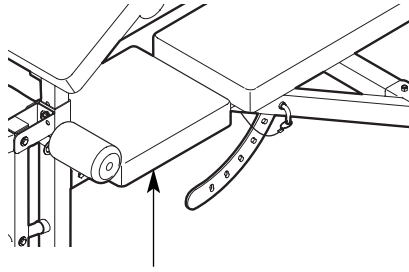


WEIDER® 350

Model No. WEBE1915.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

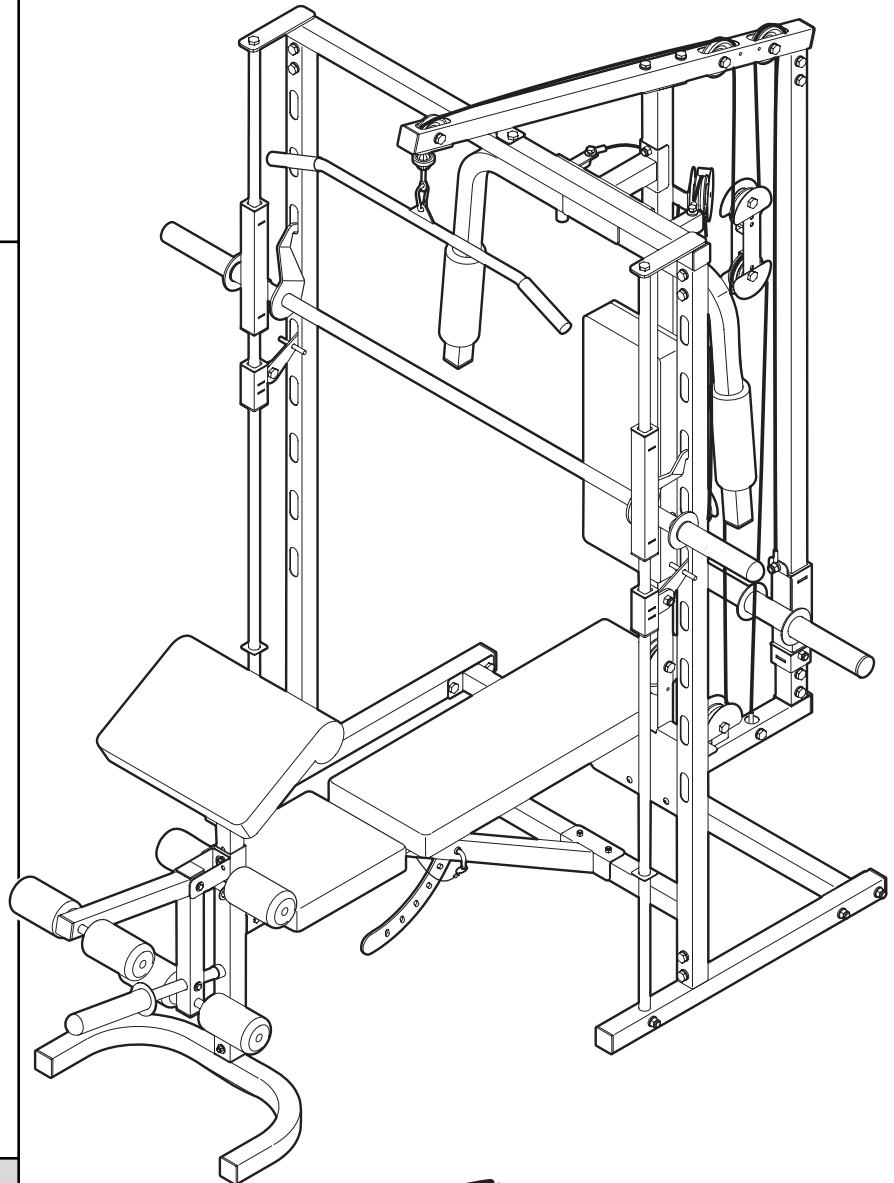
ON THE WEB:

www.weiderservice.com

⚠ CAUTION

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

USER'S MANUAL



Visit our website at

www.weiderfitness.com

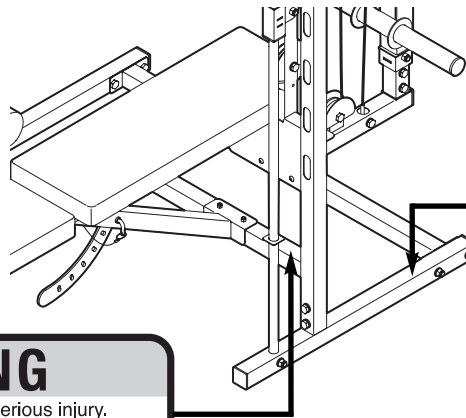
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



▲ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

▲ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight bench before using the weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight bench.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
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. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 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. The weight bench is designed to support a maximum weight of 610 lbs. (277 kg), including a maximum user weight of 300 lbs. (136 kg). Do not use more than 310 lbs. (141 kg) of weight (not included) with the weight bench.
10. Always make sure that the adjustment pin is fully inserted into the bench frame and the backrest bracket before you exercise.
11. Always place an equal amount of weight on both sides of the weight carriage or barbell.
12. Always secure weights with the weight clips when they are mounted on the weight carriage, the barbell, or the weight tube on the leg lever.
13. Always lower the weight carriage in a controlled manner; never let the weight carriage drop.
14. Always remove the lat bar when performing an exercise that does not require the lat bar.
15. Always move the bench out of the way when performing an exercise that does not require the bench.
16. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
17. Use the weight bench only as described in this manual.

BEFORE YOU BEGIN

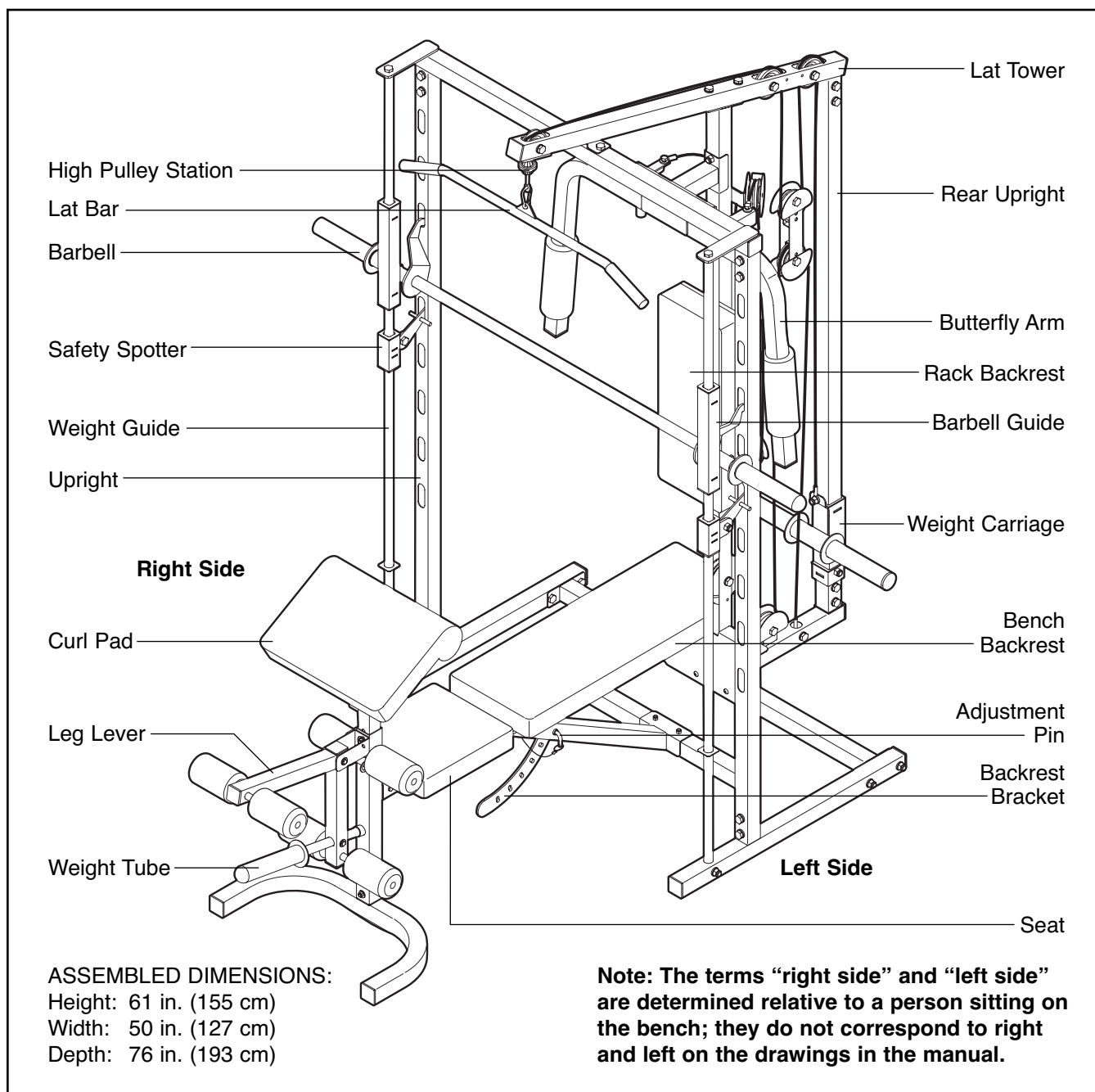
Thank you for selecting the versatile WEIDER® 350 weight bench. The WEIDER 350 weight bench is designed to help develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help 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, note the product model

number and serial number before contacting us. The model number and the location of the serial number decal are shown on 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.

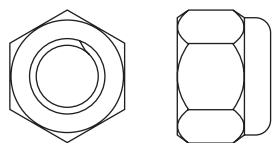


PART IDENTIFICATION CHART

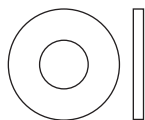
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has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



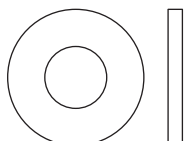
M8 Nylon Locknut (81)



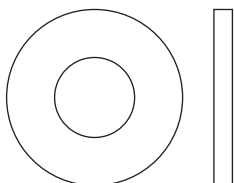
M10 Nylon Locknut (80)



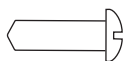
M6 Washer (96)



M8 Washer (84)



M10 Washer (83)



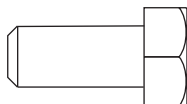
M4 x 13mm Self-tapping Screw (94)



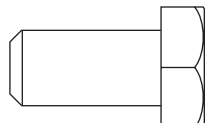
M6 x 16mm Screw (95)



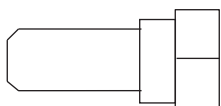
M8 x 10mm Set Screw (99)



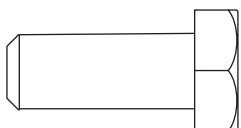
M8 x 18mm Bolt (90)



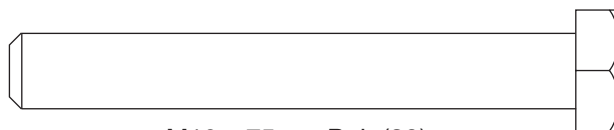
M10 x 20mm Bolt (89)



M8 x 22mm Shoulder Bolt (101)



M10 x 25mm Bolt (86)



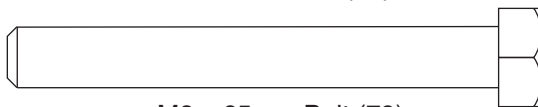
M10 x 75mm Bolt (39)



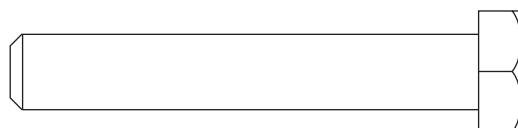
M8 x 70mm Bolt (93)



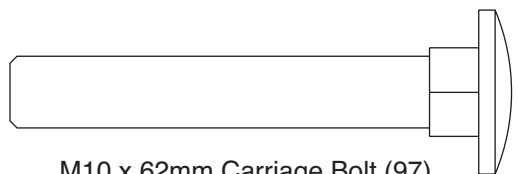
M10 x 68mm Bolt (85)



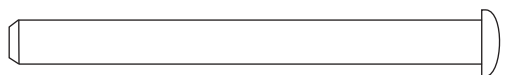
M8 x 65mm Bolt (79)



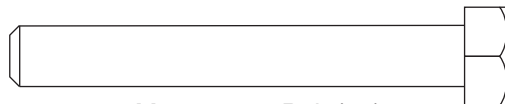
M10 x 62mm Bolt (88)



M10 x 62mm Carriage Bolt (97)



M6 x 63mm Screw (87)



M8 x 60mm Bolt (91)



M10 x 48mm Bolt (92)



M6 x 40mm Screw (100)



M10 x 183mm Bolt (98)


ASSEMBLY

Make Assembly Easier

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

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

- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its 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.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the included hex key(s)  and the following tools (not included):

two adjustable wrenches 

one rubber mallet 

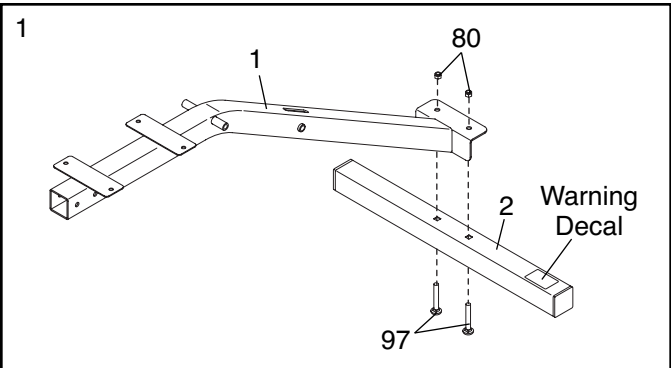
one standard screwdriver 

one Phillips screwdriver 

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

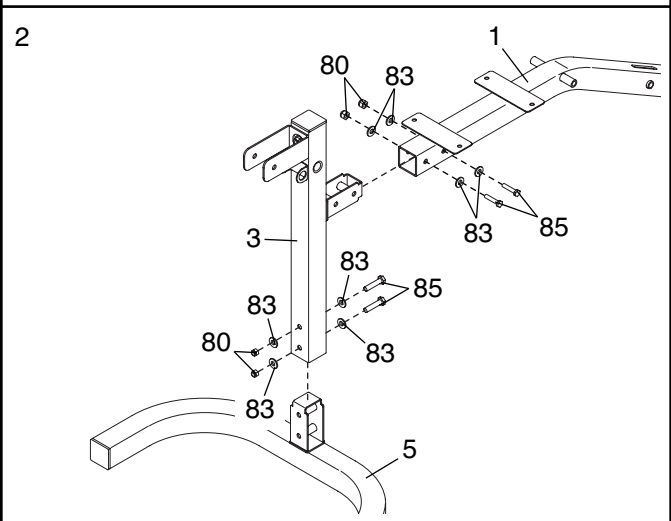
1. **Before beginning assembly, make sure you understand the information in the box above.**

Orient the Bench Rear Stabilizer (2) so that the warning decal is in the position shown. Attach the Bench Rear Stabilizer to the Bench Frame (1) with two M10 x 62mm Carriage Bolts (97) and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**



2. Attach the Front Leg (3) to the Bench Front Stabilizer (5) with two M10 x 68mm Bolts (85), four M10 Washers (83), and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**

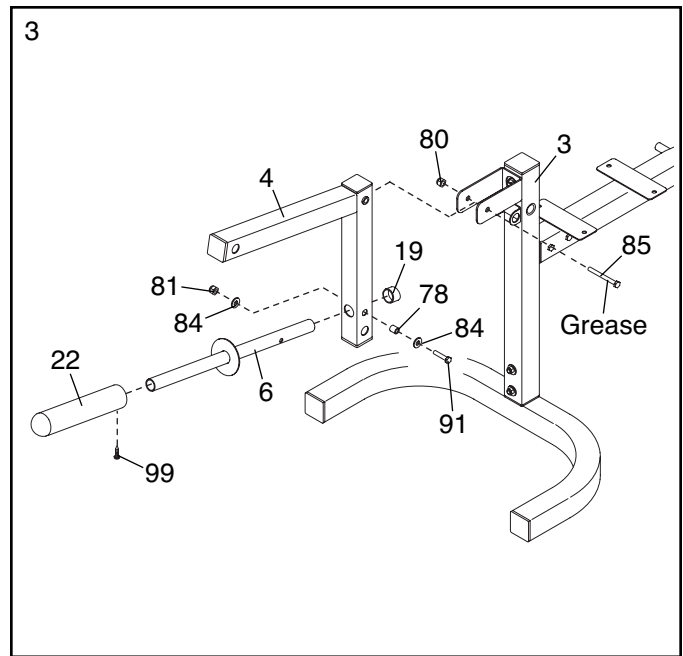
Attach the Front Leg (3) to the Bench Frame (1) with two M10 x 68mm Bolts (85), four M10 Washers (83), and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**



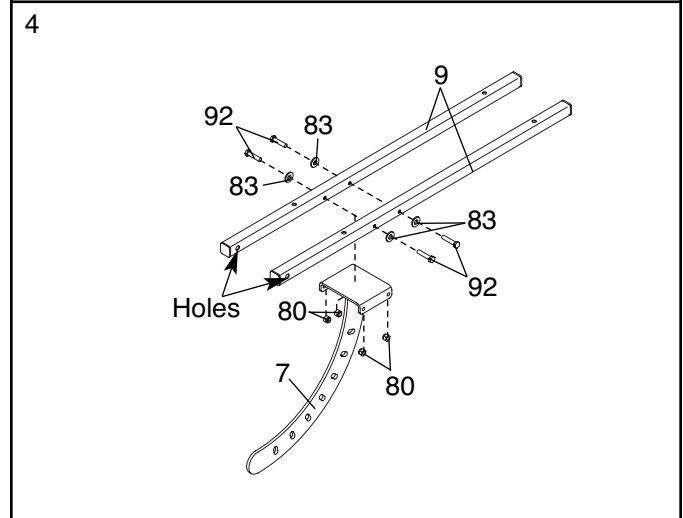
3. Attach the Olympic Adapter (22) to the Weight Tube (6) with an M8 x 10mm Set Screw (99).

Attach the Weight Tube (6) inside the Leg Lever (4) with an M8 x 60mm Bolt (91), two M8 Washers (84), a 13mm x 13mm Spacer (78), and an M8 Nylon Locknut (81). Next, press the 25mm Round Angled Cap (19) onto the Weight Tube; **make sure the widest part of the Round Angled Cap is at the bottom.**

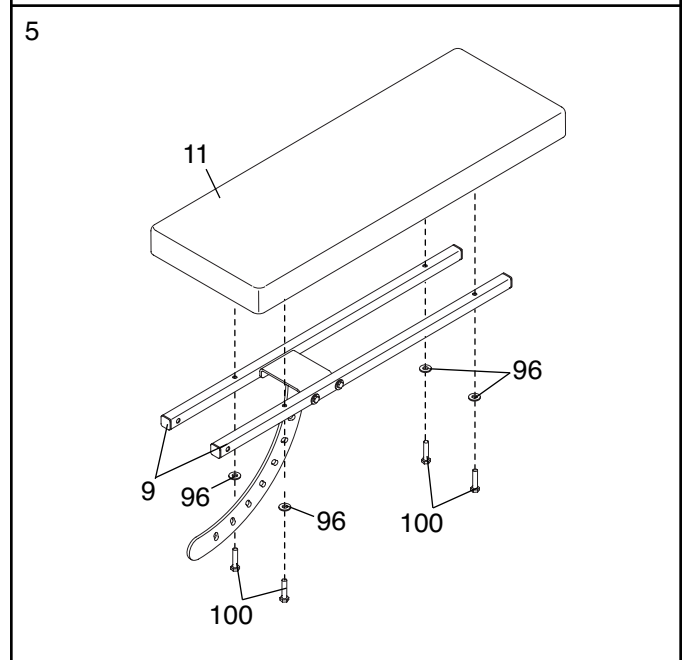
Apply grease to an M10 x 68mm Bolt (85). Attach the Leg Lever (4) to the Front Leg (3) with the Bolt and an M10 Nylon Locknut (80). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot easily.**



4. Orient the two Backrest Frames (9) so the indicated holes are closer to the bottom. Attach the Backrest Frames to the Backrest Bracket (7) with four M10 x 48mm Bolts (92), four M10 Washers (83), and four M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**



5. Attach the Bench Backrest (11) to the Backrest Frames (9) with four M6 x 40mm Screws (100) and four M6 Washers (96). **Do not tighten the Screws yet.**



6. Insert the Backrest Bracket (7) through the indicated hole in the Bench Frame (1).

Apply grease to an M10 x 183mm Bolt (98). Attach the Backrest Frames (9) to the Bench Frame (1) with the Bolt, two M10 Washers (83), and an M10 Nylon Locknut (80). **Do not over-tighten the Nylon Locknut; the Backrest Frames must pivot easily.**

Attach the Adjustment Pin (20) to the Bench Frame (1) with an M4 x 13mm Self-tapping Screw (94). Insert the Adjustment Pin into the Bench Frame and the Backrest Bracket (7).

Tighten the M6 x 40mm Screws (100) used in step 5.

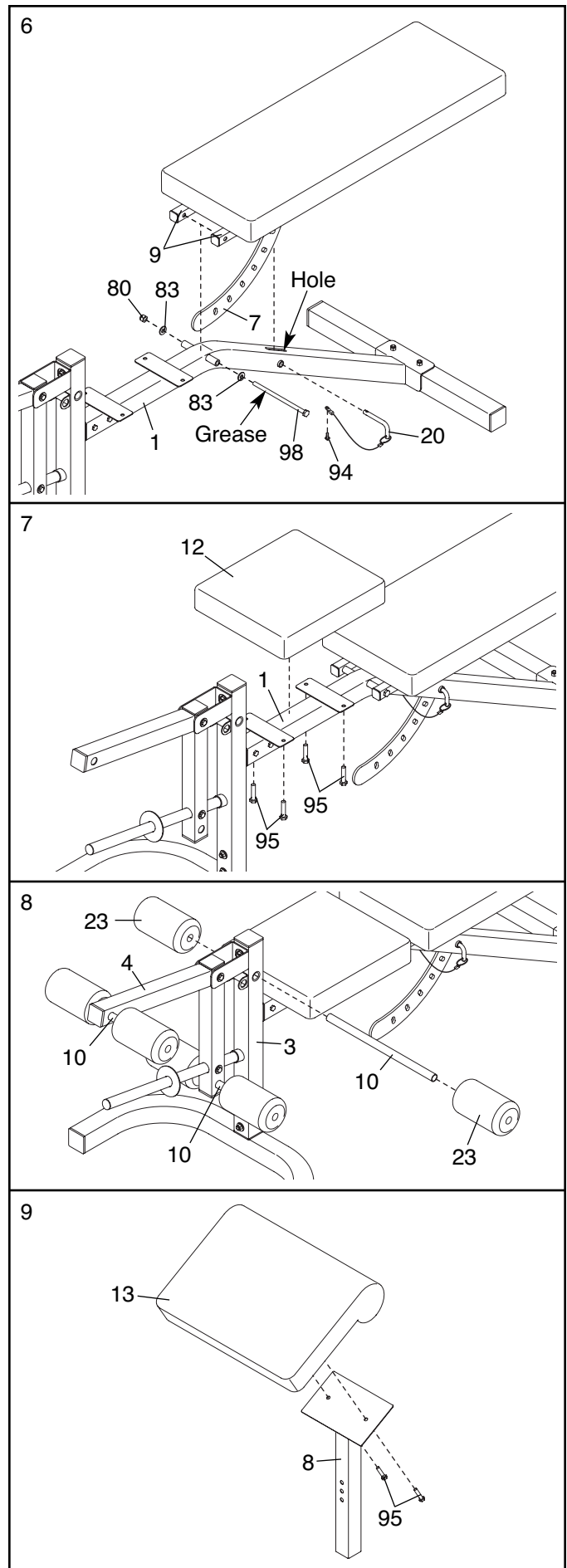
7. Attach the Seat (12) to the Bench Frame (1) with four M6 x 16mm Screws (95).

See steps 1–6. Tighten the M10 Nylon Locknuts (80) used in these steps.

8. Insert a Pad Tube (10) into the Front Leg (3). Slide two Short Foam Pads (23) onto the Pad Tube.

Assemble the other two Pad Tubes (10) to the Leg Lever (4) in the same manner.

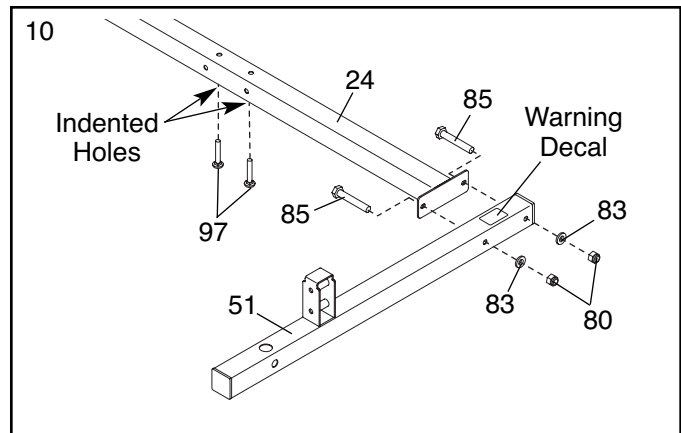
9. Attach the Curl Pad (13) to the Curl Post (8) with two M6 x 16mm Screws (95).



10. Orient the Center Base (24) so that the indented holes are downward. Insert two M10 x 62mm Carriage Bolts (97) up through the Center Base.

Locate the Side Base (51) that has a warning decal. Orient the Side Base as shown and attach it to the Center Base (24) with two M10 x 68mm Bolts (85), two M10 Washers (83), and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**

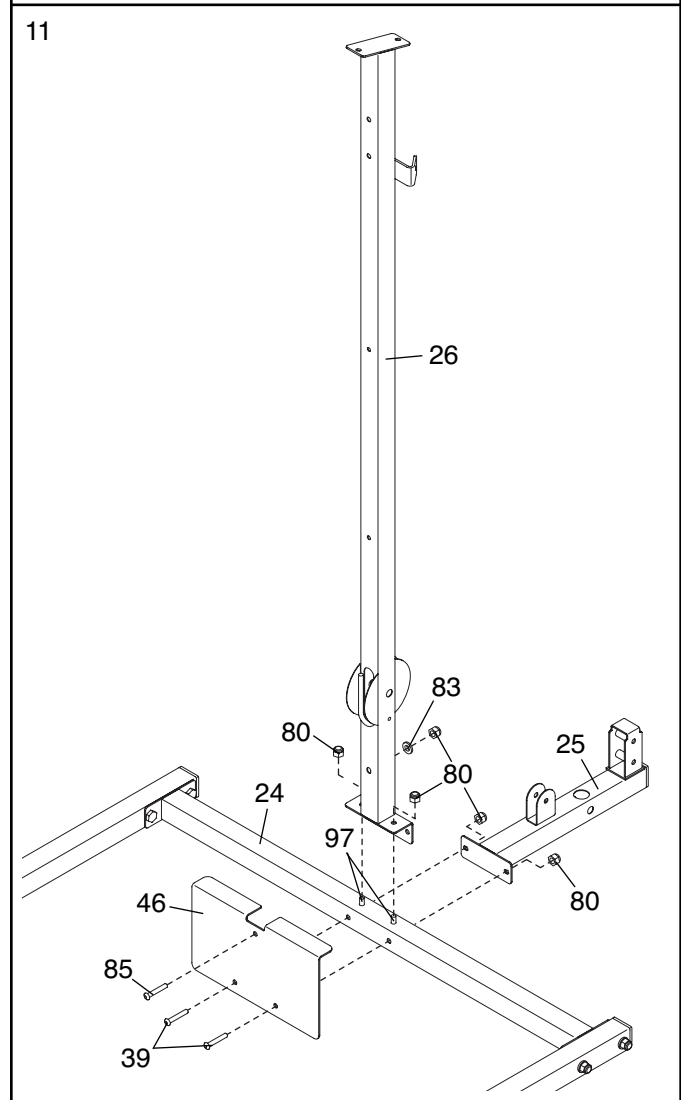
Attach the other Side Base (51) in the same way.



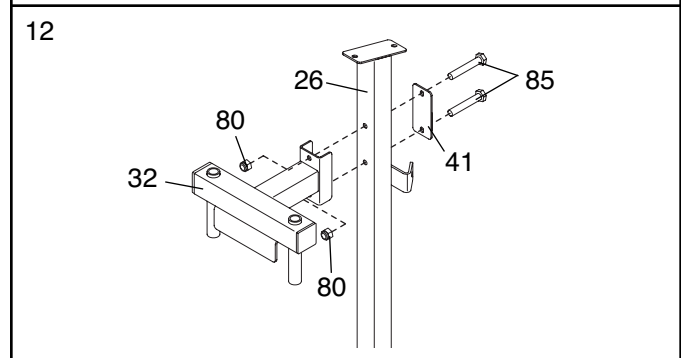
11. Attach the Center Upright (26) to the Center Base (24) with two M10 x 62mm Carriage Bolts (97) and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**

Attach the Foot Plate (46), the Center Upright (26), and the Rear Base (25) to the Center Base (24) with two M10 x 75mm Bolts (39) and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**

Attach the Foot Plate (46) to the Center Upright (26) with an M10 x 68mm Bolt (85), an M10 Washer (83), and an M10 Nylon Locknut (80).

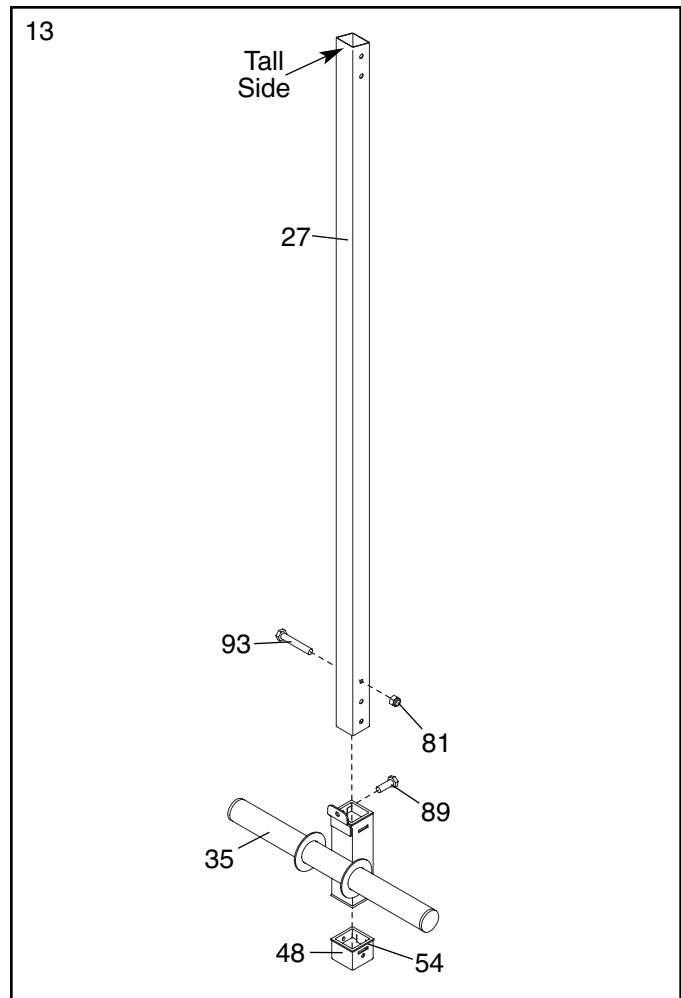


12. Attach the Butterfly Frame (32) to the Center Upright (26) with two M10 x 68mm bolts (85), the Plate (41), and two M10 Nylon Locknuts (80).

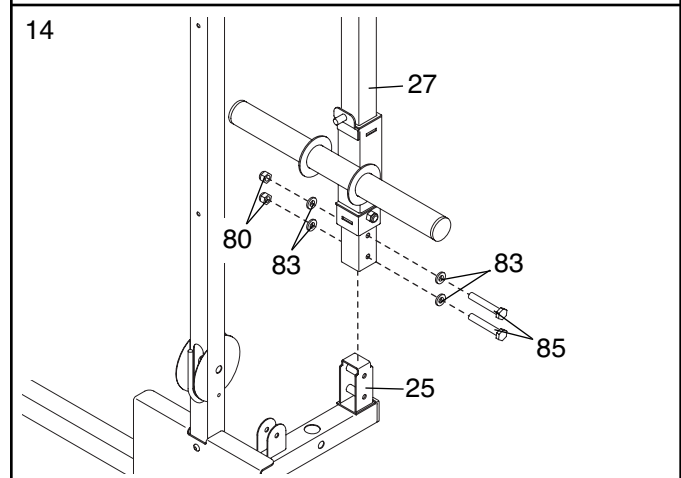


13. Insert an M10 x 20mm Bolt (89) into the Weight Carriage (35). Orient the Weight Carriage and the Rear Upright (27) as shown. Slide the Weight Carriage onto the Upright.

Orient the Weight Carriage Stop (48) so the 60mm Bushing (54) is at the top. Slide the Weight Carriage Stop onto the Rear Upright (27) and secure it with an M8 x 70mm Bolt (93) and an M8 Nylon Locknut (81).

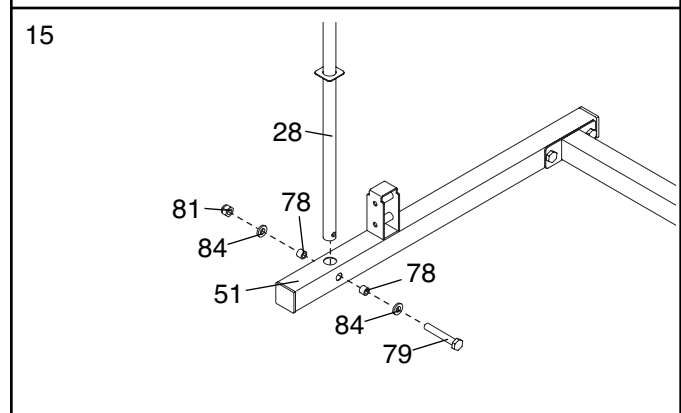


14. Attach the Rear Upright (27) to the Rear Base (25) with two M10 x 68mm Bolts (85), four M10 Washers (83), and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**



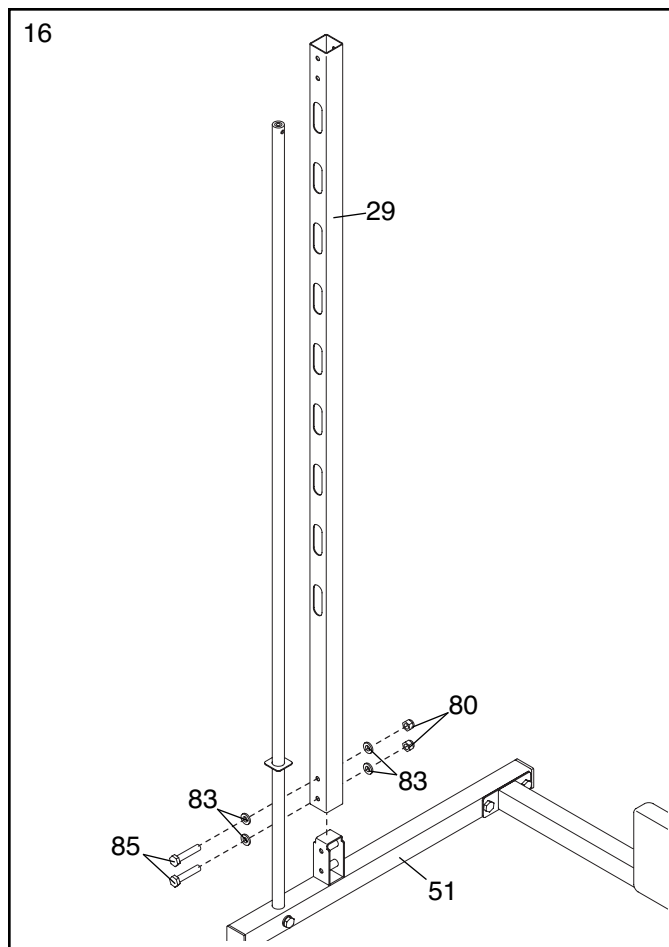
15. Attach a Guide Rod (28) to the right Side Base (51) with an M8 x 65mm Bolt (79), two M8 Washers (84), two 13mm x 13mm Spacers (78), and an M8 Nylon Locknut (81). **Do not tighten the Nylon Locknut.**

Repeat this step with the left Side Base (51).



16. Attach a Front Upright (29) to the right Side Base (51) with two M10 x 68mm Bolts (85), four M10 Washers (83), and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**

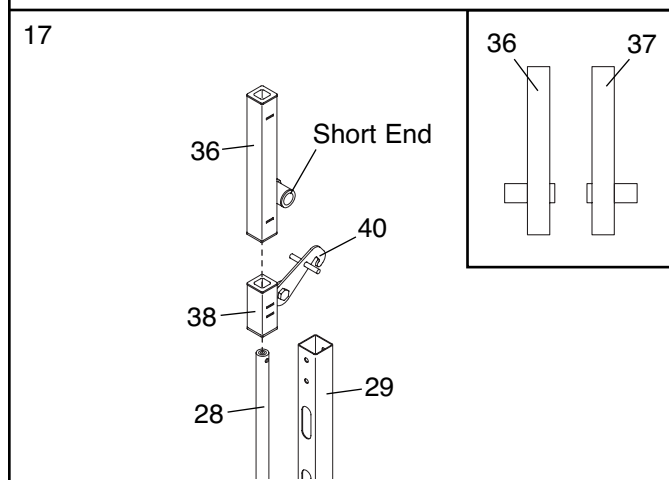
Repeat this step with the left Side Base (51).



17. Slide one of the Safety Spotters (38) onto the right Guide Rod (28). Engage the Spotter Hook (40) into one of the holes near the lower end of the right Front Upright (29).

See the inset drawing. Identify the Right Barbell Guide (36). Orient the Right Barbell Guide as shown and slide it onto the right Guide Rod (28).

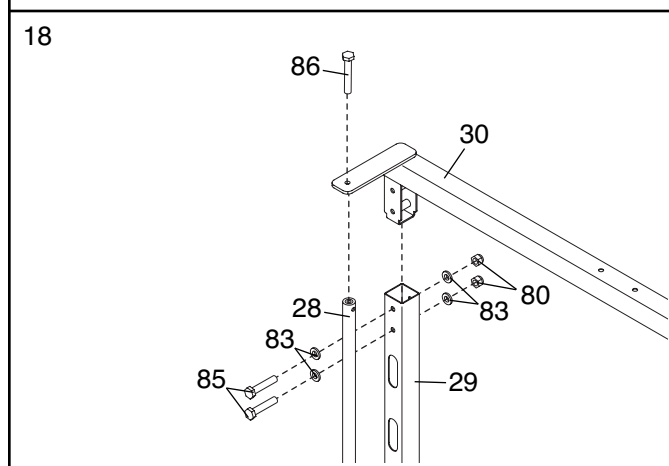
Repeat this step with the other Safety Spotter (not shown) and the Left Barbell Guide (not shown).



18. Attach the Front Top Frame (30) to the right Front Upright (29) with two M10 x 68mm Bolts (85), four M10 Washers (83), and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**

Repeat this step with the left side of the Front Top Frame (30).

Attach the Front Top Frame (30) to the right Guide Rod (28) with an M10 x 25mm Bolt (86). **Do not tighten the Bolt.**



19. Attach the Top Frame (31) to the Rear Upright (27) with two M10 x 68mm Bolts (85), four M10 Washers (83), and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**

Attach the Top Frame (31) to the Center Upright (26) with two M10 x 68mm Bolts (85), two M10 Washers (83), and two M10 Nylon Locknuts (80). **Do not tighten the Nylon Locknuts yet.**

Attach the Top Frame (31) to the Front Top Frame (30) with two M10 x 68mm Bolts (85), two M10 Washers (83), and two M10 Nylon Locknuts (80).

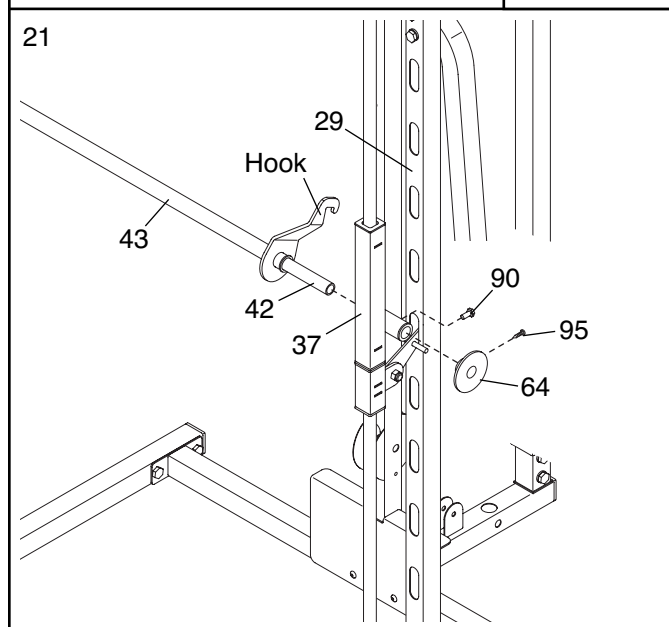
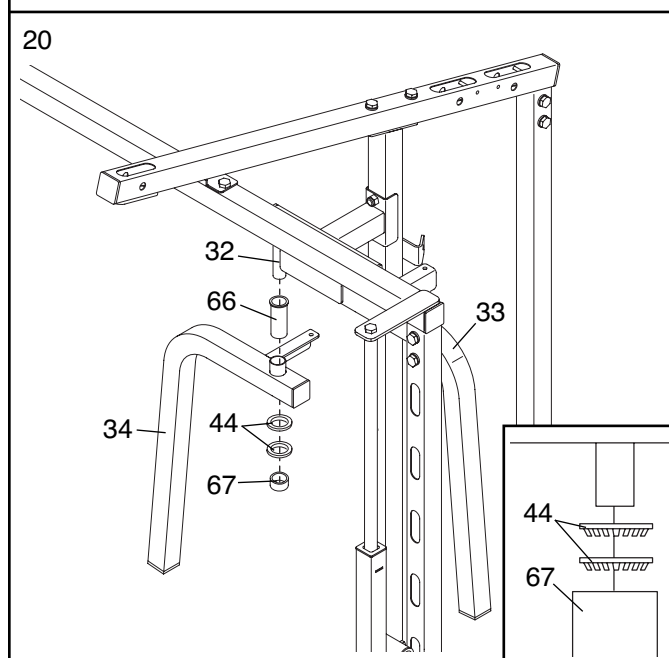
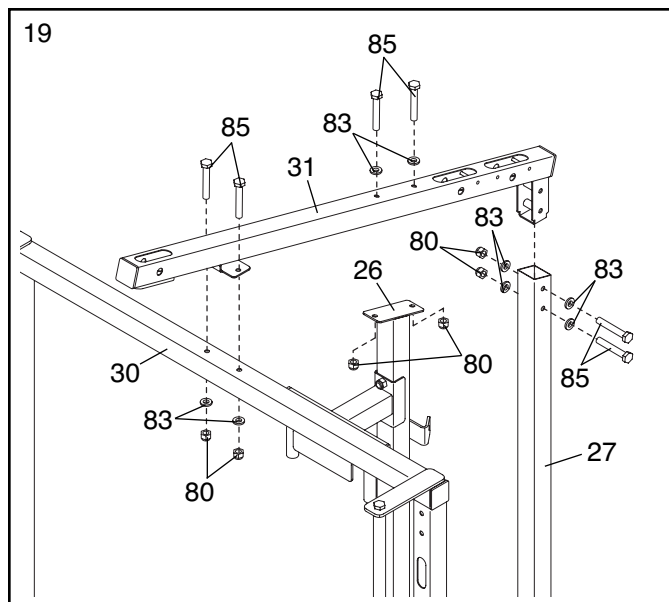
Tighten the M10 and M8 Nylon Locknuts (80, 81) used in steps 10–19, and the M10 x 25mm Bolts (86) used in step 18.

20. Attach the Right Butterfly Arm (34) to the Butterfly Frame (32) with a Butterfly Arm Bushing (66), two Retainer Rings (44), and a Butterfly Arm Cap (67). **See the inset drawing. Orient the Retainer Rings with the teeth toward the Butterfly Arm Cap.**

Repeat this step for the Left Butterfly Arm (33).

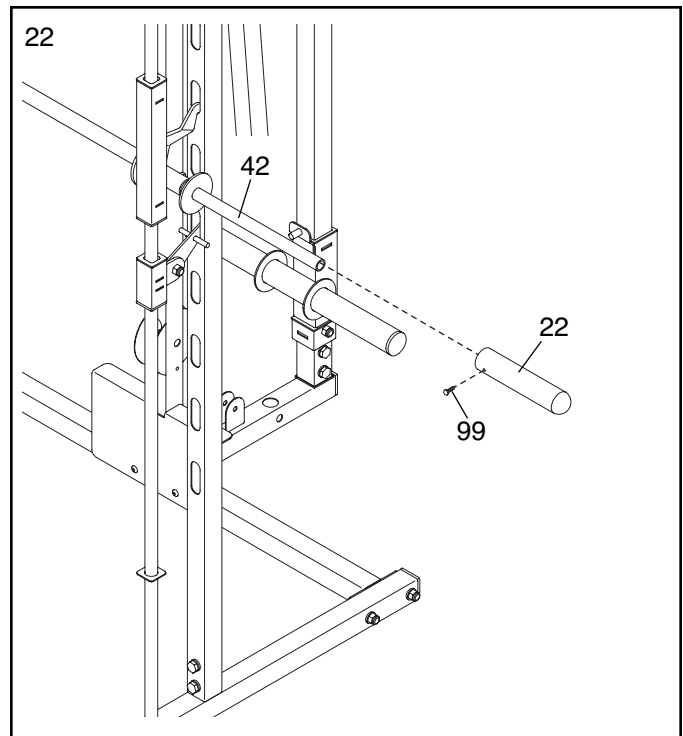
21. Orient the Locking Bar (43) as shown. Insert the Barbell (42) into the Left Barbell Guide (37), the Locking Bar, and the Right Barbell Guide (not shown). Center the Barbell between the Barbell Guides, and engage the hooks on the Locking Bar into any of the slots in the Front Uprights (29).

Hand tighten an M8 x 18mm Bolt (90) into the Left Barbell Guide (37). Next, slide a Weight Stop (64) onto the Barbell (42). Hand tighten an M6 x 16mm Screw (95) into the Weight Stop. **Make sure that the Screw engages the hole in the Barbell. Repeat this step on the other side of the weight rack.**



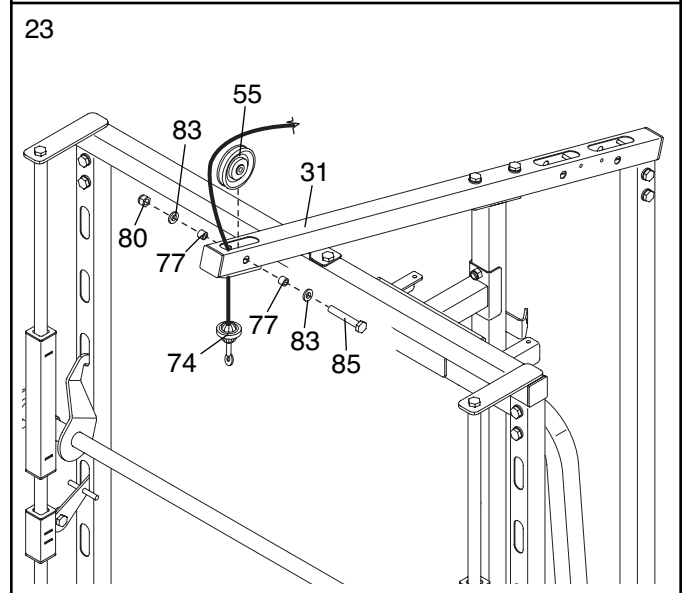
22. Slide an Olympic Adapter (22) onto the Barbell (42) and secure it with an M8 x 10mm Set Screw (99).

Repeat this step for the other end of the Barbell (42).

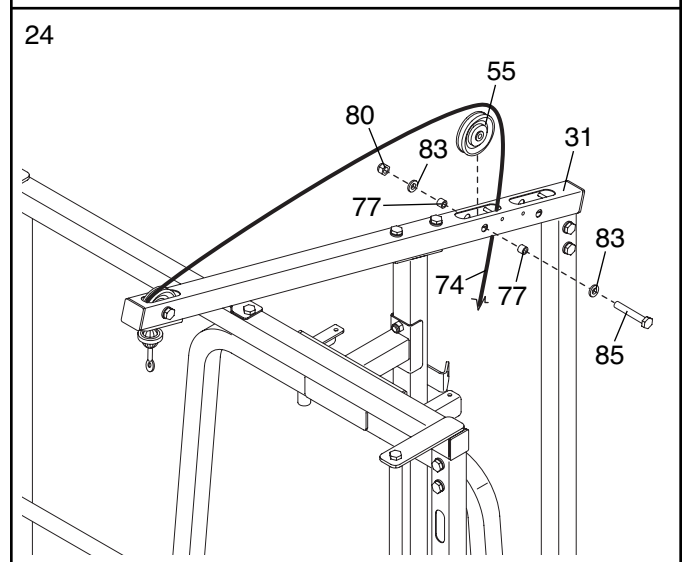


23. See the **CABLE DIAGRAM** on page 20 to identify the cables as you assemble them.

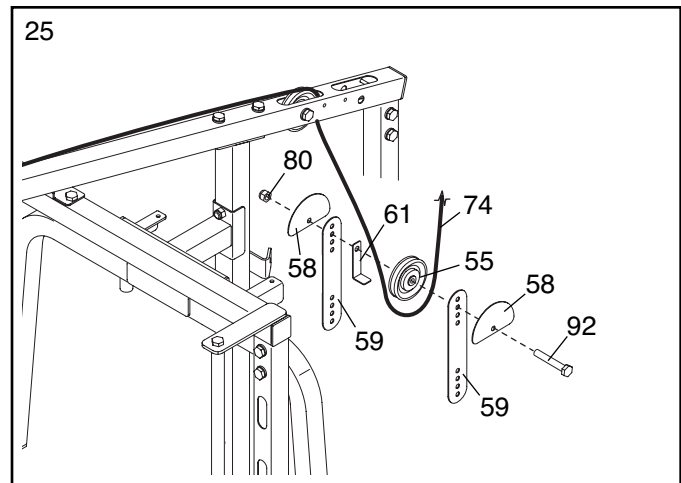
Identify the Lat Cable (74). Route the Cable up through the Top Frame (31) and over a 90mm Pulley (55). Attach the Pulley inside the Top Frame with an M10 x 68mm Bolt (85), two M10 Washers (83), two 16mm x 13mm Spacers (77), and an M10 Nylon Locknut (80).



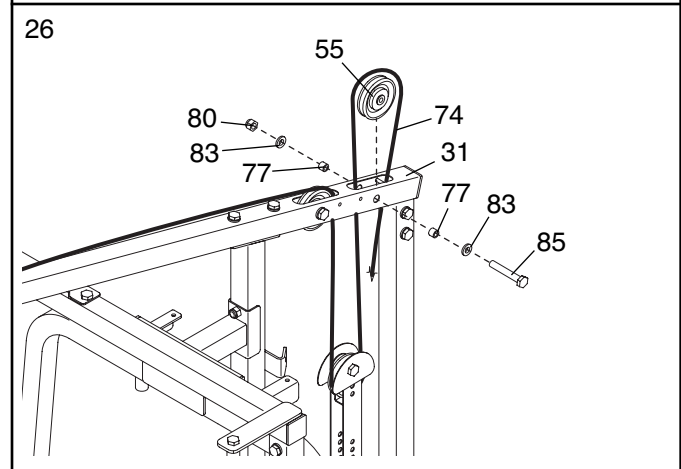
24. Route the Lat Cable (74) over a 90mm Pulley (55) and down through the Top Frame (31). Attach the Pulley inside the Top Frame with an M10 x 68mm Bolt (85), two M10 Washers (83), two 16mm x 13mm Spacers (77), and an M10 Nylon Locknut (80).



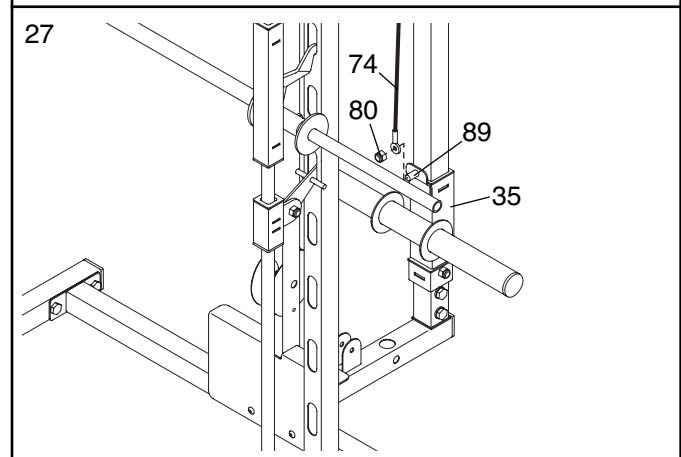
25. Route the Lat Cable (74) under a 90mm Pulley (55). Attach the Pulley and a Cable Trap (61) to two Pulley Plates (59) with an M10 x 48mm Bolt (92), two Half Guards (58), and an M10 Nylon Locknut (80). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley. Do not overtighten the Nylon Locknut; the Pulley must turn freely.**



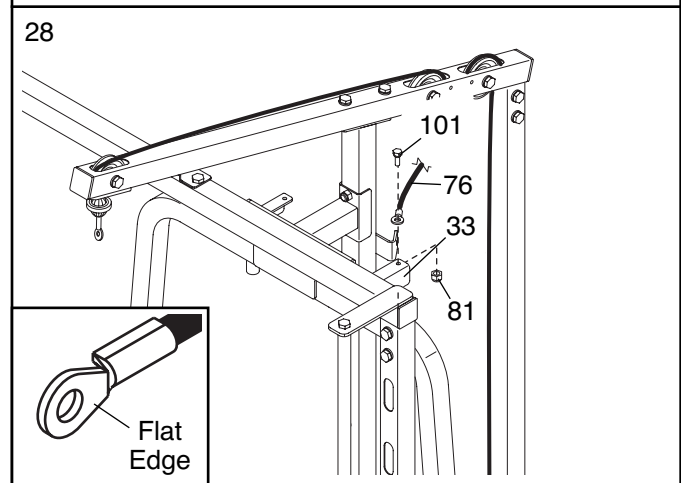
26. Route the Lat Cable (74) up through the Top Frame (31), over a 90mm Pulley (55), and down through the Top Frame. Next, attach the Pulley inside the Top Frame with an M10 x 68mm Bolt (85), two M10 Washers (83), two 16mm x 13mm Spacers (77), and an M10 Nylon Locknut (80).



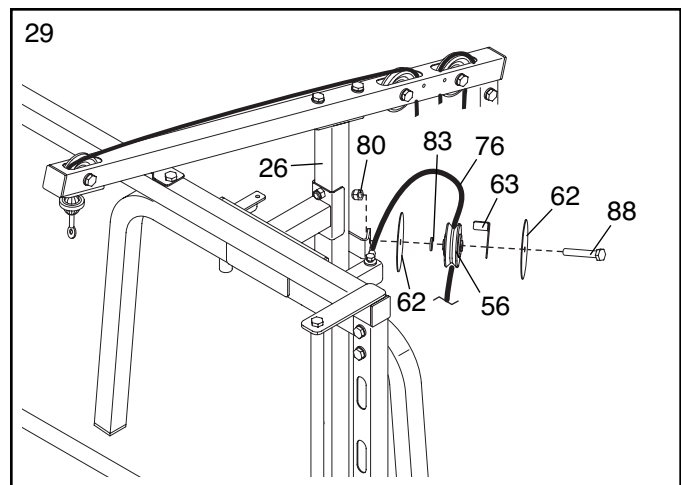
27. Attach the Lat Cable (74) to the Weight Carriage (35) with the M10 x 20mm Bolt (89) and an M10 Nylon Locknut (80).



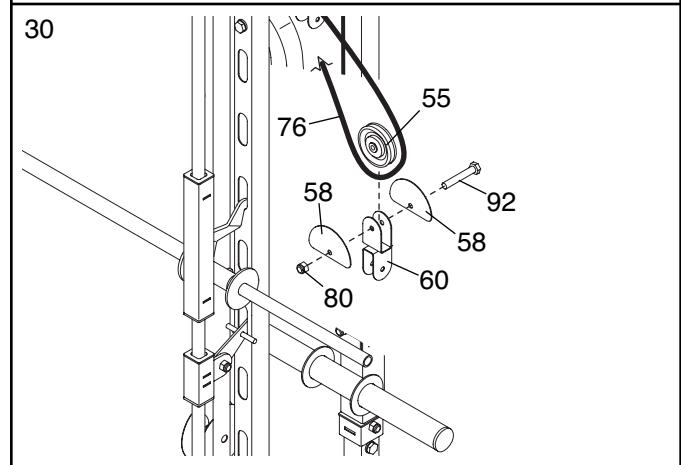
28. **Identify the Butterfly Cable (76).** Attach the Cable to the Left Butterfly Arm (33) with an M8 x 22mm Shoulder Bolt (101) and an M8 Nylon Locknut (81). **Make sure the flat edge of the Cable is against the Butterfly Arm. Do not overtighten the Nylon Locknut; the Cable must pivot freely.**



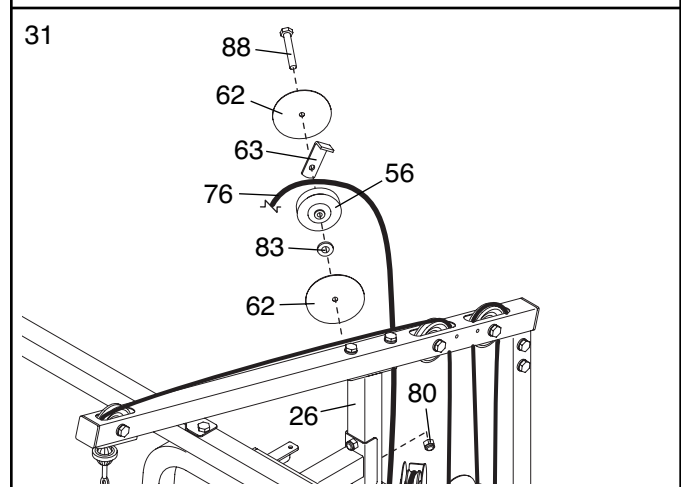
29. Wrap the Butterfly Cable (76) around a “V”-pulley (56). Attach the “V”-pulley and a Large Cable Trap (63) to the Center Upright (26) with an M10 x 62mm Bolt (88), two Guards (62), an M10 Washer (83), and an M10 Nylon Locknut (80). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley. Do not overtighten the Nylon Locknut; the Pulley must turn freely.**



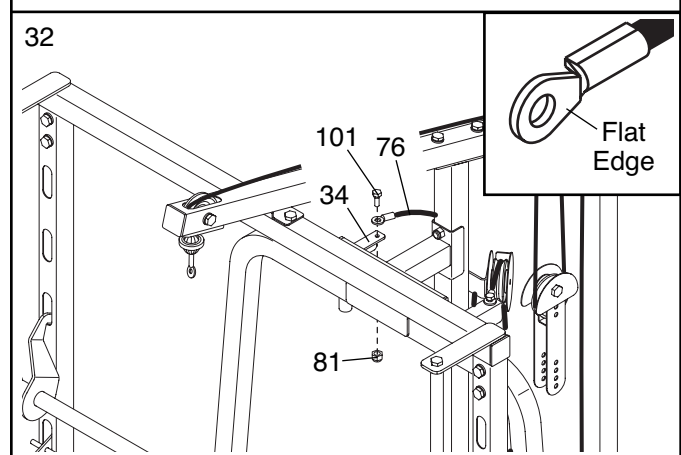
30. Route the Butterfly Cable (76) under a 90mm Pulley (55). Attach the Pulley to the Double Pulley Bracket (60) with an M10 x 48mm Bolt (92), two Half Guards (58), and an M10 Nylon Locknut (80). **Do not overtighten the Nylon Locknut; the Pulley must turn freely.**



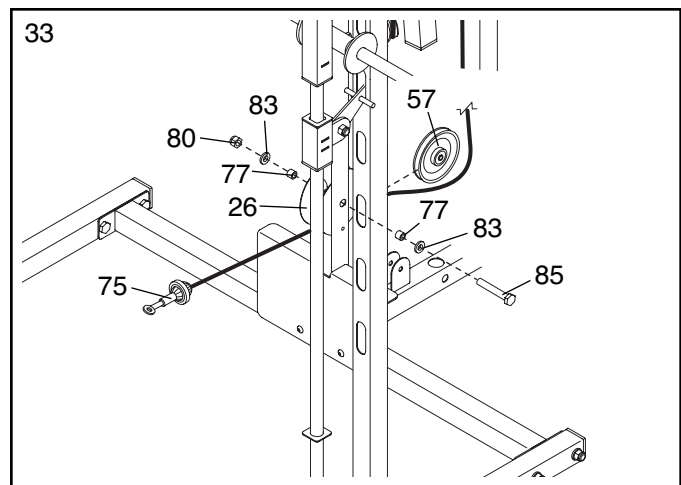
31. Route the Butterfly Cable (76) over a “V”-pulley (56). Attach the “V”-pulley and a Large Cable Trap (63) to the Center Upright (26) with an M10 x 62mm Bolt (88), two Guards (62), an M10 Washer (83), and an M10 Nylon Locknut (80). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley. Do not overtighten the Nylon Locknut; the Pulley must turn freely.**



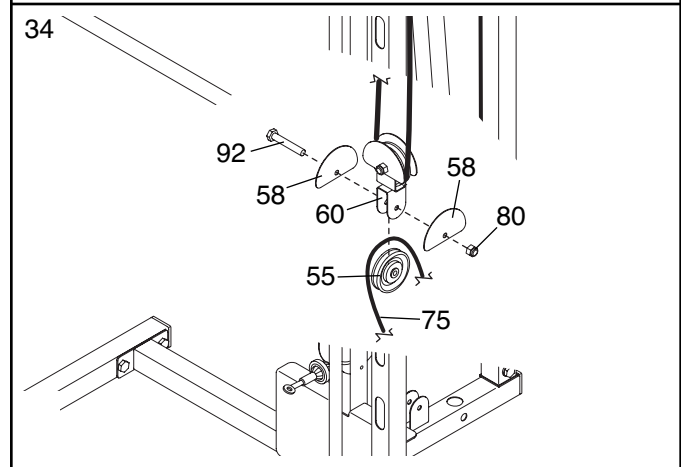
32. Attach the Butterfly Cable (76) to the Right Butterfly Arm (34) with an M8 x 22mm Shoulder Bolt (101) and an M8 Nylon Locknut (81). **Make sure the flat edge of the Cable is against the Butterfly Arm. Do not overtighten the Nylon Locknut; the Cable must pivot freely.**



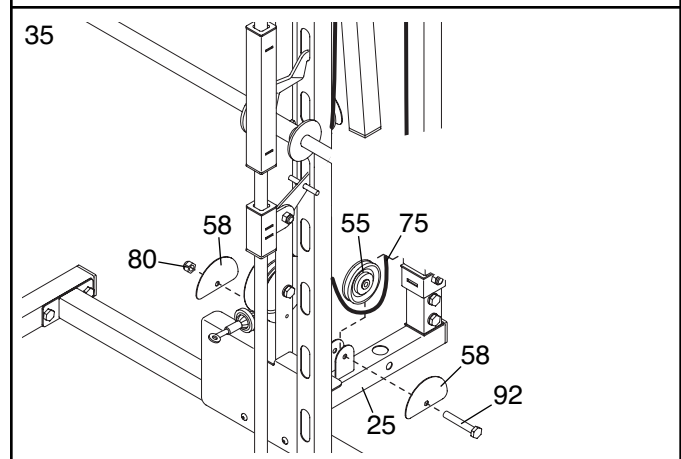
33. Identify the Low Cable (75). Route the Cable through the Center Upright (26) and under a 115mm Pulley (57). Attach the Pulley inside the Upright with an M10 x 68mm Bolt (85), two M10 Washers (83), two 16mm x 13mm Bushings (77), and an M10 Nylon Locknut (80).



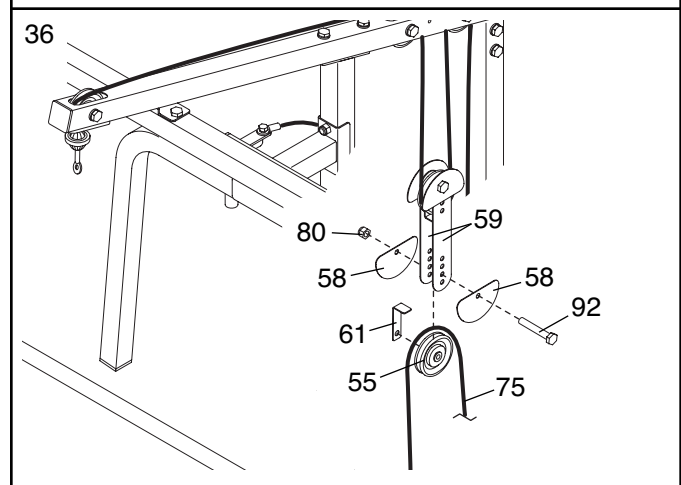
34. Route the Low Cable (75) over a 90mm Pulley (55). Attach the Pulley to the Double Pulley Bracket (60) with an M10 x 48mm Bolt (92), two Half Guards (58), and an M10 Nylon Locknut (80). **Do not overtighten the Nylon Locknut; the Pulley must turn freely.**



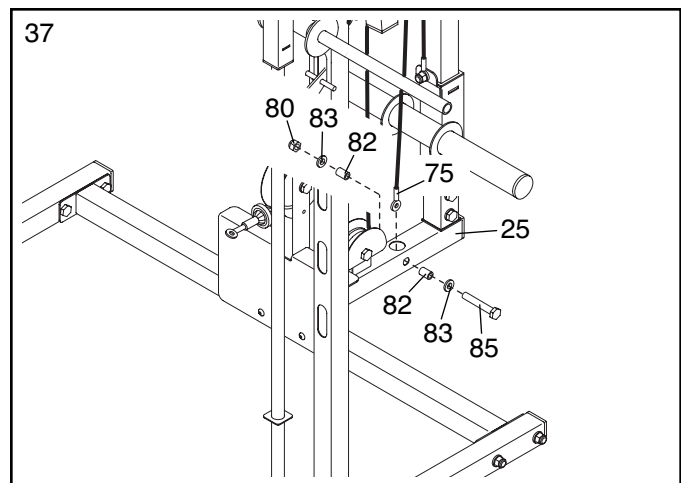
35. Route the Low Cable (75) under a 90mm Pulley (55). Attach the Pulley to the Rear Base (25) with an M10 x 48mm Bolt (92), two Half Guards (58), and an M10 Nylon Locknut (80). **Do not overtighten the Nylon Locknut; the Pulley must turn freely.**



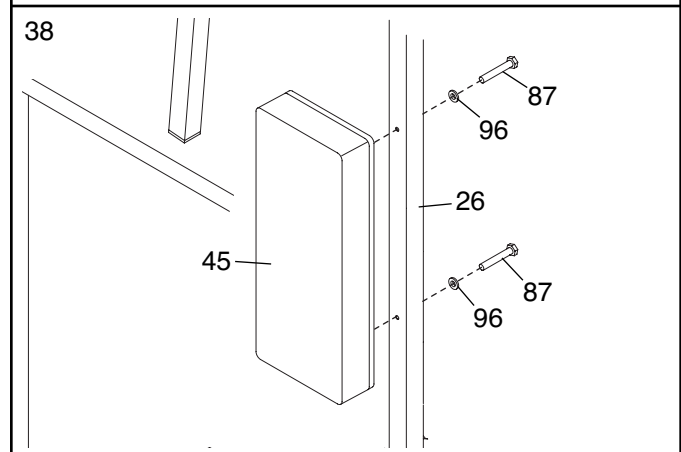
36. Route the Low Cable (75) over a 90mm Pulley (55). Attach the Pulley and a Cable Trap (61) to the two Pulley Plates (59) with an M10 x 48mm Bolt (92), two Half Guards (58), and an M10 Nylon Locknut (80). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley. Do not overtighten the Nylon Locknut; the Pulley must turn freely.**



37. Attach the Low Cable (75) to the Rear Base (25) with an M10 x 68mm Bolt (85), two 16mm x 22mm Spacers (82), two M10 Washers (83), and an M10 Nylon Locknut (80).

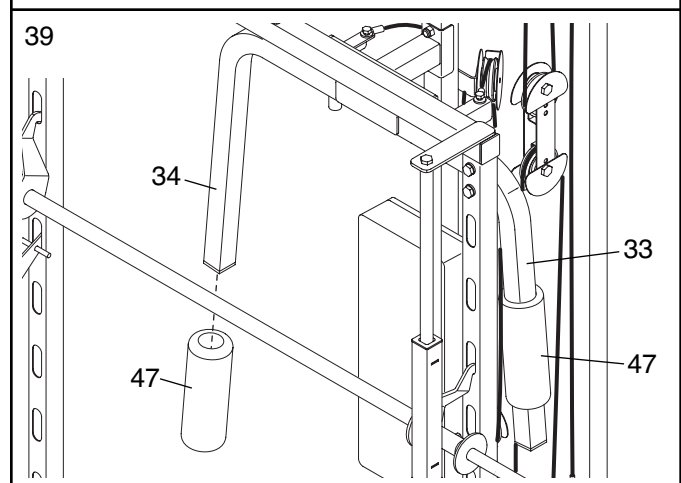


38. Attach the Rack Backrest (45) to the Center Upright (26) with two M6 x 63mm Screws (87) and two M6 Washers (96).



39. Lightly apply soapy water to the inside of a Long Foam Pad (47). Slide the Foam Pad onto the Right Butterfly Arm (34).

Repeat this step with the Left Butterfly Arm (33) and a Long Foam Pad (47).



40. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on the next page. Before using the weight rack, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 20 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables (see page 21).**

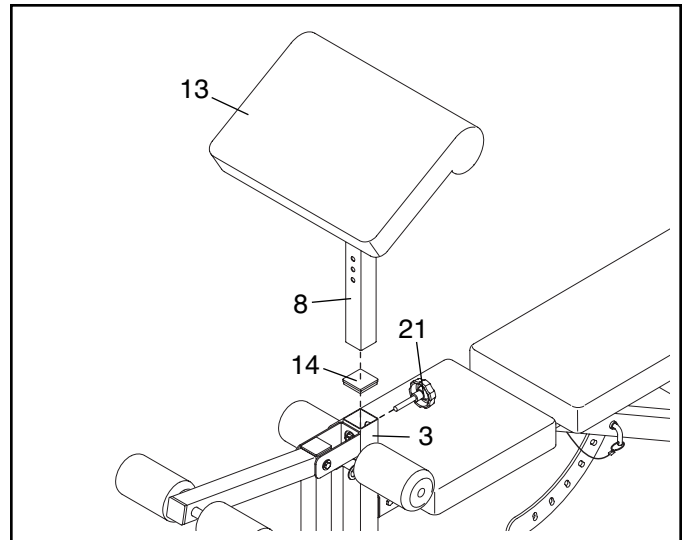
ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 22 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 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.

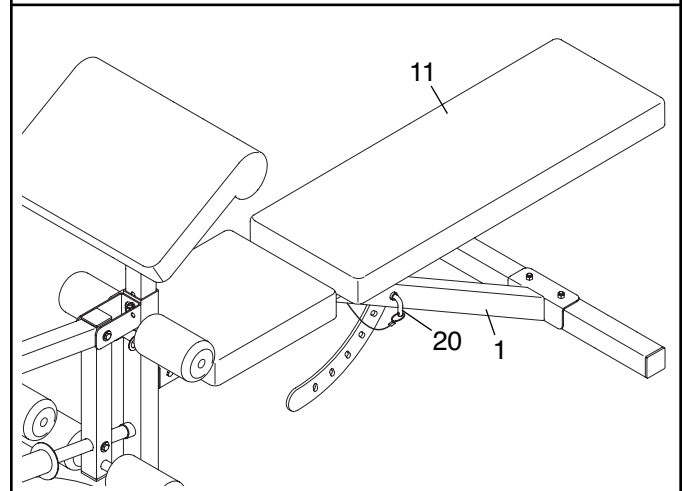
ATTACHING THE CURL PAD

To use the Curl Pad (13), first remove the 50mm Square Inner Cap (14) from the Front Leg (3). Then, insert the Curl Post (8) into the Front Leg and secure it with the Curl Knob (21).



ADJUSTING THE BENCH BACKREST

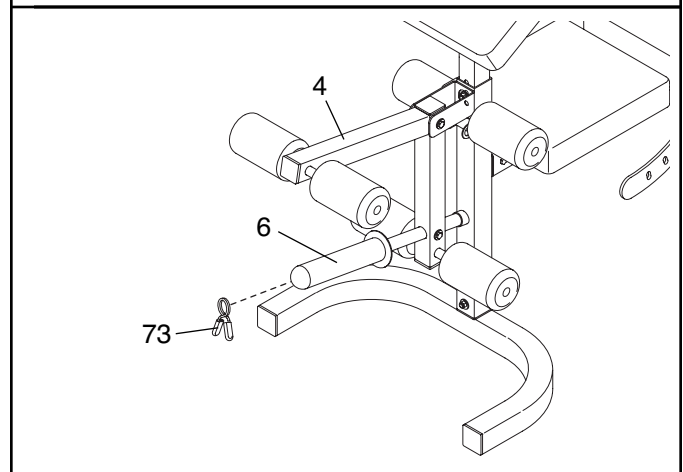
To adjust the Bench Backrest (11), pull the Adjustment Pin (20) out and move the Bench Backrest to the desired position. Reengage the Adjustment Pin into the Bench Frame (1).



ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weight (not included) onto the Weight Tube (6). Secure the weight with a Weight Clip (73).

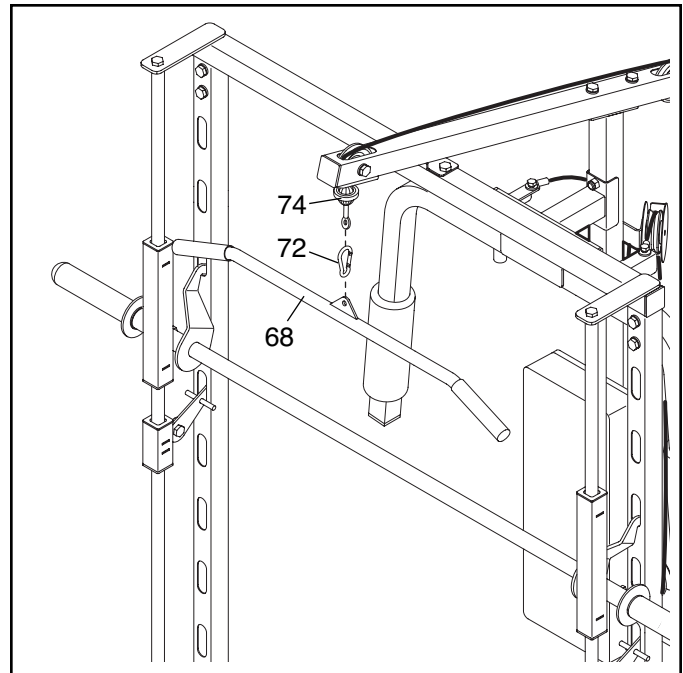
Slide the desired weight onto the Weight Carriage (not shown) or the Barbell (not shown) in the same way. Secure the weights with Weight Clips (73).



ATTACHING THE LAT BAR

To attach the Lat Bar (68) to the Lat Cable (74), attach a Cable Clip (72) to the Lat Bar and the Lat Cable. **Note: For some exercises, you will need to attach the Chain (not shown) between the Lat Bar and the Lat Cable. Attach one link of the Chain to the Lat Bar with a Cable Clip, and attach another link of the Chain to the Lat Cable with the other Cable Clip.**

Attach the Lat Bar (68) and other accessories to the Low Cable (not shown) in the same manner.



ADJUSTING THE SAFETY SPOTTERS

To adjust the Safety Spotters (38), remove the Spotter Hooks (40) from the Front Uprights (29), raise or lower the Safety Spotters to the desired height, and then engage the Spotter Hooks into the Front Uprights.

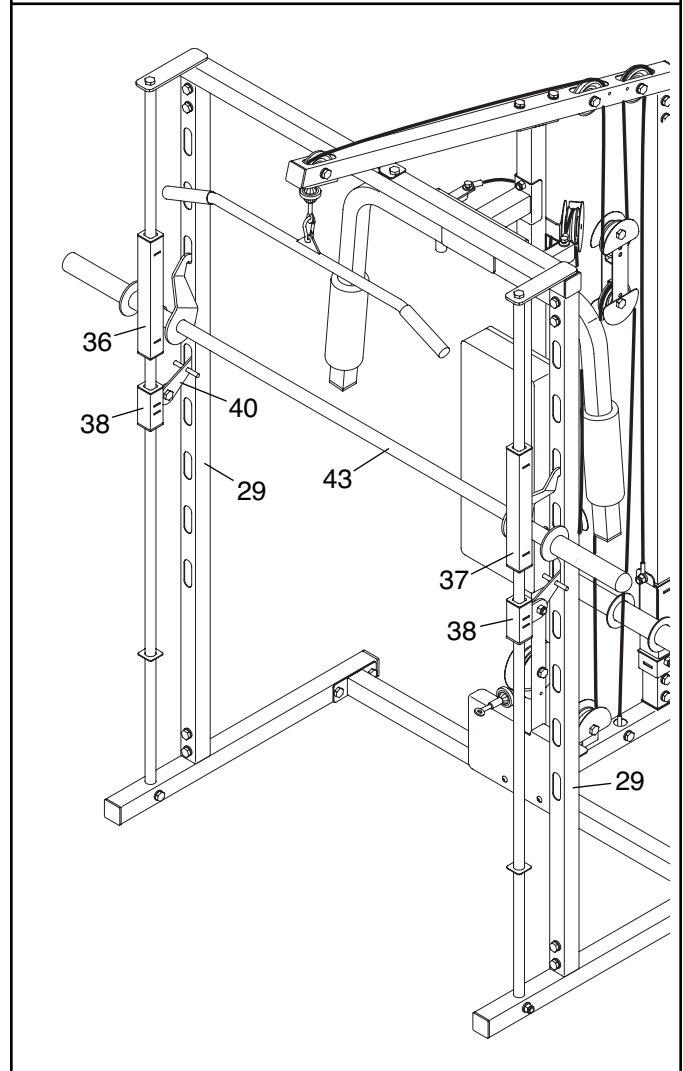
⚠ WARNING: Always adjust the Safety Spotters (38) to the same height before exercising.

USING THE LOCKING BAR

Before starting an exercise, position the Locking Bar (43) and the Right and Left Safety Spotters (38, 39) in the correct position for the exercise.

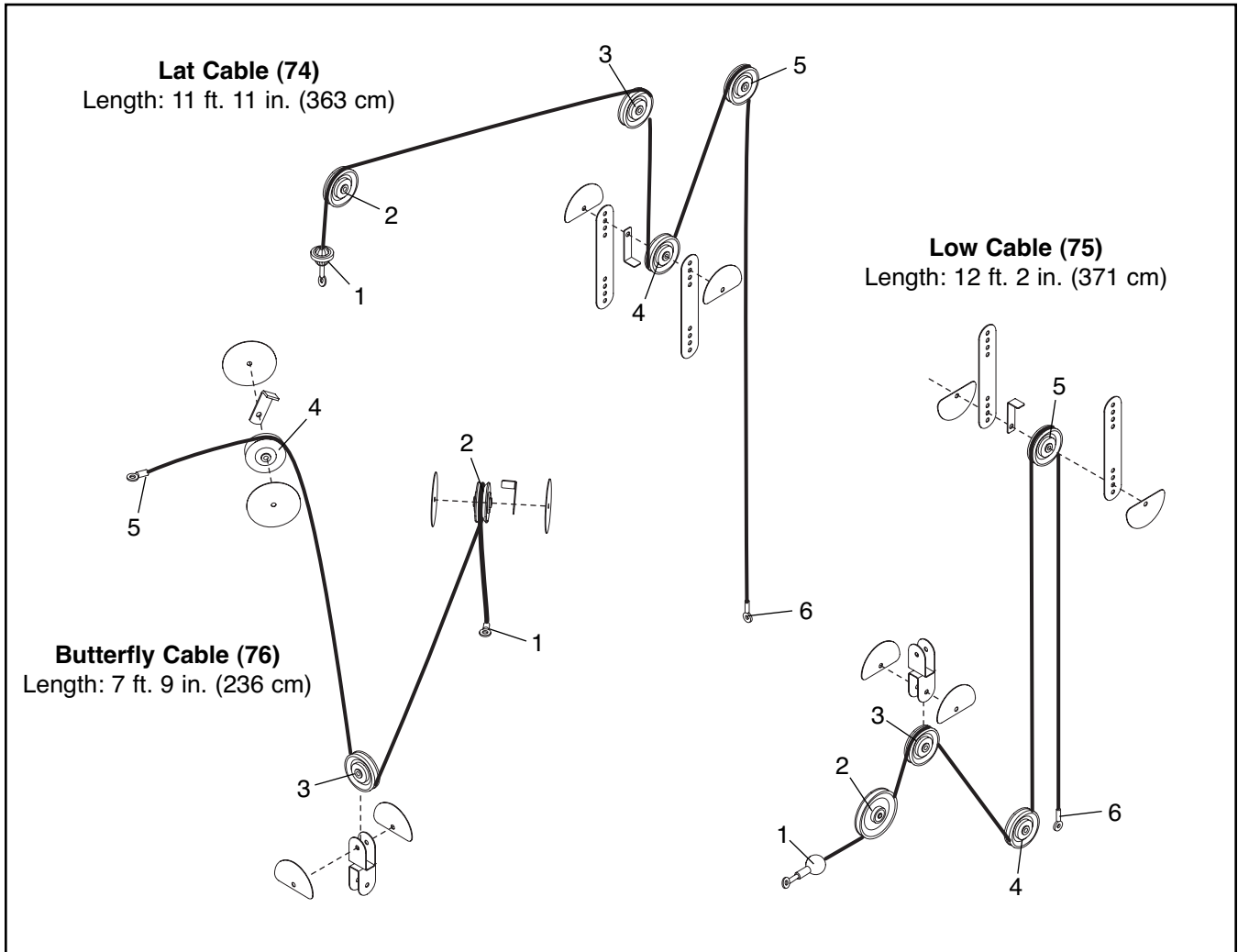
To do this, stand in front of the weight rack and grip the Locking Bar (43) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Front Uprights (29). Raise or lower the Locking Bar to a new position, and then turn it until the hooks engage slots in the Front Uprights. **Note: Always start an exercise with the barbell positioned at the lowest point to which it will move during the exercise.**

Position the Safety Spotters (38) directly under the Right and Left Barbell Guides (36, 37). (See ADJUSTING THE SAFETY SPOTTERS above.)



CABLE DIAGRAM

The cable diagrams below show the proper routing of the Lat Cable, the Low Cable, and the Butterfly Cable. Use the diagrams to make sure that the cables, the cable traps, and the guards have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



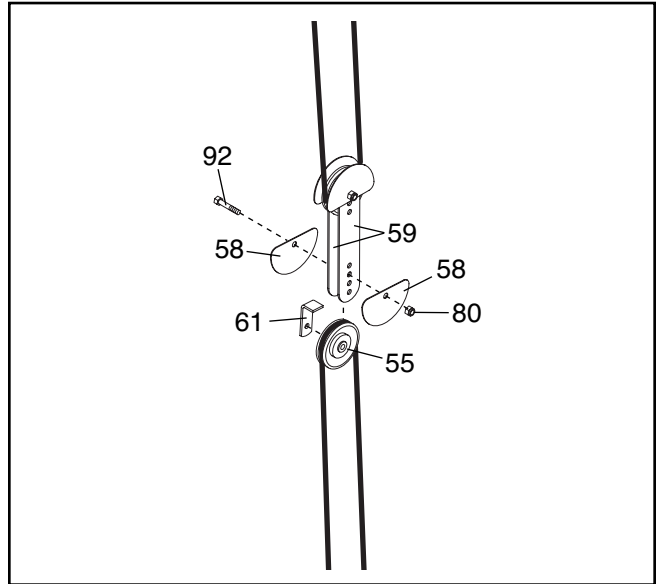
MAINTENANCE

Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight rack, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. **See ATTACHING WEIGHTS in the ADJUSTMENT section of this manual.** Attach some weights to the the weight carriage.

To tighten the cables, remove the M10 Nylon Locknut (80) and the M10 x 48mm Bolt (92) from the Cable Trap (61), the 90mm Pulley (55), the two Half Guards (58), and the two Pulley Plates (59). Reattach the Pulley, Cable Trap, and Half Guards to the next closest hole to the center of the Pulley Plates. **Make sure that the Cable Trap is oriented to hold the cable in the groove of the Pulley, that the Half Guards are oriented as shown, and that the Cable and Pulley move smoothly.**



Do not overtighten the cable. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it. If a cable needs to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

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 resistance 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 resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance 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 resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance 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 resistance.

Weight Loss

To lose weight, use a low amount of resistance 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 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, 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 appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace, and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool 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. See the muscle chart on page 13 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 stage. 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.

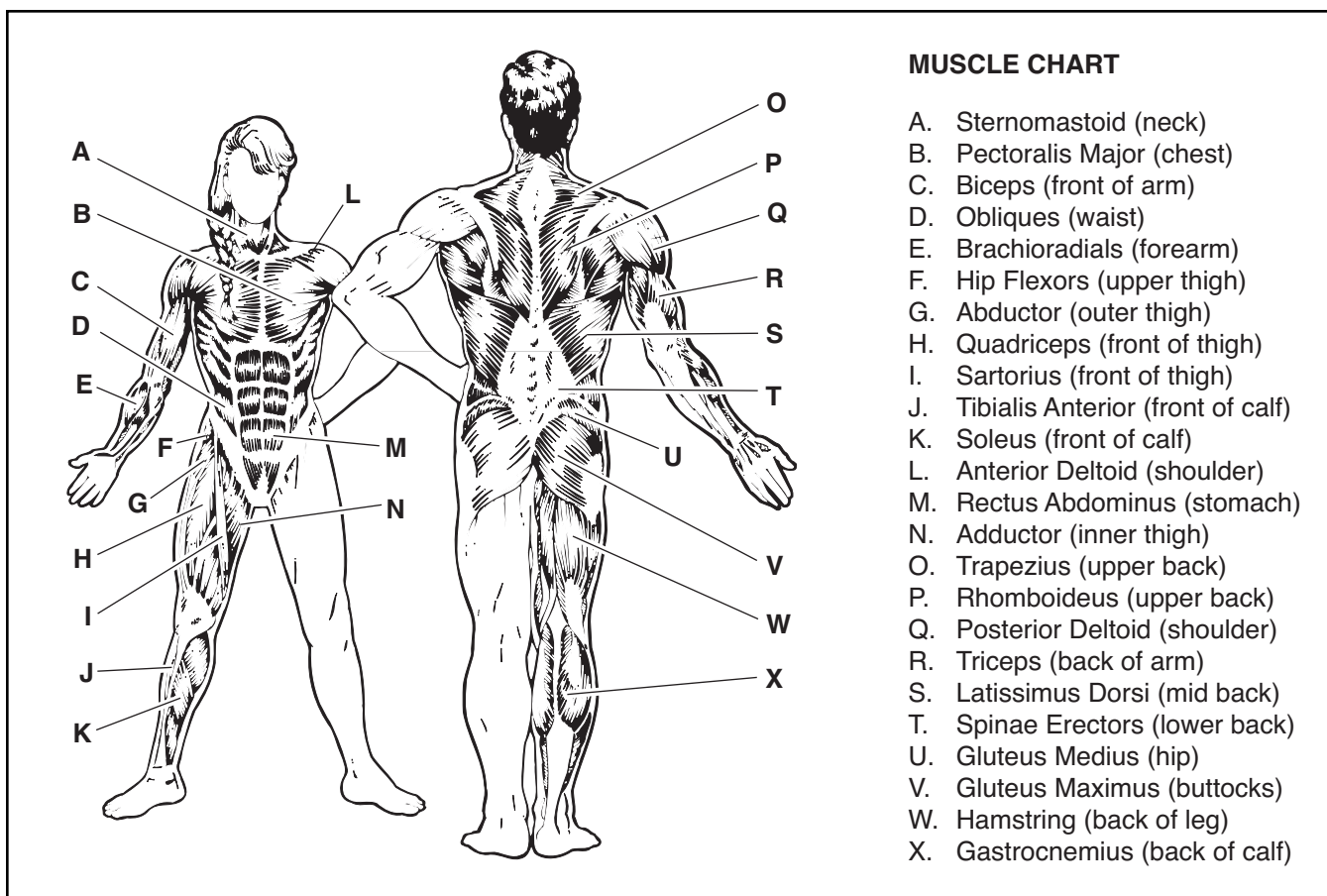
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

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 resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. 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. Brachioradialis (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. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

PART LIST—Model No. WEBE1915.0

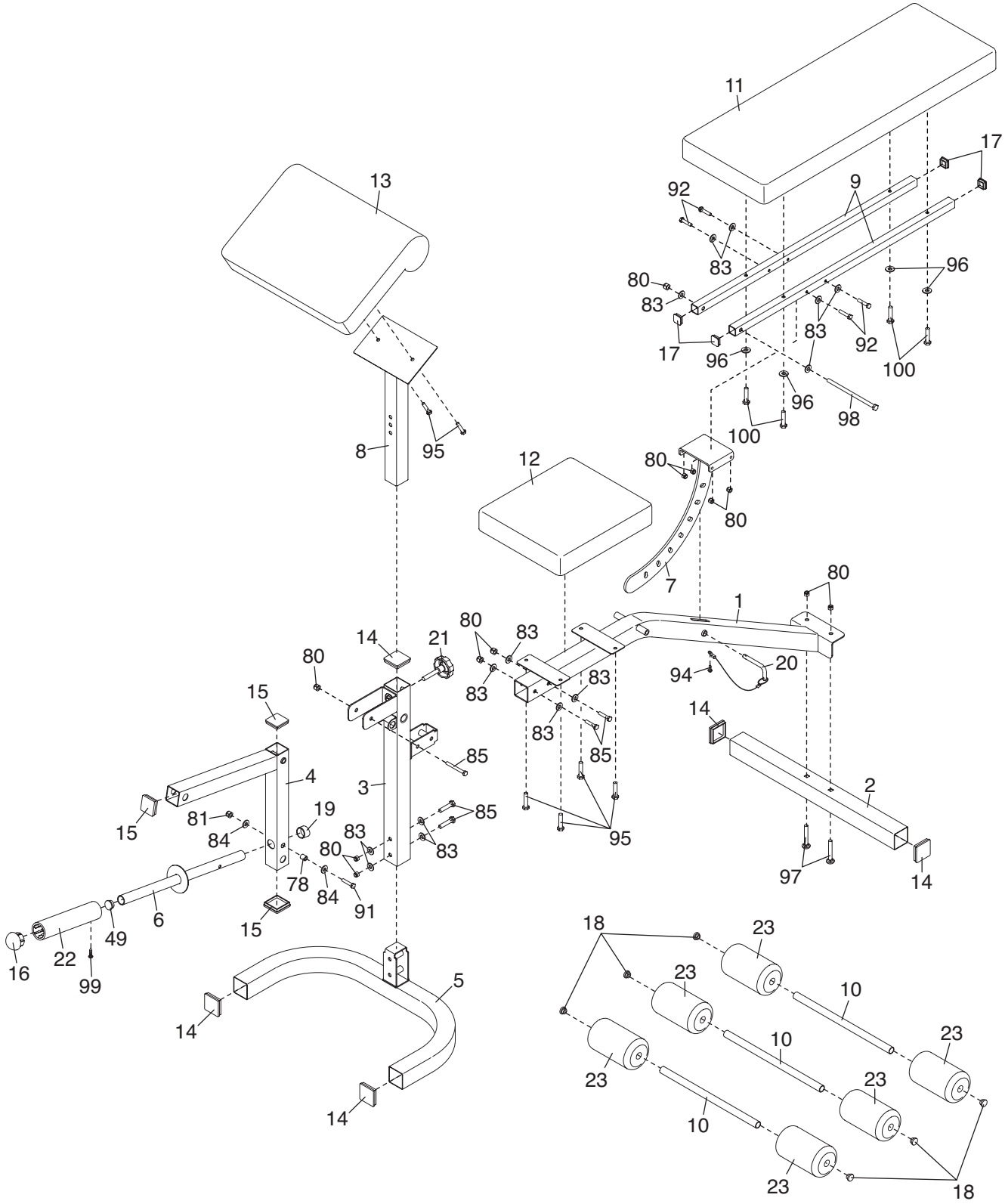
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	54	3	60mm Bushing
2	1	Bench Rear Stabilizer	55	8	90mm Pulley
3	1	Front Leg	56	2	“V”-pulley
4	1	Leg Lever	57	1	115mm Pulley
5	1	Bench Front Stabilizer	58	10	Half Guard
6	1	Weight Tube	59	2	Pulley Plate
7	1	Backrest Bracket	60	1	Double Pulley Bracket
8	1	Curl Post	61	2	Cable Trap
9	2	Backrest Frame	62	4	Guard
10	3	Pad Tube	63	2	Large Cable Trap
11	1	Bench Backrest	64	2	Weight Stop
12	1	Seat	65	4	Bar Bracket Bushing
13	1	Curl Pad	66	2	Butterfly Arm Bushing
14	16	50mm Square Inner Cap	67	2	Butterfly Arm Cap
15	7	45mm Square Inner Cap	68	1	Lat Bar
16	3	50mm Round Inner Cap	69	2	Handgrip
17	4	25mm Square Inner Cap	70	1	Chain
18	6	19mm Round Inner Cap	71	1	Handle Strap
19	1	25mm Round Angled Cap	72	2	Cable Clip
20	1	Adjustment Pin	73	2	Weight Clip
21	1	Curl Knob	74	1	Lat Cable
22	3	Olympic Weight Adapter	75	1	Low Cable
23	6	Short Foam Pad	76	1	Butterfly Cable
24	1	Center Base	77	8	16mm x 13mm Spacer
25	1	Rear Base	78	5	13mm x 13mm Spacer
26	1	Center Upright	79	2	M8 x 65mm Bolt
27	1	Rear Upright	80	54	M10 Nylon Locknut
28	2	Guide Rod	81	6	M8 Nylon Locknut
29	2	Front Upright	82	2	16mm x 22mm Spacer
30	1	Front Top Frame	83	59	M10 Washer
31	1	Top Frame	84	6	M8 Washer
32	1	Butterfly Frame	85	33	M10 x 68mm Bolt
33	1	Left Butterfly Arm	86	4	M10 x 25mm Bolt
34	1	Right Butterfly Arm	87	2	M6 x 63mm Screw
35	1	Weight Carriage	88	2	M10 x 62mm Bolt
36	1	Right Barbell Guide	89	1	M10 x 20mm Bolt
37	1	Left Barbell Guide	90	2	M8 x 18mm Bolt
38	2	Safety Spotter	91	1	M8 x 60mm Bolt
39	2	M10 x 75mm Bolt	92	9	M10 x 48mm Bolt
40	2	Spotter Hook	93	1	M8 x 70mm Bolt
41	1	Plate	94	1	M4 x 13mm Self-tapping Screw
42	1	Barbell	95	8	M6 x 16mm Screw
43	1	Locking Bar	96	6	M6 Washer
44	4	Retainer Ring	97	4	M10 x 62mm Carriage Bolt
45	1	Rack Backrest	98	1	M10 x 183mm Bolt
46	1	Foot Plate	99	3	M8 x 10mm Set Screw
47	2	Long Foam Pad	100	4	M6 x 40mm Screw
48	1	Weight Carriage Stop	101	2	M8 x 22mm Shoulder Bolt
49	3	25mm Round Inner Cap	*	—	User’s Manual
50	2	48mm Round Inner Cap	*	—	Hex Key
51	2	Side Base	*	—	Grease Pack
52	2	Locking Bar Bushing	*	—	Exercise Guide
53	8	Guide Rod Bushing			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

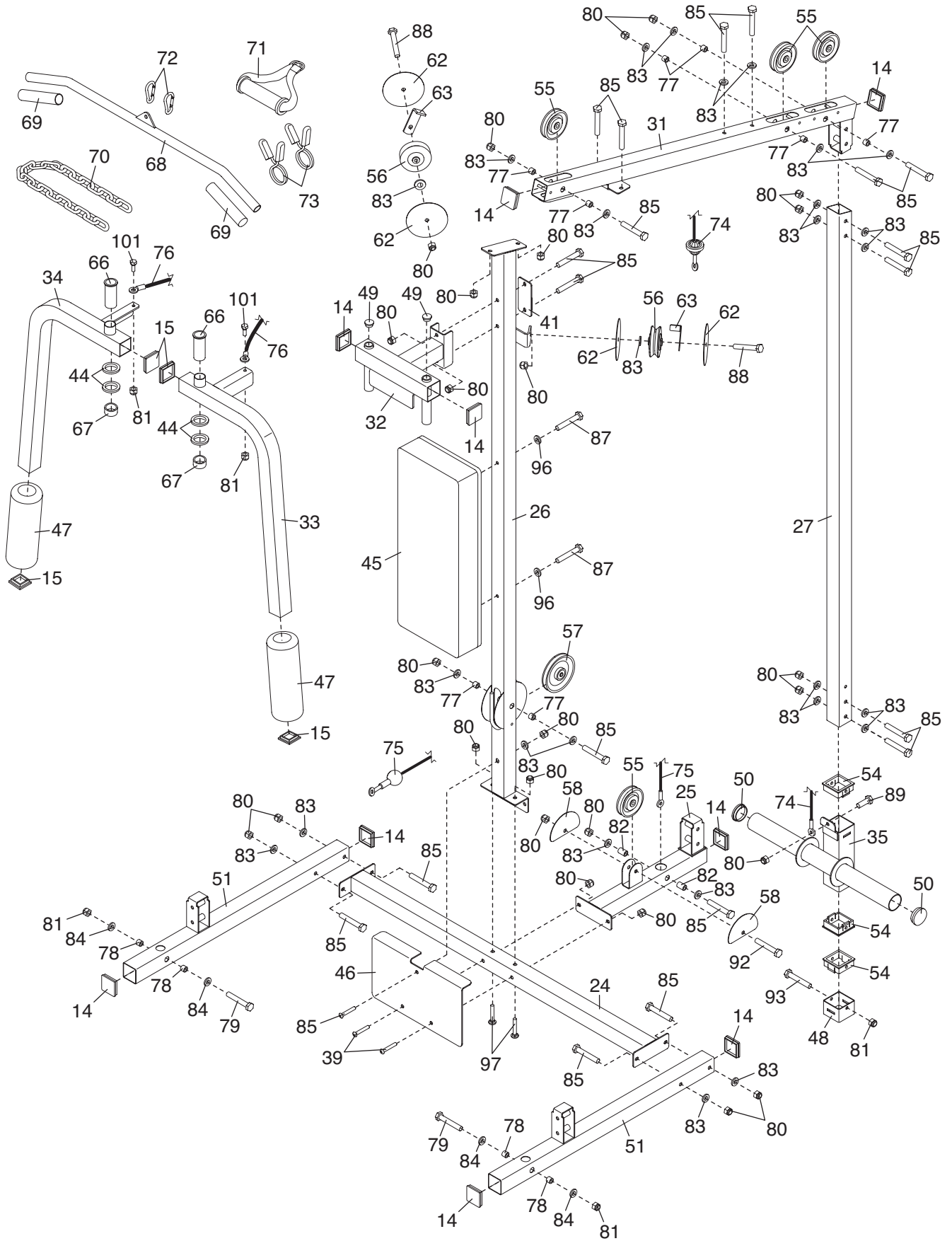
EXPLODED DRAWING A—Model No. WEBE1915.0

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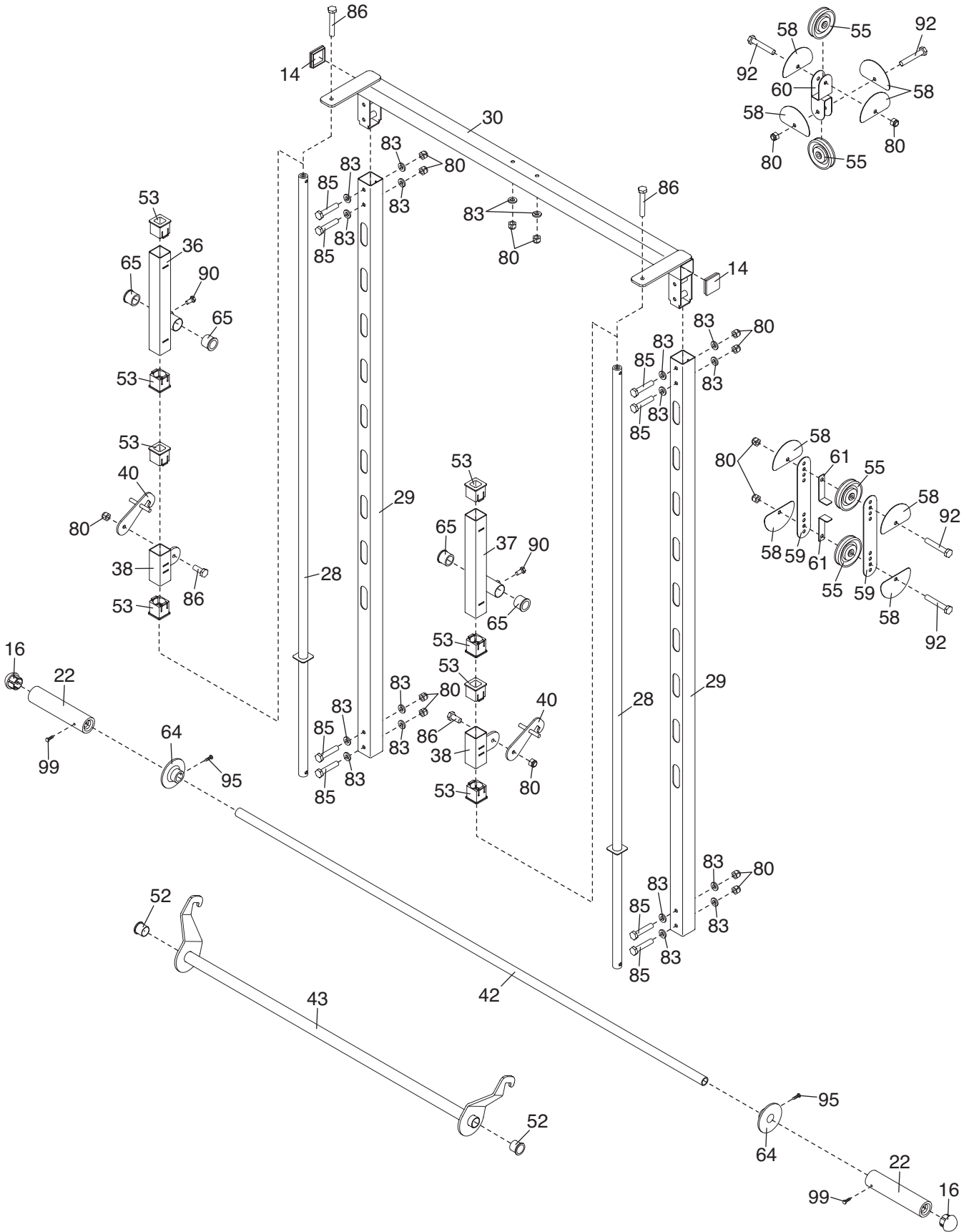
EXPLODED DRAWING B—Model No. WEBE1915.0

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EXPLODED DRAWING C—Model No. WEBE1915.0

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ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of the manual)
- the name 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 near the end 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. 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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