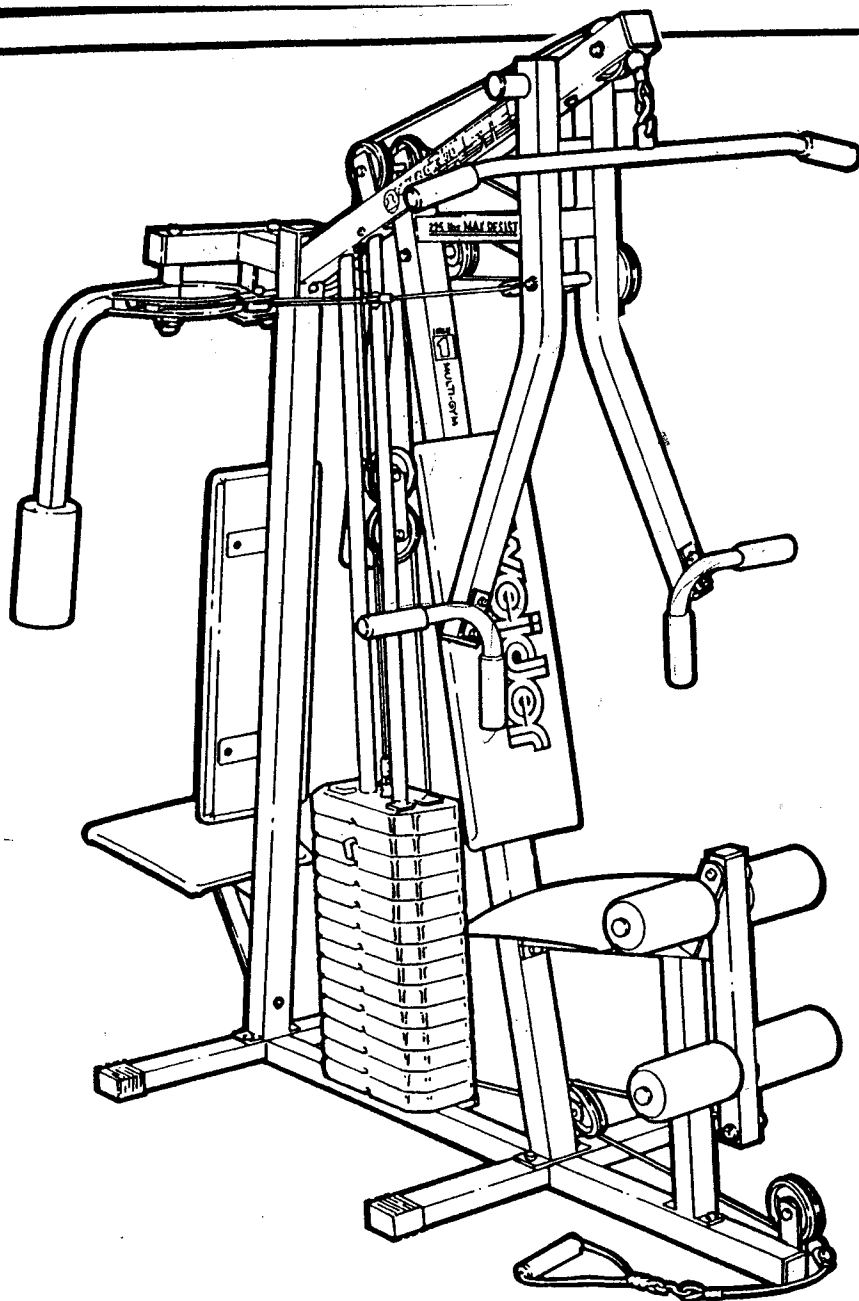




E9000

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

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

E9000 PARTS LIST 03-20-91			
DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C2130-E02
2	ARM PRESS FRAME UPRIGHT	1	C2131-E02
3	PEC-DECK FRAME UPRIGHT	1	C2132-E02
4	SEAT FRAME	1	C2133-E02
5	SHORT GUIDE ROD	1	C6804-E02
6	LONG GUIDE ROD	1	C6805-E02
7	WEIGHT PLATES	14	BB-0312
8	WEIGHT SELECTOR TUBE	1	C2134-E02
9	TOP FRAME MAST	1	C2134-E02
10	PEC-DECK MOUNTING ASSEMBLY	1	C2135-E02
11	6" MOUNTING PLATES	4	C8709-E02
12	BACKREST	1	C1332-E02
13	SEAT	1	C1333-E02
14	LEG EXTENSION TUBE	1	C2136-E02
15	PAD BAR 3/4" X 16"	2	C6310-E02
16	ARM PRESS ASSEMBLY	1	C2137-E02
17	PIVOT TUBE 1" X 15 1/2"	1	C6313-E02
18	RIGHT ARM PRESS HANDLE	1	C6311-E02
19	LEFT ARM PRESS HANDLE	1	C6312-E02
20	PIVOTING PULLEY BRACKET	1	C6711-E02
21	RIGHT PEC-DECK ARM	1	C6503-E02
22	LEFT PEC-DECK ARM	1	C6504-E02
23	SEAT SUPPRT BRACE	1	C6251-E02
24	8" MOUNTING PLATES	2	C6710-E02
25	PEC-DECK CABLE 54"	1	C6609-E02
26	DOUBLE PULLEY BRACKETS	2	C6700-D23
28	LONG LAT BAR CABLE 189"	1	C6610-E02
29	FOAM PAD 4" X 10"	2	C0441-D31
30	FOAM PAD 3 1/4" X 7"	4	C0443-E02
31	PEC-DECK BACKREST	1	C1334-E02
32	PEC-DECK SEAT	1	C1335-E02
33	WEIGHT SELECTOR CABLE 71"	1	C6612-E02
34	PULLEY CONNECTOR BRACKET	2	C6712-E02
35	LEG EXTENSION CABLE 96 1/2"	1	C6611-E02
36	DUMBBELL HANDLE	1	AA-8120
37	LONG LAT BAR	1	C6803-D35
38	FOAM GRIPS	6	C0439-D19
39	LEG STAP	1	EE-0074
40	ACCESSORY ROPE 34"	1	C6602-D23
41	CURL BAR	1	C8314-E02
42	CURL BAR SLEEVE	1	C6500-D23
43	5/16" X 3/4" HEX HEAD BOLT	2	HH-5245
44	2 1/2" DIA PULLEY	2	AA-8129
45	5/32" NYLON LOCK NUT	2	HH-5292
46	5/32" X 1 1/4" ROUND HEAD SCREW	2	HH-5305

DIAGRAM NO	PART NAME	QTY	ORDERING NO
47	3/8" X 1 1/2" HEX HEAD BOLT	1	HH-5061
48	3/8" X 1 1/4" HEX HEAD BOLT	1	HH-5061
49	5/16" X 1" HEX HEAD BOLT	2	HH-5333
50	5/16" X 2 1/4" HEX HEAD BOLT	6	HH-5191
51	5/16" X 3" HEX HEAD BOLT	4	HH-5161
52	3/8" X 1 3/4" HEX HEAD BOLT	5	HH-5301
53	3/8" X 5 1/2" HEX HEAD BOLT	2	HH-5333
54	5/16" X 2 1/2" HEX HEAD BOLT	7	HH-5055
55	5/16" X 3 1/4" HEX HEAD BOLT	5	HH-5291
56	1/4" X 3" CARRIAGE BOLT	4	HH-5333
57	1/4" X 3/4" ROUND HEAD SCREW	16	HH-5022
58	1/4" X 2 1/2" CARRIAGE BOLT	2	HH-5333
59	5/16" X 2 3/4" HEX HEAD BOLT	1	HH-5055
60	5/16" NYLON LOCK NUT	29	HH-5012
61	5/16" FLAT WASHER	15	HH-5122
62	3/8" NYLON LOCK NUT	13	HH-5088
63	3/8" FLAT WASHER	10	HH-5265
64	1/4" FLAT WASHER	6	HH-5048
65	1/4" NYLON LOCK NUT	6	HH-5011
66	3/8" X 8 3/4" HEX HEAD BOLT	1	HH-5329
67	3/8" X 2 1/4" HEX HEAD BOLT	2	HH-5061
68	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312
69	3/8" X 3" HEX HEAD BOLT	1	HH-5059
70	RUBBER BASE FEET	4	AA-8113
71	2" SQUARE PLASTIC INSERT CAP	5	AA-8002
72	2 1/2" SQUARE PLASTIC INSERT CAP	4	AA-8013
73	ROUND RUBBER WEIGHT BUMPER	2	AA-8124
74	WEIGHT SELECTOR TUBE END CAP	1	AA-8123
75	1 1/2" X 3" PLASTIC INSERT CAP	2	AA-8130
76	1 3/4" SQUARE PLASTIC INSERT CAP	4	AA-8006
77	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004
78	1" ROUND PLASTIC INSERT CAP	4	AA-8005
79	1 1/4" ROUND PLASTIC INSERT CAP	2	AA-8010
80	1 1/2" SQUARE PLASTIC INSERT CAP	2	AA-8001
84	"S" HOOK	3	WW-7013
85	WEIGHT SELECTOR PIN	1	HH-5335
86	3/8" X 3/4" METAL SPACER FERRULE	3	HH-5337
87	2 1/2" OD WASHER	2	HH-5337
88	5/16" X 7/8" METAL SPACER FERRULE	1	HH-5337
89	3/8" X 2 3/4" METAL SPACER FERRULE	1	AA-8121
90	4 1/2" DIA PULLEY	9	AA-8116
91	6" DIA PULLEY	1	
92	2" GUIDE PULLY	2	

DIAGRAM NO	PART NAME	QTY	ORDERING NO
93	225LBS MAX RESISTANCE DECAL	2	DE-4158
94	SUPER CIRCUIT MASTER DECAL	2	DE-4155
95	STATION 1/MULTI GYM DECAL	1	DE-4156
96	STATION 2 DECAL	1	DE-4157
97	WEIGHT PLATE DECAL 20 TO 150 LBS	1 SET	DE-4159
	HARDWARE BAG (NUTS & BOLTS)	1	C5871-E02
	HARDWARE BAG (PLASTICS & BRACKETS)	1	C5872-E02
	HARDWARE BAG (FEET & GRIPS)	1	C5873-E02
	HARDWARE BAG (PULLEYS)	1	C5874-E02
	ASSEMBLY MANUAL	1	NN-1117
	TRAINING MANUAL	1	NN-1094

CALCULATING RESISTANCE OF WORK OUT STATIONS

BECAUSE OF THE UNIQUE CABLING SYSTEM OF THIS HOME GYM THE ACTUAL POUNDS OF RESISTANCE IS GREATLY INCREASED AT SOME STATIONS TO PRODUCE MUCH MORE WEIGHT THAN THE WEIGHTS THEMSELVES.

OTHER STATIONS PRODUCE THE SAME WEIGHT RESISTANCE AS THE WEIGHT STACK.

FOLLOWING IS HOW EACH STATION'S WEIGHT RESISTANCE IS CALCULATED.

- | | |
|-----------------------------|--------------------------------------|
| 1. PEC-DECK STATION | = TRUE WEIGHT OF WEIGHT STACK |
| 2. LAT PULL-DOWN | = TRUE WEIGHT OF WEIGHT STACK |
| 3. ARM PRESS | = 1 1/2 TIMES THE WEIGHT STACK |
| | I.E. 50LBS WEIGHT = 75LBS RESISTANCE |
| | (50 X 1.5 = 75) |
| 4. LEG EXTENSION | = WEIGHT OF WEIGHT STACK |
| 5. FLOOR PULLEY ACCESSORIES | = 1/2 TIMES THE WEIGHT STACK |

TO ACHIEVE GREATEST EFFICIENCY OF RESISTANCE KEEP GUIDE RODS AND PULLEY ADEQUATELY LUBRICATED TO MINIMIZE FRICTION AND WEAR.

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL BEING.

Joe Weider

DO NOT LET THE QUANTITY OF PARTS DISCOURAGE YOU. BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTION, YOU WILL FIND IT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY THREE HOURS OF ASSEMBLY TIME.

HELPFUL HINTS FOR ASSEMBLY

TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.

PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. INCLUDED WITH THE LITERATURE OF THE UNIT IS AN ILLUSTRATED PARTS LIST TO HELP IN IDENTIFYING AND SIZING PARTS. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING, PARTS AGAINST THE HARDWARE ILLUSTRATIONS AND 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.

THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK ✓ AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.

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.

THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.

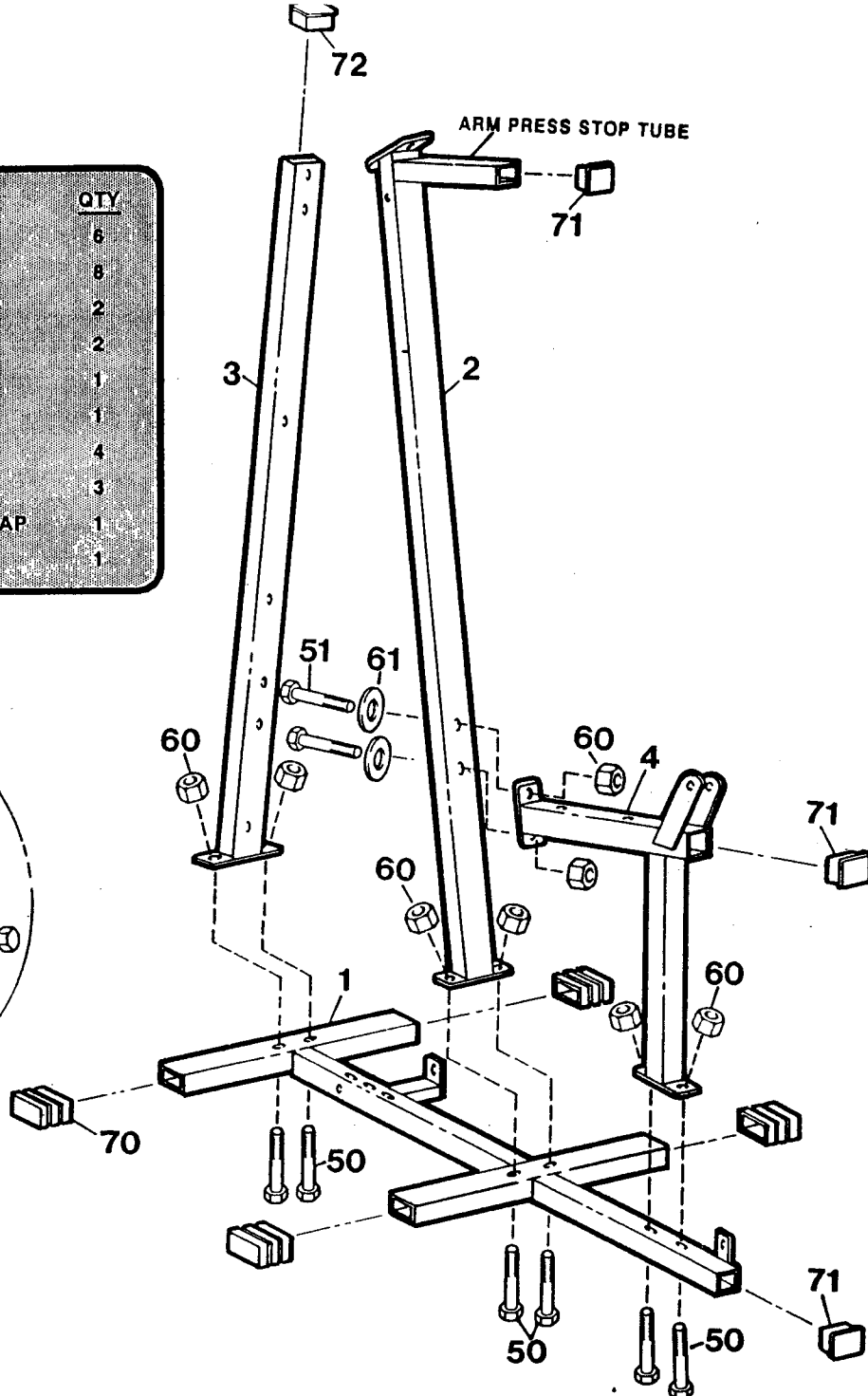
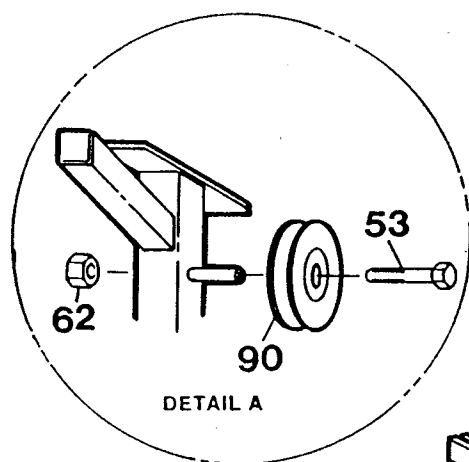
DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.

DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.

DO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.

HARDWARE

PART NAME	QTY
50 5/16" X 2 1/4" HEX HEAD BOLT	6
60 5/16" NYLON LOCK NUT	8
51 5/16" X 3" HEX HEAD BOLT	2
61 5/16" FLAT WASHER	2
62 3/8" NYLON LOCK NUT	1
53 3/8" X 5 1/2" HEX HEAD BOLT	1
70 RUBBER BASE FEET	4
71 2" SQUARE PLASTIC INSERT CAP	3
72 2 1/2" SQUARE PLASTIC INSERT CAP	1
90 4 1/2" PULLEY	1



- ☐ With **BASE FRAME (1)** positioned so that guide rod holes are on the top, press **RUBBER BASE FEET (70)** onto ends of **1 1/2" X 3" Base Members**.
- ☐ Cap end of **2" Base Frame** with **2" SQUARE PLASTIC INSERT CAP (71)**.
- ☐ To **BASE FRAME (1)** attach **ARM PRESS FRAME UPRIGHT (2)** to **1 1/2" X 3" Base Section** using **5/16" X 2 1/4" HEX HEAD BOLTS (50)** and **5/16" NYLON LOCK NUTS (60)**.
- ☐ Insert **2" SQUARE PLASTIC INSERT CAP (71)** into Arm Press Stop Tube of **ARM PRESS FRAME UPRIGHT (2)**.

- ## **STEP 2 WEIGHT STACK ASSEMBLY**

QTY

Diagram illustrating the assembly of a mechanical device, showing various components and their assembly sequence:

- 5**: Vertical support post.
- 6**: Horizontal support arm.
- PRE-ASSEMBLED ROLL PIN**: A component shown being inserted into the vertical post.
- 8**: A component (possibly a spring or guide) attached to the vertical post.
- 74**: A component (possibly a spring or guide) attached to the vertical post.
- 7**: A stack of components (possibly a spring or guide) attached to the vertical post.
- 85**: A horizontal component (possibly a handle or lever) attached to the vertical post.
- 60**: A component (possibly a spring or guide) attached to the horizontal support arm.
- 54**: A small component (possibly a pin or screw) attached to the base.
- 61**: A small component (possibly a pin or screw) attached to the base.
- 73**: A small component (possibly a pin or screw) attached to the base.

- ☐ With Base securely positioned on the floor, stand **SHORT GUIDE ROD (5)** into the **BACK** hole of Guide Rod Location so that the bolt hole through the Guide Rod aligns with the bolt hole in the Base. Assemble **SHORT GUIDE ROD (5)** in position using **5/16" X 2 1/2" HEX HEAD BOLT (54)**, **5/16" FLAT WASHERS (61)**, and **5/16" NYLON LOCK NUT (60)**.
- ☐ Position **LONG GUIDE ROD (6)** into Front Guide Rod Location so that the bolt hole through the Guide Rod is at the top. (This is later bolted to the Top Mast.)
- ☐ Slide **ROUND WEIGHT BUMPERS (73)** over Guide Rods and position at Base of Rods.
- ☐ With the aid of a helper to steady Guide Rods, stack all but one **WEIGHT PLATE (7)** in position on the Guide Rods. **NOTE: ORIENT PLATES SO THAT THE SELECTOR PIN IS ON THE BOTTOM AND TO THE LEFT OF THE BASE AS YOU FACE THE ASSEMBLED UNIT.**

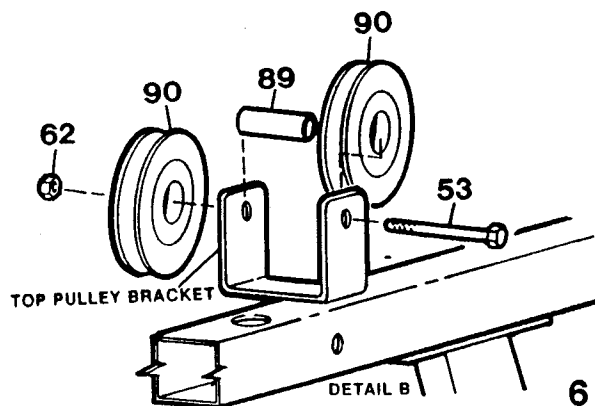
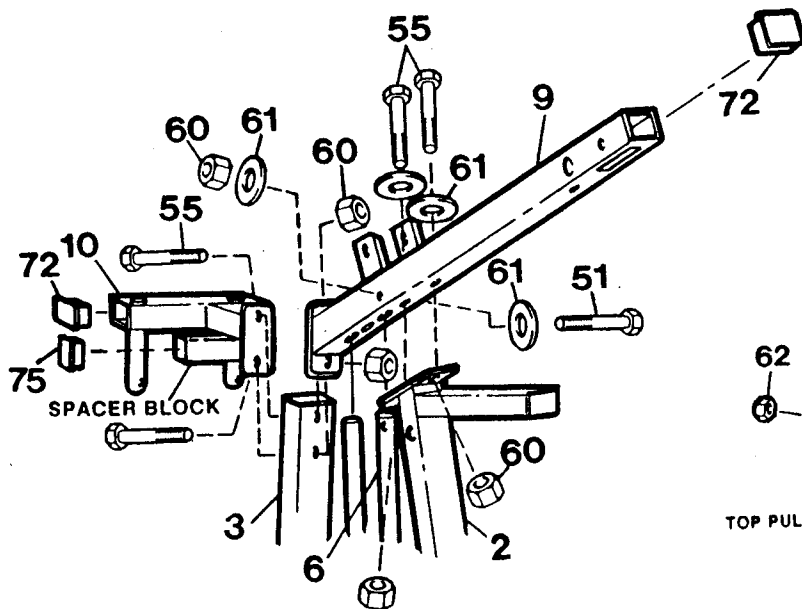
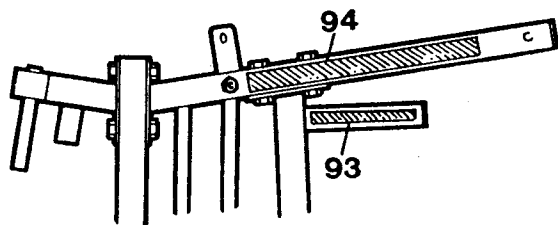
- ☐ At this time press WEIGHT SELECTOR TUBE END PLUG (74) into bottom end of SELECTOR TUBE (8).
- ☐ Insert SELECTOR TUBE (8) into stacked weights so that the Pre-assembled Roll Pin sets in the groove on the weight.
- ☐ Stack final WEIGHT PLATE (7) onto top of Weight Stack.
- ☐ Apply WEIGHT PLATE DECALS (97) to WEIGHT PLATES (7) starting with 20 on the top plate and finishing with 150 on the bottom plate.

STEP 3 FRAME TOP MAST ASSEMBLY

- ☐ Position TOP FRAME MAST (9) over Guide Rods and align with Upright Brackets.
- ☐ Bolt TOP FRAME MAST (9) to ARM PRESS FRAME UPRIGHT (2) using 5/16" X 3 1/4" HEX HEAD BOLTS (55), 5/16" FLAT WASHERS (61), and 5/16" NYLON NUTS (60).
- ☐ Assemble PEC-DECK MOUNTING ASSEMBLY (10) to PEC-DECK FRAME UPRIGHT (3) and TOP FRAME MAST (9) using 5/16" X 3 1/4" HEX HEAD BOLTS (55) and 5/16" NYLON LOCK NUTS (60).

HARDWARE

PART NAME	QTY
55 5/16" X 3 1/4" HEX HEAD BOLT	4
61 5/16" FLAT WASHER	4
60 5/16" NYLON LOCK NUT	5
53 3/8" X 5 1/2" HEX HEAD BOLT	1
89 3/8" X 2 3/4" METAL SPACER FERRULE	1
62 3/8" NYLON LOCK NUT	1
51 5/16" X 3" HEX HEAD BOLT	1
90 4 1/2" PULLEY	2
72 2 1/2" SQUARE PLASTIC INSERT CAP	3
75 1 1/2" X 3" PLASTIC INSERT CAP	2

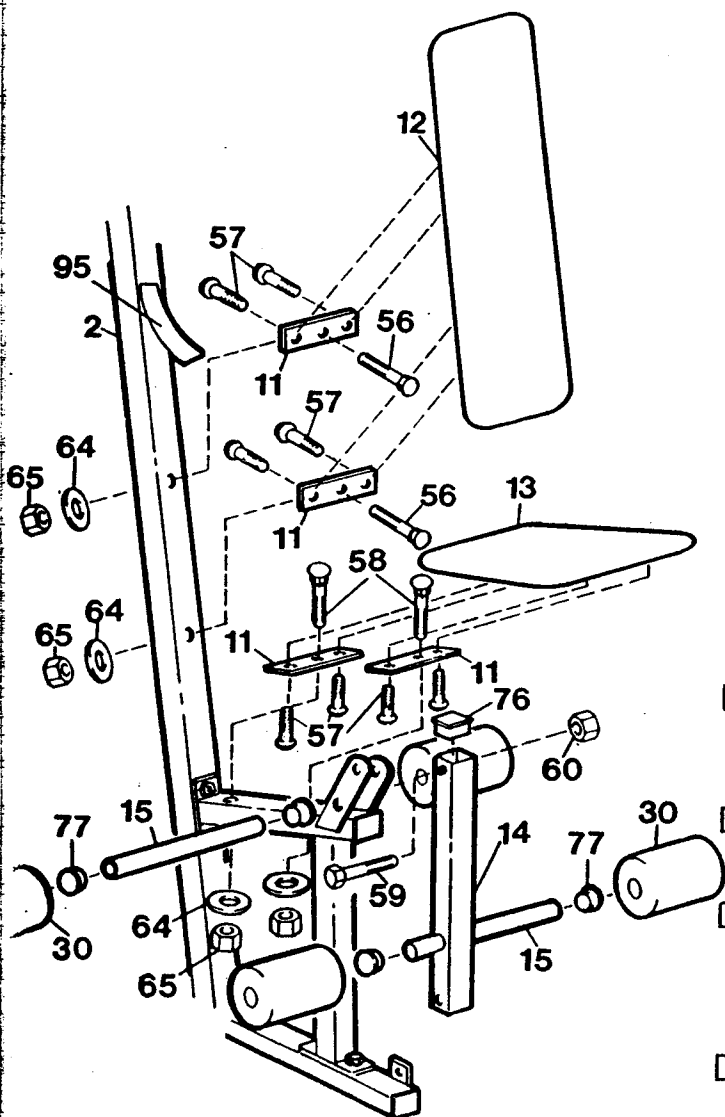


- ☐ To Top Pulley Brackets assemble 4 1/2" PULLEYS (90). Using a 3/8" X 5 1/2" HEX HEAD BOLT (53) bolt through Bracket and Pulley then assemble 3/8" X 2 3/4" METAL FERRULE SPACER (89) between Pulley and other Bracket Ear. Assemble Second Pulley to outside of Bracket and secure with 3/8" NYLON LOCK NUT (62). SEE DETAIL DRAWING B!
- ☐ Align bolt hole in LONG GUIDE ROD (6) with Fastening Hole in TOP MAST FRAME (9) and secure with 5/16" X 3" HEX HEAD BOLT (51), 5/16" FLAT WASHERS (61), and 5/16" NYLON LOCK NUT (60).
- ☐ Cap end of TOP MAST FRAME (9) with 2 1/2" SQUARE PLASTIC INSERT CAP (72).
- ☐ Cap ends of PEC-DECK MOUNTING ASSEMBLY (10) with 2 1/2" SQUARE PLASTIC INSERT CAPS (72). Cap ends of Spacer Block on PEC-DECK MOUNTING ASSEMBLY (10) with 1 1/2" x 3" PLASTIC INSERT CAPS (75).
- ☐ Apply SUPER CIRCUIT MASTER DECALS (94) to TOP FRAME MAST (9) as indicated and 225 LB MAXIMUM RESISTANCE DECAL (93) to Arm Press Stop Tube as shown in illustration.

STEP 4 LEG EXTENSION, SEAT, & BACKREST ASSEMBLY

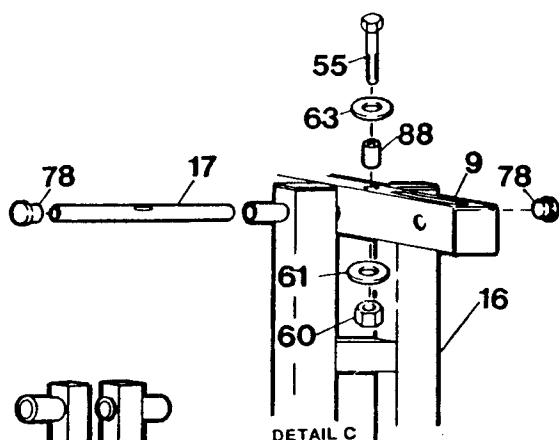
HARDWARE

PART NAME	QTY
56 1/4" X 3" CARRIAGE BOLT	2
64 1/4" FLAT WASHER	4
65 1/4" NYLON LOCK NUT	4
57 1/4" X 3/4" ROUND HEAD SCREW	8
58 1/4" X 2 1/2" CARRIAGE BOLT	2
59 5/16" X 2 3/4" HEX HEAD BOLT	1
60 5/16" NYLON LOCK NUT	1
76 1 3/4" SQUARE PLASTIC INSERT CAP	1
77 3/4" ROUND PLASTIC INSERT CAP	4



- ☐ To ARM PRESS UPRIGHT (2) assemble two 6" MOUNTING PLATES (11) using 1/4" X 3" CARRIAGE BOLTS (56), 1/4" FLAT WASHERS (64), and 1/4" NYLON LOCK NUTS (65).
- ☐ Locate BACKREST (12) and SEAT (13). These pads are identified by the hole spacing on the rear of the pads. These pads have the smaller hole spacing of five inches.
- ☐ Using 1/4" X 3/4" ROUND HEAD SCREWS (57), assemble BACKREST (12) to ARM PRESS FRAME UPRIGHT (2).
- ☐ Using another set of 6" SEAT MOUNTING PLATES (11) fasten to SEAT FRAME (4) with 1/4" X 2 1/2" CARRIAGE BOLTS (58), 1/4" FLAT WASHERS (64), and 1/4" NYLON LOCK NUTS (65).
- ☐ Assemble SEAT (13) to SEAT FRAME (4) using 1/4" X 3/4" ROUND HEAD SCREWS (57).

- ☐ Position LEG EXTENSION TUBE (14) between ears of Pivot Bracket and secure with 5/16" X 2 3/4" HEX HEAD BOLT (59) and 5/16" NYLON LOCK NUT (60).
- ☐ Cap top of LEG EXTENSION TUBE (14) with 1 3/4" SQUARE PLASTIC INSERT CAP (76).
- ☐ Press 3/4" ROUND PLASTIC INSERT CAPS (77) into 3/4" X 16" PAD BARS (15).
- ☐ Using a small amount of liquid dish detergent as a lubricant, wipe along the surface of the Pad Bars.
- ☐ Press one 3 1/4" X 7" FOAM ROLLER PADS (30) onto one end of each PAD BAR (15).
- ☐ Insert PAD BAR (15) through the Pad Bar Holes in Leg Extension Pivot Bracket and press another 3 1/4" X 7" FOAM ROLLER PAD (30) onto Pad Bar.
- ☐ At the lower part of the LEG EXTENSION TUBE (14) insert second Pad Bar Assembly into place and press on the other 3 1/4" X 7" FOAM ROLLER PAD (30).
- ☐ About three inches above the Backrest Pad, position and affix the STATION 1/MULTI-GYM DECAL (95).



STEP 5 ARM PRESS ASSEMBLY

HARDWARE

PART NAME	QTY
55 5/16" X 3 1/4" HEX HEAD BOLT	1
63 3/8" FLAT WASHER	2
60 5/16" NYLON LOCK NUT	5
54 5/16" X 2 1/2" HEX HEAD BOLT	4
61 5/16" FLAT WASHER	5
52 3/8" X 1 3/4" HEX HEAD BOLT	1
62 3/8" NYLON LOCK NUT	2
66 3/8" X 8 3/4" HEX HEAD BOLT	1
88 5/16" X 7/8" METAL SPACER FERRULE	1
78 1" ROUND PLASTIC INSERT CAP	2
71 2" SQUARE PLASTIC INSERT CAP	2
79 1 1/4" ROUND PLASTIC INSERT CAP	4
91 6" PULLEY	1
90 4 1/2" PULLEY	1

☐ Again with the aid of a helper, lift **ARM PRESS ASSEMBLY (16)** and position so that it aligns with **Pivot Hole in Front Extension of TOP MAST FRAME (9)**.

☐ Using **1" DIA. PIVOT TUBE (17)** (with bolt hole through middle of tube) insert **PIVOT TUBE (17)** through **Arm Press Pivot Bushings** and **Top Mast**. SEE **DETAIL DRAWING C1**

☐ Insert **Pivot Tube** so that **bolt hole** aligns with **anchoring hole** through **Top Mast**. (With **Pivot Tube** inserted completely through **Arm Press** the **bolt hole** should be in line with **anchoring hole**) Swing **Arm Press** forward or backward to help align hole if it is out of orientation.

☐ Secure **Pivot Tube** in place from top side using **5/16" X 3 1/4" HEX HEAD BOLT (55)**, **3/8" FLAT WASHERS (63)**, and a **5/16" DIA. X 7/8" METAL FERRULE SPACER FERRULE (88)**. (To help prevent the possibility of dropping **Ferrule** into the **Top Mast** we suggest you assemble the **Flat Washer** and **Ferrule** onto the **Bolt** first then insert into the **Top of Mast**. (SEE **DETAIL DRAWING!**)

☐ Fasten in place using **5/16" FLAT WASHER (61)** and **5/16" NYLON LOCK NUT (60)**.

☐ Cap end of **PIVOT TUBE (17)** with **1" ROUND PLASTIC INSERT CAPS (78)**.

☐ Cap each end of **Arm Press Arms** with **2" SQUARE PLASTIC INSERT CAP (71)**.

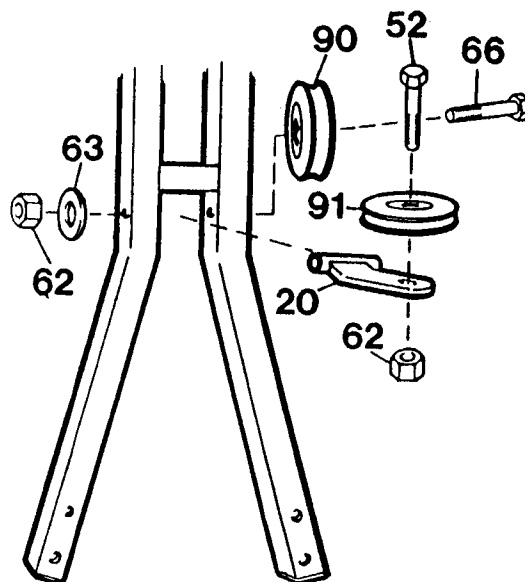
☐ Assemble **ARM PRESS HANDLES (18) & (19)** to **ARM PRESS ARMS (16)** using **5/16" X 2 1/2" HEX HEAD BOLTS (54)**, **5/16" FLAT WASHERS (61)**, and **5/16" NYLON LOCK NUTS (60)**.

☐ Cap each end of **ARM PRESS HANDLES (18) & (19)** with **1 1/4" ROUND PLASTIC INSERT CAPS (79)**. With the help of a small amount of liquid dish detergent assemble **1" X 5" FOAM GRIPS (38)** to each end of **Arm Press Handles**

☐ Assemble **6" DIA PULLEY (91)** to **PIVOTING PULLEY BRACKET (20)** using **3/8" X 1 3/4" HEX HEAD BOLT (52)** and **3/8" NYLON LOCK NUT (62)**. NOTE THAT **PULLEY** SHOULD BE MOUNTED INTO **DISHED SIDE OF BRACKET** - SEE **ILLUSTRATION!**

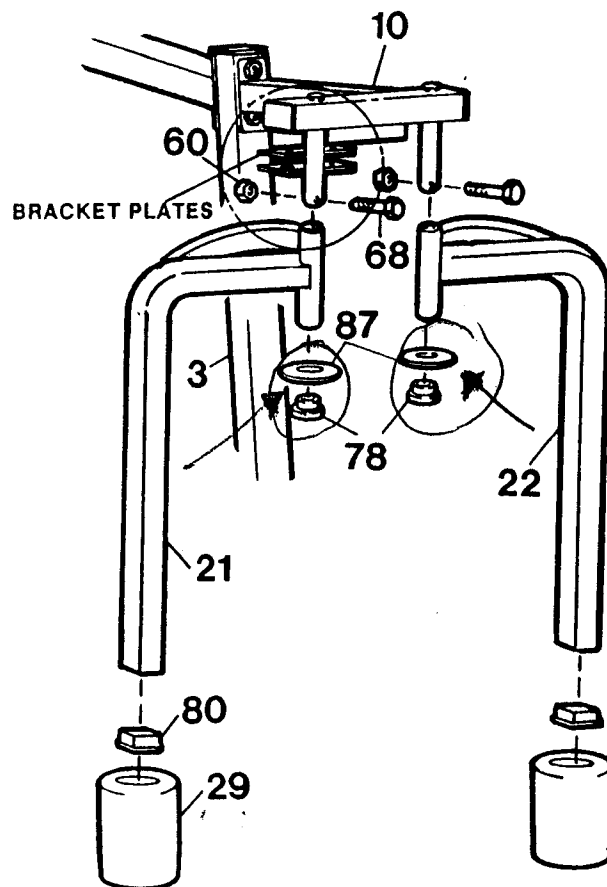
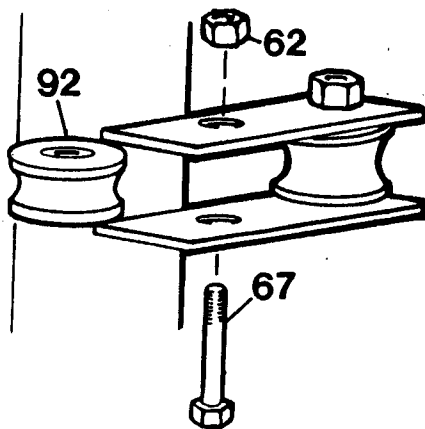
☐ Using a **3/8" X 8 3/4" HEX HEAD BOLT (66)** assemble a **4 1/2" PULLEY (90)** to **Arm Press Arms** capturing the **Pivoting Pulley Assembly** between the arms. NOTE: **PIVOTING PULLEY ASSEMBLY IN ASSEMBLED SO THAT BRACKET IS UNDERNEATH THE PULLEY WHEN PULLEY IS HORIZONTAL, POINTING BACK TO THE WEIGHT STACK!**

☐ Fasten in place using a **3/8" FLAT WASHER (63)** and **3/8" NYLON LOCK NUT (62)**.



STEP 6 PEC-DECK ASSEMBLY

PART NAME	QTY
67 3/8" X 2 1/4" HEX HEAD BOLT	2
62 3/8" NYLON LOCK NUT	2
68 5/16" X 1 1/2" HEX HEAD BOLT	2
60 5/16" NYLON LOCK NUT	2
92 2" GUIDE PULLEY	2
87 2 1/4" DIA WASHER	2
80 1 1/2" SQUARE PLASTIC INSERT CAP	2
78 1" ROUND PLASTIC INSERT CAP	2



☐ First, assemble 2" GUIDE PULLEYS (92) into Bracket Plates welded to Top Section of PEC-DECK UPRIGHT (3).

☐ Bolt in place with 3/8" X 2 1/4" HEX HEAD BOLTS (67) and 3/8" NYLON LOCK NUTS (62).

☐ Insert RIGHT PEC-DECK ARM (21) onto Pivot Tube of PEC-DECK MOUNTING ASSEMBLY (10). Secure in place using large 2 1/4" DIA WASHER (87) over Pivot Tube and bolt with 5/16" X 1 1/2" HEX HEAD BOLT (68) and 5/16" NYLON LOCK NUT (60). NOTE: CURVED CAM OF PEC-DECK ARM SHOULD BE TOWARD THE WEIGHT STACK!

☐ Following previous assembly, mount the LEFT PEC-DECK ARM (22) to the Pivot Tube on the PEC-DECK MOUNTING ASSEMBLY (10).

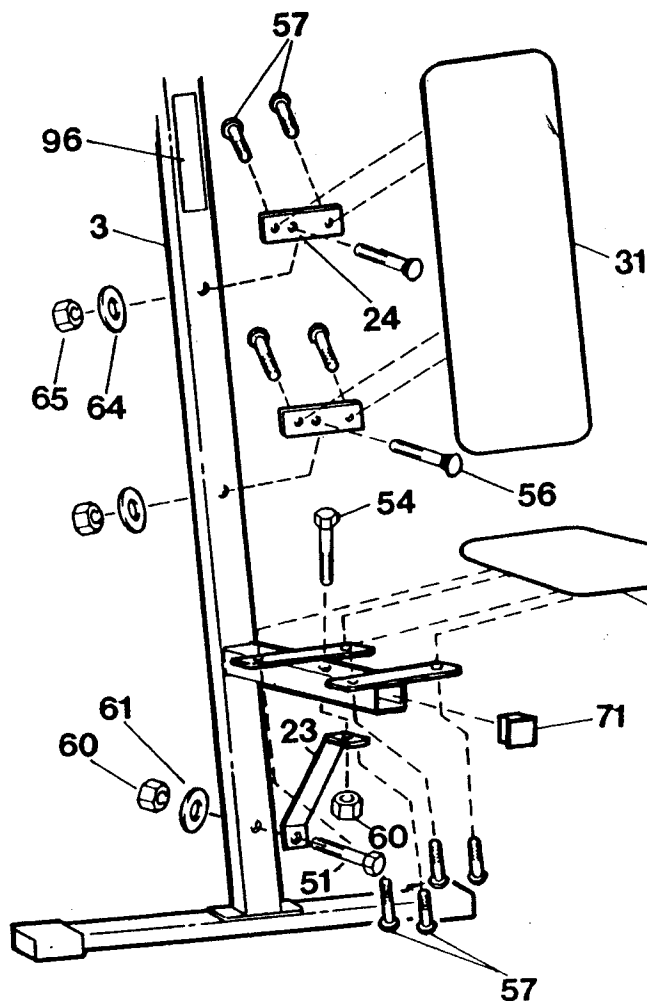
☐ Press 1" ROUND PLASTIC INSERT CAPS (78) into ends of each Pivot Tube of PEC-DECK MOUNTING ASSEMBLY (10).

☐ Press 1 1/2" SQUARE PLASTIC INSERT CAPS (80) into ends of PEC-DECK ARMS. With the help of a small amount of liquid dish detergent applied to the Pec-Deck Arms assemble 4" X 10" FOAM PADS (29).

STEP 7 PEC-DECK, SEAT, & BACKREST ASSEMBLY

HARDWARE

PART NAME	QTY
54 5/16" X 2 1/2" HEX HEAD BOLT	1
60 5/16" NYLON LOCK NUT	2
51 5/16" X 3" HEX HEAD BOLT	1
61 5/16" FLAT WASHER	1
57 1/4" X 3/4" ROUND HEAD SCREW	8
56 1/4" X 3" CARRIAGE BOLT	2
64 1/4" FLAT WASHER	2
65 1/4" NYLON LOCK NUT	2
71 2" SQUARE PLASTIC INSERT CAP	1

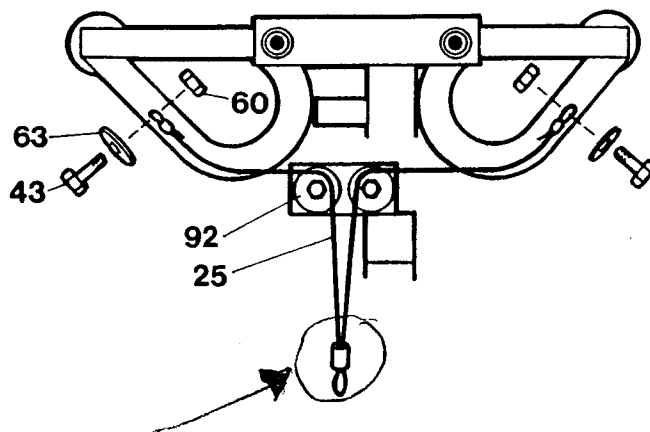


- ☐ Assemble SEAT SUPPORT BRACE (23) to Seat Tube on PEC-DECK UPRIGHT (3) using 5/16" X 2 1/2" HEX HEAD BOLT (54) and 5/16" NYLON LOCK NUT (60).
- ☐ Fasten bottom of SEAT SUPPORT BRACE (23) to PEC-DECK UPRIGHT (3) with 5/16" X 3" HEX HEAD BOLT (51), 5/16" FLAT WASHER (61), and 5/16" NYLON LOCK NUT (60).
- ☐ Press 2" SQUARE PLASTIC INSERT CAP (71) into end of Seat Tube.
- ☐ Bolt PEC-DECK SEAT (32) to Frame using 1/4" X 3/4" ROUND HEAD SCREWS (57).
- ☐ Using 1/4" X 3" CARRIAGE BOLTS (56) fasten 8" BACKREST MOUNTING BRACKETS (24) to frame. ORIENT BRACKETS SO THEY ARE OFFSET TO THE SAME SIDE AS THE BRACKETS ON THE SEAT! Secure with 1/4" FLAT WASHERS (64) and 1/4" NYLON LOCK NUTS (65).
- ☐ Assemble PEC-DECK BACKREST (31) to Frame with 1/4" X 3/4" ROUND HEAD SCREWS (57).
- ☐ Affix STATION 2 DECAL (96) to PEC-DECK UPRIGHT (3) about 3" above top the Backrest.

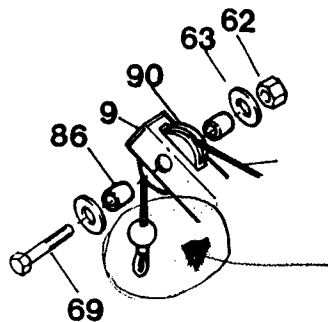
STEP 8 PEC-DECK & ARM PRESS CABLE ASSEMBLY

HARDWARE

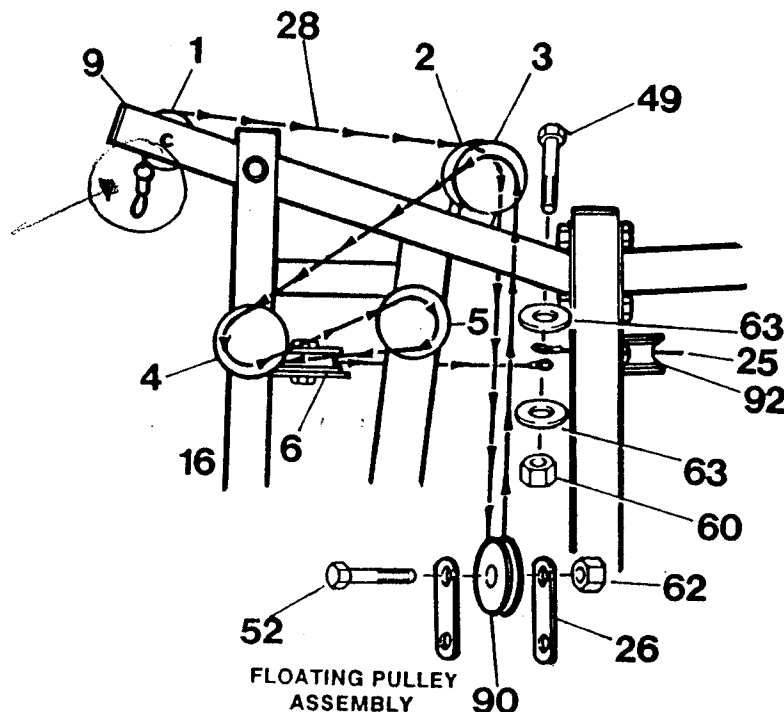
PART NAME	QTY
43 5/16" X 3/4" HEX HEAD BOLT	2
63 3/8" FLAT WASHER	6
60 5/16" NYLON LOCK NUT	3
52 3/8" X 1 3/4" HEX HEAD BOLT	1
62 3/8" NYLON LOCK NUT	2
69 3/8" X 3" HEX HEAD BOLT	1
49 5/16" X 1" HEX HEAD BOLT	1
86 3/8" X 3/4" METAL SPACER FERRULE	2



- ☐ Find the cable that is formed with a loop on each end and a loop in the center. This is the **PEC-DECK CABLE (25)** and is positioned between the **2" GUIDE PULLEYS (92)** at the Pec-Deck Station. Each loop end of the cable is then attached within the channel of the Pec-Deck Cams using a **5/16" X 3/4" HEX HEAD BOLT (43)**, **3/8" FLAT WASHER (63)**, and **5/16" NYLON LOCK NUT (60)**. **TIGHTEN SECURELY TO INSURE CABLE IS FIRMLY TRAPPED IN PLACE!**



- ☐ Assemble Floating Pulley Assembly by bolting a **4 1/2" DIA PULLEY (90)** between **DOUBLE PULLEY BRACKETS (26)** using a **3/8" X 1 3/4" HEX HEAD BOLT (52)** and **3/8" NYLON LOCK NUT (62)**. **ASSEMBLE ONLY ONE PULLEY AT THIS TIME!**



- ☐ Next locate the **189" LONG LAT BAR CABLE (28)**.

- ☐ Starting at the front of the **TOP MAST FRAME (9)**, insert Lat Cable up through slot in mast so that the Rubber Stop Ball is on the under side of the Mast.

- ☐ At this slot, assemble a **4 1/2" PULLEY (90)** into slot so that Lat Cable is draped over the top. Bolt in place with **3/8" X 3" HEX HEAD BOLT (69)**, **3/8" FLAT WASHERS (63)**, **3/8" DIA X 3/4" METAL SPACER FERRULES (86)**, and **3/8" NYLON LOCK NUT (62)**.

- ☐ Route Lat Cable from **LAT PULLEY (1)** back over top center **PULLEY (2)** then down through top mast access hole between Guide Rods. **SEE ILLUSTRATION!**

- ☐ Next, bring cable back up and over outside **TOP PULLEY (3)** then forward and around **PULLEY (4)** on **ARM PRESS (16)**.

- ☐ From **ARM PRESS PULLEY (4)** take cable back and around Pulley (5) on **FRAME UPRIGHT (2)**.

- ☐ Cable is then routed around **VERTICAL PULLEY (6)** and loop end is bolted to the center loop of the **PEC-DECK CABLE (25)** using a **5/16" X 1" HEX HEAD BOLT (49)**, **3/8" FLAT WASHERS (63)**, and **5/16" NYLON LOCK NUT (60)**.

- ☐ The **FLOATING PULLEY ASSEMBLY** sits over the loop of cable between **GUIDE RODS (5) & (6)** and is later connected to the Weight Selector Cable.

STEP 9 LEG EXTENSION CABLE ASSEMBLY

HARDWARE

PART NAME	QTY
47 3/8" X 1 1/2" HEX HEAD BOLT	1
48 3/8" X 1 1/4" HEX HEAD BOLT	1
62 3/8" NYLON LOCK NUT	5
52 3/8" X 1 3/4" HEX HEAD BOLT	3
49 5/16" X 1" HEX HEAD BOLT	1
60 5/16" NYLON LOCK NUT	2
86 3/8" X 3/4" METAL FERRULE	1
54 5/16" X 2 1/2" HEX HEAD BOLT	1
61 5/16" FLAT WASHER	1
63 3/8" FLAT WASHER	2

Using 71" LONG WEIGHT SELECTOR CABLE (33) assemble one end into WEIGHT SELECTOR TUBE (8) using 3/8" X 1 1/4" HEX HEAD BOLT (48) and 3/8" NYLON LOCK NUT (62) by inserting loop end of cable into top of Selector Tube and bolting through Tube and Cable Loop.

Using another 4 1/2" PULLEY (90) trap cable in Floating Pulley Assembly and bolt Pulley between DOUBLE PULLEY BRACKETS (26) using 3/8" X 1 3/4" HEX HEAD BOLT (52) and 3/8" NYLON LOCK NUT (62).

Bring Cable down and under 4 1/2" PULLEY (90). Assemble Pulley to inside of Base Pulley Bracket at Guide Rod position in BASE FRAME (1). Use 3/8" X 1 3/4" HEX HEAD BOLT (52) and 3/8" NYLON LOCK NUT (62) to secure.

Assemble PULLEY CONNECTOR BRACKETS (34) to end loop using 5/16" x 1" HEX HEAD BOLT (49) and 5/16" NYLON LOCK NUT (60).

To the front of BASE FRAME (1) assemble the 96 1/2" LEG EXTENSION CABLE (35) so that the Ball and Sliding Cable Stop extends out to the front of the unit.

Assemble a 4 1/2" PULLEY (90) to Pulley Bracket so the Leg Extension Cable is trapped within the Pulley groove and between the Pulley and the bottom of the Bracket.

Fasten Pulley to Base Bracket using 3/8" x 1 3/4" HEX HEAD BOLT (52) and 3/8" NYLON LOCK NUT (62).

Wrap Cable around 2 1/2" PULLEY (93) and insert 3/8" X 3/4" METAL FERRULE (86) into Pulley and bolt Pulley between PULLEY CONNECTOR BRACKETS (34) with 3/8" X 1 1/2" HEX HEAD BOLT (47) and 3/8" NYLON LOCK NUT (62).

Bring Cable end forward and bolt loop end to bottom of LEG EXTENSION TUBE (14) using 5/16" X 2 1/2" HEX HEAD BOLT (54), and 5/16" FLAT WASHER (61) on bolt side and a 3/8" FLAT WASHER (63) on each side of cable. Secure with 5/16" NYLON LOCK NUT (60).

CABLE TENSION ADJUSTMENT

Once all cables are securely connected together, insert Weight Selector Pin into the bottom weight on the Weight Stack.

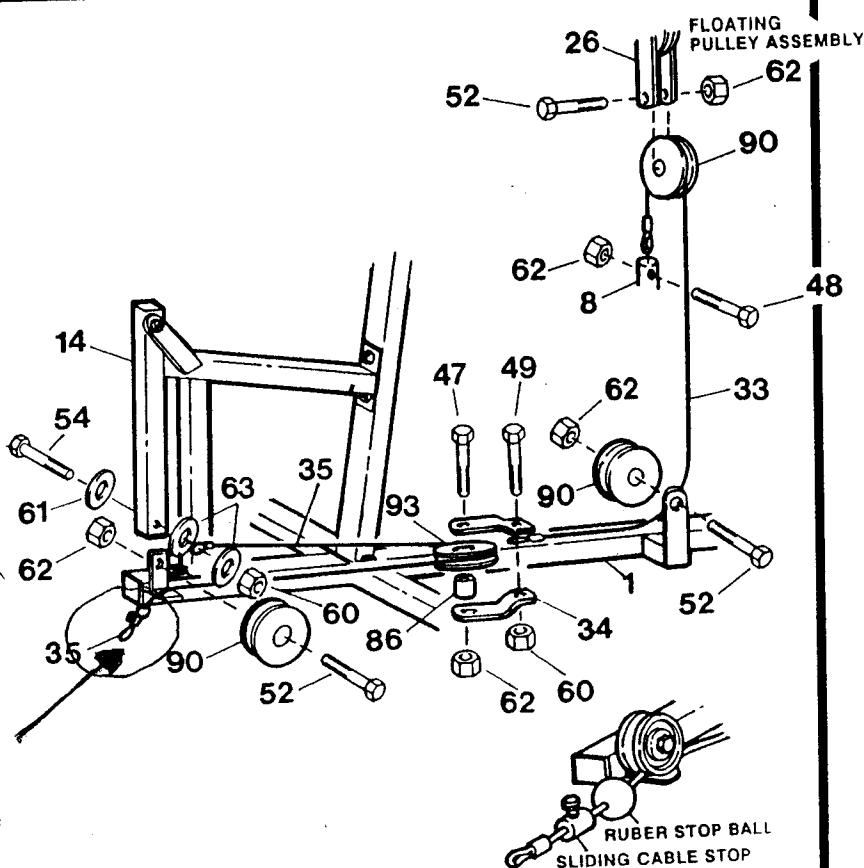
This is done so that you can pull all slack out of cable system.

To do this, connect the DUMBBELL HANDLE (36) to LEG EXTENSION CABLE 96 1/2" (35) at front base of unit using a "S" HOOK (84).

Pull firmly on cable to remove all slack (check to make sure all cables are seated in Pulley grooves) and slide Ball and SLIDING CABLE STOP firmly against Pulley and Bracket and tighten hex bolt on Cable Stop tightly against Cable.

This should remove any excess play from Cable System.

As you work out on your unit, the Cables will take an initial stretch and you may need to adjust the Cable Stop again to eliminate any slack.



STEP 10 ACCESSORIES

HARDWARE

PART NAME	QTY
46 5/32" X 1 1/4" ROUND HEAD SCREW	2
45 5/32" NYLON LOCK NUT	2
78 1" ROUND PLASTIC INSERT CAP	4

THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM

☐ CURL BAR:

The first is the 1" X 16" CURL BAR (41) which is assembled by inserting the CURL BAR (41) in the CURL BAR SLEEVE (42) and securing in the center using 5/32" X 1 1/4" ROUND HEAD SCREWS (46) and 5/32" NYLON LOCK NUTS (45).

Press 1" ROUND PLASTIC INSERT CAPS (78) into each end of CURL BAR (41).

By connecting the Curl Bar to the Cable at the front base of the unit, you can perform Standing Arm Curls and Standing and Seated Rowing.

☐ LAT BAR:

To LONG LAT BAR (37) press 1" ROUND PLASTIC INSERT CAPS (78) into each end of Bar and assemble 1" X 5" FOAM GRIPS (38) 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 (84). This Bar is used to do all Lat Pull-Down Exercises.

☐ LEG STRAP:

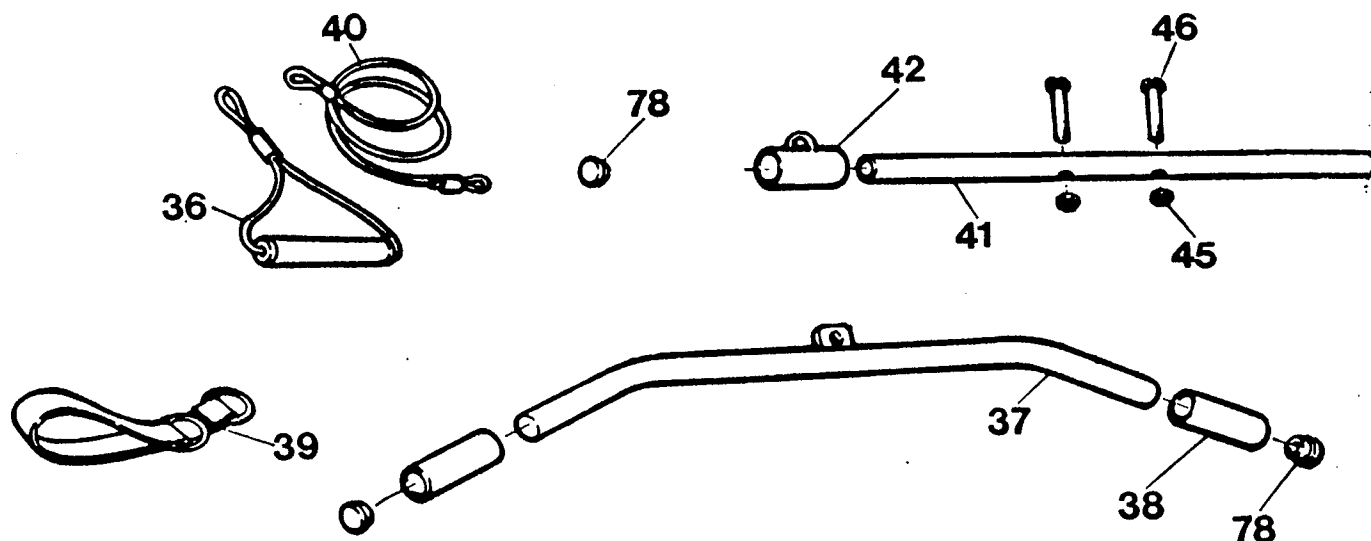
Using "S" HOOK (84), LEG STRAP (39) is connected to Base Pulley at front of unit.

This accessory is used for all Leg Exercises.

☐ DUMBBELL HANDLE:

Connect DUMBBELL HANDLE (36) 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 (40) 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

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. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

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.