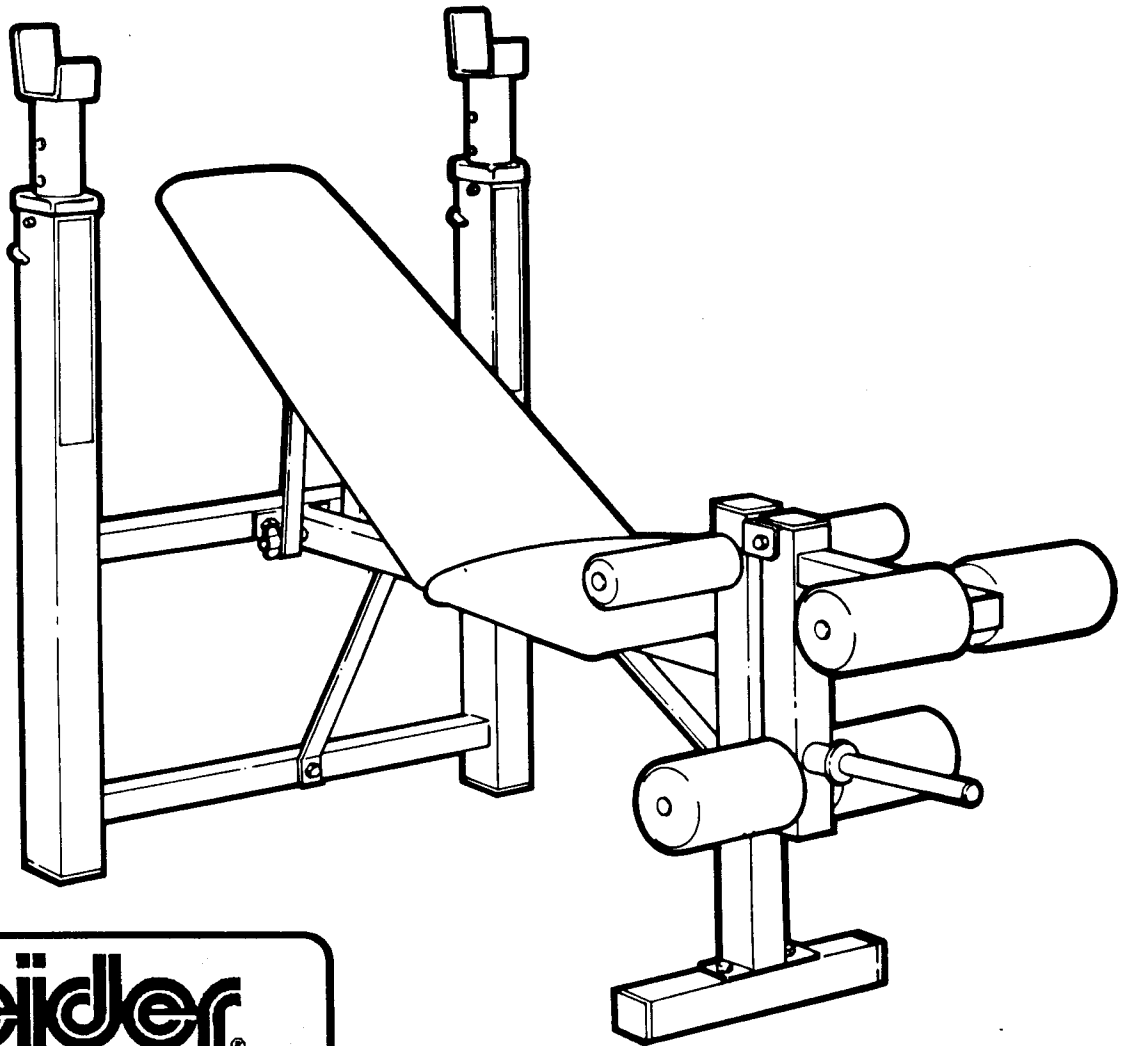


MASTER

WEIGHT BENCH

E530



weider®

OWNER'S MANUAL
MODEL NO. E530

WEIDER HEALTH AND FITNESS

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

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

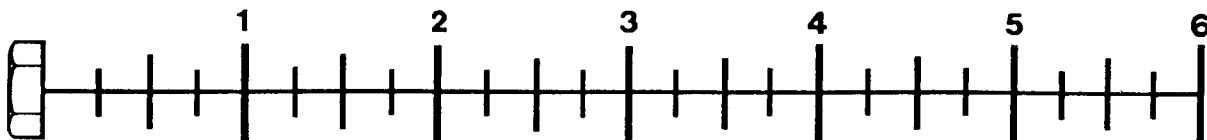
CONSULT YOUR PHYSICIAN

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

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, 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.

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
19 2" SQUARE PLASTIC CAP	3
26 5/16" X 2 1/4" HEX HEAD BOLT	4
31 5/16" NYLON LOCK NUT	6
18 2 1/2" SQ PLASTIC INSERT CAP	2
27 5/16" X 2 1/2" HEX HEAD BOLT	2

- ☐ Insert 2" PLASTIC CAPS (19) into ends of FRONT SUPPORT (3), and bolt support to MAIN FRAME (2) with 5/16" X 2 1/4" HEX HEAD BOLTS (26) and 5/16" NYLON LOCK NUTS (31).

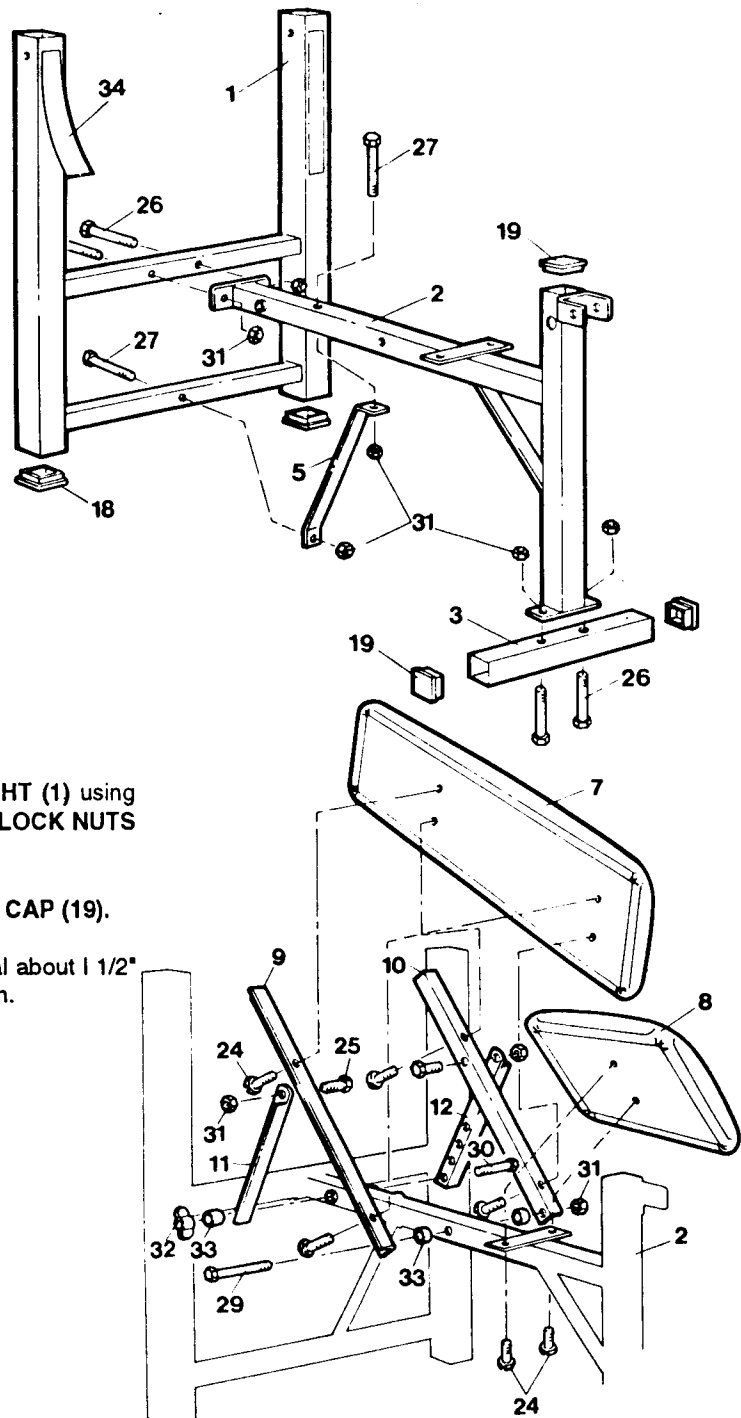
Note: The holes on one side of the support are recessed to allow clearance for bolt head. This should be down against the floor when properly assembled.

- ☐ Insert 2 1/2" SQUARE INSERT CAPS (18) into bottom of UPRIGHTS (1) and bolt upright to MAIN FRAME (2) using 5/16" X 2 1/4" HEX HEAD BOLTS (26) and 5/16" NYLON LOCK NUTS (31).
- ☐ Bolt FRAME BRACE (5) to MAIN FRAME (2) and UPRIGHT (1) using 5/16" X 2 1/2" HEX HEAD BOLTS (27) and 5/16" NYLON LOCK NUTS (31).
- ☐ Cap top of main frame front leg with a 2" SQUARE INSERT CAP (19).
- ☐ Adhere UPRIGHT DECAL (34) to each upright. Start decal about 1 1/2" down from the top of the upright. Decal reads from top down.

STEP 2 SEAT & BACKREST ASSEMBLY

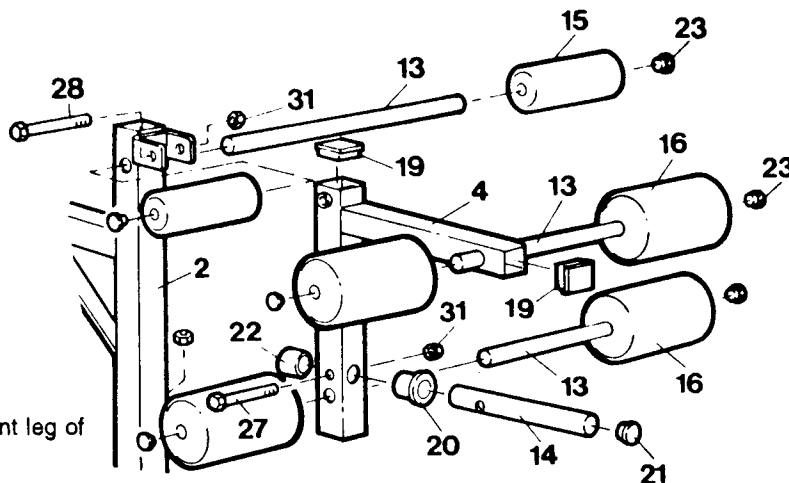
PART NAME	QTY
24 1/4" X 3/4" ROUND HEAD SCREW	6
25 5/16" X 3/4" HEX HEAD BOLT	2
31 5/16" NYLON LOCK NUT	3
29 5/16" X 4 1/2" HEX HEAD BOLT	1
33 3/4" METAL SPACER	3
30 5/16" X 5" HEX HEAD BOLT	1
32 5/16" WING NUT	1

- ☐ Turn BACKREST (7) over so it is face down. Position ANGLE IRON (9) and (10) to backrest so the hole in the very end of the angle iron is extending past the bottom of the backrest.
- ☐ Loosely attach angle irons to backrest with 1/4" X 3/4" ROUND HEAD SCREWS (24).
- ☐ While backrest is still turned over, attach BACKREST SUPPORTS (11) and (12) to angle irons using 5/16" X 3/4" HEX HEAD BOLTS (25) and 5/16" NYLON LOCK NUTS (31).
- ☐ Turn assembly over and attach backrest to MAIN FRAME (2) by bolting 5/16" X 4 1/2" HEX HEAD BOLT (29) through angle irons, spacing angle irons away from frame with 3/4" LONG SPACERS (33). Fasten with 5/16" NYLON LOCK NUT (31).
- ☐ Fasten BACKREST SUPPORTS (11) and (12) to FRAME (2) by inserting 5/16" X 5" HEX HEAD BOLT (30) through desired hole in support, the through bushing in frame, and the other support. Insert a 3/4" LONG SPACER (33) over bolt and fasten with 5/16" WING NUT (32).
- ☐ Now go back and tighten mounting screws in angle iron to backrest assembly.
- ☐ Attach SEAT (8) to bracket on MAIN FRAME (2) using 1/4" X 3/4" ROUND HEAD SCREWS (24).



STEP 3 LEG CURL ASSEMBLY

PART NAME	QTY
19 2" SQUARE PLASTIC INSERT CAP	2
27 5/16" x 2 1/2" HEX HEAD BOLT	1
31 5/16" NYLON LOCK NUT	2
20 WEIGHT STOP	1
22 1" ROUND COVER CAP	1
21 1" ROUND INSERT CAP	1
28 5/16" X 2 3/4" HEX HEAD BOLT	1
23 3/4" ROUND INSERT CAP	6



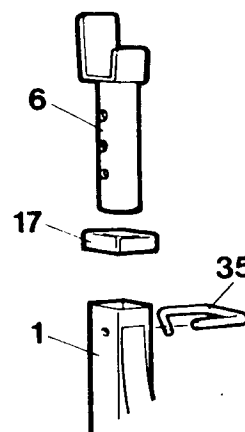
- ☐ Insert 2" SQUARE INSERT CAPS (19) into top and front leg of LEG CURL (4).
- ☐ Bolt WEIGHT PIN (14) into bottom of LEG CURL (4) using a 5/16" X 2 1/2" HEX HEAD BOLT (27) and 5/16" NYLON LOCK NUT (31).
- ☐ Slide WEIGHT STOP (20) over weight pin and cap back end of weight pin with 1" COVER CAP (22) and insert a 1" INSERT CAP (21) into the front end.
- ☐ Bolt LEG CURL (4) into bracket in MAIN FRAME (2) using a 5/16" X 2 3/4" HEX HEAD BOLT (28) and 5/16" NYLON LOCK NUT (31).
- ☐ To each of the PAD BARS (13) press a 3/4" ROUND INSERT CAP (23) into each end of bar.
- ☐ Insert one pad bar into a 2 1/4" X 7" FOAM PAD (15). Insert pad bar through hole in top of MAIN FRAME (2) front leg and assemble other 2 1/4" X 7" FOAM PAD (15) on other end.

Note: To make assembly of pad bars into foam pads easier, wipe a small amount of liquid detergent along the surface of pad bar to act as a lubricant.

- ☐ To each of the other PAD BARS (13) assemble a 3 1/4" X 6" FOAM PAD (16) to one end.
- ☐ Insert PAD BARS (13) into locator holes in ends of LEG CURL (4) and assemble another FOAM PAD to each bar.

STEP 4 ADJUSTABLE UPRIGHTS

PART NAME	QTY
17 2 1/2" SQ OPEN END COVER CAP	2
35 LOCKING PIN	2



- ☐ Press a 2 1/2" OPEN END CAP (17) onto the tops of the UPRIGHT (1) arms.
- ☐ Insert ADJUSTABLE UPRIGHTS (6) into UPRIGHTS (1) through open end caps.
- ☐ The ADJUSTABLE UPRIGHTS (6) can be locked in various heights by use of LOCKING PINS (35).

PARTS LIST E530

Diagram No	Part Name	QTY	ORDERING NO
1	Upright	1	C1206-E10
2	Main Frame	1	C2161-E10
3	Front Support	1	C2162-E10
4	Leg Curl	1	C2163-E10
5	Frame Brace	1	C6918-E10
6	Adjustable Upright	2	C1207-E10
7	Backrest	1	C1342-E10
8	Seat	1	C1343-E10
9	Backrest Angle Iron (Rt.)	1	C6257-E10
10	Backrest Angle Iron (Lt.)	1	C6258-E10
11	Backrest Support (Rt.)	1	C6259-E10
12	Backrest Support	1	C6260-E10
13	Pad Bar 3/4" O.D. X 16"	3	C6310-E02
14	Weight Pin 1" O.D. X 13.75"	1	C6321-E10
15	Foam Pad 2 1/4" X 7"	2	C0452-E10
16	Foam Pad 3 1/4" X 7"	4	C0443-E02
17	2 1/2" Sq. Open End Cap	2	AA-8141
18	2 1/2" Sq. Insert Cap	2	AA-8013
19	2" Sq. Insert Cap	5	AA-8002
20	Weight Stop	1	AA-8112
21	1" Round Insert Cap	1	AA-8005
22	1" Round Cover Cap	1	AA-8093
23	3/4" Round Insert Cap	6	AA-8004
24	1/4 - 20 X 3/4" Round Head Screw	6	HH-5022
25	5/16" X 3/4" Hex Head Bolt	2	HH-5245
26	5/16" X 2 1/4" Hex Head Bolt	4	HH-5199
27	5/16" X 2 1/2" Hex Head Bolt	3	HH-5053
28	5/16" X 2 3/4" Hex Head Bolt	1	HH-5058
29	5/16" X 4 1/2" Hex Head Bolt	1	HH-5316
30	5/16" X 5" Hex Head Bolt	1	HH-5328
31	5/16" Nylon Lock Nut	11	HH-5012
32	5/16" Wing Nut	1	HH-5209
33	5/16" I.D. X 3/4" Spacer	3	HH-5335
34	Upright Decal	2	DE-4168
35	Lockpin	2	WW-7025
36	Hardware Bag (Nuts & Bolts)	1	C5887-E10
37	Hardware Bag (Plastics & Pads)	1	C5888-E10
38	Owner's Manual	1	NN-1124