

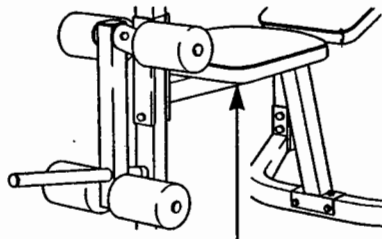


# WEIDER PRO

Model No. WEBE21580

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 find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

**1-800-999-3756**

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

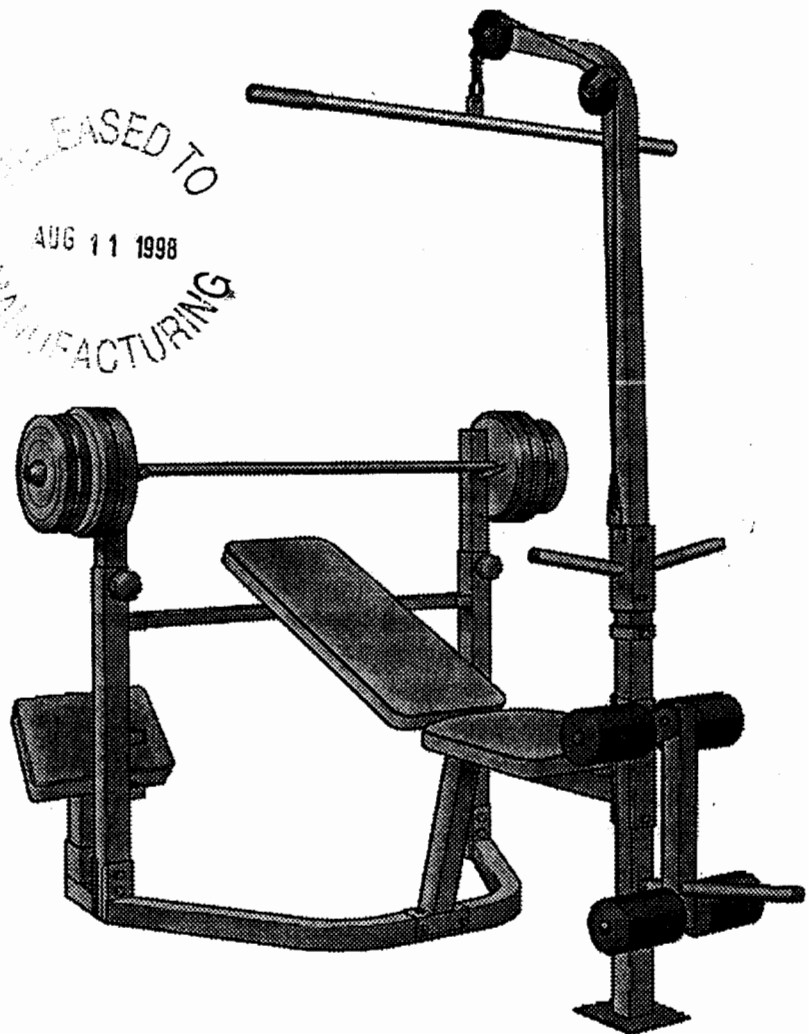
## CAUTION

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

# 318

# USER'S MANUAL

RELEASED TO  
AUG 11 1998  
MANUFACTURING



PATENT PENDING

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Note: A Part List/Exploded Drawing is attached to the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

## Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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

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# Important Precautions

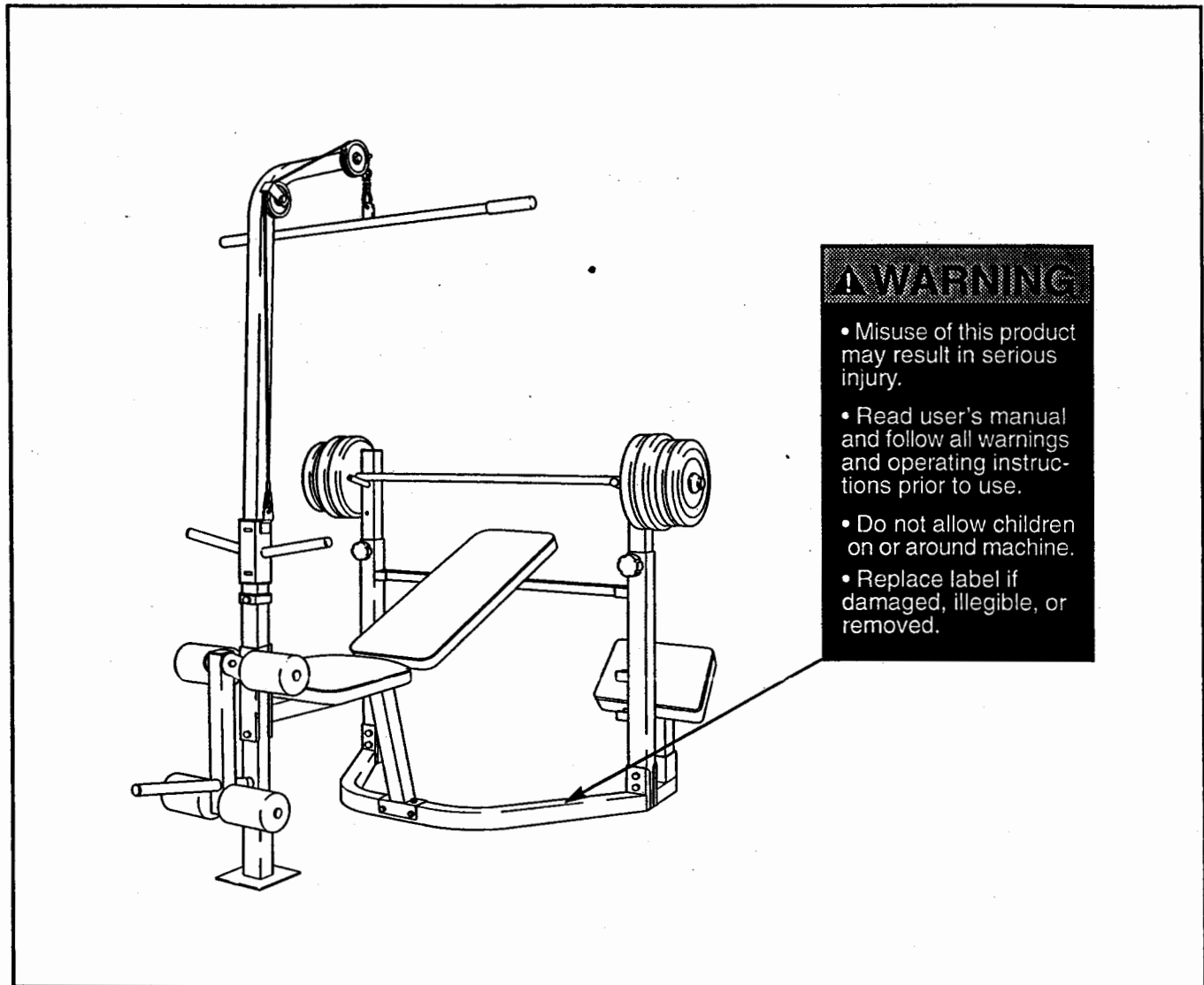
**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. 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 for protection.
5. Inspect and tighten all parts 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. Do not use a barbell longer than six feet with this weight bench.
10. Always make sure there is an equal amount of weight on each side of your barbell.
11. The weight bench is designed to support a maximum of 460 pounds, including the user, a barbell and weights. Do not place more than 210 pounds, including a barbell and weights, on the weight rests. Do not place more than 130 pounds on the weight carriage. Do not place more than 130 pounds on the leg lever for normal use.
12. Always place 50 pounds on the leg lever when performing squat exercises to balance the bench (see page 16).
13. Always fold the backrest out of the way when performing squat exercises (see page 16).  
Insert the adjustment knob into the hole in the bench frame to hold the backrest in place. Do not sit on the seat when the backrest is folded.
14. Do not stand with your back to the weight bench when performing squat exercises (see page 16). You should be able to see the weight rests while exercising so that you can safely return the barbell to the weight rests when you finish the exercise.
15. When using the backrest, make sure the adjustment tube is fully inserted into the adjustment brackets on the uprights.
16. Always remove the lat tower or curl post from the front leg before performing leg curl or leg extension exercises with the leg lever (see page 15).
17. When performing an exercise during which you are sitting on the bench with your back to the lat tower, make sure there is plenty of space between your back and the weight carriage. Always lower the weight carriage in a controlled manner. Never let the weight carriage drop.
18. Always set both weight rests at the same height. The long adjustment knob must always be inserted through both the weight rest and upright and firmly tightened. *Never tighten the long adjustment knob into an upright and then set a weight rest in the upright on top of the long adjustment knob.*
19. Always exercise with a partner. When you are performing bench press exercises, squat exercises or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
20. 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.

## Warning Decal Placement

The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, 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 replacement decal. Apply the replacement decal to the location shown.



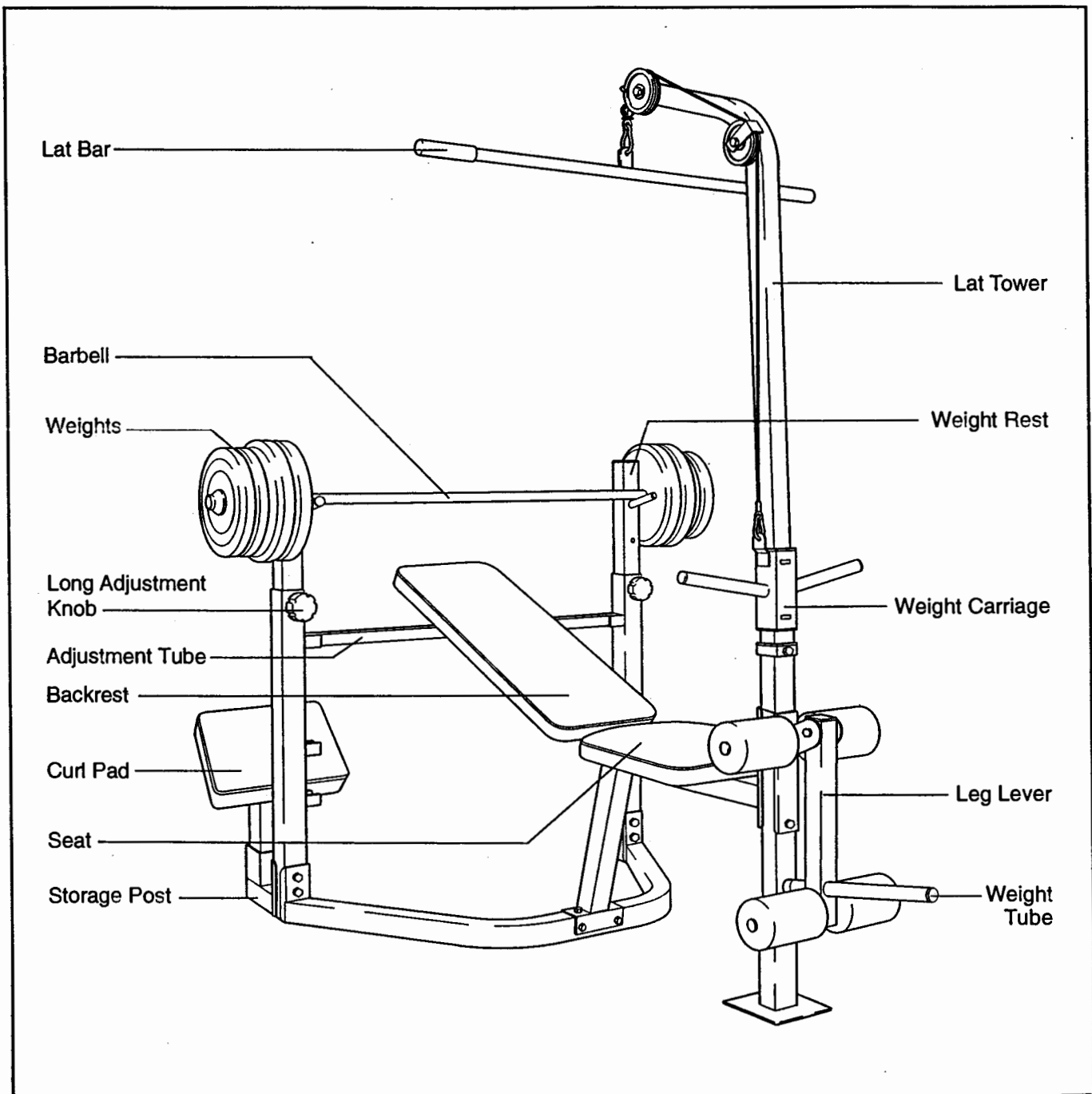
# Before You Begin

Thank you for selecting the versatile WEIDER® PRO 318 Weight Bench. The PRO 318 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the PRO 318 Weight Bench will help you achieve the specific results you want.

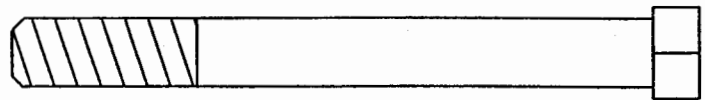
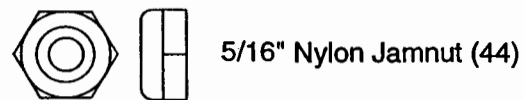
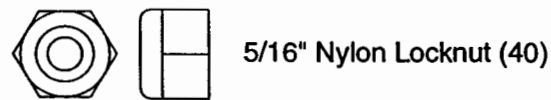
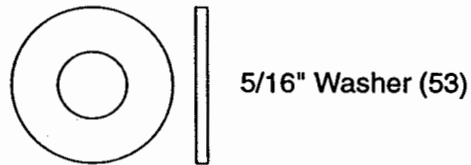
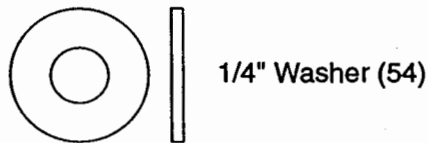
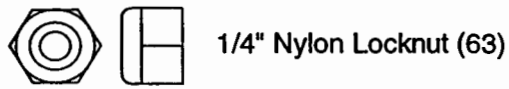
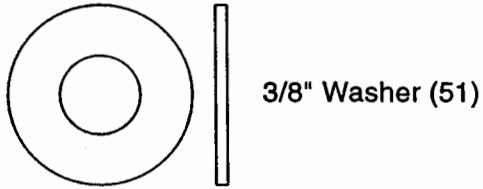
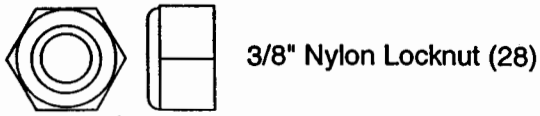
**For your benefit, read this manual carefully before using the WEIDER® PRO 318 Weight Bench.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756,

Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE21580. The serial number can be found on a decal attached to the PRO 318 Weight Bench (see the front cover of this manual).

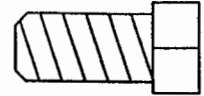
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



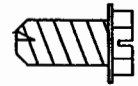
**Part Identification Chart - Model No. WEBE21580 R0798A**



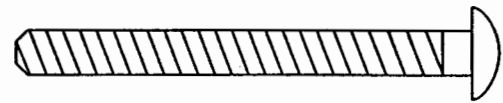
3/8" x 3 1/2" Bolt (50)



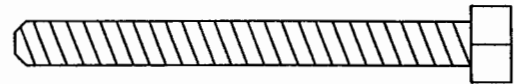
3/8" x 3/4" Bolt (39)



1/4" x 1/2" Screw (45)



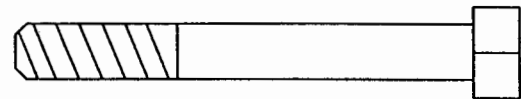
1/4" x 2 1/2" Carriage Bolt (64)



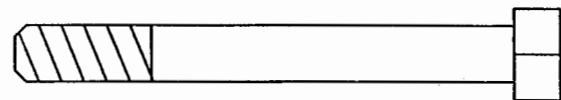
1/4" x 2 1/2" Screw (46)



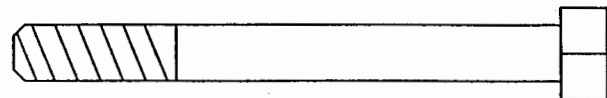
5/16" x 2 1/2" Carriage Bolt (47)



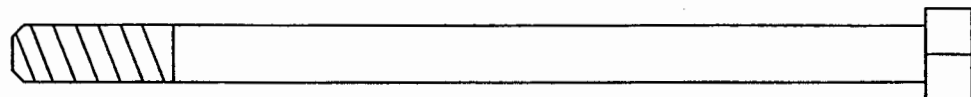
5/16" x 2 1/2" Bolt (41)



5/16" x 2 3/4" Bolt (42)



5/16" x 3" Bolt (48)



5/16" x 5" Bolt (43)

# Assembly

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

## Make Things Easier for Yourself!



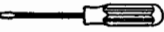
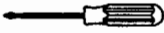
Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts and consequently, the assembly process will take time. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- Assembly requires two people.
- 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.

- For help identifying the small parts, use the PART IDENTIFICATION CHART on page 6 of the manual.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

**The following tools (not included) are required for assembly:**

- Two (2) adjustable wrenches 
- One (1) rubber mallet 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- Lubricant, such as grease or petroleum jelly plus soapy water.

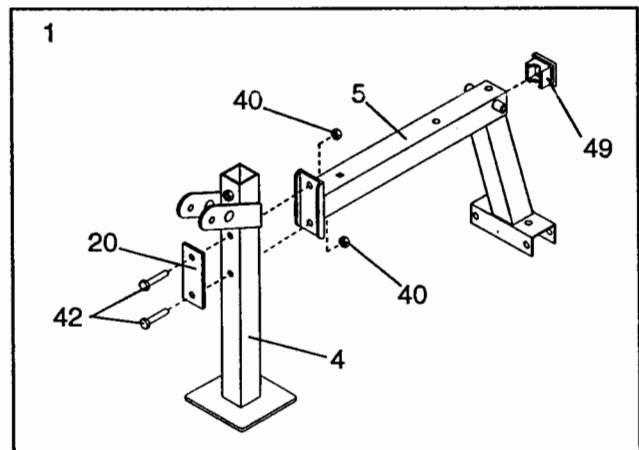
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

1. **Before assembling this product, make sure you have read and understand the information in the box above.**

Press the 2" Square Inner Cap With Slot (49) into the Bench Frame (5).

Attach the Bench Frame (5) to the Front Leg (4) with two 5/16" x 2 3/4" Bolts (42), the Support Plate (20) and two 5/16" Nylon Locknuts (40).

**Do not tighten the Nylon Locknuts yet.**

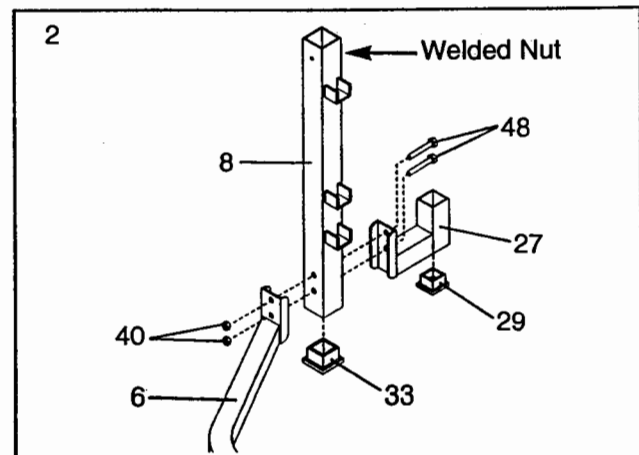


2. Press a 2 1/4" Square Inner Cap (33) into the lower end of the Left Upright (8).

Press a 2" Square Inner Cap (29) into the lower end of the Storage Post (27).

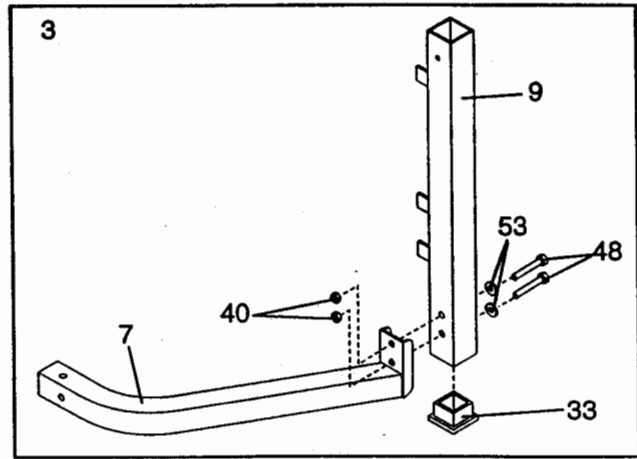
Attach the Left Base (6) and the Storage Post (27) to the Left Upright (8) with two 5/16" x 3" Bolts (48) and two 5/16" Nylon Locknuts (40). **Do not confuse the Left and Right Upright. Locate the welded nut to identify each Upright.**

**Do not tighten the Nylon Locknuts yet.**



3. Press a 2 1/4" Square Inner Cap (33) into the lower end of the Right Upright (9).

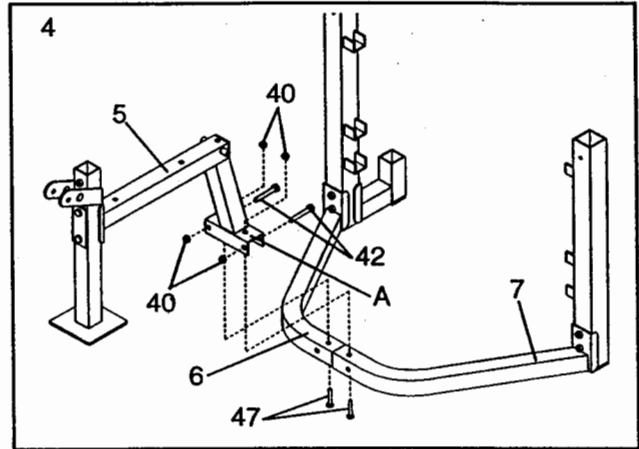
Attach the Right Base (7) to the Right Upright (9) with two 5/16" x 3" Bolts (48), two 5/16" Washers (53) and two 5/16" Nylon Locknuts (40).



4. Insert a 5/16" x 2 1/2" Carriage Bolt (47) through the front hole in each Base (6, 7). Slide the mounting bracket (A) on the Bench Frame (5) onto the Carriage Bolts. Partially tighten a 5/16" Nylon Locknut (40) onto each Carriage Bolt.

**Do not tighten the Nylon Locknuts yet.**

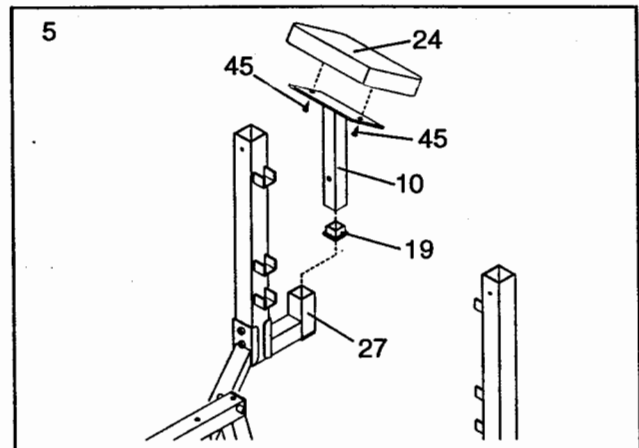
Insert two 5/16" x 2 3/4" Bolts (42) through the mounting bracket (A) on the Bench Frame (5) and the Left and Right Base (6, 7). Partially tighten a 5/16" Nylon Locknut (40) onto each Bolt. **Tighten the 5/16" Nylon Locknuts (40) used in steps 1-4 now.**



5. Press a 1 3/4" Square Inner Cap (19) into the lower end of the Curl Post (10).

Attach the Curl Pad (24) to the Curl Post (10) with two 1/4" x 1/2" Screws (45).

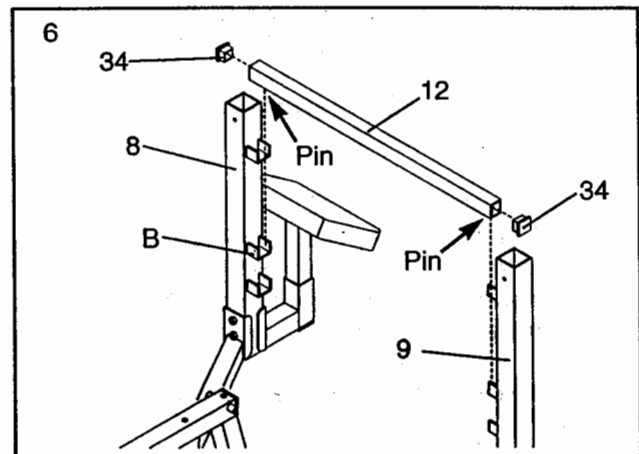
Slide the Curl Post (10) into the Storage Post (27).



6. Press a 1 1/4" Square Inner Cap (34) into each end of the Adjustment Tube (12).

Insert the Adjustment Tube (12) into one set of adjustment brackets (B) on the Uprights (8, 9).

**Make sure the Adjustment Tube is oriented as shown and that the pins on the Tube are fully inserted into the slots in the adjustment brackets.**



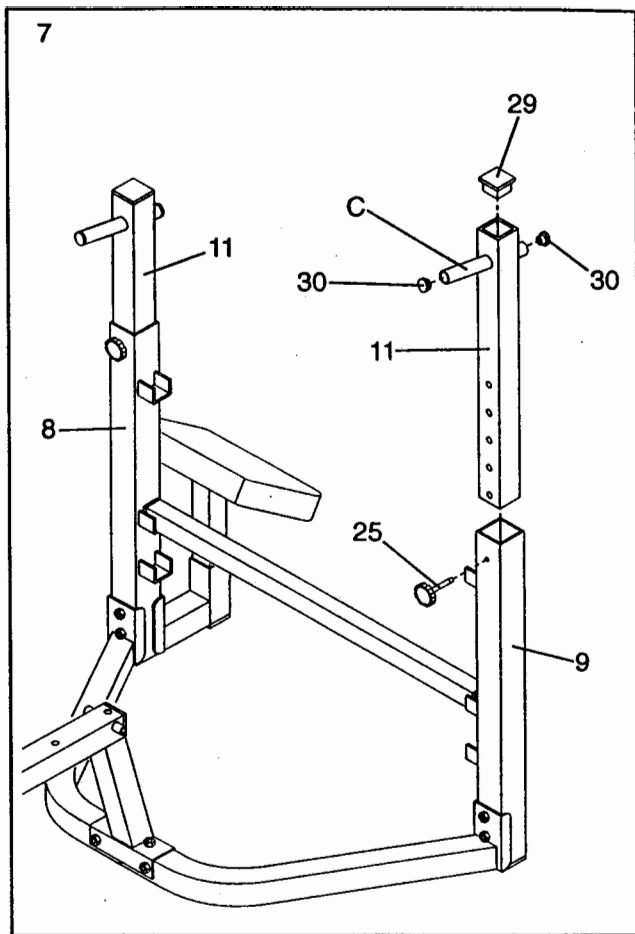
7. Press a 2" Square Inner Cap (29) into the upper end of each Weight Rest (11).

Press a 1" Round Inner Cap (30) into each end of the welded tube (C) on both Weight Rests.

Slide a Weight Rest (11) into the Left Upright (8). Align one of the holes in the Weight Rest with the hole in the Upright. Insert a Long Adjustment Knob (25) through the Upright and the Weight Rest. Tighten the Knob into the welded nut.

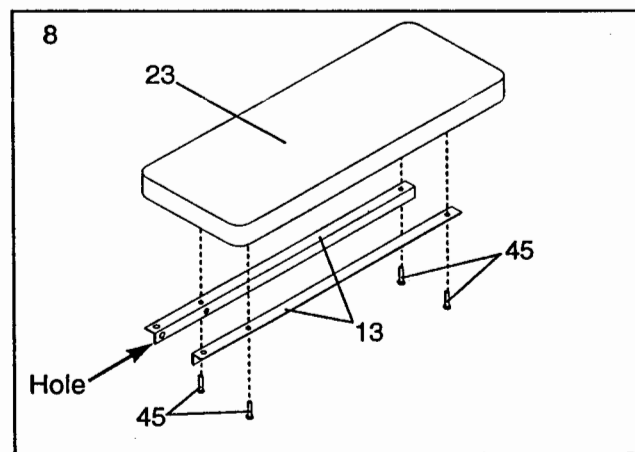
Insert the other Weight Rest into the Right Upright (9) in the same manner.

**Both Weight Rests must be set at the same height.**



8. Attach the Backrest (23) to the Backrest Supports (13) with four 1/4" x 1/2" Screws (45).

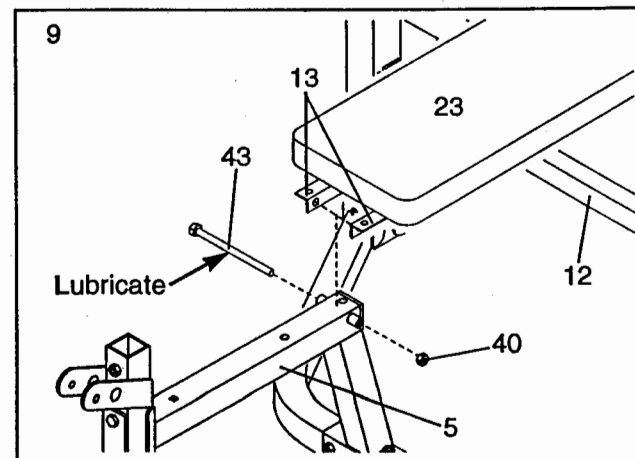
**Make sure the Backrest Supports (13) are oriented as shown. Note the holes on one end of the Backrest Supports.**



9. Lubricate a 5/16" x 5" Bolt (43). Attach the Backrest Supports (13) to the Bench Frame (5) with the Bolt and a 5/16" Nylon Locknut (40).

**Make sure the Backrest Supports (13) are oriented as shown. Do not overtighten the Nylon Locknut (40); the Backrest Supports must be able to move freely.**

Lower the Backrest (23) onto the Adjustment Tube (12).

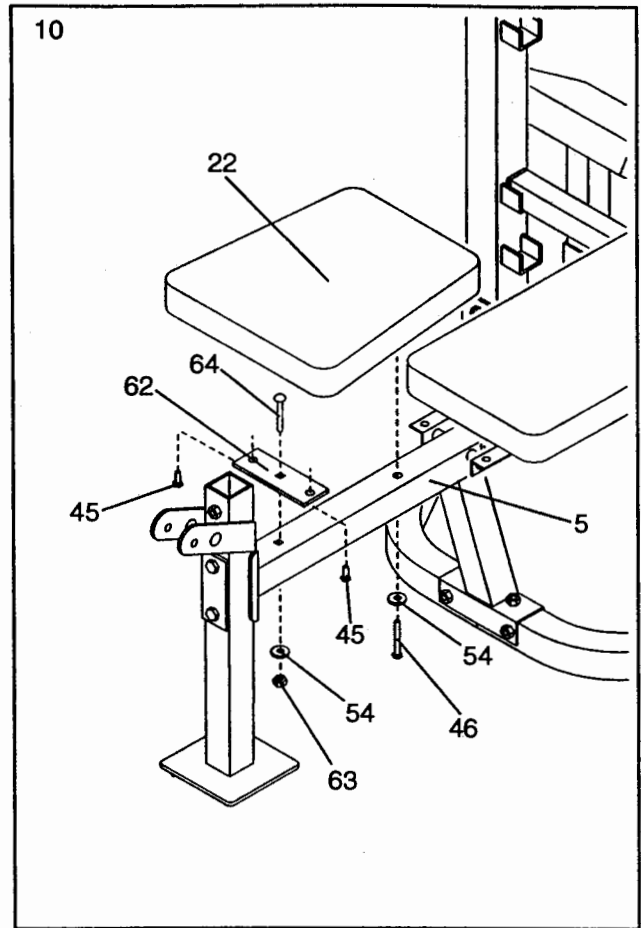


10. Insert the 1/4" x 2 1/2" Carriage Bolt (64) through the hole in the Seat Plate (62).

Attach the Seat Plate (62) to the wide end of the Seat (22) with two 1/4" x 1/2" Screws (45).

Insert the 1/4" x 2 1/2" Carriage Bolt (64) through the hole in the Bench Frame (5) and secure it with a 1/4" Washer (54) and a 1/4" Nylon Locknut (63).

Attach the narrow end of the Seat (22) to the Bench Frame (5) with the 1/4" x 2 1/2" Screw (46) and a 1/4" Washer (54).

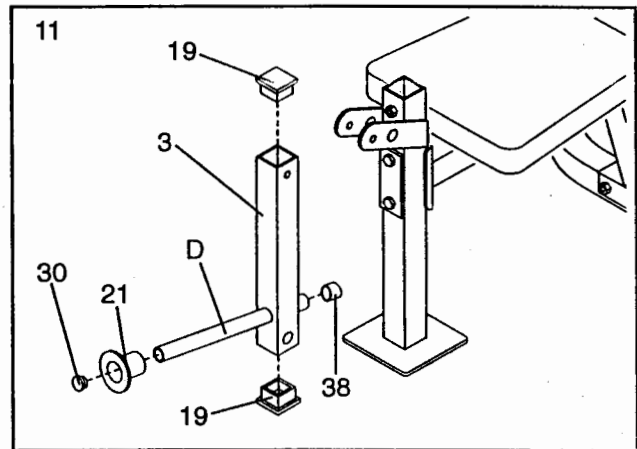


11. Press a 1 3/4" Square Inner Cap (19) into each end of the Leg lever (3).

Press the 1" Round Angle Cap (38) onto the indicated end of the weight tube (D).

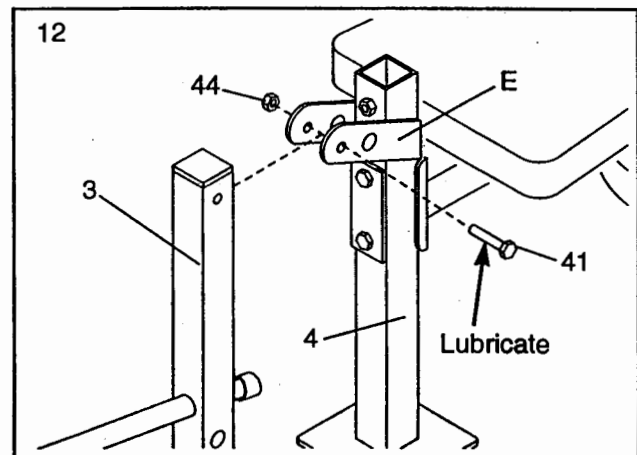
Press a 1" Round Inner Cap (30) into the other end of the weight tube (D).

Slide the Weight Stop (21) onto the weight tube (D).



12. Lubricate the 5/16" x 2 1/2" Bolt (41).

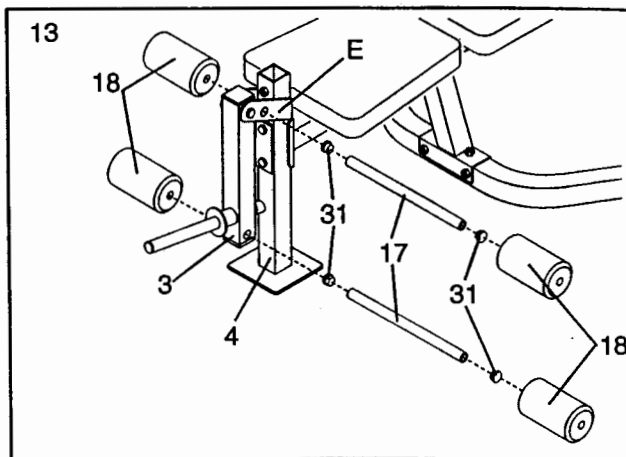
Attach the Leg Lever (3) to the bracket (E) on the Front Leg (4) with the Bolt and a 5/16" Nylon Jamnut (44).



13. Press a 3/4" Round Inner Cap (31) into each end of both Pad Tubes (17).

Insert a Pad Tube (17) through the hole in the Leg Lever (3). Insert another Pad Tube through the hole in the bracket (E) on the Front Leg (4).

Slide two Foam Pads (18) onto each Pad Tube (17).

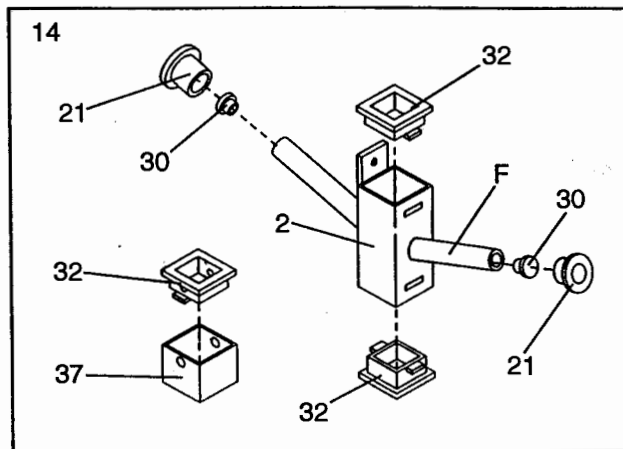


14. Press a 2 1/4" Square Bushing (32) into the top and bottom of the Weight Carriage (2).

Press a 1" Round Inner Cap (30) into the end of each weight support tube (F) on the Weight Carriage (2).

Slide a Weight Stop (21) onto each support tube (F).

Press a 2 1/4" Square Bushing (32) into the top (note the location of the hole) of the Carriage Stop (37).



15. Insert a 1 3/4" Square Inner Cap (19) into the lower end of the Lat Tower (1).

Locate the Cable (36). Attach the end without the ball to the bracket on the Weight Carriage (2) with the 3/8" x 3/4" Bolt (39) and a 3/8" Nylon Locknut (28).

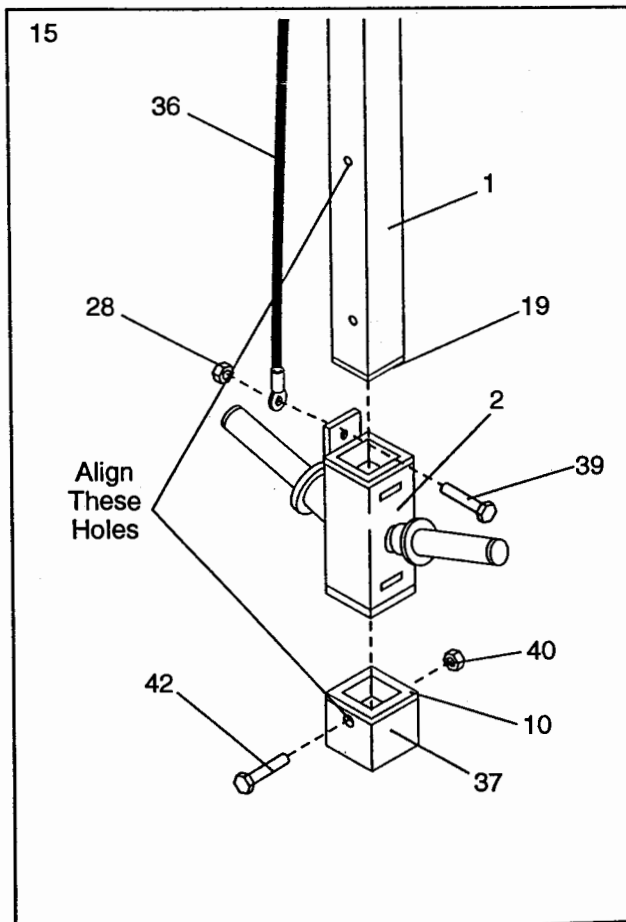
Slide the Weight Carriage (2) onto the Lat Tower (1).

**Make sure the Weight Carriage is oriented as shown.**

Slide the Carriage Stop (37) onto the Lat Tower (1).

**Make sure the 2 1/4" Square Bushing (10) is facing the Weight Carriage (2).**

Align the holes in the Carriage Stop (37) with the indicated holes in the Lat Tower (1). Attach the Carriage Stop to the Lat Tower with a 5/16" x 2 3/4" Bolt (42) and a 5/16" Nylon Locknut (40).



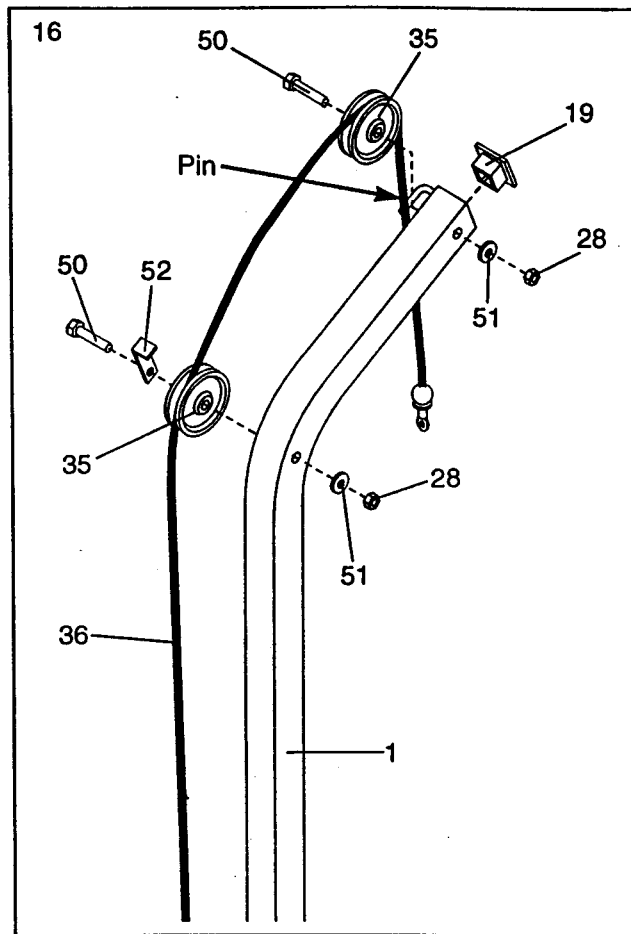
16. Insert a 1 3/4" Square Inner Cap (19) into the top end of the Lat Tower (1).

Wrap the free end of the Cable (36) around a Pulley (35). Attach the Pulley to the top end of the Lat Tower (1) with a 3/8" x 3 1/2" Bolt (50), a 3/8" Washer (51) and a 3/8" Nylon Locknut (28).

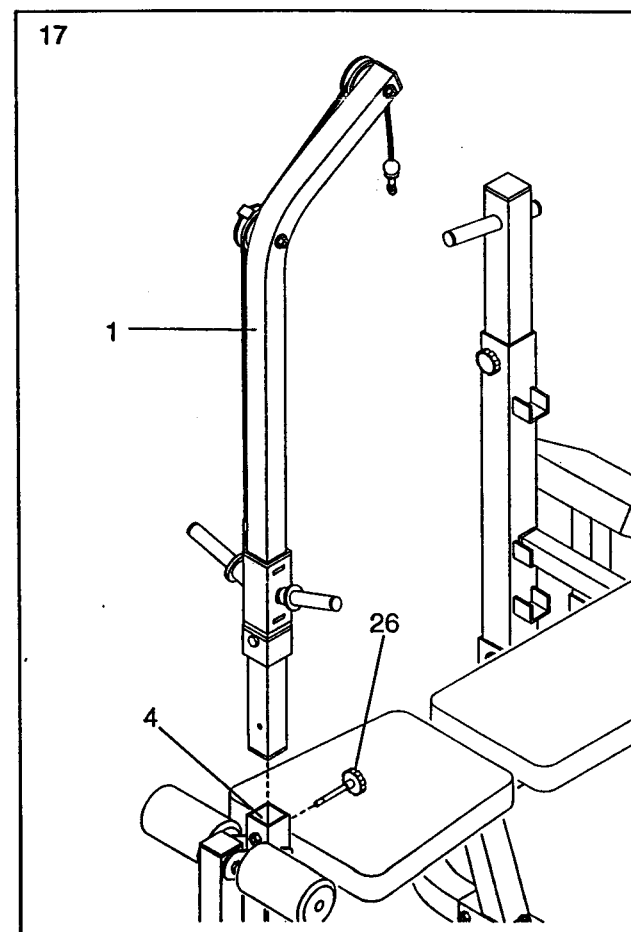
**Make sure the Cable is between the Pulley and the welded pin on the Lat Tower.**

Wrap the Cable (36) around the other Pulley (35). Attach the Pulley to the Lat Tower (1) with a 3/8" x 3 1/2" Bolt (50), a Cable Trap (52), a 3/8" Washer (51) and a 3/8" Nylon Locknut (28).

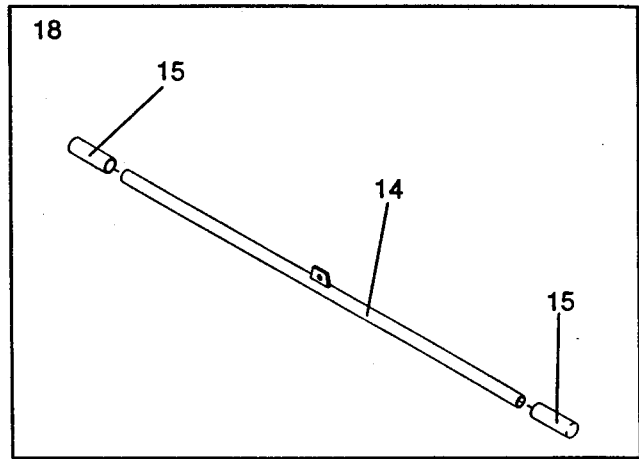
**Make sure the Cable Trap (52) is oriented as shown and that the Cable (36) runs smoothly over both Pulleys (35).**



17. Insert the Lat Tower (1) into the Front Leg (4). **The Lat Tower must be turned as shown.** Secure the Lat Tower with the Adjustment Knob (26).



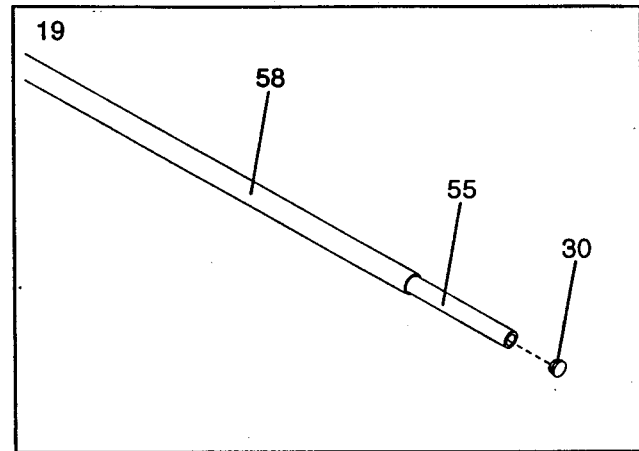
18. Slide a Handgrip (15) onto each end of the Lat Bar (14).



19. Press a 1" Round Inner Cap (30) into each end of the 6' Barbell (55).

Slide the Plastic Sleeve (58) onto the Barbell (55).

**Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in Adjusting the Weight Bench beginning on the next page.**



# Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 17 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

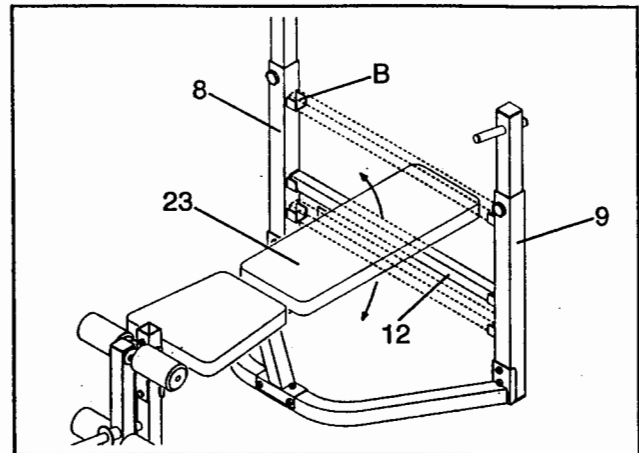
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

The Backrest (23) can be set to three different positions: a level position, a decline position and an incline position.

To change the position of the Backrest (23), move the Adjustment Tube (12) to a different set of adjustment brackets (B) on the Uprights (8, 9).

**Make sure the Adjustment Tube is securely seated in the adjustment brackets.**

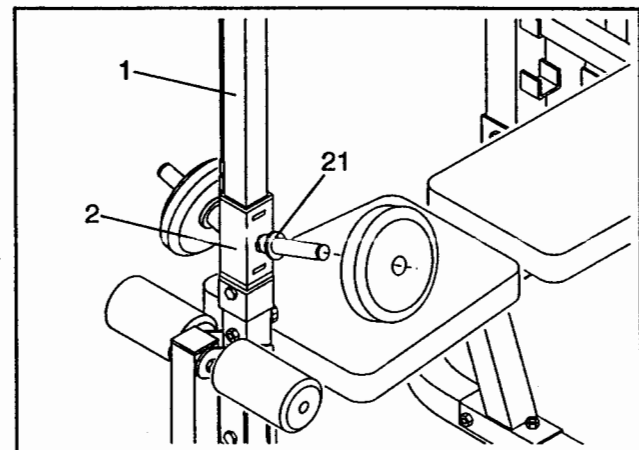


## ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the Lat Tower (1), make sure there is a Weight Stop (21) on each weight tube on the Weight Carriage (2). Slide the desired amount of weight onto each weight tube on the Weight Carriage.

**Make sure there is an equal amount of weight on each side of the Weight Carriage.**

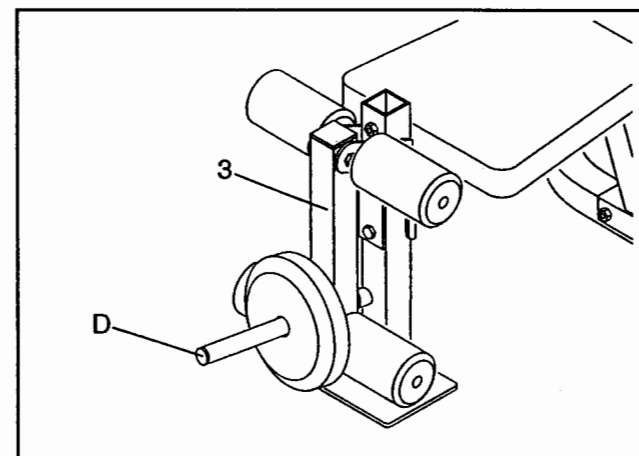
**WARNING: Do not place more than 130 pounds on the weight carriage.**



## ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (3), first make sure the Weight Stop (21, not shown) is on the weight tube (D). Then slide the desired amount of weight onto the weight tube.

**WARNING: Do not place more than 130 pounds on the leg lever.**

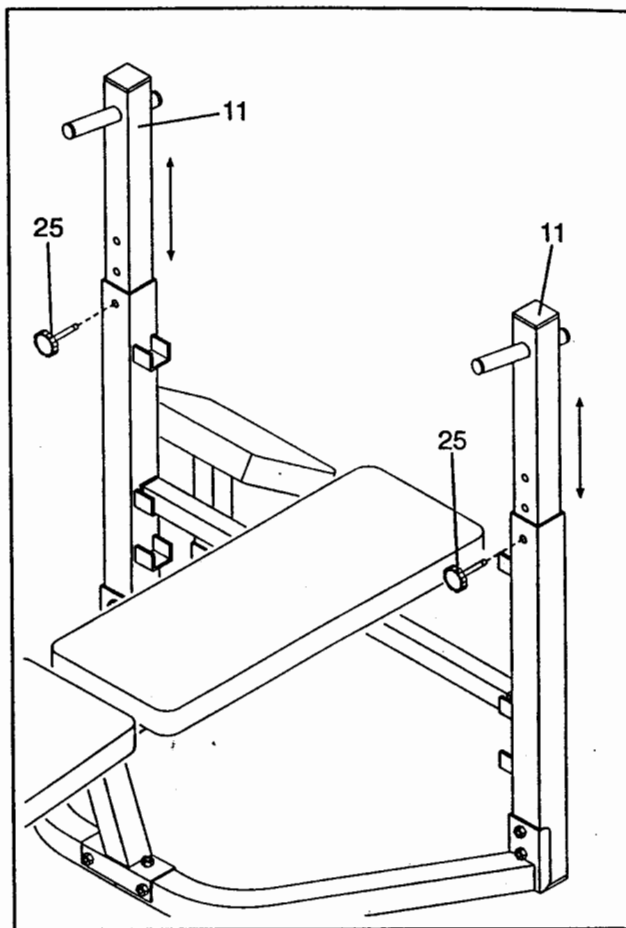


## ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (11), **first remove your barbell from the Weight Rests**. Then remove the Long Adjustment Knob (25) from the Weight Rest in one Upright. Position the Weight Rest at the desired height or turn it around if needed. Align the holes in the Weight Rest and the Upright. Secure the Weight Rest with the Long Adjustment Knob. **Make sure that you fully tighten the Long Adjustment Knob.**

Position the other Weight Rest in the same manner. **Both Weight Rests must be set at the same height.**

**WARNING:** Always set both weight rests at the same height. The long adjustment knob must always be inserted through both the weight rest and upright and firmly tightened. *Never tighten the long adjustment knob into an upright and then set a weight rest in the upright on top of the long adjustment knob.*



## ATTACHING THE CURL POST OR LAT TOWER

For some exercises, the Curl Post (10) must be attached to the weight bench.

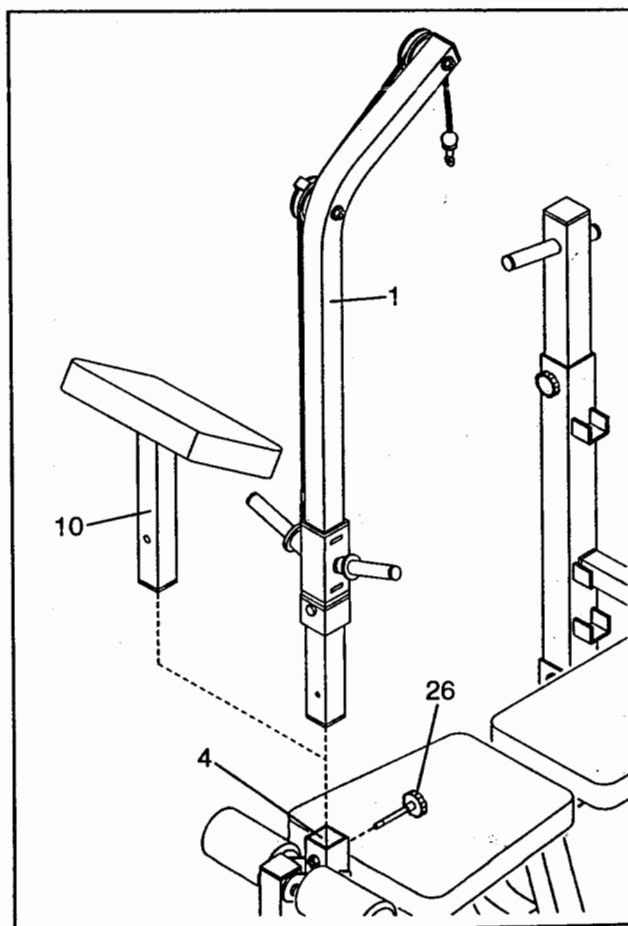
Insert the Curl Post (10) into the indicated hole in the Front Leg (4). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Short Adjustment Knob (26). **Make sure that you fully tighten the Short Adjustment Knob.**

When the Curl Post (10) is not in use, it can be stored in the Storage Post (27, not shown).

For other exercises, the Lat Tower (1) must be attached to the weight bench.

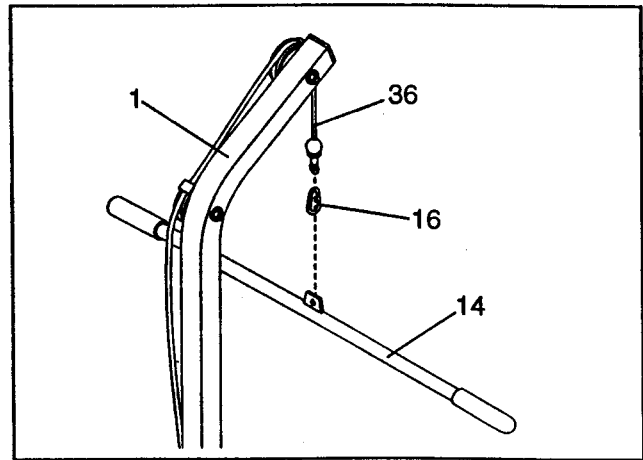
Insert the Lat Tower (1) into the indicated hole in the Front Leg (4). Align the holes in the Front Leg and the Lat Tower. Secure the Lat Tower with the Short Adjustment Knob (26). **Make sure that you fully tighten the Short Adjustment Knob.**

When the Lat Tower (1) is not in use, it can be stored in the Storage Post (27, not shown).



## ATTACHING THE LAT BAR TO THE LAT TOWER

To use the Lat Tower (1), attach the Lat Bar (14) to the Cable (36) with a Cable Clip (16).

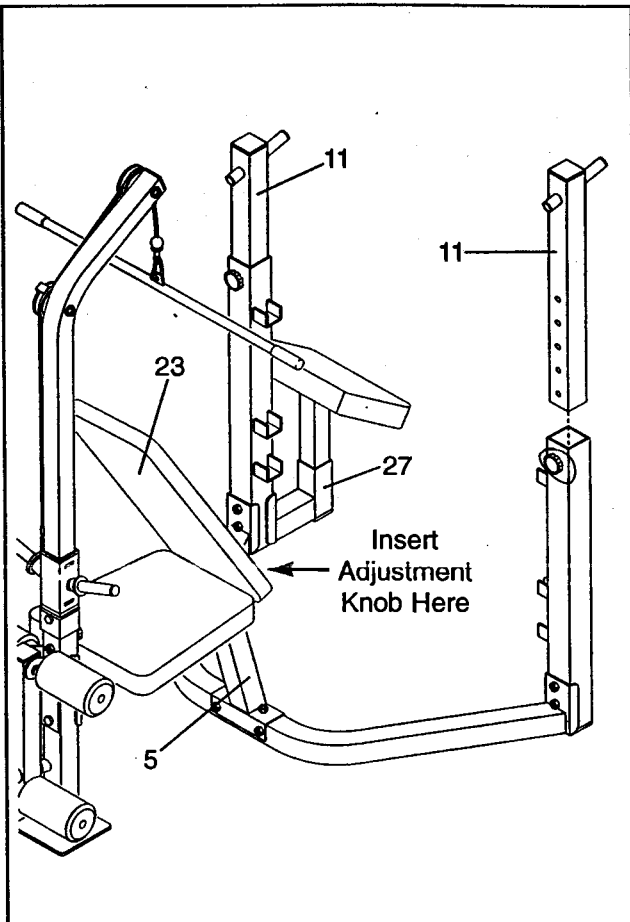


## ADJUSTING THE BENCH FOR SQUAT EXERCISES

To perform squat or toe raise exercises, fold the Backrest (23) into the upright position by lifting and pulling it forward as far as it will go. Insert the Adjustment Knob (26, not shown) into the hole on top of the Bench Frame (5) to hold the Backrest in place.

Raise the Weight Rests (11) to the highest position and turn them around (see ADJUSTING THE WEIGHT RESTS earlier in this section). The high side of the Weight Rests must be on the side shown.

Do not use the Storage Post (27) when performing squat or toe raise exercises.



**WARNING:** Always fold the backrest out of the way, and lock it in place with the adjustment knob, when performing squat exercises. Do not sit on the seat when the backrest is folded.

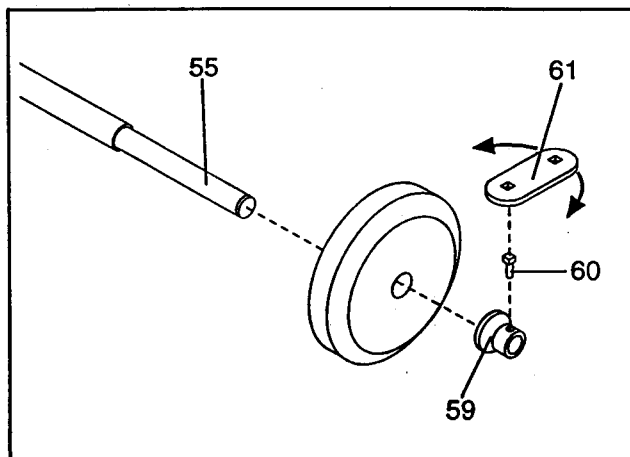
**WARNING:** Always place 50 pounds on the leg lever when performing squat exercises to balance the bench.

**WARNING:** Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell when you finish the exercise.

## ATTACHING AND REMOVING WEIGHTS

To attach Weights to the Barbell (55), slide the desired amount of Weights onto the Barbell. Slide the Barbell Collars (59) onto each end of the Barbell and secure them by tightening the Barbell Screws (60) with the Collar Wrench (61).

To remove Weights, loosen the Barbell Screws (60) with the Collar Wrench (61). Slide the Barbell Collars (59) and then the Weights off the Barbell (55).



# Exercise Guidelines

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level 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 obviously 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

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One 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, running 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

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very 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 with emphasis on the areas that you want to develop the 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

You will gain the greatest benefits from exercising by maintaining proper form. 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 poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 18 to find the locations 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!

You should rest for a short period of time after each set. The ideal resting periods are:

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 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 very effective for increasing flexibility.

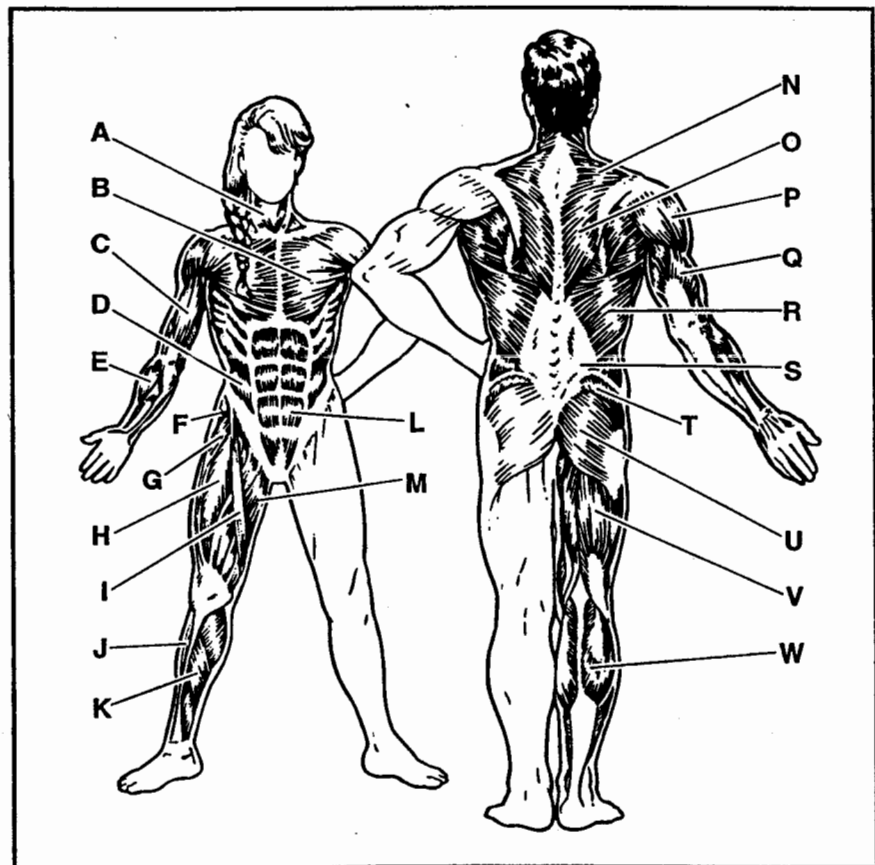
### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 18 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus 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. 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. 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)



**MONDAY**

Date:

/ /

EXERCISE	WEIGHT	SETS	REPS

**TUESDAY****AEROBIC EXERCISE**

Date:

/ /

**WEDNESDAY**

Date:

/ /

EXERCISE	WEIGHT	SETS	REPS

**THURSDAY****AEROBIC EXERCISE**

Date:

/ /

**FRIDAY**

Date:

/ /

EXERCISE	WEIGHT	SETS	REPS

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

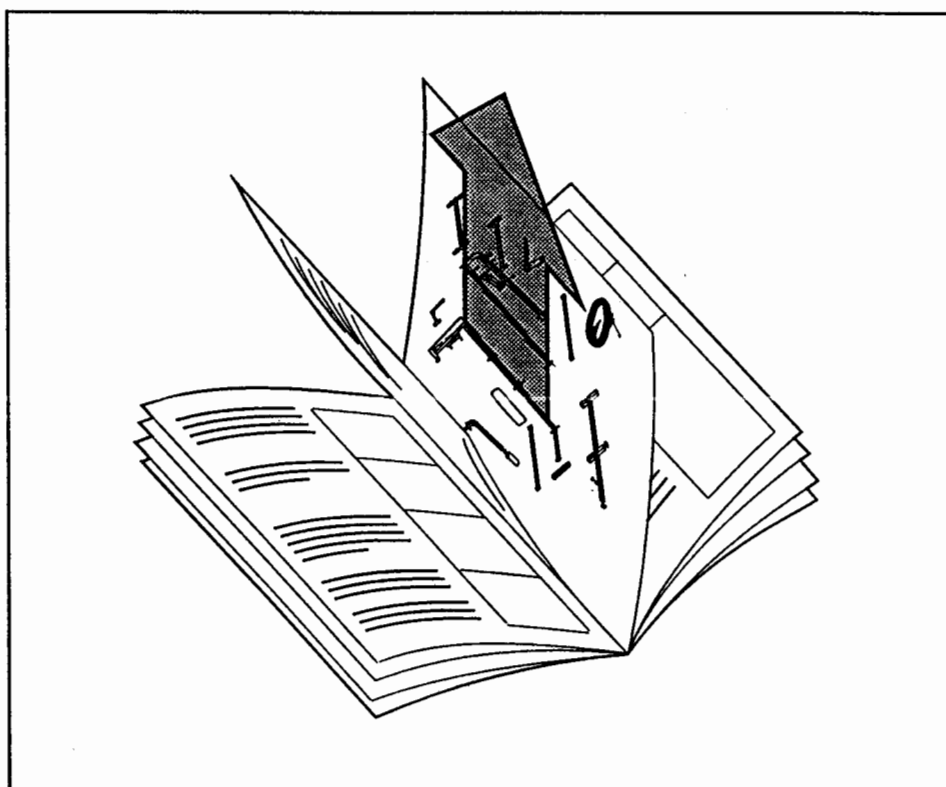
# Ordering Replacement Parts

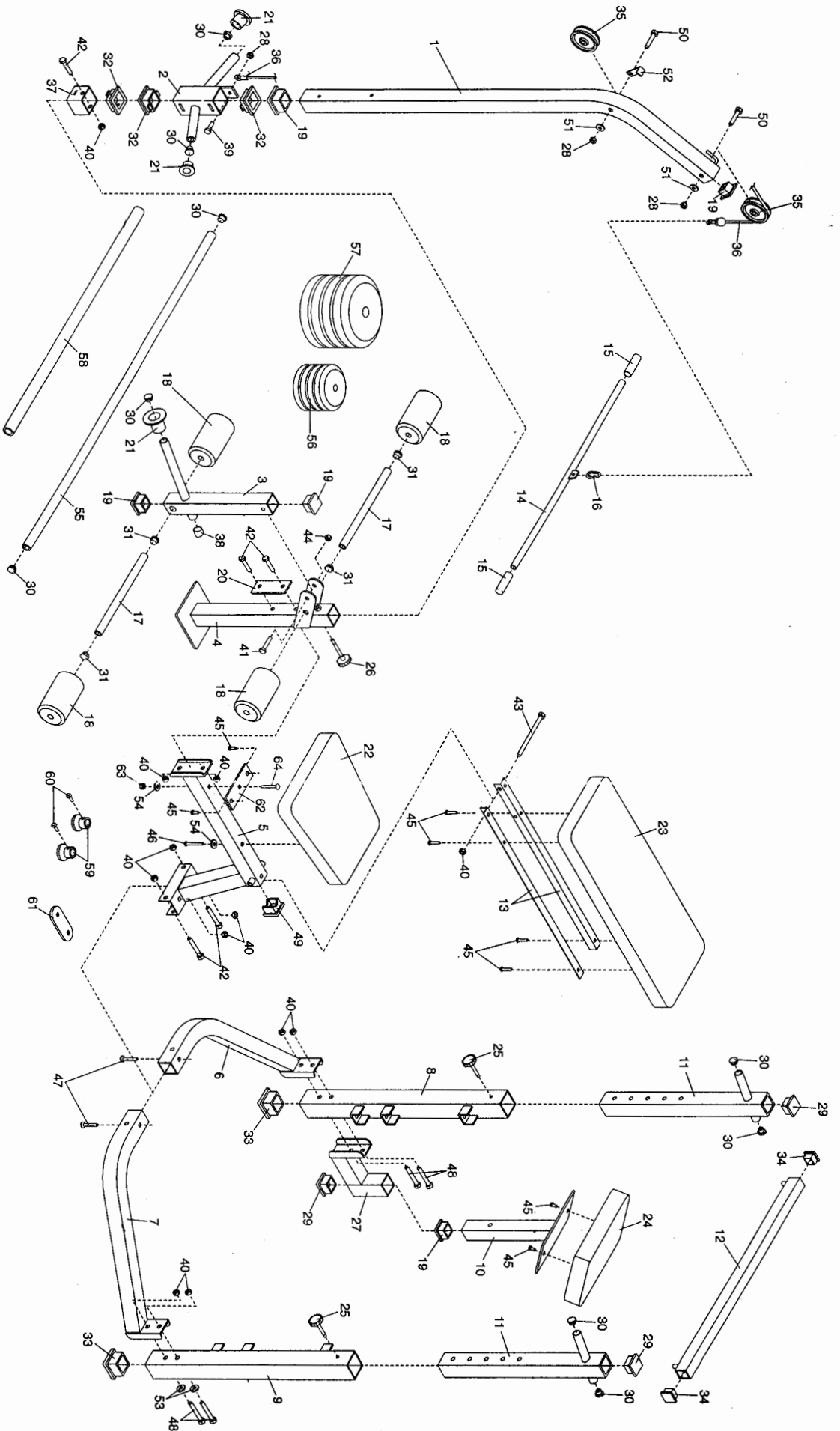
To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE21580).
2. The NAME of the product (WEIDER® PRO 318 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

# REMOVE THIS PART LIST/EXPLODED DRAWING FROM THE MANUAL

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE





# Part List - Model No. WEBE21580

R0798A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Lat Tower	34	2	1 1/4" Square Inner Cap
2	1	Weight Carriage	35	2	Pulley
3	1	Leg Lever	36	1	Cable
4	1	Front Leg	37	1	Carriage Stop
5	1	Bench Frame	38	1	1" Round Angle Cap
6	1	Left Base	39	1	3/8" x 3/4" Bolt
7	1	Right Base	40	12	5/16" Nylon Locknut
8	1	Left Upright	41	1	5/16" x 2 1/2" Bolt
9	1	Right Upright	42	5	5/16" x 2 3/4" Bolt
10	1	Curl Post	43	1	5/16" x 5" Bolt
11	2	Weight Rest	44	1	5/16" Nylon Jamnut
12	1	Adjustment Tube	45	8	1/4" x 1/2" Screw
13	2	Backrest Support	46	1	1/4" x 2 1/2" Screw
14	1	Lat Bar	47	2	5/16" x 2 1/2" Carriage Bolt
15	2	Handgrip	48	4	5/16" x 3" Bolt
16	1	Cable Clip	49	1	2" Square Inner Cap With Slot
17	2	Pad Tube	50	2	3/8" x 3 1/2" Bolt
18	4	Foam Pad	51	2	3/8" Washer
19	5	1 3/4" Square Inner Cap	52	1	Cable Trap
20	1	Support Plate	53	2	5/16" Washer
21	3	Weight Stop	54	2	1/4" Washer
22	1	Seat	55	1	6' Barbell
23	1	Backrest	56	4	10 lbs Vinyl Weight
24	1	Curl Pad	57	4	15 lbs Vinyl Weight
25	2	Long Adjustment Knob	58	1	Plastic Sleeve
26	1	Adjustment Knob	59	2	Barbell Collar
27	1	Storage Post	60	2	Barbell Screw
28	3	3/8" Nylon Locknut	61	1	Collar Wrench
29	3	2" Square Inner Cap	62	1	Seat Plate
30	7	1" Round Inner Cap	63	1	1/4" Nylon Locknut
31	4	3/4" Round Inner Cap	64	1	1/4" x 2 1/2" Carriage Bolt
32	3	2 1/4" Square Bushing	#	1	User's Manual
33	2	2 1/4" Square Inner Cap	#	1	Exercise Chart

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.