

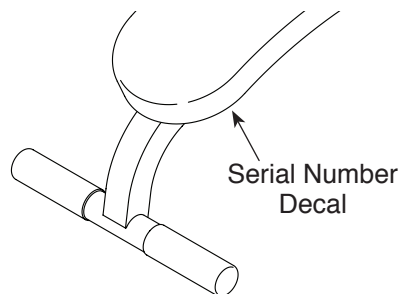
WEIDER[®] SA 9-17

www.weiderfitness.com

Model No. WEBE8912.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

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

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

CALL TOLL-FREE:

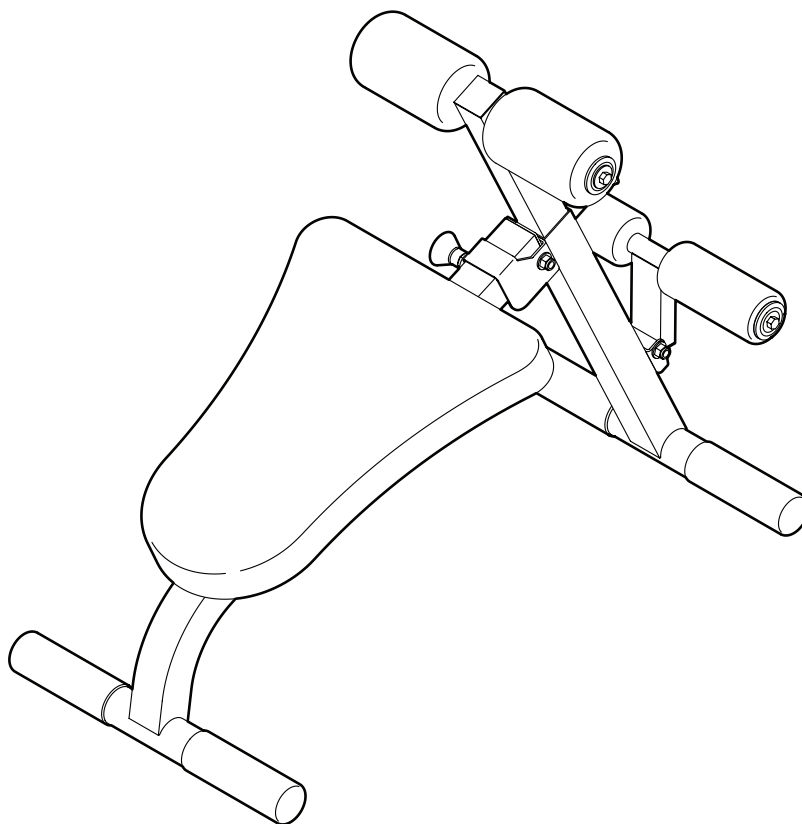
1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com



CAUTION

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

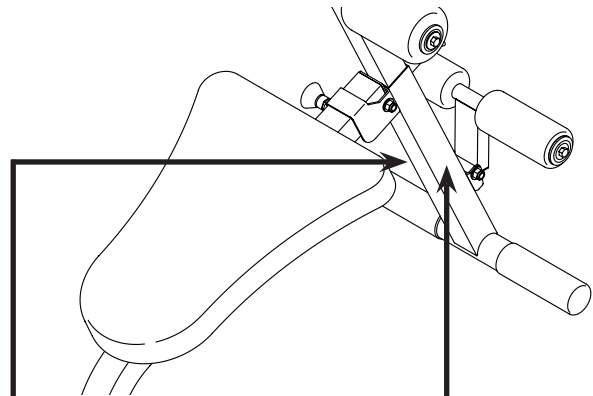


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WARNING DECAL PLACEMENT

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




⚠ WARNING

User Weight: Max 250 LBS
Weight Crutch: Max 110 LBS
Leg Developer: Max 50 LBS
Weight Carriage: Max 110 LBS
Chest Fly Per Arm: Max 30 LBS

Product may not offer all listed exercises.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the bench are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the bench only as described in this manual.
4. The bench is intended for home use only. Do not use the bench in a commercial, rental, or institutional setting.
5. Keep the bench indoors, away from moisture and dust. Do not put the bench in a garage or covered patio, or near water.
6. Place the bench on a level surface, with a mat beneath the bench to protect the floor or carpet. Make sure that there is enough clearance around the bench to mount, dismount, and use the bench.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the bench at all times.
9. The bench is designed to support a maximum user weight of 250 lbs. (113 kg). Do not use weights with the bench.
10. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

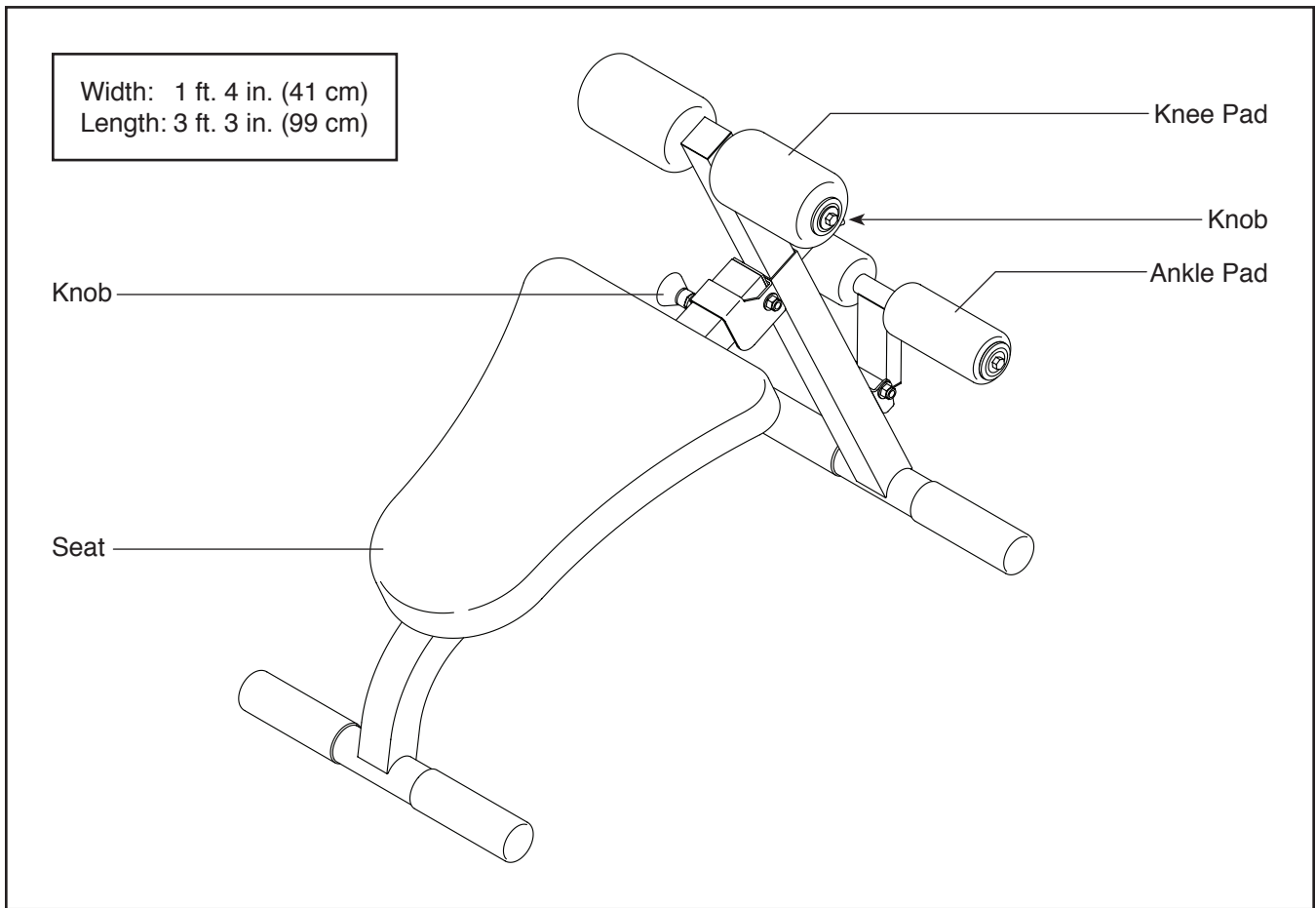
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® SA 9-17 bench. The compact SA 9-17 bench is designed let you enjoy the benefits of abdominal crunch exercises in the convenience of your own home.

For your benefit, read this manual carefully before using the 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 and the location of the serial number decal are shown on the front cover of this manual.

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



ADJUSTMENT

The bench is designed to be used for abdominal crunch exercises. The steps below explain how the bench can be adjusted. Make sure that all parts are properly tightened each time you use the bench. Replace any worn parts immediately. The bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the bench.**

SETTING UP THE BENCH

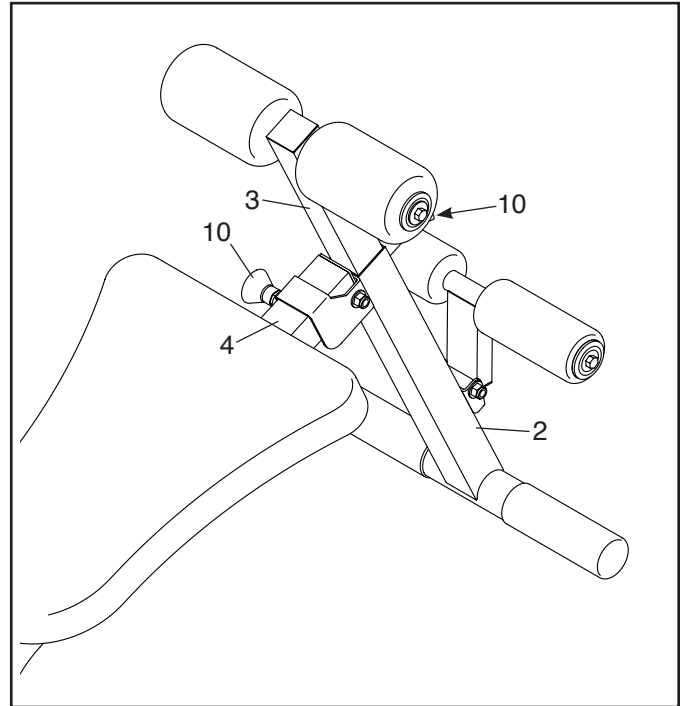
Pull the Knob (10) on the left side of the Leg (2), and pivot the Leg to the position shown at the right. **Make sure that the Knob is engaged in the hole in the Frame (4), so that the Leg is locked in position.**

Next, pull the other Knob (10), and raise the Upright (3) to the desired height. **Make sure that the Knob is engaged in one of the adjustment holes in the Upright.**

STORING THE WEIGHT BENCH

To store the weight bench, pull the Knobs (9), lower the Upright (3), and fold the Leg (2) upward toward the Frame (4). **Make sure that the Upright and the Leg are locked in position.**

The weight bench has a handle for easy transport.



EXERCISE GUIDELINES

WORKOUT GUIDELINES

Familiarize yourself with the bench and learn the proper form for abdominal crunch exercises. Use your own judgment to determine the appropriate length of time for each workout and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals.

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

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

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

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

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath. Rest for a short period of time after each set.

STAYING MOTIVATED

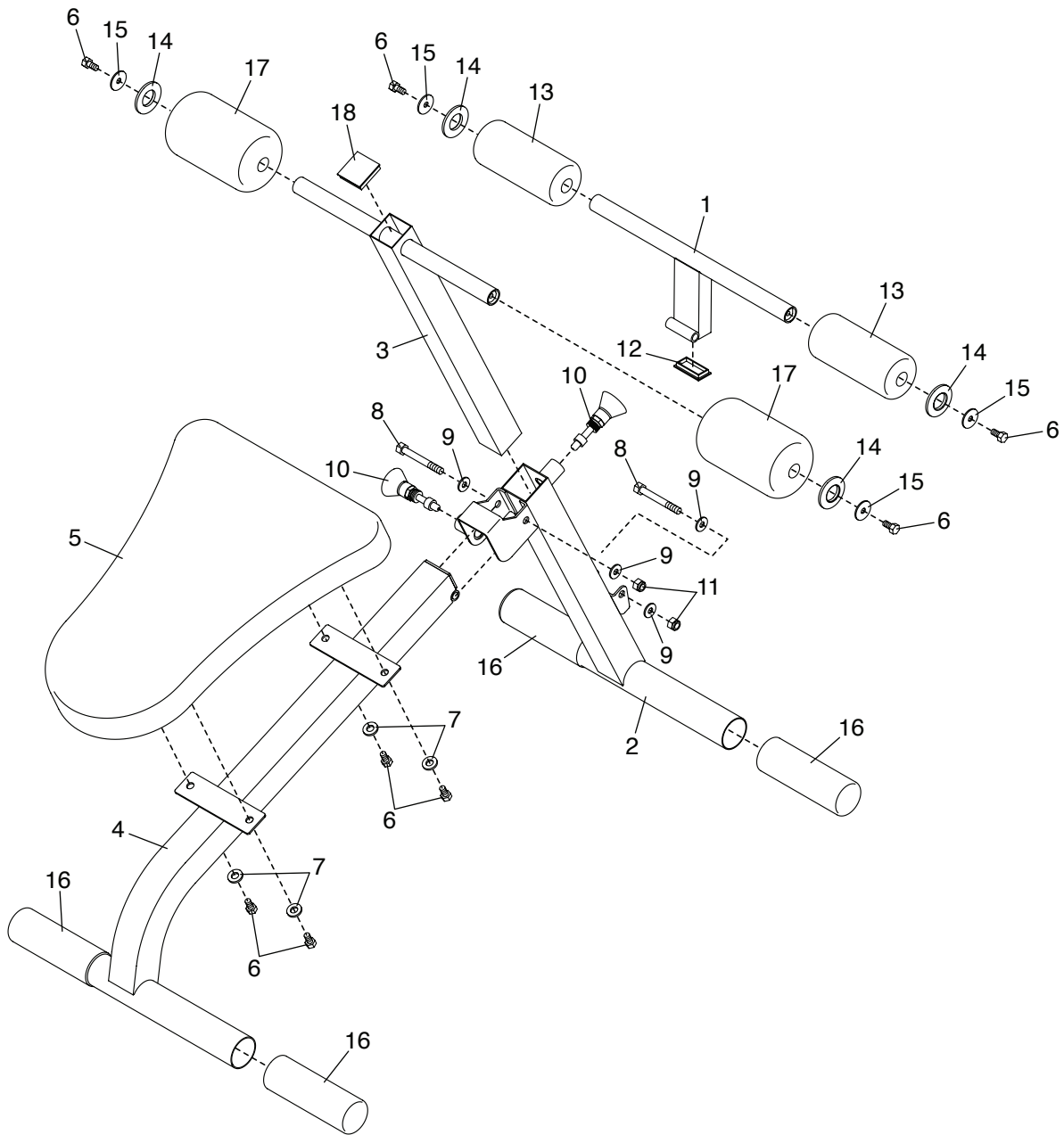
For motivation, keep a record of each workout. Write the date and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST/EXPLODED DRAWING

Model No. WEBE8912.0 R0912A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Pivot Bracket	11	2	M10 Locknut
2	1	Leg	12	1	Pivot Bracket Cap
3	1	Upright	13	2	Ankle Pad
4	1	Frame	14	4	Pad Cover
5	1	Seat	15	4	Pad Washer
6	8	M8 x 16mm Screw	16	4	Foot
7	4	M8 Washer	17	2	Knee Pad
8	2	M10 x 75mm Bolt	18	1	Upright Cap
9	4	M10 Washer	•	-	User's Manual
10	2	Knob			

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



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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