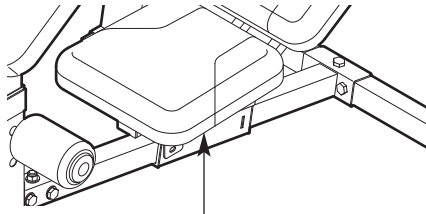


WEIDER® 220

Model No. WEBE1606.0

Serial No. _____

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



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

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

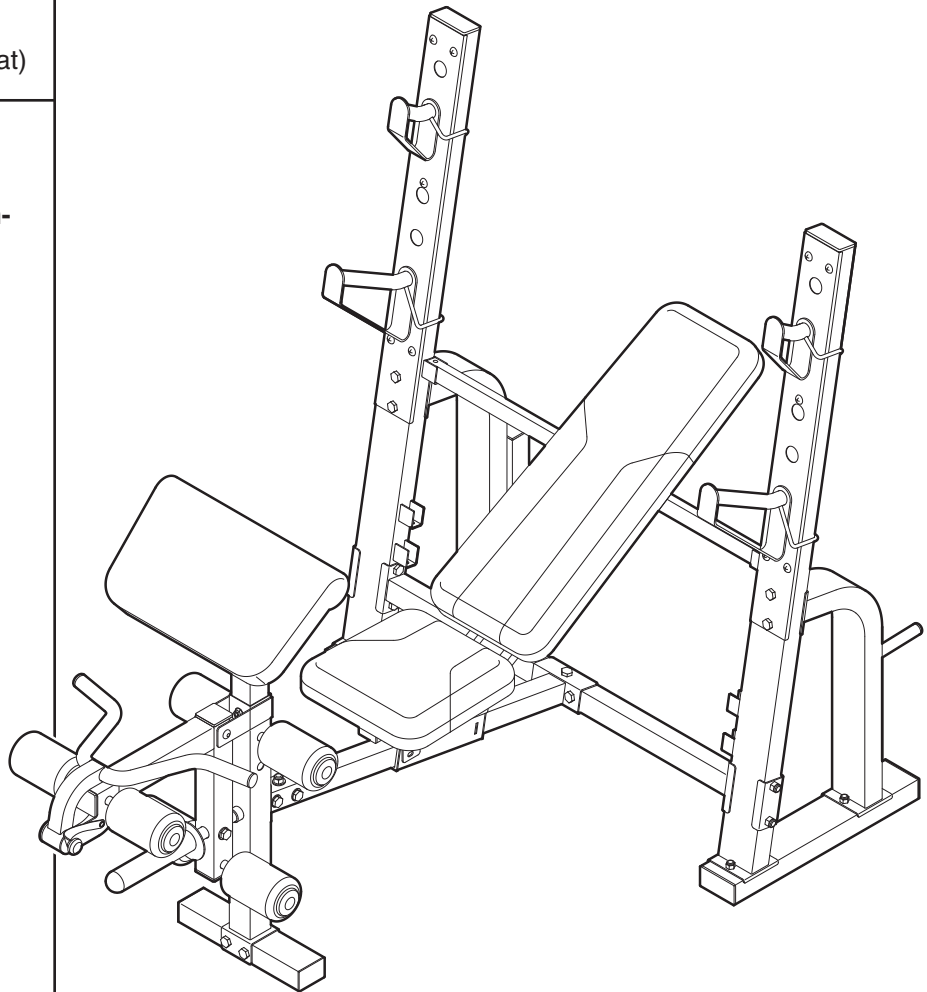
CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.weiderservice.com



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.weiderfitness.com

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

WEIDER[®] 220

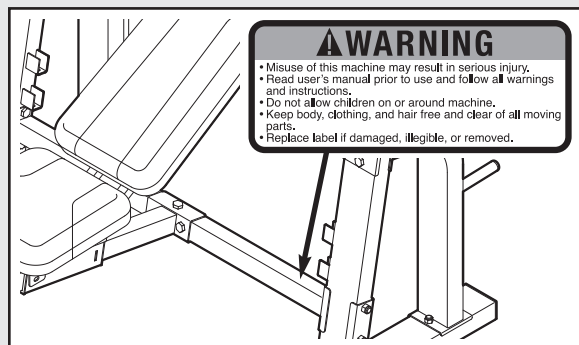
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IMPORTANT PRECAUTIONS

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



⚠️ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

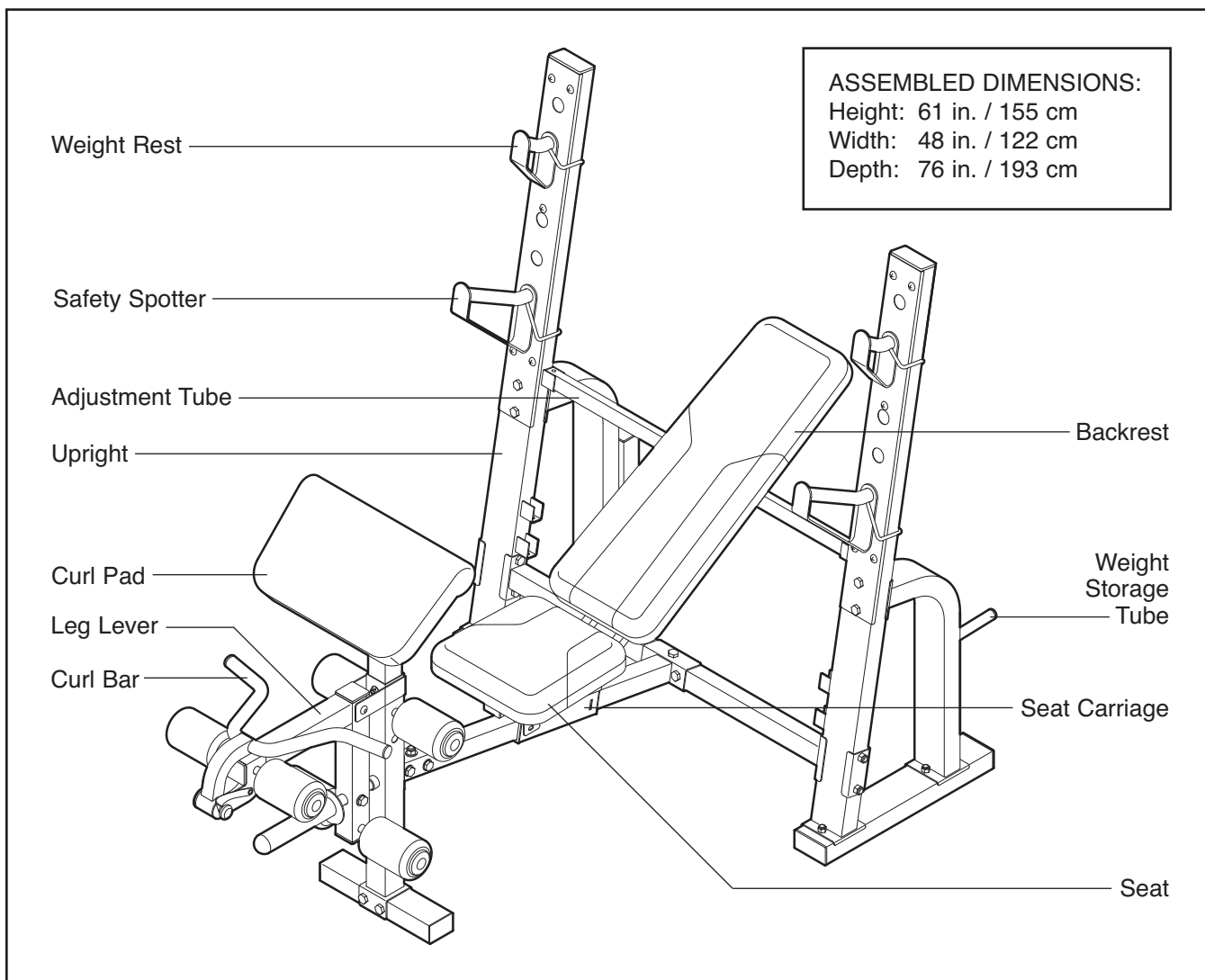
Thank you for selecting the versatile WEIDER® 220 weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product

model number and serial number before calling. The model number is WEBE1606.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

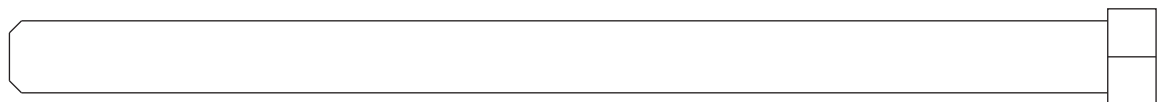
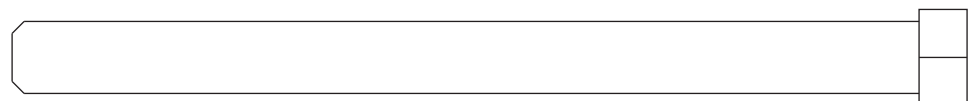
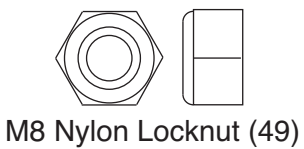
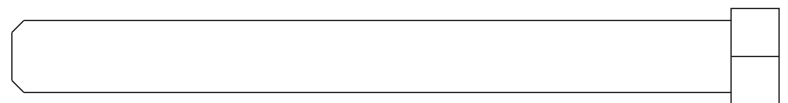
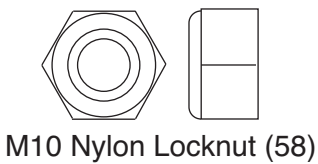
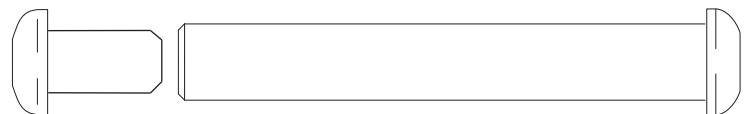
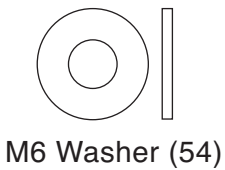
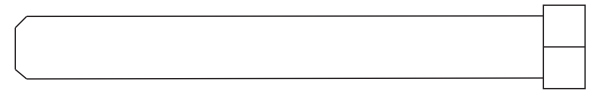
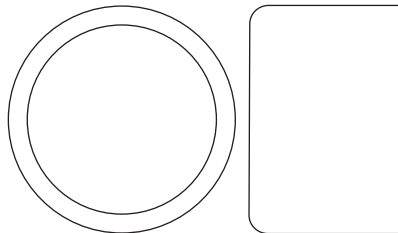
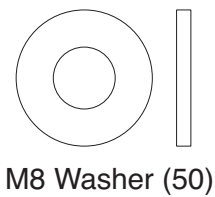
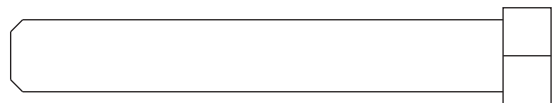
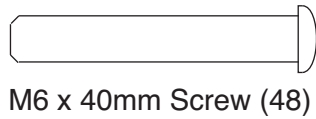
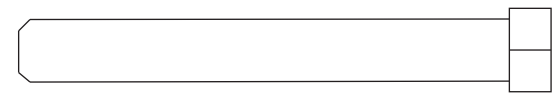
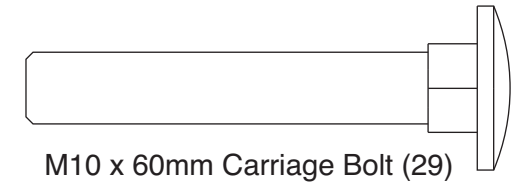
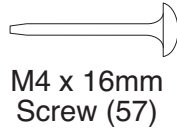
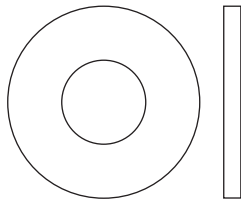
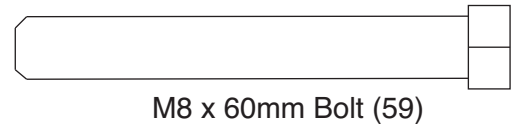
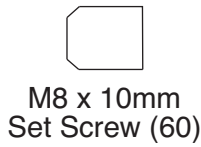
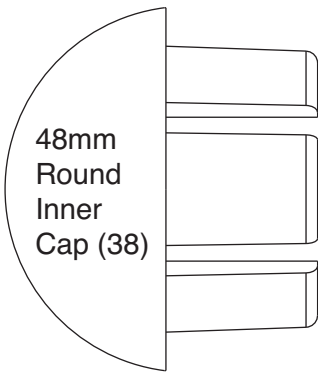
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.weiderservice.com/registration.

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



PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 17. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been preassembled.**



ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. However, the weight bench has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.





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

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

- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Assembly requires two people.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

The included hex key , grease packet, and the following tools (not included) are required for assembly:

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

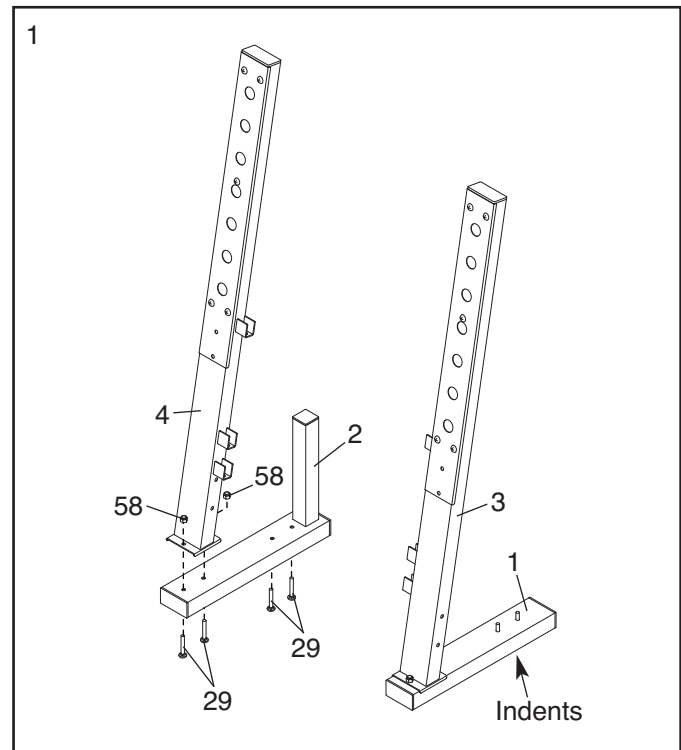
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, see page 5.

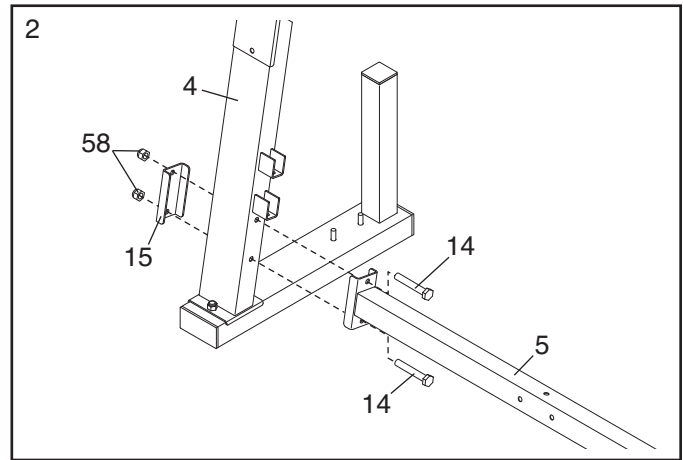
Insert four M10 x 60mm Carriage Bolts (29) up through the Right Stabilizer (2). Attach the Right Upright (4) to the Right Stabilizer with the indicated Carriage Bolts and two M10 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

Repeat this step with the Left Stabilizer (1) and the Left Upright (3). **Note: Make sure that the indents around the holes in the Left Stabilizer are on the bottom.**



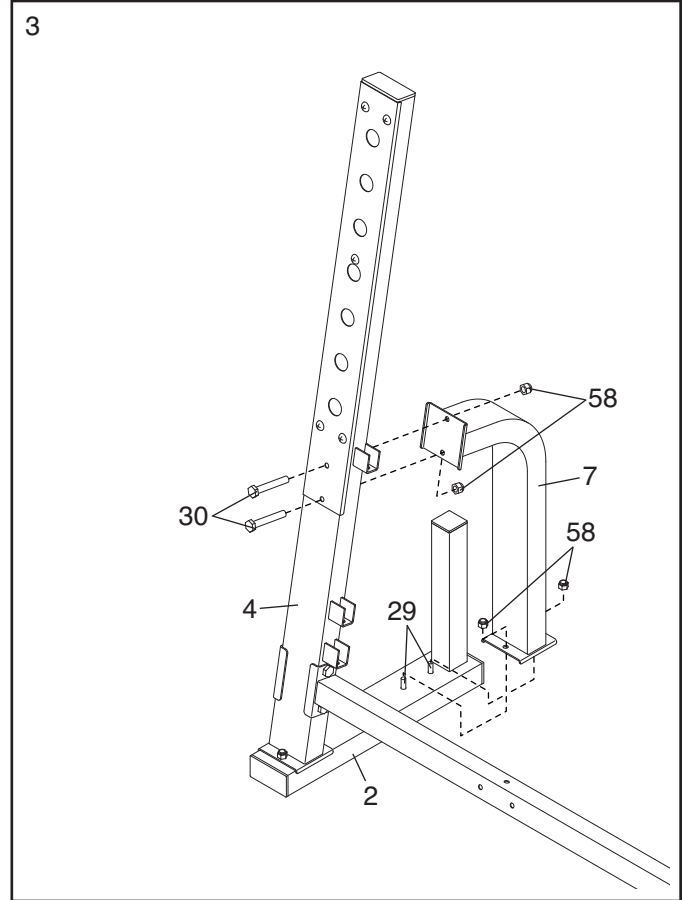
2. Attach the Crossbar (5) to the Right Upright (4) with two M10 x 120mm Bolts (14), an Upright Plate (15), and two M10 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

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

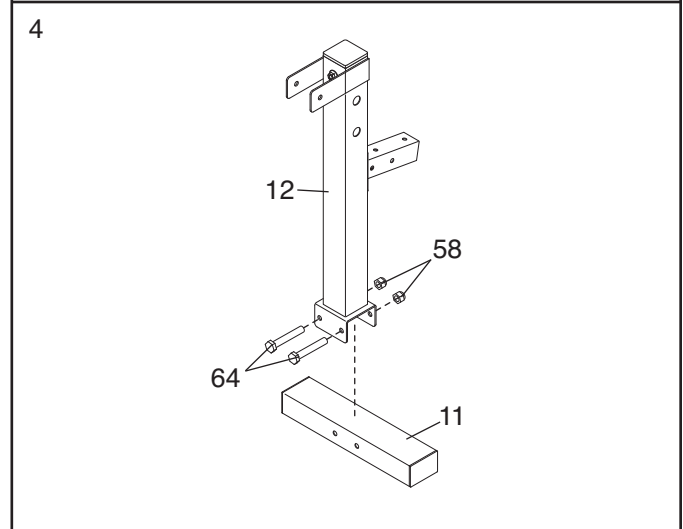


3. Attach the Right Rear Support (7) to the Right Stabilizer (2) with the indicated M10 x 60mm Carriage Bolts (29) and two M10 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

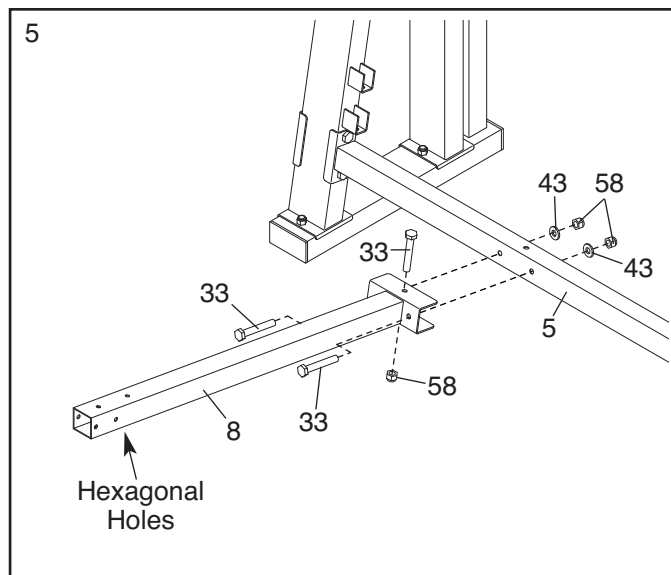
Repeat this step for the Left Rear Support (not shown).



4. Attach the Front Leg (12) to the Front Stabilizer (11) with two M10 x 95mm Bolts (64) and two M10 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**



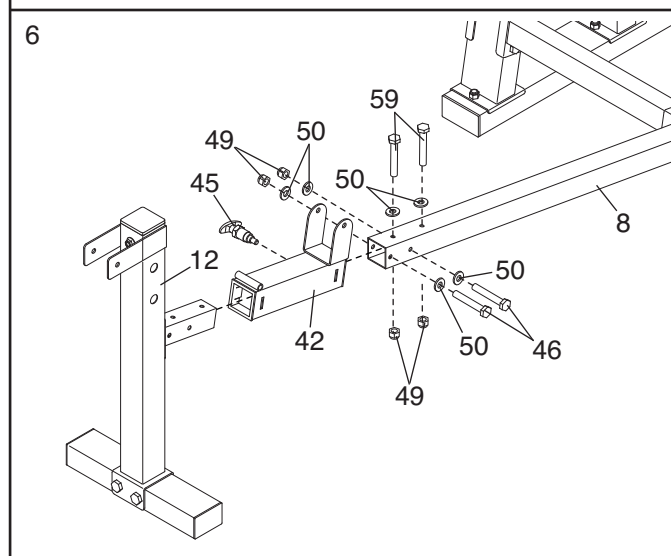
- Orient the Frame (8) so that the hexagonal holes are on the bottom. Attach the Frame to the Crossbar (5) with three M10 x 70mm Bolts (33), two M10 Washers (43), and three M10 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**



- Tighten the "T"-handle (45) into the Seat Carriage (42).

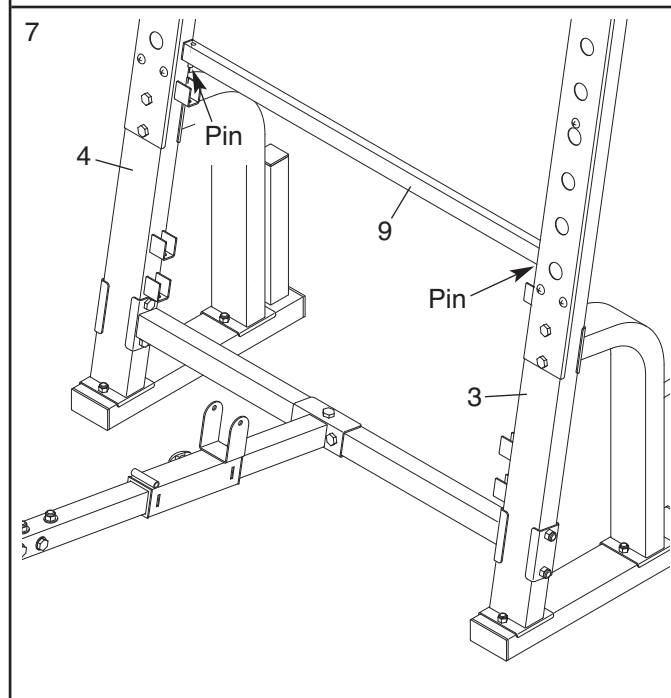
Pull the "T"-handle (45) out as far as it will go and slide the Seat Carriage (42) onto the Frame (8).

Attach the Front Leg (12) to the Frame (8) with two M8 x 60mm Bolts (59), two M8 x 65mm Bolts (46), six M8 Washers (50), and four M8 Nylon Locknuts (49). **Do not tighten the Nylon Locknuts yet.**



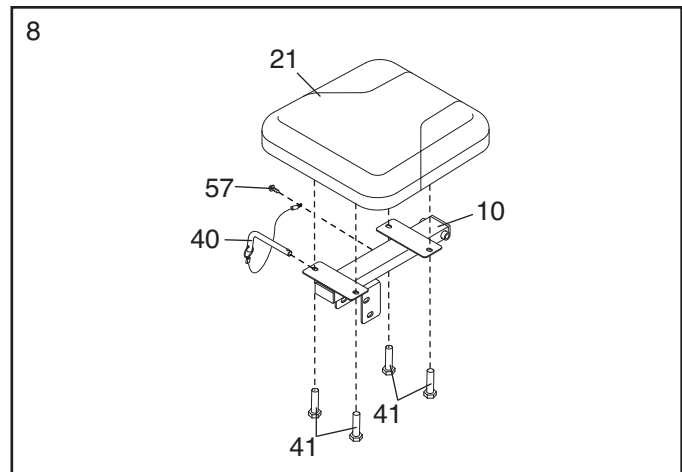
- Set the pins on the Adjustment Tube (9) down into a set of brackets on the Left and Right Uprights (3, 4).

See steps 1–6. Tighten the M10 Nylon Locknuts (58) and the M8 Nylon Locknuts (49) used in these steps.

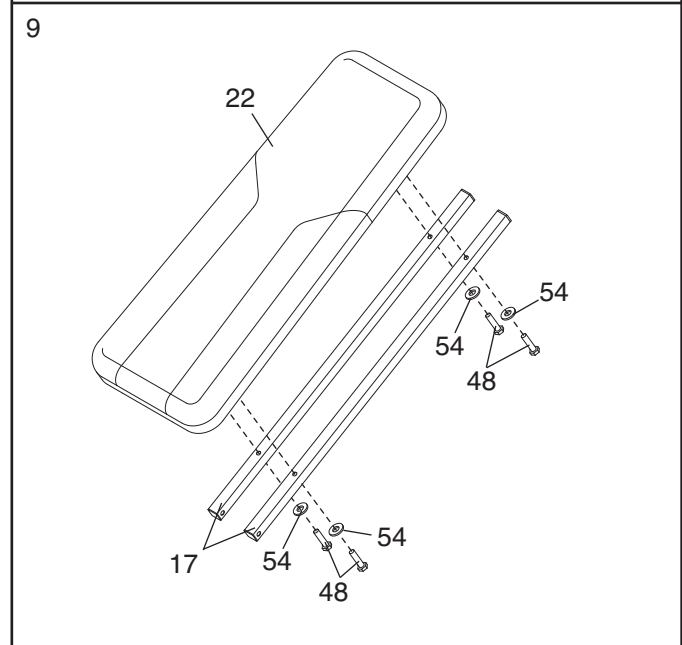


8. Attach the tether on the Seat Adjustment Pin (40) to the Seat Frame (10) with an M4 x 16mm Screw (57).

Attach the Seat (21) to the Seat Frame (10) with four M6 x 20mm Screws (41).



9. Attach the Backrest (22) to the two Backrest Frames (17) with four M6 x 40mm Screws (48) and four M6 Washers (54). **Do not tighten the Screws yet.**

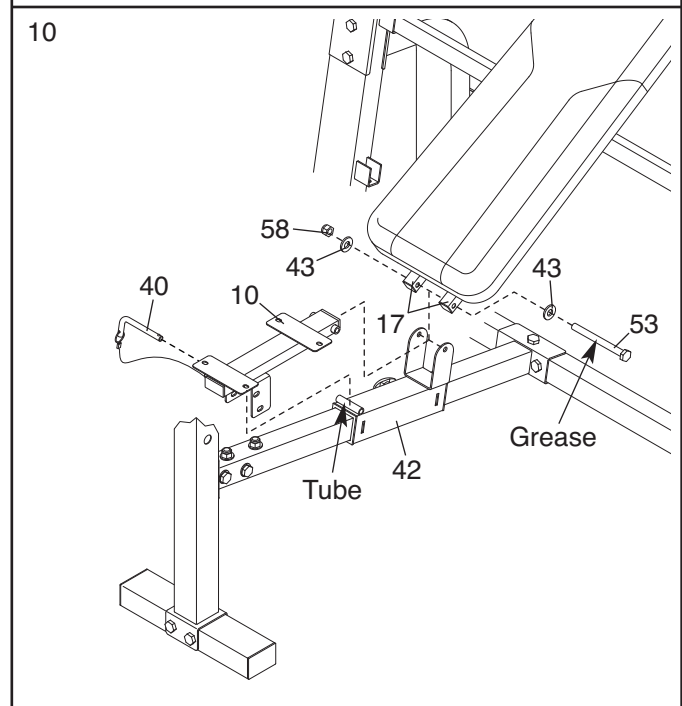


10. **Note: For clarity, the Seat (21 [see step 8]) is not shown in this drawing.**

Apply a small amount of the included grease to an M10 x 145mm Bolt (53). Attach the Seat Frame (10) and the Backrest Frames (17) to the Seat Carriage (42) with the Bolt, two M10 Washers (43), and an M10 Nylon Locknut (58). **Do not overtighten the Nylon Locknut; the Seat Frame and the Backrest Frames must pivot easily.**

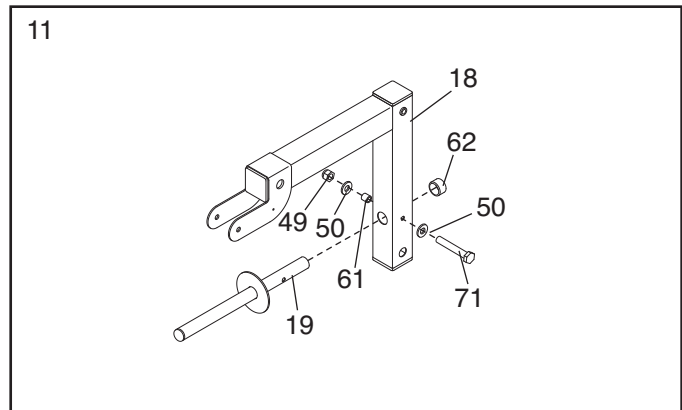
Insert the Seat Adjustment Pin (40) through the Seat Frame (10) and into the tube on the Seat Carriage (42).

See step 9. Tighten the four M6 x 40mm Screws (48).

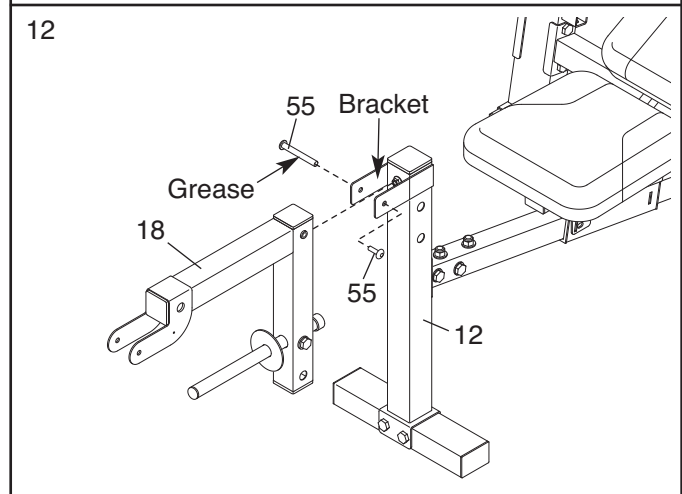


- Attach the Weight Tube (19) to the Leg Lever (18) with an M8 x 70mm Bolt (71), two M8 Washers (50), a 17mm x 9mm Spacer (61), and an M8 Nylon Locknut (49).

Press the 25mm Round Outer Cap (62) onto the end of the Weight Tube (19).

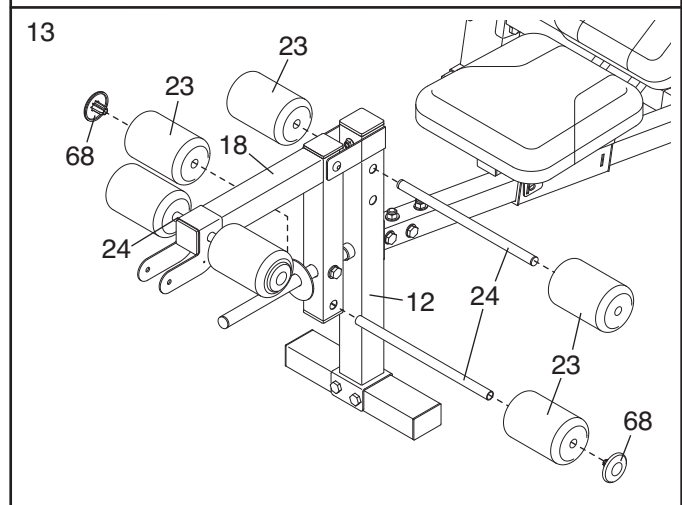


- Apply grease to the barrel of an M10 x 70mm Bolt Set (55). Next, attach the Leg Lever (18) to the Front Leg (12) with the Bolt Set. **Make sure the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg. Do not overtighten the Bolt Set; the Leg Lever must pivot easily.**



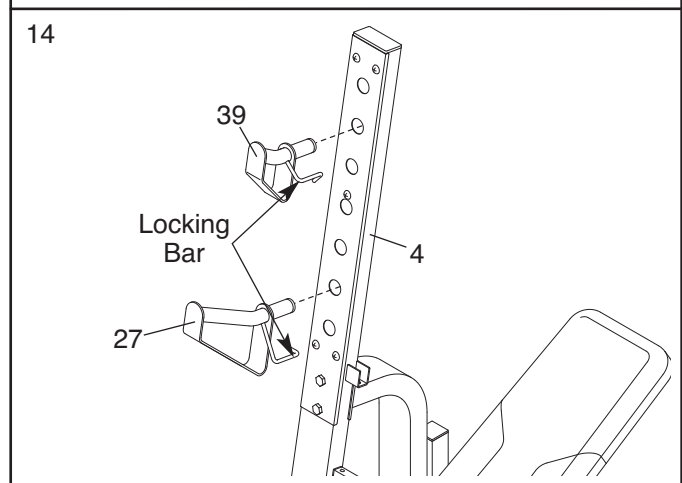
- Insert a Pad Tube (24) into either hole in the Front Leg (12). Slide two Foam Pads (23) onto the Pad Tube.

Insert a Pad Tube (24) into a hole in the Leg Lever (18). Slide two Foam Pads (23) onto the Pad Tube, and press two Pad Caps (68) into the ends of the Foam Pads. **Repeat this step with the other Pad Tube (24).**

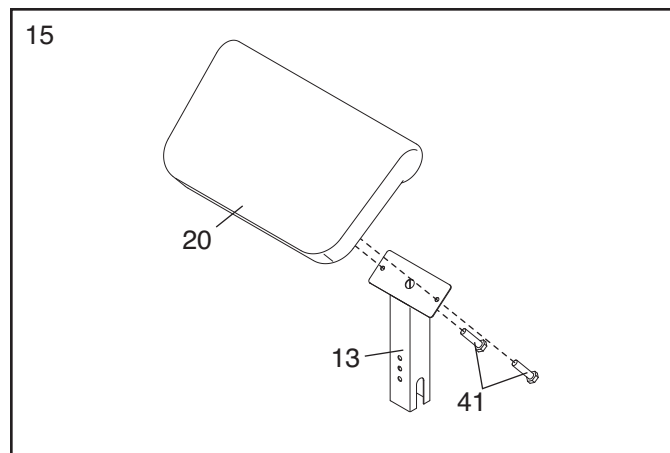


- Insert a Weight Rest (39) into one of the holes in the Right Upright (4) and engage the locking bar around the Right Upright. Next, insert a Safety Spotter (27) into the Right Upright and engage the locking bar around the Right Upright.

Repeat this step with the other Weight Rest, (not shown), the other Safety Spotter (not shown), and the Left Upright (not shown).

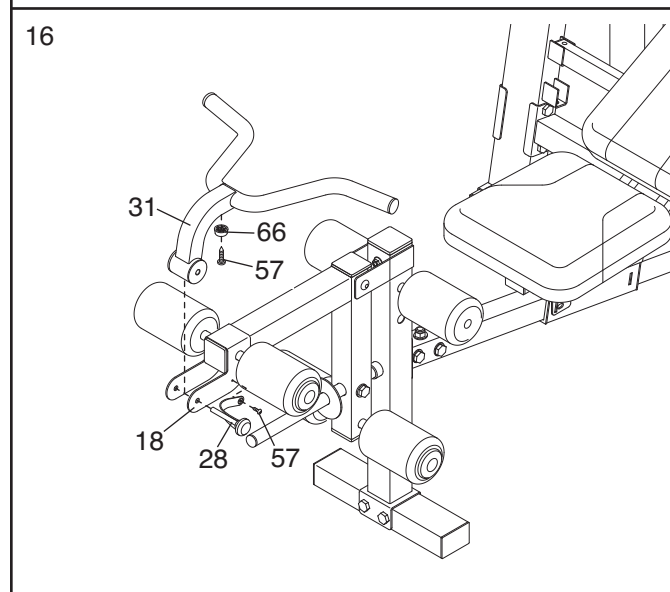


15. Attach the Curl Pad (20) to the Curl Post (13) with two M6 x 20mm Screws (41).



16. Attach a Curl Bumper (66) to the Curl Bar (31) with an M4 x 16mm Screw (57).

Attach the Curl Bar (31) to the Leg Lever (18) with the Curl Bar Pin (28). Then, attach the tether on the Curl Bar Pin to the Leg Lever with an M4 x 16mm Screw (57).



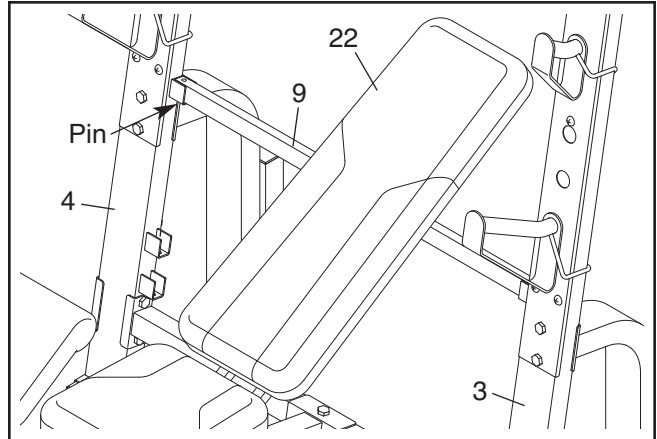
17. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**

ADJUSTMENTS

This section explains how to adjust the weight bench. See the accompanying exercise guide to see the correct form for each exercise. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

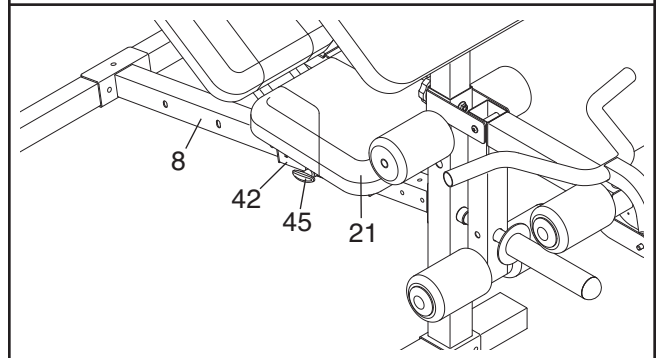
ADJUSTING THE BACKREST

To adjust the position of the Backrest (22), first move the seat carriage to the desired position (see ADJUSTING THE SEAT ADJUSTMENT TUBE below). Then, move the Adjustment Tube (9) to the desired height. Make sure the pins in the Adjustment Tube are inserted into a set of brackets on the Left and Right Uprights (3, 4). Finally, rest the Backrest on the Adjustment Tube.



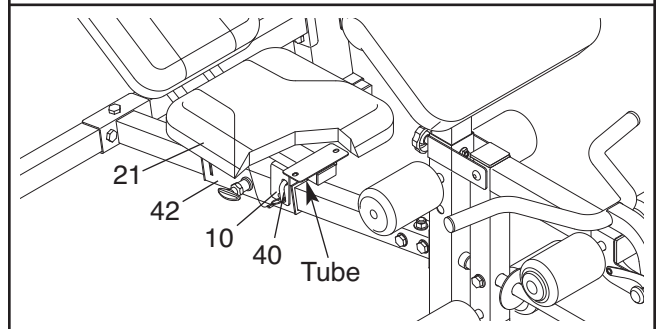
ADJUSTING THE SEAT ADJUSTMENT TUBE

To move the Seat (21), loosen the “T”-handle (45) and pull it out as far as it will go. Slide the Seat Carriage (42) to the desired position and engage the “T”-handle into the Bench Frame (8). Then, retighten the “T”-handle.



ADJUSTING THE SEAT FRAME

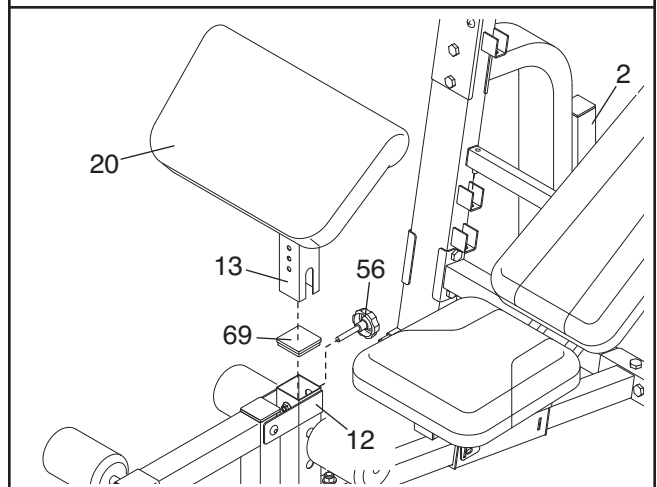
To adjust the angle of the Seat (21), remove the Seat Adjustment Pin (40) and reinsert it into the other hole in the Seat Frame (10) and the tube on the Seat Carriage (42).



ATTACHING THE CURL POST

Remove the 64mm Square Inner Cap (69) from the Front Leg (12). Insert the Curl Post (13) into the Front Leg and align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Curl Post Knob (56). **Make sure that you fully tighten the Knob.**

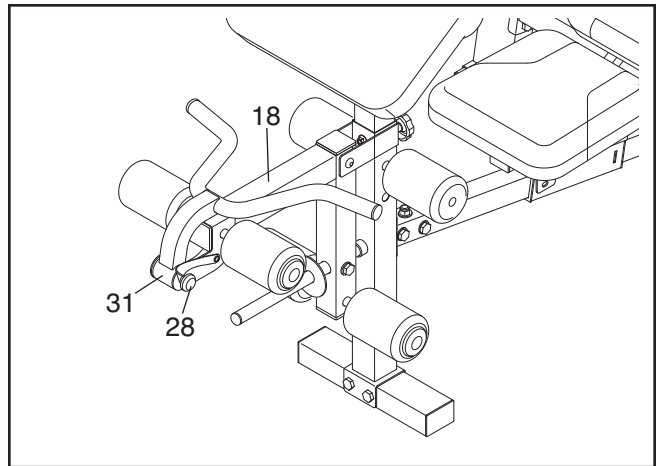
When performing exercises that do not require the Curl Pad (20), remove the Curl Post (13) from the Front Leg (12) and store it in the storage tube on the Right Stabilizer (2). Press the 64mm Square Inner Cap (69) into the Front Leg.



ATTACHING THE CURL BAR

To attach the Curl Bar (31), insert the Cur Bar Pin (28) through the Leg Lever (18) and the Curl Bar.

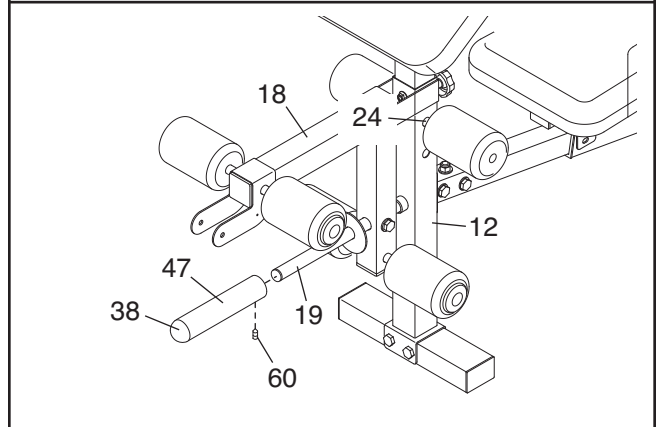
Note: When using the Leg Lever (18), remove the Curl Bar (31).



ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (18), slide the desired amount of weight (not included) onto the Weight Tube (19). Secure your weights with a Small Spring Clip (not shown).

To use Olympic weights, press a 48mm Round Inner Cap (38) into the Olympic Adapter (47). Attach the Olympic Adapter to the Weight Tube (19) with the M8 x 10mm Set Screw (60). **Make sure the Set Screw is on the bottom of the Adapter.** Secure your weights with the Large Spring Clip (not shown).



If you are doing leg extensions, insert the indicated Pad Tube (24) into the top hole of the Front Leg (12) as shown. If you are doing leg curls, insert the Pad Tube into the lower hole in the Front Leg.

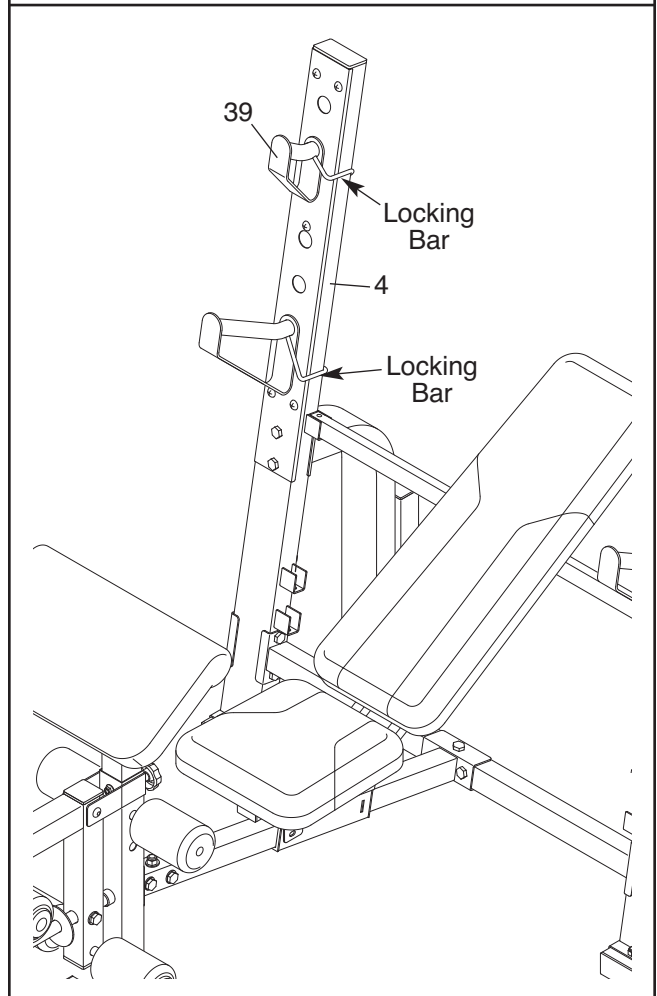
⚠ WARNING: Do not place more than 150 pounds on the Weight Tube (19). Secure your weights with Spring Clips (51, 52).

WEIGHT RESTS

To use a barbell (not included) with the weight bench, first move the Weight Rests (39) and the Safety Spotters (27) to the correct height for the exercise to be performed. Engage the locking bars around the Left and Right Uprights (3 [not shown], 4).

Note: The Weight Rests (39) and the Safety Spotters (27) can be inserted from the other side of the Left and Right Uprights (3, 4) for squat exercises.

⚠ WARNING: Always place both Weight Rests (39) and both Safety Spotters (27) at the same height. Make sure the locking bars are securely wrapped around the Left and Right Uprights (3, 4) before setting a barbell on them.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid 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 the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

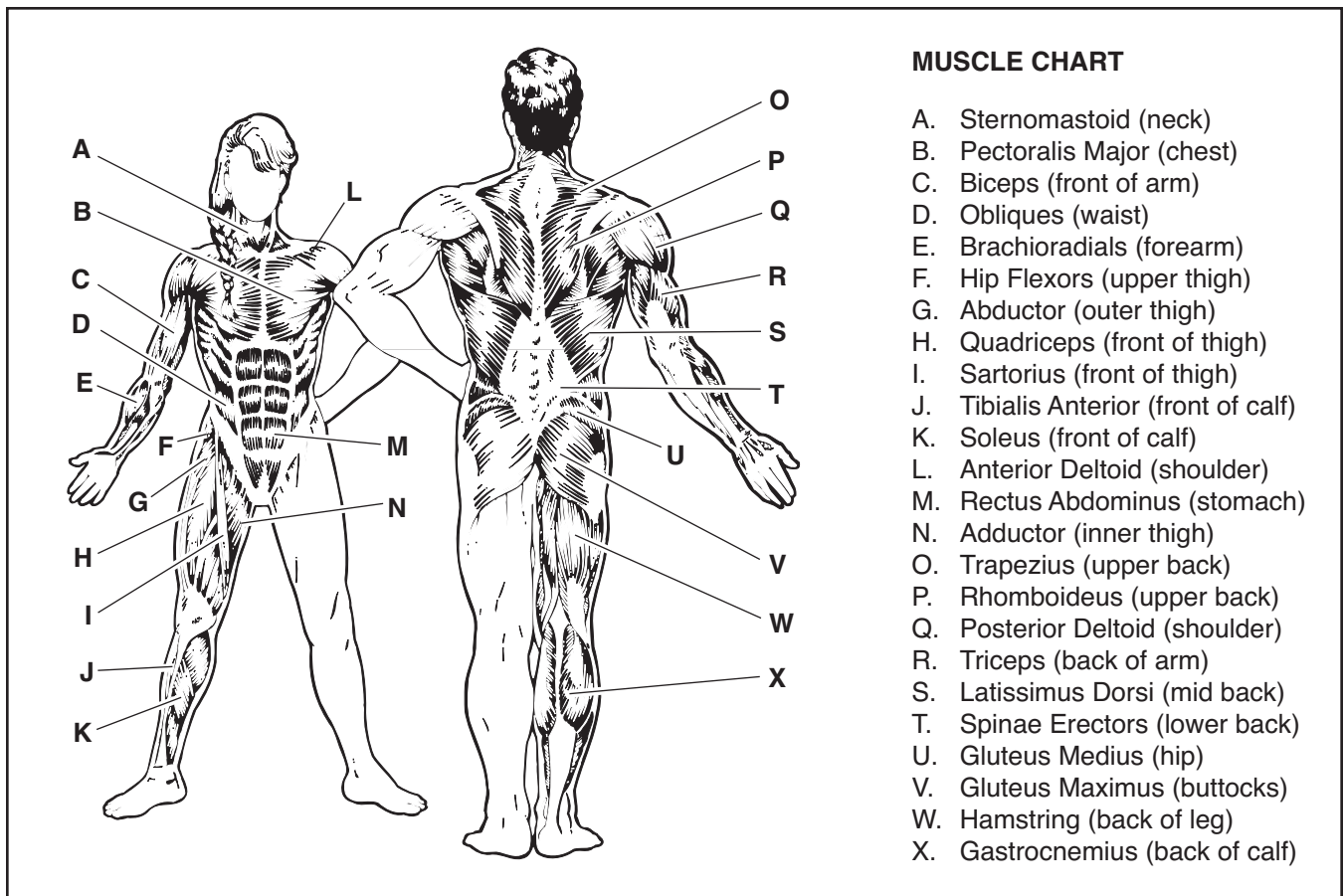
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

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

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 16 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

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

PART LIST—Model No. WEBE1606.0

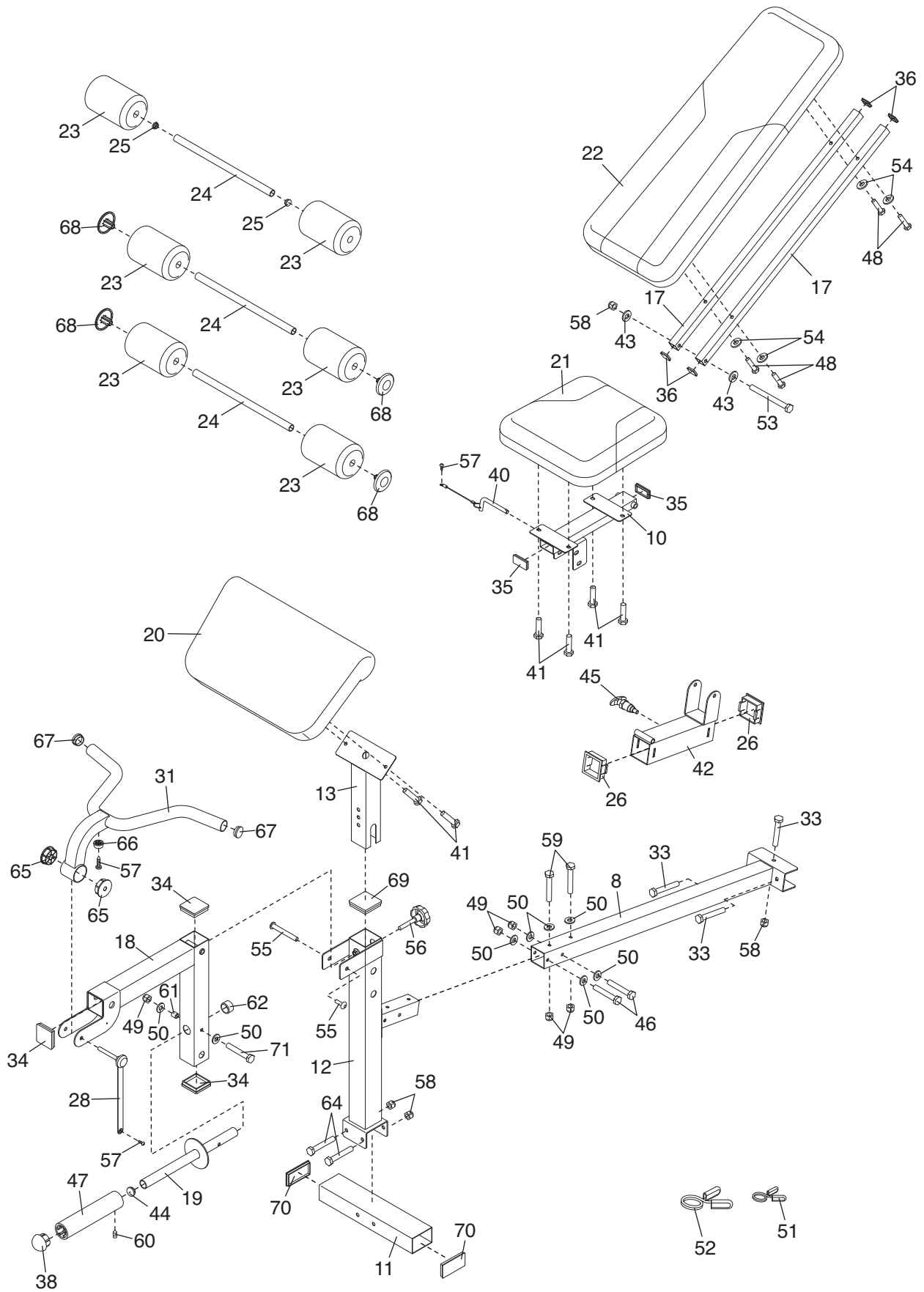
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Stabilizer	39	2	Weight Rest
2	1	Right Stabilizer	40	1	Seat Adjustment Pin
3	1	Left Upright	41	6	M6 x 20mm Screw
4	1	Right Upright	42	1	Seat Carriage
5	1	Crossbar	43	4	M10 Washer
6	1	Left Rear Support	44	2	25mm Round Inner Cap
7	1	Right Rear Support	45	1	“T”-handle
8	1	Frame	46	2	M8 x 65mm Bolt
9	1	Adjustment Tube	47	1	Olympic Adapter
10	1	Seat Frame	48	4	M6 x 40mm Screw
11	1	Front Stabilizer	49	5	M8 Nylon Locknut
12	1	Front Leg	50	10	M8 Washer
13	1	Curl Post	51	1	Small Spring Clip
14	4	M10 x 120mm Bolt	52	1	Large Spring Clip
15	2	Upright Plate	53	1	M10 x 145mm Bolt
16	2	Upright Cover	54	4	M6 Washer
17	2	Backrest Frame	55	1	M10 x 70mm Bolt Set
18	1	Leg Lever	56	1	Curl Knob
19	1	Weight Tube	57	13	M4 x 16mm Screw
20	1	Curl Pad	58	22	M10 Nylon Locknut
21	1	Seat	59	2	M8 x 60mm Bolt
22	1	Backrest	60	1	M8 x 10mm Set Screw
23	6	Foam Pad	61	1	17mm x 9mm Spacer
24	3	Pad Tube	62	1	25mm Round Outer Cap
25	2	19mm Round Inner Cap	63	1	50mm Square Inner Cap
26	2	Square Bushing	64	2	M10 x 95mm Bolt
27	2	Safety Spotter	65	2	Bushing
28	1	Curl Bar Pin	66	1	Curl Bumper
29	8	M10 x 60mm Carriage Bolt	67	2	32mm Round Inner Cap
30	4	M10 x 65mm Bolt	68	4	Pad Cap
31	1	Curl Bar	69	1	64mm Square Inner Cap
32	2	25mm x 40mm Inner Cap	70	2	50mm x 75mm Inner Cap
33	3	M10 x 70mm Bolt	71	1	M8 x 70mm Bolt
34	3	57mm Square Inner Cap	#	1	User’s Manual
35	2	25mm x 50mm Inner Cap	#	1	Exercise Guide
36	4	25mm Square Inner Cap	#	1	Grease Pack
37	6	50mm x 100mm Inner Cap	#	1	Hex Key
38	1	48mm Round Inner Cap			

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

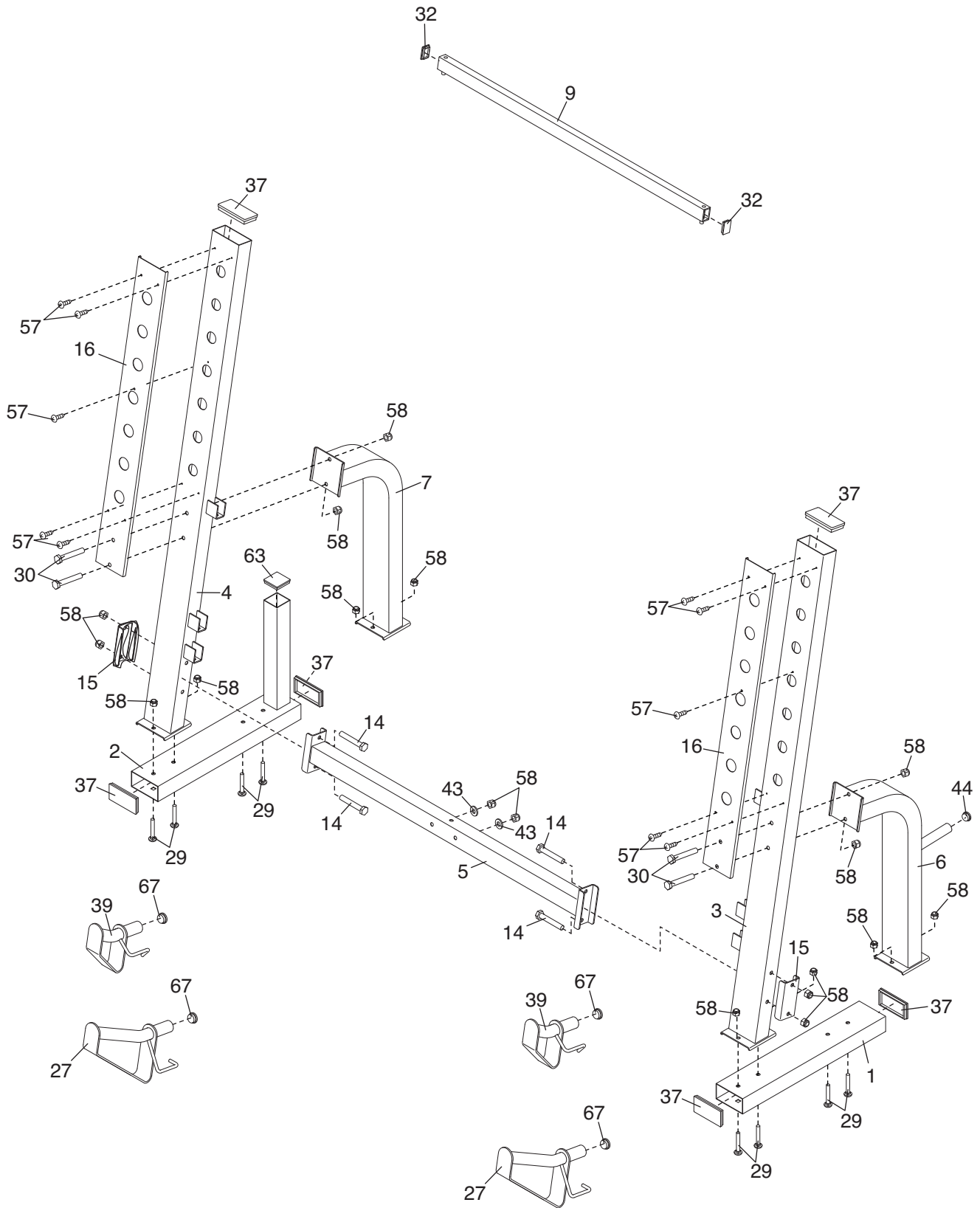
EXPLODED DRAWING A—Model No. WEBE1606.0

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EXPLODED DRAWING B—Model No. WEBE1606.0

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ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (WEBE1606.0)
- the NAME of the product (WEIDER 220 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 17, 18, and 19)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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