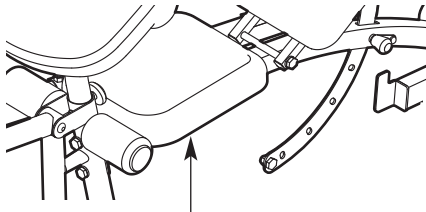


# WEIDER® C 700

Model No. WEBE4496.0

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 a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

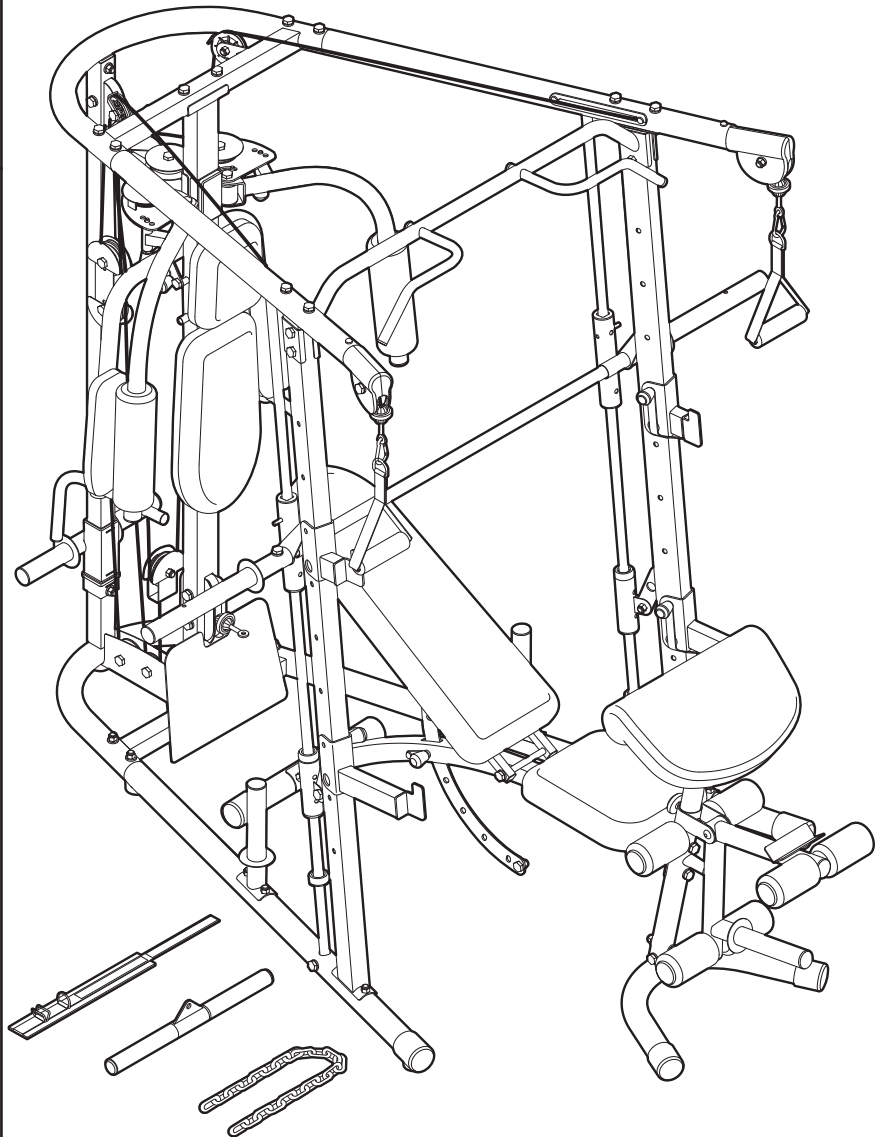
**1-877-992-5999**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

[www.weiderservice.com](http://www.weiderservice.com)

## USER'S MANUAL



## ⚠ CAUTION

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



Visit our website at

[www.weiderfitness.com](http://www.weiderfitness.com)

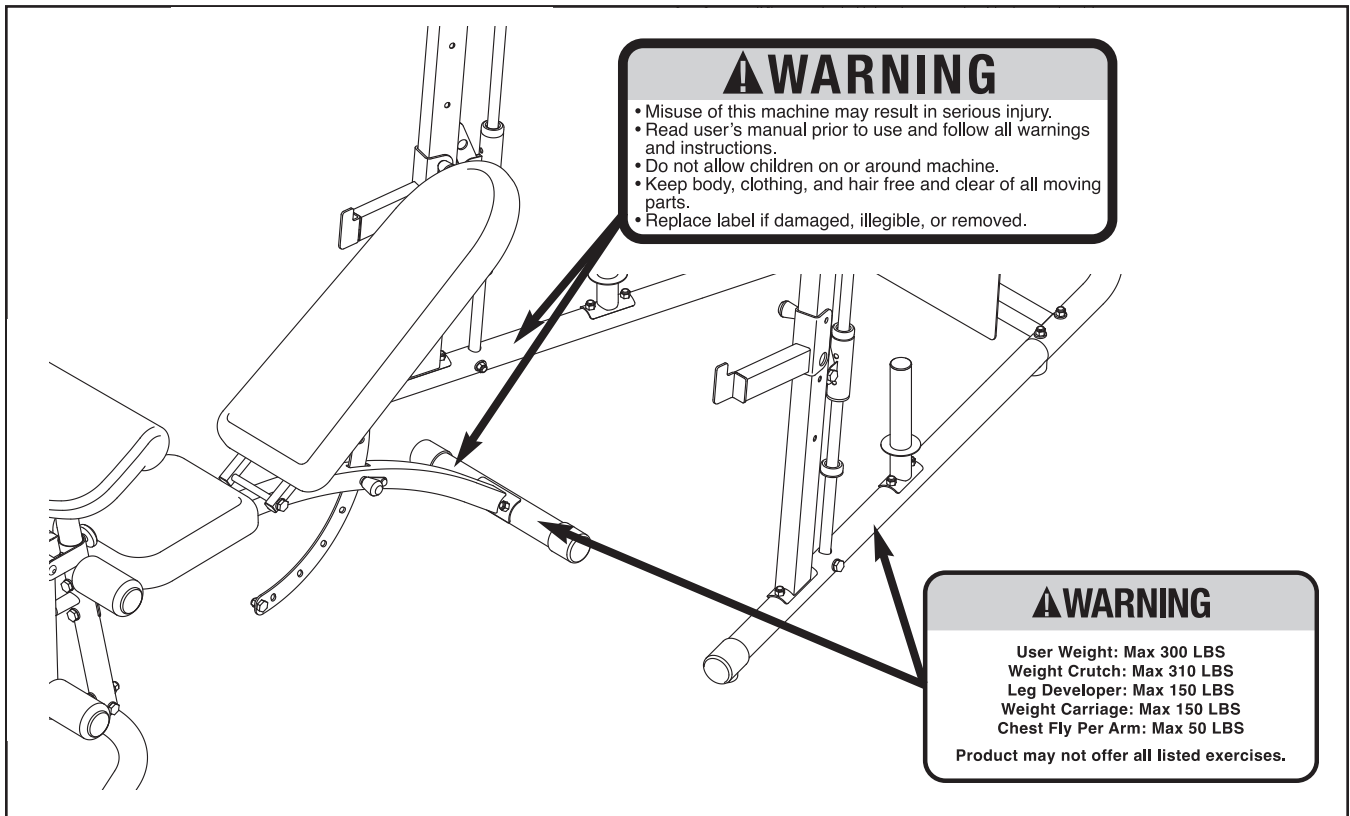
new products, prizes,  
fitness tips, and much more!

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## WARNING DECAL PLACEMENT

The decals shown below has been placed on the weight bench. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in 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 and all warnings on the weight bench 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. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet.
5. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep hands and feet away from moving parts.
8. Always set both weight rests at the same height.
9. Keep children under 12 and pets away from the weight bench at all times.
10. Always wear athletic shoes for foot protection while exercising.
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 a barbell, on the weight rests. Do not place more than 150 pounds on the leg lever. Do not place more than 150 pounds on the weight carriage. Note: The weight bench is designed to be used with an Olympic barbell. The weight bench does not include a barbell or weights.
12. Always place an equal amount of weight on each side of the barbell.
13. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
14. 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

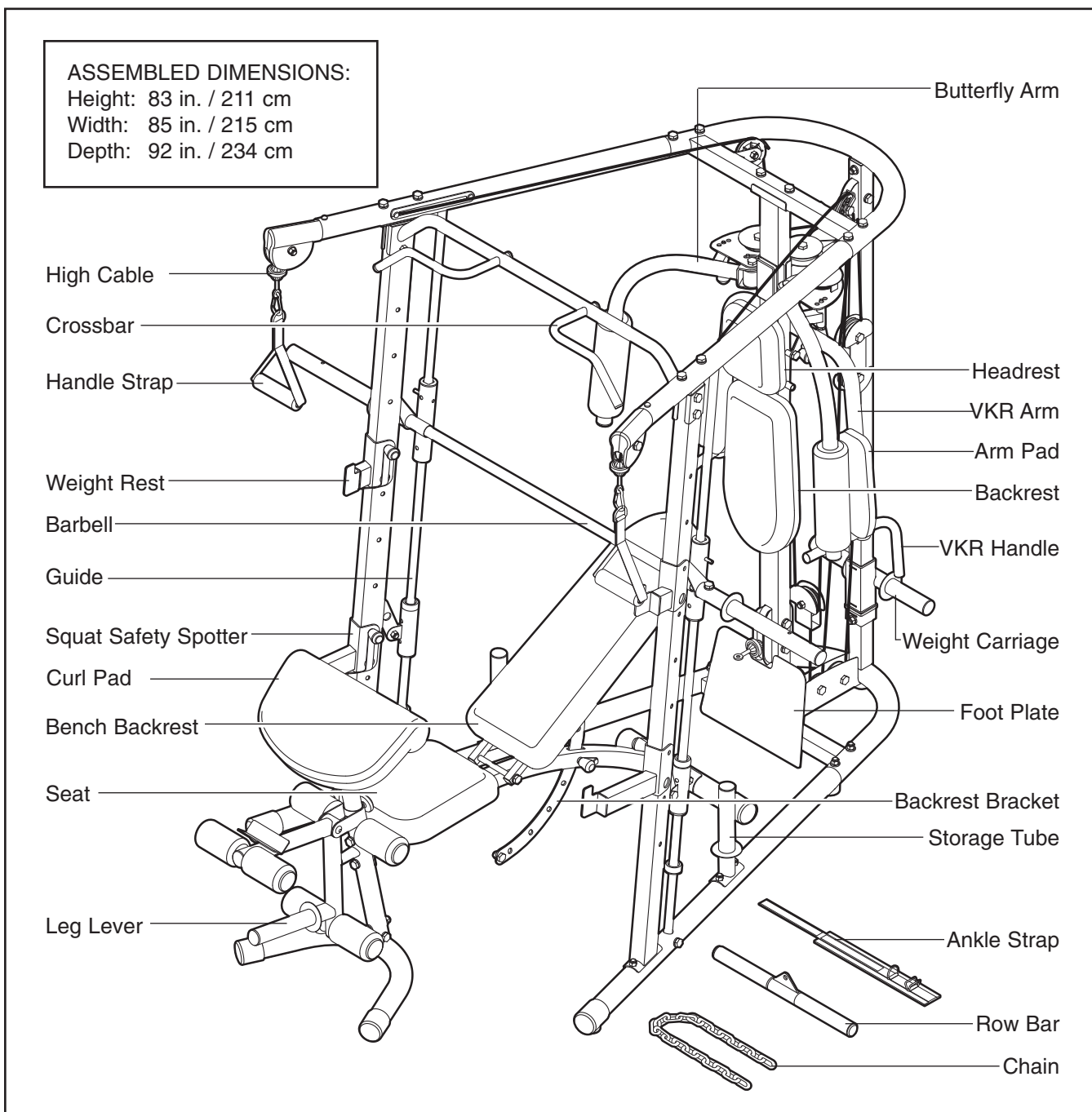
Thank you for selecting the versatile WEIDER® C 700 weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to 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 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 is WEBE4496.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

**To avoid a registration fee for any service needed under warranty, you must register the weight bench at [www.weiderservice.com/registration](http://www.weiderservice.com/registration).**

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

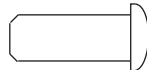


# PART IDENTIFICATION CHART A

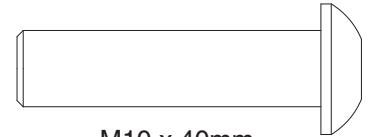
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 31 of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



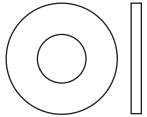
M4 Washer (97)



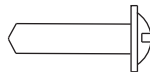
M6 x 16mm  
Screw (105)



M10 x 40mm  
Button Bolt (109)



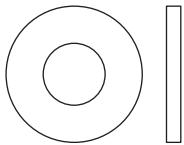
M6 Washer (98)



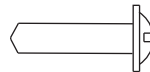
M4 x 12mm  
Self-tapping  
Screw (123)



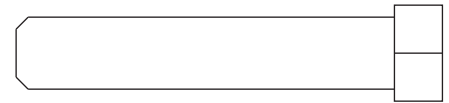
M10 x 45mm Bolt (104)



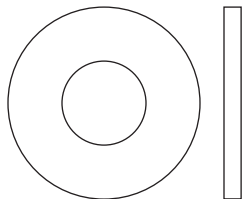
M8 Washer (95)



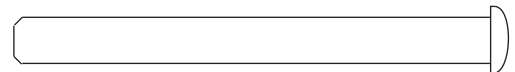
M4 x 16mm  
Self-tapping  
Screw (102)



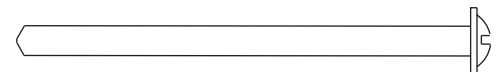
M10 x 50mm Bolt (111)



M10 Washer (96)



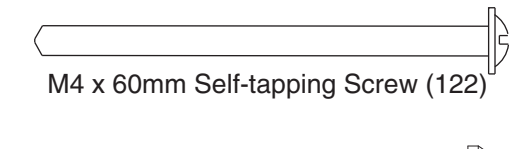
M6 x 57mm Screw (113)



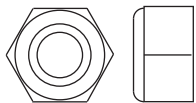
M4 x 60mm Self-tapping Screw (122)



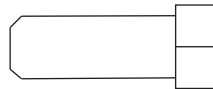
M10 x 20mm  
Bolt (110)



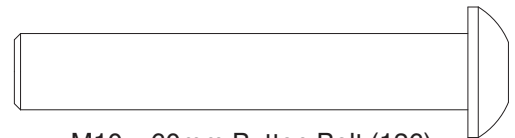
M10 x 60mm Button Bolt (126)



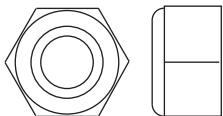
M8 Nylon  
Locknut (97)



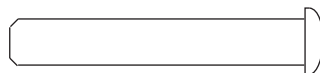
M8 x 22mm  
Bolt (108)



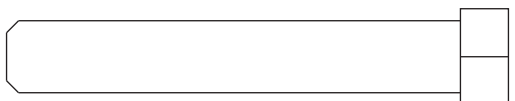
M10 x 60mm Bolt (117)



M10 Nylon  
Locknut (94)

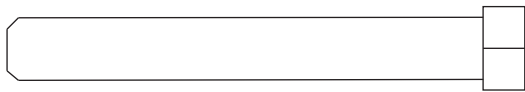


M6 x 39mm Screw (107)



M6 x 63mm Screw (106)

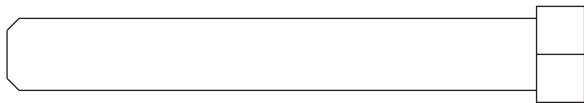
# PART IDENTIFICATION CHART B



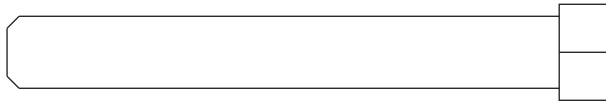
M8 x 63mm Bolt (118)



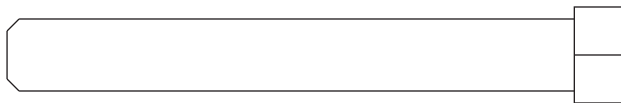
M10 x 65mm Bolt (124)



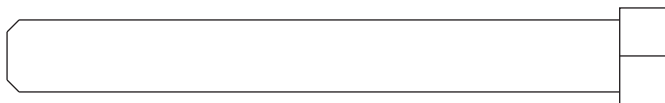
M10 x 70mm Bolt (116)



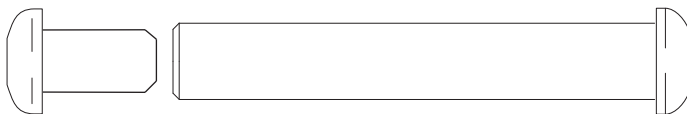
M10 x 73mm Bolt (101)



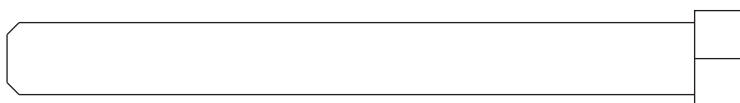
M10 x 75mm Bolt (125)



M10 x 81mm Bolt (100)



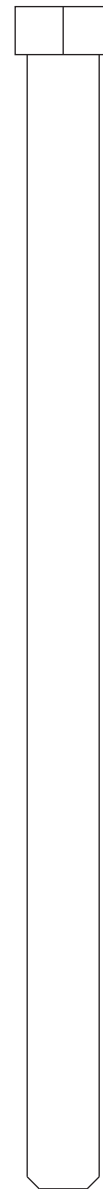
M10 x 64mm Bolt Set (103)



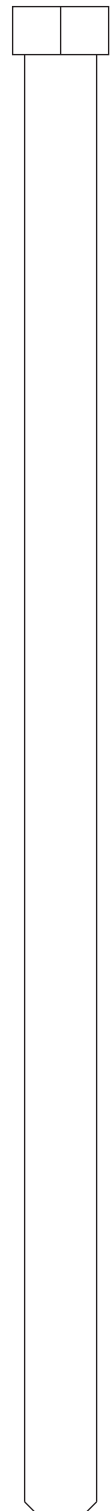
M10 x 91mm Bolt (112)



M10 x 95mm Bolt (114)



M10 x 150mm Bolt (127)



M10 x 193mm Bolt (139)

# ASSEMBLY

## Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that setting aside plenty of time helps assembly go smoothly.



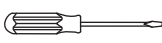
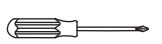
To hire an authorized service technician to assemble the weight bench, call toll-free 1-800-445-2480.

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

- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench 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.

- 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.**
- Assembly requires two people.
- **For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.**

The included grease, and the following tools (not included) may be required for assembly:

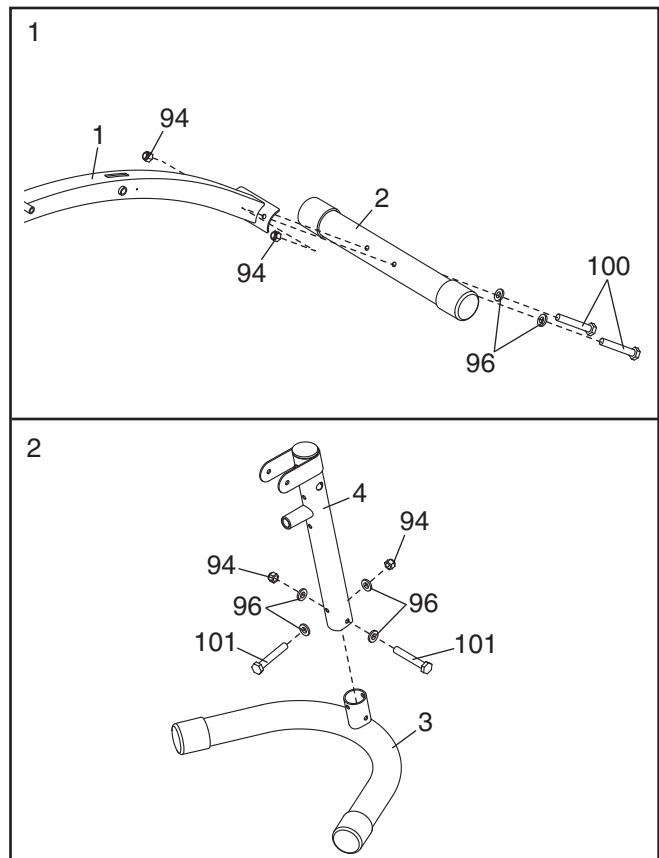
- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape

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. For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

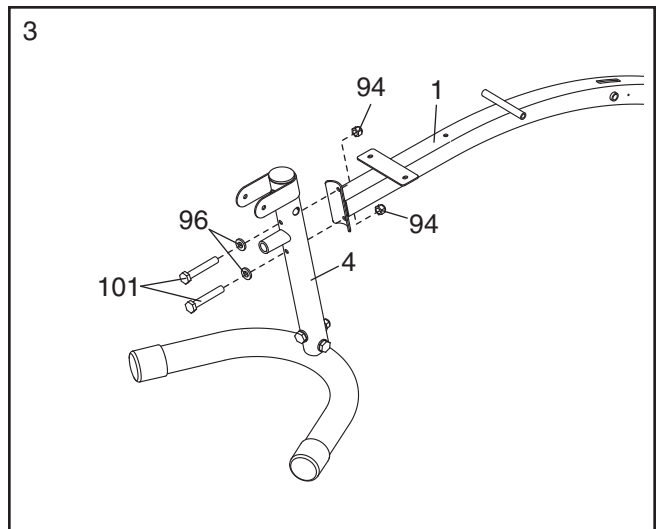
Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 81mm Bolts (100), two M10 Washers (96), and two M10 Nylon Locknuts (94). **Do not tighten the Nylon Locknuts yet.**

2. Attach the Front Stabilizer (3) to the Front Leg (4) with two M10 x 73mm Bolts (101), four M10 Washers (96), and two M10 Nylon Locknuts (94). **Do not tighten the Nylon Locknuts yet.**

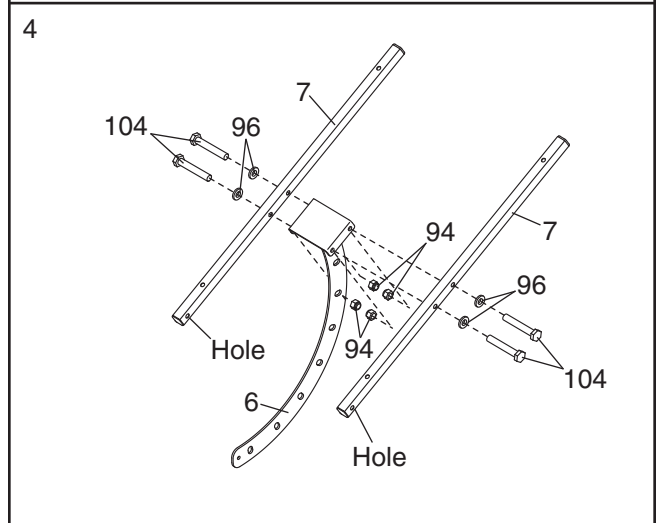


3. Attach the Front Leg (4) to the Frame (1) with two M10 x 73mm Bolts (101), two M10 Washers (96), and two M10 Nylon Locknuts (94).

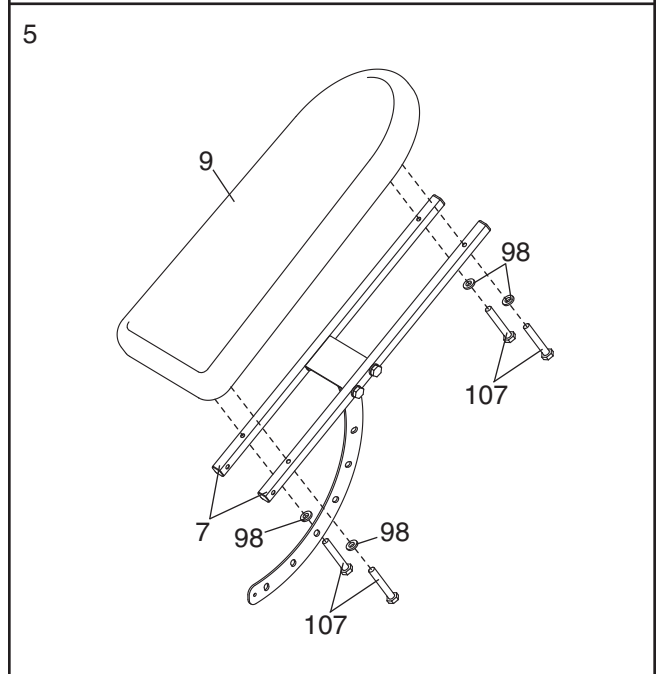
**See steps 1 and 2 and tighten the M10 Nylon Locknuts (94).**



4. Orient the the two Backrest Frames (7) as shown; the indicated holes are closest to the edge of the frame. Attach the Backrest Frames to the Backrest Bracket (6) with four M10 x 45mm Bolts (104), four M10 Washers (96), and four M10 Nylon Locknuts (94). **Do not tighten the Nylon Locknuts yet.**



5. Attach the Bench Backrest (9) to the Backrest Frames (7) with four M6 x 39mm Screws (107) and four M6 Washers (98). **Do not tighten the Screws yet.**



- Insert the Backrest Bracket (6) into the slot in the Frame (1). Next, apply a small amount of the included grease to an M10 x 193mm Bolt (139). Then, attach the Backrest Frames (7) to the Frame with the Bolt, two M10 Washers (96), and an M10 Nylon Locknut (94). **Do not overtighten the Nylon Locknut; the Backrest must pivot easily.**

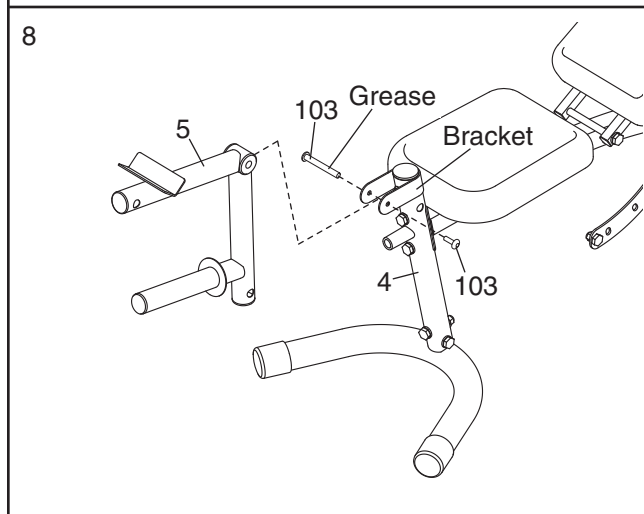
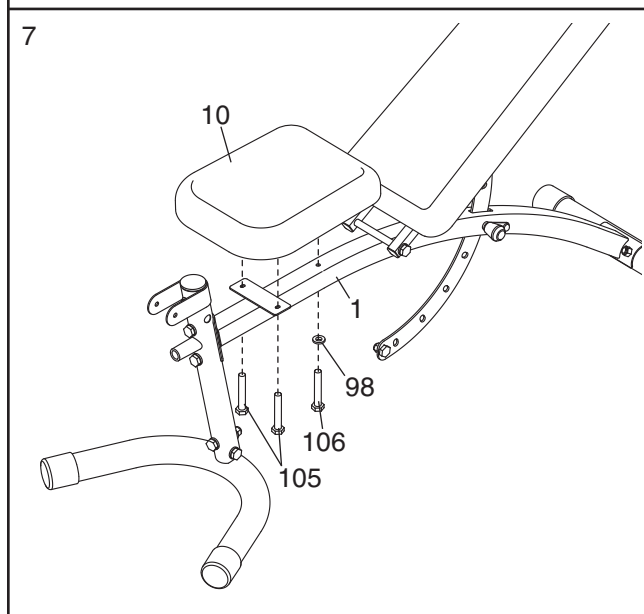
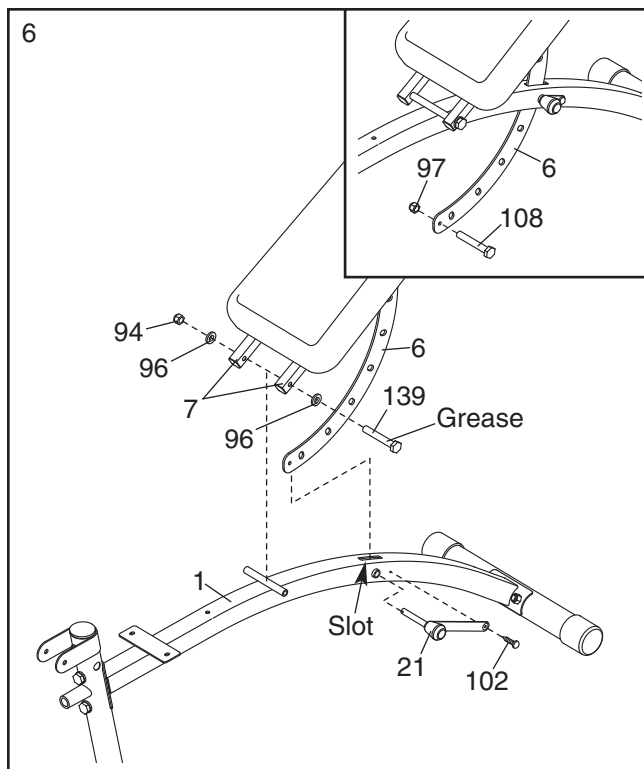
Insert a Short Pin (21) through the Frame (1) into one of the adjustment holes in the Backrest Bracket (6). Attach the Short Pin to the Frame with an M4 x 16mm Self-tapping Screw (102). **Make sure the Short Pin is engaged in an adjustment hole.**

See the inset drawing. Insert an M8 x 22mm Bolt (108) through the lower end of the Backrest Bracket (6). Then, tighten an M8 Nylon Locknut (97) onto the end of the Bolt.

**See steps 4 and 5 and tighten the M10 Nylon Locknuts (94) and the M6 x 39mm Screws (107).**

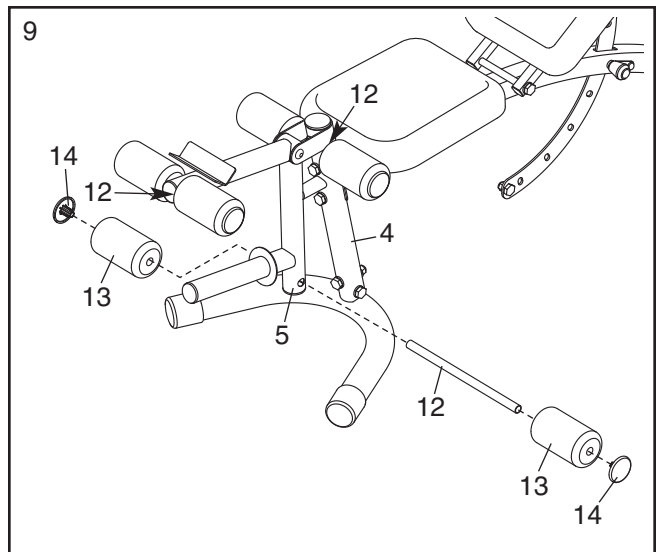
- Attach the Seat (10) to the Frame (1) with two M6 x 16mm Screws (105), an M6 x 63mm Screw (106), and an M6 Washer (98).

- Apply grease to the barrel of an M10 x 64mm Bolt Set (103). Attach the Leg Lever (5) to the bracket on the Front Leg (4) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**

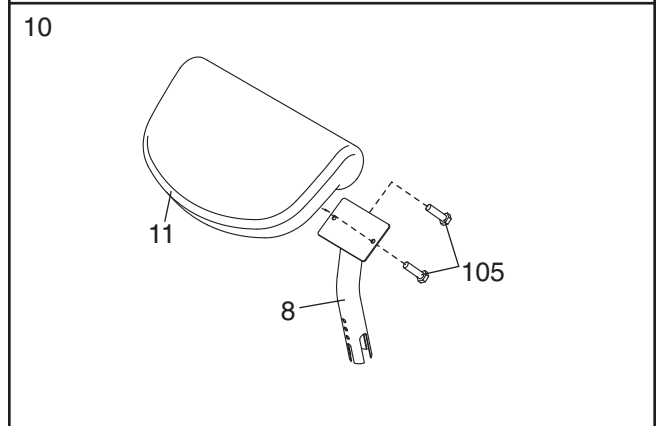


9. Insert a Pad Tube (12) into the lower hole in the Leg Lever (5). Slide two Small Pads (13) onto the Pad Tube. Press a Pad Cap (14) into each end of the Pad Tube.

**Repeat this step with the other Pad Tubes (12) and the Front Leg (4).**

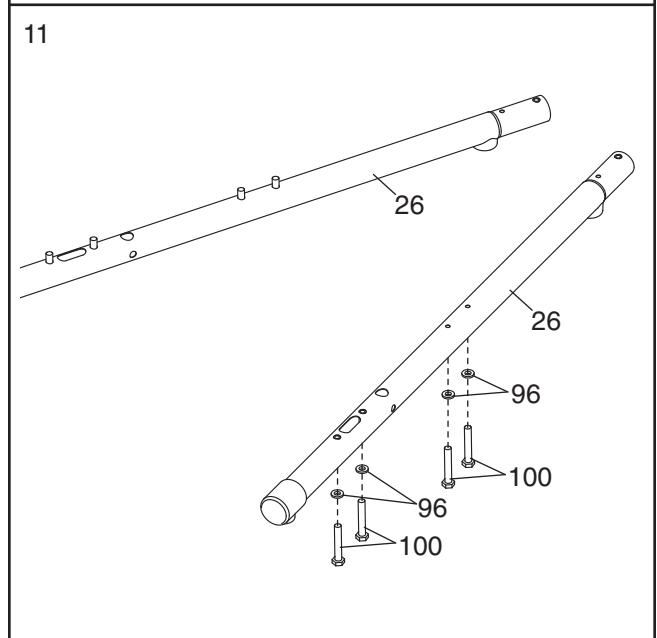


10. Attach the Curl Pad (11) to the Curl Post (8) with two M6 x 16mm Screws (105).



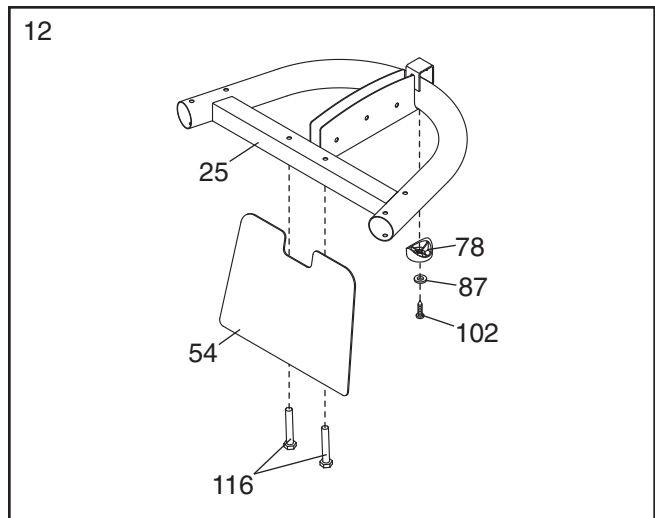
11. Orient a Front Base (26) as shown. Insert four M10 x 81mm Bolts (100) and four M10 Washers (96) up through the Front Base. Place tape over the Bolt heads to hold them in place.

**Repeat this step for the other Front Base (26).**



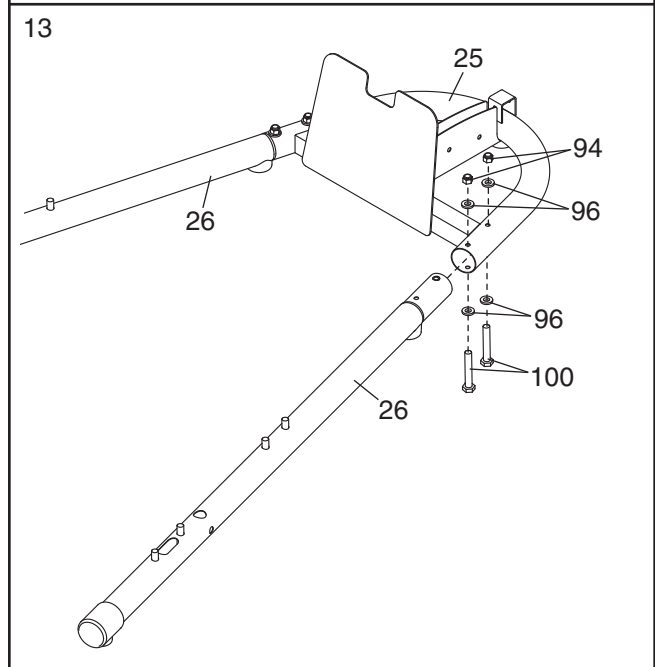
12. Attach a Foot (78) to the Rear Base (25) with an M4 x 16mm Self-tapping Screw (102) and an M4 Washer (87).

Insert two M10 x 70mm Bolts (116) up through the Foot Plate (54) and the Rear Base (25). Place tape over the Bolt heads to hold them in place



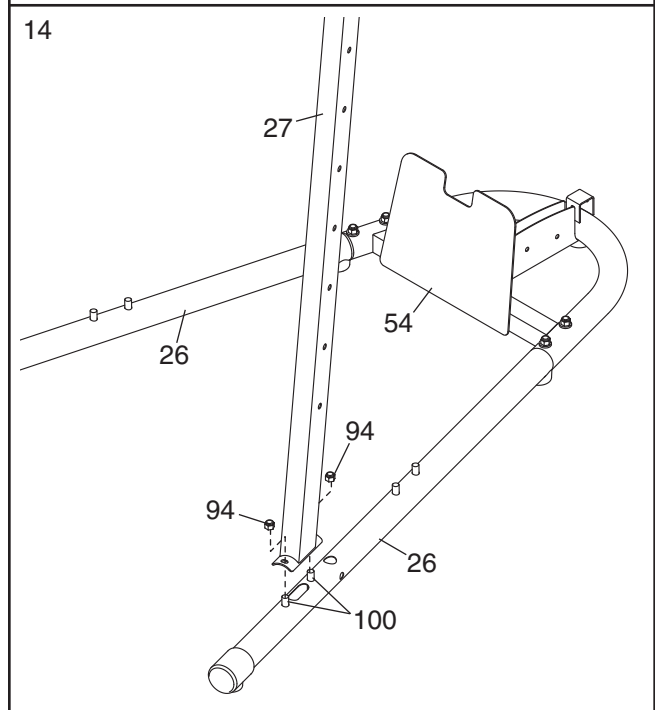
13. Attach a Front Base (26) to the Rear Base (25) with two M10 x 81mm Bolts (100), four M10 Washers (96), and two M10 Nylon Locknuts (94). **Do not tighten the Nylon Locknuts yet.**

**Repeat this step for the other Front Base (26).**



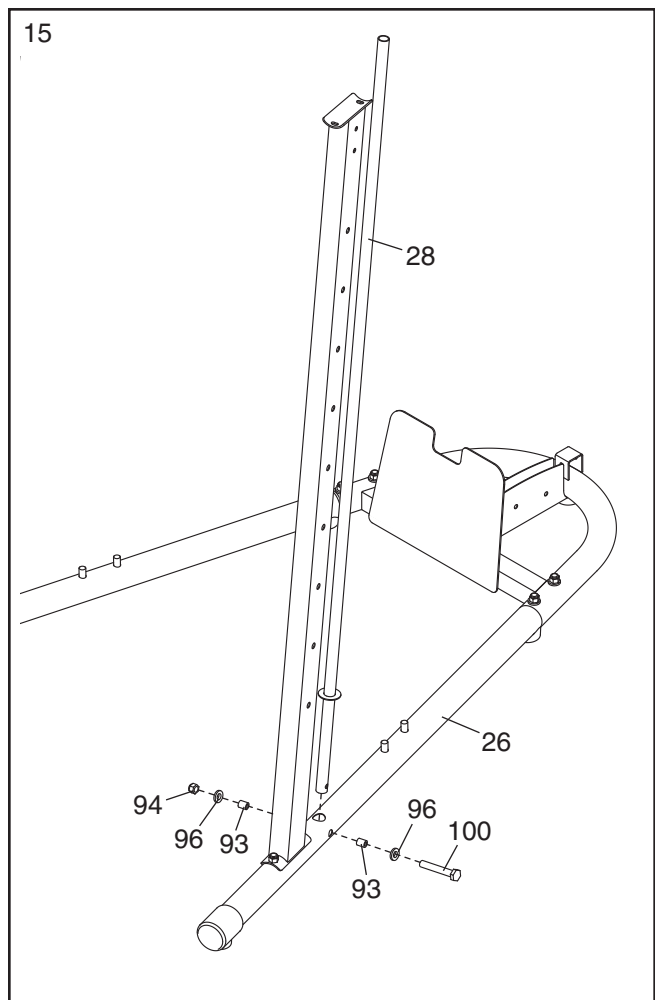
14. Orient a Front Upright (27) so that it leans toward the Foot Plate (54). Attach the Front Upright to a Front Base (26) with the two M10 x 81mm Bolts (100) and two M10 Nylon Locknuts (94). **Do not tighten the Nylon Locknuts yet.**

**Repeat this step for the other Front Upright (not shown) and Front Base (26).**



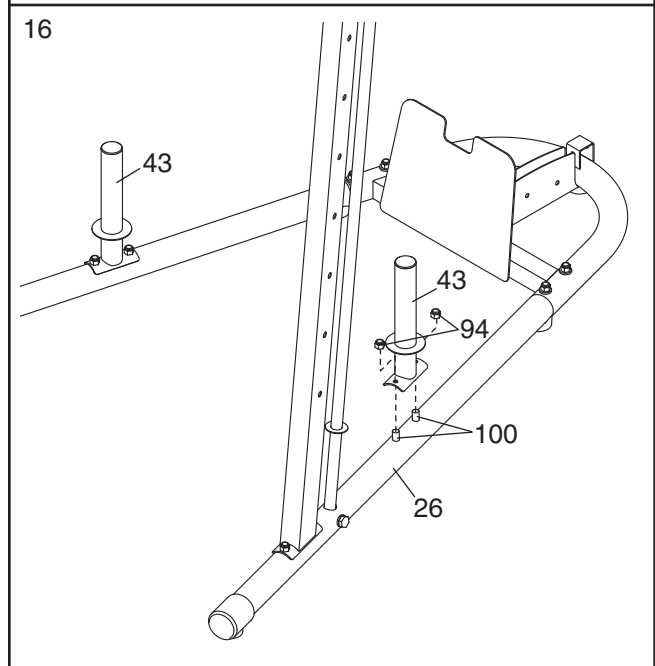
15. Attach a Guide (28) to a Front Base (26) with an M10 x 81mm Bolt (100), two M10 Washers (96), two 16mm x 20mm Spacers (93), and an M10 Nylon Locknut (94). **Do not tighten the Nylon Locknuts yet.**

**Repeat this step for the other Guide (not shown).**

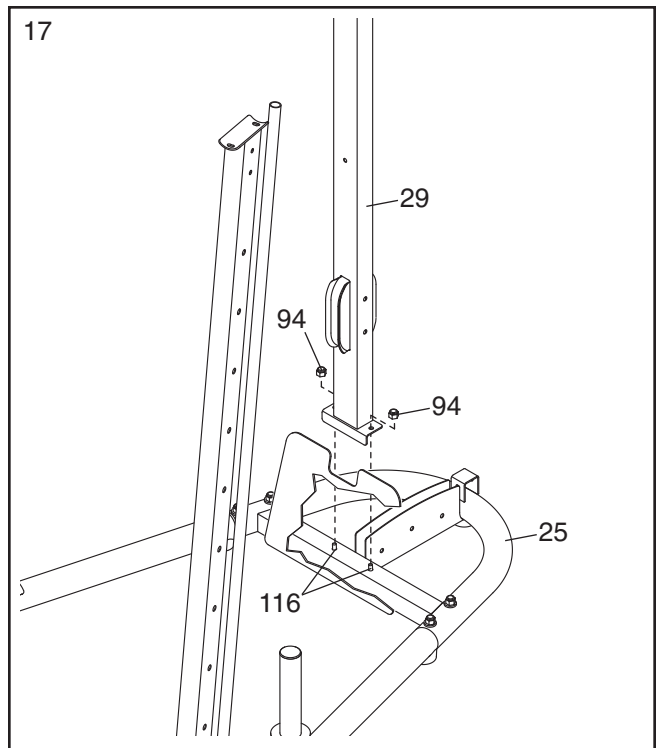


16. Attach a Storage Tube (43) to a Front Base (26) with the two M10 x 81mm Bolts (100) and two M10 Nylon Locknuts (94).

**Repeat this step for the other Storage Tube (43).**



17. Attach the Center Upright (29) to the Rear Base (25) with the two M10 x 70mm Bolts (116) and two M10 Nylon Locknuts (94). **Do not tighten the Nylon Locknuts yet.**



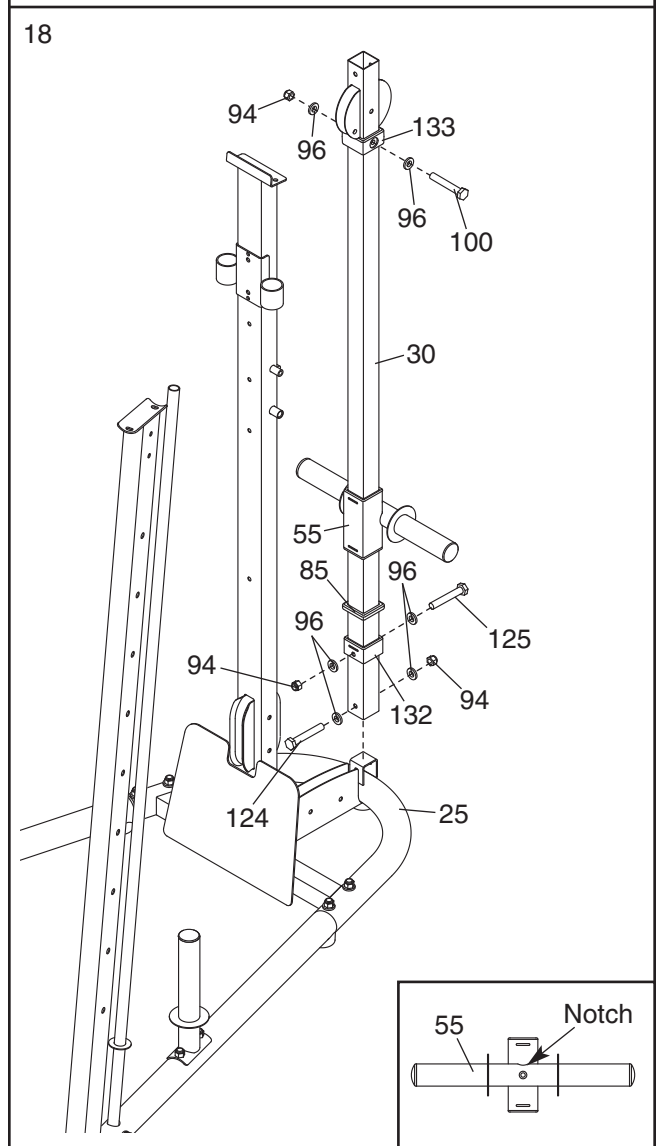
18. Identify the Rubber Carriage Stop (133) and the Metal Carriage Stop (132). Then, slide the Rubber Carriage Stop onto the Rear Upright (30).

Attach the Rubber Carriage Stop (133) to the Rear Upright (30) with an M10 x 81mm Bolt (100), two M10 Washers (96), and an M10 Nylon Locknut (94).

See the inset drawing. Orient the Weight Carriage (55) with the notch at the top as shown, and then slide the Weight Carriage onto the Rear Upright (30). Next, slide a Carriage Bumper (85) and the Metal Carriage Stop (132) onto the Rear Upright.

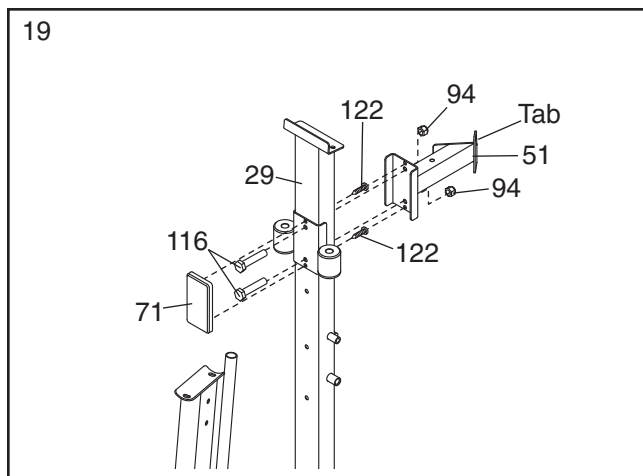
Attach the Metal Carriage Stop (132) to the Rear Upright (30) with an M10 x 75mm Bolt (125), two M10 Washers (96), and an M10 Nylon Locknut (94).

Attach the Rear Upright (30) to the Rear Base (25) with an M10 x 65mm Bolt (124), two M10 Washers (96), and an M10 Nylon Locknut (94). **Do not tighten the Nylon Locknuts yet.**



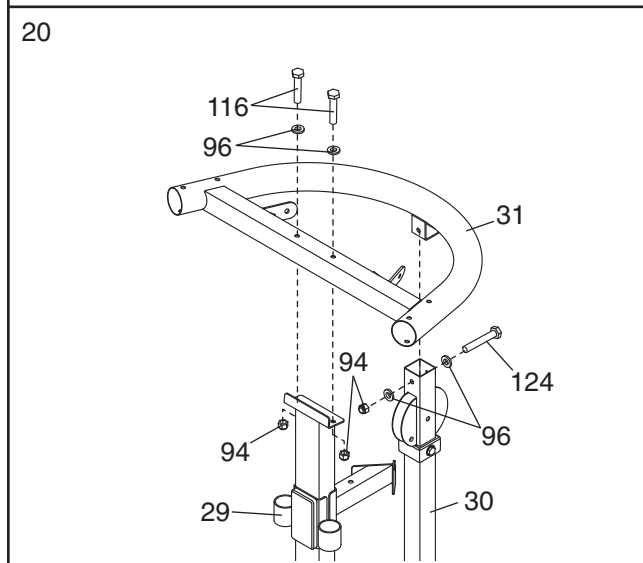
19. Insert two M4 x 60mm Self-tapping Screws (122) into the smaller holes in the Center Upright (29).

Attach the Center Frame (51) to the Center Upright (29) with two M10 x 70mm Bolts (116) and two M10 Nylon Locknuts (94). Then, attach the Support Plate Cover (71) to the Center Upright with the two M4 x 60mm Self-tapping Screws (122).



20. Attach the Rear Frame (31) to the Center Upright (29) with two M10 x 70mm Bolts (116), two M10 Washers (96), and two M10 Nylon Locknuts (94). **Do not tighten the Nylon Locknuts yet.**

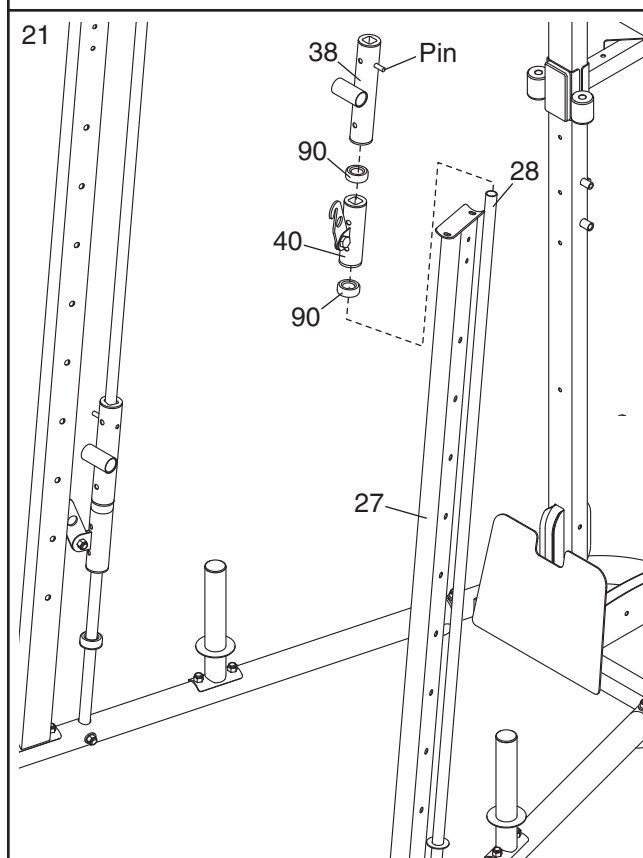
Attach the Rear Frame (31) to the Rear Upright (30) with an M10 x 65mm Bolt (124), two M10 Washers (96), and an M10 Nylon Locknut (94). **Do not tighten the Nylon Locknut yet.**



21. Identify the Left Guide (38) that has a pin in the location shown.

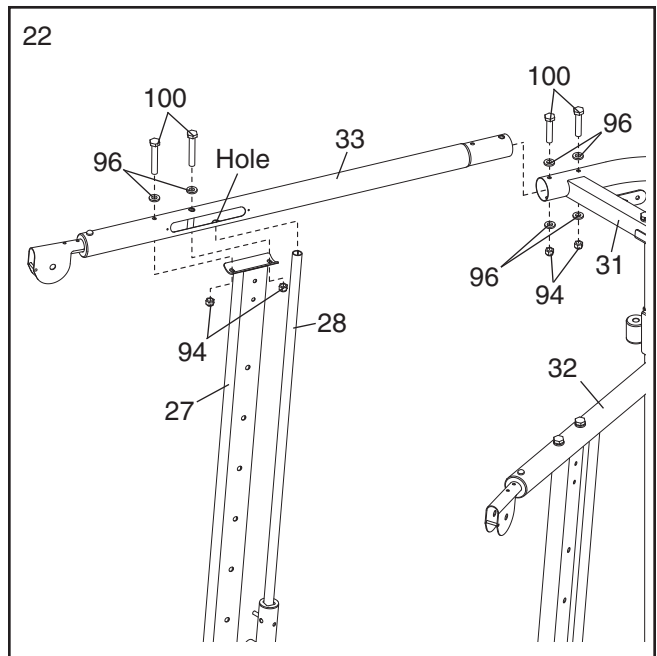
Slide a Guide Bumper (90) and a Safety Spotter (40) onto the left Guide (28). Insert the hook on the Safety Spotter into an adjustment hole in the Front Upright (27). Then, slide another Guide Bumper and the Left Guide (38) onto the Guide.

**Repeat this step for the other side of the weight bench.**



22. Attach the Right Front Frame (33) to the Rear Frame (31) with two M10 x 81mm Bolts (100), four M10 Washers (96), and two M10 Nylon Locknuts (94). **Do not tighten the Nylon Locknuts yet.** Then, attach the Right Front Frame (33) to the right Front Upright (27) with two M10 x 81mm Bolts (100), two M10 Washers (96), and two M10 Nylon Locknuts (94). **Do not tighten the Nylon Locknuts yet. Make sure the Guide Rod (28) is inserted into the Front Frame.**

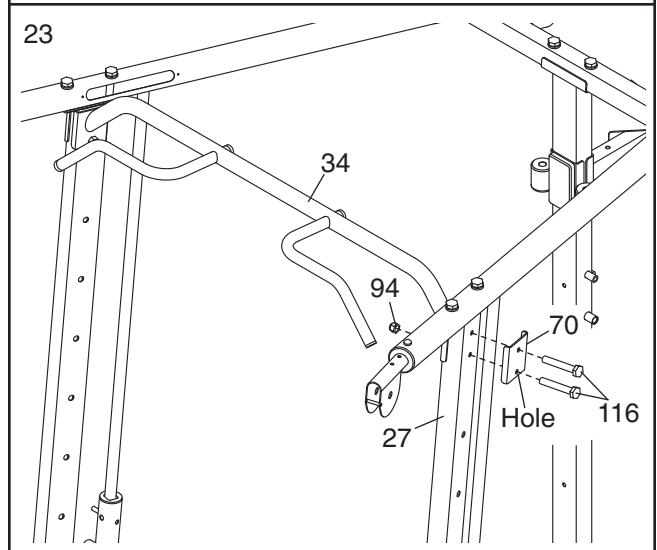
Repeat this step for the Left Front Frame (32).



23. Attach the Crossbar (34) and a Support Plate (70) to a Front Upright (27) with two M10 x 70mm Bolts (116) and an M10 Nylon Locknut (94). **Make sure the indicated hole, which is closer to the edge of the Support Plate, is oriented as shown.**

Repeat this step for the other side of the weight bench.

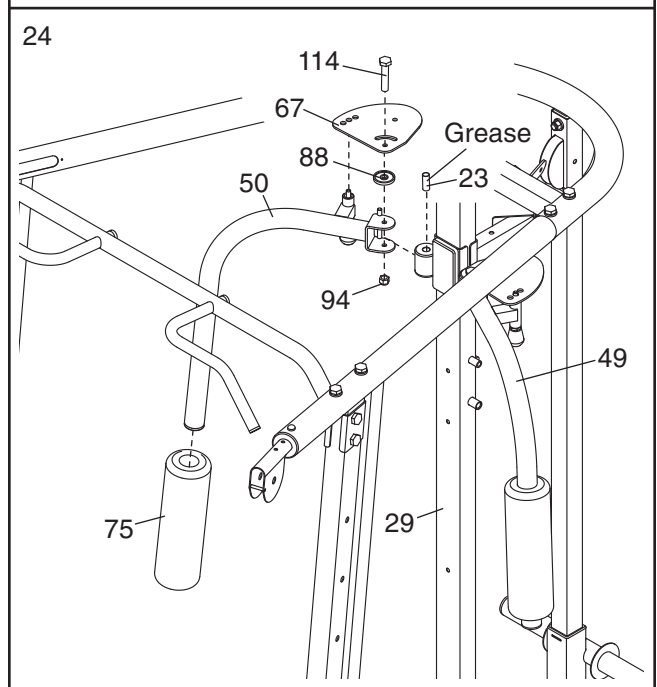
See steps 14 through 22 and tighten the M10 Nylon Locknuts (94).



24. Apply grease to a 16mm x 56mm Spacer (23). Attach the Right Butterfly Arm (50) to the Center Upright (29) with an M10 x 95mm Bolt (114), an Adjustable Pulley Plate (67), a 46mm Bushing (88), the Spacer, and an M10 Nylon Locknut (94). **Make sure the Adjustable Pulley Plate is oriented as shown.**

Wet the lower end of the Right Butterfly Arm (50) with soapy water. Slide a Large Foam (75) onto the Right Butterfly Arm.

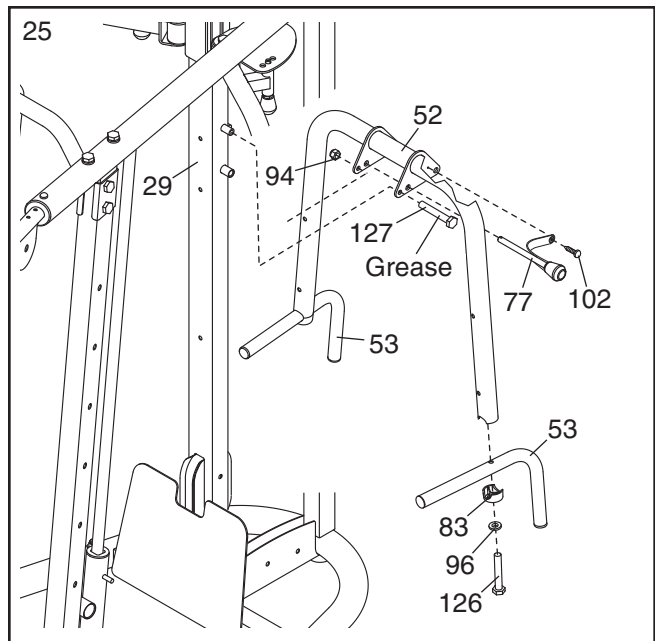
Repeat this step for the Left Butterfly Arm (49).



25. Attach a VKR Handle (53) to the VKR Arm (52) with an M10 x 60mm Button Bolt (126), an M10 Washer (96), and a VKR Cap (83).

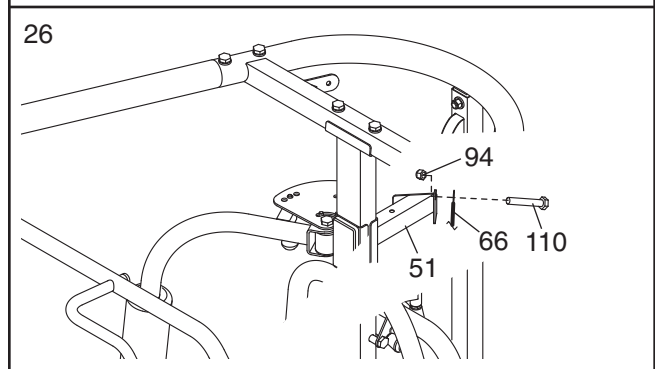
**Attach the other VKR Handle (53) to the VKR Arm (52) in the same way.**

Apply grease to an M10 x 150mm Bolt (127). Attach the VKR Arm (52) to the Center Upright (29) with the Bolt and an M10 Nylon Locknut (94). **Do not overtighten the Nylon Locknut; the VKR Arm must pivot easily.** Then, insert the Long Pin (77) into the VKR Arm. Attach the tether on the Long Pin to the VKR Arm with an M4 x 16mm Self-tapping Screw (102).

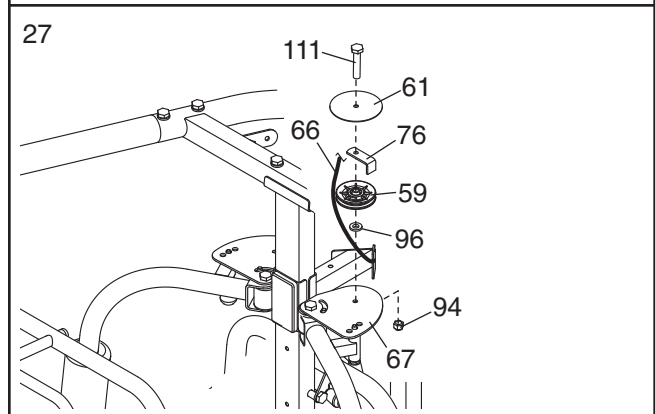


26. See the **CABLE DIAGRAM** on page 28 as you identify and assemble the cables.

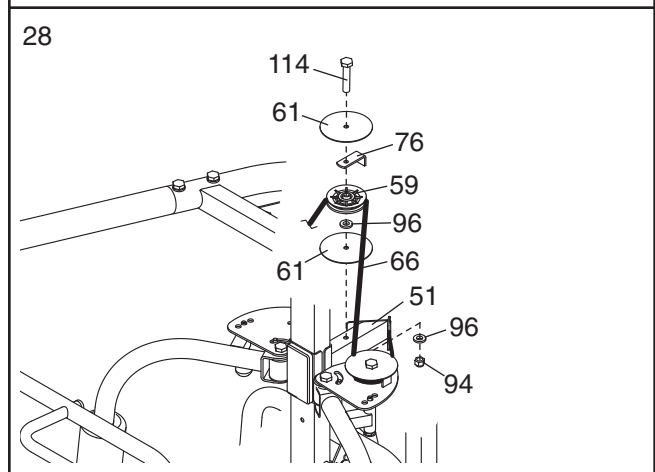
**Locate the Butterfly Cable (66).** Attach the Cable to the Center Frame (51) with an M10 x 20mm Bolt (110) and an M10 Nylon Locknut (94). **Make sure the flat edge of the Cable is against the Center Frame.**



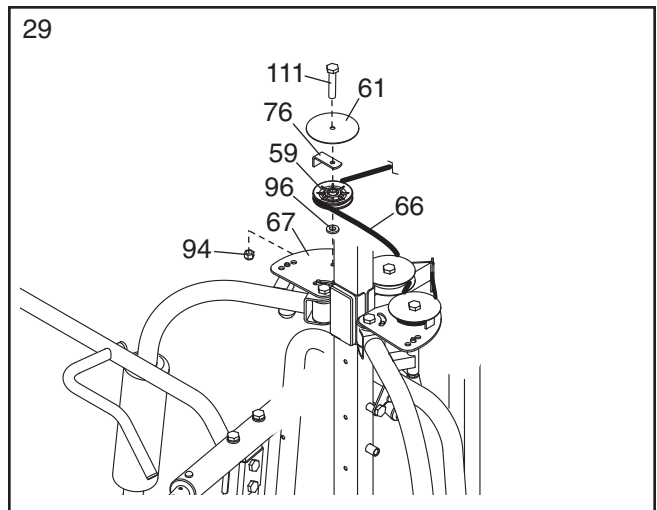
27. Wrap the Cable (66) around a Small Pulley (59). Attach the Small Pulley, a Guard (61), a Cable Trap (76), and an M10 Washer (96) to the left Adjustable Pulley Plate (67) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (94).



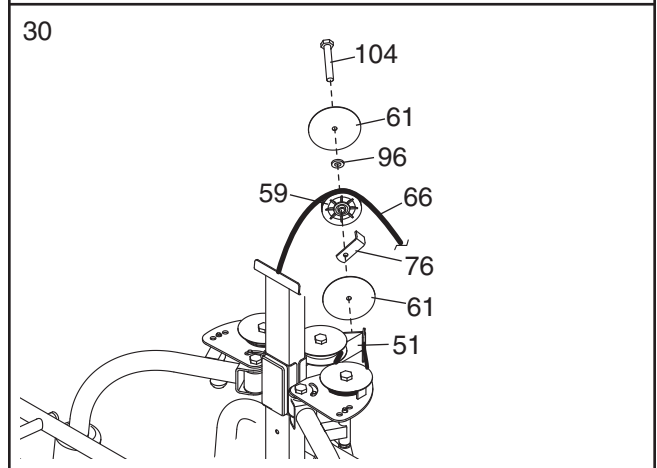
28. Wrap the Cable (66) around a Small Pulley (59). Attach the Small Pulley, two Guards (61), a Cable Trap (76), and an M10 Washer (96) to the Center Frame (51) with an M10 x 95mm Bolt (114), an M10 Washer, and an M10 Nylon Locknut (94).



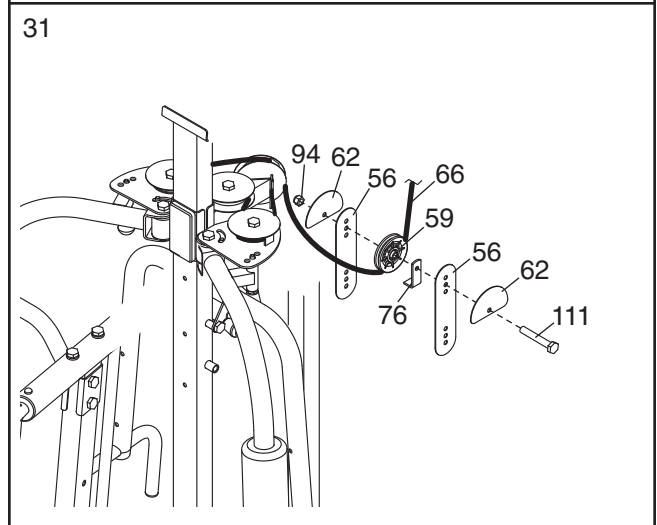
29. Wrap the Cable (66) around a Small Pulley (59). Attach the Small Pulley, a Guard (61), a Cable Trap (76), and an M10 Washer (96) to the right Adjustable Pulley Plate (67) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (94).



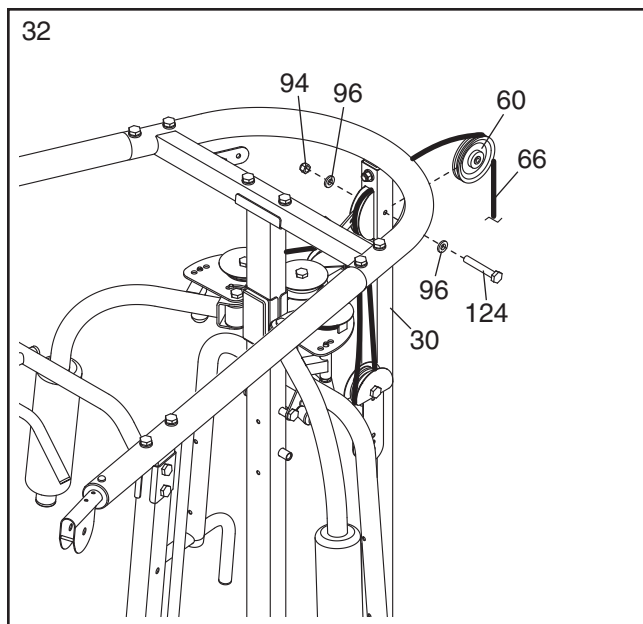
30. Wrap the Cable (66) over a Small Pulley (59). Attach the Small Pulley, two Guards (61), a Cable Trap (76), and an M10 Washer (96) to the Center Frame (51) with an M10 x 45mm Bolt (104).



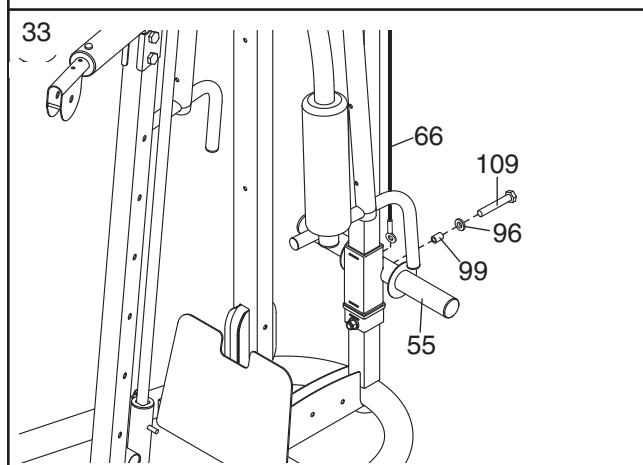
31. Wrap the Cable (66) under a Small Pulley (59). Attach the Small Pulley, a Cable Trap (76), and two Half Guard (62) to the second from the top set of holes in the two Pulley Plates (56) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (94). **Make sure the Half Guards are oriented as shown.**



32. Wrap the Cable (66) over the Large Pulley (60). Attach the Large Pulley inside the Rear Upright (30) with an M10 x 65mm Bolt (124), two M10 Washers (96), and an M10 Nylon Locknut (94).



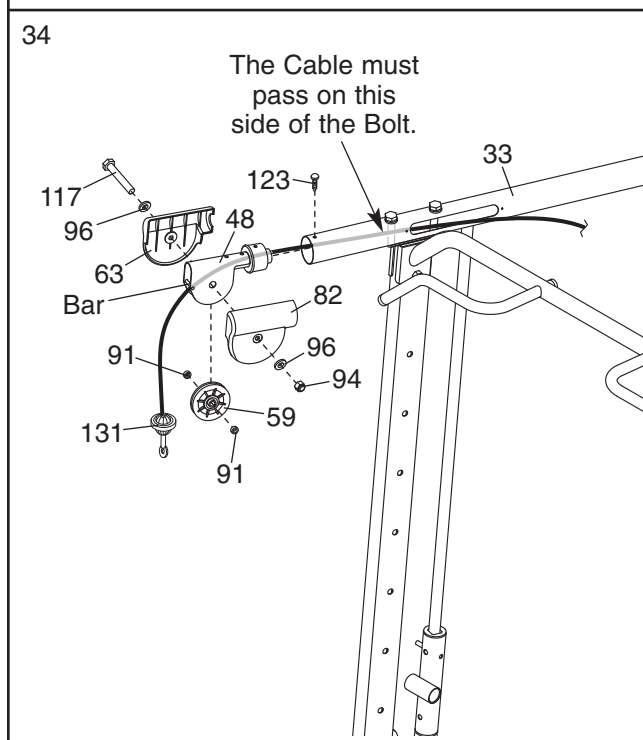
33. Attach the Cable (66) to the Weight Carriage (55) with an M10 x 40mm Button Bolt (109), an M10 Washer (96), and a 23mm Spacer (99). **Make sure the flat edge of the Cable is against the Weight Carriage.**



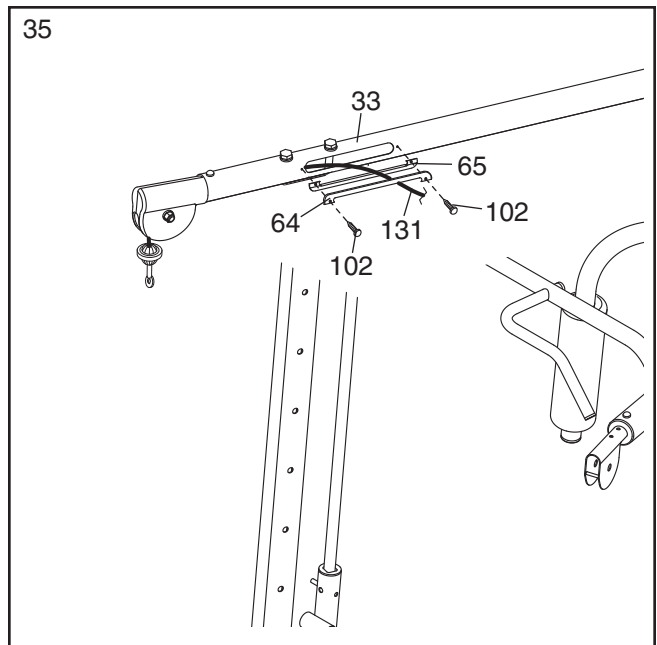
34. Remove the M4 x 12mm Self-tapping Screw (123) and the Swivel Arm (48).

**Locate the High Cable (131).** Insert the Cable under the bar in the Swivel Arm (48) and route the Cable through the Swivel Arm, into the Right Front Frame (33), and out the slot in the Right Front Frame. **Make sure the Cable is routed under the bar in the Swivel Arm and to the inside of the indicated bolt.**

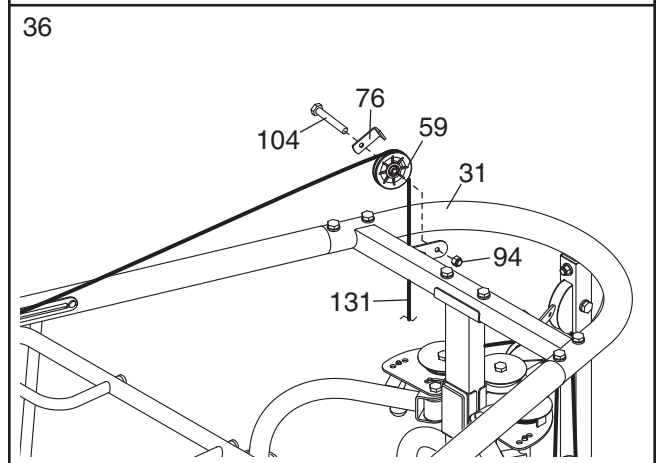
Attach the Swivel Arm (48) to the Right Front Frame (33) with the M4 x 12mm Self-tapping Screw (123). Attach a Small Pulley (59), two 16mm x 6mm Spacers (91), an Outer Pulley Cover (63), and an Inner Pulley Cover (82) to the Swivel Arm with an M10 x 60mm Bolt (117), two M10 Washers (96), and an M10 Nylon Locknut (94). **Make sure the Spacers are inside the Swivel Arm.**



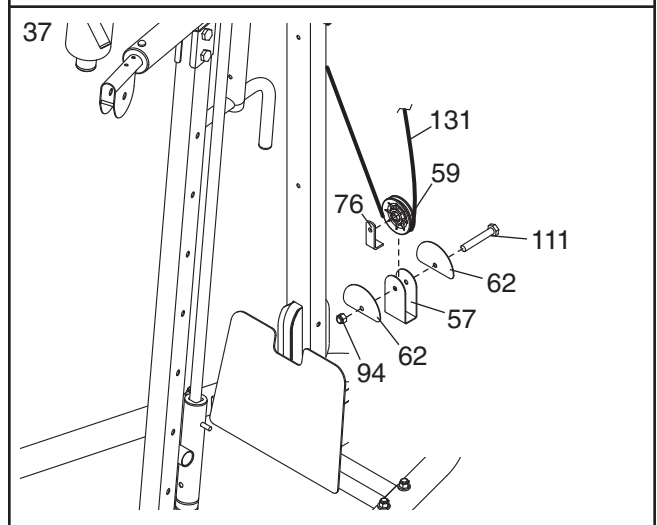
35. Position the Bottom Plate (65) and the Top Plate (64) around the Cable (131) as shown. Attach the Bottom and Top Plates to the Right Front Frame (33) with two M4 x 16mm Self-tapping Screws (102).



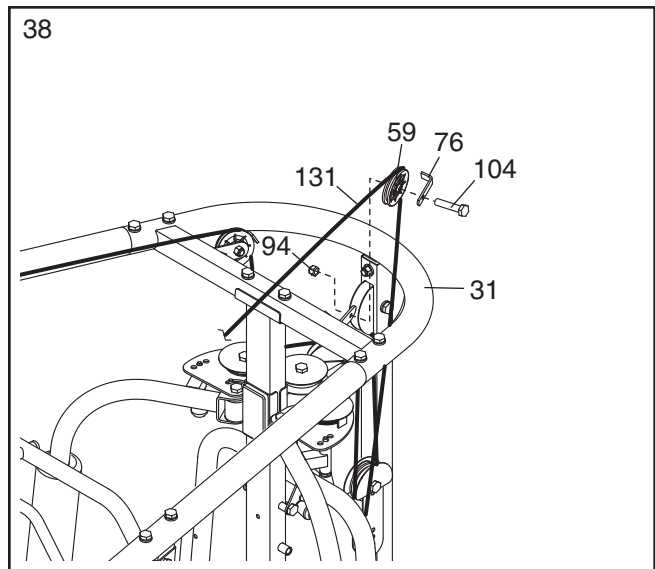
36. Wrap the Cable (131) over a Small Pulley (59). Attach the Small Pulley and a Cable Trap (76) to the Rear Frame (31) with an M10 x 45mm Bolt (104) and an M10 Nylon Locknut (94).



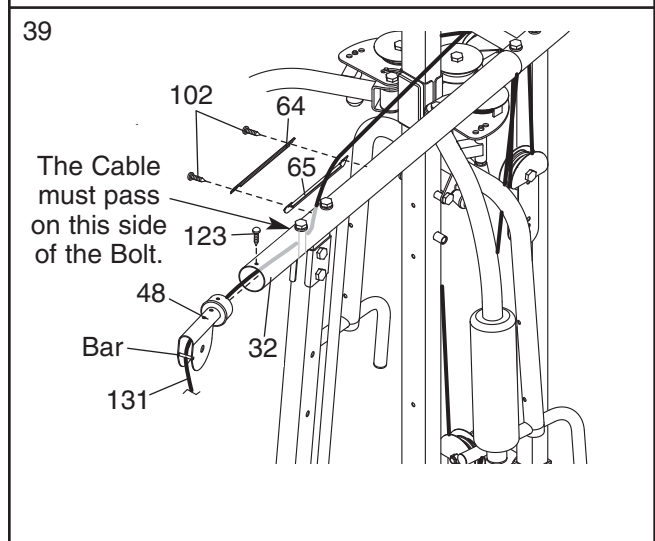
37. Wrap the Cable (131) under a Small Pulley (59). Attach the Small Pulley, two Half Guards (62), and a Cable Trap (76) to the "U" Bracket (57) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (94). **Make sure the Half Guards are oriented as shown.**



38. Wrap the Cable (131) over a Small Pulley (59). Attach the Small Pulley and a Cable Trap (76) to the inside of the Rear Frame (31) with an M10 x 45mm Bolt (104) and an M10 Nylon Locknut (94).



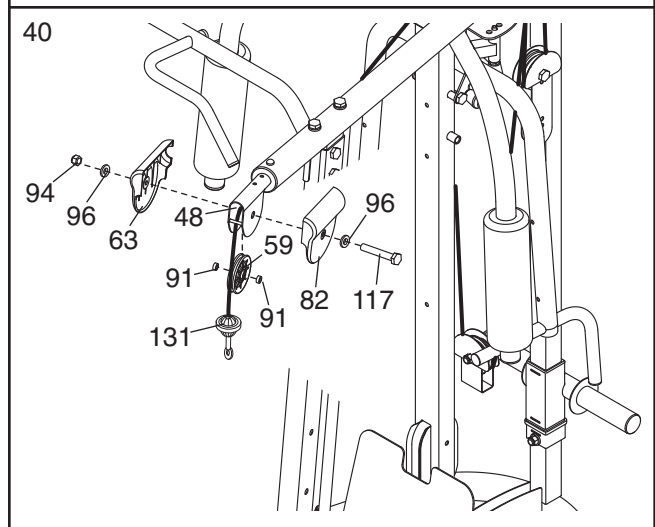
39. Remove the M4 x 12mm Self-tapping Screw (123) and the Swivel Arm (48) from the Left Front Frame (32). Route the Cable (131) through the slot in the Left Front Frame and through the Swivel Arm. **Make sure the Cable is routed under the bar in the Swivel Arm.**



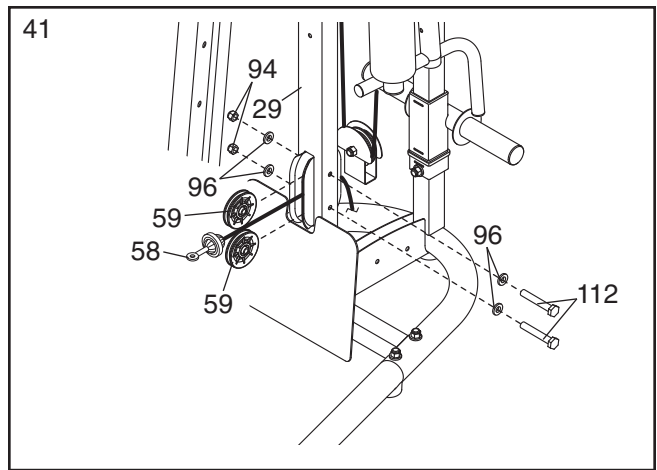
Attach the Swivel Arm (48) to the Left Front Frame (32) with the M4 x 12mm Self-tapping Screw (123).

Position the Bottom Plate (65) and the Top Plate (64) around the Cable (131) as shown. Attach the Bottom and Top Plates to the Left Front Frame (32) with two M4 x 16mm Self-tapping Screws (102).

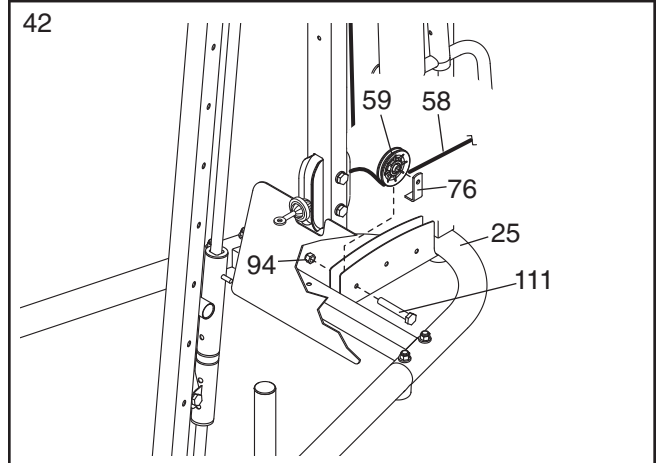
40. Attach a Small Pulley (59), two 16mm x 6mm Spacers (91), an Outer Pulley Cover (63), and an Inner Pulley Cover (82) to the Swivel Arm (48) with an M10 x 60mm Bolt (117), two M10 Washers (96), and an M10 Nylon Locknut (94). **Make sure the Spacers are inside the Swivel Arm.**



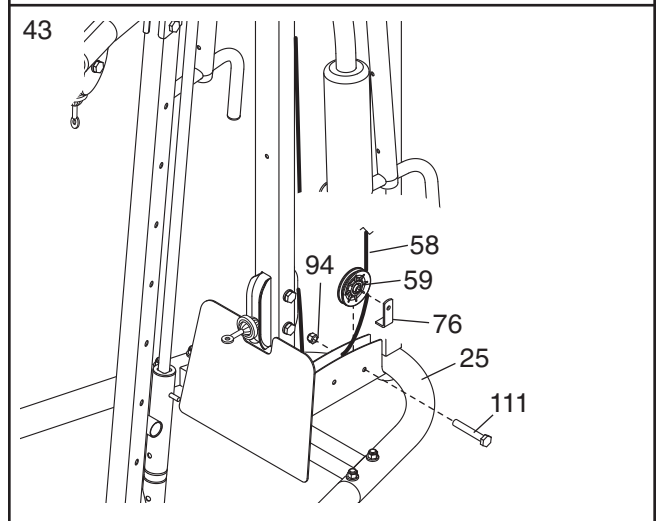
41. **Locate the Low Cable (58).** Route the Cable through the Center Upright (29). Attach two Small Pulleys (59) inside the Center Upright with two M10 x 91mm Bolts (112), four M10 Washers (96), and two M10 Nylon Locknuts (94).



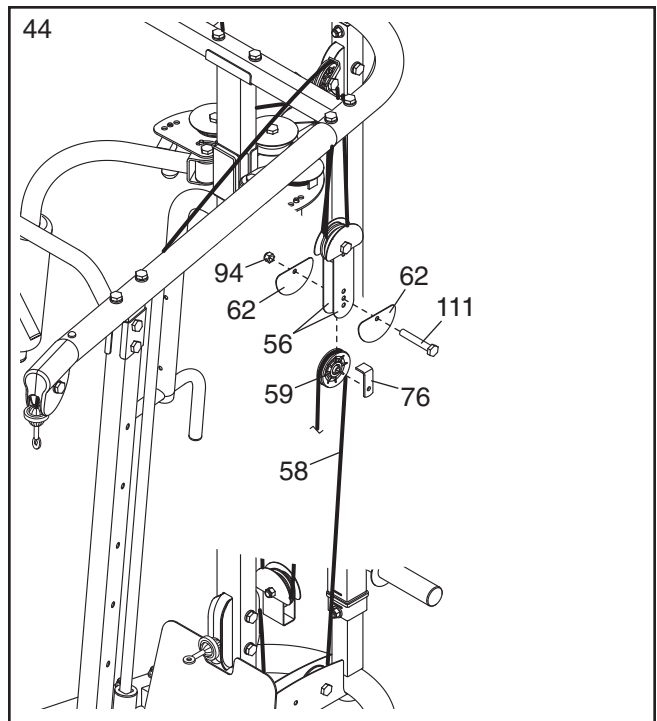
42. Wrap the Low Cable (58) under a Small Pulley (59). Attach the Small Pulley and a Cable Trap (76) to the first hole in the Rear Base (25) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (94).



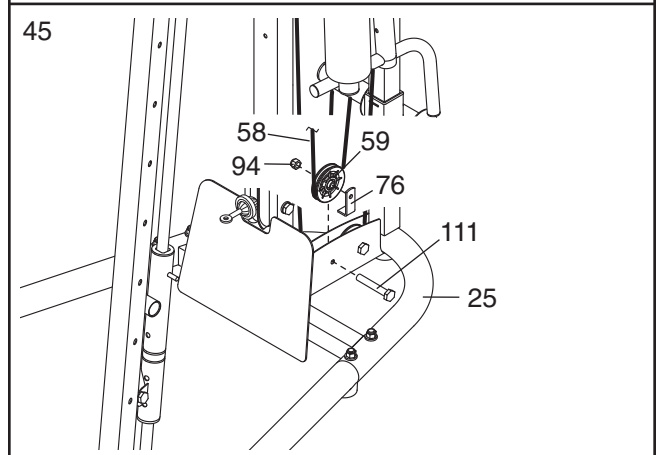
43. Wrap the Low Cable (58) under a Small Pulley (59). Attach the Small Pulley and a Cable Trap (76) to the third hole in the Rear Base (25) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (94).



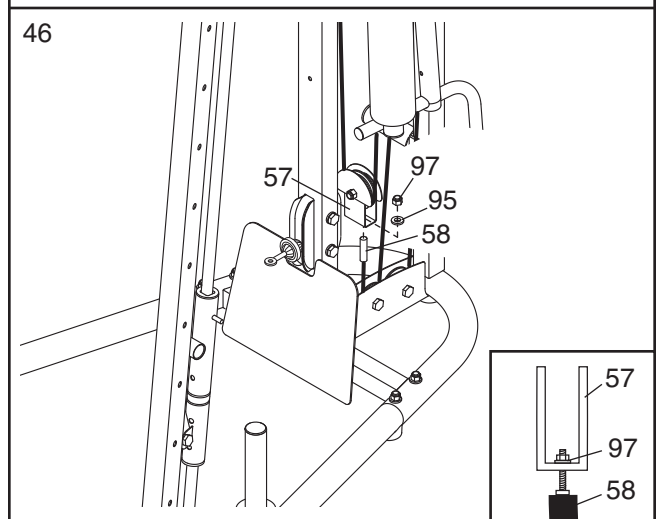
44. Wrap the Low Cable (58) over a Small Pulley (59). Attach the Small Pulley, two Half Guards (62), and a Cable Trap (76) to the second from the bottom set of holes in the two Pulley Plates (56) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (94). **Make sure the Half Guards are oriented as shown.**



45. Wrap the Low Cable (58) under a Small Pulley (59). Attach the Small Pulley and a Cable Trap (76) to the second hole in the Rear Base (25) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (94).

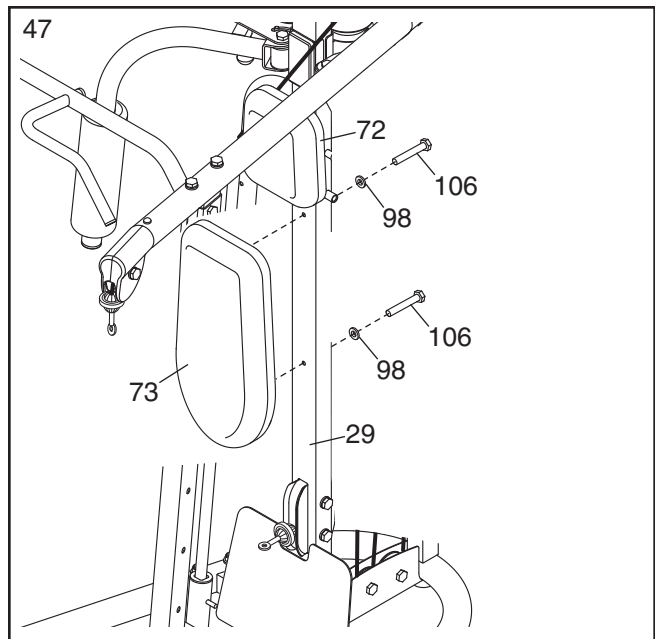


46. Attach the Low Cable (58) to the "U" Bracket (57) with an M8 Nylon Locknut (97) and an M8 Washer (95). **See the inset drawing. Do not completely tighten the Nylon Locknut; it should be tightened so that only two threads of the Cable show past the Nylon Locknut.**



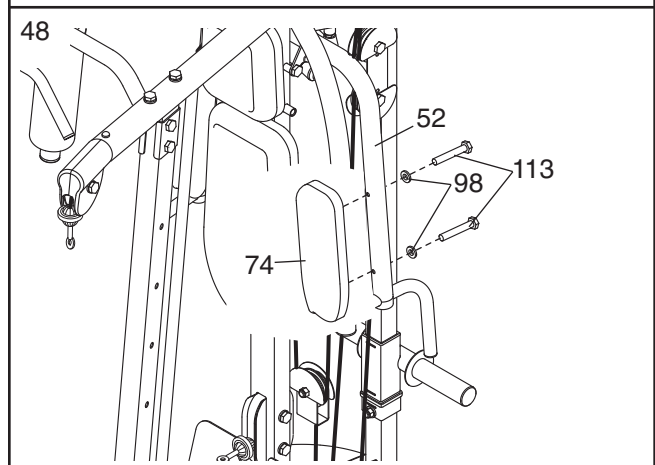
47. Attach the Backrest (73) to the Center Upright (29) with two M6 x 63mm Screws (106) and two M6 Washers (98).

**Attach the Headrest (72) to the Center Upright (29) in the same manner.**



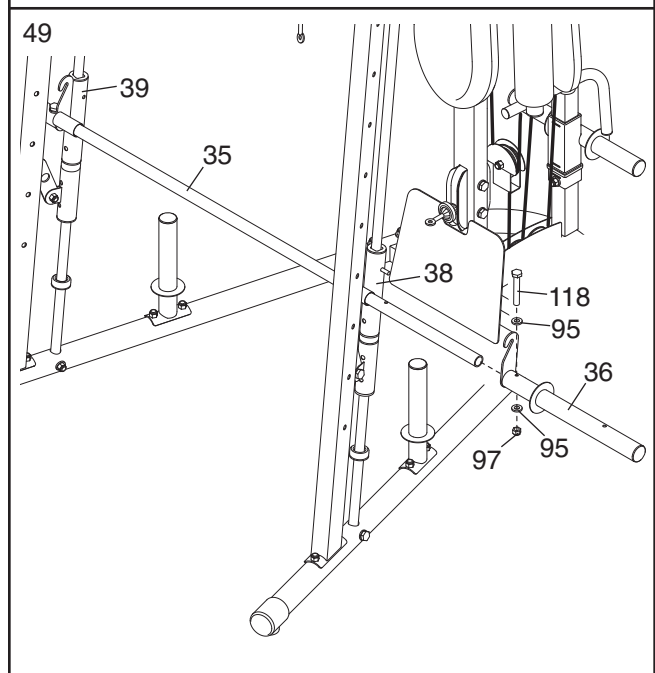
48. Attach an Arm Pad (74) to the VKR Arm (52) with two M6 x 57mm Screws (113) and two M6 Washers (98).

**Repeat this step for the other Arm Pad (not shown).**



49. Insert the Barbell (35) through the Right and Left Guides (39, 38). Attach the Left Barbell Adapter (36) to the Barbell with an M8 x 63mm Bolt (118), two M8 Washers (95), and an M8 Nylon Locknut (97).

**Attach the Right Barbell Adapter (not shown) in the same way.**

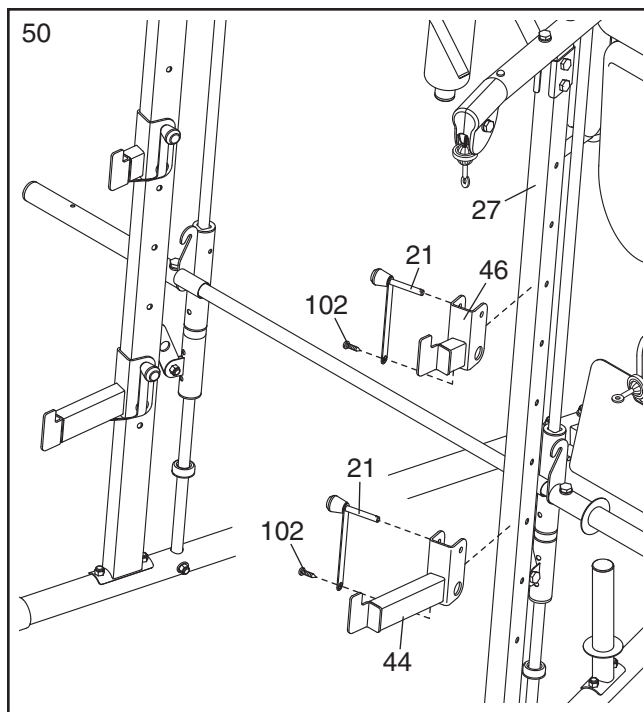


50. Attach the Left Squat Safety Spotter (44) to a set of adjustment holes in the left Front Upright (27) with a Short Pin (21). Attach the tether on the Short Pin to the Left Squat Safety Spotter with an M4 x 16mm Self-tapping Screw (102).

Attach the Left Weight Rest (46) to a set of adjustment holes in the left Front Upright (27) with a Short Pin (21). Attach the tether on the Short Pin to the Left Weight Rest with an M4 x 16mm Self-tapping Screw (102).

**Repeat this step for the other side of the weight bench.**

51. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENT starting below.**



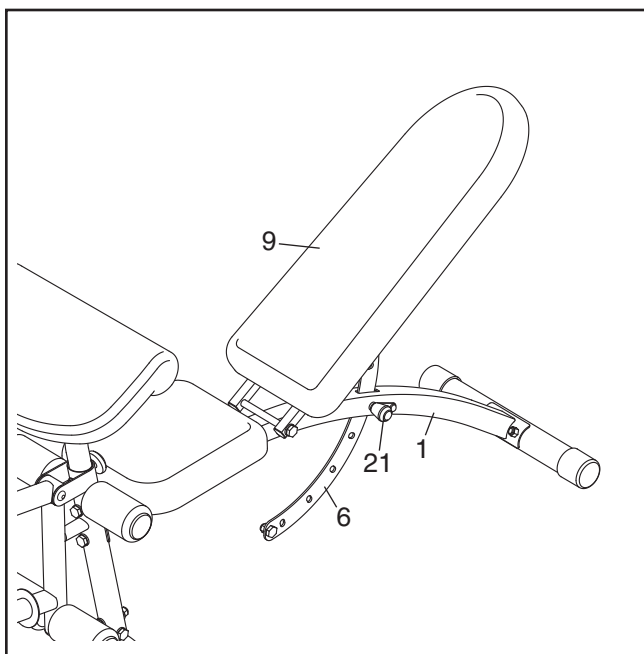
## ADJUSTMENT

This section explains how to adjust the weight bench. See the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened 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.

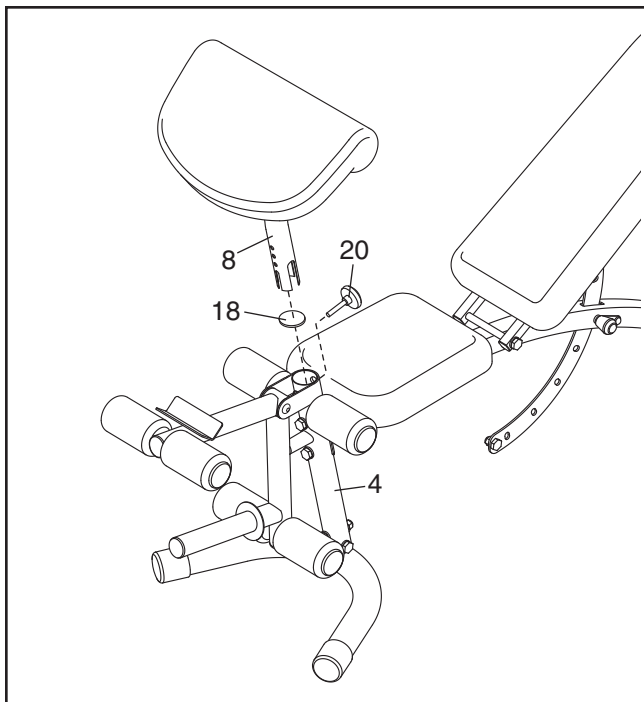
### ADJUSTING THE BACKREST

To adjust the position of the Backrest (9), pull out on the Short Pin (21) and move the Backrest Bracket (6) to the desired position. Insert the Short Pin into the Frame (1) and the Backrest Bracket. **Make sure the Short Pin engages a hole in the Backrest Frame.**



## ATTACHING THE CURL POST

Remove the 56mm Round Inner Cap (18) from the Front Leg (4). Insert the Curl Post (8) into the Front Leg and align the holes in the Front Leg and the Curl Post. Then, secure the Curl Post with the Curl Knob (20). **Make sure to fully tighten the Curl Knob.**

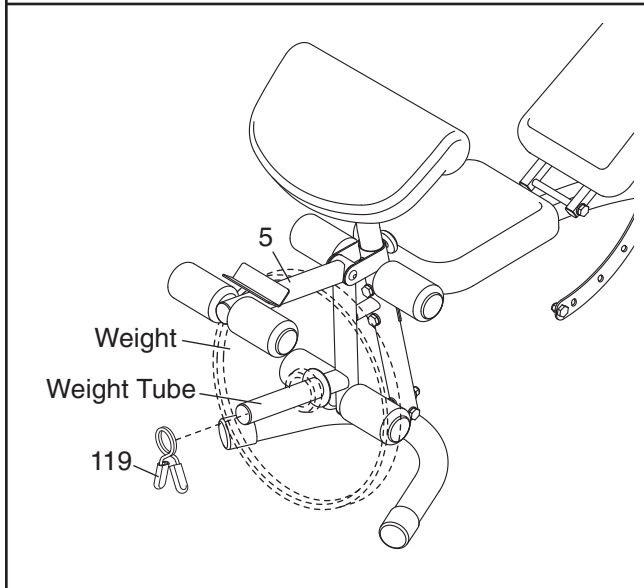


## ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (5), slide the desired weights (not included) onto the weight tube. Secure the weights with a Spring Clip (119).

Follow this procedure to add weights to the Weight Carriage (not shown) and the Barbell (not shown).

**⚠ WARNING:** Do not place more than 150 pounds on the Leg Lever (5). Do not place more than 150 pounds on the Weight Carriage (not shown). Secure your weights with Spring Clips (119).



## USING THE BARBELL

Before starting an exercise, position the Barbell (35) and the Safety Spotters (40) in the correct position for the exercise.

To do this, stand in front of the rack and grip the Barbell (35) with both hands. Turn the Barbell until the two Barbell Hooks (42) disengage the slots in the Front Uprights (27). Raise or lower the Barbell to a new position and turn it until the Barbell Hooks engage the slots in the Front Uprights. **Note: Always start an exercise with the Barbell positioned at the lowest point to which it will move during the exercise.**

Position both Safety Spotters (40) directly under the Guides (38, 39) in the same manner.

**WARNING:** Always place both Safety Spotters (40) at the same height. Make sure the Barbell Hooks (42) are engaged in the slots in the Front Uprights (27).

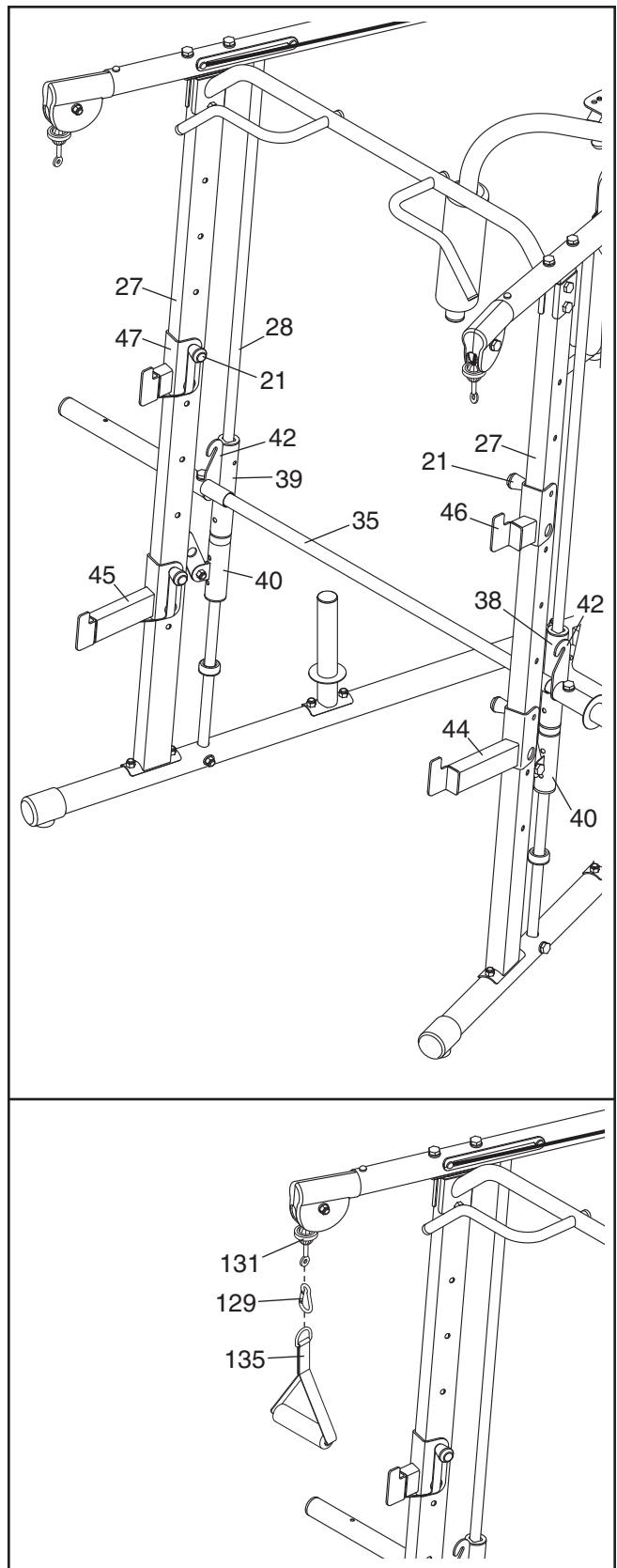
## ADJUSTING THE WEIGHT RESTS AND THE SQUAT SAFETY SPOTTERS

To perform squat exercises with the weight bench, first remove the Short Pins (21) and move the Weight Rests (46, 47) to the correct position for your height. Position the Squat Safety Spotters (44, 45) at the correct height to allow you to get out from under the barbell if you are unable to complete the repetition.

## ATTACHING THE ACCESSORIES

To attach a Hand Strap (135) to the High Cable (131), attach a Weight Clip (129) to the High Cable and the Handle.

Attach the accessories to the Low Cable (not shown) in the same manner. Note: For some exercises it is recommended that you attach the Chain (not shown) between the Low Cable and the accessory.



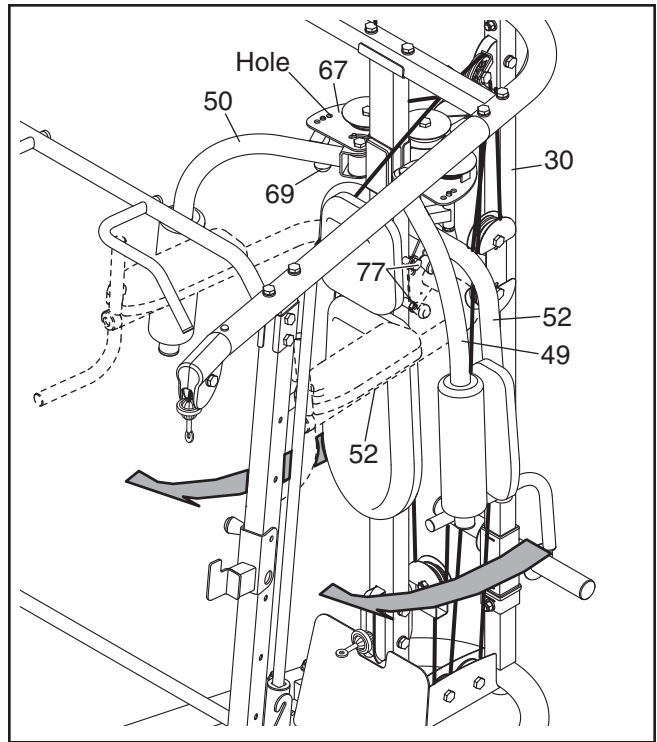
## USING THE VKR ARM

To use the VKR Arm (52), first, pull down on the indicated Butterfly Knob (69) and move the Right Butterfly Arm (50) toward the Rear Upright (30) and engage the Butterfly Knob into the indicated hole in the Adjustable Pulley Plate (67). Repeat for the other Butterfly Arm (49). Next, remove the Long Pin (77) and lift the VKR Arm to the horizontal position. Then, reinsert the Long Pin into the VKR Arm in the indicated location.

When the VKR Arm (52) is not in use, return it to the vertical position.

## USING THE BUTTERFLY ARMS

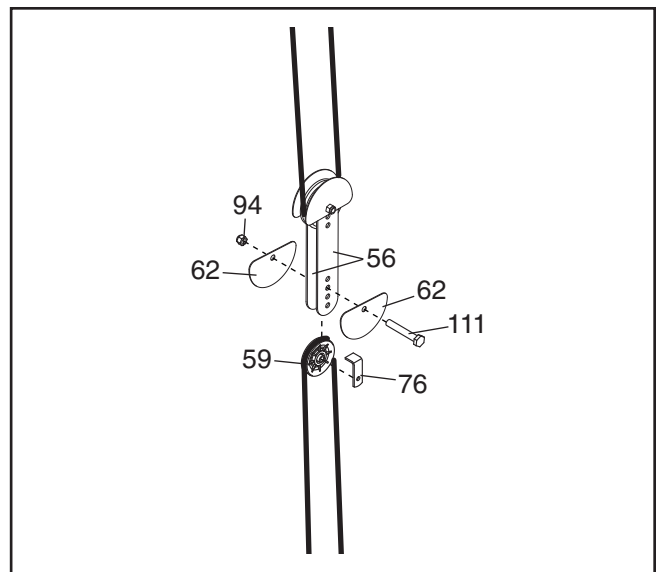
The Butterfly Arms (49, 50) can be set to different positions depending on the muscles you wish to exercise. Pull down on the Butterfly Knobs (69) and move the Butterfly Arms to the desired position. Engage the Butterfly Knobs into the holes in the Adjustable Pulley Plate (67).



## TIGHTENING THE CABLES

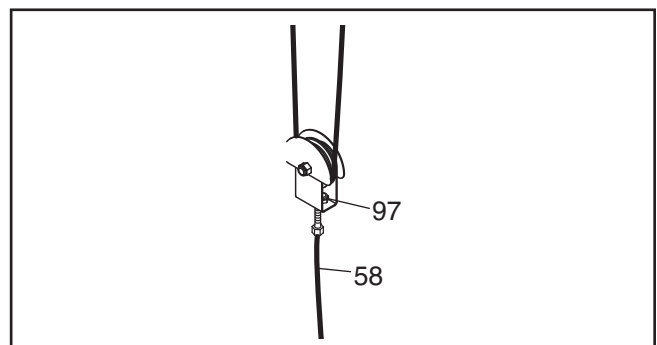
Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Slack can be removed in the following manner.

Remove the M10 Nylon Locknut (94) and the M10 x 50mm Bolt (111) from the Cable Trap (76), the Small Pulley (59), the two Half Guards (62), and the two Pulley Plates (56). Reattach the Small Pulley, Cable Trap, and Half Guards to the next closest hole to the center of the Pulley Plates. **Make sure that the Cable Trap is oriented to hold the cable in the groove of the Pulley, that the Half Guards are oriented as shown, and that the cable and Small Pulley move smoothly.**



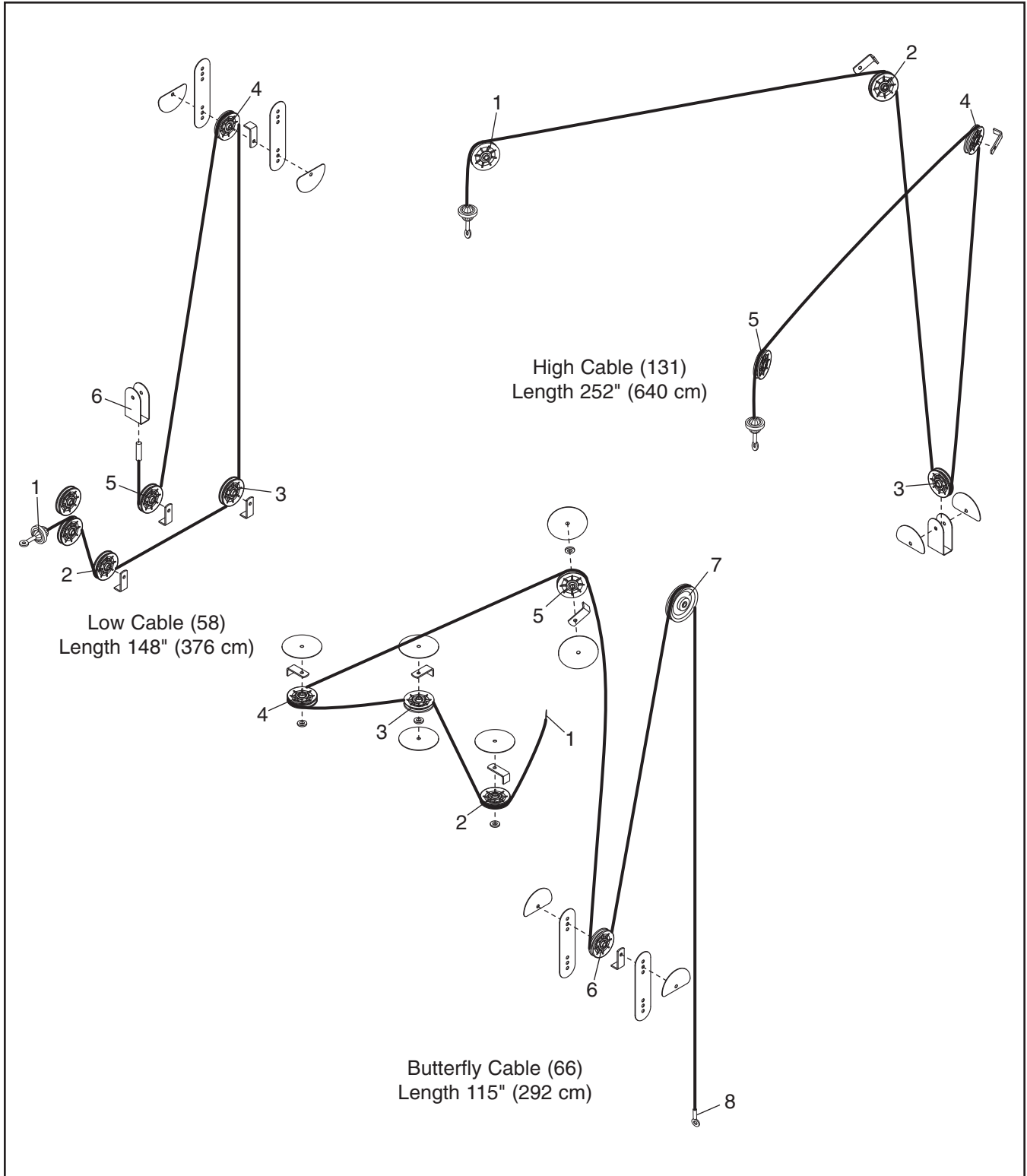
To remove slack from the Low Cable (58), tighten the M8 Nylon Locknut (97) further onto the end of the Low Cable.

**If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.** If the cables need to be replaced, see the part ordering information on the back cover of this manual.



# CABLE DIAGRAM

The cable diagram shows the proper routing of the cables (58, 66, 131). Use the diagram to make sure that the cable and the cable traps have been assembled correctly. If the cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the cable. **Make sure that the cable traps do not touch or bind the cable.**



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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 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 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 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

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 exercise cycle or an elliptical exerciser, 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 overexerting yourself 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. Refer to 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.

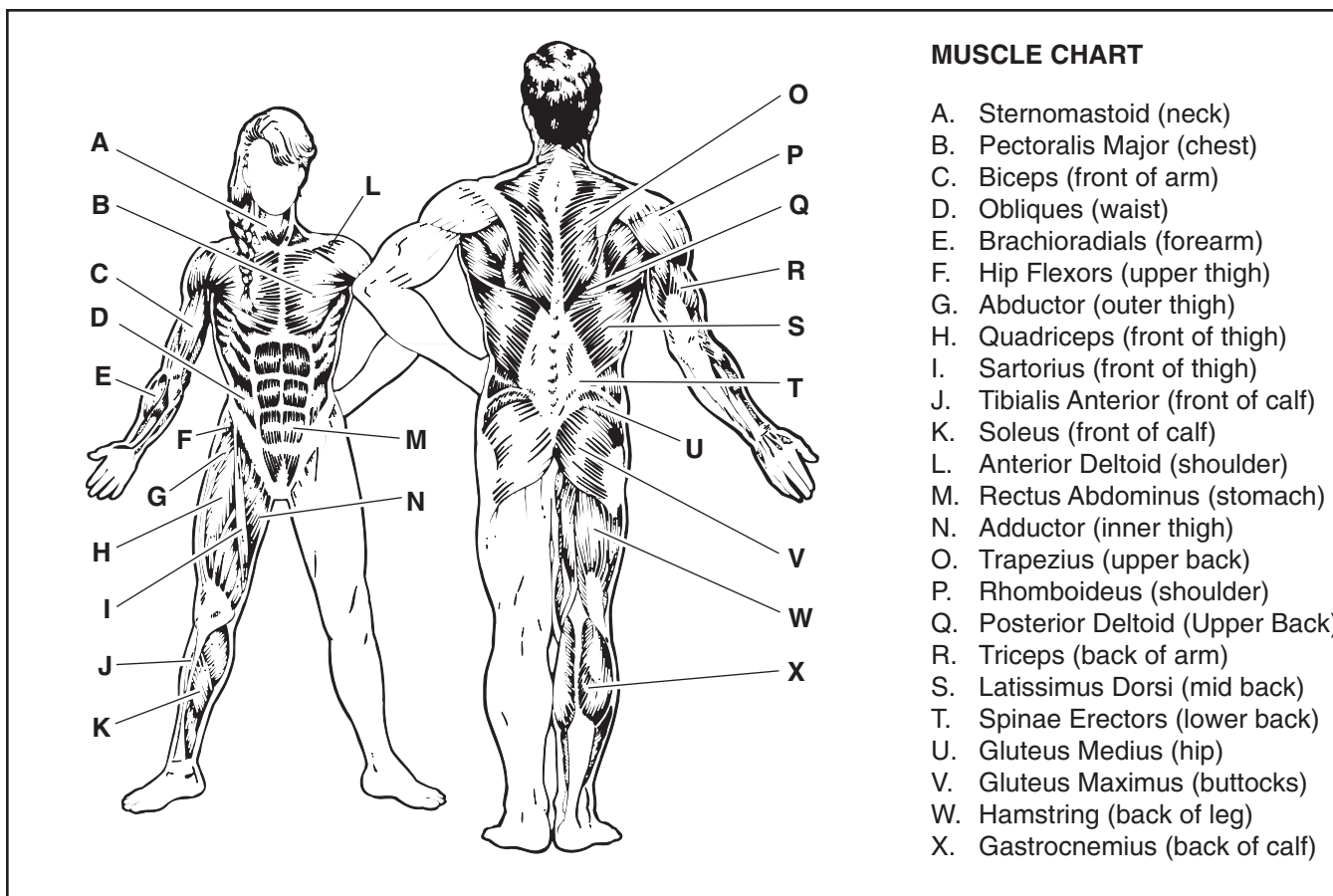
### COOLING DOWN

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 charts on page 30 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 best results is to make exercise a regular and enjoyable part of your everyday life.



# PART LIST—Model No. WEBE4496.0

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	55	1	Weight Carriage
2	1	Rear Stabilizer	56	2	Pulley Plate
3	1	Front Stabilizer	57	1	“U” Bracket
4	1	Front Leg	58	1	Low Cable
5	1	Leg Lever	59	16	Small Pulley
6	1	Backrest Bracket	60	1	Large Pulley
7	2	Backrest Frame	61	6	Guard
8	1	Curl Post	62	6	Half Guard
9	1	Bench Backrest	63	2	Outer Pulley Cover
10	1	Seat	64	2	Top Plate
11	1	Curl Pad	65	2	Bottom Plate
12	3	Pad Tube	66	1	Butterfly Cable
13	6	Small Pad	67	2	Adjustable Pulley Plate
14	6	Pad Cap	68	1	Row Bar
15	4	64mm x Round Outer Cap	69	2	Butterfly Knob
16	2	50mm Round Inner Cap	70	2	Support Plate
17	5	48mm x 2mm Round Inner Cap	71	1	Support Plate Cover
18	1	56mm Round Inner Cap	72	1	Headrest
19	4	25mm Square Inner Cap	73	1	Backrest
20	1	Curl Knob	74	2	Arm Pad
21	5	Short Pin	75	2	Large Foam
22	6	50mm Bushing	76	12	Cable Trap
23	3	16mm x 56mm Spacer	77	1	Long Pin
24	1	Bumper	78	3	Foot
25	1	Rear Base	79	2	Frame Cap
26	2	Front Base	80	2	48mm Round Inner Cap
27	2	Front Upright	81	2	45mm Round Inner Cap
28	2	Guide	82	2	Inner Pulley Cover
29	1	Center Upright	83	2	VKR Cap
30	1	Rear Upright	84	4	25mm Round Inner Cap
31	1	Rear Frame	85	1	Carriage Bumper
32	1	Left Front Frame	86	3	Carriage Bushing
33	1	Right Front Frame	87	6	M4 Washer
34	1	Crossbar	88	2	46mm Bushing
35	1	Barbell	89	8	Guide Bushing
36	1	Left Barbell Adapter	90	4	Guide Bumper
37	1	Right Barbell Adapter	91	4	16mm x 6mm Spacer
38	1	Left Guide	92	2	Swivel Arm Bushing
39	1	Right Guide	93	4	16mm x 20mm Spacer
40	2	Safety Spotter	94	67	M10 Nylon Locknut
41	2	34mm Round Inner Cap	95	5	M8 Washer
42	2	Barbell Hook	96	74	M10 Washer
43	2	Storage Tube	97	4	M8 Nylon Locknut
44	1	Left Squat Safety Spotter	98	13	M6 Washer
45	1	Right Squat Safety Spotter	99	1	23mm Spacer
46	1	Left Weight Rest	100	25	M10 x 81mm Bolt
47	1	Right Weight Rest	101	4	M10 x 73mm Bolt
48	2	Swivel Arm	102	15	M4 x 16mm Self-tapping Screw
49	1	Left Butterfly Arm	103	1	M10 x 64mm Bolt Set
50	1	Right Butterfly Arm	104	7	M10 x 45mm Bolt
51	1	Center Frame	105	4	M6 x 16mm Screw
52	1	VKR Arm	106	5	M6 x 63mm Screw
53	2	VKR Handle	107	4	M6 x 39mm Screw
54	1	Foot Plate	108	1	M8 x 22mm Bolt

# PART LIST—Model No. WEBE4496.0

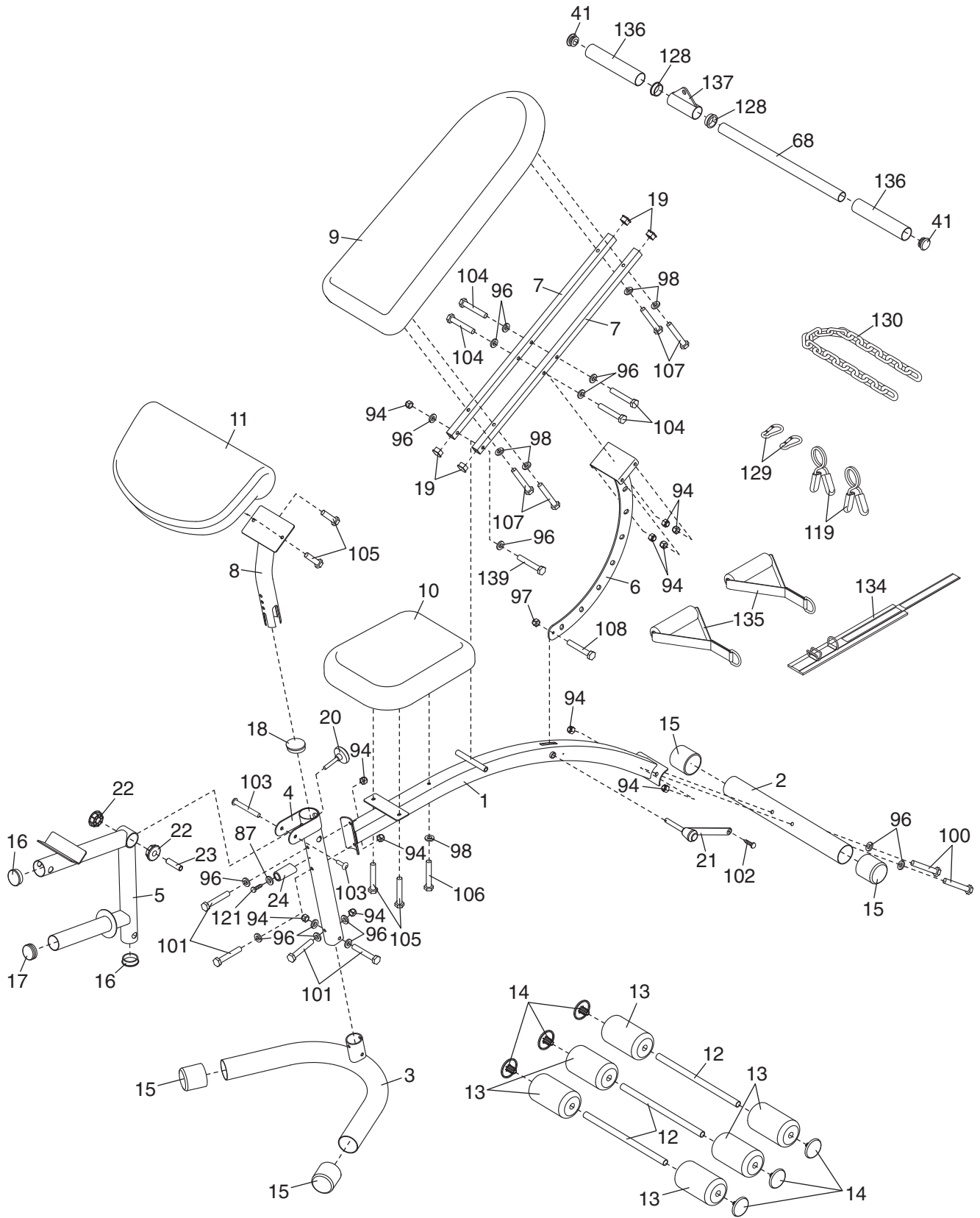
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Key No.	Qty.	Description	Key No.	Qty.	Description
109	1	M10 x 40mm Button Bolt	127	1	M10 x 150mm Bolt
110	1	M10 x 20mm Bolt	128	2	Curl Bushing
111	8	M10 x 50mm Bolt	129	2	Weight Clip
112	2	M10 x 91mm Bolt	130	1	Chain
113	4	M6 x 57mm Screw	131	1	High Cable
114	3	M10 x 95mm Bolt	132	1	Metal Carriage Stop
115	4	28mm Round Inner Cap	133	1	Rubber Carriage Stop
116	10	M10 x 70mm Bolt	134	1	Ankle Strap
117	2	M10 x 60mm Bolt	135	2	Hand Strap
118	2	M8 x 63mm Bolt	136	2	Foam Grip
119	2	Spring Clip	137	1	Collar
120	2	M10 x 23mm Button Bolt	138	2	Snap Ring
121	1	M4 x 20mm Self-tapping Screw	139	1	M10 x 193mm Bolt
122	2	M4 x 60mm Self-tapping Screw	#	—	User's Manual
123	2	M4 x 12mm Self-tapping Screw	#	—	Exercise Guide
124	3	M10 x 65mm Bolt	#	—	Hex Key
125	1	M10 x 75mm Bolt	#	—	Grease Packet
126	2	M10 x 60mm Button Bolt	#	—	Grease Packet

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.

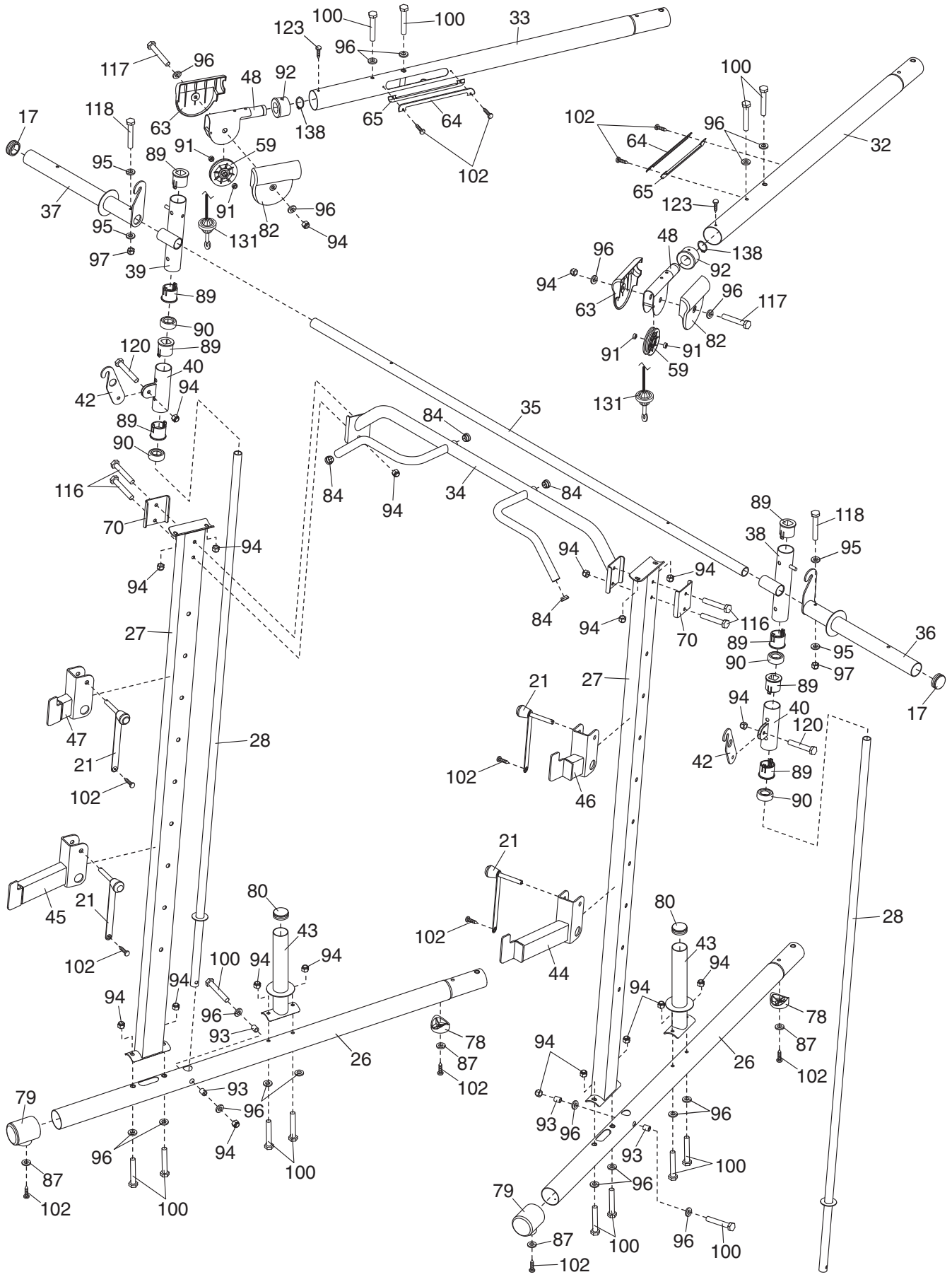
# EXPLODED DRAWING A—Model No. WEBE4496.0

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# EXPLODED DRAWING B—Model No. WEBE4496.0

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# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEBE4496.0)
- the NAME of the product (WEIDER C 700 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 31 through 35)

## 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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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**