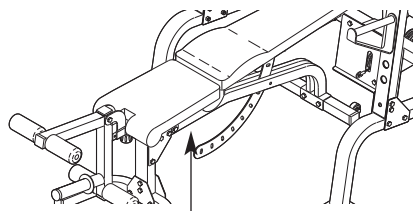


# WEIDER<sup>®</sup> PRO 396

Model No. WEBE27331

Serial No. \_\_\_\_\_

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



Serial Number Decal (Under Seat)

## QUESTIONS?

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

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

**CUSTOMER HOT LINE:**

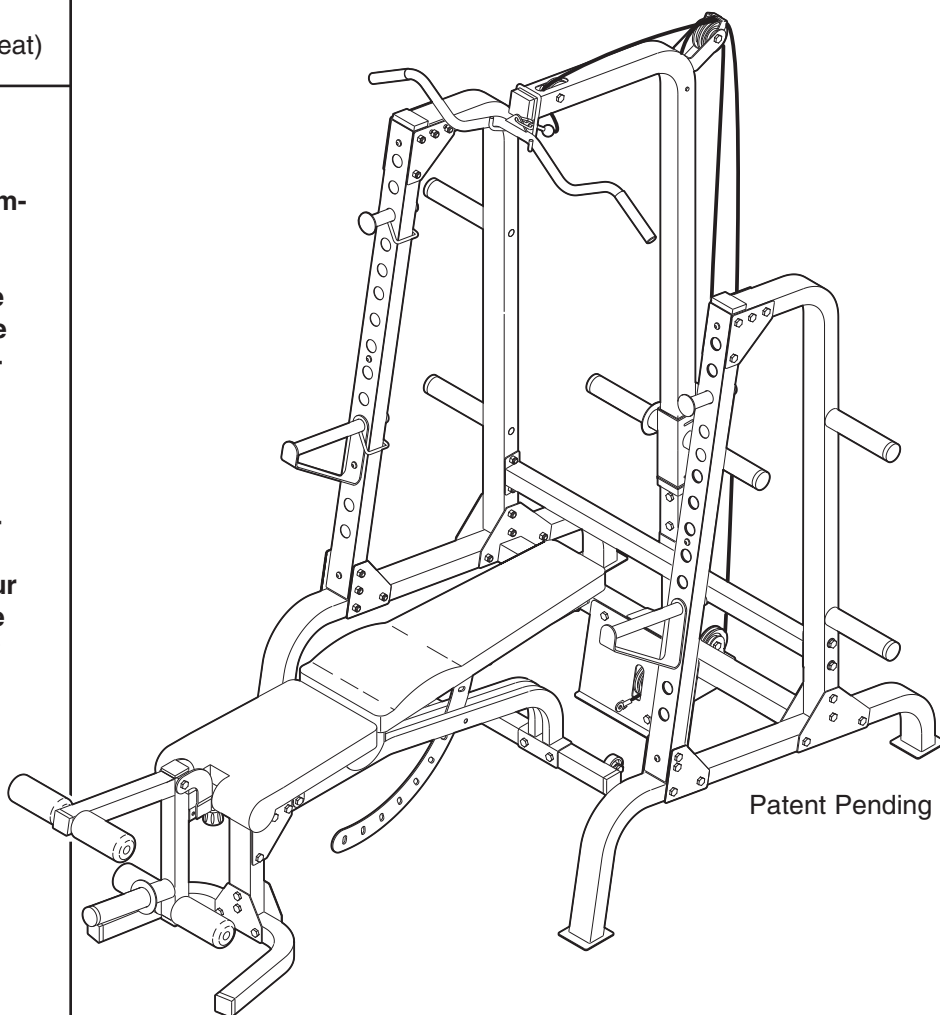
**1-877-992-5999**

Mon.–Fri., 6 a.m.–6 p.m. MST

## CAUTION

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

## USER'S MANUAL



Patent Pending



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fitness tips, and much more!*

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

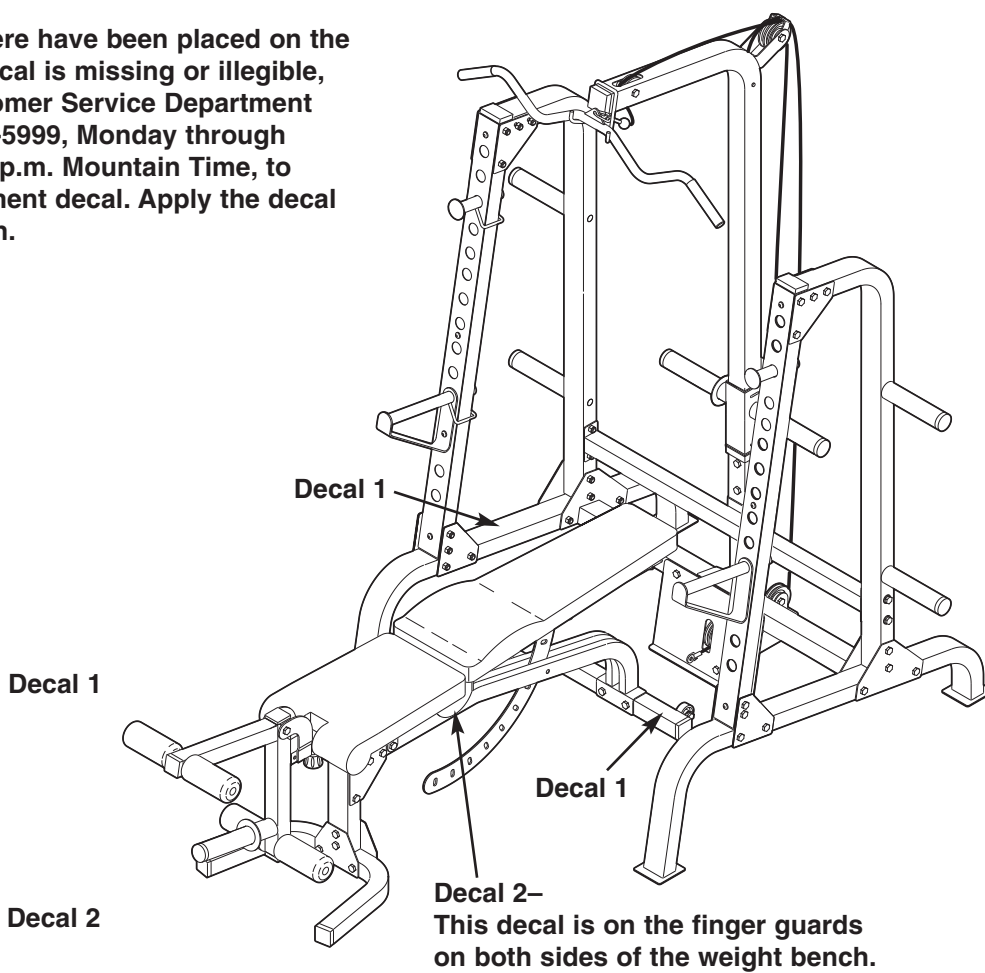
The decals shown here have been placed on the weight bench. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-877-992-5999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.

**⚠ WARNING**

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

**⚠ WARNING**

Keep hands and fingers clear of this area.



# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time the weight bench is used. 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. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys.
10. Always set both weight rests and both weight spotters at the same height.
11. 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 the barbell, on the weight rests. Do not place more than 200 pounds on the weight carriage or more than 150 pounds the leg lever. Note: The weight bench does not include a barbell or weights. The weight bench is designed to be used with an Olympic barbell.
12. Always place an equal amount of weight on each side of the weight carriage or barbell.
13. Always secure the weights with the weight clips when they are mounted on the weight carriage.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always move the bench out of the way when performing squat exercises. Always disconnect the lat bar from the cable when performing an exercise that does not require it.
16. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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

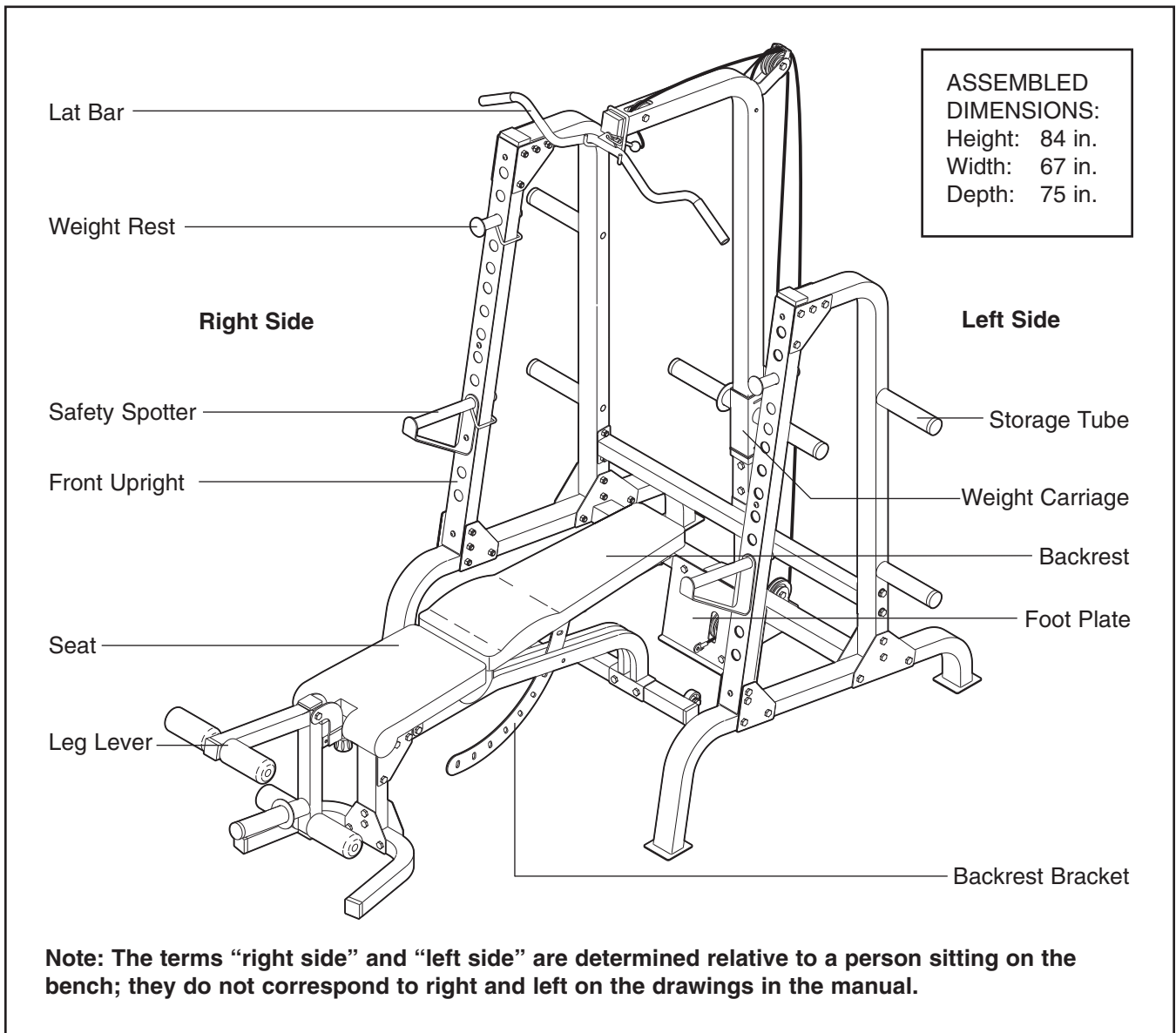
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 396 weight bench. The weight bench is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the weight bench will help you achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have questions after reading this manual, please call our Customer Service

Department toll-free at 1-877-992-5999, 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 WEBE27331. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



# ASSEMBLY

## Make Things Easier for Yourself




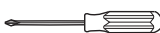
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly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

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

- Assembly requires two people.
- 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.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

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

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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

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

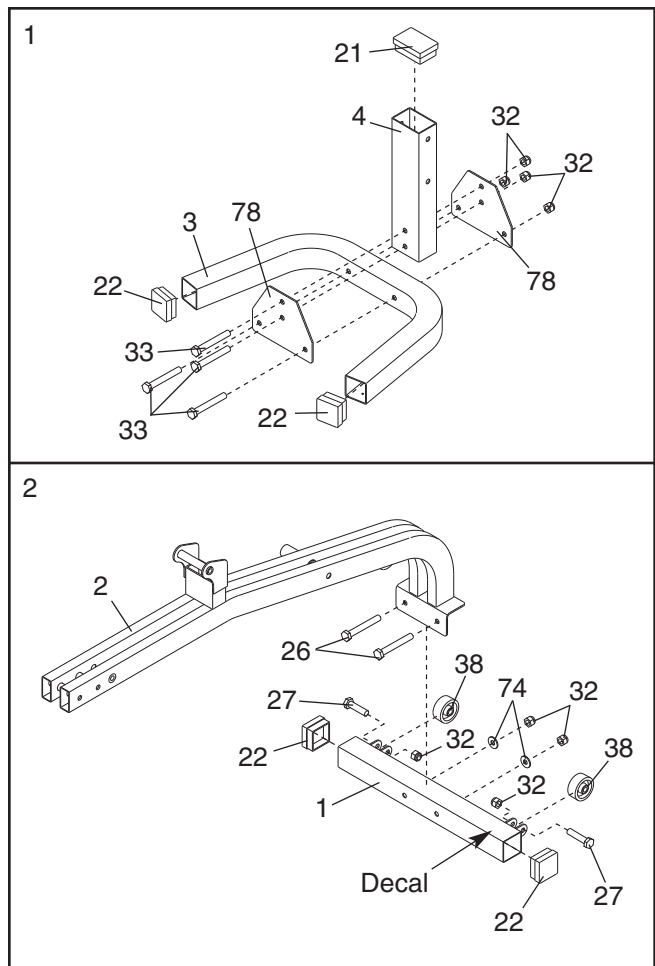
Press a 51mm x 76mm Inner Cap (21) into the Front Leg (4). Press two 50mm Square Inner Caps (22) into the Front Stabilizer (3).

Attach the Front Leg (4) to the Front Stabilizer (3) with four M10 x 72mm Bolts (33), two Leg Plates (78), and four M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

2. Press two 50mm Square Inner Caps (22) into the ends of the Rear Stabilizer (1).

Attach the two Wheels (38) to the Rear Stabilizer (1) with two M10 x 45mm Bolts (27) and two M10 Nylon Locknuts (32). **Do not overtighten the Locknuts; the Wheels must be able to roll easily.**

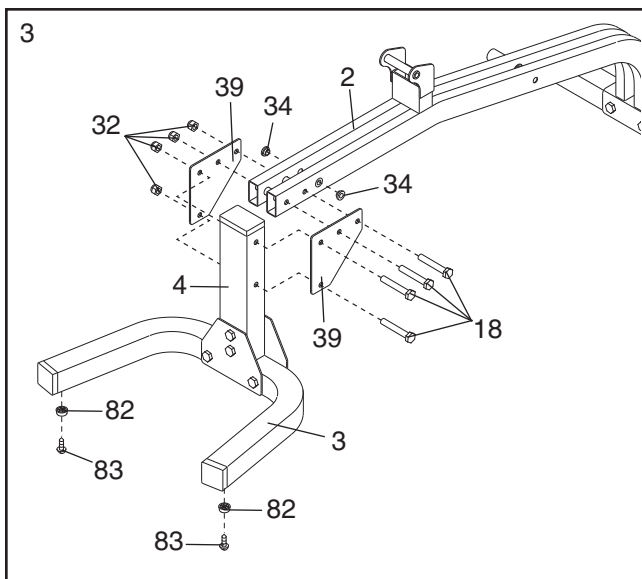
Attach the Bench Frame (2) to the Rear Stabilizer (1) with two M10 x 68mm Bolts (26), two M10 Washers (74), and two M10 Nylon Locknuts (32). **Make sure the decal is in the indicated position. Do not tighten the Locknuts yet.**



3. Attach two Bumpers (82) to the Front Stabilizer (3) with two M4 x 13mm Screws (83).

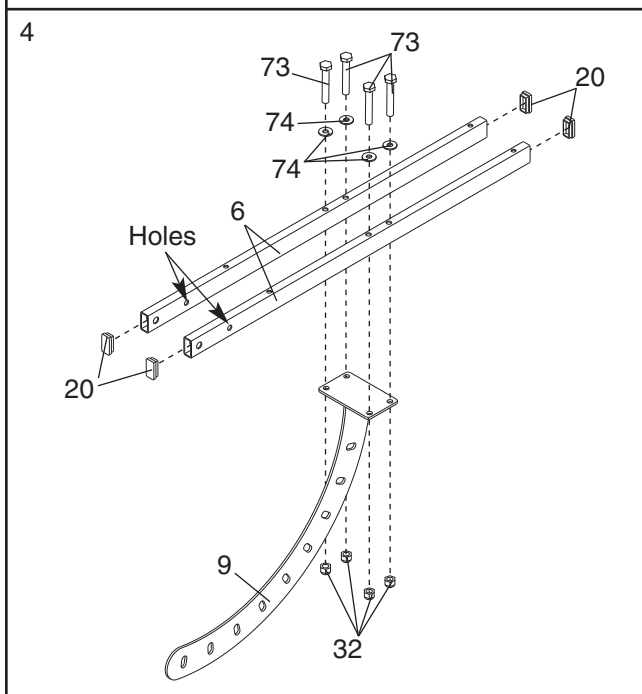
Press two Bushings (34) into the Bench Frame (2).

Attach the Bench Frame (2) to the Front Leg (4) with four M10 x 94mm Bolts (18), two Joint Plates (39), and four M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

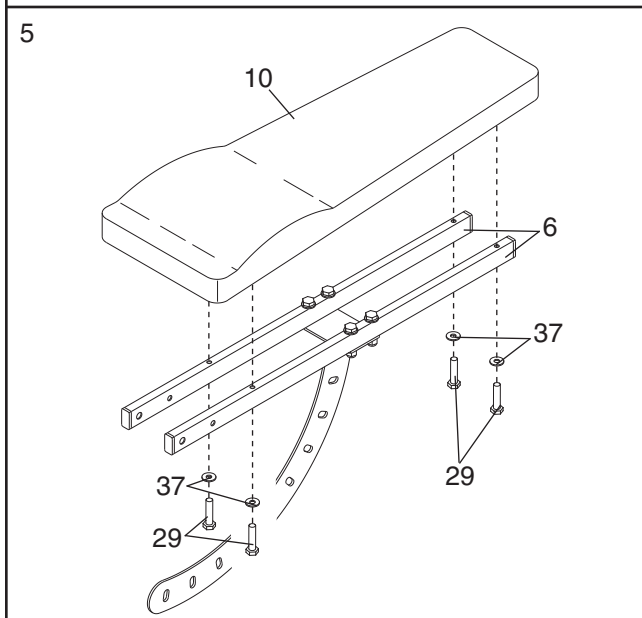


4. Press four 20mm x 40mm Inner Caps (20) into the ends of the two Backrest Frames (6).

Attach the Backrest Frames (6) to the Backrest Bracket (9) with four M10 x 58mm Bolts (73), four M10 Washers (74), and four M10 Nylon Locknuts (32). **Make sure the Backrest Frames are oriented as shown. The Backrest Frames must be parallel, with the indicated holes aligned.**



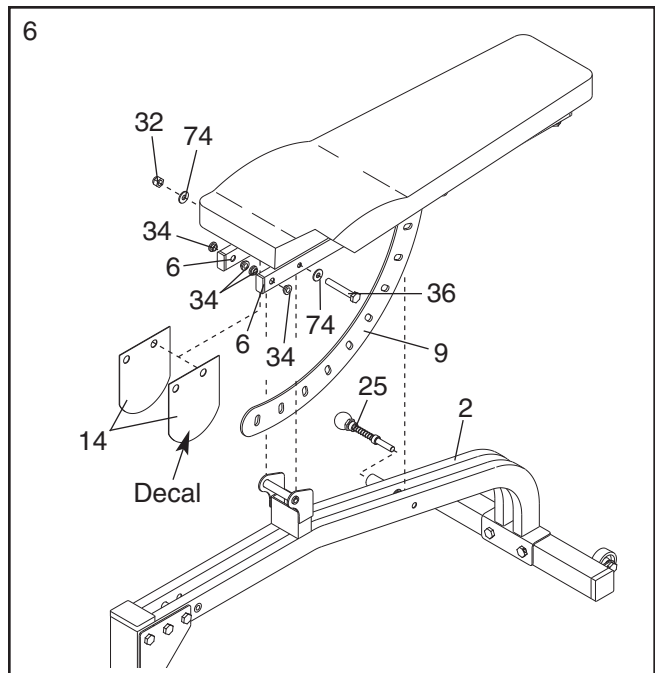
5. Attach the Backrest (10) to the Backrest Frames (6) with four M6 x 53mm Screws (29) and four M6 Washers (37). **Note: If the four Screws cannot be inserted into the Backrest properly, go back to step 4 and readjust the Backrest Frames.**



- Press four Bushings (34) into the Backrest Frames (6) as shown.

Secure the Backrest Knob (25) to the Bench Frame (2). Pull the Knob out as far as it will go. Slide the Backrest Bracket (9) between the Bench Frame tubes and engage the Knob into a hole in the Bracket.

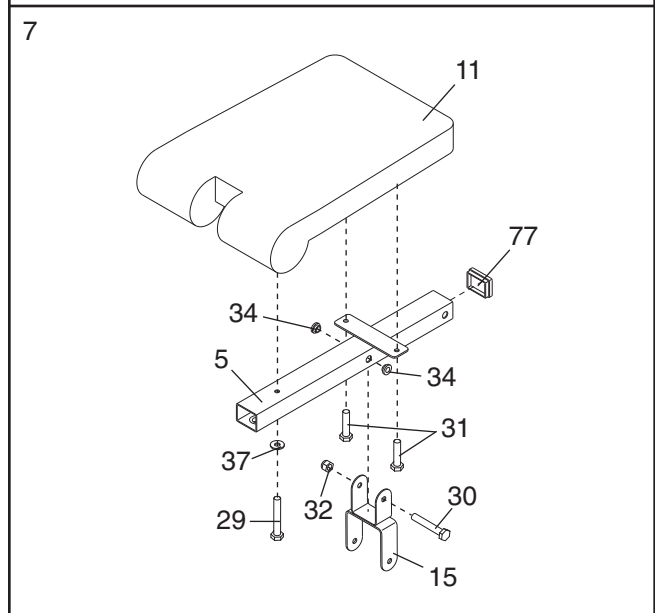
Attach the Backrest Frames (6) and two Finger Guards (14) to the Bench Frame (2) with an M10 x 146mm Bolt (36), two M10 Washers (74), and an M10 Nylon Locknut (32). **Make sure that the decals are on the outside of the Finger Guards and that the Finger Guards are on the inside of the Backrest Frames. Do not over-tighten the Locknut; the Bracket Frames and Pivot Guards must be able to pivot easily.**



- Press a 38mm x 50mm Inner Cap (77) into the indicated end of the Seat Frame (5). Press two Bushings (34) into the Seat Frame as shown.

Attach the Pivot Bracket (15) to the Seat Frame (5) with an M10 x 75mm Bolt (30) and an M10 Nylon Locknut (32). **Do not overtighten the Locknut; the Pivot Bracket must be able to pivot easily.**

Attach the Seat (11) to the Seat Frame (5) with two M6 x 16mm Screws (31), an M6 x 53mm Screw (29), and an M6 Washer (37).

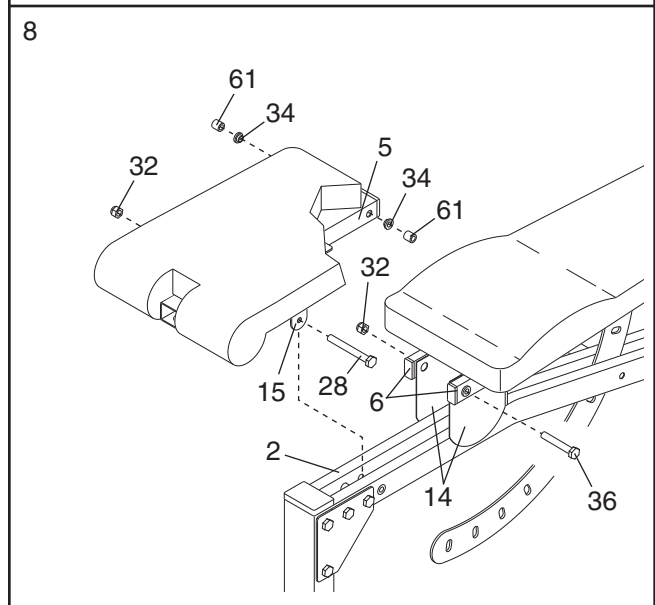


- Press two Bushings (34) into the Seat Frame (5) as shown.

Attach the Seat Frame (5) to the Backrest Frames (6) and Finger Guards (14) with an M10 x 146mm Bolt (36), two Short Spacers (61), and an M10 Nylon Locknut (32). **Do not overtighten the Locknut; the Seat Frame must be able to pivot easily.**

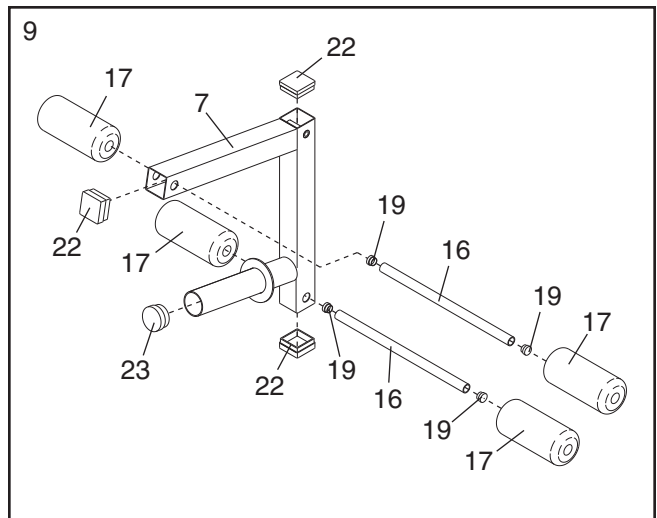
Attach the Pivot Bracket (15) to the Bench Frame (2) with an M10 x 100mm Bolt (28) and an M10 Nylon Locknut (32). **Do not overtighten the Locknut; the Pivot Bracket must be able to pivot easily.**

**Tighten the M10 Nylon Locknuts (32) used in steps 1–4.**



9. Press three 50mm Square Inner Caps (22) into the Leg Lever (7). Press a 48mm Round Inner Cap (23) into the tube on the Leg Lever.

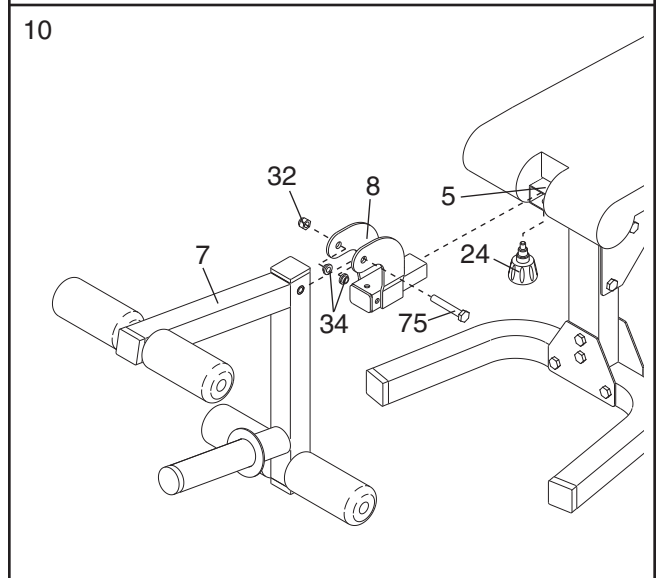
Slide the two Pad Tubes (16) into the Leg Lever (7). Slide four Foam Pads (17) onto the ends of the Pad Tubes. Press four 19mm Round Inner Caps (19) into the ends of the Pad Tubes.



10. Press two Bushings (34) into the Leg Lever Bracket (8) from the inside, as shown.

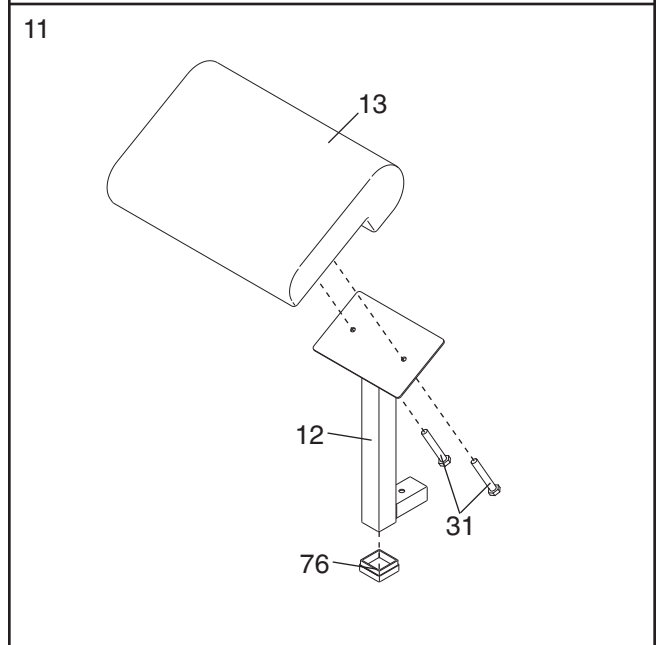
Attach the Leg Lever (7) to the Leg Lever Bracket (8) with an M10 x 78mm Bolt (75) and an M10 Nylon Locknut (32). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

Loosen the Seat Knob (24). Secure the Leg Lever Bracket (8) in the end of the Seat Frame (5) with the Knob.



11. Press a 45mm Square Inner Cap (76) into the bottom of the Curl Post (12).

Attach the Curl Pad (13) to the Curl Post (12) with two M6 x 16mm Screws (31).



12. Attach the left side of the Front Crossbar (43) to the Base (42) with two M10 x 94mm Bolts (18), a Large Joint Plate (41), and two M10 Nylon Locknuts (32). **Make sure the Joint Plate is oriented as shown. Do not tighten the Locknuts yet.**

**Note: The Base (42) with the warning decal applied to it should be attached on the right side of the weight rack (see WARNING DECAL PLACEMENT on page 2).**

**Attach the Front Crossbar (43) to the other Base (not shown) in the same manner.**

13. Press a 60mm Square Inner Cap (62) into the back of the Lat Tower Base (49).

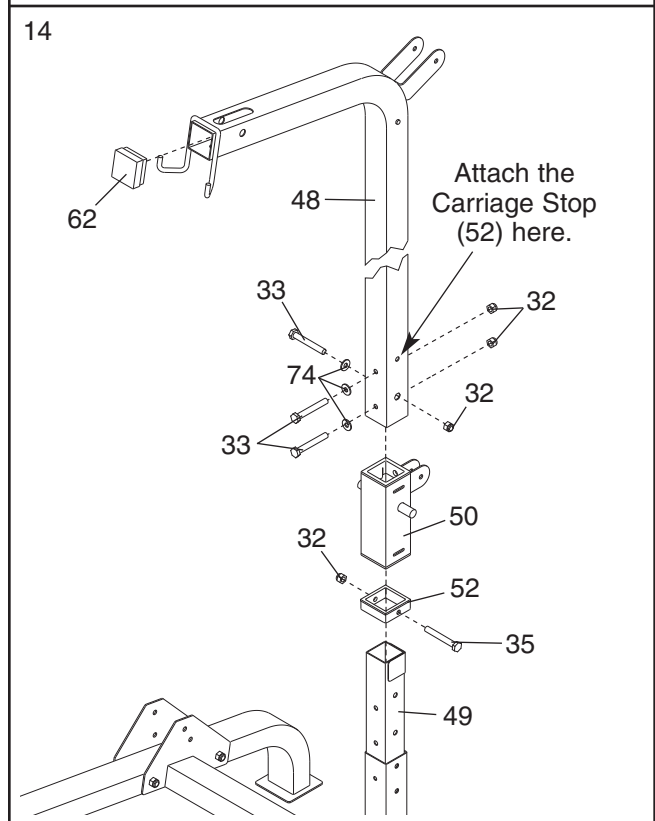
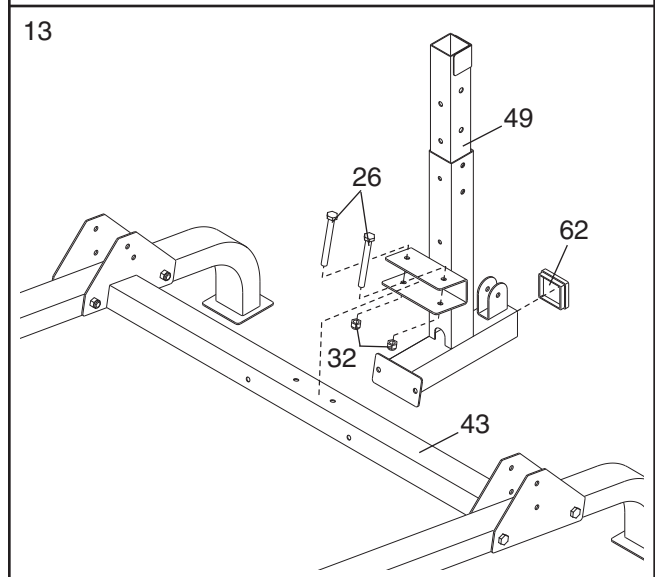
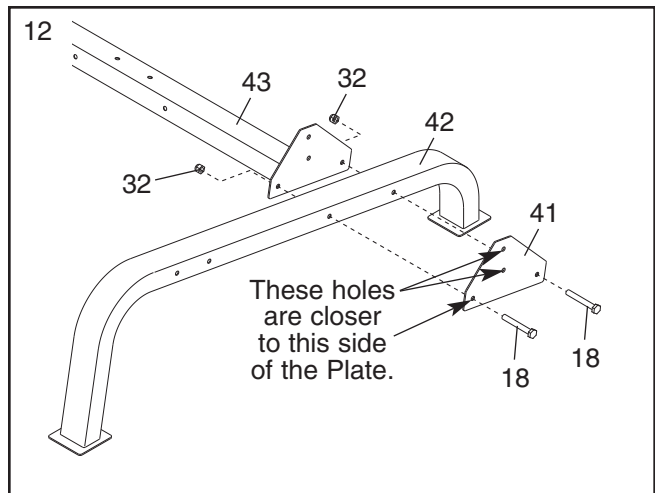
Attach the Lat Tower Base (49) to the Front Crossbar (43) with two M10 x 68mm Bolts (26) and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

14. Press a 60mm Square Inner Cap (62) into the Lat Tower (48).

Orient the Weight Carriage (50) as shown and slide it onto the Lat Tower (48). Orient the Carriage Stop (52) as shown and slide it onto the Lat Tower below the Weight Carriage.

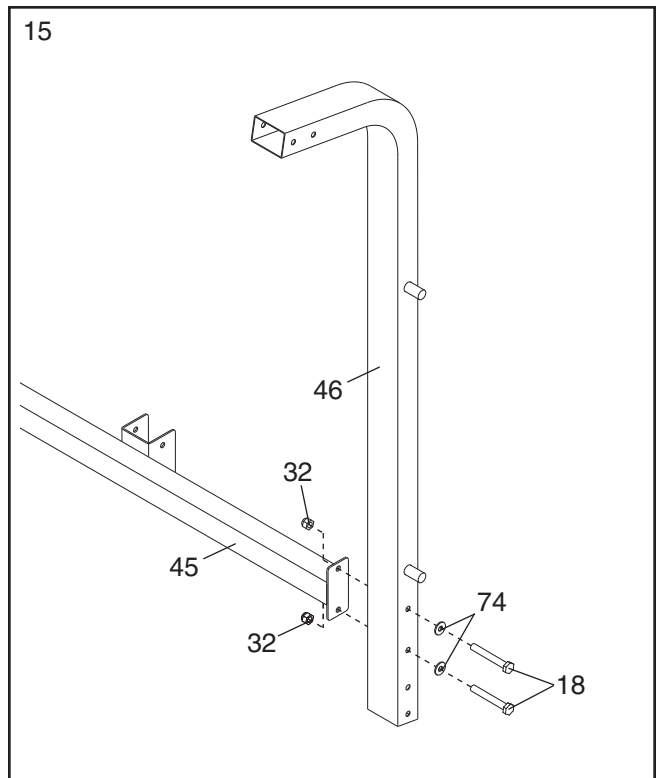
Slide the Lat Tower (48) onto the Lat Tower Base (49). Attach the Carriage Stop (52) at the indicated hole with an M10 x 86mm Bolt (35) and an M10 Nylon Locknut (32).

Secure the Lat Tower (48) to the Lat Tower Base (49) with three M10 x 72mm Bolts (33), three M10 Washers (74), and three M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**



15. Attach the Rear Crossbar (45) to the Left Rear Upright (46) with two M10 x 94mm Bolts (18), two M10 Washers (74), and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

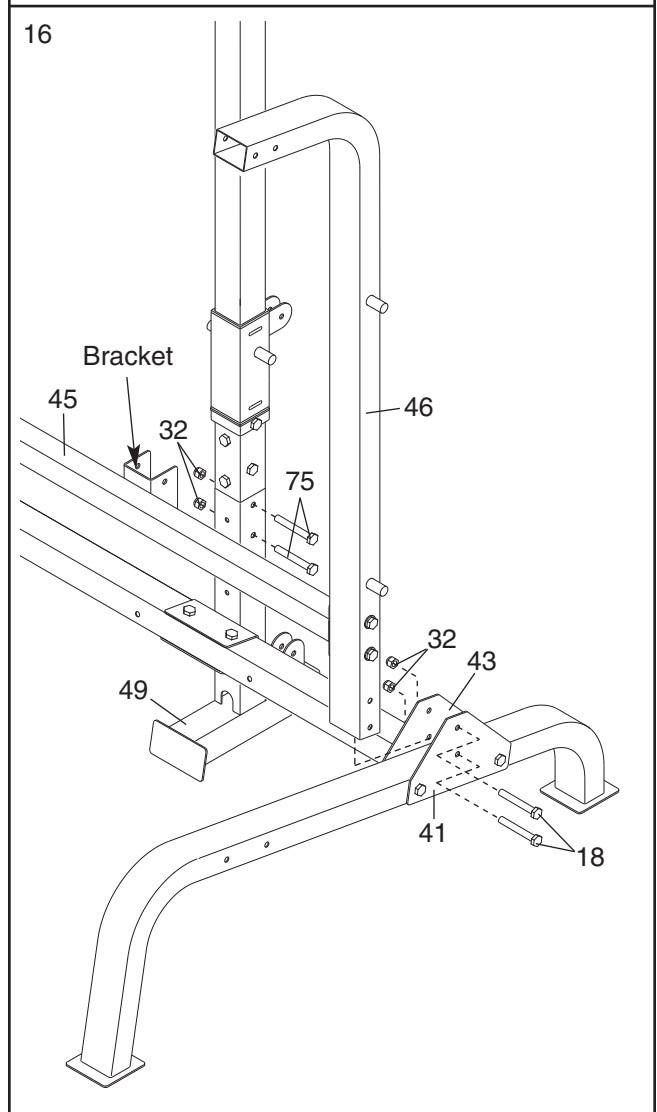
**Attach the Rear Crossbar (45) to the Right Rear Upright (not shown) in the same manner.**



16. Attach the bracket on the Rear Crossbar (45) to the Lat Tower Base (49) with two M10 x 78mm Bolts (75) and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

Attach the Left Rear Upright (46) to the Front Crossbar (43) with two M10 x 94mm Bolts (18), the Large Joint Plate (41), and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

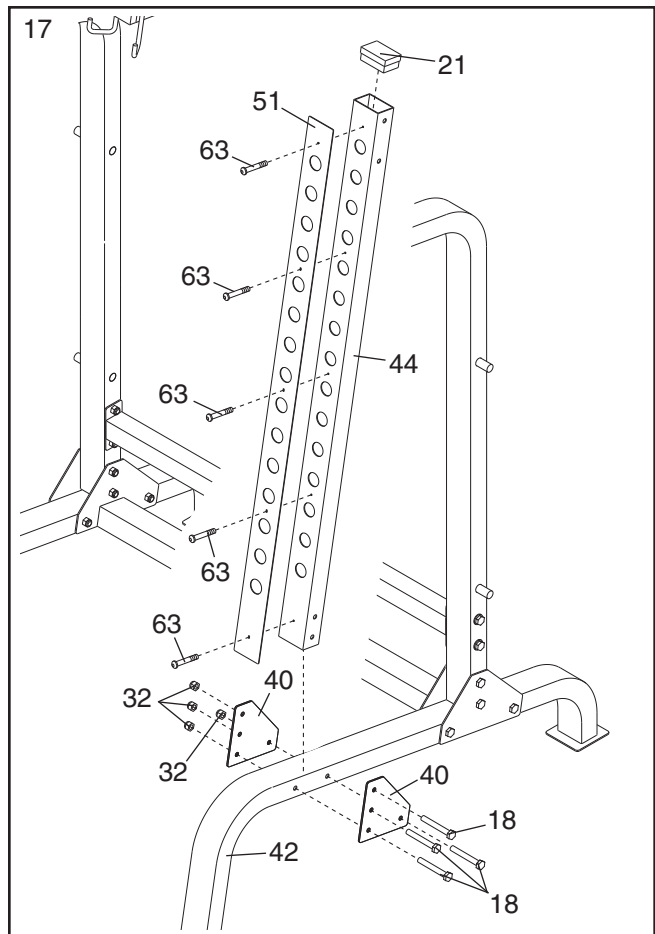
**Attach the Right Rear Upright (not shown) to the Front Crossbar (43) in the same manner.**



17. Press a 51mm x 76mm Inner Cap (21) into the top of a Front Upright (44). Attach an Upright Cover (51) to the Front Upright with five M4 x 16mm Screws (63).

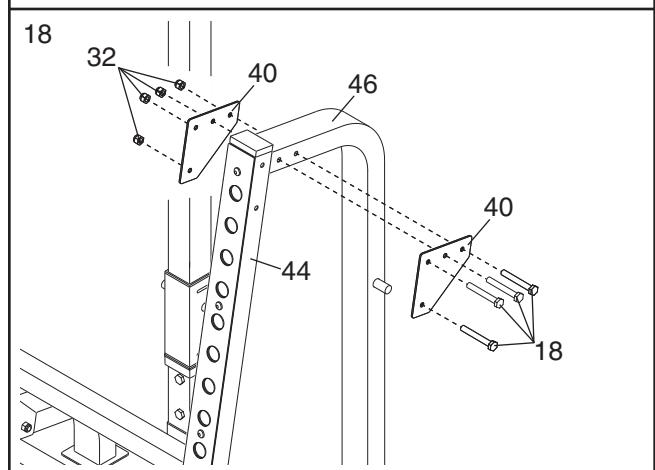
Attach the Front Upright (44) to a Base (42) with four M10 x 94mm Bolts (18), two Small Joint Plates (40), and four M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

**Repeat this step with the other Front Upright (44) and the other Base (42).**

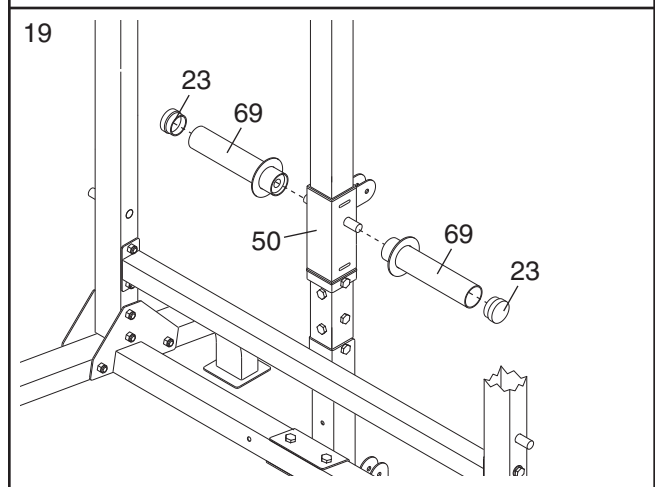


18. Attach the Left Rear Upright (46) to the left Front Upright (44) with four M10 x 94mm Bolts (18), two Small Joint Plates (40), and four M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

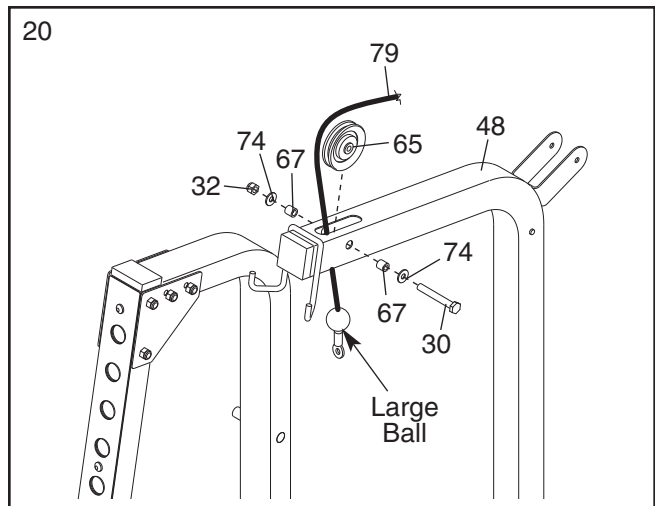
**Repeat this step with the Right Rear Upright (not shown).**



19. Press two 48mm Round Inner Caps (23) into the ends of the two Carriage Tubes (69). Screw the Carriage Tubes onto the Weight Carriage (50) as shown. **Make sure the Carriage Tubes are fully tightened.**

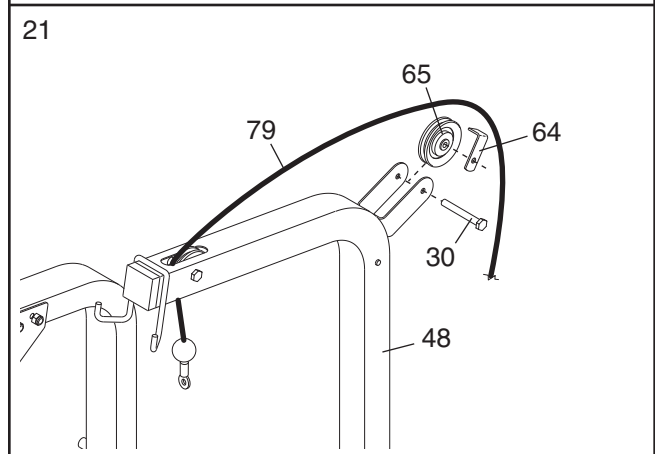


20. Route the Cable (79) up through the Lat Tower (48) and over an 89mm Pulley (65). Attach the Pulley inside of the Lat Tower with an M10 x 75mm Bolt (30), two M10 Washers (74), two Long Spacers (67), and an M10 Nylon Locknut (32). **Make sure the large ball on the Cable is in the indicated position.**

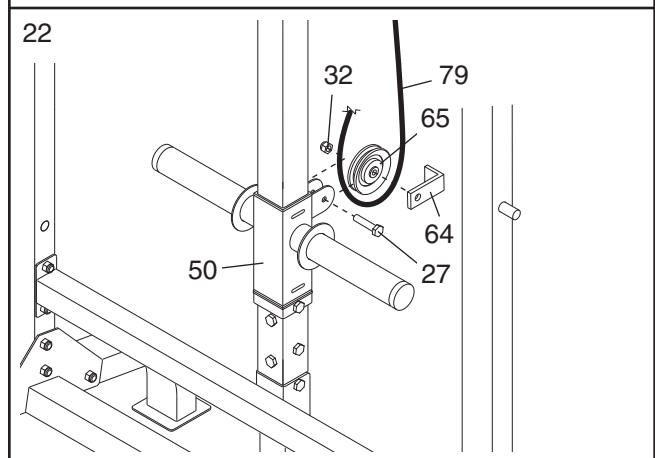


21. Wrap the Cable (79) over an 89mm Pulley (65). Attach the Pulley and a Cable Trap (64) to the bracket on the Lat Tower (48) with an M10 x 75mm Bolt (30). **Make sure the Cable Trap is inside the bracket and is oriented to hold the Cable in the groove of the Pulley.**

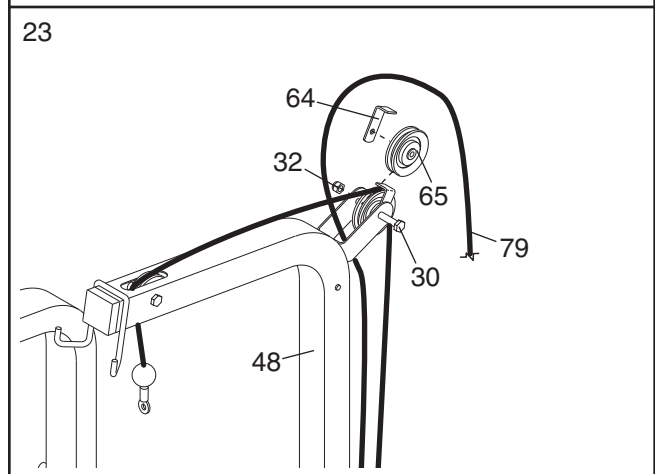
**Note: Do not put an M10 Nylon Locknut (not shown) on the M10 x 75mm Bolt (30) yet.**



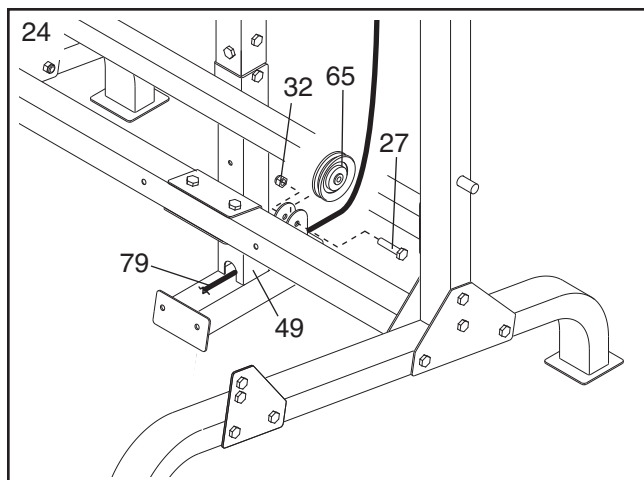
22. Wrap the Cable (79) under an 89mm Pulley (65). Attach the Pulley and a Cable Trap (64) to the Weight Carriage (50) with an M10 x 45mm Bolt (27) and an M10 Nylon Locknut (32). **Make sure the Cable Trap is outside the bracket and oriented to hold the Cable in the groove of the Pulley.**



23. Wrap the Cable (79) over an 89mm Pulley (65). Attach the Pulley and a Cable Trap (64) to the bracket on the Lat Tower (48) with the M10 x 75mm Bolt (30) used in step 21 and an M10 Nylon Locknut (32). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



24. Route the Cable (79) through the Lat Tower Base (49) and under an 89mm Pulley (65). Attach the Pulley to the bracket on the Lat Tower Base with an M10 x 45mm Bolt (27) and an M10 Nylon Locknut (32).

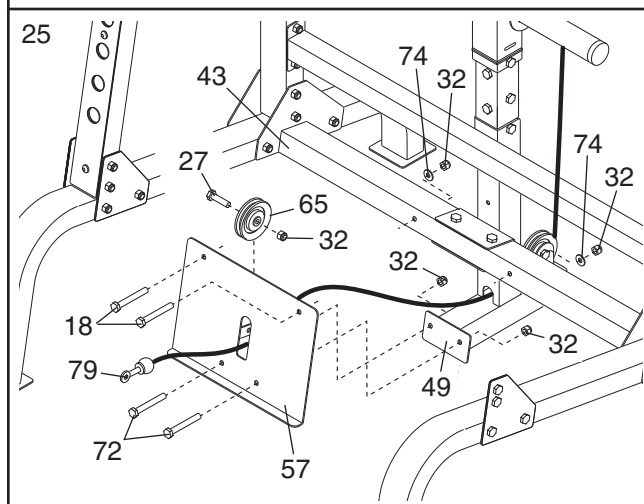


25. Route the Cable (79) under an 89mm Pulley (65) and through the Foot Plate (57) as shown. Attach the Pulley to the Foot Plate with an M10 x 45mm Bolt (27) and an M10 Nylon Locknut (32).

Attach the Foot Plate (57) to the Lat Tower Base (49) with two M10 x 19mm Bolts (72) and two M10 Nylon Locknuts (32).

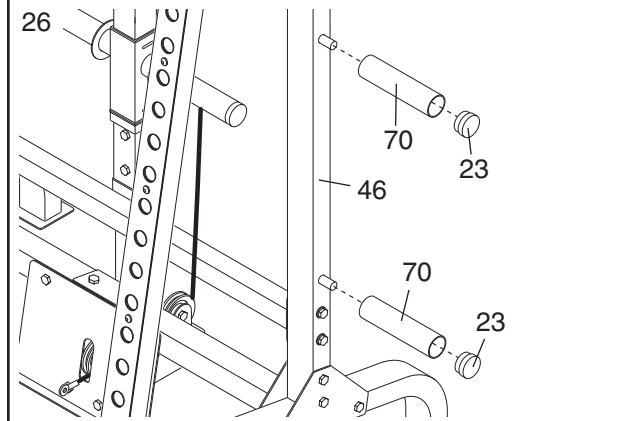
Attach the Foot Plate (57) to the Front Crossbar (43) with two M10 x 94mm Bolts (18), two M10 Washers (74), and two M10 Nylon Locknuts (32).

**Tighten all of the M10 Nylon Locknuts (32) used in steps 12–18.**



26. Press two 48mm Round Inner Caps (23) into two Storage Tubes (70). Screw the Storage Tubes (70) onto the Left Rear Upright (46). **Make sure the Storage Tubes are fully tightened.**

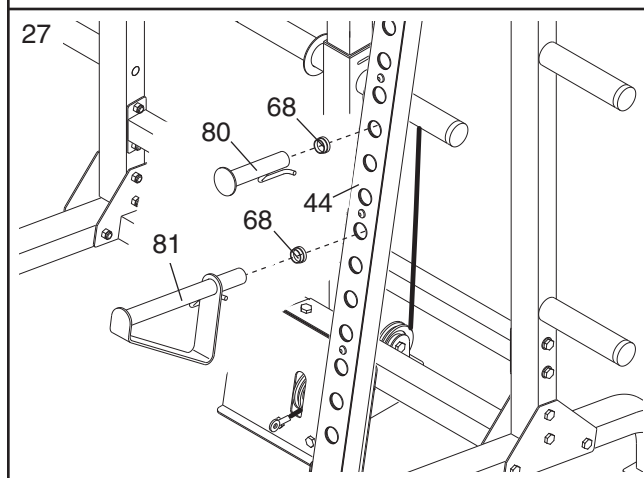
**Repeat this step with the other two Storage Tubes (70) and the Right Rear Upright (not shown).**



27. Press two 32mm Round Inner Caps (68) into the ends of the Left Weight Rest (80) and the Left Safety Spotter (81).

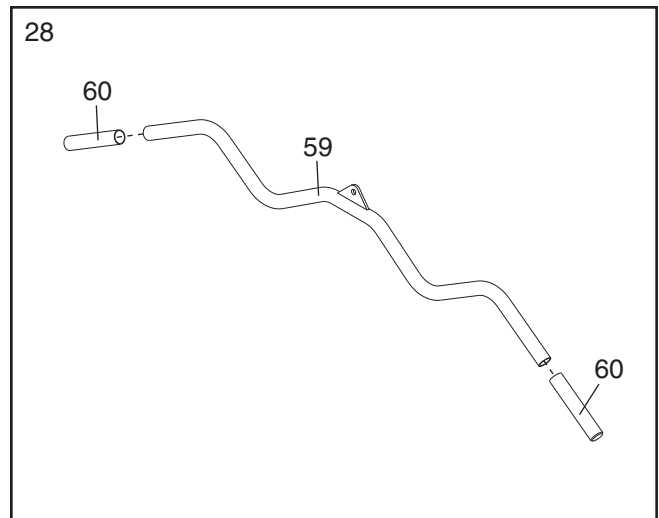
Insert the Left Weight Rest (80) and the Left Safety Spotter (81) into holes in the left Front Upright (44) and engage the locking pins around the Upright.

**Repeat this step with the Right Weight Rest (not shown), the Right Safety Spotter (not shown), and the right Front Upright (not shown).**



28. Wet the ends of the Lat Bar (59) with soapy water. Slide two Handgrips (60) onto the ends of the Lat Bar.

29. **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.**



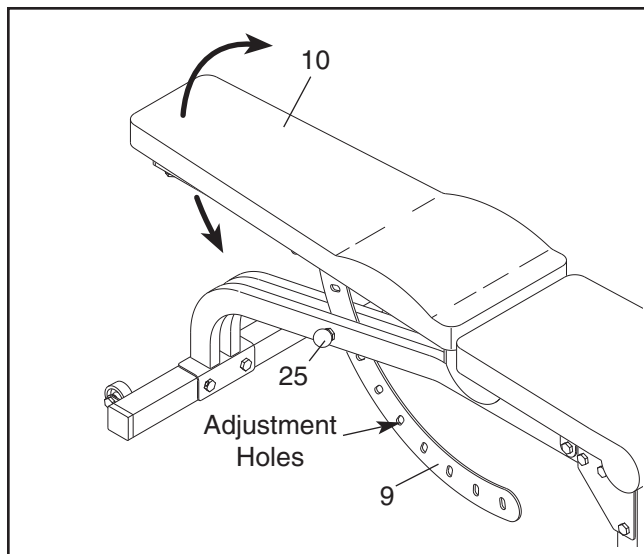
# ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 17 for important information about how to get the most benefit from your exercise program. Also, 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

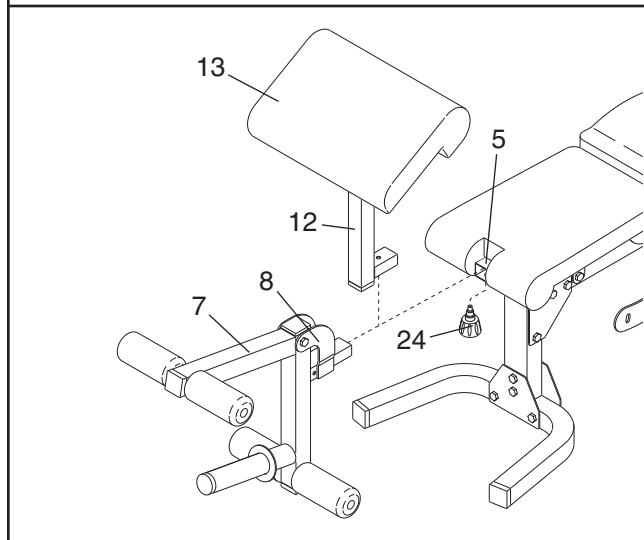
To adjust the position of the Backrest (10), pull the Backrest Knob (25) out as far as it will go. Move the Backrest to the desired position, and engage the Knob into an adjustment hole in the Backrest Bracket (9).



## ATTACHING THE LEG LEVER OR CURL PAD

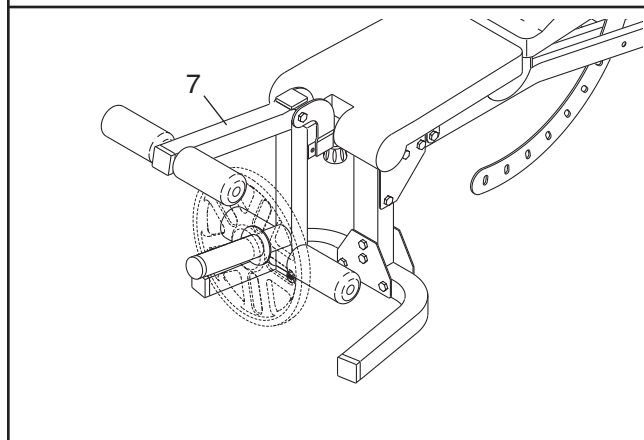
To use the Leg Lever (7), insert the Leg Lever Bracket (8) into the Seat Frame (5). Secure the Bracket with the Seat Knob (24).

To use the Curl Pad (13), insert the Curl Post (12) into the Seat Frame (5). Secure the Curl Post with the Seat Knob (24).



## ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (7), slide the desired amount of weight (not included) onto the tube on the Leg Lever.

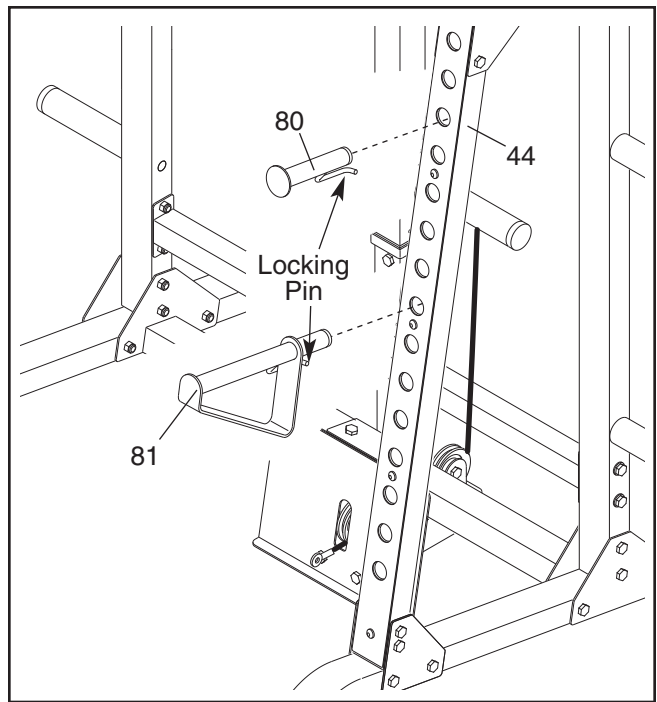


**⚠ WARNING:** Do not place more than 150 pounds on the Leg Lever (7).

## WEIGHT RESTS AND SAFETY SPOTTERS

To use the barbell (not shown) with the weight rack, first move the Weight Rests (55 [not shown], 80) and the Safety Spotters (56 [not shown], 81) to the correct heights for the exercise to be performed. Engage the locking pins around the Front Uprights (44).

**⚠ WARNING:** Always place both Weight Rests (55, 80) and both Safety Spotters (56, 81) at the same height. Make sure the locking pins are securely wrapped around the Front Uprights (44) before setting the barbell (not shown) on them.

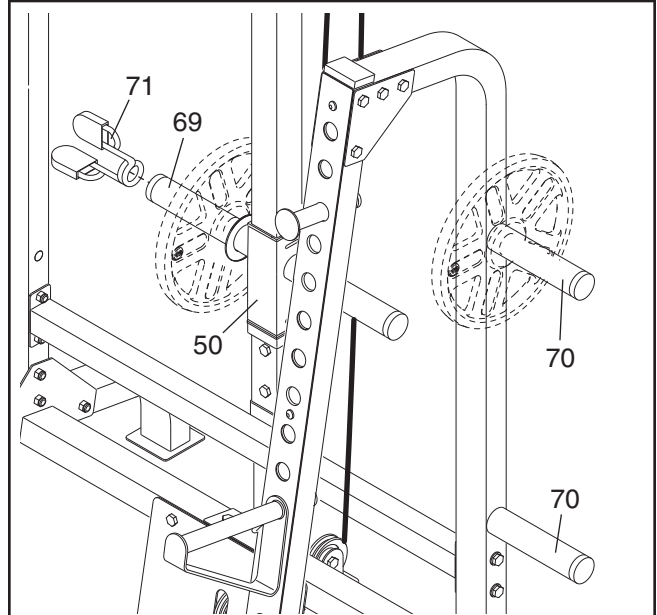


## ADDING WEIGHT TO THE WEIGHT RACK

To use the Weight Carriage (50), slide the desired amount of weight (not included) onto the Carriage Tubes (69). Secure the weight with two Weight Clips (71).

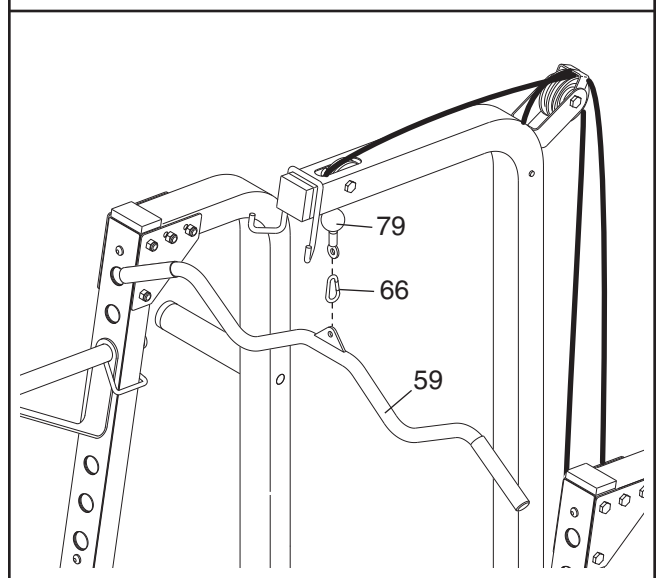
Unused weights can be stored on the Storage Tubes (70) on the weight rack.

**⚠ WARNING:** Always place the same amount of weight on each Carriage Tube (69) and secure the weight with the two Weight Clips (71). Always store an equal amount of weight on each side of the weight rack.



## ATTACHING THE LAT BAR

Attach the Lat Bar (59) to the Cable (79) with a Cable Clip (66). For some exercises, it may be necessary to attach the Chain (not shown) between the Cable and the Lat Bar with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**



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# 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 elliptical or exercise bike, 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. See 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 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.

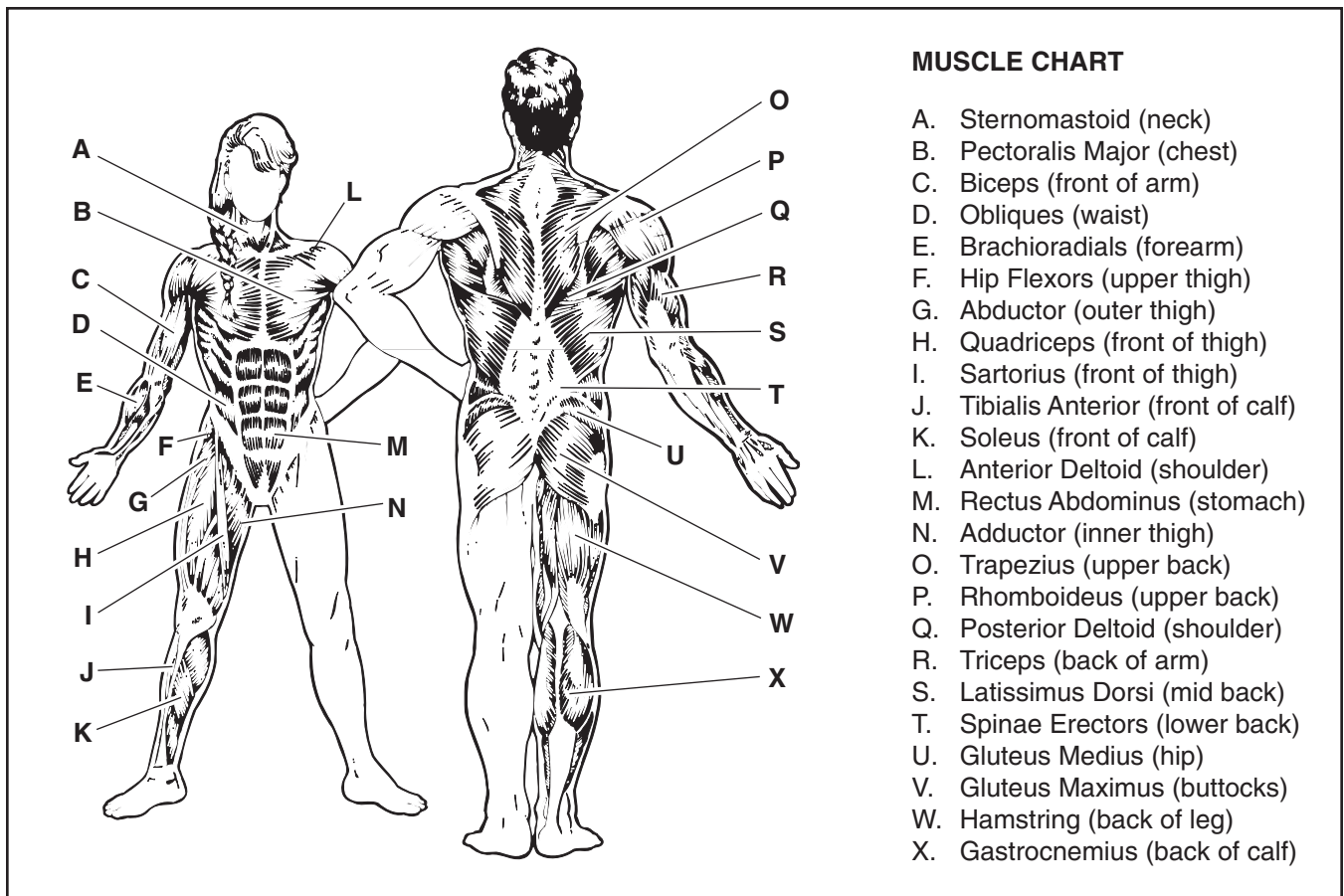
### COOLING DOWN

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. The chart on page 19 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.



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**THURSDAY      AEROBIC EXERCISE**

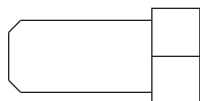
Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

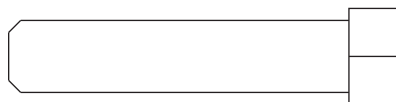
Make photocopies of this page for scheduling and recording your workouts.

# PART IDENTIFICATION CHART—Model No. WEBE27331

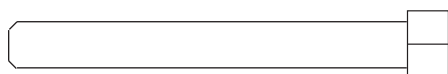
R0204A



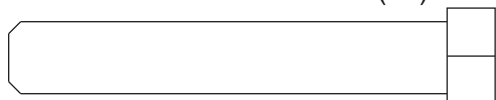
M10 x 19mm Bolt (72)



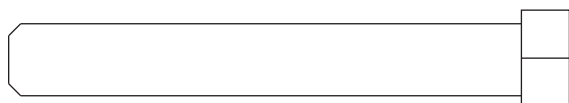
M10 x 45mm Bolt (27)



M6 x 53mm Screw (29)



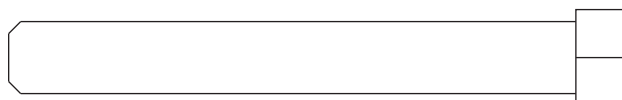
M10 x 58mm Bolt (73)



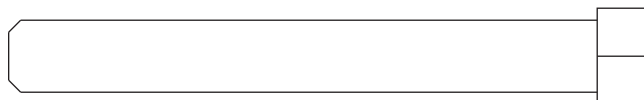
M10 x 68mm Bolt (26)



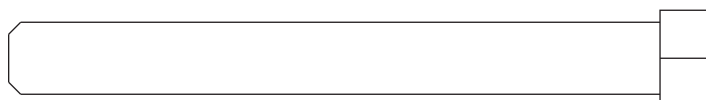
M10 x 72mm Bolt (33)



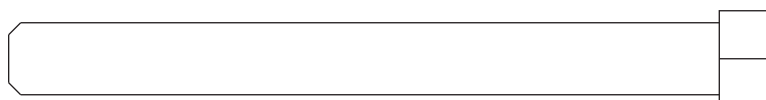
M10 x 75mm Bolt (30)



M10 x 78mm Bolt (75)



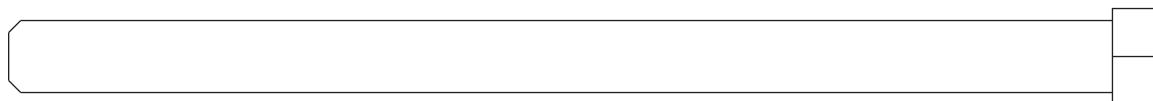
M10 x 86mm Bolt (35)



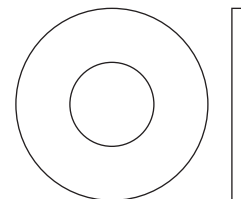
M10 x 94mm Bolt (18)



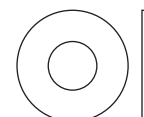
M10 x 100mm Bolt (28)



M10 x 146mm Bolt (36)



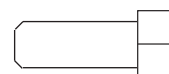
M10 Washer (74)



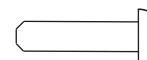
M6 Washer (37)



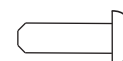
M10 Nylon Locknut (32)



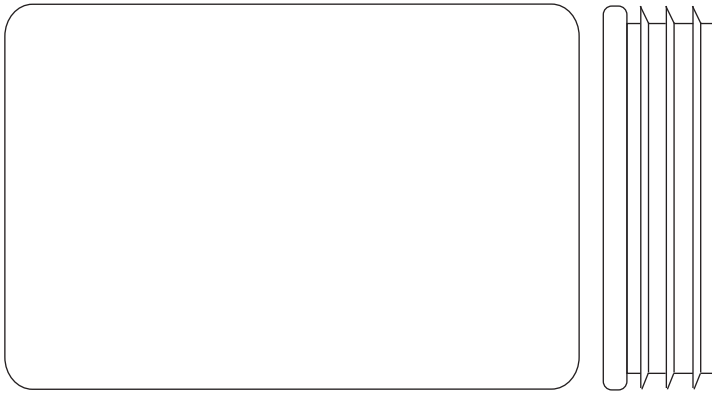
M6 x 16mm Screw (31)



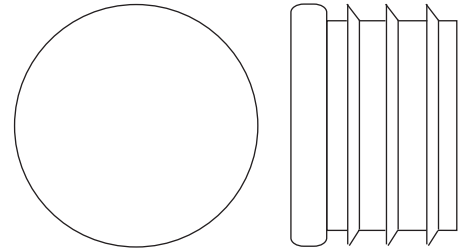
M4 x 16mm Screw (63)



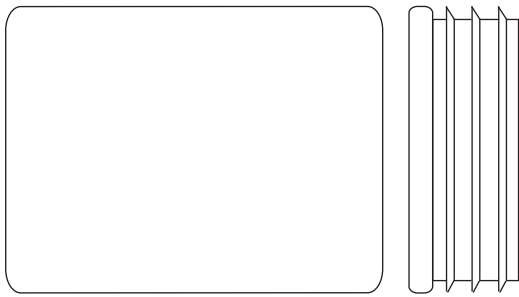
M4 x 13mm Screw (83)



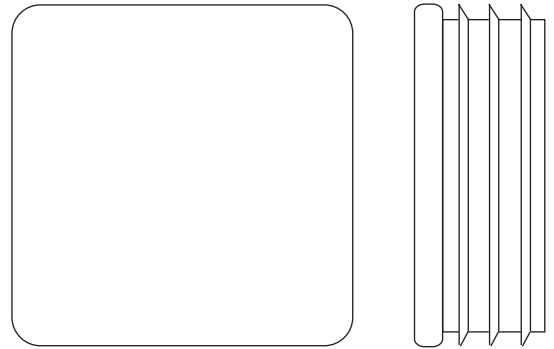
51mm x 76mm Inner Cap (21)



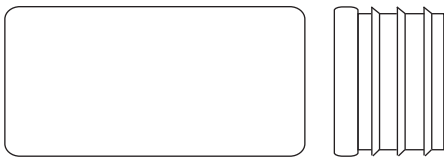
32mm Round Inner Cap (68)



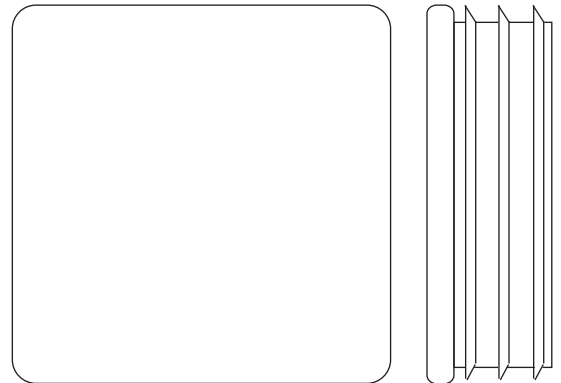
38mm x 50mm Inner Cap (77)



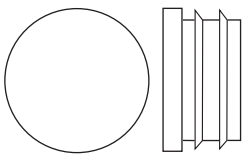
45mm Square Inner Cap (76)



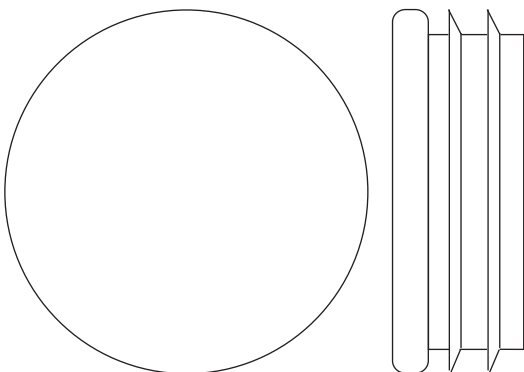
20mm x 40mm Inner Cap (20)



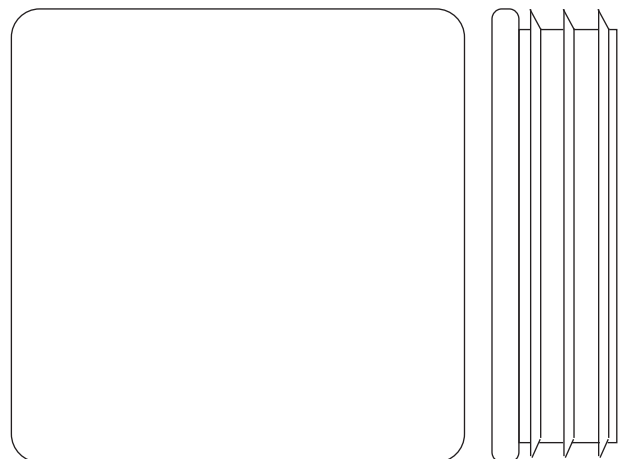
50mm Square Inner Cap (22)



19mm Round Inner Cap (19)



48mm Round Inner Cap (23)



60mm Square Inner Cap (62)

# PART LIST—Model No. WEBE27331

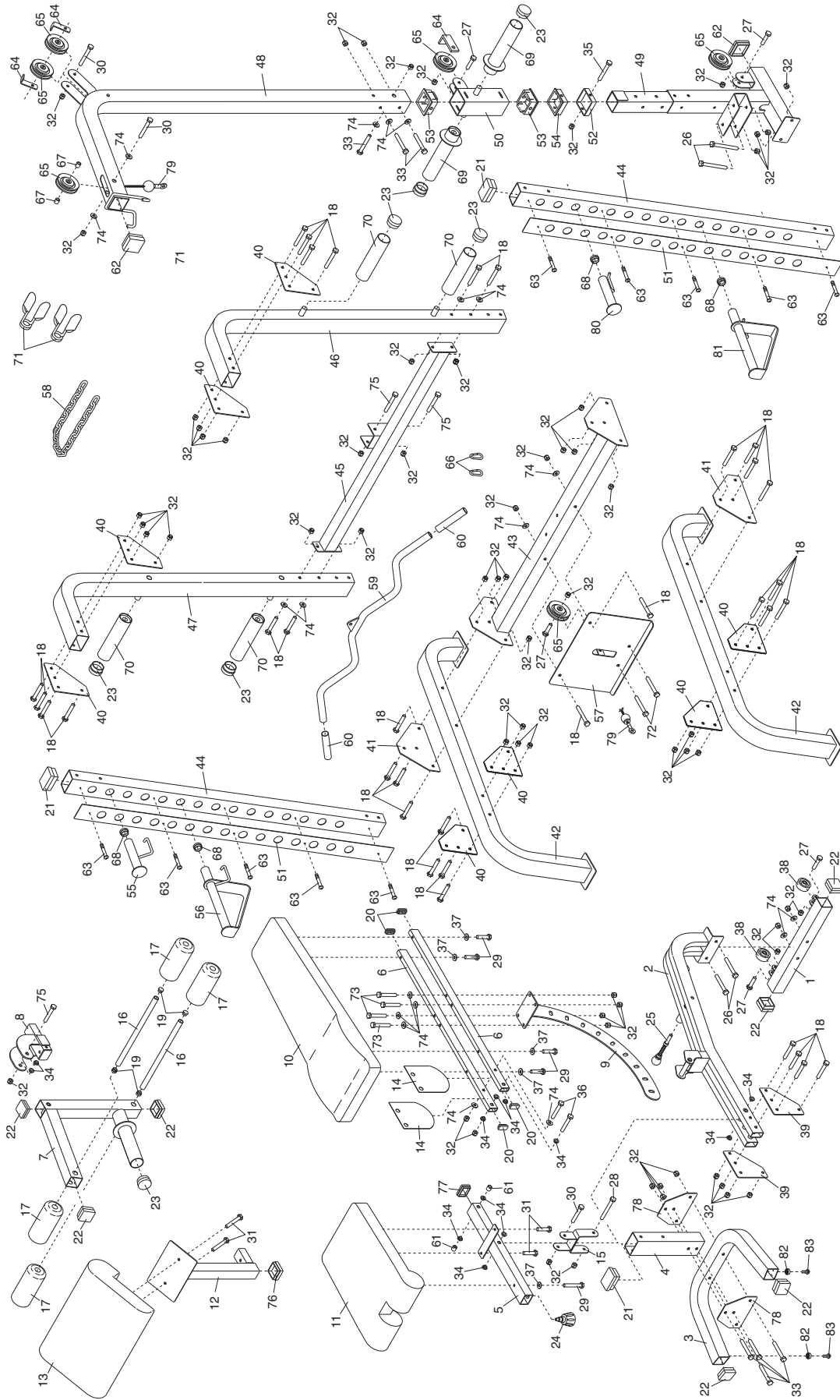
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Rear Stabilizer	44	2	Front Upright
2	1	Bench Frame	45	1	Rear Crossbar
3	1	Front Stabilizer	46	1	Left Rear Upright
4	1	Front Leg	47	1	Right Rear Upright
5	1	Seat Frame	48	1	Lat Tower
6	2	Backrest Frame	49	1	Lat Tower Base
7	1	Leg Lever	50	1	Weight Carriage
8	1	Leg Lever Bracket	51	2	Upright Cover
9	1	Backrest Bracket	52	1	Carriage Stop
10	1	Backrest	53	2	Carriage Bushing
11	1	Seat	54	1	Weight Stop Bushing
12	1	Curl Post	55	1	Right Weight Rest
13	1	Curl Pad	56	1	Right Safety Spotter
14	2	Finger Guard	57	1	Foot Plate
15	1	Pivot Bracket	58	1	Chain
16	2	Pad Tube	59	1	Lat Bar
17	4	Foam Pad	60	2	Handgrip
18	34	M10 x 94mm Bolt	61	2	Short Spacer
19	4	19mm Round Inner Cap	62	2	60mm Square Inner Cap
20	4	20mm x 40mm Inner Cap	63	10	M4 x 16mm Screw
21	3	51mm x 76mm Inner Cap	64	3	Cable Trap
22	7	50mm Square Inner Cap	65	6	89mm Pulley
23	7	48mm Round Inner Cap	66	2	Cable Clip
24	1	Seat Knob	67	2	Long Spacer
25	1	Backrest Knob	68	4	32mm Round Inner Cap
26	4	M10 x 68mm Bolt	69	2	Carriage Tube
27	5	M10 x 45mm Bolt	70	4	Storage Tube
28	1	M10 x 100mm Bolt	71	2	Weight Clip
29	5	M6 x 53mm Screw	72	2	M10 x 19mm Bolt
30	3	M10 x 75mm Bolt	73	4	M10 x 58mm Bolt
31	4	M6 x 16mm Screw	74	19	M10 Washer
32	66	M10 Nylon Locknut	75	3	M10 x 78mm Bolt
33	7	M10 x 72mm Bolt	76	1	45mm Square Inner Cap
34	12	Bushing	77	1	38mm x 50mm Inner Cap
35	1	M10 x 86mm Bolt	78	2	Leg Plate
36	2	M10 x 146mm Bolt	79	1	Cable
37	5	M6 Washer	80	1	Left Weight Rest
38	2	Wheel	81	1	Left Safety Spotter
39	2	Joint Plate	82	2	Bumper
40	8	Small Joint Plate	83	2	M4 x 13mm Screw
41	2	Large Joint Plate	#	1	User's Manual
42	2	Base	#	1	Exercise Guide
43	1	Front Crossbar			

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—Model No. WEBE27331

R0204A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-877-992-5999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (WEBE27331)
- The NAME of the product (WEIDER® PRO 396 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

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## LIMITED WARRANTY

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

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

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

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

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