assemble 1" ROUND PLASTIC CAP (R) into end of WEIGHT PIN (18). Assemble 2" SQUARE PLASTIC CAPS (P) into top, bottom, and end of LEG CURL (13). Position LEG CURL (13) between brackets of LEG CURL ADJUSTER (12). Secure with 3/8" X 2 1/2" HEX HEAD BOLT (G) and 3/8" LOCK NUT

(J). **DO NOT OVERTIGHTEN!** The Leg Curl must swing freely. Repeat the following instructions until all remaining Leg Curl parts are in place. First, slide PAD BAR 13 1/2" (14) through proper hole in LEG CURL (13) until equal amounts of Pad Bar are on both sides of Leg Curl Frame. Assemble 3/4" ROUND PLASTIC CAP (T) into each end of PAD BAR (14). (At this time, a small amount of liquid dish detergent can be applied to both ends of the Pad Bars to aid in the assembly of the foam pads. The detergent not only acts as a lubricant but also acts as an adhesive to hold the foam pads in place after the detergent has dried.) Slide FOAM PADS 5 3/4" (15) onto each end of PAD BAR (14). Slide PAD BAR 16" (16) through top hole in LEG CURL ADJUSTER (12) until equal amounts of the bar are on both sides. Assemble 3/4" ROUND PLASTIC CAPS (T) into both ends of PAD BAR 16" (16). Slide FOAM PADS 7" (17) onto both ends of PAD BAR 16" (16).

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.

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.