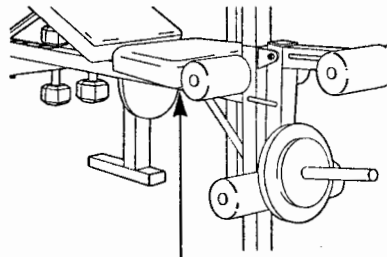


# PRO 305

Model No. WEBE30550

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:

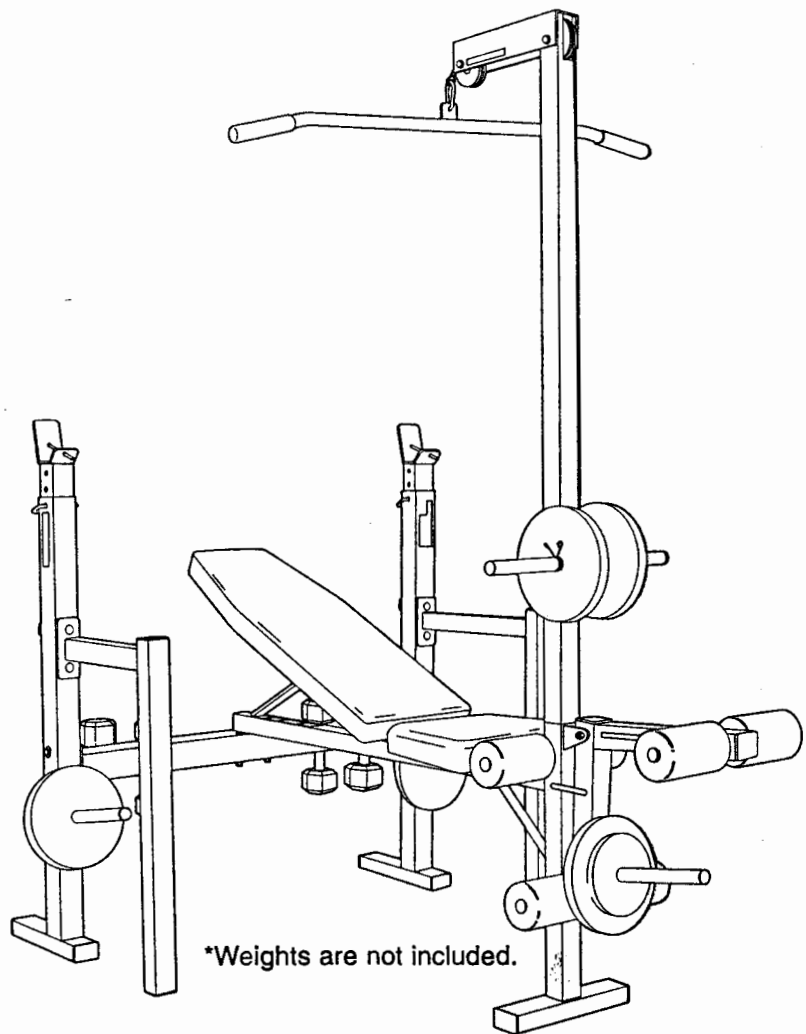
**1-800-225-0653**

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



\*Weights are not included.

# WEIDER®

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Note: A PART IDENTIFICATION CHART is attached to the center of this manual. Remove the PART IDENTIFICATION CHART 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, for products used for commercial or rental purposes, or for 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**

# 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.
2. Use the weight bench only on a level surface. Cover the floor beneath the weight bench.
3. Inspect and tighten all parts regularly. Replace any worn parts immediately.
4. Keep small children and pets away from the weight bench at all times.
5. Always wear athletic shoes for foot protection when exercising.
6. The weight bench is designed to be used by only one person at a time.
7. Do not place more than 365 pounds on the weight rest; do not place more than 125 pounds on the leg lever; do not place more than 125 pounds on the weight carriage; do not place more than 125 pounds on each weight storage tube.
8. Keep hands and feet away from moving parts.
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. Remove the lat bar when performing any exercise that does not use the lat bar.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
13. Before using the backrest, be sure that the incline brace is fully inserted into one of the holes in the frame. If it is not, the backrest may slip.

**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.

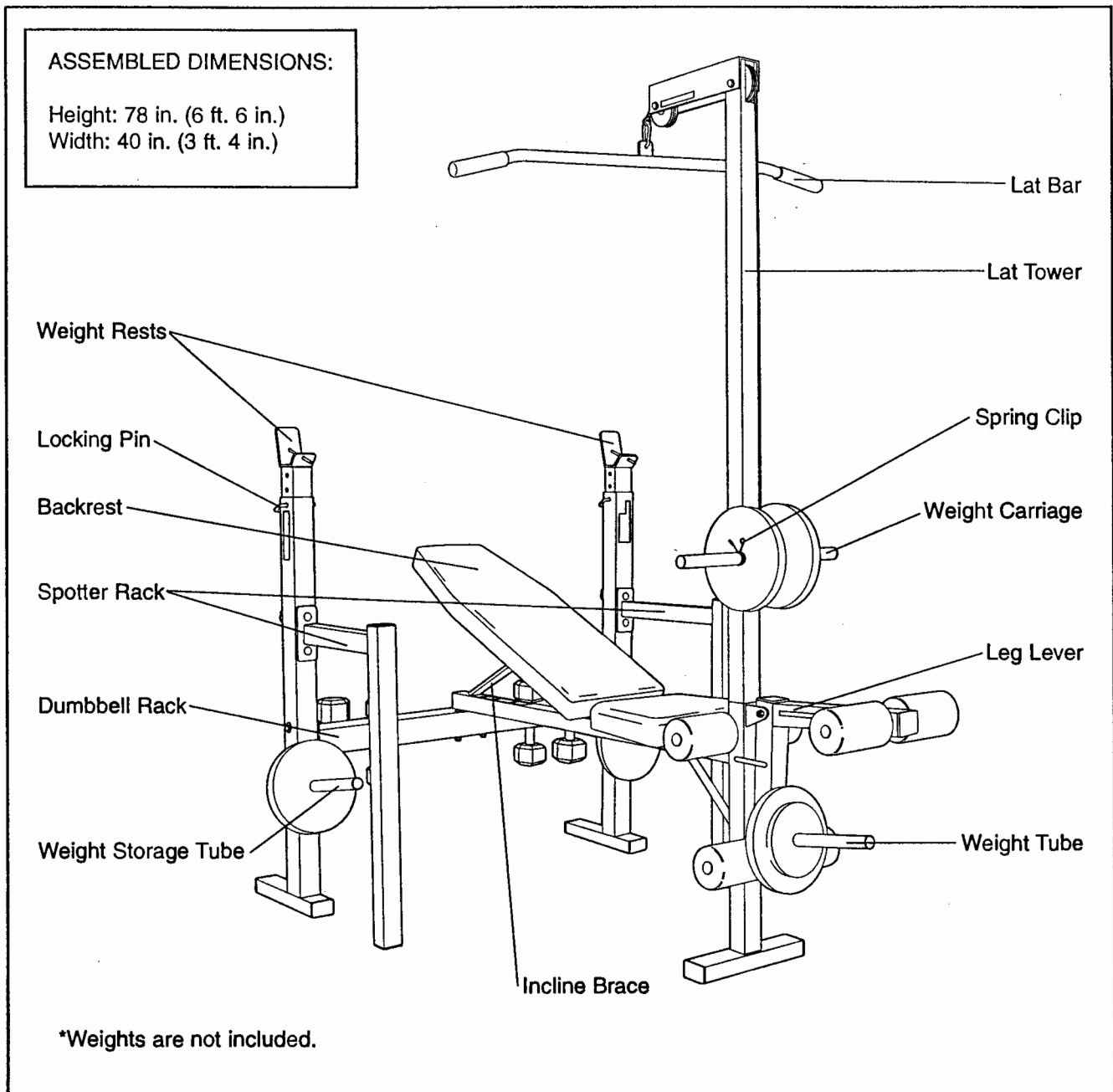
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 305 Weight Bench. The WEIDER® PRO 305 is designed to be used with your own weight set to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® PRO 305 will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® PRO 305 Weight Bench.** If you have additional questions, please call our Customer

Service Department toll-free at 1-800-225-0653, 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 WEBE30550. The serial number can be found on a decal attached to the WEIDER® PRO 305 (see the front cover of this manual).

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





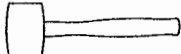
# ASSEMBLY

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

- Place all parts of the WEIDER PRO 305 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the center of this manual.** Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the WEIDER PRO 305, be sure that all parts are oriented as shown in the drawings.

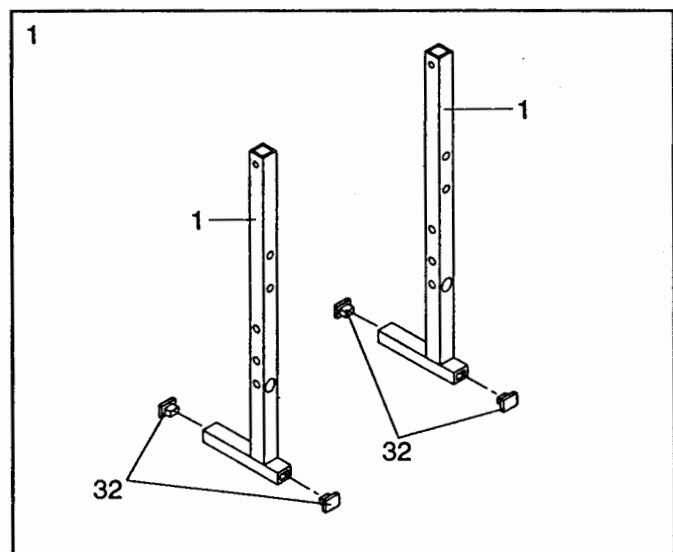
**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:**

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

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 beginning assembly, be sure that you have read and understand the information in the box above.**

Press two 1 1/4" x 2 1/2" Caps (32) into each Upright (1).

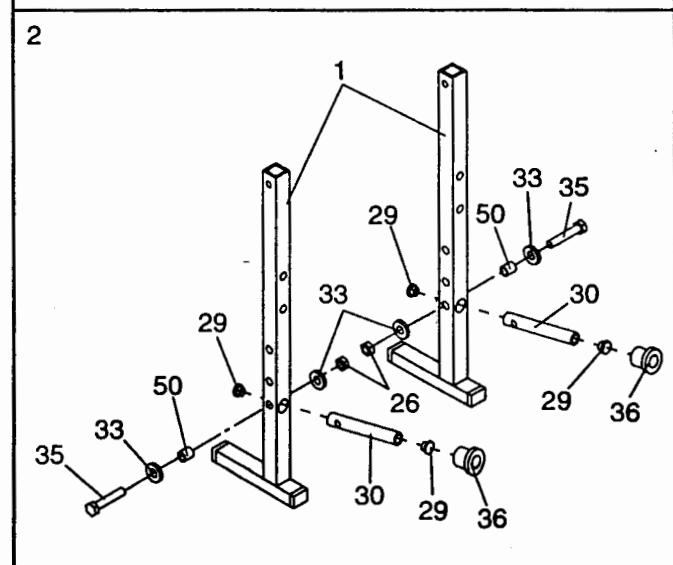


2. Press a 1" Round Cap (29) into each end of a Weight Tube (30). **Note: The Weight Tubes are the tubes with the drilled hole near one end.**

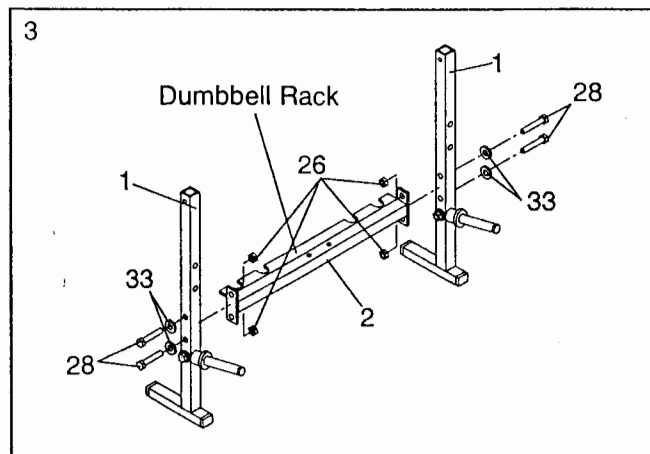
Attach the Weight Tube (30) to an Upright (1) with an 8mm x 75mm Bolt (35), an 8mm x 17.5mm Spacer (50), two 8mm Washers (33), and an 8mm Nylon Locknut (26). **The Weight Tube must be attached to the side of the Upright shown.**

Attach another Weight Tube (30) to the other Upright (1) in the same manner.

Slide a Weight Stop (36) onto each Weight Tube (30).



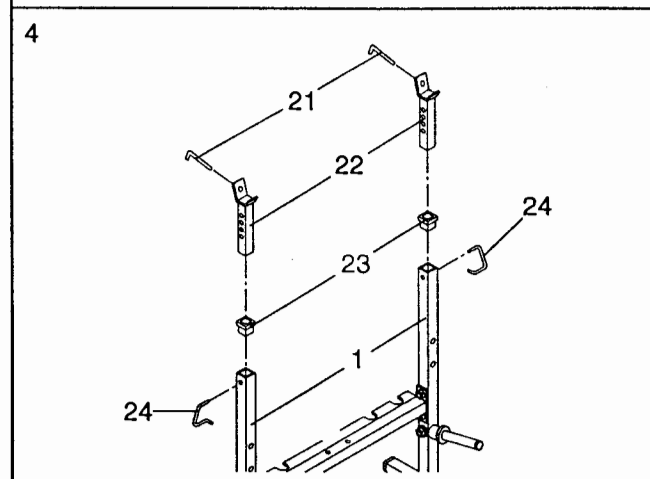
- Attach each side of the Crossbar (2) to an Upright (1) with two 8mm x 80mm Bolts (28), two 8mm Washers (33), and two 8mm Nylon Locknuts (26). Make sure that the Crossbar is turned so the dumbbell rack is on the indicated side.



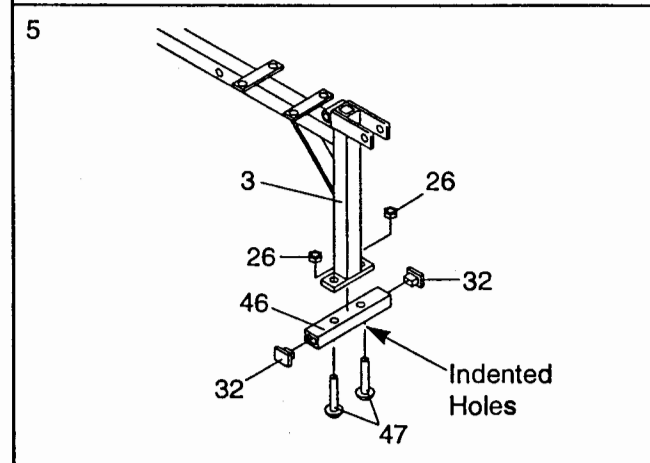
- Press a 2 1/2" Square Bushing (23) into the top of each Upright (1).

Insert a Weight Rest (22) into each Upright (1). Make sure that the Weight Rests are turned as shown. Align one set of holes in a Weight Rest with the holes in the Upright. Insert a Locking Pin (24) through the Upright and Weight Rest. Insert a Locking Pin into the other Upright and Weight Rest. **Be sure that both Weight Rests are set at the same height.**

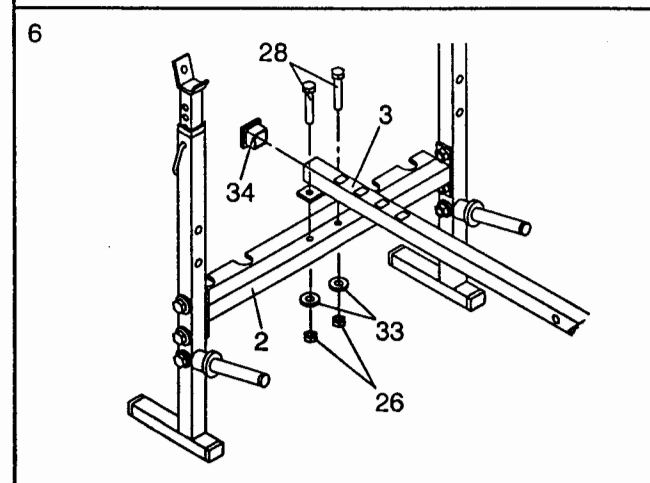
Insert an "L"-Pin (21) into each Weight Rest (22) as shown.



- Press a 1 1/4" x 2 1/2" Cap (32) into each end of the Stabilizer (46). Attach the Stabilizer to the Frame (3) with two 8mm x 40mm Carriage Bolts (47) and two 8mm Nylon Locknuts (26). **The indented holes in the Stabilizer must be facing the floor for the Carriage Bolt heads to sit in.**



- Press a 1 3/4" Square Cap (34) into the indicated end of the Frame (3). Attach the Frame to the Crossbar (2) with two 8mm x 80mm Bolts (28), two 8mm Washers (33), and two 8mm Nylon Locknuts (26).



- Slide a 3/8" x 3/16" Spacer (27) onto an 8mm x 80mm Bolt (28). Insert the Bolt through the lower hole in one of the Uprights (1). Tighten an 8mm Nylon Locknut (26) onto the Bolt.

Press a 2" Square Cap (31) into each end of a Spotter Rack (4). Slide the Spotter Rack onto the head of the 8mm x 80mm Bolt (28) in the Upright (1). Insert an 8mm x 75mm Carriage Bolt (19) through the upper holes in the Spotter Rack and the Upright from the direction shown. Tighten an 8mm Knob (25) onto the Bolt.

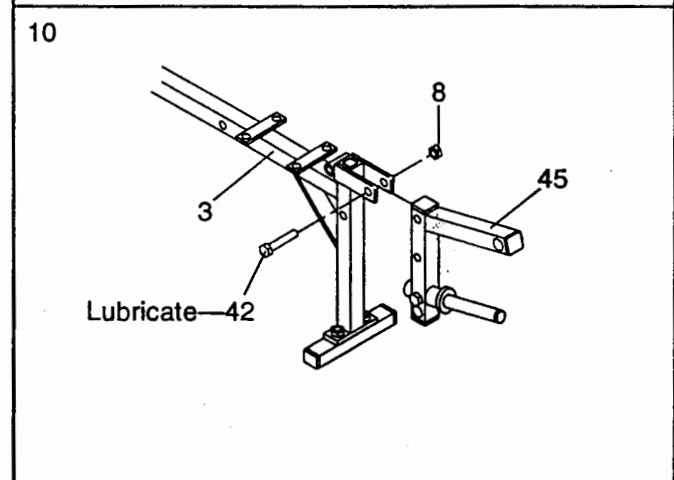
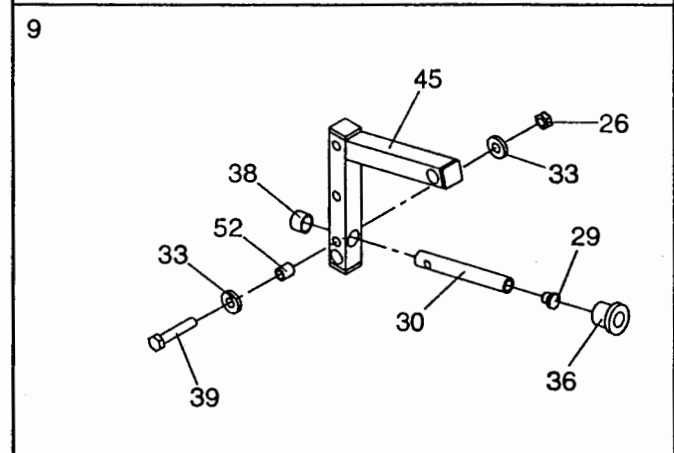
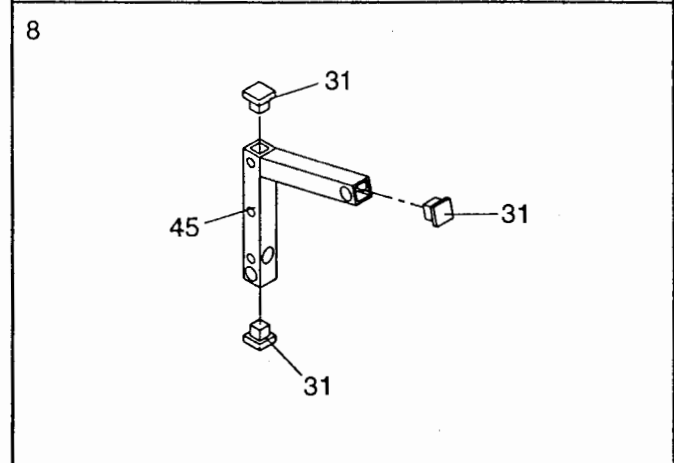
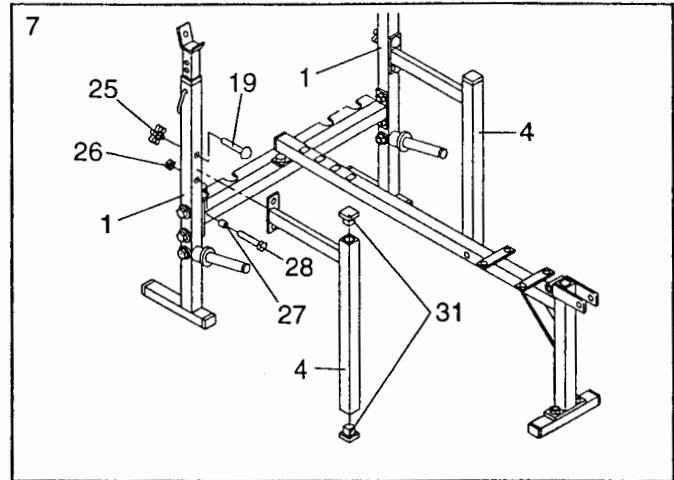
Attach the other Spotter Rack (4) to the other Upright (1) in the same manner.

- Press 2" Square Caps (31) into the Leg Lever (45) in the indicated locations.

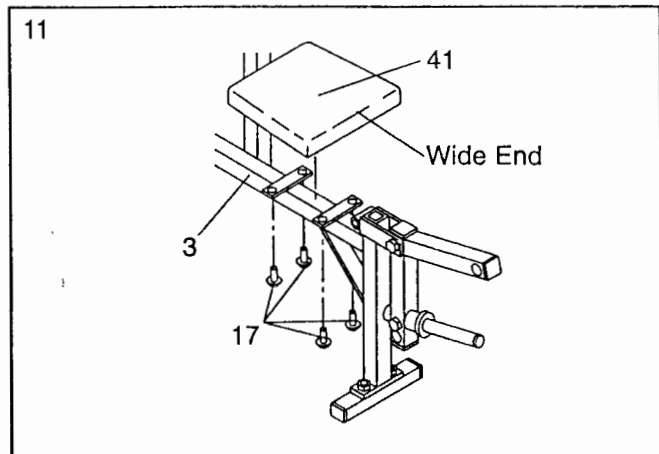
- Attach a Weight Tube (30) to the Leg Lever (45) with the 8mm x 65mm Bolt (39), an 8mm x 12.5mm Spacer (52), two 8mm Washers (33), and an 8mm Nylon Locknut (26).

Press a 1" Round Cap (29) into the indicated end of the Weight Tube (30). Press a 1" Angled Cap (38) onto the other end. Slide a Weight Stop (36) onto the Weight Tube.

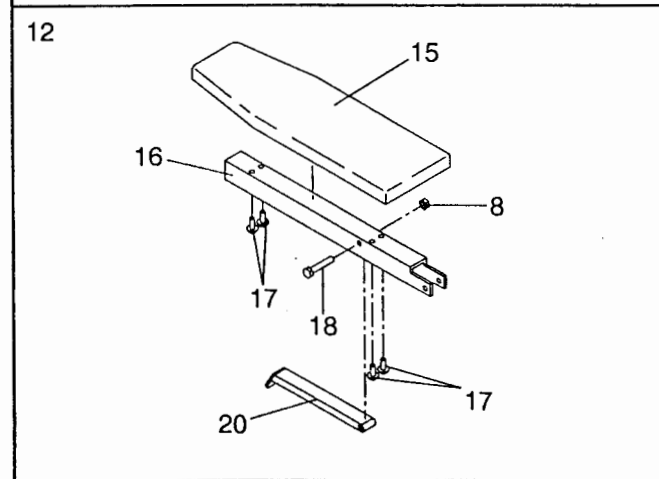
- Lubricate the 10mm x 80mm Bolt (42). Attach the Leg Lever (45) to the Frame (3) with the 10mm x 80mm Bolt and a 10mm Nylon Locknut (8).



11. Attach the Seat (41) to the Frame (3) with four 6mm x 20mm Screws (17). **Do not tighten the Screws until all four Screws are inserted. Make sure that the Seat is turned as shown.**

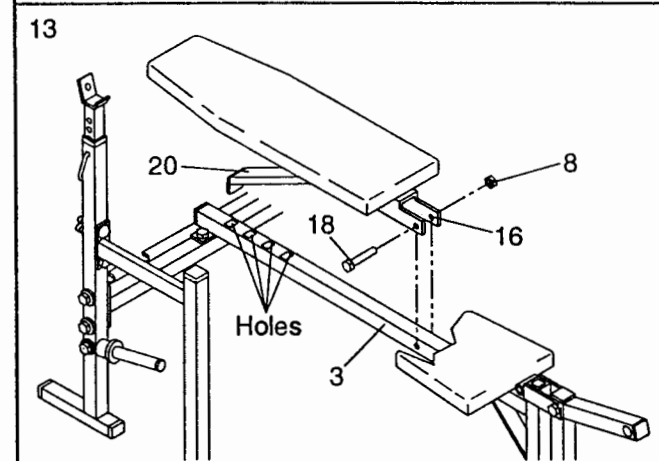


12. Attach the Backrest (15) to the Backrest Rail (16) with four 6mm x 20mm Screws (17). **Do not tighten the Screws until all four Screws are inserted.**



Attach the Incline Brace (20) to the Backrest Rail (16) with a 10mm x 90mm Bolt (18) and a 10mm Nylon Locknut (8). **Do not overtighten the Nylon Locknut; the Incline Brace must be able to pivot freely.**

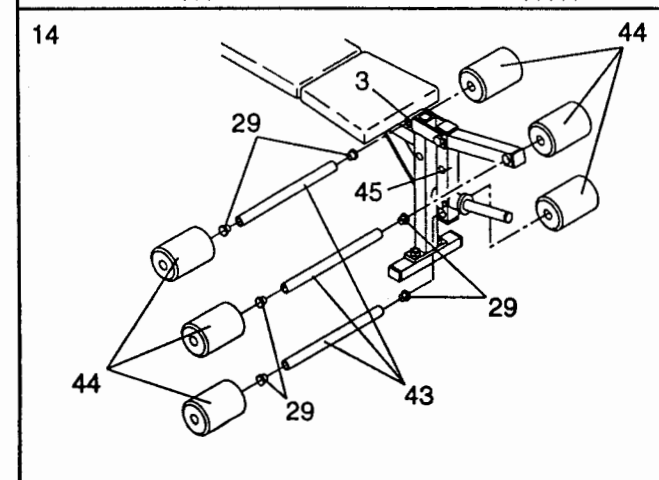
13. Attach the Backrest Rail (16) to the Frame (3) with a 10mm x 90mm Bolt (18) and a 10mm Nylon Locknut (8). Rest the end of the Incline Brace (20) in one of the holes in the Frame.



14. Press 1" Round Caps (29) into the ends of the three Pad Tubes (43).

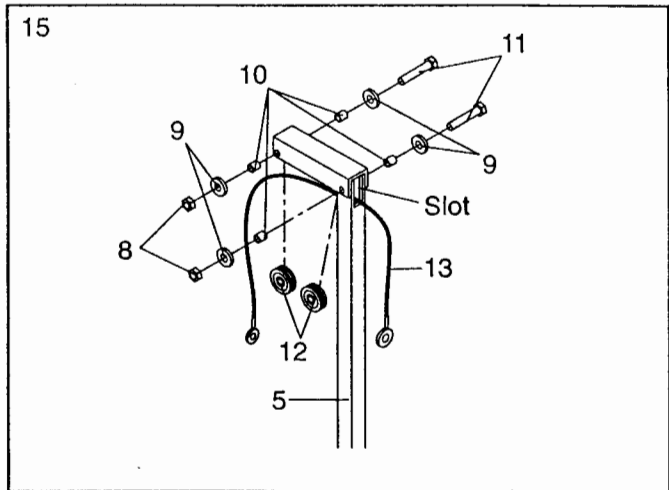
Insert a Pad Tube (43) into the welded tube on the Frame (3). Slide a Foam Pad (44) onto each end of the Pad Tube.

Insert two Pad Tubes (43) into the Leg Lever (45). Slide Foam Pads (44) onto the ends of the Pad Tubes.



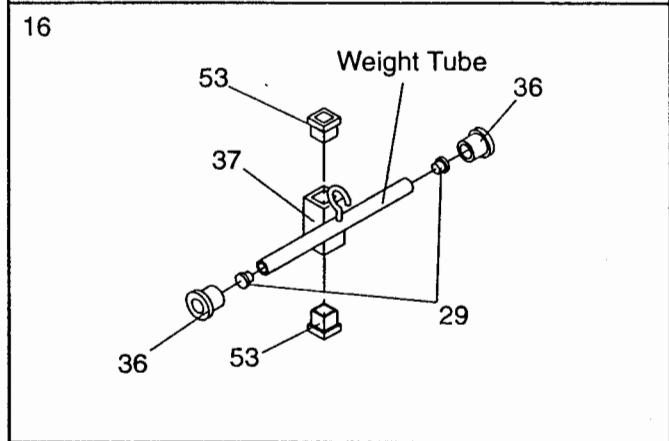
15. Feed the Cable (13) through the indicated slot in the Lat Tower (5). Rest the Cable in the groove of a Pulley (12). Attach the Pulley to the Lat Tower with a 10mm x 75mm Bolt (11), two 10mm Washers (9), two 5/8" x 5/8" Spacers (8), and a 10mm Nylon Locknut (10).

Rest the Cable (13) in the groove of the other Pulley (12). Attach the other Pulley to the Lat Tower (5) in the same manner. The Cable must run smoothly over both Pulleys.



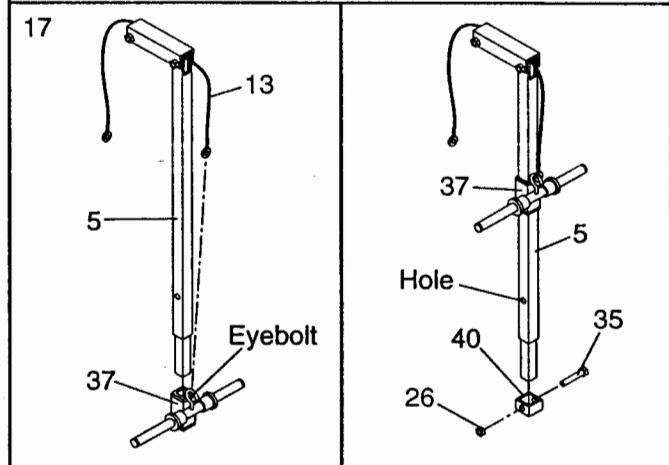
16. Press a 1" Cap (29) into each end of the weight tube on the Weight Carriage (37). Slide two Weight Stops (36) onto the weight tube as shown.

Make sure that there are Weight Carriage Bushings (53) in the top and bottom of the Weight Carriage (37).

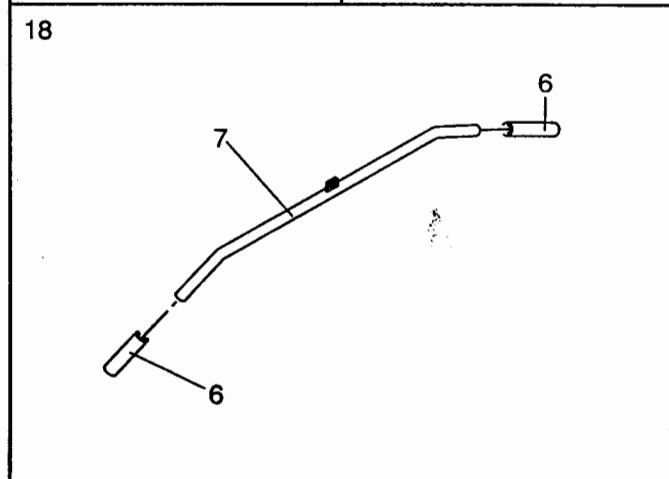


17. Slide the Weight Carriage (37) onto the Lat Tower (5). **The Weight Carriage must be oriented as shown.** Attach the Cable (13) to the eyebolt on the Weight Carriage.

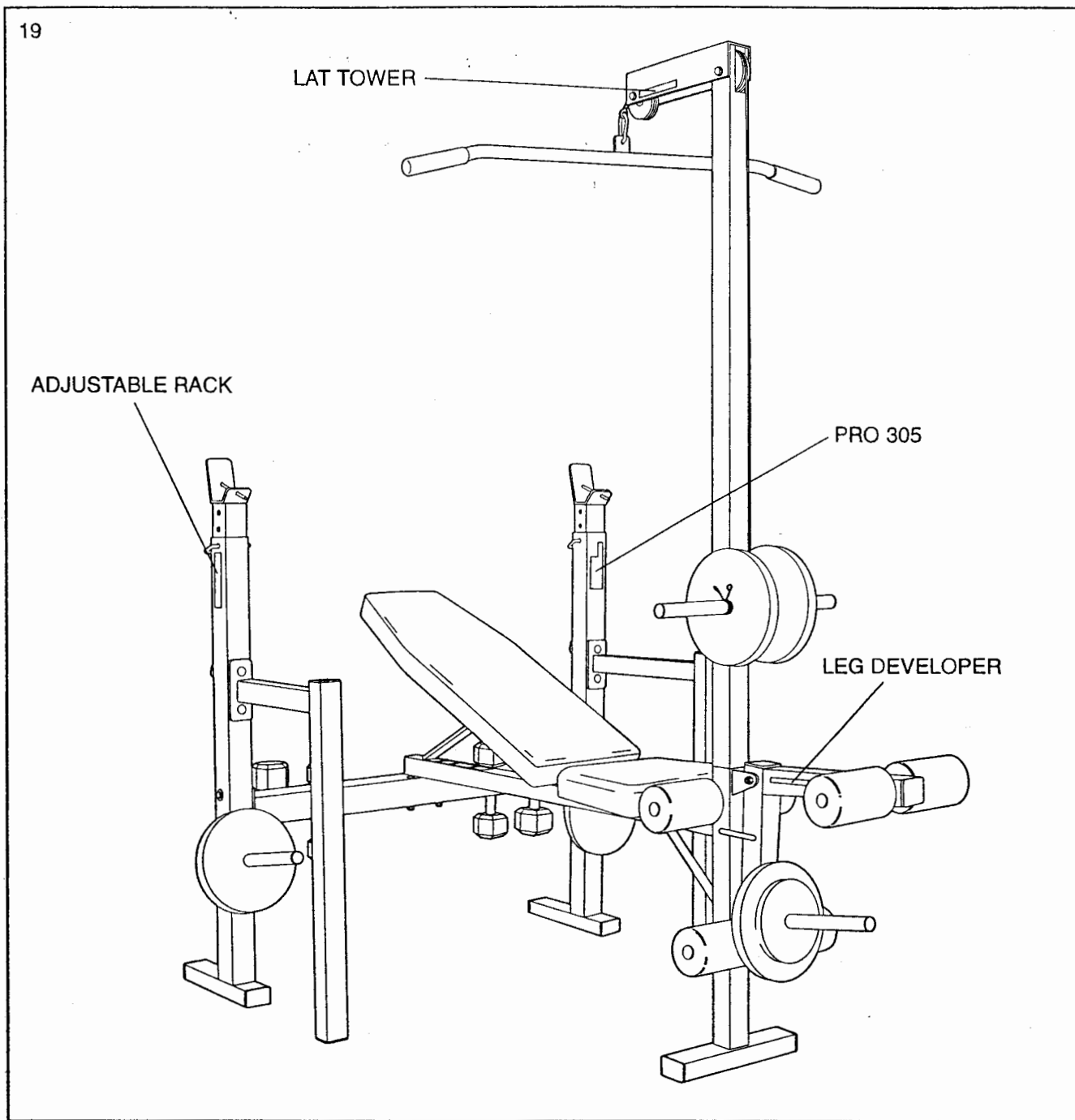
Slide the Weight Carriage Stop (40) onto the Lat Tower (5). Align the holes in the Weight Carriage Stop with the hole in the Lat Tower. Attach the Weight Carriage Stop to the Lat Tower with an 8mm x 75mm Bolt (35) and an 8mm Nylon Locknut (26). **The Weight Carriage (37) must be above the Weight Carriage Stop.**



18. Wet each end of the Lat Bar (7) with soapy water. Slide a Hand Grip (6) onto each end of the Lat Bar.



19. Remove the decals from the Decal Sheet (not shown) and apply them to the weight bench as shown.



The use of all remaining parts will be explained on pages 11 to 13, OPERATION AND ADJUSTMENT. **Make sure that all parts of the weight bench have been properly tightened.** Before using the lat tower, pull the cable a few times to be sure that the cable moves smoothly over the pulleys. If the cable does not move smoothly, find and correct the problem.

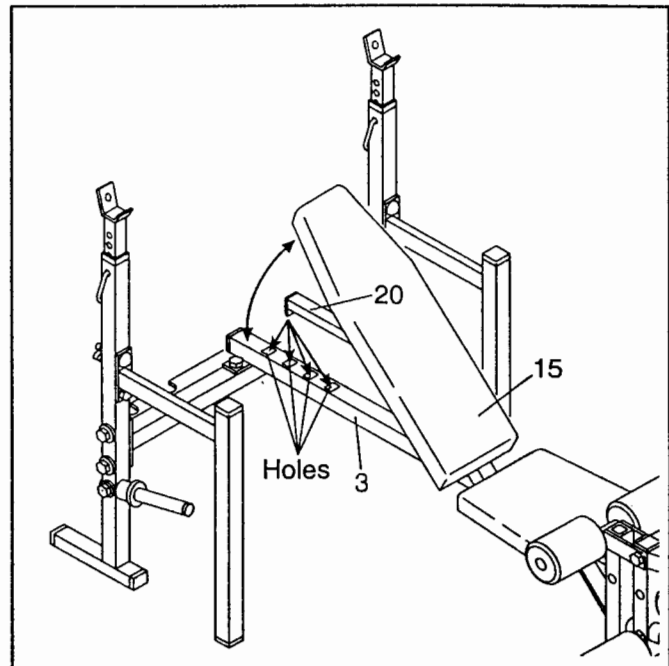
# OPERATION AND ADJUSTMENT

The instructions below describe how each part of the weight bench can be adjusted. Refer to the exercise information accompanying your weight set (not included) to see the correct form for each exercise.

## ADJUSTING THE BACKREST

The Backrest (15) has a level position and four inclined positions. To set the Backrest at the level position, lift the Incline Brace (20) and hold it up as you lower the Backrest onto the Frame (3).

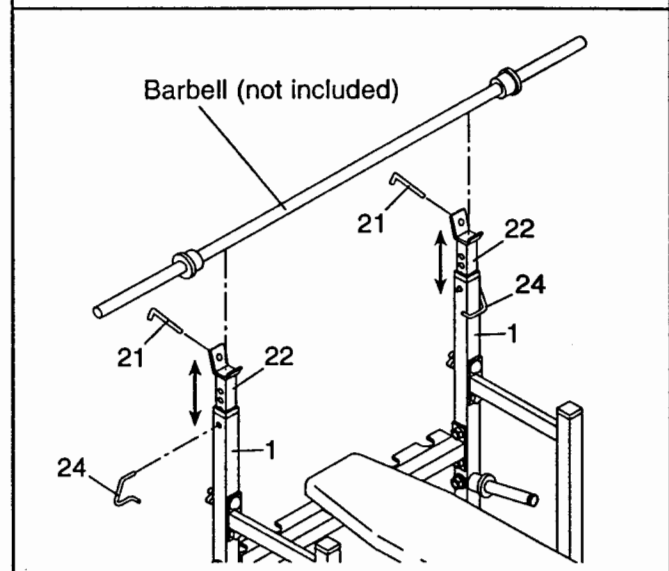
To set the Backrest (15) at an inclined position, lift the Backrest to the desired position. Fully insert the end of the Incline Brace (20) into the desired hole in the Frame (3). **Before using the Backrest, be sure that the Incline Brace is fully inserted into the hole in the Frame. If it is not, the Backrest may slip.**



## USING THE WEIGHT RESTS

To adjust the height of the Weight Rests (22), remove the Locking Pin (24) from each Upright (1) and Weight Rest. Move the Weight Rests to the desired height. Align the holes in the Weight Rests and the Uprights. Re-insert the Locking Pins.

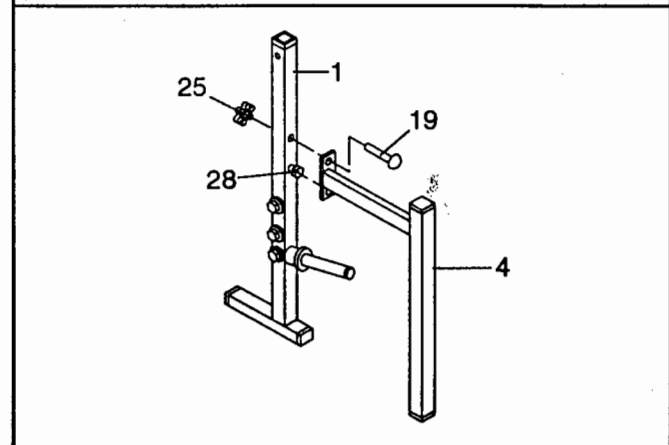
To change weights while your barbell is on the Weight Rests (22), secure the barbell with the "L"-Pins (21). This will reduce the possibility of the barbell tipping while you change weights. **Be sure to place the same amount of weight on both ends of the barbell.**



## USING THE SPOTTER RACKS

The Spotter Racks (4) are designed to decrease the possibility of injury from the barbell falling if you cannot complete a repetition. **Always train with a partner! The Spotter Racks cannot eliminate the possibility of injury.**

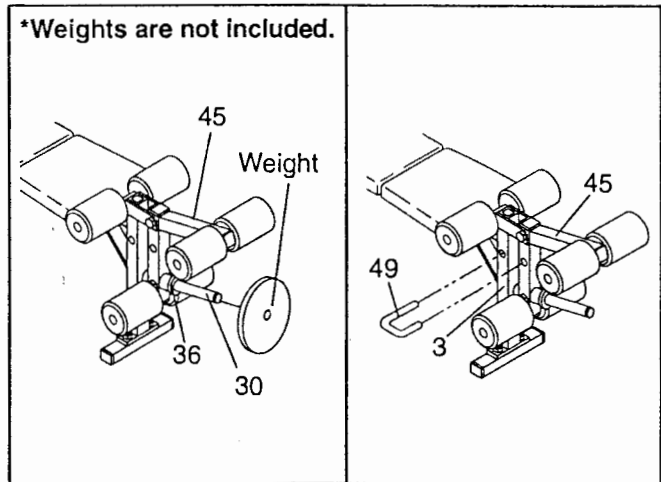
To remove each Spotter Rack (4), remove the 8mm Knob (25) from the 8mm x 75mm Bolt (19). Lift the Spotter Rack off the 8mm x 80mm Carriage Bolt (28).



### USING THE LEG LEVER

To use the Leg Lever (45), be sure that there is a Weight Stop (36) on the Weight Tube (30). Slide the desired amount of weight (not included) onto the Weight Tube.

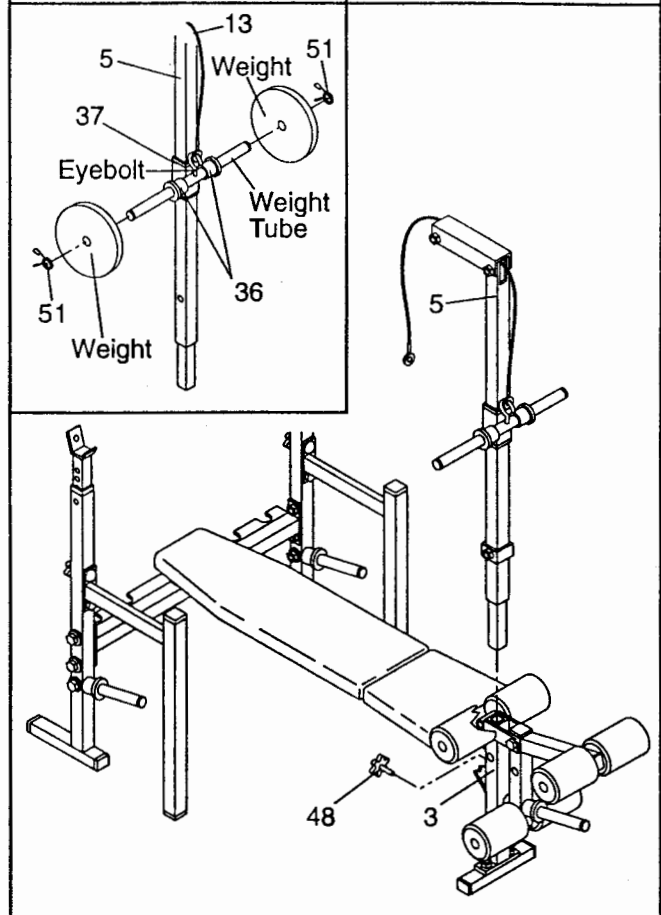
To lock the Leg Lever (45) into place, insert the "J" Hook (49) into the Frame (3) and the Leg Lever. The long end of the "J" Hook must be inserted into the Frame.



### USING THE LAT TOWER

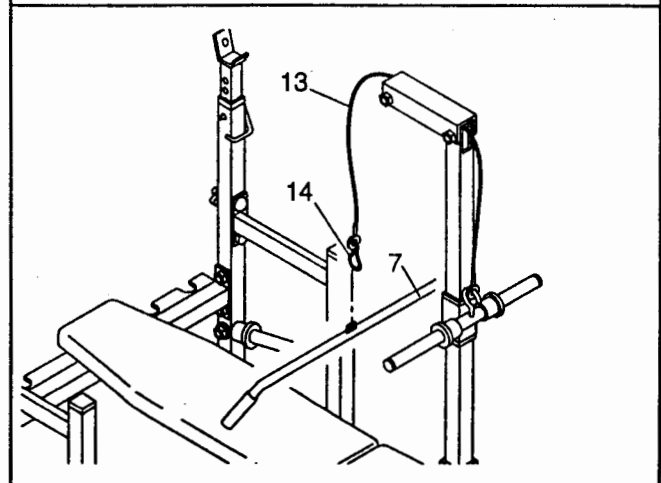
To attach the Lat Tower (5) to the weight bench, insert the lower end of the Lat Tower into the Frame (3). The Lat Tower must be turned as shown. Secure the Lat Tower with the Lat Tower Knob (48).

See the inset drawing. To use the Weight Carriage (37), be sure that the Cable (13) is attached to the eyebolt on the Weight Carriage. Be sure that there is a Weight Stop (36) on each side of the weight tube. Slide the desired amount of weight (not included) onto the weight tube. Attach a Spring Clip (51) to each side of the weight tube.



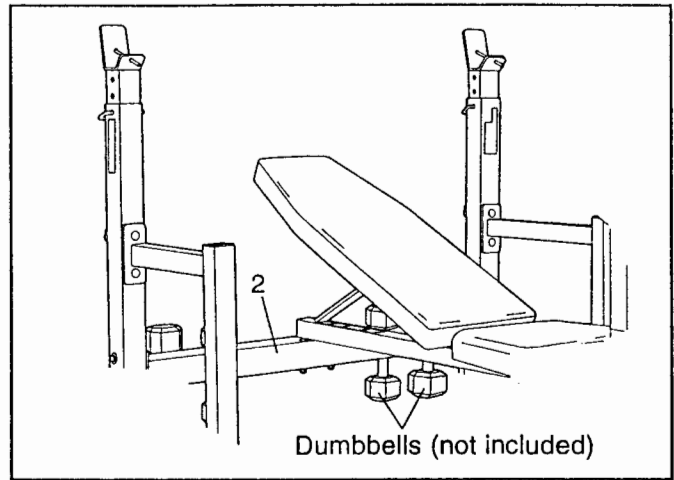
### ATTACHING THE LAT BAR

Attach the Lat Bar (7) to the Cable (13) with a Cable Clip (14).



## USING THE DUMBBELL RACK

The WEIDER PRO 305 is equipped with a dumbbell rack. To use the dumbbell rack, place your dumbbells (not included) into the slots in the back of the Crossbar (2).



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## TROUBLE-SHOOTING AND MAINTENANCE

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

If any parts need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

# PART LIST—Model No. WEBE30550

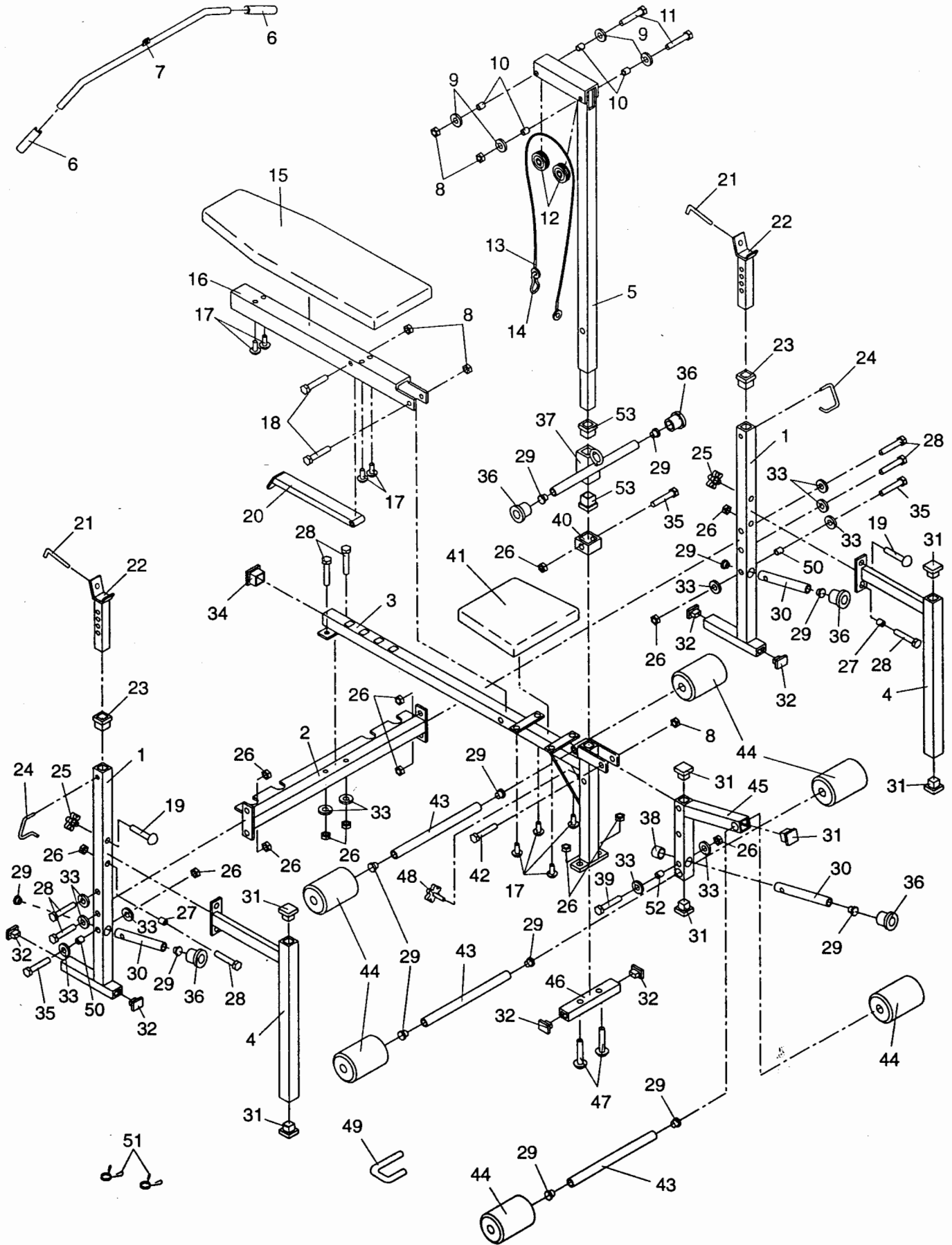
R1095A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	29	13	1" Round Cap
2	1	Crossbar	30	3	Weight Tube
3	1	Frame	31	7	2" Square Cap
4	2	Spotter Rack	32	6	1 1/4" x 2 1/2" Cap
5	1	Lat Tower	33	12	8mm Washer
6	2	Hand Grip	34	1	1 3/4" Square Cap
7	1	Lat Bar	35	3	8mm x 75mm Bolt
8	5	10mm Nylon Locknut	36	5	Weight Stop
9	4	10mm Washer	37	1	Weight Carriage
10	4	5/8" x 5/8" Spacer	38	1	1" Angled Cap
11	2	10mm x 75mm Bolt	39	1	8mm x 65mm Bolt
12	2	Pulley	40	1	Weight Carriage Stop
13	1	Cable	41	1	Seat
14	1	Cable Clip	42	1	10mm x 80mm Bolt
15	1	Backrest	43	3	Pad Tube
16	1	Backrest Rail	44	6	Foam Pad
17	8	6mm x 20mm Screw	45	1	Leg Lever
18	2	10mm x 90mm Bolt	46	1	Stabilizer
19	2	8mm x 75mm Carriage Bolt	47	2	8mm x 40mm Carriage Bolt
20	1	Incline Brace	48	1	Lat Tower Knob
21	2	"L"-Pin	49	1	"J" Hook
22	2	Weight Rest	50	2	8mm x 17.5mm Spacer
23	4	2 1/2" Square Bushing	51	2	Spring Clip
24	2	Locking Pin	52	1	8mm x 12.5mm Spacer
25	2	8mm Knob	53	2	Weight Carriage Bushing
26	14	8mm Nylon Locknut	#	1	User's Manual
27	2	3/8" x 3/16" Spacer	#	1	Decal Sheet
28	8	8mm x 80mm Bolt			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. WEBE30550

R1095A



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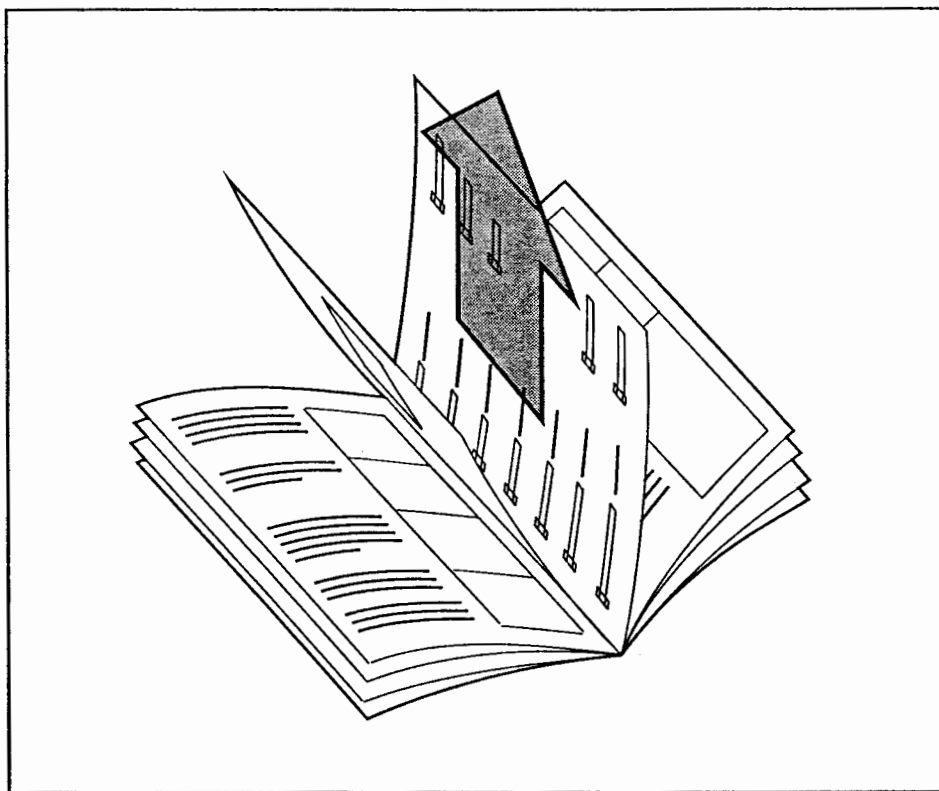
# ORDERING REPLACEMENT PARTS

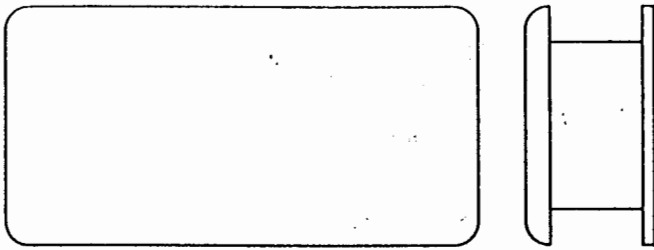
To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WEBE30550).
2. The NAME of the product (WEIDER® PRO 305 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 of this manual).

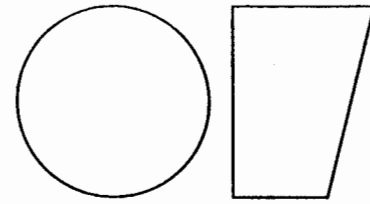
# REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.

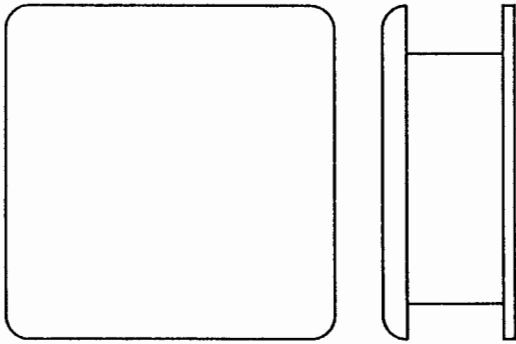




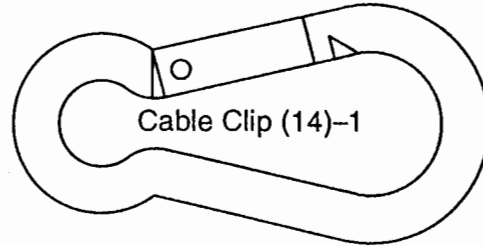
1 1/4" x 2 1/2" Cap (32)-6



1" Angled Cap (38)-1



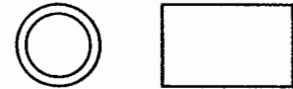
1 3/4" Square Cap (34)-1



Cable Clip (14)-1



3/8" x 3/16" Spacer (27)-2



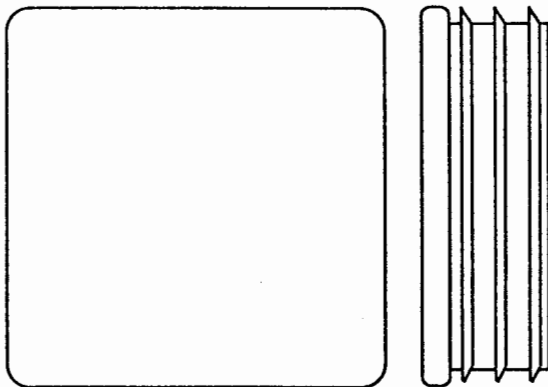
8mm x 17.5mm Spacer (50)-2



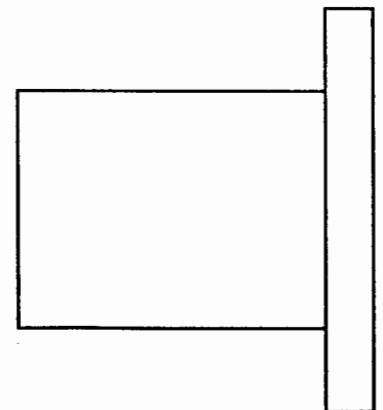
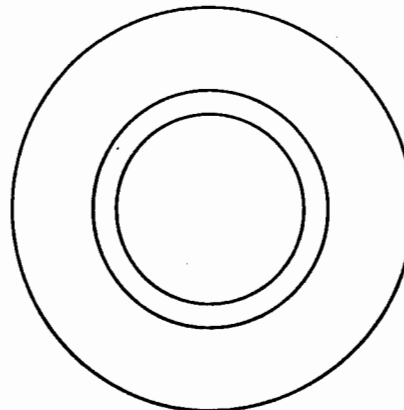
8mm x 12.5mm Spacer (52)-1



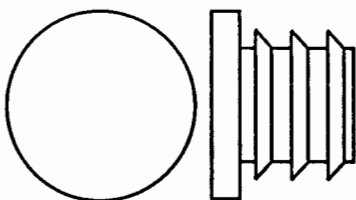
5/8" x 5/8" Spacer (10)-4



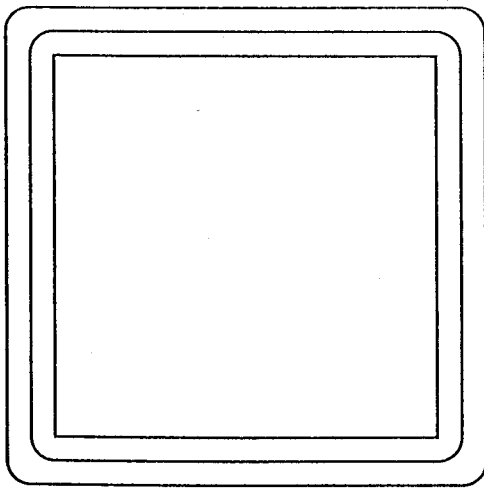
2" Square Cap (31)-7



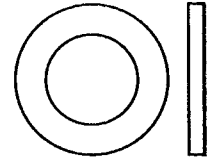
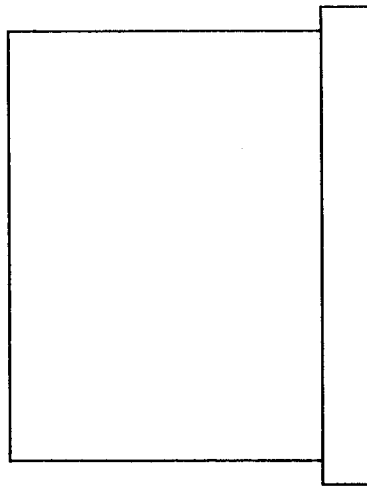
Weight Stop (36)-5



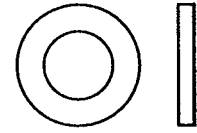
1" Round Cap (29)-13



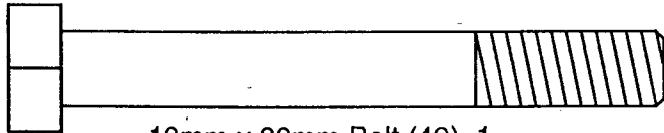
2 1/2" Square Bushing (23)-2



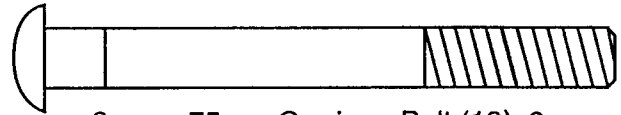
10mm Washer (9)-4



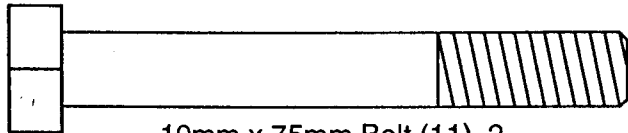
8mm Washer (33)-12



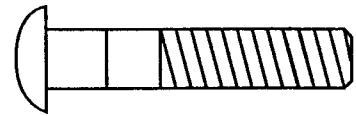
10mm x 80mm Bolt (42)-1



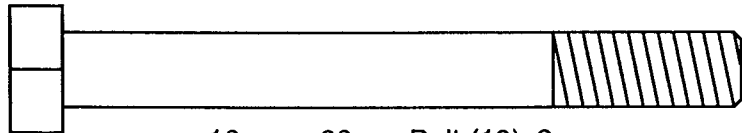
8mm x 75mm Carriage Bolt (19)-2



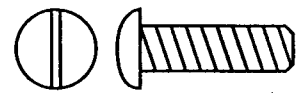
10mm x 75mm Bolt (11)-2



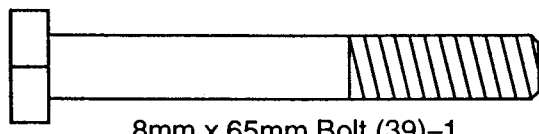
8mm x 40mm Carriage Bolt (47)-2



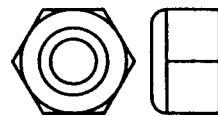
10mm x 90mm Bolt (18)-2



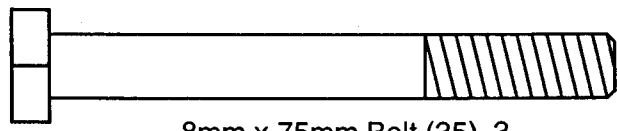
6mm x 20mm Screw (17)-8



8mm x 65mm Bolt (39)-1



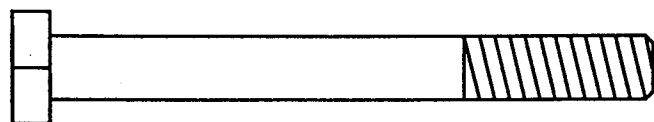
8mm Nylon Locknut (26)-14



8mm x 75mm Bolt (35)-3



10mm Nylon Locknut (8)-5



8mm x 80mm Bolt (28)-8

