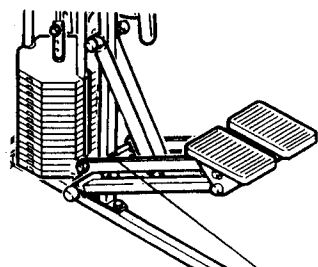


WESLO® BODY 9 SHOP

OWNER'S MANUAL

Model No. WL809030

Serial No. _____



Serial Number Decal

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.

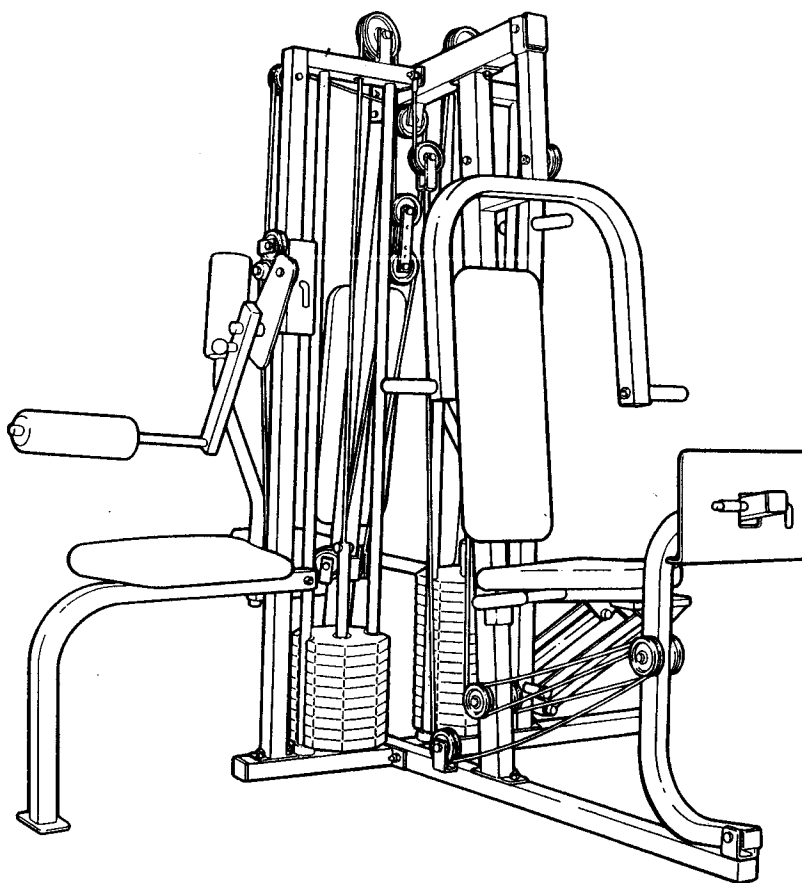
CUSTOMER HOT LINE:

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 seat bracket is fully seated on the pins on the press upright.
6. Make sure that the cables remain on the pulleys as you use the cross training system.
7. Never release the press arm, butterfly arms, leg press plate or cam arm while weights are raised. The weights will fall with great force.
8. 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.
9. 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.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

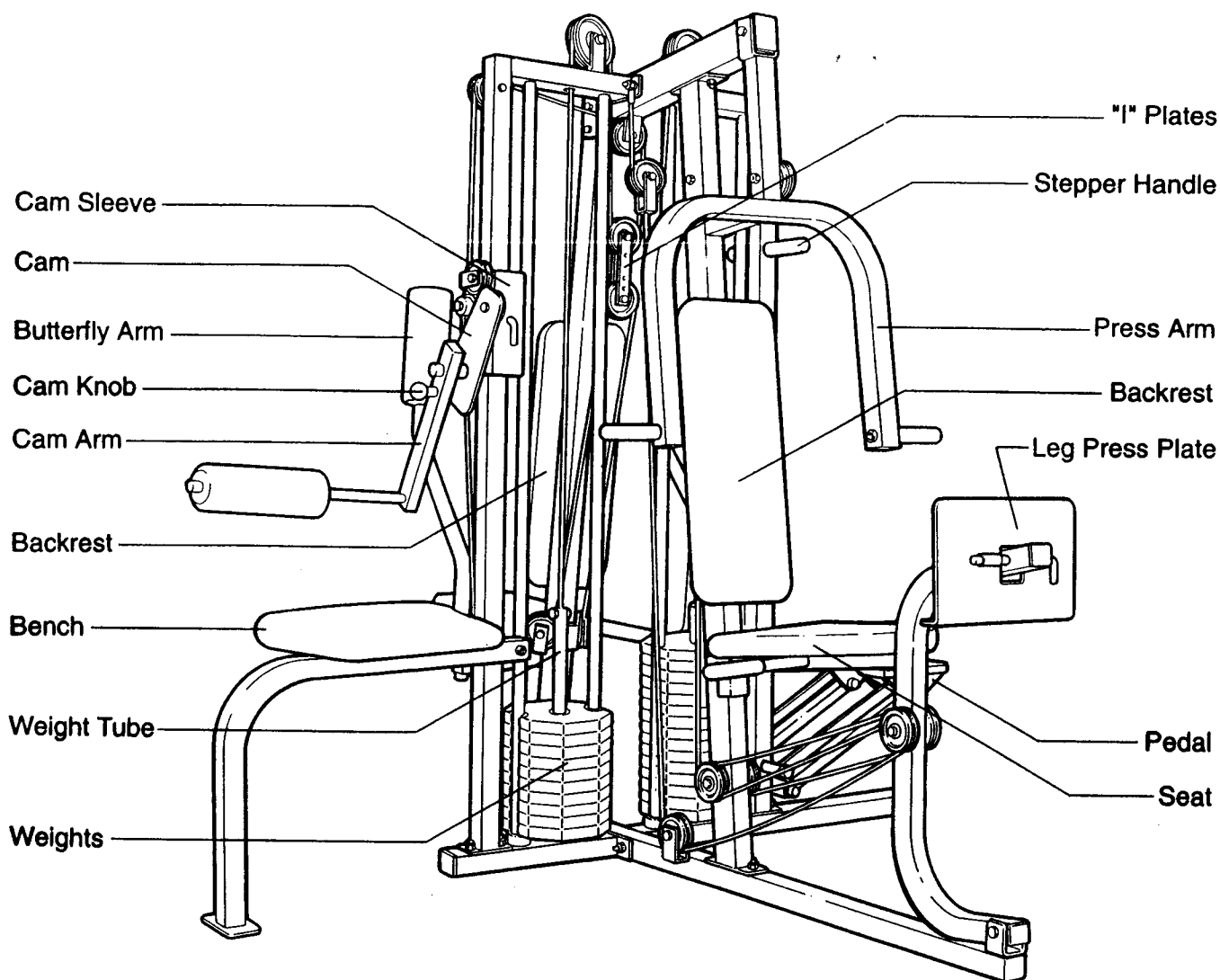
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the WESLO® BODY SHOP 9 cross training system. The versatile BODY SHOP 9 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 9 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the BODY SHOP 9. 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 WL809030. The serial number can be found on a decal attached to the BODY SHOP 9 (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.



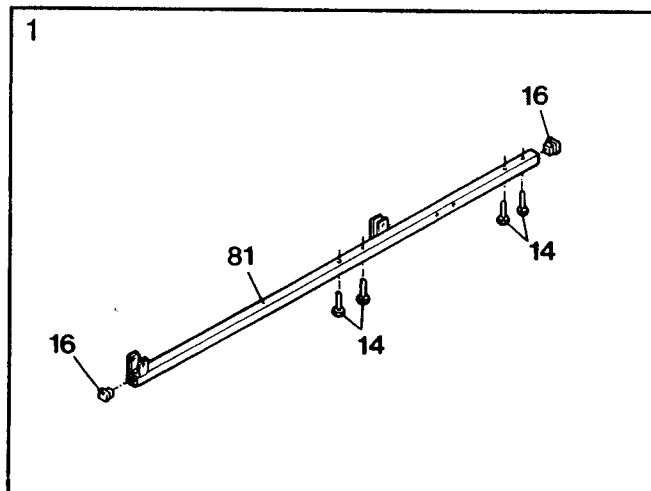
ASSEMBLY

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).

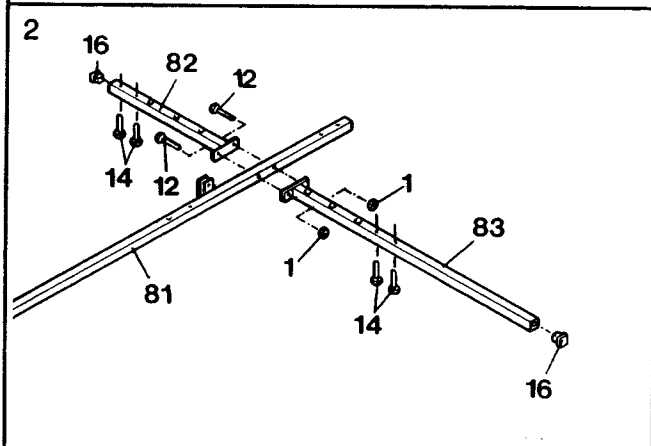
Insert four 5/16" x 2 1/2" Carriage Bolts (14) up through the Base (81) as shown.



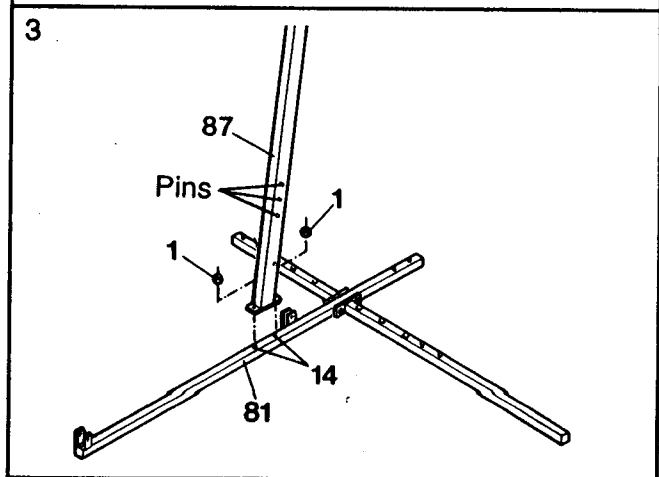
2. Press a 2" x 2" Cap (16) into the Short Stabilizer (82). Press a 2" x 2" Cap (16) into the Long Stabilizer (83).

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).

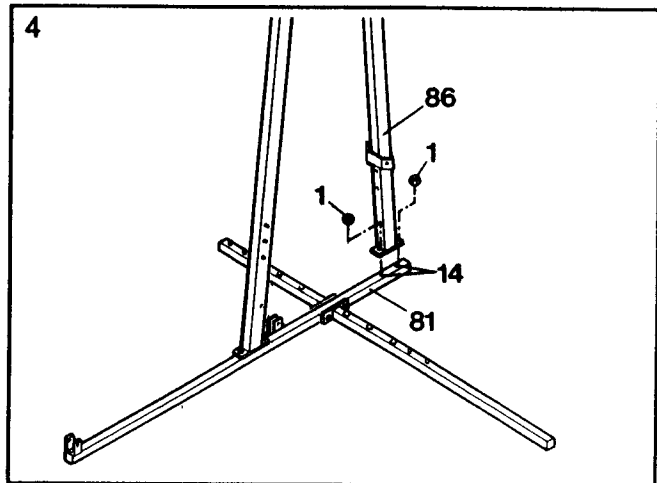
Attach the Short and Long Stabilizers (82, 83) to the Base (81) with two 5/16" x 2 3/4" Bolts (12) and 5/16" Nylock Nuts (1).



3. Slide the Press Upright (87) over the two indicated 5/16" x 2 1/2" Carriage Bolts (14) in the Base (81). (The Press Upright is similar to the Butterfly Upright [not shown]. The Press Upright can be identified by the sets of pins near the lower end.) Attach the Press Upright with two 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.

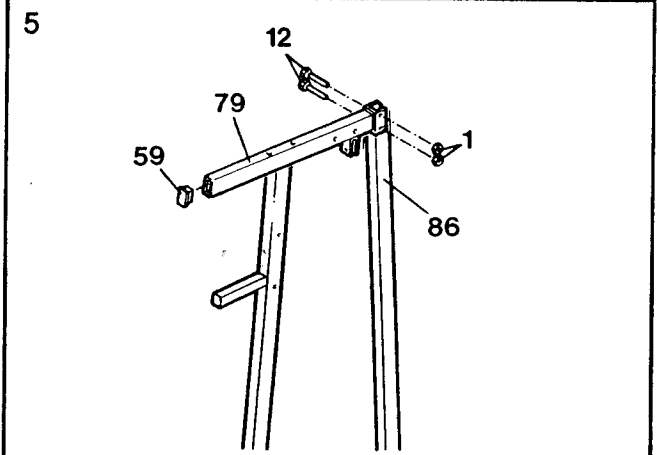


4. Slide the Butterfly Upright (86) over the two indicated 5/16" x 2 1/2" Carriage Bolts (14) in the Base (81). Attach the Butterfly Upright with two 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.

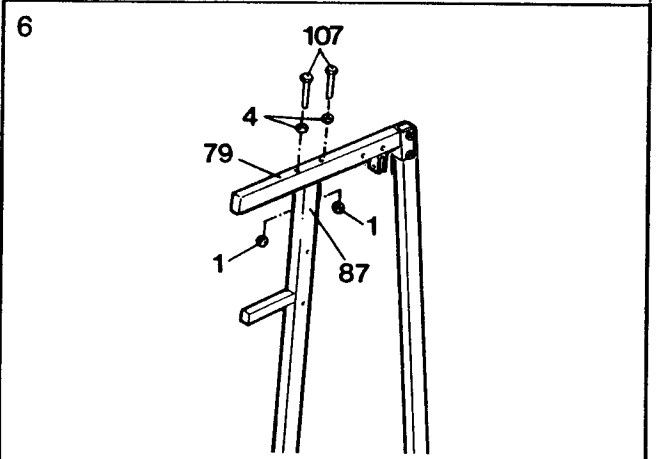


5. Press a 2" x 3" Cap (59) into the Frame Top (79).

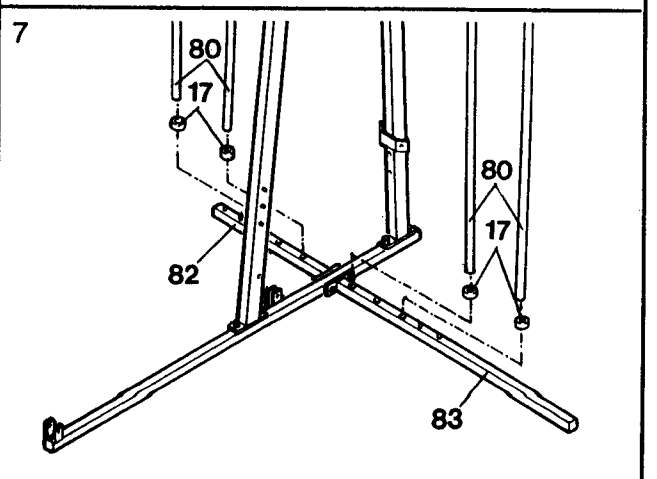
Attach the Frame Top (79) to the Butterfly Upright (86) with two 5/16" x 2 3/4" Bolts (12) and 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



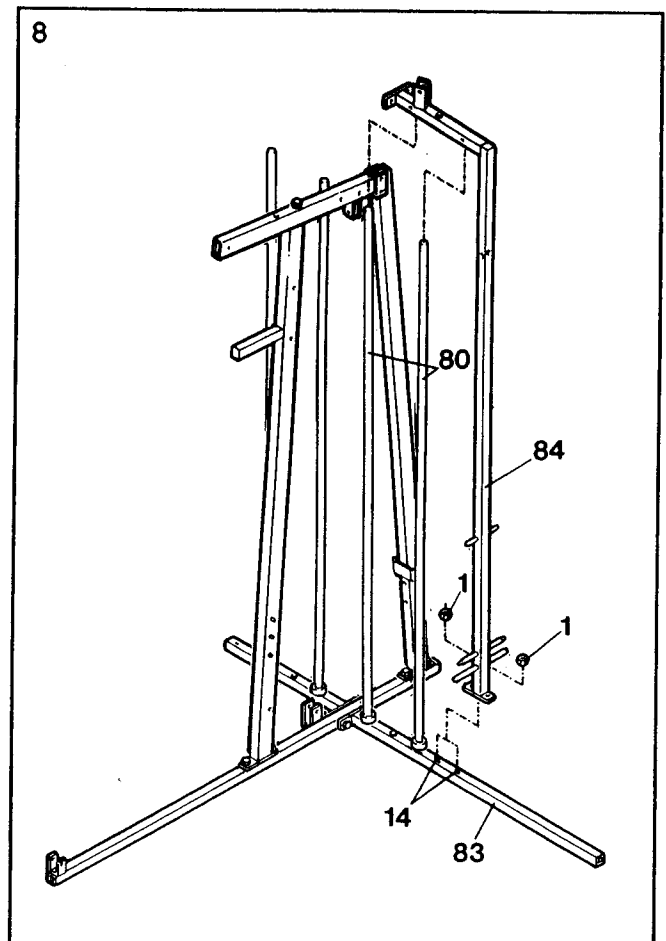
6. Attach the Frame Top (79) to the Press Upright (87) with two 5/16" x 3 1/2" Bolts (107), 5/16" Washers (4) and 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



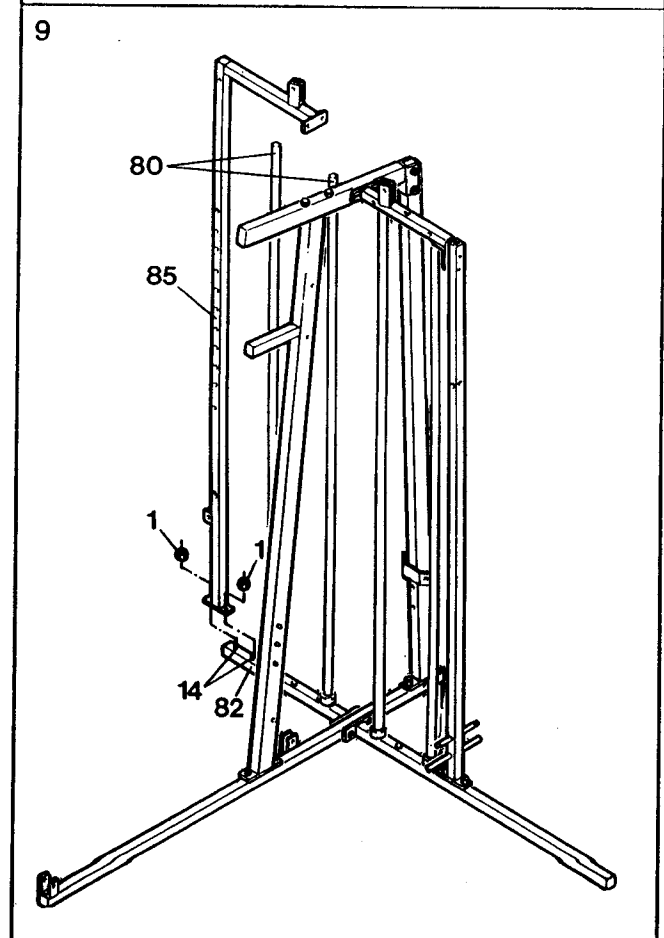
7. Find the lower ends of the four Weight Guides (80)—there are holes near the upper ends of the Weight Guides. Slide the four Bumpers (17) onto the lower ends of the Weight Guides. Insert the lower ends of the Weight Guides into the Short and Long Stabilizers (82, 83).



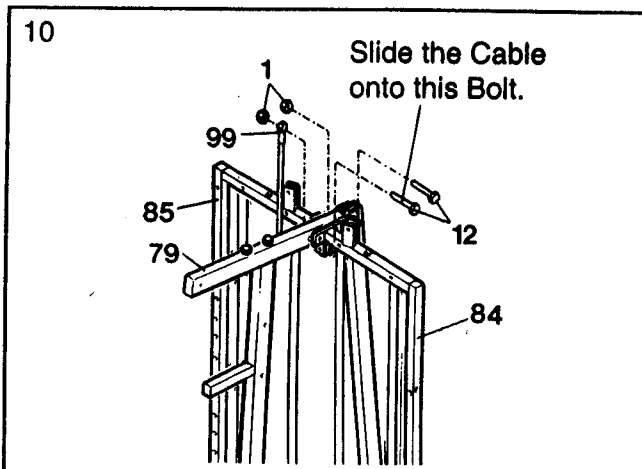
8. Slide the Stepper Upright (84) onto the two 5/16" x 2 1/2" Carriage Bolts (14) in the Long Stabilizer (83). Make sure that the Stepper Upright slides onto the indicated Weight Guides (80). Attach the Stepper Upright with two 5/16" Nylock Nuts (1). Do not fully tighten the Nylock Nuts yet.



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.



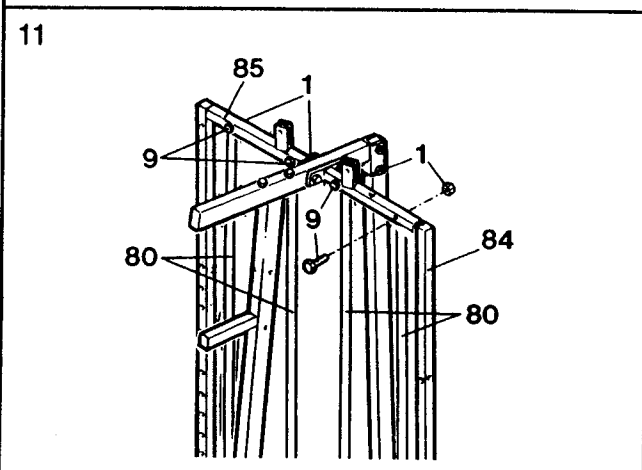
10. Insert two 5/16" x 2 3/4" Bolts (12) through the Stepper Upright (84), the Frame Top (79) and the Cam Upright (85). Slide one end of the 91" Cable (99) onto the indicated Bolt. Tighten 5/16" Nylock Nuts (1) onto both Bolts. As you tighten the Nylock Nuts, make sure that the Cable is pointed in the direction shown.



11. Attach two of the Weight Guides (80) to the Stepper Upright (84) with 5/16" x 2 1/2" Bolts (9) and 5/16" Nylock Nuts (1).

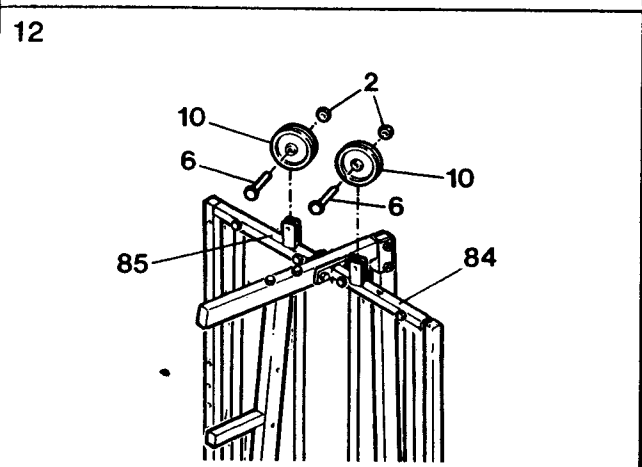
Attach two of the Weight Guides (80) to the Cam Upright (85) with 5/16" x 2 1/2" Bolts (9) and 5/16" Nylock Nuts (1).

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



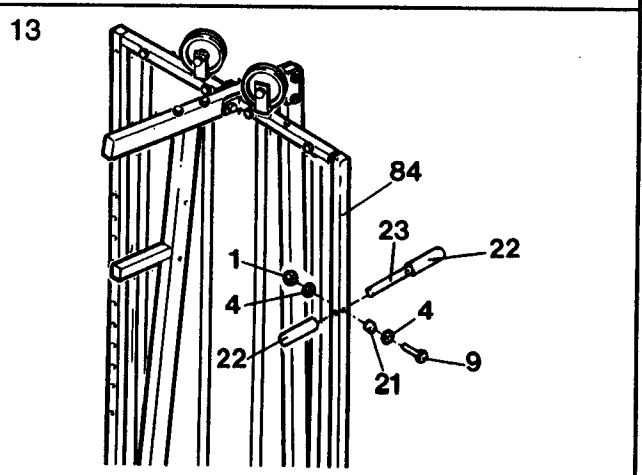
12. Attach a 6" Pulley (10) to the Stepper Upright (84) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (2).

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), a 5/16" Washer (4), the 1/2" x 9/16" Bushing (21), another 5/16" Washer (4) and a 5/16" Nylock Nut (1).

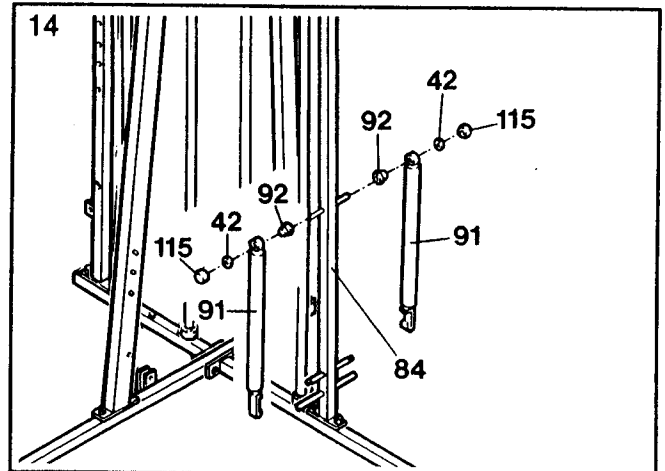
Wet the ends of the Stepper Handle (23) with soapy water. Slide a Grip (22) onto each end of the Stepper Handle.



14. Grease the cylinder 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 (115) onto the right axle. Make sure that the teeth on the Retainer bend toward the Plastic Cap.

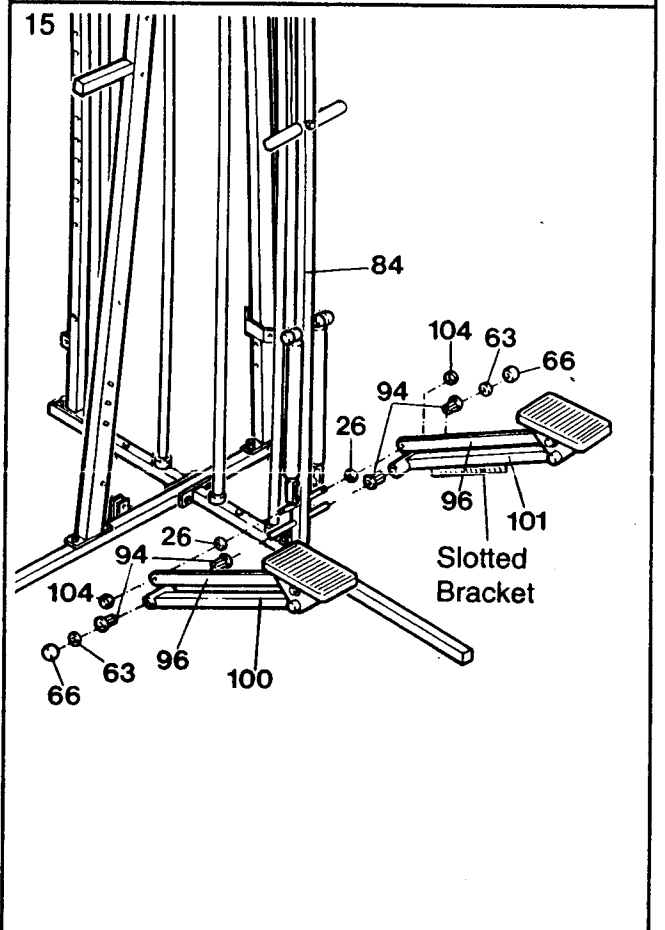
Attach a Resistance Cylinder (91) to the left axle in the same manner.



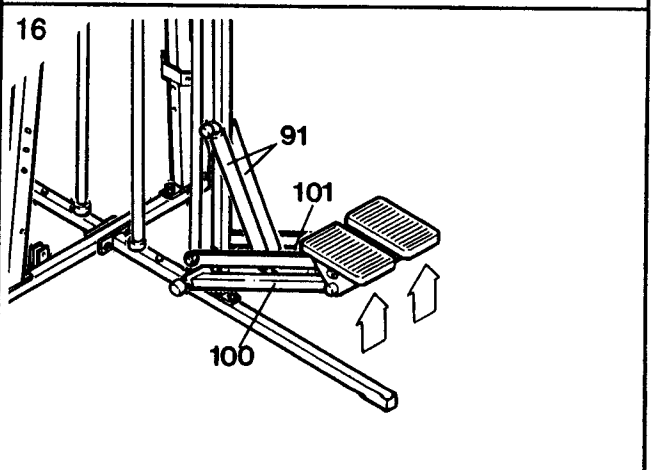
15. Grease the pedal axles on the Stepper Upright (84).

Press two 3/4" x 1 1/2" Bushings (94) into the Right Pedal Arm (101). Press a 1/2" Brass Bushing (26) into the right Link Arm (96). Slide the Right Pedal Arm and the right Link Arm onto the right axles. **Make sure that they are on the correct side—the slotted bracket must be oriented as shown.** Tap a 3/4" Retainer (63) and 3/4" Plastic Cap (66) onto the lower right axle. Make sure that the teeth on the Retainer bend toward the Plastic Cap. Tap a 1/2" Hat Cap (104) onto the upper right axle.

Attach the Left Pedal Arm (100) and the left Link Arm (96) in the same manner.

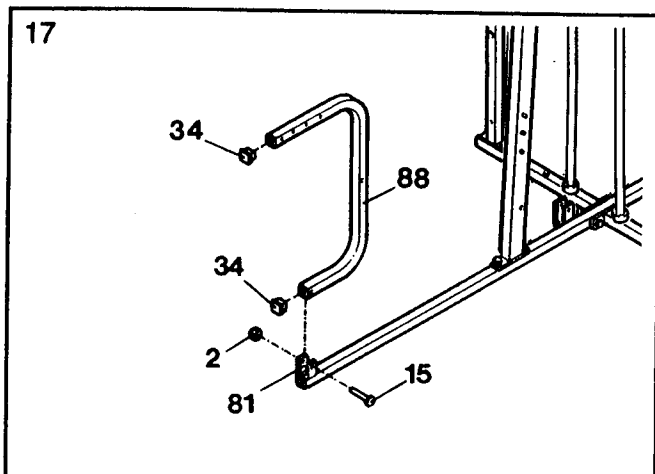


16. Raise the Left and Right Pedal Arms (100, 101). Rest the Pedal Arms on the hooks at the lower ends of the Resistance Cylinders (91). Make sure that the hooks are fully inserted into the same slots under both Pedal Arms.

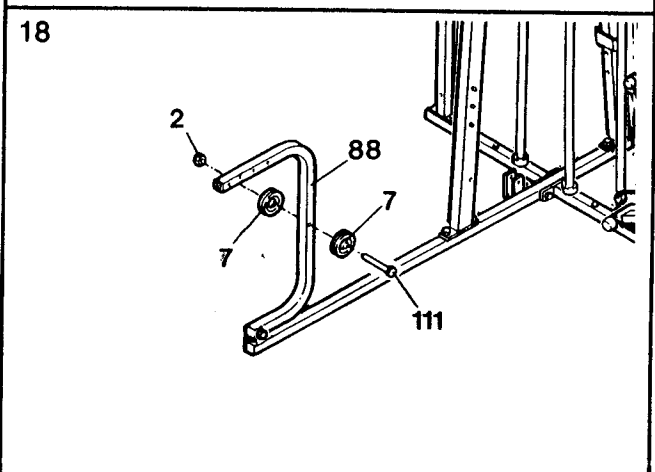


17. Press two 1 3/4" x 1 3/4" Caps (34) into the Leg Press Frame (88).

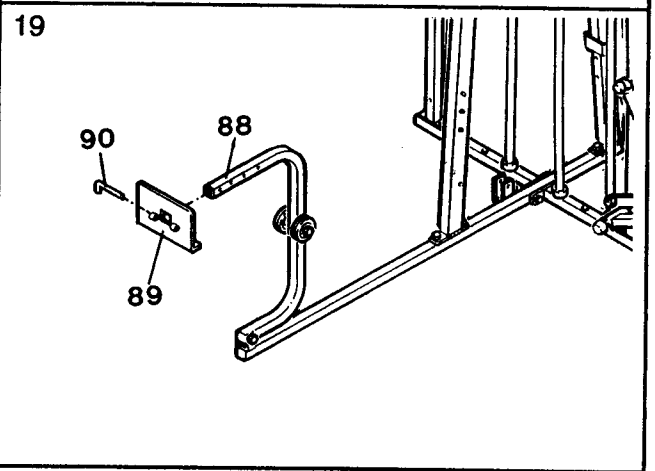
Attach the Leg Press Frame (88) to the indicated bracket on the Base (81) with a 3/8" x 2 3/4" Bolt (15) and 3/8" Nylock Nut (2).



18. Attach a 3" Pulley (7) to each side of the Leg Press Frame (88) with the 3/8" x 4 1/2" Bolt (111) and a 3/8" Nylock Nut (2).

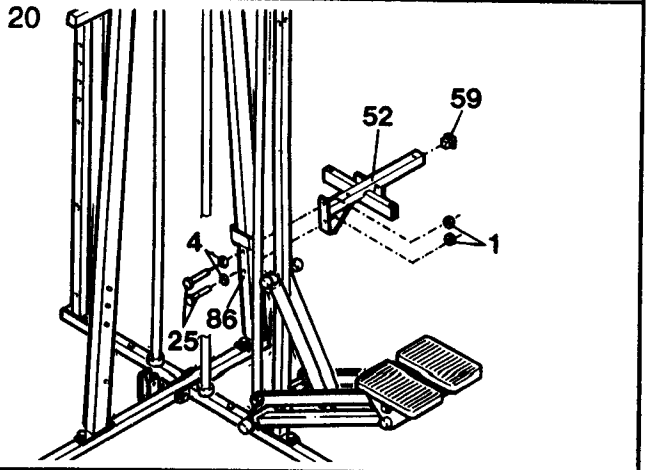


19. Slide the Leg Press Plate (89) onto the upper end of the Leg Press Frame (88). Insert the 7" "L" Pin (90) through the Leg Press Plate and one of the four holes in the Leg Press Frame.



20. Press a 2" x 3" Cap (59) into the Seat Frame (52).

Attach the Seat Frame (52) to the Butterfly Upright (86) with two 5/16" x 4" Bolts (25), 5/16" Washers (4) and 5/16" Nylock Nuts (1).



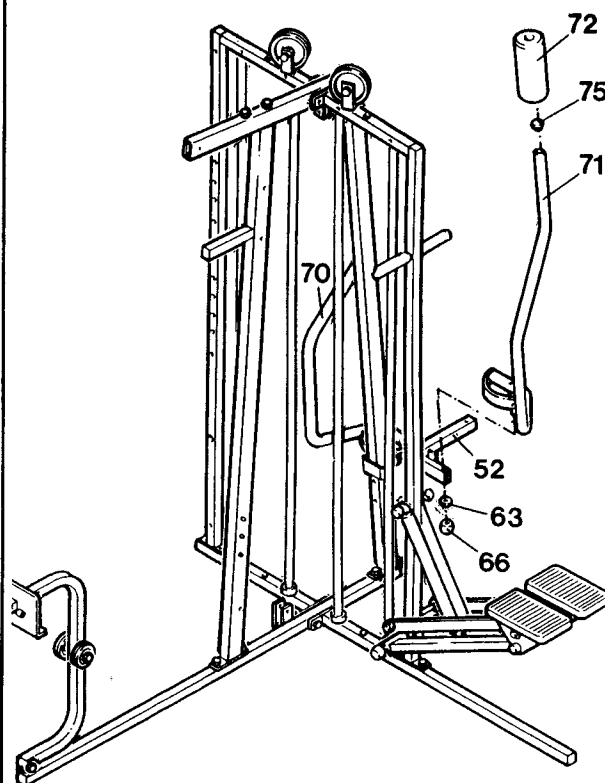
21. Press the Round Caps (75) into the upper ends of the Left and Right Butterfly Arms (70, 71).

Wet the upper ends of the Left and Right Butterfly Arms (70, 71) with soapy water. Slide the Butterfly Arm Pads (72) onto the Butterfly Arms.

Insert the pin on the lower end of the Right Butterfly Arm (71) into the Seat Frame (52). Tap a 3/4" Retainer (63) and 3/4" Plastic Cap (66) onto the pin. Make sure that the teeth on the Retainer bend toward the Plastic Cap.

Attach the Left Butterfly Arm (70) to the Seat Frame (52) in the same manner.

21

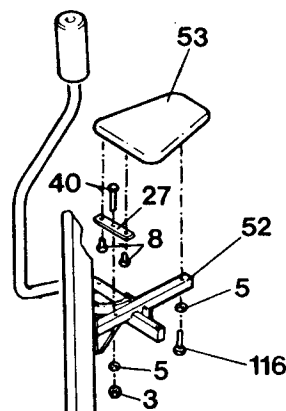


22. Attach a 6" Plate (27) to the Seat Frame (52) with a 1/4" x 3 1/2" Carriage Bolt (40), 1/4" Washer (5) and 1/4" Nylock Nut (3).

Attach a Seat (53) to the Seat Frame (52) with a 1/4" x 3 1/2" Screw (116) and 1/4" Washer (5). Do not fully tighten the Bolt yet.

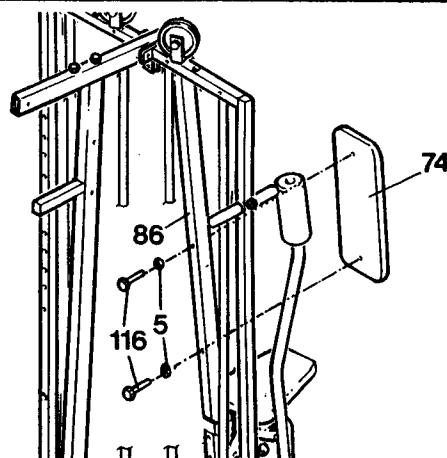
Attach the Seat (53) to the 6" Plate (27) with two 1/4" x 3/4" Screws (8). Tighten the Bolt and the two Screws attaching the Seat.

22



23. Attach a Backrest (74) to the Butterfly Upright (86) with two 1/4" x 3 1/2" Screws (116) and 1/4" Washers (5).

23

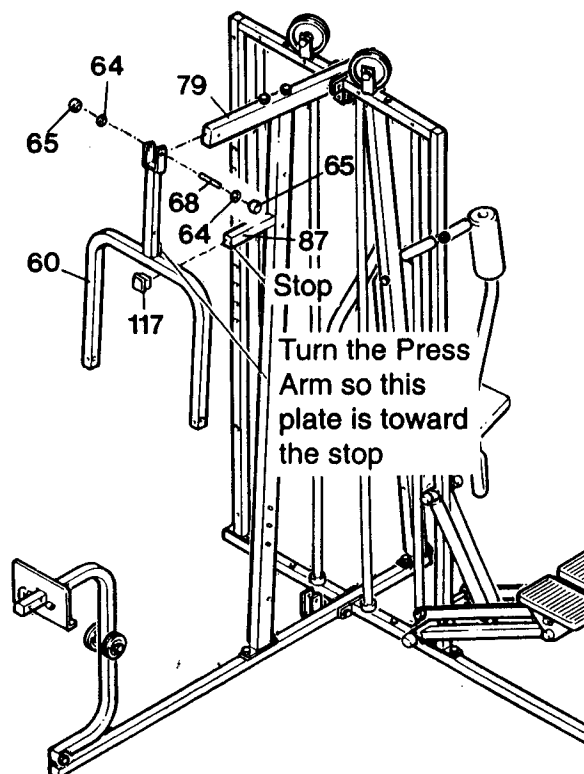


24. Tap a 1/2" Retainer (64) and 1/2" Plastic Cap (65) onto one end of the 1/2" Axle (68). Make sure that the teeth on the Retainer bend toward the Plastic Cap. Grease the Axle.

Turn the Press Arm (60) so the plate is on the indicated side. Hold the upper end of the Press Arm inside the Frame Top (79). Insert the 1/2" Axle (68) through the Frame Top and the Press Arm. While holding a mallet against the 1/2" Plastic Cap (65) on the Axle, tap another 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.

Press a 2" x 2" Cap (117) into the post on the Press Upright (87).

24

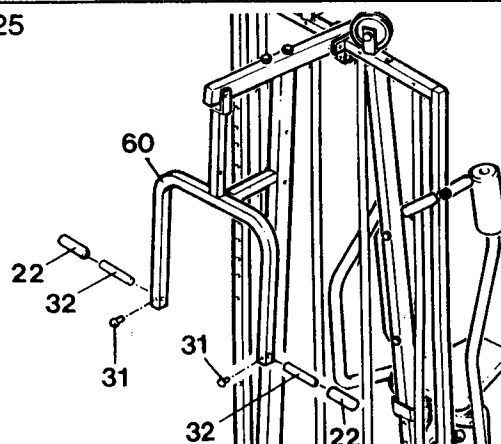


25. Insert a Handle (32) into one side of the Press Arm (60). Turn the Handle so the small hole near the end of the Handle is aligned with the hole in the Press Arm. Attach the Handle with a 1 1/4" Screw (31).

Attach a Handle (32) to the other side of the Press Arm (60) in the same manner.

Wet the Handles (32) with soapy water. Slide a Grip (22) onto each Handle.

25

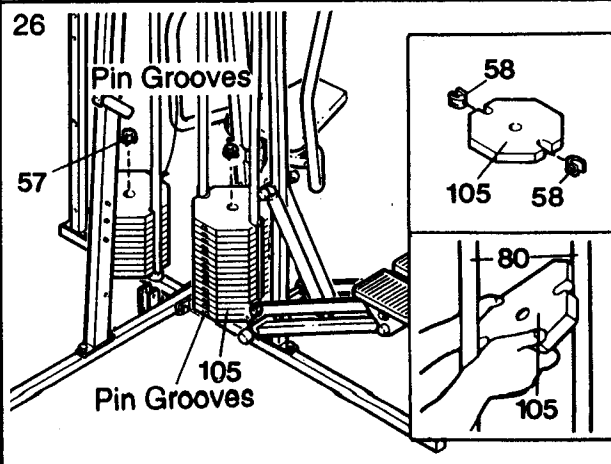


26. Press two Weight Guides (58) into each of the twenty-five Weights (105).

Slide about half of the 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. Up to fifteen Weights can be placed on either stack of Weights.

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

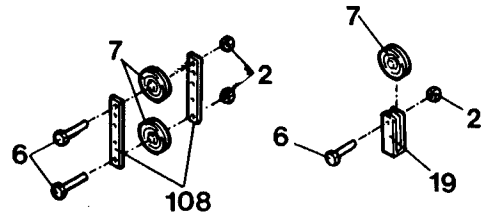
26



27. Attach two 3" Pulleys (7) to the two "I" Plates (108) with 3/8" x 1 3/4" Bolts (6) and 3/8" Nylock Nuts (2). Make sure that the Pulleys are attached to the holes in the ends of the "I" Plates.

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

27



28. Insert the 91" Cable (99) through the "U" Bracket (19).

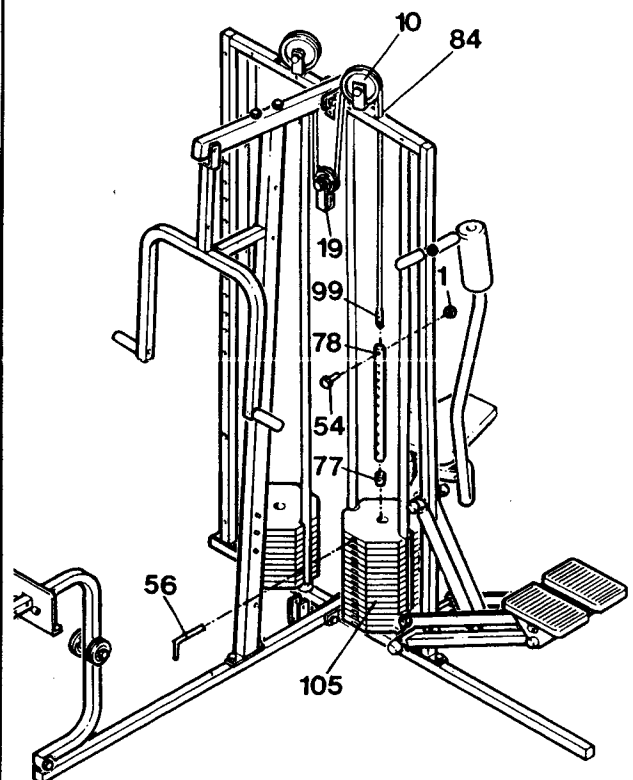
Lay the 91" Cable (99) over the 6" Pulley (10) on the Stepper Upright (84). Insert the Cable down through the hole in the Stepper Upright.

Find the upper end of a Weight Tube (78)—there is a single hole near the upper end. Attach the 91" 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 indicated stack of Weights (105). Insert a 7" "L" Pin w/Tab (56) under the top Weight on the stack of Weights.

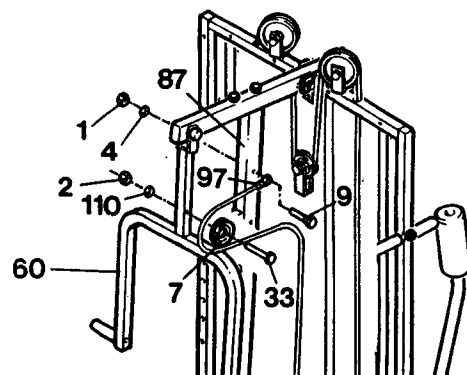
28



29. Attach the eyelet end of the 258" Cable (97) to the indicated side of the Press Upright (87) with a 5/16" x 2 1/2" Bolt (9), 5/16" Washer (4) 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 258" Cable (97) over a 3" Pulley (7). Attach the Pulley to the indicated side of the Press Arm (60) with a 3/8" x 4" Bolt (33), 3/8" Washer (110) and 3/8" Nylock Nut (2).

29



30. Slide a Cable Trap (24) and a 3" Pulley (7) onto a 3/8" x 4" Bolt (33). Insert the Bolt from the indicated side through the Press Upright (87). Lay the 258" Cable (97) over the Pulley. Tighten a 3/8" Nylock Nut (2) with a 3/8" Washer (110) onto the Bolt. Make sure that the Cable is between the Pulley and the Cable Trap.

Slide a 3" Pulley (7) onto the 3/8" x 4 1/2" Bolt (18). Insert the Bolt from the indicated side through the Press Upright (87). Slide another 3" Pulley (7) and a Cable Trap (24) onto the Bolt. Route the 258" Cable (97) under the indicated Pulley. Tighten a 3/8" Nylock Nut (2) onto the Bolt. Make sure that the Cable is between the Pulley and the Cable Trap.

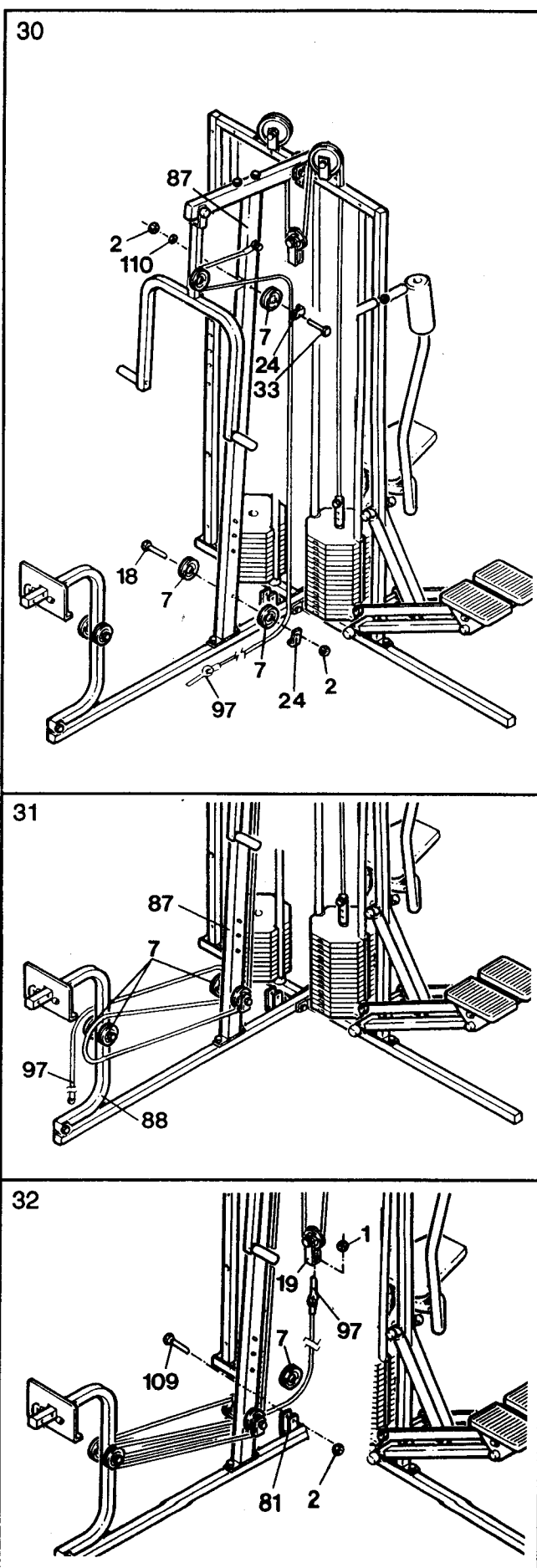
31. Route the 258" Cable (97) up around the indicated 3" Pulley (7) on the Leg Press Frame (88).

Route the 258" Cable (97) down around the indicated 3" Pulley (7) on the Press Upright (87).

Lay the 258" Cable (97) over the indicated 3" Pulley (7) on the Leg Press Frame (88).

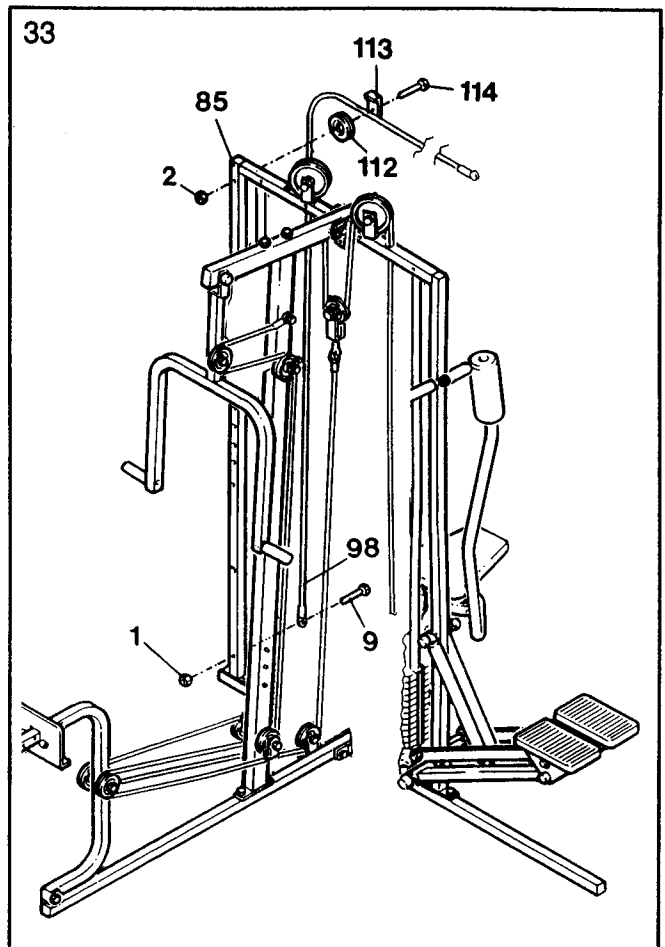
32. Wrap the 258" Cable (97) under a 3" Pulley (7). Attach the Pulley to the indicated bracket on the Base (81) with the 3/8" x 2" Bolt (109) and a 3/8" Nylock Nut (2).

Insert the threaded end of the 258" Cable (97) into the "U" Bracket (19). Thread a 5/16" Nylock Nut (1) onto the end of the Cable. The end of the Cable should protrude about 1/8" above the Nylock Nut.

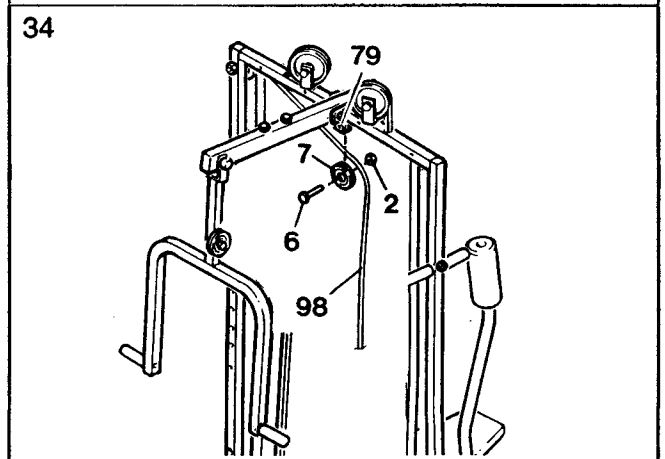


33. Attach one end of the 195" Cable (98) to the Cam Upright (85) with a 5/16" x 2 1/2" Bolt (9) and 5/16" Nylock Nut (1). As you tighten the Nylock Nut, make sure that the Cable is pointed in the indicated direction.

Slide a Wide Cable Trap (113) and a Wide "V" Pulley (112) onto the 3/8" x 4" Bolt (114). Insert the Bolt from the indicated side through the Cam Upright (85). Lay the 195" Cable (98) over the Pulley. Tighten a 3/8" Nylock Nut (2) onto the Bolt. Make sure that the Cable is between the Pulley and the Cable Trap.

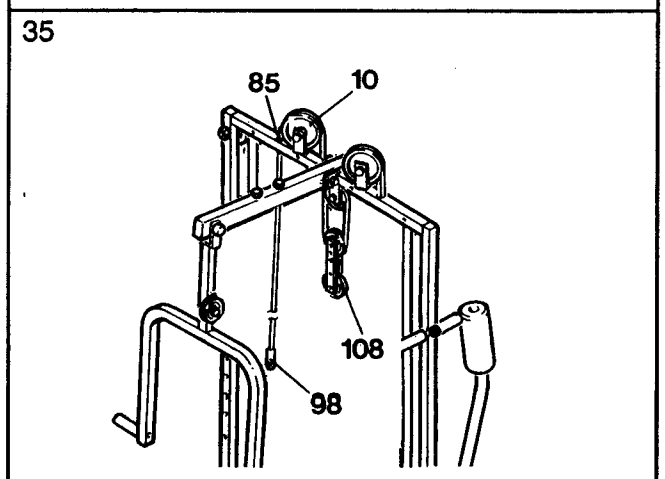


34. Lay the 195" Cable (98) over a 3" Pulley (7). Attach the Pulley to the bracket on the Frame Top (79) with a 3/8" x 1 3/4" Bolt (6) and 3/8" Nylock Nut (2).



35. Insert the 195" Cable (98) through the "I" Plates (108). Make sure that the "I" Plates are turned as shown.

Lay the 195" Cable (98) over the 6" Pulley (10) on the Cam Upright (85). Insert the Cable down through the hole in the Cam Upright.



36. Find the upper end of a Weight Tube (78)—there is a single hole near the upper end. Insert the 195" Cable (98) into the upper end of the Weight Tube and attach it 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).

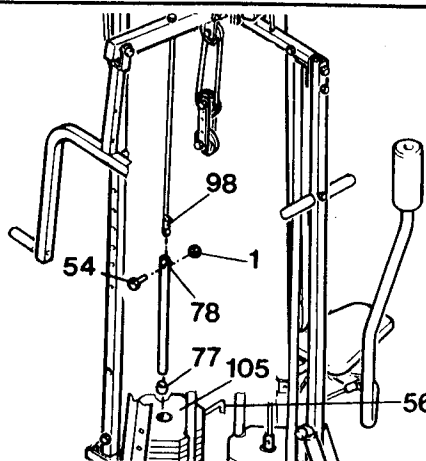
Insert the Weight Tube (78) into the indicated stack of Weights (105). Insert a 7" "L" Pin w/Tab (56) under the top Weight on the stack of Weights.

37. Insert the 108" Cable (73) through the "I" Plates (108). Center the Cable over the 3" Pulley (7) at the lower ends of the "I" Plates.

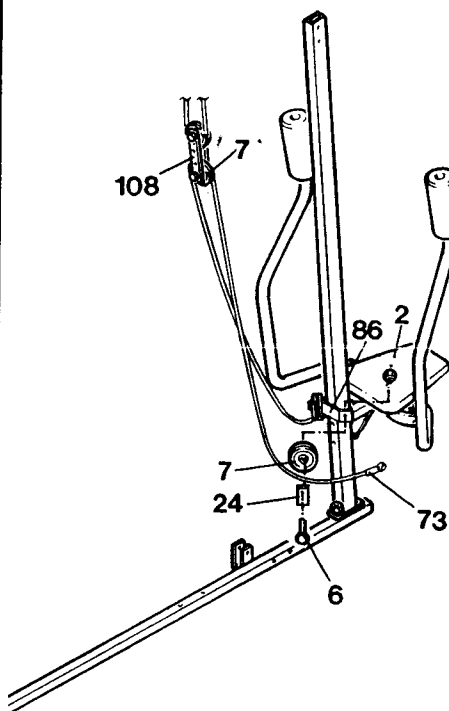
Slide a Cable Trap (24) and a 3" Pulley (7) onto a 3/8" x 1 3/4" Bolt (6). Insert the Bolt through the bracket on the Butterfly Upright (86). Route one end of the 108" Cable (73) under the Pulley. Tighten a 3/8" Nylock Nut (2) onto the Bolt. Make sure that the Cable is between the Pulley and the Cable Trap.

Route the other end of the 108" Cable (73) under a 3" Pulley (7). Attach the Pulley to the other side of the bracket on the Butterfly Upright (86) in the same manner.

36



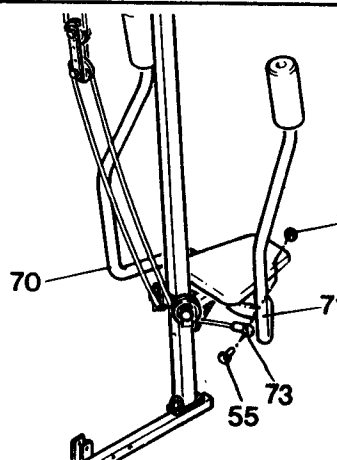
37



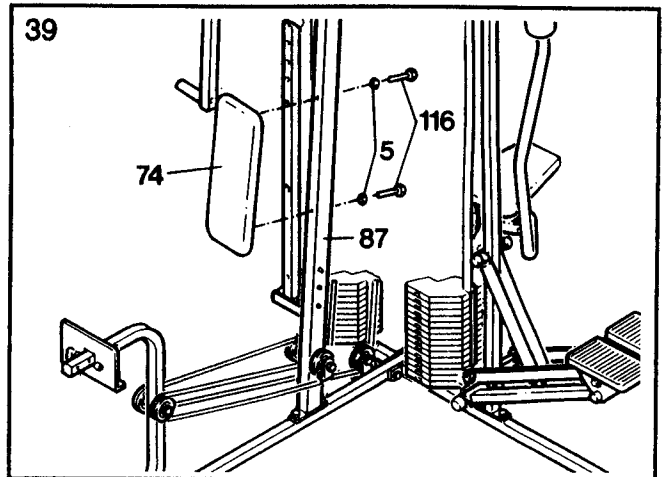
38. Attach one end of the 108" Cable (73) to the Right Butterfly Arm (71) with a 5/16" x 3/4" Bolt (55) and 5/16" Nylock Nut (1). Do not overtighten the Nylock Nut; the Cable must be able to pivot freely.

Attach the other end of the 108" Cable (73) to the Left Butterfly Arm (70) in the same manner.

38



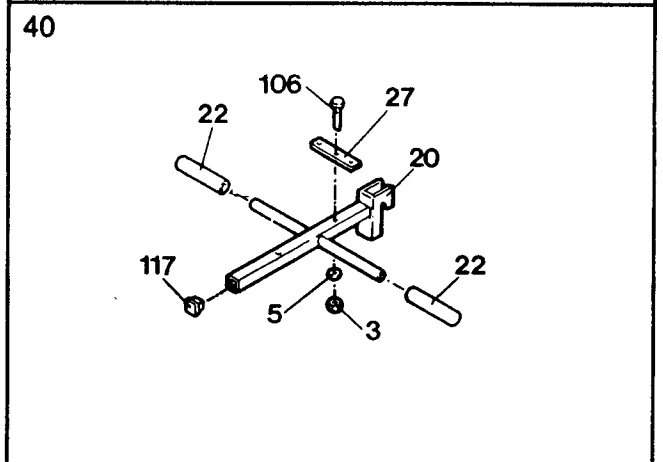
39. Attach a Backrest (74) to the Press Upright (87) with two 1/4" x 3 1/2" Screws (116) and 1/4" Washers (5).



40. Press a 2" x 2" Cap (117) into the Seat Bracket (20).

Attach a 6" Plate (27) to the Seat Bracket (20) with a 1/4" x 2 1/2" Carriage Bolt (106), 1/4" Washer (5) and 1/4" Nylock Nut (3).

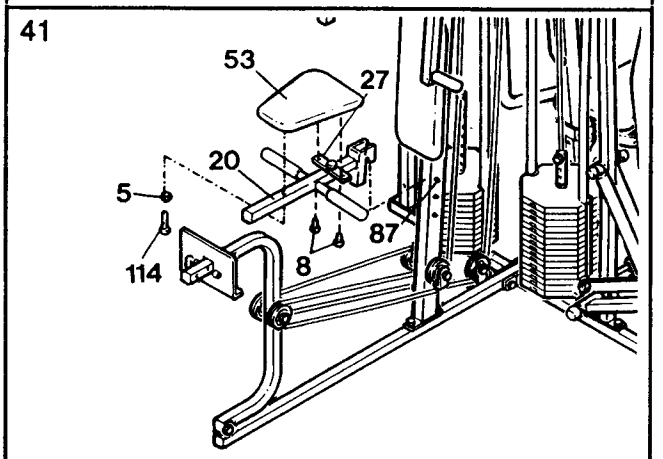
Wet the handles on the Seat Bracket (20) with soapy water. Slide a Grip (22) onto each handle.



41. Attach a Seat (53) to the Seat Bracket (20) with a 1/4" x 2 1/2" Bolt (114) and 1/4" Washer (5). Do not fully tighten the Bolt yet.

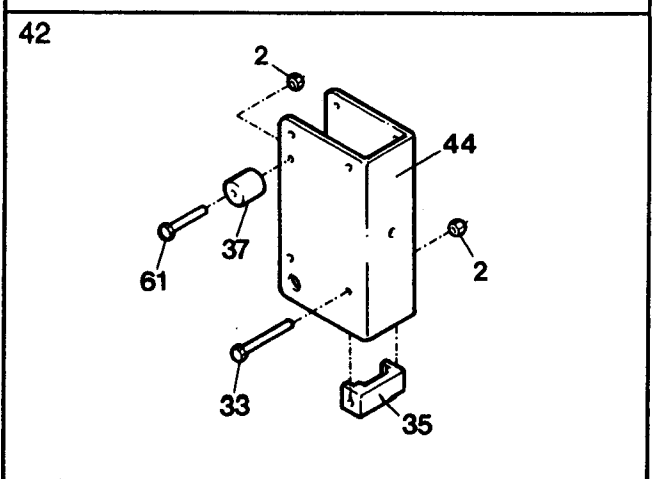
Attach the Seat (53) to the 6" Plate (27) with two 1/4" x 3/4" Screws (8). Tighten the Bolt and the two Screws attaching the Seat.

Slide the Seat Bracket (20) onto one of the three sets of pins on the Press Upright (87). **IMPORTANT: Make sure that the Seat Bracket is fully seated on the pins.**



42. Turn the Cam Sleeve (44) as shown. Attach the Cam Roller (37) to the indicated hole in the Cam Sleeve with the 3/8" x 1 1/4" Bolt (61) and a 3/8" Nylock Nut (2).

Attach a Cam Sleeve Bushing (35) as shown with a 3/8" x 4" Bolt (33) and 3/8" Nylock Nut (2).



43. Slide a Cable Trap (24) and 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 fully tighten the Nylock Nut yet.

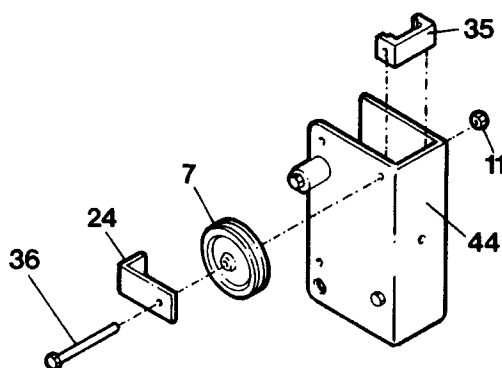
44. Hold the Cam Sleeve (44) against the Cam Upright (85) as shown. Make sure that the Cam Sleeve is turned so the Pulley (7) is on the indicated side and is on top as shown. Insert the 6 3/4" "L" Pin (49) into the Cam Sleeve (44) and one of the holes in the Cam Upright.

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

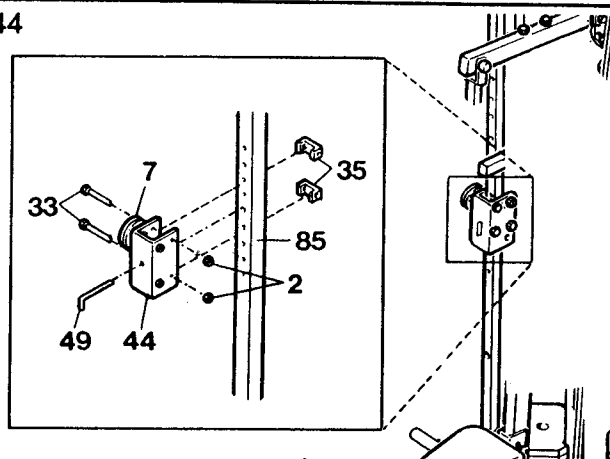
45. Attach a 3" Pulley (7) to the indicated side of the Cam (43) with a 3/8" x 1 1/2" Bolt (34) and the thin 3/8" Nylock Nut (11).

46. 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). 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.

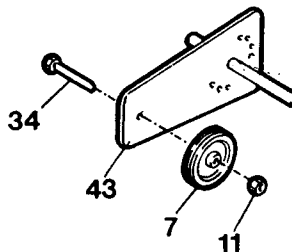
43



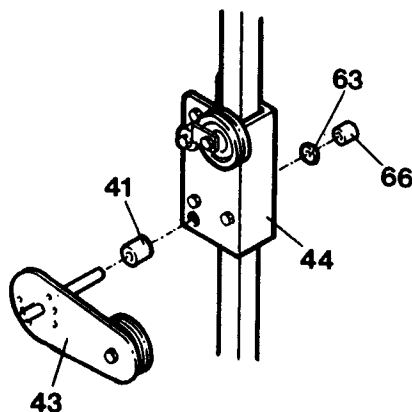
44



45

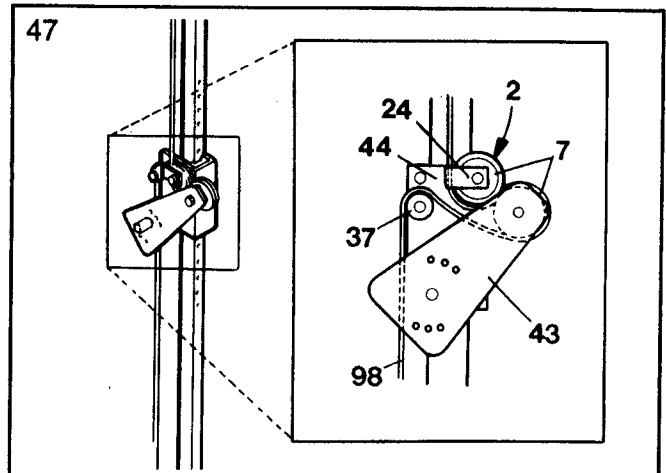


46



47. 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). Make sure that the Cable is between the Pulley and the Cable Trap (24). Tighten the 3/8" Nylock Nut (2) attaching the Pulley to the Cam Sleeve.

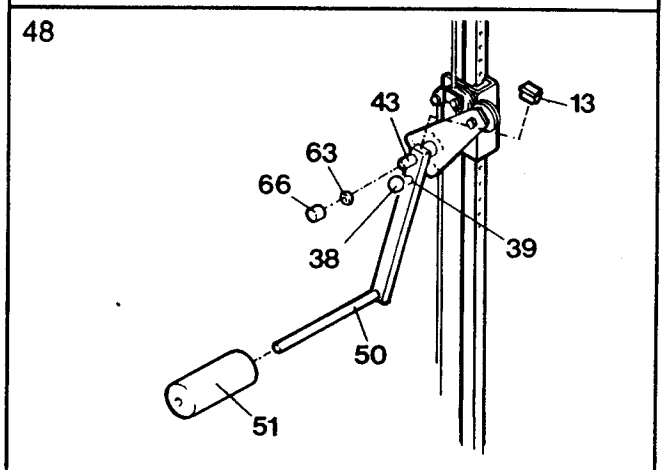
Route the 195" Cable (98) around the 3" Pulley (7) on the Cam (43), and over the Cam Roller (37).



48. Press the 1" x 2" Cap (13) into the Cam Arm (50).

Slide the Cam Arm (50) onto the Cam (43). Tap a 3/4" Retainer (63) and 3/4" Plastic Cap (66) onto the Cam Arm. Make sure that the teeth of the Retainer bend toward the Plastic Cap. Pull the Cam Knob (38) outward and pivot the Cam Arm until the Knob Mechanism (39) snaps into one of the holes in the Cam.

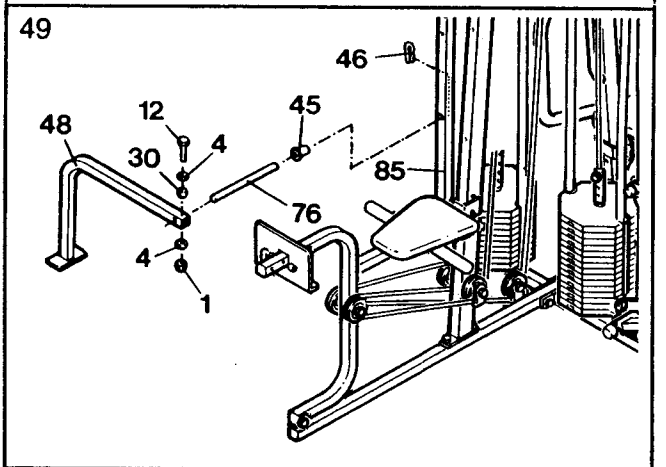
Wet the Cam Arm (50) and the inside of the Cam Arm Pad (51) with soapy water. Slide the Cam Arm Pad onto the Cam Arm.



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

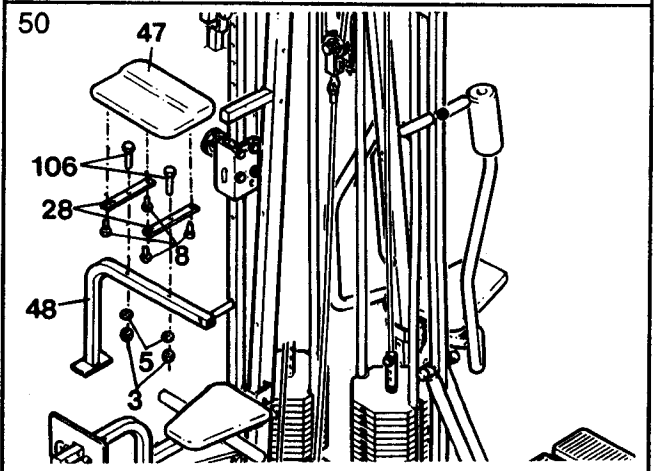
Insert the Bench Sleeve (45) into the indicated hole in the Cam Upright (85).

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

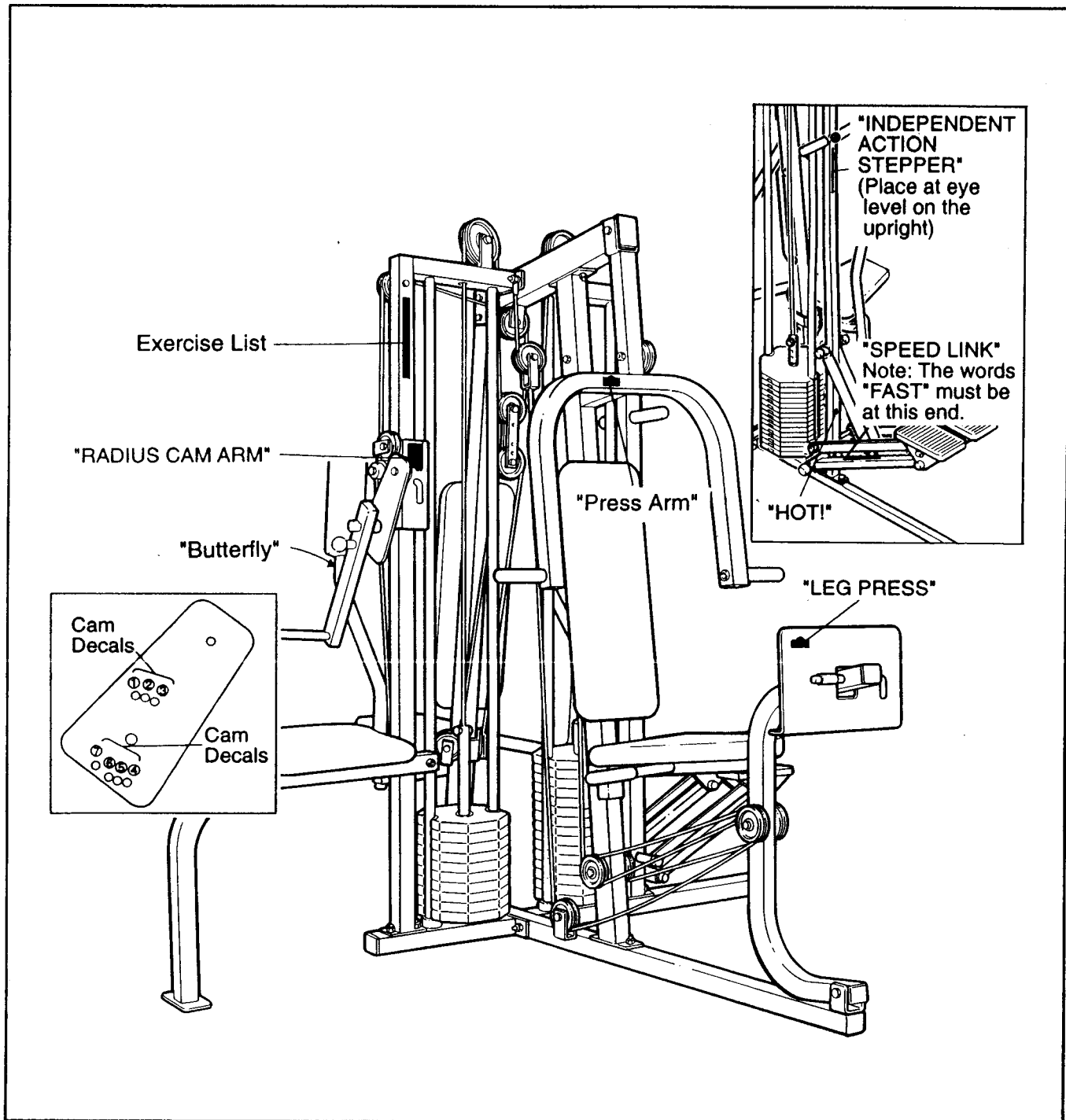


50. Attach the two 10" Plates (28) to the Bench Frame (48) with the two 1/4" x 2 1/2" Carriage Bolts (106), two 1/4" Washers (5) and two 1/4" Nylock Nuts (3).

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



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



52. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTING THE CROSS TRAINING SYSTEM, beginning on page 20 of this owner's manual.

53. 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 press arm, leg press plate, butterfly arms 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

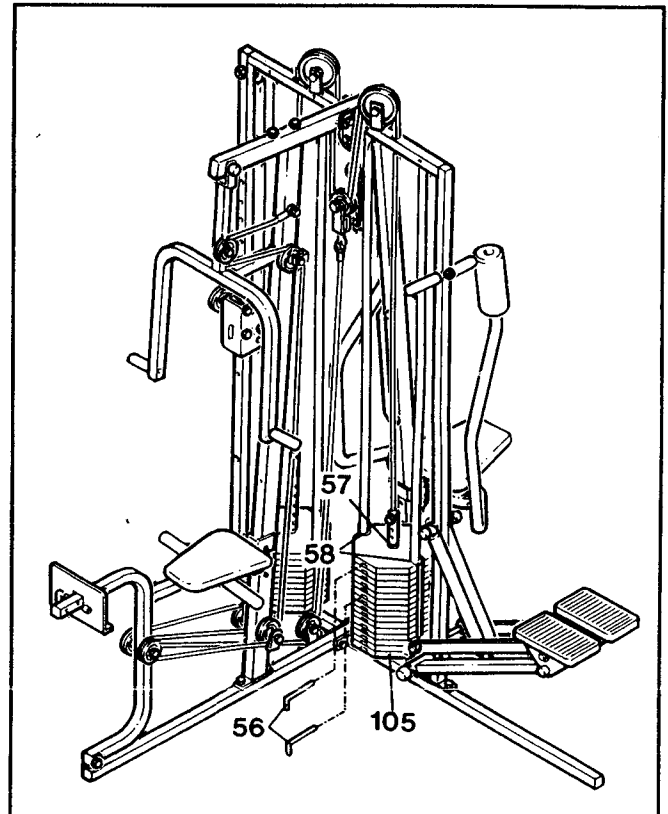
The instructions below describe how each part of the cross training system can be adjusted. See the EXERCISE GUIDE accompanying this owner's manual to see how the cross training system should be set up for each individual exercise.

CHANGING THE WEIGHT SETTING

The weight stack near the stepper is connected to the press arm and the leg press plate. The weight stack near the cam arm is connected to the cam arm and the butterfly arms. To select a weight setting for either weight stack, insert a 7" "L" Pin w/Tab (56) under the desired Weight (105) in the weight stack. Turn the end of the Pin downward. Always leave one 7" "L" Pin w/Tab (56) under the top Weight on each weight stack.

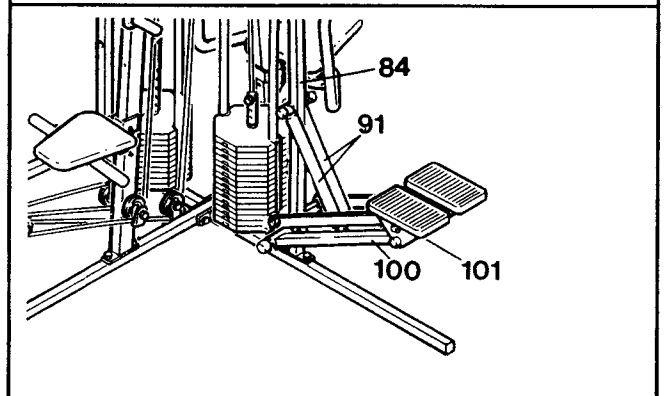
IMPORTANT: When using the press arms, the weight will be doubled. When using the leg press plate, the weight will be tripled.

Up to fifteen Weights (105) can be placed on either weight stack. **IMPORTANT:** When moving Weights from one weight stack to the other, always leave the Weights with the Sleeves (57) and Guides (58) on top of the weight stacks.



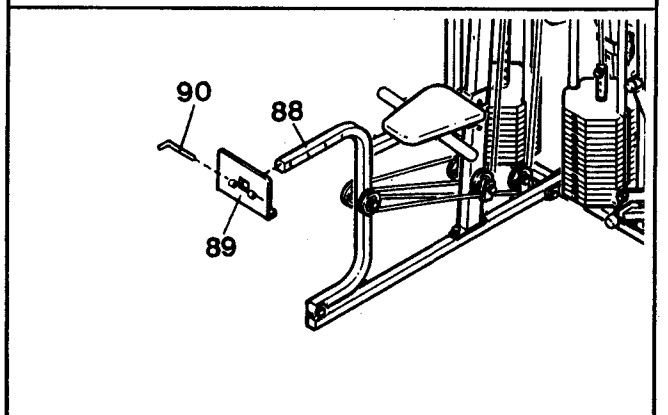
CHANGING THE STEPPING RESISTANCE

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

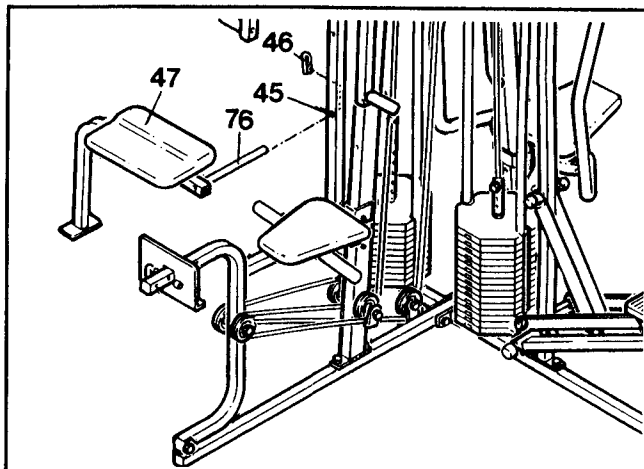
The Leg Press Plate (89) can be adjusted to any of four positions. To change the position, first remove the 7" "L" Pin (90). Move the Leg Press Plate forward or backward and insert the "L" Pin through the Leg Press Plate and the Leg Press Frame (88).



ATTACHING AND DETACHING THE BENCH

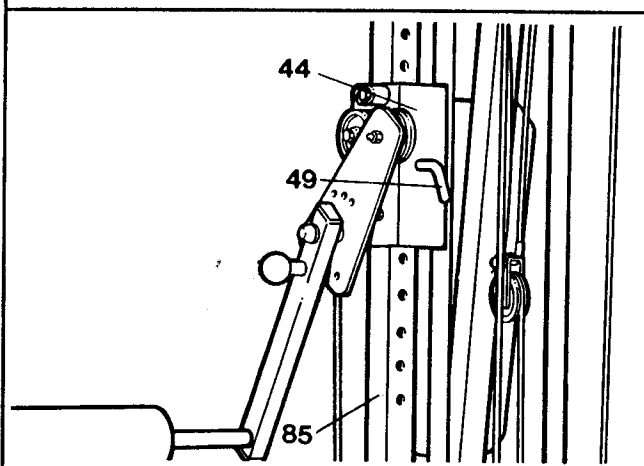
The Bench (47) should be attached as described in assembly step 49 on page 18. The position of the Bench can be changed for different exercises by sliding the Bench sideways.

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.



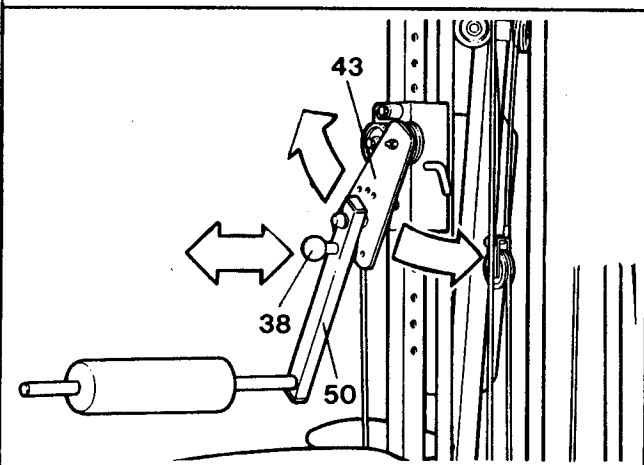
CHANGING THE HEIGHT OF THE CAM SLEEVE

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

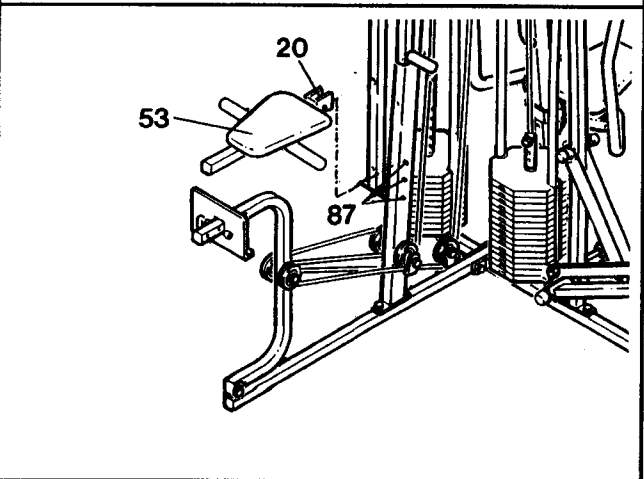
The position of the Cam Arm (50) must be changed for different exercises. To change the position, first pull the Cam Knob (38) outward until the Cam Arm pivots freely. Pivot the Cam Arm to the desired position, and release the Cam Knob. Make sure that the Cam Arm is locked in one of the seven adjustment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



CHANGING THE HEIGHT OF THE PRESS SEAT

The Seat (53) attached to the Press Upright (87) can be adjusted to any of three heights. To adjust the height, lift the Seat Bracket (20) off the pins on the Press Upright. Slide the Seat Bracket onto one of the other sets of pins on the Press Upright.

WARNING: Make sure that the seat bracket is fully seated on the pins.



TROUBLE-SHOOTING AND MAINTENANCE

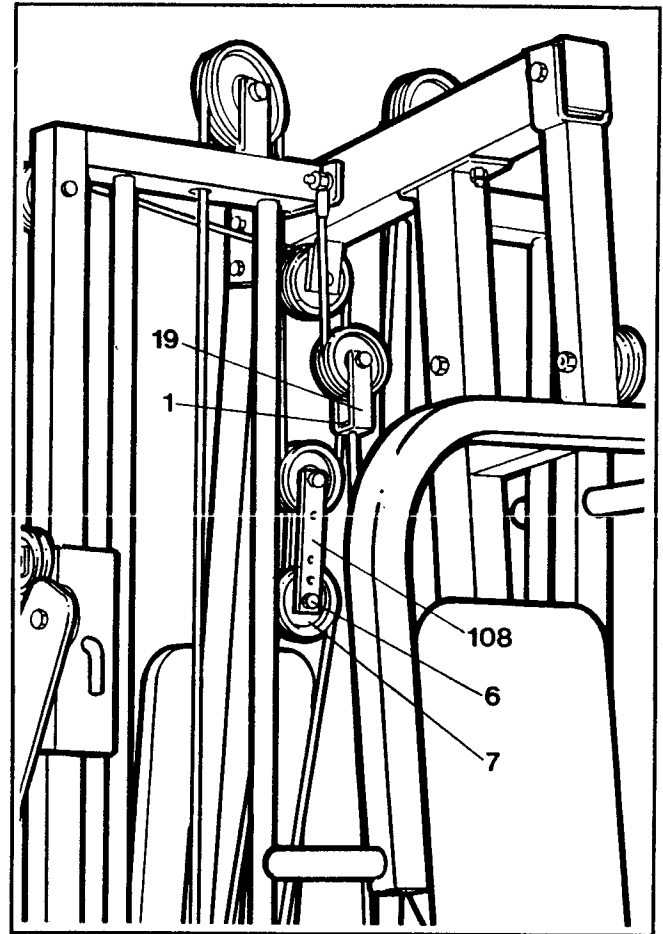
Inspect and tighten all parts each time you use the cross training system. Replace any worn parts immediately. The cross training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

If there is slack in the cables before resistance is felt, the cables can be tightened. Follow the instructions below to tighten the cables.

To tighten the cables attached to the weight stack near the stepper, find the "U" Bracket (19). Turn the 5/16" Nylock Nut (1) inside the Long "U" Bracket until the cables are properly tightened.

To tighten the cables attached to the weight stack near the cam arm, find the two "I" Plates (108). Remove the 3/8" Nylock Nut (not shown) and 3/8" x 1 3/4" Bolt (6) attaching the lower 3" Pulley (7) to the "I" Plates. Attach the Pulley to the next higher holes in the "I" Plates with the Nylock Nut and Bolt. Repeat until the cables are properly tightened.



If the cables cannot be tightened 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.

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 (WL809030).
2. The NAME of the product (WESLO® BODY SHOP 9 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.

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