

Assembly Instructions

JOE WEIDER'S CONVERTIBLE BODY BLASTER BENCH

TOOLS NEEDED FOR ASSEMBLY:

FLAT BLADE SCREW DRIVER
PLIERS
ADJUSTABLE END WRENCH
HAMMER

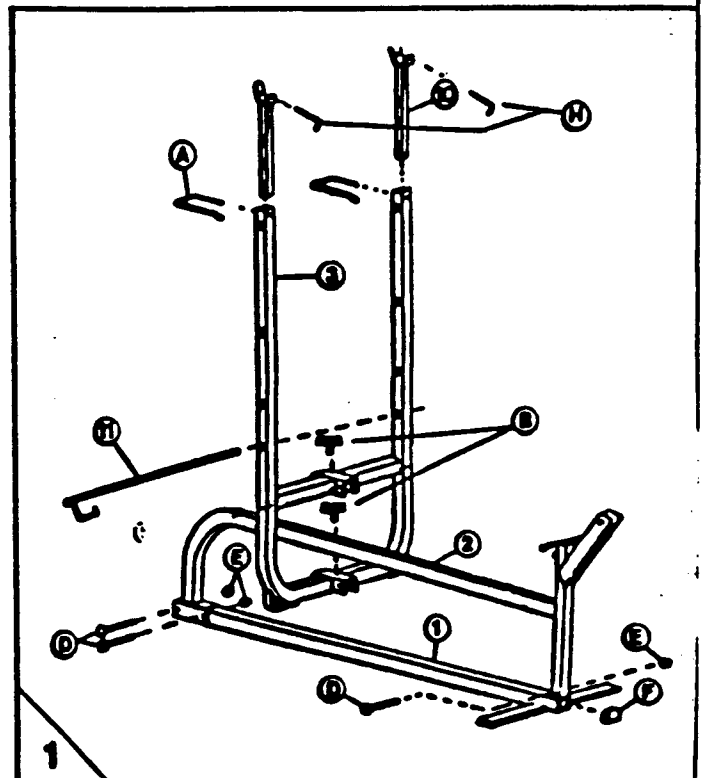
**LAY OUT ALL PIECES ON A CLEAN, SMOOTH WORK SURFACE
PLACE DIAGRAM WHERE IT CAN BE EASILY VIEWED**

STEP 1 DIAGRAM 1

Lay out BASE (1) and insert SQUARE PIPE CAPS (F) in each end. Place MAIN FRAME (2) through UPRIGHT (3) as shown.

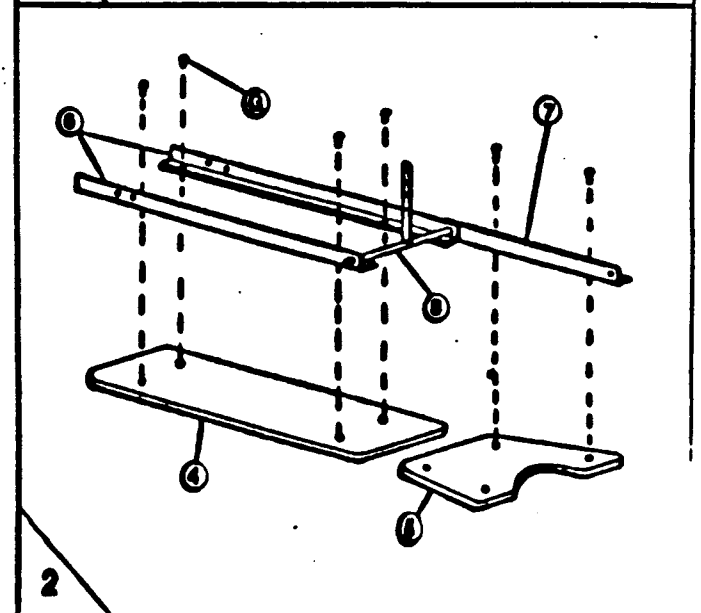
Set Main Frame in position on Base and slip HEX BOLTS (D) through holes in the front & rear. Position UPRIGHT so the lower u-bracket covers the two remaining holes at the back of the BASE (1). Now put HEX NUTS (E) on HEX BOLTS (D) and tighten.

Now place PLASTIC KNOB BOLTS (B) and tighten. Place SQUARE PIPE CAP (F) in opening on the front & back of MAIN FRAME (2). Take BACK SUPPORT ROD (11) and place through the lower holes on the upright. Take BAR HOLDERS (10) and insert into uprights (as shown). Use BAR HOLDER ADJUST PINS (A) for height best for you.



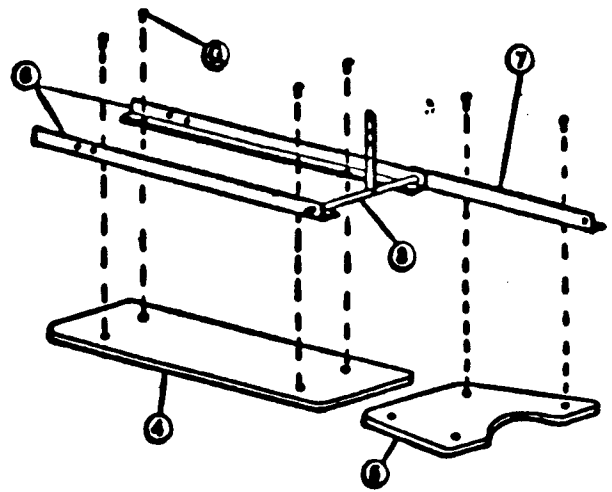
STEP 2 DIAGRAM 2

Lay BACKREST (4) upside down. Take the LONG ANGLE IRON (6) and lineup the holes on the BACKREST. The hole closest to the end of the ANGLE IRON matches the hole closest to the edge of the BACKREST. Before attaching be sure the raised portion of the ANGLE IRON is on the outside of the holes on the BACKREST. Fasten one side with two small HEX HEAD BOLTS (G). Next place SEAT ADJUST T (8) with one end of the rod in the hole of the attached ANGLE IRON. Line up the other LONG ANGLE IRON and attach in the same way.



STEP 3 DIAGRAM 2

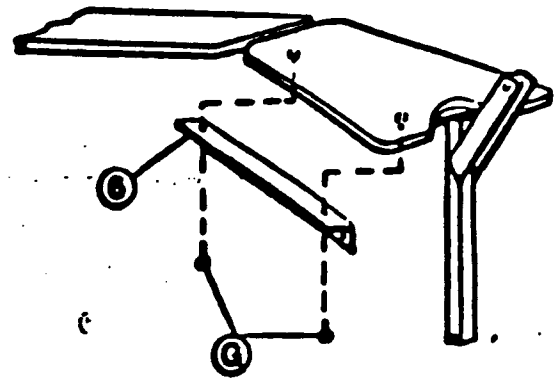
Lay the SEAT (5) upside down and match up the holes on one SHORT ANGLE IRON (7). There should be about one inch of ANGLE IRON over the edge of the narrow end of the seat. The raised portion of the ANGLE IRON should be on the inside of the seat holes. Now attach with two small HEX HEAD BOLTS (G). Next position narrow end of the seat to the backrest. Slide seat onto SEAT ADJUST ROD.



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STEP 4 DIAGRAM 3

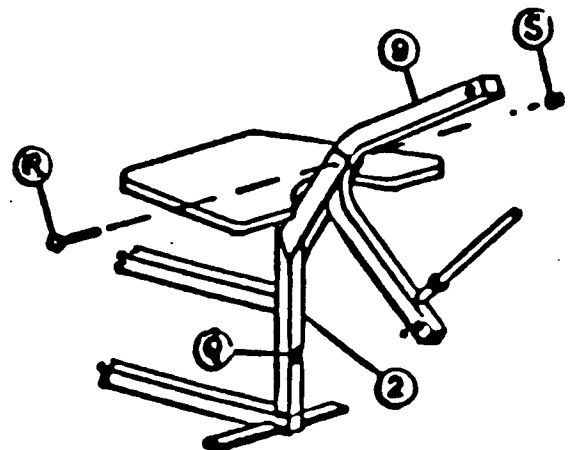
Turn the SEAT and the BACKREST over. Slide the front of the SEAT onto the rod on the front of the MAIN FRAME, and the SEAT ADJUSTER into the slot on the frame. To aid in attaching the last ANGLE IRON use the SEAT ADJUST PIN (P) to raise the seat and hold it up. Now slide the last ANGLE IRON on FRAME ROD and SEAT ADJUSTER ROD and secure with two small HEX HEAD BOLTS (G).



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STEP 5 DIAGRAM 4

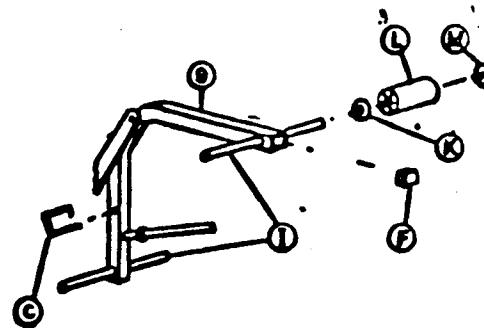
Place CURL FRAME (9) in position between the flat plates on the frame, with the welded plate holder nearest the floor. Attach with HEX HEAD BOLT (D) and LOCKING NUT (E). DO NOT OVER TIGHTEN! The CURL FRAME should operate freely. Peel the paper off the RUBBER STOP (Q). Place the stop on the MAIN FRAME where the CURL FRAME strikes the MAIN FRAME.



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DIAGRAM 5

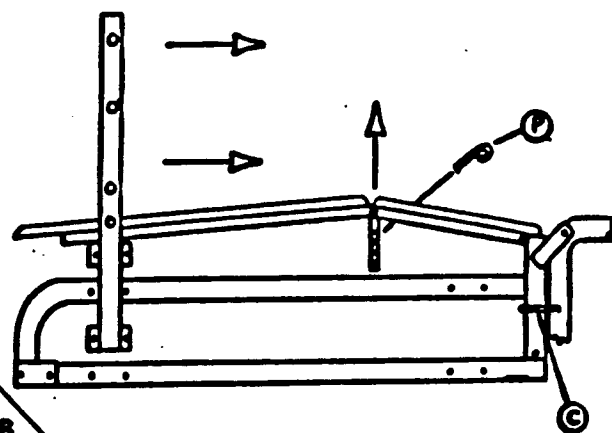
Take the PAD BARS (1) and slide bars through holes on CURL FRAME till equal amounts of bar is on both sides of the frame. The following will be repeated: Place WASHER (K) on PAD BAR. Place PAD (L) on BAR. Place LOCKING PAD BAR inserts (M) in each end of bars. Insert CAPS (F) each end of the curl frame. Place LOCKING HOOK (C) through plate and curl frame. MAKE SURE ALL PARTS ARE SECURELY FASTENED. YOU NOW HAVE ASSEMBLED YOUR BODY BLASTER BENCH IN THE STANDARD POSITION.



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TO CHANGE THE BENCH FOR INCLINE PRESS**STEP 7****DIAGRAM 6**

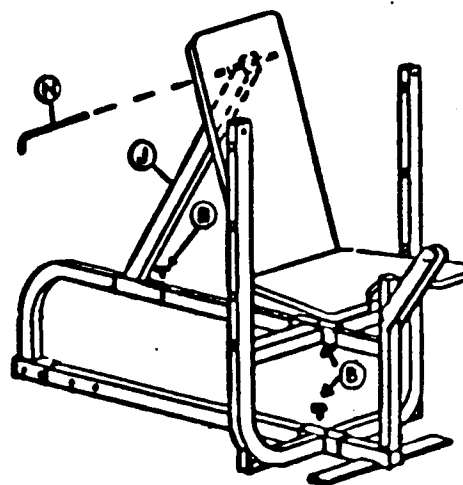
Remove the 3 PLASTIC KNOB BOLTS and then the Bolts from the UPRIGHT BRACKETS. Raise UPRIGHT till it clears frame and base. Move UPRIGHT forward. Raise seat till SEAT ADJUST T clears frame.



6

STEP 8**DIAGRAM 7**

When UPRIGHT is past SEAT ADJUSTER lower seat back into position. Match holes on UPRIGHT BRACKETS to frame and reinsert PLASTIC KNOB BOLTS (B). Raise BACKREST and place BACK SUPPORT TUBE (J) in position and use the remaining PLASTIC KNOB BOLT (B) to attach to frame. Take BACK SUPPORT PIN (N) and place it through the ANGLE IRON and SUPPORT TUBE to fasten BACKREST into position. There are 2 locations for the BACK SUPPORT TUBE, use the one best for you. Turn BAR HOLDERS around, for easy bar lift off.



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You are now ready for the Incline press.

CONVERTIBLE BODY BLASTER BENCH

No.	Major Piece Parts	Qty.	Item	Qty.
1.	Base	1	A. Bar Holder Adj. Pins	2
2.	Main Frame	1	B. Plastic Knob Bolt	3
3.	Upright	1	C. Locking Hook	1
4.	Backrest	1	D. Hex Head Bolt 3 x 3/8	3
5.	Seat	1	E. Locking Nuts 3/8	3
6.	Long Angle Iron	2	F. Black 2 x 2 Sq. Plastic Cap	3
7.	Short Angle Iron	2	G. Hex Head Bolt 3/4 x 1/4	8
8.	Seat Adjuster "T"	1	H. Locking Pin	1
9.	Curl Frame	1	I. Pad Bars	2
10.	Bar Holders	2	J. Back Support Tube	1
11.	Back Support Rod	1	K. Large Washers	4
			L. Round Pad	4
			M. Locking Pad Bar Inserts	4
			N. Back Support Locking Pin	1
			P. Seat Adjust Pin	1
			Q. Rubber Stop	1
			R. Hex Head Bolt 3 x 3/8	1 ea
			S. Locking Nut	1

DO NOT LIFT WEIGHT WHEN YOU ARE ALONE

THERE MUST ALWAYS BE ANOTHER PERSON TO ASSIST YOU IN CASE YOU HAVE DIFFICULTY WHILE LIFTING WEIGHTS.

IMPORTANT

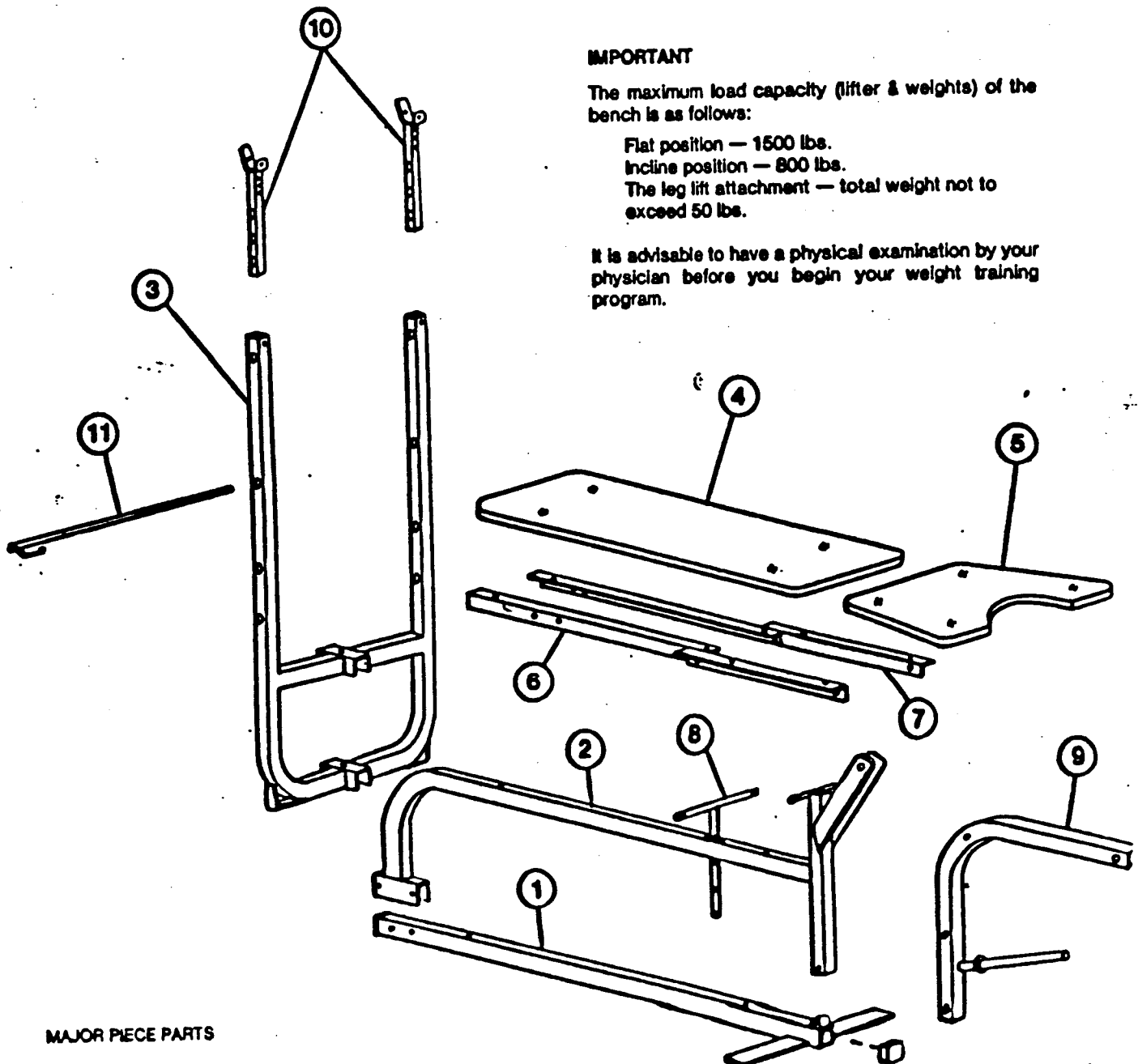
The maximum load capacity (lifter & weights) of the bench is as follows:

Flat position — 1500 lbs.

Incline position — 800 lbs.

The leg lift attachment — total weight not to exceed 50 lbs.

It is advisable to have a physical examination by your physician before you begin your weight training program.



MAJOR PIECE PARTS

19.

Examined by _____ Entered by _____

[illegible]