

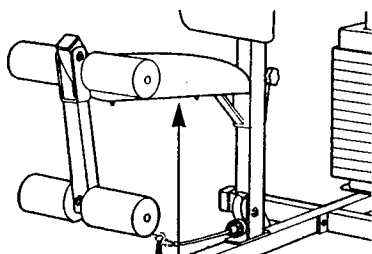
WEIDER 9350TM

HARD DRIVE SYSTEM

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

Model No. WG93500

Serial No. _____



Serial Number Decal (Under Seat)

QUESTIONS?

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

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

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

CUSTOMER HOT LINE:

1-800-225-0653

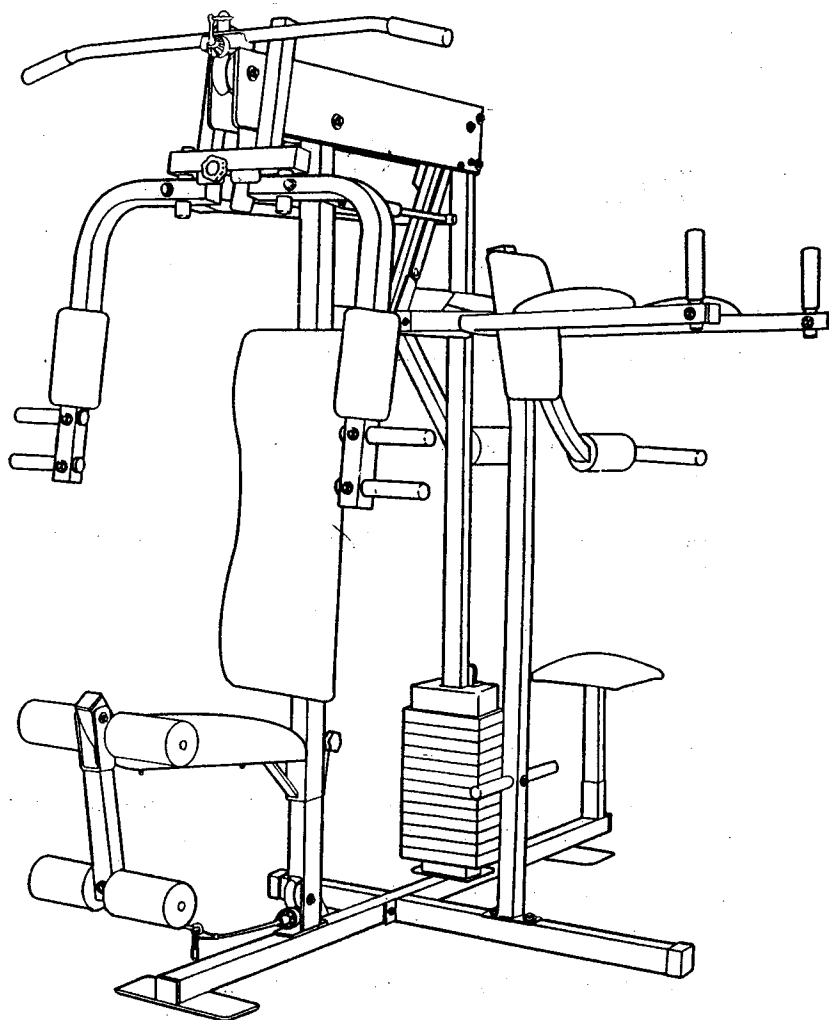
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

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

PATENT PENDING

OWNER'S MANUAL



weider[®]

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
ADJUSTMENT	14
TROUBLE-SHOOTING AND MAINTENANCE	17
CABLING DIAGRAM	18
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT SAFETY PRECAUTIONS

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

1. Read all instructions in this owner's manual and in the accompanying literature before using the hard drive system. Use the hard drive system only as described.
2. Use the hard drive system only on a level surface. Cover the floor beneath the hard drive system for protection.
3. Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately.
4. Keep small children away from the hard drive system at all times.
5. Keep hands and feet away from moving parts other than handles.
6. Always wear athletic shoes for foot protection.
7. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
8. Never release the arms, leg lever, military press/squat arm, lat bar or nylon strap while weights are raised. The weights will fall with great force.
9. Always stand on a foot plate 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.

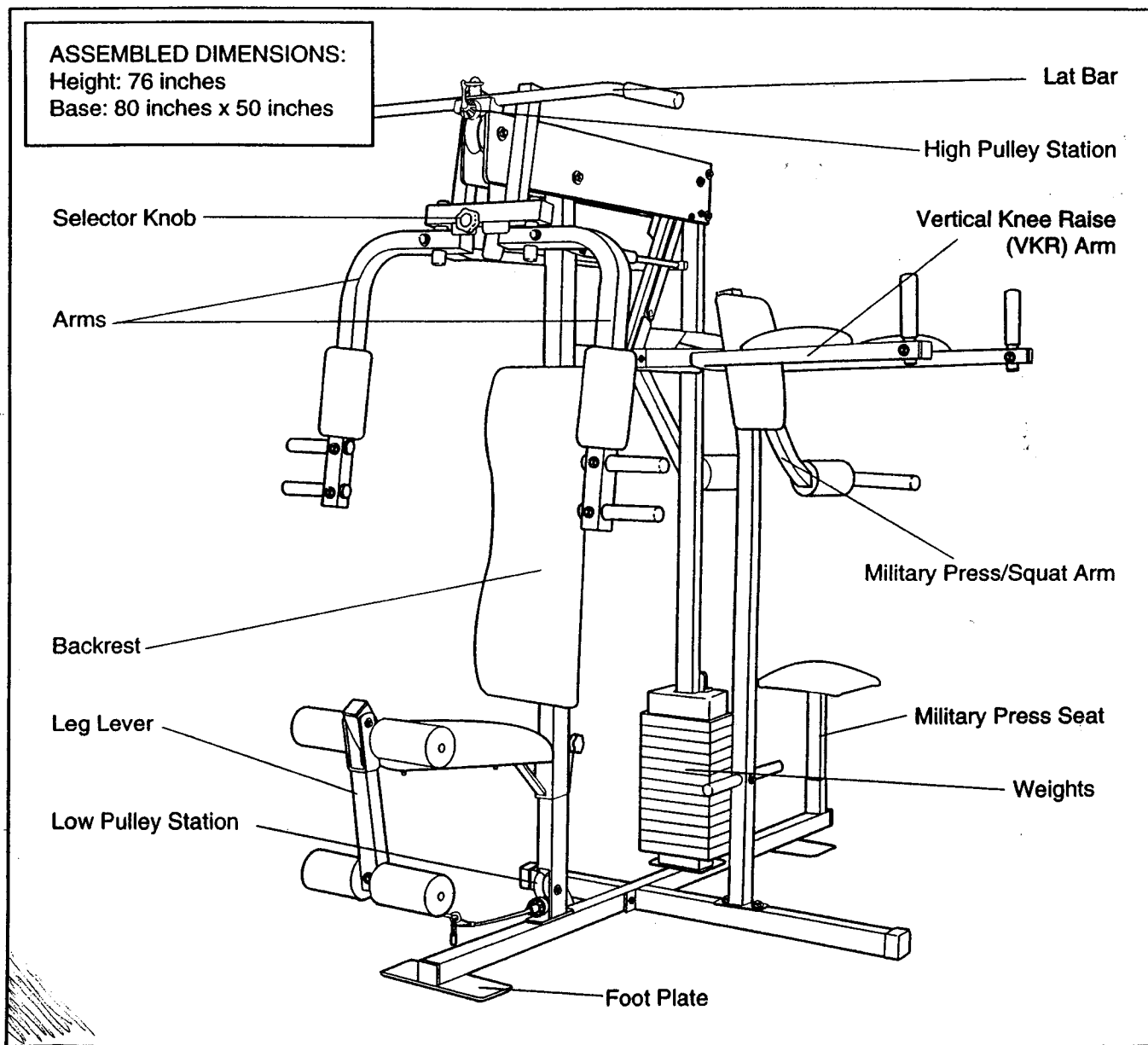
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 9350 Hard Drive System. The WEIDER 9350 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 9350 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the WEIDER 9350 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 WG93500. The serial number can be found on a decal attached to the WEIDER 9350 (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 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. Press a 2" Outer Cap (96) onto the Stabilizer (16). Press a 2" Outer Cap (96) and two 2" Inner Caps (13) onto the Base (15).

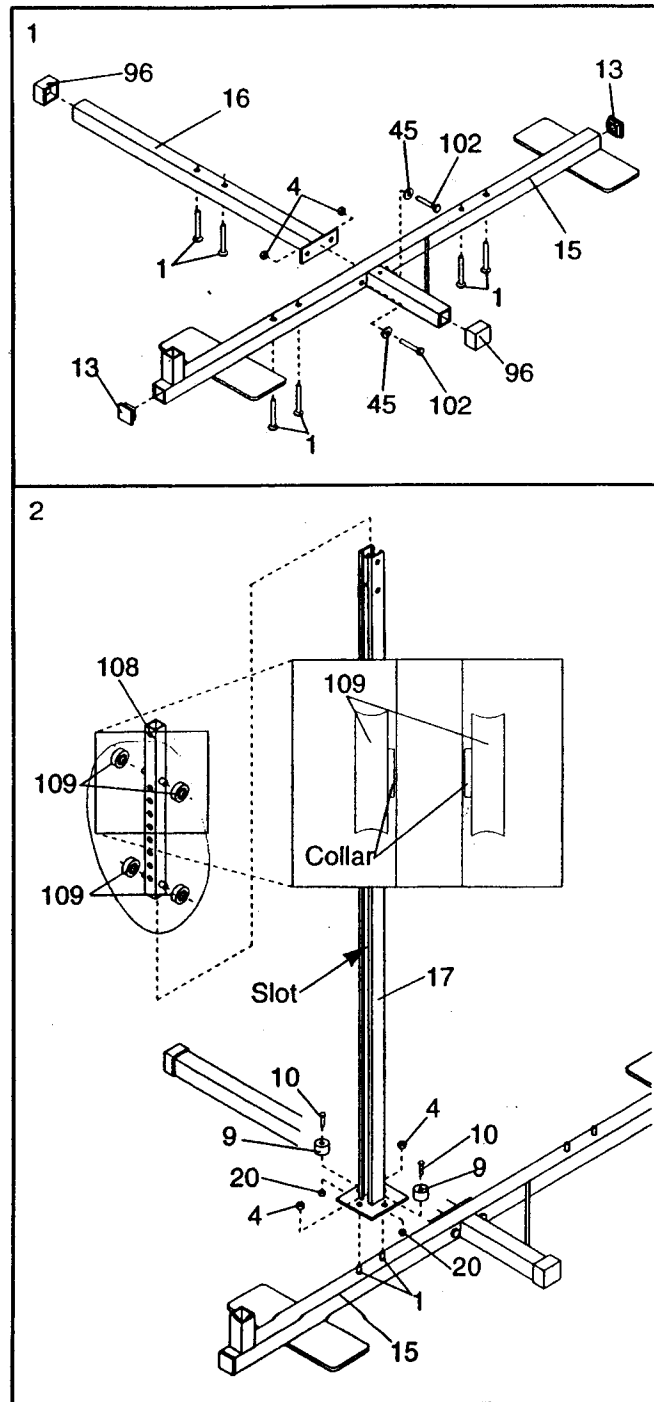
Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Stabilizer (16). Insert four 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (15).

Attach the Stabilizer (16) to the Base (15) with two 5/16" x 2 3/4" Bolts (102), 5/16" Flat Washers (45), and 5/16" Nylock Nuts (4).

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

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

Attach a Rubber Bumper (9) to each side of the Rear Upright (17) with a #8-32 x 1" Screw (10) and #8-32 Nut (20).

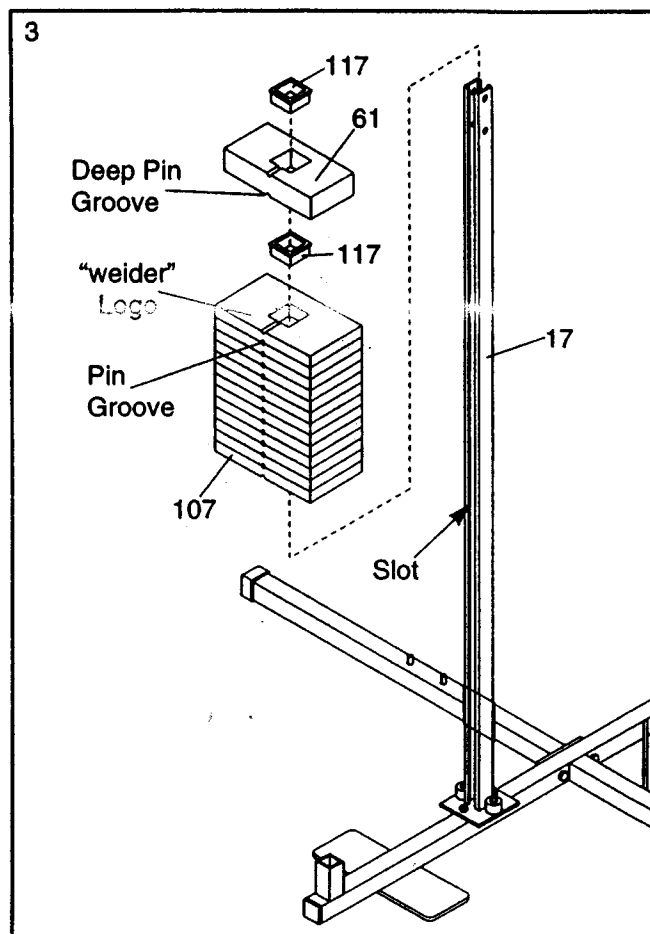


3. Turn each of the thirteen Weights (107) so the "weider" logo is on top. Press a Weight Sleeve (117) into the top of each Weight.

Turn the Large Weight (61) so the deepest pin groove is on the bottom. Press a Weight Sleeve (117) into the top of the Large Weight.

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

Slide the Large Weight (61) onto the Rear Upright (17). The Large Weight must be turned so the pin groove is on the same side of the Rear Upright as the slot.

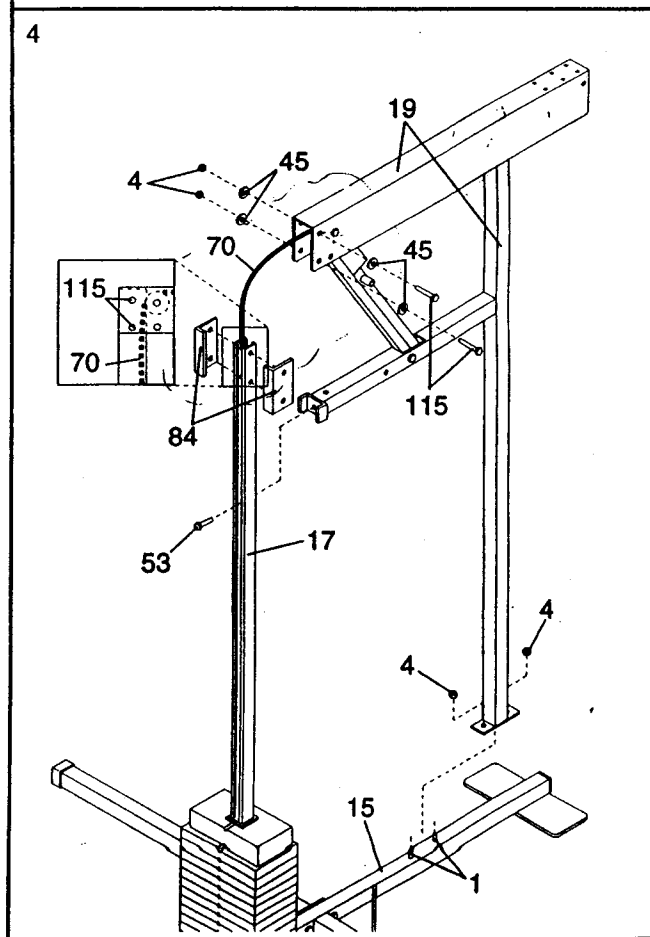


4. Slide the Front Upright (19) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). Insert the end of the Weight Cable (70) down into the Rear Upright (17).

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.**

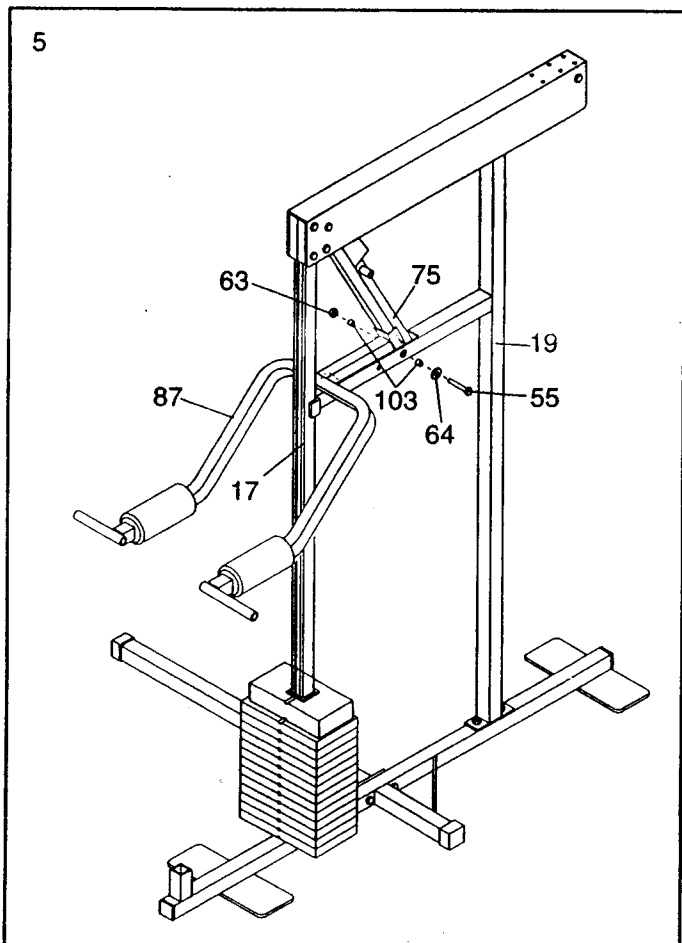
Attach the Front Upright (19) to the Base (15) with two 5/16" Nylock Nuts (4). **Do not tighten the Nylock Nuts yet.**

Attach the Front Upright (19) to the Rear Upright (17) with the 5/16" x 1 3/4" Screw (53).



5. Remove the 3/8" Nylock Nut (63) from the indicated 3/8" x 2 3/4" Bolt (55). Set the Nylock Nut aside—it will be used again in assembly step 6. Remove the Bolt, the 3/8" Flat Washer (64) and the two 5/8" x 5/16" Bushings (103) from the Front Upright (19).

Slide the Military Press/Squat Arm (87) around the Rear Upright (17) as shown. Fit the bracket on the end of the Military Press/Squat Arm around the lower end of the Pivot Arm (75) as shown. Align the hole in the bracket with the hole in the lower end of the Pivot Arm. Slide the 3/8" Flat Washer (64) and one 5/8" x 5/16" Bushing (103) onto the 3/8" x 2 3/4" Bolt (55). Insert the Bolt through the Front Upright, the Military Press/Squat Arm and the Pivot Arm. Slide the other 5/8" x 5/16" Bushing (103) onto the Bolt.



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

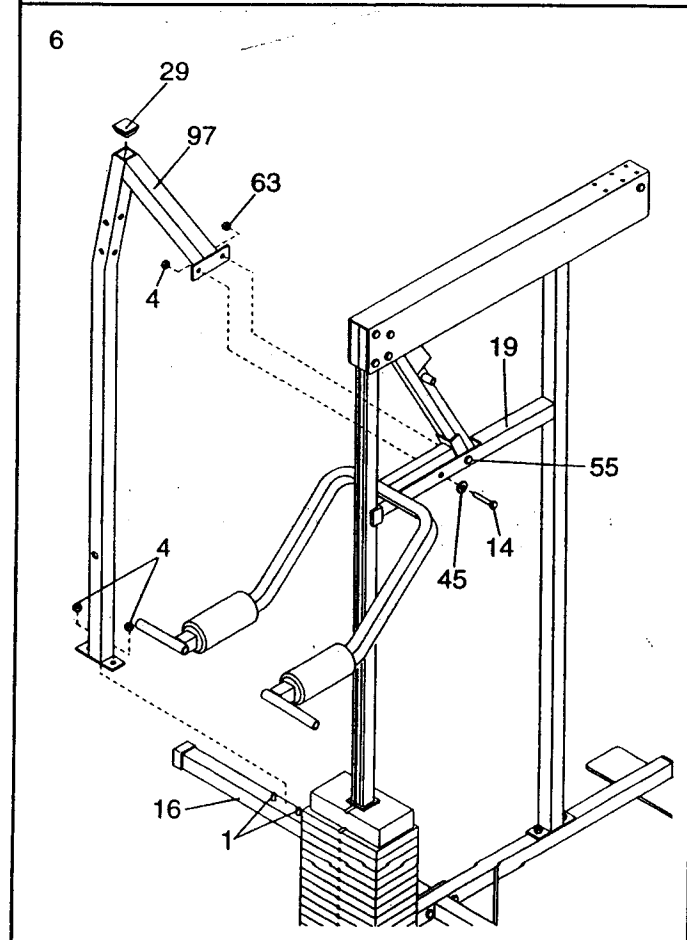
Slide the VKR Upright (97) onto the indicated 3/8" x 2 3/4" Bolt (55) and the two 5/16" x 2 1/2" Carriage Bolts (1) in the Stabilizer (16).

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 Nut yet.**

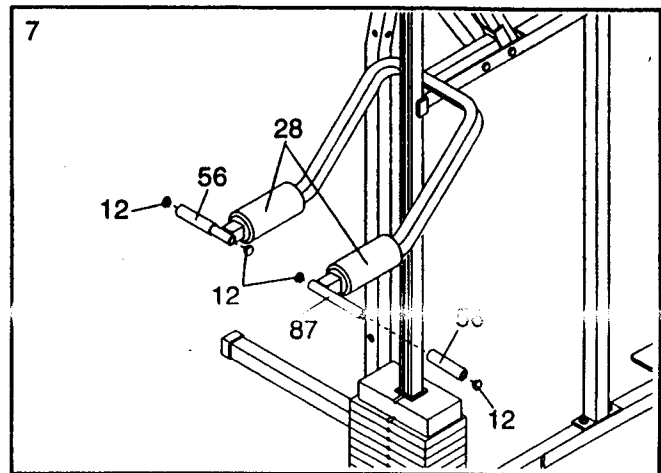
Attach the Ab Upright (97) to the Stabilizer (16) with two 5/16" Nylock Nuts (4).

Tighten all Nylock Nuts used in assembly steps 4 and 6.



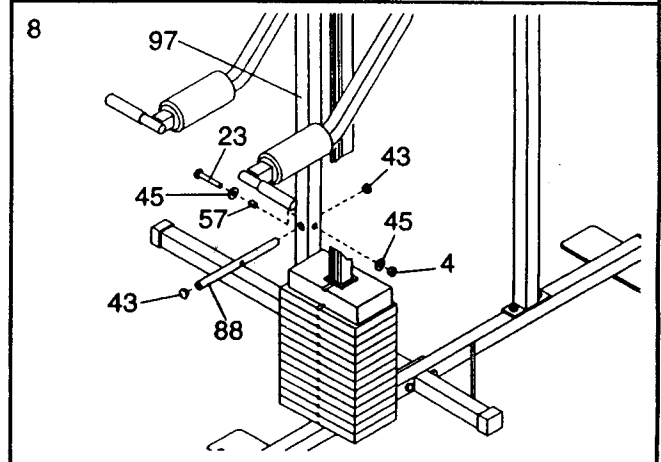
7. Press the four 1 1/4" Round Caps (12) into the handles of the Military Press/Squat Arm (87).

Slide a Foam Grip (56) onto each of the handles on the Military Press/Squat Arm (87).



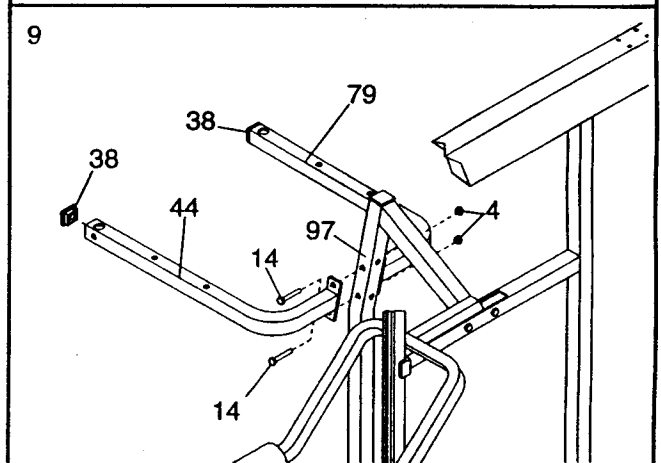
8. Press a 1" Round Cap (43) into each end of the 13" Tube (88).

Insert the 13" Tube (88) into the lower end of the VKR Upright (97) and center it. Attach the Tube to the VKR Upright with a 5/16" x 2 1/4" Bolt (23), 1/2" x 3/8" Bushing (57), two 5/16" Flat Washers (45) and a 5/16" Nylock Nut (4).



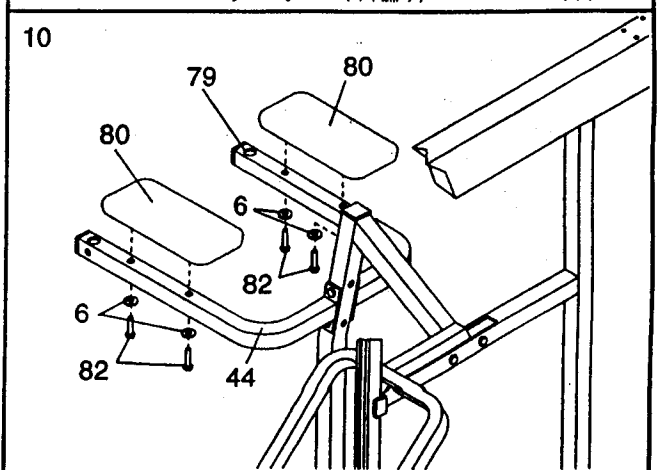
9. Attach the Left and Right VKR Arms (44, 79) to the VKR Upright (97) with two 5/16" x 2 1/2" Bolts (14) and 5/16" Nylock Nuts (4).

Press a 1 1/2" Inner Cap (38) into each of the VKR Arms (44, 79).



10. Attach a VKR Armrest (80) to the Left VKR Arm (44) with two 1/4" x 2" Screws (82) and 1/4" Flat Washers (6).

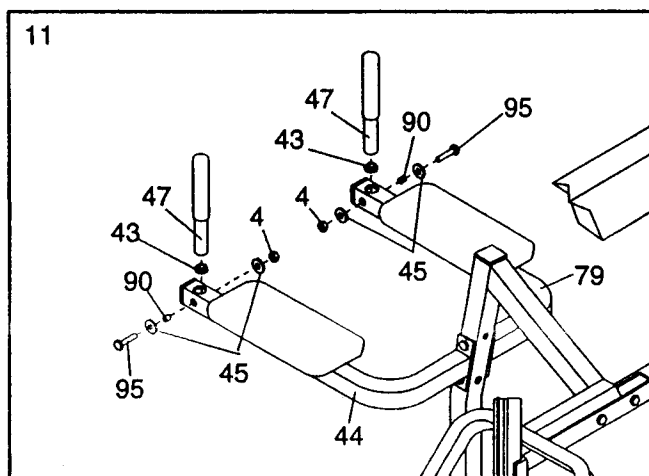
Attach the other VKR Armrest (80) to the Right VKR Arm (79) in the same manner.



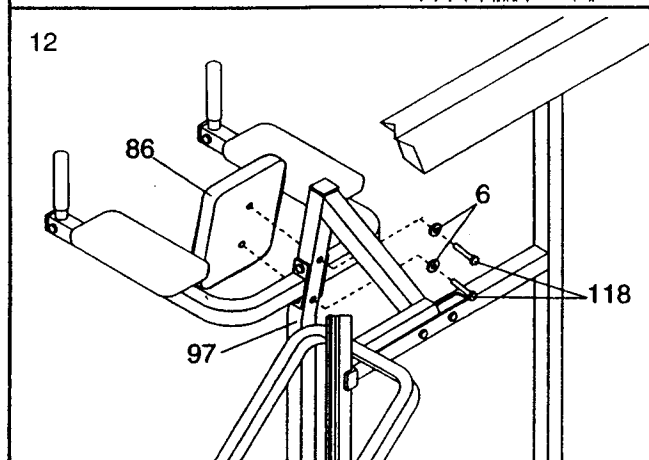
11. Insert a Handle (81) into the Left VKR Arm (44). Attach the Long Handle to the Left VKR Arm with a 5/16" x 2" Bolt (95), two 5/16" Flat Washers (45), a 1/2" x 5/16" Spacer (90) and a 5/16" Nylock Nut (4).

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

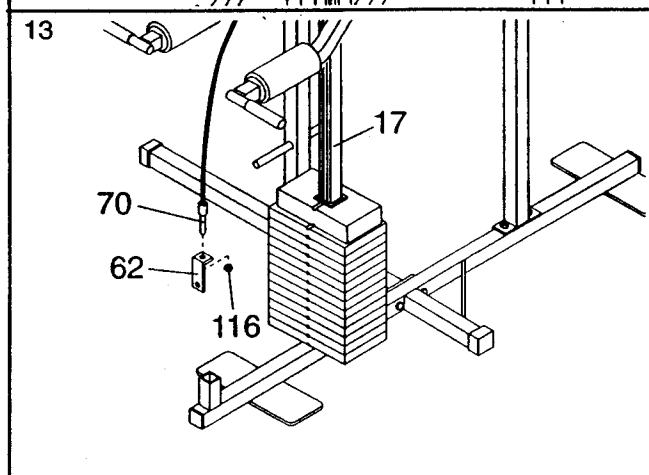
Attach the other Handle (47) to the Right VKR Arm (79) in the same manner.



12. Attach the Small Backrest (86) to the VKR Upright (97) with the two 1/4" x 2 1/4" Bolts (118) and two 1/4" Flat Washers (6).

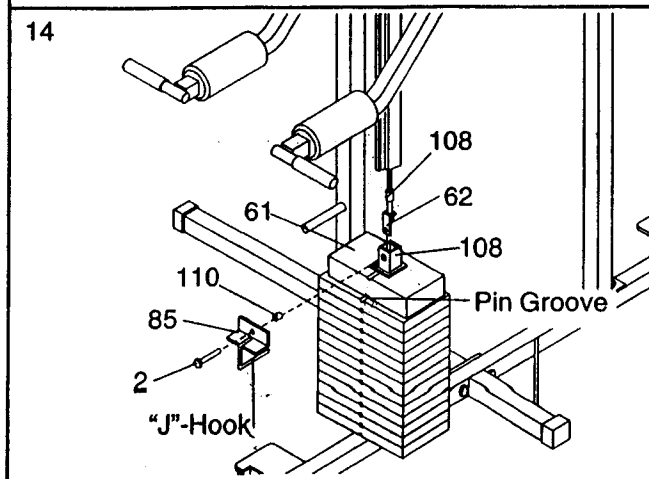


13. Pull the end of the Weight Cable (70) out of the Rear Upright (17). Insert the threaded end of the Weight Cable into the Cable Bracket (62). Thread the 1/4" Nut (116) about halfway up the threaded end of the Weight Cable.



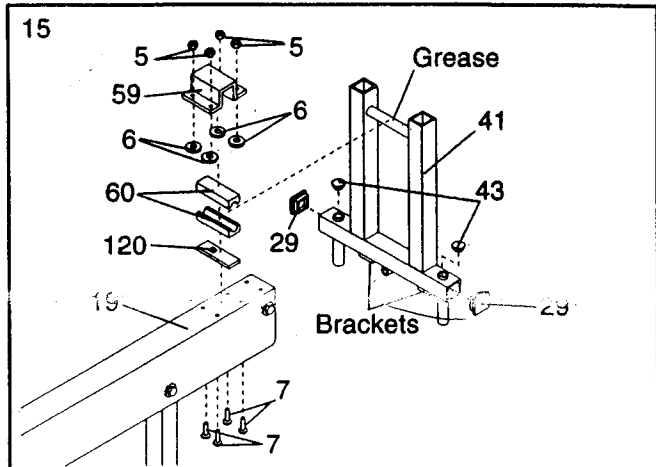
14. Place a small object under the Large Weight (61) to lift it about 1" off the Weights (107) below it. Insert the Cable Bracket (62) into the top of the Weight Tube (108). Slide the Weight Bracket (85) and a 1/2" x 1/2" Bushing (110) onto a 5/16" x 1 1/4" Bolt (2). Insert the Bolt into the Weight Tube and tighten it into the Cable Bracket. The "J"-hook on the Weight Bracket (110) must be inserted into the pin groove under the Large Weight.

If the weight is tilting you can take out the weight bushing, and that will help slightly



15. Press two 1" Round Caps (43) and 1 3/4" Inner Caps (29) into the Arm Frame (41).

Apply grease to the upper axle on the Arm Frame (41). Hold the axle between the two Arm Frame Bushings (60). Set the Arm Frame Bushings, the Arm Frame and the Support Plate (120) on the Front Upright (19). The Arm Frame must be turned so the brackets are facing away from the Front Upright. Place the Arm Frame Cap (59) over the Arm Frame Bushings. Attach the Arm Frame Cap to the Front Upright with four 1/4" x 3/4" Screws (7), 1/4" Flat Washers (6) and 1/4" Nylock Nuts (5).



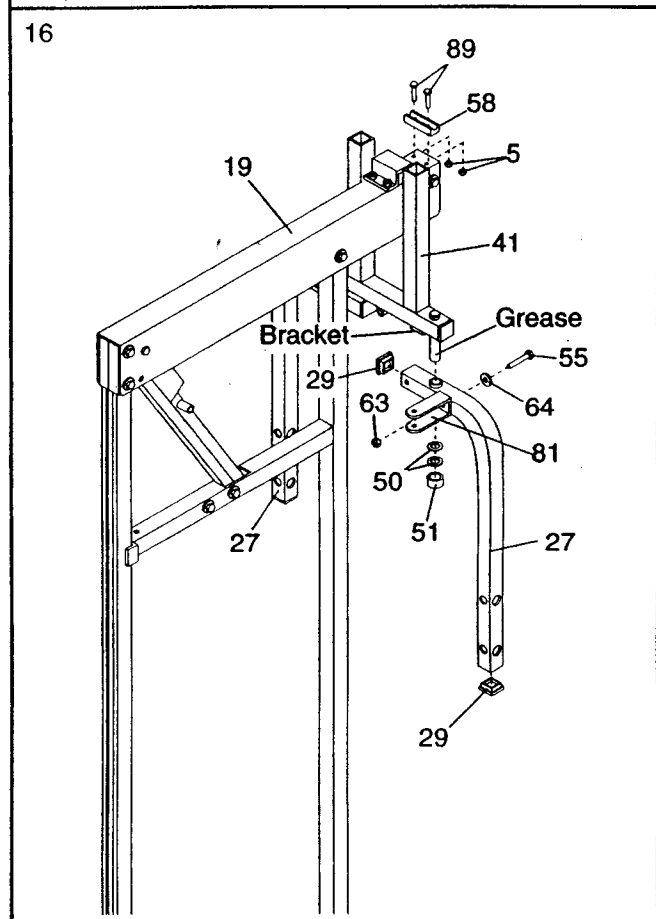
16. Attach the Bar Holder (58) to the Front Upright (19) with the two 1/4" x 3/4" Taper Screws (89) and two 1/4" Nylock Nuts (5).

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

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

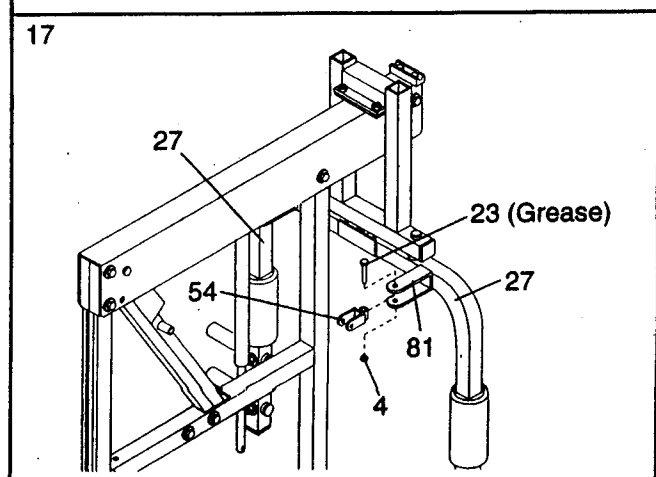
Attach a Large "U"-Bracket (81) to the right Arm (27) with a 3/8" x 2 3/4" Bolt (55), 3/8" Flat Washer (64) and 3/8" Nylock Nut (63).

Attach the other Arm (27) to the left axle on the Arm Frame (41) in the same manner.



17. Apply grease to a 5/16" x 2 1/4" Bolt (23). Attach a Swivel "U"-Bracket (54) to the Large "U"-Bracket (81) on the right Arm (27) with the Bolt and a 5/16" Nylock Nut (4). **Do not overtighten the Nylock Nut; the Swivel "U"-Bracket must be able to swivel freely.**

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



18. Slide a 3/8" Flat Washer (64) onto the threaded shaft of the Selector Plate (49). Insert the shaft through the Arm Frame (41) from the indicated side. Tighten the 3/8" Nut (105) onto the shaft. **Do not overtighten the Nut; the Selector Plate must be able to turn freely.** Tighten the Selector Knob (24) onto the shaft. Turn the Selector Knob so the Selector Plate is in the vertical position.

Thread a 1 1/4" Tap Screw (8) into the upper end of each Arm (27). Tighten or loosen the Tap Screws until there is no movement in the Arms when the Selector Plate (49) is turned to the horizontal position.

19. Wet the lower ends of the Arms (27) with soapy water. Slide an 8" Foam Pad (28) about halfway up each Arm.

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

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

Attach another Handle (47) to the right Arm (27) in the same manner.

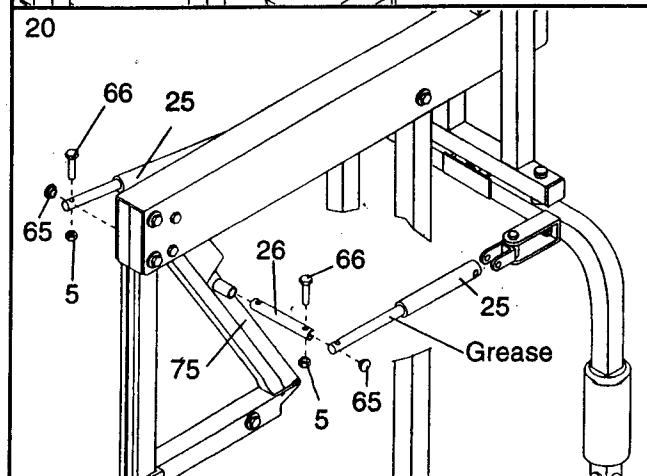
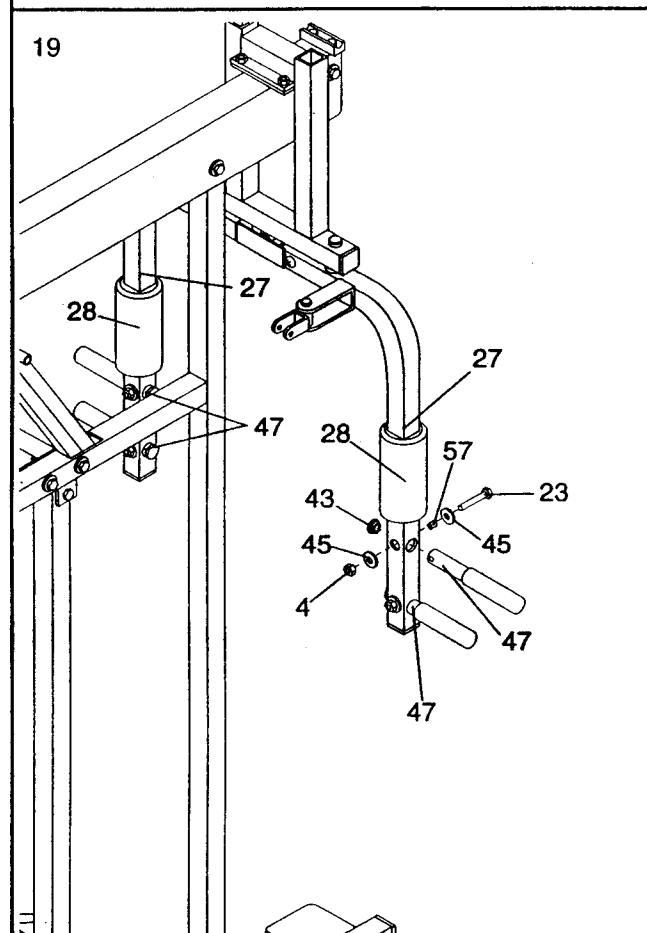
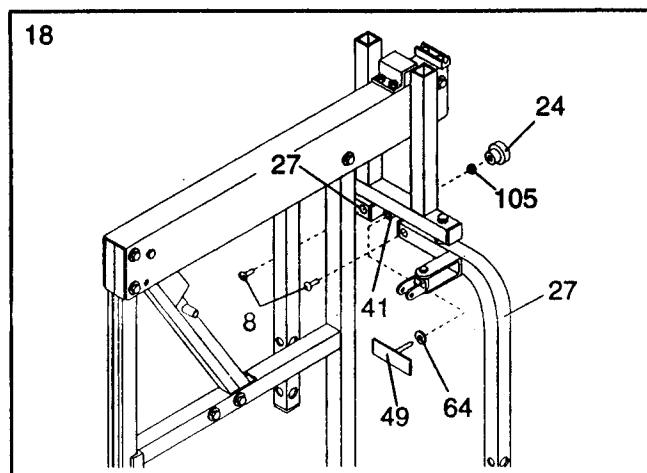
Attach two Handles (47) to the left Arm (27) in the same manner.

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

Insert the Shock Bar (26) into the Pivot Arm (75) and center it. Attach an 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 Arm Shock (25) to the Shock Bar (26) in the same manner.

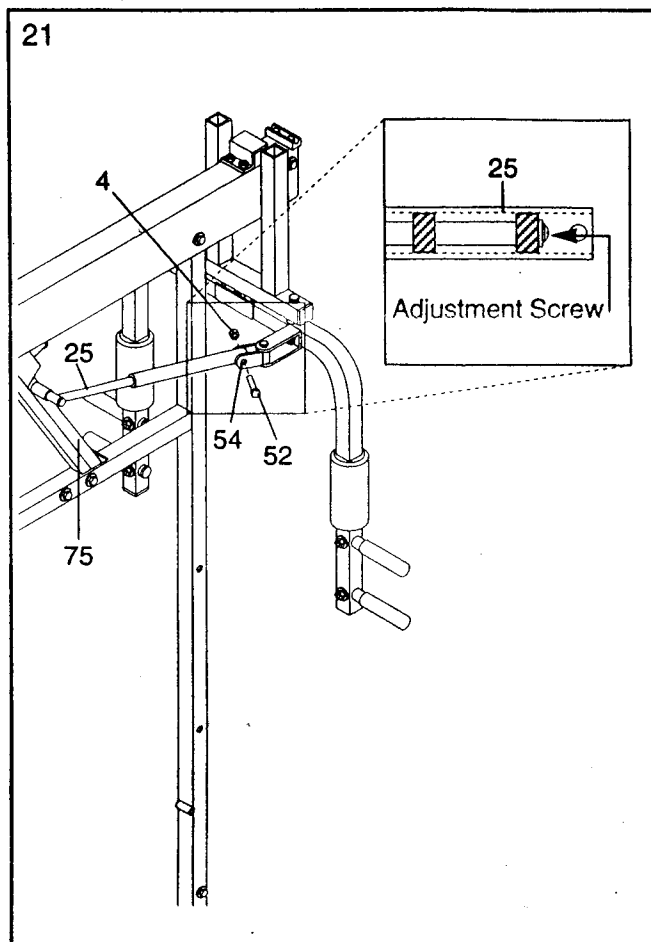
Press a 3/4" Outer Cap (65) onto each end of the Shock Bar (26).



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

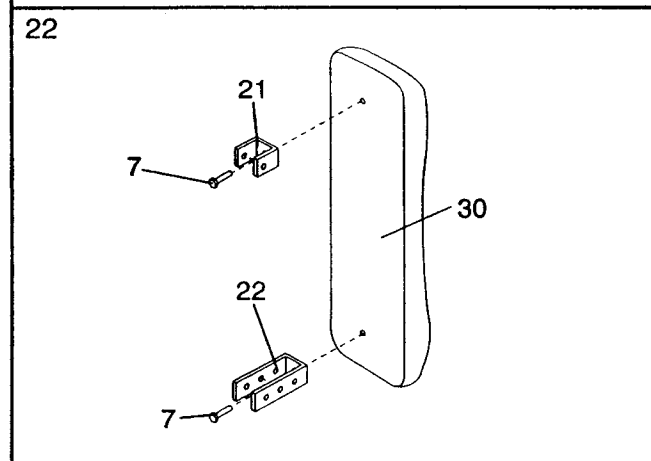
Align the hole in the end of the right Arm Shock (25) with the holes in the right Swivel "U"-Bracket (54). If the Arm Shock will not extend far enough, it must be adjusted. Press the Arm Shock together until it is as short as possible. Using a standard screwdriver, turn the adjustment screw inside the Arm Shock counterclockwise a few turns (see the inset drawing). Repeat until the hole in the Arm Shock can be aligned with the holes in the Swivel "U"-Bracket. Attach the Arm Shock to the Swivel "U"-Bracket with a 5/16" x 1 3/4" Bolt (52) and 5/16" Nylock Nut (4).

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



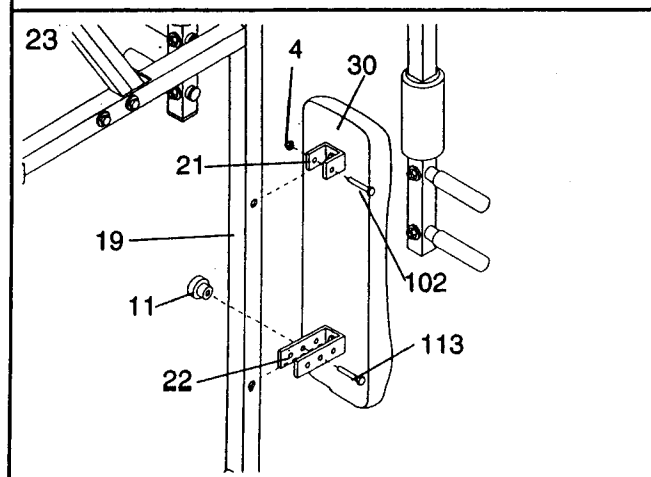
22. Attach the Small "U"-Bracket (21) to the upper end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).

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



23. 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 (102) 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.

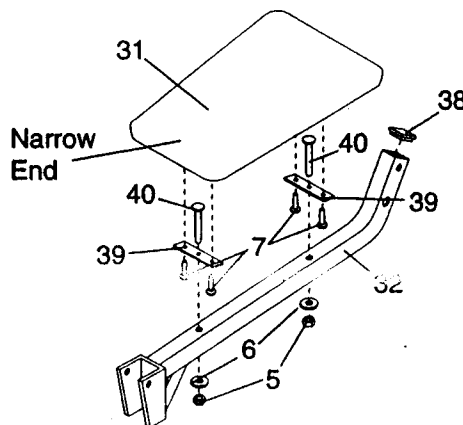


24. Press a 1 1/2" Inner Cap (38) into the Seat Frame (32).

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

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

24

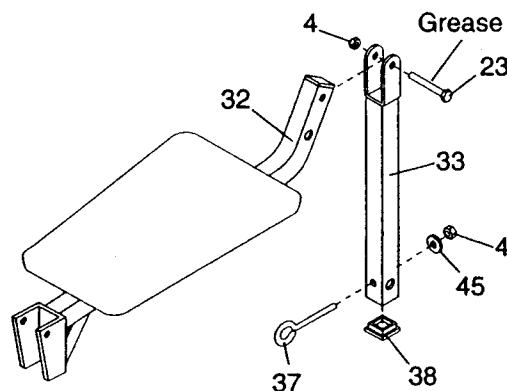


25. Press a 1 1/2" Inner Cap (38) into the Leg Lever (33).

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 overtighten the Nylock Nut; the Leg Lever must be able to pivot freely.**

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

25

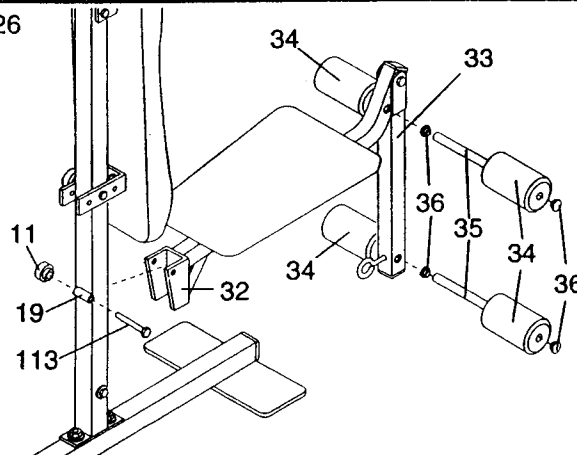


26. Press 3/4" Inner Caps (36) into the ends of the two Pad Tubes (35).

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 slide a Foam Pad onto each end of it.

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

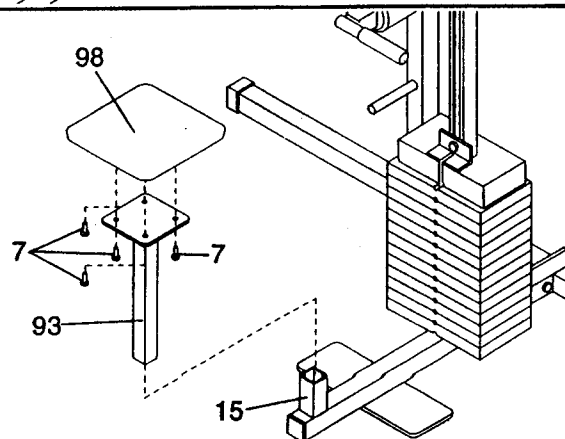
26



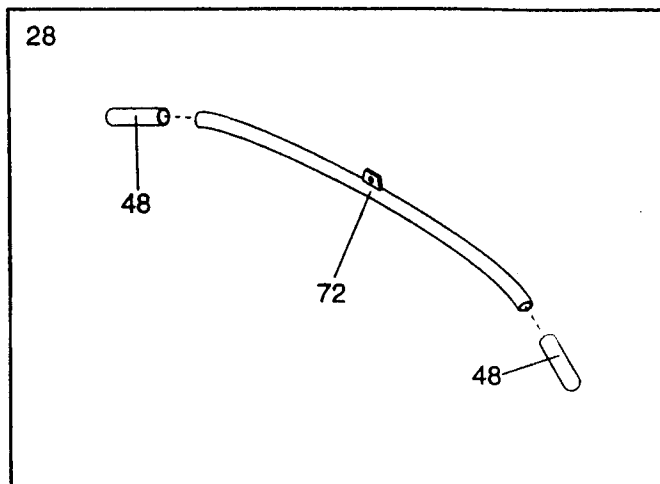
27. Attach the Military Press Seat (98) to the Seat Post (93) with four 1/4" x 3/4" Screws (7).

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

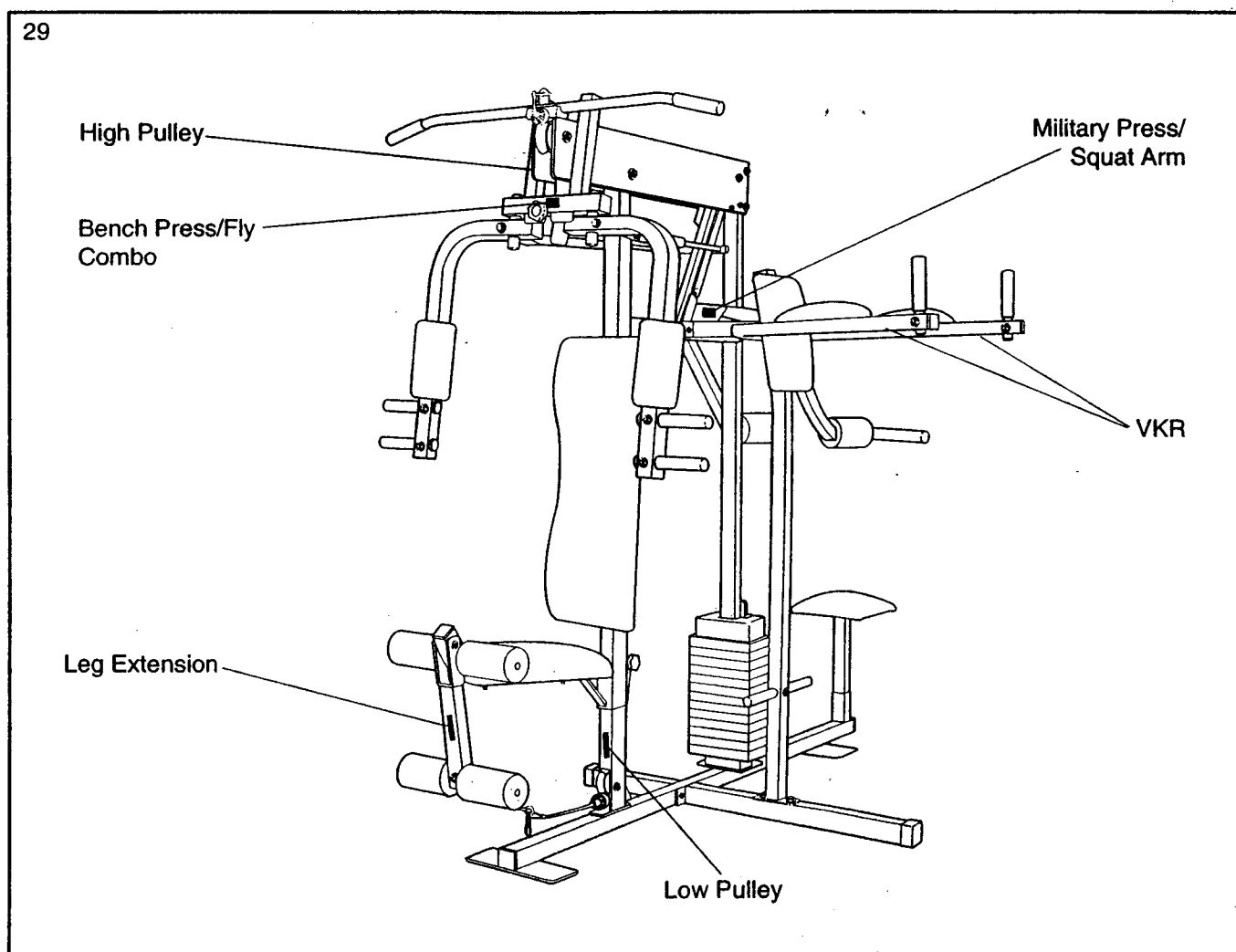
27



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



29. 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.



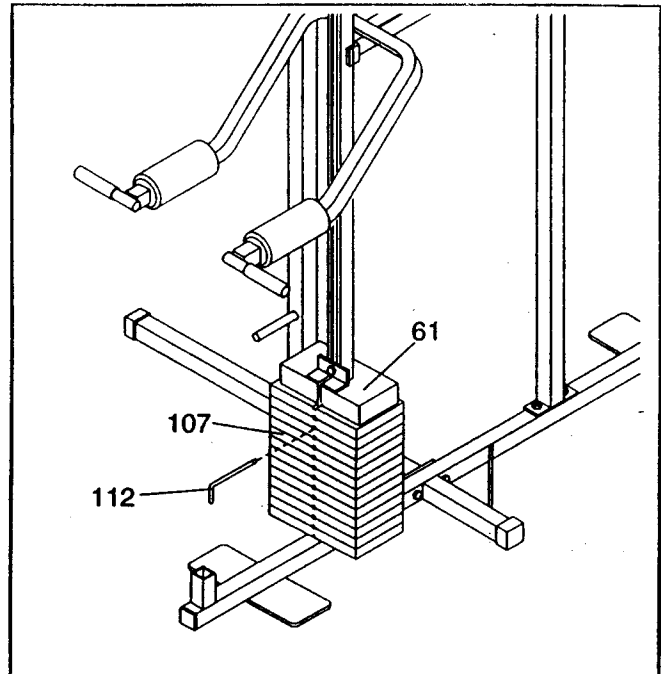
30. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 14 of this owner's manual. Before using the hard drive system, pull the ends of the cables a few times to make sure that the cables move smoothly over the pulleys. If the cables do not move smoothly, locate and correct the problem before using the hard drive system. **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.

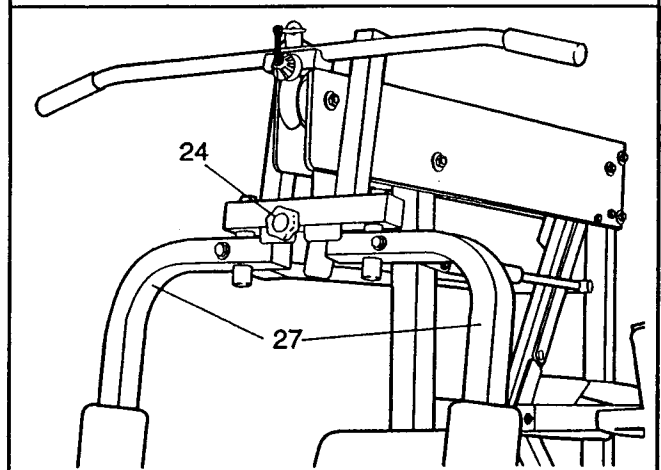
SELECTING THE WEIGHT SETTING

The weight setting can be changed by moving the "L"-Pin (112) to different positions in the weight stack. The Large Weight (61) on top of the weight stack is permanently attached; if the "L"-Pin is not inserted, the weight setting will be 20 pounds. Each of the Weights (107) weighs 10 pounds. To change the weight setting, insert the "L"-Pin (112) under the desired Weight (107) until the bent end of the "L"-Pin is touching the Weights. Turn the bent end downward. The weight setting 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.



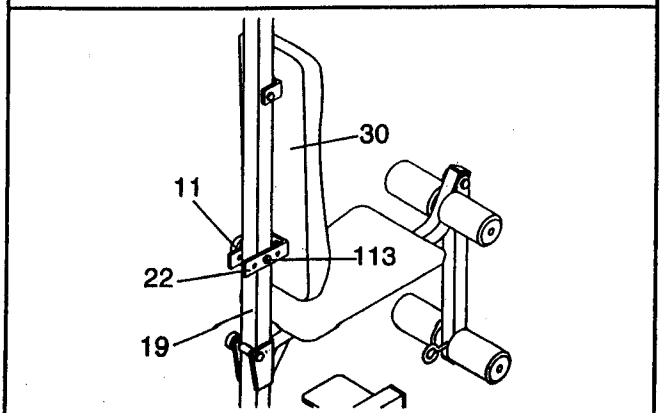
CHANGING THE ARMS TO THE BUTTERFLY MODE OR THE PRESS MODE

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



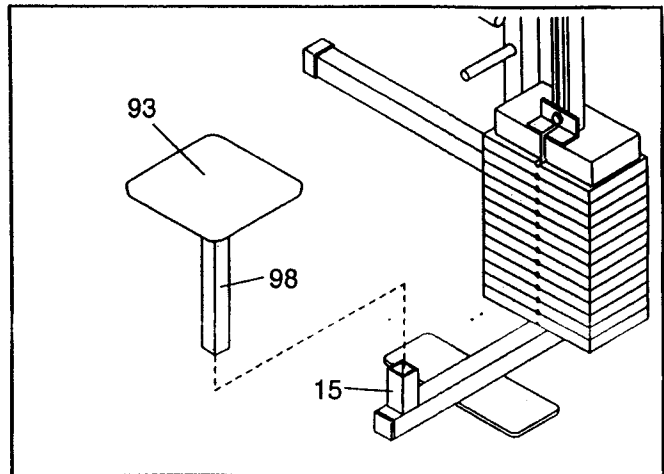
ADJUSTING THE BACKREST

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



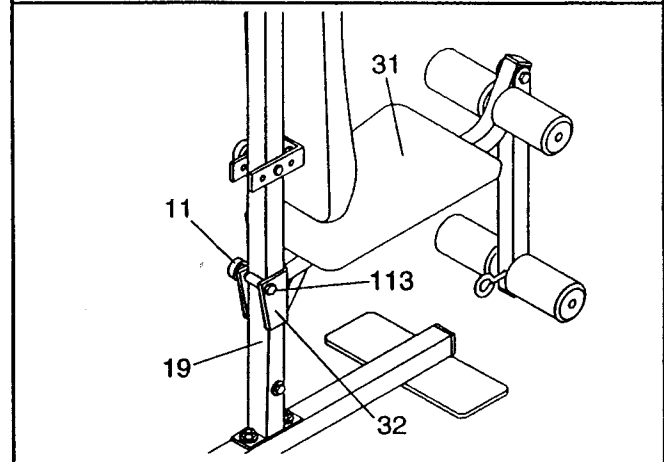
ATTACHING AND REMOVING THE MILITARY PRESS SEAT

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



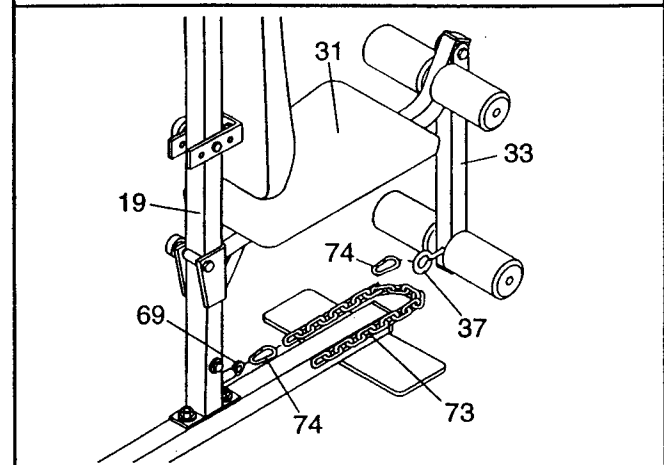
ATTACHING AND REMOVING THE SEAT

To attach the Seat (31), to the Front Upright (19), align the bracket on the Seat Frame (32) with the indicated tube on the Front Upright (19). Insert a 5/16" x 2 3/4" Bolt (113) through the Seat Frame and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt. For some exercises, the Seat must be removed. To remove the Seat, first make sure that the chain is not attached to the leg lever. Next, remove the 5/16" Knob (11) and 5/16" x 2 3/4" Carriage Bolt (113) from the Seat Frame (32), and lift the Seat off the Front Upright.



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

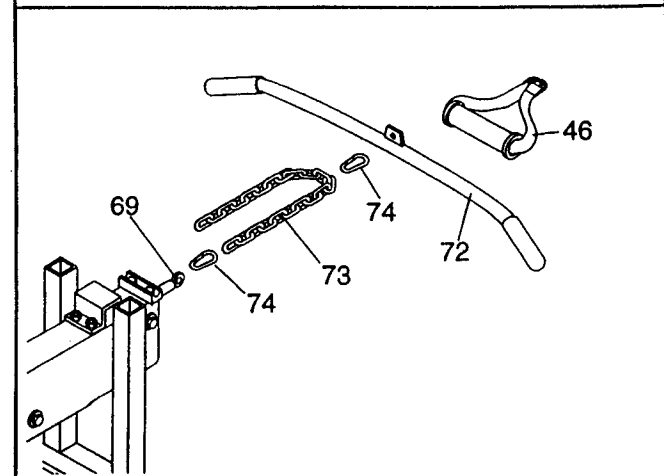
To use the Leg Lever (33), the Seat (31) must be attached to the Front Upright (19) (see ATTACHING AND REMOVING THE SEAT above). Attach one end of the Chain (73) to the Pulley Cable (69) with a Cable Clip (74). Attach the other end of the Chain to the 5/16" x 2" Eyebolt (37) on the Leg Lever with a Cable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



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

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

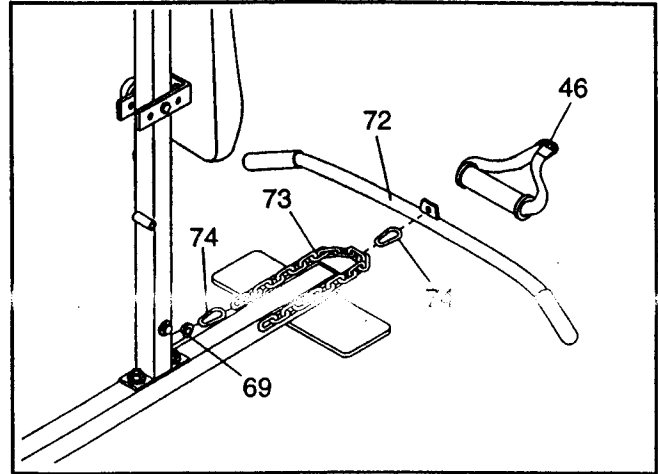
The Nylon Strap (46) can be attached in the same manner.



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 (46) can be attached in the same manner.



TROUBLE-SHOOTING AND MAINTENANCE

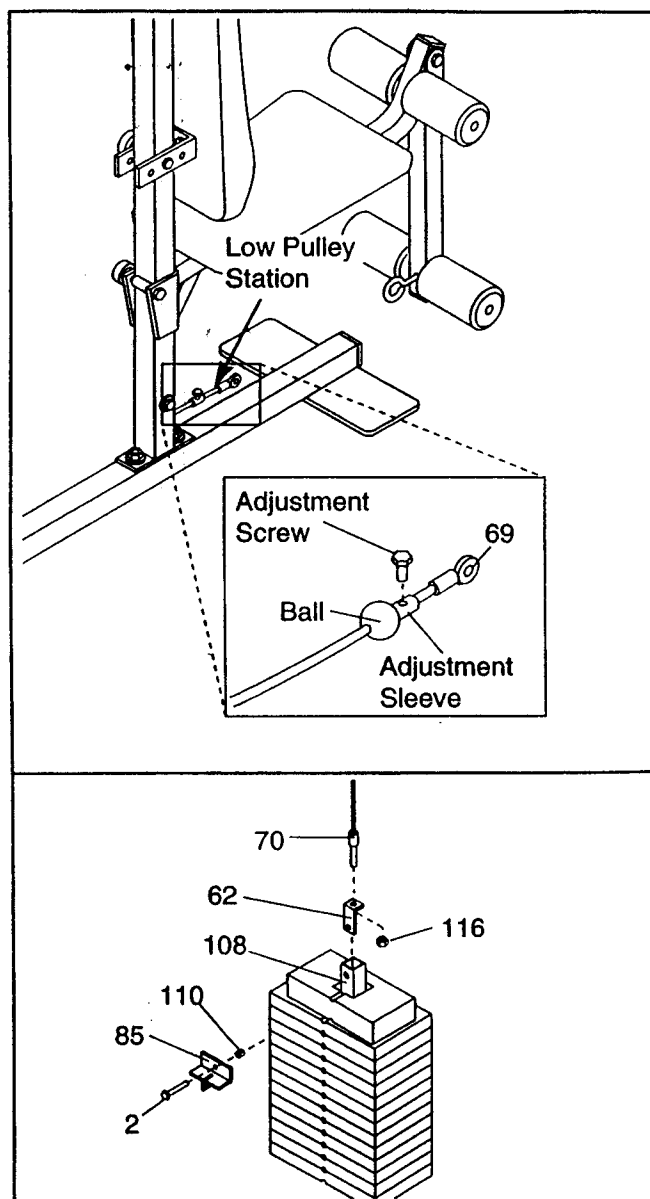
Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately. The hard drive system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

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

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 cables are not too tight, or the large weight will be lifted off the weight stack.

The cables can also be tightened by following the instructions below.



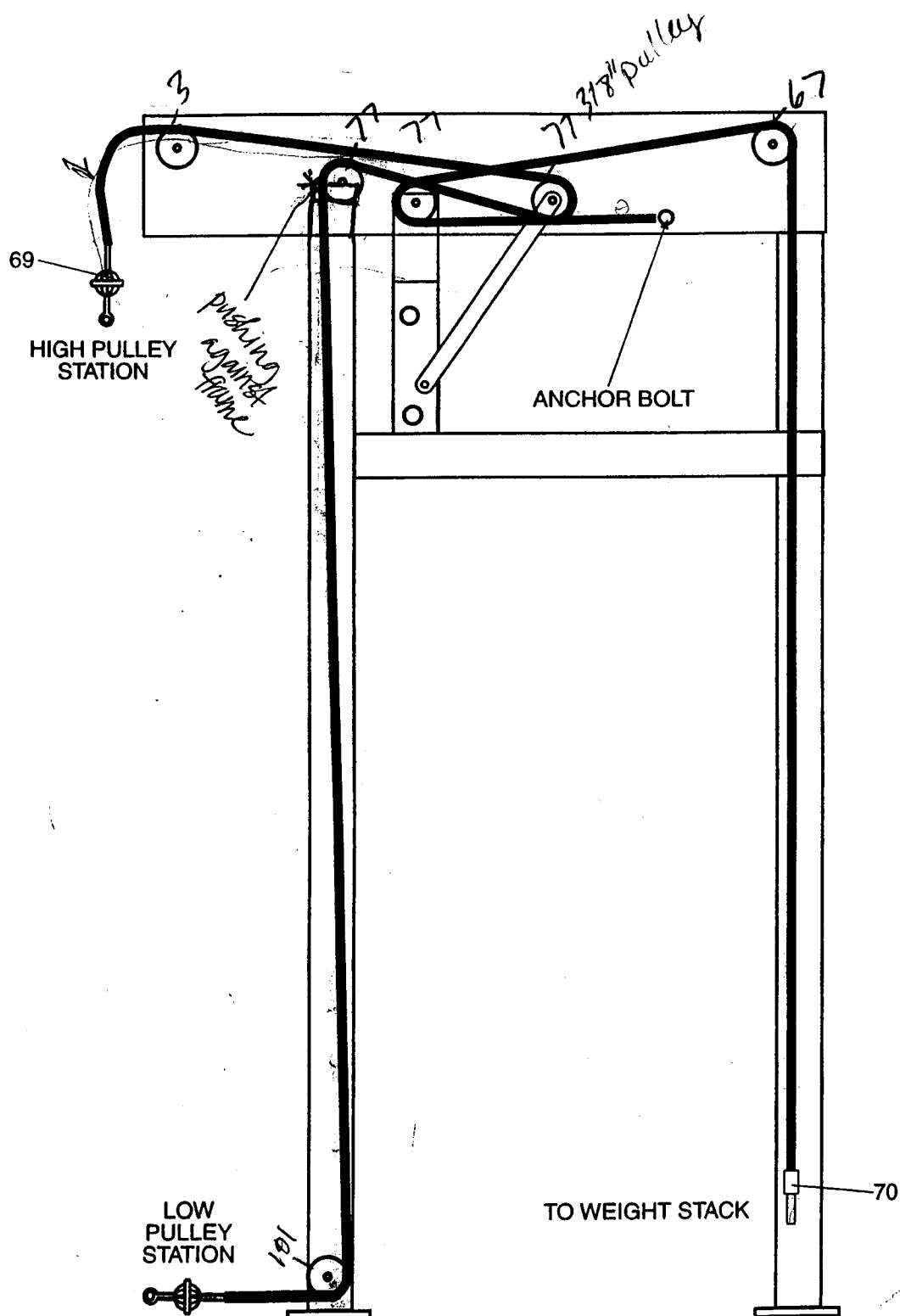
Remove the 5/16" x 1 1/4" Bolt (2), Weight Bracket (85) and 1/2" x 1/2" Bushing (110) from the Weight Tube (108). Remove the Cable Bracket (662) from the Weight Tube. Tighten the 1/4" Nut (116) farther onto the threaded end of the Weight Cable (70).

Reassemble the parts. Repeat, if necessary, until there is no slack in the cables. Make sure that the cables are not too tight, or the large weight will be lifted off the weight stack.

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

CABLING DIAGRAM

The two cables come pre-assembled. However, if either cable has shifted during shipping, use this diagram to check the routing of the two cables.



NOTES

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 (WG93500).
2. The NAME of the product (WEIDER® 9350 Hard Drive System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from the PART LIST/EXPLODED DRAWING accompanying this owner's manual.

LIMITED WARRANTY

Weider, Inc. ("WEIDER"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WEIDER. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a WEIDER authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

WEIDER IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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

PART LIST—Model No. WG93500

R794A

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

Key

No.	Qty.	Description
101	1	2 5/8" Pulley
102	3	5/16" x 2 3/4" Bolt
103	2	5/8" x 5/16" Bushing
104	1	5/16" x 1 3/8" Roll Pin
105	1	3/8" Nut
106	1	1/2" x 1 1/4" Bushing
107	13	Weight
108	1	Weight Tube
109	4	Roller
110	3	1/2" x 1/2" Bushing
111	1	1/2" x 1 3/4" Bushing
112	1	"L"-Pin
113	2	5/16" x 2 3/4" Carriage Bolt
114	1	1/2" x 2 1/2" Bushing
115	4	5/16" x 3 1/4" Bolt
116	1	1/4" Nut
117	14	Weight Sleeve
118	2	1/4" x 2 1/4" Bolt
119	1	3/8" x 3 1/4" Bolt
120	1	Support Plate
#	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.

EXPLODED DRAWING—Model No. WG93500

R794A

