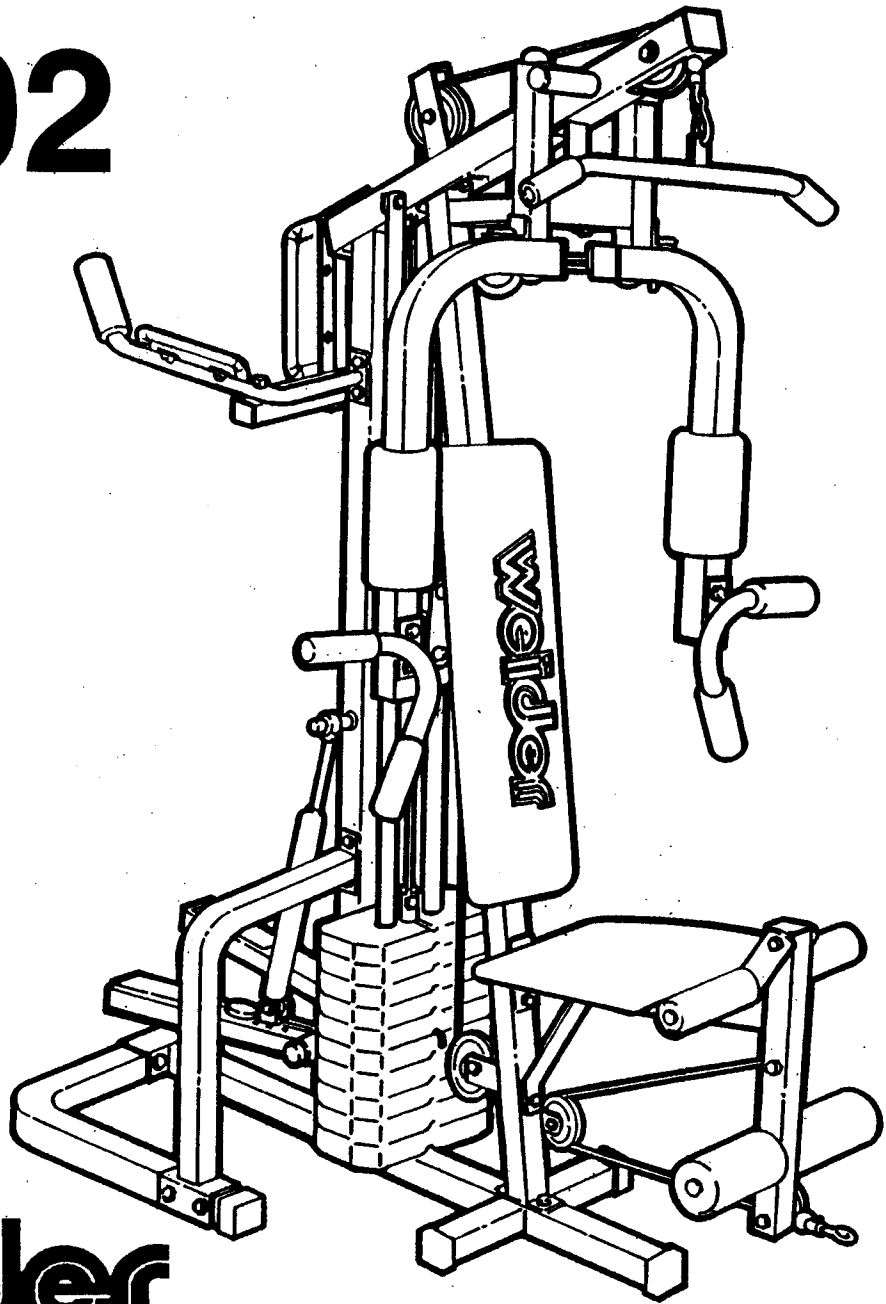


E8002



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.

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

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.

PART LIST E8002

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	BASE FRAME	1	K3128-E31*E31
2	REAR "U" BASE	1	K3129-E31*E31
3	SIDE FRAME	2	K3130-E31*E31
4	ARM PRESS UPRIGHT	1	K1230-E31*E31
5	STEPPER UPRIGHT	1	K1231-E31*E31
6	TOP FRAME	1	K3131-E31*E31
7	SEAT FRAME	1	K3132-E31*E31
8	SEAT BRACKET	1	K6730-E31*E31
9	MOUNTING PLATE	4	K6731-E31*E31
10	GUIDE ROD	2	K6344-E31*E31
11	WEIGHT PLATE 12.5 LBS.	10	KBB-0319*E31
12	WEIGHT SELECTOR TUBE	1	K6345-E31*E31
13	BACKREST	1	K1357-E31*E31
14	SEAT	1	K1358-E31*E31
15	LEG EXTENSION TUBE	1	K3133-E31*E31
17	BACK SUPPORT PAD	1	K1359-E31*E31
18	BACK SUPPORT BRACKET	1	K6732-E31*E31
19	PAD BAR 3/4" X 15 1/2"	2	K6315-E03*E31
20	2 1/4" X 6 1/2" FOAM PAD	2	K0457-E31*E31
21	3" X 6 1/2" FOAM PAD	2	K0458-E31*E31
22	ARM PRESS ASSEMBLY	1	K3134-E31*E31
23	PIVOT TUBE - CHROME PLATED - 1" X 12 1/2"	1	K6346-E31*E31
24	PEC-DECK ARM	2	K3135-E31*E31
25	ARM PRESS HANDLE - RIGHT	1	K3136-E31*E31
26	ARM PRESS HANDLE - LEFT	1	K3137-E31*E31
27	FOAM GRIP - 1 1/4" X 5"	8	K0417-B05*E31
28	PEC-DECK CABLE (132")	1	K6623-E31*E31
29	WEIGHT STACK CABLE (64 1/2")	1	K6624-E31*E31
30	LEG EXTENSION CABLE (55")	1	K6625-E31*E31
31	4 1/2" PULLEY	5	AA-8154*E31
32	PEC-DECK PULLEY BRACKET (LONG)	2	K6732-E31*E31
33	3 1/2" PULLEY	5	AA-8155*E31
34	CABLE TRAP BRKT FOR 3 1/2" PULLEY - 2 3/4" LONG	3	K6735-E31*E31
35	PULLEY CONNECTOR PLATE	2	K6736-E31*E31
36	CABLE TRAP BRKT FOR 4 1/2" PULLEY - 3 1/4" LONG	1	K6734-E31*E31
37	BENT PULLEY TRAP BRACKET	2	K6737-E31*E31
38	ARM REST PAD	2	K1360-E31*E31
39	AB FLEX ARM (RIGHT)	1	K6819-E31*E31
40	AB FLEX ARM (LEFT)	1	K6820-E31*E31
41	AB FLEX ARM CONNECTOR TUBE	1	K6936-E31*E31
42	PEDAL ROCKER ARM	1	K6997-E31*E31
43	LEFT PEDAL	1	K6938-E31*E31

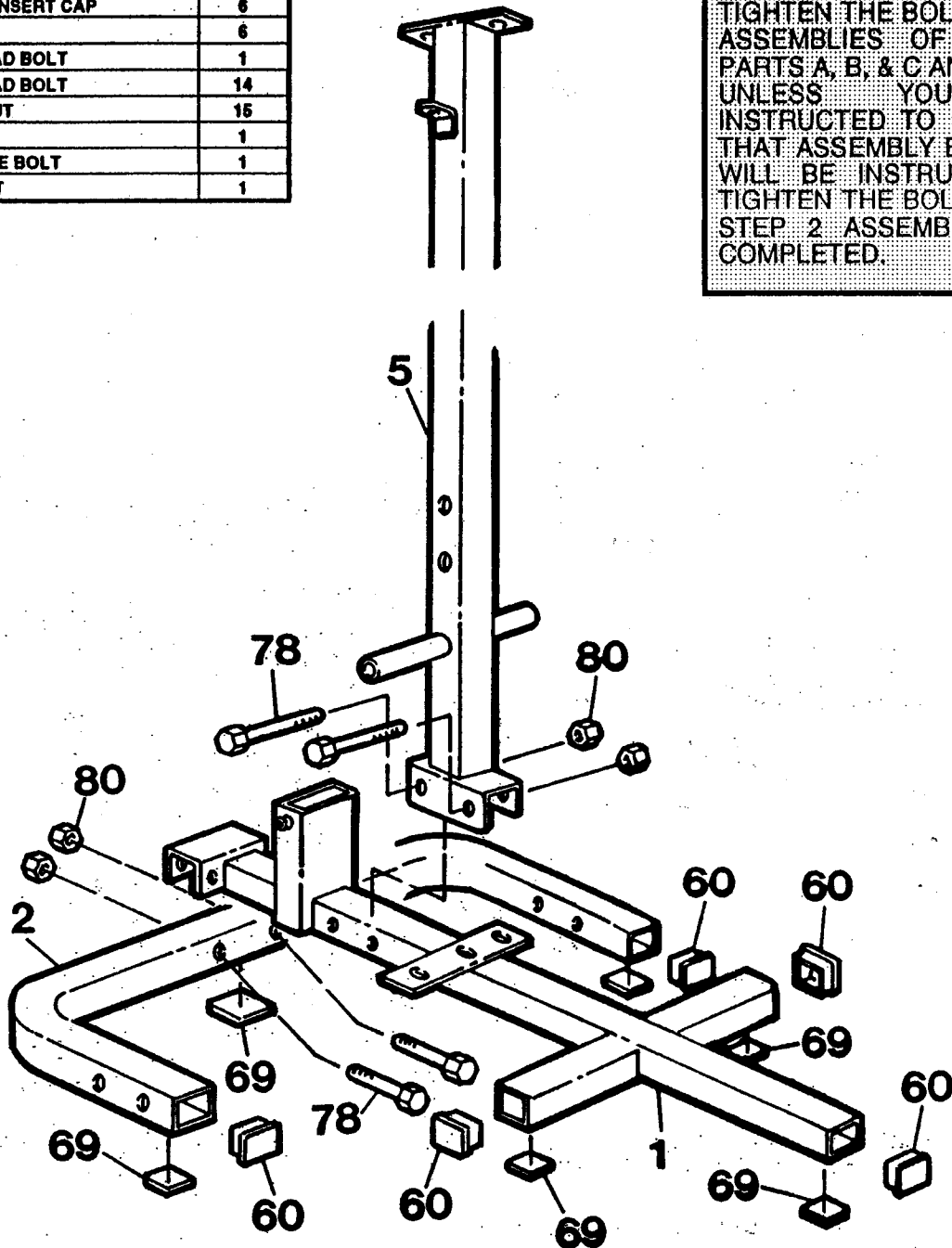
PART LIST E8002

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
44	RIGHT PEDAL	1	K6939-E31*E31
45	RESISTANCE CYLINDER	2	ZZ-0003*E31
46	SLIDE ADJUSTMENT BRACKET (PRE-ASSEMBLED)	2	K6738-E31*E31
48	RESISTANCE CYLINDER MOUNTING BRKT (PRE-ASSY)	2	K6739-E31*E31
49	NON-SLIP FOOT STRIPS	2	AA-8157*E31
50	BACKING PLATE / SEAT FRAME	1	K6740-E31*E31
51	PEC-DECK PULLEY BRACKET (SHORT)	1	K6733-E31*E31
52	2 1/2" PULLEY	1	AA-8155*E31
60	2" SQUARE PLASTIC CAP	8	AA-8002*E31
62	3/4" ROUND PLASTIC CAP	4	AA-8004*E31
63	1 3/4" SQUARE PLASTIC INSERT CAP	1	AA-8006*E31
64	1" ROUND PLASTIC INSERT CAP	12	AA-8005*E31
65	1" ROUND CAP FASTENER	2	HH-5348*E31
66	1 1/2" SQUARE PLASTIC INSERT CAP	4	AA-8001*E31
67	5/8" I.D. CAP FASTENER	2	HH-5357*E31
68	1 1/2" O.D. LARGE WASHER	2	HH-5319*E31
69	RUBBER PADS WITH ADHESIVE BACKS	6	AA-8158*E31
70	5/16" X 3/4" HEX HEAD BOLT	3	HH-5245*E31
71	5/16" X 1" HEX HEAD BOLT	2	HH-5332*E31
73	5/16" X 1 1/2" HEX HEAD BOLT	5	HH-5312*E31
74	5/16" X 1 3/4" HEX HEAD BOLT	2	HH-5301*E31
76	5/16" X 2 1/4" HEX HEAD BOLT	6	HH-5323*E31
77	5/16" X 2 1/2" HEX HEAD BOLT	5	HH-5053*E31
78	5/16" X 2 3/4" HEX HEAD BOLT	21	HH-5058*E31
79	5/16" X 3 1/4" HEX HEAD BOLT	2	HH-5297*E31
80	5/16" NYLON LOCK NUT	44	HH-5012*E31
81	5/16" FLAT WASHER	18	HH-5127*E31
82	1/4" X 2 1/2" CARRIAGE BOLT	4	HH-5333*E31
83	1/4" X 1/2" HEX HEAD BOLT (PRE-ASSY)	18	HH-5025*E31
84	1/4" FLAT WASHER	3	HH-5048*E31
85	1/4" NYLON LOCK NUT	4	HH-5011*E31
86	3/8" X 1 1/2" HEX HEAD BOLT	3	HH-5068*E31
87	3/8" X 1 3/4" HEX HEAD BOLT	4	HH-5308*E31
88	3/8" X 2 1/4" HEX HEAD BOLT	1	HH-5061*E31
90	3/8" X 2 3/4" HEX HEAD BOLT	2	HH-5238*E31
91	3/8" NYLON LOCK NUT	14	HH-5088*E31
92	5/16" X 5/8" SPACER	1	HH-5362*E31
93	3/8" FLAT WASHER	20	HH-5265*E31
95	3/8" X 5/8" SPACER	2	HH-5327*E31

STEP 1 PART A BASE AND FRAME UPRIGHT ASSEMBLY

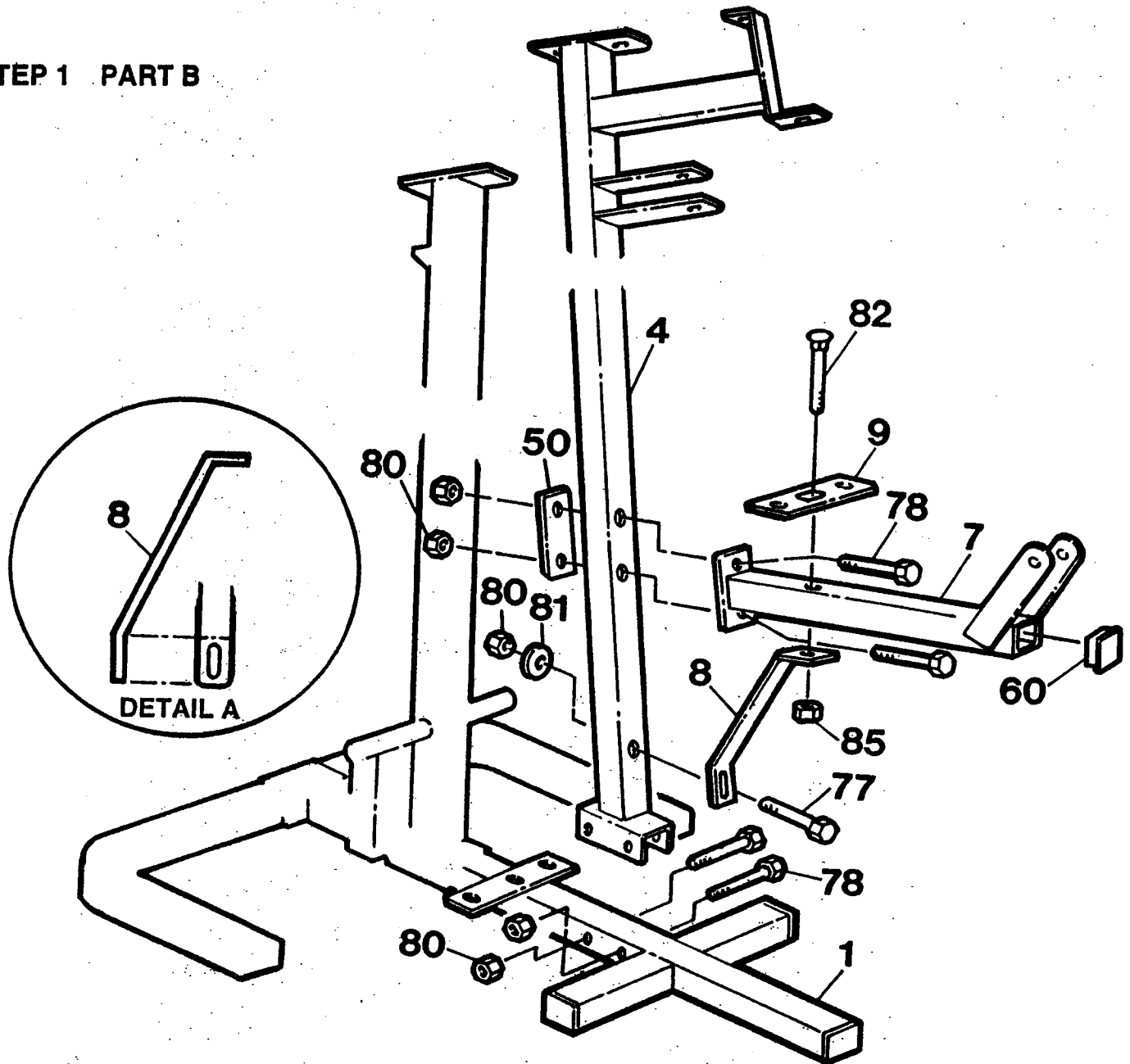
PART NAME	QTY
60 2" SQUARE PLASTIC INSERT CAP	6
69 RUBBER PADS	6
77 5/16" X 2 1/2" HEX HEAD BOLT	1
78 5/16" X 2 3/4" HEX HEAD BOLT	14
80 5/16" NYLON LOCK NUT	15
81 5/16" FLAT WASHER	1
82 1/4" X 2 1/2" CARRIAGE BOLT	1
85 1/4" NYLON LOCK NUT	1

CAUTION: DO NOT TIGHTEN THE BOLTS IN THE ASSEMBLIES OF STEP 1 PARTS A, B, & C 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 FRAME (1) and REAR "U" BASE (2) with 2" SQUARE PLASTICS CAPS (60). Pull backing from RUBBER PADS (69) and apply to the six points illustrated in drawing. It is important that these pads be correctly placed in the areas shown.
- Assemble BASE FRAME (1) to REAR "U" BASE (2) using 5/16" X 2 3/4" HEX HEAD BOLTS (78) and 5/16" NYLON LOCK NUTS (80).
- Assemble STEPPER UPRIGHT (5) to the rear portion of BASE FRAME (1) in front of welded stepper foundation. Note that STEPPER UPRIGHT (5) must be positioned so that the L-bracket welded to the top end of the piece must be on the left-side as you face the unit from the front. Secure with 5/16" X 2 3/4" HEX HEAD BOLTS (78) and 5/16" NYLON LOCK NUTS (80).

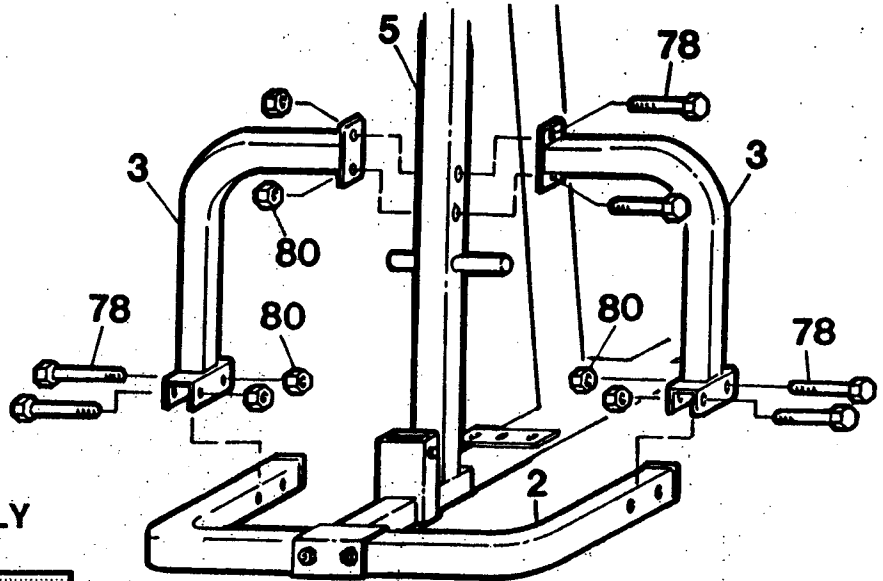
STEP 1 PART B



- Assemble **ARM PRESS UPRIGHT (4)** to front portion of **BASE FRAME (1)** behind cross tubes. Secure with **5/16" X 2 3/4" HEX HEAD BOLTS (78)** and **5/16" NYLON LOCK NUTS (80)**.
- NOTE:** Before assembling **SEAT BRACKET (8)** take note of **Illustration "A"** and the correct position of the bracket with reference to the angle bends. Notice that one end has a hole and the opposite end has a slot. The end with the slot is bolted to the Arm Press Upright. The end with the hole is bolted to the Seat Frame.
- Attach **SEAT BRACKET (8)** to rear hole in **SEAT FRAME (7)** by bolting **1/4" X 2 1/2" CARRIAGE BOLT (82)** through **MOUNTING PLATE (9)**, **SEAT FRAME (7)**, and **SEAT BRACKET (8)**. Secure with **1/4" NYLON LOCK NUT (85)**. Finger tighten only. Leave all of the Seat Frame bolts fairly loose until all assemblies are made to this portion.
- Cap the end of **SEAT FRAME (7)** with **2" SQUARE PLASTIC INSERT CAP (60)**. Attach **SEAT FRAME (7)** and **BACKING PLATE (50)** to **ARM PRESS UPRIGHT (4)** using **5/16" X 2 3/4" HEX HEAD BOLTS (78)**, and **5/16" NYLON LOCK NUTS (80)**.
- Attach **SEAT BRACKET (8)** to **ARM PRESS UPRIGHT (4)** using **5/16" X 2 1/2" HEX HEAD BOLT (77)**, **5/16" FLAT WASHER (81)**, and **5/16" NYLON LOCK NUT (80)**. Tighten this bolt.

STEP 1 PART C

- Assemble each **SIDE FRAME (3)** to **REAR "U" BASE (2)** using **5/16" X 2 3/4" HEX HEAD BOLTS (78)** and **5/16" NYLON LOCK NUTS (80)**.
- Assemble **SIDE FRAMES (3)** to **STEPPER UPRIGHT (5)** using **5/16" X 2 3/4" HEX HEAD BOLTS (78)** and **5/16" NYLON LOCK NUTS (80)**.



STEP 2 TOP FRAME ASSEMBLY

PART NAME	QTY
60 2" SQUARE PLASTIC CAP	2
70 5/16" X 3/4" HEX HEAD BOLT	1
77 5/16" X 2 1/2" HEX HEAD BOLT	1
78 5/16" X 2 3/4" HEX HEAD BOLT	4
80 5/16" NYLON LOCK NUT	6
81 5/16" FLAT WASHER	3
83 1/4" X 1/2" HEX HEAD BOLT (PRE-ASSEMBLED)	2

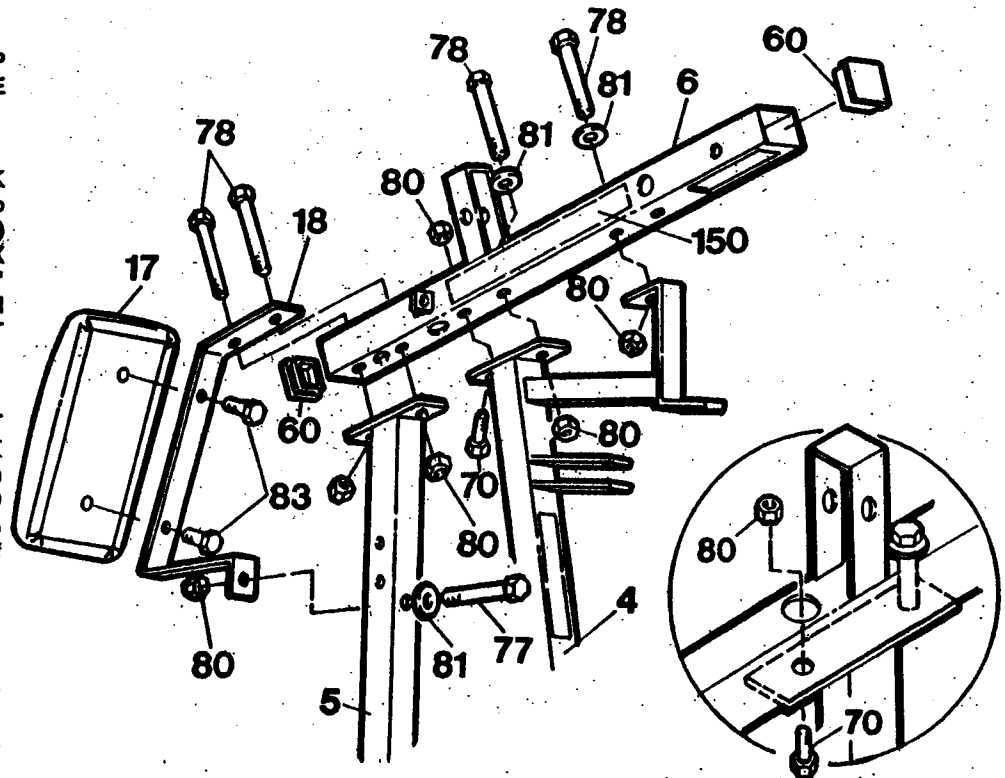
- Attach **BACK SUPPORT BRACKET (18)** and **TOP FRAME (6)** to **STEPPER UPRIGHT (5)** using **5/16" X 2 3/4" HEX HEAD BOLTS (78)**, and **5/16" NYLON LOCK NUTS (80)**. Finger tighten only!
- Assemble **TOP FRAME (6)** to bracket extension on the front of **ARM PRESS UPRIGHT (4)** using **5/16" X 2 3/4" HEX HEAD BOLT (78)**, **5/16" FLAT WASHER (81)**, and **5/16" NYLON LOCK NUTS (80)**. Finger tighten only!

- To the front hole in the flat bracket on top of **ARM PRESS UPRIGHT (4)** assemble to **TOP FRAME (6)** with another **5/16" X 2 3/4" HEX HEAD BOLT (78)**, **5/16" FLAT WASHER (81)**, and **5/16" NYLON LOCK NUT (80)**. Finger tighten only!
- Assemble **TOP FRAME (6)** to back of bracket by inserting **5/16" NYLON LOCK NUT (80)** through cable access hole in top of **TOP FRAME (6)**. Assemble **5/16" X 3/4" HEX HEAD BOLT (70)** through underside into bracket and tightening into Lock Nut. **DETAIL "A"**

- Cap each end of **TOP FRAME (6)** with **2" SQUARE PLASTIC CAP (60)**.
- Attach bottom of **BACK SUPPORT BRACKET (18)** to **STEPPER UPRIGHT (5)** using **5/16" X 2 1/2" HEX HEAD BOLT (77)**, **5/16" FLAT WASHER (81)**, and **5/16" NYLON LOCK NUT (80)**.

- Assemble **BACK SUPPORT PAD (17)** to **BACK SUPPORT BRACKET (18)** using **1/4" X 1/2" HEX HEAD BOLTS (83)** that were pre-assembled into back of Pad.

- Remove **MASTER CROSS TRAINER DECAL (150)** from backing and affix to side of Top Frame between welded bracket and large diameter hole.



DETAIL A

- Now take the time to check alignment and tighten all bolts in Step 1 and Step 2 that were left untightened.

STEP 3 WEIGHT STACK ASSEMBLY

PART NAME	QTY
74 5/16" X 1 3/4" HEX HEAD BOLT	2
80 5/16" NYLON LOCK NUT	2
81 5/16" FLAT WASHER	2
100 3/8" WEIGHT SELECTOR PIN	1
101 RUBBER BUMPER WASHERS	2
102 WEIGHT SELECTOR TUBE END CAP	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 (101)** atop the guide rod locating bracket on the **BASE FRAME (1)**.

With the aid of your helper, begin stacking the **WEIGHT PLATES (11)** atop the Guide Bracket on **BASE FRAME (1)**.

Stack weights one at a time until all but one are stacked on the base.

After inserting **WEIGHT SELECTOR TUBE END CAP (102)** into bottom end of **WEIGHT SELECTOR TUBE (12)**, insert Selector Tube into the center hole through the stack of weight plates and align the pre-assembled roll pin of the Selector plate with the groove in the top of the weight plate.

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

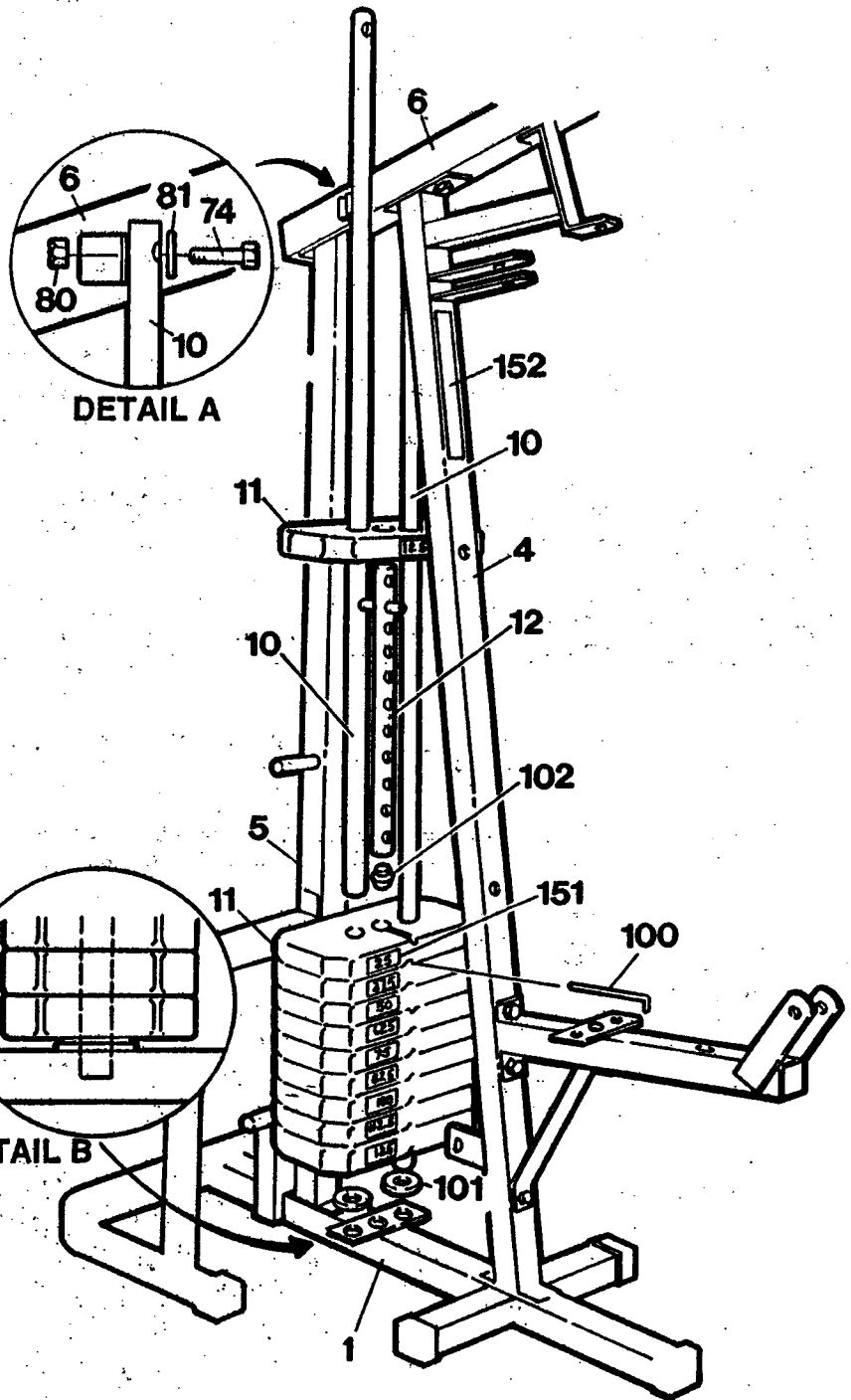
When Weight Selector Tube has been inserted fully into weight stack, position the final weight plate over the selector tube atop the stack.

Finally, with bolt holes of **GUIDE RODS (10)** to the top, insert into the Weight Stack and bolt to the front side of the welded bracket on **TOP FRAME (6)** using **5/16" x 1 3/4" HEX HEAD BOLTS (74)**, **5/16" FLAT WASHERS (81)**, and **5/16" NYLON LOCK NUTS (80)**. (SEE **DETAIL "A"** and **"B"**)

Remove **WEIGHT PLATE DECALS (151)** 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 (100)** into Weight Stack at a low setting to aid in future cable assembly.

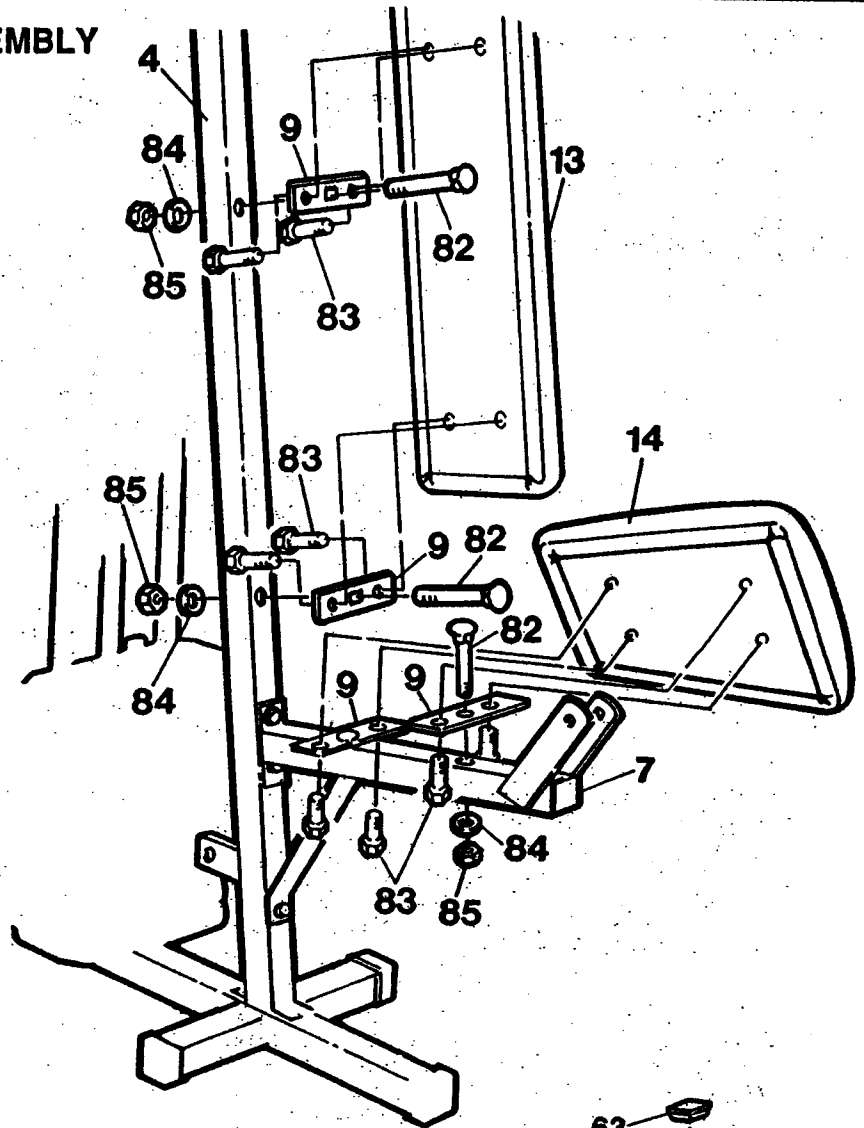
Remove **STATION ONE DECAL (152)** from backing sheet and affix it to front side of **ARM PRESS UPRIGHT (4)** about 4 inches below welded brackets.



STEP 4 SEAT & BACKREST ASSEMBLY

PART NAME	QTY
82 1/4" X 2 1/2" CARRIAGE BOLT	3
83 1/4" X 1/2" HEX HEAD BOLT	8
84 1/4" FLAT WASHER	3
85 1/4" NYLON LOCK NUT	3

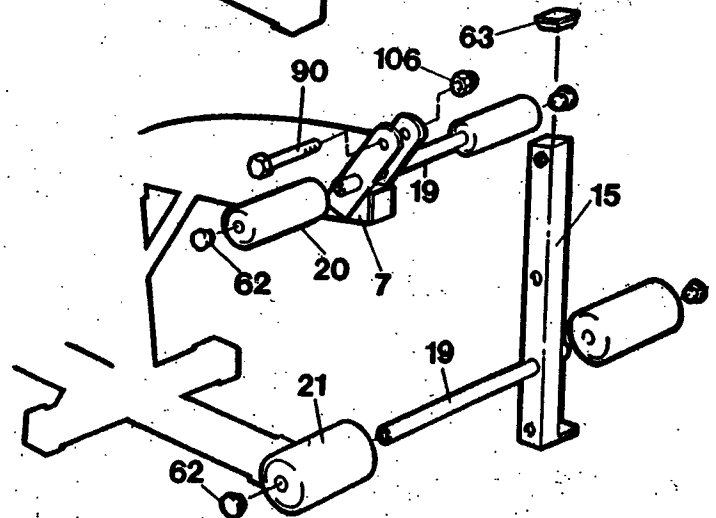
- Using a 1/4" X 2 1/2" CARRIAGE BOLT (82) attach a MOUNTING PLATE (9) to the front section of the SEAT FRAME (7). Secure with 1/4" FLAT WASHER (84) and 1/4" NYLON LOCK NUT (85). To help in this assembly, Do Not Tighten CARRIAGE BOLT (82) completely until the Seat is assembled.
- Attach the SEAT (14) to Mounting Plates with 1/4" X 1/2" HEX HEAD BOLTS (83) that were pre-assembled into back of seat and tighten all seat bolts that were previously left untightened.
- Attach two more MOUNTING PLATES (9) to the ARM PRESS UPRIGHT (4) with 1/4" X 2 1/2" CARRIAGE BOLTS (82), 1/4" FLAT WASHERS (84), and 1/4" NYLON LOCK NUTS (85). Again Do Not Tighten CARRIAGE BOLTS (82) until BACKREST (13) is attached.
- To Mounting Plates on Arm Press Upright attach BACKREST (13) using 1/4" X 1/2" HEX HEAD BOLTS (83) that were pre-assembled into back of Backrest and tighten all Backrest bolts that were previously left untightened.



STEP 5 LEG EXTENSION

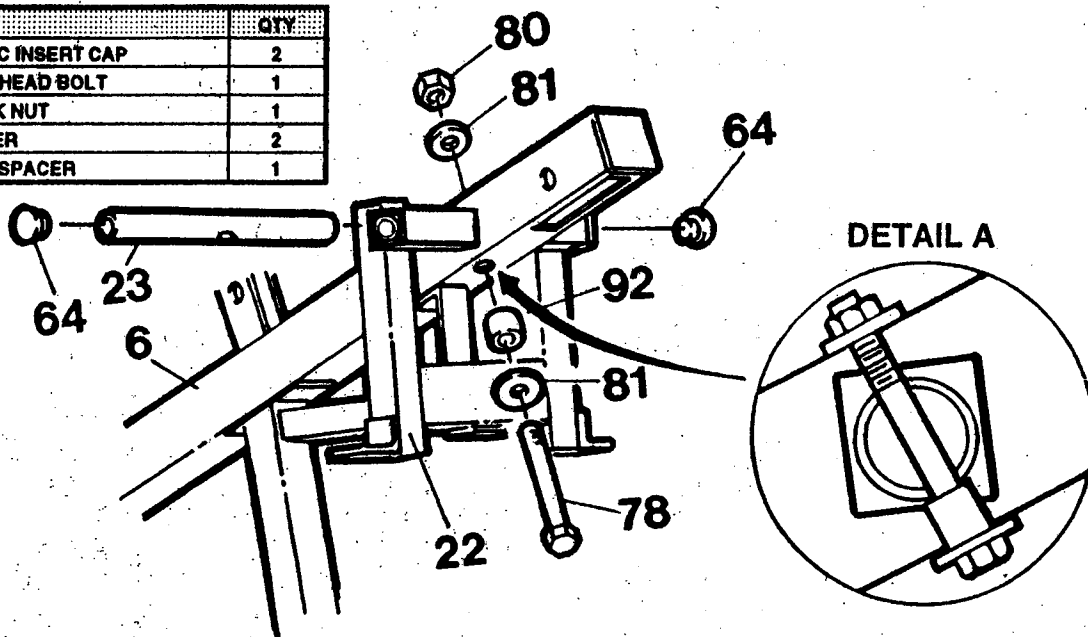
PART NAME	QTY
62 3/4" ROUND PLASTIC CAP	4
63 1 3/4" SQUARE PLASTIC INSERT CAP	1
90 3/8" X 2 3/4" HEX HEAD BOLT	1
106 3/8" ACORN NUT	1

- Assemble LEG EXTENSION TUBE (15) into brackets of SEAT FRAME (7) with 3/8" X 2 3/4" HEX HEAD BOLT (90) and 3/8" ACORN NUT (106). Cap top of Leg Extension Tube with 1 3/4" SQUARE PLASTIC INSERT CAP (63).
- Press 3/4" ROUND PLASTIC CAPS (62) into ends of PAD BARS 3/4" X 15 1/2" (19).
- To each Pad Bar wipe a small amount of liquid dish detergent along the length of the bar. This helps in the assembly of the Foam Pads. When the detergent dries, it will act as an adhesive.
- To one Pad Bar press on one 2 1/4" X 6 1/2" FOAM PAD (20) and to the other Pad Bar press on one 3" X 6 1/2" FOAM PAD (21).
- Insert Pad Bar with 2 1/4" X 6 1/2" Foam pad into brackets on SEAT FRAME (7) and assemble on another 2 1/4" X 6 1/2" FOAM PAD (20).
- Assemble the other Pad Bar with 3" X 6 1/2" Foam Pad into lower section of the LEG EXTENSION TUBE (15) and press on another 3" X 6 1/2" FOAM PAD (21).



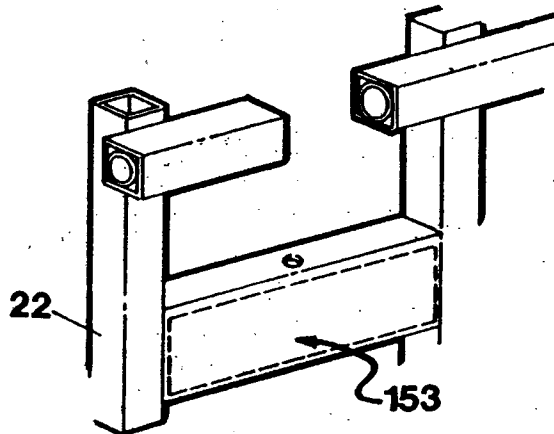
STEP 6 ARM PRESS ASSEMBLY

PART NAME	QTY
64 1" ROUND PLASTIC INSERT CAP	2
78 5/16" X 2 3/4" HEX HEAD BOLT	1
80 5/16" NYLON LOCK NUT	1
81 5/16" FLAT WASHER	2
92 5/16" X 5/8" LONG SPACER	1



- Align ARM PRESS ASSEMBLY (22) with the larger second hole from the front of the TOP FRAME (6) and insert CHROME PLATED 1" X 12 1/2" PIVOT TUBE (23) through ARM PRESS ASSEMBLY (22) and TOP FRAME (6). The Pivot Tube may require the use of a hammer to tap it through since this is a tight fit. The use of a buffer such as a small thin board is suggested to keep from damaging the Tube.

- Rotate Pivot Tube until bolt holes align and assemble a 5/16" FLAT WASHER (81) and 5/16" X 5/8" LONG SPACER (92) onto a 5/16" X 2 3/4" HEX HEAD BOLT (78) and insert from the bottom up through Top Frame and attach with another 5/16" FLAT WASHER (81) and 5/16" NYLON LOCK NUT (80). (SEE DETAIL "A")



- Press a 1" ROUND PLASTIC INSERT CAP (64) into each end of CHROME PLATED PIVOT TUBE (23).
- Remove POWER STACK DECAL (153) from backing and adhere it onto ARM PRESS ASSEMBLY (22) in position shown.

STEP 7 PEC-DECK ARMS

PART NAME	QTY
64 1" ROUND PLASTIC INSERT CAP	4
68 1 1/2" SQUARE PLASTIC CAP	4
68 1 1/2" O.D. FLAT WASHER	2
73 5/16" X 1 1/2" HEX HEAD BOLT	2
80 5/16" NYLON LOCK NUT	2
103 5/16" X 3 1/2" PEC-DECK LOCK PIN	2
107 1" SQUARE END BUSHING	4

- Assemble 1" SQUARE END BUSHINGS (107) into each end of vertical tubes on ARM PRESS ASSEMBLY (22)

- Insert PEC-DECK ARM (24) pivot tube into ARM PRESS ASSEMBLY (22) and place a large 1 1/2" O.D. FLAT WASHER (68) over Pivot Tube. (SEE DETAIL "A")

- Secure each Pec-Deck Arm in place by bolting through top of Pivot Tubes with 5/16" X 1 1/2" HEX HEAD BOLT (73) and 5/16" NYLON LOCK NUT (80).

- Cap bottom of Pivot Tube with a 1" ROUND PLASTIC INSERT CAP (64).

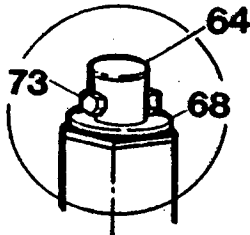
- Pin Pec-Deck Arms from pivoting by inserting 5/16" X 3 1/2" PEC-DECK LOCK PINS (103) down through brackets on sides of ARM PRESS ASSEMBLY (22) and through pin holes in arms.

- When doing Butterfly Exercises, a PEC-DECK LOCK PIN (103) should be inserted down through the center tube section of ARM PRESS ASSEMBLY (22) as shown in DETAIL "B".

- Press 1 1/2" SQUARE PLASTIC CAPS (66) 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 THE PEC-DECK LOCK PINS.

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



DETAIL A

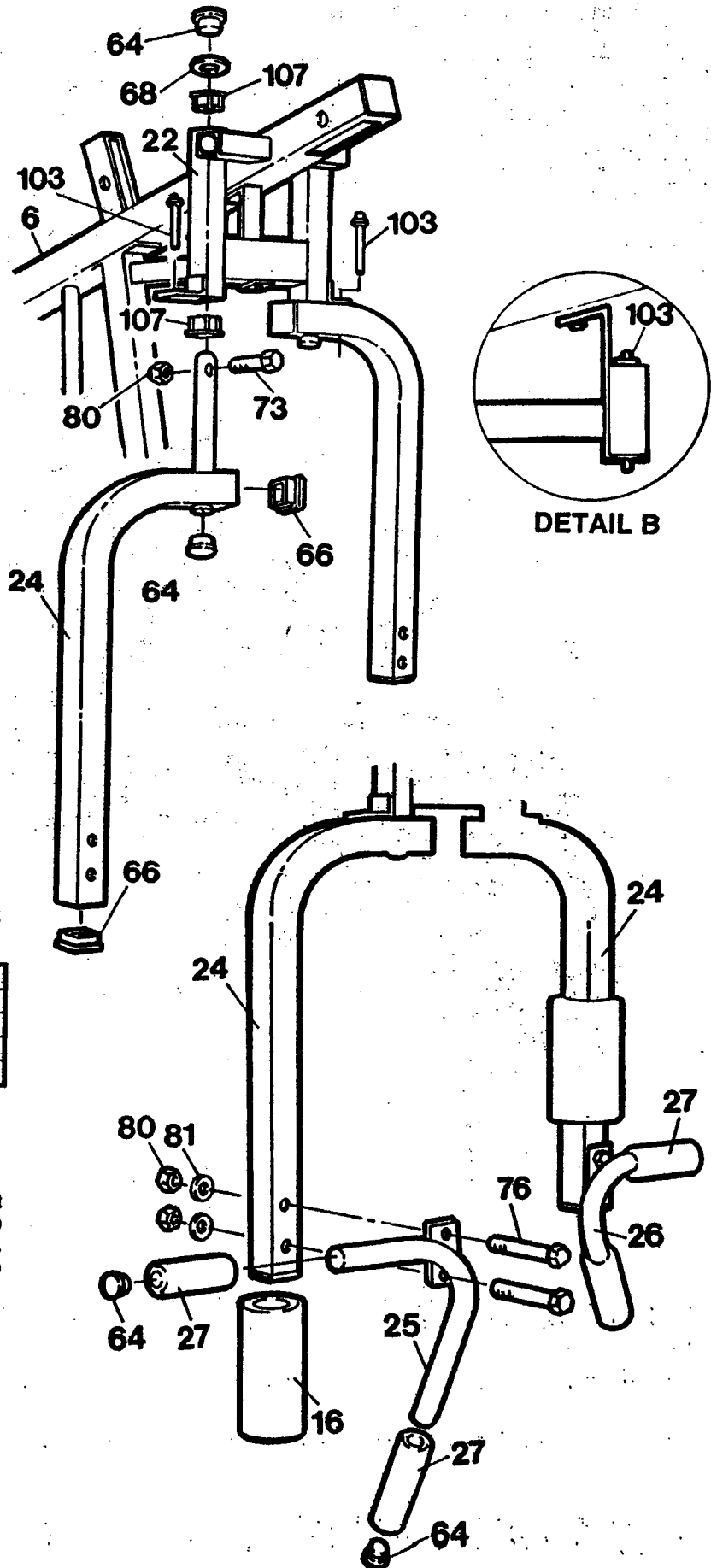
STEP 8 ARM PRESS HANDLES

PART NAME	QTY
64 1" ROUND PLASTIC INSERT CAP	4
76 5/16" X 2 1/4" HEX HEAD BOLT	4
80 5/16" NYLON LOCK NUT	4
81 5/16" FLAT WASHER	4

- Wipe a small amount of liquid dish detergent onto lower section of PEC-DECK ARMS (24) and slide on a 3" X 5 1/2" FOAM ROLLER (16). Position Rollers up about 8 inches from the tube end.

- Assemble ARM PRESS HANDLES (25) and (26) to PEC-DECK ARMS (24) using 5/16" X 2 1/4" HEX HEAD BOLTS (76), 5/16" FLAT WASHERS (81), and 5/16" NYLON LOCK NUTS (80).

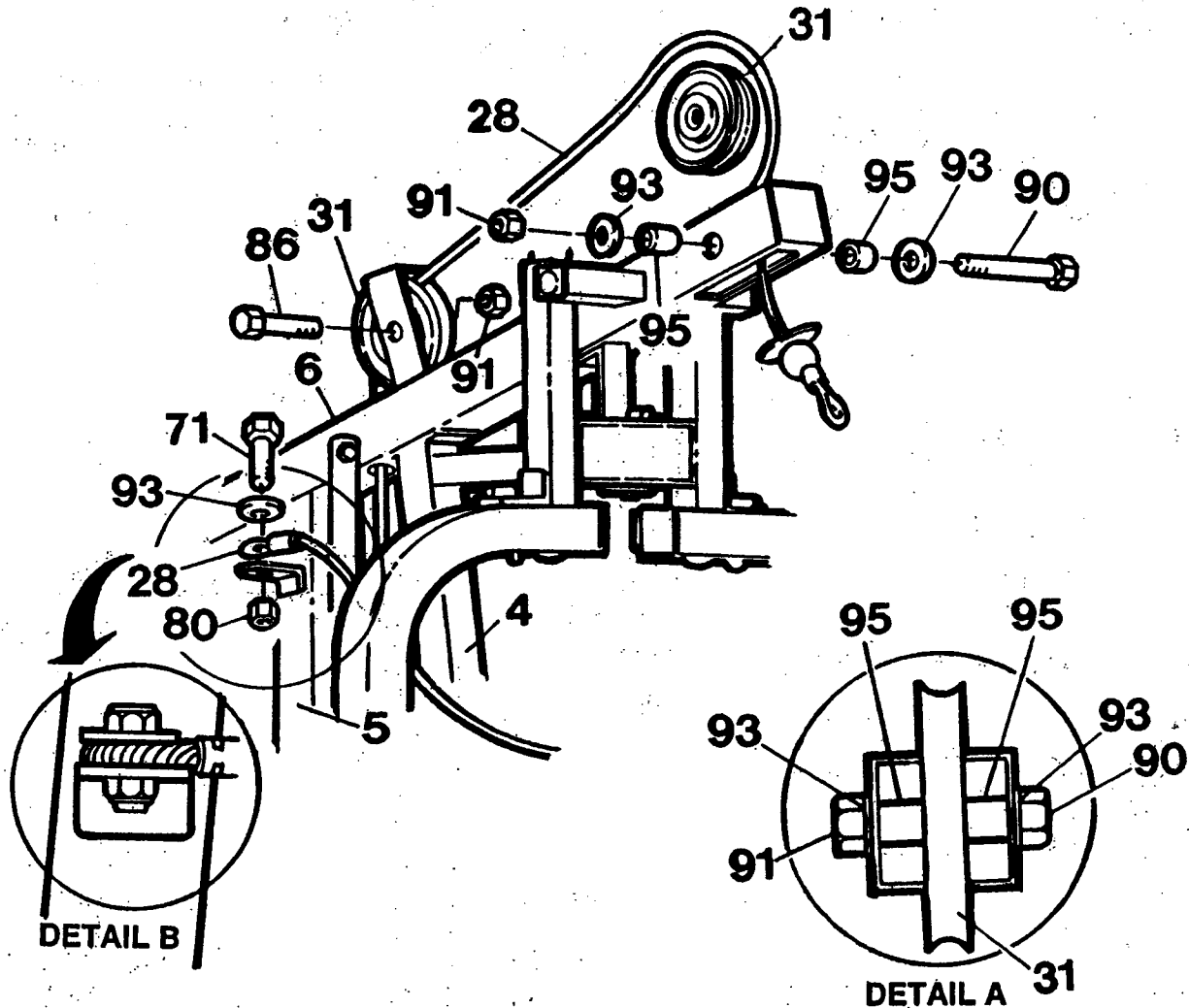
- Cap ends of handles with 1" ROUND PLASTIC INSERT CAPS (64). Using liquid dish detergent, slide 1 1/4" X 5" FOAM GRIPS (27) onto handles.



STEP 9 TOP CABLE ASSEMBLY

PART NAME	QTY
31 4 1/2" PULLEY	2
71 5/16" X 1" HEX HEAD BOLT	1
80 5/16" NYLON LOCK NUT	1
86 3/8" X 1 1/2" HEX HEAD BOLT	1
90 3/8" X 2 3/4" HEX HEAD BOLT	1
91 3/8" NYLON LOCK NUT	2
93 3/8" FLAT WASHER	3
95 3/8" X 5/8" LONG SPACER	2

- Insert PEC-DECK CABLE (28) up through slot in front of TOP FRAME (6) so that flat washer and rubber stopper ball is to the front and underneath the Top Frame.
- Fit a 4 1/2" PULLEY (31) into slot using 3/8" x 2 3/4" HEX HEAD BOLT (90), 3/8" FLAT WASHER (93), and 3/8" X 5/8" LONG SPACER (95). Insert bolt with washer and spacer through Top Frame and Pulley, then assemble another 3/8" X 5/8" LONG SPACER (95) and 3/8" FLAT WASHER (93) onto bolt and fasten with 3/8" NYLON LOCK NUT (91). (SEE DETAIL "A")

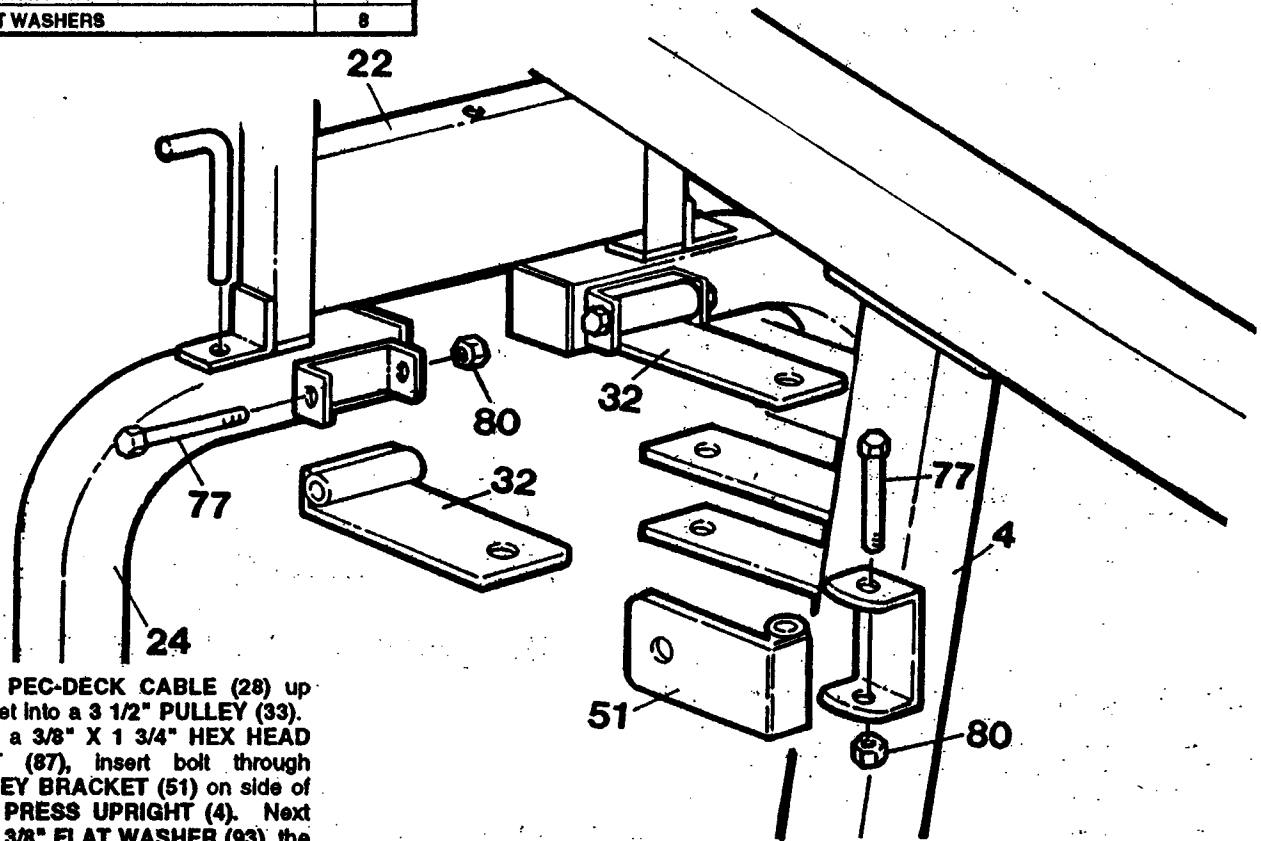


- NOTE: Tighten 3/8" X 2 3/4" HEX HEAD BOLT (90) only enough to secure 4 1/2" PULLEY (31). Pull slightly on the Cable to check Pulley. If the bolt is too tight it will turn with the Pulley. If it is too tight, loosen the Lock Nut slightly until the bolt does not turn.
- Insert cable through bracket on top of Top Frame and down through cable access hole in Frame tube.
- Fit Cable into a 4 1/2" PULLEY (31) and bolt into top bracket with 3/8" X 1 1/2" HEX HEAD BOLT (86) and 3/8" NYLON LOCK NUT (91).
- Bring cable around front of ARM PRESS UPRIGHT (4) and fasten to bracket on side of STEPPER UPRIGHT (5) using a 5/16" X 1" HEX HEAD BOLT (71), 3/8" FLAT WASHER (93), and 5/16" NYLON LOCK NUT (80). (SEE DETAIL "B")

STEP 10 PULLEY BRACKETS & PULLEYS

PART NAME	QTY
33 3 1/2" PULLEY	4
77 5/16" X 2 1/2" HEX HEAD BOLT	3
80 5/16" NYLON LOCK NUT	3
87 3/8" X 1 3/4" HEX HEAD BOLT	4
91 3/8" NYLON LOCK NUT	4
93 3/8" FLAT WASHERS	8

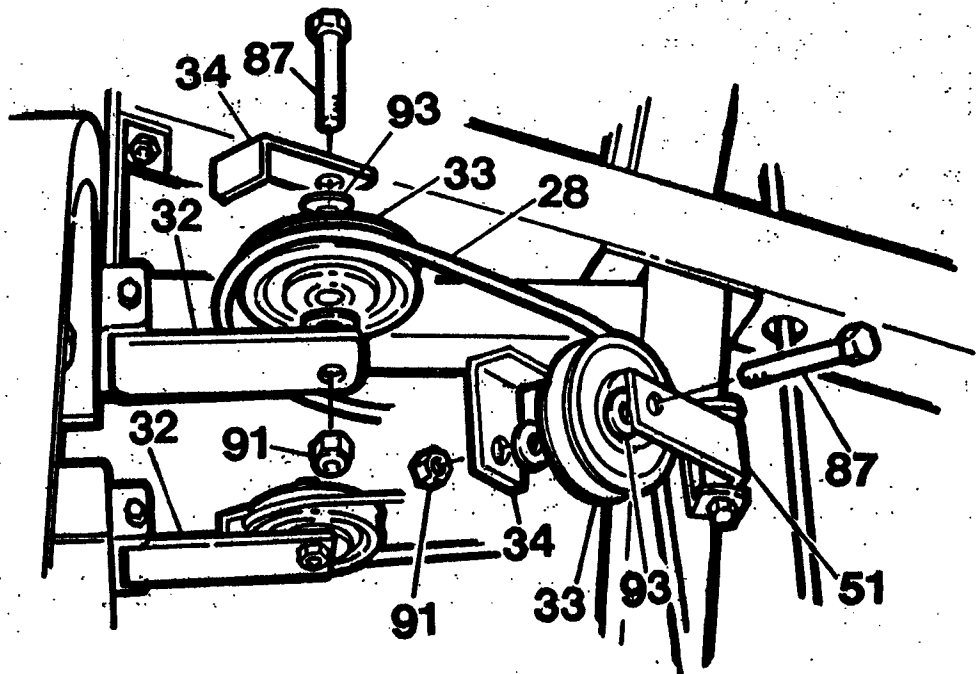
- Attach the two PEC-DECK PULLEY BRACKETS (LONG) (32) to PEC-DECK ARMS (24) and the one PEC-DECK PULLEY BRACKET (SHORT) (51) to U-bracket on side and top end of ARM PRESS UPRIGHT (4) using 5/16" X 2 1/2" HEX HEAD BOLTS (77) and 5/16" NYLON LOCK NUTS (80).



- Bring PEC-DECK CABLE (28) up and set into a 3 1/2" PULLEY (33). Using a 3/8" X 1 3/4" HEX HEAD BOLT (87), insert bolt through PULLEY BRACKET (51) on side of ARM PRESS UPRIGHT (4). Next add a 3/8" FLAT WASHER (93), the 3 1/2" PULLEY (33), another 3/8" FLAT WASHER (93), a 2 3/4" LONG CABLE TRAP BRACKET (34), and secure with 3/8" NYLON LOCK NUT (91).

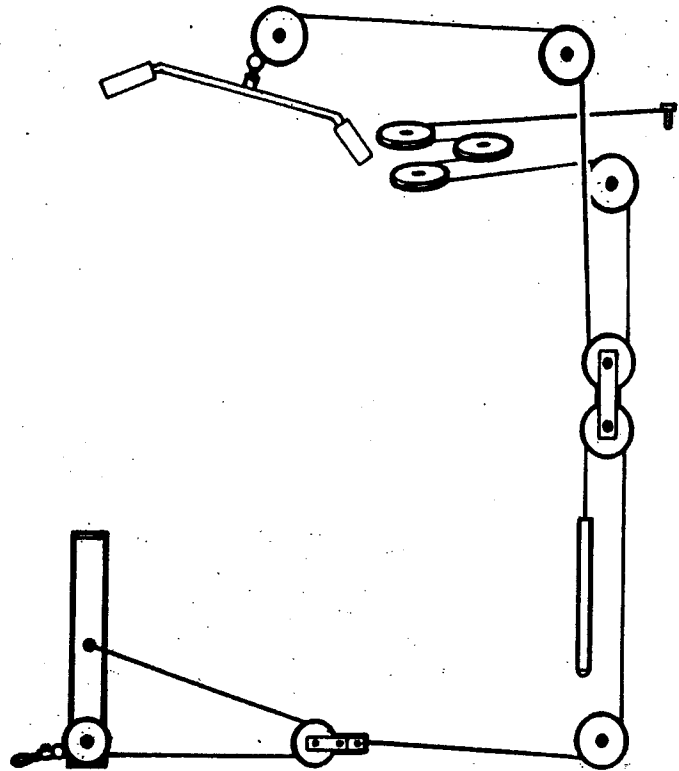
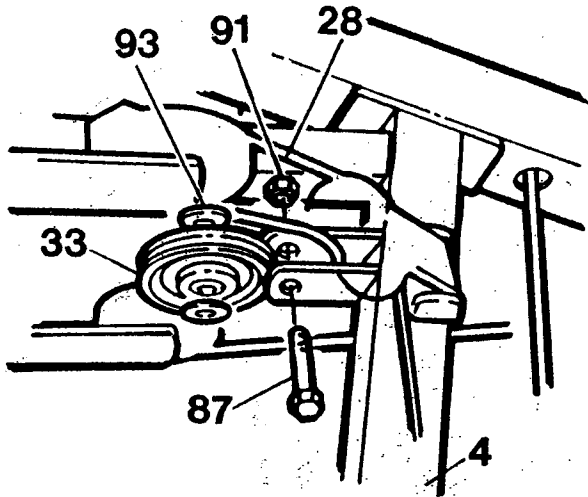
- » NOTE: Rotate Cable Trap Bracket so it is clamped at the top of the Pulley. When assembling this and other Pulleys, Bolts, tighten enough to insure that Cable Trap Brackets remain in a fixed position but that Pulleys will also turn freely.

- Assemble Pec-Deck Cable into 3 1/2" Pulleys for assembly to the PULLEY BRACKETS (32) on the Pec-Deck Arms. Using 3/8" X 1 3/4" HEX HEAD BOLTS (87) insert through 2 3/4" LONG CABLE TRAP (34), a 3/8" FLAT WASHER (93), the 3 1/2" PULLEY (33), another 3/8" FLAT WASHER (93) then through the PULLEY BRACKET (32) and fasten with 3/8" NYLON LOCK NUT (91).



- » NOTE: Rotate the cable trap around so that it sets against the outside edge of the Pulley Bracket.

- The Cable at this point will be very loose and a little difficult to handle. This will improve with further assembly.
- Pull the Cable out between the two pulleys just assembled and toward the rear, and assemble another 3 1/2" PULLEY (33) into the Cable. Place Pulley with Cable into welded horizontal brackets on front of ARM PRESS UPRIGHT (4), trapping cable between Pulley and Frame. Bolt Pulley in place using 3/8" X 1 3/8" HEX HEAD BOLT (87) and 3/8" FLAT WASHERS (93) between brackets and pulleys. Secure with 3/8" NYLON LOCK NUT (91).



DRAWING OF ENTIRE CABLE ROUTING

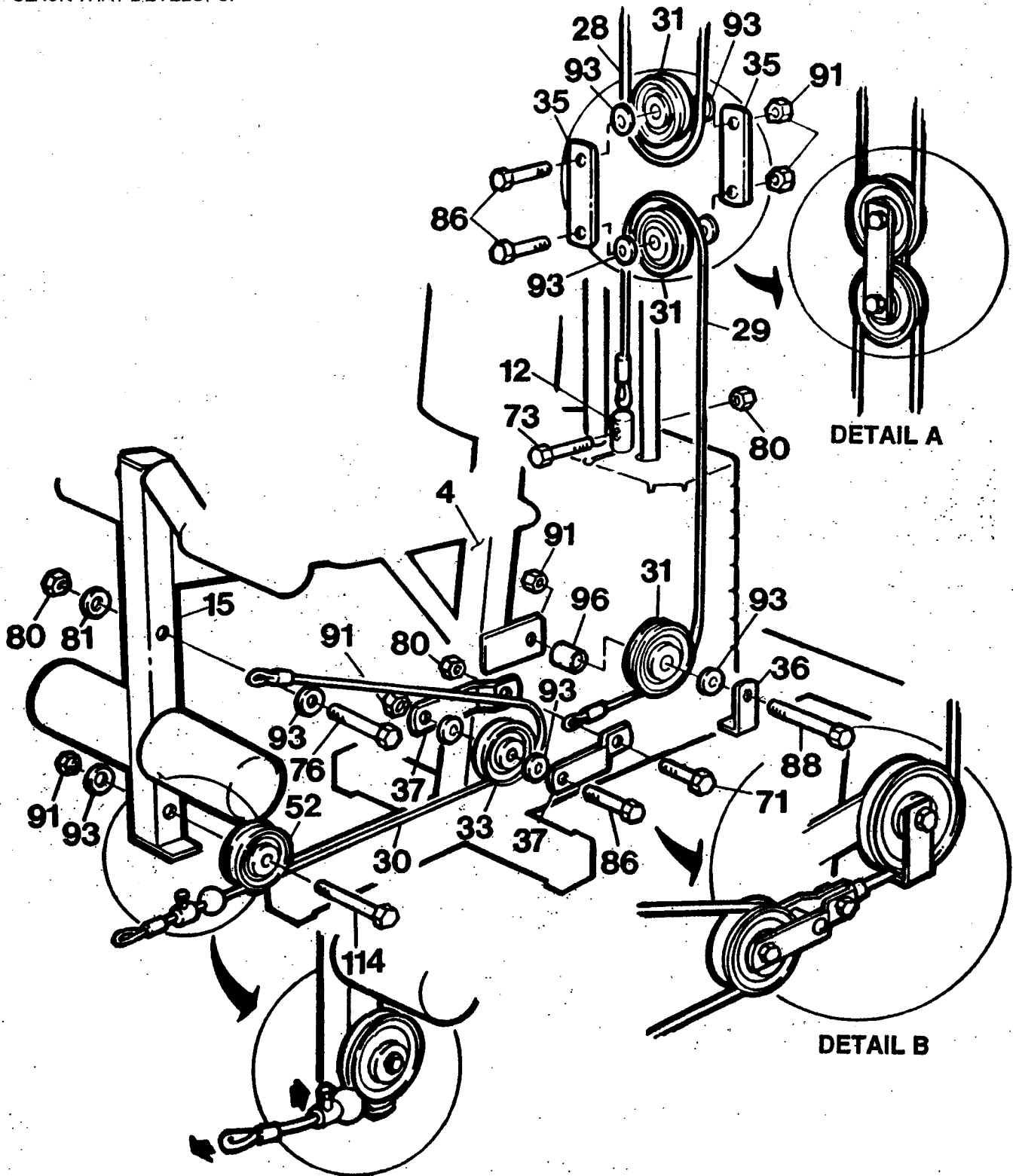
STEP 11 LOWER PULLEYS & CABLES

PART NAME	QTY
31 4 1/2" PULLEY	3
33 3 1/2" PULLEY	1
52 2 1/2" PULLEY	1
71 5/16" X 1" HEX HEAD BOLT	1
73 5/16" X 1 1/2" HEX HEAD BOLT	1
76 5/16" X 2 1/4" HEX HEAD BOLT	1
80 5/16" NYLON LOCK NUT	3
81 5/16" FLAT WASHER	1
86 3/8" X 1 1/2" HEX HEAD BOLT	2
88 3/8" X 2 1/4" HEX HEAD BOLT	1
91 3/8" NYLON LOCK NUT	5
93 3/8" FLAT WASHER	9
96 3/8" X 3/4" SPACER	1
114 3/8" X 3 1/2" HEX HEAD BOLT	1

- Attach WEIGHT STACK CABLE (29) by inserting loop of cable into end of WEIGHT SELECTOR TUBE (12) and bolting with 5/16" X 1 1/2" HEX HEAD BOLT (73) and 5/16" NYLON LOCK NUT (80).
- Bring cable up and make dual Pulley Assembly as shown in DETAIL "A" using 4 1/2" PULLEYS (31), PULLEY CONNECTOR PLATES (35), 3/8" X 1 1/2" HEX HEAD BOLTS (86), 3/8" FLAT WASHERS (93), and 3/8" NYLON LOCK NUTS (91).
- Bring cable down and fit into another 4 1/2" PULLEY (31). Using a 3/8" X 2 1/4" HEX HEAD BOLT (88), bolt a CABLE TRAP BRACKET 3 1/4" LONG (36), a 3/8" FLAT WASHER (93), the Pulley, and a 3/8" X 3/4" SPACER (96) to the welded base bracket on the side of the ARM PRESS UPRIGHT (4) and secure with a 3/8" NYLON LOCK NUT (91).

- Bolt BENT PULLEY TRAP BRACKETS (37) to Cable using 5/16" X 1" HEX HEAD BOLT (71) and 5/16" NYLON LOCK NUT (80).
- Connect LEG EXTENSION CABLE (30) to upper section of LEG EXTENSION TUBE (15) with 5/16" X 2 1/4" HEX HEAD BOLT (76) and 3/8" FLAT WASHER (93), and secure with 5/16" FLAT WASHER (81) and 5/16" NYLON LOCK NUT (80). (Make sure the cable is trapped between the 3/8" flat washer and the Leg Extension Tube.)
- Take LEG EXTENSION CABLE (30) rearward and around a 3 1/2" PULLEY (33) and bolt Pulley between BENT PULLEY TRAP BRACKETS (37) using a 3/8" X 1 1/2" HEX HEAD BOLT (86), 3/8" FLAT WASHER (93), and 3/8" NYLON LOCK NUT (91). (SEE DETAIL "B")

- ☐ Pull Cable forward and assemble it to the bottom of Leg Extension Tube so the cable is trapped under a 2 1/2" PULLEY (52). Bolt with a 3/8" X 3 1/2" HEX HEAD BOLT (114), 3/8" FLAT WASHER (93), and 3/8" NYLON LOCK NUT (91).
- » CHECKING TO SEE THAT ALL CABLES ARE SEATED IN PULLEY GROOVES, PULL LEG EXTENSION CABLE (30) 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, CABLE WILL STRETCH AND YOU MAY HAVE TO RE-SET CABLE STOP TO TAKE OUT ANY SLACK THAT DEVELOPS.



STEP 12 STEPPER ASSEMBLY

PART NAME	QTY
65 1" COVER CAP FASTENER	2
67 5/8" I.D. COVER CAP FASTENER	2
70 5/16" X 3/4" HEX HEAD BOLT (PRE-ASSEMBLED)	2
73 5/16" X 1 1/2" HEX HEAD BOLT	2
81 5/16" FLAT WASHER	2
80 5/16" NYLON LOCK NUT	2
91 3/8" NYLON LOCK NUT (2 PRE-ASSEMBLED)	3
97 5/8" I.D. X 1" LONG PLASTIC SPACER	2
98 TENSION KNOB	2
104 NYLON WHEELS	2
107 1" SQUARE END BUSHING	4
108 3/8" X 5 1/2" HEX HEAD BOLT (PRE-ASSEMBLED)	2
109 3/8" X 4" HEX HEAD BOLT	1
110 RUBBER BUMPER	2
111 3/16" X 1/2" SHEET METAL SCREW (2 PRE-ASSEMBLED)	4
112 1 1/2" X 3" PLASTIC INSERT CAP	2
113 5/8" I.D. FLAIR END SPACER BUSHING	2

- To PEDAL ROCKER ARM (42) assemble NYLON WHEELS (104) using 3/8" X 5 1/2" HEX HEAD BOLTS (108) and 3/8" NYLON LOCK NUTS (91). TIGHTEN SECURELY BUT ALLOW THE WHEELS TO TURN FREE. Bolt ROCKER ARM (42) to post on BASE FRAME (1) with a 3/8" X 4" HEX HEAD BOLT (109) and another 3/8" NYLON LOCK NUT (91). AGAIN, TIGHTEN SECURELY BUT ALLOW ARM TO ROCK FREELY. (DETAIL "A")

- To STEPPER PEDALS (43) and (44) attach a RUBBER BUMPER (110) to the bottom using a 3/16" X 1/2" SHEET METAL SCREW (111).

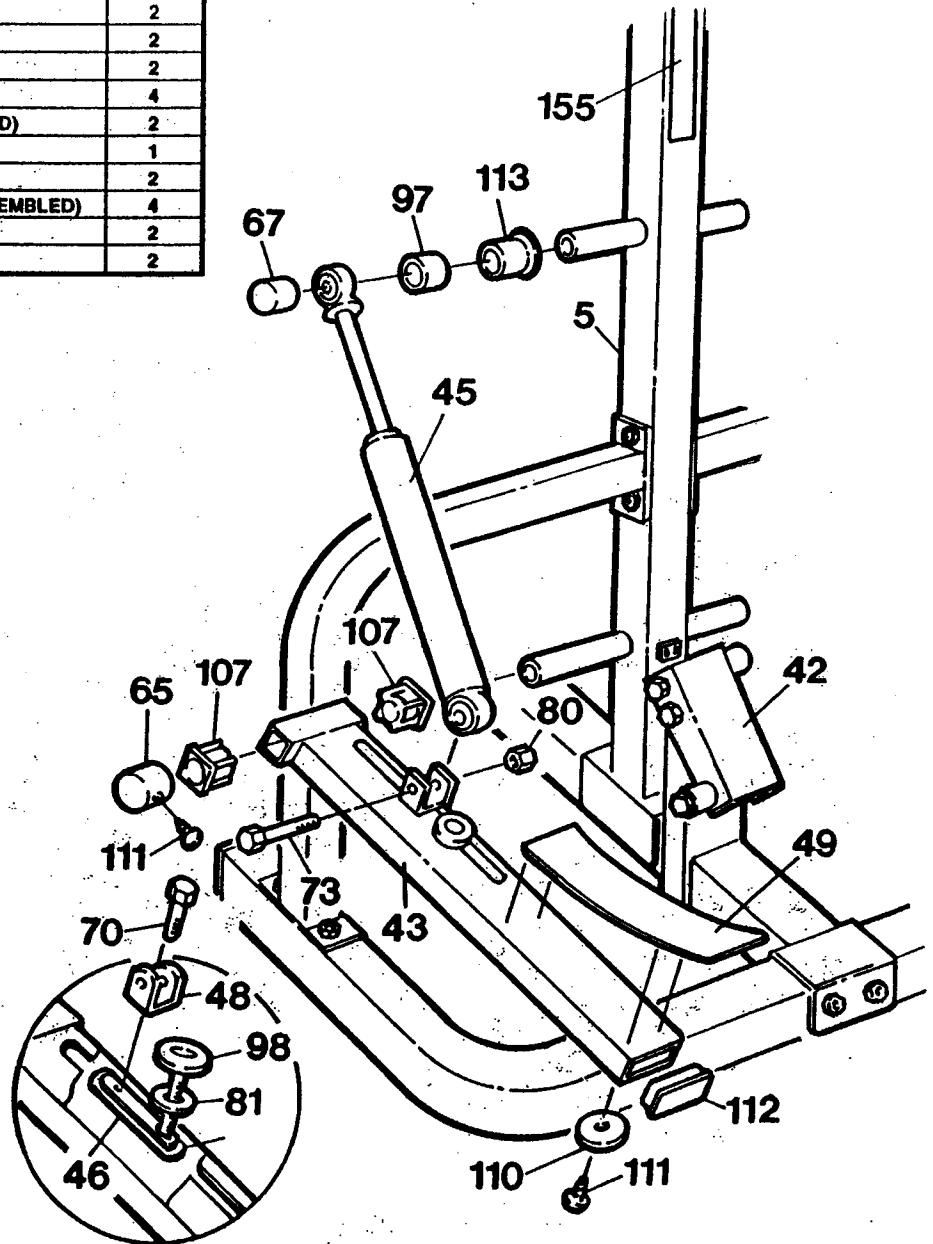
- Press SQUARE END BUSHINGS (107) into each end of Pedal Pivot Housing.

- * Slide Pedals onto Pedal Pivot Tube and position pedals atop ROCKER ARM (42) so that the welded plates on the bottom of the Pedals are sitting on the SUPPORT WHEELS (104). (DETAIL "C")

- Double check to be certain that the correct Pedals are on the proper sides of Frame then press the Pedals onto the Pivot Tube. Press 1" COVER CAP FASTENER (65) onto ends of Pivot Tube so that screw hole in cap aligns with the hole in the Pivot Tube. Re-assemble SHEET METAL SCREW (111). (DETAIL "B")

- Cap end of pedals with 1 1/2" X 3" PLASTIC INSERT CAPS (112).

- Slide a 5/8" I.D. FLAIR END SPACER BUSHING (113) all the way onto the support tube and follow up with a 5/8" I.D. X 1" LONG SPACER (97). Next, assemble the RESISTANCE CYLINDER (45) onto the support tube and cap tube with 5/8" I.D. CAP FASTENER (67).



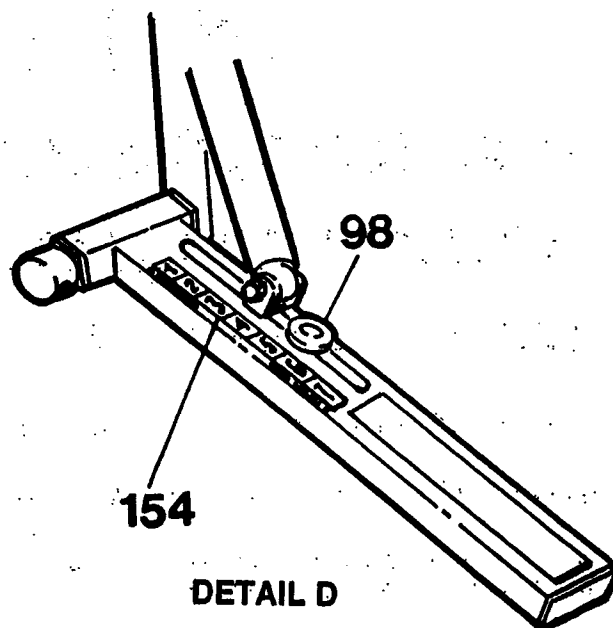
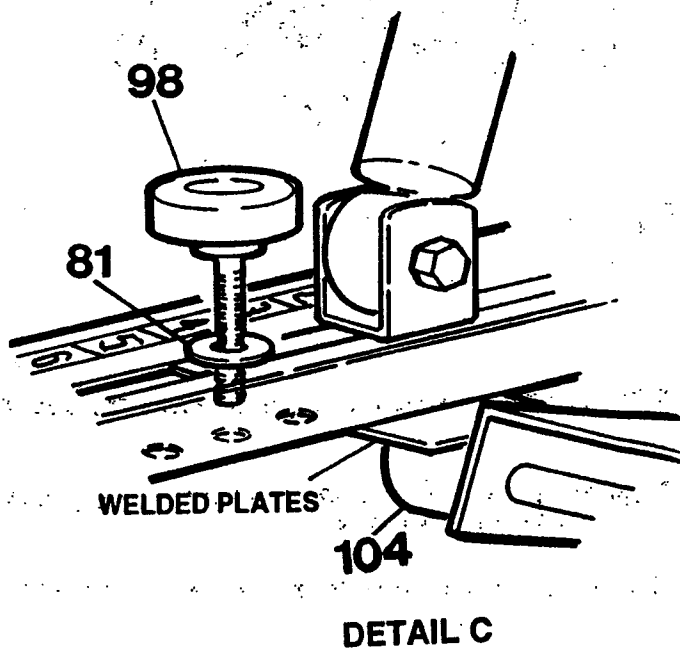
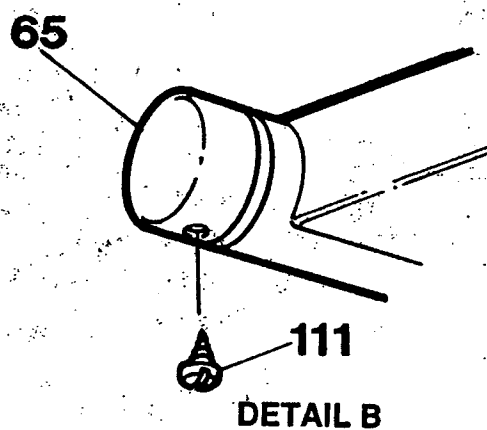
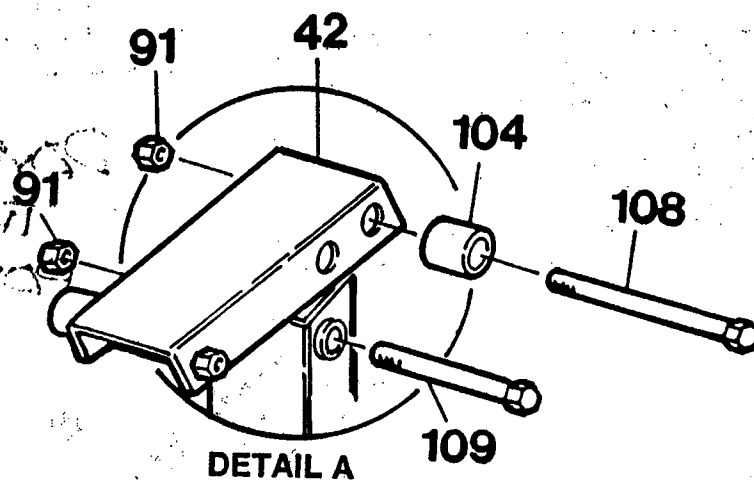
- Attach **RESISTANCE CYLINDERS (45)** to **PEDALS (43)** and (44) by bolting into **MOUNTING BRACKETS (48)** with **5/16" X 1 1/2" HEX HEAD BOLT (73)** and **5/16" NYLON LOCK NUT (80)**.

- Remove **STEPPER RESISTANCE SCALE DECALS (154)** 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. (See Detail "D".)

- Remove backing from adhesive strips on **NON-SLIP FOOT STRIPS (49)** and attach to rear of pedals.

- Attach **STATION 2 DECAL (155)** to Main Frame just above resistance cylinder mounting tube.

- After pedals are attached to resistance cylinders the resistance can be changed by loosening **KNOBS (98)** on pedals and moving cylinder to another setting and re-assembling knob at desired resistance setting. **DETAIL "C"**

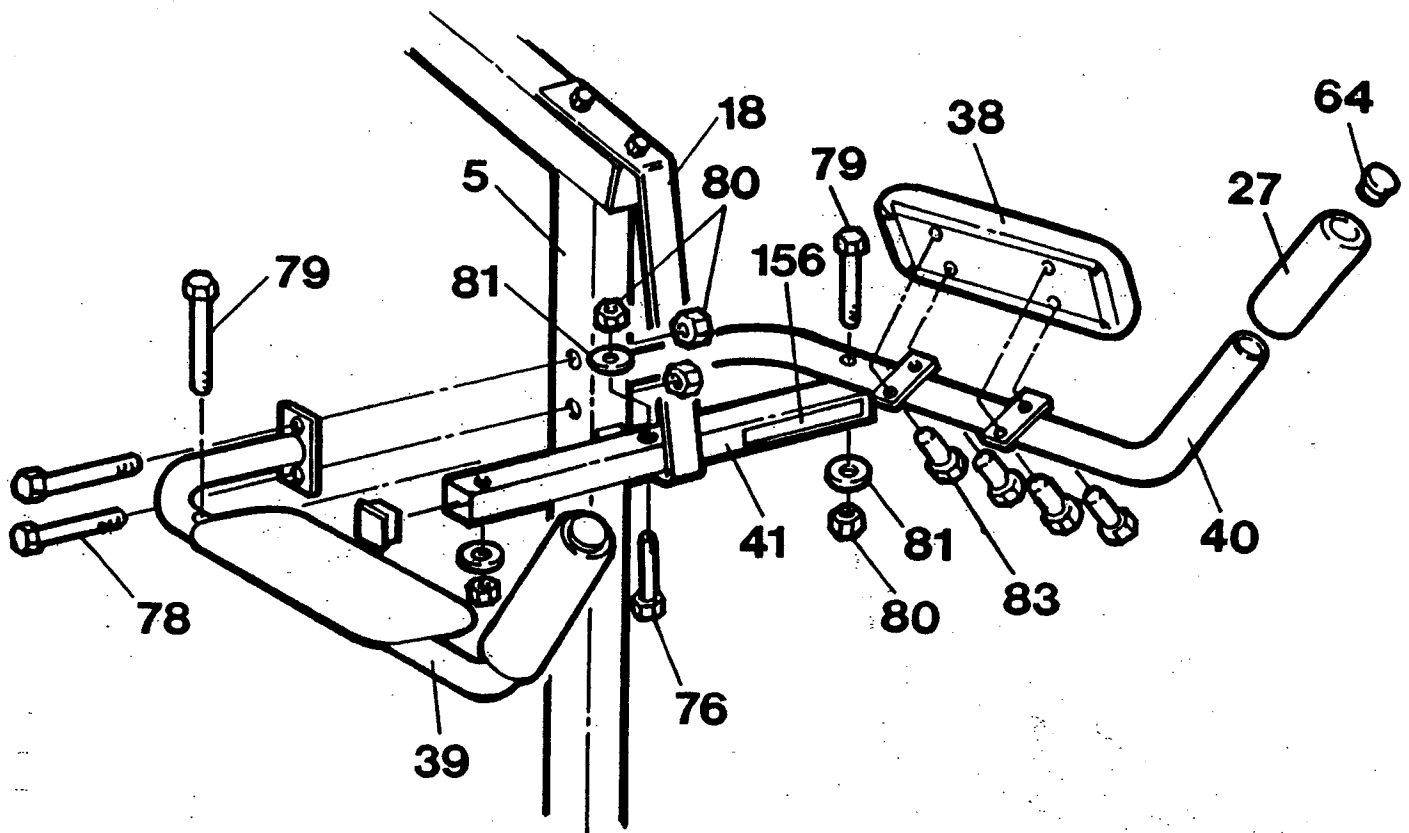


STEP 13 AB STATION ASSEMBLY

PART NAME	QTY
64 1" ROUND PLASTIC CAP	2
76 5/16" X 2 1/4" HEX HEAD BOLT	1
78 5/16" X 2 3/4" HEX HEAD BOLT	2
79 5/16" X 3 1/4" HEX HEAD BOLT	2
80 5/16" NYLON LOCK NUT	5
81 5/16" FLAT WASHER	3
83 1/4" X 1/2" HEX HEAD BOLT	8

CAUTION: THIS IS A TIGHT ASSEMBLY THEREFORE LEAVE ALL BOLTS FINGER TIGHT UNTIL COMPLETE ASSEMBLY IS MADE.

DAVE:
THESE ARE THE
PARTS I NEED



- Attach AB FLEX ARM CONNECTOR TUBE (41) to BACK SUPPORT BRACKET (18) using 5/16" X 2 1/4" HEX HEAD BOLT (76), 5/16" FLAT WASHER (81), and 5/16" NYLON LOCK NUT (80).
- Assemble RIGHT AB FLEX ARM (39) and LEFT AB FLEX ARM (40) to AB FLEX ARM CONNECTOR TUBE (41) using 5/16" X 3 1/4" HEX HEAD BOLTS (79), 5/16" FLAT WASHERS (81), and 5/16" NYLON LOCK NUTS (80).
- Bring Right and Left Flex Arms together to STEPPER UPRIGHT (5) and attach together with 5/16" X 2 3/4" HEX HEAD BOLTS (78) and 5/16" NYLON LOCK NUTS (80).
- Press 1" ROUND PLASTIC CAPS (64) into each end of FLEX ARMS (39) and (40).
- Apply a small amount of liquid dish detergent to FLEX ARMS (39) and (40) and assemble a 1 1/4" X 5" FOAM GRIP (27) onto each.
- Align bolt holes of ARM REST PADS (38) to bolt holes on welded brackets of FLEX ARMS (39) and (40) and attach with 1/4" X 1/2" HEX HEAD BOLTS (83) pre-assembled into Pad.
- Apply VAF STATION DECAL (156) to either side of CONNECTOR BAR (41).
- Tighten all bolts now.

THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM

LAT BAR:

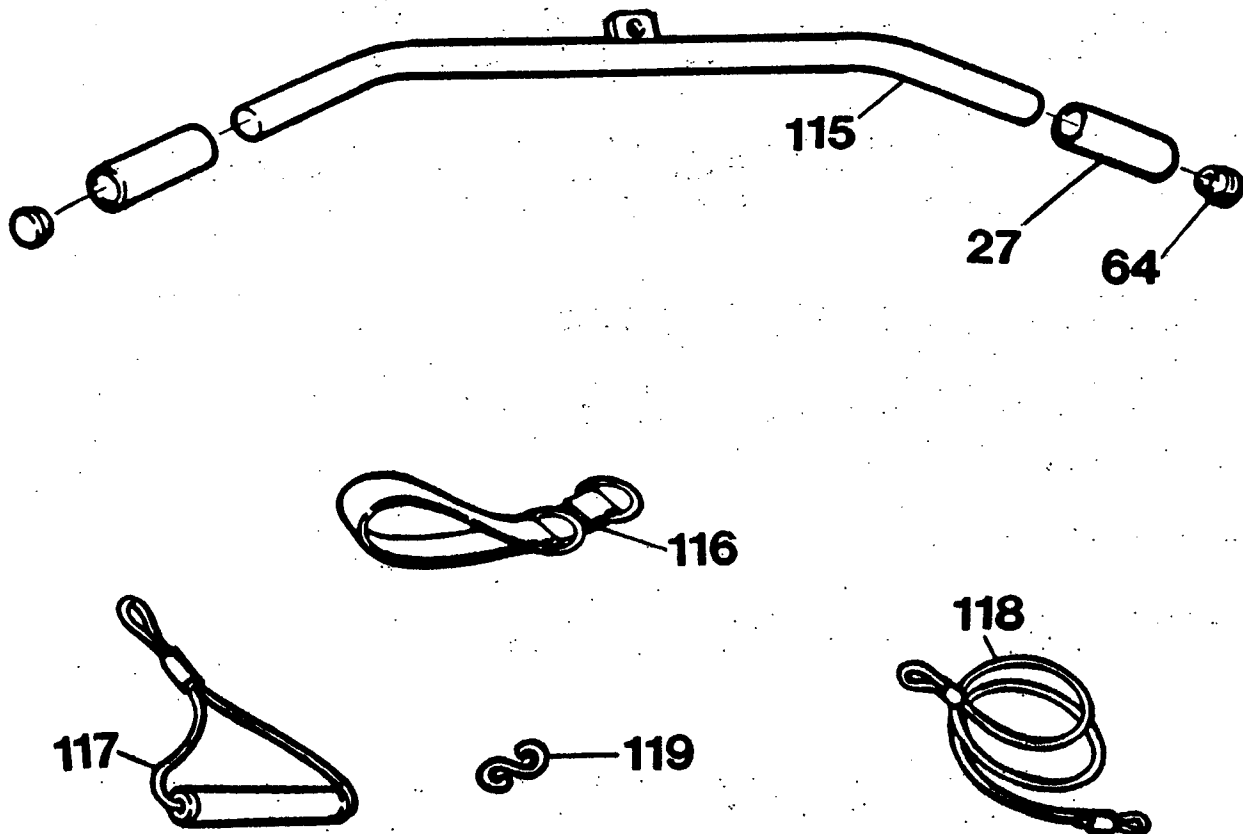
- » To LAT BAR (115) press 1" ROUND PLASTIC CAPS (64) into each end of Bar and assemble 1 1/4" O.D. X 5" FOAM GRIPS (27) to Bar with the aid of a small amount of liquid dish detergent.
- » To use Lat Bar, connect to Cable at Top Mast Tube with S-HOOK (119). This Bar is used to do all Lat Pull-Down Exercises.

ANKLE STRAP:

- » Using "S" HOOK (119), ANKLE STRAP (116) is connected to Base Pulley at front of unit.
- » This accessory is used for all Leg Exercises.

DUMBBELL HANDLE:

- » Connect DUMBBELL HANDLE (117) 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 ACCESSORY ROPE (118) 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

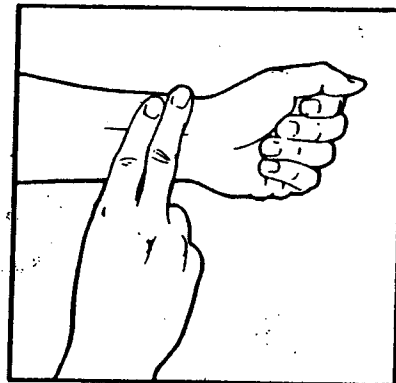
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level 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 per week. The key to a successful program is **REGULAR** exercise.

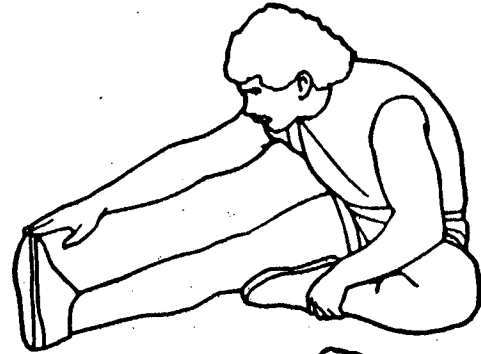
SUGGESTED STRETCHES

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

HAMSTRING 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 your 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.

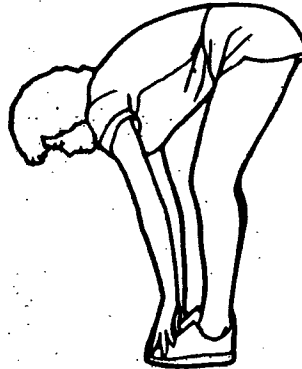
Stretches: Quadriceps, hip muscles.



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.

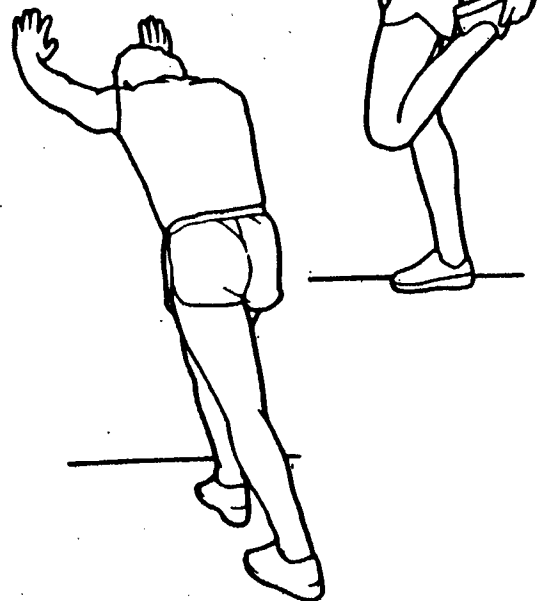
Stretches: Hamstrings, back of knees, back.



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 1-800-225-0653

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.