

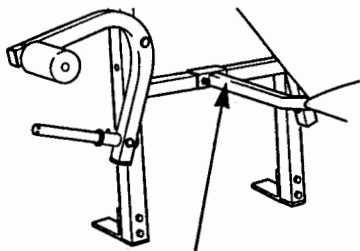
MUSCLIE

1382

Model No. WEBE13760

Serial No. _____

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



Serial Number Decal

QUESTIONS?

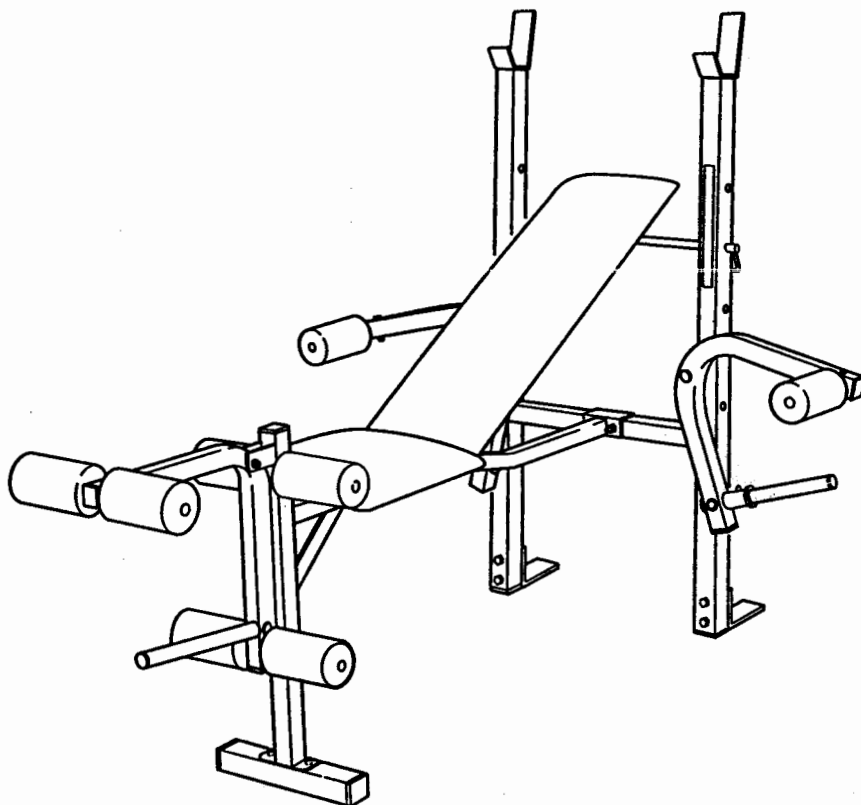
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY 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.

USER'S MANUAL

132255

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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.
2. Use the weight bench only as described in this manual.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
4. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
5. Keep small children and pets away from the weight bench at all times.
6. Always wear athletic shoes for foot protection while exercising. Keep hands and feet away from moving parts.
7. When using the barbell make sure that there is an equal amount of weight on each side of the barbell.
8. Do not use a barbell that is longer than five feet with the weight bench.
9. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
10. The weight bench is designed to support a maximum of 300 pounds, including the user, a barbell and weights. Do not place more than 110 pounds, including a barbell and weights, on the weight rests. Do not place more than 125 pounds on the leg lever. Do not place more than 30 pounds on each arm.
11. When using the backrest in the level position or in an inclined position, make sure that the support rod is inserted completely through both sides of the "H"-frame, and that the support rod is turned to the locked position.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.

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.

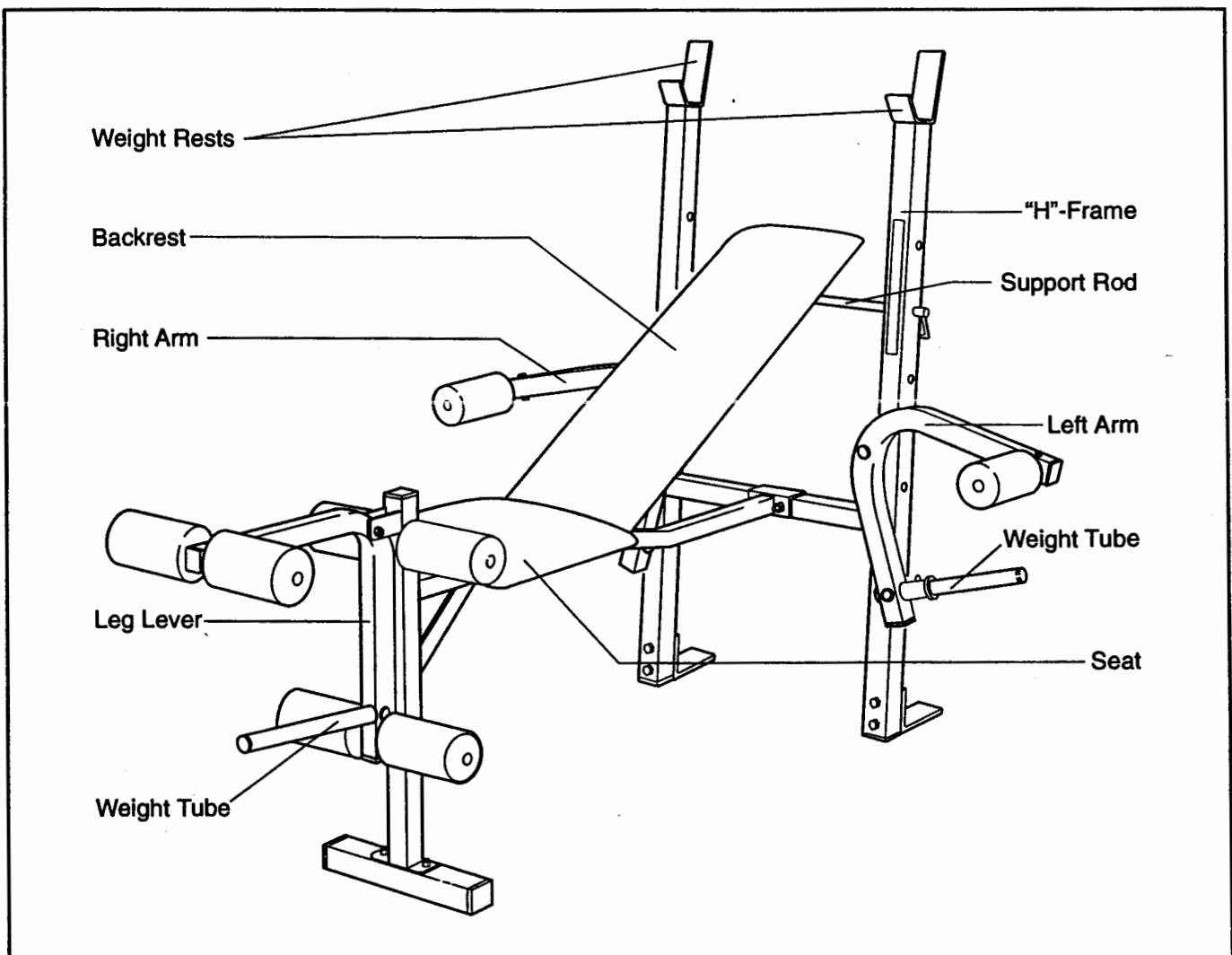
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® MUSCLE 1382 Weight Bench. The versatile WEIDER® MUSCLE 1382 Weight Bench is designed to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® MUSCLE 1382 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® MUSCLE 1382 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 WEBE13760. The serial number can be found on a decal attached to the WEIDER® MUSCLE 1382 Weight Bench (see the front cover of this manual).

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

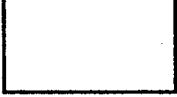


PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



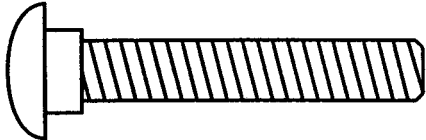
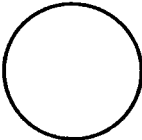
1/2" x 3" Plastic Spacer (36)–2



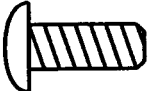
1/2" x 7/8" Metal Spacer (25)–2



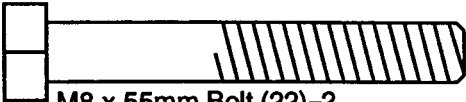
M8 x 50mm Bolt (15)–3



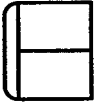
M8 x 50mm Carriage Bolt (27)–2



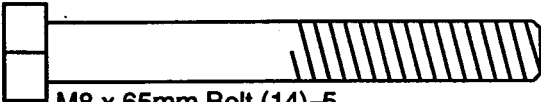
M6 x 15mm Screw (13)–6



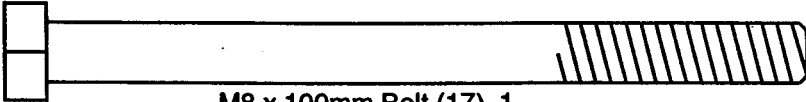
M8 x 55mm Bolt (22)–2



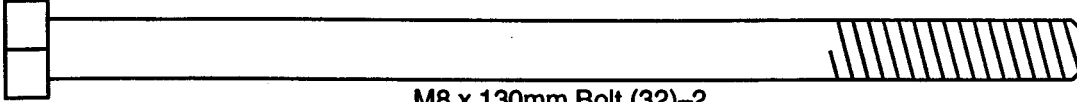
M8 Nylon Locknut (18)–15



M8 x 65mm Bolt (14)–5



M8 x 100mm Bolt (17)–1



M8 x 130mm Bolt (32)–2

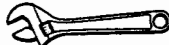
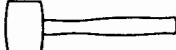
ASSEMBLY

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

- Place all parts of the WEIDER® MUSCLE 1382 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART on the previous page. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the WEIDER® MUSCLE 1382, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

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

1. Before assembling this product, be sure that you have read and understand the Information in the box above.

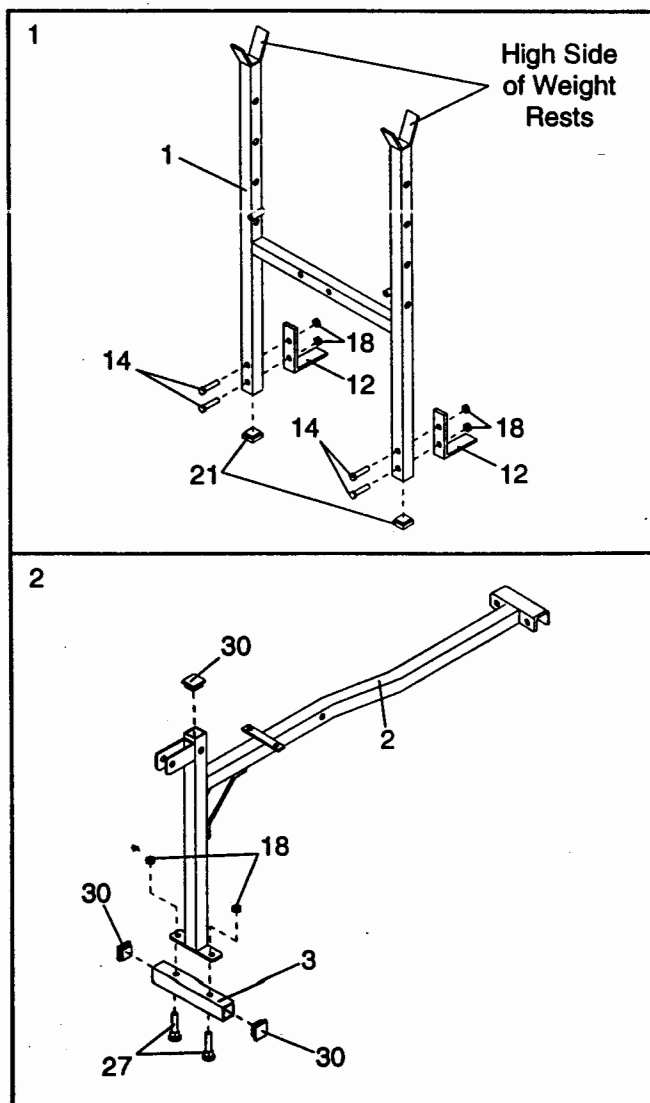
Tap the two 2" Square Inner Caps (21) into the "H"-Frame (1).

Be sure that the "H"-Frame (1) is oriented as shown. The high side of the weight rests must be on the side indicated. Attach each "L"-Bracket (12) to the indicated side of the "H"-Frame with two M8 x 65mm Bolts (14) and two M8 Nylon Locknuts (18).

2. Tap a 1 1/2" Square Inner Cap (30) into the Frame (2).

Tap a 1 1/2" Square Inner Cap (30) onto each end of the Stabilizer (3).

Attach the Stabilizer (3) to the Frame (2) with the two M8 x 50mm Carriage Bolts (27) and two M8 Nylon Locknuts (18).



3. Be sure that the "H"-Frame (1) is oriented as shown. Attach the Frame (2) to the "H"-Frame with the two M8 x 55mm Bolts (22) and two M8 Nylon Locknuts (18).

4. Tap a 1 1/2" Square Inner Cap (30) into each end of the Leg Lever (4).

Attach the 13" Weight Tube (23) to the Leg Lever (4) with the M8 x 50mm Bolt (15) and an M8 Nylon Locknut (18) as shown.

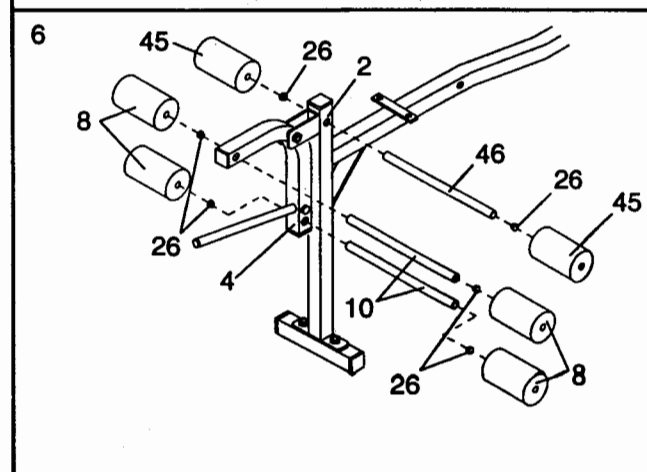
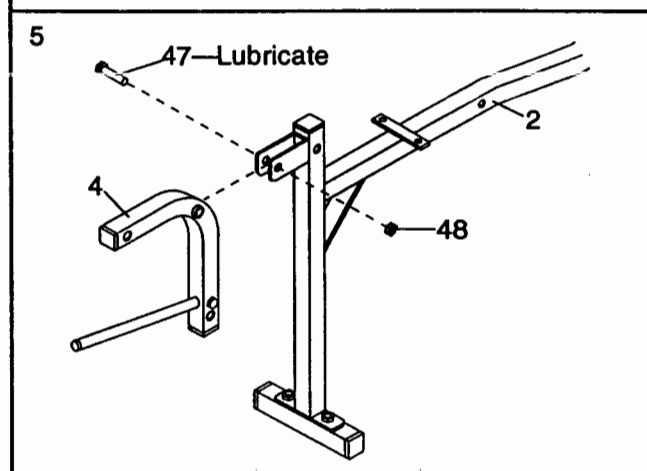
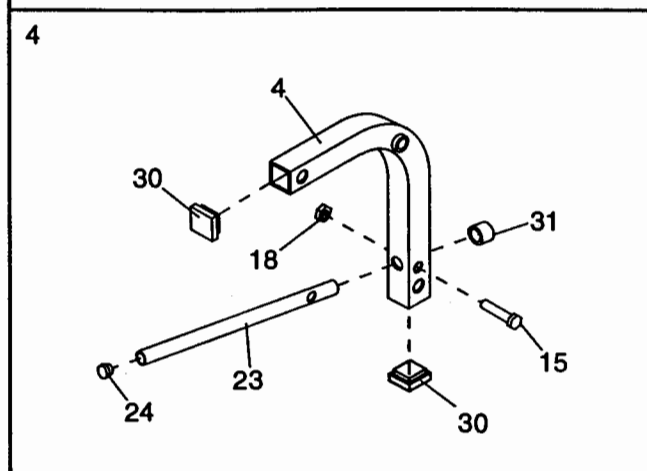
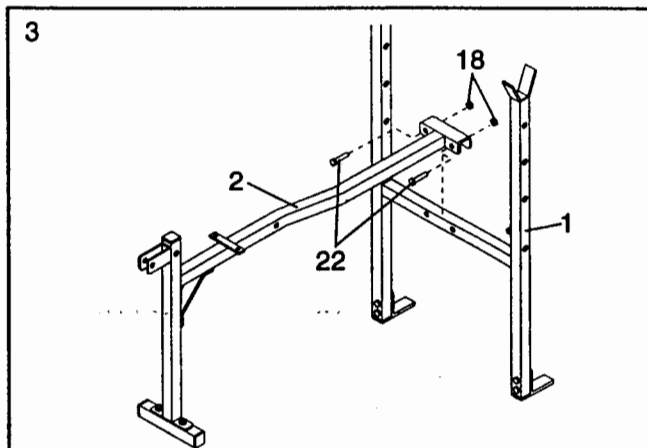
Tap a 1" Round Inner Cap (24) into the indicated end of the 13" Weight Tube (23). Tap the 1" Angled Round Cap (31) onto the other end of the Weight Tube.

5. Lubricate the M10 x 70mm Bolt (47). Attach the Leg Lever (4) to the Frame (2) with the Bolt and an M10 Nylon Locknut (48).

6. Tap a 3/4" Round Inner Cap (26) into each end of the 13 1/2" Pad Tube (46). Tap 3/4" Round Inner Caps into the ends of both 11 1/2" Pad Tubes (10).

Insert the 13 1/2" Pad Tube (46) through the indicated hole in the Frame (2). Insert the 11 1/2" Pad Tubes (10) through the holes in the Leg Lever (4).

Slide a 6" Foam Pad (45) onto each side of the 13 1/2" Pad Tube (46). Slide 5" Foam Pads (8) onto each end of both 11 1/2" Pad Tubes (10).

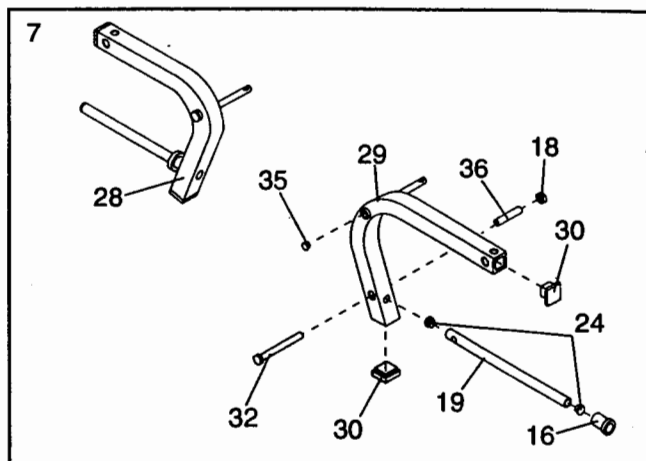


7. Tap a 1 1/2" Square Inner Cap (30) into each end of the Left Arm (29). Tap a 7/8" Round Inner Cap (35) into the indicated hole in the Left Arm.

Tap a 1" Round Inner Cap (24) into each end of an 11" Weight Tube (19).

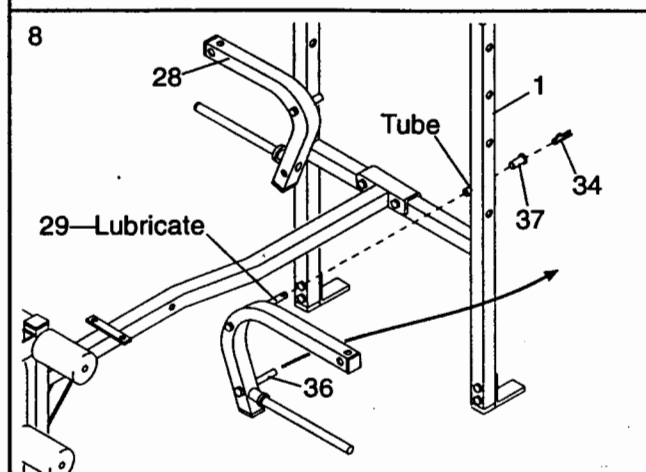
Attach the 11" Weight Tube (19) to the Left Arm (29) with an M8 x 130mm Bolt (32), a 1/2" x 3" Plastic Spacer (36) and an M8 Nylon Locknut (18). Slide a Weight Stop (16) onto the Weight Tube.

Assemble the Right Arm (28) in the same manner.



8. Tap a Flanged Plastic Sleeve (37) into the tube on the indicated side of the "H"-Frame (1). Lubricate the axle on the Left Arm (29). Insert the axle through the tube and the Flanged Plastic Sleeve. **Be sure that the 1/2" x 3" Plastic Spacer (36) is resting against the outside of the "H"-Frame (1).** Insert a Spring Clip (34) into the axle. Make sure that the Spring Clip snaps into the hole near the end of the axle.

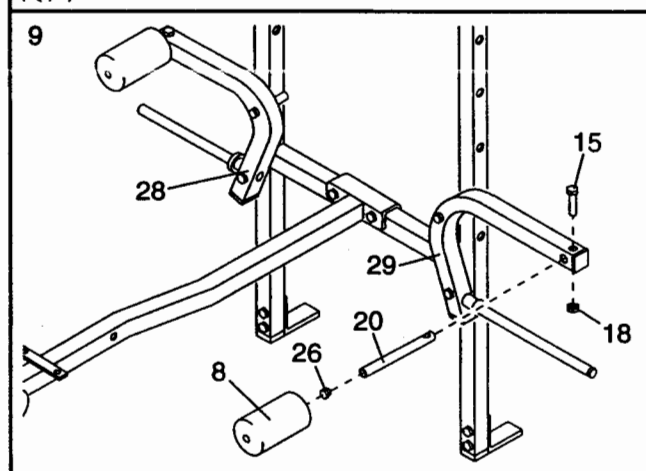
Attach the Right Arm (28) in the same manner.



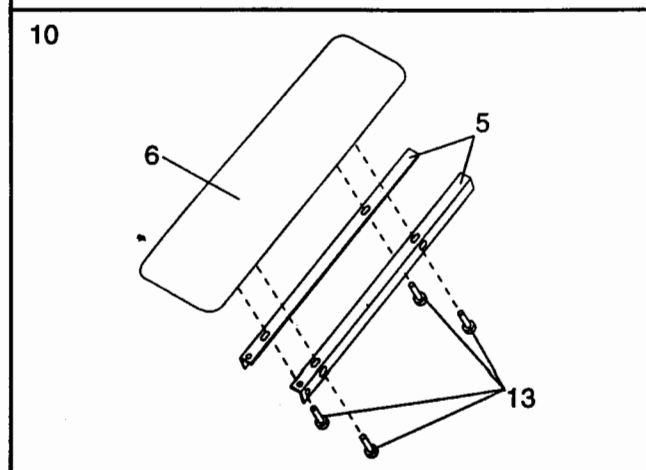
9. Attach a 9" Pad Tube (20) to the Left Arm (29) with an M8 x 50mm Bolt (15) and an M8 Nylon Locknut (18). Tap a 7/8" Round Inner Cap (26) into the indicated end of the 9" Pad Tube.

Slide a Foam Pad (8) onto the Pad Tube.

Assemble the Right Arm (28) in the same manner.



10. Attach the two Backrest Brackets (5) to the Backrest (6) with four M6 x 15mm Screws (13). Make sure that the Backrest Brackets and the Backrest are oriented as shown.

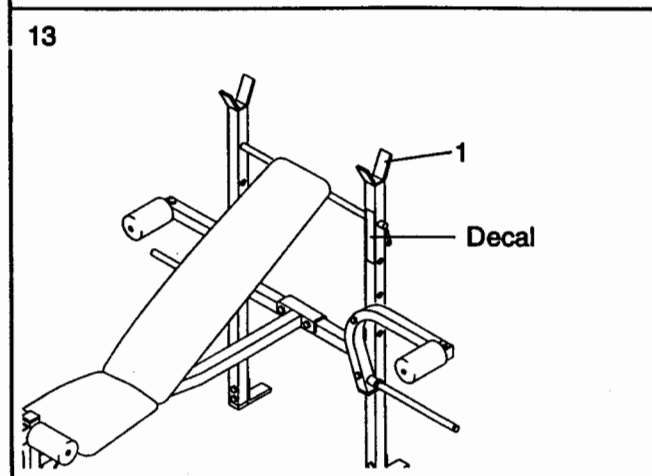
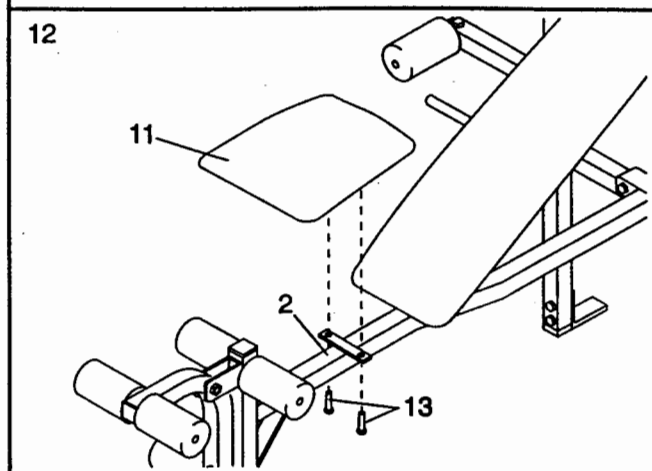
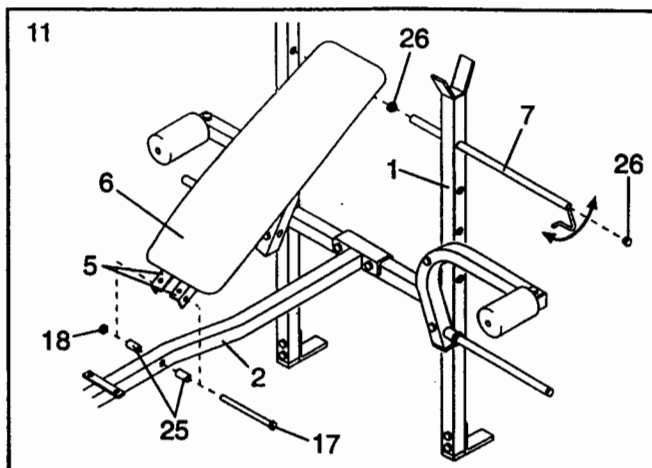


11. Press a 3/4" Round Inner Cap (26) into each end of the Support Rod (7). Insert the Support Rod through one of the four sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame.

Attach the Backrest Brackets (5) to the Frame (2) with the M8 x 100mm Bolt (17), the two 1/2" x 7/8" Metal Spacers (25), and an M8 Nylon Locknut (18). Be sure that the Spacers are positioned between the Backrest Brackets and the Frame. Rest the Backrest (6) on the Support Rod (7).

12. Attach the Seat (11) to the bracket on the Frame (2) with two M6 x 15mm Screws (13).

13. Apply the included decal to the "H"-Frame (1) in the indicated location.



ADJUSTING THE WEIGHT BENCH

The instructions below describe how the weight bench can be adjusted. Refer to the exercise guide included with this manual for information about exercises that can be performed with the weight bench.

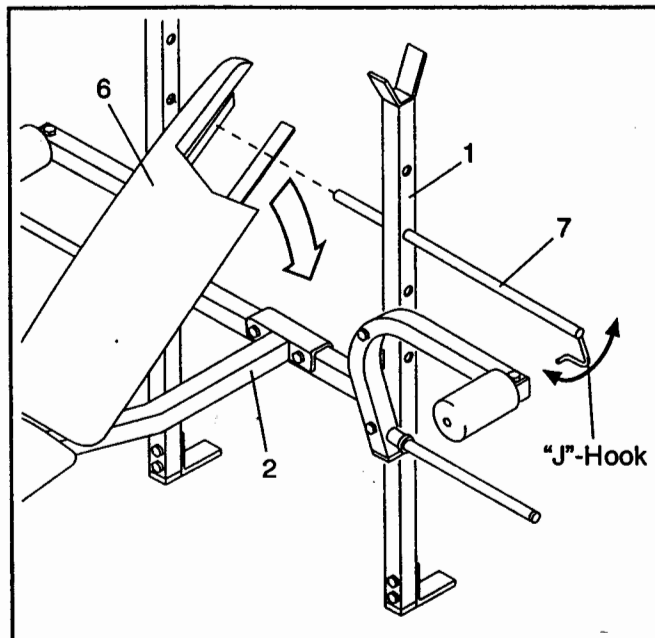
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in either a decline, a level, or any of three inclined positions. To use the Backrest in the decline position, remove the Support Rod (7) and lay the Backrest on the Frame (2).

To use the Backrest in the level position, first lift the Backrest (6). Insert the Support Rod (7) through THE lowest set of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.

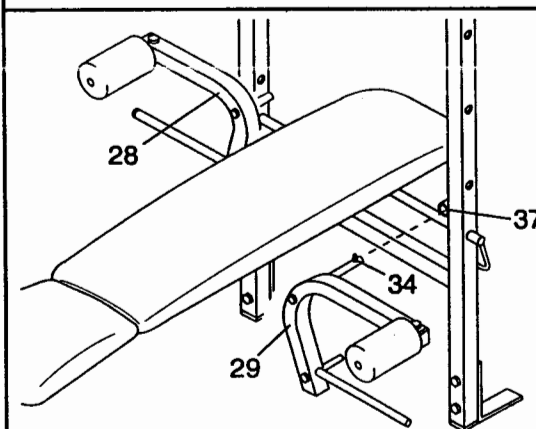
To use the Backrest in an inclined position, first lift the Backrest (6). Insert the Support Rod (7) through one of the upper three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.



REMOVING AND ATTACHING THE ARMS

To perform some exercises, the Left and Right Arms (29, 28) must be removed. To remove the Left Arm (29), press the Spring Clip (34) and slide the axle on the Left Arm out of the Flanged Plastic Sleeve (37). Remove the Right Arm (28) in the same manner.

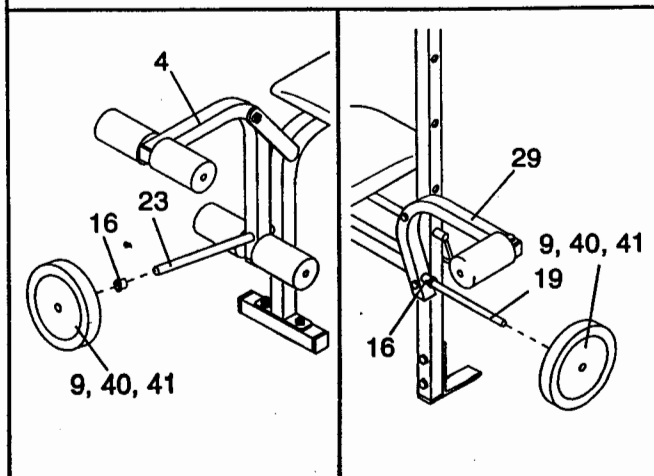
To re-attach the Left Arm (29), press the Spring Clip (34) and insert the axle on the Left Arm through the Flanged Plastic Sleeve (37) on the indicated side of the "H"-Frame (1). Re-attach the Right Arm (28) in the same manner.



ATTACHING WEIGHTS TO THE WEIGHT BENCH

To use the Leg Lever (4), first slide a Weight Stop (16) onto the 13" Weight Tube (23). Next, slide the desired 3 lb., 5 lb., and 10 lb. Weights (9, 40, 41) onto the Weight Tube. **WARNING: Do not place more than 125 pounds on the Leg Lever.**

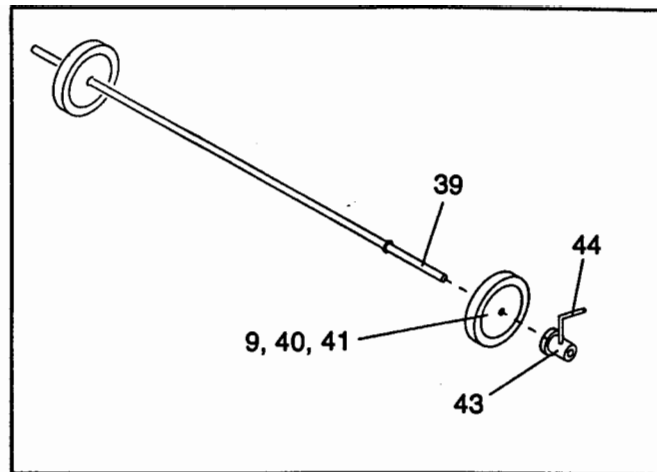
To use the Arms (28, 29), first slide a Weight Stop (16) onto each 11" Weight Tube (19). Next, slide the desired 3 lb., 5 lb., and 10 lb. Weights (9, 40, 41) onto the Weight Tubes. **WARNING: Do not place more than 30 pounds on each Arm.**



ATTACHING WEIGHTS TO THE BARBELL AND DUMBBELLS

Slide the same number of 3 lb., 5 lb., or 10 lb. Weights (9, 40, 41) onto each end of the Barbell (39). Slide a Barbell Collar (43) onto each end of the Barbell. Slide the Collars tight against the Weights. Tighten the Barbell Lock Screws (44). Make sure that the Weights cannot move back and forth on the Barbell.

Weights can be attached to the Dumbbells (not shown) in the same manner.



PART LIST—Model No. WEBE13760

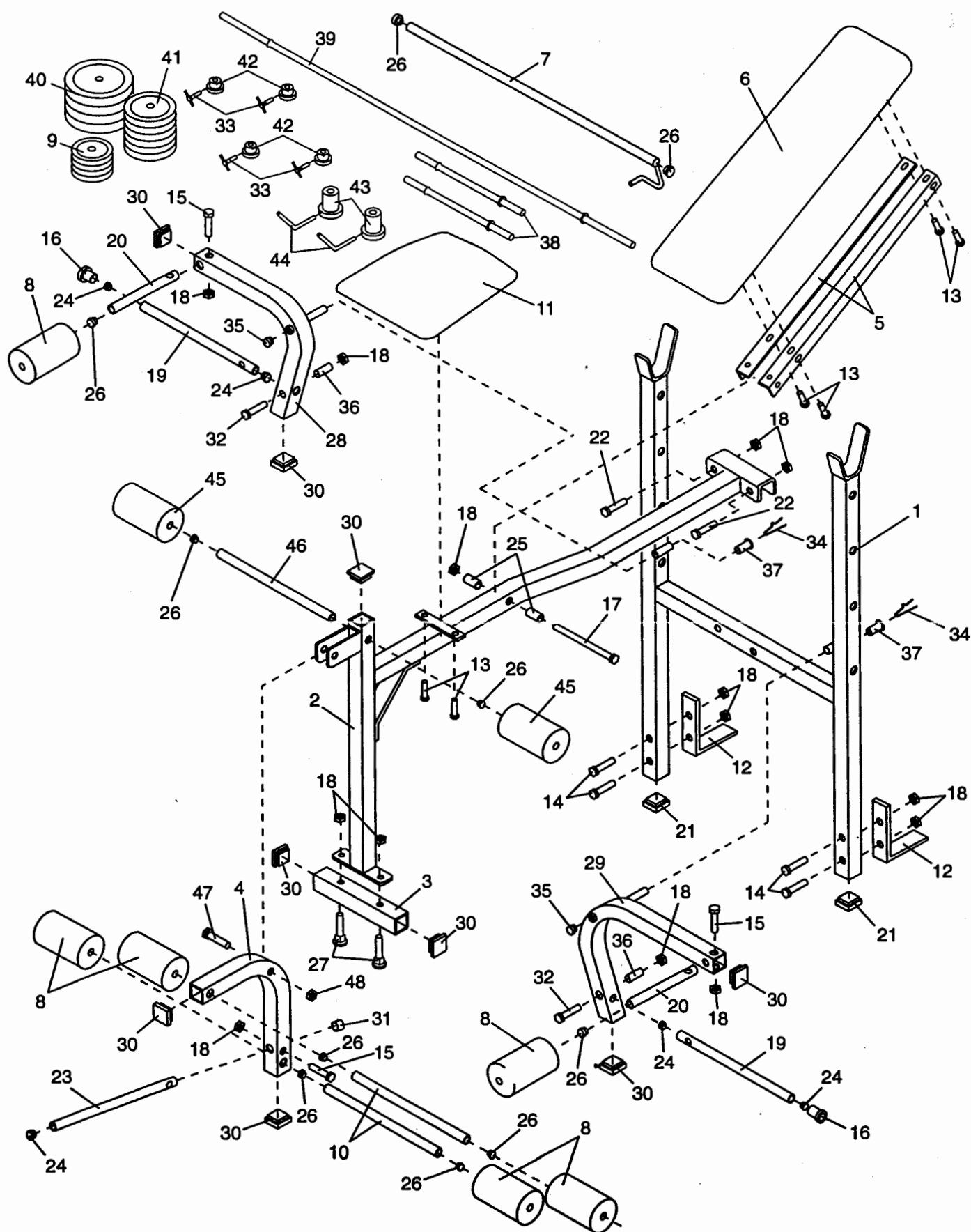
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	"H"-Frame	26	10	3/4" Round Inner Cap
2	1	Frame	27	2	M8 x 50mm Carriage Bolt
3	1	Stabilizer	28	1	Right Arm
4	1	Leg Lever	29	1	Left Arm
5	2	Backrest Bracket	30	9	1 1/2" Square Inner Cap
6	1	Backrest	31	1	1" Angled Round Cap
7	1	Support Rod	32	2	M8 x 130mm Bolt
8	6	5" Foam Pad	33	4	Dumbbell Lock Screw
9	4	3 lb. Weight	34	2	Spring Clip
10	2	11 1/2" Pad Tube	35	2	7/8" Round Inner Cap
11	1	Seat	36	2	1/2" x 3" Plastic Spacer
12	2	"L"-Bracket	37	2	Flanged Plastic Sleeve
13	6	M6 x 15mm Screw	38	2	Dumbbell
14	4	M8 x 65mm Bolt	39	1	Barbell
15	3	M8 x 50mm Bolt	40	4	10 lb. Weight
16	2	Weight Stop	41	6	5 lb. Weight
17	1	M8 x 100mm Bolt	42	4	Dumbbell Collar
18	14	M8 Nylon Locknut	43	2	Barbell Collar
19	2	11" Weight Tube	44	2	Barbell Lock Screw
20	2	9" Pad Tube	45	2	6" Foam Pad
21	2	2" Square Inner Cap	46	1	13 1/2" Pad Tube
22	2	M8 x 55mm Bolt	47	1	M10 x 70mm Bolt
23	1	13" Weight Tube	48	1	M10 Nylon Locknut
24	5	1" Round Inner Cap	#	1	User's Manual
25	2	1/2" x 7/8" Metal Spacer	#	1	"MUSCLE" Decal

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WEBE13760

R0796A



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:

1. The MODEL NUMBER of the product (WEBE13760).
2. The NAME of the product (WEIDER® MUSCLE 1382 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 10 of this manual).

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns 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, 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