

# E8800

## **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.*

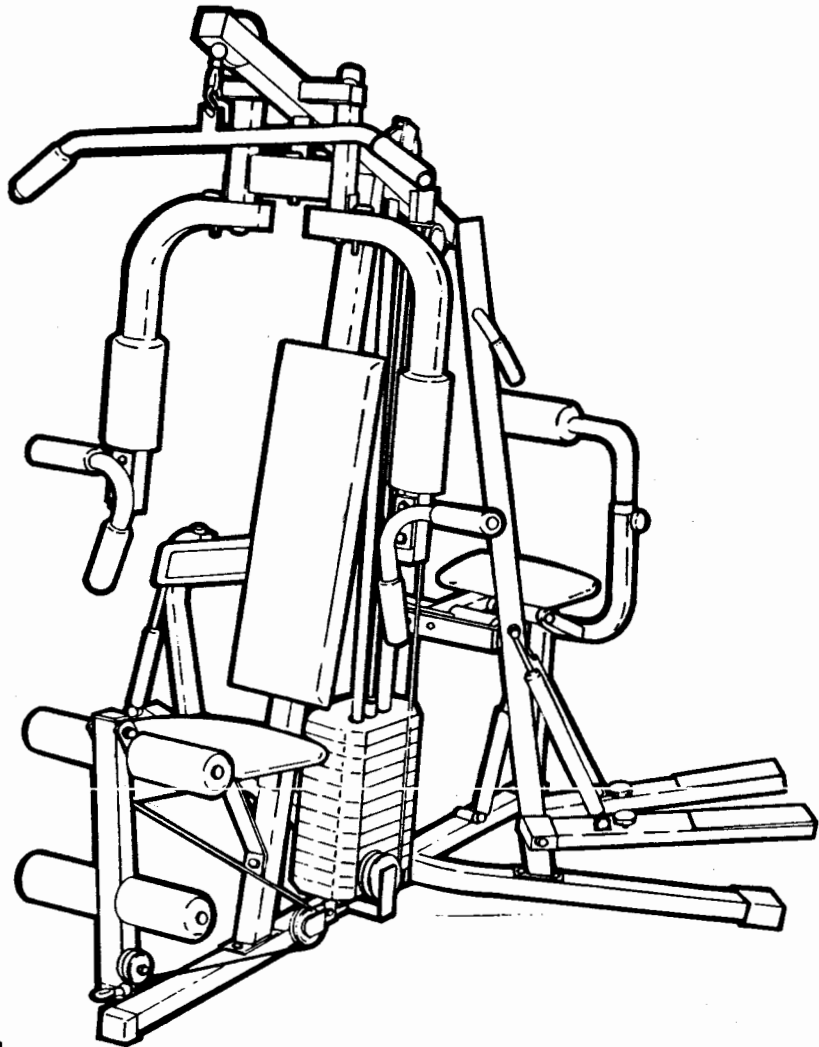
*The ASSEMBLY MANUAL  
MODEL NUMBER of this UNIT  
PART NAME or DESCRIPTION  
ORDERING NUMBER  
THE QUANTITY of each part that you need*

*THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-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**



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

PART LIST E8800

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	FRONT BASE TUBE	1	C3109-E30*E30
2	BASE CROSS TUBE	1	C3109-E30*E30
3	REAR BASE TUBE	1	C3110-E30*E30
4	LEG PRESS BASE EXTENSION	1	C3111-E30*E30
5	ARM PRESS UPRIGHT	1	C3112-E30*E30
6	LEG PRESS UPRIGHT	1	C3112-E30*E30
7	STEPPER UPRIGHT	1	C3114-E30*E30
8	LEG PRESS ARM	1	C3115-E30*E30
9	AB SEAT FRAME	1	C3115-E30*E30
10	AB FRAME CROSS BRACE	1	C3116-E30*E30
11	LONG GUIDE ROD	1	C6817-E30*E30
12	SHORT GUIDE ROD	1	C6819-E30*E30
13	WEIGHT SELECTOR TUBE	1	C6330-E28*E30
14	WEIGHT PLATE (12.5 LBS)	10	BB-0318*E30
15	TOP FRAME MAST	1	C3117-E30*E30
16	PEC-DECK SEAT FRAME	1	C3118-E30*E30
17	SEAT BRACE	1	C6728-E30*E30
18	LEG EXTENSION	1	C2219-E28*E30
19	AB CAM ASSEMBLY	1	C3120-E30*E30
20	AB ARM	1	C3121-E30*E30
21	ARM PRESS ASSEMBLY	1	C3122-E30*E30
22	PEC-DECK ARM	2	C2219-E28*E30
23	RIGHT ARM PRESS HANDLE	1	C6311-E02*E30
24	LEFT ARM PRESS HANDLE	1	C3130-E28*E30
25	LEFT STEPPER PEDAL	1	C3138-E28*E30
26	RIGHT STEPPER PEDAL	1	C3138-E28*E30
28	STEPPER RESISTANCE CYLINDER	2	ZZ-0006*E30
29	SEAT (LARGE)	1	C1366-E30*E30
30	PEC-DECK BACKREST (LONGEST)	1	C1352-E28*E30
31	LEG PRESS BACKREST (SHORTEST)	1	C1356-E30*E30
32	GAS RESISTANCE CYLINDER	2	ZZ-0003*E30
33	LEG PRESS PIVOT TUBE 1" X 5 1/2" - CENTER HOLE	1	C6338-E30*E30
34	TOP FRAME SUPPORT BRACKET	1	C6717-E09*E30
35	PEC-DECK CABLE "L" BRACKET	1	C6728-E30*E30
36	MOUNTING PLATE	8	C6713-E03*E30
37	LEG EXTENSION PAD BAR 3/4" X 13 1/2"	4	C6331-E28*E30
38	AB PIVOT TUBE 1" X 8 1/2"	1	C6340-E30*E30
40	PEC-DECK PIVOT TUBE 1" X 13" CHROME PLATED	1	C6332-E28*E30
41	CABLE TRAP (FOR 4 1/2" PULLEY)	1	C6724-E28*E30
42	CABLE TRAP (FOR 3 1/2" PULLEY)	3	C6725-E28*E30
43	PEC-DECK ARM PULLEY BRACKET (LEFT)	1	C6722-E28*E30
44	PEC-DECK ARM PULLEY BRACKET (RIGHT)	1	C6721-E28*E30
45	TOP MAST PULLEY BRACKET	1	C6723-E28*E30
46	PULLEY CONNECTOR PLATE	2	C6700-D29*E30
47	PULLEY TRAP BRACKET	2	C6750-E30*E30
48	FOAM ROLLER ( 3" X 6" )	8	C0428-A10*E30
49	AB STATION FOAM ROLLER (4" X 10" - 1 3/8" I.D.)	1	C0441-D31*E30
51	FOAM GRIPPS (1 1/2" X 3 3/4")	12	C0417-B05*E30
52	PEC-DECK ARM FOAM ROLLER ( 4" X 8" )	2	C0450-E08*E30
53	PEC-DECK CABLE	1	C6630-E30*E30
54	WEIGHT STACK CABLE	1	C6631-E30*E30
55	LEG EXTENSION CABLE (55" LONG)	1	C6620-E28*E30

PART LIST E8800

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
56	RESISTANCE CYLINDER MOUNTING BRACKET	2	C6924-E23*E30
57	4 1/2" PULLEY	4	AA-8122*E30
58	3 1/2" PULLEY	7	AA-8133*E30
59	LEG PRESS FOOT PLATE	1	AA-8177*E30
60	SEAT (SMALL)	2	C1367-E30*E30
70	2" SQUARE FOOT CAP	4	AA-8152*E30
71	2" SQUARE PLASTIC INSERT CAP	12	AA-8002*E30
72	1 3/4" SQUARE INSERT CAP	1	AA-8006*E30
73	1 1/2" SQUARE OPEN END CAP	3	AA-8001*E30
74	1 1/2" SQUARE INSERT CAP	1	AA-8021*E30
75	1 1/2" X 3" INSERT CAP	2	AA-8130*E30
76	1 1/4" ROUND INSERT CAP	4	AA-8014*E30
77	1" ROUND INSERT CAP	12	AA-8005*E30
78	1" ROUND COVER CAP W/HOLE	4	AA-8093*E30
79	3/4" ROUND INSERT CAP	4	AA-8004*E30
80	5/8" ROUND COVER CAP	4	HH-8357*E30
81	1 1/4" SQUARE INSERT BUSHING	12	AA-8137*E30
82	ROUND RUBBER WEIGHT BUMPER	2	AA-8124*E30
83	WEIGHT SELECTOR END PLUG	1	AA-8123*E30
84	1" RING RETAINER	3	HH-5423*E30
85	5/8" RING RETAINER	2	HH-5422*E30
88	3/16" X 1/2" SELF TAPPING SCREW	2	HH-5372*E30
89	1/4" X 2 1/2" ROUND HEAD SCREW	2	HH-5326*E30
90	1/4" X 3/4" ROUND HEAD SCREW	16	HH-5022*E30
91	1/4" X 1 3/4" ROUND HEAD SCREW	1	HH-5255*E30
92	1/4" X 2 1/2" CARRIAGE BOLT	8	HH-5333*E30
93	1/4" FLAT WASHER	10	HH-5048*E30
94	1/4" NYLON LOCK NUT	9	HH-5011*E30
95	5/16" X 3/4" HEX HEAD BOLT	2	HH-5245*E30
96	5/16" X 1 1/2" HEX HEAD BOLT	5	HH-5312*E30
97	5/16" X 2" CARRIAGE BOLT	1	HH-5350*E30
98	5/16" X 2 1/4" HEX HEAD BOLT	9	HH-5199*E30
99	5/16" X 2 1/2" HEX HEAD BOLT	6	HH-5053*E30
100	5/16" X 2 3/4" HEX HEAD BOLT	18	HH-5058*E30
101	5/16" X 3" HEX HEAD BOLT	5	HH-5167*E30
102	5/16" X 4" HEX HEAD BOLT	1	HH-5302*E30
103	5/16" X 4 1/2" HEX HEAD BOLT	1	HH-5316*E30
104	5/16" FLAT WASHER	27	HH-5127*E30
105	5/16" NYLON LOCK NUT	47	HH-5012*E30
106	3/8" X 1 3/4" HEX HEAD BOLT	8	HH-5308*E30
107	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*E30
108	3/8" X 2 3/4" HEX HEAD BOLT	1	HH-5238*E30
109	3/8" X 3 1/4" HEX HEAD BOLT	1	HH-5063*E30
110	3/8" FLAT WASHER	4	HH-5265*E30
111	3/8" NYLON LOCK NUT	11	HH-5088*E30
112	1 1/2" I.D. X 2" O.D.	2	HH-5319*E30
113	5/16" I.D. X 1/2" LONG METAL SPACER	2	HH-5387*E30
114	5/16" I.D. X 3/4" LONG METAL SPACER	2	HH-5388*E30
116	3/8" I.D. X 9/16" LONG METAL SPACER	2	HH-5390*E30
117	5/8" I.D. FLAIR END PLASTIC SPACER	2	AA-8148*E30
118	5/8" I.D. X 1/4" WIDE PLASTIC SPACER	2	AA-8151*E30
119	1 1/2" I.D. X 1" LONG FLAT END SPACER	2	AA-8178*E30
123	3/4" ROUND ELASTIC CAP 18 GA.	4	AA-8004*E30

# PART LIST E8800

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
125	WEIGHT SELECTOR PIN	1	WW-7013*E30
127	SPRING CLIP 5/16"	2	WW-7058*E30
128	AB ARM SELECTOR PIN (5/16" X 2")	1	WW-7053*E30
129	THREADED KNOB (FEMALE)	1	HH-5208*E30
131	5/16" X 4 3/4" LOCK PIN	3	WW-7060*E30
132	TENSION KNOB	2	HH-5400*E30
133	STEPPER RUBBER BUMPER	2	AA-8145*E30
135	FOOT PADS	2	AA-8134*E30
138	LAT BAR	1	C6803-D35*E30
139	ANKLE STRAP	1	EE-0074*E30
140	DUMBBELL HANDLE	1	AA-8120*E30
141	ACCESSORY ROPE	1	C6602-D23*E30
142	FIREMAN'S LATCH HOOK	1	WW-7030*E30
143	"S" HOOK	1	WW-7030*E30
145	9/32" LONG SPACER	1	HH-5428*E30
146	1 1/4" SQUARE INSERT CAP	1	AA-8069*E30
150	POWER STACK DECAL	1	DE4210*E30
151	STEPPER RESISTANCE DECALS	1	DE-4210*E30
152	AB/CAM ARM DECAL (10-110 SCALE)	1	DE-4210*E30
153	AB/CAM ARM DECAL	1	DE-4210*E30
154	LEG PRESS DECAL	1	DE-4210*E30
155	LEG PRESS SCALE DECAL	1	DE-4210*E30
156	STATION DECALS (1,2,3,4)	1	DE-4210*E30
157	WEIGHT PLATE DECAL	1	DE-4210*E30
158	PEC-DECK DECAL	1	DE-4210*E30
159	TOP MAST DECAL (FLEX 430)	1	DE-4210*E30
	HARDWARE BAG (NUTS & BOLTS)	1	C5933-E30*E30
	HARDWARE BAG (PLASTICS)	1	C5934-E30*E30
	HARDWARE BAG (FOAM PADS)	1	C5935-E30*E30
	HARDWARE BAG (PULLEYS)	1	C5936-E30*E30
	ASSEMBLY MANUAL	1	NN-1151*E30
	TRAINING MANUAL	1	NN-1152*E30

## 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.

## **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.**

### **HELPFUL HINTS FOR ASSEMBLY**

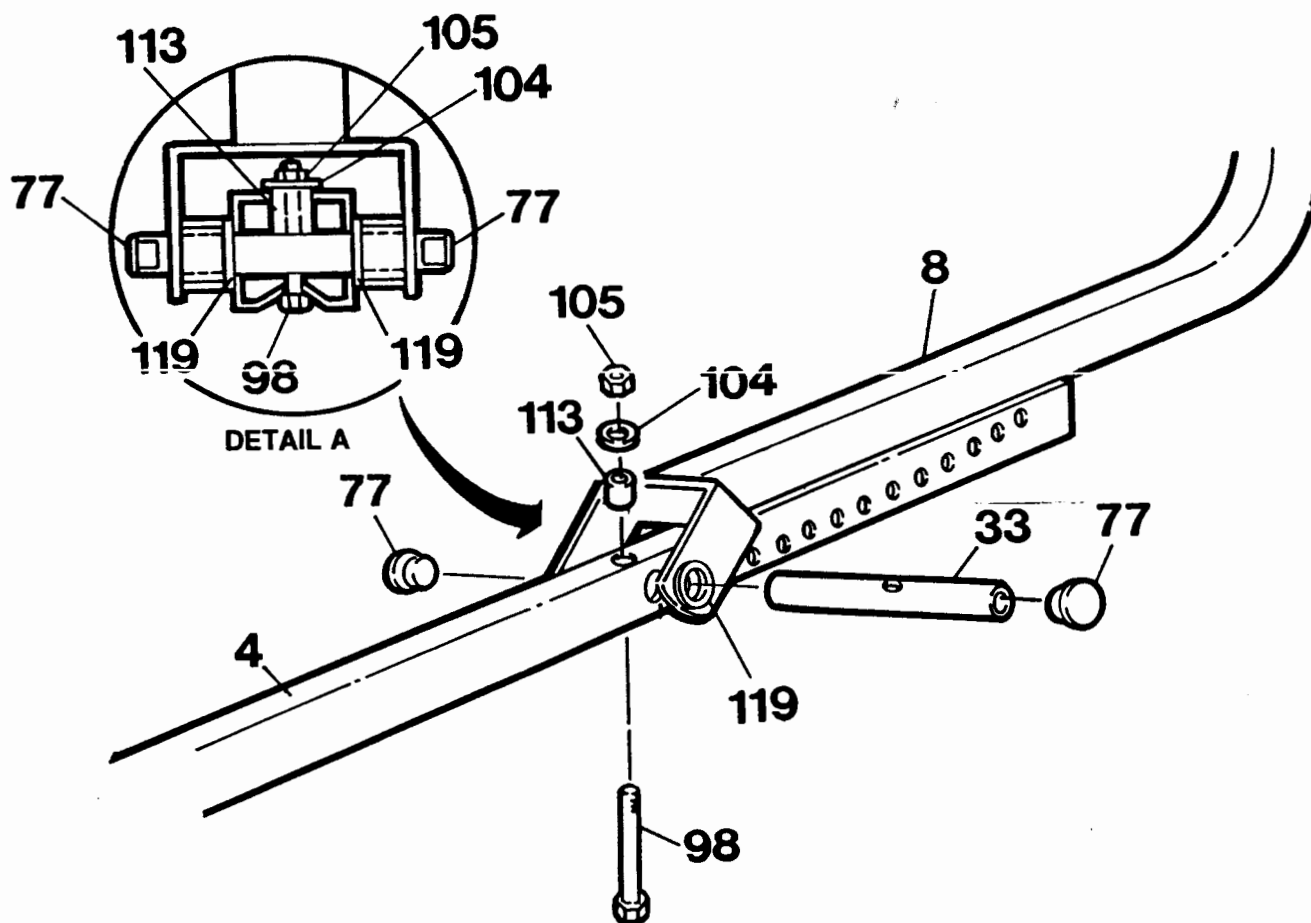
- 1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.**
- 2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY 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.**
- 4. 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.**
- 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. IN ASSEMBLY, WHEN THERE ARE INSTRUCTIONS THAT INDICATE THE USE OF A WASHER WHEN BOLTING, IT IS VERY IMPORTANT TO USE THE WASHER IN EACH PLACE SHOWN. THE WASHERS ARE USED TO DISTRIBUTE THE LOAD ON THE BOLT AND ARE VERY IMPORTANT.**
- 10. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.**
- 11. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.**
- 12. 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.**

- NOTE: DO NOT TIGHTEN BOLTS IN THE FIRST 4 STEPS OF ASSEMBLIES UNTIL THE CONCLUSION OF STEP 4. THIS WILL MAKE THE ALIGNMENT OF PARTS EASIER AS THE FRAME STRUCTURE IS BUILT.

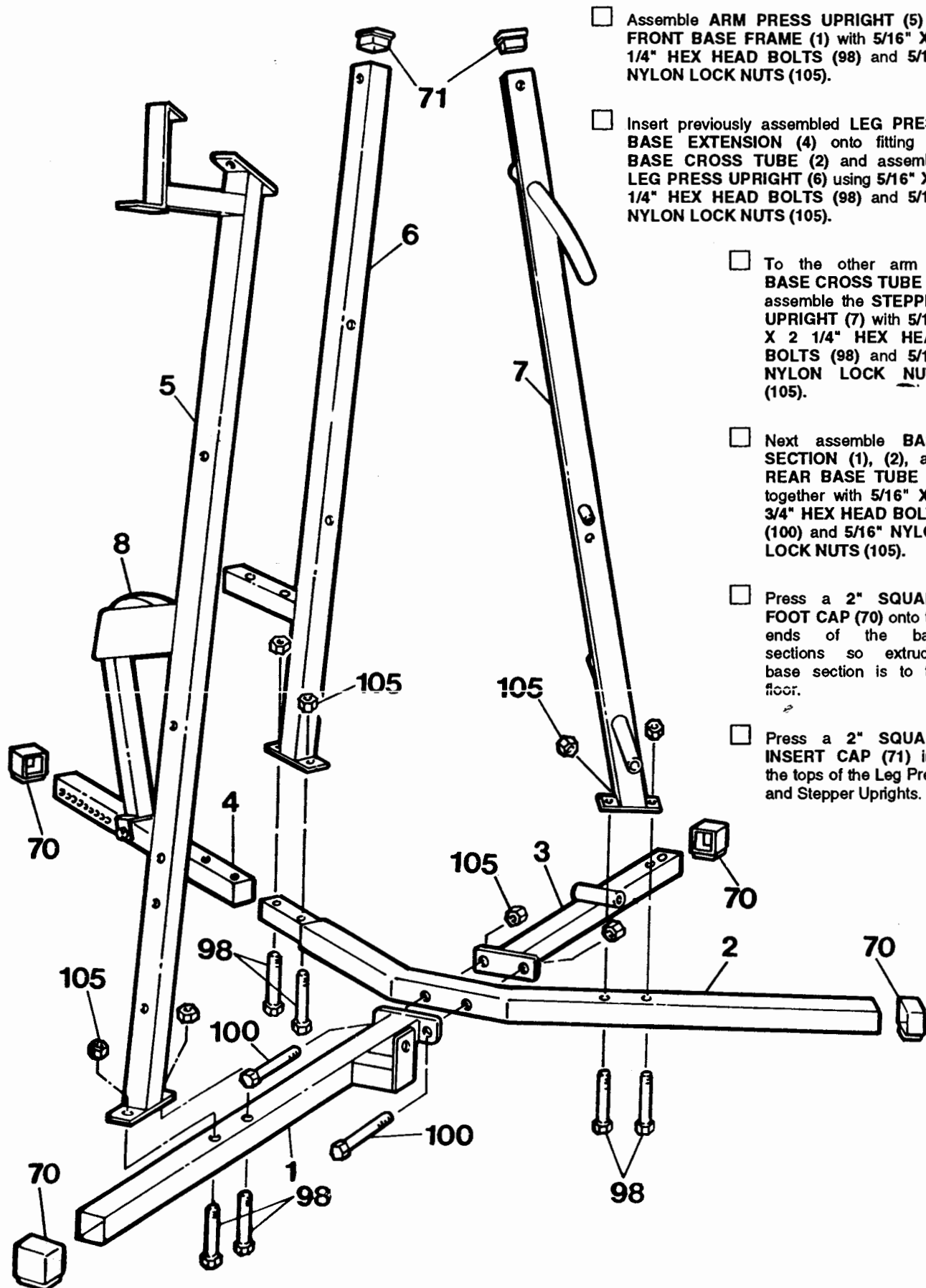
## STEP 1 BASE & UPRIGHT ASSEMBLY

PART NAME	QTY
70 2" SQUARE FOOT CAP	4
71 2" SQUARE INSERT CAP	2
77 1" ROUND INSERT CAP	2
98 5/16" X 2 1/4" HEX HEAD BOLT	7
100 5/16" X 2 3/4" HEX HEAD BOLT	2
104 5/16" FLAT WASHER	1
105 5/16" NYLON LOCK NUT	9
113 5/16" I.D. X 1/2" LONG METAL SPACER	1

- Begin by assembling the LEG PRESS ARM (8) to the LEG PRESS BASE EXTENSION (4). (See Detail "A".) For this assembly, orient the base extension so that dimpled in bolt holes are underneath.
- Insert the 1" X 5 1/2" LONG LEG PRESS PIVOT TUBE (33) through the U-bracket with spacers of the LEG PRESS ARM (8) and through the LEG PRESS BASE EXTENSION (4).



- Align the bolt hole in Pivot Tube with bolt hole through Base Extension and insert 5/16" X 2 1/4" HEX HEAD BOLT (98) from bottom and assemble a 5/16" I.D. X 1/2" LONG METAL SPACER (113), 5/16" FLAT WASHER (104), and secure with 5/16" NYLON LOCK NUT (105). (This assembly can be tightened firmly.)
- Press 1" ROUND INSERT CAP (77) into each end of the Pivot Tube. (These caps should be ones with largest diameter.) (See detailed view of final assembly.)



Assemble ARM PRESS UPRIGHT (5) to FRONT BASE FRAME (1) with 5/16" X 2 1/4" HEX HEAD BOLTS (98) and 5/16" NYLON LOCK NUTS (105).

Insert previously assembled LEG PRESS BASE EXTENSION (4) onto fitting on BASE CROSS TUBE (2) and assemble LEG PRESS UPRIGHT (6) using 5/16" X 2 1/4" HEX HEAD BOLTS (98) and 5/16" NYLON LOCK NUTS (105).

To the other arm of BASE CROSS TUBE (2) assemble the STEPPER UPRIGHT (7) with 5/16" X 2 1/4" HEX HEAD BOLTS (98) and 5/16" NYLON LOCK NUTS (105).

Next assemble BASE SECTION (1), (2), and REAR BASE TUBE (3) together with 5/16" X 2 3/4" HEX HEAD BOLTS (100) and 5/16" NYLON LOCK NUTS (105).

Press a 2" SQUARE FOOT CAP (70) onto the ends of the base sections so extruded base section is to the floor.

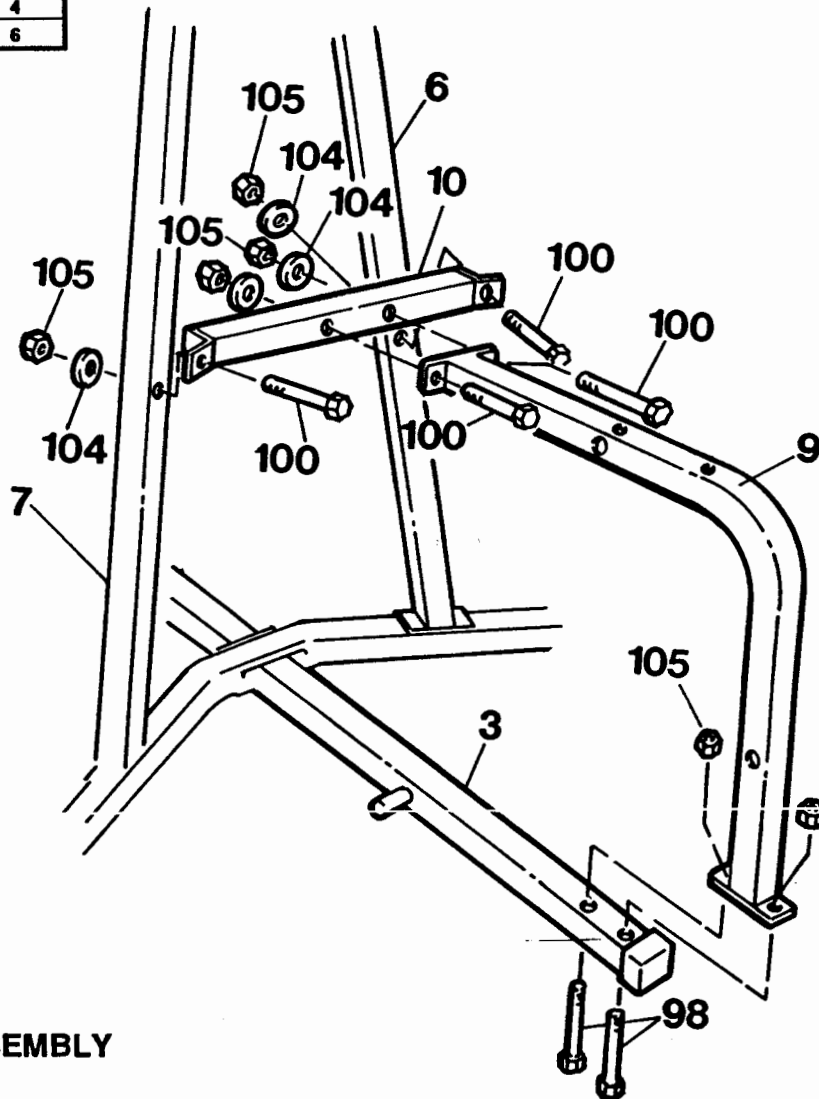
Press a 2" SQUARE INSERT CAP (71) into the tops of the Leg Press and Stepper Uprights.

## STEP 2 AB/BACK STATION ASSEMBLY

PART NAME	QTY
98 5/16" X 2 1/4" HEX HEAD BOLT	2
100 5/16" X 2 3/4" HEX HEAD BOLT	4
104 5/16" FLAT WASHER	4
105 5/16" NYLON LOCK NUT	6

- From the back of the unit, assemble the AB FRAME CROSSBAR (10) to the LEG PRESS UPRIGHT (6) and STEPPER UPRIGHT (7), using 5/16" X 2 3/4" HEX HEAD BOLTS (100), 5/16" FLAT WASHERS (104), and 5/16" NYLON LOCK NUTS (105).

- Assemble AB SEAT FRAME (9) to CROSSTUBE (10) with 5/16" X 2 3/4" HEX HEAD BOLT (100), 5/16" FLAT WASHERS (104), and 5/16" NYLON LOCK NUTS (105). Fasten to BASE (3) using 5/16" X 2 1/4" HEX HEAD BOLTS (98) and 5/16" NYLON LOCK NUTS (105).



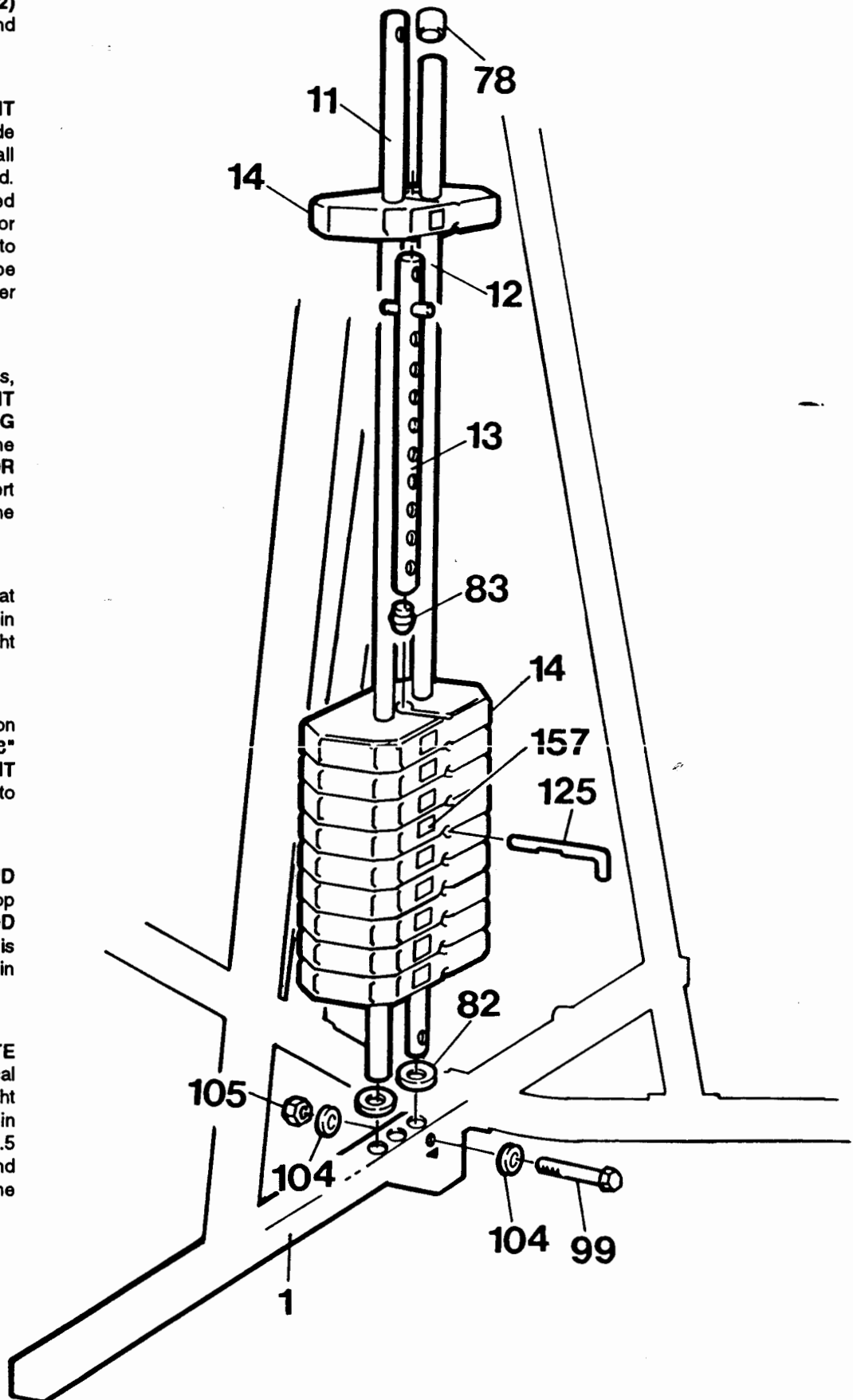
## STEP 3 WEIGHT STACK ASSEMBLY

PART NAME	QTY
78 1" ROUND COVER CAP	1
82 LARGE RUBBER WEIGHT BUMPER	2
83 WEIGHT SELECTOR END PLUG	1
99 5/16" X 2 1/2" HEX HEAD BOLT	1
104 5/16" FLAT WASHER	2
105 5/16" NYLON LOCK NUT	1
125 3/8" X 5 1/2" LONG WEIGHT SELECTOR PIN	1

**CAUTION:** To aid in this step, it is advised that you secure the assistance of a helper to help steady the weight stack as it is assembled.

- Into the Guide Rod hole at the front of the BASE TUBE (1) insert the LONG GUIDE ROD (11) so the bolt hole at the end of the Guide Rod is at the top.
- Insert the SHORT GUIDE ROD (12) into the rear hole in the base tube with the bolt hole inserted into the base and align holes in Frame and Guide Rod and fasten in place using a 5/16" X 2 1/2" HEX HEAD BOLT (99), 5/16" FLAT WASHERS (104), and 5/16" NYLON LOCK NUT (105).

- Slide a **LARGE RUBBER WEIGHT BUMPER (82)** over the Guide Rods and to the bottom of Rods.
- Begin stacking **WEIGHT PLATES (14)** onto Guide Rods one at a time until all but one plate is stacked. (Plates should be oriented so the weight selector channel in the plates are to the bottom and pin can be inserted from the stepper side of the unit.)
- After stacking nine plates, press the **WEIGHT SELECTOR END PLUG (83)** into the end of the **WEIGHT SELECTOR TUBE (13)** and insert Selector Tube into the stacked weights.
- Turn selector tube so that the pre-assembled roll pin sits into groove of weight plate.
- Place final weight plate on top of stack and insert **3/8" X 5 1/2" LONG WEIGHT SELECTOR PIN (125)** into weight stack.
- Press a **1" ROUND COVER CAP (78)** onto top of **SHORT GUIDE ROD (12)**. (This cover cap is one without screw hole in side.)
- Remove **WEIGHT PLATE DECALS (157)** from decal sheet and adhere to weight plates beside selector pin opening. Start with 12.5 affixed to the top plate and increasing to 125 on the bottom plate.



**STEP 4 TOP FRAME ASSEMBLY**

PART NAME	QTY
71 2" SQUARE INSERT CAP	1
99 5/16" X 2 1/2" HEX HEAD BOLT	1
100 5/16" X 2 3/4" HEX HEAD BOLT	4
101 5/16" X 3" HEX HEAD BOLT	1
104 5/16" FLAT WASHER	5
105 5/16" NYLON LOCK NUT	6

Position TOP FRAME MAST (15) atop uprights and insert Guide Rods into underside of mast.

Align bolt hole in LONG GUIDE ROD (11) with bolt holes in Top Mast and bolt through with 5/16" X 2 1/2" HEX HEAD BOLT (99), 5/16" FLAT WASHERS (104), and 5/16" NYLON LOCK NUT (105). (DETAIL A)

Bolt down through TOP FRAME MAST (15) and through Brace Extension on front of ARM PRESS UPRIGHT (5) with 5/16" X 3" HEX HEAD BOLT (101) and 5/16" NYLON LOCK NUT (105).

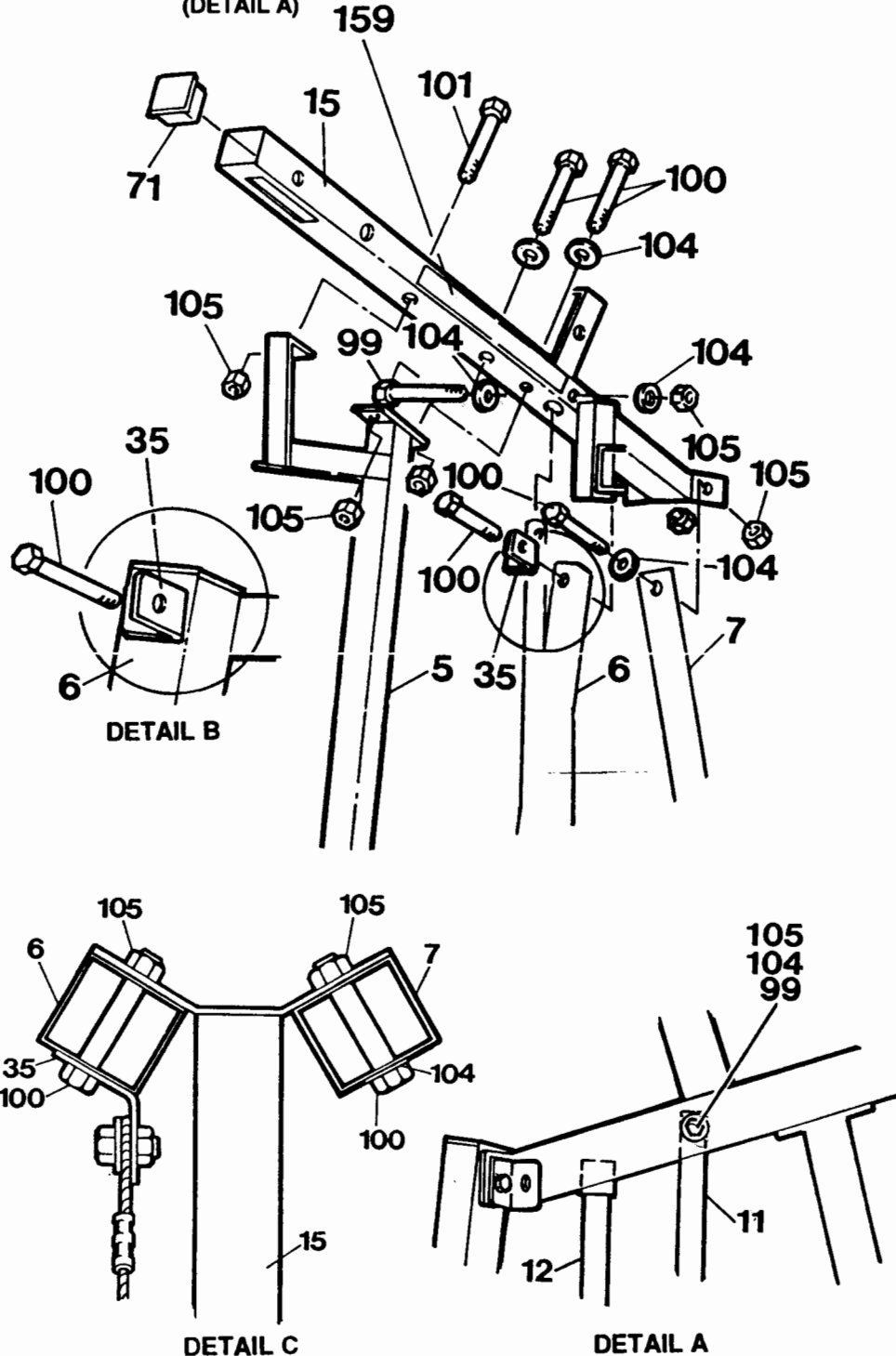
Bolt TOP MAST (15) to top of ARM PRESS UPRIGHT (5) using 5/16" X 2 3/4" HEX HEAD BOLTS (100), 5/16" FLAT WASHERS (104), and 5/16" NYLON LOCK NUTS (105).

With back uprights positioned in front of mounting plate at the back of Top Mast bolt STEPPER UPRIGHT (7) to Top Frame using a 5/16" X 2 3/4" HEX HEAD BOLT (100), 5/16" FLAT WASHER (104), and 5/16" NYLON LOCK NUT (105). (DETAIL B)

Position the PEC-DECK CABLE "L" BRACKET (35) to the front side of LEG PRESS UPRIGHT (6) (DETAIL C) and assemble to Top Frame using a 5/16" X 2 3/4" HEX HEAD BOLT (100), and 5/16" NYLON LOCK NUT (105). (DETAIL B)

Cap front end of Top Frame Mast with 2" SQUARE INSERT CAP (71).

Remove TOP MAST DECAL (159) from backing sheet and affix one to each side to Top Mast to the front of Guide Rod bolt hole.



AT THIS TIME SECURELY TIGHTEN BOLTS ASSEMBLED IN THE PRECEDING STEPS.

## STEP 5 LEG EXTENSION SEAT ASSEMBLY

PART NAME	QTY
71 2" SQUARE INSERT CAP	1
90 1/4" X 3/4" ROUND HEAD SCREW	4
92 1/4" X 2 1/2" CARRIAGE BOLT	2
93 1/4" FLAT WASHER	2
94 1/4" NYLON LOCK NUT	2
99 5/16" X 2 1/2" HEX HEAD BOLT	2
100 5/16" X 2 3/4" HEX HEAD BOLT	2
104 5/16" FLAT WASHER	4
105 5/16" NYLON LOCK NUT	4

- Bolt **PEC-DECK SEAT FRAME (16)** to **UPRIGHT (5)** with **5/16" X 2 3/4" HEX HEAD BOLT (100)**, **5/16" FLAT WASHERS (104)**, and **5/16" NYLON LOCK NUTS (105)**. Do not tighten tightly at this time.

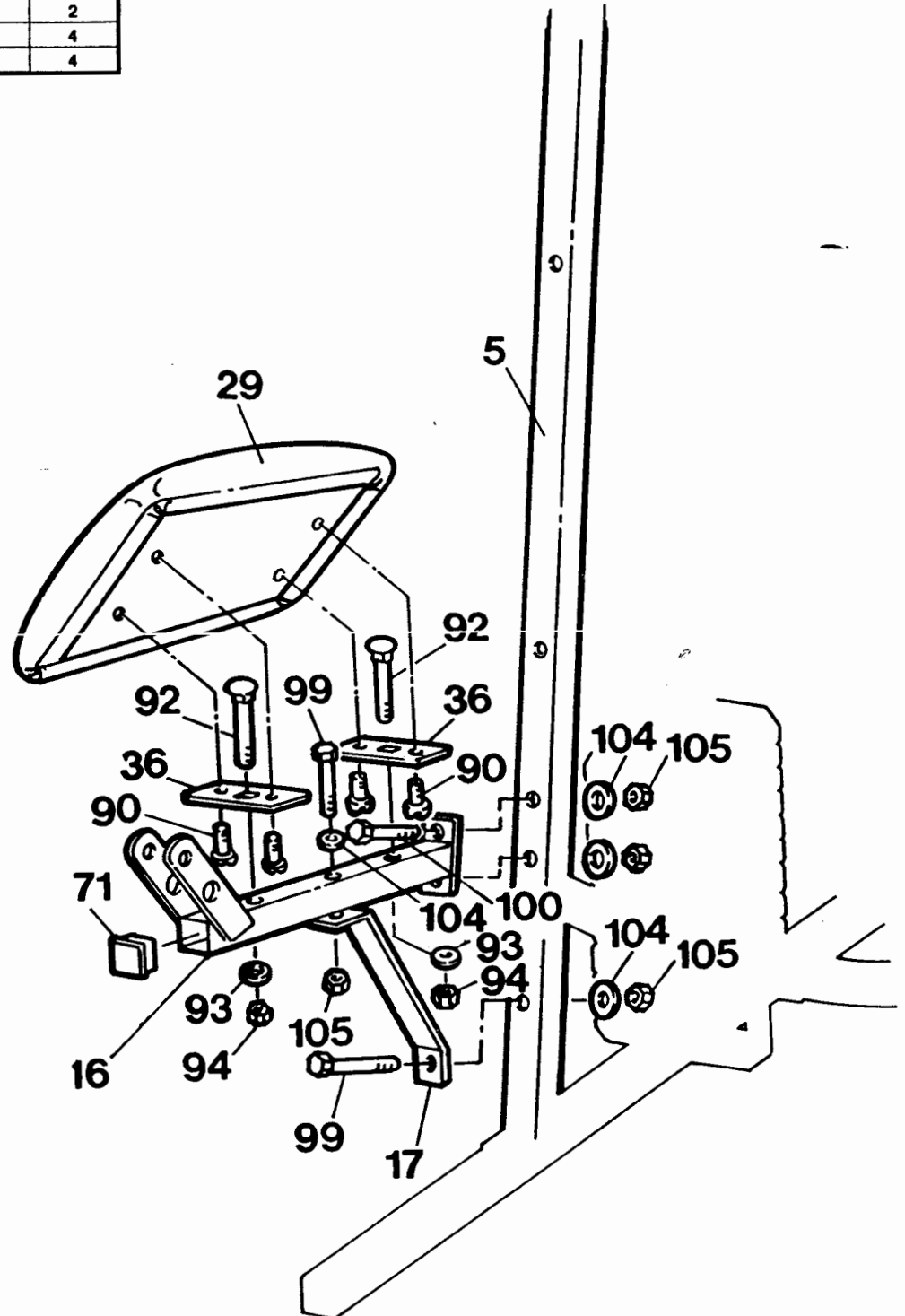
- Position **SEAT BRACE (17)** on the under side of **SEAT FRAME (16)** and bolt down through middle hole in Frame and through Brace with **5/16" X 2 1/2" HEX HEAD BOLT (99)**, **5/16" FLAT WASHER (104)**, and **5/16" NYLON LOCK NUT (105)**. Bolt **SEAT BRACE (17)** to **UPRIGHT (5)** using **5/16" X 2 1/2" HEX HEAD BOLT (99)**, **5/16" FLAT WASHER (104)** and **5/16" NYLON LOCK NUT (105)**.

- \* Tighten bolts in past two assemblies tightly at this time.

- To **SEAT FRAME (16)** attach **MOUNTING PLATES (36)** with a **1/4" X 2 1/2" CARRIAGE BOLTS (92)**, **1/4" FLAT WASHERS (93)**, and **1/4" NYLON LOCK NUTS (94)**.

- Press a **2" SQUARE INSERT CAP (71)** into front of Seat Frame.

- Attach **SEAT (29)** to mounting brackets with **1/4" X 3/4" ROUND HEAD SCREWS (90)**.



**STEP 6 BACKREST & LEG EXTENSION ASSEMBLY**

PART NAME	QTY
72 1 3/4" SQUARE INSERT CAP	1
79 3/4" ROUND INSERT CAP	4
90 1/4" X 3/4" ROUND HEAD SCREW	4
92 1/4" X 2 1/2" CARRIAGE BOLT	2
93 1/4" FLAT WASHER	2
94 1/4" NYLON LOCK NUT	2
100 5/16" X 2 3/4" HEX HEAD BOLT	1
105 5/16" NYLON LOCK NUT	1

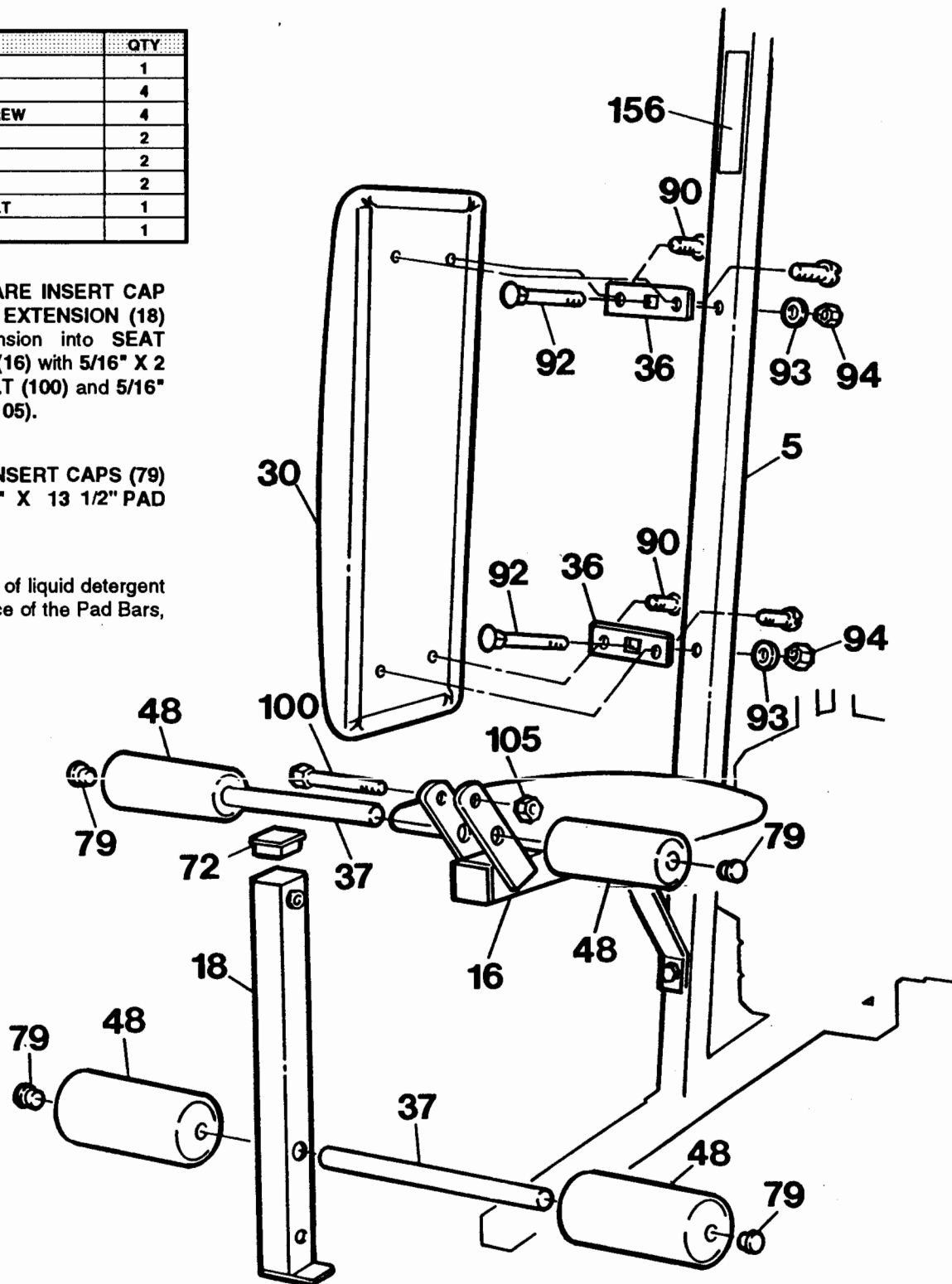
- Press a 1 3/4" SQUARE INSERT CAP (72) into top of LEG EXTENSION (18) and bolt Leg Extension into SEAT FRAME BRACKETS (16) with 5/16" X 2 3/4" HEX HEAD BOLT (100) and 5/16" NYLON LOCK NUT (105).

- Press 3/4" ROUND INSERT CAPS (79) into ends of two 3/4" X 13 1/2" PAD BARS (37).

- Using a small amount of liquid detergent wiped along the surface of the Pad Bars, press a 3" X 6" FOAM ROLLER (48) onto one side of each pad bar.

- Insert one Pad Bar into brackets of SEAT FRAME (16) and press another 3" X 6" FOAM ROLLER (48) onto the other end of Pad Bar.

- Assemble second pad bar assembly into pad position at lower section of LEG EXTENSION (18) and insert Pad Bar into another 3" X 6" FOAM ROLLER (48).



- Bolt MOUNTING BRACKETS (36) to ARM PRESS UPRIGHT (5) with 1/4" X 2 1/2" CARRIAGE BOLT (92), 1/4" FLAT WASHER (93), and 1/4" NYLON LOCK NUT (94).

- Attach the LONG BACKREST (30) to mounting brackets on Upright with 1/4" X 3/4" ROUND HEAD SCREWS (90).

- Remove STATION ONE DECAL (156) from backing sheet and adhere it to front of Upright just above Backrest.

**STEP 7 LEG PRESS SEAT & BACKREST ASSEMBLY**

PART NAME	QTY
71 2" SQUARE PLASTIC INSERT CAP	1
89 1/4" X 2 3/4" ROUND HEAD SCREW	1
90 1/4" X 3/4" ROUND HEAD SCREW	6
92 1/4" X 2 1/2" CARRIAGE BOLT	3
93 1/4" FLAT WASHER	4
94 1/4" NYLON LOCK NUT	3

Cap end of Seat Tube on LEG PRESS UPRIGHT (6) with 2" SQUARE INSERT CAP (71).

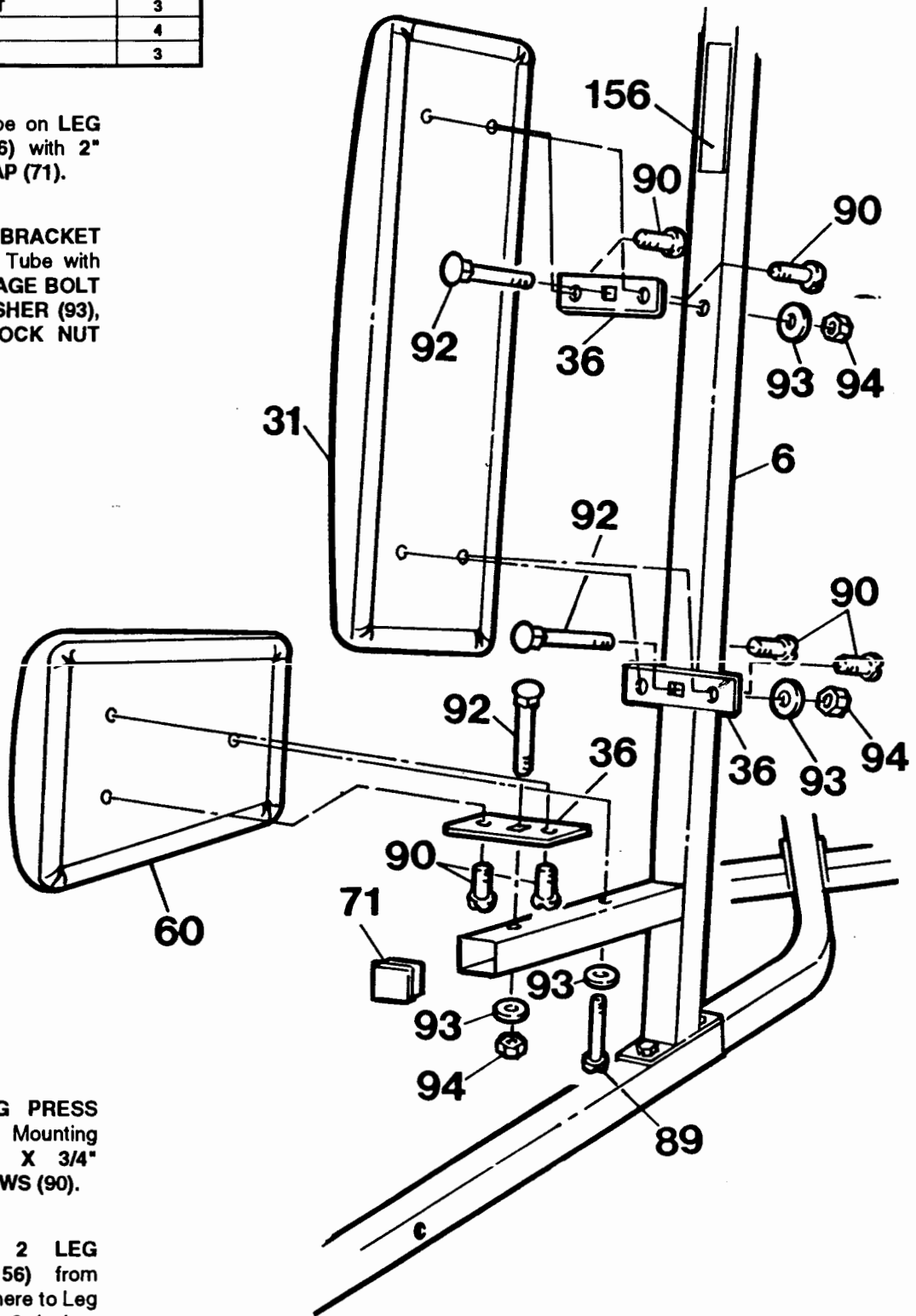
Bolt a MOUNTING BRACKET (36) to front of Seat Tube with 1/4" X 2 1/2" CARRIAGE BOLT (92), 1/4" FLAT WASHER (93), and 1/4" NYLON LOCK NUT (94).

Bolt front of SMALL SEAT (60) to MOUNTING BRACKET (36) with 1/4" X 3/4" ROUND HEAD SCREWS (90) and rear of Seat Tube with 1/4" X 2 3/4" ROUND HEAD SCREW (89) and 1/4" FLAT WASHER (93).

Attach MOUNTING BRACKETS (36) to LEG PRESS UPRIGHT (6) with 1/4" X 2 1/2" CARRIAGE BOLTS (92), 1/4" FLAT WASHERS (93), and 1/4" NYLON LOCK NUTS (94).

Fasten SHORT LEG PRESS BACKREST (31) to Mounting Brackets with 1/4" X 3/4" ROUND HEAD SCREWS (90).

Remove STATION 2 LEG PRESS DECAL (156) from backing sheet and adhere to Leg Press Upright about 2 inches above Backrest.



**STEP 8 LEG PRESS RESISTANCE CYLINDER ASSEMBLY**

PART NAME	QTY.
71 2" SQUARE INSERT CAP	3
80 5/8" ROUND COVER CAP	2
101 5/16" X 3" HEX HEAD BOLT	1
103 5/16" X 4 1/2" HEX HEAD BOLT	1
105 5/16" NYLON LOCK NUT	2
113 5/16" I.D. X 1/2" LONG SPACER	1
131 5/16" X 4 3/4" LONG LEG PRESS SELECTOR PIN	1
127 SPRING CLIP	1

Bolt **SMALL RESISTANCE CYLINDER (32)** to **LEG PRESS ARM (8)** with **5/16" X 4 1/2" HEX HEAD BOLT (103)** and secure with **5/16" I.D. X 1/2" LONG SPACER (113)** and **5/16" NYLON LOCK NUT (105)**.

Attach base end of **RESISTANCE CYLINDER (32)** to **BASE EXTENSION (4)** using **5/16" X 4 3/4" LONG LEG PRESS SELECTOR PIN (131)** through desired resistance hole setting and secure with **SPRING CLIP (127)**.

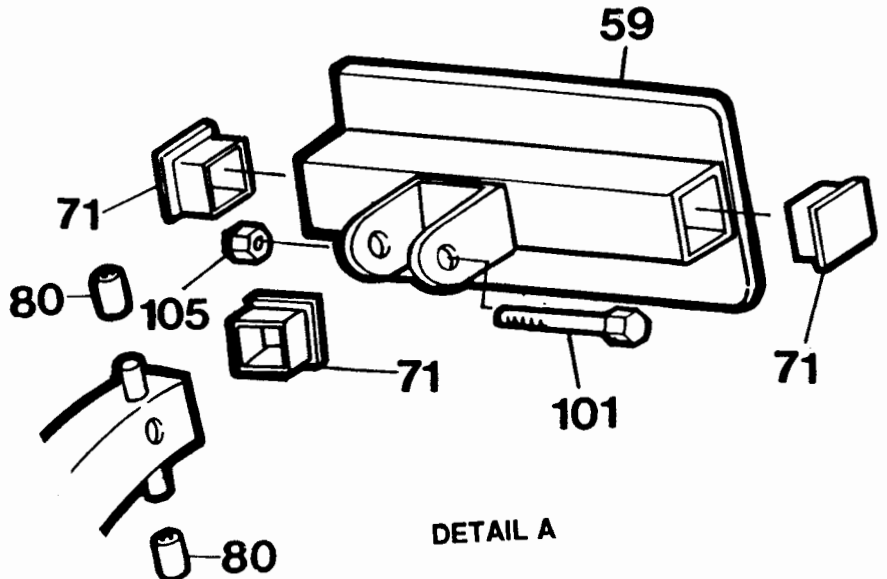
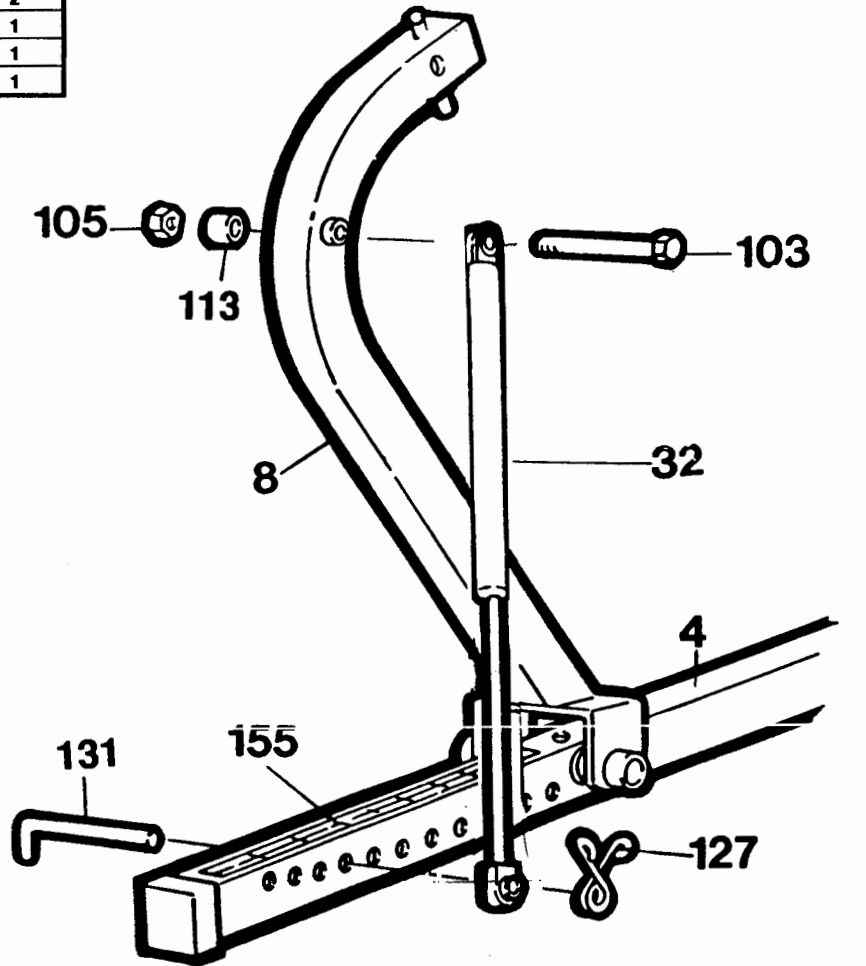
To the 5/8" round tube welded at the end of the Leg Press Arm tap a **5/8" ROUND COVER CAP (80)** over each end.

Press **2" SQUARE INSERT CAP (71)** into end of Leg Press Arm.

Press **2" SQUARE INSERT CAPS (71)** into tube ends on **LEG PRESS FOOT PLATE (59)** and bolt **FOOT PLATE (59)** to **LEG PRESS ARM (8)** with **5/16" X 3" HEX HEAD BOLT (101)** and **5/16" NYLON LOCK NUT (105)**. (DETAIL A)

Remove **LEG PRESS SCALE DECAL (155)** and position it atop the Base Extension so that the maximum resistance setting is to the end of the base extension aligned with the last hole setting.

» **NOTE:** One resistance cylinder provides resistance from 10 to 110 lbs. to increase to greater resistance, a second resistance cylinder can be added by removing 3/4" spacer and bolting the second cylinder in its place. The resistance cylinder from AB Station can be used for the second cylinder or additional resistance cylinders can be purchased from Weider Parts and Service. To increase resistance from 20 to 220 lbs. pin two cylinders (one on each side of the resistance setting). using the 5/16" x 5 3/4" Long Selector Pin and the Spring Clip.

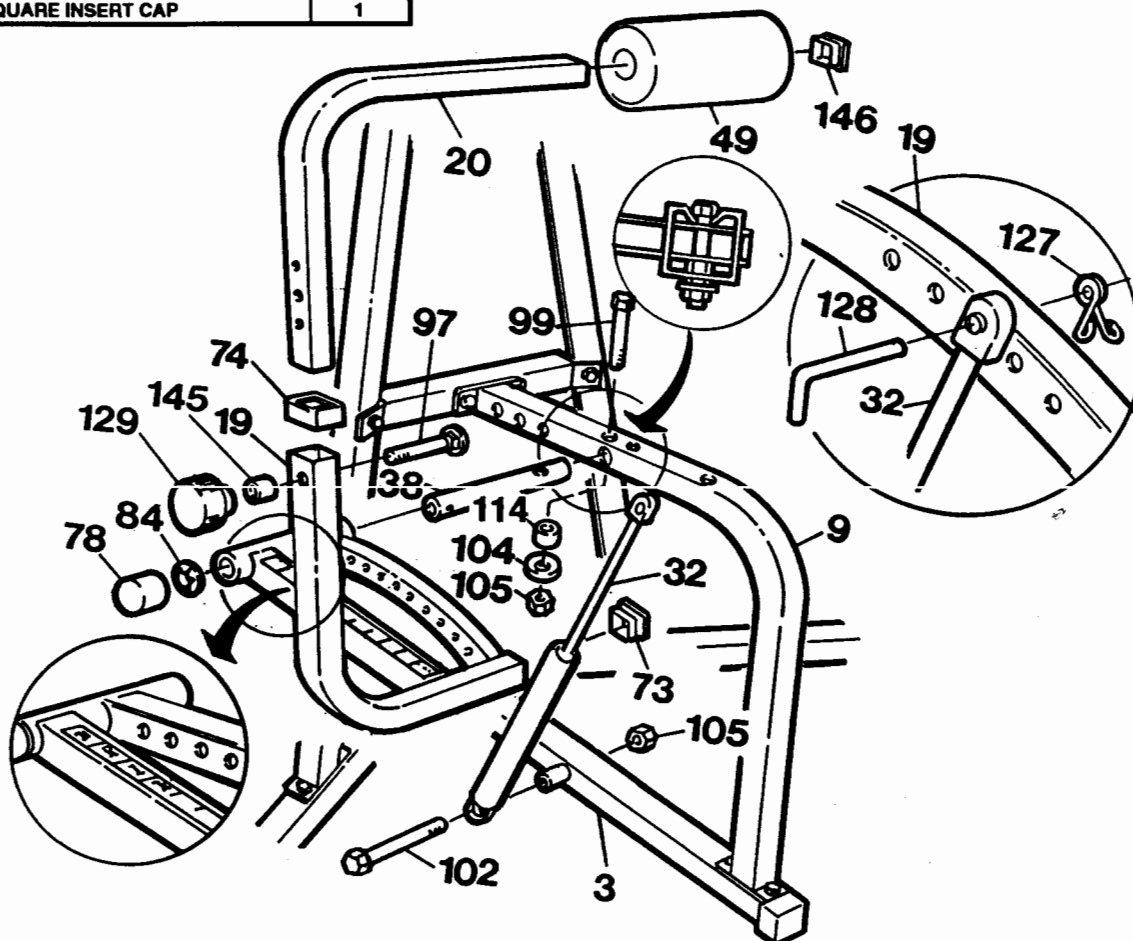


DETAIL A

## STEP 9 AB/BACK LEVER ARM ASSEMBLY

PART NAME	QTY
73 1 1/2" SQUARE INSERT CAP	1
74 1 1/2" SQUARE OPEN END CAP	1
78 1" ROUND COVER CAP	1
84 1" RING RETAINER	1
97 5/16" X 2" CARRIAGE BOLT	1
99 5/16" X 2 1/2" HEX HEAD BOLT	1
102 5/16" X 4" HEX HEAD BOLT	1
104 5/16" FLAT WASHER	1
105 5/16" NYLON LOCK NUT	2
114 3/4" LONG METAL SPACER	1
127 SPRING CLIP	1
128 2" LONG AB ARM SELECTOR PIN	1
129 THREADED KNOB	1
145 9/32" LONG SPACER	1
146 1 1/4" SQUARE INSERT CAP	1

- Assemble the 1" X 8 1/2" AB ARM PIVOT TUBE (38) into AB SEAT FRAME (9) using a 5/16" X 2 1/2" HEX HEAD BOLT (99) from the top and assembling a 5/16" I.D. X 3/4" LONG METAL SPACER (114), 5/16" FLAT WASHER (104), and 5/16" NYLON LOCK NUT (105).
- Assemble the AB CAM ASSEMBLY (19) onto PIVOT TUBE (38) and cap end of Pivot Tube with 1" RING RETAINER (84) and a 1" ROUND COVER CAP (78).
- Bolt RESISTANCE CYLINDER (32) through spacer tube in REAR BASE TUBE (3) with 5/16" X 4" HEX HEAD BOLT (102) and 5/16" NYLON LOCK NUT (105).



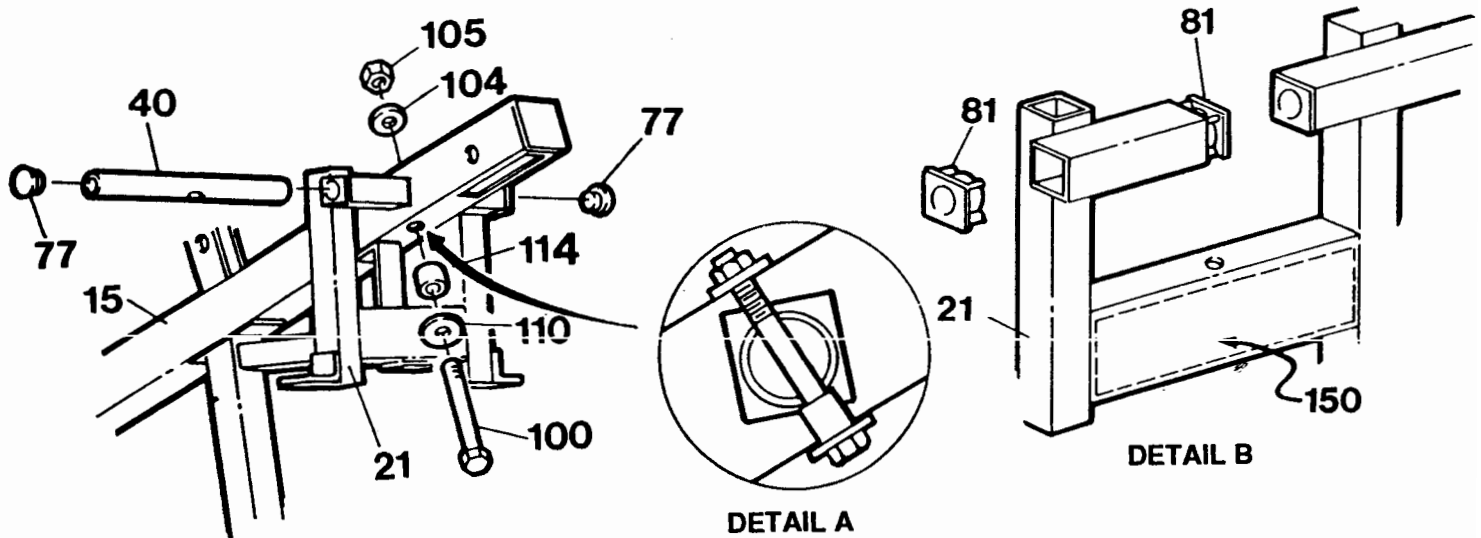
- Fit top of RESISTANCE CYLINDER (32) into inside channel of curved resistance cam and pin at desired setting with 2" LONG AB ARM SELECTOR PIN (128) and secure with SPRING CLIP (127).
- Press a 1 1/4" SQUARE INSERT CAP (146) into end of AB ARM (20) and with the aid of a small amount of liquid detergent as a lubricant press on a 4" X 10" FOAM ROLLER (49).
- Fit a 1 1/2" SQUARE OPEN END CAP (74) onto the top end of AB Assembly and a 1 1/2" SQUARE INSERT CAP (73) into the opposite end and insert AB ARM (20). Bolt AB Arm at desired height and fasten with 5/16" X 2" CARRIAGE BOLT (97) 9/32" LONG SPACER (145), and THREADED KNOB (129).
- Remove AB/CAM ARM DECAL (152) 10 to 110 resistance scale from backing sheet and affix it atop square support tube so that it is in alignment with the hole setting closest to the Pivot Tube.



## STEP 11 ARM PRESS ASSEMBLY

PART NAME	QTY
77 1" ROUND PLASTIC CAP	2
81 1 1/4" SQUARE INSERT BUSHING	4
100 5/16" X 2 3/4" HEX HEAD BOLT	1
104 5/16" FLAT WASHER	1
105 5/16" NYLON LOCK NUT	1
110 3/8" FLAT WASHER	1
114 3/4" LONG METAL SPACER	1

- Into each end of the ARM PRESS ASSEMBLY (21) cross tubes, insert a 1 1/4" SQUARE BUSHING (81). SEE DETAIL B
- Align ARM PRESS ASSEMBLY (21) to the front of the TOP FRAME (15) and insert CHROME PLATED 1" X 13" PIVOT TUBE (40) through ARM PRESS ASSEMBLY (21) and TOP FRAME (15).
- Rotate Pivot Tube until bolt holes align and assemble a 3/8" FLAT WASHER (110) and 5/16" X 1/2" LONG SPACER (113) onto a 5/16" X 2 3/4" HEX HEAD BOLT (100) and insert from bottom up through Frame and Pivot Tube and attach with another 5/16" FLAT WASHER (104) and 5/16" NYLON LOCK NUT (105). SEE DETAIL A
- Press a 1" ROUND PLASTIC CAP (77) into each end of CHROME PLATED PIVOT TUBE (40).
- Remove POWER STACK DECAL (150) from backing and adhere it onto ARM PRESS ASSEMBLY (21).



## STEP 12 PEC-DECK ARMS

PART NAME	QTY
71 2" SQUARE PLASTIC CAP	4
77 1" ROUND PLASTIC CAP	4
81 1 1/4" SQUARE END BUSHING	4
96 5/16" X 1 1/2" HEX HEAD BOLT	2
105 5/16" NYLON LOCK NUT	2
112 LARGE WASHER 1 1/2" I.D. X 2" O.D.	2
131 5/16" X 4 3/4" PECK DECK LOCK PIN	2

- Press a 1 1/4" SQUARE PLASTIC BUSHING (81) into the ends of the ARM PRESS ASSEMBLY (21).
- Insert PEC-DECK ARM (22) Pivot Tube into ARM PRESS ASSEMBLY (21) and place a large 1 1/2" FLAT WASHER (112) over Pivot Tube SEE DETAIL A.
- Secure Pec-Deck Arms in place by bolting through top of Pivot Tubes with 5/16" X 1 1/2" HEX HEAD BOLT (96) and 5/16" NYLON LOCK NUT (105).
- Cap top and bottom of Pivot Tube with 1" ROUND PLASTIC INSERT CAPS (77).

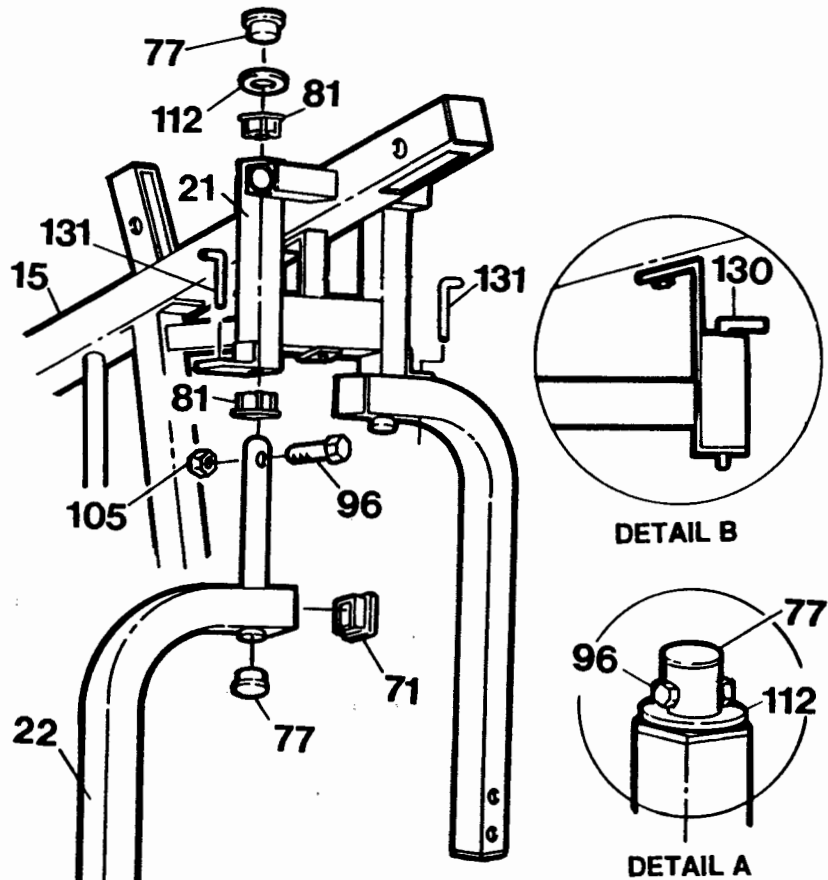
Pin Pec-Deck Arms from pivoting by inserting  $5/16"$  X  $4\ 3/4"$  PEC-DECK LOCK PINS (131) down through brackets on sides of ARM PRESS ASSEMBLY (21) and through pin holes in arms.

When doing Butterfly Exercises a  $5/16"$  X  $4\ 3/4"$  PECK-DECK LOCK PIN (131) should be inserted down through center tube section of ARM PRESS ASSEMBLY (21) as shown in Detail "B".

Insert a 2" SQUARE PLASTIC CAP (71) 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 (131).

» NOTE: WHEN DOING PEC-DECK EXERCISES CHECK TO MAKE SURE THAT THE CENTER PIN ONLY (ONE PEC-DECK LOCK PIN

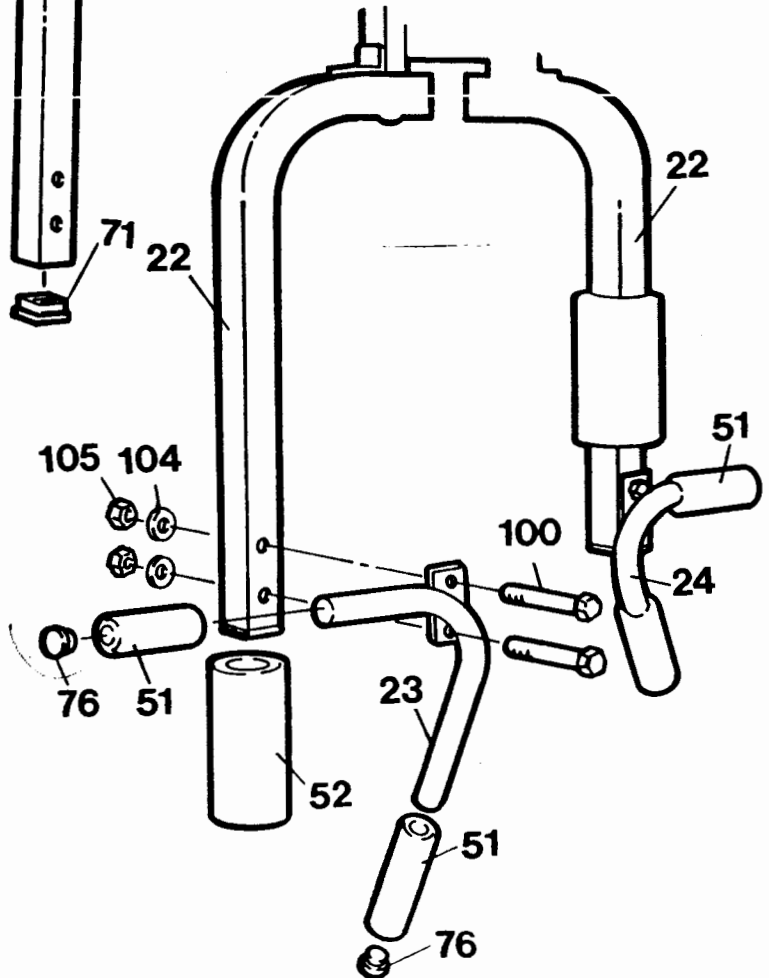


**STEP 13 ARM PRESS HANDLES**

PART NAME	QTY
76 1 1/4" ROUND PLASTIC CAP	4
100 5/16" X 2 3/4" HEX HEAD BOLT	4
104 5/16" FLAT WASHER	4
105 5/16" NYLON LOCK NUT	4

Wipe a small amount of liquid detergent onto lower section of PEC-DECK ARMS (22) and press on 4" X 8" FOAM ROLLERS (52). Position Rollers up about 8 inches from tube end.

Assemble ARM PRESS HANDLES (23) and (24) to PEC-DECK ARMS (22) using  $5/16"$  X  $2\ 3/4"$  HEX HEAD BOLTS (100),  $5/16"$  FLAT WASHERS (104), and  $5/16"$  NYLON LOCK NUTS (105).

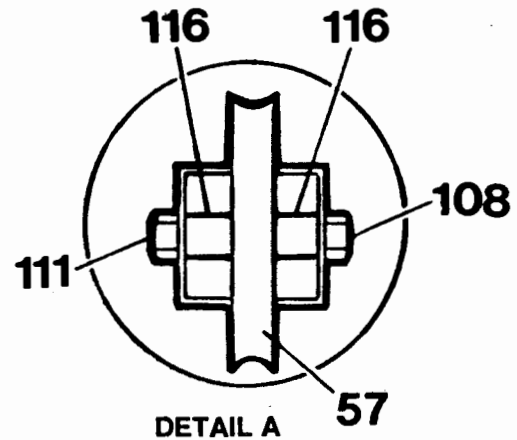
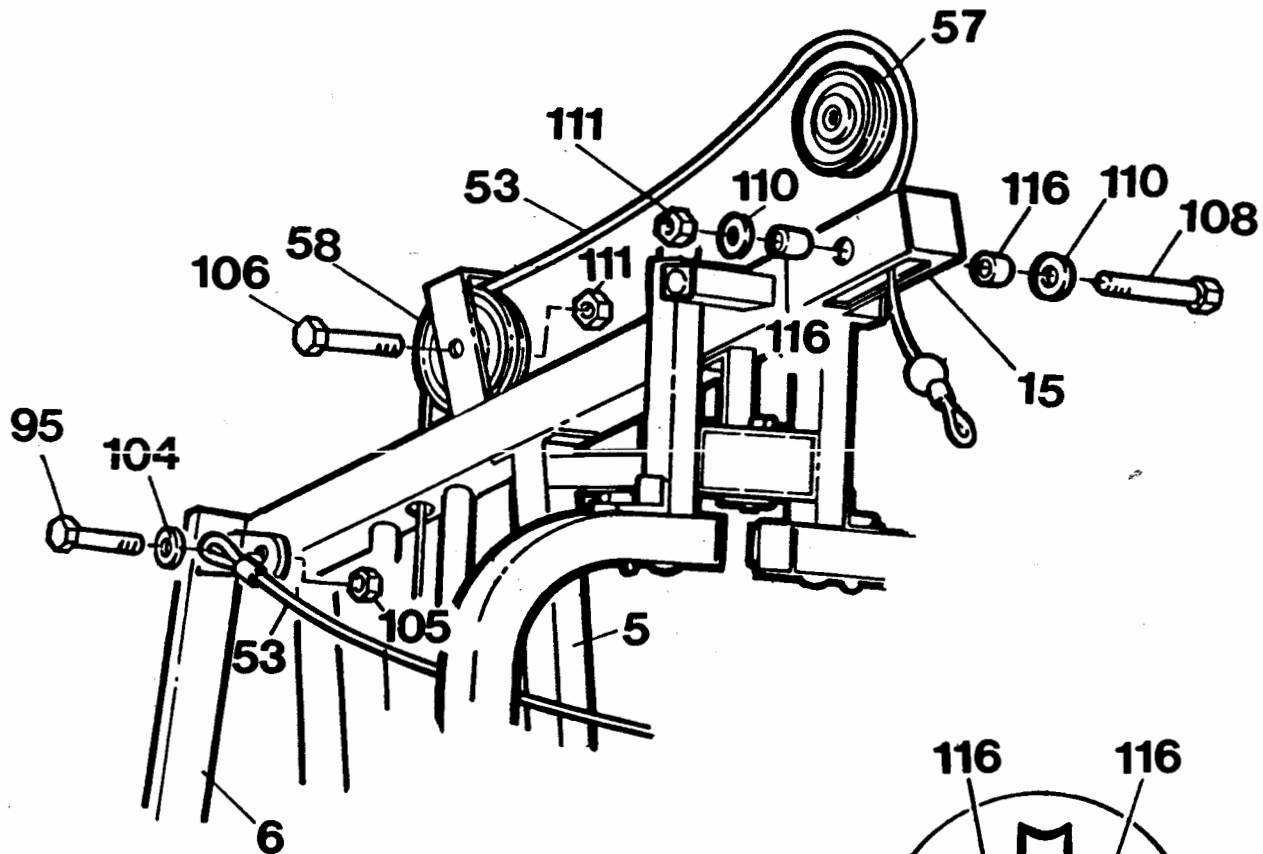


## STEP 14 TOP CABLE ASSEMBLY

PART NAME	QTY
57 4 1/2" PULLEY	1
58 3 1/2" PULLEY	1
95 5/16" X 3/4" HEX HEAD BOLT	1
104 5/16" FLAT WASHER	1
105 5/16" NYLON LOCK NUT	1
106 3/8" X 1 3/4" HEX HEAD BOLT	1
108 3/8" X 2 3/4" HEX HEAD BOLT	1
110 3/8" FLAT WASHER	2
111 3/8" NYLON LOCK NUT	2
116 3/8" X 9/16" LONG METAL SPACER	2

- Insert PEC-DECK CABLE (53) up through slot in front of TOP FRAME (15) so rubber stopper ball is to the front and underneath the Top Frame.
- Drape PEC-DECK CABLE (53) over 4 1/2" PULLEY (57) and fit into slot.
- Assemble 3/8" FLAT WASHER (110) and a 3/8" X 9/16" LONG SPACER (116) onto a 3/8" X 2 3/4" HEX HEAD BOLT (108).

- Place another 3/8" X 9/16" LONG METAL SPACER (116) and a 3/8" FLAT WASHER (110) onto the 3/8" X 2 3/4" HEX HEAD BOLT (108) and secure with 3/8" NYLON LOCK NUT (111). Check alignment of this assembly and make sure that the spacers are inside Top Frame against Pulley. (SEE DETAIL "A")

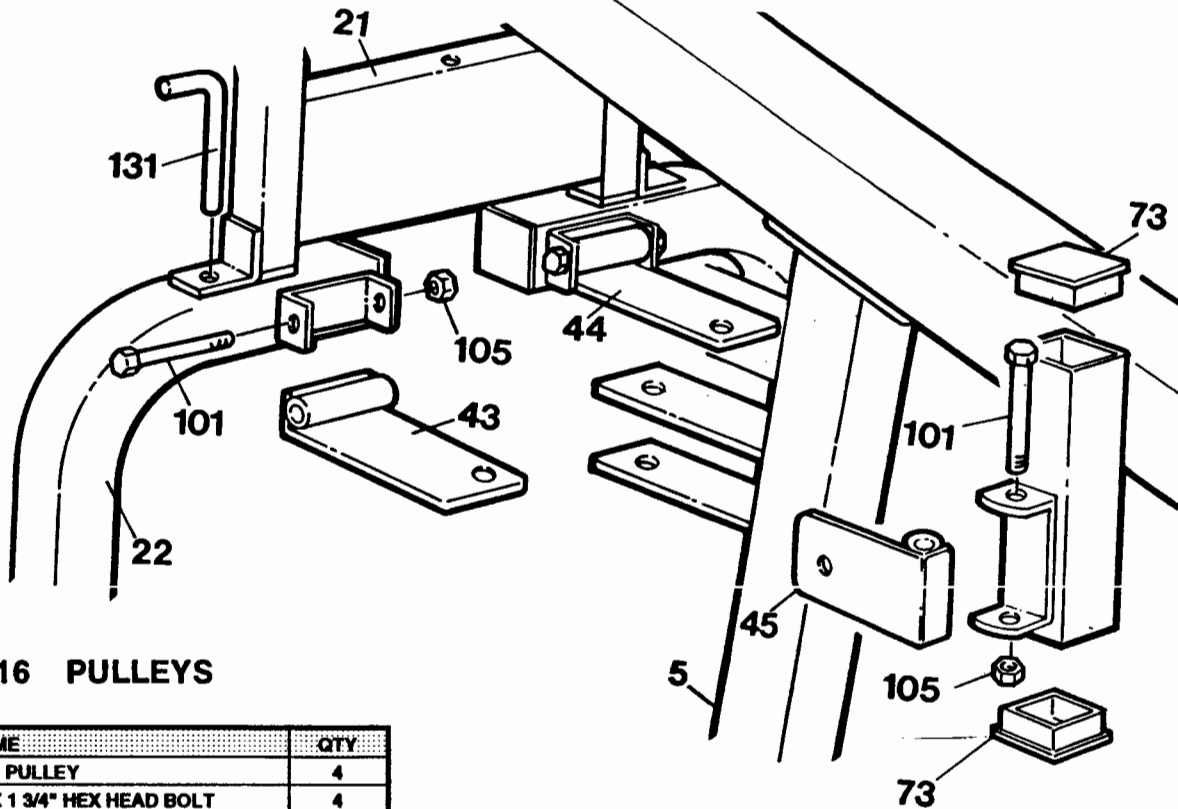


- Insert cable through top bracket on Top Frame and down through access hole in Frame.
- Fit cable into a 3 1/2" PULLEY (58) and bolt into top bracket with 3/8" X 1 3/4" HEX HEAD BOLT (106) and 3/8" NYLON LOCK NUT (111).
- Bring cable around front of ARM PRESS FRAME UPRIGHT (5) and fasten to bracket on side of LEG PRESS UPRIGHT (6) and bolt in place with 5/16" X 3/4" HEX HEAD BOLT (95), 5/16" FLAT WASHER (104), and 5/16" NYLON LOCK NUT (105). (SEE DETAIL "B")

### STEP 15 PULLEY BRACKETS

PART NAME	QTY
101 5/16" X 3" HEX HEAD BOLT	3
105 5/16" NYLON LOCK NUT	3

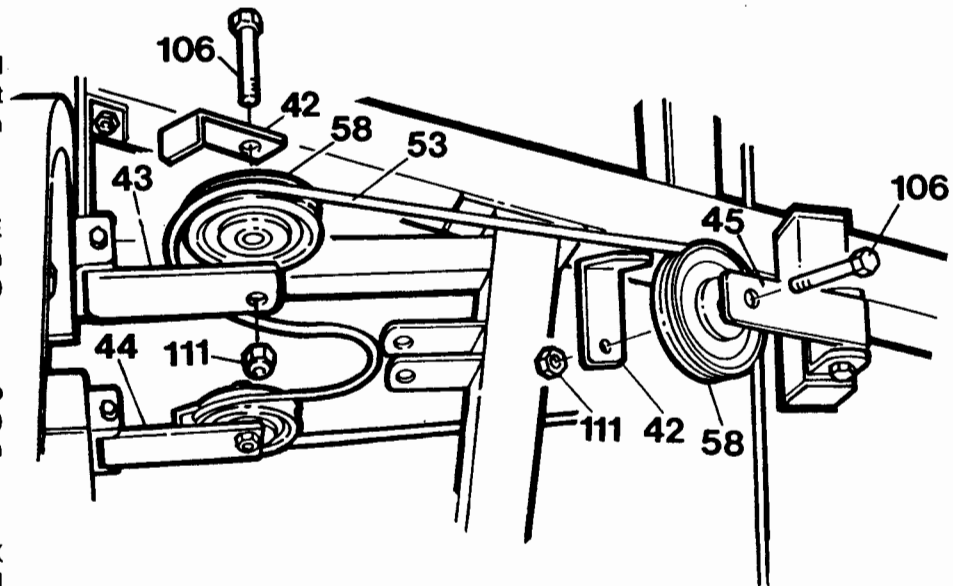
- Attach PEC-DECK PULLEY BRACKETS (43) and (44) to PEC-DECK ARMS (22) with 5/16" X 3" HEX HEAD BOLTS (101) and 5/16" LOCK NUT (105). (Bracket 43 has bolt hole off center to the right corner, 44 has hole off center to the left.)
- Mount TOP MAST PULLEY BRACKET (45) into bracket on small welded square tube at the top of the ARM PRESS FRAME UPRIGHT (5) with 5/16" X 3" HEX HEAD BOLT (101) and 5/16" LOCK NUT (105). (This bracket has bolt hole centered in bracket.) Into this same square welded tube, press a 1 1/2" SQUARE PLASTIC CAP (73) into each end.



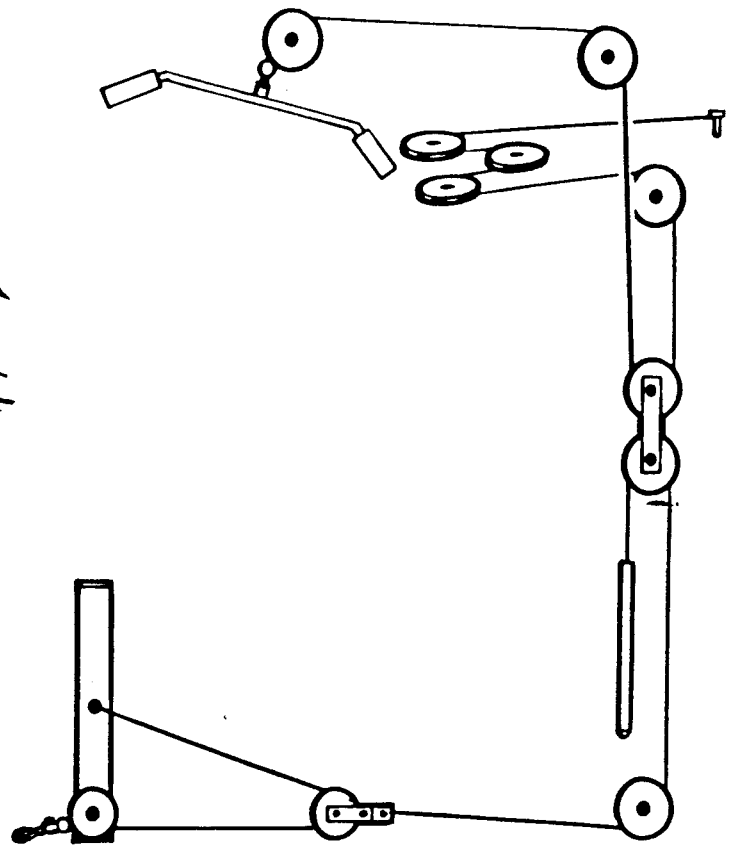
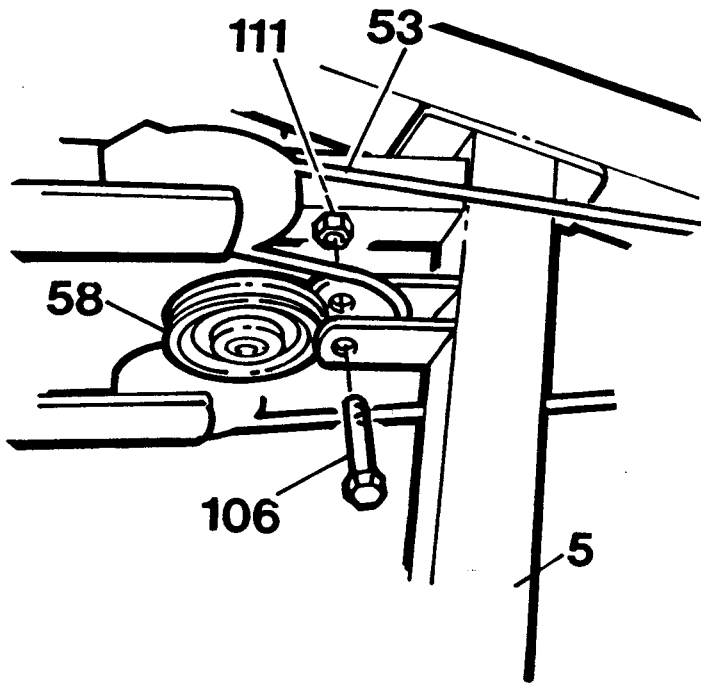
### STEP 16 PULLEYS

PART NAME	QTY
58 3 1/2" PULLEY	4
106 3/8" X 1 3/4" HEX HEAD BOLT	4
111 3/8" NYLON LOCK NUT	4

- Bring PEC-DECK CABLE (53) up and set into 3 1/2" PULLEY (58) and bolt Pulley onto PULLEY BRACKET (45) on ARM PRESS UPRIGHT (5).
- Trap cable into Pulley with CABLE TRAP BRACKET (42) and fasten with 3/8" X 1 3/4" HEX HEAD BOLT (106) and 3/8" NYLON LOCK NUT (111).
- Next fasten 3 1/2" PULLEYS (58) to PULLEY BRACKETS (43) and (44) while trapping cable into Pulleys with CABLE TRAPS (42).
- Bolt together with 3/8" X 1 3/4" HEX HEAD BOLTS (106) and 3/8" NYLON LOCK NUTS (111).



- Into welded brackets on front of **ARM PRESS FRAME (5)**, assembly another **3 1/2" PULLEY (58)** trapping cable into Pulley between Pulley and Frame. Bolt with **3/8" X 1 3/4" HEX HEAD BOLT (106)** and **3/8" NYLON LOCK NUT (111)**.



DRAWING OF ENTIRE CABLE ROUTING

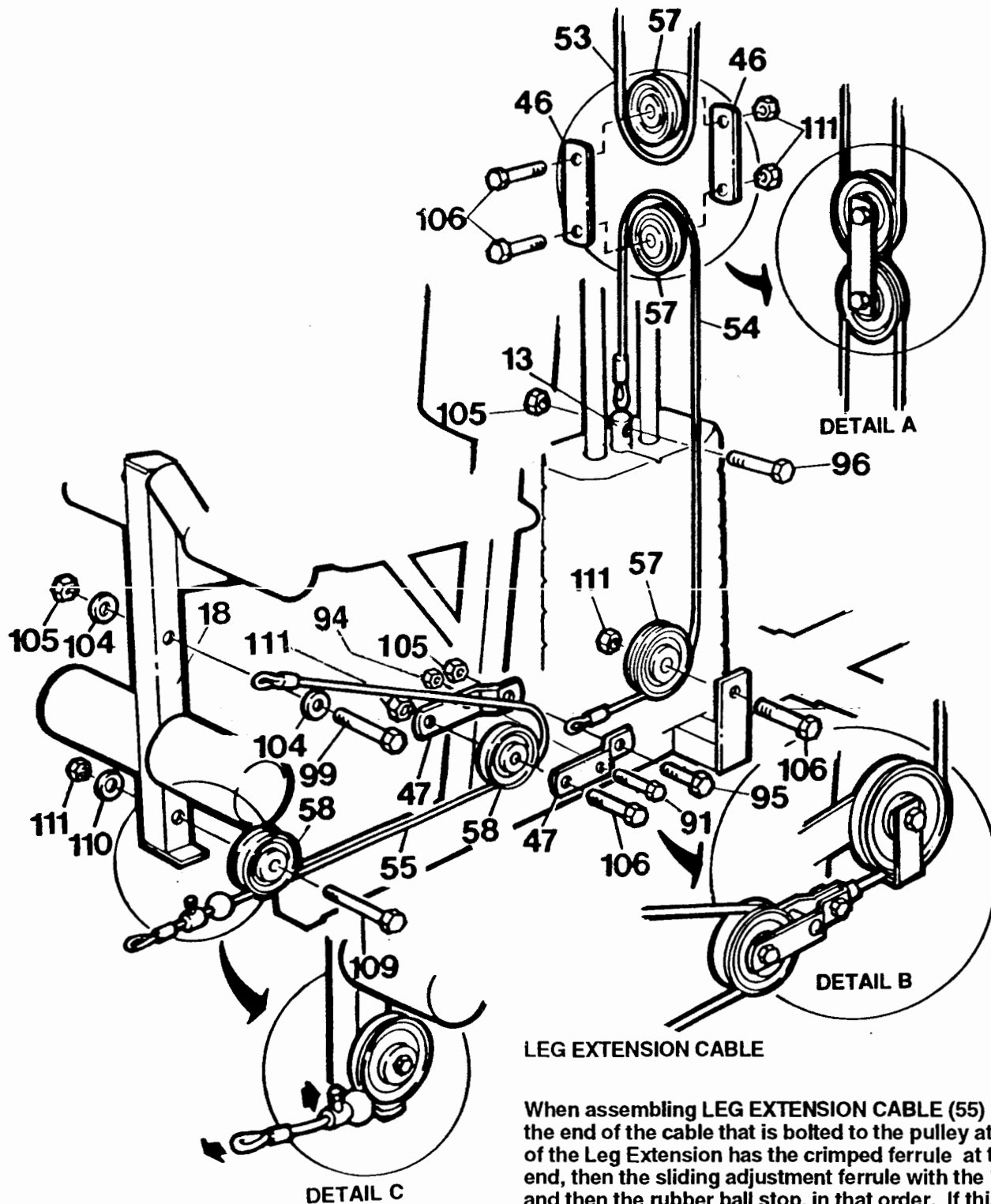
## STEP 17 LOWER PULLEYS AND CABLES

PART NAME	QTY
57 4 1/2" PULLEY	3
58 3 1/2" PULLEY	2
91 1/4" x 1 3/4" ROUND HEAD SCREW	1
94 1/4" NYLON LOCK NUT	1
95 5/16" X 3/4" HEX HEAD BOLT	1
96 5/16" X 1 1/2" HEX HEAD BOLT	1
99 5/16" X 2 1/2" HEX HEAD BOLT	1
104 5/16" FLAT WASHER	2
105 5/16" NYLON LOCK NUT	3
106 3/8" X 1 3/4" HEX HEAD BOLT	4
109 3/8" X 3 1/4" HEX HEAD BOLT	1
110 3/8" FLAT WASHER	1
111 3/8" NYLON LOCK NUT	5

- Attach **WEIGHT STACK CABLE (54)** by inserting loop of cable into end of **WEIGHT SELECTOR TUBE (13)** and bolt with **5/16" X 1 1/2" HEX HEAD BOLT (96)** and **5/16" NYLON LOCK NUT (105)**.
- Bring cable up and make dual pulley assembly as shown in **DETAIL A** using **4 1/2" PULLEYS (57)**, **PULLEY CONNECTOR PLATES (46)**, **3/8" X 1 3/4" HEX HEAD BOLTS (106)**, and **3/8" NYLON LOCK NUTS (111)**.
- Bring cable down and fit into another **4 1/2" PULLEY (57)**. Using a **3/8" X 1 3/4" HEX HEAD BOLT (106)**, bolt the Pulley to the base bracket on the side of the **ARM PRESS FRAME UPRIGHT (5)** and secure with **3/8" NYLON LOCK NUT (111)**.

- Bolt **PULLEY TRAP BRACKETS (47)** to loop end of **WEIGHT STACK CABLE (54)** with **5/16" X 3/4" HEX HEAD BOLT (95)** and **5/16" NYLON LOCK NUT (105)**.
- Connect **LEG EXTENSION CABLE (55)** to upper section of **LEG EXTENSION (18)** with **5/16" X 2 1/2" HEX HEAD BOLT (99)**, **5/16" FLAT WASHERS (104)**, and **5/16" NYLON LOCK NUT (105)**. **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 (58)** and bolt pulley between **PULLEY TRAP BRACKETS (47)** using a **3/8" X 1 3/4" HEX HEAD BOLT (106)** and **3/8" NYLON LOCK NUT (111)**. **SEE DETAIL B.**
- Assemble a **1/4" x 1 3/4" ROUND HEAD SCREW (91)** through brackets behind pulley and fasten with **1/4" NYLON LOCK NUT (94)**.

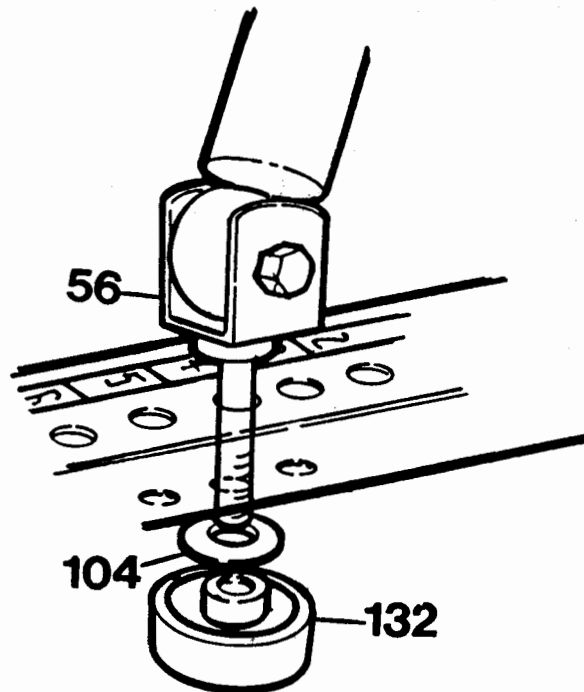
- Take cable forward and assemble it to bottom of leg extension so cable is trapped under a 3 1/2" PULLEY (58). Bolt with 3/8" X 3 1/4" HEX HEAD BOLT (109), 3/8" FLAT WASHER (110), and 3/8" NYLON LOCK NUT (111).
- Checking to see that all cables are seated in pulley grooves, pull LEG EXTENSION CABLE (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 stop to take out any slack that develops.



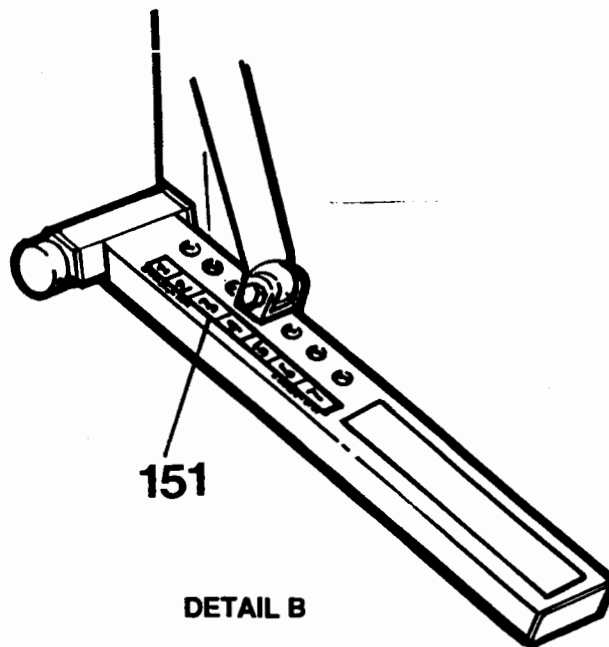
When assembling LEG EXTENSION CABLE (55) make sure the end of the cable that is bolted to the pulley at the base of the Leg Extension has the crimped ferrule at the very end, then the sliding adjustment ferrule with the hex bolt, and then the rubber ball stop, in that order. If this order is not correct,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



- Press on **5/8" RING RETAINER (85)** making sure the teeth face the outside of the support tube and the clip is seated firmly against the Resistance Cylinder.
- Cap the ends of the Support Tube with **5/8" ROUND PLASTIC COVER CAPS (80)**.
- Place **CYLINDER MOUNTING BRACKET (56)** into one of the resistance setting holes and secure with **5/16" FLAT WASHER (104)** and **TENSION KNOB (132)**. (DETAIL A)
- Attach **RESISTANCE CYLINDER (28)** to **CYLINDER MOUNTING BRACKET (56)** with **5/16" X 1 1/2" HEX HEAD BOLT (96)** and **5/16" NYLON LOCK NUT (105)**.
- Remove **STEPPER RESISTANCE SCALE DECALS (151)** 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. (DETAIL B)
- Remove backing from adhesive strips on **FOOT PADS (135)** and attach to rear of pedals.
- Attach **STATION 2 DECALS (156)** to **STEPPER UPRIGHT (7)** just above the Resistance Cylinder Mounting Tube.
- SETTING RESISTANCE:** After Pedals are attached to Resistance Cylinders, the resistance can be changed by unscrewing the **TENSION KNOBS (132)** from the Pedals and moving the **RESISTANCE CYLINDER MOUNTING BRACKETS (56)** to another hole and re-assembling the Knob.
- Press **1" ROUND INSERT CAPS (77)** into ends of Stepper Handle Bar.
- With the aid of liquid dish detergent assemble **1 1/2" X 4 3/4" FOAM GRIPS (51)**.



DETAIL A



DETAIL B

## THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM

### LAT BAR:

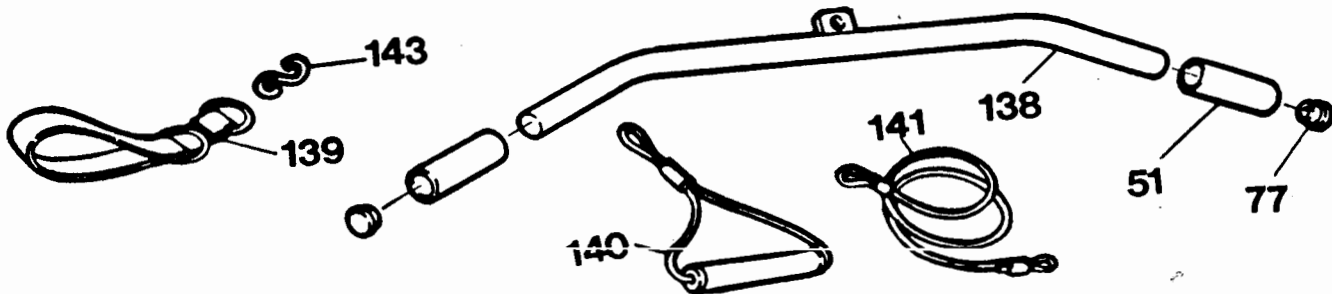
- » To **LAT BAR (138)** press **1" ROUND PLASTIC CAPS (77)** into each end of Bar and assemble **1 1/2" O.D. X 4 3/4" FOAM GRIPS (51)** to Bar with the aid of a small amount of liquid dish detergent.
- » To use Lat Bar, connect to Cable at Top Mast Tube with **FIREMAN'S LATCH HOOK (142)**. This Bar is used to do all Lat Pull-Down Exercises.

### ANKLE STRAP:

- » Using **"S" HOOK (143)**, **ANKLE STRAP (139)** is connected to Base Pulley at front of unit.
- » This accessory is used for all Leg Exercises.

### DUMBBELL HANDLE:

- » Connect **DUMBBELL HANDLE (140)** 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 (141)** as desired to give proper distancing from unit.



## 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