

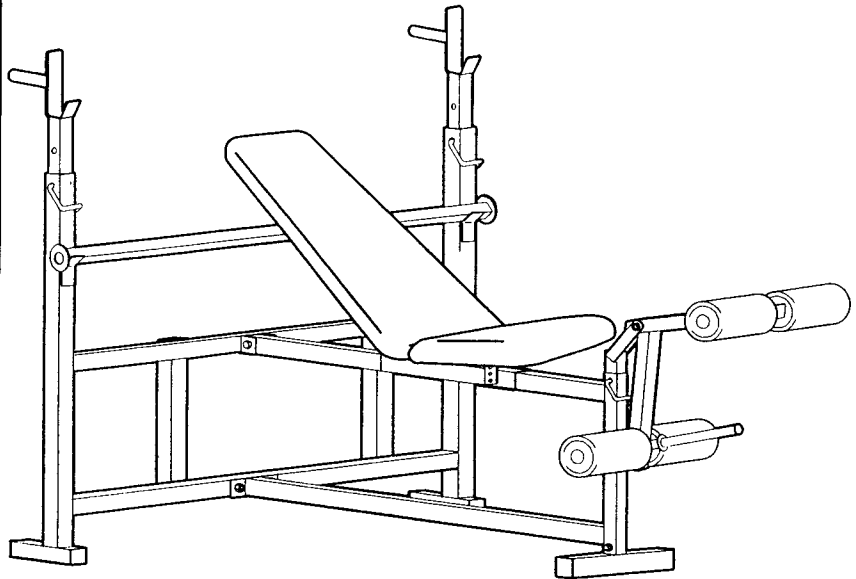
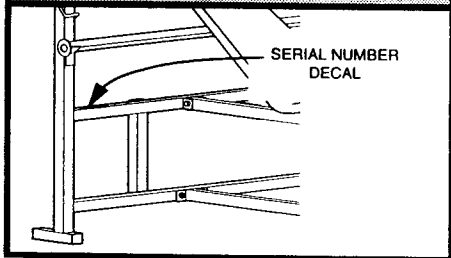
VICTORY 320

CLUB SERIES

MODEL NO. VB320

SERIAL NO.

Write serial number in the space above for reference.



weider

OWNER'S MANUAL

MADE IN CANADA

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.
Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN1285VB320

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

CAUTION: DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Home Gym on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handle bars when exercising.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small children away from this equipment during use.
8. Do not allow small children to play on this equipment unattended.
9. Wear appropriate workout attire, including running or aerobic shoes.

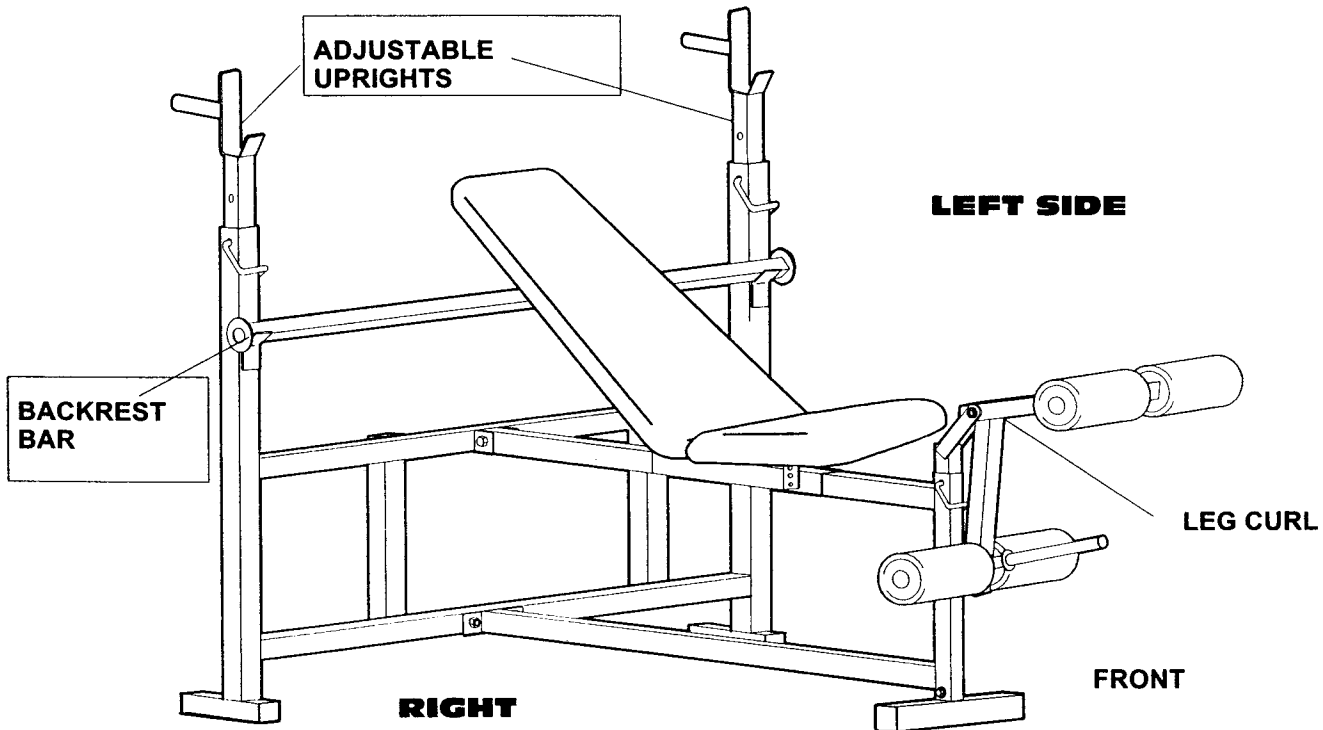
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

INTRODUCTION

Thank you for choosing the Weider VICTORY CLUB SERIES 320. Your Home Gym is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

Please take time to read all the information contained in this manual and after assembly is completed keep it for future reference.



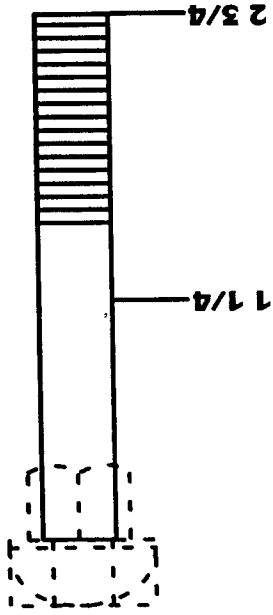
ESTIMATED TIME OF ASSEMBLY IS 1 1/2 HOURS

TOOLS REQUIRED FOR ASSEMBLY:

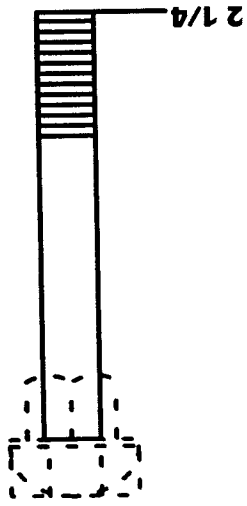
1. Two adjustable crescent wrenches or a combination of 1/2" and 9/16" box end wrenches.
2. Phillips Screwdriver
3. Flat Blade Screwdriver
4. Hammer

VB32U HAKUWAKE SCALING SHEET

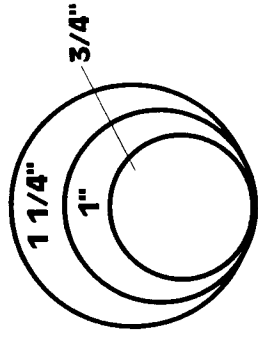
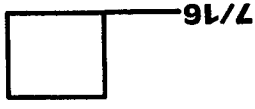
Scale can be used for 3/8" Hex Head Bolts, Carriage Bolts, or Round Head Screws.



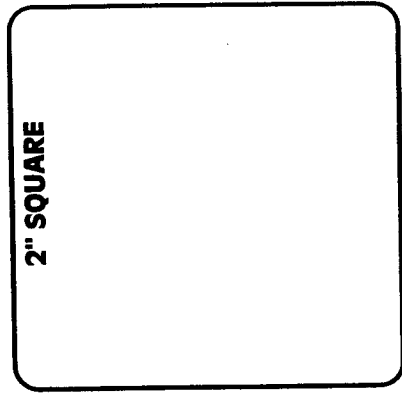
Scale can be used for 5/16" Hex Head Bolts, Carriage Bolts, and Round Head Screws



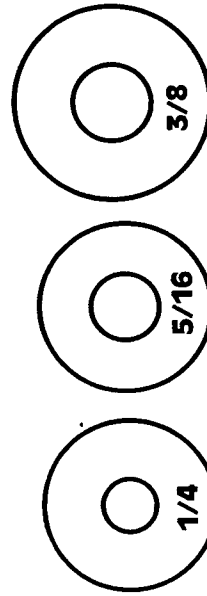
1/2" OD BUSHINGS



ROUND PLASTIC CAPS



SQUARE PLASTIC CAPS



FLAT WASHERS



5/16 NYLON LOCK NUT

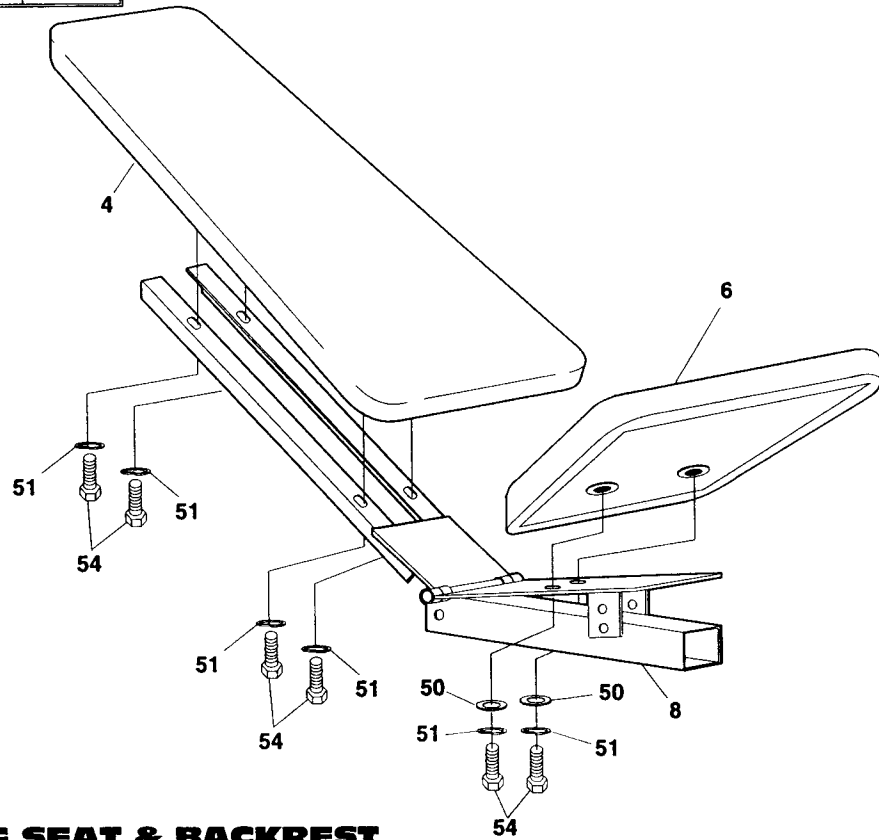
3/8 NYLON LOCK NUT

STEP 1 BACKREST & SEAT ASSEMBLY

PART NAME	QTY
50 3/8" FLAT WASHER	2
51 3/8" LOCK WASHER	6
54 3/8" X 1 1/4" HEX HEAD BOLT	6

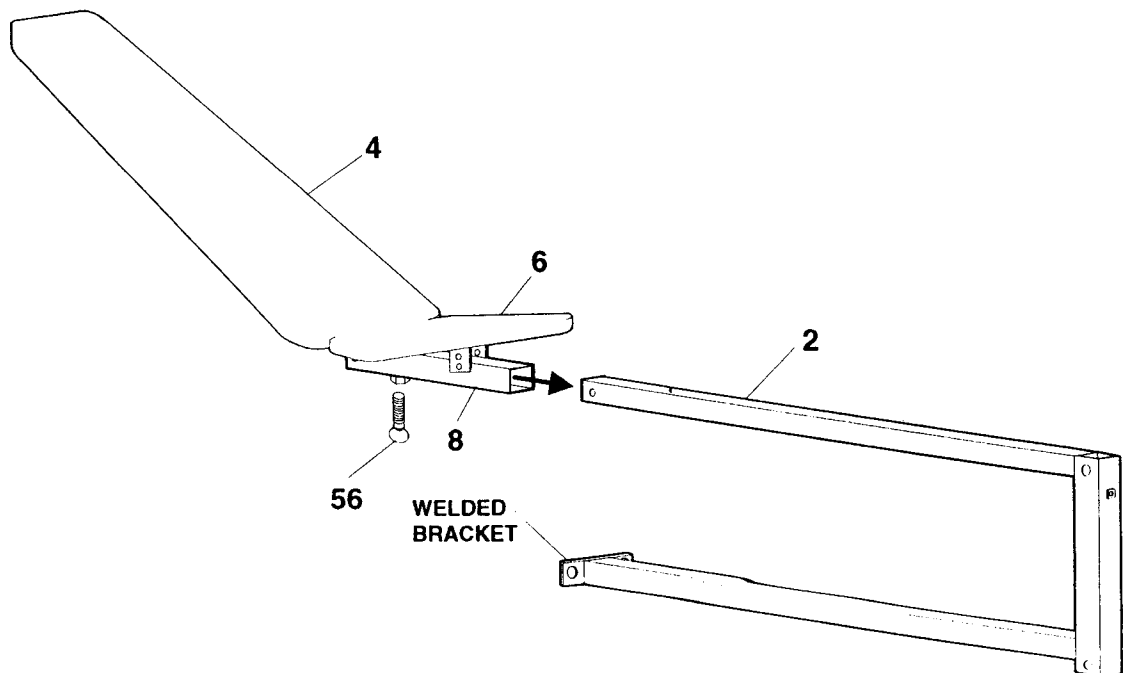
Begin by attaching the SEAT (6) to the top of the SLIDING SEAT ADJUSTER (8). Assemble a 3/8" LOCK WASHER (51) and then a 3/8" FLAT WASHER (50) onto two 3/8" X 1 1/4" HEX HEAD BOLTS (54) and then bolt up through the Adjuster and into the Seat.

Attach the BACKREST (4) to the top of the SLIDING SEAT ADJUSTER (8) by first assembling a 3/8" LOCK WASHER (51) onto four 3/8" X 1 1/4" HEX HEAD BOLTS (54) and then bolt up through the Adjuster and into the Backrest.

**STEP 2 ATTACHING SEAT & BACKREST**

PART NAME	QTY
56 3/8" X 3/4" THUMB SCREW	1

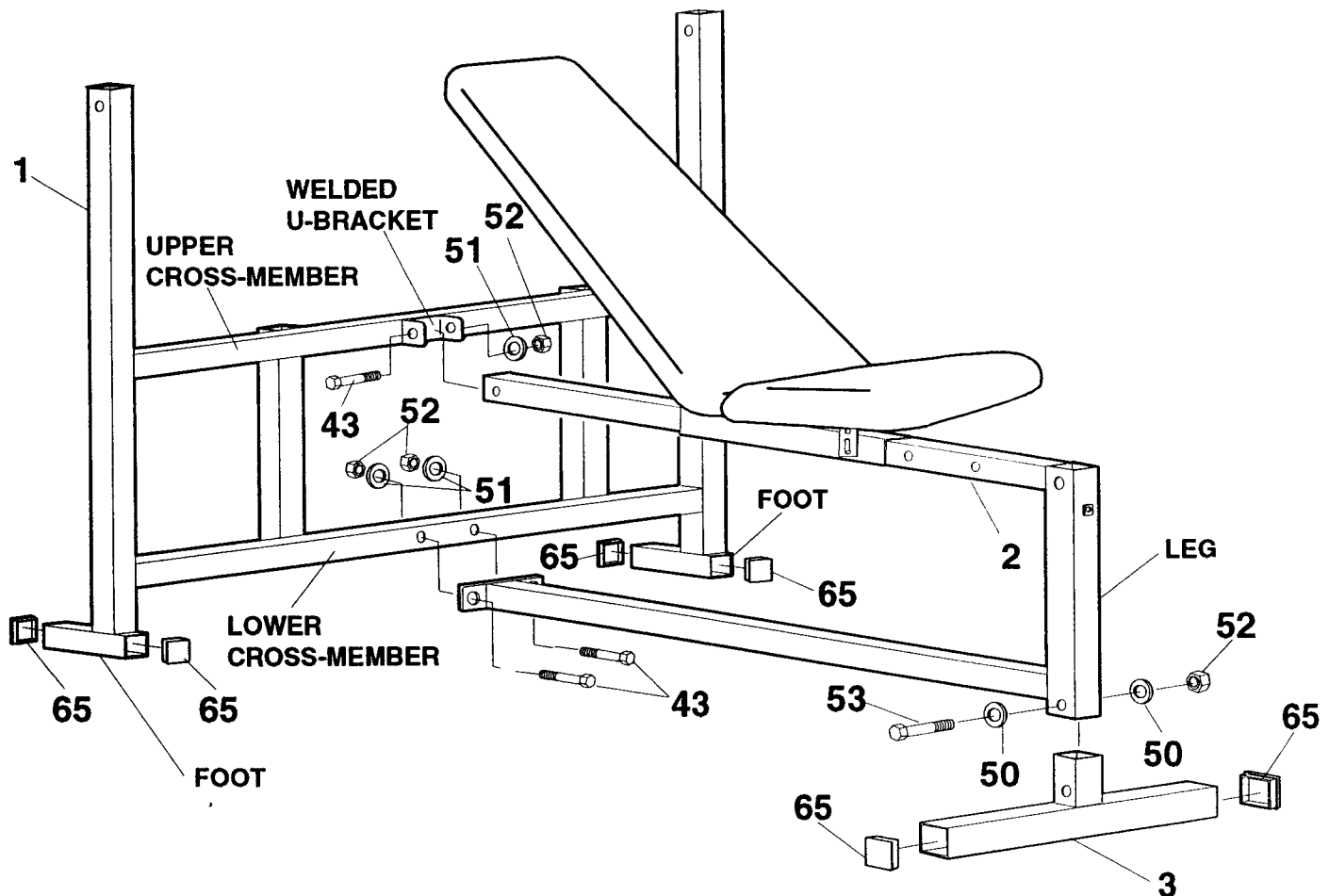
Orient the MAIN FRAME (2) so that the Tubing Section with the Welded Bracket is on the bottom. Slide the SLIDING SEAT ADJUSTER (8) with the SEAT (6) first onto the upper Tubing Section of the Main Frame. Assemble the 3/8" X 3/4" THUMB SCREW (56) into the Welded Nut on the bottom of the Sliding Seat Adjuster to help secure the assembly.



STEP 3 FRAME ASSEMBLY

PART NAME	QTY
43 3/8" X 3" HEX HEAD BOLT	3
50 3/8" FLAT WASHER	2
51 3/8" LOCK WASHER	3
52 3/8" NYLON LOCK NUT	4
53 3/8" X 2 3/4" HEX HEAD BOLT	1
65 2" SQUARE PLASTIC INSERT CAP	6

- Press 2" SQUARE PLASTIC INSERT CAPS (65) into the feet of the UPRIGHT (1).
- Press 2" SQUARE PLASTIC INSERT CAPS (65) into each end of the FRONT SUPPORT (3).
- Assemble the FRONT SUPPORT (3) into the bottom of the MAIN FRAME (2) Leg by first assembling a 3/8" FLAT WASHER (50) onto a 3/8" X 2 3/4" HEX HEAD BOLT (53) and then bolting through the Main Frame and then the Front Support. Assemble another 3/8" FLAT WASHER (50) onto the Bolt and secure with a 3/8" NYLON LOCK NUT (51).



- Attach the MAIN FRAME (2) to the Cross-Members of the UPRIGHT (1) using two 3/8" X 3" HEX HEAD BOLTS (43) to bolt through the lower tubing section of the Main Frame and then through the lower Cross-Member of the Upright. Assemble 3/8" LOCK WASHERS (51) onto the Bolts and then secure with 3/8" NYLON LOCK NUTS (52).
- Attach the upper tubing section of the MAIN FRAME (2) to the upper Cross-Member of the UPRIGHT (1) by assembling the Main Frame section into the Welded U-Bracket on the Upright. Bolt using a 3/8" X 3" HEX HEAD BOLT (43), a 3/8" LOCK WASHER (51), and a 3/8" NYLON LOCK NUT (52).

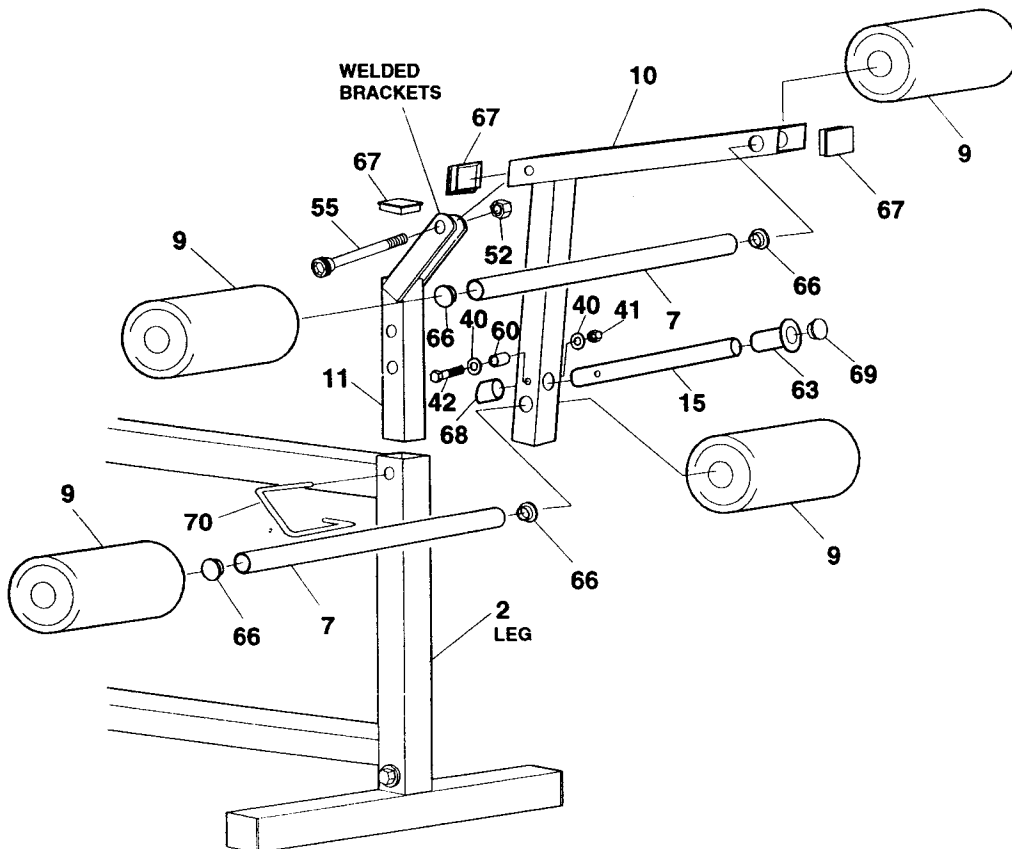
STEP 4 LEG CURL ASSEMBLY

PART NAME	QTY
40 5/16" FLAT WASHER	2
41 5/16" NYLON LOCK NUT	1
42 5/16" X 2 1/4" HEX HEAD BOLT	1
52 3/8" NYLON LOCK NUT	1
55 3/8" X 2 3/4" SHOULDER BOLT	1
56 3/8" X 3/4" THUMB SCREW	1
60 1/2" O.D. X 7/16" LONG METAL SPACER	1
63 WEIGHT STOP	1
66 3/4" ROUND PLASTIC INSERT CAP	4
67 1 3/4" SQUARE PLASTIC INSERT CAP	3
68 1" ROUND PLASTIC COVER CAP W/15° ANGLE	1
69 1" ROUND PLASTIC INSERT CAP	1
70 LOCKING PIN	1

- Press 1 3/4" SQUARE PLASTIC INSERT CAPS (67) into the ends of the top tubing of the LEG CURL (10).
- Press a 1 3/4" SQUARE PLASTIC INSERT CAP (67) into the top of the LEG CURL ADJUSTER (11).
- Press a 1" ROUND PLASTIC INSERT CAP (69) into the forward end (No hole near this end.) of the WEIGHT PIN (15).
- Assemble the 1" X 14 1/2" WEIGHT PIN (15) through the angled hole in the front side of the LEG CURL (10). Secure in place by first assembling a 5/16" FLAT WASHER (40) and a 1/2" O.D. X 7/16" LONG METAL SPACER (60) onto a 5/16" X 2 1/4" HEX HEAD BOLT (42) and then bolting through the side of the Leg Curl. Assemble another 5/16" FLAT WASHER (40) onto the Bolt and secure with a 5/16" NYLON LOCK NUT (41).

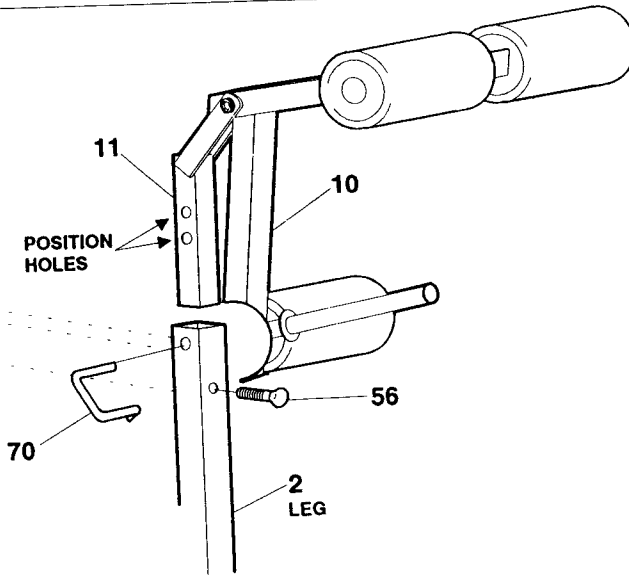
- Press a 1" ROUND PLASTIC COVER CAP WITH 15° ANGLE (68) onto the rear extended portion of the WEIGHT PIN (15). The 15° side of the Cap should be oriented to the angle of the Weight Pin.

- Slide the WEIGHT STOP (63) over the Weight Pin (flared side out).



- Press 3/4" ROUND PLASTIC INSERT CAPS (66) into the ends of the 3/4" X 17 3/4" PAD BARS (7). Apply a small amount of liquid dish detergent to each Pad Bar and slide on one 3 3/4" X 8" FOAM ROLLER (9). The detergent helps in the assembly of the Foam Rollers and when it dries, it acts as an adhesive.
- Assemble the PAD BARS (7) into the two larger access holes in the LEG CURL (10). Assemble another 3 3/4" X 8" FOAM ROLLER (9) onto each Pad Bar.
- Assemble the LEG CURL (10) into the Welded Brackets of the LEG CURL ADJUSTER (11) using a 3/8" X 2 3/4" SHOULDER BOLT (55) and a 3/8" NYLON LOCK NUT (52).

Slide the **LEG CURL ADJUSTER (11)** down into the top of the **MAIN FRAME (2)** Leg. Secure into one of the two positions using a **LOCKING PIN (70)** to pin through the Main Frame and the Leg Curl Adjuster. Secure in place by bolting through the front of the Leg with a **3/8" X 3/4" THUMB SCREW (56)**.



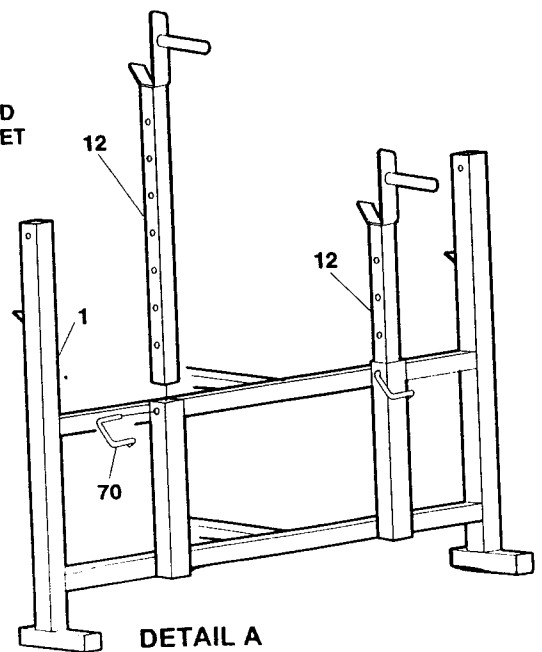
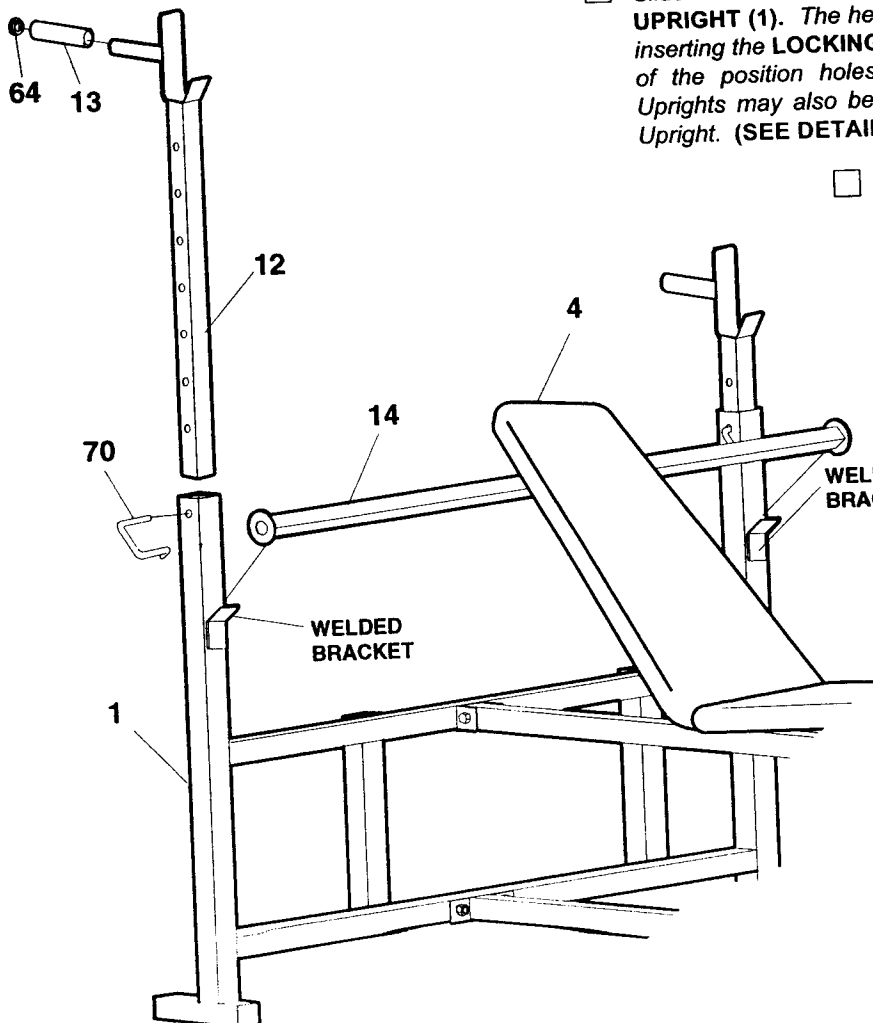
STEP 5 ADJUSTABLE UPRIGHTS

PART NAME	QTY
64 1 1/4" ROUND PLASTIC INSERT CAP	2
70 LOCKING PIN	2

Press a **1 1/4" ROUND PLASTIC INSERT CAP (64)** into the Handles of the **ADJUSTABLE UPRIGHTS (12)**. Apply a small amount of liquid dish detergent to each Handle and slide on a **5" LONG FOAM GRIP (13)**. The detergent helps in the assembly and also acts as an adhesive when it dries.

Slide the **ADJUSTABLE UPRIGHTS (12)** down into the top of the **UPRIGHT (1)**. The height of the Adjustable Upright can be adjusted by inserting the **LOCKING PIN (70)** into the Upright Post and then into one of the position holes on the Adjustable Upright. The Adjustable Uprights may also be used at the inner positions on the back of the Upright. (SEE DETAIL A).

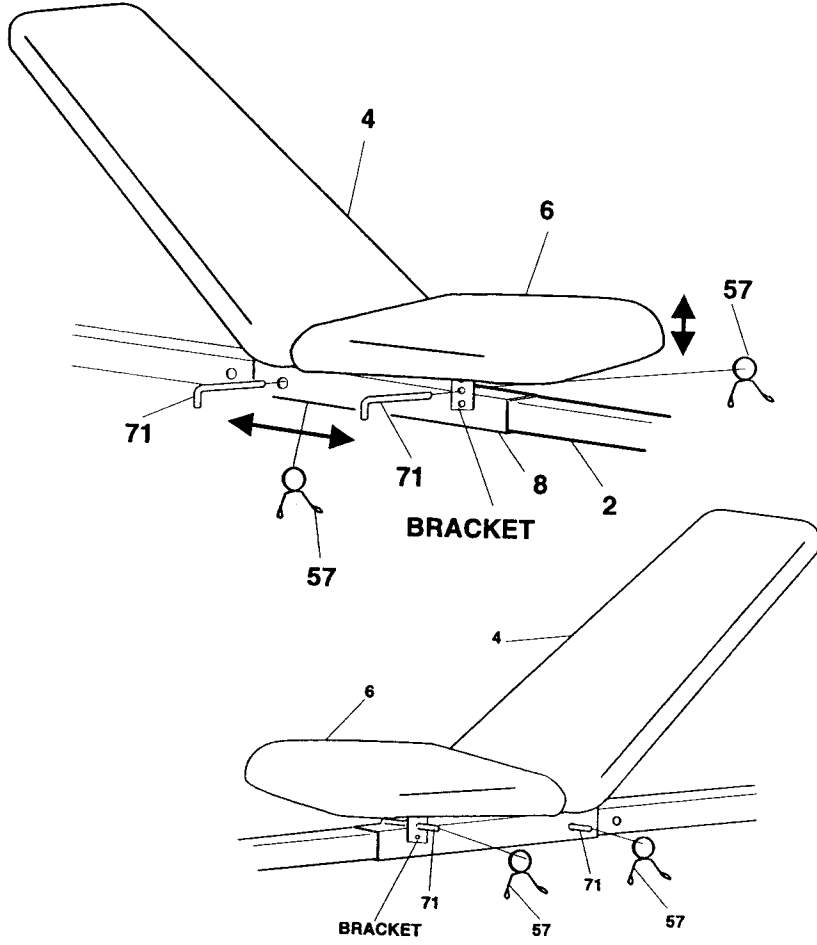
By placing the **BACKREST BAR (14)** into the **Welded Brackets** located on the front of the **UPRIGHT (10)**, the **BACKREST (4)** can be inclined.



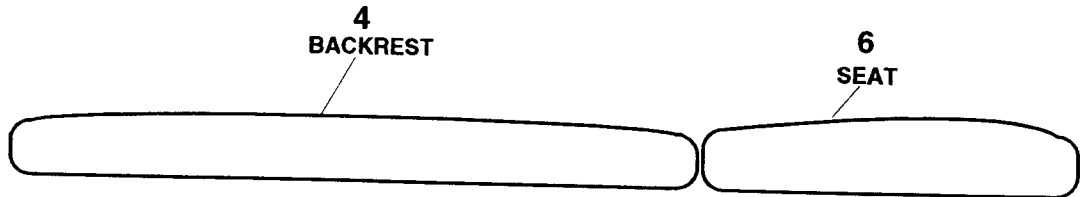
STEP 6 ADJUSTING SEAT & BACKREST

PART NAME	QTY
57 3/8" SPRING CLIP	2
71 3/8" X 3 1/2" "L" PIN	2

The **BACKREST (4)** and **SEAT (6)** have several optional positions. The Backrest and Seat can be moved forward or back on the **SLIDING SEAT ADJUSTER (8)**. Align the hole locations in the **MAIN FRAME (2)** with the holes in the Sliding Seat Adjuster and lock in place with a **3/8" X 3 1/2" "L" PIN (71)** and a **3/8" SPRING CLIP (57)**.

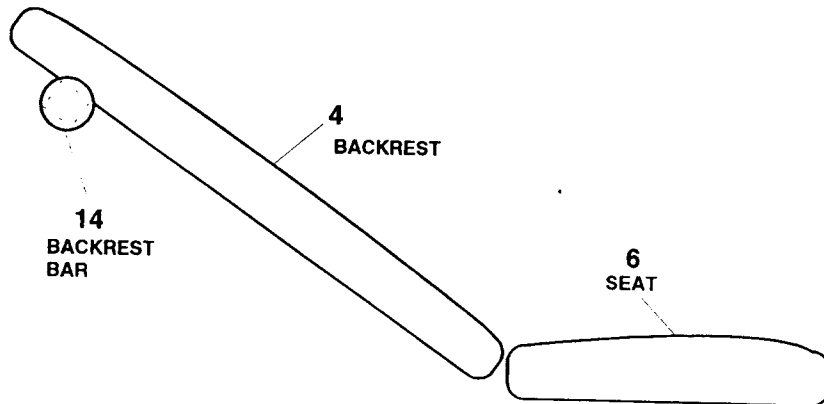


The **SEAT (6)** can be adjusted up or down by pinning through the Bracket of the Seat with a **3/8" X 3 1/2" "L" PIN (71)** and securing with a **3/8" SPRING CLIP (57)**.



HORIZONTAL POSITION

The **BACKREST (4)** can be adjusted into a horizontal position or with the aid of the **BACKREST BAR (14)** into an inclined position.



INCLINED POSITION

LIMITED WARRANTY

Weider Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs.

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.