

WEIDER®

305/PRO WORKOUT BENCH

DUMBBELL BENCH & SLANT BOARD COMBO

Model No. WEBEDI3051

QUESTIONS?

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

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

CUSTOMER HOT LINE:

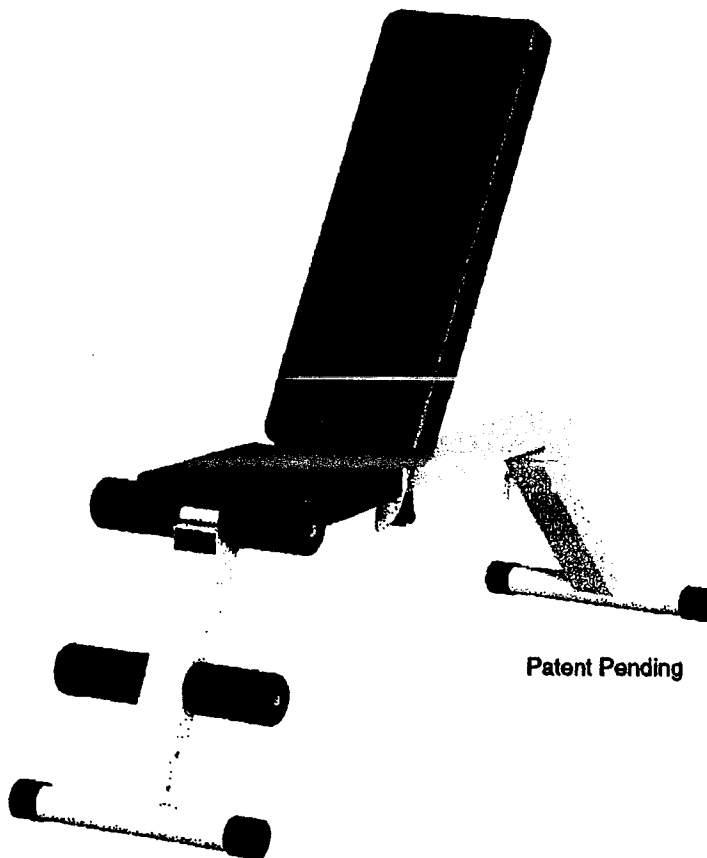
1-800-322-2211

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

⚠ CAUTION

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

USER'S MANUAL



Patent Pending



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Table of Contents

Important Precautions	2
Before You Begin	3
Assembly	4
Adjusting the Weight Bench	6
Suggested Exercises	7
Exercise Guidelines	8
Part List	10
Exploded Drawing	11
Ordering Replacement Parts	Back Cover
Limited Warranty	Back Cover

Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. 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. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor or carpet.
5. Always wear athletic shoes for foot protection while exercising.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
8. Always place the heaviest weights on the bottom rungs of the dumbbell rack.
9. The weight bench is designed to hold a maximum of 360 pounds, including the user and weights. The rack is designed to hold a maximum of 150 pounds.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

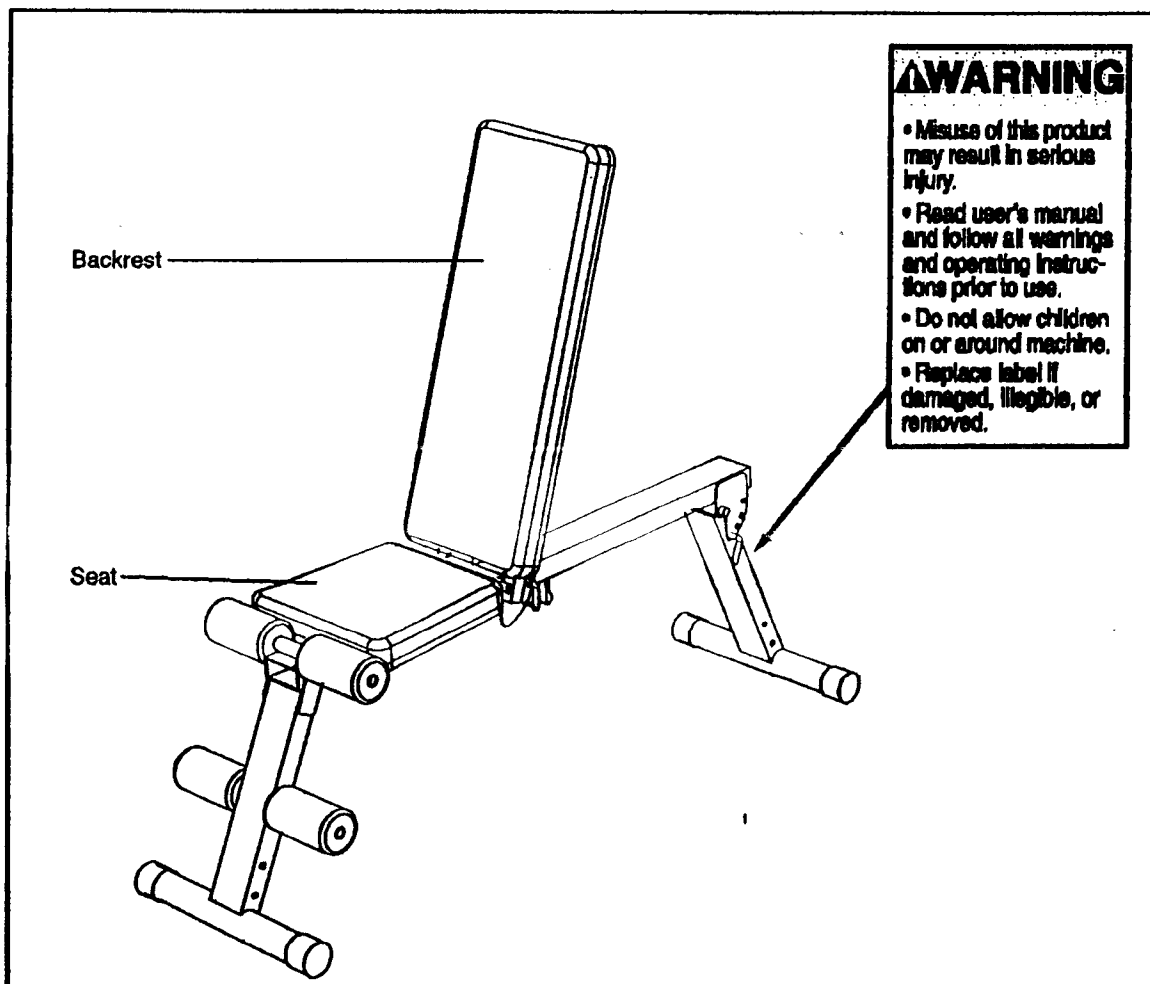
Before You Begin

Thank you for selecting the versatile Dumbbell Bench & Slant Board Combo, 305/Pro Workout Bench. The Dumbbell Bench & Slant Board Combo, 305/Pro Workout Bench is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, this unique workout bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before

using this workout bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-322-2211, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number before calling. The model number is WEBEDI3051.

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



The decal shown above has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-322-2211, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal to the location shown.

Assembly

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

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

The following tools (not included) may be required for assembly:

- Two (2) adjustable wrenches 
- One (1) rubber mallet 

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. Slide Front (30) and Back of the Bench Frame (17) together. Attach with two M8 x 87mm Bolts (18) and four M8 Washers (20) & two M8 Nylon Locknuts (22). See Figure 1.

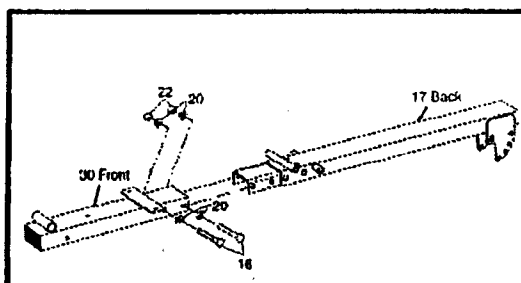


Figure 1

2. Attach Stabilizer (19) into Front Bench Leg (13) with two M8 x 87mm Bolts (18) and four M8 Washers (20) and two M8 Nylon Locknuts (22).

Press four Plastic Caps (31) onto two M8 x 87mm Bolts (18) and two M8 Nylon Locknuts (22)

Repeat this procedure for the back leg.

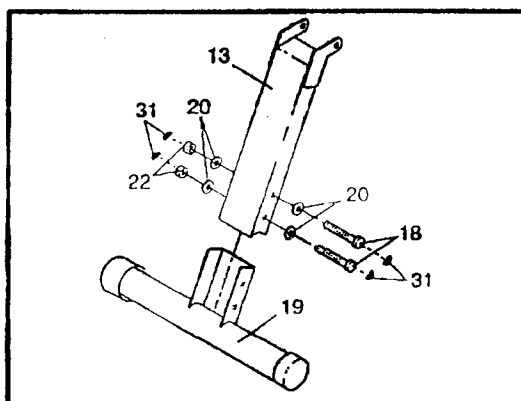


Figure 2

3. Attach Front Bench Leg (13) to Front Bench Frame (30) with a M8 x 90mm Bolt (21) and a M8 Nylon Locknut (22).

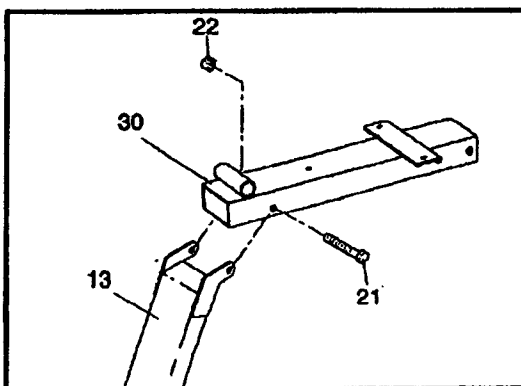


Figure 3

4. Attach the Rear Bench Leg (11) with the M12 x 95 mm Rear Leg Bolt (25) and M12mm Nut (27) as shown in Figure 4. Place M12mm Bolt Caps (28) on each side of bolt after attaching.

Insert Short Rear Leg Pin (29) into a position hole in the Cam on the Bench Frame (17).

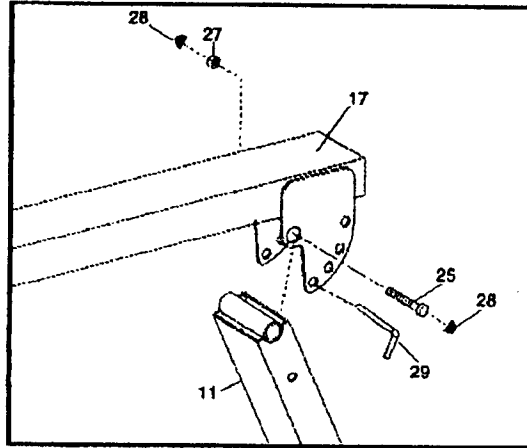


Figure 4

5. Attach Padded Leg Lock to top, front of Bench Frame (30) by sliding the Leg Tube (8) through the Tube Sleeve. Then attach the two Leg Foams (7) to each end of Leg Tube (8).

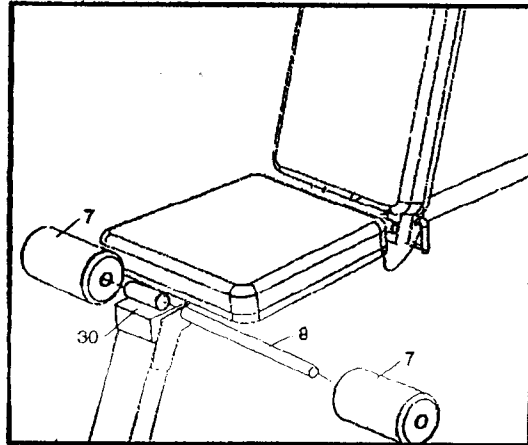


Figure 5

6. Attach Padded Leg Lock to center of Front Bench Leg (13) by sliding the Leg Tube (8) through the hole in the center, side of leg. Then attach the two Leg Foams (7) to each end of Leg Tube (8).

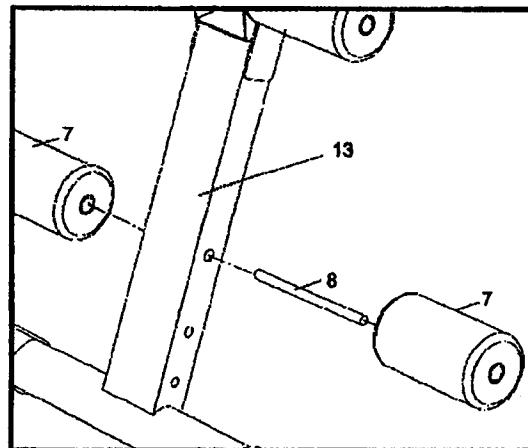


Figure 6

Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the **EXERCISE GUIDELINES** on page 8 for important information on how to get the most benefit from your exercise program. Refer to the **SUGGESTED EXERCISES** on pages 7 and 8 to see the correct form for several exercises. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

Lift Backrest (1) into desired position and lock in place by inserting Long Backrest Pin (16) into selected position hole. See Figure 7.

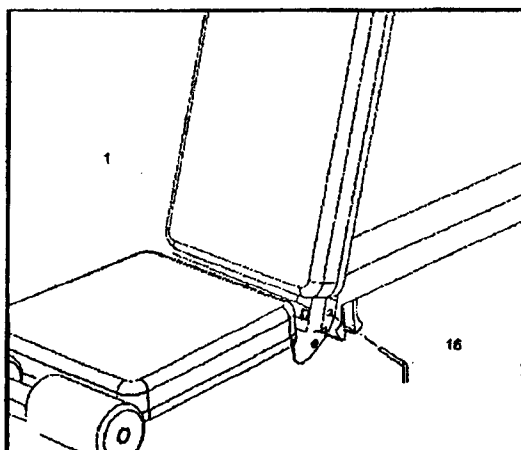


Figure 7

ADJUSTING THE REAR BENCH LEG

Adjust Rear Bench Leg (11) and lock in desired workout position by inserting a short Rear Leg Pin (29) into the desired position hole on the Rear Cam on the bench frame (17).

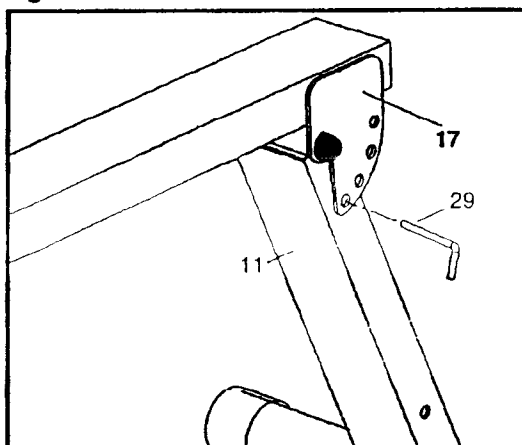


Figure 8

⚠ WARNING:

- Always secure the Backrest (1) in position with the Backrest Pin (16).
- Always secure the Rear Bench Leg (11) in position with the Rear Leg Pin (29) when performing an exercise.

STORING THE BENCH

To store the bench, fold the Bench Legs (11 & 13) under the bench and snap them into the Plastic Clip (15).

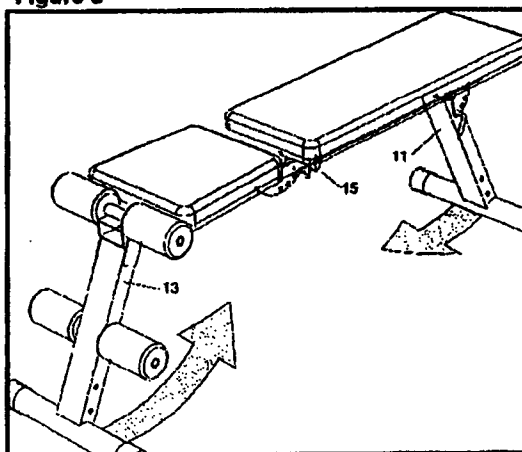


Figure 9

Suggested Exercises

IMPORTANT: This page and page 8 show a selection of exercises that can be performed using the weight bench. Although the photographs show different weight benches, the exercises are performed in the same way.

For more exercise information, refer to the **EXERCISE GUIDELINES** on page 8. For muscle locations, refer to the muscle chart on page 10.



Seated Lat Raise

Raise the dumbbells to the side until they are level with your head.



Military Press

Press the dumbbells up in a straight line.



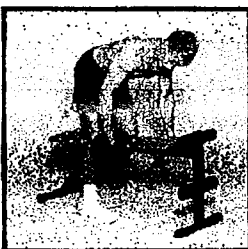
Seated Front Raise

Raise the dumbbells to the front until your arms are horizontal.



Biceps Curl

Keep your upper arm stationary.



Bent Over Row

Lift the dumbbell in a straight line.



Bench Press

Press the dumbbells up in a straight line. Note: A variation of this exercise can be performed with the backrest raised or lowered.



Flyes

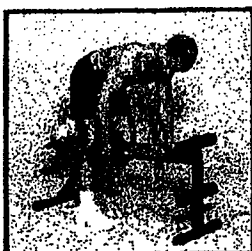
Bend your elbows as you lower the dumbbells to the side. Note: A variation of this exercise can be performed with the backrest raised or lowered.



Alternate French Curl
Keep your upper arms stationary.



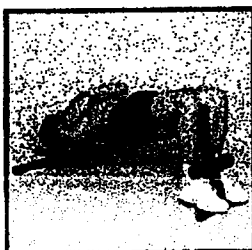
Forearm Curl—(a) Palm Up, (b) Palm Down
Keep your arm stationary. Raise and lower the dumbbell using only wrist motion.



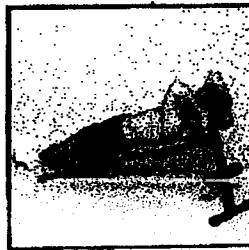
Triceps Kick Back
Keep your upper arm stationary and move the dumbbell straight back.



Shoulder Shrug
Keep your arms straight and shrug your shoulders up as far as possible.



Incline Sit-Up
Use your abdominal muscles to sit up. Keep your back straight.



Leg Raise
Lift your legs with a slow, steady motion—avoid rapid or jerky movements.

Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

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

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

The proper amount of weight for each exercise

depends upon the individual user; you must 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 more weight.

Weight Loss

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

Cross Training

Many people desire a complete and balanced fitness program. Cross training is an efficient way to accomplish this. One example of a balanced program is:

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

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

PERSONALIZING YOUR EXERCISE PROGRAM

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

WARMING UP

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

WORKING OUT

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

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest.

Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On pages 7 and 8 of this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last only 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 very effective for increasing flexibility.

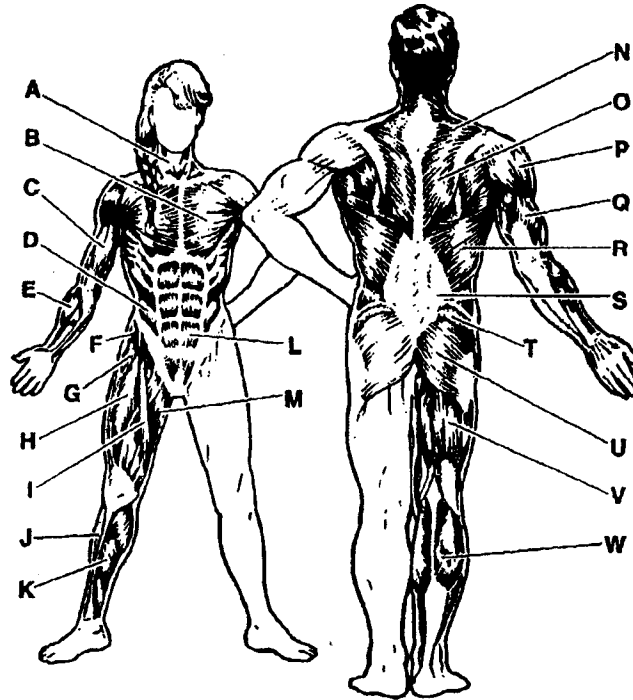
STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

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

MUSCLE CHART

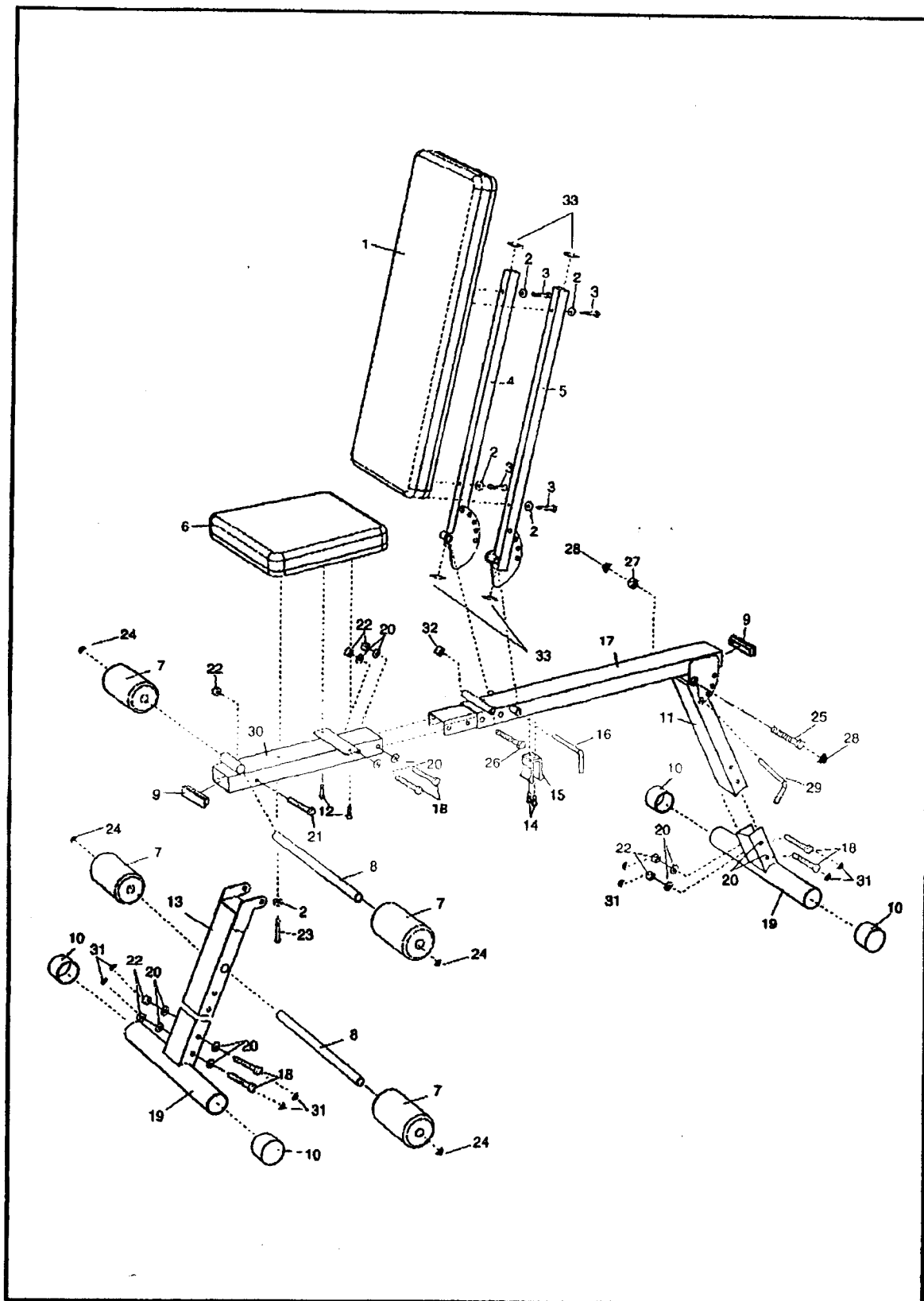
- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
-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



Part List—Model No. WEBEDI3051

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest	20	12	M8 Washer
2	5	M6 Washer	21	1	M8 x 90mm Bolt
3	4	M6 x 38mm Screw	22	7	M8 Nylon Locknut
4	1	Right Backrest Frame	23	1	M6 x 50mm Bolt
5	1	Left Backrest Frame	24	4	19mm Round Cap
6	1	Seat	25	1	Rear Leg Bolt(M12 x 95mm)
7	4	Leg Foams	26	1	M10 x 195mm Bolt
8	2	Leg Tubes	27	1	Nut (M12mm)
9	2	Bench Frame Inner Cap	28	2	Bolt Caps (M12mm)
10	4	Stabilizer Outer Cap	29	1	Rear Leg Pin (Short)
11	1	Rear Bench Leg	30	1	Front Bench Frame
12	2	M6 x 16mm Screw	31	8	Plastic Cap
13	1	Front Bench Leg	32	1	M10mm Nylon Locknut
14	2	Clip Screw	33	4	25.4mm Square Cap
15	1	Plastic Clip			
16	1	Backrest Pin (Long)			
17	1	Bench Frame			
18	6	M8 x 87mm Bolt			
19	2	Stablizer			

Note: Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.



Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-322-2211, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product WEBEDI3051
- The NAME of the product (Dumbbell Bench & Slant Board Combo, 305/Pro Workout Bench)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11).

Limited Warranty

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

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

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

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

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