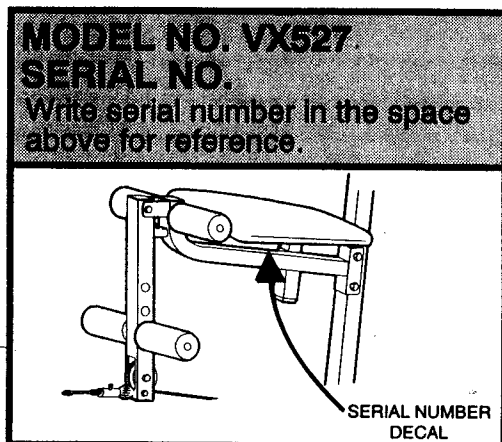
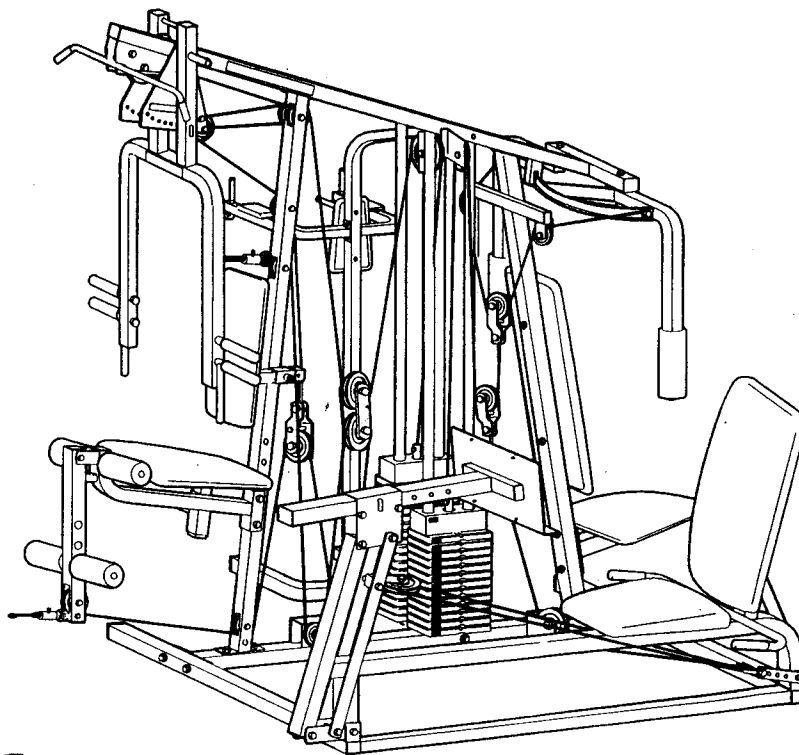


VICTORY

MULTI-STATION HOME GYM SYSTEM



APPROXIMATE SET UP DIMENSIONS:
80"L X 84"W X 82"H



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

NN1297/VX527

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

TABLE OF CONTENTS

Table of Contents	1
Important Safety Precautions	1
Introduction	2
Bolt Scale Sheet	3
Maintenance	4
Ordering Parts	5
Part List	6-9
Cable Routing & Trouble-shooting	29
Assembly Steps	10-45
Using the Special Features of your VX527 Home Gym	46-47
Conditioning Guidelines	48-49
Warranty	50

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. Welder 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 527. Your Home Gym is designed and engineered to give you many hours of weight and aerobic conditioning.

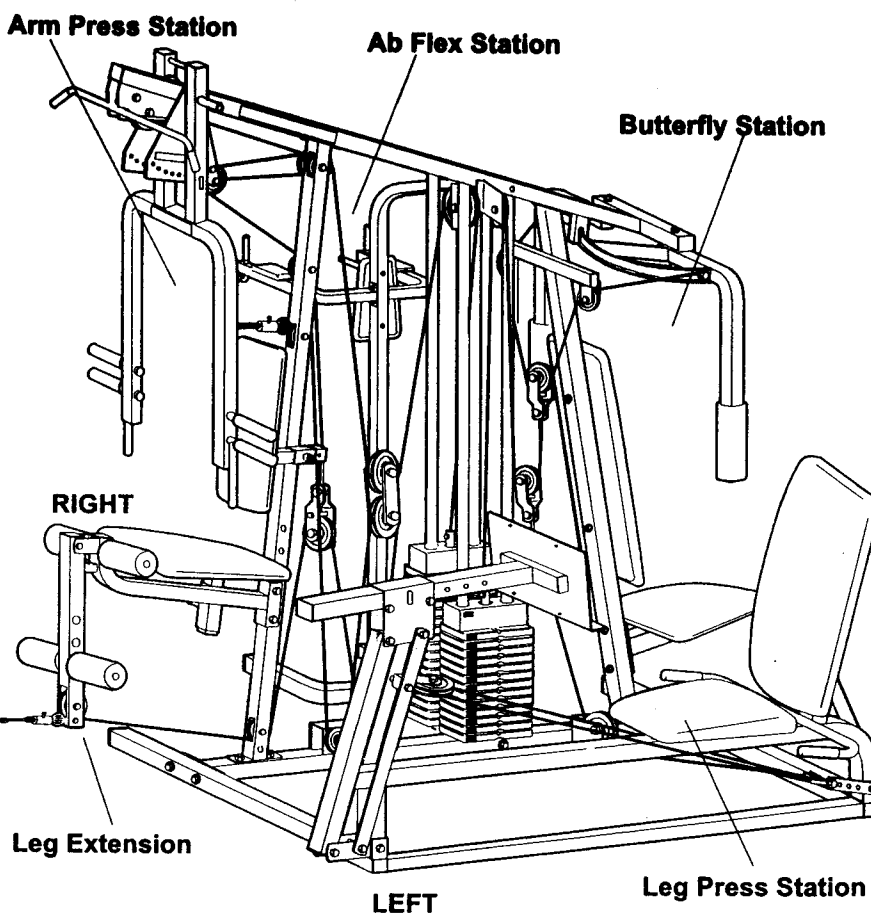
This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

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

MAINTENANCE TIPS

Keeping your VICTORY 527 in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and are fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and a mild non-abrasive detergent.



AVOID CABLE PROBLEMS

Woven Cable, like the type used on this Gym, stretch as they become broken in. It is critical to the function of the gym that excess Cable slack be kept adjusted out of the Cable run. The two adjustments to this Gym are at the Leg Extension and under the Leg Press Seat. Always keep excess slack adjusted out of the Cable run. Anything more than 1 inch of slack will take away from a full range of conditioning.

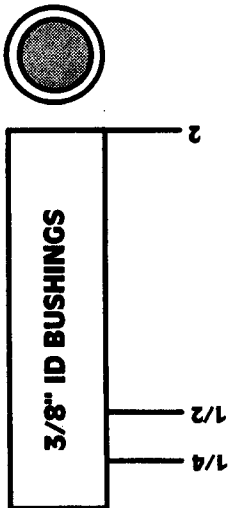
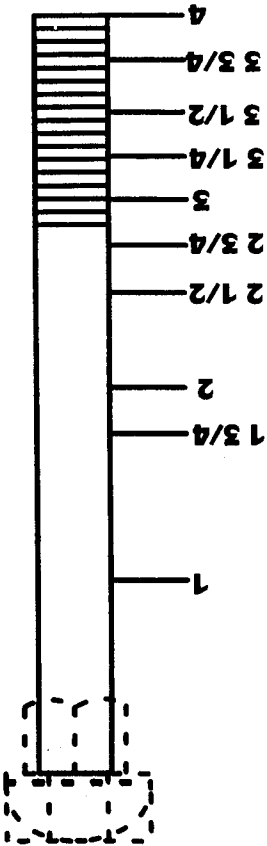
Also, periodic lubrication of all moving parts; Pulleys, Brackets, and Guide Rods will eliminate excess friction and let the system work smoothly.

IF YOUR HOME GYM FEELS LIKE IT IS BINDING UP, READ THE FOLLOWING:

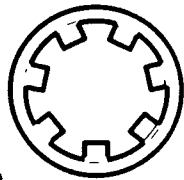
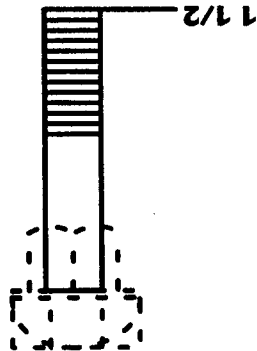
During use, if it ever feels like the exercise is binding up, stop immediately and check the Cable run and Pulleys to see if a Cable has jumped off a Pulley or if it is binding on a Cable Trap Bracket. **PROMPT ATTENTION MAY PREVENT CABLE DAMAGE!**

VX527 HARDWARE SCALING SHEET

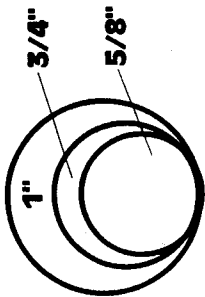
Scale can be used for 3/8" Hex Head Bolts, Carriage Bolts, or Round Head Screws.



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

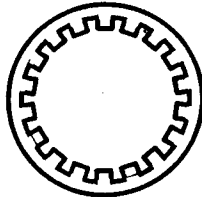
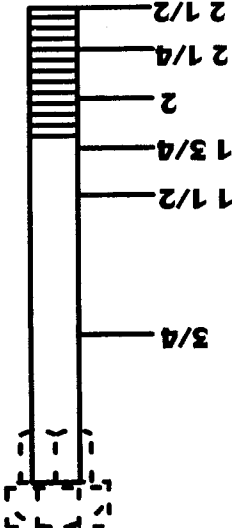


5/8" SPRING RETAINER

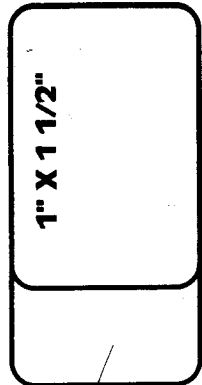


ROUND PLASTIC CAPS

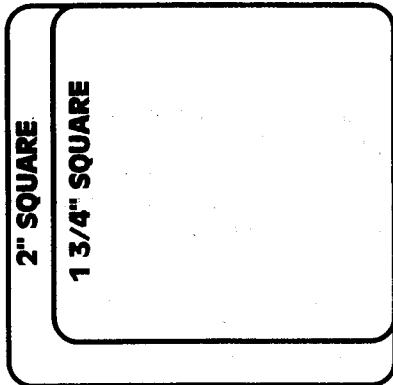
Scale can be used for 1/4" Hex Head Bolts, Carriage Bolts, and Round Head Screws



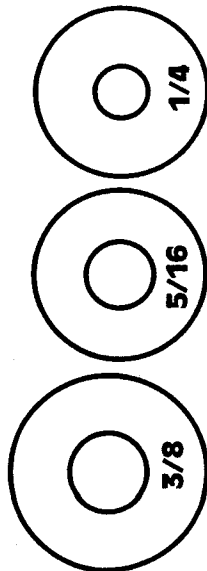
3/4" SPRING RETAINER



1" X 2"



SQUARE PLASTIC CAPS



FLAT WASHERS



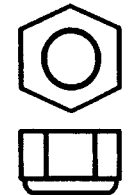
3/8 THIN JAM NUT



3/8 NYLON LOCK NUT



5/16 NYLON LOCK NUT



1/4 NYLON LOCK NUT

ESTIMATED TIME OF ASSEMBLY IS 6-8 HOURS

DUE TO THE SIZE OF THIS UNIT IT IS HIGHLY RECOMMENDED THAT AT LEAST TWO PERSONS ARE PRESENT TO ASSEMBLE THIS UNIT.

UNPACKING TIPS:

- To avoid losing small parts during the unpacking process we suggest that you remove and unwrap one part at a time and discard the paper wrapping in the lid of the box.
- Do not discard packing material until the gym is completely assembled. If you are missing a part, it may have gotten mixed up with the wrapping paper.
- Lay each unwrapped part to the side so you can easily see each part for ease of identification as you do your assembly.
- Lay the nuts, bolts, washers, etc. in groups of like sizes and lengths. Putting these inside the carton bottom would be a good place to hold them to avoid losing parts. You can also write the sizes below each group to help you identify them quicker.

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

MAINTENANCE

- To insure that your fitness equipment functions at peak efficiency and to reduce drag and wear on components, it is essential that pulleys, hinges, guide rods and other moving parts be properly lubricated and maintained. You will see throughout the assembly manual the symbol to the right.
- After you have completed the assembly of this product, you should lubricate all the indicated areas before using. In the future you should lubricate these areas at least once a month. The guide rods and guide wheels should be lubricated weekly as they will be more inclined to have the oil wiped away.
- Use a household type light weight oil as a lubricant. Most household light weight oil can be purchased in any hardware department.



ORDERING PARTS

CONGRATULATIONS on selecting a **WEIDER FITNESS PRODUCT**. You have joined thousands of health conscious men and women in the growing family of **WEIDER CUSTOMERS**.

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR *OWNER'S REGISTRATION CARD* WITHIN THE NEXT 10 DAYS.

Simply mail your ***OWNER'S REGISTRATION CARD*** to receive all benefits to which you are entitled.

WARRANTY VERIFICATION : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

OWNER CONFIRMATION : Your completed **OWNER'S REGISTRATION CARD** serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.

2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.

3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER:

1. Name of the Product (VICTORY 527)
2. Model Number of the Product (VX527\535)
3. Ordering Number of the Part (See Parts List Page)
4. Description of the Part from the Parts List Page.
5. Country of the Manufacturer (See Cover)

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact **WEIDER CUSTOMER ASSISTANCE** at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West St. John Street, Olney Illinois. 62450.

VX527 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	MAIN BASE	1	C4318-G45*G45
2	LAT BAR HOLDER	1	C4334-G45*G45
3	GUIDE ROD - 70" LONG - NO HOLES	1	C6861-G45*G45
4	DIP STATION BASE	1	C4319-G45*G45
5	FRONT UPRIGHT	1	C1284-G45*G45
6	REAR UPRIGHT	1	C1285-G45*G45
7	GUIDE ROD - 70" LONG - HOLES	2	C6862-G45*G45
8	WEIGHT PLATE - 10 LB.	31	BB-0326*G45
9	WEIGHT PLATE - 20 LB.	2	BB-0327*G45
10	WEIGHT SELECTOR TUBE - 19 HOLES	1	C7337-G45*G45
11	WEIGHT SELECTOR TUBE - 14 HOLES	1	C7338-G45*G45
12	TOP FRAME	1	C4320-G45*G45
13	AB FLEX UPRIGHT	1	C1286-G45*G45
14L	AB FLEX ARM - LEFT	1	C4321-G45*G45
14R	AB FLEX ARM - RIGHT	1	C4335-G45*G45
15	AB FLEX BACKREST	1	C1455-G45*G45
16	AB FLEX ARM PAD	2	C1456-G45*G45
17	PLASTIC GRIP - 1" X 5"	12	AA-8255*G45
18	LEG PRESS FRAME	1	C4322-G45*G45
19	LEG PRESS HANDLEBAR	1	C4336-G45*G45
20	LEG PRESS SEAT	1	C1457-G45*G45
21	LEG PRESS BACKREST	1	C1458-G45*G45
22	MOUNTING BRACKET	6	C6772-F23*G45
23	LEG PRESS EXTENSION	1	C4323-G45*G45
24	LEG PRESS SLIDER BRACKET	1	C7779-G45*G45
25	LEG PRESS ARM	2	C7780-G45*G45
26	LEG PRESS PULLEY BRACKET	1	C7781-G45*G45
27	LEG PRESS FOOT PLATE	1	C4324-G45*G45
28	ADJUSTMENT BRACKET	2	C7782-G45*G45
29	BUTTERFLY ARM - RIGHT	1	C4325-G45*G45
30	BUTTERFLY ARM - LEFT	1	C4326-G45*G45
31	FOAM ROLLER - 4" X 8" X 1 7/8" I.D.	4	C0497-G45*G45
32	BUTTERFLY SEAT FRAME	1	C4327-G45*G45
33	BUTTERFLY SEAT	1	C1459-G45*G45
34	BUTTERFLY BACKREST	1	C1460-G45*G45
35	ARM PRESS SEAT FRAME	1	C4328-G45*G45
36	ARM PRESS SEAT ADJUSTER	1	C4329-G45*G45
37	ARM PRESS SEAT	1	C1461-G45*G45
38	ARM PRESS BACKREST	1	C1462-G45*G45
39	ARM PRESS BACKREST ADJUSTER	1	C4330-G45*G45
40	LEG CURL	1	C4331-G45*G45

VX527 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
41	PAD BAR - 1" X 18"	2	C7340-G45*G45
42	FOAM ROLLER - 4" X 8" X 1" I.D.	4	C0498-G45*G45
43	ARM PRESS ARM	1	C4332-G45*G45
44	RANGE OF MOTION PLATE	2	C6994-G45*G45
45	GUIDE ROD - 72" LONG - NO HOLES	1	C6863-G45*G45
46	ARM PRESS ROD - 5/8" X 9 5/8"	1	C7341-G45*G45
47	3 1/2" PULLEY	20	AA-8133*G45
48	CABLE TRAP BRACKET - FOR 3 1/2" PULLEY	7	C6725-E28*G45
49	4 1/2" PULLEY	2	AA-8122*G45
50	3/8" FLAT WASHER	33	HH-5265*G45
51	3/8" NYLON LOCK NUT	65	HH-5088*G45
52	3/8" X 2 3/4" CARRIAGE BOLT	9	HH-5478*G45
53	3/8" X 2 3/4" HEX HEAD BOLT	15	HH-5238*G45
54	3/8" X 4" CARRIAGE BOLT	2	HH-5596*G45
55	3/8" X 3" HEX HEAD BOLT	7	HH-5059*G45
56	3/8" X 3 1/4" HEX HEAD BOLT	4	HH-5063*G45
57	3/8" X 3 1/4" HEX HEAD BOLT - GRADE 5	1	HH-5598*G45
58	3/8" X 3" HEX HEAD BOLT - GRADE 5	1	HH-5599*G45
59	3/8" X 3 1/2" HEX HEAD BOLT - GRADE 5	1	HH-5600*G45
60	1/4" FLAT WASHER	24	HH-5048*G45
61	1/4" NYLON LOCK NUT	12	HH-5011*G45
63	1/4" X 3/4" ROUND HEAD MACHINE SCREW	12	HH-5022*G45
64	1/4" X 2 1/2" HEX HEAD BOLT	10	HH-5492*G45
65	1/4" X 2 1/2" CARRIAGE BOLT	6	HH-5601*G45
66	1/4" X 1 1/2" HEX HEAD BOLT	4	HH-5027*G45
67	1/4" X 1 3/4" HEX HEAD BOLT	4	HH-5024*G45
68	3/8" X 3" CARRIAGE BOLT	2	HH-5597*G45
69	3/8" THIN JAM NUT	4	HH-5356*G45
71	5/16" NYLON LOCK NUT	4	HH-5012*G45
72	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*G45
73	3/8" X 3 3/4" HEX HEAD BOLT	2	HH-5349*G45
74	5/16" X 1 1/2" HEX HEAD BOLT - GRADE 5	2	HH-5602*G45
75	3/8" X 1 3/4" HEX HEAD BOLT	10	HH-5308*G45
76	3/8" X 2 1/2" HEX HEAD BOLT	4	HH-5018*G45
77	3/8" X 1" HEX HEAD BOLT	8	HH-5262*G45
78	3/8" X 3 3/4" HEX HEAD BOLT - GRADE 5	1	HH-5603*G45
79	3/8" X 3 1/2" HEX HEAD BOLT	1	HH-5062*G45
80	2" SQUARE PLASTIC INSERT CAP	20	AA-8002*G45

VX527 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
82	3/4" ROUND PLASTIC COVER CAP	2	HH-5604*G45
83	1" X 2" PLASTIC INSERT CAP	9	AA-8263*G45
84	1 3/4" SQUARE PLASTIC INSERT CAP	5	AA-8006*G45
85	2" SQUARE RUBBER COVER CAP	4	AA-8015*G45
86	SELF ADHESIVE RUBBER BUMPER	5	AA-8317*G45
87	1" ROUND PLASTIC INSERT CAP	10	AA-8005*G45
88	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*G45
89	1" X 1 1/2" PLASTIC INSERT CAP	1	AA-8316*G45
90	LAT CABLE - 139"	1	C6679-G45*G45
91	LEG CURL CABLE - 200"	1	C6680-G45*G45
92	ARM PRESS CABLE "89	1	C6681-G45*G45
93	BUTTERFLY CABLE 74"	1	C6682-G45*G45
94	BUTTERFLY STACK CABLE 97 3/4"	1	C6683-G45*G45
95	LEG PRESS CABLE 131 1/2"	1	C6684-G45*G45
96	5/8" SPRING RETAINER RING	2	HH-5422*G45
97	3/4" SPRING RETAINER RING	4	HH-5605*G45
98	PLASTIC GUIDE BUSHING	66	HH-8216*G45
99	RUBBER SELECTOR TUBE END PLUG	2	HH-8123*G45
100	ROUND RUBBER WASHER	4	AA-8124*G45
101	1/2" OD X 2" BUSHING	2	HH-5487*G45
102	1 1/32" X 1" LONG PLASTIC BUSHING	2	AA-8318*G45
103	1/2" OD X 1/4" LONG METAL SPACER	2	HH-5466*G45
104	3/8" ID BRASS BUSHING	2	HH-5606*G45
105	DUAL PULLEY CONNECTOR PLATE	2	C7783-G45*G45
106	PLASTIC GUIDE BRACKET	2	AA-8241*G45
107	OFFSET PULLEY BRACKET	6	CC7784-G45*G45
108	LEG PRESS BASE PULLEY BRACKET	1	C7785-G45*G45
109	PULLEY U-BRACKET	2	C7786-G45*G45
110	CABLE TRAP BRACKET - 4 1/2"	3	C6724-E28*G45
112	3 1/16" LONG METAL SPACER	1	HH-5609*G45
113	2 1/16" LONG METAL SPACER	1	HH-5610*G45
114	1/2" OD X 1/2" LONG METAL SPACER	6	HH-5346*G45
115	5/8" BRASS BUSHING	4	HH-5607*G45
116	3/4" BRASS BUSHING	4	HH-5608*G45
117	3/8" SPRING CLIP	1	WW-7043*G45
118	3/8" X 9" LONG LOCKING PIN	1	WW-7094*G45
119	3/8" X 3 1/4" LONG LOCKING PIN	1	WW-7044*G45
120	TOP MAST DECAL	1	DE-4455*G45
121	WEIGHT PLATE DECALS	1 SET	DE-4455*G45

VX527 PART LIST

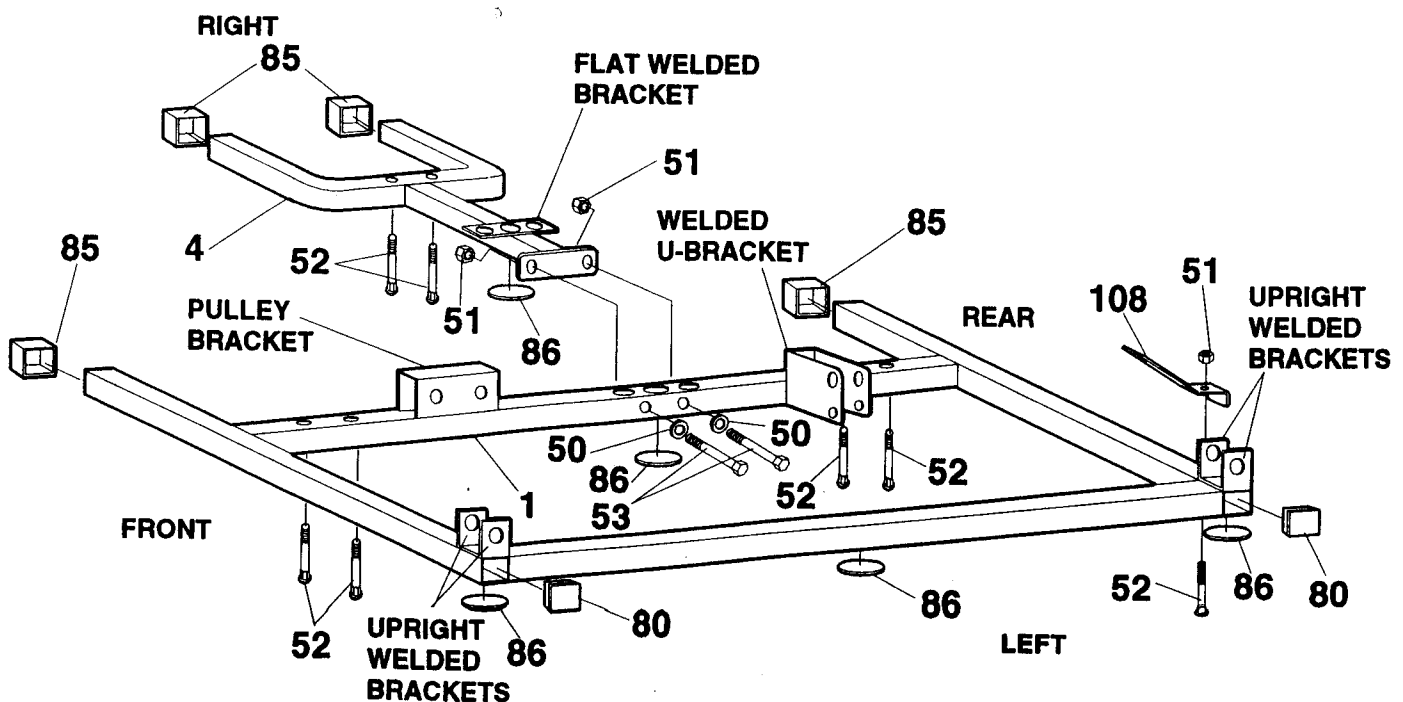
[illegible]

Some of the assemblies have been done at the factory for your convenience. These pre-assembled parts are assembled finger tight . Double check these assemblies when you come to them and tighten them as instructed in that assembly box.

STEP 1 BASE FRAME ASSEMBLY

PART NAME	QTY
50 3/8" FLAT WASHER	2
51 3/8" NYLON LOCK NUT	3
52 3/8" X 2 3/4" CARRIAGE BOLT	7
53 3/8" X 2 3/4" HEX HEAD BOLT	2
80 2" SQUARE PLASTIC INSERT CAP	2
85 2" SQUARE RUBBER COVER CAP	4
86 SELF ADHESIVE RUBBER BUMPER	5

- | | | |
|----|------------------------------|---|
| 50 | 3/8" FLAT WASHER | 2 |
| 51 | 3/8" NYLON LOCK NUT | 3 |
| 52 | 3/8" X 2 3/4" CARRIAGE BOLT | 7 |
| 53 | 3/8" X 2 3/4" HEX HEAD BOLT | 2 |
| 50 | 2" SQUARE PLASTIC INSERT CAP | 2 |
| 55 | 2" SQUARE RUBBER COVER CAP | 4 |
| 56 | SELF ADHESIVE RUBBER BUMPER | 5 |
- ☐ Begin by capping the **LEFT** side ends of the **MAIN BASE (1)** at the Upright Welded Brackets with 2" **SQUARE PLASTIC INSERT CAPS (80)**.
 - ☐ Cap the extended ends of the **RIGHT** side of the **MAIN BASE (1)** with 2" **SQUARE RUBBER COVER CAPS (85)**.
 - ☐ Cap the ends of the **DIP STATION BASE (4)** with 2" **SQUARE RUBBER COVER CAPS (85)**.
- ☐ Adhere the **SELF ADHESIVE RUBBER BUMPERS (86)** to the bottom of the **MAIN BASE (1)** and the **DIP STATION BASE (4)** in the locations shown in the illustration. Adhere three to the **LEFT** side of the Main Base - one at each end and one in the center. Adhere one to the **RIGHT** side of the Main Base - at the center hole of the three-hole location. Adhere one to the Dip Station Base at the center hole location of the Flat Welded Bracket.
- ☐ Assemble the **LEG PRESS BASE PULLEY BRACKET (108)** to the rear **MAIN BASE (1)** at the Upright Welded Bracket by assembling a 3/8" X 2 3/4" **CARRIAGE BOLT (52)** up through the Main Base and then the Bracket. Secure with a 3/8" **NYLON LOCK NUT (51)**.
- ☐ Assemble the **DIP STATION BASE (4)** to the side of the **MAIN BASE (1)** opposite the Welded U-Bracket. Orient the Dip Station Base so that the Flat Welded Bracket on the Dip Station Base is to the top. Assemble 3/8" **FLAT WASHERS (50)** onto two 3/8" X 2 3/4" **HEX HEAD BOLTS (53)** and bolt through the side of the Main Base and into the Welded Bracket of the Dip Base. Secure with 3/8" **NYLON LOCK NUTS (51)**.
- ☐ Assemble 3/8" X 2 3/4" **CARRIAGE BOLTS (52)** up through the bolt hole locations in the **MAIN BASE (1)** and the **DIP STATION BASE (4)**.



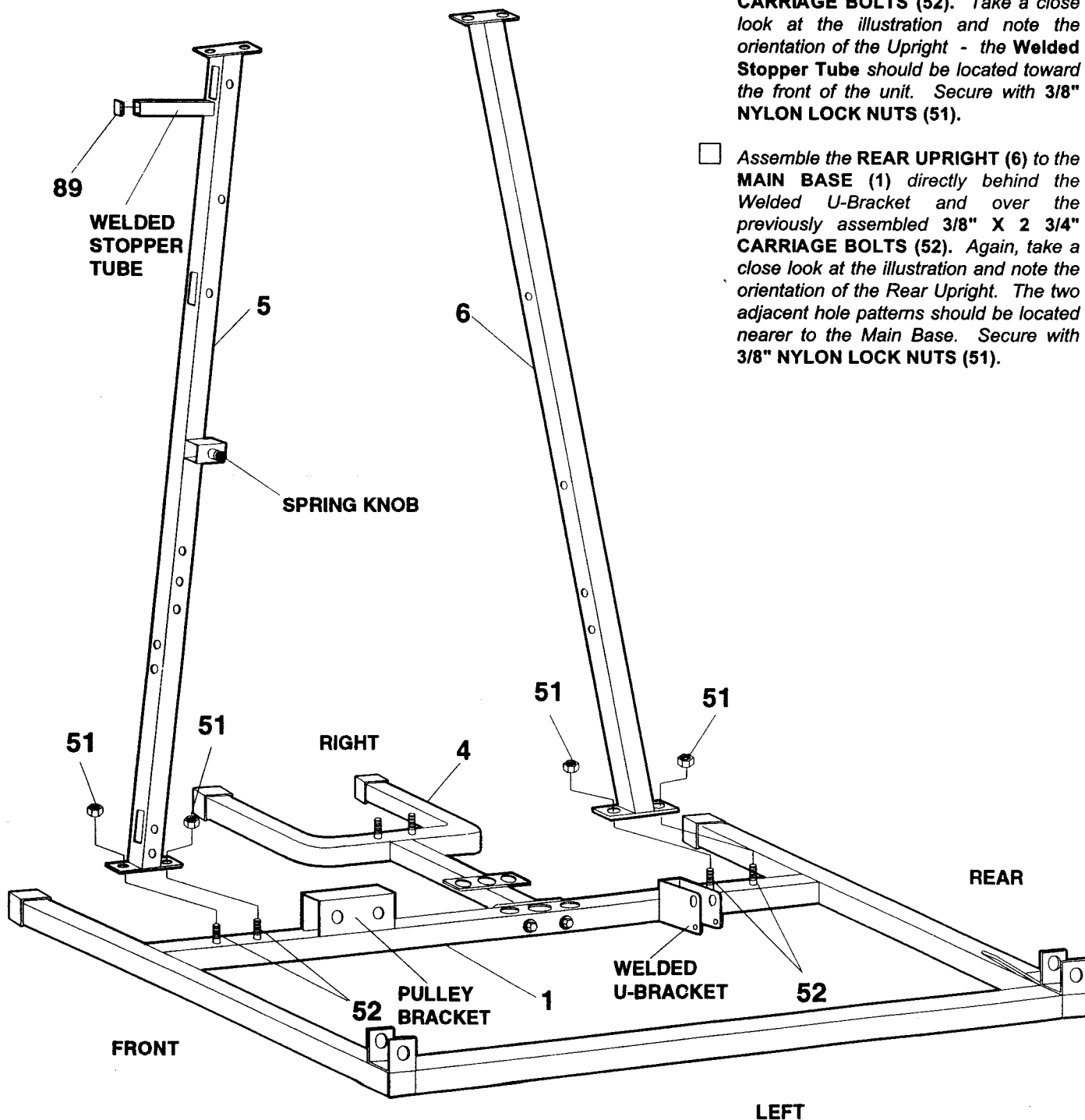
STEP 2 UPRIGHT ASSEMBLY

PART NAME	QTY
51 3/8" NYLON LOCK NUT	4
89 1" X 1 1/2" PLASTIC INSERT CAP	1

☐ Press a 1" X 1 1/2" **PLASTIC INSERT CAP (89)** into the end of the **Welded Stopper Tube** on the **FRONT UPRIGHT (5)**.

☐ Assemble the **FRONT UPRIGHT (5)** to the **MAIN BASE (1)** directly in front of the **Pulley Bracket** and over the previously assembled 3/8" X 2 3/4" **CARRIAGE BOLTS (52)**. Take a close look at the illustration and note the orientation of the Upright - the **Welded Stopper Tube** should be located toward the front of the unit. Secure with 3/8" **NYLON LOCK NUTS (51)**.

☐ Assemble the **REAR UPRIGHT (6)** to the **MAIN BASE (1)** directly behind the **Welded U-Bracket** and over the previously assembled 3/8" X 2 3/4" **CARRIAGE BOLTS (52)**. Again, take a close look at the illustration and note the orientation of the Rear Upright. The two adjacent hole patterns should be located nearer to the Main Base. Secure with 3/8" **NYLON LOCK NUTS (51)**.



STEP 3 WEIGHT STACK ASSEMBLY

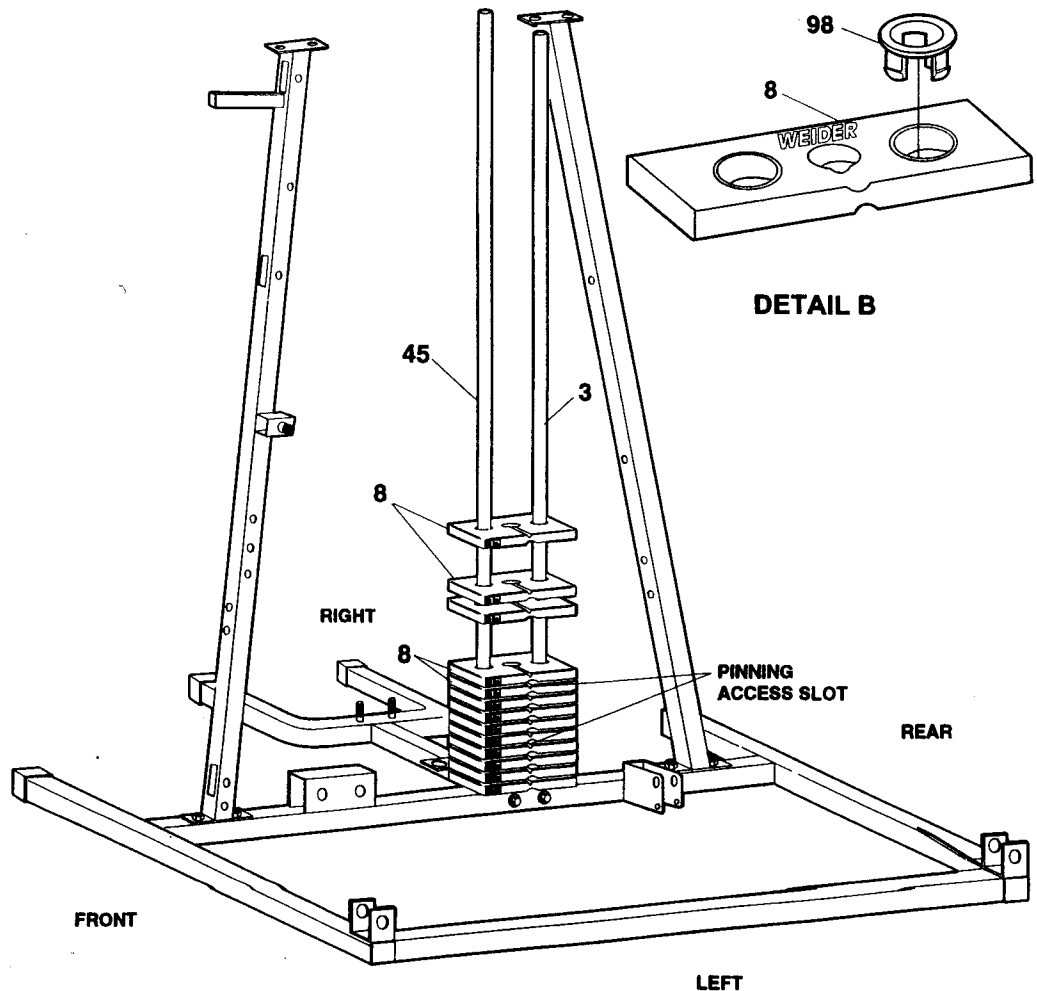
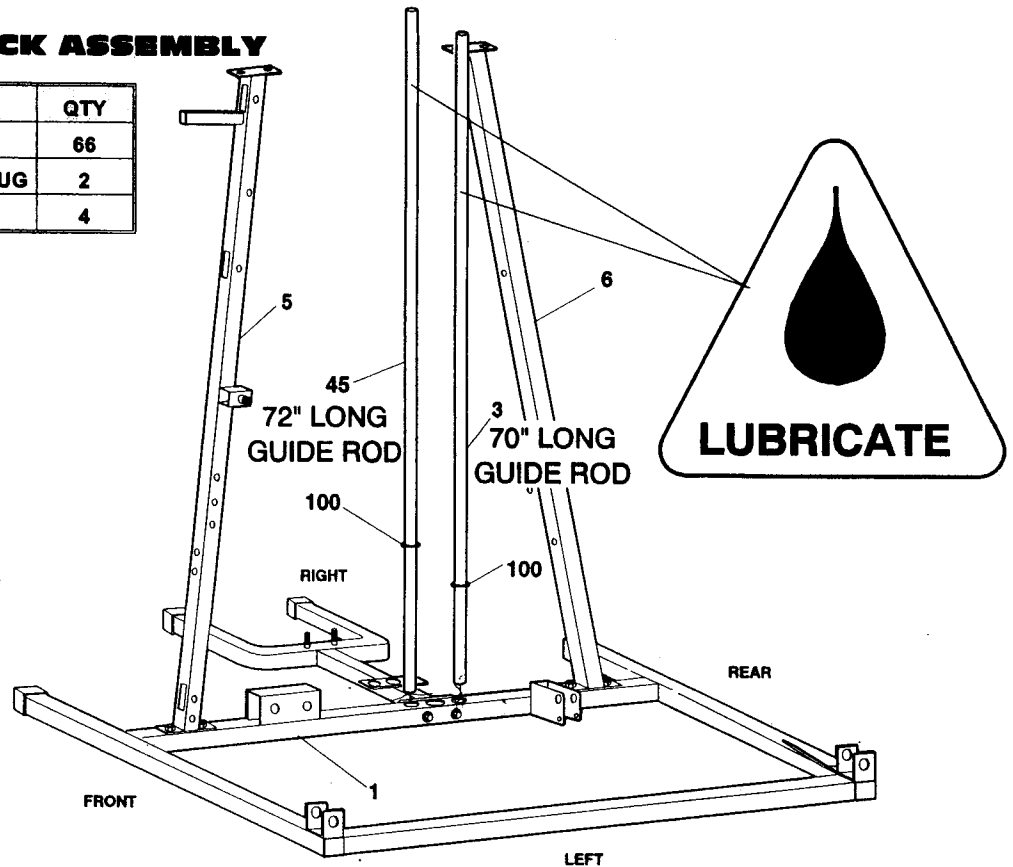
PART NAME	QTY
98 PLASTIC GUIDE BUSHING	66
99 RUBBER SELECTOR TUBE END PLUG	2
100 ROUND RUBBER WASHER	4

☐ Select the two **GUIDE RODS** - one is 70" LONG (3) and the other is 72" LONG (45). These two Guide Rods **DO NOT** have holes in one end. Insert the longer 72" LONG GUIDE ROD (45) into the front hole of the **MAIN BASE (1)** which is located nearer the **FRONT UPRIGHT (5)**. Insert the shorter 70" LONG GUIDE ROD (3) into the rear hole which is located closest the **REAR UPRIGHT (6)**.

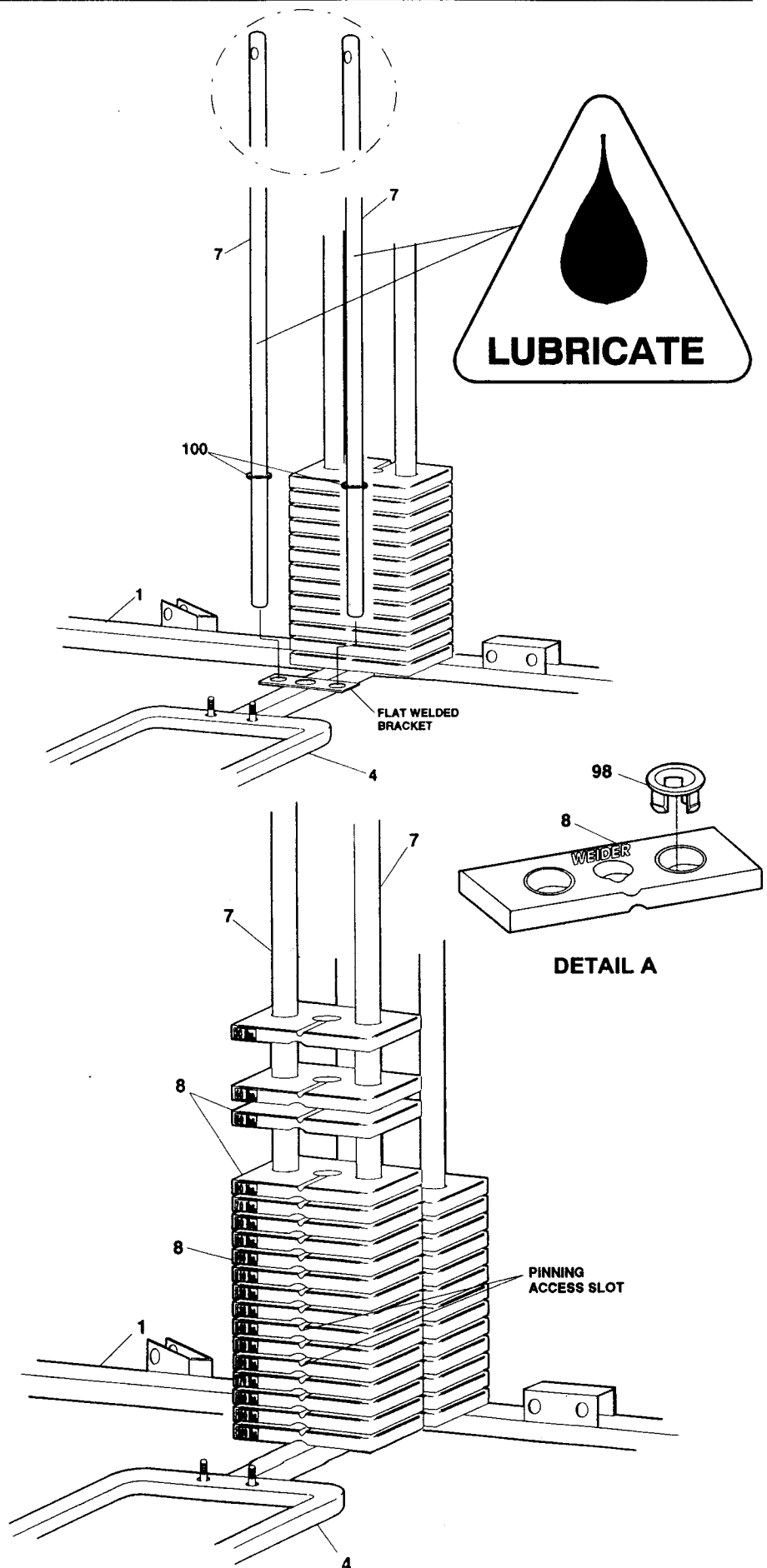
☐ Onto each **GUIDE ROD (45) and (3)**, assemble a **ROUND RUBBER WASHER (100)**.

☐ This **Weight Stack** will have thirteen 10 LB. **WEIGHT PLATES (8)** and one 20 LB. **WEIGHT PLATE (9)**. Into the top side of each of the 10 LB. **WEIGHT PLATES (8)**, press a **PLASTIC GUIDE BUSHING (98)** at the outside hole positions. (Note that "Weider" is cast in the top side of the Plates.) (SEE **DETAIL B**)

☐ Doing one 10 LB. **PLATE (8)** at a time, begin stacking Plates on the **GUIDE RODS (45) and (3)**, making sure that the **Pinning Access Slot** in the **Weight Plates** is facing the **LEFT** side of the unit.



- ☐ Select the two 70" LONG GUIDE RODS (7) which have holes in one end and orient the Guide Rods so that the bolt holes are to the top. Insert the Guide Rods into the outer holes of the Flat Welded Bracket on top of the DIP STATION BASE (4).
- ☐ Onto each GUIDE ROD (7), assemble a ROUND RUBBER WASHER (100).
- ☐ This Weight Stack has eighteen 10 LB. WEIGHT PLATES (8) and one 20 LB. WEIGHT PLATE (9). Into the top side of each of the 10 LB. PLATES (8), press a PLASTIC GUIDE BUSHING (98) at the outside hole positions. (Note that "Weider" is cast in the top side of the Plates.) (SEE DETAIL A)
- ☐ Doing one 10 LB. PLATE (8) at a time, begin stacking plates onto the GUIDE RODS (7), making sure that the Pinning Access Slot in the Weight Plates is facing away from the center of the unit and toward the DIP STATION BASE (4) and to the bottom of each Plate.



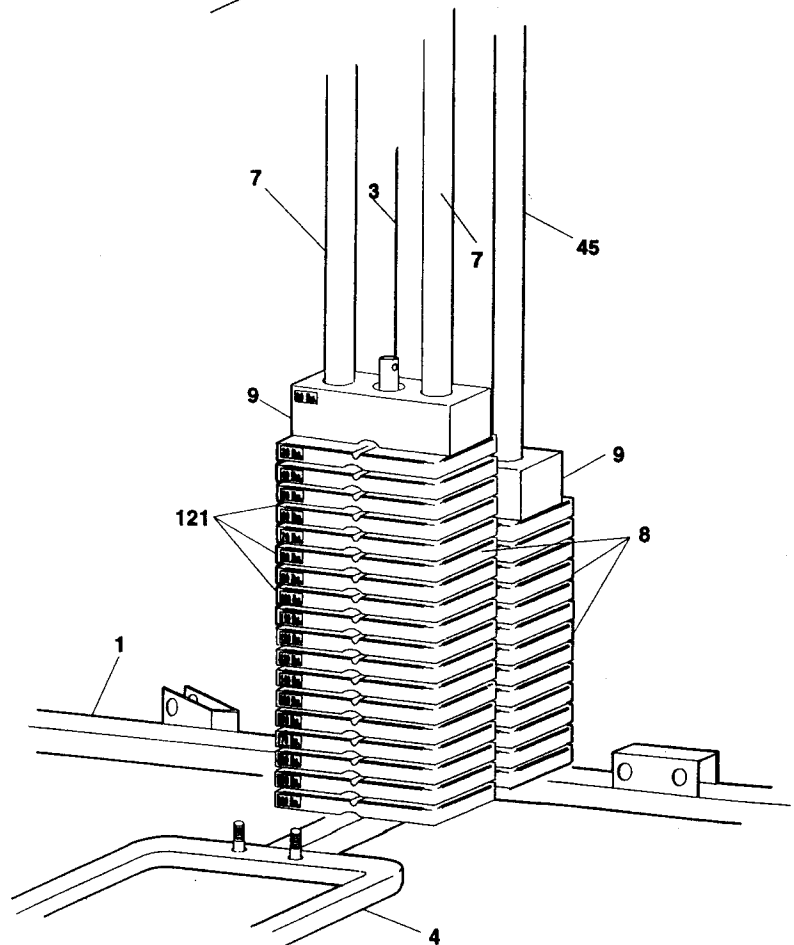
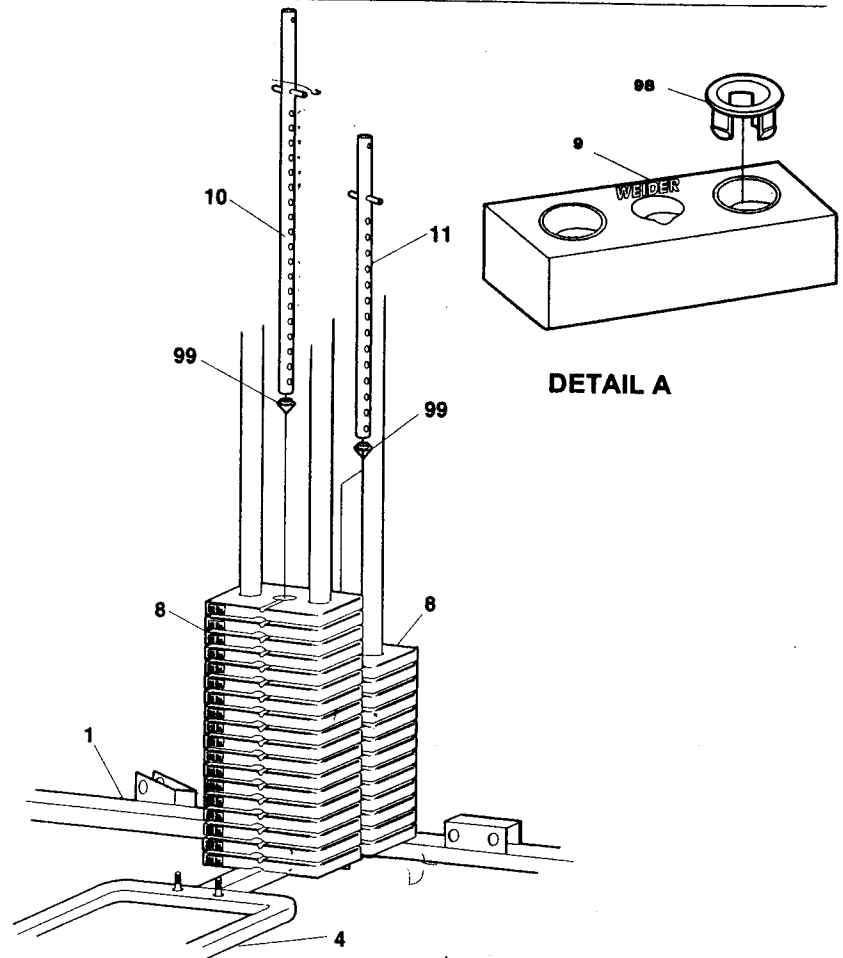
☐ Press the pointed **RUBBER SELECTOR TUBE END PLUGS (99)** into the bottom ends of each of the **WEIGHT SELECTOR TUBES (10)** and **(11)**. Insert the longer 19-HOLE WEIGHT SELECTOR TUBE (10) into the center hole of the taller Weight Stack. Insert the shorter 14-HOLE WEIGHT SELECTOR TUBE (11) into the center hole of the shorter Weight Stack. Turn the Selector Tubes so that the Roll Pin sits into the groove in the top Weight Plate.

☐ Press **PLASTIC GUIDE BUSHINGS (98)** into the outside hole positions in the **20 LB. WEIGHT PLATES (9)** and fit one each onto each of the sets of **GUIDE RODS (45)** and **(3)** and **(7)** and slide down atop the Weight Stacks. (SEE DETAIL A)

» **NOTE:** At this time, check to make sure all Plates are properly oriented so that the Selector Pin can be pinned at each Plate.

☐ Affix the **WEIGHT PLATE DECALS (121)** to the Weight Stacks. Begin with the taller nineteen Plate Stack, where the Decals will progress from 20 LBS. to 200 LBS. Remove the Decals from the backing sheet and affix to the edge of the **WEIGHT PLATES (8)** and **(9)**. Decals should progress from 20 LB. on the top 20 LB. **WEIGHT PLATE (9)** to 200 LB. on the bottom 10 LB. **WEIGHT PLATE (8)**.

☐ Working with the shorter fourteen Plate Stack, remove the Decals from the backing sheet and affix to the edge of the **WEIGHT PLATES (8)** and **(9)**. Decals should progress from 20 LB. on the top 20 **LB. WEIGHT PLATE (9)** to 150 LB. on the bottom 10 **LB. WEIGHT PLATE (8)**.



STEP 4 TOP FRAME ASSEMBLY

PART NAME	QTY
50 3/8" FLAT WASHER	6
51 3/8" NYLON LOCK NUT	6
52 3/8" X 2 3/4" CARRIAGE BOLT	2
53 3/8" X 2 3/4" HEX HEAD BOLT	4
80 2" SQUARE PLASTIC INSERT CAP	3
83 1" X 2" PLASTIC INSERT CAP	1

- ☐ Press a 1" X 2" PLASTIC INSERT CAP (83) into the bottom tubing end of the TOP FRAME (12).

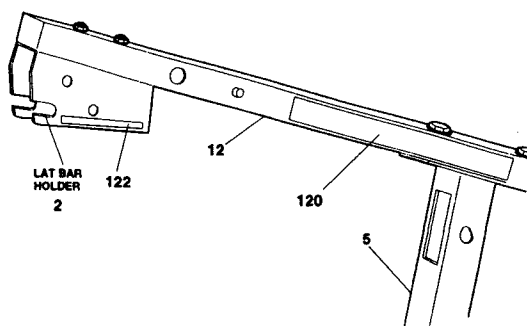
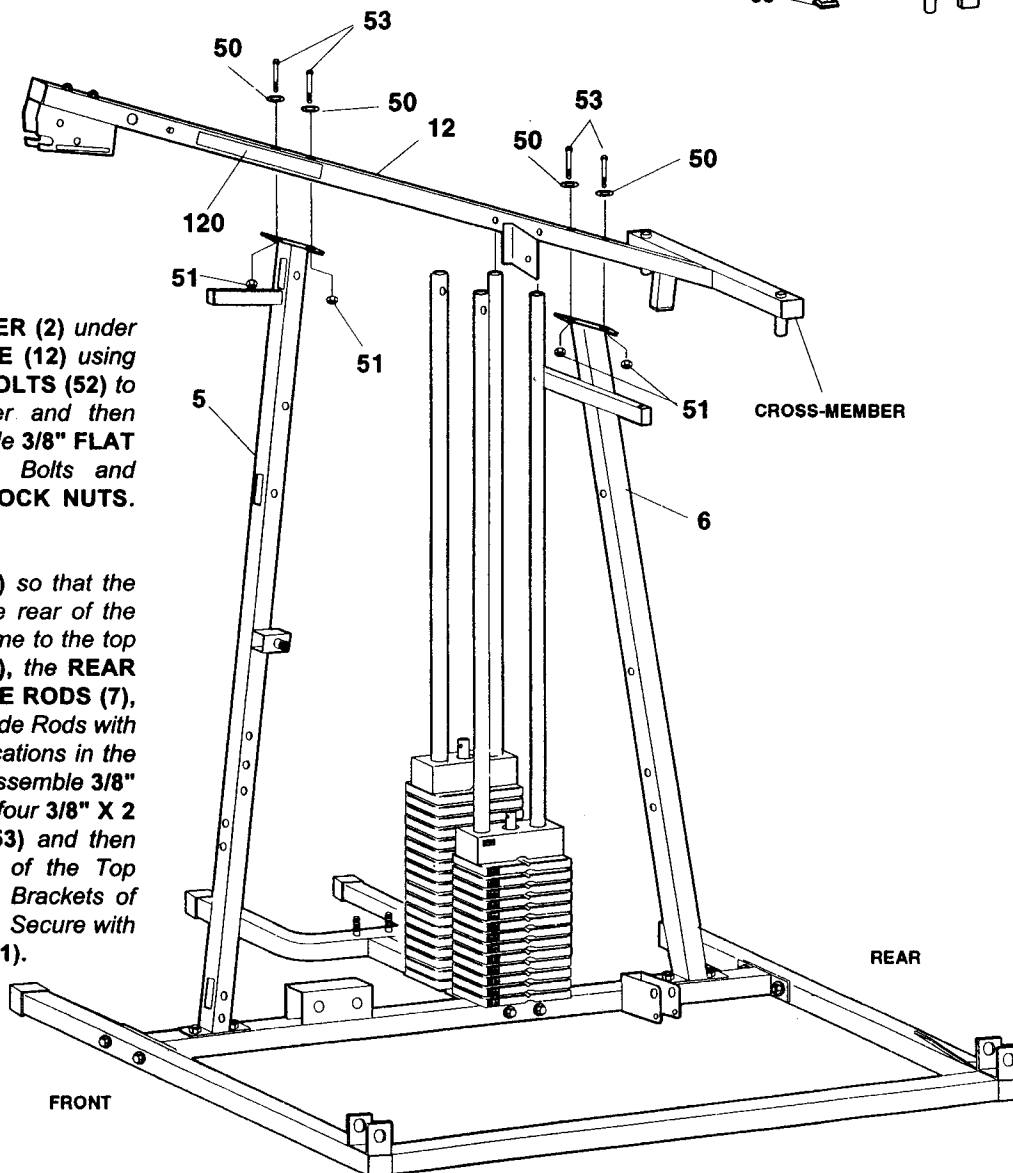
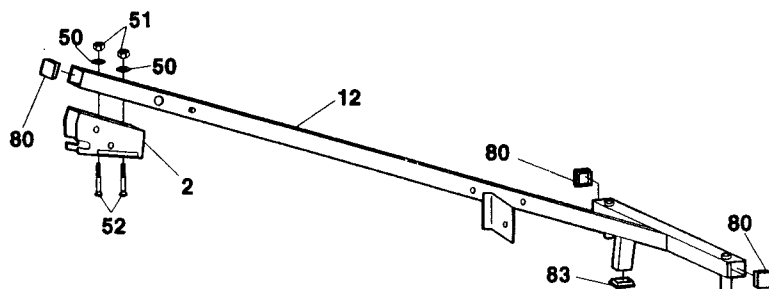
- ☐ Press 2" SQUARE PLASTIC INSERT CAPS (80) into the tubing ends of the TOP FRAME (12).

- ☐ Attach the LAT BAR HOLDER (2) under the front of the TOP FRAME (12) using 3/8" X 2 3/4" CARRIAGE BOLTS (52) to bolt up through the Holder and then through the Frame. Assemble 3/8" FLAT WASHERS (50) onto the Bolts and secure with 3/8" NYLON LOCK NUTS (51).

- ☐ Orient the TOP FRAME (12) so that the Cross-Member will be to the rear of the unit. Assemble the Top Frame to the top of the FRONT UPRIGHT (5), the REAR UPRIGHT (6), and the GUIDE RODS (7), making sure to insert the Guide Rods with **NO HOLES** into the hole locations in the bottom of the Top Frame. Assemble 3/8" FLAT WASHERS (50) onto four 3/8" X 2 3/4" HEX HEAD BOLTS (53) and then bolt down through the top of the Top Frame and into the Welded Brackets of the Front and Rear Uprights. Secure with 3/8" NYLON LOCK NUTS (51).

- ☐ Remove the TOP MAST DECALS (120) from the backing sheet and affix to both sides of the TOP FRAME (12) directly in front of the FRONT UPRIGHT (5) Post.

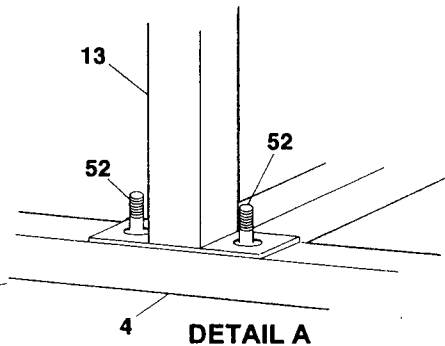
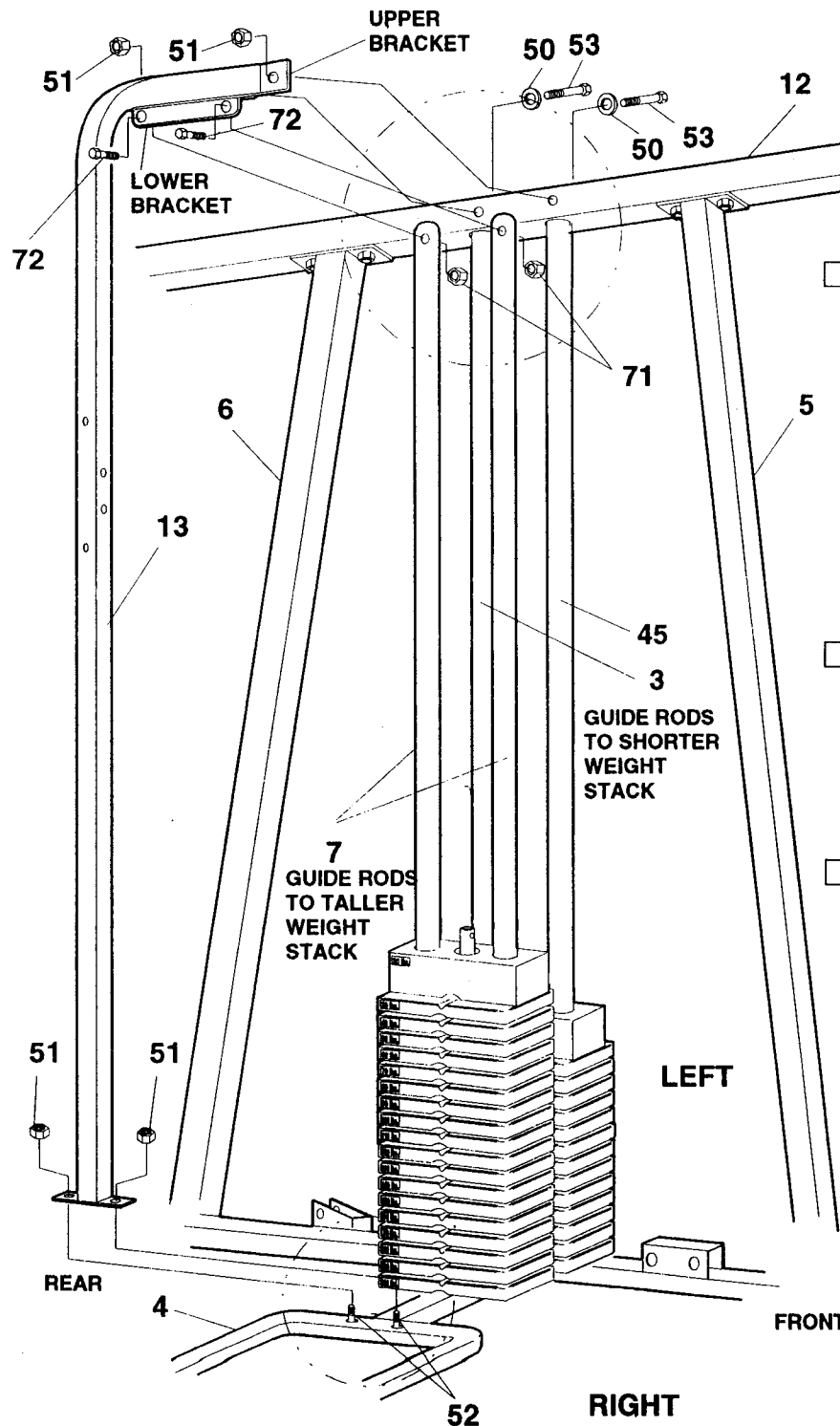
- ☐ Remove the LAT PULL-DOWN DECALS (122) from the backing sheet and affix to the Lat Bar Holder on the front of the TOP FRAME (12).



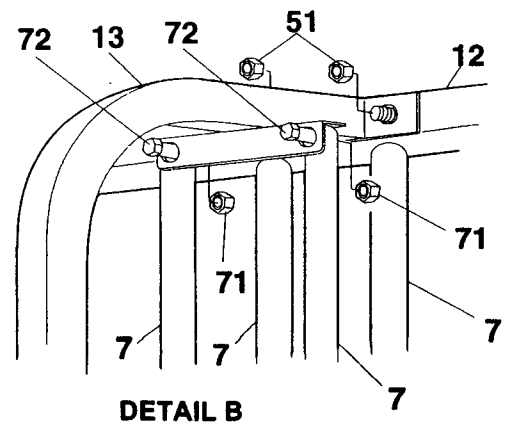
STEP 5 AB FLEX UPRIGHT ASSEMBLY

PART NAME	QTY
50 3/8" FLAT WASHER	2
51 3/8" NYLON LOCK NUT	4
53 3/8" X 2 3/4" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2
72 5/16" X 1 1/2" HEX HEAD BOLT	2

- ☐ Assemble the AB FLEX UPRIGHT (13) to the DIP STATION BASE (4) and the TOP FRAME (12) by straddling the bottom of the Upright over the 3/8" X 2 3/4" CARRIAGE BOLTS (52) previously assembled up through the Dip Station Base. (SEE DETAIL A)



- ☐ Attach the Upper and Lower Brackets of the AB FLEX UPRIGHT (13) to the side of the TOP FRAME (12) and to the top of the GUIDE RODS (7) to the Taller Weight Stack. Assemble the Upper Bracket of the Upright to the side of the Top Frame by first assembling 3/8" FLAT WASHERS (50) onto two 3/8" X 2 3/4" HEX HEAD BOLTS (53) and then bolt through the LEFT side of the Top Frame. Assemble the Upper Bracket of the Upright onto the Bolts and then secure with 5/16" NYLON LOCK NUTS (71).
- ☐ Attach the Lower Bracket of the AB FLEX UPRIGHT (13) to the top of the GUIDE RODS (7) to the Taller Weight Stack using 5/16" X 1 1/2" HEX HEAD BOLTS (72) to bolt through the Bracket and then the Guide Rods. Secure in place with 5/16" NYLON LOCK NUTS (71). (SEE DETAIL B)
- ☐ Secure the base of the AB FLEX UPRIGHT (13) by assembling 5/16" NYLON LOCK NUTS (51) onto the previously assembled BOLTS (52).



STEP 6 AB FLEX ASSEMBLY

PART NAME	QTY
51 3/8" NYLON LOCK NUT	2
55 3/8" X 3" HEX HEAD BOLT	2
60 1/4" FLAT WASHER	6
64 1/4" X 2 1/2" HEX HEAD BOLT	6
80 2" SQUARE PLASTIC INSERT CAP	2

☐ Press 2" SQUARE PLASTIC INSERT CAPS (80) into the ends of the AB FLEX ARMS (14).

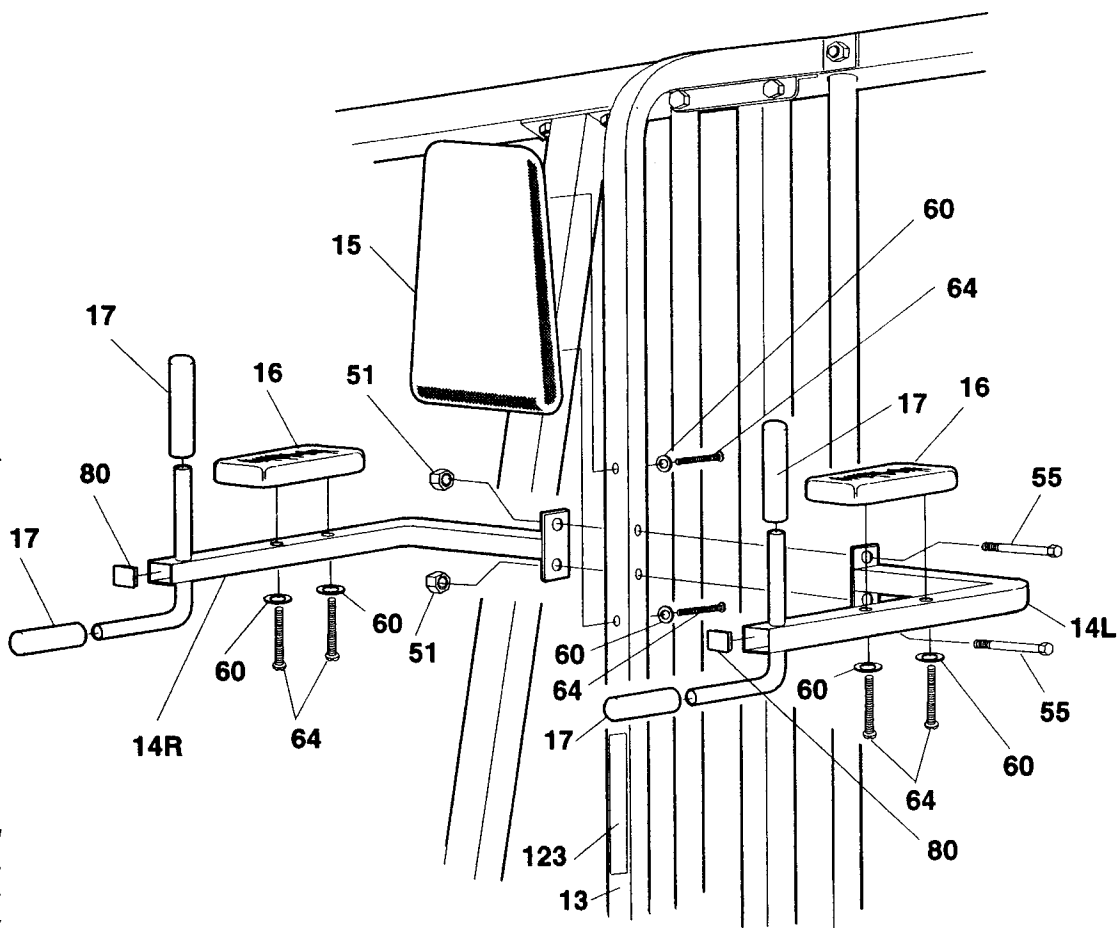
☐ Assemble 1" X 5" PLASTIC GRIPS (17) onto the Handle ends of the AB FLEX ARMS (14).

☐ Attach the AB FLEX ARMS (14L) and (14R) to the AB FLEX UPRIGHT (13) using 3/8" X 3" HEX HEAD BOLTS (55) to bolt through the one Arm, the Upright, and then the other Arm. Secure with 3/8" NYLON LOCK NUTS (51).

☐ Assemble the AB FLEX BACKREST (15) to the AB FLEX UPRIGHT (13) by first assembling 1/4" FLAT WASHERS (60) onto two 1/4" X 2 1/2" HEX HEAD BOLTS (64) and then bolting through the back of the Upright and into the Backrest.

☐ Attach the AB FLEX ARM PADS (16) to the AB FLEX ARMS (14) by first assembling 1/4" FLAT WASHERS (60) onto 1/4" X 2 1/2" HEX HEAD BOLTS (64) and then bolting up through the bottom of each Ab Flex Arm and into the Arm Pad.

☐ Remove the AB FLEX STATION DECAL (123) from the backing sheet and affix to the AB FLEX UPRIGHT (13) below the BACKREST (15).

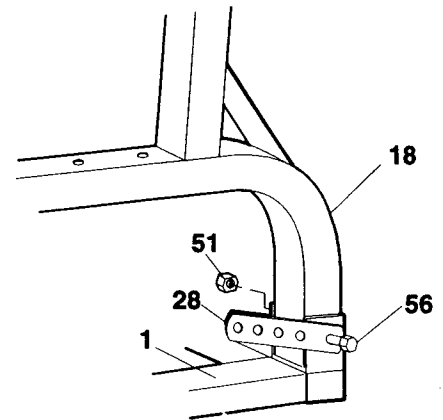
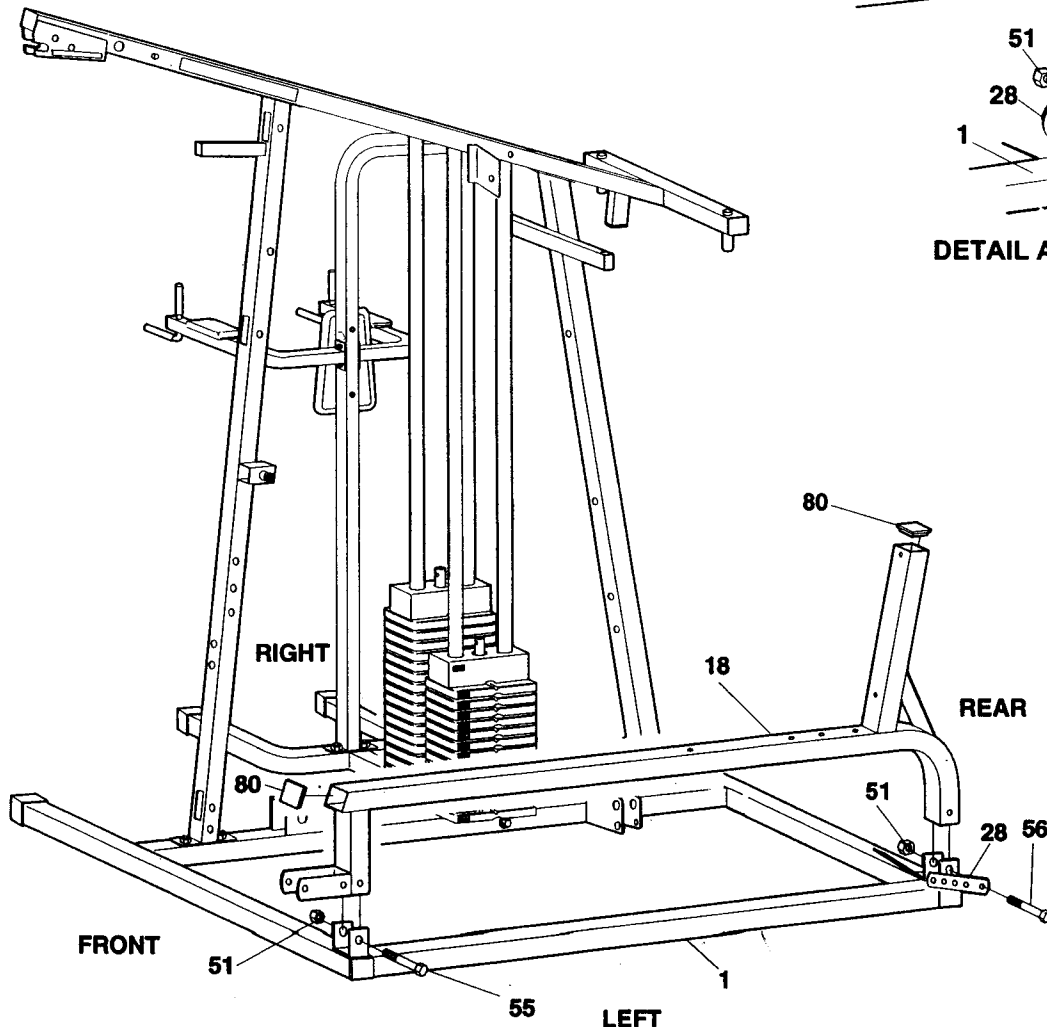


STEP 7 LEG PRESS ASSEMBLY

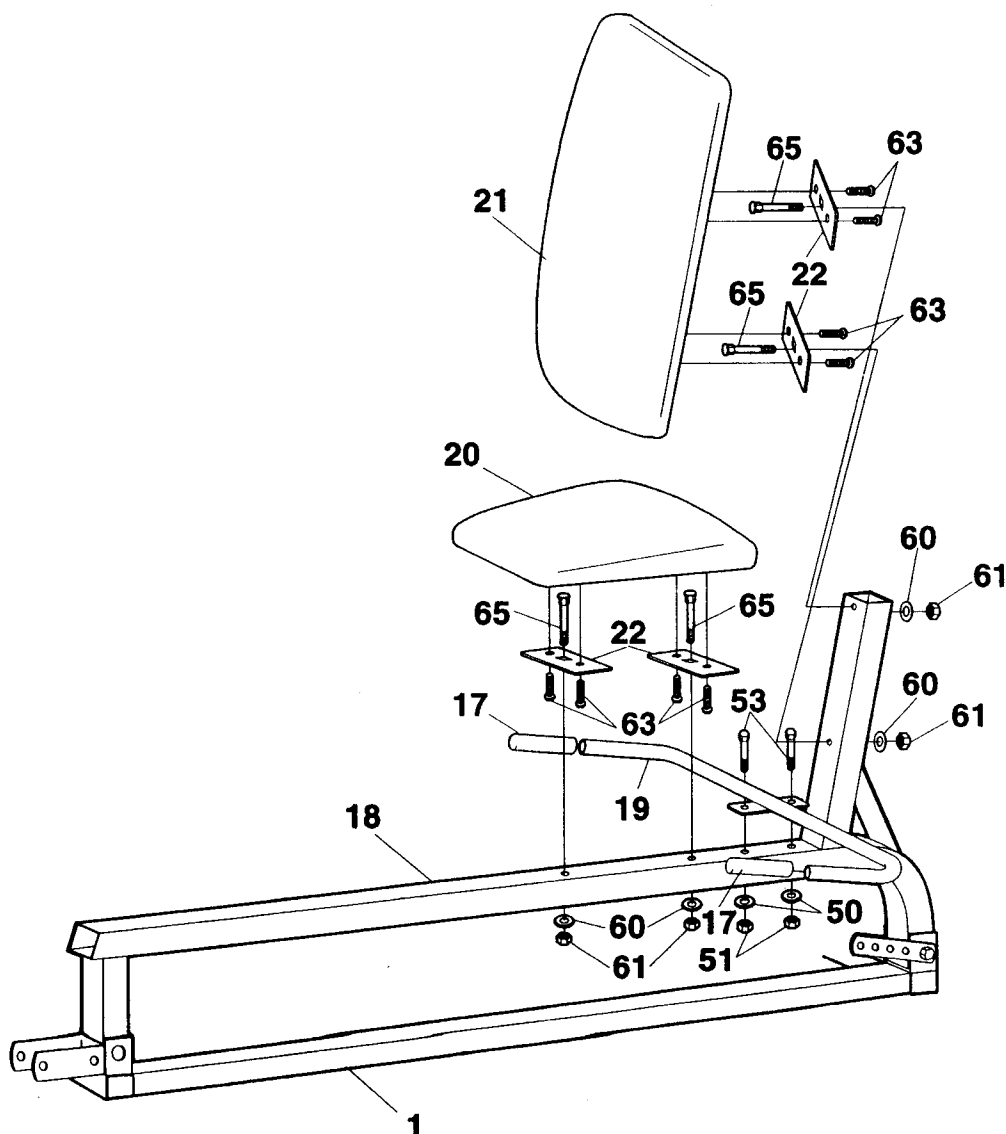
PART NAME	QTY
50 3/8" FLAT WASHER	6
51 3/8" NYLON LOCK NUT	11
53 3/8" X 2 3/4" HEX HEAD BOLT	2
55 3/8" X 3" HEX HEAD BOLT	3
56 3/8" X 3 1/4" HEX HEAD BOLT	1
57 3/8" X 3 1/4" HEX HEAD BOLT - GRADE 5	1
58 3/8" X 3" HEX HEAD BOLT - GRADE 5	1
59 3/8" X 3 1/2" HEX HEAD BOLT - GRADE 5	1
60 1/4" FLAT WASHER	6
61 1/4" NYLON LOCK NUT	4
63 1/4" X 3/4" ROUND HEAD MACHINE SCREW	8
65 1/4" X 2 1/2" CARRIAGE BOLT	4
78 3/8" X 3 3/4" HEX HEAD BOLT - GRADE 5	1
79 3/8" X 3 1/2" HEX HEAD BOLT	1
80 2" SQUARE PLASTIC INSERT CAP	4
83 1" X 2" PLASTIC INSERT CAP	2
101 1/2" O.D. X 2" LONG METAL SPACER	2
104 BRASS BUSHING	2
117 3/8" SPRING CLIP	1
119 3/8" X 3 1/4" PIN	1

☐ Cap the **LEG PRESS FRAME (18)** at the top and at the front end with **2" SQUARE PLASTIC INSERT CAPS (80)**.

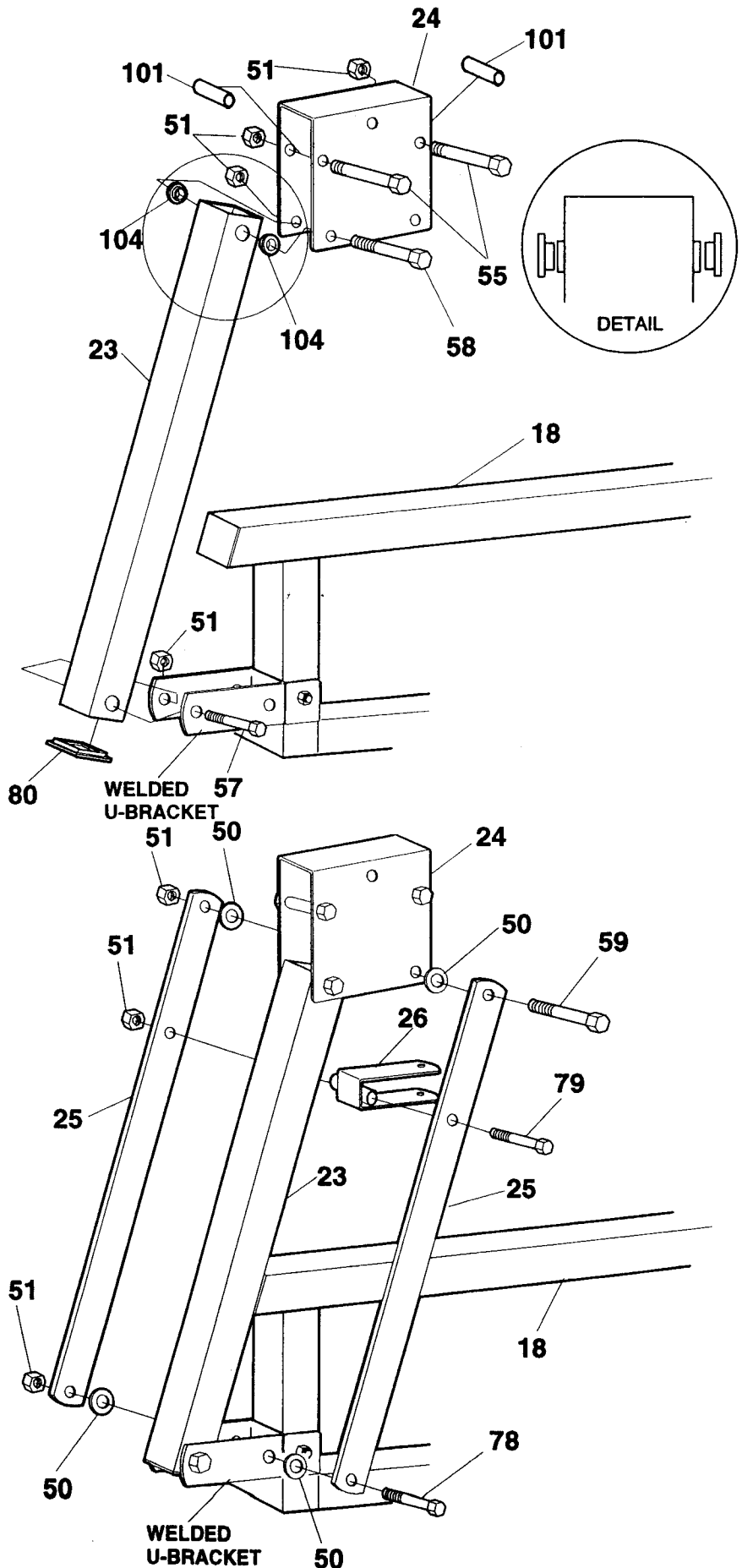
☐ Assemble the **LEG PRESS FRAME (18)** to the top of the **LEFT MAIN BASE (1)** and between the **Welded Brackets** on top of the Base. Orient the Leg Press Frame so that the **U-Bracket** on the lower Leg Press Frame is extending out to the front of the unit. Secure the front leg of the Leg Press Frame by bolting with a **3/8" X 3" HEX HEAD BOLT (55)** through the **Welded Brackets** on the Base and then the leg of the Leg Press Frame. Fasten with a **3/8" NYLON LOCK NUT (51)**. Secure the rear leg of the Leg Press Frame by first assembling the **ADJUSTMENT BRACKET (28)** onto a **3/8" X 3 1/4" HEX HEAD BOLT (56)** and then bolting through the outside leg of the Leg Press Frame. Secure with a **3/8" NYLON LOCK NUT (51)**.

**DETAIL A**

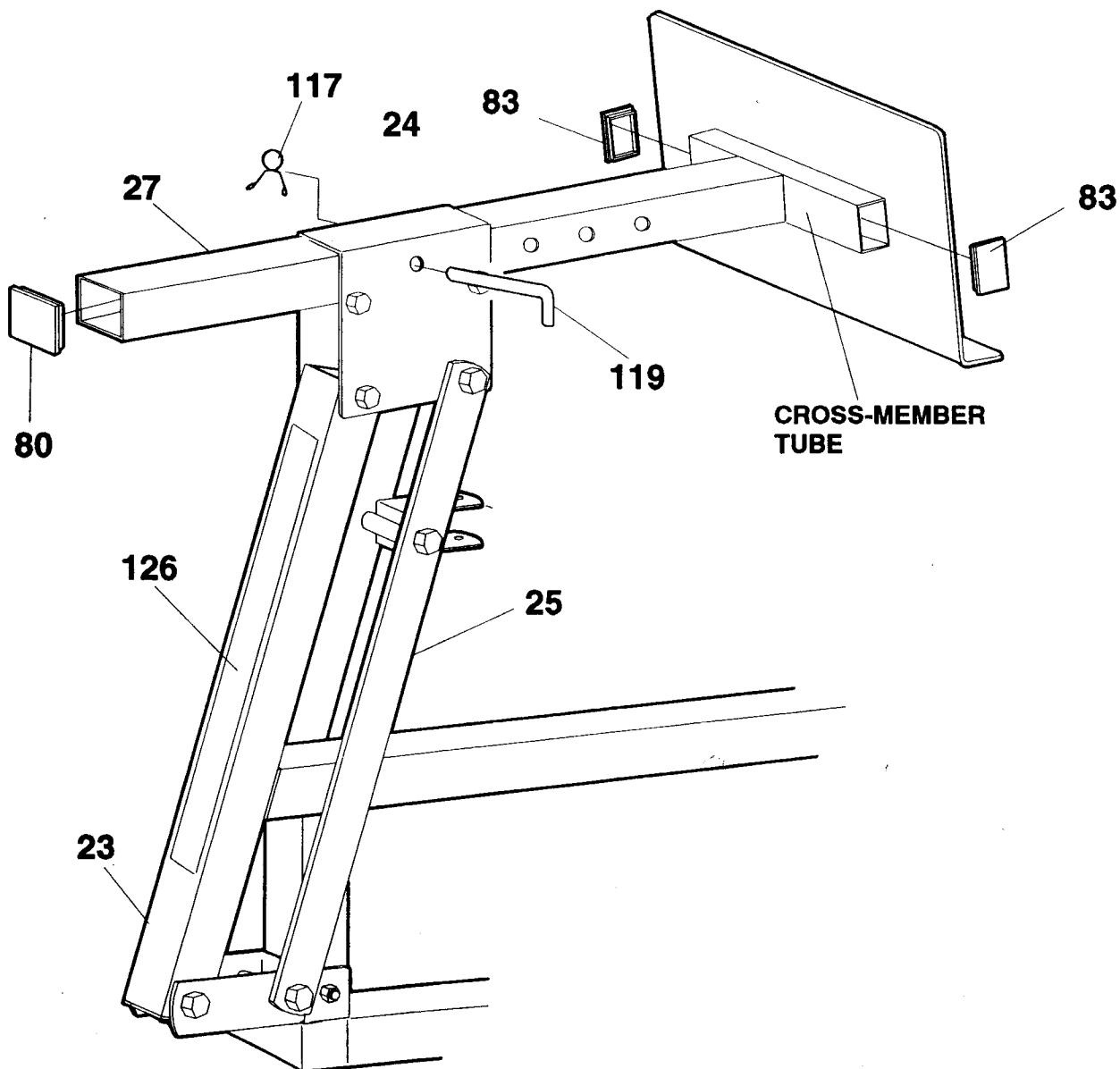
- ☐ Press 1" X 5" **PLASTIC GRIPS (17)** onto the ends of the **HANDLEBAR (19)**.
- ☐ Attach the **Welded Bracket of the HANDLEBAR (19)** to the **LEG PRESS FRAME (18)** directly in front of the Upright tubing. Using **3/8" X 2 3/4" HEX HEAD BOLTS (53)**, bolt down through the top of the Welded Bracket of the Handlebar and through the top of the Leg Press Frame. Assemble **3/8" FLAT WASHERS (50)** onto the Bolts and secure with **3/8" NYLON LOCK NUTS (51)**.
- ☐ Attach **MOUNTING BRACKETS (22)** (These are flat brackets 2" X 6" with two round holes and a square hole in the center) to the top side of the **LEG PRESS FRAME (18)** by bolting down through the Mounting Bracket and then through the Leg Press Frame with **1/4" X 2 1/2" CARRIAGE BOLTS (65)**. Fasten in place with **1/4" FLAT WASHERS (60)** and **1/4" NYLON LOCK NUTS (61)**. Do not tighten at this time.
- ☐ Locate the **LEG PRESS SEAT (13" LONG) (20)** over the **MOUNTING BRACKETS (22)** so that the wide end of the Seat is to the rear. Assemble up through the Brackets and into the bottom of the Seat with **1/4" X 3/4" ROUND HEAD MACHINE SCREWS (63)**.
- ☐ Attach **MOUNTING BRACKETS (22)** to the Upright Tubing of the **LEG PRESS FRAME (18)** by bolting through the Mounting Brackets and then through the front of the Upright Tubing with **1/4" X 2 1/2" CARRIAGE BOLTS (65)**. Fasten in place with **1/4" FLAT WASHERS (60)** and **1/4" NYLON LOCK NUTS (61)**. Do not tighten at this time.
- ☐ Locate the **LEG PRESS BACKREST (15" LONG TAPERED) (21)** over the **MOUNTING BRACKETS (22)**. Assemble through the Brackets and into the back of the Backrest with **1/4" X 3/4" ROUND HEAD MACHINE SCREWS (63)**.
- ☐ Now, take the time to tighten the **CARRIAGE BOLTS (65)** holding the **MOUNTING BRACKETS (22)** in the **SEAT (20)** and **BACKREST (21)**.



- ☐ Cap the bottom end of the **LEG PRESS EXTENSION (23)** with a **2" SQUARE PLASTIC INSERT CAP (80)**.
- ☐ Press **3/8" I.D. GRAY SHOULDER BUSHINGS (104)** into the large welded sleeve through the **LEG PRESS EXTENSION (23)**. SEE DETAIL DRAWING.
- ☐ Assemble the bottom end (end WITH the Cap) of the **LEG PRESS EXTENSION (23)** into the **Welded U-Bracket** of the **LEG PRESS FRAME (18)**. Using a **3/8" X 3 1/4" HEX HEAD BOLT - GRADE 5 (57)**, bolt through the **Welded U-Bracket**, the **Leg Extension**, and the other side of the **U-Bracket**. Secure with a **3/8" NYLON LOCK NUT (51)**.
- ☐ Straddle a lower open corner of the **LEG PRESS SLIDER BRACKET (24)** over the top of the **LEG PRESS EXTENSION (23)**. (SEE ILLUSTRATION) Using a **3/8" X 3" HEX HEAD BOLT - GRADE 5 (58)**, bolt through the outside of the **Slider Bracket**, the **Extension**, and through the other side of the **Bracket**. Secure with a **3/8" NYLON LOCK NUT (51)**.
- ☐ Assemble **1/2" O.D. X 2" METAL SPACERS (101)** inside the **LEG PRESS SLIDER BRACKET (24)** at the two upper horizontal bolt hole locations. Attach using **3/8" X 3" HEX HEAD BOLTS (55)** to bolt through the **Bracket** and **Spacer**. Fasten with **3/8" NYLON LOCK NUTS (51)**. DO NOT bolt through the top most bolt hole location.
- ☐ Attach the lower **LEG PRESS ARMS (25)** to the outside of the **Welded U-Bracket** at the base of the **LEG PRESS FRAME (18)**. (Make sure to orient the end of the **Arms** with the two holes to the top.) Slide **3/8" FLAT WASHERS (50)** between the **Arms** and the **U-Bracket**. Using a **3/8" X 3 3/4" HEX HEAD BOLT - GRADE 5 (78)**, bolt through one **Arm**, a **Washer**, the **Welded U-Bracket**, another **Washer**, and the other **Arm**. Secure with a **3/8" NYLON LOCK NUT (51)**.
- ☐ Attach the upper **LEG PRESS ARMS (25)** to the outside lower open corner of the **LEG PRESS SLIDER BRACKET (24)**. Slide **3/8" FLAT WASHERS (50)** between the **Arms** and the **Slider Bracket**. Using a **3/8" X 3 1/2" HEX HEAD BOLT - GRADE 5 (59)**, bolt through one **Arm**, a **Flat Washer**, the **Slider Bracket**, another **Flat Washer**, and then the other **Arm**. Secure with a **3/8" NYLON LOCK NUT (51)**.
- ☐ Assemble the **LEG PRESS PULLEY BRACKET (26)** between the **LEG PRESS ARMS (25)** at the upper hole locations. Using a **3/8" X 3 1/2" HEX HEAD BOLT (79)**, bolt through the one **Arm**, the **Pulley Bracket**, and



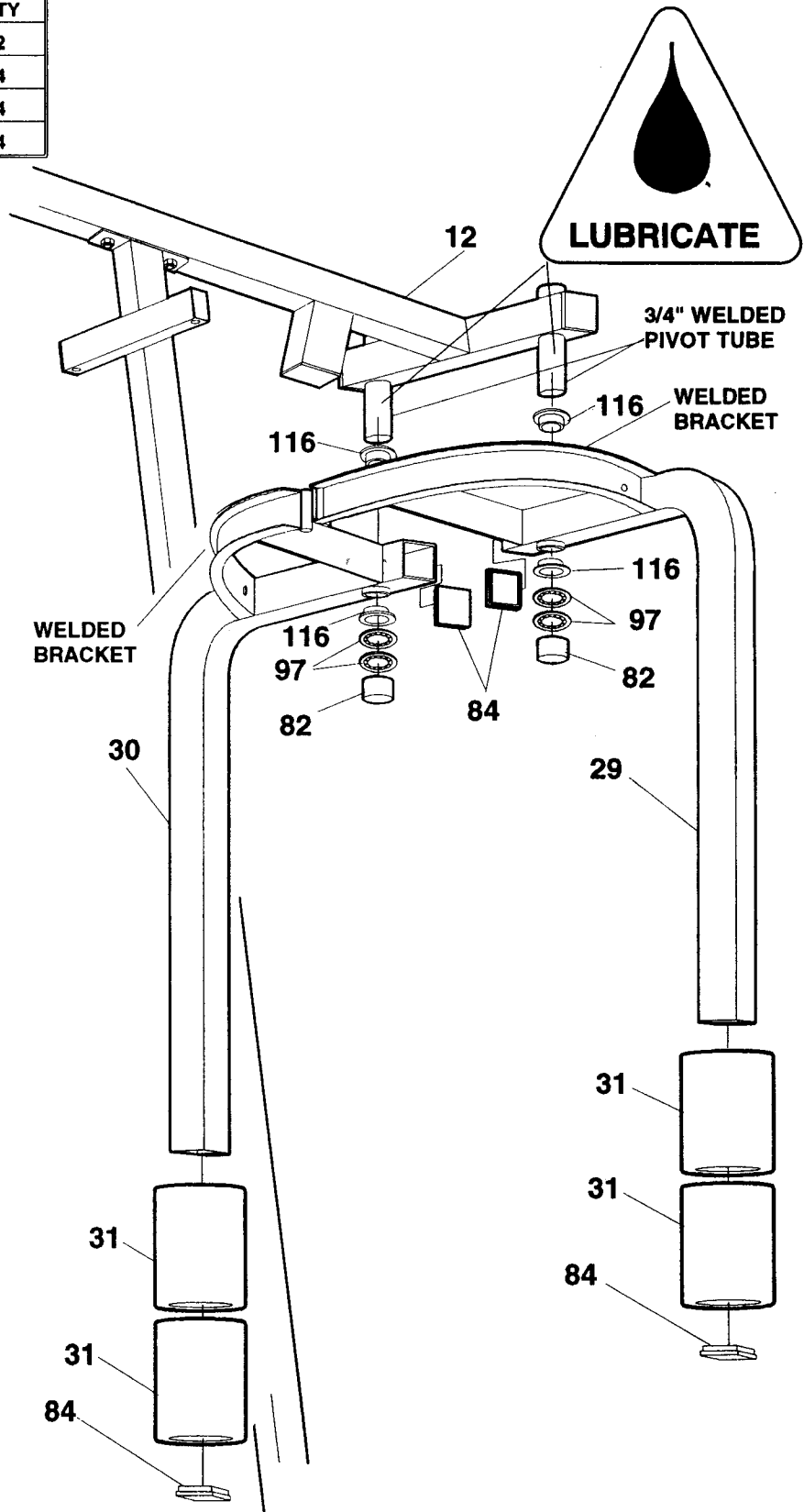
- ☐ Cap the end of the **LEG PRESS FOOT PLATE (27)** with a **2" SQUARE PLASTIC INSERT CAP (80)**.
- ☐ Press **1" X 2" PLASTIC INSERT CAPS (83)** into the front cross-member tube of the **LEG PRESS FOOT PLATE (27)**.
- ☐ Slide the **LEG PRESS FOOT PLATE (27)** into the top of the **LEG PRESS SLIDER BRACKET (24)**. Pin into one of the hole locations using a **3/8" X 3 1/2" PIN (119)** and secure with a **3/8" SPRING CLIP (117)**.
- ☐ Remove the **LEG PRESS DECAL (126)** from the backing sheet and adhere to the front of the **LEG PRESS EXTENSION (23)**
- ☐ **NOTE:** When pinning the Leg Press Plate in position for use, generally persons with shorter legs will have the plate extended rearward (or closer to you) and persons with longer legs will position the Leg Press Plate farther forward.



STEP 8 BUTTERFLY ARM ASSEMBLY

PART NAME	QTY
82 3/4" ROUND PLASTIC COVER CAP	2
84 1 3/4" SQUARE PLASTIC INSERT CAP	4
97 3/4" SPRING RETAINER RING	4
116 3/4" I.D. BRASS BUSHING	4

- ☐ Press 3/4" I.D. BRASS BUSHINGS (116) into the top and bottom of the welded sleeves in the BUTTERFLY ARMS (29) and (30).
- ☐ Cap each end of the BUTTERFLY ARMS (29) and (30) with 1 3/4" SQUARE PLASTIC INSERT CAPS (84).
- ☐ Press the BUTTERFLY ARMS (29) and (30) up and onto the 3/4" Welded Pivot Rods on the rear of the TOP FRAME (12) making sure to orient the Welded Brackets on the back of the Arms toward the center of the unit.
- ☐ Secure the BUTTERFLY ARMS (29) and (30) onto the Pivot Tubes with TWO each 3/4" SPRING RETAINER RINGS (97) and cap the ends of the Tubes with 3/4" ROUND PLASTIC COVER CAPS (82). NOTE: The Spring Retainer Rings are made so that the teeth bend to one side. Align the Retainer Rings so that the teeth are pointed down. The 3/4" Cover Caps can be used to help drive the Retainer Rings onto the Pivot Tubes. Align the Retainer Rings and cap the Tube. Lightly drive the assembly in place with the aid of a hammer.
- ☐ Squeeze a small amount of liquid dish detergent into the four 4" X 8" X 1 7/8" I.D. FOAM ROLLERS (31) and slide two each of the Foam Rollers onto the BUTTERFLY ARMS (29) and (30) and position them up about 5 inches from the Butterfly Arm ends.



STEP 9 BUTTERFLY SEAT & BACKREST ASSEMBLY

PART NAME	QTY
50 3/8" FLAT WASHER	2
51 3/8" NYLON LOCK NUT	2
53 3/8" X 2 3/4" HEX HEAD BOLT	2
60 1/4" FLAT WASHER	4
61 1/4" NYLON LOCK NUT	2
63 1/4" X 3/4" ROUND HEAD MACHINE SCREW	4
64 1/4" X 2 1/2" HEX HEAD BOLT	2
65 1/4" X 2 1/2" CARRIAGE BOLT	2
80 2" SQUARE PLASTIC INSERT CAP	1

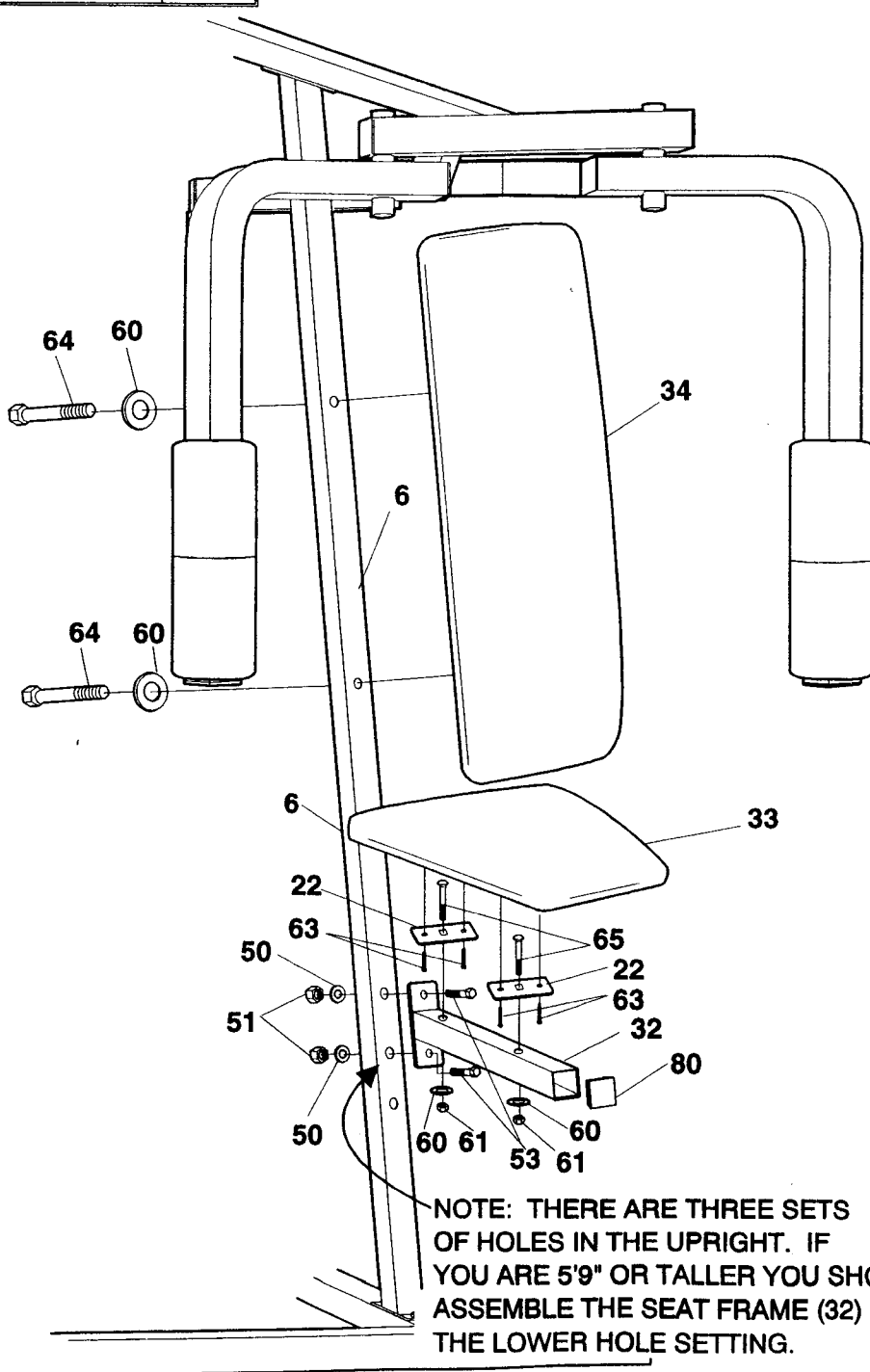
☐ Press a 2" **SQUARE PLASTIC INSERT CAP (80)** into the end of the **BUTTERFLY SEAT FRAME (32)**. (The Butterfly Seat Frame is a straight tube.)

☐ Attach the **BUTTERFLY SEAT FRAME (32)** to the **REAR UPRIGHT (6)** using **3/8" X 2 3/4" HEX HEAD BOLTS (53)** to bolt through the Seat Frame and then through the Upright. Assemble **3/8" FLAT WASHERS (50)** onto the Bolts and secure with **3/8" NYLON LOCK NUTS (51)**.

☐ Attach the **MOUNTING BRACKETS (22)** (These are flat brackets 2" X 6" with two round holes and a square hole in the center.) to the top side of the **BUTTERFLY SEAT FRAME (32)** by bolting down through the Mounting Brackets and then through the Seat Frame with **1/4" X 2 1/2" CARRIAGE BOLTS (65)**. Fasten in place with **1/4" FLAT WASHERS (60)** and **1/4" NYLON LOCK NUTS (61)**. **DO NOT** tighten at this time.

☐ Locate the **BUTTERFLY SEAT (13" LONG) (33)** over the **MOUNTING BRACKETS (22)**. With the wide end of the Seat to the back, assemble up through the Brackets and into the bottom of the Seat with **1/4" X 3/4" ROUND HEAD MACHINE SCREWS (63)**. Now tighten the Carriage Bolts holding the Brackets.

☐ Assemble the **BUTTERFLY BACKREST (10" X 30") (34)** to the **REAR UPRIGHT (6)** by first assembling **1/4" FLAT WASHERS (60)** onto two **1/4" X 2 1/2" HEX HEAD BOLTS (64)** and then bolting through the back of the Upright and then into the Backrest.

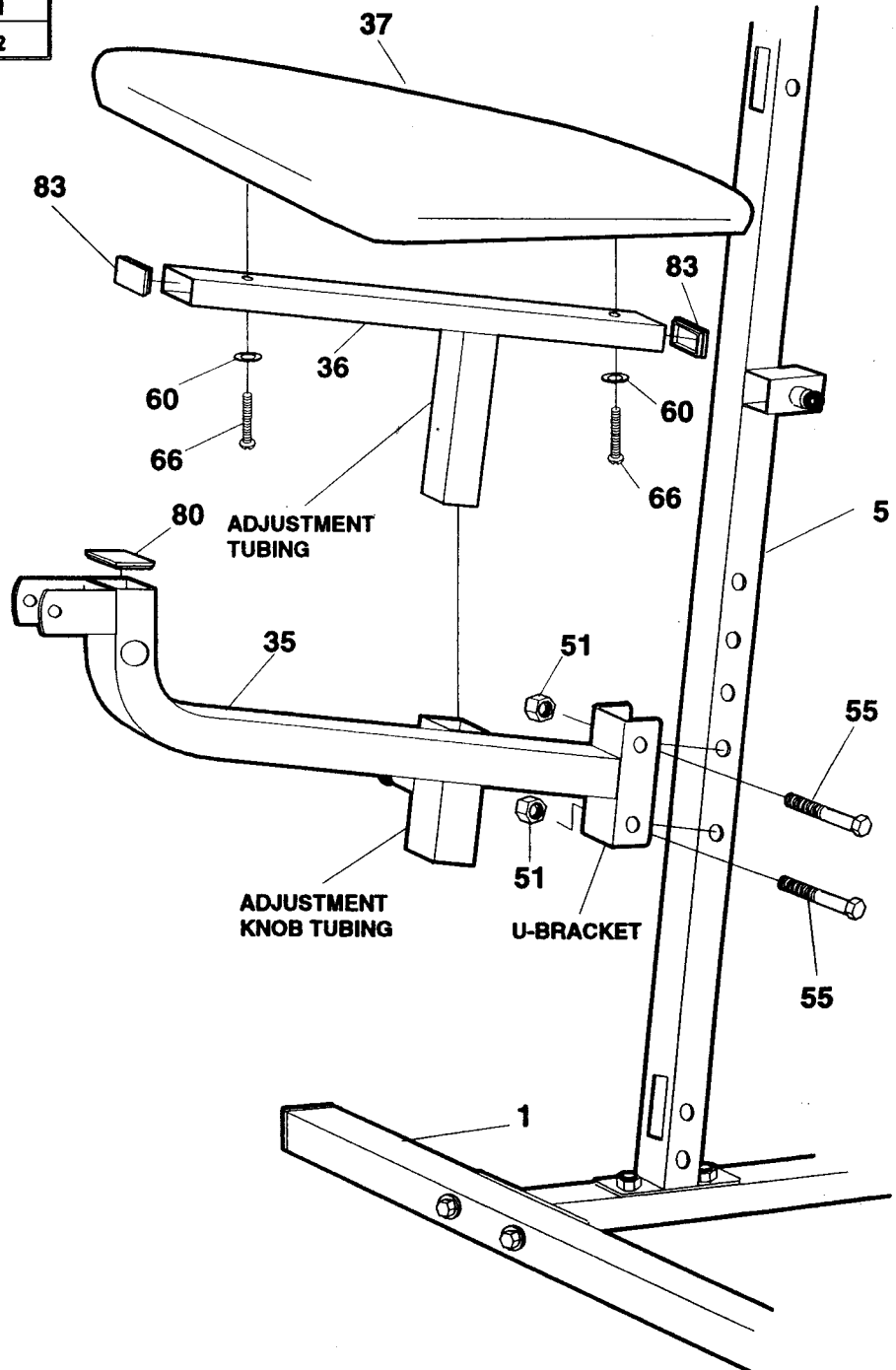


NOTE: THERE ARE THREE SETS OF HOLES IN THE UPRIGHT. IF YOU ARE 5'9" OR TALLER YOU SHOULD ASSEMBLE THE SEAT FRAME (32) IN THE LOWER HOLE SETTING.

STEP 10 ARM PRESS SEAT ASSEMBLY

PART NAME	QTY
51 3/8" NYLON LOCK NUT	2
55 3/8" X 3" HEX HEAD BOLT	2
60 1/4" FLAT WASHER	2
66 1/4" X 1 1/2" HEX HEAD BOLT	2
80 2" SQUARE PLASTIC INSERT CAP	1
83 1" X 2" PLASTIC INSERT CAP	2

- ☐ Press a 2" SQUARE PLASTIC INSERT CAP (80) into the end of the ARM PRESS SEAT FRAME (35).
- ☐ Press 1" X 2" PLASTIC INSERT CAPS (83) into the ends of the ARM PRESS SEAT ADJUSTER (36).
- ☐ Orient the ARM PRESS SEAT FRAME (35) so that the end of the tube turns upward. Fit the U-Bracket of the Seat Frame around the front of the FRONT UPRIGHT (5) at the two lower bolt hole locations. Secure in place using 3/8" X 3" HEX HEAD BOLTS (55) to bolt through the side of the U-Bracket of the Seat Frame and into the Upright. Secure with 3/8" NYLON LOCK NUTS (51).
- ☐ Assemble the ARM PRESS SEAT ADJUSTER (36) to the bottom of the ARM PRESS SEAT (19" LONG) (37) by first assembling 1/4" FLAT WASHERS (60) onto two 1/4" X 1 1/2" HEX HEAD BOLTS (66). Bolt up through the bottom of the Seat Adjuster and into the Seat. (NOTE: THE WIDE END OF THE SEAT IS FACED FORWARD.)
- ☐ Assemble the Seat assembly onto the top of the SEAT FRAME (35) by inserting the Adjustment Tubing down inside the Adjustment Knob Tubing of the Seat Frame. Pull out on the Adjustment Knob and position the Seat assembly at one of the adjustment hole locations and release the Knob.



STEP 11 ARM PRESS BACKREST ASSEMBLY

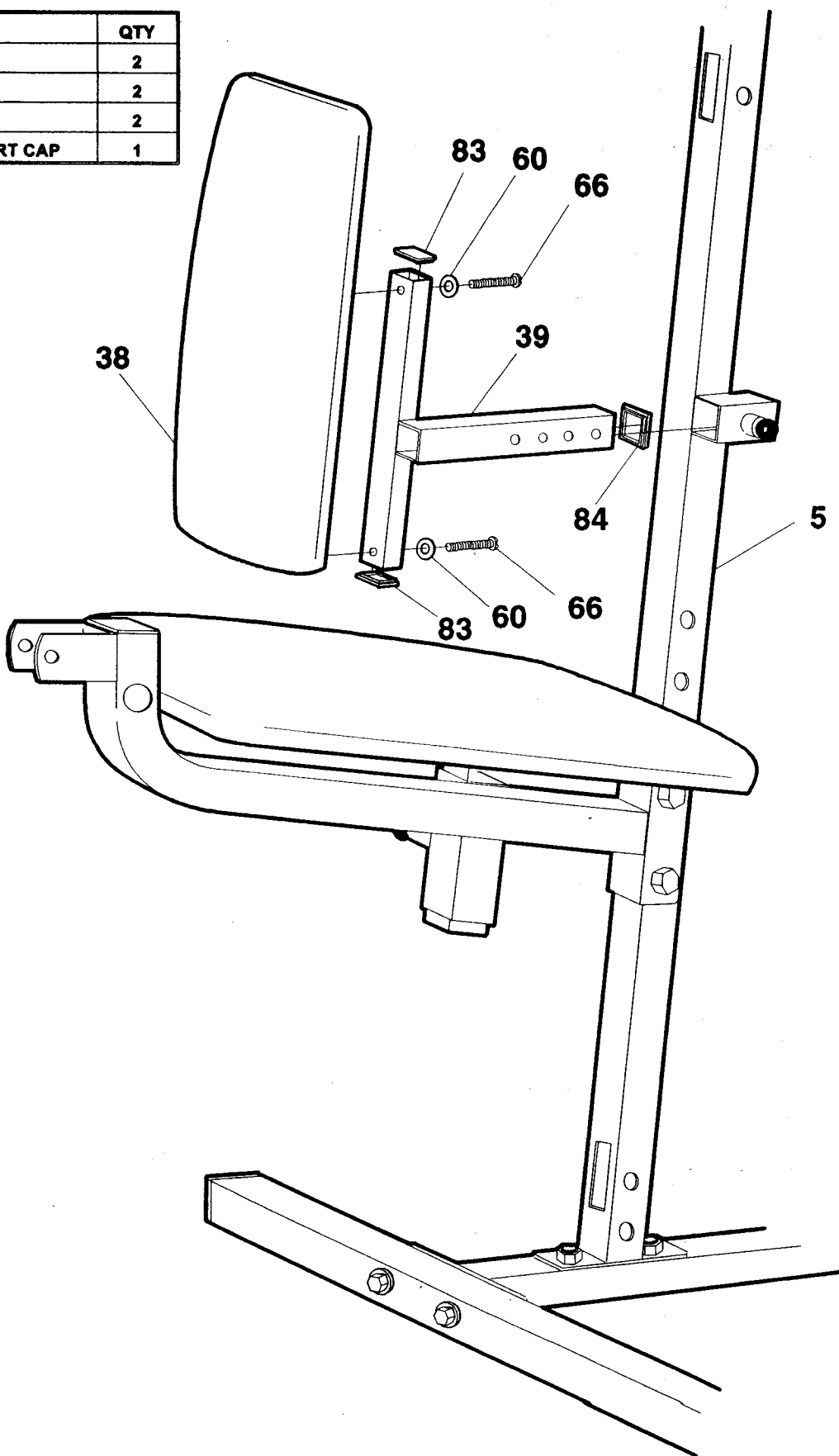
PART NAME	QTY
60 1/4" FLAT WASHER	2
66 1/4" X 1 1/2" HEX HEAD BOLT	2
83 1" X 2" PLASTIC INSERT CAP	2
84 1 3/4" SQUARE PLASTIC INSERT CAP	1

- ☐ Press a 1 3/4" SQUARE PLASTIC INSERT CAP (84) into the Adjustment Tubing end of the ARM PRESS BACKREST ADJUSTER (39).

- ☐ Press 1" X 2" PLASTIC INSERT CAPS (83) into the remaining ends of the ARM PRESS BACKREST ADJUSTER (39).

- ☐ Attach the ARM PRESS BACKREST (10" X 22") (38) to the ARM PRESS BACKREST ADJUSTER (39) by first assembling 1/4" FLAT WASHERS (60) onto two 1/4" X 1 1/2" HEX HEAD BOLTS (66) and then bolting through the back of the Backrest Adjuster and into the back of the Seat.

- ☐ Assemble the Backrest assembly to the FRONT UPRIGHT (5) by sliding the Adjustment Tubing of the Backrest assembly into the Adjustment Knob Tubing located on the side of the Upright. Pull out on the Adjustment Knob and position the Backrest assembly at one of the adjustment hole locations and release the Knob.



STEP 12 LEG CURL ASSEMBLY

PART NAME	QTY
51 3/8" NYLON LOCK NUT	1
56 3/8" X 3 1/4" HEX HEAD BOLT	1
80 2" SQUARE PLASTIC INSERT CAP	3
87 1" ROUND PLASTIC INSERT CAP	4

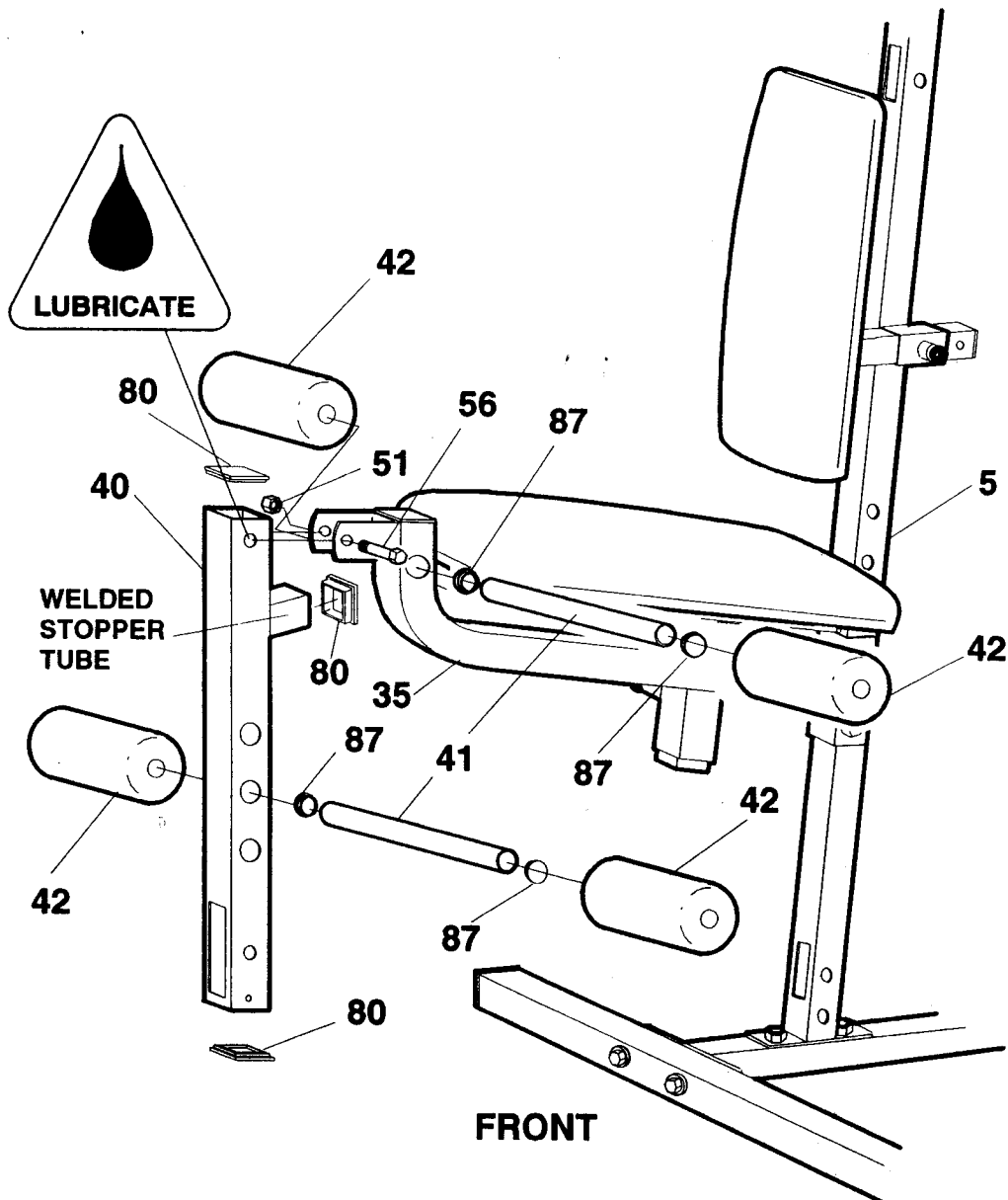
- ☐ Press 2" SQUARE PLASTIC INSERT CAPS (80) into the top and bottom ends of the LEG CURL (40) and into the end of the Welded Stopper Tube on the Leg Curl.

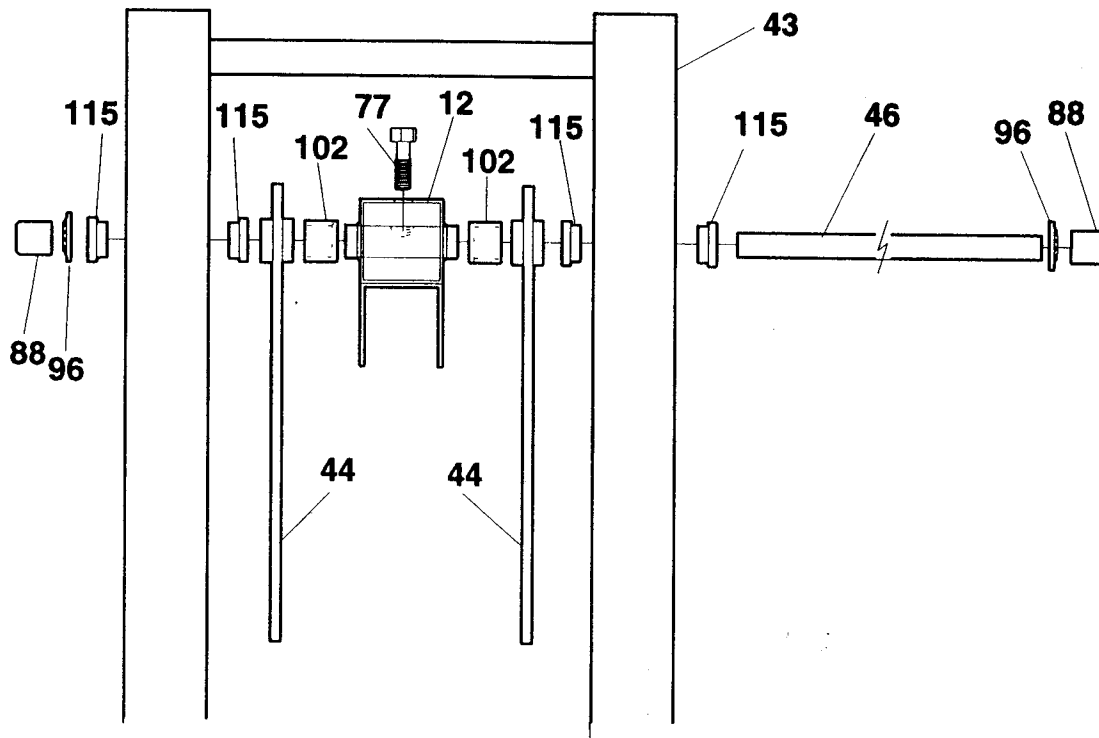
- ☐ Bolt the LEG CURL (40) to the bolt hole location at the end of the ARM PRESS SEAT FRAME (35) using a 3/8" X 3 1/4" HEX HEAD BOLT (56) and a 3/8" NYLON LOCK NUT (51).

- ☐ Press 1" ROUND PLASTIC INSERT CAPS (87) into the ends of the 1" X 18" PAD BARS (41). Wipe a small amount of liquid dish detergent along the length of the Pad Bars. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive. Insert one 4" X 8" X 1" I.D. FOAM ROLLER (42) onto each of the Pad Bars.

- ☐ Insert one Pad Bar assembly into the access hole at the front of the ARM PRESS SEAT FRAME (35) and slide on a second 4" X 8" X 1" I.D. FOAM ROLLER (42).

- ☐ Insert the other Pad Bar assembly into one of the three access hole locations on the LEG CURL (40) and slide on a second 4" X 8" X 1" I.D. FOAM ROLLER (42).





DETAIL "A"

- ☐ Assemble a 3/8" X 1" HEX HEAD BOLT (77) down through the TOP FRAME (12) against the inserted BAR (46).
- ☐ Remove the ARM PRESS ARM DECAL (124) from the backing sheet and affix the Decal to the upper ARM PRESS ARM (43).
- ☐ Remove the RANGE OF MOTION DECALS (125) from the backing sheet and affix to the outside of the RANGE OF MOTION PLATES (44).
- ☐ Insert the LOCKING PIN (118) through the ARM PRESS ARMS (43) and into the Range of Motion Plates.
- ☐ **NOTE:** The series of holes in the Plates allow you to adjust the Handle positions to your liking. SEE THE SECTION CALLED "HOW TO USE THE RANGE OF MOTION FEATURE".

Some of the assemblies have been done at the factory for your convenience. These pre-assembled parts are assembled finger tight. Double check these assemblies when you come to them and tighten them as instructed in that assembly box.

CABLES



IMPORTANT

BEFORE BEGINNING ASSEMBLY OF THE CABLES IT IS RECOMMENDED THAT YOU LUBRICATE THE BEARING ON THE INSIDE OF EACH PULLEY. AS A PART OF YOUR MAINTENANCE, THESE PULLEYS SHOULD THEN BE LUBRICATED APPROXIMATELY ONCE MONTHLY.

AVOID CABLE PROBLEMS:

Woven Cable, like the type used on this Gym, stretch as they become broken in. It is critical to the function of the Gym that excess Cable slack be kept adjusted out of the Cable run. The two adjustments to this gym are at the Leg Extension and under the Leg Press Seat. Always keep excess slack adjusted out of the Cable run. Anything more than 1 inch of slack will take away from a full range of conditioning.

Also, periodic lubrication of all moving parts; Pulleys, Brackets, and Guide Rods will eliminate excess friction and let the system work smoothly.

IF YOUR HOME GYM FEELS LIKE IT IS BINDING UP, READ THE FOLLOWING:

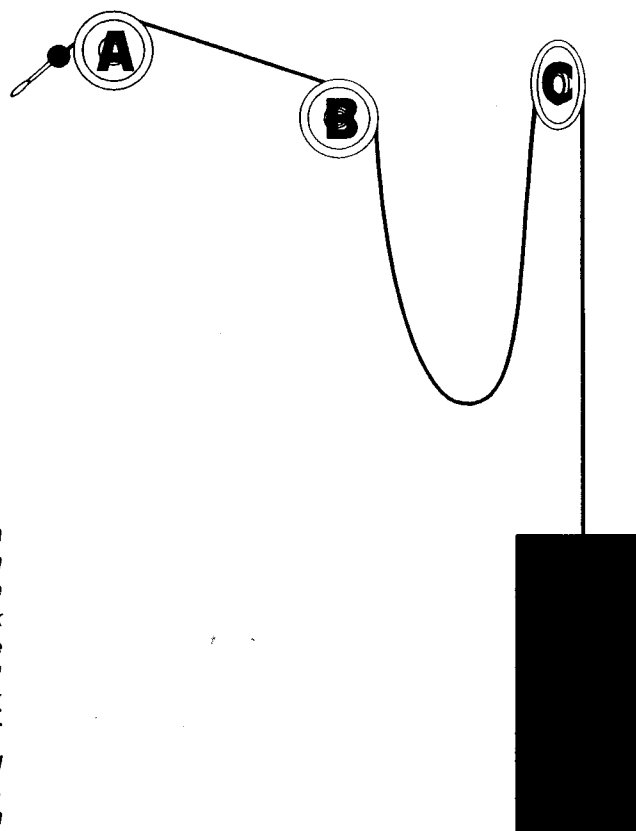
During use, if it ever feels like the exercise is binding up, stop immediately and check the Cable run and Pulleys to see if a Cable has jumped off a Pulley or if it is binding on a Cable Trap Bracket. Prompt attention may prevent Cable damage.

SAFETY TIPS:

- ☐ ALWAYS MAKE CERTAIN THAT SMALL CHILDREN ARE CLEAR OF THE UNIT WHILE IN USE.
- ☐ DO NOT ALLOW CHILDREN TO PLAY ON THIS EQUIPMENT UNATTENDED.
- ☐ NEVER PUT YOUR HANDS, FINGERS, OR OTHER PARTS OF YOUR BODY BETWEEN MOVING PARTS OR WEIGHTS WHILE THE GYM IS IN USE.
- ☐ KEEP ALL BOLTS AND FASTENERS TIGHTENED.

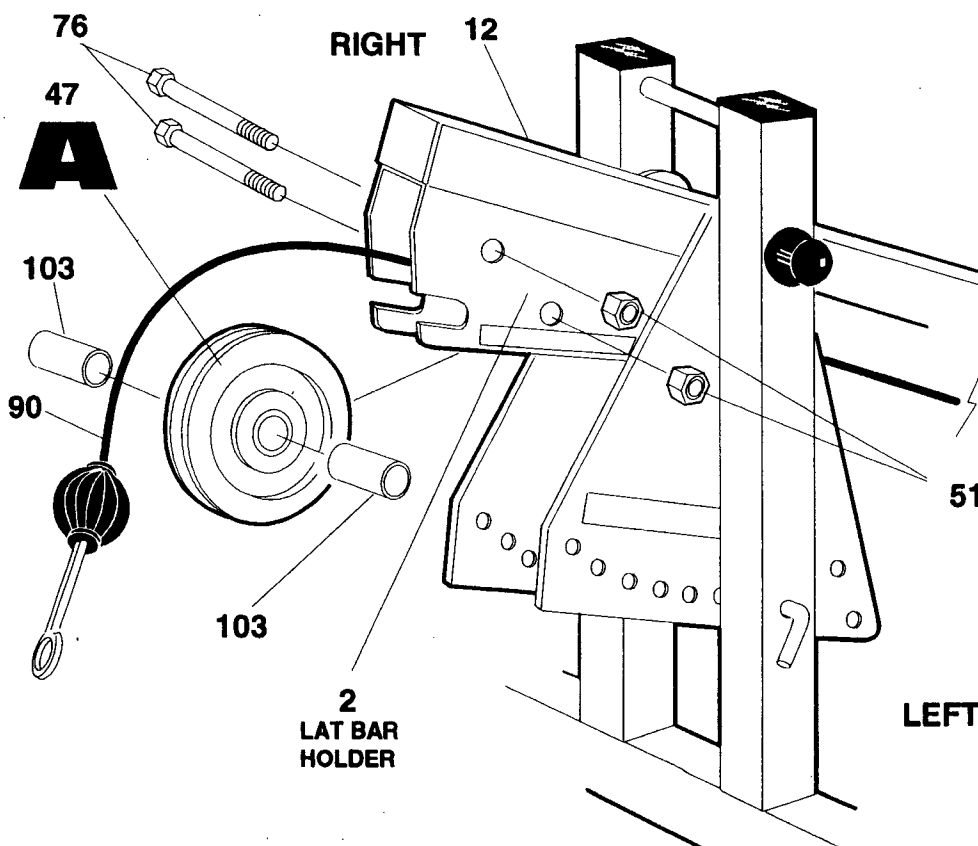
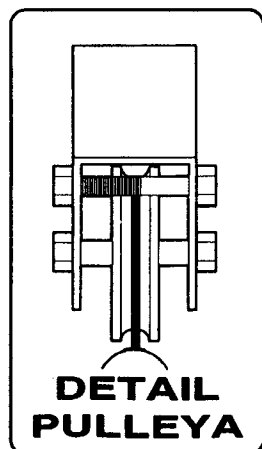
STEP 14 LAT CABLE ASSEMBLY

PART NAME	QTY
47 3 1/2" PULLEY	3
49 4 1/2" PULLEY	1
50 3/8" FLAT WASHER	2
51 3/8" NYLON LOCK NUT	3
69 3/8" JAM NUT	1
71 5/16" NYLON LOCK NUT	1
73 3/8" X 3 3/4" HEX HEAD BOLT	1
74 5/16" X 1 1/2" HEX HEAD BOLT - GRADE 5	1
75 3/8" X 1 3/4" HEX HEAD BOLT	1
76 3/8" X 2 1/2" HEX HEAD BOLT	2
103 1/2" O.D. X 1/4" LONG METAL SPACER	2
114 1/2" O.D. X 1/2" LONG METAL SPACER	2

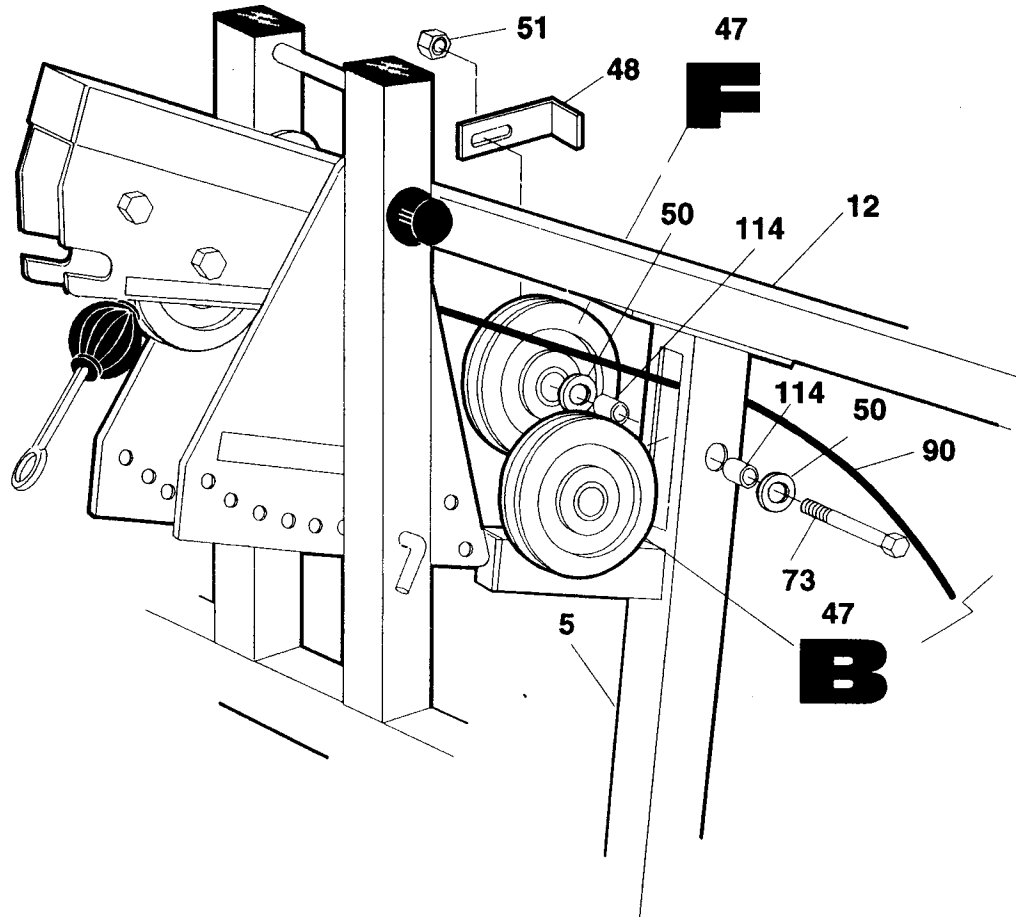
**ENTIRE LAT CABLE ROUTING**

- ☐ Select the 139" LONG LAT CABLE (90) (This Cable has a large Rubber Ball and Washer on one end and a Loop on the other end.) and begin by assembling the end of the Cable with the Rubber Ball and Washer up through the back of the ARM PRESS ARM (43) to the front and top of the TOP FRAME (12). Assemble the Cable onto a 3 1/2" PULLEY A (47). Assemble the Pulley and a 1/2" O.D. X 1/4" LONG SPACERS (103) up into the bottom of the LAT BAR HOLDER (2) at the lower bolt hole location, making sure that a Spacer is located on either side of the Pulley. Using a 3/8" X 2 1/2" HEX HEAD BOLT (76), bolt through the Lat Bar Holder from the RIGHT side, through a Spacer, the Pulley, and then the other Spacer. Secure with a 3/8" NYLON LOCK NUT (103). (SEE DETAIL PULLEY A)

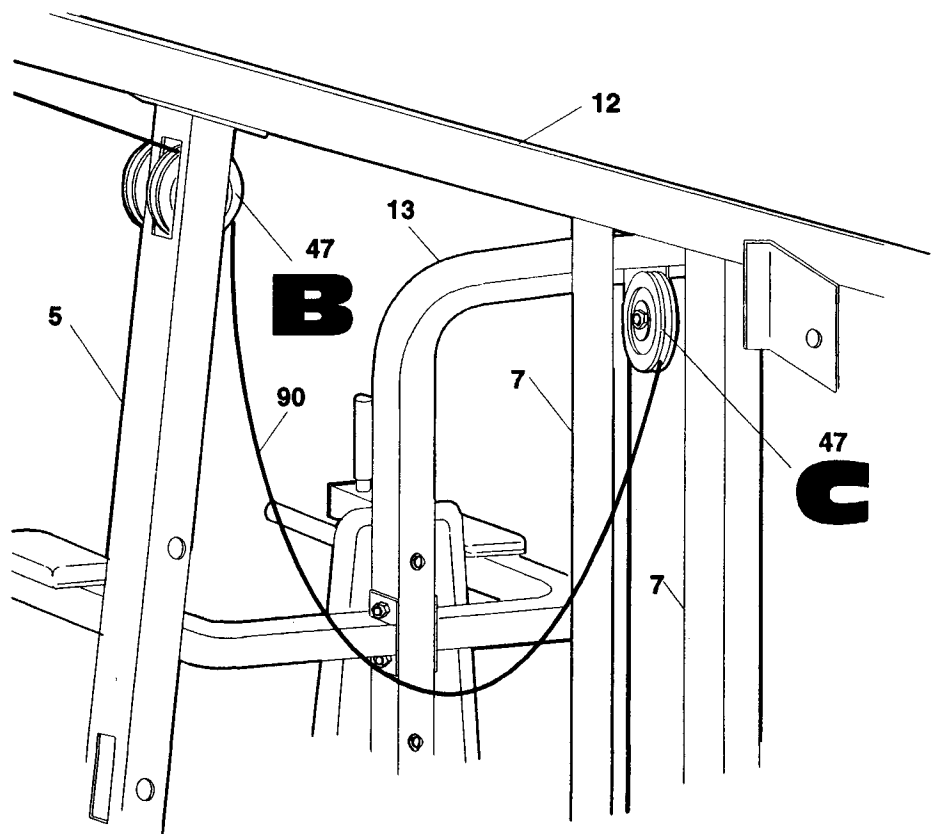
- ☐ To trap the CABLE (90) onto the PULLEY A, assemble a 3/8" X 2 1/2" HEX HEAD BOLT (76) through the upper bolt hole location in the LAT BAR HOLDER (2). Make sure the Cable is behind this Bolt and on the Pulley (SEE DETAIL PULLEY A). Secure with a 3/8" NYLON LOCK NUT (51).



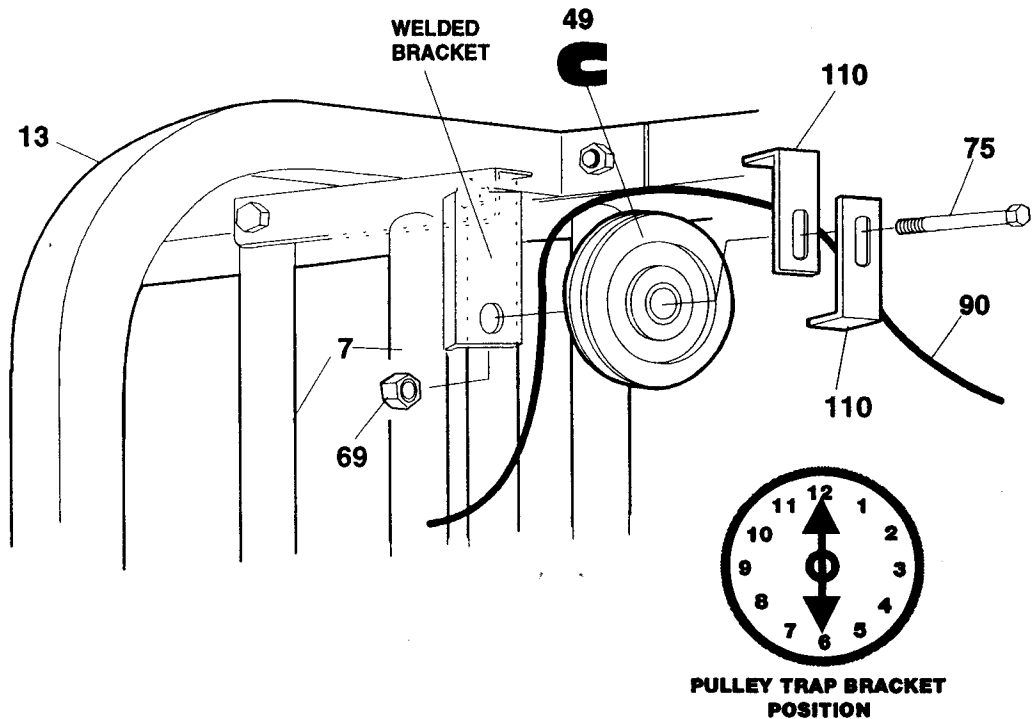
- Bring the **CABLE (90)** rearward to the **FRONT UPRIGHT (5)**. Fit the Cable over a **3 1/2" PULLEY B (47)**. Assemble the Pulley into the slot at the top of the Upright by first assembling a **3/8" FLAT WASHER (50)** and a **1/2" O.D. X 1/2" LONG METAL SPACER (114)** onto a **3/8" X 3 3/4" HEX HEAD BOLT (73)**. Bolt through the **LEFT** side of the Upright, through the Pulley inside the Upright, and then the right side of the Upright. Assemble another **1/2" I.D. X 1/2" LONG METAL SPACER (114)** and then a **3 1/2" PULLEY F (47)** onto the Bolt followed with a **CABLE TRAP BRACKET (48)**. Position the Cable Trap Bracket at the o'clock position. Fasten only finger tight with a **3/8" NYLON LOCK NUT (51)** as this assembly will be completed in a later Step.



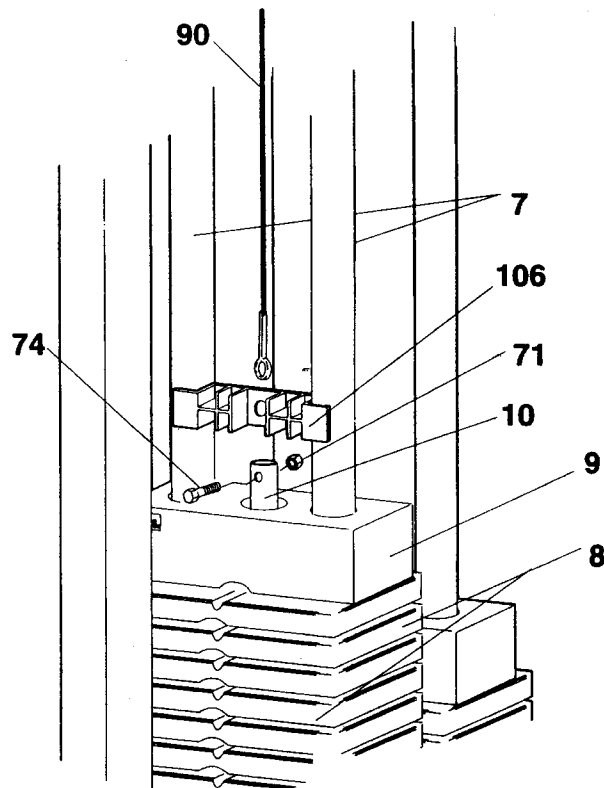
- ☐ Loop the **CABLE (90)** down between the **FRONT UPRIGHT (5)** and the **GUIDE RODS (7)** and bring the Cable back up to the top of the **AB FLEX UPRIGHT (13)**.



- Assemble the **CABLE (90)** over a **4 1/2" PULLEY C (49)** and attach the Pulley assembly to the **Welded Bracket** beneath the **AB FLEX UPRIGHT (13)** and between the **GUIDE RODS (7)**. Assemble two **CABLE TRAP BRACKETS (48)** onto a **3/8" X 1 3/4" HEX HEAD BOLT (75)** and bolt through the Pulley and then the Bracket. Position the Cable Trap Brackets one at the 12 o'clock position and the other at the 6 o'clock position. Secure with a **3/8" JAM NUT (69)**.



- Bring the **CABLE (90)** back down to the top of the taller **Weight Stack**. Position the molded **PLASTIC GUIDE BRACKET (106)** so it fits in front of the **GUIDE RODS (7)** and behind the **WEIGHT SELECTOR TUBE (10)**. Insert the Loop end of the Cable down into the Selector Tube. Bolt through the Selector Tube, the Cable Loop, and the Guide Bracket with a **5/16" X 1 1/2" HEX HEAD BOLT (74)** and a **5/16" NYLON LOCK NUT (71)**.



STEP 15 ARM PRESS CABLE ASSEMBLY

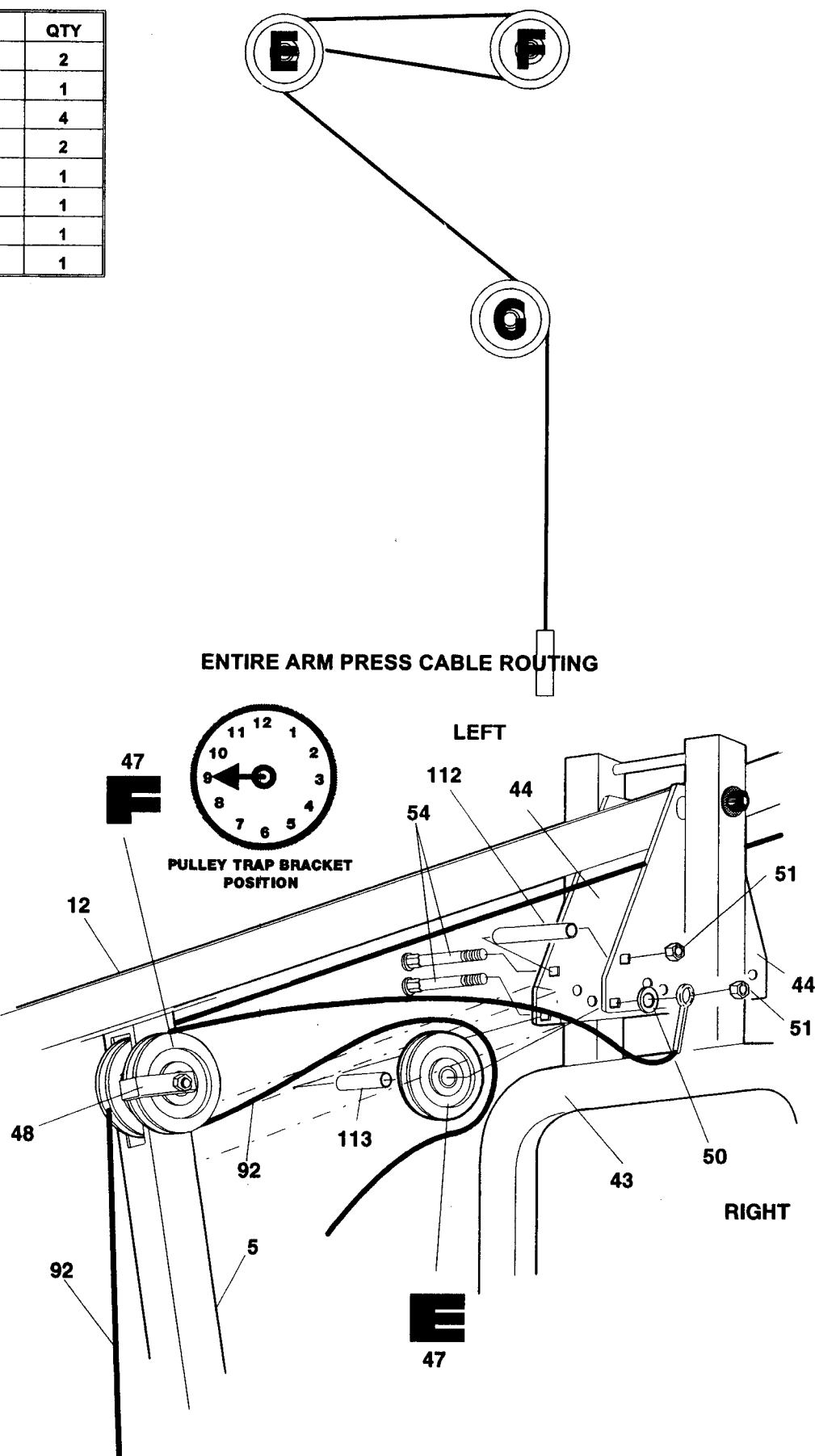
PART NAME	QTY
47 3 1/2" PULLEY	2
50 3/8" FLAT WASHER	1
51 3/8" NYLON LOCK NUT	4
54 3/8" X 4" CARRIAGE BOLT	2
73 3/8" X 3 3/4" HEX HEAD BOLT	1
77 3/8" X 1" HEX HEAD BOLT	1
112 3 1/16" LONG METAL SPACER	1
113 2 1/16" LONG METAL SPACER	1

- ☐ Select the 89" ARM PRESS CABLE (92) (This Cable has two Loop ends.).

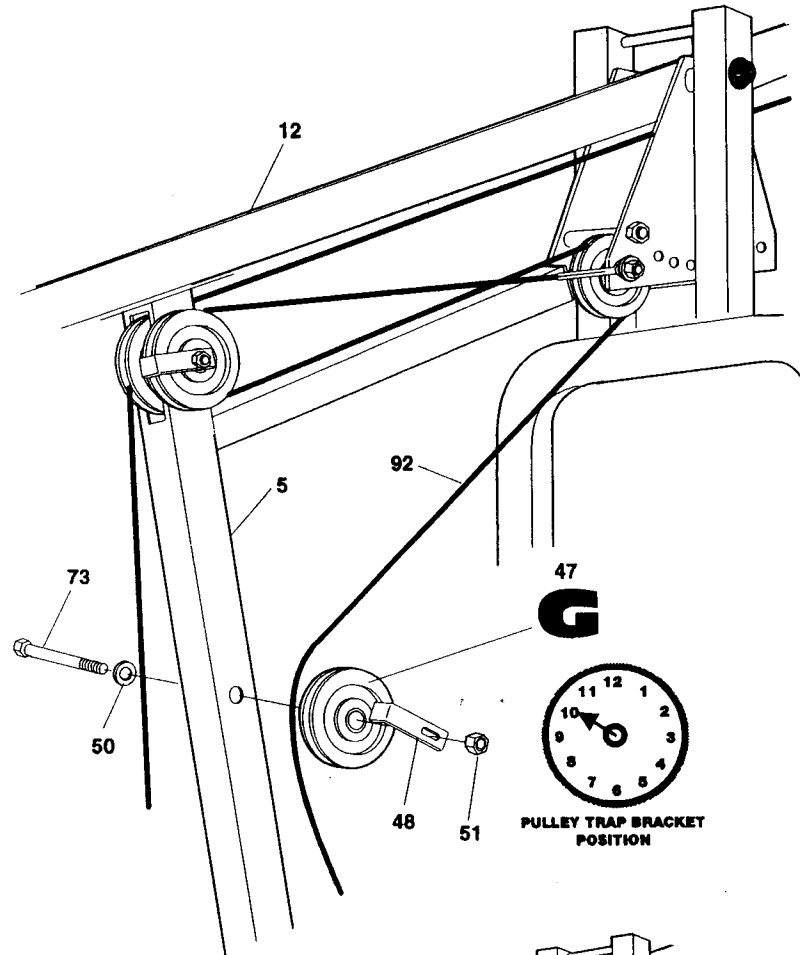
- ☐ Begin at the back of the ARM PRESS ARM (43) at the RANGE OF MOTION PLATES (44). Assemble a 3 1/16" LONG METAL SPACER (112) between the Plates at the UPPER Square bolt hole location and fasten in place using a 3/8" X 4" CARRIAGE BOLT (54) to bolt through the LEFT Plate, the Spacer, and then the RIGHT Plate. Assemble a 3/8" FLAT WASHER (50) followed by a Loop end of the CABLE (92) onto the Bolt and fasten with a 3/8" NYLON LOCK NUT (51). Tighten this assembly securely but leave enough gap so that the Cable can rotate on the Bolt.

- ☐ Next, bring the CABLE (92) back to the 3 1/2" PULLEY F (47) previously assembled to the RIGHT side of the FRONT UPRIGHT (5). Assemble the Cable into the Pulley and position the CABLE TRAP BRACKET (48) at the nine o'clock position and tighten this assembly.

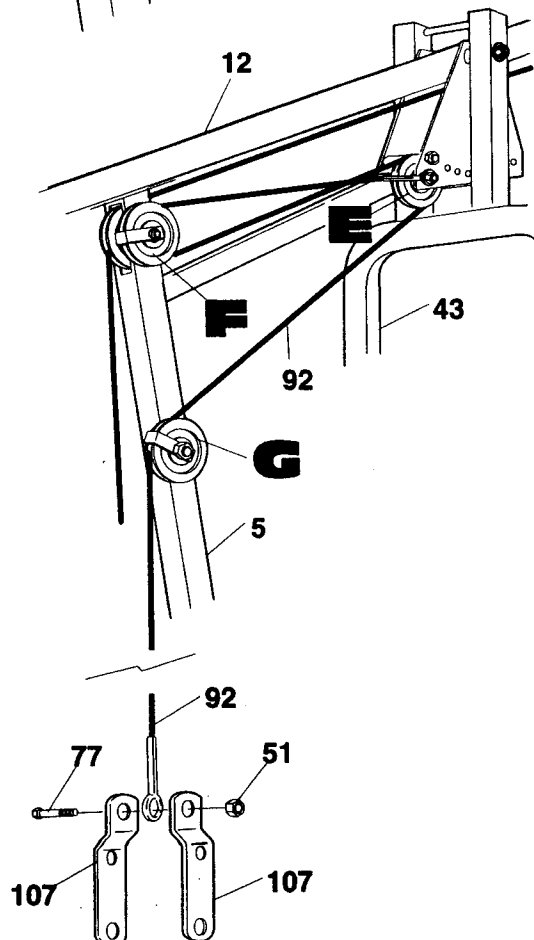
- ☐ Take the CABLE (92) forward to the RANGE OF MOTION PLATES (44) again behind the upper ARM PRESS ARM (43). At the LOWER Square Bolt Hole location, assemble a 2 1/16" LONG SPACER (113) and a 3 1/2" PULLEY E (47) between the Plates, making sure to assemble the Spacer to the LEFT and PULLEY E to the RIGHT. Secure in place with a 3/8" NYLON LOCK NUT (51).



- Bring the **CABLE (92)** back to the **FRONT UPRIGHT (5)** to the upper Bolt hole location. Assemble a **3/8" FLAT WASHER (50)** onto a **3/8" X 3 3/4" HEX HEAD BOLT (73)** and bolt through the **LEFT** side of the Upright. Assemble the Cable onto a **3 1/2" PULLEY G (47)** and attach the Pulley to the Bolt. Assemble a **3 1/2" CABLE TRAP BRACKET (48)** at about the 10 o'clock position and fasten securely with a **3/8" NYLON LOCK NUT (51)**.



- Locate the two **OFFSET BEND PULLEY BRACKETS (107)** and bolt the short ends of the Brackets around the Loop End of the **CABLE (92)** with a **3/8" X 1" HEX HEAD BOLT (77)** and a **3/8" NYLON LOCK NUT (51)**. Cable completion will be finished in a later Step.

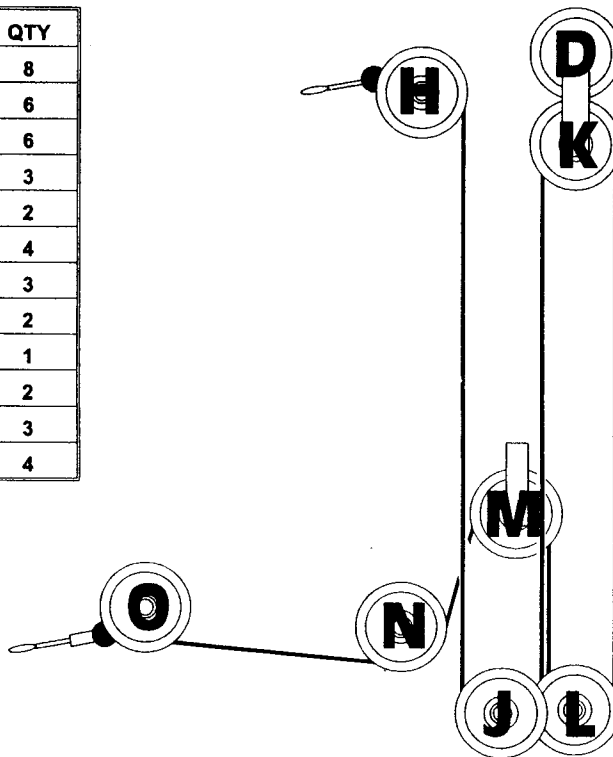
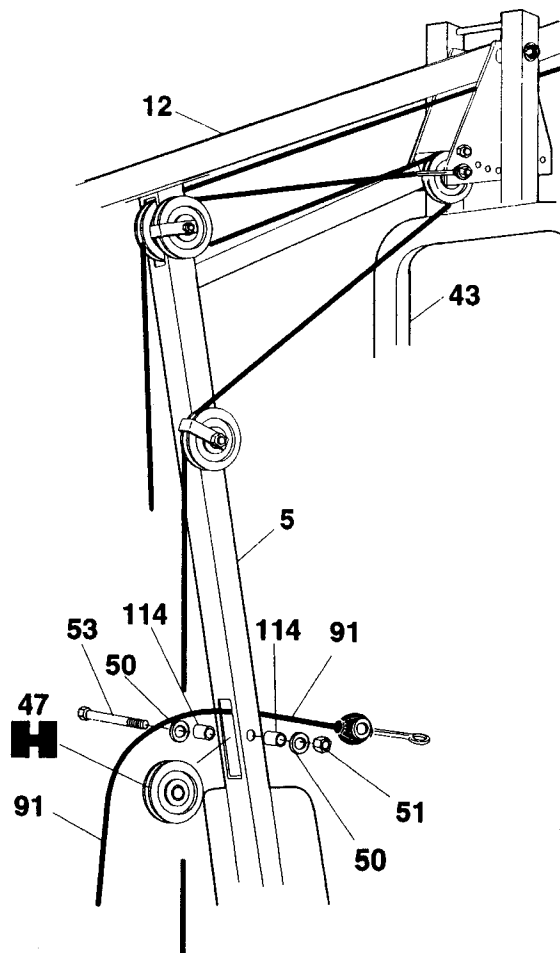


STEP 16 LEG CURL CABLE ASSEMBLY

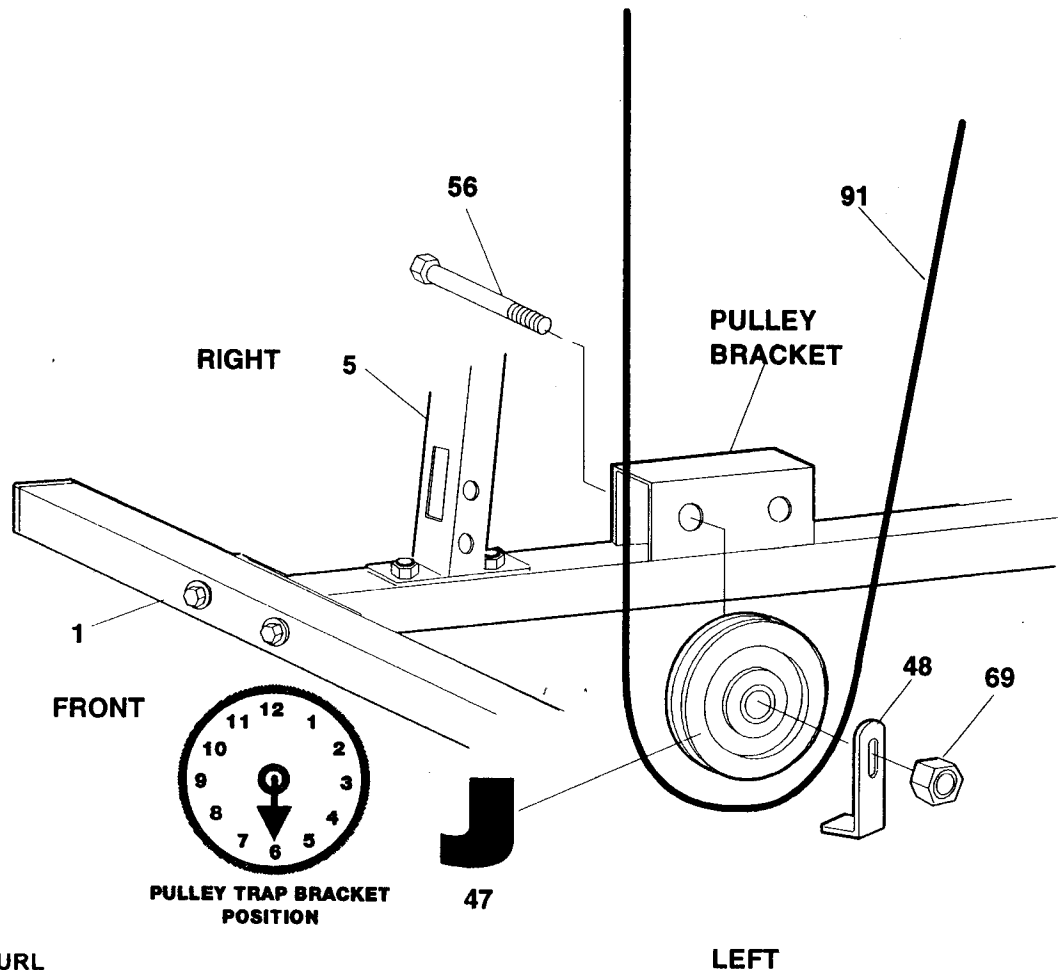
PART NAME	QTY
47 3 1/2" PULLEY	8
50 3/8" FLAT WASHER	6
51 3/8" NYLON LOCK NUT	6
53 3/8" X 2 3/4" HEX HEAD BOLT	3
56 3/8" X 3 1/4" HEX HEAD BOLT	2
60 1/4" FLAT WASHER	4
61 1/4" NYLON LOCK NUT	3
64 1/4" X 2 1/2" HEX HEAD BOLT	2
67 1/4" X 1 3/4" HEX HEAD BOLT	1
69 3/8" THIN JAM NUT	2
75 3/8" X 1 3/4" HEX HEAD BOLT	3
114 1/2" O.D. X 1/2" LONG METAL SPACER	4

☐ Select the 200" LEG CURL CABLE (91) (This Cable has two Adjusting Ferrules and Rubber Ball on one end and a Rubber Ball on the other end.).

☐ Begin at the open slot on the **FRONT UPRIGHT (5)** just above the **ARM PRESS BACKREST (38)**. Assemble the end of the **CABLE (91)** with only the Rubber Ball over a **3 1/2" PULLEY H (47)** and insert this assembly from the back of the Upright into the open slot. Assemble a **3/8" FLAT WASHER (50)** and a **1/2" X 1/2" METAL SPACER (114)** onto a **3/8" X 2 3/4" HEX HEAD BOLT (53)** and bolt through the Upright and Pulley. Assemble another **1/2" X 1/2" METAL SPACER (114)** and **3/8" FLAT WASHER (50)** onto the Bolt and secure with a **3/8" NYLON LOCK NUT (51)**. **NOTE:** The **1/2" Metal Spacers (114)** should assemble to the inside of the Upright Frame against the Pulley.

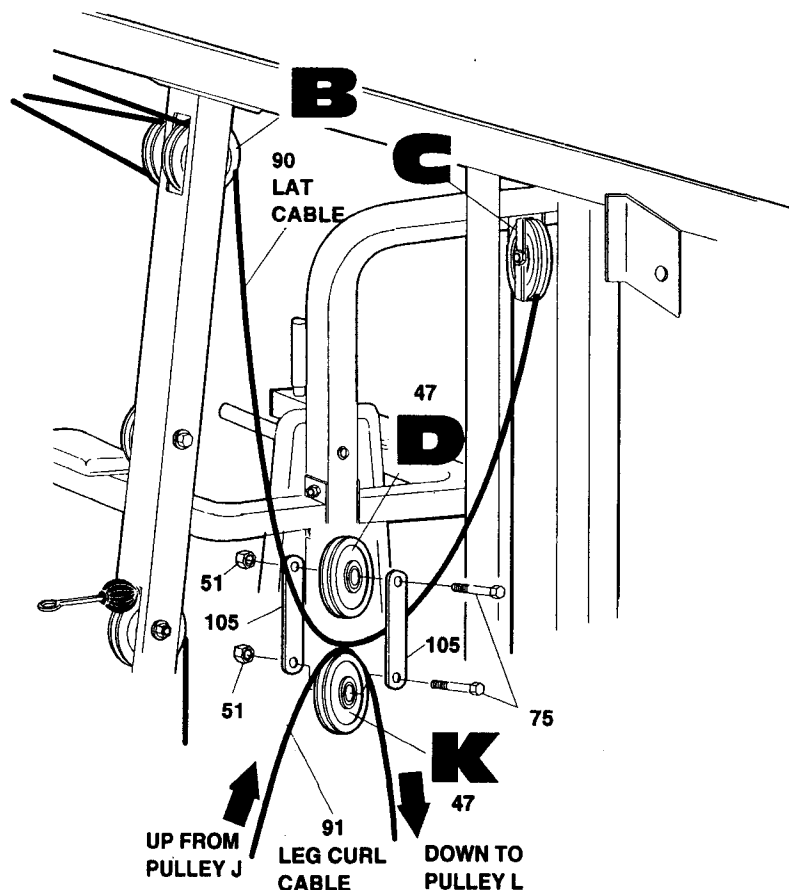
**ENTIRE LEG CURL CABLE ROUTING**

- Bring the **CABLE (91)** back down to the front of the **Pulley Bracket** on the **LEFT** side of the **MAIN BASE (1)**. Using a **3/8" x 3 1/4" HEX HEAD BOLT (56)**, bolt through the **RIGHT** side of the **Pulley Bracket**. Assemble a **3 1/2" PULLEY J (47)** onto the Cable and attach the Pulley to the Bolt. Assemble a **3 1/2" CABLE TRAP BRACKET (48)** onto the Bolt and position at the 6 o'clock. Secure with a **3/8" JAM NUT (69)**.

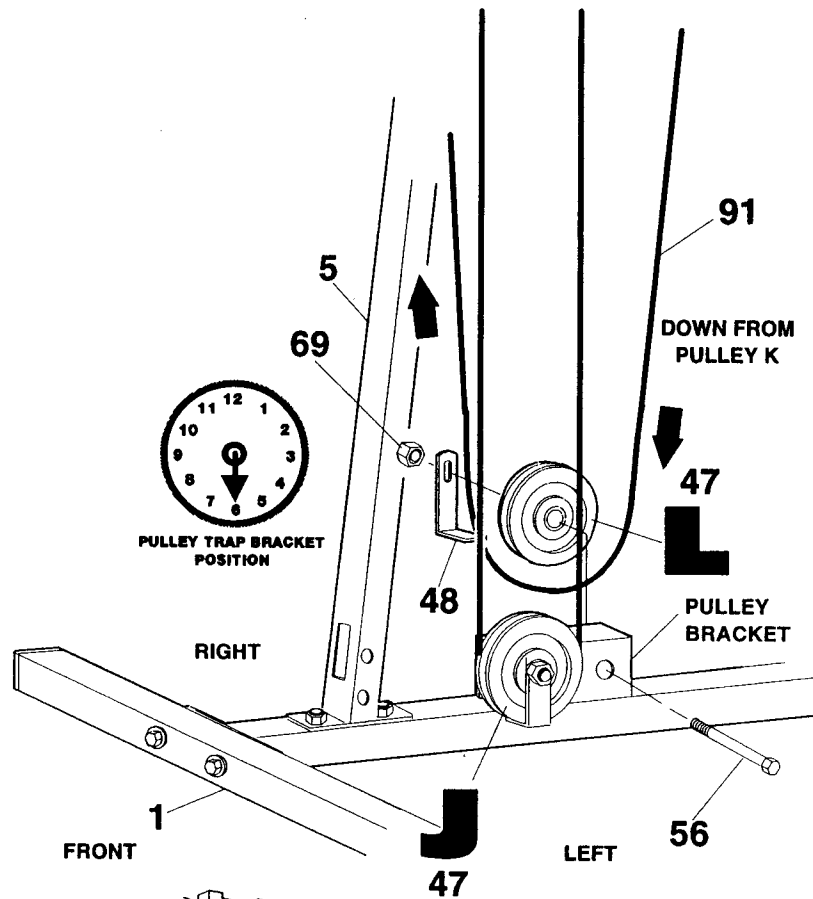


- Next, take the **LEG CURL CABLE (91)** up to the loop in the **LAT CABLE (90)** between the **FRONT UPRIGHT (5)** and the **GUIDE RODS (7) and (45)**.

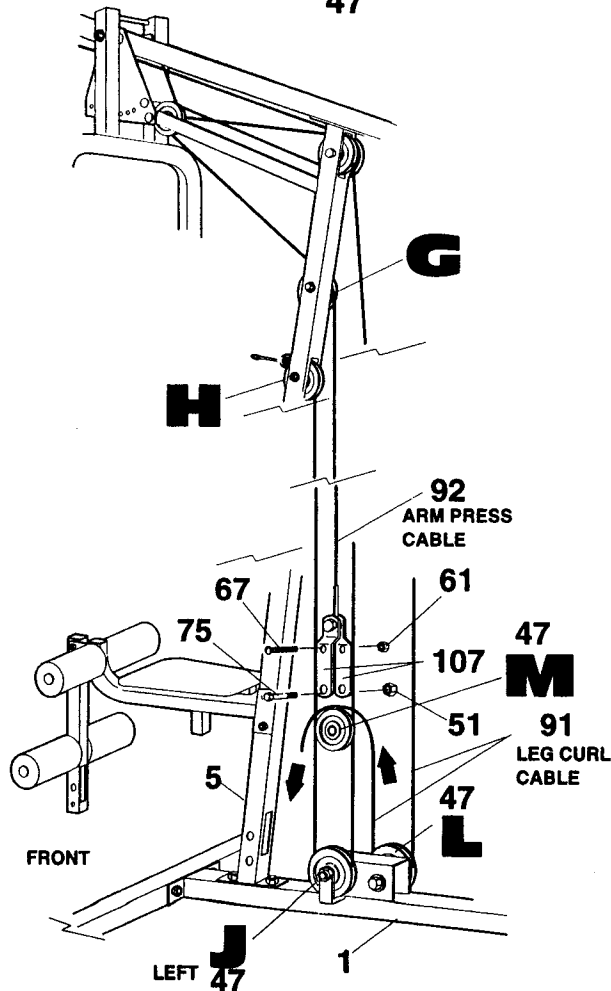
- Assemble a **3 1/2" PULLEY D (47)** between two **DUAL PULLEY CONNECTOR PLATES (105)** using a **3/8" X 1 3/4" HEX HEAD BOLT (75)** and a **3/8" NYLON LOCK NUT (51)**. Fit the Pulley assembly over the loop formed in the **LAT CABLE (90)**. Bring the **LEG CURL CABLE (91)** up from **PULLEY J (47)** and assemble over a **3 1/2" PULLEY K (47)**. Assemble this Pulley and Cable now in to the **Dual Pulley Connector Plates** with a **3/8" X 1 3/4" HEX HEAD BOLT (75)** and a **3/8" NYLON LOCK NUT (51)**. Tighten the Bolts in the Connector Plates tightly. (The Lat Cable and the Leg Curl Cable should be seated into the Pulleys so they can not come out.



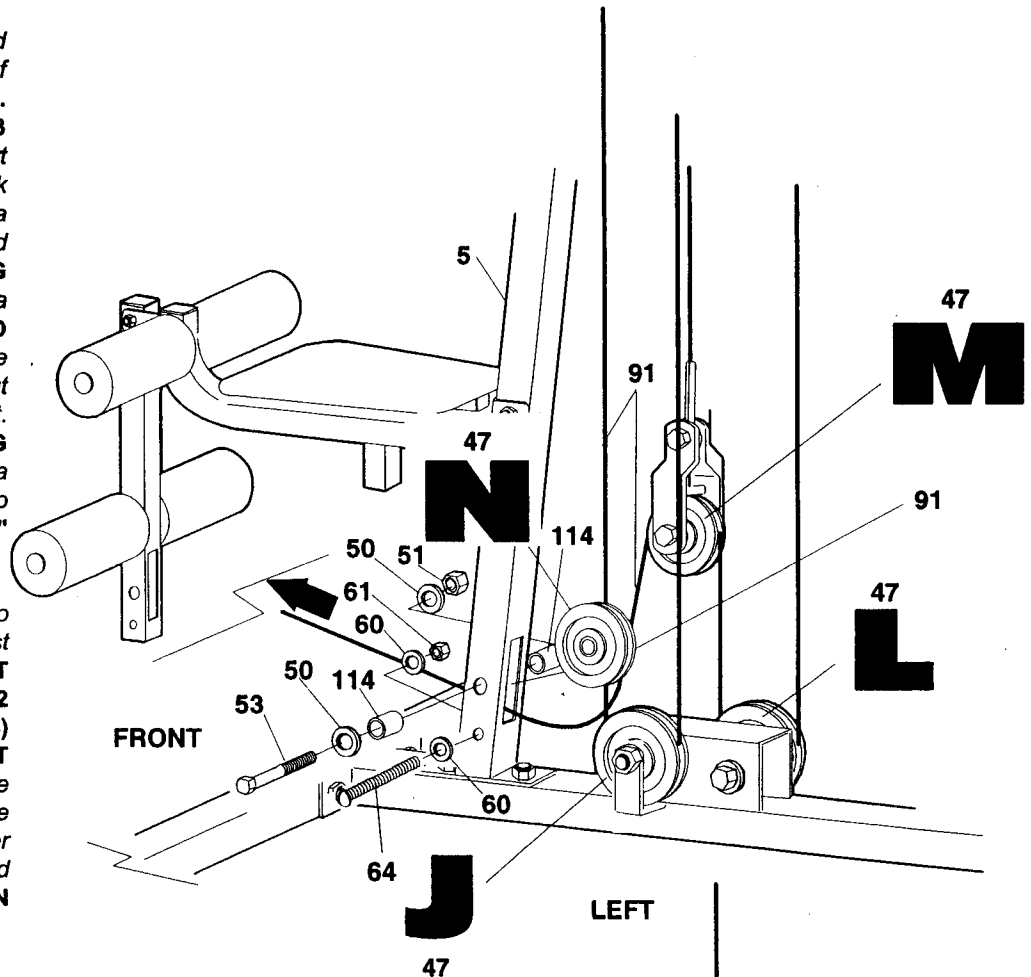
- Bring the **CABLE (91)** back down to the **Pulley Bracket** on the **MAIN BASE (1)**. Assemble the Cable onto a **3 1/2" PULLEY L (47)** and attach the Pulley and Cable to the **RIGHT** side of the Bracket by first assembling a **3/8" X 3 1/4" HEX HEAD BOLT (56)** through the **LEFT** side of the Bracket and then bolting through the Pulley. Assemble a **3 1/2" CABLE TRAP BRACKET (48)** onto the Bolt and position at the six o'clock position. Secure with a **3/8" THIN JAM NUT (69)**.



- Next, bring the **CABLE (91)** up to the **OFFSET BEND PULLEY BRACKETS (107)** previously assembled to the end of the **ARM PRESS CABLE (92)**. Loop the **LEG CURL CABLE (91)** over a **3 1/2" PULLEY M (47)** and then assemble the Pulley and Cable up into the lower bolt hole location of the Offset Bend Pulley Brackets. Using a **3/8" X 1 3/4" HEX HEAD BOLT (75)** and **3/8" NYLON LOCK NUT (51)**, bolt the Pulley in place. In the upper bolt hole location, bolt a **1/4" X 1 3/4" HEX HEAD BOLT (67)** and **NYLON LOCK NUT (61)**.

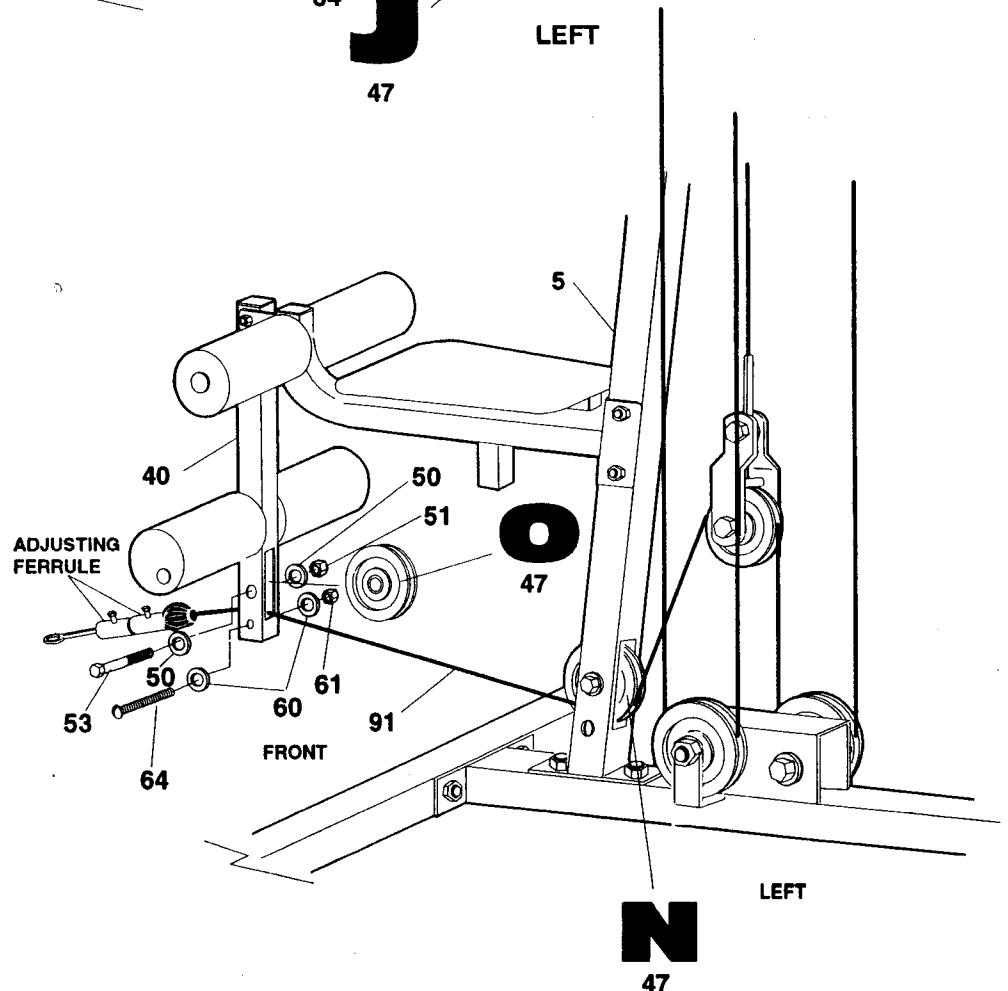


- ☐ Take the **CABLE (91)** forward to the open slot at the base of the **FRONT UPRIGHT (5)**. Assemble the Cable onto a **3 1/2" PULLEY N (47)** and insert into the open slot from the back of the Upright. Assemble a **3/8" FLAT WASHER (50)** and a **1/2" O.D. X 1/2" LONG METAL SPACER (114)** onto a **3/8" X 2 3/4" HEX HEAD BOLT (53)** and bolt through the Upright, the Pulley, and on out the other side of the Upright. Assemble another **1/2" LONG METAL SPACER (114)** and a **3/8" FLAT WASHER (50)** onto the Bolt and secure with a **3/8" NYLON LOCK NUT (51)**.



- ☐ To trap the **CABLE (91)** onto the **PULLEY N (47)**, first assemble a **1/4" FLAT WASHER (60)** onto a **1/4" X 2 1/2" HEX HEAD BOLT (64)** and bolt through the **FRONT UPRIGHT (5)** in the bolt hole location directly below the Pulley N. Assemble another **1/4" FLAT WASHER (60)** and fasten with a **1/4" NYLON LOCK NUT (61)**.

- ☐ Continue now to bring the **CABLE (91)** forward to the back of the open slot in the base of the **LEG CURL (40)**. Assemble a **3 1/2" PULLEY O (47)** onto the Cable and insert this assembly into the back of the slot. Fasten in place 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 Leg Curl, the Pulley, and on out the other side of the Leg Curl. Assemble another **3/8" FLAT WASHER (50)** onto the Bolt and secure with a **3/8" NYLON LOCK NUT (51)**.



- ☐ To trap the **CABLE (91)** onto the **PULLEY O (47)**, first assemble a **1/4" FLAT WASHER (60)** onto a **1/4" X 2 1/2" HEX HEAD BOLT (64)** and then bolt through the **LEG CURL (40)** in the bolt hole location directly below Pulley O. Fasten another **1/4" FLAT WASHER (60)** onto the Bolt and secure with a **1/4" NYLON LOCK NUT (61)**.

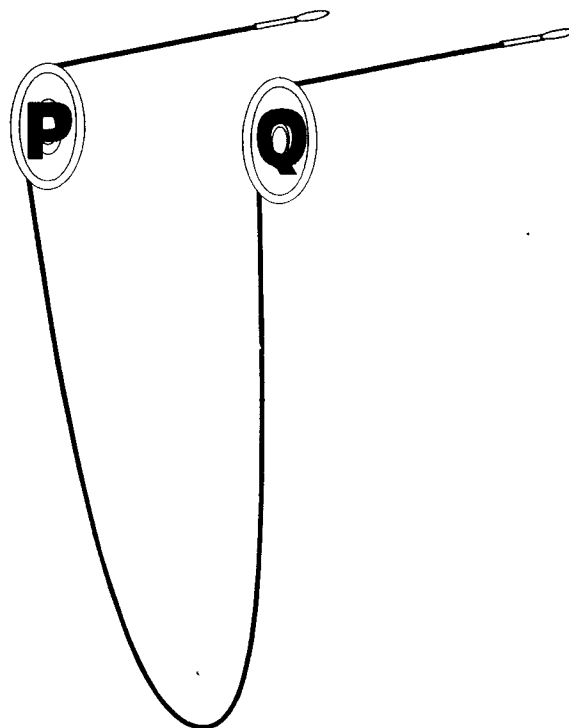
STEP 17 BUTTERFLY CABLE ASSEMBLY

PART NAME	QTY
47 3 1/2" PULLEY	2
50 3/8" FLAT WASHER	6
51 3/8" NYLON LOCK NUT	7
68 3/8' X 3" CARRIAGE BOLT	2
75 3/8" X 1 3/4" HEX HEAD BOLT	1
76 3/8" X 2 1/2" HEX HEAD BOLT	2
77 3/8" X 1" HEX HEAD BOLT	2

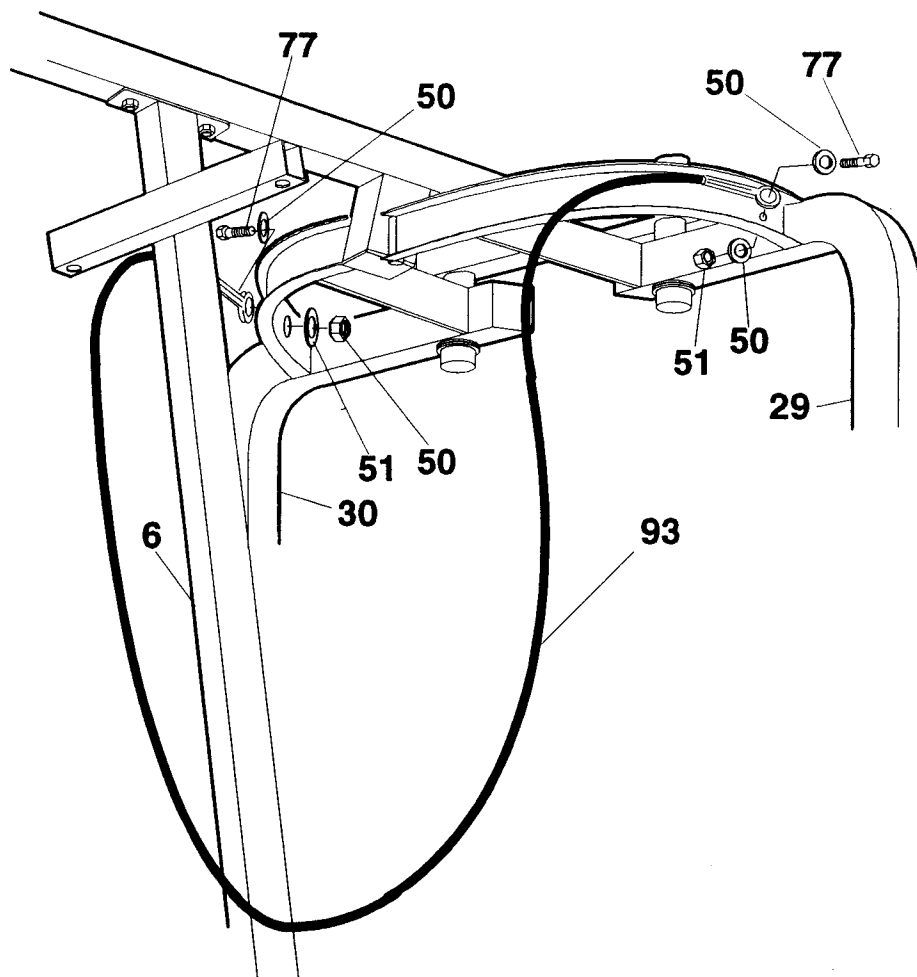
- ☐ Select the 74" LONG BUTTERFLY CABLE (93) (This Cable has two Loop Ends.).

- ☐ Assemble the CABLE (93) around the front of the REAR UPRIGHT (6) and bring the Loop Ends of the Cable rearward to the Welded Brackets on the back and at the top of the BUTTERFLY ARMS (29) and (30). (SEE ILLUSTRATION - THE CABLE MUST DRAPE IN FRONT OF THE REAR UPRIGHT.)

Assemble 3/8" FLAT WASHERS (50) onto two 3/8" X 1" HEX HEAD BOLTS (77) and bolt through the Cable Loop Ends and then through the Welded Brackets of the Butterfly Arms. Assemble another 3/8" FLAT WASHER (50) onto each Bolt and secure with 3/8" NYLON LOCK NUTS (51).



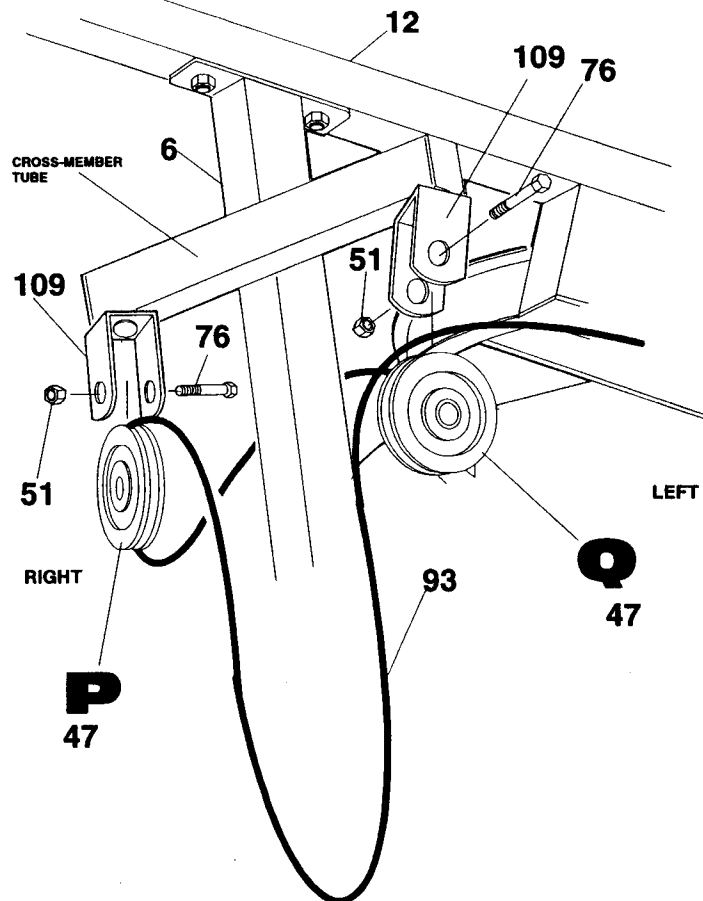
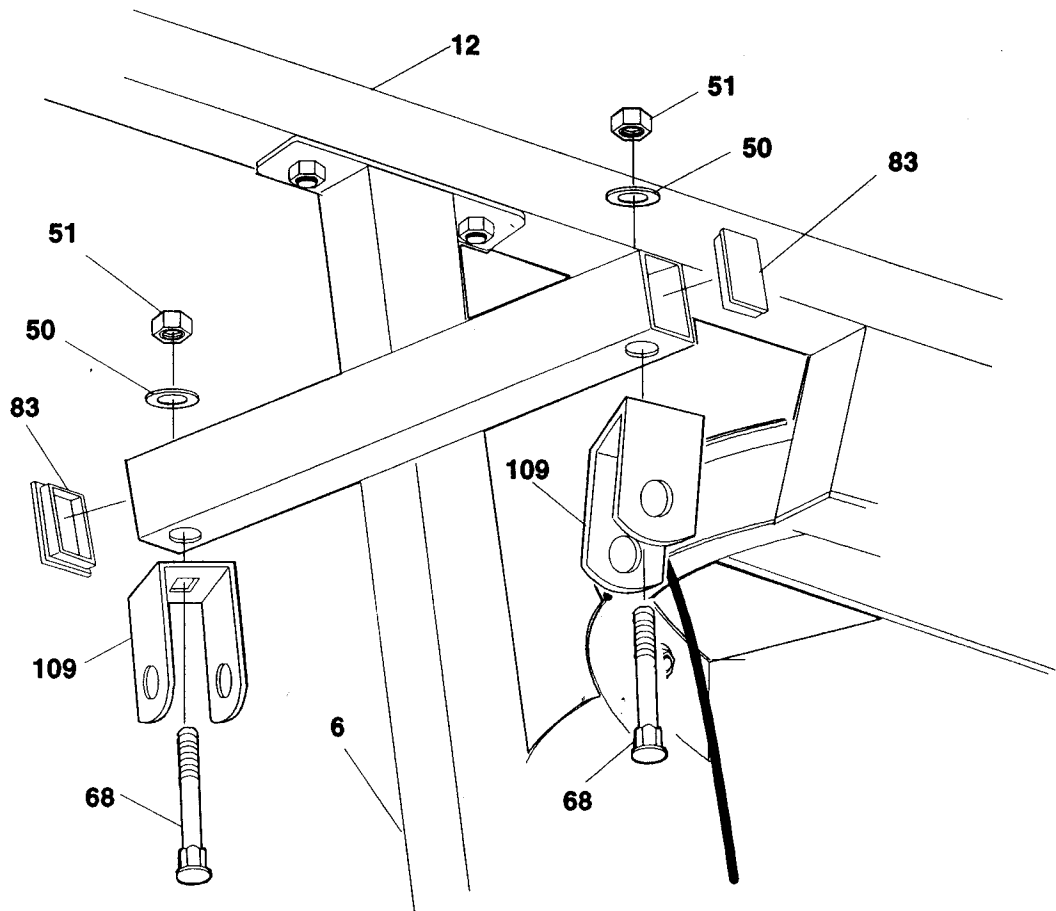
ENTIRE BUTTERFLY CABLE ROUTING



- ☐ At the top of the **REAR UPRIGHT (6)**, press **1" X 2" PLASTIC INSERT CAPS (83)** into the ends of the **Cross-member Tube**.

- ☐ Underneath both ends of the **Cross-member Tube**, attach **PULLEY U-BRACKETS (109)**. Using **3/8" X 3" CARRIAGE BOLTS (68)**, bolt up through the inside of the Brackets and then through the bottom of the Tube. Assemble **3/8" FLAT WASHERS (50)** onto the Bolts and then secure with **3/8" NYLON LOCK NUTS (51)** tight but not so tight that the Bracket can not swivel slightly.

- ☐ Bring both ends of the **CABLE (93)** to the **Cross-member Tube** at the top of the **REAR UPRIGHT (6)**. Assemble the Cable over two **3 1/2" PULLEYS P & Q (47)** and assemble **PULLEY P** up into the **RIGHT PULLEY U-BRACKET (109)** and **PULLEY Q** up into the **LEFT PULLEY U-BRACKET (109)**. Secure in place with **3/8" X 2 1/2" HEX HEAD BOLTS (76)** and **3/8" NYLON LOCK NUTS (51)**.



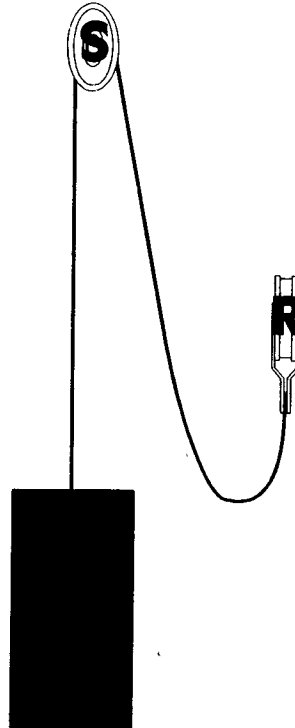
STEP 18 BUTTERFLY STACK CABLE ASSEMBLY

PART NAME	QTY
47 3 1/2" PULLEY	1
49 4 1/2" PULLEY	1
51 3/8" NYLON LOCK NUT	2
69 3/8" THIN JAM NUT	1
71 5/16" NYLON LOCK NUT	1
74 5/16" X 1 1/2" HEX HEAD BOLT	1
75 3/8" X 1 3/4" HEX HEAD BOLT	2
77 3/8" X 1" HEX HEAD BOLT	1

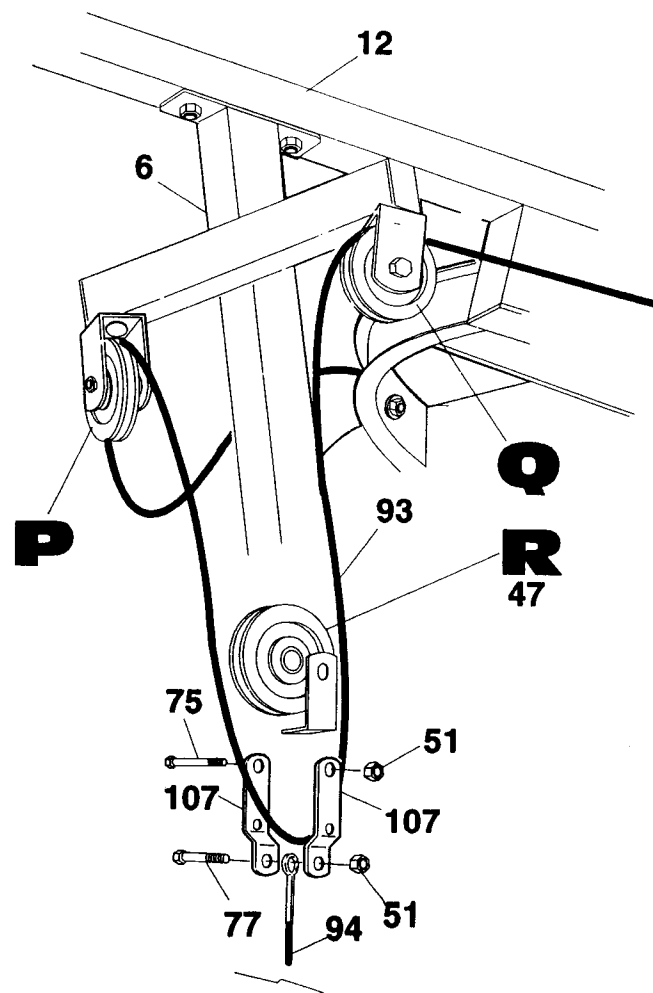
☐ Select the 97 3/4" LONG BUTTERFLY STACK CABLE (94) (This Cable has two Loop ends.).

☐ Locate two OFFSET BEND PULLEY BRACKETS (107) and bolt the short ends of the brackets around the Loop End of the CABLE (94) with a 3/8" X 1" HEX HEAD BOLT (77) and a 3/8" NYLON LOCK NUT (51).

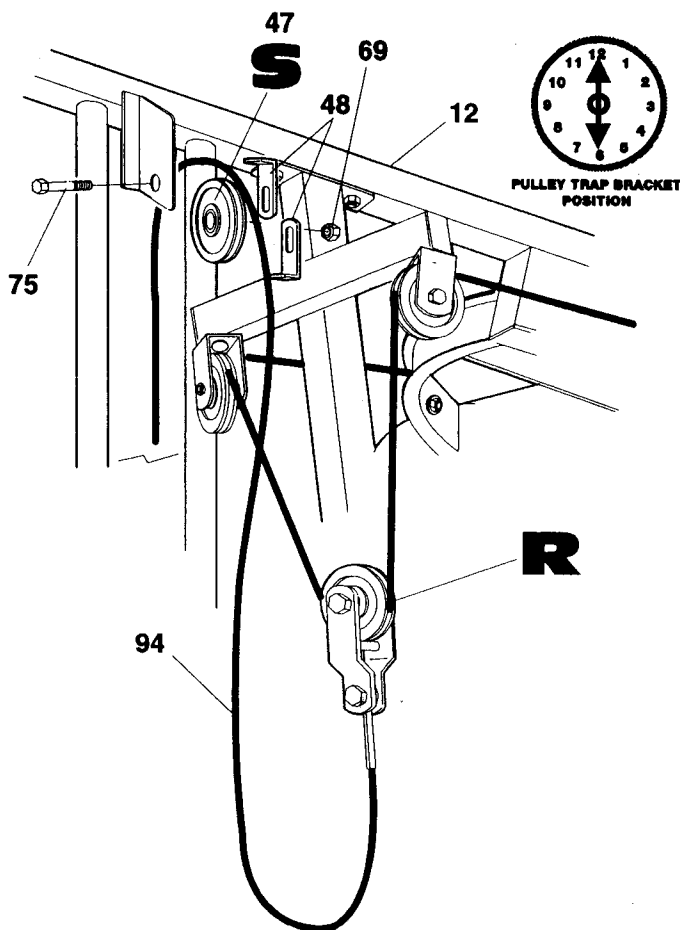
☐ Bring the end of the BUTTERFLY STACK CABLE (94) assembled into the OFFSET BEND PULLEY BRACKETS (107) now up to the loop of the BUTTERFLY CABLE (93). Assemble a 4 1/2" PULLEY R (49) onto the Cable and then trap the Cable on the Pulley with a 4 1/2" CABLE TRAP BRACKET (110). Position the Trap Bracket at the six o'clock position and then insert this assembly down into the Offset Bend Pulley Brackets. Secure in place using a 3/8" X 1 3/4" HEX HEAD BOLT (75) and a 3/8" NYLON LOCK NUT (51).



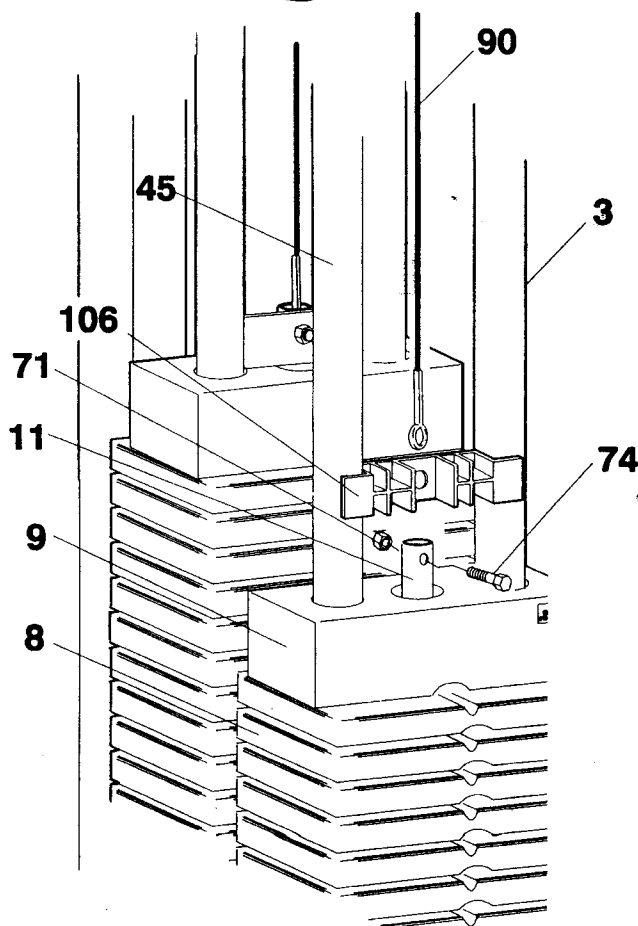
ENTIRE BUTTERFLY STACK CABLE ROUTING



- Allow the **BUTTERFLY STACK CABLE (94)** to loop down from **PULLEY R** and then continue on with the Cable up to the **TOP FRAME (12)** to the **Welded Bracket** on the **LEFT** side of the unit. Assemble the Cable over a **3 1/2" PULLEY S (47)** and assemble to the back of the Bracket using a **3/8" X 1 3/4" HEX HEAD BOLT (75)** to bolt through the front of the Bracket and then the Pulley. Attach two **CABLE TRAP BRACKETS (48)** positioning one at the **12 o'clock** position and one at the **six o'clock** position. Secure with a **3/8" THIN JAM NUT (69)**.



- Bring the **CABLE (94)** now down to the top of the shorter **Weight Stack**. Position the molded **PLASTIC GUIDE BRACKET (106)** so it fits around the **GUIDE RODS (45)** and (3) and behind the **WEIGHT SELECTOR TUBE (11)**. Insert the Loop End of the Cable down into the Selector Tube. Bolt through the Selector Tube, the Cable Loop, and the Guide Bracket with a **5/16" X 1 1/2" HEX HEAD BOLT - GRADE 5 (74)** and a **5/16" NYLON LOCK NUT (71)**.



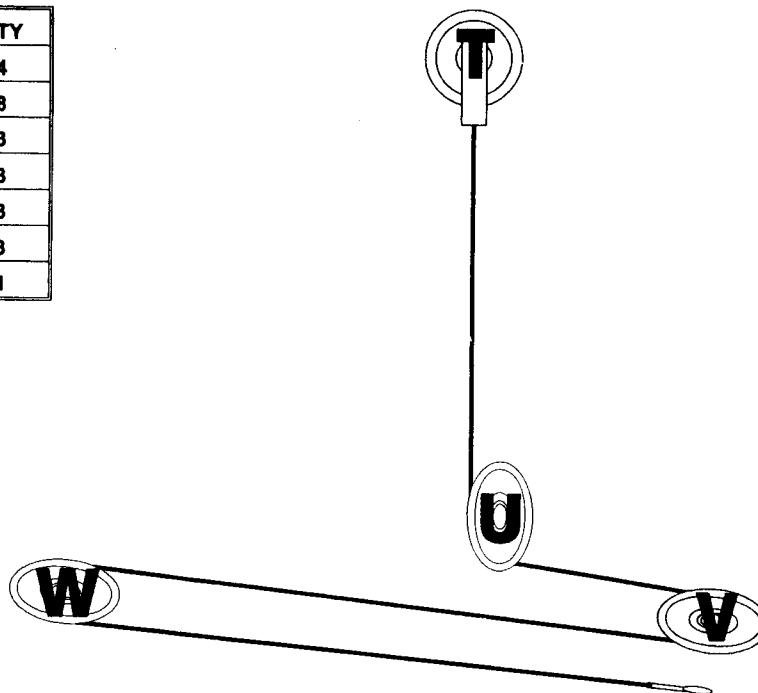
STEP 19 LEG PRESS CABLE ASSEMBLY

PART NAME	QTY
47 3 1/2" PULLEY	4
51 3/8" NYLON LOCK NUT	8
61 1/4" NYLON LOCK NUT	3
67 1/4" X 1 3/4" HEX HEAD BOLT	3
75 3/8" X 1 3/4" HEX HEAD BOLT	3
77 3/8" X 1" HEX HEAD BOLT	3
135 3/8" X 2" HEX HEAD BOLT	1

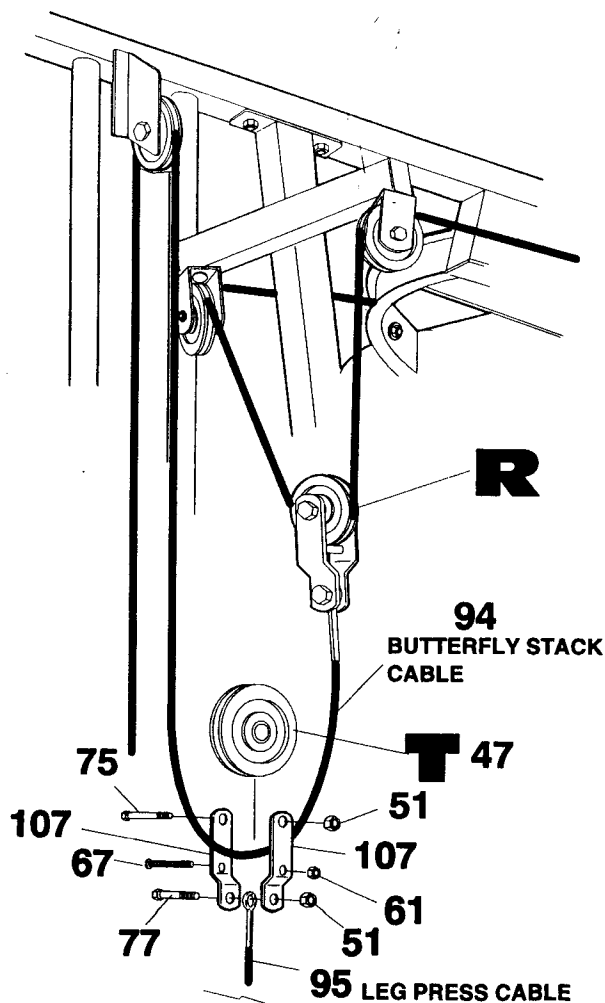
☐ Select the 131 1/2" LONG LEG PRESS CABLE (95) (This Cable has two Loop Ends.).

☐ Locate two OFFSET BEND PULLEY BRACKETS (107) and bolt the short ends of the Brackets around the Loop end of the CABLE (95) with a 3/8" X 1" HEX HEAD BOLT (77) and a 3/8" NYLON LOCK NUT (51). Take the Cable now up to the Loop in the BUTTERFLY STACK CABLE (94).

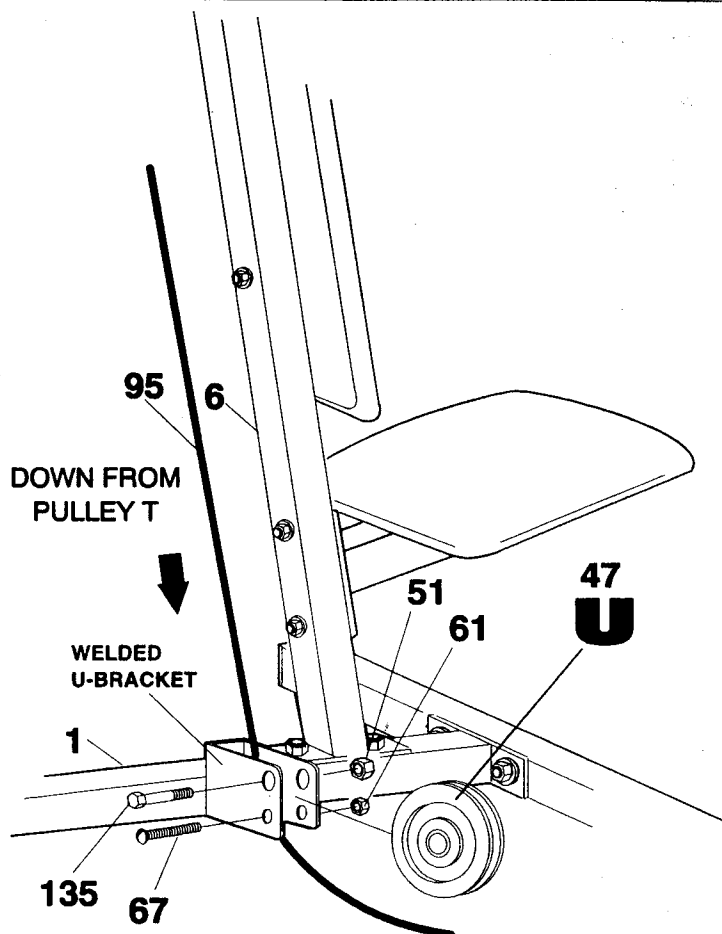
☐ Assemble a 3 1/2" PULLEY T (47) onto the Loop of the previously assembled BUTTERFLY STACK CABLE (94) and insert the Pulley assembly into the long ends of the OFFSET BEND PULLEY BRACKETS (107) assembled to the end of the LEG PRESS CABLE (95). Using a 3/8" X 1 3/4" HEX HEAD BOLT (75) and a 3/8" NYLON LOCK NUT (51), bolt the Pulley in place. Trap the Cable onto the Pulley by bolting a 1/4" X 1 3/4" HEX HEAD BOLT (67) and a 1/4" NYLON LOCK NUT (61) into the remaining bolt hole location in the Bracket.



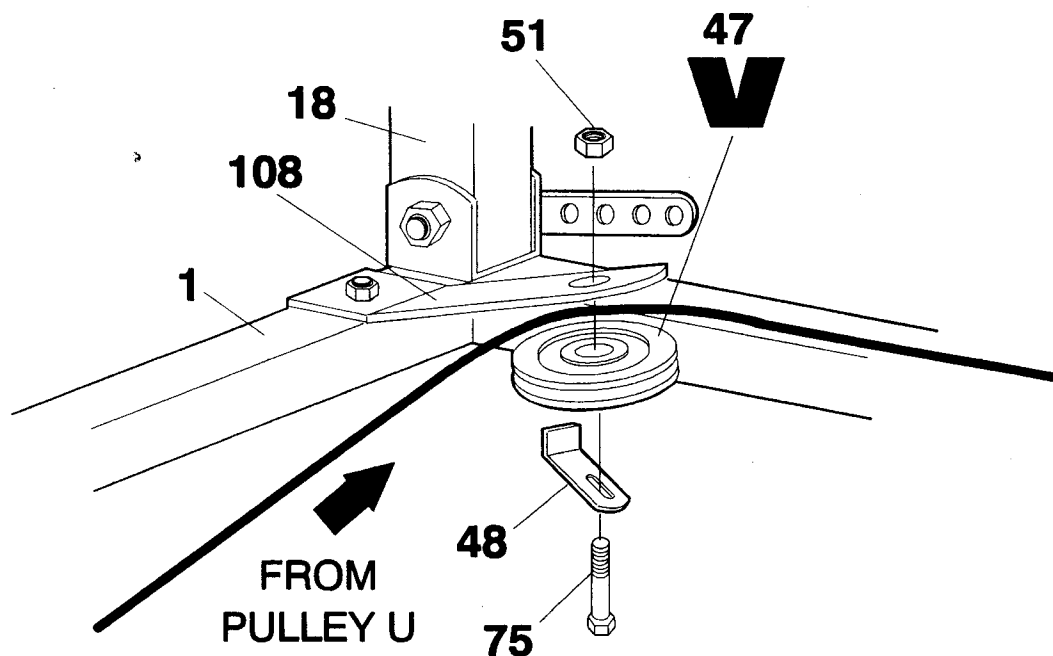
ENTIRE LEG PRESS CABLE ROUTING



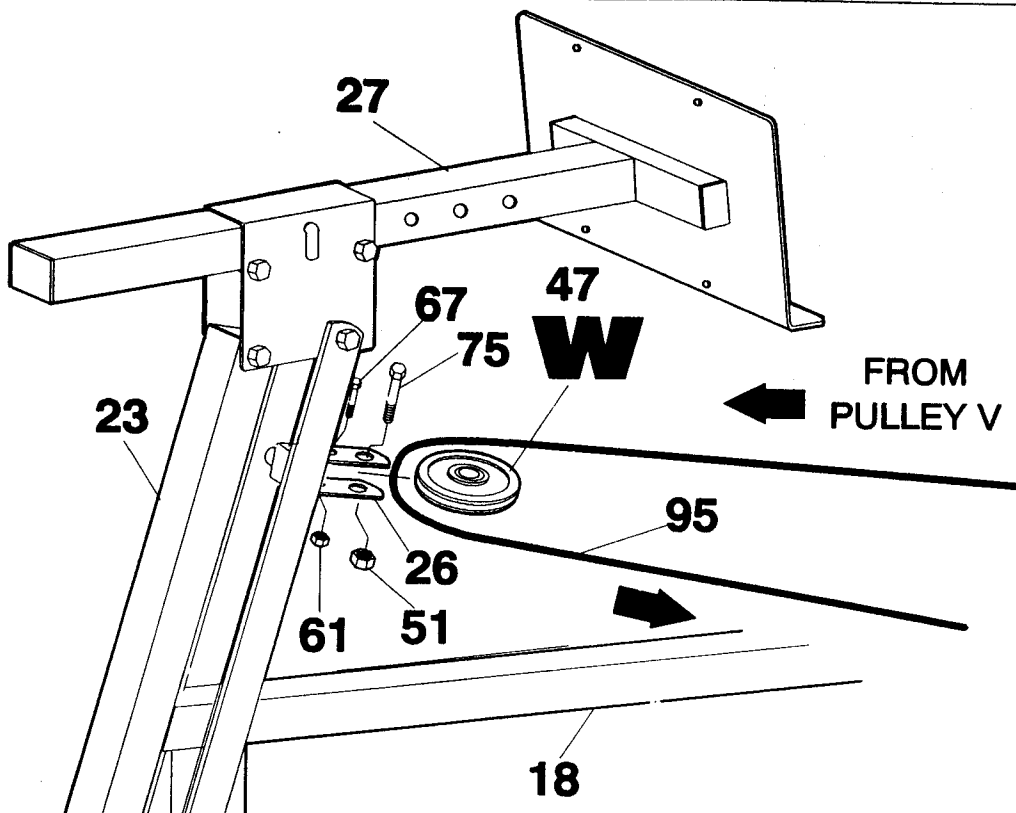
- Bring the **LEG PRESS CABLE (95)** down to the **RIGHT** side of the **MAIN BASE (1)** to the **Welded U-Bracket**. Assemble a **3 1/2" PULLEY U (47)** onto the Cable and insert the Pulley assembly into the U-Bracket. Secure in place with a **3/8" X 2" HEX HEAD BOLT (135)** and a **3/8" NYLON LOCK NUT (51)**. Trap the Cable onto the Pulley using a **1/4" X 1 3/4" HEX HEAD BOLT (67)** to bolt through the lower bolt hole location in the U-Bracket. Secure with a **1/4" NYLON LOCK NUT (61)**.



- Take the **CABLE (95)** back to the **LEG PRESS BASE PULLEY BRACKET (108)** on the rear of the **MAIN BASE (1)**. Assemble the Cable around a **3 1/2" PULLEY V (47)** and attach the Pulley assembly to the **BOTTOM** of the Bracket. Assemble a **CABLE TRAP BRACKET (48)** onto a **3/8" X 1 3/4" HEX HEAD BOLT (75)** and position the Trap Bracket to the inside corner of the Main Base. Bolt up through the bottom of the Pulley Bracket and secure with a **3/8" NYLON LOCK NUT (51)**.

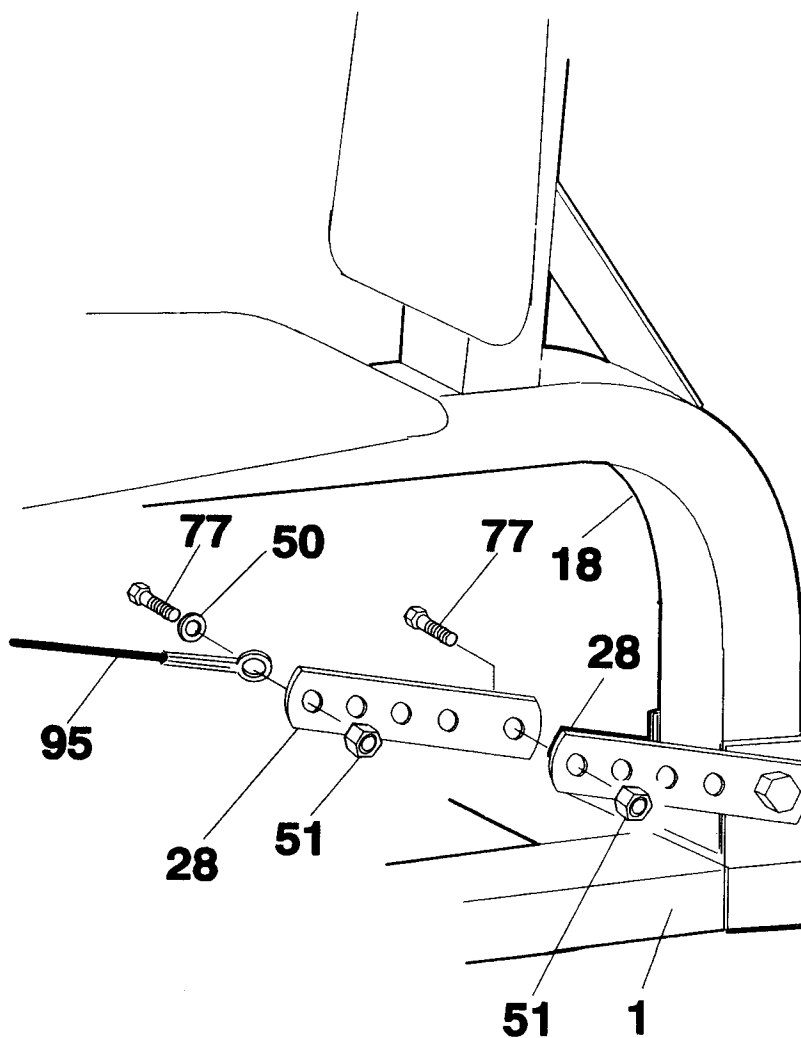


- Bring the CABLE (95) forward to the Leg Press Assembly at the front and Left of the MAIN BASE (1). Assemble the Cable around a 3 1/2" PULLEY W (47) and insert this assembly into the LEG PRESS PULLEY BRACKET (26). Secure in place with a 3/8" X 1 3/4" HEX HEAD BOLT (75) and a 3/8" NYLON LOCK NUT (51). Trap the Cable onto the Pulley using a 1/4" X 1 3/4" HEX HEAD BOLT (67) to bolt down through the top of the Leg Press Pulley Bracket. Secure with a 1/4" NYLON LOCK NUT (61).



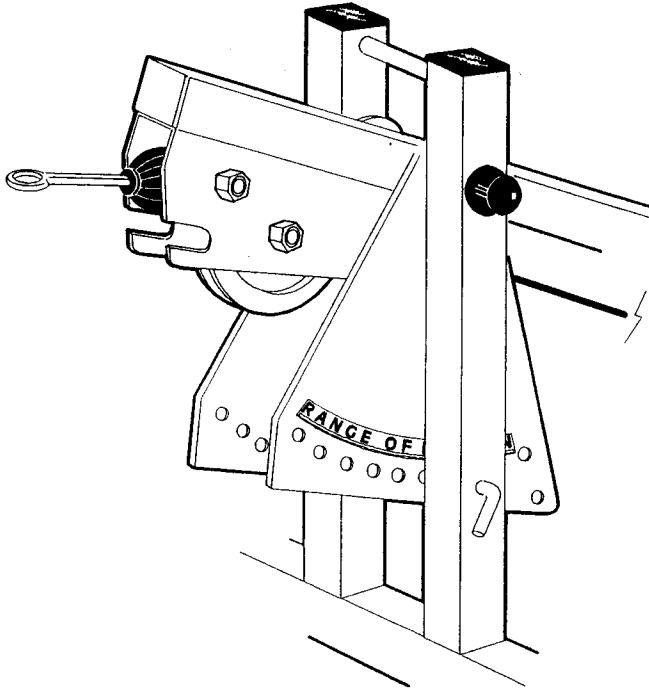
- Now, take the CABLE (95) back to the rear of the MAIN BASE (1) to the leg of the LEG PRESS FRAME (18). Assemble the Loop end of the Cable to an ADJUSTMENT BRACKET (28) by first assembling a 3/8" FLAT WASHER (50) onto a 3/8" X 1" HEX HEAD BOLT (77) and then bolting through the Loop End of the Cable and then through the Bracket. Secure tightly with 3/8" NYLON LOCK NUT (51).

- Check to see that the entire CABLE (95) run is seated into the Pulleys and pull the slack out of the Cable system by bolting the Cable with ADJUSTMENT BRACKET (28) to the other ADJUSTMENT BRACKET (28) previously assembled to the leg of the LEG PRESS FRAME (18) using two 3/8" X 1" HEX HEAD BOLTS (77) and 3/8" NYLON LOCK NUT (51).



HOW TO USE THE RANGE OF MOTION FEATURE

THIS GYM IS EQUIPPED WITH A MULTI-POSITION ARM PRESS "RANGE OF MOTION" SYSTEM THAT PROVIDES MULTIPLE EXERCISES AT THIS STATION



1. **STANDARD SEATED PRESS:** Pin the Backrest into the position closest to the Uprights. Pin the Press Arms into the Range of Motion Plates so the Handles are in line with your chest. Press out to the full extension of your arms.

2. **SEATED SHOULDER PRESS:** Pin the Press Arms into the Range of Motion Plates so the arms are extending forward. Lower the Seat to the lowest position. Sit on the Seat facing away from the Gym for STANDARD SHOULDER PRESS. Sit facing the Gym for BEHIND THE HEAD PRESSES. Press out and up to full arm extension.

3. **SEATED ROWS:** Adjust the Backrest out to its furthest setting. Pin the Press Arms back to their maximum setting inward. Sit facing the Gym with your chest against the Backrest Pad. Reach forward and grasp the Arm Press Handles. Keeping your elbows up, pull back on the Press Arms to chest height.

USING THE AB CRUNCH STATION

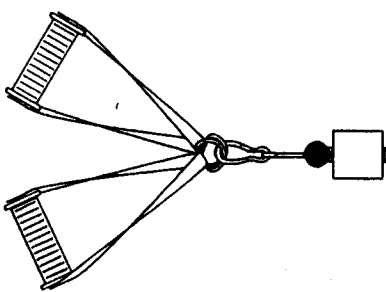


ILLUSTRATION "A"

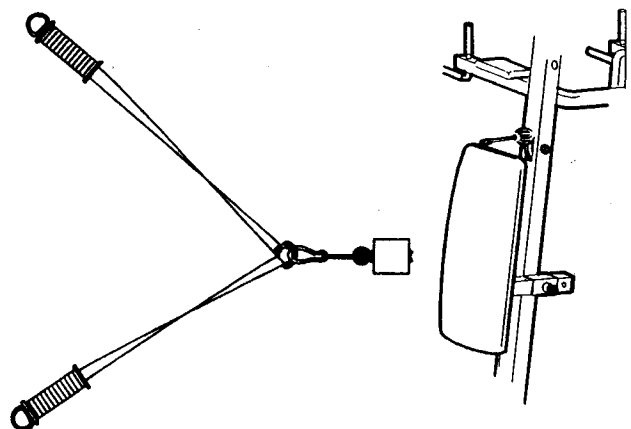
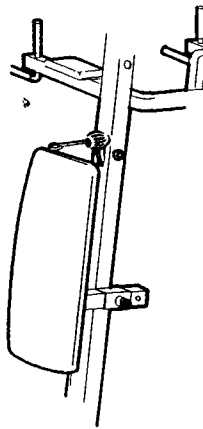


ILLUSTRATION "B"

Using a FIREMAN'S LATCH HOOK () attach two MULTI-PURPOSE ACCESSORY HANDLES (140) to the Cable attachment directly above the Arm Press Station Backrest. The Handle Straps can be either looped and pinned together (ILLUSTRATION "A") or used straight (ILLUSTRATION "B"). Sit firmly back against the Backrest to do Crunches. Bring Straps down over your shoulder and hold in position so Straps fit comfortably on each side of your neck. While holding Straps firmly in place, bend at the waist and flex forward. Bring your elbows down to touch the tops of the thighs. Do this exercise in a smooth, fluid movement.

LOW PULLEY EXERCISES:

Connect the **MULTI-PURPOSE ACCESSORY ROPE (140)** to the Cable at the Low Pulley using a "S" Hook. The **ACCESSORY ROPE (141)** can be used to extend the Strap further away from the Frame as needed.

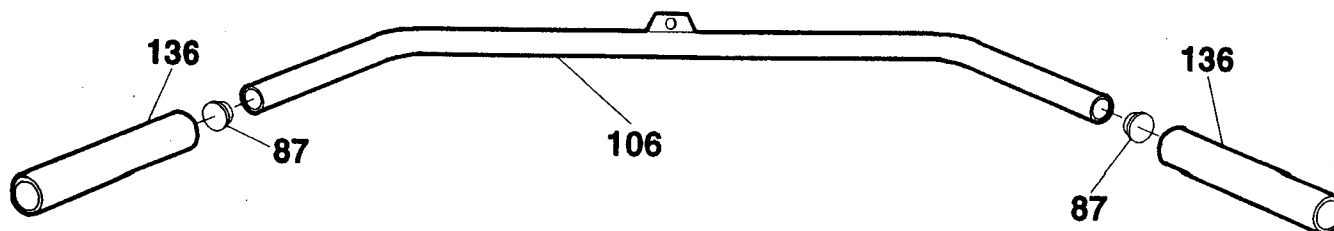
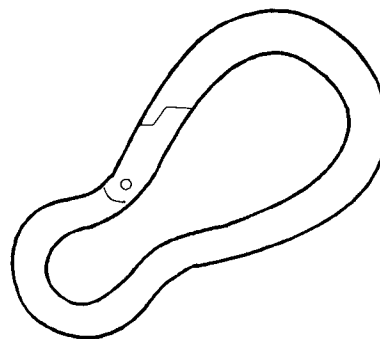
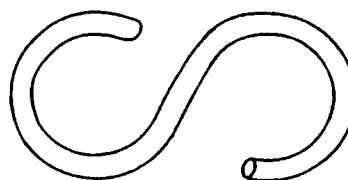
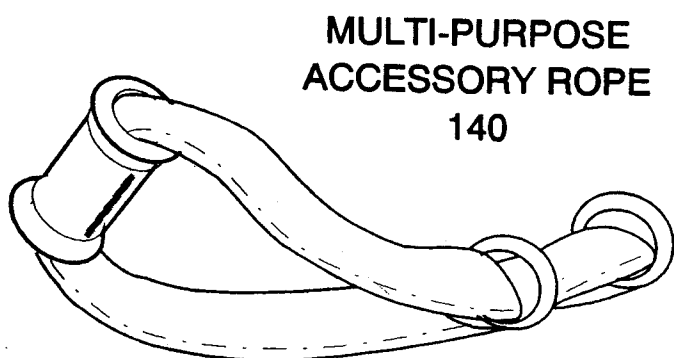
The Lat Bar can also be used at the Low Pulley Station for doing Curls, Rows, and other Exercises.

LAT PULL-DOWN EXERCISES:

Assemble **1" ROUND PLASTIC INSERT CAP (87)** into each end of the **LAT BAR (142)** and slide a **1" x 10" FOAM GRIPS (136)** over each end of the **LAT BAR (142)**. Connect the Lat Bar to the Lat Cable using a **FIREMAN'S LATCH HOOK (143)**. When the Lat Bar is not in use, it can be placed in the Lat Bar Holder at the top end of the Main Upright.

V.A.F. STATION:

When using the V.A.F. / DIP STATION, position yourself inside the Dip Arms and grasp the Arms or Dip Handles.



CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

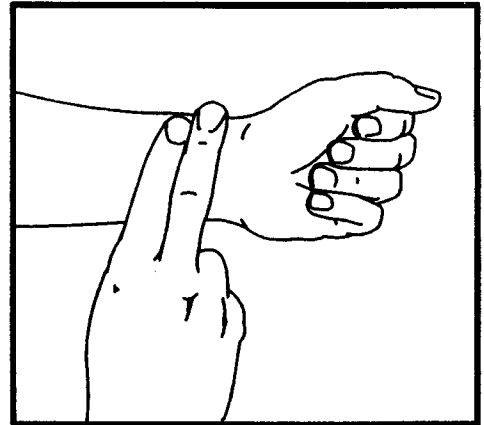
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS /MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS /MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

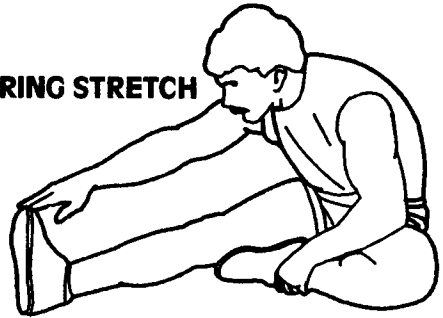
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles

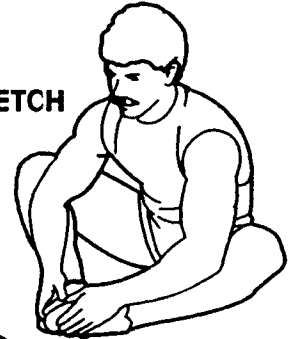
CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then

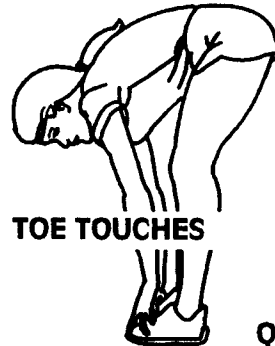
HAM STRING STRETCH



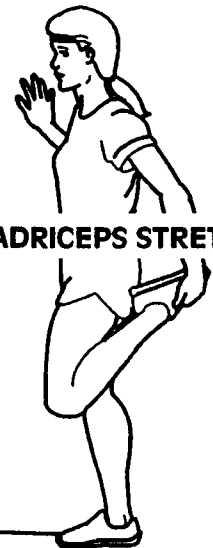
INNER THIGH STRETCH



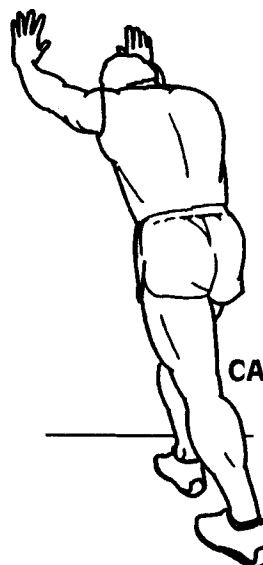
TOE TOUCHES



QUADRICEPS STRETCH



CALF/ACHILLES STRETCH



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.