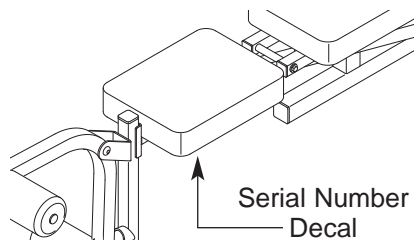


WEIDER® 215

Model No. WEEVBE0726.0

Serial No. _____

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



USER'S MANUAL

QUESTIONS?

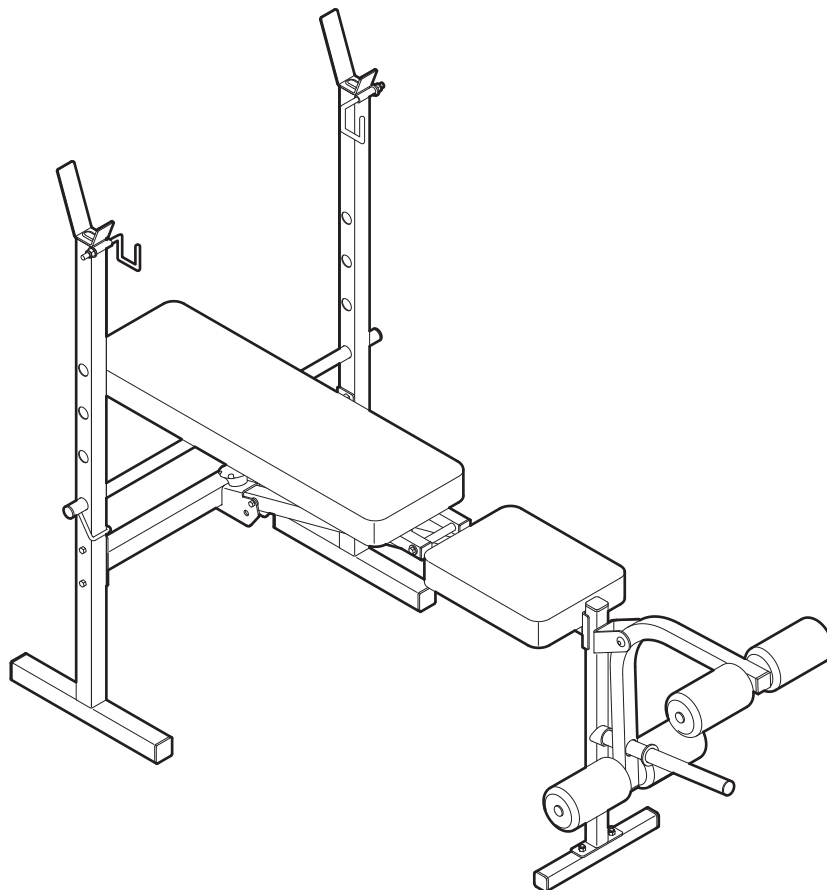
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

csuk@iconeurope.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.iconeurope.com

WEIDER[®]215

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 136 kg (300 lbs.) and a maximum total weight of 186 kg (410 lbs.). Do not place more than 50 kg (110 lbs.), including a barbell and weights, on the weight rests. Do not place more than 22 kg (50 lbs.) on the leg lever. Note: The weight bench does not include a barbell or weights.
10. Always place equal amounts of weight on both ends of your barbell when using it.
11. Do not use a barbell that is longer than 1,5 m (5 ft.) with the weight bench.
12. When adding or removing weights, always keep some weight on both ends of the barbell and secure the barbell with the barbell hooks to prevent the barbell from tipping.
13. When using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
14. When using the backrest in an inclined position or a level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.
15. If you feel pain or dizziness while exercising, stop immediately and cool down.
16. The warning decals shown on page 4 have been placed on the weight bench in the locations shown. If a decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠ 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.

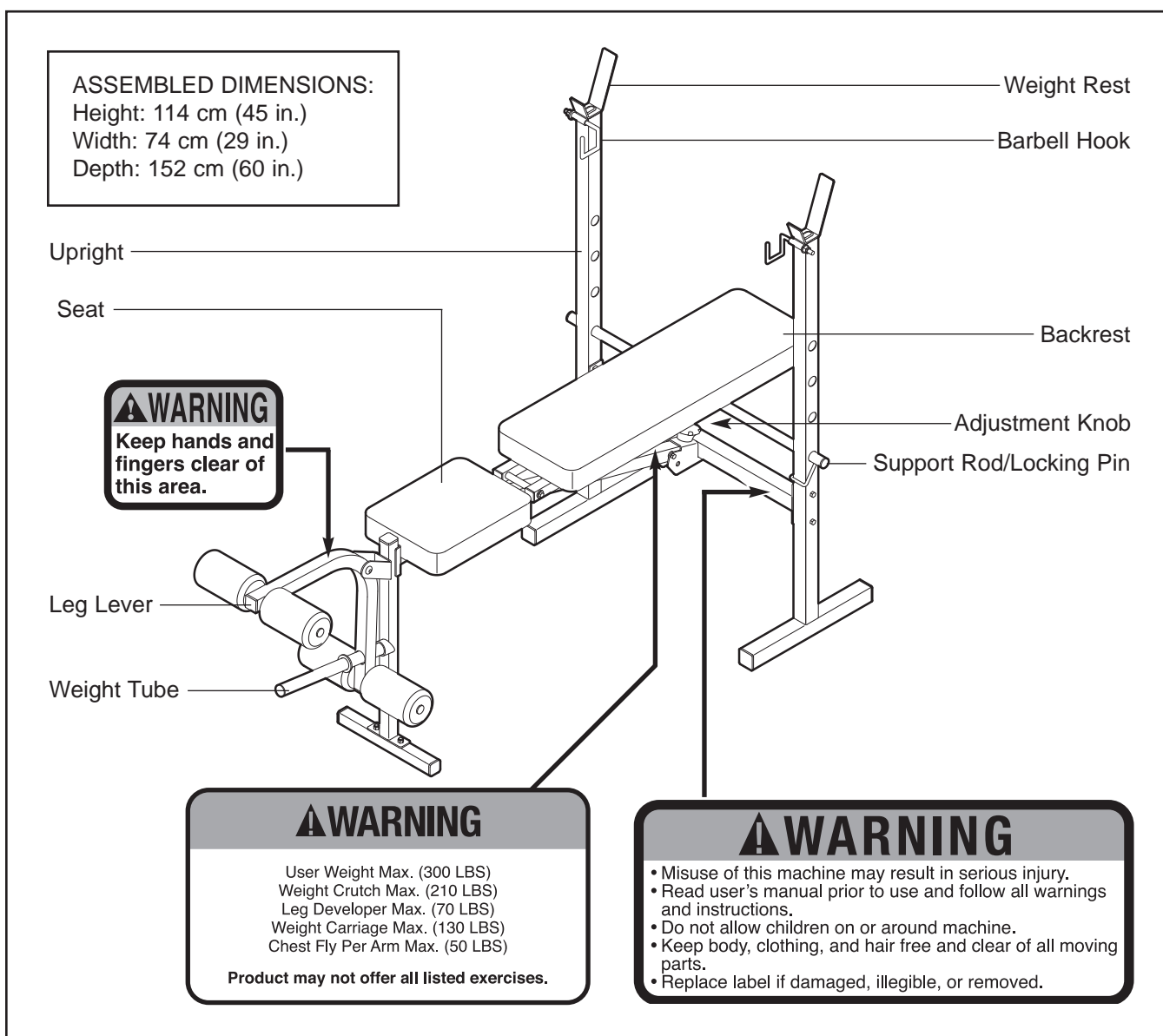
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 215 weight bench. The versatile WEIDER 215 weight bench is designed to be used with your own weight set (not included) to develop the major muscle groups of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER 215 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

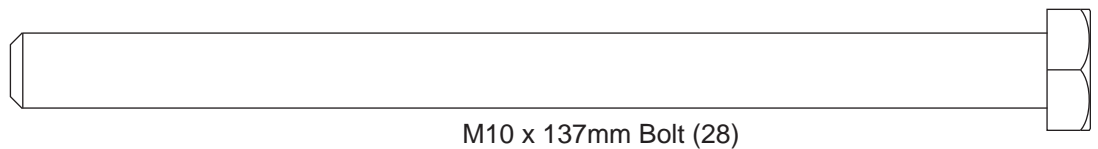
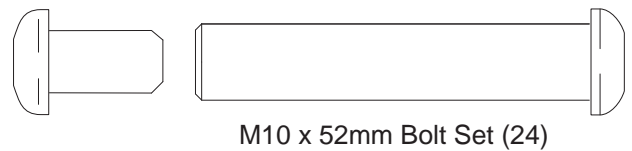
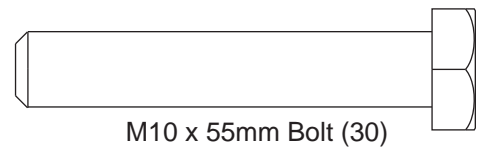
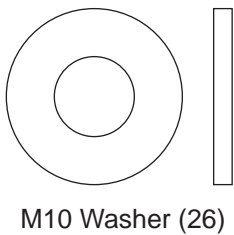
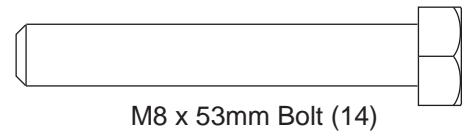
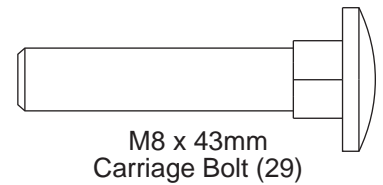
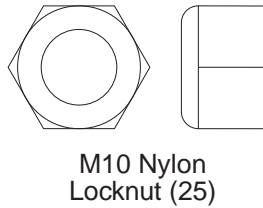
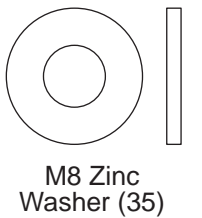
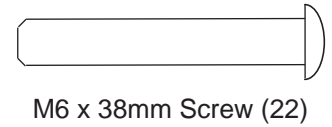
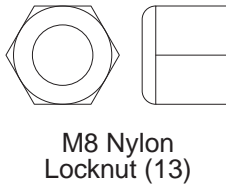
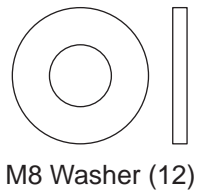
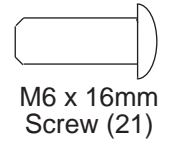
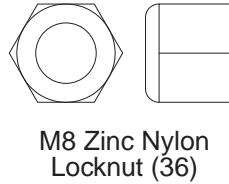
reading this manual, please call the telephone number on the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WEE-VBE0726.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labelled.



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST on page 14. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



ASSEMBLY


Make Assembly Easier



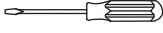
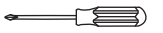
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two persons.
- **For help identifying small parts, see the PART IDENTIFICATION CHART on page 5.**
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, **make sure all parts are oriented as shown in the drawings.**

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

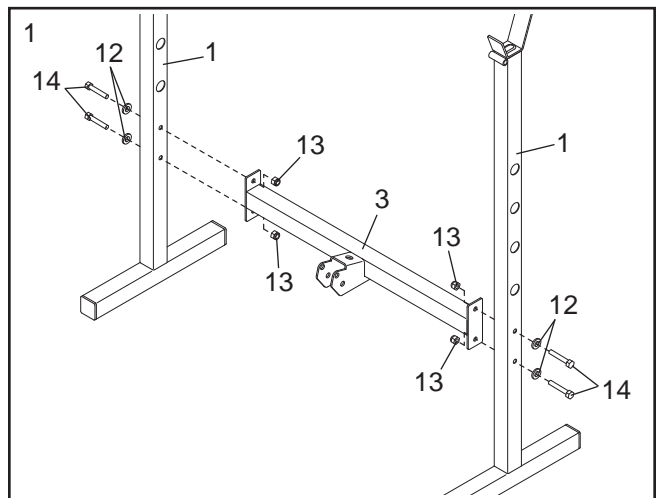
In addition to the included hex key  and grease packets, the following tools (not included) may be required for assembly:

- **Two adjustable spanners** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 

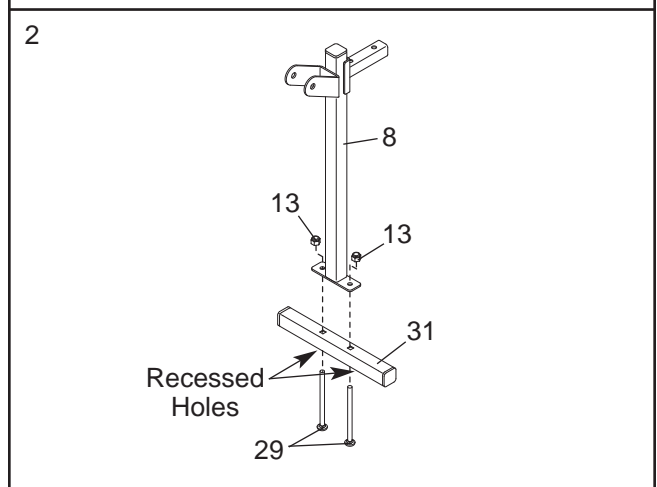
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

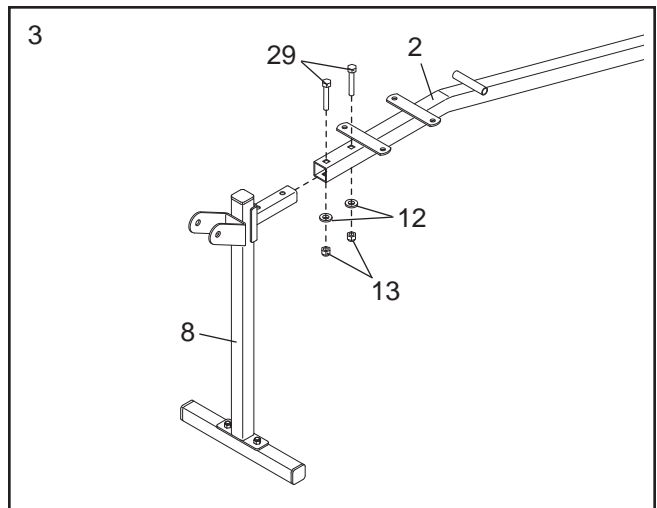
Attach the Crossbar (3) to the two Uprights (1) with four M8 x 53mm Bolts (14), four M8 Washers (12), and four M8 Nylon Locknuts (13). **Do not tighten the Nylon Locknuts yet.**



2. Orient the Stabilizer (31) so the recessed holes are facing the floor. Attach the Stabilizer to the Front Leg (8) with two M8 x 43mm Carriage Bolts (29) and two M8 Nylon Locknuts (13). **Do not tighten the Nylon Locknuts yet.**

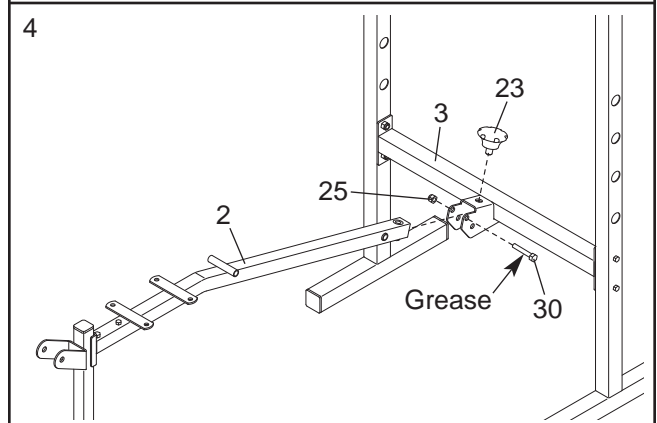


- Attach the Front Leg (8) to the Frame (2) with two M8 x 43mm Carriage Bolts (29), two M8 Washers (12), and two M8 Nylon Locknuts (13). **Do not tighten the Nylon Locknuts yet.**

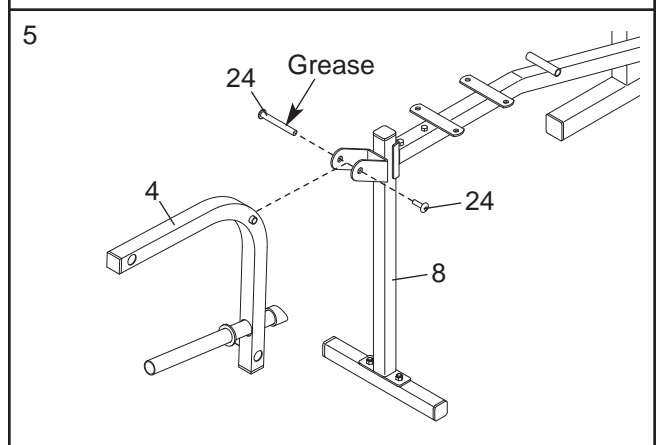


- Apply some of the included grease to an M10 x 55mm Bolt (30). Attach the Frame (2) to the upper set of holes in the bracket on the Crossbar (3) with the Bolt and an M10 Nylon Locknut (25). **Do not overtighten the Nylon Locknut; the Frame must pivot easily.**

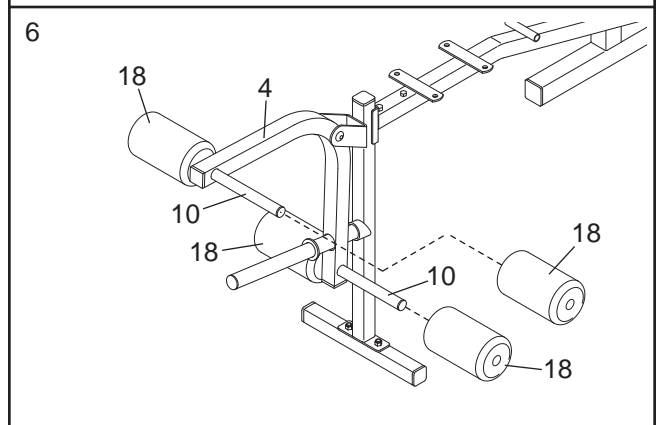
Tighten the Adjustment Knob (23) into the bracket on the Crossbar (3) and the Frame (2).



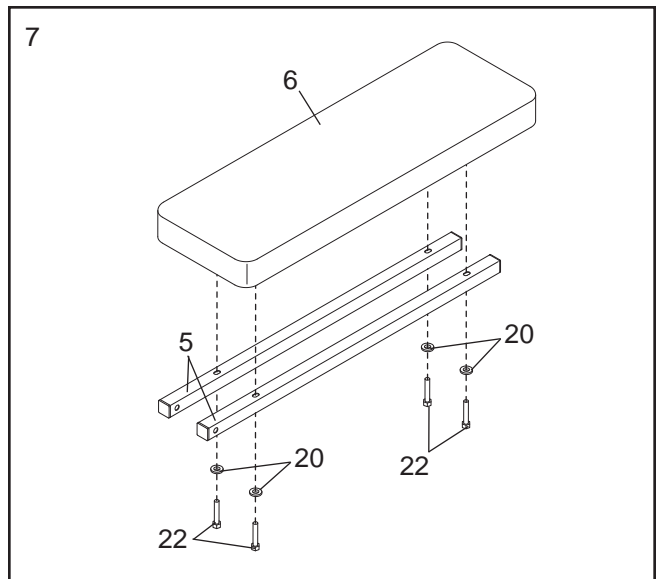
- Apply grease to the barrel of an M10 x 52mm Bolt Set (24). Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**



- Insert the two Pad Tubes (10) into the Leg Lever (4). Slide two Foam Pads (18) onto each Pad Tube.



- Attach the two Backrest Tubes (5) to the Backrest (6) with four M6 x 38mm Screws (22) and four M6 Washers (20). **Do not tighten the Screws yet.**

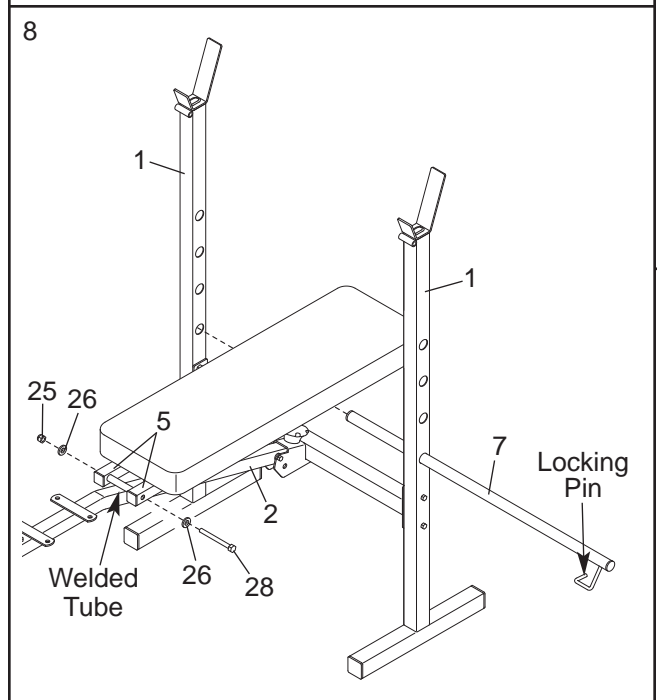


- Insert the Support Rod (7) through a set of holes in the Uprights (1). **Make sure that the locking pin is on the side shown.** Rotate the Support Rod to the locked position, with the locking pin wrapped around the left Upright.

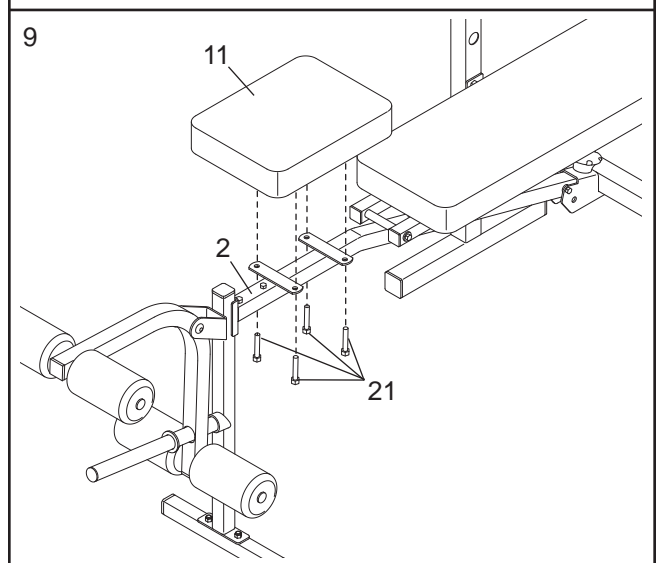
Apply grease to an M10 x 137mm Bolt (28). Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (26), and an M10 Nylon Locknut (25). **Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**

See steps 1–3. Tighten the M8 Nylon Locknuts (13) used in these steps.

See step 7. Tighten the four M6 x 38mm Screws (22).

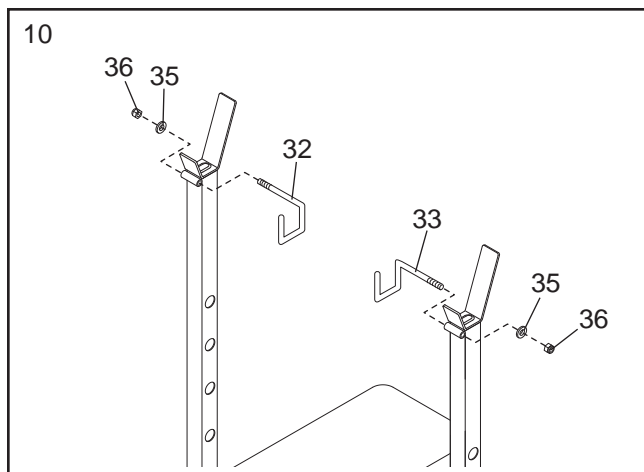


- Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (21).



10. Attach the Right Barbell Hook (32) to the right Upright (1) with an M8 Zinc Washer (35) and an M8 Zinc Nylon Locknut (36). **Do not overtighten the Nylon Locknut; the Barbell Hook must pivot easily.**

Attach the Left Barbell Hook (33) to the left Upright (1) with an M8 Zinc Washer (35) and an M8 Zinc Nylon Locknut (36). **Do not overtighten the Nylon Locknut; the Barbell Hook must pivot freely.**



11. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting on page 10.**

ADJUSTMENTS

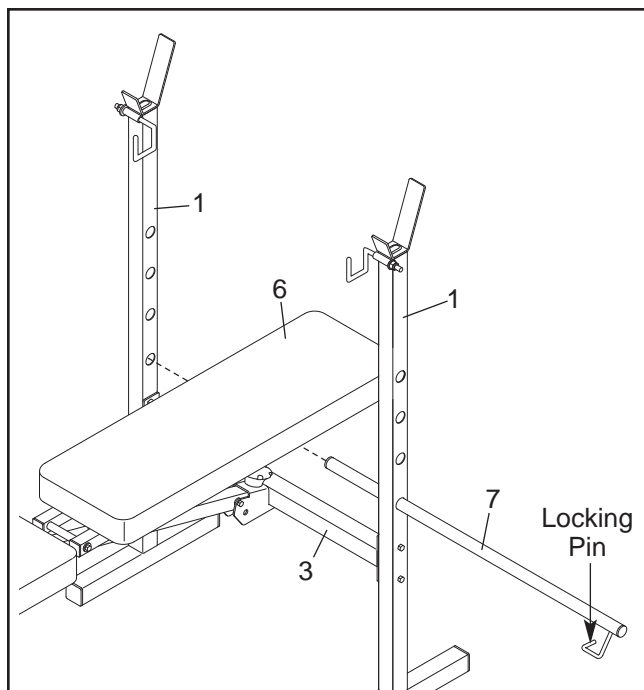
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise guide to see the correct form for several exercises.

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.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a declined position, a level position, or any of three inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

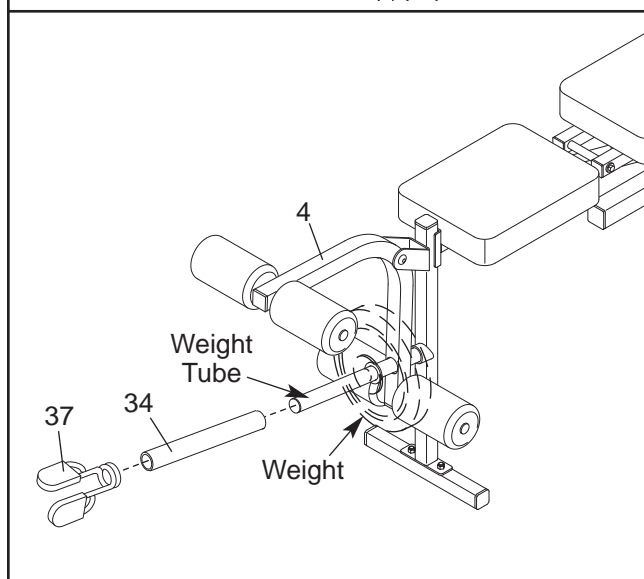
To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, so the locking pin is wrapped around the Upright. Then, rest the Backrest on the Support Rod.



ATTACHING WEIGHTS

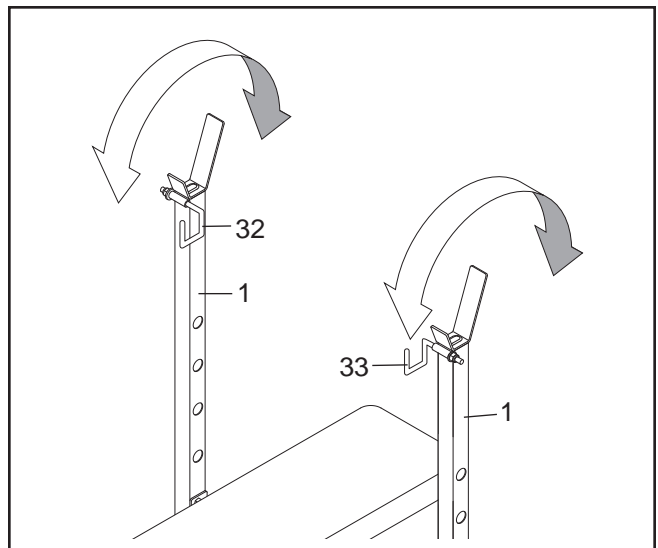
To use the Leg Lever (4), slide the desired weights onto the weight tube on the Leg Lever. If the weights have large center holes, slide the Weight Adapter (34) onto the weight tube. Always secure weights with a Weight Clip (37).

⚠ WARNING: Do not place more than 22 kg (50 lbs.) on the Leg Lever. When using the Leg Lever (4), place a barbell with the same amount of weight on the weight rests to balance the bench.



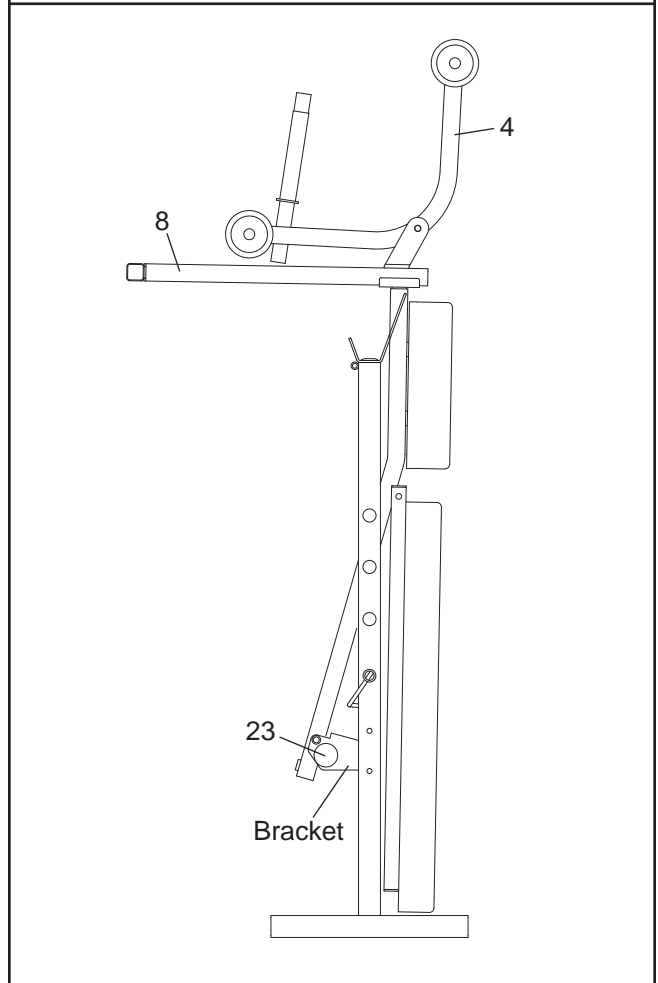
USING THE BARBELL HOOKS

To change weights while your barbell is on the Uprights (1), secure the barbell by rotating the Barbell Hooks (32, 33) over the barbell. This will reduce the possibility of the barbell tipping while you are changing weights.



STORING THE WEIGHT BENCH

Before storing the weight bench, remove any weights from the Leg Lever (4). To store the weight bench, first remove the Adjustment Knob (23) from the indicated bracket. Next, lift the Front Leg (8) as far as it will go. Then, tighten the Adjustment Knob into the bracket. The Adjustment Knob will prevent the weight bench from unfolding.



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

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

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

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan 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, plus develop your heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

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

WARMING UP

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

WORKING OUT

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

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

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 13 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

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

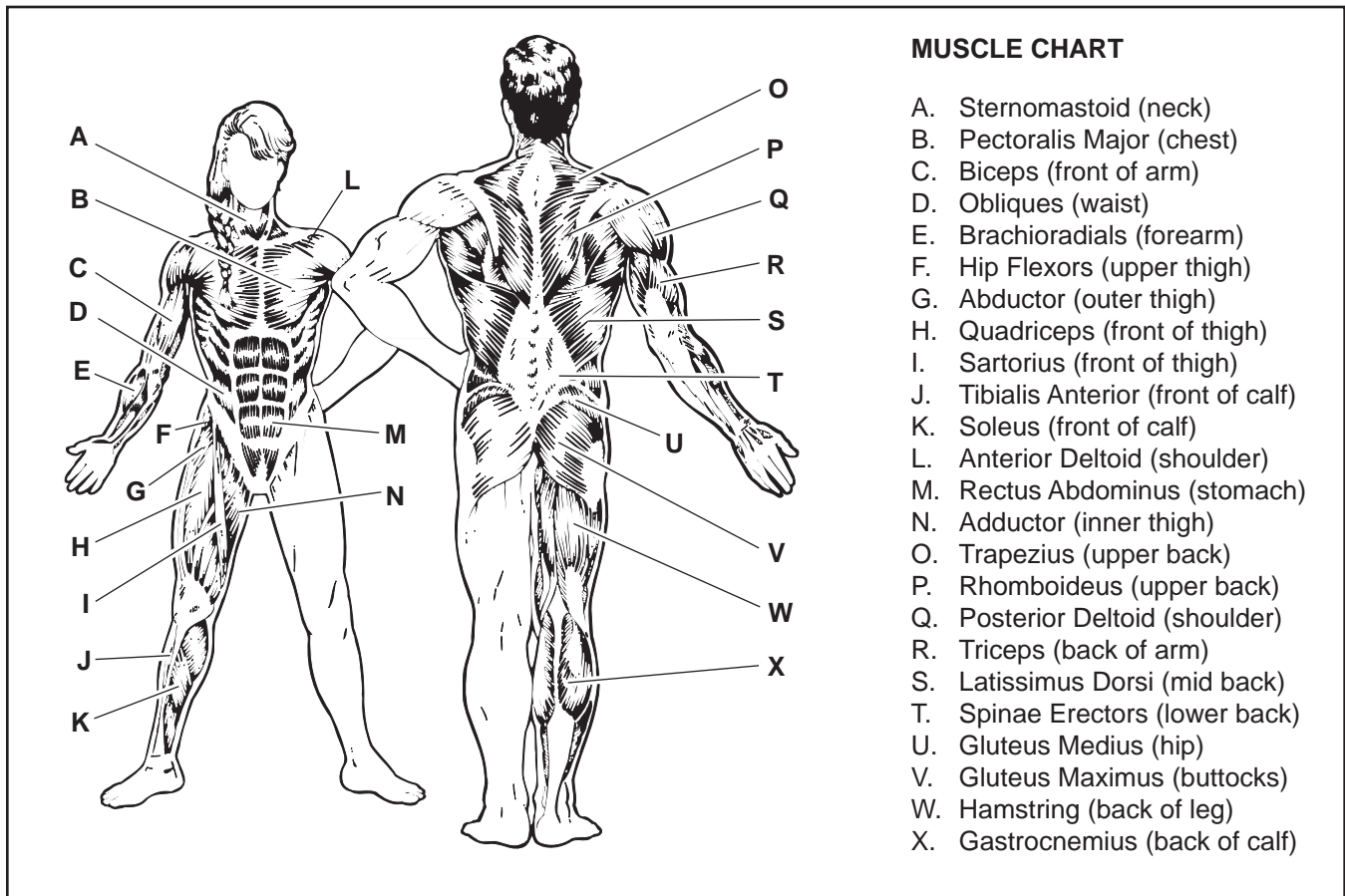
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



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. 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)

PART LIST—Model No. WEEVBE0726.0

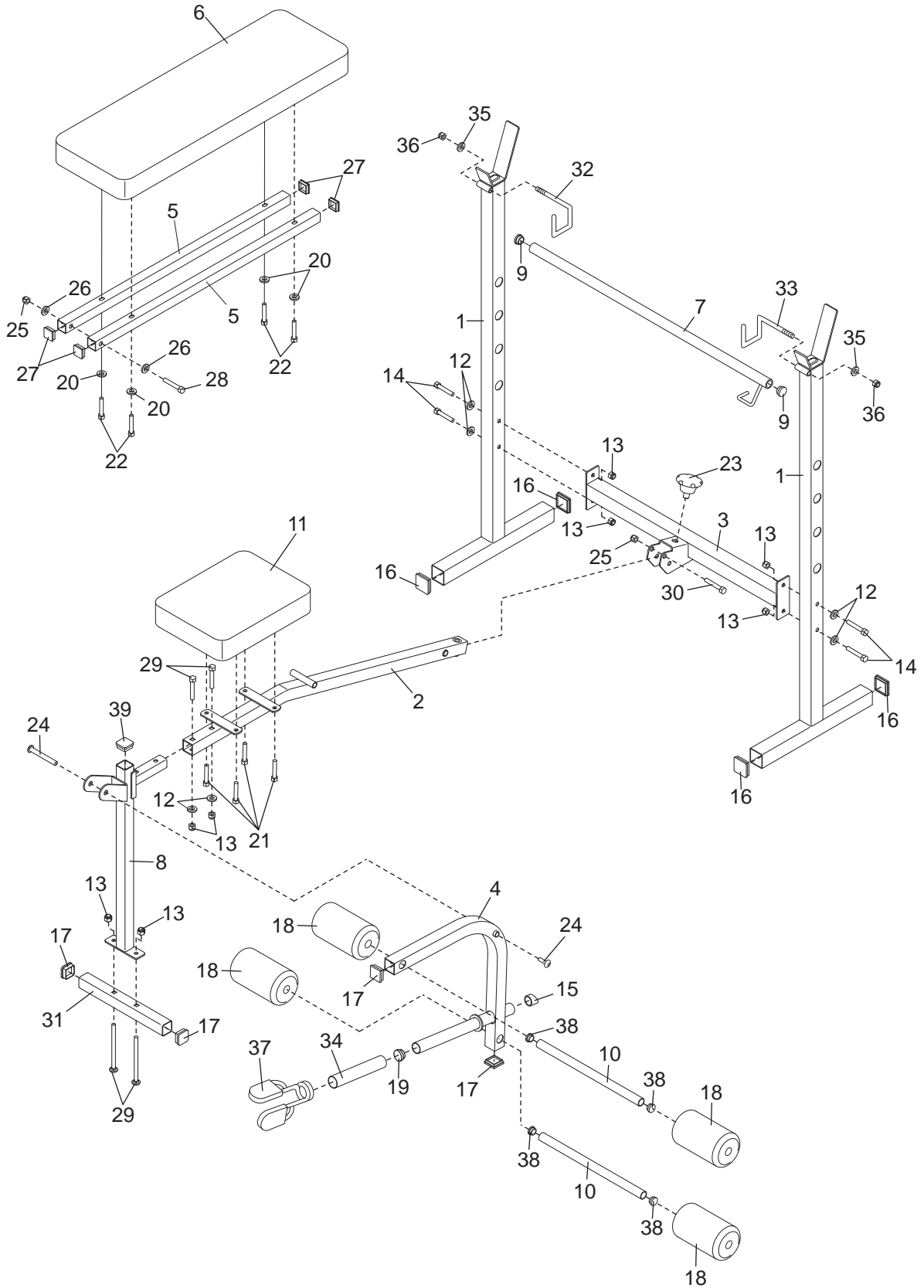
R0806A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	23	1	Adjustment Knob
2	1	Frame	24	1	M10 x 52mm Bolt Set
3	1	Crossbar	25	2	M10 Nylon Locknut
4	1	Leg Lever	26	2	M10 Washer
5	2	Backrest Tube	27	4	25mm Square Inner Cap
6	1	Backrest	28	1	M10 x 137mm Bolt
7	1	Support Rod	29	4	M8 x 43mm Carriage Bolt
8	1	Front Leg	30	1	M10 x 55mm Bolt
9	2	22mm Round Inner Cap	31	1	Stabilizer
10	2	Pad Tube	32	1	Right Barbell Hook
11	1	Seat	33	1	Left Barbell Hook
12	6	M8 Washer	34	1	Weight Adapter
13	8	M8 Nylon Locknut	35	2	M8 Zinc Washer
14	4	M8 x 53mm Bolt	36	2	M8 Zinc Nylon Locknut
15	1	25mm Round Angled Cap	37	1	Weight Clip
16	4	38mm Square Inner Cap	38	4	19mm Round Inner Cap
17	4	30mm x 1.5mm Square Inner Cap	39	1	30mm x 2mm Square Inner Cap
18	4	Foam Pad	#	—	User's Manual
19	1	25mm Round Inner Cap	#	—	Exercise Guide
20	4	M6 Washer	#	—	Grease Packet
21	4	M6 x 16mm Screw	#	—	Hex Key
22	4	M6 x 38mm Screw			

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

EXPLODED DRAWING—Model No. WEEVBE0726.0

R0806A



ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to provide the following information:

- the MODEL NUMBER of the product (WEEVBE0726.0)
- the NAME of the product (WEIDER 215 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 14 and 15)