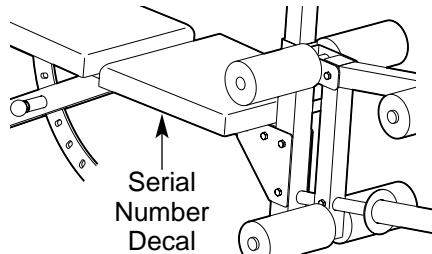


WEIDER® UTILITY BENCH

Model No. WEBE11922

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

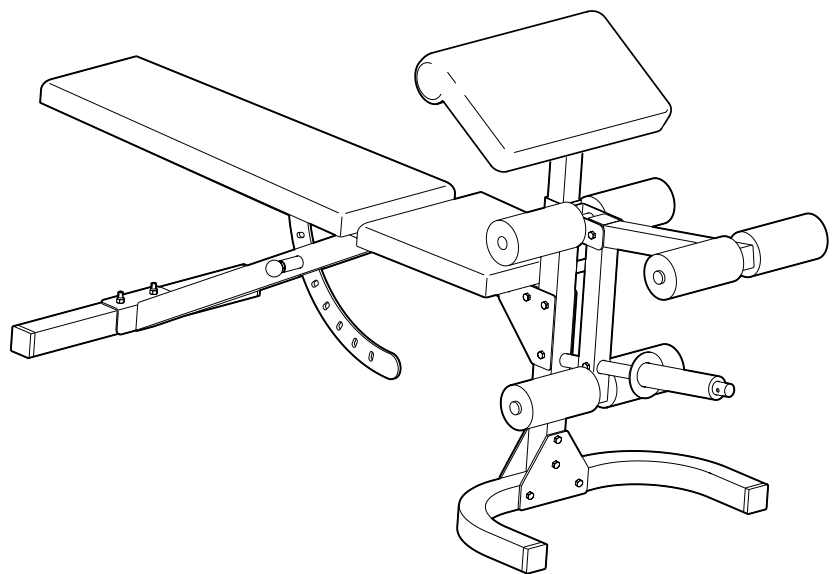
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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:

1-800-999-3756

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



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!*

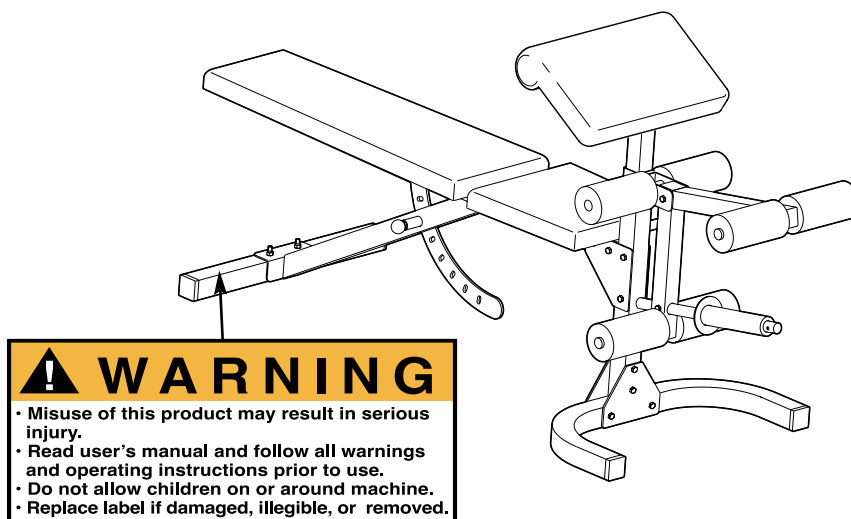
TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENTS	8
EXERCISE GUIDELINES	10
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown at the right has been placed on the weight bench in the indicated location. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



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 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. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Keep children under 12 and pets away from the weight bench at all times.
6. Keep hands and feet away from moving parts.
7. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds. Do not use more than 300 pounds of weight (including a barbell and weights) with the weight bench. Do not place more than 150 pounds on the leg lever. Note: The weight bench does not include weights.
10. 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.

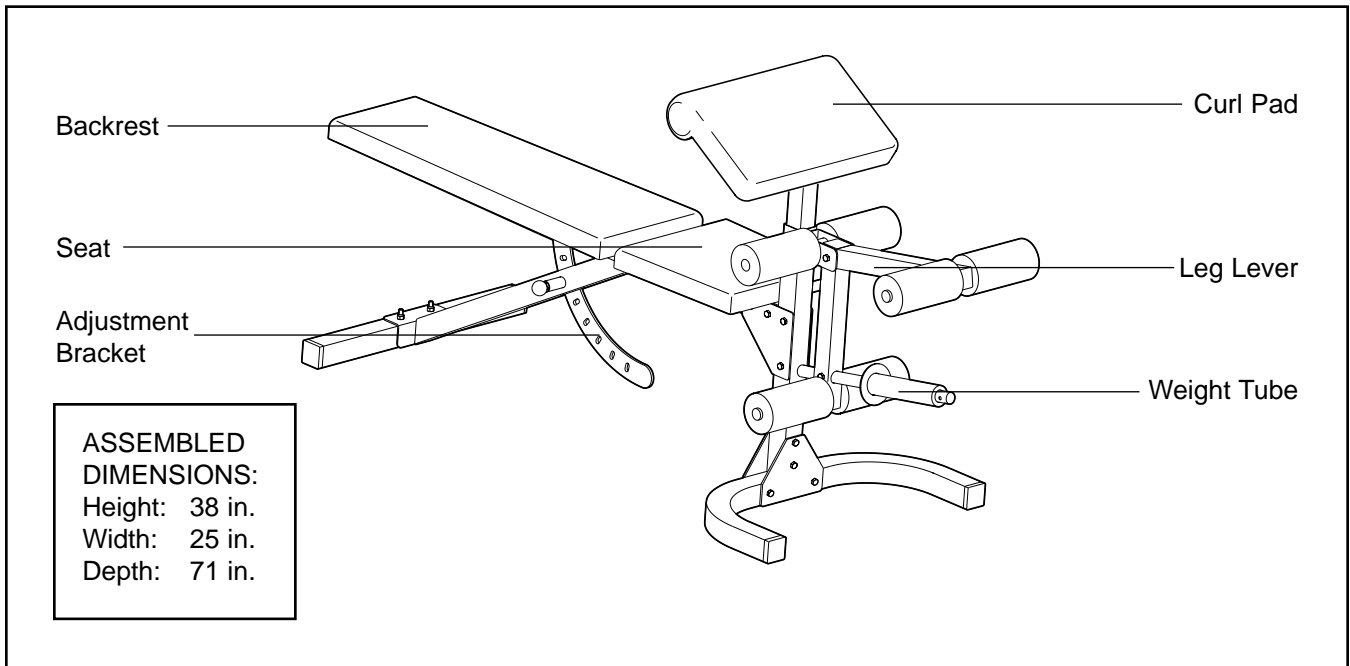
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® UTILITY BENCH weight bench. The weight bench is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the weight bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have additional questions, please call our Customer Service Department

toll-free at 1-800-999-3756, 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 WEBE11922. The serial number can be found on a decal attached to the 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.



ASSEMBLY

Make Things Easier for Yourself



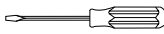
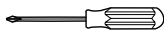
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**
- 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.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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, make sure you understand the information in the box above. Note: Some parts described in the assembly steps may be pre-assembled.**

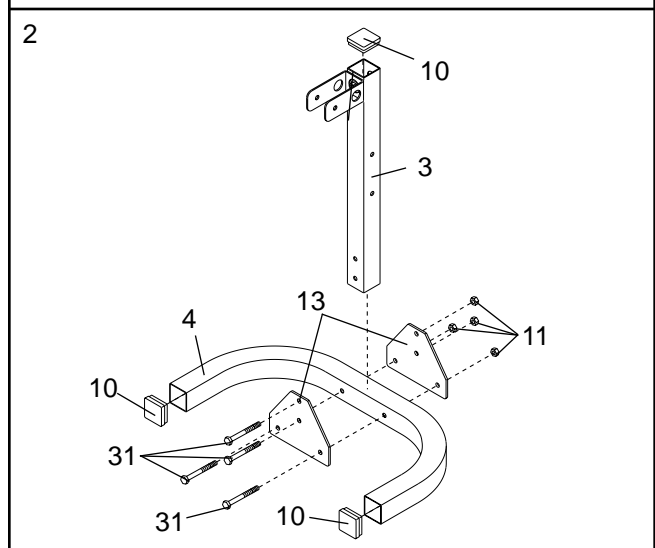
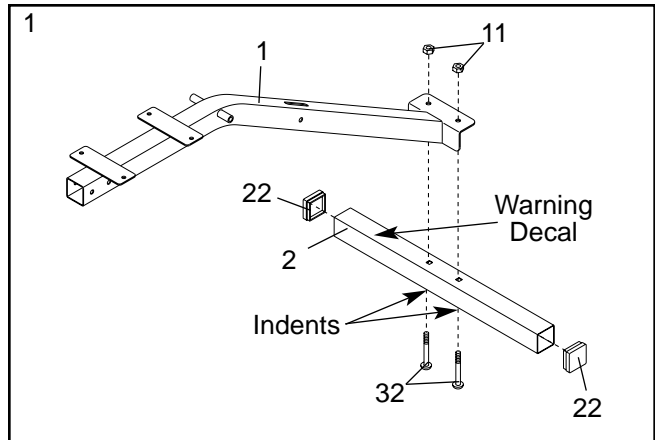
Press two 50mm x 70mm Inner Caps (22) into the ends of the Stabilizer (2).

Attach the Stabilizer (2) to the Bench Frame (1) with two M10 x 60mm Carriage Bolts (32) and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Note: Orient the Stabilizer (2) with the indents around the holes on the bottom, and the warning decal in the indicated location.

2. Press two 50mm Square Inner Caps (10) into the ends of the Front Leg Base (4). Press a 50mm Square Inner Cap into the top of the Front Leg (3).

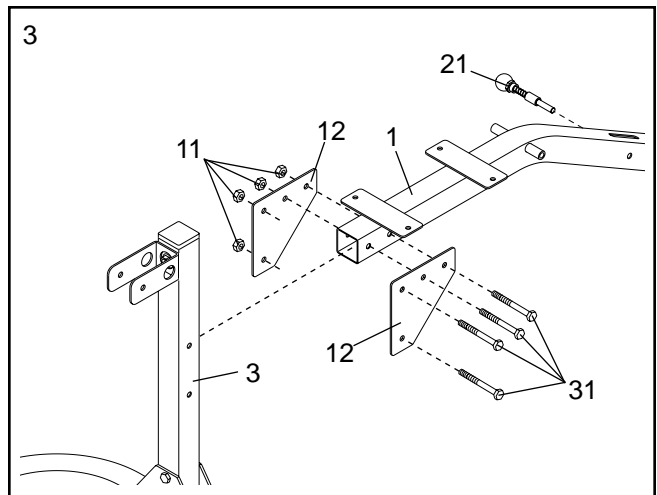
Attach the Front Leg (3) to the Front Leg Base (4) using the two Front Leg Plates (13), four M10 x 70mm Bolts (31), and four M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



- Attach the Front Leg (3) to the Bench Frame (1) using two Joint Plates (12), four M10 x 70mm Bolts (31), and four M10 Nylon Locknuts (11).

Tighten the M10 Nylon Locknuts (11) used in steps 1–3.

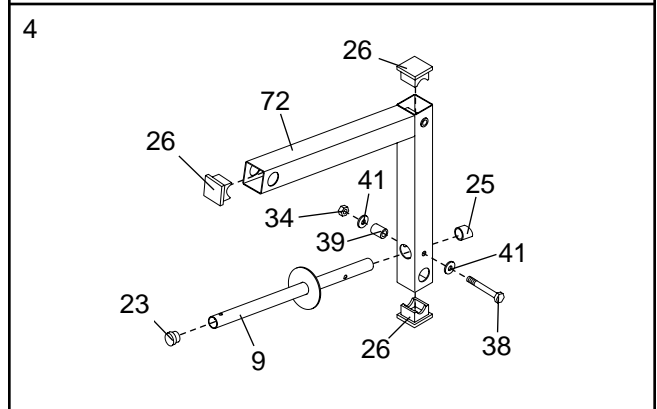
Insert the Bench Knob (21) into the Bench Frame (1) and tighten it fully.



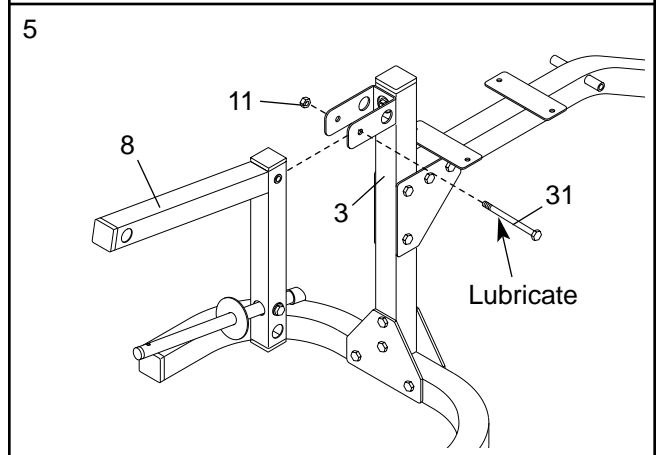
- Press three 45mm Square Inner Caps (26) into the Leg Lever (8). Press a 25mm Round Inner Cap (23) into the indicated end of the Weight Tube (9).

Attach the Weight Tube (9) to the Leg Lever (8) with an M8 x 55mm Bolt (38), two M8 Washers (41), a 10mm Spacer (39), and an M8 Nylon Locknut (34).

Press an Angled Outer Cap (25) onto the back end of the Weight Tube (9).

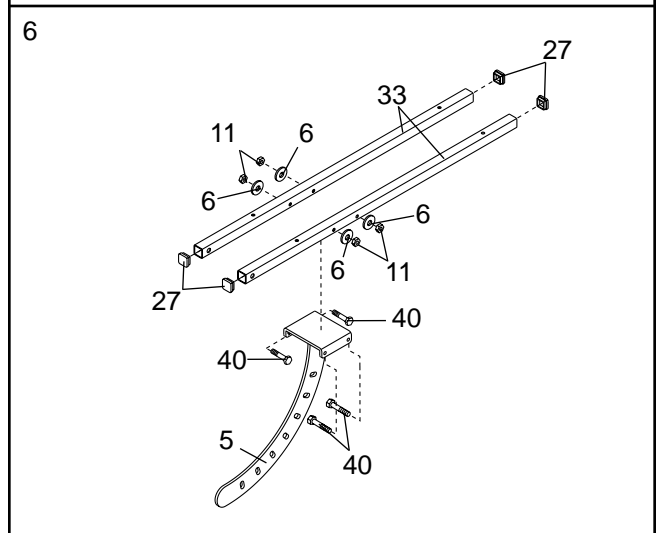


- Lubricate an M10 x 70mm Bolt (31) with grease. Attach the Leg Lever (8) to the Front Leg (3) with the Bolt and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

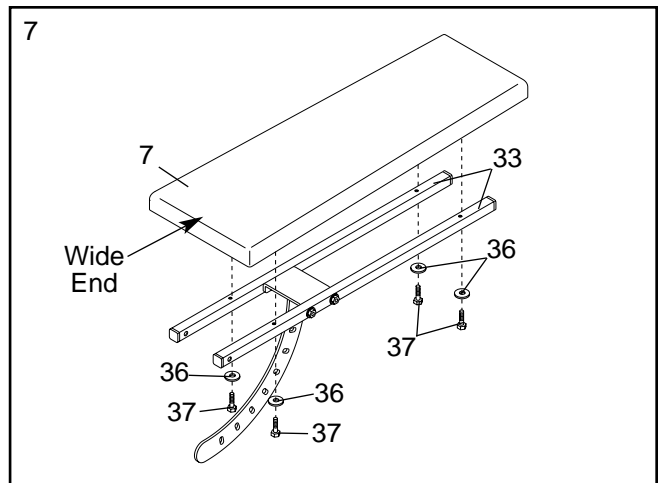


- Press four 25mm Square Inner Caps (27) into the ends of the Backrest Frames (33).

Attach the Backrest Bracket (5) to the Backrest Frames (33) with four M10 x 45mm Bolts (40), four M10 Washers (6), and four M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



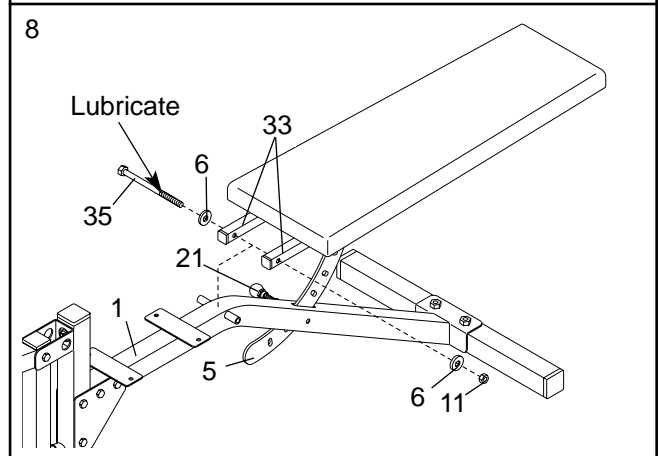
- Attach the Backrest (7) to the Backrest Frames (33) with four M6 x 36mm Screws (37) and four M6 Washers (36). **Make sure that the Backrest is oriented as shown. Do not tighten the Screws yet.**



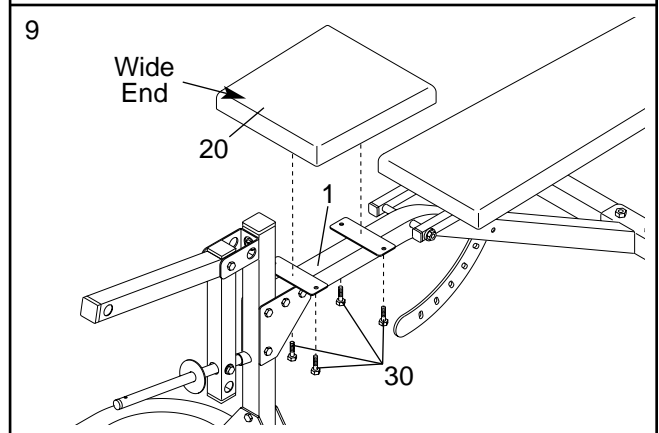
- Lubricate an M10 x 180mm Bolt (35) with grease. Attach the Backrest Frames (33) to the Bench Frame (1) with the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Backrest must be able to pivot freely.**

Pull the Bench Knob (21) out as far as it will go. Slide the Backrest Bracket (5) into the indicated slot on the Bench Frame (1). Engage the Bench Knob into an adjustment hole in the Backrest Bracket.

Tighten the M10 Nylon Locknuts (11) and the M6 x 36mm Screws (37) used in steps 6 and 7.

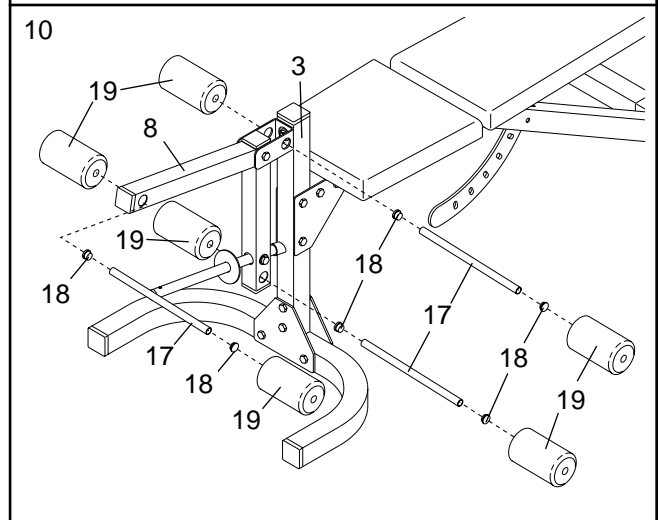


- Attach the Seat (20) to the Bench Frame (1) with four M6 x 16mm Screws (30). **Make sure that the Seat is oriented as shown.**



- Press two 19mm Round Inner Caps (18) into each of the three Pad Tubes (17). Slide the Pad Tubes through the indicated holes in the Front Leg (3) and the Leg Lever (8).

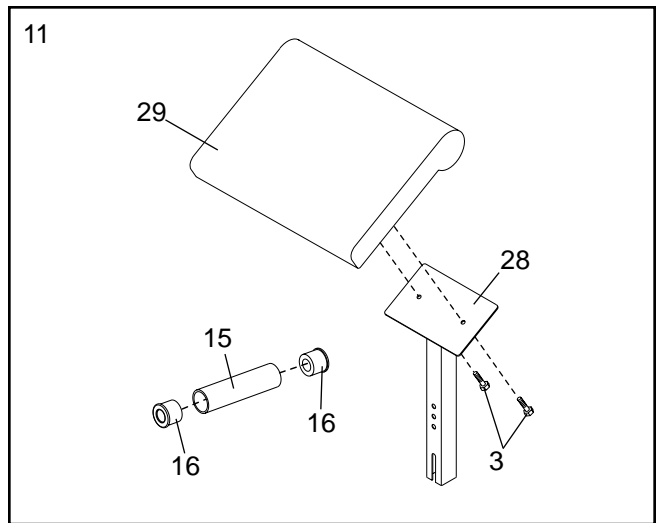
Slide two Foam Pads (19) onto each Pad Tube (17).



11. Attach the Curl Pad (29) to the Curl Post (28) with two M6 x 16mm Screws (30).

Press the two Weight Adapter Bushings (16) into the Weight Adapter (15).

12. **Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting below.**



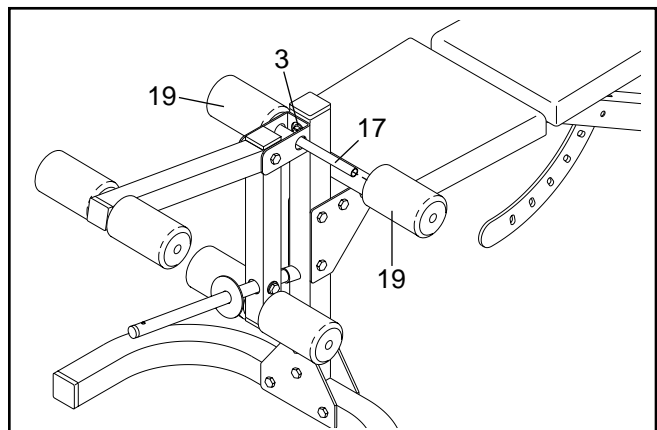
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information about how to get the most benefit from your exercise program. Also, refer to 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.

REMOVING THE FOAM PADS

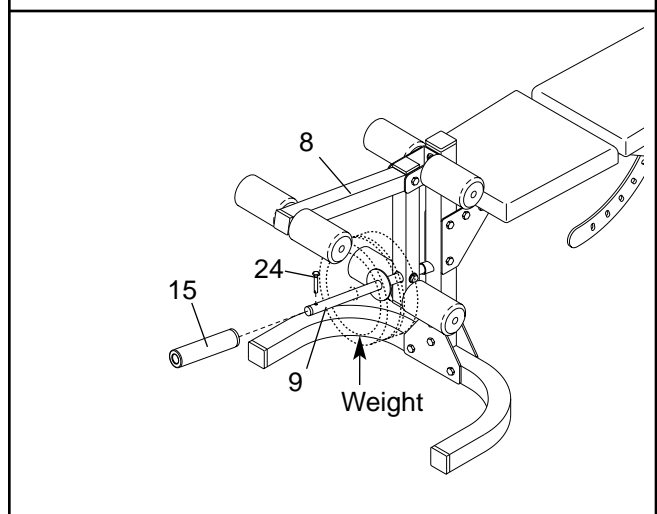
For some exercises, the indicated Foam Pads (19) and Pad Tube (17) should be removed from the Front Leg (3). To do this, slide one of the Foam Pads off the Pad Tube, and then remove the Pad Tube.



USING THE LEG LEVER

To use the Leg Lever (8), slide the desired amount of weight onto the Weight Tube (9).

To use Olympic weights with the Leg Lever (8), slide the Weight Adapter (15) onto the Weight Tube (9). Secure the Weight Adapter with the Weight Adapter Pin (24).

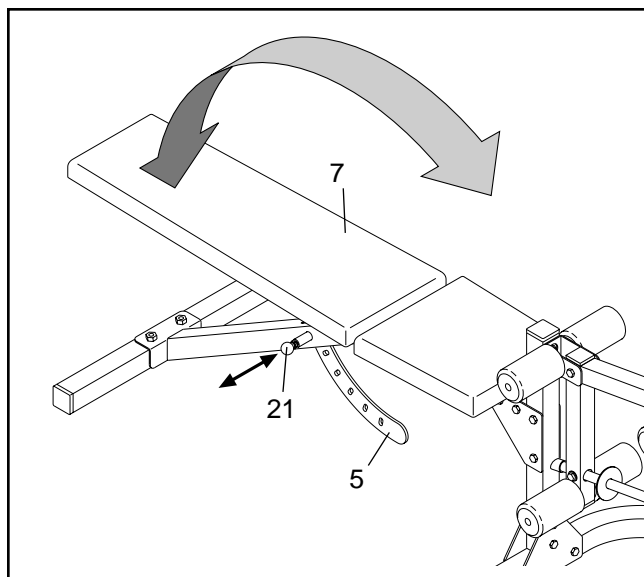


WARNING: Do not place more than 150 pounds on the Weight Tube (9).

ADJUSTING THE BACKREST

The Backrest (7) can be adjusted to five positions. To adjust the Backrest, pull the Bench Knob (21) out as far as it will go and move the Backrest up or down. Reinsert the Knob through a hole in the Backrest Bracket (5).

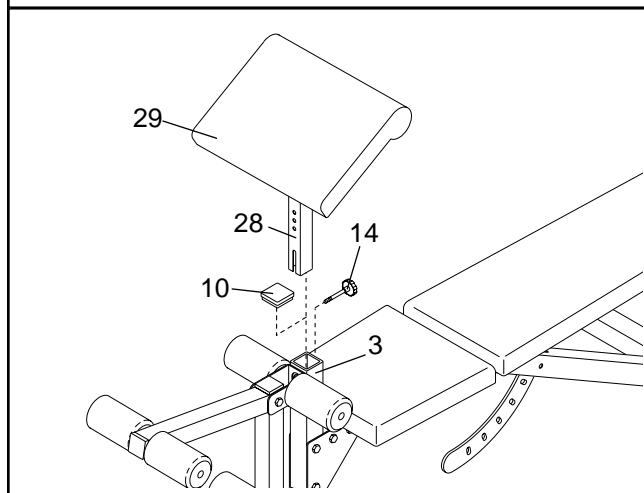
⚠ WARNING: Make sure the Bench Knob (21) is securely inserted into one of the holes in the Backrest Bracket (5) before putting any weight on the Backrest (7).



ATTACHING THE CURL PAD

For some exercises, the Curl Pad (29) must be attached to the weight bench. Remove the 50mm Square Inner Cap (10) from the Front Leg (3). Insert the Curl Post (28) into the Front Leg. Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Curl Post Knob (14). **Make sure that you fully tighten the Curl Post Knob.**

⚠ WARNING: When the Curl Pad (29) is not in use, store it away from the bench so it will not interfere with other exercises.



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 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 weight 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 or exercise bike, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight 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 overdoing it 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 page 11 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

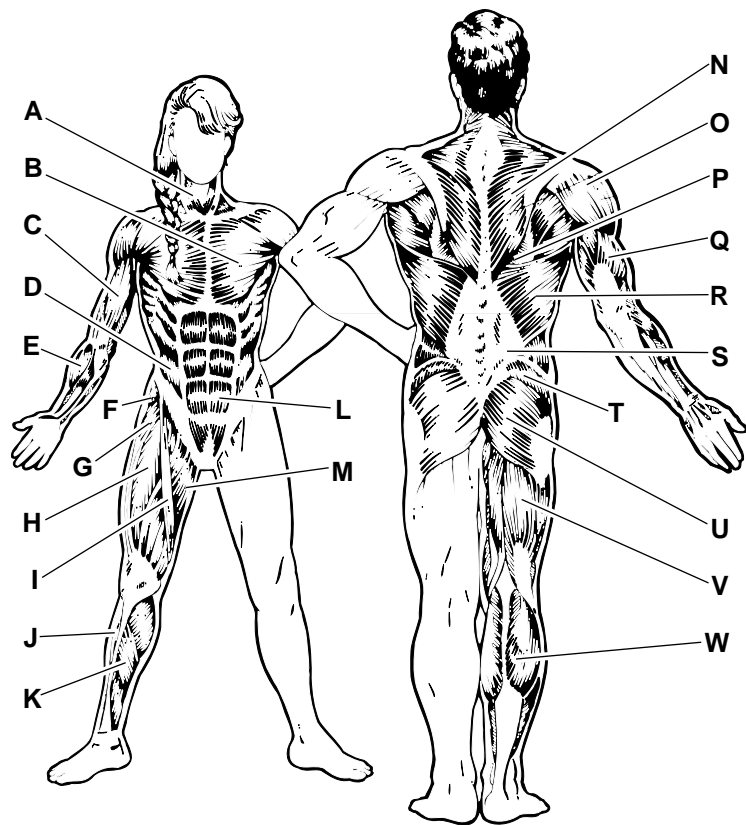
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight 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 greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, 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 when calling:

- The MODEL NUMBER of the product (WEBE11922)
- The NAME of the product (WEIDER® UTILITY BENCH weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center 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. 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.

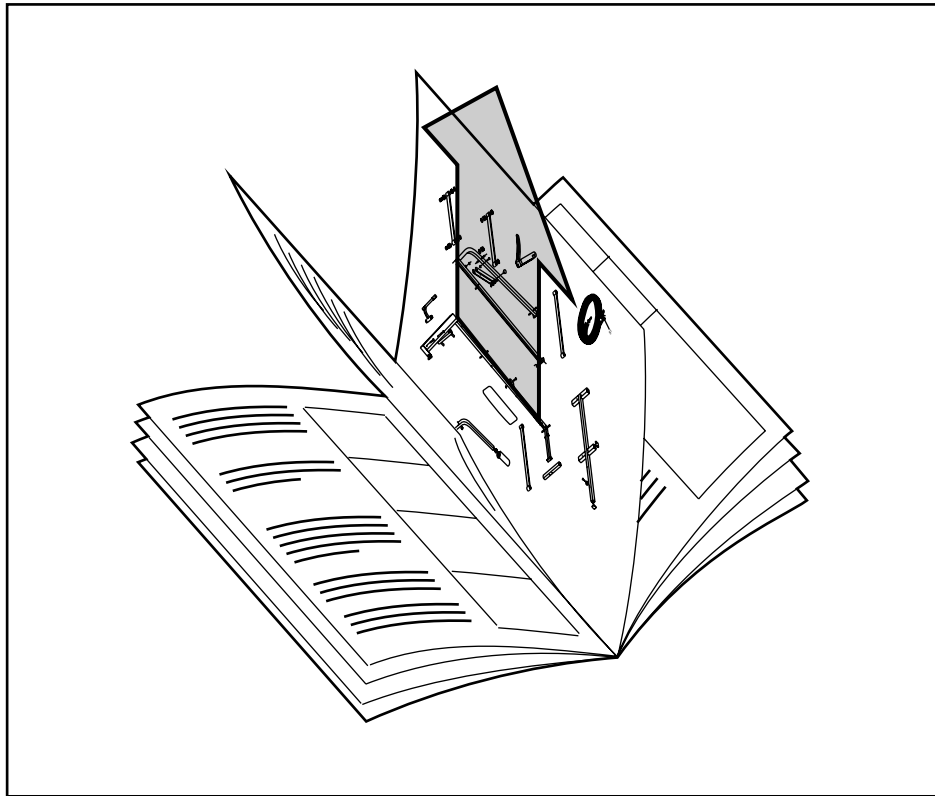
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. 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.

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

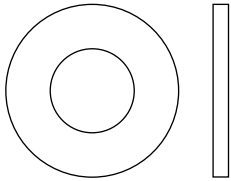
**REMOVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING**

**SAVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE**

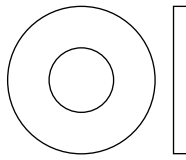


PART IDENTIFICATION CHART

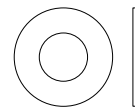
Refer to the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it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



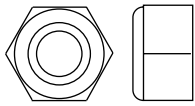
M10 Washer (6)



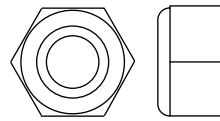
M8 Washer (41)



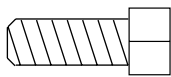
M6 Washer (36)



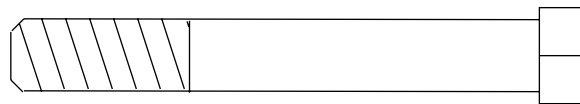
M8 Nylon Locknut (34)



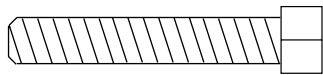
M10 Nylon Locknut (11)



M6 x 16mm Screw (30)



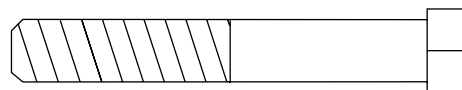
M10 x 70mm Bolt (31)



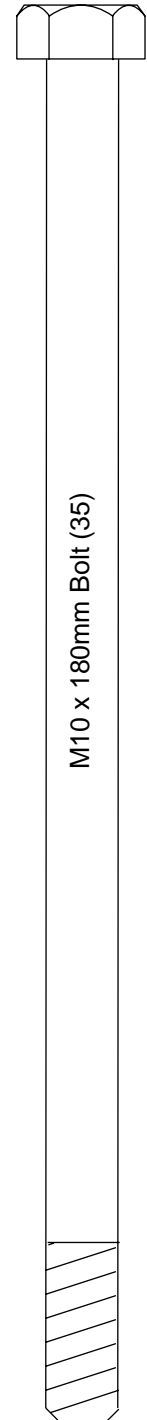
M6 x 36mm Screw (37)



M10 x 60mm Carriage Bolt (32)



M8 x 55mm Bolt (38)



M10 x 180mm Bolt (35)

PART LIST—Model No. WEBE11922

R0303A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	23	1	25mm Round Inner Cap
2	1	Stabilizer	24	1	Weight Adapter Pin
3	1	Front Leg	25	1	Angled Outer Cap
4	1	Front Leg Base	26	3	45mm Square Inner Cap
5	1	Backrest Bracket	27	4	25mm Square Inner Cap
6	6	M10 Washer	28	1	Curl Post
7	1	Backrest	29	1	Curl Pad
8	1	Leg Lever	30	6	M6 x 16mm Screw
9	1	Weight Tube	31	9	M10 x 70mm Bolt
10	3	50mm Square Inner Cap	32	2	M10 x 60mm Carriage Bolt
11	16	M10 Nylon Locknut	33	2	Backrest Frame
12	2	Joint Plate	34	1	M8 Nylon Locknut
13	2	Front Leg Plate	35	1	M10 x 180mm Bolt
14	1	Curl Post Knob	36	4	M6 Washer
15	1	Weight Adapter	37	4	M6 x 36mm Screw
16	2	Weight Adapter Bushing	38	1	M8 x 55mm Bolt
17	3	Pad Tube	39	1	10mm Spacer
18	6	19mm Round Inner Cap	40	4	M10 x 45mm Bolt
19	6	Foam Pad	41	2	M8 Washer
20	1	Seat	#	1	User's Manual
21	1	Bench Knob	#	1	Exercise Guide
22	2	50mm x 70mm Inner Cap			

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

EXPLODED DRAWING—Model No. WEBE11922

R0303A

