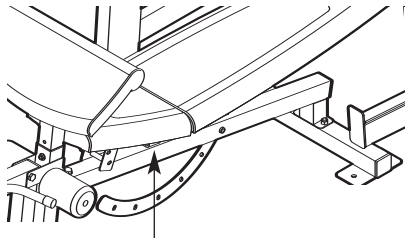


Model No. WEBE9997.0

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 parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

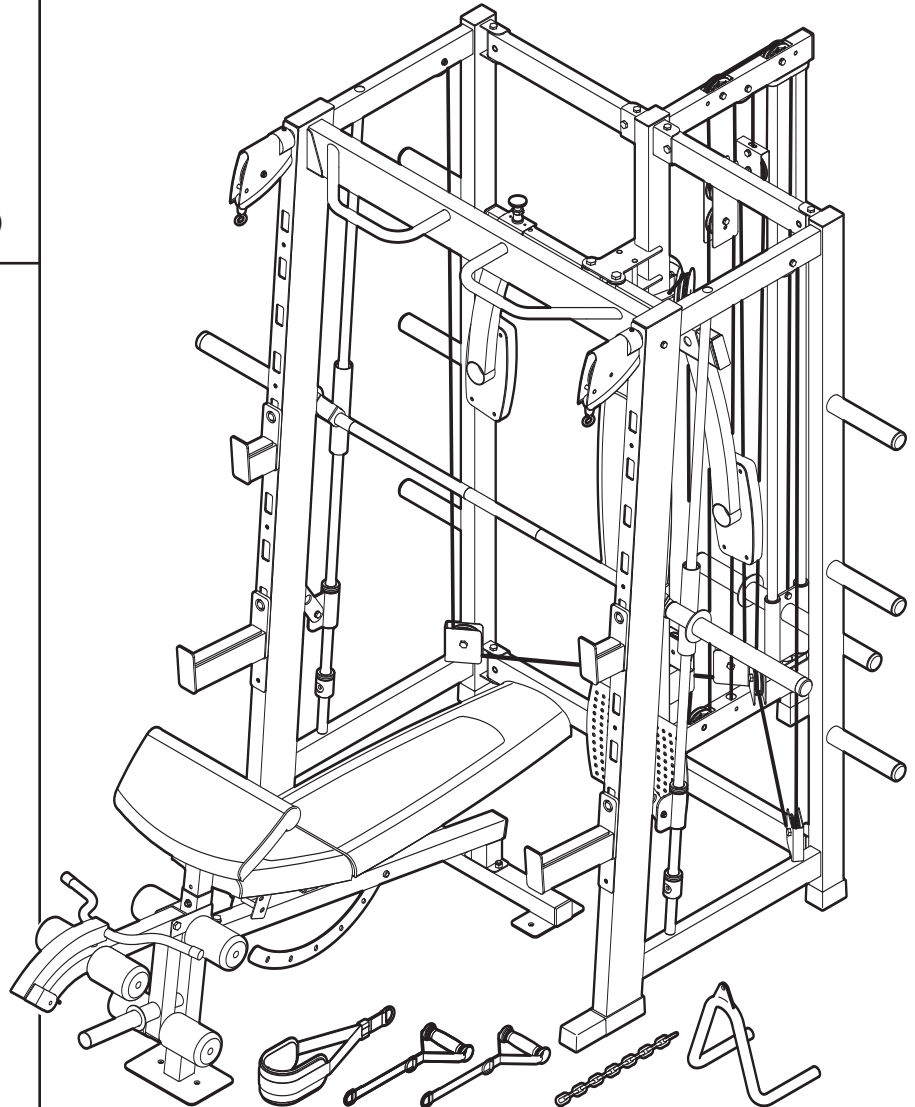
**1-877-992-5999**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

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

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

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## WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

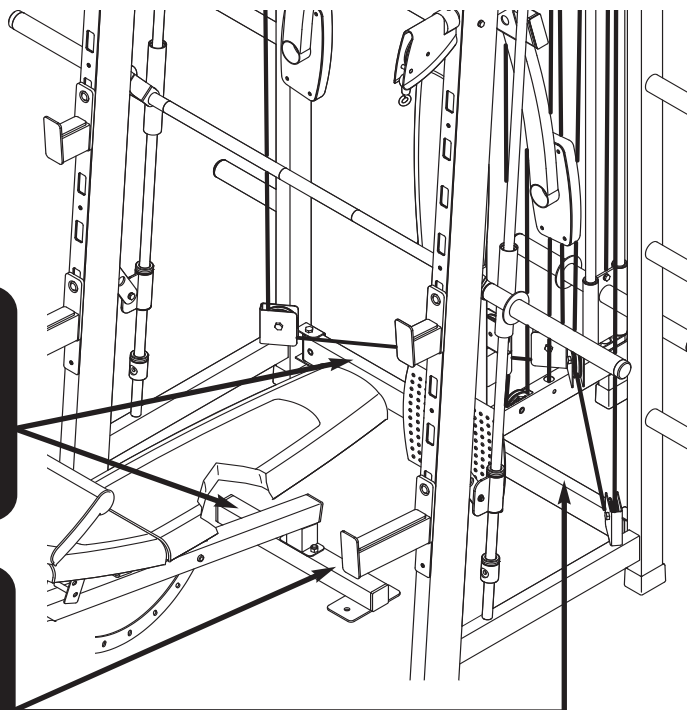

**⚠ WARNING**

User Weight: Max 300 LBS  
Weight Crutch: Max 310 LBS  
Leg Developer: Max 150 LBS  
Weight Carriage: Max 150 LBS  
Chest Fly Per Arm: Max 50 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 the weight bench before using the weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight bench.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. 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 it.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Make sure that the pins and knobs are fully engaged before the weight bench is used.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not place more than 310 lbs. (141 kg) on the barbell carriages. Do not place more than 310 lbs. (141 kg), including a barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) on the leg lever. Do not place more than 150 lbs. (68 kg) on the weight carriage. Note: The weight bench does not include weights.
11. 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.
12. Always set all the weight rests and safety spotters at the same height.
13. Always place an equal amount of weight on each side of the weight carriage or barbell.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always disconnect the row bar when performing an exercise that does not require the row bar.
16. If you feel pain or dizziness while exercising, stop immediately and cool down.

# BEFORE YOU BEGIN

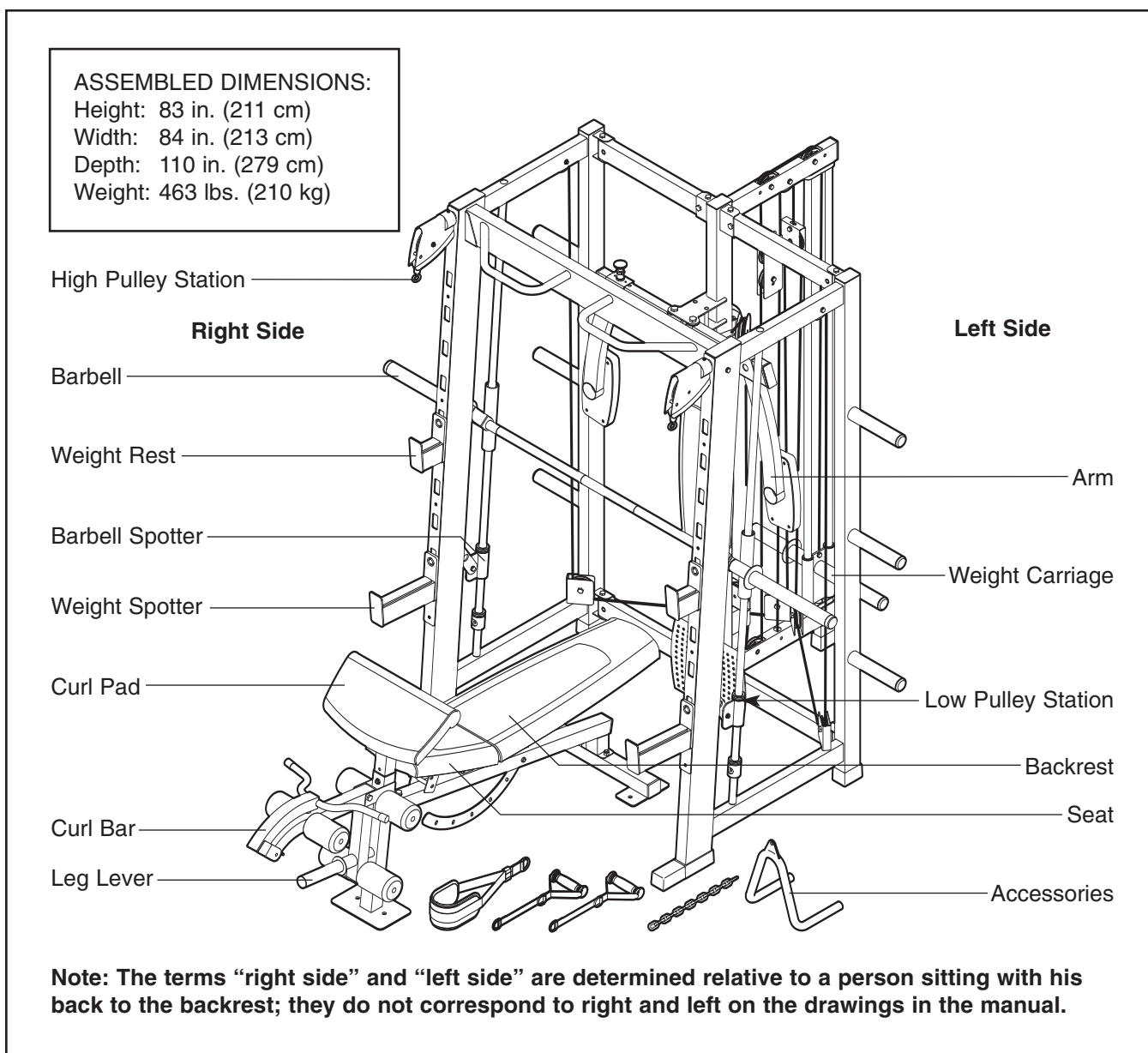
Thank you for selecting the versatile WEIDER® TECH weight bench. The weight bench offers an impressive selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular 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 and the location of the serial number decal are shown on the front cover of this manual.

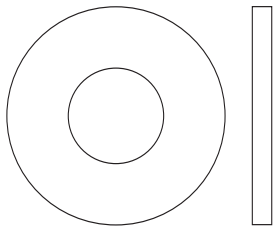
**To avoid a registration fee for any service needed under warranty, you must register the weight bench at [www.weiderservice.com/registration](http://www.weiderservice.com/registration).**

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

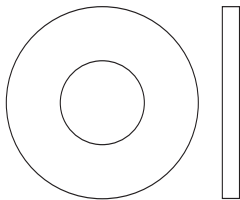


# PART IDENTIFICATION CHART

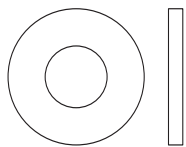
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



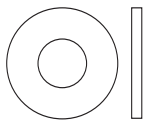
M12 Washer (93)



M10 Washer (66)



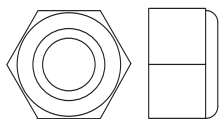
M8 Washer (102)



M6 Washer (61)



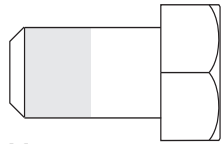
M4 Washer (98)



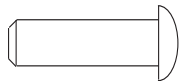
M10 Nylon Locknut (65)



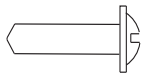
M8 Nylon Locknut (84)



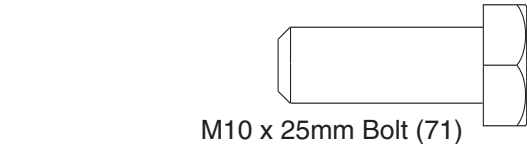
M12 x 20mm Patch Bolt (91)



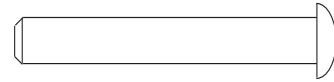
M6 x 20mm Screw (100)



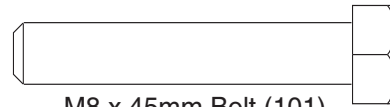
M4 x 15mm Self-tapping Screw (95)



M10 x 25mm Bolt (71)



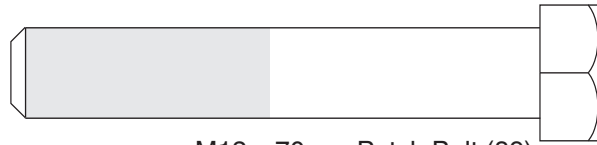
M6 x 40mm Screw (80)



M8 x 45mm Bolt (101)



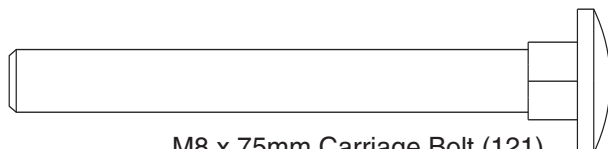
M12 x 63mm Patch Bolt (90)



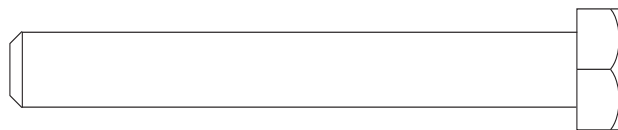
M12 x 70mm Patch Bolt (89)



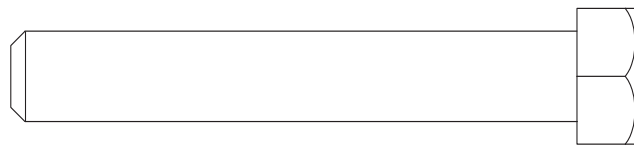
M10 x 70mm Bolt Set (106)



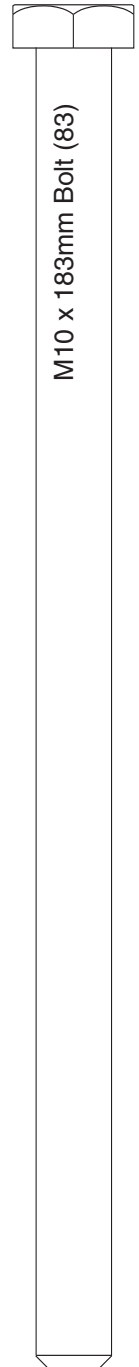
M8 x 75mm Carriage Bolt (121)



M10 x 75mm Bolt (105)



M12 x 75mm Bolt (88)



M10 x 183mm Bolt (83)


# ASSEMBLY

## Make Assembly Easier

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

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

- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its 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.

- For help identifying small parts, use the PART IDENTIFICATION CHART on pages 5.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the included hex key(s)  and the following tools (not included):

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

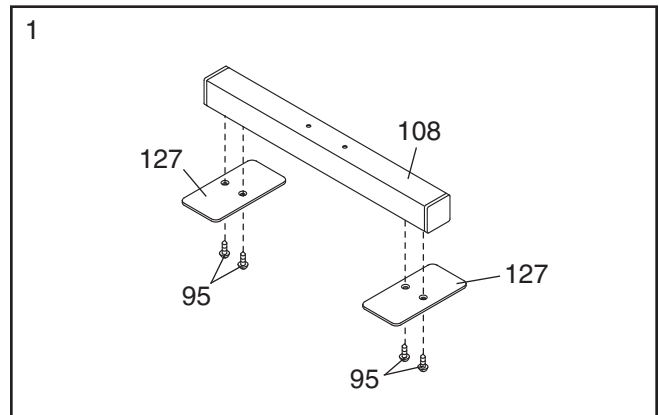
one Phillips screwdriver 

Assembly may 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.

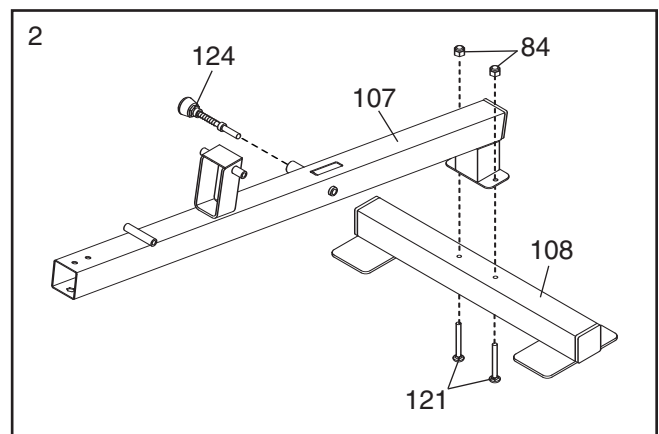
**Before beginning assembly, read the important information in the box above. See the PART IDENTIFICATION CHART on page 5 for help identifying small parts.**

Attach the two Bench Stabilizer Plates (127) to the Bench Stabilizer (108) with four M4 x 15mm Self-tapping Screws (95).



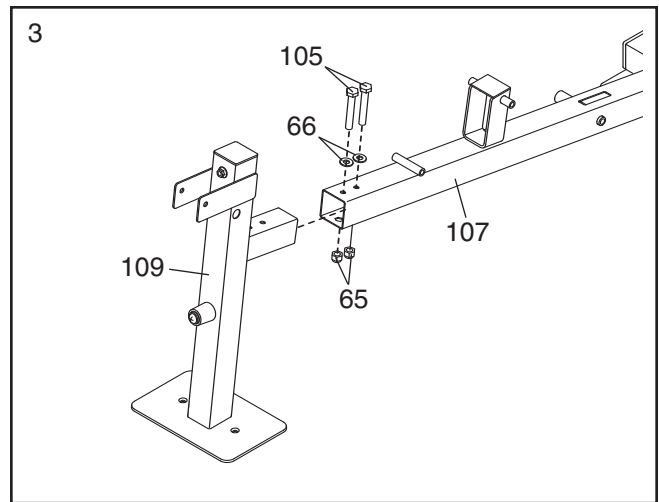
2. Attach the Bench Stabilizer (108) to the Bench Frame (107) with two M8 x 75mm Carriage Bolts (121) and two M8 Nylon Locknuts (84). **Do not tighten the Nylon Locknuts yet.**

Next, tighten the Bench Knob (124) into the Bench Frame (107).

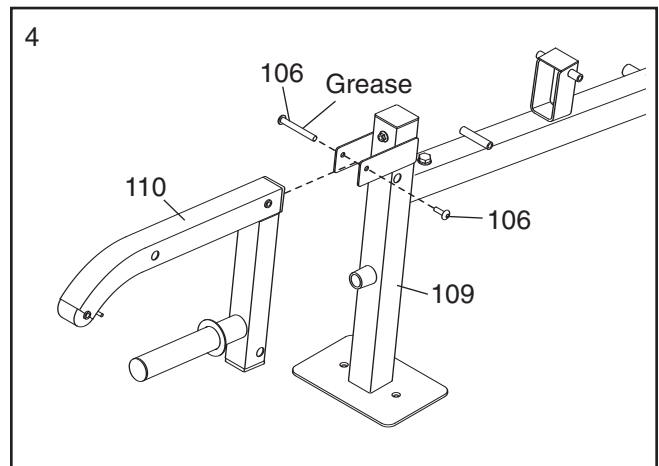


3. Attach the Front Leg (109) to the Bench Frame (107) with two M10 x 75mm Bolts (105), two M10 Washers (66), and two M10 Nylon Locknuts (65). **Make sure that the Nylon Locknuts are in the hexagonal holes in the bottom of the Bench Frame.**

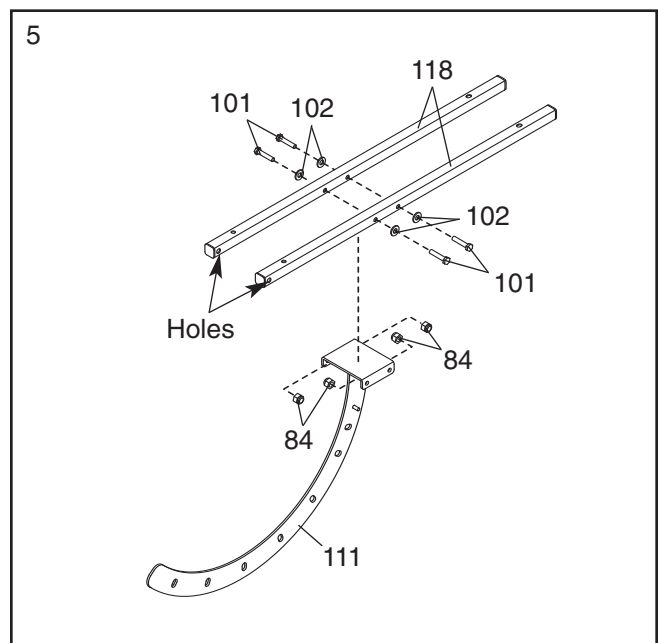
See step 2. Tighten the M8 Nylon Locknuts (84).



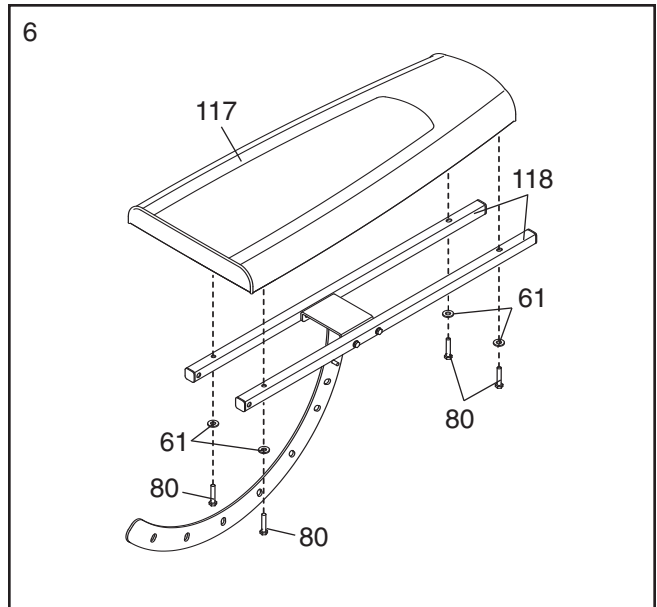
4. Grease the barrel of an M10 x 70mm Bolt Set (106). Attach the Leg Lever (110) to the Front Leg (109) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Leg Lever.**



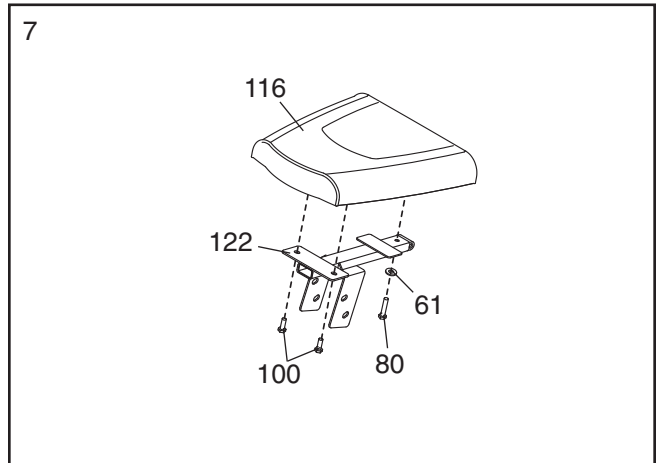
5. Orient the two Backrest Frames (118) as shown. Attach the Backrest Frames to the Backrest Bracket (111) with four M8 x 45mm Bolts (101), four M8 Washers (102), and four M8 Nylon Locknuts (84). **Do not tighten the Nylon Locknuts yet.**



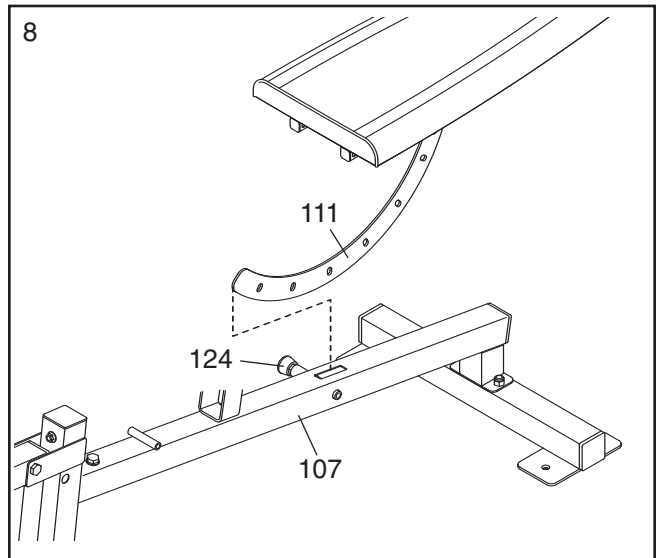
6. Attach the Backrest (117) to the Backrest Frames (118) with four M6 x 40mm Screws (80) and four M6 Washers (61). **Do not tighten the Screws yet.**



7. Attach the Seat (116) to the Seat Frame (122) with an M6 x 40mm Screw (80), an M6 Washer (61), and two M6 x 20mm Screws (100).



8. Pull the Bench Knob (124) and insert the Backrest Bracket (111) through the slot in the Bench Frame (107). Then, engage the Bench Knob into one of the holes in the Backrest Bracket.

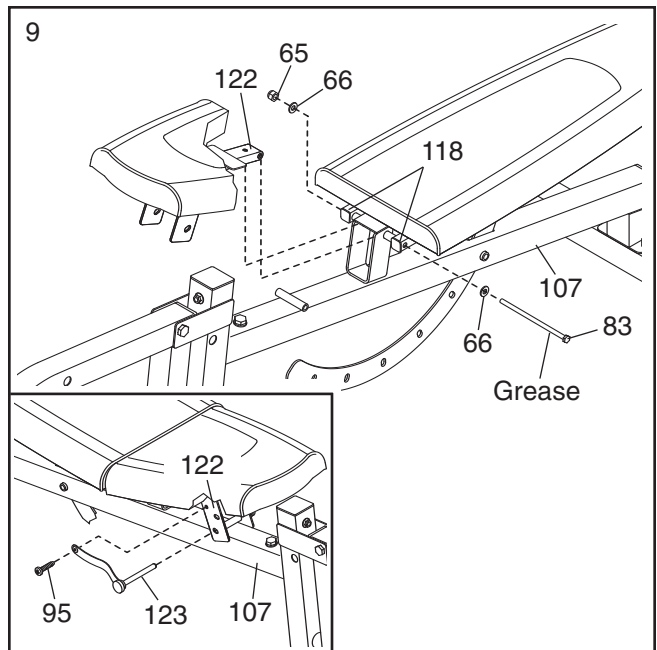


9. Grease an M10 x 183mm Bolt (83). Attach the Backrest Frames (118) and the Seat Frame (122) to the Bench Frame (107) with the Bolt, two M10 Washers (66), and an M10 Nylon Locknut (65). **Do not overtighten the Nylon Locknut; the Backrest Frames and the Seat Frame must pivot easily.**

**See the inset drawing.** Attach the Seat Pin (123) to the Seat Frame (122) with an M4 x 15mm Self-tapping Screw (95). Then, insert the Seat Pin through the Seat Frame and the Bench Frame (107).

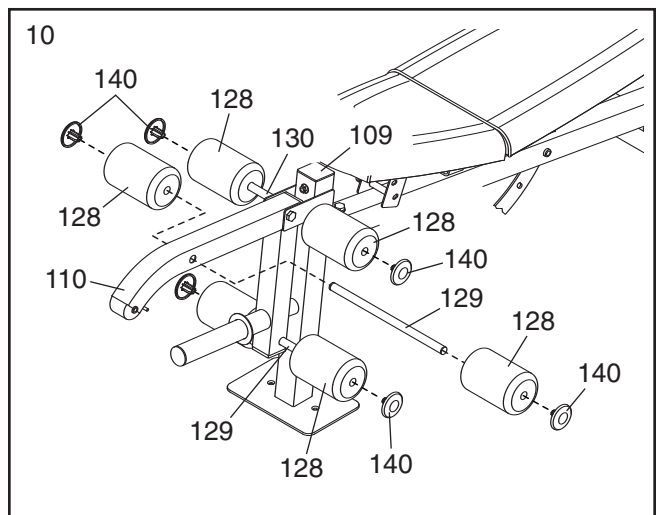
**See step 5. Tighten the M8 Nylon Locknuts (84).**

**See step 6. Tighten the M6 x 40mm Screws (80).**

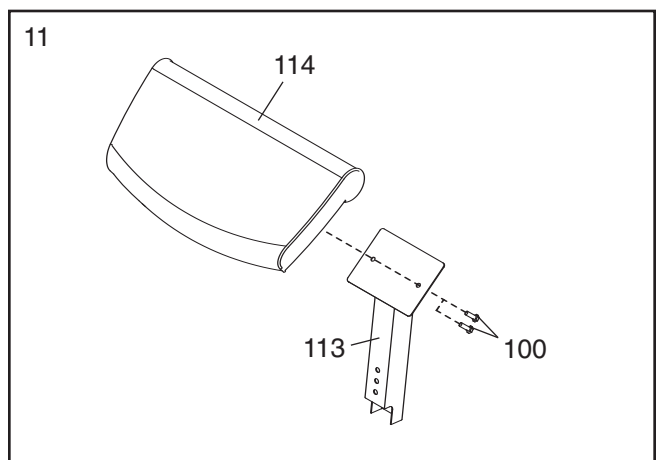


10. Insert the two Short Pad Tubes (129) into the Leg Lever (110). Slide two Foam Pads (128) onto each Short Pad Tube. Then, press a 19mm Round Cap (140) into each Foam Pad.

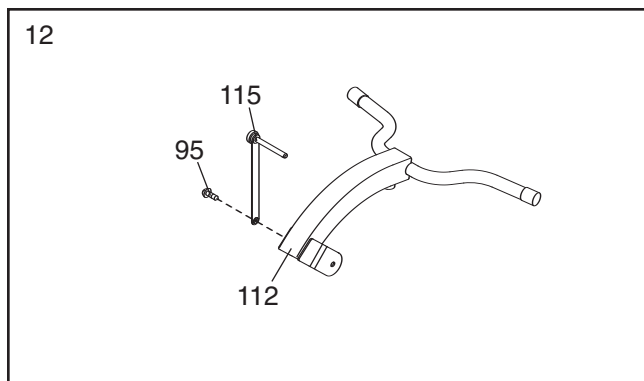
Insert the Long Pad Tube (130) into the Front Leg (109). Slide two Foam Pads (128) onto the Long Pad Tube. Then, press a 19mm Round Cap (140) into each Foam Pad.



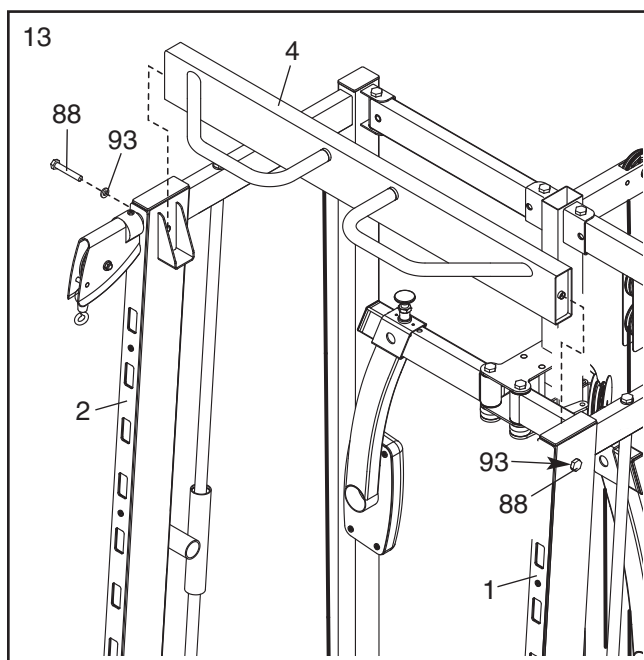
11. Attach the Curl Pad (114) to the Curl Post (113) with two M6 x 20mm Screws (100).



12. Attach the Curl Pin (115) to the Curl Bar (112) with an M4 x 15mm Self-tapping Screw (95).

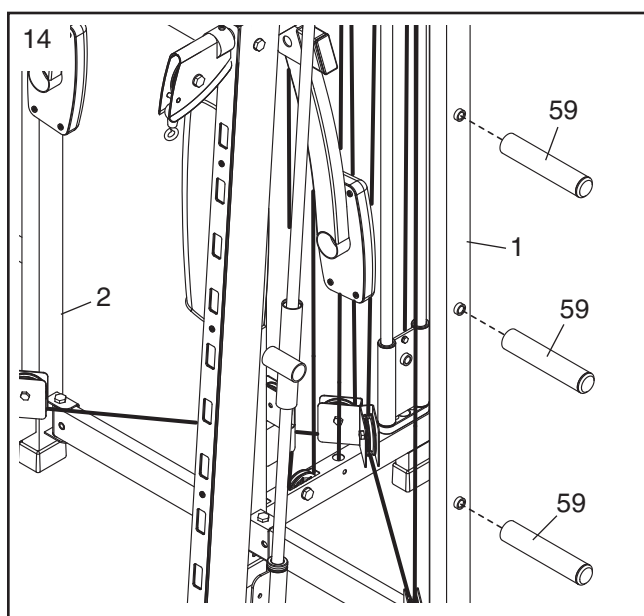


13. Unfold the rack to the position shown. While a second person holds the Top Frame (4), attach it to the Left and Right Uprights (1, 2) with two M12 x 75mm Bolts (88) and two M12 Washers (93).

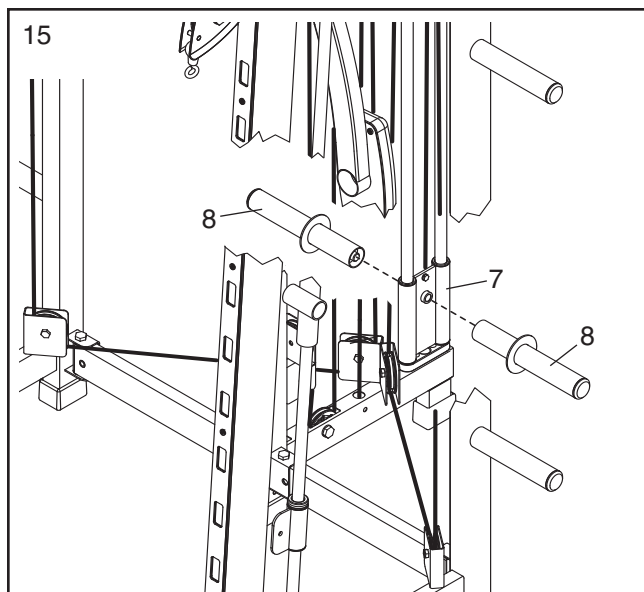


14. Tighten three Weight Storage Tubes (59) onto the Left Upright (1).

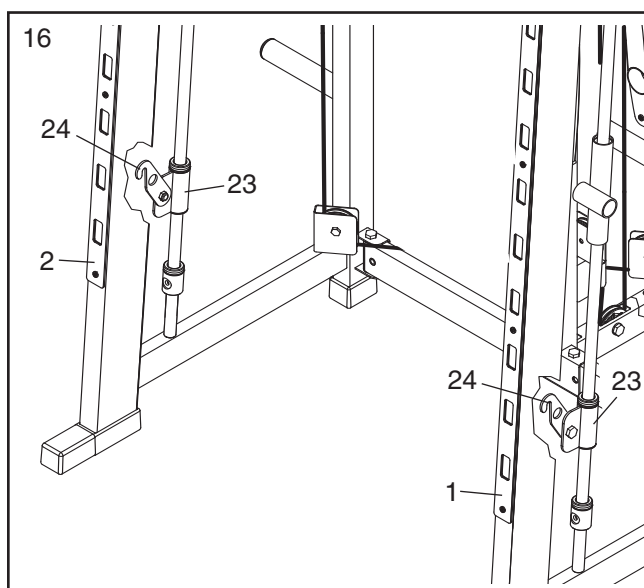
**Tighten the remaining three Weight Storage Tubes (not shown) onto the Right Upright (2).**



15. Tighten the two Weight Carriage Tubes (8) onto the Weight Carriage (7).

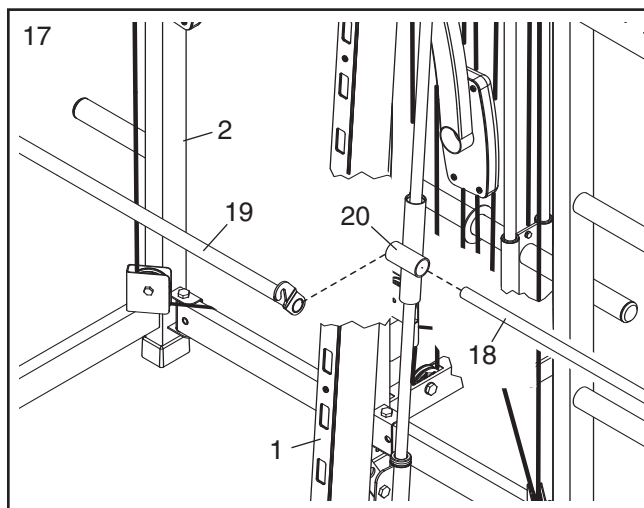


16. Engage each Spotter Hook (24) into an adjustment slot near the bottom of the Left and Right Uprights (1, 2). **Always position both Barbell Spotters (23) at the same height.**



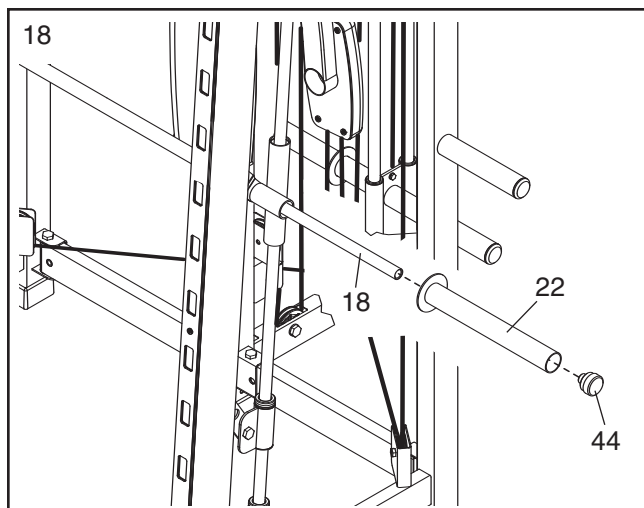
17. Orient the Locking Bar (19) as shown. Have a second person hold the Locking Bar between the left Barbell Carriage (20) and the right Barbell Carriage (not shown).

Insert the Barbell (18) into the left Barbell Carriage (20), the Locking Bar (19), and the right Barbell Carriage (not shown). **Center the Barbell.** Then, engage the Locking Bar into slots in the Left and Right Uprights (1, 2).



18. Slide a Barbell Adapter (22) onto the Barbell (18). Then, tighten a Barbell End Knob (44) into the Barbell.

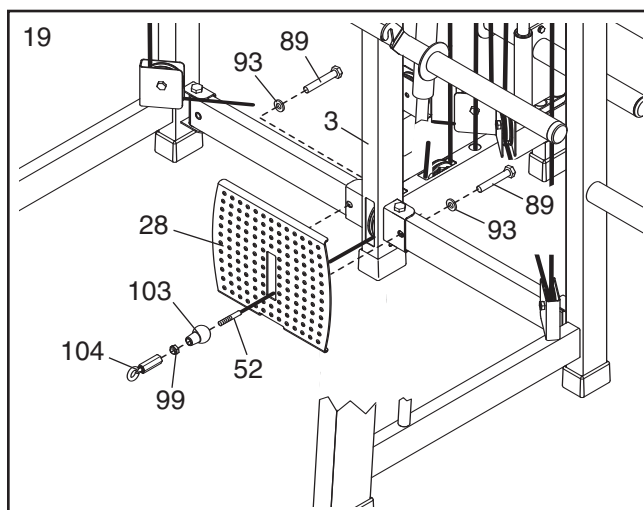
**Attach the other Barbell Adapter (not shown) in the same way.**



19. Remove the Cable Eyelet (104), the M8 Nut (99), and the Cable Stop (103) from the Low Cable (52). Route the Cable through the Foot Plate (28).

Attach the Foot Plate (28) to the Center Upright (3) with two M12 x 70mm Patch Bolts (89) and two M12 Washers (93).

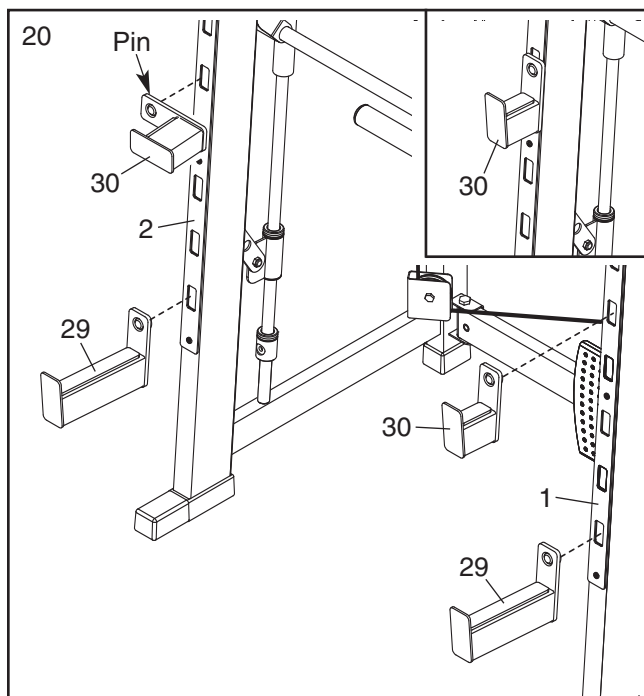
Slide the Cable Stop (103) onto the Low Cable (52), and tighten the M8 Nut (99) onto the Cable as far as possible. Next, tighten the Cable Eyelet (104) onto the Cable as far as possible, and tighten the Nut against the Cable Eyelet. Then, slide the Cable Stop onto the Cable Eyelet.



20. Orient a Weight Rest (30) as shown, and insert the pin on the Weight Rest into a slot in the Right Upright (2). Then, rotate the Weight Rest to the position shown in the inset drawing and slide it downward as far as possible.

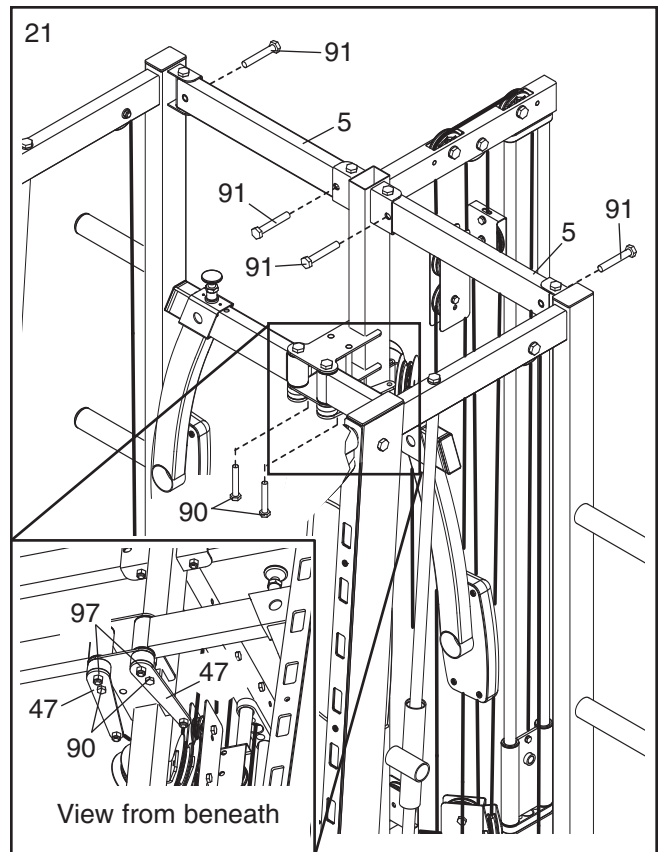
Attach a Weight Spotter (29) below the Weight Rest (30) in the same way.

Then, attach the other Weight Rest (30) and the other Weight Spotter (29) to the Left Upright (1).

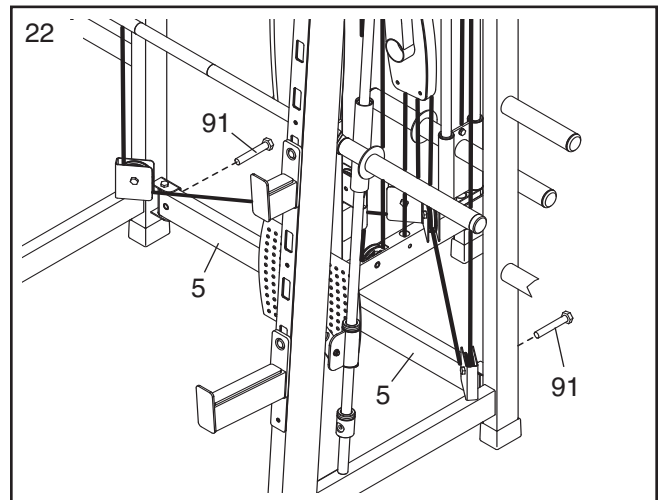


21. Tighten four M12 x 20mm Patch Bolts (91) into the top Hinge Frames (5) as shown.

**See the inset drawing.** Tighten two M12 x 63mm Patch Bolts (90) into the Butterfly Brackets (47). Then, tighten the indicated M12 Nylon Locknuts (97).



22. Tighten two M12 x 20mm Patch Bolts (91) into the bottom Hinge Frames (5).



23. Make sure that all parts have been properly tightened. Note: Some hardware may be left over after assembly is completed. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 14.

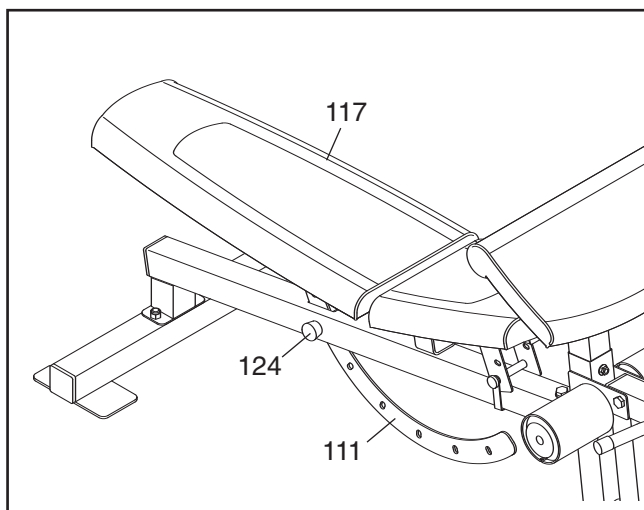
Before using the weight bench, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 19 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See MAINTENANCE on page 18.**

# ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 20 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 several exercises.

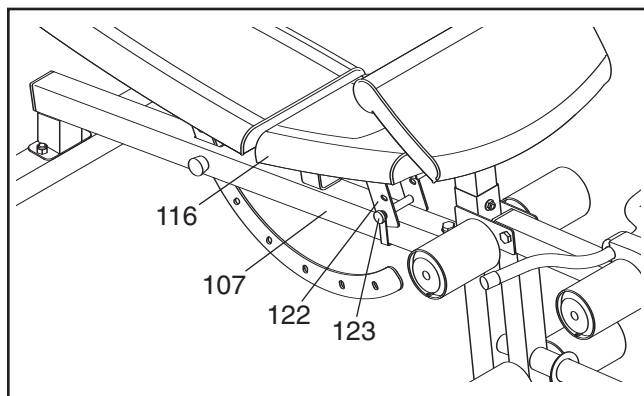
## ADJUSTING THE BACKREST

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



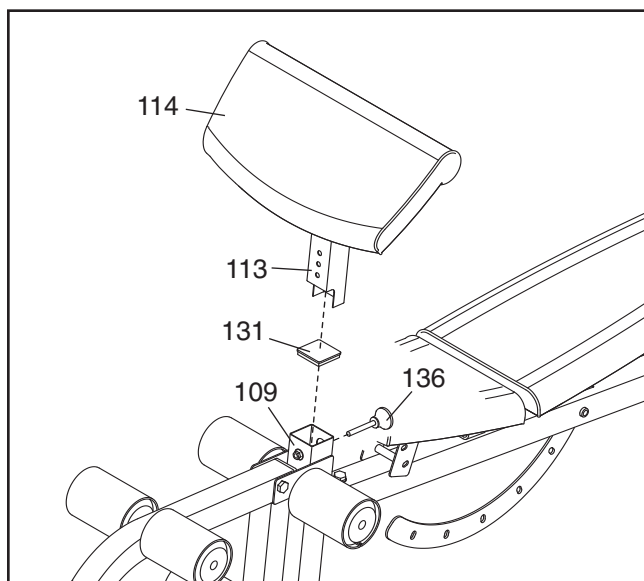
## ADJUSTING THE SEAT

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



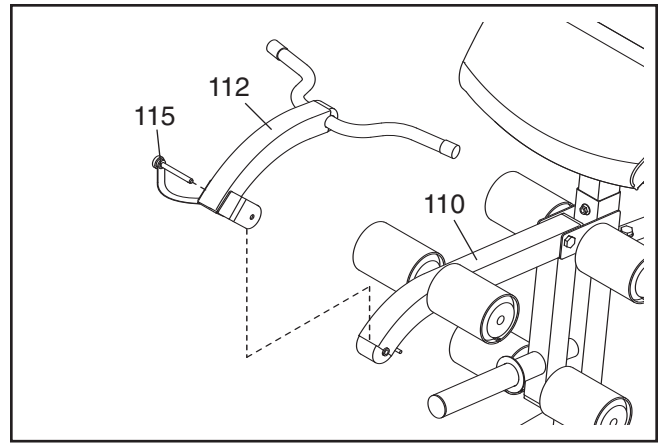
## ATTACHING THE CURL PAD

To use the Curl Pad (114), first remove the 64mm Square Cap (131) from the Front Leg (109). Insert the Curl Post (113) into the Front Leg and secure the Curl Post with the Curl Knob (136). **Fully tighten the Curl Knob.**



## ATTACHING THE CURL BAR

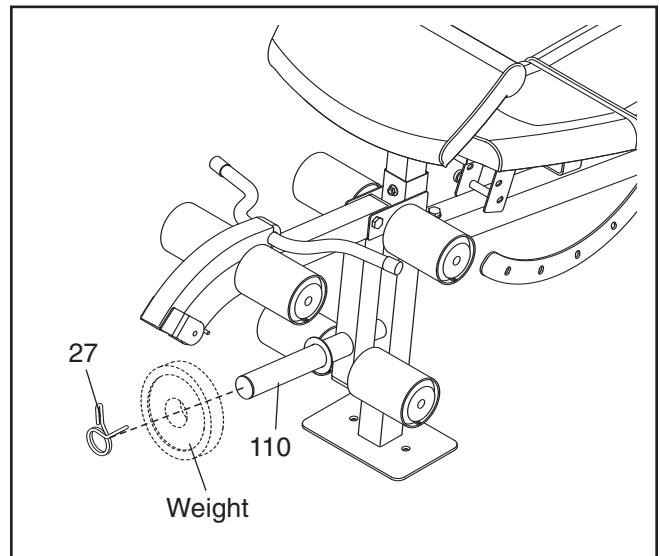
Attach the Curl Bar (112) to the Leg Lever (110) with the Curl Pin (115).



## USING THE LEG LEVER

To use the Leg Lever (110), slide the desired weights (not included) onto the Leg Lever. Secure the weights with a Weight Clip (27). You can store unused weights on the weight storage tubes (not shown) on the uprights.

**⚠ WARNING:** Do not put more than 150 lbs. (68 kg) on the Leg Lever (110). Always secure weights with a Weight Clip (27).

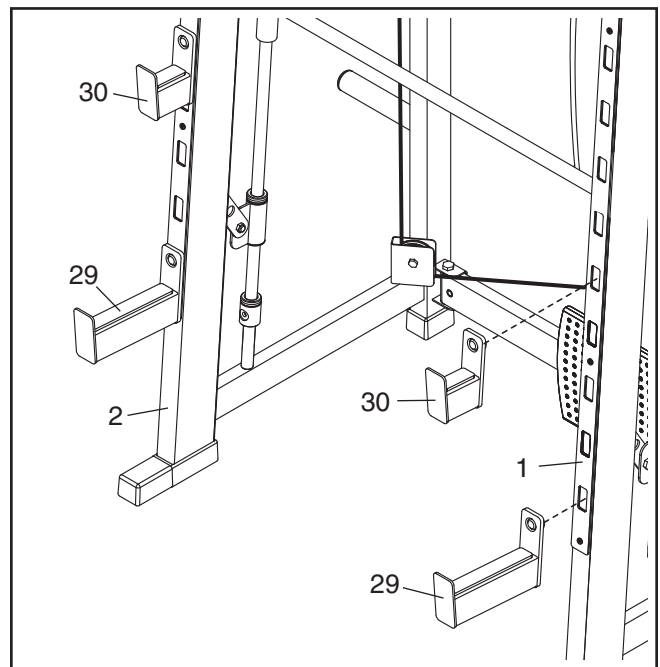


## USING THE WEIGHT RESTS AND THE WEIGHT SPOTTERS

Before using a separate barbell (not included), set the Weight Spotters (29) at the lowest point to which you want your barbell to move. To do this, see step 20 on page 12.

Adjust the two Weight Rests (30) in the same way.

**⚠ WARNING:** Always adjust both Weight Spotters (29) and both Weight Rests (30) to the same height.

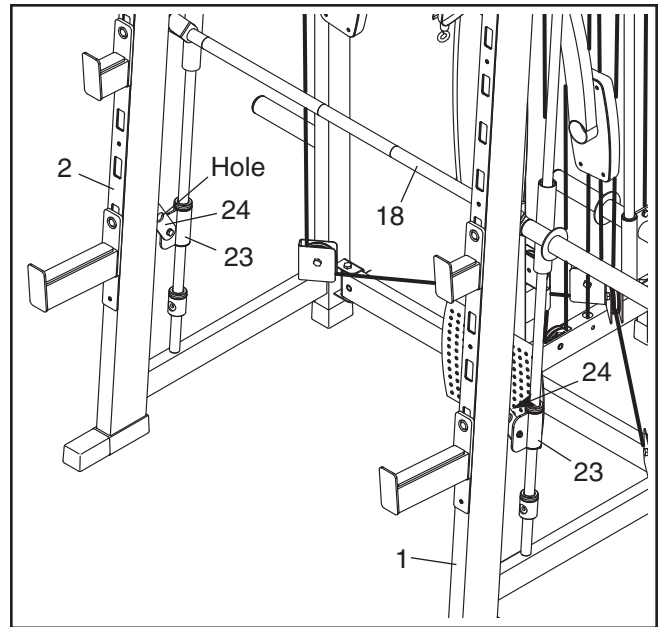


## MOVING THE BARBELL SPOTTERS

To move the right Barbell Spotter (23), use the indicated hole to pull the right Spotter Hook (24) out of the slot in the Right Upright (2). Raise or lower the Barbell Spotter to a new position, and pivot the right Spotter Hook into a slot in the Right Upright. **Note: Always start an exercise with the Barbell Spotters positioned at the lowest point to which you want the Barbell (18) to move during the exercise.**

Adjust the left Barbell Spotter (23) and the left Spotter Hook (24) in the same way.

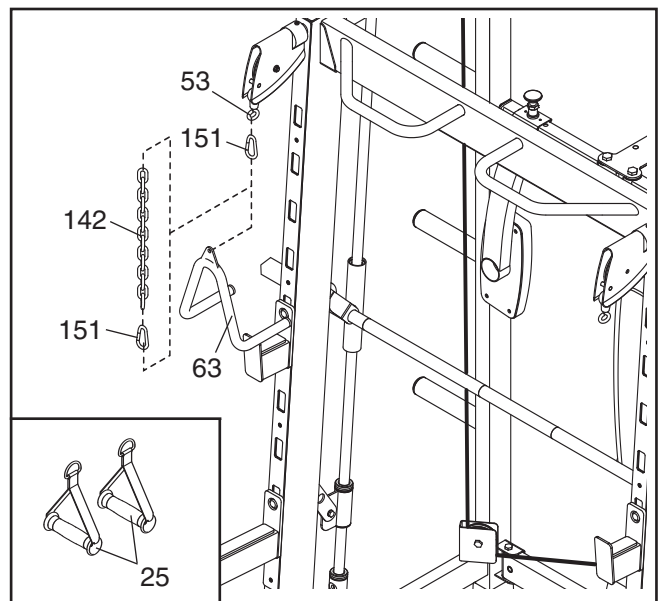
**⚠ WARNING:** Always set both Barbell Spotters (23) at the same height.



## ATTACHING THE ACCESSORIES TO THE HIGH PULLEY STATION

To use the high pulley station, first place the desired weights on the weight carriage (see **ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE** on page 18). Next, attach the Row Bar (63) to the High Cable (53) with a Cable Clip (151). For some exercises, the Chain (142) should be attached between the Row Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Row Bar and the Cable so that the Row Bar is in the correct starting position for the exercise to be performed.**

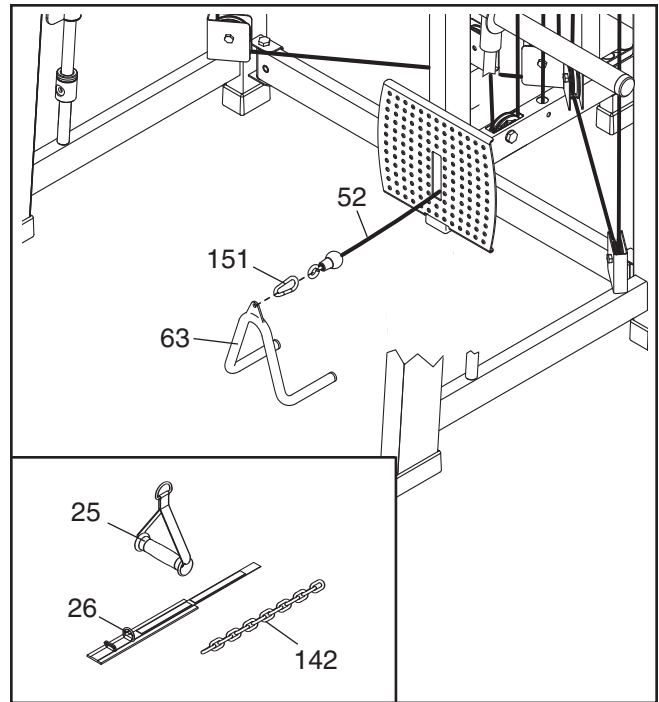
See the inset drawing. The Pulley Handles (25) can be attached to the High Cable (53) in the same way.



## ATTACHING THE ACCESSORIES TO THE LOW PULLEY STATION

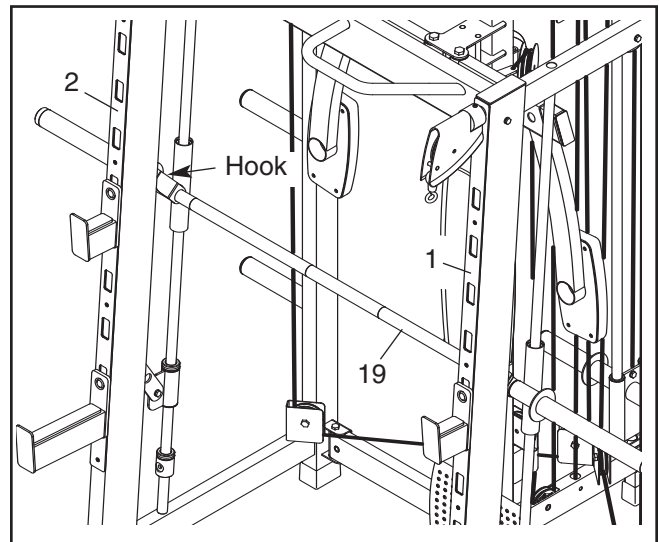
To use the low pulley station, first place the desired weights on the weight carriage (see **ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE** on page 18). Next, attach the Row Bar (63) to the Low Cable (52) with a Cable Clip (151). For some exercises, the Chain (142) should be attached between the Row Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Row Bar and the Cable so that the Row Bar is in the correct starting position for the exercise to be performed.**

**See the inset drawing.** The Ankle Strap (26) and a Pulley Handle (25) can be attached to the Low Cable (52) in the same way.



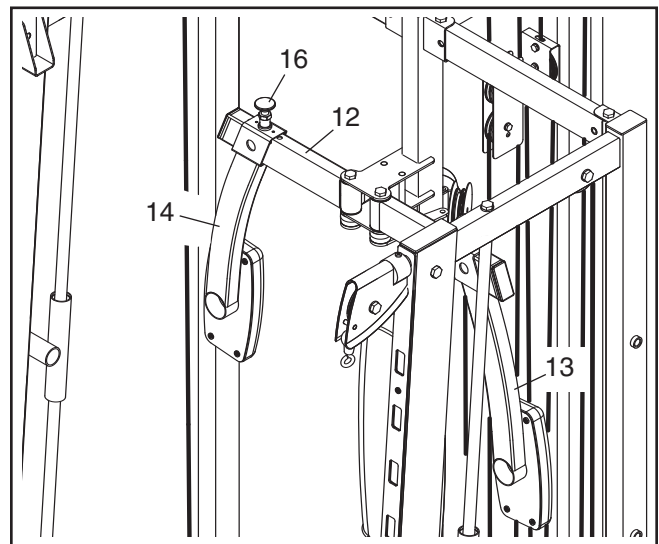
## USING THE LOCKING BAR

Grip the Locking Bar (19) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Left and Right Uprights (1, 2). Raise or lower the Locking Bar to a new position and turn it until the hooks engage slots in the Uprights.



## ADJUSTING THE ARMS

To change the position of the Right Butterfly Arm (14), pull the Butterfly Adjustment Knob (16) out of the Right Butterfly Frame (12). Then, slide the Right Butterfly Arm to the desired position, and reengage the Butterfly Adjustment Knob into the Right Butterfly Frame. **Change the position of the Left Butterfly Arm (13) in the same way.**

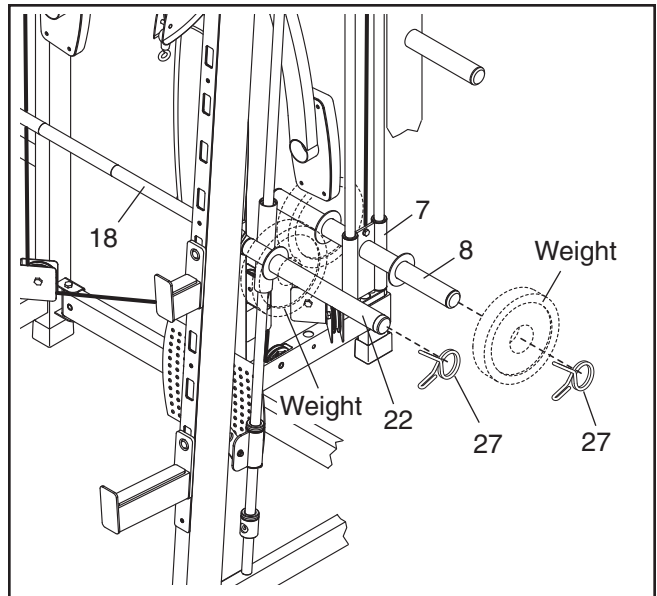


**WARNING:** Always adjust both Butterfly Arms (13, 14) to the same position.

## ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE

To use the Barbell (18) or the Weight Carriage (7), slide the desired amount of weight (not included) onto the Barbell Adapters (22) or the Weight Carriage Tubes (8). Secure the weights with the Weight Clips (27).

**⚠ WARNING:** Do not place more than 310 lbs. (140 kg) on the Barbell (18), or 150 lbs. (68 kg) on the Weight Carriage (7). Always place the same amount of weight on each side of the Barbell or the Weight Carriage. Always secure weights with the Weight Clips (27).



## MAINTENANCE

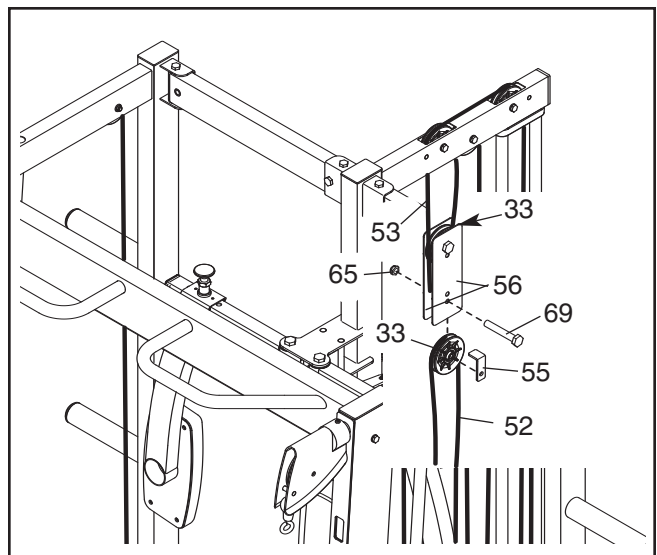
Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

### 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. First, add weights to the weight carriage (see **ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE** above).

Remove the M10 Nylon Locknut (65) and the M10 x 43mm Bolt (69) from the Cable Trap (55) and the Small Pulley (33) near the lower end of the two Pulley Plates (56). Reattach the Small Pulley and the Cable Trap to the hole closer to the center of the Pulley Plates. **Make sure that the Cable Trap is in the proper position and that the Low Cable (52) and the Small Pulley move smoothly.**

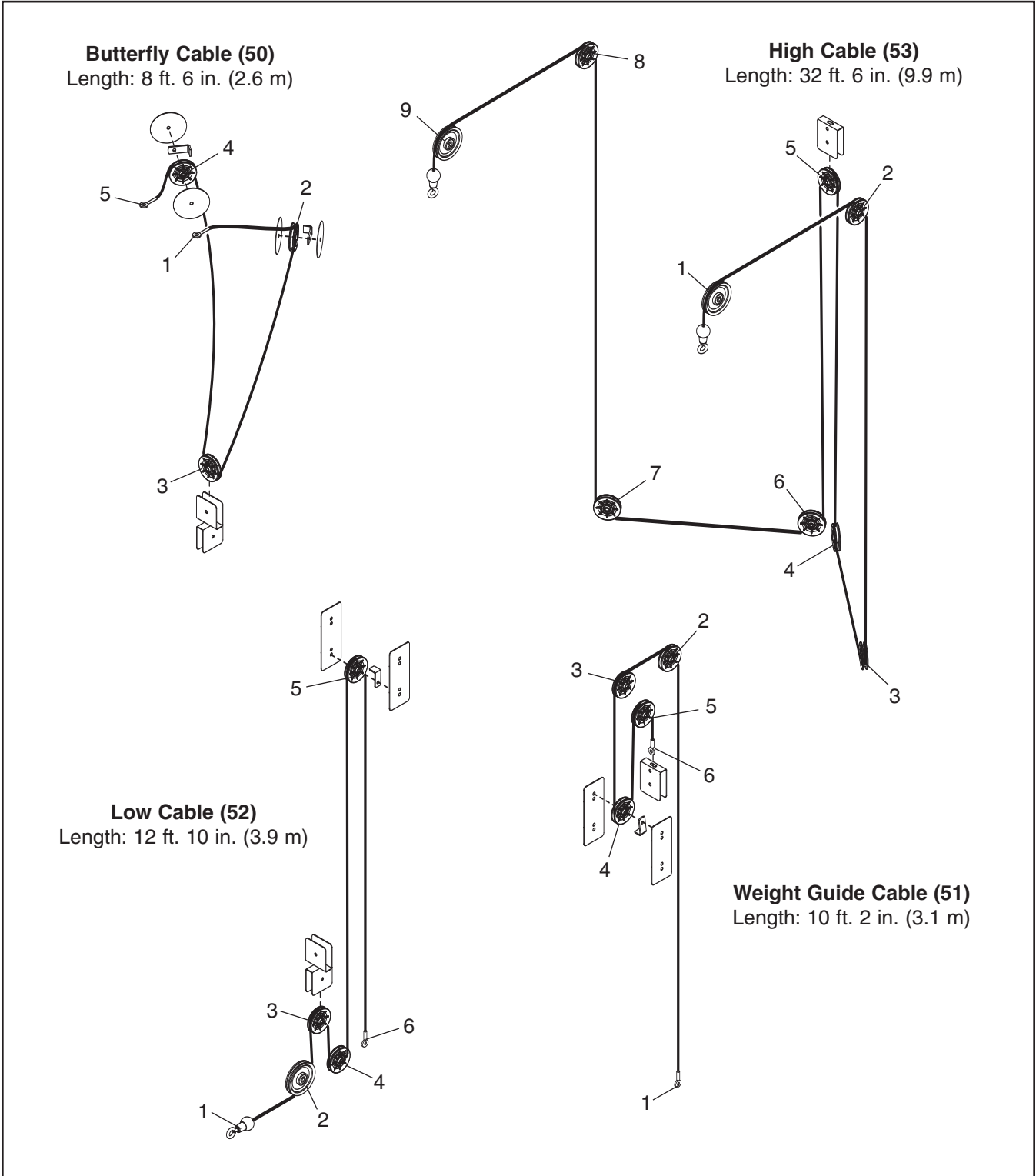
If necessary, adjust the position of the Small Pulley (33) near the upper end of the Pulley Plates (56) in the same way.



**Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.** If a cable needs to be replaced, see **ORDERING REPLACEMENT PARTS** on the back cover of this manual.

# CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables and the cable traps are assembled correctly. If the cables and the cable traps are not assembled correctly, the weight bench will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



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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 continually 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 resistance 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 resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance 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 resistance.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance 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 resistance.

### Weight Loss

To lose weight, use a low amount of resistance 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 follows:

- 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 elliptical exerciser or exercise cycle, 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 appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool 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 workout to workout.

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. See the muscle chart on the next page to find the names of the muscles.

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. 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 as follows:

- 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.

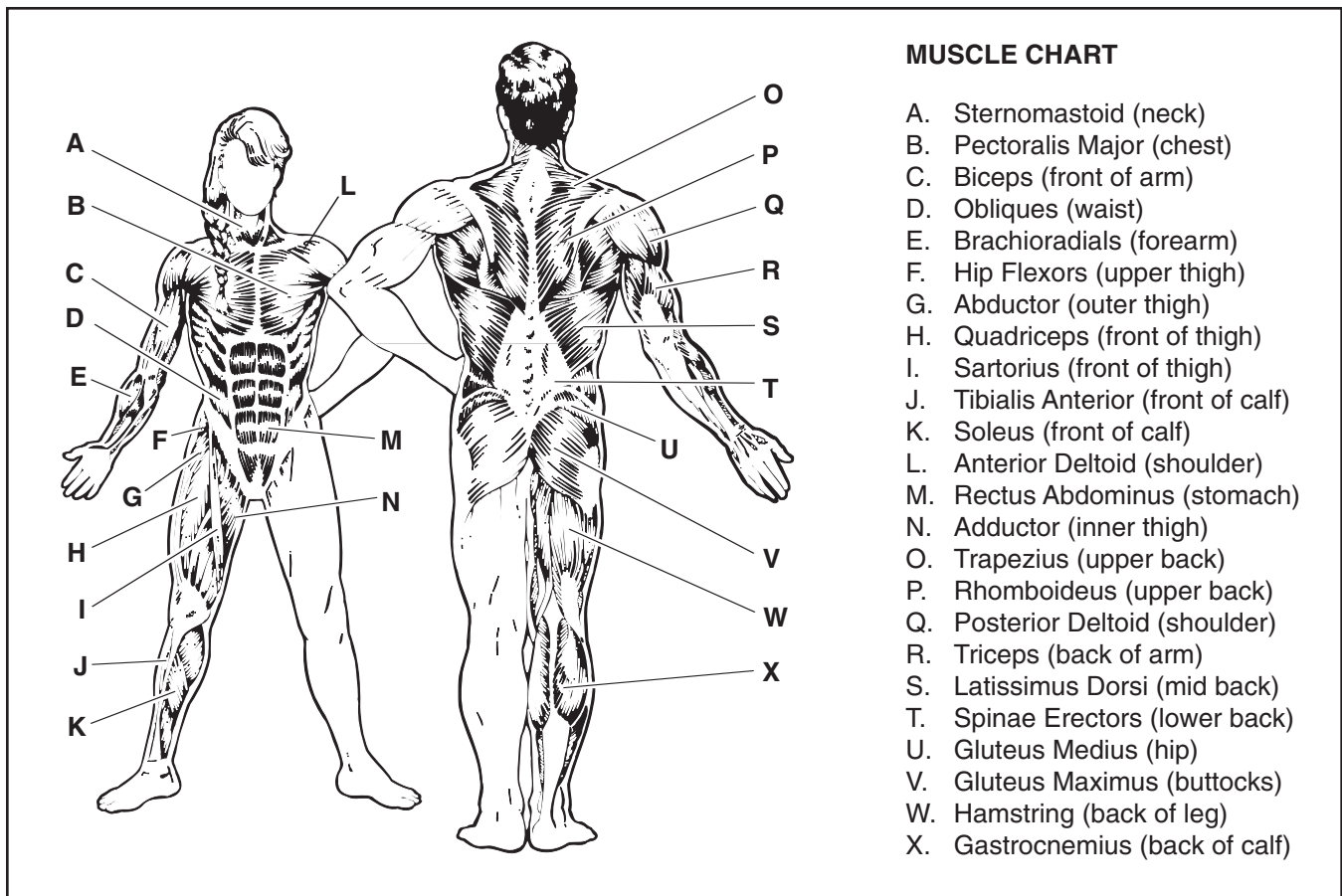
### COOLING DOWN

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



# PART LIST—Model No. WEBE9997.0

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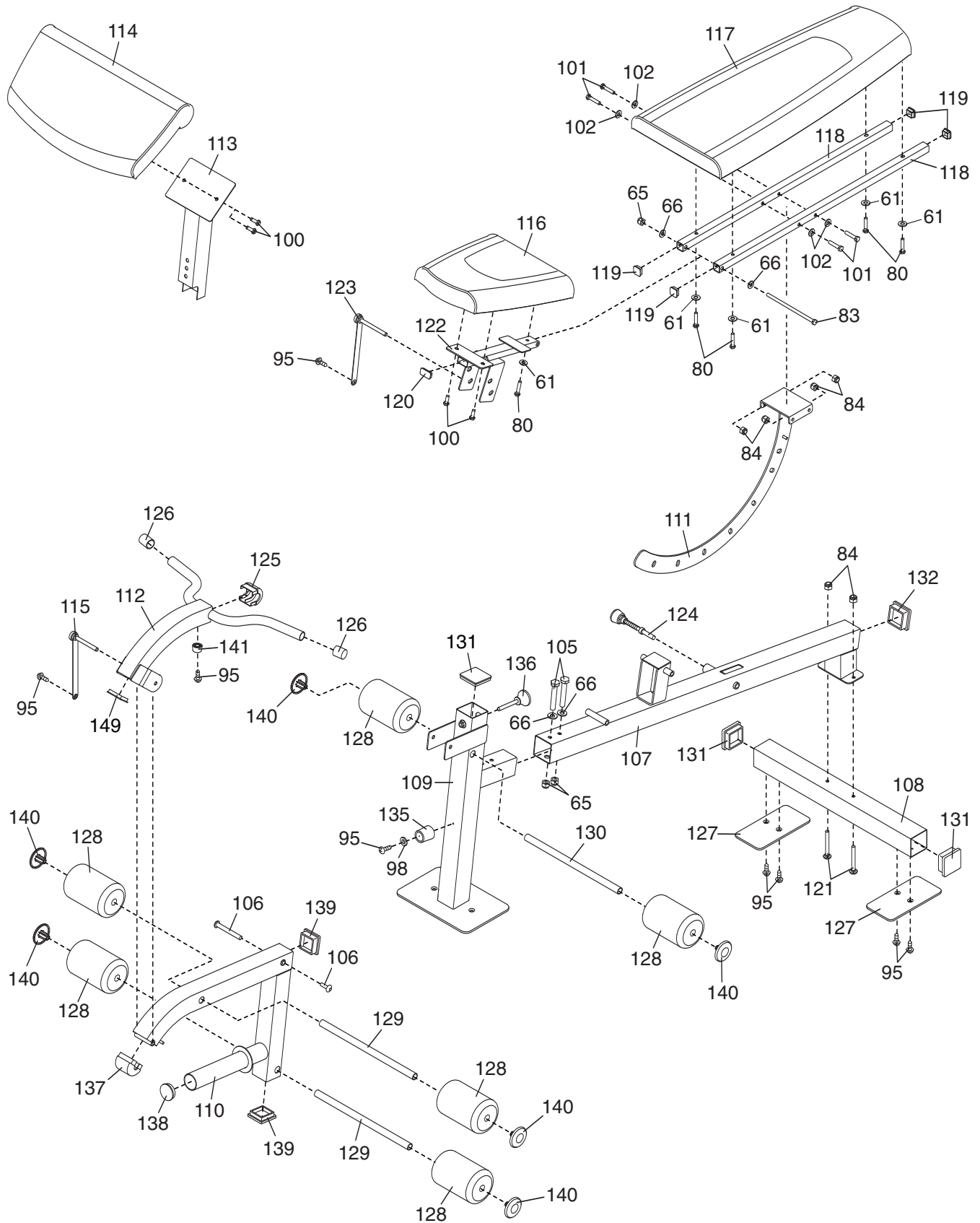
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	51	1	Weight Guide Cable
2	1	Right Upright	52	1	Low Cable
3	1	Center Upright	53	1	High Cable
4	1	Top Frame	54	16	Hinge Frame Bushing
5	4	Hinge Frame	55	2	Cable Trap
6	2	Carriage Guide	56	2	Pulley Plate
7	1	Weight Carriage	57	1	Double "U"-bracket
8	2	Weight Carriage Tube	58	1	"U"-bracket
9	1	Center Backrest	59	6	Weight Storage Tube
10	1	Center Backrest Plate	60	8	48mm Round Inner Cap
11	1	Left Butterfly Frame	61	7	M6 Washer
12	1	Right Butterfly Frame	62	4	Weight Carriage Bushing
13	1	Left Butterfly Arm	63	1	Row Bar
14	1	Right Butterfly Arm	64	4	Swivel Bracket Bearing
15	2	Butterfly Pad	65	37	M10 Nylon Locknut
16	2	Butterfly Adjustment Knob	66	30	M10 Washer
17	2	Barbell Guide	67	12	Small Pulley Spacer
18	1	Barbell	68	2	25mm Round Inner Cap
19	1	Locking Bar	69	12	M10 x 43mm Bolt
20	2	Barbell Carriage	70	2	Large Pulley Spacer
21	2	"V"-pulley	71	7	M10 x 25mm Bolt
22	2	Barbell Adapter	72	4	M6 x 10mm Screw
23	2	Barbell Spotter	73	2	M6 x 87mm Screw
24	2	Spotter Hook	74	4	Barbell Spotter Retainer
25	2	Pulley Handle	75	4	Bar Slide Bushing
26	1	Ankle Strap	76	4	Barbell Bushing
27	2	Weight Clip	77	4	Barbell Bumpers
28	1	Foot Plate	78	4	Barbell Spotter Bushing
29	2	Weight Spotter	79	2	M8 x 25mm Shoulder Bolt
30	2	Weight Rest	80	5	M6 x 40mm Screw
31	2	Upright Plate	81	2	M10 x 50mm Bolt
32	2	Swivel Bracket	82	7	M10 x 55mm Bolt
33	15	Small Pulley	83	1	M10 x 183mm Bolt
34	3	Large Pulley	84	8	M8 Nylon Locknut
35	3	75mm x 50mm Outer Cap	85	2	M10 x 95mm Bolt
36	2	127mm x 50mm Outer Cap	86	2	M12 x 150mm Bolt
37	2	Rack Foot	87	8	M10 x 102mm Bolt
38	2	38mm Square Outer Cap	88	2	M12 x 75mm Bolt
39	2	Weight Spotter Pad	89	2	M12 x 70mm Patch Bolt
40	2	Weight Rest Pad	90	2	M12 x 63mm Patch Bolt
41	1	75mm x 38mm Outer Cap	91	6	M12 x 20mm Patch Bolt
42	2	75mm x 38mm Leaning Cap	92	3	M10 x 60mm Bolt
43	2	Large Cable Trap	93	4	M12 Washer
44	2	Barbell End Knob	94	10	M5 x 15mm Self-tapping Screw
45	2	Barbell Spotter Bumper	95	12	M4 x 15mm Self-tapping Screw
46	4	Butterfly Arm Bracket	96	1	M10 Thin Nut
47	2	Butterfly Bracket	97	2	M12 Nylon Locknut
48	4	Butterfly Bushing Cap	98	5	M4 Washer
49	2	Butterfly Bushing	99	3	M8 Nut
50	1	Butterfly Cable	100	4	M6 x 20mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	4	M8 x 45mm Bolt	129	2	Short Pad Tube
102	4	M8 Washer	130	1	Long Pad Tube
103	3	Cable Stop	131	3	64mm Square Cap
104	3	Cable Eyelet	132	1	64mm Thick Square Cap
105	2	M10 x 75mm Bolt	133	4	Bracket Retainer
106	1	M10 x 70mm Bolt Set	134	8	M6 x 15mm Screw
107	1	Bench Frame	135	1	Leg Bumper
108	1	Bench Stabilizer	136	1	Curl Knob
109	1	Front Leg	137	1	Leg Lever Cap
110	1	Leg Lever	138	1	48mm Thick Round Cap
111	1	Backrest Bracket	139	2	56mm Square Cap
112	1	Curl Bar	140	6	19mm Round Cap
113	1	Curl Post	141	1	Curl Bumper
114	1	Curl Pad	142	1	Chain
115	1	Curl Pin	143	2	127mm x 50mm Inner Cap
116	1	Seat	144	2	75mm x 50mm Inner Cap
117	1	Backrest	145	2	75mm x 38mm Inner Cap
118	2	Backrest Frame	146	2	28mm Round Inner cap
119	4	25mm Square Cap	147	2	63.5mm Round Inner Cap
120	1	20mm x 40mm Cap	148	2	Weight Carriage Bumper
121	2	M8 x 75mm Carriage Bolt	149	1	50mm Square Cap
122	1	Seat Frame	150	4	Cable Guard
123	1	Seat Pin	151	3	Cable Clip
124	1	Bench Knob	*	–	User's Manual
125	1	Curl Cap	*	–	Exercise Guide
126	2	Curl Bar Cap	*	–	Grease Packet
127	2	Bench Stabilizer Plate	*	–	Hex Key
128	6	Foam Pad			

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

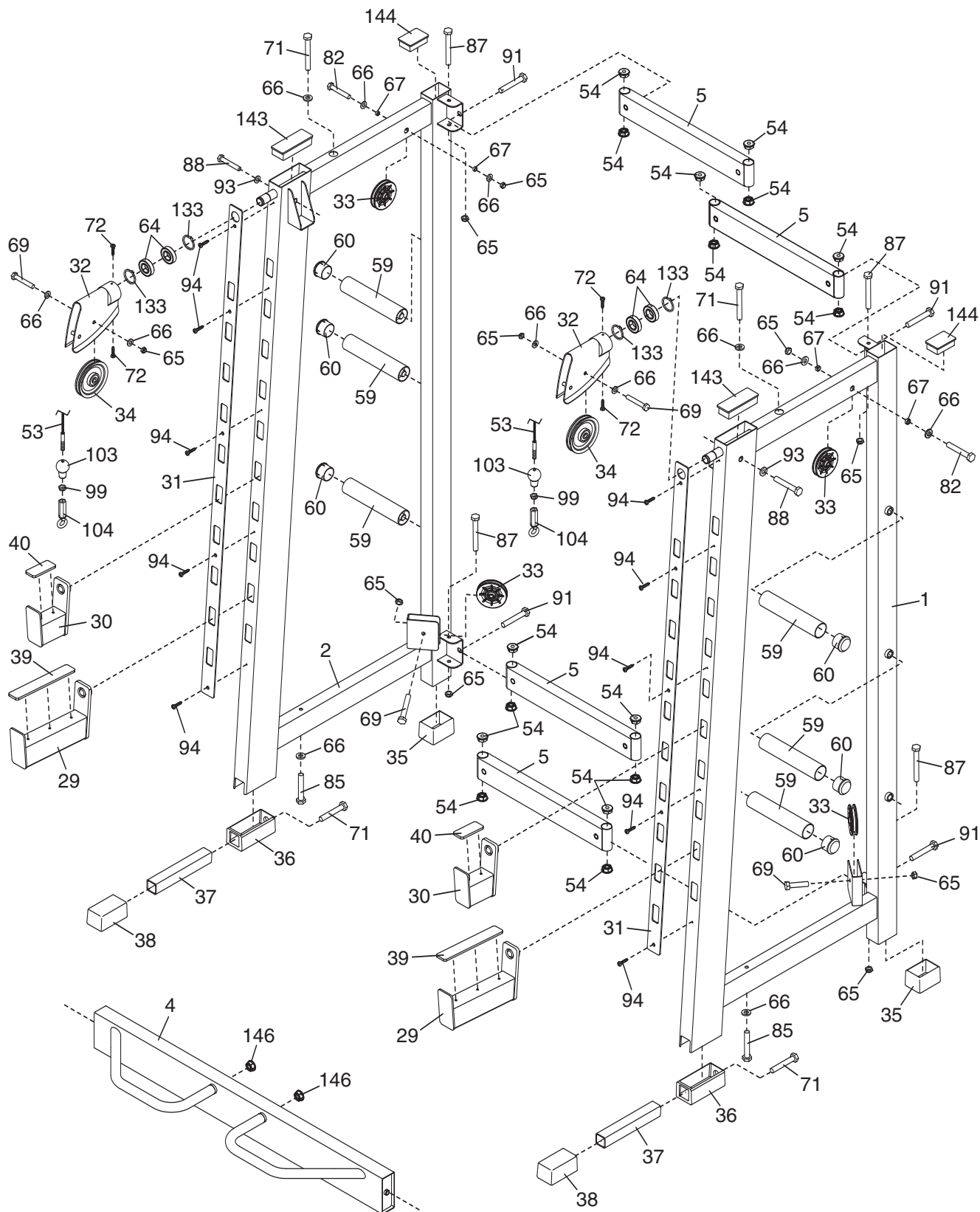
# EXPLODED DRAWING A—Model No. WEBE9997.0

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# EXPLODED DRAWING B—Model No. WEBE9997.0

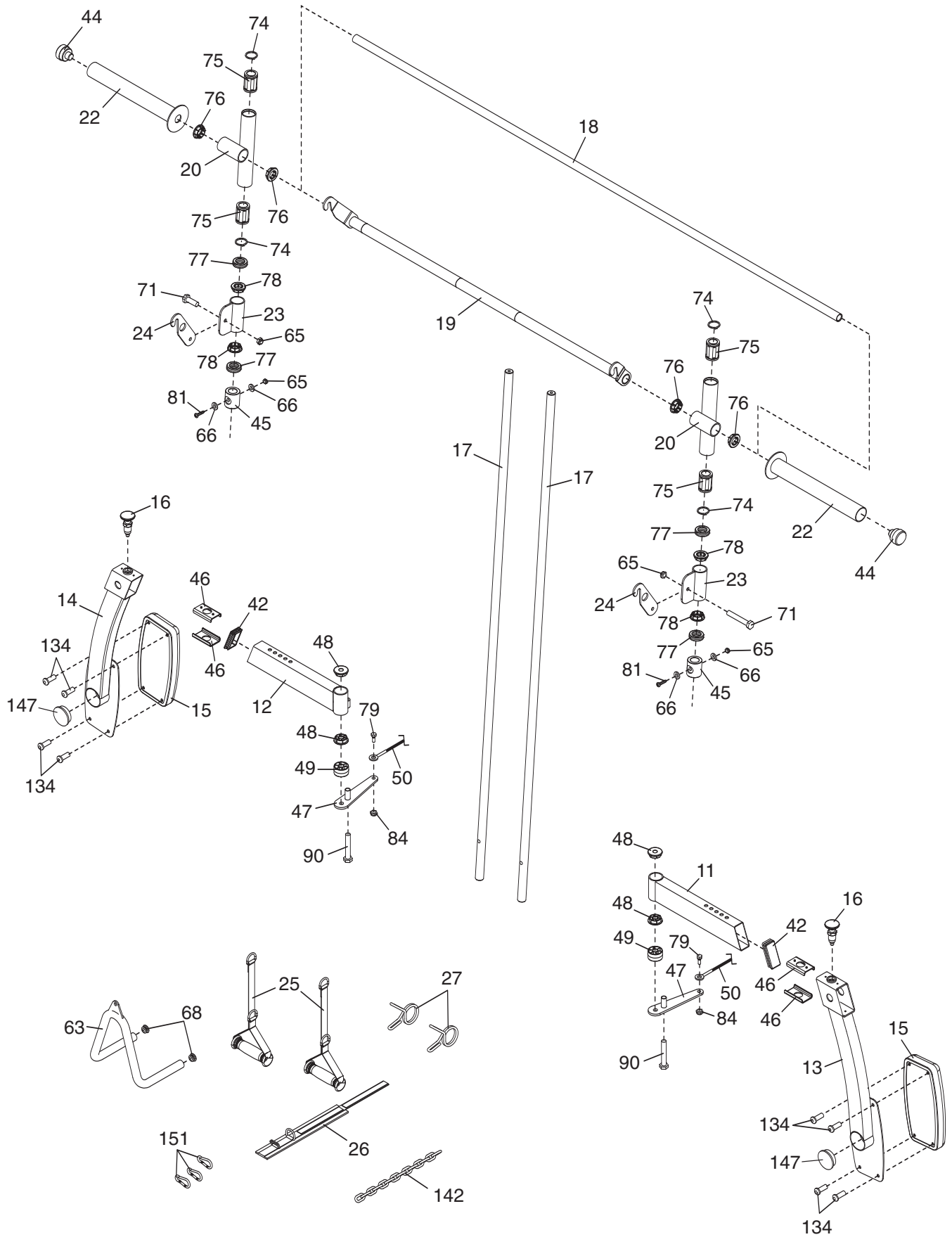
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# EXPLODED DRAWING D—Model No. WEBE9997.0

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

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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.

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