

E-8001SS

#2194

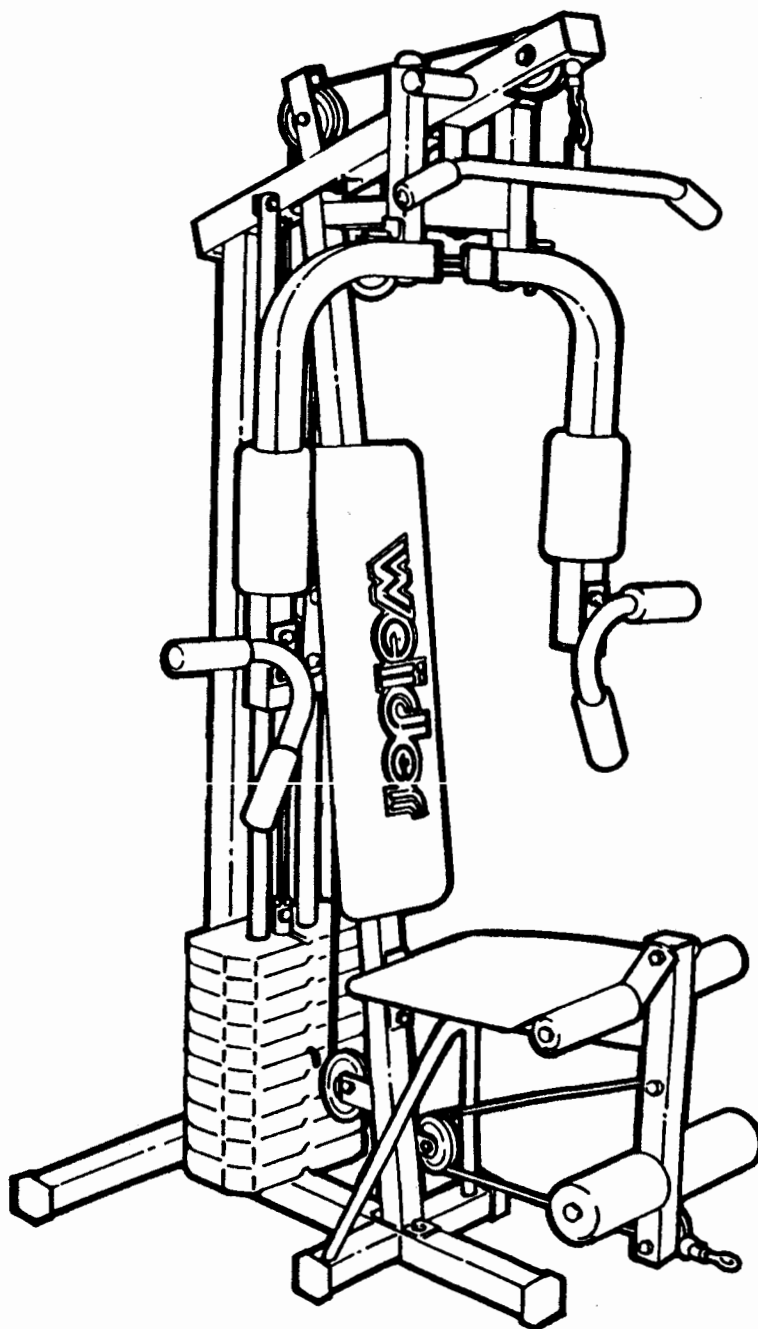
WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL
MODEL NUMBER of the UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need

THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND CORNER of this page. The MODEL NUMBER starts with a LETTER and is followed by 3 or 4 NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.



weider®

OWNER'S MANUAL

FABRIQUÉ AU CANADA

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 1-800-667-2140 Mon. - Fri., 9h00 - 17h00 ET.

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

WEIDER SPORTS EQUIPMENT CO. LTD. 2875 BATES ROAD, MONTREAL, QUEBEC H3S 1B7

PART LIST E-8001SS

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1F	BASE FRAME (FRONT)	1	B3140-E28*E32
1B	BASE FRAME (BACK)	1	B3141-E28*E32
2	ARM PRESS FRAME UPRIGHT	1	B2207-E28*E32
3	REAR MAST	1	B1233-E32*E32
4	SEAT FRAME	1	B2209-E28*E32
5	SEAT BRACE	1	B2210-E28*E32
6	MOUNTING PLATE	4	B6713-E03*E32
7	TOP FRAME	1	B3124-E32*E32
8	GUIDE ROD	2	C6814-E28*E32
9	WEIGHT PLATE (12.5 LB EACH)	10	BB-0318*E32
10	WEIGHT SELECTOR TUBE	1	B6330-E28*E32
12	BACKREST	1	C1353-E28*E32
13	SEAT	1	C1354-E28*E32
14	LEG EXTENSION TUBE	1	B2212-E28*E32
15	PAD BAR 3/4" X 13 1/2"	2	B6357-F03*E32
16	FOAM ROLLER 3" X 5 3/4"	4	C0434-C07*E32
17	PIVOT TUBE 1" X 13" (CHROME PLATED)	1	C6332-E28*E32
18	RIGHT PEC-DECK ARM	1	B2213-E28R*E32
18A	LEFT PEC-DECK ARM	1	B2213-E28L*E32
20	RIGHT ARM PRESS HANDLE	1	B6311-E02*E32
21	LEFT ARM PRESS HANDLE	1	B6312-E02*E32
22	FOAM GRIP 1 1/2" O.D. X 5" LONG	4	C0439-D19*E32
22A	PLASTIC GRIP 5" LONG	2	AA-8255*E32
23	PULLEY 3 1/2"	7	AA-8133*E32
24	PULLEY 4 1/2"	4	AA-8122*E32
25R	PULLEY BRACKET (RIGHT HOLE)	1	B6721-E28*E32
25L	PULLEY BRACKET (LEFT HOLE)	1	B6722-E28*E32
25C	PULLEY BRACKET (CENTER HOLE)	1	B6723-E28*E32
26	ARM PRESS ASSEMBLY	1	B2214-E28*E32
27	FOAM ROLLER 3 3/4" X 8"	2	C0470-E32*E32
28	CABLE TRAP BRACKET FOR 4 1/2" PULLEYS	1	B6724-E28*E32
29	PULLEY CONNECTOR PLATE (FLAT)	2	B6700-D23*E32
30	PULLEY TRAP BRACKET (BENT)	2	B6726-E28*E32
51	LAT BAR	1	B6803-D35*E32
52	ANKLE STRAP/DUMBBELL HANDLE	1	EE-0075*E32
54	ACCESSORY ROPE	1	C6602-D23*E32
55	LEG EXTENSION CABLE (55" LONG)	1	C6620-E28*E32
56	WEIGHT STACK CABLE (64 1/2" LONG)	1	C6621-E28*E32
57	PEC-DECK CABLE (132" LONG)	1	C6622-E28*E32
59	5/16" X 3 1/4" HEX HEAD BOLT	7	HH-5297*E32
60	5/16" X 2 1/2" HEX HEAD BOLT	5	HH-5053*E32
61	1/4" X 3 1/4" CARRIAGE BOLT	1	HH-6136*E32
62	5/16" X 2 1/4" HEX HEAD BOLT	2	HH-5199*E32
63	5/16" X 1 1/2" HEX HEAD BOLT	5	HH-5312*E32
64	5/16" X 2 3/4" HEX HEAD BOLT	5	HH-5058*E32
67	5/16" X 3/4" HEX HEAD BOLT	3	HH-5245*E32
68	5/16" X 3" HEX HEAD BOLT	1	HH-5167*E32
71	5/16" FLAT WASHER	15	HH-5127*E32
72	5/16" NYLON LOCK NUT	28	HH-5012*E32
73	3/8" X 2 1/4" HEX HEAD BOLT	1	HH-5244*E32
76	3/8" X 1 3/4" HEX HEAD BOLT	8	HH-5308*E32

PART LIST E-8001SS

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
78	3/8" X 3 1/4" HEX HEAD BOLT	2	HH-5063*E32
82	3/8" FLAT WASHER	3	HH-5265*E32
83	3/8" NYLON LOCK NUT	11	HH-5088*E32
84	1/4" X 2 1/2" CARRIAGE BOLT	3	HH-5333*E32
85	1/4" X 3/4" MACHINE SCREW	8	HH-5022*E32
86	1/4" X 1 3/4" MACHINE SCREW	1	HH-5255*E32
87	1/4" FLAT WASHER	3	HH-5048*E32
88	1/4" NYLON LOCK NUT	5	HH-5011*E32
89	5/8" METAL SPACER 1/2" I.D.	1	HH-5388*E32
90	SPACER 3/8" LONG 1/2" I.D.	1	HH-5346*E32
93	2" SQUARE PLASTIC CAP INSERT	5	AA-8002*E32
94	2" SQUARE PLASTIC COVER CAP	5	AA-8015*E32
95	2 1/2" SQUARE PLASTIC CAP INSERT	2	AA-8013*E32
96	1 3/4" SQUARE PLASTIC CAP INSERT	1	AA-8006*E32
99	1" ROUND PLASTIC CAP INSERT	6	AA-8005*E32
100	1 1/4" ROUND PLASTIC CAP INSERT	4	AA-8014*E32
101	3/4" ROUND PLASTIC CAP INSERT	4	AA-8004*E32
103	1 1/2" X 1" INSIDE SQUARE END BUSHING	8	AA-8137*E32
105	WEIGHT SELECTOR TUBE END CAP	1	AA-8123*E32
108	LOCK PIN 5/16" X 4" LONG	2	WW-7051*E32
111	FIREMAN'S LATCH HOOK	1	WW-7042*E32
112	S-HOOK	2	WW-7030*E32
114	LARGE RUBBER WASHER	2	AA-8124*E32
115	LARGE METAL WASHER 1 1/2" OD X 1" ID	2	HH-5319*E32
116	SPACER 13/16" LONG 1/2" ID	2	HH-1316*E32
119	STATION 1 DECAL	1	DE-5156*E32
120	WEIGHT PLATE DECALS	1 SET	DE-4190*E32
121	VIPER DECAL	1	DE-5194*E32
122	POWER STACK DECAL	1	DE-4185*E32
125	WEIGHT SELECTOR PIN 3/8" X 5"	1	WW-7013*E32
128	CABLE TRAP BRKT FOR 3 1/2" PULLEY (2 3/4")	3	B6725-E281*E32
	HARDWARE BAG STEP 1-2-3	1	B2194-S12
	HARDWARE BAG STEP 4-5-6-7	1	B2194-S45
	HARDWARE BAG STEP 8-9-10	1	B2194-S89
	HARDWARE BAG STEP 11-12	1	B2194-S11
	ASSEMBLY MANUAL	1	CNN-2194*E32
	HARDWARE BAG (ACCESSORIES)	1	B2194-A52
130	WEIGHT GUIDE BRACKET	1	AA-8241

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.

**HELPFUL HINTS FOR ASSEMBLY**

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, 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. AFTER COMPLETING EACH ASSEMBLY STEP PLACE A CHECK MARK (X) IN THE BOX PRECEDING IT. BY CHECKING THE BOXES AS YOU GO, IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT RE-READING TO FIND YOUR PLACE.
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 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 BASE & FRAME UPRIGHT ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/2" HEX HEAD BOLT	4
61 1/4" X 3 1/4" CARRIAGE BOLT	1
62 5/16" X 2 1/4" HEX HEAD BOLT	2
71 5/16" FLAT WASHER	2
72 5/16" NYLON LOCK NUT	6
88 1/4" NYLON LOCK NUT	1
93 2" SQUARE PLASTIC CAP INSERT	1
94 2" SQUARE PLASTIC COVER CAP	5

CAUTION: DO NOT TIGHTEN THE BOLTS IN THE ASSEMBLIES OF STEP 1 AND STEP 2 UNLESS YOU ARE INSTRUCTED TO DO SO IN THAT ASSEMBLY BOX. YOU WILL BE INSTRUCTED TO TIGHTEN THE BOLTS AFTER STEP 2 ASSEMBLIES ARE COMPLETED.

Begin by capping each tubing end of BASE FRAMES (1F) and (1B) with 2" SQUARE COVER CAPS (94).

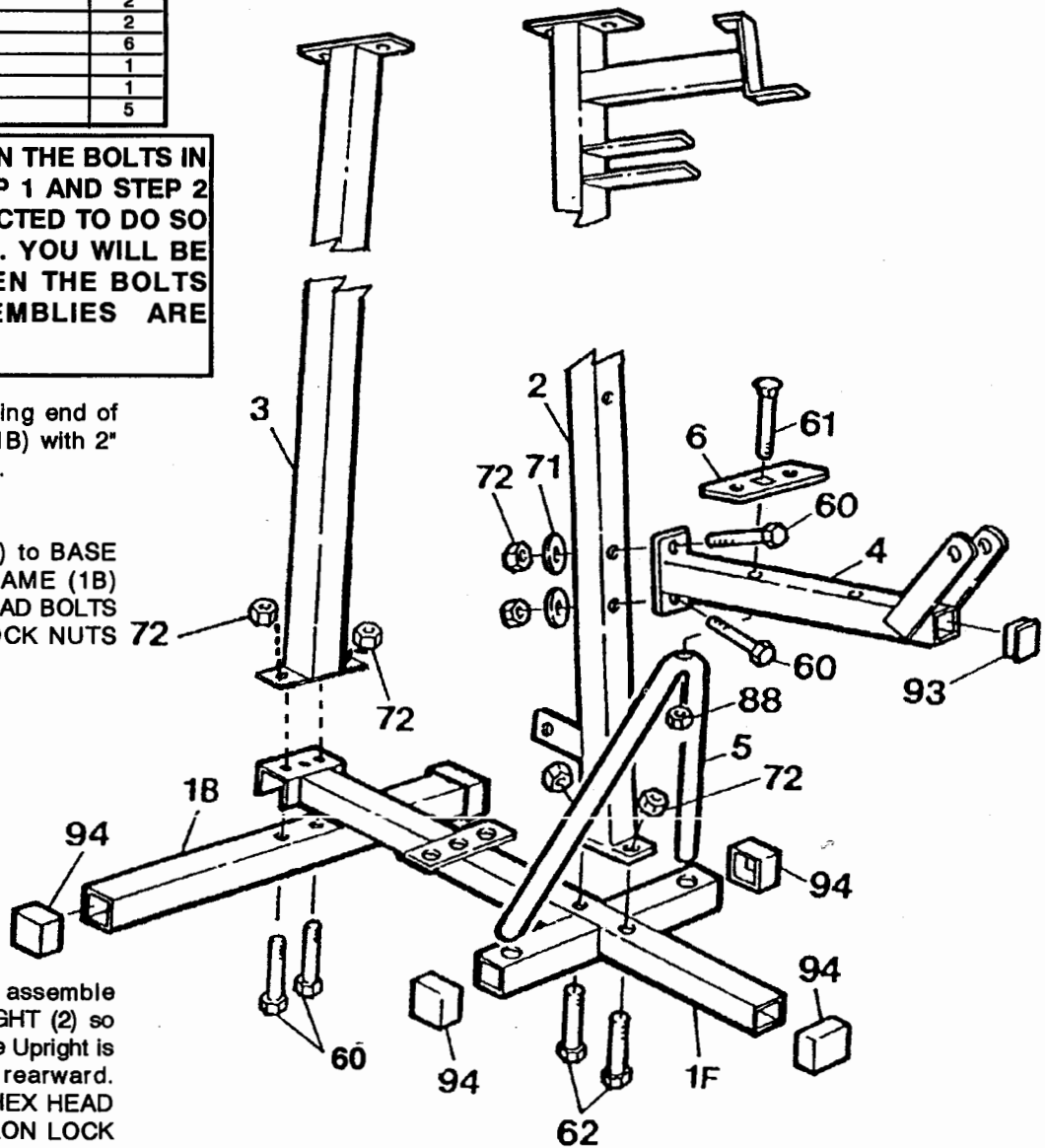
Assemble REAR MAST (3) to BASE FRAME (1F) to BASE FRAME (1B) using 5/16" X 2 1/2" HEX HEAD BOLTS (60) and 5/16" NYLON LOCK NUTS (72).

To the BASE FRAME (1F) assemble ARM PRESS FRAME UPRIGHT (2) so that the bracket welded to the Upright is to the bottom and aligned rearward. Attach with 5/16" X 2 1/4" HEX HEAD BOLTS (62) and 5/16" NYLON LOCK NUTS (72).

Insert legs of SEAT BRACE (5) into holes in ends of BASE FRAME CROSS TUBE (1F).

With the welded leg curl brackets of the SEAT FRAME (4) oriented up, attach frame to ARM PRESS FRAME UPRIGHT (2) with 5/16" X 2 1/2" HEX HEAD BOLTS (60), 5/16" FLAT WASHERS (71), and 5/16" NYLON LOCK NUTS (72). Cap end of Seat Frame with 2" SQUARE INSERT CAP (93).

Attach SEAT BRACE (5) to SEAT FRAME (4) by bolting 1/4" X 3 1/4" CARRIAGE BOLT (61) through SEAT MOUNTING PLATE (6), SEAT FRAME (4) then SEAT BRACE (5) and securing assembly with 1/4" NYLON LOCK NUT (88).



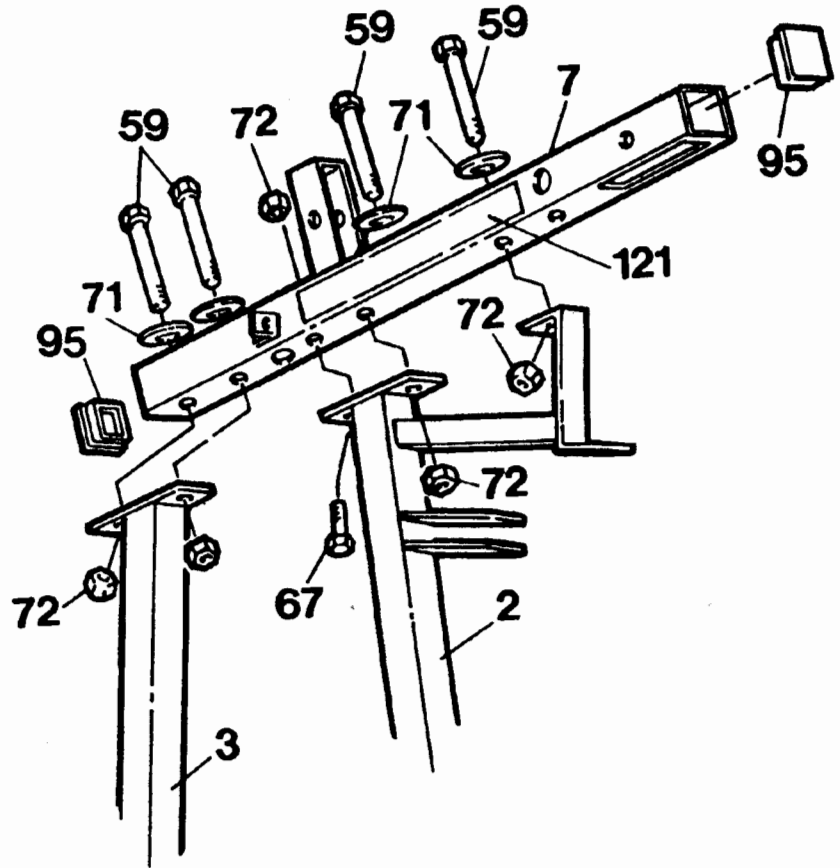
STEP 2 TOP FRAME ASSEMBLY

PART NAME	QTY
59 5/16" X 3 1/4" HEX HEAD BOLT	4
67 5/16" X 3/4" HEX HEAD BOLT	1
71 5/16" FLAT WASHER	4
72 5/16" NYLON LOCK NUT	5
95 2 1/2" SQUARE PLASTIC CAP INSERT	2

- Attach TOP FRAME (7) to REAR MAST (3) with 5/16" X 3 1/4" HEX HEAD BOLTS (59), 5/16" FLAT WASHERS (71), and 5/16" LOCK NUTS (72).

- Assemble TOP FRAME (7) to brace extension on the front of ARM PRESS UPRIGHT (2) using a 5/16" X 3 1/4" HEX HEAD BOLT (59), 5/16" FLAT WASHER (71), and 5/16" NYLON LOCK NUT (72).

- To the front hole in the bracket at the top of the ARM PRESS UPRIGHT (2) assemble the Top Frame with another 5/16" X 3 1/4" HEX HEAD BOLT (59), 5/16" FLAT WASHER (71), and 5/16" NYLON LOCK NUT (72). Assemble finger tight.

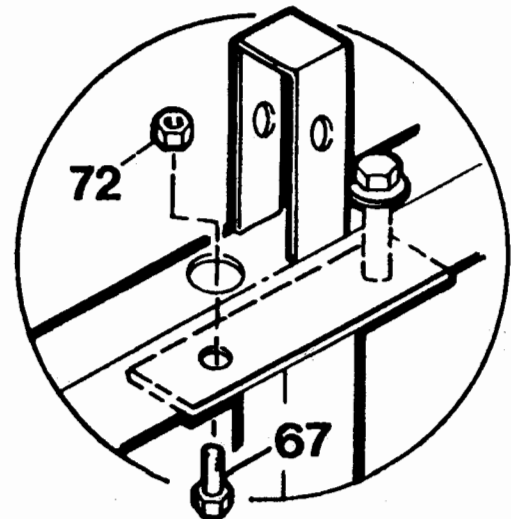


- Assemble Top Frame to back hole of bracket by inserting 5/16" NYLON LOCK NUT (72) through cable access hole in top of Top Frame and assembling 5/16" X 3/4" HEX HEAD BOLT (67) through bottom and securing. SEE DETAIL DRAWING!

- Cap each end of Top Frame with 2 1/2" SQUARE PLASTIC CAP (95).

- Remove VIPER DECAL (121) from backing and affix to side of Top Frame between welded bracket and large diameter hole.

TAKE THE TIME NOW TO TIGHTEN ALL BOLTS OF THE FRAME THAT WERE LEFT UNTIGHTENED FROM ALL ASSEMBLIES OF STEP 1 AND 2



DETAIL A

STEP 3 WEIGHT STACK

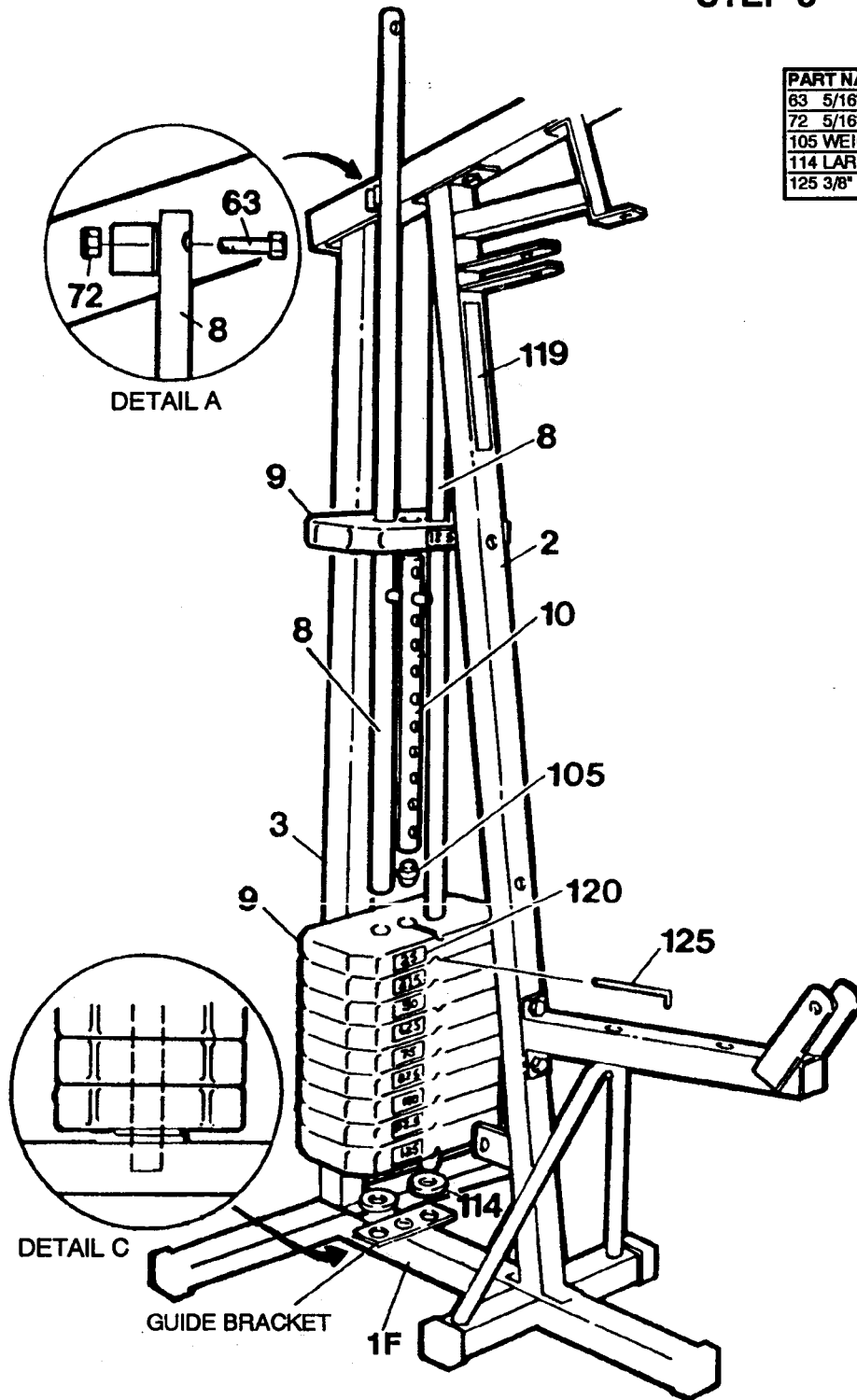
PART NAME	QTY
63 5/16" X 1 1/2" HEX HEAD BOLT	2
72 5/16" NYLON LOCK NUT	2
105 WEIGHT END CAP	1
114 LARGE RUBBER WASHER	2
125 3/8" WEIGHT SELECTOR PIN	1

CAUTION: To aid in this step it is advised that you secure the assistance of a helper to assist in steadying of the weight plates as they are stacked.

- Locate RUBBER BUMPER WASHERS (114) atop the guide rod locating bracket on the BASE FRAME (1).
- With the aid of your helper, begin stacking the WEIGHT PLATES (9) atop the Guide Bracket on BASE FRAME (1F).
- Stack weights one at a time until all but one are stacked on the base.
- After inserting WEIGHT END CAP (105) into bottom of WEIGHT SELECTOR TUBE (10), insert Selector Tube into the center hole through the stack of weight plates and align roll pin pre-assembled in Selector Tube with groove in top of weight plate.

Weight Selector Tube should insert completely through stack of weights if they are in proper alignment with plate on Frame. If it does not insert completely adjust weight stack positioning until it does.

- When Weight Selector Tube has been inserted fully into weight stack position the final weight plate over the selector tube atop the stack.

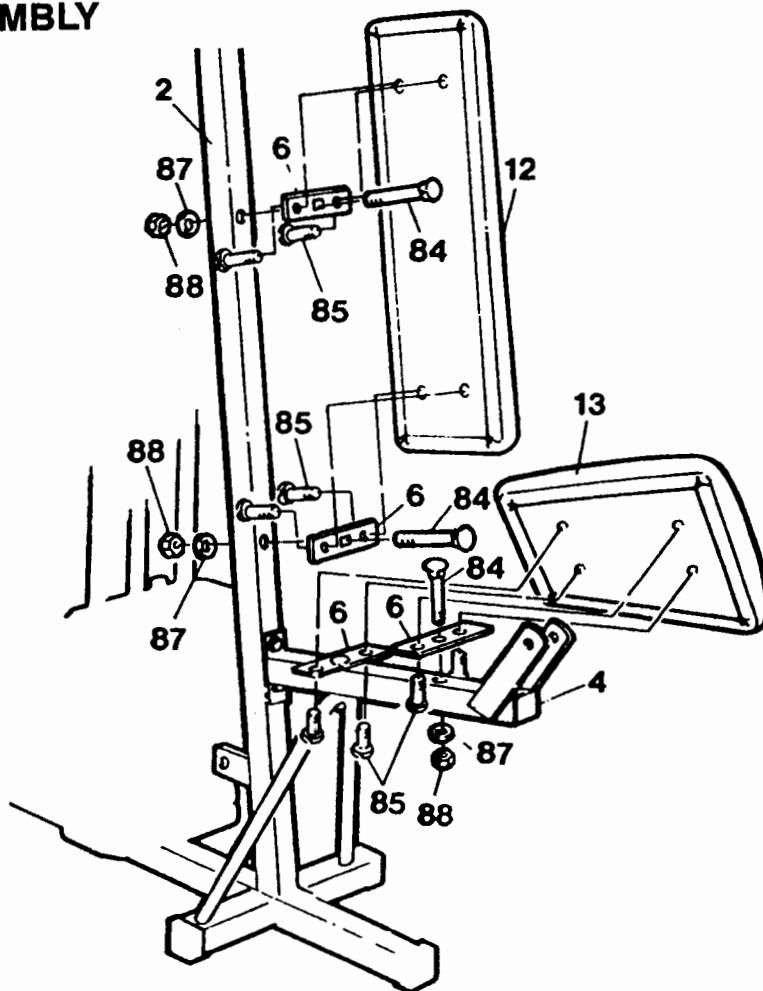


- Finally, with bolt holes at the top, Insert GUIDE RODS (8) into the Weight Stack and bolt to front side of welded bracket on TOP FRAME (7) using 5/16" X 1 1/2" HEX HEAD BOLTS (63) and 5/16" NYLON LOCK NUTS (72). (See Detail "A" & "C".)
- Remove WEIGHT PLATE DECALS (120) from backing sheet and apply to Weight Plates starting with 12.5 lbs. on the top plate and increasing to 125 lbs. on the bottom plate.
- Insert 3/8" WEIGHT SELECTOR PIN (125) into Weight Stack at a low setting to aid in future cable assembly
- Remove STATION ONE DECAL (119) from backing sheet and affix it to front side of ARM PRESS FRAME UPRIGHT (2) about 4" below bracketing.

STEP 4 SEAT & BACKREST ASSEMBLY

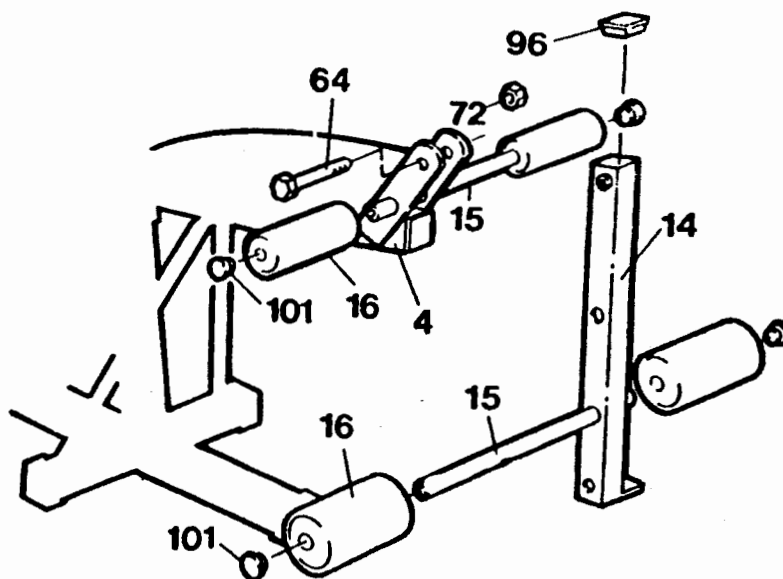
PART NAME	QTY
84 1/4" X 2 1/2" CARRIAGE BOLT	3
85 1/4" X 3/4" MACHINE SCREW	8
87 1/4" FLAT WASHER	3
88 1/4" NYLON LOCK NUT	3

- Using a 1/4" X 2 1/2" CARRIAGE BOLT (84) attach a MOUNTING PLATE (6) to the front section of the SEAT FRAME (4). Secure with 1/4" FLAT WASHER (87) and 1/4" NYLON LOCK NUT (88).
- Attach the SEAT (13) to Mounting Plates with 1/4" X 3/4" ROUND HEAD SCREWS (85).
- Attach two more MOUNTING BRACKETS (6) to the ARM PRESS UPRIGHT (2) with 1/4" X 2 1/2" CARRIAGE BOLTS (84), 1/4" FLAT WASHERS (87), and 1/4" NYLON LOCK NUTS (88).
- To upright, attach BACKREST (12) using 1/4" X 3/4" ROUND HEAD SCREWS (85).

**STEP 5 LEG EXTENSION**

PART NAME	QTY
64 5/16" X 2 3/4" HEX HEAD BOLT	1
72 5/16" NYLON LOCK NUT	1
96 1 3/4" SQUARE PLASTIC CAP INSERT	1
101 3/4" ROUND PLASTIC CAP INSERT	4

- Assemble LEG EXTENSION TUBE (14) into brackets of SEAT FRAME (4) with 5/16" X 2 3/4" HEX HEAD BOLT (64) and 5/16" NYLON LOCK NUT (72). Cap end of Leg Extension with 1 3/4" SQUARE PLASTIC CAP (96).
- Press 3/4" ROUND PLASTIC CAPS (101) into ends of PAD BARS (15).
- To each Pad Bar, press on a 3" X 5 3/4" FOAM ROLLER (16). (To aid in Roller assembly, wipe a small amount of liquid detergent along the length of the pad bar. When the detergent dries, it will act as an adhesive.)

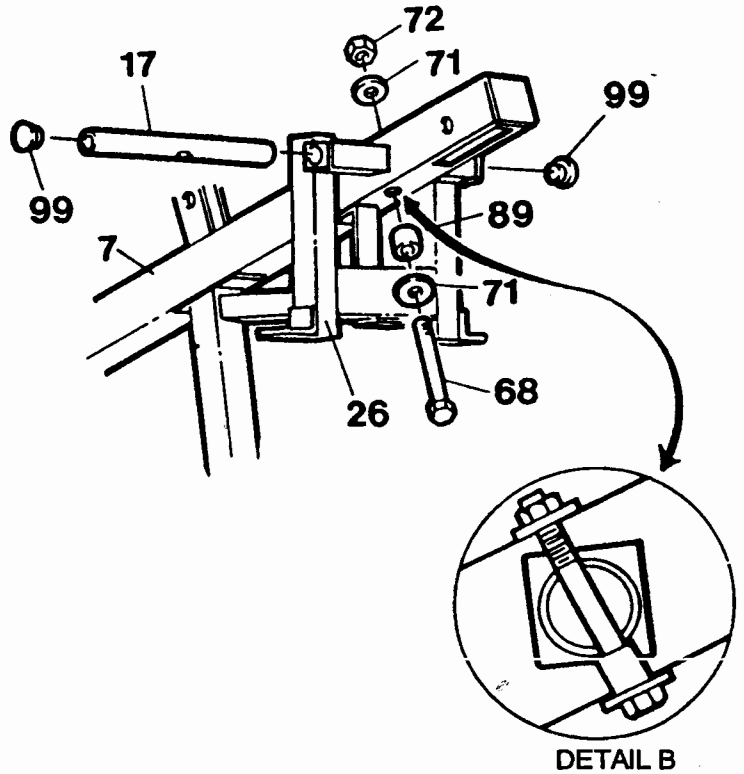


- Insert one pad bar into bracketing in SEAT FRAME (4) and assemble another 3" X 5 3/4" FOAM ROLLER (16).
- Assemble the other PAD BAR (15) into lower section of the LEG EXTENSION (14) and press on a 3" X 5 3/4" FOAM ROLLER (16).

STEP 6 ARM PRESS ASSEMBLY

PART NAME	QTY
68 5/16" X 3" HEX HEAD BOLT	1
71 5/16" FLAT WASHER	2
72 5/16" NYLON LOCK NUT	1
89 1/2" X 5/8" LONG METAL SPACER	1
99 1" ROUND PLASTIC CAP INSERT	2
103 1 1/2" X 1" (INSIDE) SQUARE END BUSHING	4

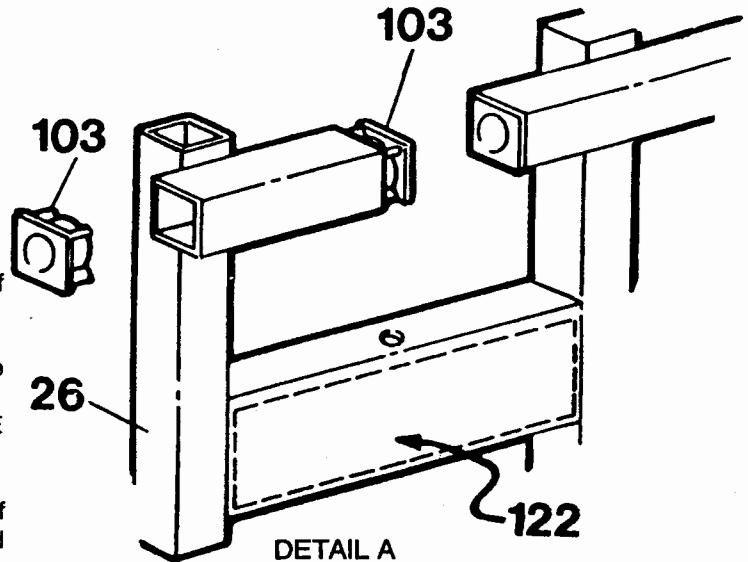
- Into each end of the ARM PRESS ASSEMBLY (26) cross tubes, insert a 1 1/4" SQUARE BUSHING (103). (Detail "A")
- Align ARM PRESS ASSEMBLY (26) to the front of the TOP FRAME (7) and insert CHROME PLATED 1" X 13" PIVOT TUBE (17) through ARM PRESS ASSEMBLY (26) and TOP FRAME (7).
- Rotate Pivot Tube until bolt holes align and assemble a 5/16" FLAT WASHER (71) and 5/8" LONG SPACER (89) onto a 5/16" X 3" HEX HEAD BOLT (68) and insert from bottom up through Frame and Pivot Tube and attach with another 5/16" FLAT WASHER (71) and 5/16" LOCK NUT (72). (See Detail "B".)
- Press a 1" ROUND PLASTIC CAP (99) into each end of CHROME PLATED PIVOT TUBE (17).
- Remove POWER STACK DECAL (122) from backing and adhere it into ARM PRESS ASSEMBLY (26).



STEP 7 PEC-DECK ARMS

PART NAME	QTY
63 5/16" X 1 1/2" HEX HEAD BOLT	2
72 5/16" NYLON LOCK NUT	2
93 2" SQUARE PLASTIC CAP INSERT	4
99 1" ROUND PLASTIC CAP INSERT	4
103 1 1/2" (1" INSIDE) SQUARE END BUSHING	4
108 5/16" LOCKING PIN - 4" LONG	2
115 LARGE WASHER 1" ID X 1 1/2" OD	2

- Press a 1 1/4" SQUARE BUSHING (103) into the ends of the ARM PRESS ASSEMBLY (26).
- Insert each PEC-DECK ARM (18) and (18A) Pivot Tube into ARM PRESS ASSEMBLY (26) and place a large 1 1/2" O.D. FLAT WASHER (115) over Pivot Tube. SEE DETAIL A
- Secure Pec-Deck Arms in place by bolting through top of Pivot Tubes 5/16" X 1 1/2" HEX HEAD BOLT (63) and 5/16" NYLON LOCK NUT (72).
- Cap top and bottom of Pivot Tube with a 1" ROUND INSERT CAP (99).



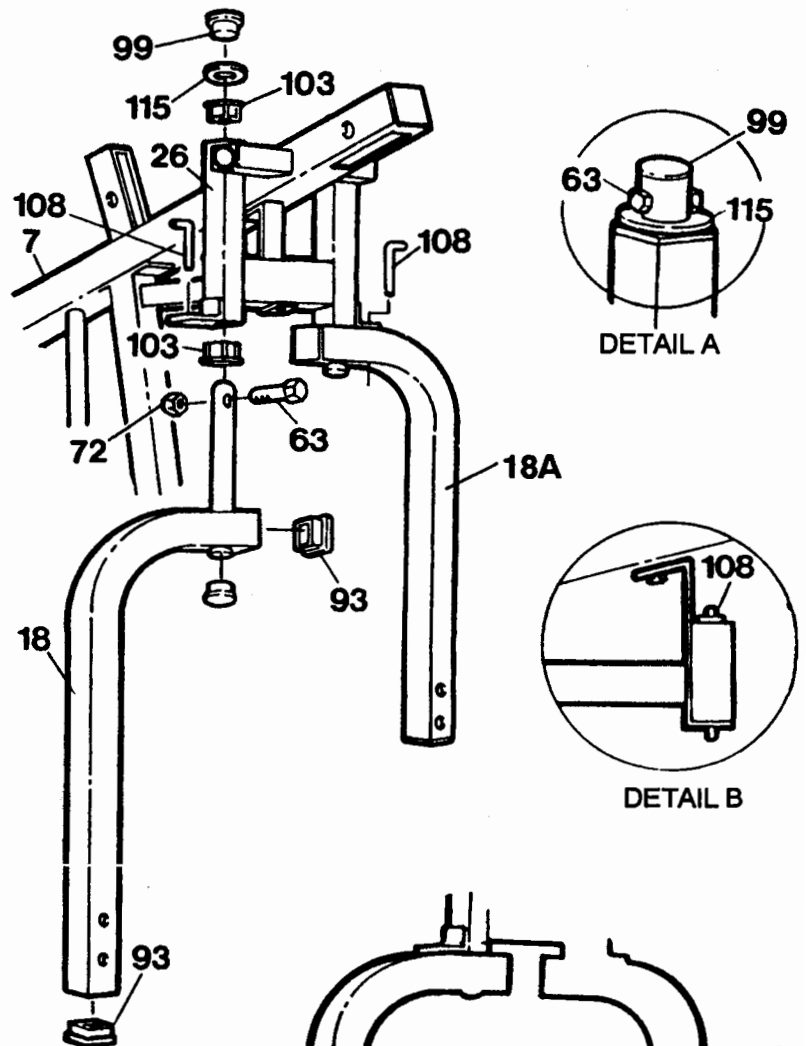
- Pin Pec-Deck Arms from pivoting by inserting 5/16" X 4" PEC-DECK LOCK PINS (108) down through brackets on sides of ARM PRESS ASSEMBLY (26) and through pin holes in arms.

- When doing Butterfly Exercises a PEC-DECK LOCK PIN (108) should be inserted down through center tube section of ARM PRESS ASSEMBLY (26) as shown in Detail "B".

- Insert a 2" SQUARE PLASTIC CAP (93) into ends of Pec-Deck Arms.

NOTE: WHEN DOING ARM PRESS EXERCISES CHECK TO MAKE SURE THAT EACH OF THE PEC-DECK ARMS IS LOCKED INTO PLACE WITH PEC-DECK LOCK PINS (108).

NOTE: WHEN DOING PEC-DECK EXERCISES CHECK TO MAKE SURE THAT THE CENTER PIN ONLY (ONE PEC-DECK LOCK PIN 108) IS LOCKING THE ARM PRESS ASSEMBLY TO THE L-BRACKET.



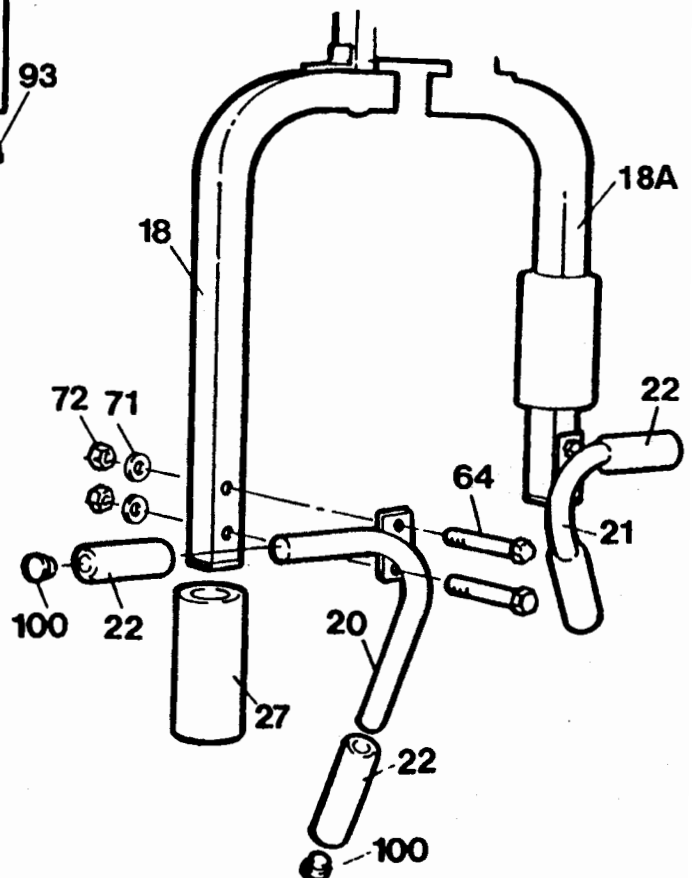
STEP 8 ARM PRESS HANDLES

PART NAME	QTY
64 5/16" X 2 3/4" HEX HEAD BOLT	4
71 5/16" FLAT WASHER	4
72 5/16" NYLON LOCK NUT	4
100 1 1/4" ROUND PLASTIC CAP INSERT	4

- Wipe a small amount of liquid detergent onto lower section of PEC-DECK ARMS (18) and (18A) and press on 3 3/4" X 8" FOAM ROLLERS (27). Position Rollers up about 8 inches from tube end.

- Assemble ARM PRESS HANDLES (20) and (21) to PEC-DECK ARMS (18) and (18A) using 5/16" X 2 3/4" HEX HEAD BOLTS (64), 5/16" FLAT WASHERS (71), and 5/16" NYLON LOCK NUTS (72).

- Cap the ends of handles with 1 1/4" ROUND PLASTIC CAPS (100) and using liquid detergent press 1 1/2" X 5" O.D. FOAM GRIP (22) onto handles.



STEP 9 TOP CABLE ASSEMBLY

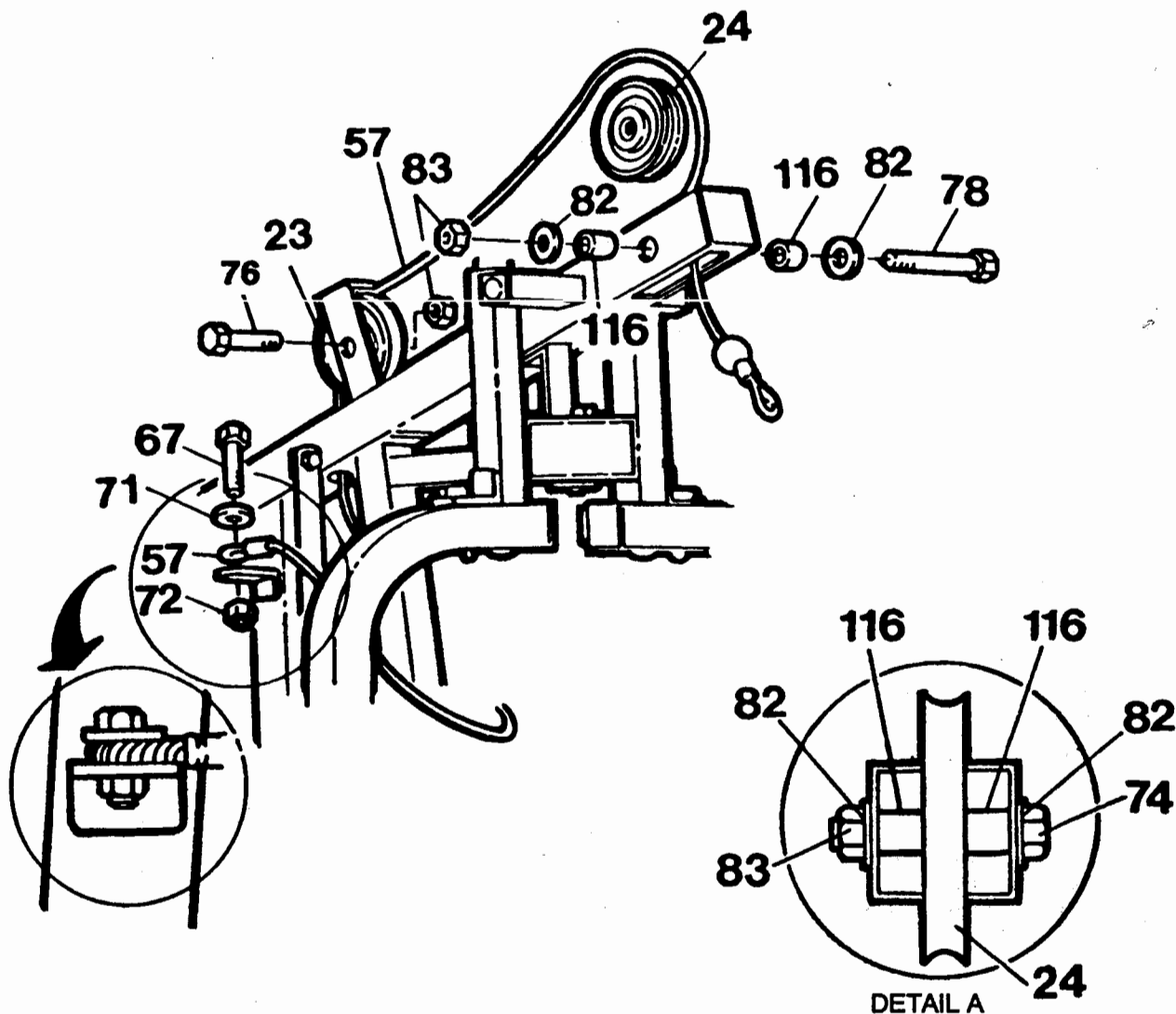
PART NAME	QTY
67 5/16" X 3/4" HEX HEAD BOLT	1
71 5/16" FLAT WASHER	1
72 5/16" NYLON LOCK NUT	1
76 3/8" X 1 3/4" HEX HEAD BOLT	1
78 3/8" X 3 1/4" HEX HEAD BOLT	1
82 3/8" FLAT WASHER	2
83 3/8" NYLON LOCK NUT	2
116 1/2" X 13/16" LONG METAL SPACER	2

Insert PEC-DECK CABLE (57) up through slot in front of TOP FRAME (7) so rubber stop ball is to the front and underneath the Top Frame.

Drape PEC-DECK CABLE (57) over 4 1/2" PULLEY (24) and fit into slot using 3/8" X 3 1/4" HEX HEAD BOLT (78), 3/8" FLAT WASHER (82), and 13/16" METAL SPACER (116). Insert bolt with spacer and washer through frame and pulley then assemble another 13/16" SPACER (116) and 3/8" FLAT WASHER (82) and fasten with 3/8" NYLON LOCK NUT (83). SEE DETAIL A

Insert cable through top bracket on Top Frame and down through access hole in Frame.

Fit cable into a 3 1/2" PULLEY (23) and bolt into top bracket with 3/8" X 1 3/4" HEX HEAD BOLT (76) and 3/8" NYLON LOCK NUT (83).



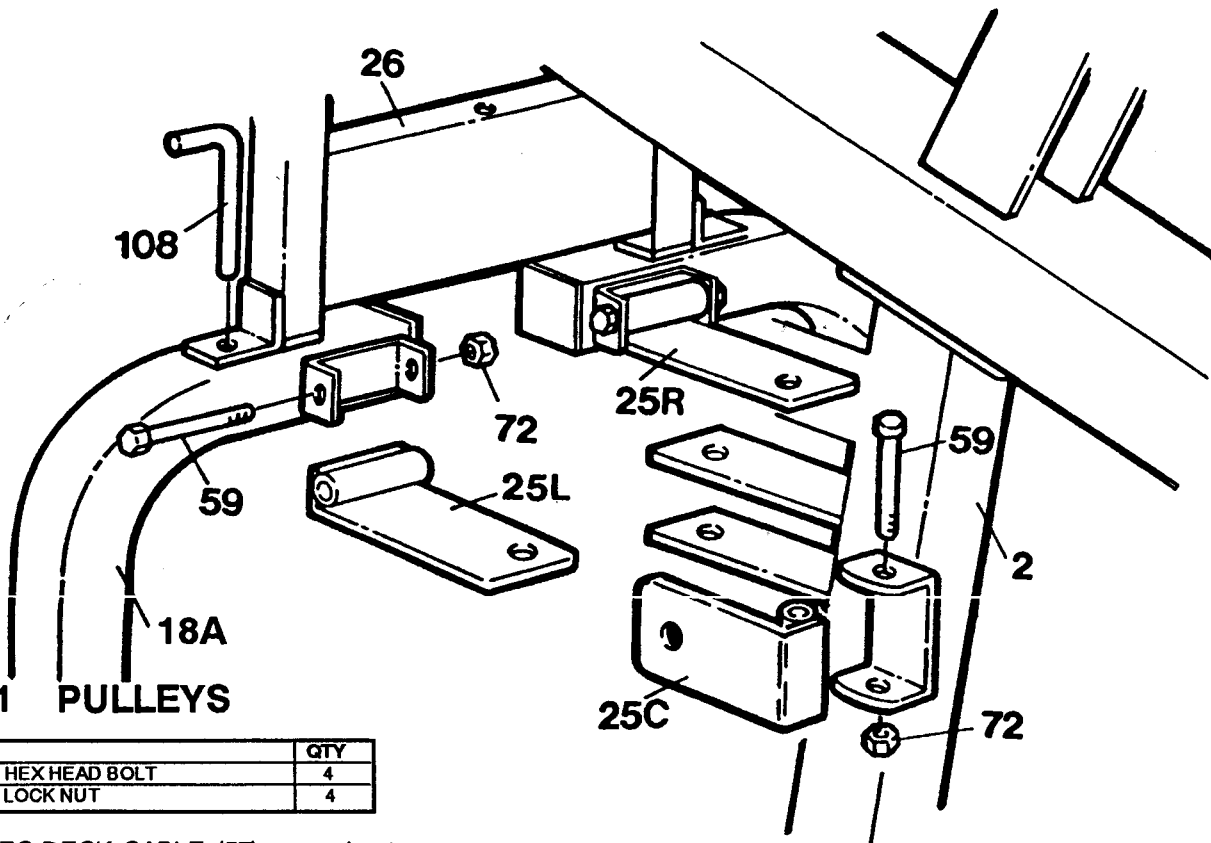
Bring cable around front of ARM PRESS FRAME UPRIGHT (2) and fasten to bracket on side of PEC-DECK UPRIGHT (3) and bolt in place with 5/16" X 3/4" HEX HEAD BOLT (67), 5/16" FLAT WASHER (71), and 5/16" NYLON LOCK NUT (72). SEE DETAIL B

STEP 10 PULLEY BRACKETS

PART NAME	QTY
59 5/16" X 3 1/4" HEX HEAD BOLT	3
72 5/16" NYLON LOCK NUT	3

- Attach PEC-DECK PULLEY BRACKET (25L) and (25R) to PEC-DECK ARMS (18) and (18A) with 5/16" X 3 1/4" HEX HEAD BOLTS (59) and 5/16" LOCK NUT (72). (Bracket 25L has bolt hole off center to the right corner, 25R has hole off center to the left.)

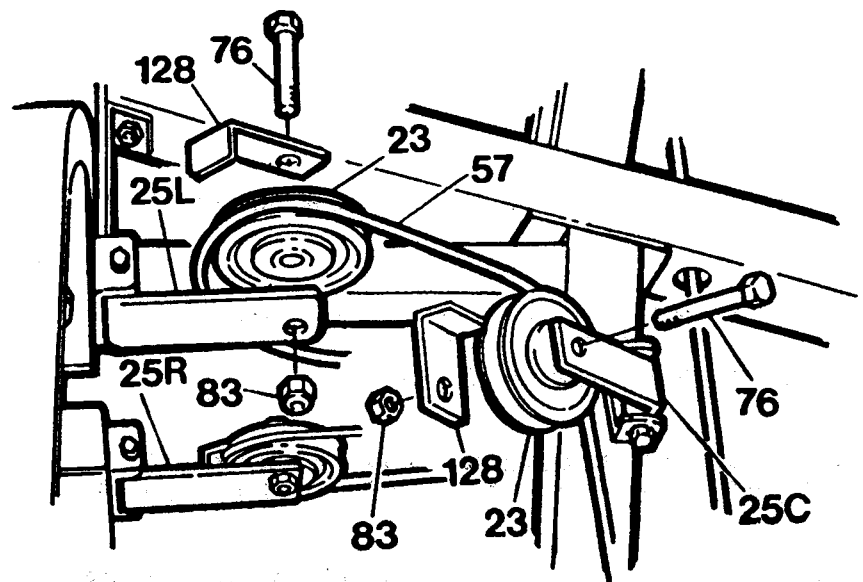
- Mount PULLEY BRACKET (25C) into bracket at top of ARM PRESS FRAME UPRIGHT (2) with 5/16" X 3 1/4" HEX HEAD BOLT (59) and 5/16" LOCK NUT (72). This bracket has bolt hole centered in bracket.)



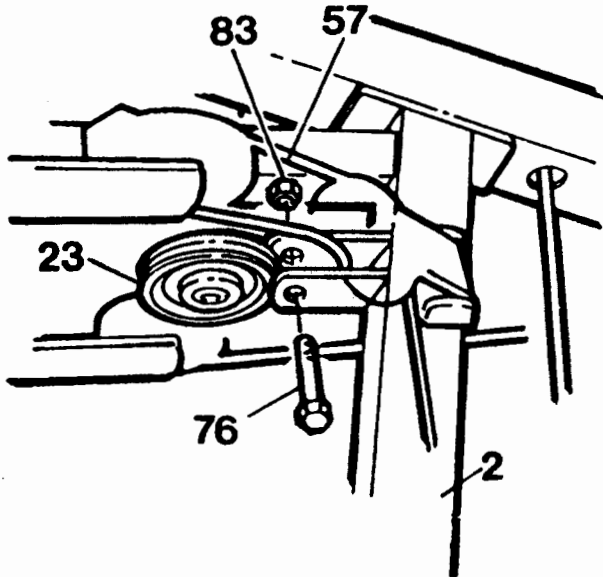
STEP 11 PULLEYS

PART NAME	QTY
76 3/8" X 1 3/4" HEX HEAD BOLT	4
83 3/8" NYLON LOCK NUT	4

- Bring PEC-DECK CABLE (57) up and set into 3 1/2" PULLEY (23) and bolt Pulley onto PULLEY BRACKET (25C) on ARM PRESS UPRIGHT (2).
- Trap cable into Pulley with CABLE TRAP BRACKET (128) and fasten with 3/8" X 1 3/4" HEX HEAD BOLT (76) and 3/8" NYLON LOCK NUT (83).
- Next fasten 3 1/2" PULLEYS (23) to PULLEY BRACKETS (25L) and (25R) while trapping cable into Pulleys with CABLE TRAPS (128).
- Bolt together with 3/8" X 1 3/4" HEX HEAD BOLTS (76) and 3/8" NYLON LOCK NUTS (83).

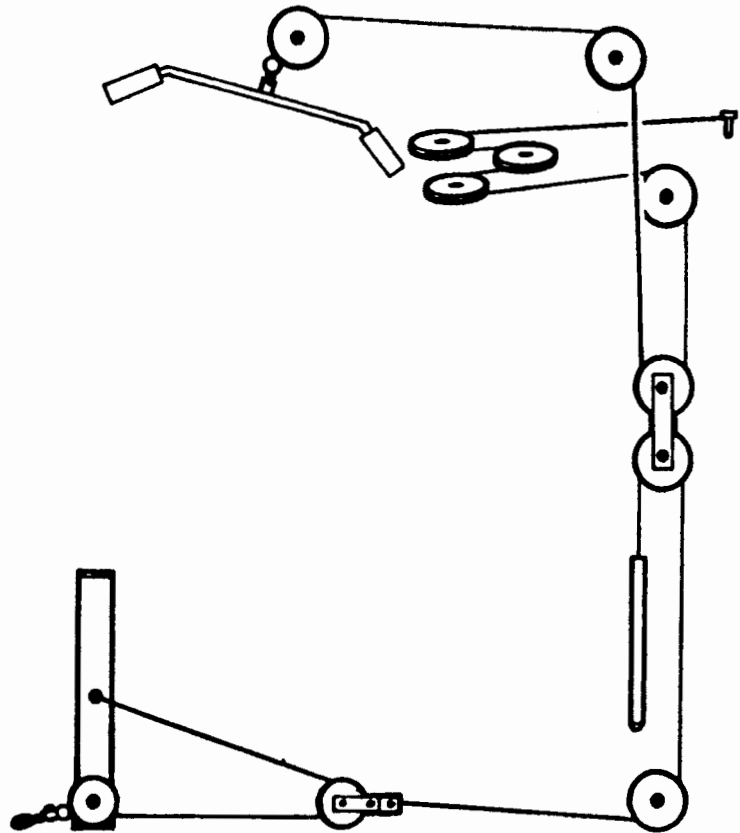


- Into welded brackets on front of ARM PRESS FRAME (2), assemble another 3 1/2" PULLEY (23) trapping cable into Pulley between Pulley and Frame. Bolt with 3/8" X 1 3/4" HEX HEAD BOLT (76) and 3/8" NYLON LOCK NUT (83).



STEP 12 LOWER PULLEYS AND CABLES

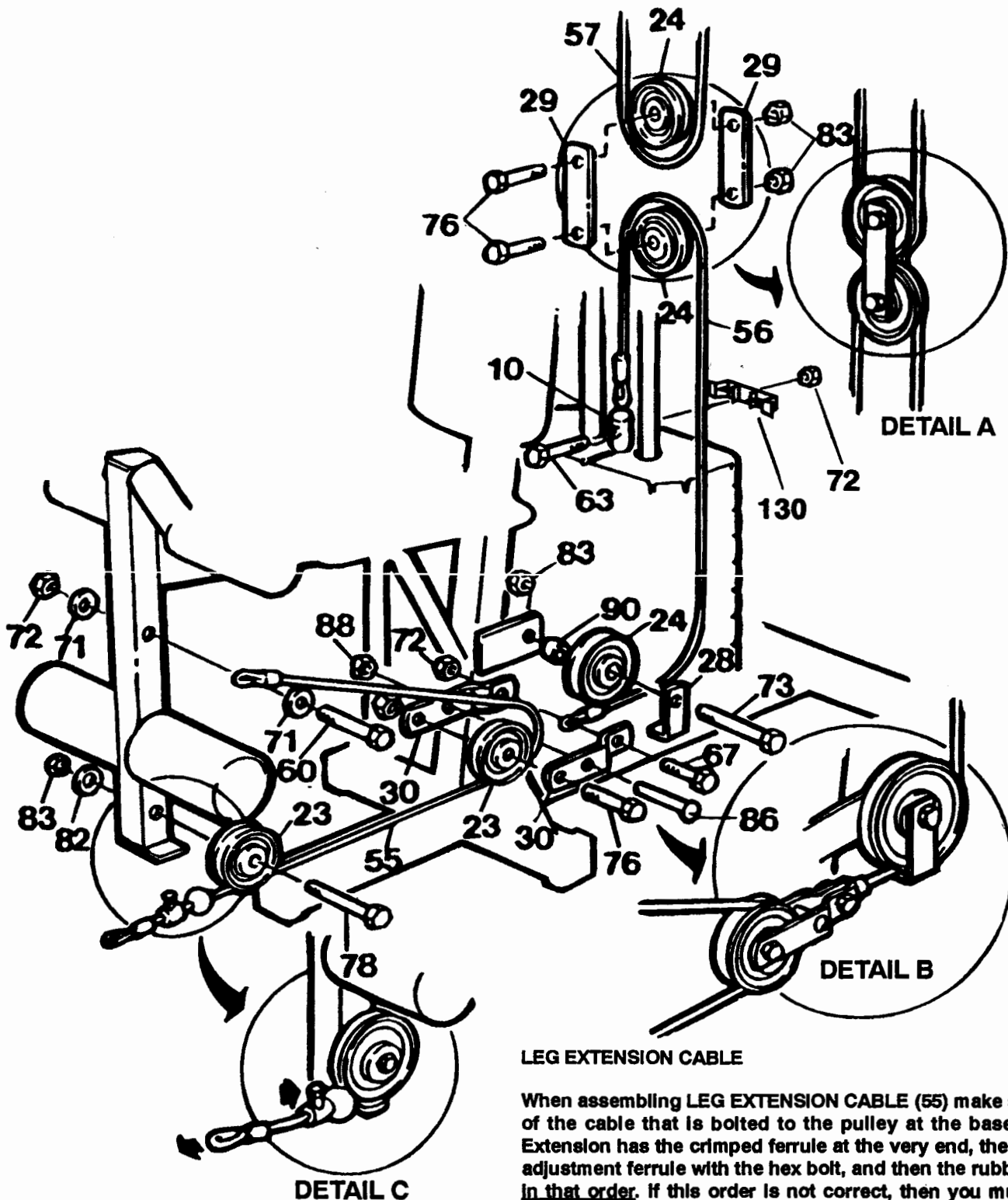
PART NAME	QTY
60 5/16" X 2 1/2" HEX HEAD BOLT	1
63 5/16" X 1 1/2" HEX HEAD BOLT	1
67 5/16" X 3/4" HEX HEAD BOLT	1
71 5/16" FLAT WASHER	2
72 5/16" NYLON LOCK NUT	3
73 3/8" X 2 1/4" HEX HEAD BOLT	1
76 3/8" X 1 3/4" HEX HEAD BOLT	3
78 3/8" X 3 1/4" HEX HEAD BOLT	1
82 3/8" FLAT WASHER	1
83 3/8" NYLON LOCK NUT	5
86 1/4" X 1 3/4" MACHINE SCREW	1
88 1/4" NYLON LOCK NUT	1
90 1/2" X 3/8" LONG METAL SPACER	1



ENTIRE CABLE ROUTING DRAWING

- Insert loop of cable into end of WEIGHT SELECTOR TUBE (10). Fix the cable by inserting a 5/16" X 1 1/2" HEX HEAD BOLT (63) through the tube and loop. Slide the WEIGHT GUIDE BRACKET (130) on the Bolt (as shown) and secure with 5/16" NYLON LOCK NUT (72).
- Bring cable up and make dual pulley assembly as shown in DETAIL A using 4 1/2" PULLEYS (24), PULLEY CONNECTOR PLATES (29), 3/8" X 1 3/4" HEX HEAD BOLTS (76), and 3/8" NYLON LOCK NUTS (83).
- Bring cable down and fit into another 4 1/2" PULLEY (24). Using a 3/8" X 2" HEX HEAD BOLT (73), bolt a 3 1/4" CABLE TRAP (28), the Pulley, and a 3/8" LONG SPACER (90) and assemble to the base bracket on the side of the ARM PRESS FRAME UPRIGHT (2) and secure with 3/8" NYLON LOCK NUT (83).
- Bolt PULLEY TRAP BRACKETS (30) to loop end of WEIGHT STACK CABLE (56) with 5/16" X 3/4" HEX HEAD BOLT (67) and 5/16" NYLON LOCK NUT (72).
- Connect LEG EXTENSION CABLE (55) to upper section of LEG EXTENSION (14) with 5/16" X 2 1/2" HEX HEAD BOLT (60), 5/16" FLAT WASHERS (71), and 5/16" NYLON LOCK NUT (72). MAKE SURE THE CABLE IS TRAPPED BETWEEN THE WASHER AND THE LEG EXTENSION TUBE.
- Bring LEG EXTENSION CABLE (55) rearward and around a 3 1/2" PULLEY (23) and bolt pulley between PULLEY TRAP BRACKETS (30) using a 3/8" X 1 3/4" HEX HEAD BOLT (76) and 3/8" NYLON LOCK NUT (83). SEE DETAIL B
- Assemble a 1/4" X 1 3/4" ROUND HEAD SCREW (86) through brackets behind pulley and fasten with 1/4" NYLON LOCK NUT (88).

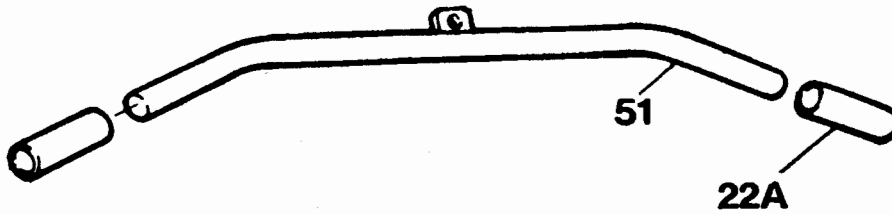
- Take cable forward and assemble it to bottom of leg extension so cable is trapped under a 3 1/2" PULLEY (23). Bolt with 3/8" X 3 1/4" HEX HEAD BOLT (78), 3/8" FLAT WASHER (82), and 3/8" NYLON LOCK NUT (83).
- Checking to see that all cables are seated in pulley grooves, pull LEG EXTENSION CABLE (55) forward so all slack is taken out of cable system. Slide rubber ball stopper back against leg extension and snug cable clamp firmly against stopper and tighten hex bolt to secure. SEE DETAIL C. With use, cables will stretch and you may have to re-set cable to take out any slack that develops.



LEG EXTENSION CABLE

When assembling LEG EXTENSION CABLE (55) make sure the end of the cable that is bolted to the pulley at the base of the Leg Extension has the crimped ferrule at the very end, then the sliding adjustment ferrule with the hex bolt, and then the rubber ball stop, in that order. If this order is not correct, then you must slide the sliding adjustment ferrule and rubber stop to the opposite end. SEE ILLUSTRATION!

THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM

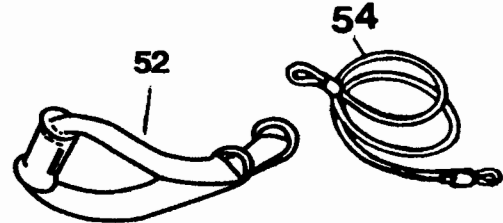


LAT BAR:

- » To LAT BAR (51), slide a PLASTIC GRIP (22A) on each end of Bar
- » To use Lat Bar, connect to Cable at Top Mast Tube with FIREMAN'S LATCH HOOK (111). This Bar is used to do all Lat Pull-Down Exercises.

ANKLE STRAP:

- » Using "S" HOOK (112), ANKLE STRAP (52) is connected to Base Pulley at front of unit.
- » This accessory is used for all Leg Exercises.



DUMBBELL HANDLE:

- » Connect DUMBBELL HANDLE (52) to Base Pulley to perform single Arm Curls, and Side Lateral Raises.
- » Note: Many of the exercises performed with these accessories may need to be connected with the use of the 34" ACCESSORY ROPE (54) as desired to give proper distancing from unit.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

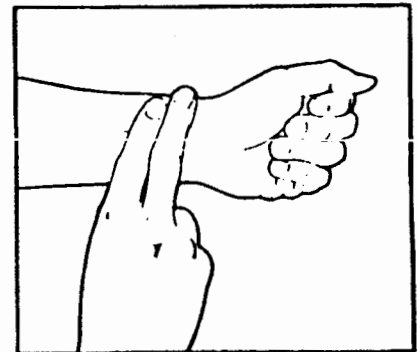
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE BEATS/MIN	CONDITIONED TRAINING ZONE BEATS/MIN
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE BEATS/MIN	CONDITIONED TRAINING ZONE BEATS/MIN
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. **AT REST**, 2. **WARMING-UP**, 3. **TRAINING ZONE EXERCISE**, 4. **COOLING-DOWN**, 5. **AT REST**.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

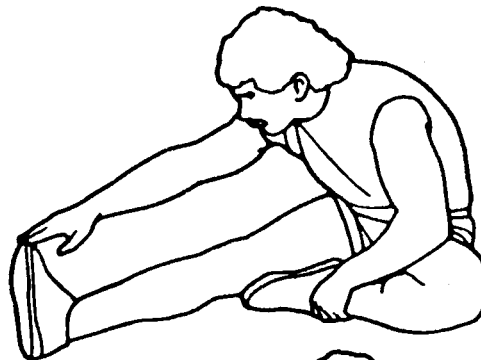
SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward you toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, lower back and groin



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, hip muscles



TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

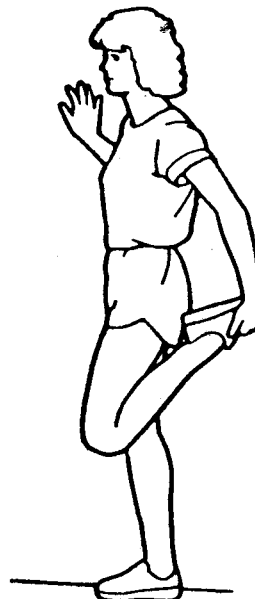
Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles



CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles



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 1-800-667-2140

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER SPORTS EQUIPMENT CO. LTD. 2875 BATES RD. MONTREAL, QUEBEC H3S 1B7. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

MODEL NO. NAME OF PART ORDERING NUMBER UNIT SERIAL NUMBER

WARNING

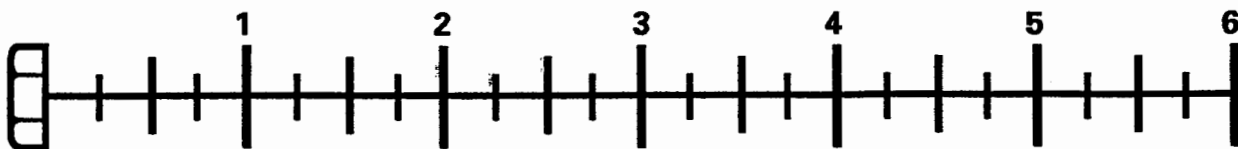
CONSULT YOUR PHYSICIAN

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 WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.



BOLT LENGTH SCALE

weider.

**WEIDER SPORTS EQUIPMENT CO. LTD.
2875 BATES ROAD, MONTREAL, QUEBEC H3S 1B7**