

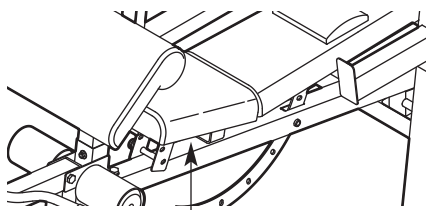
WEIDER®

500

Model No. WEBE4915.0

Serial No. _____

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



Serial Number Decal (Under Seat)

USER'S MANUAL

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.

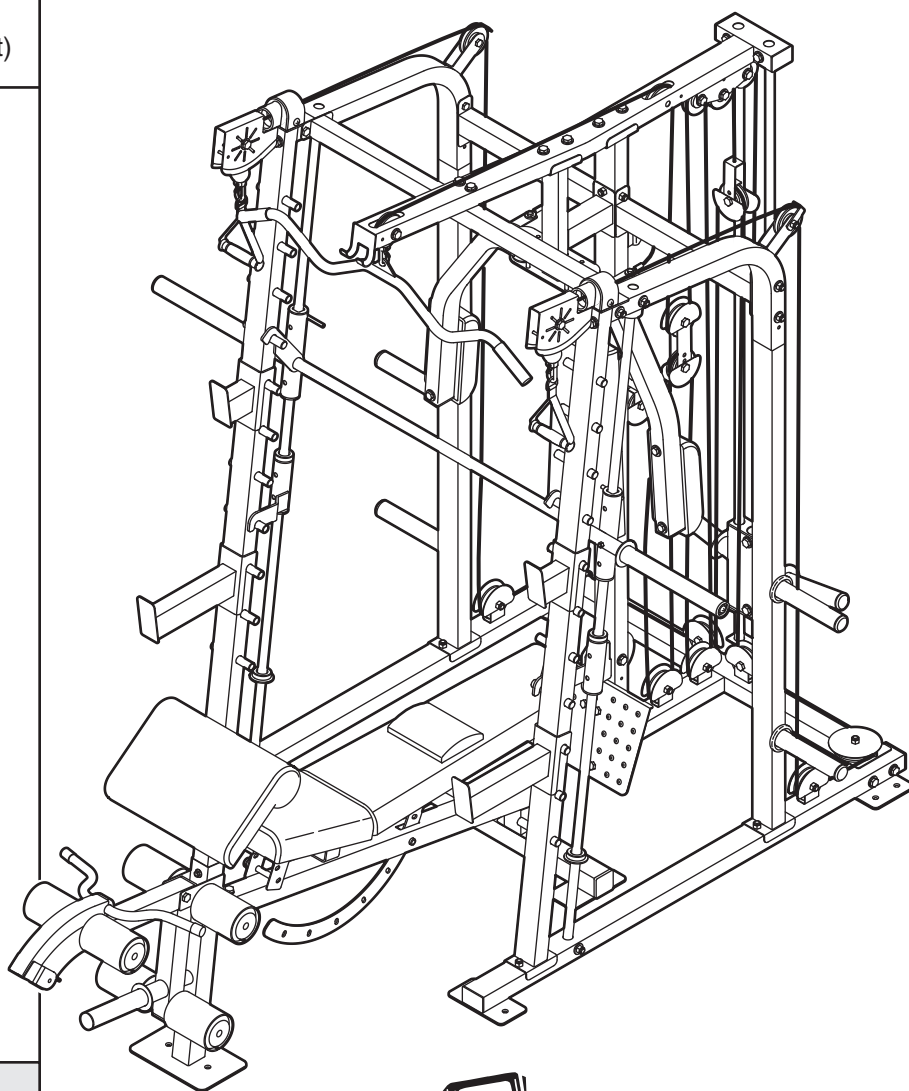
CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.weiderservice.com



⚠ 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

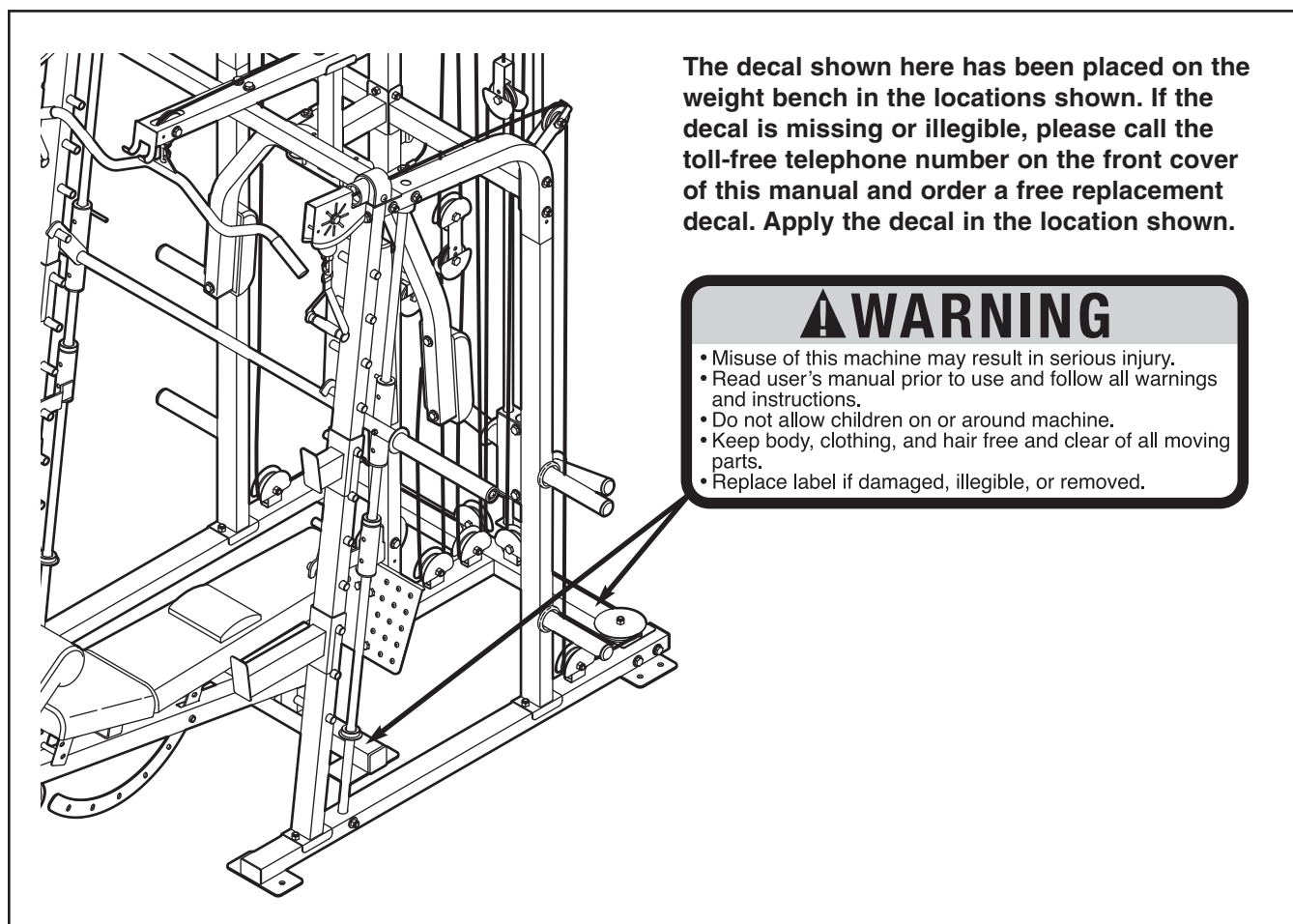
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT



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. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
10. Always set both spotters, both weight rests, and both safety spotters at the same height.
11. The weight bench is designed to support a maximum user weight of 300 pounds. Do not place more than 310 pounds on the weight bar. Do not place more than 310 pounds, including a barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage or the leg lever. Note: The weight bench does not include a barbell or weights.
12. Always place an equal amount of weight on each side of the weight carriage, weight bar, or barbell.
13. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
14. Always lower the weight carriage and the weight bar in a controlled manner; never let the weight carriage or the weight bar drop.
15. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.
16. Always move your bench out of the way when performing an exercise that does not require the bench.
17. Always make sure the backrest bracket is fully engaged before using the backrest.
18. If you feel pain or dizziness 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

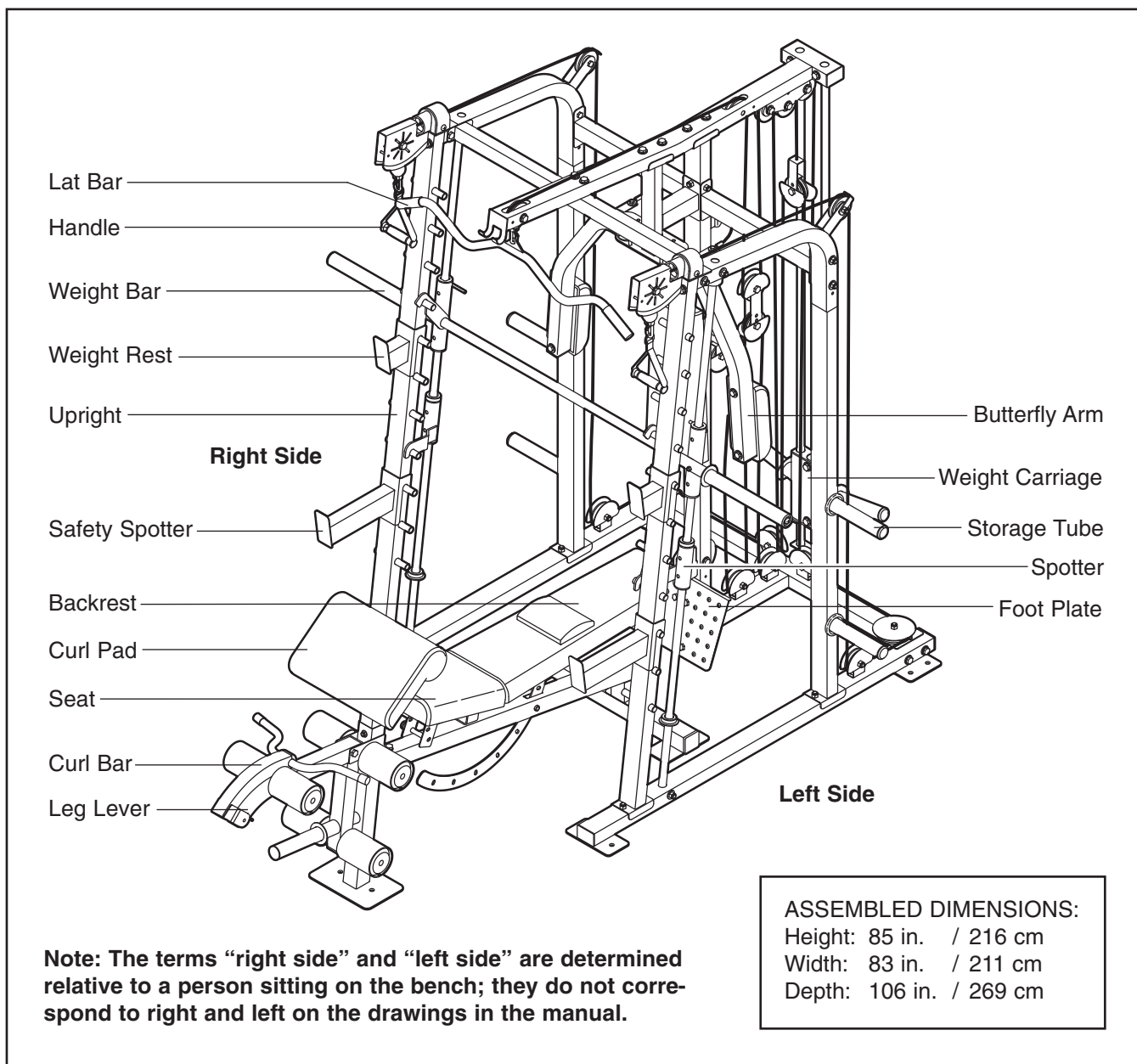
Thank you for selecting the versatile WEIDER® 500 weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the 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, see the front cover of this manual. To help us assist you, please note the product

model number and serial number before calling. The model number is WEBE4915.0. 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.

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



ASSEMBLY

Make Things Easier for Yourself

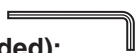
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. However, the weight bench has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.

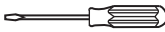
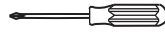
To hire an authorized service technician to assemble the weight bench, call toll-free 1-800-445-2480.

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.**

Assembly may require the included grease and allen wrenches , and the following tools (not included):

- Two adjustable wrenches 
- One pair of pliers 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape, and soapy water.

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

1.

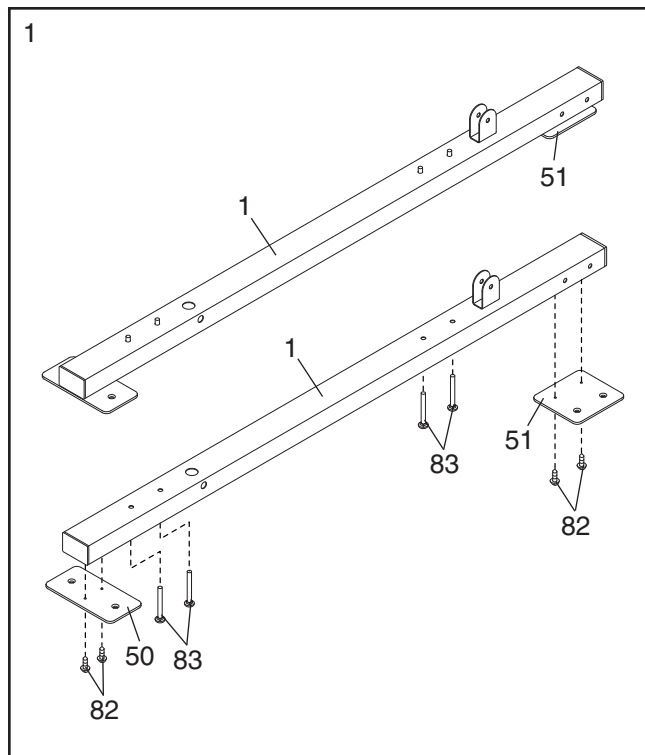
Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART in the center of this manual.

Attach a Small Foot Plate (50) to a Base (1) with two M4 x 16mm Screws (82).

Orient a Large Foot Plate (51) as shown. Attach the Foot Plate to the Base (1) with two M4 x 16mm Screws (82).

Insert four M10 x 65mm Carriage Bolts (83) up through the Base (1). Place a piece of tape over the bolt heads to hold them in place.

Repeat this step with the other Base (1). Note the orientation of the Large Foot Plate (51).

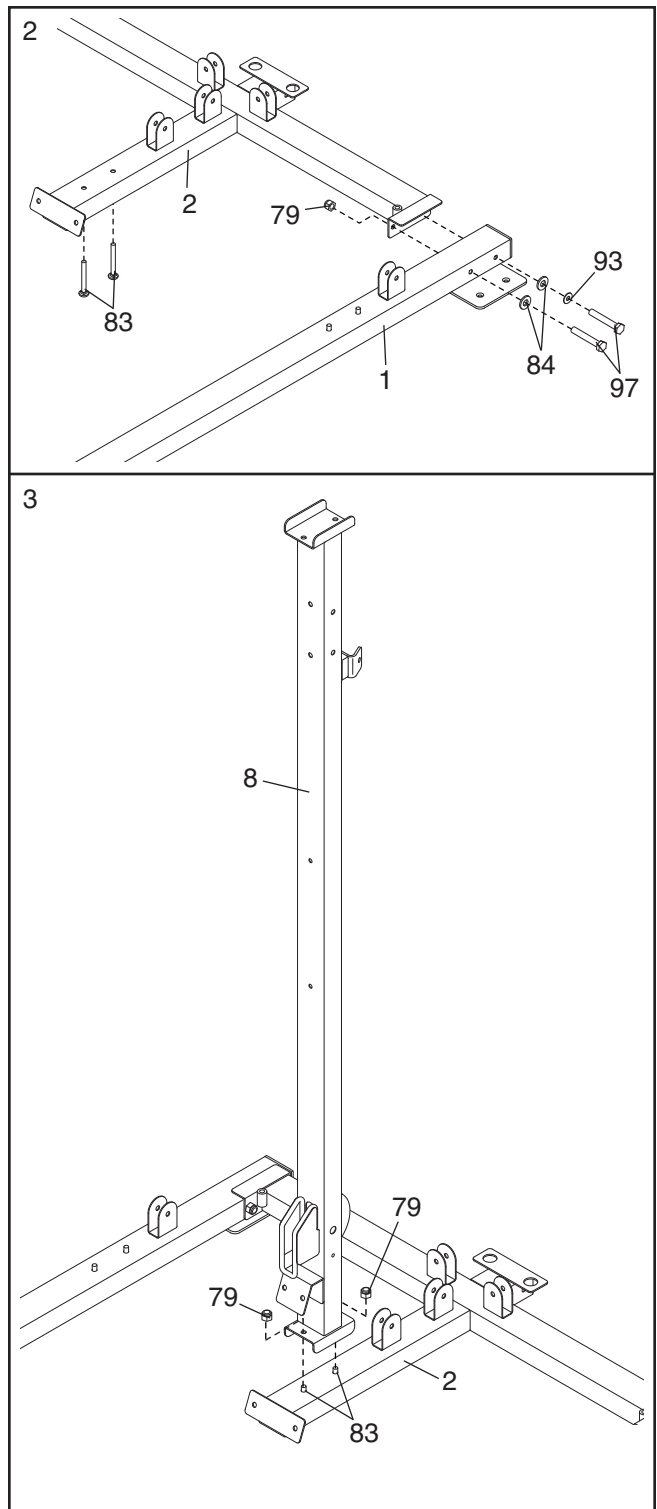


2. Insert two M10 x 65mm Carriage Bolts (83) up through the Center Base (2). Place a piece of tape over the bolt heads to hold them in place.

Attach a Base (1) to the Center Base (2) with two M10 x 93mm Button Bolts (97), an M10 Split Washer (93), two M10 Washers (84), and an M10 Nylon Locknut (79). **Do not tighten the Bolts.**

Attach the other Base (not shown) to the Center Base (2) in the same manner.

3. Attach the Backrest Upright (8) to the Center Base (2) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**



4. Attach the Left Support (6) to the left Base (1) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**

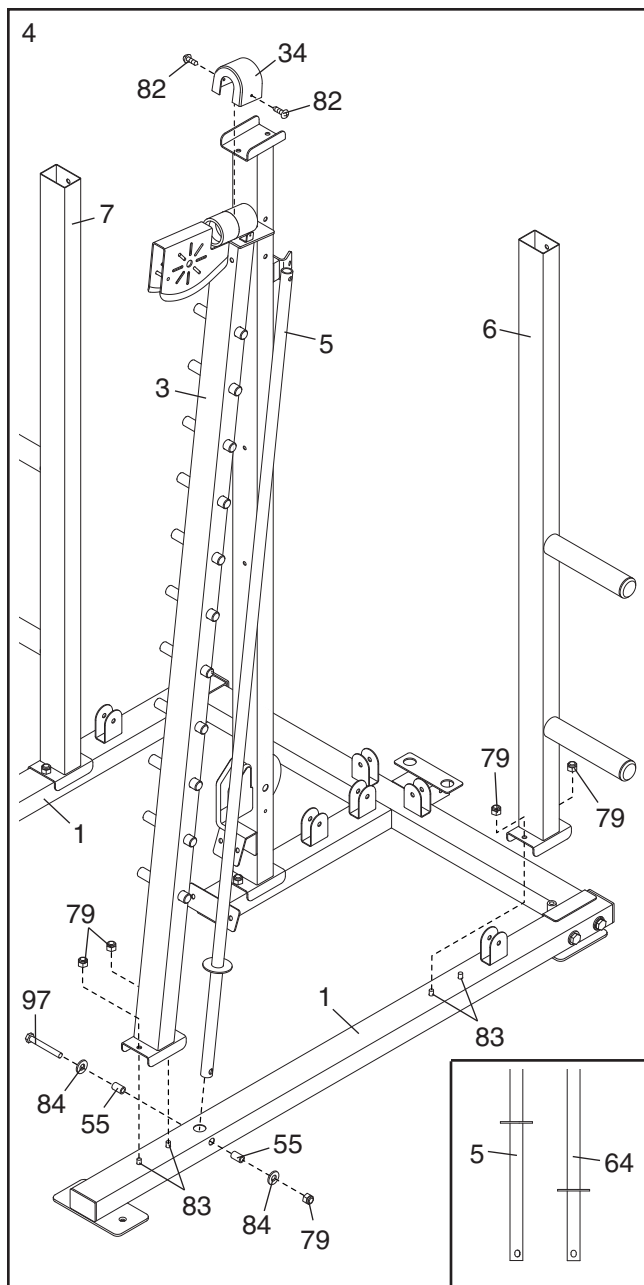
Attach an Upright Cap (34) to the Left Upright (3) with two M4 x 16mm Screws (82).

Attach the Left Upright (3) to the Base (1) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**

Identify the Guide Rods (5) and the Carriage Guides (64) (see the inset drawing).

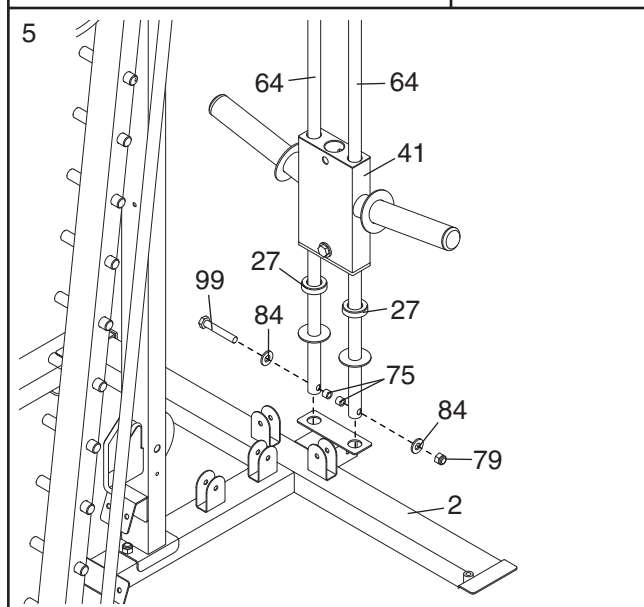
Attach a Guide Rod (5) to the Base (1) with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Nylon Locknut (79). **Do not tighten the Locknut.**

Repeat this step with the Right Support (7), the Right Upright (not shown), the other Guide Rod (not shown), and the other Base (1).



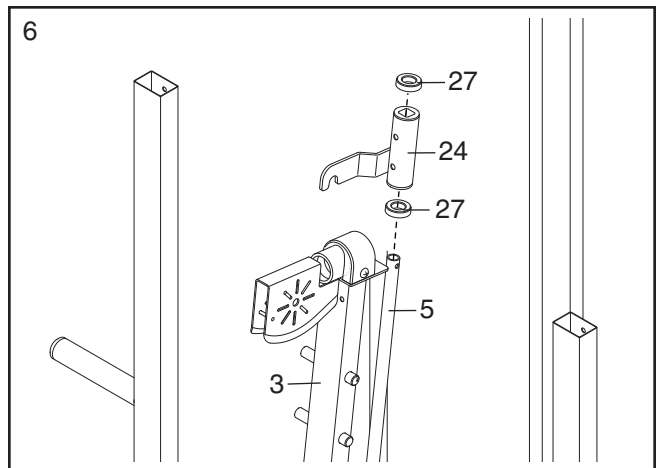
5. Orient the two Carriage Guides (64) with the rings near the bottom. Attach the Guides to the Center Base (2) with an M10 x 154mm Button Bolt (99), two M10 Washers (84), two 6mm Spacers (75), and an M10 Nylon Locknut (79). **Do not tighten the Locknut.**

Slide two Guide Bumpers (27) onto the Carriage Guides (64). Slide the Weight Carriage (41) onto the Guides as shown.



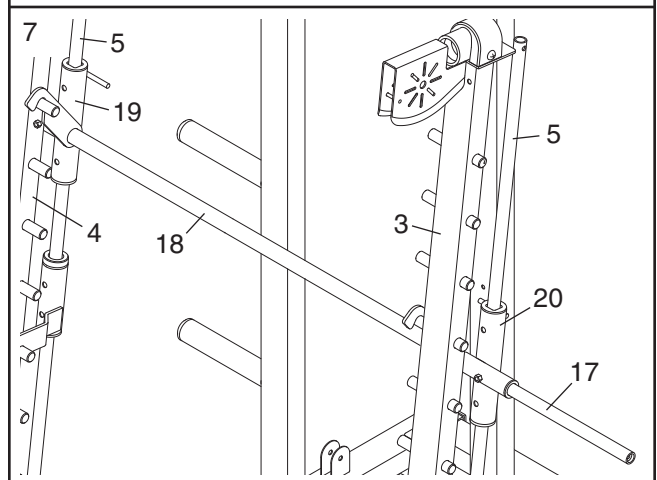
6. Orient the Left Spotter (24) as shown. Slide the Spotter and two Guide Bumpers (27) onto the left Guide Rod (5). Engage the Spotter onto the Left Upright (3).

Repeat this step with the Right Spotter (not shown) and the right Guide Rod (not shown).



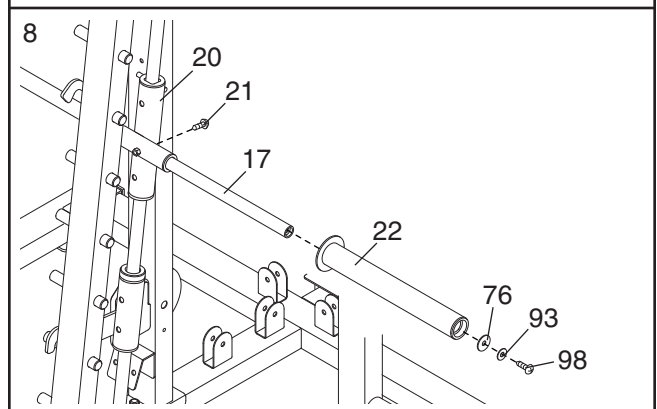
7. Slide the Right Guide (19) and the Left Guide (20) onto the Guide Rods (5).

Slide the Weight Bar (17) through the Left Guide (20), the Locking Bar (18), and the Right Guide (19). Engage the Locking Bar onto the Uprights (3, 4).



8. Attach a Barbell Adapter (22) to one end of the Weight Bar (17) with an M10 x 25mm Button Screw (98), an M10 Split Washer (93), and an M10 Large Washer (76). **Repeat on the other end of the Weight Bar.**

Tighten an M8 x 20mm Hex Screw (21) into the Left Guide (20). **Repeat with the Right Guide (not shown).**

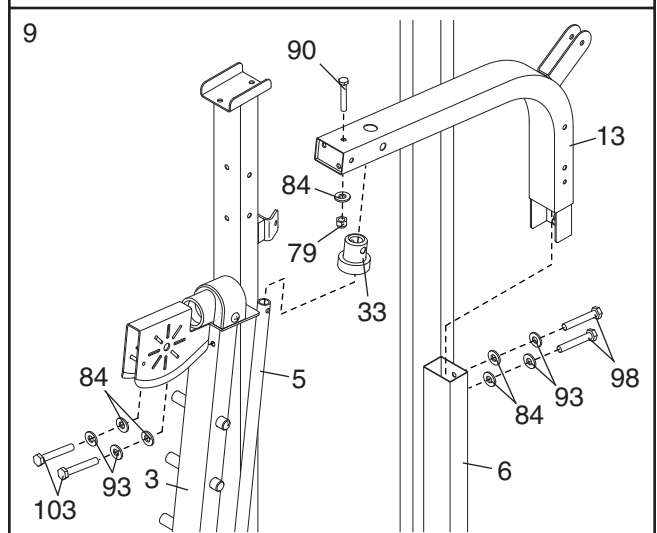


9. Insert a Rod Cap (33) into a Side Top Frame (13). Set the Top Frame onto the left Guide Rod (5) and into the Left Support (6).

Attach the Side Top Frame (13) to the Left Upright (3) and the Left Support (6) with two M10 x 73mm Button Screws (103), two M10 x 25mm Button Screws (98), four M10 Split Washers (93), and four M10 Washers (84). **Do not tighten the Screws yet.**

Insert an M10 x 67mm Button Bolt (90) through the Left Upright (3) and the Side Top Frame (13). Hand tighten an M10 Washer (84) and an M10 Nylon Locknut (79) onto the Bolt.

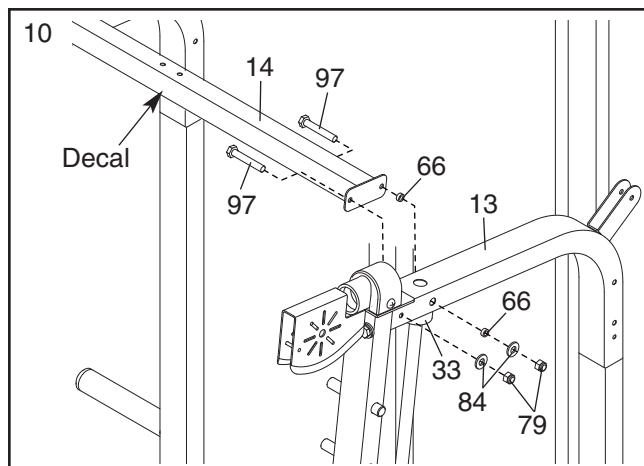
Repeat this step with the other Side Top Frame (13) and the right side of the weight rack.



10. Orient the Center Top Frame (14) with the decal in the position shown. Make sure that the Rod Cap (33) is inside of the left Side Top Frame (13).

Attach the Center Top Frame (14) to the Side Top Frame (13) with two M10 x 93mm Button Bolts (97), two 17mm Spacers (66), two M10 Washers (84), and two M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**

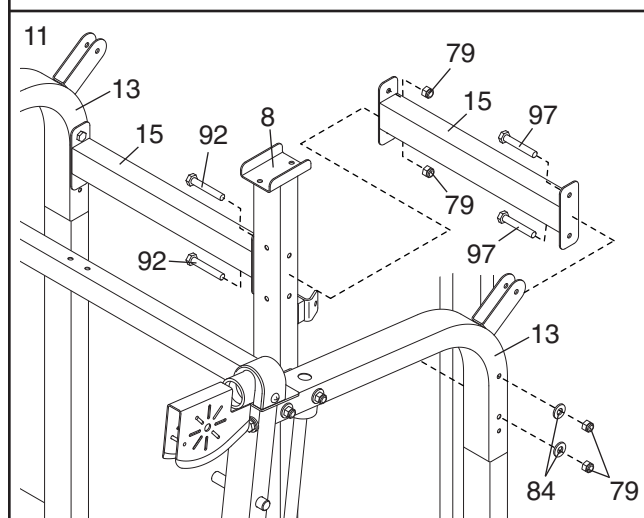
Repeat this step with the right Side Top Frame (not shown).



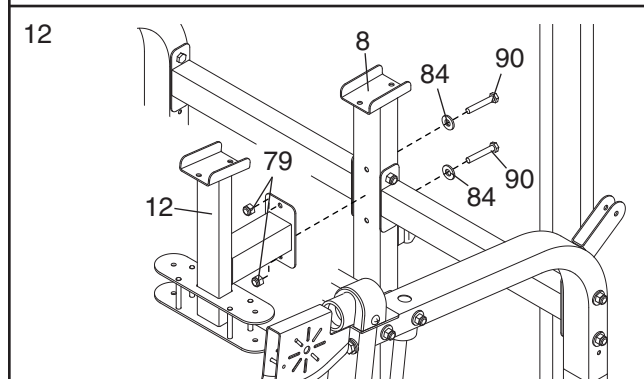
11. Attach a Support Frame (15) to the left Side Top Frame (13) with two M10 x 93mm Button Bolts (97), two M10 Washers (84), and two M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**

Attach the other Support Frame (15) to the right Side Top Frame (13) in the same manner.

Attach the two Support Frames (15) to the Backrest Upright (8) with two M10 x 95mm Button Bolts (92) and two M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**

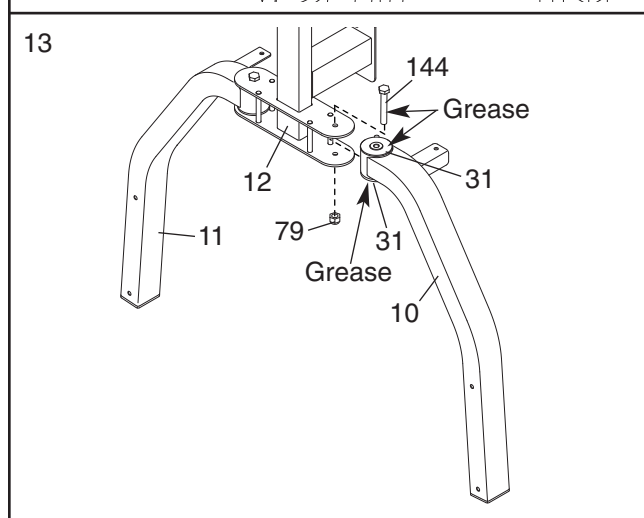


12. Attach the Butterfly Frame (12) to the Backrest Upright (8) with two M10 x 67mm Button Bolts (90), two M10 Washers (84), and two M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**



13. Grease an M10 x 85mm Button Bolt (144) and the two Arm Bushings (31) in the Left Arm (10). Attach the Left Arm to the Butterfly Frame (12) with the Bolt and an M10 Nylon Locknut (79). **Do not overtighten the Locknut; the Left Arm must be able to pivot easily.**

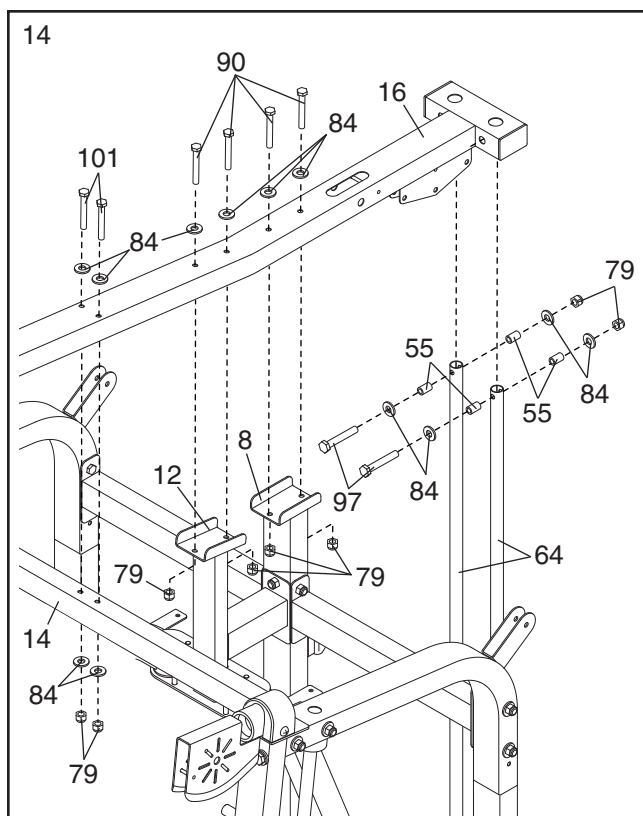
Repeat this step with the Right Arm (11).



14. Attach the Top Frame (16) to the Center Top Frame (14) with two M10 x 116mm Button Bolts (101), four M10 Washers (84), and two M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**

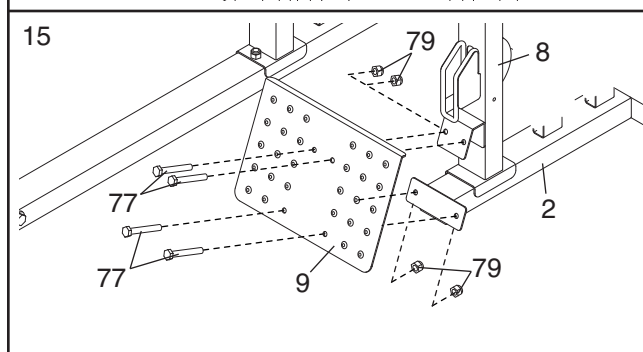
Attach the Top Frame (16) to the Butterfly Frame (12) and the Backrest Upright (8) with four M10 x 67mm Button Bolts (90), four M10 Washers (84), and four M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**

Attach the Top Frame (16) to the Carriage Guides (64) with two M10 x 93mm Button Bolts (97), four M10 Washers (84), four 25mm Spacers (55), and two M10 Nylon Locknuts (79). **Do not tighten the Locknuts.**



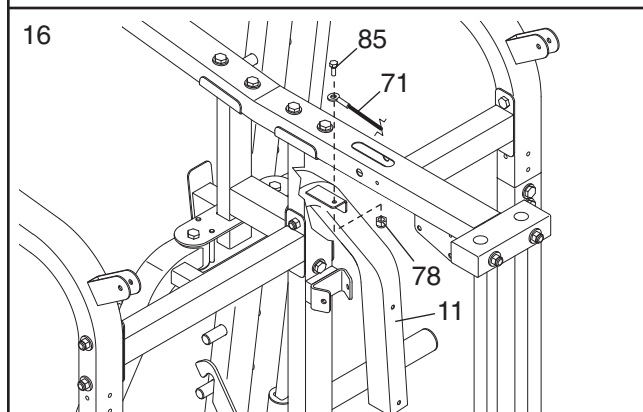
15. Attach the Foot Plate (9) to the Center Base (2) and the Backrest Upright (8) with four M10 x 19mm Button Bolts (77) and four M10 Nylon Locknuts (79).

Tighten the bolts, screws, and locknuts used in steps 2–12 and 14–15.

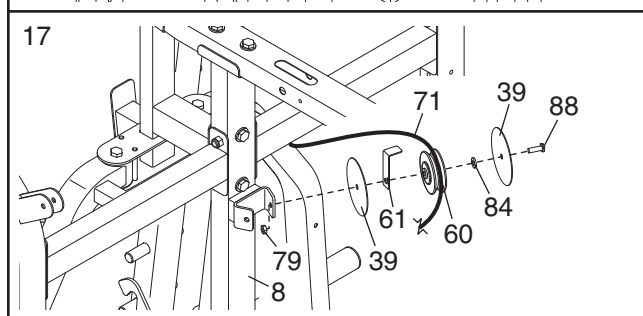


16. The following steps are shown from the rear of the weight rack. During steps 16–45, refer to the **CABLE DIAGRAMS** on pages 24 and 25 to identify cables and ensure proper cable routing.

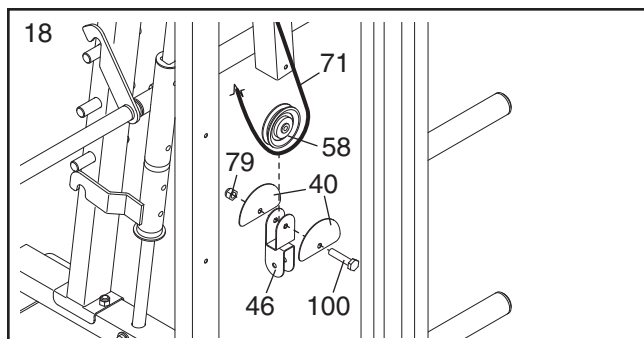
Identify the Butterfly Cable (71). Attach the Cable to the Right Arm (11) with an M8 x 19mm Shoulder Bolt (85) and an M8 Nylon Locknut (78). **Make sure that the Cable can pivot easily on the Bolt.**



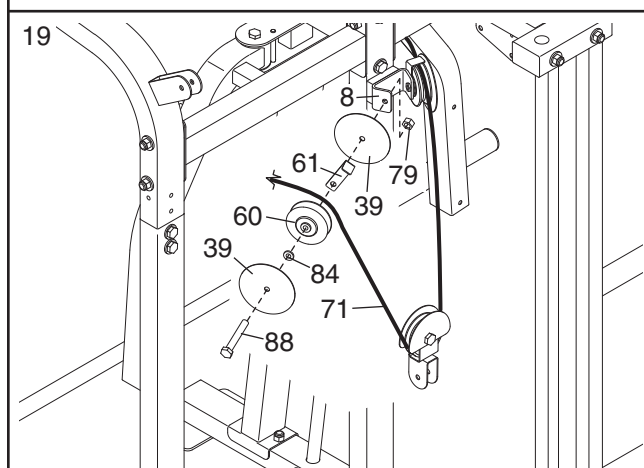
17. Route the Butterfly Cable (71) over a “V”-pulley (60). Attach the “V”-pulley, a Large Cable Trap (61), an M10 Washer (84), and two Full Finger Guards (39) to the Backrest Upright (8) with an M10 x 62mm Button Bolt (88) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the “V”-pulley.**



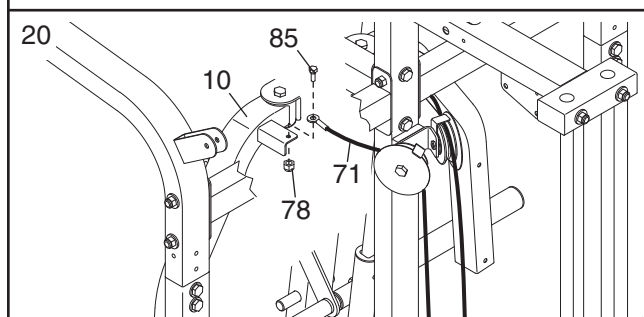
18. Route the Butterfly Cable (71) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Double “U”-bracket (46) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



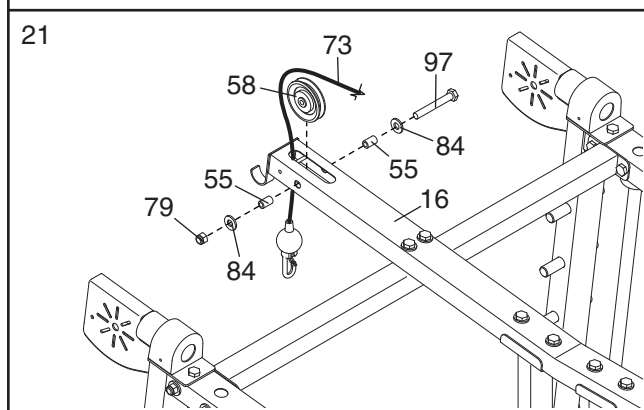
19. Route the Butterfly Cable (71) over a “V”-pulley (60). Attach the “V”-pulley, a Large Cable Trap (61), an M10 Washer (84), and two Full Finger Guards (39) to the Backrest Upright (8) with an M10 x 62mm Button Bolt (88) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the “V”-pulley.**



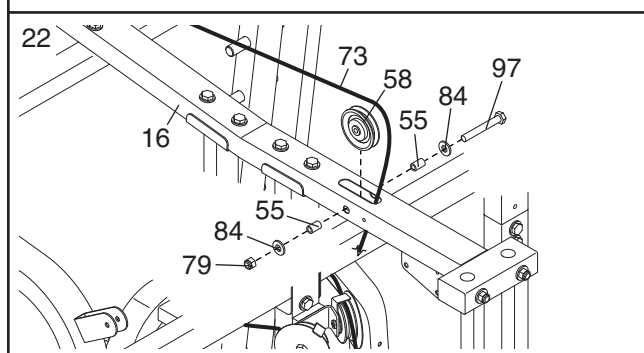
20. Attach the Butterfly Cable (71) to the Left Arm (10) with an M8 x 19mm Shoulder Bolt (85) and an M8 Nylon Locknut (78). **Make sure that the Cable can pivot easily on the Bolt.**



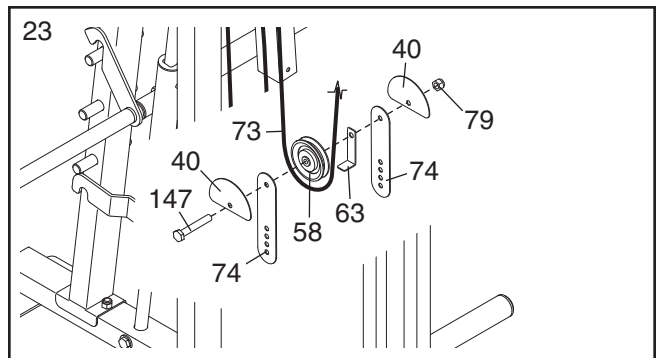
21. Locate the High Cable (73). Route the Cable up through the Top Frame (16) and over a 90mm Pulley (58). Attach the Pulley inside of the Top Frame with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Nylon Locknut (79).



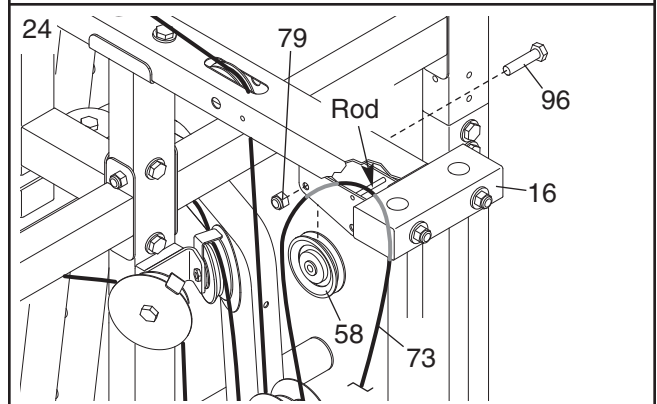
22. Route the High Cable (73) over a 90mm Pulley (58) and down through the Top Frame (16). Attach the Pulley inside of the Top Frame with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Nylon Locknut (79).



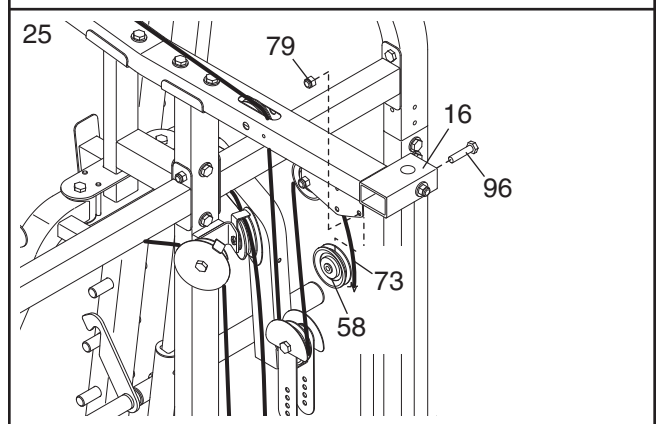
23. Wrap the High Cable (73) under a 90mm Pulley (58). Attach the Pulley, a Small Cable Trap (63), and two Half Finger Guards (40) to the two Pulley Plates (74) with an M10 x 53mm Button Bolt (147) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



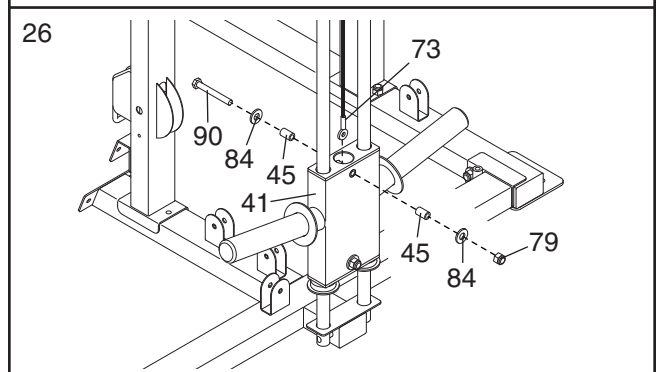
24. Wrap the High Cable (73) over a 90mm Pulley (58) and over the indicated rod in the Top Frame (16). Attach the Pulley to the Top Frame with an M10 x 42mm Button Bolt (96) and an M10 Nylon Locknut (79).



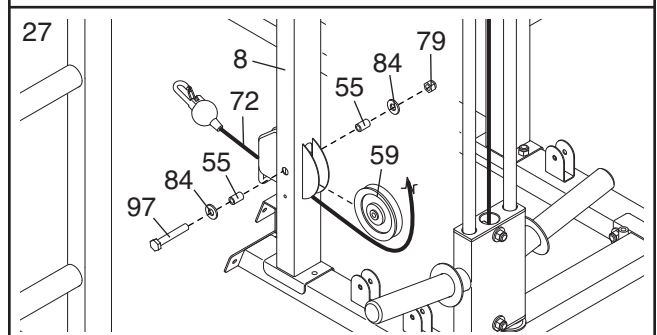
25. Wrap the High Cable (73) over a 90mm Pulley (58). Attach the Pulley to the Top Frame (16) with an M10 x 42mm Button Bolt (96) and an M10 Nylon Locknut (79).



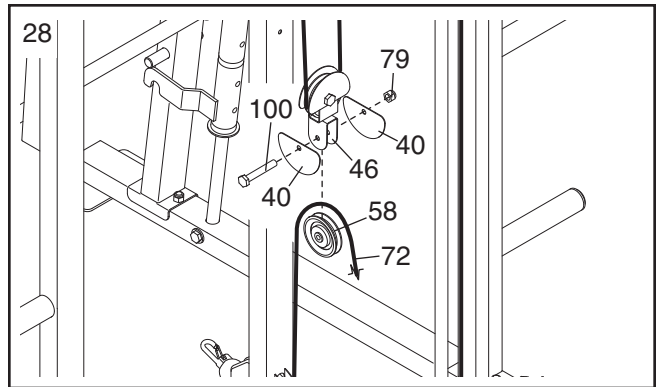
26. Attach the High Cable (73) inside of the Weight Carriage (41) with an M10 x 67mm Button Bolt (90), two M10 Washers (84), two 24mm Spacers (45), and an M10 Nylon Locknut (79).



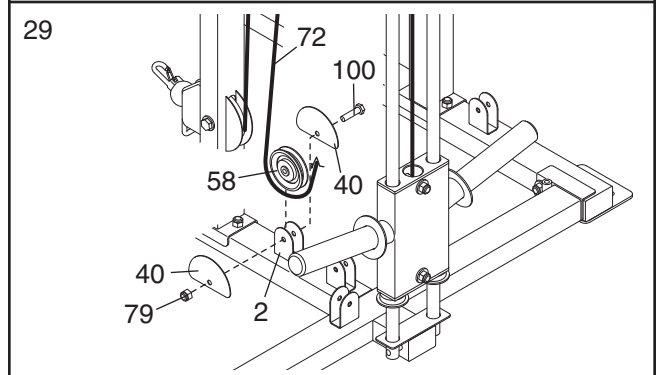
27. Locate the Low Cable (72). Route the Cable through the Backrest Upright (8) and under a 110mm Pulley (59). Attach the Pulley inside of the Upright with an M10 x 93mm Button Bolt (97), two M10 Washers (84), two 25mm Spacers (55), and an M10 Nylon Locknut (79).



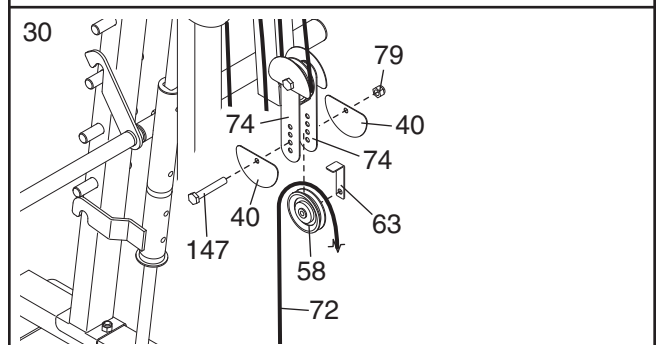
28. Route the Low Cable (72) over a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Double "U"-bracket (46) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



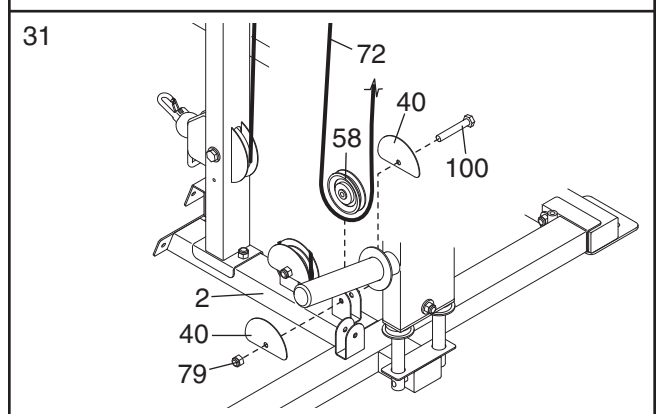
29. Route the Low Cable (72) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



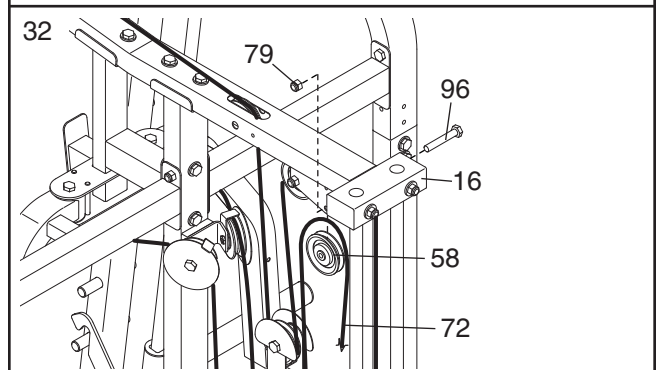
30. Wrap the Low Cable (72) over a 90mm Pulley (58). Attach the Pulley, a Small Cable Trap (63), and two Half Finger Guards (40) to the second hole from the bottom of the two Pulley Plates (74) with an M10 x 53mm Button Bolt (147) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



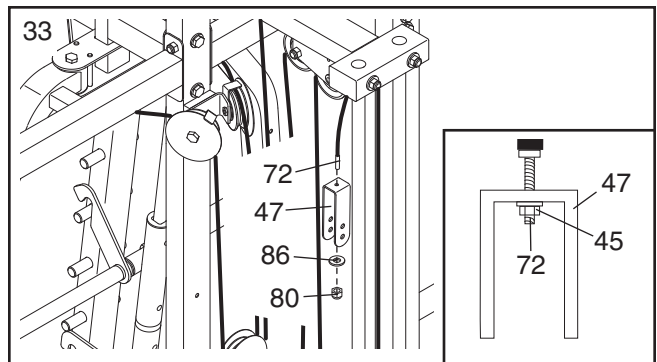
31. Route the Low Cable (72) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



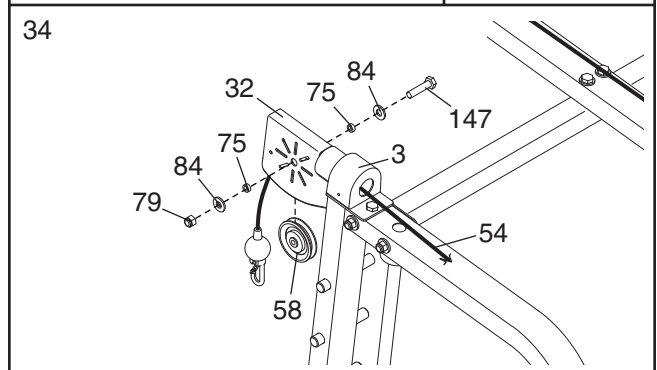
32. Wrap the Low Cable (72) over a 90mm Pulley (58). Attach the Pulley to the Top Frame (16) with an M10 x 42mm Button Bolt (96) and an M10 Nylon Locknut (79).



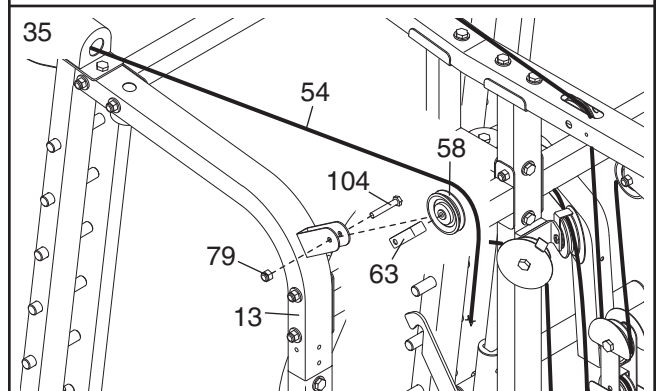
33. Attach the Low Cable (72) to the “U”-bracket (47) with an M6 Washer (86) and an M6 Nylon Locknut (80). **See the inset drawing. Do not overtighten the Locknut; it should be threaded onto the end of the Cable so that only two threads are showing past the Locknut.**



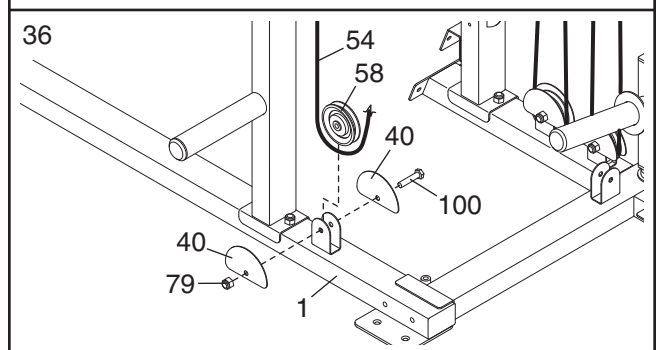
34. Locate the Long Cable (54). Route the Cable over a 90mm Pulley (58), and up through a Swivel Arm (32) and the Left Upright (3). Attach the Pulley inside of the Swivel Arm with an M10 x 53mm Button Bolt (147), two M10 Washers (84), two 6mm Spacers (75), and an M10 Nylon Locknut (79).



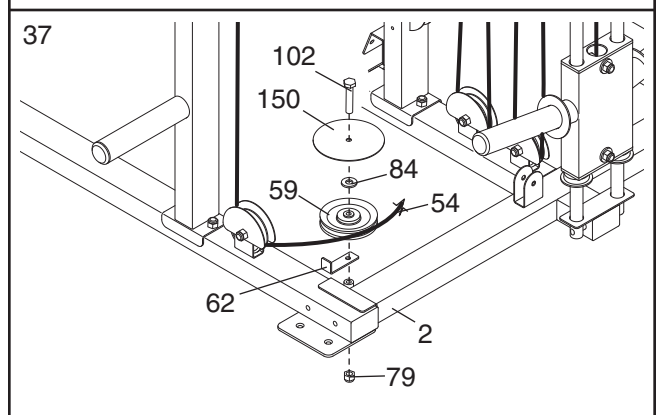
35. Route the Long Cable (54) over a 90mm Pulley (58). Attach the Pulley and a Small Cable Trap (63) to the left Side Top Frame (13) with an M10 x 49mm Button Bolt (104) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



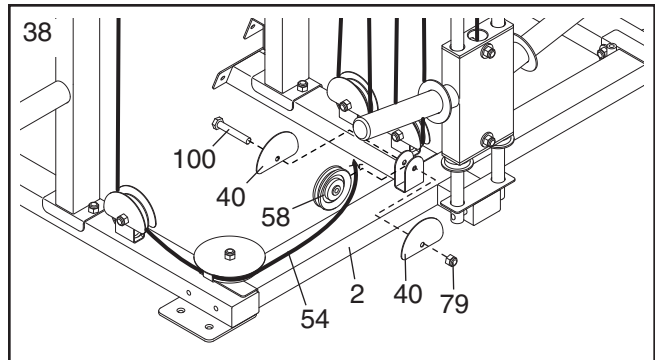
36. Route the Long Cable (54) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to a Base (1) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



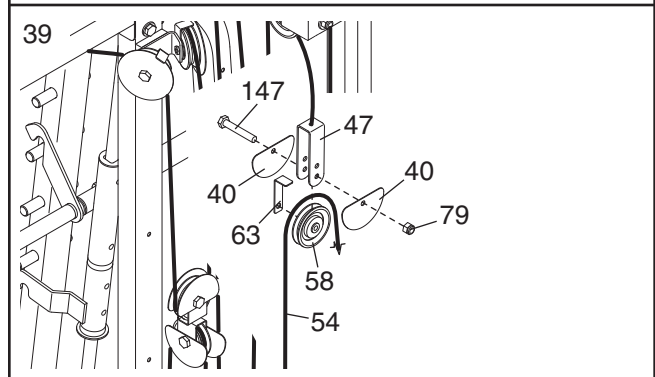
37. Route the Long Cable (54) around a 110mm Pulley (59). Attach the Pulley, a Long Cable Trap (62), an M10 Washer (84), and a Large Full Finger Guard (150) to the Center Base (2) with an M10 x 76mm Button Bolt (102) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



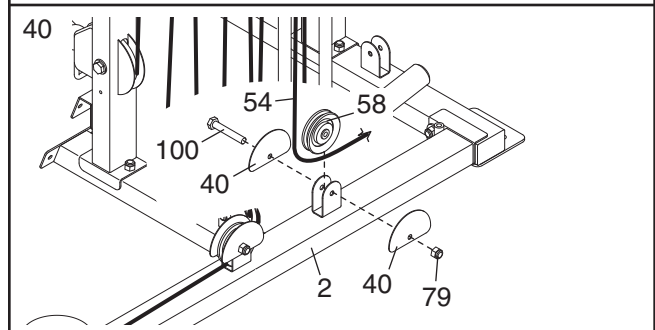
38. Route the Long Cable (54) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



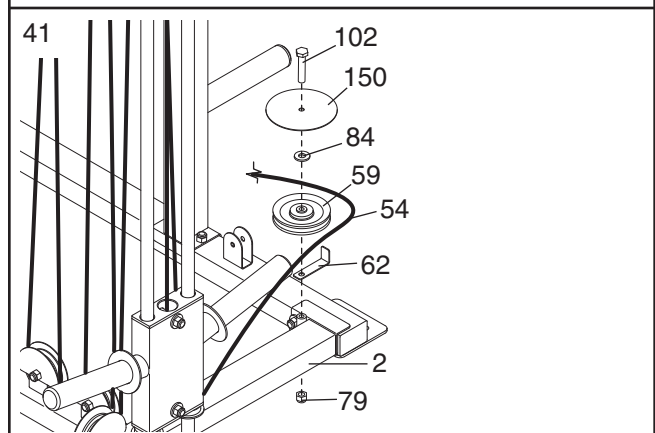
39. Route the Long Cable (54) over a 90mm Pulley (58). Attach the Pulley, a Small Cable Trap (63), and two Half Finger Guards (40) to the lower hole of the "U"-bracket (47) with an M10 x 53mm Button Bolt (147) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



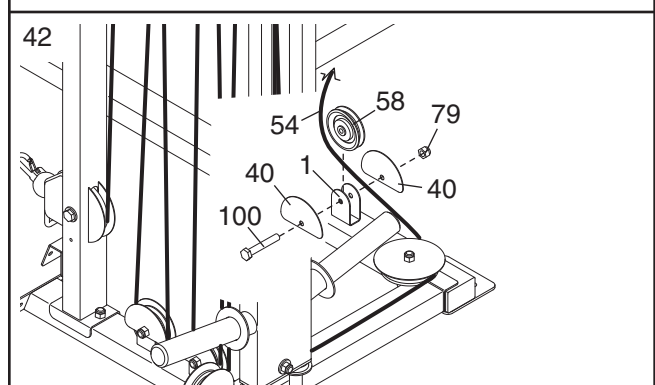
40. Route the Long Cable (54) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to the Center Base (2) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



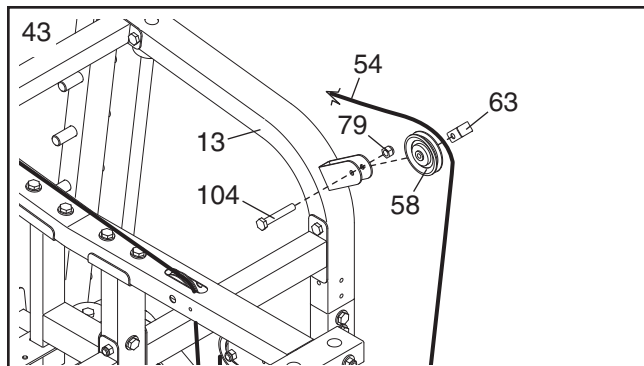
41. Route the Long Cable (54) around a 110mm Pulley (59). Attach the Pulley, a Long Cable Trap (62), an M10 Washer (84), and a Large Full Finger Guard (150) to the Center Base (2) with an M10 x 76mm Button Bolt (102) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



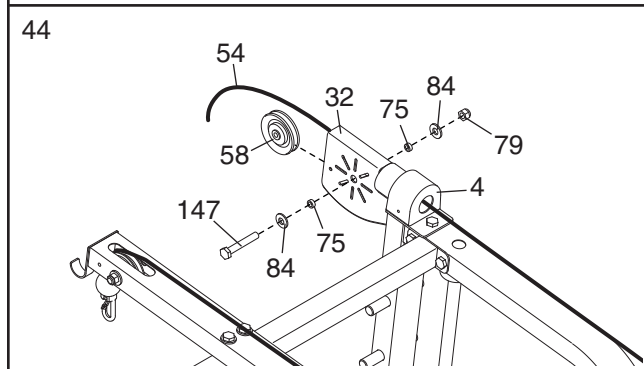
42. Route the Long Cable (54) under a 90mm Pulley (58). Attach the Pulley and two Half Finger Guards (40) to a Base (1) with an M10 x 46mm Button Bolt (100) and an M10 Nylon Locknut (79).



43. Route the Long Cable (54) over a 90mm Pulley (58). Attach the Pulley and a Small Cable Trap (63) to the right Side Top Frame (13) with an M10 x 49mm Button Bolt (104) and an M10 Nylon Locknut (79). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



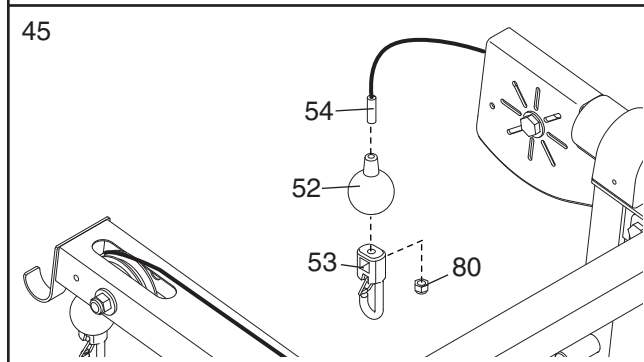
44. Route the Long Cable (54) through the Right Upright (4) and a Swivel Arm (32), and over a 90mm Pulley (58). Attach the Pulley inside of the Swivel Arm with an M10 x 53mm Button Bolt (147), two M10 Washers (84), two 6mm Spacers (75), and an M10 Nylon Locknut (79).



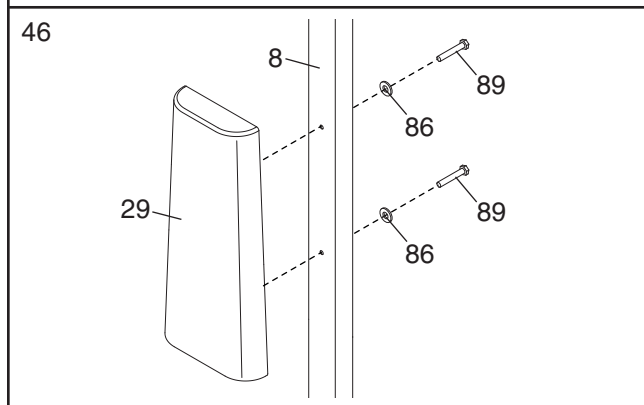
45. Slide a Clip Cover (52) onto the Long Cable (54).

Hold an M6 Nylon Locknut (80) inside of a Clip (53), and insert the Long Cable (54) into the Clip and the Locknut. Hold the crimp on the Cable with a pair of pliers. Insert a screwdriver between the Locknut and the Clip. Rotate the screwdriver, the Clip, and the Locknut together until two threads of the Cable show past the Locknut.

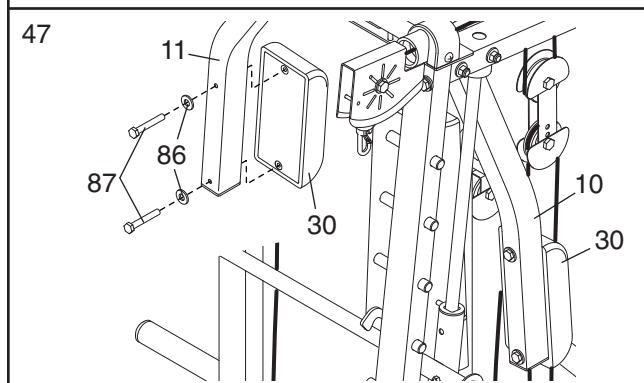
Slide the Clip Cover (52) over the Clip (53).



46. Attach the Butterfly Backrest (29) to the Backrest Upright (8) with two M6 x 64mm Screws (89) and two M6 Washers (86).

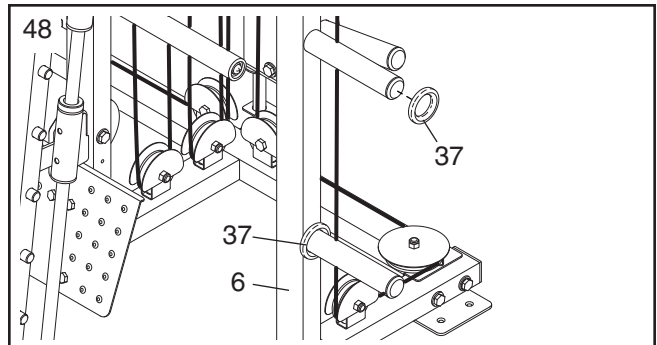


47. Attach an Arm Pad (30) to the Right Arm (11) with two M6 x 77mm Screws (87) and two M6 Washers (86). **Attach the other Arm Pad to the Left Arm (10) in the same manner.**

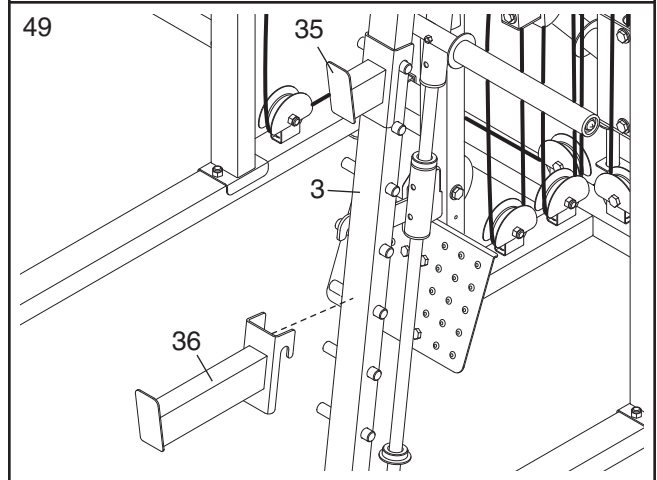


48. Slide two Weight Bumpers (37) onto the Left Support (6). **Make sure that the flat edges of each Bumper is facing the outside of the Support.**

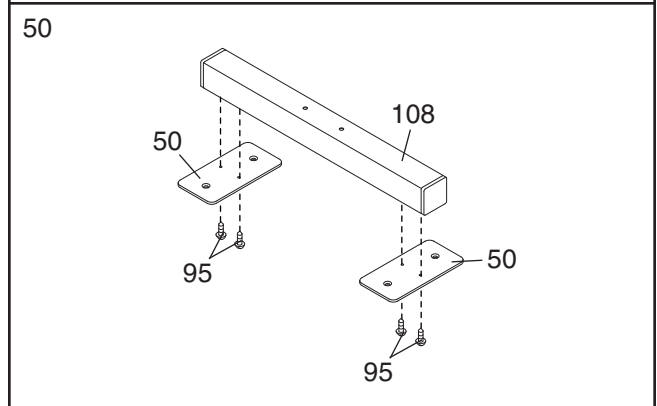
Slide two Weight Bumpers (37) onto the Right Support (not shown).



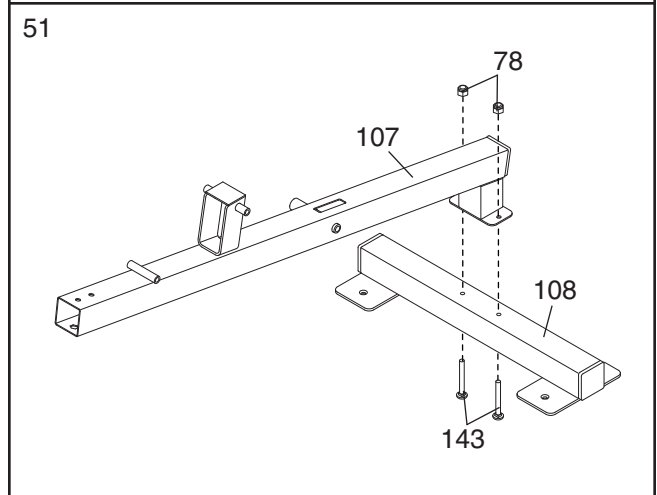
49. Set a Weight Rest (35) and a Safety Spotter (36) onto the Left Upright (3). **Set the other Weight Rest and the other Safety Spotter onto the Right Upright (not shown) at the same heights.**



50. Attach two Small Foot Plates (50) to the Bench Stabilizer (108) with four M4 x 10mm Screws (95).



51. Attach the Bench Stabilizer (108) to the Bench Frame (107) with two M8 x 76mm Carriage Bolts (143) and two M8 Nylon Locknuts (78). **Do not tighten the Locknuts yet.**



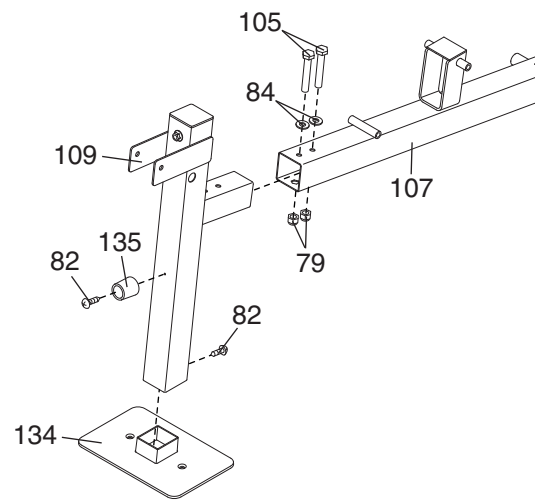
52. Attach the Leg Bumper (135) to the Front Leg (109) with an M4 x 16mm Screw (82).

Attach the Leg Plate (134) to the Front Leg (109) with an M4 x 16mm Screw (82).

Attach the Front Leg (109) to the Bench Frame (107) with two M10 x 73mm Hex Bolts (105), two M10 Washers (84), and two M10 Nylon Locknuts (79).

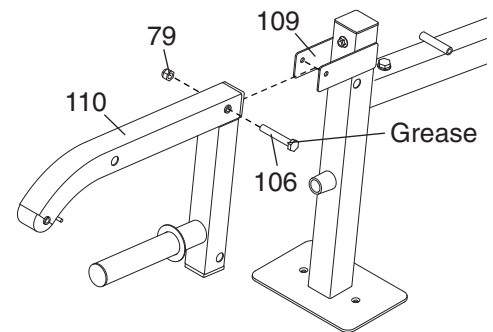
Tighten the M8 Nylon Locknuts (78) and the M10 Nylon Locknuts (79) used in steps 51 and 52.

52



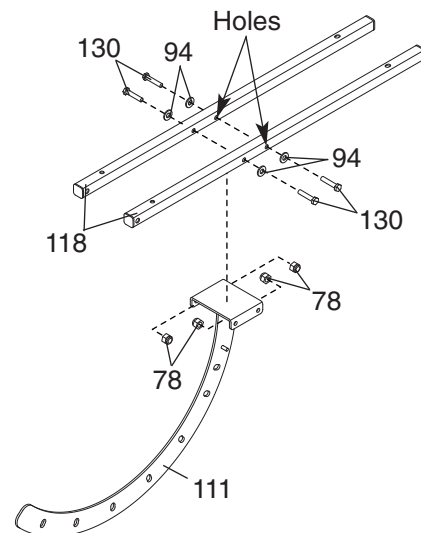
53. Grease an M10 x 82mm Button Bolt (106). Attach the Leg Lever (110) to the Front Leg (109) with the Bolt and an M10 Nylon Locknut (79). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

53



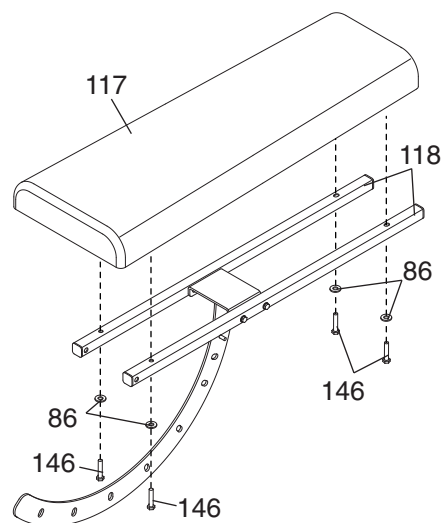
54. Orient the two Backrest Frames (118) with the indicated holes nearer the bottom. Attach the Frames to the Backrest Bracket (111) with four M8 x 42mm Hex Bolts (130), four M8 Washers (94), and four M8 Nylon Locknuts (78). **Do not tighten the Locknuts.**

54



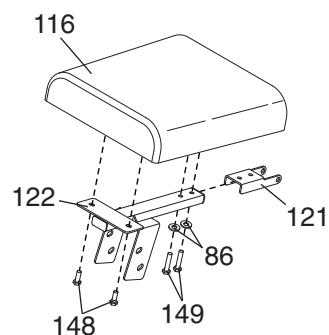
55. Attach the Backrest (117) to the Backrest Frames (118) with four M6 x 38mm Screws (146) and four M6 Washers (86). **Do not tighten the Screws.**

55



56. Attach the Seat (116) and the Seat Bracket (121) to the Seat Frame (122) with two M6 x 35mm Screws (149) and two M6 Washers (86).

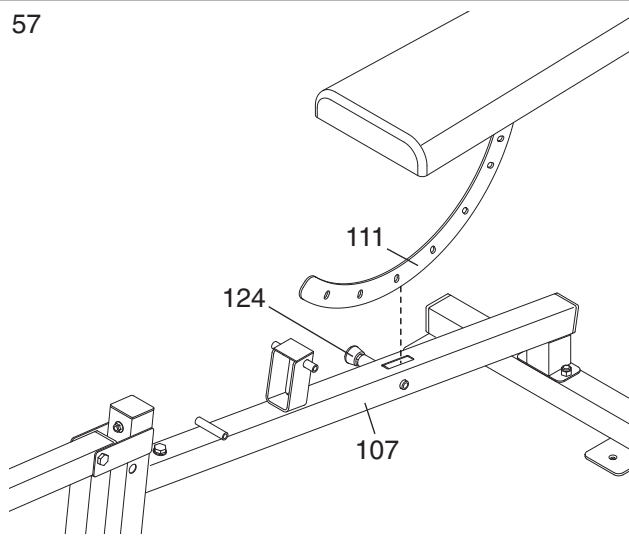
56



Attach the other end of the Seat (116) to the Seat Frame (122) with two M6 x 16mm Screws (148).

57. Pull on the Bench Knob (124) and insert the Backrest Bracket (111) through the Bench Frame (107). Engage the Bench Knob into the Backrest Bracket.

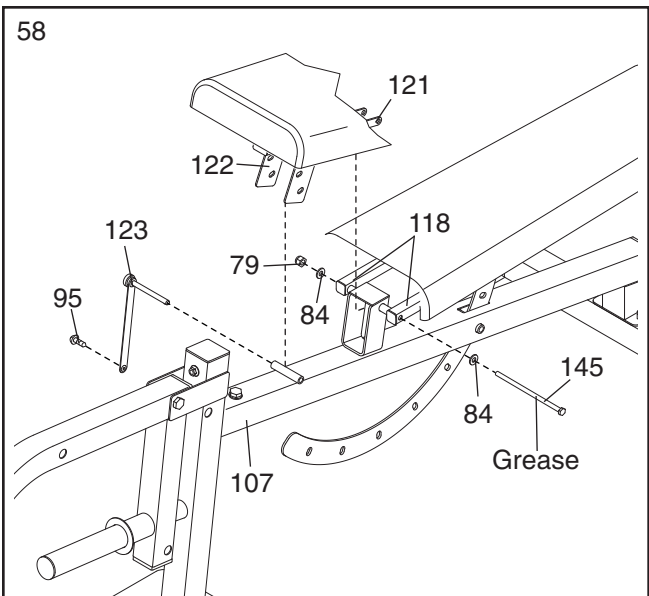
57



58. Grease an M10 x 180mm Button Bolt (145). Attach the Backrest Frames (118) and the Seat Bracket (121) to the Bench Frame (107) with the Bolt, two M10 Washers (84), and an M10 Nylon Locknut (79). **Do not overtighten the Locknut; the Backrest Frames and Seat Frame must be able to pivot easily.**

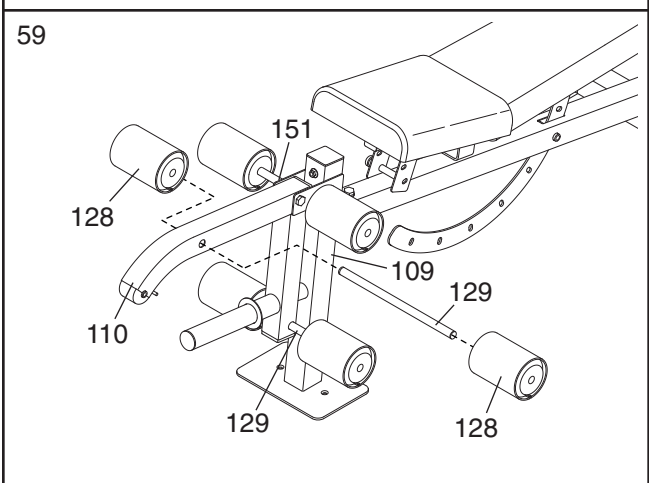
Attach the Seat Pin (123) to the Seat Frame (122) with an M4 x 10mm Screw (95). Insert the Seat Pin into the Seat Frame and the Bench Frame (107).

Tighten the M8 Nylon Locknuts (78) used in step 54 and the M6 x 38mm Screws (146) used in step 55.

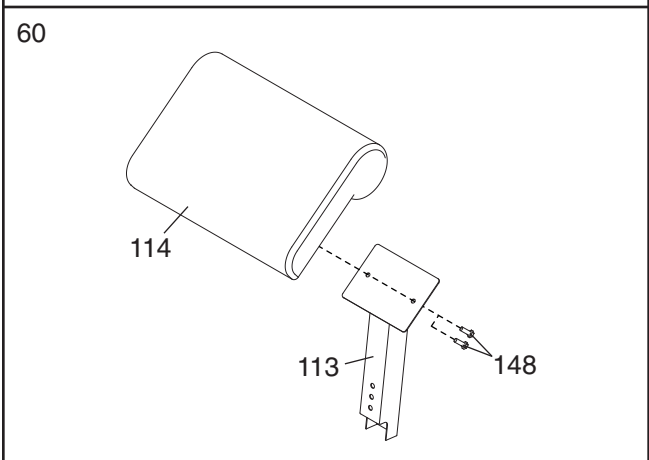


59. Insert a Pad Tube (129) through the Leg Lever (110). Slide two Foam Pads (128) onto the Pad Tube.

Repeat this step with the other Pad Tube (129) and the Leg Lever (110), and the Long Pad Tube (151) and the Front Leg (109).



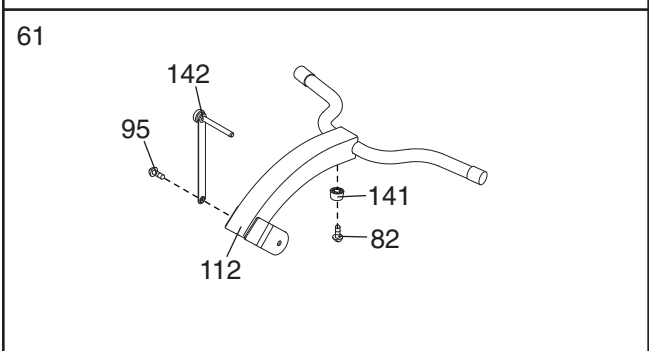
60. Attach the Curl Pad (114) to the Curl Post (113) with two M6 x 16mm Screws (148).



61. Attach the Curl Bumper (141) to the Curl Bar (112) with an M4 x 16mm Screw (82).

Attach the Curl Pin (142) to the Curl Bar (112) with an M4 x 10mm Screw (95).

62. **Make sure that all parts are properly tightened before the weight bench is used. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**



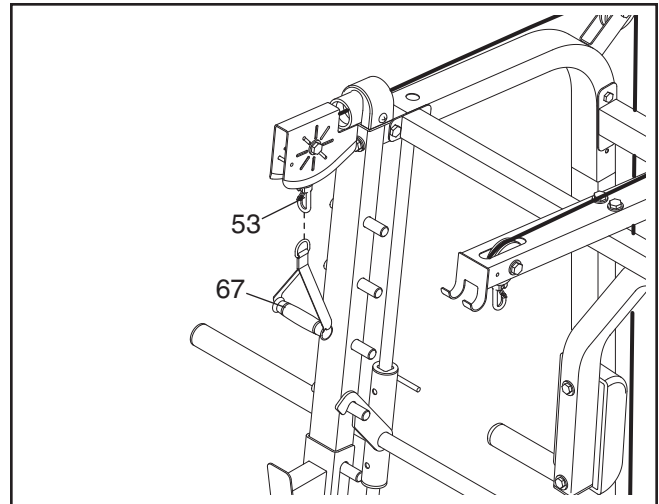
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 27 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ATTACHING ACCESSORIES

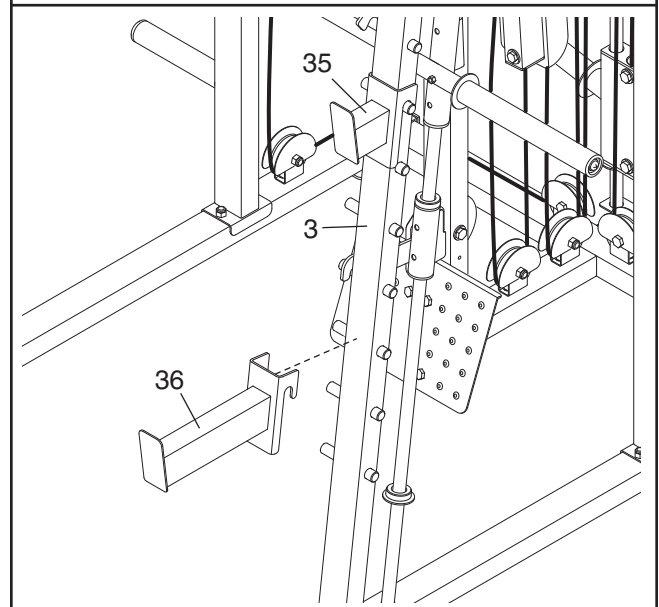
A Handle (67) can be attached to the Clip (53) on the end of any cable. The other accessories can also be attached to the Clips. For some exercises, the Chain (not shown) should be attached between the Clip and the accessory with the Cable Clip (not shown).



ADJUSTING THE WEIGHT RESTS

Before performing an exercise that uses a barbell (not included), adjust the Safety Spotters (36) to the lowest height to which you want the barbell to go during the exercise. To move the Safety Spotters, lift them off the Uprights (3, 4 [not shown]). Set the Safety Spotters onto the Uprights at the desired height.

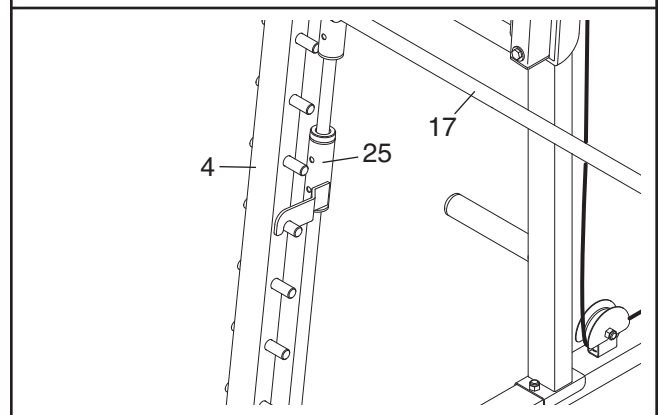
Then, adjust the Weight Rests (35) to a comfortable height for lifting and replacing the barbell in the same manner.



⚠ WARNING: Always set both Weight Rests (35) and both Safety Spotters (36) at the same height.

ADJUSTING THE SPOTTERS

Before performing an exercise that uses a Weight Bar (17), disengage the Spotters (24 [not shown], 25) from the Uprights (3 [not shown], 4) and move them to the lowest height to which you want the Weight Bar to go during the exercise. Then, reengage the Spotters at the desired height.

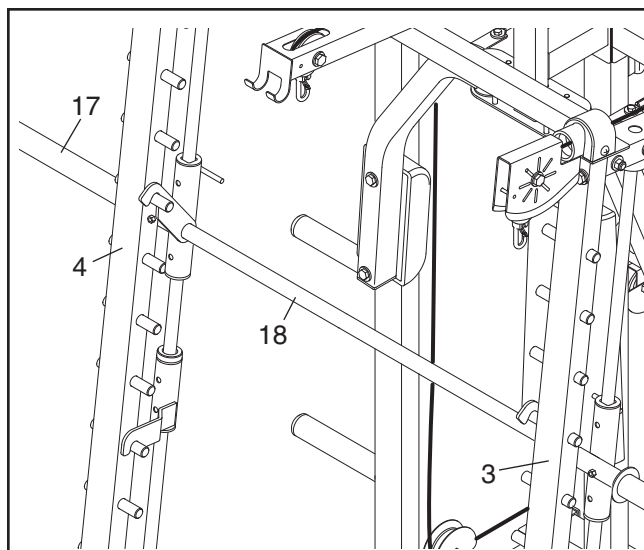


⚠ WARNING: Always set both Spotters (24, 25) at the same height.

USING THE WEIGHT BAR

To use the Weight Bar (17), first place the desired amount of weight (not included) onto the ends of the Weight Bar (see ADDING WEIGHT below). Then, disengage the Locking Bar (18) by rotating it up off the Uprights (3, 4).

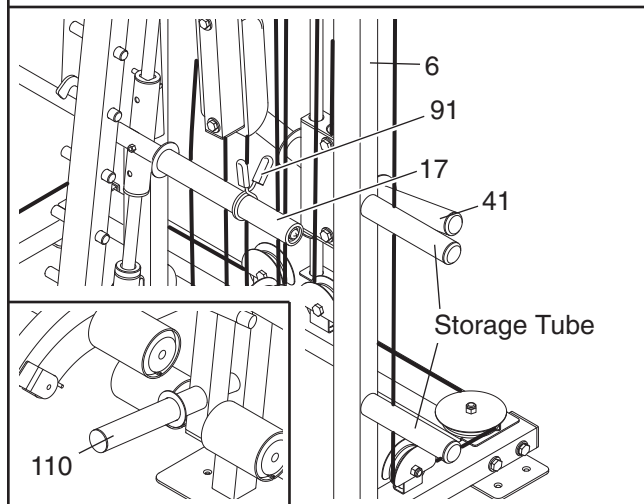
When finished with the exercise, reengage the Locking Bar (18) by rotating it down onto the Uprights (3, 4).



ADDING WEIGHT

Slide the desired amount of weight (not included) onto the Weight Carriage (41), the Weight Bar (17), the Leg Lever (110), or your barbell (not included). Secure the weights with the Weight Clips (91).

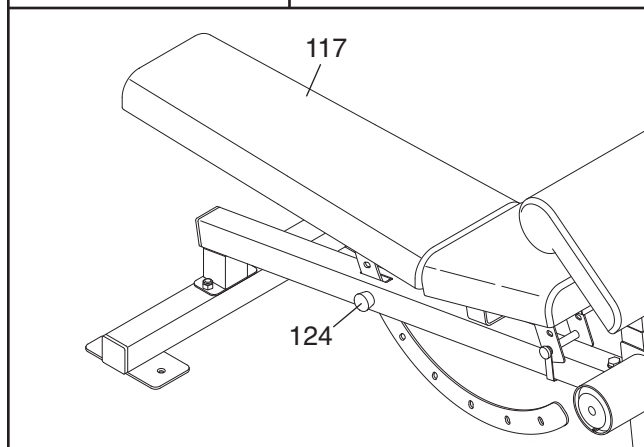
⚠ WARNING: Do not place more than 150 pounds on the Weight Carriage (41). Do not place more than 310 pounds on the Weight Bar (17), or on the Weight Rests (not shown), including the barbell. Always place the same amount of weight on each side of the Weight Carriage, Weight Bar, or barbell.



Unused weight can be stored on the tubes on the Supports (6, 7 [not shown]).

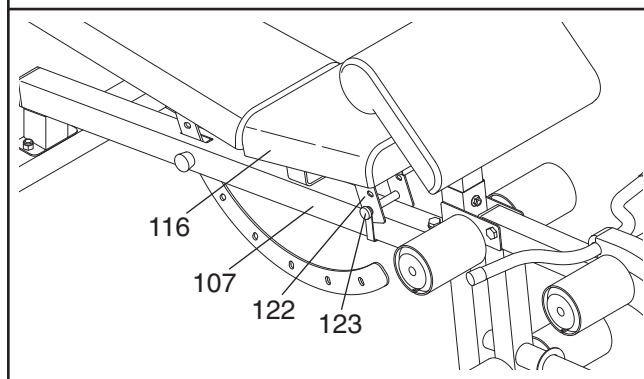
ADJUSTING THE BACKREST

Hold the Backrest (117) with one hand and disengage the Bench Knob (124) from the Backrest Bracket (111). Move the Backrest to the new position and reengage the Bench Knob.



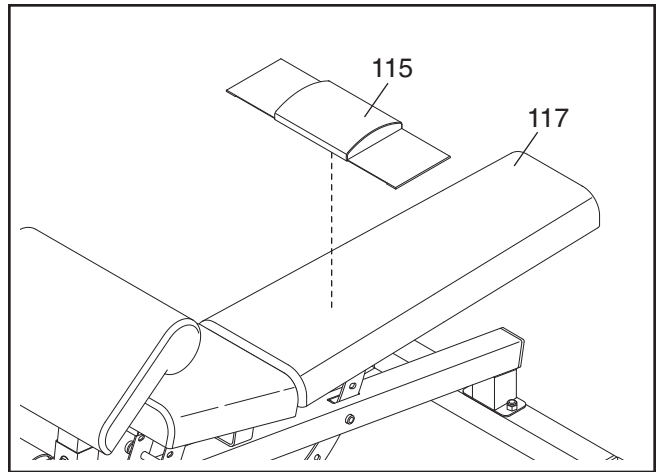
ADJUSTING THE SEAT

Hold the Seat (116) with one hand and disengage the Seat Pin (123) from the Seat Frame (122). Move the Seat to the new position and reengage the Seat Pin into the Seat Frame and the Bench Frame (107).



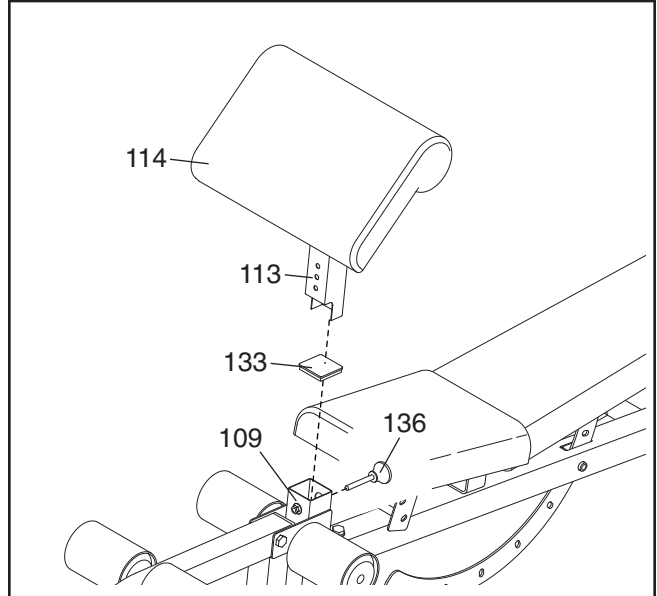
ADJUSTING THE BACKREST PAD

Set the Backrest Pad (115) on the Backrest (117) in the desired position. Wrap the ends of the Pad under the Backrest and use the hook and loop fastener strips to hold it in place.



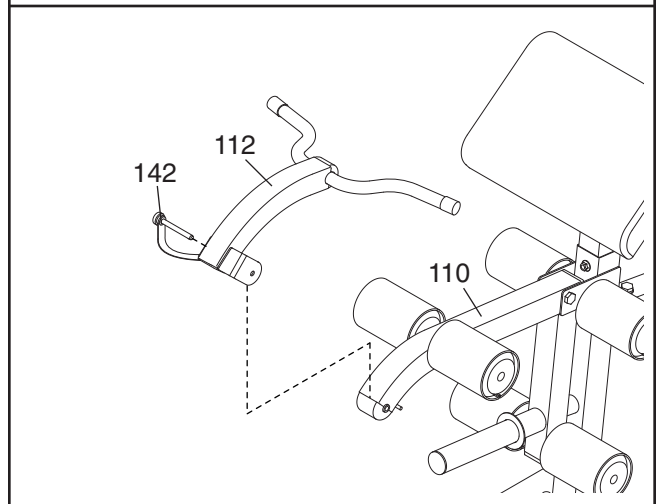
ATTACHING THE CURL PAD

To use the Curl Pad (114), first remove the 50mm Square Cap (133) from the Front Leg (109). Insert the Curl Post (113) into the Front Leg and secure the Curl Post with the Curl Knob (136). **Make sure the Curl Knob is fully tightened.**



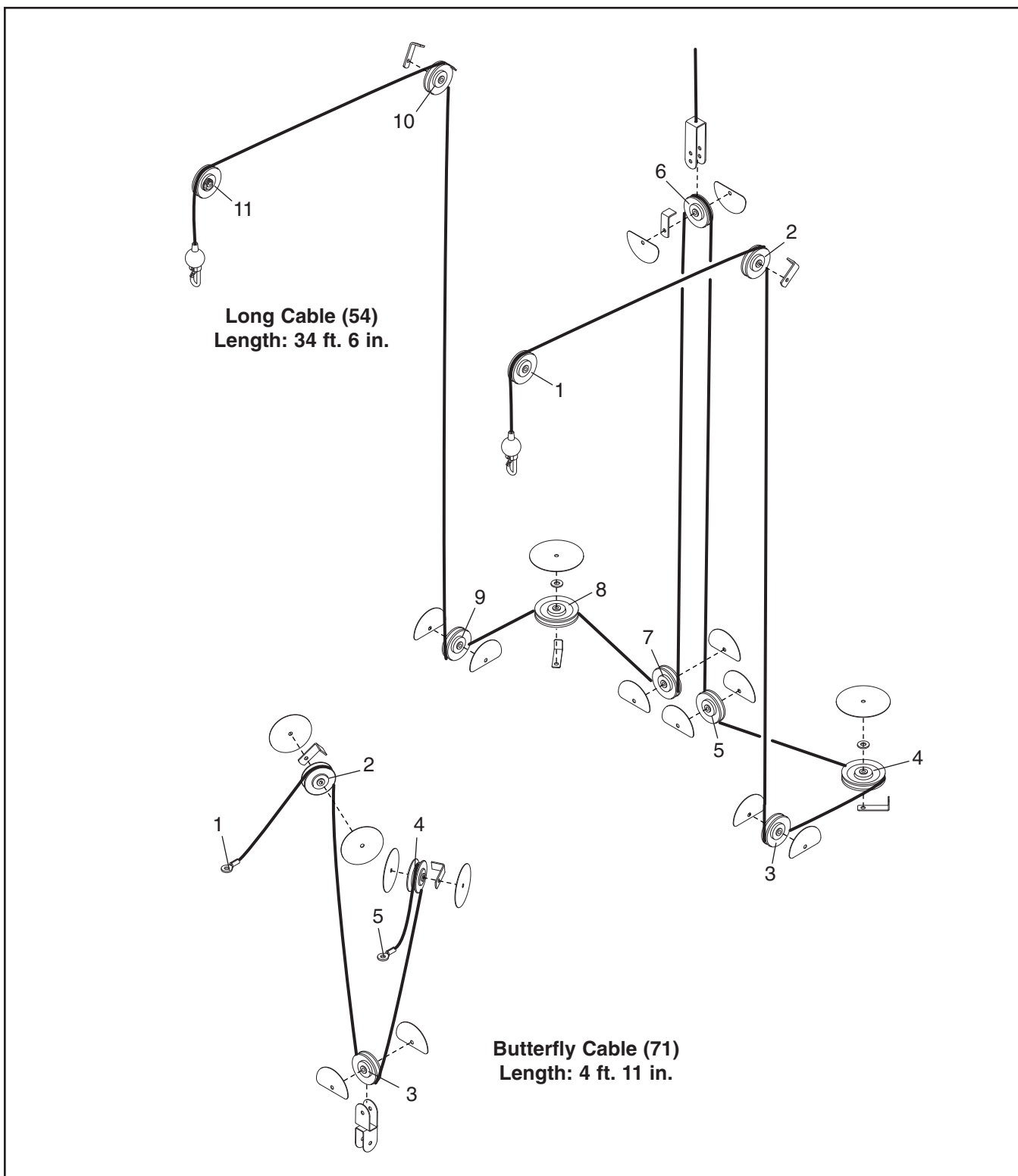
ATTACHING THE CURL BAR

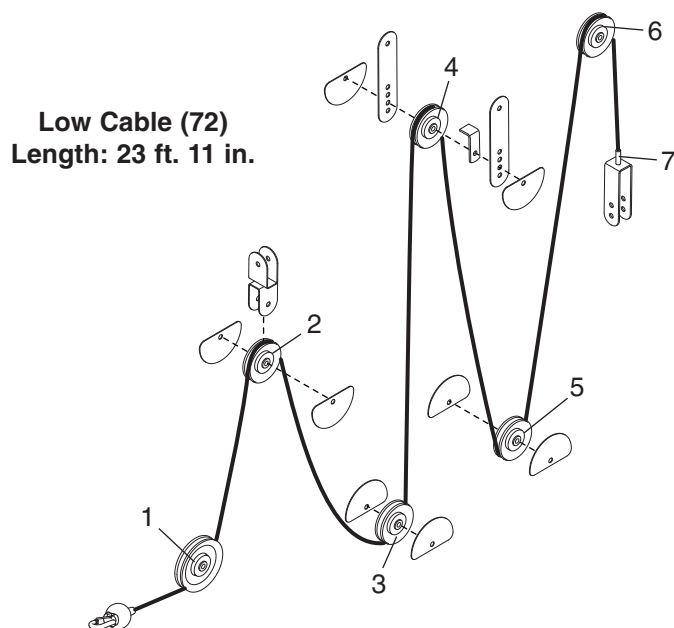
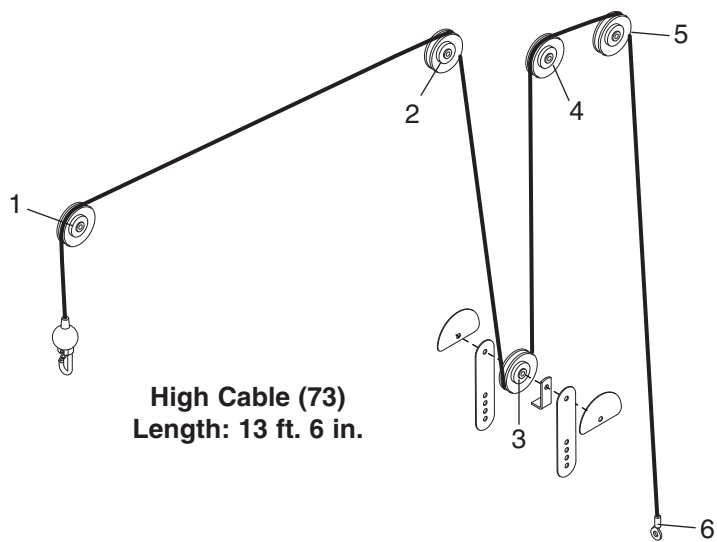
Attach the Curl Bar (112) to the Leg Lever (110) with the Curl Pin (142).



CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Long Cable (54), the Butterfly Cable (71), the Low Cable (72), and the High Cable (73). Use the diagram to make sure that the cables, the cable traps, and the finger guards have been assembled correctly. If the cables have not been correctly routed, the weight bench will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**





MAINTENANCE

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

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. Make sure that the cables are not too tight, or the weight carriage will be lifted. Slack can be removed in the following ways.

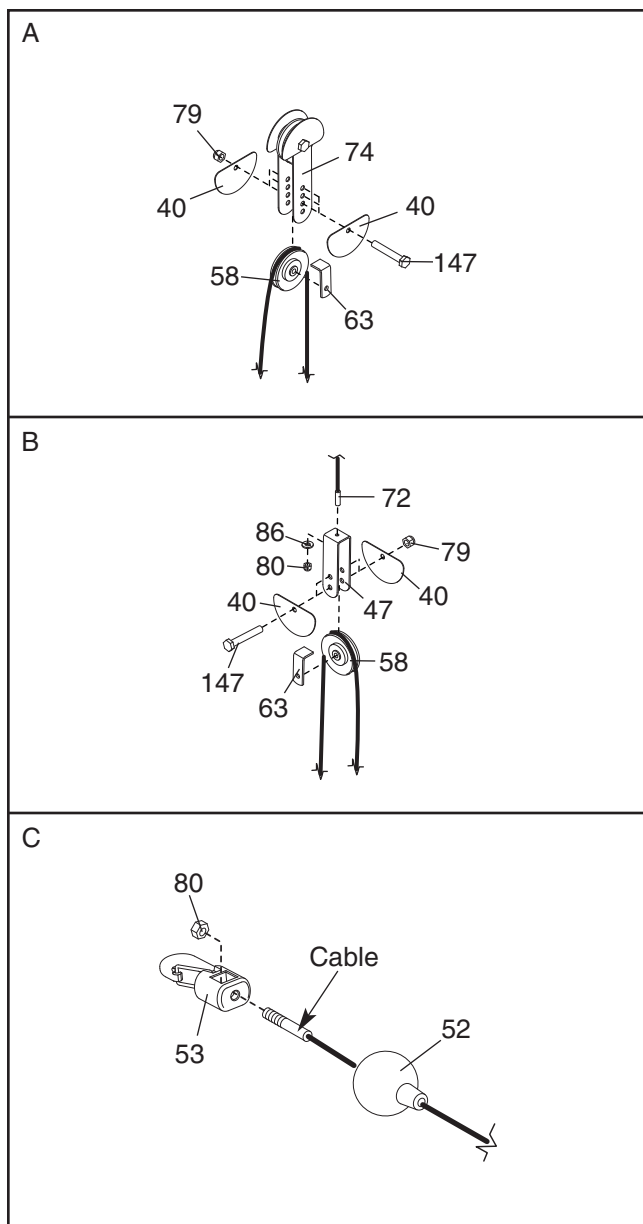
See drawing A. Remove the M10 x 53mm Button Bolt (147) and the M10 Nylon Locknut (79) attaching the lower 90mm Pulley (58), the Small Cable Trap (63), and the Half Finger Guards (40) to the Pulley Plates (74). Use the Bolt and Locknut to reattach the Pulley, Cable Trap, and Finger Guards to the next higher set of holes in the Pulley Plates. Repeat until the cables are tight.

To loosen the cables, move the 90mm Pulley (58) to a lower hole in the Pulley Plates (74).

See drawing B. Remove the M10 x 53mm Button Bolt (147) and the M10 Nylon Locknut (79) attaching the 90mm Pulley (58), the Small Cable Trap (63), and two Half Finger Guards (40) to a "U"-bracket (47). Use the Bolt and Locknut to reattach the Pulley, Cable Trap, and Finger Guards to the higher set of holes in the "U"-bracket.

See drawing B. Tighten the M6 Nylon Locknut (80) and the M6 Washer (86) onto the Low Cable (72) a couple of turns.

See drawing C. Additional slack can be removed from the cables by tightening a cable into the M6 Nylon Locknut (80) inside of a Clip (53). To do this, pull the Clip Cover (52) back and use a pair of pliers or a screwdriver to tighten the Locknut. Replace the Clip Cover.



Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual. **Replace all cables at least every two years.**

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 overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

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

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

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

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. 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.

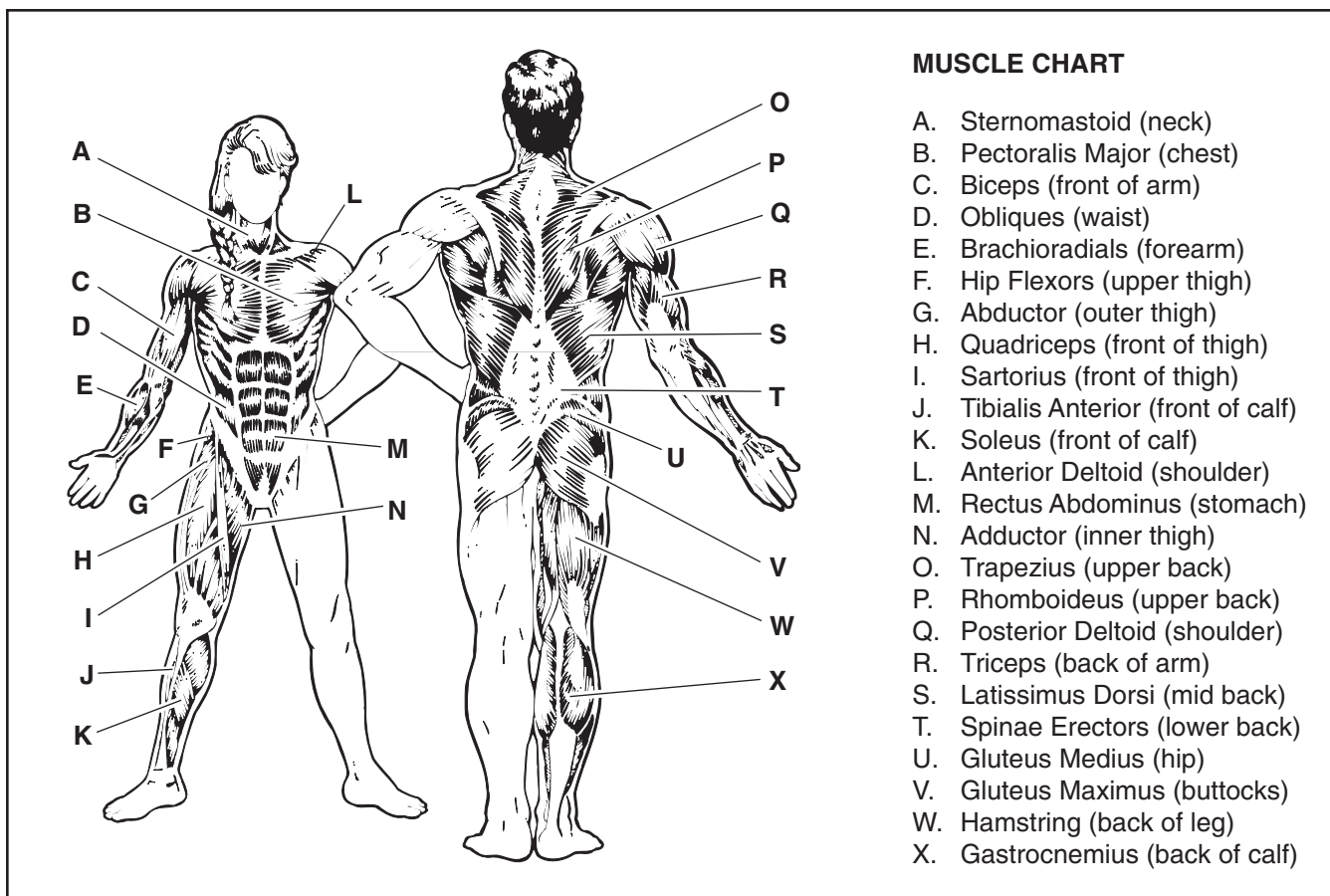
COOLING DOWN

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 chart on pages 29 and 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 greatest results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

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

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

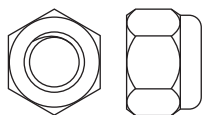
FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

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

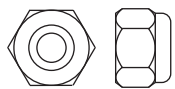
NOTES

PART IDENTIFICATION CHART

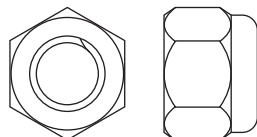
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has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



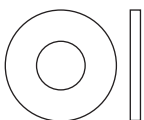
M8 Nylon Locknut (78)



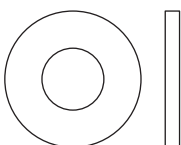
M6 Nylon Locknut (80)



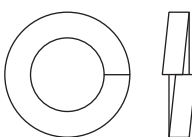
M10 Nylon Locknut (79)



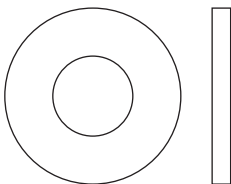
M6 Washer (86)



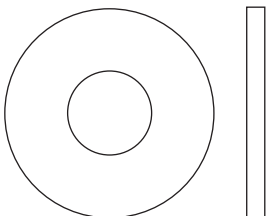
M8 Washer (94)



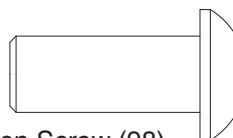
M10 Split Washer (93)



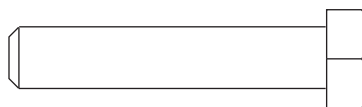
M10 Washer (84)



M10 Large Washer (76)



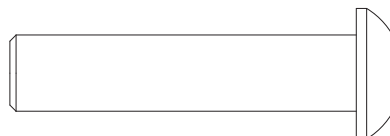
M10 x 25mm Button Screw (98)



M8 x 42mm Hex Bolt (130)



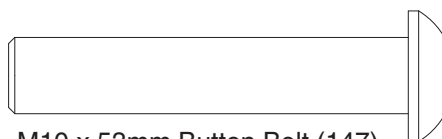
M10 x 42mm Button Bolt (96)



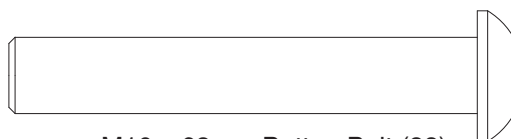
M10 x 46mm Button Bolt (100)



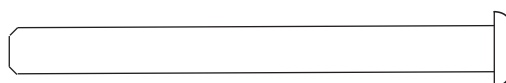
M10 x 49mm Button Bolt (104)



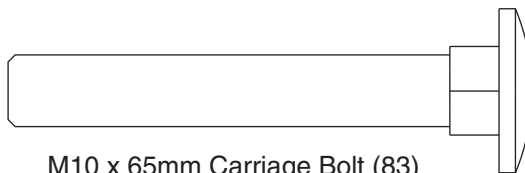
M10 x 53mm Button Bolt (147)



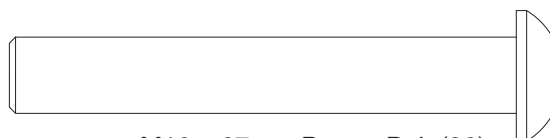
M10 x 62mm Button Bolt (88)



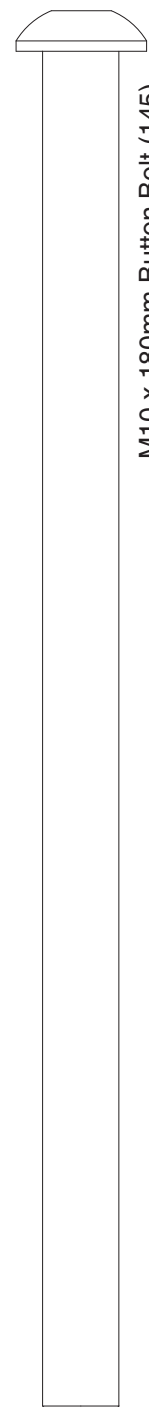
M6 x 64mm Screw (89)



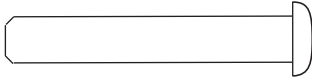
M10 x 65mm Carriage Bolt (83)



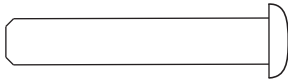
M10 x 67mm Button Bolt (90)



M10 x 180mm Button Bolt (145)



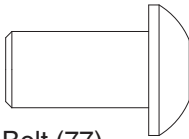
M6 x 38mm Screw (146)



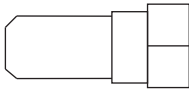
M6 x 35mm Screw (149)



M8 x 20mm Hex Screw (21)



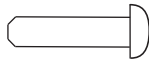
M10 x 19mm Buton Bolt (77)



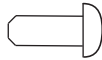
M8 x 19mm Shoulder Bolt (85)



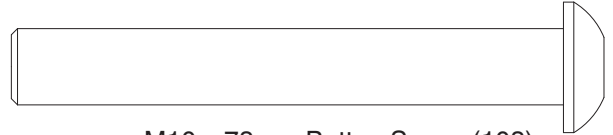
M6 x 16mm Screw (148)



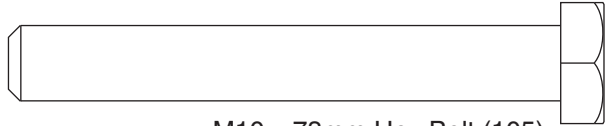
M4 x 16mm Screw (82)



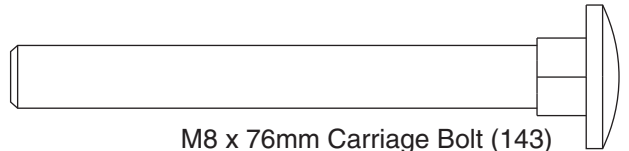
M4 x 10mm Screw (95)



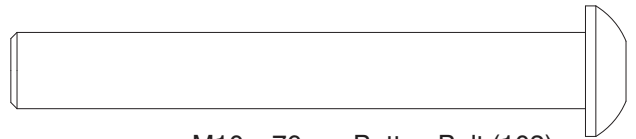
M10 x 73mm Button Screw (103)



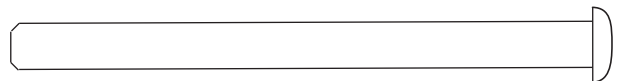
M10 x 73mm Hex Bolt (105)



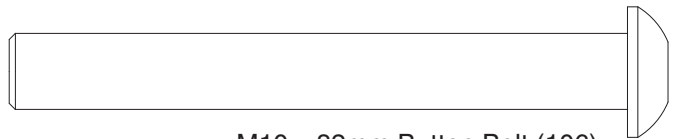
M8 x 76mm Carriage Bolt (143)



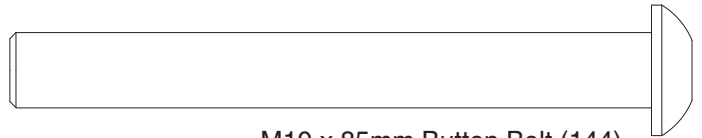
M10 x 76mm Button Bolt (102)



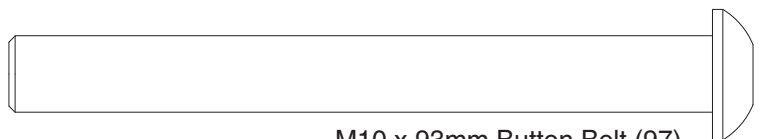
M6 x 77mm Screw (87)



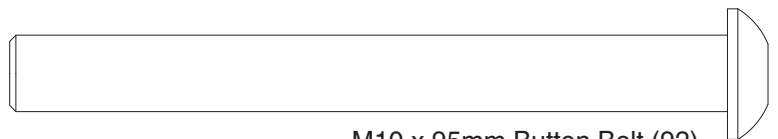
M10 x 82mm Button Bolt (106)



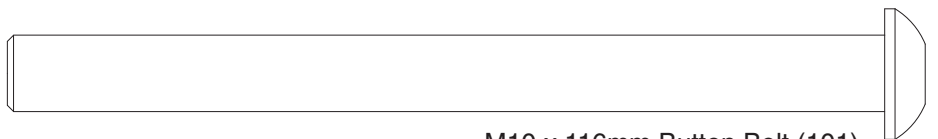
M10 x 85mm Button Bolt (144)



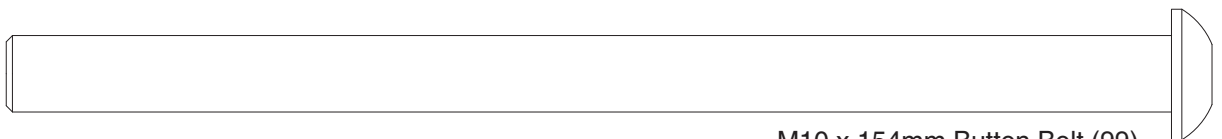
M10 x 93mm Button Bolt (97)



M10 x 95mm Button Bolt (92)



M10 x 116mm Button Bolt (101)



M10 x 154mm Button Bolt (99)

PART LIST—Model No. WEBE4915.0

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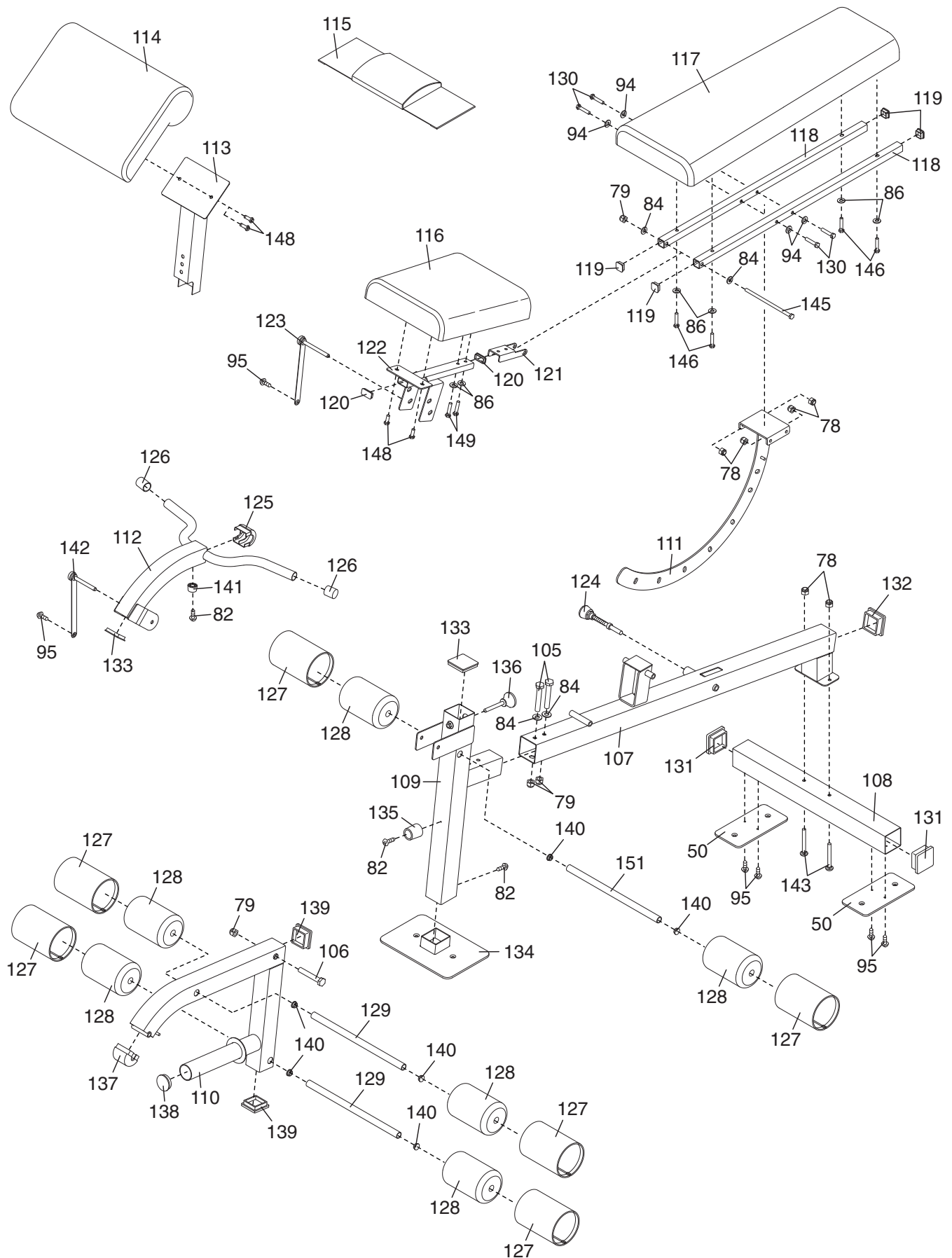
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Base	54	1	Long Cable
2	1	Center Base	55	14	25mm Spacer
3	1	Left Upright	56	4	Bearing
4	1	Right Upright	57	2	Swivel Axle
5	2	Guide Rod	58	20	90mm Pulley
6	1	Left Support	59	3	110mm Pulley
7	1	Right Support	60	2	“V”-pulley
8	1	Backrest Upright	61	2	Large Cable Trap
9	1	Foot Plate	62	2	Long Cable Trap
10	1	Left Arm	63	5	Small Cable Trap
11	1	Right Arm	64	2	Carriage Guide
12	1	Butterfly Frame	65	1	Lat Bar
13	2	Side Top Frame	66	4	17mm Spacer
14	1	Center Top Frame	67	2	Handle
15	2	Support Frame	68	2	Snap Ring
16	1	Top Frame	69	2	Cable Clip
17	1	Weight Bar	70	2	51mm x 64mm Cap
18	1	Locking Bar	71	1	Butterfly Cable
19	1	Right Guide	72	1	Low Cable
20	1	Left Guide	73	1	High Cable
21	2	M8 x 20mm Hex Screw	74	2	Pulley Plate
22	2	Barbell Adapter	75	6	6mm Spacer
23	2	Barbell Bushing	76	2	M10 Large Washer
24	1	Left Spotter	77	4	M10 x 19mm Button Bolt
25	1	Right Spotter	78	8	M8 Nylon Locknut
26	8	Rod Bushing	79	74	M10 Nylon Locknut
27	6	Guide Bumper	80	5	M6 Nylon Locknut
28	4	Guide Bushing	81	1	Chain
29	1	Butterfly Backrest	82	15	M4 x 16mm Screw
30	2	Arm Pad	83	10	M10 x 65mm Carriage Bolt
31	4	Arm Bushing	84	64	M10 Washer
32	2	Swivel Arm	85	2	M8 x 19mm Shoulder Bolt
33	2	Rod Cap	86	13	M6 Washer
34	2	Upright Cap	87	4	M6 x 77mm Screw
35	2	Weight Rest	88	2	M10 x 62mm Button Bolt
36	2	Safety Spotter	89	2	M6 x 64mm Screw
37	4	Weight Bumper	90	10	M10 x 67mm Button Bolt
38	4	48mm Round Cap	91	2	Weight Clip
39	4	Full Finger Guard	92	2	M10 x 95mm Button Bolt
40	22	Half Finger Guard	93	12	M10 Split Washer
41	1	Weight Carriage	94	4	M8 Washer
42	2	Carriage Bushing	95	6	M4 x 10mm Screw
43	1	Ankle Strap	96	3	M10 x 42mm Button Bolt
44	1	51mm Spacer	97	19	M10 x 93mm Button Bolt
45	2	24mm Spacer	98	6	M10 x 25mm Button Screw
46	1	Double “U”-bracket	99	1	M10 x 154mm Button Bolt
47	1	“U”-bracket	100	8	M10 x 46mm Button Bolt
48	2	Handgrip	101	2	M10 x 116mm Button Bolt
49	7	51mm x 76mm Cap	102	2	M10 x 76mm Button Bolt
50	4	Small Foot Plate	103	4	M10 x 73mm Button Screw
51	2	Large Foot Plate	104	2	M10 x 49mm Button Bolt
52	4	Clip Cover	105	2	M10 x 73mm Hex Bolt
53	4	Clip	106	1	M10 x 82mm Button Bolt

Key No.	Qty.	Description	Key No.	Qty.	Description
107	1	Bench Frame	132	1	64mm Thick Square Cap
108	1	Bench Stabilizer	133	2	50mm Square Cap
109	1	Front Leg	134	1	Leg Plate
110	1	Leg Lever	135	1	Leg Bumper
111	1	Backrest Bracket	136	1	Curl Knob
112	1	Curl Bar	137	1	Leg Lever Cap
113	1	Curl Post	138	3	48mm Thick Round Cap
114	1	Curl Pad	139	2	57mm Square Cap
115	1	Backrest Pad	140	6	19mm Round Cap
116	1	Seat	141	1	Curl Bumper
117	1	Backrest	142	1	Curl Pin
118	2	Backrest Frame	143	2	M8 x 76mm Carriage Bolt
119	4	25mm Square Cap	144	2	M10 x 85mm Button Bolt
120	2	20mm x 40mm Cap	145	1	M10 x 180mm Button Bolt
121	1	Seat Bracket	146	4	M6 x 38mm Screw
122	1	Seat Frame	147	5	M10 x 53mm Button Bolt
123	1	Seat Pin	148	4	M6 x 16mm Screw
124	1	Bench Knob	149	2	M6 x 35mm Screw
125	1	Curl Cap	150	2	Large Full Finger Guard
126	2	Curl Bar Cap	151	1	Long Pad Tube
127	6	Pad Cover	152	4	Butterfly Bushing
128	6	Foam Pad	#	1	User's Manual
129	2	Pad Tube	#	1	Exercise Guide
130	4	M8 x 42mm Hex Bolt	#	2	Grease Packet
131	2	64mm Square Cap	#	2	Allen Wrench

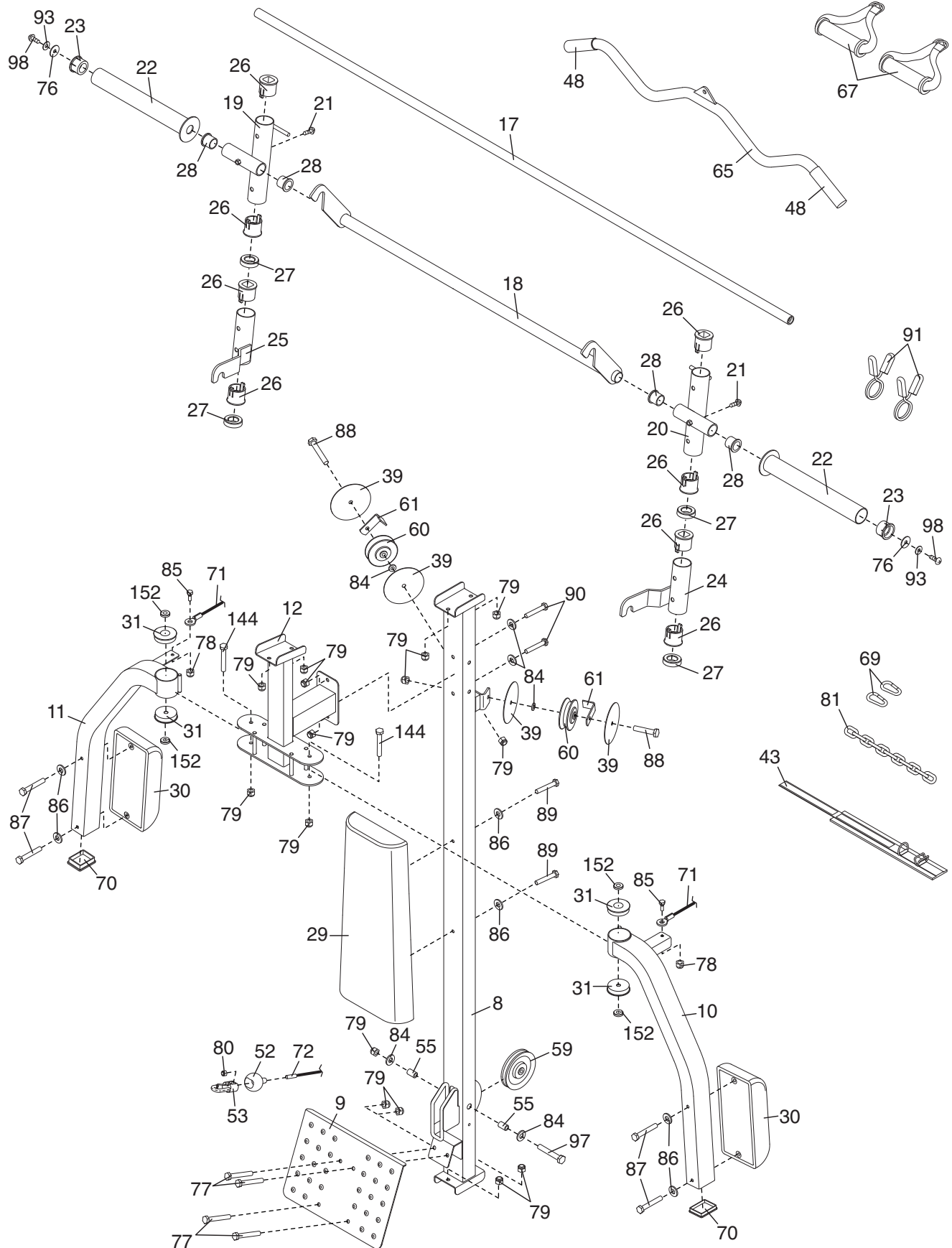
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

EXPLODED DRAWING A—Model No. WEBE4915.0

R1206A

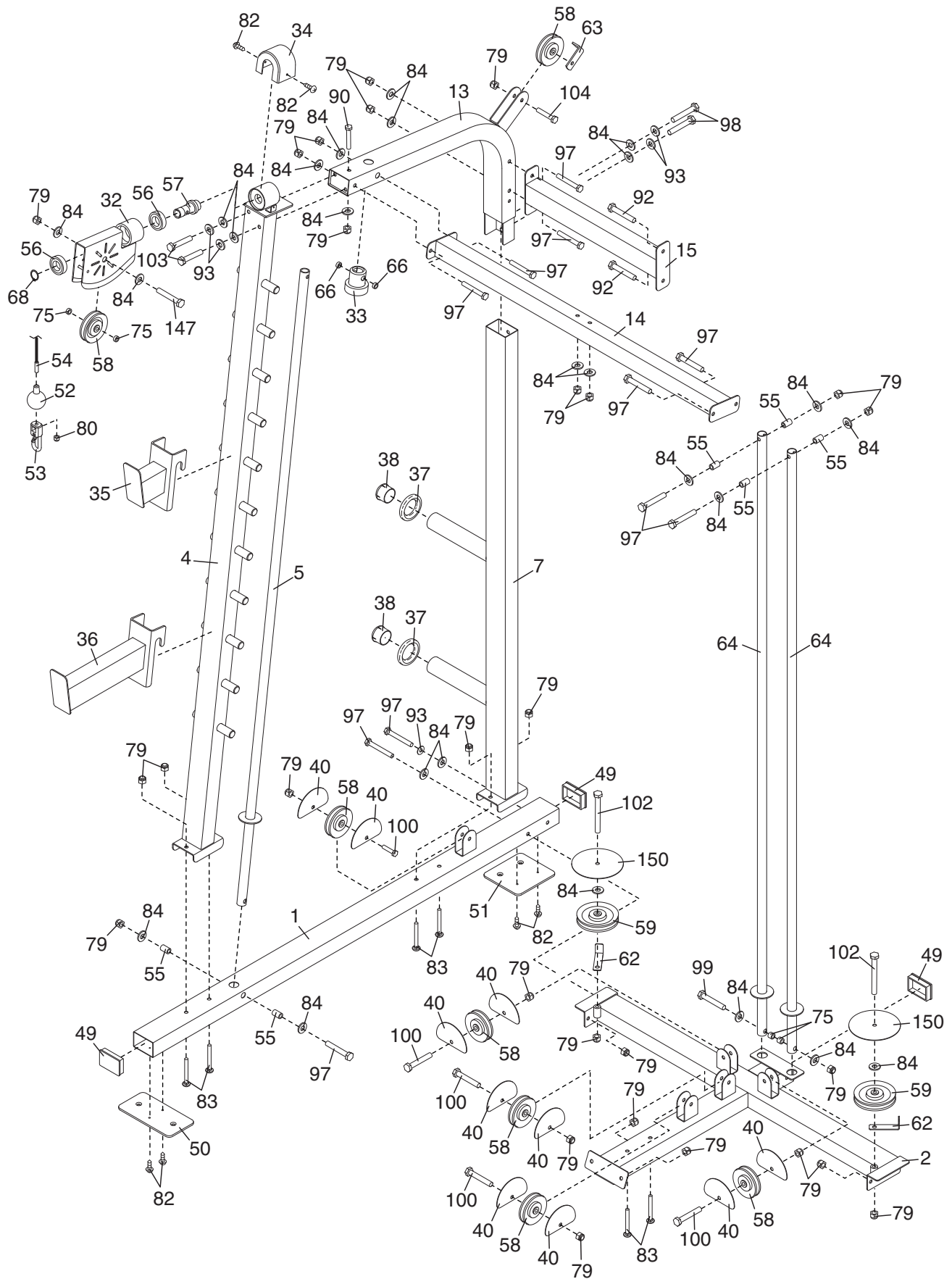


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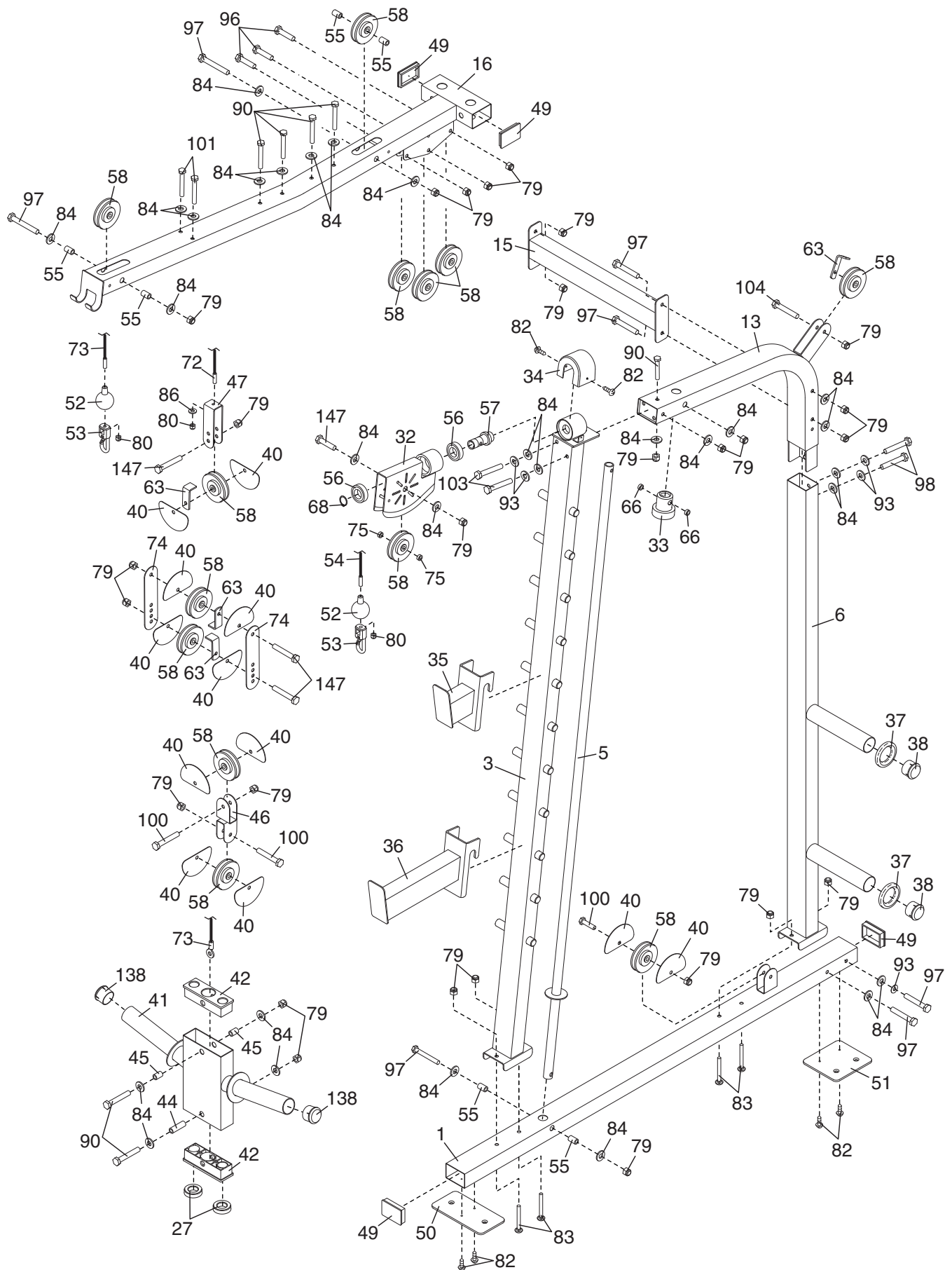
EXPLODED DRAWING C—Model No. WEBE4915.0

R1206A



EXPLODED DRAWING D—Model No. WEBE4915.0

R1206A



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 (WEBE4915.0)
- the NAME of the product (WEIDER 500 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 in the center of this manual)

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.

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