

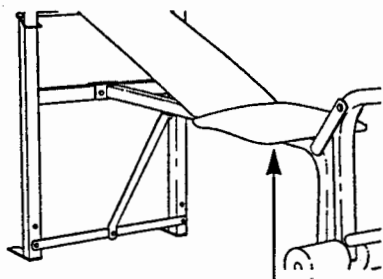
# weïder® WFS

WEIDER FITNESS SYSTEM

## SERIES 120

Model No. WB1201

Serial No. \_\_\_\_\_



Serial Number Decal (Under Seat)

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

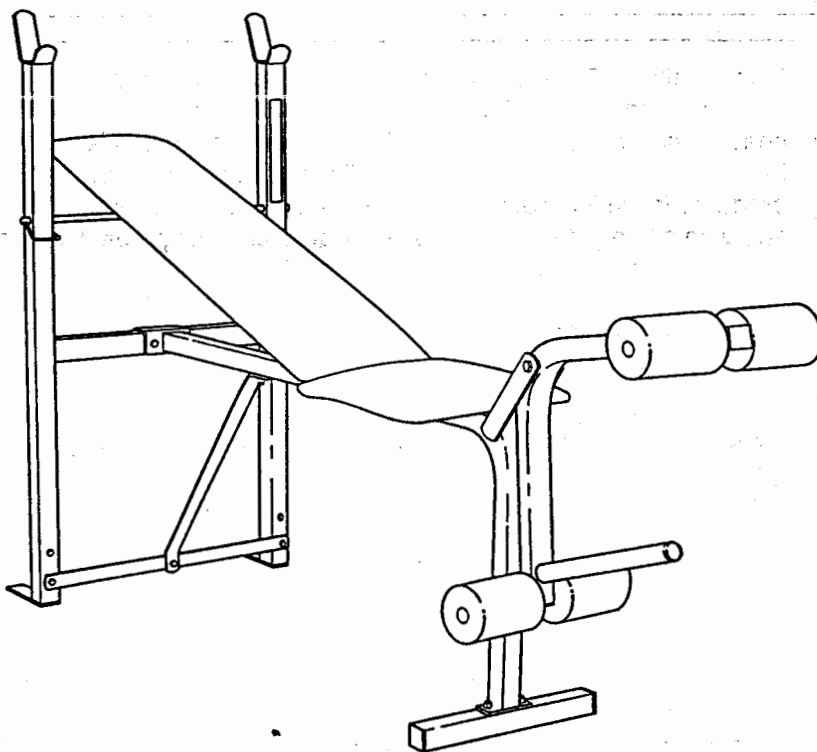
CUSTOMER HOT LINE:

**1-800-225-0653**

Mon.-Fri., 6 a.m.-6 p.m. MST

### CAUTION!

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



**OWNER'S MANUAL**

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## LIMITED WARRANTY

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

ICON IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

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

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

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# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual and in the accompanying literature before using the weight bench.
2. Use the weight bench only on a level surface. It is recommended that the floor beneath the weight bench be covered for protection.
3. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
4. Keep children away from the weight bench at all times.
5. Keep hands and feet away from moving parts.
6. Always wear athletic shoes for foot protection when exercising.
7. The weight bench is designed to support a maximum of 300 pounds, including the user, barbell, and weights. Do not place more than 110 pounds, including the barbell and weights, on the barbell rests. Do not place more than 50 pounds on the leg lever. (The barbell and weights are not included.)
8. When using a barbell, make sure that there is an equal amount of weight on each end of the barbell, and that the weights are secured to the barbell with the collars.
9. When the leg lever is used, a barbell with the same amount of weight should be placed on the weight rests to balance the bench.
10. Do not use a barbell longer than 5 feet.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

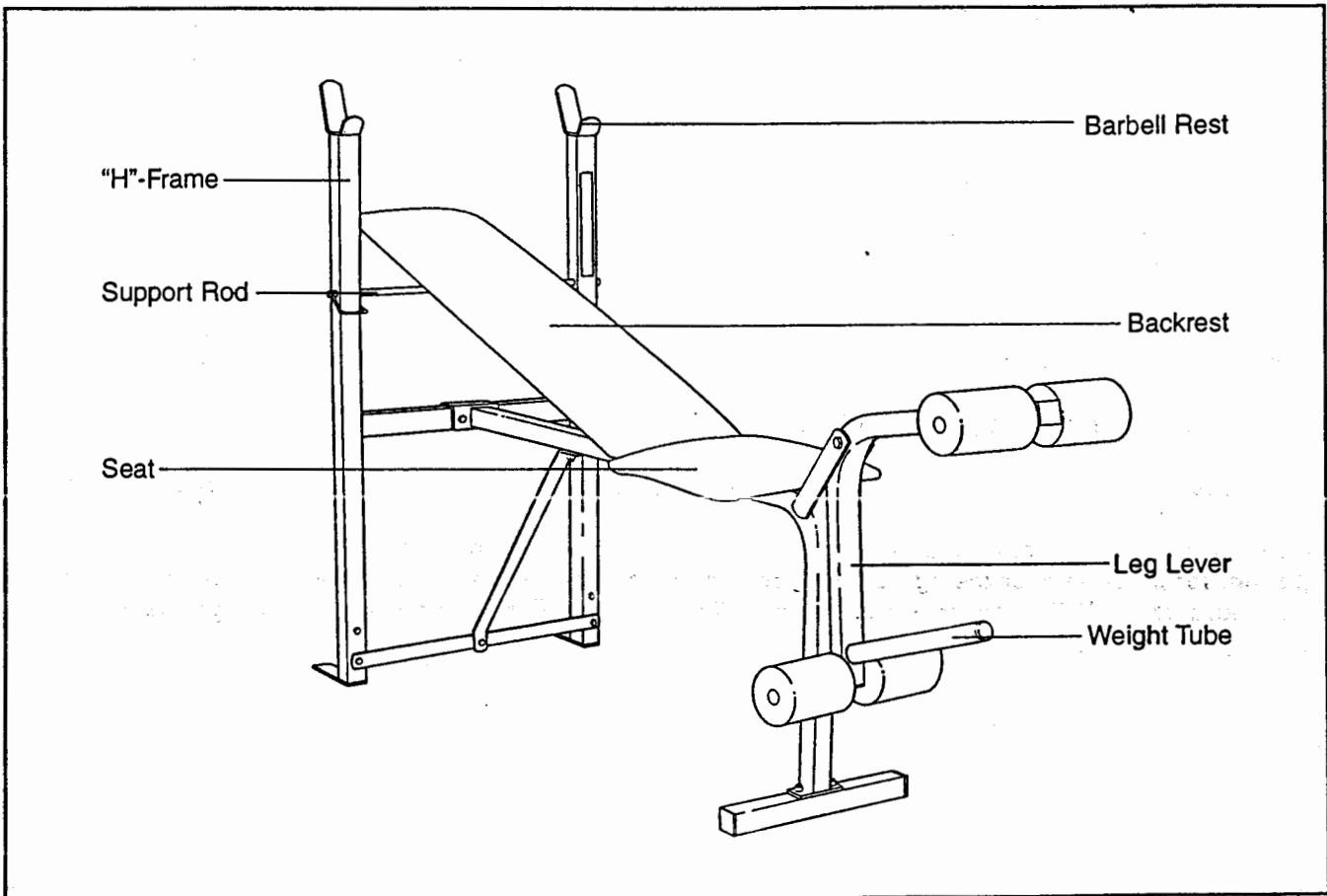
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained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

# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® WFS SERIES 120 Weight Bench. The SERIES 120 Weight Bench is designed to be used with your own weight set (not included) to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the SERIES 120 Weight Bench will help you to achieve the specific results you want.

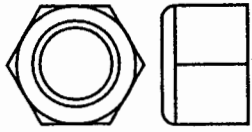
**Read this manual carefully before using the SERIES 120 Weight Bench.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WB1201. The serial number can be found on a decal attached to the SERIES 120 Weight Bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# PART IDENTIFICATION CHART

Use this PART IDENTIFICATION CHART to identify the small parts used in assembly. The numbers in parenthesis refer to the key numbers of the parts. The numbers after the dash refer to the quantities needed for assembly. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not found in the parts bag, check to see if it has been pre-attached.



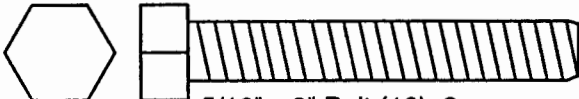
3/8" Nylon Locknut (18)-1



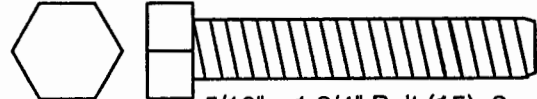
5/16" Nylon Locknut (25)-9



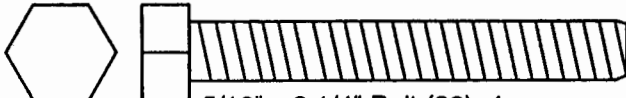
1/4" Nylon Locknut (28)-2



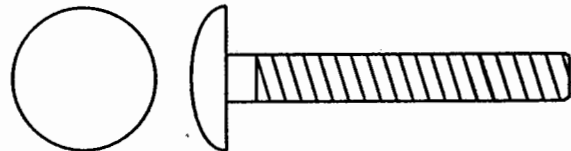
5/16" x 2" Bolt (16)-2



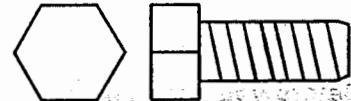
5/16" x 1 3/4" Bolt (15)-2



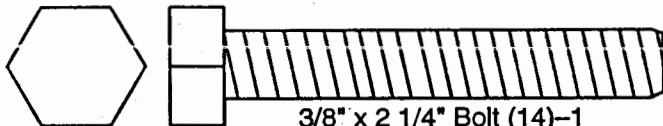
5/16" x 2 1/4" Bolt (22)-4



1/4" x 1 3/4" Carriage Bolt (27)-2



5/16" x 3/4" Bolt (17)-1



3/8" x 2 1/4" Bolt (14)-1



1/4" x 3/4" Screw (13)-6

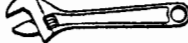
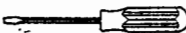
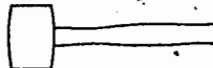
# ASSEMBLY

**Before you begin, make sure you have carefully read, and fully understand the following information and instructions:**

- Assembly requires two people.
- Place all parts of the weight bench in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read through each assembly step before beginning.
- For help identifying the small parts used in assembly, refer to the **PART IDENTIFICATION CHART** on page 5. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not found in the parts bag, check to see if it has been pre-attached.

- As you assemble the weight bench, make sure that all parts are oriented exactly as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:**

- One (1) adjustable wrench 
- One (1) standard screwdriver 
- One (1) rubber mallet 

**Lubricant, such as grease or petroleum jelly, and soapy water are also needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

## 1. Before you begin, be sure you have read the instructions at the top of this page.

Press a 1 1/2" Square Inner Cap (21) into each side of the "H"-Frame (1).

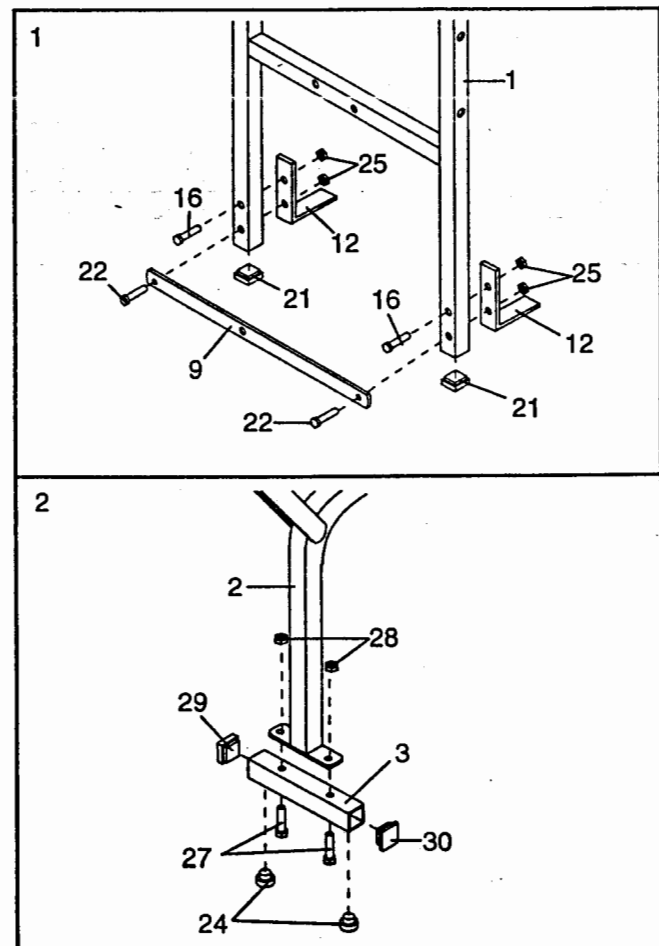
Attach the Cross Brace (9) and the two "L"-Brackets (12) to the lower end of the "H"-Frame (1) with two 5/16" x 2 1/4" Bolts (22) and two 5/16" Nylon Locknuts (25) as shown.

Attach the upper ends of the "L"-Brackets (12) to the "H"-Frame (1) with the two 5/16" x 2" Bolts (16) and two 5/16" Nylon Locknuts (25).

## 2. Press a 1 1/4" Square Inner Cap (29) into each end of the Stabilizer (3).

Press two 1" Round Inner Caps (24) into the bottom of the Stabilizer (3).

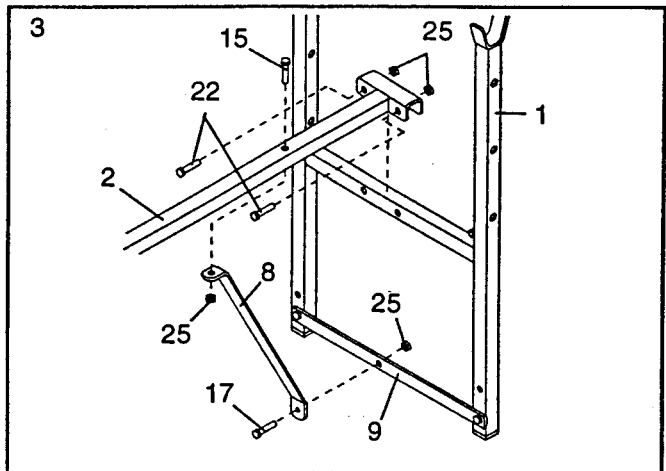
Attach the Stabilizer (3) to the Main Frame (2) with the two 1/4" x 1 3/4" Carriage Bolts (27) and two 1/4" Nylon Locknuts (28).



- Attach the Main Frame (2) to the "H"-Frame (1) with two 5/16" x 2 1/4" Bolts (22) and two 5/16" Nylon Locknuts (25).

Attach the Diagonal Brace (8) to the Main Frame (2) with the 5/16" x 1 3/4" Bolt (15) and a 5/16" Nylon Locknut (25).

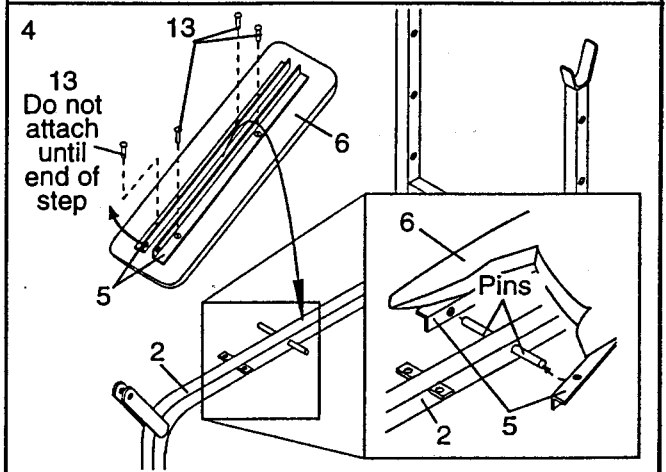
Attach the Diagonal Brace (8) to the Cross Brace (9) with the 5/16" x 3/4" Bolt (17) and a 5/16" Nylon Locknut (25).



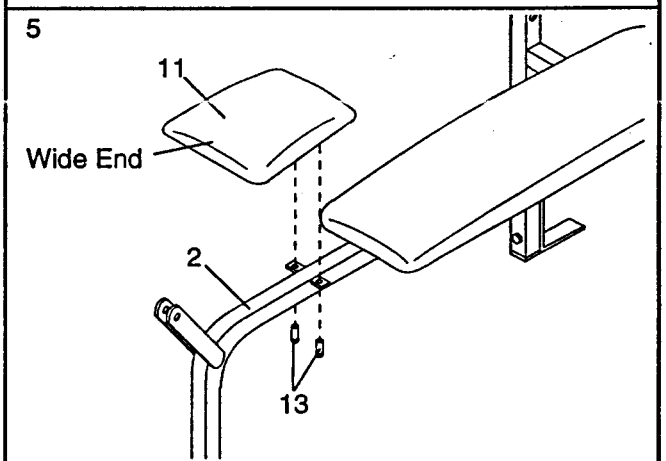
- Attach one Backrest Bracket (5) to the Backrest (6) with two 1/4" x 3/4" Machine Screws (13). Attach the other Backrest Bracket to the Backrest with one 1/4" x 3/4" Screw (13). A second 1/4" x 3/4" Screw (13) will be attached at the end of this assembly step.

Slide the ends of both Backrest Brackets (5) onto the pins on the Main Frame (2) (see the inset drawing).

Attach the free end of the Backrest Bracket (5) to the Backrest (6) with a 1/4" x 3/4" Screw (13).



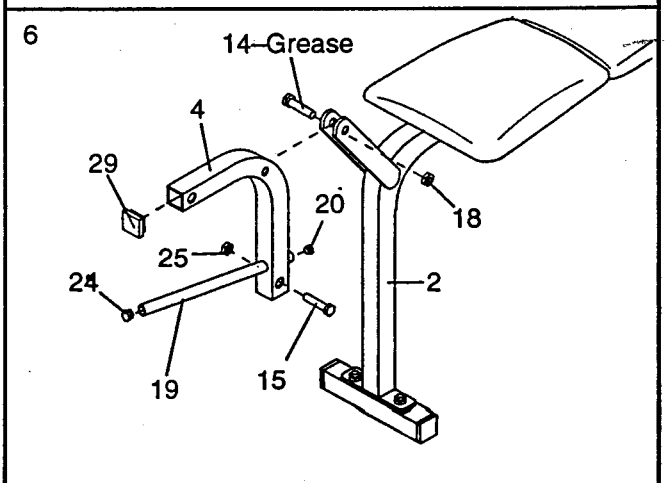
- Attach the Seat (11) to the brackets on the Main Frame (2) with two 1/4" x 3/4" Screws (13). Make sure that the seat is turned so the widest end is on the side shown.



- Attach the 1 1/4" Weight Tube (19) to the Leg Lever (4) with the 5/16" x 1 3/4" Bolt (15) and a 5/16" Nylon Locknut (25).

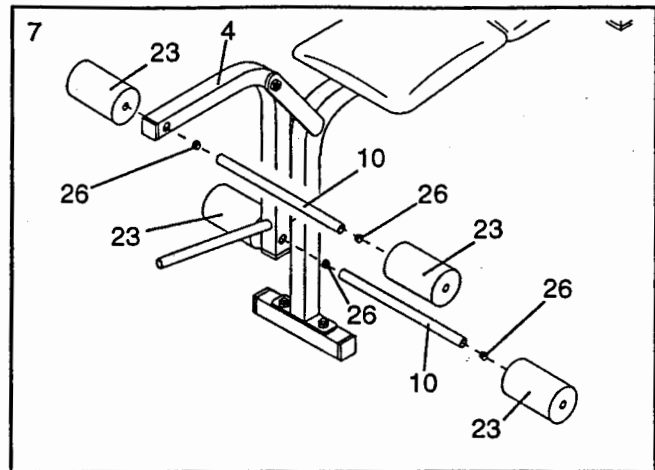
Press a 1" Round Inner Cap (24) into the indicated end of the 1 1/4" Weight Tube (19). Press the 1" Angled Round Cap (20) onto the Weight Tube. Press a 1 1/4" Square Inner Cap (29) into the indicated end of the Leg Lever (4).

Apply lubricant to the 3/8" x 2 1/4" Bolt (14). Attach the Leg Lever (4) to the Main Frame (2) with the 3/8" x 2 1/4" Bolt (14) and a 3/8" Nylon Locknut (18). **Do not overtighten the Nylon Locknut. The Leg Lever must pivot freely.**



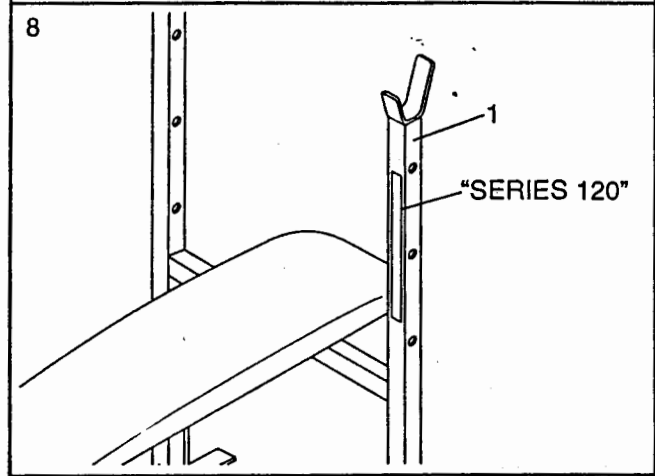
7. Press two 3/4" Round Caps (26) into each of the Pad Tubes (10).

Insert the Pad Tubes (10) through the holes in the Leg Lever (4). Slide two 5" Foam Pads (23) onto each of the Pad Tubes (10).



8. Attach the "SERIES 120" decal to the "H"-Frame (1) in the indicated location.

**The use of all remaining parts will be explained in USING THE WEIGHT BENCH on page 9 of this manual.**



# USING THE WEIGHT BENCH

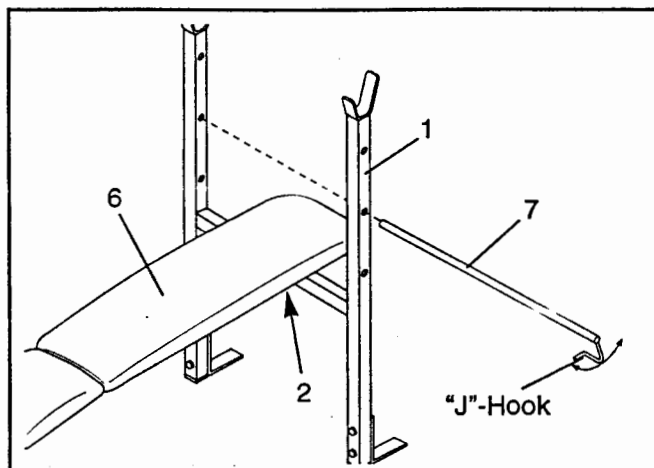
The instructions below describe how the weight bench can be adjusted. Refer to the exercise guide included with this manual for information about exercises that can be performed with the weight bench.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

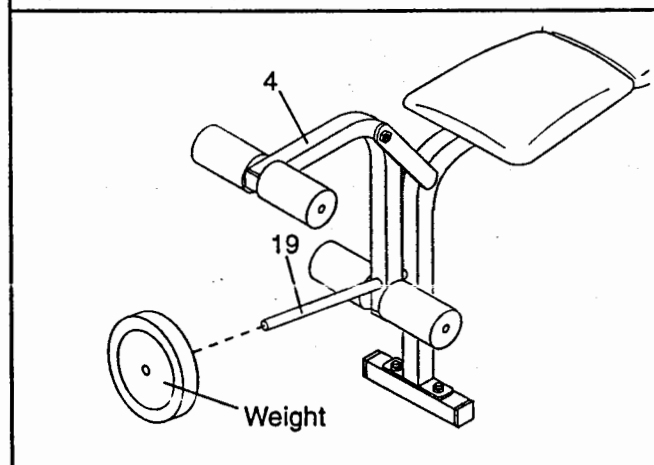
The Backrest (6) can be used in either a level position or an inclined position. To use the Backrest in a level position, remove the Support Rod (7) and lay the Backrest on the Main Frame (2).

To use the Backrest (6) in an inclined position, first lift the Backrest. Insert the Support Rod (7) through one of the three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the "J"-Hook around one side of the "H"-Frame. Lay the Backrest on the Support Rod.



## ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (4), first slide the desired amount of weights (not included) onto the Weight Tube. **WARNING: Do not place more than 50 pounds on the Leg Lever. A barbell with the same amount of weight should be placed on the weight rests to balance the bench.**



# PART LIST—Model No. WB1201

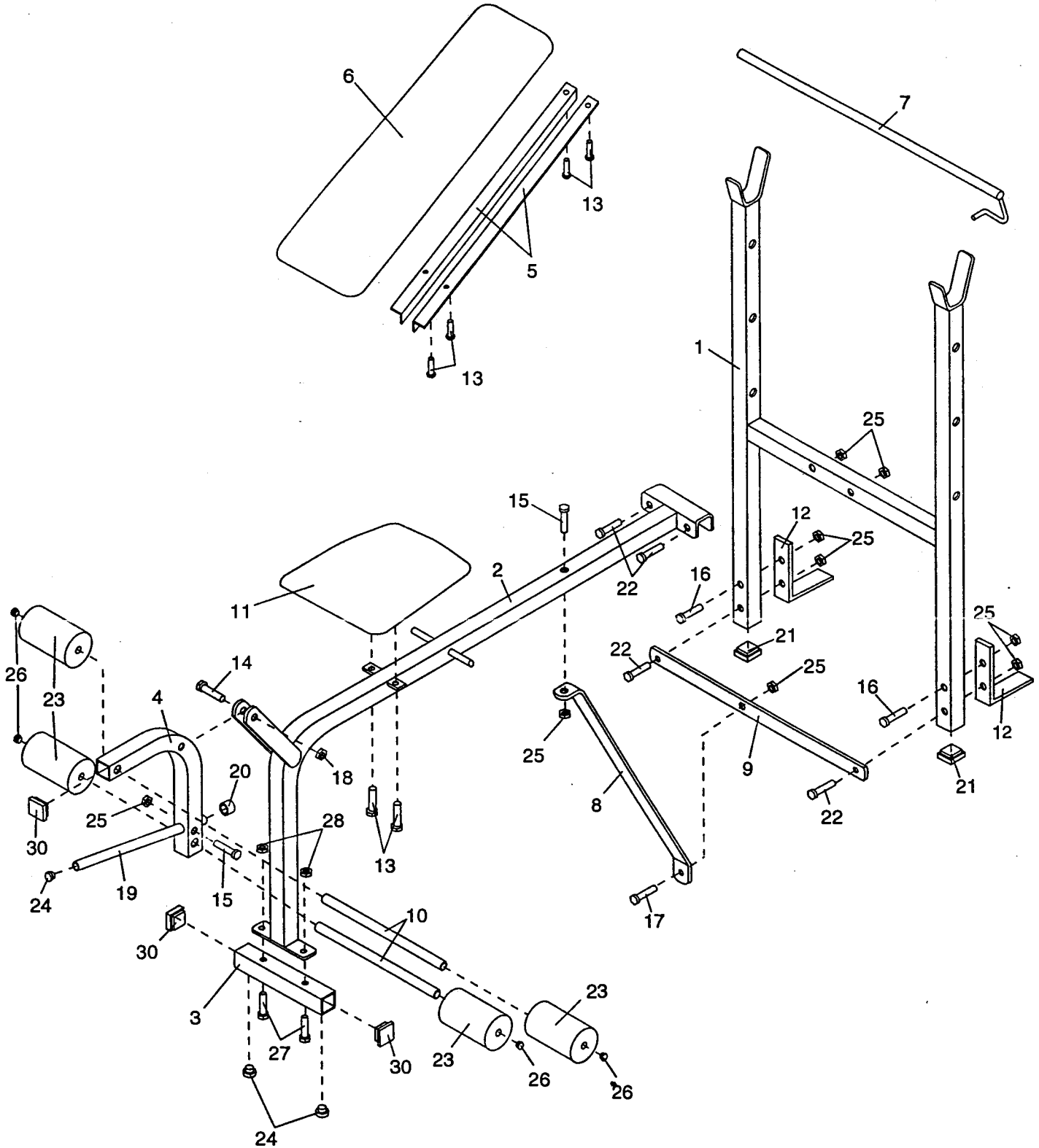
R1294A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	"H"-Frame	17	1	5/16" x 3/4" Bolt
2	1	Main Frame	18	1	3/8" Nylon Locknut
3	1	Stabilizer	19	1	11 3/4" Weight Tube
4	1	Leg Lever	20	1	1" Angled Round Cap
5	2	Backrest Bracket	21	2	1 1/2" Square Inner Cap
6	1	Backrest	22	4	5/16" x 2 1/4" Bolt
7	1	Support Rod	23	4	5" Foam Pad
8	1	Diagonal Brace	24	3	1" Round Inner Cap
9	1	Cross Brace	25	9	5/16" Nylon Locknut
10	2	Pad Tube	26	4	3/4" Round Inner Cap
11	1	Seat	27	2	1/4" x 1 3/4" Carriage Bolt
12	2	"L"-Bracket	28	2	1/4" Nylon Locknut
13	6	1/4" x 3/4" Screw	29	3	1 1/4" Square Inner Cap
14	1	3/8" x 2 1/4" Bolt	#	1	Owner's Manual
15	2	5/16" x 1 3/4" Bolt	#	1	"SERIES 120" Decal
16	2	5/16" x 2" Bolt			

"#" Indicates a non-illustrated part. Specifications subject to change without notice. See back cover for information on ordering replacement parts.

# EXPLODED DRAWING—Model No. WB1201

R1294A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WB1201).
2. The SERIAL NUMBER of the product (serial number under seat).
3. The NAME of the product (WEIDER® WFS Series 120 Weight Bench).
4. The KEY NUMBER of the desired part(s) (see page 10 of this manual).
5. The DESCRIPTION of the desired part(s) (see page 10 of this manual).