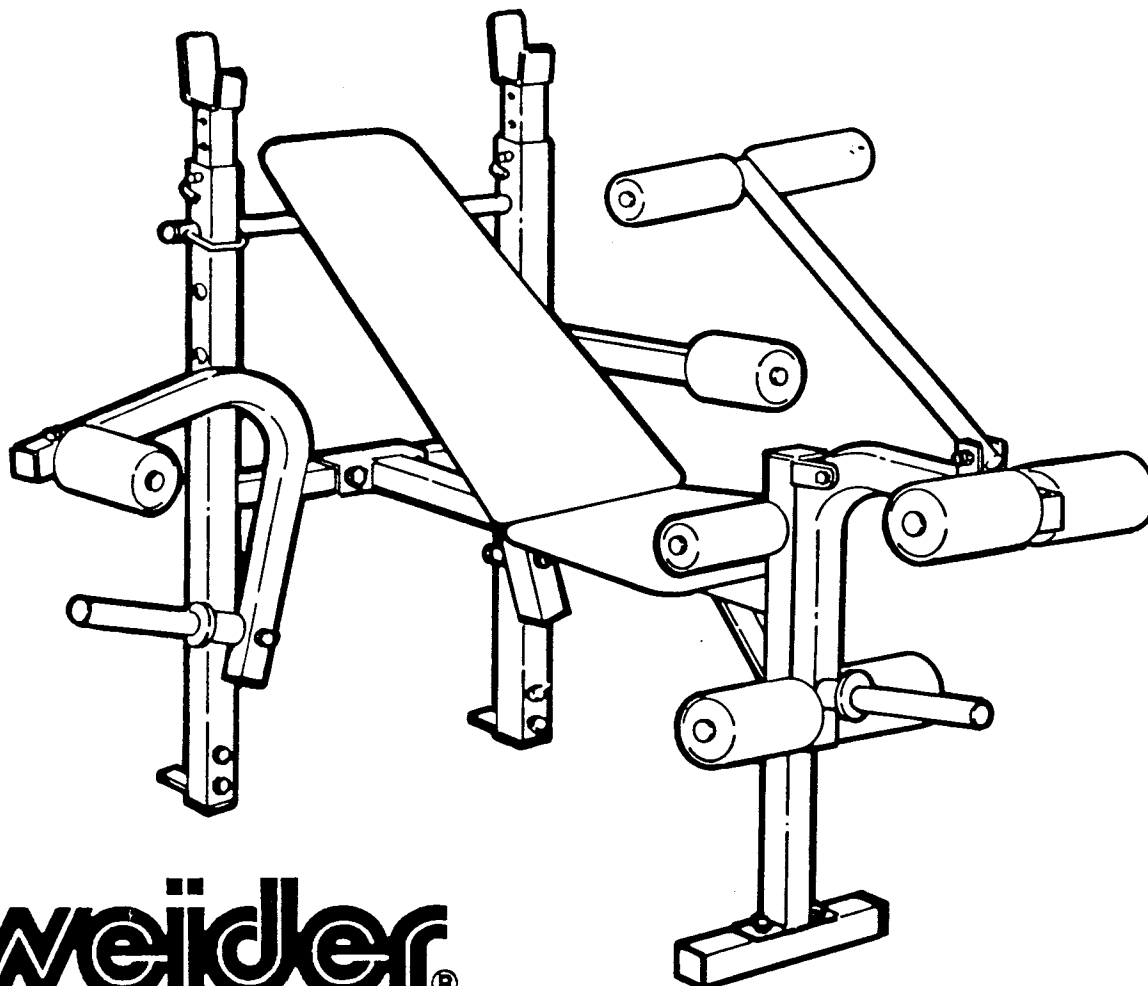


E132



weider® **OWNER'S MANUAL**

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. **AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT.** Call our "CUSTOMER ASSISTANCE LINE" for immediate assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

Tools required for assembly include: a hammer, pliers, medium size flat head screwdriver, and two 6" adjustable wrenches.

This product must be assembled by an adult prior to use.

Do not destroy the packing and carton until the unit is completely assembled.

Periodically check the unit for bolt tightness and parts wear to insure that your equipment is kept in top condition.

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

PART LIST E132

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	C1228-E29*E29
2	ADJUSTABLE UPRIGHT	2	C1229-E29*E29
3	L-BRACKET	2	C6125-A22*E29
4	MAIN FRAME	1	C3106-E29*E29
5	ANGLE BRACKET	1	C6912-E01*E29
6	FRONT SUPPORT	1	C0116-C14*E29
7	BACKREST ADJ BAR	1	C6054-A06*E29
8	FOAM PAD 2 1/4" X 6"	4	C0449-E08*E29
9	PAD BAR 3/4" X 13 1/2"	2	C6121-A25*E29
10	BACKREST	1	C1338-E05*E29
11	SEAT	1	C1339-E05*E29
13	LONG ANGLE IRON	2	C6250-E01*E29
14	LEG CURL	1	C3107-E29*E29
16	WEIGHT PIN 1" X 13 3/4"	1	C0148-C15*E29
17	FOAM PAD 2 3/4" X 5"	6	C0437-B25*E29
18	RIGHT BUTTERFLY	1	C6156-C14*E29
19	LEFT BUTTERFLY	1	C6158-C14*E29
20	BUTTERFLY WEIGHT PIN 1" X 11 3/4"	2	C6336-E29*E29
21	BUTTERFLY PAD BAR 3/4" X 9"	2	C6157-C14*E29
23	AB ROWING BAR	1	C6337-E29*E29
24	U-BRACKET	1	C6933-E29*E29
25	PAD BAR 3/4" X 11 1/2"	2	C6136-C08*E29
51	5/16" X 1 3/4" HEX HEAD BOLT	2	HH-5301*E29
52	5/16" X 2" HEX HEAD BOLT	3	HH-5054*E29
53	5/16" X 2 1/4" HEX HEAD BOLT	2	HH-5199*E29
54	5/16" X 2 1/2" HEX HEAD BOLT	5	HH-5053*E29
55	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5294*E29
56	5/16" X 5" HEX HEAD BOLT	2	HH-5328*E29
57	5/16" NYLON LOCK NUT	14	HH-5012*E29
58	WING NUT	1	HH-5209*E29
60	1/4" X 1 3/4" MACHINE SCREW	2	HH-5255*E29
62	1/4" X 3/4" MACHINE SCREW	6	HH-5022*E29
63	1/4" X 2" MACHINE SCREW	2	HH-5256*E29
64	1/4" FLAT WASHER	1	HH-5048*E29
65	1/4" NYLON LOCK NUT	4	HH-5011*E29
66	3/4" ROUND PLASTIC CAP	11	AA-8004*E29
67	1" ROUND PLASTIC CAP	3	AA-8005*E29
68	1" ROUND PLASTIC COVER CAP - 15°	1	AA-8070*E29
69	1 1/2" ROUND PLASTIC CAP	2	AA-8106*E29
70	1 1/2" SQUARE PLASTIC CAP	5	AA-8001*E29
71	2" SQUARE PLASTIC CAP	2	AA-8002*E29
72	PLASTIC SLEEVE 1/2" X 3"	2	AA-8128*E29

PART LIST E132

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
73	PLASTIC SLEEVE 1 1/2" O.D. X 2"	2	AA-8091*E29
74	WEIGHT STOP	3	AA-8112*E29
75	METAL FERRULE 5/16" X 3/4" LONG	2	HH-5259*E29
76	LOCKING PIN	2	WW-7002*E29
77	STOPPER PIN	2	WW-7038*E29
78	7/8" ROUND PLASTIC CAP	2	AA-8088*E29
80	UPRIGHT DECAL	1	DE-4165*E29
	HARDWARE BAG (BOLTS & NUTS)	1	C5912-E29*E29
	HARDWARE BAG (PLASTICS & FOAM)	1	C5913-E29*E29
	ASSEMBLY MANUAL	1	NN-1143*E29

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, THE 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 NO.

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.

STEP 2 BACKREST ASSEMBLY

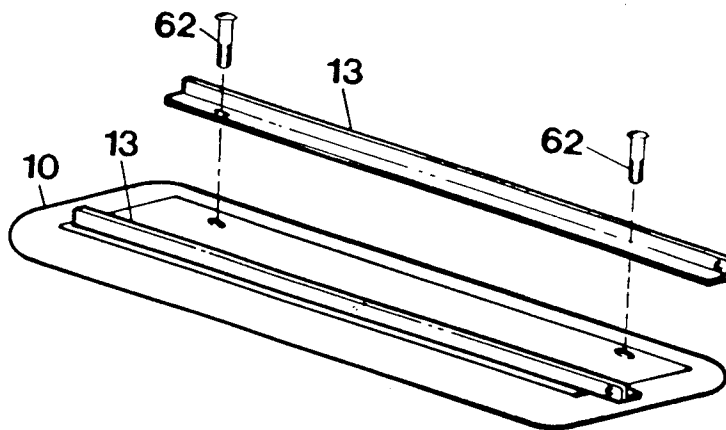
PART NAME

QTY

62 1/4" X 3/4" MACHINE SCREW

4

- ☐ Position **LONG ANGLE IRONS (13)** onto **BACKREST (10)** aligning the holes.
- » **IMPORTANT:** The flat side of the Long Angle Irons must face to the outside of the Pad. See Illustration!
- ☐ Secure **LONG ANGLE IRONS (13)** with **1/4" X 3/4" MACHINE SCREWS (62)**.



STEP 3 ATTACHING BACKREST & SEAT

PART NAME

QTY

55 5/16" X 3 1/2" HEX HEAD BOLT

1

57 5/16" NYLON LOCK NUT

1

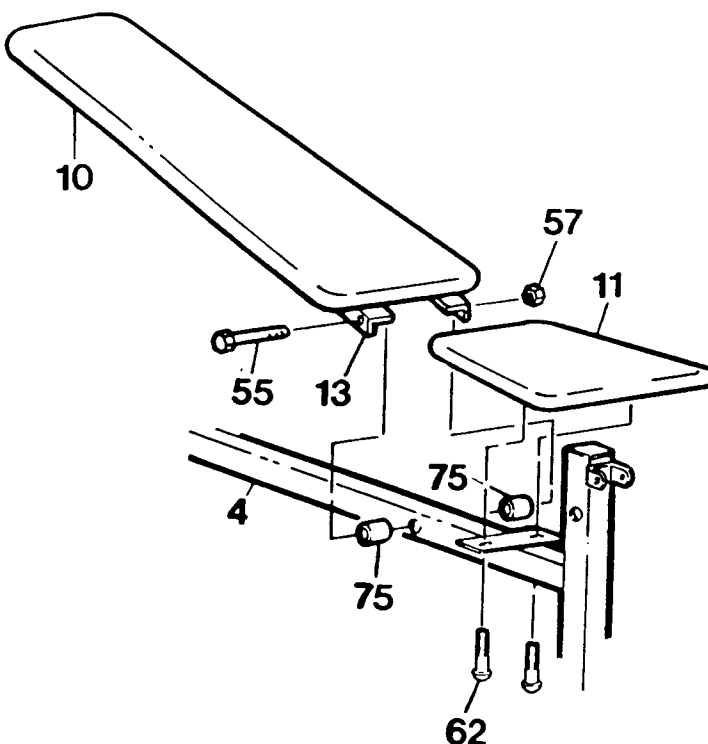
62 1/4" X 3/4" MACHINE SCREW

2

75 METAL FERRULE

2

- ☐ **BACKREST:** Assemble **5/16" X 3 1/2" HEX HEAD BOLT (55)** through one **LONG ANGLE IRON (13)** and into **METAL FERRULE (75)**. Continue with bolt through hole in Main Frame horizontal tube, into another **METAL FERRULE (75)** and opposite **LONG ANGLE IRON (13)**. Secure with **5/16" NYLON LOCK NUT (57)**.
- ☐ **SEAT:** With **SEAT (11)** right-side up, lower to Main Frame welded flat bracket and attach with **1/4" X 3/4" MACHINE SCREWS (62)**.



STEP 4 LEG CURL ASSEMBLY

PART NAME

QTY

52 5/16" X 2" HEX HEAD BOLT

1

54 5/16" X 2 1/2" HEX HEAD BOLT

1

57 5/16" NYLON LOCK NUT

2

66 3/4" ROUND PLASTIC CAP

4

67 1" ROUND PLASTIC INSERT CAP

1

68 1" ROUND PLASTIC COVER CAP - 15°

1

70 1 1/2" SQUARE PLASTIC CAP

1

74 WEIGHT STOP

1

- ☐ Assemble **WEIGHT PIN 1" X 13 3/4" (16)** through angled hole on front of **LEG CURL (14)**. Align bolt holes and attach with **5/16" X 2" HEX HEAD BOLT (52)** and **5/16" NYLON LOCK NUT (57)**.
- ☐ Press **1" ROUND PLASTIC COVER CAP - 15° (68)** over rear extended portion of **WEIGHT PIN (16)** and press **1" ROUND PLASTIC INSERT CAP (67)** into opposite end of **WEIGHT PIN (16)**.
- ☐ Assemble **WEIGHT STOP (74)** onto Weight Pin sliding all the way down against the Leg Curl Frame.

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
51 5/16" X 1 3/4" HEX HEAD BOLT	2
53 5/16" X 2 1/4" HEX HEAD BOLT	2
54 5/16" X 2 1/2" HEX HEAD BOLT	4
57 5/16" NYLON LOCK NUT	8
63 1/4" X 2" MACHINE SCREW	2
64 1/4" FLAT WASHER	1
65 1/4" NYLON LOCK NUT	2
66 3/4" ROUND PLASTIC CAP	3
70 1 1/2" SQUARE PLASTIC CAP	2
71 2" SQUARE PLASTIC CAP	2
76 LOCKING PINS	2

- ☐ Press 2" SQUARE PLASTIC CAP (71) into bottom end of UPRIGHT (1).
- ☐ Align bolt holes on L-BRACKET (3) with bolt holes on UPRIGHT (1). Secure each bracket with 5/16" X 2 1/2" HEX HEAD BOLTS (54) and 5/16" NYLON LOCK NUTS (57).
- ☐ Bolt MAIN FRAME (4) front flat bracket to FRONT SUPPORT (6) using 5/16" X 1 3/4" HEX HEAD BOLTS (51) and 5/16" NYLON LOCK NUTS (57).
- » NOTE: The embossed holes on the FRONT SUPPORT (6) must be faced toward the floor.
- ☐ Loosely assemble one end of ANGLE BRACKET (5) to Main Frame horizontal tube using 1/4" X 2" MACHINE SCREW (63) and 1/4" NYLON LOCK NUT (65).

- ☐ Assemble other end of ANGLE BRACKET (5) to Main Frame vertical front tube using 1/4" X 2" MACHINE SCREW (63), 1/4" FLATWASHER (64), and 1/4" NYLON LOCK NUT (65).

- ☐ Bolt rear U-bracket of MAIN FRAME (4) to crossmember of UPRIGHT (1) using 5/16" X 2 1/4" HEX HEAD BOLTS (53) and 5/16" NYLON LOCK NUTS (57).

- ☐ Press 1 1/2" SQUARE PLASTIC CAPS (70) into ends of FRONT SUPPORT (6) and into top of Main Frame vertical front tube.

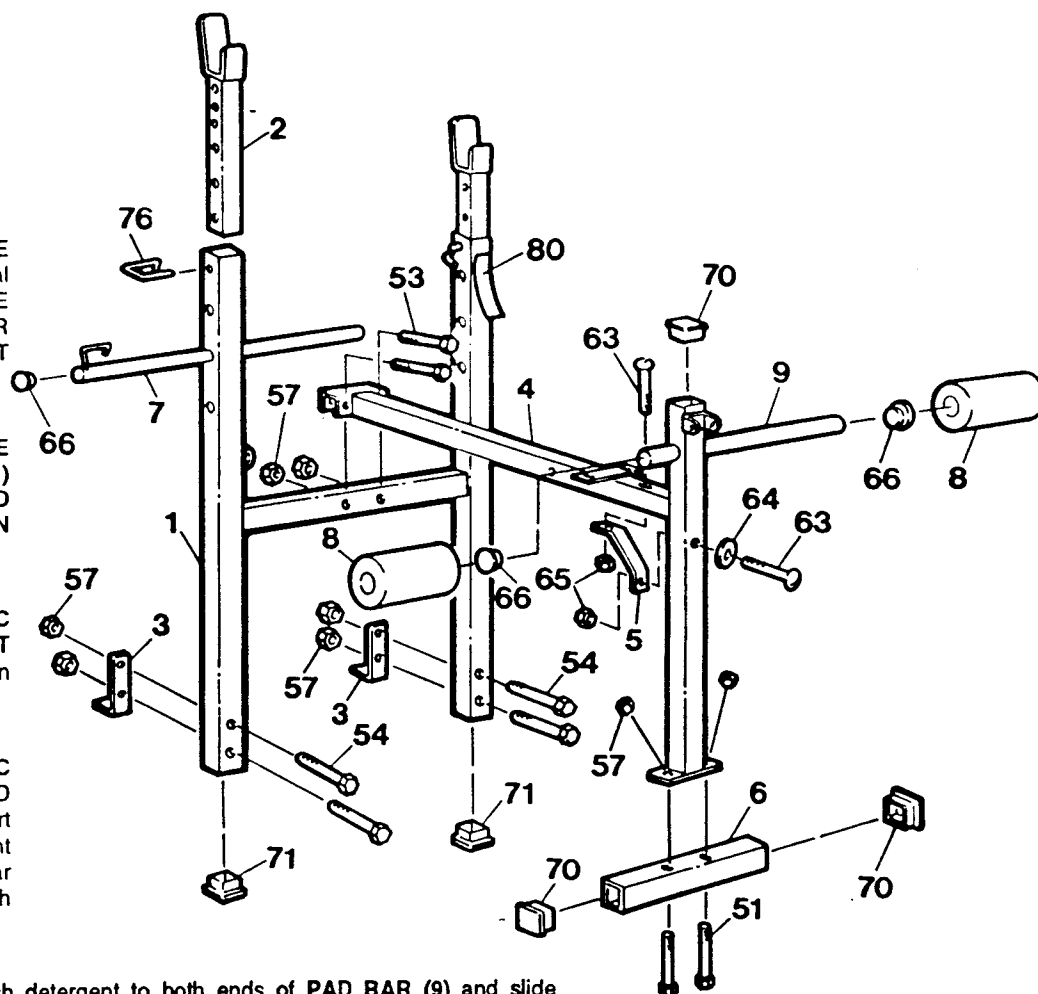
- ☐ Assemble 3/4" ROUND PLASTIC CAPS (66) into each end of PAD BAR 3/4" X 13 1/2" (9) and insert bar into large hole in vertical front tube of MAIN FRAME (4). Bar should be equally spaced on both sides of frame.

- ☐ Apply a small amount of liquid dish detergent to both ends of PAD BAR (9) and slide SMALL FOAM PADS 2 1/4" X 6" (8) to each end of bar.

- ☐ Slide ADJUSTABLE UPRIGHT (2) into each side of UPRIGHT (1). The ADJUSTABLE UPRIGHTS (2) can be locked into various heights by use of LOCKING PINS (76).

- ☐ Press 3/4" ROUND PLASTIC CAP (66) into handle end of BACKREST ADJ BAR (7) and assemble bar into one of the hole patterns in UPRIGHT (1). The Backrest Adj Bar is used to adjust the height of the Backrest.

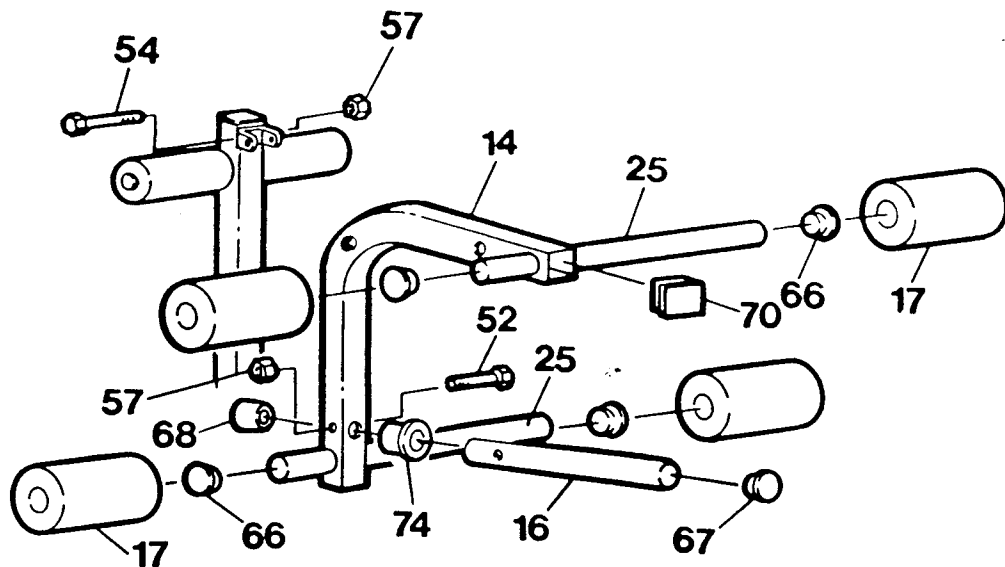
- ☐ DECAL: Remove the backing from DECAL (80); align Decal on Upright and apply in the position indicated in the illustration.



☐ Assemble 1 1/2" SQUARE PLASTIC CAP (70) into end of LEG CURL FRAME (14).

☐ Position LEG CURL (14) between leg curl brackets on MAIN FRAME (4) and secure with 5/16" X 2 1/2" HEX HEAD BOLT (54) and 5/16" NYLON LOCK NUT (57). Do not overtighten this bolt!

☐ Press 3/4" ROUND PLASTIC CAPS (66) into ends of PAD BARS 3/4" X 11 1/2" (25). Assemble PAD BARS (25) through proper holes in LEG CURL (14) until equal amounts of bars are on both sides.

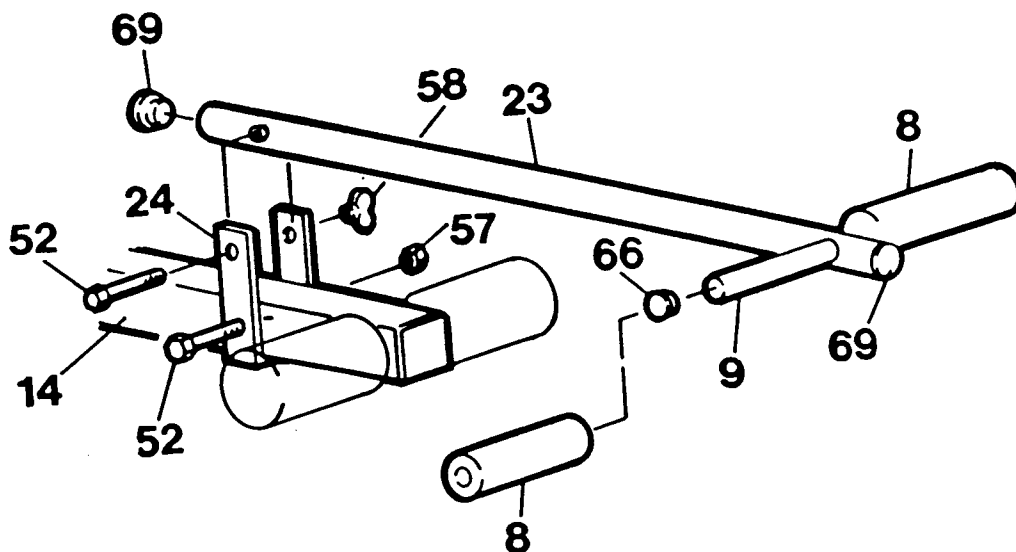


☐ Apply a small amount of liquid dish detergent to ends of PAD BARS (25) to act as a lubricant and slide FOAM PADS 2 3/4" X 5" (17) onto each end.

STEP 5 AB/ROW/CURLING ATTACHMENT	
PART NAME	QTY
52 5/16" X 2" HEX HEAD BOLT	2
57 5/16" NYLON LOCK NUT	1
58 5/16" WING NUT	1
66 3/4" ROUND PLASTIC CAP	2
69 1 1/2" ROUND PLASTIC CAP	2

☐ Attach U-BRACKET (24) to Leg Curl in hole directly behind Foam Pads using 5/16" X 2" HEX HEAD BOLT (52) and 5/16" NYLON LOCK NUT (57).

☐ Press 1 1/2" ROUND PLASTIC CAPS (69) into each end of AB ROWING BAR (23).



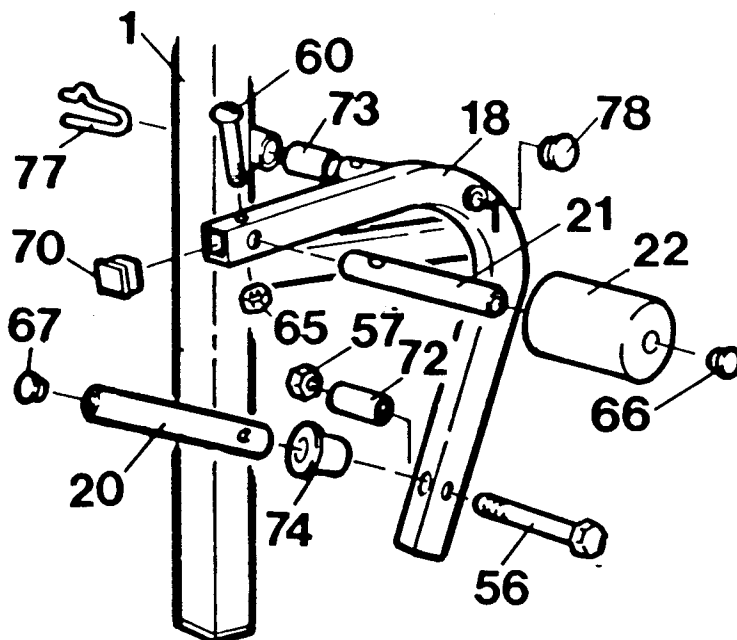
☐ Assemble AB ROWING BAR (23) between sides of U-BRACKET (24) and secure with 5/16" X 2" HEX HEAD BOLT (52) and 5/16" WING NUT (58).

☐ Press 3/4" ROUND PLASTIC CAPS (66) into each end of PAD BAR 3/4" X 13 1/2" (9) and assemble evenly into end of AB ROWING BAR (23).

☐ Apply a small amount of liquid dish detergent to each end of PAD BAR (26) as a lubricant and slip on FOAM PADS 2 1/4" X 6" (8) onto each end of Bar.

STEP 6 BUTTERFLY ATTACHMENT

PART NAME	QTY
56 5/16" X 5" HEX HEAD BOLT	2
57 5/16" NYLON LOCK NUT	2
60 1/4" X 1 3/4" MACHINE SCREW	2
65 1/4" NYLON LOCK NUT	2
66 3/4" ROUND PLASTIC CAP	2
67 1" ROUND PLASTIC CAP	2
70 1 1/2" SQUARE PLASTIC CAP	2
72 1/2" X 3" PLASTIC SLEEVE	2
73 1 1/2" X 2" PLASTIC SLEEVE	2
74 WEIGHT STOP	2
77 STOPPER PIN	2
78 7/8" ROUND PLASTIC CAP	2



» There are two Butterfly Attachments with this unit: a **RIGHT BUTTERFLY (18)** and a **LEFT BUTTERFLY (19)**. Instructions are given for one and are repeated to assemble the other.

☐ First, slide **BUTTERFLY PAD BAR 3/4" X 9" (21)** through the large hole in the end of the Butterfly Frame aligning the bolt holes. Secure with **1/4" X 1 3/4" MACHINE SCREW (60)** and **1/4" NYLON LOCK NUT (65)**.

☐ Press **3/4" ROUND PLASTIC CAP (66)** into end of **BUTTERFLY PAD BAR 3/4" X 9" (21)**. Apply a small amount of liquid dish detergent to the end of the Pad Bar and slip on a **FOAM PAD 2 3/4" X 5" (17)**.

☐ Assemble **BUTTERFLY WEIGHT PIN 1" X 11 3/4" (20)** into angled hole on front of Butterfly Frame and attach with **5/16" X 5" HEX HEAD BOLT (56)**. (The bolt will go through the Butterfly Frame and Weight Pin.) **PLASTIC SLEEVE 1/2" X 3" (72)** will then be assembled onto **5/16" X 5" HEX HEAD BOLT (56)** and secured with **5/16" NYLON LOCK NUT (57)**.

☐ Press **1" ROUND PLASTIC CAP (67)** into front of **WEIGHT PIN (20)**. Assemble **WEIGHT STOP (74)** over **WEIGHT PIN (20)** and slide all the way down against the frame.

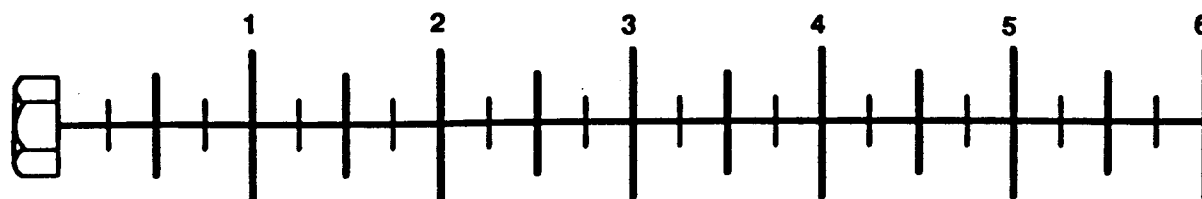
☐ Slide **PLASTIC SLEEVE 1 1/2" X 2" (73)** over welded Butterfly Tube. Slide entire assembly into welded round tube bracket on **UPRIGHT (1)**.

☐ Press a **7/8" ROUND PLASTIC CAP (78)** into opposite end of welded butterfly tube.

☐ Insert **STOPPER PIN (77)** into center of assembly (rounded end first), making sure the side of the **STOPPER PIN (77)** that has a raised section is aligned with the hole in the welded butterfly tube. Push **STOPPER PIN (77)** into welded Butterfly Tube until it clicks into place as the raised section exits the hole.

☐ Press a **1 1/2" SQUARE PLASTIC CAP (70)** into end of Butterfly Frame.

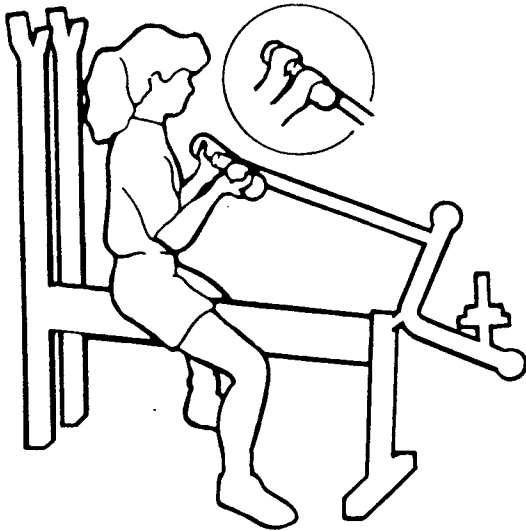
CAUTION: DO NOT ALLOW THE BUTTERFLY ATTACHMENTS TO DROP BACK WITH FORCE AGAINST THE UPRIGHT OR DAMAGE CAN OCCUR TO THE UPRIGHT AND BUTTERFLY ATTACHMENTS.



BOLT LENGTH SCALE

AB / ROWING ACCESSORY

THIS BENCH IS EQUIPPED WITH A UNIQUE AB/ROWING ATTACHMENT WHICH EXPANDS ITS EXERCISE FUNCTIONS. ILLUSTRATED ARE THREE BASIC EXERCISES PERFORMED WITH THIS DEVICE.



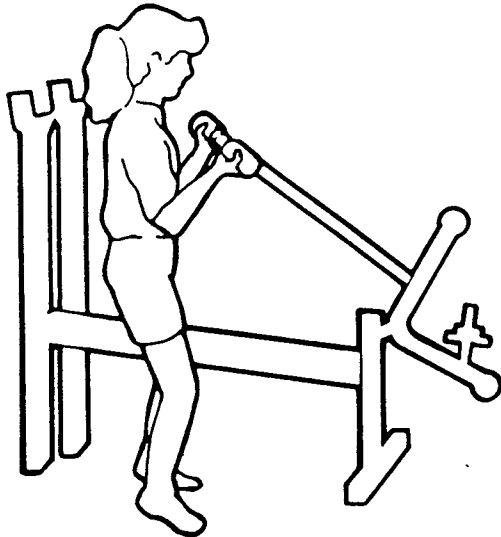
SEATED ROWING:

With the backrest of the bench fully declined, sit to the back of the bench and grasp handle of rower arm. Sit so your back is straight and your arms fully extended. With elbows high, pull handle back to touch lower chest. Then return to full extension.

Breathe in as you pull the bar back and out as it is returned to starting position.

To work a wider variety of muscles alternate grip from overhand to underhand from set to set.

This exercise is particularly good for upper back.

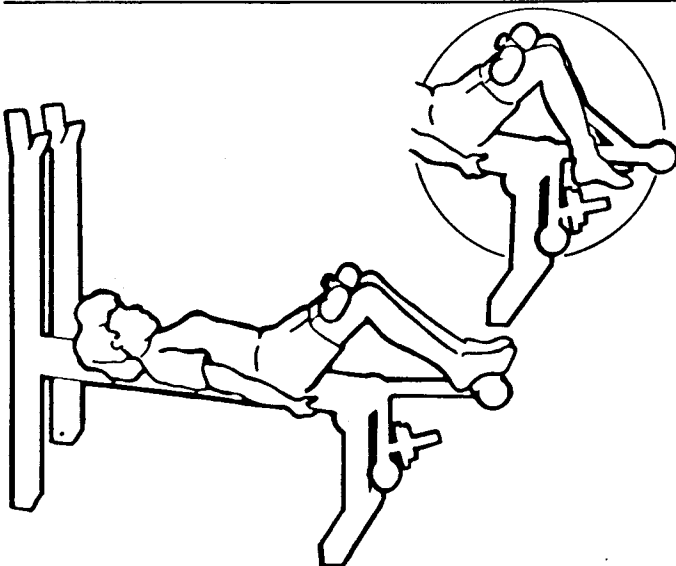


STANDING CURLS:

With backrest at flat position, stand astraddle of the bench or with one knee on the bench and grasp the rower handle in an underhand grip. Starting with arms fully extended downward, raise the bar until the handle touches your chest while keeping your elbows in.

Breathe in as you bring hands up and out as bar is returned to starting position.

This exercise is good for biceps and forearms.



KNEE RAISES:

With backrest in flat position, lay atop the bench and position padded handle of power handle between legs and slightly above knees.

Your feet may be positioned atop the foam rollers at front of leg extension or free.

Grasp sides of bench and raise knees slowly. Then back to starting position. Breathe in while lifting knees and out as they are lowered.

This is a terrific exercise for strengthening the abdominals and flattening the stomach.