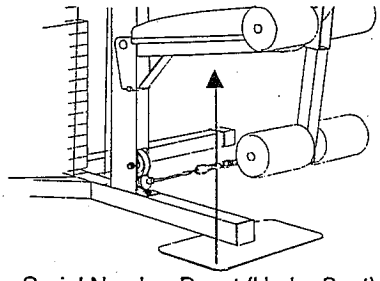
WEIDER 8925

HARD DRIVE SYSTEM

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

Model No. WG89250

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.

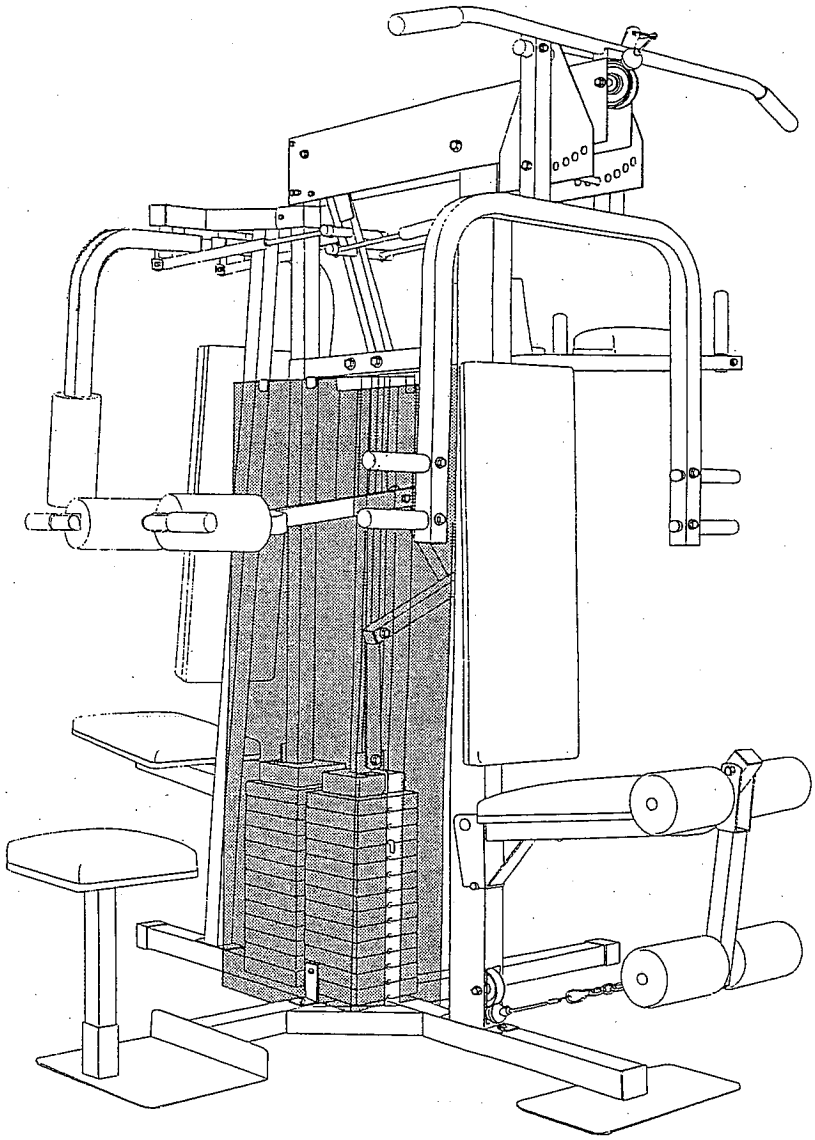
CUSTOMER HOT LINE:
1-800-225-0653
Mon.–Fri., 6 a.m.–6 p.m. MST

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®

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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 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 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, military press/squat arm, ab arm, lat bar or nylon strap while weights are raised. The weight 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 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.

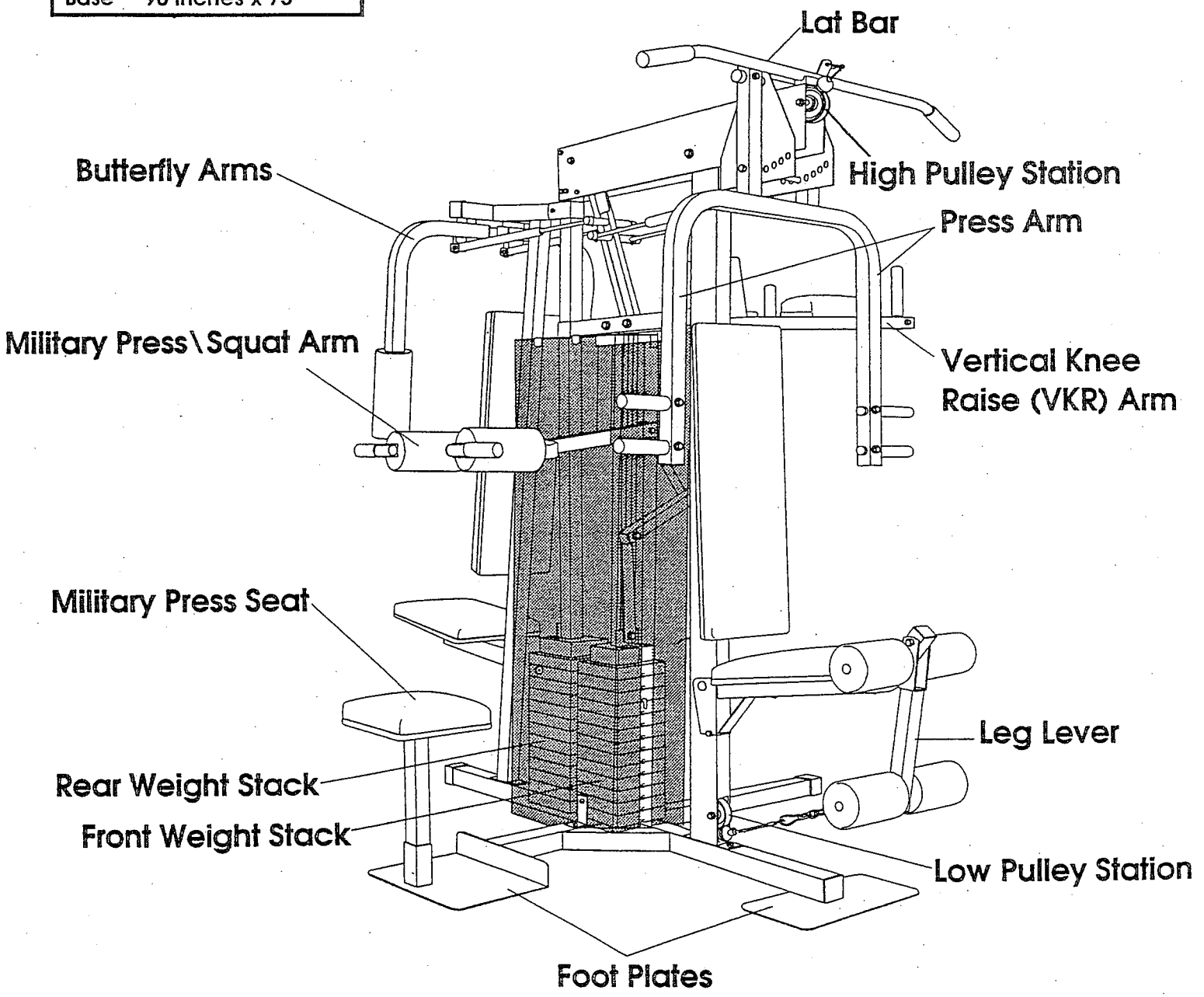
WARNING: Before beginning the or any exercise program, consult your physician. This is especially important fro persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER ® 8925 Hard Drive System. The WEIDER 8925 offers an impressive array of weight stations designed to develop every major muscle group o f the body. Whether your goal is to tone you body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER 8925 will help you to achieve the specific results you want.

For you safety and benefit, read this manual carefully before using the WEIDER 8925 Hard Drive System. If you have additional questions, please call our Customer Service Department toll-free at 1-800-225-0653, note the product model number and serial number before calling. The model number is WG89250. The serial number can be found on a decal attached to the 8925 (see the front cover of this owner's manual).

ASSEMBLED DIMENSIONS:
Height 74 inches
Base 90 inches x 75



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 part 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, a flat head screwdriver, and two rubber mallets. Grease and a small bowl of soapy water are also needed.

1. Begin by pressing 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 that the small hole near the Welded bracket is to the top.

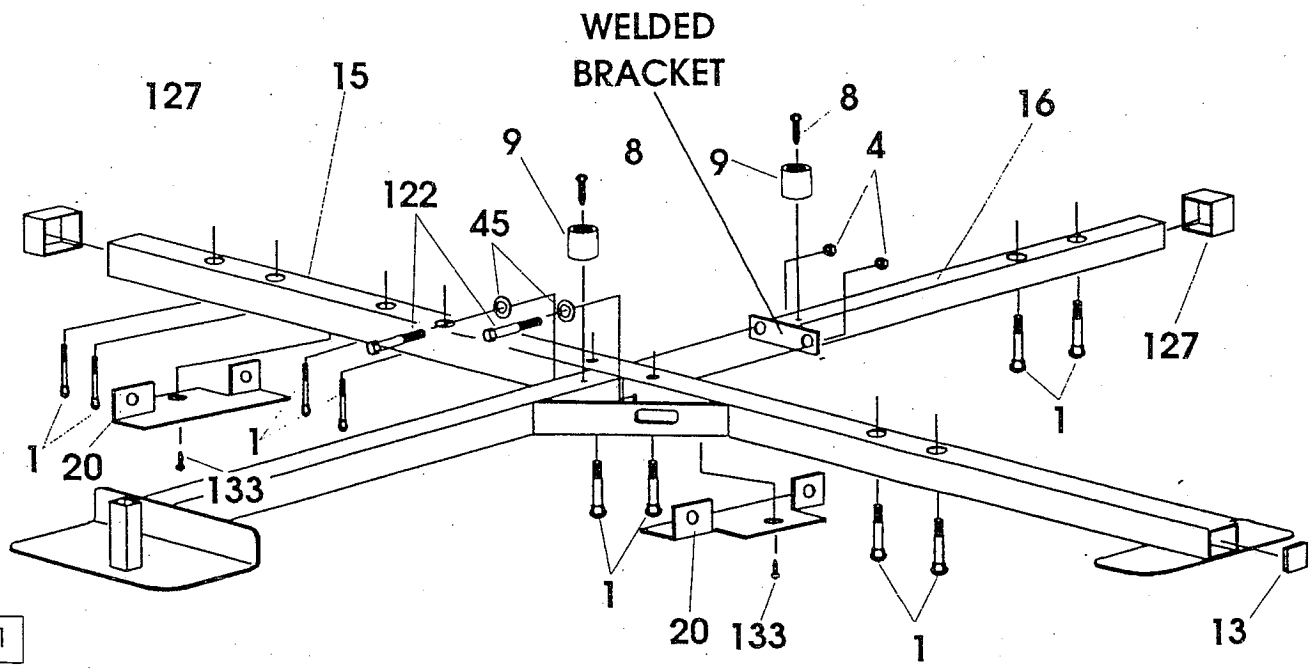
   Assemble the BASE SHROUD BRACKETS (20) to the bottom of the BASE (15). Position one Bracket on the leg of the Base which has NO Flat Bracket. Place the Bracket at the hole location between the two sets of holes and also position the Bracket so that the longer flat side is toward the inside of the unit. Secure in place using a #8 X 1/2" SELF TAPPING SCREW (133) to bolt up through the bottom of the Bracket and into the bottom of the Base. Position the second Shroud Bracket on the opposite side of the intersection of the legs of the Base between the intersection and the welded corner bracket. Position the Bracket with the long flat side on the inside of the unit. Secure in place with a #8 X 1/2" SELF TAPPING SCREW (133), bolting up through the bottom of the Bracket and into the bottom of the Base.

   Insert eight 5/16" X 2 1/2" CARRIAGE BOLTS (1) up through the bottom of 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) by first assembling 5/16" FLAT WASHERS (45) onto two 5/16" X 2 3/4" BOLTS (122) and then bolting through the Base and into the Welded Bracket of the Stabilizer. Secure with 5/16" NYLON LOCK NUTS (4).

   Attach a RUBBER BUMPER (9) to the top of the BASE (15) in the hole location near the intersection of the Base Legs. Use a 1 1/4" TAP SCREW (8) to bolt down through the Rubber Bumper and into the Base.

   Attach a RUBBER BUMPER (9) to the top of the STABILIZER (16) in the hole located near the Welded Bracket using a 1 1/4" TAP SCREW (8).



1

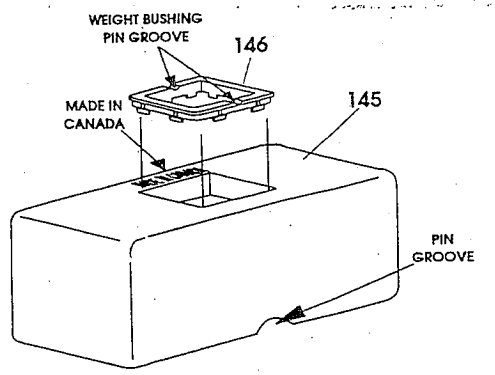
2. Assemble the CENTER UPRIGHT (18) onto the two 5/16" X 2 1/2" CARRIAGE BOLTS (1) previously assembled in the BASE (15) at the intersection of the Base and STABILIZER (16) making sure to assemble the open slot in the Center Upright in the direction of the smaller Flat Bracket on the Base. Secure with two 5/16" NYLON LOCK NUTS (4).

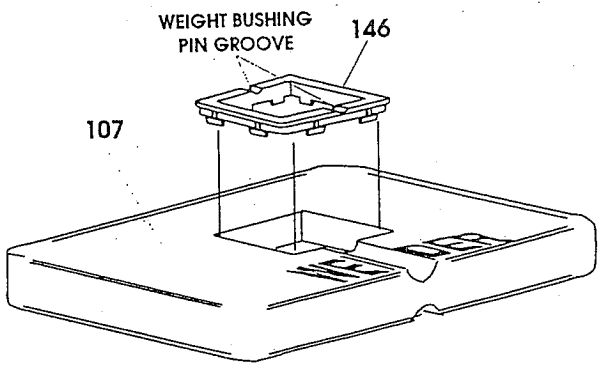
The Weight Stack will have thirteen 10 LB. WEIGHTS (107) and one 20 LB. WEIGHT (145). However, at this time press Into the top of all 26 of the 10 LB Weights and the two 20 LB. Weights, a WEIGHT BUSHING (146). Note that "Weider" is cast in the top of the 10 Lb. Weights and "Made in Canada" in the 20 LB. Weight. NOTE THAT THE WEIGHT BUSHINGS HAVE A PIN GROVE ALSO AND THIS PIN GROVE SHOULD BE INSTALLED INTO THE WEIGHT PIN GROVE.

Working with one Weight at a time, slide thirteen 10 LB. WEIGHTS (107) and one 20 LB. WEIGHT (145) onto the CENTER UPRIGHT (18), making sure that the cast logos are to the top and that the Pin Groove in the top of each Weight is on the same side of the Center Upright as the open slot.

Insert a 5/16" X 2 1/2" CARRIAGE BOLT (1) through the hole in the top of the WEIGHT TUBE (108).

Assemble four ROLLERS (109) onto the Short Pins on the sides of the WEIGHT TUBE (108), making sure that the collar of each Roller is facing the Weight Tube (See Detail A). Slide the Weight Tube down into the CENTER UPRIGHT (18), making sure that the Weight Tube is turned so that 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 open slot.





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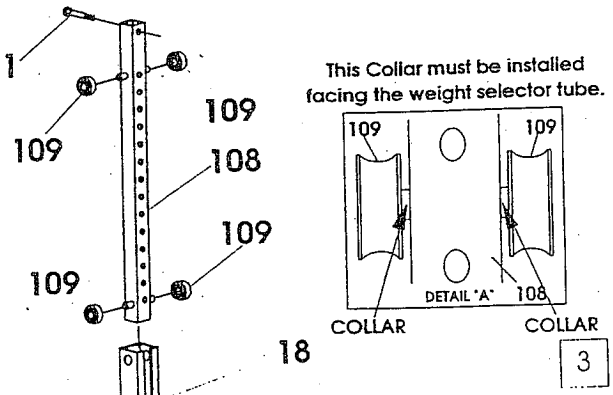

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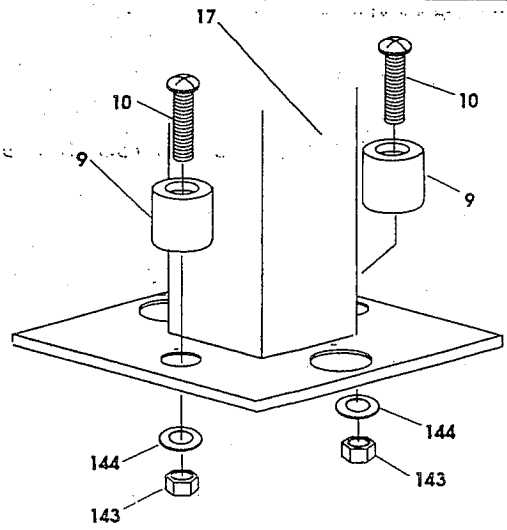
3. Assemble two RUBBER BUMPERS (9) to the smaller hole locations on the top of the Welded Bracket at the bottom of the REAR UPRIGHT (17), using two #8-32 SCREWS (10) to bolt down through the Bumpers and then through the Bracket of the Upright. Assemble a #8 WASHER (144) onto each Bolt and then secure with #8-32 NUTS (143).



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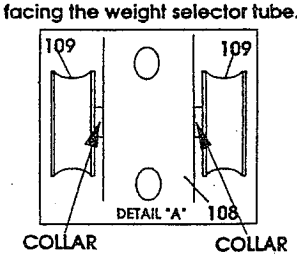
Assemble the REAR UPRIGHT (17) onto the two inner 5/16" X 2 1/2" CARRIAGE BOLTS (1) previously assembled into the end of the BASE (15) with NO Flat Bracket. Make sure the Rear Upright is positioned with the Open Slot facing away from the center of the unit. Secure the Upright with two 5/16" NYLON LOCK NUTS (4).

The Weight Stack will have thirteen 10 LB. WEIGHTS (107) and one 20 LB. WEIGHT (145). Into the top of each of the 10 and 20 LB. Weights, press a WEIGHT BUSHING (146). Note again that "Weider" is cast in the top of the 10 LB. Weights and "Made in Canada" in the 20 LB. Weight.

Working with one Weight at a time, slide thirteen 10 LB. WEIGHTS (107) onto the REAR UPRIGHT (17), making sure that the "Weider" logo is on top and that the Pin Groove in the top of the Weights is on the same side of the Rear Upright as the Open Slot.

Assemble four ROLLERS (109) onto the Short Pins on a WEIGHT TUBE (108), making sure that the collar of each Roller is facing the Weight Tube (See Detail A). Slide the Weight Tube down into the top of the REAR UPRIGHT (17)



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4. Assemble the FRONT UPRIGHT (19) onto the two 5/16" X 2 1/2" CARRIAGE BOLTS (1) previously assembled in the BASE (1) leg with the smaller Welded Flat Bracket. DO NOT secure at this time. Insert the end of the WEIGHT CABLE (70) down into the top of the REAR UPRIGHT (17).

Assemble the UPRIGHT BRACKETS (84) around and behind the hole locations on the upper REAR UPRIGHT (17) and then assemble the upper FRONT UPRIGHT (19) over the top of the Rear Upright, positioning the Brackets between the two Uprights. Align the bolt holes. Assemble 5/16" FLAT WASHERS (45) onto two 5/16" X 3 1/4" BOLTS (115) and then bolt through the Front Upright, the Upright Brackets and the Rear Upright. NOTE: Make sure the WEIGHT CABLE (70) is positioned behind the Bolts. Assemble another 5/16" FLAT WASHER (45) onto each Bolt, followed with a 5/16" NYLON LOCK NUT (4). DO NOT tighten this assembly at the time.

(See insert drawing A.) Insert the threaded end of the WEIGHT CABLE (70) into the top of the CABLE BRACKET (135). Fasten a 1/4" NYLON LOCK NUT (5) about halfway up the threaded end of the Weight Cable.

(See insert drawing B.) Assemble a WEIGHT BRACKET (110) and a 1/2" X 7/16" BUSHING (134) onto a 5/16" X 1 1/4" BOLT (2). Insert the CABLE BRACKET (135) and CABLE (70) down into the top of the WEIGHT TUBE (108) inside the REAR UPRIGHT (17). Insert the 5/16" X 1 1/4" into the Weight Tube and on thread into the CABLE BRACKET (135), positioning the "J"-Hook on the WEIGHT BRACKET (110) into the Pin Groove under the top WEIGHT (145). Insert a WEIGHT SELECTOR PIN (112) into one of the Pin Groove and tighten the assembly.

Assemble a THIN RUBBER BUMPER (147) to the top and front of the FRONT UPRIGHT (19) with a #8 X 1/2" SELF TAPPING SCREW (133).

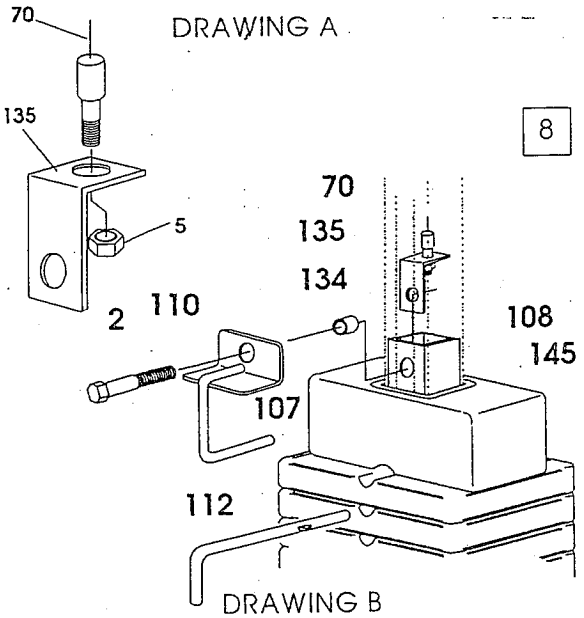
Attach the lower FRONT UPRIGHT (19) to the BASE (15) with two 5/16" NYLON LOCK NUTS (4). DO NOT tighten this assembly at this time.

Attach the FRONT UPRIGHT (19) to the CENTER UPRIGHT (18) using a 5/16" X 2 3/4" BOLT (122) to bolt through the Welded Brackets below the lower Cross-member of the Front Upright and through the hole at the top of the Center Upright. Fasten with a 5/16" NYLON LOCK NUT (4). DO NOT tighten at this time.

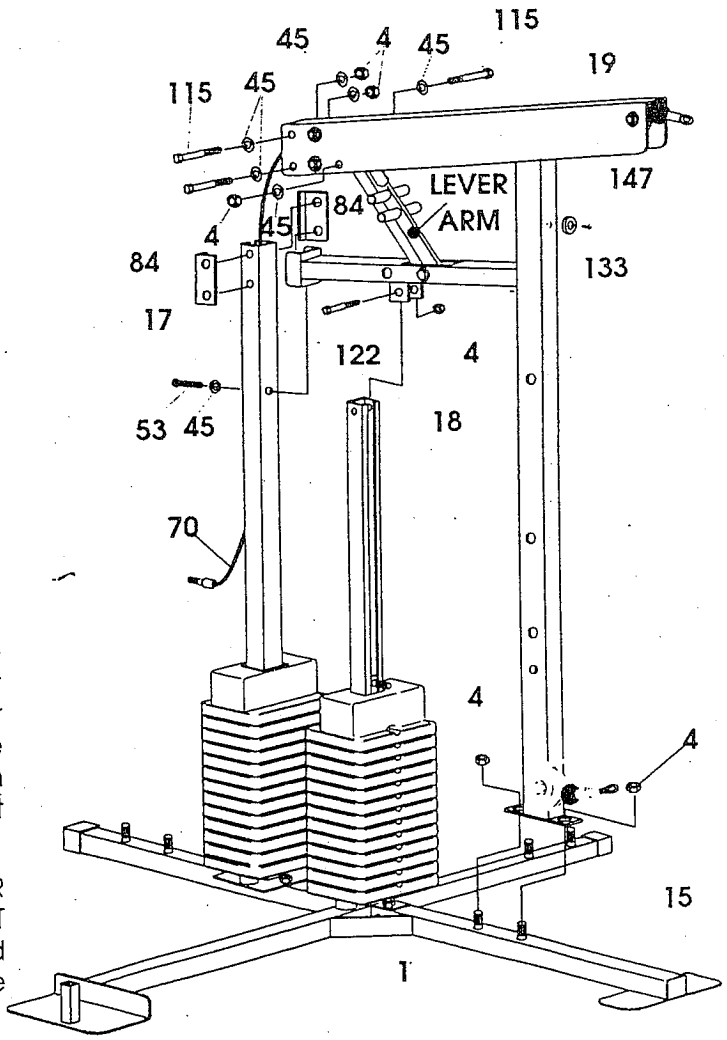
Assemble the FRONT UPRIGHT (19) to the REAR UPRIGHT (17) by first assembling a 5/16" FLAT WASHER (45) onto a 5/16" X 1 3/4" SCREW (53) and then bolting into the Rear Upright and then into the Cross-member of the Front Upright.

Assemble a 5/16" FLAT WASHER (45) onto a 5/16" X 3 1/4" BOLT (115) and insert in the hole behind the Lever Arm on FRONT UPRIGHT (19).

DRAWING A



DRAWING B



5. Press a 1 3/4" INNER CAP (29) into the top of the VAF UPRIGHT (97). Press 1" ROUND CAPS (43) into the shorter end of the Welded Tubes on the upper VAF Upright.

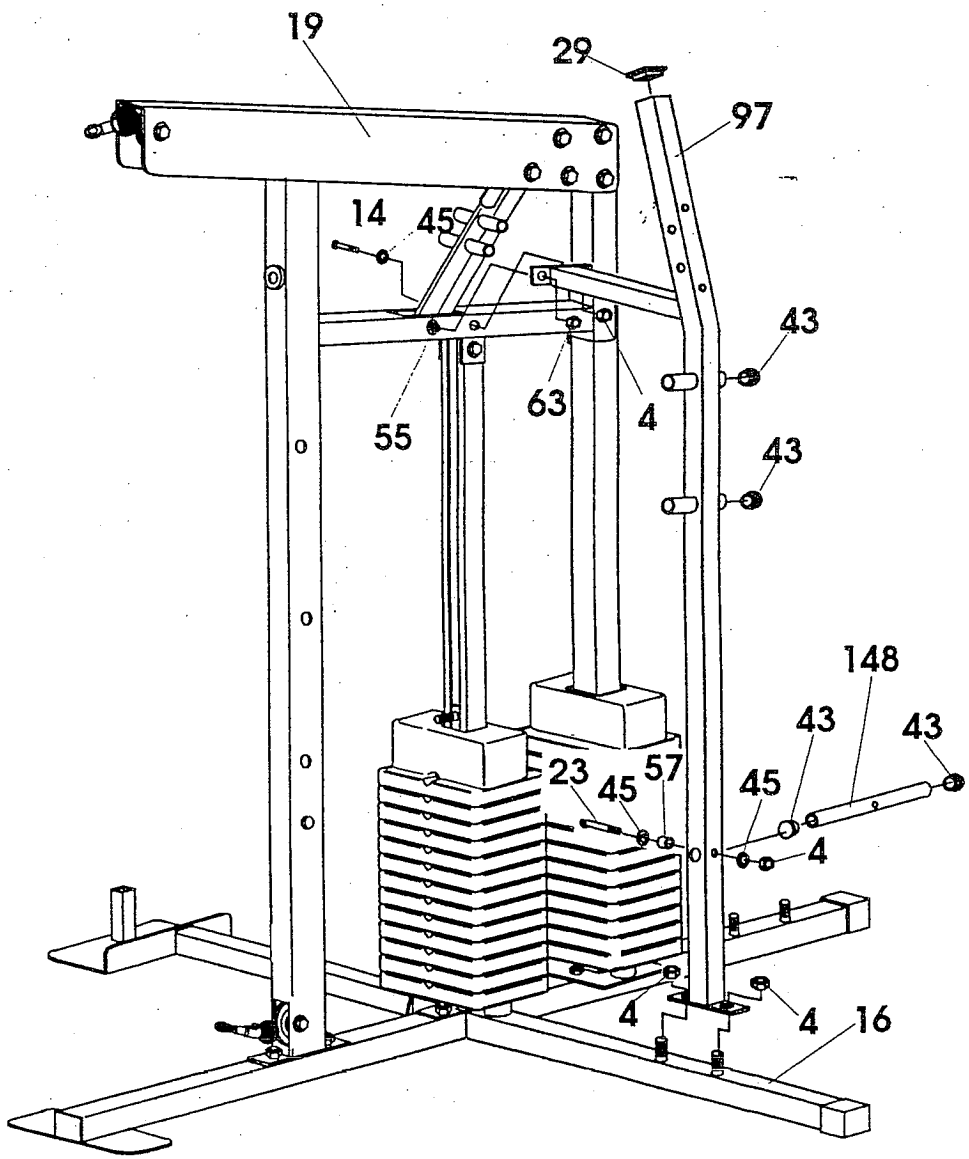
Remove the 3/8" NYLON LOCK NUT (63) from the pre-assembled 3/8" X 2 3/4" BOLT (55) in the lower Cross-member of the FRONT UPRIGHT (19). DO NOT remove the Bolt.

Assemble the VAF UPRIGHT (97) onto the pre-assembled 3/8" X 2 3/4" BOLT (55) in the Cross-member of the Front Upright and also onto the pre-assembled 5/16" X 2 1/2" CARRIAGE BOLTS (1) in the STABILIZER (16).

Re-assemble the 3/8" NYLON LOCK NUT (63) to the 3/8" X 2 3/4" bolt (55). Assemble a 5/16" FLAT WASHER (45) onto a 5/16" X 2 1/2" BOLT (14) and bolt through the remaining hole in the Cross-member of the FRONT UPRIGHT (19) and then into the Welded Bracket of the VAF UPRIGHT (97). Fasten with a 5/16" NYLON LOCK NUT (4). DO NOT tighten this assembly at this time. Attach the VAF Upright to the STABILIZER (16) with two 5/16" NYLON LOCK NUTS (4).

Tighten ALL Nylon Lock nuts used in the previous assembly steps - Steps 4-5.

Press 1" ROUND CAPS (43) into the ends of the STEPPER TUBE (148). Insert the STEPPER TUBE (148) into the hole location on the lower VAF UPRIGHT (97) . Assemble a 5/16" FLAT WASHER (45) and a 1/2" X 3/8" SPACER (57) onto a 5/16" X 2 1/4" BOLT (23) and then bolt through the back of the VAF Upright and the Pivot Tube. Assemble another 5/16" FLAT WASHER (45) onto the Bolt and secure with a 5/16" NYLON LOCK NUT (4).



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6. Press two 1 3/4" INNER CAPS (29) into the ends of the arms of the ARM PRESS (12).

Insert one 1 3/8" O.D. x 1" long PLASTIC BUSHING (149) into the outside of each weided bushing at the top of ARM PRESS SELECTOR (3). Assemble the ARM PRESS SELECTOR (3) to the inside and top of the ARM PRESS (12) by inserting the 11" ARM PRESS TUBE (104) through one side of the Arm Press and then through both Plates of the Arm Press Selector and finally through the oposite side of the Arm Press. Secure using two 5/16" x 2" BOLTS (95) to bolt through the large hole opening in the top and front of the Arm Press and then through the 11 " Arm Press Tube. Assemble a 5/16" NYLON LOCK NUTS (4). Press 1" COVER CAPS (100) onto the ends of the 11" ARM PRESS TUBE (104).

Press 3/4" PLUG CAPS (119-3/4 stamped inside) (36) into the large hole where the 5/16" X 2" Bolts (95) were assembled into the front of the ARM PRESS (12).

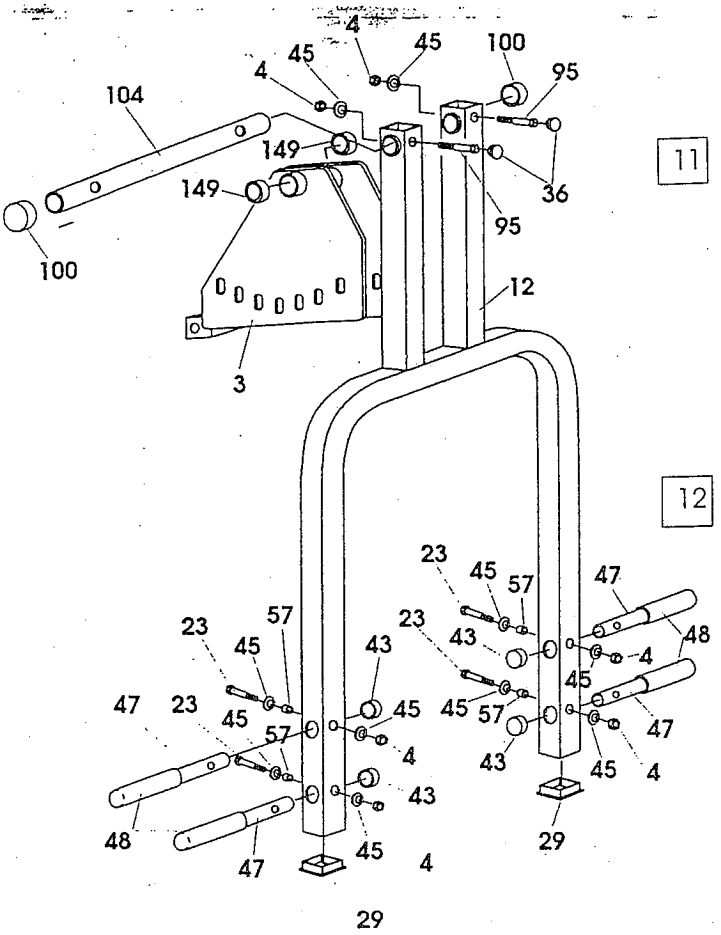
Assemble the SHORT HANDLES (47) into the lower ARM PRESS (12) arms. Attach each Short Handle by first asembling a 5/16" FLAT WASHER (45) and a 1/2" X 3/8" SPACER (57) onto each 5/16" X 2 1/4" BOLT (23) and then bolting through the front of the Arms and then through the Short Handle. Assemble another 5/16" FLAT WASHER (45) onto the Bolt and secure with 5/16" NYLON LOCK NUTS (4).

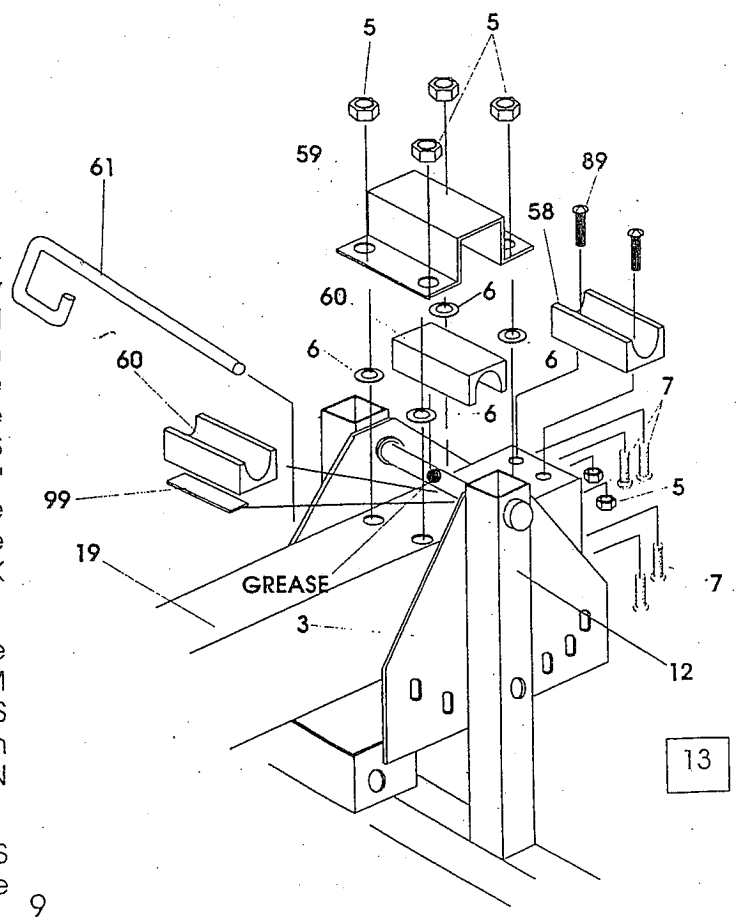
Press a 1" ROUND CAP (43) onto one end of each SHORT HANDLE (47).

Position four 1/4" FLAT WASHER (6) on top and at the front of the FRONT UPRIGHT (19) at the four bolt hole locations. Position a THIN METAL PLATE (99) between the Flat Washers. Apply grease to the 11" ARM PRESS TUBE (104) between the top of the ARM PRESS (12). Assemble the two ARM PRESS BUSHINGS (60) around the Tube and set this assembly onto the top and front of the Front Upright and onto the Thin Metal Plate, making sure to position the Arm Press with the Joining Bracket on the Selector Plates toward the inside of the unit. Place the ARM PRESS CAP (59) on top of the ARM PRESS BUSHINGS (60). Bolt in place using four 1/4" X 3/4" SCREWS (7) to bolt up through the bottom of the Front Upright, through the Flat Washers, and the Arm Press Cap. Secure with 1/4" NYLON LOCK NUTS (5).

Attach the BAR HOLDER (58) to the top of the FRONT UPRIGHT (19) and to the front of the ARM PRESS CAP (59) using two 1/4" X 3/4" TAPER SCREWS (89) to bolt down through the Bar Holder and then through the Front Upright. Secure with 1/4" NYLON LOCK NUTS (5).

Assemble the "J" PIN (61) into the upper ARM PRESS (12) and thorugh one of the hole settings in the ARM PRESS SELECTOR (3).

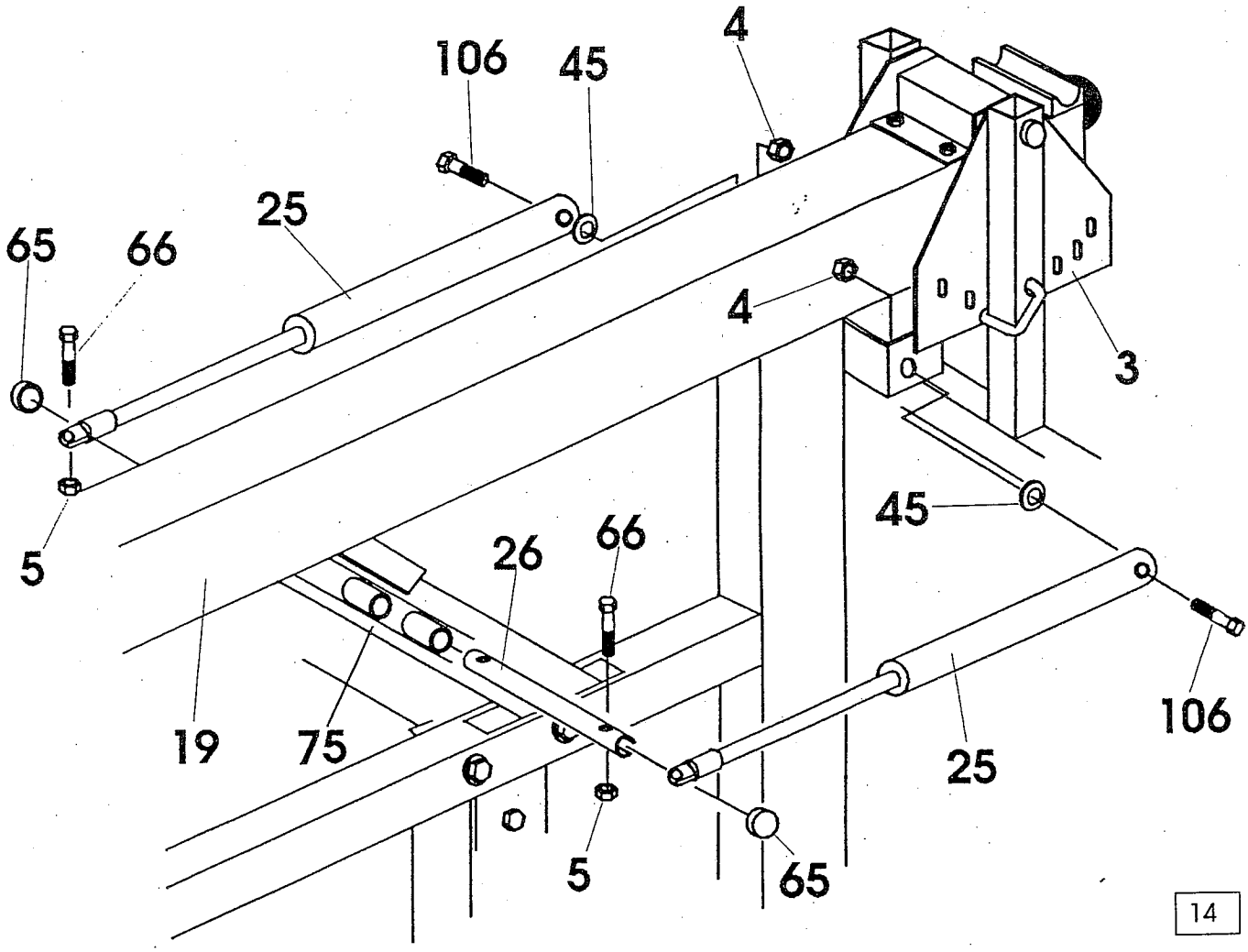




7. Attach the SHORT ARM SHOCKS (25) to the Welded Joining Bracket on the ARM PRESS SELECTOR (3), using 5/16" X 1 3/4" BOLTS (106) to bolt through the Shocks. Next, assemble 5/16" FLAT WASHERS (45) onto the Bolts and then continue now to bolt through the Bracket of the Arm Press Selector. Secure with 5/16" NYLON LOCK NUTS (4).

Insert the SHOCK BAR (26) into the LOWER Welded Tube on the PIVOT ARM (75). Center the Bar making sure the slotted side faces the front of the unit. Assemble the SHORT ARM SHOCKS (25) onto the Bar and secure using 1/4" X 1 1/4" BOLTS (66) and 1/4" NYLON LOCK NUTS (5).

Press 3/4" COVER CAPS (65) onto each end of the SHOCK BAR (26).



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8. 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).

Align the holes in the SMALL "U" BRACKET (21) with the upper 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" NYLON LOCK NUT (4).

Align one of the three sets of holes in the ADJUSTMENT BRACKET (22) with the lower 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.

Press a 1 1/2" INNER CAP (38) into the end of the SEAT FRAME (32).

Attach two SEAT BRACKETS (39) to the top of the SEAT FRAME (32) using 1/4" X 2 1/4" CARRIAGE BOLTS (40) to bolt down through the top of the Seat Frame. Assemble 1/4" FLAT WASHERS (6) onto the Bolts and secure with 1/4" NYLON LOCK NUTS (5).

Attach the SEAT (31) to the SEAT BRACKETS (39) making sure to align the narrow end of the Seat toward the Bracket on the Seat Frame. Secure using 1/4" X 3/4" SCREWS (7) to bolt up through the Brackets and into the Seat.

Press a 1 1/2" INNER CAP (38) into the bottom end of 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 a 5/16" NYLON LOCK NUT (4). DO NOT over tighten as the Leg Lever must pivot freely.

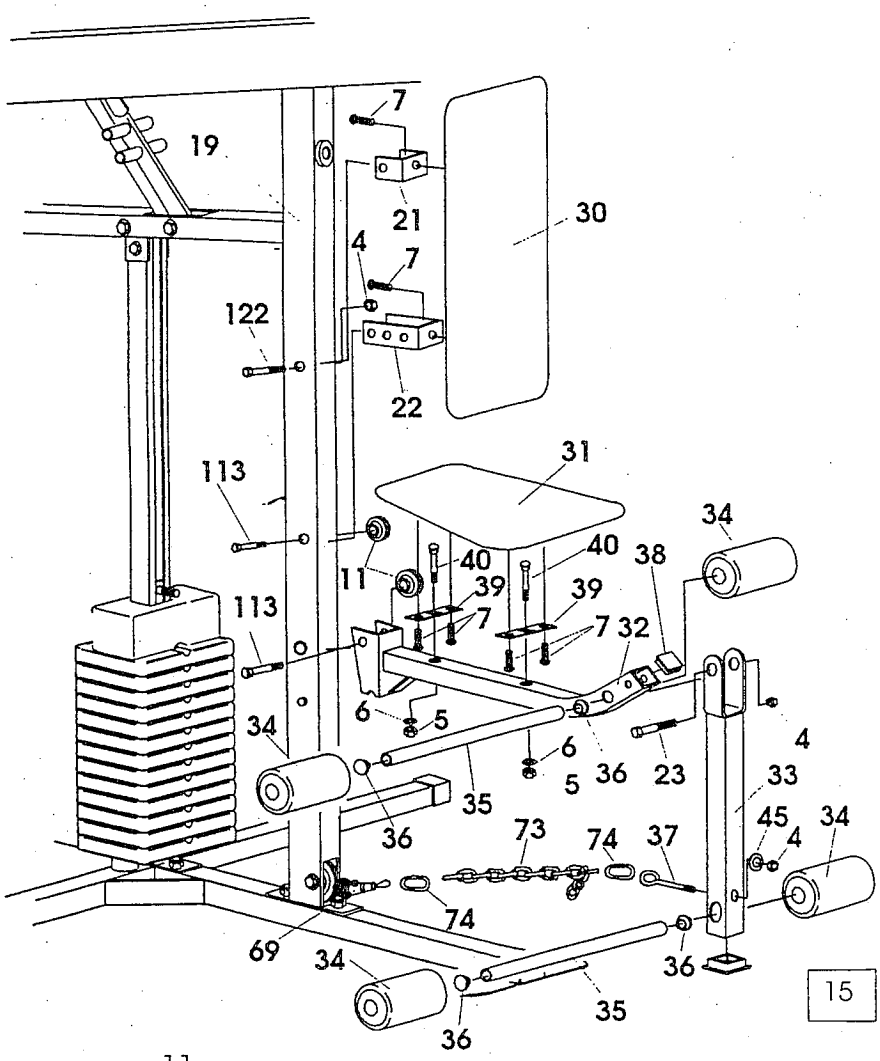
Insert the 5/16" X 2 1/2" EYEBOLT (37) through the back of the LEG LEVER (33). Slide a 5/16" FLAT WASHER (45) onto the Eyebolt and tighten a 5/16" NYLON LOCK NUT (4) onto the Eyebolt.

Press 3/4" ROUND CAPS (36) into the ends of two PAD TUBES (35).

Insert one PAD TUBE (35) into the access hole at the front of 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 lower LEG LEVER (33) and slide a 7" Foam Pad onto each end of it.

Position the Bracket on the SEAT FRAME (32) onto the Welded Pin on the lower FRONT UPRIGHT (19). Align the hole in the Bracket with the hole in the Upright and secure using a 5/16" X 2 3/4" CARRIAGE BOLT (113) to bolt through the Seat Frame and the Upright. Tighten a 5/16" KNOB (11) onto the Bolt.

Attach the Leg Lever to the Lower Pulley using two CABLE CLIPS (74) and the CHAIN (73). Adjust as desired.



9. Press 1 3/4" INNER CAPS (29) into ARM UPRIGHT TOPS FRAME (130). Assemble the ARM UPRIGHT TOP FRAME (130) to the top of the ARM UPRIGHT (138), making sure to orient the Welded Tubes on the Top Frame on the same side of the of the Upright as the lower Welded Seat Tube. Assemble 5/16" FLAT WASHERS (45) onto two 5/16" X 2 3/4" BOLTS (122) and bolt down through the top of the Top Frame and then through the top of the Upright. Secure in place with 5/16" NYLON LOCK NUTS (4).

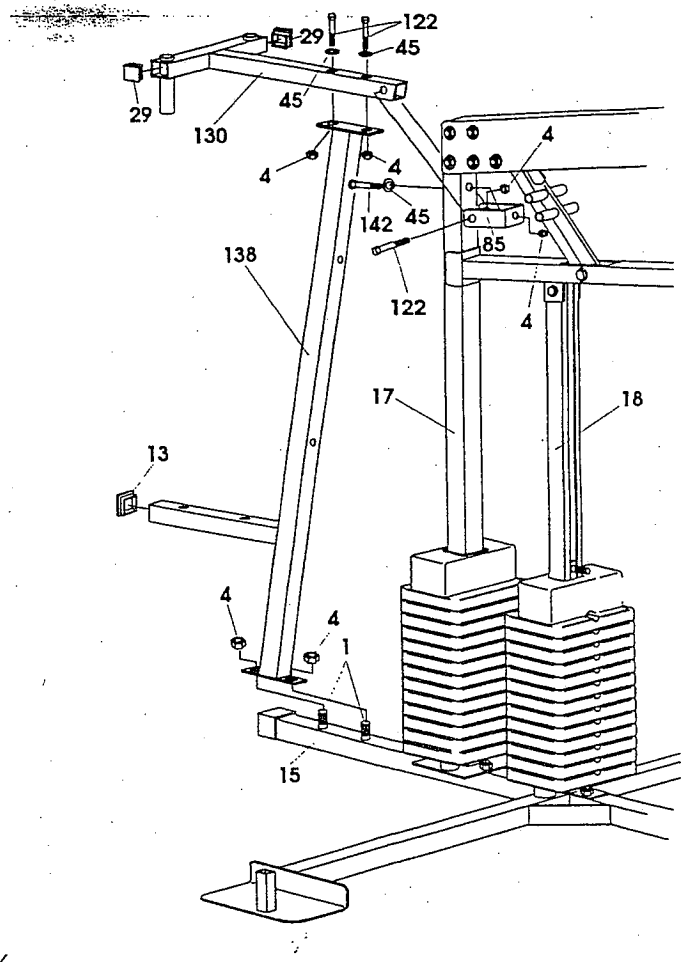
Attach the LONGER U-BRACKET (85) around and at the top of the REAR UPRIGHT (17) by first assembling a 5/16" FLAT WASHER (45) onto a 5/16" X 3/4" BOLT (154) and then bolting through the Open Slot of the Rear Upright and then through the Bracket. Secure with a 5/16" NYLON LOCK NUT (4).

Assemble the ARM UPRIGHT (138) onto the previously assembled 5/16" X 2 1/2" CARRIAGE BOLTS (1) in the BASE (15) behind the REAR UPRIGHT (17). Position; the upper Arm Upright into the LONGER U-BRACKET (85). Secure the Upright in the Bracket with a 5/16" X 2 3/4" BOLT (122) and a 5/16" NYLON LOCK NUT (4). Fasten the lower Arm Upright with two 5/16" NYLON LOCK NUTS (4) onto the Carriage Bolts but DO NOT over tighten at this time. Press 2" INNER CAP (13) into welded Seat Tube on ARM UPRIGHT (138).

Assemble the "L" SHROUD BRACKET (49) to the bottom of the Cross-member of the FRONT UPRIGHT (19), positioning the Bracket with the flat side containing the two holes facing the Front Upright. Secure the Bracket with a #8 X 1/2" SELF TAPPING SCREW (133).

Assemble the "U" SHROUD BRACKET (52) to the bottom of the Cross-member of the FRONT UPRIGHT (19), positioning the Bracket between the CENTER UPRIGHT (18) and the REAR UPRIGHT (17). Secure the Bracket with a #8 X 1/2" SELF TAPPING SCREW (133).

Assemble the ARM UPRIGHT BACKREST (41) to the ARM UPRIGHT (138) by first assembling a 1/4" FLAT WASHER (6) and the ARM PRESS SHROUD BRACKET (136) onto a 1/4" X 2 1/2" SCREW (54) and then bolting through the upper hole location in the of the Arm Upright and into the Backrest. Attach the lower Backrest by first assembling a 1/4" FLAT WASHER (6) onto a 1/4" X 2 1/2" SCREW (54) and then bolting through the back of the Upright and into the Backrest.



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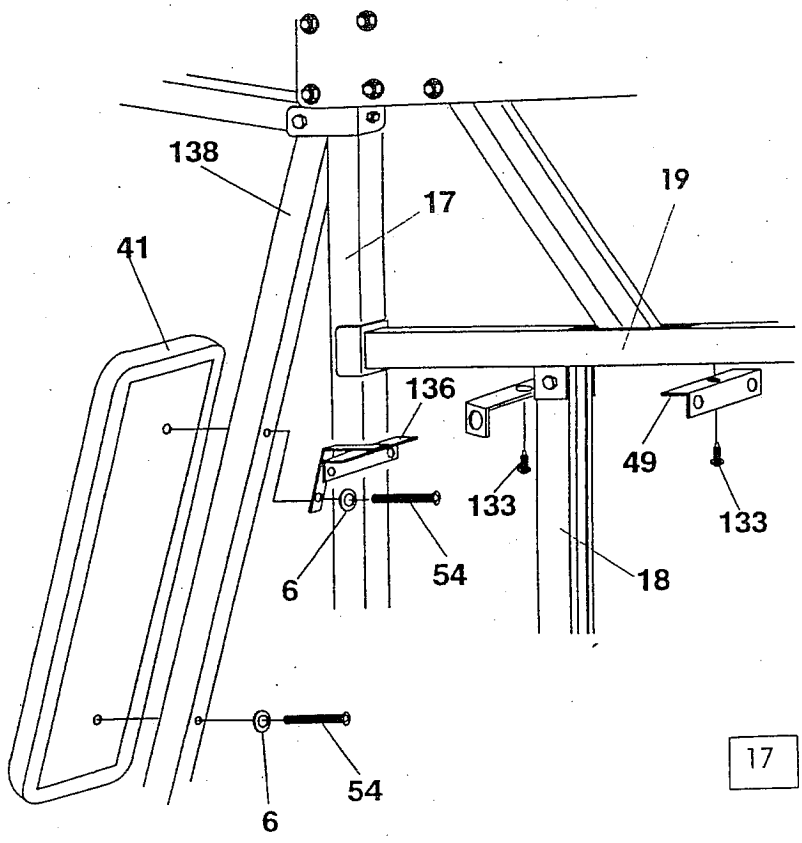


17

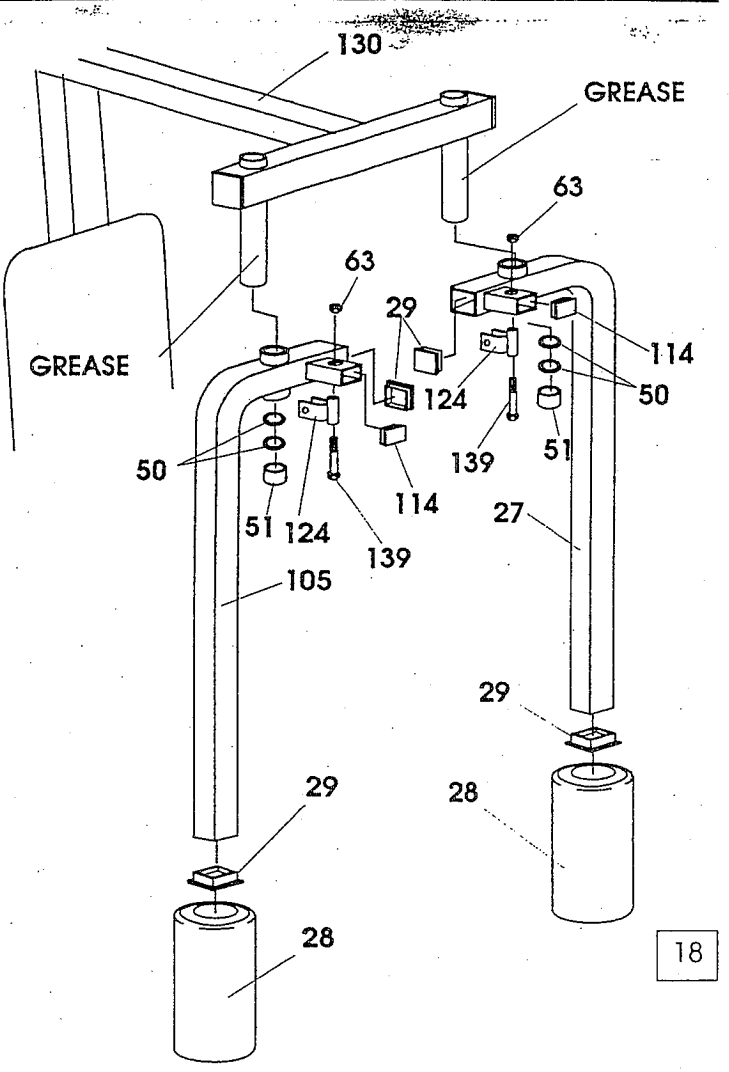
Cap each end of the LEFT ARM (27) and the RIGHT ARM (105) with 1 3/4" INNER CAPS (29). Cap the 1" X 2" Welded Tubes on the Arms with 1" X 2" INNER CAPS (114).

Press the LEFT ARM (27) and the RIGHT ARM (105) onto the Welded Pivot Tubes on the ARM UP-RIGHT MAST (130), making sure to position the Arms with the 1" X 2" Welded Tubes extended away from the unit. Secure the Arms onto the Pivot Tubes with two each 1" RETAINER RINGS (50) and cap the Tube end with a 1" PLASTIC CAP (51).

NOTE: The 1" Retainer Rings are made so that the teeth bend to one side. Align the Retainer Rings so that the teeth are pointed down. The 1" Plastic Cap can be used to help drive the Retainer Rings onto the Pivot Tubes. Align the Retainer Rings and Cap with the Pivot Tube and lightly drive the assembly in place with the aid of a mallet.

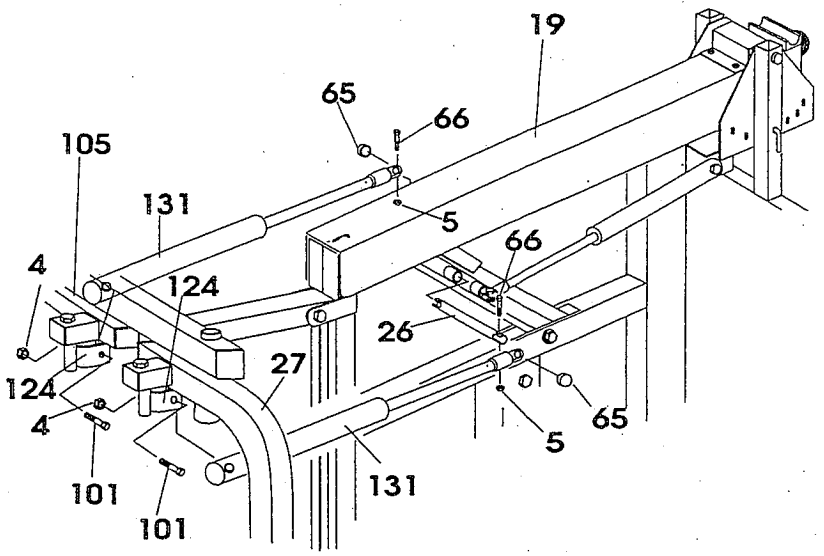
Slide the 8" FOAM PADS (28) onto the LEFT ARM (27) and the RIGHT ARM (105) and position them about half way up each Arm.

Assemble the ARM BRACKETS (124) to the 1" X 2" Welded Tubes on the LEFT and RIGHT ARMS (27) & (105), making sure to orient the Bracket with the longer portion of the round tube of the Bracket to the top. Secure in place using a 3/8" X 3 1/4" BOLT (139) to bolt up through the Bracket and into the bottom of the Welded Tubes. Secure with 3/8" NYLON LOCK NUTS (63).



18

Assemble the wider end of the LONG ARM SHOCKS (131) in the ARM BRACKETS (124) on the LEFT ARM (27) and the RIGHT ARM (105). Bolt in place using 5/16" X 1 3/4" BOLTS (101) and 5/16" NYLON LOCK NUTS (4).



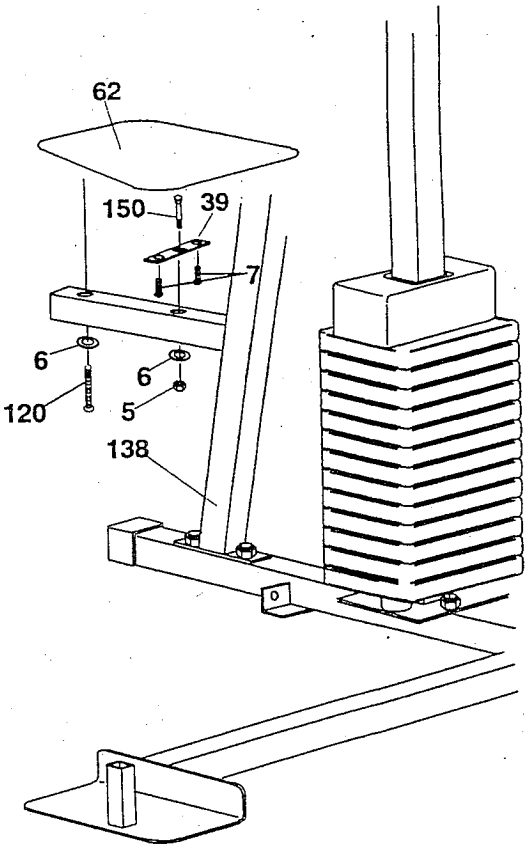
19

Insert the UPPER SHOCK BAR (26) into the UPPER Welded Tube on the PIVOT ARM (75) on the FRONT UPRIGHT (19). Center the Bar making sure the slotted side faces the Long Arm Shock. Assemble the Long Arm Shocks onto the Bar and secure using 1/4" X 1 1/4" BOLTS (66) and 1/4" NYLON LOCK NUTS (5).

Press 3/4" COVER CAP (65) onto each end of the SHOCK BAR (26).

Attach a SEAT BRACKET (39) to the rear hole of the Welded Tube on the lower ARM UPRIGHT (138), using a 1/4" X 2 1/2 " CARRIAGE BOLT (150) to bolt down through the top of the Bracket and into the Welded Tube. Assemble a 1/4" FLAT WASHER (6) onto the Bolt and secure with a 1/4" NYLON LOCK NUT (5).

Locate the ARM PRESS SEAT (62) over the SEAT BRACKET (39) and the Welded Seat Tube so that the wide end of the Seat is to the inside of the unit. Secure in place using 1/4" X 3/4" SCREWS (7) to bolt up through the Seat Bracket and into the Seat. Bolt the front of the Seat to the Welded Tubing using a 1/4" X 2 1/2" SCREW (120) to bolt up through the bottom of the Tubing and into the Seat.



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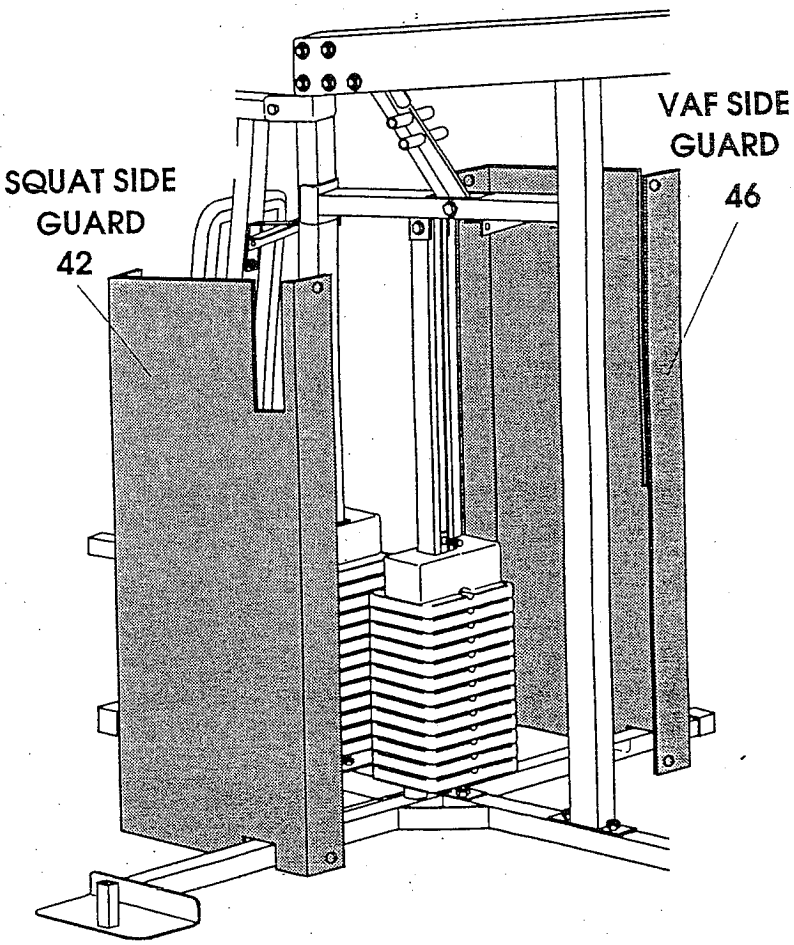
10. Position the SQUAT SIDE GUARD (42) and the VAF SIDE GUARD (46) around the Weight Stacks. The VAF Side Guard is the Guard with the larger opening on one end. Orient the VAF Side Guard with the large opening to the top and position the Guard on the leg of the BASE (15) with the larger Flat Bracket and !" X 2" Upright Welded Tube. Position the Squat Side Guard on the opposite side of the Weight Stack. The Guard will be secured to the unit in a later step.



21

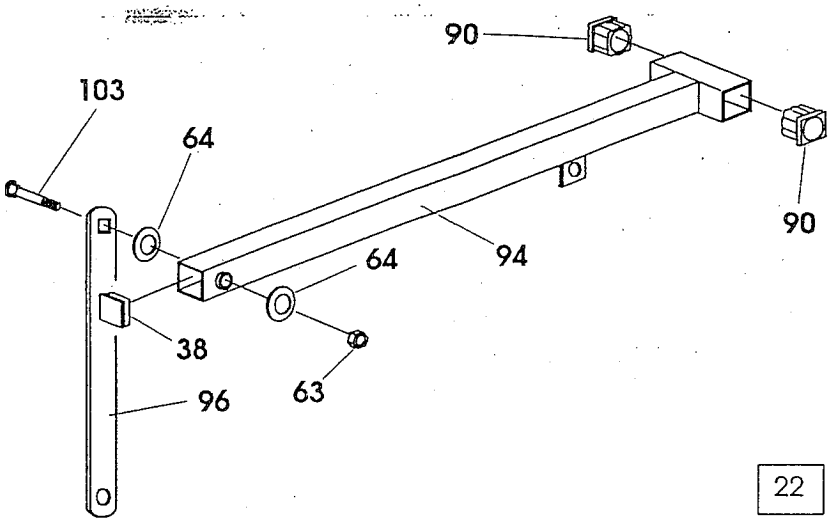
11. Press a 1 1/2" INNER CAP (38) onto the one end of the LEVER ARM (94) . Press two 1 3/8" BUSHINGS (90) into the other end of the Lever Arm.

Assemble the LINK ARM (96) to one side of the Lever Arm by first inserting a 3/8" X 2 1/2" CARRIAGE BOLT (103) into the square hole of the Link Arm. Add a 3/8" FLAT WASHER (64) onto the bolt and then insert through the Lever Arm welded inner bushing. Next, assemble another 3/8" FLAT WASHER (64) onto the Bolt and secure with a 3/8" NYLON LOCK NUT (63).

Slide the LEVER ARM (94) onto the lower Welded Pivot Tube on the VAF UPRIGHT (97), making sure to orient the Lever Arm toward the inside of the unit with the Welded U-Bracket on the bottom. Also, the Link Arm must be positioned on the side of the Lever Arm nearest the CENTER UPRIGHT (18).

Using a 1" COVER CAP (51) as an aid, drive a 1" RETAINER RING (50) onto the Pivot Tube to secure the Lever Arm in place. Note that the teeth in the Retainer Ring are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is driven on. Tap in place with a mallet.

Attach the other end of the LINK ARM (96) to the Weight Stack on the CENTER UPRIGHT (18), by first assembling a 1/2" X 7/16" BUSHING (134) followed with a 5/16" FLAT WASHER (45) onto the previously assembled 5/16" X 2 1/2" CARRIAGE BOLT (1) in the Weight Tube atop of the Weight Stack. Next, assemble the WEIGHT BRACKET (110) onto the Bolt, orienting the "J"-Hook on the Bracket into the Pin Groove under the top WEIGHT (145). Insert a WEIGHT SELECTOR PIN (112) into one of the Pin Grooves in the Weight Stack. Assemble another 5/16" FLAT WASHER (45) onto the Bolt followed with a 1/2" X 1/4" BUSHING (44). Next, assemble the Link Arm onto the Bolt and secure with a 5/16" FLAT WASHER (45) and 5/16" JAM NUT (137).



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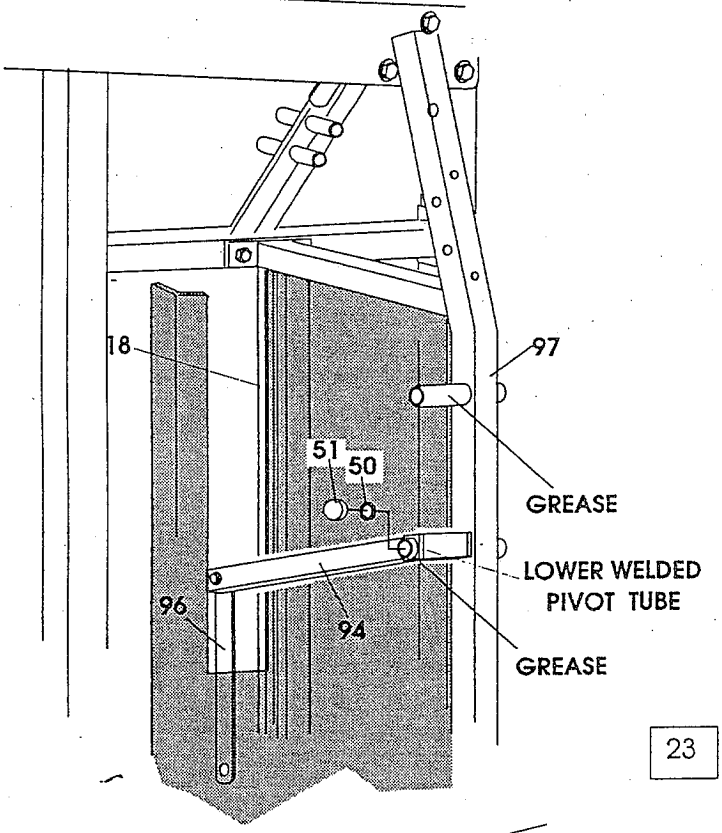

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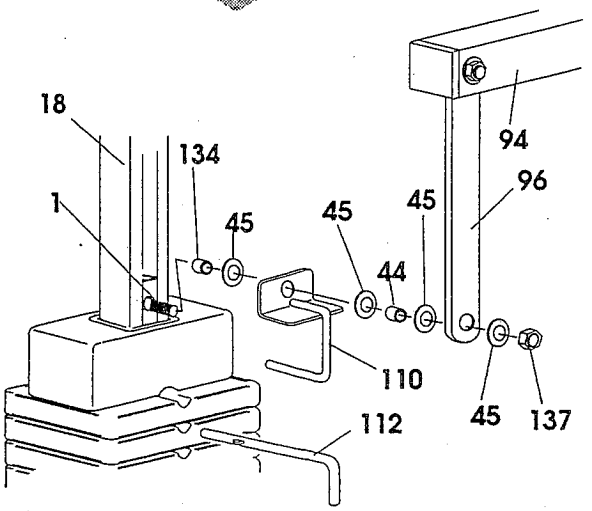
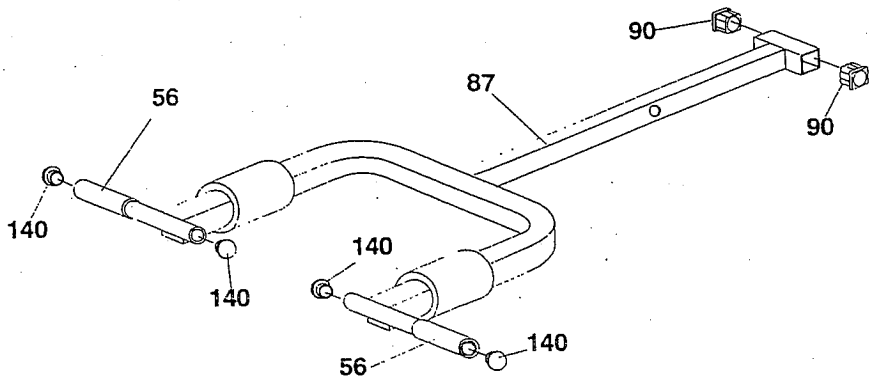


24

Assemble FOAM GRIPS (56) onto MILITARY PRESS ARM (87). Press 1 1/4" ROUND CAPS (140) into the MILITARY PRESS ARM (87) handles. Press two 1 3/8" BUSHINGS (90) into the end of the MILITARY PRESS ARM (87).

Assemble the MILITARY PRESS ARM (87) onto the upper Pivot Tube on the VAF UPRIGHT (97) by assembling the Arm in through the unit from the opposite side of the VAF Upright and through the long slots on the shrouds. Assemble the Arm between the CENTER UPRIGHT (18) and the FRONT UPRIGHT (19) and slide onto the Pivot Tube. secure in place with a 1" RETAINER RING (50). Again the teeth of the Retainer Ring should be positioned outward and use the 1" COVER CAP (51) as an aid to help secure the Retainer Ring in place. Tap the Cap and Retainer Ring on using a mallet.



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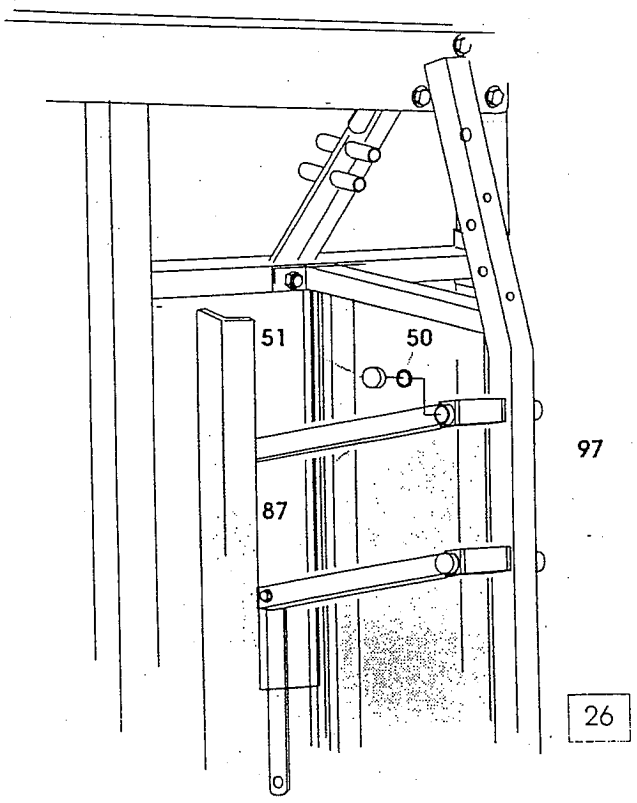
Assemble a 3/8" FLAT WASHER (64) onto the threaded bolt in the LARGE LINK TUBE (88). Next, assemble this bolt into the Welded U-Bracket on the LEVER ARM (94). Fasten with a 3/8" JAM NUT (141).

Attach the other end of the LARGE LINK TUBE (88) to the bolt hole location in the center of the MILITARY PRESS ARM (87) using a 3/8" X 3 1/4" BOLT (139) to bolt through the Large Link Tube. Next, assemble a 3/8" FLAT WASHER (64) onto the Bolt and then continue now to bolt through the Military Press Arm. Fasten with a 3/8" NYLON LOCK NUT (63) but DO NOT over tighten this assembly as it must be able to move freely.



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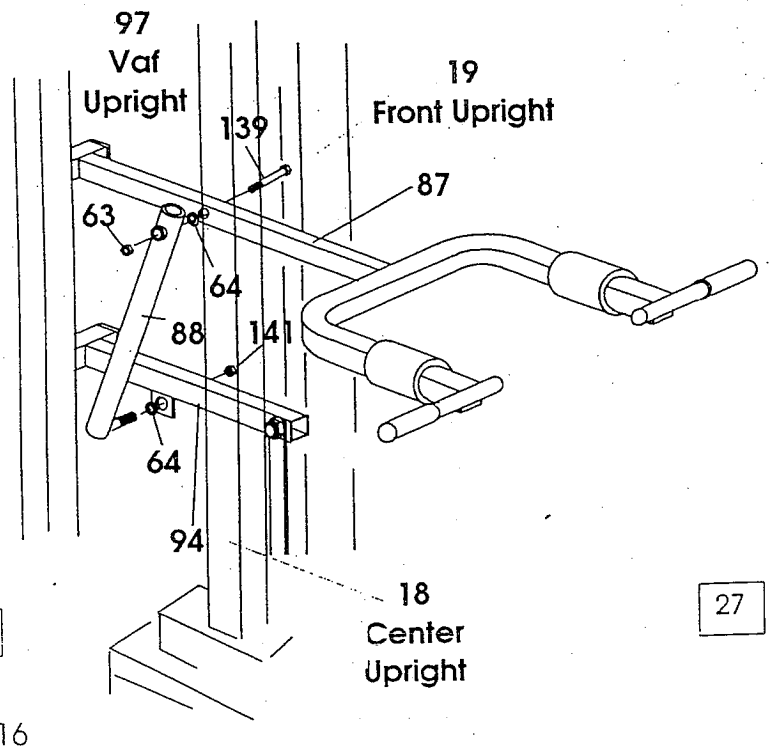


27

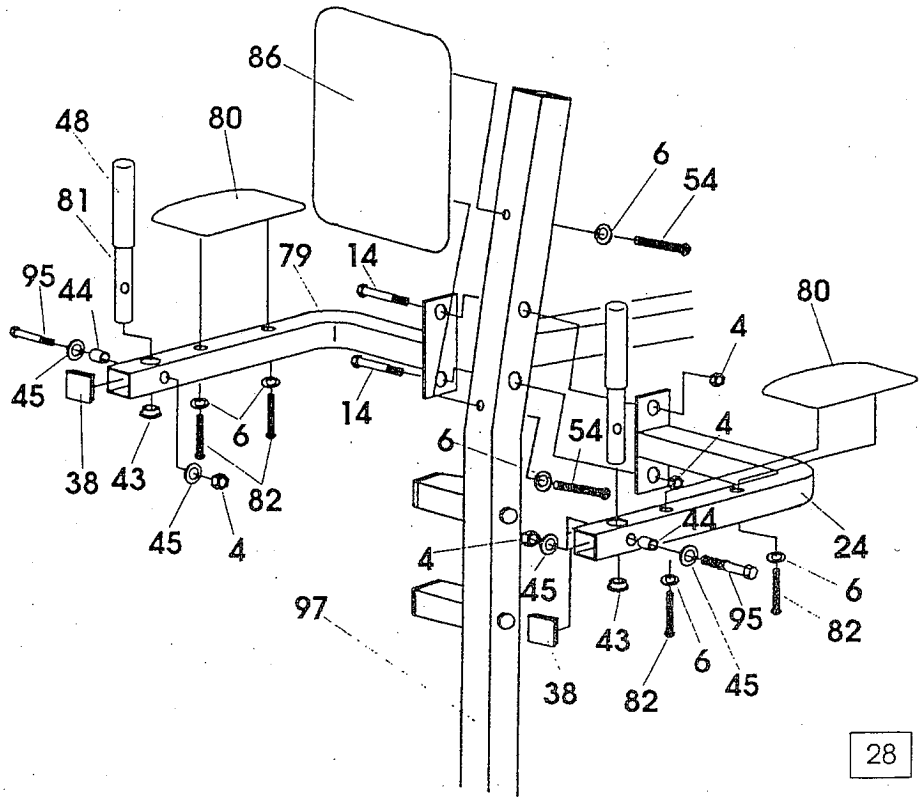
12. Press 1" ROUND CAPS (43) into the one end of the LONG HANDLES (81). Press 1 1/2" INNER CAPS (38) into the ends of the LEFT VAF ARM (24) and the RIGHT VAF ARM (79).

    Attach the LEFT and RIGHT VAF ARMS (24) & (79) to the sides of the upper VAF UPRIGHT (97) using two 5/16" X 2 1/2" BOLTS (14) and 5/16" NYLON LOCK NUTS (4).

    Bolt the LONG HANDLES (81) into the LEFT and RIGHT VAF ARMS (24) & (79), by first assembling a 5/16" FLAT WASHER (45) and a 1/2" x 1/4" BUSHING (44) onto a 5/16" X 2" BOLT (95) and then bolting through the outside of each Arm and the Handles. Fasten another 5/16" FLAT WASHER (45) onto the Bolt and secure with a 5/16" NYLON LOCK NUT (4).

    attach the VAF ARMRESTS (80) to the LEFT and RIGHT VAF ARMS (24) & (79) by first assembling 1/4" FLAT WASHERS (6) onto four 1/4" X 2" SCREWS (82) and then bolting up through the bottom of the Arms and into the Armrests.

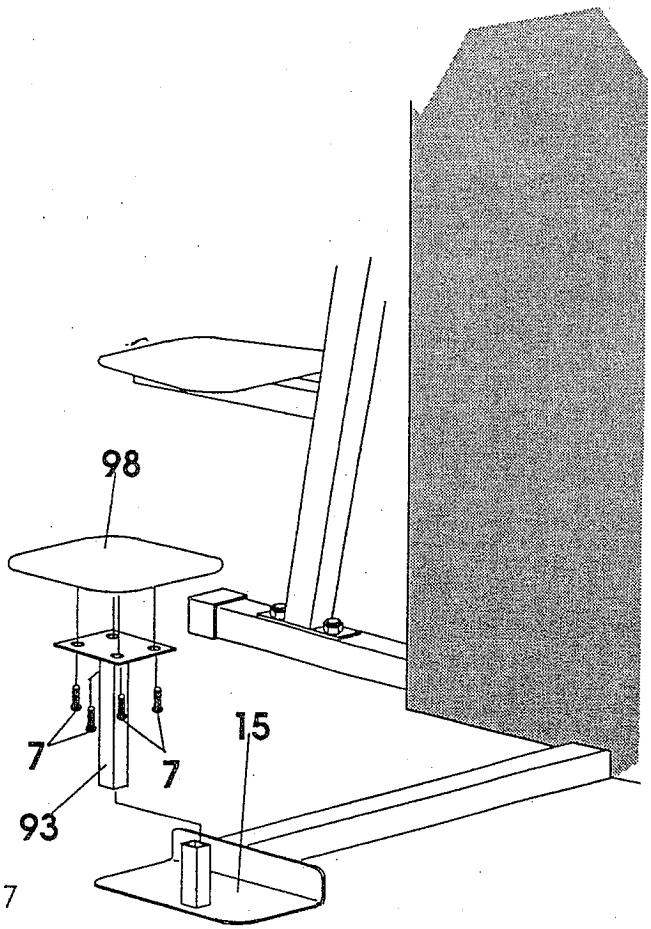
    Assemble the VAF BACKREST (86) to the upper VAF UPRIGHT (97) by first assembling 1/4" FLAT WASHER (6) onto tow 1/4" X 2 1/4" SCREWS (54) and then bolting through the back of the Upright land into the Backrest.



28

13. Attach the SQUAT SEAT (98) to the top of the SEAT POST (93) using 1/4" X 3/4" SCREWS (7) to bolt up through the bottom on the Seat Post and into the Seat.

    Assemble the SEAT POST (93) to the leg of the BASE (15) with the large Flat Bracket and the Upright Welded Tube. Set the Post down into the Tube.



29

14. Attach the SQUAT SIDE GUARD (42) and the VAF SIDE GUARD (46) to each of the Shroud Brackets:

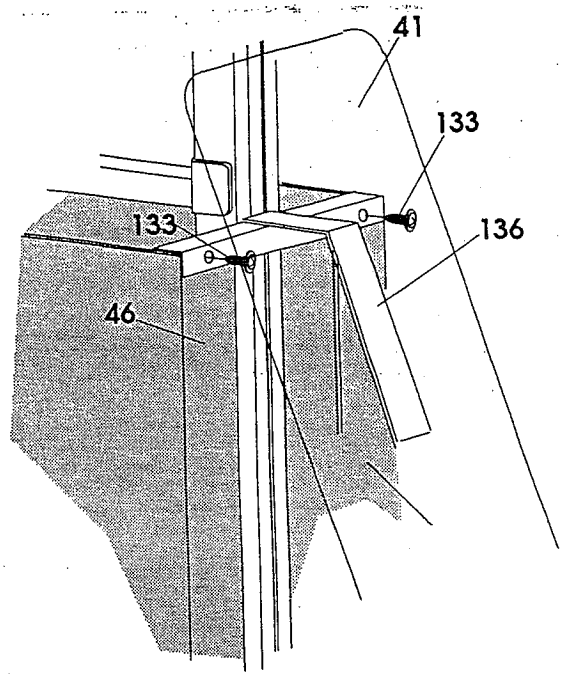
First, assemble the ARM PRESS SHROUD BRACKET (136) to each of the GUARDS (42) and (46) USING TWO 1/2" SELF TAPPING SCREWS (133).

Next, attach the "L" SHROUD BRACKET (149) to each of the GUARDS (42) and (46) using two 1/2" SELF TAPPING SCREWS (133).

Attach the "U" SHROUD BRACKET (52) to the GUARDS (42) and (46) using four 1/2" SELF TAPPING SCREWS (133).

Finally, assemble the BASE SHROUD BRACKETS (20) to each of the GUARDS (42) and (46) using two 1/2" SELF TAPPING SCREWS (133) with each Bracket.

30



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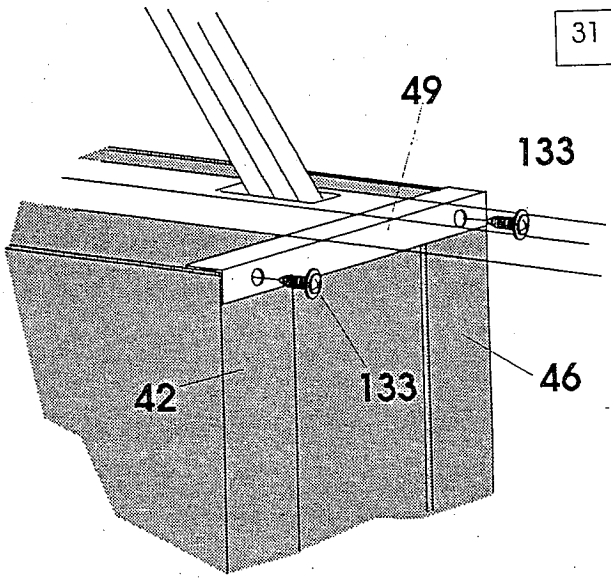

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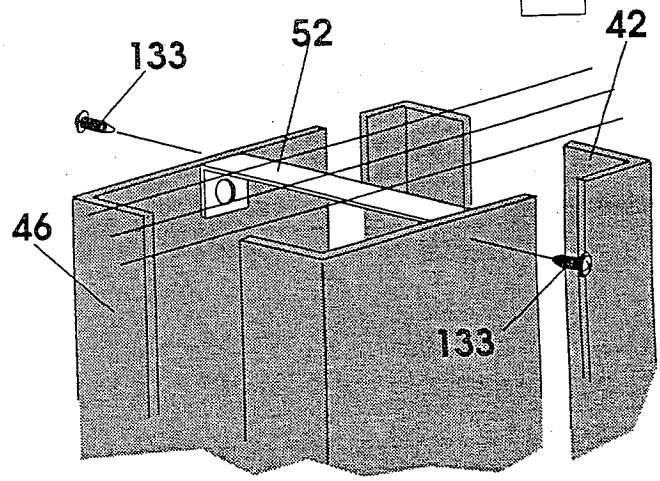
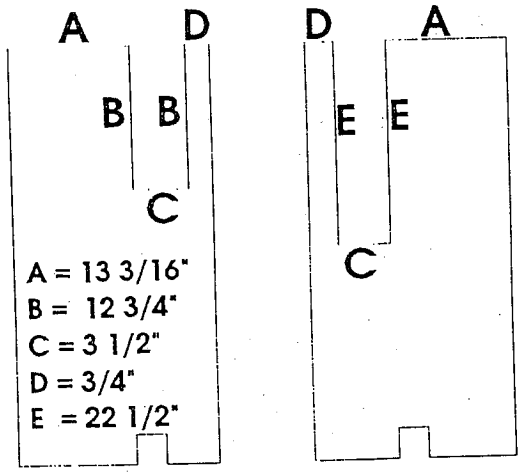
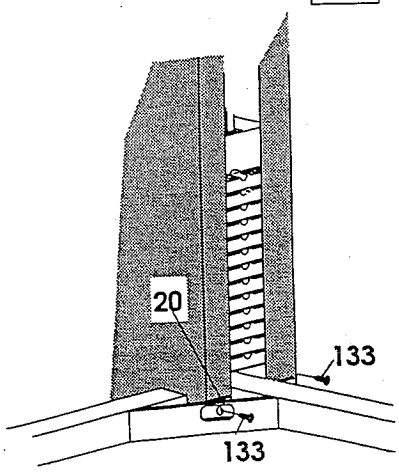




After the Shrouds are in place apply the "V" Bumpers in the areas shown.

33



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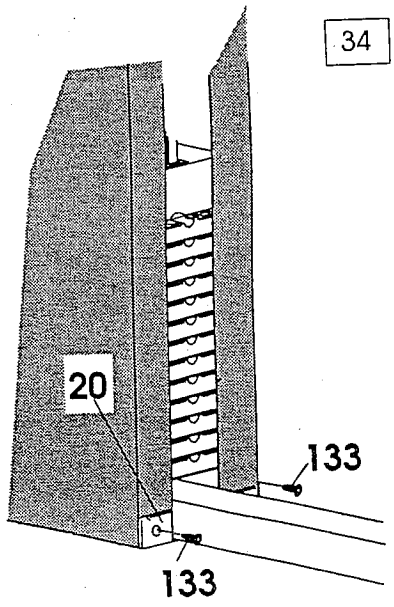


Weight Resistance Chart

PLATE LBS.	ARM PRESS LOW HANDLES	ARM PRESS UPPER HANDLES	LAT PULLDOWN	LEG EXTENSION	LOW PULLEY	PEC ARMS	SHOULDER PRESS
20LB	33	36.5	20	20	20	30	26.5
30LB	50	55	30	30	30	45	40
40LB	66.5	73.25	40	40	40	60	53.5
50LB	83	91.5	50	50	50	75	67
60LB	100	110	60	60	60	90	80
70LB	116.5	128.25	70	70	70	105	93.5
80LB	123	146.5	80	80	80	120	114
90LB	150	165	90	90	90	135	120
100LB	116.5	183	100	100	100	150	133.5
110LB	183	201.5	110	110	110	165	147
120LB	200	220	120	120	120	180	160
130LB	216.5	238.25	130	130	130	195	173.5
140LB	223	256.5	140	140	140	210	187

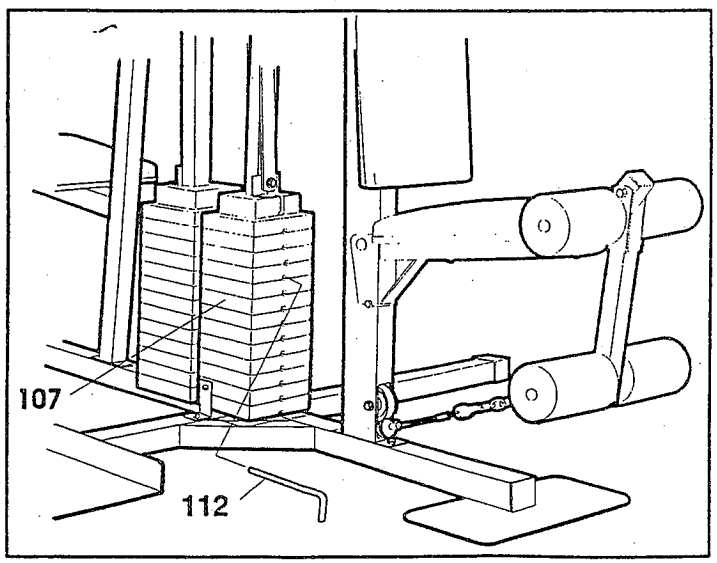
ADJUSTMENT

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

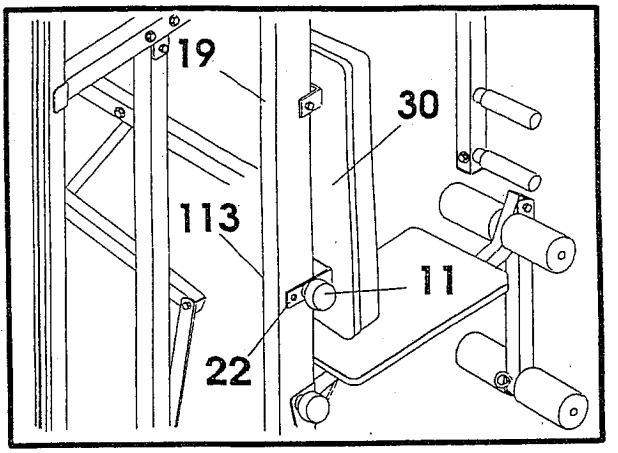
The Hard Drive System features dual weight stacks to allow people to exercise at the same time. The rear weight stack is connected to the high pulley station, the low pulley station and the arms; the front weight stack is connected to the military press/squat arm.

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 in increments of 10 pounds. Note: Due to the cables and pulleys, the actual amount of resistance at each station may vary slightly from the weight setting of the weight stack. Refer to the chart above to determine the actual resistance you will get at each station.



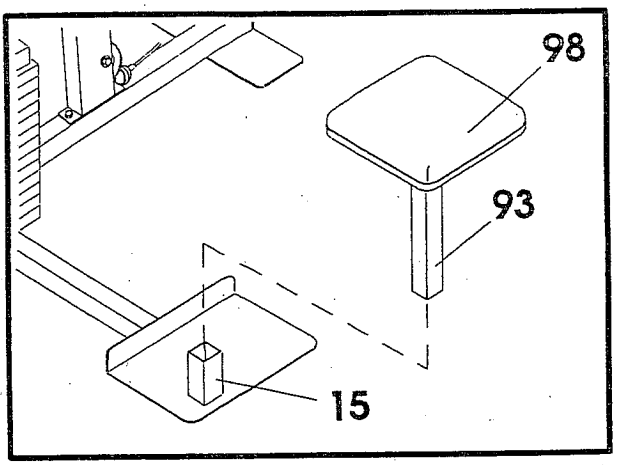
ADJUSTING THE BACKREST

The Large Backrest (30) can be adjusted to any of the 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.



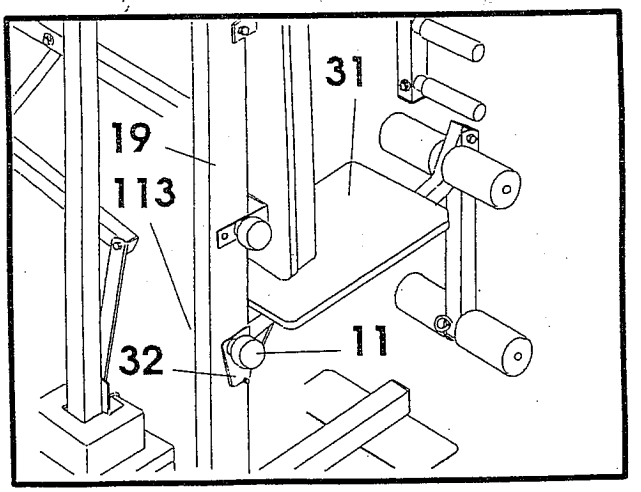
ATTACHING AND REMOVING THE MILITARY PRESS SEAT

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.



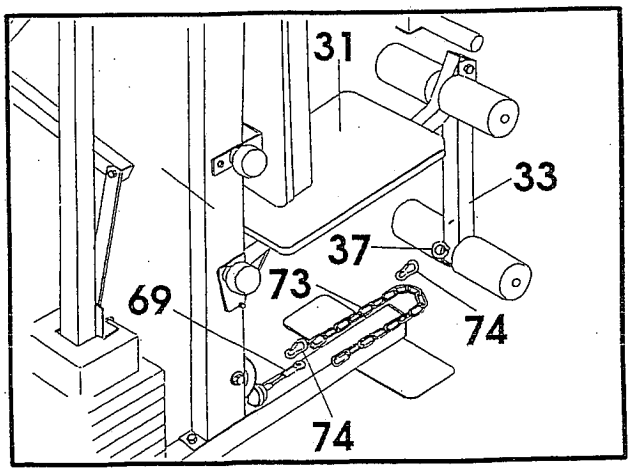
ATTACHING AND REMOVING THE SEAT

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 1/2" Eyebolt (37) on the Leg Lever with a Cable Clip.



TROUBLE SHOOTING AND MAINTENANCE

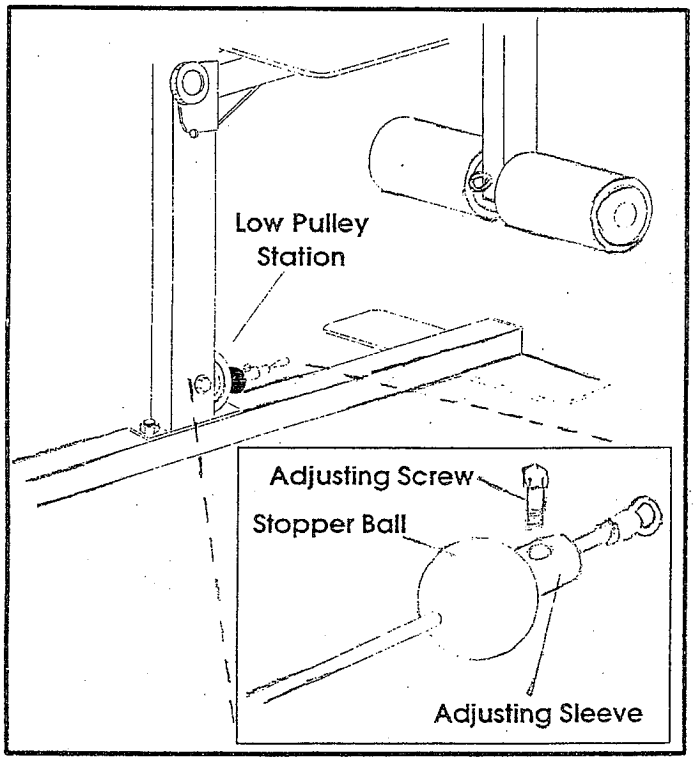
Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately. The hard drive system can be cleaned using a damp cloth and a mild non-abrasive detergent. Do not use solvents.

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 lighten 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.

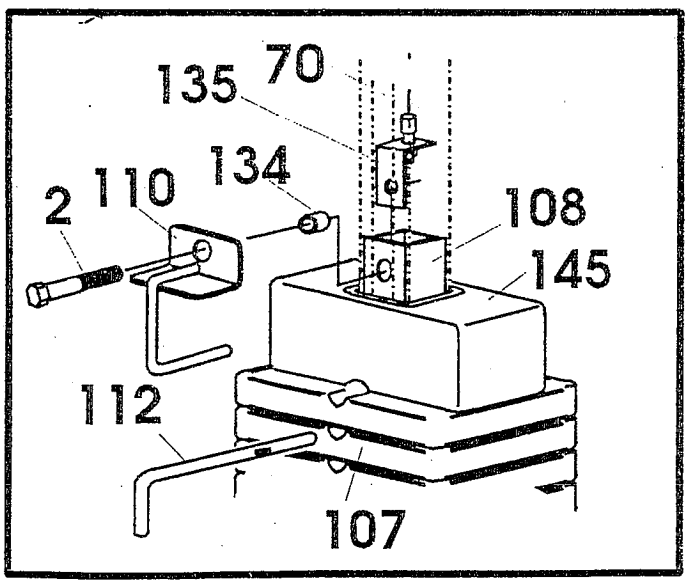
If the cables cannot be tightened by following the instructions above, see the instructions below.



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" 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 the 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 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assit you, please be prepared to give the following information:

1. The **MODEL NUMBER** of the product **(WG89250)**
2. The **NAME** of the product **(WEIDER 8925 Hard Drive System)**
3. The **SERIAL NUMBER** of the product **(see the front cover of the 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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