

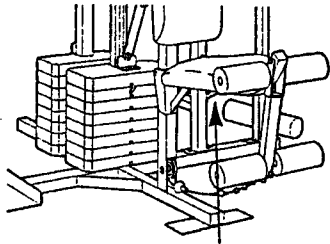
WEIDER 8775

HARD DRIVE SYSTEM

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

Model No. WG87750

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

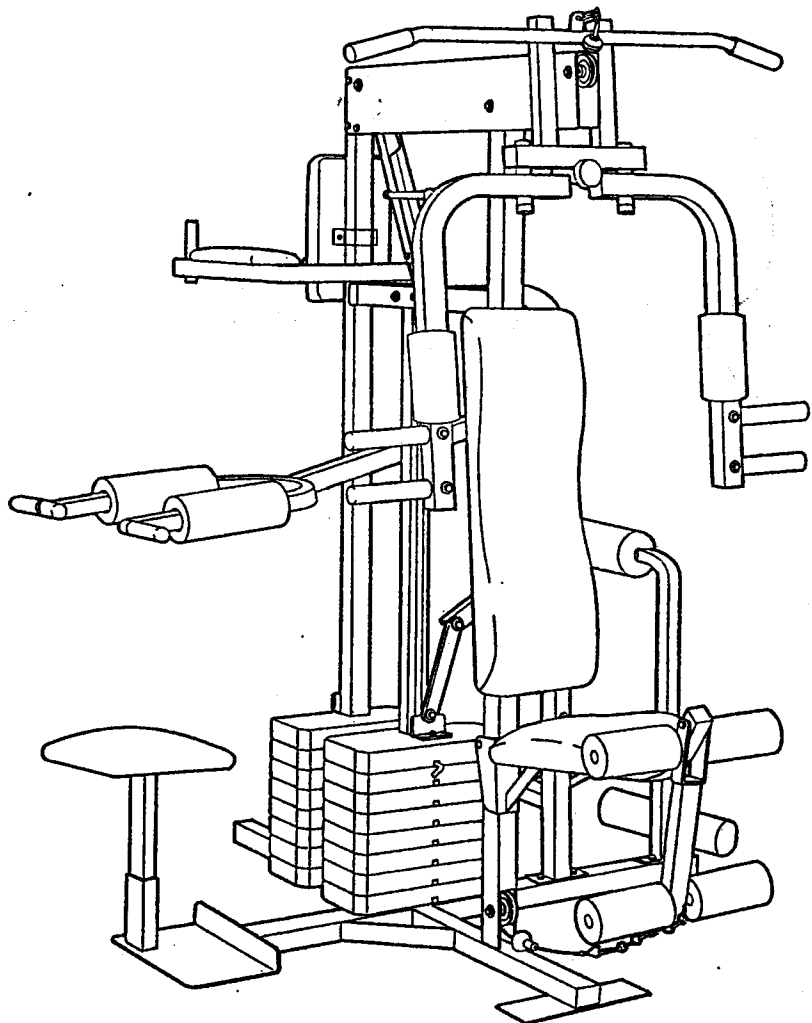
Mon.-Fri., 6 a.m.-6 p.m. MST

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	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
ADJUSTMENT	18
TROUBLE-SHOOTING AND MAINTENANCE	21
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. Use the hard drive system only as described.
2. Use the hard drive system only on a level surface. Cover the floor under 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 as you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
8. Never release the arms, leg lever, military press/squat arm, ab arm, lat bar or nylon strap while weights are raised. The weights will fall with great force.
9. The ab arm and the military press/squat arm should never be used at the same time. The ab arm could hit a person with great force if the military press/squat arm is released suddenly.
10. The VKR arms 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 arms could become caught between moving weights.
11. Always stand on a foot plate when performing an exercise that could cause the hard drive system to tip.
12. Always disconnect the lat bar from the hard drive system when performing an exercise that does not use the lat bar.
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.

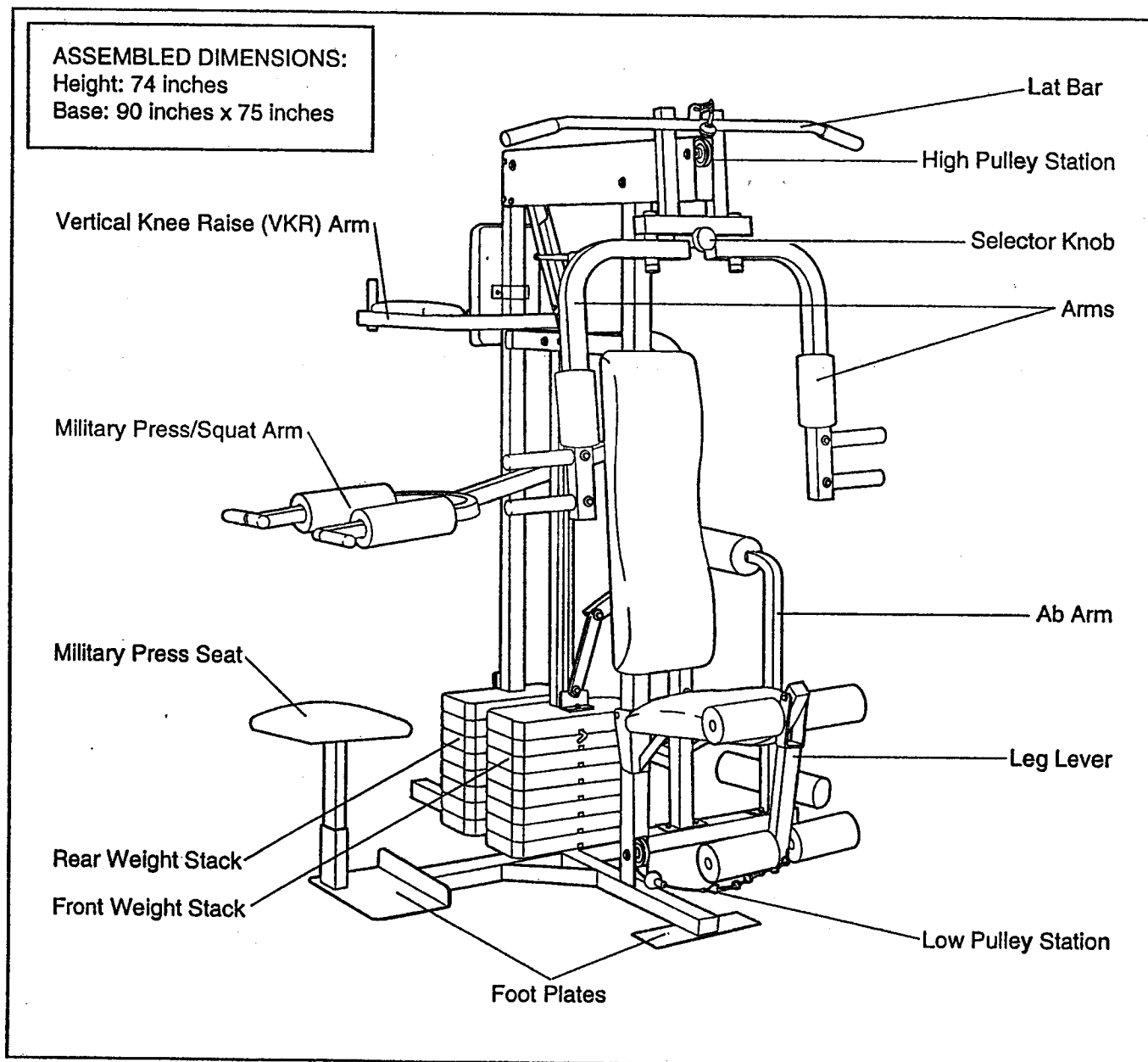
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER®8775 Hard Drive System. The WEIDER 8775 offers an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER 8775 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the WEIDER 8775 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 WG87750. The serial number can be found on a decal attached to the WEIDER 8775 (see the front cover of this owner's manual).

Before reading further, please look at 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, assemble it in the location where it will be used.

Place all parts of the HARD DRIVE System in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. Before beginning, read each assembly 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

parts as you attach them, unless instructed to do otherwise. For help identifying small parts, refer to the PART CHART accompanying this owner's manual.

The following tools (not included) are required for assembly: Two adjustable wrenches, a phillips screwdriver, and a rubber mallet. Lubricant, such as grease or petroleum jelly, and a small amount of soapy water are also required. To simplify assembly, the following tools are recommended: A socket set, open or closed wrenches, or ratchet wrenches.

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 three 5/16" x 2 1/2" Carriage Bolts up through the Stabilizer (16).

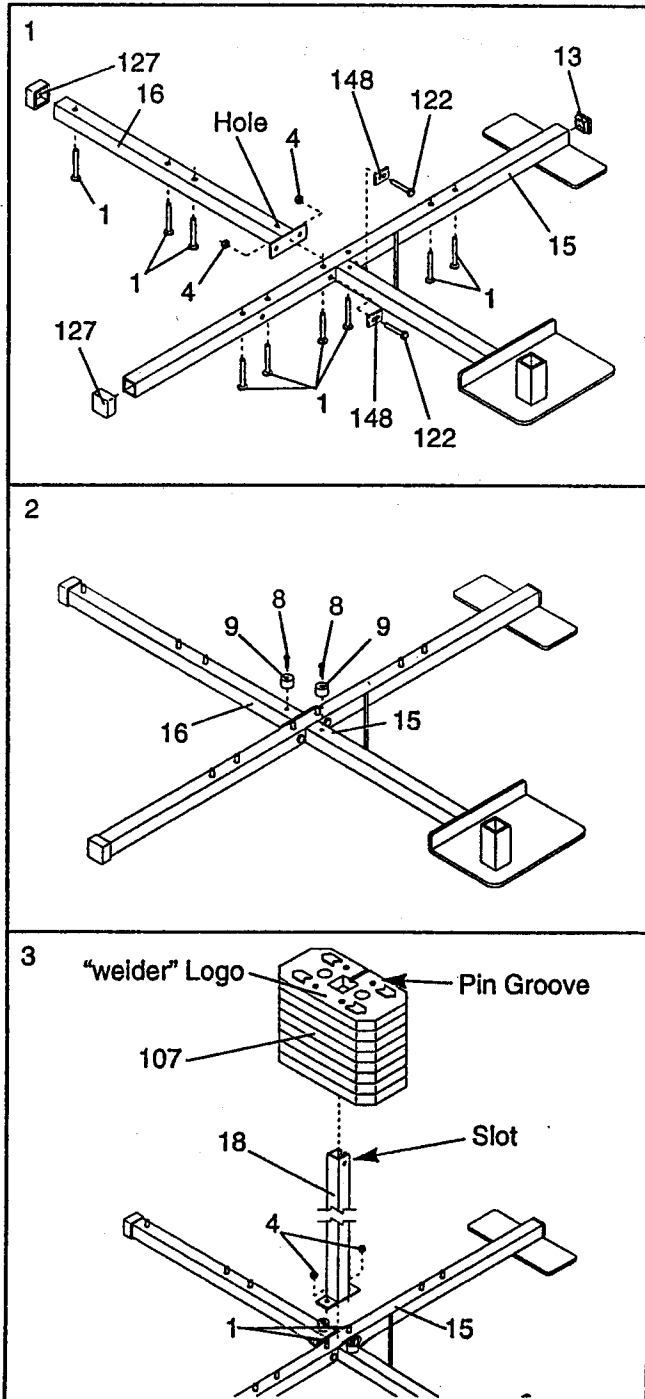
Attach the Stabilizer (16) to the Base (15) with two 5/16" x 2 3/4" Bolts (122), 1 1/4" x 2" Rectangular Washers (148), and 5/16" Nylock Nuts (4).

2. Attach a Rubber Bumper (9) to the Base (15) with a 1 1/4" Tap Screw (8).

Attach a Rubber Bumper (9) to the Stabilizer (16) with a 1 1/4" Tap Screw (8).

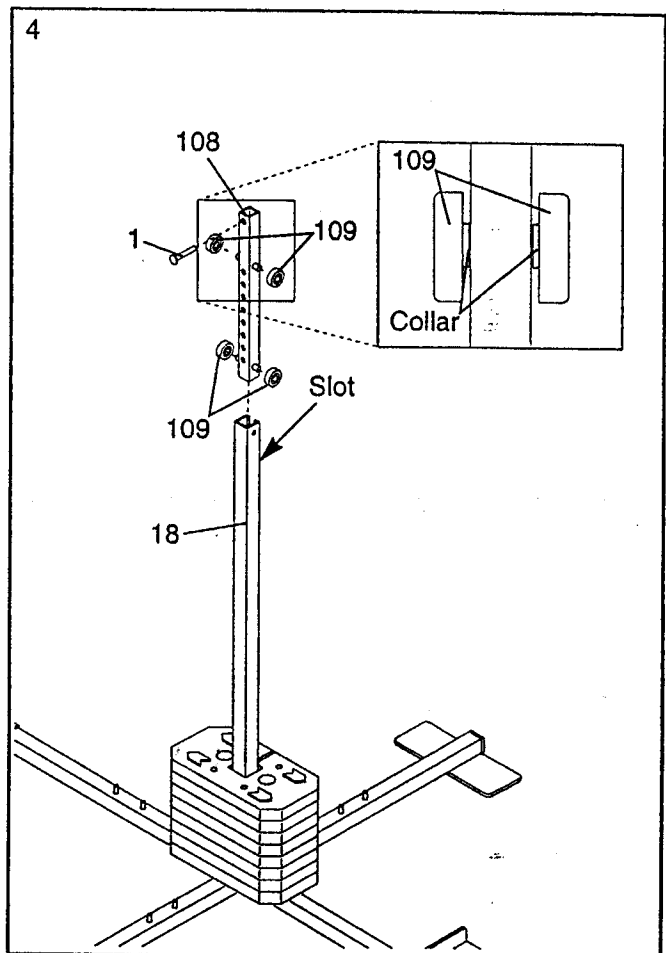
3. Slide the Center Upright (18) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). The Center Upright must be turned so the slot is on the side shown. Attach the Center Upright with two 5/16" Nylock Nuts (4).

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



4. Insert a 5/16" x 2 1/2" Carriage Bolt (1) through a Weight Tube (108).

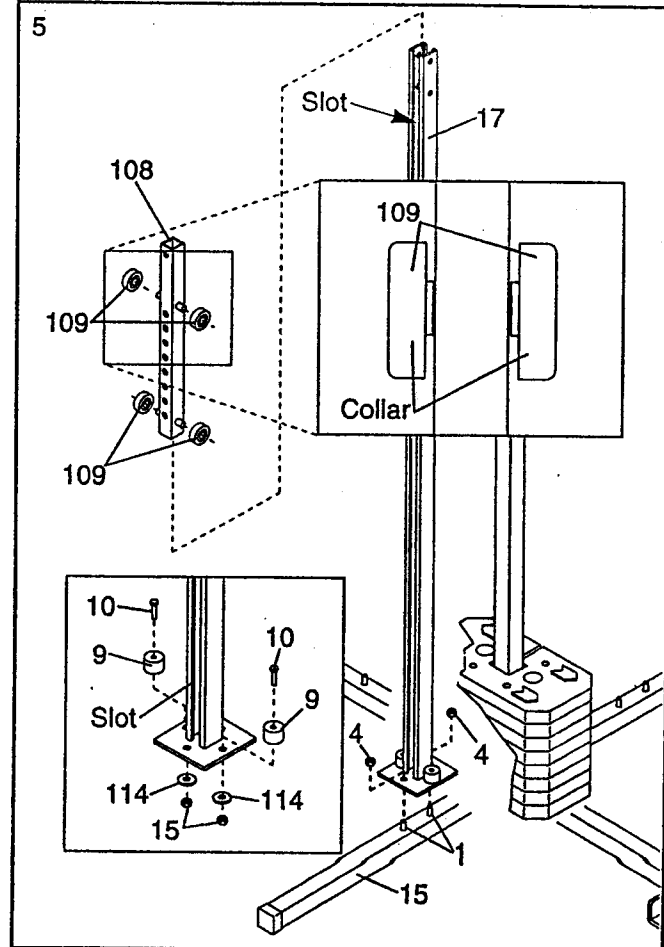
Slide four Rollers (109) onto the short pins on the Weight Tube (108). Each Roller must be turned so the collar is facing the Weight Tube (see the inset drawing). Slide the Weight Tube down into the Center Upright (18). The Weight Tube must be turned so the threaded end of the 5/16" x 2 1/2" Carriage Bolt (1) is on the same side of the Center Upright as the slot.



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).

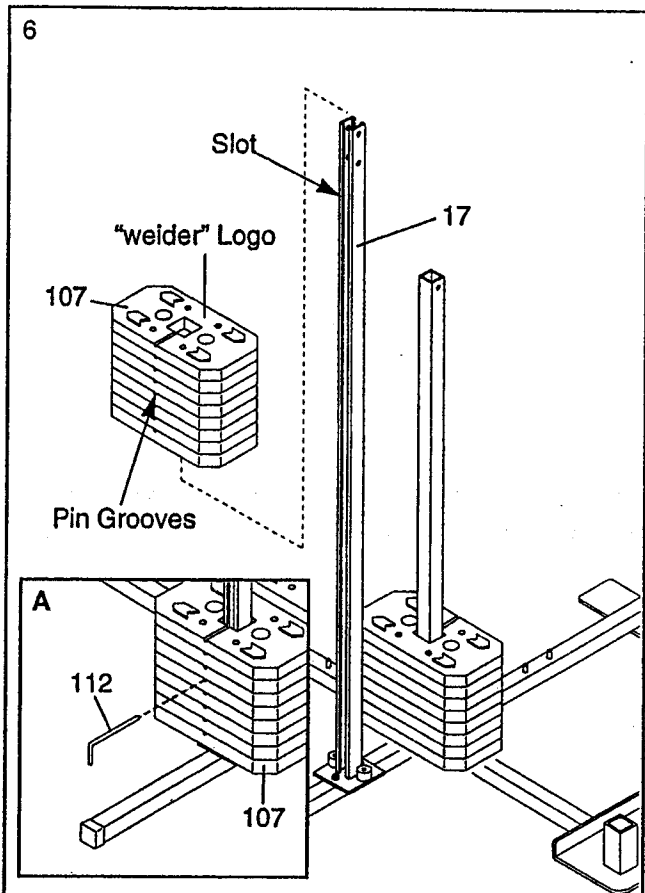
Slide four Rollers (109) onto the short pins on a Weight Tube (108). Each Roller must be turned so the collar is facing the Weight Tube (see the inset drawing). Slide the Weight Tube down into the Rear Upright (17).

Attach a Rubber Bumper (9) to each side of the Rear Upright (17) with a #8-32 Screw (10), #8 Washer (114) 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.

(See inset Drawing A.) Insert an "L"-Pin (112) under the desired (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.

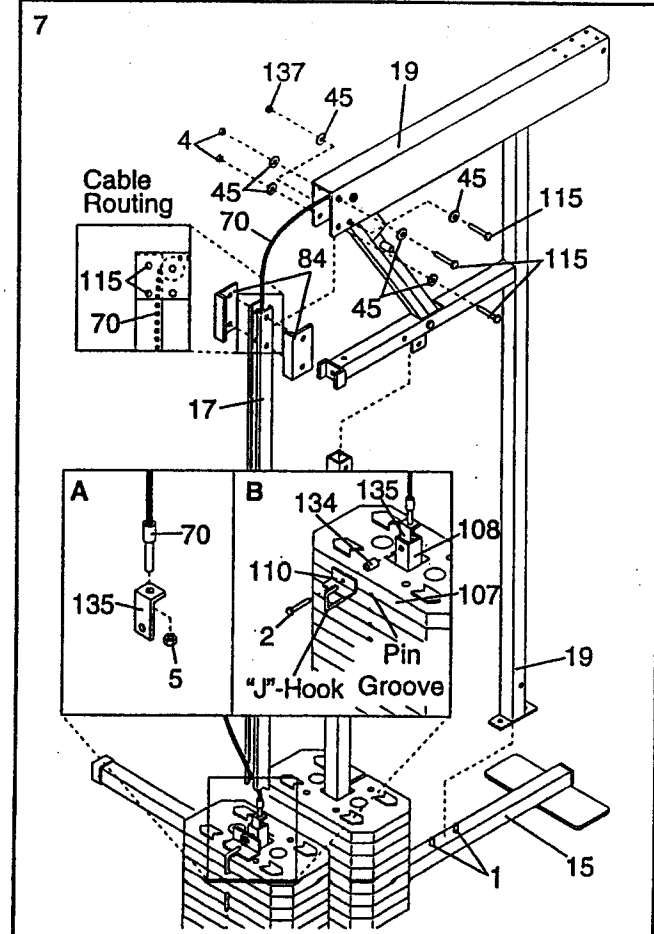


7. Slide the Front Upright (19) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). Insert the end of the Weight Cable (70) down into the Rear Upright (17).

Insert the Upright Brackets (84) between the upper end of the Rear Upright (17) and the Front Upright (19). Attach the Front Upright and the Upright Brackets to 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.** Tighten a 5/16" x 3 1/4" Bolt (115), two 5/16" Flat Washers (45) and a 5/16" Jam Nut (137) into the remaining hole in the Front Upright (19).

(See inset drawing A.) Insert the threaded end of the Weight Cable (70) into the Cable Bracket (135). Thread a 1/4" Nylock Nut (5) about halfway up the threaded end of the Weight Cable.

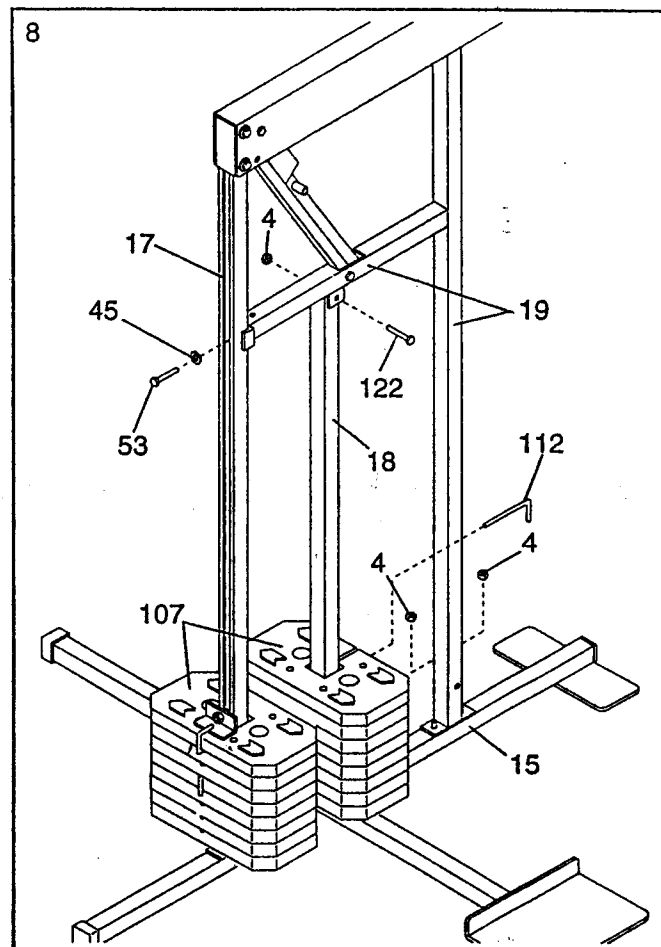
(See inset drawing B.) Slide a Weight Bracket (110) and 1/2" x 7/16" Bushing (134) onto a 5/16" x 1 1/4" Bolt (2). Insert the Cable Bracket (135) into the top of the Weight Tube (108). Insert the Bolt into the Weight Tube and tighten it into the Cable Bracket. **The "J"-hook on the Weight Bracket (110) must be inserted into the pin groove under the top Weight.**



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 (53) and a 5/16" Flat Washer (45).

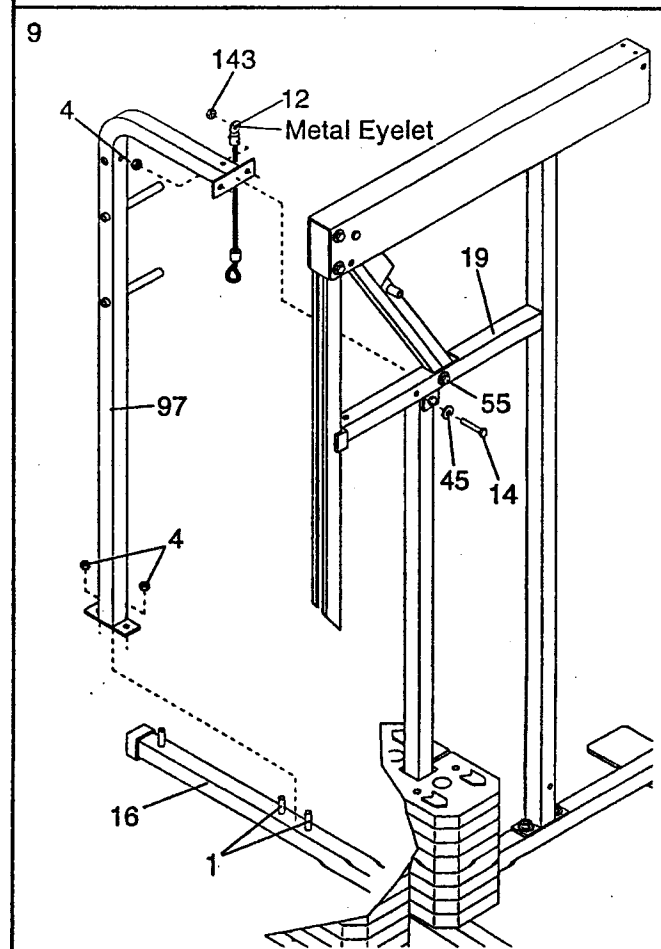


9. Remove the 3/8" Jam Nut (143) from the indicated 3/8" x 2 3/4" Bolt (55). **Do not remove the Bolt.**

Slide the Ab Upright (97) onto the 3/8" x 2 3/4" Bolt (55) and the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Stabilizer (16).

Slide the metal eyelet-end of the Stop Cable (12) onto the 3/8" x 2 3/4" Bolt (55), and thread the 3/8" Jam Nut (143) onto the Bolt. Attach the Ab Upright (97) to the Front Upright (19) with a 5/16" x 2 1/2" Bolt (14), 5/16" Flat Washer (45) and 5/16" Nylock Nut (4). **Do not tighten the Nuts yet.** Attach the Ab Upright to the Stabilizer (16) with two 5/16" 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 lubricant to the indicated rod on the Arm Frame (41). Hold the rod between the two Arm Frame Bushings (60). Set the Arm Plate (149), 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).

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 lubricant to the axles on the Arm Frame (41). Slide the Right Arm (105) onto the right axle. **The upper end of the Right 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.

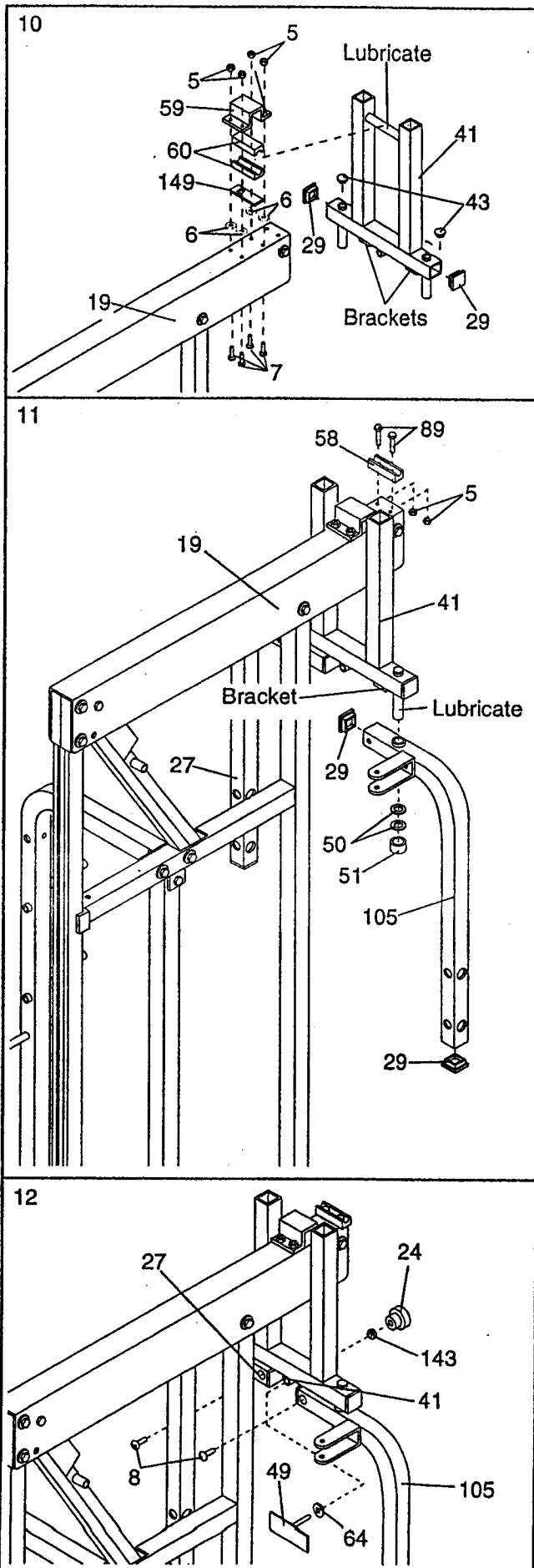
Press two 1 3/4" Inner Caps (29) into the Right Arm (154).

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

12. Tighten 1 1/4" Tap Screws (8) into the upper ends of the Left and Right Arms (27, 105).

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" Jam Nut (143) onto the shaft. **Do not overtighten the Nut; the Selector Plate must turn freely.** Tighten the Selector Knob (24) onto the shaft.

Back the 1 1/4" Tap Screws (8) out of the Left and Right Arms (27, 105) until there is no movement in the Arms when the Selector Plate (49) is turned to the horizontal position.

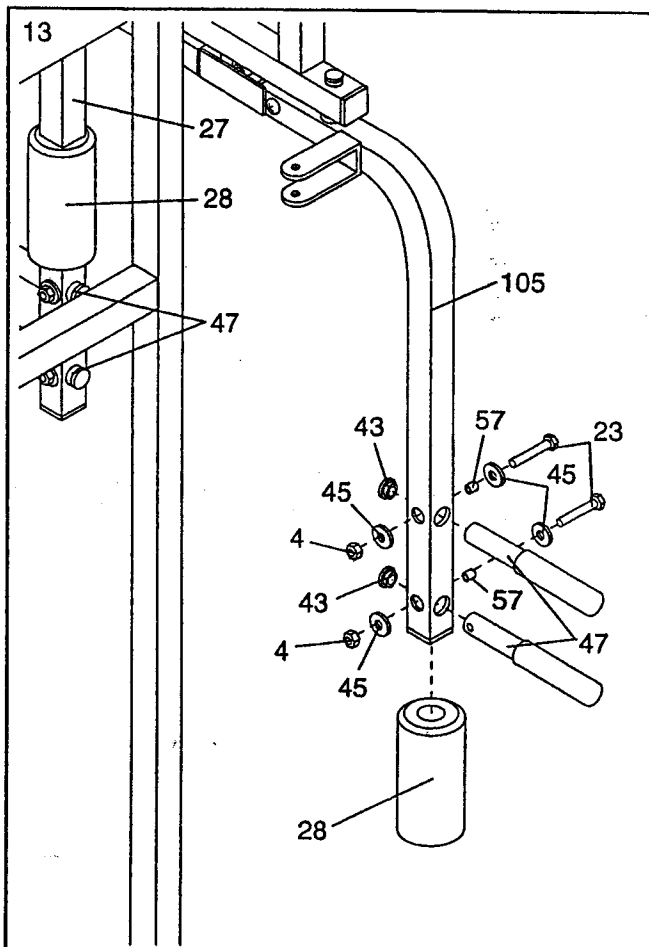


13. Wet the lower ends of the Left and Right Arms (27, 105) with soapy water. Slide an 8" Foam Pad (28) about halfway up each Arm.

Insert two Short Handles (47) into the Right Arm (105). 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.

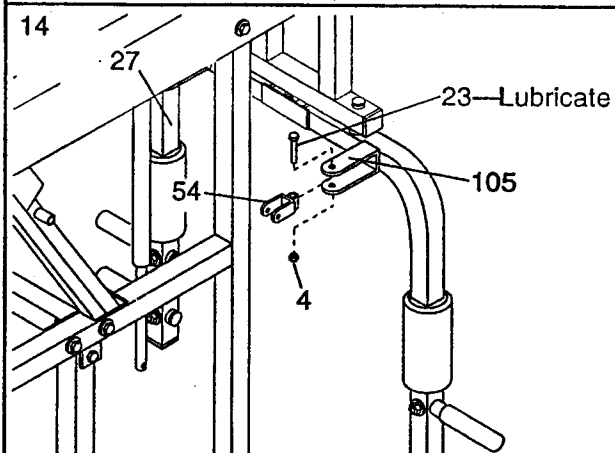
Press a 1" Round Cap (43) into each Short Handle (47).

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



14. Apply lubricant to a 5/16" x 2 1/4" Bolt (23). Attach a Swivel "U"-Bracket (54) to the bracket on the Right Arm (105) with the Bolt and a 5/16" Nylock Nut (4). The Swivel "U"-Bracket must swivel freely.

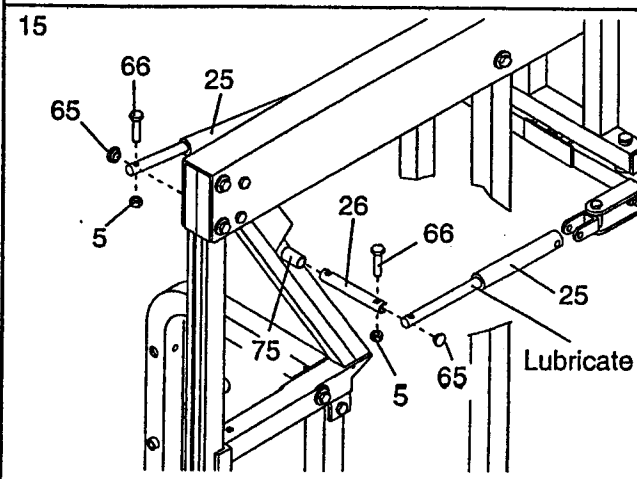
Attach a Swivel "U"-Bracket (not shown) to the bracket on the Left Arm (27) in the same manner.



15. Extend one of the Arm Shocks (25) and apply a liberal amount of lubricant around the indicated location. Perform the same procedure on the other Arm Shock. 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 1/4" Nylock Nut (5).

Attach the other Arm Shock (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).



16. Hold the Pivot Arm (75) stationary in the position shown. Align the hole in the end of the right Arm Shock (25) with the holes in the right Swivel "U"-Bracket (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 5/16" Nylock Nut (4).

Attach the left Arm Shock (not shown) to the left Swivel "U"-Bracket (not shown) in the same manner.

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).

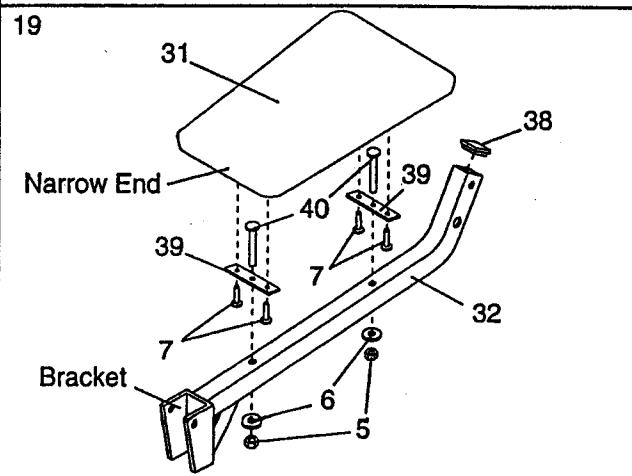
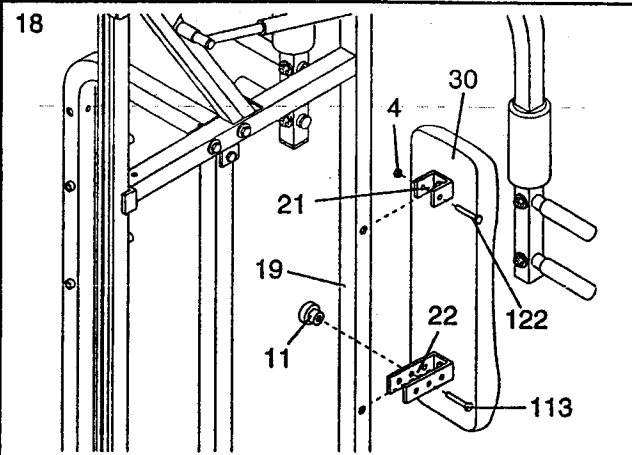
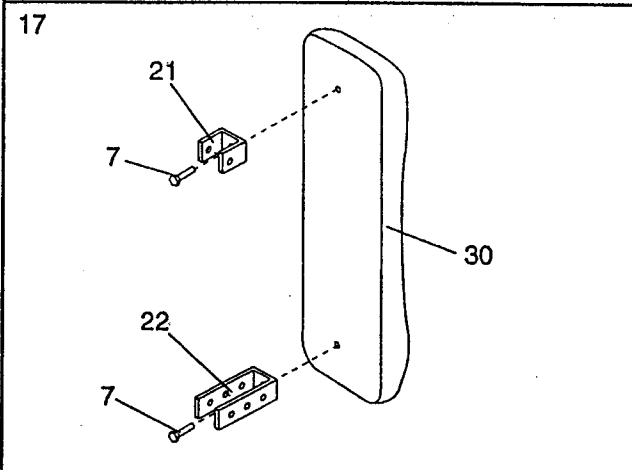
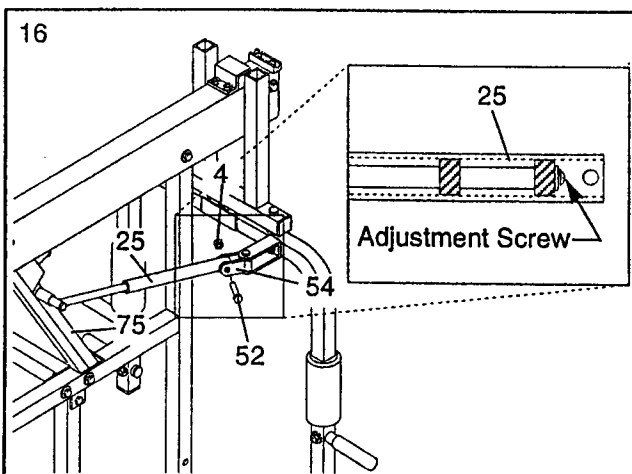
18. Align the holes in the Small "U"-Bracket (21) with the indicated hole in the Front Upright (19). Attach the Small "U"-Bracket to the Front Upright with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylock Nut (4).

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.

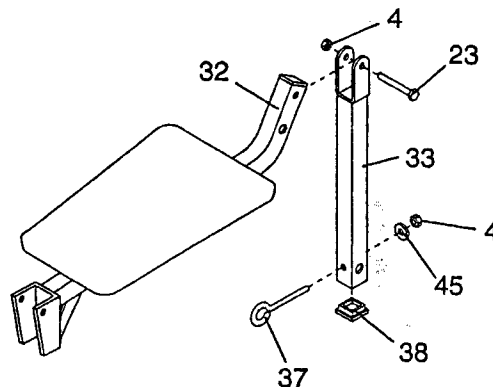


20. Press a 1 1/2" Inner Cap (38) into the Leg Lever (33).

Attach the Leg Lever (33) to the Seat Frame (32) with a 5/16" x 2 1/4" Bolt (23) and 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 side shown. Slide a 5/16" Flat Washer (45) onto the Eyebolt and tighten a 5/16" Nylock Nut (4) onto the Eyebolt.

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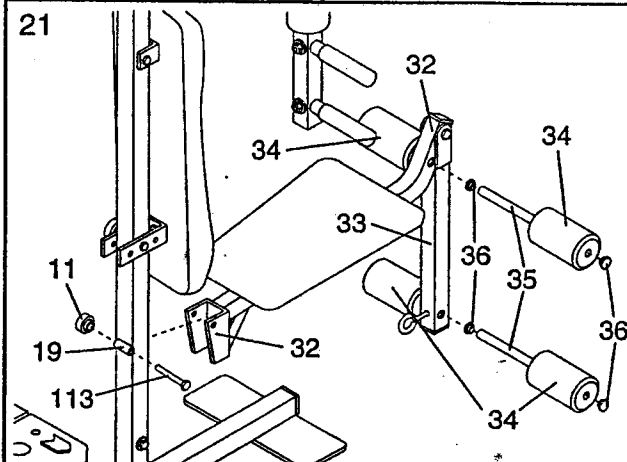


21. Press 3/4" Round Caps (36) into the ends of two Pad Tubes (35).

Insert one Pad Tube (35) into the Seat Frame (32). Center the Pad Tube and slide a 7" Foam Pad (34) onto each end of it. Insert the other Pad Tube into the Leg Lever (33) and slide a 7" Foam Pad onto each end of it.

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.

21

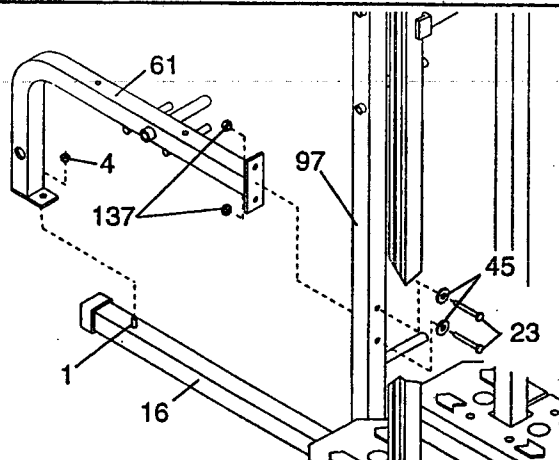


22. Slide the Ab Seat Frame (61) onto the indicated 5/16" x 2 1/2" Carriage Bolt (1) in the Stabilizer (16). Attach the Ab Seat Frame with a 5/16" Nylock Nut (4). **Do not tighten the Nylock Nuts yet.**

Attach the Ab Seat Frame (61) to the Ab Upright (97) with two 5/16" x 2 1/4" Bolts (23), 5/16" Flat Washers (45) and 5/16" Jam Nut (137).

Tighten the 5/16" Nylock Nut (4) and the 5/16" Jam Nut (137) used in this step.

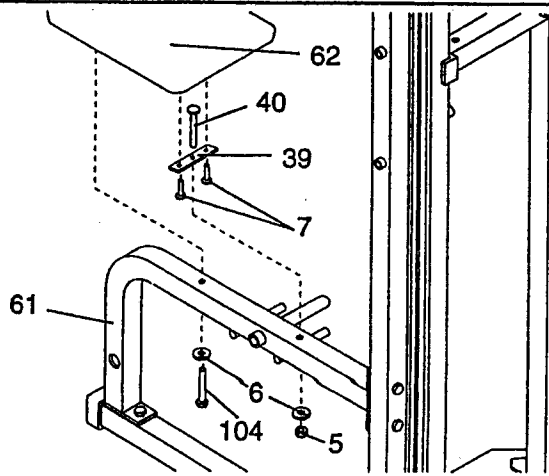
22



23. Attach a Seat Bracket (39) to the Ab Seat Frame (61) with a 1/4" x 2 1/4" Carriage Bolt (40), 1/4" Flat Washer (6) and 1/4" Nylock Nut (5).

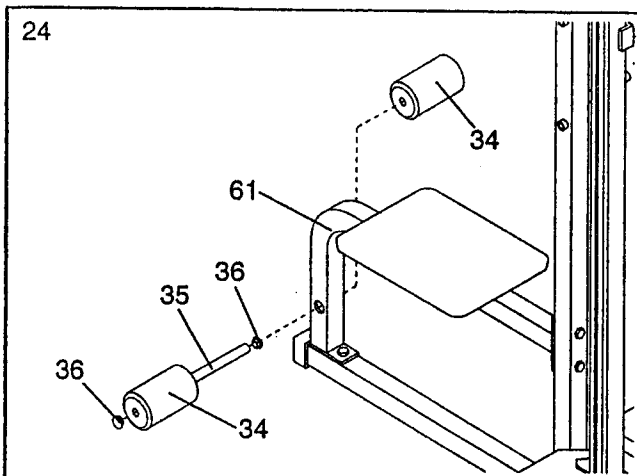
Attach the Ab Seat (62) to the Seat Bracket (39) with two 1/4" x 3/4" Screws (7). Attach the Ab Seat to the Ab Seat Frame (61) with the 1/4" x 2 1/4" Machine Screw (104) and a 1/4" Flat Washer (6).

23



24. Press two 3/4" Round Caps (36) into a Pad Tube (35).

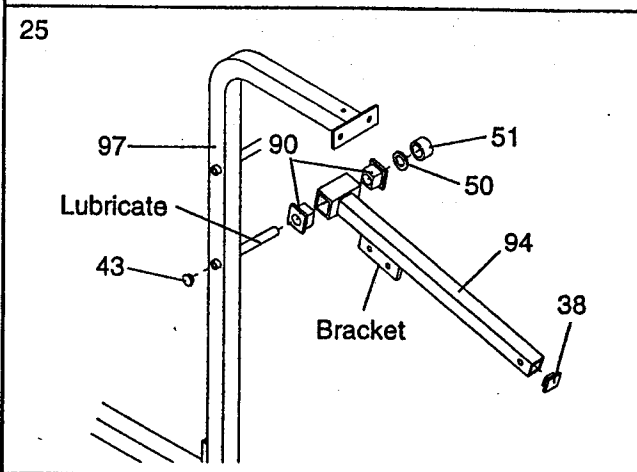
Insert the Pad Tube (35) into the Ab Seat Frame (61). Center the Pad Tube and slide a 7" Foam Pad (34) onto each end of it.



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

Apply lubricant to the indicated axle on the Ab Upright (97). Slide the Lever (94) onto the axle. The Lever must be turned so the bracket is on the underside. 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.

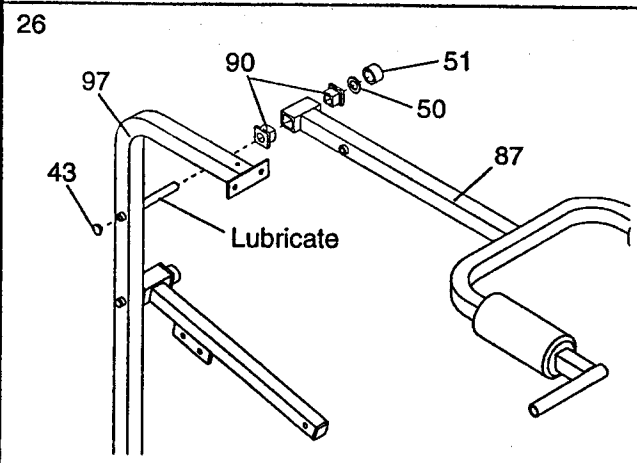
Press a 1" Round Cap (43) into the indicated hole in the Stepper Upright (97).



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

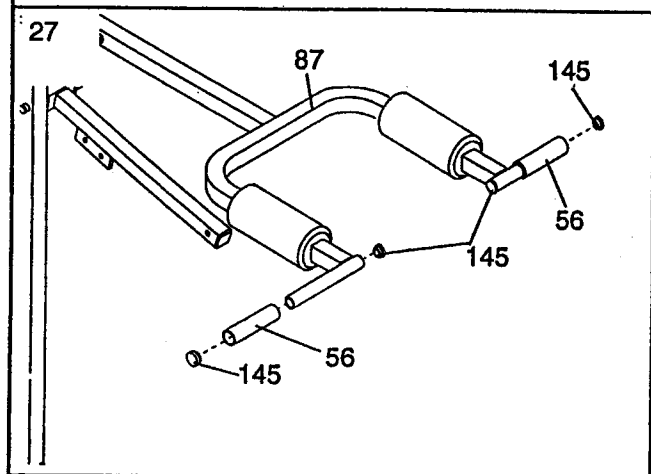
Apply lubricant to the indicated axle on the Ab Upright (97). Slide the Military Press/Squat Arm (87) onto the axle. Hold a 1" Retainer (50) and 1" Plastic Cap (51) against the end of the axle. The teeth on the Retainer must bend outward. Tap the Retainer and Plastic Cap onto the axle.

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



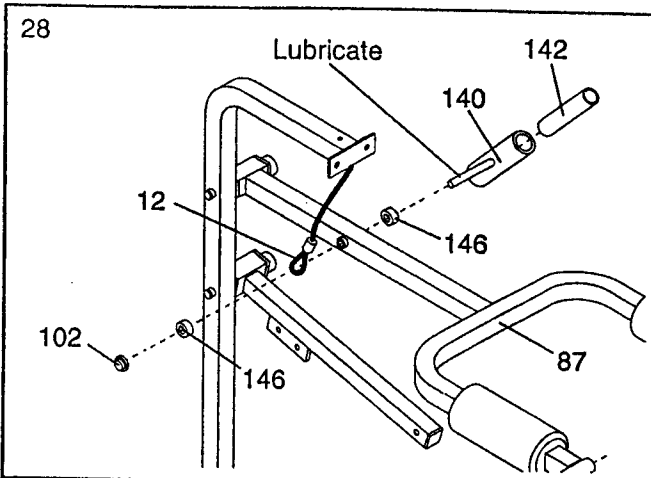
27. Press four 1 1/4" Round Caps (145) into the Military Press/Squat Arm (87).

Wet the handles of the Military Press/Squat Arm (87) with soapy water. Slide the two Foam Grips (56) onto the handles.



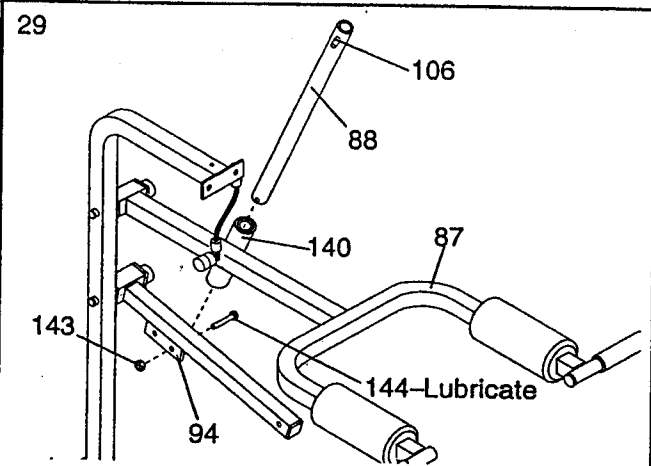
28. Insert the Pivot Bracket Bushing (142) into the Pivot Bracket (140).

Lubricate the axle on the Pivot Bracket (140). Slide a 3/8" x 3/8" Spacer (146) onto the axle on the Pivot Bracket. Insert the axle through the Military Press/Squat Arm (87) from the side shown. Slide the end of the Stop Cable (12) and another 3/8" x 3/8" Spacer (146) onto the axle. Tap the 1/2" Hat Cap (102) onto the axle.

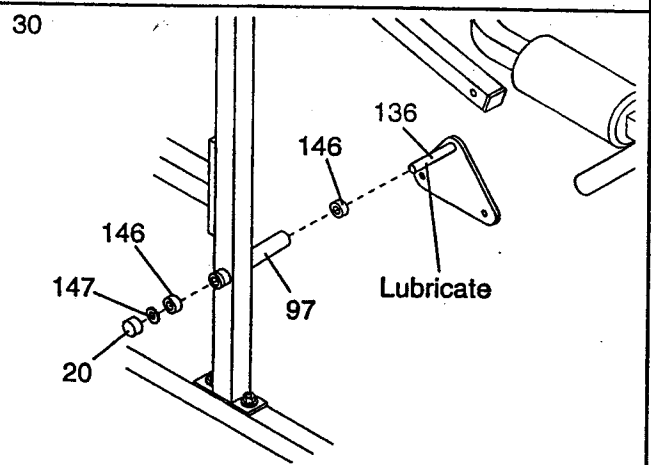


29. Slide the Link Tube (88) down into the Pivot Bracket (140) until the 1 1/2" Roll Pin (106) in the Link Tube is resting against the Pivot Bracket.

Lubricate the 3/8" x 4" Bolt (144). Attach the Link Tube (88) to the indicated end of the bracket on the Lever (94) with the Bolt and a 3/8" Jam Nut (143).

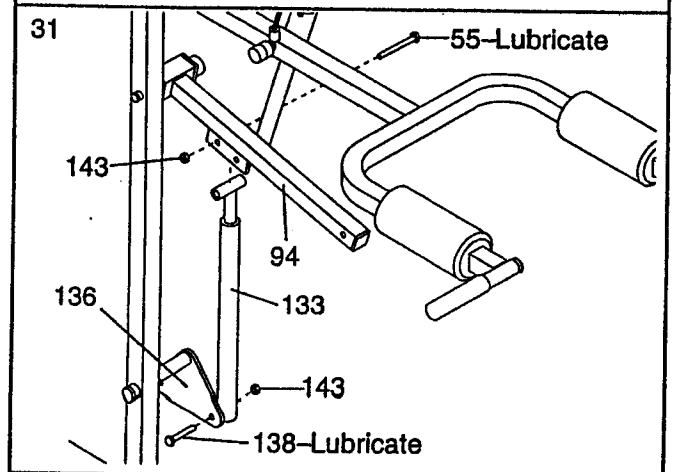


30. Lubricate the axle on the Linkage Bracket (136). Slide a 3/8" x 3/8" Spacer (146) onto the axle. Insert the axle through the Ab Upright (97) from the side shown. Slide another 3/8" x 3/8" Spacer (146) onto the axle. Hold a 1/2" Retainer (147) and 1/2" Plastic Cap (20) against the end of the axle. The teeth on the Retainer must bend outward. Tap the Retainer and Plastic Cap onto the axle.



31. Lubricate a 3/8" x 2 3/4" Bolt (55). Hold the tube at the top end of the Military Press/Squat Arm Shock (133) inside the bracket on the Lever (94). Insert the Bolt through the bracket and Shock. Tighten a 3/8" Jam Nut (143) onto the Bolt. **Do not overtighten the 3/8" Jam Nut; the Shock must be able to swivel freely.**

Lubricate a 3/8" x 1 1/2" Bolt (138). Attach the other end of the Military Press/Squat Arm Shock (133) to the Linkage Bracket (136) with the Bolt and a 3/8" Jam Nut (143). **Do not overtighten the 3/8" Jam Nut; the Shock must be able to swivel freely.**

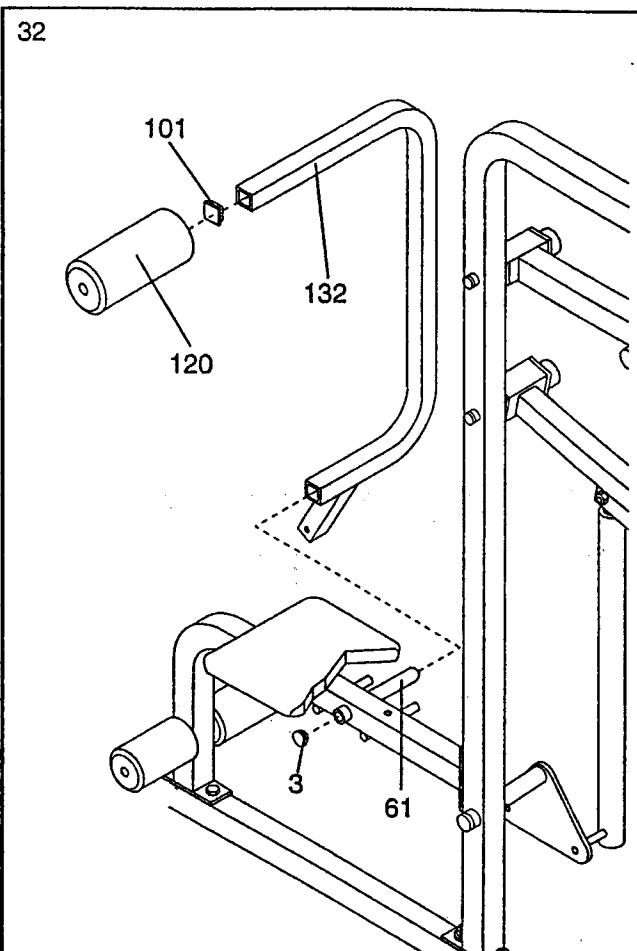


32. Press the 1 1/4" Inner Cap (101) into the Ab Arm (132).

Slide the Ab Arm onto the indicated axle on the Ab Seat Frame (61).

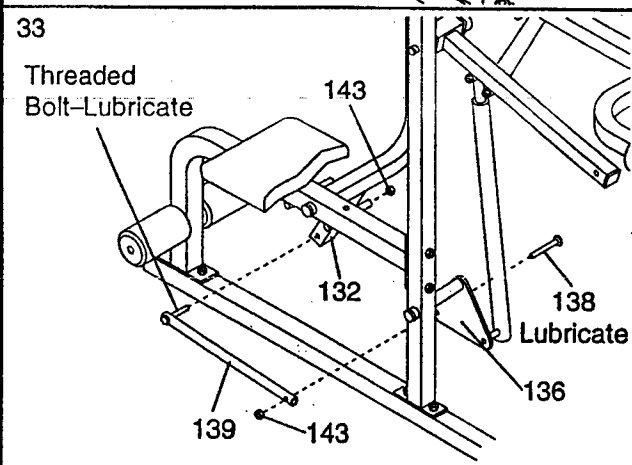
Wet the upper end of the Ab Arm (132) with soapy water. Slide the 9" Foam Pad (120) onto the Ab Arm.

Press a 7/8" Round Cap (3) into the indicated hole in the Ab Seat Frame (61).

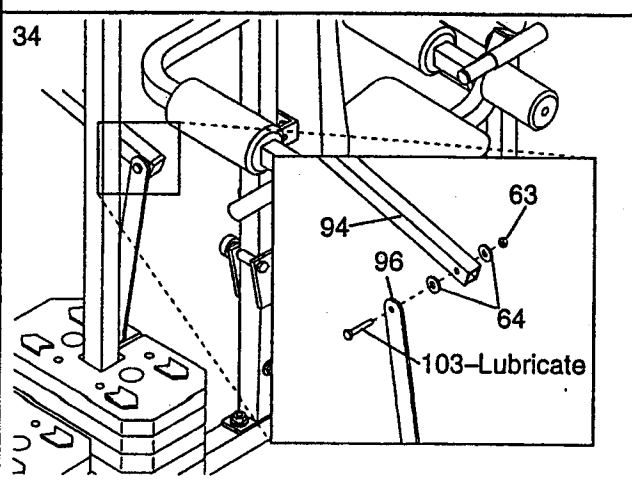


33. Lubricate the threaded bolt in the Small Link Tube (139). Insert the threaded bolt into the Ab Arm and tighten a 3/8" Jam Nut (143) onto the threaded bolt. Do not overtighten the 3/8" Jam Nut; the Small Link Tube must swivel freely.

Lubricate the 3/8" x 1 1/2" Bolt (138). Attach the other end of the Small Link Tube (139) to the Linkage Bracket (136) with the 3/8" x 1 1/2" Bolt and a 3/8" Jam Nut (143). Do not overtighten the 3/8" Jam Nut; the Small link Tube must swivel freely.

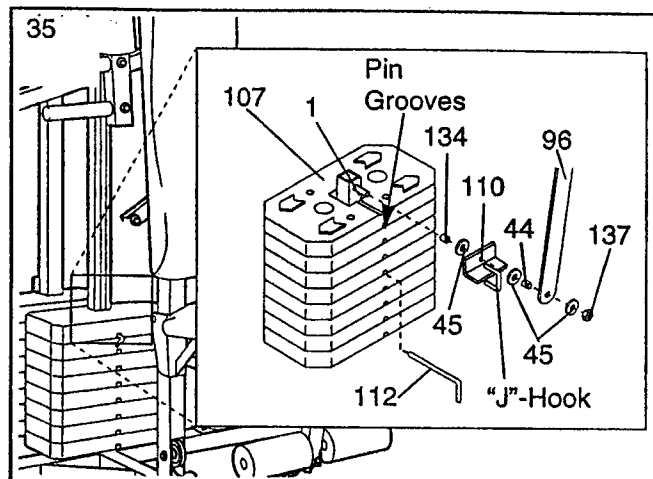


34. Lubricate the 3/8" x 2 1/2" Carriage Bolt (103). Attach the Link Arm (96) to the Lever (94) with the Carriage Bolt, two 3/8" Flat Washers (64), and a 3/8" Nylock Nut (63). Do not overtighten the 3/8" Nylock Nut; the Link Arm must swivel freely.



35. Insert an "L"-Pin (112) under the desired (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.

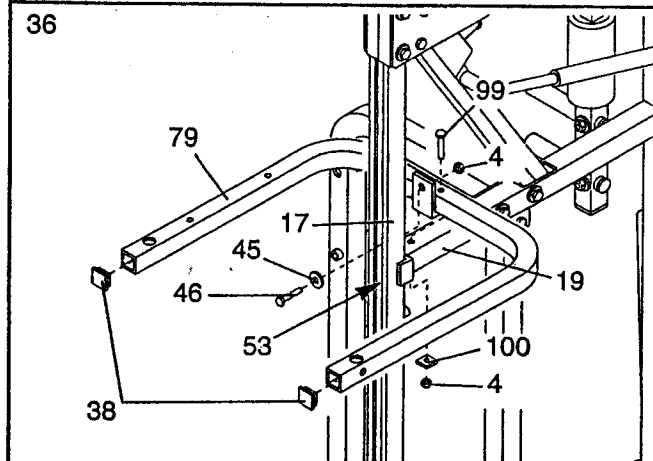
Slide a 1/2" x 7/16" Bushing (134), a 5/16" Flat Washer (45), a Weight Bracket (110), another 5/16" Flat Washer (45) and the 1/2" x 1/4" Bushing (44) onto the indicated 5/16" x 2 1/2" Carriage Bolt (1). The "J"-hook on the Weight Bracket must be inserted into the pin groove under the top Weight. Slide the Link Arm (96) and another 5/16" Flat Washer (45) onto the Carriage Bolt. Tighten the 5/16" Jam Nut (137) onto the Carriage Bolt.



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

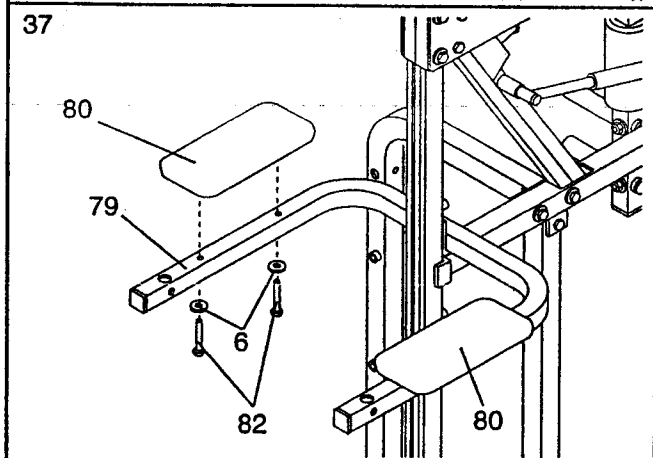
Loosen the 5/16" x 1 3/4" Screw (53). Attach the VKR Frame (79) to the Front Upright (19) with the 5/16" x 3" Bolt (99), the Square Washer (100) and a 5/16" Nylock Nut (4). Do not tighten the Nylock Nut yet. Attach the VKR Frame to the Rear Upright (17) with the 5/16" x 3/4" Bolt (46) and a 5/16" Nylock Nut (4).

Tighten the 5/16" x 1 3/4" Screw (53) and the two 5/16" Nylock Nuts (4) used in this step.



37. 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).

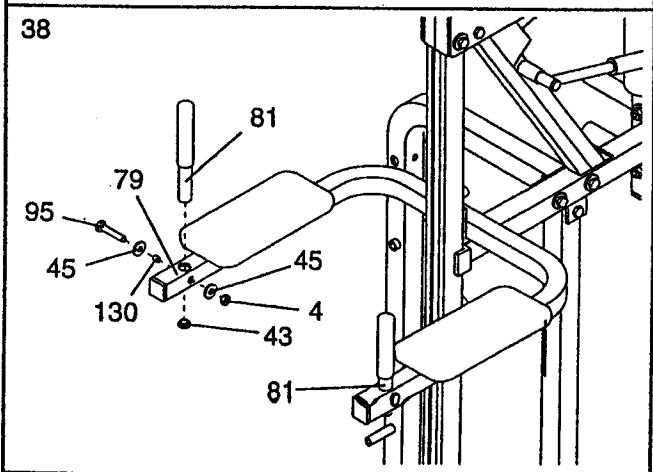
Attach a VKR Armrest (80) to the other side of the VKR Frame (79) in the same manner.



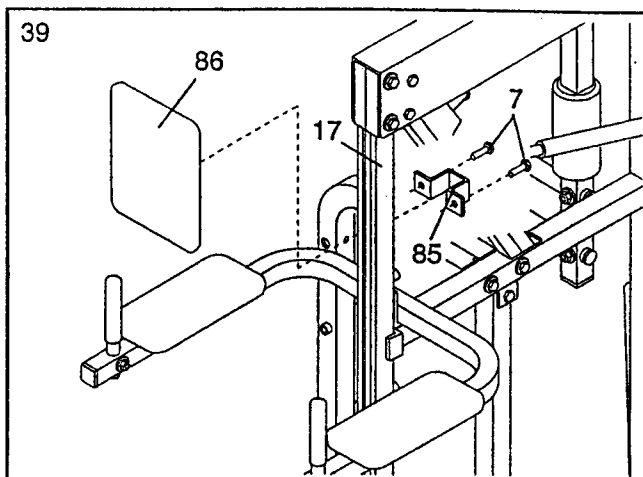
38. Insert a Long Handle (81) into one side of the VKR Frame (79). Slide a 5/16" Flat Washer (45) and a 1/2" x 5/16" Bushing (130) onto a 5/16" x 2" Bolt (95). Insert the Bolt through the VKR Frame and the Long Handle. Slide another 5/16" Flat Washer (45) onto the Bolt and tighten a 5/16" Nylock Nut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

Press a 1" Round Cap (43) into the Long Handle (81).

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

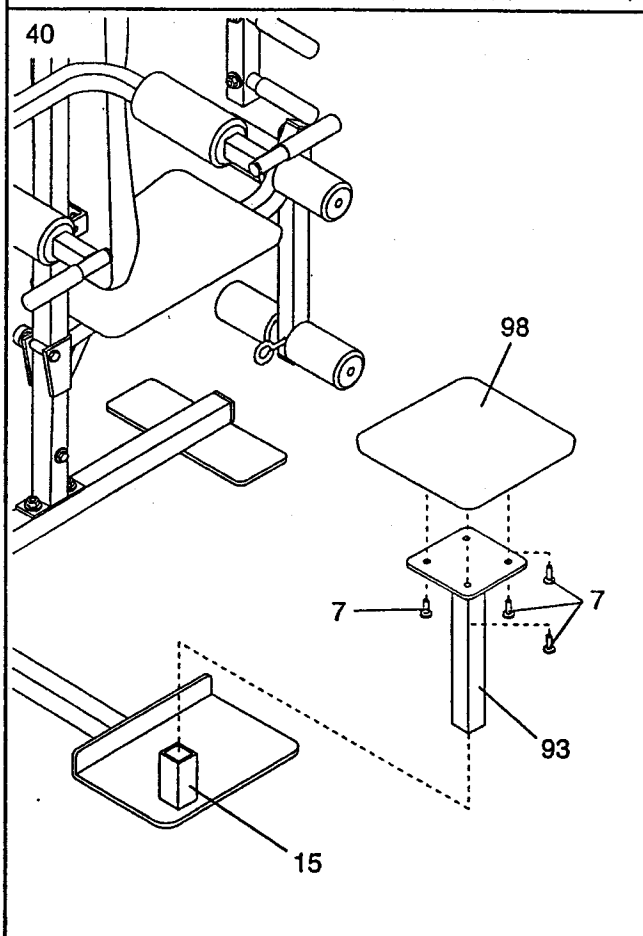


39. Attach the Small Backrest (86) to the Rear Upright (17) with the Small Backrest Bracket (85) and two 1/4" x 3/4" Screws (7).

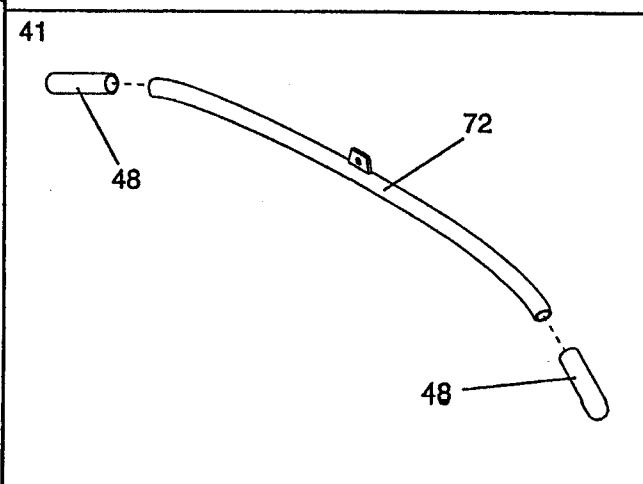


40. Attach the Military Press Seat (98) to the Seat Post (93) with four 1/4" x 3/4" Screws (7).

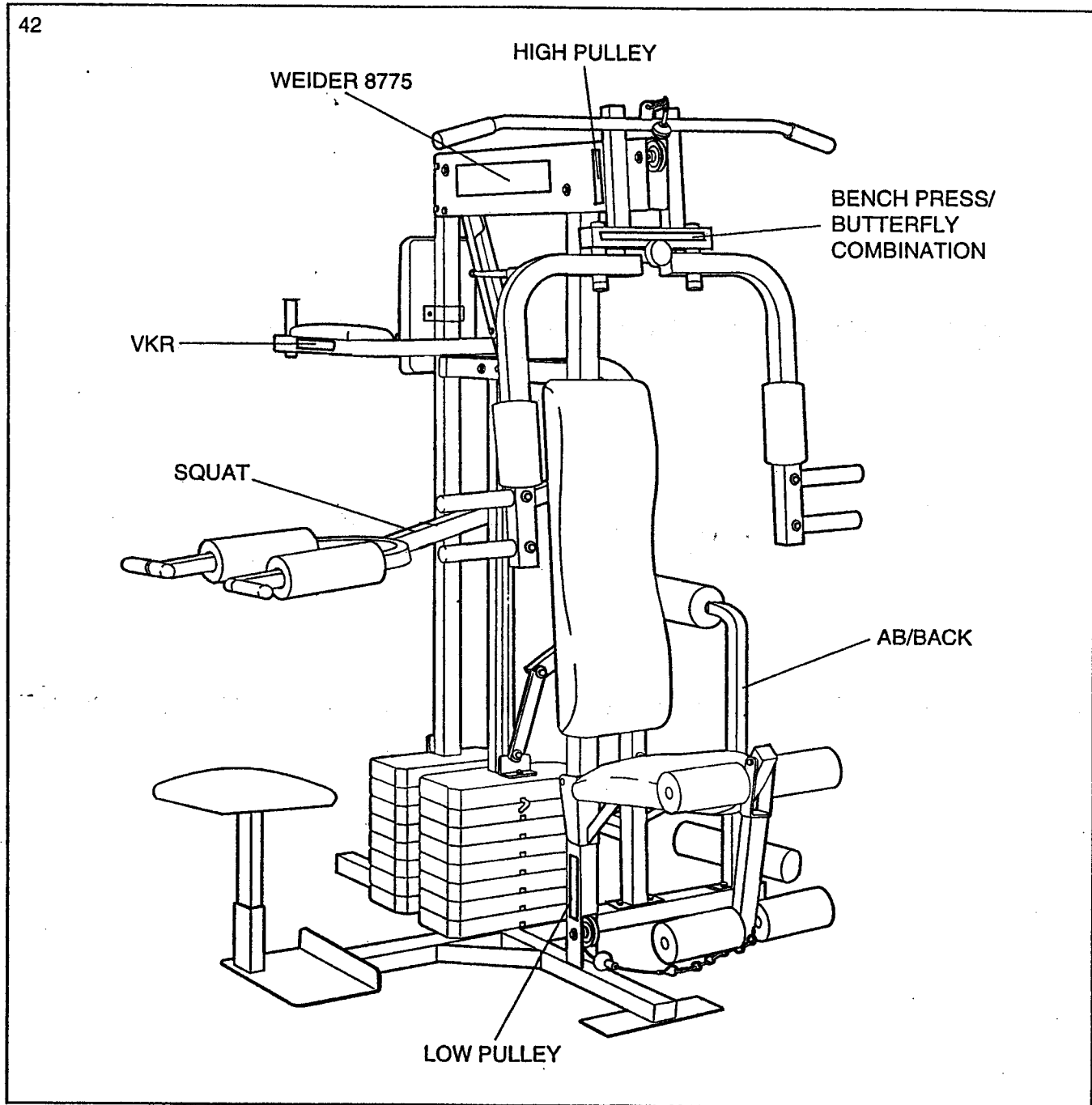
Insert the Seat Post (93) into the socket on the Base (15).



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



42. 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.



43. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 18 of this owner's manual.
44. 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.**

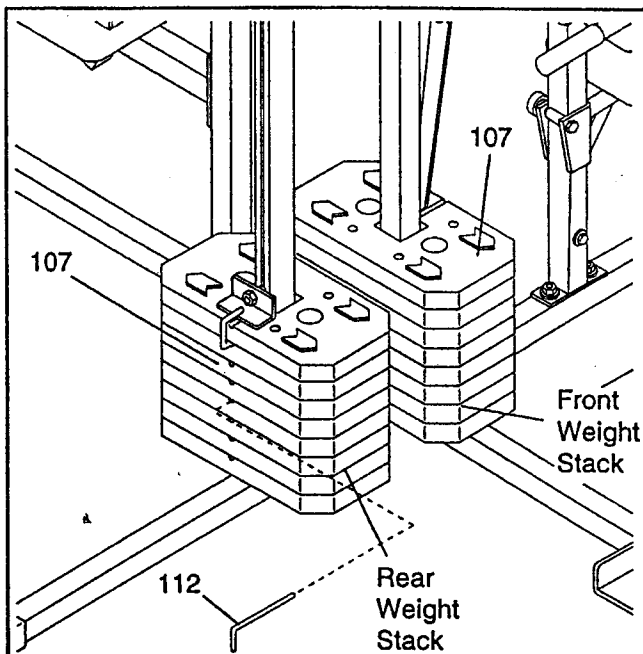
ADJUSTMENT

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

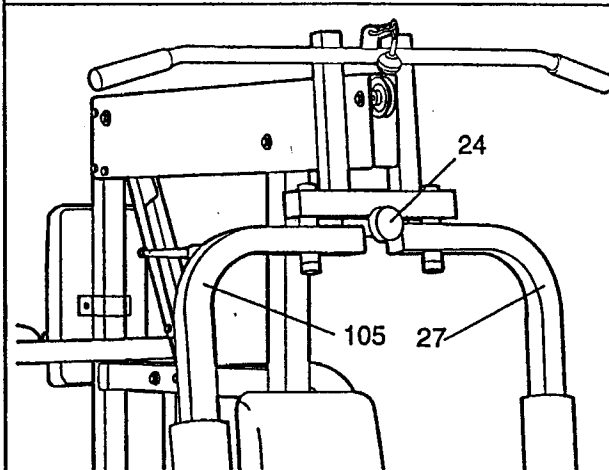
The hard drive system features dual weight stacks to allow two people to exercise at the same time. The rear weight stack is connected to the high pulley station, the low pulley station and the arms; the front weight stack is connected to the ab arm and the military press/squat arm.

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.



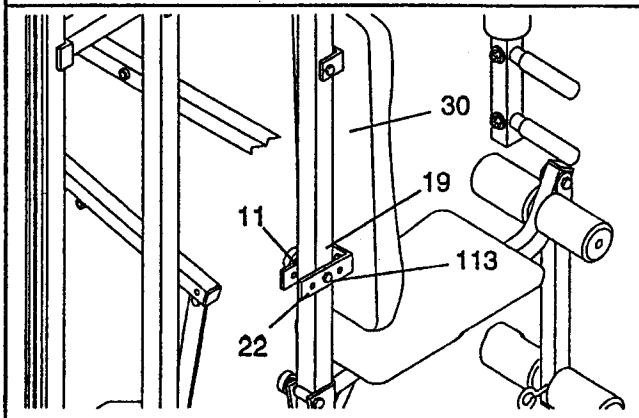
CHANGING THE ARMS TO THE BUTTERFLY MODE OR THE PRESS MODE

The Left and Right Arms (27, 105) 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.



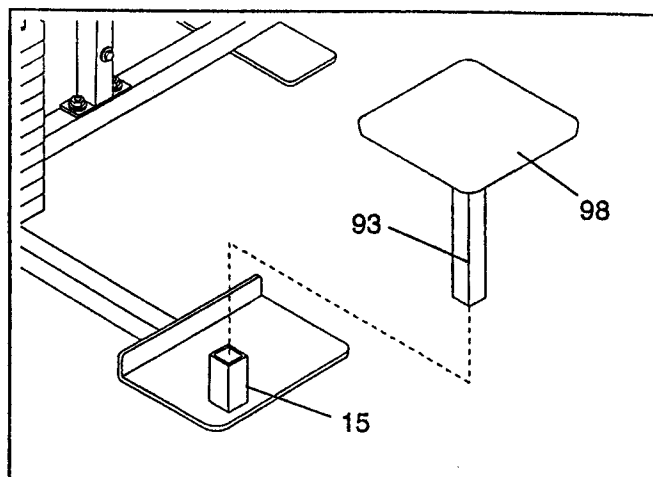
ADJUSTING THE BACKREST

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.



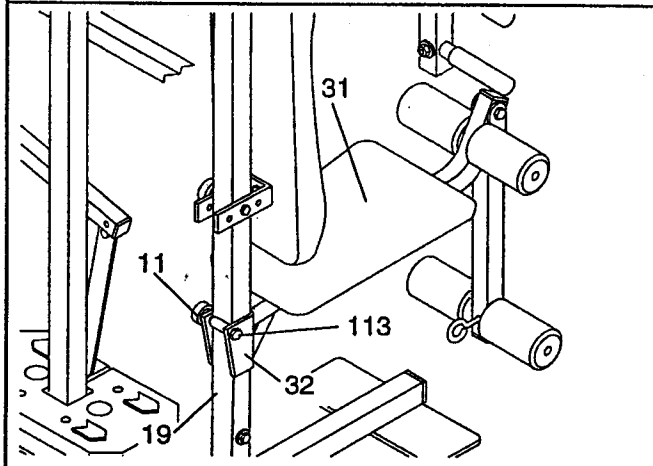
ATTACHING AND REMOVING THE MILITARY PRESS SEAT

To perform the MILITARY PRESS exercise, the Military Press Seat (98) must be attached to the Base (15). Slide the Seat Post (93) into the indicated socket on the Base. To perform the SQUAT exercise, remove the Seat from the Base.



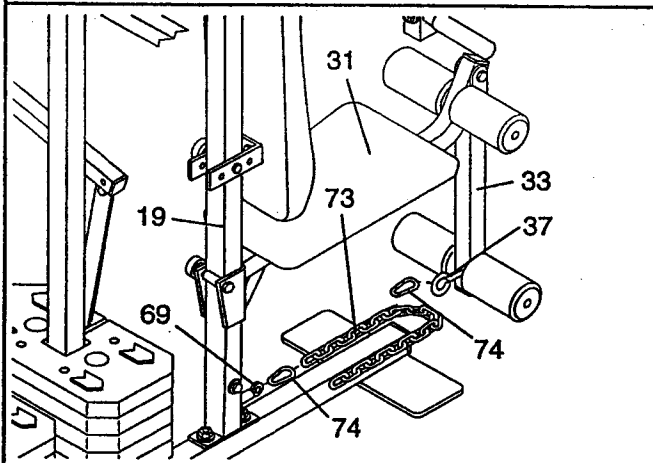
ATTACHING AND REMOVING THE SEAT

To attach the Seat (31), to the Front Upright (19), 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" Bolt (113) through the Seat Frame and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt. 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

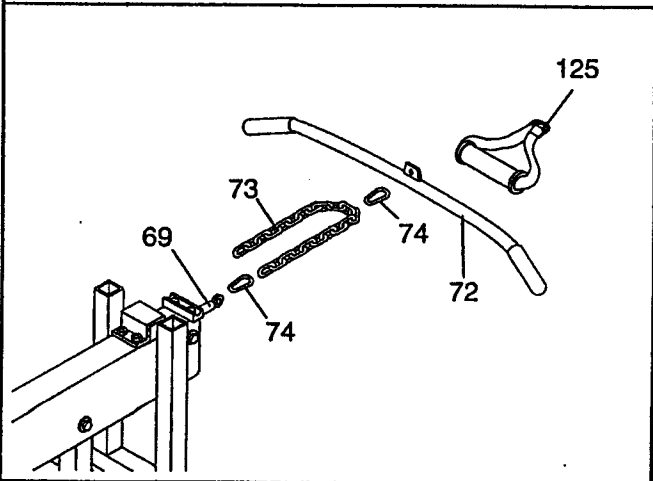
To use the Leg Lever (33), the Seat (31) must be attached to the Front Upright (19) (see ATTACHING AND REMOVING THE SEAT above). Attach one end of the Chain (73) to the Pulley Cable (69) with a Cable Clip (74). Attach the other end of the Chain to the 5/16" x 2" Eyebolt (37) on the Leg Lever with a Cable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

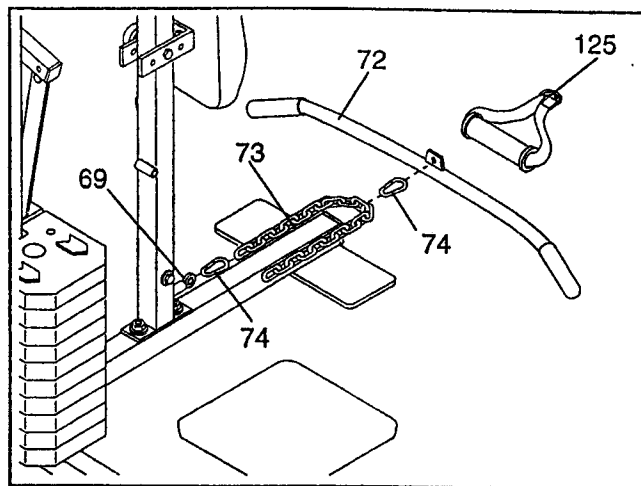
The Nylon Strap (125) can be attached in the same manner.



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.



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

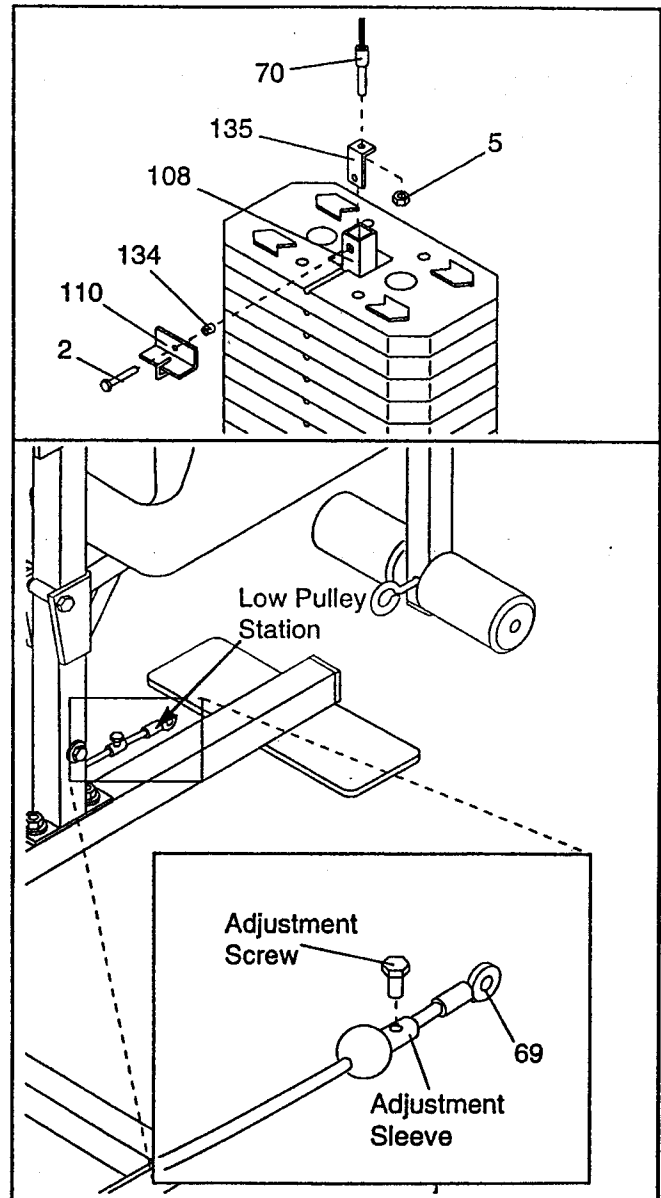
Woven cable, the type of cable used on the hard drive system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Follow the instructions below to tighten the cables.

Remove the 5/16" x 1 1/4" Bolt (2), Weight Bracket (110) and 1/2" x 7/16" Bushing (134) from the Weight Tube (108) in the rear weight stack. Remove the Cable Bracket (135) from the Weight Tube. Tighten the 1/4" Nylock Nut (5) 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 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.

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 by following the instructions above, see the instructions below.



NOTES

NOTES

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 (WG87750).
2. The NAME of the product (WEIDER® 8775 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.

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