

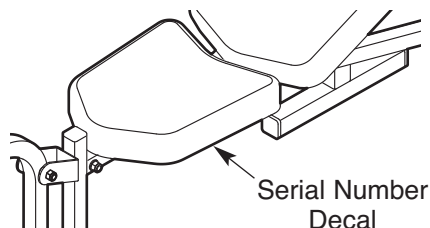
WEIDER® 220 W

www.weiderfitness.com

Model No. WEBE0989.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

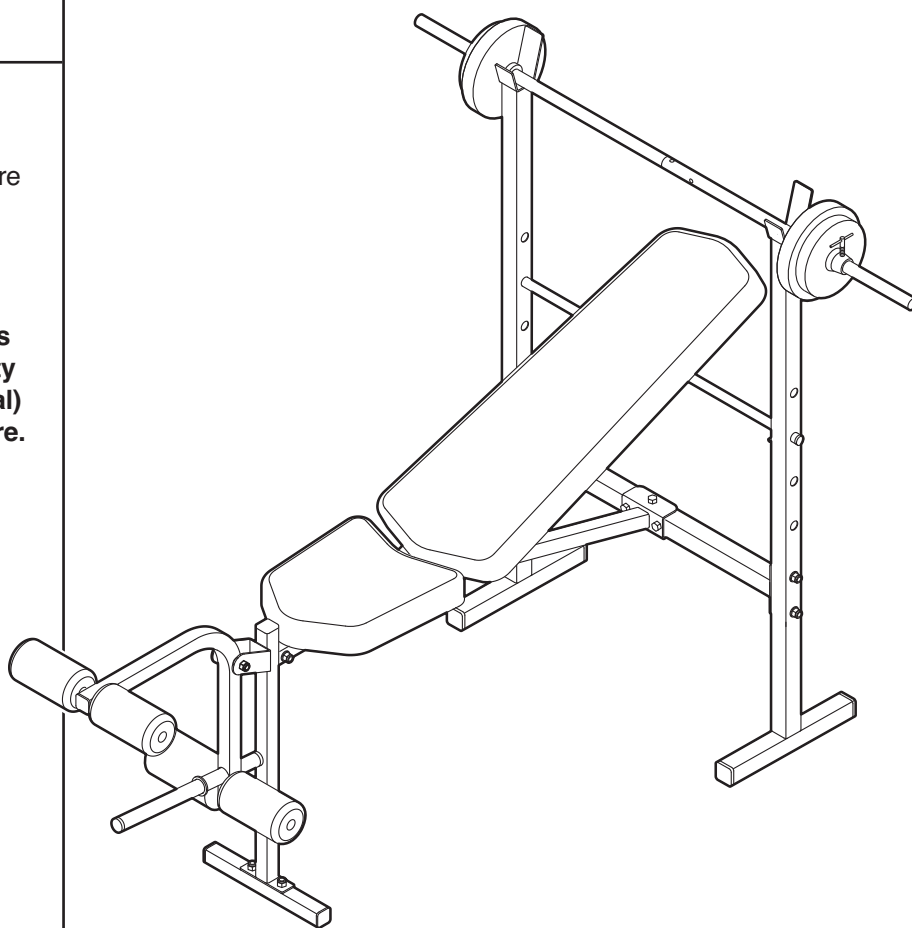
1-877-992-5999

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. Keep this manual for future reference.

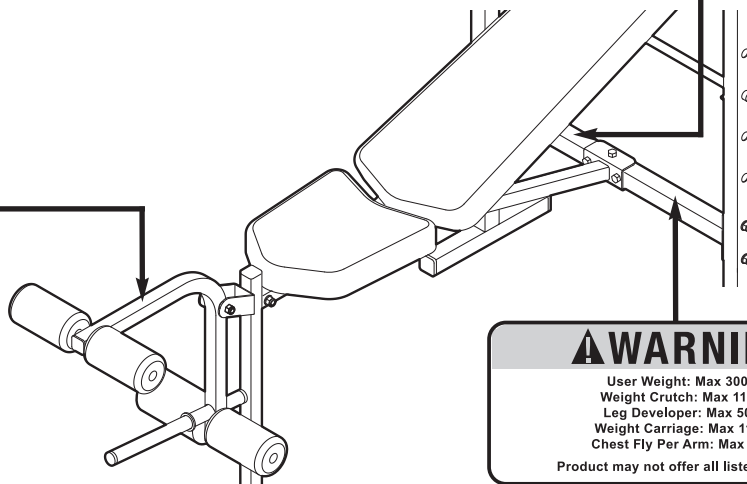


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



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 age 35 or persons with pre-existing health problems.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench in a garage or covered patio, or near water.
6. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the weight bench at all times.
9. Keep hands and feet away from moving parts.
10. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the weight system.
11. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg), and a maximum total weight of 410 lbs. (186 kg). Do not place more than 110 lbs. (50 kg), including a barbell and weights, on the weight rests. Do not place more than 50 lbs. (23 kg) on the leg lever.
12. Do not use a barbell that is longer than 5 ft. (1.5 m) with the weight bench.
13. Always make sure that there is the same amount of weight on both ends of your barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping.
14. When using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
15. When using the backrest in an inclined or level position, make sure that the backrest support is inserted completely through the uprights and is turned to the locked position.
16. Always exercise with a partner. Your partner should stand behind you to catch the barbell if you cannot complete a repetition.
17. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

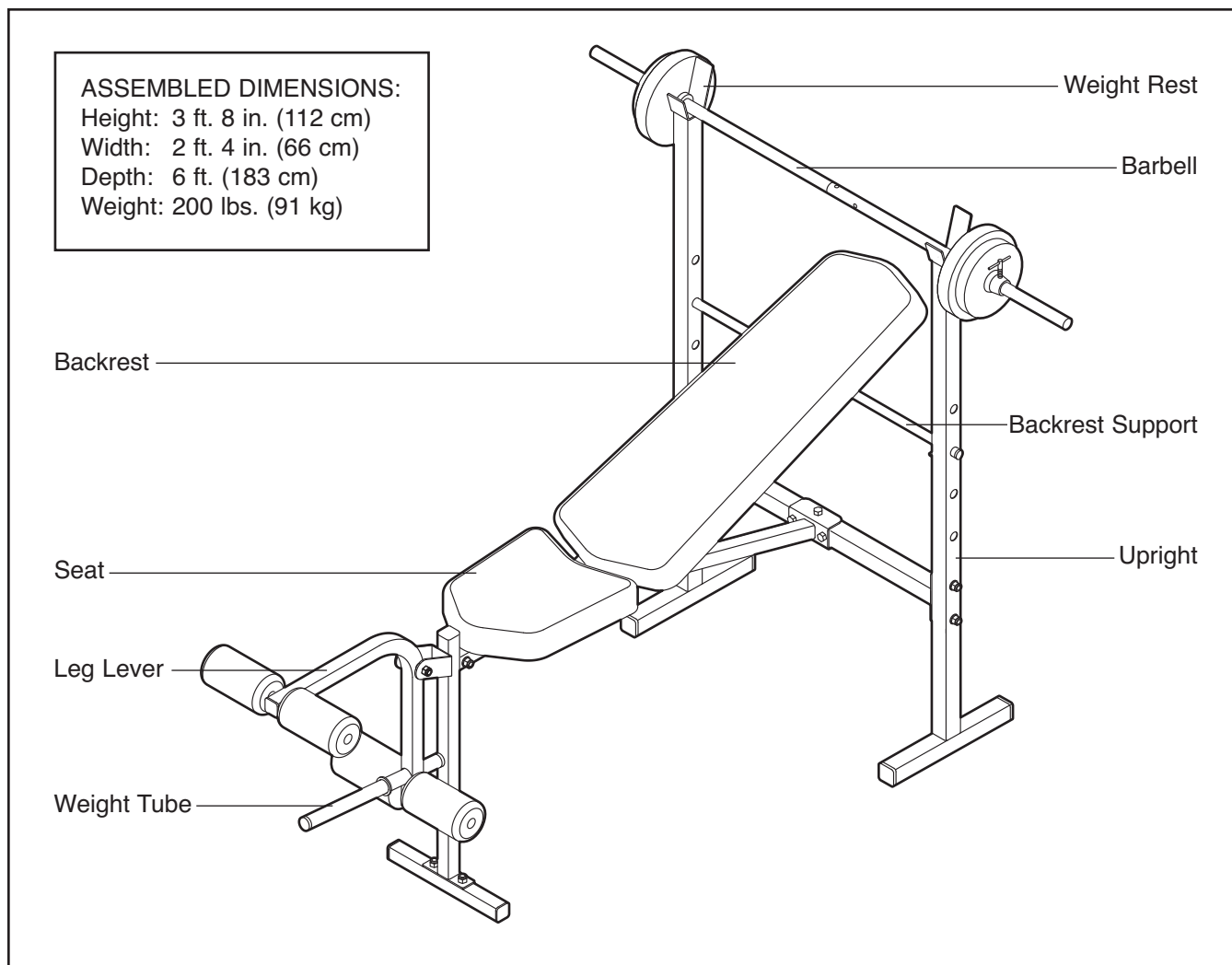
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 220 W weight bench. The versatile 220 W weight bench is designed to 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 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

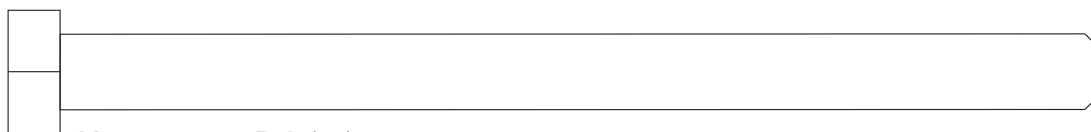
after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

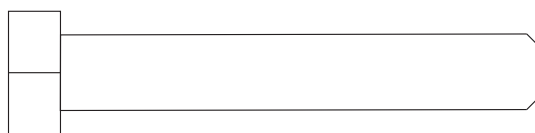


PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parentheses below each part is the key number of the part from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preattached. To avoid damaging parts, do not use power tools for assembly.**



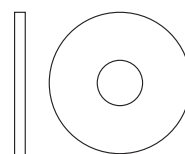
M10 x 137mm Bolt (36)



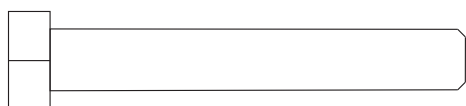
M10 x 63mm Bolt (32)



M10 Locknut (33)



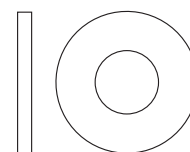
M6 Washer (26)



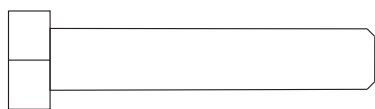
M8 x 55mm Bolt (18)



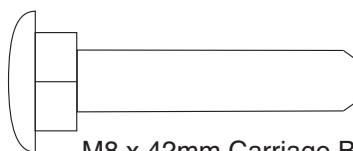
M8 Locknut (17)



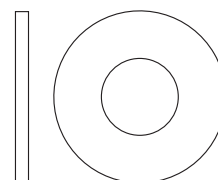
M8 Washer (16)



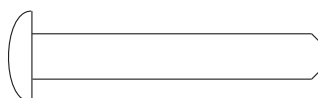
M8 x 43mm Bolt (27)



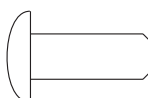
M8 x 42mm Carriage Bolt (15)



M10 Washer (34)



M6 x 38mm Screw (30)



M6 x 16mm Screw (29)

ASSEMBLY

To make assembly easier, carefully read the following assembly tips:

- To hire an authorized service technician to assemble the weight bench in your home, call 1-800-445-2480.
- 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.

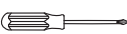
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- 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 

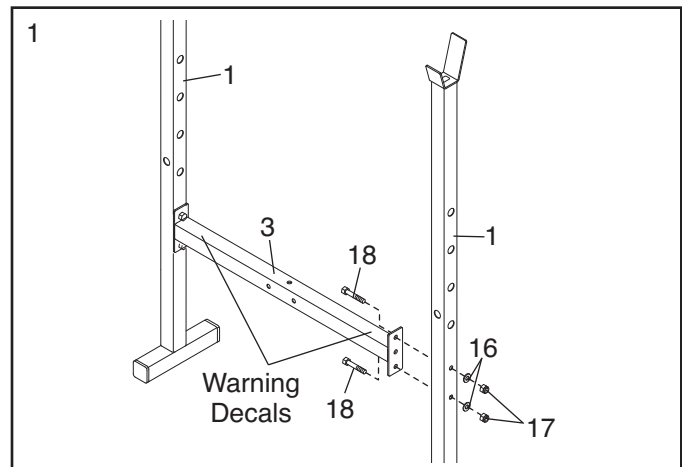
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

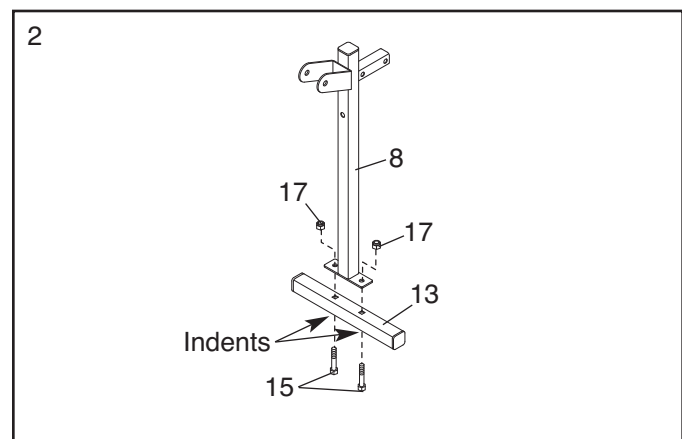
To make assembly easier, read the information above before you begin.

Orient the Crossbar (3) so that the warning decals are on top. Attach the Crossbar to an Upright (1) with two M8 x 55mm Bolts (18), two M8 Washers (16), and two M8 Locknuts (17); **do not tighten the Locknuts yet.**

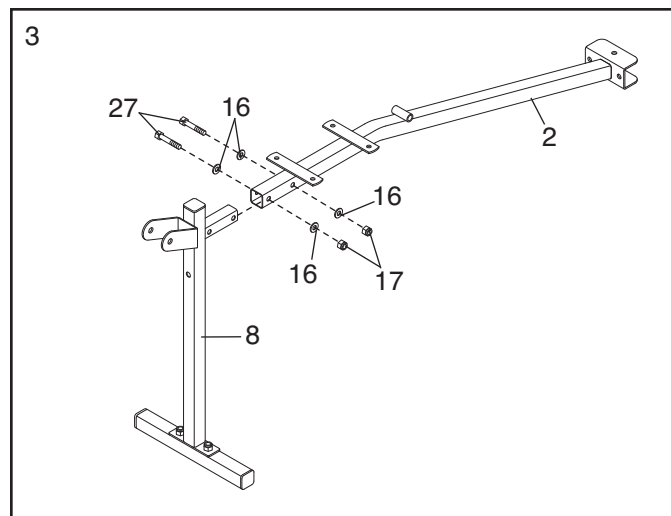
Attach the Crossbar (3) to the other Upright (1) in the same way.



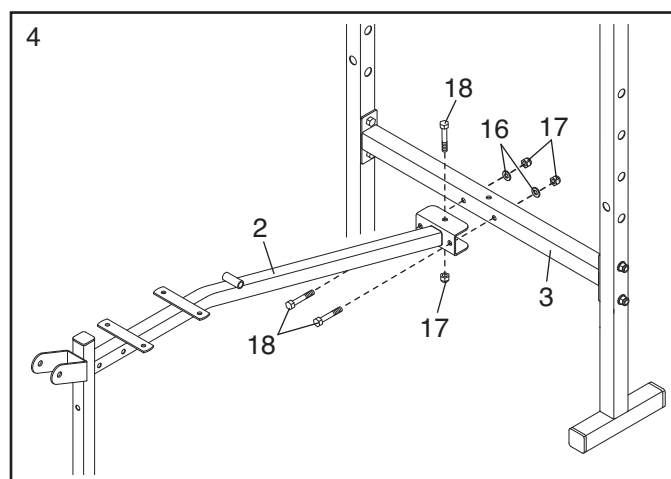
2. Orient the Stabilizer (13) so that the indented holes are facing the floor. Attach the Front Leg (8) to the Stabilizer with two M8 x 42mm Carriage Bolts (15) and two M8 Locknuts (17); **do not tighten the Locknuts yet.**



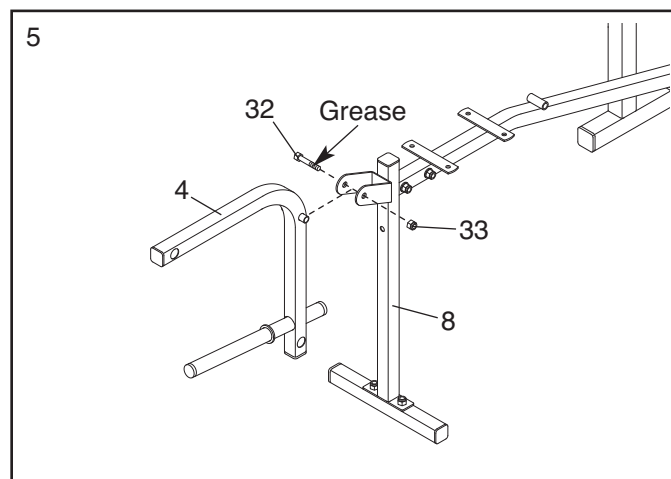
3. Attach the Front Leg (8) to the Frame (2) with two M8 x 43mm Bolts (27), four M8 Washers (16), and two M8 Locknuts (17); **do not tighten the Locknuts yet.**



4. Attach the Frame (2) to the Crossbar (3) with three M8 x 55mm Bolts (18), two M8 Washers (16), and three M8 Locknuts (17); **do not tighten the Locknuts yet.**

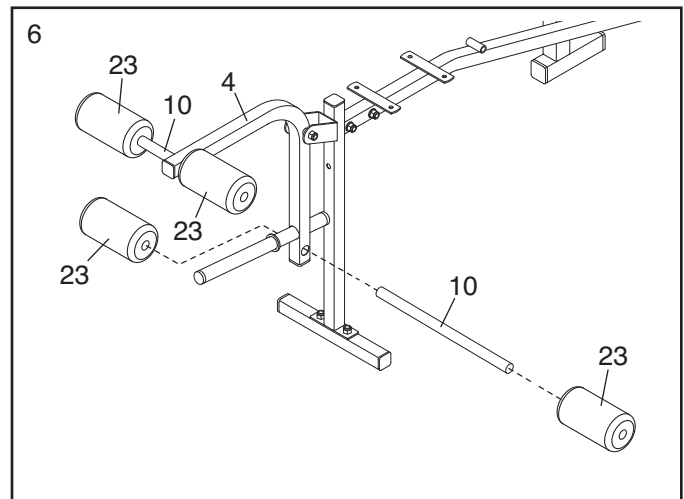


5. Apply some of the included grease to an M10 x 63mm Bolt (32). Attach the Leg Lever (4) to the Front Leg (8) with the Bolt and an M10 Locknut (33). **Do not overtighten the Locknut; the Leg Lever must pivot easily.**

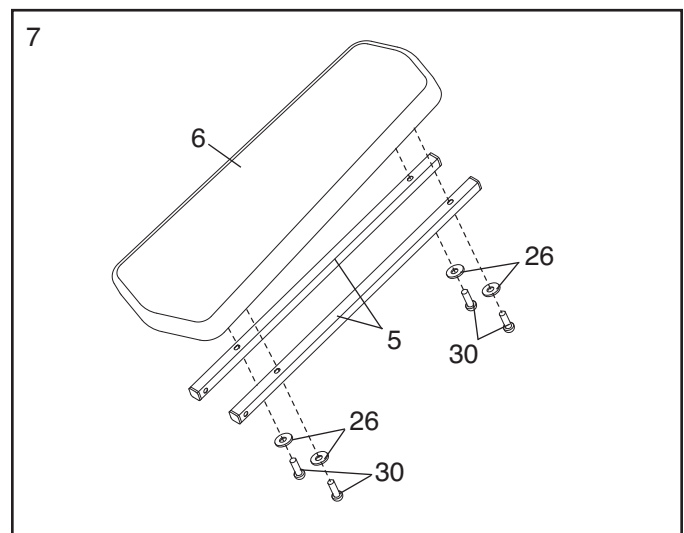


6. Insert a Long Pad Tube (10) into a hole in the Leg Lever (4). Slide two Foam Pads (23) onto the Long Pad Tube.

Attach the other Long Pad Tube (10) and Foam Pads (23) in the same way.



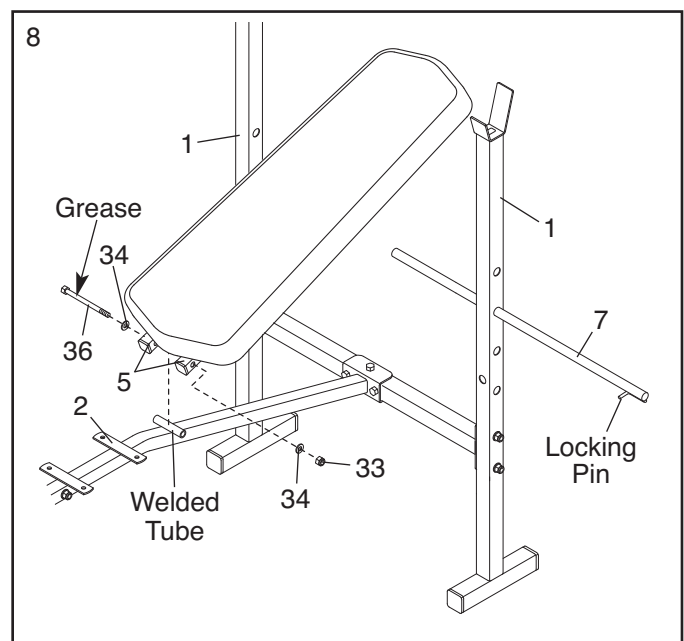
7. Attach the Backrest Tubes (5) to the Backrest (6) with four M6 x 38mm Screws (30) and four M6 Washers (26); **do not tighten the Screws yet.**



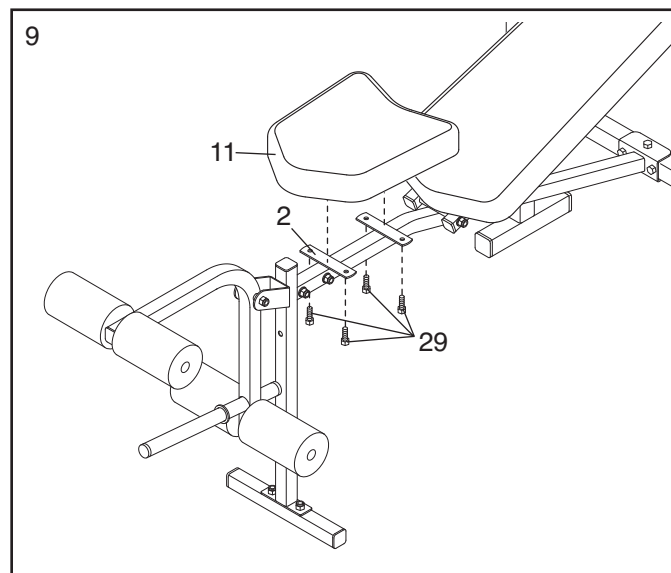
8. Insert the Backrest Support (7) into a set of holes in the Uprights (1). Rotate the Backrest Support to the locked position, with the locking pin wrapped around the left Upright.

Apply grease to an M10 x 137mm Bolt (36). Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Locknut (33). **Do not overtighten the Locknut; the Backrest Tubes must pivot easily.**

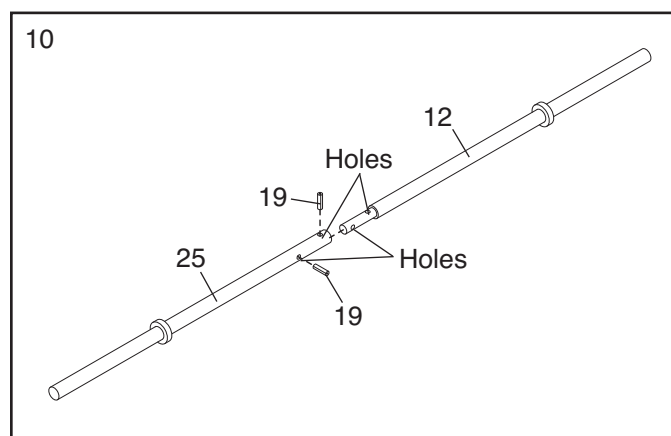
See steps 1–4. Tighten the M8 Locknuts (17). **See step 7.** Tighten the M6 x 38mm Screws (30).



9. Attach the Seat (11) to the Frame (2) with four M6 x 16mm Screws (29).



10. Insert the Inner Bar (12) into the Outer Bar (25) and align the indicated holes. Using a hammer, tap the two Roll Pins (19) into the holes until they are flush with the Outer Bar.



11. **Make sure that all parts are properly tightened before the weight bench is used.** Note: Some hardware may be left over after assembly is completed. The use of all remaining parts will be explained in ADJUSTMENT, starting on page 10.

ADJUSTMENT

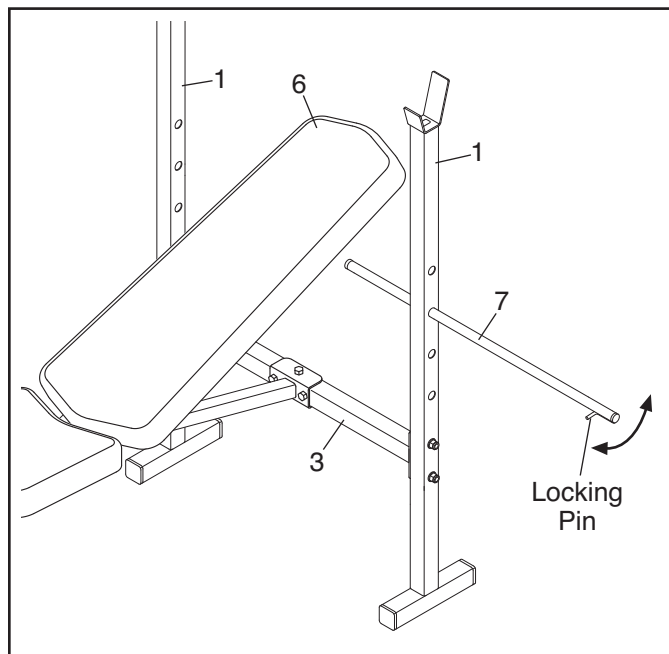
The steps below explain how the weight bench can be adjusted. See the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. Clean the weight bench with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

ADJUSTING THE BACKREST

The Backrest (6) can be used in a declined position, a level position, or any of three inclined positions. To use the Backrest in a declined position, remove the Backrest Support (7) and lay the Backrest on the Crossbar (3).

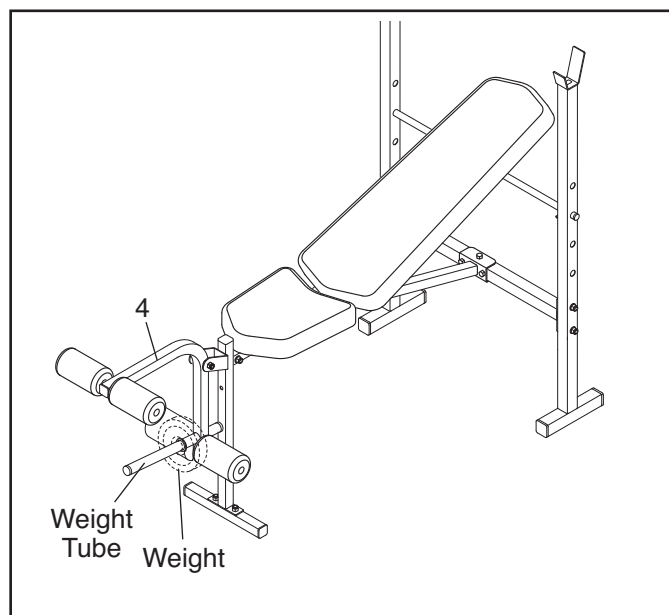
To use the Backrest (6) in a level position or an inclined position, insert the Backrest Support (7) into a set of holes in the Uprights (1). Rotate the Backrest Support to the locked position, with the locking pin wrapped around the left Upright. Rest the Backrest on the Backrest Support.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (4), slide the desired weights onto the weight tube on the Leg Lever.

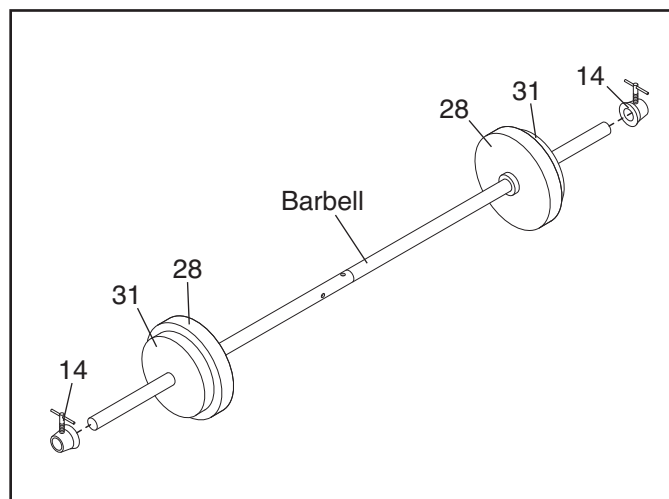
⚠ WARNING: Do not place more than 50 lbs. (23 kg) on the Leg Lever (4). When using the Leg Lever, place a bar-bell with the same amount of weight on the weight rests to balance the bench.



ATTACHING WEIGHTS TO THE BARBELL

Slide an equal amount of Weight (28, 31) onto each end of the barbell. Slide the two Weight Collars (14) against the Weights, and tighten them fully.

⚠ WARNING: Always secure the Weights (28, 31) on the barbell with the Weight Collars (14). Never use the barbell with more than 100 lbs. (45 kg).



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine 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—Tone your muscles by working 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—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

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 once a month. To achieve good results, make exercise a regular and enjoyable part of your 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	Time	Distance	Speed

Strength

Date:

____/____/____

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

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

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

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

PART LIST—Model No. WEBE0989.1

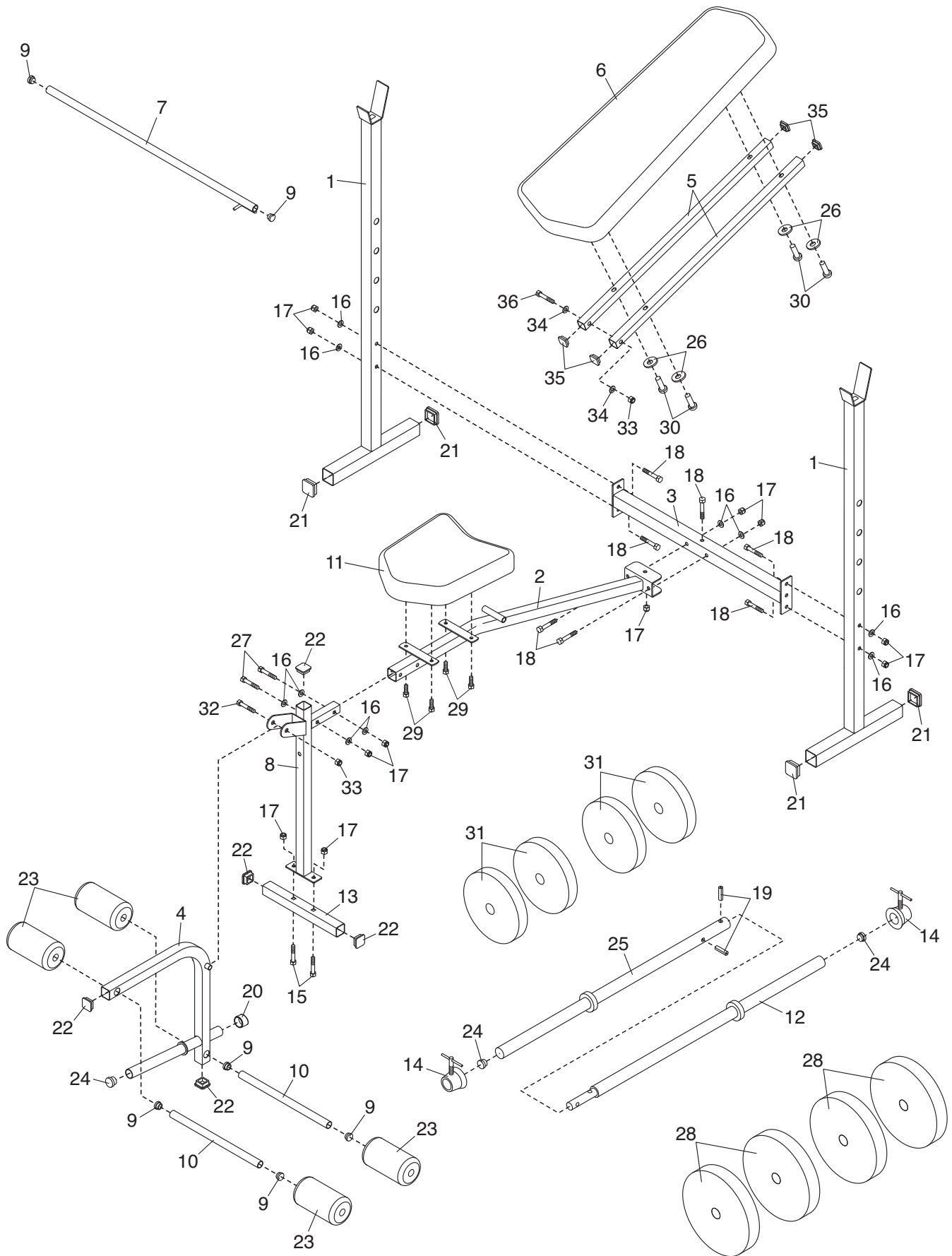
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	21	4	38mm Square Inner Cap
2	1	Frame	22	5	30mm Square Inner Cap
3	1	Crossbar	23	4	Foam Pad
4	1	Leg Lever	24	3	25mm Round Inner Cap
5	2	Backrest Tube	25	1	Outer Bar
6	1	Backrest	26	4	M6 Washer
7	1	Backrest Support	27	2	M8 x 43mm Bolt
8	1	Front Leg	28	4	15-lb. Weight
9	6	19mm Round Inner Cap	29	4	M6 x 16mm Screw
10	2	Long Pad Tube	30	4	M6 x 38mm Screw
11	1	Seat	31	4	10-lb. Weight
12	1	Inner Bar	32	1	M10 x 63mm Bolt
13	1	Stabilizer	33	2	M10 Locknut
14	2	Weight Collar	34	2	M10 Washer
15	2	M8 x 42mm Carriage Bolt	35	4	25mm Square Inner Cap
16	10	M8 Washer	36	1	M10 x 137mm Bolt
17	11	M8 Locknut	*	—	User's Manual
18	7	M8 x 55mm Bolt	*	—	Exercise Guide
19	2	Roll Pin	*	—	Grease Packet
20	1	25mm Round Angled Cap			

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

EXPLODED DRAWING—WEBE0989.1

R0710A



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

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.weiderservice.com/registration.

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; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. 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