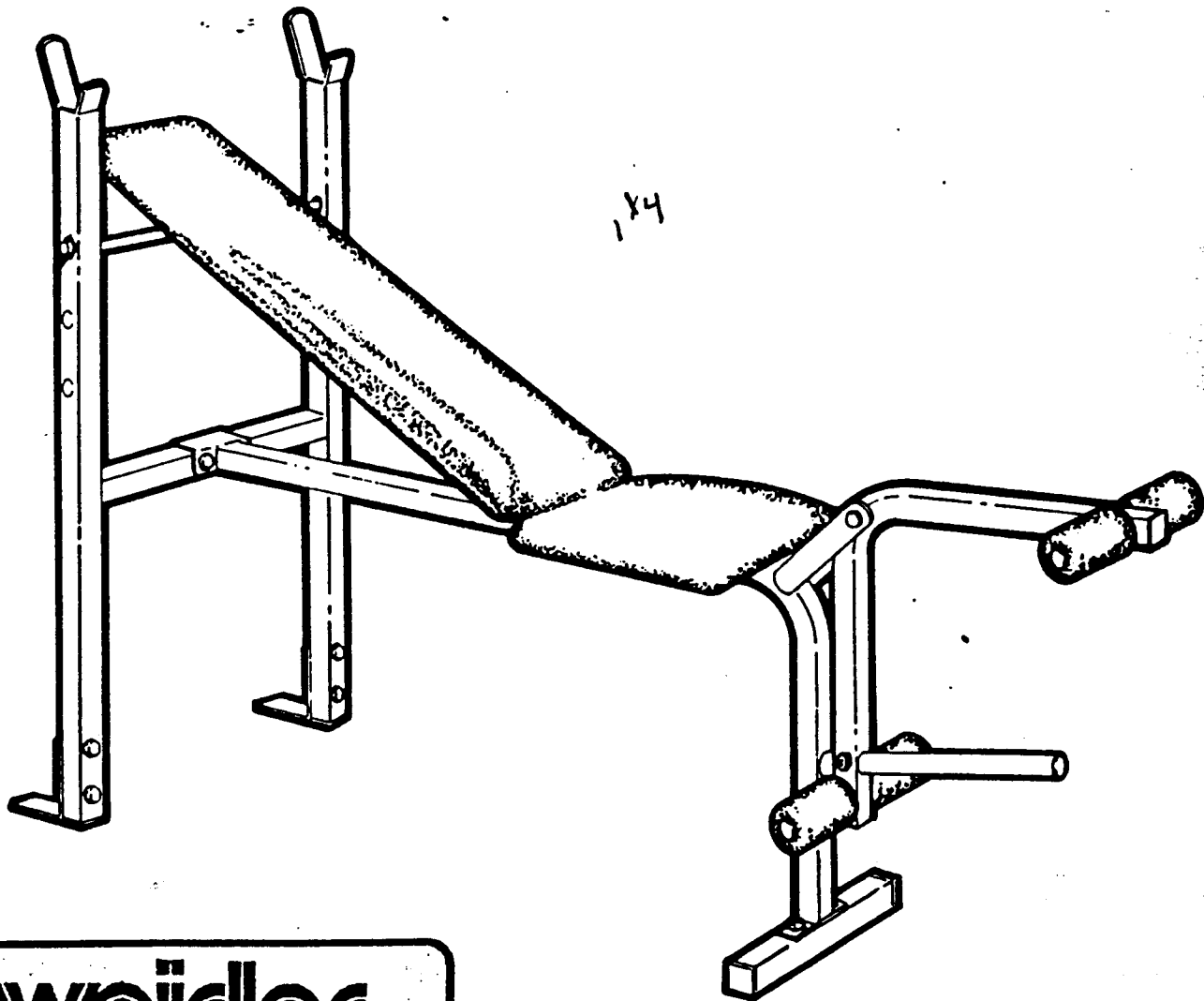


# E120

## WEIGHT BENCH



OWNERS MANUAL

WEIDER HEALTH AND FITNESS

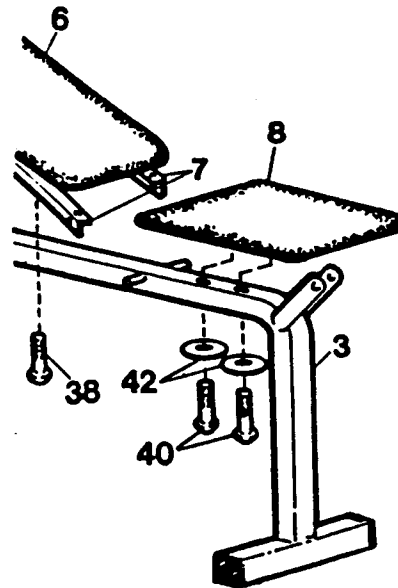
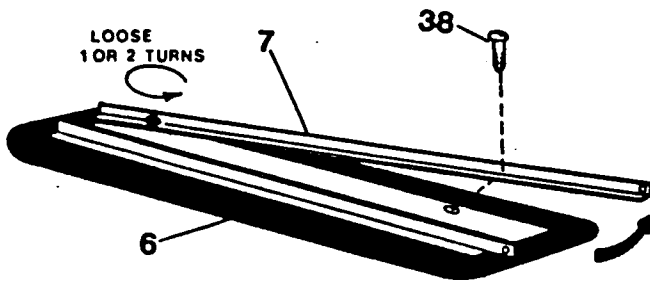
21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367



- Begin by inserting 1 1/2" SQUARE PLASTIC CAPS (43) into UPRIGHT (1).
- Align bolt holes on L-BRACKETS (2) with bolt holes on UPRIGHT (1). Secure each bracket with 5/16" X 2" HEX HEAD BOLTS (39) and 5/16" NYLON LOCK NUTS (37).
- Align MAIN FRAME (3) bracket with holes on FRONT SUPPORT (4) and secure with 1/4" X 1 1/2" MACHINE SCREW (41) and 1/4" NYLON LOCK NUT (44).

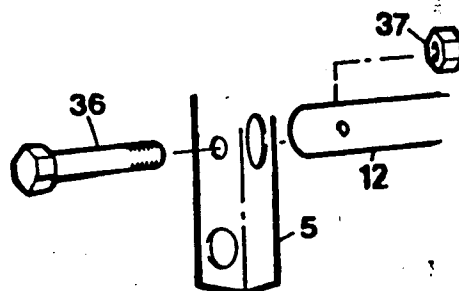
**NOTE:** The recessed holes on FRONT SUPPORT (4) will be placed toward the floor.

- Lower rear u-bracket of MAIN FRAME (3) onto cross member of UPRIGHT (1). Align bolt holes and secure with 5/16" X 2 1/4" HEX HEAD BOLTS (45) and 5/16" NYLON LOCK NUTS (37).
- Insert 1 1/4" SQUARE PLASTIC CAPS (33) into FRONT SUPPORT (4). TIGHTEN ALL BOLTS!
- Position LONG ANGLE IRONS (7) with flat side to the outside onto BACKREST (6). Secure one LONG ANGLE IRON (7) with 1/4" X 3/4" MACHINE SCREWS (38) and the other at the top only with one 1/4" X 3/4" MACHINE SCREW (38). DO NOT TIGHTEN COMPLETELY!
- Slide BACKREST ADJ BAR (11) through one of the hole patterns in UPRIGHT (1). Position secured LONG ANGLE IRON (7) onto pivot rod and slide the freed end of opposite angle iron back into position and onto opposite end of rod. Attach angle iron with 1/4" X 3/4" MACHINE SCREW (38) and tighten all machine screws.
- With SEAT (8) right-side up, lower to Seat Bracket on MAIN FRAME (3) and attach with 1/4" X 3/4" MACHINE SCREWS (38) and 5/16" FLAT WASHERS (42).



- Slide WEIGHT PIN (12) through angled hole on front of LEG CURL (5). Align bolt holes and attach with 5/16" X 1 3/4" HEX HEAD BOLT (36) and 5/16" NYLON LOCK NUT (37). Assemble 1" ROUND PLASTIC COVER CAP - 15 (32) over rear extended portion of Weight Pin. Assemble 1" ROUND PLASTIC CAP (31) into end of Weight Pin.
- Assemble 1 1/4" SQUARE PLASTIC CAP (33) into end of LEG CURL (5).
- Position LEG CURL (5) between Leg Curl Bracket on MAIN FRAME (3) and secure with 3/8" X 2 1/4" HEX HEAD BOLT (34) and 3/8" NYLON LOCK NUT (35). DO NOT OVER TIGHTEN THIS BOLT!
- THE FOLLOWING INSTRUCTIONS ARE REPEATED UNTIL ALL REMAINING LEG CURL PARTS ARE IN PLACE.

- Assemble 3/4" ROUND PLASTIC CAPS (30) into end of PAD BAR 11 1/2" (9). Slide PAD BAR 11 1/2" (9) through proper hole in LEG CURL (5) until equal amounts of bar are on both sides. (To help in the following assembly a small amount of liquid dish detergent should be applied to both ends of the Pad Bar.)
- Assemble LARGE FOAM PADS 2 3/4" X 5" (10) onto each end of PAD BAR 11 1/2" (9).



## BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND THAT THIS UNIT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY ONE HOUR OF ASSEMBLY TIME.

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. 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 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 STOP 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.

