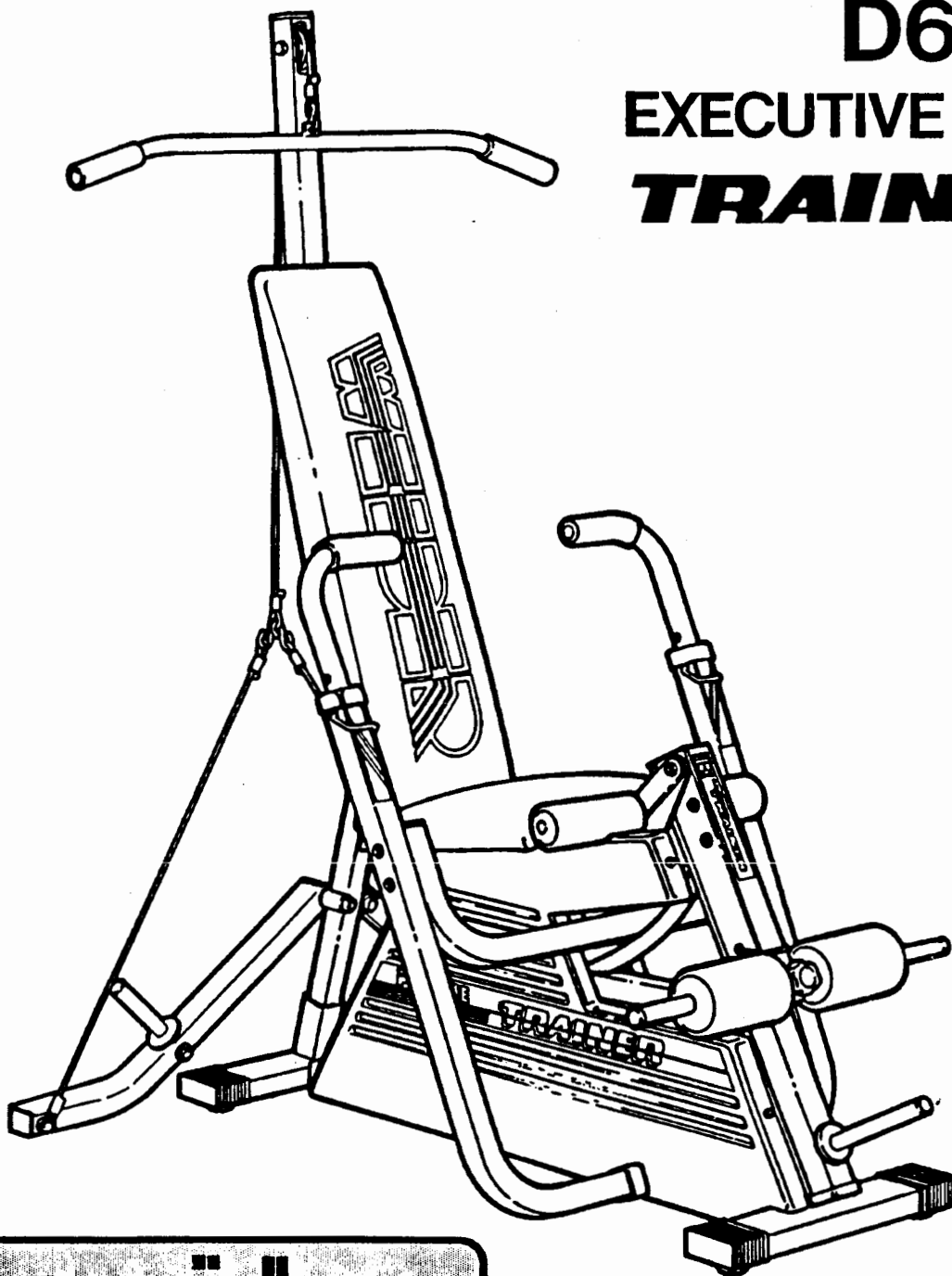


D630S EXECUTIVE PLUS **TRAINER**



MODEL NO 354.156340

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

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

D630S

PARTS LIST

08-23-90

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C1176-D19
2	SIDE FRAME	2	C1177-D19
3	TOP FRAME	1	C1178-D19
4	REAR FRAME SUPPORT (RIGHT)	1	C1179-D19
5	REAR FRAME SUPPORT (LEFT)	1	C1180-D19
6	REAR BASE FRAME	1	C1181-D19
7	BACKREST SUPPORT	1	C2111-D30
8	BACKREST TUBE	1	C1183-D19
9	LAT POST	1	C2109-D30
10	INSERT CHANNEL	1	C2110-D30
11	LAT BAR	1	C6153-C12
12	FLY ARM (RIGHT)	1	C0287-D30
13	FLY ARM (LEFT)	1	C0288-D30
14	LAT ROPE	1	C6604-D30
15	SHORT BUTTERFLY ROPE	2	C6241-D20
16	SEAT	1	C1320-D19
17	BACKREST	1	C1319-D19
18	PLASTIC FRAME SHROUD (RIGHT)	1	C0614-D19
19	PLASTIC FRAME SHROUD (LEFT)	1	C0615-D19
20	LARGE PLASTIC COVER PLATE	1	C0616-D19
21	SMALL PLASTIC COVER PLATE	1	C0617-D19
22	PIVOT TUBE (ZINC PLATED) 1" X 18"	1	C1184-D19
23	ROLLER BRACKET (FLAT)	2	C1185-D19
24	BENCH PRESS CROSS BRACE	1	C1186-D19
25	BENCH PRESS ARM	2	C1187-D19
26	BENCH PRESS HANDLES	2	C1188-D19
27	LEG EXTENSION ARM	1	C1189-D19
28	LEG EXTENSION COVER	1	C1190-D19
29	LATCH HOOK	1	C6900-D19
30	CHROME WEIGHT PIN	1	C6300-D19
31	CHROME ROLLER BAR 1" X 24"	1	C6301-D19
32	FOAM ROLLER PAD 4" X 6"	2	C0438-D19
33	FOAM ROLLER PAD 2 1/2" X 7"	2	C0426-A14
34	CHROME PAD BAR 3/4" X 17"	1	C6302-D19
35	ROLLER BRACKET (ROUND)	1	C1191-D19
36	CHROME WEIGHT STACK PIN 1" X 10"	2	C6304-D20
	HARDWARE BAG (NUTS & BOLTS)	1	5850-D30
	HARDWARE BAG (PLASTICS & BRACKETS)	1	5851-D30
37	PLASTIC KNOB	1	HH-5285
38	RUBBER FOOT	4	AA-8113
39	2" SQUARE OPEN END CAP	1	AA-8114
40	1 1/2" SQUARE PLASTIC CAP	7	AA-8001

DIAGRAM NO	PART NAME	QTY	ORDERING NO
41	ANGLE BRACKET	1	C6901-D19
42	BACKREST "L"- BRACKET	2	C6902-D19
43	2" DIAMETER ROLLER	1	AA-8116
44	SMALL LOCK PIN	2	WW-7002
45	"S"- HOOK	2	WW-7030
46	STOPPER PIN	2	WW-7038
47	FOAM GRIP 1 1/2" X 5"	4	C0439-D19
48	1 1/4" ROUND PLASTIC CAP	2	AA-8014
49	1 3/4" SQUARE PLASTIC COVER CAP	1	AA-8117
50	1" ROUND PLASTIC CAP	10	AA-8005
51	ROUND WEIGHT BUMPER	3	AA-8016
52	3/4" ROUND PLASTIC CAP	2	AA-8004
53	7/8" ROUND PLASTIC CAP	2	AA-8088
54	4 1/2" DIAMETER PULLEY	1	AA-8122
55	DUMBBELL HANDLE	2	AA-8120
56	PLASTIC SLEEVE	2	AA-8091
57	5/16"-18 X 3/4" HEX HEAD BOLT	4	HH-5245
58	5/16"-18 X 2 1/4" HEX HEAD BOLT	3	HH-5199
59	**5/16"-18 X 2 1/2" HEX HEAD BOLT	7	HH-5053
60	5/16"-18 X 2 3/4" HEX HEAD BOLT	1	HH-5058
61	*5/16"-18 X 3 1/2" HEX HEAD BOLT	5	HH-5294
62	5/16"-18 X 5 1/2" HEX HEAD BOLT	4	HH-5295
63	5/16" FLAT WASHER	24	HH-5127
64	***5/16" HEX NUT	25	HH-5012
65	5/16"-18 X 1 3/4" HEX HEAD BOLT	2	HH-5301
66	1/4"-20 X 3/4" SLOT HEAD SCREW	2	HH-5022
67	1/4"-20 X 2 1/4" SLOT HEAD SCREW	4	HH-5288
68	1/4"-20 X 2 3/4" SLOT HEAD SCREW	2	HH-5289
69	1/4" HEX NUT	2	HH-5028
70	5/32" #10 SELF TAPPING SCREW	10	HH-5290
71	5/32" FLAT WASHER	10	HH-5048
73	3/8"-16 X 2 1/4" HEX HEAD BOLT	1	HH-5061
74	3/8" HEX NUT	2	HH-5293
75	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
77	1/2" SPACER	2	HH-5317
78	1/2" X 3/4" FERRULE (ROPE ASSEMBLIES)	6	HH-5259
79	LARGE LOCK PIN	1	WW-7006
80	7/8" X 13" DECAL - STRIPE	2	DE-4130
81	SHROUD DECAL	2	DE-4121
82	BENCH PRESS DECAL (PAIR)	1	DE-4132
83	LEG EXTENSION DECAL	1	DE-4126
84	EYELET PIN	1	WW-7005
85	1 3/4" SQUARE PLASTIC CAP	1	AA-8006

DIAGRAM NO	PART NAME	QTY	ORDERING NO
86	EZ-ON CLIP COLLAR	1	BB-0216
87	2" SQUARE PLASTIC CAP	1	AA-8002
88	1 1/2" SQUARE PLASTIC OPEN END CAP	1	AA-8115
89	3/8" FLAT WASHER	2	HH-5265
90	FIREMAN'S LATCH HOOK	2	WW-7042
	WALL CHART	1	CNN-1080
	TRAINING MANUAL	1	CNN-1094
	ASSEMBLY MANUAL	1	CNN-1108
	*ONE PRE-ASSEMBLED		
	**TWO PRE-ASSEMBLED		
	***THREE PRE-ASSEMBLED		

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

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.

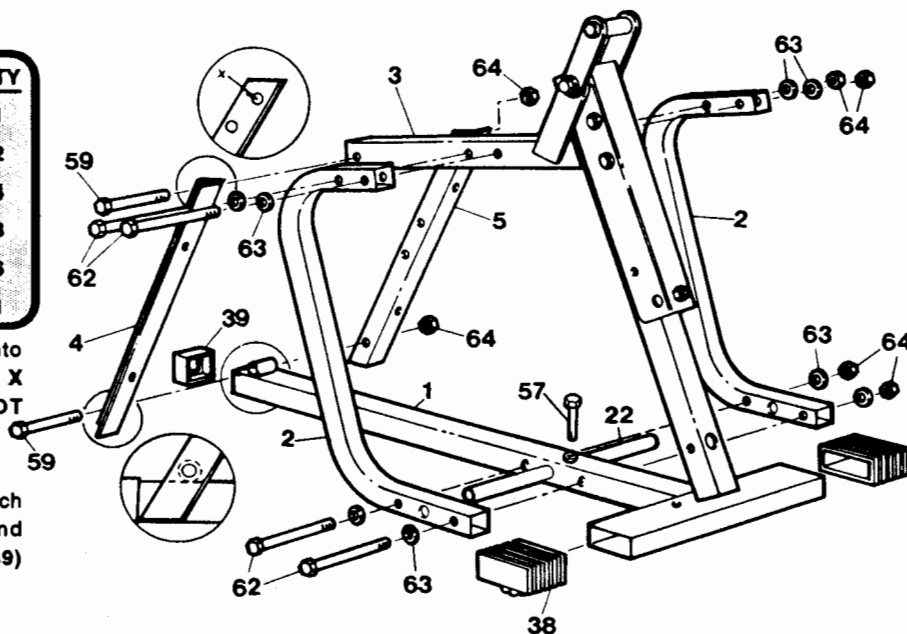
YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.
4. TAKE NOTE OF ANY SPECIAL WARNINGS, 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 3/4" HEX HEAD BOLT	1
5/16" X 2 1/2" HEX HEAD BOLT	2
5/16" X 5 1/2" HEX HEAD BOLT	4
5/16" FLAT WASHER	8
5/16" HEX NUT	6
2" SQUARE PLASTIC OPEN END CAP	1

- ☐ Insert and center PIVOT TUBE (22) into BASE FRAME (1) and secure with 5/16" X 3/4" HEX HEAD BOLT (57). DO NOT TIGHTEN!
- ☐ Press RUBBER BASE FEET (38) onto each end of Rectangular Base Frame Section and 2" SQUARE PLASTIC OPEN END CAP (39) onto rear of BASE FRAME (1).
- ☐ Slide curved SIDE FRAMES (2) over PIVOT TUBE (22) and bolt to BASE FRAME (1) using 5/16" X 5 1/2" HEX HEAD BOLTS (62), 5/16" FLAT WASHERS (63), and 5/16" HEX NUTS (64). Make this and all subsequent connections in this step only moderately tight so adjustments can be made in a future step without loosening bolts.
- ☐ Align bolt holes in TOP FRAME ASSEMBLY (3) and SIDE FRAMES (2) and assemble with 5/16" X 5 1/2" HEX HEAD BOLTS (62), 5/16" FLAT WASHERS (63), and 5/16" HEX NUTS (64). REMEMBER, DO NOT TIGHTEN!
- ☐ Assemble REAR FRAME SUPPORTS (4) and (5) to TOP FRAME (3) using 5/16" X 2 1/2" HEX HEAD BOLT (59) and 5/16" HEX NUT (64).
- ☐ Attach lower end of REAR FRAME SUPPORTS (4) and (5) to BASE FRAME (1) using another 5/16" X 2 1/2" HEX HEAD BOLT (59) and 5/16" HEX NUT (64). NOTE: The bolt should pass through the tubular sleeve welded at the rear of the Base Frame. (See circled details in diagram.) Securely tighten 5/16" X 3/4" HEX HEAD BOLT (57) securing PIVOT TUBE (22).

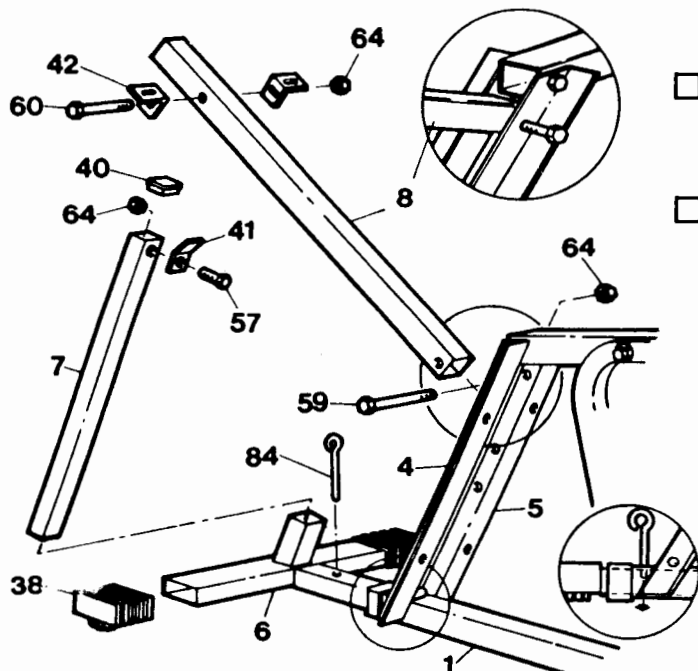


STEP 2 REAR BASE ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 3/4" HEX HEAD BOLT	1
5/16" X 2 1/2" HEX HEAD BOLT	1
5/16" X 2 3/4" HEX HEAD BOLT	1
5/16" HEX NUT	3
1 1/2" SQUARE PLASTIC CAP	1
EYELET PIN	1

- ☐ Assemble two RUBBER BASE FEET (38) to REAR BASE FRAME (6). Slide this section into MAIN BASE FRAME (1).
- ☐ Attach ANGLE BRACKET (41) to BACKREST SUPPORT (7) with 5/16" X 3/4" HEX HEAD BOLT (57) and 5/16" HEX NUT (64). Press 1 1/2" SQUARE PLASTIC CAP (40) into this end of Support Tube. Mount Support Tube into Holder on REAR BASE FRAME (6).
- ☐ Position BACKREST TUBE (8) between REAR FRAME SUPPORTS (4) and (5) so that the three slots are facing down and attach with 5/16" X 2 1/2" HEX HEAD BOLT (59) and 5/16" HEX NUT (64). (See detail drawing for assistance.) THIS BOLT CAN BE TIGHTENED SNUGLY BUT DO NOT OVER TIGHTEN !



☐ Loosely assemble **BACKREST BRACKETS (42)** to Backrest Tube with **5/16" X 2 3/4" HEX HEAD BOLT (60)** and **5/16" HEX NUT (64)**.

☐ **EYELET PIN (84)** should be inserted into the rear of the Base Frame and through the hole in the sliding Rear Base Frame when the Base is in its' fully compressed position. (SEE ILLUSTRATION)

STEP 3 SEAT AND BACKREST ASSEMBLY

HARDWARE

PART NAME	QTY
1/4" X 3/4" SLOT HEAD SCREW	3
1/4" X 2 1/4" SLOT HEAD SCREW	2
1/4" X 2 3/4" SLOT HEAD SCREW	1

☐ Before assembling Seat, take one of the **PLASTIC SIDE COVERS (19)** and fit it to the frame so that the shroud is over the Curved Side Supports and up against the Rear Frame Support and forward against the Base Frame Front Foot.

☐ Adjust the Frame Members slightly if necessary to obtain the best fit.

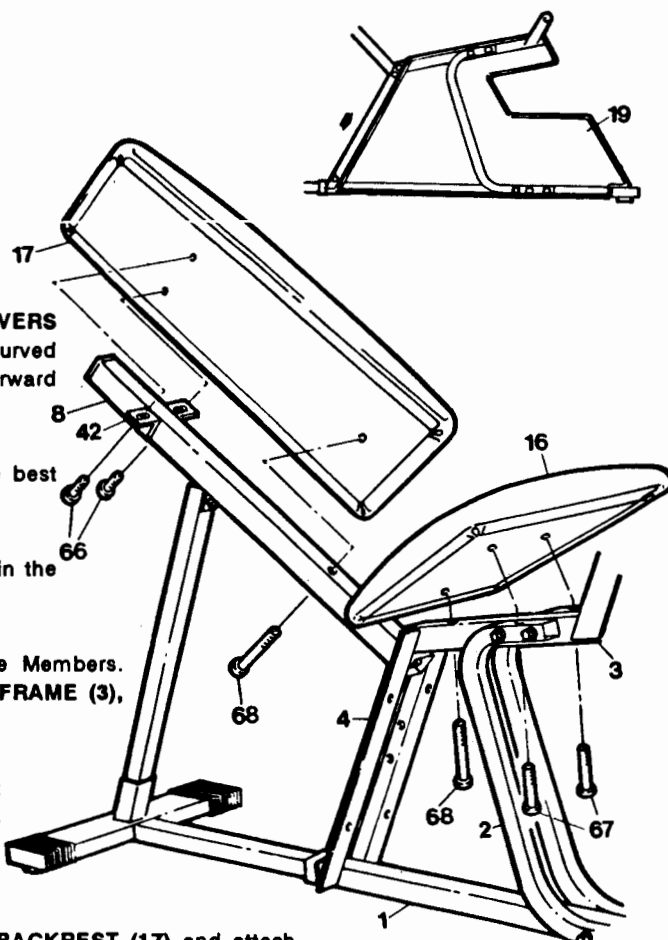
☐ Securely tighten all bolts that were previously left untightened in the preceding Steps.

☐ Align bolt holes in **SEAT (16)** with mounting holes in Frame Members. Using a **1/4" x 2 3/4" SLOT HEAD SCREW (68)** through **TOP FRAME (3)**, attach rear of Seat.

☐ Using a **1/4" X 2 1/4" SLOT HEAD SCREWS (67)**, attach front of Seat through curved **SIDE FRAME (2)**. Make this attachment very loosely so shroud can be fit between Seat and Frame in a future step.

☐ Align holes in **BACKREST "L" BRACKETS (42)** with back of **BACKREST (17)** and attach with **1/4" x 3/4" SLOT HEAD SCREWS (66)**.

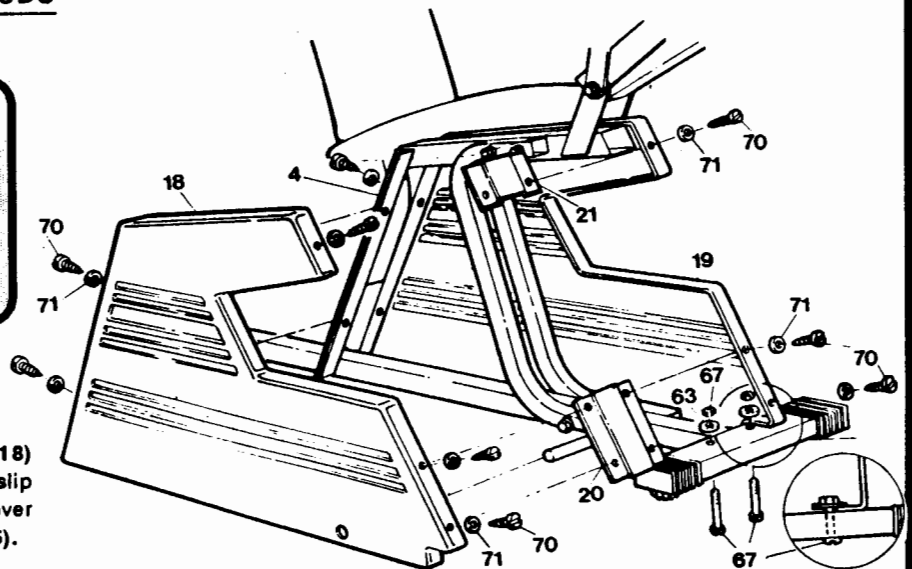
☐ Attach bottom of Backrest to Backrest Tube using **1/4" X 2 3/4" SLOT HEAD SCREW (68)**.



STEP 4 ATTACHING PLASTIC SHROUDS

HARDWARE

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



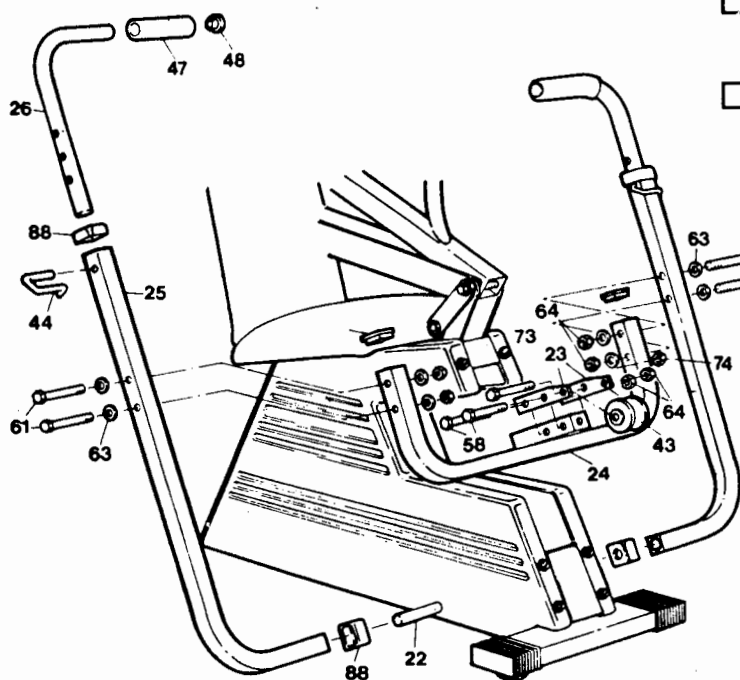
- ☐ Position each **PLASTIC FRAME SHROUD** (18) and (19) over Pivot Tube so that they slip between the Seat and Frame and snugly over and against the **REAR SUPPORTS** (4) and (5).
- ☐ Align holes in Cover with the mounting holes in the Rear Supports and attach with **5/32" SELF TAPPING SCREWS** (70), and **5/32" FLAT WASHERS** (71).
- ☐ Front of Shroud should fit tightly against Front Foot of **BASE FRAME** (1).
- ☐ At this point, tighten the three Seat Mounting Screws under the Seat to firmly hold the top of shroud between the Seat and Frame.
- ☐ Next, using two **1/4" X 2 1/4" SLOT HEAD SCREWS** (67), **5/16" FLAT WASHERS** (63), and **1/4" HEX NUTS** (69) bolt down the front lower corners of shrouds trapping the plastic between the washer and frame. **SEE DETAIL DRAWING!**
- ☐ Finally, Insert the **LARGE PLASTIC COVER PLATE** (20) into lower portion of shrouds. Align holes and bolt together with **5/32" SELF TAPPING SCREWS** (70), and **5/32" FLAT WASHERS** (71).
- ☐ Insert **SMALL PLASTIC COVER PLATE** (21) behind upper portion of shroud and attach with **5/32" SELF TAPPING SCREWS** (70) and **5/32" FLAT WASHERS** (71).

STEP 5 BENCH PRESS ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/4" HEX HEAD BOLT	2
5/16" X 3 1/2" HEX HEAD BOLT	4
5/16" FLAT WASHER	8
5/16" HEX NUT	6
3/8" X 2 1/4" HEX HEAD BOLT	1
3/8" HEX NUT	1
1 1/2" SQUARE PLASTIC CAP	2
1 1/2" SQUARE PLASTIC OPEN END CAP	4
1 1/4" ROUND PLASTIC CAP	2
SMALL LOCKING PIN	2

- ☐ First, swing Leg Extension Assembly back over Seat to get it out of the way.
- ☐ Press 1 1/2" **SQUARE OPEN END PLASTIC CAP** (88) onto each end of **BENCH PRESS ARMS** (25). Slide arms onto **PIVOT TUBE** (22) and up against Plastic Shroud.
- ☐ Next, assemble **ROLLER BRACKETS** (23) to the center tube on **BENCH PRESS CROSS BRACE** (24) with **5/16" X 2 1/4" HEX HEAD BOLTS** (58) and **5/16" HEX NUTS** (64) so the hole in the front of the Bracket is positioned downwards.
- ☐ Bolt the 2" DIA **ROLLER** (43) in position between the Roller Brackets using **3/8" X 2 1/4" HEX HEAD BOLT** (73) and **3/8" HEX NUT** (74). Do not tighten enough to keep the roller from turning freely.



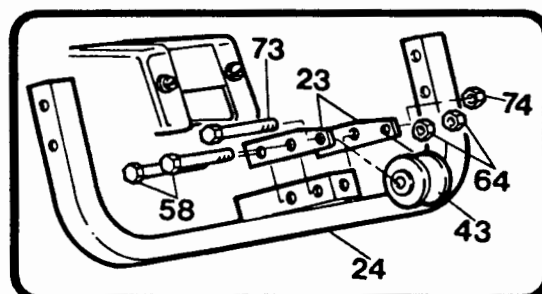
☐ Press 1 1/2" SQUARE PLASTIC CAPS (40) into ends of CROSS BRACE (24).

☐ Position Cross Brace into the open section of Shroud and attach to BENCH PRESS ARMS (25) using 5/16" X 3 1/2" HEX HEAD BOLTS (61), 5/16" FLAT WASHERS (63), and 5/16" HEX NUTS (64).

☐ Swing Leg Extension Assembly down slowly and align Roller with curved Cam Tube on Extension.

☐ Insert BENCH PRESS HANDLES (26) into Arms and pin into position using SMALL LOCKING PINS (44).

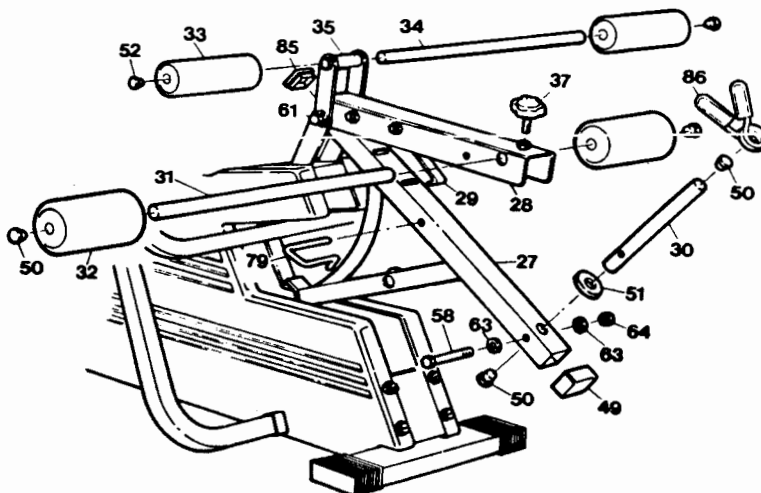
☐ Slide SMALL FOAM GRIPS (47) onto handles and cap with 1 1/4" ROUND PLASTIC CAPS (48).



STEP 6 LEG EXTENSION ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/4" HEX HEAD BOLT	1
5/16" FLAT WASHER	2
5/16" HEX NUT	1
1 3/4" SQUARE PLASTIC CAP	1
1 3/4" SQUARE PLASTIC COVER CAP	1
1" ROUND PLASTIC CAP	4
3/4" ROUND PLASTIC CAP	2
ROUND WEIGHT BUMPER	1
PLASTIC KNOB	1
LARGE LOCKING PIN	1
EZ-ON CLIP COLLAR	1



☐ To LEG EXTENSION ARM (27) insert 1 3/4" SQUARE PLASTIC CAP (85) into top open end of leg extension and 1 3/4" SQUARE COVER CAP (49) over lower end of leg extension.

☐ To CHROME WEIGHT PIN (30), insert 1" ROUND PLASTIC CAP (50) into each end. Fit weight pin into lower hole on LEG EXTENSION (27) and bolt in place using 5/16" x 2 1/4" HEX BOLT (58), FLAT WASHERS (63) and HEX NUT (64).

☐ Slide ROUND WEIGHT BUMPER (51) over weight pin and down against leg extension.

☐ Check the tightness of PIVOT BOLT (61) and adjust if necessary, to allow for free arm action without excessive side movement.

☐ Press 3/4" ROUND CAP (52) into PAD BAR (34) ends and center bar through BRACKET (35). Assemble 7" FOAM PADS (33). Using a small amount of liquid dish detergent on the Pad Bar will make this assembly much easier.

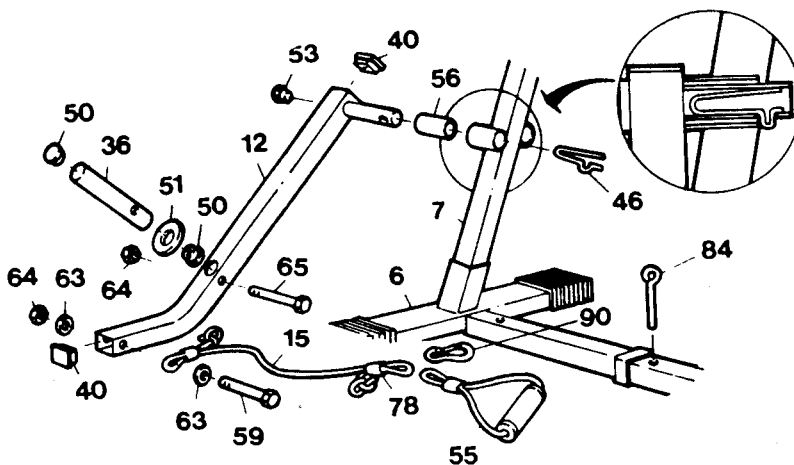
☐ Insert CHROME ROLLER BAR (31) into lower hole in cover and center. Hold in place by screwing PLASTIC KNOB (37) through welded nut and against roller bar.

- ☐ Press 4" X 6" **ROLLER PADS (32)** over roller bar and up against cover so that bar protrudes through about 5" on each side. (Using a small amount of liquid dish detergent wiped along the surface of the bar will make assembling pads easier.)
- ☐ Insert 1" **ROUND PLASTIC CAPS (50)** into ends of bar. Lower extension cover over Leg Extension and lock in place with **LARGE LOCK PIN (79)**.
- ☐ **EZ-ON CLIP COLLAR (86)** is used to secure weights that are loaded on to **WEIGHT PIN (30)**

STEP 7 FLY ARMS ASSEMBLY

HARDWARE

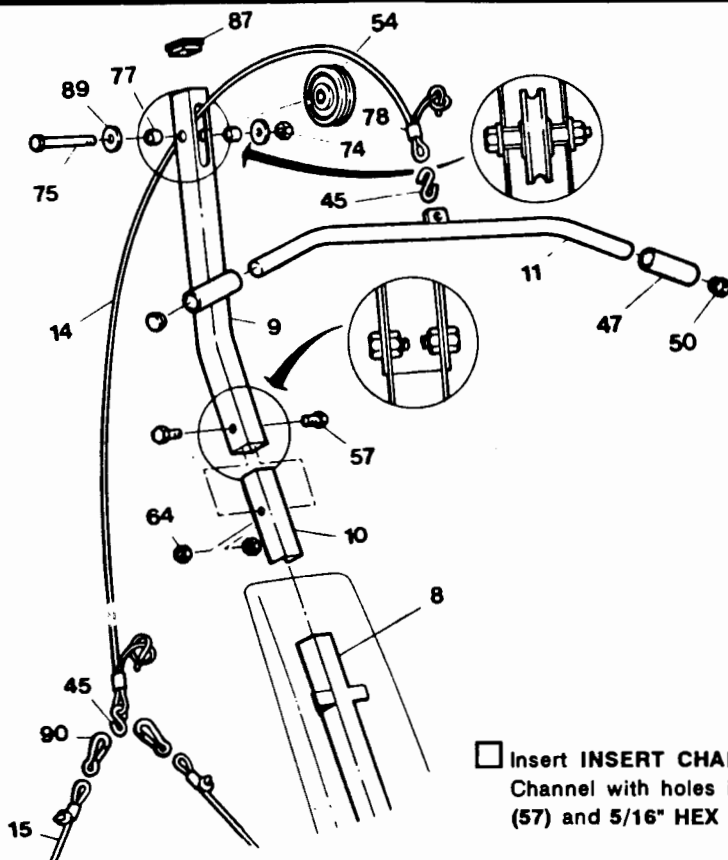
PART NAME	QTY
5/16" X 1 3/4" HEX HEAD BOLT	2
5/16" X 2 1/2" HEX HEAD BOLT	2
5/16" FLAT WASHER	4
5/16" HEX NUT	4
7/8" ROUND PLASTIC CAP	2
1" ROUND PLASTIC CAP	4
1 1/2" SQUARE PLASTIC CAP	4
ROUND WEIGHT BUMPER	2
FERRULE	4
STOPPER PIN	2
FIREMAN'S LATCH HOOK	2

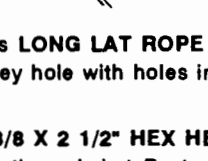


- ☐ Press **PLASTIC SLEEVES (56)** into welded tubes on **BACKREST SUPPORT (7)**. Then insert pivot tube of **FLY ARM (12)** and (13) through sleeve. Insert **STOPPER PINS (46)** into ends of pivot tubes, making sure that tab in **STOPPER PIN (46)** protrudes through hole in tube. (SEE ILLUSTRATION!)
- ☐ Press a 7/8" **ROUND PLASTIC CAP (53)** into opposite end of pivot tube.
- ☐ Locate **CHROME WEIGHT STACK PIN (36)** through hole in **FLY ARM (12)** and (13) and bolt in place with 5/16" X 1 3/4" **HEX HEAD BOLT (65)** through square and round tubing and secure with 5/16" **LOCK NUT (64)**.
- ☐ Press 1" **ROUND PLASTIC CAP (50)** into each end of **CHROME WEIGHT STACK PIN (36)** and slide on a **ROUND WEIGHT BUMPER (51)**.
- ☐ To attach **SHORT BUTTERFLY CABLE (15)**, first tie a knot in one end of cable. Then loop cable and insert the loop through **FERRULE (78)**.
- ☐ Clip **FIREMAN'S LATCH HOOK (90)** through cable loop. Pull cable back through **FERRULE (78)** to secure Fireman's Latch Hook.
- ☐ Repeat this procedure with the other end of **NYLON CABLE (15)**, 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 (59)** with a 5/16" **FLAT WASHER (63)** through this loop and through locating hole at the end of **FLY ARM (12)**. Secure with another 5/16" **FLAT WASHER (63)** and 5/16" **HEX NUT (64)** 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.
- ☐ Attach **DUMBBELL HANDLE (55)** to cable using **FIREMAN'S LATCH HOOK (90)** to complete assembly.
- ☐ Press a 1 1/2" **SQUARE PLASTIC CAP (40)** into each end of **FLY ARM (12)**.

HARDWARE

<u>PART NAME</u>	<u>QTY</u>
5/16" X 3/4" HEX HEAD BOLT	2
5/16" HEX NUT	2
3/8" X 2 1/2" HEX HEAD BOLT	1
3/8" FLAT WASHER	2
3/8" HEX NUT	1
2" SQUARE PLASTIC CAP	1
1" ROUND PLASTIC CAP	2
5/8" DIA X 1/2" SPACER	2
FERRULE	2
"5" HOOK	2



- 

☐ Insert **INSERT CHANNEL (10)** into bottom end of **LAT POST (9)**. Align holes in Channel with holes in Post and secure both with **5/16" X 3/4" HEX HEAD BOLTS (57)** and **5/16" HEX NUTS (64)**. SEE ILLUSTRATION!

☐ Then pass **LONG LAT ROPE (14)** through slot in top end of **LAT POST (9)**. Position **4 1/2" DIA PULLEY (54)** under Rope and align Pulley hole with holes in top of Post.

☐ Using a **3/8 X 2 1/2" HEX HEAD BOLT (75)** insert bolt through **3/8" FLAT WASHER (89)** and a **1/2" DIA X 3/4" SPACER (77)**. Pass bolt through Lat Post and Pulley. Assemble another **SPACER (77)** and **3/8" FLAT WASHER (89)** and secure with **3/8" HEX NUT (74)**.

☐ To end of **LONG LAT ROPE (14)** at top of Lat Assembly, form a loop in the end using **FERRULE (78)** as previously done in Step 7. Insert an **S" HOOK (45)** into loop and pull rope tight around hook.

☐ Pull Lat Rope tightly against Lat tube and Pulley to take out the slack. Pass Rope through another **FERRULE (78)** to form a loop in other end of rope. To this loop insert another **S" HOOK (45)** and clip **FLY ARM ROPES (15)** to S" Hook.

☐ Insert **2" SQUARE PLASTIC CAP (87)** into top of **LAT POST (9)**.

☐ Adjust the length of the Lat Rope so that the top S" Hook remains tightly against the Mast and the Butterfly Arms are about 1 inch off the ground. Knot the end of the Lat Rope so it will not pull back through the Ferrule and adjust loop tightly against the S" Hook.

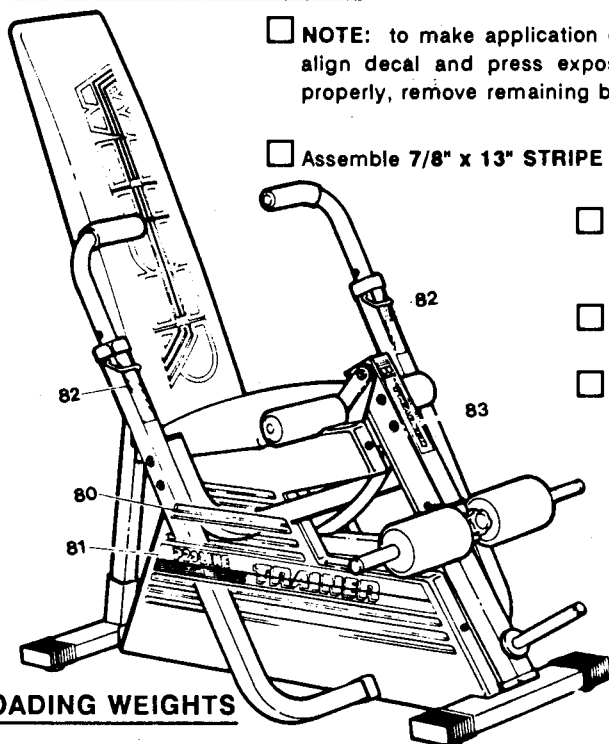
☐ **NOTE:** To provide maximum arm extension for exercising, it will be necessary to periodically re-adjust the Lat Rope to keep it properly tensioned after some use and the rope develops some stretch.

☐ Using a small amount of liquid dish detergent as a lubricant, slide **FOAM GRIP (47)** onto each end of **LAT BAR (11)** and place **1" ROUND PLASTIC CAP (50)** into each end of Bar. After detergent dries, it will act as a good adhesive for the Grip.

☐ Attach **LAT BAR (11)** to Lat Rope. Remember to remove Lat Bar from Lat Rope before disconnecting rope from Butterfly Arm for Dumbbell Exercises.

☐ **NOTE:** When doing Lat pull down exercises be sure that Backrest is in its maximum upright position and **LOCK PIN (84)** is inserted into the Frame to prevent Backrest from moving.

STEP 9 DECAL ASSEMBLY



☐ **NOTE:** to make application of decals easier, peel only a small end section of backsheet back and align decal and press exposed adhesive section down against surface. If decal is positioned properly, remove remaining backing and finish application.

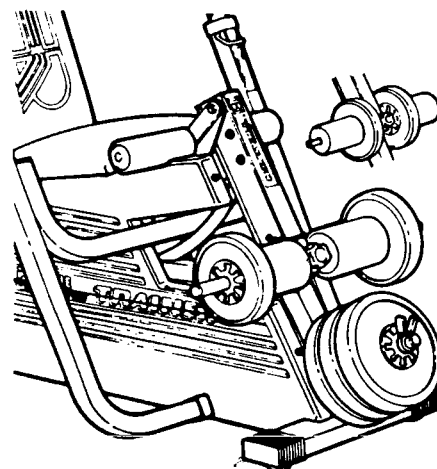
☐ Assemble 7/8" x 13" **STRIPE DECAL (80)** to upper recessed area in plastic shroud.

☐ Affix **LARGE SHROUD DECALS (81)** to shroud sides by positioning decal about 1/2" above molded recess in bottom section of shroud.

☐ Align front of decal with molded stripes.

☐ Affix **BENCH PRESS DECALS (82)** to arms directly below bottom edge of plastic caps.

☐ Position **LEG EXTENSION DECAL (83)** to upper portion of extension cover and press into place.



LOADING WEIGHTS

☐ Because of the thickness of vinyl weight plates we recommend using only 3 plates on the Leg Extension Weight Pin.

☐ When using 4 or 5 weights, two weight plates of equal weight can be placed on the Roller Pad Bar. Weights can be placed outside the Roller Pads or inside the Pads for added security.

☐ Always use the weight retainer cup to secure weight on the Weight Pin.

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.

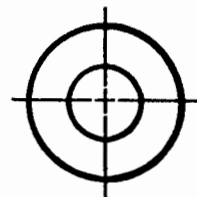
D630S HARDWARE ILLUSTRATION SHEET



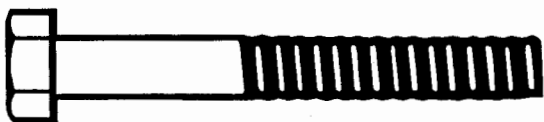
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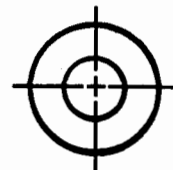
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64



63



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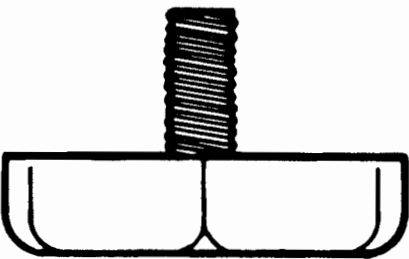
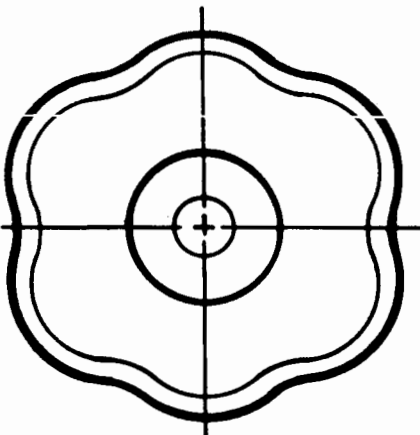
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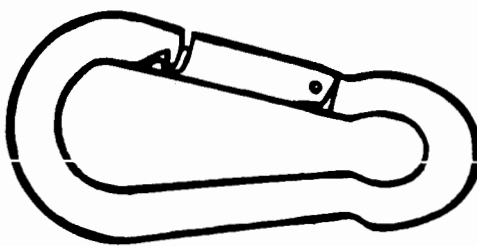
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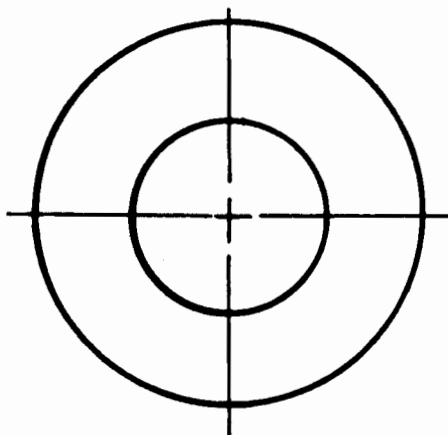
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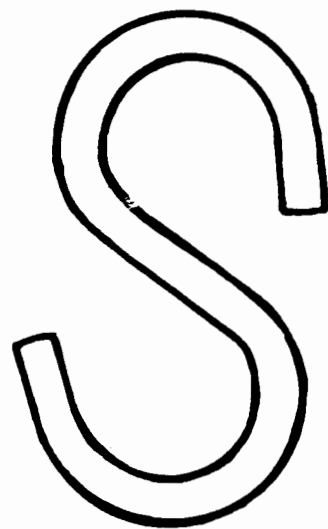
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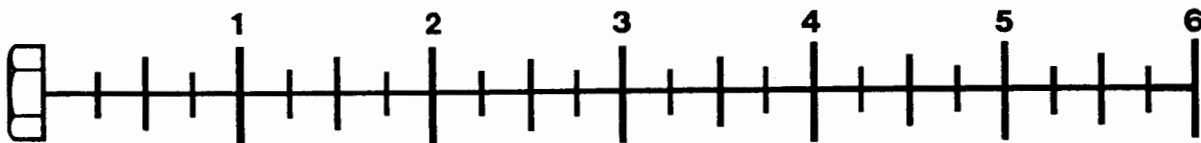
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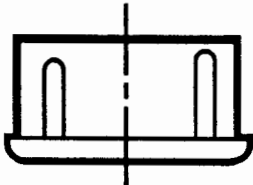
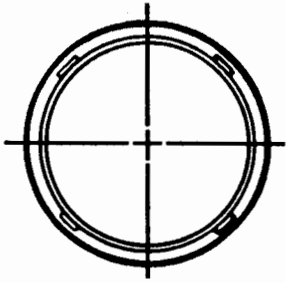


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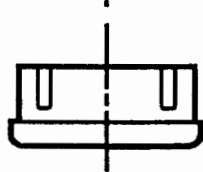
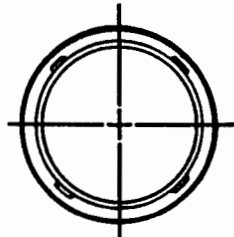


BOLT LENGTH SCALE

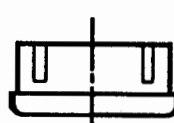
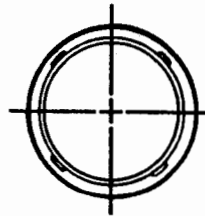
D630S HARDWARE ILLUSTRATION SHEET



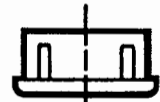
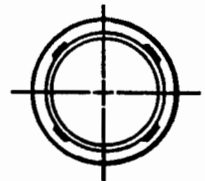
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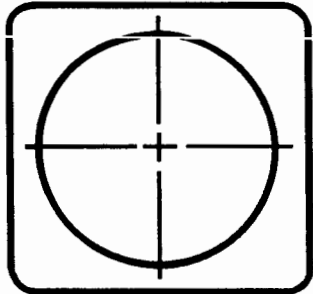
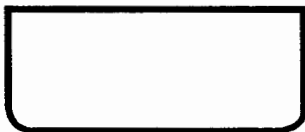
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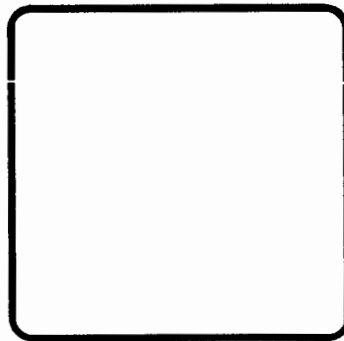
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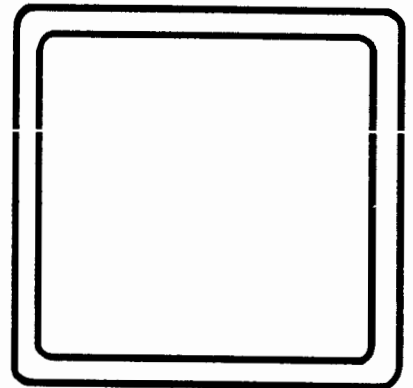
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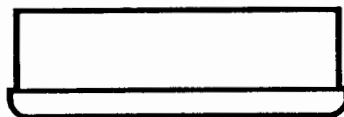
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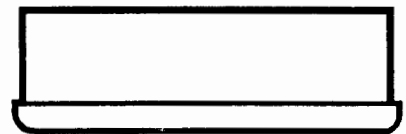
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