

☐ **E9000A**

☐ **E9005**

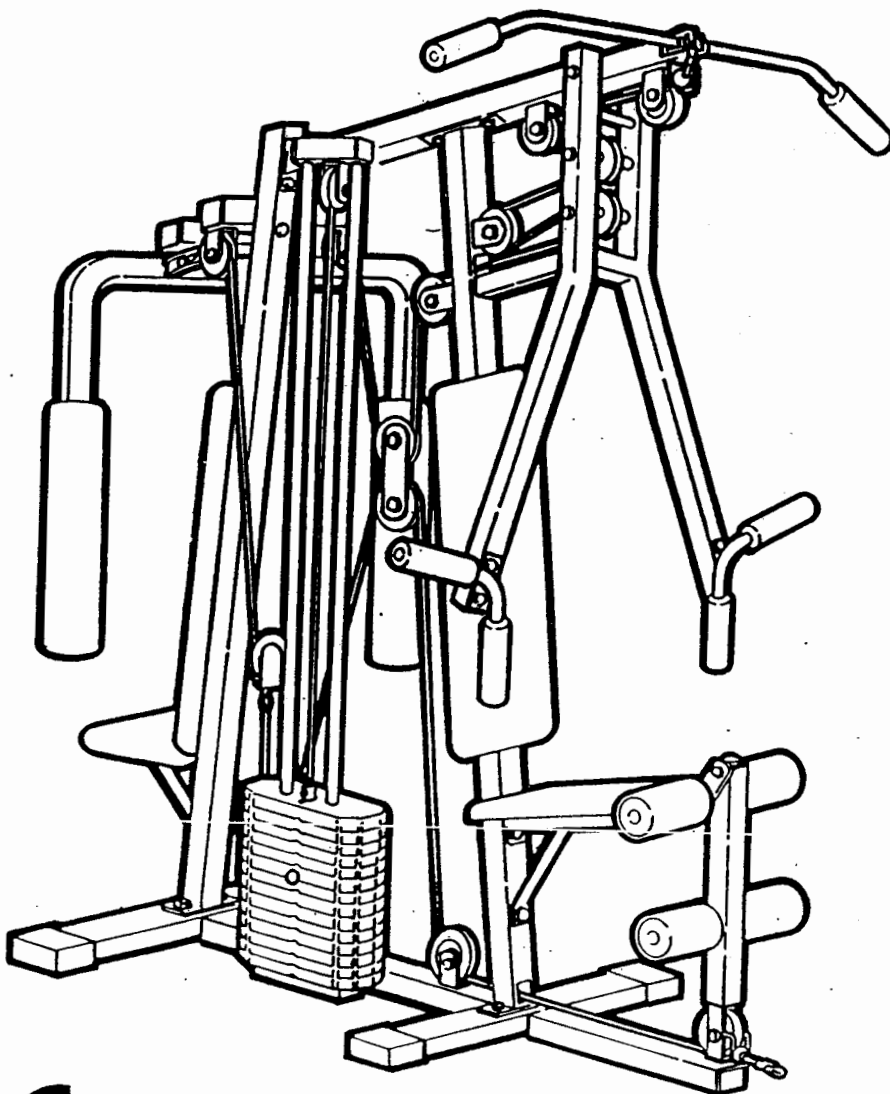
**WAIT, READ THIS FIRST!**

*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.

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**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 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.

# PART LIST

| DIAGRAM NO. | PART NAME                                     | QTY | ORDERING NO   |
|-------------|-----------------------------------------------|-----|---------------|
| 1           | BASE FRAME                                    | 1   | T3161-F01*F01 |
| 2           | ARM PRESS FRAME                               | 1   | T1234-F01*F01 |
| 3           | PEC-DECK FRAME                                | 1   | T1235-F01*F01 |
| 4           | GUIDE ROD                                     | 2   | T6821-F01*F01 |
| 5           | WEIGHTS                                       | 14  | TBB-0317*F01  |
| 6           | WEIGHT SELECTOR TUBE                          | 1   | T6347-F01*F01 |
| 7           | SEAT FRAME                                    | 1   | T3162-F01*F01 |
| 8           | TOP FRAME                                     | 1   | T3163-F01*F01 |
| 9           | PEC-DECK MOUNTING ASSEMBLY                    | 1   | T3164-F01*F01 |
| 10          | BACKREST 9 1/2" X 30"                         | 2   | T1363-F01*F01 |
| 11          | LARGE SEAT 13 - 15" X 18"                     | 1   | T1364-F01*F01 |
| 12          | SMALL SEAT 11 1/2 - 14" X 14"                 | 1   | T1365-F01*F01 |
| 13          | SEAT ANGLE BRACKET                            | 2   | T6348-F01*F01 |
| 14          | ARM PRESS                                     | 1   | T1236-F01*F01 |
| 15          | RIGHT ARM PRESS HANDLE                        | 1   | T6349-F01*F01 |
| 16          | LEFT ARM PRESS HANDLE                         | 1   | T6350-F01*F01 |
| 17          | FOAM GRIP 1 1/8" X 6"                         | 4   | F0460-F01*F01 |
| 18          | ARM PRESS TUBE - INTERNAL THREADS             | 1   | T6351-F01*F01 |
| 19          | PULLEY ROD - EXTERNAL END THREADS             | 2   | T6352-F01*F01 |
| 20          | PULLEY                                        | 8   | TAA-8168*F01  |
| 21          | RIGHT PEC-DECK ARM                            | 1   | T1237-F01*F01 |
| 22          | LEFT PEC-DECK ARM                             | 1   | T1238-F01*F01 |
| 23          | FOAM ROLLERS 4" X 15 1/2"                     | 2   | T0461-F01*F01 |
| 24          | ARM PRESS CABLE 178" BALL STOP                | 1   | T6627-F01*F01 |
| 25          | LOWER CABLE 151" BALL STOP                    | 1   | T6628-F01*F01 |
| 26          | PEC-DECK CABLE 108"                           | 1   | T6629-F01*F01 |
| 27          | DOUBLE PULLEY BRACKET                         | 1   | T6751-F01*F01 |
| 28          | U-BRACKET W/LATCH HOOK                        | 1   | T6752-F01*F01 |
| 29          | CHAIN                                         | 1   | TWW-7059*F01  |
| 30          | LEG EXTENSION                                 | 1   | T3165-F01*F01 |
| 31          | PAD BAR 3/4" X 14 3/4"                        | 2   | T6353-F01*F01 |
| 32          | FOAM PADS 3 1/4" X 6 1/2"                     | 4   | T0462-F01*F01 |
| 50          | 1 1/2" X 3" RUBBER BASE FOOT                  | 4   | TAA-8169*F01  |
| 51          | 2" SQUARE PLASTIC INSERT CAP                  | 10  | TAA-8002*F01  |
| 52          | 2 1/2" SQUARE PLASTIC INSERT CAP              | 2   | TAA-8013*F01  |
| 53          | THREADED RUBBER STOP                          | 2   | TAA-8170*F01  |
| 54          | WEIGHT BUMPER                                 | 2   | TAA-8124*F01  |
| 55          | WEIGHT SELECTOR TUBE CAP                      | 1   | TAA-8123*F01  |
| 56          | 1 1/8" ROUND PLASTIC INSERT CAP               | 4   | TAA-8171*F01  |
| 57          | 3/8" NYLON FLAT WASHER                        | 2   | TAA-8172*F01  |
| 58          | BLACK PLASTIC BUSHING 3/8" I.D. X 1 1/2" LONG | 4   | TAA-8172*F01  |
| 59          | TAPERED SPACERS                               | 4   | TAA-8174*F01  |
| 60          | 2 3/8" SQUARE PLASTIC CAP                     | 4   | TAA-8175*F01  |
| 61          | 1 1/2" SQUARE PLASTIC CAP                     | 4   | TAA-8001*F01  |
| 62          | PEC-DECK BUMPER                               | 1   | TAA-8176*F01  |
| 63          | 1 3/4" SQUARE PLASTIC CAP                     | 1   | TAA-8006*F01  |
| 64          | 3/4" ROUND PLASTIC CAP                        | 4   | TAA-8004*F01  |
| 70          | 3/8" X 2 1/4" HEX HEAD BOLT                   | 4   | THH-5061*F01  |
| 71          | 3/8" X 3" HEX HEAD BOLT                       | 8   | THH-5059*F01  |
| 72          | 3/8" X 3 1/4" HEX HEAD BOLT                   | 4   | THH-5063*F01  |

# PART LIST

| DIAGRAM NO. | PART NAME                          | QTY   | ORDERING NO   |
|-------------|------------------------------------|-------|---------------|
| 73          | 3/8" X 3 1/2" HEX HEAD BOLT        | 1     | THH-5062*F01  |
| 74          | 3/8" X 2 1/2" HEX HEAD BOLT        | 2     | THH-5018*F01  |
| 75          | 3/8" NYLON LOCK NUT                | 35    | THH-5088*F01  |
| 76          | 3/8" FLAT WASHER                   | 28    | THH-5265*F01  |
| 77          | WEIGHT SELECTOR PIN W/KNOB         | 1     | THH-5427*F01  |
| 78          | 3/8" X 2 3/4" HEX HEAD BOLT        | 6     | THH-5238*F01  |
| 79          | 3/8" LOCK WASHER                   | 2     | THH-5039*F01  |
| 80          | 3/8" X 1 1/4" HEX HEAD BOLT        | 2     | THH-5064*F01  |
| 81          | 1/2" NYLON LOCK NUT                | 2     | THH-5182*F01  |
| 82          | 1/2" FLAT WASHER                   | 2     | THH-5424*F01  |
| 83          | 3/8" X 2" HEX HEAD BOLT            | 13    | THH-5244*F01  |
| 84          | 5/16" X 1 1/2" HEX HEAD BOLT       | 1     | THH-5312*F01  |
| 85          | 5/16" NYLON LOCK NUT               | 3     | THH-5012*F01  |
| 86          | 5/16" X 5/8" HEX HEAD BOLT         | 2     | THH-5425*F01  |
| 87          | FIREMAN'S LATCH HOOK               | 2     | TWW-7042*F01  |
| 88          | 1/2" - 3/8" SHOULDER BOLT          | 1     | THH-5426*F01  |
| 121         | 225 LBS. MAX RESISTANCE DECAL      | 1     | DE-4209*F01   |
| 122         | SUPER CIRCUIT MASTER DECAL         | 1     | DE-4209*F01   |
| 123         | WEIGHT PLATE DECALS                | 1 SET | DE-4209*F01   |
| 124         | STATION 2 DECAL                    | 1     | DE-4209*F01   |
| 125         | STATION 1 DECAL                    | 1     | DE-4209*F01   |
|             | HARDWARE BAG (NUTS & BOLTS)        | 1     | C5930-F01*F01 |
|             | HARDWARE BAG (PLASTICS & BRACKETS) | 1     | C5931-F01*F01 |
|             | HARDWARE BAG (FEET & GRIPS)        | 1     | C5932-F01*F01 |
|             | HARDWARE BAG (PULLEY)              | 1     | C5933-F01*F01 |
|             | ASSEMBLY MANUAL                    | 1     | NN-1150*F01   |
|             | TRAINING MANUAL                    | 1     | NN-1094*F01   |

## 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.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

MODEL NO. NAME OF PART ORDERING NUMBER

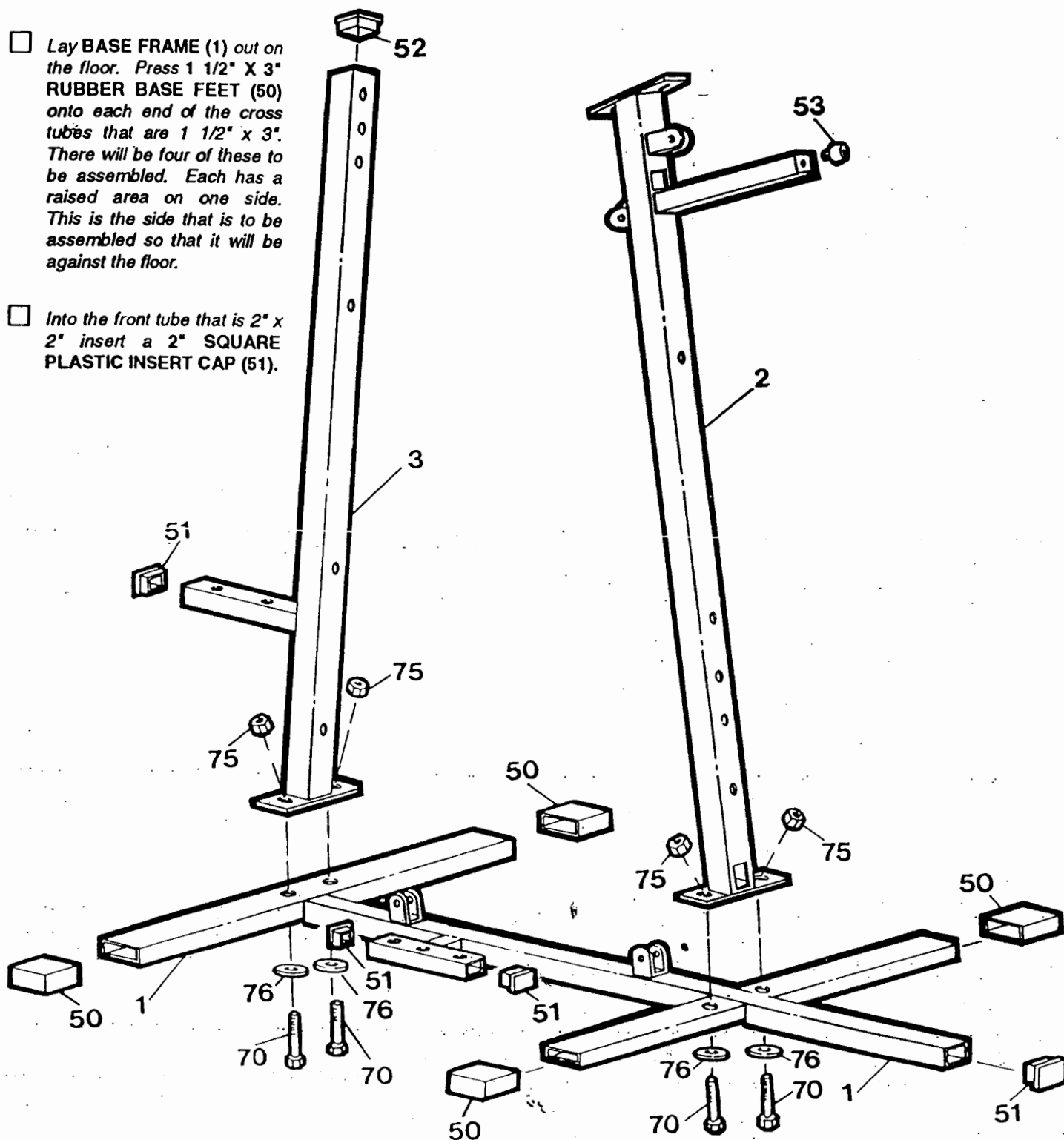
**STEP 1 FRAME ASSEMBLY**

| PART NAME                           | QTY |
|-------------------------------------|-----|
| 50 1 1/2" X 3" RUBBER BASE FOOT     | 4   |
| 51 2" SQUARE PLASTIC INSERT CAP     | 4   |
| 52 2 1/2" SQUARE PLASTIC INSERT CAP | 1   |
| 53 THREADED RUBBER STOP             | 1   |
| 70 3/8" X 2 1/4" HEX HEAD BOLT      | 4   |
| 75 3/8" NYLON LOCK NUT              | 4   |
| 76 3/8" FLAT WASHER                 | 4   |

**CAUTION:** Do not tighten the bolts in the assemblies in Steps 1, 2, or 3 unless you are instructed to do so in that assembly box. You will be instructed to tighten the bolts after these three steps are completed.

☐ Lay BASE FRAME (1) out on the floor. Press 1 1/2" X 3" RUBBER BASE FEET (50) onto each end of the cross tubes that are 1 1/2" x 3". There will be four of these to be assembled. Each has a raised area on one side. This is the side that is to be assembled so that it will be against the floor.

☐ Into the front tube that is 2" x 2" insert a 2" SQUARE PLASTIC INSERT CAP (51).



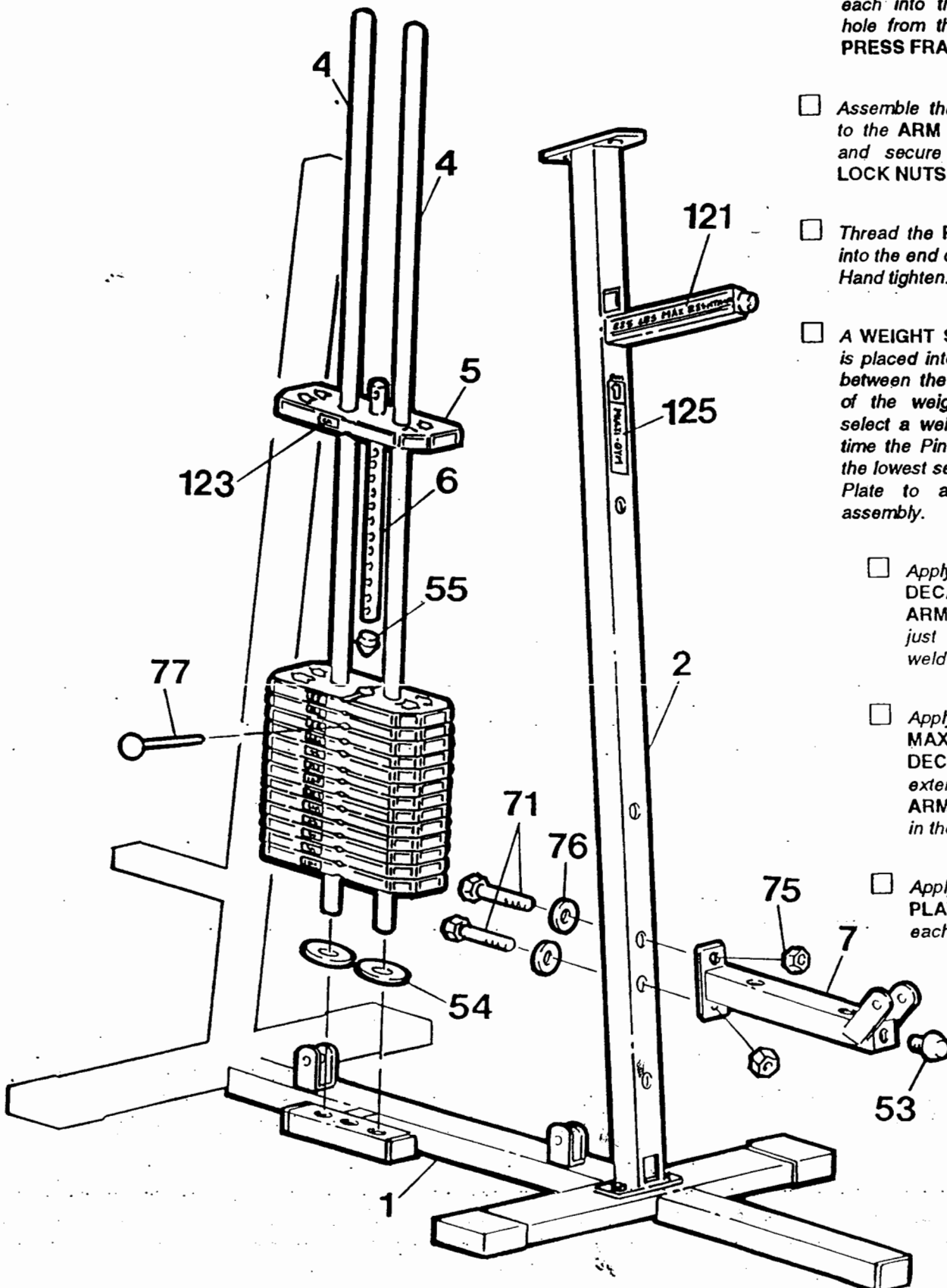
- ☐ Into the small welded Guide Rod Tube on the side of the Base Frame insert a 2" SQUARE PLASTIC CAP (51) into each end.
- ☐ Place a 3/8" FLAT WASHER (76) onto each of two 3/8" X 2 1/4" HEX HEAD BOLTS (70). Raise the front of the BASE FRAME (1) and insert the Bolts with Washers up through the bottom of the Base Frame.
- ☐ Assemble the ARM PRESS FRAME (2) bracket over the extended Bolts and secure with 3/8" NYLON LOCK NUTS (75).
- ☐ Thread the RUBBER STOP (53) into the end of the extended tube on the ARM PRESS FRAME (2) and tighten securely by hand.
- ☐ Place a 3/8" FLAT WASHER (76) onto each of two more 3/8" X 2 1/4" HEX HEAD BOLTS (70). Raise the rear of Base Frame and insert the Bolts with Washers up through the bottom of the Base Frame.
- ☐ Assemble the PEC-DECK FRAME (3) bracket over the extended Bolts and secure with 3/8" NYLON LOCK NUTS (75).
- ☐ Press a 2 1/2" SQUARE PLASTIC INSERT CAP (52) into the top of PEC-DECK FRAME (3).
- ☐ Press a 2" SQUARE PLASTIC INSERT CAP (51) into the end of the tube that extends to the rear of the PEC-DECK FRAME (3).

## STEP 2 WEIGHT ASSEMBLY

| PART NAME                   | QTY |
|-----------------------------|-----|
| 53 RUBBER STOP              | 1   |
| 54 WEIGHT BUMPER            | 2   |
| 55 WEIGHT SELECTOR TUBE CAP | 1   |
| 71 3/8" X 3" HEX HEAD BOLT  | 2   |
| 75 3/8" NYLON LOCK NUT      | 2   |
| 76 3/8" FLAT WASHER         | 2   |
| 77 WEIGHT SELECTOR PIN      | 1   |

**CAUTION:** To aid in this step, it is advised that you secure the assistance of an additional person to help in the steadying of the weight plates as they are stacked.

- ☐ Locate the WEIGHT BUMPERS (54) on top of the holes on the short welded square tube on the BASE FRAME (1).
- ☐ With the help of an additional person, begin stacking the WEIGHT PLATES (5) on top of the welded square tube on BASE FRAME (1).
- ☐ Stack on all the Weights one at a time until all but one are stacked on the base.
- ☐ Insert the WEIGHT SELECTOR TUBE CAP (55) into the bottom end of the WEIGHT SELECTOR TUBE (6). The bottom end is the end that does not have the roll pin drove through it.
- ☐ Insert the WEIGHT SELECTOR TUBE (6) into the center hole of the Weight Stack and align the roll pin with the pre-formed groove in the top of the Weight Plate.
- ☐ If the Weights are in proper alignment, the WEIGHT SELECTOR TUBE (6) will go easily through all the weights, if not adjust the weights slightly and carefully until it drops through.
- ☐ After all positioning is done, lay the last WEIGHT (5) over the Selector Tube on top of the stack.
- ☐ Insert each GUIDE ROD (4) into the Weight Stack making sure each Rod is all the way through the stack and goes into the square tube at the base.



☐ Place a 3/8" FLAT WASHER (76) onto one each of two 3/8" X 3" HEX HEAD BOLT (71) and insert each into the second and third hole from the back of the ARM PRESS FRAME (2).

☐ Assemble the SEAT FRAME (7) to the ARM PRESS FRAME (2) and secure with 3/8" NYLON LOCK NUTS (75).

☐ Thread the RUBBER STOP (53) into the end of SEAT FRAME (7). Hand tighten.

☐ A WEIGHT SELECTOR PIN (77) is placed into any of the grooves between the weights on the side of the weight stack in order to select a weight amount. At this time the Pin should be placed at the lowest setting or under the top Plate to aid in future cable assembly.

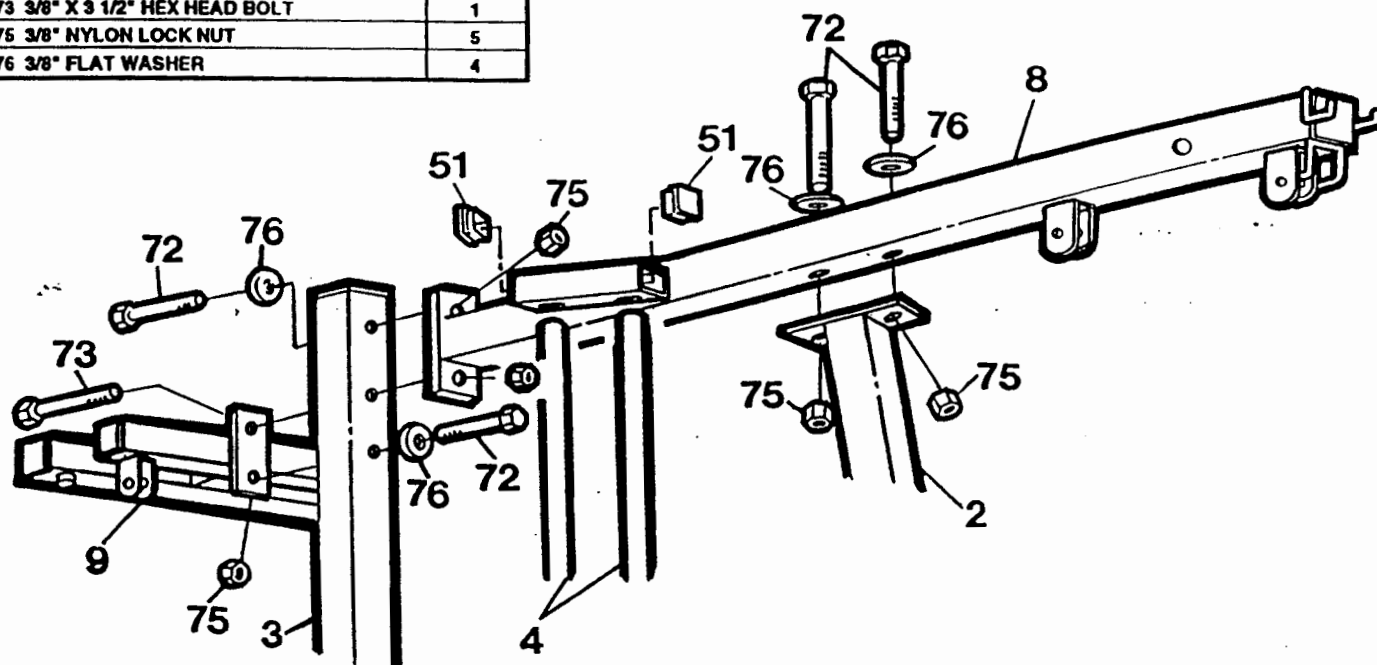
☐ Apply the STATION 1 DECAL (125) onto the ARM PRESS FRAME (2) just below the upper welded tube.

☐ Apply the 225 LB MAXIMUM RESISTANCE DECAL (121) to the upper extended tube on the ARM PRESS FRAME (2) in the position illustrated.

☐ Apply the WEIGHT PLATE DECALS (123) to each WEIGHT PLATE (5).

**STEP 3 TOP FRAME ASSEMBLY**

| PART NAME                       | QTY |
|---------------------------------|-----|
| 51 2" SQUARE PLASTIC INSERT CAP | 2   |
| 72 3/8" X 3 1/4" HEX HEAD BOLT  | 4   |
| 73 3/8" X 3 1/2" HEX HEAD BOLT  | 1   |
| 75 3/8" NYLON LOCK NUT          | 5   |
| 76 3/8" FLAT WASHER             | 4   |



- ☐ Press 2" SQUARE PLASTIC INSERT CAPS (51) into each end of the short welded tube on TOP FRAME (8).
- ☐ First, check for the correct direction of the TOP FRAME (8) and bring the short welded tube to the GUIDE RODS (4) and ease each Rod into its corresponding hole.
- ☐ Next, place a 3/8" FLAT WASHER (76) on a 3/8" X 3 1/4" HEX HEAD BOLT (72) and insert through the back of the PEC-DECK FRAME (3) top most hole and into the top hole of the rear bracket on TOP FRAME (8) and secure with a 3/8" NYLON LOCK NUT (75).
- ☐ Adjust the ARM PRESS FRAME (2) under the TOP FRAME (8) aligning the bolt holes. Place 3/8" FLAT WASHERS (76) on two more 3/8" X 3 1/4" HEX HEAD BOLTS (72). Insert the bolt down through the top of the TOP FRAME (8) and through the Bracket on ARM PRESS FRAME (2) and secure with 3/8" NYLON LOCK NUTS (75).
- ☐ Align the bolt holes of the welded bracket of the PEC-DECK MOUNTING ASSEMBLY (9) with the second and third hole from the top on the PEC-DECK FRAME (3).
- ☐ Insert a 3/8" X 3 1/2" HEX HEAD BOLT (73) through the top hole of the welded bracket of the PEC-DECK MOUNTING ASSEMBLY (9), then through the PEC-DECK FRAME (3) (second hole) and exiting through the bottom hole of the welded bracket on the TOP FRAME (8). Secure with a 3/8" NYLON LOCK NUT (75).
- ☐ Place a 3/8" FLAT WASHER (76) onto a 3/8" X 3 1/4" HEX HEAD BOLT (72) and insert through the front of PEC-DECK FRAME (3) (third hole) and exiting through the bottom hole of the welded bracket on PEC-DECK MOUNTING ASSEMBLY (9). Secure with a 3/8" NYLON LOCK NUT (75).

**NOTE: AT THIS TIME YOU SHOULD TAKE THE TIME TO TIGHTEN ALL BOLTS THAT WERE LEFT UNTIGHTENED IN STEPS 1, 2, AND 3.**

**STEP 4 BACKREST AND SEAT ASSEMBLY**

| PART NAME                      | QTY |
|--------------------------------|-----|
| 71 3/8" X 3" HEX HEAD BOLT     | 6   |
| 74 3/8" X 2 1/2" HEX HEAD BOLT | 2   |
| 75 3/8" NYLON LOCK NUT         | 2   |
| 76 3/8" FLAT WASHER            | 8   |
| 78 3/8" X 2 3/4" HEX HEAD BOLT | 2   |

**NOTE:** The assembly of the Backrest and Seat for Station 1 and Station 2 is the same so instructions are given once but are followed twice to complete both stations.

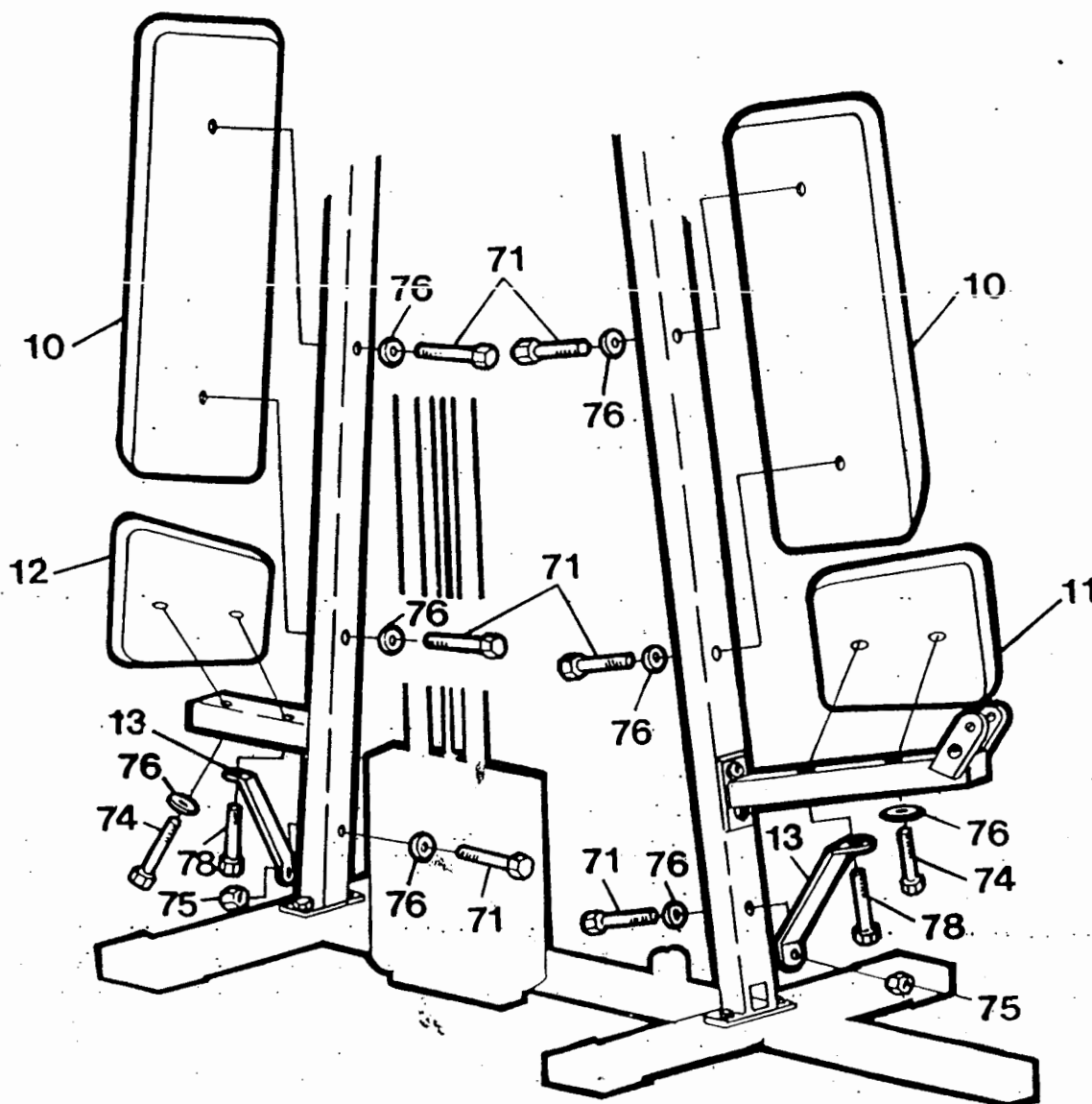
- Both Stations require the same BACKREST (10), however, Station 1 or the Arm Press Station (front) requires the LARGE SEAT (11) and Station 2 or the Pec-Deck Station (rear) requires the SMALL SEAT (12).

☐ To assemble the Seat, first, insert 3/8" X 2 3/4" HEX HEAD BOLT (78) through the hole in one end of SEAT ANGLE BRACKET (13) then through the Seat Frame Tube and into the Seat. Finger tighten only.

☐ Place a 3/8" FLAT WASHER (76) onto a 3/8" X 3" HEX HEAD BOLT (71) and insert through the back of Upright Frame Tube through the hole in the opposite end of SEAT ANGLE BRACKET (13) and secure with a 3/8" NYLON LOCK NUT (75).

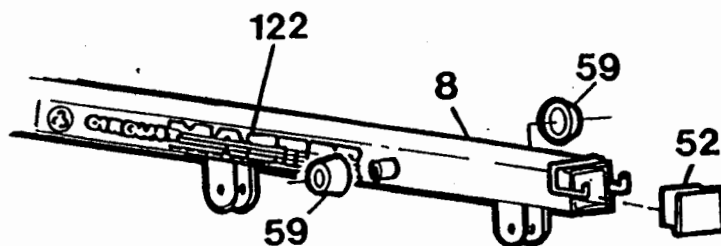
☐ Place a 3/8" FLAT WASHER (76) onto a 3/8" X 2 1/2" HEX HEAD BOLT (74) and bolt through the front hole of the Seat Frame into the Seat. Tighten all Seat Bolts at this time.

☐ To assemble the Backrest, assemble a 3/8" FLAT WASHER (76) onto each of two 3/8" X 3" HEX HEAD BOLTS (71) and insert through the rear of the Upright Frame Tube and into the threaded holes in the Backrest. Tighten securely.

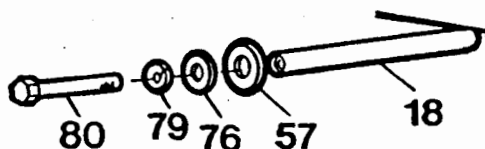


**STEP 5 ARM PRESS ASSEMBLY**

| PART NAME                                       | QTY |
|-------------------------------------------------|-----|
| 20 PULLEY                                       | 2   |
| 51 2" SQUARE PLASTIC CAP                        | 4   |
| 52 2 1/2" SQUARE PLASTIC CAP                    | 1   |
| 56 1 1/8" ROUND PLASTIC CAP                     | 4   |
| 57 3/8" NYLON FLAT WASHERS - LARGE              | 2   |
| 58 BLACK PLASTIC BUSHINGS 3/8" ID X 1 1/2" LONG | 4   |
| 59 TAPERED SPACERS                              | 2   |
| 75 3/8" NYLON LOCK NUT                          | 8   |
| 76 3/8" FLAT WASHER                             | 10  |
| 78 3/8" X 2 3/4" HEX HEAD BOLT                  | 4   |
| 79 3/8" LOCK WASHER                             | 2   |
| 80 3/8" X 1 1/4" HEX HEAD BOLT                  | 2   |



- ☐ Press a 2 1/2" SQUARE PLASTIC CAP (52) into the front end of the TOP FRAME (8).



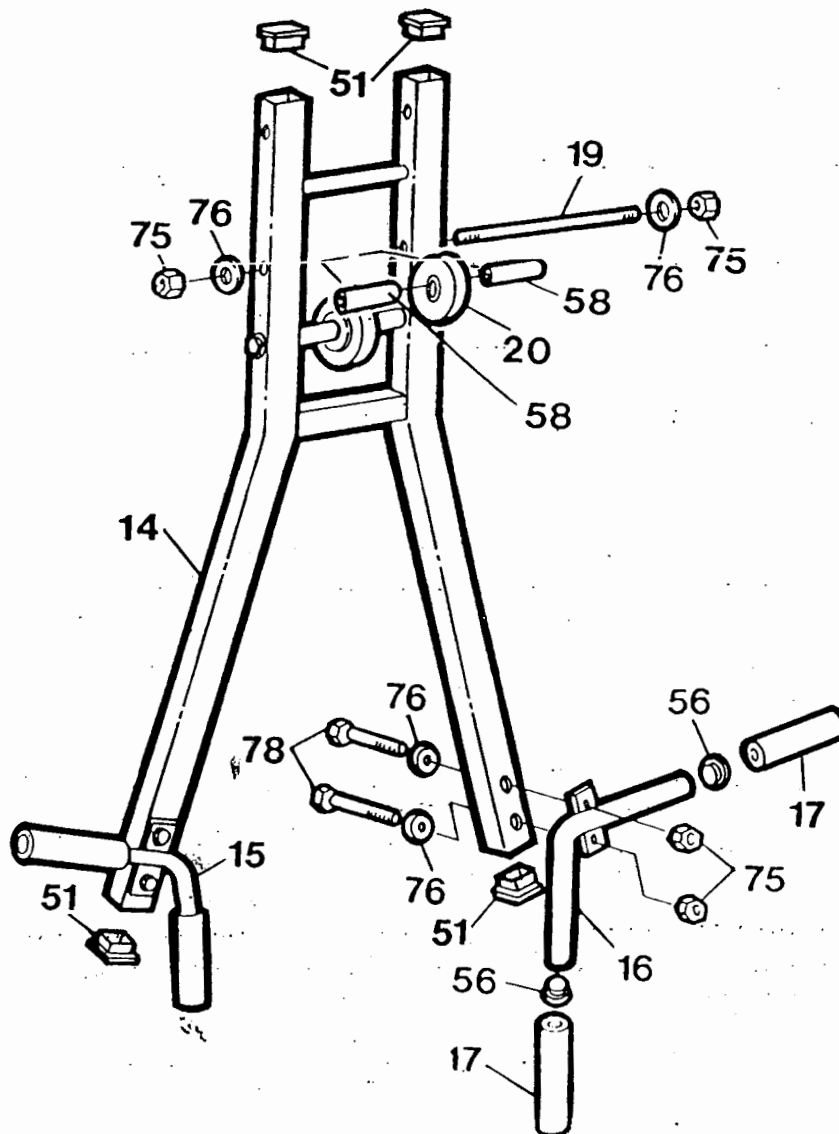
- ☐ Onto the welded tube on the front end of the TOP FRAME (8), place a TAPERED SPACER (59) onto each side. The larger end faces the Top Frame Tube.

- ☐ Raise ARM PRESS (14) to the welded tube with the Tapered Spacers and align. Insert the ARM PRESS TUBE (with internal threads) (18) through the Arm Press and Top Frame.

- ☐ Make sure the ARM PRESS TUBE (18) is equally spaced inside the assembly. Place first a 3/8" LOCK WASHER (79), then a 3/8" FLAT WASHER (76), and finally a LARGE 3/8" NYLON FLAT WASHER (57) onto two 3/8" X 1 1/4" HEX HEAD BOLTS (80). Thread these two Bolts into each side of the ARM PRESS TUBE (18) to secure the Arm Press.

- ☐ Press a 1 1/8" ROUND PLASTIC CAP (56) into each end of the RIGHT ARM PRESS HANDLE (15) and LEFT ARM PRESS HANDLE (16). Apply a small amount of liquid dish detergent to each end of the Right and Left Arm Press Handles and assemble onto each end a 6" FOAM GRIP (17).

- ☐ Assemble each ARM PRESS HANDLE (15) and (16) to the proper side of the Arm Press and secure with 3/8" X 2 3/4" HEX HEAD BOLTS (78), 3/8" FLAT WASHERS (76), and 3/8" NYLON LOCK NUTS (75). The Flat Washers are assembled onto the bolts and are inserted from the back of the Arm Press Frame and through the welded bracket on the Arm Press Handles and are then secured with the Lock Nuts.

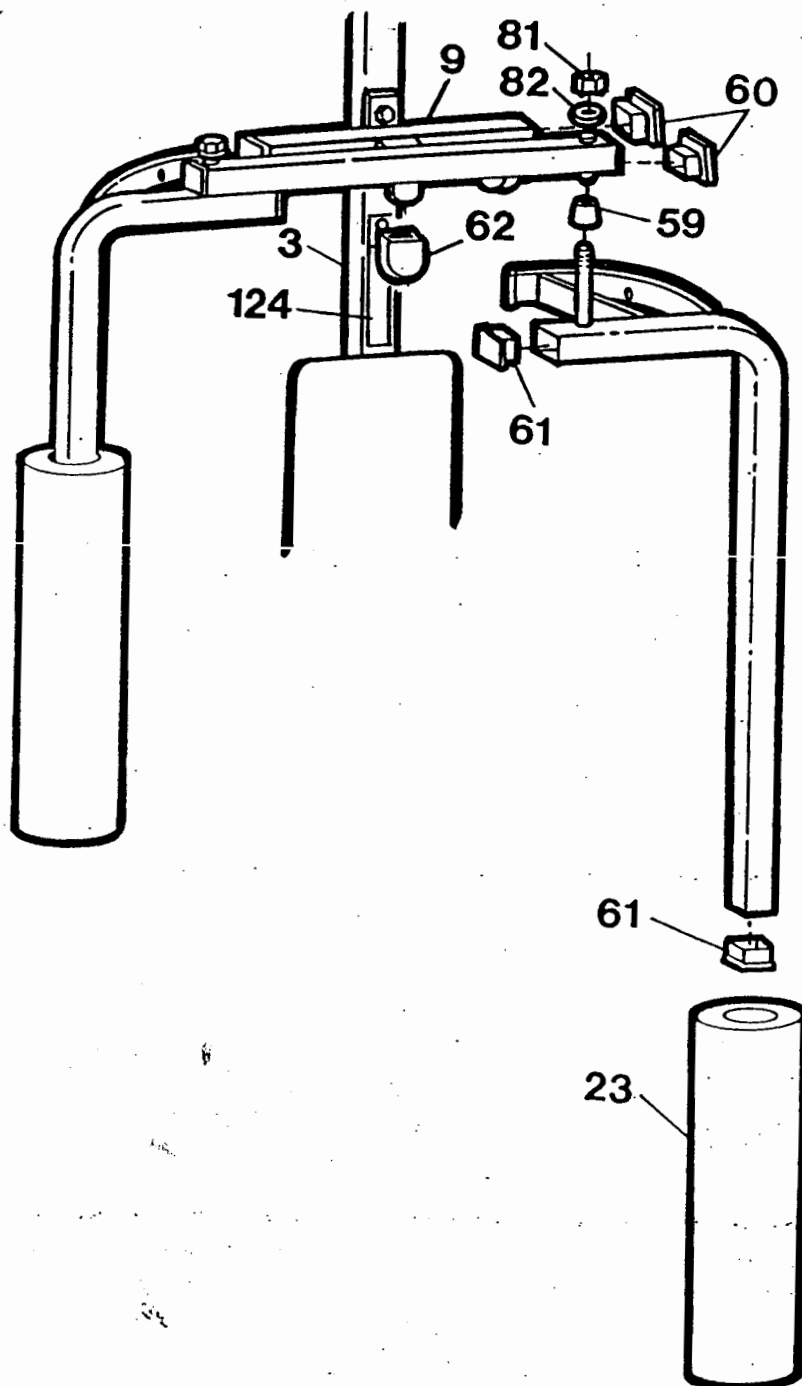


- ☐ There are two PULLEY RODS (19) with this unit. These are a solid rod that is threaded on both ends.
- ☐ To assemble, the Pulley Rods are inserted into one side of the Arm Press Frame into either of the holes in the upper Frame. As the Rod comes through, assemble first a BLACK PLASTIC BUSHING (1 1/2" LONG) (58) onto the Rod, then a PULLEY (20), and another BLACK PLASTIC BUSHING (58).
- ☐ Equally space the Pulley Rods in the Arm Press and secure at each end with a 3/8" FLAT WASHER (76), and 3/8" NYLON LOCK NUT (75).
- ☐ Cap the bottom and top of the ARM PRESS (14) with 2" SQUARE PLASTIC CAPS (51).
- ☐ Apply SUPER CIRCUIT MASTER DECAL (122) to TOP FRAME (8) in position illustrated.

## STEP 6 PEC-DECK ASSEMBLY

| PART NAME                    | QTY. |
|------------------------------|------|
| 59 TAPERED SPACERS           | 2    |
| 60 2 3/8" SQUARE PLASTIC CAP | 4    |
| 61 1 1/2" SQUARE PLASTIC CAP | 4    |
| 62 PEC-DECK BUMPER           | 1    |
| 81 1 1/2" NYLON LOCK NUT     | 2    |
| 82 1/2" FLAT WASHER          | 2    |

- ☐ Press 2 3/8" SQUARE PLASTIC CAP (60) into the ends of PEC-DECK MOUNTING ASSEMBLY (9).
- ☐ Taking note of the illustration, determine the correct side for each Pec-Deck Arm.
- ☐ Place a TAPERED SPACER (59) onto each threaded solid rod on each Pec-Deck Arm. The larger end of the Tapered Spacer is placed against the Pec-Deck Arm Frame.
- ☐ Insert the Threaded Rod through the welded tube on the side of the PEC-DECK MOUNTING ASSEMBLY (9) and secure with a 1/2" FLAT WASHER (82) and 1 1/2" NYLON LOCK NUT (81). Tighten secure, but not so as to cause binding.
- ☐ Slip the PEC-DECK BUMPER (62) onto the welded tab in the center of the PEC-DECK MOUNTING ASSEMBLY (9).
- ☐ Press 1 1/2" SQUARE PLASTIC CAPS (61) into each end of the Pec-Deck Arms.
- ☐ Apply a small amount of liquid dish detergent onto the ends of the Pec-Deck Arms and slide on a FOAM ROLLER 4" X 15 1/2" (23).
- ☐ Apply STATION 2 DECAL (124) above Backrest on PEC-DECK FRAME (3).



**STEP 7 LEG EXTENSION ASSEMBLY**

| PART NAME                    | QTY |
|------------------------------|-----|
| 63 1 3/4" SQUARE PLASTIC CAP | 1   |
| 64 3/4" ROUND PLASTIC CAP    | 4   |
| 75 3/8" NYLON LOCK NUT       | 1   |
| 88 1/2" - 3/8" SHOULDER BOLT | 1   |

- ☐ Assemble LEG EXTENSION TUBE (30) into brackets of SEAT FRAME (7) with 1/2" - 3/8" SHOULDER BOLT (88) and 3/8" NYLON LOCK NUT (75).

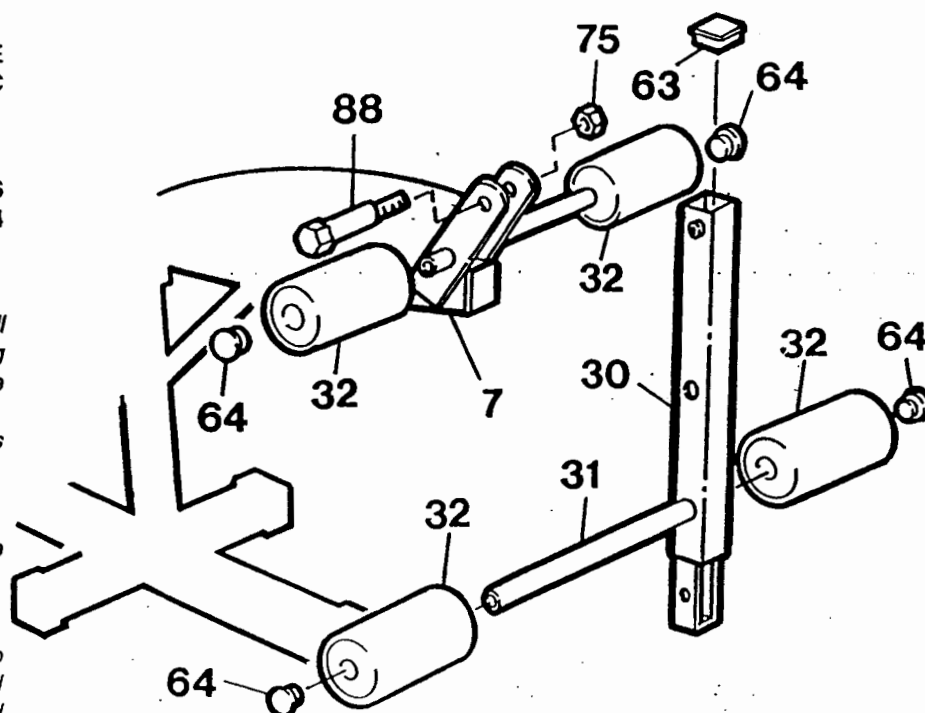
- ☐ Cap top of LEG EXTENSION TUBE (30) with 1 3/4" SQUARE PLASTIC CAP (63).

- ☐ Press 3/4" ROUND PLASTIC CAPS (64) into ends of PAD BARS 3/4" X 14 3/4" (31).

- ☐ To each PAD BAR (31) wipe a small amount of liquid dish detergent along the length of the bar. This helps in the assembly of the FOAM PADS (32). When the detergent dries, it will act as an adhesive.

- ☐ To each PAD BAR (31) press on one FOAM PAD (32).

- ☐ Insert Pad Bars with Foam Pads into brackets on SEAT FRAME (7) and LEG EXTENSION TUBE (30) and assemble on another FOAM PAD (32).

**STEP 8 ARM PRESS CABLE ASSEMBLY**

| PART NAME                       | QTY |
|---------------------------------|-----|
| 75 3/8" NYLON LOCK NUT          | 6   |
| 83 3/8" X 2" HEX HEAD BOLT      | 6   |
| 84 5/16" X 1 1/2" HEX HEAD BOLT | 1   |
| 85 5/16" NYLON LOCK NUT         | 1   |

Before assembling the cables, take the time to identify the three cables in this unit. There are two cables that have a large ball stop on one end and a bolt fastener on the other end. There is only one cable that has a bolt fastener on both ends. Below is a chart to identify each cable:

| CABLE              | LENGTH | TYPE                          |
|--------------------|--------|-------------------------------|
| 24 ARM PRESS CABLE | 178"   | 1 BALL STOP / 1 BOLT FASTENER |
| 25 LOWER CABLE     | 151"   | 1 BALL STOP / 1 BOLT FASTENER |
| 26 PEC-DECK CABLE  | 108"   | 2 BOLT FASTENER ENDS          |

FOR EASIER IDENTIFICATION AN ENTIRE CABLE ROUTING DRAWING IS INCLUDED FOLLOWING THE NEXT 3 STEPS.

- For easier identification purposes only, the Pulleys will be lettered A - H. All PULLEYS (20) are the same (4").

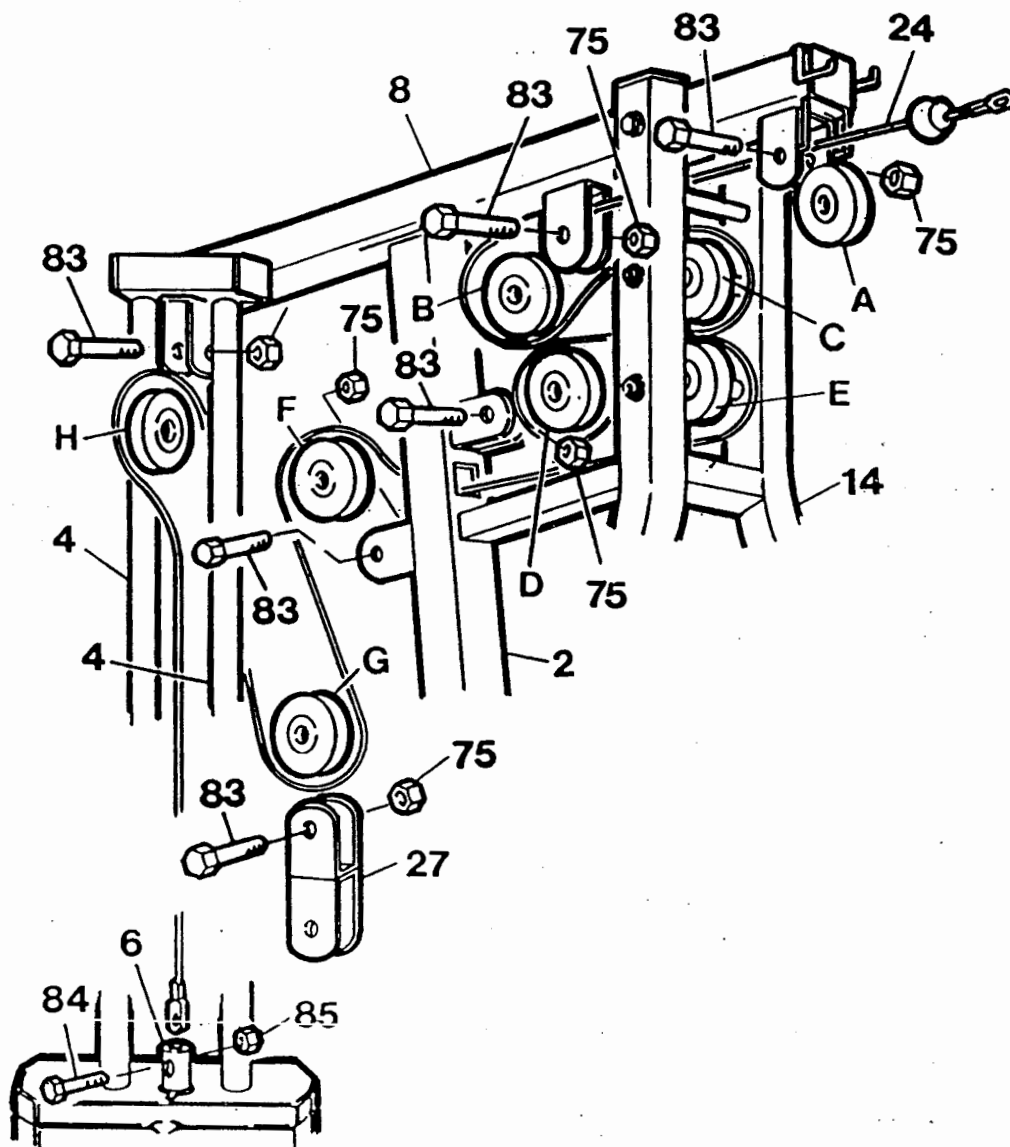
- The Cable needed for the following Step is ARM PRESS CABLE 178" (24).

☐ Holding the Ball Stop End, place a PULLEY A under the Cable (cable running on top of the Pulley) and trap cable into the welded bracket on the end of the TOP FRAME (8). Secure with 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75).

☐ Bring Cable back to second welded bracket on TOP FRAME (8). Trap Cable into bracket with PULLEY B and secure with 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75).

☐ Bring Cable back toward the front and over and under the PULLEY C (This is the Top Pulley that was assembled earlier).

☐ In the welded bracket on ARM PRESS FRAME (2) trap the cable with PULLEY D. Cable goes over the top and under to exit. Secure with 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75).



☐ Thread the Cable back to the front between the two assembled PULLEYS C and E. The Cable goes over the Top of PULLEY E and under.

☐ Pull Cable to the back to the ARM PRESS FRAME (2) and through square Cable access hole.

☐ Assemble PULLEY F into welded bracket on the back of ARM PRESS FRAME (2) using a 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75) and drape Cable over the top of PULLEY F.

☐ Drape Cable over PULLEY H and trap into welded bracket located between the two GUIDE RODS (4) and secure with 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75).

☐ Finally, bring bolt fastener end of Cable all the way down to the top of the Weight Stack. Check to make sure the cable is seated correctly in the grooves of the PULLEYS A - H.

☐ Place bolt fastener end into top end of WEIGHT SELECTOR TUBE (6) and secure with 5/16" X 1" HEX HEAD BOLT (84) and 5/16" NYLON LOCK NUT (85).

☐ Using PULLEY G go to where the Cable is draping toward the floor between PULLEYS F and H and trap Cable into DOUBLE PULLEY BRACKET (27) and secure with 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75).

**STEP 9 PEC-DECK CABLE ASSEMBLY**

| PART NAME                     | QTY |
|-------------------------------|-----|
| 75 3/8" NYLON LOCK NUT        | 3   |
| 83 3/8" X 2" HEX HEAD BOLT    | 3   |
| 85 5/16" NYLON LOCK NUT       | 2   |
| 86 5/16" X 5/8" HEX HEAD BOLT | 2   |

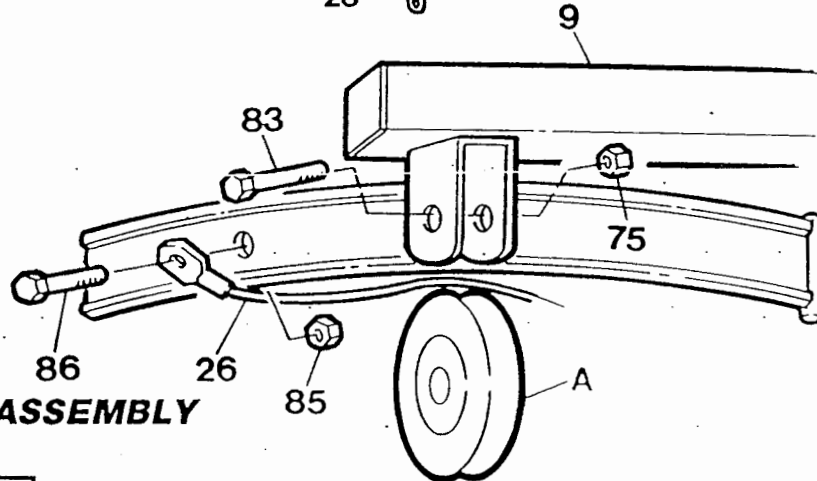
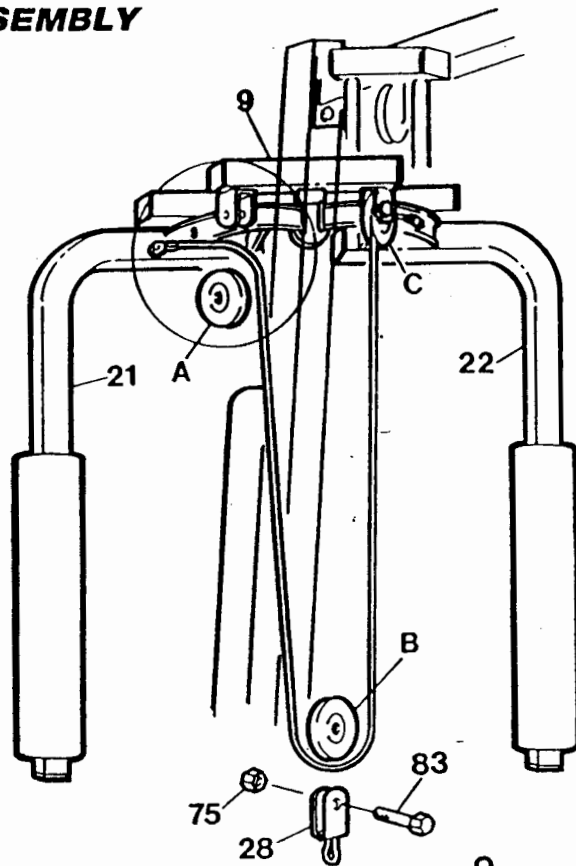
- For easier identification purposes only, the Pulleys will be lettered A - C. All PULLEYS (20) are the same (4").

- The Cable needed for this step is PEC-DECK CABLE 108" (26).

- Start with either one of the PEC-DECK ARMS (21) or (22). Bolt a Cable into the hole on the side of each Pec-Deck Arm using 5/16" X 5/8" HEX HEAD BOLT (86) and 5/16" NYLON LOCK NUT (85). See Detail Illustration. NOTE: This Cable must be assembled in front of PEC-DECK FRAME (3).

- Trap the Cable into the Welded Brackets on PEC-DECK MOUNTING ASSEMBLY (9) using PULLEYS A and C and secure with 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75).

- In the center of the Cable that is draped toward the floor assemble PULLEY B and trap in U-BRACKET WITH LATCH HOOK (28). Secure with 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75).

**STEP 10 LOWER PULLEY ASSEMBLY**

| PART NAME                  | QTY |
|----------------------------|-----|
| 29 CHAIN                   | 1   |
| 75 3/8" NYLON LOCK NUT     | 4   |
| 83 3/8" X 2" HEX HEAD BOLT | 4   |
| 87 FIREMAN'S LATCH HOOK    | 1   |

- For easier identification purposes only, the Pulleys will be lettered A - D. All PULLEYS (20) are the same (4").

- The Cable needed for this Step is LOWER CABLE 151" (25).

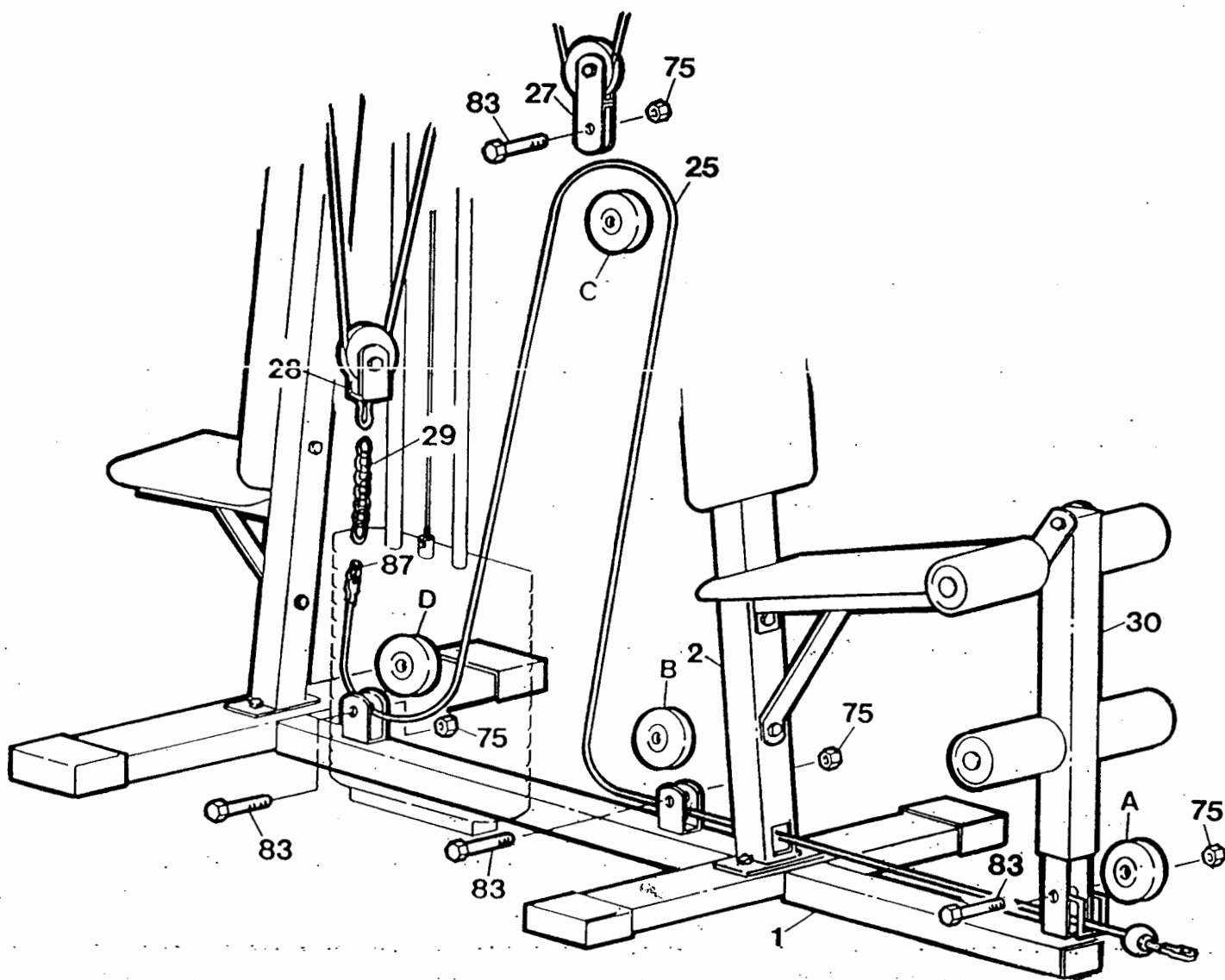
- Start with the Ball Stop End of the Cable. Extend the Cable through the opening in the bottom of LEG EXTENSION (30). Leave some of the Cable end with Ball Stop lay outside the opening until the entire assembly is done.

- Assemble PULLEY A in opening trapping Cable under the Pulley. Secure with 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75).

- Extend the Cable to the rear going through the square opening at the bottom of ARM PRESS FRAME (2).

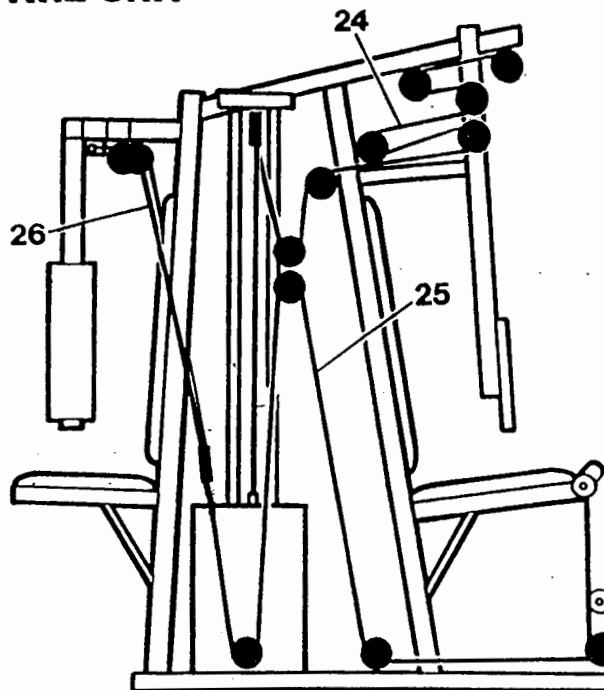
- Trap Cable under PULLEY B in the first welded bracket on BASE FRAME (1) behind ARM PRESS FRAME (2). Secure PULLEY B with 3/8" X 2" HEX HEAD BOLT (83) and 3/8" NYLON LOCK NUT (75).

- ☐ Bring the Cable up and over **PULLEY C** trapping into the bottom of **DOUBLE PULLEY BRACKET (27)**. Secure with **3/8" X 2" HEX HEAD BOLT (83)** and **3/8" NYLON LOCK NUT (75)**.
- ☐ Start pulling Cable tight making sure that the Cable is seating properly in each Pulley.
- ☐ Bring the Cable down to the welded bracket on the rear of **BASE FRAME (1)**. Trap Cable in bracket using **PULLEY D** and secure with **3/8" X 2" HEX HEAD BOLT (83)** and **3/8" NYLON LOCK NUT (75)**.
- ☐ Place a **FIREMAN'S LATCH HOOK (87)** in the bolt fastener end of the Cable.
- ☐ Attach the **CHAIN (29)** to the Latch Hook welded to the bottom of the **U-BRACKET (28)**.
- ☐ Pull the Cable very tight checking alignment on each Pulley and hook the **FIREMAN'S LATCH HOOK (87)** into one of the links of the chain. The Cable should be fairly tight throughout. In use the Cable will stretch and develop some slack. To tighten, just place the **FIREMAN'S LATCH HOOK (87)** in another link of the chain.



## CABLE ROUTING DRAWING FOR ENTIRE UNIT

This illustration is provided as an additional aid to select the correct cable for the correct location. The chart at the beginning of Step 8 ARM PRESS CABLE ASSEMBLY gives information on each cable that you will also find helpful in choosing the correct cable type.



## THERE ARE SEVERAL ACCESSORY ITEMS AVAILABLE FOR THE HOME GYM

### LAT BAR

|    |                      |   |               |
|----|----------------------|---|---------------|
| 17 | FOAM GRIPS           | 2 | T0460-F01*F01 |
| 40 | LAT BAR              | 1 | T6803-D35*F01 |
| 41 | 1" ROUND PLASTIC CAP | 2 | TAA-8005*F01  |
| 87 | FIREMAN'S LATCH HOOK | 1 | TWW-7042*F01  |

- » To LAT BAR (40) press 1" ROUND PLASTIC CAPS (41) onto each end of Bar and assemble FOAM GRIPS (17) to Bar with the aid of a small amount of liquid dish detergent.
- » To use the Lat Bar, connect it to the Cable at the end of the Top Mast Tube with FIREMAN'S LATCH HOOK (87). This Bar is used to do all Lat Pull-Down Exercises.

### ANKLE STRAP

|    |             |   |              |
|----|-------------|---|--------------|
| 42 | ANKLE STRAP | 1 | TEE-0074*F01 |
| 43 | S-HOOK      | 1 | TWW-7030*F01 |

- » Using S-HOOK (43), ANKLE STRAP (42) is connected to Base Pulley at front of unit.
- » This accessory is used for all Leg Exercises.

## DUMBBELL HANDLE

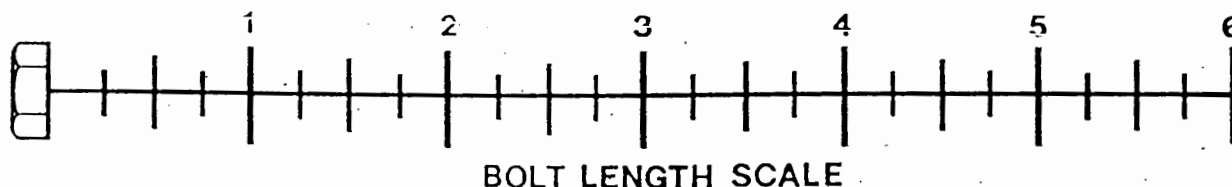
|    |                 |   |               |
|----|-----------------|---|---------------|
| 44 | DUMBBELL HANDLE | 1 | TAA-8120*F01  |
| 45 | ACCESSORY ROPE  | 1 | T6602-D23*F01 |

- Connect the DUMBBELL HANDLE (44) to the Base Pulley on the Leg Curl Tube 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 (45) as desired to give proper distancing from the unit.

## CURL BAR

|    |                      |   |               |
|----|----------------------|---|---------------|
| 46 | CURL BAR             | 1 | T6153-C12*F01 |
| 17 | FOAM GRIPS           | 2 | T0460-F01*F01 |
| 41 | 1" ROUND PLASTIC CAP | 2 | TAA-8005*F01  |
| 43 | S-HOOK               | 1 | TWW-7030*F01  |

- To the CURL BAR (46) press 1" ROUND PLASTIC CAPS (41) onto each end of the Bar and assemble FOAM GRIPS (17) to the Bar with the aid of a small amount of liquid dish detergent.
- To use the CURL BAR (46), connect to the Cable at the Leg Curl Tube using S-HOOK (43). You can perform Standing Arm Curls and Standing and Seated Rowing.



### 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 WITH OUT 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.