

**WEIDER®**

# *torso developer plus*

Model No. TDPWM

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.**

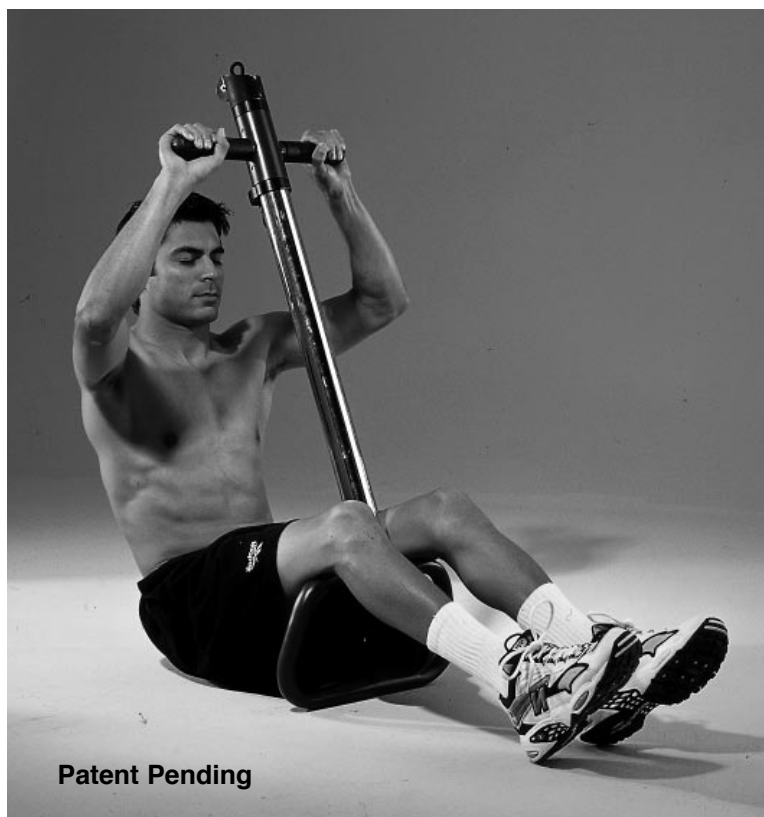
The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**  
**1-800-999-3756**  
Mon.–Fri., 6 a.m.–6 p.m. MST

## CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## USER'S MANUAL



Patent Pending



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**WEIDER®**

# *torso developer plus*

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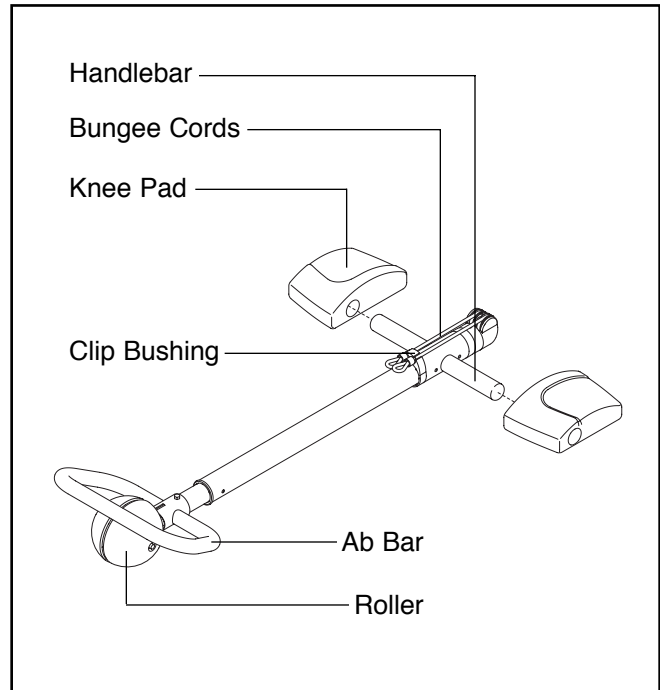
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## Before Beginning

Congratulations on your purchase of the innovative TORSO DEVELOPER PLUS from WEIDER. The TORSO DEVELOPER PLUS is designed to shape your upper abs, obliques, lower abs, and other muscle groups to give you a firm, flat stomach and toned muscles in only minutes a day. Used as part of a fitness program that includes regular aerobic exercise and a proper diet, the TORSO DEVELOPER PLUS will help you to look better, feel better, and enjoy the benefits of better fitness.

**Before you use the WEIDER® TORSO DEVELOPER PLUS, please read this manual carefully.**

If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). Please note the product model number before calling; the model number is TDPWM.






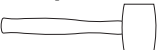
## Important Precautions

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the WEIDER® TORSO DEVELOPER PLUS.

1. Read all instructions in this manual before using the TORSO DEVELOPER PLUS.
2. It is the responsibility of the owner to ensure that all users of the TORSO DEVELOPER PLUS are informed of all precautions.
3. Keep children under the age of 12 and pets away from the TORSO DEVELOPER PLUS at all times.
4. Use the TORSO DEVELOPER PLUS only as described in this manual.
5. Never release the handlebar while the bungee cords are stretched.
6. Never twist the Handlebars or the Bungee Cords.
7. If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.
8. The TORSO DEVELOPER PLUS is intended for home use only. Do not use the TORSO DEVELOPER PLUS in a commercial, rental, or institutional setting.
9. Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

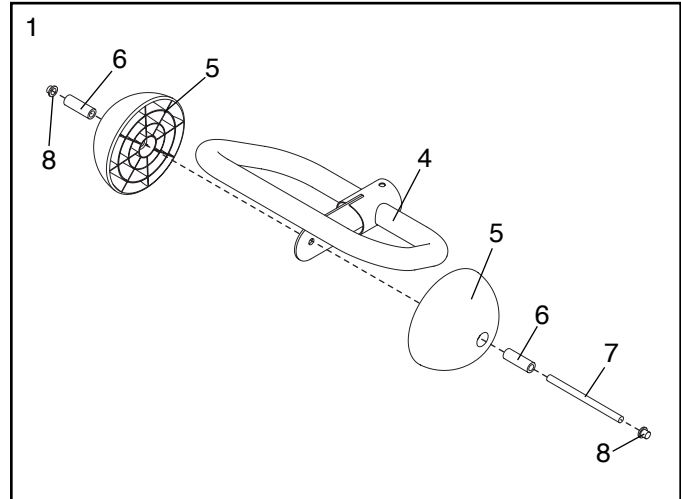
# Assembling the TORSO DEVELOPER PLUS

Place all parts of the TORSO DEVELOPER PLUS in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

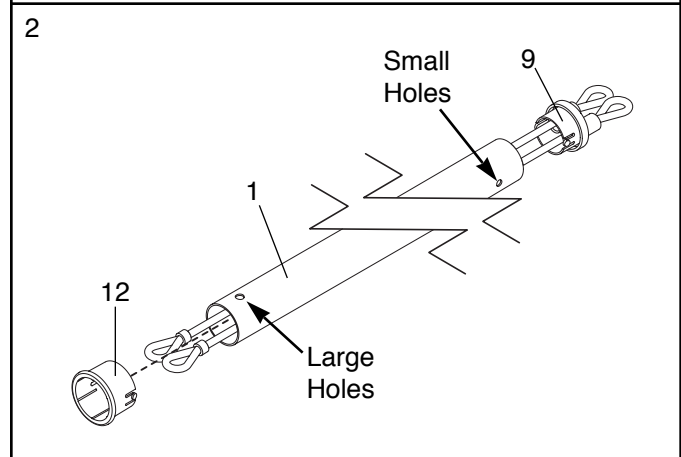
Assembly requires the included hat cap tool  and allen wrench  and your own adjustable wrench  and hammer .

1. Using a hammer, lightly tap a Hat Cap (8) onto one end of the Roller Axle (7).

Insert a Roller Bushing (6) into each Roller (5). Place the Rollers on both sides of the Ab Bar (4). Slide the Roller Axle (7) through the Roller Bushings and the Ab Bar. Using the included hat cap tool, secure another Hat Cap (8) to the Roller Axle.



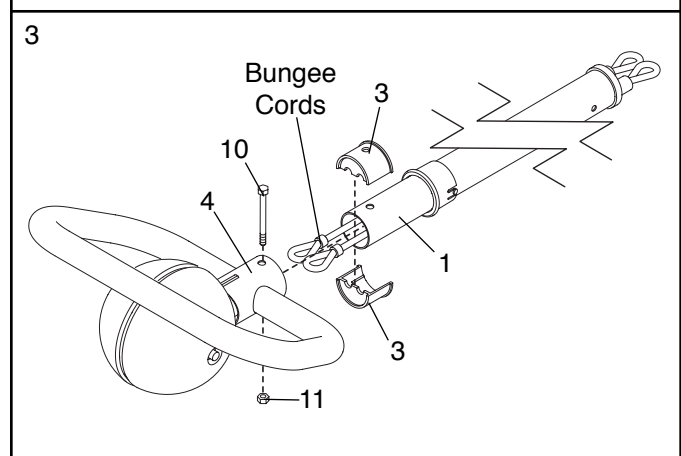
2. Slide the Bungee Assembly (9) into the Bungee Tube (1) as shown. **Be sure to insert the Bungee Assembly into the end of the Bungee Tube with the small holes. The tabs on the Bungee Assembly should snap into the small holes.** Slide the Outer Bushing (12) onto the other end of the Bungee Tube.



3. The help of another person is recommended for this step.

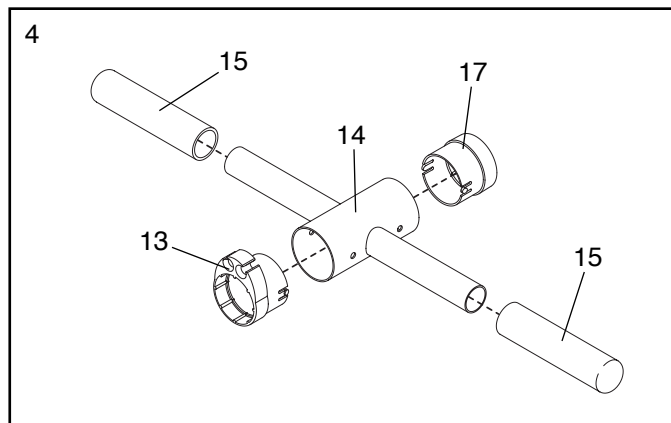
Place the Split Bushings (3) over the Bungee Tube (1). Line up the notches in the Split Bushings so they hold the bungee cords. Align the holes in the Split Bushings with the large holes in the Bungee Tube.

Slide the Ab Bar (4) over the Split Bushings (3). Align the holes in the Ab Bar with the holes in the Split Bushings and the Bungee Tube (1). Thread the Bolt (10) through the holes and tighten the Nut (11) onto the Bolt.



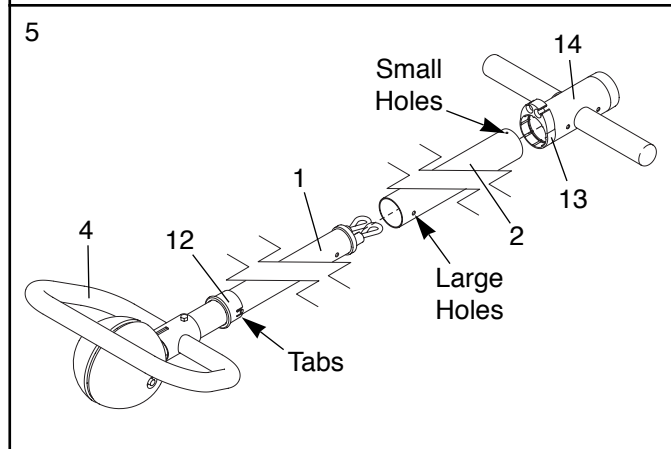
- Insert the Handlebar Bushing (17) into one end of the Handlebar (14). **Make sure that the tabs on the Handlebar Bushing snap into the holes in the Handlebar.** Insert the Clip Bushing (13) into the other end of the Handlebar, **making sure that the tabs snap into the holes.**

Slide a Handgrip (15) onto each side of the Handlebar (14).



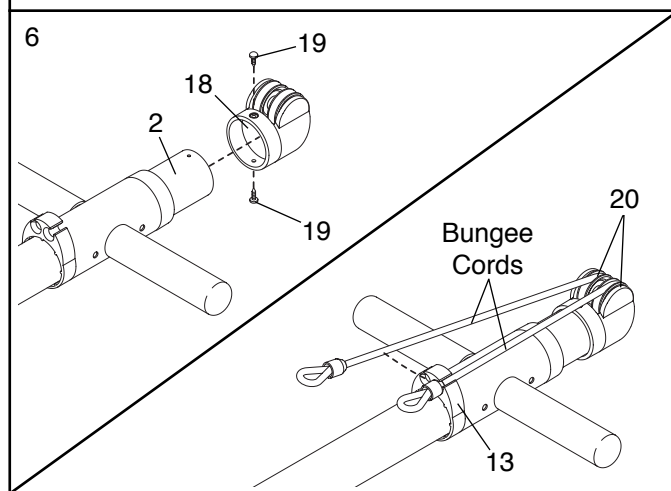
- Slide the Outer Tube (2) over the Bungee Tube (1) so that the end of the Outer Tube with the large holes points toward the Ab Bar (4). Slide the Outer Tube over the Outer Bushing (12), **making sure that the tabs on the Outer Bushing snap into the holes in the Outer Tube.**

Slide the Handlebar (14) over the Outer Tube (2) so that the Clip Bushing (13) points toward the Ab Bar (4).

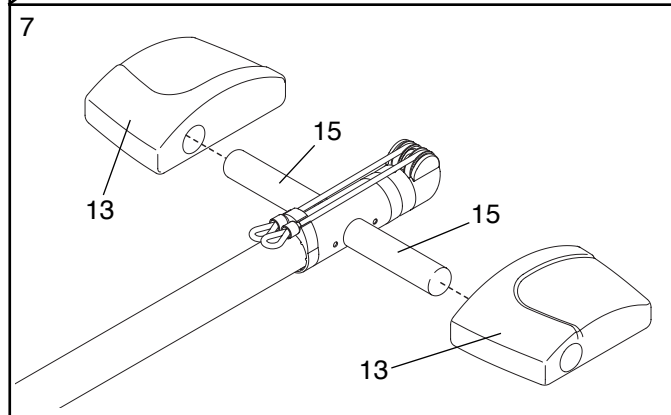


- Align the holes in the Outer Tube (2) with the holes in the Pulley Bushing (18). Attach the Pulley Bushing to the Outer Tube using two Screws (19).

Wrap the bungee cords around the Pulleys (2) and attach the bungee cords to the Clip Bushing (13). **Make sure that the bungee cords are wrapped correctly around the Pulleys so that they fit snugly into the grooves.** Note: To reduce the resistance of the TORSO DEVELOPER PLUS, attach only one bungee cord to the Clip Bushing.



- For certain exercises, it is recommended that you use the included Knee Pads (13) with your TORSO DEVELOPER PLUS. To use the Knee Pads, simply slide them onto the Handgrips (15) as shown.



# How to use your TORSO DEVELOPER PLUS

The TORSO DEVELOPER PLUS provides exercises for many of the body's major muscle groups. The following instructions will lead you through seven recommended exercises to work out your arms, legs, back, and torso. Make sure to properly stretch before beginning (see page 9).

## 1 Leg Press

While sitting on a chair, hold the handgrips and place your feet on the upper portion of the ab bar. Make sure that the rollers are on the floor. Extend your legs, pushing the rollers away from you. Return to the beginning position. Repeat as many times as desired.



## 2 Abdominal

This exercise requires the use of the knee pads (see assembly step 8). Place your TORSO DEVELOPER PLUS on the floor with the rollers downward. Kneel on the knee pads and grasp the top, sides, or bottom of the ab bar. Extend your body outward, tensing your abdominal muscles. Return to the beginning position. Repeat as many times as desired.



## 3 Curl

Stand with the TORSO DEVELOPER PLUS in front of you. Place your feet on the lower portion of the ab bar. Grasp the handgrips from beneath. Pull up on the handgrips until your hands are at chest level. Return to the beginning position. Repeat as many times as desired.



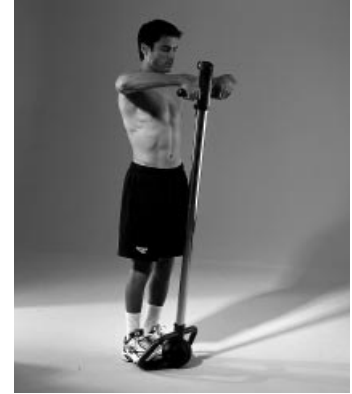
## 4 Shoulder Press

Sit on the floor with your knees over the ab bar. Grasp the handgrips and push them upward. Return to the beginning position. Repeat as many times as desired.



## 5 Upright Row

Stand with the TORSO DEVELOPER PLUS in front of you. Place your feet on the lower portion of the ab bar. Grasp the handgrips from above and pull them upward until they are at shoulder level. Return to the beginning position. Repeat as many times as desired.



## 6 Triceps Press

Kneel with the TORSO DEVELOPER PLUS in front of you. Grasp the handgrips from above and extend your arms downward. Return to the beginning position. Repeat as many times as desired.



## 7 Donkey Kick

Sitting on a chair, hold the TORSO DEVELOPER PLUS with one hand and put your knees over the handgrips. Pull your legs downward. Return to the beginning position. Repeat as many times as desired.



## Exercise Guidelines

The TORSO DEVELOPER PLUS offers a variety of exercises that tone your abdominals, back, arms, chest, and shoulders. The photographs in this manual show the proper form for each exercise.

To tailor the intensity of each exercise to the level that's right for you, simply change the resistance of the TORSO DEVELOPER PLUS or change the number of repetitions that you perform. Start with the lowest resistance level. When you can easily complete several repetitions of all exercises, move up to the next resistance level. Be careful to avoid overdoing it during the first few weeks of your exercise program. It is better to increase the number of repetitions you do than to increase the resistance of the TORSO DEVELOPER PLUS too quickly.

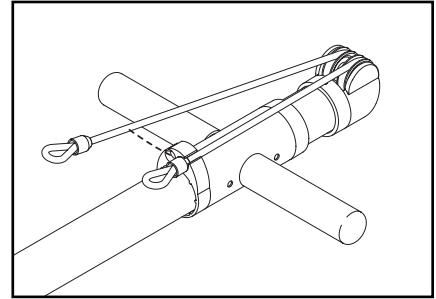
Always begin and end each workout with a few minutes of stretching. Some recommended stretches and their proper technique are shown on page 9.

Remember to keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration. **CAUTION: If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.**

### HOW TO ADJUST THE RESISTANCE

The TORSO DEVELOPER PLUS offers two different resistance levels to allow you to tailor the intensity of your exercise. The resistance level is adjusted by connecting or disconnecting the resistance bands.

To connect one of the bungee cords, first hold the handlebar at the top of the outer tube as shown at the right. Next, firmly hold the knob on the end of a bungee cord,



pull the knob down, and fit the knob into the appropriate groove in clip bushing. To disconnect a bungee cord, firmly hold the knob, pull the knob out of the groove in the clip bushing, and rest the knob in the upper end of the bungee tube. **IMPORTANT: Always keep at least one bungee cord attached to the slider.**

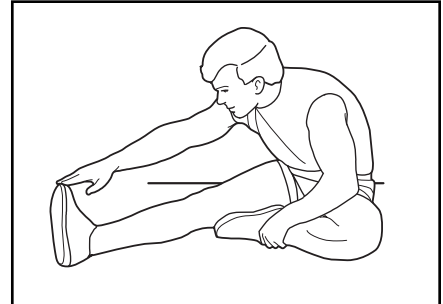
If you are just beginning an exercise program, connect only one bungee cord to the clip bushing. This will give you the lowest resistance level. When you are ready for a more advanced resistance level, connect both bungee cords.

## Suggested Stretches

Begin and end each workout with a few minutes of stretching. Stretching prepares the body for exercise by increasing the body temperature, heart rate, and circulation. After exercise, stretching allows the heart rate to return to normal and the muscles to cool down gradually. Stretching is also effective for increasing flexibility. The correct form for three basic stretches is shown below. Move slowly as you stretch—never bounce.

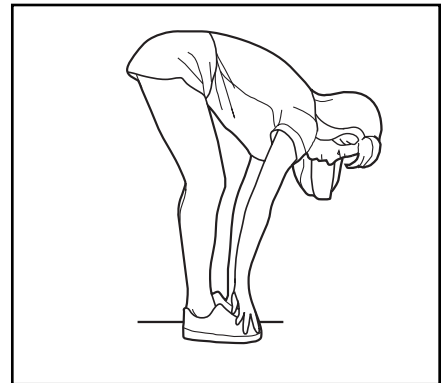
### 1. Hamstring Stretch

Extend one leg and rest the opposite foot against it as shown. Reach toward your toes and hold for 15 counts. Repeat 3 times for each leg.



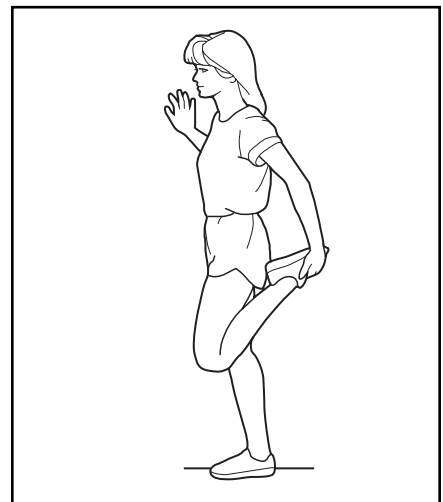
### 2. Toe Touch Stretch

Stand with your knees bent slightly as shown. Relax your back and shoulders as you reach down toward your toes. Hold for 15 counts. Repeat 3 times.



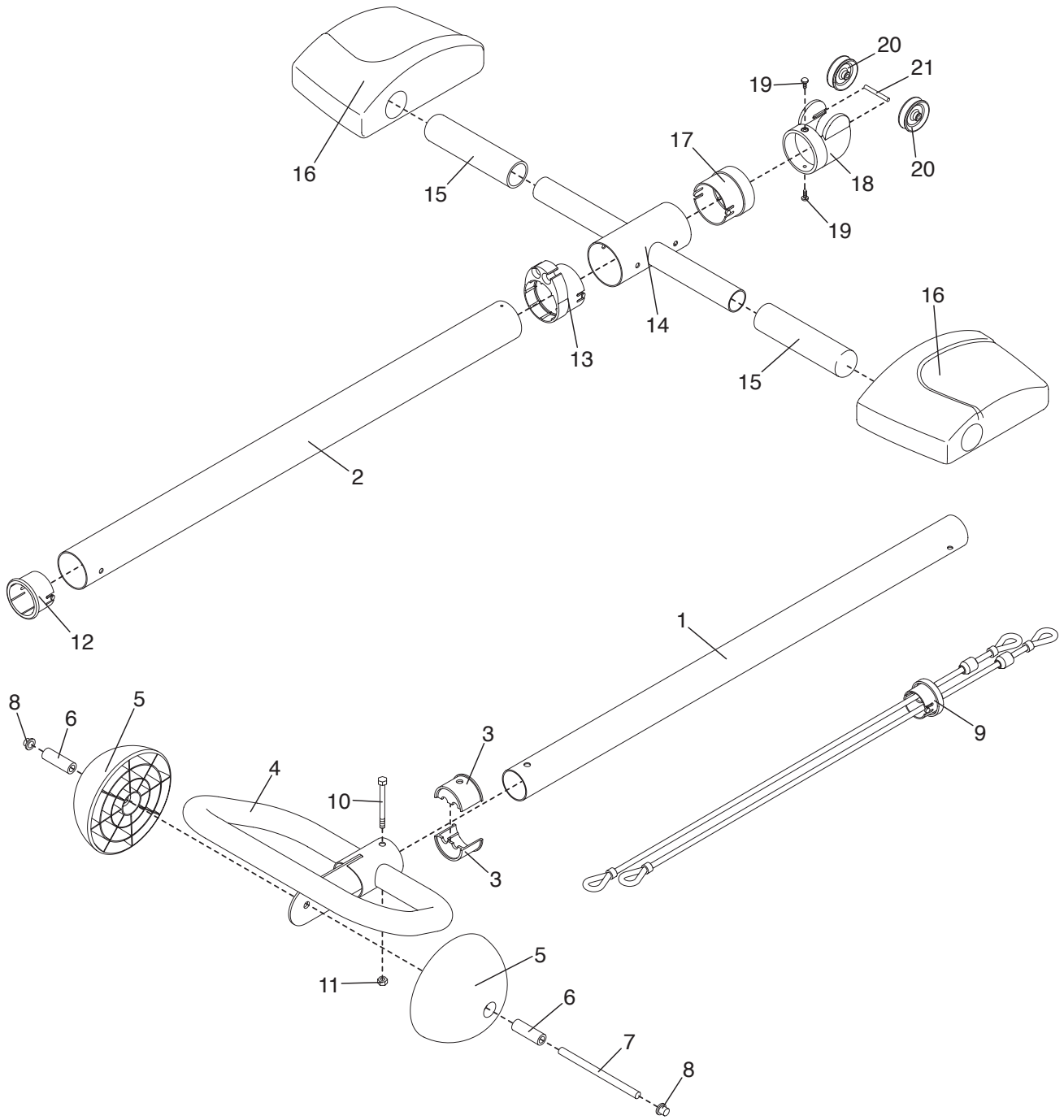
### 3. Quadriceps Stretch

Place one hand against a wall and grasp one foot with your other hand as shown. Hold your foot as close to your buttocks as possible, and hold for 15 counts. Repeat 3 times for each leg.



<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>	<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>
1	1	Bungee Tube	13	1	Clip Bushing
2	1	Outer Tube	14	1	Handlebar
3	2	Split Bushing	15	2	Handgrip
4	1	Ab Bar	16	2	Knee Pad
5	2	Roller	17	1	Handlebar Bushing
6	2	Roller Bushing	18	1	Pulley Bushing
7	1	Roller Axle	19	2	Screw
8	2	Hat Cap	20	2	Pulley
9	1	Bungee Assembly	21	1	Pulley Pin
10	1	Bolt	#	1	User's Manual
11	1	Nut	#	1	Hat Cap Tool
12	1	Outer Bushing	#	1	Allen Wrench

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.



## Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (TDPWM)
- The NAME of the product (WEIDER® TORSO DEVELOPER PLUS)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the Part List and Exploded Drawing on pages 10 and 11).

Please have the TORSO DEVELOPER PLUS near your telephone for reference when calling.

## Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**