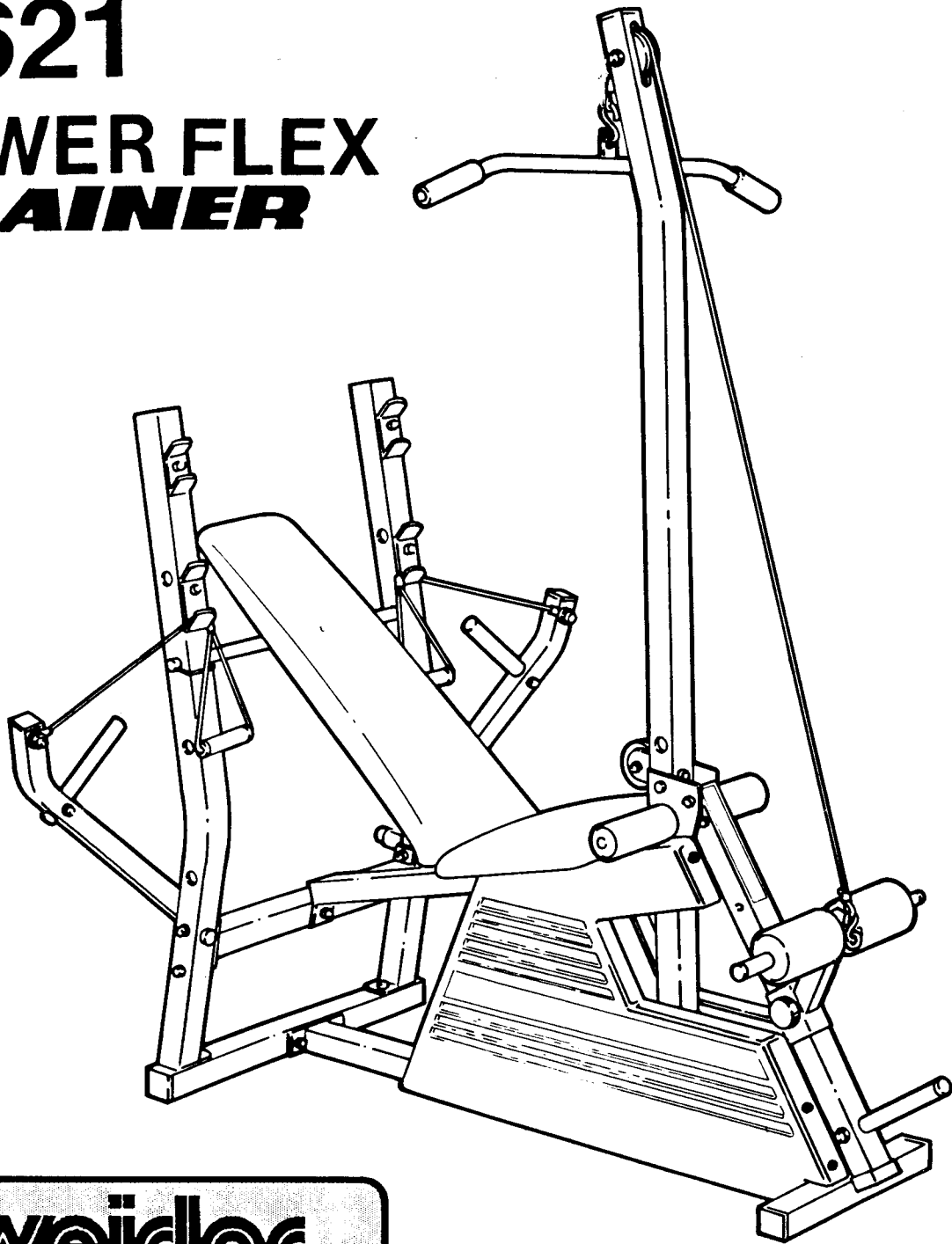


D621

POWER FLEX **TRAINER**



Weider®

MODEL NO 354.156350

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

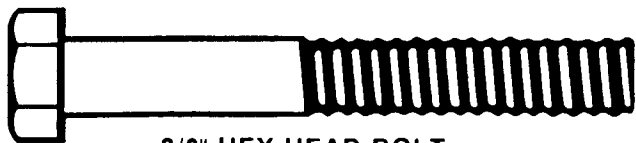
WEIDER HEALTH AND FITNESS

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

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C2122-D35
2	BASE CROSSMEMBER	1	C2123-D35
3	UPRIGHT	2	C0277-D21
4	UPRIGHT CROSSBRACE	1	C0293-D35
5	FRONT FRAME LEG	1	C2124-D35
6	TOP MAIN FRAME	1	C2125-D35
7	LEG CURL BRACKET	2	C2126-D35
8	LEG CURL TUBE	1	C2127-D35
9	ADJUSTABLE EXTENSION TUBE	1	C2128-D35
10	BACKREST ADJUSTER BAR	1	C6401-D35
11	LONG ANGLE IRON	2	C6103-A12
12	BACKREST	1	C1326-D35
13	SEAT	1	C1327-D35
14	PLASTIC FRAME SHROUD (RIGHT)	1	C0618-D21
15	PLASTIC FRAME SHROUD (LEFT)	1	C0619-D21
16	LARGE CONNECTOR PLATE	1	C6706-D35
17	MEDIUM CONNECTOR PLATE	1	C6707-D35
18	SMALL CONNECTOR PLATE	2	C6708-D35
19	BUTTERFLY ARM	2	C0280-D20
20	PIVOT TUBE	2	C0281-D20
21	8" BUTTERFLY WEIGHT PIN (1" DIA.)	2	C6304-D20
22	LAT MAST TUBE	1	C6246-D35
23	LOWER PULLEY BRACKET	1	C6910-D34
24	3" PULLEY	1	AA-8126
25	LAT BAR	1	C6803-D35
26	FOAM GRIPS	2	C0417-B05
27	LAT ROPE (72" LONG)	1	C6603-D16
28	CURL ROPE (66" LONG)	1	C6606-D35
29	DUMBBELL ROPE (28" LONG)	2	C6241-D20
30	DUMBBELL HANDLE	2	AA-8119
31	BAR HOLDER BRACKET	4	C0278-D21
32	CHROME WEIGHT PIN (1" X 10" LONG)	1	C6300-D19
33	EZ-ON CLIP COLLAR	1	BB-0216
34	ANKLE PAD BAR (3/4" X 18" LONG)	1	C6308-D35
35	3" X 6" FOAM ROLLER PAD	2	C0442-D35
36	KNEE PAD BAR (3/4" X 16" LONG)	1	C6302-D19
37	2 1/2" X 7" FOAM ROLLER PAD	2	C0426-A14
38	SMALL SHROUD DECAL (7/8" X 13")	2	DE-4150
39	LARGE SHROUD DECAL	2	DE-4151
40	LEG CURL DECAL	1	DE-4149
41	5/16"-18 X 1 3/4" HEX BOLT	2	HH-5301
42	5/16"-18 X 2 1/4" HEX BOLT	4	HH-5323
43	5/16"-18 X 2 1/2" HEX BOLT	17	HH-5053
44	5/16"-18 X 2 1/2" CARRIAGE BOLT	2	HH-5321
45	5/16"-18 X 2 3/4" HEX BOLT	3	HH-5058

[illegible]

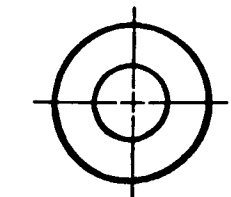
D-621 HARDWARE ILLUSTRATION SHEET



3/8" HEX HEAD BOLT
54 55



3/8" HEX NUT
57



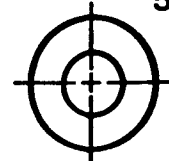
3/8" FLAT WASHER
56



5/16" HEX HEAD BOLT
41 42 43 45



5/16" HEX NUT
48



5/16" FLAT WASHER
47



1/4" SLOT HEAD SCREW
49 50



1/4" HEX NUT
51



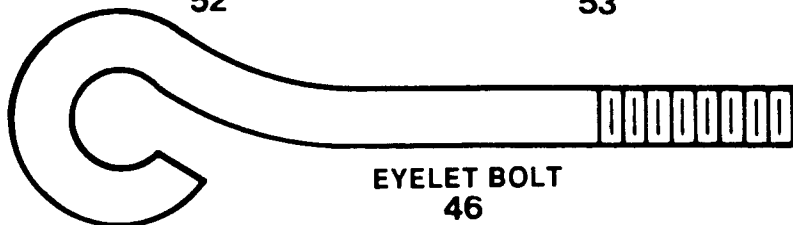
5/16" CARRIAGE BOLT
55



5/32" #10 SELF TAPPING SCREW
52



5/32" FLAT WASHER
53



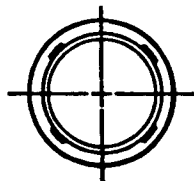
EYELET BOLT
46



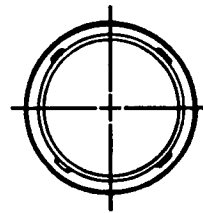
"S" HOOK
66



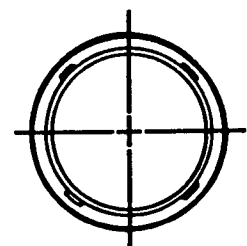
2" SQUARE PLASTIC CAP
58



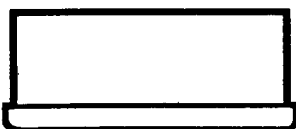
3/4" ROUND
63



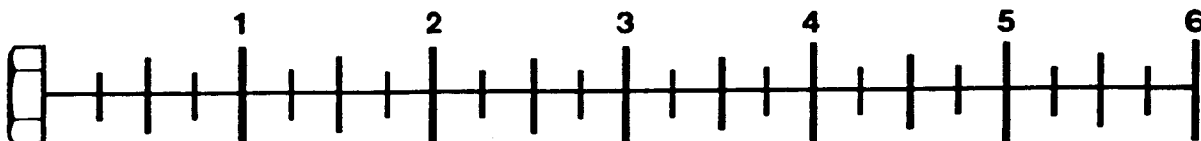
7/8" ROUND
62



1" ROUND
61



1 1/2" SQUARE PLASTIC CAP
60



BOLT LENGTH SCALE

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 THREE HOURS 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. THE PLASTIC SHROUDS PROTECTING YOUR MACHINE SHOULD BE CLEANED PERIODICALLY WITH MILD SOAP AND WATER.

STEP 1 BENCH FRAME ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/4" HEX HEAD BOLT	4
5/16" X 2 1/2" HEX HEAD BOLT	11
5/16" FLAT WASHER	11
5/16" LOCKNUT	15
2" SQUARE PLASTIC CAPS	6

☐ Assemble **BASE FRAME (1)** to **BASE CROSSMEMBER (2)** using **5/16" X 2 1/2" HEX BOLTS (43)**, **5/16" FLATWASHERS (47)**, and **5/16" HEX LOCKNUTS (48)**.

☐ Bolt **UPRIGHTS (3)** to **BASE CROSSMEMBER (2)** with **5/16" X 2 1/4" HEX BOLTS (42)** and **5/16" LOCKNUTS (48)**.

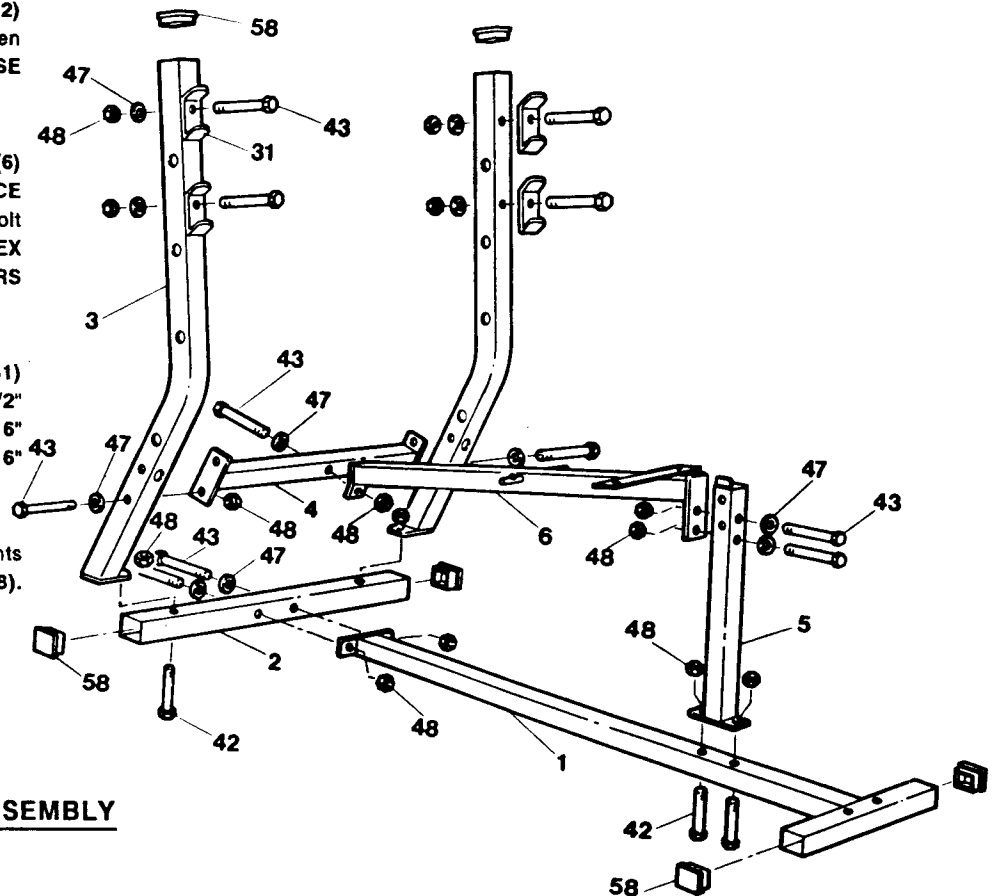
☐ Position **UPRIGHT CROSSBRACE (4)** between **UPRIGHTS (3)** and bolt together in bottom hole using **5/16" X 2 1/2" HEX BOLT (43)**, **5/16" FLATWASHER (47)** and **5/16" LOCKNUT (48)**.

☐ Using **5/16" X 2 1/4" HEX BOLTS (42)** and **5/16" LOCKNUTS (48)** fasten **FRONT FRAME LEG (5)** to **BASE FRAME (1)**.

☐ Position **TOP MAIN FRAME (6)** between **UPRIGHT CROSS BRACE (4)** and **FRONT FRAME LEG (5)**. Bolt together using **5/16" X 2 1/2" HEX BOLTS (43)**, **5/16" FLATWASHERS (47)** and **5/16" LOCKNUTS (48)**.

☐ Bolt **BAR HOLDER BRACKETS (31)** to **UPRIGHTS (3)** with **5/16" x 2 1/2" HEX BOLTS (43)**, **5/16" FLATWASHERS (47)** and **5/16" LOCKNUTS (48)**.

☐ Cap open ends of base and uprights with **2" SQUARE PLASTIC CAPS (58)**.



STEP 2 LEG EXTENSION ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/2" HEX BOLT	1
5/16" X 2 3/4" HEX BOLT	3
5/16" X 2 1/2" CARRIAGE BOLT	1
5/16" EYELET BOLT	1
5/16" FLATWASHER	3
5/16" HEX LOCKNUT	5
3/4" LONG METAL FERRULE	1
PLASTIC KNOB	1
3/4" ROUND PLASTIC CAP	4
1" ROUND PLASTIC CAP	1
2" SQUARE PLASTIC CAP	1
1 1/2" SQUARE PLASTIC CAP	1
2" SQUARE COVER CAP	1

☐ Bolt **LEG CURL BRACKETS (7)** to **FRONT LEG (5)** using **5/16" x 2 3/4" HEX BOLTS (45)** and **5/16" LOCKNUTS (48)**.

☐ Cap top of **LEG CURL TUBE (8)** with **2" SQUARE PLASTIC CAP (58)** and bottom with **2" SQUARE COVER CAP (59)**. Bolt Leg Curl Tube between **LEG CURL BRACKETS (7)** using **5/16" x 2 3/4" HEX BOLT (45)** and **5/16" LOCKNUT (48)**. **DO NOT OVER TIGHTEN** so Leg Curl Tube can pivot freely.

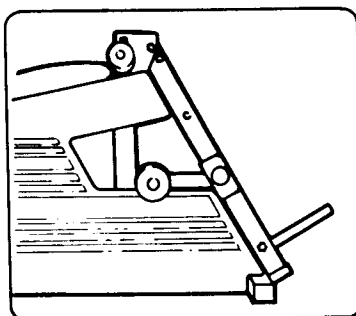
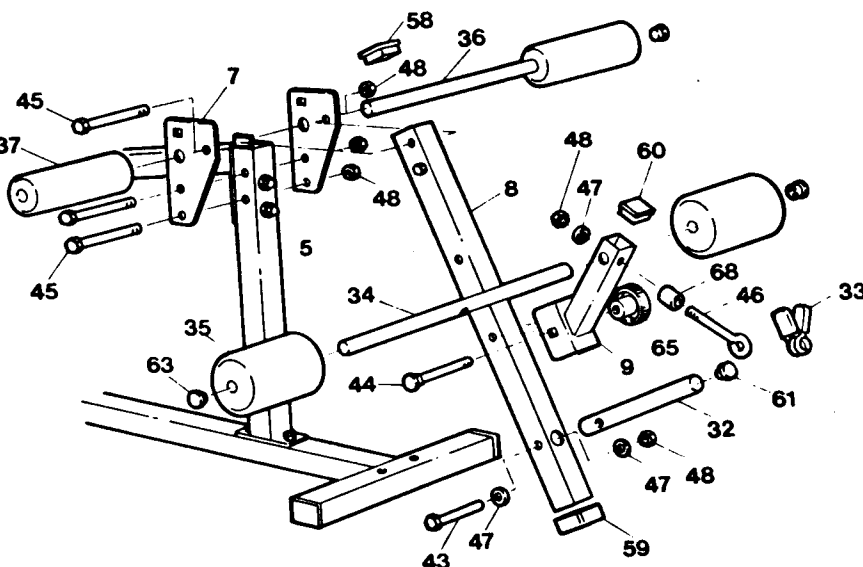
☐ Insert **10" WEIGHT PIN (32)** into bottom of **LEG CURL TUBE (8)** and secure with **5/16" x 2 1/2" HEX BOLT (43)**, **FLATWASHERS (47)** and **5/16" LOCKNUT (48)**. The **EZ-ON CLIP COLLAR (33)** is used to secure weights in position while exercising. Cap with **1" ROUND PLASTIC CAP (61)**.

- ☐ Insert 18" ANKLE PAD BAR (34) into ADJUSTABLE EXTENSION TUBE (9) and align bolt hole in pad bar with hole in extension tube. Insert 5/16" EYELET BOLT (46) thru 3/4" METAL FERRULE (68) and into EXTENSION TUBE (9) and secure with 5/16" FLATWASHER (47) and LOCKNUT (48). Cap tube with 1 1/2" SQUARE PLASTIC CAP (60).

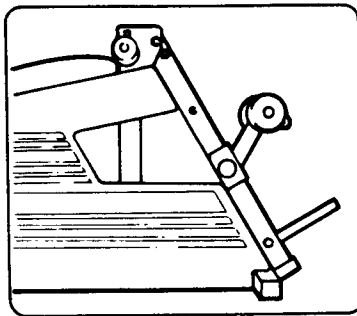
Using a small amount of liquid detergent wiped over the surface of the pad bar, slide a 3" X 6" FOAM ROLLER (35) onto each side of bar. Cap with 3/4" ROUND PLASTIC CAPS (63).

- ☐ The completed ADJUSTABLE EXTENSION ASSEMBLY can be bolted to the LEG CURL TUBE (8) in any of three positions using 5/16" X 2 1/2" CARRIAGE BOLT (44) and THREADED PLASTIC KNOB (65). (See leg extension positions illustrations.)

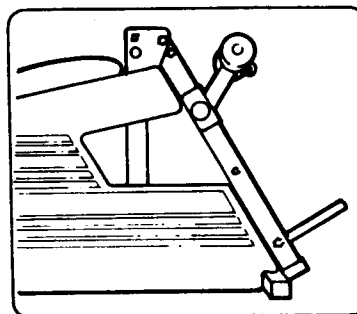
- ☐ Again using a small amount of liquid detergent wiped over the surface of the KNEE PAD BAR (36), insert the bar thru the holes in the LEG CURL BRACKETS (7) and assemble 2 1/2" X 7" FOAM PADS (37) to each end of bar. Cap with 3/4" ROUND PLASTIC CAPS (63).



POSITION #1



POSITION #2



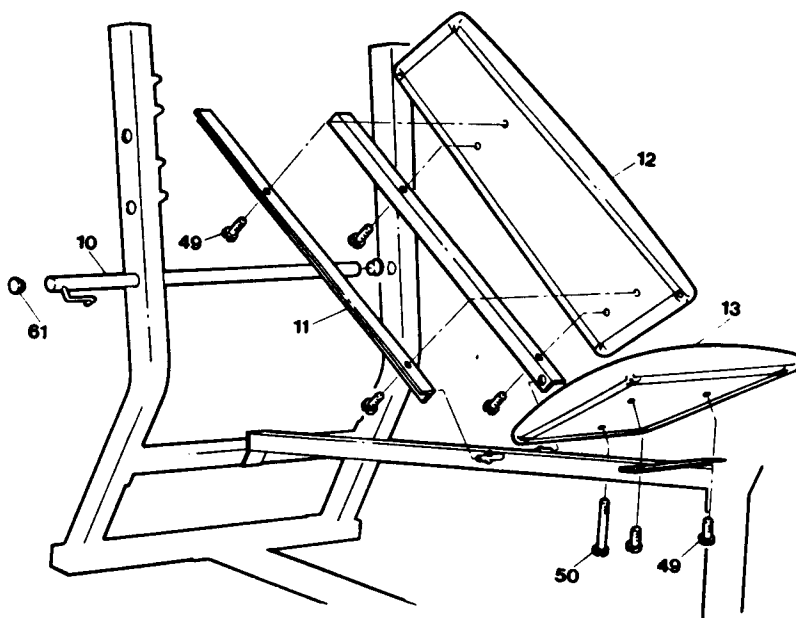
POSITION #3

LEG EXTENSION POSITIONS

With the extension in Position #1 you can perform Seated Leg Extensions and Standing Leg Curls. Position #2 is used for Lat Mast Exercises. Position #3 (with upper Knee Rollers and Bar removed) is used for Prone Leg Curls. With Knee Bar and Rollers assembled in the Mast Tube you can hook your feet under to perform Sit-ups, AB Crunches and Back Hyperextensions.

STEP 3 SEAT AND BACKREST ASSEMBLY **HARDWARE**

<u>PART NAME</u>	<u>QTY</u>
1/4" X 3/4" ROUND HEAD SCREW	6
1/4" X 2 3/4" ROUND HEAD SCREW	1
1" ROUND PLASTIC CAP	2



☐ Press 1" ROUND PLASTIC CAP (61) into each end of the BACKREST ADJUST BAR (10) and insert backrest tube into any set of positioning holes in UPRIGHTS (3).

☐ Turn BACKREST (12) over and bolt the LONG ANGLE IRONS (11) to back of backrest using 1/4" X 3/4" ROUND HEAD SCREWS (49). On one angle iron fasten only at the top so bottom ends can be spread slightly.

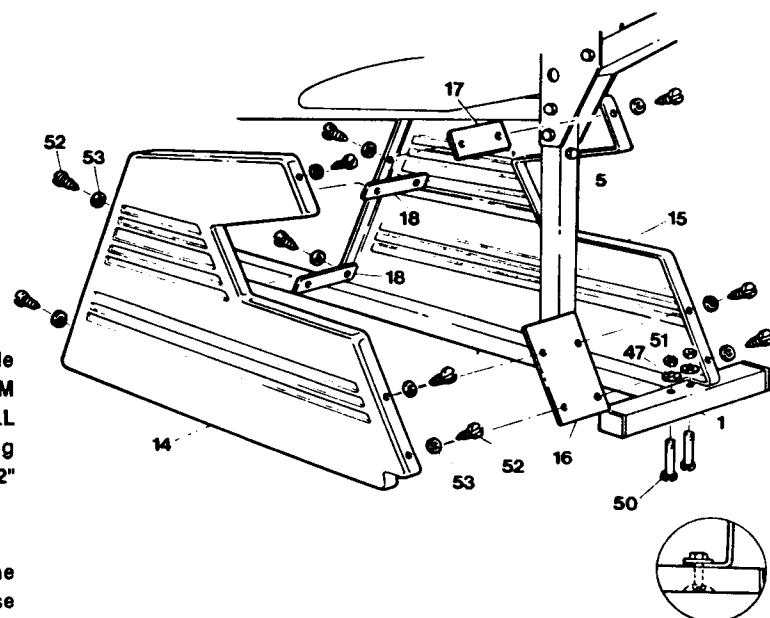
Fit holes in angle iron over pivot pin on TOP MAIN FRAME (6), so that the pivot pin is securely inserted into angles. Finish bolting loose end of angle iron onto backrest.

☐ Position SEAT (13) over holes in top frame bracket and assemble seat using 1/4" X 3/4" ROUND HEAD SCREWS (49) thru flat bracket and 1/4" X 2 3/4" ROUND HEAD SCREW (50) up thru frame into rear of seat.

STEP 4 SIDE SHROUD ASSEMBLY

HARDWARE

PART NAME	QTY
5/32" #10 SELF TAPPING SCREW	10
5/32" FLATWASHER	10
1/4" X 2 3/4" ROUND HEAD SCREW	2
5/16" WASHER	2
1/4" HEX NUT	2



☐ To one PLASTIC SHROUD, either (14) or (15) assemble LARGE CONNECTOR PLATE (16) and MEDIUM CONNECTOR PLATE (17) to front of shroud and SMALL CONNECTOR PLATES (18) to rear of shroud using 5/32" SELF TAPPING SCREWS (52) and 5/32" FLATWASHERS (53).

☐ Position assembled shroud against frame so that the notch in the front of the shroud is forward against Base Frame Cross Brace and back lower connector plate is sitting on top of Base Frame.

☐ Using a 1/4" X 2 3/4" ROUND HEAD SCREW (50), fasten the front of the shroud in position by trapping shroud between frame and 5/16" FLATWASHER (47) with 1/4" NUT (51).

☐ Position the other plastic shroud so that the connector plates align with holes in shroud and attach with other 5/32" SELF TAPPING SCREWS (52) and 5/32" FLATWASHERS (53).

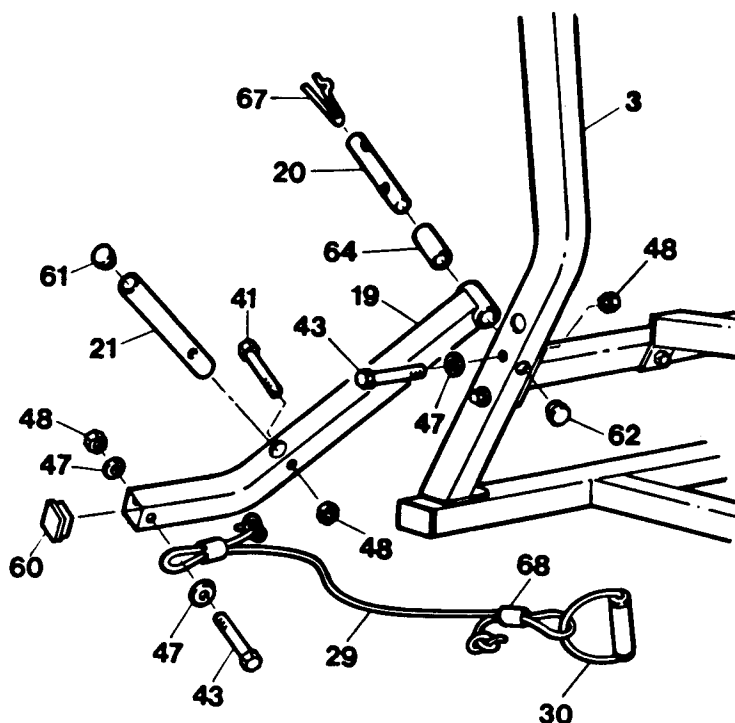
☐ Using another 1/4" X 2 3/4" ROUND HEAD SCREW (50), 5/16" FLATWASHERS (47) and 1/4" NUT (51) fasten down the front of the other plastic shroud.

STEP 5 BUTTERFLY ARM ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/2" HEX HEAD BOLT	4
5/16" X 1 3/4" HEX HEAD BOLT	2
5/16" FLAT WASHER	6
5/16" LOCK NUT	6
1" ROUND PLASTIC CAP	2
7/8" ROUND PLASTIC CAP	2
1 1/2" SQUARE PLASTIC CAP	2
3/4" METAL FERRULE	4

- ☐ Insert PIVOT TUBE (20) into UPRIGHTS (3) so that tube passes thru upright and bolt holes align. Bolt in place using 5/16" X 2 1/2" HEX BOLT (43), 5/16" FLATWASHER (47) and 5/16" HEX NUT (48).
- ☐ Press 7/8" ROUND PLASTIC CAP (62) into front end of Pivot Tube.
- ☐ Press 2" PLASTIC BUSHING (64) into round tube at end of FLY ARM (19). Slide Fly Arm over Pivot Tube and secure in place by inserting STOPPER PIN (67) into Pivot Tube so that tab on Stopper Pin snaps into locating hole in Pivot Tube.
- ☐ Press 1" ROUND PLASTIC CAP (61) into end of 8" WEIGHT PIN (21) and fasten to BUTTERFLY ARM (19) using 5/16" X 1 3/4" HEX BOLT (41) and 5/16" LOCK NUT (48).

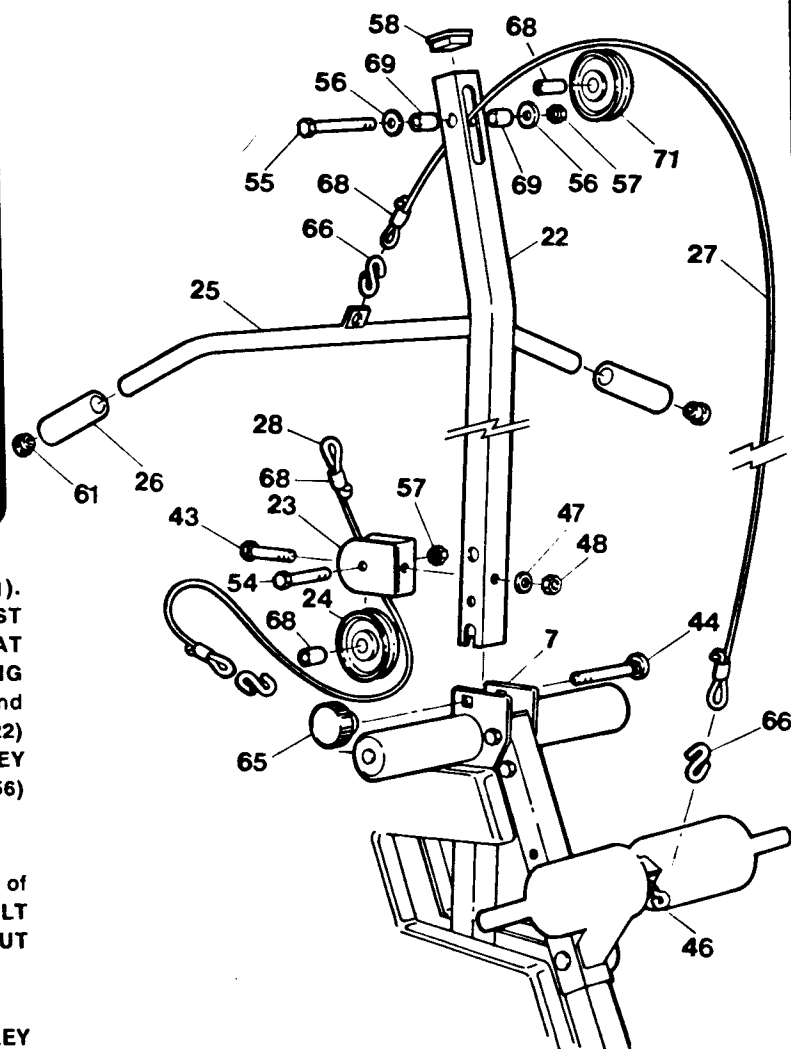


- ☐ Form loop in one end on 28" BUTTERFLY ROPE (29) by doubling over the rope and passing it thru a 3/4" METAL FERRULE (68). Tie a knot in the end of the rope and pull it tight against the ferrule. Fasten the rope to the BUTTERFLY ARM (19) using a 5/16" X 2 1/2" HEX BOLT (43), 5/16" FLATWASHERS (47) and 5/16" LOCKNUT (48). Fasten bolt so that the rope is trapped between the Flatwasher and Butterfly Arm. Draw rope loop tightly around bolt and tighten bolt to hold rope in place.
- ☐ Insert other end of Butterfly Rope thru another metal ferrule and around midpoint of rope on DUMBBELL HANDLE (30). Pass rope back thru ferrule and secure end by knotting. Draw rope tightly around Dumbbell Rope.
- ☐ Insert 1 1/2" SQUARE PLASTIC CAP (60) into end of BUTTERFLY ARM (19).

STEP 6 LAT MAST ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/2" HEX BOLT	1
3/8" X 1 1/2" HEX BOLT	1
3/8" X 2 1/2" HEX BOLT	1
5/16" FLAT WASHER	1
3/8" FLAT WASHER	2
5/16" LOCK NUT	1
3/8" LOCK NUT	2
5/16" X 2 1/2" CARRIAGE BOLT	1
5/8" PULLEY SPACER BUSHING	2
3/4" LONG METAL FERRULE	6
1" ROUND PLASTIC CAP	2
2" SQUARE PLASTIC CAP	1
"S" HOOK	3
PLASTIC KNOB	1



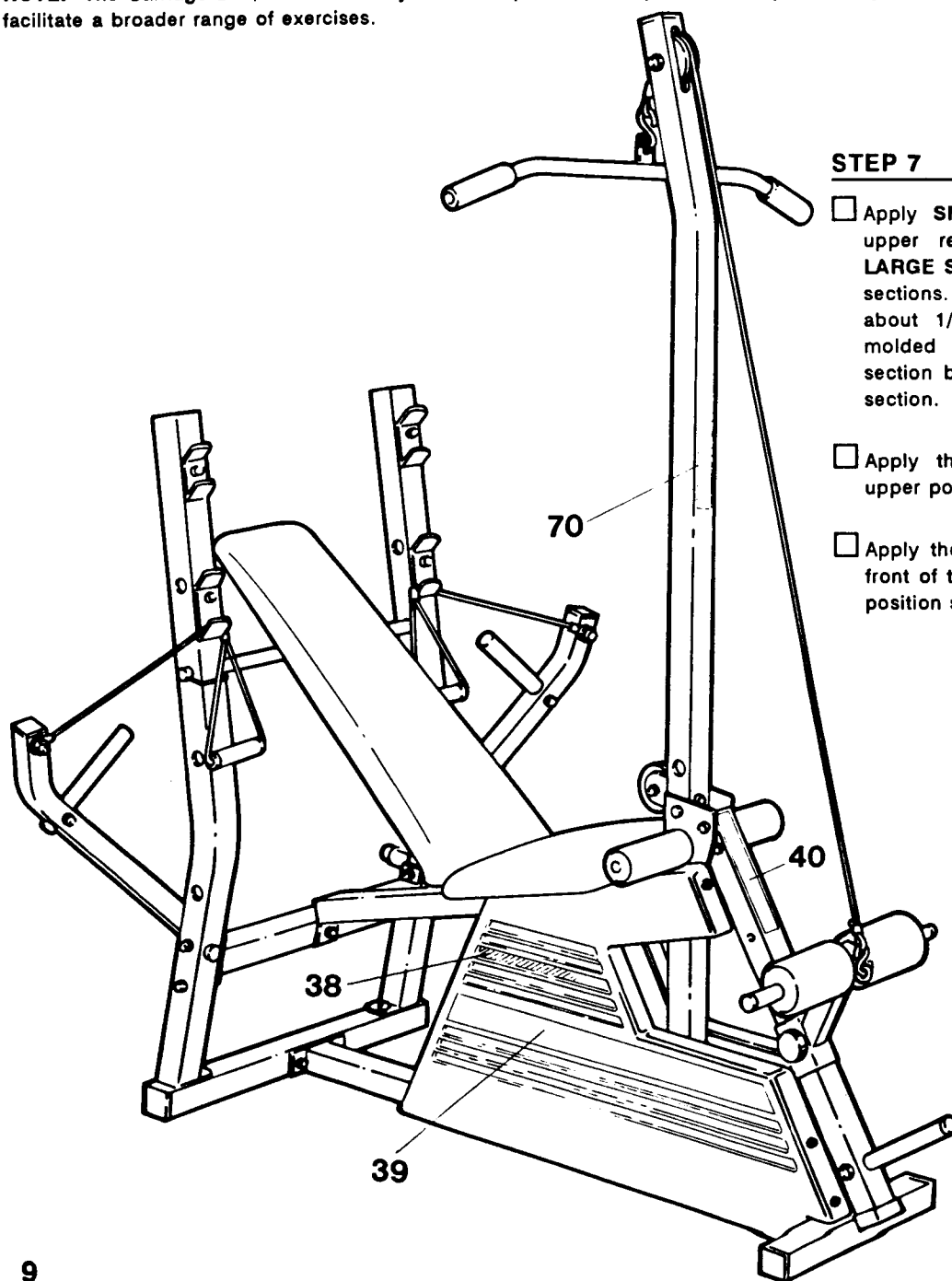
- ☐ Insert 3/4" METAL FERRULE (68) into 4" PULLEY (71). Position Pulley assembly in slot in the top of LAT MAST TUBE (22) aligning bolt holes. Place a 3/8" FLAT WASHER (56) and a 5/8" PULLEY SPACER BUSHING (69) onto a 3/8" X 2 1/2" HEX HEAD BOLT (55) and insert Bolt and Spacer through LAT MAST TUBE (22) and 4" PULLEY (71). Slide another 5/8" PULLEY SPACER BUSHING (69) and 3/8" FLAT WASHER (56) over Bolt and secure with a 3/8" LOCK NUT (57).
- ☐ Bolt LOWER PULLEY BRACKET (23) to bottom of MAST TUBE (22) using a 5/16" X 2 1/2" HEX BOLT (43), 5/16" FLAT WASHER (47) and 5/16" LOCK NUT (48).
- ☐ Insert a 3/4" METAL FERRULE (68) into 3" PULLEY (24) and bolt it into LOWER PULLEY BRACKET (23) with a 3/8" X 1 1/2" HEX BOLT (54) and 3/8" LOCK NUT (57).
- ☐ Insert 72" long LAT ROPE (27) thru upper slot in LAT MAST TUBE (22) and over PULLEY (24). Prepare a loop in each end of rope by doubling rope over and inserting thru 3/4" LONG METAL FERRULES (68).
- ☐ Hook "S" HOOKS (66) into each looped end and draw Lat Rope tightly around hooks.
- ☐ For lower 66" CURL ROPE (28) assembly, insert rope between PULLEY (24) and PULLEY BRACKET (23) and prepare looped ends in rope as previously done for Lat Rope. Draw rope around another "S" HOOK (66) at the lower end of rope.
- ☐ Press 1" ROUND PLASTIC CAPS (61) into each end of LAT BAR (25) and slide on FOAM GRIPS (26) using a small amount of liquid detergent to aid as a lubricant.
- ☐ To assemble LAT MAST (22) assembly to bench, position Lat Mast so that the notch in the bottom end of the Mast Tube fits down over the Pad Bar and is positioned between the LEG CURL BRACKETS (7). The small tab that is welded in the top of the FRONT FRAME LEG (5) should be fitted inside the Lat Tube.
- ☐ Secure in position using a 5/16" X 2 1/2" CARRIAGE BOLT (44) and THREADED PLASTIC KNOB (65).

- ☐ Connect **LAT ROPE (27)** to **ADJUSTABLE LEG EXTENSION (9)**; with extension bar assembled in the proper location, by hooking "**S**" **HOOK (66)** into **EYE BOLT (46)** located at end of leg extension.
- ☐ For use of **LAT BAR (25)** in the upper position for lat pull-down work, connect Lat Bar to **LAT ROPE (27)** by use of "**S**" **HOOK (66)**.
- ☐ To use mast assembly for low curls or seated rowing exercises, connect **CURL ROPE (28)** to **LAT ROPE (27)** and connect **LAT BAR (25)** to Curl Rope.
- ☐ The upper knee pad assembly can be assembled into the pad bar hole in the lower part of the **MAST TUBE (22)** to accommodate foot restraint while doing sit-ups and abdominal crunches.

NOTE: The Carriage Bolt/Knob Assembly has been provided for quick and easy mounting and removal of the Lat Assembly to facilitate a broader range of exercises.

STEP 7 DECAL INSTALLATION

- ☐ Apply **SMALL SHROUD DECAL (38)** to upper recessed area in shroud sides. **LARGE SHROUD DECALS (39)** are in two sections. Align the front decal section about 1/2" above and in line with the molded embossing. Apply the back section by butting it up against the front section.
- ☐ Apply the **LEG CURL DECAL (40)** to upper portion of the Leg Curl Tube.
- ☐ Apply the **LAT MAST DECAL (70)** to the front of the Mast Tube in the approximate position shown in the illustration.



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.