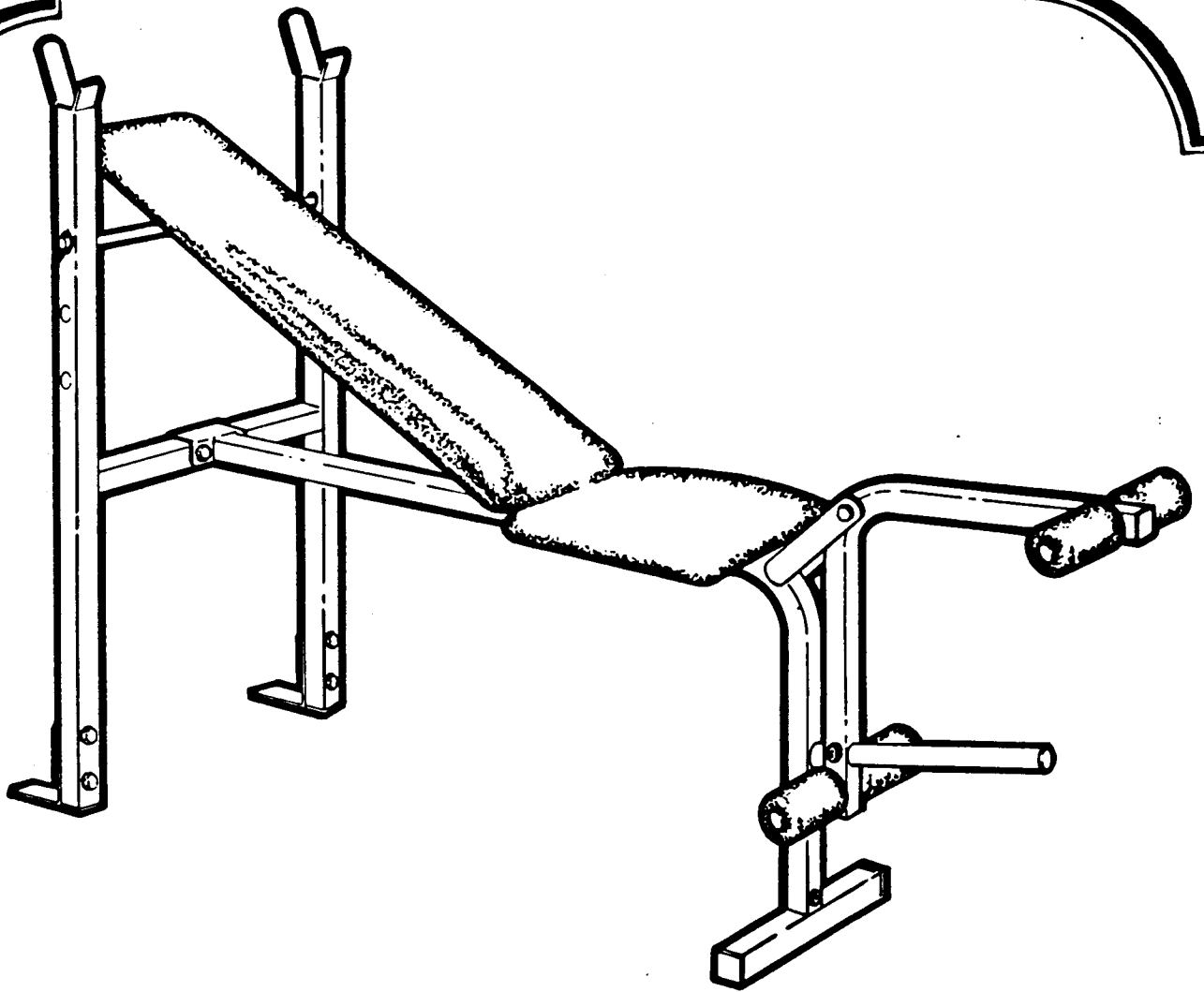




ASSEMBLY INSTRUCTIONS
REPLACEMENT PARTS
NN-1095

M125

MEDALLION
by **weider®**

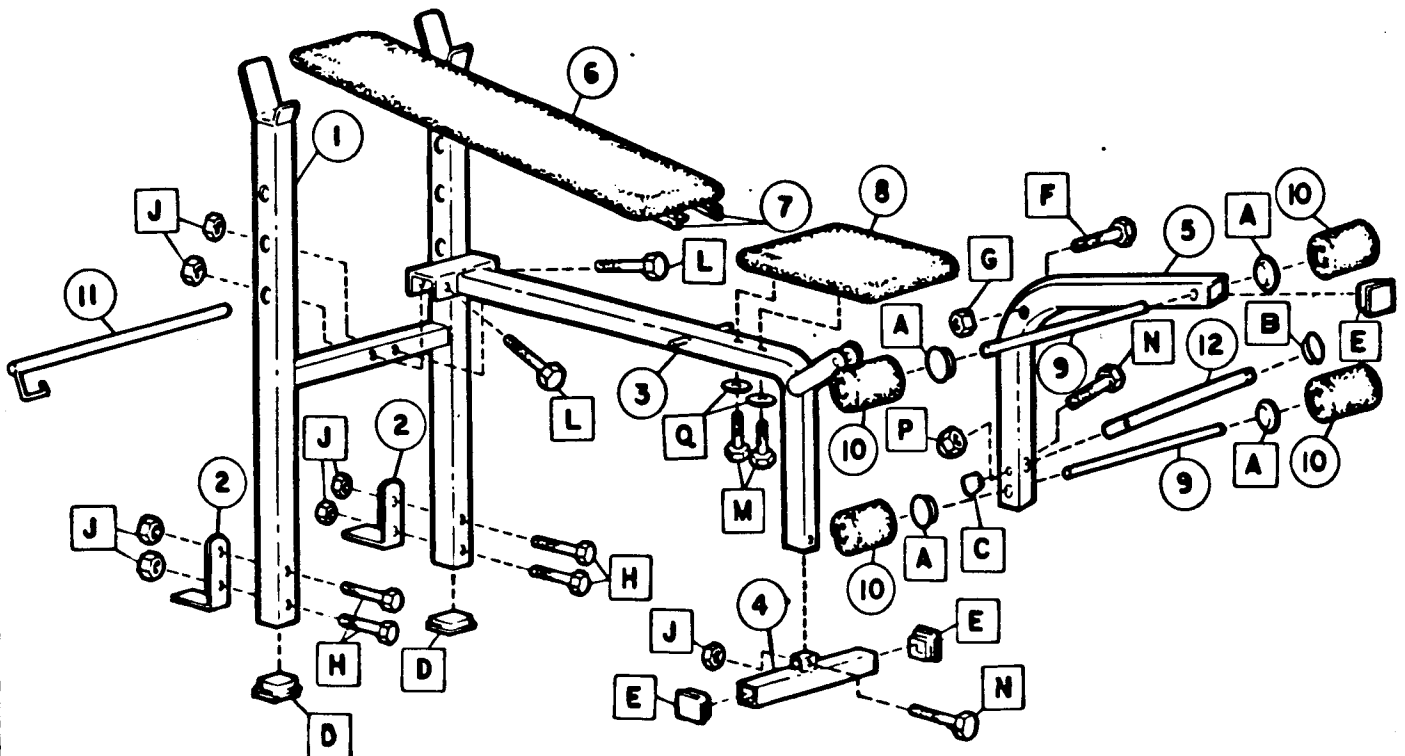
RECOMMENDED WEIGHT SET - 160 LBS.

WEIDER HEALTH AND FITNESS
21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

ENN 1095

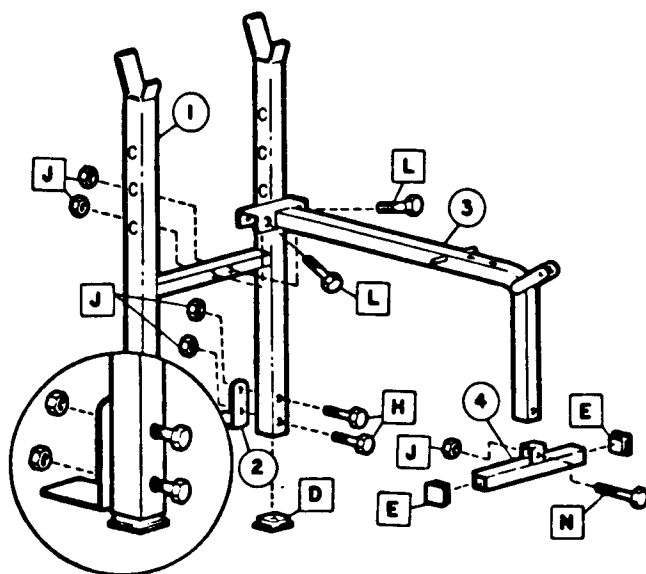
TABLE OF CONTENTS

	PAGE
DIAGRAM	1
PARTS LIST	2
ASSEMBLY INSTRUCTIONS	3
STEP 1 FRAME ASSEMBLY	3
STEP 2 BACKREST ASSEMBLY	3
STEP 3 ATTACHING BACKREST AND SEAT	4
STEP 4 LEG CURL	4
CAUTION - LEG CURL	4
REPAIR PARTS AND SERVICE	5



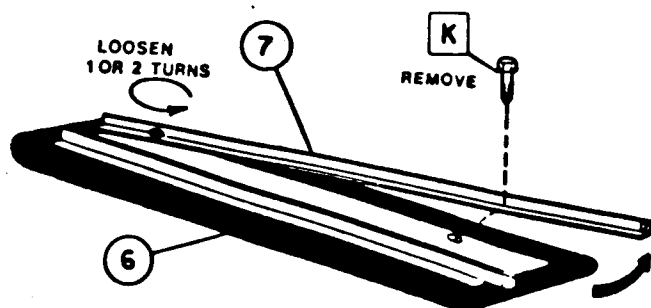
BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER AND TWO 6" ADJUSTABLE WRENCHES.



STEP 1 FRAME ASSEMBLY

Begin by inserting 2 SQUARE PLASTIC CAPS (D) into UPRIGHT (1). Align bolt holes on L-BRACKETS (2) with bolt holes on UPRIGHT (1). Secure each bracket with 2 HEX HEAD BOLTS (H) and 2 LOCK NUTS (J). Align MAIN FRAME (3) with bracket on FRONT SUPPORT (4) and secure with HEX HEAD BOLT (N) and LOCK NUT (J). Lower rear u-bracket of MAIN FRAME (3) onto cross member of UPRIGHT (1). Align bolt holes and secure with 2 HEX HEAD BOLTS (L) and 2 LOCK NUTS (J). Insert 2 SQUARE PLASTIC CAPS (E) into FRONT SUPPORT (4). TIGHTEN ALL BOLTS!

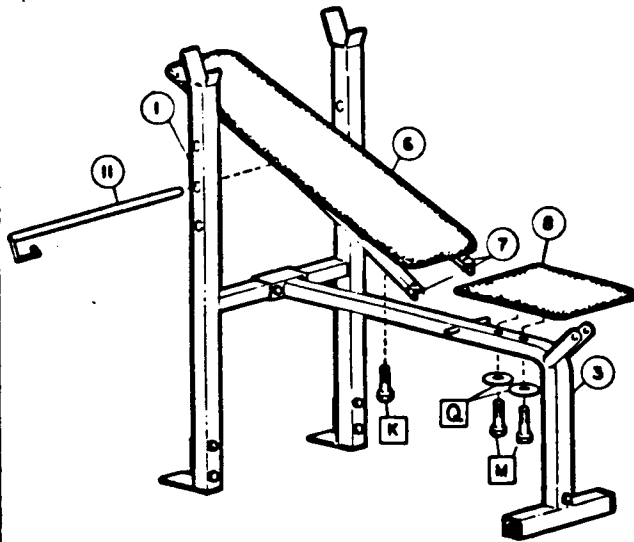


STEP 2 BACKREST PREPARATION

NOTE: The lower or attachment end of the BACKREST (6) can be identified quickly by the LONG ANGLE IRONS (7). The LONG ANGLE IRONS (7) will be extended approximately two inches beyond the BACKREST (6).

Turn BACKREST (6) over to expose work area. Both LONG ANGLE IRONS (7) have been fastened to BACKREST (6) for shipment. One LONG ANGLE IRON (7) must be loosened in order to assemble BACKREST (6) to main frame pivot rod. The lower MACHINE SCREW (K) must be removed while the upper MACHINE SCREW (K) is only loosened. The LONG ANGLE IRON (7) can now swing freely from the lower end of BACKREST (6).

STEP 3 ATTACHING BACKREST & SEAT

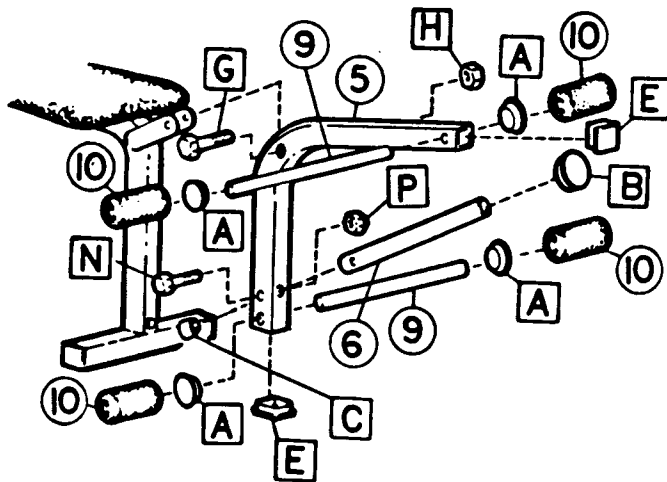


BACKREST: To aid in attaching the Backrest, first slide the BACKREST ADJ BAR (11) through one of the hole patterns in the UPRIGHTS (1). With LONG ANGLE IRON (7) free, lower BACKREST (6) to main frame pivot rod. Slide secured LONG ANGLE IRON (7) onto one side of pivot rod. Swing the free LONG ANGLE IRON (7) back to its original position and onto the opposite end of the pivot rod. SEE DETAIL A. Replace MACHINE SCREW (K) that was removed in STEP 2 and tighten all machine screws.

SEAT: With SEAT (8) right-side up, lower to MAIN FRAME (3) bolt holes. align holes with Seat holes and fasten with 2 FLAT WASHERS (Q) and 2 MACHINE SCREWS (M)

STEP 4 LEG CURL

First, slide WEIGHT PIN (12) through angled holes on the front of LEG CURL (5). Align bolt holes and secure with HEX HEAD BOLT (N) and ACORN NUT (P). Place COVER CAP - 15 (C) over rear extended portion of WEIGHT PIN (12). Insert ROUND PLASTIC CAP (B) into end of WEIGHT PIN (12). Insert SQUARE PLASTIC



CAPS (E) into both ends of LEG CURL (5). Position LEG CURL (5) between leg curl brackets on MAIN FRAME (3). Secure with HEX HEAD BOLT (F) and LOCK NUT (G). DO NOT OVER TIGHTEN! Repeat the following instructions until all remaining leg curl parts are in place. First, slide PAD BAR (9) through proper hole in LEG CURL (5) until equal amounts of bar are on both sides. (To help with the following step, a small amount of liquid dish detergent should be applied to both ends of PAD BAR (9). This acts as a lubricant in assembling FOAM PADS (10) and also acts as an adhesive after it has dried.) Slide FOAM PAD (10) onto each end of PAD BAR (9). Insert ROUND PLASTIC CAPS (A) into each end of PAD BAR (9).

CAUTION

1. ALLOWING LEG CURL ARM TO FREE FALL OR BANG INTO FRONT LEG CAN CAUSE DAMAGE TO THE FRAME AND LEG CURL. DO NOT EXCEED 100 LBS. OF WEIGHT.
2. WHEN WEIGHTS ARE USED ON THE LEG CURL THE SAME AMOUNT OF WEIGHT SHOULD BE ADDED TO THE REAR OF THE BENCH. THIS CAN BE DONE BY PLACING A WEIGHTED BARBELL ACROSS THE UPRIGHTS OR HAVING YOUR TRAINING PARTNER STAND ON THE FRAME BASE.
3. USE LOCKING COLLARS FROM DUMBBELLS TO SECURE WEIGHTS ON LEG CURL WEIGHT PINS.

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.**

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	- C0264-D04
2	L-BRACKET	2	- C8125-A22
3	MAIN FRAME	1	- C0154-D04
4	FRONT SUPPORT	1	- C0156-D04
5	LEG CURL	1	- C0155-D04
6	BACKREST 4.34	1 13.02	C1315-D15
7	• LONG ANGLE IRON	2 7.80	- C8118-A25
8	SEAT 2.60	1	C0373-C08
9	PAD BAR	2	- C8136-C08
10	FOAM PAD	4	- C0410-C02
11	BACKREST ADJ BAR	1	- C8045-A05
12	WEIGHT PIN	1	- C0148-C15
	HARDWARE BAG	1	- C5822-D04
A	3/4" ROUND PLASTIC CAP	4	- AA-8004
B	1" ROUND PLASTIC CAP	1	- AA-8005
C	1" ROUND PLASTIC COVER CAP	1	- AA-8070
D	1 1/2" SQUARE PLASTIC CAP	2	- AA-8001
E	1 1/4" SQUARE PLASTIC CAP	4	- AA-8069
F	3/8"-16 X 2 1/4" HEX HEAD BOLT	1	- HH-5061
G	3/8"-16 LOCK NUT	1	- HH-5013
H	5/16"-20 X 2 HEX HEAD BOLT	4	- HH-5017
J	5/16"-20 LOCK NUT	7	- HH-5021
K	• 1/4"-20 X 3/4" MACHINE SCREW	4	- HH-5022
L	5/16"-20 X 2 1/4" HEX HEAD BOLT	2	- HH-5035
M	1/4"-20 X 1 3/4" MACHINE SCREW	2	HH-5255
N	5/16"-20 X 1 1/2" HEX HEAD BOLT	2	- HH-5257
P	5/16"-20 ACORN NUT	1	- HH-5019
Q	5/16" FLAT WASHER	2	- HH-5127
	UPRIGHT DECAL .15	1 .45	DE-4115
	INSTRUCTION MANUAL .30	1 .90	CNN-1095
	EXERCISE CHART	1	- NN-1080
	• PRE-ASSEMBLED WITH BACKREST		

This is same as D-120
except for the following
Backrest
Seat
Legs