



# WEIDER

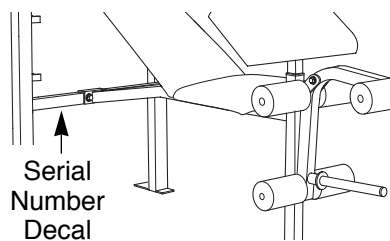
TRAINING SYSTEM

# 146

Model No. WEBE36790

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

Write the serial number in the space above.



## QUESTIONS?

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

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

CUSTOMER HOT LINE:

**1-800-999-3756**

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

## CAUTION

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



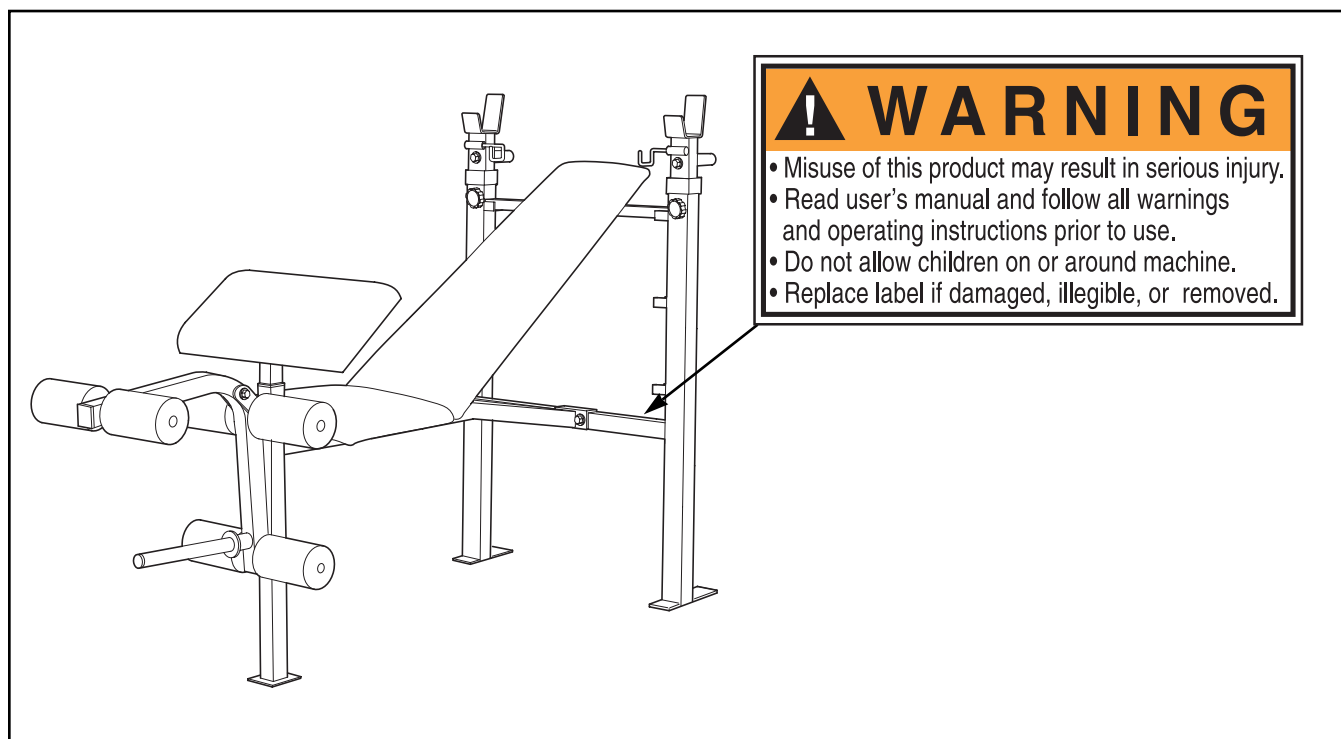
# USER'S MANUAL

# Table of Contents

Warning Decal Placement .....	2
Important Precautions .....	3
Before You Begin .....	4
Part Identification Chart .....	5
Assembly .....	6
Adjusting the Weight Bench .....	9
Exercise Guidelines .....	11
Part List .....	14
Exploded Drawing .....	15
Ordering Replacement Parts .....	Back Cover
Limited Warranty .....	Back Cover

## Warning Decal Placement

The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays), to order a replacement decal. Apply the replacement decal to the location shown.



# 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 as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Always use an equal amount of weight on each side of the barbell (not included).
8. Do not use a barbell (not included) that is longer than five feet with the weight bench.
9. When you are using the leg lever, place a barbell (not included) with the same amount of weight on the weight rests to balance the bench.
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts.
12. The weight bench is designed to support a maximum of 360 pounds, including the user, a weight bar, and weights. Do not place more than 110 pounds, including a barbell and weights, on the weight rests; do not place more than 50 pounds on the leg lever for normal use; the leg lever can support 100 pounds when stationary (See #16).
13. When using the backrest in an inclined position, make sure that the support tube is fully seated in the adjustment brackets on the uprights.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
16. When using the dip handles, always place 100 pounds on the leg lever to balance the weight bench.
17. When you are changing weights, always secure the barbell with the barbell hooks to prevent it from falling off the bench.

**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.

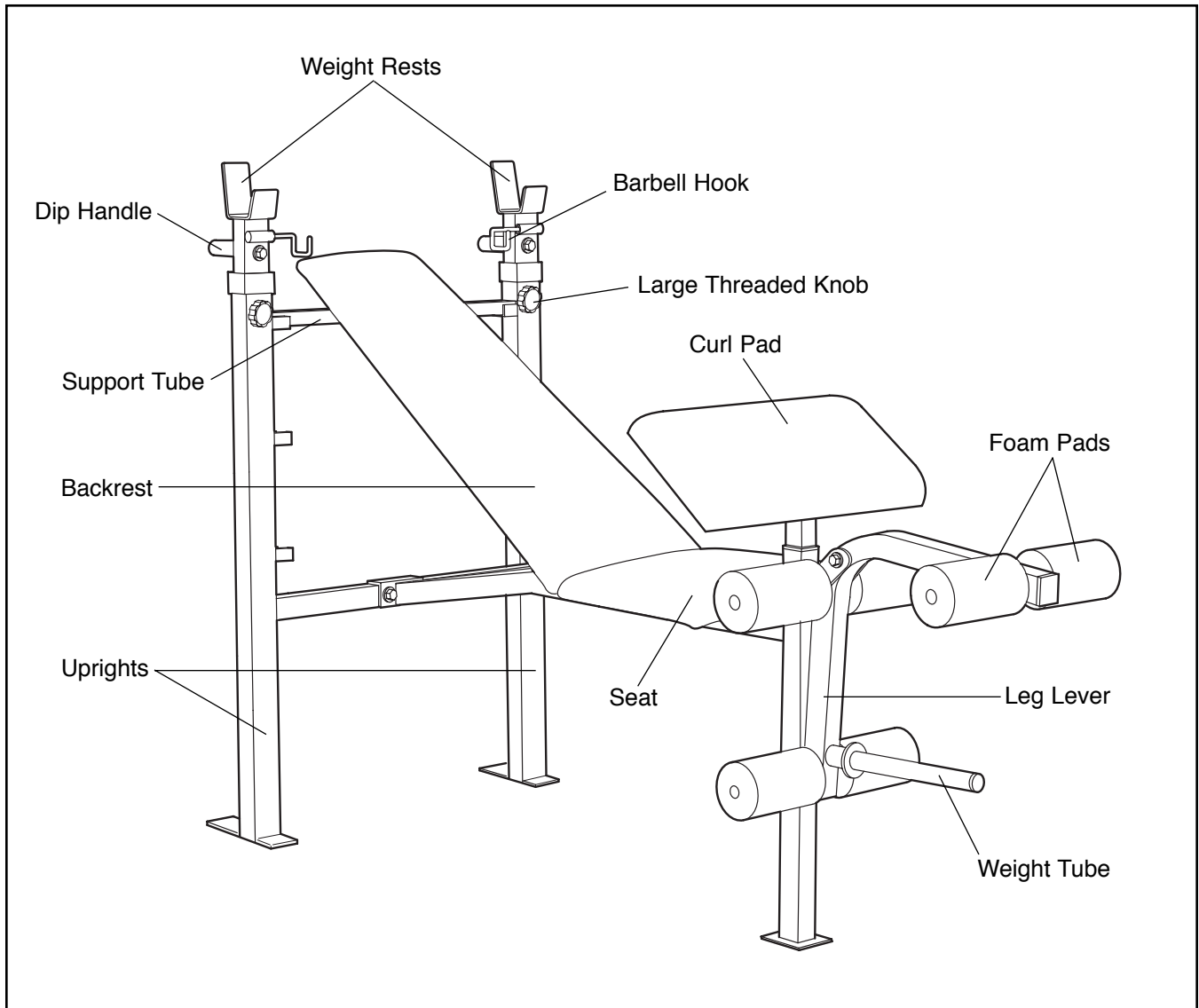
# Before You Begin

Thank you for selecting the versatile WEIDER® 146 Weight Bench. The WEIDER® 146 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the 146 Weight Bench will help you achieve the specific results you want.

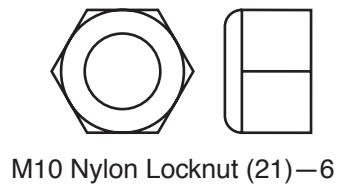
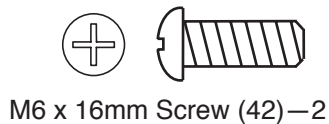
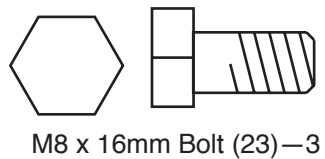
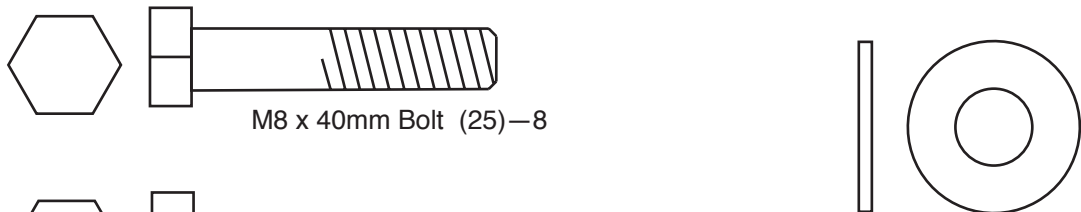
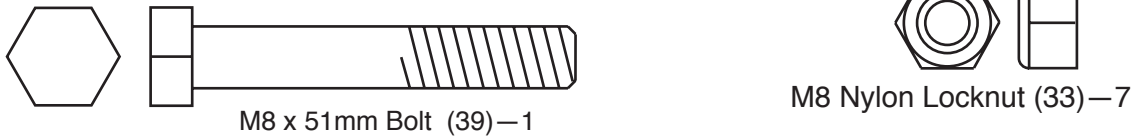
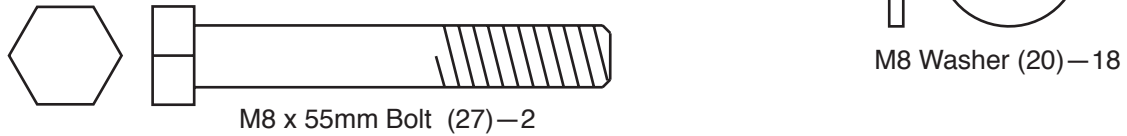
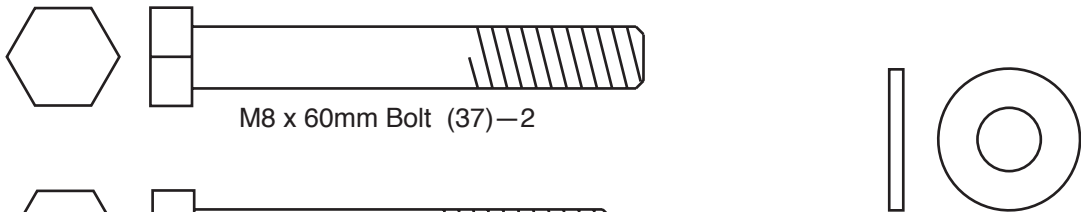
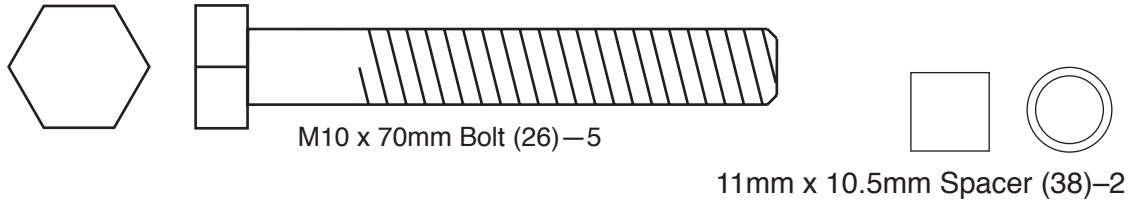
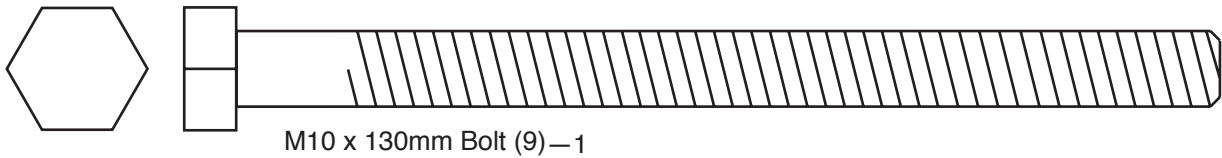
**For your benefit, read this manual carefully before using the WEIDER® 146 Weight Bench.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday

through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE36790. The serial number can be found on a decal attached to the WEIDER® 146 Weight Bench (see the front cover of this manual).

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



# Part Identification Chart - Model No. WEBE36790 R0699A



# Assembly

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



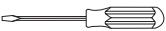
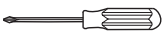
## **Make Things Easier for Yourself!**

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

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- For help identifying the small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

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

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

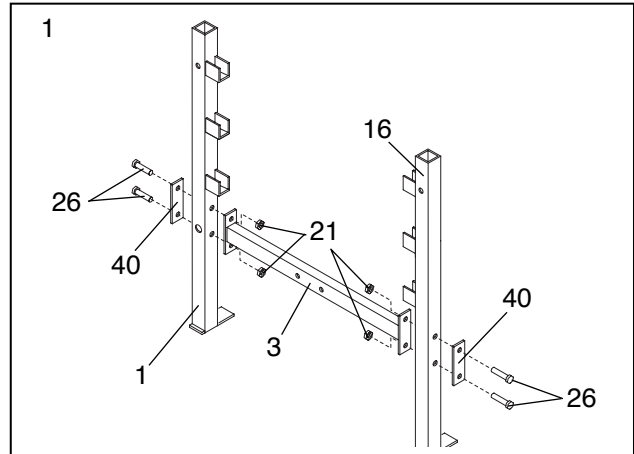
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

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

Attach the Crossbar (3) to the Left Upright (1) with two M10 x 70mm Bolts (26), a Support Plate (40) and two M10 Nylon Locknuts (21). **The Upright must be oriented as shown.**

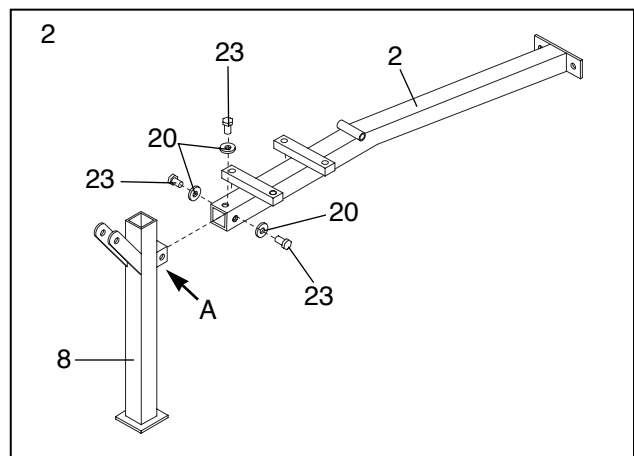
Attach the Crossbar (3) to the Right Upright (16) in the same manner.

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



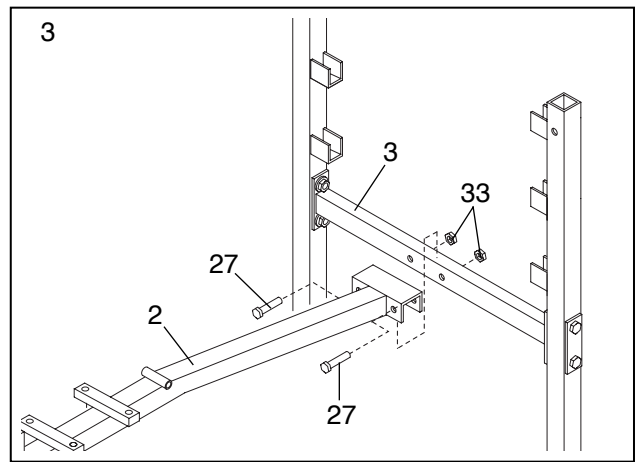
2. Attach the Front Leg (8) to the Frame (2) with three M8 x 16mm Bolts (23) and three M8 Washers (20).

**Do not tighten the Bolts yet.**



- Attach the Frame (2) to the Crossbar (3) with two M8 x 55mm Bolts (27) and two M8 Nylon Locknuts (33).

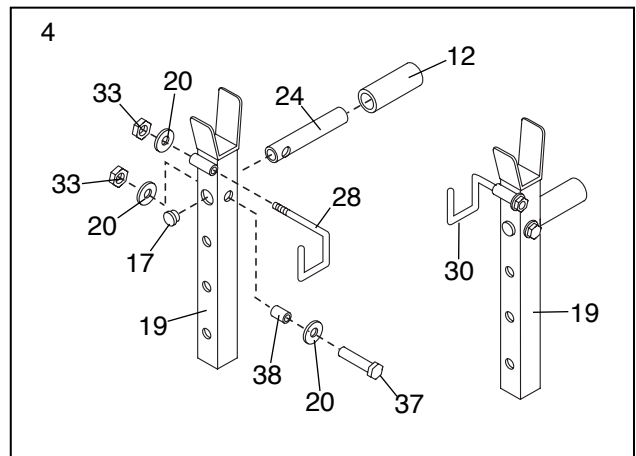
**Tighten the Nylon Locknuts (23 and 33) and the Bolts (23) used in steps 1–3 now.**



- Attach a Dip Handle (24) to one of the Weight Rests (19) with an M8 x 60mm Bolt (37), an 11mm x 10.5mm Spacer (38), two M8 Washers (20) and an M8 Nylon Locknut (33). Slide a Handgrip (12) onto the Dip Handle. Press a 25.4mm Round Inner Cap (17) into the end of the Dip Handle.

Attach the other Dip Handle (24) to the other Weight Rest (19) in the same manner.

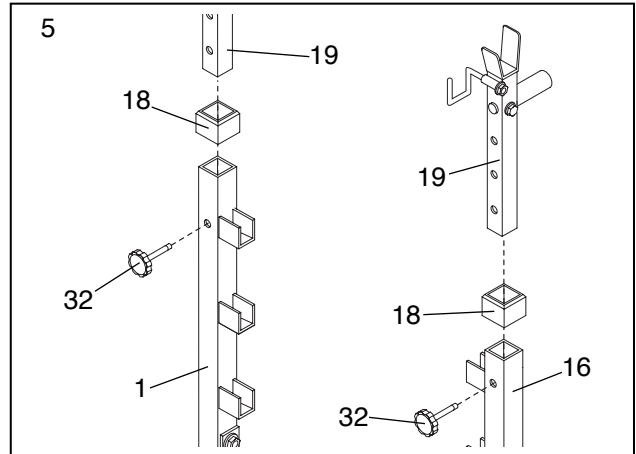
Attach the Left Barbell Hook (28) to the Weight Rest (19) with an M8 Washer (20) and an M8 Nylon Locknut (33). **The Barbell Hook must be oriented as shown.** Attach the Right Barbell Hook (30) to the other Weight Rest (19) in the same manner. **Do not tighten the Nylon Locknuts; the Barbell Hooks must be easy to turn.**



- Press a 50mm Square Bushing (18) onto each Upright (1, 16) and tap them in place with a rubber mallet.

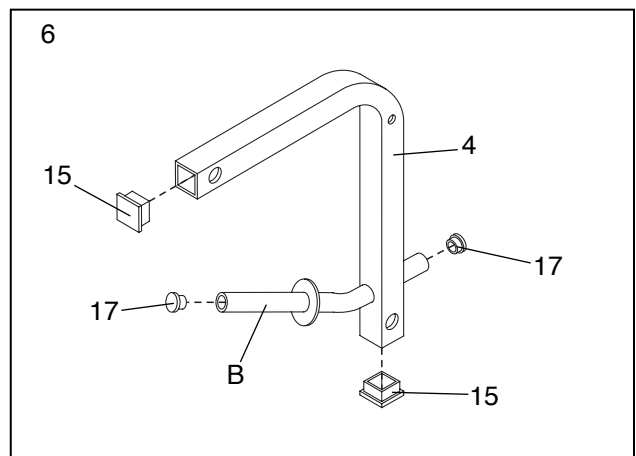
Slide a Weight Rest (19) into the Left Upright (1). Align one of the adjustment holes in the Weight Rest with the adjustment hole in the Upright. Tighten the Large Threaded Knob (32) into the adjustment hole in the Upright.

Attach the other Weight Rest (19) to the Right Upright (16) in the same manner.



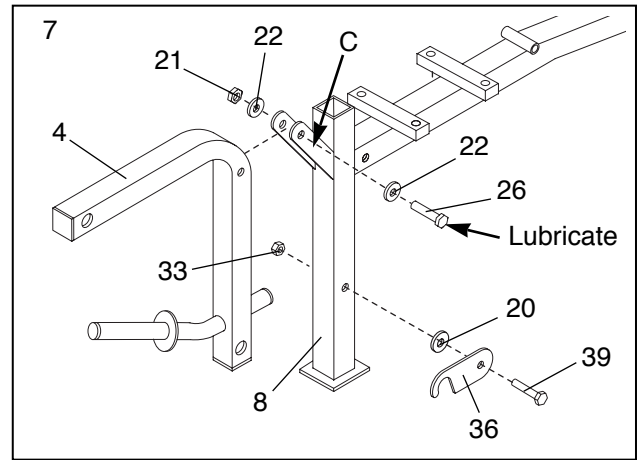
- Tap a 38mm Square Inner Cap (15) into each end of the Leg Lever (4).

Tap a 25.4mm Round Inner Cap (17) into each end of the weight tube (B).



7. Lubricate the M10 x 70mm Bolt (26). Attach the Leg Lever (4) to the bracket (C) on the Front Leg (8) with the Bolt, two M10 Washers (22) and an M10 Nylon Locknut (21). **Do not tighten the Nylon Locknut; the Leg Lever must be easy to turn.**

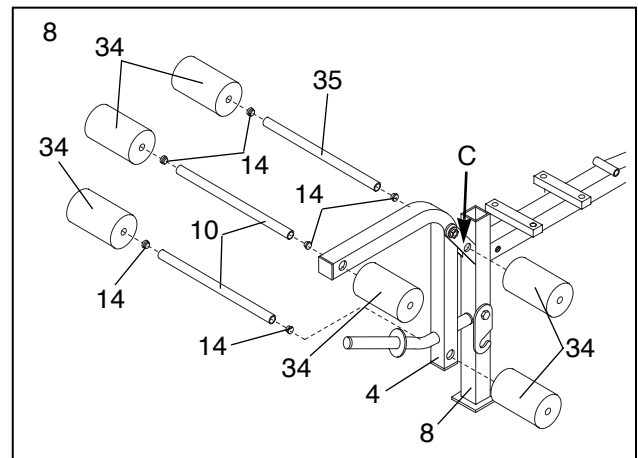
Attach the Leg Lever Lock (36) to the Front Leg (8) with an M8 x 51mm Bolt (39), an M8 Washer (20) and an M8 Nylon Locknut (33). **Do not tighten the Nylon Locknut; the Leg Lever Lock must be easy to turn.**



8. Press two 19mm Round Inner Caps (14) into each Short Pad Tube (10). Press two 19mm Round Inner Caps into the Long Pad Tube (35).

Insert the Short Pad Tubes (10) into the holes in the Leg Lever (4). Slide two Foam Pads (34) onto each Pad Tube.

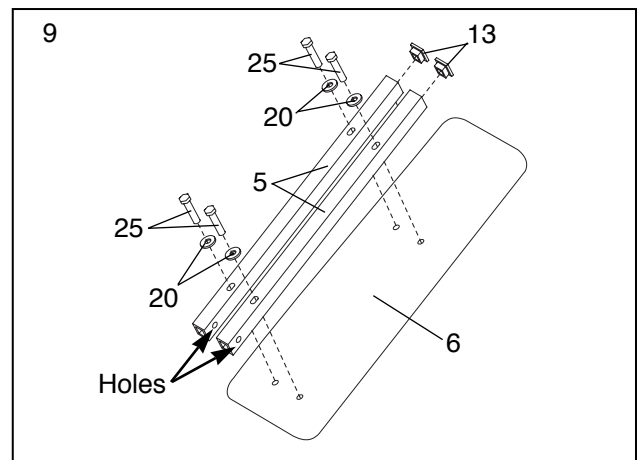
Insert the Long Pad Tube (35) into the holes in the bracket (C) on the Front Leg (8). Slide a Foam Pad (34) onto each end of the Long Pad Tube.



9. Press a 1" Square Inner Cap (13) into the indicated end of each Backrest Tube (5).

Attach each Backrest Tube (5) to the Backrest (6) with two M8 x 40mm Bolts (25) and two M8 Washers (20). **The indicated holes in the Backrest Tubes must be oriented as shown.**

**Do not tighten the four Bolts yet.**

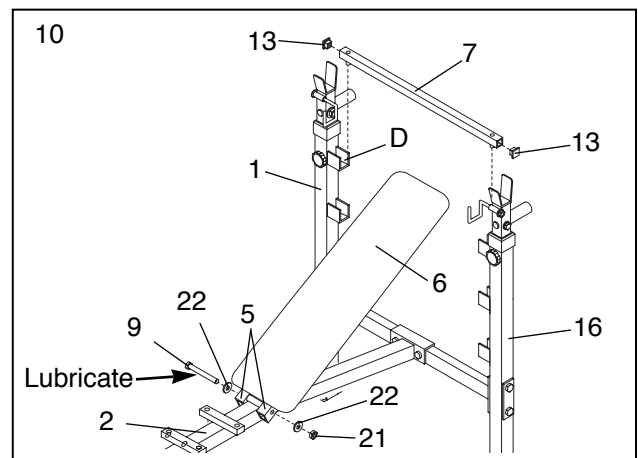


10. Press a 1" Square Inner Cap (13) into each end of the Support Tube (7). Set the Support Tube into the highest set of adjustment brackets (D) on the Uprights (1, 16).

Lubricate the M10 x 130mm Bolt (9). Attach the Backrest Tubes (5) to the Frame (2) with the Bolt, two M10 Washers (22) and an M10 Nylon Locknut (21). **Do not overtighten the Nylon Locknut.**

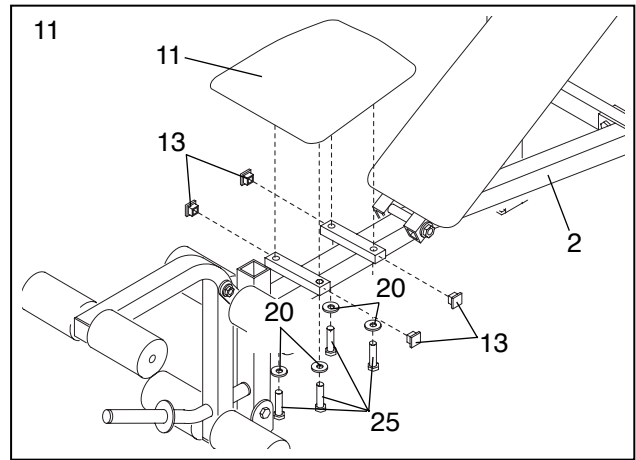
Rest the Backrest (6) on the Support Tube (7).

Tighten the four Bolts (25) used in step 9.



11. Press a 1" Square Inner Cap (13) into each end of the seat support brackets on the Frame (2).

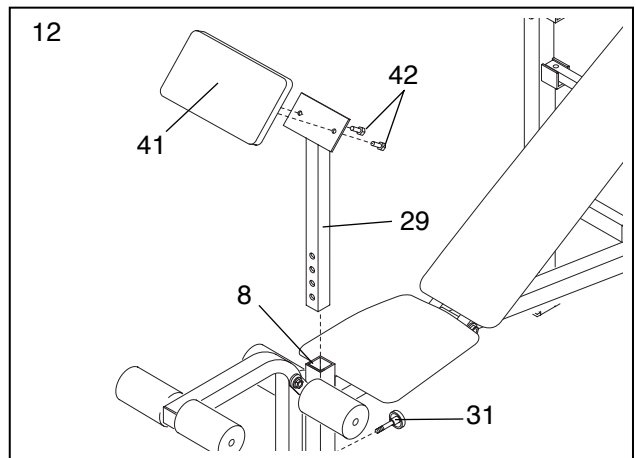
Attach the Seat (11) to the seat support brackets on the Frame (2) with four M8 x 40mm Bolts (25) and four M8 Washers (20).



12. Attach the Curl Pad (41) to the Curl Upright (29) with two M6 x 16mm Screws (42).

Slide the Curl Upright (29) into the Front Leg (8). Align one of the adjustment holes in the Curl Upright with the adjustment hole in the Front Leg. Tighten the Small Threaded Knob (31) into the adjustment hole in the Front Leg.

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



## Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 11 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

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

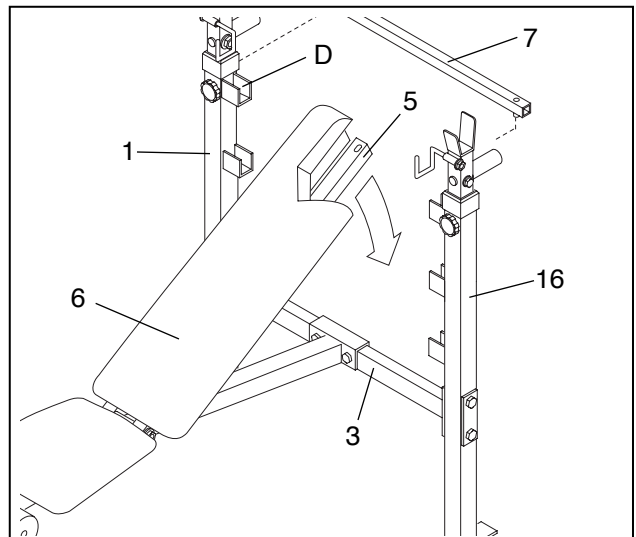
### ADJUSTING THE BACKREST

The Backrest (6) can be used in a **level** position, an **inclined** position or a **declined** position.

To use the Backrest in a **level** position, first lift the Backrest. Insert the Support Tube (7) into the lowest set of adjustment brackets (D) in the Uprights (1, 16). Lay the Backrest Tubes (5) on the Support Tube.

To use the Backrest (6) in an **inclined** position, first lift the Backrest. Insert the Support Tube (7) into one of the two upper sets of adjustment brackets (D) in the Uprights (1, 16). Lay the Backrest Tubes (5) on the Support Tube.

To use the Backrest (6) in a **declined** position, lift the Backrest and remove the Support Tube. Lay the Backrest Tubes on the Crossbar (3).

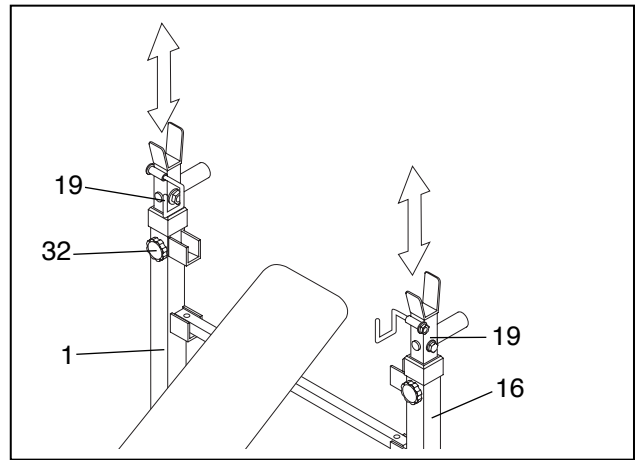


## ADJUSTING THE WEIGHT RESTS/DIP HANDLES

To adjust the Weight Rests (19), remove the Large Threaded Knobs (32) from the Uprights (1, 16). Move the Weight Rests to the desired height. Replace the Large Threaded Knobs.

**WARNING: The Weight Rests must be set to the same height.**

**WARNING: When using the dip handles, always place 100 pounds on the leg lever to balance the weight bench.**



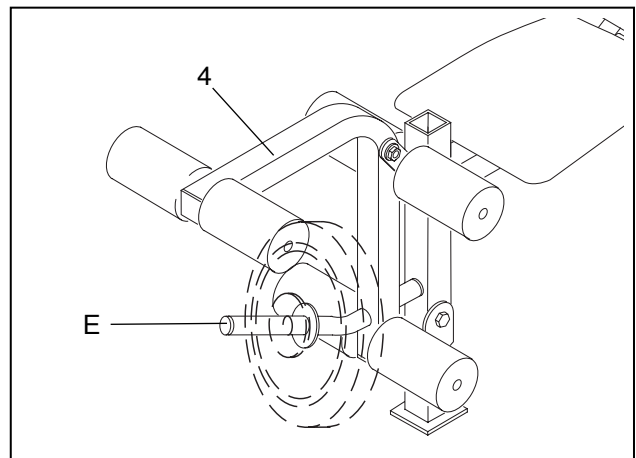
## ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube (E).

**WARNING: Do not place more than 50 pounds on the Leg Lever for normal use.**

**WARNING: When using the dip handles, always place 100 pounds on the leg lever to balance the weight bench.**

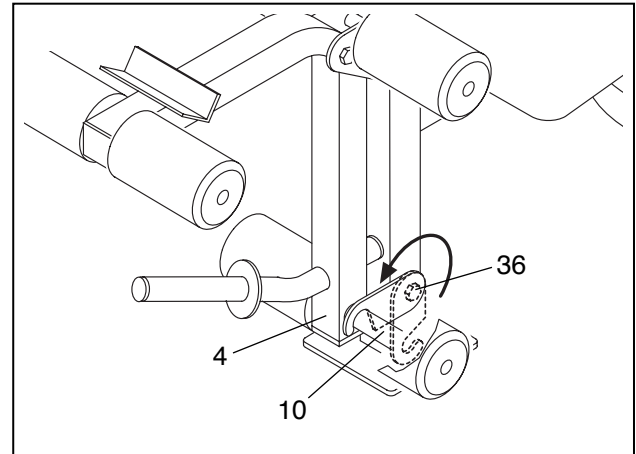
**WARNING: Do not place more than 100 pounds on the leg lever.**



## LOCKING THE LEG LEVER

Some exercises, such as sit-ups, can be performed more comfortably with the Leg Lever (4) locked.

To lock the Leg Lever (4), turn the Leg Lever Lock (36) until it engages the Short Pad Tube (10).

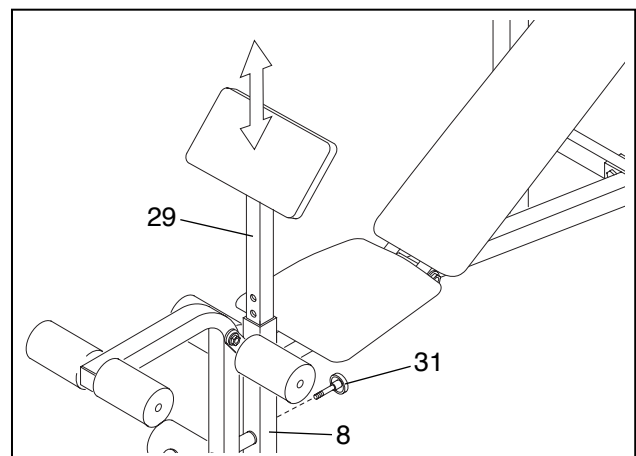


## ATTACHING THE CURL POST

For some exercises, the Curl Post (29) must be attached to the weight bench.

Insert the Curl Post (29) into the indicated hole in the Front Leg (8). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Small Threaded Knob (31). **Make sure that you fully tighten the Threaded Knob.**

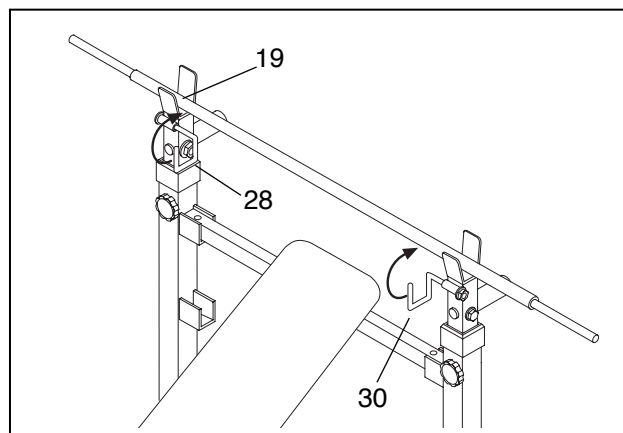
When the Curl Post (29) is not in use, store it away from the weight bench so that it does not interfere with your exercise program.



## USING THE BARBELL HOOKS

To change weights while your barbell (not included) is on the Weight Rests (19), secure the barbell with the Barbell Hooks (28, 30). To do this, flip the Barbell Hooks over the barbell.

This will reduce the possibility of the barbell tipping while you are changing weights.



## Exercise Guidelines

### THE FOUR BASIC TYPES OF WORKOUTS

#### Muscle Building

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

- by changing the amount of weight used
- by changing the number of repetitions or sets performed (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions).

The proper amount of weight for each exercise obviously depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

#### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

#### Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

#### Cross Training

Many people desire a complete and well-balanced fit-

ness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body plus develop your heart and lungs.

### PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group with emphasis on the areas that you want to develop

the most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart below to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath!

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

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 30 seconds after each set for a weight loss workout

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

### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

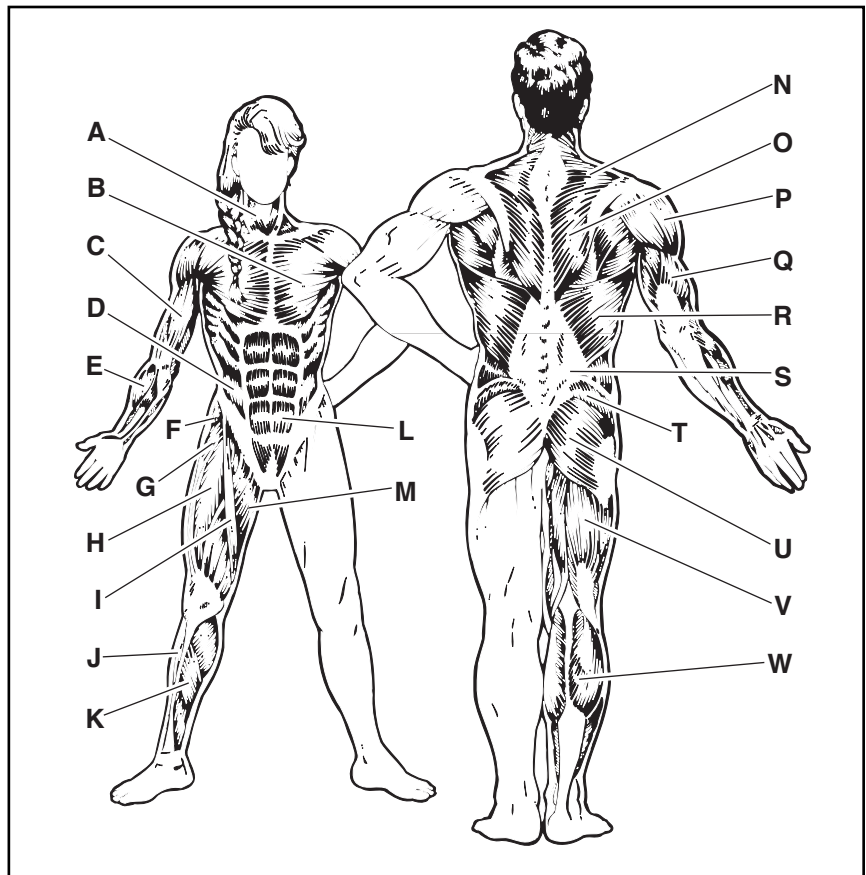
### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 13 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



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

---

**TUESDAY**      **AEROBIC EXERCISE**  
 Date: \_\_\_\_\_  
       /   /

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

---

**THURSDAY**      **AEROBIC EXERCISE**  
 Date: \_\_\_\_\_  
       /   /

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

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

# Part List - Model No. WEBE36790

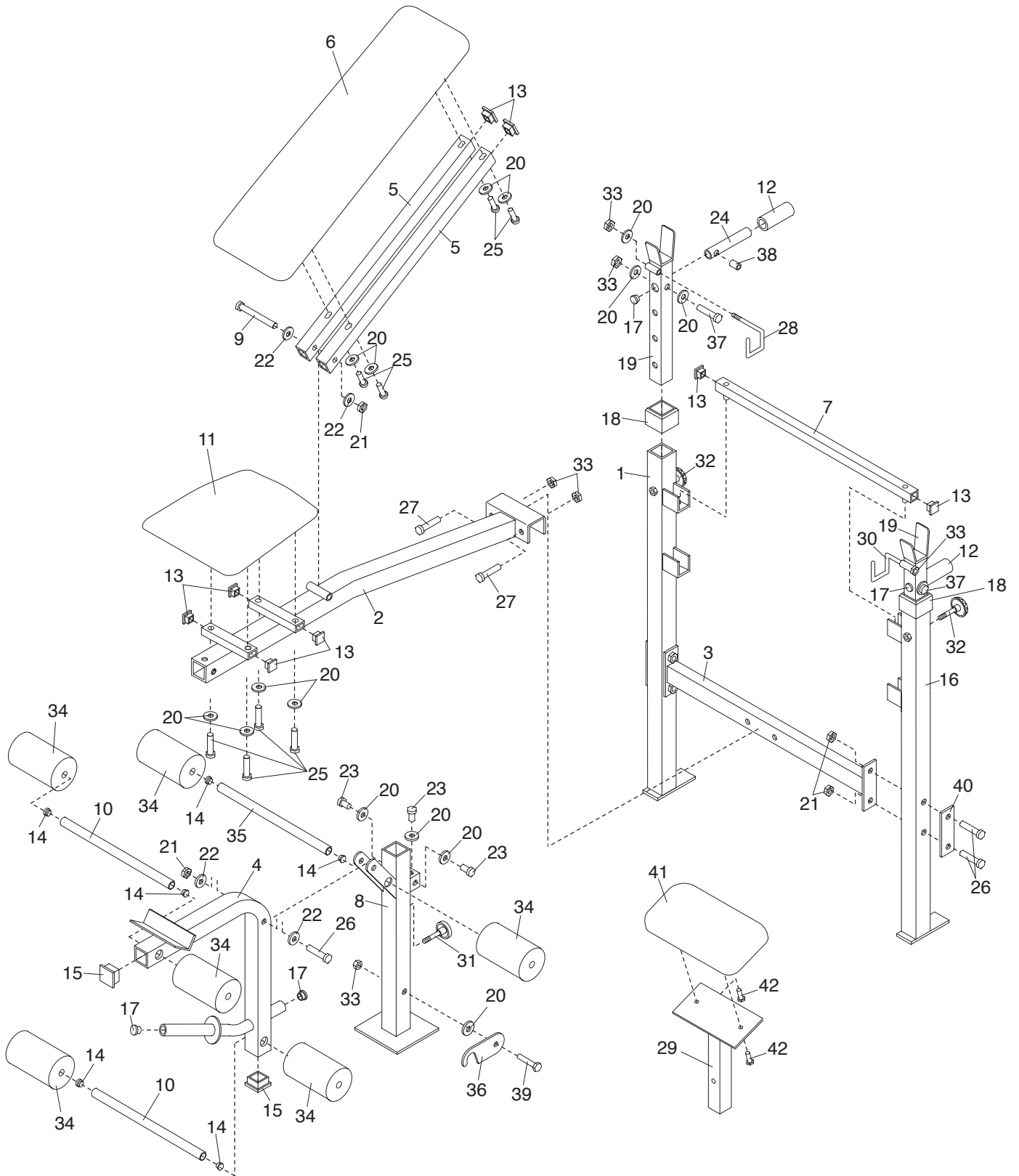
R0699A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Upright	23	3	M8 x 16mm Bolt
2	1	Frame	24	2	Dip Handle
3	1	Crossbar	25	8	M8 x 40mm Bolt
4	1	Leg Lever	26	5	M10 x 70mm Bolt
5	2	Backrest Tube	27	2	M8 x 55mm Bolt
6	1	Backrest	28	1	Right Barbell Hook
7	1	Support Tube	29	1	Curl Upright
8	1	Front Leg	30	1	Left Barbell Hook
9	1	M10 x 130mm Bolt	31	1	Small Threaded Knob
10	2	Short Pad Tube	32	2	Large Threaded Knob
11	1	Seat	33	7	M8 Nylon Locknut
12	2	Handgrip	34	6	Foam Pad
13	8	1" Square Inner Cap	35	1	Long Pad Tube
14	6	19mm Round Inner Cap	36	1	Leg Lever Lock
15	2	38mm Square Inner Cap	37	2	M8 x 60mm Bolt
16	1	Left Upright	38	2	11mm x 10.5mm Spacer
17	4	25.4mm Round Inner Cap	39	1	M8 x 51mm Bolt
18	2	50mm Square Bushing	40	2	Support Plate
19	2	Weight Rest	41	1	Curl Pad
20	18	M8 Washer	42	2	M6 x 16mm Screw
21	6	M10 Nylon Locknut	#	1	User's Manual
22	4	M10 Washer	#	1	Exercise Poster

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# Exploded Drawing - Model No. WEBE36790

R0699A



# Ordering Replacement Parts

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

- The MODEL NUMBER of the product (WEBE36790).
- The NAME of the product (WEIDER® 146 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 on page 14 and the EXPLODED DRAWING on page 15 of this manual).

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

## Limited Warranty

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

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

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

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

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