

WEIDER 8220[®]

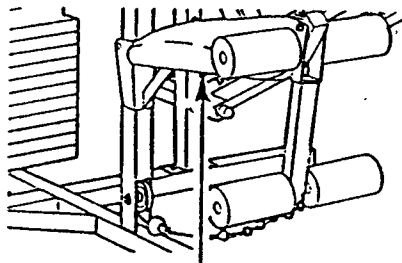
HARD DRIVE SYSTEM

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

130 lbs total weight.

Model No. WG82200

Serial No. _____



Serial Number Decal (Under Seat)

QUESTIONS?

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

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-225-0653

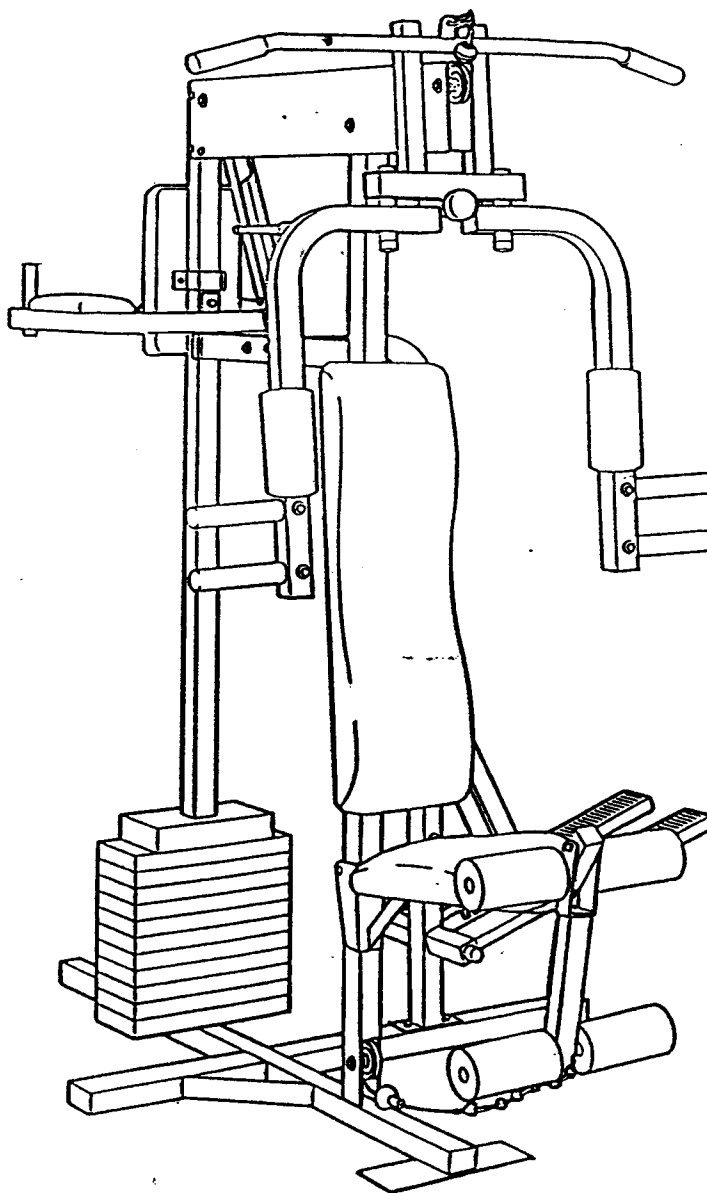
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

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

PATENT PENDING

OWNER'S MANUAL



weider[®]

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENT	15
TROUBLE-SHOOTING AND MAINTENANCE	18
CABLE DIAGRAM	19
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the hard drive system.

1. Read all instructions in this owner's manual and in the accompanying literature before using the hard drive system.
2. Use the hard drive system only on a level surface. Cover the floor beneath the hard drive system for protection.
3. Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately.
4. Keep small children away from the hard drive system at all times.
5. Keep hands and feet away from moving parts.
6. Always wear athletic shoes for foot protection.
7. 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.
8. Never release the arms, leg lever, lat bar or nylon strap while weights are raised. The weights will fall with great force.
9. The VKR arm should never be used while the weight stack is being used. The feet of the person using the VKR arm could become caught between moving weights.
10. Always stand on the foot plate when performing an exercise that could cause the hard drive system to tip.
11. Always disconnect the lat bar from the hard drive system when performing an exercise that does not use the lat bar.
12. When using the stepper, always keep your feet on the pedals. If you lift your feet off the pedals, the pedals may become separated from the resistance cylinders, resulting in injury. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

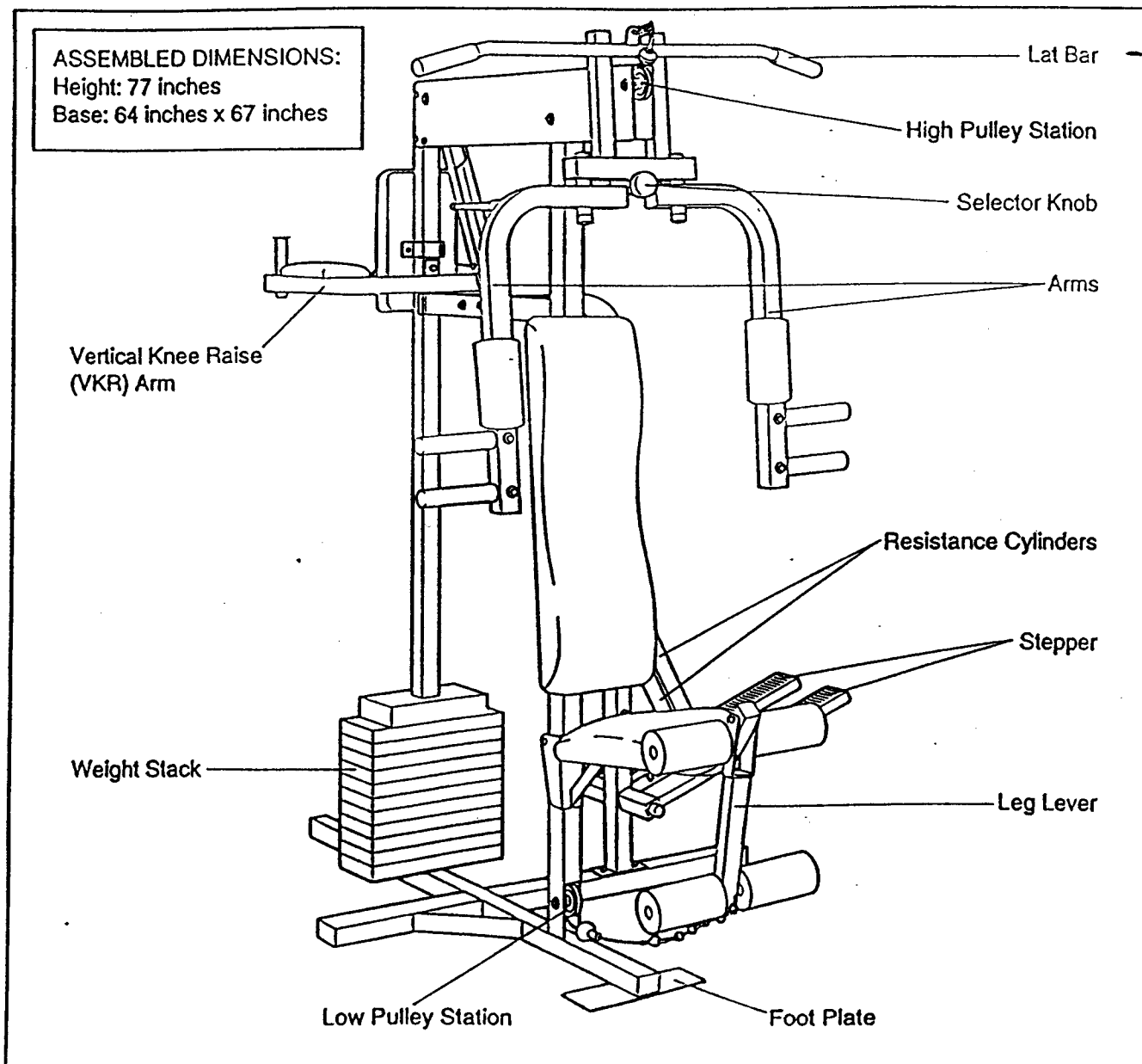
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8220 Hard Drive System. The WEIDER 8220 offers an impressive array of weight stations designed to develop every major muscle group of the body. In addition, the WEIDER 8220 features an adjustable stepper to let you enjoy true cross-training workouts in the convenience of your home. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER 8220 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the WEIDER 8220 Hard Drive System. If you have additional questions, please call our Customer Service Department toll-free at 1-800-225-0653, 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 WG82200. The serial number can be found on a decal attached to the WEIDER 8220 (see the front cover of this owner's manual).

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



ASSEMBLY

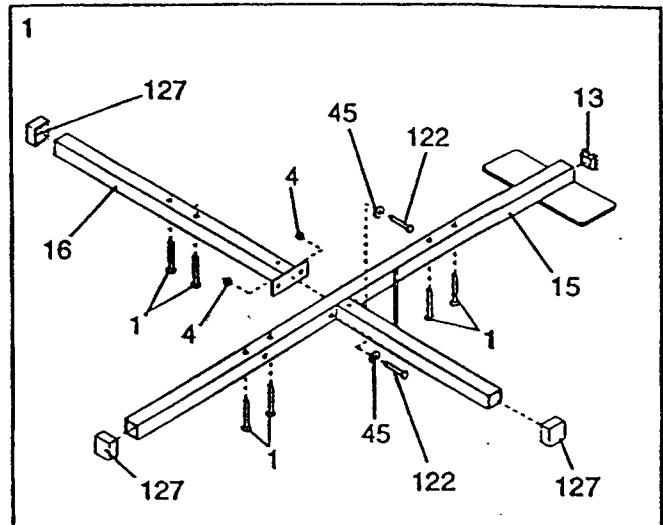
Assembly requires two people. Due to the size and weight of the hard drive system, it should be assembled in the location where it will be used. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before beginning assembly, read each step and look at each drawing carefully. As you assemble the hard drive system, make sure that all parts are oriented exactly as shown in the drawings. Tighten all nuts and bolts as you attach them, unless instructed to do otherwise. For help identifying the small parts used in assembly, refer to the PART IDENTIFICATION CHART accompanying this owner's manual.

Assembly requires the following tools (not included): two adjustable wrenches, a phillips screwdriver and two rubber mallets. Grease and a small bowl of soapy water are also needed.

1. Press a 2" Inner Cap (13) and two 2" Outer Caps (127) onto the Base (15). Press a 2" Outer Cap (127) onto the Stabilizer (16).

Insert four 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (15). Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Stabilizer (16).

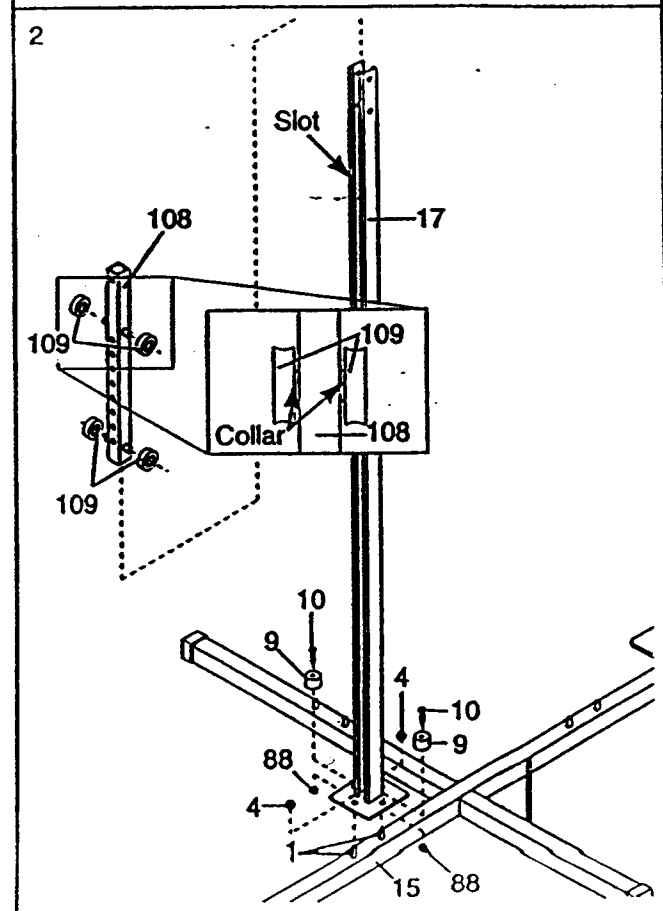
Attach the Stabilizer (16) to the Base (15) with two 5/16" x 2 3/4" Bolts (122), 5/16" Flat Washers (45), and 5/16" Nylock Nuts (4). Do not tighten the Nylock Nuts yet.



2. Slide the Rear Upright (17) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). The Rear Upright must be turned so the slot is on the indicated side. Attach the Rear Upright with two 5/16" Nylock Nuts (4).

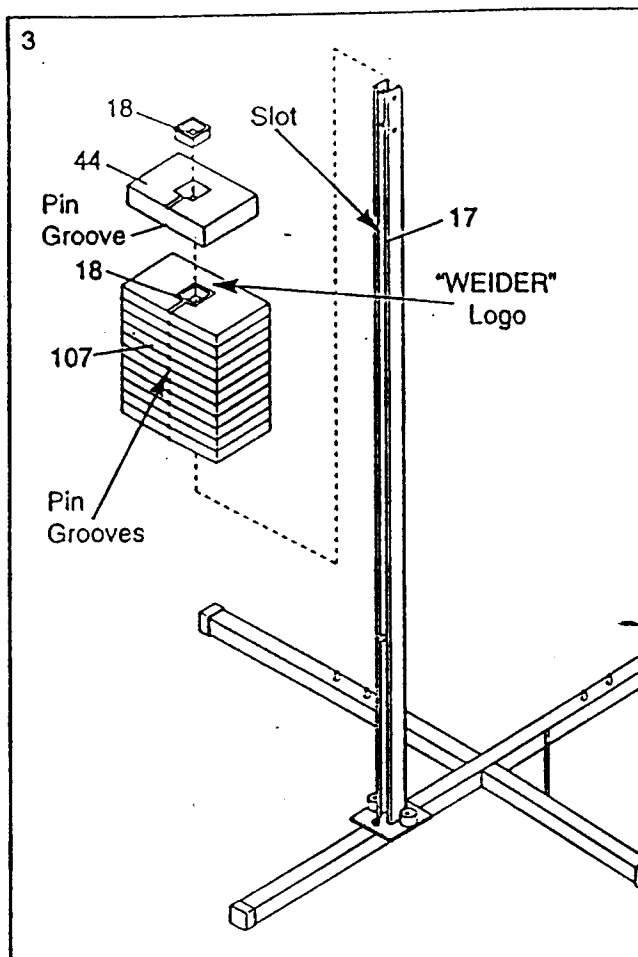
Slide four Rollers (109) onto the short pins on a Weight Tube (108). Each Roller must be turned so the collar is facing the Weight Tube (see the inset drawing). Slide the Weight Tube down into the Rear Upright (17).

Attach a Rubber Bumper (9) to each side of the Rear Upright (17) with a #8-32 Screw (10) and #8-32 Nut (88).



3. Turn each of the 10 Lb. Weights (107) so the "WEIDER" logo is on top. Turn the 20 Lb. Weight (44) so the deepest pin groove is on the bottom. Press a Weight Sleeve (18) into each 10 Lb. Weight and the 20 Lb. Weight.

Slide the 10 Lb. Weights (107) and the 20 Lb. Weight (44) onto the Rear Upright (17). Each 10 Lb. Weight must be turned so the "WEIDER" logo is on top, and the pin groove is on the same side of the Rear Upright as the slot. The 20 Lb. Weight must be turned so the deepest pin groove is on the bottom, and is on the same side of the Rear Upright as the slot.

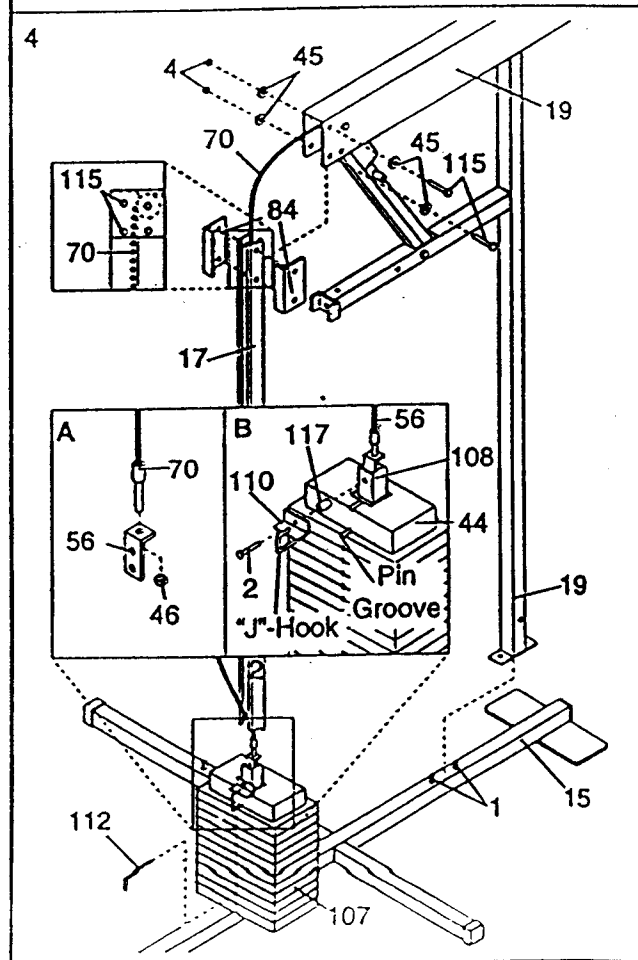


4. Slide the Front Upright (19) onto the two indicated $5/16"$ x $2\frac{1}{2}"$ Carriage Bolts (1) in the Base (15). Insert the end of the Weight Cable (70) down into the Rear Upright (17).

Insert the Upright Brackets (84) between the Front Upright (19) and the upper end of the Rear Upright (17). Attach the Front Upright and the Upright Brackets to the Rear Upright with two $5/16"$ x $3\frac{1}{4}"$ Bolts (115), four $5/16"$ Flat Washers (45) and two $5/16"$ Nylock Nuts (4). Do not tighten the Nylock Nuts yet. Note: The Weight Cable (70) must be on the side of the Bolts shown in the inset drawing.

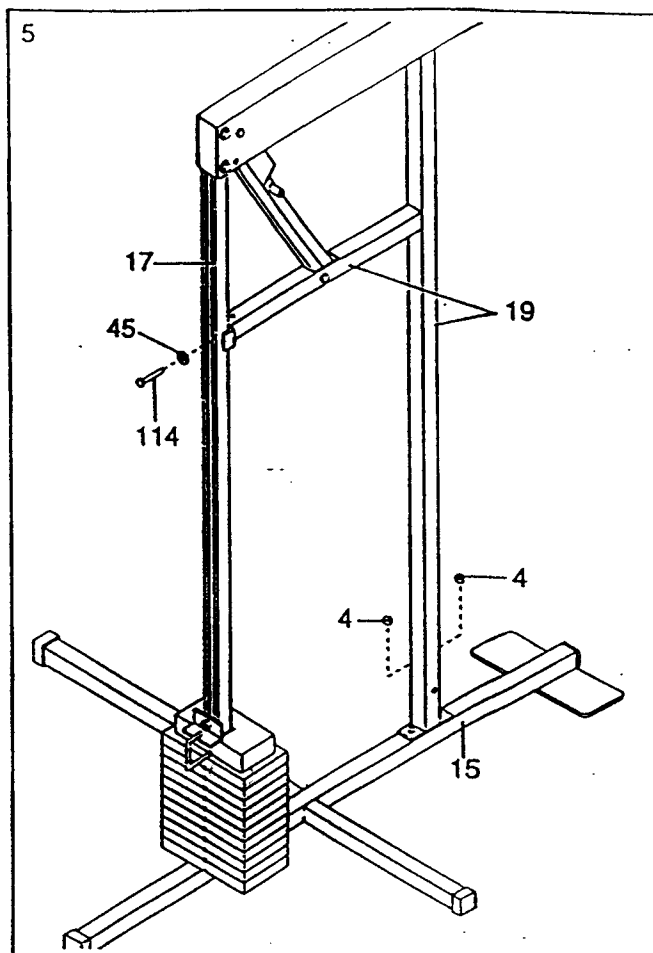
(See inset drawing A.) Insert the threaded end of the Weight Cable (70) into the Cable Bracket (56). Tighten the $1/4"$ Nut (46) about halfway up the threaded end of the Weight Cable.

Insert the Weight Pin (112) under one of the 10 Lb. Weights (107). (See inset drawing B.) Insert the Cable Bracket (56) into the Weight Tube (108). Slide the Weight Bracket (110) and a $1/2"$ x $1/2"$ Bushing (117) onto the $5/16"$ x $1\frac{1}{4}"$ Grade 5 Bolt (2). Insert the Bolt into the Weight Tube (108). Tighten the Bolt into the lower hole in the Cable Bracket (56). The "J"-hook on the Weight Bracket (110) must be inserted into the pin groove under the 20 Lb. Weight (44).



5. Attach the Front Upright (19) to the Base (15) with two 5/16" Nylock Nuts (4). Do not tighten the Nylock Nuts yet.

Attach the Front Upright (19) to the Rear Upright (17) with the 5/16" x 1 3/4" Screw (114) and a 5/16" Flat Washer (45).



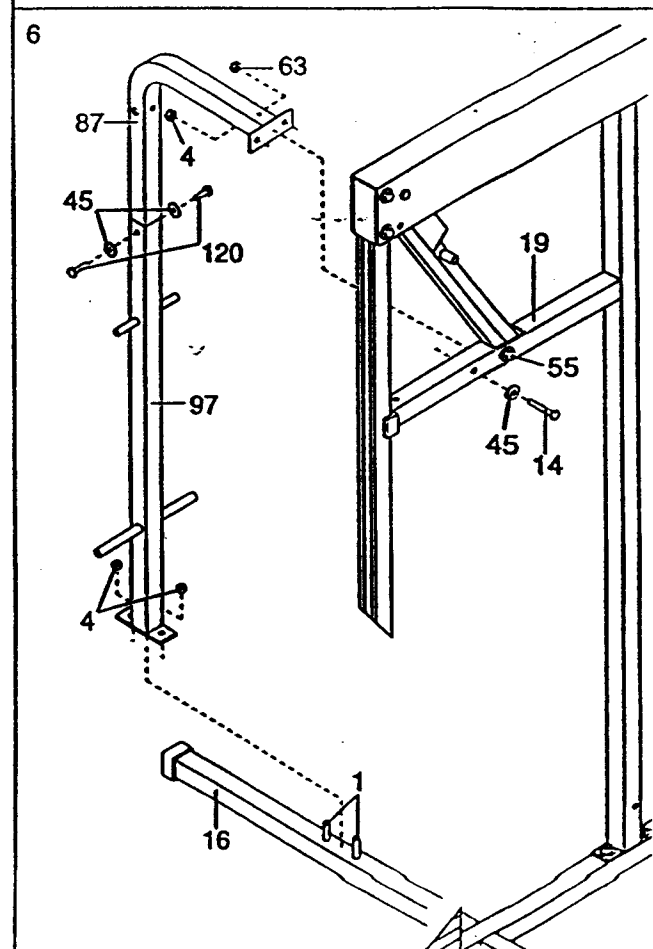
6. Attach the Stepper Upright Frame (87) to the Stepper Upright (97) with two 5/16" x 3/4" Bolts (120) and 5/16" Flat Washers (45).

Remove the 3/8" Nylock Nut (63) from the indicated 3/8" x 2 3/4" Bolt (55). Do not remove the Bolt. Slide the Stepper Upright Frame (87) onto the Bolt, while sliding the Stepper Upright (97) onto the two 5/16" x 2 1/2" Carriage Bolts (1) in the Stabilizer (16).

Reattach the 3/8" Nylock Nut (63) to the 3/8" x 2 3/4" Bolt (55). Attach the Stepper Upright Frame (87) to the Front Upright (19) with the 5/16" x 2 1/2" Bolt (14), a 5/16" Flat Washer (45), and a 5/16" Nylock Nut (4). Do not tighten the Nuts yet.

Attach the Stepper Upright (97) to the Stabilizer (16) with two 5/16" Nylock Nuts (4).

Tighten all Nuts used in assembly steps 1, 4, 5, and 6.



7. Press a 1" Round Cap (43) and a 1 3/4" Inner Cap (29) into each side of the Arm Frame (41).

Apply grease to the indicated rod on the Arm Frame (41). Hold the rod between the two Arm Frame Bushings (60). Set the Arm Plate (81), the Arm Frame Bushings and the Arm Frame on the Front Upright (19). The Arm Frame must be turned so the indicated brackets are facing away from the Front Upright. Place the Arm Frame Cap (59) over the Arm Frame Bushings, and attach the Arm Frame Cap to the Front Upright with four 1/4" x 3/4" Screws (7), 1/4" Flat Washers (6), and 1/4" Nylock Nuts (5).

8. Attach the Bar Holder (58) to the Front Upright (19) with the two 1/4" x 3/4" Taper Screws (89) and two 1/4" Nylock Nuts (5).

Apply grease to the axles on the Arm Frame (41). Slide an Arm (27) onto the right axle. The upper end of the Arm must be between the indicated bracket and the Front Upright (19). Hold two 1" Retainers (50) and a 1" Plastic Cap (51) against the lower end of the axle. The teeth on the Retainers must bend downward. Tap the Retainers and Plastic Cap onto the axle.

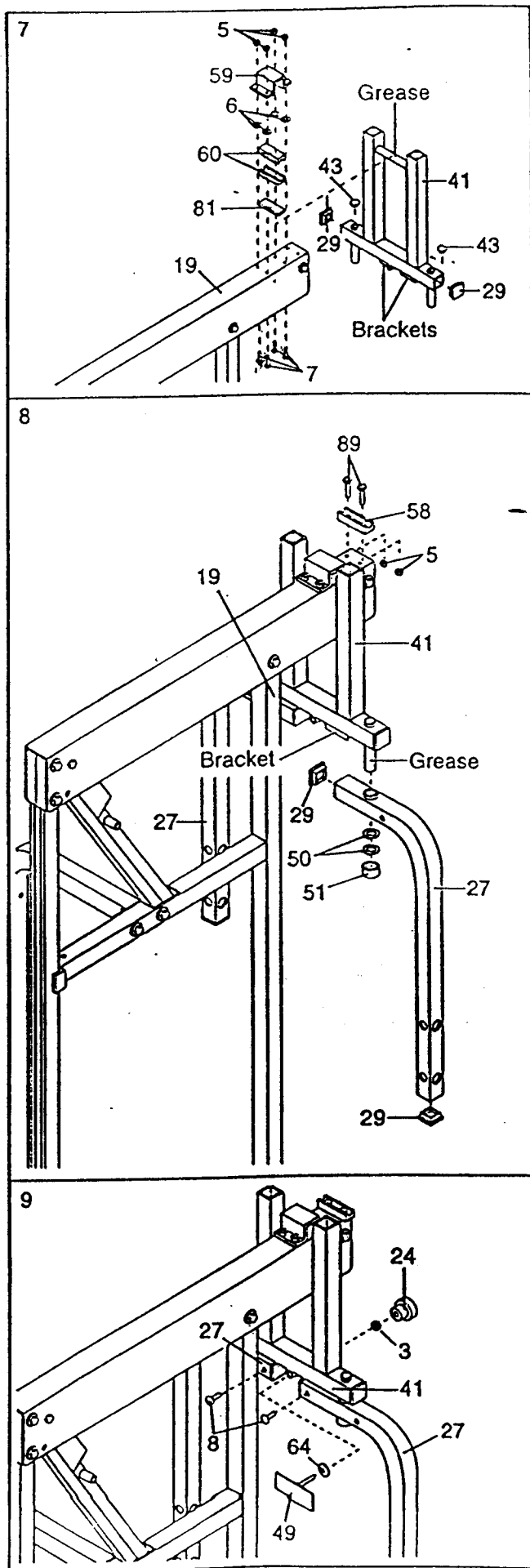
Press two 1 3/4" Inner Caps (29) into the right Arm (27).

Assemble the other Arm (27) to the Arm Frame (41) in the same manner.

9. Tighten a 1 1/4" Tap Screw (8) into the upper end of each Arm (27).

Slide a 3/8" Flat Washer (64) onto the shaft of the Selector Plate (49). Insert the shaft through the Arm Frame (41) from the indicated side. Tighten a 3/8" Nut (3) onto the shaft. Do not overtighten the Nut; the Selector Plate must turn freely. Hold the Nut with an adjustable wrench, and tighten the Selector Knob (24) onto the shaft until it is against the Nut.

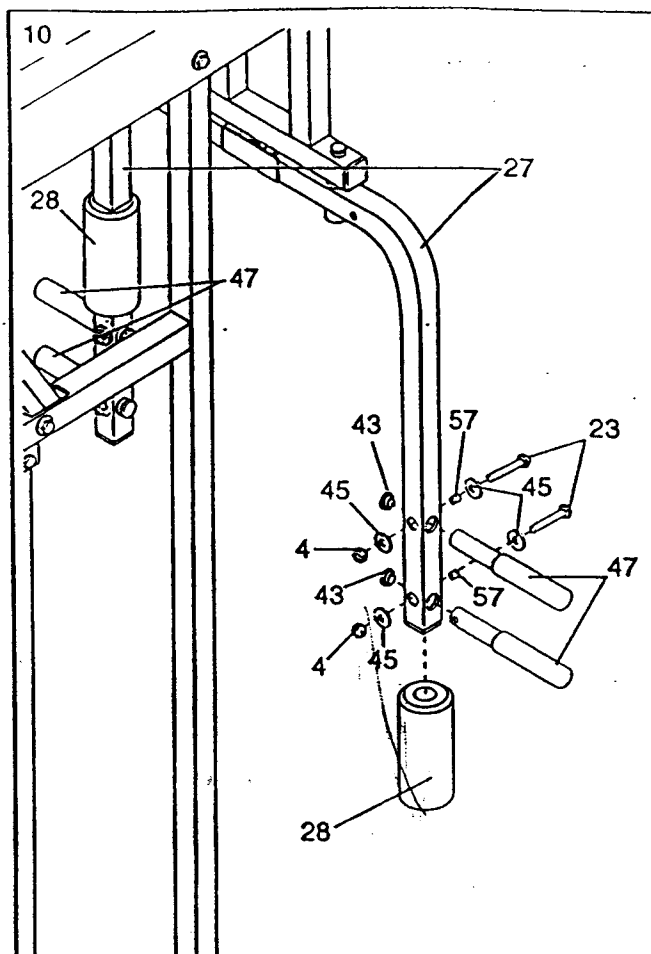
Back the 1 1/4" Tap Screws (8) out of the Arms (27) until there is no movement in Arms when the Selector Plate (49) is turned to the horizontal position.



10. Wet the lower ends of the Arms (27) and the insides of the Long Foam Pads (28) with soapy water. Slide a Long Foam Pad about halfway up each Arm.

Insert two Handles (47) into the right Arm (27). Attach each Handle with a 5/16" x 2 1/4" Bolt (23), two 5/16" Flat Washers (45), a 1/2" x 3/8" Bushing (57) and a 5/16" Nylock Nut (4) as shown. Press a 1" Round Cap (43) into each Handle.

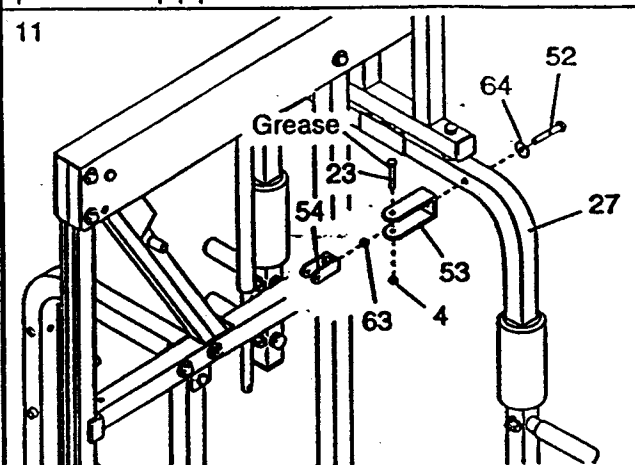
Attach two Handles (47) to the left Arm (27) in the same manner.



11. Attach a Large "U"-Bracket (53) to one of the Arms (27) with a 3/8" x 2 3/4" Bolt (52), a 3/8" Flat Washer (64), and a 3/8" Nylock Nut (63).

Apply grease to a 5/16" x 2 1/4" Bolt (23). Attach a Swivel "U"-Bracket (54) to the Large "U"-Bracket (53) with the Bolt and a 5/16" Nylock Nut (4). The Swivel "U"-Bracket must swivel freely.

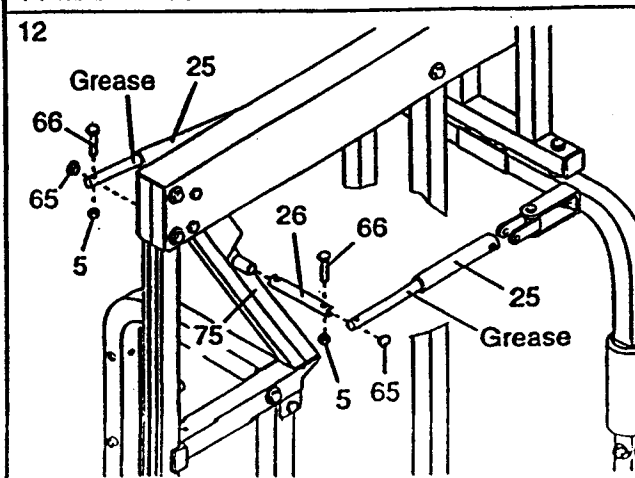
Attach a Large "U"-Bracket (53) and Swivel "U"-Bracket (54) to the other Arm (27) in the same manner.



12. Extend the Arm Shocks (25) and apply a liberal amount of grease around the indicated locations. Insert the Shock Bar (26) into the Pivot Arm (75) and center it. Attach one of the Arm Shocks to the Shock Bar with a 1/4" x (1 1/4") Bolt (66) and a 1/4" Nylock Nut (5).

Attach the other Shock Arm (25) to the Shock Bar (26) in the same manner.

Press a 3/4" Plastic Cap (65) into each end of the Shock Bar (26).



- 13. Hold the Pivot Arm (75) stationary in the position shown. Align the hole in the end of an Arm Shock (25) with the holes in one of the Swivel "U"-Brackets (54). If the Arm Shock will not extend far enough, it must be adjusted. Press the Arm Shock together until it is as short as possible. Using a phillips screwdriver, turn the adjustment screw inside the Arm Shock counterclockwise a few turns. Repeat until the hole in the Arm Shock can be aligned with the holes in the Swivel "U" Bracket. Attach the Arm Shock to the Swivel "U" Bracket with a 5/16" x 1 3/4" Bolt (52) and a 5/16" Nylock nut (4).**

Attach the other Arm Shock (25, not shown) in the same manner.

- 14. Attach the Small "U"-Bracket (21) to the upper end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).**

Attach the Adjustment Bracket (22) to the lower end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).

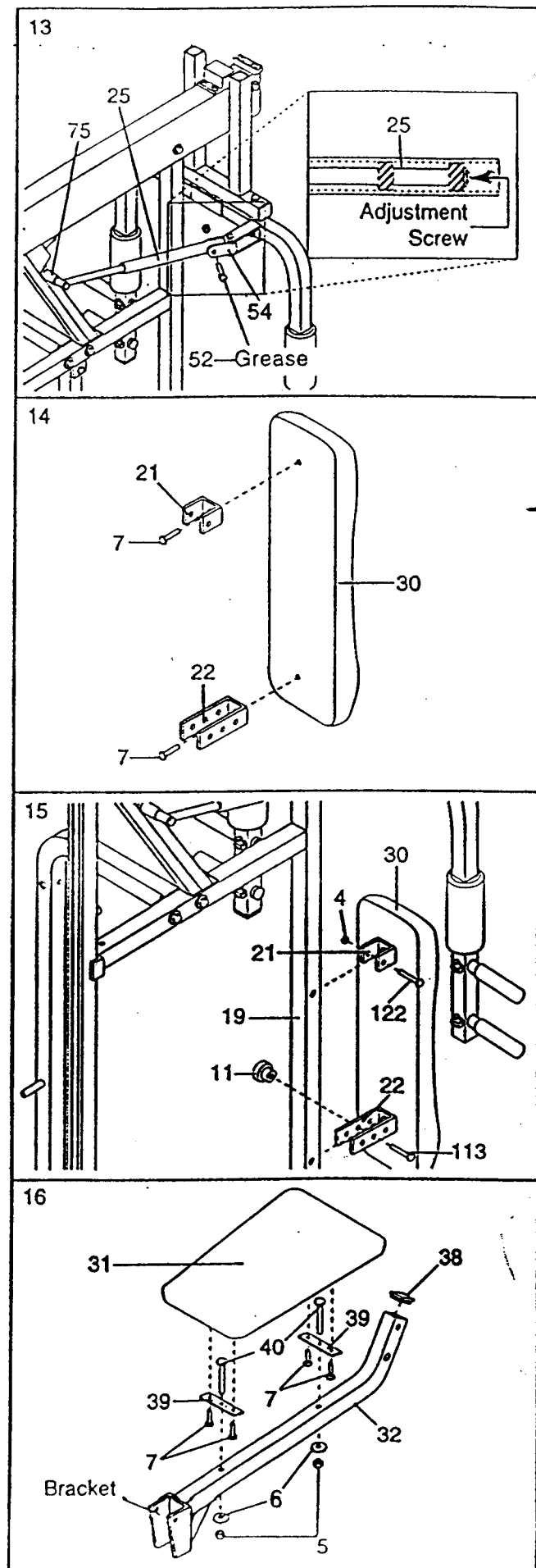
- 15. Align the holes in the Small "U"-Bracket (21) with the indicated hole in the Front Upright (19). Attach the Small "U"-Bracket to the Front Upright with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylock Nut (4). Do not over tighten the Nylock Nut.**

Align one of the three sets of holes in the Adjustment Bracket (22) with the indicated hole in the Front Upright (19). Insert a 5/16" x 2 3/4" Carriage Bolt (113) through the Adjustment Bracket and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.

- 16. Press a 1 1/2" Inner Cap (38) into the Seat Frame (32).**

Attach the two Seat Brackets (39) to the Seat Frame (32) with 1/4" x 2 1/4" Carriage Bolts (40), 1/4" Flat Washers (6) and 1/4" Nylock Nuts (5).

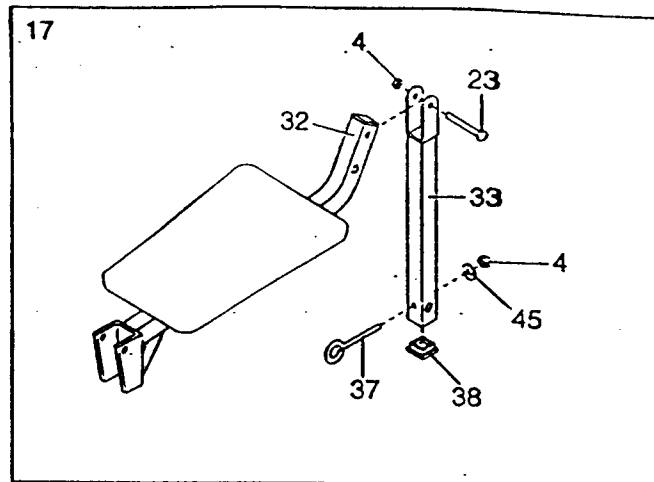
Attach the Seat (31) to the Seat Brackets (39) with four 1/4" x 3/4" Screws (7). The narrow end of the Seat must be towards the bracket on the Seat Frame.



17. Press a 1 1/2" Inner Cap (38) into the Leg Lever (33).

Attach the Leg Lever (33) to the Seat Frame (32) with the 5/16" x 2 1/4" Bolt (23) and a 5/16" Nylock Nut (4). The Leg Lever must pivot freely.

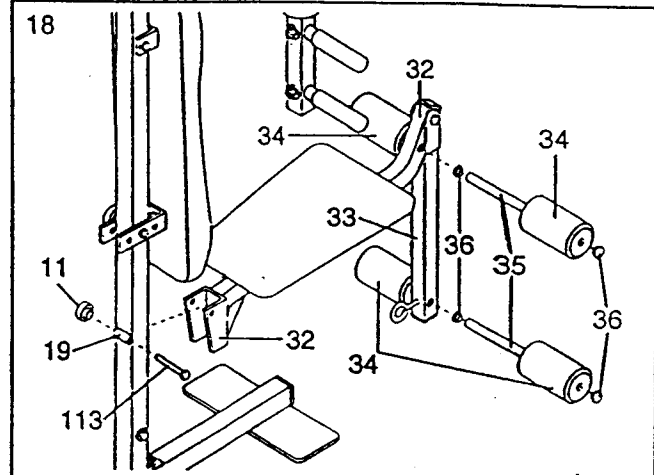
Insert the 5/16" x 2" Eyebolt (37) through the Leg Lever (33) from the indicated side. Slide a 5/16" Flat Washer (45) onto the Eyebolt and tighten a 5/16" Nylock Nut (4) onto the Eyebolt.



18. Press two 3/4" Round Caps (36) into each of the Pad Tubes (35).

Align the bracket on the Seat Frame (32) with the indicated tube on the Front Upright (19). Insert a 5/16" x 2 3/4" Carriage Bolt (113) through the Seat Frame and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.

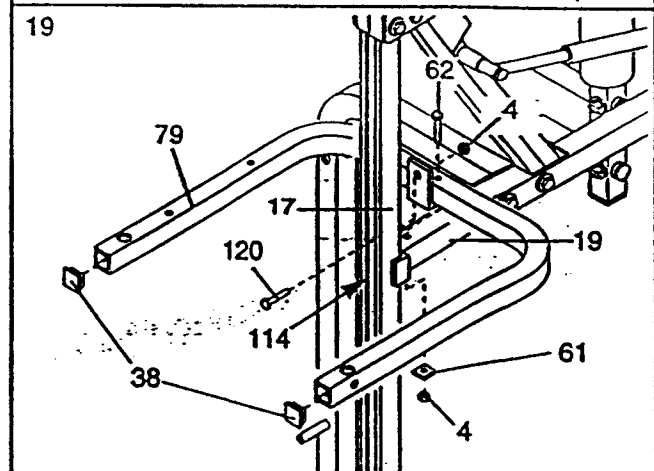
Insert one Pad Tube (35) into the Seat Frame (32). Center the Pad Tube and slide a Short Foam Pad (34) onto each end of it. Insert the other Pad Tube into the Leg Lever (33) and slide a Short Foam Pad onto each end of it.



19. Press two 1 1/2" Inner Caps (38) into the VKR Frame (79).

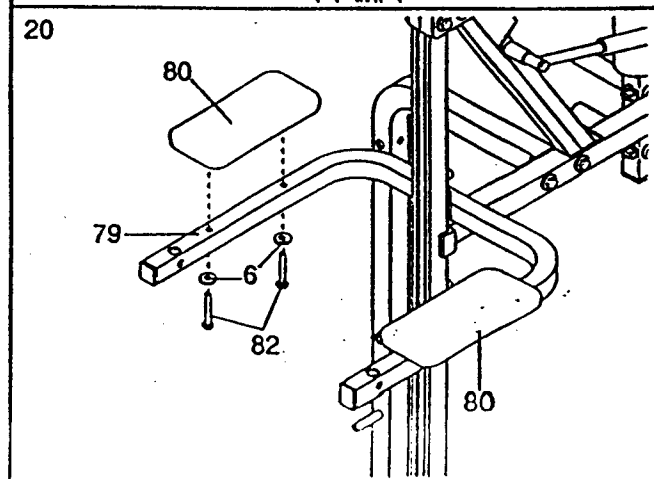
Loosen the 5/16" x 1 3/4" Screw (114). Attach the VKR Frame (79) to the Front Upright (19) with the 5/16" x 3" Grade 5 Bolt (62), the Square Washer (61), and a 5/16" Nylock Nut (4). Do not tighten the Nylock Nut yet. Attach the VKR Frame to the Rear Upright (17) with a 5/16" x 3/4" Bolt (120) and 5/16" Nylock Nut (4).

Tighten the 5/16" x 1 3/4" Screw (114) and the two 5/16" Nylock Nuts (4) used in this step.



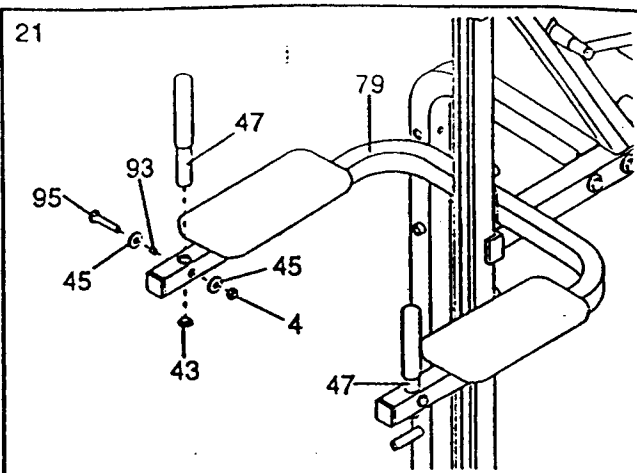
20. Attach a VKR Armrest (80) to one side of the VKR Frame (79) with two 1/4" x 2" Screws (82) and 1/4" Flat Washers (6).

Attach a VKR Armrest (80) to the other side of the VKR Frame (79) in the same manner.

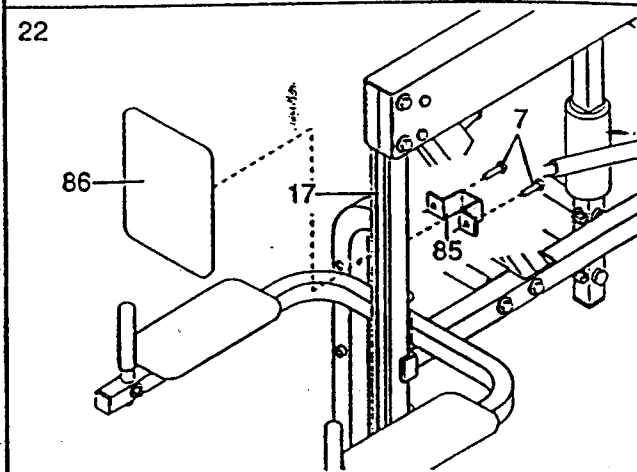


21. Insert a Handle (47) into one side of the VKR Frame (79). Slide a 5/16" Flat Washer (45) and a 1/2" x 5/16" Bushing (93) onto a 5/16" x 2" Bolt (95). Insert the Bolt through the VKR Frame and the Handle. Slide another 5/16" Flat Washer (45) onto the Bolt and tighten a 5/16" Nylock Nut (4) onto the Bolt. Press a 1" Round Cap (43) into the Handle.

Attach the other Handle (47) to the other side of the VKR Frame (79) in the same manner.

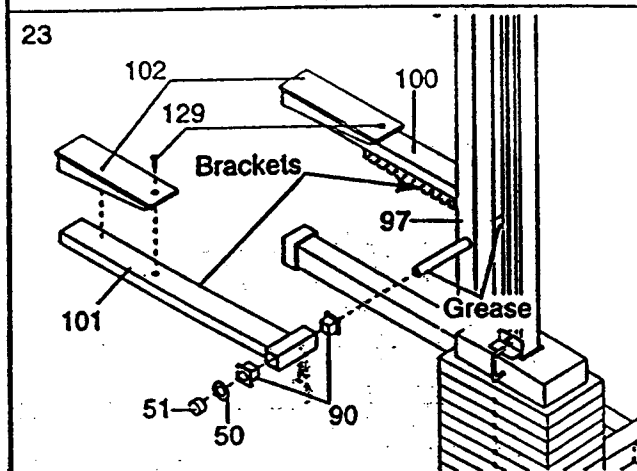


22. Attach the Small Backrest (86) to the Rear Upright (17) with the Small Backrest Bracket (85) and two 1/4" X 3/4" Screws (7).

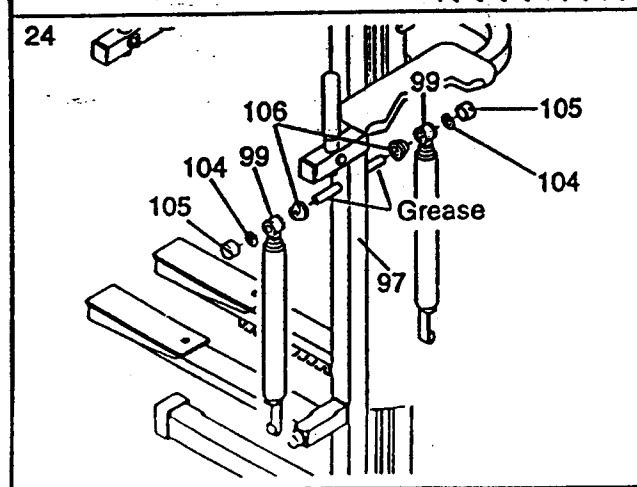


23. Press two 1 3/8" Square Bushings (90) into each Pedal (101, 100). Attach a Pedal Cap (102) to each Pedal with a 1/2" Tap Screw (129).

Apply grease to the pedal axes on the Stepper Upright (97). Slide the Right Pedal (101) onto the right pedal axis, and the Left Pedal (100) onto the left pedal axis. **Note: Make sure that the Pedals are on the correct sides; the slotted brackets must be on the insides of the Pedals, as shown.** Hold a 1" Retainer (50) and 1" Plastic Cap (51) against the end of the right pedal axis. The teeth on the Retainer must bend outward. Tap the Retainer and Plastic Cap onto the pedal axis. Attach the Left Pedal in the same manner.

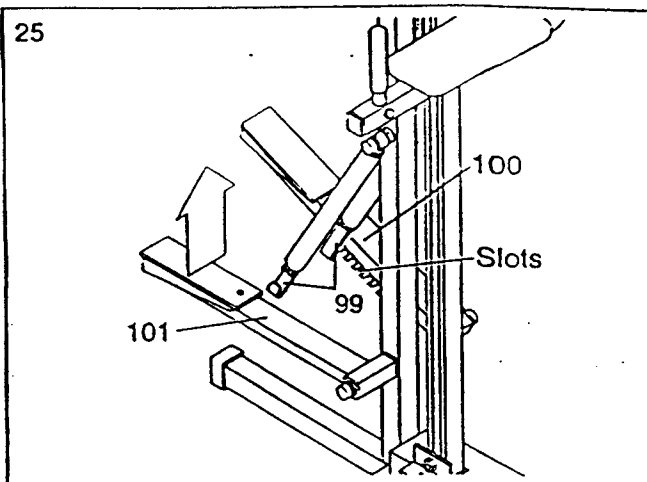


24. Apply grease to the cylinder axes on the Stepper Upright (97). Slide a 5/8" Spacer (106) and a Resistance Cylinder (99) onto each cylinder axis. Hold a 5/8" Retainer (104) and 5/8" Plastic Cap (105) against the end of the right cylinder axis. The teeth on the Retainer must bend outward. Tap the Retainer and Plastic Cap onto the cylinder axis. Tap a 5/8" Retainer (104) and 5/8" Plastic Cap (105) onto the left cylinder axis in the same manner.



25. Raise the Right Pedal (101) and rest it on the hook at the lower end of the right Resistance Cylinder (99). The hook must be in one of the slots under the Right Pedal.

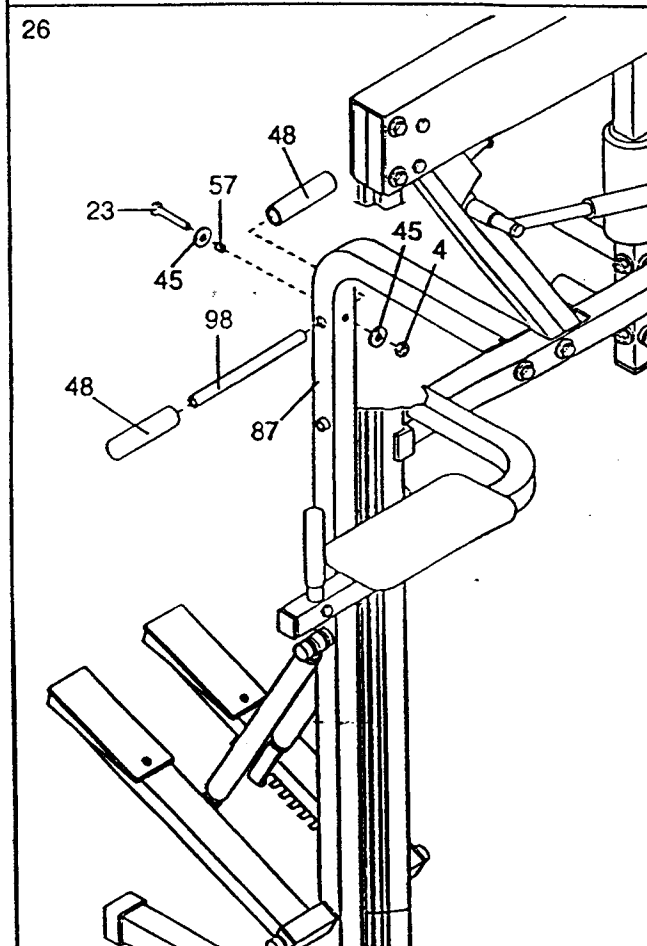
Raise the Left Pedal (100) and rest it on the hook at the lower end of the left Resistance Cylinder (99). Make sure that the hooks are in the same slots under both Pedals.



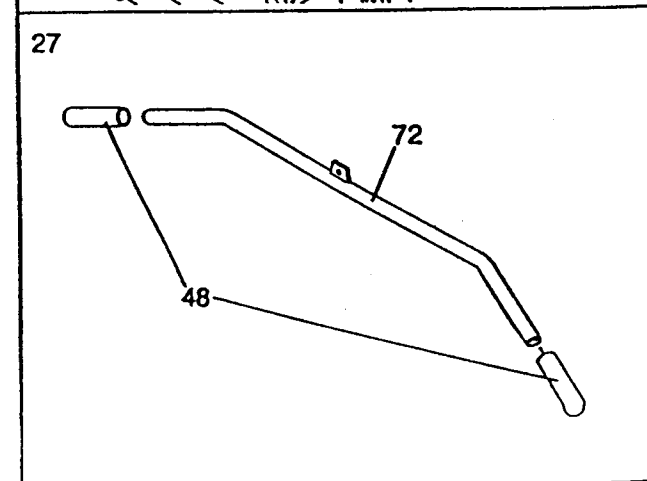
26. Wet one end of the Stepper Handle (98) with soapy water. Slide a 5" Grip (48) onto the Stepper Handle.

Insert the Stepper Handle (98) into the Stepper Upright Frame (87). Slide a 5/16" Flat Washer (45) and 1/2" x 3/8" Bushing (57) onto a 5/16" x 2 1/4" Bolt (23). Insert the Bolt through the Stepper Upright Frame and the Stepper Handle. Slide another 5/16" Flat Washer (45) onto the Bolt and tighten a 5/16" Nylock Nut (4) onto the Bolt.

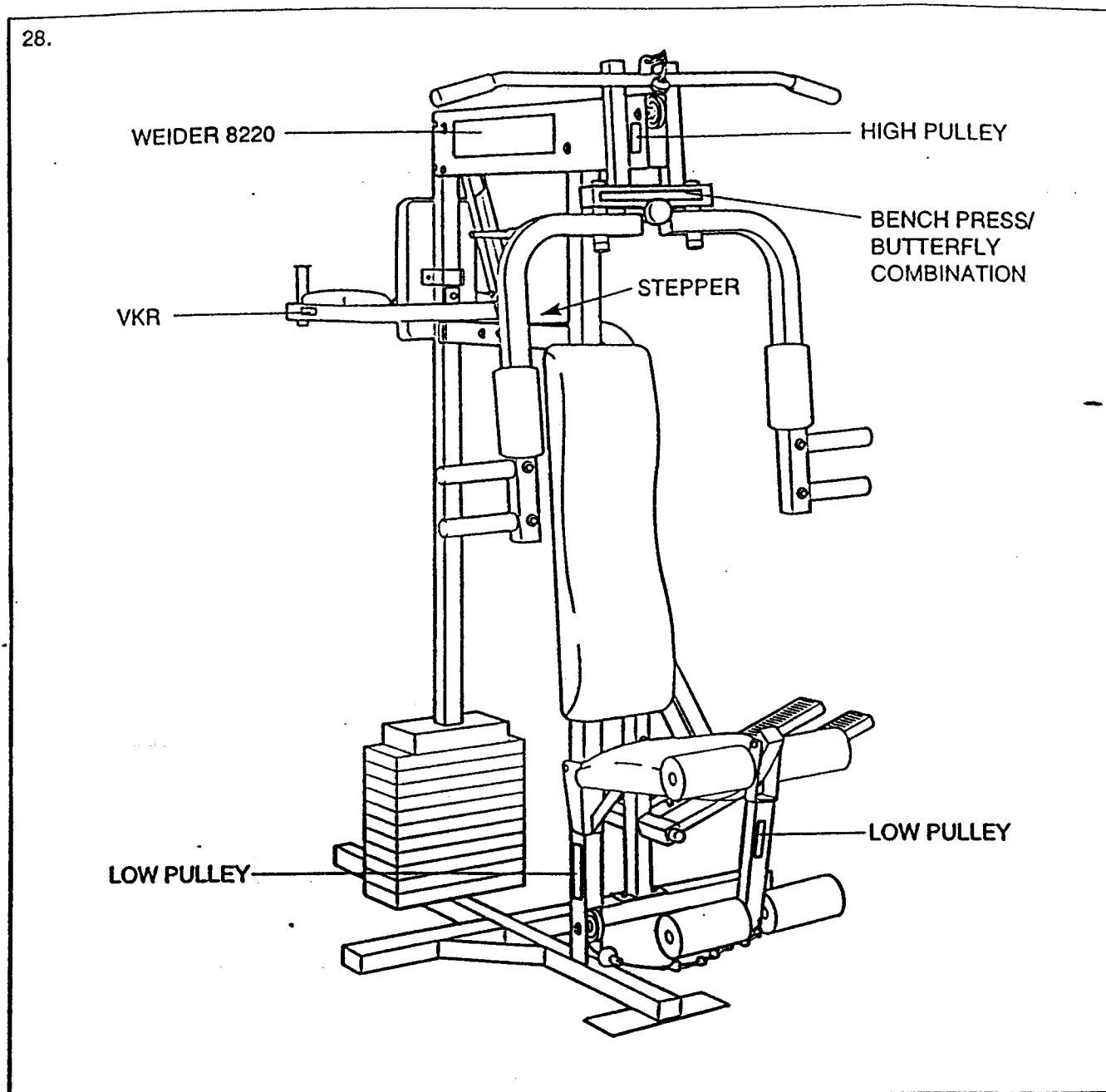
Wet the other end of the Stepper Handle (98) with soapy water. Slide another 5" Grip (48) onto the Stepper Handle.



27. Wet the ends of the Lat Bar (72) with soapy water. Slide a 5" Grip (48) onto each end of the Lat Bar.



28. Remove the decals from the Decal Sheet (not shown), and apply them to the hard drive system in the locations shown in the drawing below.



29. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 15 of this owner's manual.

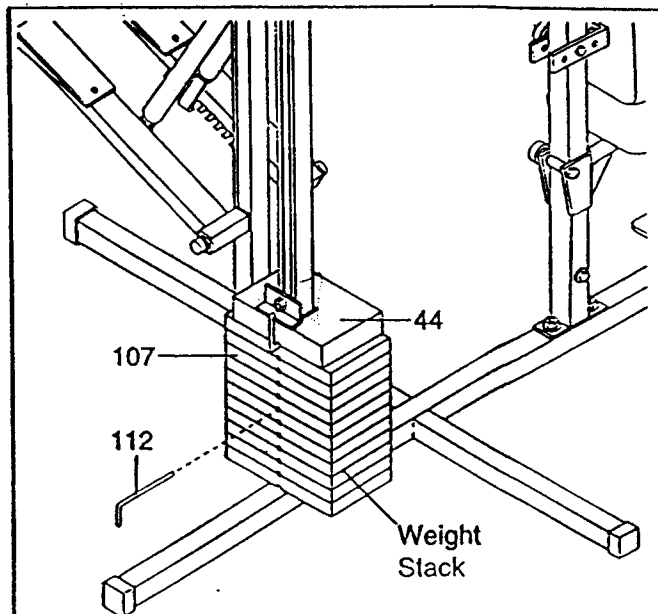
30. Before using the hard drive system, the cables should be properly tightened. See TIGHTENING THE CABLES on page 18 for tightening instructions. Next, pull each cable a few times to make sure that the cable moves smoothly over the pulleys. If one of the cables does not move smoothly, locate and correct the problem before using the hard drive system. The CABLE DIAGRAM on page 19 shows the correct routing of each cable. **IMPORTANT:** If the cables are not properly routed, they may be damaged when heavy weight is used.

ADJUSTMENT

The instructions below describe how each part of the hard drive system can be adjusted. Refer to the EXERCISE GUIDE accompanying this owner's manual to see how the hard drive 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 cable or chain as an exercise is performed, the effectiveness of the exercise will be decreased.

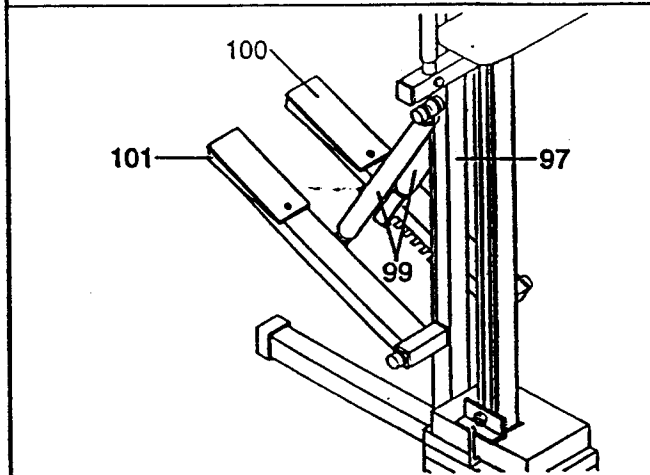
SELECTING A WEIGHT SETTING

The weight setting can be changed by inserting the Weight Pin (112) under different weights in the weight stack. The Weight (44) on top of the weight stack weighs 20 pounds; each of the other Weights (107) weighs 10 pounds. To select a weight setting, insert the Weight Pin under the desired Weight. Make sure to insert the Weight Pin until the bent end is touching the Weight, and turn the bent end downward. The weight setting can be changed from 20 pounds to 130 pounds, in increments of 10 pounds. **Note:** Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting.



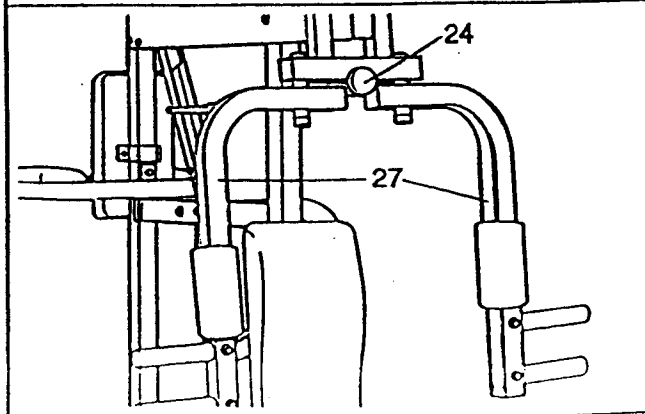
CHANGING THE STEPPING RESISTANCE

To change the stepping resistance, first lift the Left and Right Pedals (100, 101) off the hooks at the lower ends of the Resistance Cylinders (99). Move the hooks to different slots under the Pedals. Make sure that the hooks are fully inserted into the same slots under both Pedals. The farther the hooks are moved from the Stepper Upright (97), the greater the resistance will be. **WARNING:** The Resistance Cylinders become very hot during use. Allow the Resistance Cylinders to cool before touching them.



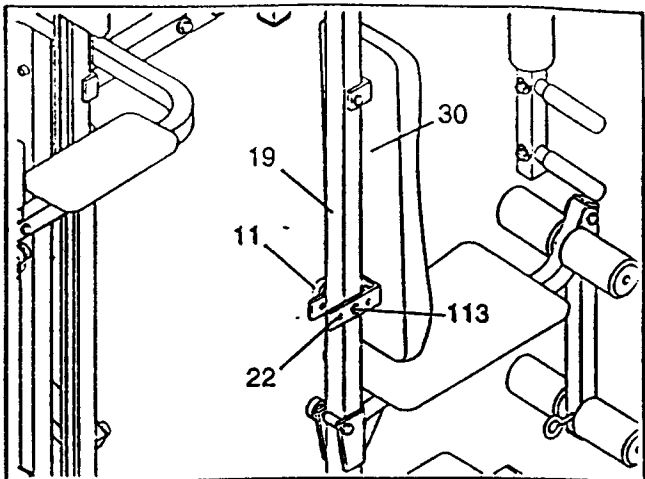
CONVERTING THE ARMS TO THE BUTTERFLY MODE OR THE PRESS MODE

The Arms (27) can be used in either the butterfly mode or the press mode. To perform the BUTTERFLY exercise, convert the Arms to the butterfly mode by turning the Selector Knob (24) clockwise. To perform the BENCH PRESS exercise, convert the Arms to the press mode by turning the Selector Knob counter-clockwise.



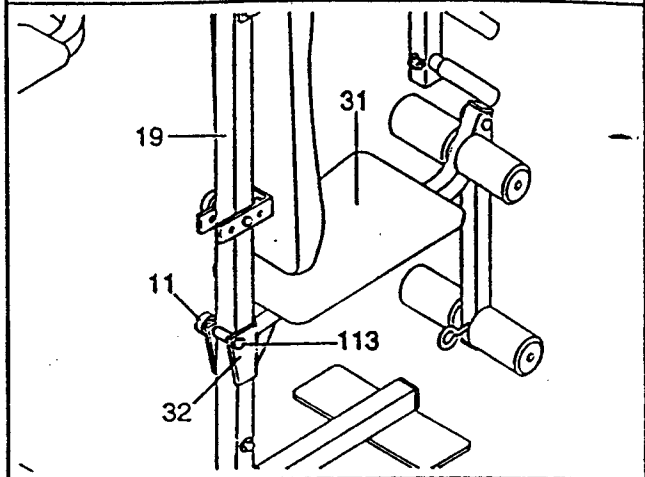
ADJUSTING THE BACKREST

The Large Backrest (30) can be adjusted to any of three positions. To change the position, first remove the 5/16" Knob (11) and 5/16" x 2 3/4" Carriage Bolt (113). Pivot the lower end of the Large Backrest until one of the three holes in the Adjustment Bracket (22) is aligned with the hole in the Front Upright (19). Insert the Carriage Bolt through the Adjustment Bracket and the Front Upright, and tighten the Knob onto the Carriage Bolt.



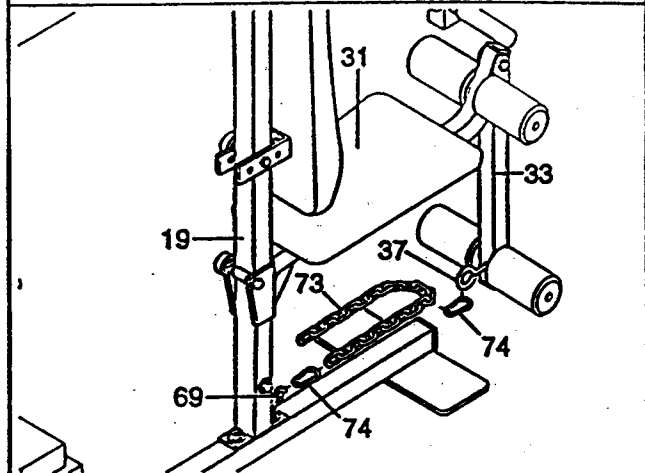
ATTACHING AND REMOVING THE SEAT

The Seat (31) should be attached to the Front Upright (19) as described in assembly step 18 on page 11. For some exercises, the Seat must be removed. To remove the Seat, first make sure that the chain is not attached to the leg lever. Next, remove the 5/16" Knob (11) and 5/16" x 2 3/4" Carriage Bolt (113) from the Seat Frame (32). Lift the Seat off the Front Upright.



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

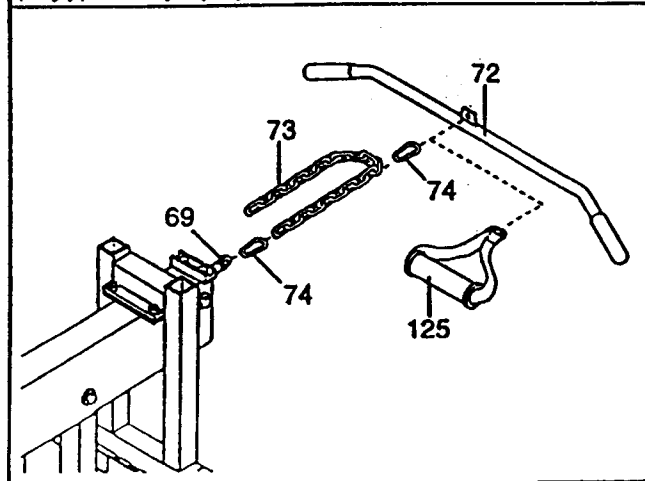
To use the Leg Lever (33), the Seat (31) must be attached to the Front Upright (19) (see ATTACHING AND REMOVING THE SEAT above). Attach one end of the Chain (73) to the Pulley Cable (69) with a Cable Clip (74). Attach the other end of the Chain to the 5/16" x 2" Eyebolt (37) with a Cable Clip.



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

Attach the Lat Bar (72) to the Pulley Cable (69) with a Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the Pulley Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

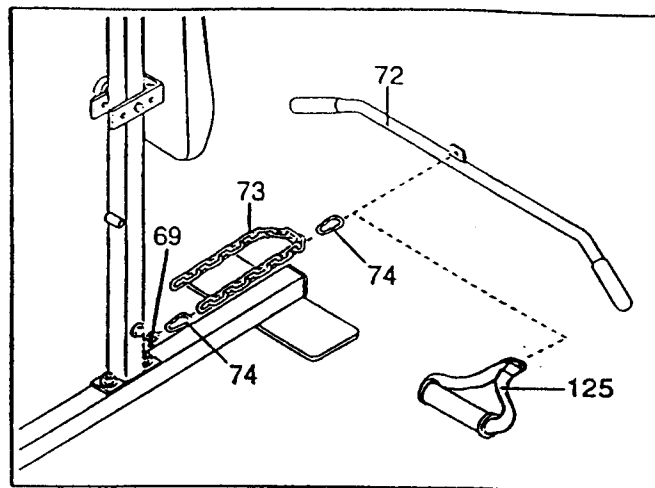
The Nylon Strap (125) can be attached in the same manner.



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

Attach the Lat Bar (72) to the Pulley Cable (69) with a Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the Pulley Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

The Nylon Strap (125) can be attached in the same manner.



TROUBLE-SHOOTING AND MAINTENANCE

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

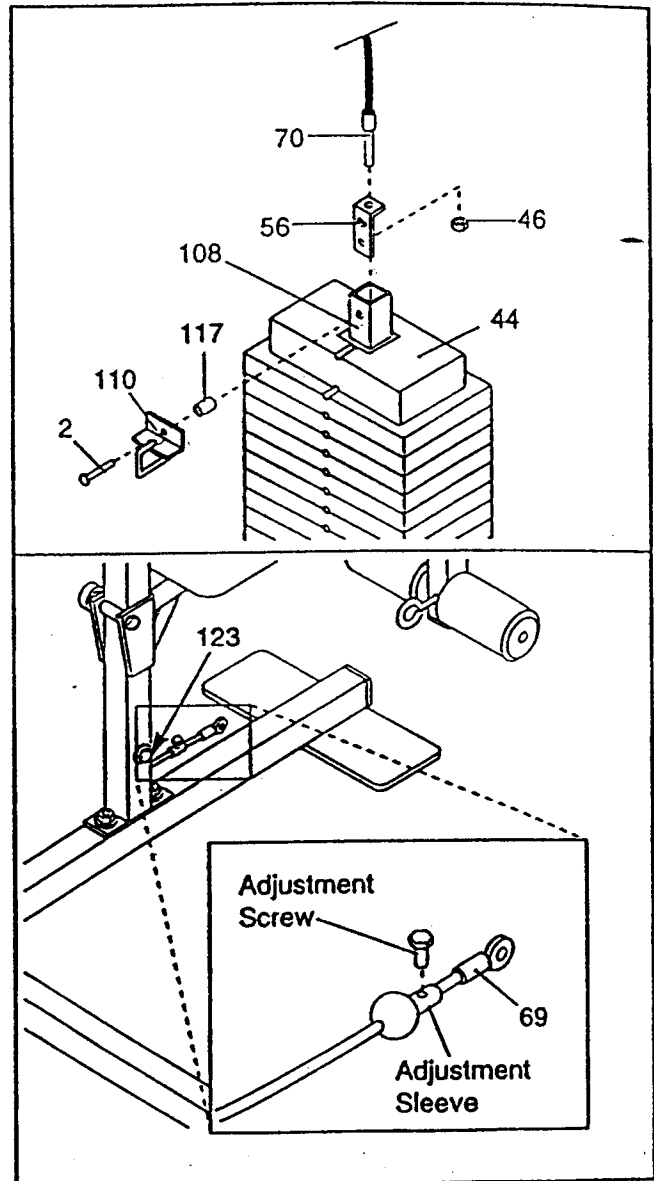
TIGHTENING THE CABLES

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

When the Weight Cable (70) is properly tightened, the pivot arm (see the drawing on page 19) should be resting against the stop bolt. To tighten the Weight Cable, first remove the 5/16" x 1 1/4" Grade 5 Bolt (2), the Weight Bracket (110) and the 1/2" x 1/2" Bushing (117). Remove the Cable Bracket (56) from the Weight Tube (108). Tighten the 1/4" Nut (46) farther onto the end of the Weight Cable. Insert the Cable Bracket back onto the Weight Tube. Reattach the 5/16" x 1 1/4" Grade 5 Bolt (2), the Weight Bracket (110) and the 1/2" x 1/2" Bushing (117). To further tighten the Weight Cable, the Bolt can be tightened into the upper hole in the Cable Bracket rather than the lower hole. Make sure that the Weight Cable is not too tight, or the 20 Lb. Weight (44) will be lifted off the weight stack.

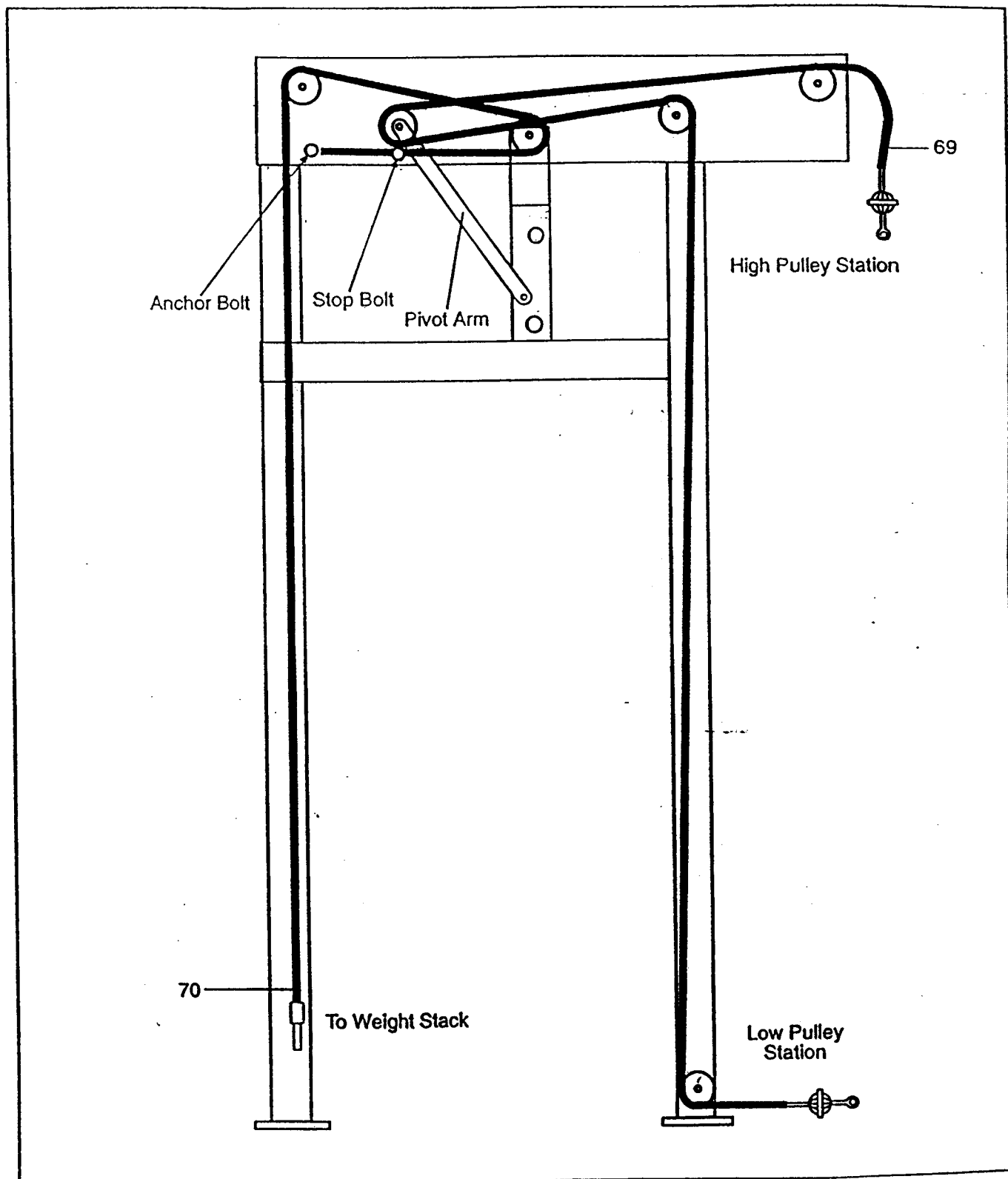
To tighten the Pulley Cable (69), first loosen the adjustment screw near the lower end of the Pulley Cable. Pull the end of the Pulley Cable until the Pulley Cable is tight, and slide the adjustment sleeve and the ball against the 2 5/8" (123). Retighten the adjustment screw.

If the weight cable or pulley cable need to be replaced, see the back cover of this owner's manual for information about ordering replacement parts.



CABLE DIAGRAM

The Pulley Cable (69) and the Weight Cable (70) are shipped pre-assembled. Use the diagram below to check the routing of the cables and make sure that the cables are on all of the pulleys.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, 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 (WG82200).
2. The NAME of the product (WEIDER® 8220 Hard Drive 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) from the PART LIST/EXPLODED DRAWING accompanying this owner's manual.

LIMITED WARRANTY

Weider, Inc. ("WEIDER"), 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. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER 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 WEIDER. 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 a WEIDER authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

WEIDER 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 OTHER 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.

WEIDER, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

PART LIST—Model No. WG82200

R994A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	6	5/16" x 2 1/2" Carriage Bolt	51	4	1" Plastic Cap
2	1	5/16" x 1 1/4" Grade 5 Bolt	52	2	5/16" x 1 3/4" Bolt
3	1	3/8" Nut	53	2	Large "U"-Bracket
4	29	5/16" Nylock Nut	54	2	Swivel "U"-Bracket
5	10	1/4" Nylock Nut	55	4	3/8" x 2 3/4" Bolt
6	10	1/4" Flat Washer	56	1	Cable Bracket
7	12	1/4" x 3/4" Screw	57	5	1/2" x 3/8" Bushing
8	2	1 1/4" Tap Screw	58	1	Bar Holder
9	2	Rubber Bumper	59	1	Arm Frame Cap
10	2	#8-32 Screw	60	2	Arm Frame Bushing
11	2	5/16" Knob	61	1	Square Washer
12	1	.515" Clevis	62	1	5/16" x 3" Bolt
13	1	2" Inner Cap	63	6	3/8" Nylock Nut
14	1	5/16" x 2 1/2" Bolt	64	12	3/8" Flat Washer
15	1	Base	65	2	3/4" Plastic Cap
16	1	Stabilizer	66	2	1/4" x 1 1/4" Bolt
17	1	Rear Upright	67	1	3 1/2" Pulley
18	12	Weight Sleeve	68	2	3/8" x 3 1/2" Bolt
19	1	Front Upright	69	1	Pulley Cable
20	3	3/8" Thin Jam Nut	70	1	Weight Cable
21	1	Small "U"-Bracket	71	2	"L"-Bracket
22	1	Adjustment Bracket	72	1	Lat Bar
23	8	5/16" x 2 1/4" Bolt	73	1	Chain
24	1	Selector Knob	74	3	Cable Clip
25	2	Arm Shock	75	1	Pivot Arm
26	1	Shock Bar	76	1	3/8" x 1 3/4" Bolt
27	2	Arm	77	3	Thin 3/8" Pulley
28	2	Long Foam Pad	78	1	Pivot Arm Extension
29	6	1 3/4" Inner Cap	79	1	VKR Frame
30	1	Large Backrest	80	2	VKR Armrest
31	1	Seat	81	1	Arm Plate
32	1	Seat Frame	82	4	1/4" x 2" Screw
33	1	Leg Lever	83	2	1/2" x 5/8" Bushing
34	4	Short Foam Pad	84	2	Upright Bracket
35	2	Pad Tube	85	1	VKR Backrest Bracket
36	4	3/4" Plastic Cap	86	1	Small Backrest
37	1	5/16" x 2" Eyebolt	87	1	Stepper Upright Frame
38	4	1 1/2" Inner Cap	88	2	#8-32 Nut
39	2	Seat Bracket	89	2	1/4" x 3/4" Taper Screw
40	2	1/4" x 2 1/4" Carriage Bolt	90	4	1 3/8" Square Bushing
41	1	Arm Frame	91	5	Small Clevis
42	2	Plastic Bushing	92	1	5/8" x 1/2" Bushing
43	8	1" Round Cap	93	2	1/2" x 5/16" Bushing
44	1	20 Lb. Weight	94	1	3 1/2" "V" Pulley
45	29	5/16" Flat Washer	95	2	5/16" x 2" Bolt
46	1	1/4" Nut	96	1	3/8" x 1" Carriage Bolt
47	6	Handle	97	1	Stepper Upright
48	10	5" Grip	98	1	Stepper Handle
49	1	Selector Plate	99	2	Resistance Cylinder
50	6	1" Retainer	100	1	Left Pedal

Key

No.	Qty.	Description
101	1	Right Pedal
102	2	Pedal Cover
103	4	Resistance Cylinder Bushing
104	2	5/8" Retainer
105	2	5/8" Plastic Cap
106	2	5/8" Spacer
107	11	10 Lb. Weight
108	1	Weight Tube
109	4	Roller
110	1	Weight Bracket
111	1	1/2" x 1 3/4" Bushing
112	1	Weight Pin
113	2	5/16" x 2 3/4" Carriage Bolt
114	1	5/16" x 1 3/4" Screw
115	4	5/16" x 3 1/4" Bolt
116	1	1/2" x 2 1/2" Bushing
117	3	1/2" x 1/2" Bushing
118	1	1/2" x 1 1/4" Bushing
119	1	5/16" x 1 3/8" Roll Pin
120	3	5/16" x 3/4" Bolt
121	2	5/8" x 5/16" Bushing
122	3	5/16" x 2 3/4" Bolt
123	1	2 5/8" Pulley
124	2	Long Clevis
125	1	Nylon Strap
126	2	1/2" x 15/32" Bushing
127	3	2" Outer Cap
128	1	3/8" x 3 1/4" Bolt
129	2	1/2" Tap Screw
#	1	Owner's Manual
#	1	Exercise Poster
#	1	Part ID Chart
#	1	Part List/Exploded Drawing

Note: "#" indicates a non-illustrated part.
Specifications are subject to change without notice.
See the back cover of the owner's manual for information about ordering replacement parts.