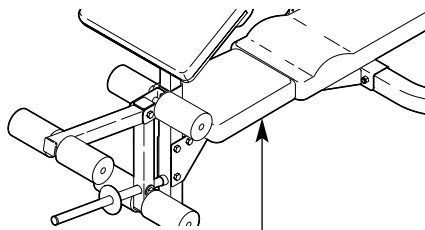


WEIDER[®] PRO 310

Model No. WEBE14420

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

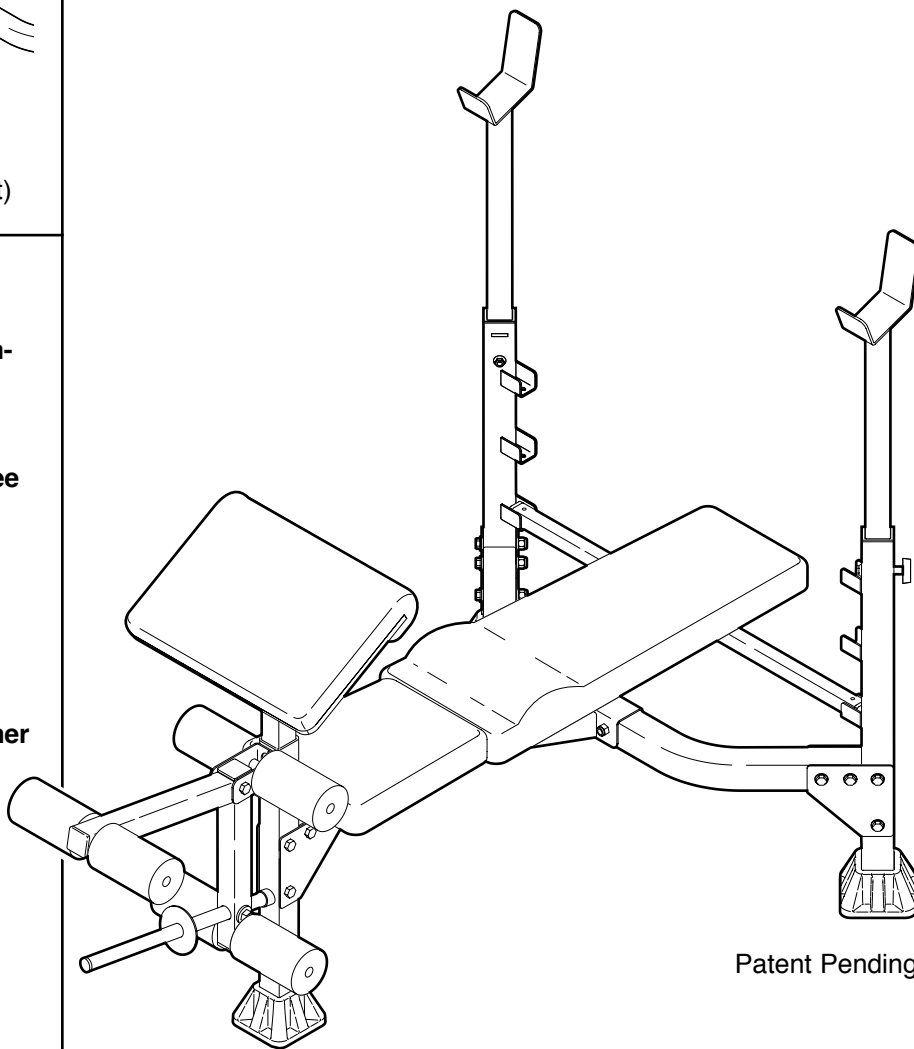
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

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



Patent Pending

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	9
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

! WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

The decal shown here has been placed on the weight bench in the location shown. 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. Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always set both weight rests at the same height. Make sure that the long knobs are inserted completely and tightened into the uprights before beginning any exercise.
10. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 510 pounds. Do not place more than 210 pounds, including a barbell, on the weight rests. Do not place more than 130 pounds on the leg lever. 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 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.
13. When adjusting the position of the backrest, make sure the adjustment tube is securely seated in the adjustment brackets.
14. Always remove the curl post from the front leg before performing leg curls with the leg lever.
15. 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.

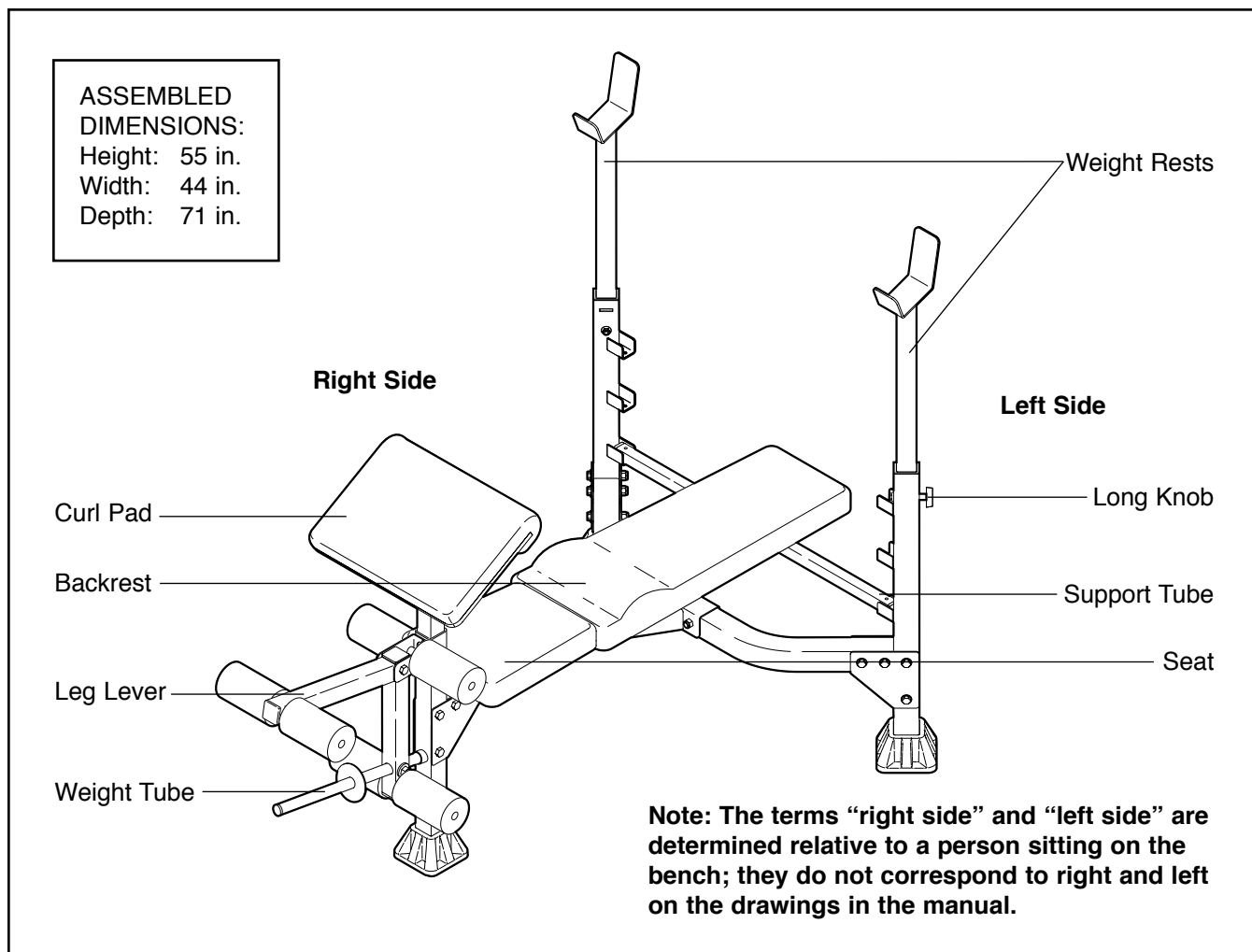
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 310 weight bench. The PRO 310 weight bench is designed to be used with your own weight set (not included) 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 PRO 310 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 ques-

tions, 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 WEBE14420. 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 look at the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself



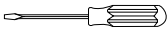
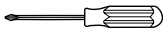
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- For help identifying small parts, refer to 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.**

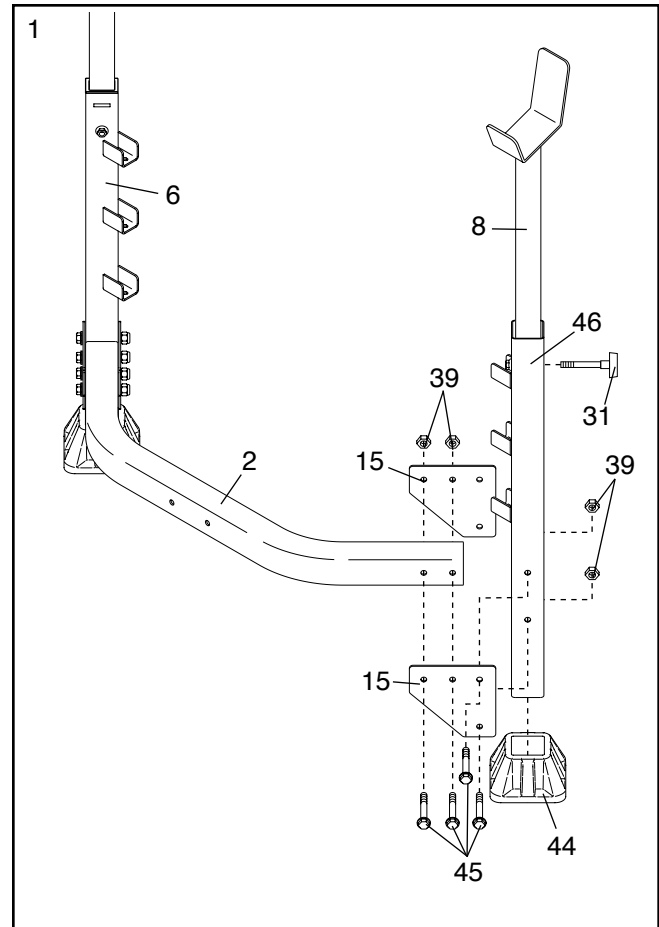
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

Press a Large Plastic Foot (44) onto the bottom of the Left Upright (46). Lift the preassembled Left Weight Rest (8) up and engage a Long Knob (31) into it and the Left Upright. Tighten the Knob fully.

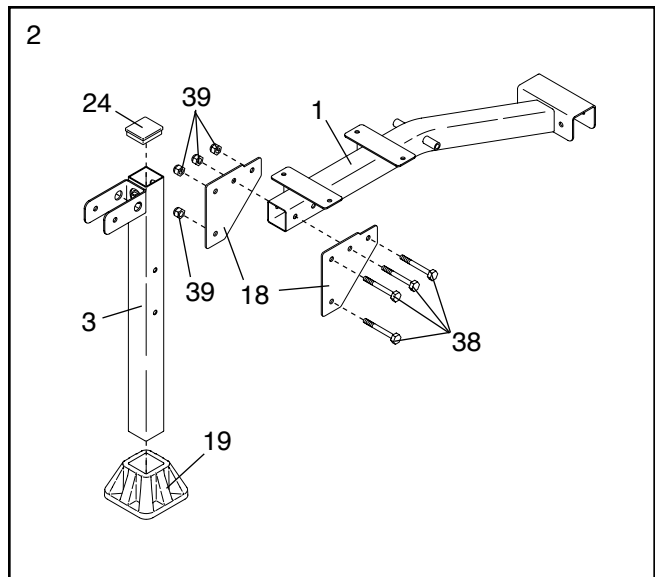
Attach the Crossbar (2) to the Left Upright (46) with four M10 x 80mm Bolts (45), two Support Plates (15), and four M10 Nylon Locknuts (39). **Do not tighten the Locknuts yet. Have a second person steady the Upright while the Crossbar is being attached.**

Repeat this step with the Right Upright (6). Make sure the Uprights and Crossbar are oriented as shown.



- Press a 50mm Square Inner Cap (24) into the top of the Front Leg (3). Press a Small Plastic Foot (19) onto the bottom of the Front Leg.

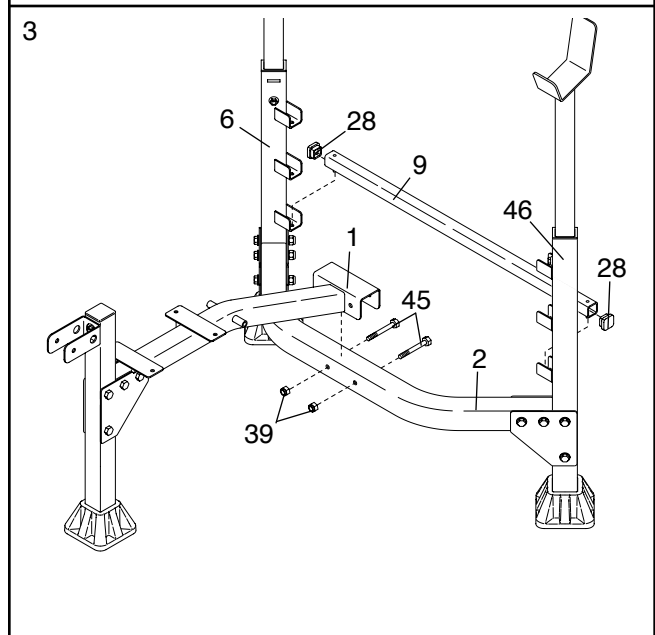
Attach the Front Leg (3) to the Frame (1) with four M10 x 70mm Bolts (38), two Notched Support Plates (18), and four M10 Nylon Locknuts (39). **Do not tighten the Locknuts yet.**



- Press two 32mm Square Inner Caps (28) into the ends of the Support Tube (9). Set the Support Tube into a set of brackets on the Uprights (6, 46) so that the pins on the Support Tube fit into the holes in the brackets.

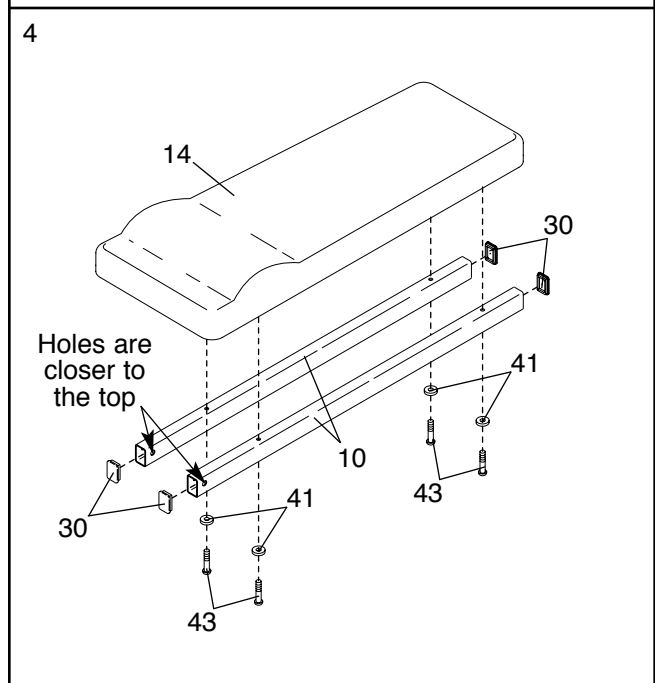
Attach the Frame (1) to the Crossbar (2) with two M10 x 80mm Bolts (45) and two M10 Nylon Locknuts (39).

Tighten the M10 Nylon Locknuts (39) used in steps 1–3.



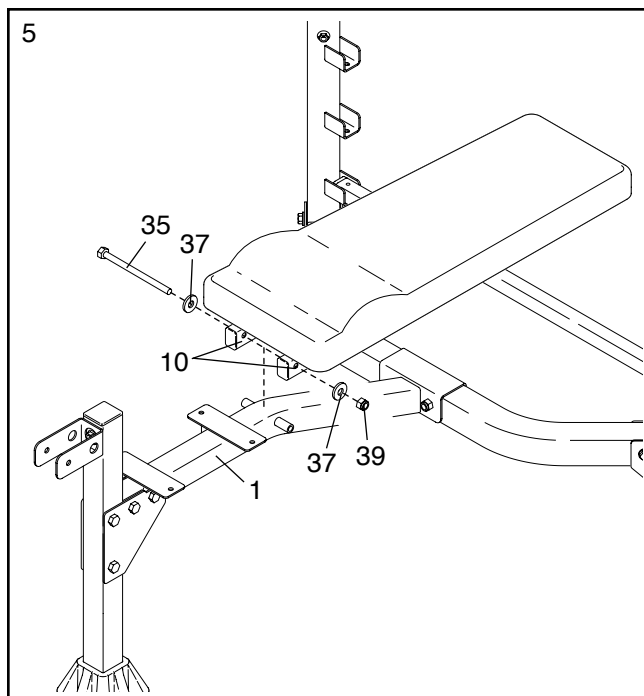
- Press four 25mm x 40mm Inner Caps (30) into the ends of the Backrest Frames (10).

Attach the Backrest Frames (10) to the Backrest (14) with four M6 x 56mm Bolts (43) and four M6 Washers (41). **Make sure the Backrest and Backrest Frames are oriented as shown. Do not tighten the Bolts yet.**

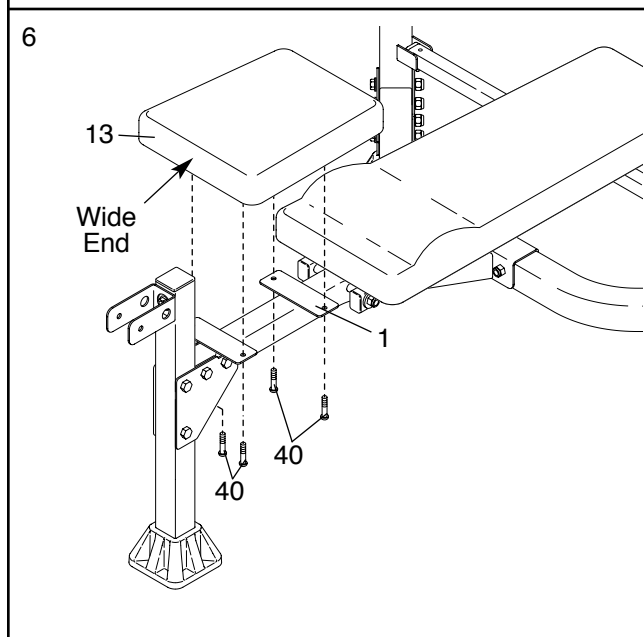


- Lubricate an M10 x 180mm Bolt (35) with grease. Attach the Backrest Frames (10) to the Frame (1) with the Bolt, two M10 Washers (37), and an M10 Nylon Locknut (39). **Do not overtighten the Locknut; the Backrest Frames must be able to pivot freely.**

Tighten the M6 x 56mm Bolts (43) used in step 4.



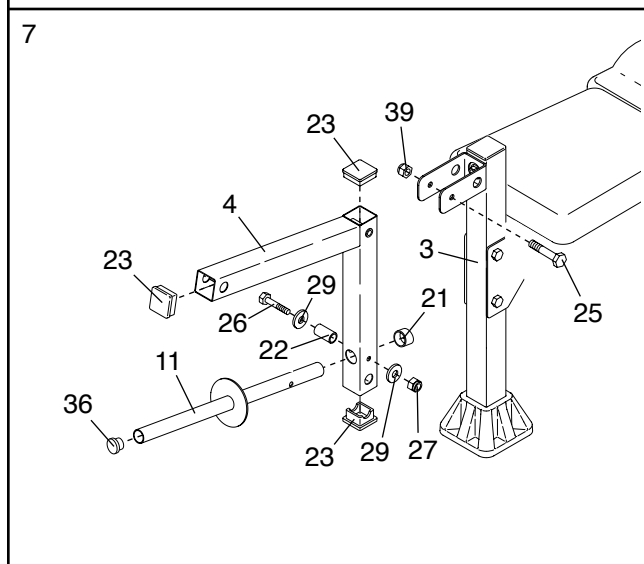
- Orient the Seat (13) as shown. Attach the Seat to the Frame (1) with four M6 x 16mm Screws (40).



- Press three 45mm Square Inner Caps (23) into the Leg Lever (4). Press a 25mm Round Inner Cap (36) into the Weight Tube (11).

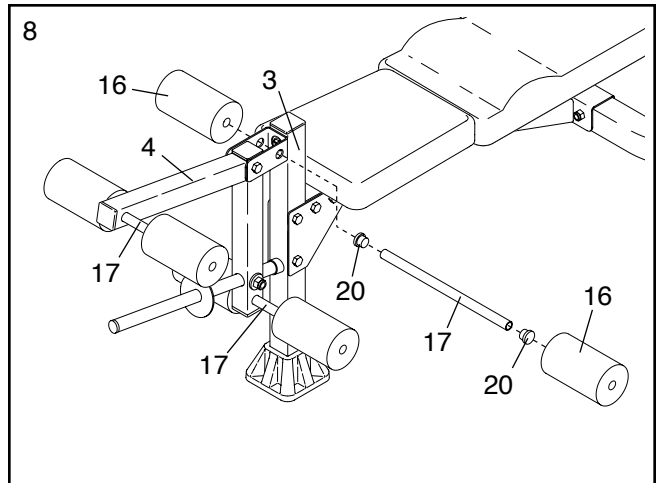
Attach the Weight Tube (11) to the Leg Lever (4) with an M8 x 55mm Bolt (26), two M8 Washers (29), a 10mm Spacer (22), and an M8 Nylon Locknut (27). Press the 25mm Round Angled Cap (21) onto the end of the Weight Tube.

Lubricate an M10 x 67mm Bolt (25) with grease. Attach the Leg Lever (4) to the Front Leg (3) with the Bolt and an M10 Nylon Locknut (39). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

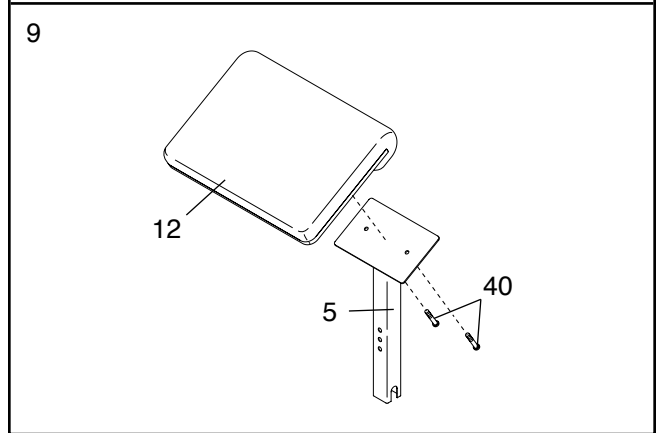


- Slide a Pad Tube (17) into the hole in the Front Leg (3). Slide two Foam Pads (16) onto the Pad Tube. Press two 19mm Round Inner Caps (20) into the ends of the Pad Tube.

Assemble the other two Pad Tubes (17) to the Leg Lever (4) in the same manner.



- Attach the Curl Pad (12) to the Curl Post (5) with two M6 x 16mm Bolts (40).



- Make sure that all parts are properly tightened before you use the weight bench.**

ADJUSTMENTS

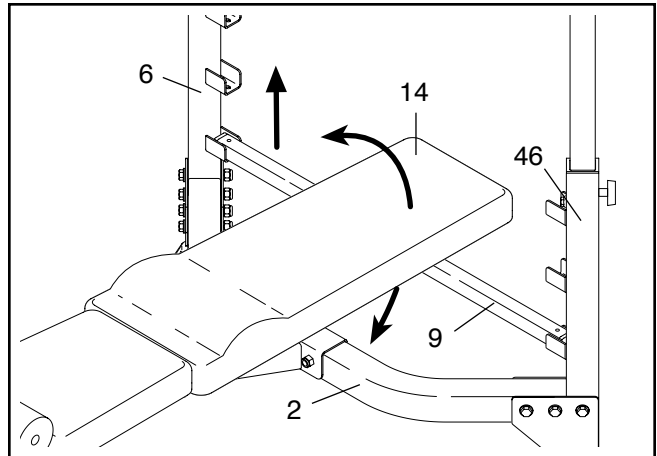
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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.

ADJUSTING THE BACKREST

The Backrest (14) can be set to four different positions: a level position, a decline position, and two incline positions. For the declined position, remove the Support Tube (9) and rest the Backrest on the Crossbar (2).

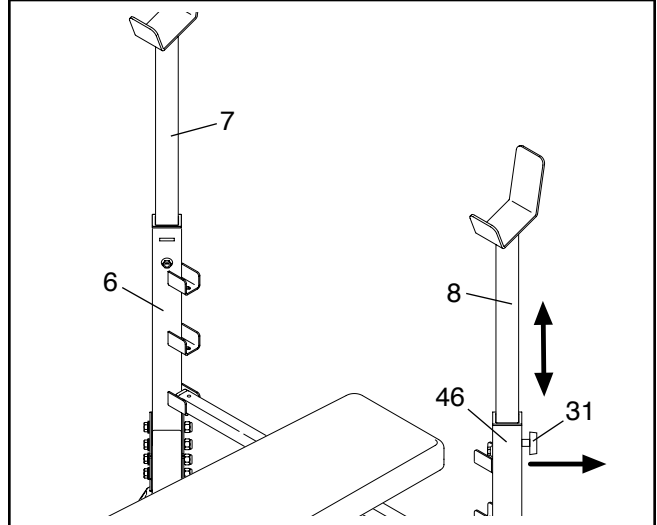
To change the position of the Backrest (14), move the Support Tube (9) to a different set of adjustment brackets on the Uprights (6, 46). **Make sure the Support Tube (9) is securely seated in the adjustment brackets.**



ADJUSTING THE WEIGHT RESTS

To adjust a Weight Rest (7 or 8), remove the Long Knob (31) from the Upright (6 or 46). Raise or lower the Weight Rest to the correct height for the exercise to be performed. Engage the Long Knob into the Upright and Weight Rest.

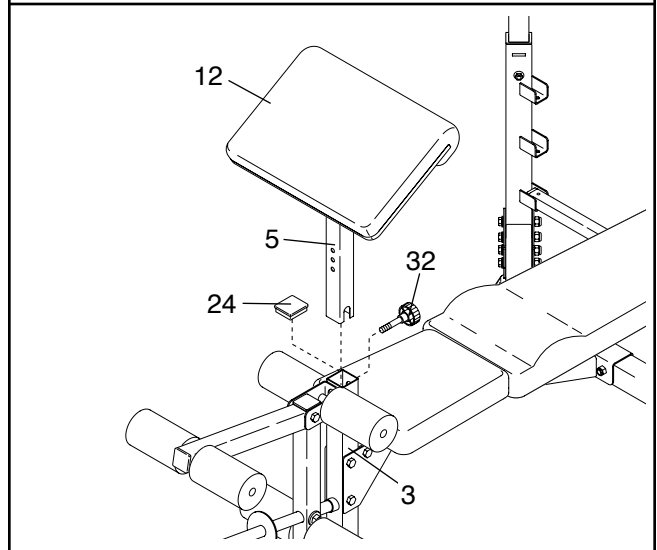
WARNING: Always set both Weight Rests (7, 8) at the same height. The Long Knob (31) must be inserted through both the Weight Rest and the Upright (6, or 46), and be firmly tightened. Do not tighten a Knob into an Upright and then set a Weight Rest on top of the Knob.



ATTACHING THE CURL POST

For some exercises, the Curl Post (5) must be attached to the Front Leg (3). Remove the 50mm Square Inner Cap (24) from the Front Leg. Insert the Curl Post into the Front Leg and align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Short Knob (32). **Make sure that you fully tighten the Knob.**

When performing exercises that do not require the Curl Pad (12), remove the Curl Post (5) from the Front Leg (3) and replace the 50mm Square Inner Cap (24).



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 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

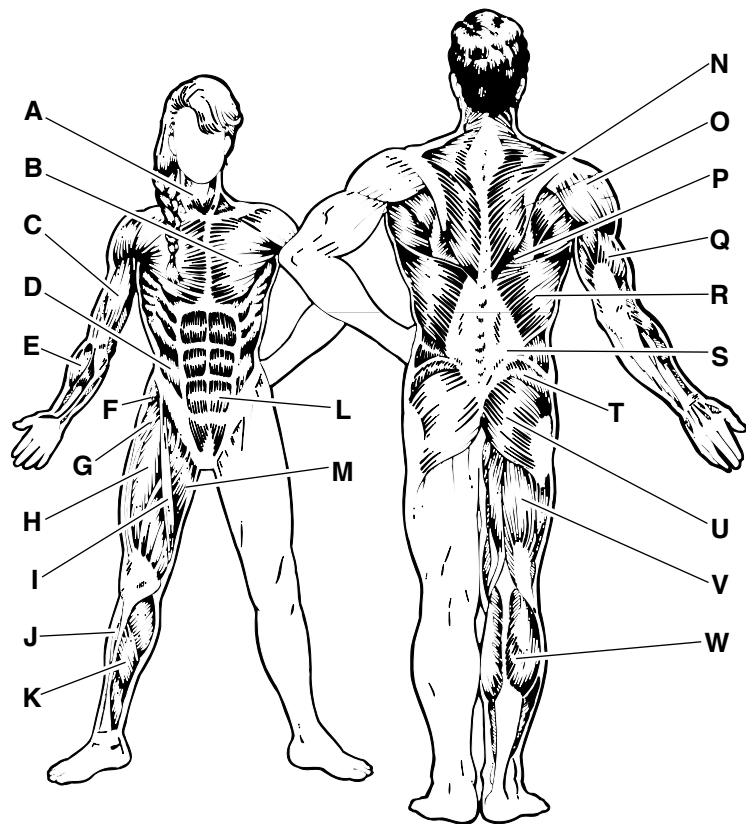
each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

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 (WEBE14420)
- The NAME of the product (WEIDER® PRO 310 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.

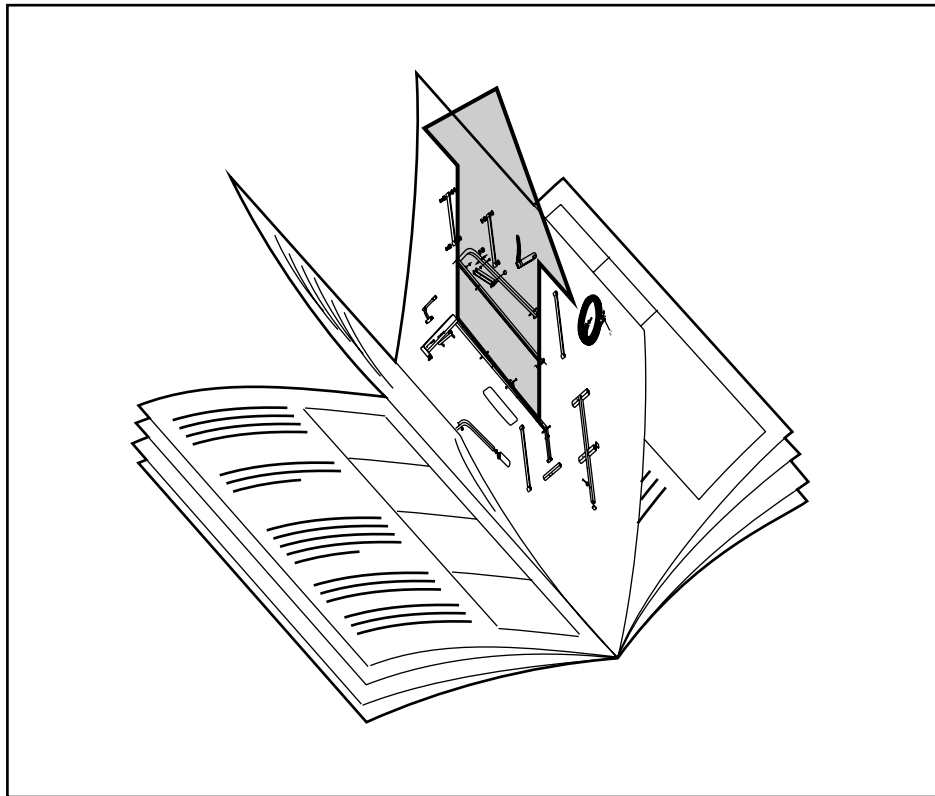
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts.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

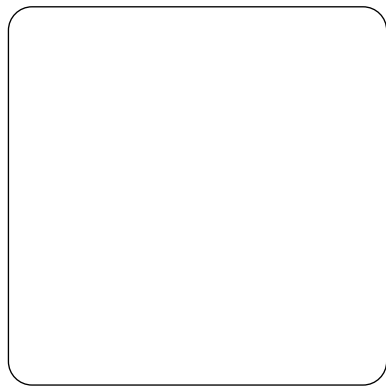
**REMOVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING**

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

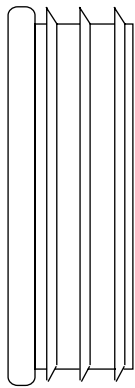


PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by 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.**



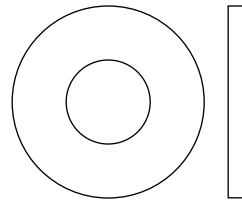
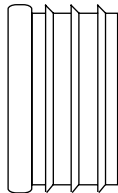
50mm Square Inner Cap (24)



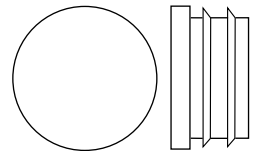
45mm Square Inner Cap (23)



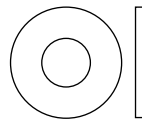
25mm x 40mm Inner Cap (30)



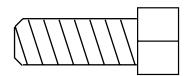
M10 Washer (37)



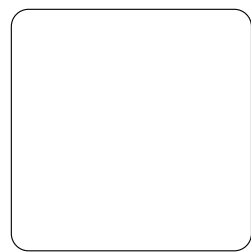
19mm Round Inner Cap (20)



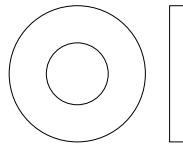
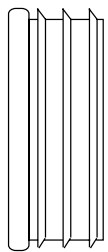
M6 Washer (41)



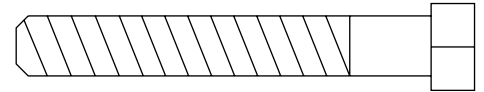
M6 x 16mm Bolt (40)



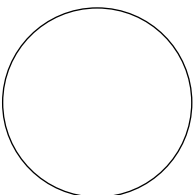
32mm Square Inner Cap (28)



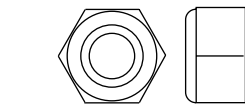
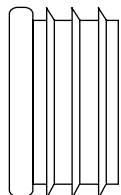
M8 Washer (29)



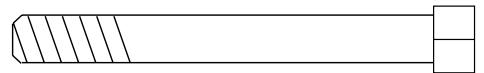
M8 x 55mm Bolt (26)



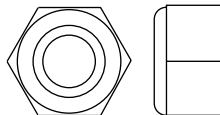
25mm Round Inner Cap (36)



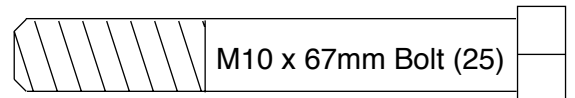
M8 Nylon Locknut (27)



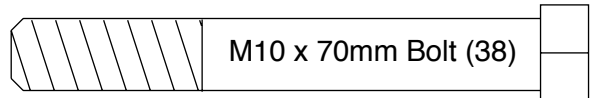
M6 x 56mm Bolt (43)



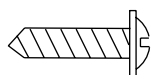
M10 Nylon Locknut (39)



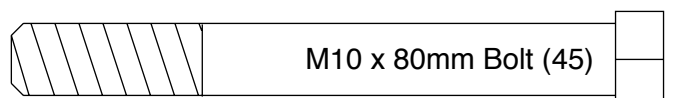
M10 x 67mm Bolt (25)



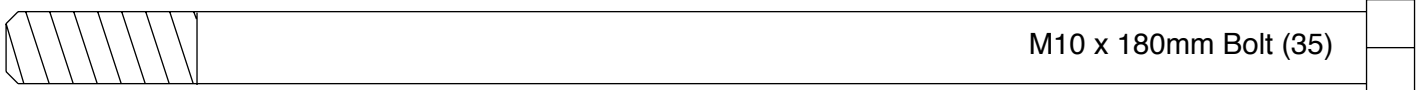
M10 x 70mm Bolt (38)



M4 x 16mm Self-tapping Screw (42)



M10 x 80mm Bolt (45)



M10 x 180mm Bolt (35)

PART LIST—Model No. WEBE14420

R0902A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	25	1	M10 x 67mm Bolt
2	1	Crossbar	26	1	M8 x 55mm Bolt
3	1	Front Leg	27	1	M8 Nylon Locknut
4	1	Leg Lever	28	2	32mm Square Inner Cap
5	1	Curl Post	29	2	M8 Washer
6	1	Right Upright	30	4	25mm x 40mm Inner Cap
7	1	Right Weight Rest	31	2	Long Knob
8	1	Left Weight Rest	32	1	Short Knob
9	1	Support Tube	33	2	Slide Bushing
10	2	Backrest Frame	34	2	Square Bushing
11	1	Weight Tube	35	1	M10 x 180mm Bolt
12	1	Curl Pad	36	1	25mm Round Inner Cap
13	1	Seat	37	2	M10 Washer
14	1	Backrest	38	4	M10 x 70mm Bolt
15	4	Support Plate	39	16	M10 Nylon Locknut
16	6	Foam Pad	40	6	M6 x 16mm Bolt
17	3	Pad Tube	41	4	M6 Washer
18	2	Notched Support Plate	42	4	M4 x 16mm Self-tapping Screw
19	1	Small Plastic Foot	43	4	M6 x 56mm Bolt
20	6	19mm Round Inner Cap	44	2	Large Plastic Foot
21	1	25mm Round Angled Cap	45	10	M10 x 80mm Bolt
22	1	10mm Spacer	46	1	Left Upright
23	3	45mm Square Inner Cap	#	1	User's Manual
24	1	50mm Square Inner Cap	#	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.

EXPLODED DRAWING—Model No. WEBE14420

R0902A

