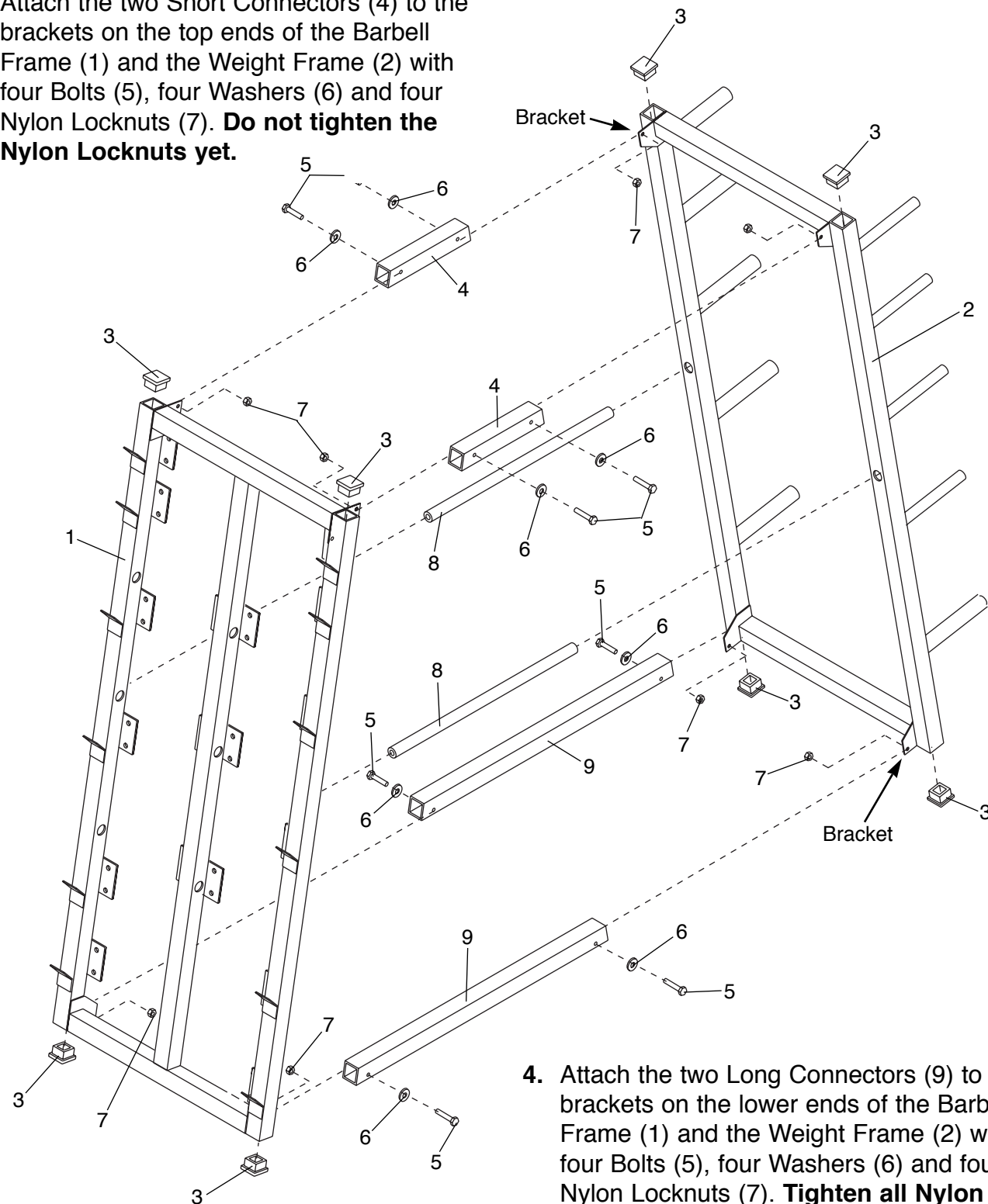


Assembly Instructions For WEMC21080 Weight Stand

1. Press a Square Inner Cap (3) into each of the open ends on the Barbell Frame (1) and the Weight Frame (2).

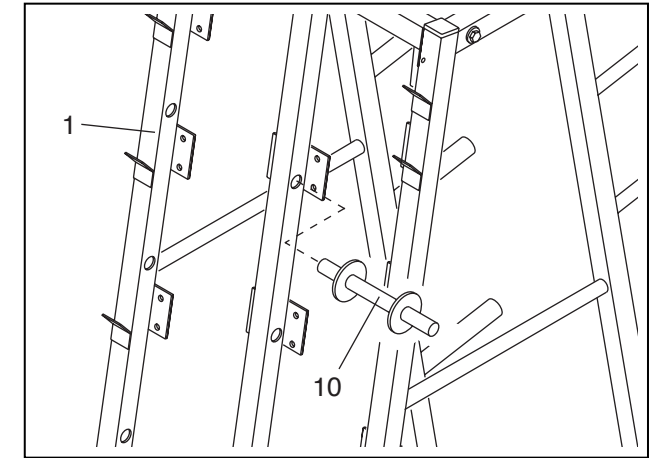
2. Attach the two Short Connectors (4) to the brackets on the top ends of the Barbell Frame (1) and the Weight Frame (2) with four Bolts (5), four Washers (6) and four Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

3. Insert the two Round Connectors (8) into the indicated holes in both Frames (1 and 2).

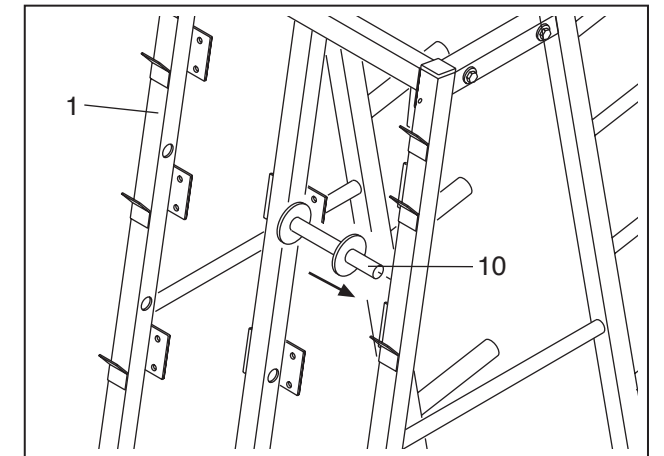


4. Attach the two Long Connectors (9) to the brackets on the lower ends of the Barbell Frame (1) and the Weight Frame (2) with four Bolts (5), four Washers (6) and four Nylon Locknuts (7). **Tighten all Nylon Locknuts used so far.**

5. Insert one end of a Dumbbell (10) into one of the holes in the center upright on the Barbell Frame (1). Push the Dumbbell in as far as it will go.

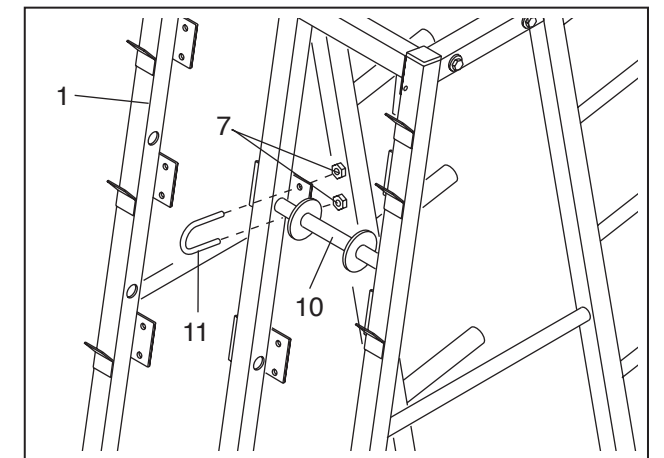


6. Line up the other end of the Dumbbell (10) with the corresponding hole in the outer upright on the Barbell Frame (1). Push the Dumbbell halfway into this hole, so it is centered in the space between the uprights.



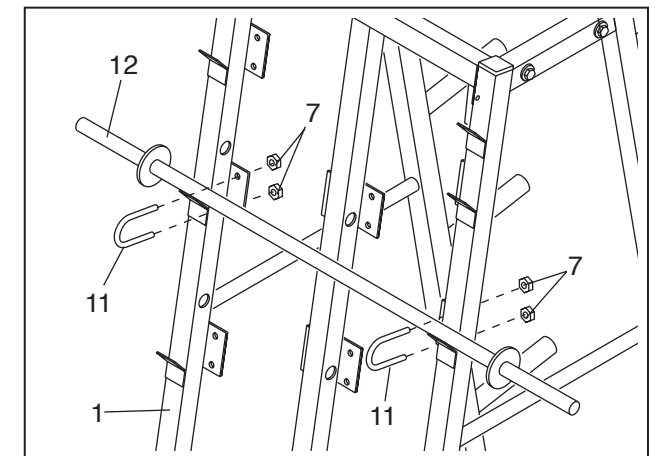
7. Secure the Dumbbell by attaching a "U"-Bolt (11) to the bracket on the center upright with two Nylon Locknuts (7).

Repeat this procedure until all slots on both sides of the center upright are filled up with Dumbbells (10).



8. Place a Barbell (12) on one of the weight rests on the Barbell Frame (1).

Secure the Barbell (12) by attaching two "U"-Bolts (11) to the brackets on the outer uprights with four Nylon Locknuts (7).



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