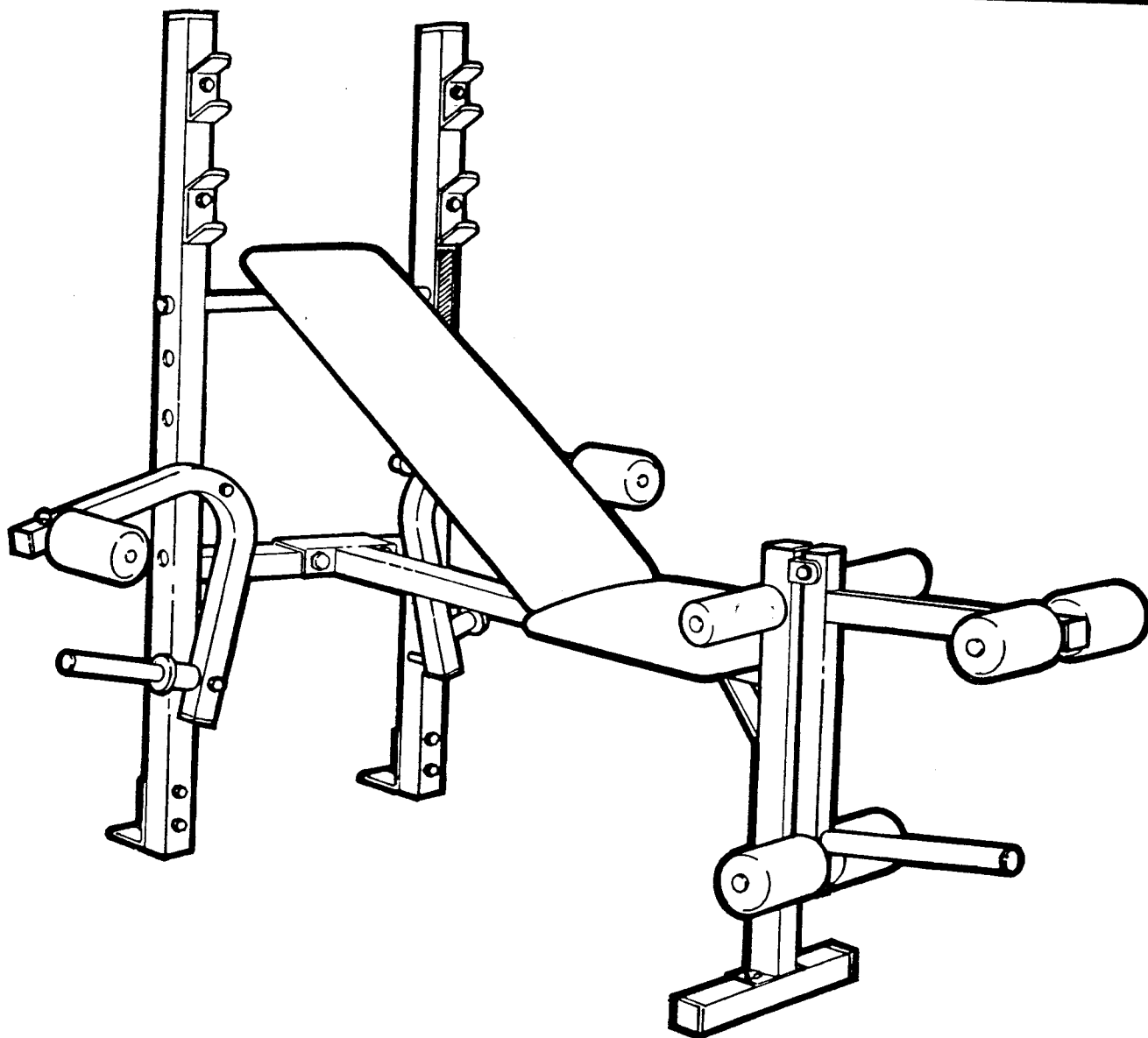




E137

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

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

D137 (FLEX)

PARTS LIST

04-17-91

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	C1200-E06
2	L-BRACKET	2	C6128-C05
3	MAIN FRAME	1	C2148-E06
4	FRONT SUPPORT	1	C2149-E06
5	LEG CURL	1	C2150-E06
6	LEG CURL WEIGHT PIN 1" X 13 3/4"	1	C0147-C19
7	BACKREST (RED VINYL)	1	C1308-D11
8	SEAT (RED VINYL)	1	C1309-D11
9	LONG ANGLE IRON	2	C6233-D11
10	PAD BAR 3/4" X 11 1/2"	2	C6112-A23
11	FOAM PAD 2 3/4" X 5"	6	C0437-B25
12	BACKREST ADJ BAR	1	C6054-A06
13	RIGHT BUTTERFLY	1	C6213-C19
14	LEFT BUTTERFLY	1	C6214-C19
15	BUTTERFLY PAD BAR	2	C6215-C19
16	BUTTERFLY WEIGHT PIN 1" X 11"	2	C6228-C19
18	BAR HOLDER BRACKET	4	C0268-D11
50	PAD BAR 3/4" X 13 1/2"	1	C6207-C19
51	ANGLE BRACKET	1	C6913-E06
52	FOAM PAD 2" X 6"	2	C0446-E01
20	5/16" X 2 1/2" HEX HEAD BOLT	8	HH-5053
21	5/16" X 2 1/4" HEX HEAD BOLT	3	HH-5199
22	5/16" NYLON LOCK NUT	16	HH-5012
23	1/4" X 3/4" MACHINE SCREW	6	HH-5022
24	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018
25	3/8" LOCK NUT	1	HH-5013
26	1/4" X 2" MACHINE SCREW	4	HH-5255
27	1/4" LOCK NUT	4	HH-5011
28	5/16" X 1 3/4" HEX HEAD BOLT	2	HH-5301
30	3/4" ROUND PLASTIC CAP	9	AA-8004
31	1" ROUND PLASTIC CAP	3	AA-8005
32	1" ROUND PLASTIC COVER CAP - 15	1	AA-8070
33	2" SQUARE PLASTIC CAP	4	AA-8002
34	1 1/2" SQUARE PLASTIC CAP	7	AA-8001
35	PLASTIC BUSHING	2	AA-8112
36	PLASTIC SLEEVE 2"	2	AA-8091
37	STOPPER PIN	2	WW-7038
39	5/16" FLAT WASHER	2	HH-5127
40	5/16" X 5" HEX HEAD BOLT	2	HH-5328
41	PLASTIC SLEEVE 1/2" DIA X 3"	2	AA-8128
42	5/16" X 2" HEX HEAD BOLT	1	HH-5054
	HARDWARE BAG (BOLTS & NUTS)	1	C5879-E06
	HARDWARE BAG (PLASTIC & FOAM)	1	C5880-E06
	UPRIGHT DECAL (FLEX)	2	DE-4162
	INSTRUCTION MANUAL	1	CNN-1121

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 ONE HOUR 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, CHECK THE 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 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.

HARDWARE ILLUSTRATION SHEET



3/8" HEX HEAD BOLT

24



3/8" NYLON LOCK NUT

25



5/16" HEX HEAD BOLT

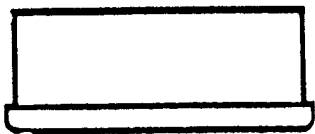
20 - 21 - 28 -

40 - 42



5/16" NYLON LOCK NUT

22



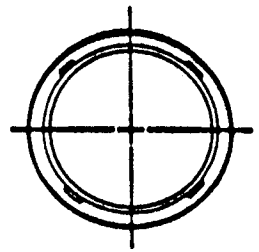
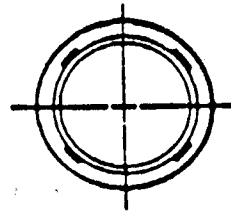
1 1/2" SQUARE
PLASTIC CAP

34



1/4" NYLON LOCK NUT

27



3/4" ROUND
PLASTIC CAP

30



1" ROUND
PLASTIC CAP

31



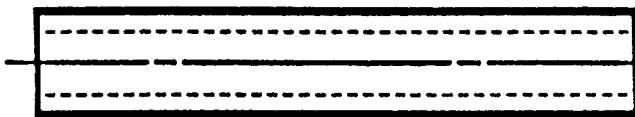
2" SQUARE PLASTIC CAP

33



1/4" MACHINE SCREW

23



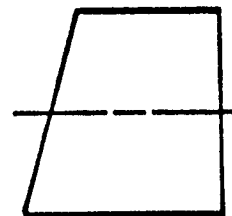
1/2" X 3" PLASTIC SLEEVE

41



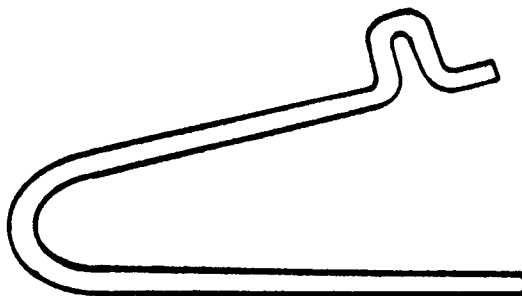
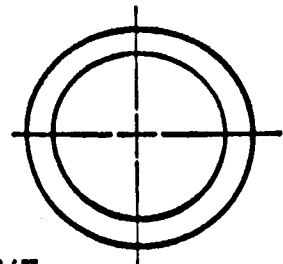
1" ROUND PLASTIC COVER CAP - 15°

32



2" PLASTIC SLEEVE

36



STOPPER PIN

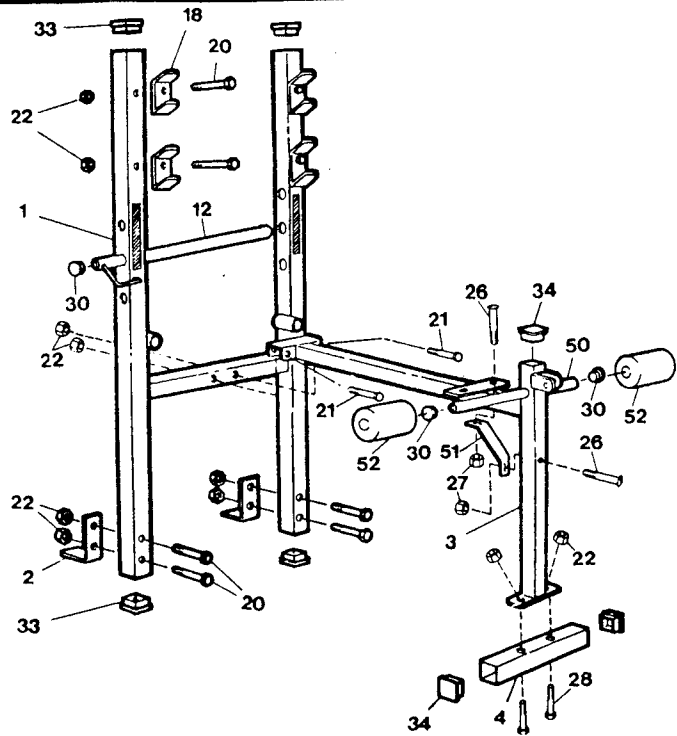
37



BOLT LENGTH SCALE

STEP 1 FRAME ASSEMBLY

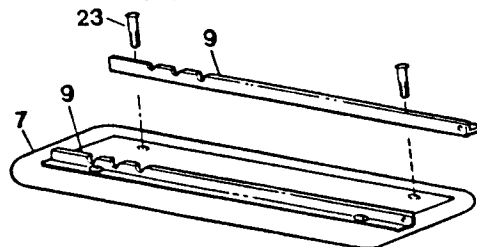
PART NAME	QTY
20 5/16" X 2 1/2" HEX HEAD BOLT	8
22 5/16" NYLON LOCK NUT	12
21 5/16" X 2 1/4" HEX HEAD BOLT	2
33 2" SQUARE PLASTIC CAP	4
34 1 1/2" SQUARE PLASTIC CAP	2
28 5/16" X 1 3/4" HEX HEAD BOLT	3
30 3/4" ROUND PLASTIC CAP	3
26 1/4" X 2" MACHINE SCREW	2
27 1/4" NYLON LOCK NUT	2



- ☐ Assemble 2" SQUARE PLASTIC CAPS (33) into top and bottom of UPRIGHTS (1).
- ☐ Secure L-BRACKETS (2) to UPRIGHTS (1) using 5/16" X 2 1/2" HEX HEAD BOLTS (20) and 5/16" NYLON LOCK NUTS (22).
- ☐ Align bolt holes in MAIN FRAME (3) front Bracket and FRONT SUPPORT (4). Secure with 5/16" x 1 3/4" HEX HEAD BOLTS (28) and 5/16" NYLON LOCK NUTS (22). NOTE: THE EMBOSSED HOLES ON THE FRONT SUPPORT MUST BE FACED TOWARD THE FLOOR
- ☐ Bolt ANGLE BRACKET (51) to MAIN FRAME (3) using 1/4" X 2" MACHINE SCREWS (26) and 1/4" NYLON LOCK NUTS (27).
- ☐ Assemble MAIN FRAME (3) onto cross member of UPRIGHTS (1) using 5/16" x 2 1/4" HEX HEAD BOLTS (21) and 5/16" NYLON LOCK NUTS (22).
- ☐ Bolt BAR HOLDER BRACKETS (18) to UPRIGHTS (1) using 5/16" X 2 1/2" HEX HEAD BOLTS (20) and 5/16" NYLON LOCK NUTS (22).
- ☐ Press 1 1/2" SQUARE PLASTIC CAPS (34) into ends of FRONT SUPPORT (4) and top of MAIN FRAME (3).
- ☐ Assemble 3/4" ROUND PLASTIC CAPS (30) into each end of PAD BAR 13 1/2" (50) and insert Bar into large hole in vertical section of MAIN FRAME (3). Bar should be equally spaced on both sides of frame. Slide SMALL FOAM PADS 2" X 6" (52) onto each end of PAD BAR 13 1/2" (50). (A small amount of liquid dish detergent applied to both ends of the Pad Bar will help in this assembly.
- ☐ Press 3/4" ROUND PLASTIC CAP (30) into handle end of BACKREST ADJ BAR (12) and assemble Bar into one of the hole patterns on UPRIGHT (1). This Bar is used to adjust the height of the Backrest.
- ☐ DECALS: Remove the backing from the Decal; align the decal on the Upright and apply it to the area indicated by the diagonal striped area in the illustration.

STEP 2 BACKREST ASSEMBLY

PART NAME	QTY
23 1/4" X 3/4" MACHINE SCREW	4



- ☐ Position LONG ANGLE IRONS (9) on BACKREST (7) aligning the holes. IMPORTANT! THE FLAT SIDE OF THE LONG ANGLE IRONS MUST FACE TO THE INSIDE OF THE PAD. SEE ILLUSTRATION!
- ☐ Secure LONG ANGLE IRONS (9) with 1/4" X 3/4" MACHINE SCREWS (23).
- ☐ IMPORTANT Do not tight the MACHINE SCREWS (23)

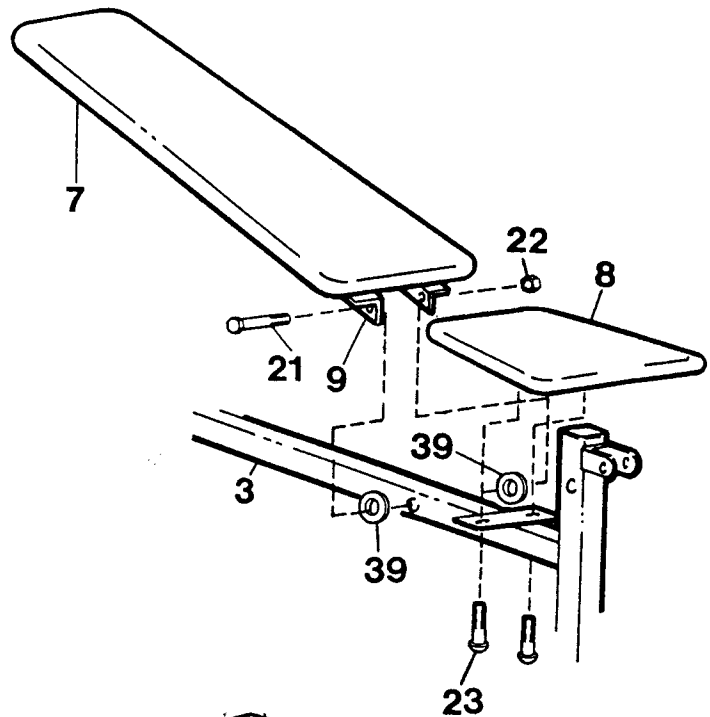
STEP 3 ATTACHING BACKREST & SEAT

PART NAME	QTY
21 5/16" X 2 1/4" HEX HEAD BOLT	1
39 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	1
23 1/4" X 3/4" MACHINE SCREW	2

- ☐ **BACKREST:** Assemble 5/16" X 2 1/4" HEX HEAD BOLT (21) through one LONG ANGLE IRON (9) and into 5/16" FLAT WASHER (39). Continue with Bolt through hole in side of MAIN FRAME (3), into another LONG ANGLE IRON (9) and 5/16" FLAT WASHER (39) and secure with 5/16" NYLON LOCK NUT (22).

- ☐ Don't forget to tighten the four screws (26)

- ☐ With SEAT (8) right-side up, lower to Seat Bracket on MAIN FRAME (3) and attach with 1/4" X 3/4" MACHINE SCREWS (23).



STEP 4 LEG CURL

PART NAME	QTY
42 5/16" X 2" HEX HEAD BOLT	1
22 5/16" NYLON LOCK NUT	1
24 3/8" X 2 1/2" HEX HEAD BOLT	1
25 3/8" NYLON LOCK NUT	1
32 1" ROUND PLASTIC COVER CAP - 15	1
31 1" ROUND PLASTIC CAP	1
34 1 1/2" SQUARE PLASTIC CAP	2
30 3/4" ROUND PLASTIC CAP	4

- ☐ First, assemble WEIGHT PIN (6) through angled hole on front of LEG CURL (5). Align bolt holes and secure with 5/16" X 2" HEX HEAD BOLT (42) and 5/16" NYLON LOCK NUT (22).

- ☐ Place 1" ROUND COVER CAP - 15 (32) over rear extended portion of WEIGHT PIN (6) and assemble 1" ROUND PLASTIC INSERT CAP (31) into other end.

- ☐ Assemble 1 1/2" SQUARE PLASTIC CAP (34) into top and end of LEG CURL (5).

- ☐ Position Leg Curl assembly between mounting brackets on MAIN FRAME (3) and secure with 3/8" X 2 1/2" HEX HEAD BOLT (24) and 3/8" NYLON LOCK NUT (25). DO NOT OVER TIGHTEN THIS BOLT! The Leg Curl must be able to swing freely.

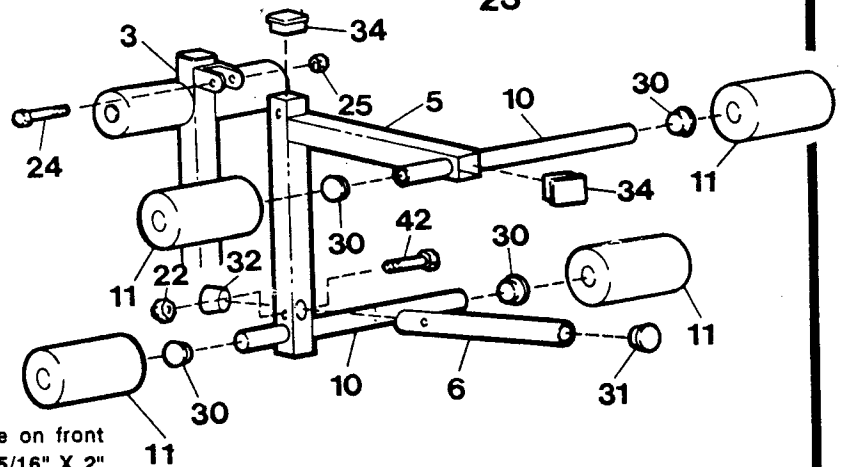
- ☐ Repeat the following instructions until all remaining Leg Curl parts are assembled.

- ☐ Assemble 3/4" ROUND PLASTIC CAPS (30) into each end of PAD BARS (10).

- ☐ Insert PAD BAR (10) through proper hole in LEG CURL (5) until equal amounts of bar are on both sides.

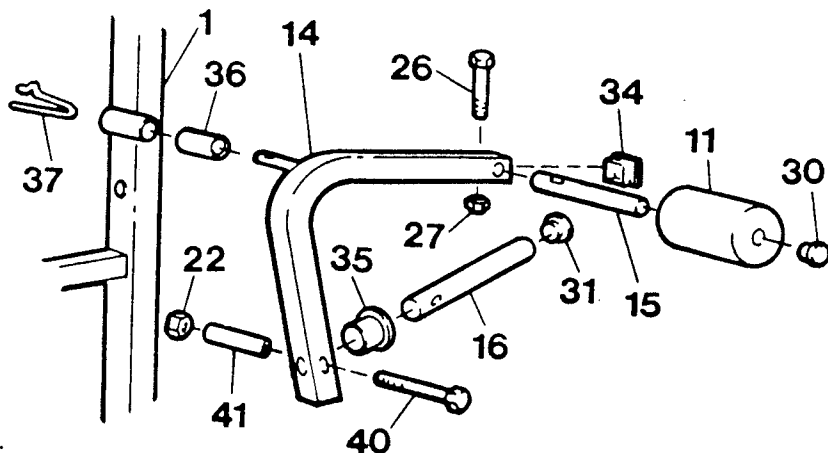
- ☐ To aid in assembling Foam Pads to Pad Bars, a small amount of liquid dish detergent should be applied to both ends of the Pad Bars. This acts as a lubricant and also as an adhesive after it has dried.

- ☐ Assemble LARGE FOAM PADS 2 3/4' X 5"(11) onto each end of PAD BARS (10).



STEP 5 BUTTERFLY ATTACHMENT

PART NAME	QTY
26 1/4" X 2" MACHINE SCREW	2
27 1/4" NYLON LOCK NUT	2
40 5/16" X 5" HEX HEAD BOLT	2
22 5/16" NYLON LOCK NUT	2
30 3/4" ROUND PLASTIC CAP	2
41 PLASTIC SLEEVE 1/2" X 3"	2
31 1" ROUND PLASTIC CAP	2
35 PLASTIC BUSHING	2
36 PLASTIC SLEEVE 2"	2
37 STOPPER PIN	2
34 1 1/2" SQUARE PLASTIC CAP	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 (26)** and 1/4" **LOCK NUT (27)**.
- ☐ Press 3/4" **ROUND PLASTIC CAPS (30)** into end of **BUTTERFLY PAD BAR (15)**. Slide **LARGE FOAM PAD 2 3/4" X 5" (11)** 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 (40)** and 5/16" **LOCK NUT (22)**. (The bolt will go through the Butterfly Frame and Weight Pin; **PLASTIC SLEEVE (41)** will then be assembled onto the bolt and secured the the 5/16" **NYLON LOCK NUT (22)**.) Press 1" **ROUND PLASTIC CAP (31)** into end of Weight Pin. Slide **PLASTIC BUSHING (35)** over Weight pin until it against the Butterfly Frame.
- ☐ Assemble **PLASTIC SLEEVE (36)** over welded Butterfly Tube.
- ☐ Slide entire assembly into welded tube bracket on **UPRIGHT (1)**. Insert **STOPPER PIN (37)** 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 (37)** into welded Butterfly tube until it clicks into place as the raised section exits the hole.
- ☐ Press a 1 1/2" **SQUARE PLASTIC CAP (34)** 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.