

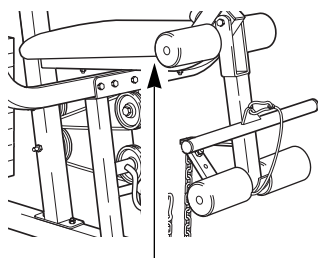
WEIDERTM XR20

Patent Pending

Model No. WESY01190

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

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:

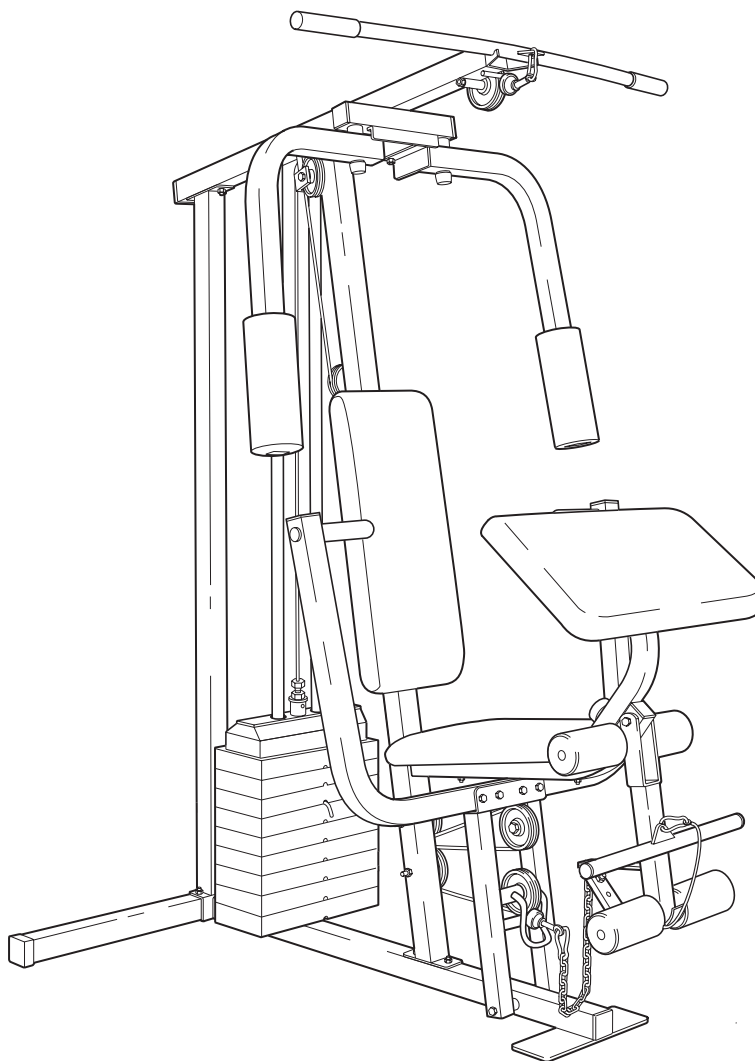
1-800-999-3756

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



Visit our website at

www.weiderfitness.com

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

TABLE OF CONTENTS

LIMITED WARRANTY	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENT	17
TROUBLE-SHOOTING AND MAINTENANCE	20
CABLE DIAGRAM	21
ORDERING REPLACEMENT PARTS	Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

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, to products used for commercial or rental purposes, or to 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

IMPORTANT PRECAUTIONS

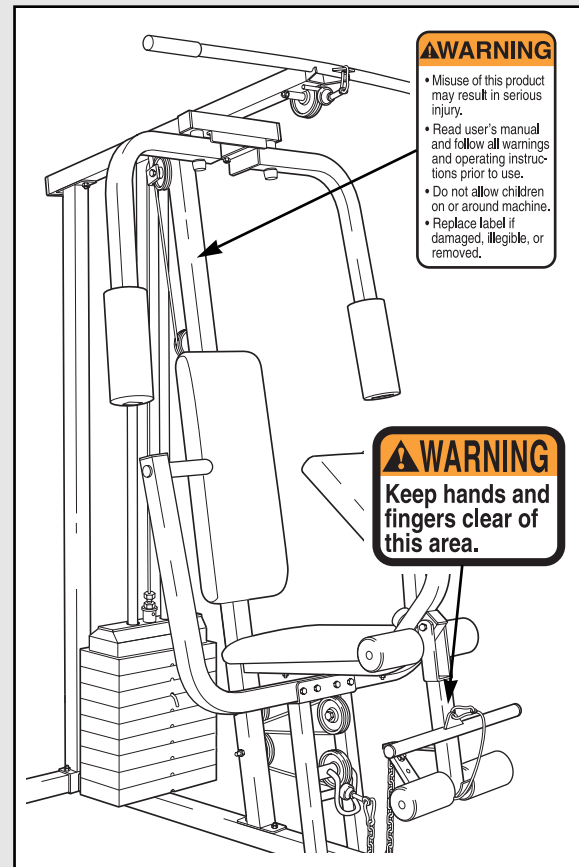
WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. Read all instructions in this manual and in the accompanying literature before using the home gym system.
2. It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the home gym system only on a level surface. Place a mat beneath the home gym system to protect the floor or carpet.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. The home gym system is designed to be used by only one person at a time.
7. Keep small children and pets away from the home gym system at all times.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection.
10. Always stand on the foot plate when performing an exercise that could cause the home gym system to tip.
11. Never release the press arm, butterfly arms, leg lever, lat bar, or nylon strap while weights are raised. The weights will fall with great force.
12. Make sure that the cables remain on the pulleys at all times. If the cables bind while you

are exercising, stop immediately and make sure that the cables are on all of the pulleys.

13. Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.

14. Important: The warning decals shown below have been attached to the home gym in the locations shown. If a decal is missing or illegible, please call our customer hotline at the number on the front cover of this manual to order a free replacement decal. Apply the new decal in the appropriate location.



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

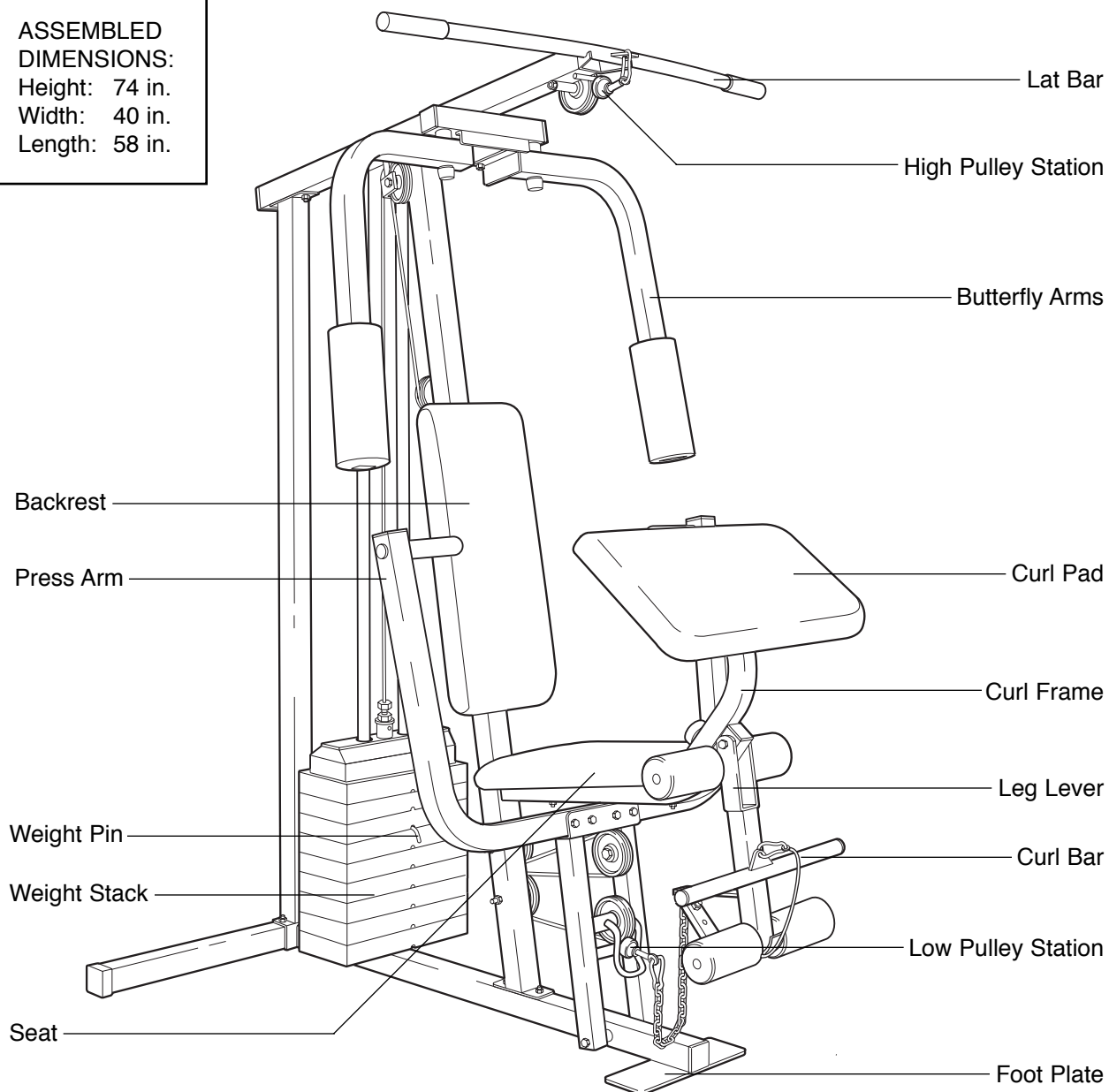
Thank you for selecting the versatile WEIDER® XR20 Home Gym System. The WEIDER® XR20 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® XR20 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® XR20 Home Gym System. If you have additional questions, please call our Customer

Service Department toll-free at 1-800-999-3756, 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 and serial number before calling. The model number is WESY01190. The serial number can be found on a decal attached to the WEIDER® XR20 (see the front cover of this manual).

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

ASSEMBLED
DIMENSIONS:
Height: 74 in.
Width: 40 in.
Length: 58 in.



ASSEMBLY

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

- Place all parts of the home gym system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is divided into six stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, 4) seat assembly, 5) leg lever assembly, and 6) curl frame assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open that parts bag.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the center of this manual.**
Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

- As you assemble the home gym system, be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

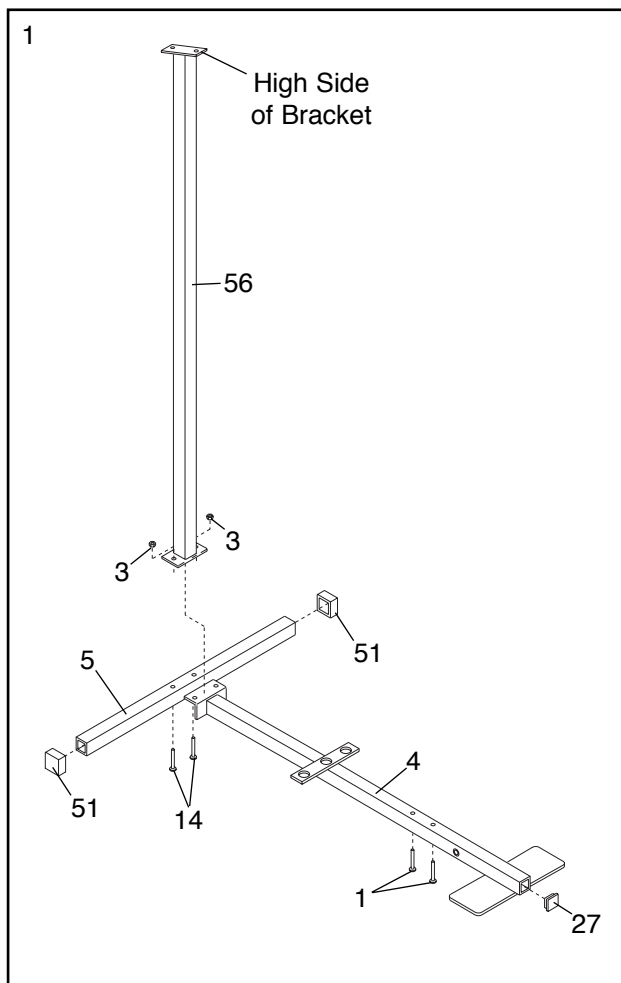
FRAME ASSEMBLY

- Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 2" Square Outer Cap (51) onto each end of the Stabilizer (5). Press a 2" Square Inner Cap (27) into the end of the Base (4).

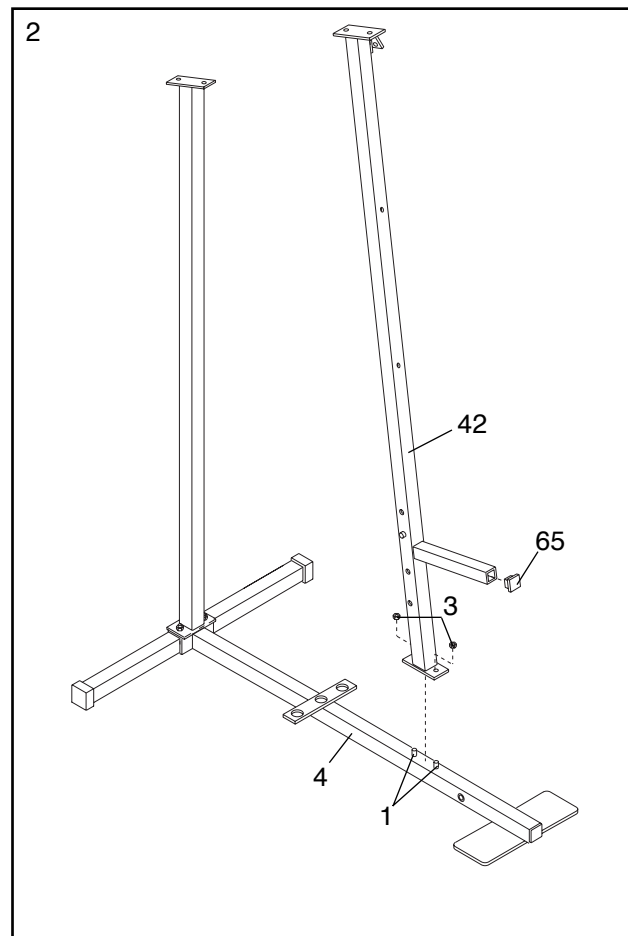
Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabilizer (5). Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

Slide the indicated end of the Base (4) onto the 5/16" x 2 3/4" Carriage Bolts (14) in the Stabilizer (5). Slide the Rear Upright (56) onto the Carriage Bolts. **The high side of the bracket on the Rear Upright must be on the side shown.** Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



2. Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

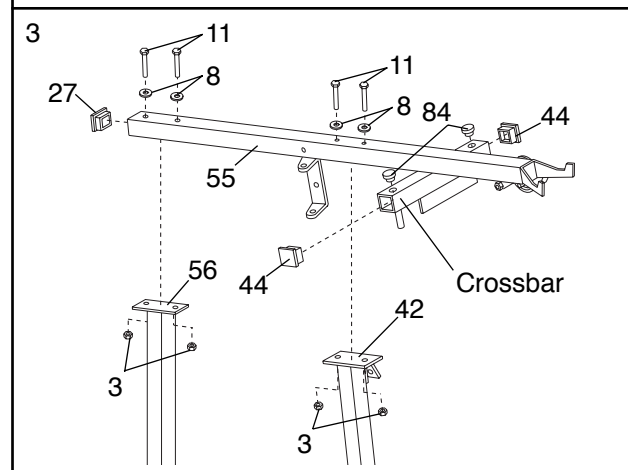
Press a 1" Square Inner Cap (65) into the Front Upright (42).



3. Press a 2" Square Inner Cap (27) into the indicated end of the Top Frame (55). Press a 1 3/4" Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two 1" Inner Caps (84) into the top of the crossbar.

Attach the Top Frame (55) to the Front Upright (42) and the Rear Upright (56) with four 5/16" x 2 3/4" Bolts (11), four 5/16" Flat Washers (8), and four 5/16" Nylon Locknuts (3).

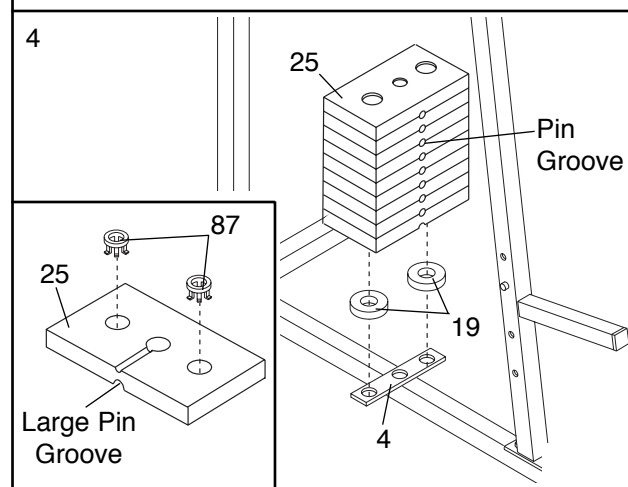
Tighten all Nylon Locknuts used in steps 1 through 3.



4. **See the inset drawing.** Press two Weight Inserts (87) into the top of each of the nine Weights (25). Be sure that each Weight is oriented so that the large pin groove is on the bottom.

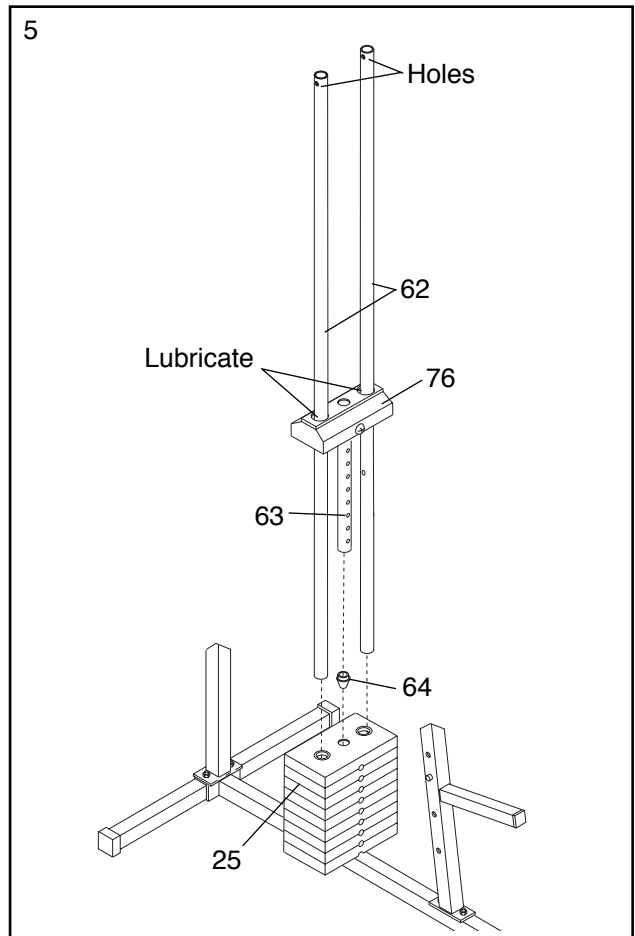
Set two Weight Bumpers (19) onto the indicated bracket on the Base (4) as shown.

Stack the nine Weights (25) onto the Weight Bumpers (19).

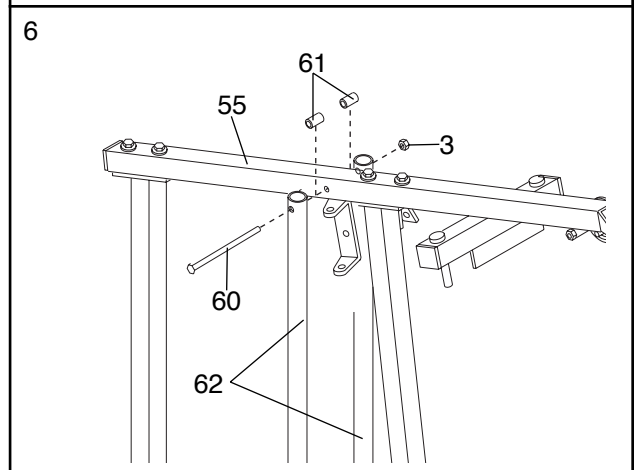


5. Press the Weight Tube Bumper (64) into the end of the Weight Tube (63). Lubricate the insides of the holes in the Top Weight (76). Insert the Weight Tube into the stack of Weights (25).

Insert both Weight Guides (62) into the stack of Weights (25). **Be sure that the indicated holes in the Weight Guides are at the top.**

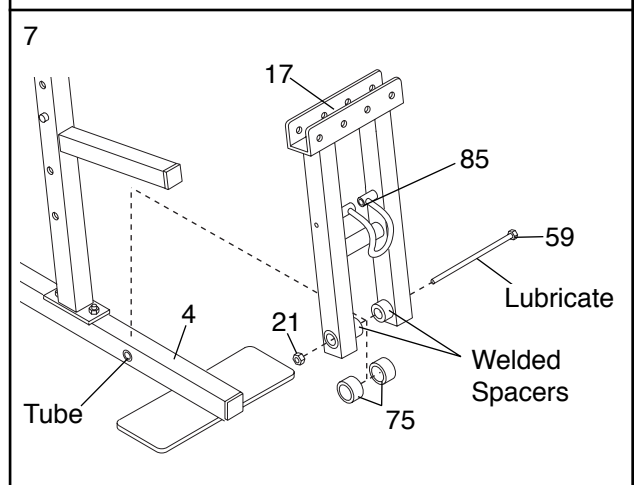


6. Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with the 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).



7. Press a 1" x 7/8" Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit on each end of the indicated tube in the Base. Be sure that the Press Frame is oriented as shown.**

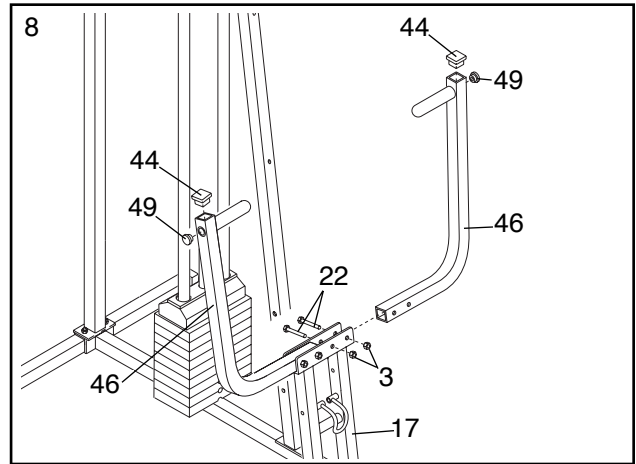
Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the 3/8" x 8" Bolt and a 3/8" Nylon Locknut (21).



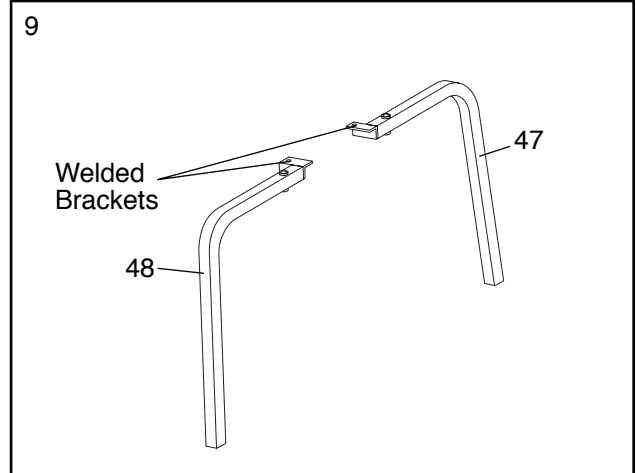
8. Press a 1" Round Inner Cap (49) into the side of a Press Arm (46). Press a 1 3/4" Square Inner Cap (44) into the top of the Press Arm.

Attach the Press Arm (46) to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

Assemble the other Press Arm (46) in the same manner.



9. Identify the Right Arm (48) and the Left Arm (47). **Note the position of the welded bracket on each Arm. Arm identification is very important for step 10.**



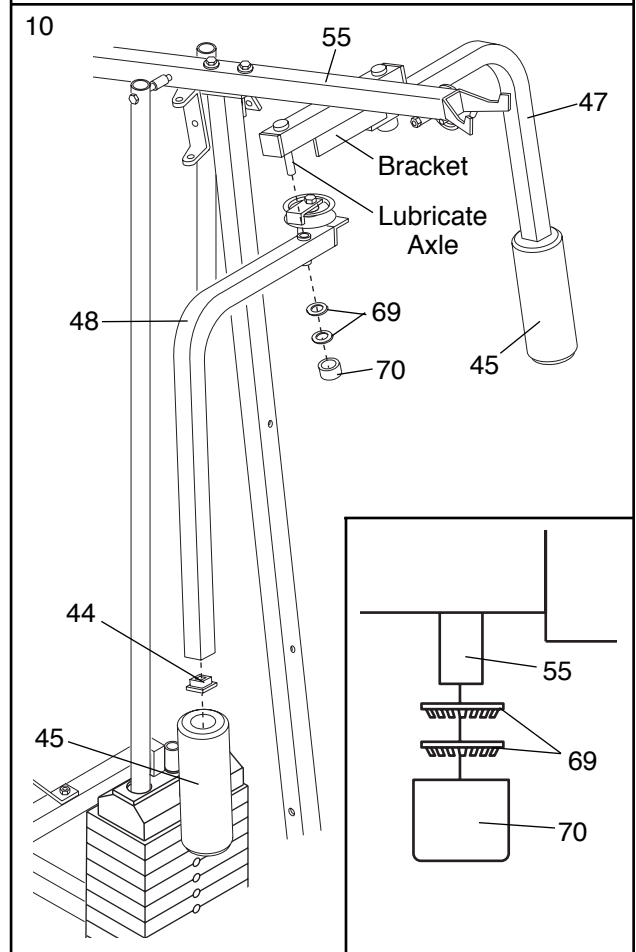
10. Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 9 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the right axle. **Be sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the inset drawing.**

Attach the Left Arm (47) in the same manner.

Press 1 3/4" Square Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a Foam Pad (45) onto the lower end of each Arm.



11. During steps 11 through 27, refer to the CABLE DIAGRAM on page 21 of this manual to verify proper cable routing. Before beginning this section, identify the Long Cable (23), the Medium Cable (58), and the Short Cable (35) by comparing the lengths and ends of the cables.

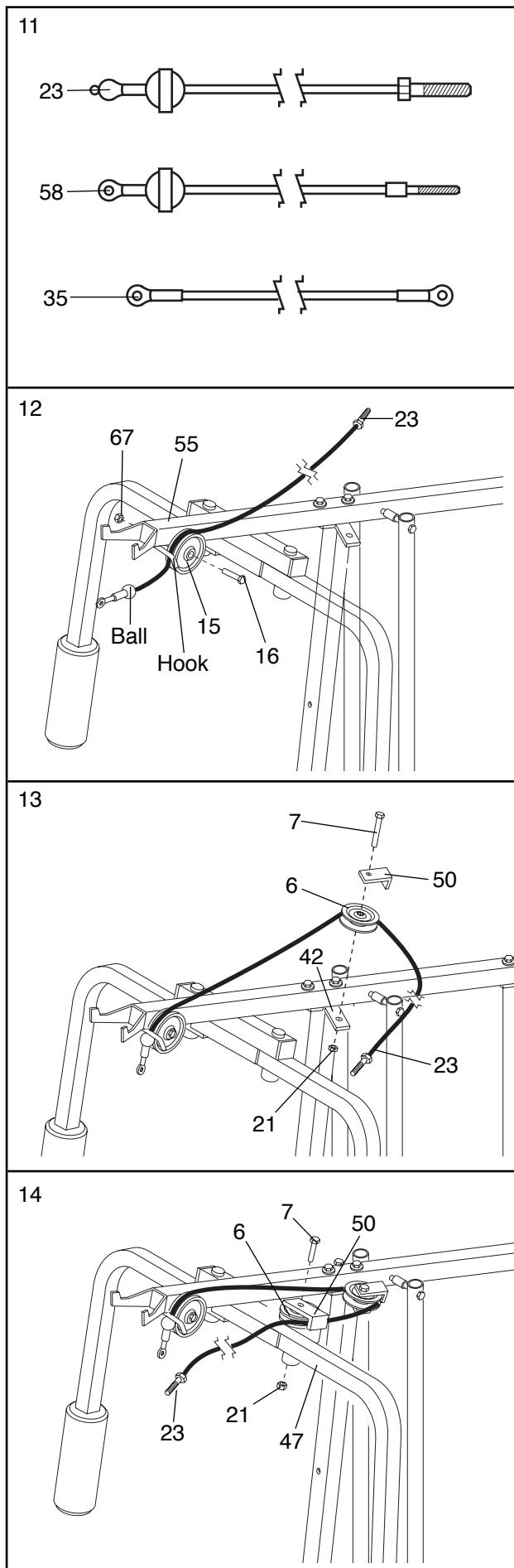
IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely.

12. **Locate the Long Cable (23).** Route the Long Cable around a 3 1/2" Pulley (15).

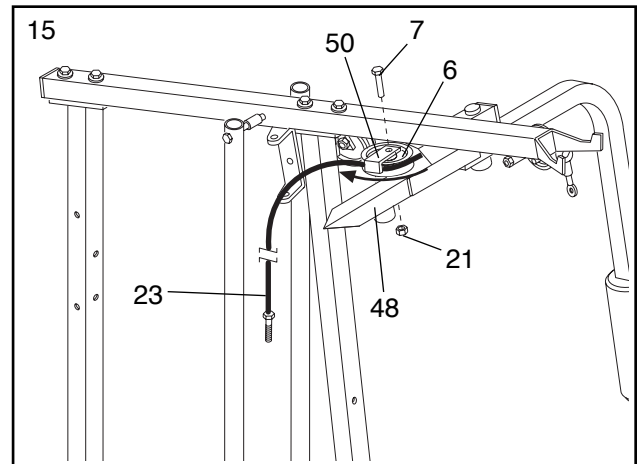
Using a 3/8" x 3 1/2" Bolt (16) and a 3/8" Nylon Jam Nut (67), attach the 3 1/2" Pulley (15) to the Top Frame (55). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook on the Top Frame.**

13. Wrap the Long Cable (23) around a "V"-Pulley (6). Attach the "V"-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**

14. Route the Long Cable (23) around a "V"-Pulley (6). Using a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21), attach the "V"-Pulley (6) and a Long Cable Trap (50) to the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is positioned to hold the Cable in place.**

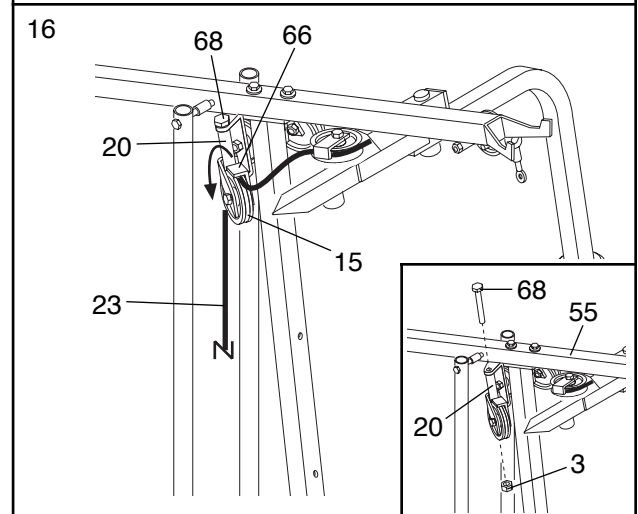


15. Route the Long Cable (23) around a "V"-Pulley (6). Using a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21), attach the "V"-Pulley (6) and a Long Cable Trap (50) to the Right Arm (48). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is positioned to hold the Cable in place.**



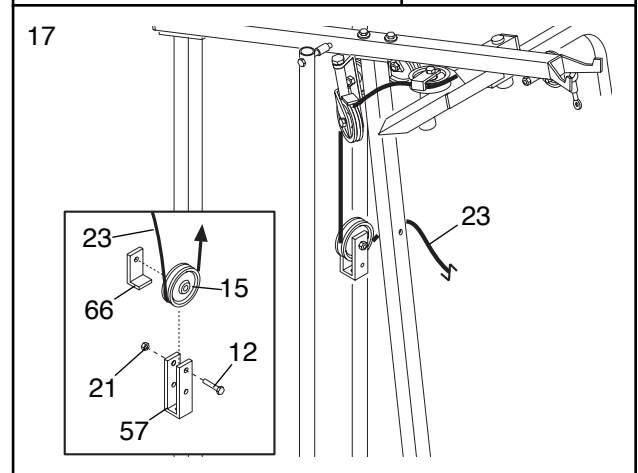
16. **See the inset drawing.** Using a 5/16" x 5" Bolt (68) and a 5/16" Nylon Locknut (3), attach the Pulley Bracket (20) to the indicated bracket on the Top Frame (55). **Note: The Pulley Bracket is pre-assembled with a 3 1/2" Pulley (15) and a Cable Trap (66).**

Route the Long Cable (23) around the 3 1/2" Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Make sure that the 5/16" x 5" Bolt (68) is properly tightened and that the Pulley Bracket (20) can move freely.

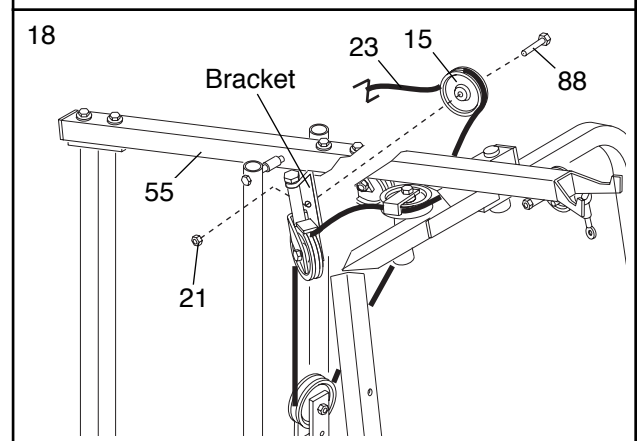


17. Remove the 3 1/2" Pulley (15) from the pre-assembled Long "U" Bracket (57). See the inset drawing. Wrap the Long Cable (23) around the Pulley in the direction shown.

Attach the Pulley (15) and a Cable Trap (66) to the indicated hole in the Long "U" Bracket (57) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

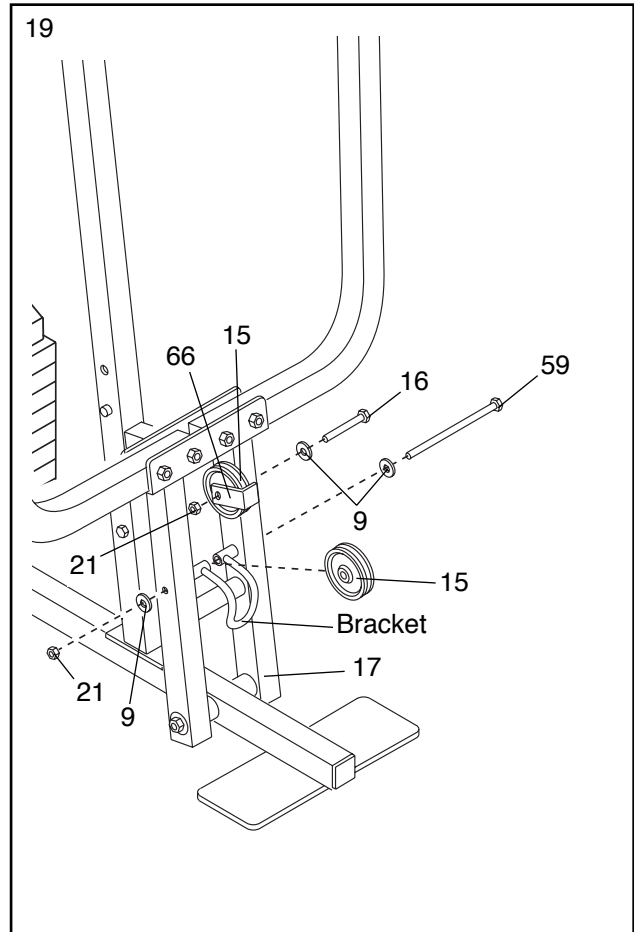


18. Wrap the Long Cable (23) around a 3 1/2" Pulley (15). Using a 3/8" x 1 3/4" Bolt (88) and a 3/8" Nylon Locknut (21), attach the Pulley to the indicated bracket on the Top Frame (55). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

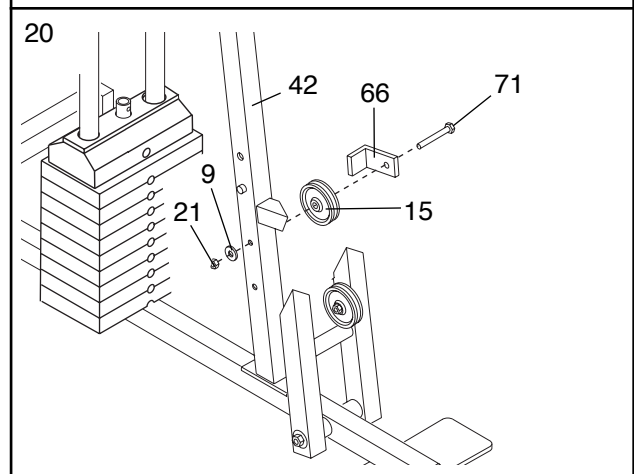


19. Using a 3/8" x 3 1/2" Bolt (16), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21), secure a 3 1/2" Pulley (15) and a Cable Trap (66) to the upper hole in the Press Frame (17). **Make sure that the Cable Trap and the Pulley are oriented as shown.**

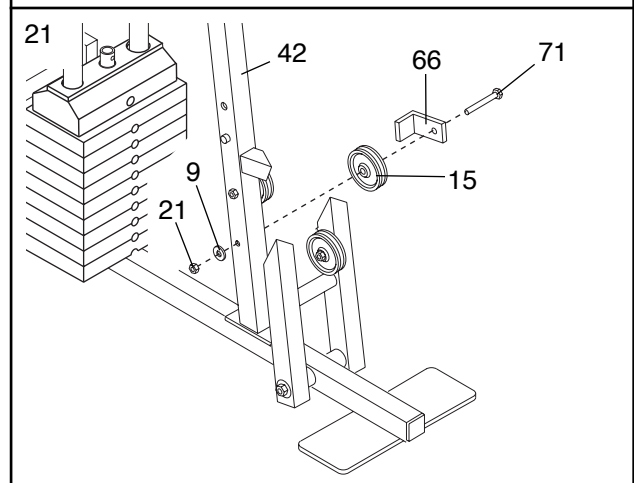
Hold a 3 1/2" Pulley (15) inside the indicated bracket on the Press Frame (17). Using a 3/8" x 8" Bolt (59), two 3/8" Flat Washers (9), and a 3/8" Nylon Locknut (21), attach the Pulley to the Press Frame as shown.



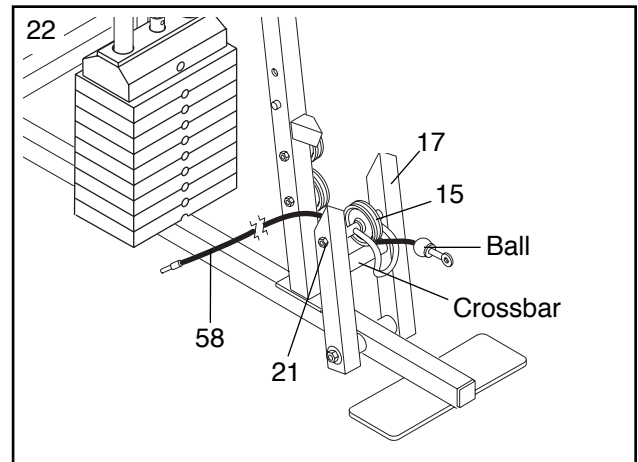
20. Slide a Cable Trap (66) and a 3 1/2" Pulley (15) onto a 3/8" x 3 3/4" Bolt (71). Insert the Bolt into the indicated hole in the Front Upright (42) from the direction shown. Hand tighten a 3/8" Nylon Locknut (21) with a 3/8" Flat Washer (9) onto the Bolt. **Be sure that all parts are oriented as shown. Do not tighten the Nylon Locknut yet.**



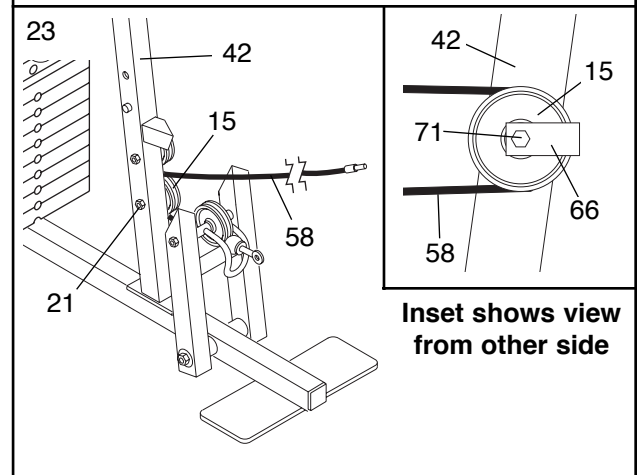
21. Slide a Cable Trap (66) and a 3 1/2" Pulley (15) onto a 3/8" x 3 3/4" Bolt (71). Insert the Bolt into the indicated hole in the Front Upright (42) from the direction shown. Hand tighten a 3/8" Nylon Locknut (21) with a 3/8" Flat Washer (9) onto the Bolt. **Be sure that all parts are oriented as shown. Do not tighten the Nylon Locknut yet.**



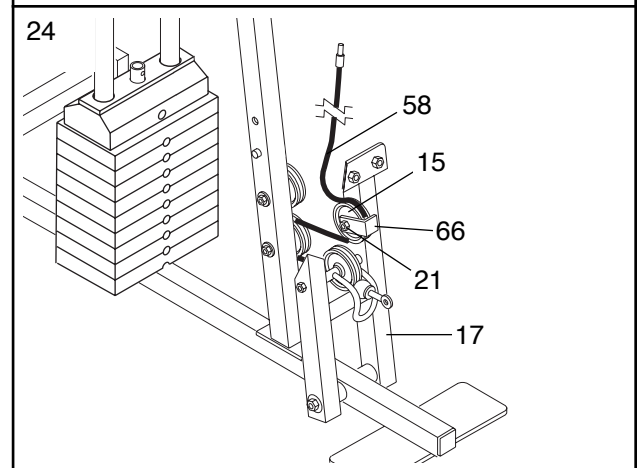
22. **Locate the Medium Cable (58).** Route the Medium Cable (58) under the 3 1/2" Pulley (15) attached to the bracket on the Press Frame (17). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame and that the Cable is between the Pulley and the crossbar on the Press Frame.**



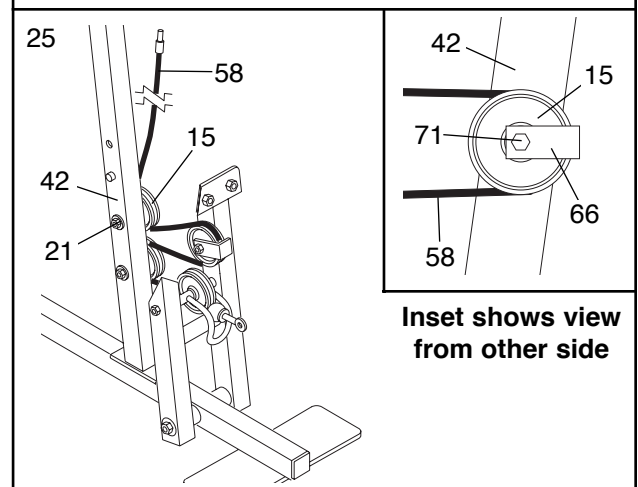
23. Route the Medium Cable (58) around the 3 1/2" Pulley (15) attached to the lower hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).



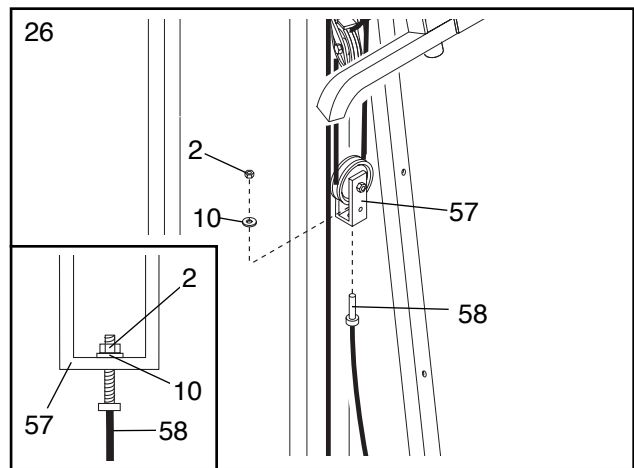
24. Route the Medium Cable (58) around the 3 1/2" Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Make sure the 3/8" Nylon Locknut (21) and the 3/8" x 3 1/2" Bolt (not shown) are tight.



25. Route the Medium Cable (58) around the 3 1/2" Pulley (15) attached to the upper hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).



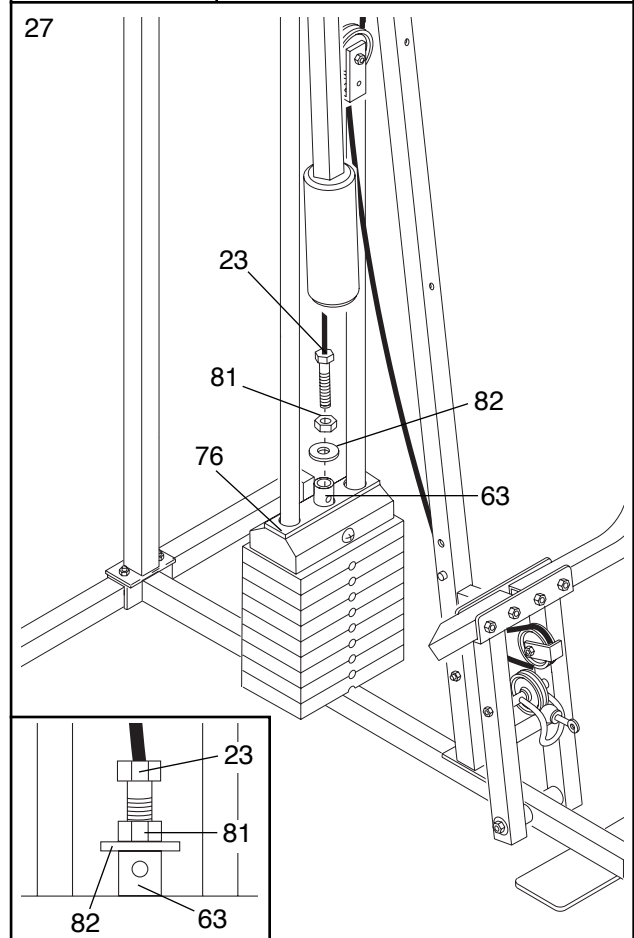
26. Attach the end of the Medium Cable (58) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only two threads are showing above the Nylon Locknut, as shown in the inset drawing.**



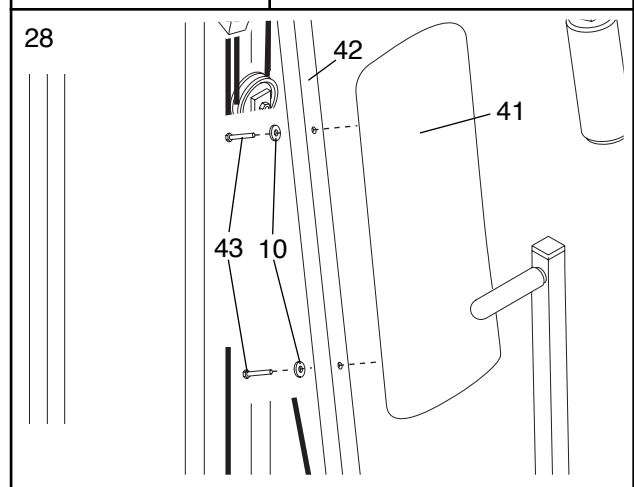
27. **Note: Lift the Top Weight (76) on the weight stack in order to create slack in the Long Cable (23) before beginning this step.**

Thread the 1/2" Plain Nut (81) about four turns onto the end of the Long Cable (23). Slide the 1/2" Flat Washer (82) onto the end of the Long Cable.

Insert the end of the Long Cable (23) into the Weight Tube (63) and turn it clockwise two or three turns. Tighten the 1/2" Plain Nut (81) against the Flat Washer (82) (see the inset drawing).



28. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10).



29. Press a 1 1/2" Square Inner Cap (32) into the Seat Frame (36).

Insert the 1/4" x 2" Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (18).

Insert the 1/4" x 2" Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt.

Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Flat Washer (10) and a 1/4" x 2" Screw (24).

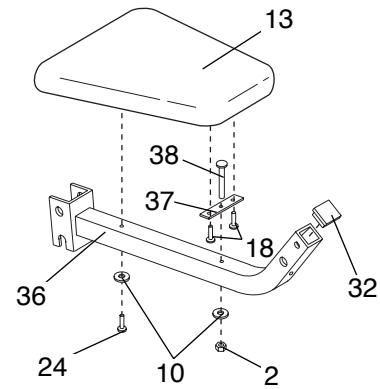
30. Lubricate the 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3).

31. Attach the Short Cable (35) to one of the three holes in the Leg Lever (29) with a 5/16" x 3/4" Bolt (73), a 5/16" Washer (8), and a 5/16" Nylon Locknut (3). **Note: The three holes are for cable adjustment.** Insert the Short Cable between the welded rod and the Leg Lever.

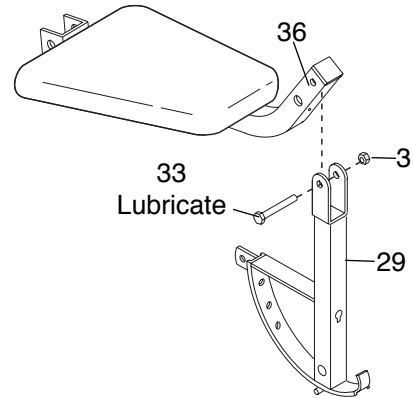
Press a 1" Round Inner Cap (49) into each end of the Curl Bar (77). Insert a Cable Clip (53) through the upper hole in the Curl Bar and through the Short Cable (35). Insert a 5/16" x 1 1/4" Carriage Bolt (72) through the lower hole in the Curl Bar. Tighten a 5/16" Jam Nut (85) onto the Carriage Bolt.

32. Rest the Seat Frame (36) on the indicated pin on the Front Upright (42). Attach the Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

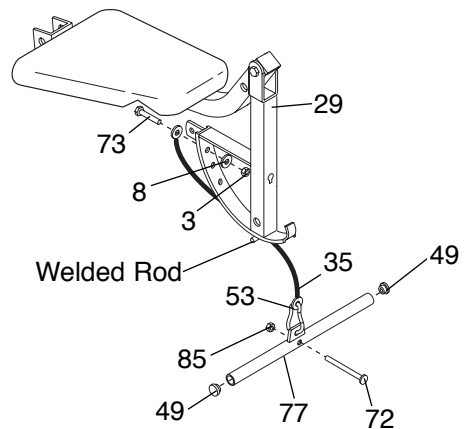
29



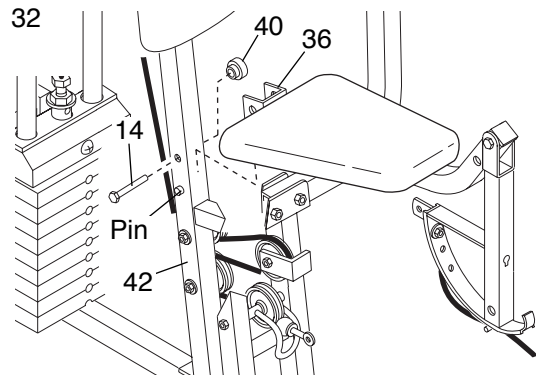
30



31



32

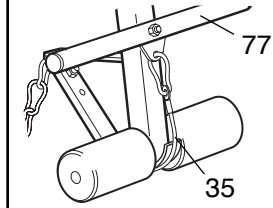
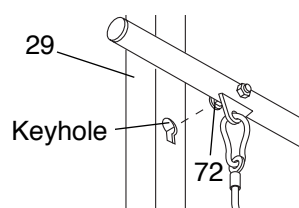
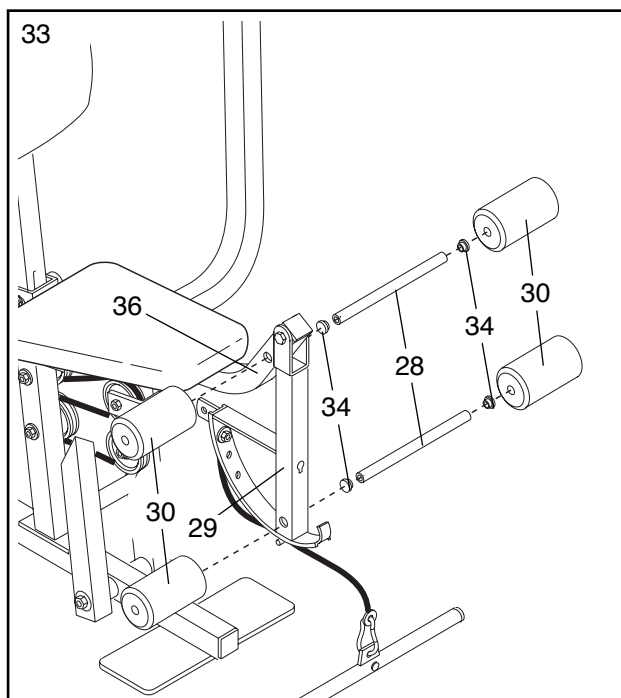


33. Press 3/4" Round Inner Caps (34) into the ends of both Pad Tubes (28).

Insert one Pad Tube (28) into the Seat Frame (36). Slide a Foam Pad (30) onto each end of the Pad Tube.

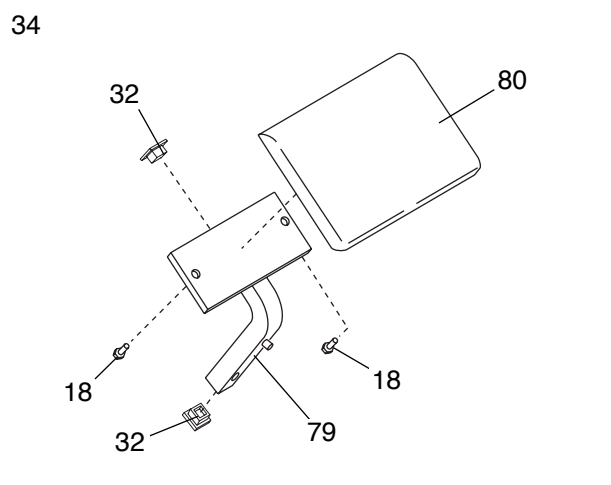
Insert the other Pad Tube (28) into the Leg Lever (29). Slide a Foam Pad (30) onto each end of the Pad Tube.

See the left inset drawing. Insert the head of the 5/16" x 1 1/4" Carriage Bolt (72) into the keyhole in the Leg Lever (29). **Be sure that the shoulder of the Carriage Bolt is firmly seated in the square part of the keyhole.** See the right inset drawing. **Orient the Short Cable (35) and the Curl Bar (77) as shown.** This is the storage position for the Curl Bar.

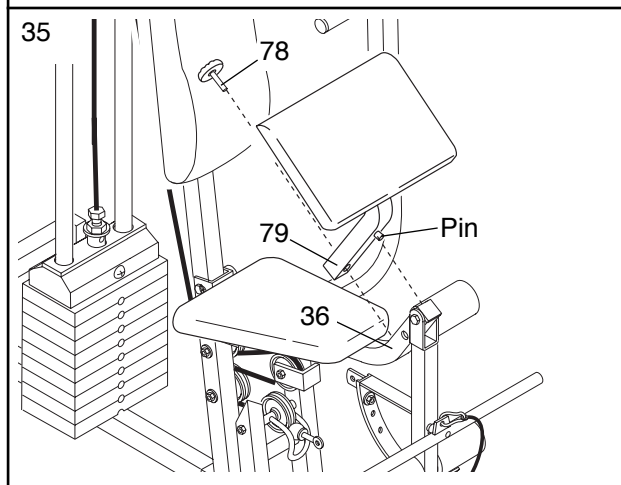


34. Attach the Curl Pad (80) to the Curl Frame (79) with two 1/4" x 3/4" Screws (18).

Insert a 1 1/2" Square Inner Cap (32) into each end of the Curl Frame (79).



35. Attach the Curl Frame (79) to the Seat Frame (36) by inserting the pin on the Curl Frame into the upper hole in the Seat Frame. Secure the Curl Frame with the Curl Knob (78).



36. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

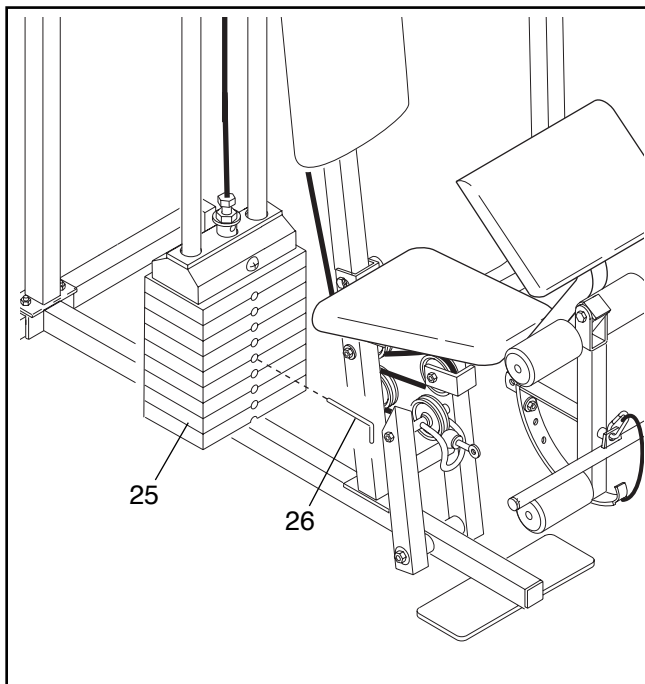
Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 21 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 20.**

ADJUSTMENT

The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise guide accompanying this manual to see how the home gym system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

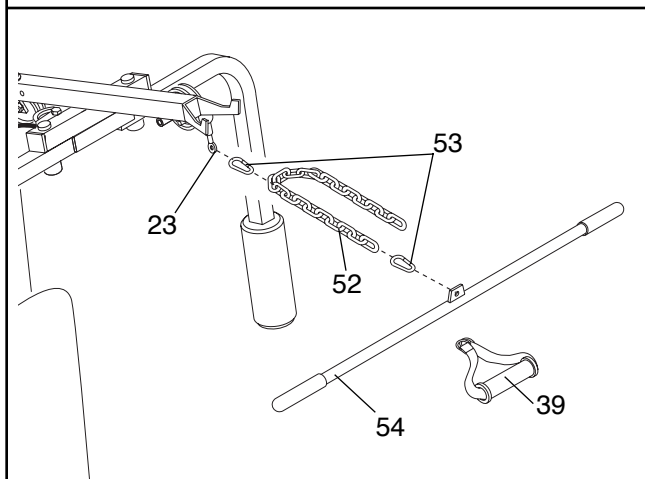
To change the weight setting of the weight stack, insert the Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 pounds to 96.5 pounds, in increments of 10 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 19 to find the actual amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the Long Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

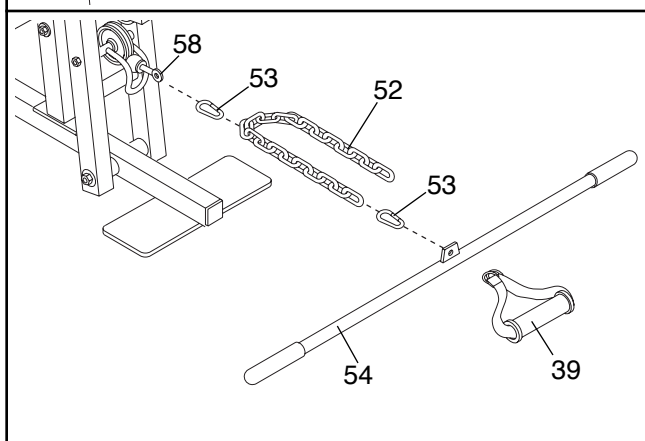
The Nylon Strap (39) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Medium Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Medium Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Medium Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

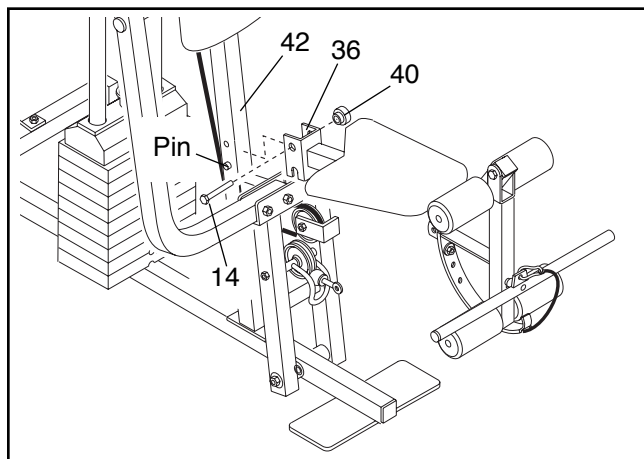
The Nylon Strap (39) can be attached in the same manner.



ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) on the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

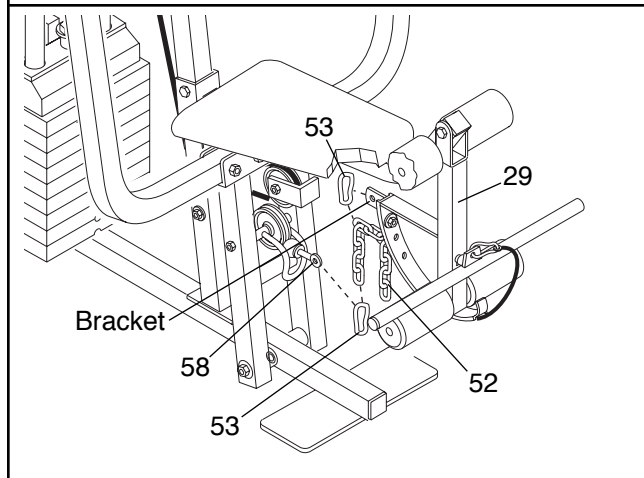
For some exercises, the Seat Frame (36) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

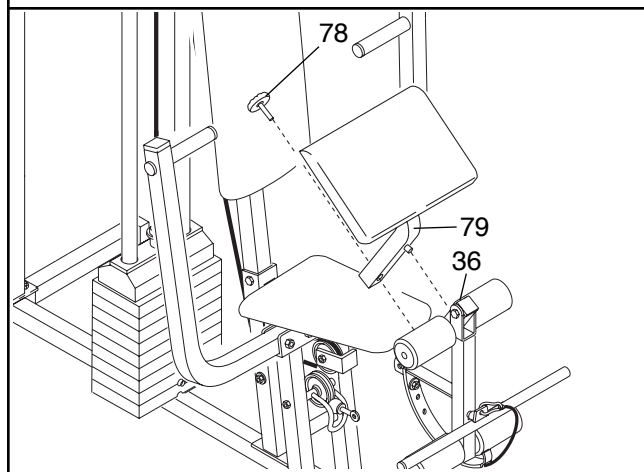
Attach one end of the Chain (52) to the Medium Cable (58) with a Cable Clip (53). Attach the other end of the Chain to the indicated bracket on the Leg Lever (29) with a Cable Clip.



ATTACHING AND REMOVING THE CURL FRAME

For some exercises, the Curl Frame (79) must be attached to the Seat Frame (36). To attach the Curl Frame to the Seat Frame, insert the pin on the Curl Frame into the upper hole in the Seat Frame. Secure the Curl Frame with the Curl Knob (78).

To remove the Curl Frame (79) from the Seat Frame (36), remove the Curl Knob (78). Lift the Curl Frame off the Seat Frame.

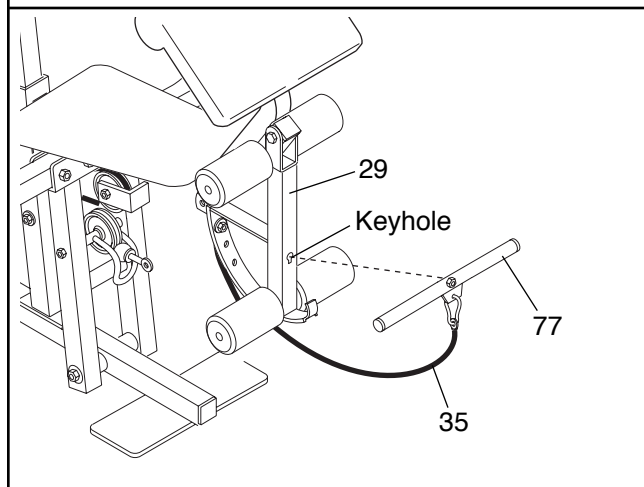


USING THE CURL BAR

For most exercises that use the Curl Bar (77), the curl frame must be attached (see ATTACHING AND REMOVING THE CURL FRAME above).

Remove the Curl Bar (77) from the keyhole in the Leg Lever (29). Hold the Curl Bar as described for the exercise you are about to perform. **Be sure that the Short Cable (35) remains in the groove on the underside of the Leg Lever while you are using the Curl Bar.**

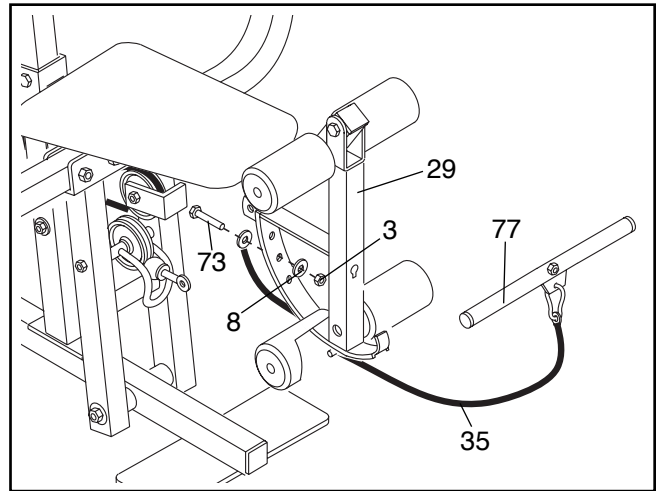
It may be necessary to adjust the Short Cable (35) in order to perform certain exercises. To do so, see ADJUSTING THE SHORT CABLE on page 19.



ADJUSTING THE SHORT CABLE

The position of the Curl Bar (77) can be changed by adjusting the Short Cable (35). To adjust the Short Cable, remove the 5/16" x 3/4" Bolt (73), 5/16" Flat Washer (8), and 5/16" Nylon Locknut (3).

Re-attach the Short Cable (35) to one of the other holes in the Leg Lever (29) with the 5/16" x 3/4" Bolt (73), 5/16" Flat Washer (8), and 5/16" Nylon Locknut (3). **Note: The Short Cable should be attached so that the Curl Bar (77) is in the correct starting position for the exercise to be performed.**



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each exercise station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 10 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm. **The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

WEIGHT PLATES	High Pulley (lbs.)	Arm Press (lbs.)	Butterfly (lbs.)	Leg Raise/Low Pulley Preacher Curl (lbs.)
Top	19	29	9	28
1	28	49	15	47
2	38	68	22	65
3	48	87	29	84
4	58	107	35	102
5	67	126	42	121
6	77	146	49	140
7	87	165	55	158
8	97	184	62	177
9	107	204	69	195

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

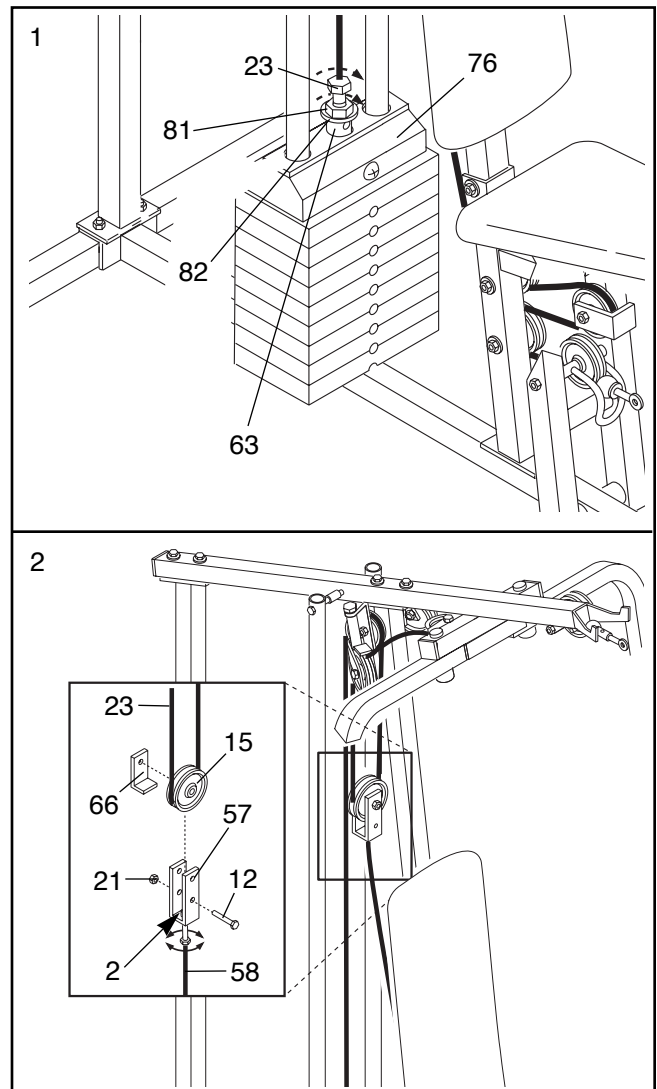
Slack can be removed from the cables by tightening the Long Cable (23) (see drawing 1). To tighten the Long Cable, first loosen the 1/2" Plain Nut (81). Next tighten the end of the Long Cable further into the Weight Tube (63). Tighten the 1/2" Plain Nut against the 1/2" Flat Washer (82). After tightening the Long Cable, you must also tighten the 1/2" Plain Nut (81) against the 1/2" Flat Washer (82).

To remove slack from the Medium Cable (58), tighten the 1/2" Nylon Locknut (2) on the Long "U" Bracket (57). To do this you may need to remove the Long Cable (23) from the Weight Tube (63) or remove the 3 1/2" Pulley (15) from the Long "U"-Bracket (57).

Additional slack can be removed by moving the 3 1/2" Pulley (15) to the other hole in the Long "U"-Bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Cable Trap (66), Pulley, and Long "U"-Bracket. Re-attach the Pulley and Cable Trap. **Be sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.**

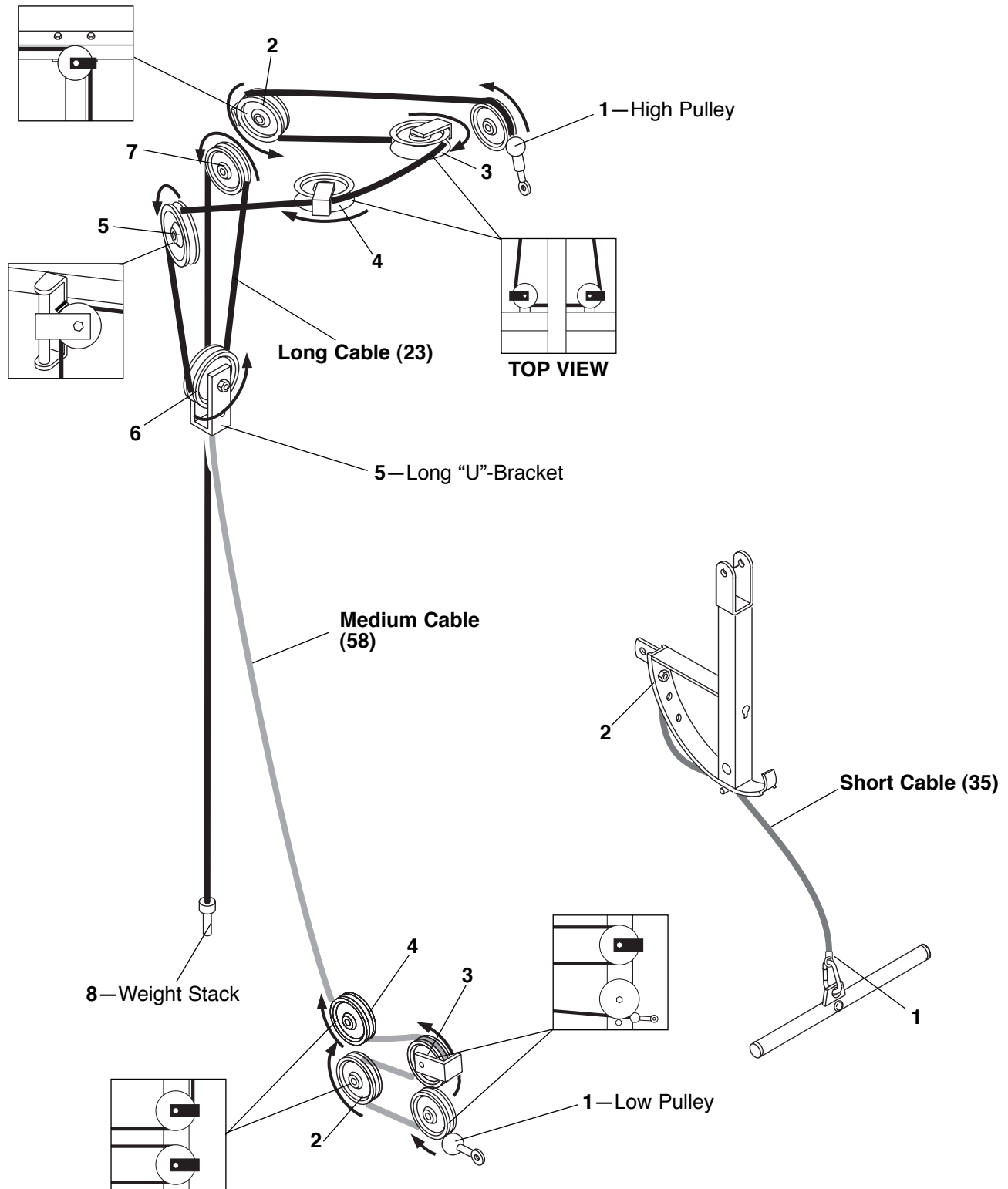
Make sure that the cables are not too tight, or the Top Weight (76) will be lifted off the weight stack.

If the cables need to be replaced, see the back cover of this manual.



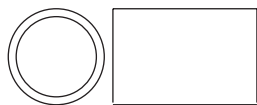
CABLE DIAGRAM

The diagram below shows the proper routing of the Short Cable (35), the Medium Cable (58), and the Long Cable (23). Use the diagram to be sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the home gym system will not function properly and damage may occur. The inset drawings show the proper positioning of the cable traps. The cable traps should be positioned so that the cables will not come off the pulleys. **Be sure that the cable traps do not touch or bind the cables.**



NOTES

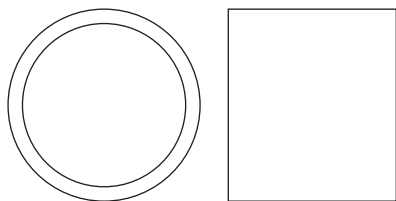
NOTES



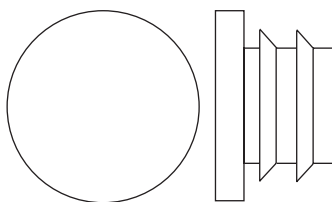
1/2" x 3/4" Bushing (86)



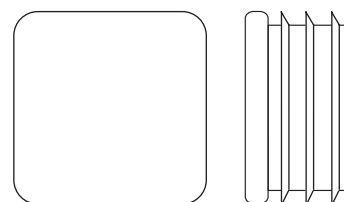
1/2" x 1" Spacer (61)



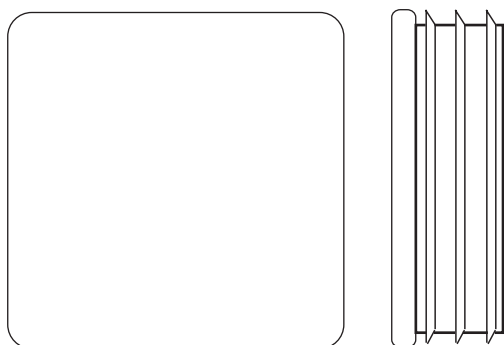
1" x 7/8" Plastic Bushing (75)



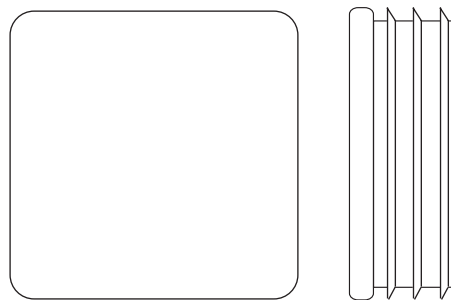
1" Inner Cap (84)



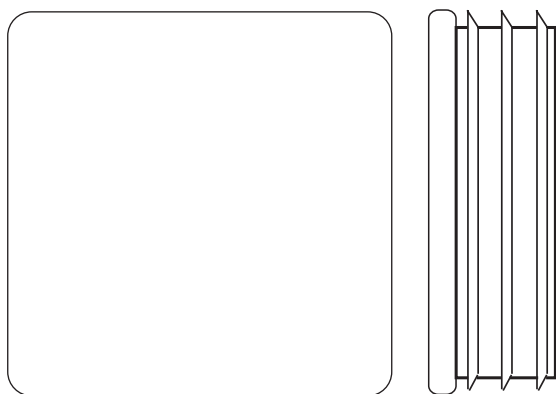
1" Square Inner Cap (65)



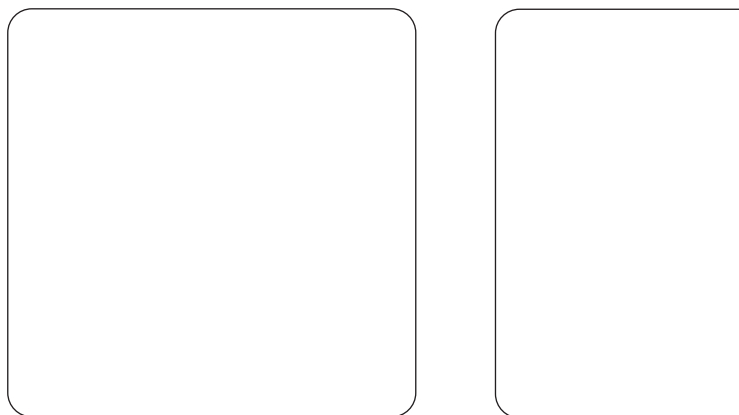
1 3/4" Square Inner Cap (44)



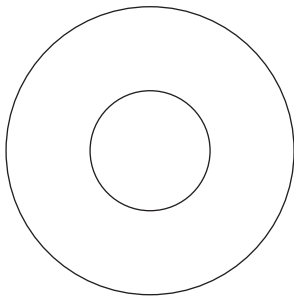
1 1/2" Square Inner Cap (32)



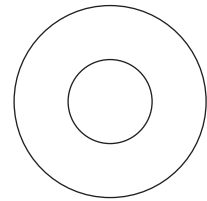
2" Square Inner Cap (27)



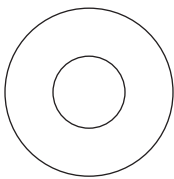
2" Square Outer Cap (51)



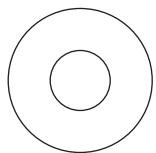
1/2" Flat Washer (82)



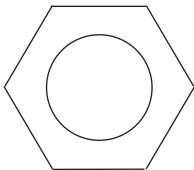
3/8" Flat Washer (9)



5/16" Flat Washer (8)



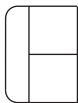
1/4" Flat Washer (10)



1/2" Plain Nut (81)



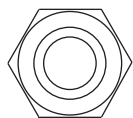
1/4" Nylon Locknut (2)



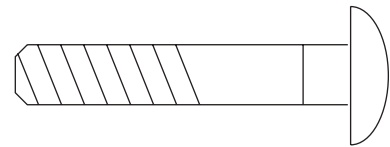
5/16" Nylon Locknut (3)



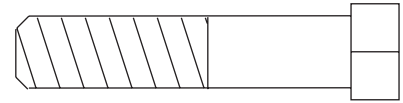
3/8" Nylon Jam Nut (67)



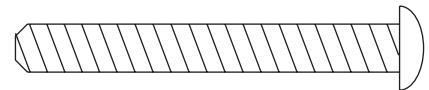
3/8" Nylon Locknut (21)



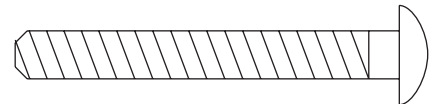
5/16" x 1 3/4" Carriage Bolt (72)



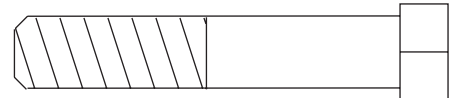
3/8" x 1 3/4" Bolt (88)



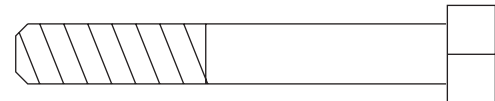
1/4" x 2" Screw (24)



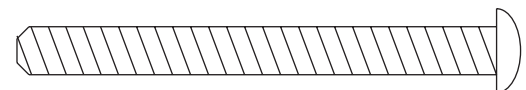
1/4" x 2" Carriage Bolt (38)



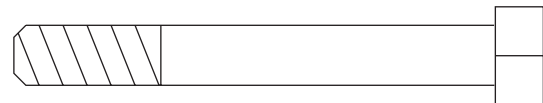
3/8" x 2" Bolt (12)



5/16" x 2 1/4" Bolt (33)



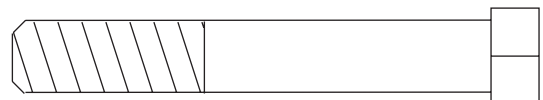
1/4" x 2 1/2" Screw (43)



5/16" x 2 1/2" Bolt (22)–4



5/16" x 2 1/2" Carriage Bolt (1)



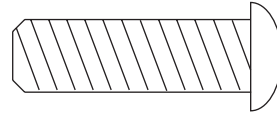
3/8" x 2 1/2" Bolt (7)



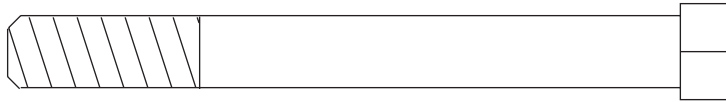
5/16" x 2 3/4" Bolt (11)



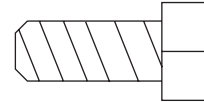
5/16" x 2 3/4" Carriage Bolt (14)



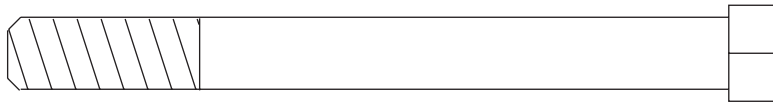
Button Screw (83)



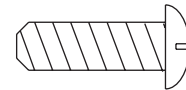
3/8" x 3 1/2" Bolt (16)



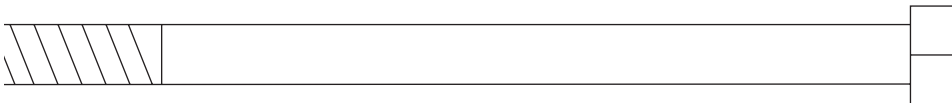
5/16" x 3/4" Bolt (73)



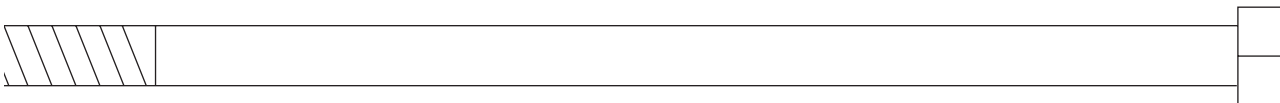
3/8" x 3 3/4" Bolt (71)



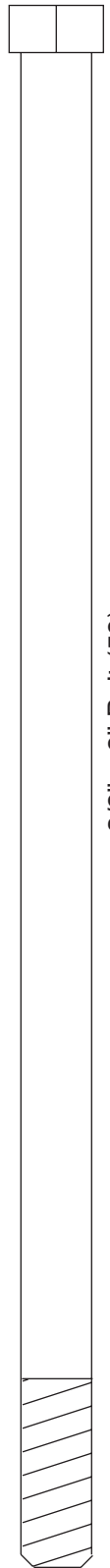
1/4" x 3/4" Screw (18)



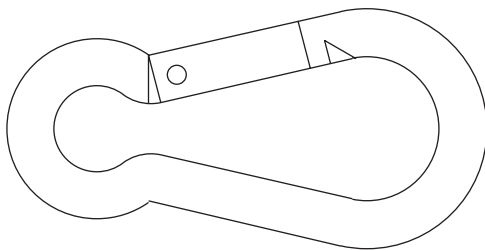
5/16" x 5" Bolt (68)



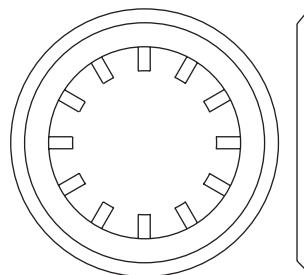
5/16" x 6 1/2" Bolt (60)



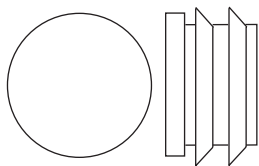
3/8" x 8" Bolt (59)



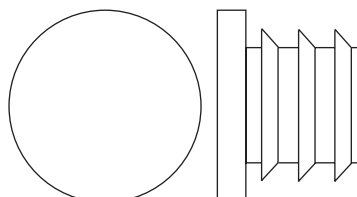
Cable Clip (53)



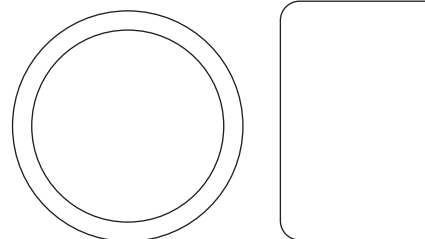
1" Retainer (69)



3/4" Round Inner Cap (34)



1" Round Inner Cap (49)



1" Round Cover Cap (70)

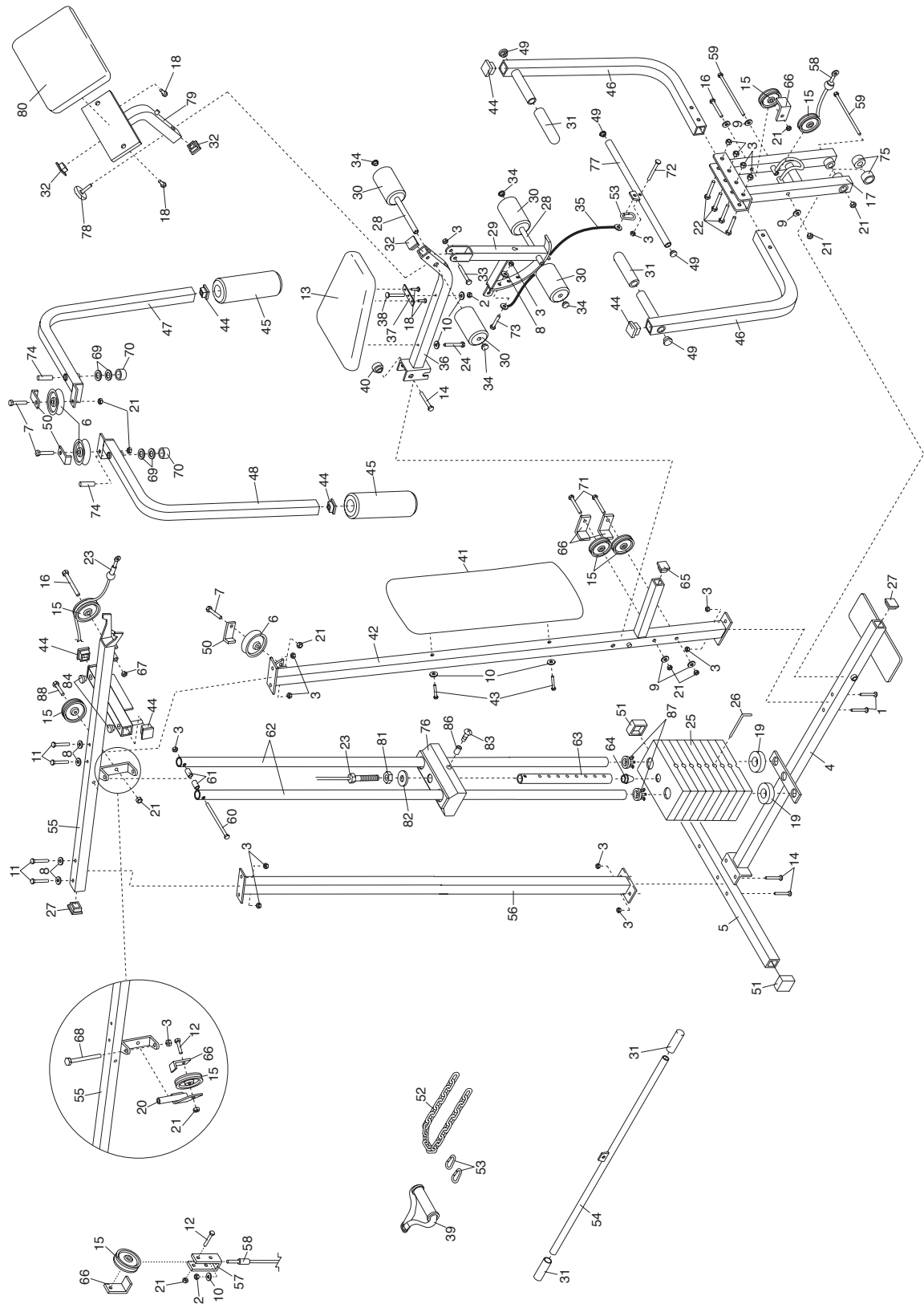
PART LIST—Model No. WESY01190

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	5/16" x 2 1/2" Carriage Bolt	46	2	Press Arm
2	2	1/4" Nylon Locknut	47	1	Left Arm
3	16	5/16" Nylon Locknut	48	1	Right Arm
4	1	Base	49	4	1" Round Inner Cap
5	1	Stabilizer	50	3	Long Cable Trap
6	3	"V"-Pulley	51	2	2" Square Outer Cap
7	3	3/8" x 2 1/2" Bolt	52	1	Chain
8	5	5/16" Flat Washer	53	3	Cable Clip
9	5	3/8" Flat Washer	54	1	Lat Bar
10	5	1/4" Flat Washer	55	1	Top Frame
11	4	5/16" x 2 3/4" Bolt	56	1	Rear Upright
12	2	3/8" x 2" Bolt	57	1	Long "U"-Bracket
13	1	Seat	58	1	Medium Cable
14	3	5/16" x 2 3/4" Carriage Bolt	59	2	3/8" x 8" Bolt
15	8	3 1/2" Pulley	60	1	5/16" x 6" Bolt
16	2	3/8" x 3 1/2" Bolt	61	2	1/2" x 3/4" Spacer
17	1	Press Frame	62	2	Weight Guide
18	4	1/4" x 3/4" Screw	63	1	Weight Tube
19	2	Weight Bumper	64	1	Weight Tube Bumper
20	1	Pulley Bracket	65	1	1" Square Inner Cap
21	11	3/8" Nylon Locknut	66	5	Cable Trap
22	4	5/16" x 2 1/2" Bolt	67	1	3/8" Nylon Jam Nut
23	1	Long Cable	68	1	5/16" x 5" Bolt
24	1	1/4" x 2" Screw	69	4	1" Retainer
25	9	Weight	70	2	1" Round Cover Cap
26	1	Weight Pin	71	2	3/8" x 3 3/4" Bolt
27	2	2" Square Inner Cap	72	1	5/16" x 1 1/4" Carriage Bolt
28	2	Pad Tube	73	1	5/16" x 3/4" Bolt
29	1	Leg Lever	74	2	1 1/4" x 2 1/2" Plastic Bushing
30	4	Foam Pad	75	2	1" x 7/8" Plastic Bushing
31	4	Hand Grip	76	1	Top Weight
32	3	1 1/2" Square Inner Cap	77	1	Curl Bar
33	1	5/16" x 2 1/4" Bolt	78	1	Curl Knob
34	4	3/4" Round Inner Cap	79	1	Curl Frame
35	1	Short Cable	80	1	Curl Pad
36	1	Seat Frame	81	1	1/2" Plain Nut
37	1	Seat Plate	82	1	1/2" Flat Washer
38	1	1/4" x 2" Carriage Bolt	83	1	Button Screw
39	1	Nylon Strap	84	2	1" Inner Cap
40	1	Seat Knob	85	1	5/16" Jam Nut
41	1	Backrest	86	1	1/2" x 3/4" Bushing
42	1	Front Upright	87	18	Weight Insert
43	2	1/4" x 2 1/2" Screw	88	1	3/8" x 1 3/4" Bolt
44	6	1 3/4" Square Inner Cap	#	1	User's Manual
45	2	Foam Pad	#	1	Exercise Poster

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

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ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, 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:

- The MODEL NUMBER of the product (WESY01190)
- The NAME of the product (WEIDER® XR20 Home Gym System)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING attached at the center of the manual).

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