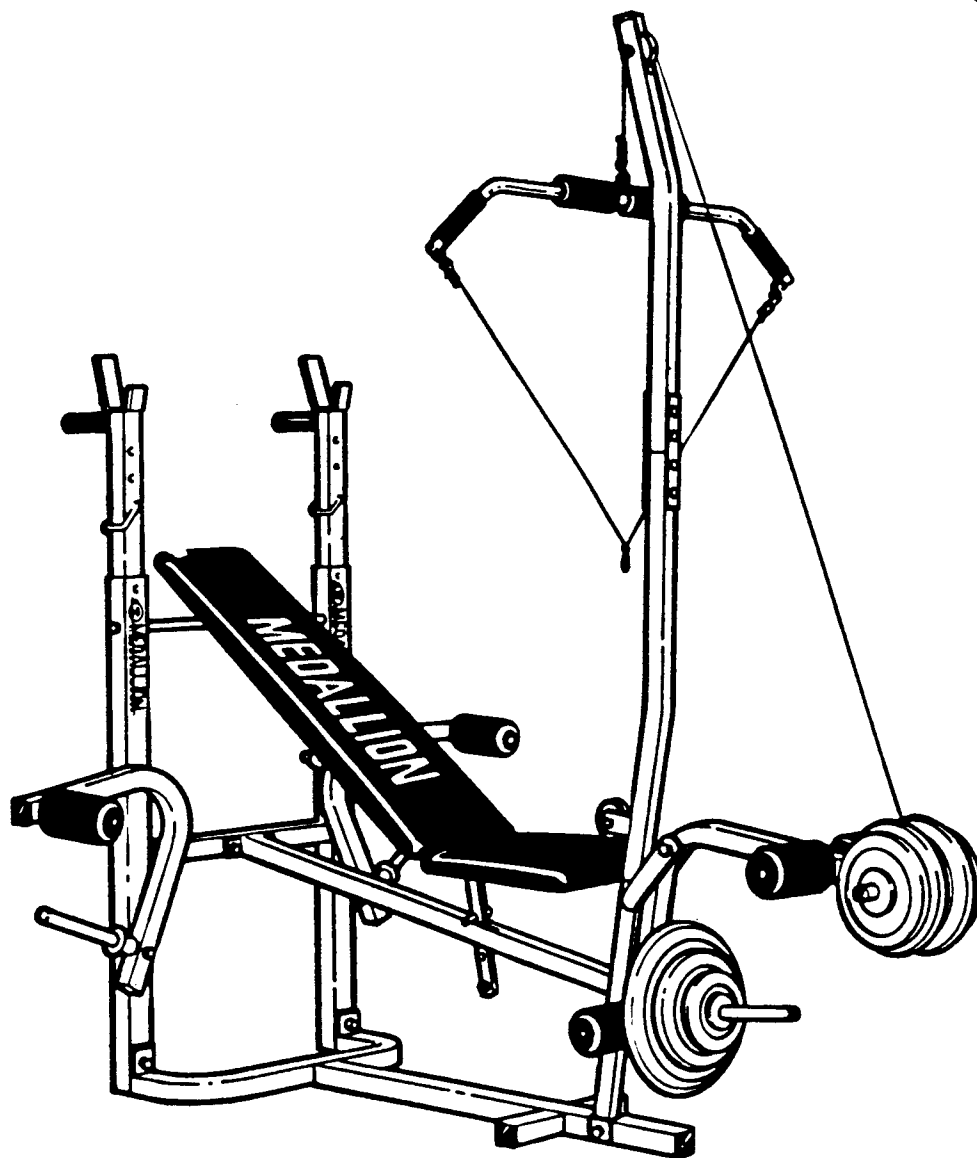




MEDALLION M-305

by **weider**

ASSEMBLY INSTRUCTIONS

● **REPLACEMENT PARTS**

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

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.

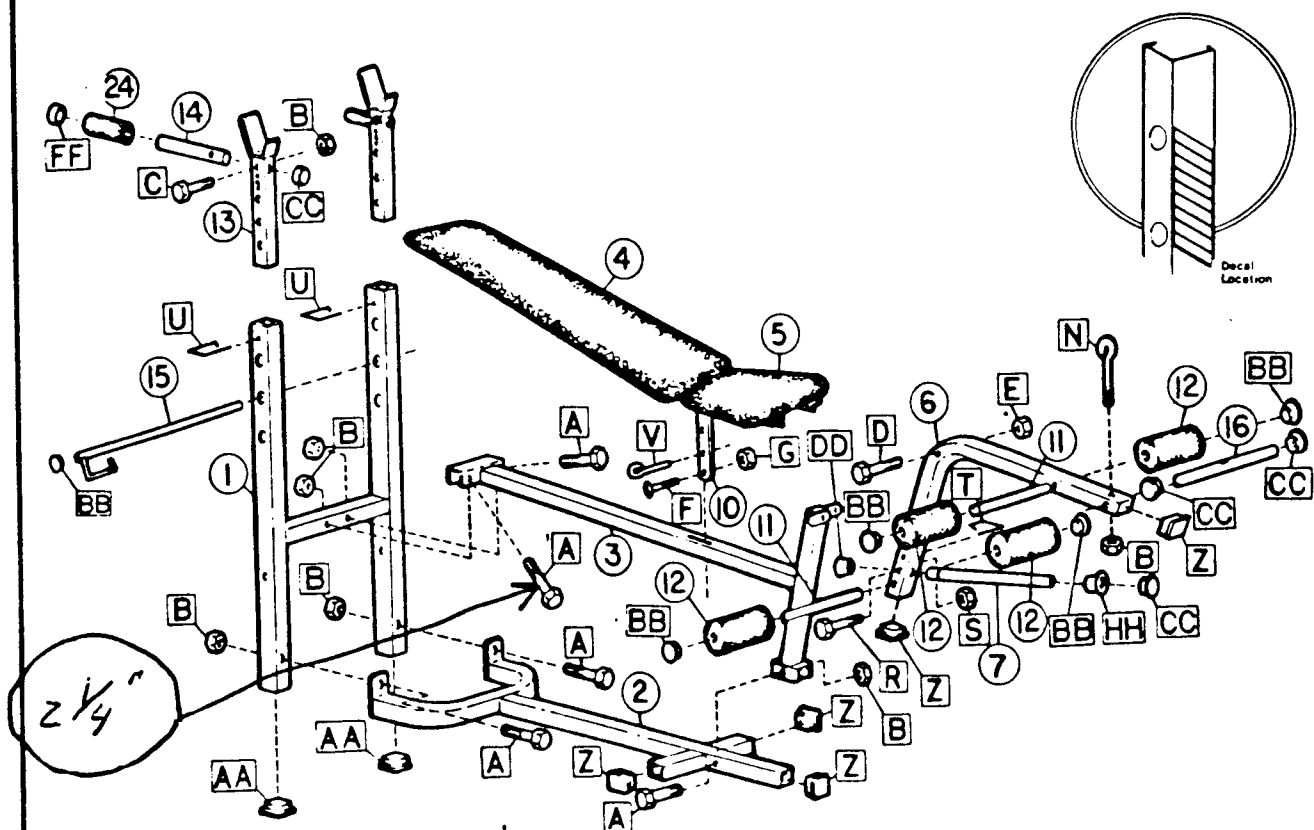
FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

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.

M305 MEDALLION		PARTS LIST		03-15-90	
DIAGRAM NO	PART NAME	QTY	ORDERING NO		
1	UPRIGHT	1	C0266-D09		
2	BASE FRAME	1	C0117-C15		
3	MAIN FRAME	1	C0191-C04		
4	BACKREST	1	C1306-D10		
5	SEAT	1	C0300-C19		
6	LEG CURL	1	C0149-C15		
7	WEIGHT PIN 13 3/4"	1	C0148-C15		
8	*LONG ANGLE IRON	2	C6126-C04		
9	*SHORT ANGLE IRON	2	C6127-C04		
10	*SEAT ADJ T	1	C6120-A25		
11	PAD BAR	2	C6121-A25		
12	FOAM PAD 3" X 5 1/2"	6	C0411-C04		
13	ADJUSTABLE UPRIGHT	2	C0249-C15		
14	DIP BAR PIN	2	C0262-C15		
15	BACKREST ADJ BAR	1	C6006-A03		
16	WEIGHT BAR	1	C6159-C15		
17	PAD SUPPORT	1	C6123-A25		
18	ARM CURL PAD	1	C1307-D10		
19	MAST TOP SECTION	1	C6160-C15		
20	MAST BOTTOM SECTION	1	C6161-C15		
21	LAT BAR	1	C6232-D10		
22	NYLON CABLE 70 1/2"	1	C6224-C15		
23	NYLON CABLE 62"	1	C6225-C15		
24	FOAM GRIP 1 1/4" X 5"	4	C0417-B05		
25	RIGHT BUTTERFLY	1	C6156-C14		
26	WEIGHT PIN 10 1/2"	2	C6230-D02		
27	LEFT BUTTERFLY	1	C6158-C14		
28	BUTTERFLY PAD BAR	2	C6157-C14		
29	MAST CONNECTOR PLATE	2	C6162-C15		
30	NYLON CABLE 84"	1	C6231-D10		
31	FOAM PAD 2 1/2" X 7"	2	C0426-A14		
			A/D 2 1/4 called out		
	HARDWARE BAG	1	C5826-D10		
A	5/16"-20 X 2 1/2" HEX HEAD BOLT	5 2	HH-5015		
B	5/16"-20 LOCK NUT	11	HH-5021		
C	5/16"-20 X 2" HEX HEAD BOLT	2	HH-5017		
D	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018		
E	3/8"-16 LOCK NUT	3	HH-5013		
F	1/4"-20 X 3/4" MACHINE SCREW	1	HH-5022		
G	1/4"-20 LOCK NUT	3	HH-5011		
H	*1/4"-20 X 3/4" HEX HEAD BOLT	10	HH-5032		
J	3/8"-16 X 1 1/2" HEX HEAD BOLT	1	HH-5068		
K	3/8"-16 X 2" HEX HEAD BOLT	1	HH-5244		
L	1 3/8" BUSHING	1	HH-5264		
M	3/4" BUSHING (FERRULE)	7	HH-5259		
N	5/16"-20 X 1 3/4" EYELET BOLT	1	HH-5069		
P	1/4"-20 X 1 3/4" MACHINE SCREW	2	HH-5255		
Q	5/16"-20 X 2" CARRIAGE BOLT	4	HH-5242		
R	5/16"-20 X 1 3/4" HEX HEAD BOLT	3	HH-5240		
S	5/16"-20 ACORN NUT	3	HH-5019		
T	LOCKING PIN (LARGE)	1	WW-7004		
U	LOCKING PIN (SMALL)	3	WW-7002		
V	EYELET PIN	1	WW-7005		
W	S-HOOKS	4	WW-7030		

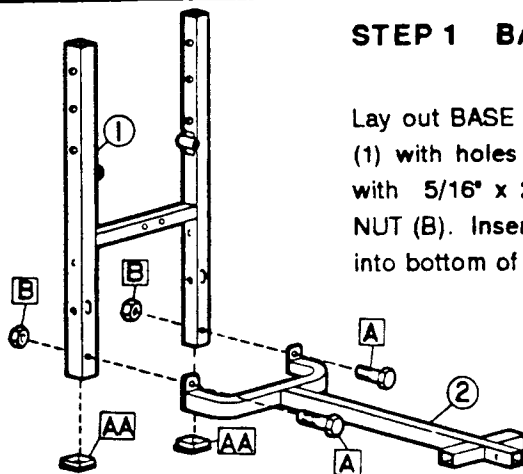
X	STOPPER PIN	2	WW-7038
Y	PECK DECK PIN	2	WW-7037
Z	1 1/2" SQUARE PLASTIC CAP	7	AA-8001
AA	2" SQUARE PLASTIC CAP	2	AA-8002
BB	3/4" ROUND PLASTIC CAP	9	AA-8004
CC	1" ROUND PLASTIC CAP	7	AA-8005
DD	1" ROUND PLASTIC COVER CAP - 15	1	AA-8070
EE	PULLEY WHEEL	2	AA-8034
FF	1" ROUND PLASTIC COVER CAP	2	AA-8093
GG	PLASTIC SLEEVE	2	AA-8091
HH	PLASTIC BUSHING	3	AA-8112
	UPRIGHT DECAL	2	DE-4118
	INSTRUCTION MANUAL	1	CNN-1089
	EXERCISE CHART	1	NN-1080
*PREASSEMBLED W\BACKREST, SEAT, & ARM CURL PAD			



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.

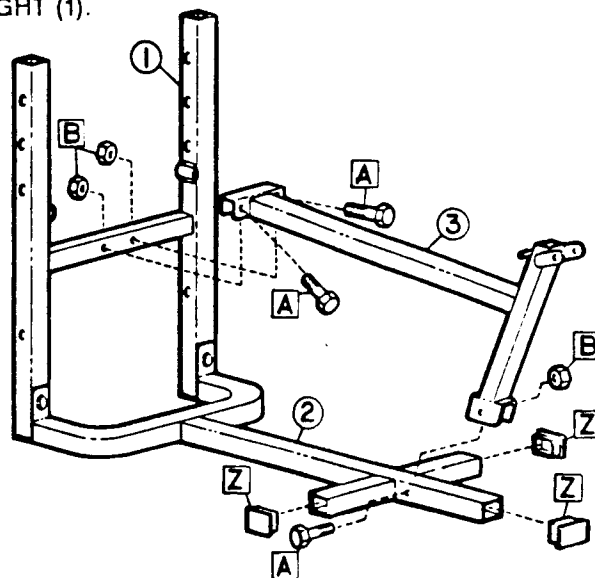
STEP 1 BASE FRAME ASSEMBLY



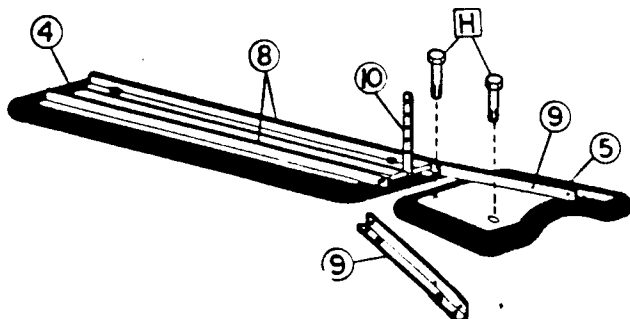
Lay out BASE (2). Align bolt holes of UPRIGHT (1) with holes on BASE (2). Secure each side with 5/16" x 2 1/2" BOLT (A) and 5/16" LOCK NUT (B). Insert 2" SQUARE PLASTIC CAPS (AA) into bottom of UPRIGHT (1).

STEP 2 MAIN FRAME ASSEMBLY

Place MAIN FRAME (3) into position as shown. Position u-brackets of MAIN FRAME (3) over cross member of UPRIGHT (1) and long tube of BASE (2). Secure each with 5/16" x 2 1/2" BOLTS (A) and 5/16" LOCK NUTS (B). Assemble 1 1/2" SQUARE PLASTIC CAPS (Z) into BASE (2). TIGHTEN ALL FRAME BOLTS SECURELY!

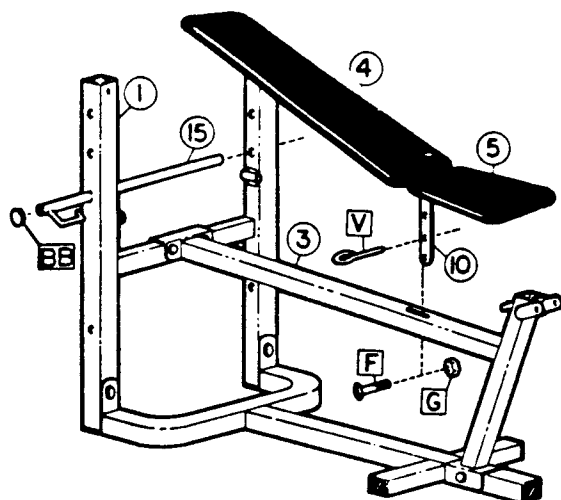


STEP 3 BACKREST & SEAT PREPARATION



The BACKREST (4) and SEAT (5) are shipped assembled. Turn this assembly over to expose the work area. Remove 2-1/4" x 3/4" BOLTS (H) from SEAT (5) and then remove SMALL ANGLE IRON (9).

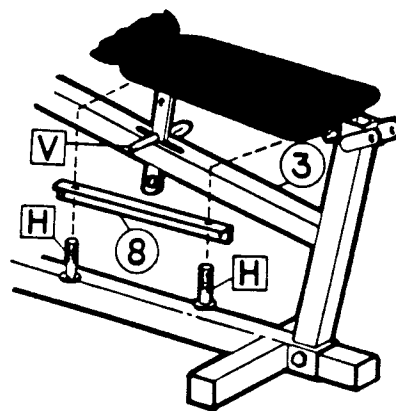
STEP 4 BACKREST AND SEAT



Assemble 3/4" ROUND PLASTIC CAP (BB) into handle end of BACKREST ADJ BAR (15) and slide bar into one of the hole patterns in the UPRIGHT (1). Lower BACKREST (4) and SEAT (5) assembly to MAIN FRAME (3). Slide attached SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and place SEAT ADJ T (10) through slot on MAIN FRAME (3). Place 1/4" x 3/4" MACHINE SCREW (F) and 1/4" LOCK NUT (G) in the last hole of SEAT ADJ T (10). This will prevent the SEAT ADJ T (10) from leaving the slot in the MAIN FRAME (3). EYELET PIN (V) is used to adjust the height on the Backrest and Seat Assembly.

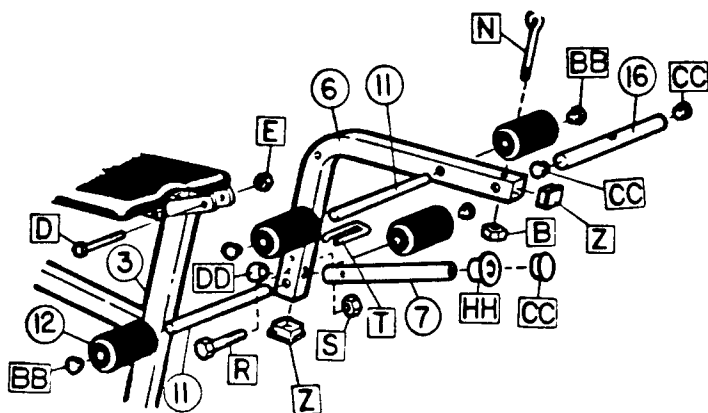
STEP 5 REPLACEMENT OF SHORT ANGLE IRON

To aid in this assembly EYELET PIN (V) should be placed so that the highest possible position of the seat is achieved. Slide SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and pivot rod on SEAT ADJ T (10). Replace the 2-1/4" x 3/4" BOLTS (H) that were removed in Step 3.



STEP 6 LEG CURL ASSEMBLY

First, slide WEIGHT PIN (7) through angled hole in the front part of LEG CURL (6). Align the bolt holes and secure with 5/16" x 1 3/4" BOLT (R) and 5/16" ACORN NUT (S). Place 1" ROUND PLASTIC COVER CAP - 15 (DD) over rear extended portion of WEIGHT PIN (7). Slide PLASTIC BUSHING (HH) over WEIGHT PIN (7)



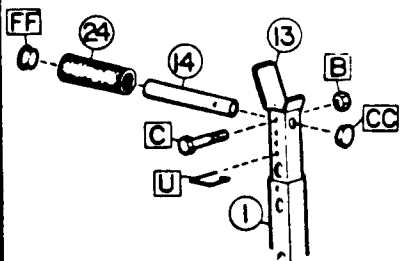
(flared side out) until it is against the Leg Curl Frame. Assemble 1" ROUND PLASTIC CAP (CC) into end of WEIGHT PIN (7). Insert 1 1/2" SQUARE PLASTIC CAPS (Z) into both ends of LEG CURL (6). Position LEG CURL (6) between leg curl brackets on MAIN FRAME (3). Secure with 3/8" x 2 1/2" BOLT (D) and 3/8" LOCK NUT (E). DO NOT OVER TIGHTEN OR LEG CURL WILL NOT BE ABLE TO SWING FREELY! Repeat the following instructions until all leg curl parts are in place. First, slide PAD BAR (11) through proper hole in LEG CURL (6) 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 (11). This acts as a lubricant in assembling FOAM PADS (12) and also acts as an adhesive after

it has dried.) Slide FOAM PAD (12) onto each end of PAD BAR (11). Assemble 3/4" ROUND PLASTIC CAPS (BB) into each end of PAD BAR (11). Slide WEIGHT BAR (16) through large hole at the end of LEG CURL (6). Align bolt holes and secure with 5/16" EYELET BOLT (N) and 5/16" LOCK NUT (B). Assemble 1" ROUND PLASTIC CAPS (CC) into each end of WEIGHT BAR (16). LOCKING PIN - LARGE (T) is used to lock Leg Curl Assembly to the Main Frame.

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.

STEP 7 ADJUSTABLE UPRIGHTS

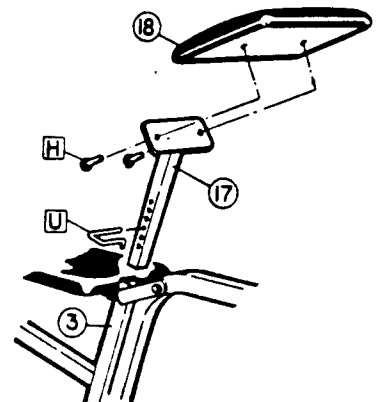


Slide DIP BAR PIN (14) through the top hole of ADJUSTABLE UPRIGHT (13). Align bolt holes and secure with 5/16" x 2" BOLT (C) and 5/16" LOCK NUT (B). Assemble 1" ROUND PLASTIC CAP (CC) into one end of DIP BAR PIN (14). Assemble 1" ROUND PLASTIC COVER CAP (FF) into opposite end of DIP BAR PIN (14). Slide FOAM GRIP (24) over DIP BAR PIN (14). Slide entire assembly into UPRIGHT (1). The BACKREST ADJ BAR (15) assembled to bench in Step 4 is used to adjust the incline of the BACKREST (4) and the height of the ADJUSTABLE UPRIGHTS (13) when using the Backrest in an incline position. When the Backrest is in the flat position, the height of the ADJUSTABLE UPRIGHTS (13) can be adjusted by the use of LOCKING PIN - SMALL (U).

STEP 8 ARM CURL ASSEMBLY

Assemble ARM CURL PAD (18) to PAD SUPPORT (17) using 1/4" x 3/4" BOLTS which are pre-assembled into pad.

To use Arm Curl, insert PAD SUPPORT (17) into Main Frame and adjust to desired height by inserting LOCKING PIN - SMALL (U) into appropriate hole and allowing it to rest on top of frame.



STEP 9 CABLE AND HOOK ASSEMBLY

NYLON CABLE-LONG (22) NYLON CABLE-SHORT (23)



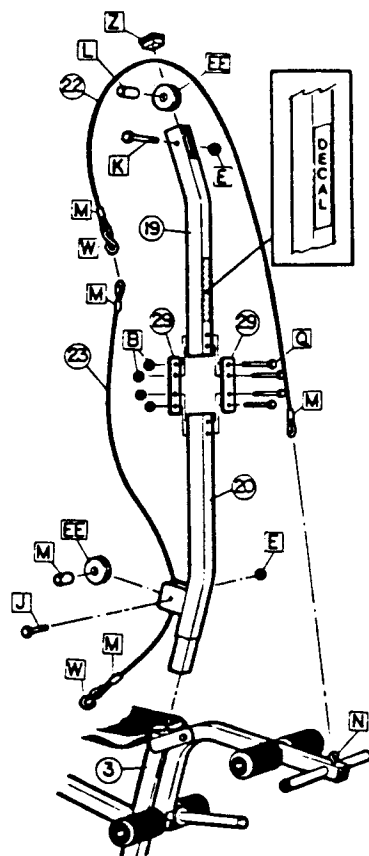
1. Tie knot in one end of cable. Loop cable and insert loop through FERRULE (M).

2. Insert "S"HOOK (W) through cable loop.

3. Pull cable back through FERRULE (M) to secure "S"HOOK (W).



4. Tie knot and loop in opposite end of cable.

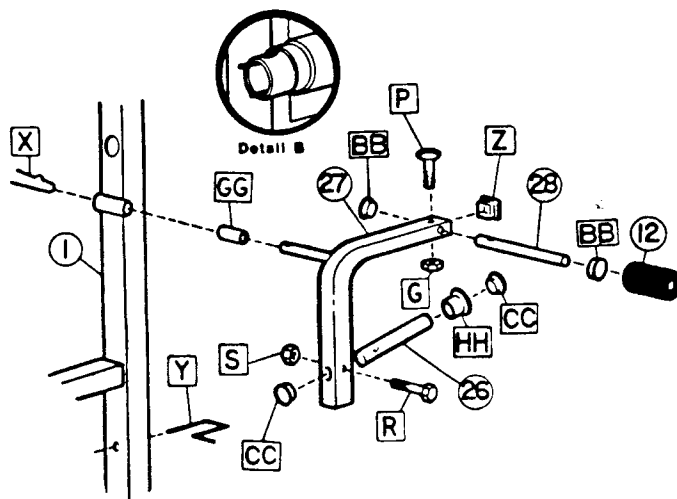


STEP 10 MAST ASSEMBLY

Connect MAST TOP SECTION (19) and MAST BOTTOM (20) using MAST CONNECTOR PLATES (29) and securing with 5/16" x 2" CARRIAGE BOLTS (Q) and 5/16" LOCK NUTS (B). Insert 3/4" BUSHING (M) into PULLEY WHEEL (EE) and assemble into pulley plates trapping SHORT CABLE (23) behind pulley. Secure with 3/8" x 1 1/2" BOLT (J) and 3/8" LOCK NUT (E). Insert 1 3/8" BUSHING (L) into PULLEY WHEEL (EE) and insert assembly into MAST TOP SECTION (19) and secure with 3/8" x 2" BOLT (K) and 3/8" LOCK NUT (E). Drape LONG CABLE (22) over pulley and cap mast with 1 1/2" SQUARE PLASTIC CAP (Z). Insert 1" ROUND PLASTIC CAPS (CC) into both ends of LAT BAR (21) and assemble FOAM GRIPS (24) onto bar. Thread 5 1/8" LOCK NUT (B) onto EYELET BOLT (N) - all the way to the top of the threads - and insert into center hole of LAT BAR (21). Secure with 5/16" ACORN NUT (S).

STEP 11 BUTTERFLY ATTACHMENT

There are two Butterfly Attachments with this unit: a RIGHT BUTTERFLY (25) and a LEFT BUTTERFLY (27). Instructions are given for one and are repeated to assemble the other. First, slide BUTTERFLY PAD BAR (28) through the large hole in the end of the Butterfly Frame aligning the bolt holes. Secure with 1/4" X 1 3/4" MACHINE SCREW (P) and 1/4" LOCK NUT (G). Insert 3/4" ROUND PLASTIC CAPS (BB) into both ends of BUTTERFLY PAD BAR (28). Slide FOAM PAD (12) over BUTTERFLY PAD BAR (28). Assemble WEIGHT PIN (26) into angled hole on front of Butterfly Frame. Align bolt holes and secure with 5/16" x 1 3/4" BOLT (R) and 5/16" ACORN NUT (S). Assemble 1" ROUND PLASTIC CAPS (CC) into both ends of WEIGHT PIN (26). Slide PLASTIC BUSHING (HH) over WEIGHT PIN (26) (flared side out) until it is against the Butterfly Frame. Assemble PECK DECK PIN (Y) into small lower hole on side of UPRIGHT (1). This pin is used as a stop for the Butterfly Attachment. Slide PLASTIC SLEEVE (GG) over welded Butterfly Tube. Slide entire assembly into welded tube bracket on UPRIGHT (1). Insert STOPPER PIN (X) into center of assembly (rounded end first), making sure the side of the STOPPER PIN (X) that has a raised section is aligned with the hole in the welded butterfly tube. Push STOPPER PIN (X) into welded Butterfly Tube until it clicks into place as the raised section exits the hole.



STEP 12 ABDOMINIZER

CABLE: NYLON CABLE (30)

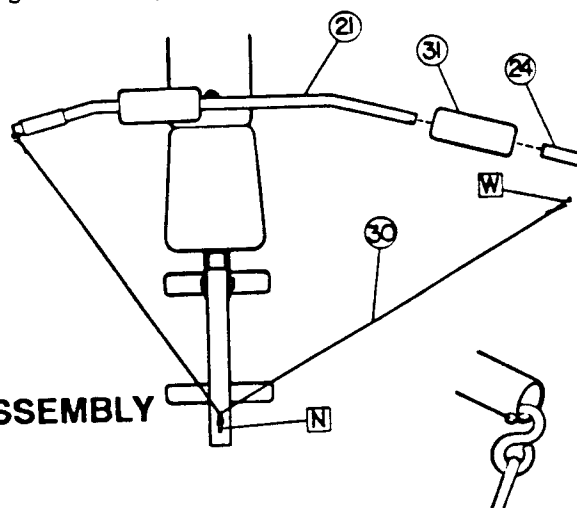


1. Divide NYLON CABLE (30) in half and tie knot at center leaving a loop as shown.

2. Tie knot in both ends of cable. Loop cable and insert loop through FERRULE (M).

3. Insert 'S' HOOK (W) through cable loop.

Assemble FOAM PADS (31) onto LAT BAR (21) making sure that pads are pushed all the way to the center of LAT BAR (21). These pads will have a very tight fit, therefore, it is recommended that a good amount of liquid dish detergent or other lubricant be applied to the LAT BAR (21) before assembly. Slide FOAM GRIPS (24) onto each end of LAT BAR (21).



USING MAST ASSEMBLY

STEP 1 ROWING AND CURLS

Insert Mast Assembly into MAIN FRAME (3). Connect Loop on LONG CABLE (22) into 5/16" EYELET BOLT (N) on LEG CURL (6). Connect 'S' Hook end of Long Cable to Loop end of SHORT CABLE (23) and then to LAT BAR (21). With this configuration Rowing and Curl Exercises may be performed. Free weights can be loaded on either or both the Weight Pin or WEIGHT BAR (16).

STEP 2 LAT PULL DOWNS

To do Lat Work; either sitting or standing, connect LAT BAR (21) directly to 'S' Hook end of LONG CABLE (22). Load weight on either the Leg Curl Weight Pin or the Weight Bar.

USING DIP BARS

Adjust uprights to desired height and secure with LOCK PINS (U). Exercises may be performed from the front of the Uprights by straddling the bench. It is recommended that if doing the exercise, weight should be added to the front of the bench to insure the bench will not tip backward while exercising. This can be achieved by loading free weights onto the WEIGHT BAR (16) or simply laying a weighted barbell across the seat. We suggest loading on at least 50 pounds of weights or more, depending on the person's weight and type of workout.

ABDOMINIZER EXERCISES

Assemble ABDOMINIZER ROPE (30) to LAT BAR (21) by hooking center loop of rope into EYELET BOLT (N) on Leg Extension (make sure open end of EYELET BOLT (N) faces away from bench). Hook "S"HOOKS (W) into the ends of the LAT BAR (21).

ABDOMINAL EXERCISES:

Load desired amount of weight onto Leg curl Weight Pin. Facing toward the rear of the bench, position yourself inside the rope "V" and hold the Lat Bar against the upper chest, about shoulder high. Move away from the Leg Curl until the slack is taken out of the rope and you are in an upright position. To exercise, bend forward at the hips until your chest touches your knees. One rep would be a complete cycle of sitting up straight to full extension to full upright again. Do this exercise in a slow smooth motion for safety and maximum benefit.

BACK EXTENSIONS:

This exercise should be done with the Backrest in the Fullest Incline Position to avoid the possibility of extending back too far and pulling the weight over on you.

Load desired weight on Leg Curl. Position yourself within the Rope "V" facing forward. With the Lat Bar positioned across the back of the shoulders move back on the seat until your upper body is bent slightly forward and the slack has been taken from the rope. holding the bar in position on the shoulders, lean back until you touch the Backrest. Repeat a full back and forth rep in a slow, smooth motion for maximum benefit.

