

WEIDER CLUBTM

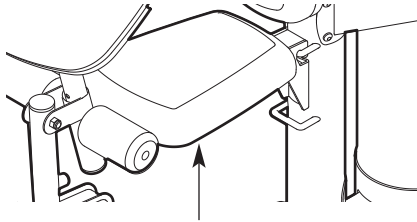
8980 W

www.weiderfitness.com

Model No. WESY4998.0

Serial No. _____

Write the serial number in the space above for future 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

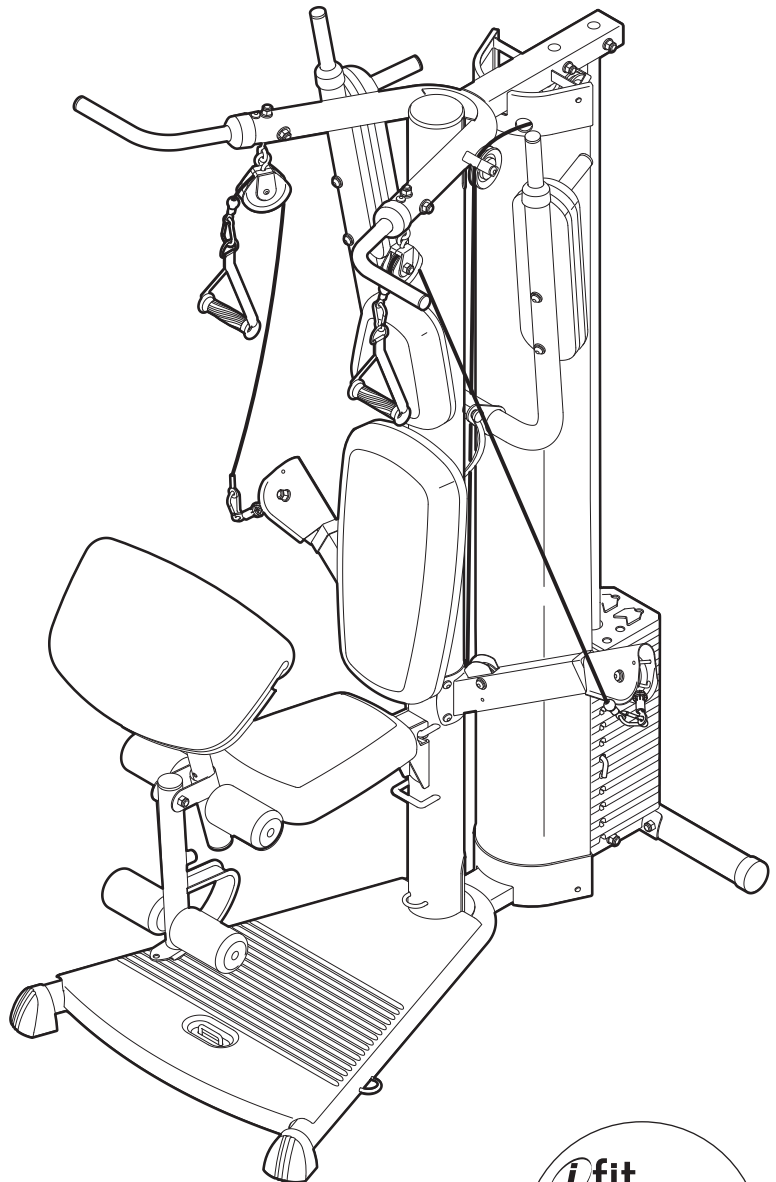
Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com

USER'S MANUAL



CAUTION

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



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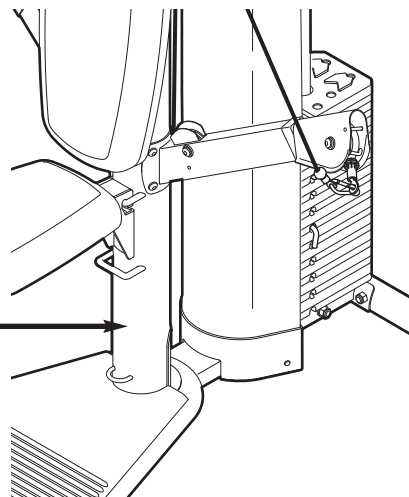
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WARNING DECAL PLACEMENT

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 machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- 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 the weight system before using the 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. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use the weight system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
9. Always wear athletic shoes for foot protection while exercising.
10. Always stand on the base plate when performing an exercise that could cause the weight system to tip.
11. The weight system is designed to support a maximum user weight of 300 lbs. (136 kg).
12. The weight system is designed to be used only with the included weight. Do not use the weight system with dumbbells or any other type of weight to increase the resistance.
13. Always move the seat frame out of the way when performing squat exercises.
14. Never release the ankle strap, leg lever, squat bar, leg press, curl bar, or handles while weights are raised; the weights will fall with great force.
15. Do not use the weight system with the top weight pinned in an elevated position.
16. Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see **LOCKING THE WEIGHT STACK** on page 19).
17. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
18. Use the weight system only as described in this manual.

BEFORE YOU BEGIN

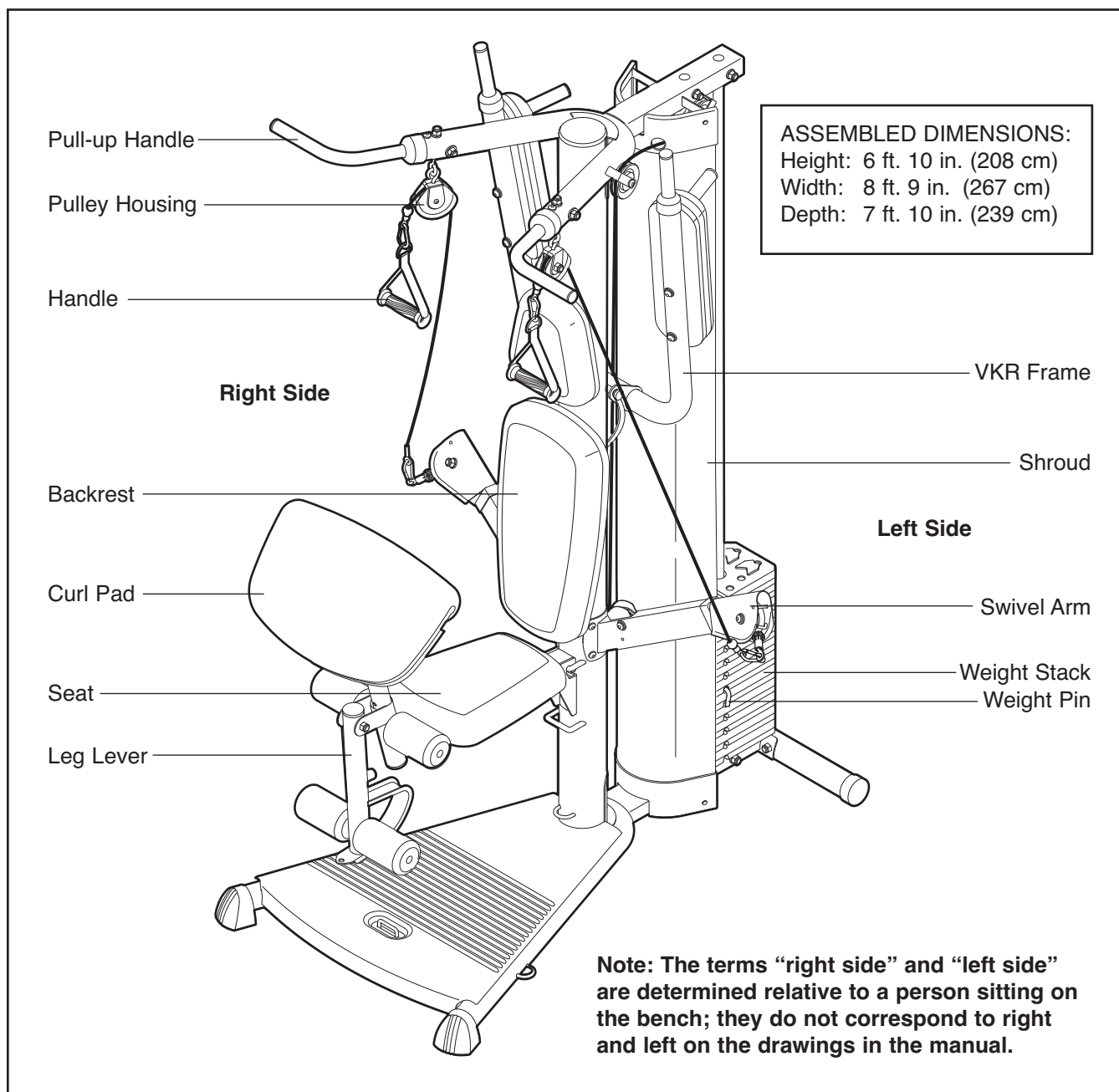
Thank you for selecting the versatile WEIDER CLUB™ 8980 W weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system 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 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.

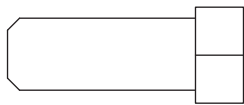
To avoid a registration fee for any service needed under warranty, you must register the weight system at www.weiderservice.com/registration.

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

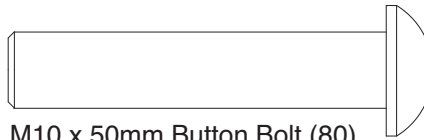


PART IDENTIFICATION CHART

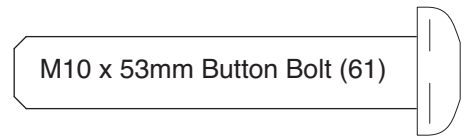
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it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



M10 x 25mm Screw (58)



M10 x 50mm Button Bolt (80)



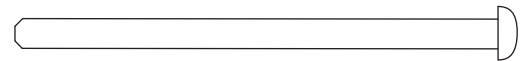
M10 x 53mm Button Bolt (61)



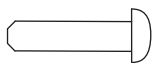
M6 x 25mm Screw (60)



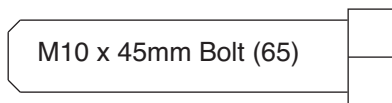
M10 x 48mm Bolt (62)



M4 x 64mm Screw (81)



M4 x 16mm Screw (70)



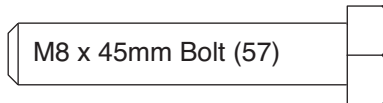
M10 x 45mm Bolt (65)



M10 x 64mm Button Bolt (75)



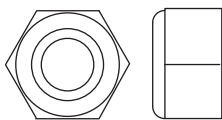
M4 x 5mm Screw (69)



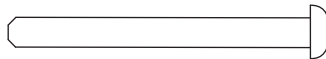
M8 x 45mm Bolt (57)



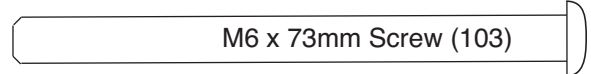
M10 x 71mm Bolt (67)



M10 Locknut (73)



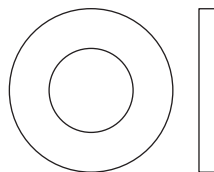
M4 x 40mm Screw (46)



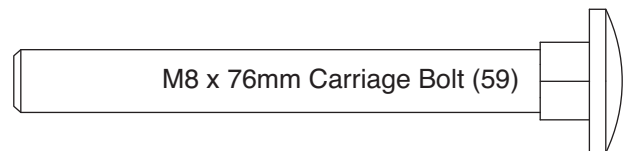
M6 x 73mm Screw (103)



M8 Locknut (74)



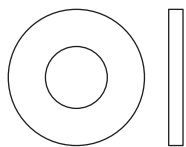
M10 Washer (71)



M8 x 76mm Carriage Bolt (59)



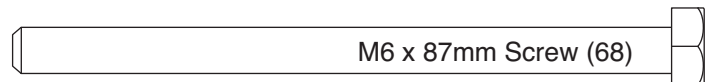
M10 x 80mm Button Bolt (97)



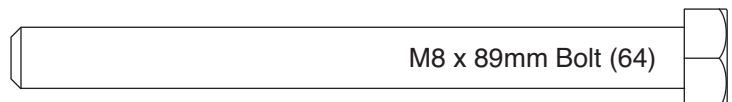
M8 Washer (72)



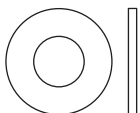
M10 Split Washer (98)



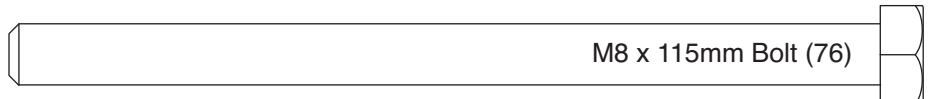
M6 x 87mm Screw (68)



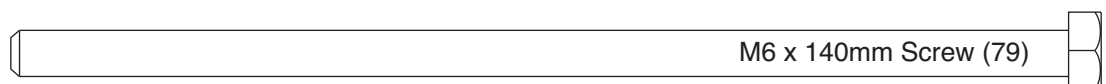
M8 x 89mm Bolt (64)



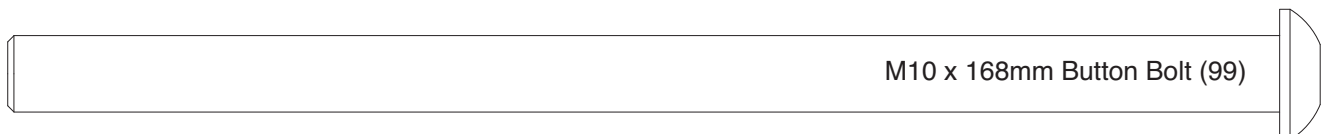
M6 Washer (78)



M8 x 115mm Bolt (76)



M6 x 140mm Screw (79)



M10 x 168mm Button Bolt (99)

ASSEMBLY

Make Assembly Easier

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

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

- To hire an authorized service technician to assemble the weight system in your home, call 1-800-445-2480.
- Assembly requires two persons.
- 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 clearance to walk around the weight system as you assemble it.
- 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.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- Assembly requires the following tools:

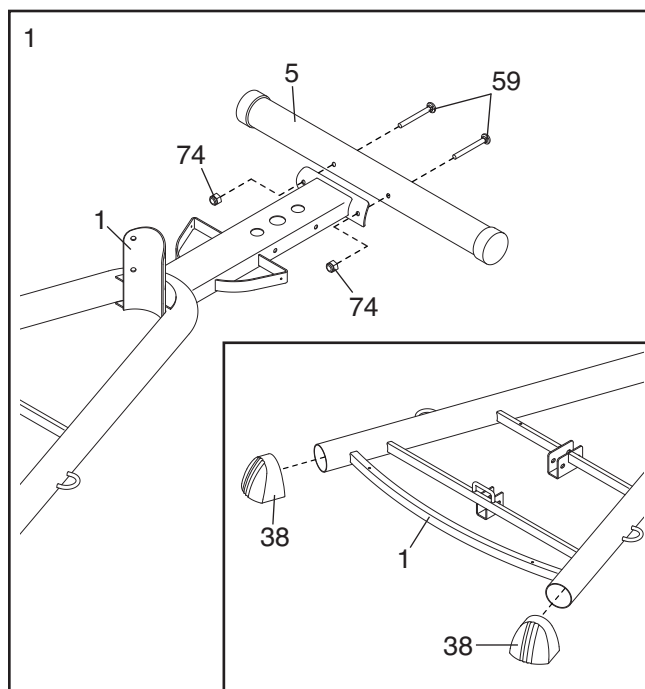
the included hex key(s)	
two adjustable wrenches	
one rubber mallet	
one standard screwdriver	
one Phillips screwdriver	

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

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

Attach the Rear Stabilizer (5) to the Base (1) with two M8 x 76mm Carriage Bolts (59) and two M8 Locknuts (74).

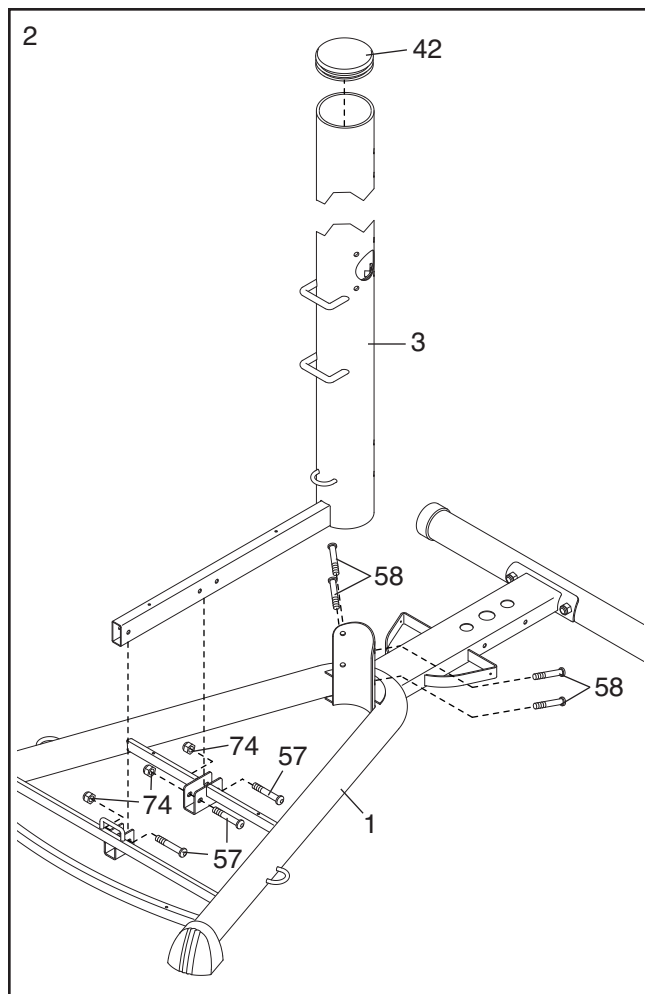
See the inset drawing. Press the two Base Caps (38) onto the Base (1).



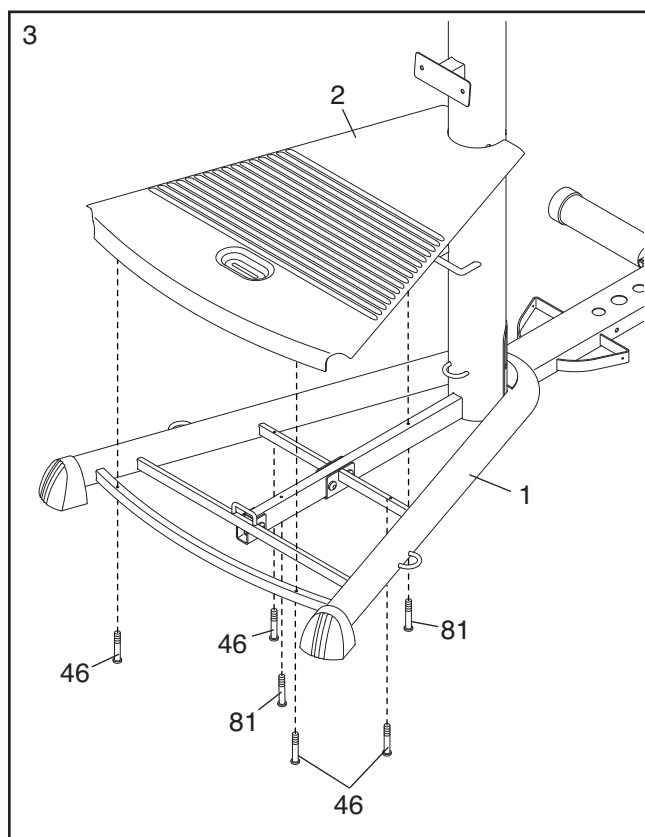
2. Press the 110mm Round Inner Cap (42) into the Upright (3).

Set the Upright (3) on the Base (1). Have a second person hold the Upright until this step is completed.

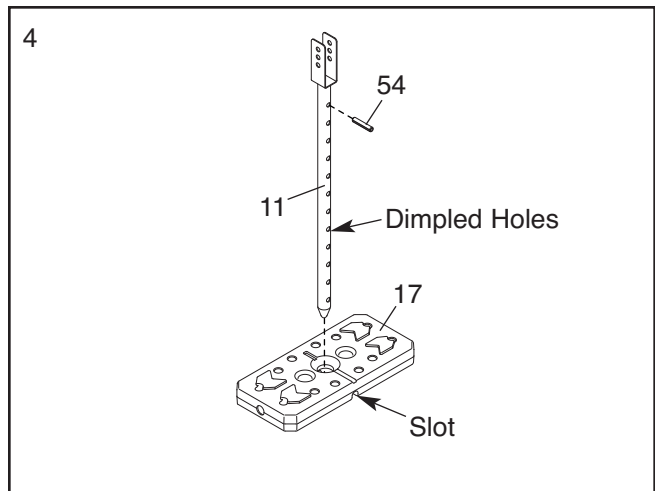
Attach the Upright (3) to the Base (1) with three M8 x 45mm Bolts (57), three M8 Locknuts (74), and four M10 x 25mm Screws (58).



3. Attach the Base Plate (2) to the Base (1) with four M4 x 40mm Screws (46) and two M4 x 64mm Screws (81).



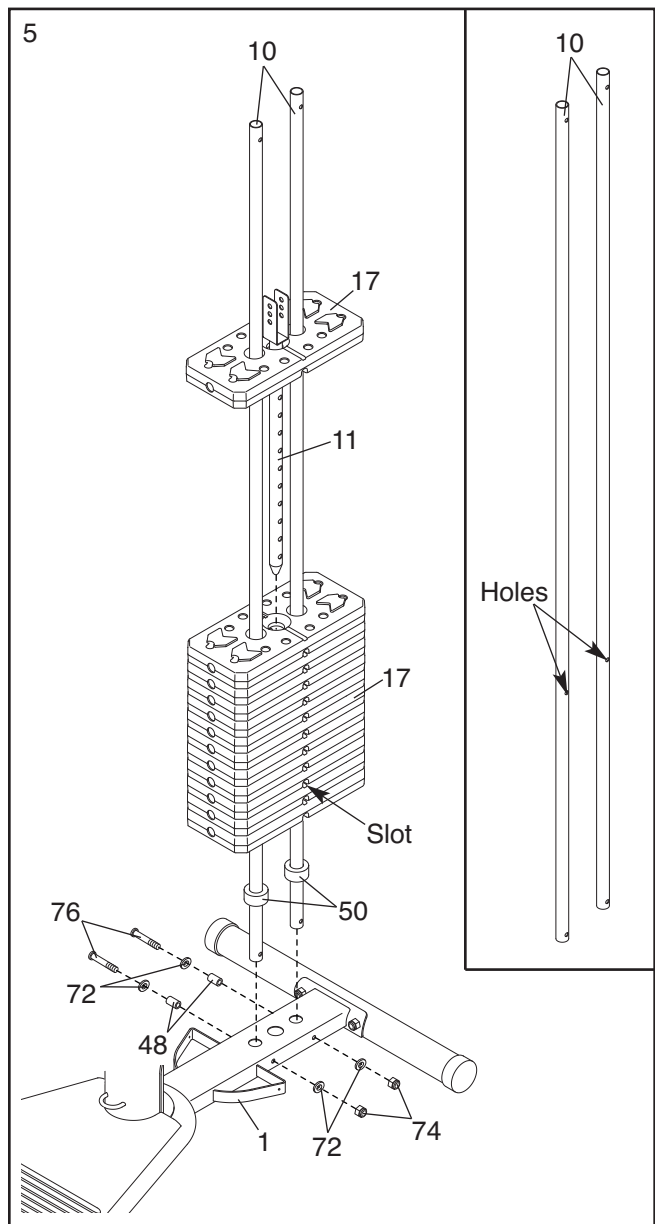
4. Insert the Weight Selector (11) into a Weight (17). **Make sure that the side of the Weight Selector with the dimpled holes is facing the indicated slot in the Weight. Make sure that the indicated slot in the Weight is oriented as shown.** Center the Roll Pin (54) in the indicated hole in the Weight Selector. Note: The Roll Pin must be below the Weight.



5. Orient the two Weight Guides (10) with the indicated holes closer to the bottom (see the inset drawing).

Insert the two Weight Guides (10) into the holes in the Base (1). Attach the Weight Guides with two M8 x 115mm Bolts (76), four M8 Washers (72), two 38mm Spacers (48), and two M8 Locknuts (74).

Slide the two Weight Bumpers (50) onto the Weight Guides (10). Next, slide eleven Weights (17), one at a time, onto the Weight Guides. **Make sure that the indicated slot in each Weight is oriented as shown.** Then, slide the Weight Selector (11) and Weight (17) onto the Weight Guides.

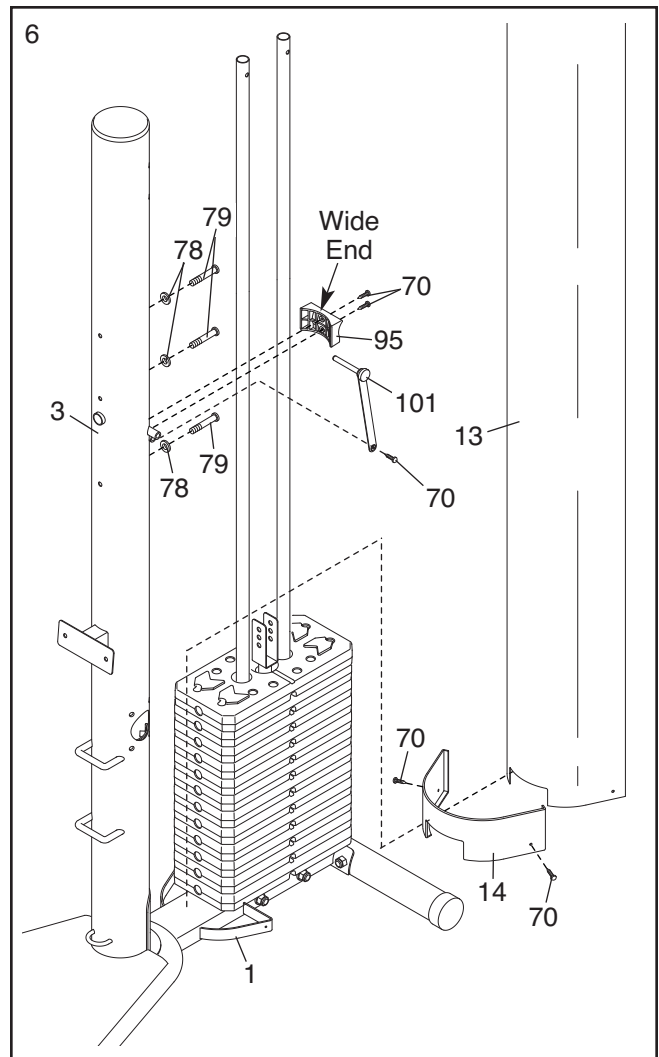


6. Slide three M6 Washers (78) onto three M6 x 140mm Screws (79), and insert the Screws into the Upright (3) through the indicated holes.

Orient the VKR Bumper (95) with the wide end on top. Attach the VKR Bumper to the Upright (3) with two M4 x 16mm Screws (70).

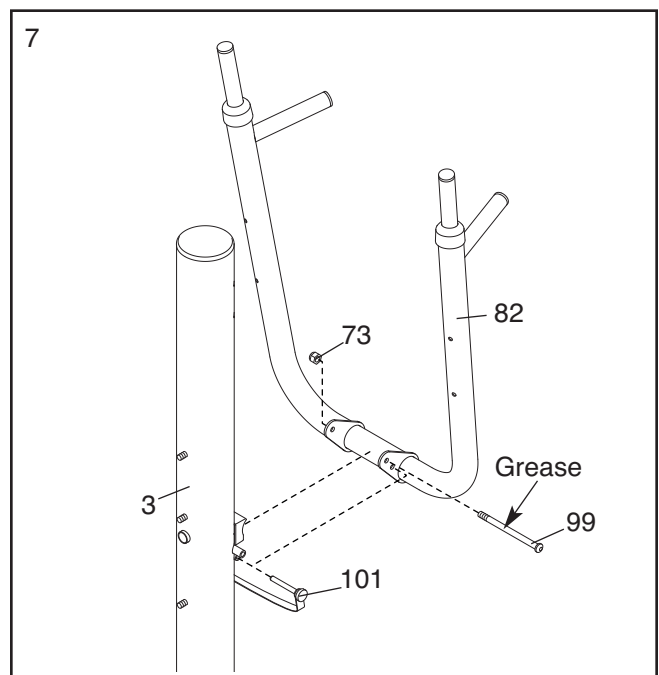
Attach the VKR Pin (101) to the Upright (3) with an M4 x 16mm Screw (70).

Set the Shroud (13) onto the Base (1). Attach the Bottom Cover (14) and the Shroud to the Base with two M4 x 16mm Screws (70).



7. Grease the M10 x 168mm Button Bolt (99). Attach the VKR Frame (82) to the Upright (3) with the Button Bolt and an M10 Locknut (73). **Do not overtighten the Locknut; the VKR Frame must pivot easily.**

Engage the VKR Pin (101) into the VKR Frame (82) and the Upright (3).

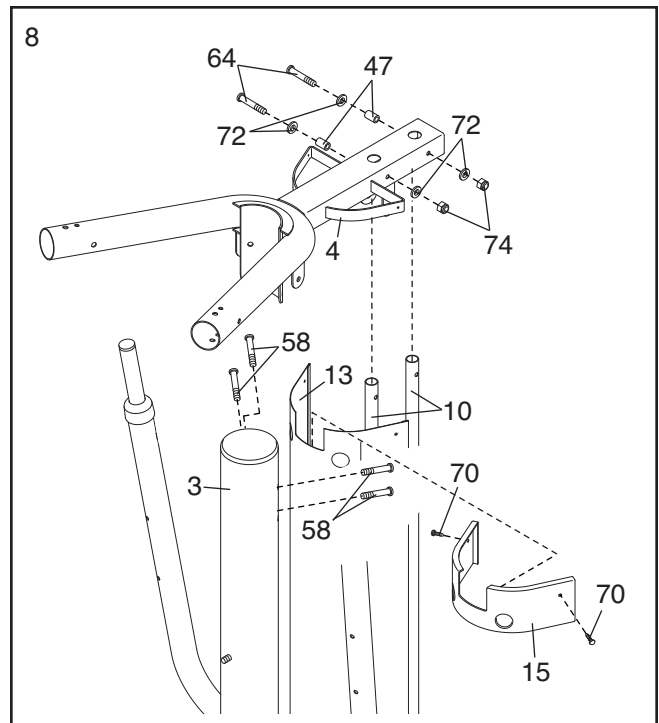


8. Slide the Top Frame (4) onto the Weight Guides (10). Attach the Top Frame to the Weight Guides with two M8 x 89mm Bolts (64), four M8 Washers (72), two 25mm Spacers (47), and two M8 Locknuts (74). **Do not tighten the Locknuts yet.**

Attach the Top Frame (4) to the Upright (3) with four M10 x 25mm Screws (58). **Do not tighten the Screws yet.**

Attach the Top Cover (15) to the Shroud (13) and Top Frame (4) with two M4 x 16mm Screws (70).

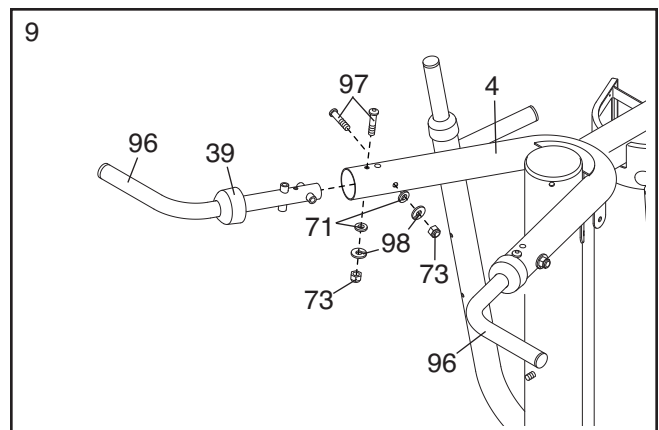
Tighten the two M8 Locknuts (74) and the four M10 x 25mm Screws (58).



9. Slide a Pull-up Cap (39) onto a Pull-up Handle (96). Insert the Pull-up Handle into the Top Frame (4) and press the Pull-up Cap onto the Top Frame.

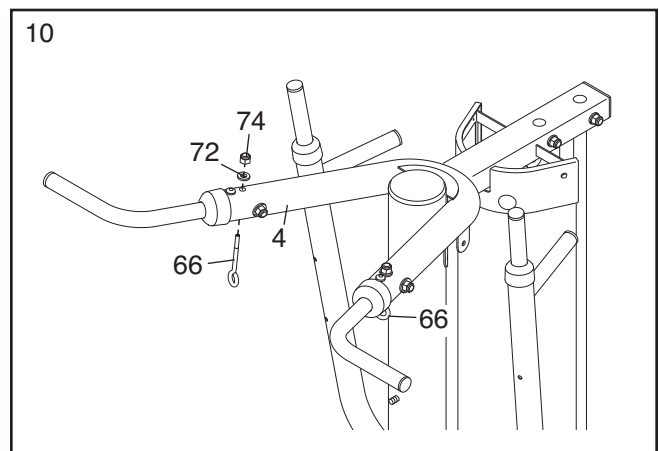
Attach the Pull-up Handle (96) to the Top Frame (4) with two M10 x 80mm Button Bolts (97), two M10 Washers (71), two M10 Split Washers (98), and two M10 Locknuts (73).

Repeat this step with the other Pull-up Handle (96).



10. Attach an Eyehook (66) to the Top Frame (4) with an M8 Washer (72) and an M8 Locknut (74). **Do not overtighten the Locknut; the Eyehook must rotate freely.**

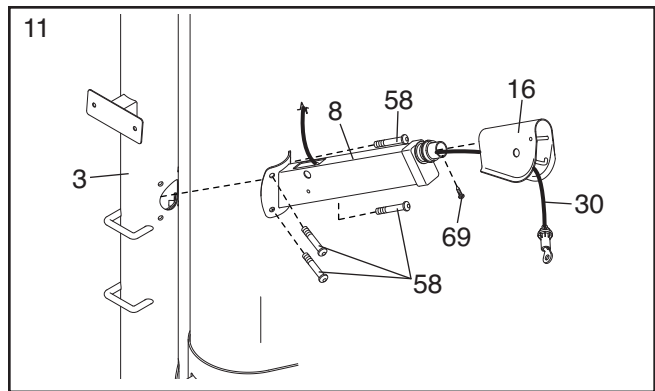
Repeat this step with the other Eyehook (66).



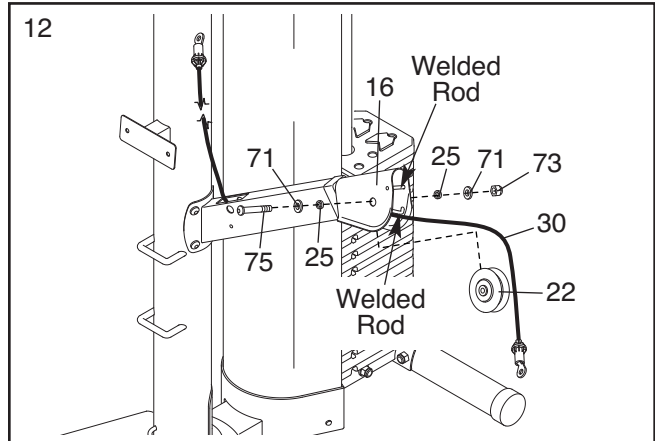
11. Attach the Press Arm (8) without the wire to the Upright (3) with four M10 x 25mm Screws (58).

Remove the M4 x 5mm Screw (69) and the Swivel Arm (16). Route the Press Arm Cable (30) through the Swivel Arm and the Press Arm (8) as shown.

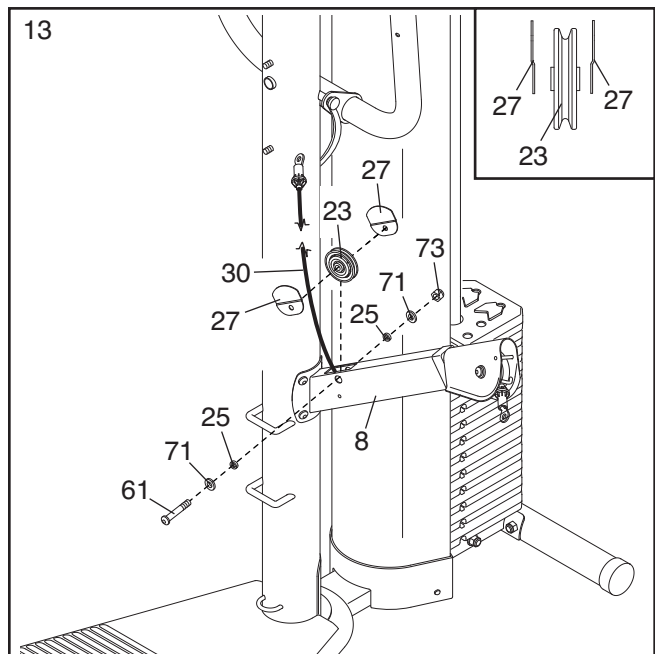
Reattach the Swivel Arm (16) to the Press Arm (8) with the M4 x 5mm Screw (69).



12. Attach a V-pulley (22) to a Swivel Arm (16) with an M10 x 64mm Button Bolt (75), two M10 Washers (71), two 5mm Spacers (25), and an M10 Locknut (73). **Make sure that the Press Arm Cable (30) is routed under the indicated welded rods.**

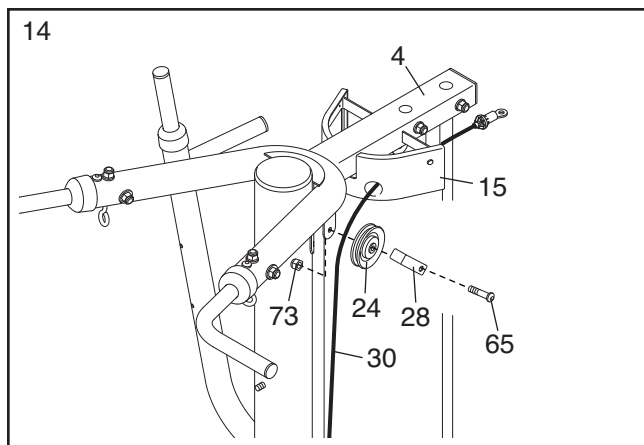


13. Attach a 2 3/4" Pulley (23) to the left Press Arm (8) with an M10 x 53mm Button Bolt (61), two M10 Washers (71), two 5mm Spacers (25), two Guards (27), and an M10 Locknut (73). **See the inset drawing. Orient the Guards and the Pulley as shown. Make sure that the Press Arm Cable (30) is in the groove of the Pulley.**

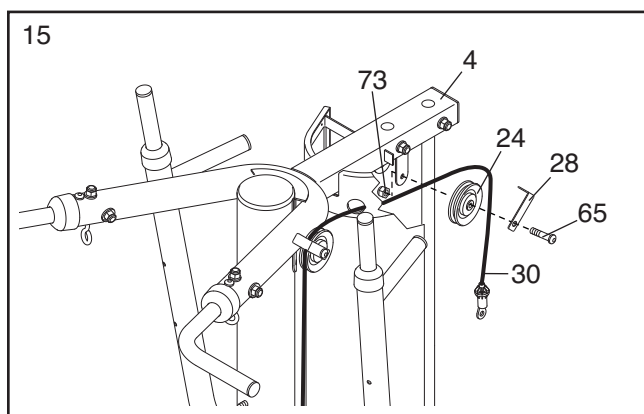


14. Wrap the Press Arm Cable (30) over a 3 1/2" Pulley (24) and route the Cable through the Top Cover (15) as shown.

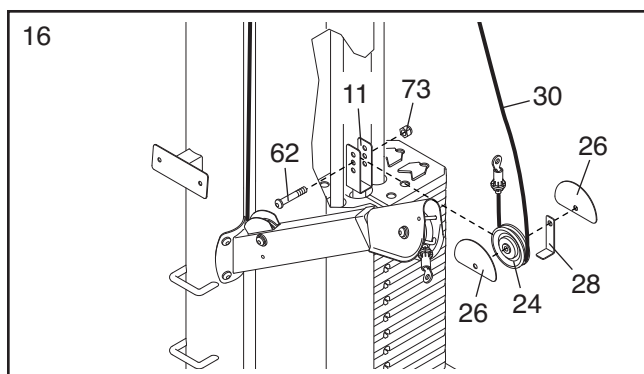
Attach the 3 1/2" Pulley (24) and a Cable Trap (28) to the Top Frame (4) with an M10 x 45mm Bolt (65) and an M10 Locknut (73). **Make sure that the Cable Trap is oriented to hold the Press Arm Cable (30) in the groove of the Pulley.**



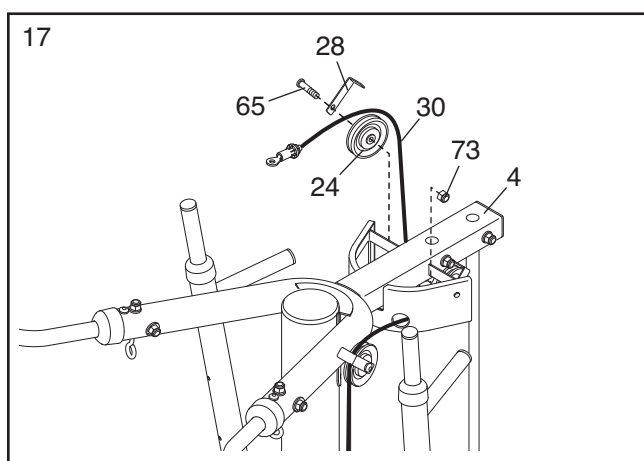
15. Wrap the Press Arm Cable (30) over a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (28) to the Top Frame (4) with an M10 x 45mm Bolt (65) and an M10 Locknut (73). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



16. Wrap the Press Arm Cable (30) under a 3 1/2" Pulley (24). Attach the Pulley, a Cable Trap (28), and two Half Guards (26) to the Weight Selector (11) with an M10 x 48mm Bolt (62) and an M10 Locknut (73) at the indicated hole. **Make sure that the Half Guards are oriented as shown and are on the outside of the Weight Selector. Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

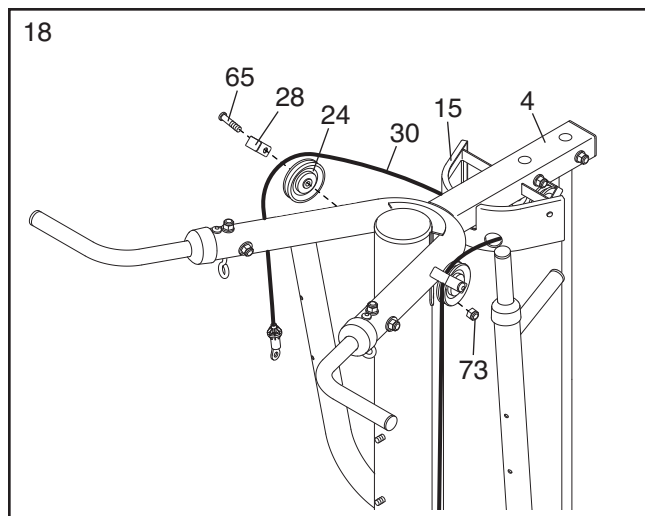


17. Wrap the Press Arm Cable (30) over a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (28) to the Top Frame (4) with an M10 x 45mm Bolt (65) and an M10 Locknut (73). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



18. Route the Press Arm Cable (30) through the Top Cover (15).

Wrap the Press Arm Cable (30) over a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (28) to the Top Frame (4) with an M10 x 45mm Bolt (65) and an M10 Locknut (73). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

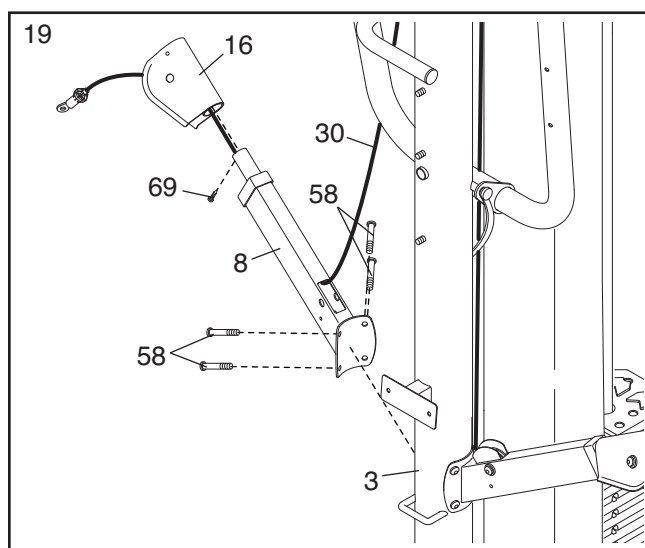


19. Attach the Press Arm (8) with the wire to the Upright (3) with four M10 x 25mm Screws (58).

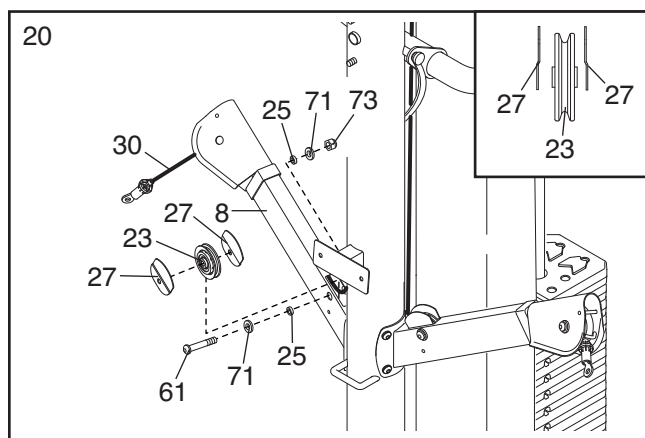
Remove the M4 x 5mm Screw (69) and the Swivel Arm (16).

Using the wire that is inserted into the Press Arm (8), route the Press Arm Cable (30) through the Press Arm as shown. Then, route the Cable through the Swivel Arm (16).

Reattach the Swivel Arm (16) to the Press Arm (8) with the M4 x 5mm Screw (69).

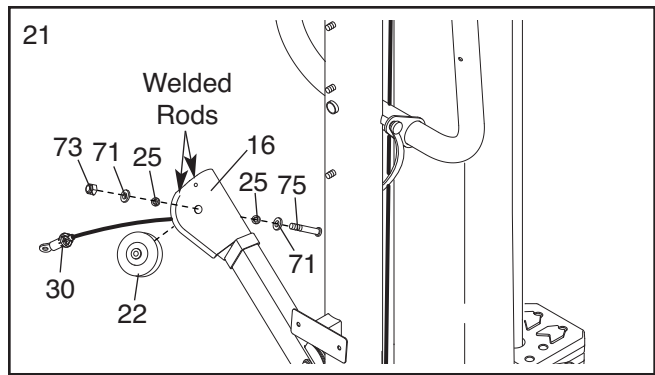


20. Attach a 2 3/4" Pulley (23) to the right Press Arm (8) with an M10 x 53mm Button Bolt (61), two M10 Washers (71), two 5mm Spacers (25), two Guards (27), and an M10 Locknut (73). **See the inset drawing. Orient the Guards and Pulley as shown. Make sure that the Press Arm Cable (30) is in the groove of the Pulley.**

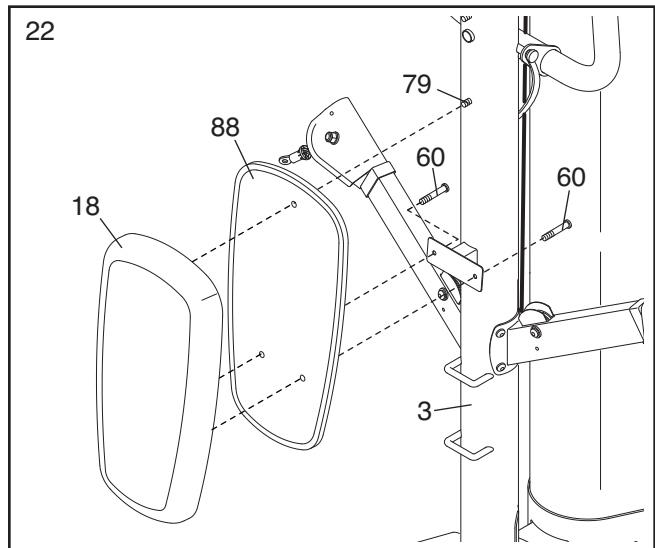


21. **Make sure that the Press Arm Cable (30) is routed under the indicated welded rods.**

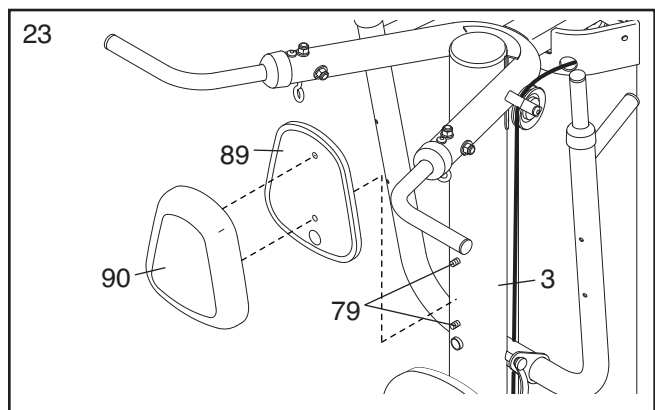
Attach a V-pulley (22) to the Swivel Arm (16) with an M10 x 64mm Button Bolt (75), two M10 Washers (71), two 5mm Spacers (25), and an M10 Locknut (73).



22. Attach the Backrest (18) and the Backrest Base (88) to the Upright (3) with the two M6 x 25mm Screws (60) and the indicated M6 x 140mm Screw (79).

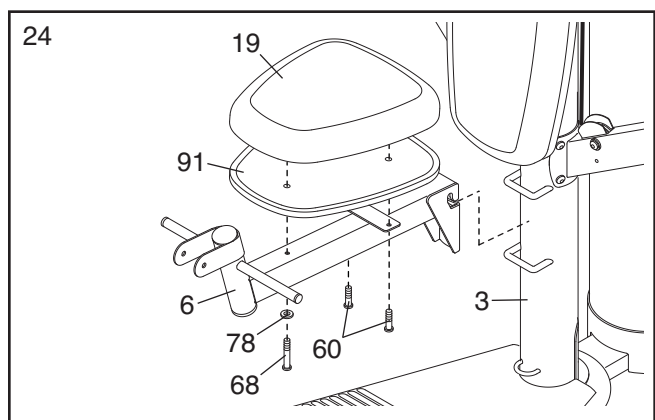


23. Attach the Headrest (90) and the Headrest Base (89) to the Upright (3) with the two indicated M6 x 140mm Screws (79).



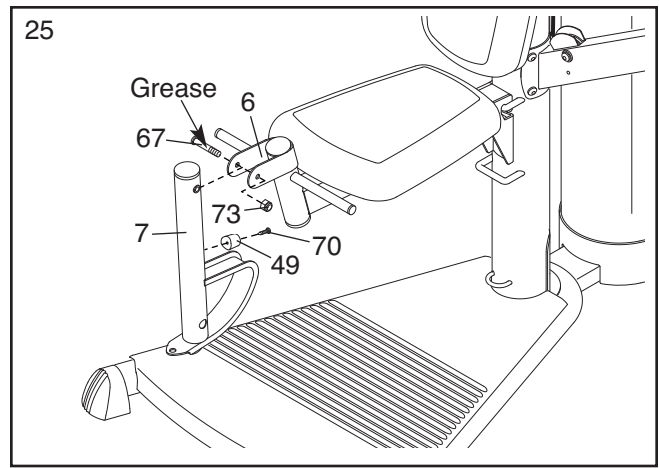
24. Attach the Seat (19) and the Seat Base (91) to the Seat Frame (6) with two M6 x 25mm Screws (60), an M6 x 87mm Screw (68), and an M6 Washer (78).

Hook the Seat Frame (6) onto the Upright (3) at the indicated location.



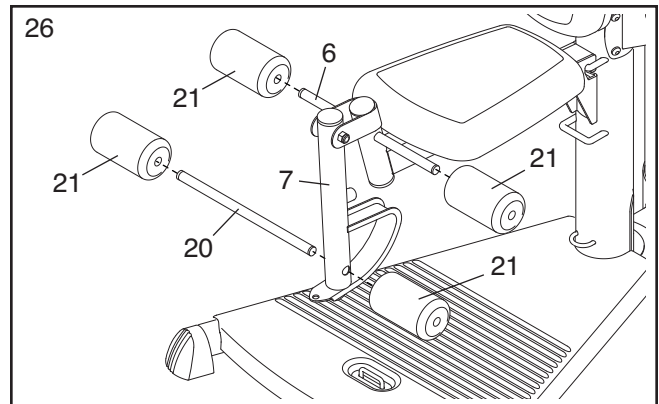
25. Attach the Bumper (49) to the Leg Lever (7) with an M4 x 16mm Screw (70).

Apply grease to an M10 x 71mm Bolt (67). Attach the Leg Lever (7) to the Seat Frame (6) with the Bolt and an M10 Locknut (73). **Do not overtighten the Bolt; the Leg Lever must be able to pivot easily.**



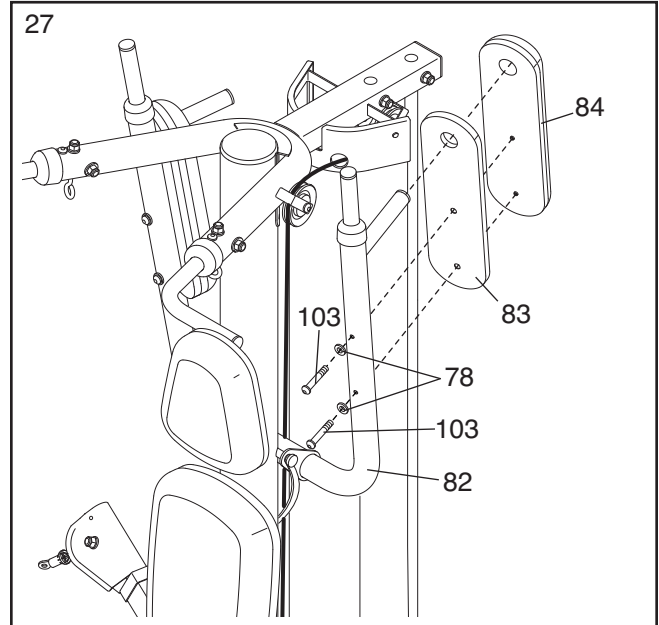
26. Slide two Foam Pads (21) onto the tubes on the Seat Frame (6).

Insert a Pad Tube (20) into the hole in the Leg Lever (7). Slide two Foam Pads (21) onto the Pad Tube.



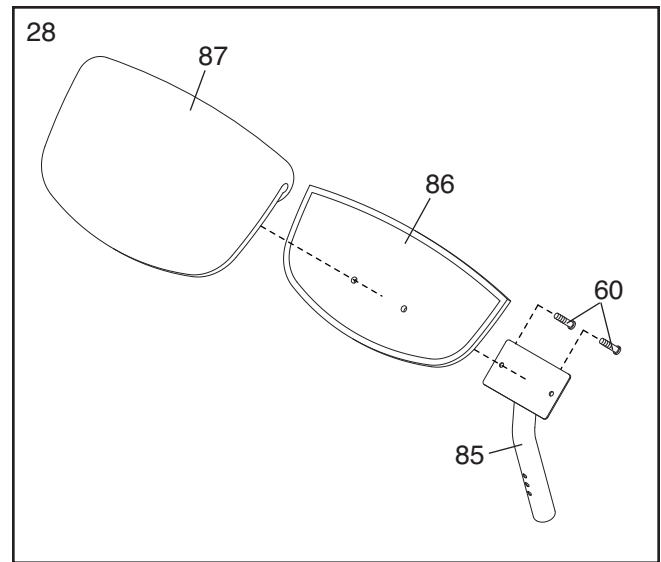
27. Slide an Arm Pad Base (83) and an Arm Pad (84) onto the VKR Frame (82). Attach the Arm Pad Base and the Arm Pad to the Frame with two M6 x 73mm Screws (103) and two M6 Washers (78).

Repeat this step on the other side of the VKR Frame (82).



28. Attach the Curl Pad (87) and the Curl Pad Base (86) to the Curl Post (85) with two M6 x 25mm Screws (60).

29. **Make sure that all parts have been properly tightened before the weight system is used.**



ADJUSTMENT

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 21 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight system.**

ATTACHING THE PULLEY HOUSINGS

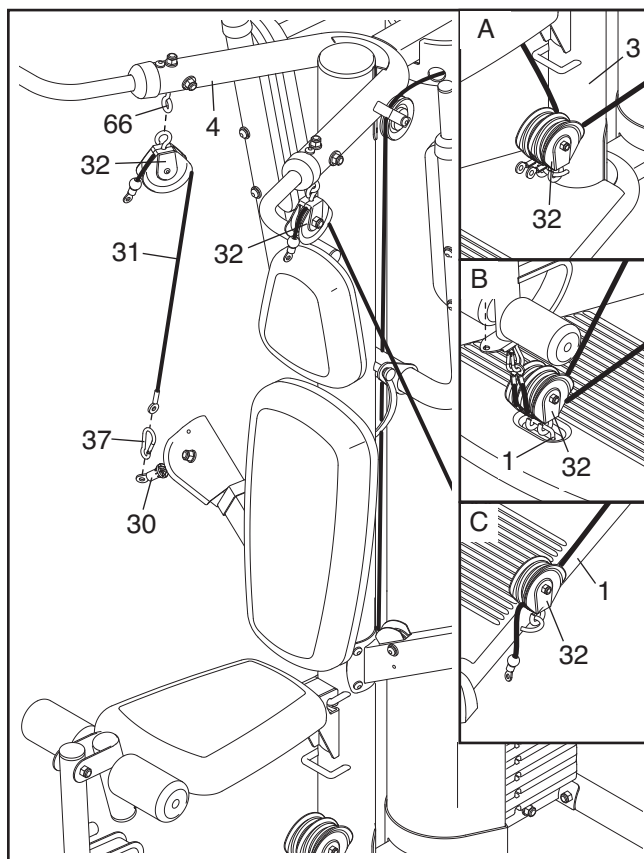
To use a high pulley, slide the hook on the Pulley Housing (32) onto an Eyehook (66) on the Top Frame (4). Attach the end of the Extension Cable (31) without the ball to the end of the Press Arm Cable (30) with a Cable Clip (37). **Attach the other Pulley Housing in the same way.**

See the inset drawing A. To use the leg lever (not shown), hook the Pulley Housings (32) to the hooks on the Upright (3).

See the inset drawing B. To use the curl bar (not shown), hook the Pulley Housings (32) to the hook in the center of the Base (1). Attach the end of the Extension Cable (31) without the ball to the end of the Press Arm Cable (30) with two Cable Clips (37).

See the inset drawing C. To use the squat bar (not shown), hook the Pulley Housings (32) to the hooks on the sides of the Base (1). **Note: To use the squat bar, you must first remove the seat frame from the upright (see ADJUSTING THE SEAT FRAME HEIGHT on page 18).**

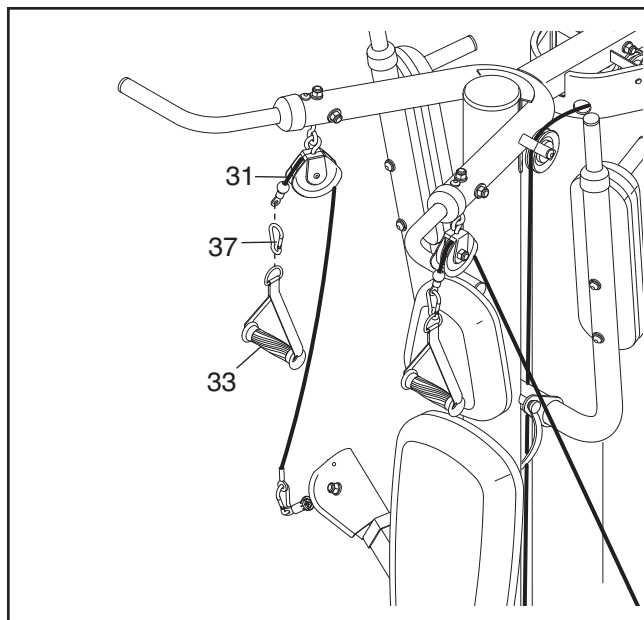
Remove the Pulley Housings (32) when not in use.



ATTACHING THE HANDLES

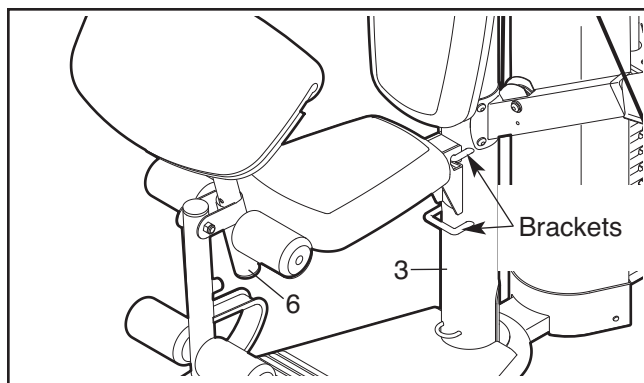
To attach a Handle (33), first attach the pulley housings to the weight system (see ATTACHING THE PULLEY HOUSINGS above). Then, attach the Handle to an Extension Cable (31) with a Cable Clip (37). **The Handles can be attached to the Press Arm Cable (30) in the same way.**

The Ankle Strap (not shown) or Squat Bar (not shown) can be attached to an Extension Cable (31) in the same way. For some exercises an Extension Strap (not shown) should be attached between the Extension Cable and the accessory with two Cable Clips (37).



ADJUSTING THE SEAT FRAME HEIGHT

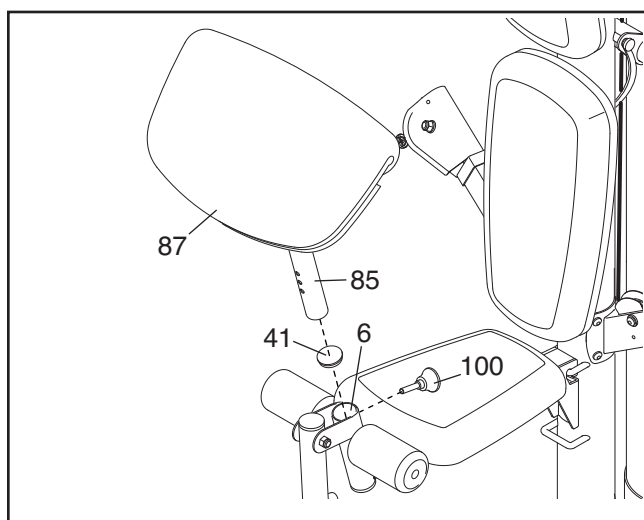
To adjust the height of the Seat Frame (6), or to remove it for exercising with the squat bar, unhook the Seat Frame from the indicated brackets on the Upright (3). Hook it onto the other bracket or set it aside.



ATTACHING THE CURL PAD

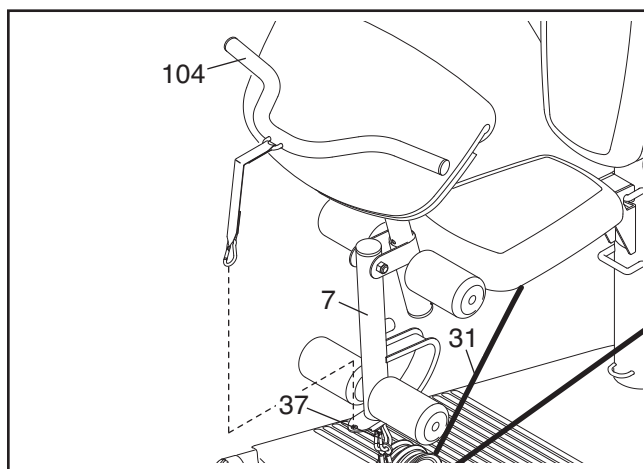
To use the Curl Pad (87), first remove the 51mm Round Inner Cap (41) from the Seat Frame (6). Then, secure the Curl Post (85) inside the Seat Frame with the Curl Knob (100).

When the Curl Pad (87) is not being used, reinsert the 51mm Round Inner Cap (41) into the Seat Frame (6).



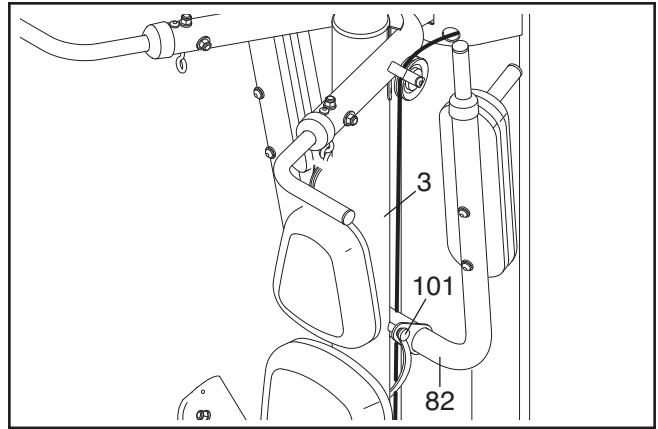
ATTACHING THE CURL BAR

To use the Curl Bar (104), first attach the curl pad to the seat frame (see ATTACHING THE CURL PAD above). Then, with the pulley housings attached to the base (see ATTACHING THE PULLEY HOUSINGS on page 17), attach the Extension Cables (31) to the Leg Lever (7) with Cable Clips (37). Finally, attach the Curl Bar to the Leg Lever.



ADJUSTING THE VKR FRAME

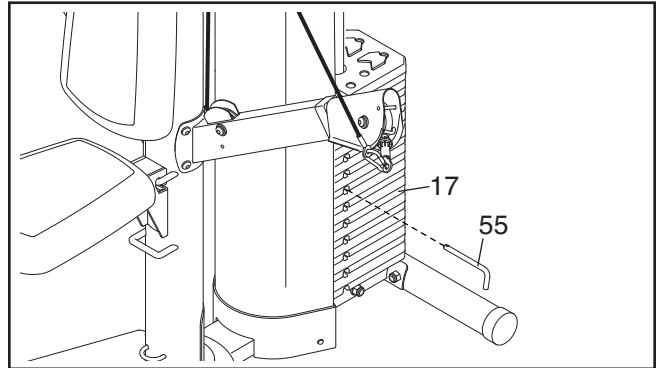
To adjust the VKR Frame (82), remove the VKR Pin (101) from the Frame and the Upright (3). Move the Frame down to use the Frame to exercise, or up to the stored position. Reengage the VKR Pin into the Frame and the Upright.



CHANGING THE WEIGHT SETTING

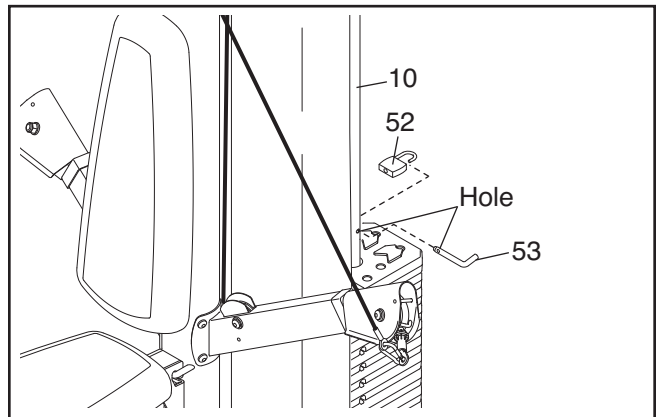
To change the setting of the weight stack, insert the Weight Pin (55) under the desired Weight (17). Insert the Weight Pin until the bent end touches the weight stack, and then turn the bent end downward.

See the WEIGHT RESISTANCE CHART on page 20 for the resistance for each station.



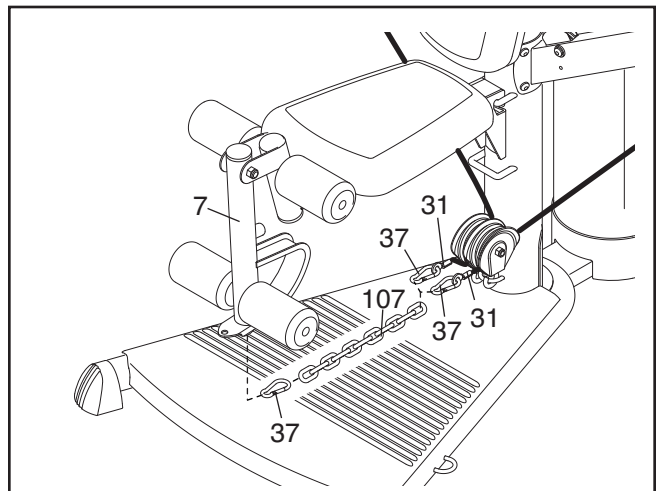
LOCKING THE WEIGHT STACK

To lock the weight stack, insert the Lock Pin (53) into the indicated hole in a Weight Guide (10). Insert the Lock (52) through the hole in the Weight Pin and close the Lock.



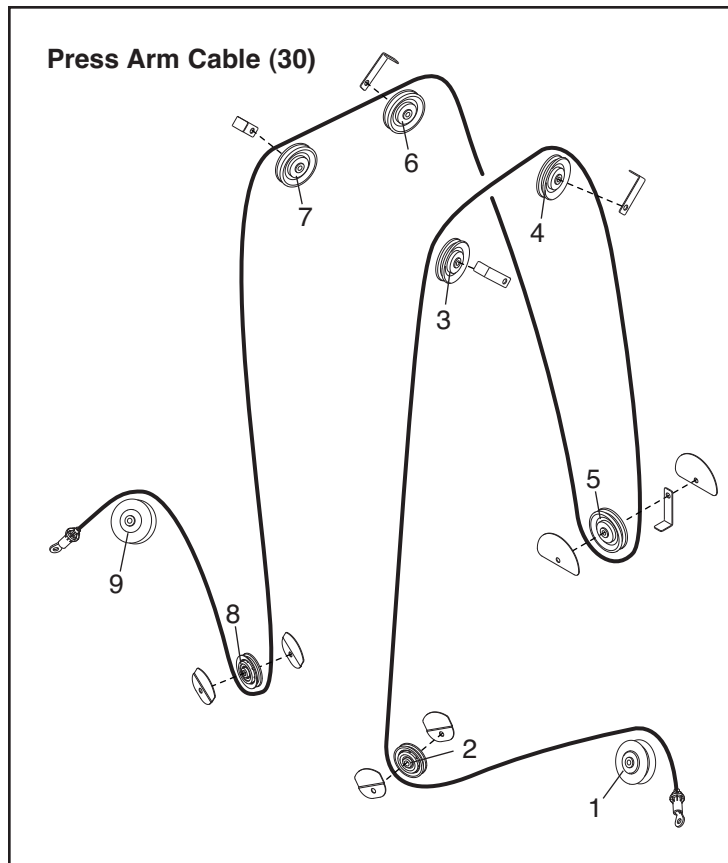
ATTACHING THE LEG LEVER

To use the Leg Lever (7), first attach the seat to the weight system (see ADJUSTING THE SEAT FRAME HEIGHT on page 18). Then, attach the pulley housings to the upright (see ATTACHING THE PULLEY HOUSINGS on page 17). Finally, attach the Extension Cables (31) to the Chain (107) with two Cable Clips (37) and attach the Chain to the Leg Lever with another Cable Clip. **Note: For less resistance, the Leg Lever can be used with only one Extension Cable attached to it.**



CABLE DIAGRAM

The cable diagram shows the proper routing of the Press Arm Cable (30). Use the diagram to make sure that the Cable has been assembled correctly. If the Cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the Cable.



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance for the 12.5 lb. weights. The weight resistance shown is for each arm. **Note: The actual weight resistance at each station may vary due to differences in individual weights as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	1	2	3	4	5	6	7	8	9	10	11	12
RESISTANCE	14	23	32	41	50	59	68	77	86	95	102	110

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.

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

Rest for a short period of time after each set as follows:

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

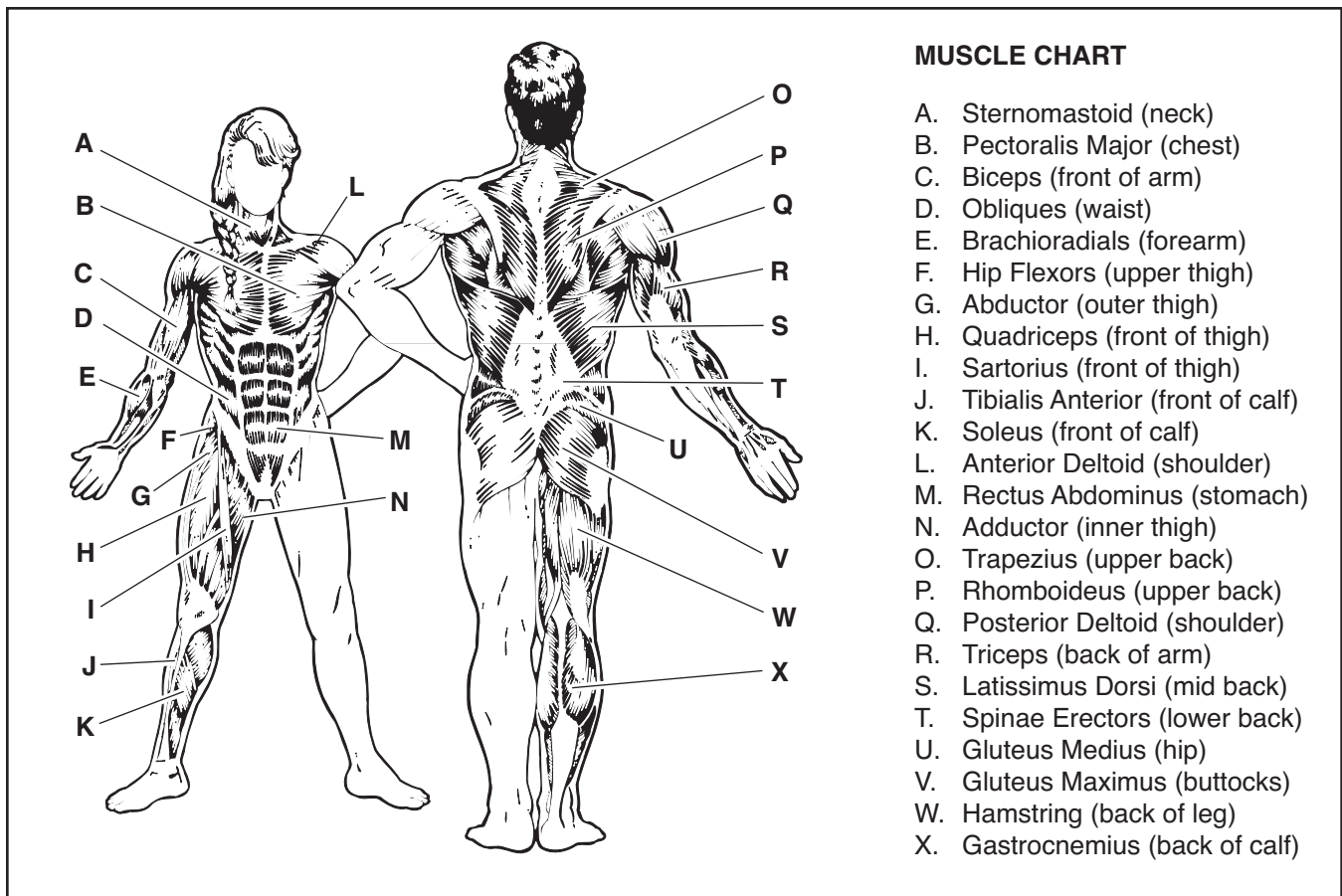
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

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

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the 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.



EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

NOTES

PART LIST—Model No. WESY4998.0

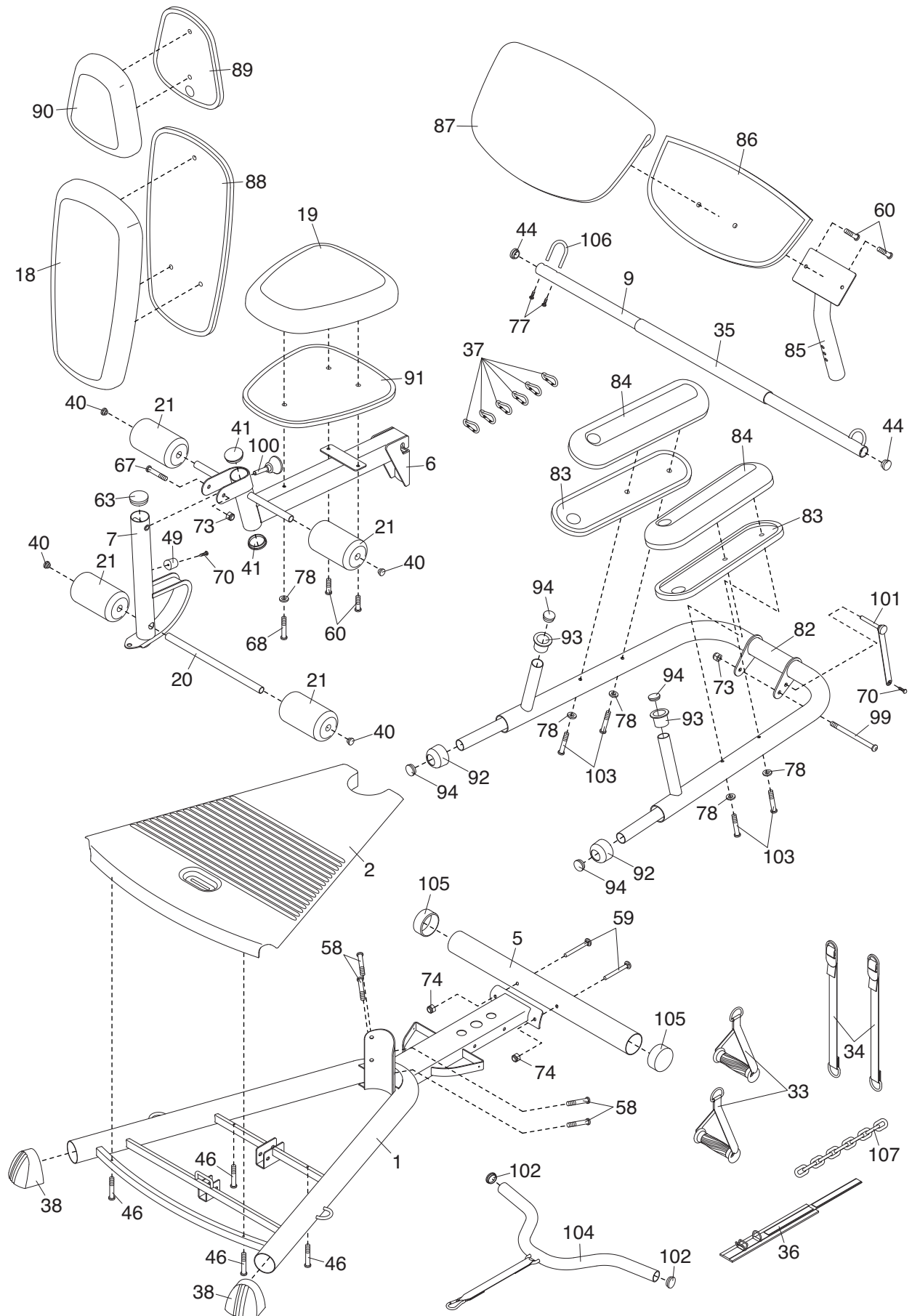
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	57	3	M8 x 45mm Bolt
2	1	Base Plate	58	16	M10 x 25mm Screw
3	1	Upright	59	2	M8 x 76mm Carriage Bolt
4	1	Top Frame	60	6	M6 x 25mm Screw
5	1	Rear Stabilizer	61	2	M10 x 53mm Button Bolt
6	1	Seat Frame	62	1	M10 x 48mm Bolt
7	1	Leg Lever	63	1	51mm Thin Round Inner Cap
8	2	Press Arm	64	2	M8 x 89mm Bolt
9	1	Squat Bar	65	4	M10 x 45mm Bolt
10	2	Weight Guide	66	2	Eyehook
11	1	Weight Selector	67	1	M10 x 71mm Bolt
12	1	Weight Selector Bumper	68	1	M6 x 87mm Screw
13	1	Shroud	69	2	M4 x 5mm Screw
14	1	Bottom Cover	70	8	M4 x 16mm Screw
15	1	Top Cover	71	17	M10 Washer
16	2	Swivel Arm	72	10	M8 Washer
17	12	Weight	73	17	M10 Locknut
18	1	Backrest	74	11	M8 Locknut
19	1	Seat	75	2	M10 x 64mm Button Bolt
20	1	Pad Tube	76	2	M8 x 115mm Bolt
21	4	Foam Pad	77	2	M5 x 15mm Screw
22	2	V-pulley	78	8	M6 Washer
23	4	2 3/4" Pulley	79	3	M6 x 140mm Screw
24	5	3 1/2" Pulley	80	2	M10 x 50mm Button Bolt
25	8	5mm Spacer	81	2	M4 x 64mm Screw
26	2	Half Guard	82	1	VKR Frame
27	4	Guard	83	2	Arm Pad Base
28	5	Cable Trap	84	2	Arm Pad
29	4	Pulley Cover	85	1	Curl Post
30	1	Press Arm Cable	86	1	Curl Pad Base
31	2	Extension Cable	87	1	Curl Pad
32	2	Pulley Housing	88	1	Backrest Base
33	2	Handle	89	1	Headrest Base
34	2	Extension Strap	90	1	Headrest
35	1	Squat Bar Pad	91	1	Seat Base
36	1	Ankle Strap	92	2	Large VKR Cap
37	6	Cable Clip	93	2	Arm Pad Bushing
38	2	Base Cap	94	4	32mm Round Inner Cap
39	2	Pull-up Cap	95	1	VKR Bumper
40	4	19mm Round Inner Cap	96	2	Pull-up Handle
41	2	51mm Round Inner Cap	97	4	M10 x 80mm Button Bolt
42	1	110mm Round Inner Cap	98	4	M10 Split Washer
43	2	Press Arm Cap	99	1	M10 x 168mm Button Bolt
44	2	32mm Thick Round Inner Cap	100	1	Curl Knob
45	1	51mm x 76mm Inner Cap	101	1	VKR Pin
46	4	M4 x 40mm Screw	102	4	32mm Thin Round Inner Cap
47	2	25mm Spacer	103	4	M6 x 73mm Screw
48	2	38mm Spacer	104	1	Curl Bar
49	1	Bumper	105	2	64mm Round Outer Cap
50	2	Weight Bumper	106	1	Squat Bar Hook
51	4	Swivel Arm Bushing	107	1	Chain
52	1	Lock	108	2	Arm Bushing
53	1	Lock Pin	*	—	User's Manual
54	1	Roll Pin	*	—	Exercise Guide
55	1	Weight Pin	*	—	Hex Key
56	2	25mm Round Inner Cap			

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.

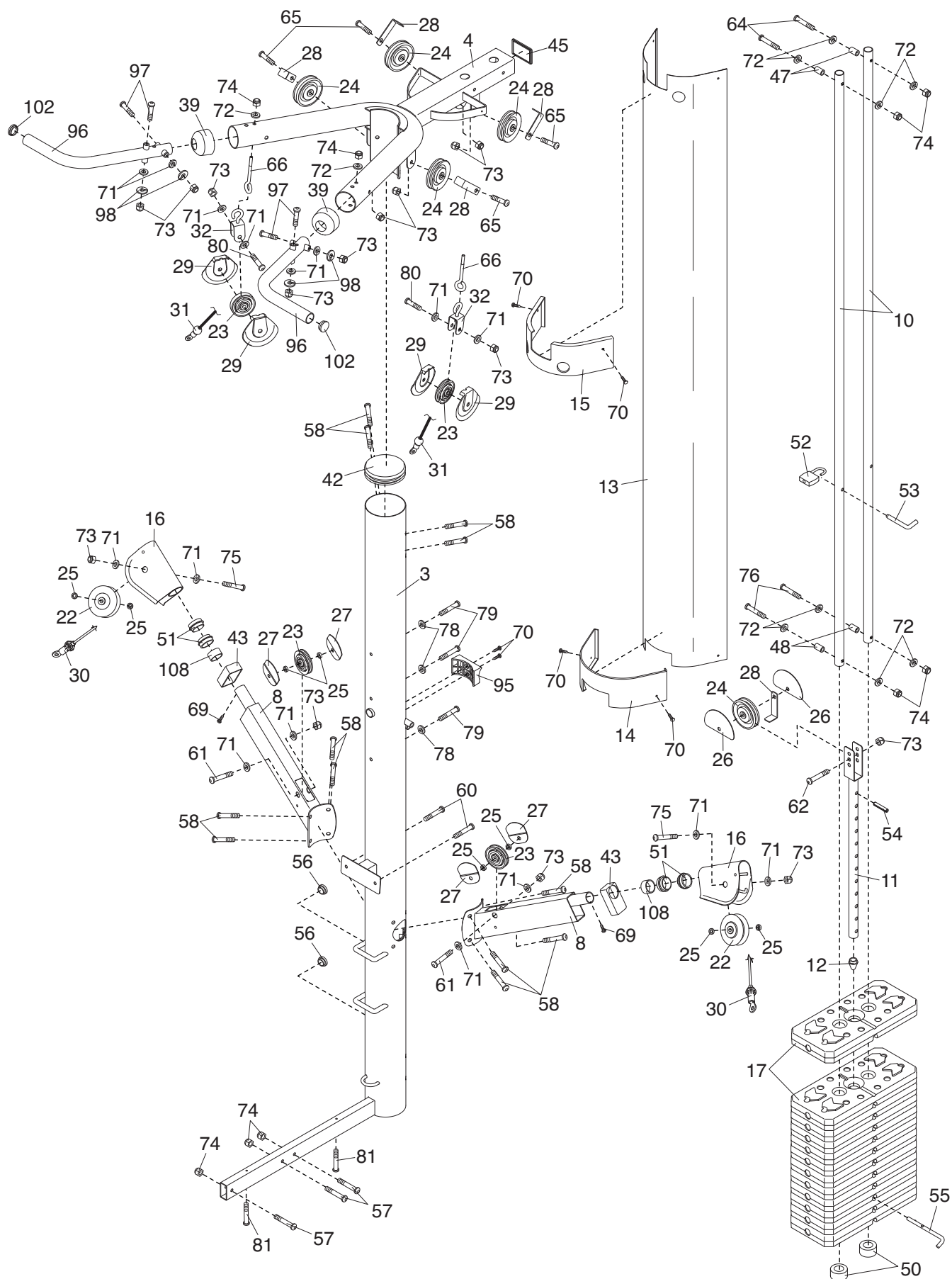
EXPLODED DRAWING A—Model No. WESY4998.0

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EXPLODED DRAWING B—Model No. WESY4998.0

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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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