

D700S ACHIEVER PLUS HOME GYM



weider.

MODEL NO 354.156460

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	C1195-D23
2	SIDE FRAME	2	C1178-D19
3	TOP FRAME	1	C1178-D19
4	REAR FRAME SUPPORT (RT)	1	C1179-D19
5	REAR FRAME SUPPORT (LF)	1	C1180-D19
6	REAR BASE LEG	1	C1197-D23
7	BACKREST MAIN FRAME	1	C2112-D31
8	SIDE MAIN FRAME SUPPORT	2	C1199-D23
9	SEAT	1	C1320-D19
10	BACKREST	1	C1321-D31
11	PLASTIC SHROUD (RT)	1	C0614-D19
12	PLASTIC SHROUD (LF)	1	C0615-D19
13	LARGE PLASTIC COVER PLATE	1	C0616-D19
14	SMALL PLASTIC COVER PLATE	1	C0617-D19
15	PIVOT TUBE	1	C0281-D20
16	ROLLER BRACKET (FLAT)	2	C1185-D19
17	BENCH PRESS CROSS BRACE	1	C1186-D19
18	BENCH PRESS ARM	2	C1187-D19
19	BENCH PRESS HANDLE	2	C1188-D19
20	CAM ARM	1	C1196-D23
21	CAM ARM COVER	1	C1190-D19
22	LATCH HOOK	1	C6900-D19
23	LAT MAST TUBE	1	C2100-D23
24	CHROME ROLLER BAR 24"	1	C6301-D19
25	WEIGHT SELECTOR TUBE	1	C2101-D23
26	FOAM ROLLER PAD 4"X 6"	2	C0438-D19
27	FOAM ROLLER PAD 2 1/2"X 7"	2	C0426-A14
28	PAD BAR 3/4"X 17"	1	C6302-D19
29	ROLLER BRACKET (ROUND)	1	C1191-D19
30	LONG GUIDE ROD	1	C6800-D23
31	SHORT GUIDE ROD	1	C6801-D23
32	TOP PULLEY BRACKET	1	C6903-D23
33	LAT BAR SLEEVE	1	C6500-D23
34	LAT BAR	1	C6800-D23
35	LAT BAR CABLE	1	C6600-D23
36	BASE PULLEY CABLE	1	C6601-D23
37	ACCESSORY ROPE 3/4"	1	C6602-D23
38	DUMBBELL HANDLE	1	AA-8120
39	ANKLE STRAP	1	EE-0074
40	WEIGHT PLATE	12	BB-0312
41	LARGE LOCK PIN	1	WW-7006
42	6" DIAMETER PULLEY	1	AA-8121
43	4 1/2" DIAMETER PULLEY	5	AA-8122
44	2" DIAMETER ROLLER	4	AA-8116
45	DOUBLE PULLEY BRACKET	2	C6700-D23

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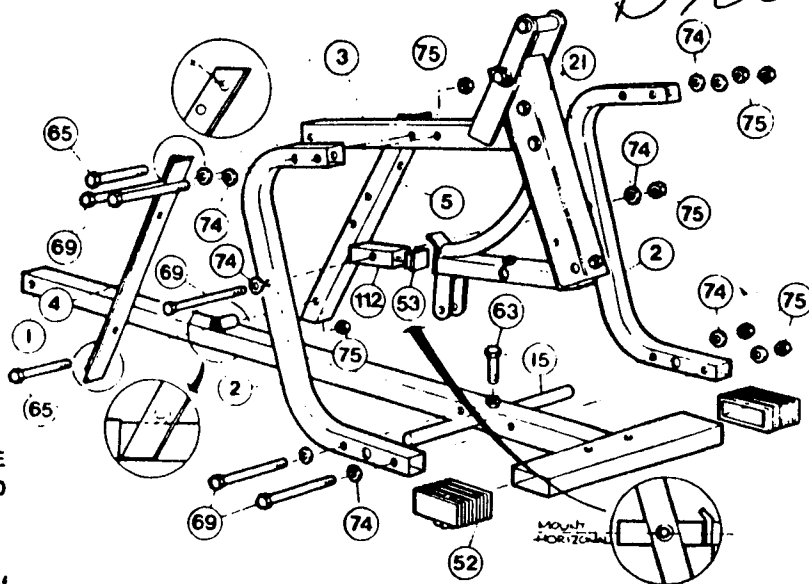
DIAGRAM NO	PART NAME	QTY	ORDERING NO
46	PULLEY COVER	2	C6701-D23
47	MAIN FRAME TOP PLATE	1	C2114-D31
48	WEIGHT SELECTOR END PLUG	1	AA-8123
49	FOAM ROLLER 4" X 10"	2	C0441-D31
50	ROUND RUBBER BUMPERS	2	AA-8124
51	PLASTIC KNOB	1	HH-5285
52	RUBBER FEET	4	AA-8113
53	2" SQUARE PLASTIC CAP	3	AA-8002
54	1 1/2" SQUARE PLASTIC CAP	3	AA-8001
55	1 1/2" SQUARE OPEN END CAP	4	AA-8115
56	1 3/4" SQUARE PLASTIC CAP	2	AA-8006
58	SMALL LOCK PIN	2	WW-7002
59	FOAM GRIP 1"X 5"	4	C0439-D19
60	1 1/4" ROUND PLASTIC CAP	2	AA-8010
61	1" ROUND PLASTIC CAP	4	AA-8005
62	3/4" ROUND PLASTIC CAP	2	AA-8004
63	5/16"-18 X 3/4" HEX HEAD BOLT	2	HH-5245
64	5/16"-18 X 2 1/4" HEX HEAD BOLT	6	HH-5199
65	**5/16"-18 X 2 1/2" HEX HEAD BOLT	6	HH-5053
66	5/16"-18 X 2 3/4" HEX HEAD BOLT	3	HH-5058
67	*5/16"-18 X 3 1/2" HEX HEAD BOLT	5	HH-5294
69	5/16"-18 X 5 1/2" HEX HEAD BOLT	5	HH-5295
70	5/16"-18 X 1 3/4" HEX HEAD BOLT	2	HH-5301
71	3/8"-16 X 3" HEX HEAD BOLT	1	HH-5059
73	5/16"-18 X 4 1/2" HEX HEAD BOLT	2	HH-5316
74	**5/16" FLAT WASHER	30	HH-5127
75	***5/16" HEX NUT	31	HH-5012
76	5/16" PLAIN HEX NUT	2	HH-5296
77	1/4"-20 X 2 1/4" SLOT HEAD SCREW	4	HH-5288
78	1/4"-20 X 2 3/4" SLOT HEAD SCREW	4	HH-5289
79	1/4" HEX NUT	2	HH-5028
80	5/32" #10 SELF TAPPING SCREW	10	HH-5290
81	5/32" FLAT WASHER	10	HH-5048
82	5/32" HEX NUT	2	HH-5292
83	3/8"-16 X 2 1/4" HEX HEAD BOLT	2	HH-5061
84	3/8" HEX NUT	10	HH-5293
85	5/32" X 1 1/4" SLOT HEAD SCREW	2	HH-5305
86	WEIGHT SELECTOR PIN	1	WW-7013
87	3/8" X 1 1/4" SHOULDER BOLT	1	HH-5320
88	SLIDING CABLE STOP	1	HH-5321
89	5/16"-18 X 6 1/2" HEX HEAD BOLT	1	HH-5304
90	SPACER SLEEVE (1"LONG - 1/2"OD)	1	HH-5283
91	"S" HOOK	1	WW-7030
92	FIREMANS LATCH HOOK	4	WW-7042
93	3/8"-16 X 2" HEX HEAD BOLT	1	HH-5244

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STEP 1 BENCH FRAME ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 3/4" HEX HEAD BOLT	1
5/16" X 5 1/2" HEX HEAD BOLT	5
5/16" FLAT WASHER	10
5/16" HEX NUT	7
5/16" X 2 1/2" HEX HEAD BOLT	2
5/16" X 2 1/2" HEX HEAD BOLT	2
2" SQUARE PLASTIC CAP	1



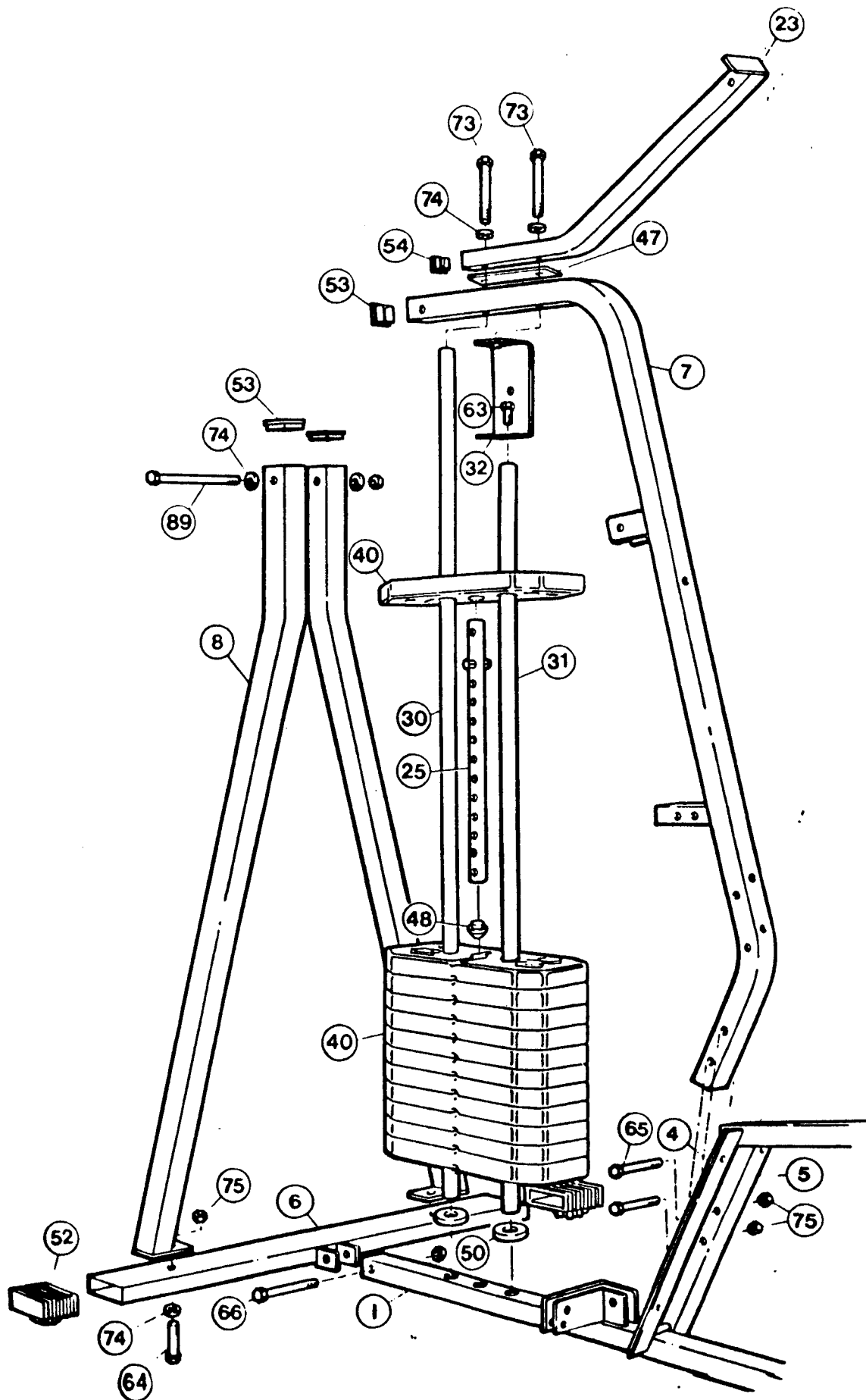
- ☐ Insert and center PIVOT TUBE (15) into BASE FRAME (1) and secure with 5/16" X 3/4" HEX HEAD BOLT (63). DO NOT TIGHTEN!
- ☐ Press RUBBER BASE FEET (52) onto each end of Rectangular Base Frame Section.
- ☐ Slide curved SIDE FRAMES (2) onto PIVOT TUBE (15) and bolt to BASE FRAME (1) using 5/16" X 5 1/2" HEX HEAD BOLTS (69), 5/16" FLAT WASHERS (74), and 5/16" HEX NUTS (75). 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 (69), 5/16" FLAT WASHERS (74), and 5/16" HEX NUTS (75). 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 (65) and 5/16" HEX NUT (75). 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 (65) and 5/16" HEX NUT (75). 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 (63) securing PIVOT TUBE (15).
- ☐ Press 2" SQUARE PLASTIC CAP (53) into one end of STOPPER TUBE (112). Position Tube between SIDE FRAMES (2) and secure with 5/16" X 5 1/2" HEX HEAD BOLT (69), 5/16" FLAT WASHERS (74), and 5/16" HEX NUT (75). Align Stopper Tube so that the Plastic Cap is positioned forward so that the Cam Arm will seat flat against it when it swings back. Tighten securely so it will remain in a fixed horizontal position.

STEP 2 WEIGHT STACK FRAME ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/4" HEX HEAD BOLT	2
5/16" X 2 3/4" HEX HEAD BOLT	1
5/16" X 2 1/2" HEX HEAD BOLT	2
5/16" X 6 1/2" HEX HEAD BOLT	1
5/16" X 4 1/2" HEX HEAD BOLT	1
5/16" X 3/4" HEX HEAD BOLT	2
5/16" FLAT WASHER	6
5/16" HEX NUT	6
2" SQUARE PLASTIC CAP	3
ROUND RUBBER BUMPER	2
POINTED WEIGHT SELECTOR END PLUG	1
1 1/2" SQUARE PLASTIC CAP	1

- ☐ Press RUBBER FEET (52) onto each end of REAR BASE LEG (6). When doing this, orient the bracket in the center of the leg so that its offset will be down. The Pads on the RUBBER FEET will keep this bracket from touching the floor.
- ☐ Bolt the SIDE MAIN FRAME SUPPORTS (8) to REAR BASE LEG (6) using 5/16" X 2 1/4" HEX HEAD BOLTS (64), 5/16" FLAT WASHERS (74) and 5/16" HEX NUTS (75). Attach this assembly to BASE FRAME (1) by bolting on REAR LEG (6) with 5/16" X 2 3/4" HEX HEAD BOLT (66) and 5/16" HEX NUT (75). Note that the top surfaces of the base frame and rear leg should be flush with one another.
- ☐ Assemble BACKREST MAIN FRAME (7) by positioning it between the REAR FRAME SUPPORTS (4) and (5) and attaching with 5/16" X 2 1/2" HEX HEAD BOLTS (65) and 5/16" HEX NUTS (75). Do not tighten at this time.



- ☐ Connect the upper end of **BACKREST MAIN FRAME (7)** by positioning it between the **SIDE MAIN FRAME SUPPORTS (8)** and fastening with **5/16" X 6 1/2" HEX HEAD BOLT (89)** **5/16" FLAT WASHERS (74)** and **5/16" HEX HEAD NUT (75)**. Tighten securely this and previously assembled bolts at the lower end.
- ☐ Cap the ends of the Backrest Main Frame and Side Main Frame Supports with **2" SQUARE PLASTIC CAPS (53)**.
- ☐ Assemble **WEIGHT GUIDE RODS (30)** and **(31)** into **BASE FRAME (1)**. Notice in one end of each Guide Rod it is fitted with a threaded insert. This Threaded insert should be at the top of the assembly.
- ☐ Insert **LONG GUIDE ROD (30)** into the rear hole in **BASE FRAME (1)**. Position **SHORT GUIDE ROD (31)** into the front hole. Slide a **ROUND RUBBER BUMPER (50)** over each Guide Rod and position it at base of rod against Base Frame.
- ☐ Tilt Guide Rods out from under **BACKREST MAIN FRAME (7)** and slide on 11 of the 12 **WEIGHT PLATES (40)** (saving one for a later assembly). One Plate at a time. Note that weight plates are to be stacked so that the embossing on the covers of the Plates are up and the Weight Pin Slot is facing the same side as the Floor Pulley Bracket is mounted. (The Left side as you face the unit) Be sure to support the Guide Rods while stacking the plates.
- ☐ Assemble **WEIGHT SELECTOR TUBE (25)** by first tapping **POINTED WEIGHT SELECTOR END PLUG (48)** into end of tube which has all the holes equally spaced.
- ☐ Pass the **WEIGHT SELECTOR TUBE (25)** down through the hole in the center of the Weight Stack until the Roll Pin rests on top of the stack.
- ☐ Place the last or 12th Plate on top of the Roll Pin.
- ☐ When the 12 Plates are on, tilt Guide Rods back under Main Frame. Position **LAT MAST TUBE (23)** with **MAIN FRAME TOP PLATE (47)** (NOTE: the **MAIN FRAME TOP PLATE (47)** will be positioned between the **LAT MAST TUBE (23)** and the **BACKREST MAIN FRAME (7)**) atop the **BACKREST MAIN FRAME (7)** and using a **5/16" X 4 1/2" HEX HEAD BOLT (73)** and **5/16" FLAT WASHER (74)** bolt down through the back hole of the Tube and Main Frame and into **LONG GUIDE ROD (30)**. Lift up on Guide Rod and fasten this bolt only finger tight.
- ☐ Next, bolt **TOP PULLEY BRACKET (32)** to **SHORT GUIDE ROD (31)** through slotted hole using **5/16" X 3/4" HEX HEAD BOLT (63)**. Tighten this bolt only finger tight.
- ☐ Now using a **5/16" X 4 1/2" HEX HEAD BOLT (73)** and **5/16" FLAT WASHER (74)**, bolt down through the front hole in **LAT MAST TUBE (23)**, **BACKREST MAIN FRAME (7)** and through hole in small flange of **TOP PULLEY BRACKET (32)** and secure into **5/16" welded Hex Nut**.
- ☐ Align Pulley Bracket so that it is in line with Main Frame (bolts should be finger tight only at this time).
- ☐ Now, check the Guide Rod alignment by sliding the Top Plate up to the underside of the Pulley Bracket, and then tighten the **5/16" X 3/4" HEX HEAD BOLT (63)** in the Front Guide Rod adjusting the position if necessary.
- ☐ Lower the Top Plate to the Weight Stack once again and ensure that it is completely seated down on the Weight Stack.
- ☐ Next, tighten all bolts securely.
- ☐ Press **1 1/2" SQUARE PLASTIC CAP (54)** into open end of Lat Mast Tube.

STEP 3 PULLEY, CABLE, PEC DECK, AND BACKREST ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 1 3/4" HEX HEAD BOLT	2
5/16" FLAT WASHER	2
5/16" HEX NUT	3
3/8" X 1 3/4" HEX HEAD BOLT	4
3/8" X 2" HEX HEAD BOLT	1
3/8" X 3" HEX HEAD BOLT	1
3/8" X 2 1/4" HEX HEAD BOLT	1
3/8" X 1 1/4" SHOULDER BOLT	1
3/8" FLAT WASHER	3
3/8" HEX NUT	7
1/4" X 2 3/4" SLOT HEAD SCREW	2
5/32" X 1 1/4" SLOT HEAD SCREW	2
5/32" HEX NUT	2
LARGE WASHER (1 1/2"OD X 3/8"ID)	1
FIREMAN'S LATCH HOOK	1
SPACER SLEEVE (1" LONG - 1/2"OD)	1
CABLE STOP	1
SLEEVE (3/4" LONG - 1/2"OD)	1
S-HOOK	1
1" ROUND PLASTIC CAP	2

☐ Insert looped end of SHORT LAT BAR CABLE (35) without ball, into the open end of WEIGHT SELECTOR TUBE (25).

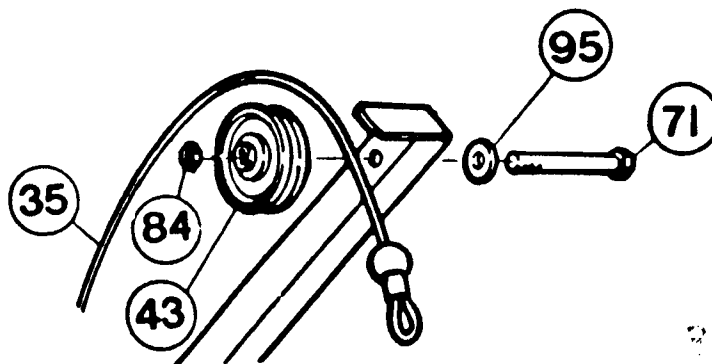
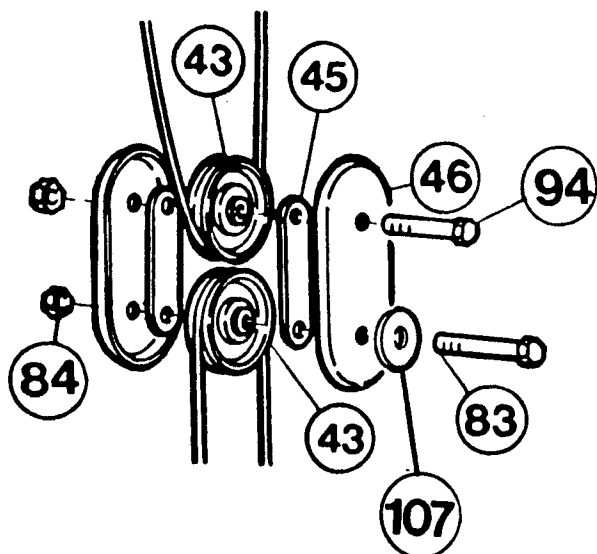
☐ Insert 5/16" x 1 3/4" HEX HEAD BOLT (70) with a 5/16" FLAT WASHER (74) into WEIGHT SELECTOR TUBE (25) and through Cable Loop and secure with a 5/16" FLAT WASHER (74) and 5/16" HEX NUT (75).

☐ Now insert the WEIGHT SELECTOR PIN (86) in through one of the weights and through WEIGHT SELECTOR TUBE (25). NOTE: IN USE THE END OF THIS PIN MUST POINT DOWNWARDS.

☐ Bolt the 6" DIAMETER PULLEY (42) onto TOP PULLEY BRACKET (32) using a 3/8" X 1 3/4" HEX HEAD BOLT (94) and 3/8" HEX NUT (84).

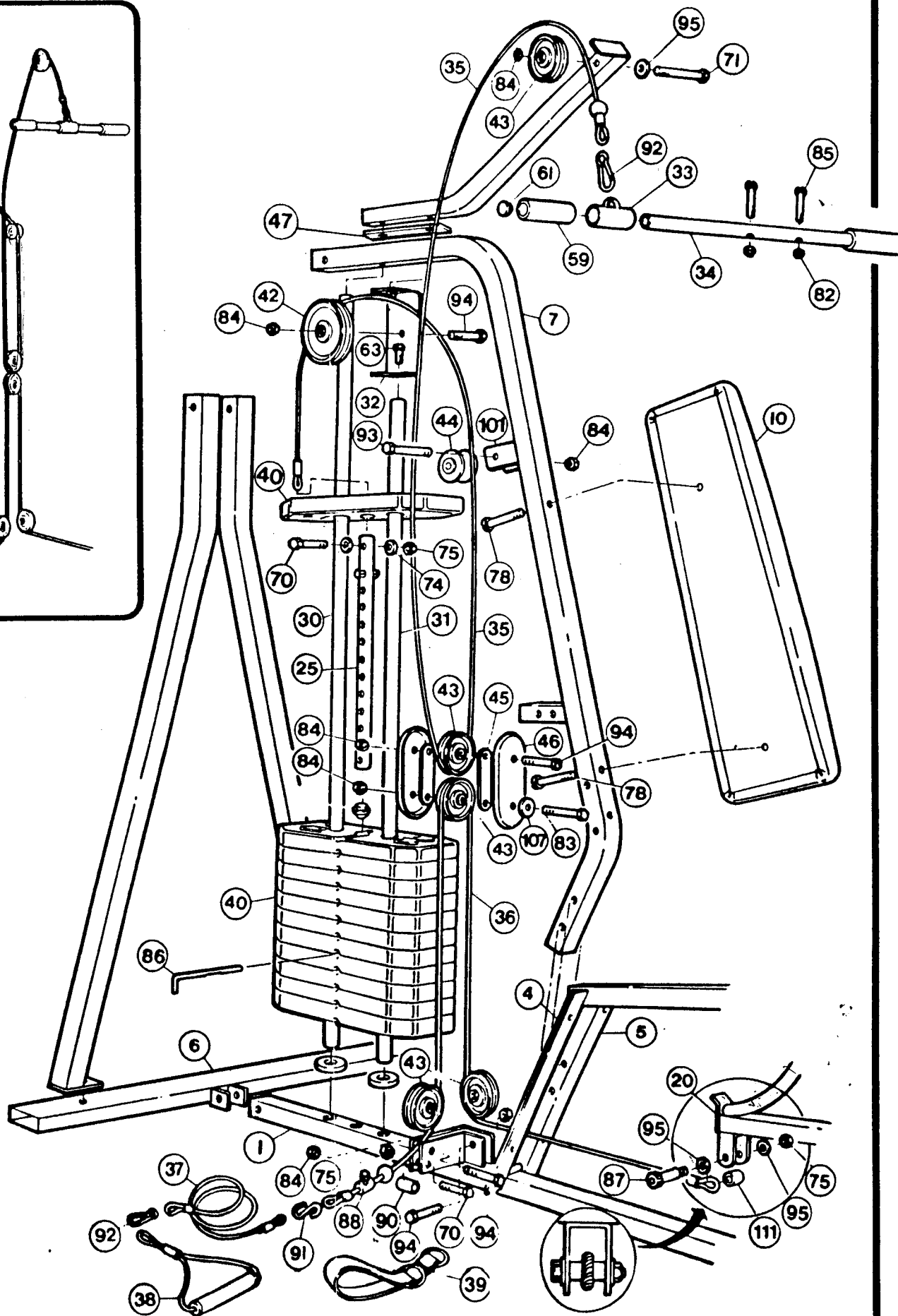
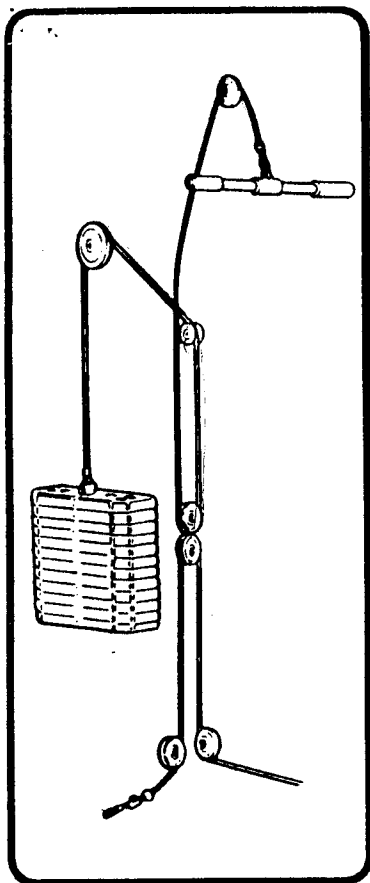
☐ Drape LAT CABLE (35) over 6" Pulley and then trap Cable into welded Roller Bracket with small 2" ROLLER (44). Bolt Roller to Bracket with 3/8" X 2" HEX HEAD BOLT (93) and 3/8" HEX NUT (84). Roller should be able to turn freely so DO NOT OVER TIGHTEN.

☐ Assemble Floating Pulley Assembly by bolting a 4 1/2" DIA. PULLEY (43) between two DOUBLE PULLEY BRACKETS (45) and PLASTIC PULLEY COVER (46) using a 3/8" x 1 3/4" HEX HEAD BOLT (94) and 3/8" HEX NUT (84). DO NOT TIGHTEN FIRMLY AT THIS TIME.



☐ Bring the cable up and over another 4 1/2" DIA. PULLEY (43). Bolt this Pulley to the LAT TUBE (23) with a 3/8" X 3" HEX BOLT (71), 3/8" FLAT WASHER (95) and 3/8" HEX NUT (84) so that the Rubber Stopper Ball is to the front of the End Plate on the Lat Tube.

☐ Assemble the LAT BAR (34) into the LAT BAR SLEEVE (33) and secure in place by bolting a 5/32" X 1 1/4" SLOT HEAD SCREW (85) and 5/32" HEX NUT (82) thru the Bar on either side of sleeve. Press 1" X 5" FOAM GRIPS (59) on each end of Lat Bar (using liquid dish detergent to make application easier) and cap with 1" ROUND PLASTIC CAPS (61). Connect this assembly to Lat Cable using a FIREMAN'S LATCH HOOK (92).

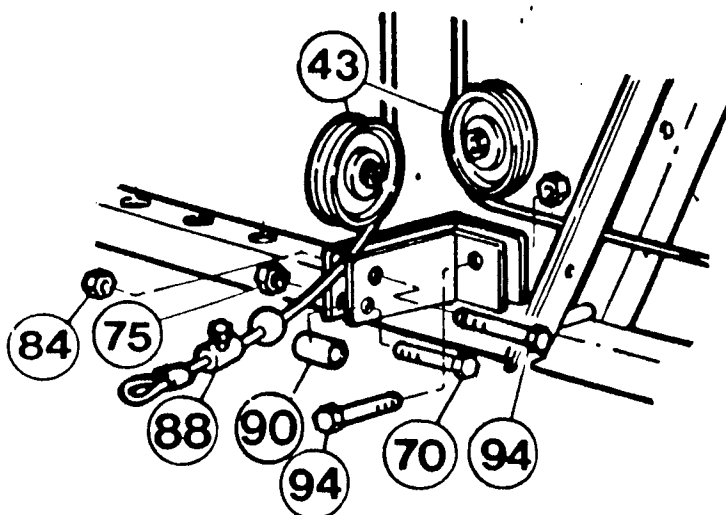


- ☐ Push the SPACER SLEEVE (90) into the lower hole in the front of the Lower Pulley Bracket and align with the hole. Insert a 5/16" X 1 3/4" HEX HEAD BOLT (70) through SPACER SLEEVE (90) and secure with 5/16" HEX NUT (75).

- ☐ Lay the long BASE PULLEY CABLE (36) with the Rubber Ball Stopper end into the Base Pulley Bracket on BASE FRAME (1).

- ☐ With the Ball to the outside of the Bracket, assemble a 4 1/2" DIA PULLEY (43) into the Bracket using a 3/8" X 1 3/4" HEX BOLT (94) and 3/8" HEX NUT (84).

- ☐ Bring Cable up and over another 4 1/2" DIA PULLEY (43) and position this Pulley into lower part of the DOUBLE PULLEY BRACKET (45). Bolt into position using a 3/8" X 2 1/4" HEX HEAD BOLT (83), LARGE 1 1/2" DIA WASHER (107) and 3/8" HEX NUT (84) to secure complete assembly.

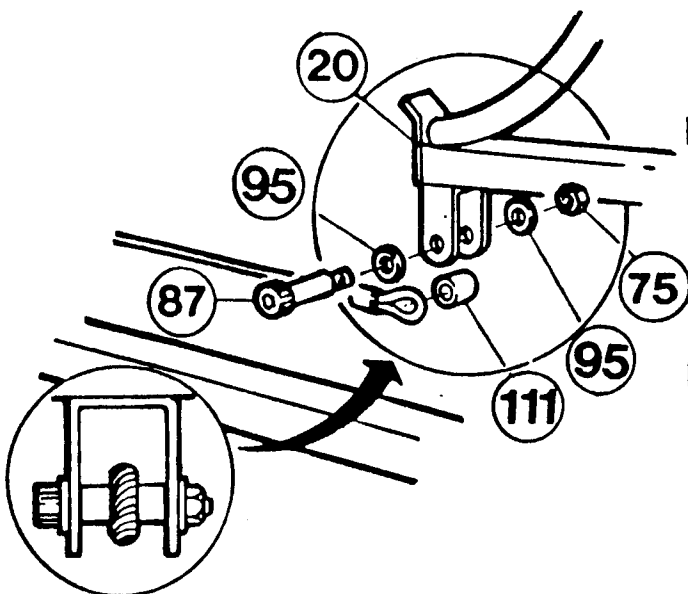


- ☐ Now, firmly tighten the upper Bolt in the Pulley Assembly, but leave the lower Bolt loose until the Pec Deck Assembly is completed.

- ☐ Bring the remaining Cable down, and with another 4 1/2" DIA PULLEY (43) position it in the front portion of the Base Pulley Bracket and fasten with 3/8" X 1 3/4" HEX BOLT (94) and 3/8" HEX NUT (84) so that the Cable extends toward the front of the unit.

- ☐ At this point check that the cables are properly seated in the groove of each Pulley and that all Pulleys revolve freely.

- ☐ Pass the Cable between the REAR FRAME SUPPORTS (4) and (5) and insert the 1/2" DIA SLEEVE (111) through loop in Cable end and center assembly in welded bracket on bottom of CAM ARM (20). Insert 3/8" X 1 1/4" SHOULDER BOLT (87) with 3/8" FLAT WASHER (95) through Bracket and Sleeve and secure with 3/8" FLAT WASHER (95) and 5/16" HEX NUT (75). This bolt should be greased periodically.



- ☐ After making certain that the WEIGHT SELECTOR TUBE (25) is properly seated down on the Weight Stack and the weights are pinned with WEIGHT SELECTOR PIN (86), pull all slack out of the complete Cable system checking that cables are properly seated in all Pulleys. At Base Pulley Bracket, slide CABLE STOP (88) tightly against the Ball and tighten Set Screw so stop is held tight.

- ☐ The cable should have as little slack in the system as possible to give a smooth, continuous resistance when used. Attach "S" HOOK (91) to the Cable end at the Base Pulley Bracket in order to attach accessories for various exercises.

- ☐ Align holes in back of BACKREST (10) with BACKREST MAIN FRAME (7) and attach with 1/4" X 2 3/4" SLOT HEAD SCREWS (78).

STEP 4 PEC DECK ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/4" HEX HEAD BOLT	2
5/16" X 2 3/4" HEX HEAD BOLT	2
5/16" HEX NUT	6
5/16" PLAIN HEX NUT	2
3/8" HEX NUT	2
FIREMAN'S LATCH HOOK	2
EYELET BOLT	2
SLEEVE RING (1 1/2"OD)	2
1 1/2" ROUND PLASTIC CAP	2

- ☐ Assemble SWIVEL PULLEY BRACKETS (98) onto the sides of the 1 1/2" Square Tube welded to BACKREST MAIN FRAME (7) using 5/16" X 2 1/4" HEX BOLT (64) and 5/16" HEX NUTS (75).

- ☐ Place a 2" DIA PULLEY (44) onto each of the welded 3/8" Hex Bolts that protrude from each Bracket.

- ☐ Next, assemble the PULLEY GUARD (99) onto these 3/8" Hex Bolts and secure with 3/8" HEX NUTS (84). DO NOT OVER TIGHTEN THESE NUTS AND CHECK THAT THE PULLEY RUNS FREELY!

- ☐ Make one complete loop of PEC DECK CABLE (100) over HEX BOLT (83) of Floating Pulley Assembly, trapping it between WASHER (107) and PLASTIC COVER (46). DO NOT TIGHTEN BOLT AT THIS TIME! Pass the ends of the PEC DECK CABLE (100) around the back of each 2" DIA PULLEY (44) through the assembly and then attach a FIREMAN'S LATCH HOOK (92) to each looped end.

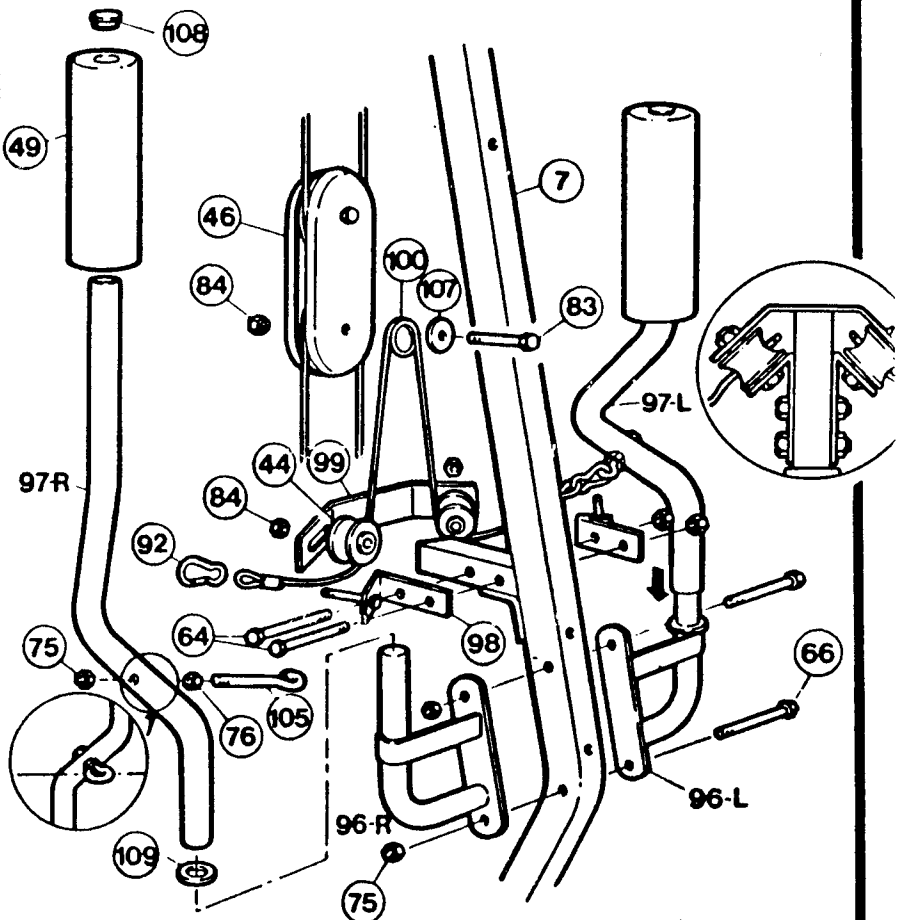
- ☐ Next, bolt on the two PEC DECK PIVOT BRACKETS (96R) and (96L) to MAIN FRAME (7) using two 5/16" X 2 3/4" HEX BOLTS (66) and 5/16" HEX NUTS (75). Make sure Pivot Tubes are aligned vertically.

- ☐ Slide a 1 1/2" SLEEVE RING (109) over Pivot Tube, and then lightly grease the Pivot tube above the Washer.

- ☐ Now, slide on PEC DECK ARM (97L) and (97R) so that it seats down against the Washer. Wipe off any surplus grease.

- ☐ Next, slide on the LARGE FOAM ROLLERS (49) so that the end of the Rollers is flush with the top of the Tube. (Use a small amount of liquid dish detergent on inside of Foam Roller to make this easier)

- ☐ Cap off tops of Tubes with 1 1/2" ROUND PLASTIC CAPS (108).



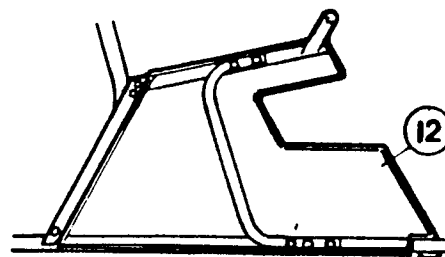
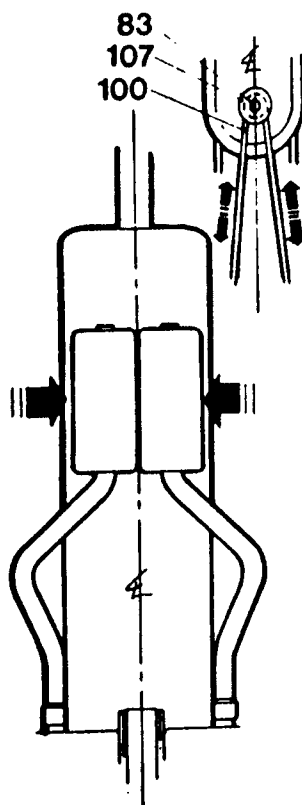
- ☐ Thread a 5/16" PLAIN HEX NUT (76) all the way to the eye of the EYELET BOLTS (105). Insert EYELET BOLT (105) through hole in PEC DECK ARM (97) so that the EYELET BOLT (105) faces the Swivel Bracket Assembly. Fasten in place using 5/16" HEX NUT (75). Position eye so it is parallel with the ground and tighten nuts securely to hold in place. (See Insert)

- ☐ Now, attach PEC DECK CABLE (100) to EYELET BOLT (105) using the FIREMAN'S LATCH HOOK (92).

- ☐ Lifting just one Weight Plate, swing both Pec Deck Arms forward so that they touch together on the center line of the machine, adjusting the length of each side of the PEC DECK CABLE (100) by allowing it to slip around its' connecting bolt. Once this has been adjusted, tighten down the 3/8" X 2 1/4" HEX HEAD BOLT (83) on the Plastic Pulley Housing securely trapping the Looped Cable behind the 1 1/2" LARGE WASHER (107).

- ☐ NOTE: One or both Pec Deck Arms may be disconnected and removed when performing other exercises on the machine in order to provide extra exercising space.

- ☐ After some time of Pec-Deck use the cable may take a stretch which can be taken up by looping the cable around the bolt a second time. Repeat the alignment positioning again before tightening the bolt.



STEP 5 SEAT ASSEMBLY

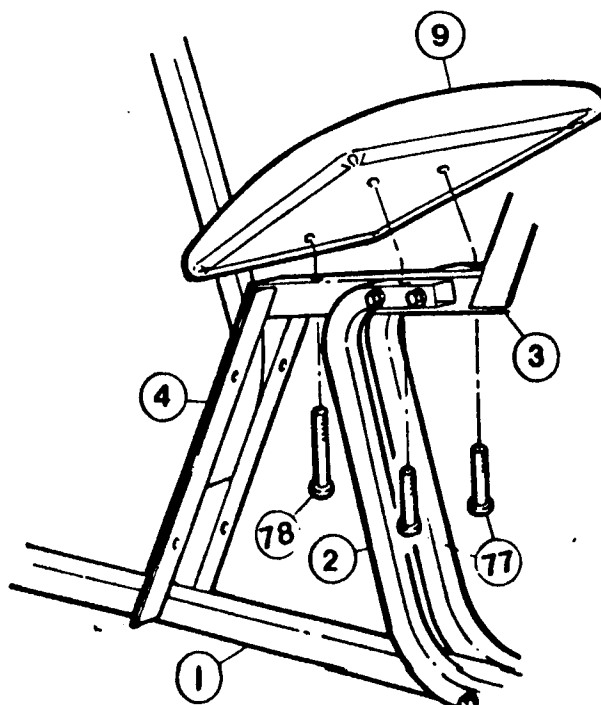
HARDWARE

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

- ☐ Before assembling Seat, take one of the PLASTIC SHROUD COVERS (12) 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 Foot. Adjust the Frame Members slightly if necessary to obtain the best fit. Remove the Plastic Shroud and securely tighten all bolts that were previously left untightened in Step 1.

- ☐ Align bolt holes in SEAT (9) with mounting holes in Frame Members. Using a 1/4" X 2 3/4" SLOT HEAD SCREW (78) through TOP FRAME (3) attach rear of seat.

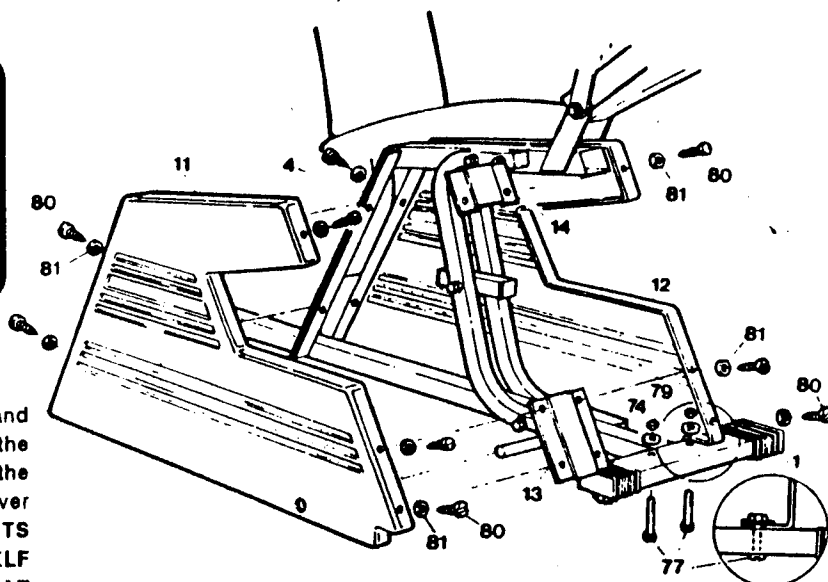
- ☐ Using 1/4" X 2 1/4" SLOT HEAD SCREWS (77), attach front of Seat through curved SIDE FRAME (2). Make this attachment very loosely so shroud can be fitted between Seat and Frame in a future step.



STEP 6 ATTACHING BASE FRAME 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



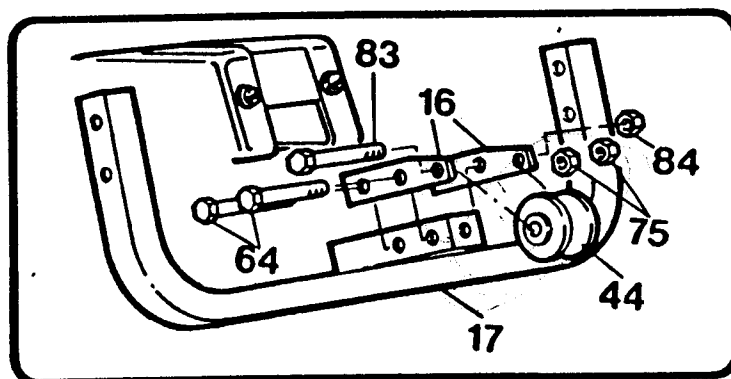
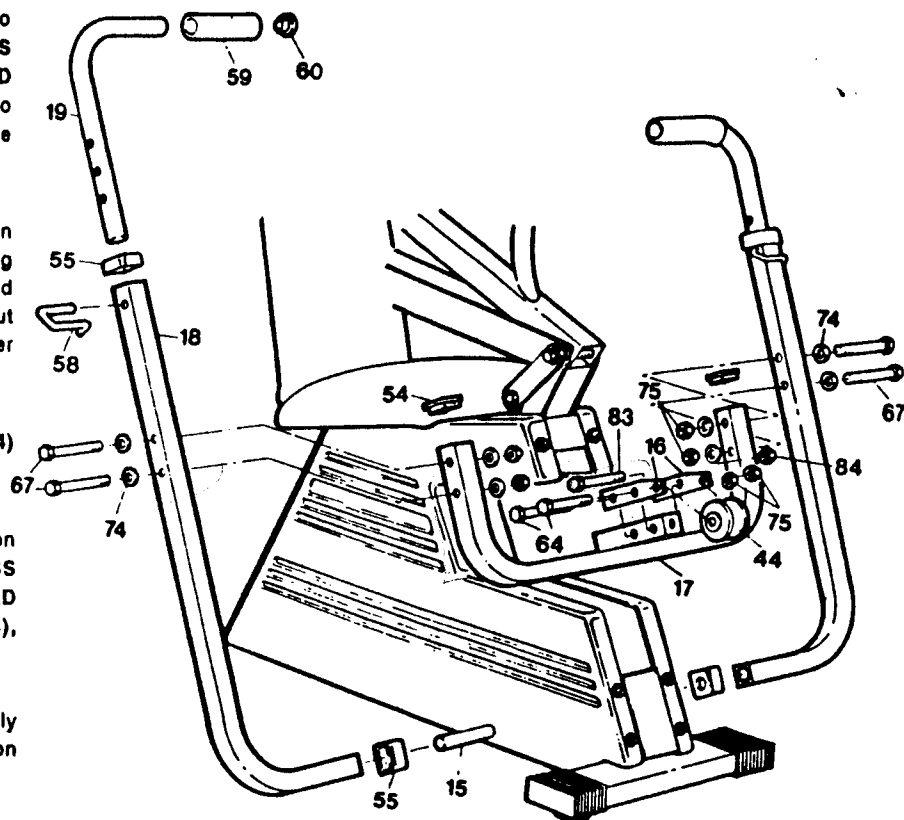
- ☐ Position each **PLASTIC FRAME SHROUD (11)** and **(12)** over **Pivot Tube** so that they slip between the **Seat** and **Frame** and snugly over and against the **REAR SUPPORTS (4)** and **(5)**. Align holes in **Cover** with the mounting holes in the **REAR SUPPORTS (4)** and **(5)** and attach with **5/32" X 3/4" SELF TAPPING SCREWS (80)**, and **5/32" FLAT WASHERS (81)**. Front of Shroud should fit tightly against **Front Foot of BASE FRAME (1)**.
- ☐ Next, using two **1/4" X 2 1/4" SLOT HEAD SCREWS (77)**, **5/16" FLAT WASHERS (74)** and **1/4" HEX NUTS (79)** bolt down the front lower corners of shrouds trapping the plastic between the washer and frame. **SEE DETAIL DRAWING!** Edge of Plastic Shroud should be snugly against the Screw.
- ☐ Finally, insert the **LARGE PLASTIC COVER PLATE (13)** into lower portion of shrouds. Align holes and bolt together with **5/32" SELF TAPPING SCREWS (80)**, and **5/32" FLAT WASHERS (81)**.
- ☐ Insert **SMALL PLASTIC COVER PLATE (14)** behind upper portion of shroud and fit positioning ribs on back of plate so they fit inside **Frame Tube**. Attach with **5/32" SELF TAPPING SCREWS (80)**, and **5/32" FLAT WASHERS (81)**.
- ☐ At this point, tighten the three **Seat Mounting Screws** under the **Seat** to firmly hold the top of Shroud between the **Seat** and **Frame**.

STEP 7 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
SMALL LOCK PIN	2
1 1/2" SQUARE OPEN END PLASTIC CAP	4
1 1/2" SQUARE PLASTIC CAP	2
1 1/4" ROUND PLASTIC CAP	2

- ☐ Remove WEIGHT SELECTOR PIN (86) from weight stack releasing the load on the leg extension so it can be swung forward and out of the way.
- ☐ Press 1 1/2" SQUARE OPEN END PLASTIC CAP (55) onto each end of BENCH PRESS ARMS (18). Slide arms onto PIVOT TUBE (15) and up against Plastic Shroud.
- ☐ Next, assemble ROLLER BRACKETS (16) to the Center Tube on BENCH PRESS CROSS BRACE (17) with 5/16" X 2 1/4" HEX HEAD BOLTS (64) and 5/16" HEX NUTS (75) so that the single hole in the front of the Bracket is positioned downwards.
- ☐ Bolt the 2" DIAMETER ROLLER (44) in position between the Roller Brackets using 3/8" X 2 1/4" HEX HEAD BOLT (83) and 3/8" HEX NUT (84). Tighten securely but do not over tighten and check that roller moves freely
- ☐ Press 1 1/2" SQUARE PLASTIC CAPS (54) into ends of Cross Brace.
- ☐ Position Cross Brace into the open section of shroud and attach to BENCH PRESS ARMS (18) using 5/16" X 3 1/2" HEX HEAD BOLTS (67), 5/16" FLAT WASHERS (74), and 5/16" HEX NUTS (75).
- ☐ Swing Leg Extension Assembly down slowly and align Roller with curved Cam Tube on Extension.
- ☐ Insert BENCH PRESS HANDLES (19) into Arms and pin into position using SMALL LOCKING PINS (58).
- ☐ Slide SMALL FOAM GRIPS (59) onto handles and cap with 1 1/4" ROUND PLASTIC CAPS (60)



STEP 8 LEG EXTENSION ASSEMBLY

HARDWARE

PART NAME	QTY
3/4" ROUND PLASTIC CAP	2
1" ROUND PLASTIC CAP	2
1 3/4" SQUARE PLASTIC CAP	2
PLASTIC KNOB	1
LARGE LOCK PIN	1

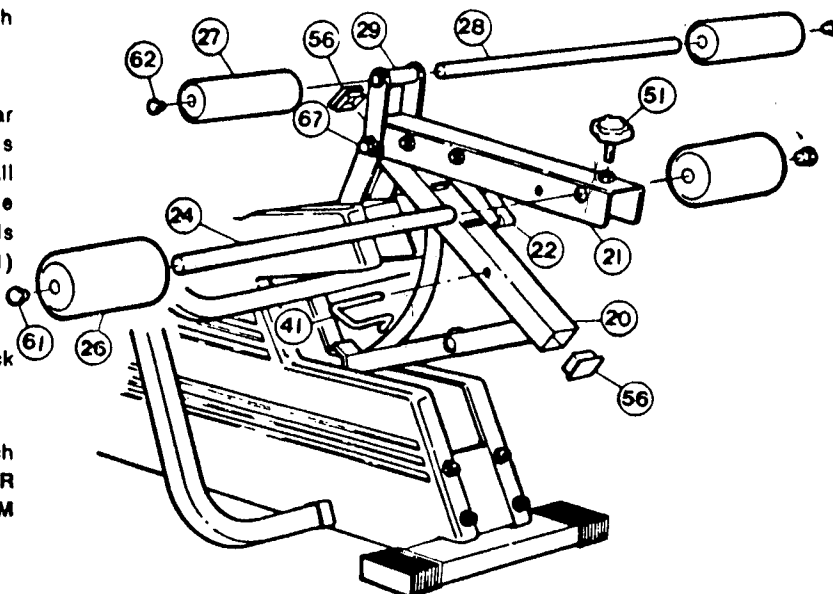
☐ Press 1 3/4" SQUARE PLASTIC CAPS (56) into each end of CAM ARM (20).

☐ Insert 24" CHROME ROLLER BAR (24) into lower hole in CAM ARM COVER (21) and center. Hold in place by screwing PLASTIC KNOB (51) through threaded hole and against roller bar.

☐ Press 4" X 6" ROLLER PADS (26) over roller bar and up against cover so that bar protrudes through about 5" on each side. (Using a small amount of liquid detergent wiped along the surface of the bar will make assembling pads easier.) Insert 1" ROUND PLASTIC CAPS (61) into ends of bar.

☐ Lower extension cover over leg extension and lock in place with LARGE LOCK PIN (41).

☐ Press 3/4" ROUND PLASTIC CAPS (62) into each end of PAD BAR (28). Insert bar into ROLLER BRACKET (29) and assemble 2 1/2" X 7" FOAM ROLLER PADS (27)



STEP 9 DECAL ASSEMBLY

DECALS FOR BASE FRAME PLASTIC COVERS:

☐ 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 (113) to upper recessed area in plastic shroud.

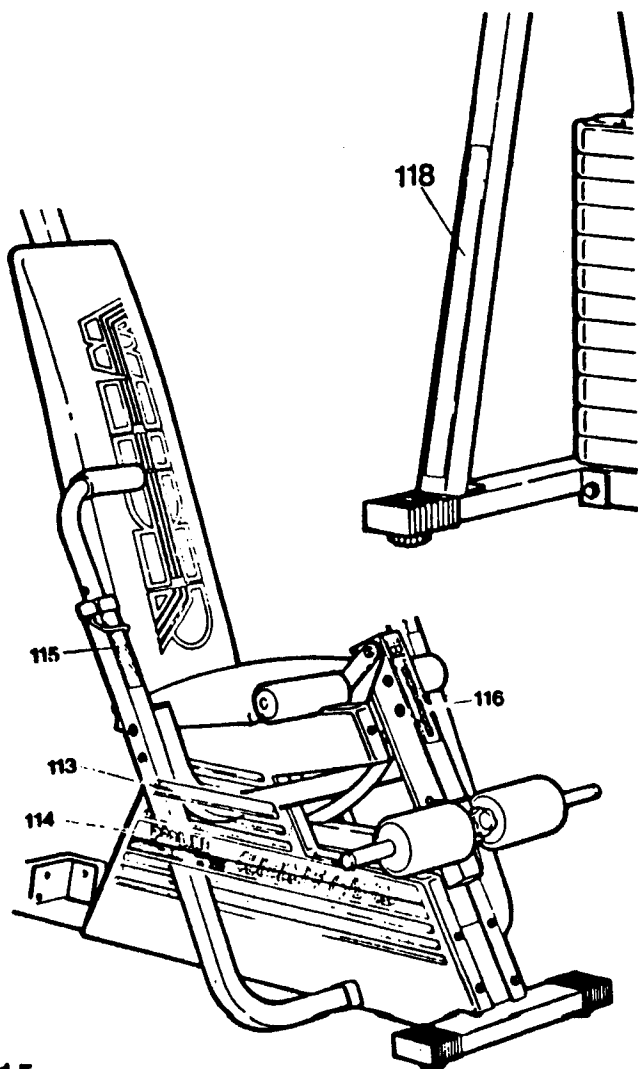
☐ Affix LARGE SHROUD DECALS (114) to shroud sides by positioning corner edge of Decal in line with embossed ribs in Shroud and about 1/2" above molded recess in bottom section of shroud. Butt rear section of Decal against front section to complete Decal Assembly.

☐ Affix BENCH PRESS DECALS (115) to arms directly below bottom edge of plastic caps.

☐ Position LEG EXTENSION DECAL (116) to upper portion of extension cover and press in place.

DECALS FOR MAIN FRAME:

☐ Assemble WEIGHT SELECTOR DECAL (117) to the lower end on MAIN FRAME SUPPORT (4) to align with weight stack.



USING ACCESSORIES

Included with this product is a **ACCESSORY ROPE (37)**, **DUMBBELL HANDLE (38)** and **ANKLE STRAP (39)**. Exercises for their use are covered in your Training Guide. It should be noted through that the Accessory Rope is used for exercises using the Dumbbell Handle and Lat Bar as follows.

1. When doing exercises where you begin lifting at shoulder height; such as standing presses with the Lat Bar, hook one end of the rope to the "S" Hook on the Base Pulley and attach the Lat Bar to the other end using a **FIREMAN'S LATCH HOOK (92)**. This full length of Rope should position the Lat Bar at approximately chest height.
2. When doing exercises such as curls where the exercising load begins at around waist height, the rope should be doubled in half hooking both loop ends of the rope to the "S" Hook at the Base Pulley and clipping the Fireman's Hook in the middle of the rope.

MAINTENANCE

1. LUBRICATE WEIGHT GUIDE RODS EACH WEEK WITH SPRAY SILICONE OR ALTERNATIVELY WIPE WITH LIGHT HOUSEHOLD OIL.

2. LUBRICATE THE BUSHING AT THE CABLE CONNECTION AND THE PIVOT BOLT WITH GREASE EACH MONTH.

3. REMOVE LAT BAR SWIVEL AND GREASE INNER SURFACE BEFORE REPLACING ONCE EVERY 3 MONTHS FOR BEST RESULTS.

4. IT IS RECOMMENDED TO REGULARLY WIPE THE PLASTIC COATED CABLE USING A CLOTH AND A LITTLE LIGHT OIL OR SILICONE TO AVOID ANY POSSIBILITY OF THE CABLE BECOMING NOISY AS IT RUNS AROUND THE PULLEYS.