

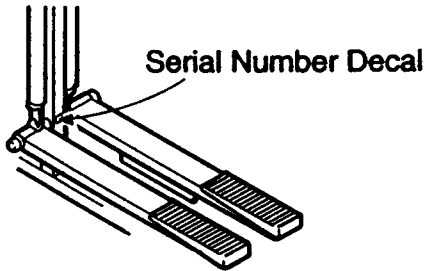
WESLO®

# BODY SHOP

CROSS TRAINING SYSTEM  
200 LBS CAST IRON  
40+ EXERCISES  
RADIUS™ CAM ARM

Model No. WL808030

Serial No. \_\_\_\_\_



## OWNER'S MANUAL

### QUESTIONS?

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

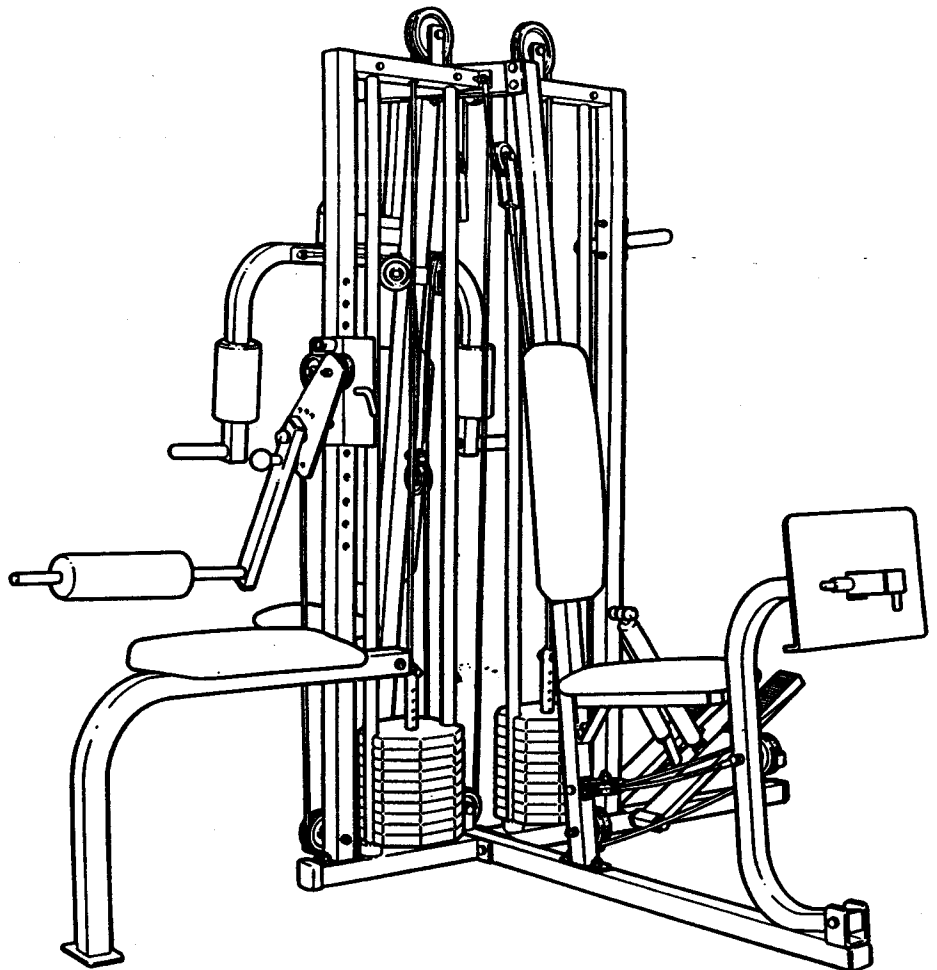
**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.**

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

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

### CAUTION!

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



PATENT PENDING

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using the cross training system.

1. **Read all instructions in this owner's manual and in the accompanying literature before using the cross training system. Use the cross training system only as described.**
2. **Inspect and tighten all parts each time you use the cross training system. Replace any worn parts immediately.**
3. **Keep your hands away from moving parts. Always wear athletic shoes for foot protection.**
4. **Keep small children away from the cross training system at all times.**
5. **Make sure that the cables remain on the pulleys as you use the cross training system.**
6. **Never release the arms, leg press plate or cam arm while weights are raised. The weights will fall with great force.**
7. **The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them. Cover the floor beneath the stepper for protection. A small amount of oil leakage is normal for hydraulic cylinders.**
8. **When using the stepper, keep your feet on the pedals at all times. If you lift your feet off the pedals, the pedals may become separated from the resistance cylinders, resulting in injury.**
9. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

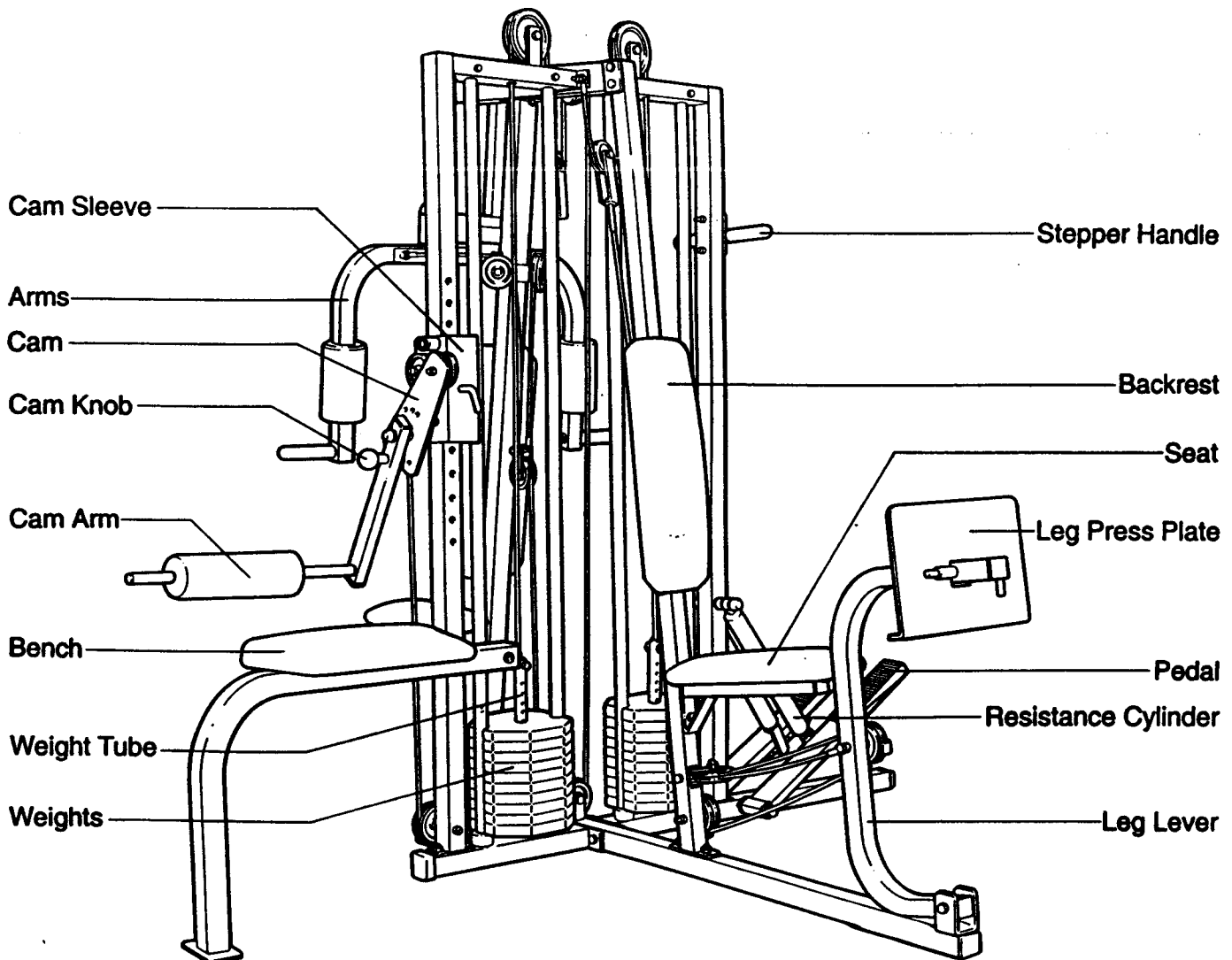
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained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

## BEFORE YOU BEGIN

Congratulations for selecting the WESLO® BODY SHOP 8 cross training system. The versatile BODY SHOP 8 offers an impressive array of weight training and aerobic exercises to let you enjoy true cross training workouts in the convenience and privacy of your home. Whether your goal is improved cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the BODY SHOP 8 will help you to achieve the specific results you want.

**For your safety and benefit, read this manual carefully before using the BODY SHOP 8. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WL808030. The serial number can be found on a decal attached to the BODY SHOP 8 (see the front cover of this owner's manual for the location of the decal).**

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



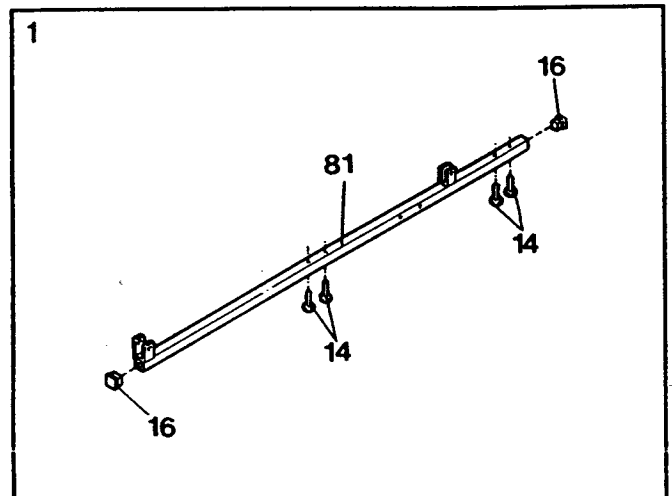
# ASSEMBLY

Assembly requires two persons. Due to the weight of the cross training system, it should be assembled in the location where it will be used. Place all parts of the cross training system in a cleared area. Remove all packing materials. Do not dispose of the packing materials until assembly is completed. Read each step and examine each drawing carefully. **Make sure that all parts are oriented as shown in the drawings.** Refer to the PART IDENTIFICATION CHART accompanying this owner's manual for help identifying the small parts used in assembly.

**The following tools (not included) are required: two adjustable wrenches, a phillips screwdriver and two rubber mallets. Grease and a small bowl of soapy water are also needed.**

1. Press two 2" x 2" Caps (16) into the Base (81).

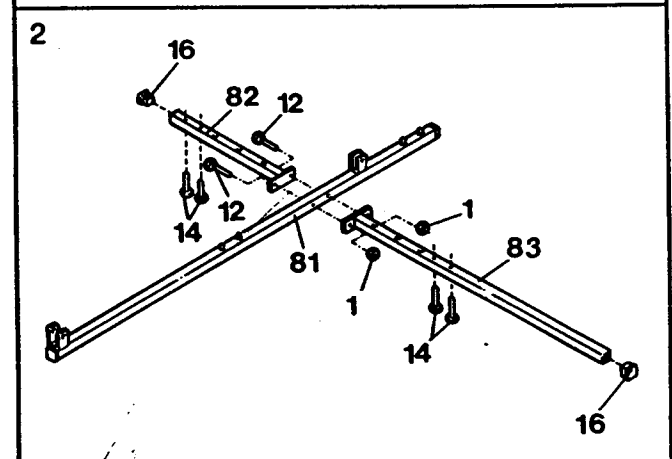
Insert four 5/16" x 2 1/2" Carriage Bolts (14) up through the Base (81) as shown.



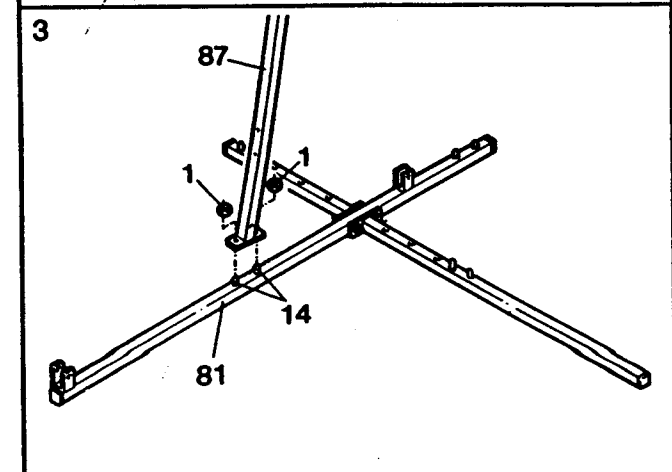
2. Press a 2" x 2" Cap (16) into the Short Stabilizer (82). Press a 2" x 2" Cap (16) into the Long Stabilizer (83).

Insert two 5/16" x 2 1/2" Carriage Bolts (14) up through the Short Stabilizer (82). Insert two 5/16" x 2 1/2" Carriage Bolts (14) up through the Long Stabilizer (83).

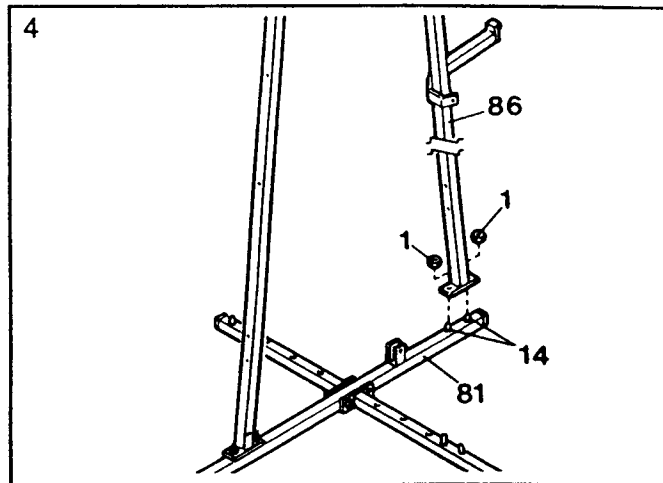
Attach the Short and Long Stabilizers (82, 83) to the Base (81) with two 5/16" x 2 3/4" Bolts (12) and 5/16" Nylock Nuts (1).



3. Slide the Leg Press Upright (87) over the two indicated 5/16" x 2 1/2" Carriage Bolts (14) in the Base (81). (The Leg Press Upright is similar to the Arm Upright [not shown]. See step 4 to distinguish the Leg Press Upright from the Arm Upright.) Attach the Leg Press Upright with two 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.

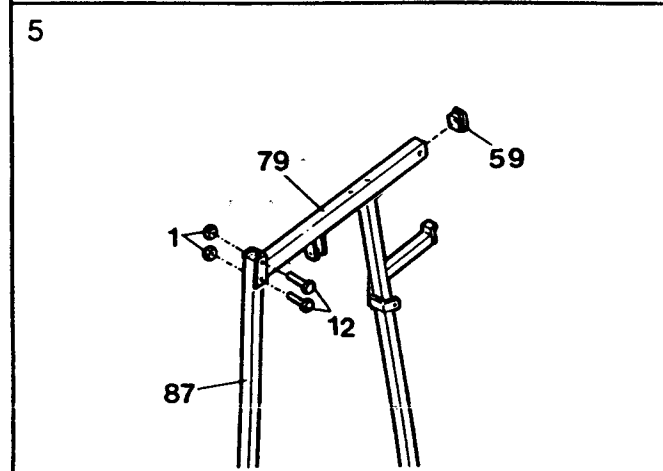


4. Slide the Arm Upright (86) over the two indicated 5/16" x 2 1/2" Carriage Bolts (14) in the Base (81). Attach the Arm Upright with two 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.

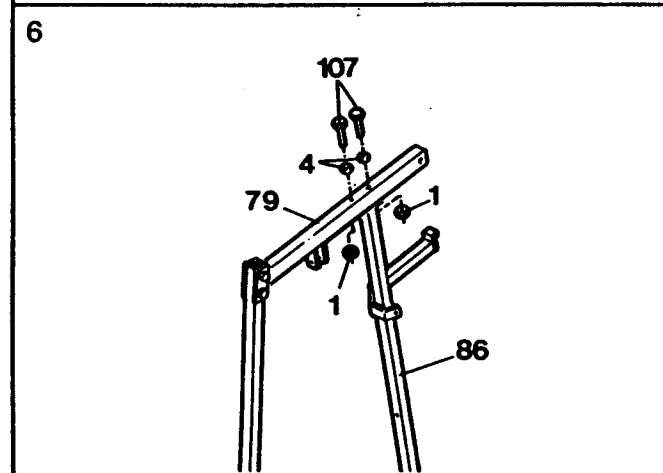


5. Press the 2" x 3" Cap (59) into the Frame Top (79).

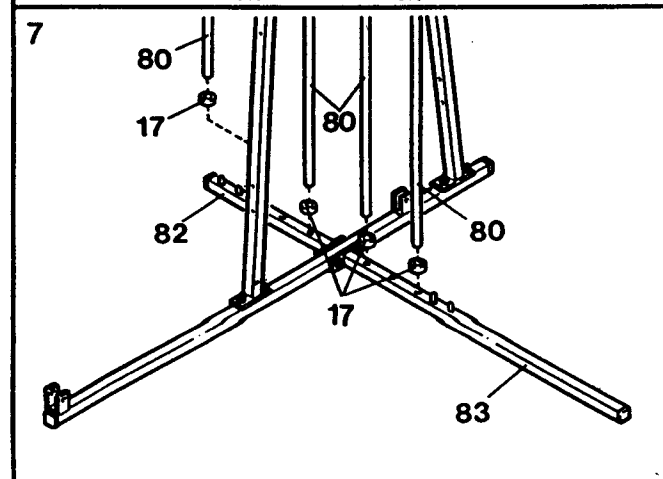
Attach the Frame Top (79) to the Leg Press Upright (87) with two 5/16" x 2 3/4" Bolts (12) and 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



6. Attach the Frame Top (79) to the Arm Upright (86) with two 5/16" x 3 1/2" Bolts (107), 5/16" Washers (4) and 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.

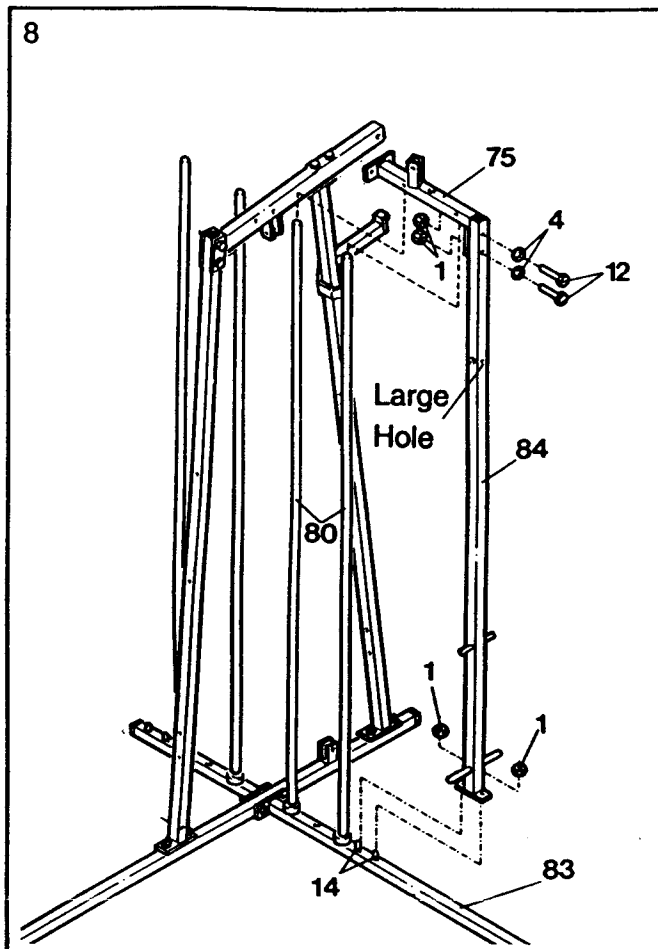


7. Find the lower ends of the four Weight Guides (80)—there are holes near the upper ends of the Weight Guides. Slide the four Bumpers (17) onto the lower ends of the Weight Guides. Insert the lower ends of the Weight Guides into the Short and Long Stabilizers (82, 83).

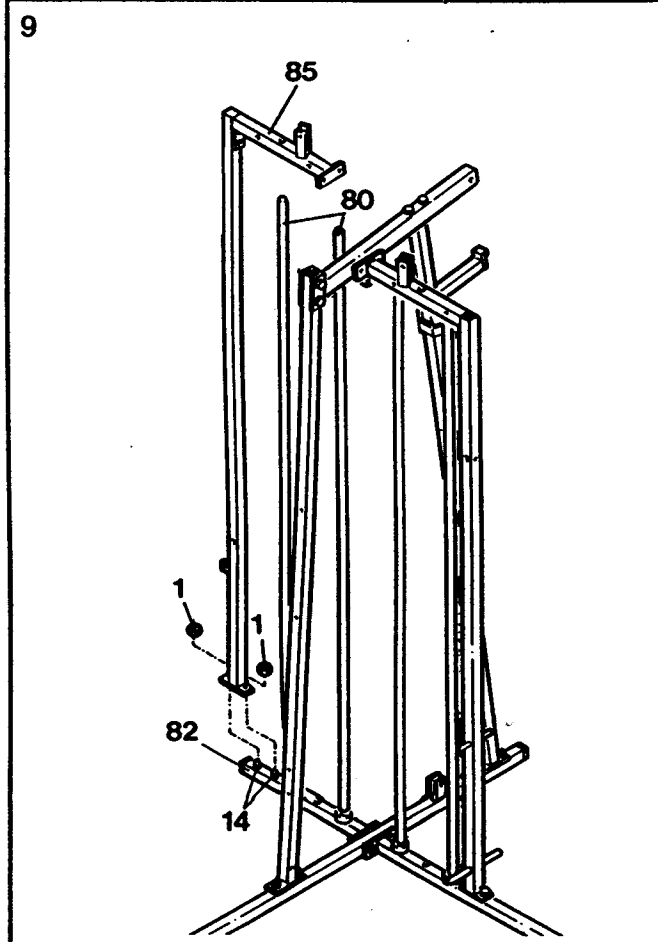


8. Slide the Stepper Upright (84) onto the two 5/16" x 2 1/2" Carriage Bolts (14) in the Long Stabilizer (83). Make sure that the Stepper Upright is turned so the large hole is on the indicated side. Attach the Stepper Upright with two 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.

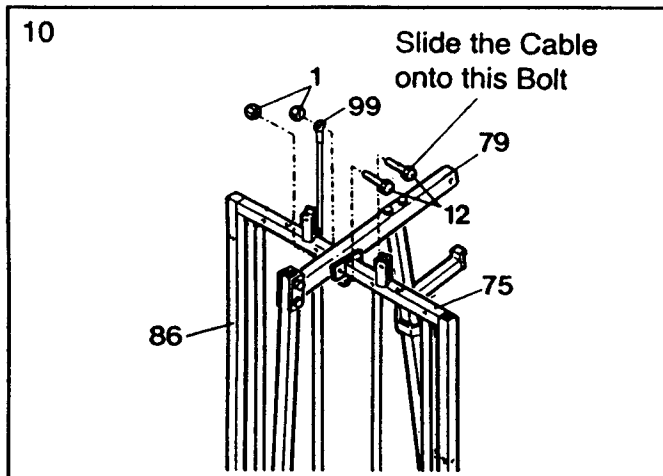
Slide the Weight Top (75) onto the indicated Weight Guides (80). Attach the Weight Top to the Stepper Upright (84) with two 5/16" x 2 3/4" Bolts (12), 5/16" Washers (4) and 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



9. Slide the Cam Upright (85) onto the two 5/16" x 2 1/2" Carriage Bolts (14) in the Short Stabilizer (82). Make sure that the Cam Upright slides onto the indicated Weight Guides (80). Attach the Cam Upright with two 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



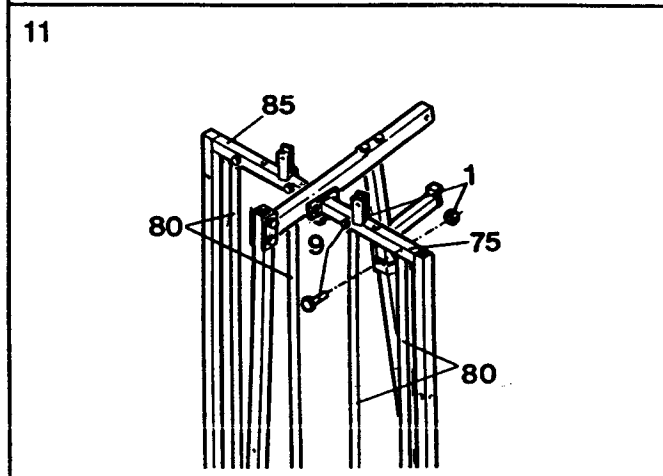
10. Insert two 5/16" x 2 3/4" Bolts (12) through the Weight Top (75), the Frame Top (79) and the Cam Upright (85). Slide one end of the 98" Cable (99) onto the indicated Bolt. Tighten 5/16" Nylock Nuts (1) onto both Bolts. As you tighten the Nylock Nuts, make sure that the Cable is pointed in the direction shown.



11. Attach two of the Weight Guides (80) to the Weight Top (75) with 5/16" x 2 1/2" Bolts (9) and 5/16" Nylock Nuts (1).

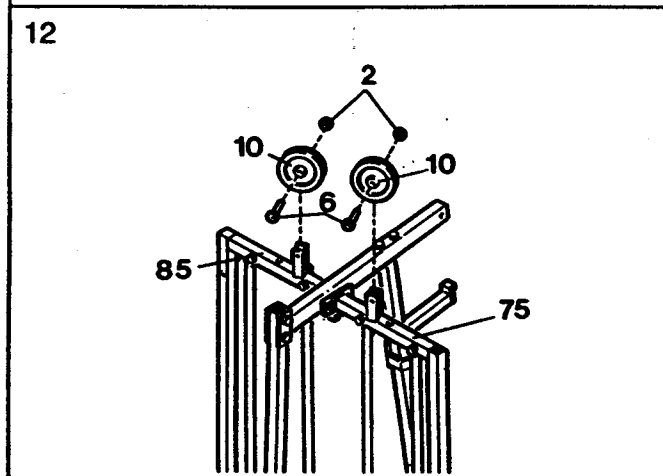
Attach two of the Weight Guides (80) to the Cam Upright (85) with 5/16" x 2 1/2" Bolts (9) and 5/16" Nylock Nuts (1).

**Tighten all Nylock Nuts used in assembly steps 2 through 11.**



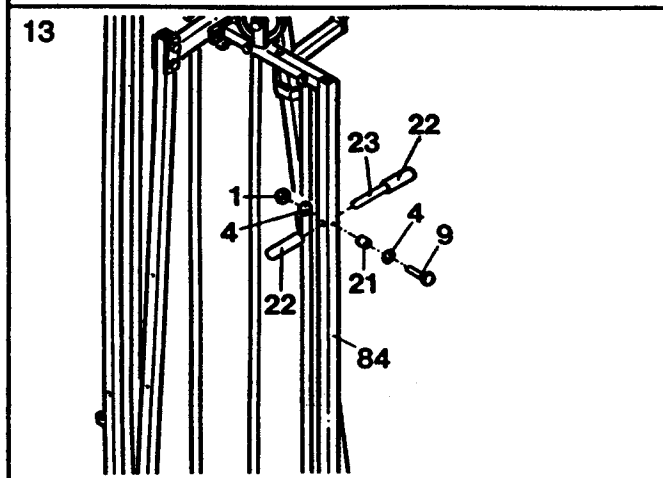
12. Attach a 6" Pulley (10) to the Weight Top (75) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (2).

Attach a 6" Pulley (10) to the Cam Upright (85) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (2).



13. Insert the Stepper Handle (23) into the Stepper Upright (84). Align the hole in the Stepper Handle with the hole in the Stepper Upright. Attach the Stepper Handle with a 5/16" x 2 1/2" Bolt (9), two 5/16" Washers (4), a 1/2" x 9/16" Bushing (21) and a 5/16" Nylock Nut (1) as shown.

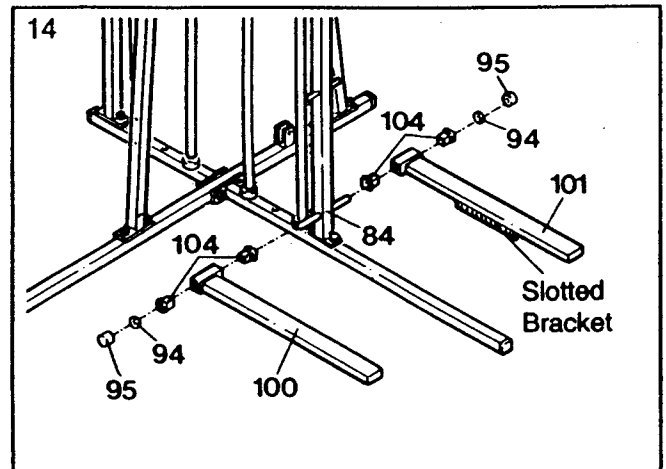
Wet the ends of the Stepper Handle (23) with soapy water. Slide a Grip (22) onto each end of the Stepper Handle.



14. Grease the lower axles on the Stepper Upright (84).

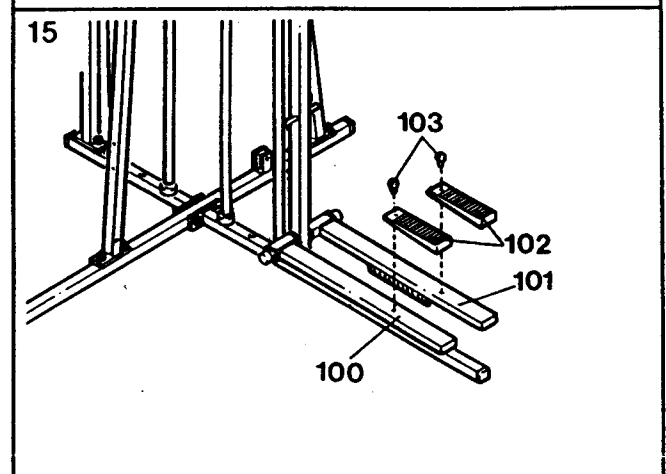
Press two Square Bushings (104) into the Right Pedal (101). Slide the Pedal onto the right axle. **Make sure that the Pedal is on the correct side—the slotted bracket must be oriented as shown.** Tap a 1" Retainer (94) and 1" Plastic Cap (95) onto the right axle. Make sure that the teeth on the Retainer bend toward the Plastic Cap.

Attach the Left Pedal (100) in the same manner.



15. Attach a Pedal Cover (102) to the Right Pedal (101) with a 1/2" Screw (103).

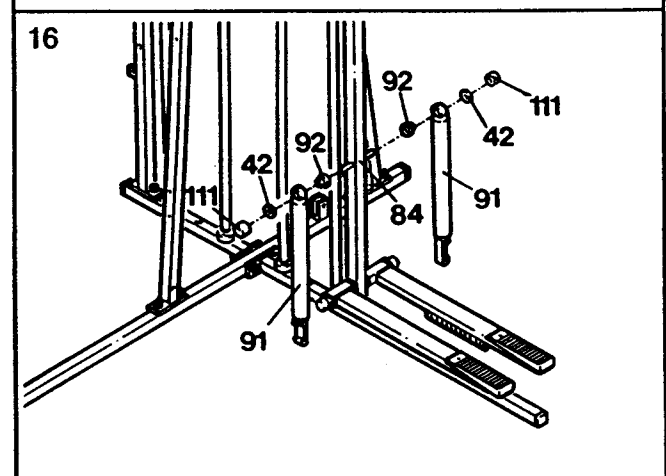
Attach a Pedal Cover (102) to the Left Pedal (100) in the same manner.



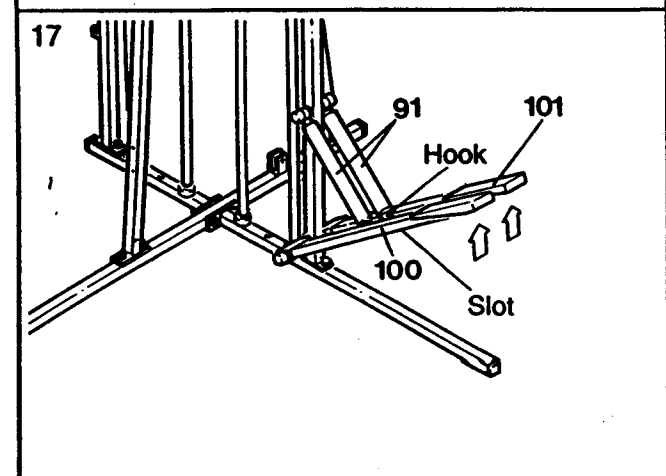
16. Grease the upper axles on the Stepper Upright (84).

Slide a Cylinder Spacer (92) and a Resistance Cylinder (91) onto the right axle. Make sure that the open side of the Spacer is turned toward the Stepper Upright (84). Tap a 5/8" Retainer (42) and 5/8" Plastic Cap (111) onto the right axle. Make sure that the teeth on the Retainer bend toward the Plastic Cap.

Attach a Resistance Cylinder (91) to the left axle in the same manner.

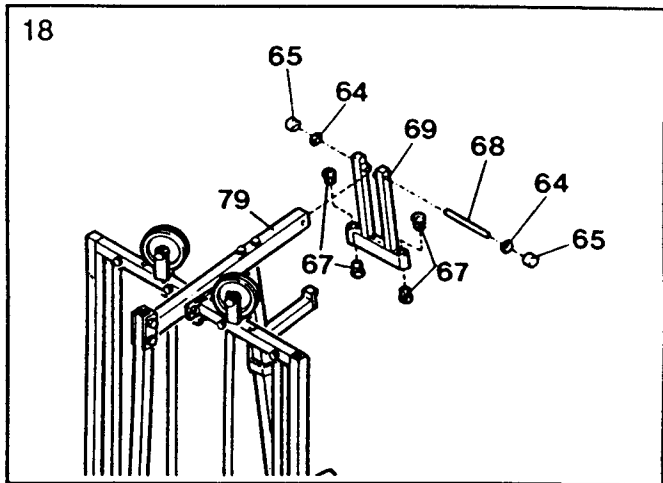


17. Raise the Pedals (100, 101). Rest the Pedals on the hooks at the lower ends of the Resistance Cylinders (91). Make sure that the hooks are fully inserted into the same slots under both Pedals.



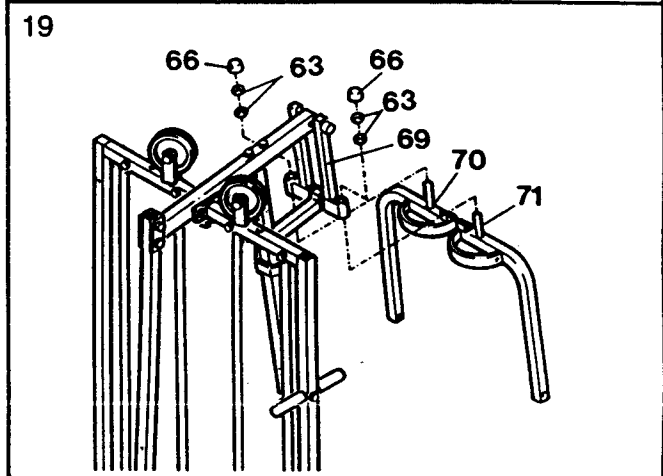
18. Tap a 1/2" Retainer (64) and 1/2" Plastic Cap (65) onto one end of the 1/2" Axle (68). Make sure that the teeth on the Retainer bend toward the Plastic Cap. Apply grease to the Axle.

Press four Arm Bushings (67) into the Moment Arm (69). Align the Moment Arm with the indicated hole in the Frame Top (79). Insert the 1/2" Axle (68) through the Moment Arm and the Frame Top. Tap a 1/2" Retainer (64) and 1/2" Plastic Cap (65) onto the other end of the Axle. Make sure that the teeth on the Retainer bend toward the Plastic Cap.



19. Apply grease to the post on the Right Arm (71). Insert the post up through the Moment Arm (69). Tap two 3/4" Retainers (63) and a 3/4" Plastic Cap (66) onto the Post. Make sure that the teeth on the Retainers bend toward the Plastic Cap.

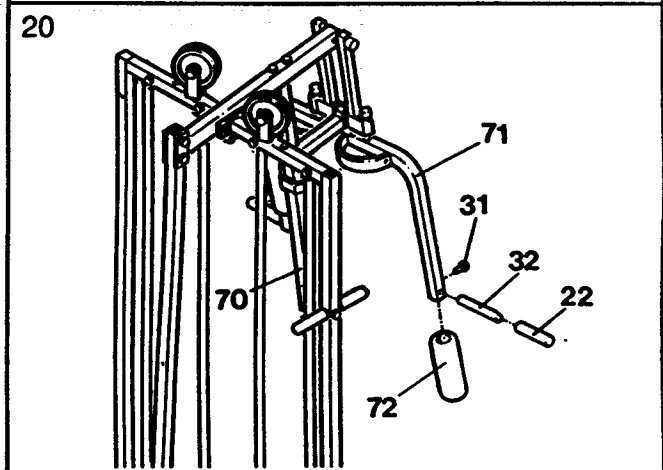
Attach the Left Butterfly Arm (70) in the same manner.



20. Wet the lower ends of the Arms (70, 71) and the insides of the two Arm Pads (72) with soapy water. Slide the Arm Pads onto the Arms. The Arm Pads should be 3" from the lower ends of the Arms.

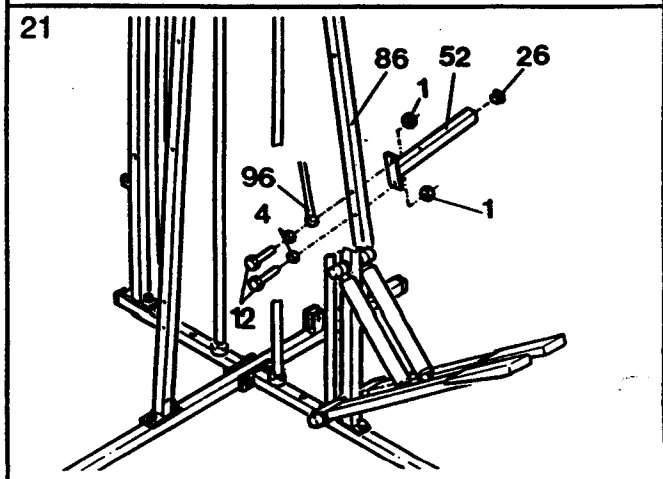
Attach a Handle (32) to the Right Arm (71) with a 3/4" Screw (31).

Attach a Handle (32) to the Left Arm (70) in the same manner.



21. Press the 1 1/2" x 1 1/2" Cap (26) into the Small Seat Frame (52). (The Small Seat Frame is similar to the Large Seat Frame [not shown], but the Small Seat Frame has square tubing.)

Attach the Small Seat Frame (52) and one end of the 110° Cable (96) to the Arm Upright (86) with two 5/16" x 2 3/4" Bolts (12), 5/16" Washers (4) and 5/16" Nylock Nuts (1). As you tighten the upper Nylock Nut, make sure that the Cable is pointed in the direction shown.



22. Attach a 6" Plate (27) to the Small Seat Frame (52) with a 1/4" x 2 1/4" Carriage Bolt (25), 1/4" Washer (5) and 1/4" Nylock Nut (3).

Attach the Small Seat (53) to the Small Seat Frame (52) with a 1/4" x 2" Screw (11) and 1/4" Washer (5). Do not tighten the Screw yet. (The Small Seat is similar to the Large Seat [not shown], but the Large Seat is 2" longer.)

Attach the Small Seat (53) to the 6" Plate (27) with two 1/4" x 3/4" Screws (8). Tighten all three Screws attaching the Small Seat.

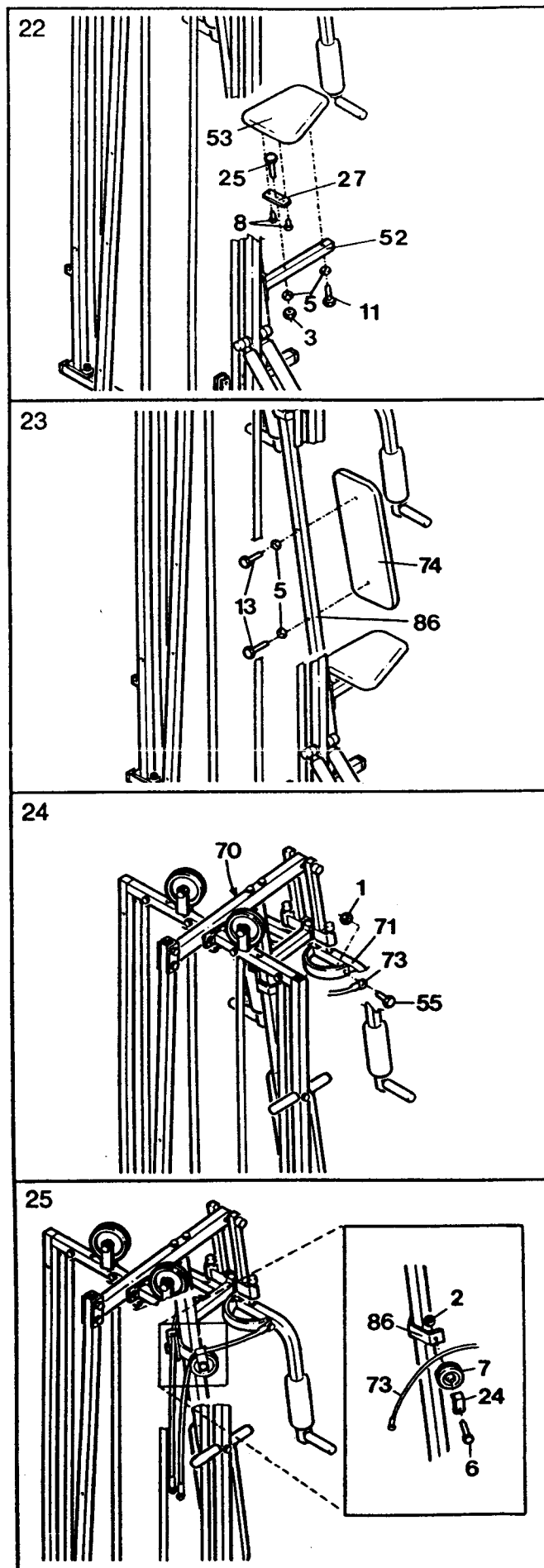
23. Attach a Backrest (74) to the Arm Upright (86) with two 1/4" x 2 1/2" Screws (13) and 1/4" Washers (5).

24. Attach one end of a 32" Cable (73) to the Right Arm (71) with a 5/16" x 3/4" Bolt (55) and 5/16" Nylock Nut (1). Make sure that the flat side of the eyelet on the end of the Cable is against the Right Arm. Do not overtighten the Nylock Nut. The Cable must be able to swivel freely.

Attach one end of the other 32" Cable (73) to the Left Arm (70) in the same manner.

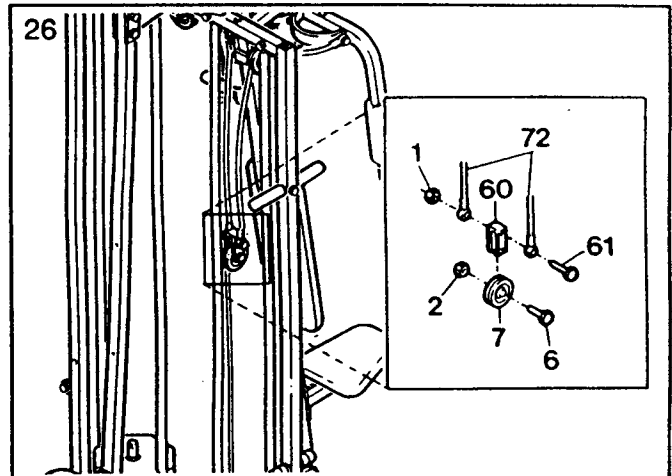
25. Lay the right 32" Cable (73) over a 3" Pulley (7). Slide a Cable Trap (24) and the Pulley onto a 3/8" x 1 3/4" Bolt (6). Insert the Bolt through the indicated bracket on the Arm Upright (86). Tighten a 3/8" Nylock Nut (2) onto the Bolt. Make sure that the Cable remains between the Cable Trap and the Pulley.

Lay the left 32" Cable (73) over a 3" Pulley (7). Attach the Pulley to the other side of the Arm Upright (86) in the same manner.



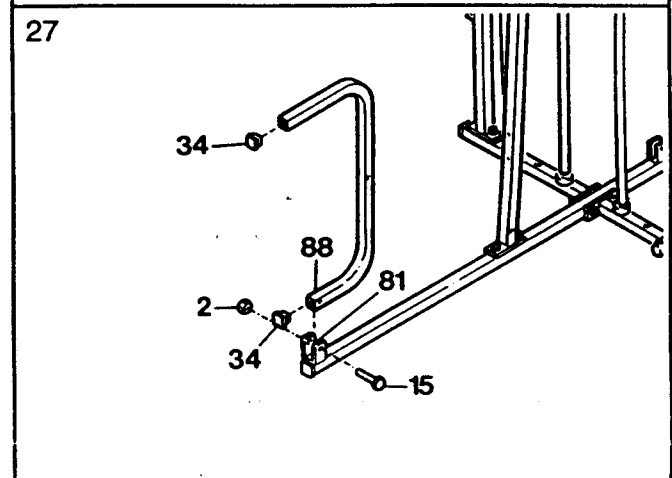
26. Attach the ends of the two 32" Cables (73) to the Short "U" Bracket (60) with the 5/16" x 2" Bolt (61) and a 5/16" Nylock Nut (1).

Attach a 3" Pulley (7) to the Short "U" Bracket (60) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (1).

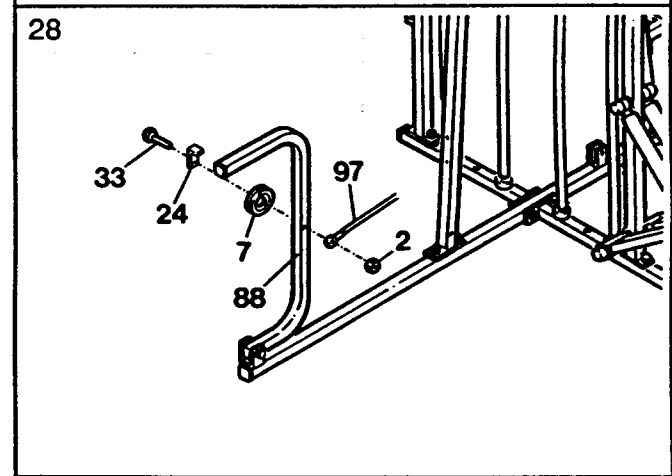


27. Press two 1 3/4" x 1 3/4" Caps (34) into the Leg Press Frame (88).

Attach the Leg Press Frame (88) to the indicated bracket on the Base (81) with a 3/8" x 2 3/4" Bolt (15) and 3/8" Nylock Nut (2).



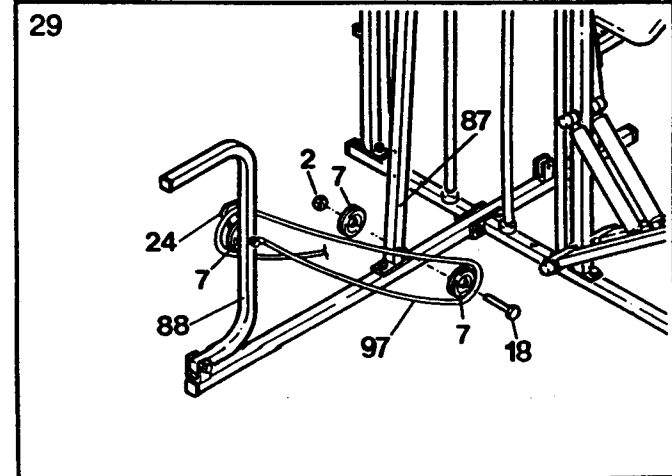
28. Slide a Cable Trap (24) and a 3" Pulley (7) onto a 3/8" x 3 3/4" Bolt (33). Insert the Bolt from the indicated side through the Leg Press Frame (88). Slide one end of the 137" Cable (97) onto the Bolt, and finger tighten a 3/8" Nylock Nut (2) onto the Bolt. Do not fully tighten the Nylock Nut until assembly step 29 is completed.



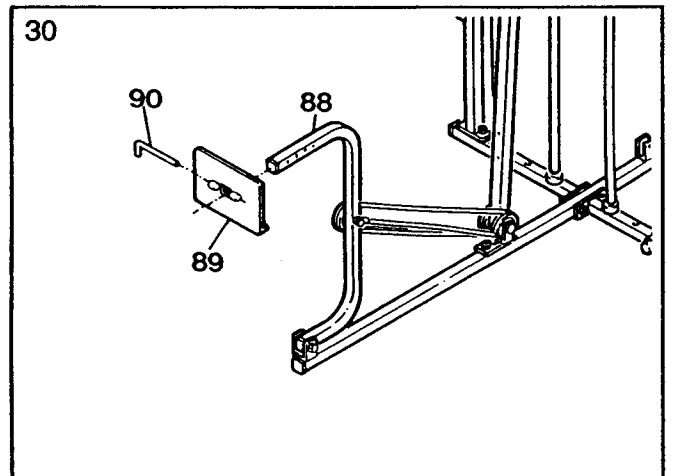
29. Attach a 3" Pulley (7) to each side of the Leg Press Upright (87) with the 3/8" x 4 1/2" Bolt (18) and a 3/8" Nylock Nut (2) as shown.

Route the 137" Cable (97) around the indicated 3" Pulley (7) on the Leg Press Upright (87).

Route the 137" Cable (97) around the 3" Pulley (7) on the Leg Press Frame (88). Make sure that the Cable is between the Cable Trap (24) and the Pulley. Tighten the 3/8" Nylock Nut (2) shown in assembly step 28.

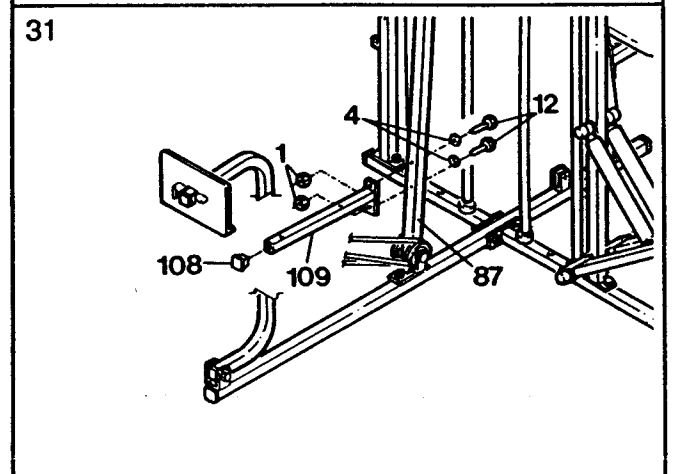


30. Slide the Leg Press Plate (89) onto the upper end of the Leg Press Frame (88). Insert the 7" "L" Pin (90) through the Leg Press Plate and one of the four holes in the Leg Press Frame.



31. Press the 1 1/2" x 2" Cap (108) into the Large Seat Frame (109).

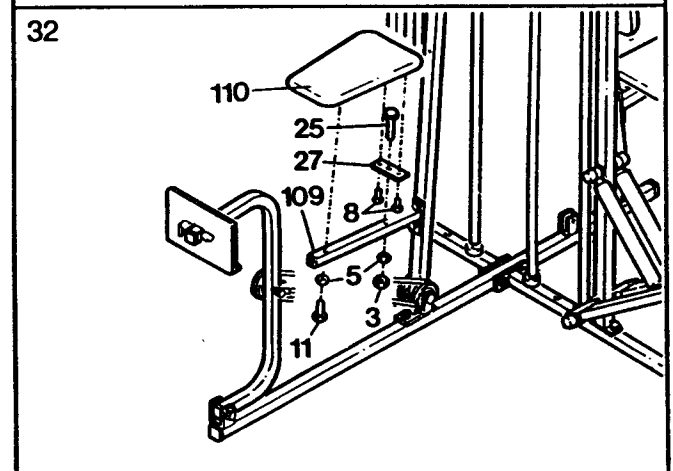
Attach the Large Seat Frame (109) to the Leg Press Upright (87) with two 5/16" x 2 3/4" Bolts (12), 5/16" Washers (4) and 5/16" Nylock Nuts (1).



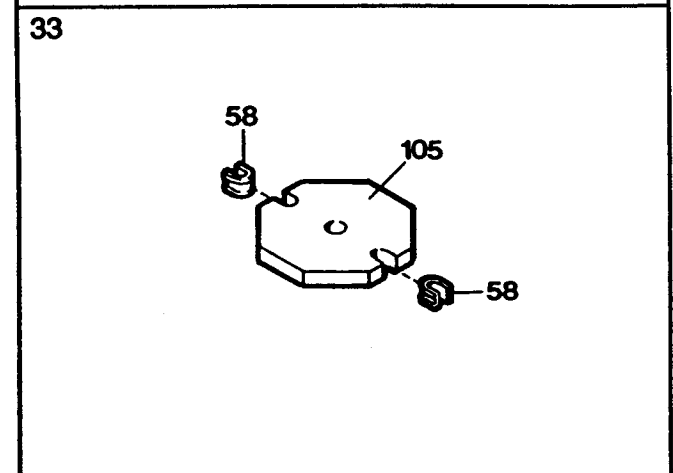
32. Attach a 6" Plate (27) to the Large Seat Frame (109) with a 1/4" x 2 1/4" Carriage Bolt (25), 1/4" Washer (5) and 1/4" Nylock Nut (3).

Attach the Large Seat (110) to the Large Seat Frame (109) with a 1/4" x 2" Screw (11) and 1/4" Washer (5). Do not tighten the Screw yet.

Attach the Large Seat (109) to the 6" Plate (27) with two 1/4" x 3/4" Screws (8). Tighten all three Screws attaching the Large Seat.

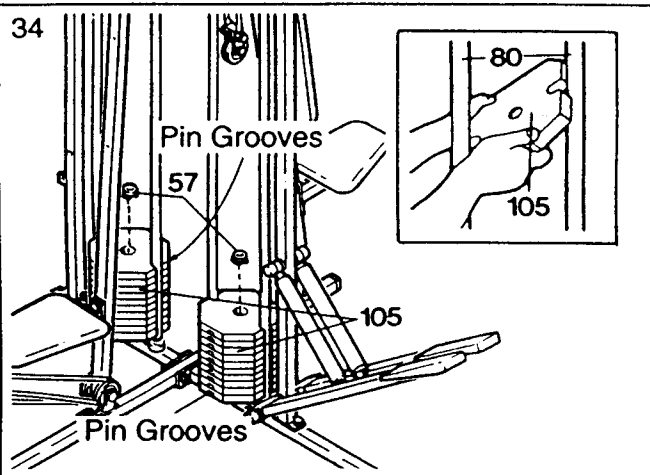


33. Press two Weight Guides (58) into each of the twenty Weights (105) as shown.



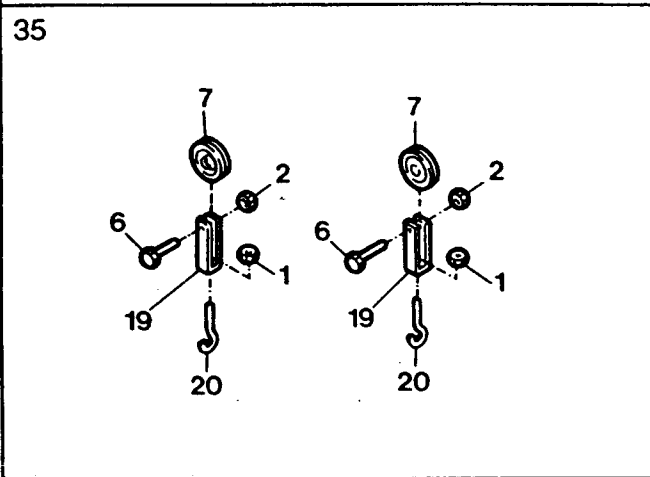
34. Slide ten Weights (105) onto each pair of Weight Guides (80) by tipping the Weights as shown. Make sure that all of the Weights are turned so the pin grooves are downward, and are on the indicated sides.

Press a Weight Sleeve (57) into the Top Weight (105) on each stack of Weights.



35. Attach the two Hooks (20) to the Long "U" Brackets (19) with 5/16" Nylock Nuts (1). The threaded ends of the Hooks should protrude about 1/8" above the Nylock Nuts.

Attach a 3" Pulley (7) to each of the Long "U" Brackets (19) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (2).



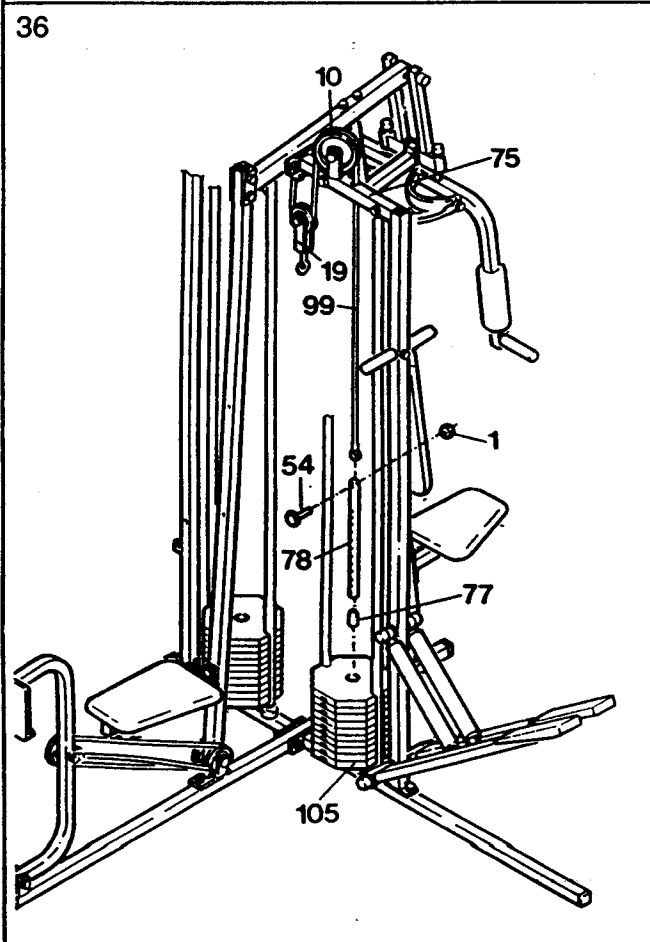
36. Insert the 98" Cable (99) through one of the Long "U" Brackets (19).

Lay the 98" Cable (99) over the 6" Pulley (10) on the Weight Top (75). Insert the Cable down through the hole in the Weight Top.

Find the upper end of a Weight Tube (78)—there is a single hole near the upper end. Attach the 98" Cable (99) to the upper end of the Weight Tube with a 5/16" x 1 1/2" Bolt (54) and 5/16" Nylock Nut (1).

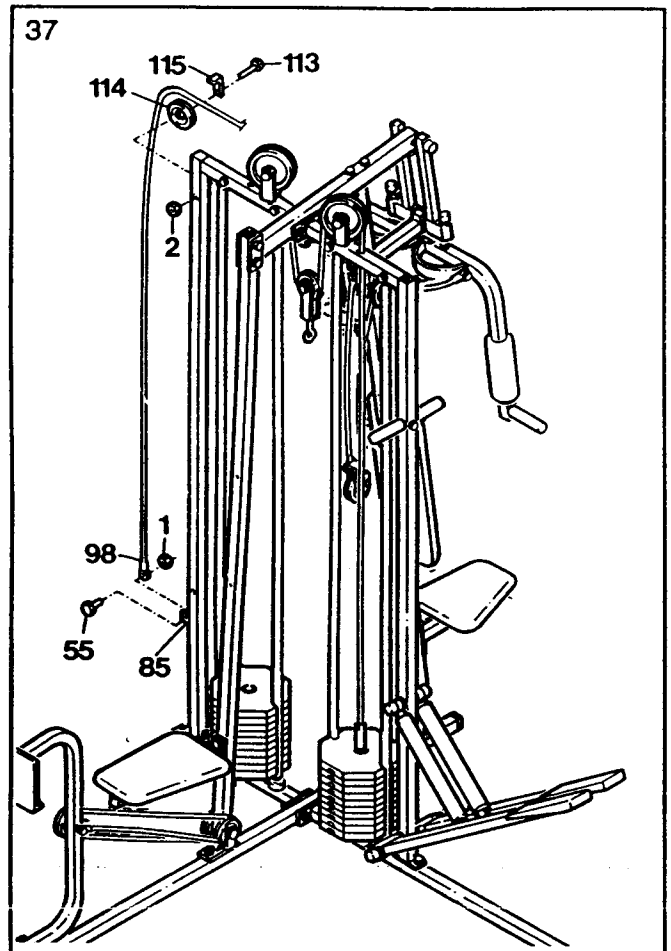
Press a Weight Tube Cap (77) into the lower end of the Weight Tube (78).

Insert the Weight Tube (78) into the Weights (105).

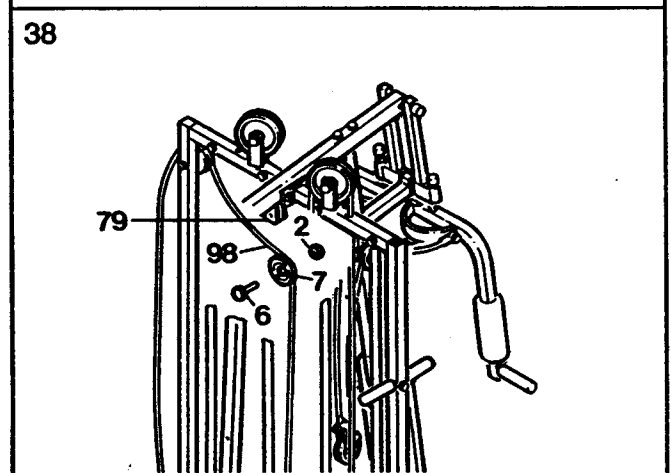


37. Attach one end of the 195" Cable (98) to the Cam Upright (85) with a 5/16" x 3/4" Bolt (55) and 5/16" Nylock Nut (1). As you tighten the Nylock Nut, make sure that the Cable is pointed in the indicated direction.

Lay the 195" Cable (98) over the Wide 3" V-Pulley (114). Slide the Wide Cable Trap (115) and the Pulley onto the 3/8" x 4" Bolt (113). Insert the Bolt from the indicated side through the Cam Upright (85). Tighten a 3/8" Nylock Nut (2) onto the Bolt. Make sure that the Cable remains between the Pulley and the Cable Trap.

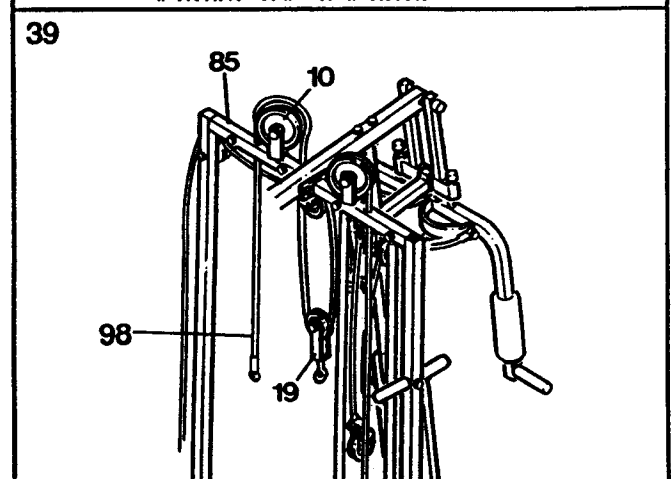


38. Lay the 195" Cable (98) over a 3" Pulley (7). Attach the Pulley to the indicated bracket on the Frame Top (79) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (2).



39. Insert the 195" Cable (98) through the other Long "U" Bracket (19).

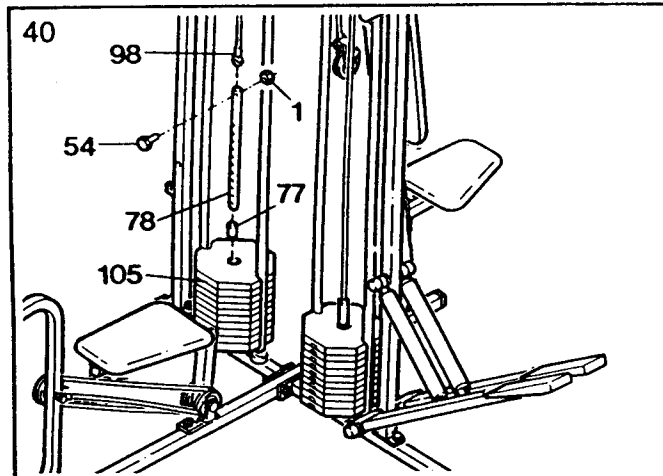
Lay the 195" Cable (98) over the 6" Pulley (10) on the Cam Upright (85).



40. Find the upper end of the other Weight Tube (78)—there is a single hole near the upper end. Attach the 195" Cable (98) to the upper end of the Weight Tube with a 5/16" x 1 1/2" Bolt (54) and 5/16" Nylock Nut (1).

Press a Weight Tube Cap (77) into the lower end of the Weight Tube (78).

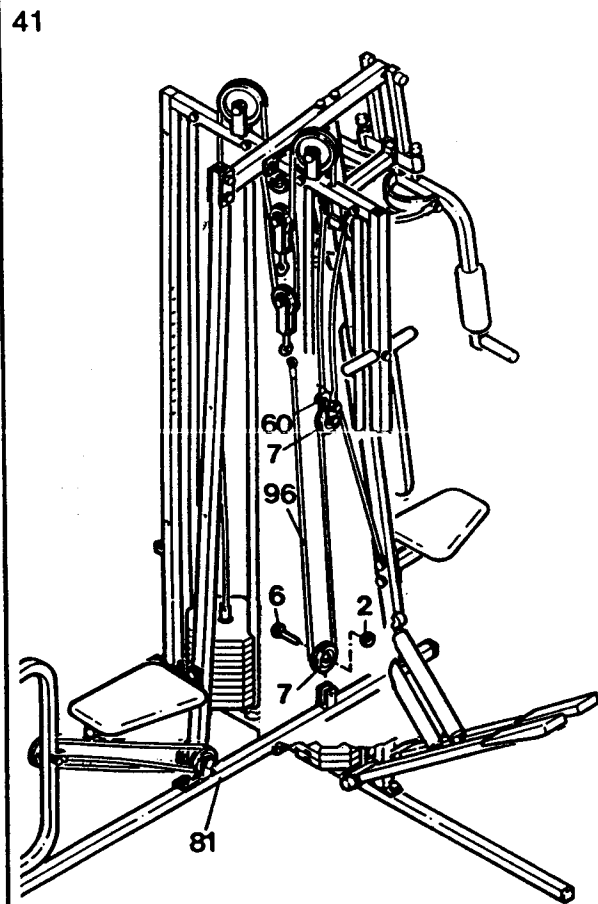
Insert the Weight Tube (78) into the Weights (105).



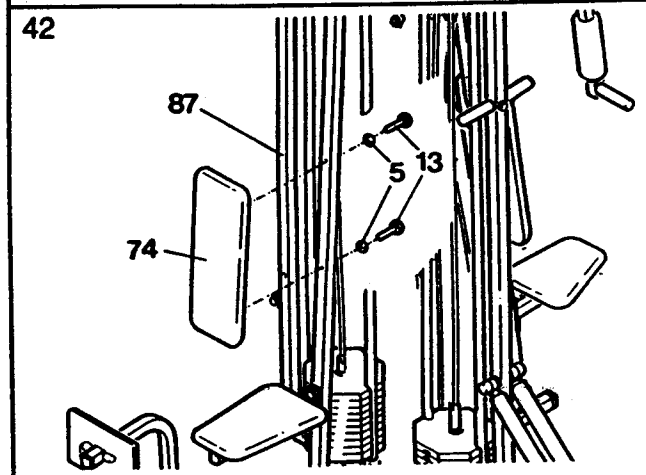
41. Insert the 110" Cable (96) over the 3" Pulley (7) in the Short "U" Bracket (60).

Wrap the 110" Cable (96) under a 3" Pulley (7). Attach the Pulley to the indicated bracket on the Base (81) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (2).

Slide the end of the 110" Cable (96) onto the indicated Hook (20).

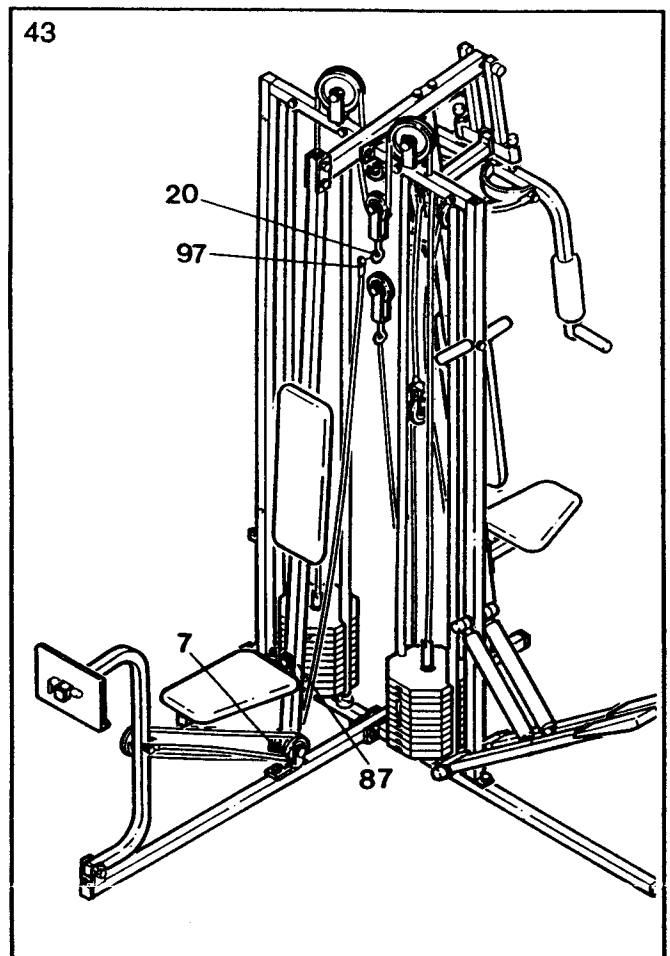


42. Attach a Backrest (74) to the Leg Press Upright (87) with two 1/4" x 2 1/2" Screws (13) and 1/4" Washers (5).



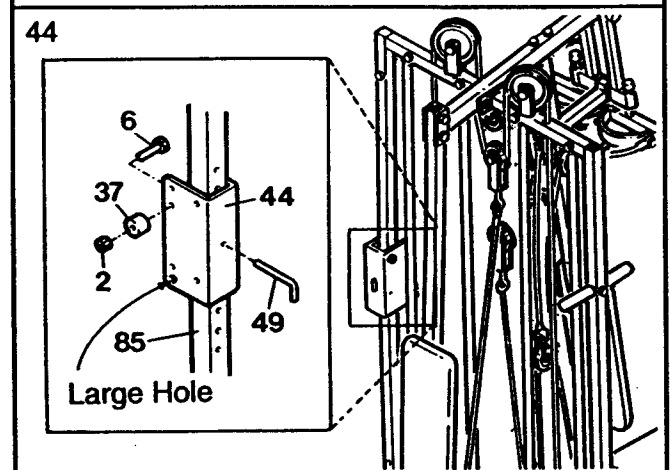
43. Route the 137" Cable (97) under the indicated 3" Pulley (7) on the Leg Press Upright (87).

Slide the end of the 137" Cable (97) onto the indicated Hook (20).

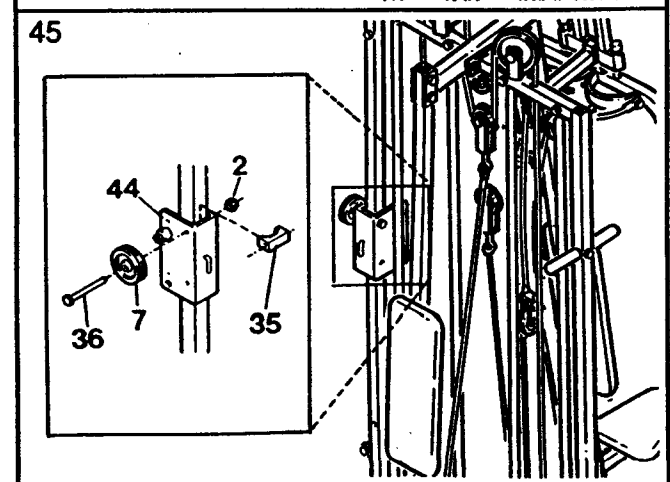


- 44 Hold the Cam Sleeve (44) against the Cam Upright (85) as shown. Make sure that the Cam Sleeve is turned so the large hole is on the lower end. Insert the 6 3/4" "L" Pin (49) into the Cam Sleeve and one of the holes in the Cam Upright.

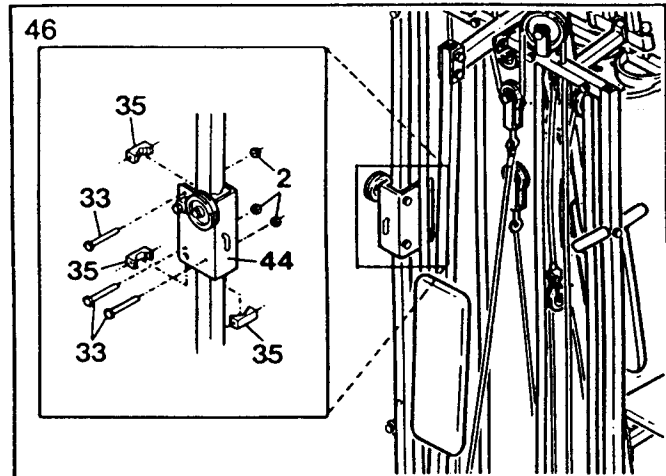
Attach the Cam Roller (37) to the indicated hole in the Cam Sleeve (44) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (2).



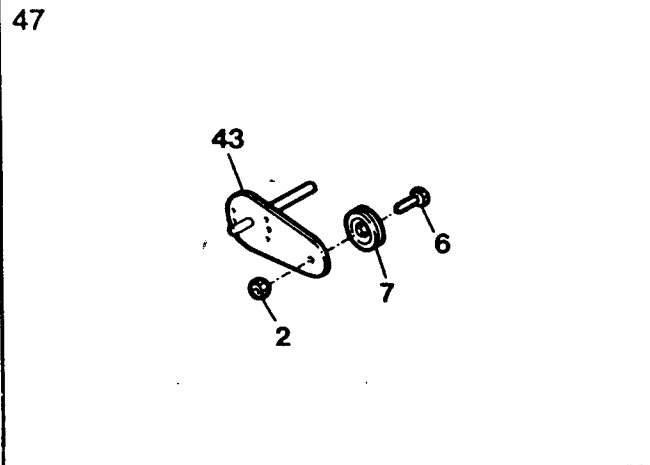
45. Slide a 3" Pulley (7) onto the 3/8" x 5" Bolt (36). Hold a Cam Sleeve Bushing (35) inside the Cam Sleeve (44). Insert the Bolt through the indicated hole in the Cam Sleeve (44) and the Cam Sleeve Bushing. Tighten a 3/8" Nylock Nut (2) onto the Bolt. Do not overtighten the Nylock Nut.



46. Attach the other three Cam Sleeve Bushings (35) to the Cam Sleeve (44) as shown with 3/8" x 3 3/4" Bolts (33) and 3/8" Nylock Nuts (2).

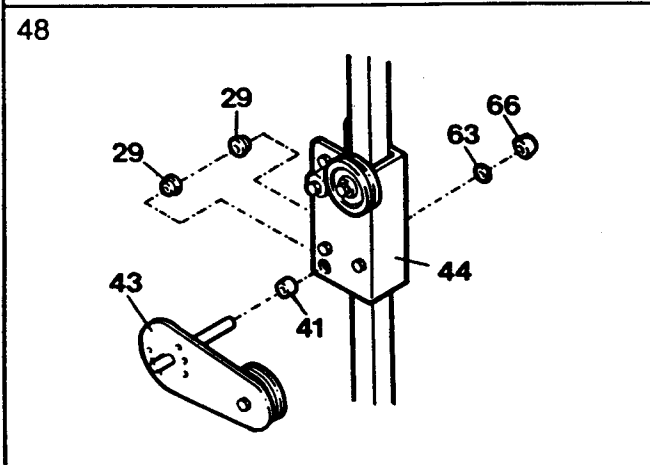


47. Attach a 3" Pulley (7) to the Cam (43) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (2).

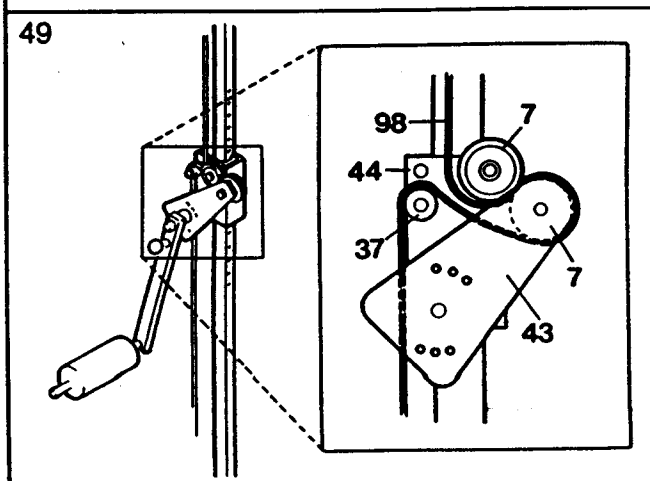


48. Press two Cam Bushings (29) into the inner sides of the Cam Sleeve (44).

Slide the Plastic Spacer (41) onto the long shaft of the Cam (43). Make sure that the open side of the Plastic Spacer is turned toward the Cam. Insert the shaft of the Cam through the Cam Sleeve (44) and the Cam Bushings (29). Tap a 3/4" Retainer (63) and 3/4" Plastic Cap (66) onto the shaft. Make sure that the teeth of the Retainer bend toward the Plastic Cap.

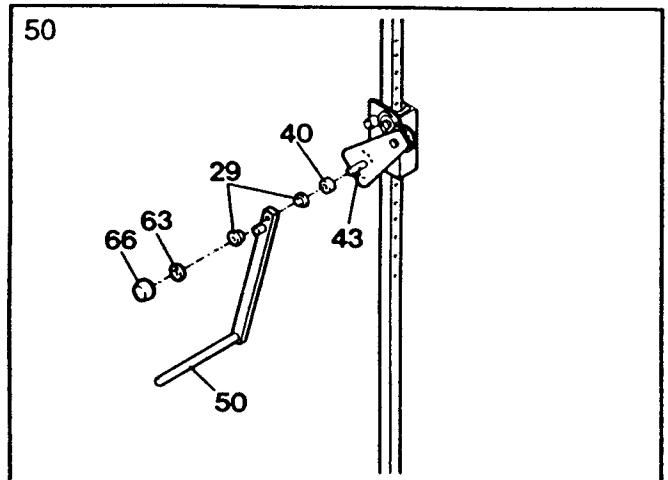


49. Pull down on the 195° Cable (98) so there is slack in the Cable. Route the Cable under the 3" Pulley (7) on the Cam Sleeve (44), around the 3" Pulley (7) on the Cam (43) and over the Cam Roller (37).



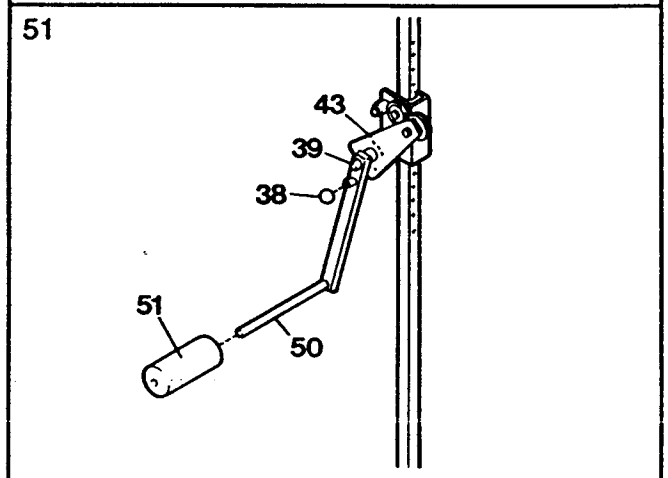
50. Slide a Metal Spacer (40) onto the Cam (43). Make sure that the open side of the Metal Spacer is turned toward the Cam.

Press two Cam Bushings (29) into the Cam Arm (50). Slide the Cam Arm onto the Cam (43). Tap a 3/4" Retainer (63) and 3/4" Plastic Cap (66) onto the shaft. Make sure that the teeth of the Retainer bend toward the Plastic Cap.



51. Tighten the Cam Knob (38) onto the Knob Mechanism (39). Pull the Cam Knob outward and pivot the Cam Arm (50) until the Knob Mechanism (39) snaps into one of the seven adjustment holes in the Cam (43).

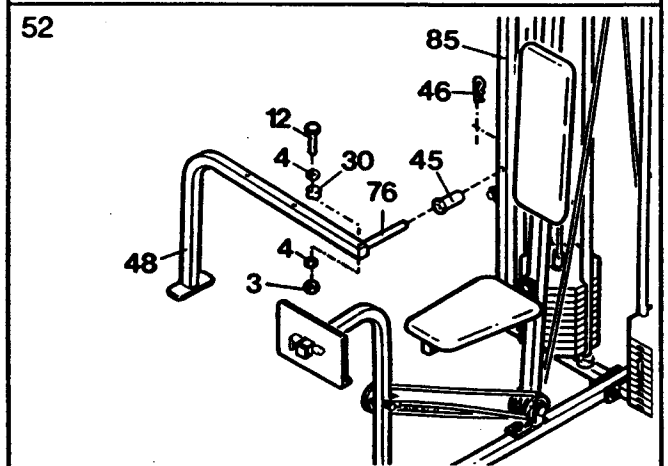
Wet the Cam Arm (50) and the inside of the Cam Arm Pad (51) with soapy water. Slide the Cam Arm Pad onto the Cam Arm.



52. Attach the Bench Pin (76) to the Bench Frame (48) with a 5/16" x 2 3/4" Bolt (12), two 5/16" Washers (4), the 1/2" x 5/8" Bushing (30) and a 5/16" Nylock Nut (1).

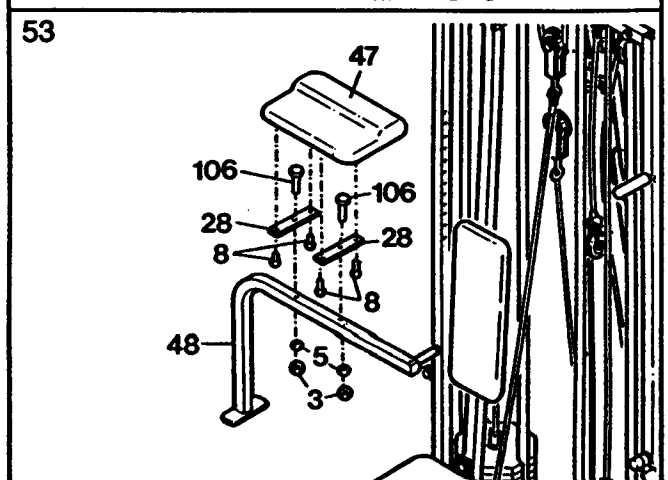
Insert the Bench Sleeve (45) into the indicated hole in the Cam Upright (85).

Insert the Bench Pin (76) into the Bench Sleeve (45). Insert the Cotter Pin (46) down through the Bench Pin.

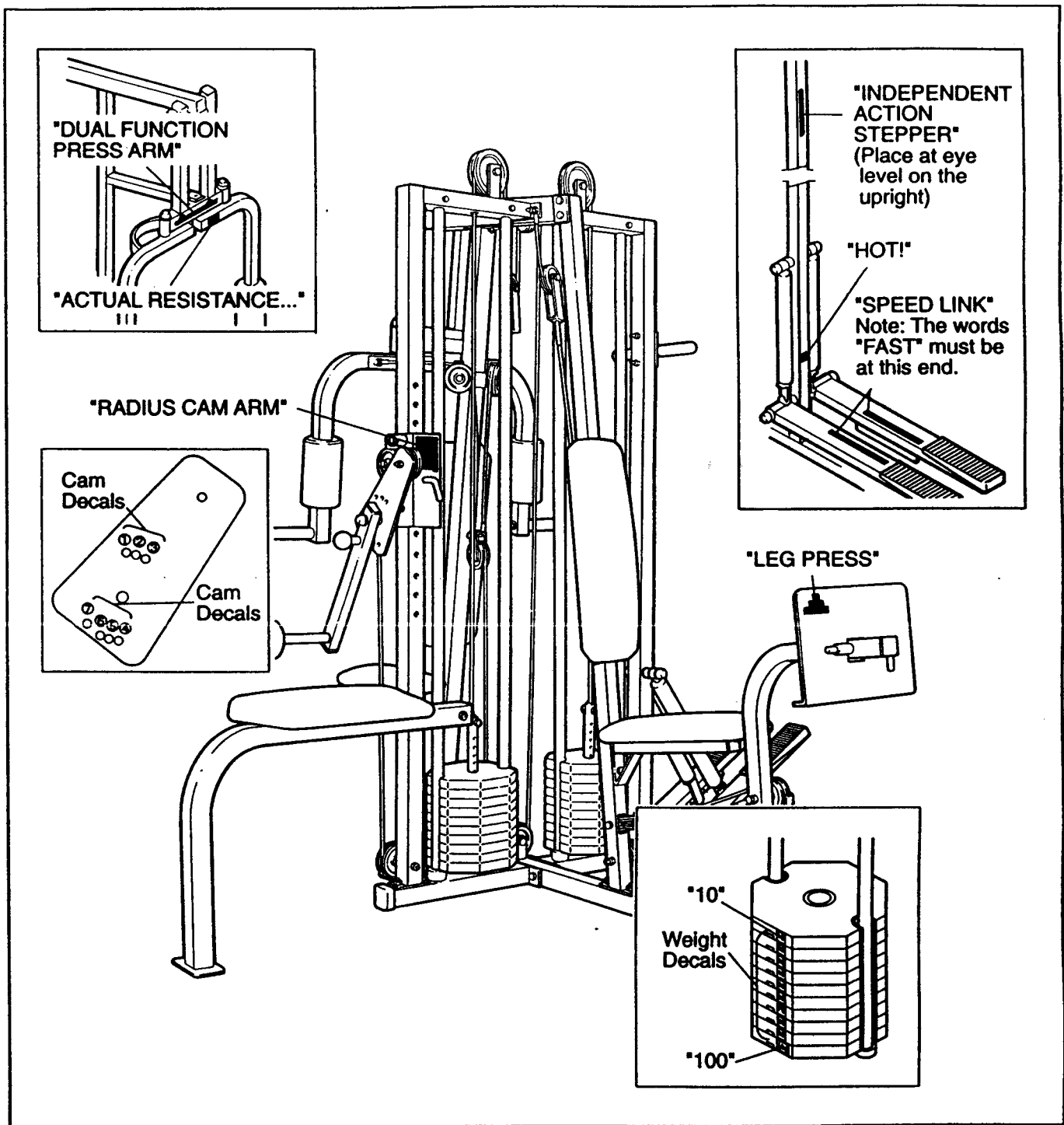


53. Attach the two 10" Plates (28) to the Bench Frame (48) with the two 1/4" x 2 1/2" Carriage Bolts (106), two 1/4" Washers (5) and two 1/4" Nylock Nuts (3).

Attach the Bench (47) to the 10" Plates (28) with four 1/4" x 3/4" Screws (8).



54. Remove the decals, one at a time, from the decal sheets, and apply them in the locations shown in the drawing below.



55. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in USING THE BODY SHOP 8, beginning on page 20 of this owner's manual.

56. Before using the cross training system, test the cables and pulleys. Pull each cable a few times to make sure that the cable moves smoothly over the pulleys. Move the arms, leg press plate and cam-arm a few times. If one of the cables does not move smoothly, locate and correct the problem before using the cross training system. **IMPORTANT: If the cables are not properly routed, they may be damaged when used with heavy weight.**

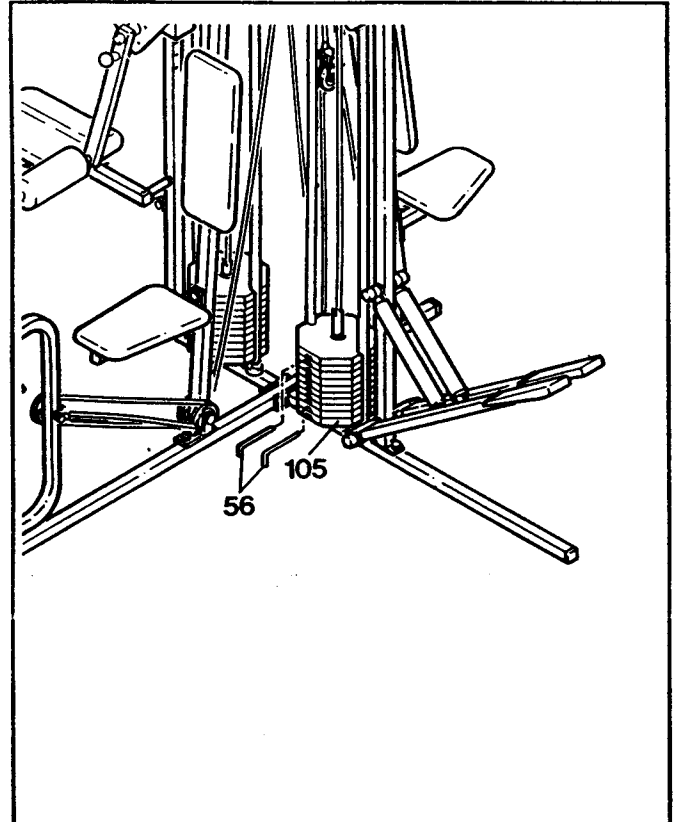
# ADJUSTING THE CROSS TRAINING SYSTEM

The instructions below describe how each part of the cross training system can be adjusted. See the EXERCISE GUIDE accompanying this owner's manual to see how the cross training system should be set up for each individual exercise.

## CHANGING THE WEIGHT SETTING

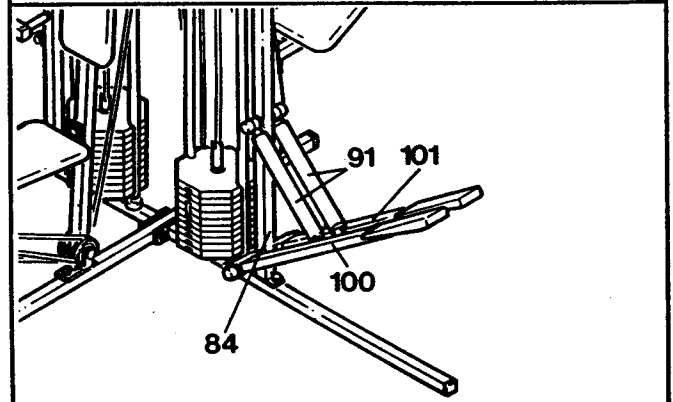
The cross training system features dual weight stacks. The weight stack near the stepper is connected to the leg press plate. The weight stack near the cam arm is connected to the cam arm and the right and left arms. The weight setting of either weight stack can be changed from a minimum of 10 pounds, up to a maximum of 100 pounds, in increments of 10 pounds.

Insert a 7" "L" Pin w/Tab (56) under the top Weight (105) on each weight stack. Turn the ends of the Pins downward. Always keep a Pin inserted under the top Weight on each weight stack. To change the weight setting of either weight stack, insert another 7" "L" Pin w/Tab under one of the Weights. Turn the end of the Pin downward. The decals on the Weights will show the weight setting you have selected. **IMPORTANT: When using the left and right arms, the weight setting will be doubled. When using the leg press plate, the weight setting will be tripled.**



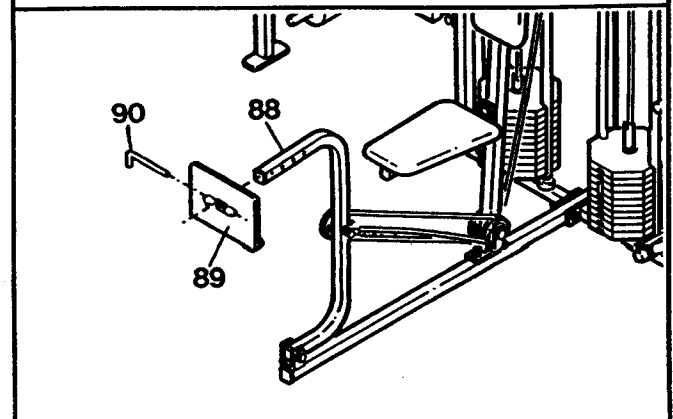
## CHANGING THE STEPPING RESISTANCE

To vary the intensity of your stepping exercise, the resistance of the Pedals (100, 101) can be changed. Lift the Pedals off the hooks at the lower ends of the Resistance Cylinders (91). Move the hooks to different slots under the Pedals. Make sure that the hooks are in the same slots under both Pedals. The farther the hooks are from the Stepper Upright (84), the greater the resistance will be.



## ADJUSTING THE LEG PRESS PLATE

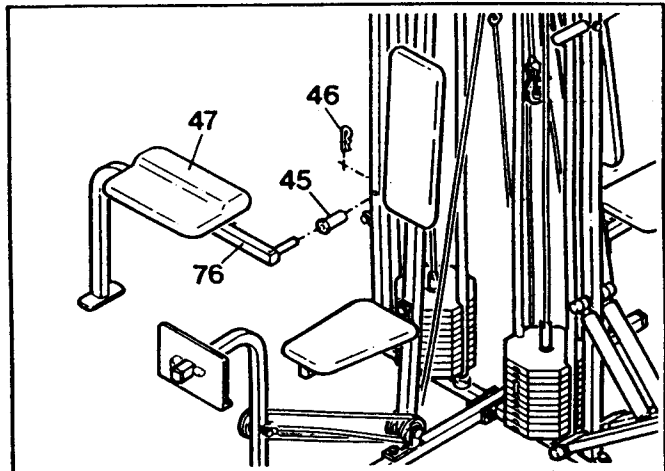
The Leg Press Plate (89) can be adjusted to any of four positions. To change the position, first remove the Leg Press "L" Pin (90). Move the Leg Press Plate forward or backward and insert the Leg Press "L" Pin through the Leg Press Plate and the Leg Press Frame (88).



## ATTACHING AND DETACHING THE BENCH

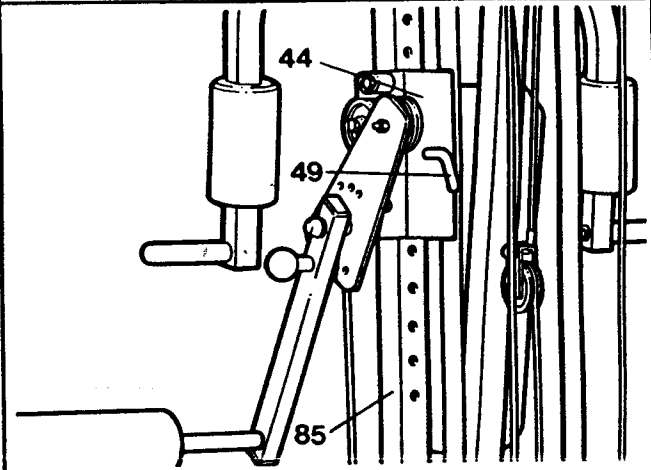
The Bench (47) should be attached as described in assembly step 52 on page 18. The position of the Bench can be changed for different exercises by sliding the Bench sideways.

For certain exercises, the Bench (47) must be removed. To remove the Bench, pull the Cotter Pin (46) out of the Bench Pin (76). Slide the Bench Pin out of the Bench Sleeve (45) and remove the Bench.



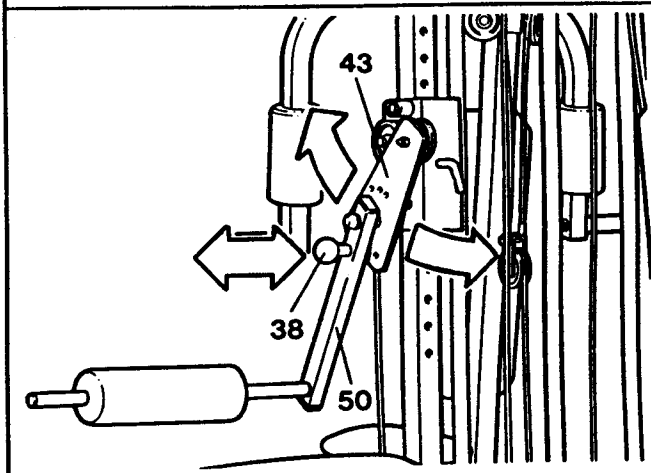
## CHANGING THE HEIGHT OF THE CAM SLEEVE

The height of the Cam Sleeve (44) must be changed for different exercises. To change the height, first support the weight of the Cam Sleeve with one hand. Remove the 6 3/4" "L" Pin (49), slide the Cam Sleeve up or down, and reinsert the 6 3/4" "L" Pin through the Cam Sleeve and the Cam Upright (85).



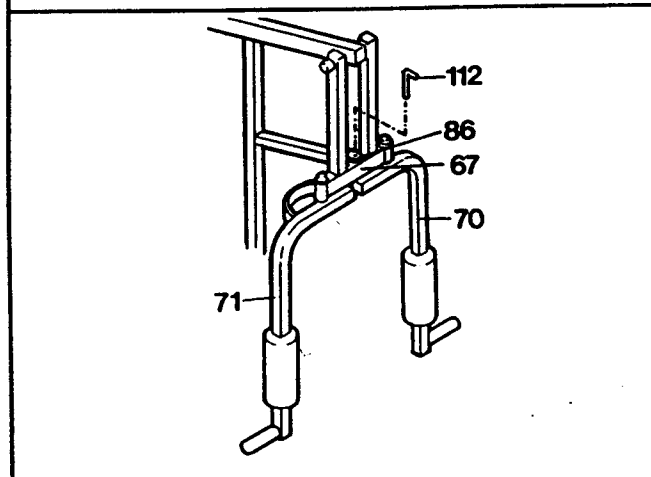
## CHANGING THE POSITION OF THE CAM ARM

The position of the Cam Arm (50) must be changed for different exercises. To change the position, first pull the Cam Knob (38) outward until the Cam Arm pivots freely. Pivot the Cam Arm to the desired position, and release the Cam Knob. Make sure that the Cam Arm is locked in one of the seven adjustment holes in the Cam (43).



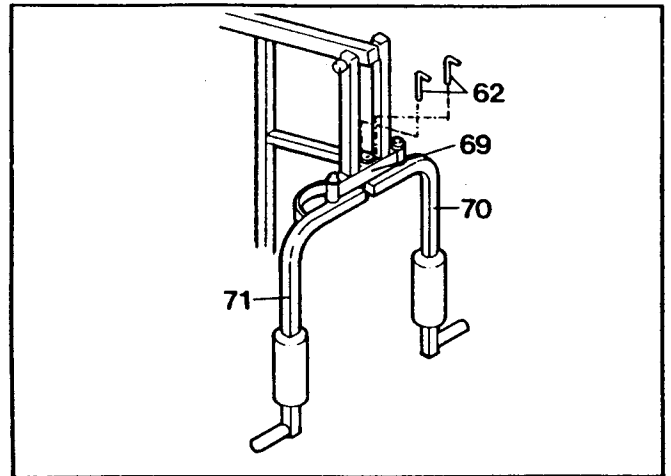
## USING THE ARMS IN THE BUTTERFLY MODE

To do the Butterfly or Reverse Butterfly exercises, the Arms (70, 71) should be changed to the butterfly mode. Make sure that the 6" "L" Pins (not shown) are removed from the Arms. Insert the 5" "L" Pin (112) into the Arm Upright (86) and the Moment Arm (69) to lock the Moment Arm in a stationary position.



## USING THE ARMS IN THE PRESS MODE

To do the Bench Press or Military Press exercises, the Arms (70, 71) should be changed to the press mode. Make sure the 5" "L" Pin (not shown) is removed from the Moment Arm (69). Insert the two Arm "L" Pins (62) into the Moment Arm (69) and the Arms to lock the Arms in a stationary position.



# TROUBLE-SHOOTING AND MAINTENANCE

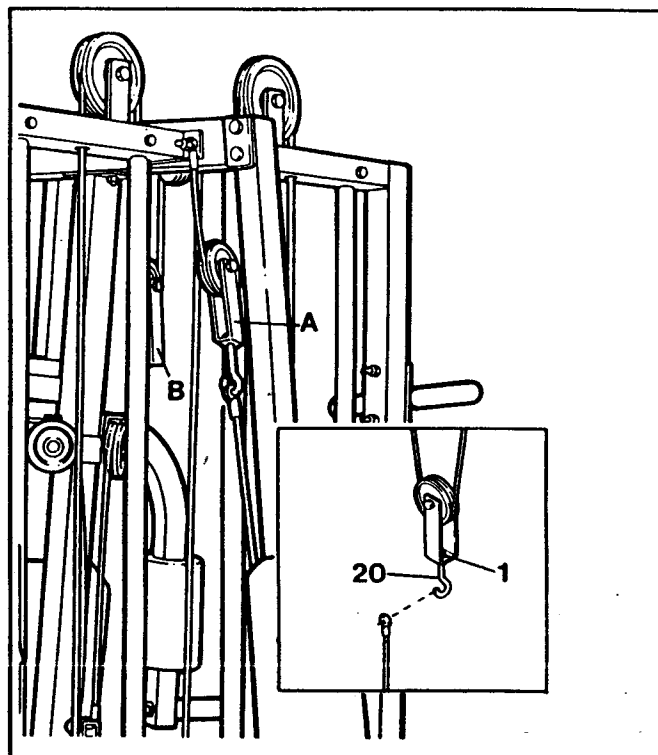
Inspect and tighten all parts each time you use the cross training system. Replace any worn parts immediately. The cross training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

## ADJUSTING THE CABLES

If there is slack in the cables before resistance is felt, the cables can be adjusted.

To adjust the cables attached to the weight stack near the stepper, find the Hook (20) labeled "A" in the drawing at the right. To adjust the cables attached to the weight stack near the cam arm, find the Hook (20) labeled "B" in the drawing at the right. Slide the end of the cable off the Hook. Hold the 5/16" Nylock Nut (1) stationary, and turn the Hook one complete turn. Slide the end of the cable back onto the Hook. Check the cables for proper tightness. Repeat until the cables are properly tightened.

If the cables cannot be properly tightened by turning the Hooks (20), the cables may need to be replaced. See the back cover of this owner's manual for information about ordering replacement parts.



## ORDERING REPLACEMENT PARTS

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

1. The MODEL NUMBER of the product (WL808030).
2. The NAME of the product (WESLO® BODY SHOP 8 cross training 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

Weslo, Inc. ("WESLO"), 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. WESLO's obligation under this warranty is limited to replacing or repairing, at WESLO's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WESLO 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 WESLO. 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 WESLO authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WESLO.

WESLO 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.

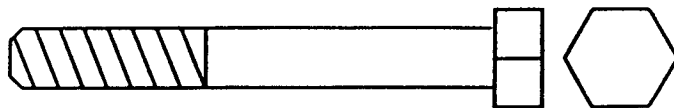
**WESLO INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

# PART I.D. CHART—Model No. WL808030

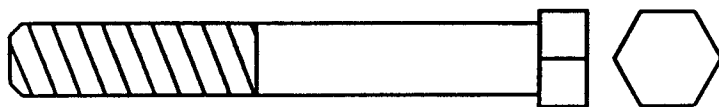
Rev. 9/93

Use this chart to identify the small hardware used in assembly. The number in parenthesis beneath each part refers to the key number of the part. The last number refers to the quantity used in assembly. (Some of the hardware may already be attached to one of the parts to be assembled.) If a part is missing, see the back cover of the owner's manual for instructions.

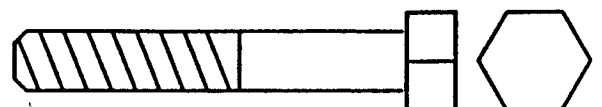
The following tools (not included) are required for assembly: two 8" adjustable wrenches, a phillips screwdriver, a standard screwdriver and a rubber mallet. Grease and a small amount of soapy water are also needed.



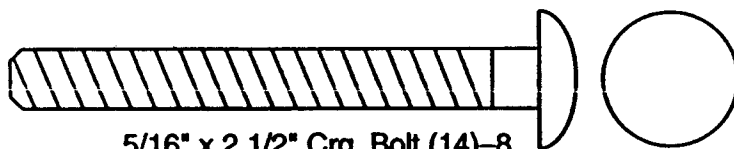
5/16" x 2 1/2" Bolt (9)-9



3/8" x 2 3/4" Bolt (15)-1



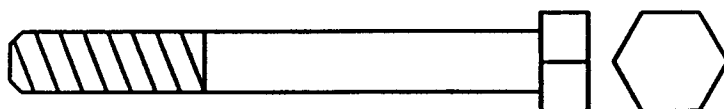
5/16" x 2" Bolt (61)-1



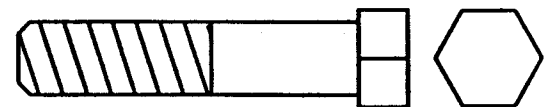
5/16" x 2 1/2" Crg. Bolt (14)-8



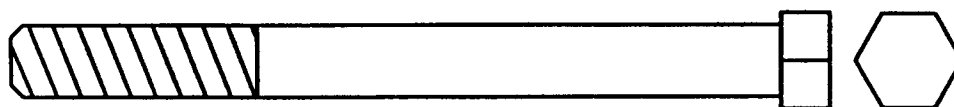
5/16" x 1 1/2" Bolt (54)-2



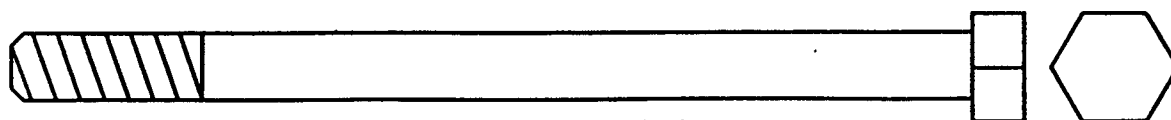
5/16" x 2 3/4" Bolt (12)-13



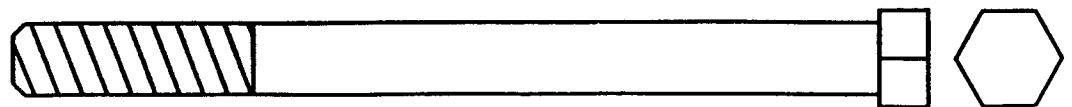
3/8" x 1 3/4" Bolt (6)-11



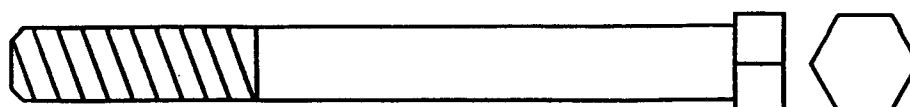
3/8" x 2 3/4" Bolt (15)-1



3/8" x 5" Bolt (36)-1



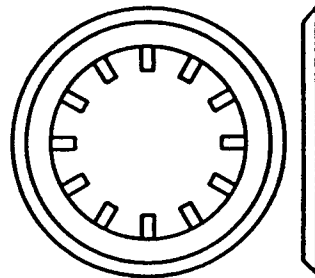
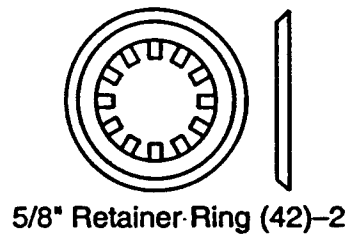
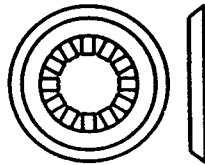
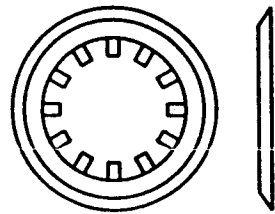
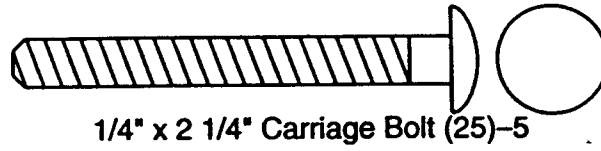
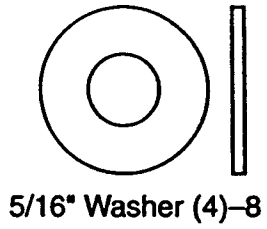
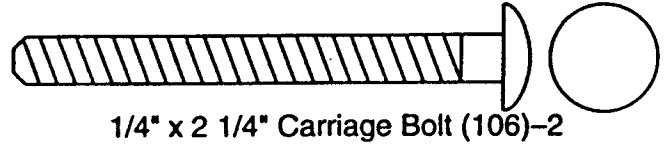
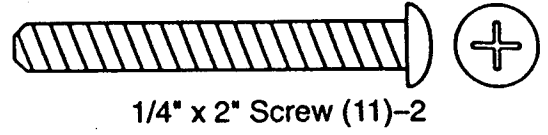
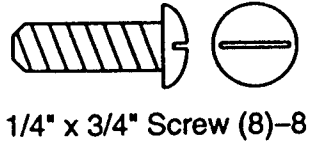
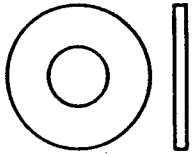
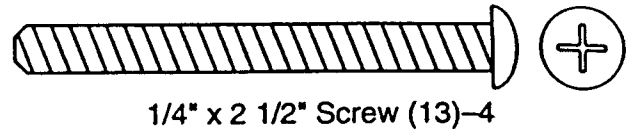
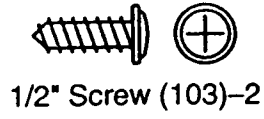
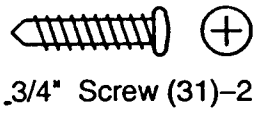
3/8" x 4 1/2" Bolt (18)-1



3/8" x 3 3/4" Bolt (33)-4



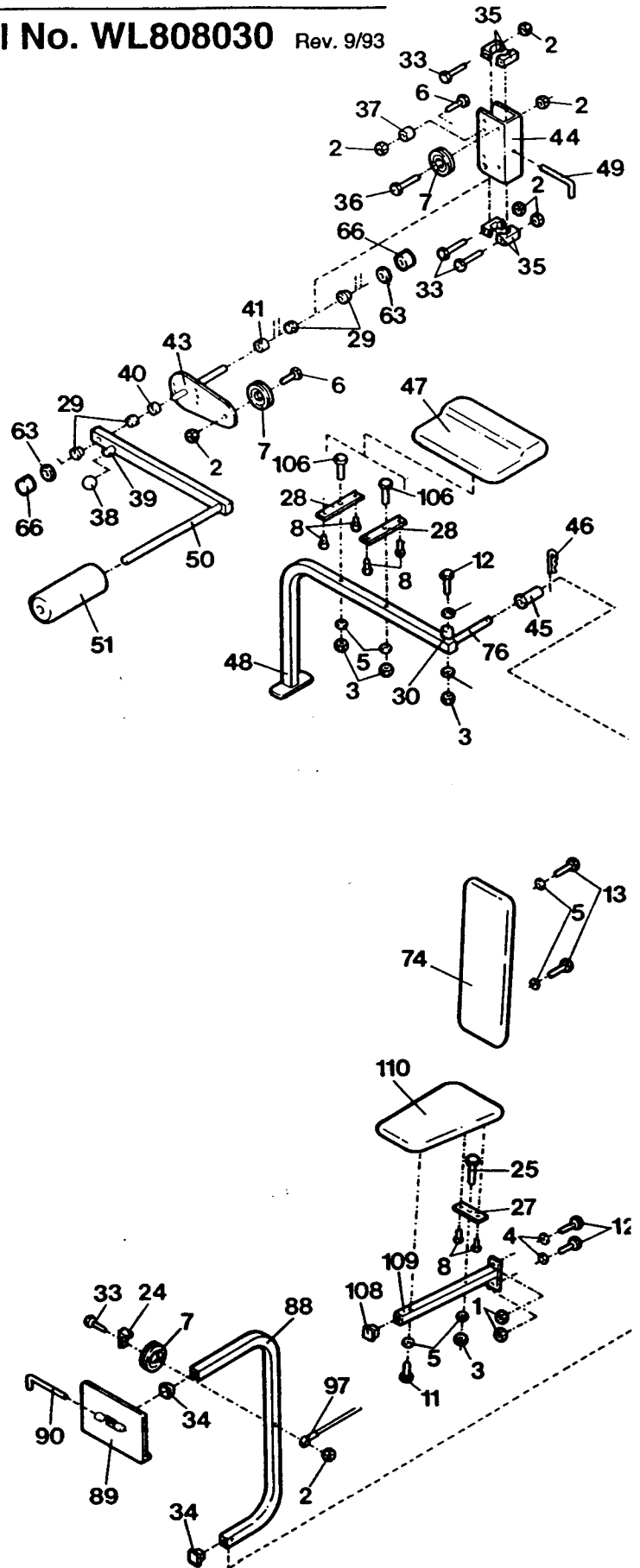
5/16" x 3/4" Bolt (55)-3



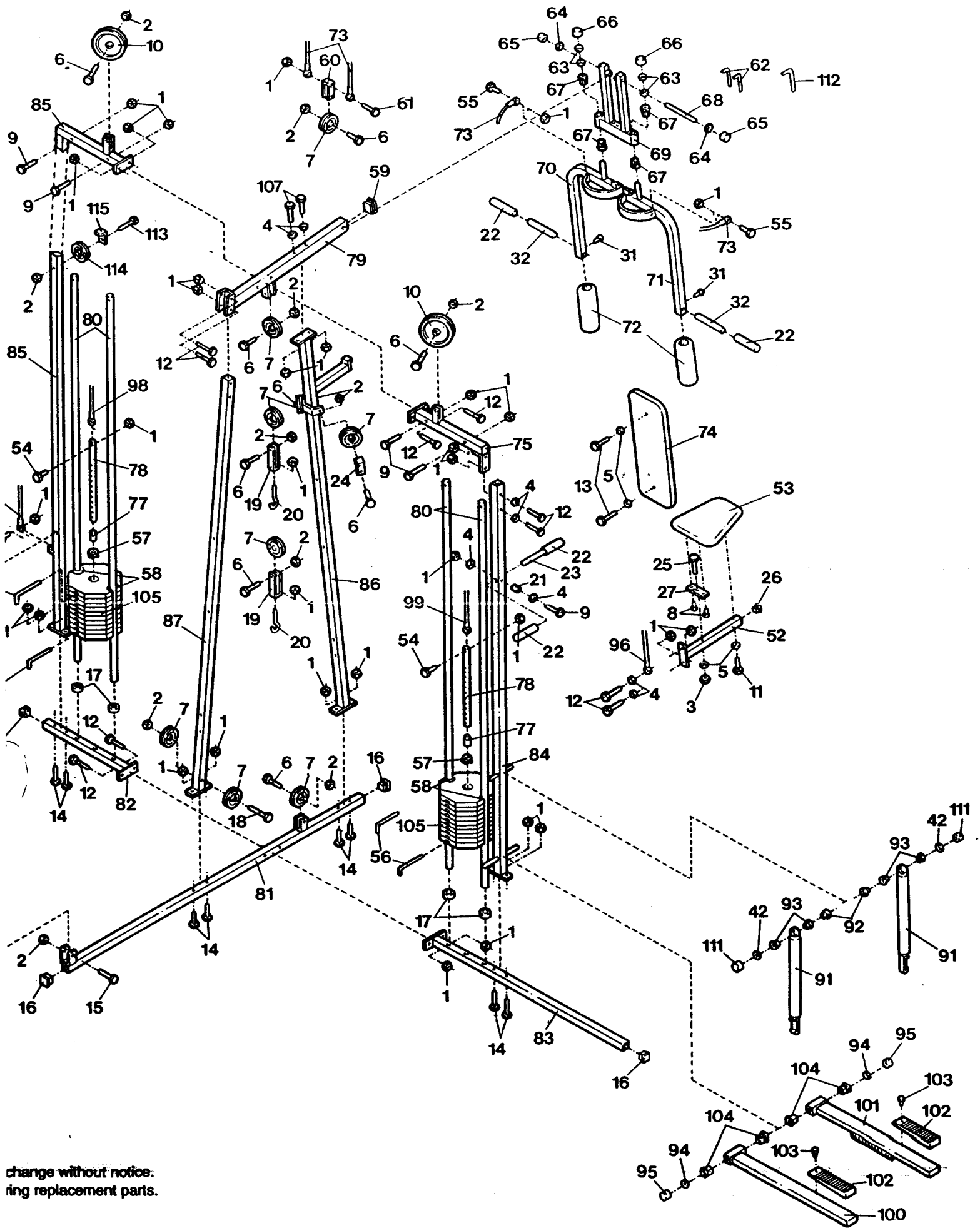
# PART LIST/EXPLODED DRAWING Model No. WL808030

Rev. 9/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	35	5/16" Nylock Nut	60	1	Short "U" Bracket
2	19	3/8" Nylock Nut	61	1	5/16" x 2" Bolt
3	5	1/4" Nylock Nut	62	2	6" "L" Pin
4	8	5/16" Washer	63	6	3/4" Retainer
5	12	1/4" Washer	64	2	1/2" Retainer
6	11	3/8" x 1 3/4" Bolt	65	2	1/2" Plastic Cap
7	12	3" Pulley	66	4	3/4" Plastic Cap
8	8	1/4" x 3/4" Screw	67	4	Arm Bushing
9	9	5/16" x 2 1/2" Bolt	68	1	1/2" Axle
10	2	6" Pulley	69	1	Moment Arm
11	2	1/4" x 2" Screw	70	1	Left Arm
12	13	5/16" x 2 3/4" Bolt	71	1	Right Arm
13	4	1/4" x 2 1/2" Screw	72	2	Arm Pad
14	8	5/16" x 2 1/2" Crg. Bolt	73	2	32" Cable
15	1	3/8" x 2 3/4" Bolt	74	2	Backrest
16	4	2" x 2" Cap	75	2	Weight Top
17	4	Bumper	76	1	Bench Pin
18	1	3/8" x 4 1/2" Bolt	77	2	Weight Tube Cap
19	2	Long "U" Bracket	78	2	Weight Tube
20	2	Hook	79	1	Frame Top
21	1	1/2" x 9/16" Bushing	80	4	Weight Guide
22	4	Grip	81	1	Base
23	1	Stepper Handle	82	1	Short Stabilizer
24	4	Cable Trap	83	1	Long Stabilizer
25	5	1/4" x 2 1/4" Crg. Bolt	84	1	Stepper Upright
26	1	1 1/2" x 1 1/2" Cap	85	1	Cam Upright
27	2	6" Plate	86	1	Arm Upright
28	2	10" Plate	87	1	Leg Press Upright
29	4	Cam Bushing	88	1	Leg Press Frame
30	1	1/2" x 5/8" Bushing	89	1	Leg Press Plate
31	2	3/4" Screw	90	1	7" "L" Pin
32	2	Handle	91	2	Resistance Cylinder
33	4	3/8" x 3 3/4" Bolt	92	2	Cylinder Spacer
34	2	1 3/4" x 1 3/4" Cap	93	4	Cylinder Bushing
35	4	Cam Sleeve Bushing	94	4	1" Retainer
36	1	3/8" x 5" Bolt	95	4	1" Plastic Cap
37	1	Cam Roller	96	1	110" Cable
38	1	Cam Knob	97	1	137" Cable
39	1	Knob Assembly	98	1	195" Cable
40	1	Metal Spacer	99	1	98" Cable
41	1	Plastic Spacer	100	1	Left Pedal
42	2	5/8" Retainer	101	1	Right Pedal
43	1	Cam	102	2	Foot Pad
44	1	Cam Sleeve	103	2	1/2" Screw
45	1	Bench Sleeve	104	4	Square Bushing
46	1	Cotter Pin	105	20	Weight
47	1	Bench	106	2	1/4" x 2 1/2" Crg. Bolt
48	1	Bench Frame	107	2	5/16" x 3 1/2" Bolt
49	1	6 3/4" "L" Pin	108	1	1 1/2" x 2" Cap
50	1	Cam Arm	109	1	Large Seat Frame
51	1	Cam Arm Pad	110	1	Large Seat
52	2	Small Seat Frame	111	2	5/8" Plastic Cap
53	2	Small Seat	112	1	5" "L" Pin
54	2	5/16" x 1 1/2" Bolt	113	1	3/8" x 4" Bolt
55	3	5/16" x 3/4" Bolt	114	1	Wide 3" V-Pulley
56	2	7" "L" Pin w/Tab	115	1	Wide Cable Trap
57	2	Weight Sleeve	#	1	Owner's Manual
58	40	Weight Guide	#	1	Part List/Exp. Drwg.
59	1	2" x 3" Cap	#	1	Exercise Guide



Note: "\*" indicates a non-illustrated part. Specifications are subject to change. See the back cover of the owner's manual for information about



change without notice.  
 ring replacement parts.