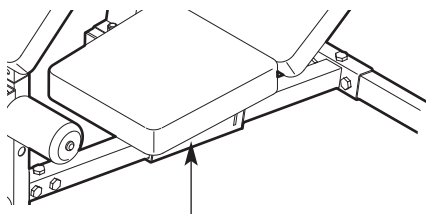


WEIDER® CLUB

Model No. WEBE1066.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

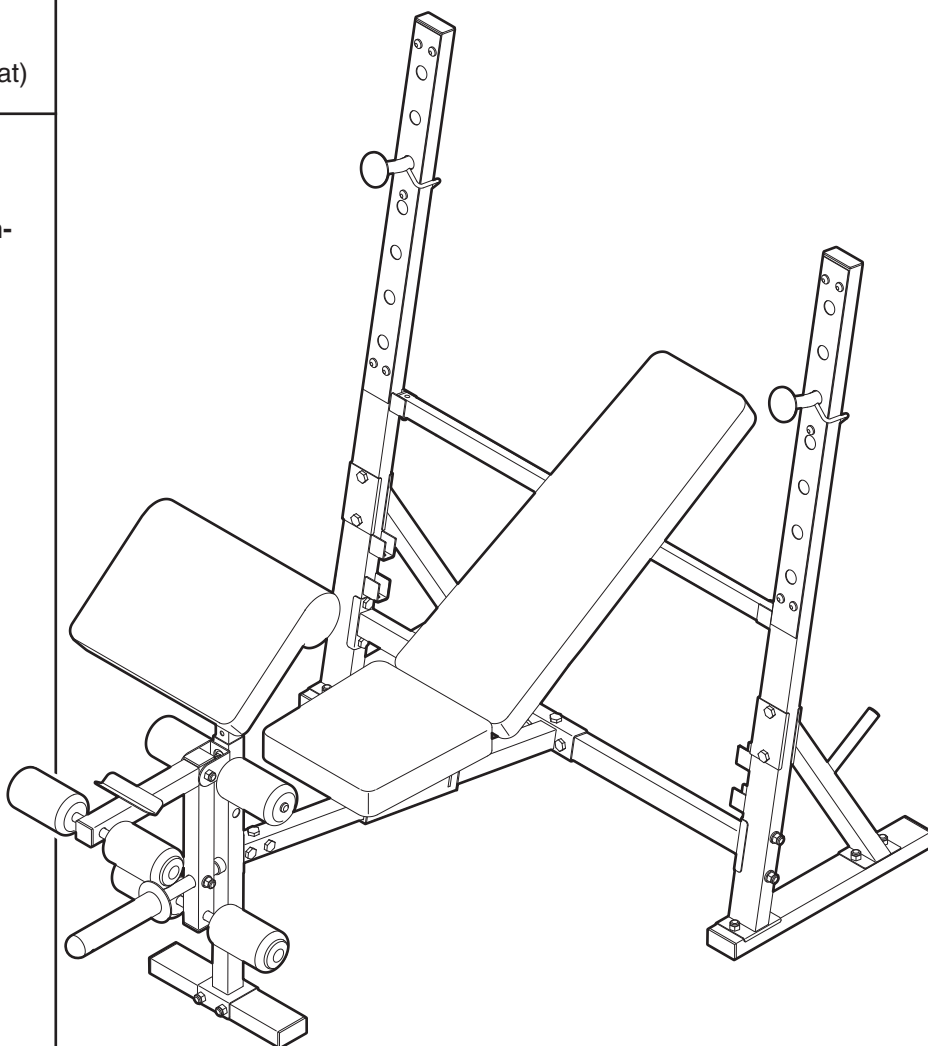
CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MST

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!

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 3

BEFORE YOU BEGIN 4

PART IDENTIFICATION CHART5

ASSEMBLY 6

ADJUSTMENTS 12

EXERCISE GUIDELINES14

PART LIST18

EXPLODED DRAWING19

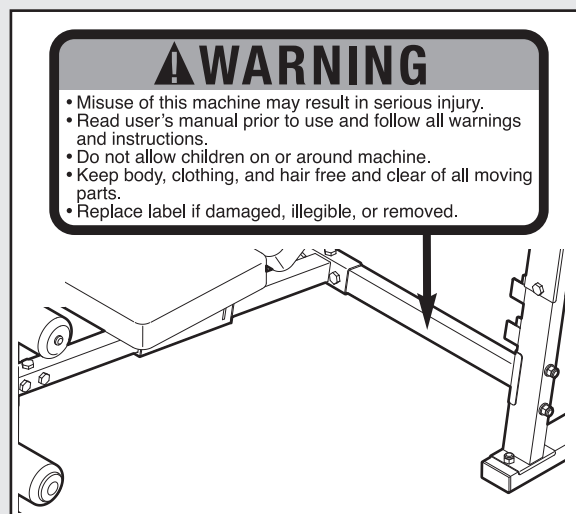
ORDERING REPLACEMENT PARTSBack Cover

LIMITED WARRANTY Back Cover

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 all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
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 any commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet.
5. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Make sure the set screw attaching the Olympic adapter is properly tightened each time the adapter is used.
8. Keep hands and feet away from moving parts.
9. Always set both weight rests at the same height.
10. Keep children under 12 and pets away from the weight bench at all times.
11. Always wear athletic shoes for foot protection while exercising.
12. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 610 pounds. Do not place more than 310 pounds, including a barbell, on the weight rests. Do not place more than 150 pounds on the leg lever. Note: The weight bench is designed to be used with an Olympic barbell. The weight bench does not include a barbell or weights.
13. Always place an equal amount of weight on each side of the barbell.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. The decal shown below has been placed on the weight bench. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



⚠ 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

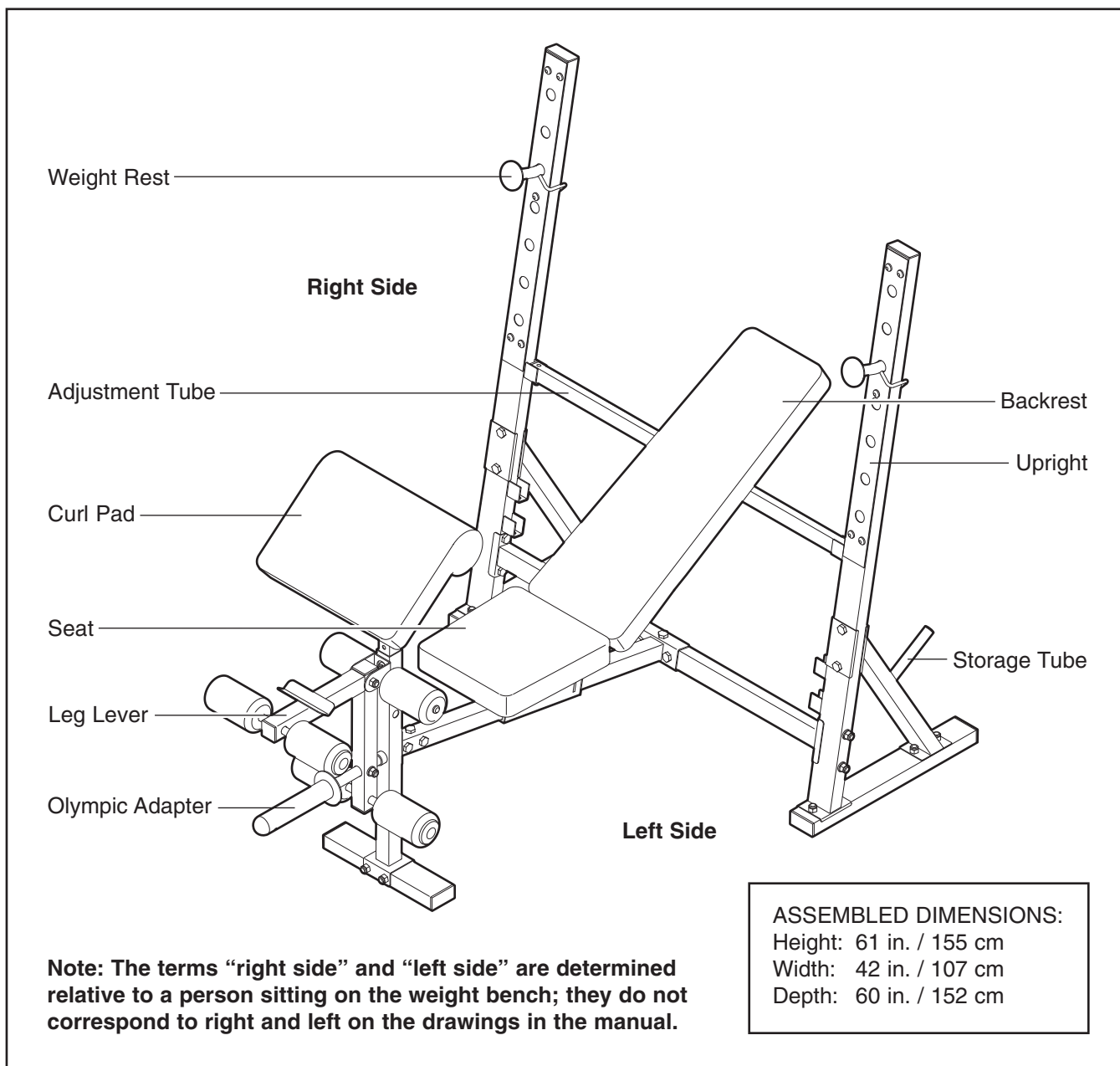
Thank you for selecting the versatile WEIDER® CLUB weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using 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 is WEBE1066.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

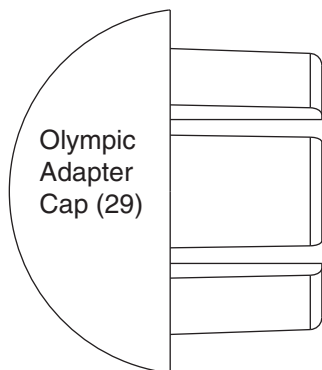
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.weiderservice.com/registration.

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

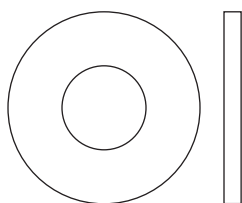


PART IDENTIFICATION CHART

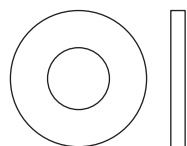
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 18 of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



Olympic
Adapter
Cap (29)



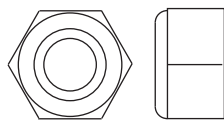
M10 Washer (41)



M8 Washer (43)



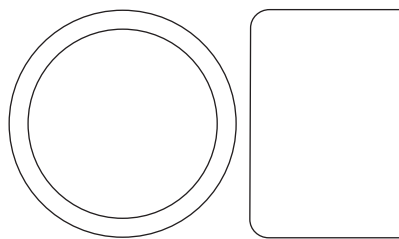
M6 Washer (42)



M10 Nylon
Locknut (40)



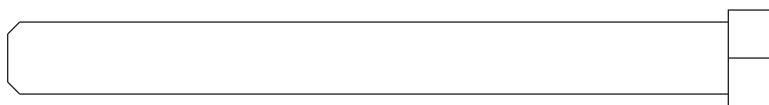
M8 Nylon
Locknut (52)



25mm Round
Outer Cap (34)



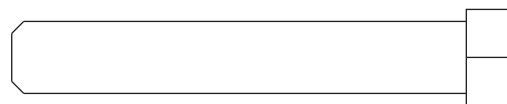
M8 x 10mm
Set Screw (51)



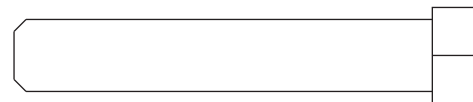
M10 x 95mm Bolt (45)



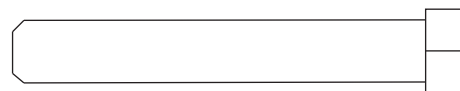
M10 x 70mm Bolt (55)



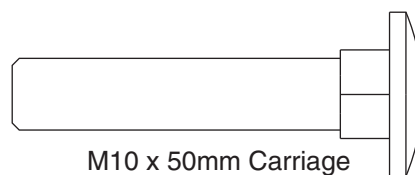
M10 x 60mm Bolt (54)



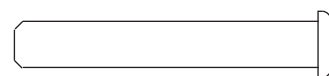
M10 x 55mm Bolt (53)



M8 x 55mm Bolt (46)



M10 x 50mm Carriage
Bolt (44)



M6 x 40mm Screw (48)



M6 x 25mm
Screw (49)



M10 x 140mm Bolt (50)

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that setting aside plenty of time helps assembly go smoothly.

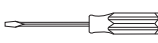
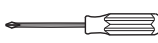
To hire an authorized service technician to assemble the weight bench, call toll-free 1-800-445-2480.

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

- 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.
- Assembly requires two people.
- **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:

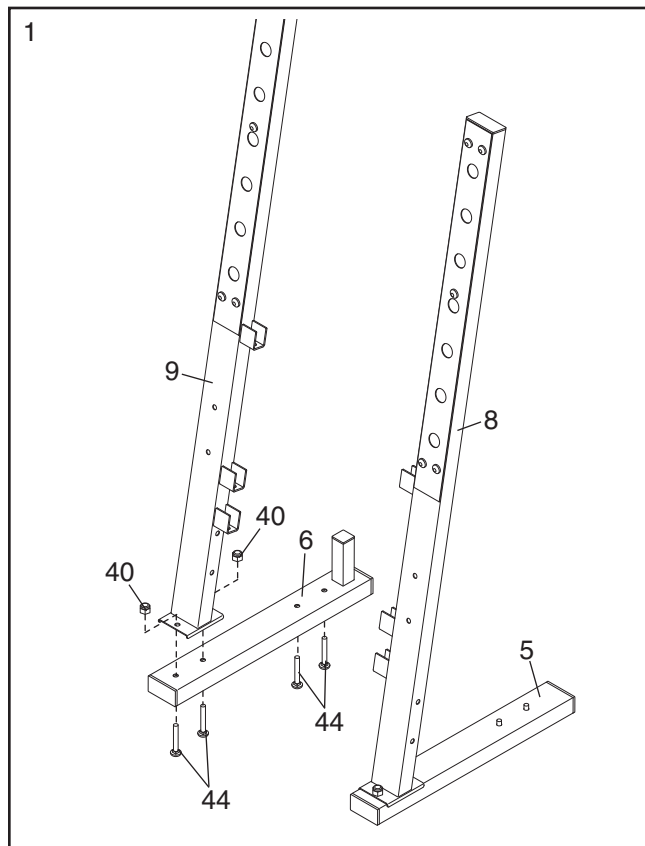
- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape

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. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.**

Insert four M10 x 50mm Carriage Bolts (44) up through the Right Rear Stabilizer (6). Attach the Right Upright (9) to the Stabilizer with the Carriage Bolts and two M10 Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

Repeat this step with the Left Rear Stabilizer (5) and the Left Upright (8).



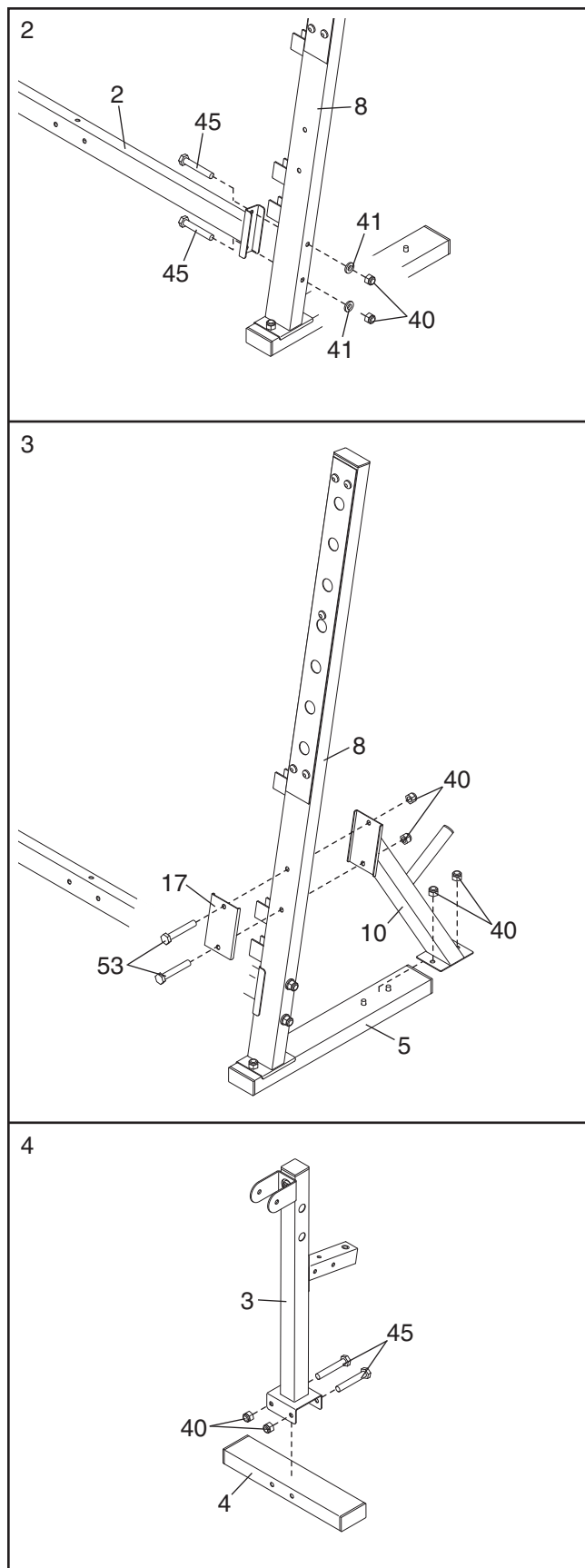
2. Attach the Crossbar (2) to the Left Upright (8) with two M10 x 95mm Bolts (45), two M10 Washers (41), and two M10 Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

Repeat this step with the Right Upright (not shown).

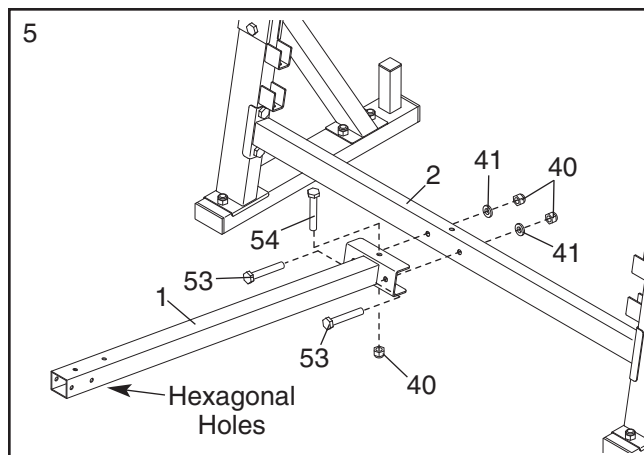
3. Attach the Left Rear Support (10) to the Left Upright (8) and the Left Rear Stabilizer (5) with two M10 x 55mm Bolts (53), an Upright Bracket (17), and four M10 Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

Repeat this step with the Right Upright (not shown) and the Right Rear Stabilizer (not shown).

4. Attach the Front Leg (3) to the Front Stabilizer (4) with two M10 x 95mm Bolts (45) and two M10 Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**



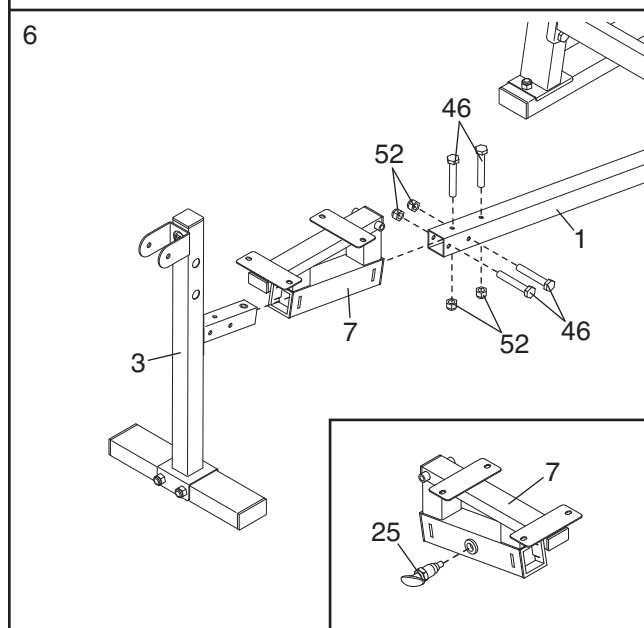
5. Orient the Seat Frame (1) so that the hexagonal holes are on the bottom. Attach the Seat Frame to the Crossbar (2) with two M10 x 55mm Bolts (53), two M10 Washers (41), two M10 Nylon Locknuts (40), an M10 x 60mm Bolt (54), and an M10 Nylon Locknut (40). **Do not tighten the Nylon Locknuts yet.**



6. **See the inset drawing.** Tighten the “T”-handle (25) into the Seat Carriage (7).

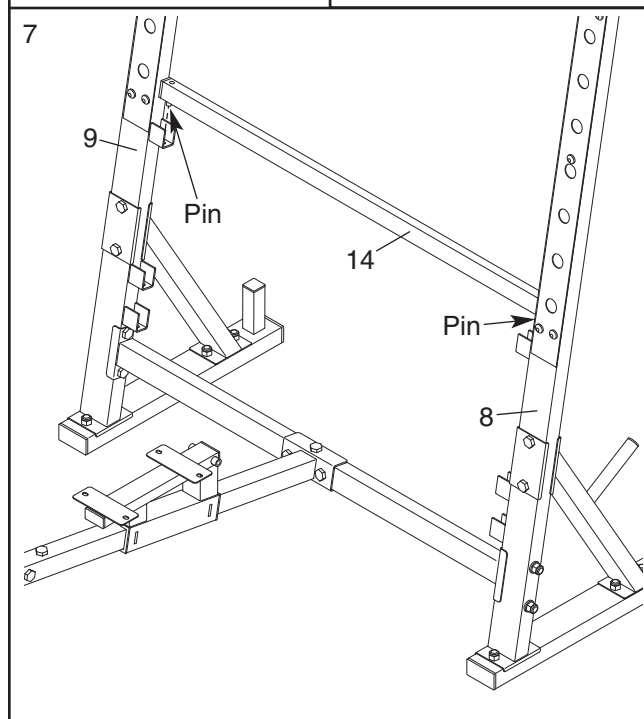
Pull the “T”-handle (25) out as far as it will go and slide the Seat Carriage (7) onto the Seat Frame (1).

Attach the Front Leg (3) to the Seat Frame (1) with four M8 x 55mm Bolts (46) and four M8 Nylon Locknuts (52). **Do not tighten the Nylon Locknuts yet.**

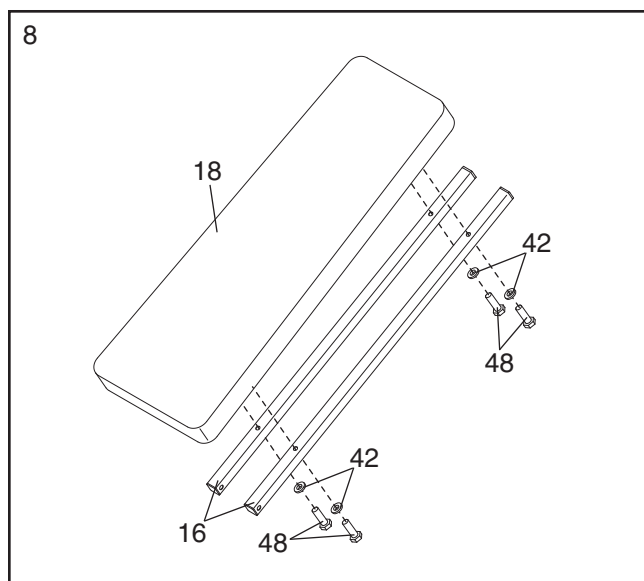


7. Set the pins on the Adjustment Tube (14) down into a set of brackets on the Left and Right Uprights (8, 9).

Tighten the M10 Nylon Locknuts (40) used in steps 1–5, and the M8 Nylon Locknuts (52) used in step 6.

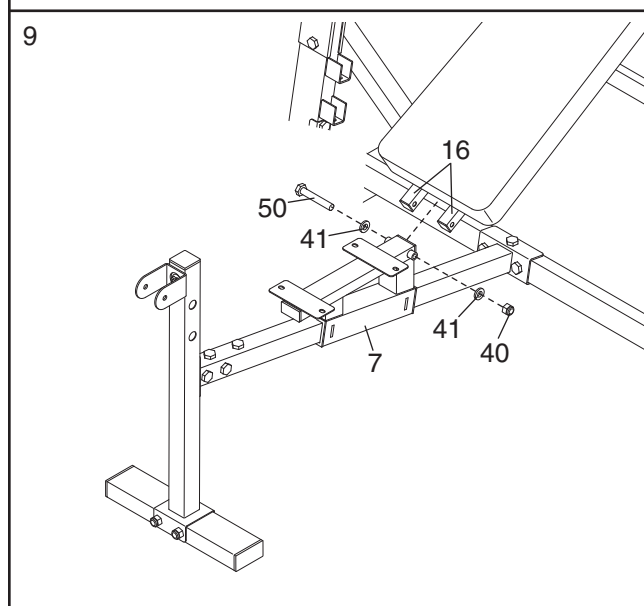


8. Attach the Backrest (18) to the two Backrest Frames (16) with four M6 Washers (42) and four M6 x 40mm Screws (48). **Do not tighten the Screws yet.**

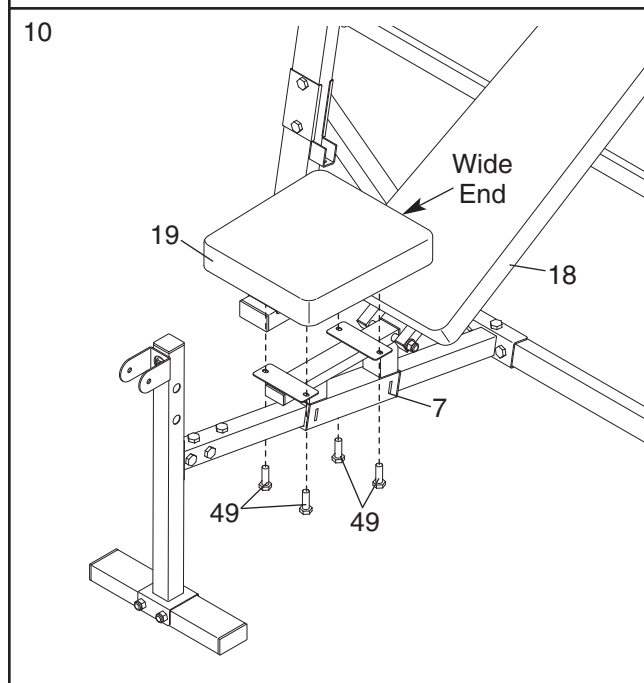


9. Grease an M10 x 140mm Bolt (50). Attach the Backrest Frames (16) to the Seat Carriage (7) with the Bolt, two M10 Washers (41), and an M10 Nylon Locknut (40). **Do not overtighten the Nylon Locknut; the Backrest Frames must be able to pivot easily.**

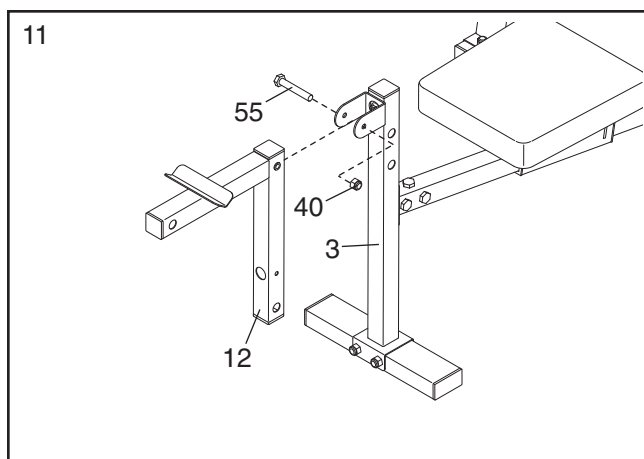
Tighten the four M6 x 40mm Screws (48) used in step 8.



10. Orient the Seat (19) with the wide end toward the Backrest (18). Attach the Seat to the Seat Carriage (7) with four M6 x 25mm Screws (49).

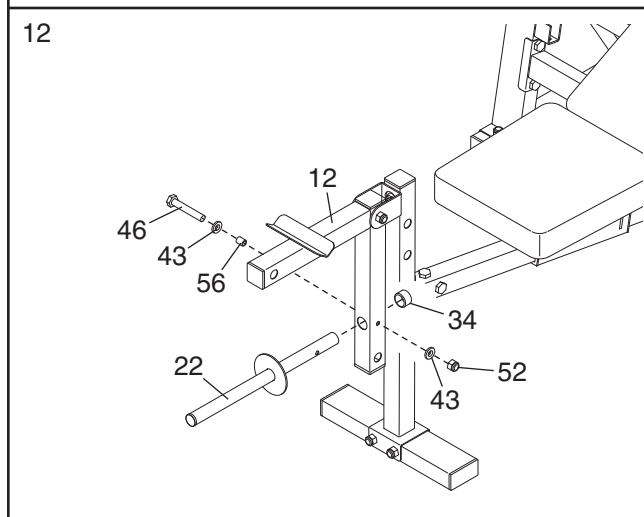


11. Grease an M10 x 70mm Bolt (55). Attach the Leg Lever (12) to the Front Leg (3) with the Bolt and an M10 Nylon Locknut (40). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot easily.**



12. Attach the Weight Tube (22) to the Leg Lever (12) with an M8 x 55mm Bolt (46), two M8 Washers (43), a Weight Tube Bushing (56), and an M8 Nylon Locknut (52).

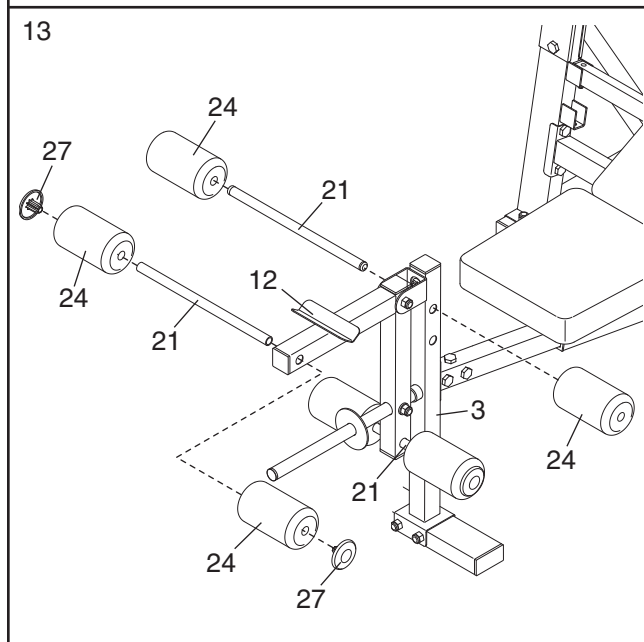
Press the 25mm Round Outer Cap (34) onto the end of the Weight Tube (22).



13. Insert a Pad Tube (21) into either hole in the Front Leg (3). Slide two Foam Pads (24) onto the Pad Tube. Insert a Pad Tube (21) into the upper hole in the Leg Lever (12). Slide two Foam Pads (24) onto the Pad Tube. Press a Large Pad Tube Cap (27) into each end of the Pad Tube.

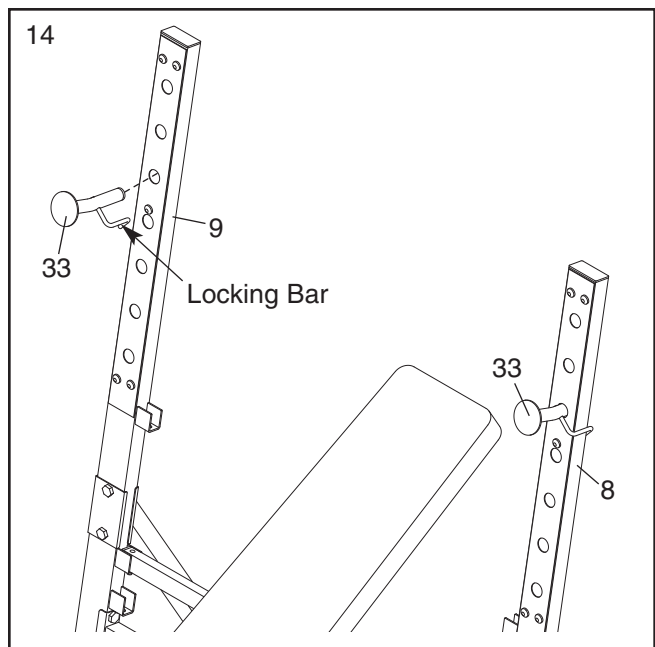
Insert a Pad Tube (21) into the upper hole in the Leg Lever (12). Slide two Foam Pads (24) onto the Pad Tube. Press a Large Pad Tube Cap (27) into each end of the Pad Tube.

Repeat this step with the other Pad Tube (21) and the Leg Lever (12).

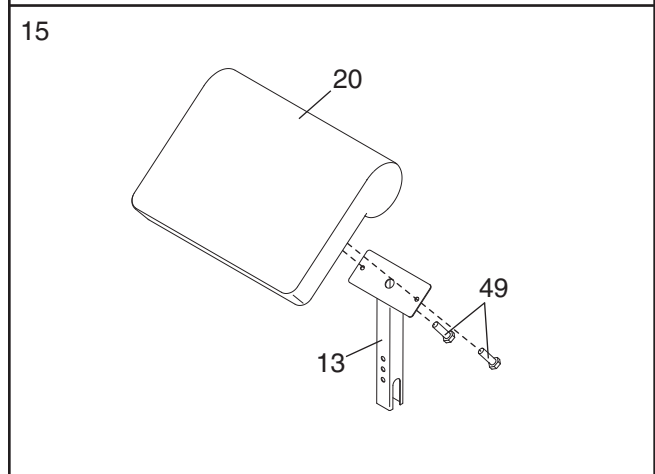


14. Insert a Weight Rest (33) into the Right Upright (9), and engage the locking bar around the Right Upright.

Repeat this step with the other Weight Rest (33) and the Left Upright (8).



15. Attach the Curl Pad (20) to the Curl Post (13) with two M6 x 25mm Screws (49).



16. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**

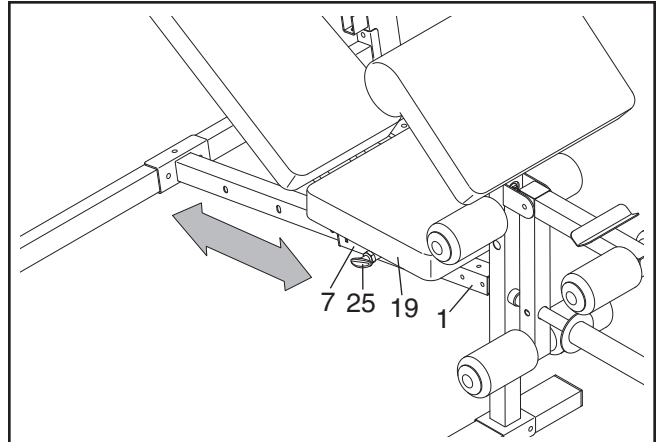
ADJUSTMENTS

This section explains how to adjust the weight bench. See the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. 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.

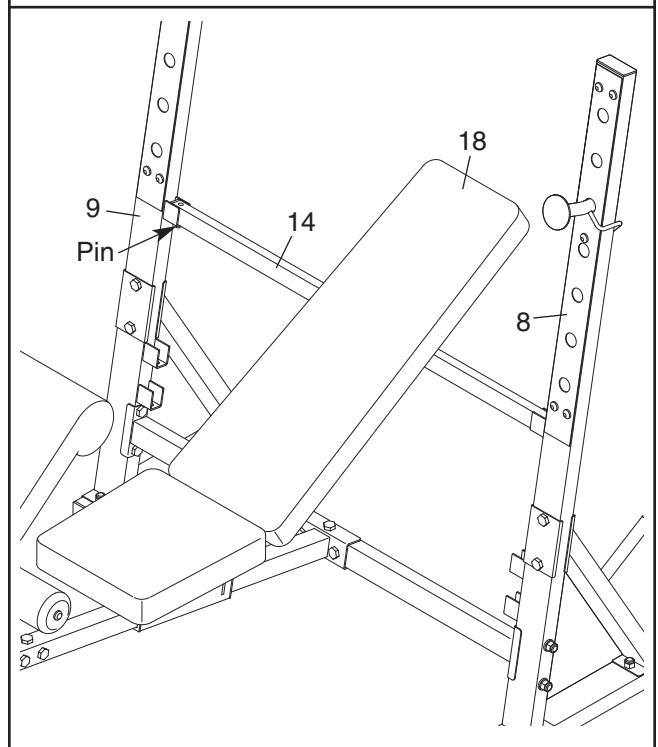
ADJUSTING THE SEAT ADJUSTMENT TUBE

To move the Seat (19), loosen the “T”-handle (25) and pull it out as far as it will go. Slide the Seat Carriage (7) to the desired location and engage the “T”-handle into the Seat Frame (1). Retighten the “T”-handle.



ADJUSTING THE BACKREST

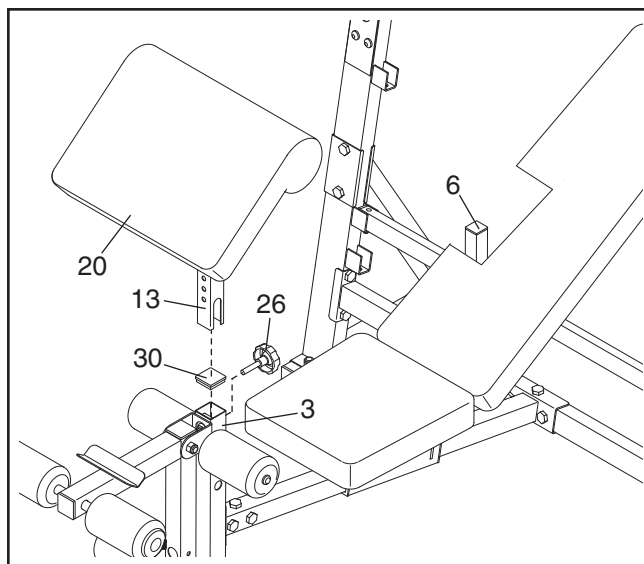
To adjust the position of the Backrest (18), first move the seat carriage to the desired position (see ADJUSTING THE SEAT ADJUSTMENT TUBE above). Next, move the Adjustment Tube (14) to the desired height. Make sure the pins on the Adjustment Tube are inserted into a set of brackets on the Uprights (8, 9). Then, lower the Backrest onto the Adjustment Tube.



ATTACHING THE CURL POST

Remove the 44mm Square Inner Cap (30) from the Front Leg (3). Insert the Curl Post (13) into the Front Leg and align the holes in the Front Leg and the Curl Post. Then, secure the Curl Post with the Curl Post Knob (26). **Make sure that you fully tighten the Curl Post Knob.**

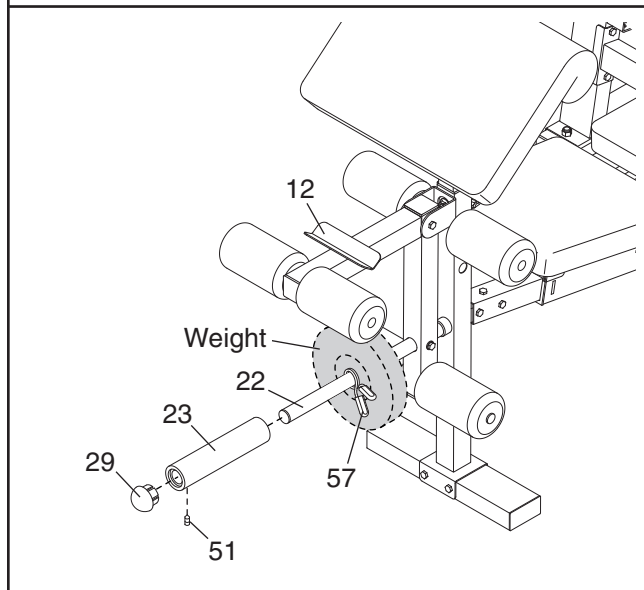
When performing exercises that do not require the Curl Pad (20), remove the Curl Post (13) from the Front Leg (3) and store it in the storage tube on the Right Rear Stabilizer (6). Press the 44mm Square Inner Cap (30) into the Front Leg.



ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (12), slide the desired weights (not included) onto the Weight Tube (22). Secure the weights with a 1" Spring Clip (57).

To use Olympic weights, press the Olympic Adapter Cap (29) into the Olympic Adapter (23). Attach the Olympic Adapter to the Weight Tube (22) with the M8 x 10mm Set Screw (51). **Make sure the Set Screw is on the bottom of the Olympic Adapter.** Secure your weights with the 2" Spring Clip (not shown).

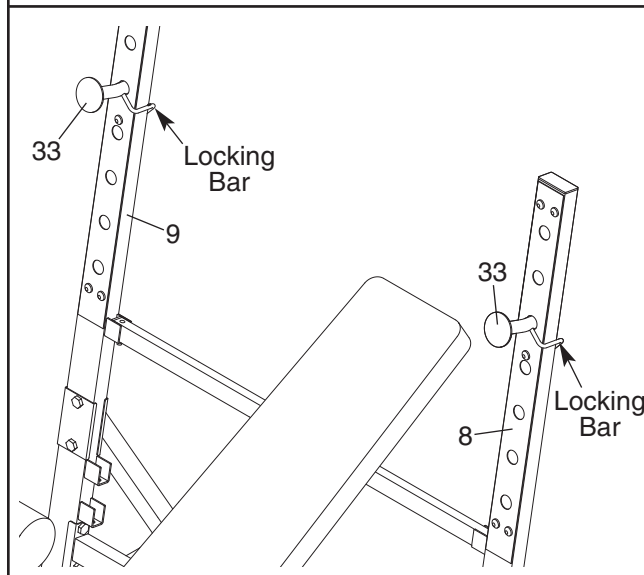


⚠ WARNING: Do not place more than 150 pounds on the Weight Tube (22). Secure your weights with Spring Clips (57, 58).

ADJUSTING THE WEIGHT RESTS

To use a barbell (not included) with the weight bench, first move the Weight Rests (33) to the correct height for the exercise to be performed. Engage the locking bars around the Left and Right Uprights (8, 9).

⚠ WARNING: Always place both Weight Rests (33) at the same height. Make sure the locking bars are securely wrapped around the Left and Right Uprights (8, 9) before setting a barbell on them.



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 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 weight 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 weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight 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 weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight 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 weight.

Weight Loss

To lose weight, use a low amount of weight 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 is:

- 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 exercise cycle or an elliptical exerciser, 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 exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overexerting yourself during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling 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 session to session.

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 manner 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. Refer to 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 stage of each repetition should last about half as long as the return stage. Proper breathing is important. 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. 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.

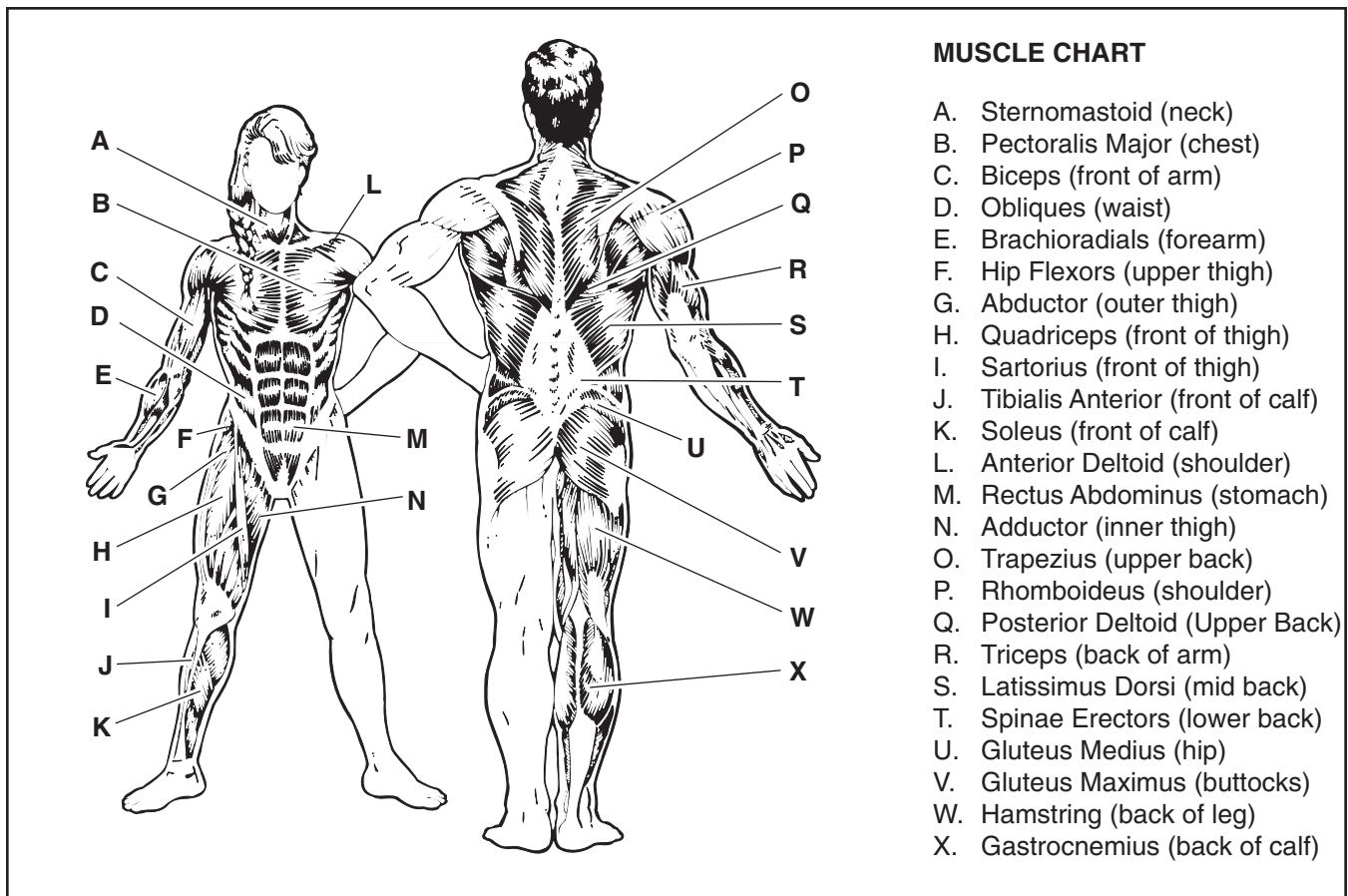
COOLING DOWN

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. The charts on pages 16 and 17 of this manual can be photocopied and used to schedule and record your workouts. List 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. Remember, the key to achieving the best results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. WEBE1066.0

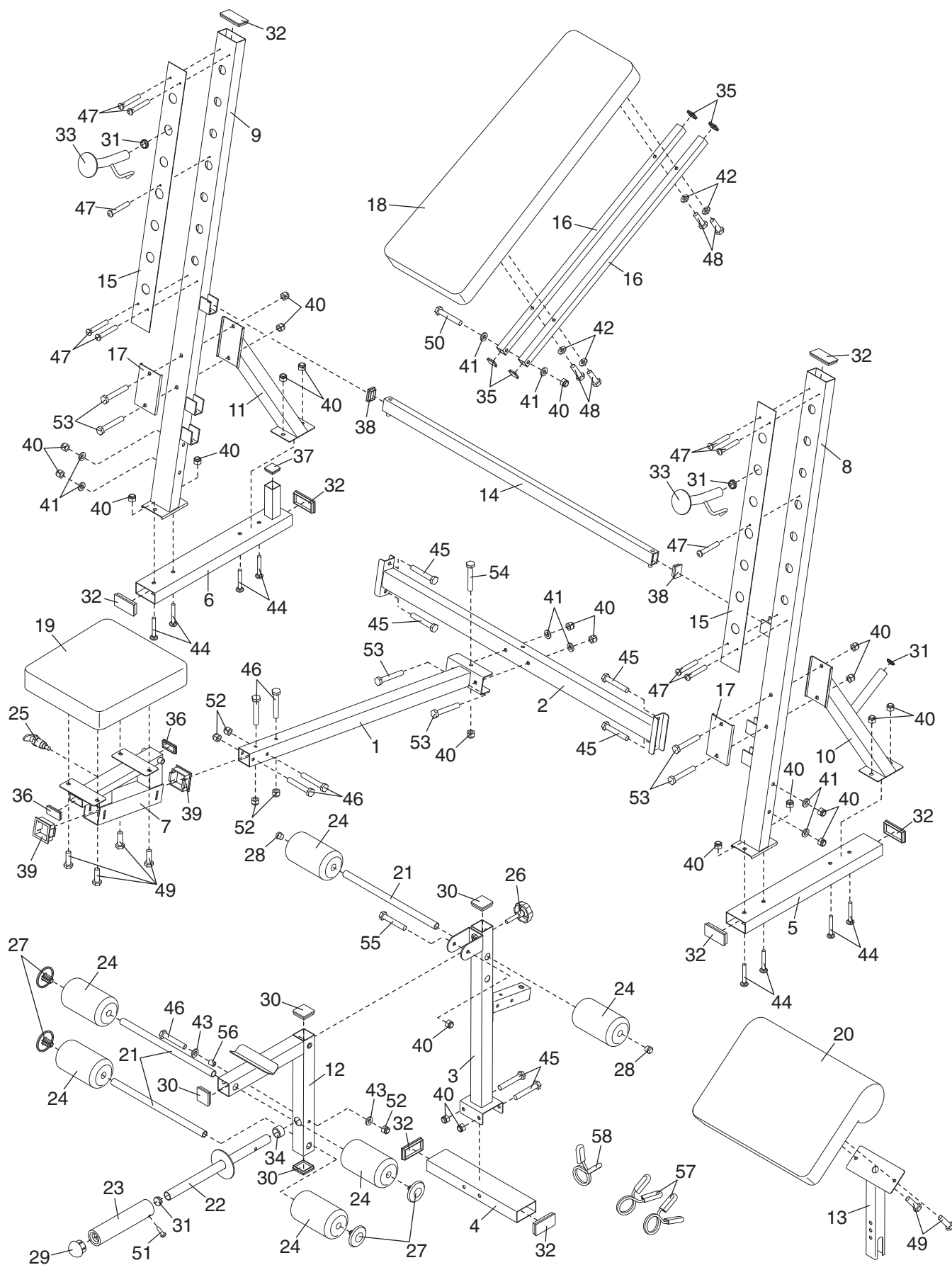
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat Frame	32	8	38mm x 76mm Inner Cap
2	1	Crossbar	33	2	Weight Rest
3	1	Front Leg	34	1	25mm Round Outer Cap
4	1	Front Stabilizer	35	4	25mm Square Inner Cap
5	1	Left Rear Stabilizer	36	2	25mm x 50mm Inner Cap
6	1	Right Rear Stabilizer	37	1	32mm Square Inner Cap
7	1	Seat Carriage	38	2	20mm x 40mm Inner Cap
8	1	Left Upright	39	2	Seat Carriage Bushing
9	1	Right Upright	40	23	M10 Nylon Locknut
10	1	Left Rear Support	41	8	M10 Washer
11	1	Right Rear Support	42	4	M6 Washer
12	1	Leg Lever	43	2	M8 Washer
13	1	Curl Post	44	8	M10 x 50mm Carriage Bolt
14	1	Adjustment Tube	45	6	M10 x 95mm Bolt
15	2	Upright Cover	46	5	M8 x 55mm Bolt
16	2	Backrest Frame	47	10	M4 x 16mm Button Bolt
17	2	Upright Bracket	48	4	M6 x 40mm Screw
18	1	Backrest	49	6	M6 x 25mm Screw
19	1	Seat	50	1	M10 x 140mm Bolt
20	1	Curl Pad	51	1	M8 x 10mm Set Screw
21	3	Pad Tube	52	5	M8 Nylon Locknut
22	1	Weight Tube	53	6	M10 x 55mm Bolt
23	1	Olympic Adapter	54	1	M10 x 60mm Bolt
24	6	Foam Pad	55	1	M10 x 70mm Bolt
25	1	"T"-handle	56	1	Weight Tube Bushing
26	1	Curl Knob	57	2	1" Spring Clip
27	4	Large Pad Tube Cap	58	1	2" Spring Clip
28	2	Small Pad Tube Cap	#	1	User's Manual
29	1	Olympic Adapter Cap	#	1	Exercise Guide
30	4	44mm Square Inner Cap	#	1	Hex Key
31	4	25mm Round Inner Cap	#	3	Grease Pack

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEBE1066.0

R0406A



ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (WEBE1066.0)
- the NAME of the product (WEIDER CLUB weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 18 and 19 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, 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 through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized 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 in-home service, the customer will be responsible for a minimal trip charge. 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 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, 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 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.

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