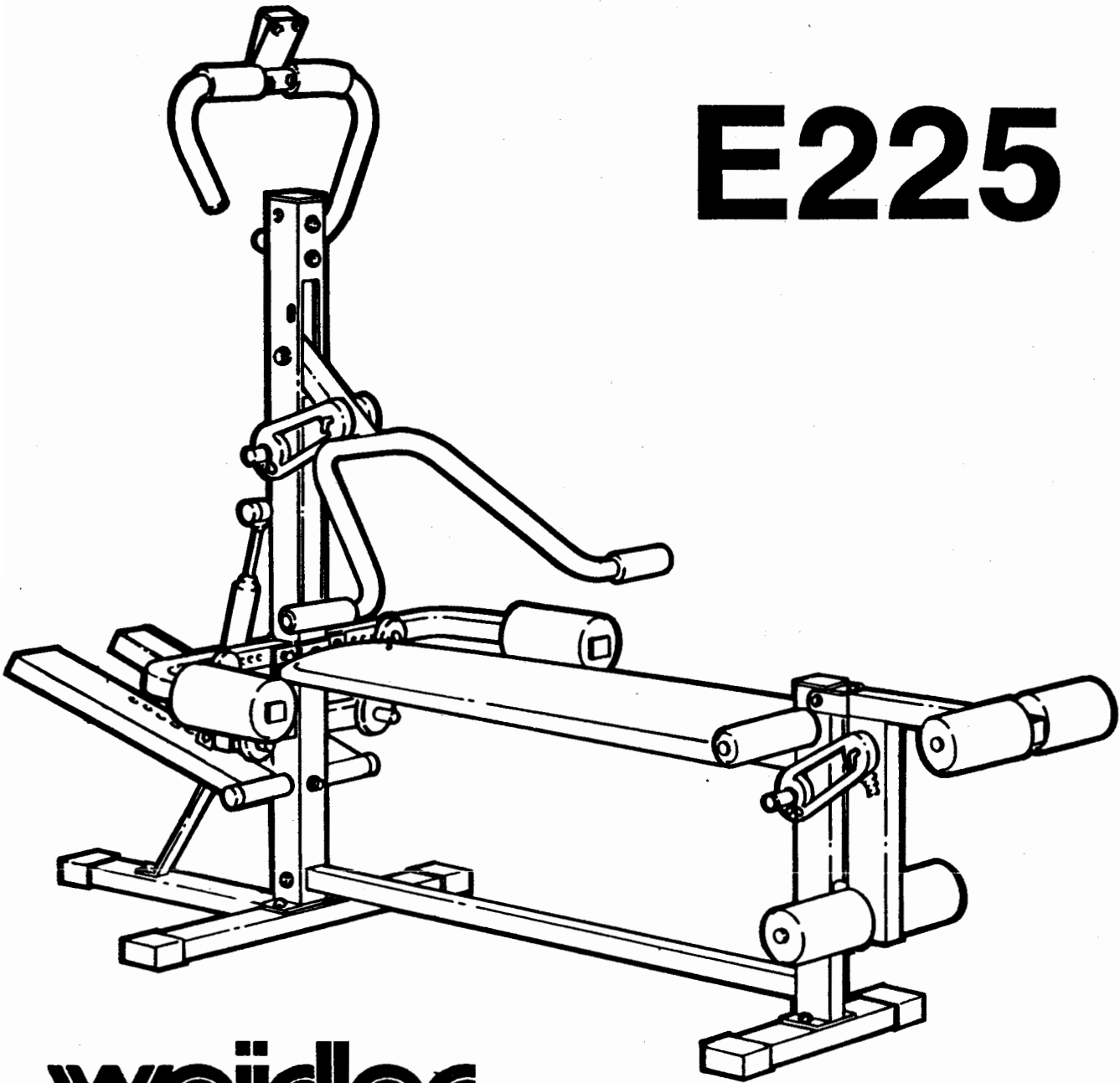


# E225



## **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.

*NN-1145*

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

# PART LIST E225

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	MAIN FRAME	1	C2185-E20*E21
2	BASE *T*	1	C3125-E21*E21
3	BACKBONE	1	C2187-E20*E21
4	FRONT FOOT	1	C2188-E20*E21
5	BACKREST	1	C1336-E03*E21
6	PEDAL (LEFT)	2	C3127-E21*E21
7	PEDAL (RIGHT)	2	C3126-E21*E21
8	PEC-DECK ARM	2	C6505-E03*E21
9	LEG CURL	1	C2141-E03*E21
10	ARM PRESS HANDLE	1	C6507-E21*E21
11	STEPPER HANDLE	1	C6329-E20*E21
12	BACKREST MOUNTING PLATE	2	C6713-E03*E21
13	MAIN FRAME BRACE	1	C6718-E20*E21
14	PEC-DECK MOUNTING BRACKET	2	C6714-E03*E21
16	*RESISTANCE CYCLINDER MOUNTING BRACKET	2	C6935-E21*E21
17	PAD BAR 3/4" x 13"	2	C6252-E03*E21
18	PAD BAR 3/4" X 15 1/2"	1	C6316-E01*E21
19	ELECTRONICS MOUNTING PLATE	1	C6719-E20*E21
20	ELECTRONIC TIMER	1	C0824-E20*E21
21	3/4" x 9" ARM PRESS BAND BAR	1	C6253-E03*E21
22	3/4" X 6" LEG CURL BAND BAR	1	C6254-E03*E21
23	3/8" X 6" *L" PIN	1	WW-7046*E21
24	3/8" x 4" *L" PIN	1	WW-7045*E21
25	3/8" X 3 1/4" *L" PIN	2	WW-7044*E21
26	*TENSION KNOB	2	HH-5285*E21
27	FOAM ROLLER 3" X 5 1/2" (1 1/2" I.D.)	2	C0453-E03*E21
28	FOAM ROLLER 2 1/4" X 6 3/4"	2	C0445-E03*E21
29	FOAM ROLLER 3 1/2" X 6"	4	C0428-A10*E21
30	FOAM GRIP 1" X 5"	4	C0439-D19*E21
31	FLEX BAND		C6255-E03*E21
32	1 1/2" X 3" RUBBER FEET	5	AA-8113*E21
34	FOOT PAD	2	AA-8134*E21
35	RUBBER BUMPER	2	AA-8145*E21
36	1 1/2" X 3" PLASTIC CAP	3	AA-8130*E21
37	1" I.D. SQUARE END BUSHING	4	AA-8137*E21
38	5/16" X 3/4" HEX HEAD BOLT	2	HH-5241*E21
39	5/8" I.D. PLASTIC SPACER	2	AA-8146*E21
40	1" COVER CAP FASTENER	2	HH-5348*E21
41	5/8" I.D. CAP FASTENER	2	HH-5357*E21
42	1 1/2" SQUARE PLASTIC CAP	7	AA-8001*E21
43	2 1/2" SQUARE PLASTIC CAP	1	AA-8013*E21
44	LEG CURL BUMPER	1	AA-8131*E21
45	3/4" ROUND PLASTIC CAP	12	AA-8004*E21
46	1" ROUND COVER CAP	2	AA-8005*E21
47	3/4" SPRING CLIP	4	WW-7047*E21
48	3/8" SPRING CLIP	2	WW-7043*E21
49	RESISTANCE CYCLINDER	2	ZZ-0004*E21
50	1 1/4" ROUND PLASTIC CAP	4	AA-8010*E21
51	ARM PRESS BUMPER	1	AA-8132*E21
52	LEG PRESS BAR	1	C6343-E21*E21
53	1/4" X 2 3/4" CARRIAGE BOLT	2	HH-5371*E21

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
54	1/4" WINGNUT	2	HH-5047*E21
55	3/16" X 1/2" MACHINE SCREW	4	HH-5351*E21
56	5/32" x 3/4" MACHINE SCREW	1	HH-5290*E21
57	1/8" X 1/2" ROUND HEAD SCREW	1	HH-5374*E21
58	1/4" X 3/4" ROUND HEAD SCREW	4	HH-5022*E21
59	1/4" X 2" CARRIAGE BOLT	2	HH-5338*E21
60	1/4" X 2 1/2" CARRIAGE BOLT	2	HH-5333*E21
61	1/4" FLAT WASHER	2	HH-5048*E21
62	1/4" NYLON LOCK NUT	8	HH-5011*E21
63	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*E21
66	5/16" X 2 1/2" MACHINE SCREW	2	HH-5397*E21
67	5/16" X 3" HEX HEAD BOLT	3	HH-5167*E21
69	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5294*E21
70	5/16" FLAT WASHER	7	HH-5127*E21
71	5/16" NYLON LOCK NUT	16	HH-5012*E21
75	3/8" FLAT WASHER	1	HH-5265*E21
78	5/8" LONG SPACER	2	HH-5362*E21
80	MAST DECAL	1	DE-4182*E21
81	ARM PRESS DECAL	1	DE-4189*E21
82	PEC-DECK ARM DECAL	2	DE-4189*E21
83	LEG CURL DECAL	1	DE-4189*E21
84	STEPPER RESISTANCE SCALE DECAL	1	DE-4167*E21
85	STATION 2 AEROBIC STEPPER DECAL	1	DE-4191*E21
86	5/16" X 2 1/4" HEX HEAD BOLT	4	HH-5199*E21
87	1/4" X 1 3/4" ROUND HEAD SCREW	2	HH-5255*E21
88	5/16" X 2" HEX HEAD BOLT	2	HH-5054*E21
	HARDWARE BAG (NUTS & BOLTS)		C5919-E21*E21
	ASSEMBLY INSTRUCTIONS		NN-1145*E21
	TRAINING MANUAL		NN-1135*E21

89

1/4" X 2 " MACHINE SCREW

2

## 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 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*

### HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, A PLIERS, A 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; 5/16" X 2" 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 RE-READING TO FIND YOUR PLACE IN THE ASSEMBLY.
4. YOU WILL 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.
5. 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.
6. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
7. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
8. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
9. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
10. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.
11. WITH CONTINUED USE THE MOVING PARTS OF THIS UNIT WILL BECOME STIFF AND POSSIBLY BEGIN SQUEAKING. LUBRICATE THE MOVING PARTS WITH ANY HOUSEHOLD LUBRICATING OIL. NOTE: IT MAY BE NECESSARY TO PARTIALLY DIS-ASSEMBLE THE PARTS TO LUBRICATE THE PARTS PROPERLY.

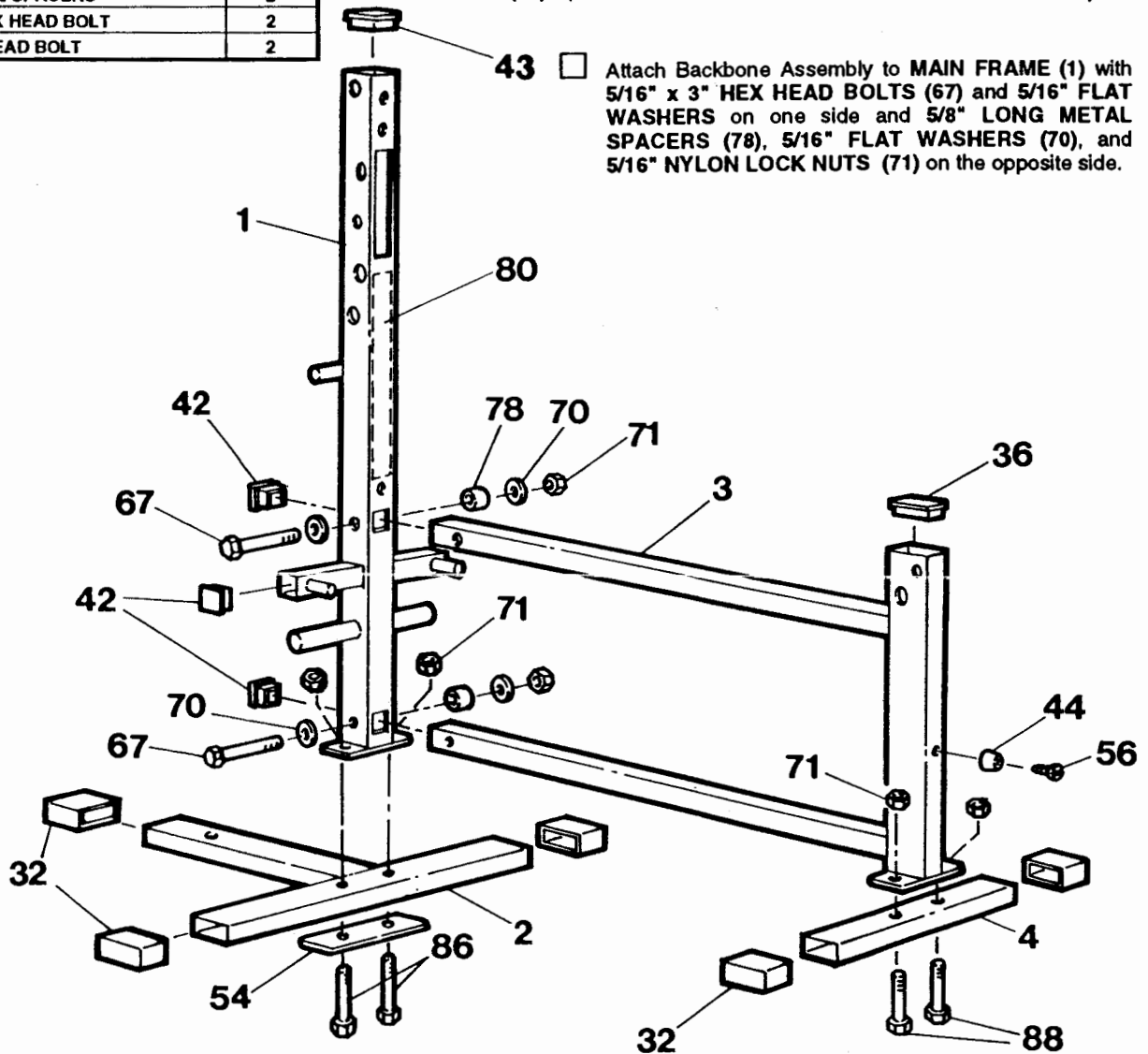
## STEP 1 FRAME ASSEMBLY

PART NAME	QTY
32 RUBBER FEET	5
36 1/2" X 3" PLASTIC CAP	1
42 1 1/2" SQUARE PLASTIC CAP	4
43 2 1/2" SQUARE PLASTIC CAP	1
44 LEG CURL BUMPER	1
56 5/32" MACHINE SCREW	1
67 5/16" X 3" HEX HEAD BOLT	2
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	6
78 5/8" LONG METAL SPACERS	2
86 5/16" X 2 1/4" HEX HEAD BOLT	2
88 5/16" X 2" HEX HEAD BOLT	2

Cap MAIN FRAME (1) with 2 1/2" SQUARE PLASTIC CAP (43).

Assemble the MAIN FRAME (1) to the BASE "T" (2) by bolting up from the bottom through the BASE PLATE (54) with 5/16" X 2 1/4" HEX HEAD BOLT (86) and secure with 5/16" NYLON LOCK NUTS (71). Press on RUBBER FEET (32) to Base "T" ends.

Press RUBBER FEET (32) onto ends of FRONT FOOT (4) and assemble foot to BACKBONE (3) with 5/16" X 2" HEX HEAD BOLTS (88) and 5/16" NYLON LOCK NUTS (71). (Assemble foot so embossed bolt holes are to the floor.)



Attach Backbone Assembly to MAIN FRAME (1) with 5/16" x 3" HEX HEAD BOLTS (67) and 5/16" FLAT WASHERS on one side and 5/8" LONG METAL SPACERS (78), 5/16" FLAT WASHERS (70), and 5/16" NYLON LOCK NUTS (71) on the opposite side.

Cap front of backbone leg with 1/2" X 3" PLASTIC CAP (36) and ends of backbone tubes with 1 1/2" SQUARE PLASTIC CAPS (42).

Press 1 1/2" SQUARE PLASTIC CAPS (42) into ends of pec-deck band cross tube.

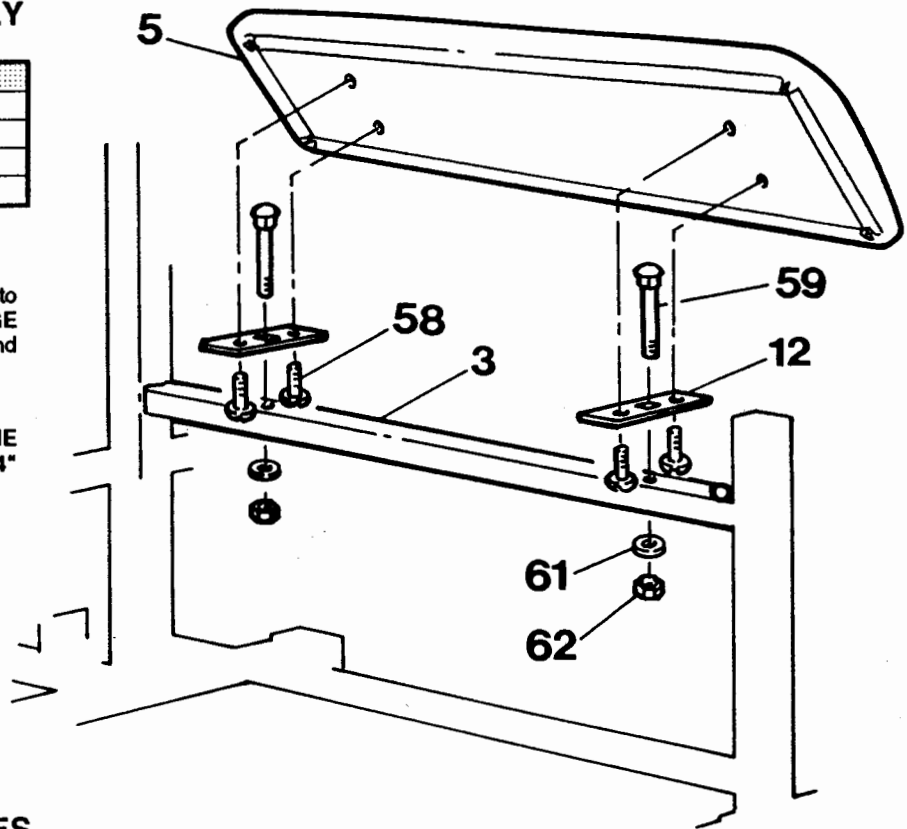
Attach LEG CURL BUMPER (44) to front vertical tube of BACKBONE (3) using 5/32" MACHINE SCREW (56).

Remove backing sheet from "FLEX" MAST DECAL (80) and adhere it to front of mast tube about 1/2" below cut out.

### STEP 2 BACKREST ASSEMBLY

PART NAME	QTY
58 1/4" X 3/4" ROUND HEAD SCREW	4
59 1/4" X 2" CARRIAGE BOLT	2
61 1/4" FLAT WASHER	2
62 NYLON LOCK NUT	2

- Bolt BACKREST MOUNTING PLATES (12) to BACKBONE (3) with 1/4" x 2" CARRIAGE BOLTS (59), 1/4" FLAT WASHERS (61), and 1/4" NYLON LOCK NUTS (62).
- Attach BACKREST (5) to BACKBONE MOUNTING PLATES (12) with 1/4" x 3/4" ROUND HEAD SCREWS (58).

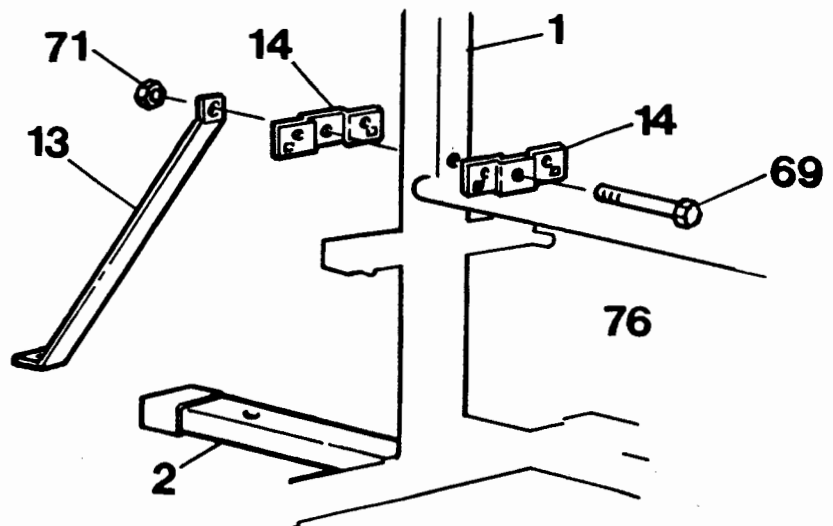
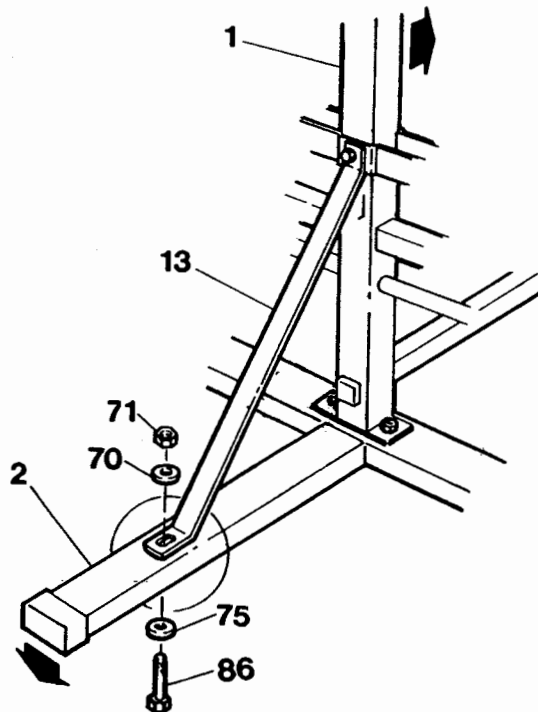


### STEP 3 BRACKET ASSEMBLIES

PART NAME	QTY
69 5/16" X 3 1/2" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	1
71 5/16" NYLON LOCK NUT	2
75 3/8" FLAT WASHER	1
86 5/16" X 2 1/4" HEX HEAD BOLT	1

- Bolt PEC-DECK MOUNTING BRACKETS (14) (so that square hole in corners of the brackets are to the bottom) to MAIN FRAME (1) and FRAME BRACE (13) with 5/16" X 3 1/2" HEX HEAD BOLT (69) and 5/16" NYLON LOCK NUT (71).

- When assembling the MAIN FRAME BRACE (13) to BASE "T" (2) bolt from the bottom using a 5/16" X 2 1/4" HEX HEAD BOLT (86) and 3/8" FLAT WASHER (75); and on top with a 5/16" FLAT WASHER (70) and 5/16" NYLON LOCK NUT (71). While pressing forward on the Main Frame so the bolt is toward the back of the slot, tighten this bolt securely. This is done to insure that the rear leg on the Base "T" is flexed down for first contact with the floor.



## STEP 4 STEPPER ASSEMBLY

PART NAME	QTY
35 RUBBER BUMPER	2
36 1 1/2" X 3" PLASTIC CAP	2
37 1" I.D. SQUARE END BUSHING	4
39 5/8" I.D. PLASTIC SPACER	2
40 1" COVER CAP FASTENER	2
41 5/8" I.D. CAP FASTENER	2
55 3/16" X 1/2" SHEET METAL SCREW	4
63 5/16" X 1 1/2" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2

- To STEPPER PEDALS (6) and (7) attach a RUBBER BUMPER (35) to the bottom using 3/16" X 1/2" SHEET METAL SCREWS (55).

- Press SQUARE END BUSHINGS (37) into each end of Pedal Pivot Housing.

- Remove 3/16" X 1/2" SHEET METAL SCREWS (55) which have been pre-assembled into ends of Pivot Tube.

- Double check to be certain that the correct Pedals are on the proper sides (Adjustment holes should be to the inside) of Frame then press the Pedals onto the Pivot Tube. Press 1" COVER CAP FASTENER (40) onto ends of Pivot Tube so that screw hole in cap aligns with hole in Pivot Tube. Re-assemble SHEET METAL SCREW (55).

- Cap end of pedals with 1 1/2" X 3" PLASTIC CAP (36).

- Assemble CYLINDER MOUNTING BRACKET (16) into one of the resistance hole settings and secure with TENSION KNOB (26).

- Slide a 5/8" I.D. PLASTIC SPACER (39) onto support tube, slide on RESISTANCE CYLINDERS (49), and cap tube with 5/8 I.D. CAP FASTENER (41).

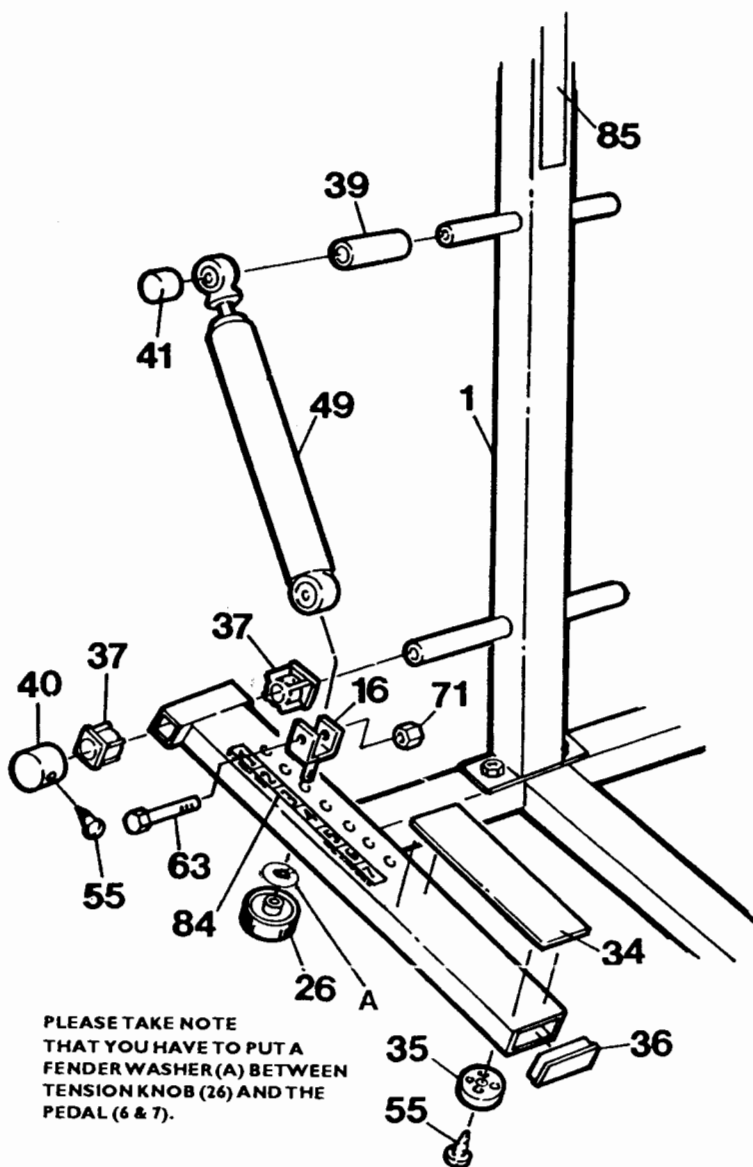
- Attach RESISTANCE CYLINDERS (49) to PEDAL (6) and (7) by bolting into MOUNTING BRACKETS (16) with 5/16" X 1 1/2" HEX HEAD BOLT (63) and 5/16" NYLON LOCK NUT (71).

- Remove STEPPER RESISTANCE SCALE DECALS (84) from backing and attach decals to pedals so they align with hole settings on pedals. Setting 1 should be to the front of the pedal.

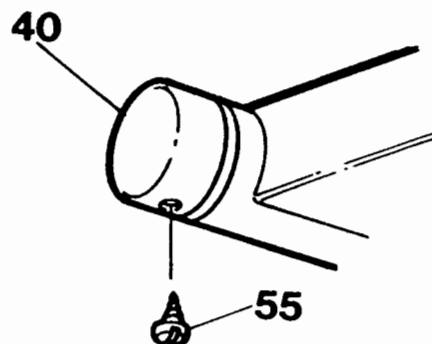
- Remove backing from adhesive strips on FOOT PADS (34) and attach pads to rear of pedals.

- Attach STATION 2 DECAL (85) to Main Frame just above resistance cylinder mounting tube.

- After pedals are attached to resistance cylinders the resistance can be changed by unscrewing KNOBS (26) from pedals, moving cylinder to another setting and re-assembling knob at desired resistance setting.



PLEASE TAKE NOTE THAT YOU HAVE TO PUT A FENDER WASHER (A) BETWEEN TENSION KNOB (26) AND THE PEDAL (6 & 7).

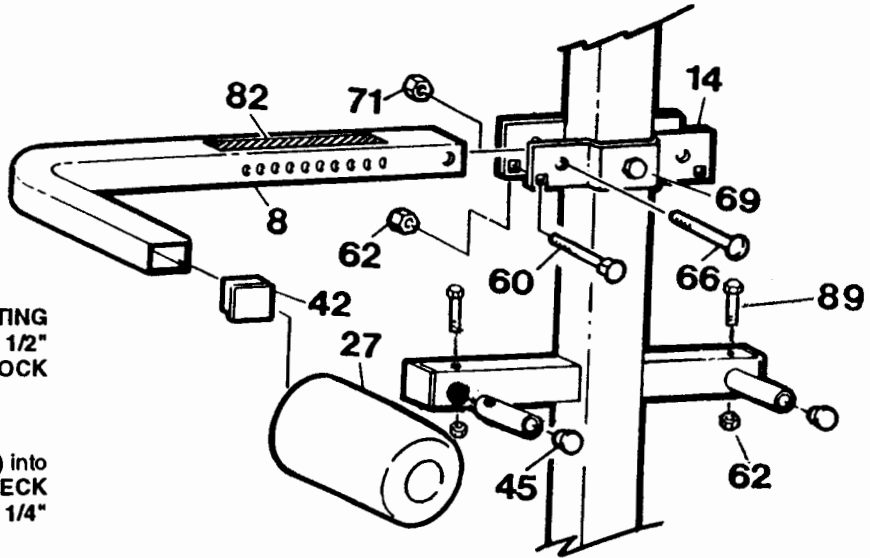


DETAIL

### STEP 5 PEC-DECK ARM ATTACHMENT

PART NAME	QTY
42 1 1/2" SQUARE PLASTIC CAP	2
45 3/4" ROUND INSERT CAP	2
60 1/4" X 2 1/2" CARRIAGE BOLT	2
62 1/4" NYLON LOCK NUT	4
66 5/16" X 2 1/2" MACHINE SCREW	2
71 5/16" NYLON LOCK NUT	2

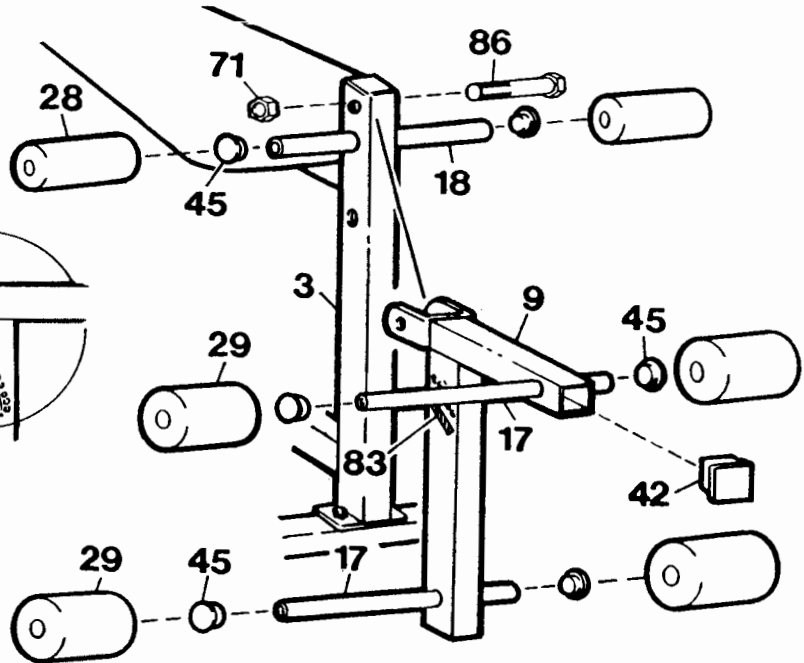
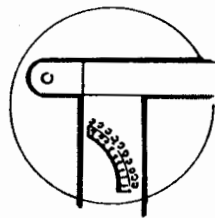
89 1/4" X 2" MACHINE SCREW 2



- Insert PEC-DECK ARMS (8), into MOUNTING BRACKETS (14) and fasten with 5/16" X 2 1/2" MACHINE SCREWS (66) and 5/16" NYLON LOCK NUTS (71).
- Assemble 1/4" X 2 1/2" CARRIAGE BOLTS (60) into square hole in lower corner of PEC-DECK MOUNTING BRACKETS (14) and fasten with 1/4" NYLON LOCK NUT (62).
- Insert 1 1/2" SQUARE PLASTIC CAP (42) into PEC-DECK ARMS (8) and press on 3" X 5 1/2" FOAM ROLLERS (27). Wipe a small amount of liquid detergent over the surface of the bar to aid in assembling rollers.
- Remove PEC-DECK ARM DECALS (82) from backing sheet (numbered 15 to 55) and attach to top of arms so that the scale aligns with pin holes in arms and the scale reads 15 nearest to the center Main Frame and 55 to the outside.
- Press a 3/4" ROUND INSERT CAP (45) into ends of tubes on pec-deck band tube.

### STEP 6 LEG CURL ASSEMBLY

PART NAME	QTY
42 1 1/2" SQUARE PLASTIC CAP	1
45 3/4" ROUND CAP	6
71 5/16" NYLON LOCK NUT	1
86 5/16" X 2 1/4" HEX HEAD BOLT	1

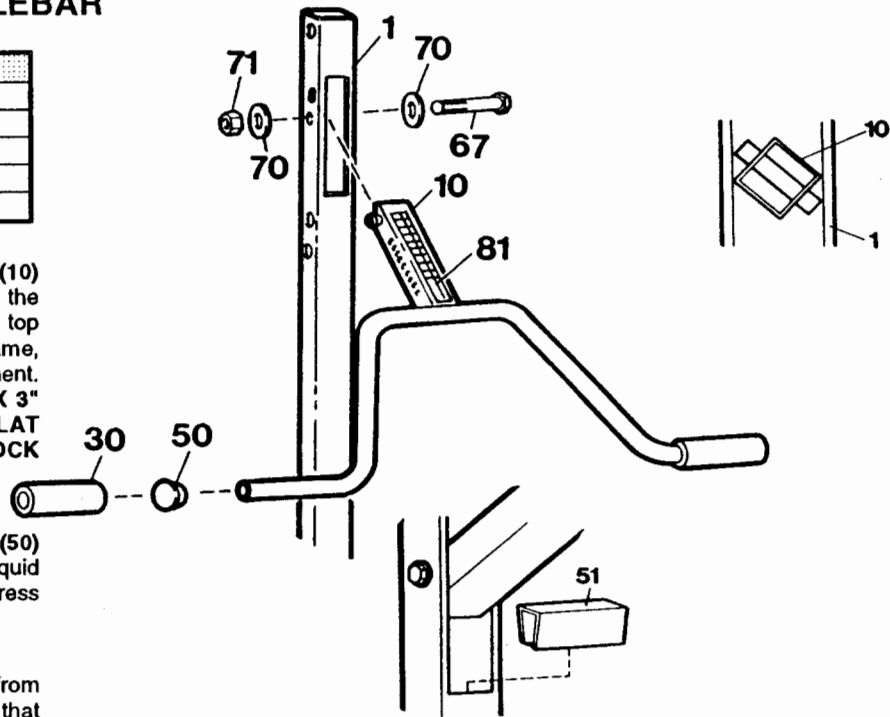


- Attach LEG CURL (9) to front of BACKBONE LEG (3) with 5/16" X 2 1/4" HEX HEAD BOLT (86) and 5/16" NYLON LOCK NUT (71). Cap front of Leg Curl with 1 1/2" SQUARE PLASTIC CAP (42).
- Insert 3/4" ROUND CAP (45) into ends of 15 1/2" PAD BAR (18) and press bar into 2 1/4" X 6 3/4" FOAM ROLLER (28). Insert Bar into front leg of backbone and assemble the other 2 1/4" X 6 3/4" FOAM ROLLER (28).
- Onto the ends of the two 13" PAD BARS (17) press 3/4" ROUND PLASTIC CAPS (45) and one 3 1/2" X 6" FOAM ROLLERS (29).
- Insert pad bars into ends of LEG CURL (9) and press on another 3 1/2" X 6" FOAM ROLLER (29).
- Remove LEG CURL DECAL (83) from backing sheet and position decal on right side of leg curl under the resistance holes so number settings align with holes.

## STEP 7 ARM PRESS HANDLEBAR

PART NAME	QTY
50 1 1/4" ROUND INSERT CAP	2
51 ARM PRESS BUMPER	1
67 5/16" X 3" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	2
71 5/16" NYLON LOCK NUT	1

- To assemble ARM PRESS HANDLE (10) into MAIN FRAME (1) turn handle on the diagonal and insert it into the slot at the top of the Main Frame. Once inside the frame, twist handle bar back into straight alignment. Bolt handlebar into position with 5/16" X 3" HEX HEAD BOLT (67), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71).
- Press 1 1/4" ROUND INSERT CAP (50) onto ends of handle bar and with liquid detergent lightly wiped over handles, press on 1" X 5" FOAM GRIPS (30).
- Remove ARM PRESS DECAL (81) from backing and adhere to top of arm so that resistance numbers align with resistance holes in arm. (Resistance setting of 30 should be at the end closest to the mast.)
- Clip ARM PRESS BUMPER (51) over bottom edge of slot in Main Frame.



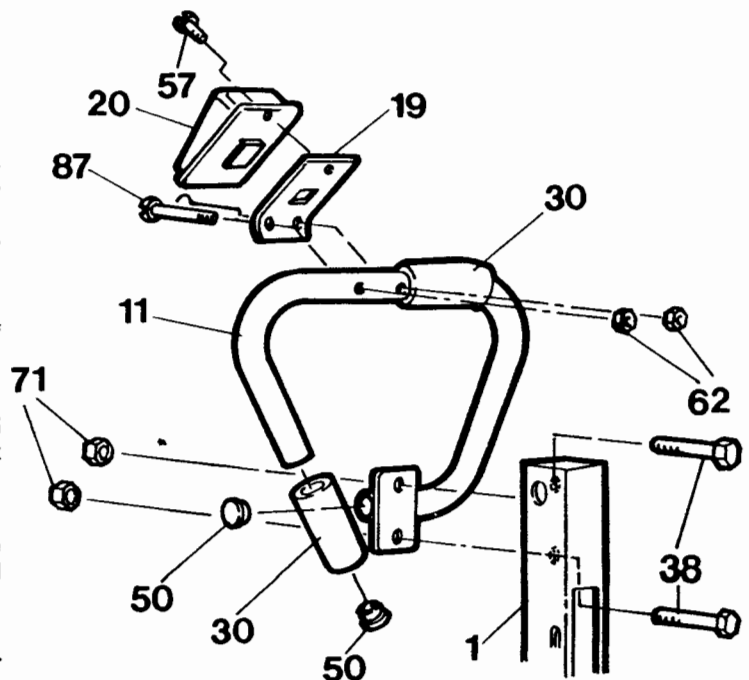
**SELECTING PROPER RESISTANCE FOR ARM PRESS HANDLE BAR EXERCISES:** BECAUSE OF THE RESISTANCE HOLE SPACING IN ARM PRESS HANDLEBAR, WHEN FLEX BANDS ARE PINNED IN POSITION "B" AND "C" THE LOW RESISTANCE SETTINGS CAN NOT BE ACHIEVED USING TWO BANDS. IN THESE CASES USE ONLY ONE FLEX BAND AND PIN AT 60 TO ACHIEVE 30 LBS. RESISTANCE, 80 FOR 40 LBS., AND 100 FOR 50 LBS.

- Through mounting hole inside tube and nearest the top of MAIN FRAME (1) loosely attach STEPPER HANDLE (11) with a 5/16" X 3/4" HEX HEAD BOLT (38) and 5/16" NYLON LOCK NUT (71).

## STEP 8 STEPPER HANDLE ASSEMBLY

PART NAME	QTY
38 5/16" X 3/4" HEX HEAD BOLT	2
50 1 1/4" ROUND PLASTIC CAP	2
57 1/8" X 1/2" ROUND HEAD SCREW	1
62 1/4" NYLON LOCK NUT	2
71 5/16" NYLON LOCK NUT	2
87 1/4" X 1 3/4" ROUND HEAD SCREW	2

- Assemble 5/16" X 3/4" HEX HEAD BOLT (38) into bottom hole in Stepper Handle by inserting bolt through Arm Press Handle slot in front of Main Frame and fastening into back side of Frame and Handle Bracket. Fasten with 5/16" NYLON LOCK NUT (71). Tighten 5/16" X 3/4" HEX HEAD BOLTS (38) at this time.
- Press 1 1/4" ROUND PLASTIC CAPS (50) into ends of handle.
- Wipe liquid detergent over handle and slide 1" X 5" FOAM GRIPS (30) onto handle and position on either side of bolt holes at top of handle.
- Attach ELECTRONICS MOUNTING BRACKET (19) to handle bar using 1/4" X 1 3/4" ROUND HEAD SCREWS (87) and 1/4" NYLON LOCK NUTS (62).
- Align ELECTRONIC TIMER (20) onto MOUNTING BRACKET (19) and attach with 1/8" X 1/2" ROUND HEAD SCREW (57).



## STEP 9 "FLEX BAND" ATTACHMENT & ARM PRESS HANDLE BAR

PART NAME	QTY
23 6" "L" PIN	1
24 4" "L" PIN	1
25 3/4" "L" PIN	1
45 3/4" ROUND PLASTIC CAP	4
47 3/4" SPRING CLIP	4
48 3/8" SPRING CLIP	3

To assemble "Flex Bands" to arm press handle, first insert 3/4" ROUND PLASTIC CAPS (45) into 9" ARM PRESS BAND BAR (21).

Insert band bar into the desired position in Main Frame and assemble FLEX BANDS (31) on each side of Main Frame. Assemble 3/4" SPRING CLIPS (47) on bar to secure bands.

Pass 6" "L" PIN (23) through flex bands and arm press handle in desired resistance setting and secure with 3/8" SPRING CLIP (48).

» Arm press arm can be fitted with two pair of "Flex Bands" to increase resistance to a maximum of 220.

» Position "A" is used for bench press exercises. Position "B" is for seated press exercises and position "C" for lat pull downs.

### PEC-DECK:

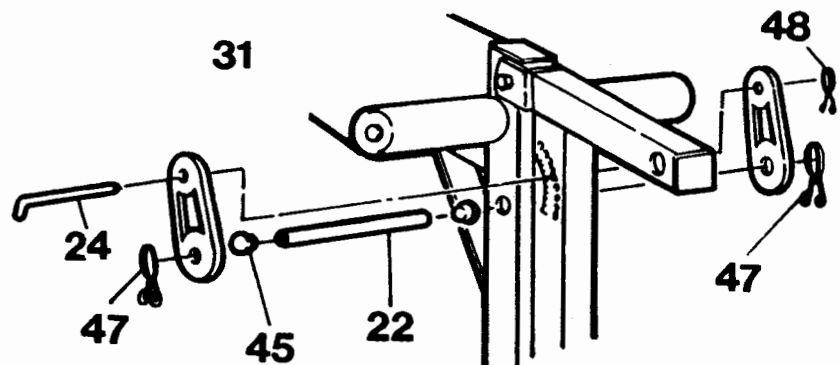
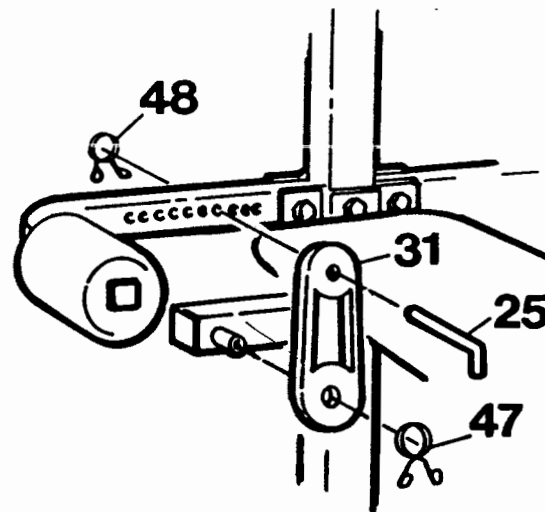
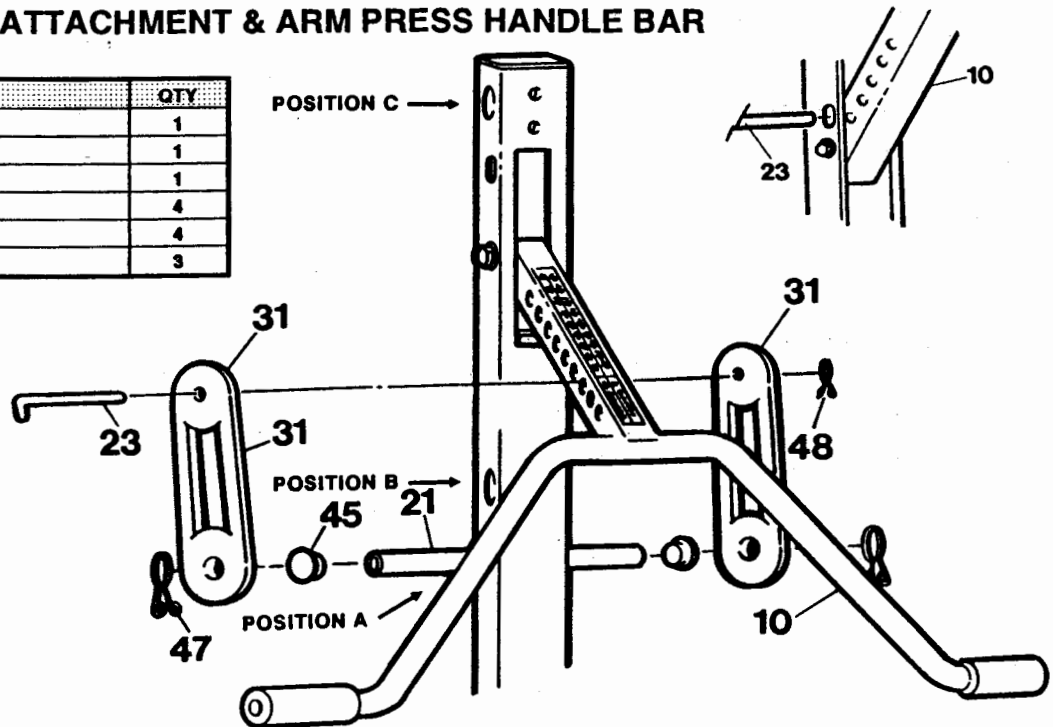
Attach "Flex Bands" to pec-deck arms by sliding bands onto pins on Main Frame Crossbar and pinning bands at desired resistance setting with 3/4" "L" PIN (25) and securing with 3/8" SPRING CLIP (48).

### LEG CURL:

Press 3/4" ROUND PLASTIC CAPS (45) into 3/4" X 6" LEG CURL BAND BAR (22). Insert band bar into front leg of backbone and fit a "Flex Band" onto each side of frame. Secure with 3/4" SPRING CLIP (47).

Choose desired resistance setting and assemble in position with 4 "L" PIN (24) and secure with 3/8" SPRING CLIP (48).

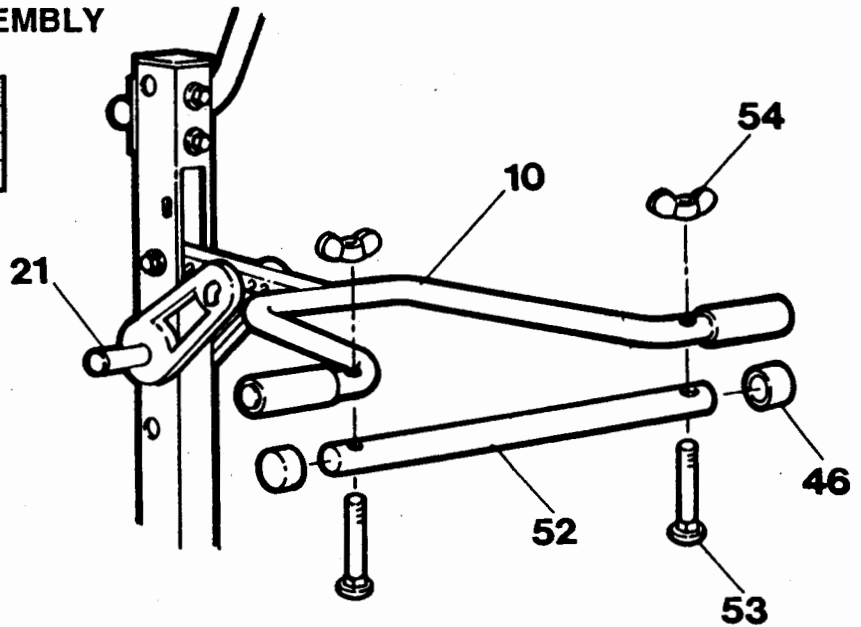
» NOTE: When using stations other than arm press, handlebar can be pinned in up position by using 3/8" X 6" "L" pin inserted through slot in Main Frame and Handlebar.



**STEP 10 LEG PRESS BAR ASSEMBLY**

PART NAME	QTY
46 1" COVER CAP	2
53 1/4" X 2 3/4" CARRIAGE BOLT	2
54 WINGNUT	2

- Press 1" **INSERT CAPS (46)** into each end of **LEG PRESS BAR (52)**.
- Bolt leg press bar to bottom side of **ARM PRESS** using **5/16" x 2 1/2" CARRIAGE BOLTS (53)** and **WINGNUTS (54)**.
- » To use leg press bar, pin bands in position "B" on Main 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.**