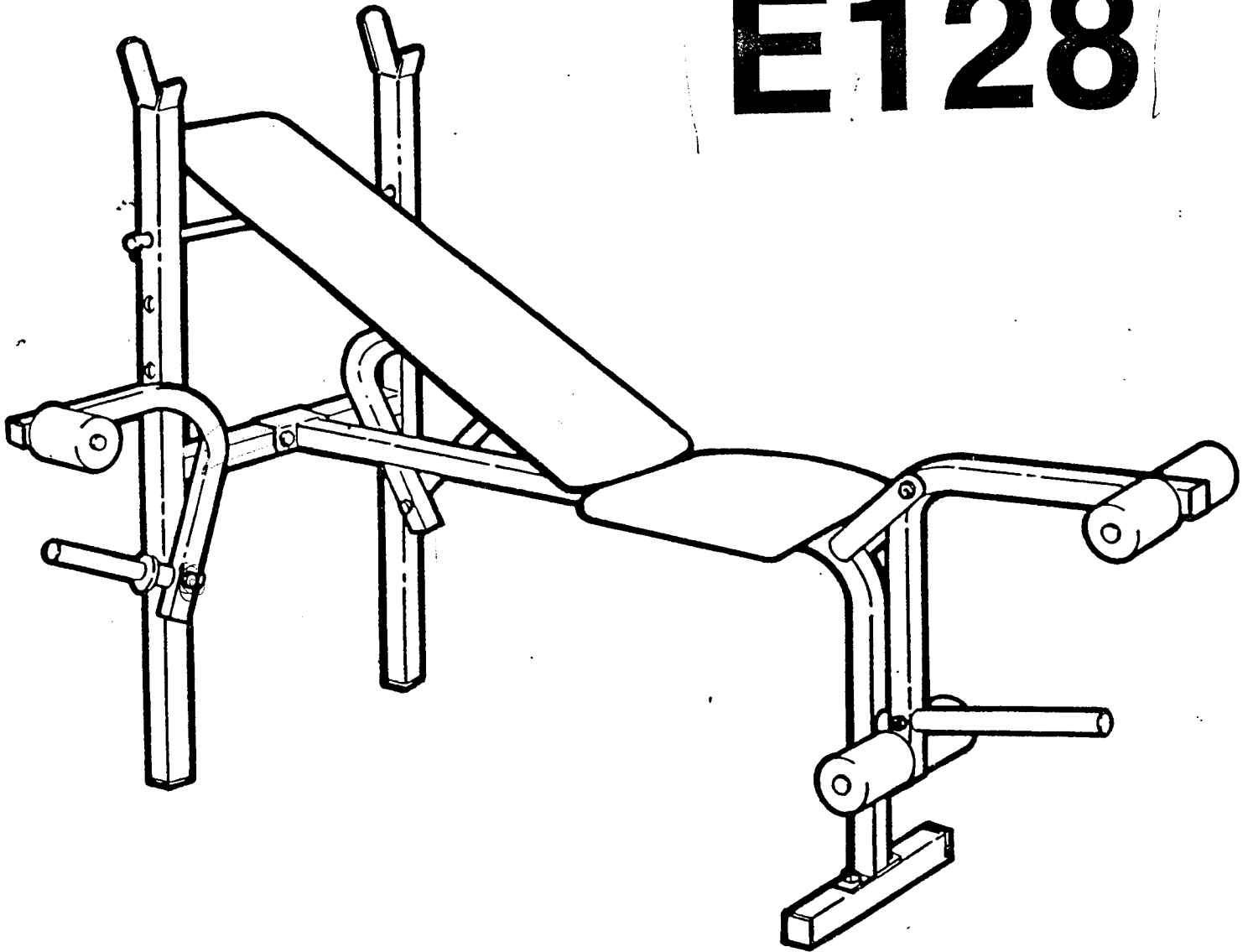


128 - white  
129 - BF

# E128



## weider®

MODEL NO. 74345,51164

OWNER'S MANUAL

**WEIDER HEALTH and FITNESS**

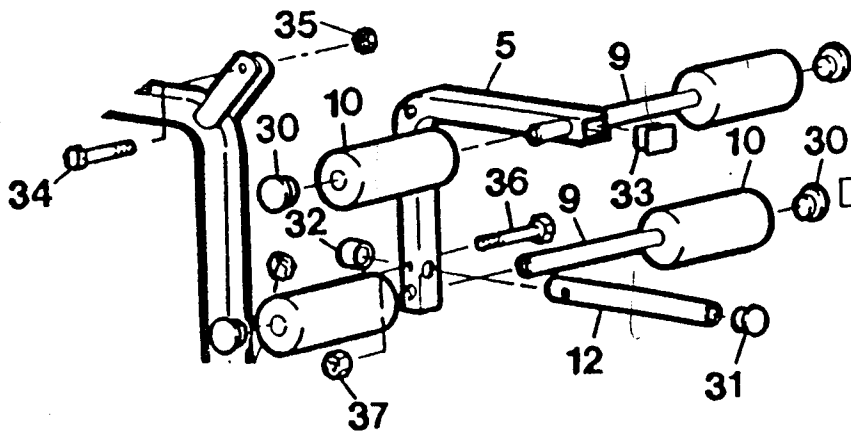
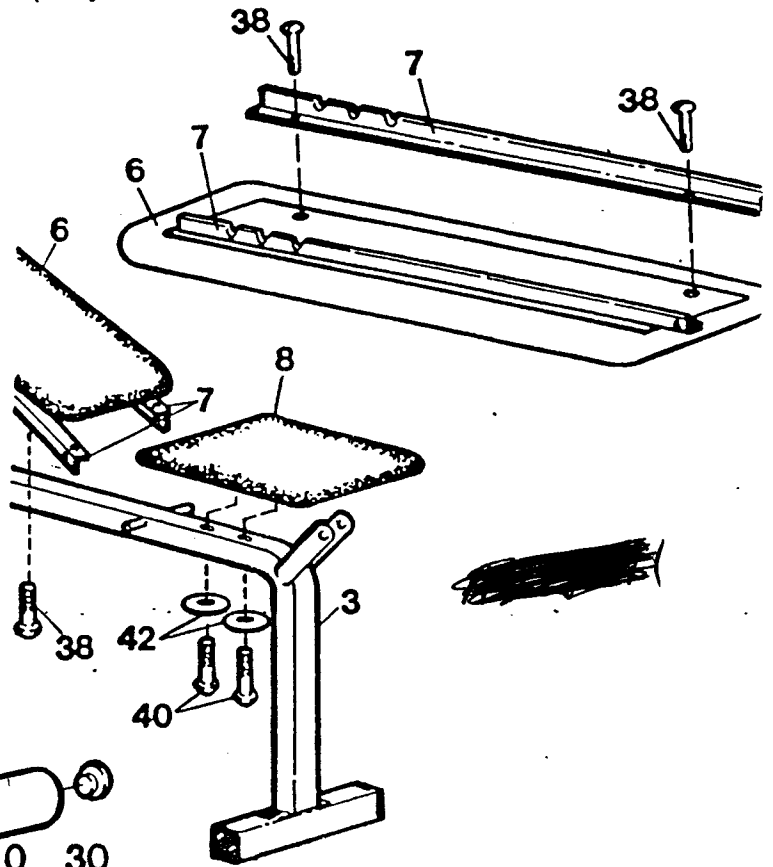
21100 ERWIN STREET, WOODLAND HILLS, CA. 91367 USA

- Begin by inserting 1 1/2" SQUARE PLASTIC CAPS (43) into UPRIGHT (1).
- 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!

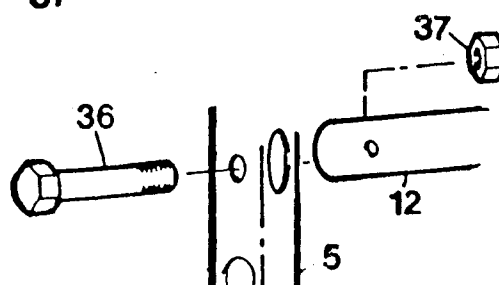
- Slide BACKREST ADJ BAR (11) through one of the hole patterns in UPRIGHT (1). Position secured LONG ANGLE IRON (7) onto pivot rod and slide the freed end of opposite angle iron back into position and onto opposite end of rod. Attach angle iron with 1/4" X 3/4" MACHINE SCREW (38) and tighten all machine screws.

- With SEAT (8) right-side up, lower to holes on MAIN FRAME (3) and attach with 1/4" X 1 3/4" MACHINE SCREWS (40) 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) 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).

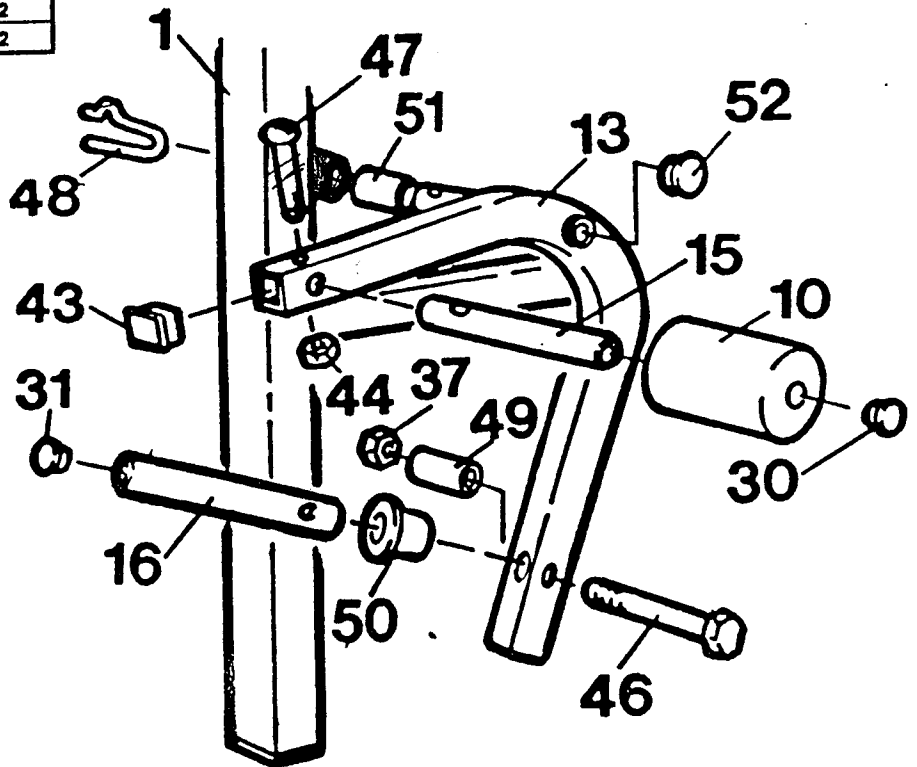
BUTTERFLY ASSEMBLY	
PART NAME	QTY
30 3/4" ROUND PLASTIC CAP	2
31 1" ROUND PLASTIC CAP	2
37 5/16" NYLON LOCK NUT	2
43 1 1/2" SQUARE PLASTIC CAP	2
44 1/4" NYLON LOCK NUT	2
46 5/16" X 5" HEX HEAD BOLT	2
47 1/4" X 2" MACHINE SCREW	2
48 STOPPER PIN	2
49 PLASTIC SLEEVE 1/2" X 3"	2
50 WEIGHT STOP	2
51 PLASTIC SLEEVE 2"	2

There are two Butterfly Attachments with this unit: A RIGHT BUTTERFLY (13) and a LEFT BUTTERFLY (14). Instructions are given for one and are repeated to assemble the other.

Assemble BUTTERFLY PAD BAR (15) through the large hole in the end of Butterfly Frame aligning bolt holes. Secure with 1/4" X 2" MACHINE SCREW (47) and 1/4" LOCK NUT (44).

Press 3/4" ROUND PLASTIC CAP (30) into end of BUTTERFLY PAD BAR (15). Slide LARGE FOAM PAD 2 3/4" x 5" (10) onto end of BUTTERFLY PAD BAR (15). Again a small amount of liquid dish detergent will help with this assembly.

Assemble BUTTERFLY WEIGHT PIN (16) into angled hole on front of Butterfly Frame and attach with 5/16" X 5" HEX HEAD BOLT (46) and 5/16" LOCK NUT (37). (The bolt will go through the Butterfly Frame and Weight Pin; PLASTIC SLEEVE (49) will then be assembled onto the bolt and secured with the 5/16" LOCK NUT (37).) Press 1" ROUND PLASTIC CAP (31) into end of Weight Pin. Slide WEIGHT STOP (50) over Weight pin until it against the Butterfly Frame.



Assemble PLASTIC SLEEVE (51) over welded Butterfly Tube.

Slide entire assembly into welded tube bracket on UPRIGHT (1). Insert STOPPER PIN (48) into center of assembly (rounded end first), making sure the side of the Stopper Pin that has a raised section is aligned with the hole in the welded Butterfly tube. Push STOPPER PIN (48) into welded Butterfly tube until it clicks into place as the raised section exits the hole.

Press 7/8" ROUND PLASTIC CAP (52) into short extended end of welded tube on frame.

Press a 1 1/2" SQUARE PLASTIC CAP (43) into end of Butterfly frame.

## 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

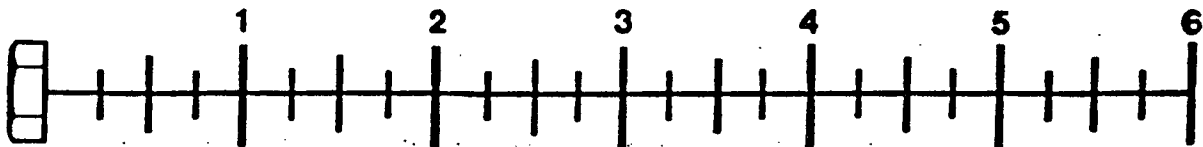
#### CONSULT YOUR PHYSICIAN

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.

#### 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.



BOLT LENGTH SCALE