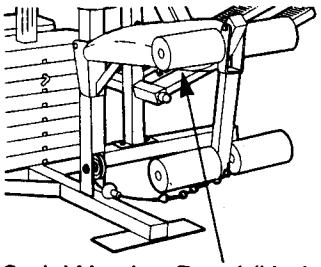
WEIDER 8650™

HARD DRIVE SYSTEM

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

Model No. WG86500
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.

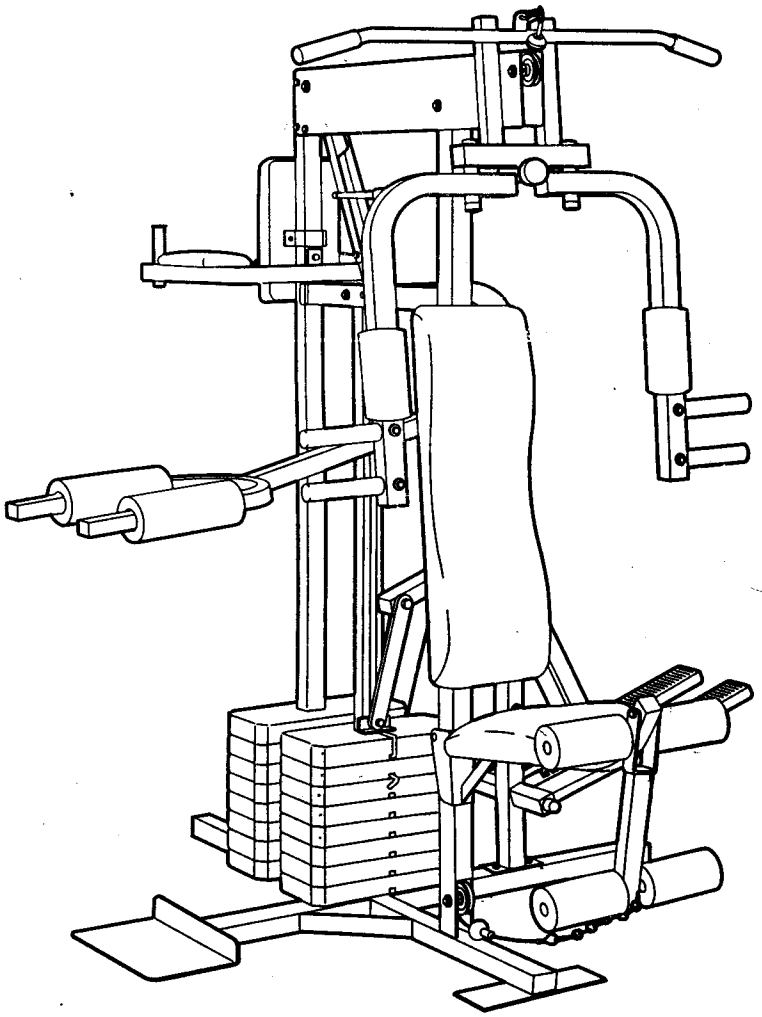
CUSTOMER HOT LINE:
1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST

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

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 other than handles.**
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, squat arm, 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 one of the weight stations connected to the rear weight stack is being used. The feet of the person using the VKR arm could become caught between moving weights.**
10. **Always stand on a 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.**

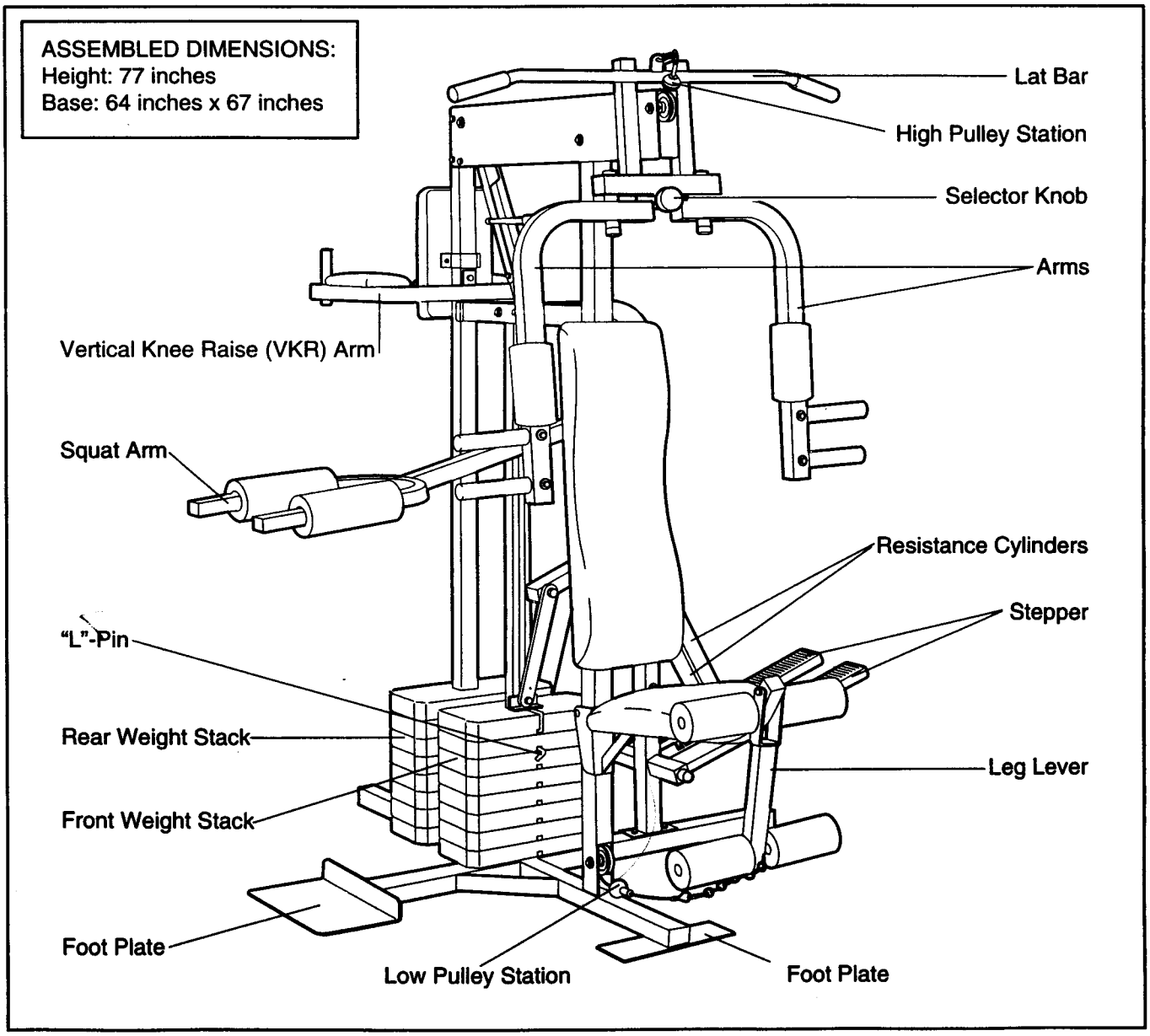
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8650 Hard Drive System. The WEIDER 8650 offers an impressive array of weight stations designed to develop every major muscle group of the body. In addition, the WEIDER 8650 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 8650 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the WEIDER 8650 Hard Drive System. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WG86500. The serial number can be found on a decal attached to the 8650 (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 as shown in the drawings.** 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 a 2" Outer Cap (127) onto the Base (15). Press a 2" Outer Cap (127) onto the Stabilizer (16). Turn the Stabilizer so the indicated hole is on top.

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

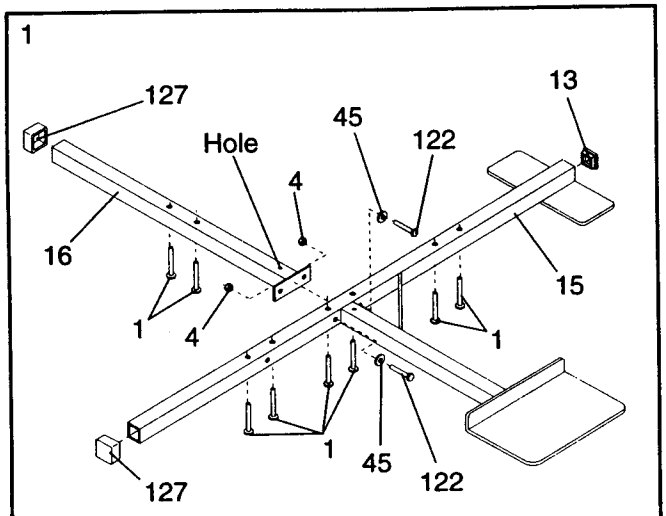
   Attach the Stabilizer (16) to the Base (15) with two 5/16" x 2 3/4" Bolts (122), 5/16" Flat Washers (45), and 5/16" Nylock Nuts (4).

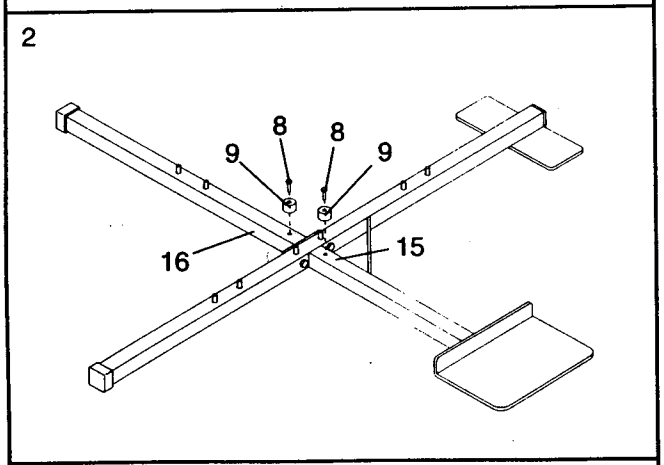
2. Attach a Rubber Bumper (9) to the Base (15) with a 5/8" Tap Screw (8).

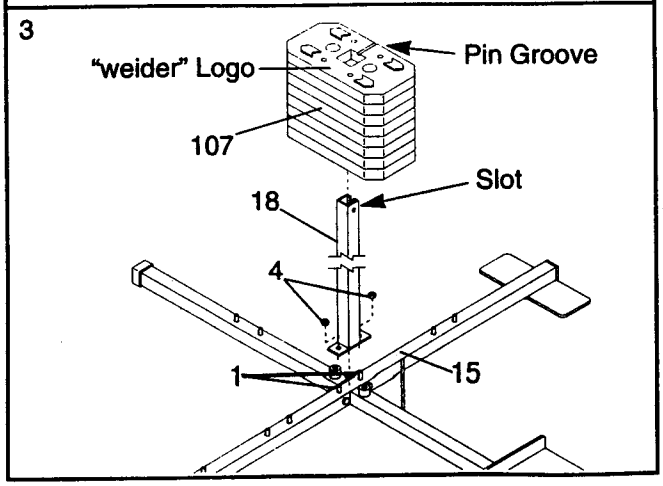
   Attach a Rubber Bumper (9) to the Stabilizer (16) with a 5/8" Tap Screw (8).

3. Slide the Center Upright (18) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). The Center Upright must be turned so the slot is on the side shown. Attach the Center Upright with two 5/16" Nylock Nuts (4).

   Slide eight Weights (107) onto the Center Upright (18). Each Weight must be turned so the "weider" logo is on top, and the pin groove is on the same side of the Center Upright as the slot.



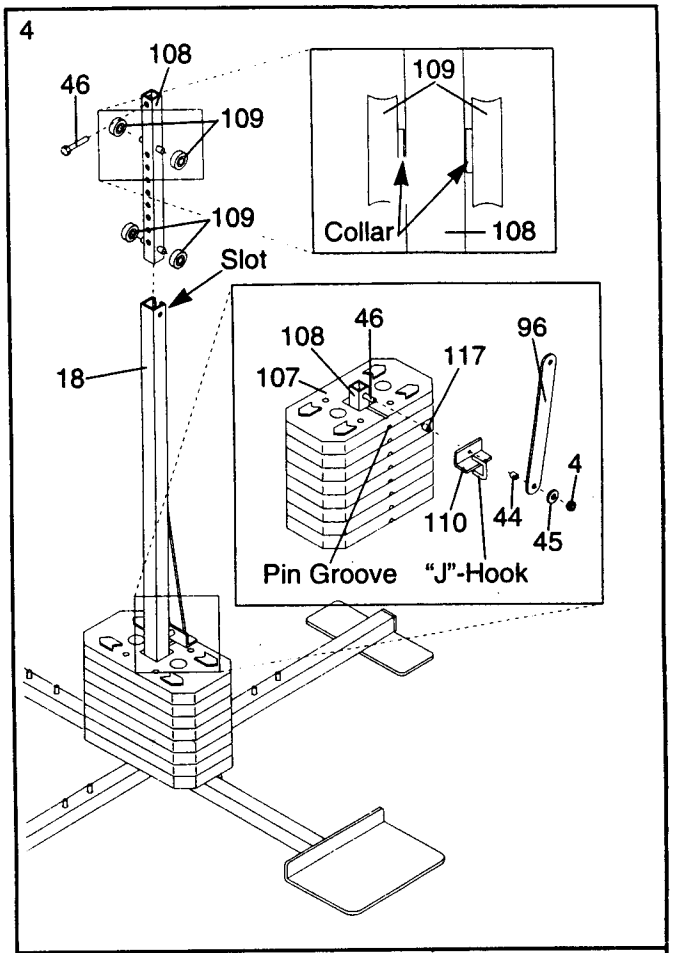




4. Insert the 5/16" x 2 1/4" Carriage Bolt (46) through a Weight Tube (108). Refer to the inset drawing to identify the Carriage Bolt.

Slide four Rollers (109) onto the short pins on the 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 Center Upright (18). The Weight Tube must be turned so the threaded end of the 5/16" x 2 1/4" Grade-5 Carriage Bolt (46) is on the same side of the Center Upright as the slot.

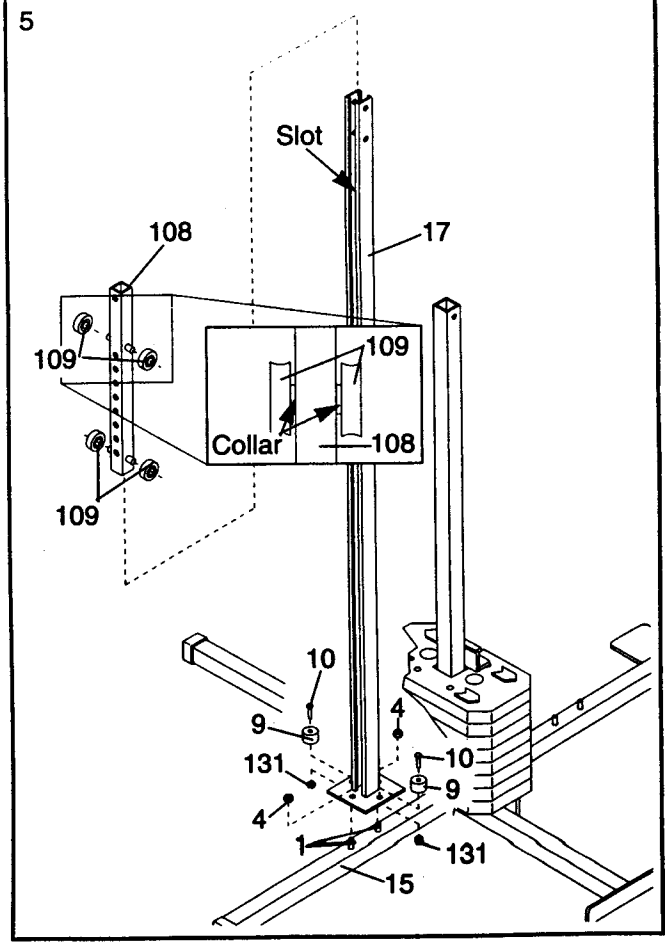
Slide a 1/2" x 1/2" Bushing (117) a weight bracket (110) a 1/2" x 1/4" Bushing (44), the link arm (96) and a 5/16" Flat Washer (45) onto the 5/16" x 2 1/4" Carriage Bolt (46). **The "J"-Hook on the Weight Bracket (110) must be inserted into the pin groove under the top Weight (107).** Now the "L"-pin (112, see page 16) must be inserted under the bottom Weight and into the Weight selector tube (108) now tighten a 5/16" Nylock Nut (4) onto the Carriage Bolt.



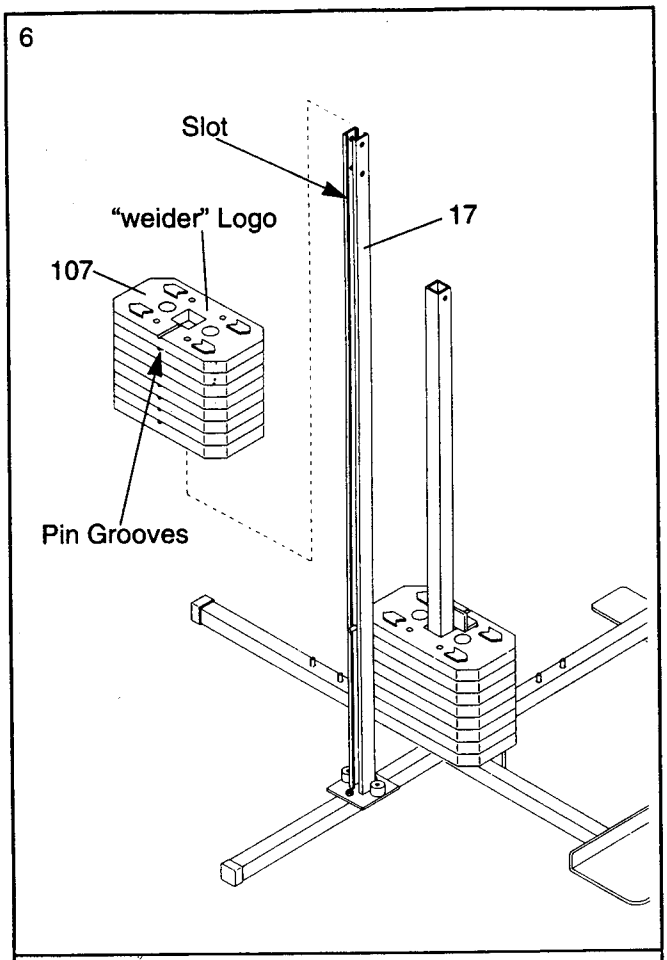
5. Slide the Rear Upright (17) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). The Rear Upright must be turned so the slot is on the side shown. Attach the Rear Upright with two 5/16" Nylock Nuts (4).

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 (131).



6. Slide eight Weights (107) onto the Rear Upright (17). Each Weight must be turned so the "weider" logo is on top, and the pin groove is on the same side of the Center Upright as the slot.

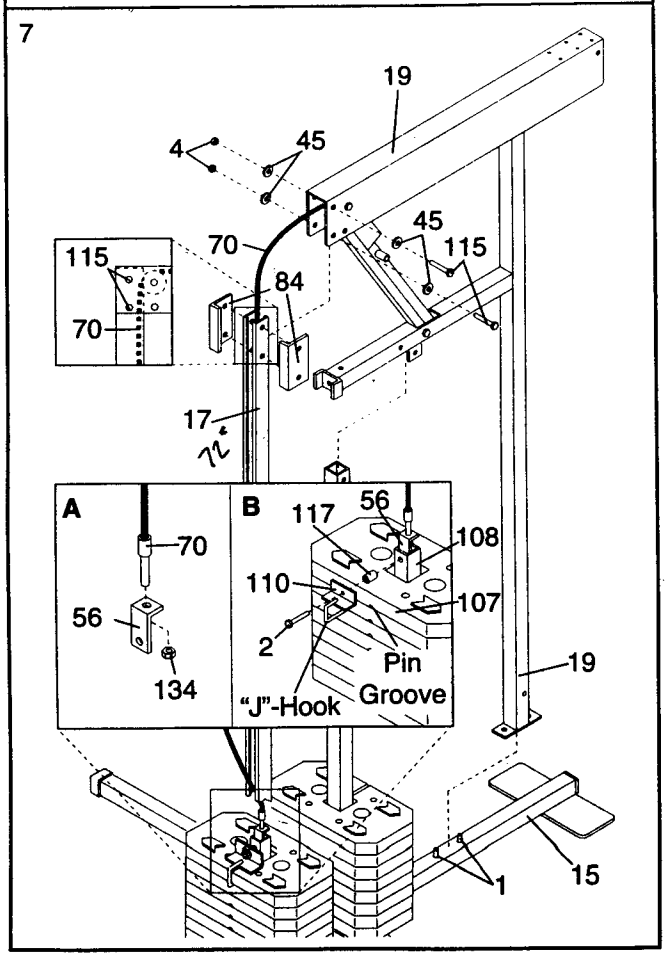


7. Slide the Front Upright (19) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). Insert the end of the Weight Cable (70) down into the Rear Upright (17).

Insert the Upright Brackets (84) between the upper end of the Rear Upright (17) and the Front Upright (19). Attach the Front Upright to the Upright Brackets and the Rear Upright with two 5/16" x 3 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 (134) about halfway up the threaded end of the Weight Cable.

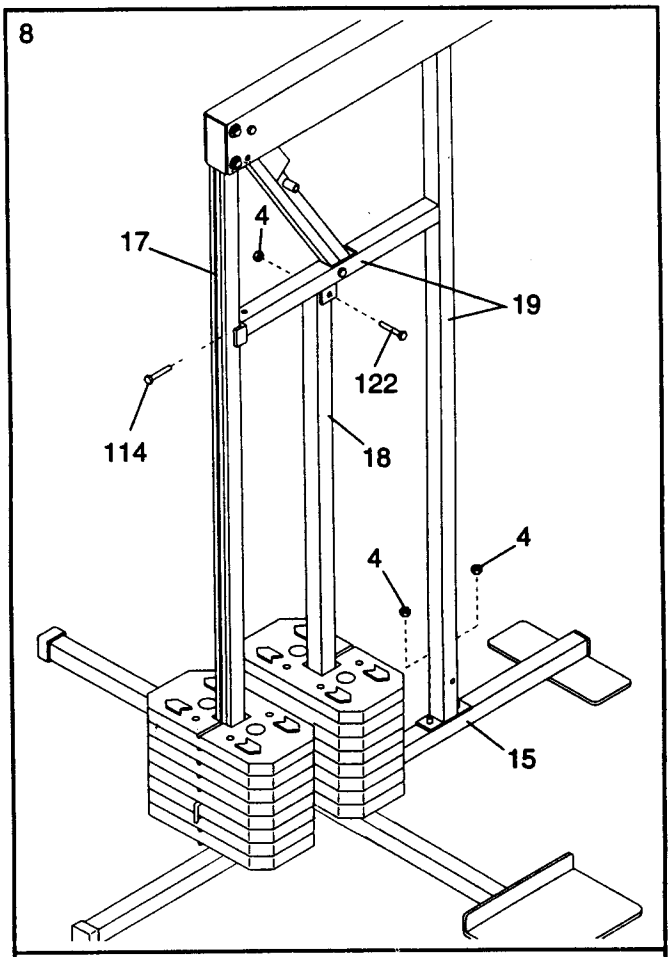
(See inset drawing B.) Slide a Weight Bracket (110) and 1/2" x 1/2" Bushing (117) onto a 5/16" x 1 1/4" Grade-5 Bolt (2). Insert the Cable Bracket (56) into the Weight Tube (108). Insert the Bolt into the Weight Tube and engage the Bolt into the Cable Bracket (56) for only few Thread. Now the L-pin (112, see page 16) must be inserted under the Bottom Weight and into the Weight Selector Tube (108) and tighten the 5/16" x 1 1/4" grade-5 Bolt (2). **The "J"-hook on the Weight Bracket (110) must be inserted into the Pin Grove under the Top Weight (107).**



8. 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 Center Upright (18) with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylock Nut (4). **Do not tighten the Nylock Nut 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).



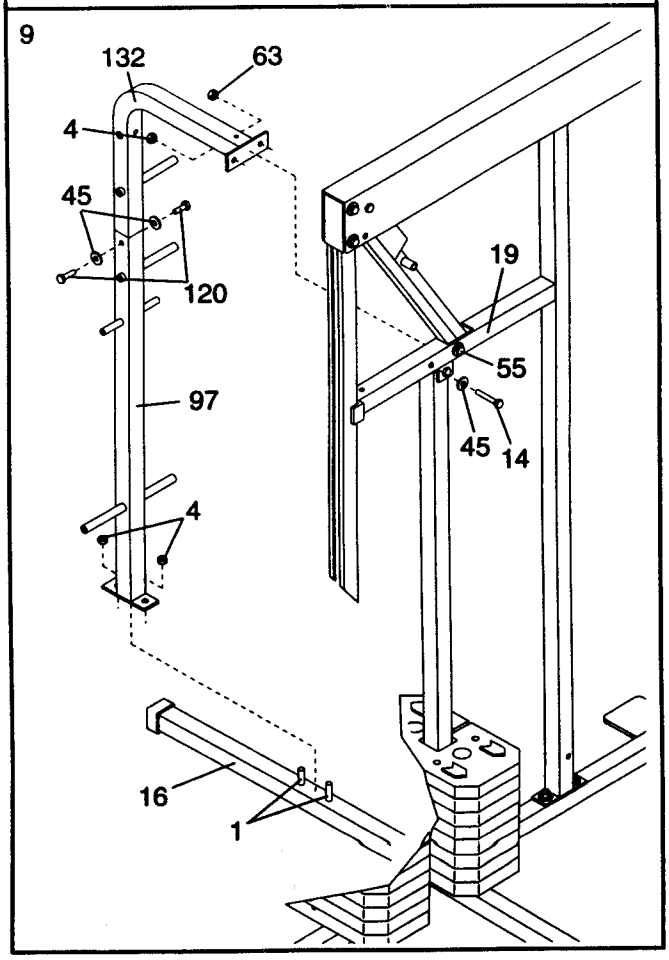
9. Attach the Stepper Upright Frame (132) to the Stepper Upright (97) with two 5/16" x 3/4" Bolts (120) and 5/16" Flat Washers (45).

   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 (132) onto the Bolt, while sliding the Stepper Upright (97) onto the two indicated 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 (132) to the Front Upright (19) with a 5/16" x 2 1/2" Bolt (14), 5/16" Flat Washer (45) and 5/6" Nylock Nut (4). **Do not tighten the Nuts yet.**

   Attach the Stepper Upright (97) to the Stabilizer (16) with two 5/6" Nylock Nuts (4).

   Tighten all Nuts used in assembly steps 7 through 9.



10. 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 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) and 1/4" Nylock Nuts (5).

11. 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.

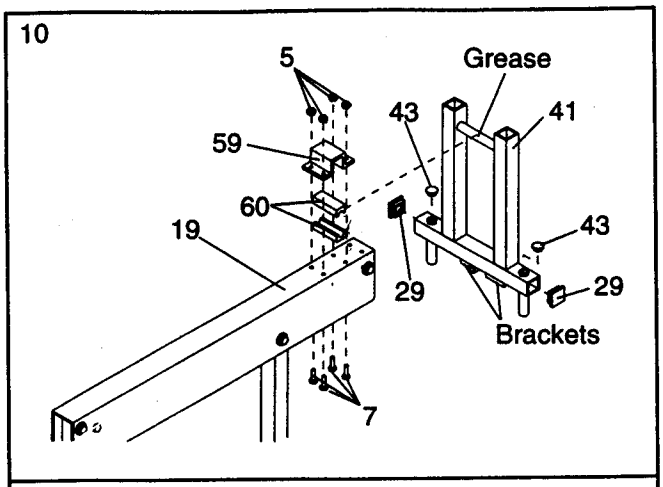
    Press two 1 3/4" Inner Caps (29) into the right Arm (27).

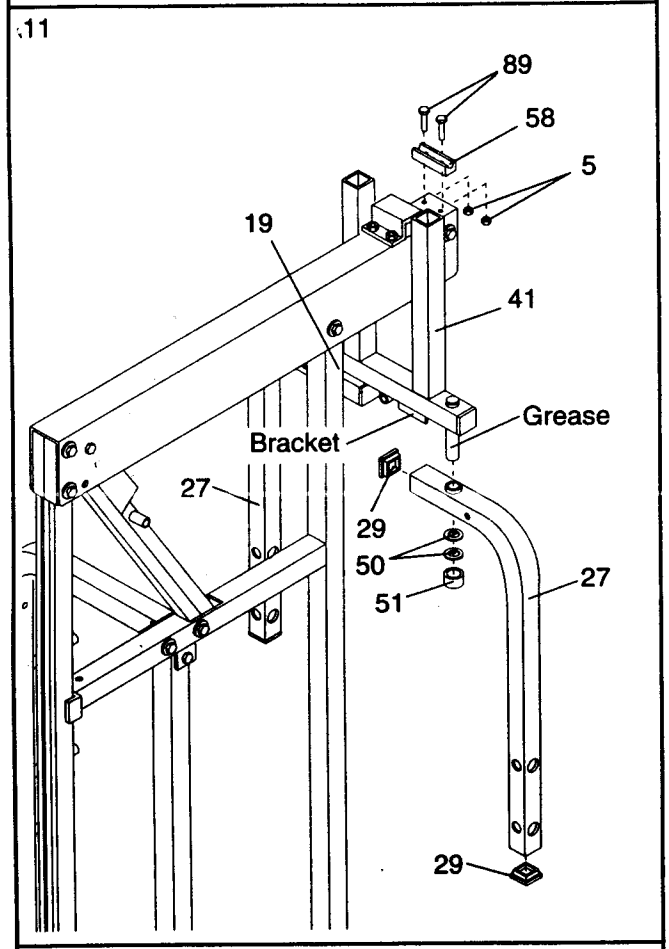
    Assemble the other Arm (27) to the Arm Frame (41) in the same manner.

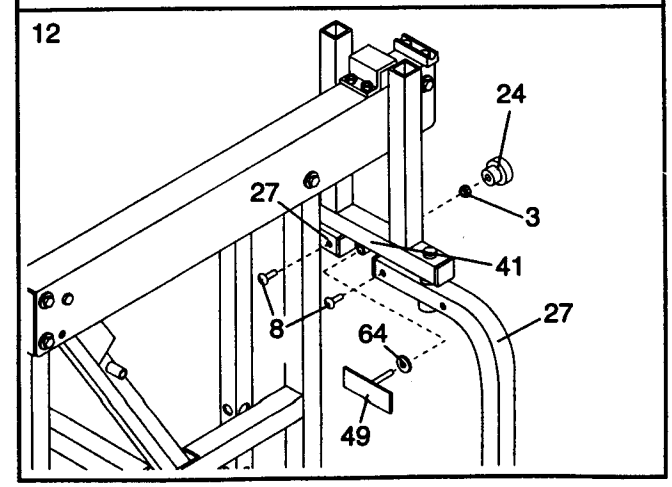
12. Tighten a 5/8" Tap Screw (8) into the upper end of each Arm (27).

    Slide a 3/8" Flat Washer (64) onto the threaded 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. Tighten the Selector Knob (24) onto the shaft.

    Back the 5/8" Tap Screws (8) out of the Arms (27) until there is no play in the Arms when the Selector Plate (49) is turned to the horizontal position.



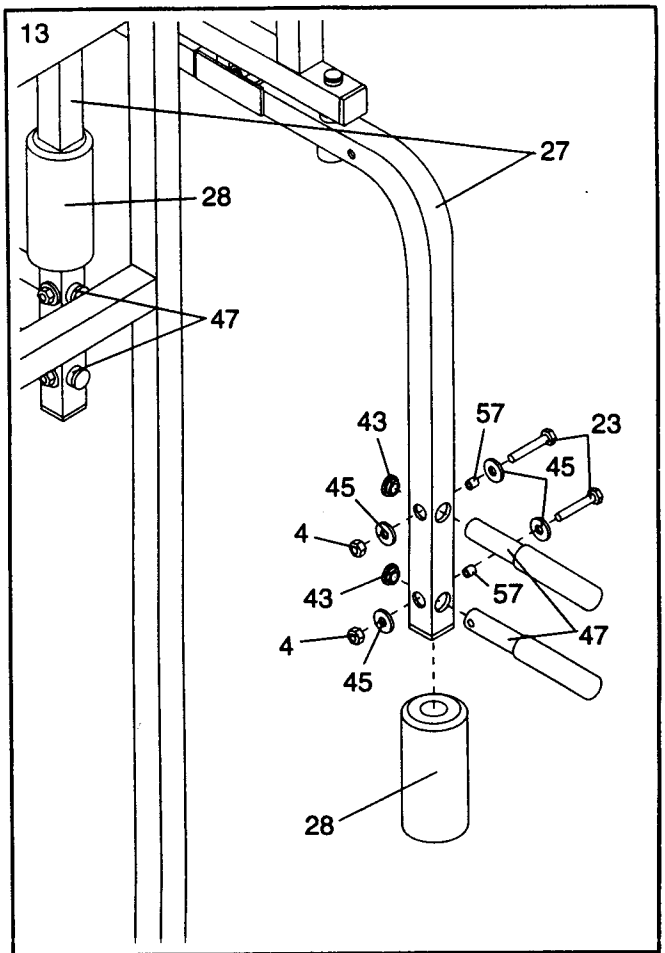




13. Wet the lower ends of the Arms (27) with soapy water. Slide a Long Foam Pad (28) about halfway up each Arm.

    Insert two Short Handles (47) into the right Arm (27). Attach each Short 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 Short Handle.

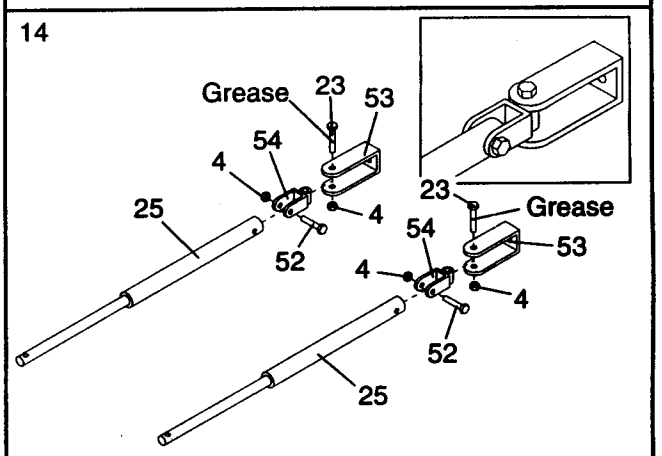
    Attach two Short Handles (47) to the left Arm (27) in the same manner.



14. Attach a Swivel "U"-Bracket (54) to one of the Arm Shocks (25) with a 5/16" x 1 3/4" Bolt (52) and 5/16" Nylock Nut (4). The Swivel "U"-Bracket must swivel freely.

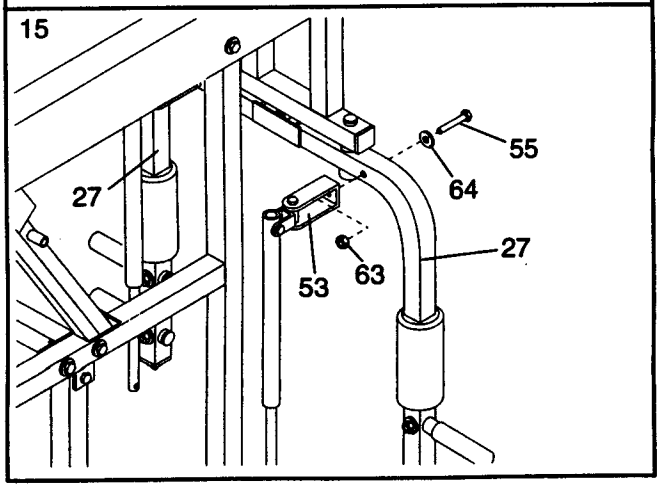
    Apply grease to a 5/16" x 2 1/4" Bolt (23). Attach a Large "U"-Bracket (53) to the Swivel "U"-Bracket (54) with the Bolt and a 5/16" Nylock Nut (4). The Swivel "U"-Bracket must swivel freely.

    Attach a Swivel "U"-Bracket (54) and a Large "U"-Bracket (53) to the other Arm Shock (25) in the same manner.



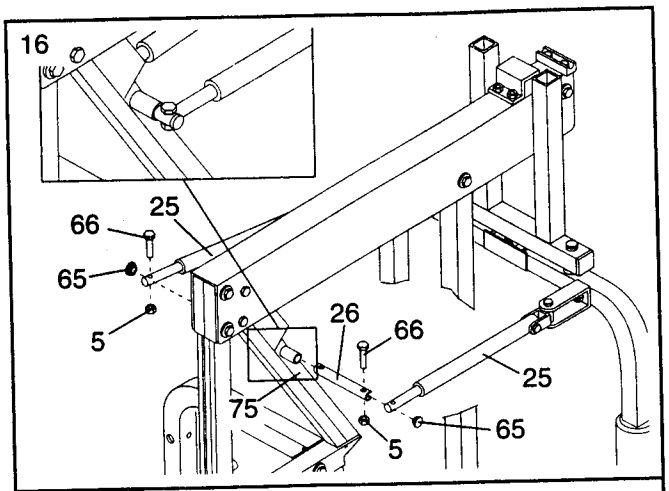
15. Insert a 3/8" x 2 3/4" Bolt (55) with a 3/8" Flat Washer (64) into the right Arm (27) from the indicated side. Slide one of the Large "U"-Brackets (53) onto the Bolt and tighten a 3/8" Nylock Nut (63) onto the Bolt.

    Attach the other Large "U"-Bracket (not shown) to the left Arm (27) in the same manner.



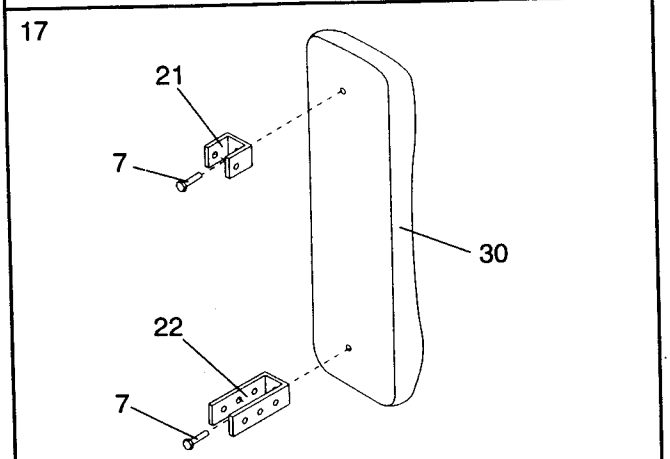
16. Insert the Shock Bar (26) into the Pivot Arm (75) and center it. Attach one of the Arm Shocks (25) to the Shock Bar with a 1/4" x 1 1/4" Bolt (66) and 1/4" Nylock Nut (5). Attach the other Arm Shock to the Shock Bar in the same manner.

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



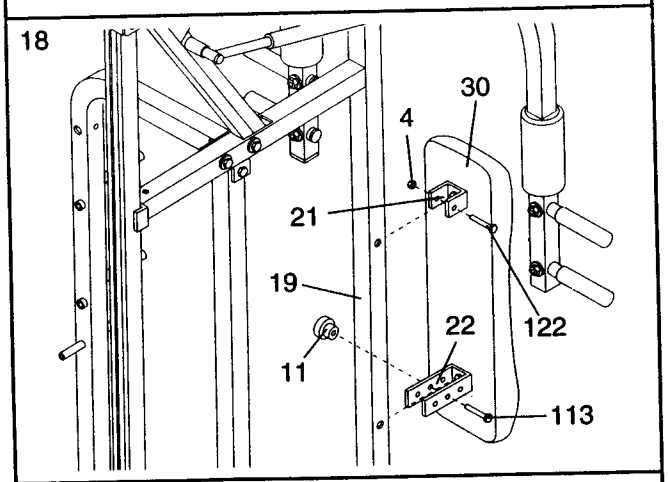
17. Attach the Small "U"-Bracket (21) to the upper end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).

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



18. 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 overtighten the Nylock Nut.

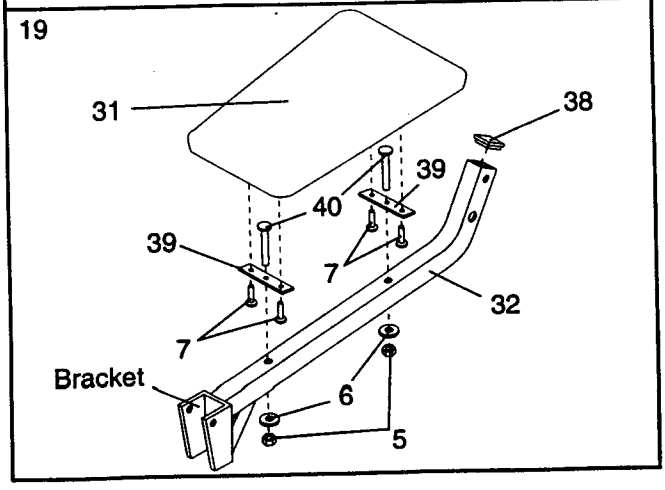
Align one of the three sets of holes in the Adjustment Bracket (22) with the indicated hole in the Front Upright (19). Insert a 5/16" x 2 3/4" Carriage Bolt (113) through the Adjustment Bracket and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.



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

Attach 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).

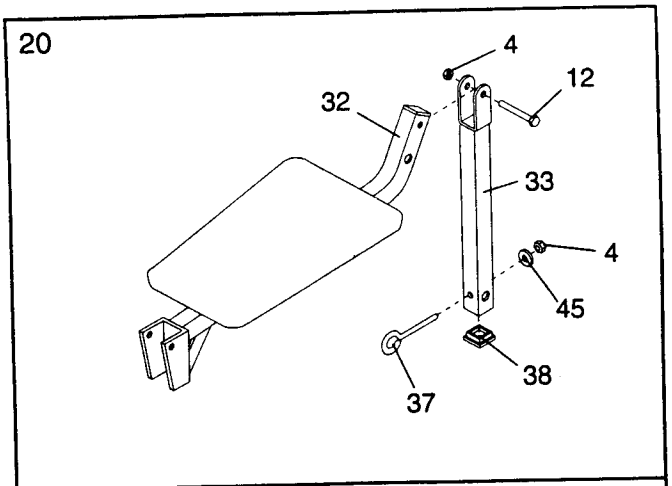
Attach the Seat (31) to the Seat Brackets (39) with four 1/4" x 3/4" Screws (7). The narrow end of the Seat must be towards the bracket on the Seat Frame.



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

Attach the Leg Lever (33) to the Seat Frame (32) with a 5/16" x 2 1/4" Bolt (12) and 5/16" Nylock Nut (4). The Leg Lever must pivot freely.

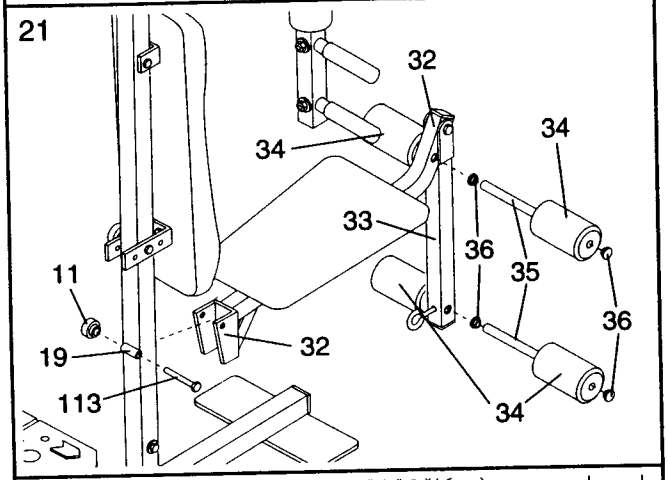
Insert the 5/16" x 2 1/2" Eyebolt (37) through the Leg Lever (33) from the indicated side. Slide a 5/16" Flat Washer (45) onto the Eyebolt and tighten a 5/16" Nylock Nut (4) onto the Eyebolt.



21. 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.

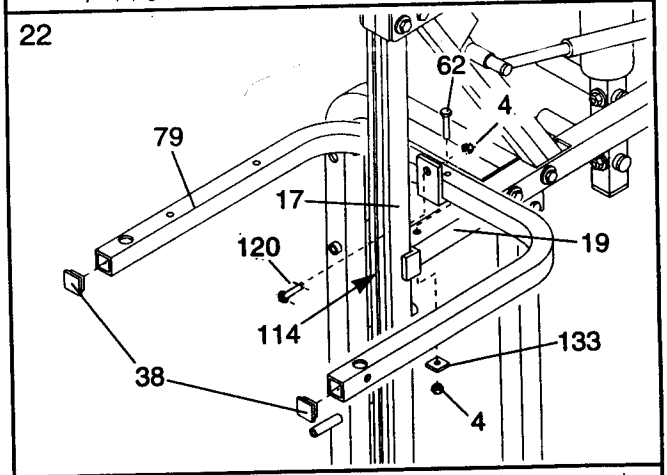
Insert one Pad Tube (35) into the Seat Frame (32). Center the Pad Tube and slide a Short Foam Pad (34) onto each end of it. Insert the other Pad Tube into the Leg Lever (33) and slide a Short Foam Pad onto each end of it.



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

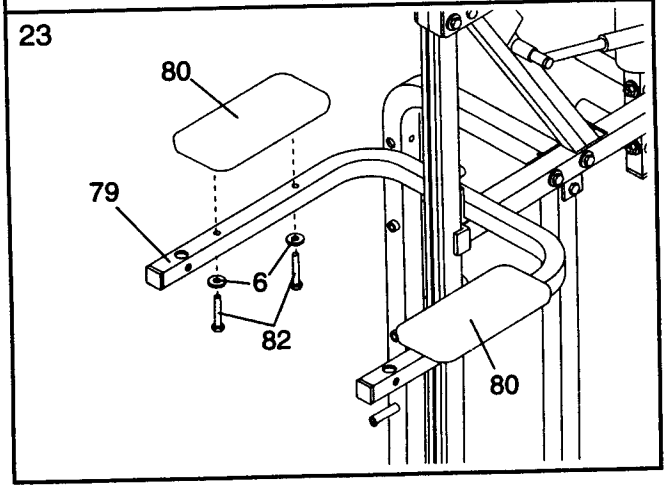
Loosen the 5/16" x 1 3/4" Screw (114). Attach the VKR Frame (79) to the Front Upright (19) with the 5/16" x 3" Bolt (62), the Square Washer (133) and a 5/16" Nylock Nut (4). **Do not tighten the Nylock Nut yet.** Attach the VKR Frame to the Rear Upright (17) with a 5/16" x 3/4" Bolt (120) and 5/16" Nylock Nut (4).

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



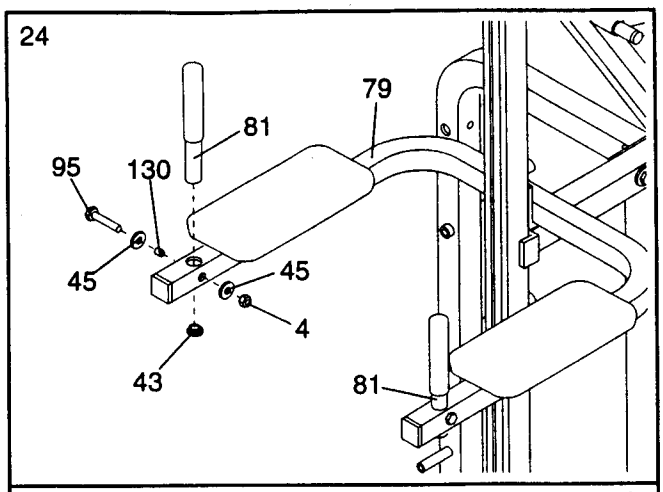
23. Attach a VKR Armrest (80) to one side of the VKR Frame (79) with two 1/4" x 2" Screws (82) and 1/4" Flat Washers (6).

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

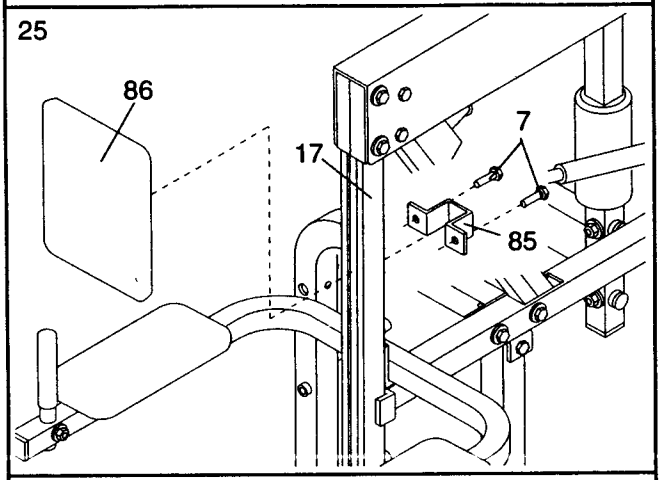


24. Insert a Long Handle (81) into one side of the VKR Frame (79). Slide a 5/16" Flat Washer (45) and a 1/2" x 5/16" Bushing (130) onto a 5/16" x 2" Bolt (95). Insert the Bolt through the VKR Frame and the Long Handle. Slide another 5/16" Flat Washer (45) onto the Bolt and tighten a 5/16" Nylock Nut (4) onto the Bolt. Press a 1" Round Cap (43) into the Long Handle.

    Attach the other Long Handle (81) to the other side of the VKR Frame (79) in the same manner.

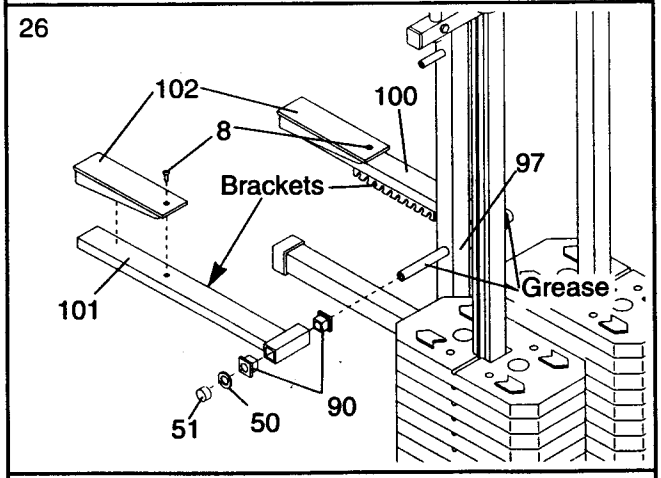


25. Attach the Small Backrest (86) to the Rear Upright (17) with the Small Backrest Bracket (85) and two 1/4" X 3/4" Screws (7).

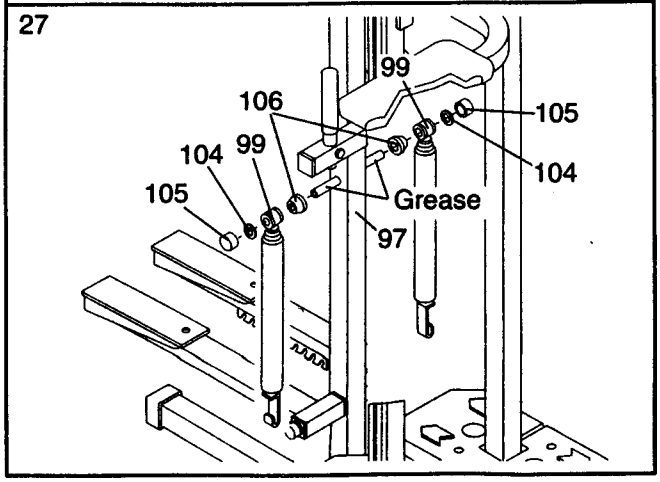


26. Press two 1 3/8" Square Bushings (90) into the Right Pedal (101), and two 3/4" Bushings into the Left Pedal (100). Attach a Pedal Cap (102) to each Pedal with a 1 1/4" Tap Screw (8).

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

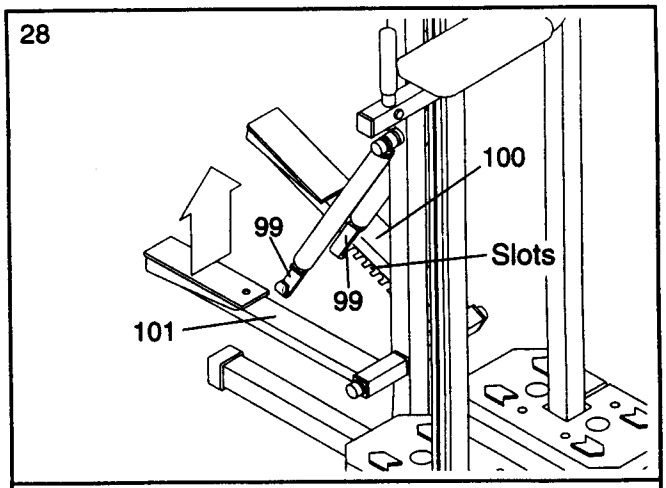


27. Apply grease to the cylinder axles on the Stepper Upright (97). Slide a 5/8" Spacer (106) and a Resistance Cylinder (99) onto each cylinder axle. Hold a 5/8" Retainer (104) and 5/8" Plastic Cap (105) against the end of the right cylinder axle. The teeth on the Retainer must bend outward. Tap the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



28. 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.

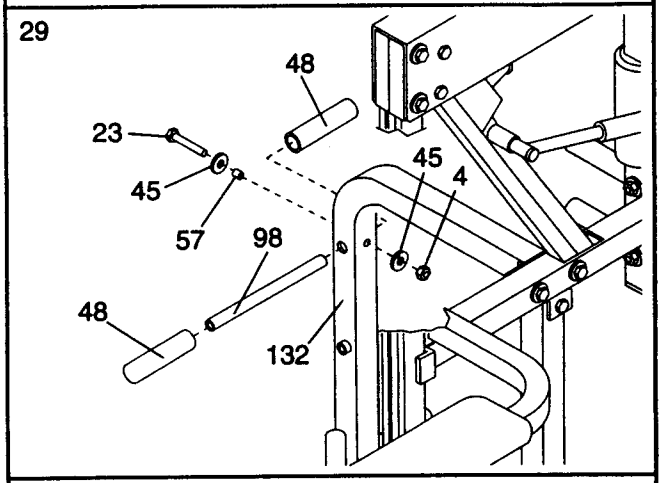
    Raise the Left Pedal (100) and rest it on the hook at the lower end of the left Resistance Cylinder (99). Make sure that the hooks are in the same slots under both Pedals.



29. 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 (132). 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.

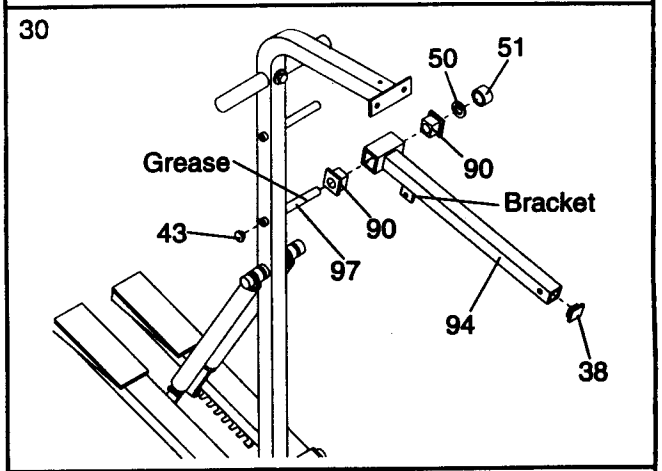
    Wet the other end of the Stepper Handle (98) with soapy water. Slide another 5" Grip (48) onto the Stepper Handle.



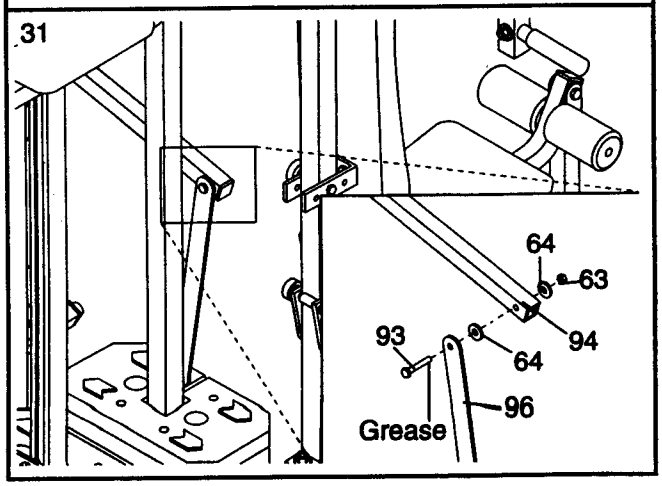
30. Press a 1 1/2" Inner Cap (38) and two 1 3/8" Bushings (90) into the Squat Arm Lever (94).

    Apply grease to the indicated axle on the Stepper Upright (97). Slide the Squat Arm Lever (94) onto the axle. The bracket must be on the underside of the Squat Arm Lever. Hold a 1" Retainer (50) and 1" Plastic Cap (51) against the end of the axle. The teeth on the Retainer must bend outward. Tap the Retainer and Plastic Cap onto the axle.

    Press a 1" Round Cap (43) into the indicated hole in the Stepper Upright (97).



31. Apply grease to the 3/8" x 2 1/2" Carriage Bolt (93). Insert the Carriage Bolt through the Link Arm (96) from the indicated side. Slide a 3/8" Flat Washer (64) onto the Bolt. Insert the Bolt through the Squat Arm Lever (94). Slide another 3/8" Flat Washer (64) onto the Bolt and tighten a 3/8" Nylock Nut (63) onto the Bolt.



32. Press two 1 3/8" Square Bushings (90) into the Squat Arm (87).

Apply grease to the indicated axle on the Stepper Upright Frame (132). Slide the Squat Arm (87) onto the axle. Hold a 1" Retainer (50) and 1" Plastic Cap (51) against the end of the axle. The teeth on the Retainer must bend outward. Tap the Retainer and Plastic Cap onto the axle.

Press a 1" Round Cap (43) into the indicated hole in the Stepper Upright Frame (132).

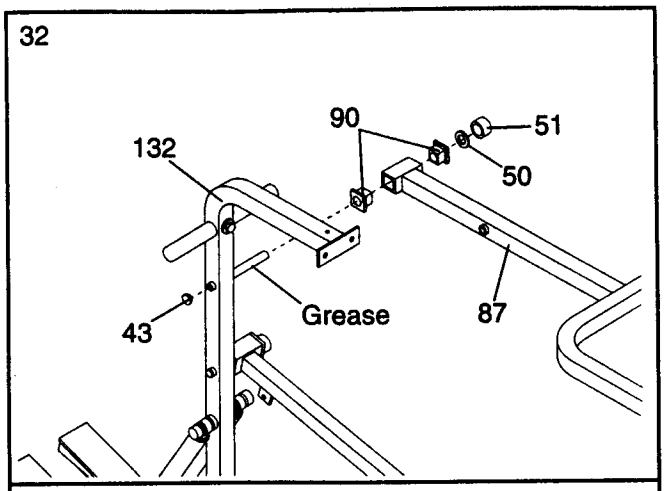
33. Press two 1 1/2" Inner Caps (38) into the Squat Arm (87).

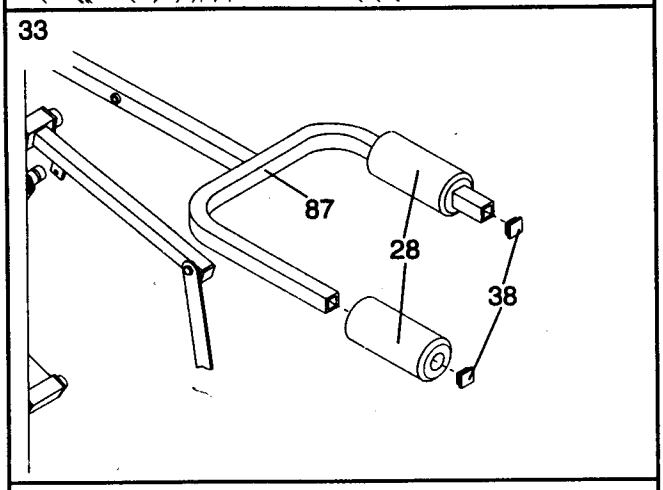
Wet the two ends of the Squat Arm (87) with soapy water. Slide two Long Foam Pads (28) onto the Squat Arm.

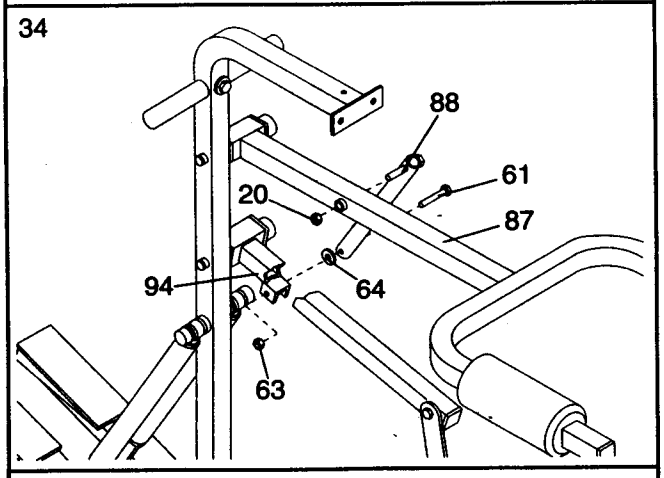
34. Insert the shaft on the Link Tube (88) into the hole in the Squat Arm (87). Tighten the 3/8" Thin Jam Nut (20) onto the shaft.

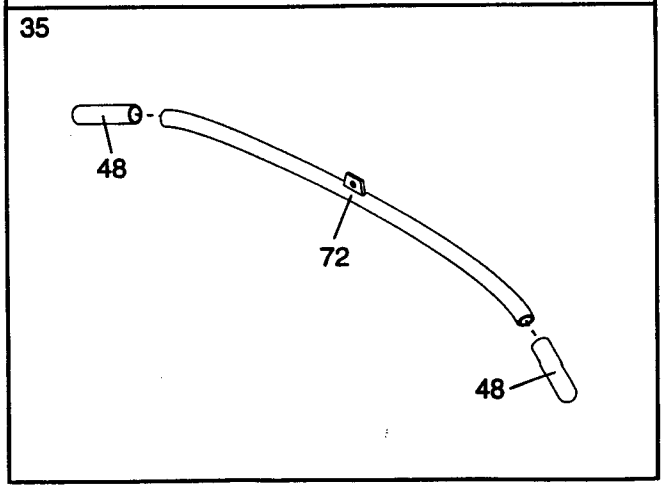
Insert the 3/8" x 3" Bolt (61) through the Link Tube (88). Slide a 3/8" Flat Washer (64) onto the Bolt. Insert the Bolt through the Squat Arm Lever (94). Tighten a 3/8" Nylock Nut (63) onto the Bolt.

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

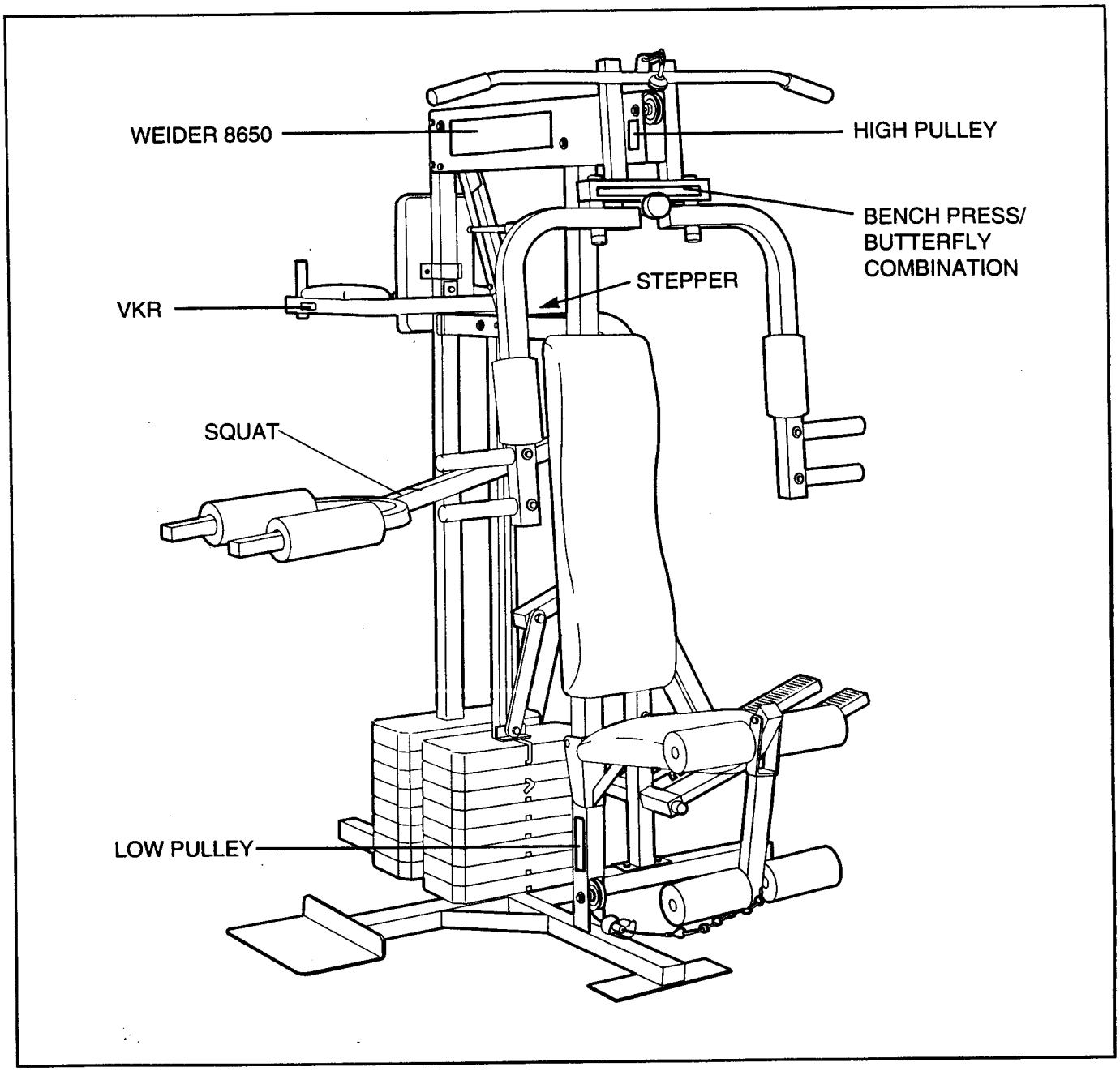








36. Remove the decals from the Decal Sheet (not shown), and apply them to the hard drive system in the locations shown in the drawing below.



37. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 16 of this owner's manual.

38. Before using the hard drive system, test the cables and pulleys. 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, locate and correct the problem before using the hard drive system. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used.**

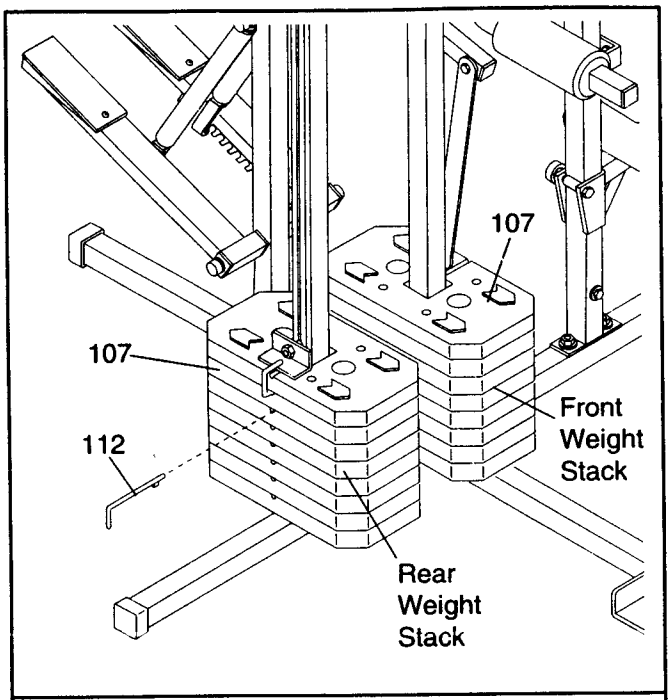
ADJUSTMENT

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 reduced.**

CHANGING THE WEIGHT SETTING

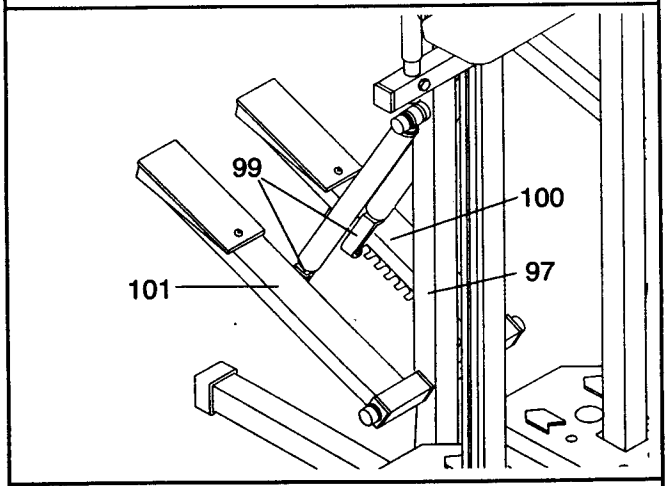
The hard drive system features dual weight stacks to allow two people to exercise at the same time. The rear weight stack is connected to the high pulley station, the low pulley station and the arms; the front weight stack is connected to the squat arm.

To change the weight setting of either weight stack, insert an "L"-Pin (112) under the desired Weight (107). Make sure to insert the "L"-Pin until the bent end of the "L"-Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 12.5 pounds to 100 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 slightly from the weight setting of the weight stacks.



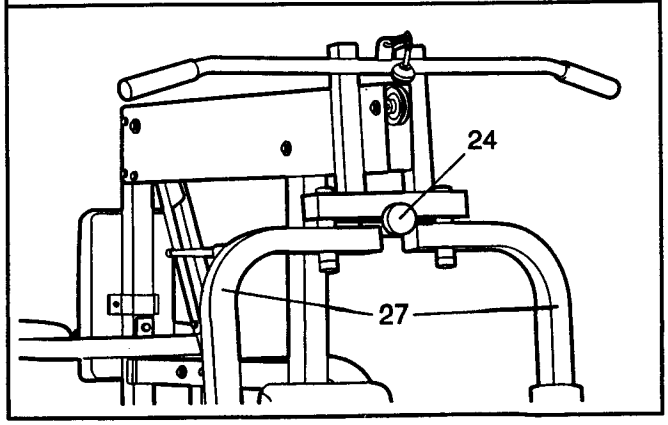
CHANGING THE STEPPING RESISTANCE

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.**



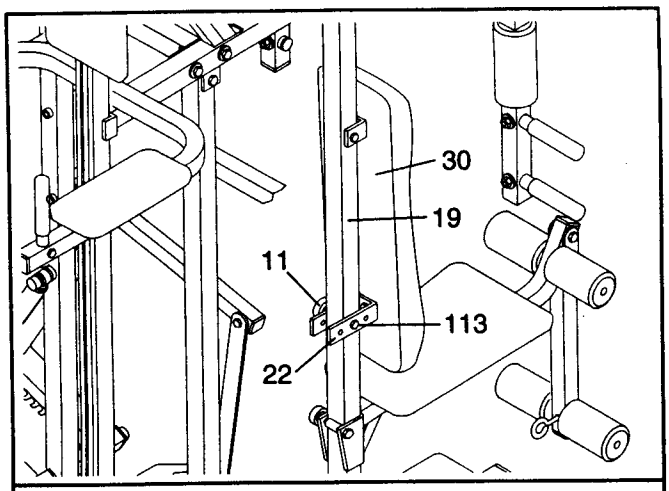
CHANGING THE ARMS TO THE BUTTERFLY MODE OR THE PRESS MODE

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



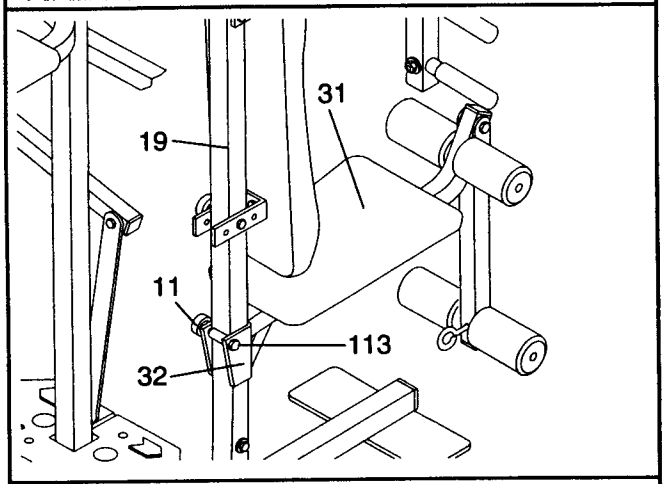
ADJUSTING THE BACKREST

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.



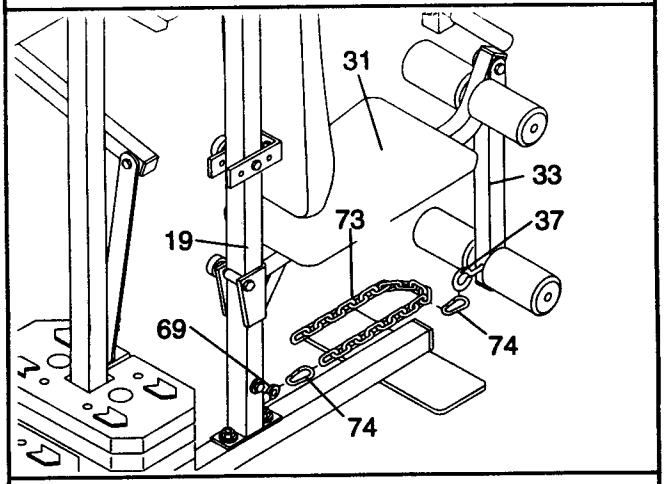
ATTACHING AND REMOVING THE SEAT

The Seat (31) should be attached to the Front Upright (19) as described in assembly step 21 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), and lift the Seat off the Front Upright.



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

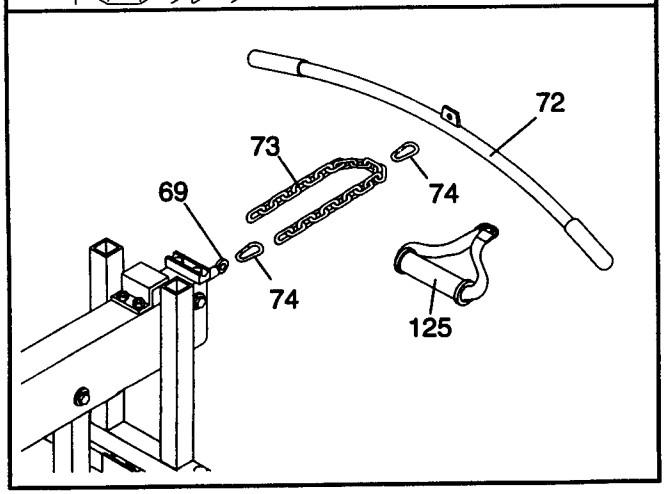
To use the Leg Lever (33), the Seat (31) must be attached to the Front Upright (19) (see ATTACHING AND REMOVING THE SEAT above). Attach one end of the Chain (73) to the Pulley Cable (69) with a Cable Clip (74). Attach the other end of the Chain to the 5/16" x 2 1/2" Eyebolt (37) on the Leg Lever with 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.**

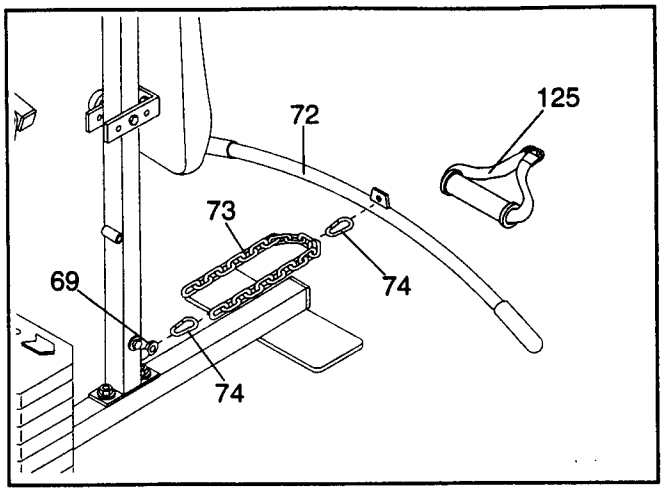
The Nylon Strap (125) can be attached in the same manner.



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.



423826

TROUBLE-SHOOTING AND MAINTENANCE

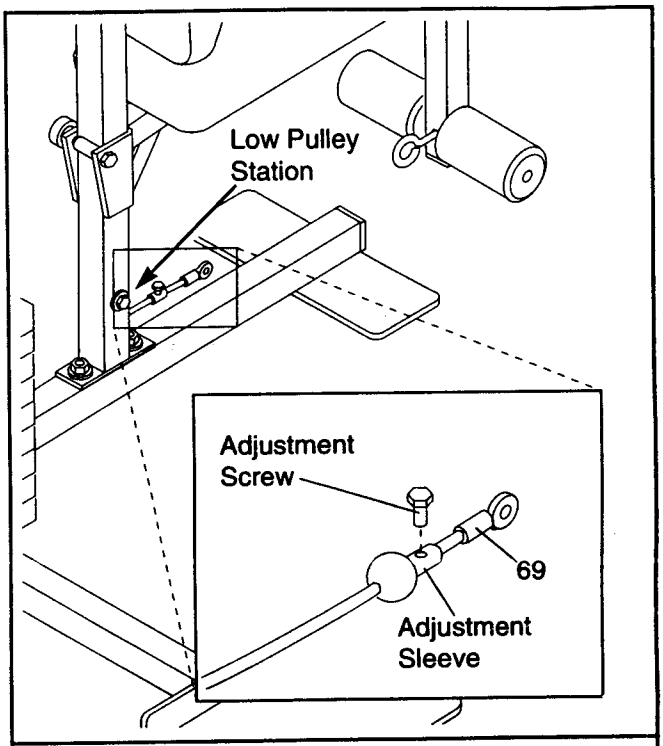
Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately. The hard drive system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

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 slack in the cables before resistance is felt, the cables should be tightened. Follow the instructions below to tighten the cables.

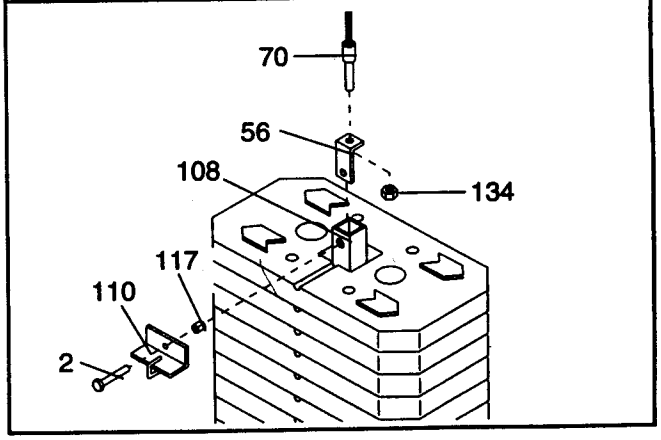
Locate the adjustment sleeve and adjustment screw near the lower end of the Pulley Cable (69). Loosen the adjustment screw. Pull the end of the Pulley Cable until the Pulley Cable is tight, slide the adjustment sleeve and the ball against the low pulley, and retighten the adjustment screw. Make sure that the cable is not too tight, or the top weight on the rear weight stack will be lifted off the weight stack.

If the cables cannot be tightened enough by following the instructions above, see the instructions below.



Remove the 5/16" x 1 1/4" Grade-5 Bolt (2), Weight Bracket (110) and 1/2" x 1/2" Bushing (117) from the Weight Tube (108) in the rear weight stack. Remove the Cable Bracket (56) from the Weight Tube. Tighten the 1/4" Nut (134) farther onto the end of the Weight Cable (70). Reassemble the parts. Repeat, if necessary, until there is no slack in the cables. Make sure that the cable is not too tight, or the top weight on the rear weight stack will be lifted off the weight stack.

If the cables cannot be tightened enough as described above, the cables may need to be replaced. See the back cover of this owner's manual for information about ordering replacement parts.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WG86500).
2. The NAME of the product (WEIDER® 8650 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 No. 120044 R694A Printed in Canada