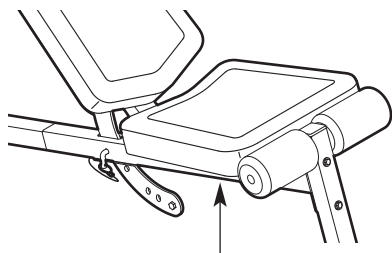


WEIDERTM PRO 230

Model No. WEBE0638.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

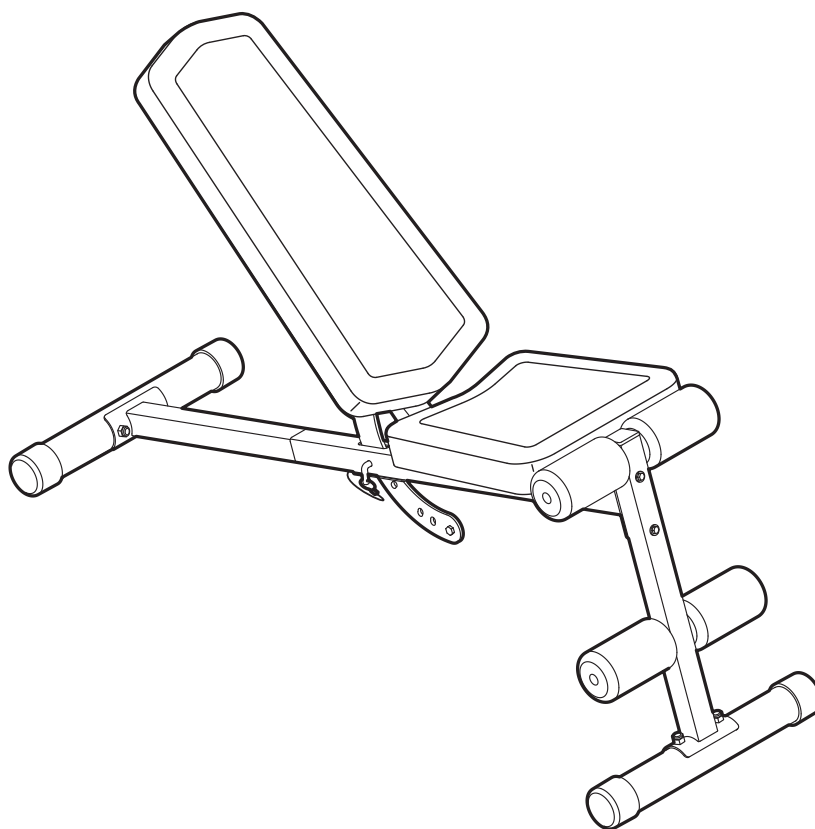
1-877-992-5999

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com



CAUTION

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



Visit our website at

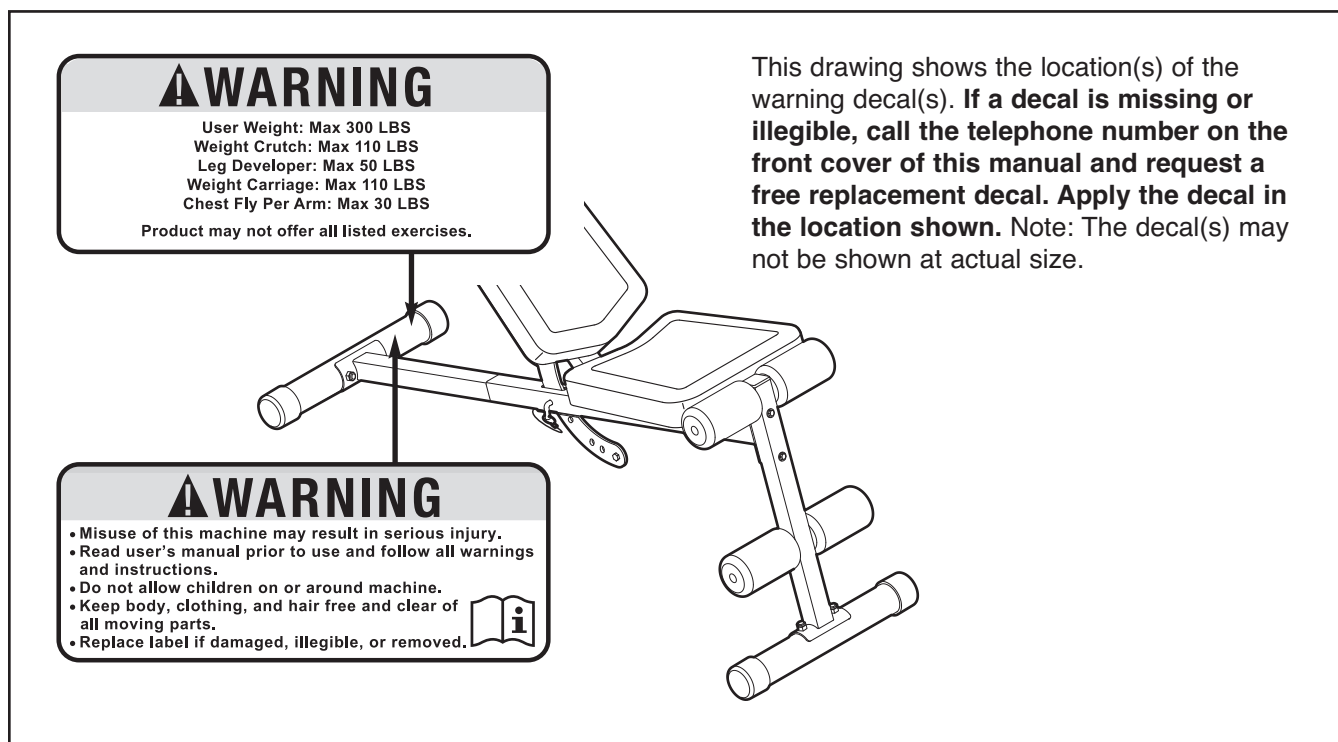
www.weiderfitness.com

new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. The weight bench is designed to support a maximum weight of 410 lbs. (186 kg) including a maximum user weight of 300 lbs. (136 kg). Do not use more than 110 lbs. (50 kg) of weight with the weight bench. Note: The weight bench does not include weights.
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Always wear athletic shoes for foot protection while exercising.
9. Keep hands and feet away from moving parts.
10. Always make sure that the locking pin is fully inserted into the frame and the pivot bracket before you exercise.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. Use the weight bench only as described in this manual.

BEFORE YOU BEGIN

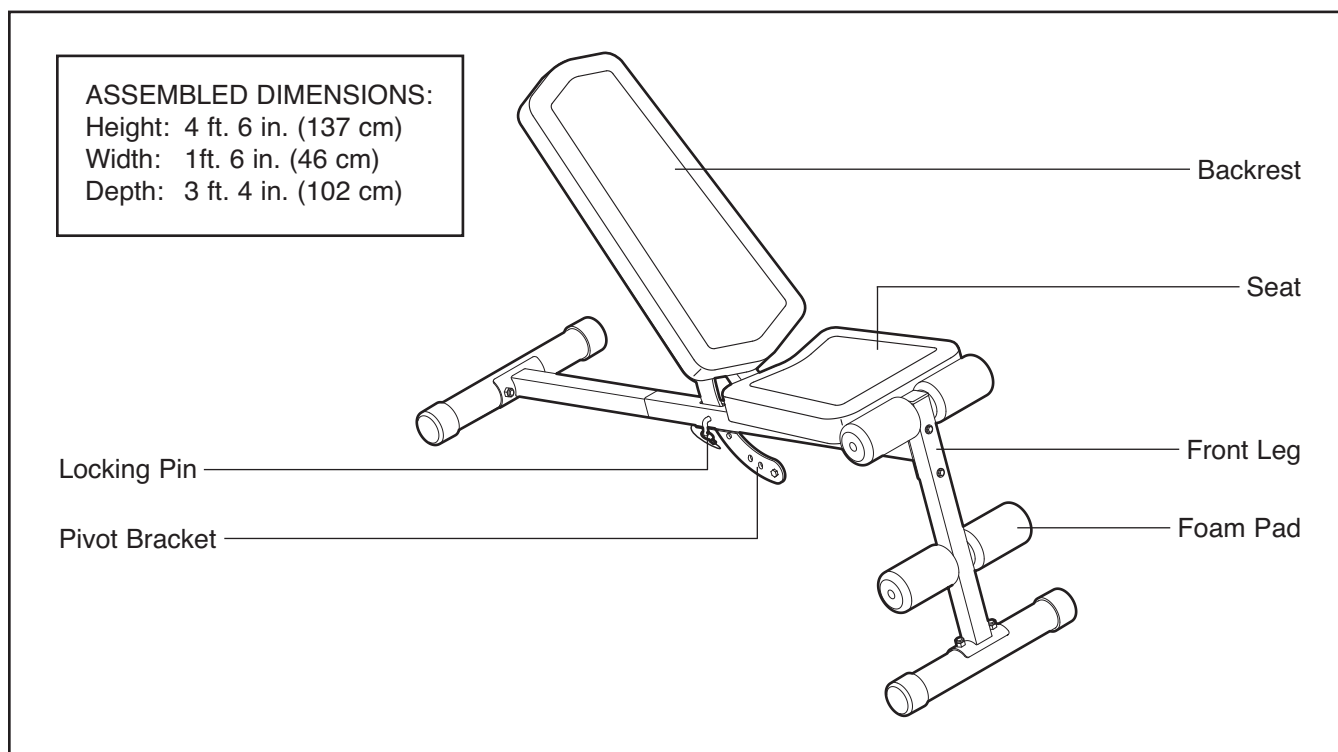
Thank you for selecting the versatile WEIDER PRO™ 230 weight bench. The weight bench is designed to help develop the major muscle groups of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product

model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

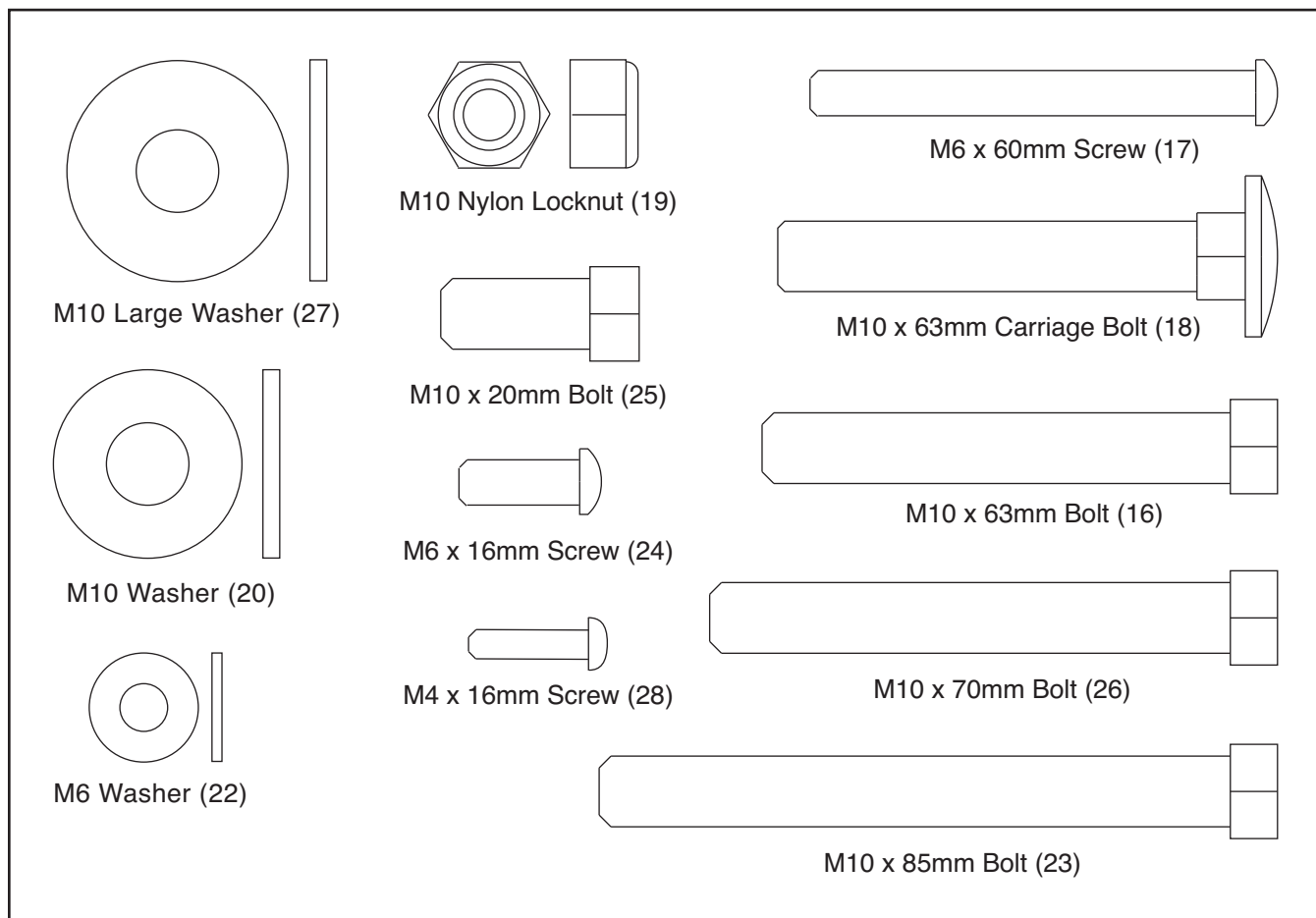
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.weiderservice.com/registration.

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



PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



ASSEMBLY

Make Assembly Easier

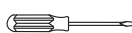
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, see the **PART IDENTIFICATION CHART** on page 5.

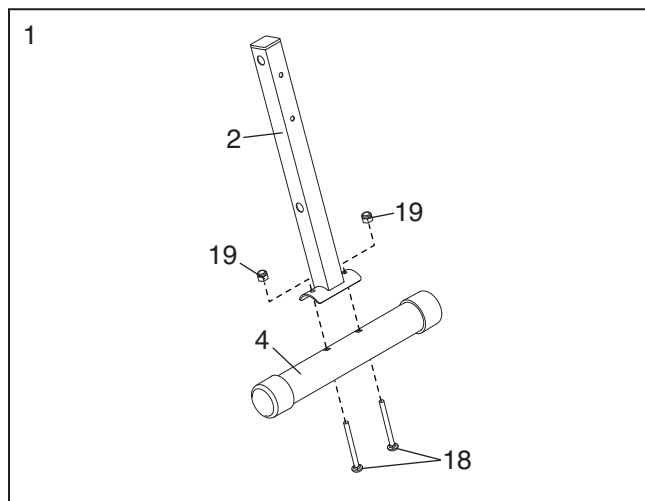
The included grease and the following tools (not included) may be required for assembly:

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 

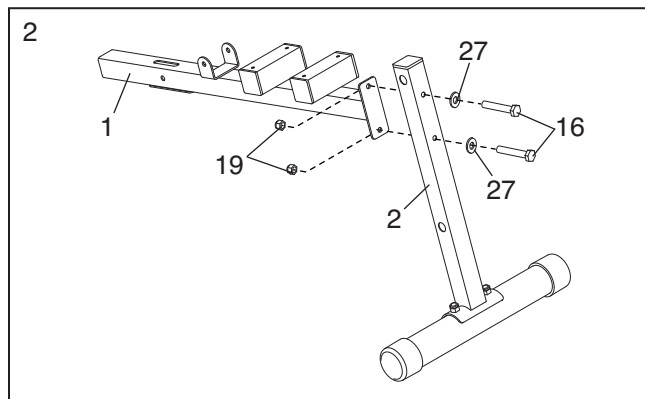
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **To make assembly easier, make sure that you understand the information in the box above.**

Locate the Stabilizer (4) without the warning decal. Attach the Stabilizer to the Front Leg (2) with two M10 x 63mm Carriage Bolts (18) and two M10 Nylon Locknuts (19). **Do not tighten the Nylon Locknuts yet.**



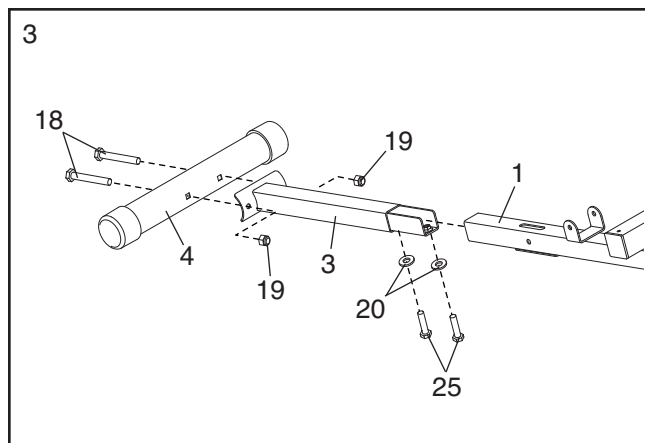
2. Attach the Frame (1) to the Front Leg (2) with two M10 x 63mm Bolts (16), two M10 Large Washers (27), and two M10 Nylon Locknuts (19). **Do not tighten the Nylon Locknuts yet.**



3. Attach the other Stabilizer (4) to the Rear Leg (3) with two M10 x 63mm Carriage Bolts (18) and two M10 Nylon Locknuts (19). **Do not tighten the Nylon Locknuts yet.**

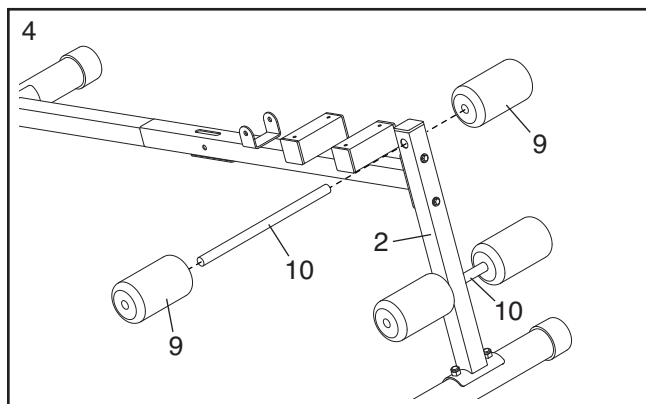
Attach the Rear Leg (3) to the Frame (1) with two M10 x 20mm Bolts (25) and two M10 Washers (20).

See steps 1–3. Tighten the M10 Nylon Locknuts (19).



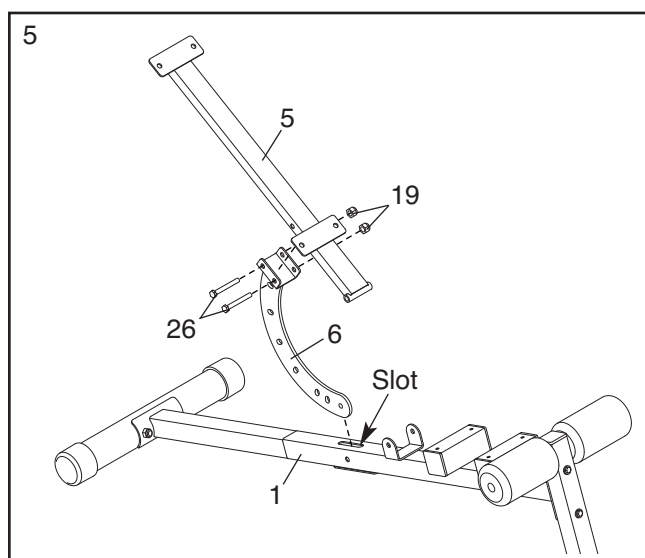
4. Insert a Pad Tube (10) into the Front Leg (2). Wet the ends of the Pad Tube with soapy water, and slide two Foam Pads (9) onto the Pad Tube.

Repeat this step with the other Pad Tube (10).



5. Attach the Pivot Bracket (6) to the Backrest Frame (5) with two M10 x 70mm Bolts (26) and two M10 Nylon Locknuts (19). **Do not tighten the Nylon Locknuts yet.**

Insert the Pivot Bracket (6) into the slot in the Frame (1).

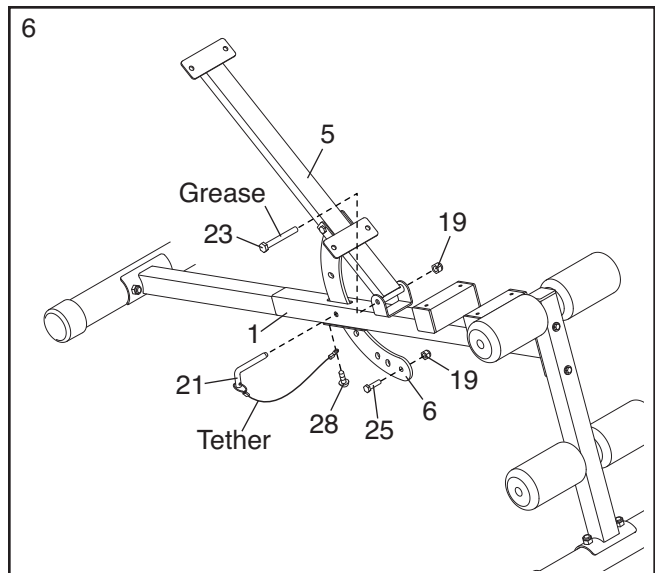


6. Apply some of the included grease to an M10 x 85mm Bolt (23). Attach the Backrest Frame (5) to the Frame (1) with the Bolt and an M10 Nylon Locknut (19). **Do not overtighten the Nylon Locknut; the Backrest Frame must pivot easily.**

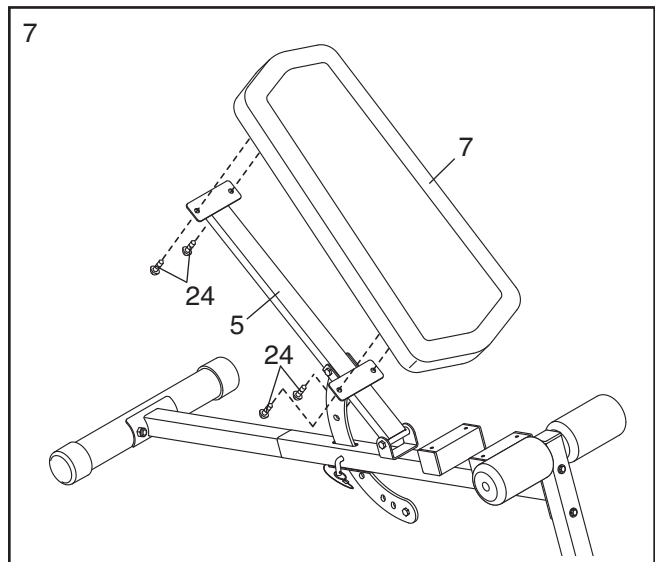
Attach the tether on the Locking Pin (21) to the bottom of the Frame (1) with an M4 x 16mm Screw (28). Next, insert the Locking Pin into the Frame and into an adjustment hole in the Pivot Bracket (6).

Attach an M10 x 20mm Bolt (25) and an M10 Nylon Locknut (19) to the hole in the end of the Pivot Bracket (6).

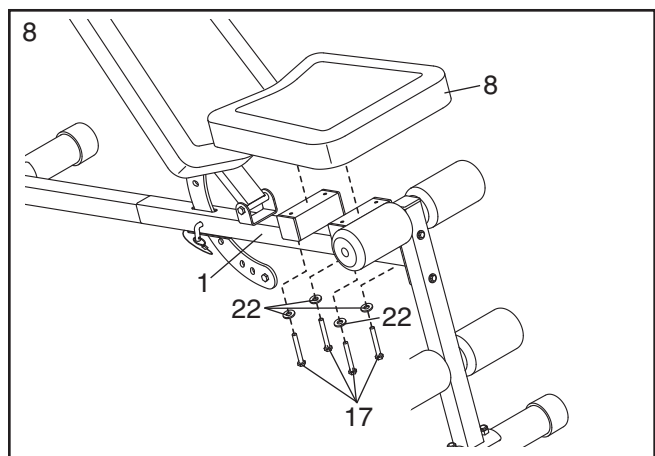
See step 5. Tighten the M10 Nylon Locknuts (19).



7. **Orient the Backrest (7) as shown.** Attach the Backrest to the Backrest Frame (5) with four M6 x 16mm Screws (24).



8. Attach the Seat (8) to the Frame (1) with four M6 x 60mm Screws (17) and four M6 Washers (22).



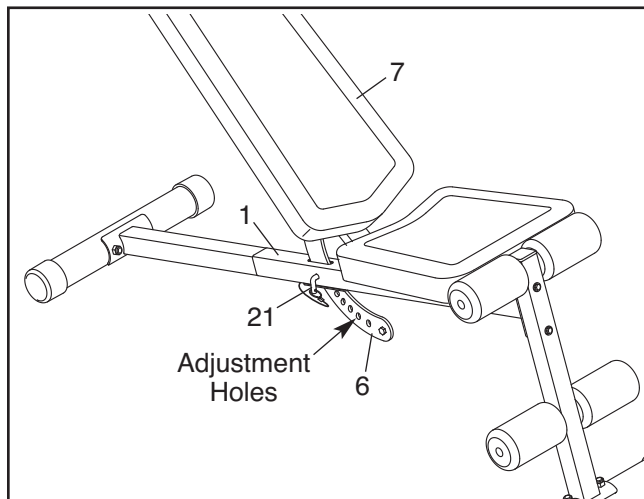
9. **Make sure that all parts are properly tightened before you use the weight bench.**

ADJUSTMENT

ADJUSTING THE BACKREST

The Backrest (7) can be used in a declined position, a level position, or any of four inclined positions. To adjust the Backrest, first remove the Locking Pin (21) from the Frame (1). Move the Backrest to the desired position, and reinsert the Locking Pin into the Frame and an adjustment hole in the Pivot Bracket (6).

⚠ WARNING: Make sure that the Locking Pin (21) is fully inserted into the Frame (1) and the Pivot Bracket (6).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature, and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

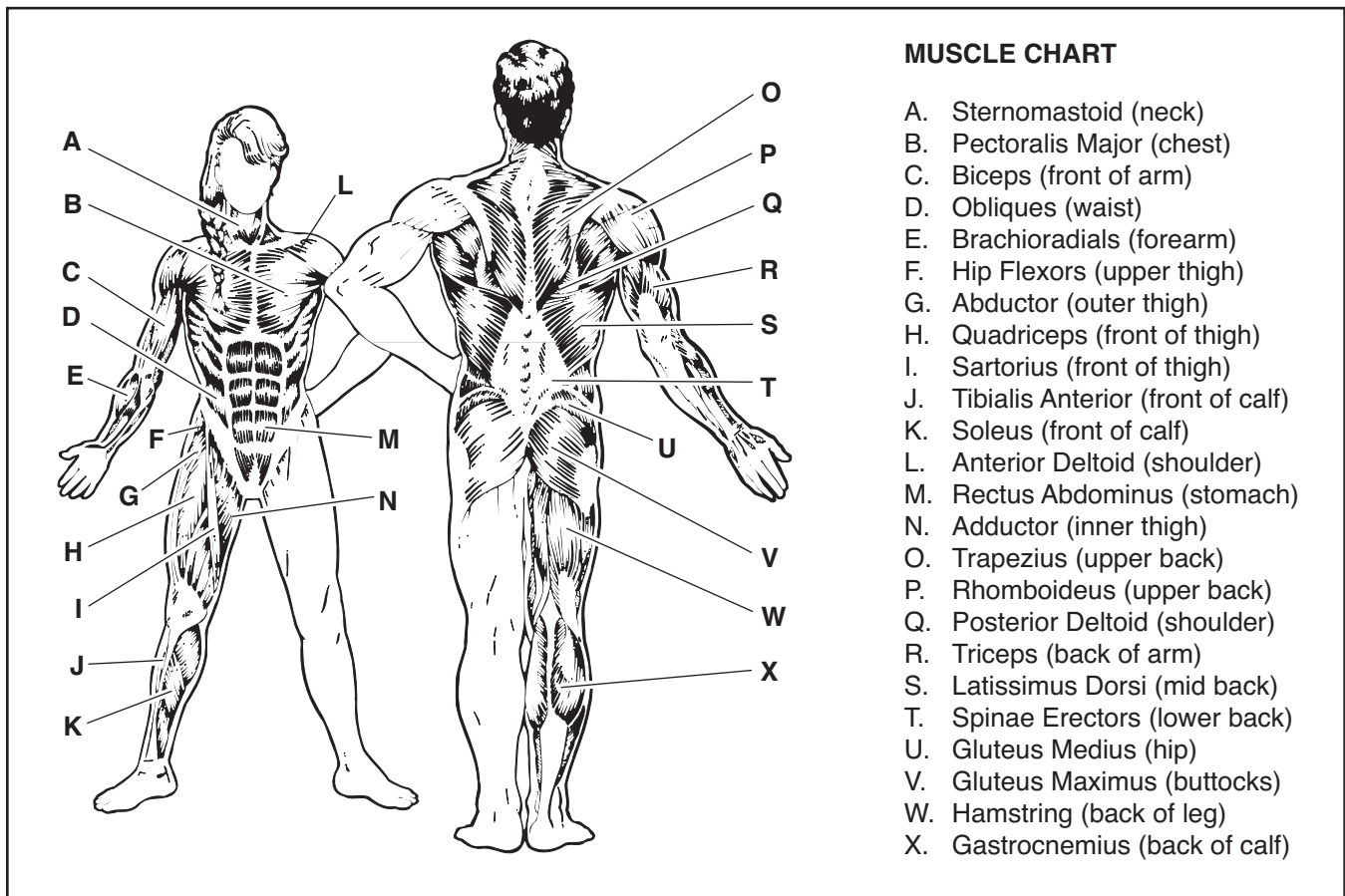
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Min.	Dist.	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Min.	Dist.	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Min.	Dist.	Speed

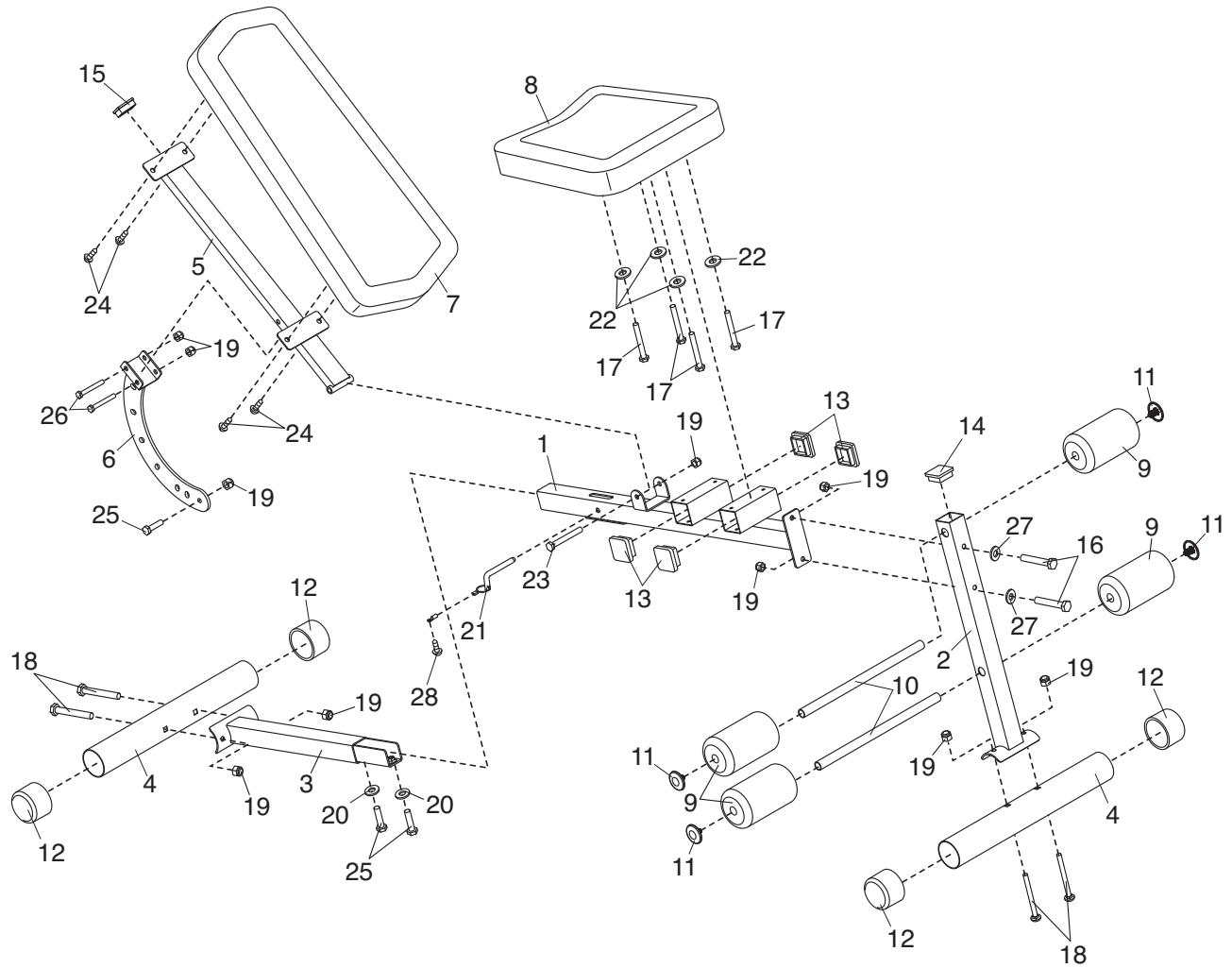
NOTES

PART LIST—Model No. WEBE0638.0

R0608B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	17	4	M6 x 60mm Screw
2	1	Front Leg	18	4	M10 x 63mm Carriage Bolt
3	1	Rear Leg	19	10	M10 Nylon Locknut
4	2	Stabilizer	20	2	M10 Washer
5	1	Backrest Frame	21	1	Locking Pin
6	1	Pivot Bracket	22	4	M6 Washer
7	1	Backrest	23	1	M10 x 85mm Bolt
8	1	Seat	24	4	M6 x 16mm Screw
9	4	Foam Pad	25	3	M10 x 20mm Bolt
10	2	Pad Tube	26	2	M10 x 70mm Bolt
11	4	19mm Round Inner Cap	27	2	M10 Large Washer
12	4	50mm Round Outer Cap	28	1	M4 x 16mm Screw
13	4	50mm Square Inner Cap	*	—	User's Manual
14	1	45mm Square Inner Cap	*	—	Exercise Guide
15	1	25mm x 50mm Inner Cap	*	—	Grease Packet
16	2	M10 x 63mm Bolt			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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. Parts and labor are warranted for 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 repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or 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 are limited in their 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 that vary from state to state.

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