

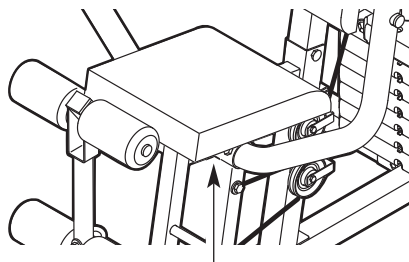
WEIDER PROTM 2250

www.weider.com

Model No. WESY1955.1

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 parts are missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com

CAUTION

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

USER'S MANUAL

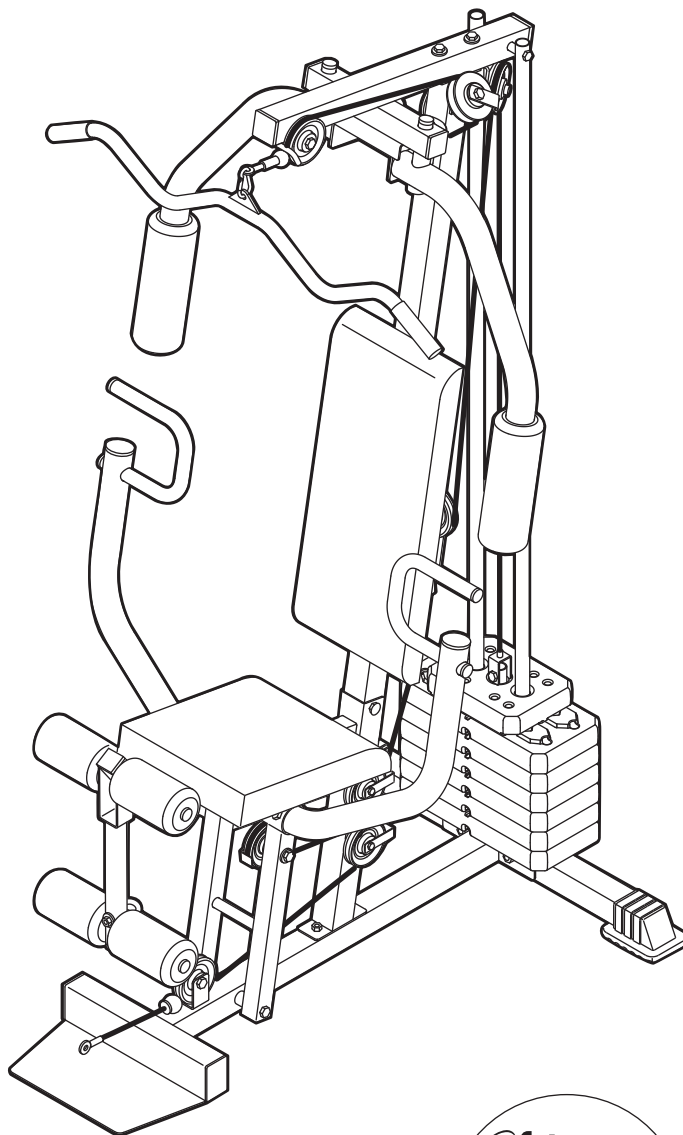
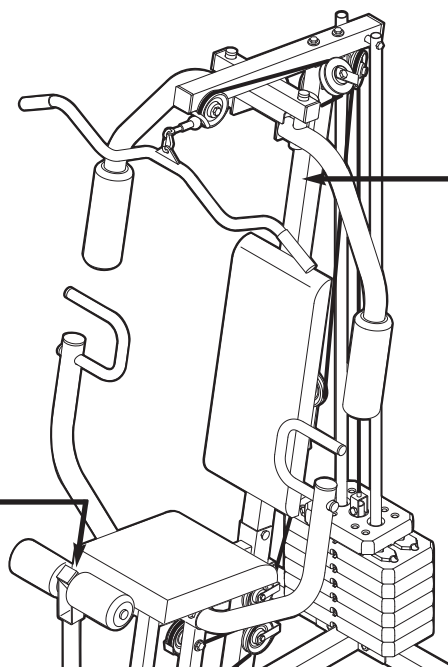


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight system before using your weight system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. Your weight system is intended for home use only. Do not use your weight system in a commercial, rental, or institutional setting.
4. Use your weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your weight system at all times.
7. Your weight system should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your weight system. Always wear athletic shoes for foot protection while exercising.
9. Keep hands and feet away from moving parts.
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.
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 the pulleys.
12. Always stand on the foot plate while performing an exercise that could cause the weight system to tip.
13. Never release the arms, leg lever, lat bar, or handle strap while weights are raised; the weights will fall with great force.
14. Always disconnect the lat bar from the weight system before performing an exercise that does not require the lat bar.
15. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
16. Use your weight system only as described in this manual.

BEFORE YOU BEGIN

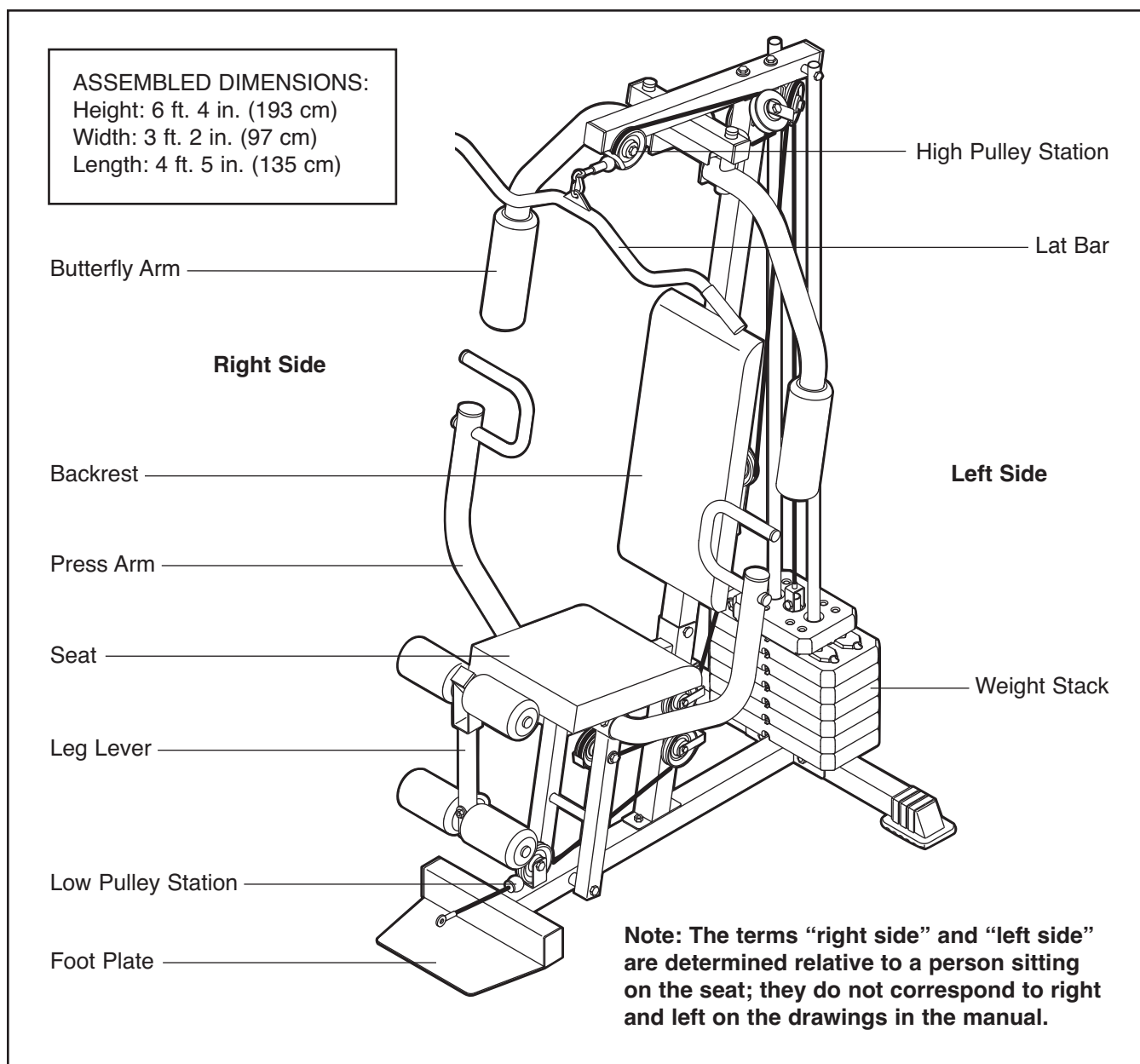
Thank you for selecting the versatile WEIDER PRO™ 2250 weight system. The weight system offers an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the weight system. If you have questions after reading this manual, please see the front cover of

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

To avoid a registration fee for any service needed under warranty, you must register the weight system at www.weiderservice.com/registration.

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

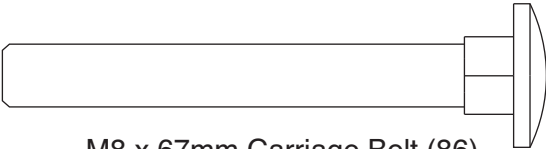


PART IDENTIFICATION CHART

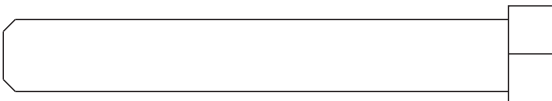
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



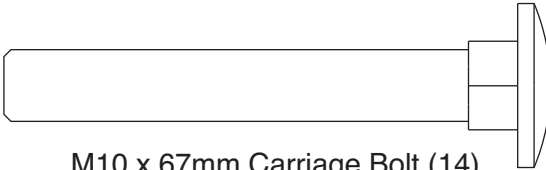
M6 x 65mm Screw (43)



M8 x 67mm Carriage Bolt (86)



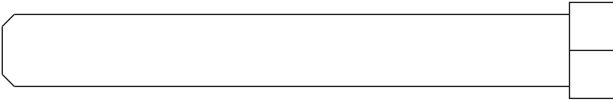
M10 x 67mm Bolt (11)



M10 x 67mm Carriage Bolt (14)



M8 x 70mm Bolt (81)



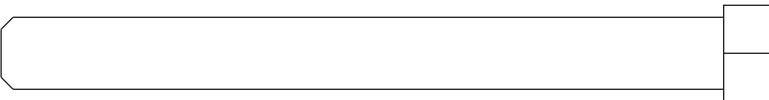
M10 x 75mm Bolt (22)



M10 x 80mm Bolt (16)



M10 x 90mm Bolt (85)



M10 x 95mm Bolt (71)



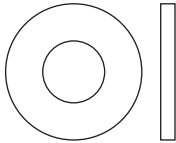
M8 x 117mm Bolt (68)



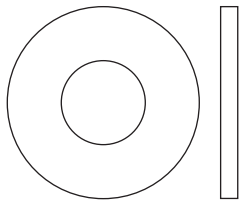
M4 Washer (82)



M6 Washer (10)



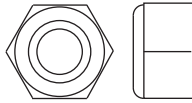
M8 Washer (8)



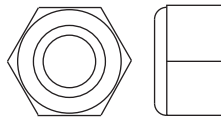
M10 Washer (9)



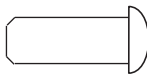
M6 Nylon Locknut (2)



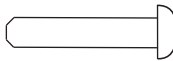
M8 Nylon Locknut (3)



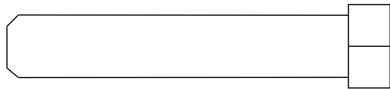
M10 Nylon Locknut (21)



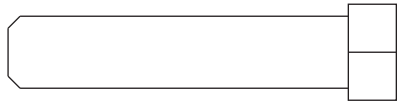
M6 x 16mm Screw (18)



M4 x 20mm Screw (56)



M8 x 45mm Bolt (72)



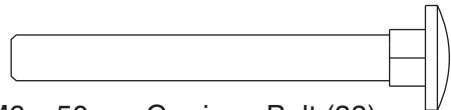
M10 x 45mm Bolt (83)



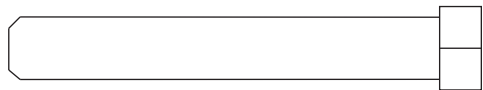
M10 x 48mm Bolt (12)



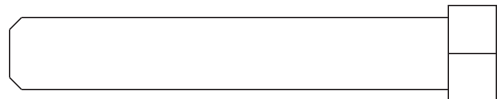
M6 x 50mm Screw (24)



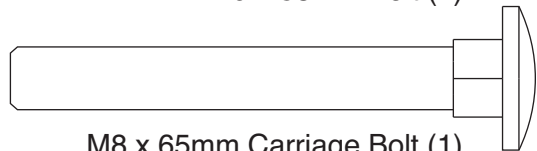
M6 x 50mm Carriage Bolt (38)



M8 x 57mm Bolt (80)



M10 x 58mm Bolt (7)



M8 x 65mm Carriage Bolt (1)

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. Set aside plenty of time, so that assembly will go smoothly.

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

- Assembly requires two persons.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Assembly requires the included hex key(s)  and the following tools (not included):

two adjustable wrenches



one rubber mallet



one standard screwdriver



one Phillips screwdriver



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

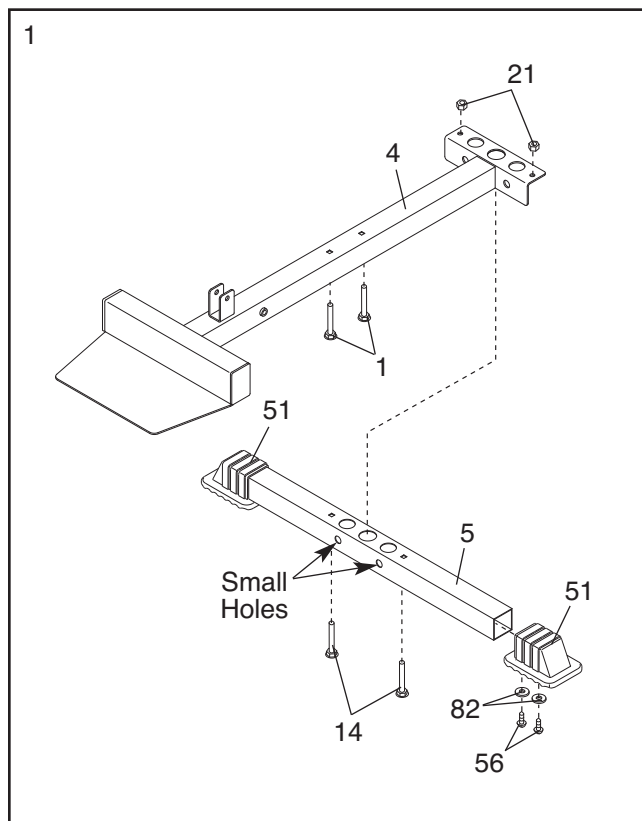
Frame Assembly

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

Attach a Stabilizer Foot (51) to the Stabilizer (5) with two M4 x 20mm Screws (56) and two M4 Washers (82). **Attach another Stabilizer Foot in the same way.**

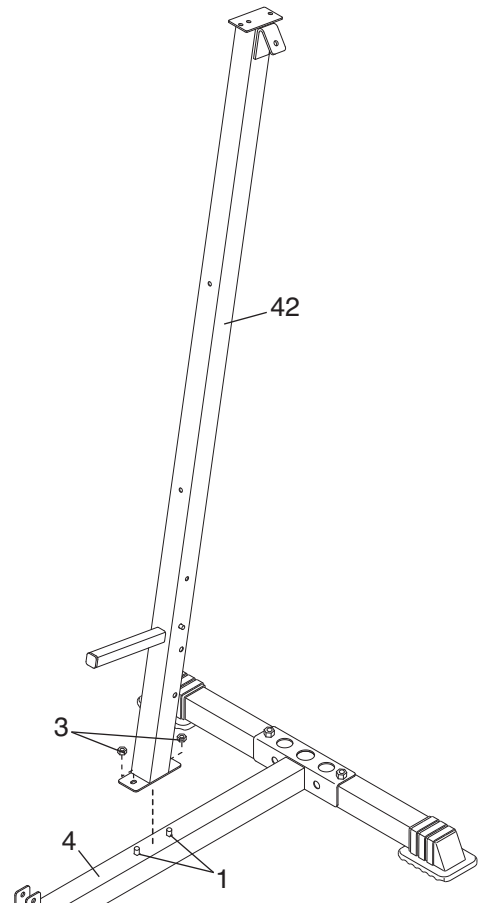
Insert two M10 x 67mm Carriage Bolts (14) up through the Stabilizer (5). Insert two M8 x 65mm Carriage Bolts (1) up through the Base (4). **Note: It may be helpful to place a piece of tape over the bolt heads to hold the Carriage Bolts in place.**

Orient the Stabilizer (5) so that the small holes are on the indicated side. Attach the Base (4) to the Stabilizer with the two M10 x 67mm Carriage Bolts (14) and two M10 Nylon Locknuts (21). **Do not tighten the Nylon Locknuts yet.**



2. Slide the Front Upright (42) onto the M8 x 65mm Carriage Bolts (1) in the Base (4). Hand tighten two M8 Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

2



3. Attach the two Weight Guides (62) inside of the Stabilizer (5) with two M10 x 67mm Bolts (11), two M10 Washers (9), two 13mm Spacers (61), and two M10 Nylon Locknuts (21).

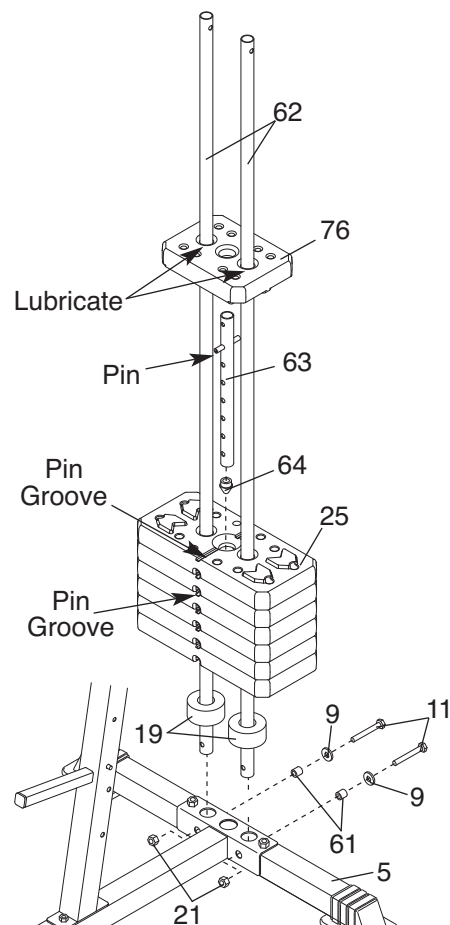
See step 1. Tighten the M10 Nylon Locknuts (21).

Slide two Weight Bumpers (19) onto the Weight Guides (62). Stack the six Weights (25) on the Weight Bumpers (19). **Make sure that all of the Weights are turned so the large pin grooves are on the bottom of the Weights and are on the same side of the weight stack.**

Press the Weight Tube Bumper (64) into the end of the Weight Tube (63). Insert the Weight Tube into the stack of Weights (25). **Make sure that the pins on the Weight Tube are resting in the pin grooves in the upper Weight.**

Lubricate the insides of the holes in the Top Weight (76). Slide the Top Weight onto the Weight Guides (62).

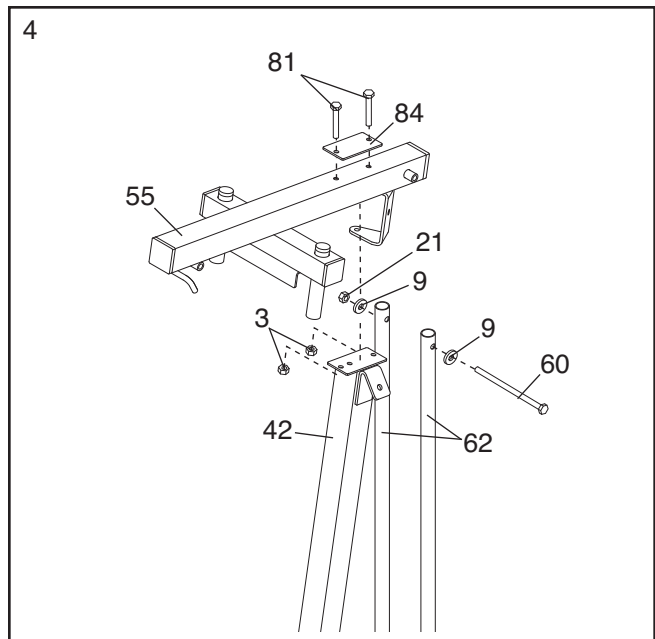
3



4. Attach the Top Frame (55) to the Front Upright (42) with two M8 x70mm Bolts (81), a Support Plate (84), and two M8 Nylon Locknuts (3).

Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with an M10 x 155mm Bolt (60), two M10 Washers (9), and an M10 Nylon Locknut (21).

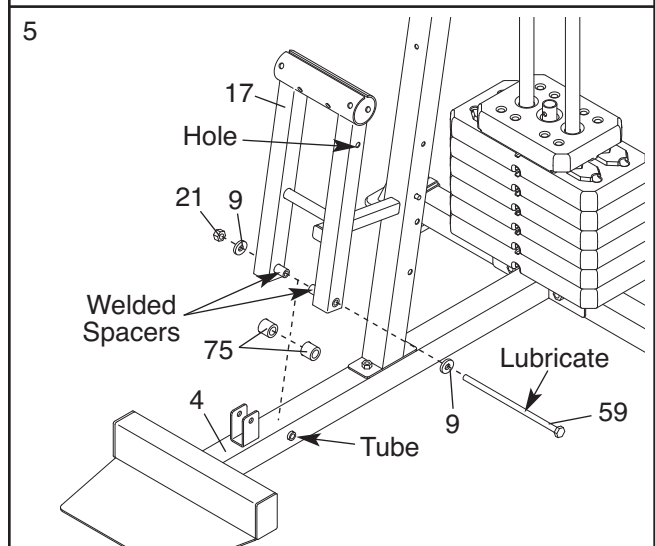
Tighten the M8 Nylon Locknuts (3) used in steps 2 and 4.



Arm Assembly

5. Press two 25mm Plastic Bushings (75) onto the welded spacers on the Press Frame (17). Orient the Press Frame so that the hole is in the indicated position. Slide the Press Frame into place on the Base (4) as shown. **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the indicated tube in the Base.**

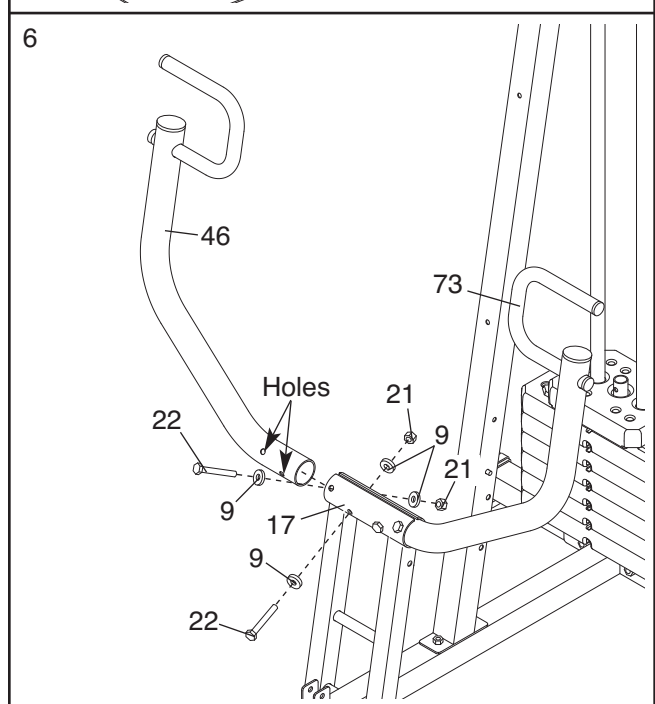
Lubricate an M10 x 198mm Bolt (59) with grease. Attach the Press Frame (17) to the Base (4) with the Bolt, two M10 Washers (9), and an M10 Nylon Locknut (21). **Do not overtighten the Nylon Locknut; the Press Frame must pivot easily.**



6. Identify the Right and Left Press Arms (46, 73) by the position of the indicated holes.

Attach the Right Press Arm (46) to the indicated side of the Press Frame (17) with two M10 x 75mm Bolts (22), four M10 Washers (9), and two M10 Nylon Locknuts (21).

Assemble the Left Press Arm (73) in the same way.



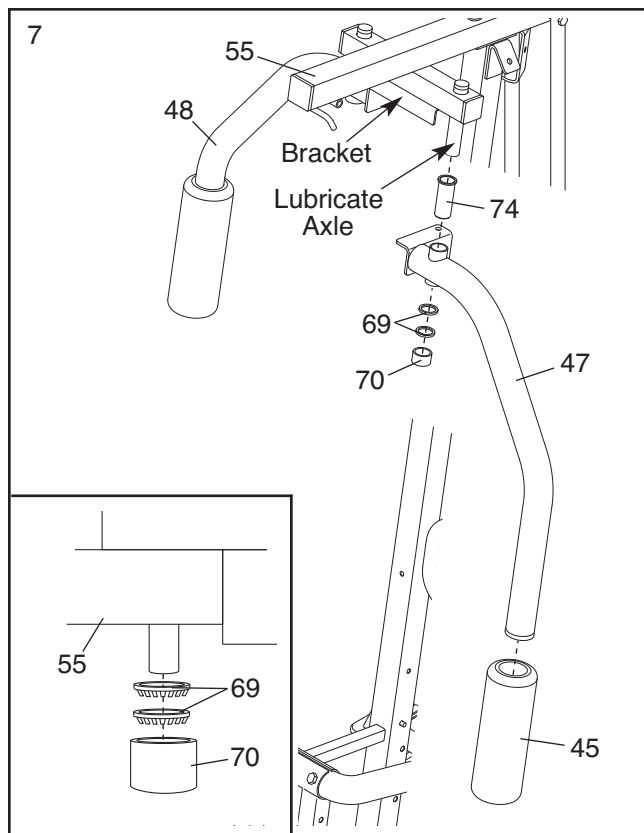
7. Identify the Right Arm (48) and the Left Arm (47) by the position of the welded bracket on each Arm.

Wet the end of the Left Arm (47) with soapy water, and slide a Large Pad (45) onto it. Make sure the Butterfly Arm Plastic Bushing (74) is in the Arm.

Lubricate both axles on the Top Frame (55). Have another person slide the Left Arm (47) onto the left axle on the Top Frame. **Note: Do not confuse the Right Arm (48) with the Left Arm. Make sure that the upper end of the Left Arm is behind the indicated bracket on the Top Frame.**

Set two 25mm Retainers (69) on top of a 25mm Round Cover Cap (70). **Make sure that the teeth on the Retainers bend toward the Round Cover Cap, as shown in the inset drawing.** Tap the Retainers and the Round Cover Cap onto the left axle on the Top Frame (55).

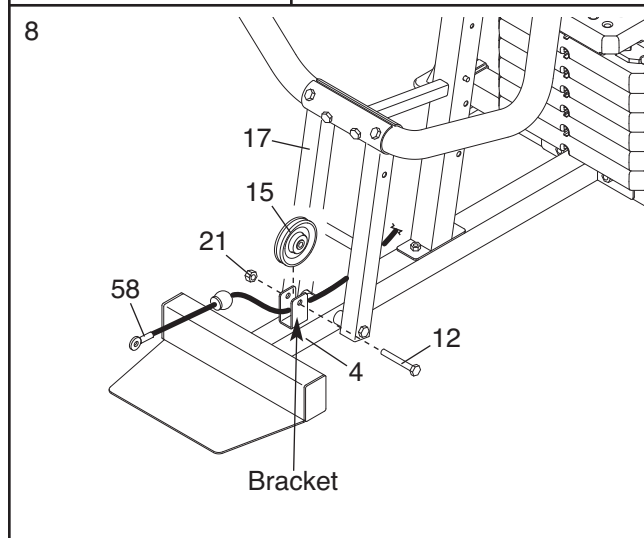
Attach the Right Arm (48) in the same way.



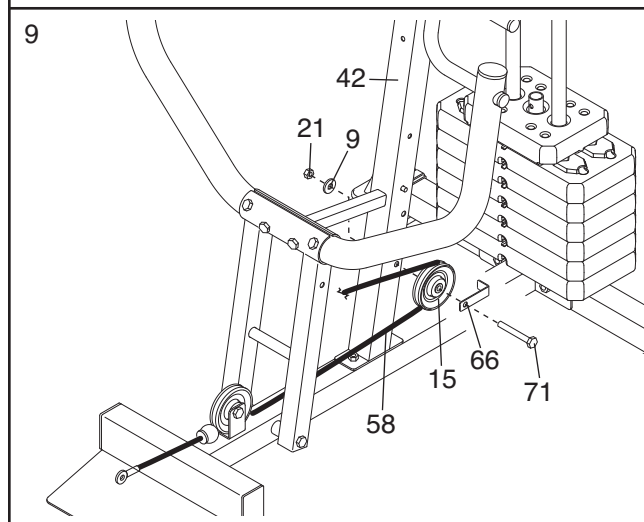
Cable Assembly

8. During steps 8 through 19, see the **CABLE DIAGRAMS** on page 19 to verify proper cable routing.

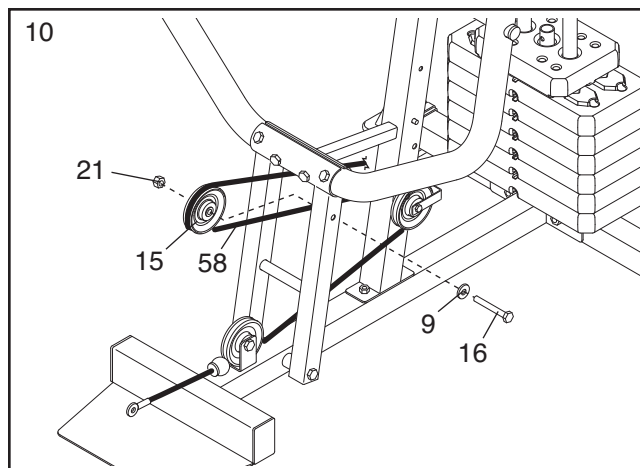
Locate the Short Cable (58). Lay the Cable in the bracket on the Base (4) and under the Press Frame (17). Attach a 90mm Pulley (15) to the bracket with an M10 x 48mm Bolt (12) and an M10 Nylon Locknut (21). **Make sure that the end of the Cable with the ball is on the indicated side of the bracket.**



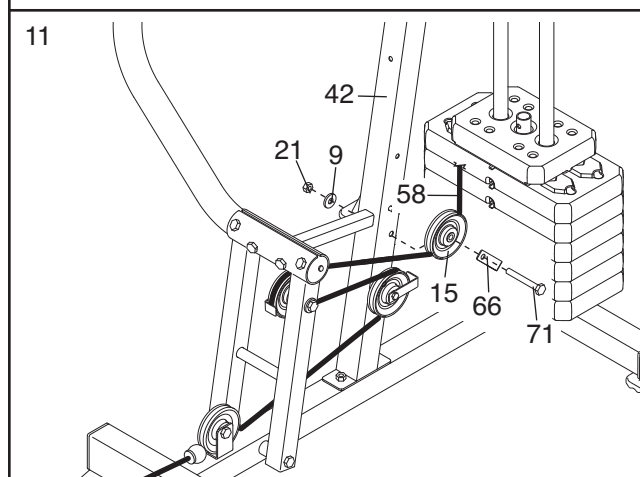
9. Route the Short Cable (58) under a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the lower hole in the Front Upright (42) with an M10 x 95mm Bolt (71), an M10 Washer (9), and an M10 Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



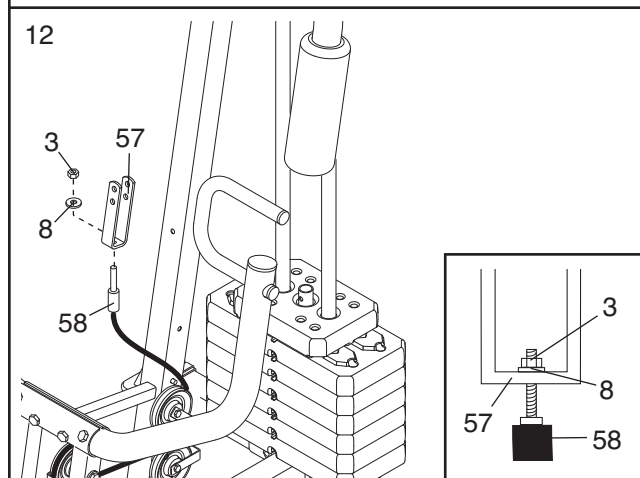
10. Route the Short Cable (58) around the 90mm Pulley (15). Tighten the M10 x 80mm Bolt (16), the M10 Washer (9), and the M10 Nylon Locknut (21).



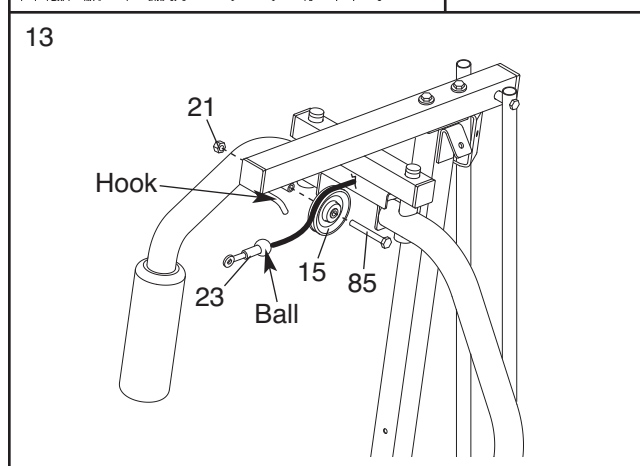
11. Route the Short Cable (58) under a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the upper hole in the Front Upright (42) with an M10 x 95mm Bolt (71), an M10 Washer (9), and an M10 Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



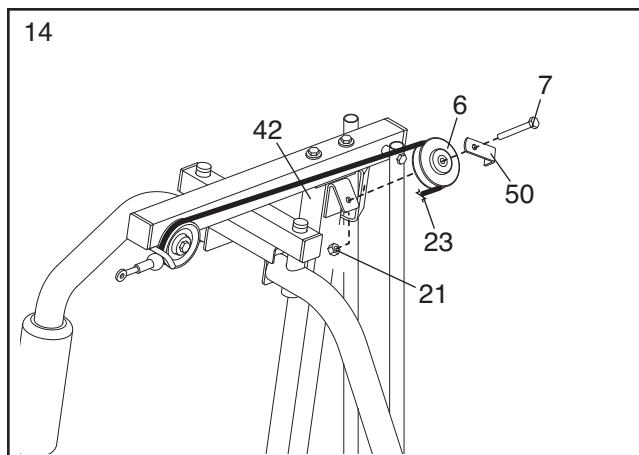
12. Attach the end of the Short Cable (58) to the Long "U"-bracket (57) with an M8 Nylon Locknut (3) and an M8 Washer (8). **See the inset drawing. Do not overtighten the Nylon Locknut; it should be threaded onto the end of the Cable so that two threads are showing above the Nylon Locknut.**



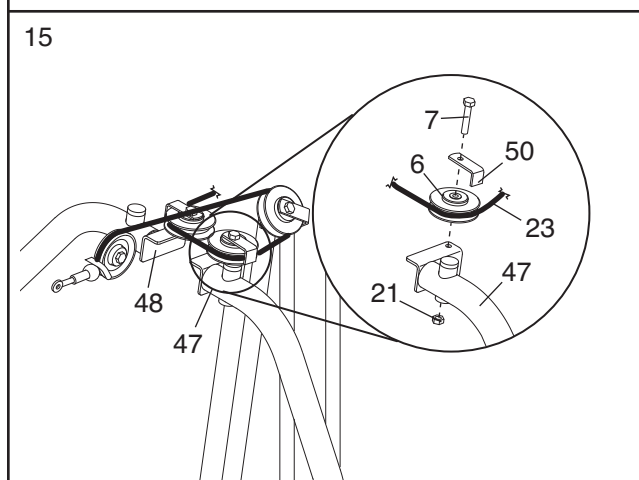
13. **Locate the Long Cable (23).** Route the Long Cable over a 90mm Pulley (15). **Make sure that the Cable is between the Pulley and the hook, and that the end of the Cable with the ball is on the indicated side of the hook.** Attach the Pulley with an M10 x 90mm Bolt (85) and an M10 Nylon Locknut (21).



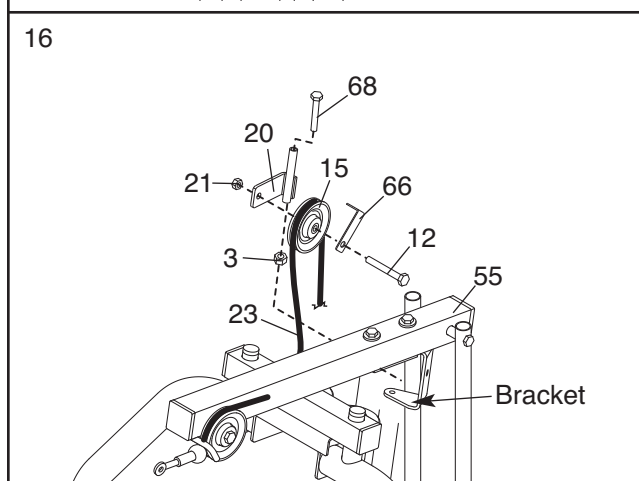
14. Wrap the Long Cable (23) over a “V”-pulley (6). Attach the “V”-pulley and a Long Cable Trap (50) to the Front Upright (42) with an M10 x 58mm Bolt (7) and an M10 Nylon Locknut (21). **Make sure that the Long Cable Trap is positioned to hold the Cable in the groove of the “V”-pulley.**



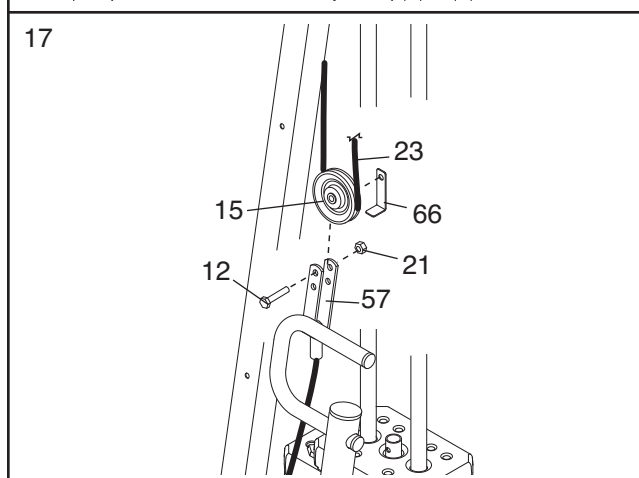
15. Route the Long Cable (23) around a “V”-pulley (6). Attach the “V”-pulley and a Long Cable Trap (50) to the Left Arm (47) with an M10 x 58mm Bolt (7) and an M10 Nylon Locknut (21). **Make sure that the Long Cable Trap is positioned to hold the Cable in the groove of the “V”-pulley.**



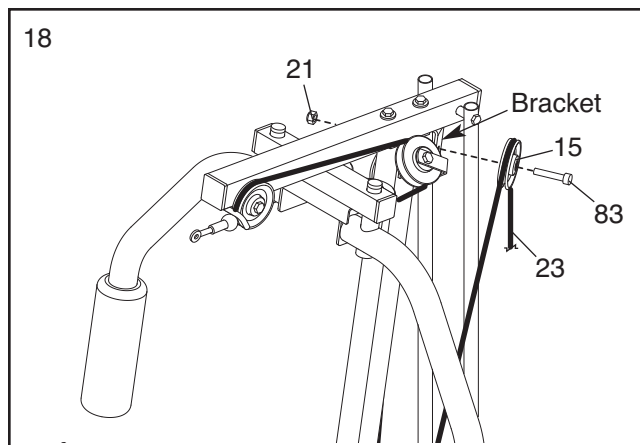
16. Route the Long Cable (23) over the 90mm Pulley (15) attached to the Pulley Bracket (20). **Make sure that the Cable Trap (66) is oriented to hold the Cable in the groove of the Pulley.** Tighten the M10 x 48mm Bolt (12) and the M10 Nylon Locknut (21).



17. Wrap the Long Cable (23) under a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the indicated hole in the Long “U”-bracket (57) with an M10 x 48mm Bolt (12) and an M10 Nylon Locknut (21). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

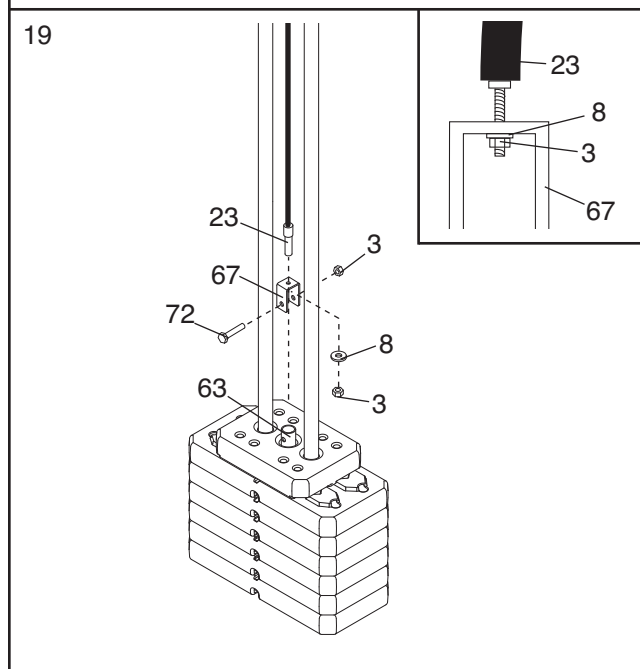


18. Route the Long Cable (23) over the 90mm Pulley (15). Tighten the M10 x 45mm Bolt (83) and the M10 Nylon Locknut (21).



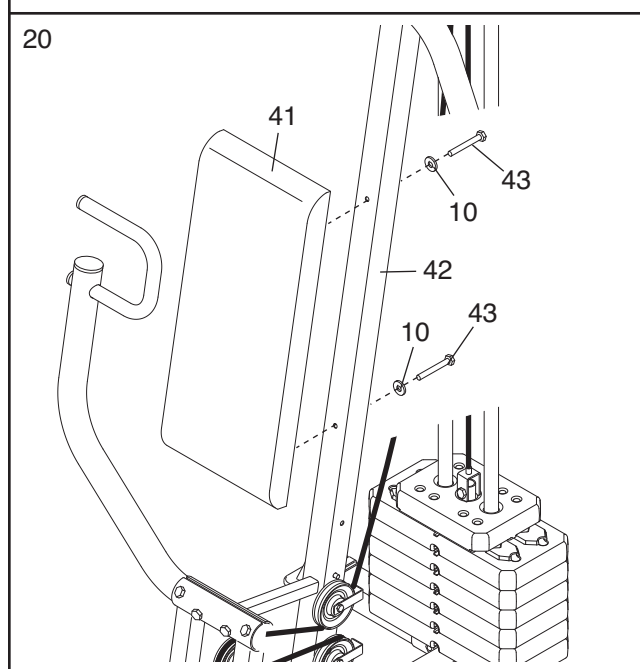
19. Attach the Long Cable (23) to the Small “U”-bracket (67) with an M8 Nylon Locknut (3) and an M8 Washer (8). **See the inset drawing. Do not overtighten the Nylon Locknut; it should be threaded onto the end of the Cable so that two threads are showing past the Nylon Locknut.**

Attach the Small “U”-bracket (67) to the Weight Tube (63) with an M8 x 45mm Bolt (72) and an M8 Nylon Locknut (3).



Seat Assembly

20. Attach the Backrest (41) to the Front Upright (42) with two M6 x 65mm Screws (43) and two M6 Washers (10).

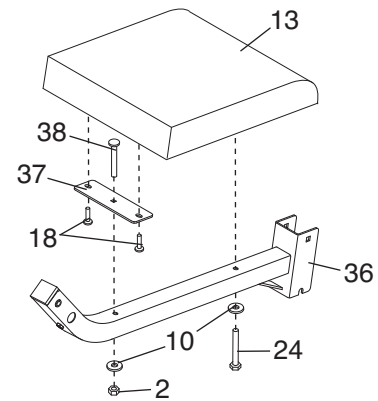


21. Insert an M6 x 50mm Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two M6 x 16mm Screws (18).

Insert the M6 x 50mm Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten an M6 Nylon Locknut (2) with an M6 Washer (10) onto the Carriage Bolt.

Attach the other end of the Seat (13) to the Seat Frame (36) with an M6 x 50mm Screw (24) and an M6 Washer (10).

21

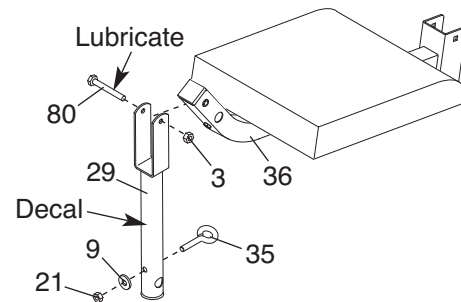


22. Lubricate an M8 x 57mm Bolt (80) with grease.

Orient the Leg Lever (29) so that the decal is on the indicated side. Attach the Leg Lever to the Seat Frame (36) with the M8 x 57mm Bolt (80) and an M8 Nylon Locknut (3). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot freely.**

Insert an Eyebolt (35) into the Leg Lever (29) from the direction shown. Attach the Eyebolt with an M10 Nylon Locknut (21) and an M10 Washer (9).

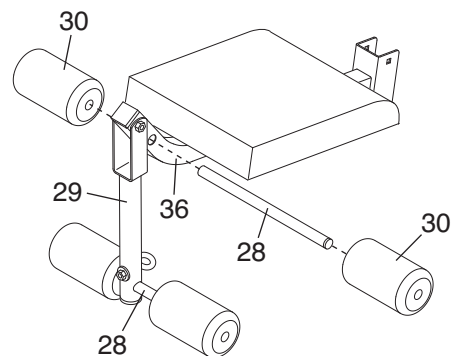
22



23. Insert a Pad Tube (28) into the Seat Frame (36). Next, wet the Pad Tube with soapy water. Then, slide two Small Pads (30) onto the Pad Tube.

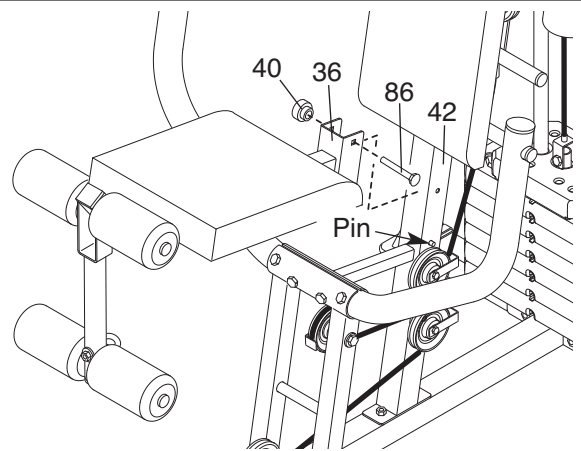
Assemble the other Pad Tube (28) to the Leg Lever (29) in the same way.

23



24. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with an M8 x 67mm Carriage Bolt (40) and the Seat Knob (86).

24



25. **Make sure that all parts have been properly tightened.** The use of the remaining parts will be explained in ADJUSTMENT, beginning below.

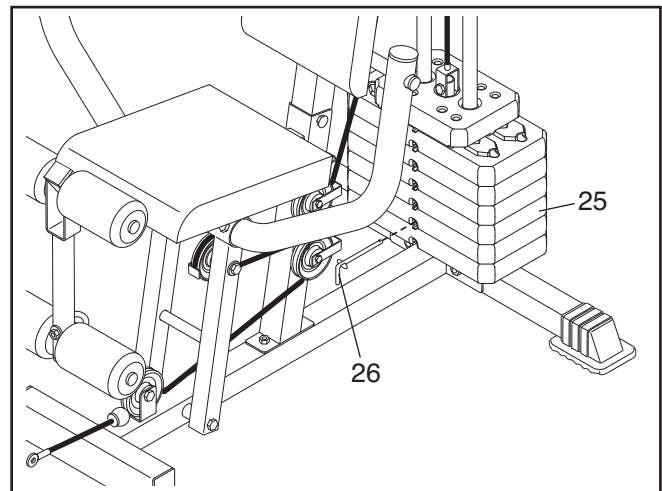
Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 19 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 TROUBLESHOOTING on page 18.**

ADJUSTMENT

The instructions below describe how each part of the weight system can be adjusted. See 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 handle, 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). Make 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 18.5 pounds to 81 pounds, in increments of 12.5 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 17 to find the actual amount of resistance at each weight station.**

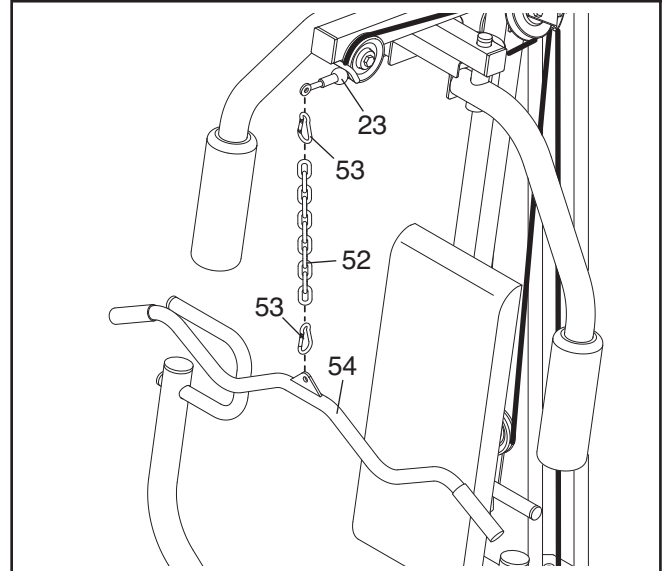


ATTACHING THE ACCESSORIES

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 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 accessories can be attached to the Short Cable (not shown) in the same way.

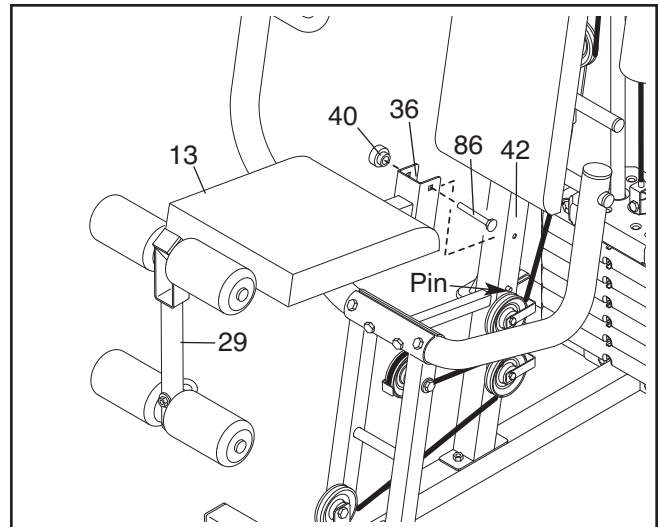
Note: The seat frame must be removed from the front upright before the Short Cable (not shown) is used with an accessory. (See ATTACHING AND REMOVING THE SEAT on page 16.)



ATTACHING AND REMOVING THE SEAT

Set the Seat Frame (36) onto the indicated pin on the Front Upright (42). Attach the Seat Frame to the Front Upright with an M8 x 67mm Carriage Bolt (86) and the Seat Knob (40).

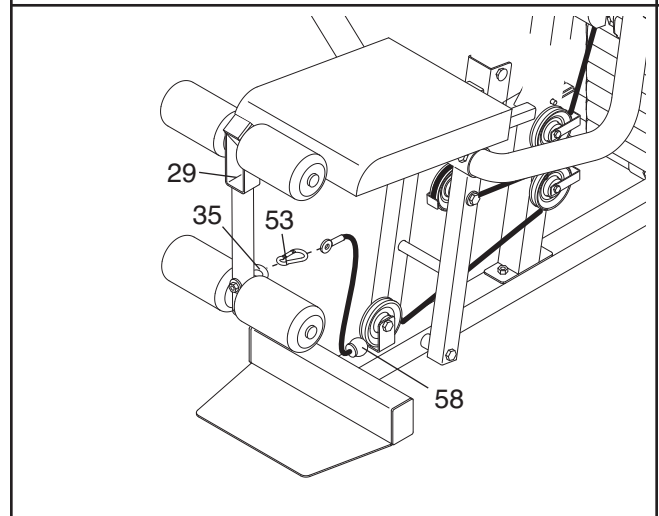
For some exercises, the Seat (13) must be removed. First, make sure that the Chain (not shown) is not attached to the Leg Lever (29). Next, remove the Seat Knob (40) and the M8 x 67mm Carriage Bolt (86) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



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).

Remove the Weight Pin (not shown) from the weight stack. Attach the Short Cable (58) to the Eyebolt (35) with a Cable Clip (53). **Note: The Weight Pin must also be removed when removing the Short Cable from the Eyebolt.**



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. The numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: 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. Do not use the top weight by itself; the weight system may not function properly.**

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)
1	45	22	36	28	54
2	70	33	54	44	82
3	99	42	75	60	115
4	128	48	96	72	147
5	153	60	115	90	175
6	184	69	137	103	209

Note: 1 lb. = 0.45 kg

TROUBLESHOOTING

Inspect and tighten all parts each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with 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.

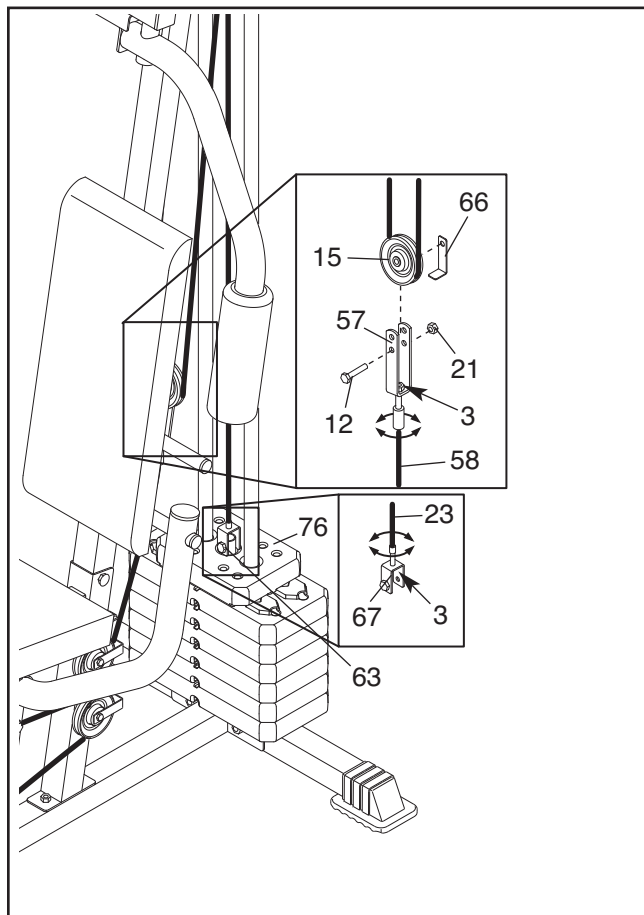
Slack can be removed by moving the 90mm Pulley (15) to the lower hole in the Long “U”-bracket (57). Remove the M10 Nylon Locknut (21) and the M10 x 48mm Bolt (12) from the Cable Trap (66), the Pulley, and the Long “U”-bracket. Then, reattach the Pulley and the Cable Trap. **Make sure that the Cable Trap is positioned to hold the Cable in place, and that the Cable and the Pulley move smoothly.**

Additional slack can be removed from the cables by tightening the M8 Nylon Locknut (3) at the end of the Long Cable (23) or at the end of the Short Cable (58). To do this, you may need to remove the Small “U”-bracket (67) from the Weight Tube (63) or remove the 90mm Pulley (15) from the Long “U”-bracket (57).

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

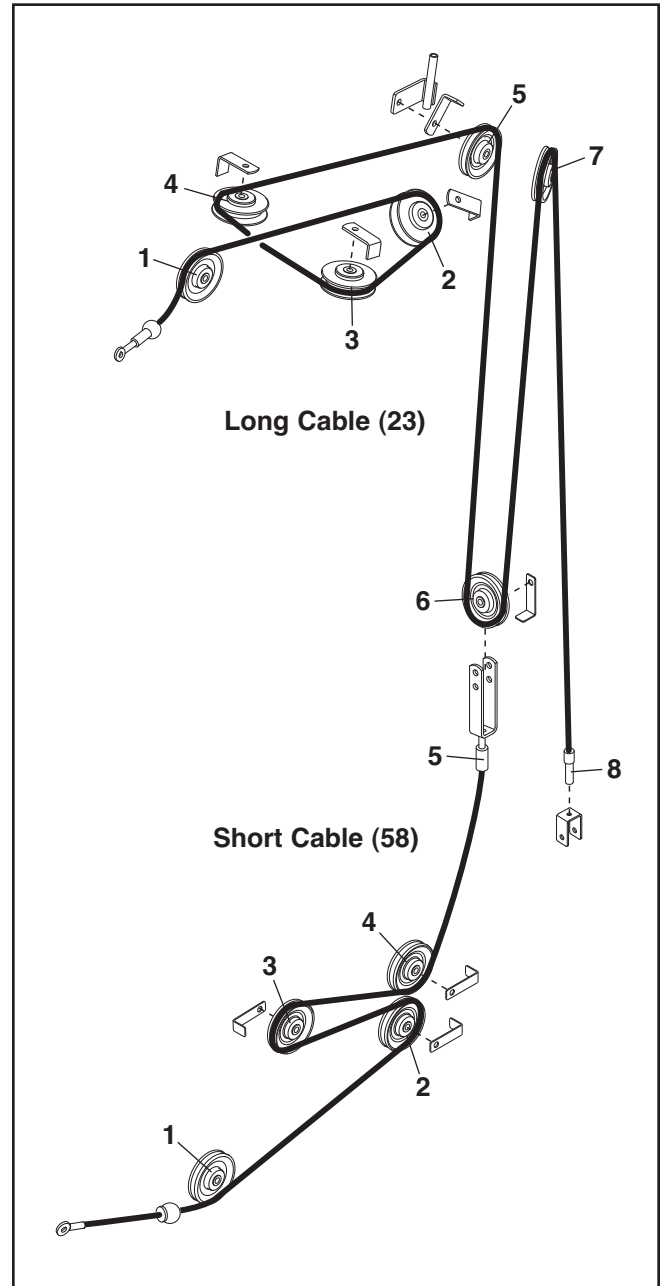
Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



CABLE DIAGRAMS

The cable diagrams show the proper routing of the Long Cable (23) and the Short Cable (58). Use the diagram to make 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. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

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

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

Toning

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

Weight Loss

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

Cross Training

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

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

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

WORKING OUT

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

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

EXERCISE FORM

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

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

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

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

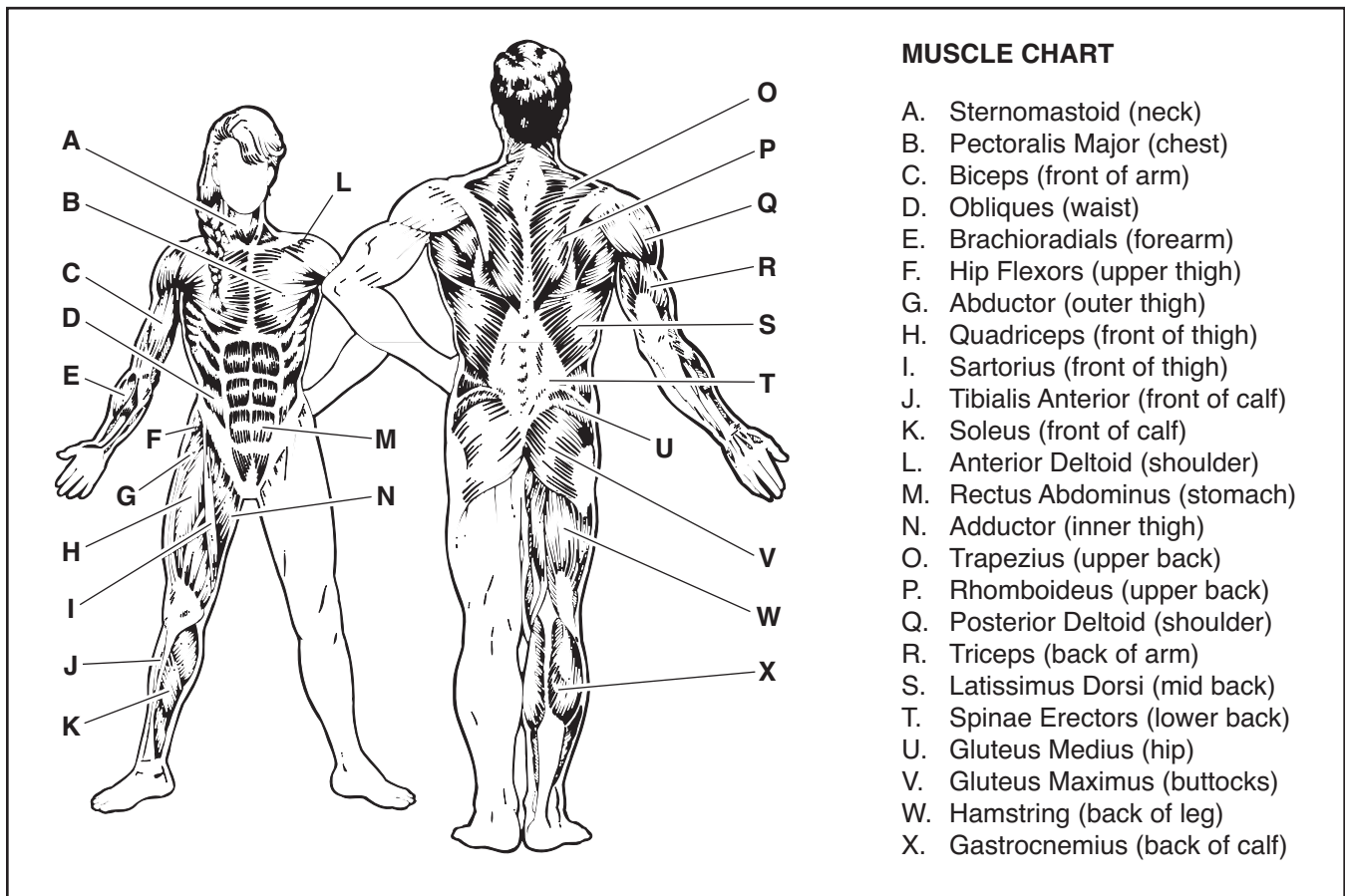
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

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



PART LIST—Model No. WESY1955.1

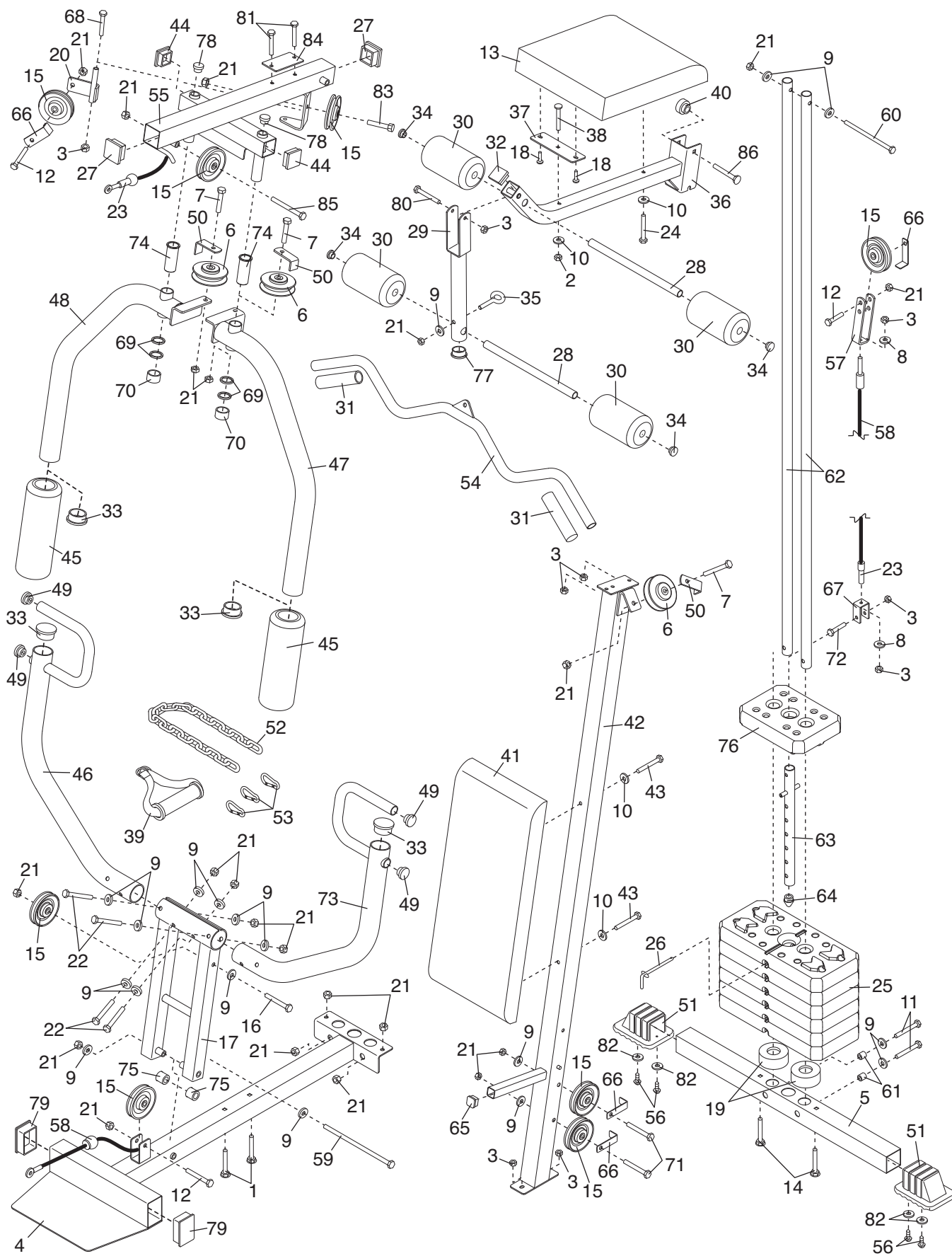
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	M8 x 65mm Carriage Bolt	46	1	Right Press Arm
2	1	M6 Nylon Locknut	47	1	Left Arm
3	9	M8 Nylon Locknut	48	1	Right Arm
4	1	Base	49	4	25mm Round Inner Cap
5	1	Stabilizer	50	3	Long Cable Trap
6	3	“V”-pulley	51	2	Stabilizer Foot
7	3	M10 x 58mm Bolt	52	1	Chain
8	2	M8 Washer	53	3	Cable Clip
9	18	M10 Washer	54	1	Lat Bar
10	4	M6 Washer	55	1	Top Frame
11	2	M10 x 67mm Bolt	56	4	M4 x 20mm Screw
12	3	M10 x 48mm Bolt	57	1	Long “U”-bracket
13	1	Seat	58	1	Short Cable
14	2	M10 x 67mm Carriage Bolt	59	1	M10 x 198mm Bolt
15	8	90mm Pulley	60	1	M10 x 155mm Bolt
16	1	M10 x 80mm Bolt	61	2	13mm Spacer
17	1	Press Frame	62	2	Weight Guide
18	2	M6 x 16mm Screw	63	1	Weight Tube
19	2	Weight Bumper	64	1	Weight Tube Bumper
20	1	Pulley Bracket	65	1	25mm Square Inner Cap
21	22	M10 Nylon Locknut	66	4	Cable Trap
22	4	M10 x 75mm Bolt	67	1	Small “U”-bracket
23	1	Long Cable	68	1	M8 X 117mm Bolt
24	1	M6 x 50mm Screw	69	4	25mm Retainer
25	6	Weight	70	2	25mm Round Cover Cap
26	1	Weight Pin	71	2	M10 x 95mm Bolt
27	2	50mm Square Inner Cap	72	1	M8 x 45mm Bolt
28	2	Pad Tube	73	1	Left Press Arm
29	1	Leg Lever	74	2	Butterfly Arm Bushing
30	4	Small Pad	75	2	25mm Plastic Bushing
31	2	Handgrip	76	1	Top Weight
32	1	38mm Square Inner Cap	77	1	38mm Round Inner Cap
33	4	50mm Round Inner Cap	78	2	25mm Round (thick) Inner Cap
34	4	19mm Round Inner Cap	79	2	50mm x 70mm Inner Cap
35	1	Eyebolt	80	1	M8 x 57mm Bolt
36	1	Seat Frame	81	2	M8 x 70mm Bolt
37	1	Seat Plate	82	4	M4 Washer
38	1	M6 x 50mm Carriage Bolt	83	1	M10 x 45mm Bolt
39	1	Handle	84	1	Support Plate
40	1	Seat Knob	85	1	M10 x 90mm Bolt
41	1	Backrest	86	1	M8 x 67mm Carriage Bolt
42	1	Front Upright	*	—	Grease Packet
43	2	M6 x 65mm Screw	*	—	User’s Manual
44	2	45mm Square Inner Cap	*	—	Exercise Guide
45	2	Large Pad			

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

EXPLODED DRAWING—Model No. WESY1955.1

R0908A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end 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. Parts and labor are warranted for 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 repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or 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 are limited in their 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 that vary from state to state.

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