

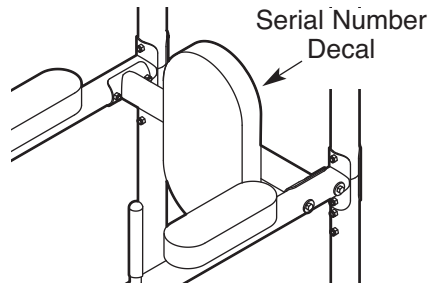
WEIDER® 200

Model No. WEBM0918

Version No. 0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

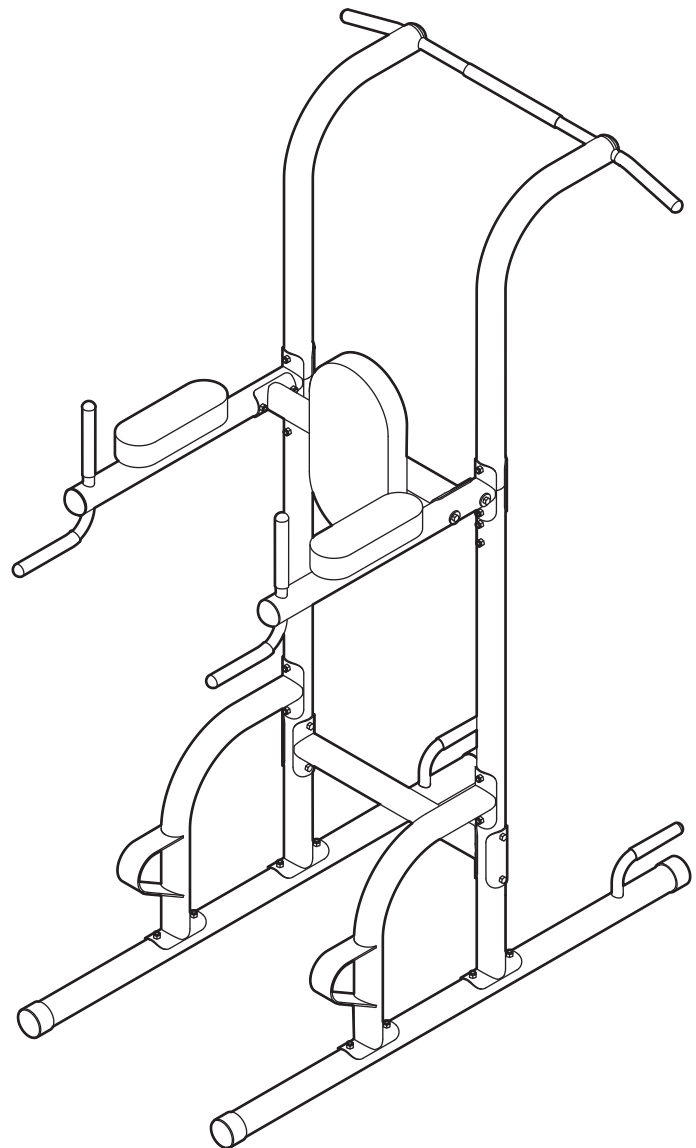
If you have questions, or if parts are damaged or missing, please contact us.

Importer:

Comercializadora México
Americana, S. de R.L. de C.V.
Av. Nextengo No. 78
Col. Santa Cruz Acayucan
Del. Azcapotzalco
México D.F., C.P. 02770
R.F.C. CMA-910911-9L0

Call: 5899 12 00

Web: www.iconservice.com



CAUTION

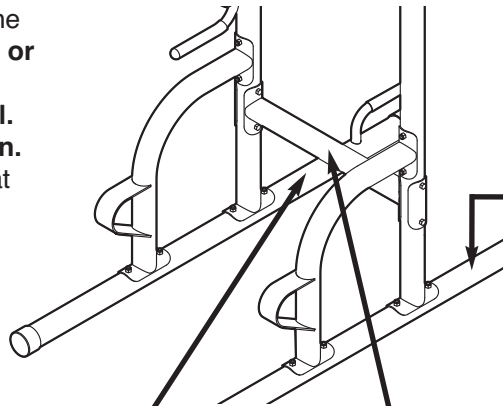
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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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, go to www.iconservice.com 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 300 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.

⚠ ADVERTENCIA WARNING


- Espacio limitado cerca de su cabeza.
- Para prevenir lesiones a su cabeza, coloque su cuerpo apropiadamente.
- Low overhead clearance.
- To prevent head injury, position body properly.



⚠ ADVERTENCIA WARNING

- Mal uso de esta máquina puede resultar en graves lesiones.
- Lea el manual del usuario antes del uso y siga todas las precauciones e instrucciones.
- No deje a niños en o alrededor de la máquina.
- Mantenga el cuerpo, la ropa, y el pelo libres y alejados de todas las piezas Móviles.
- Reemplace la calcomanía si está dañada, ilegible, o faltando.

- 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 exercise rack before using the exercise rack. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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 exercise rack only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.
4. The exercise rack is intended for home use only. Do not use the exercise rack in a commercial, rental, or institutional setting.
5. Keep the exercise rack indoors, away from moisture and dust. Do not put the exercise rack in a garage or covered patio, or near water.
6. Use the exercise rack only on a level surface. Cover the floor beneath the exercise rack to protect the floor.
7. Make sure that all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise rack at all times.
9. The exercise rack is designed to support a maximum user weight of 300 lbs (136 kg).
10. Always wear athletic shoes for foot protection while exercising.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.

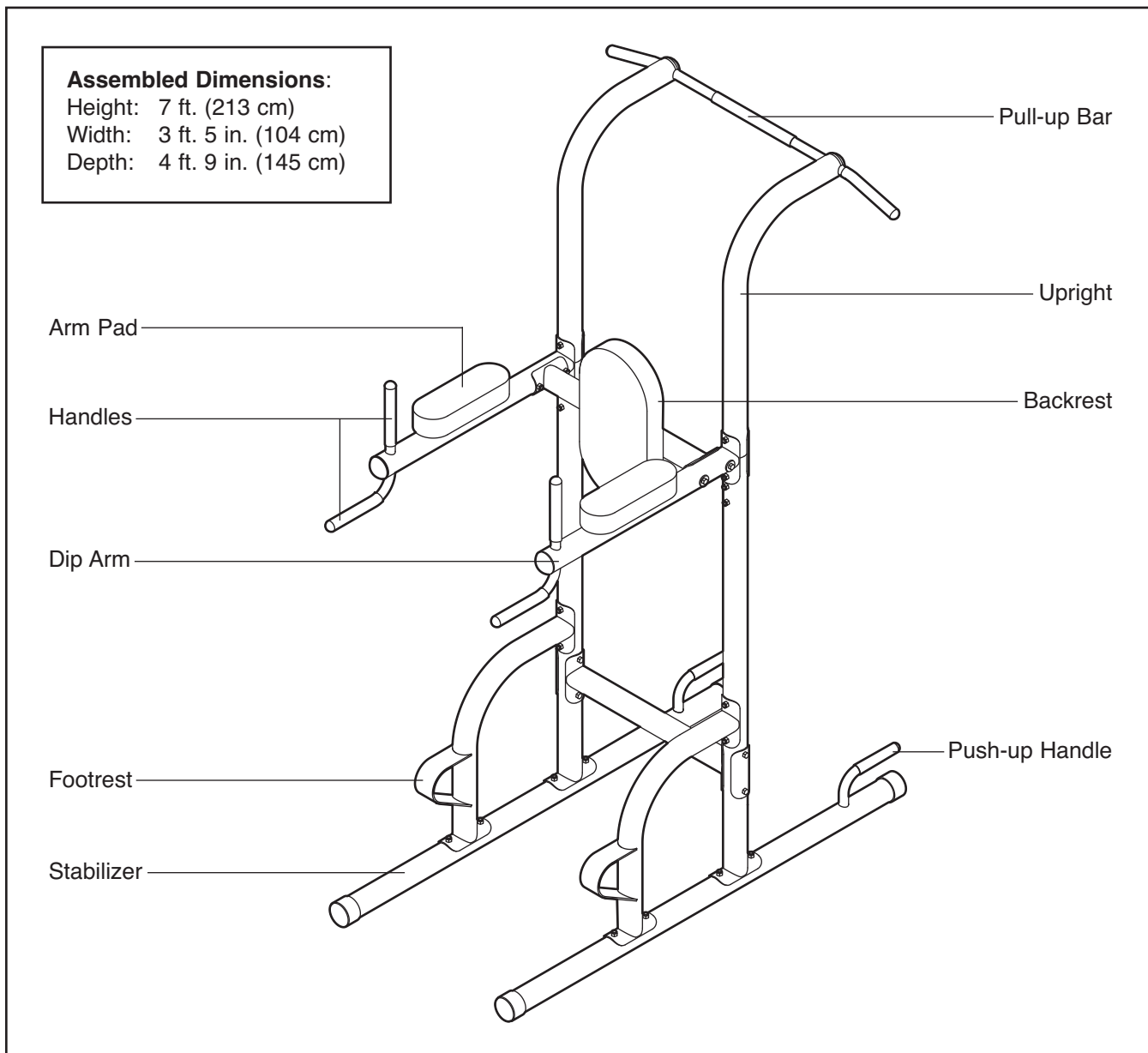
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 200 exercise rack. The exercise rack is designed to help you develop the major muscle groups of the upper body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the exercise rack will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the exercise rack. If you have questions after

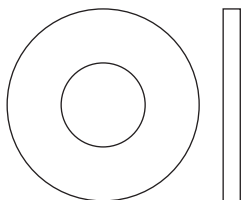
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



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.**



M10 Washer (26)



M8 Washer (23)



M6 Washer (21)



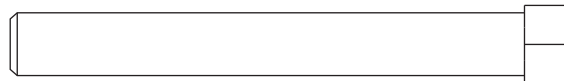
M8 Locknut (22)



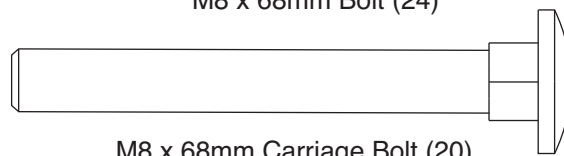
M6 x 16mm Screw (27)



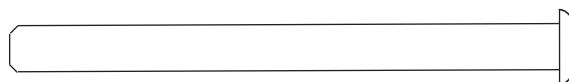
M10 x 50mm Screw (19)



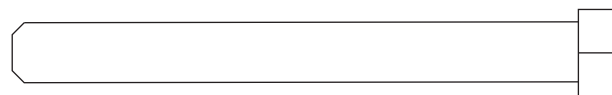
M8 x 68mm Bolt (24)



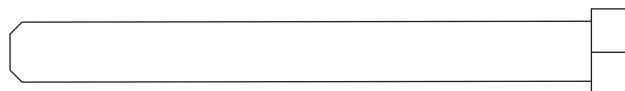
M8 x 68mm Carriage Bolt (20)



M6 x 73mm Screw (18)



M8 x 75mm Bolt (17)



M8 x 77mm Bolt (28)

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the exercise rack 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:

- Assembly requires two persons.
- 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 exercise rack, make sure all parts are oriented as shown in the drawings.

- To identify small parts, use the PART IDENTIFICATION CHART on page 5.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- In addition to the included tools, assembly requires the following tools (not included):

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

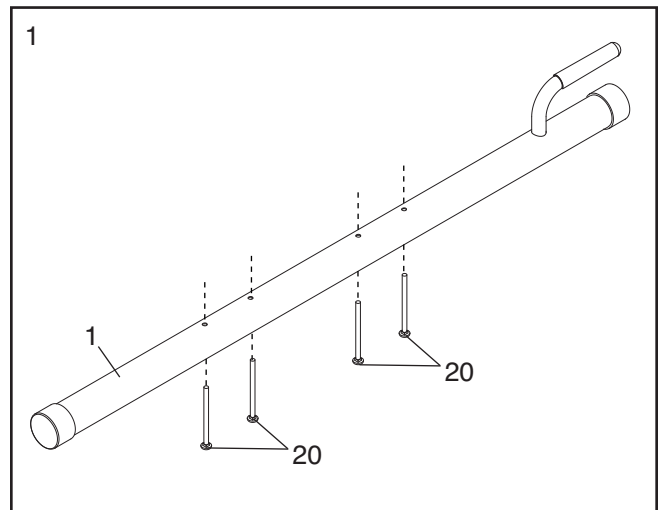
one Phillips screwdriver 

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 that you understand the information in the box above. Important: Some of the parts described in the assembly steps may be preassembled.**

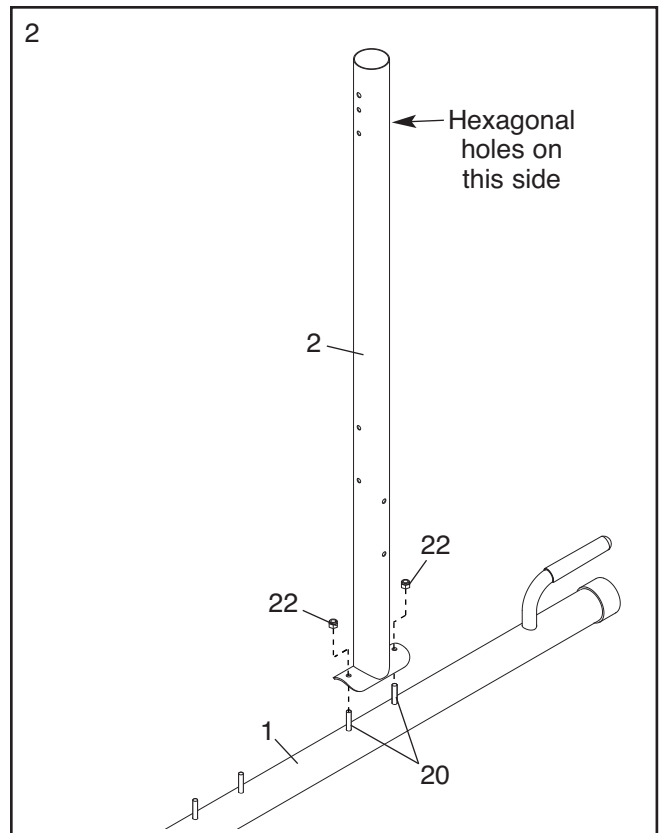
Insert four M8 x 68mm Carriage Bolts (20) up through a Stabilizer (1).

Repeat this step with the other Stabilizer (not shown).



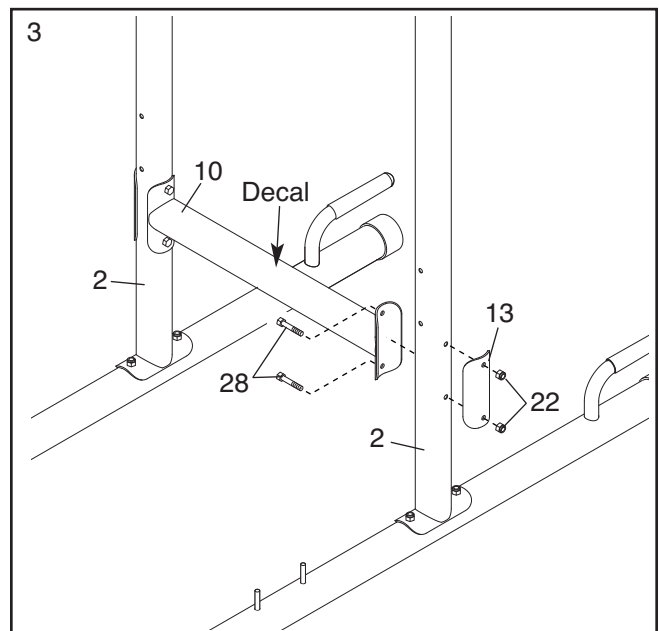
2. Attach an Upright Base (2) to one of the Stabilizers (1) with the indicated two M8 x 68mm Carriage Bolts (20) and two M8 Locknuts (22).
Note: Attach the Upright Base so that the hexagonal holes are on the indicated side. Do not tighten the Locknuts yet.

Attach the other Upright Base (not shown) to the other Stabilizer (not shown) in the same way.



3. Orient the Bottom Crossbar (10) so that the warning decal is on top. Attach the Bottom Crossbar to one of the Upright Bases (2) with two M8 x 77mm Bolts (28), a Support Plate (13), and two M8 Locknuts (22). **Do not tighten the Locknuts yet.**

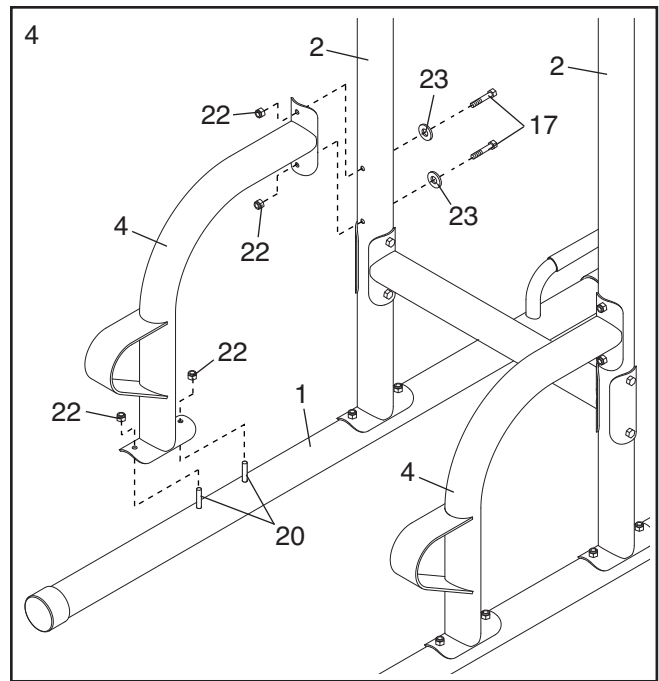
Attach the Bottom Crossbar (10) to the other Upright Base (2) in the same way.



4. Attach a Support (4) to one of the Stabilizers (1) with the two indicated M8 x 68mm Carriage Bolts (20) and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

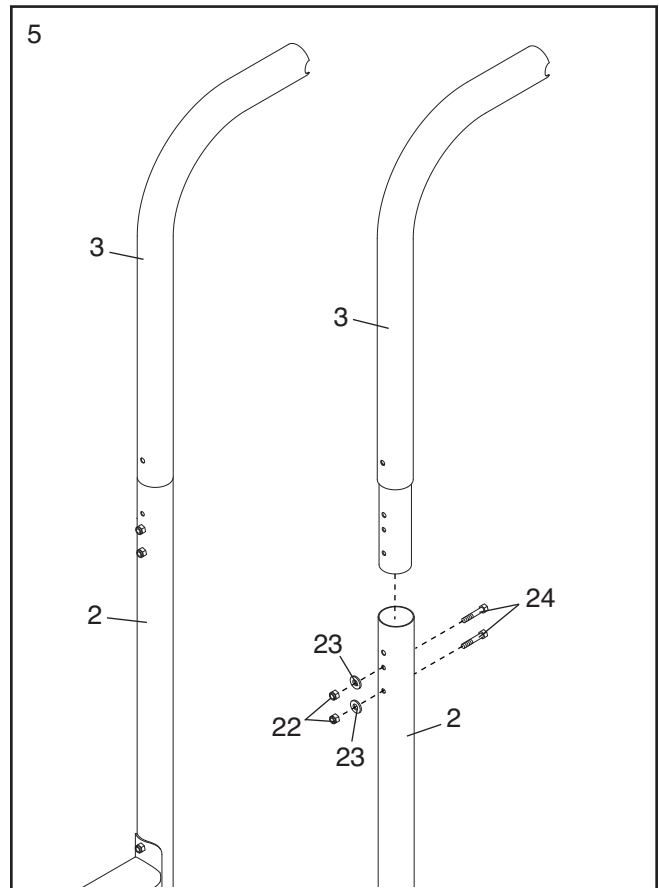
Next, attach the Support (4) to the Upright Base (2) with two M8 x 75mm Bolts (17), two M8 Washers (23), and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

Attach the other Support (4) to the other Stabilizer (not shown) and the other Upright Base (2) in the same way.



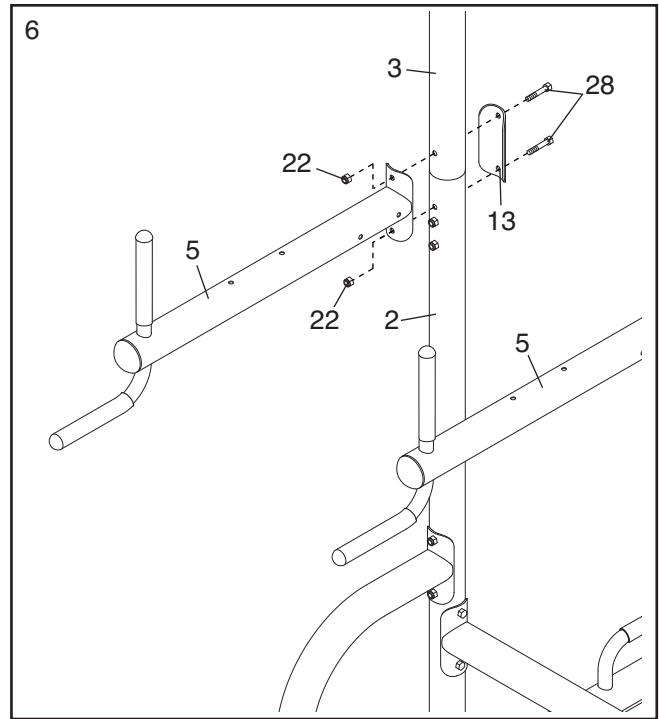
5. Orient one of the Uprights (3) as shown, and attach it to the left Upright Base (2) with two M8 x 68mm Bolts (24), two M8 Washers (23), and two M8 Locknuts (22). **Note: The Bolts must be attached to the lowest set of holes in the Upright and the Upright Base. Make sure that the bolt heads are in the hexagonal holes in the Upright Base. Do not tighten the Locknuts yet.**

Attach the other Upright (3) to the other Upright Base (2) in the same way.



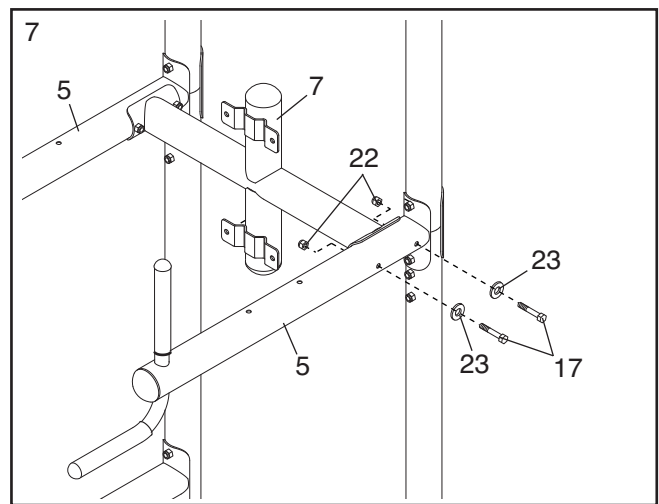
- Attach a Dip Arm (5) to the right Upright (3) and the Upright Base (2) with two M8 x 77mm Bolts (28), a Support Plate (13), and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

Repeat this step with the other Dip Arm (5) and the left Upright (not shown).



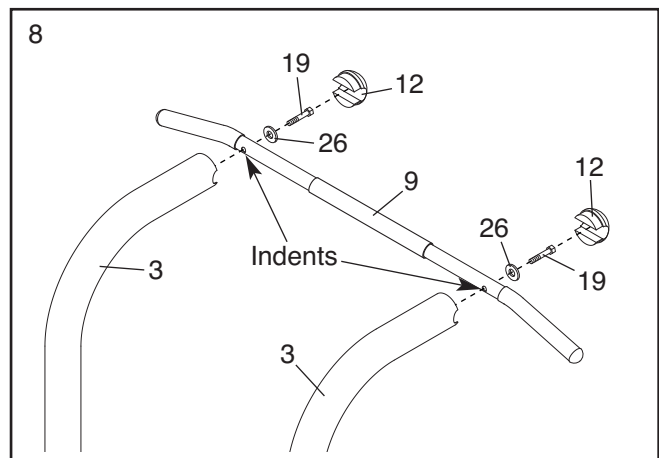
- Attach the Top Crossbar (7) to one of the Dip Arms (5) with two M8 x 75mm Bolts (17), two M8 Washers (23), and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

Attach the Top Crossbar (7) to the other Dip Arm (5) in the same way.

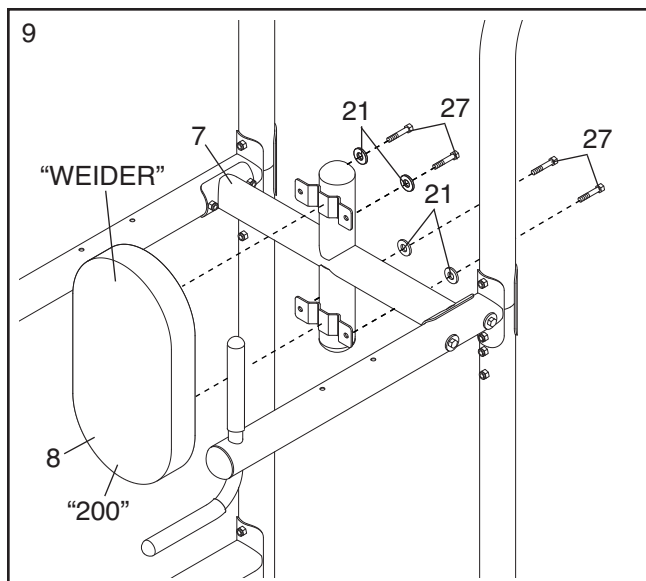


- Attach the Pull-up Bar (9) to the Uprights (3) with two M10 x 50mm Screws (19) and two M10 Washers (26). **Make sure that the indented holes in the Pull-up Bar are on the side shown.** Then, press the two Rubber Caps (12) into the ends of the Uprights.

See steps 2–7. Tighten all the M8 Locknuts (22).

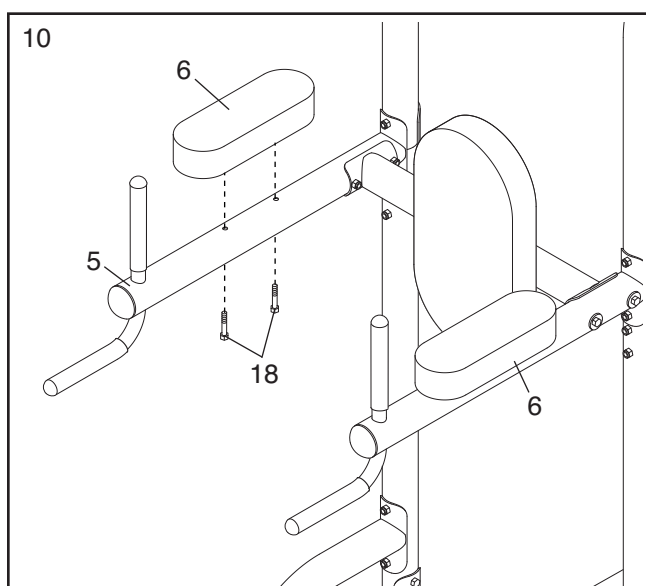


9. Orient the Backrest (8) so that the name "WEIDER" is at the top and the number "200" is at the bottom. Attach the Backrest to the Top Crossbar (7) with four M6 x 16mm Screws (27) and four M6 Washers (21).



10. Attach an Arm Pad (6) to one of the Dip Arms (5) with two M6 x 73mm Screws (18).

Repeat this step with the other Arm Pad (6).



11. **Make sure that all parts have been properly tightened before the exercise rack is used.** Note: Some hardware may be left over after assembly is completed.

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 way 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.

The repetitions in each set should be performed smoothly and without pausing. The exertion stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke 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.

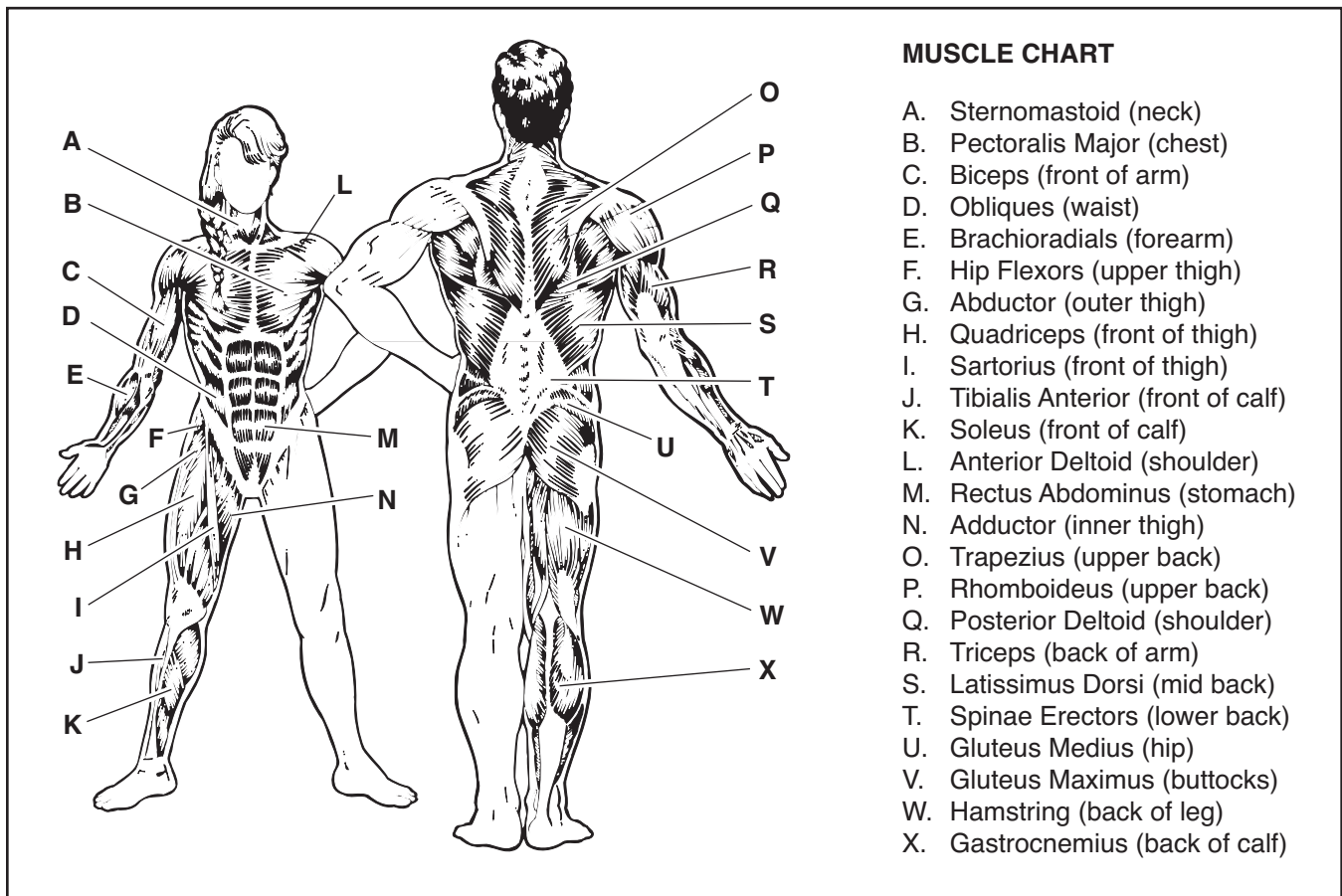
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

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. Write 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.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (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. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

PART LIST—Model No. WEBM0918.0

R1008A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Stabilizer	16	4	60mm Outer Cap
2	2	Upright Base	17	8	M8 x 75mm Bolt
3	2	Upright	18	4	M6 x 73mm Screw
4	2	Support	19	2	M10 x 50mm Screw
5	2	Dip Arm	20	8	M8 x 68mm Carriage Bolt
6	2	Arm Pad	21	4	M6 Washer
7	1	Top Crossbar	22	28	M8 Locknut
8	1	Backrest	23	12	M8 Washer
9	1	Pull-up Bar	24	4	M8 x 68mm Bolt
10	1	Bottom Crossbar	25	1	Foam Grip
11	8	Handgrip	26	2	M10 Washer
12	2	Rubber Cap	27	4	M6 x 16mm Screw
13	4	Support Plate	28	8	M8 x 77mm Bolt
14	8	25mm Cap	*	—	User's Manual
15	4	60mm Cap	*	—	Exercise Guide

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

EXPLODED DRAWING—Model No. WEBM0918.0

R1008A

