

WEIDER® X-FACTOR⁺

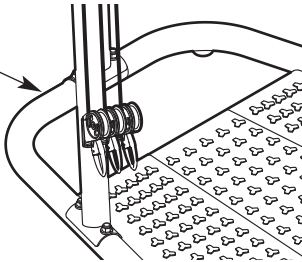
www.weiderfitness.com

Model No. WEBE2910.0

Serial No. _____

Write the serial number in the space above for reference.

Serial
Number
Decal



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact **Customer Care**.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

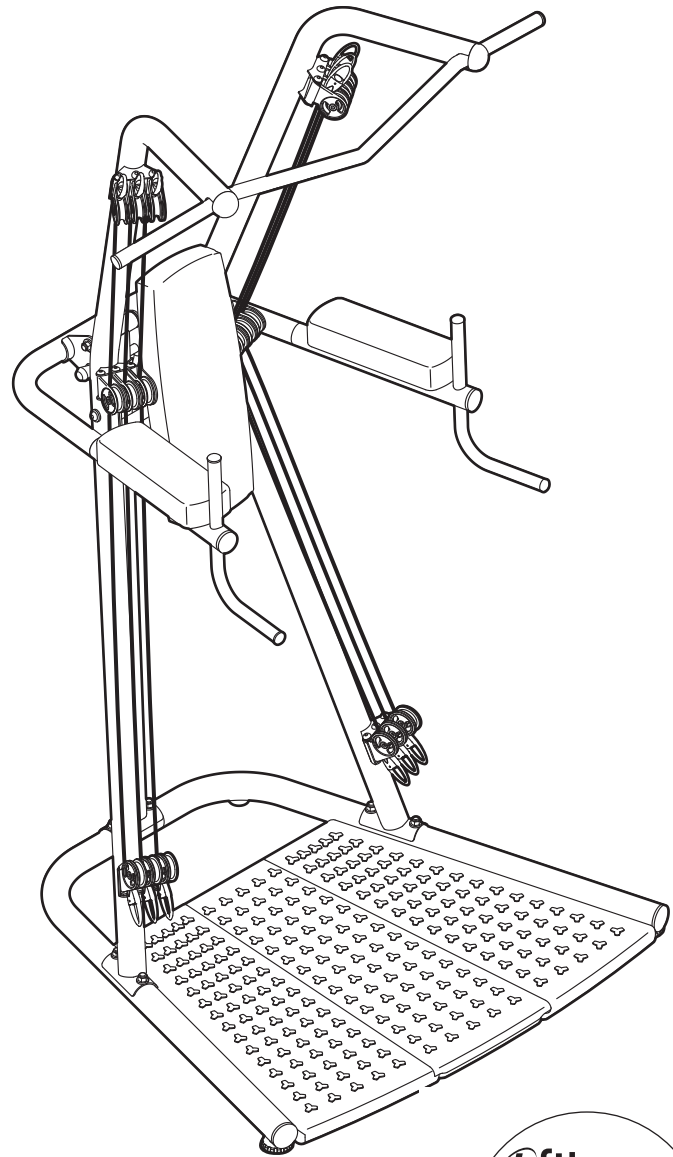
1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com



CAUTION

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



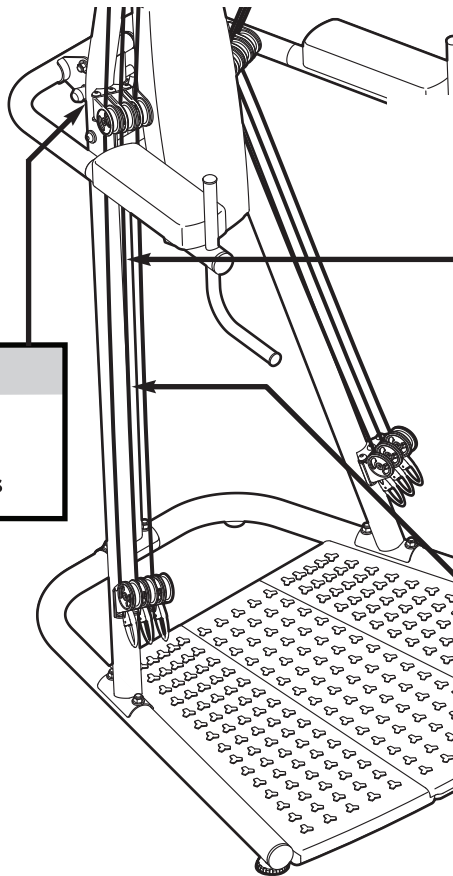
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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.

CAUTION
Make sure pin
is fully engaged
through both sides



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.
- User weight must not exceed 300 pounds.
- Replace label if damaged, illegible, or removed.

CAUTION

Stand on the platform while doing any exercises.

Do not use this unit from the back or sides.

IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise rack only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.
4. The exercise rack is intended for home use only. Do not use the exercise rack in a commercial, rental, or institutional setting.
5. Keep the exercise rack indoors, away from moisture and dust. Do not put the exercise rack in a garage or covered patio, or near water.
6. Place the exercise rack on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise rack to mount, dismount, and use the exercise rack.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise rack at all times.
9. Always keep hands and feet away from moving parts.
10. The exercise rack is designed to support a maximum user weight of 300 lbs. (136 kg).
11. Always wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise rack. Wear athletic shoes for foot protection while using the exercise rack.
12. Always wear eye protection while using the resistance cords.
13. Always make sure that the adjustment pin is fully engaged before you use the dip arms.
14. Always stand on the platform when doing an exercise that could cause the exercise rack to tip.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

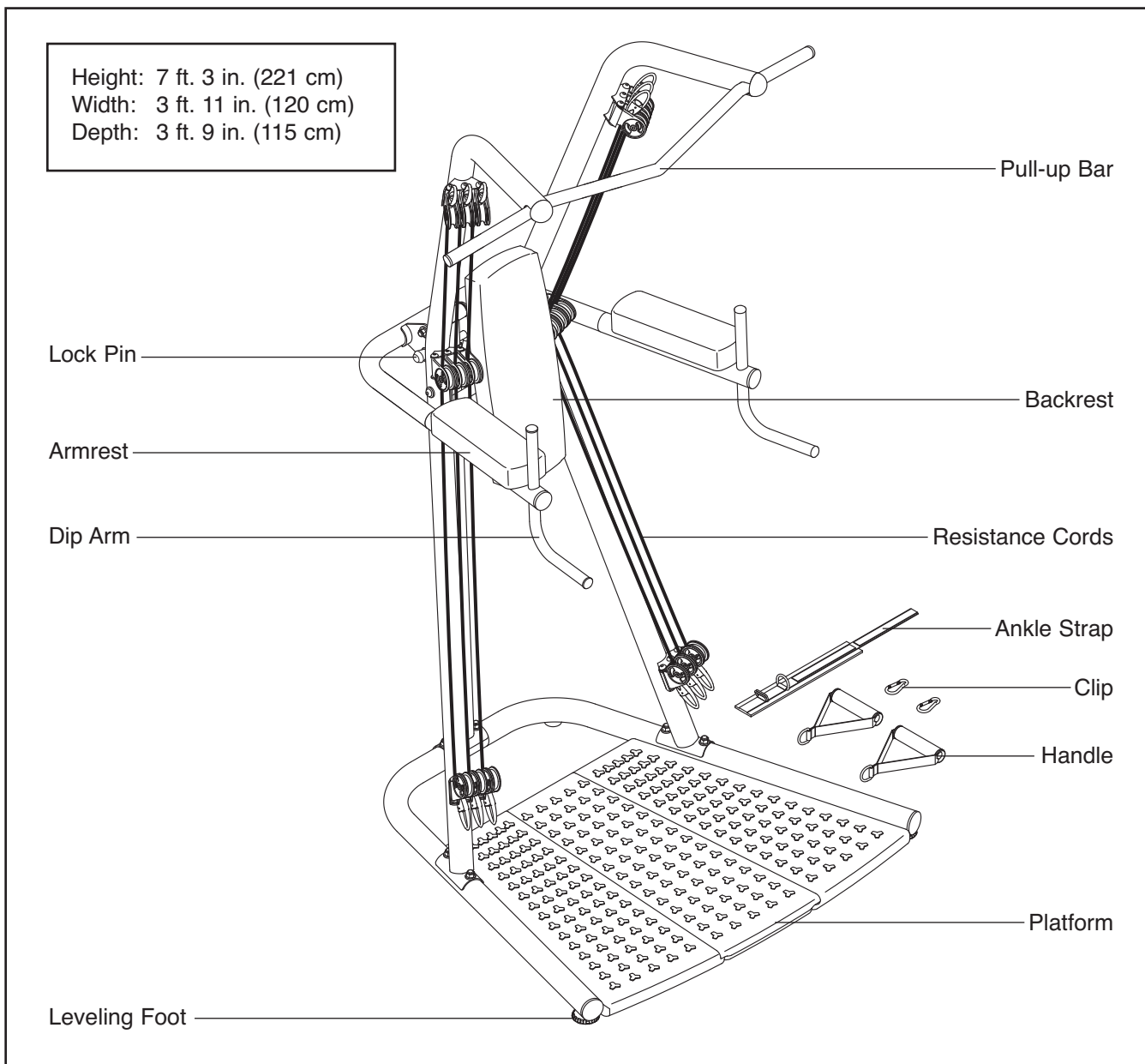
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® X-FACTOR PLUS exercise rack. The X-FACTOR PLUS exercise rack is designed to develop the major muscle groups of the body. Whether your goal is to have a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the exercise rack will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the exercise rack. If you have questions after

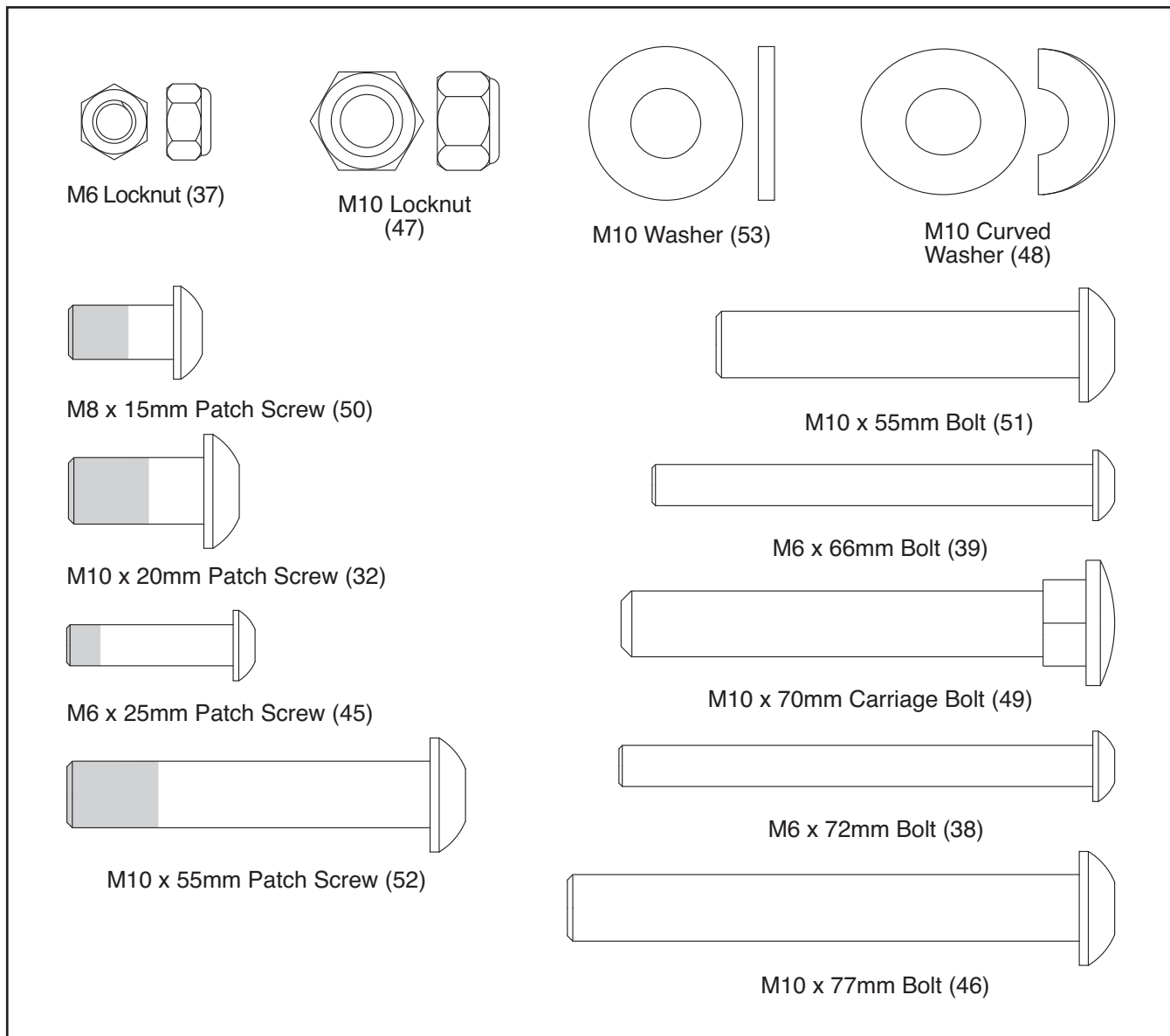
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts required for assembly. The number in parentheses below each part refers to the key number of the part from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preattached. To avoid damaging parts, do not use power tools for assembly.**



ASSEMBLY

To make assembly easier, carefully read the following assembly tips:

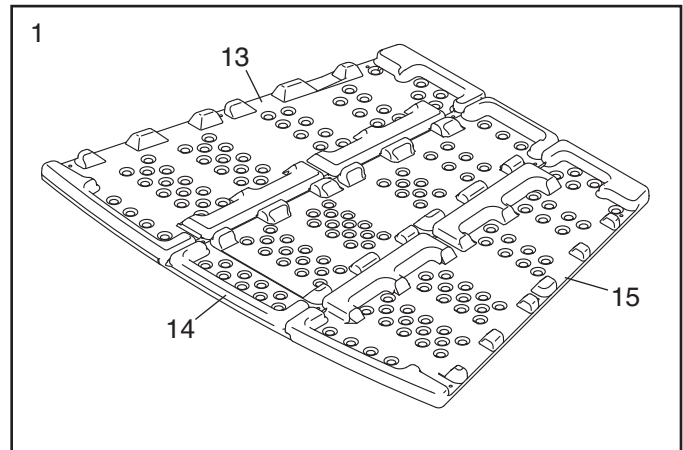
- To hire an authorized service technician to assemble the exercise rack in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, the exercise rack should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the exercise rack as you assemble it.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Assembly can be completed using the included tools.

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.

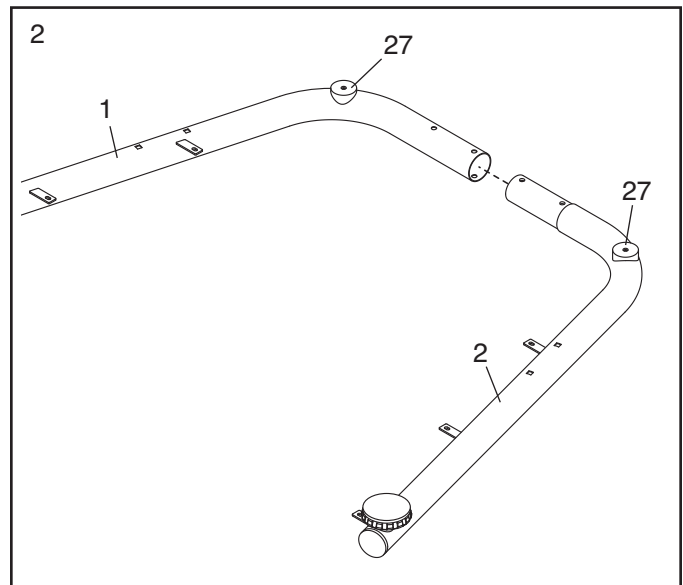
1. Lay the Right, Center, and Left Platform Sections (13, 14, 15) upside-down on the floor.

Slide the Right, Center, and Left Platform Sections (13, 14, 15) together as shown.



2. Lay the Right and Left Bases (1, 2) upside-down on the floor, so that the Feet (27) are facing upward.

Insert the Left Base (2) into the Right Base (1).

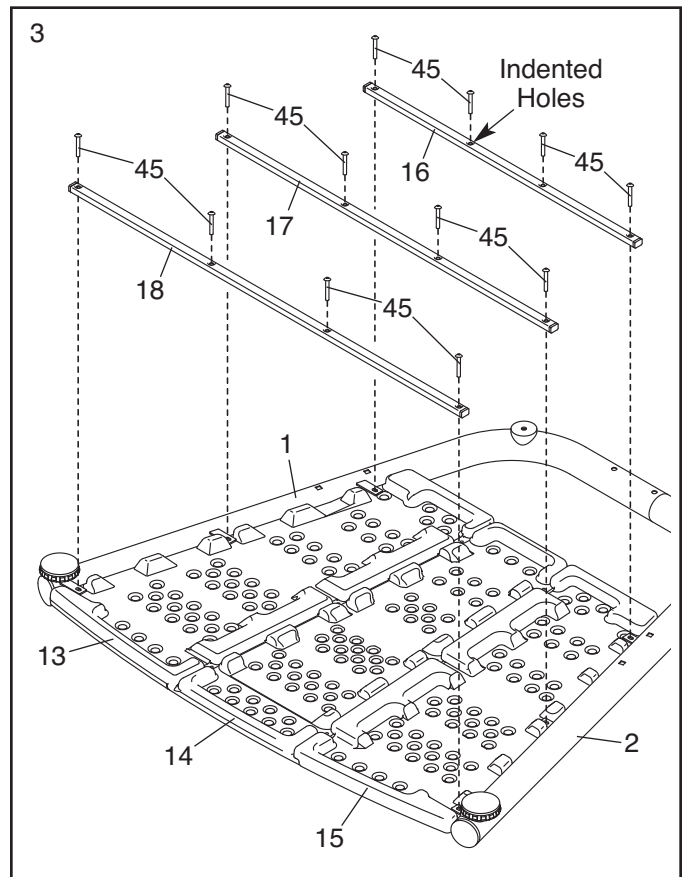


- Set the Right and Left Bases (1, 2) on the Platform Sections (13, 14, 15) as shown.

Next, orient the Short, Medium, and Long Crossbars (16, 17, 18) so that the indented holes are facing upward. Set the Crossbars on the brackets on the Right and Left Bases (1, 2).

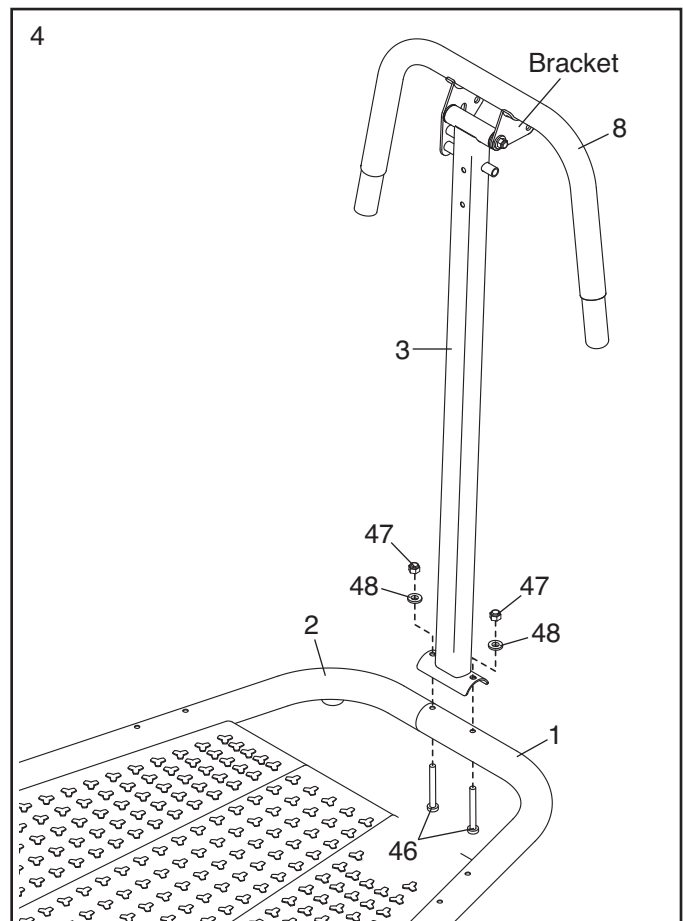
Attach the Crossbars (16, 17, 18) to the Right and Left Bases (1, 2) and to the Platform Sections (13, 14, 15) with twelve M6 x 25mm Patch Screws (45).

Then, turn the Right and Left Bases (1, 2) and the Platform Sections (13, 14, 15) right-side-up.



- Orient the Center Upright (3) so that the bracket on the Dip Frame (8) is on the side shown.

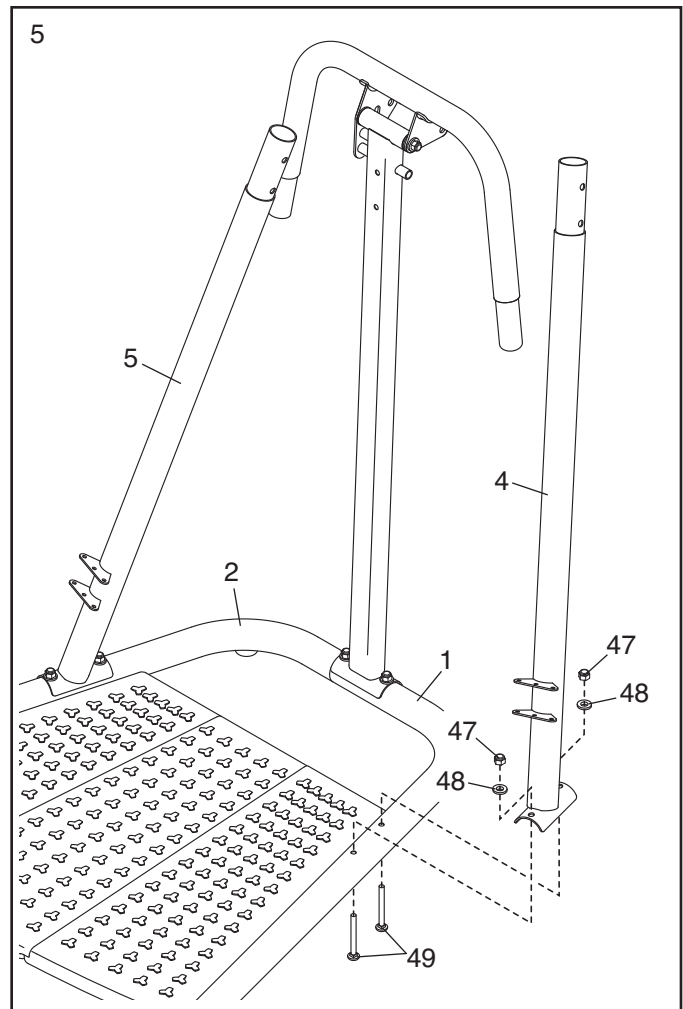
Attach the Center Upright (3) to the Right and Left Bases (1, 2) with two M10 x 77mm Bolts (46), two M10 Curved Washers (48), and two M10 Locknuts (47). **Do not tighten the Locknuts yet.**



5. Identify the Right Upright (4), which is marked with a sticker.

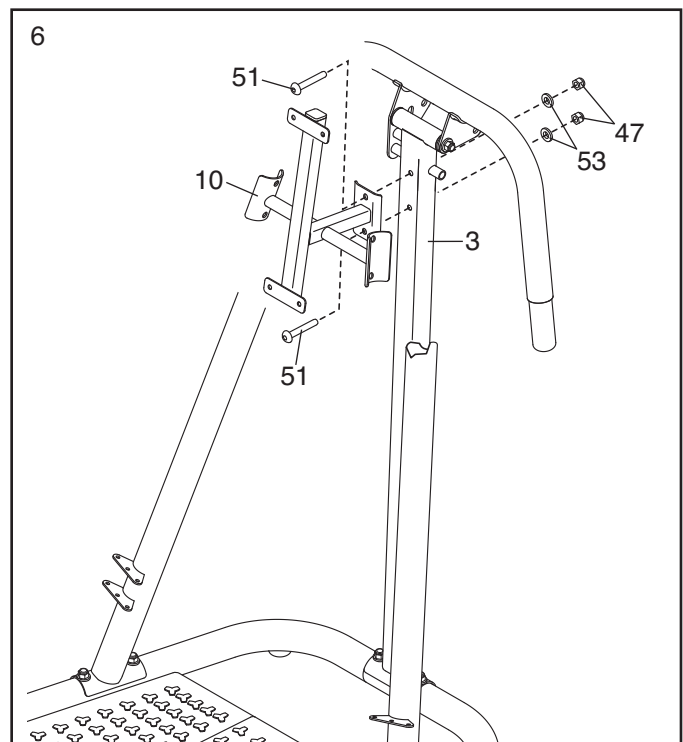
Attach the Right Upright (4) to the Right Base (1) with two M10 x 70mm Carriage Bolts (49), two M10 Curved Washers (48), and two M10 Locknuts (47). **Do not tighten the Locknuts yet.**

Attach the Left Upright (5) to the Left Base (2) in the same way.



6. Orient the Backrest Frame (10) as shown.

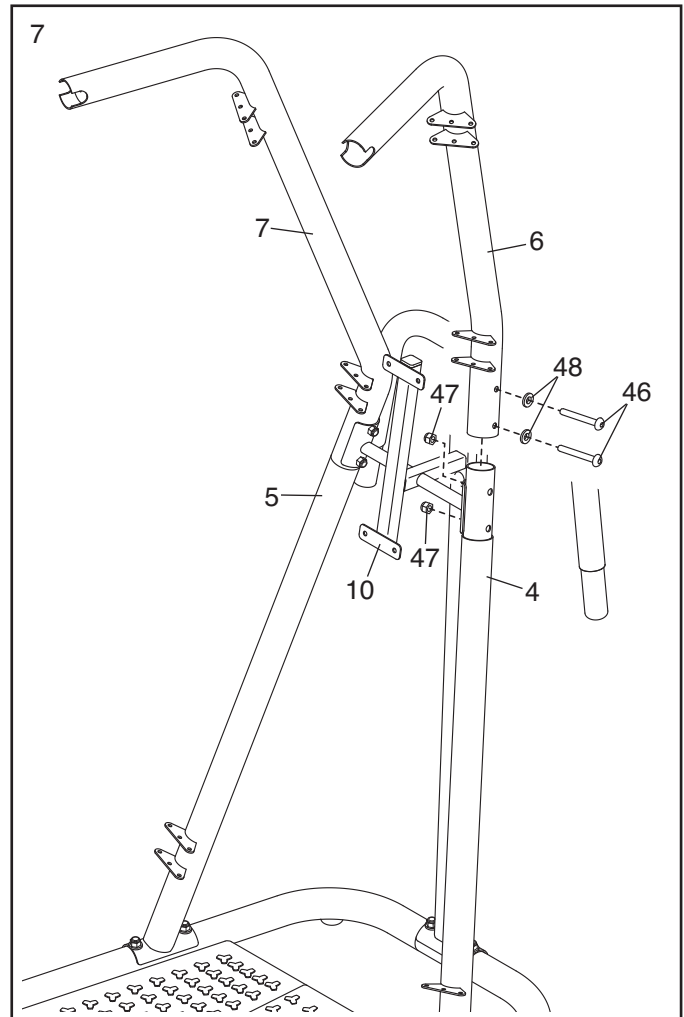
Attach the Backrest Frame (10) to the Center Upright (3) with two M10 x 55mm Bolts (51), two M10 Washers (53), and two M10 Locknuts (47). **Do not tighten the Locknuts yet.**



7. Identify the Right Frame (6), which is marked with a sticker.

Attach the Right Frame (6) to the Right Upright (4) and to the Backrest Frame (10) with two M10 x 77mm Bolts (46), two M10 Curved Washers (48), and two M10 Locknuts (47). **Do not tighten the Locknuts yet.**

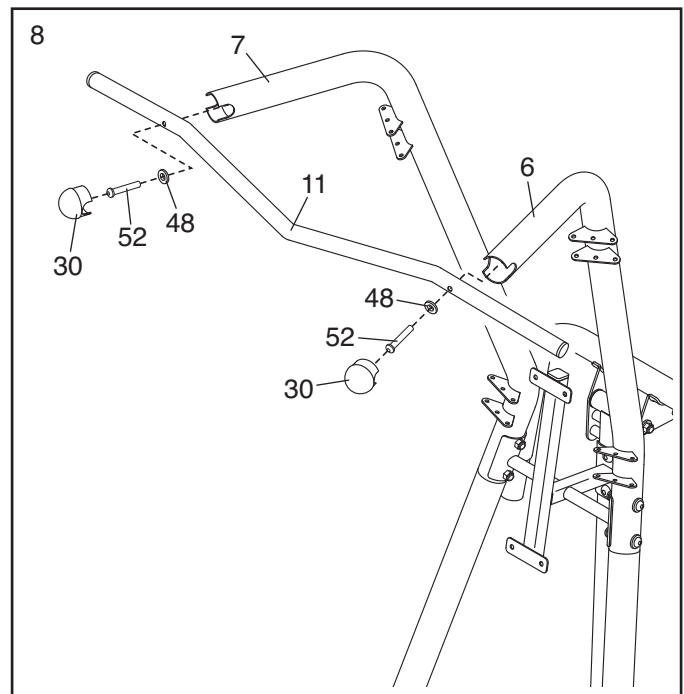
Attach the Left Frame (7) to the Left Upright (5) and to the Backrest Frame (10) in the same way.



8. Attach the Pull-up Bar (11) to the Right and Left Frames (6, 7) with two M10 x 55mm Patch Screws (52) and two M10 Curved Washers (48).

Press the two Dome Caps (30) into the Right and Left Frames (6, 7).

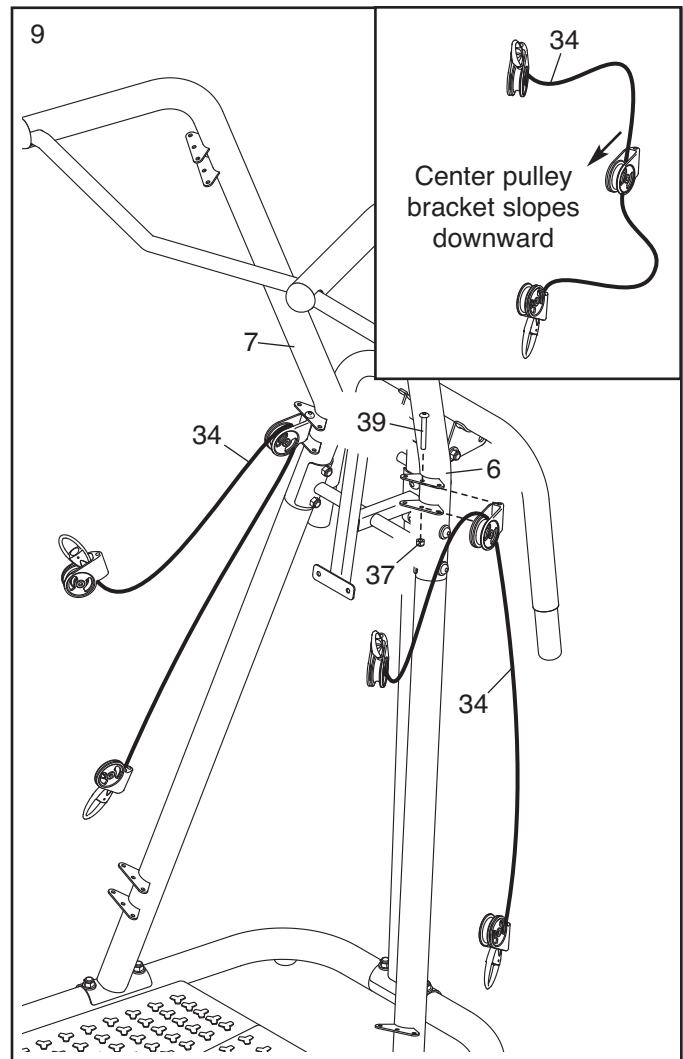
See steps 4–7. Tighten the M10 Locknuts (47).



9. **See the inset drawing.** Identify a 45-lb. Resistance Cord (34), which is marked on each end with a “45.” **Orient the 45-lb. Resistance Cord so that the center pulley bracket slopes downward as shown.**

Attach the center pulley bracket on the 45-lb. Resistance Cord (34) to the **center hole** in the indicated bracket on the Right Frame (6) with an M6 x 66mm Bolt (39) and an M6 Locknut (37).

Attach the other 45-lb. Resistance Cord (34) to the Left Frame (7) in the same way.

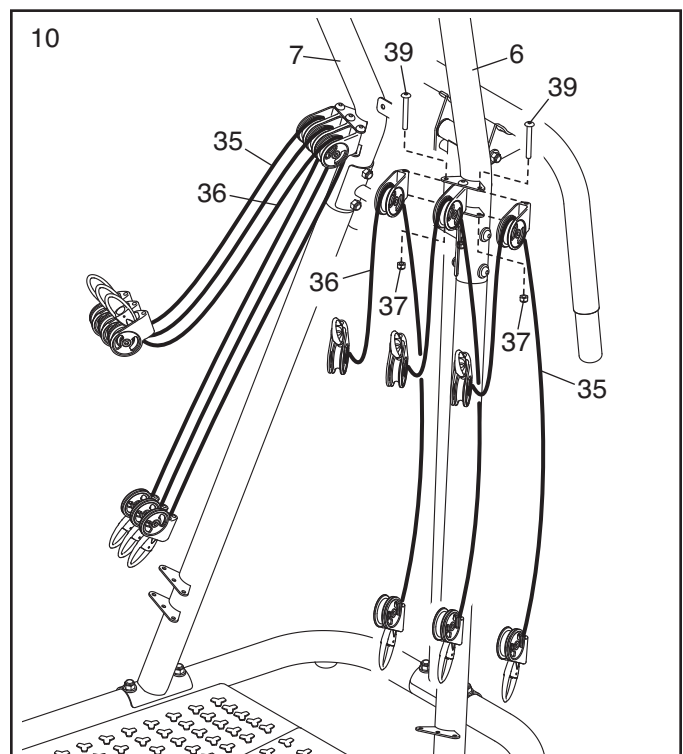


10. Identify a 25-lb. Resistance Cord (36) and a 35-lb. Resistance Cord (35), which are marked on the ends. **Orient the Resistance Cords so that the center pulley brackets slope downward.**

Attach the center pulley bracket on the 25-lb. Resistance Cord (36) to the **inner hole** in the indicated bracket on the Right Frame (6) with an M6 x 66mm Bolt (39) and an M6 Locknut (37).

Attach the center pulley bracket on the 35-lb. Resistance Cord (35) to the **outer hole** in the indicated bracket on the Right Frame (6) with an M6 x 66mm Bolt (39) and an M6 Locknut (37).

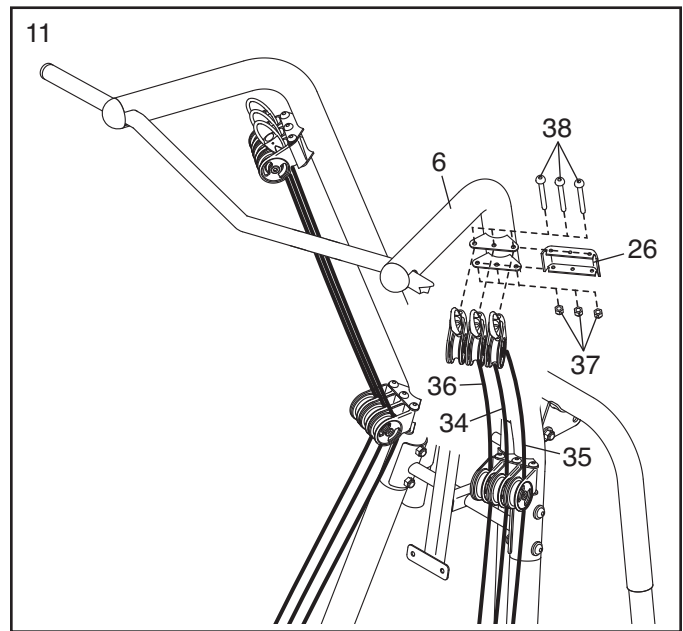
Attach the other 25-lb. Resistance Cord (36) and the other 35-lb. Resistance Cord (35) to the Left Frame (7) in the same way.



11. Insert a Cord Trap (26) into the upper bracket on the Right Frame (6).

Attach the upper pulley brackets on the 25-lb. Resistance Cord (36), the 35-lb. Resistance Cord (35), and the 45-lb. Resistance Cord (34) to the upper bracket on the Right Frame (6) with three M6 x 72mm Bolts (38) and three M6 Locknuts (37).

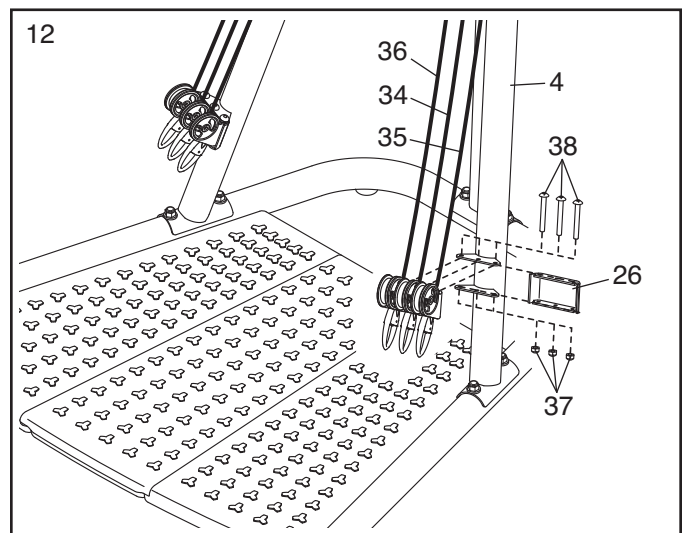
Repeat this step on the other side of the exercise rack.



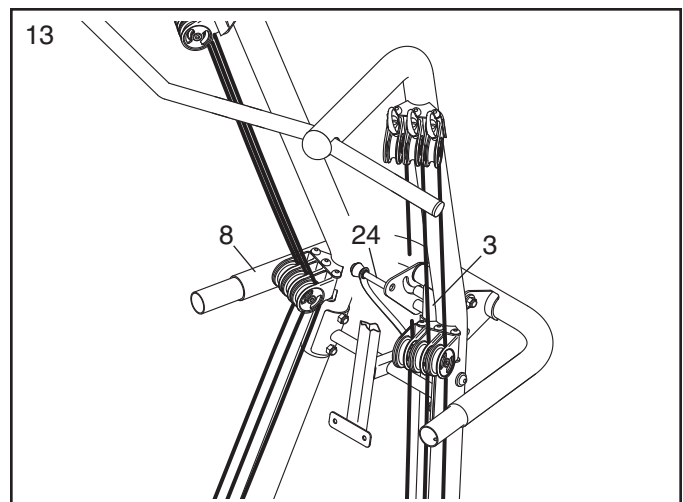
12. Insert a Cord Trap (26) into the bracket on the Right Upright (4).

Attach the lower pulley brackets on the 25-lb. Resistance Cord (36), the 35-lb. Resistance Cord (35), and the 45-lb. Resistance Cord (34) to the bracket on the Right Upright (4) with three M6 x 72mm Bolts (38) and three M6 Locknuts (37).

Repeat this step on the other side of the exercise rack.

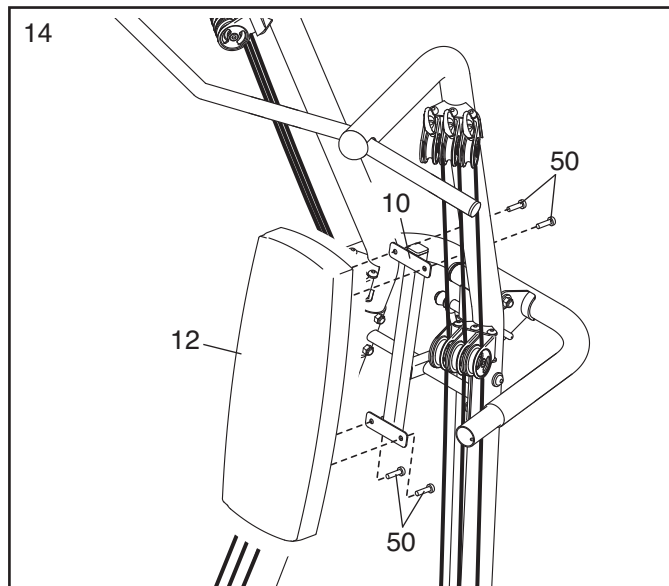


13. Raise the Dip Frame (8) to the position shown. Insert the Lock Pin (24) through the Dip Frame and through the Center Upright (3).



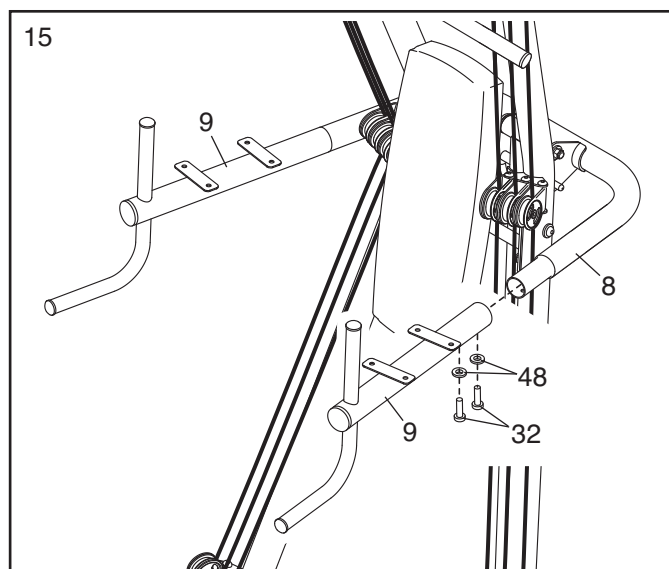
14. Orient the Backrest (12) so that the logo is at the top.

Attach the Backrest (12) to the Backrest Frame (10) with four M8 x 15mm Patch Screws (50).



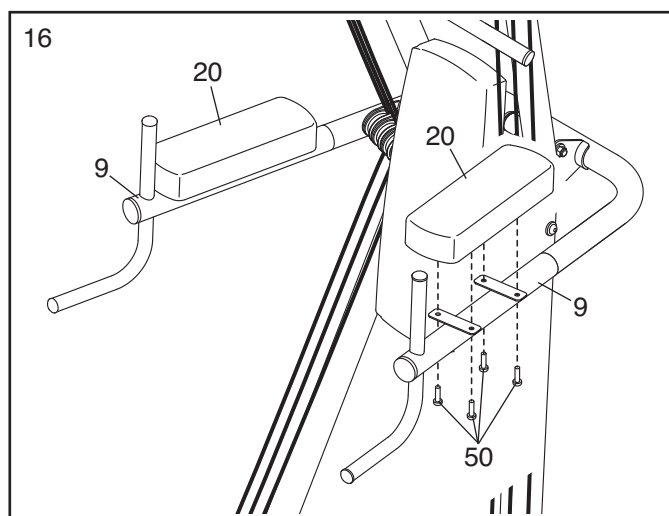
15. Attach a Dip Arm (9) to the right side of the Dip Frame (8) with two M10 x 20mm Patch Screws (32) and two M10 Curved Washers (48).

Attach the other Dip Arm (9) in the same way.



16. Attach an Armrest (20) to the right Dip Arm (9) with four M8 x 15mm Patch Screws (50).

Attach the other Armrest (20) to the left Dip Arm (9) in the same way.



17. **Make sure that all parts are properly tightened before you use the exercise rack.** The use of all remaining parts will be explained in ADJUSTMENT on pages 13 and 14.

ADJUSTMENT

This section explains how to adjust the exercise rack. See the EXERCISE GUIDELINES on page 15 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 a variety of exercises.

Make sure that all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately. The exercise rack can be cleaned with a damp cloth and mild, non-abrasive detergent; **do not use solvents to clean the exercise rack.**

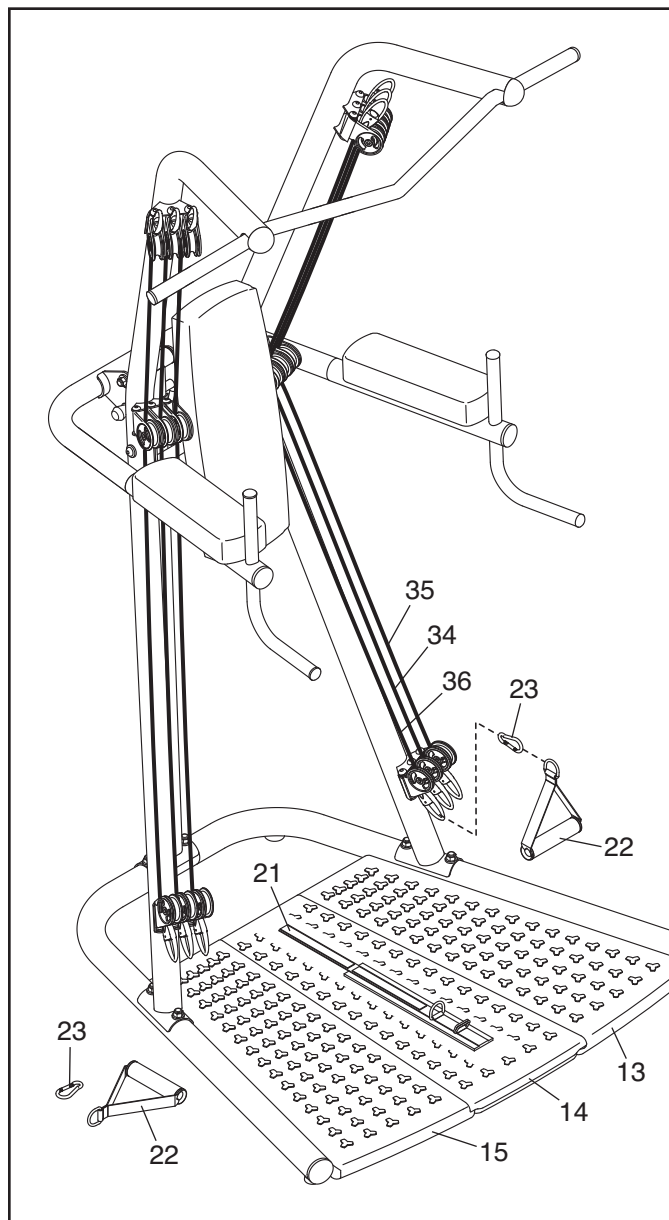
HOW TO SELECT A RESISTANCE SETTING

To select the lowest resistance setting, attach a Clip (23) and a Handle (22) to the lower end or the upper end of a 25-lb. Resistance Cord (36). Note: Instead of a Handle, you can attach the Ankle Strap (21) to the lower end of the 25-lb. Resistance Cord in the same way.

To select a higher resistance setting, attach a Handle (22) or the Ankle Strap (21) to a 35-lb. Resistance Cord (35) or a 45-lb. Resistance Cord (34).

To select the highest resistance settings, attach a Handle (22) or the Ankle Strap (21) to two or more Resistance Cords (34, 35, 36).

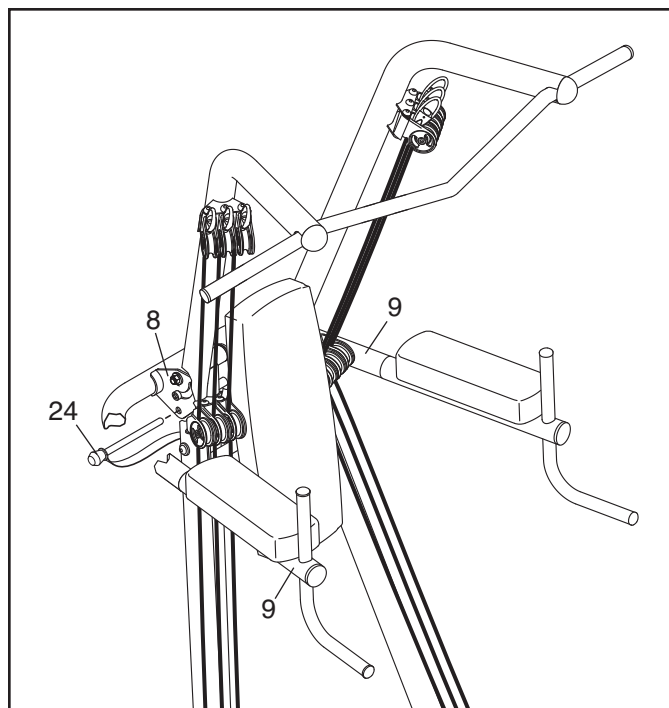
⚠ WARNING: Always stand on the Platform (13, 14, 15) when doing an exercise that could cause the exercise rack to tip.



ADJUSTING THE DIP ARMS

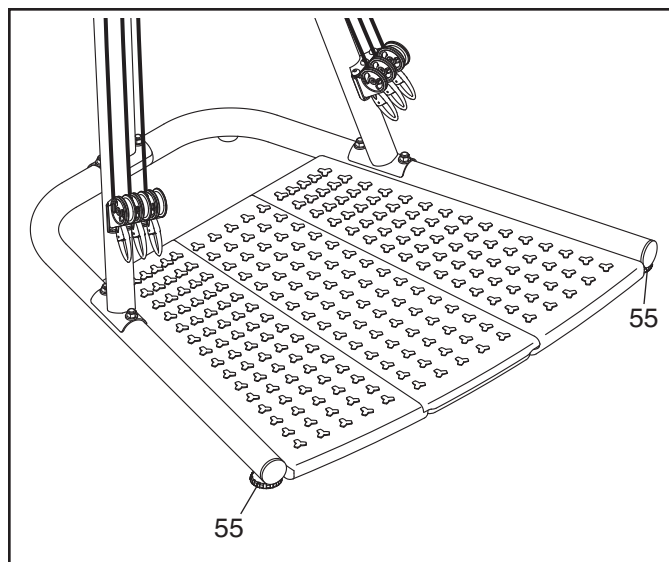
For exercises that require the Dip Arms (9), raise the Dip Frame (8) and insert the Lock Pin (24) through the Dip Frame and through the Center Upright (not shown).

For exercises that do not require the Dip Arms (9), remove the Lock Pin (24), lower the Dip Arms, and insert the Lock Pin (24) through the Dip Frame (8) and through the Center Upright (not shown).



LEVELING THE EXERCISE RACK

If the exercise rack rocks slightly on your floor during use, turn one or both of the indicated Leveling Feet (55) until the rocking motion is eliminated.



EXERCISE GUIDELINES

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals. Follow each strength workout with at least one day of rest.

Note: A "repetition" is one complete cycle of an exercise, such as one push-up. A "set" is a series of repetitions.

Warming Up—Start with 5 to 10 minutes of light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 5 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday
- One full day of rest each week to give your body time to regenerate

EXERCISE FORM

Move through the full range of motion for each exercise, and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. 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:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month.

To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

NOTES

PART LIST

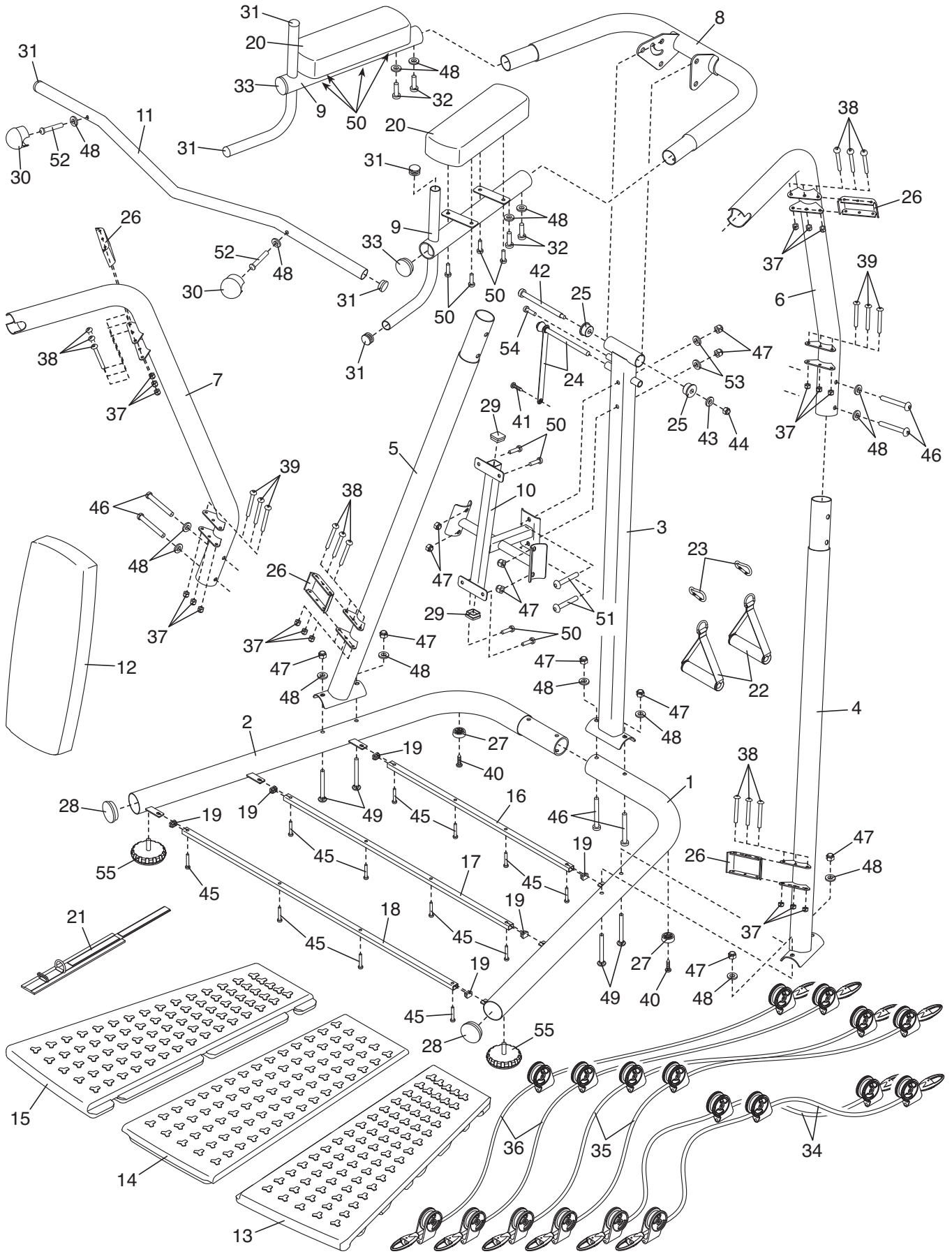
Model No. WEBE2910.0 R0911A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	30	2	Dome Cap
2	1	Left Base	31	6	28mm Round Inner Cap
3	1	Center Upright	32	4	M10 x 20mm Patch Screw
4	1	Right Upright	33	2	50mm Round Inner Cap
5	1	Left Upright	34	2	45-lb. Resistance Cord
6	1	Right Frame	35	2	35-lb. Resistance Cord
7	1	Left Frame	36	2	25-lb. Resistance Cord
8	1	Dip Frame	37	18	M6 Locknut
9	2	Dip Arm	38	12	M6 x 72mm Bolt
10	1	Backrest Frame	39	6	M6 x 66mm Bolt
11	1	Pull-up Bar	40	2	M4 x 20mm Screw
12	1	Backrest	41	1	M4 x 10mm Screw
13	1	Right Platform Section	42	1	M14 x 155mm Shoulder Bolt
14	1	Center Platform Section	43	1	M12 Washer
15	1	Left Platform Section	44	1	M12 Locknut
16	1	Short Crossbar	45	12	M6 x 25mm Patch Screw
17	1	Medium Crossbar	46	6	M10 x 77mm Bolt
18	1	Long Crossbar	47	12	M10 Locknut
19	6	14mm x 20mm Inner Cap	48	16	M10 Curved Washer
20	2	Armrest	49	4	M10 x 70mm Carriage Bolt
21	1	Ankle Strap	50	12	M8 x 15mm Patch Screw
22	2	Handle	51	2	M10 x 55mm Bolt
23	2	Clip	52	2	M10 x 55mm Patch Screw
24	1	Lock Pin/Tether	53	2	M10 Washer
25	2	Upright Bushing	54	1	M8 x 25mm Socket Screw
26	4	Cord Trap	55	2	Leveling Foot
27	2	Foot	*	–	User's Manual
28	2	60mm Round Inner Cap	*	–	Assembly Tool
29	2	38mm Square Inner Cap	*	–	Exercise Chart

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

EXPLODED DRAWING

Model No. WEBE2910.0 R0911A



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 this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.weiderservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for 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 repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized 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 replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any 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; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or 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 are limited in their 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 that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813