

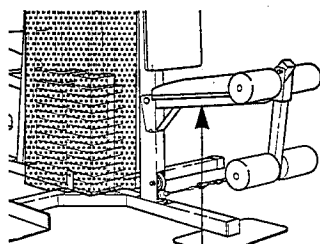
WEIDER 8925

HARD DRIVE SYSTEM

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

Model No. WG89251

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

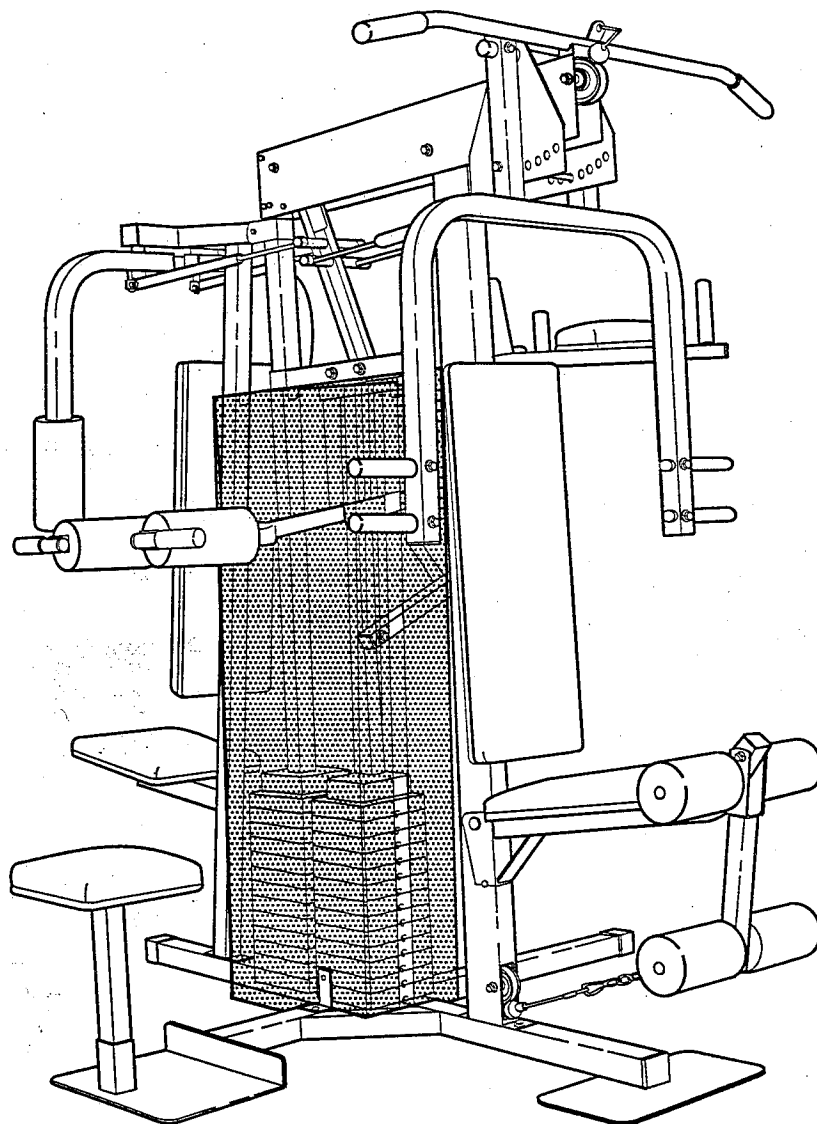
Mon.-Fri., 6 a.m.-6 p.m. MST

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. Use the hard drive system only as described.
2. Use the hard drive system only on a level surface. Cover the floor beneath the hard drive system for protection.
3. Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately.
4. Keep small children away from the hard drive system at all times.
5. Keep hands and feet away from moving parts.
6. Always wear athletic shoes for foot protection.
7. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
8. Never release the butterfly arms, press arm, military press/squat arm, leg lever, lat bar or nylon strap while weights are raised. The weights will fall with great force.
9. Always stand on one of the foot plates when performing an exercise that could cause the hard drive system to tip.
10. Disconnect the lat bar from the hard drive system when performing any exercise that does not require the lat bar.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

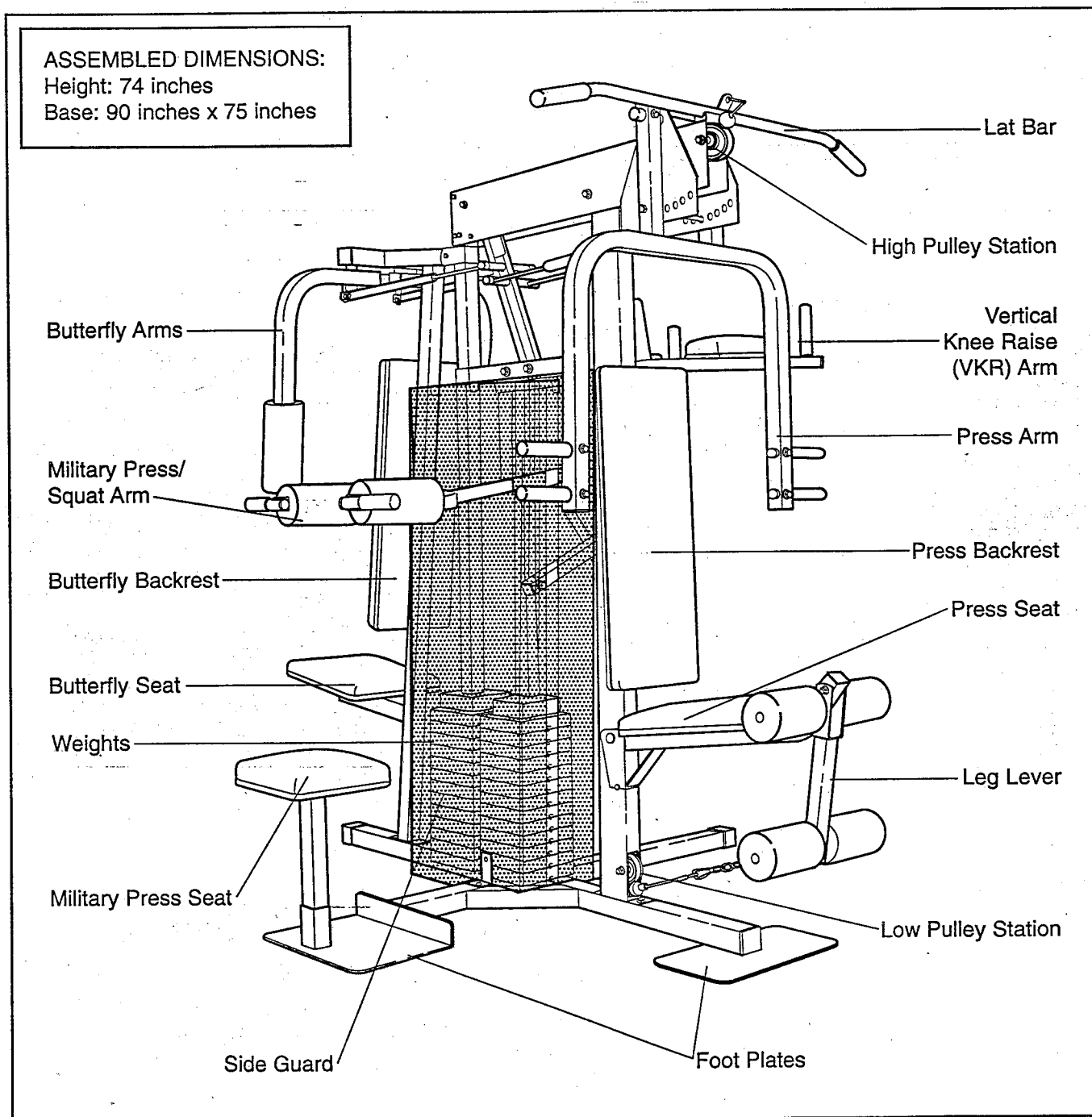
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8925 Hard Drive System. The WEIDER 8925 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 8925 will help you to achieve the specific results you want.

For your 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, 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 WG89251. The serial number can be found on a decal attached to the WEIDER 8925 (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.

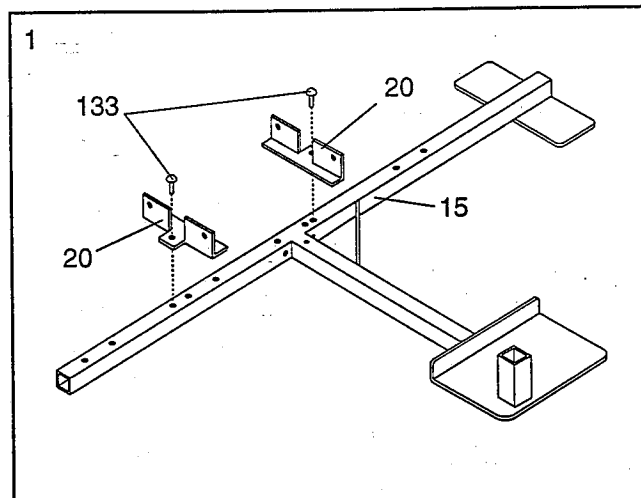


ASSEMBLY

Assembly requires two people. **Due to the size and weight of the hard drive system, it should be assembled 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 assembly, read each step and look at each drawing carefully. As you assemble the hard drive system, make sure that all parts are oriented exactly as shown in the drawings. Tighten all nuts and bolts as you attach them, unless instructed to do otherwise. For help identifying the small parts used in assembly, refer to the PART IDENTIFICATION CHART accompanying this owner's manual.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY: Two adjustable wrenches, a phillips screwdriver and two rubber mallets. Grease and a small bowl of soapy water are also needed.

1. Attach the two Base Side Guard Brackets (20) to the Base (15) with two #8 x 1/2" Self-tapping Screws (133).

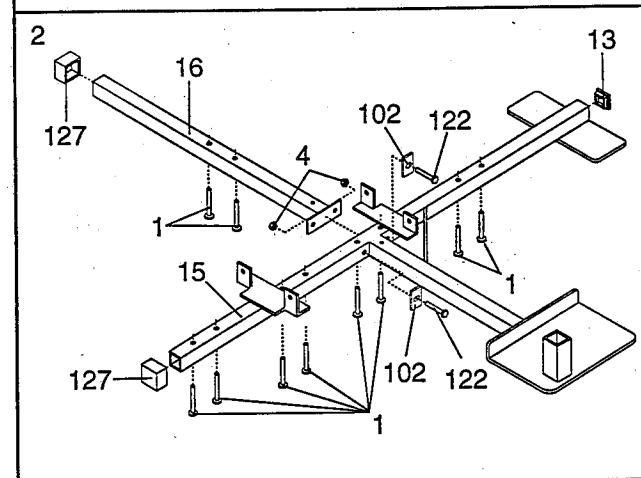


2. Press a 2" Outer Cap (127) onto the end of the Stabilizer (16).

Attach the Stabilizer (16) to the Base (15) with two 5/16" x 2 3/4" Bolts (122), the two Rectangular Washers (102), and two 5/16" Nylock Nuts (4).

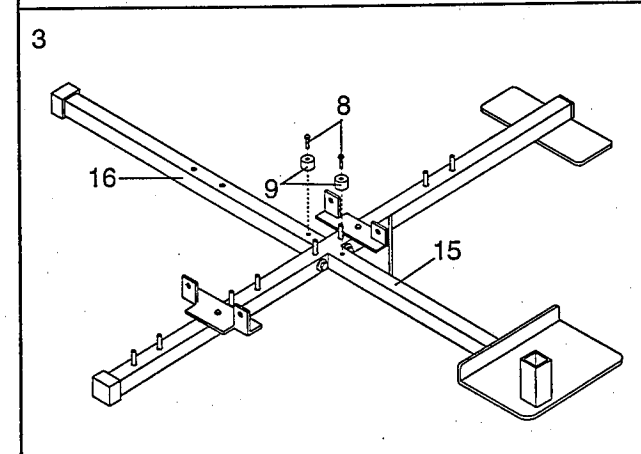
Press a 2" Outer Cap (127) onto one end of the Base (15). Press a 2" Inner Cap (13) into the other end of the Base.

Insert ten 5/16" x 2 1/2" Carriage Bolts (1) up through the holes in the Base (15) and the Stabilizer (16).

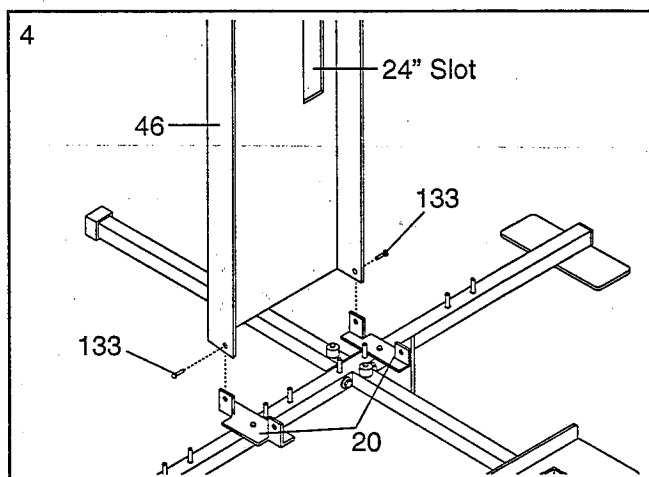


3. Attach a Rubber Bumper (9) to the Base (15) with a 1 1/4" Tap Screw (8).

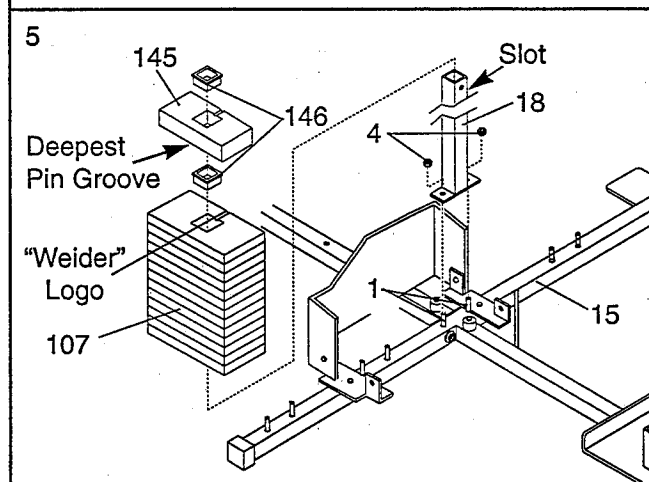
Attach a Rubber Bumper (9) to the Stabilizer (16) with a 1 1/4" Tap Screw (8).



4. Find the VKR Side Guard (46); there is a 24" slot in the side of the VKR Side Guard. (The Squat Side Guard [not shown] has a slot only 13" long.) Attach the VKR Side Guard to the Base Side Guard Brackets (20) with two #8 x 1/2" Self-tapping Screws (133).



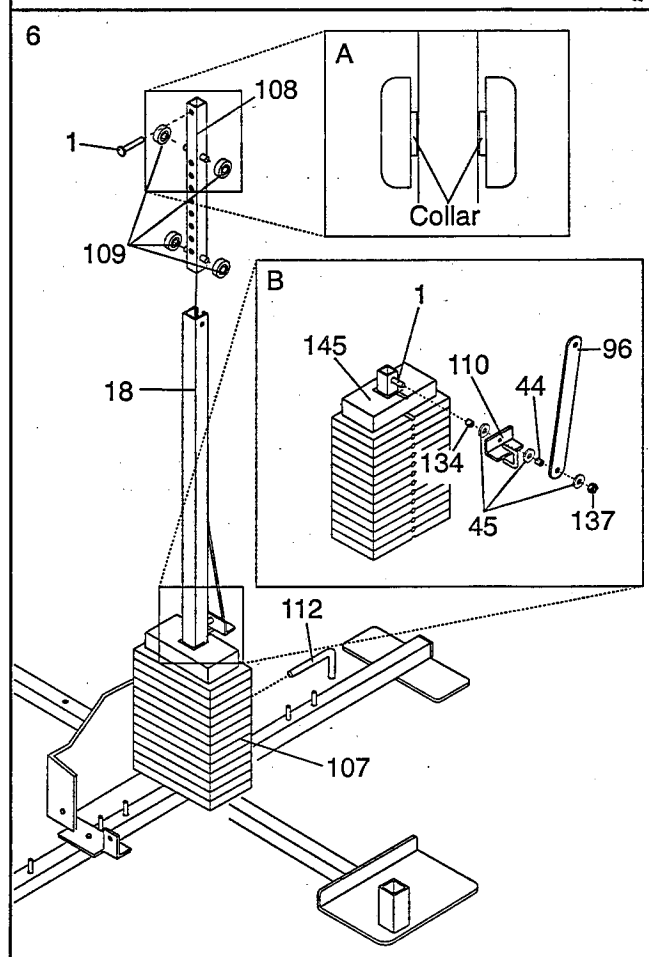
5. Slide the Center Upright (18) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) already in the Base (15). The Center Upright must be turned so the slot is on the indicated side. Attach the Center Upright with two 5/16" Nylock Nuts (4).



Turn thirteen of the 10 lb. Weights (107) so that the "Weider" logo is on top. Turn one of the 20 lb. Weights (145) so that the deepest pin groove is facing down. Press a Weight Bushing (146) into each of the Weights. **Make sure that the pin grooves in the Bushings and Weights are aligned.**

Slide the thirteen 10 lb. Weights (107) and the 20 lb. Weight (145) onto the Center Upright (18). Each Weight must be turned so the "Weider" logo is on top, and the deepest pin groove is on the same side of the Center Upright as the slot.

6. Insert a 5/16" x 2 1/2" Carriage Bolt (1) through the top hole in 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 inset drawing A). 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.

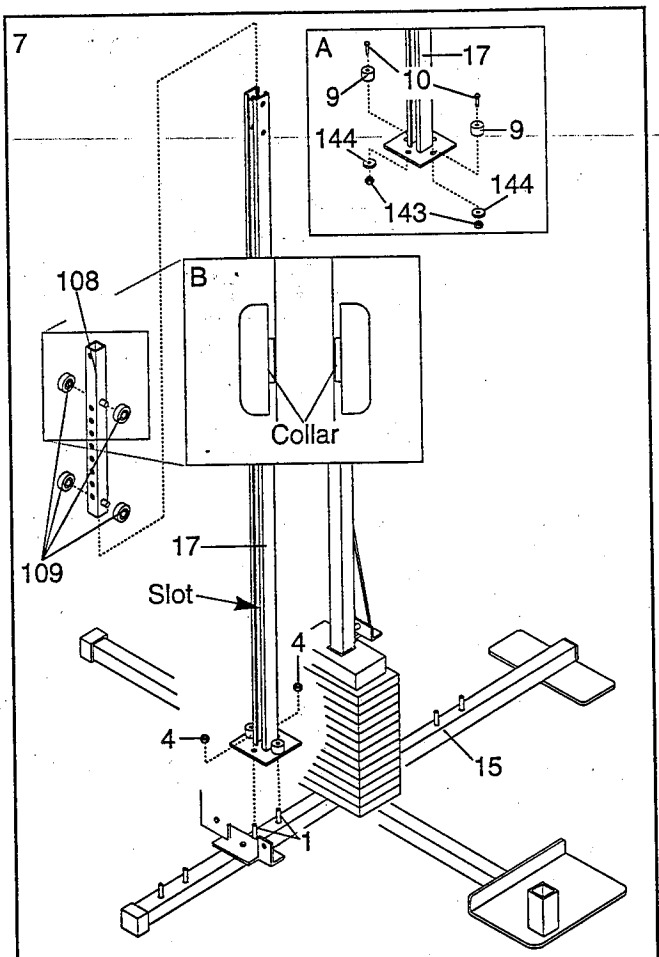
Insert a Weight Pin (112) under the seventh 10 lb. Weight (107) from the top. This will align the pin grooves in the Weights with the holes in the Weight Tube (108).

See inset drawing B. 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), a 1/2" x 1/4" Bushing (44), the Link Arm (96), and another 5/16" Flat Washer (45) onto the 5/16" x 2 1/2" Carriage Bolt (1). **The "J"-hook on the Weight Bracket (110) must be inserted into the pin groove under the 20 lb. Weight (145).** Tighten a 5/16" Nylock Nut (137) onto the Carriage Bolt.

7. See inset drawing A. Attach a Rubber Bumper (9) to each side of the Rear Upright (17) with a #8-32 Screw (10), #8 Washer (144), and #8-32 Nut (143).

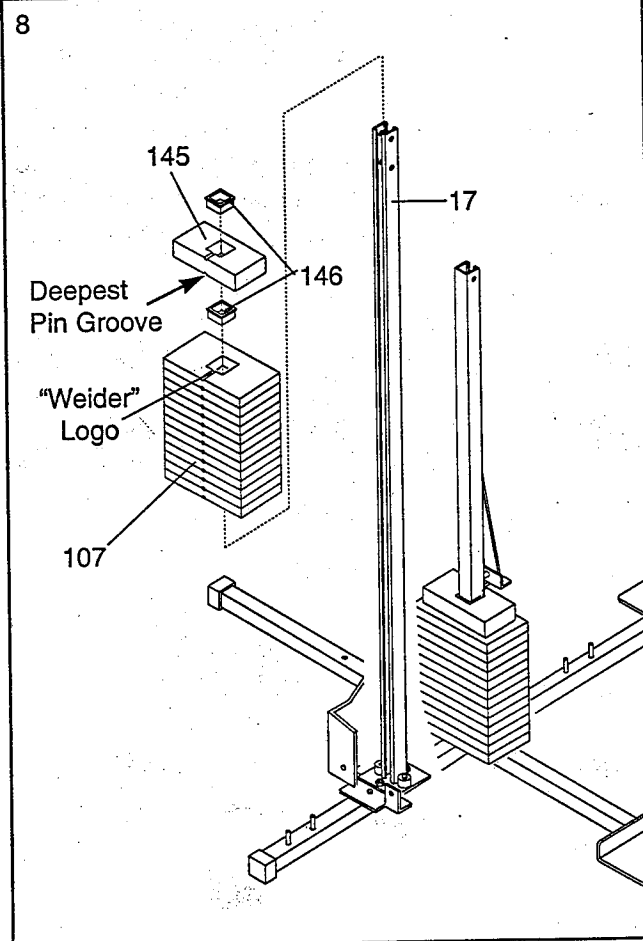
Slide the Rear Upright (17) onto the two indicated $5/16"$ x $2\frac{1}{2}"$ Carriage Bolts (1) in the Base (15). The Rear Upright must be turned so the slot is on the indicated side. Attach the Rear Upright with two $5/16"$ Nylock Nuts (4).

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



8. Turn thirteen of the 10 lb. Weights (107) so the "Weider" logo is on top. Turn one of the 20 lb. Weights (145) so the deepest pin groove is facing down. Press a Weight Bushing (146) into each of the Weights. **Make sure that the pin grooves in the Bushings and Weights are aligned.**

Slide the thirteen 10 lb. Weights (107) and the 20 lb. Weight (145) onto the Rear Upright (17). Each Weight must be turned so the "Weider" logo is on top, and the deepest pin groove is on the same side of the Rear Upright (17) as the slot.



9. 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.**

Attach a 5/16" x 3 1/4" Bolt (115), two 5/16" Flat Washers (45), and a 5/16" Nylock Nut (4) to the remaining empty hole in the Front Upright (19).

Insert a Weight Pin (112) under the indicated 10 lb. Weight (107). This will align the pin grooves in the Weights with the holes in the Weight Tube (108).

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

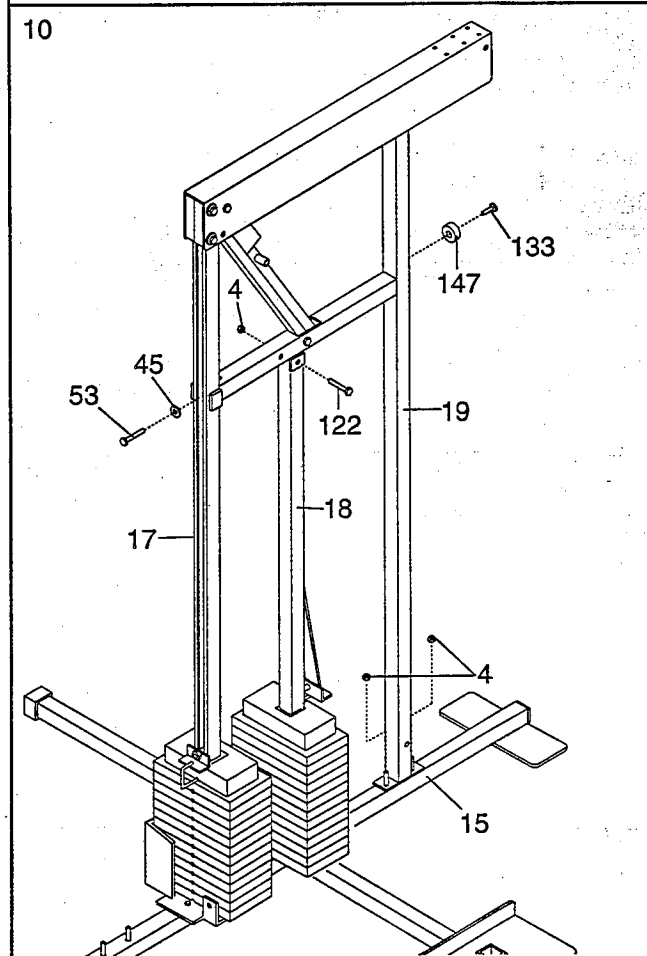
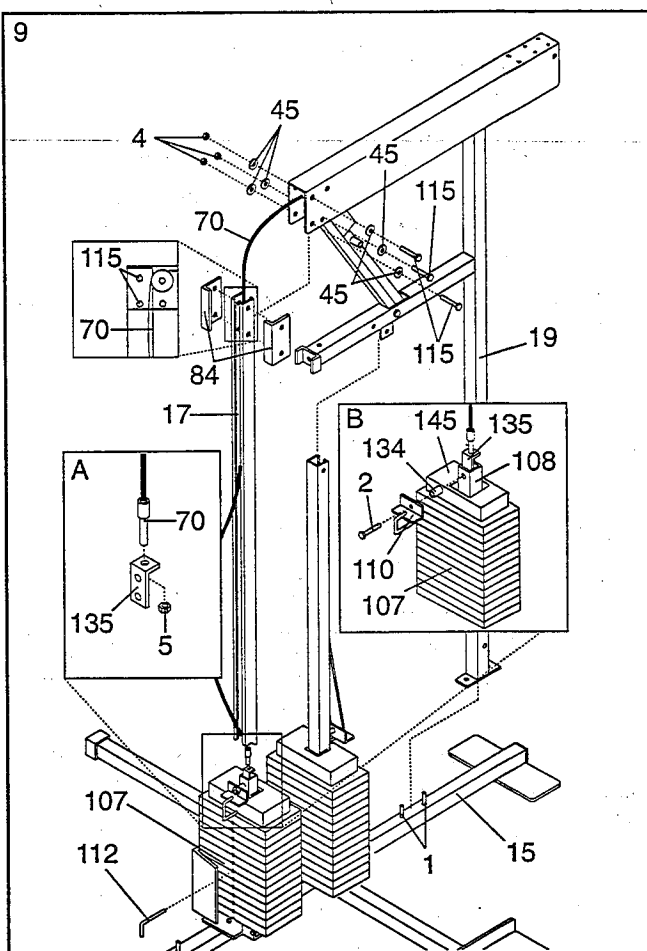
See inset drawing B. Slide a Weight Bracket (110) and 1/2" x 7/16" Bushing (134) onto the 5/16" x 1 1/4" Bolt (2). Insert the Cable Bracket (135) into the Weight Tube (108). Insert the Bolt into the Weight Tube and tighten it into the lower hole in the Cable Bracket. **The "J"-hook on the Weight Bracket (110) must be inserted into the pin groove under the top Weight (145).**

10. 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).

Attach a Thin Rubber Bumper (147) to the Front Upright (19) with a #8 x 1/2" Self-tapping Screw (133).



11. Remove the 3/8" Nylock Nut (63) from the 3/8" x 2 3/4" Bolt (55) in the Front Upright (19). Do not remove the Bolt.

Press a 1 3/4" Inner Cap (29) into the upper end of the VKR Upright (97).

Slide the VKR Upright (97) onto the 3/8" x 2 3/4" Bolt (55) in the Front Upright (19) and the two 5/16" x 2 1/2" Carriage Bolts (1) in the Stabilizer (16).

Thread the 3/8" Nylock Nut (63) onto the 3/8" x 2 3/4" Bolt (55). **Do not tighten the Nylock Nut yet.**

Attach the VKR 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 Nylock Nut yet.**

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

Tighten all Nylock Nuts (4) used in assembly steps 9 through 11.

12. Press a 1" Round Cap (43) into each end of the VKR Footrest (148).

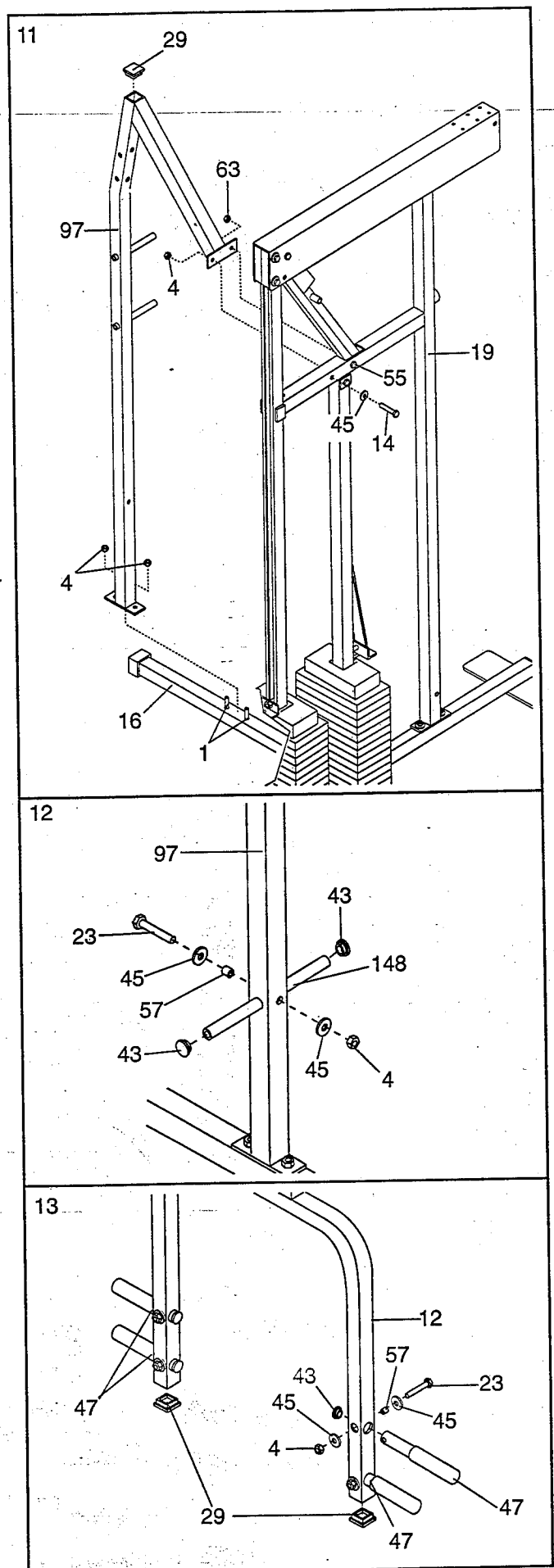
Insert the VKR Footrest (148) into the lower end of the VKR Upright (97). Attach the VKR Footrest to the VKR Upright with a 5/16" x 2 1/4" Bolt (23), two 5/16" Flat Washers (45), a 1/2" x 3/8" Spacer (57), and a 5/16" Nylock Nut (4).

13. Press two 1 3/4" Inner Caps (29) into the Press Arm (12).

Press a 1" Round Cap (43) into four of the Handles (47).

Insert a Handle (47) into one side of the Press Arm (12). Attach the Handle to the Press Arm with a 5/16" x 2 1/4" Bolt (23), two 5/16" Flat Washers (45), a 1/2" x 3/8" Spacer (57), and a 5/16" Nylock Nut (4).

Attach three more Handles (47) to the Press Arm (12) in the same manner.



14. Tap a 1 3/8" x 1" Plastic Bushing (149) into each side of the Selector (3) (see the inset drawing).

Align the Selector (3) with the Press Arm (12) as shown. Make sure that the Press Arm is turned so the large holes are on the side shown. Insert the 10 1/2" Press Arm Tube (104) through the Press Arm and the Selector. Attach the Press Arm Tube to the Press Arm with two 5/16" x 2" Bolts (95), two 5/16" Flat Washers (45), and two 5/16" Nylock Nuts (4)..

Press a 1" Round Outer Cap (51) onto each end of the Press Arm Tube (104).

Press two 3/4" Round Inner Caps (36) into the Press Arm (12).

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

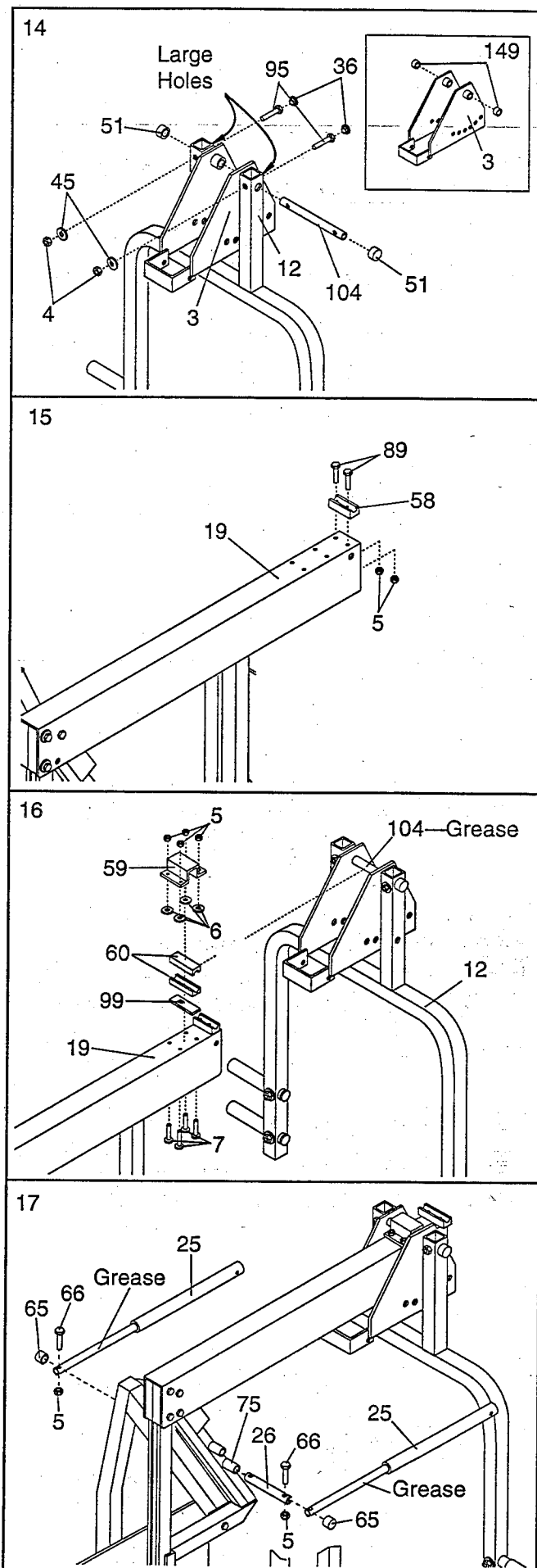
16. Apply grease to the Press Arm Tube (104). Hold the Press Arm Tube between the two Press Arm Bushings (60). Set the Press Arm Bushings, the Press Arm Tube, the Press Arm (12), and the Thin Metal Plate (99) on the Front Upright (19). Place the Press Arm Cap (59) over the Press Arm Bushings. Attach the Press Arm Cap to the Front Upright with four 1/4" x 3/4" Screws (7), four 1/4" Flat Washers (6), and four 1/4" Nylock Nuts (5).

17. Extend the two Short Arm Shocks (25). Apply a liberal amount of grease around each Short Arm Shock in the indicated location.

Insert a Shock Bar (26) into the lower hole in the Pivot Arm (75) as shown. Attach a Short Arm Shock (25) to the Shock Bar with a 1/4" x 1 1/4" Bolt (66) and 1/4" Nylock Nut (5).

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

Press a 3/4" Round Outer Cap (65) onto each end of the Shock Bar (26).



18. Hold the Pivot Arm (75) stationary in the position shown.

Align the end of a Short Arm Shock (25) with the hole in the bracket on the Selector (3) as shown. If the Short Arm Shock will not extend far enough, it must be adjusted. Press the Short Arm Shock together until it is as short as possible. Using a standard screwdriver, turn the adjustment screw inside the Short Arm Shock counterclockwise a few turns (see the inset drawing). Repeat until the hole in the end of the Short Arm Shock can be aligned with the hole in the bracket. Attach the Short Arm Shock to the bracket with a 5/16" x 1 3/4" Bolt (106), a 5/16" Flat Washer (45), and a 5/16" Nylock Nut (4).

Attach the other Short Arm Shock (25) to the Selector (3) in the same manner.

19. Attach the Small "U"-Bracket (21) to the upper end of a 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).

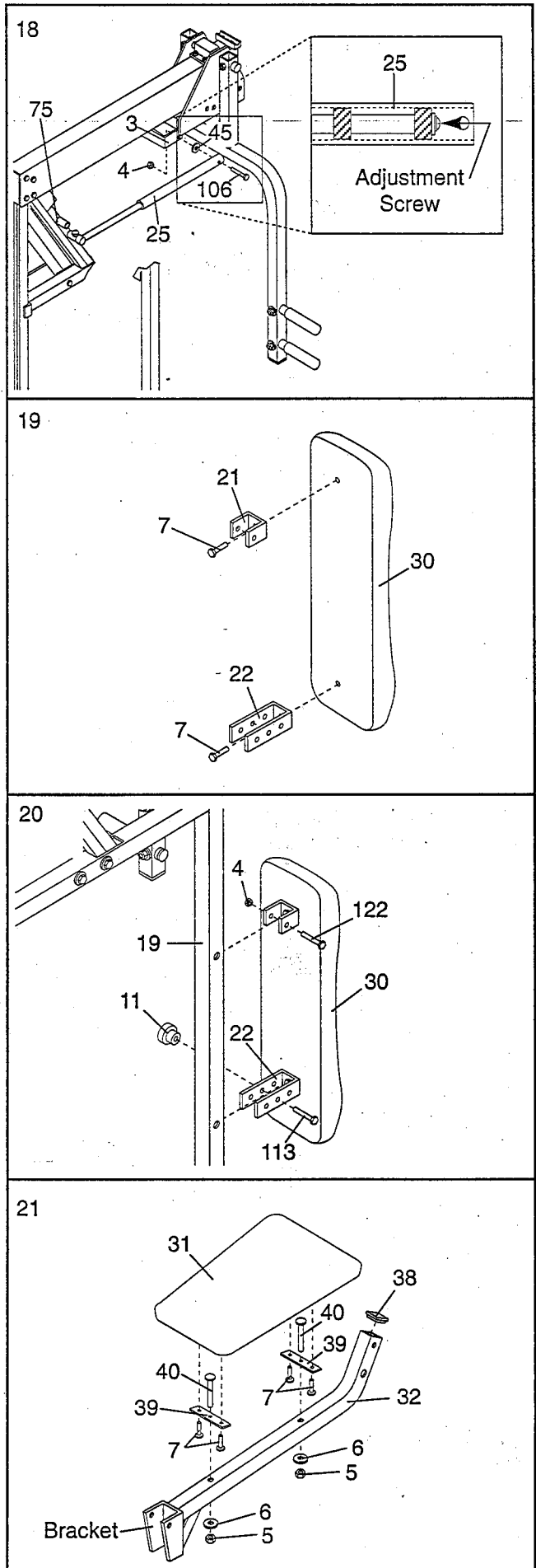
20. Align the holes in the Small "U"-Bracket (21) with the indicated hole in the Front Upright (19). Attach the Small "U"-Bracket to the Front Upright with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylock Nut (4).

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.

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

Insert 1/4" x 2 1/4" Carriage Bolts (40) through the center holes of two Seat Brackets (39). Attach the Seat Brackets to the Press Seat (31) with four 1/4" x 3/4" Screws (7).

Attach the Press Seat (31) to the Seat Frame (32) with the two 1/4" x 2 1/4" Carriage Bolts (40), two 1/4" Flat Washers (6), and two 1/4" Nylock Nuts (5). The narrow end of the Press Seat must be towards the bracket on the Seat Frame (32).

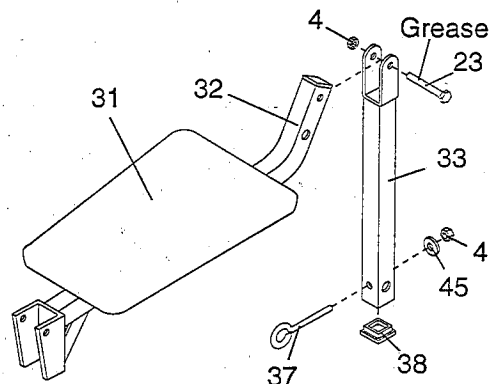


22. Press a 1 1/2" Inner Cap (38) into the Leg Lever (33).

Apply grease to a 5/16" x 2 1/4" Bolt (23). Attach the Leg Lever (33) to the Seat Frame (32) with the Bolt and a 5/16" Nylock Nut (4). **Do not over-tighten the Nylock Nut; the Leg Lever must be able to 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.

22

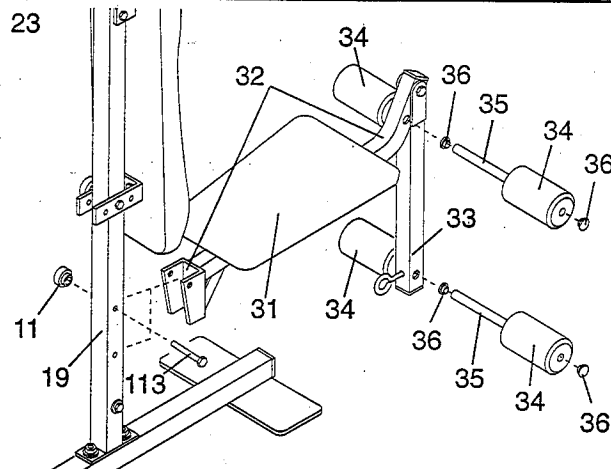


23. Press the four 3/4" Round Caps (36) into the ends of the two Pad Tubes (35).

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

Align the bracket on the Seat Frame (32) with one of the indicated holes in 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.

23



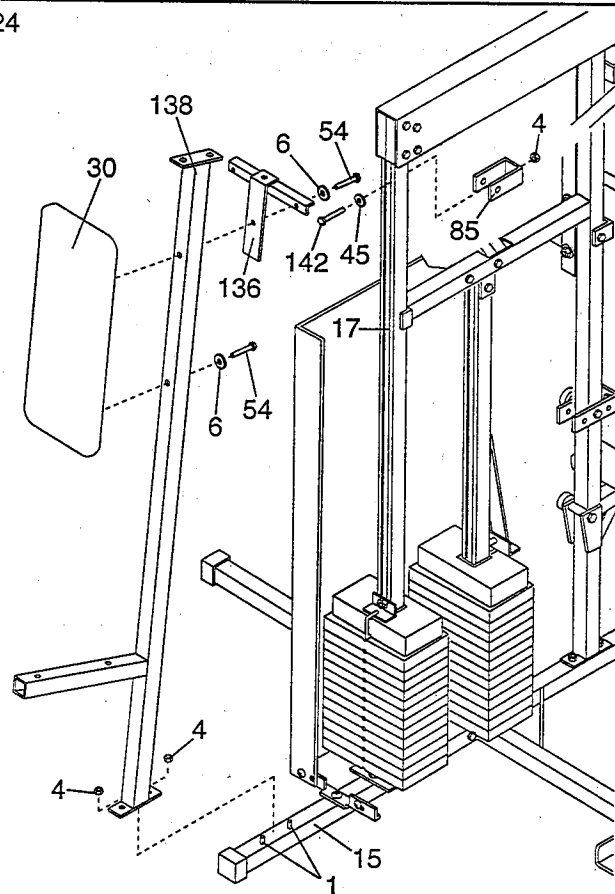
24. Attach the Large "U" Bracket (85) to the Rear Upright (17) with the 5/16" x 3/4" Bolt (142), a 5/16" Flat Washer (45), and a 5/16" Nylock Nut (4).

Insert a 1/4" x 2 1/2" Screw (54) with a 1/4" Flat Washer (6) through the "T" Side Guard Bracket (136) and the Butterfly Upright (138) as shown. Tighten the Screw into the upper end of a Large Backrest (30).

Attach the lower end of the Large Backrest (30) to the Butterfly Upright (138) with a 1/4" x 2 1/2" Screw (54) and a 1/4" Flat Washer (6).

Slide the Butterfly Upright (138) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). Attach the Butterfly Upright to the Base with two 5/16" Nylock Nuts (4). **Do not tighten the Nylock Nuts yet.**

24



25. Press two 2" Inner Caps (13) into the Butterfly Upright Top Frame (130).

Attach the Butterfly Upright Top Frame (130) to the Butterfly Upright (138) with two 5/16" x 2 3/4" Bolts (122), 5/16" Flat Washers (45), and 5/16" Nylock Nuts (4).

Attach the Butterfly Upright Top Frame (130) to the Large "U" Bracket (85) with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylock Nut (4).

Tighten the Nylock Nuts used in step 24.

26. Attach the "L" Guard Bracket (49) and the "U" Side Guard Bracket (52) to the Front Upright (19) with two #8 x 1/2" Self-tapping Screws (133).

27. See the inset drawing. Attach an Arm Bracket (124) to the Left Butterfly Arm (27) with a 3/8" x 3 1/4" Bolt (139) and a 3/8" Nylock Nut (63). Make sure that the Arm Bracket is turned as shown.

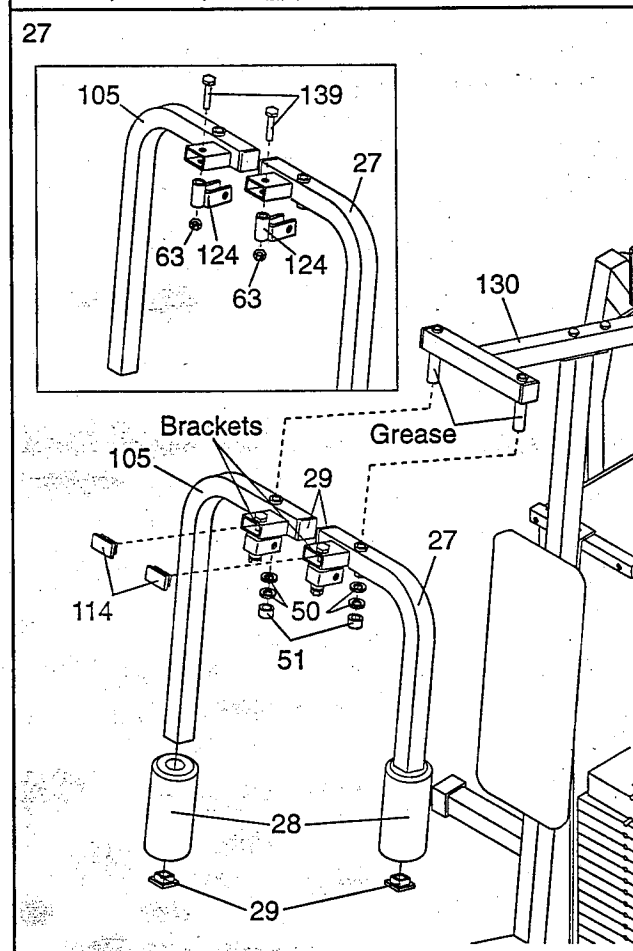
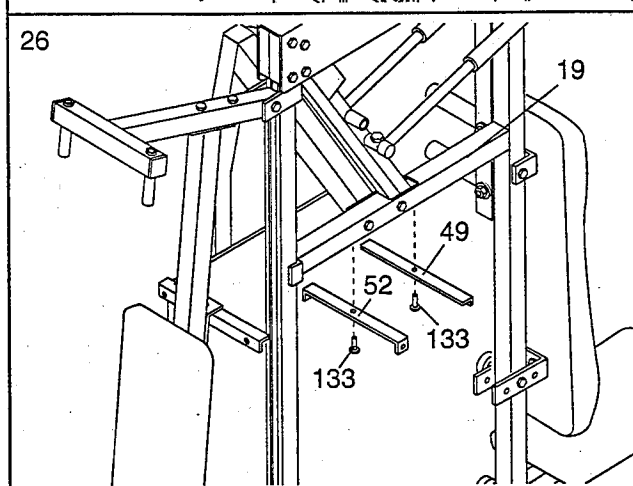
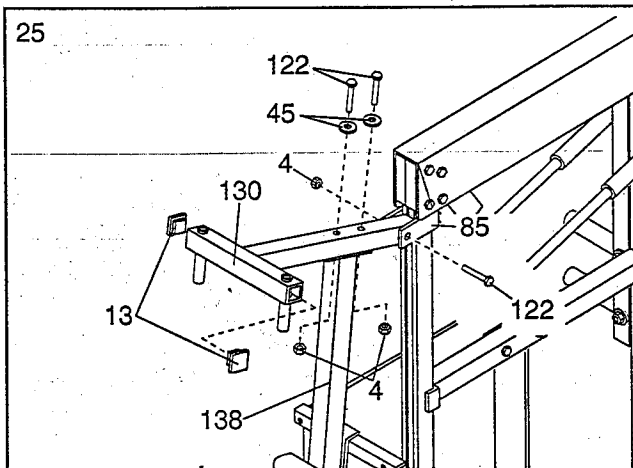
Attach an Arm Bracket (124) to the Right Butterfly Arm (105) in the same manner.

Press two 1 3/4" Inner Caps (29) into each of the Butterfly Arms (27, 105).

Apply grease to the axles on the Butterfly Upright Top Frame (130). Slide the Left Butterfly Arm (27) onto the left axle. **Be careful not to confuse the Left Butterfly Arm with the Right Butterfly Arm (105). Note the position of the brackets to make sure that the Arms are on the correct sides.** Hold two 1" Retainers (50) and a 1" Plastic Cap (51) against the end of the left axle. The teeth on the Retainers must bend toward the Plastic Cap. Tap the Plastic Cap and Retainers onto the axle.

Attach the Right Butterfly Arm (105) to the right axle on the Butterfly Upright Top Frame (130) in the same manner.

Wet the lower end of each Butterfly Arm (27, 105) with soapy water. Slide an 8" Foam Pad (28) onto the end of each Butterfly Arm.

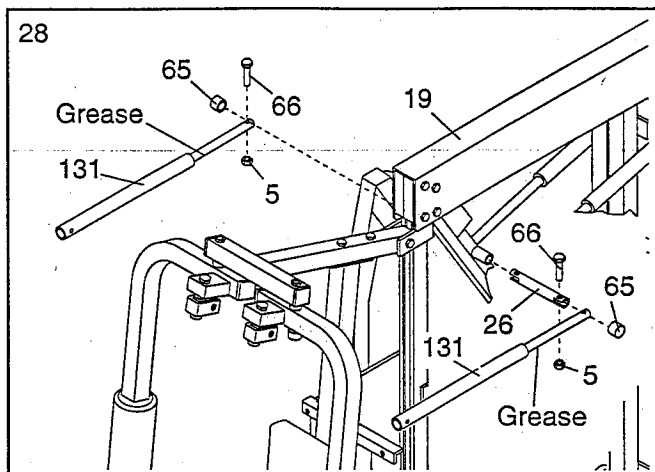


28. Extend the two Long Arm Shocks (131). Apply a liberal amount of grease around each Long Arm Shock in the indicated location.

Insert a Shock Bar (26) into the upper hole in the Pivot Arm (75) as shown. Attach a Long Arm Shock (131) to the Shock Bar with a 1/4" x 1 1/4" Bolt (66) and 1/4" Nylock Nut (5).

Attach the other Long Arm Shock (131) to the Shock Bar (26) in the same manner.

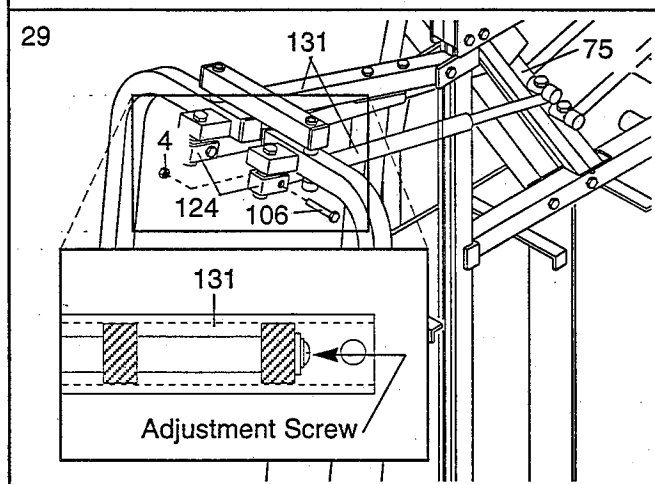
Press a 3/4" Round Outer Cap (65) onto each end of the Shock Bar (26).



29. Hold the Pivot Arm (75) stationary in the position shown.

Press one of the Long Arm Shocks (131) together until it is as short as possible. Hold the end of the Long Arm Shock inside one of the Arm Brackets (124). Align the hole in the end of the Long Arm Shock with the holes in the Arm Bracket. If the holes cannot be aligned, use a standard screwdriver to adjust the screw inside the Long Arm Shock (see the inset drawing). Repeat until the hole in the end of the Long Arm Shock can be aligned with the holes in the Arm Bracket. Attach the Long Arm Shock to the Arm Bracket with a 5/16" x 1 3/4" Bolt (106) and 5/16" Nylock Nut (4).

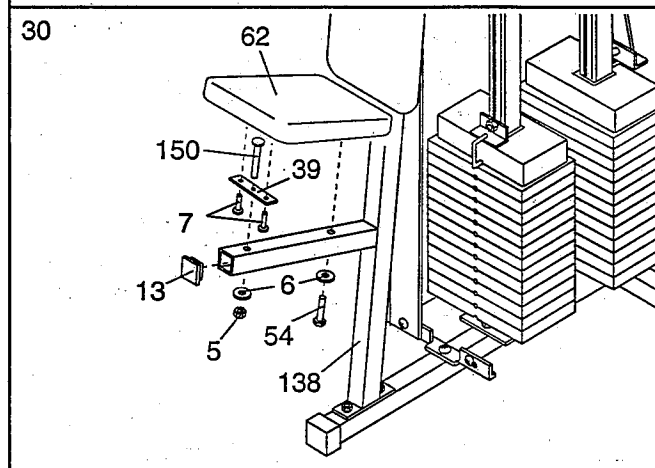
Attach the other Long Arm Shock (131) to the other Arm Bracket (124) in the same manner.



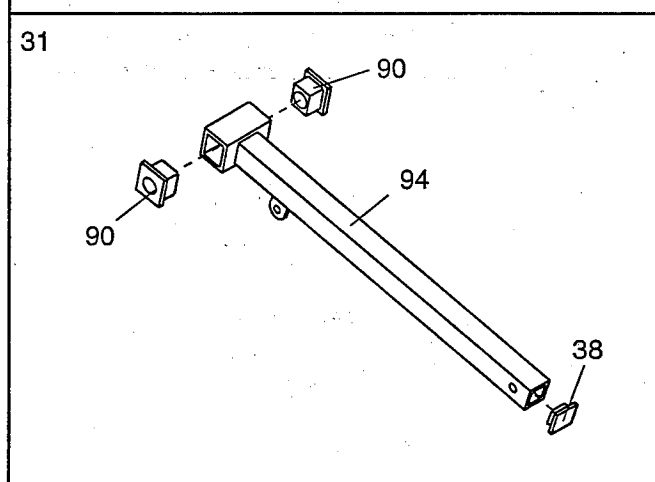
30. Press a 2" Inner Cap (13) into the Butterfly Upright (138).

Insert the 1/4" x 2 1/2" Carriage Bolt (150) through the center hole of a Seat Bracket (39). Attach the Seat Bracket to the Butterfly Seat (62) with two 1/4" x 3/4" Screws (7).

Attach the Butterfly Seat (62) to the Butterfly Upright (138) with the 1/4" x 2 1/2" Carriage Bolt (150), a 1/4" Flat Washer (6), and a 1/4" Nylock Nut (5). The wide end of the Butterfly Seat must be above the 2" Inner Cap (13). Attach the Butterfly Seat to the Butterfly Upright (138) with a 1/4" x 2 1/2" Screw (54) and a 1/4" Flat Washer (6).



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



32. Apply grease to the indicated axle on the VKR Upright (97). Slide the Lever Arm (94) onto the axle. Hold a 1" Retainer (50) and a 1" Plastic Cap (51) against the end of the axle. The teeth on the Retainer must bend toward the Plastic Cap. Tap the Retainer and Plastic Cap onto the axle.

Press two 1" Round Inner Caps (43) into the indicated holes in the VKR Upright (97).

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

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

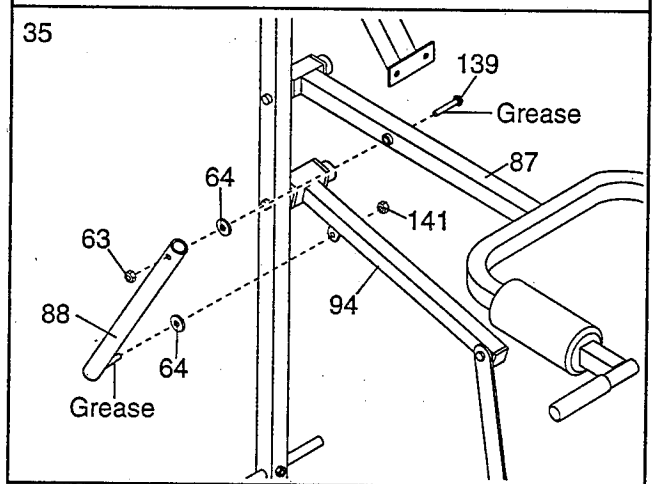
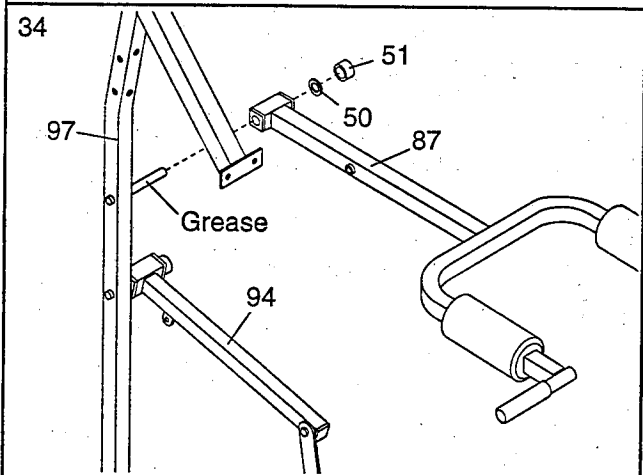
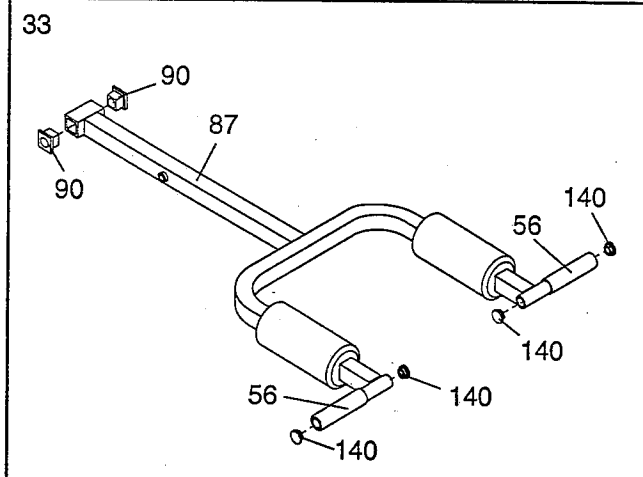
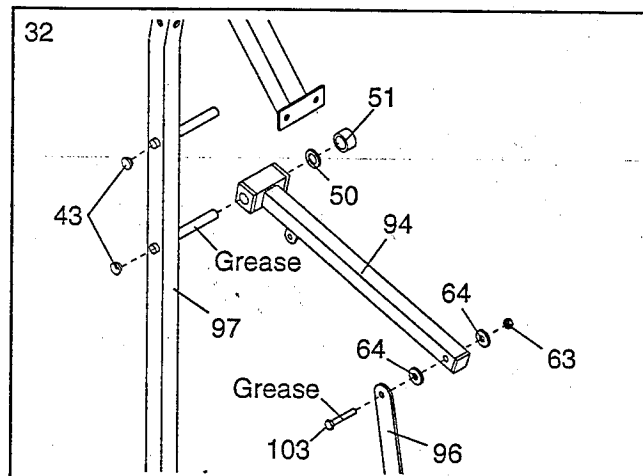
Press the four 1 1/4" Round Inner Caps (140) into the Military Press/Squat Arm (87).

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

34. Apply grease to the indicated axle on the VKR 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 toward the Plastic Cap. Tap the Retainer and Plastic Cap onto the axle.

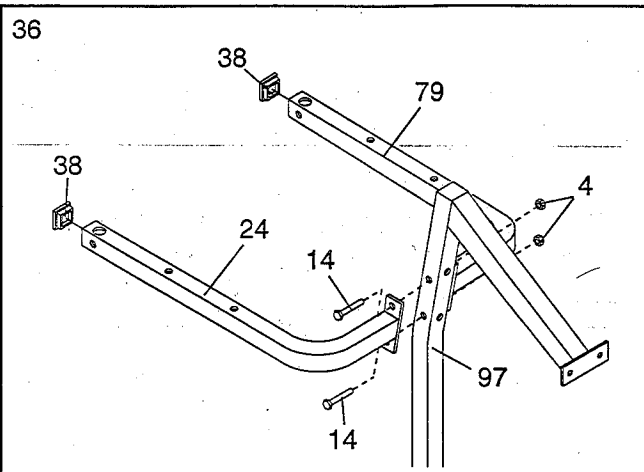
35. Apply grease to the indicated end of the Large Link Tube (88). Attach the indicated end of the Large Link Tube to the Lever Arm (94) with a 3/8" Flat Washer (64) and a 3/8" Jam Nut (141).

Apply grease to a 3/8" x 3 1/4" Bolt (139). Attach the other end of the Large Link Tube (88) to the Military Press/Squat Arm (87) with the Bolt, a 3/8" Flat Washer (64,) and a 3/8" Nylock Nut (63).



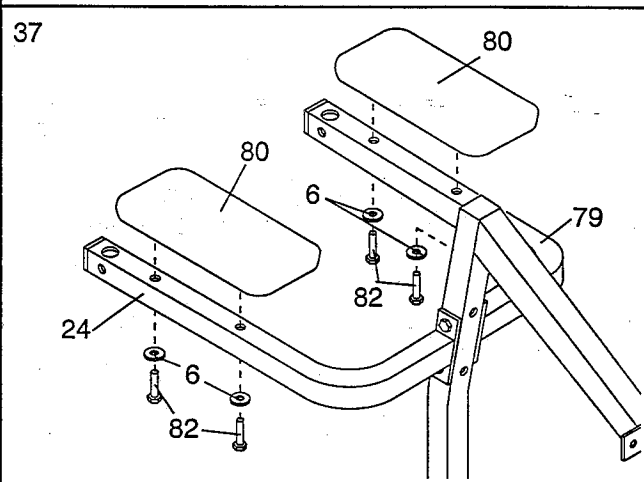
36. Press a 1 1/2" Inner Cap (38) into each of the VKR Arms (24, 79).

Align the Left and Right VKR Arms (24, 79) with the indicated holes in the VKR Upright (97). **Note: If the Arms are on the correct sides, they will be parallel to the floor.** Attach the VKR Arms to the VKR Upright with two 5/16" x 2 1/2" Bolts (14) and 5/16" Nylock Nuts (4).



37. Attach a VKR Armrest (80) to the Left VKR Arm (24) with two 1/4" x 2" Screws (82) and 1/4" Flat Washers (6).

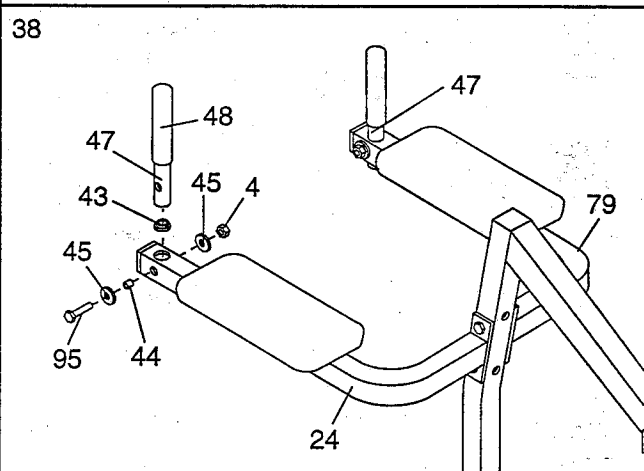
Attach the other VKR Armrest (80) to the Right VKR Arm (79) in the same manner.



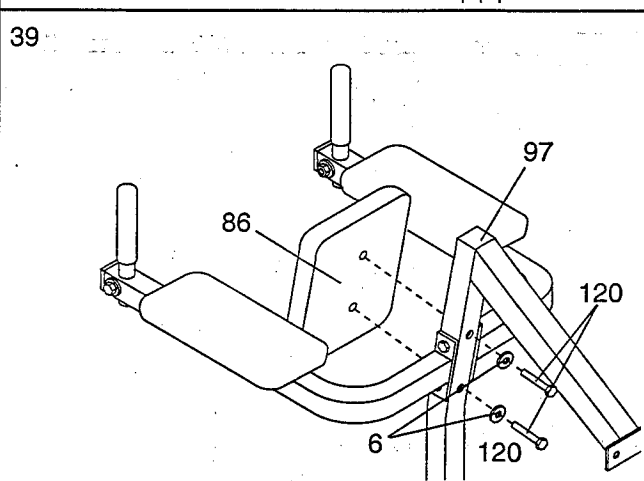
38. Press a 1" Round Inner Cap (43) into a Handle (47).

Insert the Handle (47) into the Left VKR Arm (24). Attach the Handle to the Left VKR Arm with a 5/16" x 2" Bolt (95), two 5/16" Flat Washers (45), a 1/2" x 1/4" Spacer (44), and a 5/16" Nylock Nut (4) as shown.

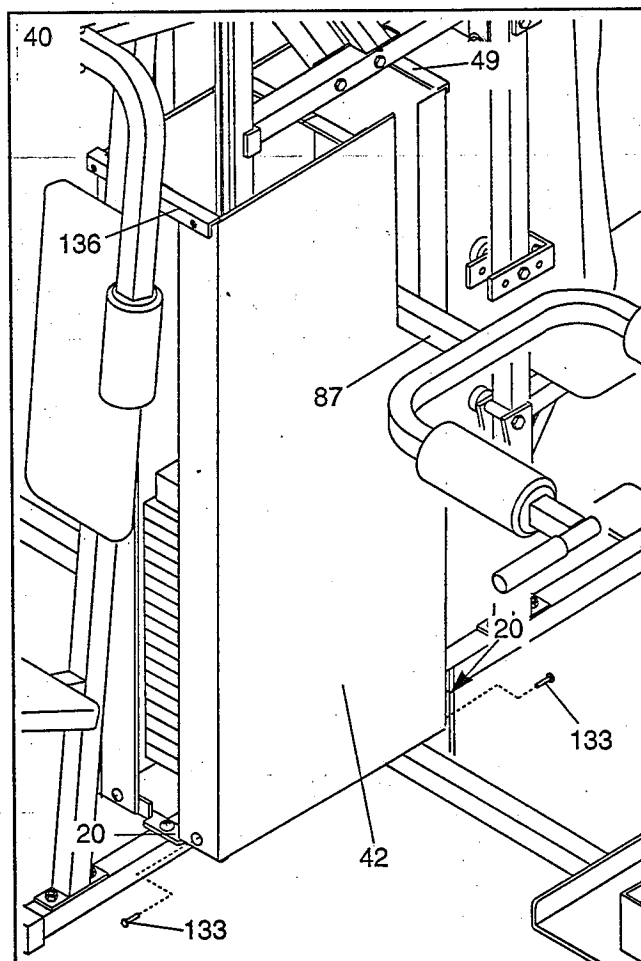
Attach a Handle (47) to the Right VKR Arm (79) in the same manner.



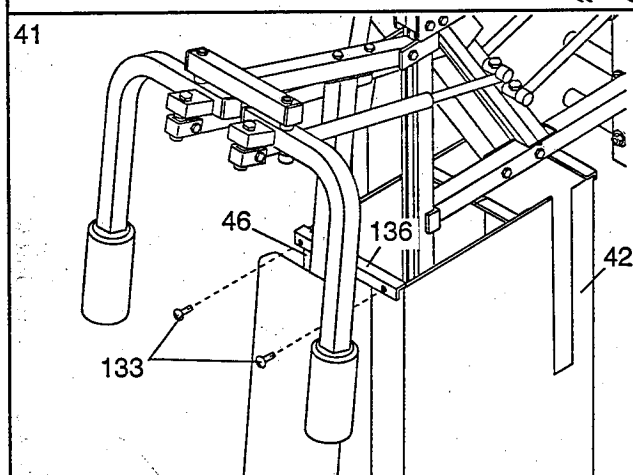
39. Attach the Small Backrest (86) to the VKR Upright (97) with the two 1/4" x 2 1/4" Screws (120) and two 1/4" Flat Washers (6).



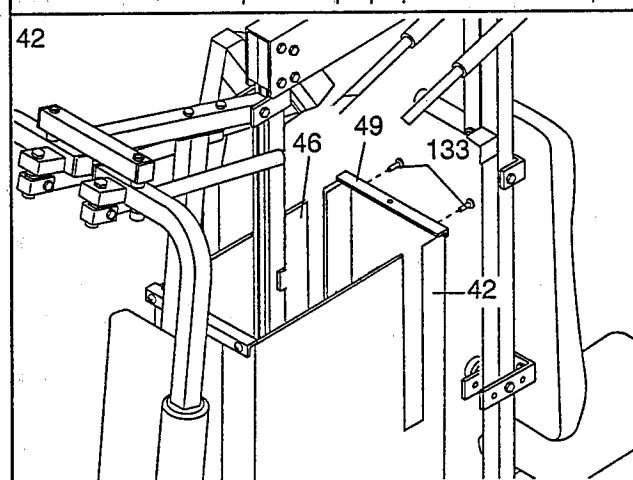
40. Hold the Squat Side Guard (42) in the position shown. The Military Press/Squat Arm (87) should rest in the indicated slot, and the top of the Squat Side Guard should be inside of the "T" Side Guard Bracket (136) and the "L" Side Guard Bracket (49). Attach the Squat Side Guard to the Base Side Guard Brackets (20) with two #8 x 1/2" Self-tapping Screws (133).



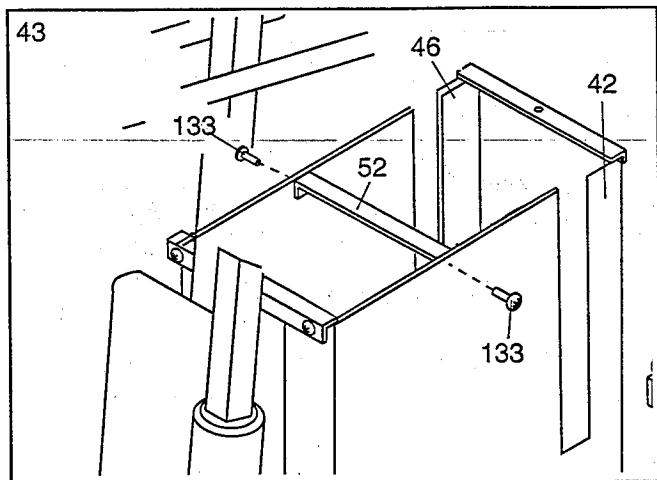
41. Attach the Squat Side Guard (42) and the VKR Side Guard (46) to the "T" Side Guard Bracket (136) with two #8 x 1/2" Screws (133).



42. Attach the Squat Side Guard (42) and the VKR Side Guard (46) to the "L" Side Guard Bracket (49) with two #8 x 1/2" Screws (133).



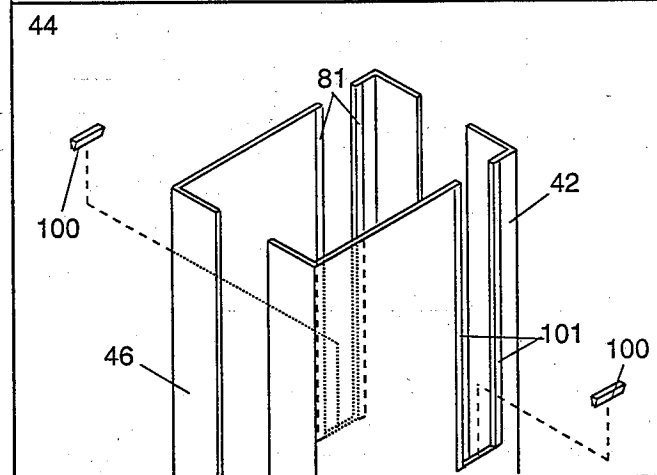
43. Attach the Squat Side Guard (42) and the VKR Side Guard (46) to the "U" Side Guard Bracket (52) with two #8 x 1/2" Screws (133).



44. Make sure that there is a piece of 3 1/2" Trim (100) on the bottom of the slot in each Side Guard (42, 46).

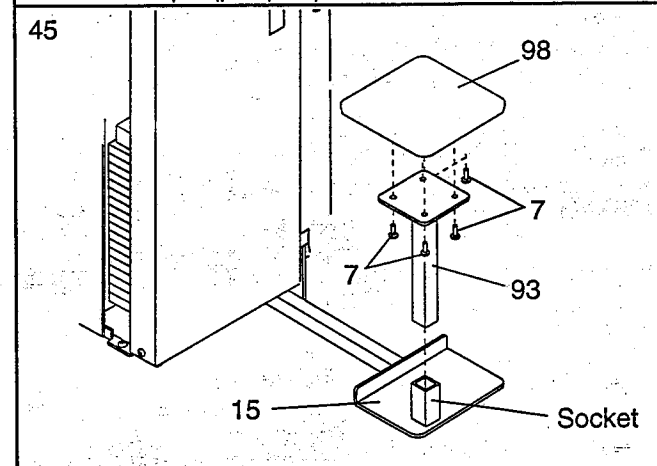
Make sure that there are two pieces of 22 1/2" Trim (81) on the sides of the slot in the VKR Side Guard (46).

Make sure that there are two pieces of 12 3/4" Trim (101) on the sides of the slot in the Squat Side Guard (42).

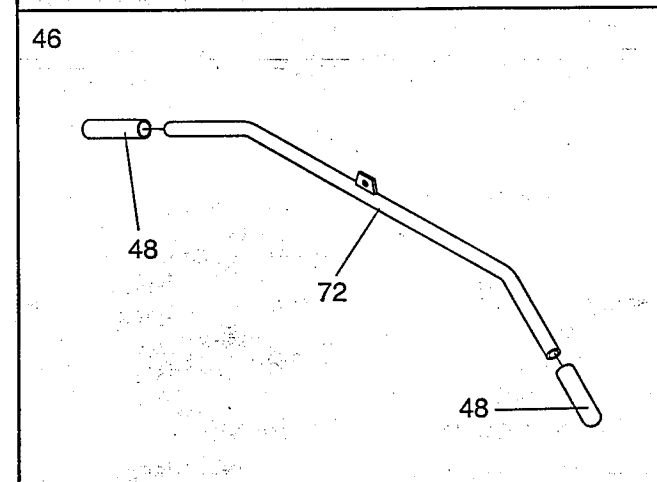


45. Attach the Military Press Seat (98) to the Seat Post (93) with four 1/4" x 3/4" Screws (7).

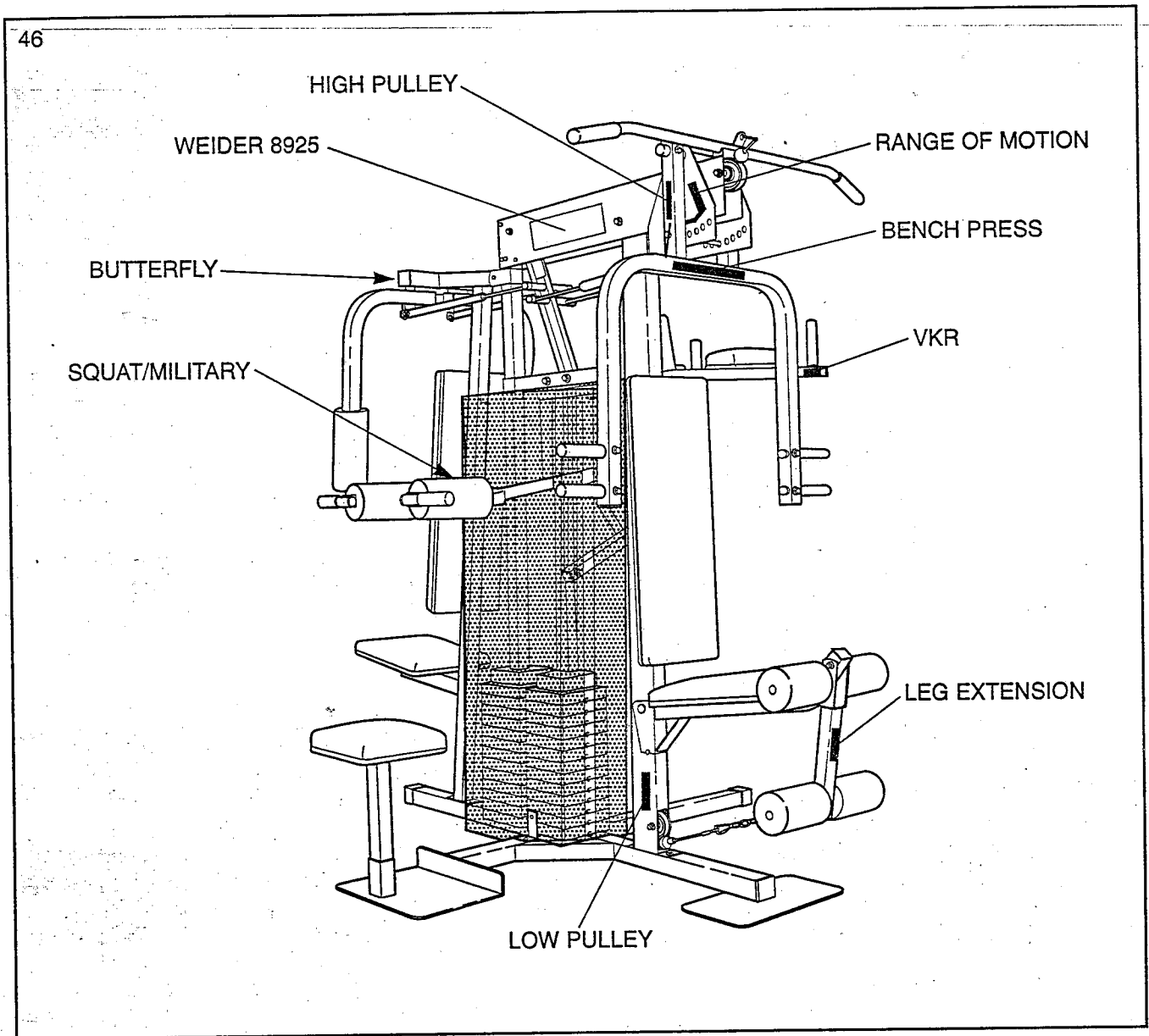
Insert the Seat Post (93) into the socket on the Base (15).



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



46. 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.



47. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 19 of this owner's manual.

Before using the hard drive system, adjust the tension of the cables to remove any slack. Refer to TROUBLESHOOTING AND MAINTENANCE on page 22 to see how to adjust the cables. In addition, pull the ends of each cable a few times to make sure that the cables move smoothly over the pulleys. If the cables do not move smoothly, locate and correct the problem before using the hard drive system. Refer to the CABLING DIAGRAM on page 23 to see the proper routing of the cables. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used.**

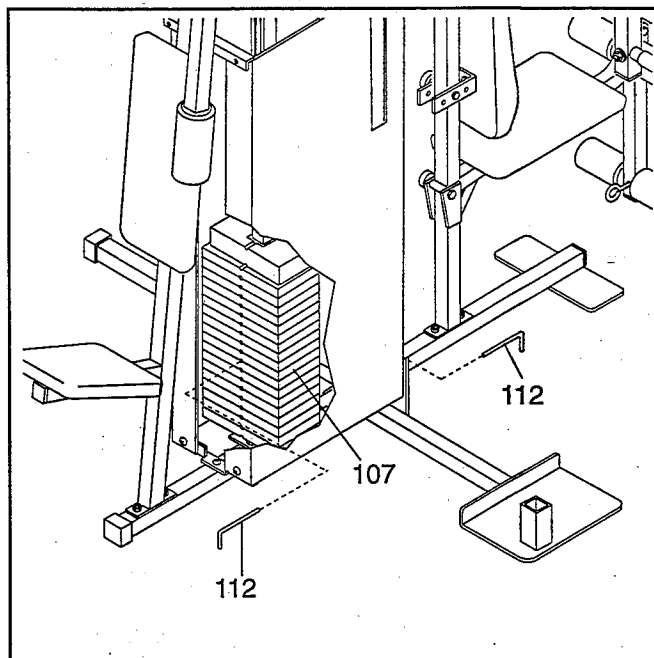
ADJUSTMENT

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 cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

SELECTING A WEIGHT SETTING

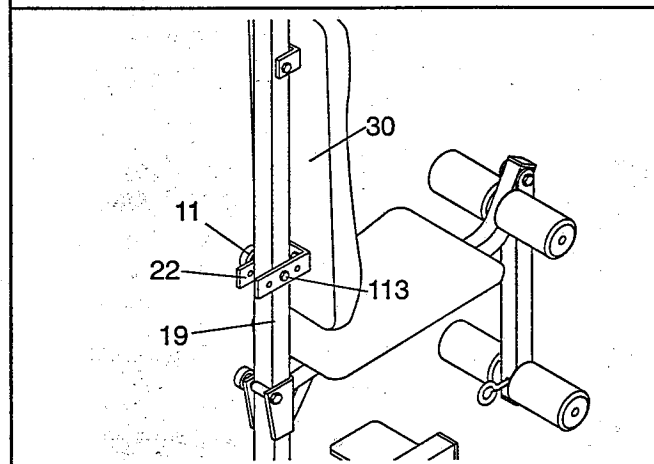
The hard drive system features dual weight stacks to allow two people to exercise at the same time. The rear weight stack is connected to the high pulley station, the low pulley station, the leg lever, the butterfly arms and the press arm; the front weight stack is connected to the military press/squat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

To change the weight setting of either weight stack, insert a Weight Pin (112) under the desired Weight (107). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 20 pounds to 150 pounds, in increments of 10 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Refer to the Weight Resistance Chart on page 21 to find the actual amount of resistance.**



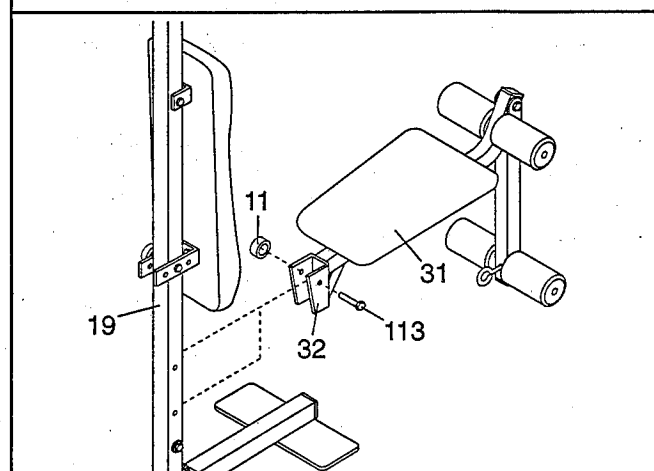
ADJUSTING THE PRESS BACKREST

The Press 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 Press 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 PRESS SEAT

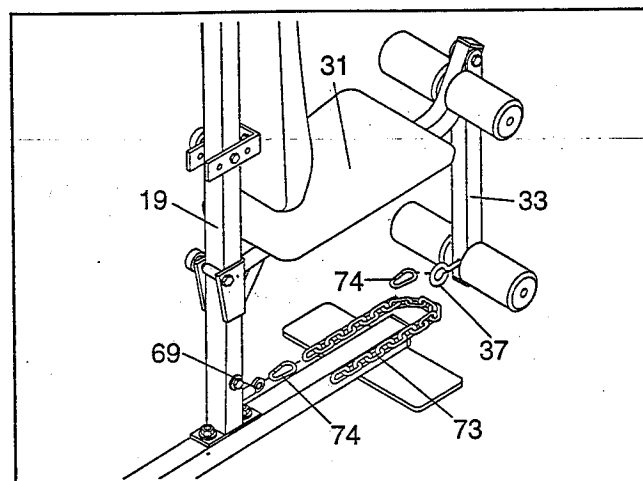
The Press Seat (31) can be attached at either of two heights. To attach the Press Seat to the Front Upright (19), align the bracket on the Seat Frame (32) with one of the indicated holes in the Front Upright. Insert a 5/16" x 2 3/4" Bolt (113) through the Seat Frame and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.



For some exercises, the Press Seat (31) must be removed from the Front Upright (19). 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). Lift off the Press Seat.

ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

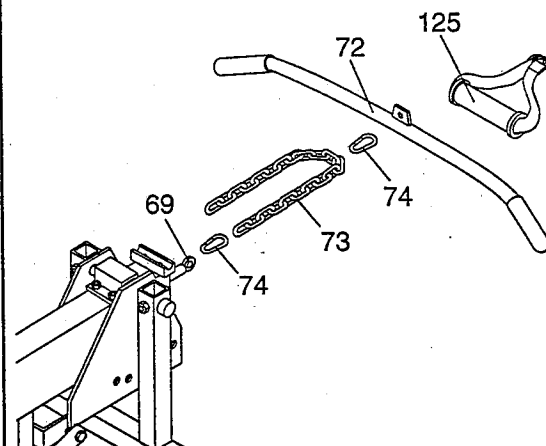
To use the Leg Lever (33), the Press Seat (31) must be attached to the Front Upright (19) (see ATTACHING AND REMOVING THE PRESS SEAT on page 19). Attach one end of the Chain (73) to the Pulley Cable (69) with a Cable Clip (74). Attach the other end of the Chain to the 5/16" x 2 1/2" Eyebolt (37) on the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

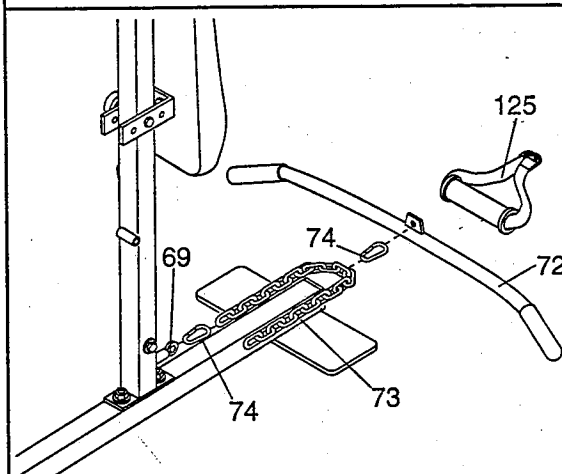
The Nylon Strap (125) can be attached in the same manner.



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.**

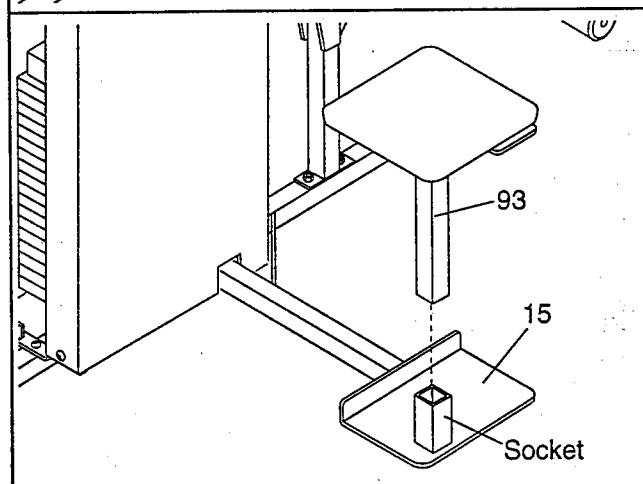
The Nylon Strap (125) can be attached in the same manner.



ATTACHING AND REMOVING THE MILITARY PRESS SEAT

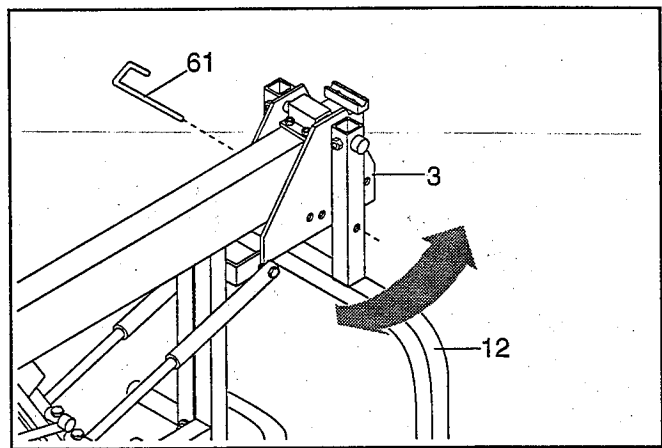
To do the MILITARY PRESS exercise, insert the Seat Post (93) into the socket on Base (15).

To do other exercises using the military press/squat arm, the Seat Post (93) must be removed.



ADJUSTING THE PRESS ARM

To adjust the position of the Press Arm (12), remove the "J"-Pin (61) from the Selector (3). Move the Press Arm to the desired position. Align holes in the Press Arm with the desired holes in the Selector, and re-insert the "J"-Pin.



WEIGHT RESISTANCE CHART

ACTUAL WEIGHT	PRESS ARM— LOWER HANDLES (lbs.)	PRESS ARM— UPPER HANDLES (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG LEVER (lbs.)	BUTTER- FLY ARM (lbs.)	MILITARY/ SQUAT (lbs.)
20 lbs.	33	36.5	20	20	20	30	26.5
30 lbs.	50	55	30	30	30	45	40
40 lbs.	66.5	73.25	40	40	40	60	53.5
50 lbs.	83	91.5	50	50	50	75	67
60 lbs.	100	110	60	60	60	90	80
70 lbs.	116.5	128.25	70	70	70	105	93.5
80 lbs.	123	146.5	80	80	80	120	114
90 lbs.	150	165	90	90	90	135	120
100 lbs.	166.5	183	100	100	100	150	133.5
110 lbs.	183	201.5	110	110	110	165	147
120 lbs.	200	220	120	120	120	180	160
130 lbs.	216.5	238.25	130	130	130	195	173.5
140 lbs.	223	256.5	140	140	140	210	187

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.

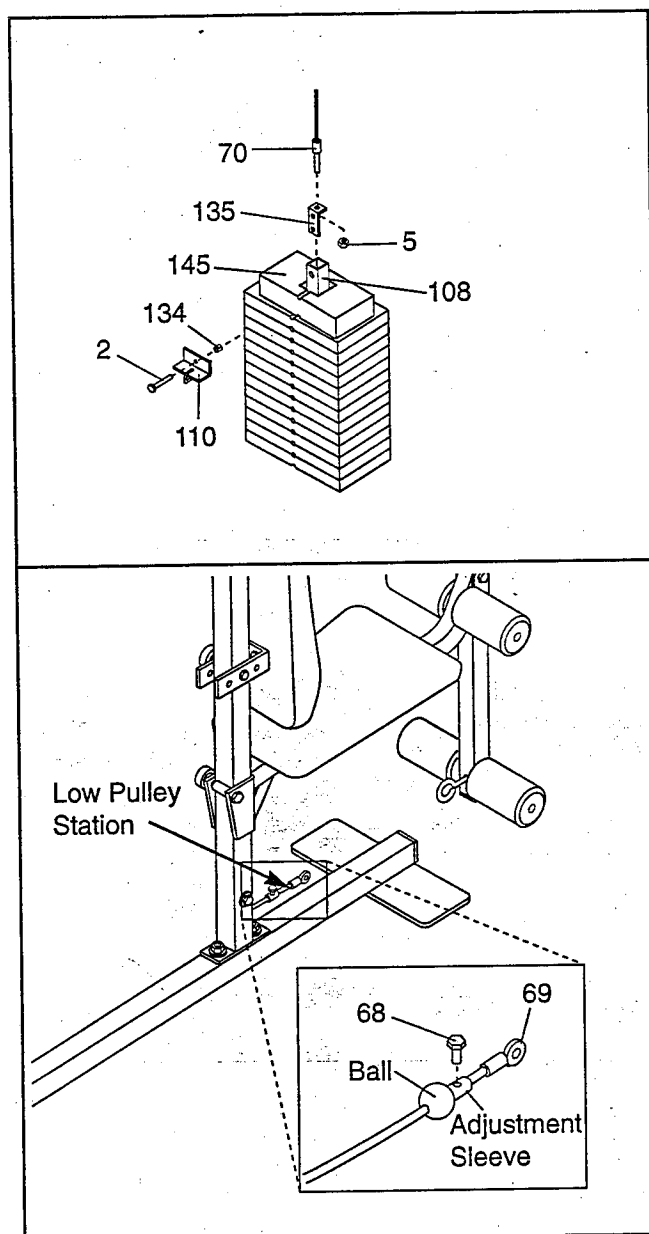
TIGHTENING THE CABLES

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.

When the Weight Cable (70) is properly tightened, the pivot arm (see the drawing on page 23) should be resting against the stop bolt. To tighten the Weight Cable, first remove the 5/16" x 1 1/4" Bolt (2), the Weight Bracket (110) and the 1/2" x 7/16" Bushing (134). Remove the Cable Bracket (135) from the Weight Tube (108). Tighten the 1/4" Nylock Nut (5) farther onto the end of the Weight Cable. Insert the Cable Bracket back onto the Weight Tube. Reattach the 5/16" x 1 1/4" Bolt (2), the Weight Bracket (110) and the 1/2" x 7/16" Bushing (134). To further tighten the Weight Cable, the Bolt can be tightened into the upper hole in the Cable Bracket rather than the lower hole. Make sure that the Weight Cable is not too tight, or the 20 lb. Weight (145) will be lifted off the weight stack.

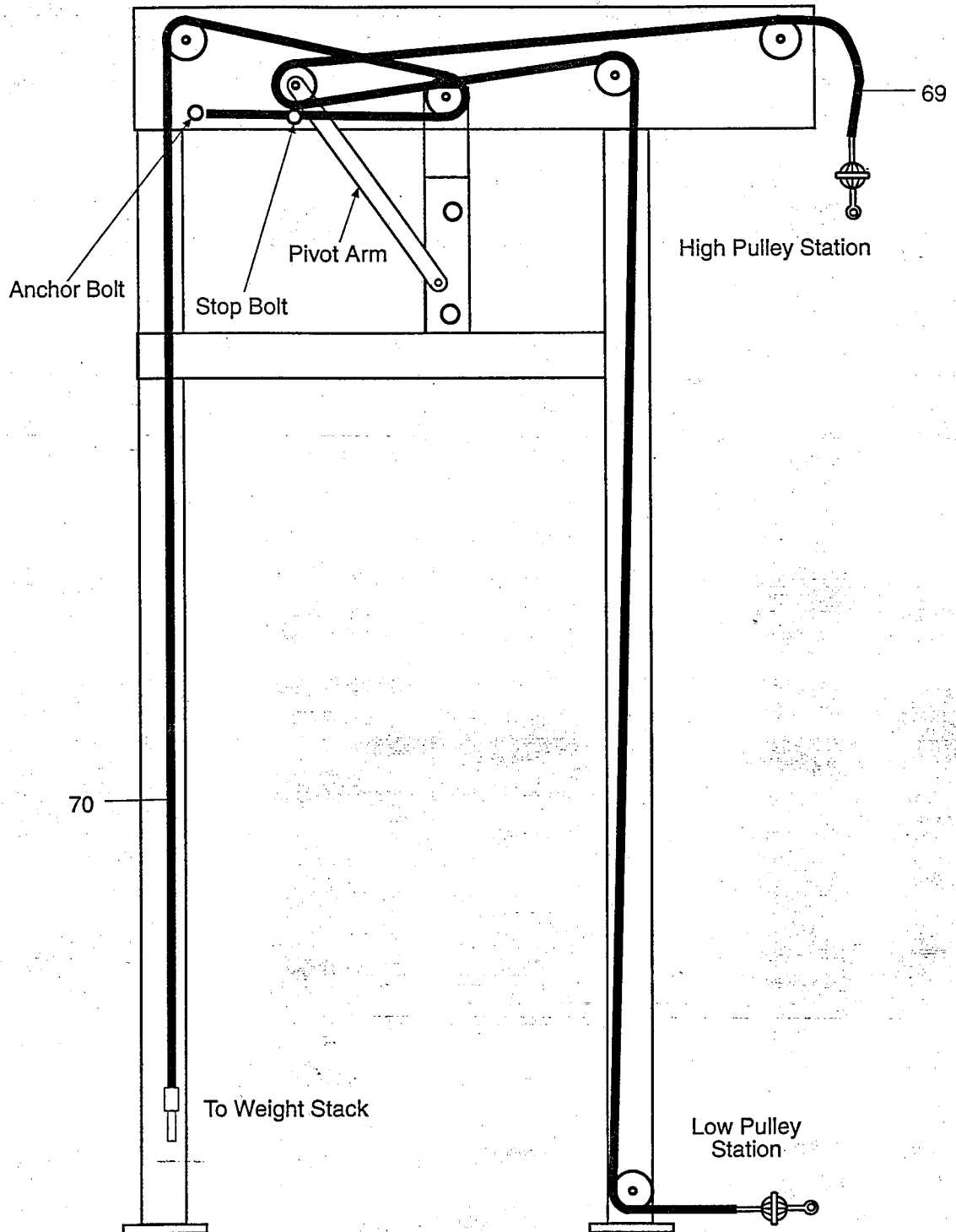
To tighten the Pulley Cable (69), locate the adjustment sleeve and 1/4" x 1/2" Tap Screw (68) near the lower end of the Pulley Cable. Loosen the Tap Screw. Pull the end of the Pulley Cable until the Pulley Cable is tight, and slide the adjustment sleeve and the ball against the low pulley. Retighten the Tap Screw. Make sure that the cables are not too tight, or the 20 lb. Weight (145, not shown) 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.



CABLING DIAGRAM

The Pulley Cable (69) and Weight Cable (70) come pre-assembled. However, if either Cable has shifted during shipping, use the diagram below to make sure that the cable is properly routed.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WG89251).
2. The NAME of the product (WEIDER® 8925 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.

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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.

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

PART LIST—Model No. WG89251

R994A

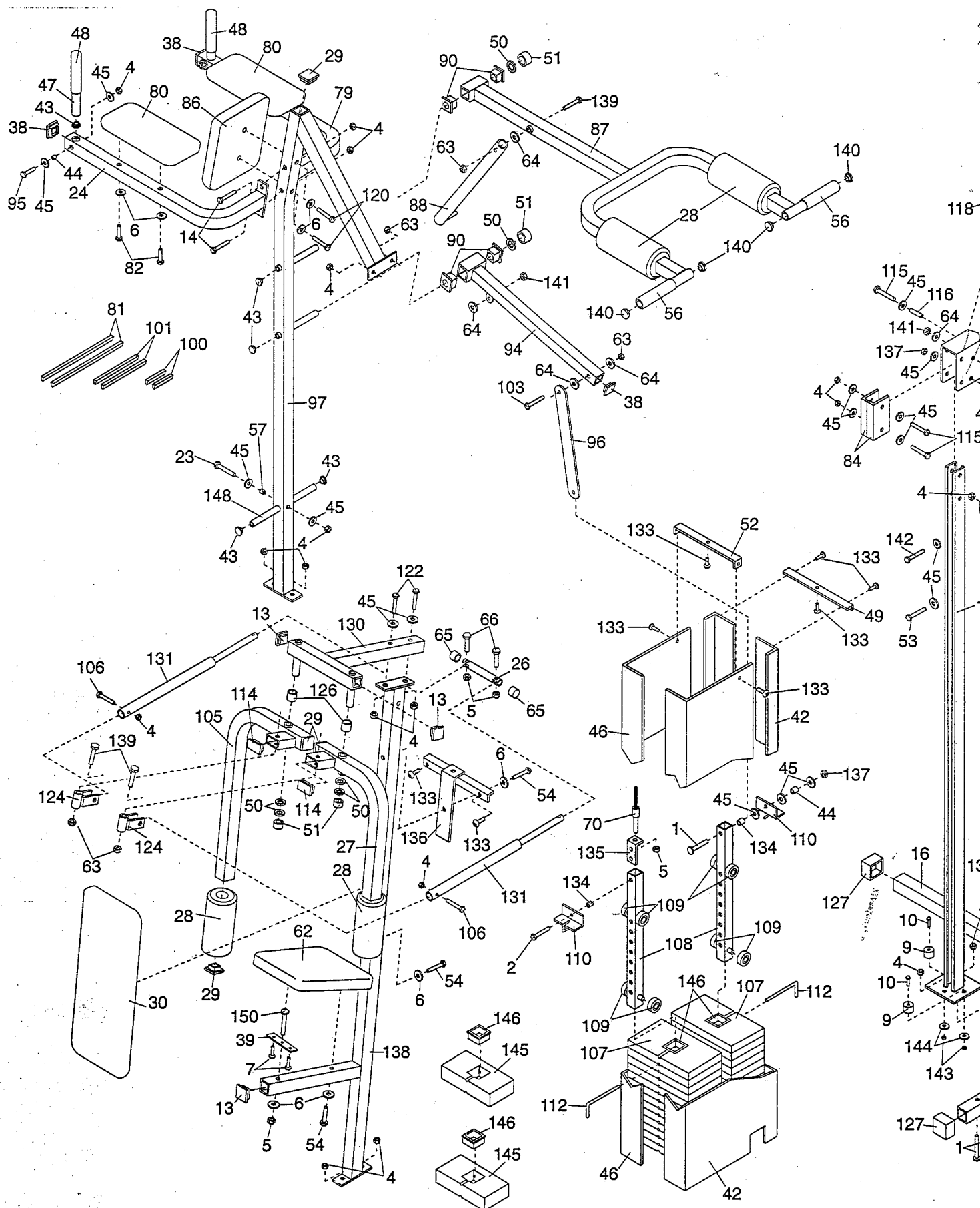
Key No.	Qty.	Description	Key No.	Qty.	Description
1	11	5/16" x 2 1/2" Carriage Bolt	54	3	1/4" x 2 1/2" Screw
2	1	5/16" x 1 1/4" Bolt	55	1	3/8" x 2 3/4" Bolt
3	1	Selector	56	2	Foam Grip
4	39	5/16" Nylock Nut	57	5	1/2" x 3/8" Spacer
5	14	1/4" Nylock Nut	58	1	Bar Holder
6	16	1/4" Flat Washer	59	1	Arm Frame Cap
7	16	1/4" x 3/4" Screw	60	2	Arm Frame Bushing
8	2	1 1/4" Tap Screw	61	1	"J"-Pin
9	4	Rubber Bumper	62	1	Butterfly Seat
10	2	#8-32 Screw	63	5	3/8" Nylock Nut
11	2	5/16" Knob	64	13	3/8" Flat Washer
12	1	Press Arm	65	4	3/4" Cover Cap
13	4	2" Inner Cap	66	4	1/4" x 1 1/4" Bolt
14	3	5/16" x 2 1/2" Bolt	67	1	3 1/2" Pulley
15	1	Base	68	1	1/4" x 1/2" Tap Screw
16	1	Stabilizer	69	1	Pulley Cable
17	1	Rear Upright	70	1	Weight Cable
18	1	Center Upright	71	2	"L"-Bracket
19	1	Front Upright	72	1	Lat Bar
20	2	Base Side Guard Bracket	73	1	Chain
21	1	Small "U"-Bracket	74	3	Cable Clip
22	1	Adjustment Bracket	75	1	Pivot Arm
23	6	5/16" x 2 1/4" Bolt	76	1	3/8" x 1 3/4" Bolt
24	1	Left VKR Arm	77	3	Thin 3" Pulley
25	2	Short Arm Shock	78	1	Pivot Arm Extension
26	2	Shock Bar	79	1	Right VKR Arm
27	1	Left Butterfly Arm	80	2	VKR Armrest
28	4	10" Foam Pad	81	2	22 1/2" Trim
29	7	1 3/4" Inner Cap	82	4	1/4" x 2" Screw
30	2	Large Backrest	83	2	1/2" x 5/8" Spacer
31	1	Press Seat	84	2	Upright Bracket
32	1	Seat Frame	85	1	Long "U"-Bracket
33	1	Leg Lever	86	1	Small Backrest
34	4	7" Foam Pad	87	1	Military Press/Squat Arm
35	2	Pad Tube	88	1	Large Link Tube
36	2	3/4" Round Inner Cap	89	2	1/4" x 3/4" Taper Screw
37	1	5/16" x 2 1/2" Eyebolt	90	4	1 1/2" Square Bushing
38	5	1 1/2" Inner Cap	91	6	Small Flanged Bushing
39	3	Seat Bracket	92	1	1/2" x 7/16" Spacer
40	3	1/4" x 2 1/4" Carriage Bolt	93	1	Seat Post
41	1	3/8" x 2 1/2" Bolt	94	1	Lever Arm
42	1	Squat Side Guard	95	4	5/16" x 2" Bolt
43	10	1" Round Inner Cap	96	1	Link Arm
44	3	1/2" x 1/4" Spacer	97	1	VKR Upright
45	37	5/16" Flat Washer	98	1	Military Press Seat
46	1	VKR Side Guard	99	1	Thin Metal Plate
47	6	Short Handle	100	2	3 1/2" Trim
48	8	5" Grip	101	2	12 3/4" Trim
49	1	"L" Side Guard Bracket	102	2	Rectangular Washer
50	6	1" Retainer	103	1	3/8" x 2 1/2" Carriage Bolt
51	6	1" Round Outer Cap	104	1	10 1/2" Press Arm Tube
52	1	"U" Side Guard Bracket	105	1	Right Butterfly Arm
53	1	5/16" x 1 3/4" Screw	106	4	5/16" x 1 3/4" Bolt

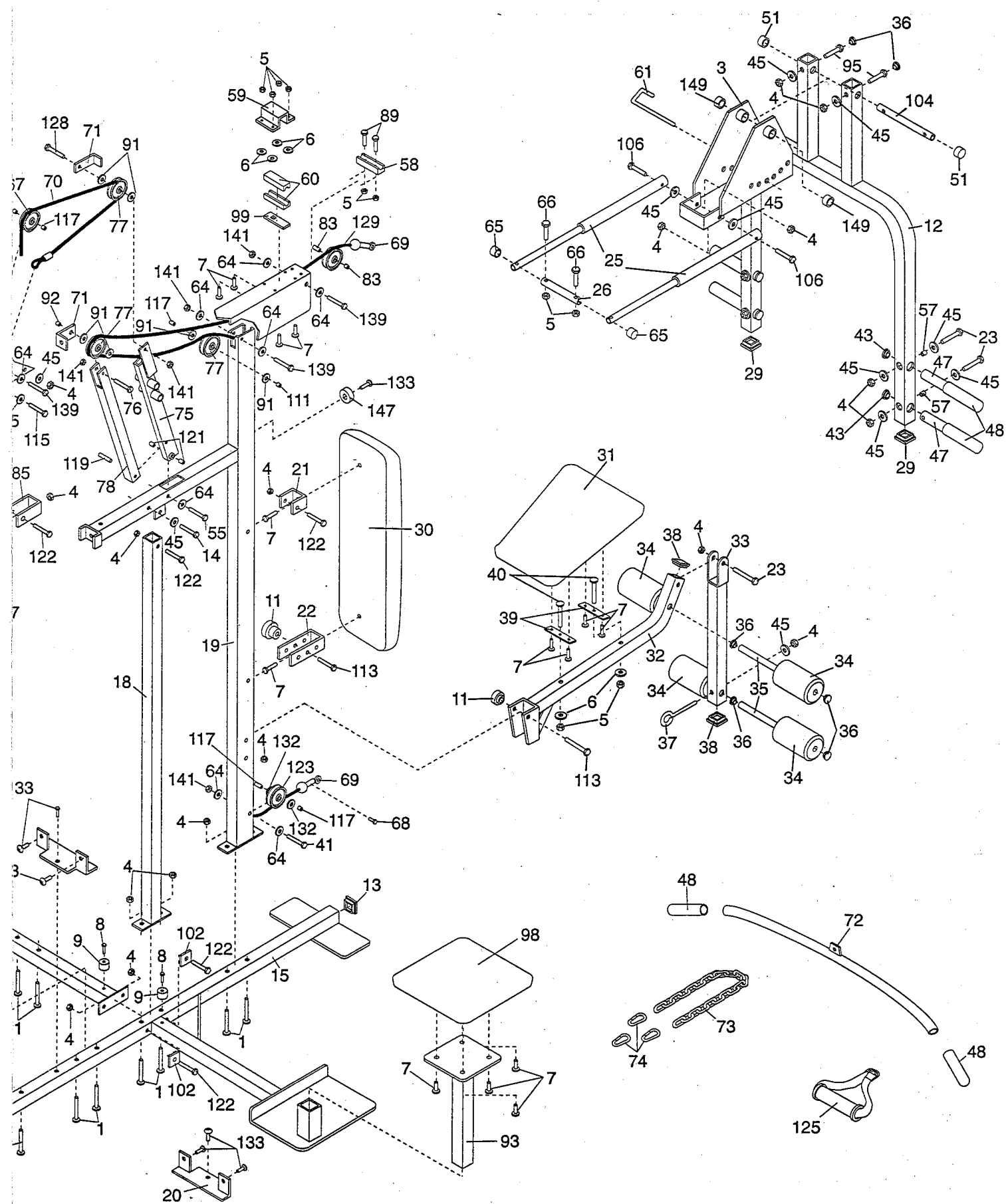
Key**No. Qty. Description**

107	26	10 lb. Weight
108	2	Weight Tube
109	8	Roller
110	2	Weight Bracket
111	1	1/2" x 1 3/4" Spacer
112	2	Weight Pin
113	2	5/16" x 2 3/4" Carriage Bolt
114	2	1" x 2" Inner Cap
115	4	5/16" x 3 1/4" Bolt
116	1	1/2" x 2 1/2" Spacer
117	4	1/2" x 1/2" Spacer
118	1	1/2" x 1 1/4" Spacer
119	1	5/16" x 1 1/2" Roll Pin
120	2	1/4" x 2 1/4" Screw
121	2	3/8" x 5/16" Spacer
122	7	5/16" x 2 3/4" Bolt
123	1	2 5/8" Pulley
124	2	Arm Bracket
125	1	Nylon Strap
126	2	2 1/2" Bushing
127	2	2" Outer Cap
128	1	3/8" x 1 1/4" Carriage Bolt
129	1	3 1/2" "V"-Pulley
130	1	Butterfly Upright Top Frame
131	2	Long Arm Shock
132	2	Long Flanged Bushing
133	15	#8 x 1/2" Self Tapping Screw
134	2	1/2" x 7/16" Bushing
135	1	Cable Bracket
136	1	"T" Side Guard Bracket
137	2	5/16" Nylock Jam Nut
138	1	Butterfly Upright
139	6	3/8" x 3 1/4" Bolt
140	4	1 1/4" Round Inner Cap
141	6	3/8" Nylock Jam Nut
142	1	5/16" x 3/4" Bolt
143	2	#8-32 Nut
144	2	#8 Washer
145	2	20 lb. Weight
146	28	Weight Bushing
147	1	Thin Rubber Bumper
148	1	VKR Footrest
149	2	1 3/8" x 1" Plastic Bushing
150	1	1/4" x 2 1/2" Carriage Bolt
#	1	Owner's Manual
#	1	Exercise Poster
#	1	Part Identification Chart
#	1	Part List/Exploded Drawing

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

R994A





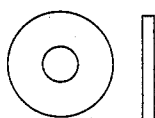
PART IDENTIFICATION CHART—Model No. WG89250

R794A

This chart is provided to help identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity used in assembly. This side of the chart shows all of the nuts, washers and bolts used in assembly. See the opposite side of this chart for all other parts.



#8-32 Nut (143)—2



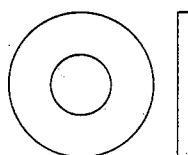
#8 Washer (144)—2



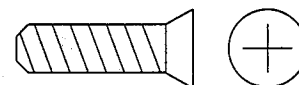
#8 x 1/2" Self Tapping Screw (133)—15



1/4" Nylon Lock Nut (5)—13



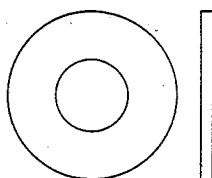
1/4" Flat Washer (6)—16



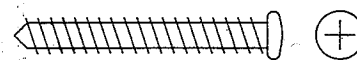
1/4" x 3/4" Taper Screw (89)—2



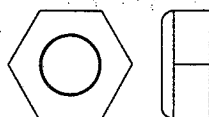
5/16" Nylon Lock Nut (4)—40



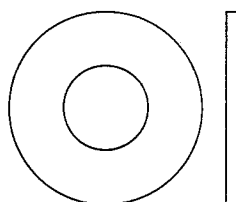
5/16" Flat Washer (45)—33



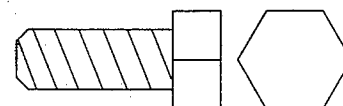
1 1/4" Tap Screw (8)—2



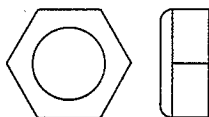
5/16" Jam Nut (137)—1



3/8" Flat Washer (64)—4



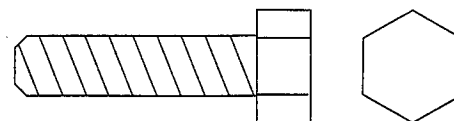
5/16" x 3/4" Bolt (142)—1



3/8" Jam Nut (141)—1



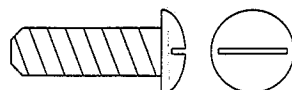
#8-32 Screw (10)—2



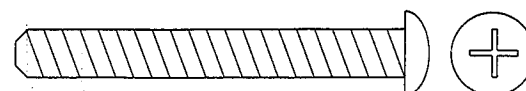
5/16" x 1 1/4" Bolt (2)—1



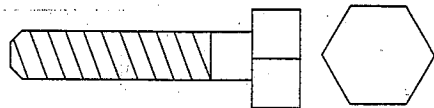
3/8" Nylon Lock Nut (63)—5



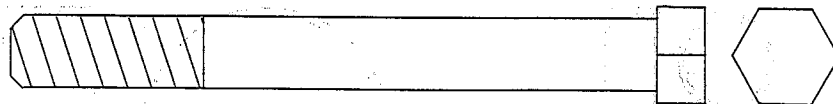
1/4" x 3/4" Screw (7)—16



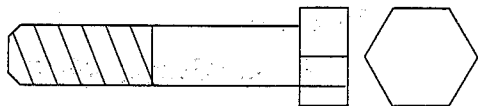
1/4" x 2" Screw (82)—4



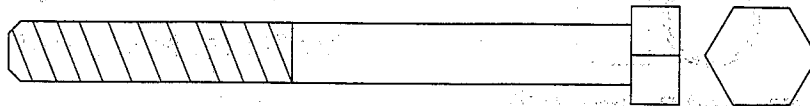
1/4" x 1 1/4" Bolt (66)-4



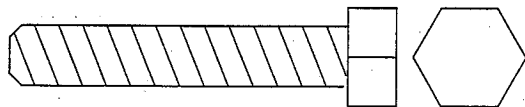
3/8" x 3 1/4" Bolt (139)-3



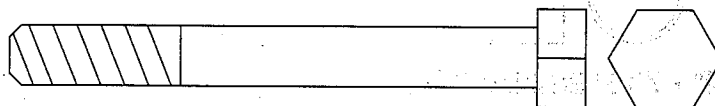
5/16" x 1 1/2" Bolt (101)-2



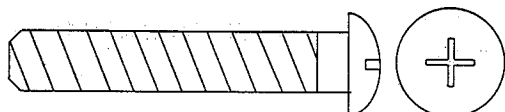
5/16" x 3 1/4" Bolt (115)-3



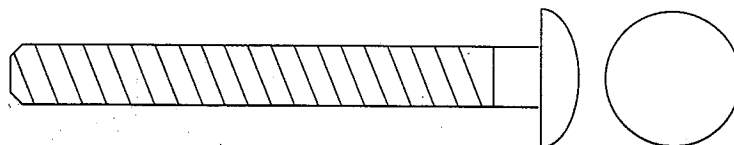
5/16" x 1 3/4" Bolt (106)-2



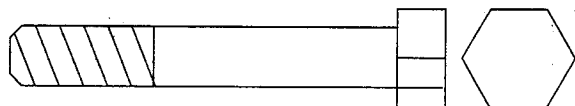
5/16" x 2 3/4" Bolt (122)-7



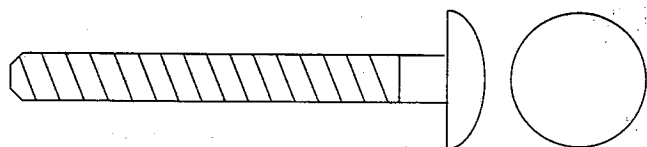
5/16" x 1 3/4" Screw (53)-1



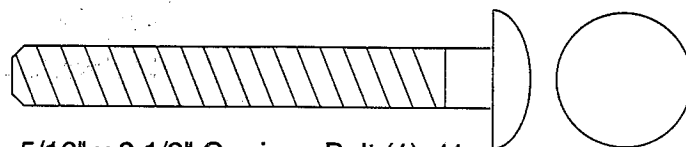
5/16" x 2 3/4" Carriage Bolt (113)-2



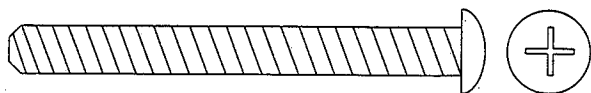
5/16" x 2" Bolt (95)-2



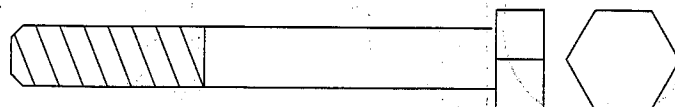
1/4" x 2 1/4" Carriage Bolt (40)-2



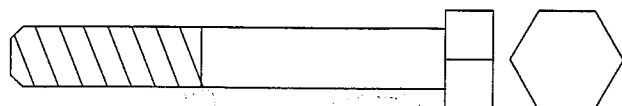
5/16" x 2 1/2" Carriage Bolt (1)-11



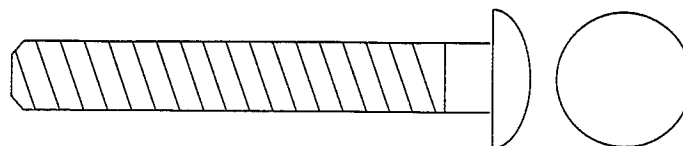
1/4" x 2 1/4" Screw (120)-3



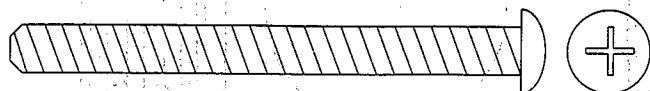
5/16" x 2 1/2" Bolt (14)-3



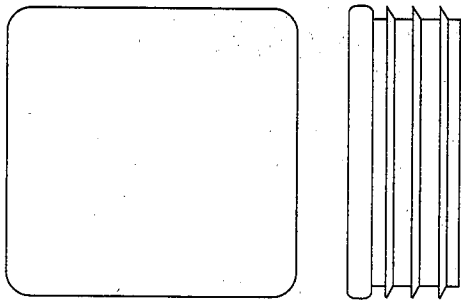
5/16" x 2 1/4" Bolt (23)-3



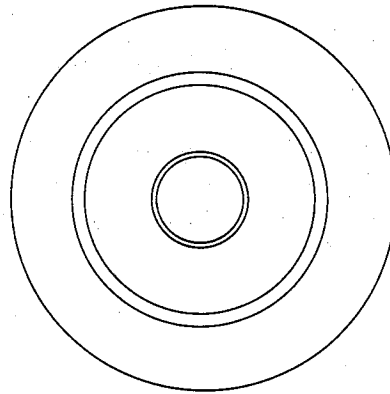
3/8" x 2 1/2" Carriage Bolt (103)-1



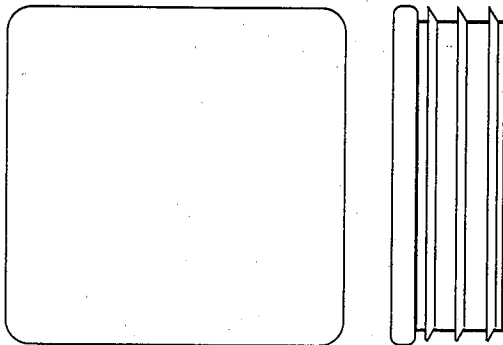
1/4" x 2 1/2" Screw (54)-2



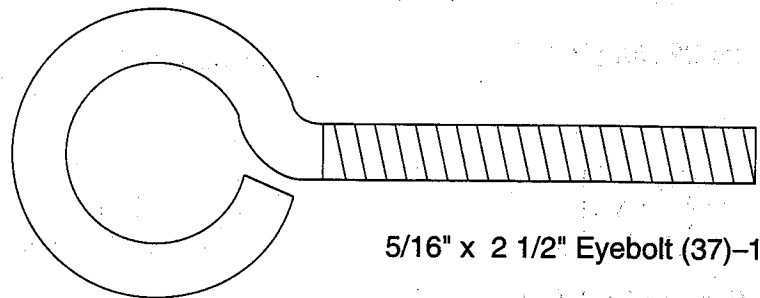
1 1/2" Inner Cap (38)—4



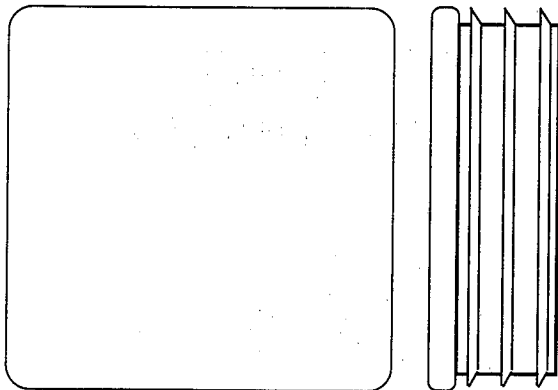
Roller (109)—8



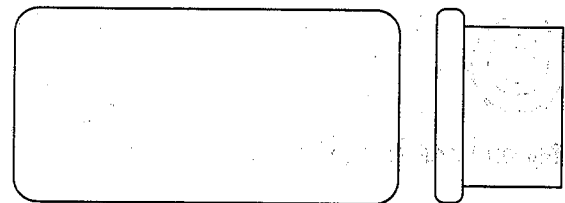
1 3/4" Inner Cap (29)—9



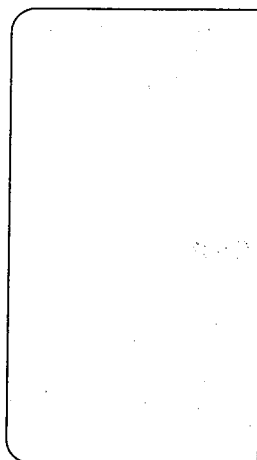
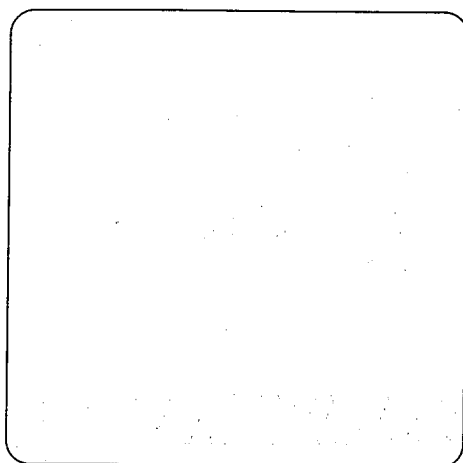
5/16" x 2 1/2" Eyebolt (37)—1



2" Inner Cap (13)—2



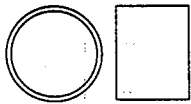
1" x 2" Inner Cap (114)—2



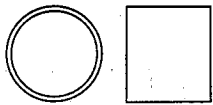
2" Outer Cap (127)—2



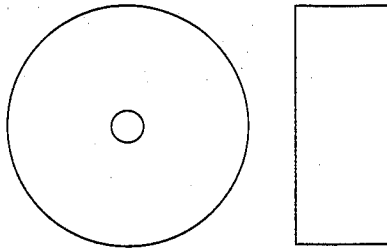
1/2" x 1/4" Bushing (44)-3



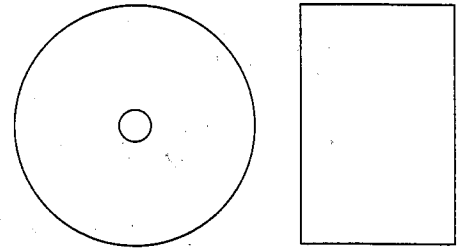
1/2" x 3/8" Bushing (57)-5



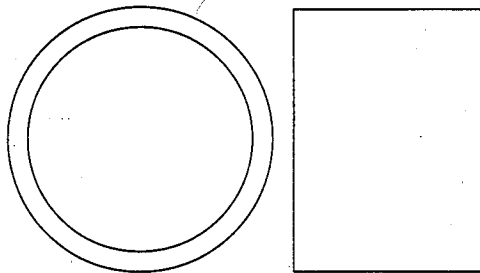
1/2" x 7/16" Bushing (134)-2



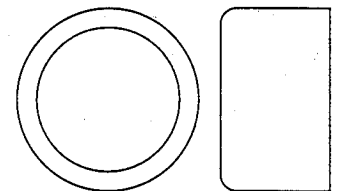
Thin Rubber Bumper (147)-1



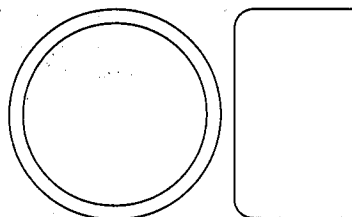
Rubber Bumper (9)-4



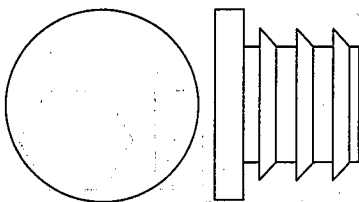
1" x 1 3/8" Plastic Bushing (149)-2



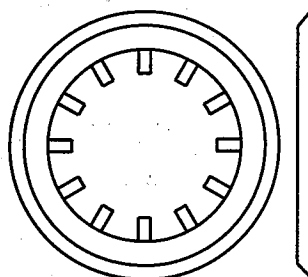
3/4" Cover Cap (65)-4



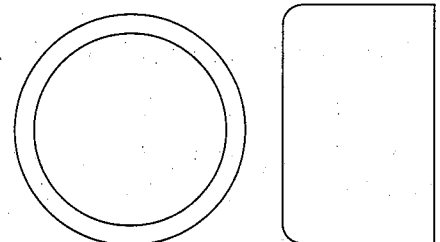
1" Cover Cap (100)-2



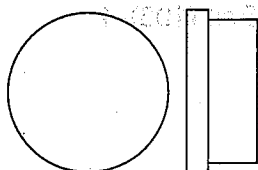
1" Round Cap (43)-10



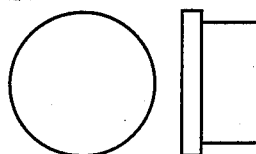
1" Retainer (50)-6



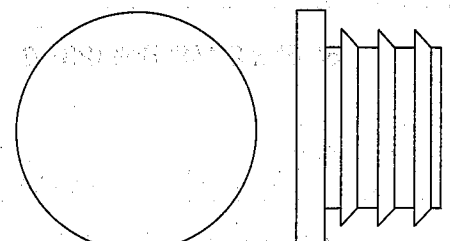
1" Plastic Cap (51)-3



3/4" Round Insert Cap (102)-2
(119 - 3/4" Written Inside)



3/4" Round Cap (36)-4



1 1/4" Round Cap (140)-4