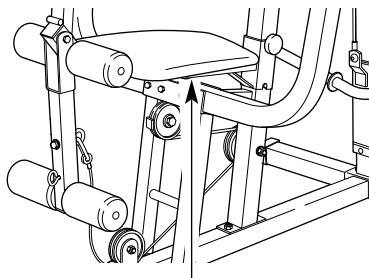


WEIDER[®] 150T

Model No. WESY17010

Serial No. _____

(Write the serial number in the space above for reference.)



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

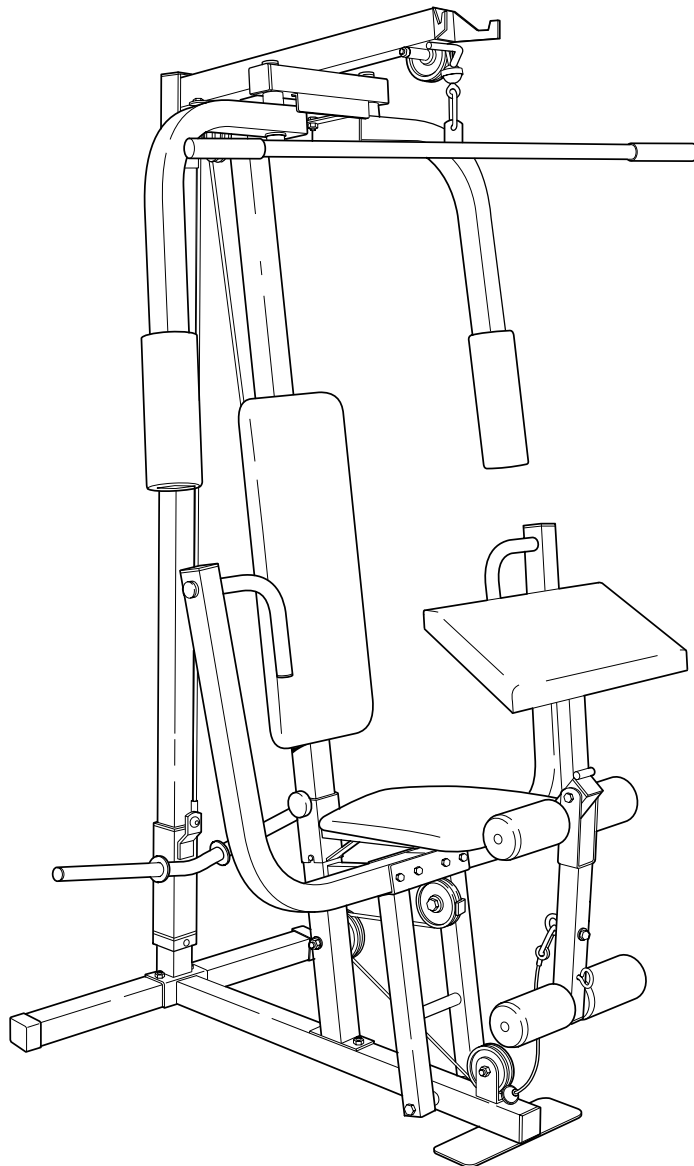
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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.

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.



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fitness tips, and much more!

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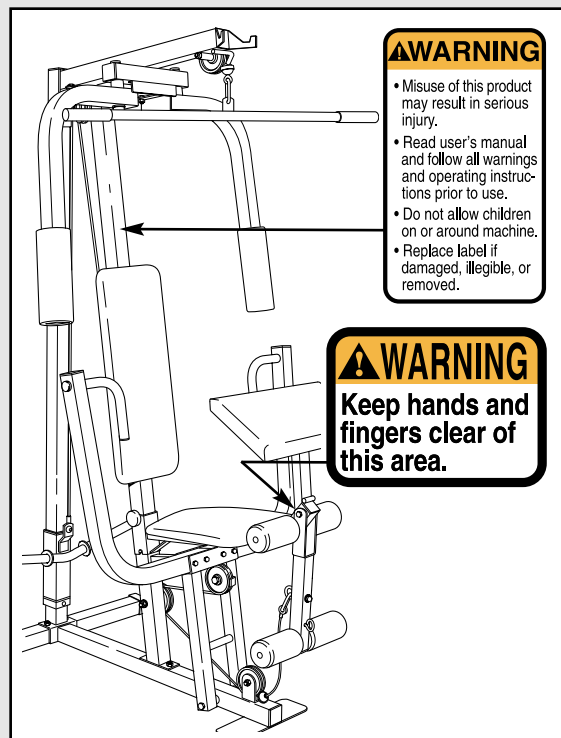
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Note: A PART IDENTIFICATION CHART is attached in the center of this manual.

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and in the accompanying literature before using the weight system.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor or carpet beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection when using the weight system.
9. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
10. 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. Note: The weight system does not include weights.
11. 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.
12. Do not place more than 125 pounds on the weight carriage.
13. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The decals shown here have been placed on the weight system in the locations shown. If a decal is missing or illegible, 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, to order a free replacement decal. Apply the replacement 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.

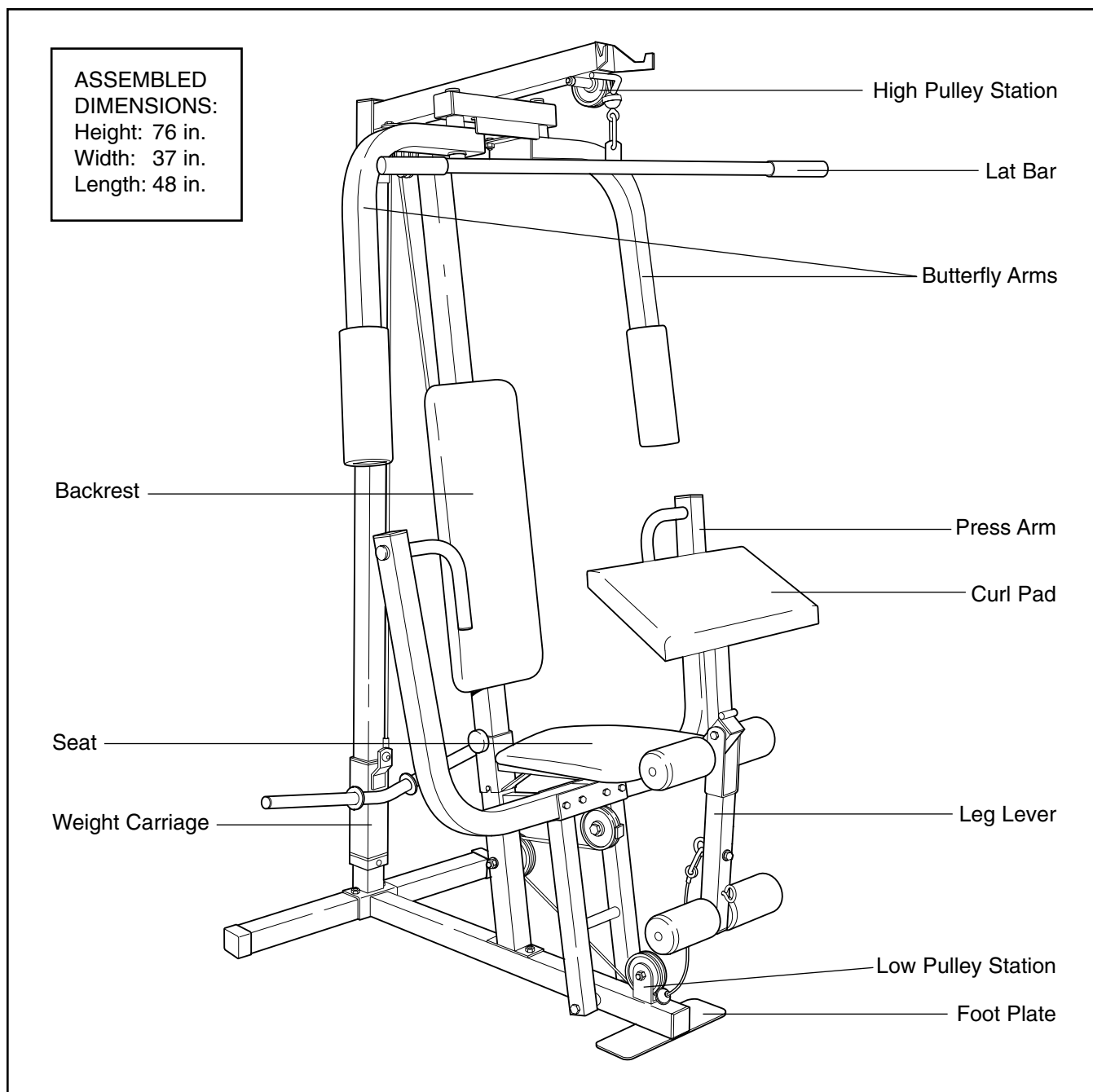
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 15CT weight system. The WEIDER® 15CT 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® 15CT will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have additional ques-

tions, 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 WESY17010. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

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



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will take time. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.


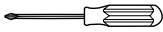
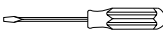

Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-800-999-3756**.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats and the backrests.

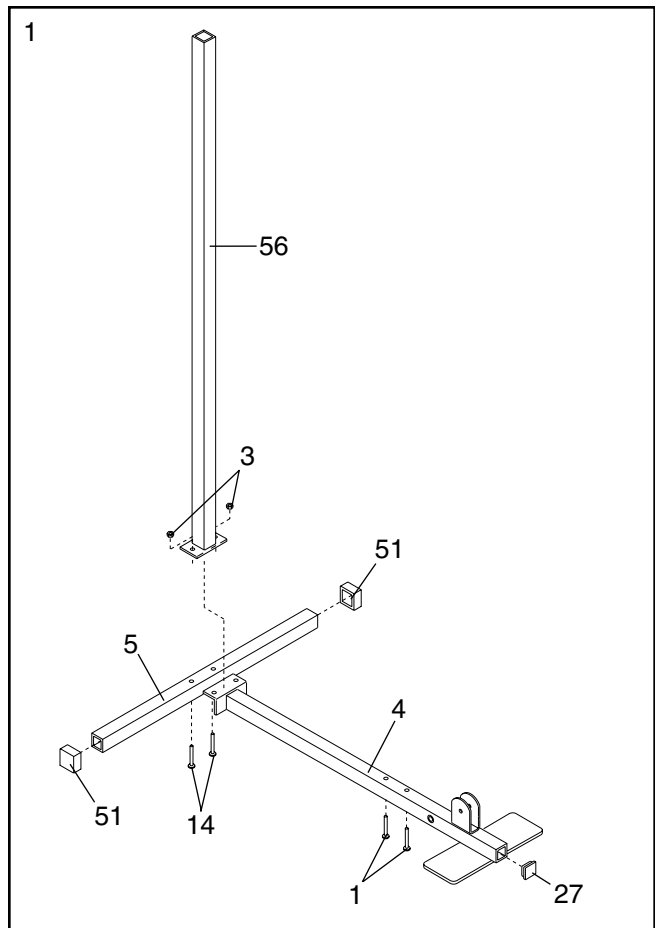
FRAME ASSEMBLY

1. **Before beginning assembly, be sure that you have read and understand the information in the box on the previous page.**

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 bracket 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. Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt.

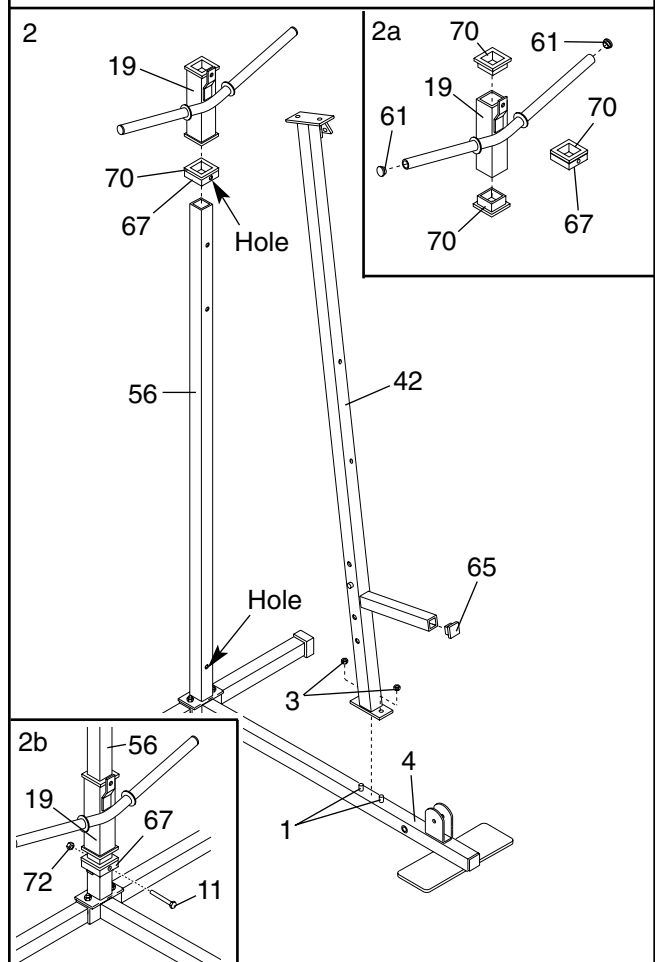


2. **Refer to drawing 2a.** Press a 1" Inner Cap (61) into each end of the weight tube on the Weight Carriage (19). Note: The Square Slider Bushings (70) should be pre-assembled to the Weight Carriage and Weight Stop (67).

Turn the Weight Stop (67) so that the hole in the Weight Stop is oriented in the same direction as the hole in the bottom of the Rear Upright (56). **Make sure that the Square Slider Bushing (70) is above the Weight Stop.** Slide the Weight Stop onto the Rear Upright.

Refer to drawing 2b. Secure the Weight Stop (67) to the hole near the base of the Rear Upright (56) with a 5/16" x 2 3/4" Bolt (11) and a 5/16" Nylon Jamnut (72). Slide the Weight Carriage (19) onto the Rear Upright.

Press a 1" Square Inner Cap (65) into the Front Upright (42). Slide the Front Upright 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 3/4" Square Inner Cap (44) into each end of the crossbar on the Top Frame (55). Press two 1" Inner Caps (61) into the top of the crossbar. Press a 2" Square Inner Cap (27) into the top of the Rear Upright (56).

Attach the Top Frame (55) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Washers (8), and two 5/16" Nylon Locknuts (3). Attach the Top Frame to the Rear Upright (56) with two 5/16" x 2 1/2" Bolts (22), two 5/16" Washers, and two 5/16" Nylon Jamnuts (72).

Tighten the Nylon Locknuts used in steps 1–3.

ARM ASSEMBLY

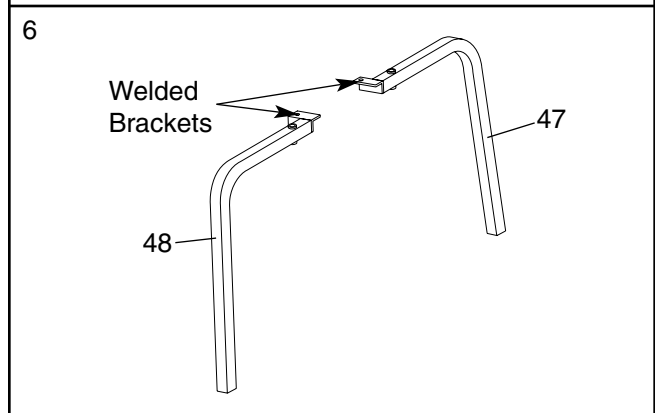
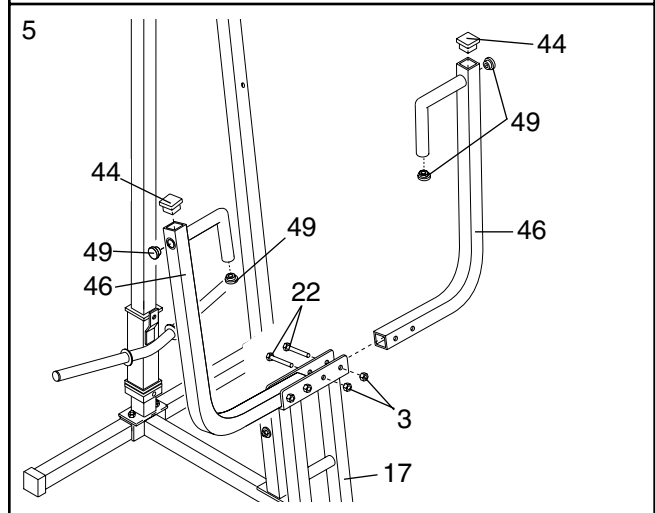
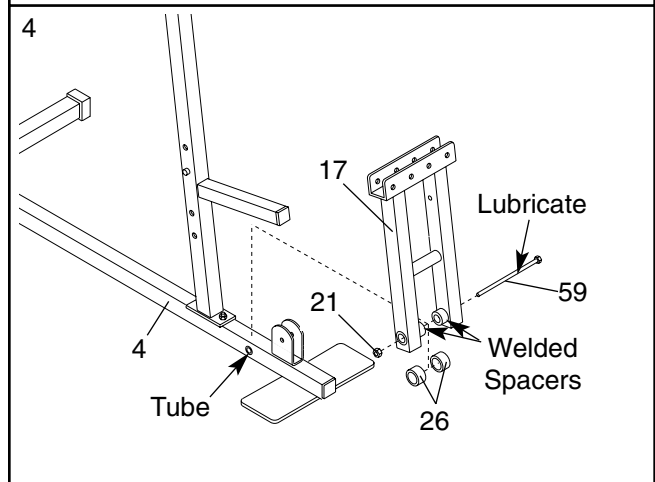
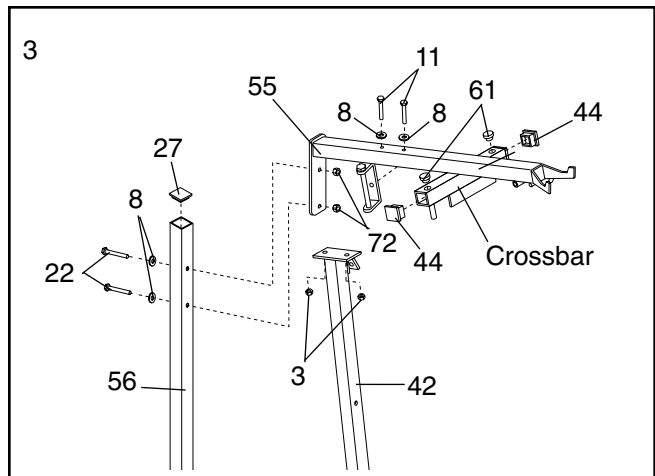
- Press a 1" x 7/8" Plastic Bushing (26) onto each welded spacer on the Press Frame (17). Slide the Press Frame onto the Base (4) so the Plastic Bushings are aligned with the indicated tube. **Note: This will be a tight fit. The Plastic Bushings should fit onto the ends of the tube in the Base.**

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

- Press a 1 3/4" Square Inner Cap (44) into the top of one of the Press Arms (46). Press a 1" Round Inner Cap (49) into each end of the handle on the Press Arm. Attach the Press Arm 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.

- 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 7.**

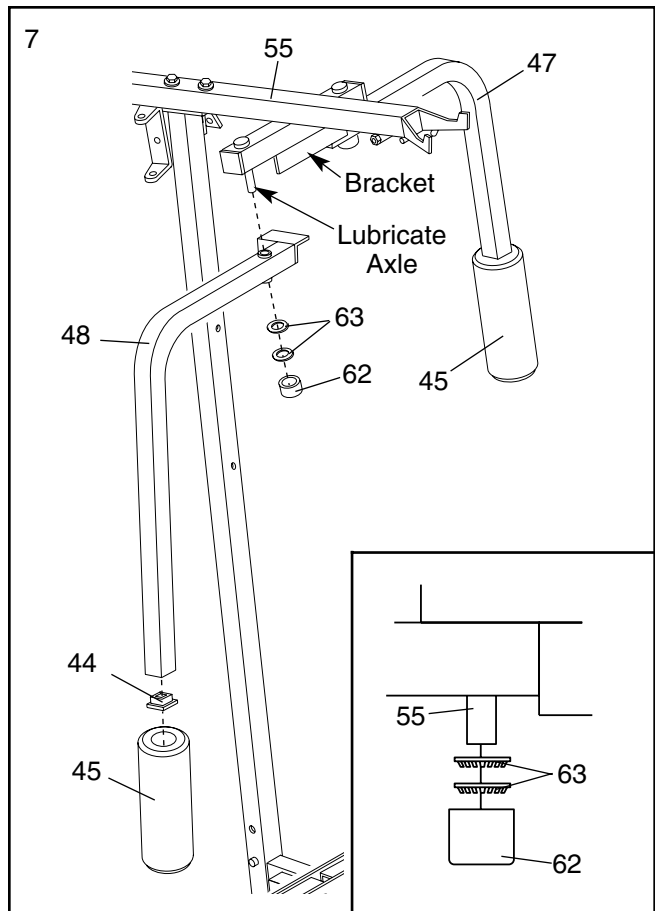


- Lubricate both axles on the Top Frame (55). Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 6 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame.**

Tap two 1" Retainers (63) and a 1" Round Cover Cap (62) 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.



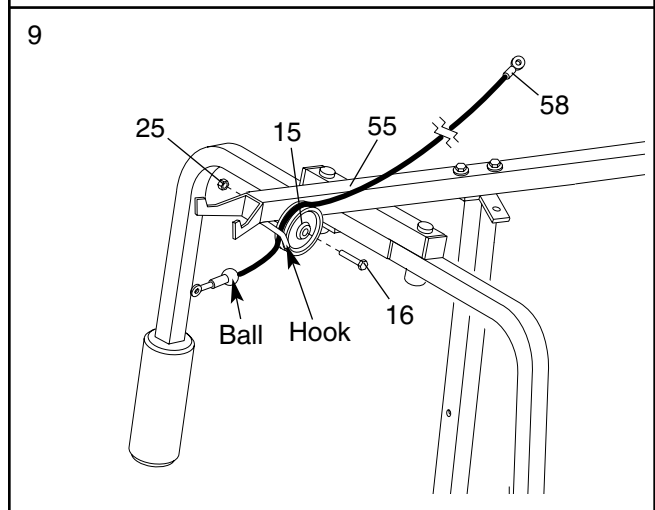
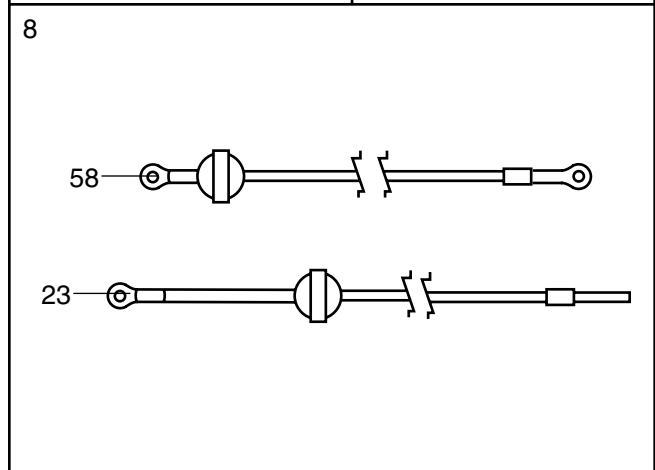
CABLE ASSEMBLY

- During steps 9 through 22, refer to the CABLE DIAGRAM on page 20 of this manual to verify proper cable routing. Before beginning this section, identify the Short Cable (23) and the Long Cable (58) by comparing the lengths and the ends of the cables.

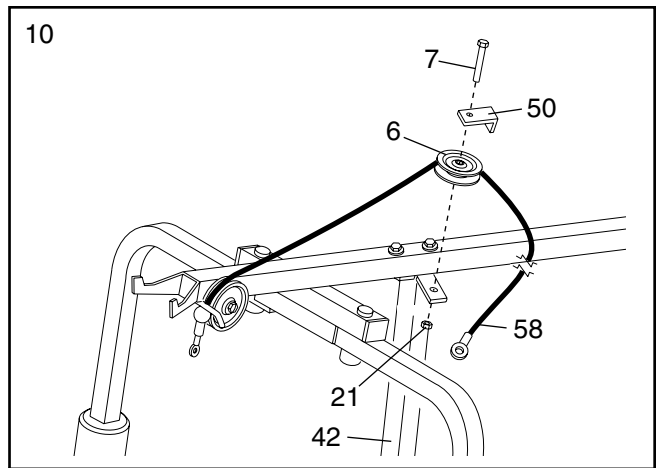
IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts securing the pulleys; the pulleys must turn freely.

- Locate the Long Cable (58).** Route the Long Cable around a 3 1/2" Pulley (15).

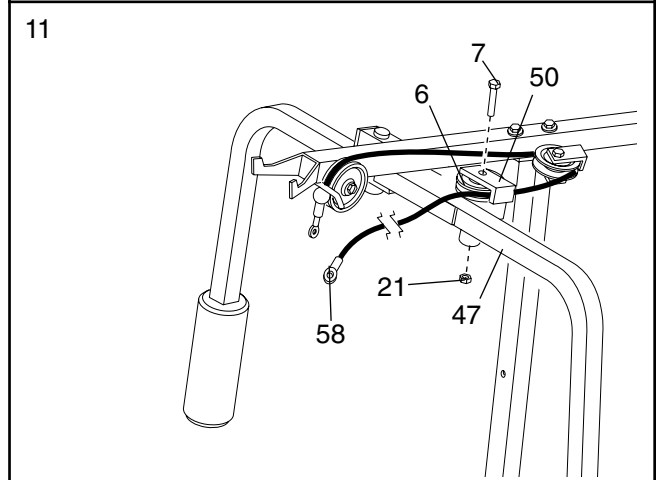
Using a 3/8" x 3 1/2" Bolt (16) and a 3/8" Nylon Jamnut (25), attach the 3 1/2" Pulley (15) to the Top Frame (55) in the indicated location. **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook on the Top Frame.**



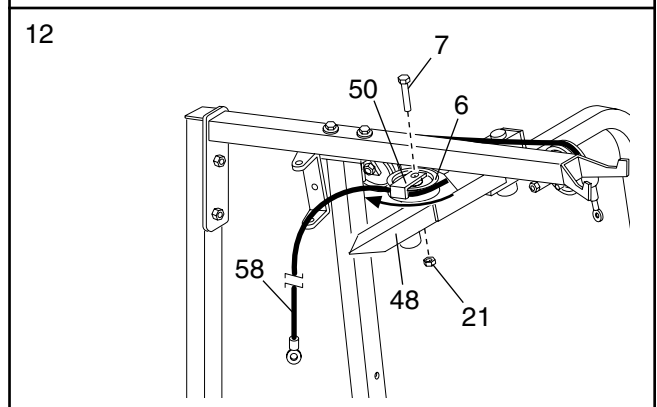
10. Wrap the Long Cable (58) around a “V”-Pulley (6). Attach the “V”-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8” x 2 1/2” Bolt (7) and a 3/8” Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**



11. Route the Long Cable (58) around a “V”-Pulley (6). Attach the “V”-Pulley and a Long Cable Trap (50) to the Left Arm (47) with a 3/8” x 2 1/2” Bolt (7) and a 3/8” Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap is positioned to hold the Cable in place.**

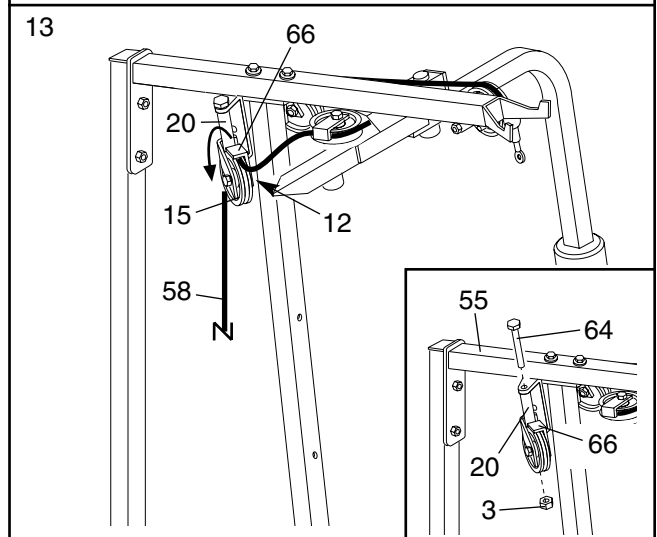


12. Route the Long Cable (58) around a “V”-Pulley (6). Attach the “V”-Pulley and the Long Cable Trap (50) to the Right Arm (48) with a 3/8” x 2 1/2” Bolt (7) and a 3/8” Nylon Locknut (21). **Be sure that the Cable is in the groove of the “V”-Pulley and that a Long Cable Trap is turned to hold the Cable in place.**

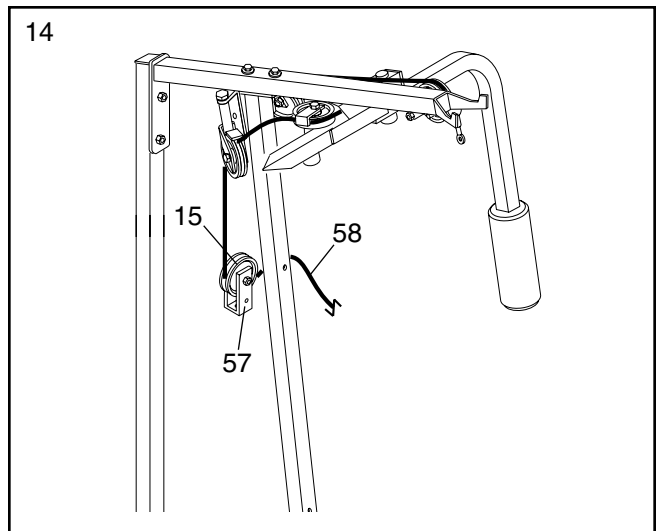


13. **Refer to the inset drawing.** Using a 5/16” x 5” Bolt (64) and a 5/16” Nylon Locknut (3), attach the Pulley Bracket (20) to the indicated bracket on the Top Frame (55). **Note: The Pulley Bracket is pre-assembled with a 3 1/2” Pulley (15) and a Cable Trap (66).**

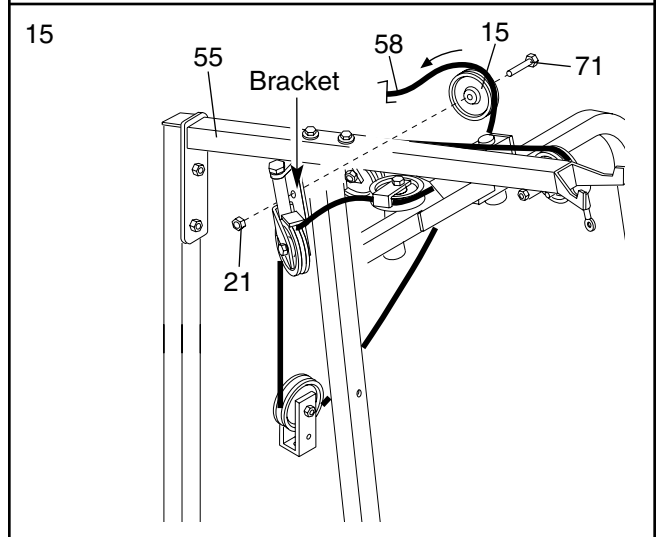
Route the Long Cable (58) around the 3 1/2” Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Make sure that the 3/8” x 2” Bolt (12), securing the Pulley and Cable Trap to the Pulley Bracket, is properly tightened and that the Pulley Bracket can pivot freely.



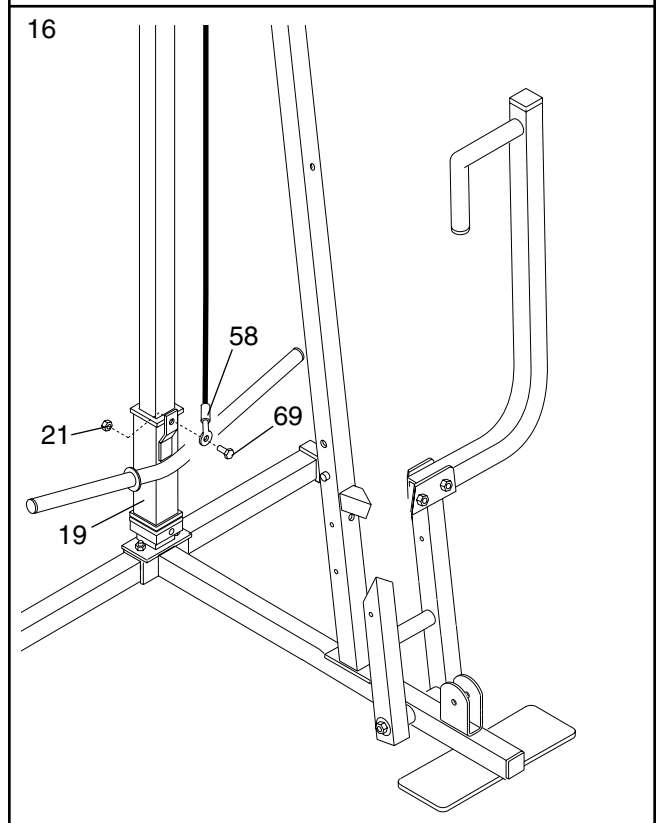
14. Locate the Long “U”-Bracket (57) that is pre-assembled with a 3 1/2” Pulley (15) and a Cable Trap (not shown). Route the Long Cable (58) around the Pulley and through the Long “U”-Bracket. **Be sure that the Cable is in the groove of the Pulley, that the Cable Trap is turned to hold the Cable in place, and that the Cable and Pulley move smoothly.**



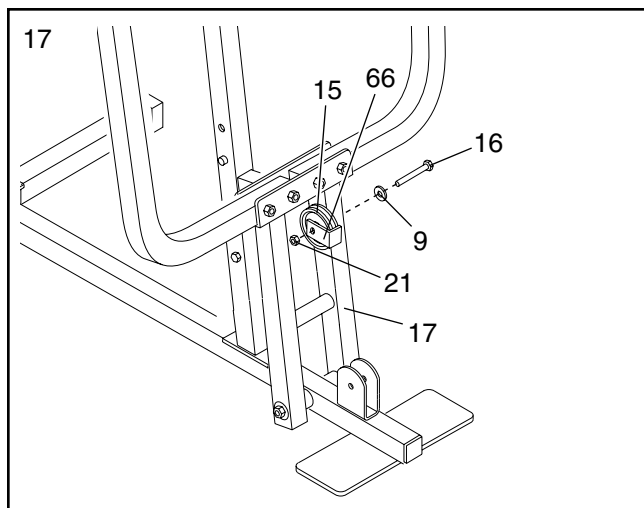
15. Route the Long Cable (58) around a 3 1/2” Pulley (15). Using a 3/8” x 1 3/4” Bolt (71) and a 3/8” Nylon Locknut (21), secure the Pulley to the indicated bracket on the Top Frame (55). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



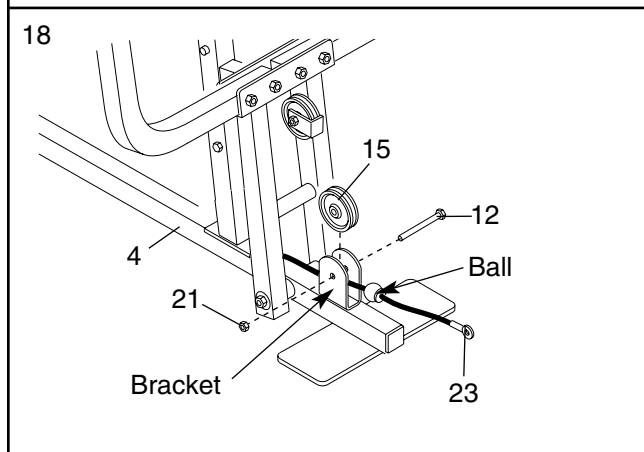
16. Attach the Long Cable (58) to the Weight Carriage (19) with a 3/8” x 3/4” Bolt (69) and a 3/8” Nylon Locknut (21). **Make sure that the Bolt and the Nylon Locknut are tight.**



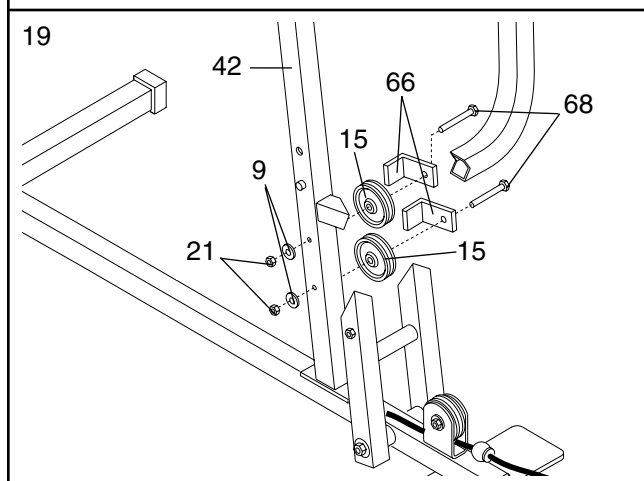
17. Using a 3/8" x 3 1/2" Bolt (16), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21), secure a 3 1/2" Pulley (15) and a Cable Trap (66) to the upper hole in the Press Frame (17). **Make sure that the Cable Trap and the Pulley are oriented as shown.**



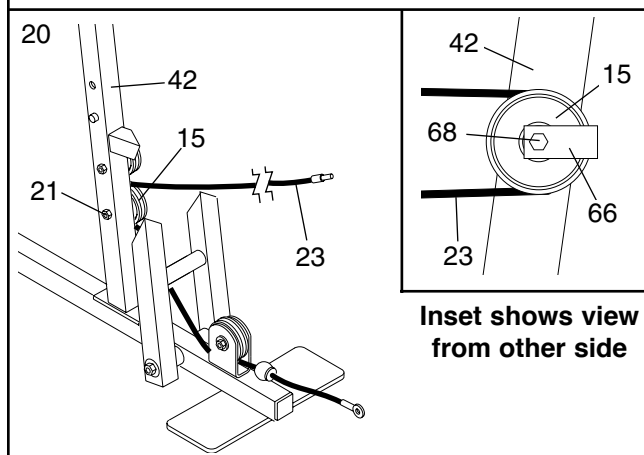
18. **Locate the Short Cable (23).** Lay the Short Cable inside the bracket on the Base (4). Attach a 3 1/2" Pulley (15) inside the bracket with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the ball on the Cable is on the indicated side of the bracket.**



19. Attach two 3 1/2" Pulleys (15) and two Cable Traps (66) to the Front Upright (42) with two 3/8" x 3 3/4" Bolts (68), two 3/8" Washers (9), and two 3/8" Nylon Locknuts (21). **Be sure that all parts are oriented as shown. Do not tighten the Nylon Locknuts yet.**

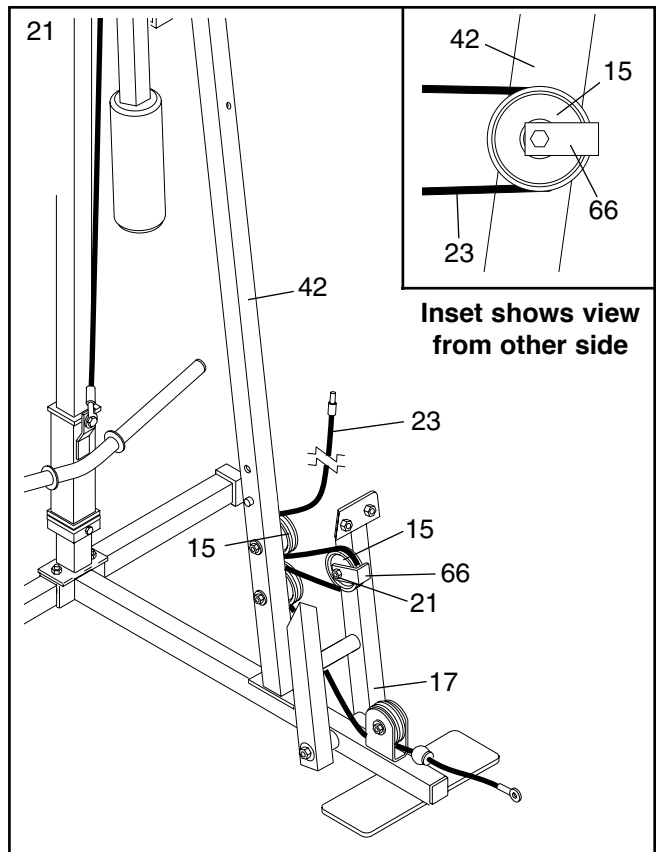


20. Route the Short Cable (23) around the 3 1/2" Pulley (15) attached to the lower hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (68).

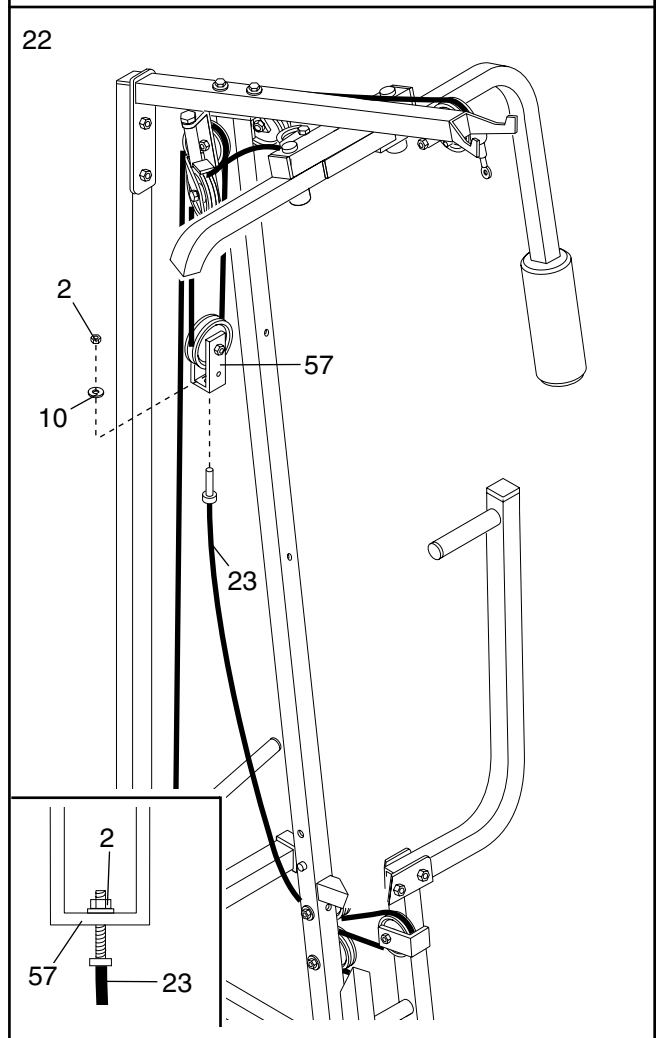


21. Route the Short Cable (23) up around the 3 1/2" Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable is routed around the Pulley as shown, and that the Cable Trap (66) is turned to hold the Cable in place.**

Route the Short Cable (23) around the 3 1/2" Pulley (15) attached to the upper hole in the Front Upright (42). **Refer to the inset drawing. Be sure that the Cable is routed around the Pulley as shown, and that the Cable Trap (66) is turned to hold the Cable in place.**



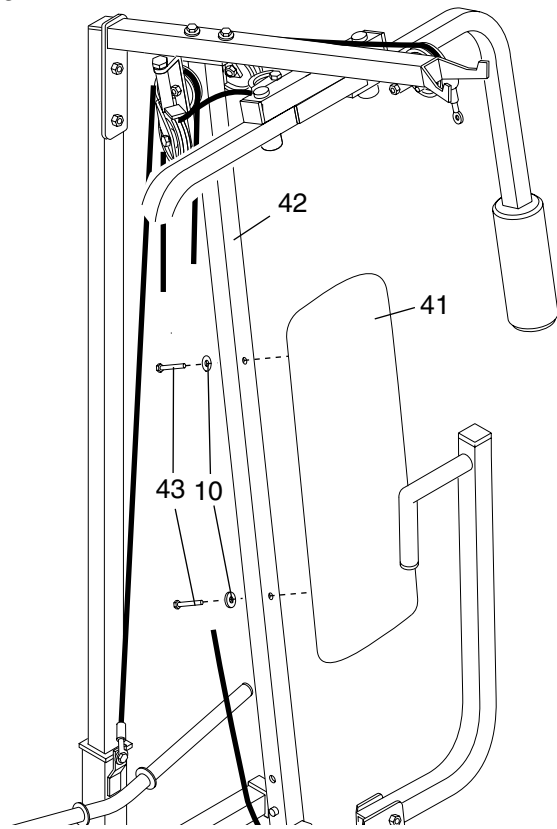
22. Attach the end of the Short Cable (23) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10). **Do not completely tighten the Nylon Locknut; it should be threaded onto the end of the Cable until two threads are showing above the Nylon Locknut, as shown in the inset drawing.**



SEAT ASSEMBLY

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

23



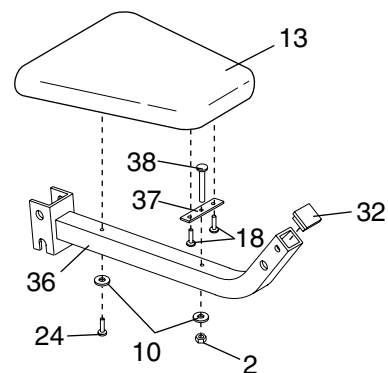
24. Press a 1 1/2" Square Inner Cap (32) into the Seat Frame (36).

Insert a 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" Washer (10) onto the Carriage Bolt.

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

24

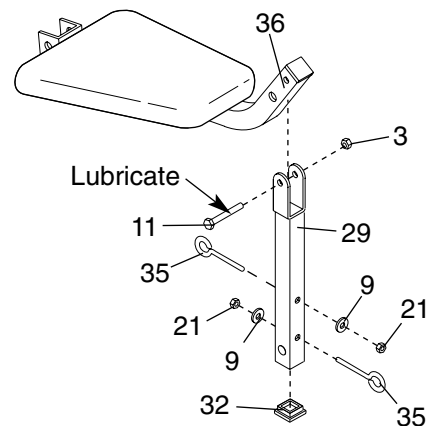


25. Press a 1 1/2" Square Inner Cap (32) into the Leg Lever (29).

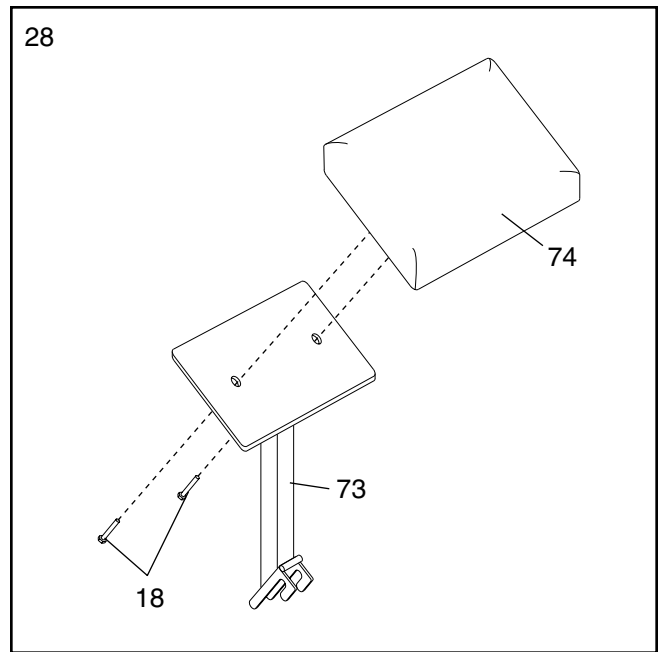
Lubricate the 5/16" x 2 3/4" Bolt (11). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3). **Do not over-tighten the Nylon Locknut; the Leg Lever must pivot freely.**

Insert the two 3/8" x 2 1/2" Eyebolts (35) into the Leg Lever (29) from the directions shown. Tighten a 3/8" Washer (9) and a 3/8" Nylon Locknut (21) onto each Eyebolt. **Note: Be sure the Eyebolts are positioned vertically on the Leg Lever.**

25



28. Attach the Curl Pad (74) to the Curl Post (73) with two 1/4" x 3/4" Screws (18).



29. Make sure that all parts have been properly tightened. The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to make 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 routed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 20 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 19.**

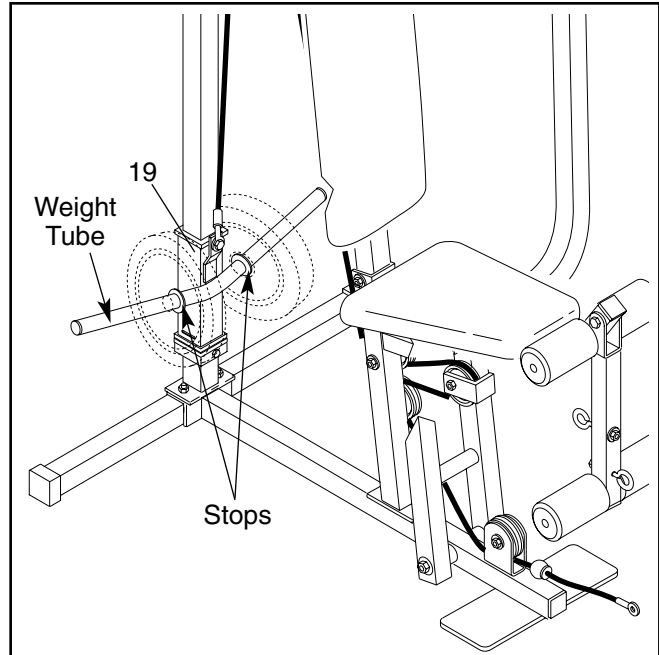
ADJUSTMENT

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight 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.

ADDING WEIGHTS TO THE WEIGHT CARRIAGE

To add resistance to your workout, slide an equal amount of weight (not included) onto each side of the weight tube on the Weight Carriage (19). Make sure that the weights are pushed against the stops. **Note:** Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the amount of weight used. Use the **WEIGHT RESISTANCE CHART** on page 18 to find the actual amount of resistance at each weight station.

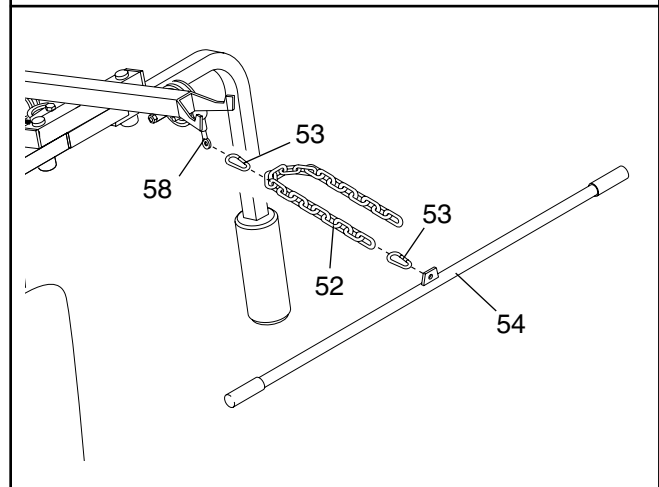
⚠ WARNING: Do not place more than 125 pounds on the Weight Carriage (19).



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

Attach the Lat Bar (54) to the Long Cable (58) or Short Cable (not shown) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

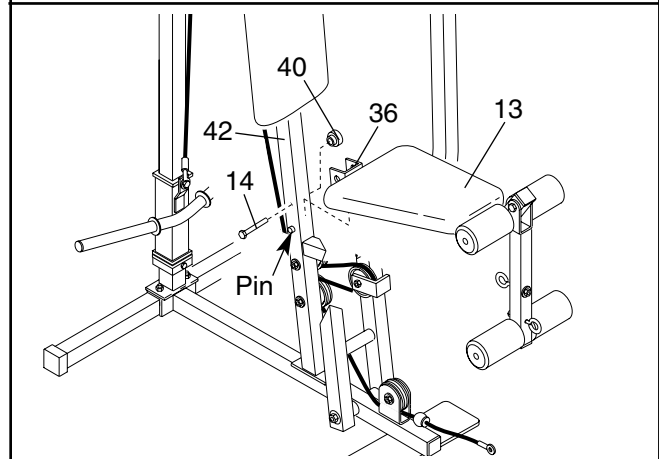
The Nylon Strap (not shown) can be attached in the same manner.



ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) onto 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).

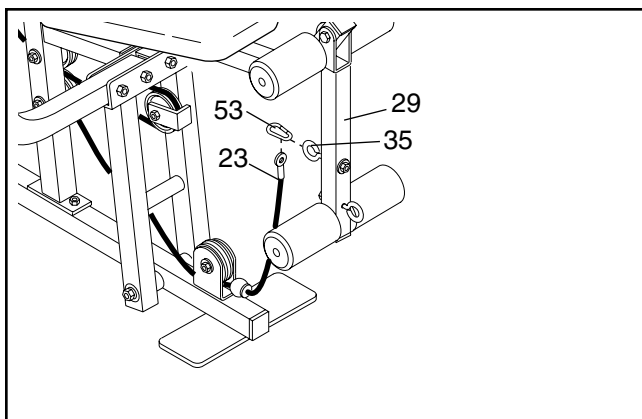
For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever (see ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION below). Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Finally, lift the Seat Frame off of the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

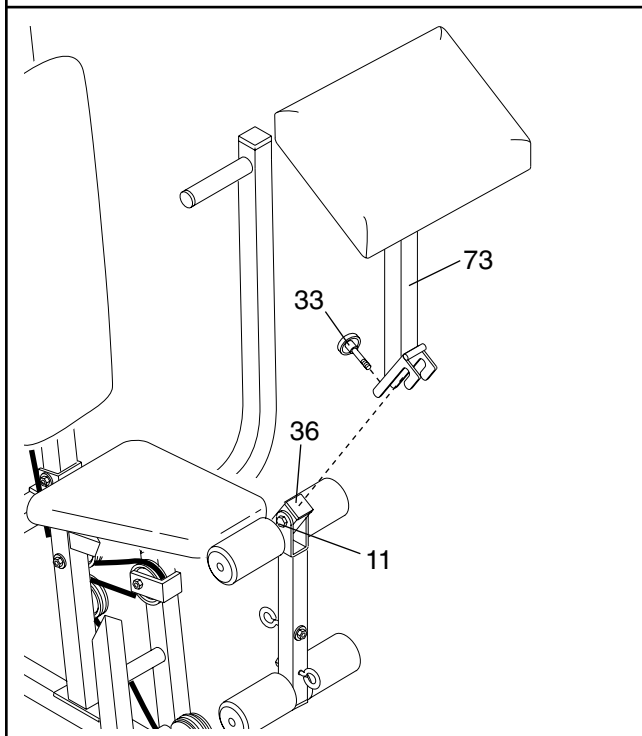
To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT on page 16).

Attach the Short Cable (23) to the 3/8" x 2 1/2" Eyebolt (35) with a Cable Clip (53). **Note: Be sure the Eyebolt is positioned vertically on the Leg Lever (29).**



ATTACHING THE CURL PAD TO THE SEAT FRAME

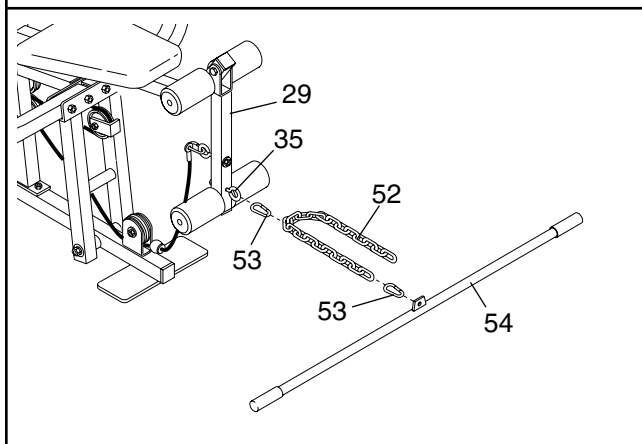
Set the hooks on the bottom of the Curl Post (73) around the 5/16" x 2 3/4" Bolt (11) in the Seat Frame (36). Secure the Curl Post to the Seat Frame with the Curl Knob (33).



ATTACHING THE LAT BAR TO THE LEG LEVER

To use the Lat Bar (54) to do curl exercises, attach the leg lever to the the the short cable, and the curl pad to the seat frame (see ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION and ATTACHING THE CURL PAD TO THE SEAT FRAME, above).

Attach the Lat Bar (54) to the front 3/8" x 2 1/2" Eyebolt (35) on the Leg Lever (29) with a Chain (52) and two Cable Clips (53). **Note: Be sure the Eyebolt is positioned vertically on the Leg Lever (29).**



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. The column labeled “WEIGHT ON WEIGHT CARRIAGE” refers to the amount of weight, in pounds, placed on the weight carriage. The weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to friction between the cables, pulleys, and weight carriage.**

WEIGHT ON WEIGHT CARRIAGE	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LOW PULLEY/ LEG LEVER (lbs.)	HIGH PULLEY (lbs.)
0	12	7	10	10
5	22	11	18	16
10	31	15	25	21
15	40	20	32	26
20	50	24	39	32
25	59	29	46	37
30	68	33	53	42
35	78	38	61	47
40	87	42	68	53
45	97	47	75	58
50	106	51	82	63
55	115	56	89	68
60	125	60	96	74
65	134	64	103	79
70	144	69	111	84
75	153	73	118	89
80	162	78	125	95
85	172	82	132	100
90	181	87	139	105
95	190	91	146	110
100	200	96	153	116
105	210	100	160	121
110	219	104	168	126
115	228	109	175	131
120	237	113	182	137
125	247	118	189	142

TROUBLE-SHOOTING AND MAINTENANCE

Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

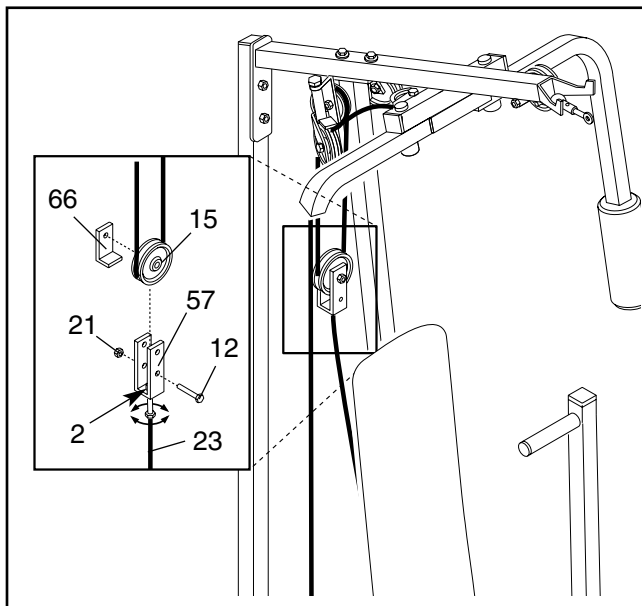
Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Slack can be removed from the Short Cable (23) by tightening the 1/4" Nylon Locknut (2) at the end of the Cable.

Additional slack can be removed by moving the 3 1/2" Pulley (15) to the lower hole in the Long "U"-Bracket (57). Remove the Cable Trap (66) and the Pulley from the "U"-Bracket. Re-attach the Pulley and the Cable Trap to the lower hole in the "U"-Bracket with the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12).

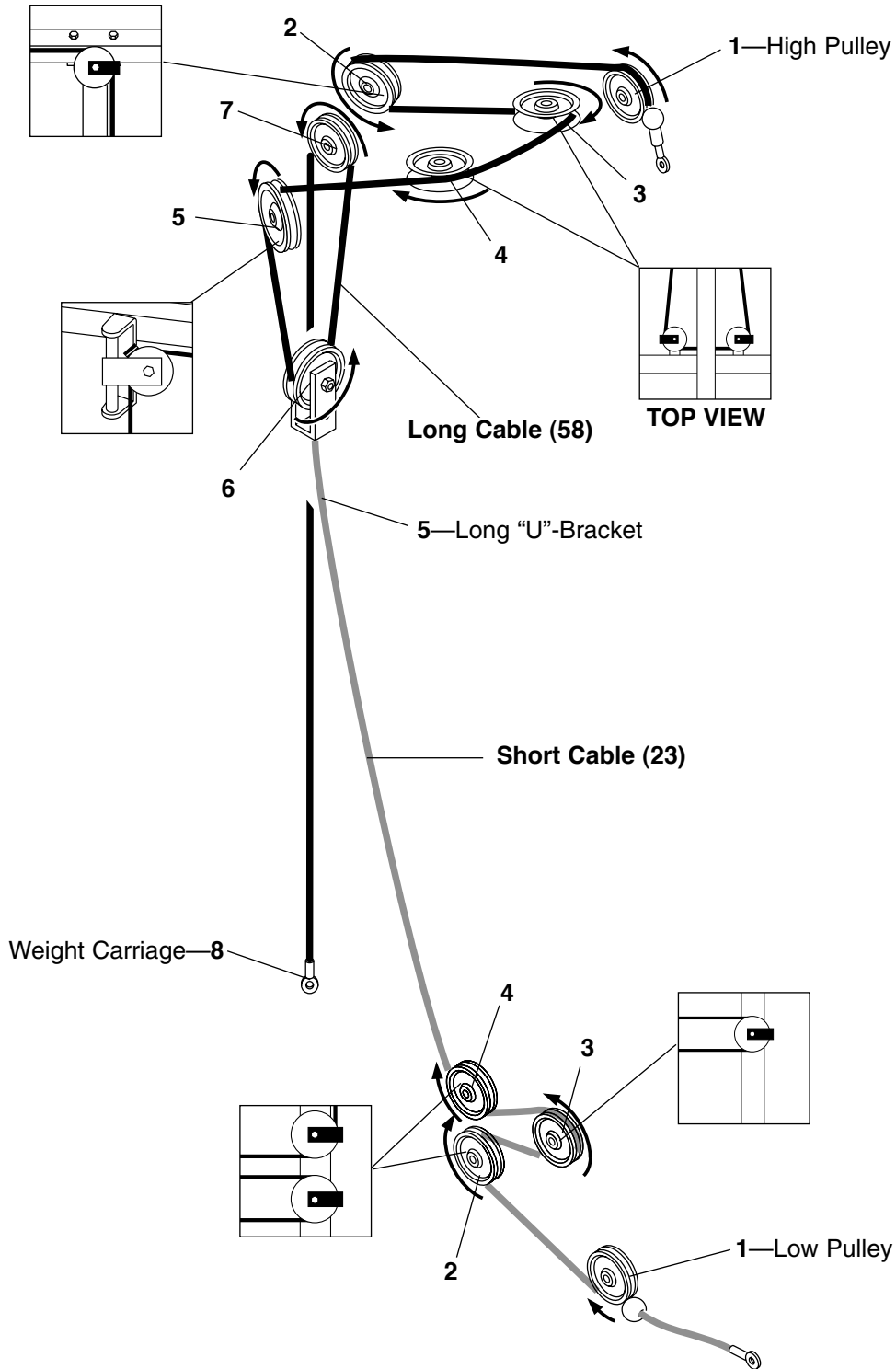
Make sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.

Note: If a cable tends to slip off the pulleys, the cable may have become twisted. Remove the cable and re-install it. If a cable needs to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



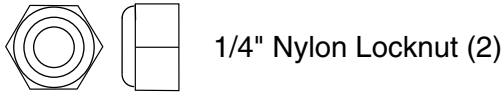
CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (23) and the Long Cable (58). Use the diagram to be sure that the two cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. The starting and ending points of each cable are labeled. The small drawings show the correct position of each cable trap. **Make sure that the cable traps do not touch or bind the cables.**

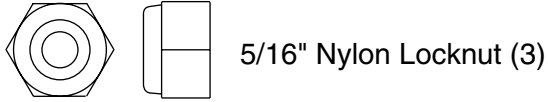


PART IDENTIFICATION CHART—WESY17010

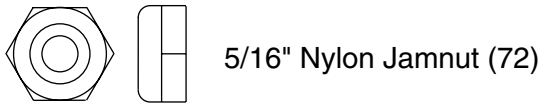
R0901A



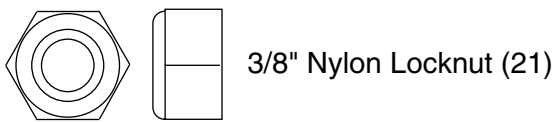
1/4" Nylon Locknut (2)



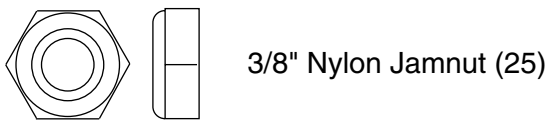
5/16" Nylon Locknut (3)



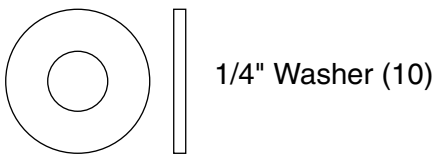
5/16" Nylon Jamnut (72)



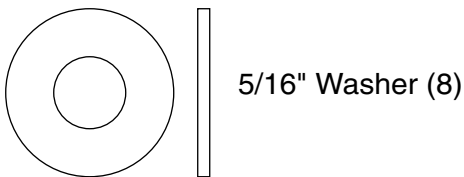
3/8" Nylon Locknut (21)



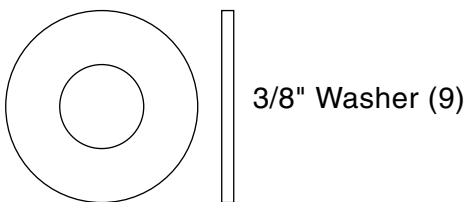
3/8" Nylon Jamnut (25)



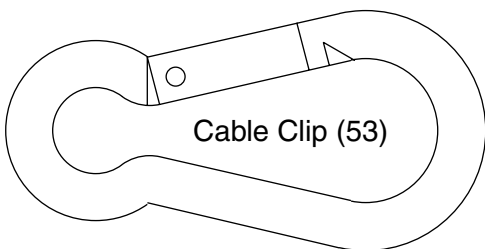
1/4" Washer (10)



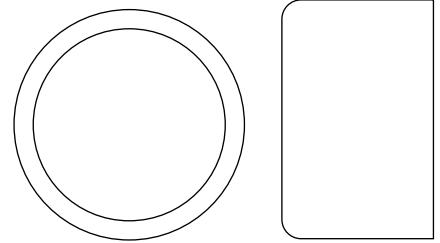
5/16" Washer (8)



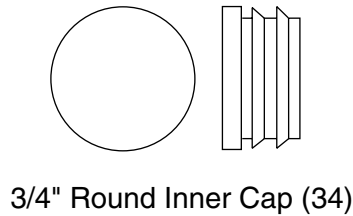
3/8" Washer (9)



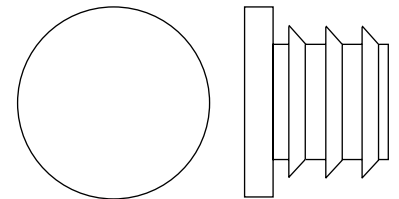
Cable Clip (53)



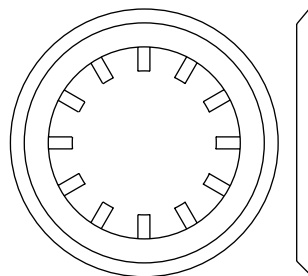
1" Round Cover Cap (62)



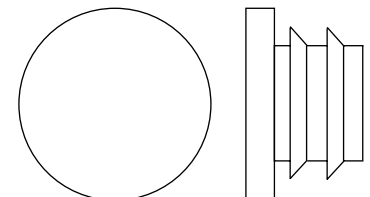
3/4" Round Inner Cap (34)



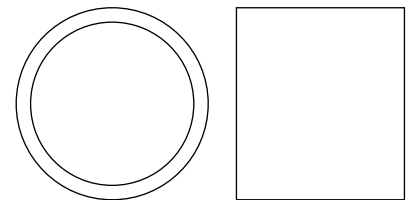
1" Round Inner Cap (49)



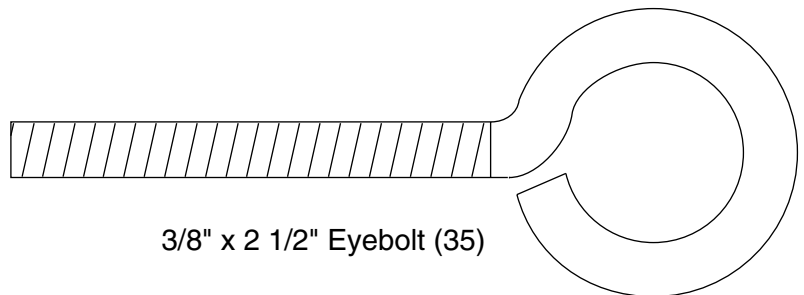
1" Retainer (63)



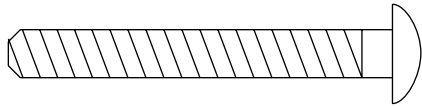
1" Inner Cap (61)



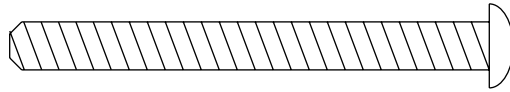
1" x 7/8" Plastic Bushing (26)



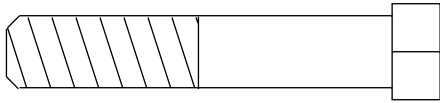
3/8" x 2 1/2" Eyebolt (35)



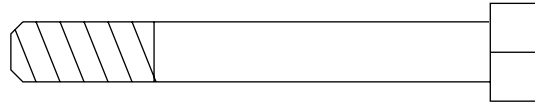
1/4" x 2" Carriage Bolt (38)



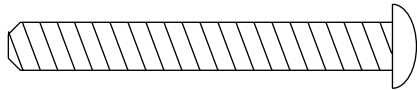
1/4" x 2 1/2" Screw (43)



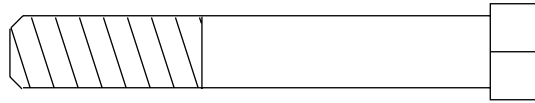
3/8" x 2" Bolt (12)



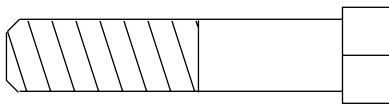
5/16" x 2 1/2" Bolt (22)



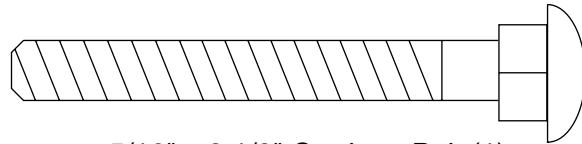
1/4" x 2" Screw (24)



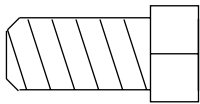
3/8" x 2 1/2" Bolt (7)



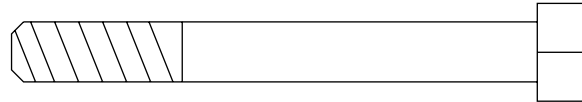
3/8" x 1 3/4" Bolt (71)



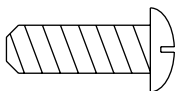
5/16" x 2 1/2" Carriage Bolt (1)



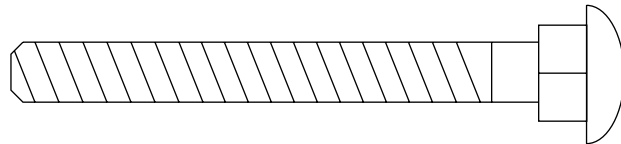
3/8" x 3/4" Bolt (69)



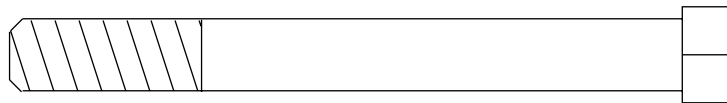
5/16" x 2 3/4" Bolt (11)



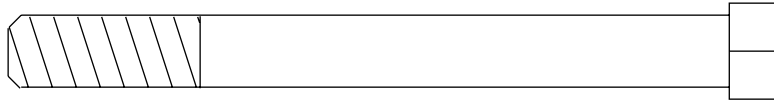
1/4" x 3/4" Screw (18)



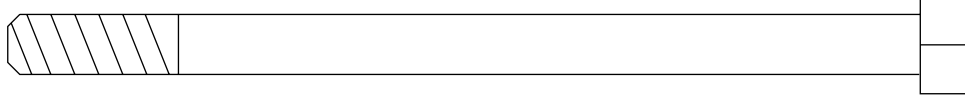
5/16" x 2 3/4" Carriage Bolt (14)



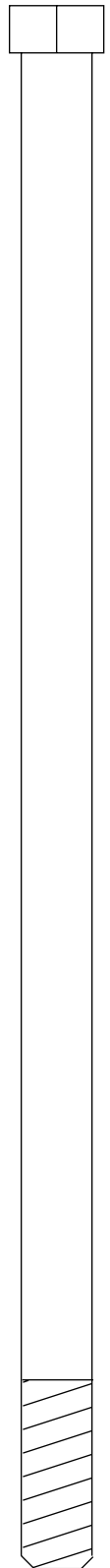
3/8" x 3 1/2" Bolt (16)



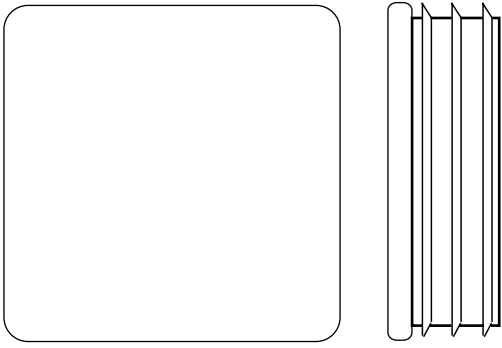
3/8" x 3 3/4" Bolt (68)



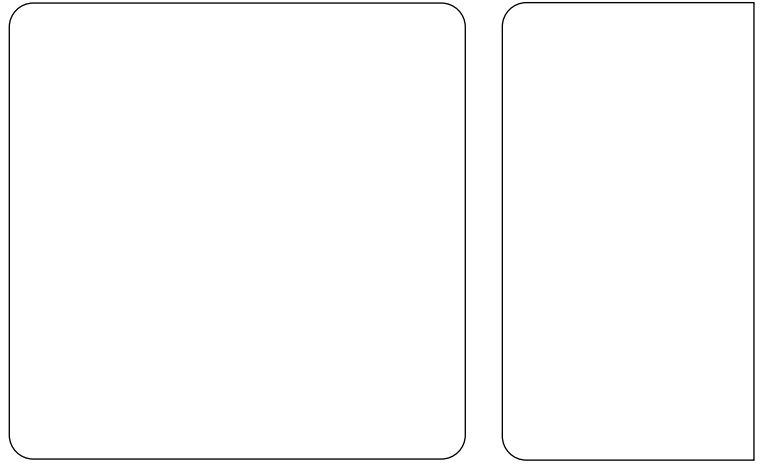
5/16" x 4 3/4" Bolt (64)



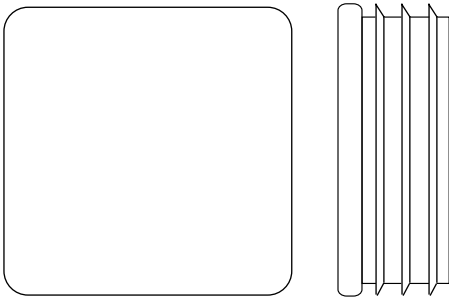
3/8" x 8" Bolt (59)



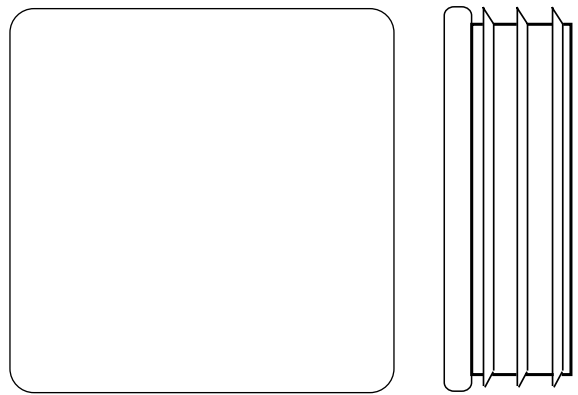
1 3/4" Square Inner Cap (44)



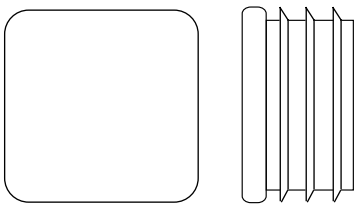
2" Square Outer Cap (51)



1 1/2" Square Inner Cap (32)



2" Square Inner Cap (27)



1" Square Inner Cap (65)

PART LIST—Model No. WESY17010

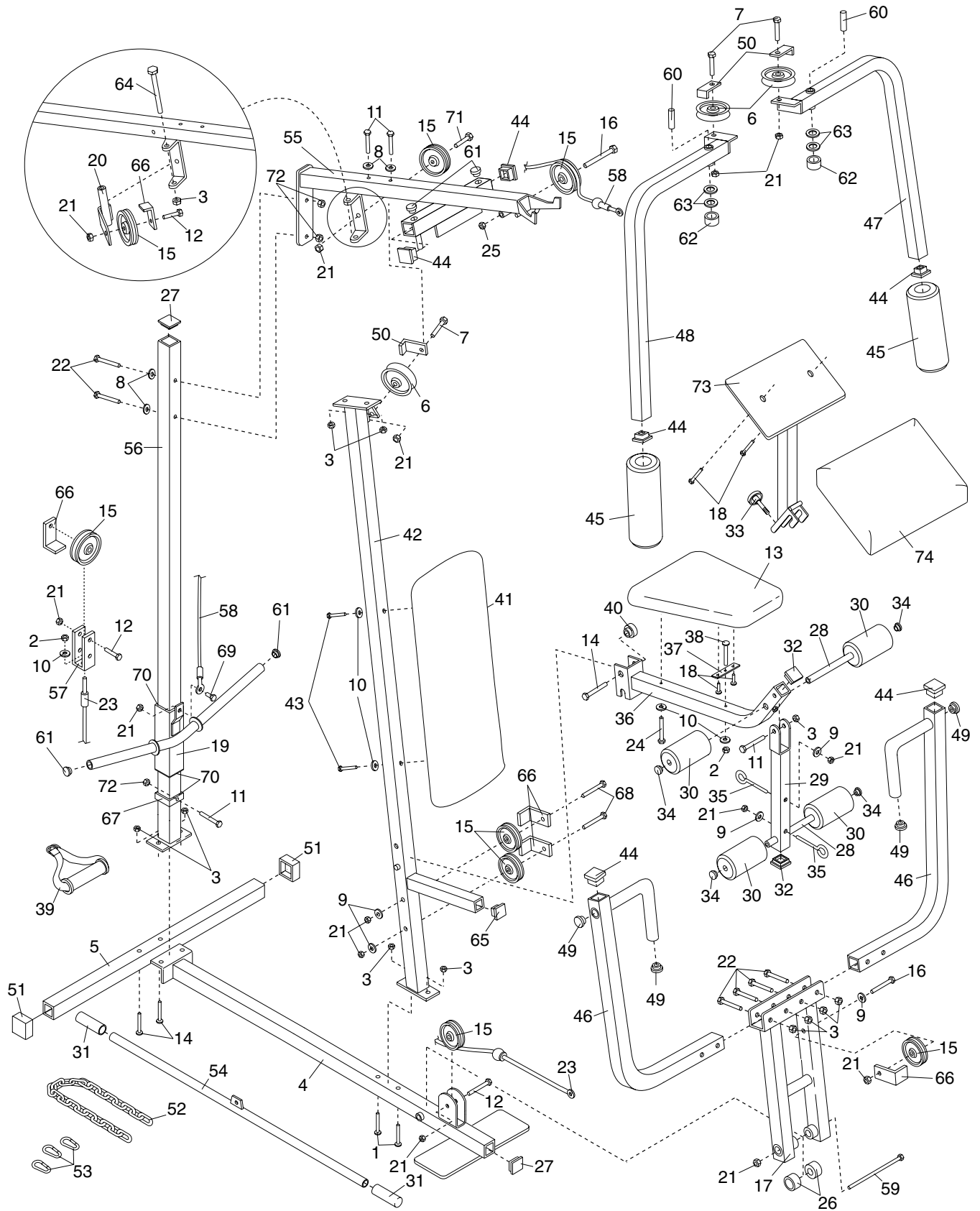
R0901A

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

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

EXPLODED DRAWING—Model No. WESY17010

R0901A



ORDERING REPLACEMENT PARTS

To order replacement parts, 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:

1. The MODEL NUMBER of the product (WESY17010)
2. The NAME of the product (WEIDER® 15CT weight system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 22 and 23 of this manual).

LIMITED WARRANTY

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

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

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

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

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