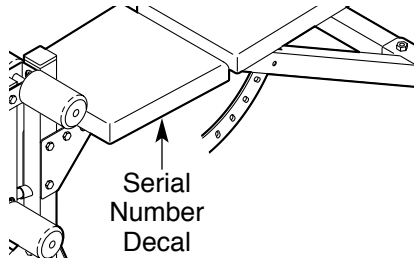


WEIDER® PRO 325

Model No. WEBE12620

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

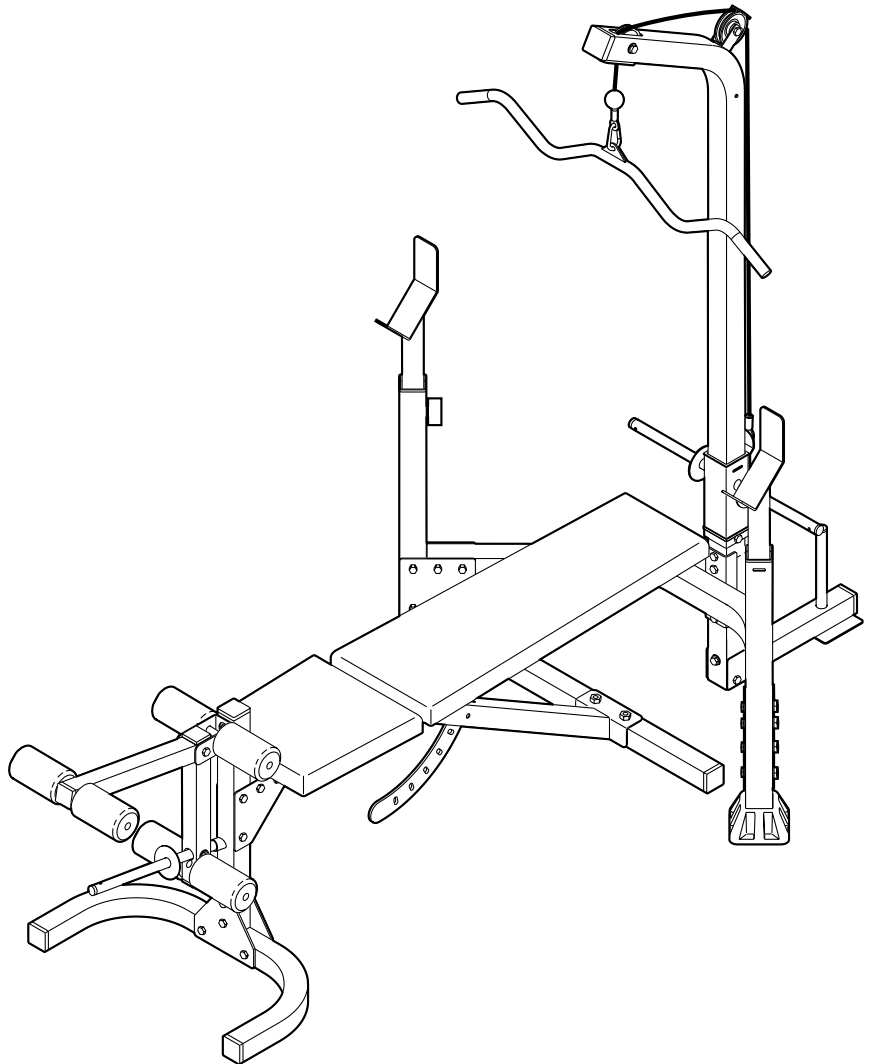
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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.



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

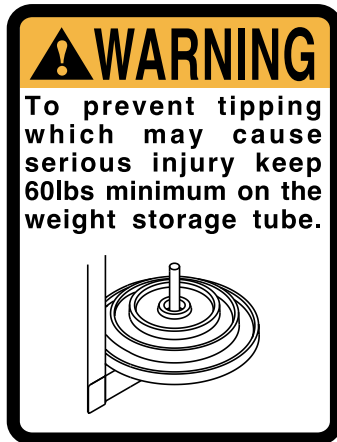
TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENTS	11
EXERCISE GUIDELINES	14
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

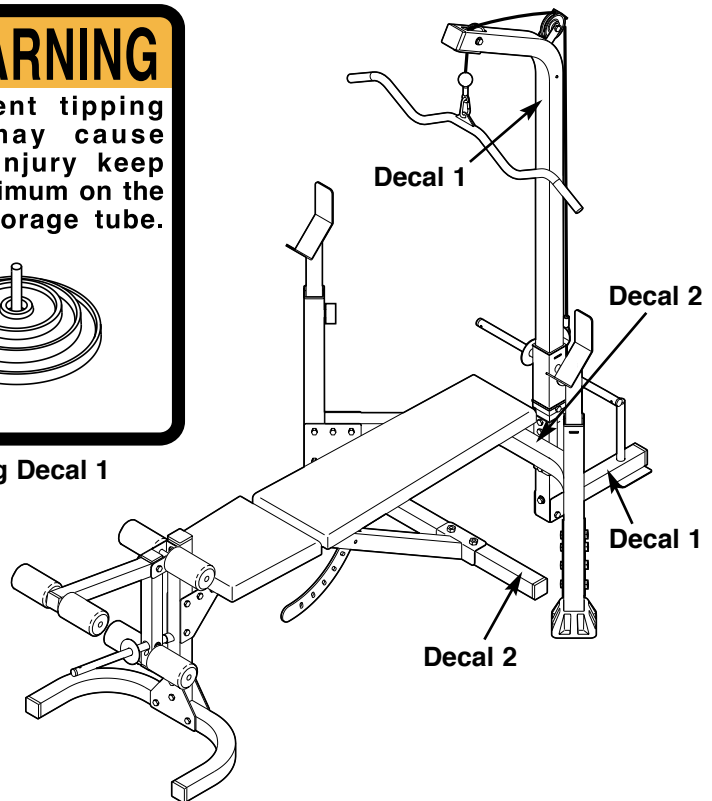
The decals shown here have been placed on the weight bench in the indicated locations. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement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



Warning Decal 1



Warning Decal 2



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. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
7. Keep hands and feet away from moving parts.
8. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
9. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 pounds. Do not use more than 150 pounds of weight, including a barbell and weights, while sitting on the bench. Do not place more than 150 pounds on the weight rests. Do not place more than 150 pounds on the leg lever, or weight carriage. Note: The weight bench does not include a barbell or weights.
11. Always keep an equal 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.
12. Always set both weight rests at the same height. Make sure that the adjustment knobs are inserted completely and tightened into the uprights before beginning any exercise.
13. To reduce the risk of the weight rack tipping, place 60 pounds on the storage tube on the rack stabilizer before using the high pulley station or weight rests.
14. 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.

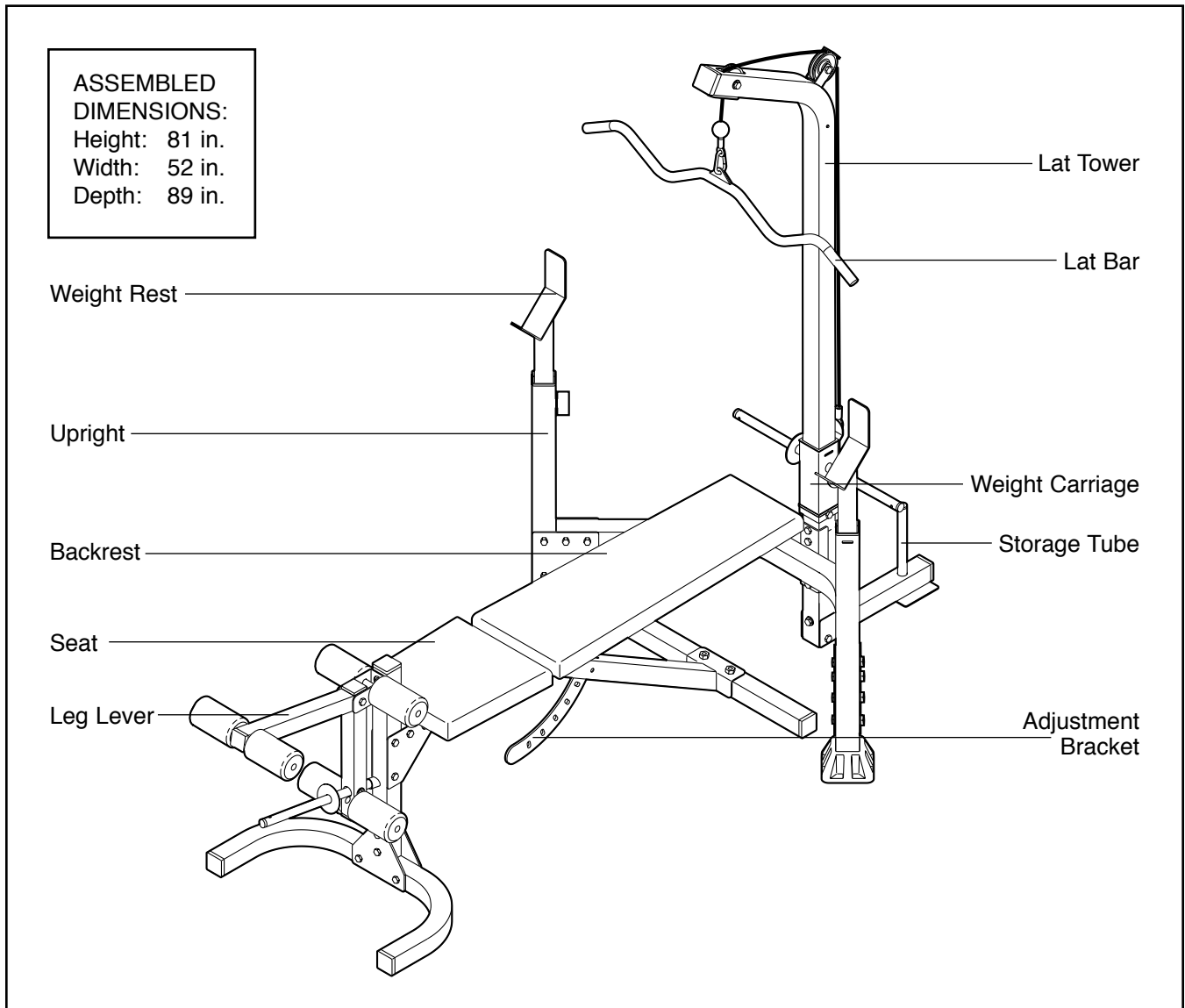
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 325 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 WEBE12620. 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



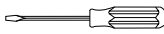
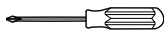
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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.**

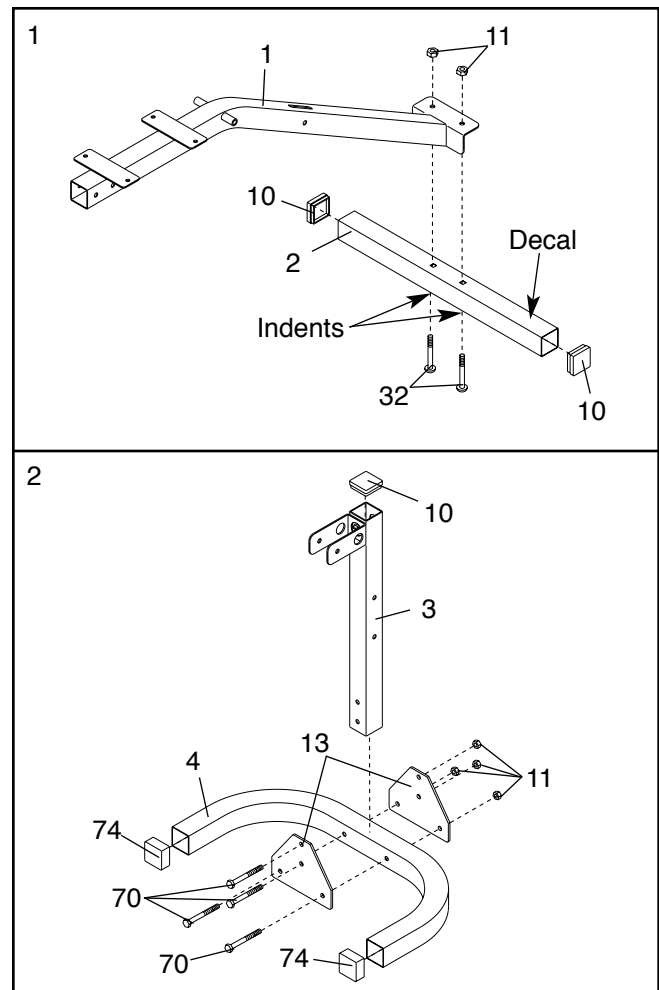
Press two 50mm Square Inner Caps (10) into the ends of the Stabilizer (2).

Attach the Stabilizer (2) to the Bench Frame (1) with two M10 x 58mm Carriage Bolts (32) and two M10 Nylon Locknuts (11). **Do not tighten the Locknuts yet.**

Note: The indents around the holes in the Stabilizer (2) should be on the bottom, and the decal should be in the indicated location.

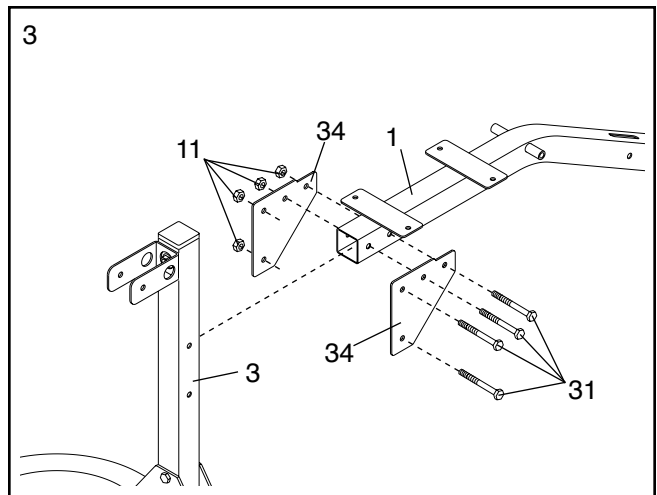
2. Press two 50mm Square Outer Caps (74) onto the ends of the Front Leg Base (4). Press a 50mm Square Inner Cap (10) into the top of the Front Leg (3).

Attach the Front Leg (3) to the Front Leg Base (4) using the two Front Leg Plates (13), four M10 x 72mm Bolts (70), and four M10 Nylon Locknuts (11). **Do not tighten the Locknuts yet.**



- Attach the Front Leg (3) to the Bench Frame (1) using two Small Joint Plates (34), four M10 x 68mm Bolts (31), and four M10 Nylon Locknuts (11).

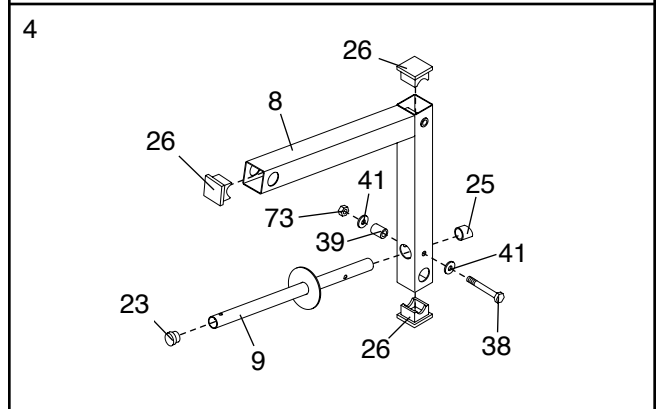
Tighten the M10 Nylon Locknuts (11) used in steps 1–3.



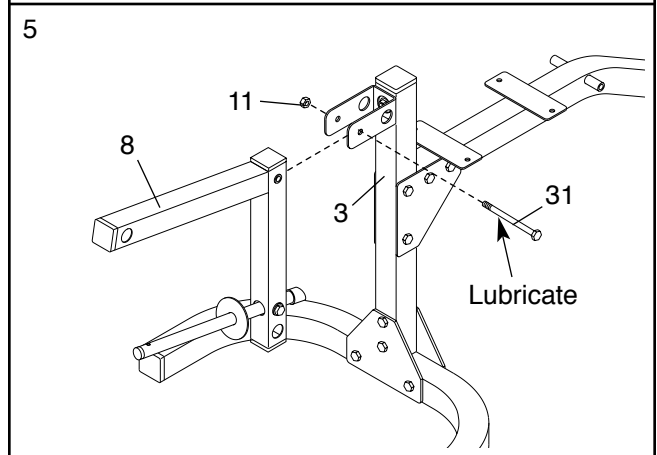
- Press three 45mm Square Inner Caps (26) into the Leg Lever (8). Press a 25mm Round Inner Cap (23) into the indicated end of the Weight Tube (9).

Attach the Weight Tube (9) to the Leg Lever (8) with an M8 x 58mm Bolt (38), two M8 Washers (41), a Short Spacer (39), and an M8 Nylon Locknut (73).

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

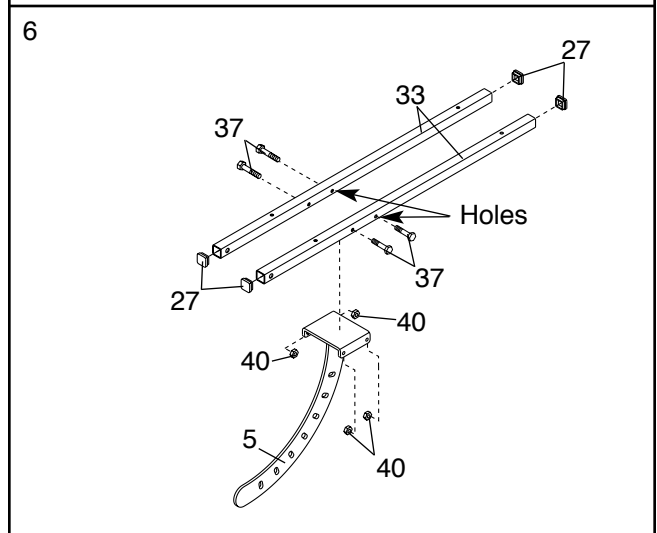


- Lubricate an M10 x 68mm Bolt (31) with grease. Attach the Leg Lever (8) to the Front Leg (3) with the Bolt and an M10 Nylon Locknut (11). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

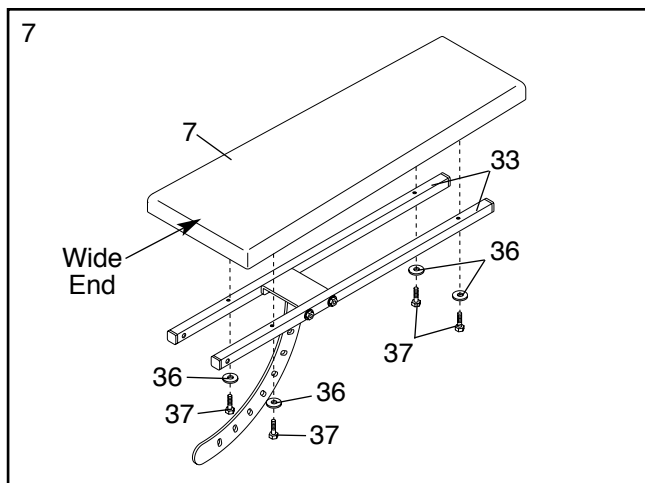


- Press four 25mm Square Inner Caps (27) into the ends of the Backrest Frames (33).

Attach the Backrest Bracket (5) to the Backrest Frames (33) with four M6 x 38mm Screws (37) and four M6 Nylon Locknuts (40). **Make sure the Backrest Frames are oriented so that the indicated holes are closer to the bottom. Do not tighten the Locknuts yet.**

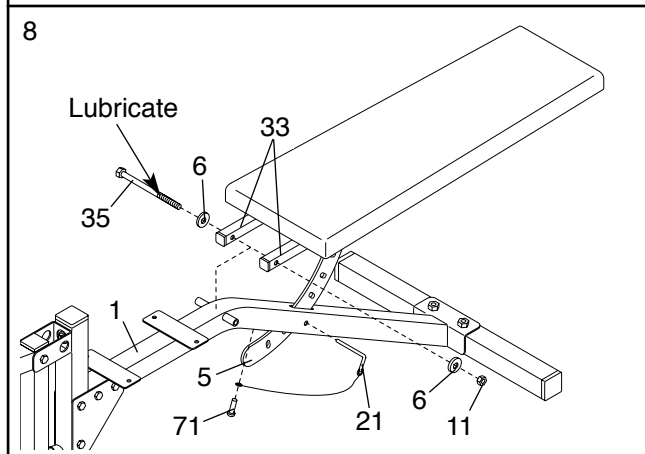


- Attach the Backrest (7) to the Backrest Frames (33) with four M6 x 38mm Screws (37) and four M6 Washers (36). **Make sure that the Backrest is oriented as shown. Do not tighten the Screws yet.**



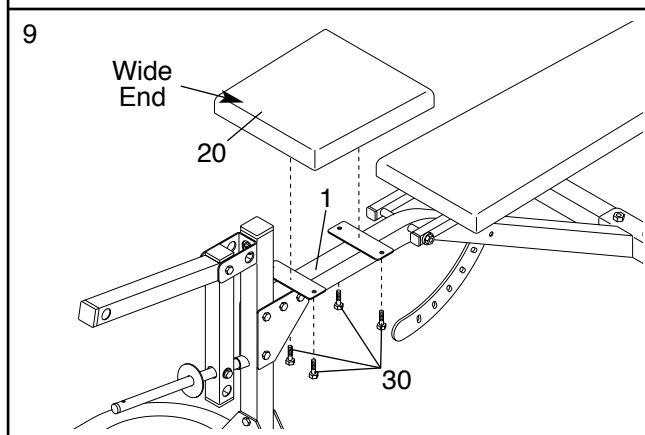
- Lubricate an M10 x 180mm Bolt (35) with grease. Attach the Backrest Frames (33) to the Bench Frame (1) with the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). **Do not over-tighten the Locknut; the Backrest must be able to pivot freely.**

Slide the Backrest Bracket (5) into the indicated slot on the Bench Frame (1). Engage the Bench Pin (21) into an adjustment hole in the Backrest Bracket. Attach the tether on the Pin to the bottom of the Bench Frame with the M4 x 16mm Screw (71).



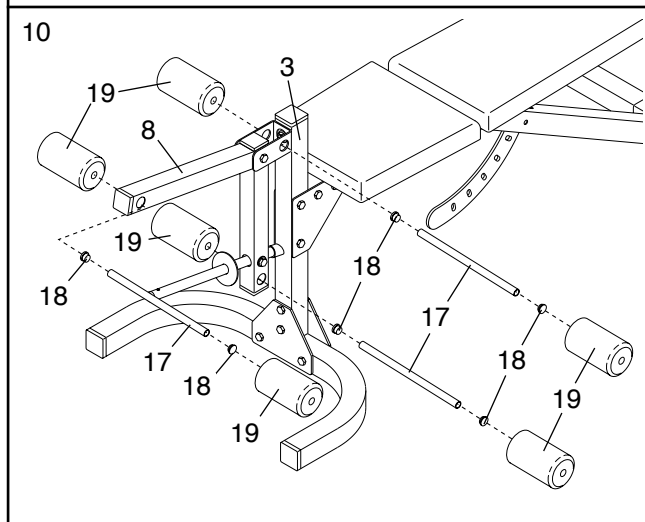
Tighten the M6 Nylon Locknuts (40) and the M6 x 36mm Screws (37) used in steps 6 and 7.

- 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.**



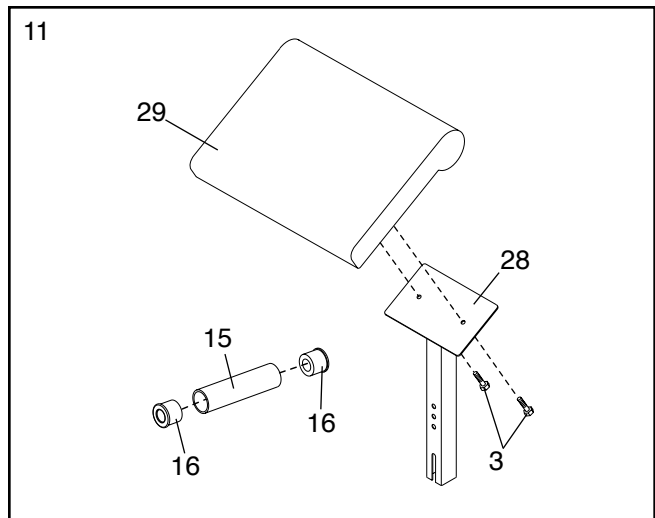
- Press two 19mm Round Inner Caps (18) into each of the three Pad Tubes (17). Slide the Pad Tubes through the indicated holes in the Front Leg (3) and the Leg Lever (8).

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).

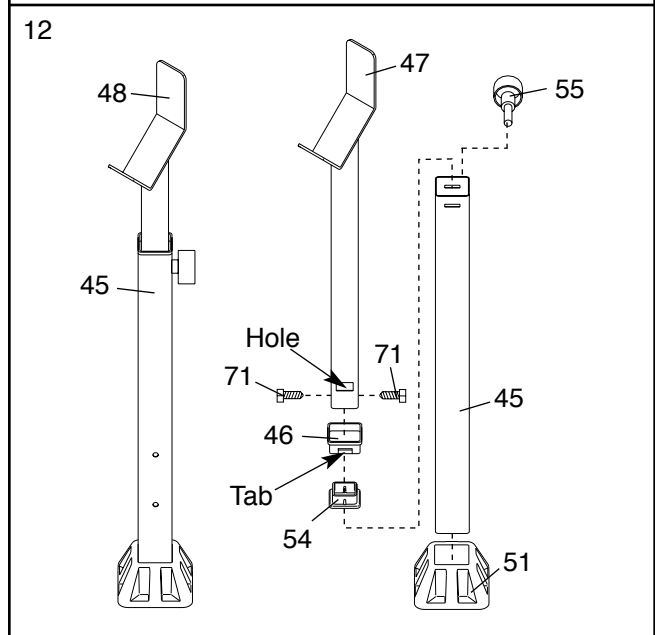


12. Press a Foot (51) onto the bottom of an Upright (45).

Slide an Upright Bushing (46) onto the bottom of the Left Weight Rest (47). **Make sure the tabs are on the side shown.** Attach a Weight Rest Bushing (54) inside the bottom of the Left Weight Rest with two M4 x 16mm Screws (71).

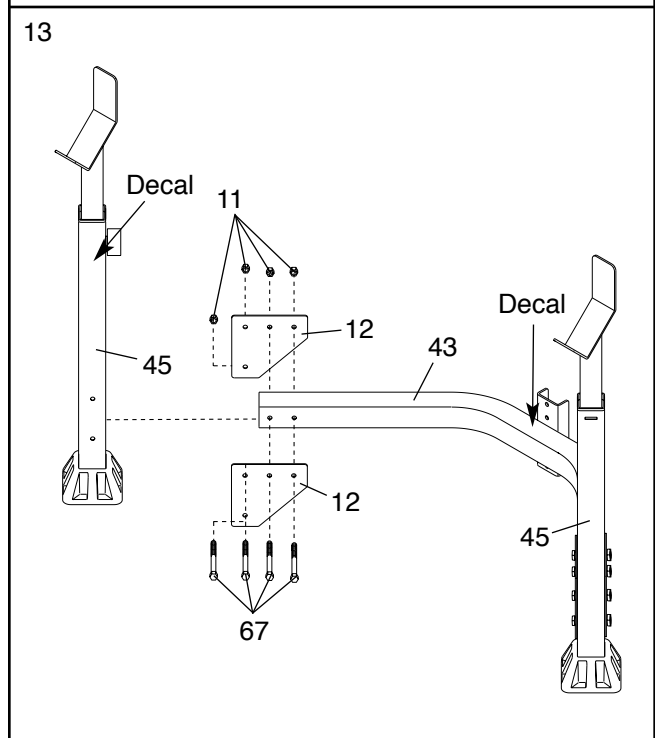
Press the tab on the Upright Bushing (46) into the indicated holes in the Left Weight Rest (47). Slide the Weight Rest and Upright Bushing into the Upright (45). Press the Upright Bushing into top of the Upright. Secure the Weight Rest with an Adjustment Knob (55).

Repeat this step with the other Upright (45) and Right Weight Rest (48).



13. Attach the Frame (43) to an Upright (45) with two Large Joint Plates (12), four M10 x 78mm Bolts (67), and four M10 Nylon Locknuts (11). **Do not tighten the Locknuts yet.**

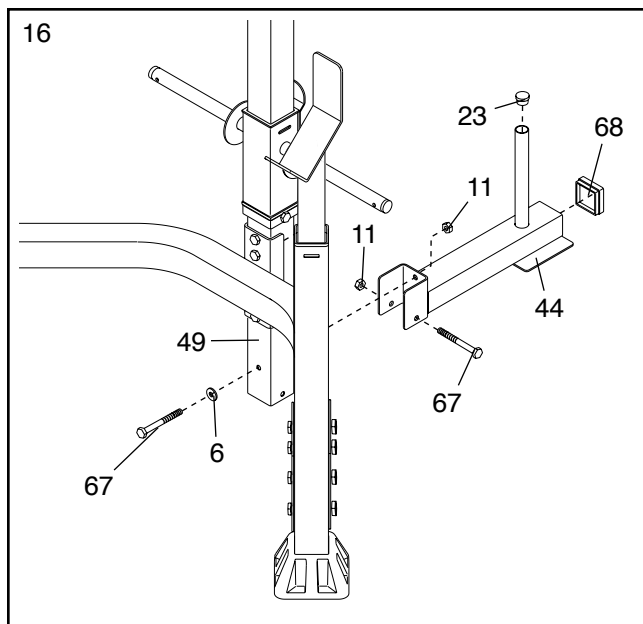
Attach the Frame (43) to the other Upright (45) in the same manner. Make sure the decals applied to the Upright and Frame are in the indicated locations.



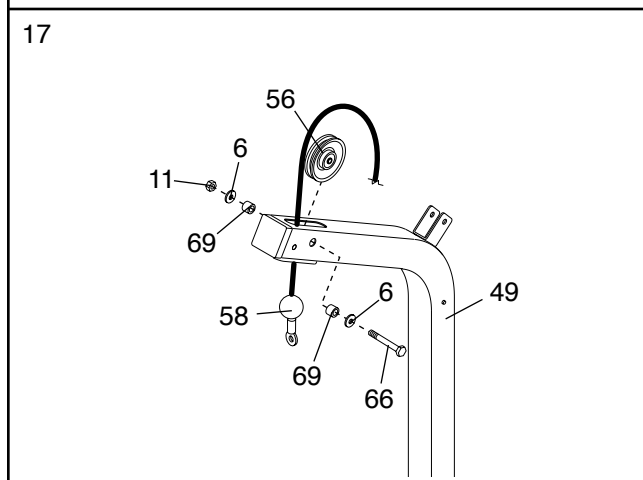
16. Press a 30mm x 60mm Inner Cap (68) into the end of the Rack Stabilizer (44). Press a 25mm Round Inner Cap (23) into the Rack Stabilizer.

Attach the Rack Stabilizer (44) to the Rear Upright (49) with two M10 x 78mm Bolts (67), an M10 Washer (6), and two M10 Nylon Locknuts (11).

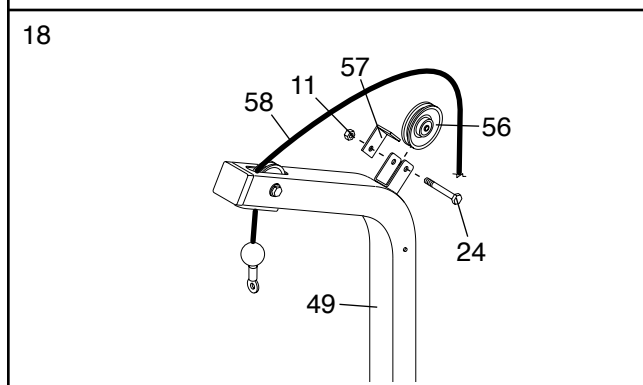
Tighten the M10 Nylon Locknuts (11) used in steps 13, 15, and 16.



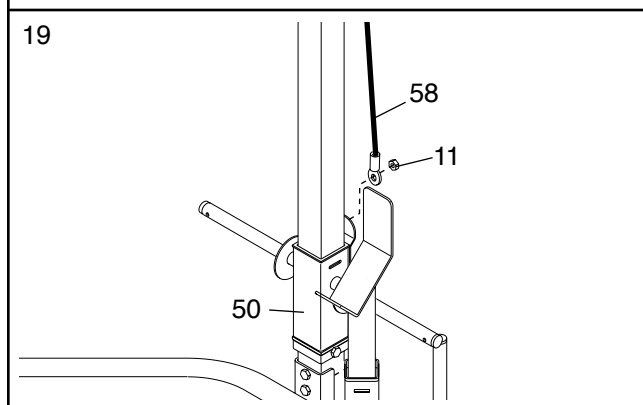
17. Route the Cable (58) up through the Rear Frame (49) and around a Pulley (56), as shown. Attach the Pulley inside the Frame with an M10 x 75mm Bolt (66), two Long Spacers (69), two M10 Washers (6), and an M10 Nylon Locknut (11).



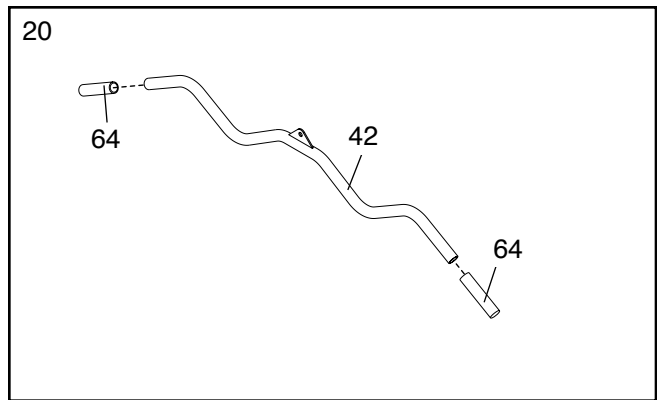
18. Wrap the Cable (58) around a Pulley (56). Attach the Pulley and a Cable Trap (57) to the bracket on the Rear Upright (49) with an M10 x 47mm Bolt (24) and an M10 Nylon Locknut (11). **Be sure the Cable Trap is on the outside of the bracket and turned to hold the Cable in the groove of the Pulley.**



19. Attach the Cable (58) to the M10 x 19mm Bolt (not shown) in the Weight Carriage (50) with an M10 Nylon Locknut (11).



20. Wet the ends of the Lat Bar (42) with soapy water. Slide two Handgrips (64) onto the ends of the Lat Bar.



21. **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.**

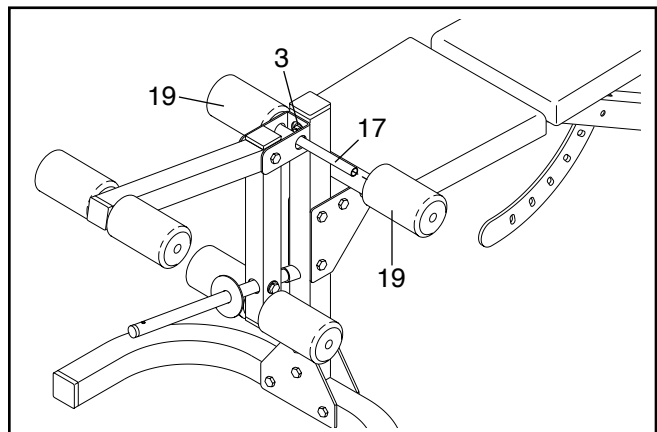
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 14 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.

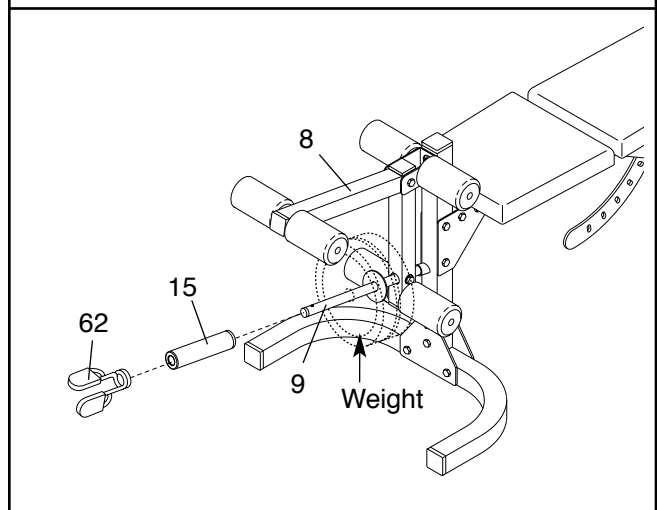


USING THE LEG LEVER

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 Clip (62).

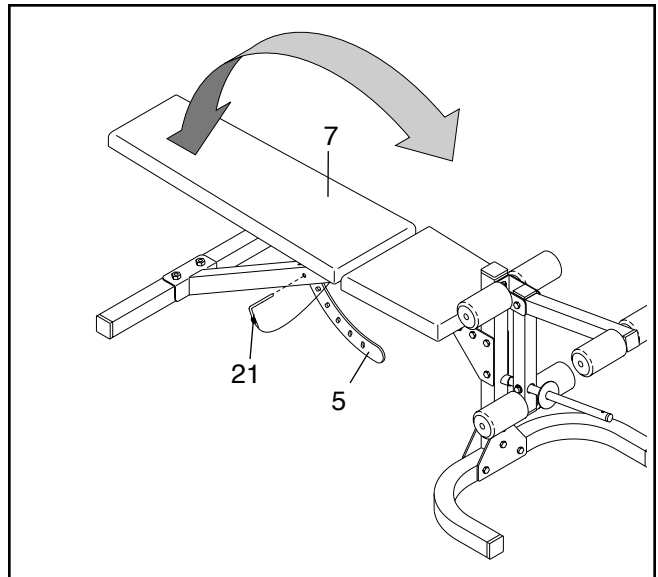
⚠ WARNING: Do not place more than 150 pounds on the Weight Tube (9).



ADJUSTING THE BACKREST

The Backrest (7) can be adjusted to five positions. To adjust the Backrest, pull the Bench Pin (21) out and move the Backrest up or down. Re-engage the Pin into a hole in the Backrest Bracket (5).

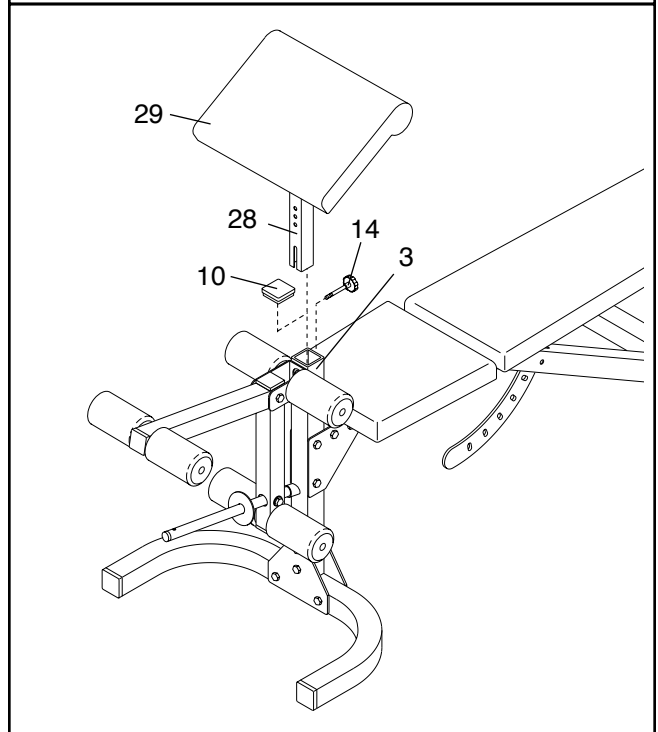
⚠ WARNING: Make sure the Bench Pin (21) is securely inserted into one of the holes in the Backrest Bracket (5) before putting any weight on the Backrest (7).



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.**

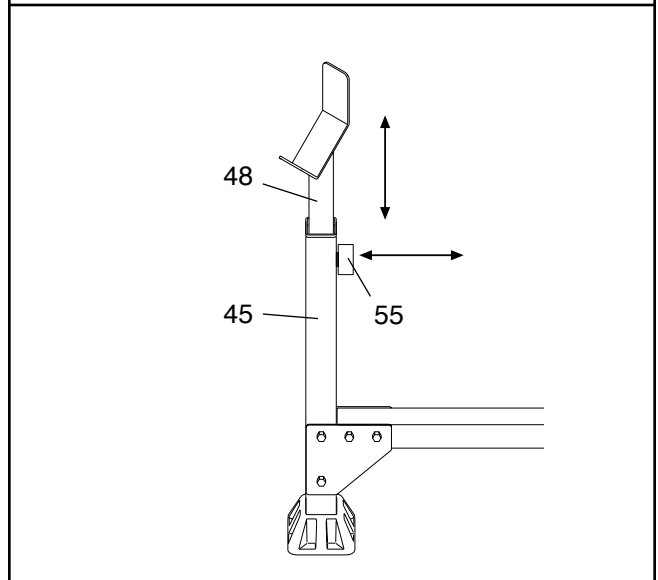
⚠ WARNING: When the Curl Pad (29) is not in use, store it away from the bench so it will not interfere with other exercises, and replace the 50mm Square Inner Cap (10).



ADJUSTING THE WEIGHT REST

To adjust the position of the Weight Rests (47 [not shown], 48), remove the Adjustment Knobs (55) from the Uprights (45) and slide the Weight Rests to the desired height. Secure the Weight Rests in place with the Adjustment Knobs. **Make sure that the Adjustment Knobs are fully tightened.**

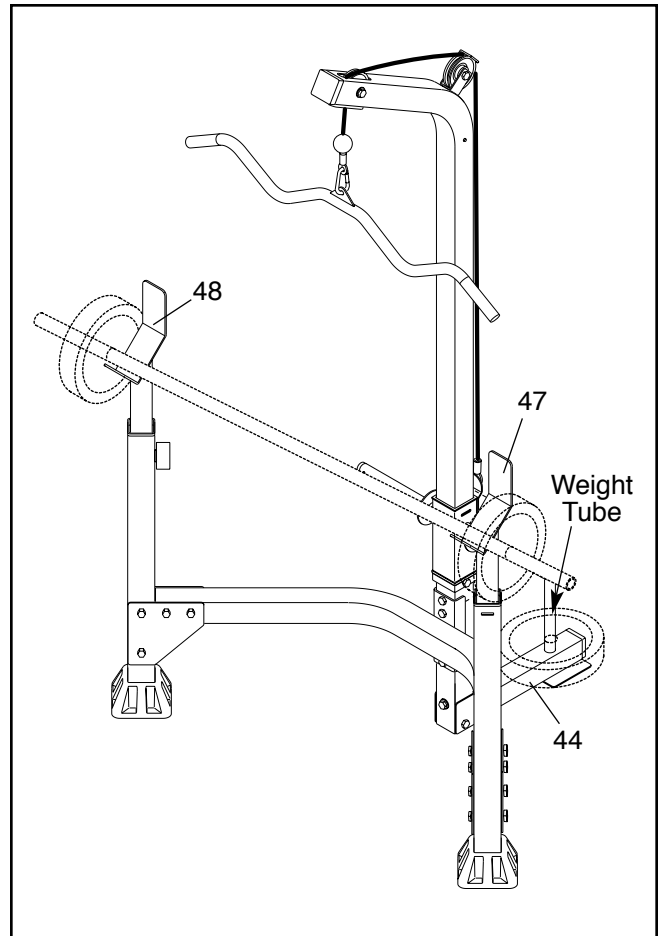
⚠ WARNING: Always secure the Weight Rests (47, 48) at the same height.



USING THE WEIGHT RESTS

To use a barbell (not included), first place 60 pounds of weight (not included) on the tube on the Rack Stabilizer (44). Then, slide the desired amount of weight onto the ends of the barbell.

⚠ WARNING: Before placing a barbell (not included) on the Weight Rests (47, 48), place 60 pounds of weight on the tube on the Rack Stabilizer (44). Do not place more than 150 pounds on the Weight Rests. Always place the same amount of weight on both sides of the barbell.



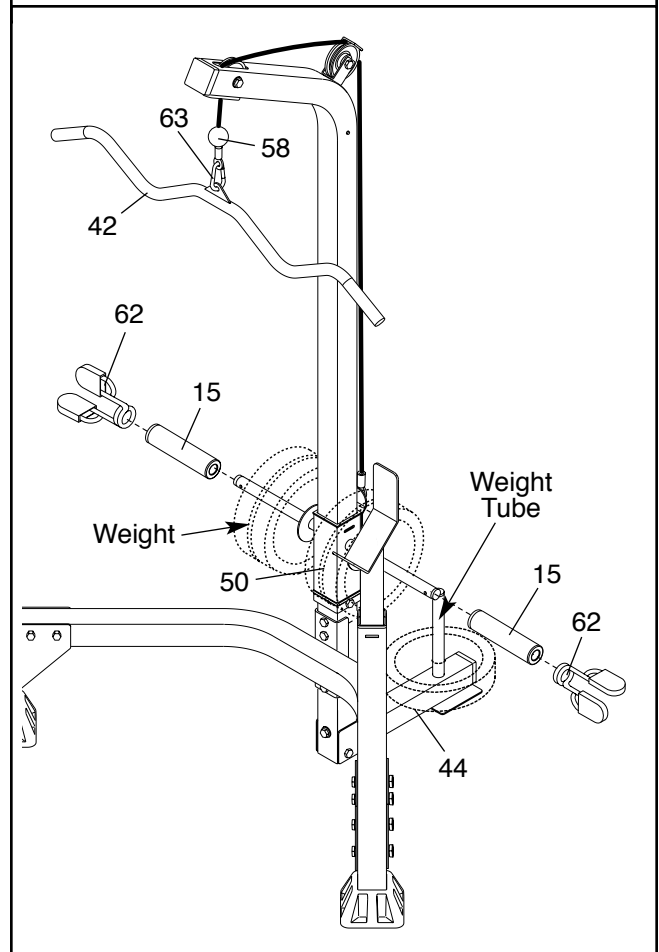
USING THE LAT BAR

To use the Lat Bar (42), attach it to the Cable (58) with the Cable Clip (63).

Place 60 pounds of weight (not included) on the weight tube on the Rack Stabilizer (44). Slide the desired amount of weight onto the Weight Carriage (50).

To use Olympic weights with the Weight Carriage (50), slide the Weight Adapters (15) onto the Weight Carriage before adding weight. Secure the Adapters with the Weight Clips (62)

⚠ WARNING: Before using the Lat Bar (42), place 60 pounds of weight on the weight tube on the Rack Stabilizer (44). Do not place more than 150 pounds on the Weight Carriage (50). Always place the same amount of weight on both sides of the Weight Carriage.



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 cycling or swimming, 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 15 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

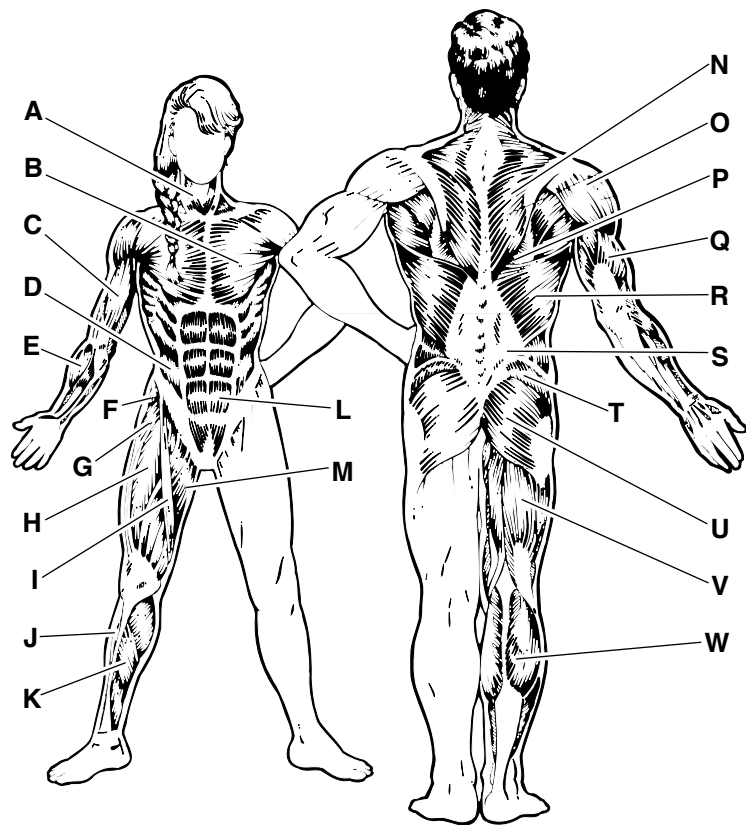
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

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 (WEBE12620)
- The NAME of the product (WEIDER® PRO 325 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.

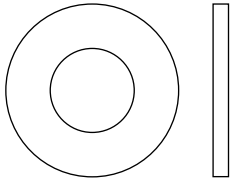
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts.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

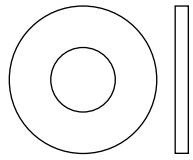
ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

PART IDENTIFICATION CHART

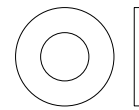
Refer to the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it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



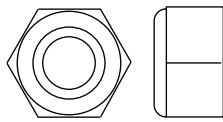
M10 Washer (6)



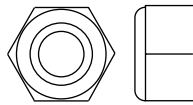
M8 Washer (41)



M6 Washer (36)



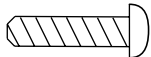
M10 Nylon Locknut (11)



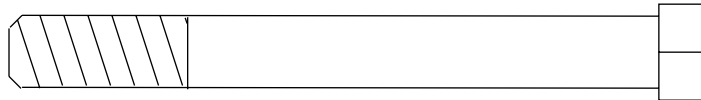
M8 Nylon Locknut (73)



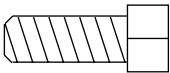
M6 Nylon Locknut (40)



M4 x 16mm Screw (71)



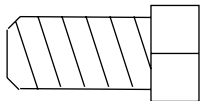
M10 x 86mm Bolt (59)



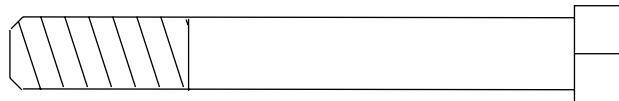
M6 x 16mm Screw (30)



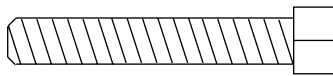
M10 x 78mm Bolt (67)



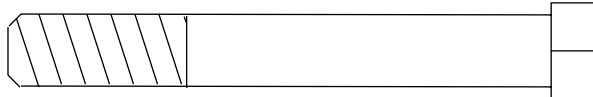
M10 x 19mm Bolt (60)



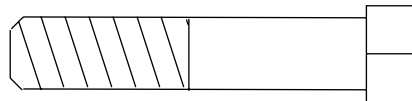
M10 x 75mm Bolt (66)



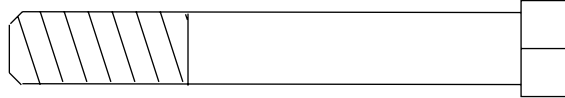
M6 x 38mm Screw (37)



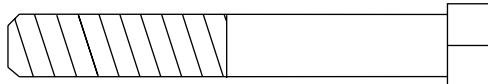
M10 x 72mm Bolt (70)



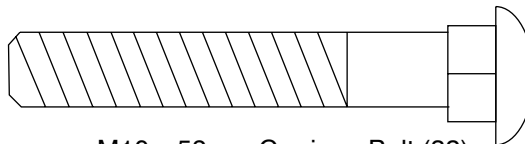
M10 x 47mm Bolt (24)



M10 x 68mm Bolt (31)



M8 x 58mm Bolt (38)



M10 x 58mm Carriage Bolt (32)



M10 x 180mm Bolt (35)

PART LIST—Model No. WEBE12620

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	39	1	Short Spacer
2	1	Stabilizer	40	4	M6 Nylon Locknut
3	1	Front Leg	41	2	M8 Washer
4	1	Front Leg Base	42	1	Lat Bar
5	1	Backrest Bracket	43	1	Frame
6	5	M10 Washer	44	1	Rack Stabilizer
7	1	Backrest	45	2	Upright
8	1	Leg Lever	46	2	Upright Bushing
9	1	Weight Tube	47	1	Left Weight Rest
10	3	50mm Square Inner Cap	48	1	Right Weight Rest
11	30	M10 Nylon Locknut	49	1	Rear Upright
12	4	Large Joint Plate	50	1	Weight Carriage
13	2	Front Leg Plate	51	2	Foot
14	1	Curl Post Knob	52	2	Carriage Bushing
15	3	Weight Adapter	53	1	Weight Stop
16	6	Weight Adapter Bushing	54	2	Weight Rest Bushing
17	3	Pad Tube	55	2	Adjustment Knob
18	6	19mm Round Inner Cap	56	2	Pulley
19	6	Foam Pad	57	1	Cable Trap
20	1	Seat	58	1	Cable
21	1	Bench Pin	59	1	M10 x 86mm Bolt
22	2	60mm Square Inner Cap	60	1	M10 x 19mm Bolt
23	4	25mm Round Inner Cap	61	1	Support Plate
24	1	M10 x 47mm Bolt	62	3	Weight Clip
25	1	Angled Outer Cap	63	1	Cable Clip
26	3	45mm Square Inner Cap	64	2	Handgrip
27	4	25mm Square Inner Cap	65	6	Spring Clip Cover
28	1	Curl Post	66	1	M10 x 75mm Bolt
29	1	Curl Pad	67	14	M10 x 78mm Bolt
30	6	M6 x 16mm Screw	68	1	30mm x 60mm Inner Cap
31	5	M10 x 68mm Bolt	69	2	Long Spacer
32	2	M10 x 58mm Carriage Bolt	70	4	M10 x 72mm Bolt
33	2	Backrest Frame	71	5	M4 x 16mm Screw
34	2	Small Joint Plate	72	1	Carriage Stop Bushing
35	1	M10 x 180mm Bolt	73	1	M8 Nylon Locknut
36	4	M6 Washer	74	2	50mm Square Outer Cap
37	8	M6 x 38mm Screw	#	1	User's Manual
38	1	M8 x 58mm Bolt	#	1	Exercise Guide

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.

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

EXPLODED DRAWING—Model No. WEBE12620

R0902C

