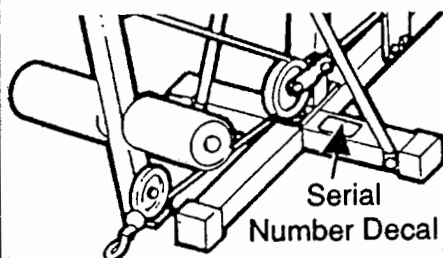


WESLO® **FORCE** SPECTRA

Model No. WL820520
Serial No. _____



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 carefully before using this equipment. Save this manual for future reference.

IMPORTANT NOTICE!

Dear Customer,

We have substituted the **WEIDER POWERGYM** for the **WESLO SPECTRA FORCE** that you ordered. **WESLO** is a subsidiary of **WEIDER**, and the **POWERGYM** has the same features and functions as the **SPECTRA FORCE**.

To assemble this equipment, please refer to the instructions in this owner's manual. If you have questions, please refer to the toll-free telephone number listed at the left. If you need to order replacement parts, please refer to the information on the back cover.

OWNER'S MANUAL

POWERGYM

15601 SINGLE STATION HOME GYM

MODEL NO. 15601

115356

please have ready the following information listed below before calling the 800 NUMBER.

*The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need.*

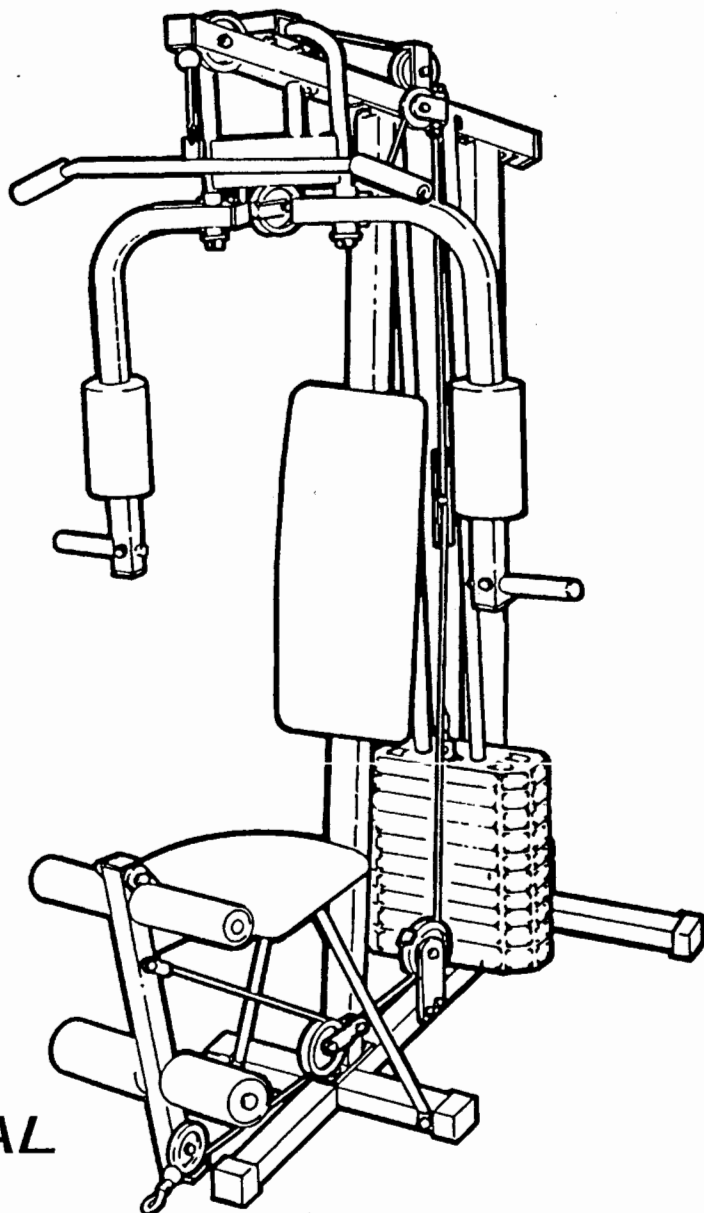
*THE MODEL NUMBER of this unit can be found
In the UPPER LEFT-HAND or RIGHT-HAND CORNER
of this page. The MODEL NUMBER is a series of FOUR
or FIVE NUMBERS, or a NUMBER preceded by TWO
LETTERS.*

*THE PART NAME or DESCRIPTION and the
ORDERING NUMBER can be found on the PARTS
LIST PAGE.*

weider

OWNER'S MANUAL

MADE IN CANADA



WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

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

WEIDER SPORTS INC.

21100 Erwin Street, Woodland Hills, CA. 91367 USA

TABLE OF CONTENTS

Table of Contents	1
Important Safety Precautions	1
Introduction	2
Unit Illustration	
Assembly Steps	
Maintenance Tips	
Parts List	
Ordering Parts	
Warranty	

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the Important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Keep small children away from this equipment during use.

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

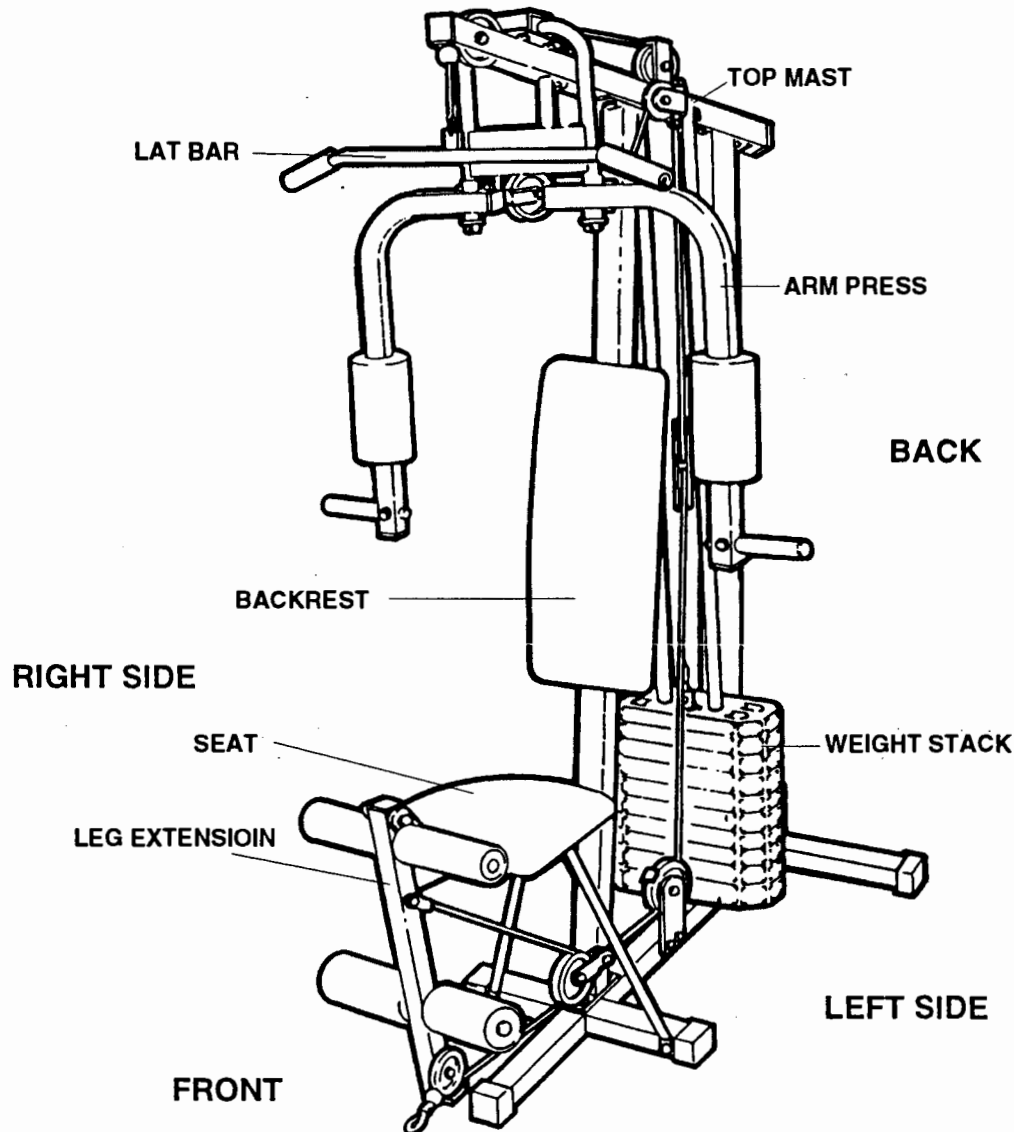
SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for choosing the Weider POWER GYM. Your Home Gym is designed and engineered to give you many hours of aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains, maintenance tips, and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



MAINTENANCE TIPS

Keeping your POWER GYM in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent.

15601 PART LIST

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE "T"	1	C3211-F29°F50
2	REAR BASE	1	C3212-F29°F50
3	REAR FRAME UPRIGHT	1	C4109-F50°F50
4	ARM PRESS FRAME UPRIGHT	1	C3214-F29°F50
5	SEAT FRAME	1	C3215-F29°F50
6	PULLEY PLATE	1	C6775-F29°F50
7	STEPPER BRACE	1	C6776-F29°F50
8	TOP FRAME	1	C3216-F29°F50
9	ARM PRESS BRACKET	1	C6777-F29°F50
10	SEAT BRACE	1	C6778-F29°F50
11	SEAT MOUNTING PLATE	1	C6779-F29°F50
12	WEIGHT PLATE 12.5 LB.	10	BB-0325°F50
13	WEIGHT SELECTOR TUBE	1	C6384-F29°F50
14	GUIDE ROD	2	C6827-F29°F50
15	SEAT	1	C1379-F29°F50
16	BACKREST	1	C1380-F29°F50
17	LEG EXTENSION TUBE	1	C3217-F29°F50
18	PAD BAR 3/4" X 12 1/2"	1	C6371-F20°F50
19	PAD BAR 3/4" X 13 1/2"	1	C6357-F03°F50
20	FOAM ROLLER 3" X 5 3/4"	2	C0454-E04°F50
21	FOAM ROLLER 2 1/4" X 6"	2	C0449-E08°F50
22	ARM PRESS ASSEMBLY	1	C3218-F29°F50
23	ARM PRESS BUSHING	2	AA-8208°F50
24	ARM PRESS CAP	1	C6783-F29°F50
25	PEC-DECK ARM	2	C3219-F29°F50
26	U-BRACKET	3	C6780-F29°F50
27	ARM PRESS HANDLES	2	C6385-F29°F50
28	PULLEY BRACKET	2	C6781-F29°F50
29	PULLEY TRAP BRACKET	1	C6782-F29°F50
30	FOAM ROLLER 3 1/4" X 7"	2	C0467-F23°F50
37	PEC-DECK CABLE 127" LONG	1	C6637-F29°F50
38	WEIGHT STACK CABLE 79" LONG	1	C6638-F29°F50
39	LEG EXTENSION CABLE 49" LONG	1	C6639-F29°F50
40	LAT BAR	1	C6831-F32°F50
41	FOAM GRIP 1' X 5'	2	C0439-D19°F50
42	CABLE TRAP BRACKET	4	C6725-E28°F50
43	BENT PULLEY BRACKET	2	C6726-E28°F50
50	4 1/2" PULLEY	4	AA-8122°F50
51	3 1/2" PULLEY	6	AA-8133°F50
52	PULLEY CONNECTOR PLATE	2	C6700-D23°F50
60	5/16" X 2 1/4" HEX HEAD BOLT	6	HH-5199°F50
61	5/16" X 2 1/2" HEX HEAD BOLT	3	HH-5053°F50
62	5/16" X 2 3/4" HEX HEAD BOLT	8	HH-5858°F50
63	5/16" X 3" HEX HEAD BOLT	3	HH-5167°F50
64	5/16" X 1" HEX HEAD BOLT	2	HH-5332°F50
65	5/16" X 1 1/2" HEX HEAD BOLT	3	HH-5312°F50
66	5/16" X 2" HEX HEAD BOLT	5	HH-5054°F50
67	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297°F50
68	5/16" X 3/4" HEX HEAD BOLT	1	HH-5245°F50

15601 PART LIST

DIAGRAM NO	PART NAME	QTY	ORDERING NO
70	5/16" FLAT WASHER	22	HH-5127*F29
71	5/16" NYLON LOCK NUT	35	HH-5012*F29
72	1/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*F29
73	3/8" X 1 3/4" HEX HEAD BOLT	9	HH-5308*F29
74	3/8" X 2 3/4" HEX HEAD BOLT	1	HH-5036*F29
78	3/8" FLAT WASHER	4	HH-5265*F29
79	3/8" NYLON LOCK NUT	11	HH-5088*F29
80	1/4" X 2 1/2" CARRIAGE BOLT	2	HH-5333*F29
81	1/4" X 3/4" MACHINE SCREW	8	HH-5022*F29
82	1/4" X 2 1/2" MACHINE SCREW	2	HH-5044*F29
83	1/4" X 1 1/2" HEX HEAD BOLT	2	HH-5027*F29
84	1/4" X 1 3/4" HEX HEAD BOLT	1	HH-5024*F29
86	1/4" FLAT WASHER	3	HH-5048*F29
87	1/4" NYLON LOCK NUT	9	HH-5011*F29
88	#8 SHEET METAL SCREW	2	HH-5449*F29
89	LATCH HOOK	1	WW-7042*F29
90	1 1/8" X 2 1/2" PLASTIC BUSHING	2	AA-8210*F29
91	1/2" X 1/2" ZINC BUSHING	1	HH-5459*F29
92	SPACER 1/2"	2	HH-5346*F29
93	1 1/2" SQUARE PLASTIC INSERT CAP	5	AA-8001*F29
95	2" SQUARE PLASTIC COVER CAP	5	AA-8015*F29
96	2" SQUARE PLASTIC INSERT CAP	2	AA-8002*F29
97	1 1/4" SQUARE PLASTIC INSERT CAP	2	AA-8069*F29
98	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*F29
99	1" ROUND PLASTIC INSERT CAP	6	AA-8005*F29
105	1" O.D. X 1" LONG BUSHING	1	AA-8211*F50
106	9/32" LONG METAL SPACER	2	HH-5413*F50
110	WEIGHT SELECTOR END TUBE CAP	1	AA-8123*F50
112	1 3/16" X 2" LARGE WASHER	2	HH-5460*F50
113	3/8" X 5 1/2" WEIGHT SELECTOR PIN	1	WW-7013*F50
114	LARGE RUBBER WASHER	2	AA-8124*F50
120	WEIGHT PLATE DECALS	1 SET	DE-4249*F50
121	STATION 1 DECAL	1	DE-4249*F50
122	POWER STACK DECAL	1	DE-4249*F50
123	ULTRA FORCE XT DECAL	2	DE-4249*F50
	ASSEMBLY MANUAL	1	CNN-1216*F50
	TRAINING MANUAL	1	CNN-1217*F50
	HARDWARE BAGS		
	STEPS 1 - 5	1	C5755-F50*F50
	STEPS 6 - 9	1	C5756-F50*F50
	STEPS 10 - 14	1	C5757-F50*F50
	STEPS 15 - 17	1	C5758-F50*F50
	PULLEYS	1	C5759-F50*F50

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

- a. Name of the product (POWER GYM)
- b. Model number of product (15601)
- c. Serial number of the product located on a decal on the frame

(See drawing on front cover for the location of this decal.)

- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

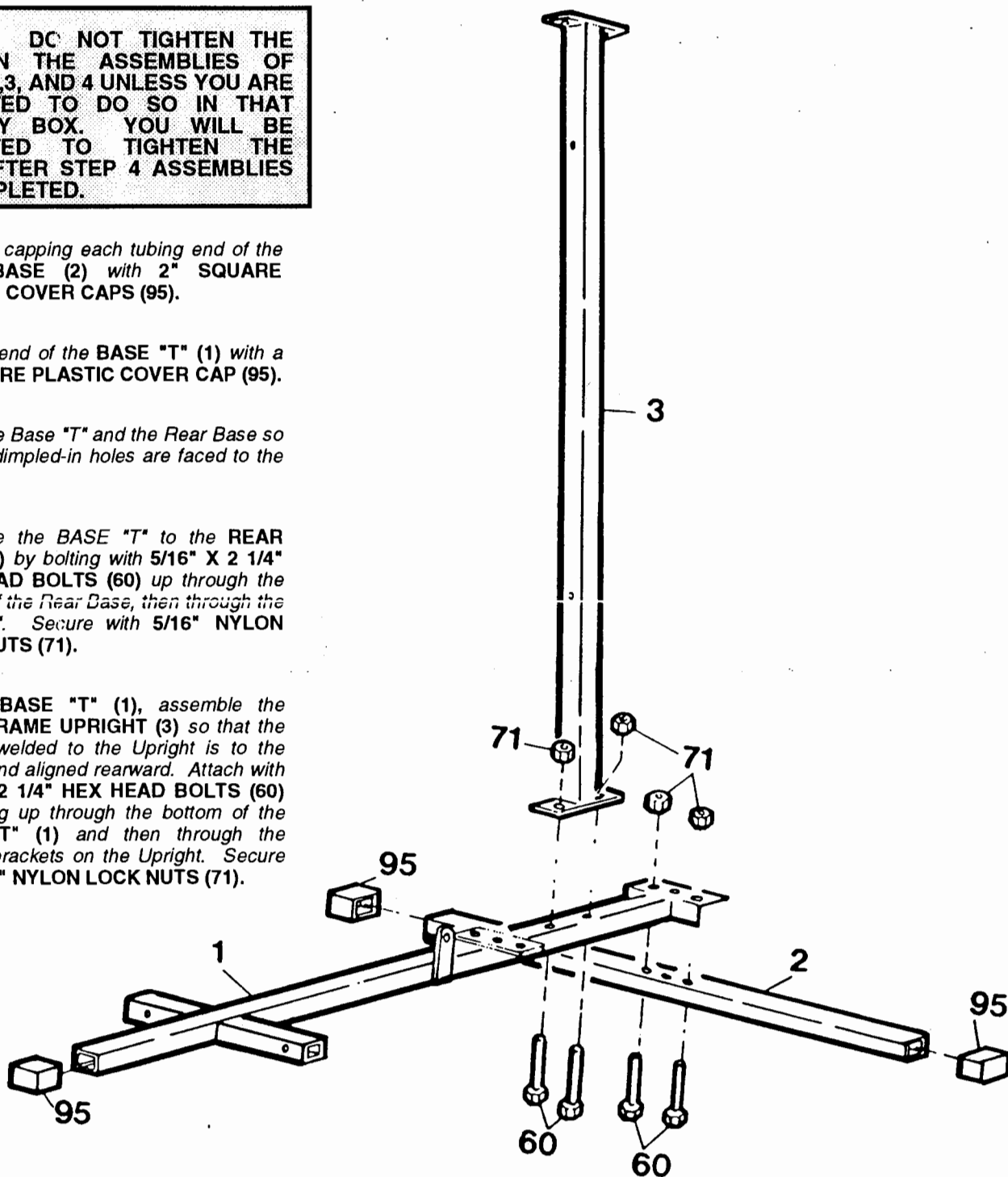
Weider Sporting Goods
Parts Service Department
900 West St. John Street
Olney, Illinois 62450

STEP 1 BASE FRAME ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	4
71 5/16" NYLON LOCK NUT	4
95 2" SQUARE PLASTIC COVER CAP	3

CAUTION: DO NOT TIGHTEN THE BOLTS IN THE ASSEMBLIES OF STEPS 1,2,3, AND 4 UNLESS YOU ARE INSTRUCTED TO DO SO IN THAT ASSEMBLY BOX. YOU WILL BE INSTRUCTED TO TIGHTEN THE BOLTS AFTER STEP 4 ASSEMBLIES ARE COMPLETED.

- ☐ Begin by capping each tubing end of the REAR BASE (2) with 2" SQUARE PLASTIC COVER CAPS (95).
- ☐ Cap the end of the BASE "T" (1) with a 2" SQUARE PLASTIC COVER CAP (95).
- ☐ Orient the Base "T" and the Rear Base so that the dimpled-in holes are faced to the floor.
- ☐ Assemble the BASE "T" to the REAR BASE (2) by bolting with 5/16" X 2 1/4" HEX HEAD BOLTS (60) up through the bottom of the Rear Base, then through the Base "T". Secure with 5/16" NYLON LOCK NUTS (71).
- ☐ To the BASE "T" (1), assemble the REAR FRAME UPRIGHT (3) so that the bracket welded to the Upright is to the bottom and aligned rearward. Attach with 5/16" X 2 1/4" HEX HEAD BOLTS (60) by bolting up through the bottom of the BASE "T" (1) and then through the welded brackets on the Upright. Secure with 5/16" NYLON LOCK NUTS (71).



STEP 2 ARM PRESS & SEAT FRAME ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	2
61 5/16" X 2 1/2" HEX HEAD BOLT	2
62 5/16" X 2 3/4" HEX HEAD BOLT	2
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	6
93 1 1/2" SQUARE PLASTIC INSERT CAP	1
97 1 1/4" SQUARE PLASTIC INSERT CAP	1

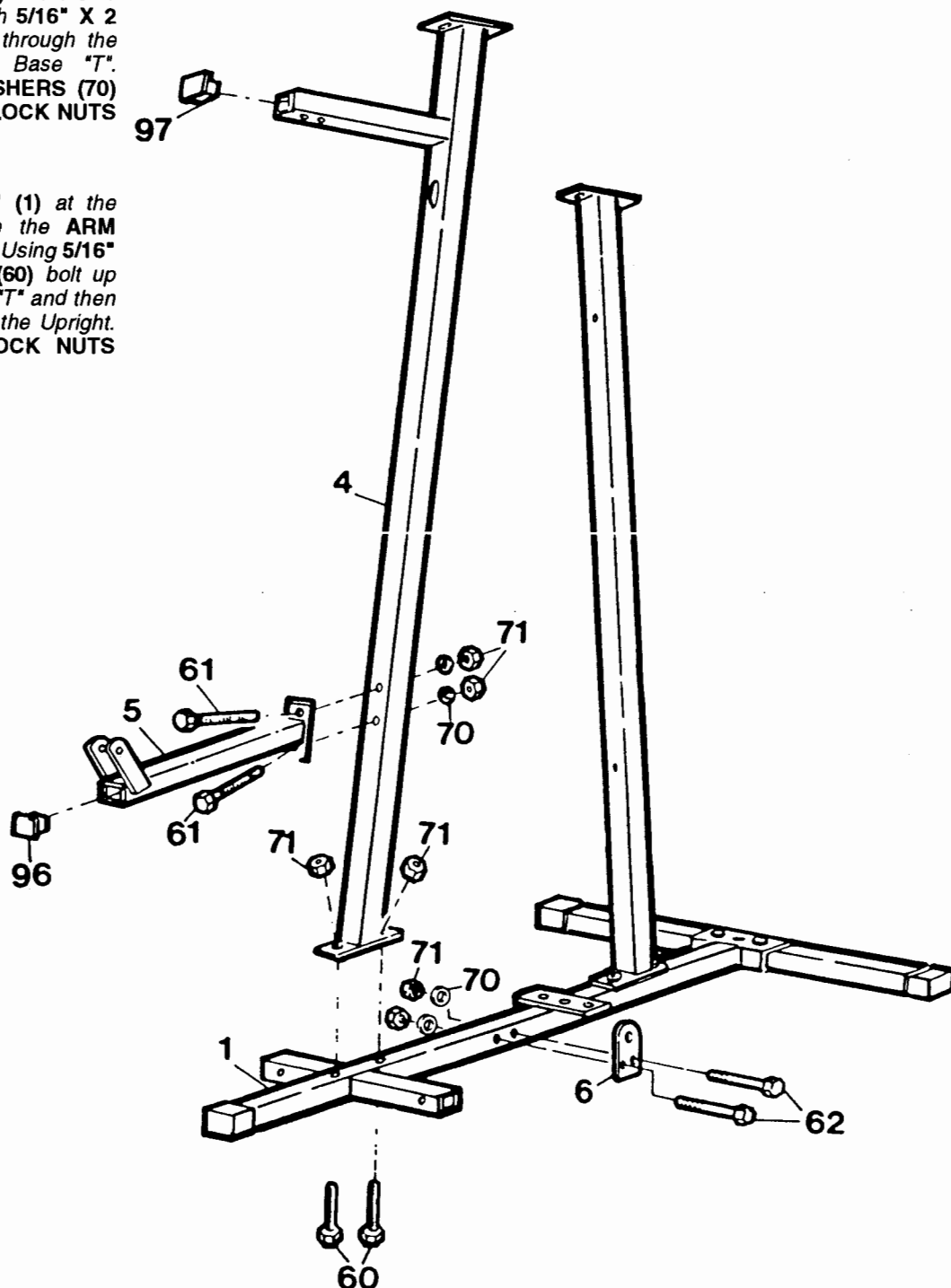
- ☐ Assemble a **PULLEY PLATE (6)** to the side of the **BASE "T" (1)** by bolting with **5/16" X 2 3/4" HEX HEAD BOLTS (62)** through the Plate and then through the Base "T". Assemble on **5/16" FLAT WASHERS (70)** and secure with **5/16" NYLON LOCK NUTS (71)**.

- ☐ To the front of the **BASE "T" (1)** at the Cross-member tube, assemble the **ARM PRESS FRAME UPRIGHT (4)**. Using **5/16" X 2 1/4" HEX HEAD BOLTS (60)** bolt up through the bottom of the Base "T" and then through the welded brackets of the Upright. Secure with **5/16" NYLON LOCK NUTS (71)**.

- ☐ With the welded leg curl brackets of the **SEAT FRAME (5)** oriented up, attach the Seat Frame to the **ARM PRESS FRAME UPRIGHT (4)** with **5/16" X 2 1/2" HEX HEAD BOLTS (61)**. Bolt through the Seat Frame brackets, and then through the Arm Press Frame Upright. Assemble **5/16" FLAT WASHERS (70)** onto the bolts and secure with **5/16" NYLON LOCK NUTS (71)**.

- ☐ Cap the end of the **SEAT FRAME (5)** with a **1 1/2" SQUARE PLASTIC INSERT CAP (93)**.

- ☐ Cap the Welded Stop Tube at the top of the **ARM PRESS FRAME UPRIGHT (4)** with a **1 1/4" SQUARE PLASTIC INSERT CAP (97)**.

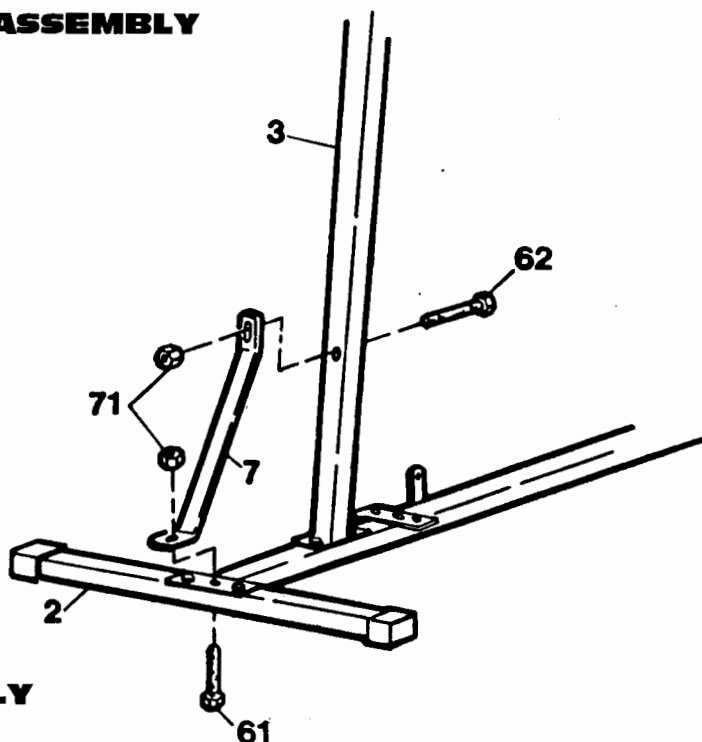


STEP 3 REAR FRAME BRACE ASSEMBLY

PART NAME	QTY
61 5/16" X 2 1/2" HEX HEAD BOLT	1
62 5/16" X 2 3/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	1
71 5/16" NYLON LOCK NUT	2

- ☐ Attach REAR FRAME BRACE (7) to the REAR BASE (2) by bolting with a 5/16" X 2 1/2" HEX HEAD BOLT (61) up through the Rear Base and then through the Brace. Secure with a 5/16" NYLON LOCK NUT (71).

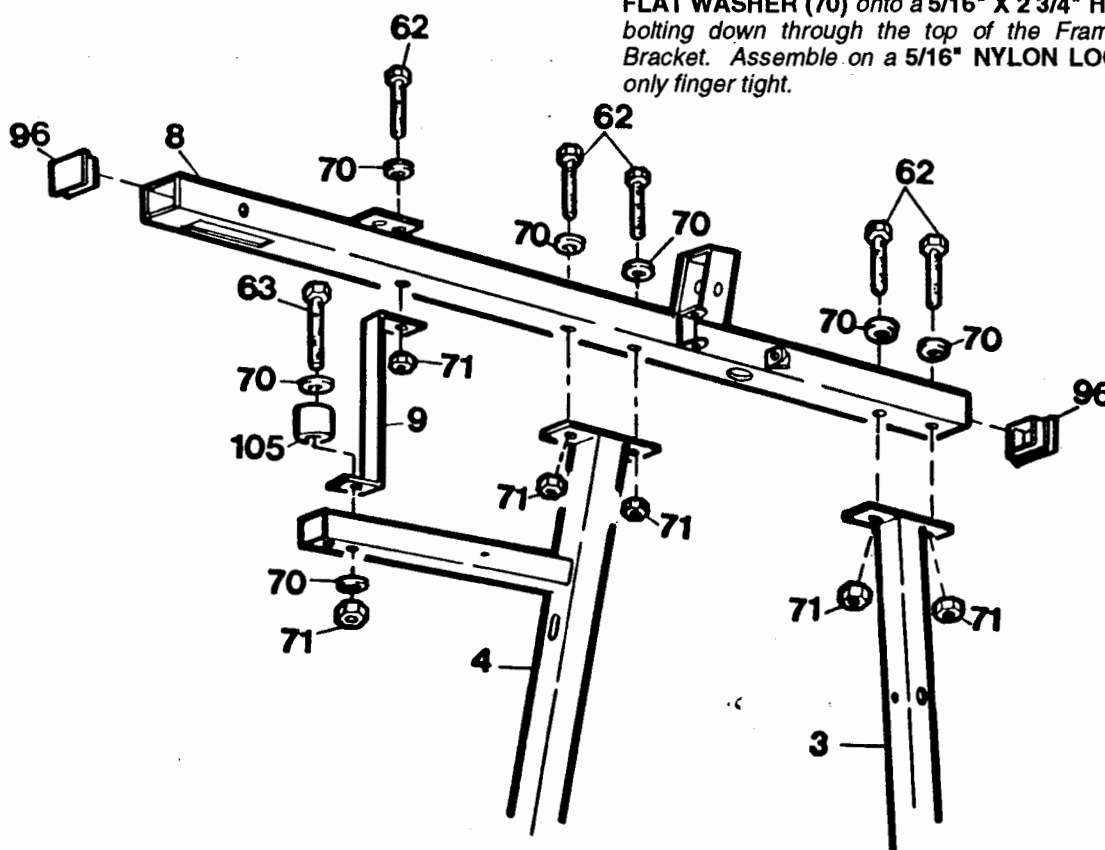
- ☐ Assemble the upper Brace to the REAR FRAME UPRIGHT (3) using a 5/16" X 2 3/4" HEX HEAD BOLT (62) and bolt through the Upright and then the Brace. Assemble on a 5/16" FLAT WASHER (70) and a 5/16" NYLON LOCK NUT (71) and tighten only finger tight.

**STEP 4 TOP FRAME ASSEMBLY**

PART NAME	QTY
62 5/16" X 2 3/4" HEX HEAD BOLT	5
63 5/16" X 3" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	7
71 5/16" NYLON LOCK NUT	6
96 2" SQUARE PLASTIC INSERT CAP	2
105 1" O.D. X 1" LONG BUSHING	1

- ☐ Assemble 5/16" FLAT WASHERS (70) on two 5/16" X 2 3/4" HEX HEAD BOLTS (62) and attach the TOP FRAME (8) to the REAR FRAME UPRIGHT (3) by bolting down through the Top Frame and then through the brackets of the Rear Frame Upright. Secure with 5/16" NYLON LOCK NUTS (71). Tighten only finger tight.

- ☐ Attach the ARM PRESS BRACKET (9) to the first hole behind the welded bracket at the front of the Top Frame by assembling a 5/16" FLAT WASHER (70) onto a 5/16" X 2 3/4" HEX HEAD BOLT (62) and bolting down through the top of the Frame and then through the Bracket. Assemble on a 5/16" NYLON LOCK NUT (71) and tighten only finger tight.



- ☐ Assemble 5/16" FLAT WASHERS (70) onto two 5/16" X 2 3/4" HEX HEAD BOLTS (62) and attach the TOP FRAME (8) to the ARM PRESS FRAME UPRIGHT (4) by bolting down through the top of the Top Frame and then through the brackets of the Upright. Fasten with 5/16" NYLON LOCK NUTS (71) and tighten only finger tight.
- ☐ Attach the bottom of the ARM PRESS BRACKET (9) to the Welded Stop Tube on the ARM PRESS UPRIGHT (4) by assembling a 5/16" FLAT WASHER (70) and a 1" O.D. X 1" LONG BUSHING (105) onto a 5/16" X 3" HEX HEAD BOLT (63) and bolting down through the Arm Press Bracket and then through the Welded Stop Tube. Assemble on another 5/16" FLAT WASHER (70) and secure with a 5/16" NYLON LOCK NUT (71) only finger tight.
- ☐ Cap each end of the Top Frame with 2" SQUARE PLASTIC INSERT CAPS (96).

TAKE THE TIME NOW TO TIGHTEN ALL BOLTS OF THE FRAME THAT WERE LEFT UNTIGHTENED FROM THE LAST 4 STEPS.

STEP 5 SEAT BRACE ASSEMBLY

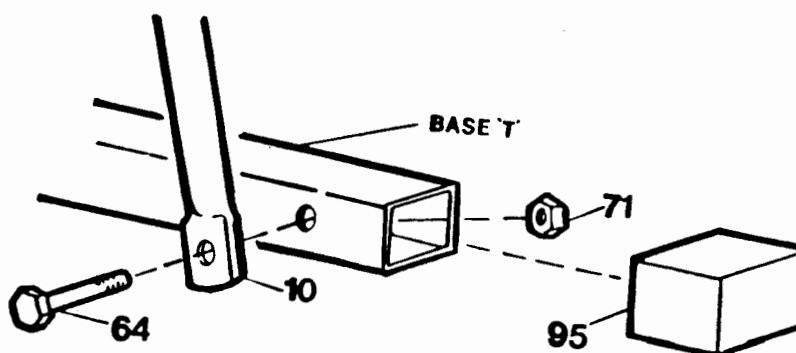
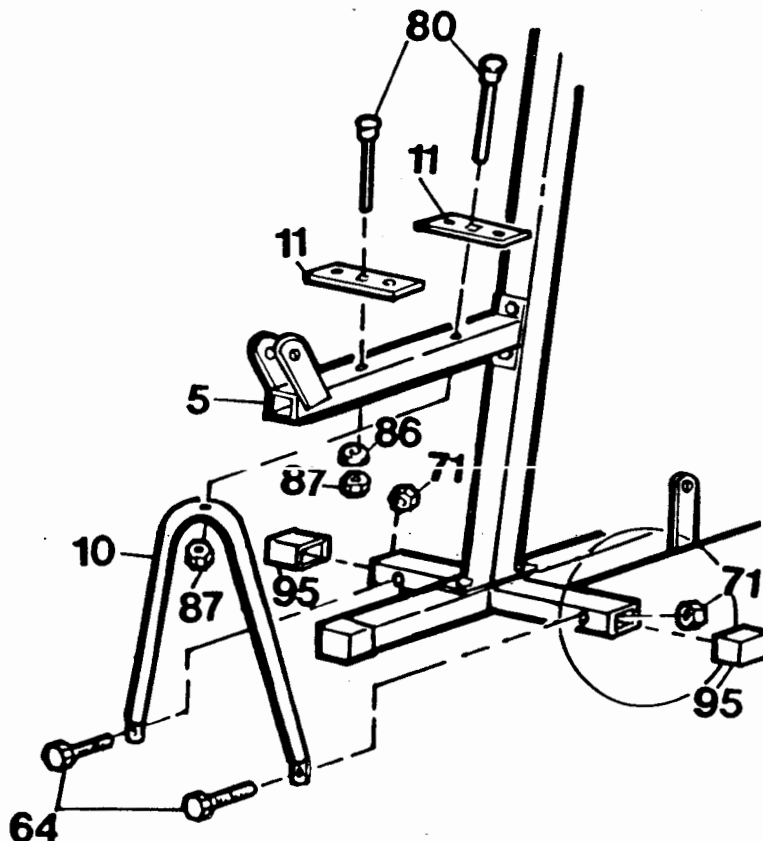
PART NAME	QTY
64 5/16" X 1" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2
80 1/4" X 2 1/2" CARRIAGE BOLT	2
86 1/4" FLAT WASHER	1
87 1/4" NYLON LOCK NUT	1
95 2" SQUARE PLASTIC COVER CAP	2

- ☐ Assemble the SEAT BRACE (10) to the rear of the SEAT FRAME (5) by bolting with a 1/4" X 2 1/2" CARRIAGE BOLT (80) down through a SEAT MOUNTING PLATE (11), the Seat Frame, and then the Seat Brace. Secure with a 1/4" NYLON LOCK NUT (87).

- ☐ Attach the legs of the SEAT BRACE (10) to the BASE "T" using 5/16" X 1" HEX HEAD BOLTS (64) to bolt through the legs of the Seat Brace and then the Base "T". Fasten with 5/16" NYLON LOCK NUTS (71). (SEE DETAIL A.)

- ☐ Attach a SEAT MOUNTING PLATE (11) to the front hole of the SEAT FRAME (5) by bolting with a 1/4" X 2 1/2" CARRIAGE BOLT (80) down through the Mounting Plate and then the Seat Frame. Assemble a 1/4" FLAT WASHER (86) onto the bolt and secure with a 1/4" NYLON LOCK NUT (87).

- ☐ Cap the Cross-member Tube of the BASE "T" (1) with 2" SQUARE PLASTIC COVER CAPS (95).



DETAIL A

STEP 6 WEIGHT STACK ASSEMBLY

PART NAME	QTY
110 END PLUG SELECTOR	1
114 LARGE RUBBER WASHER	2

» **CAUTION:** To aid in this step it is advised that you secure the assistance of a helper to assist in steadying of the Weight Plates as they are stacked.

☐ Locate the **LARGE RUBBER WASHERS (114)** atop the welded Guide Rod Locating Bracket on the **BASE "T" (1)**.

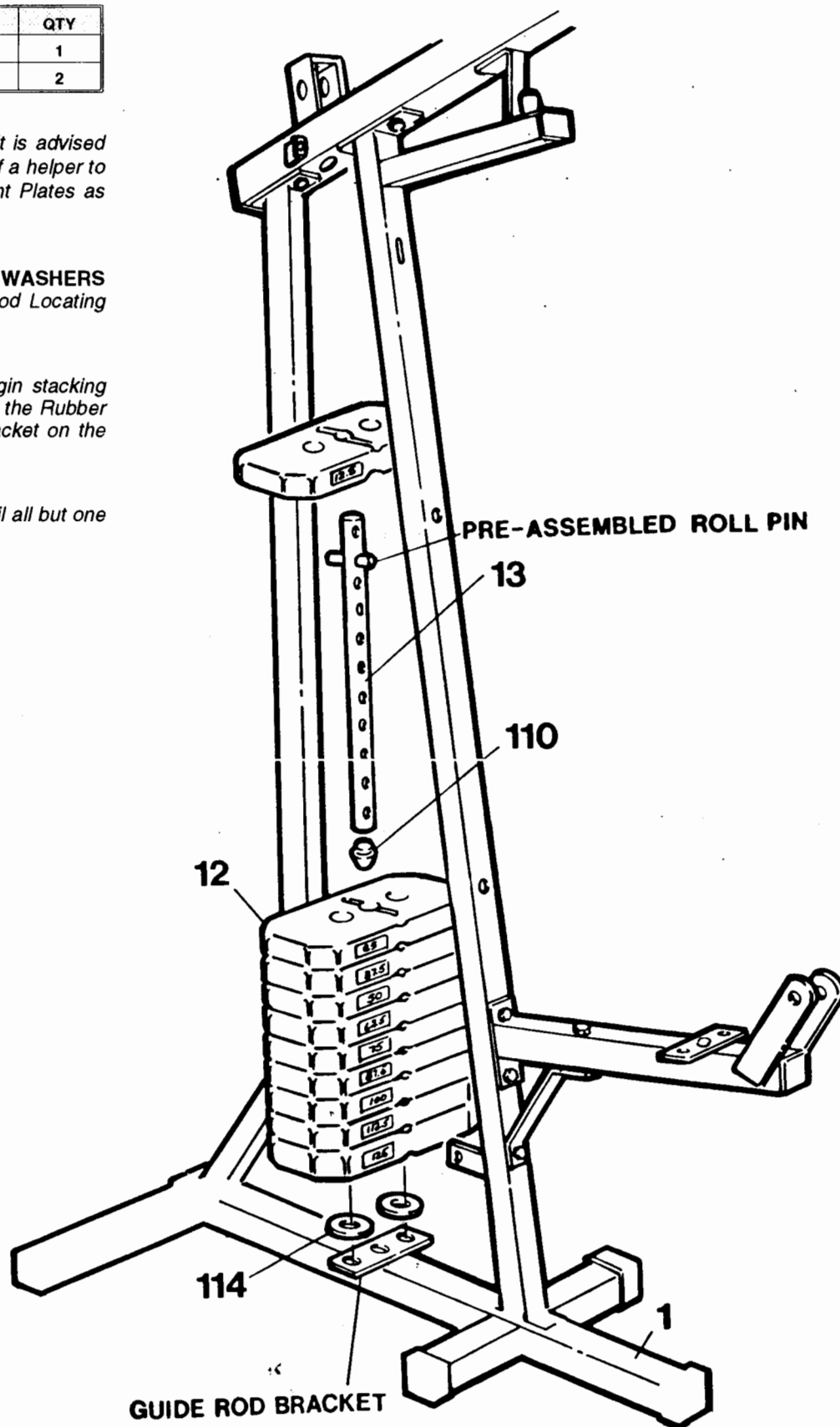
☐ With the aid of your helper, begin stacking the **WEIGHT PLATES (12)** atop the Rubber Washers on the Guide Rod Bracket on the **BASE (1)**.

☐ Stack Weights one at a time until all but one are stacked on the Base.

☐ Insert the **END PLUG SELECTOR (110)** into the bottom end of the **WEIGHT SELECTOR TUBE (13)**. Insert the Selector Tube into the center hole through the stack of Weight Plates and align the pre-assembled roll pin of the Selector Tube with the groove in the top of the Weight Plate.

» **NOTE:** The Weight Selector Tube should insert completely through the stack of Weight Plates if they are in proper alignment with the welded Guide Rod Bracket on the Base Frame. If it does not insert completely, adjust the Weight Stack positioning until it does.

☐ When the **WEIGHT SELECTOR TUBE (13)** has been inserted fully into the Weight Stack, position the final **WEIGHT PLATE (12)** over the Selector Tube atop the Weight Stack.



STEP 7 GUIDE ROD ASSEMBLY

PART NAME	QTY
65 5/16" X 1 1/2" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2
113 WEIGHT SELECTOR PIN	1

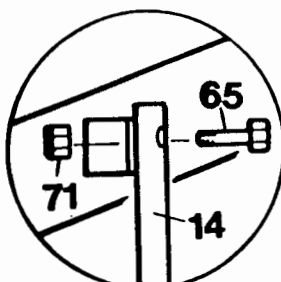
- ☐ With the bolt holes of the GUIDE RODS (14) to the top, insert the Rods into the two remaining holes in the top of the Weight Stack. (SEE DETAIL A.)

- ☐ Bolt the GUIDE RODS (14) to the front side of the welded brackets on the TOP FRAME (8) using 5/16" X 1 1/2" HEX HEAD BOLTS (65) through the Rod, then the Bracket and fasten with 5/16" NYLON LOCK NUTS (71). (SEE DETAIL B.)

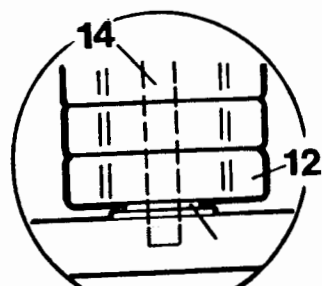
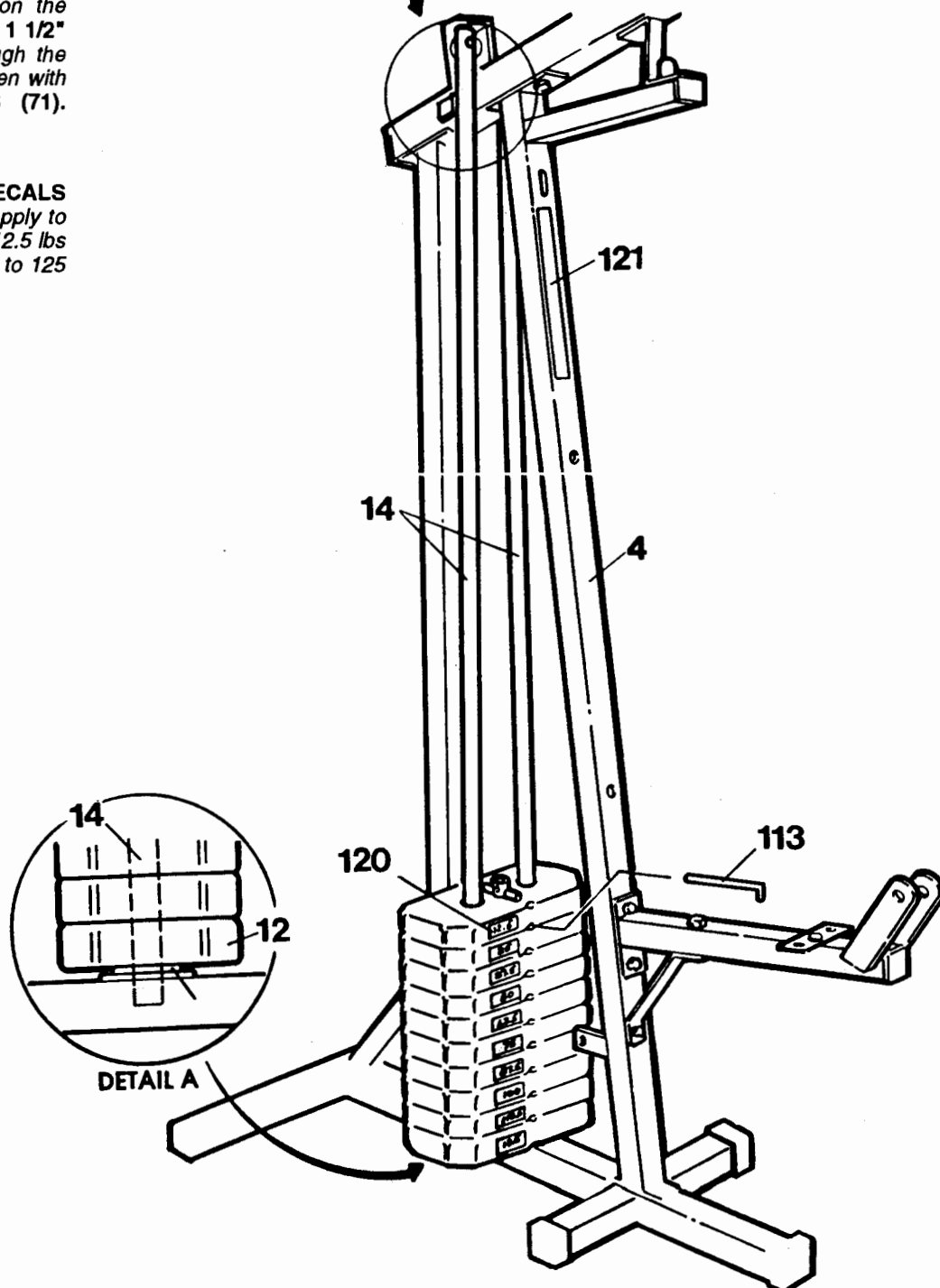
- ☐ Remove WEIGHT PLATE DECALS (120) from backing sheet and apply to the Weight Plates starting with 12.5 lbs on the top Plate and increasing to 125 lbs. on the bottom Plate.

- ☐ Insert WEIGHT SELECTOR PIN (113) into the Weight Stack at a low setting to aid in future cable assembly.

- ☐ Remove STATION ONE DECAL (121) from backing sheet and affix it to the front side of the ARM PRESS FRAME UPRIGHT (4) about 4 inches below Welded Stop Tube.



DETAIL B



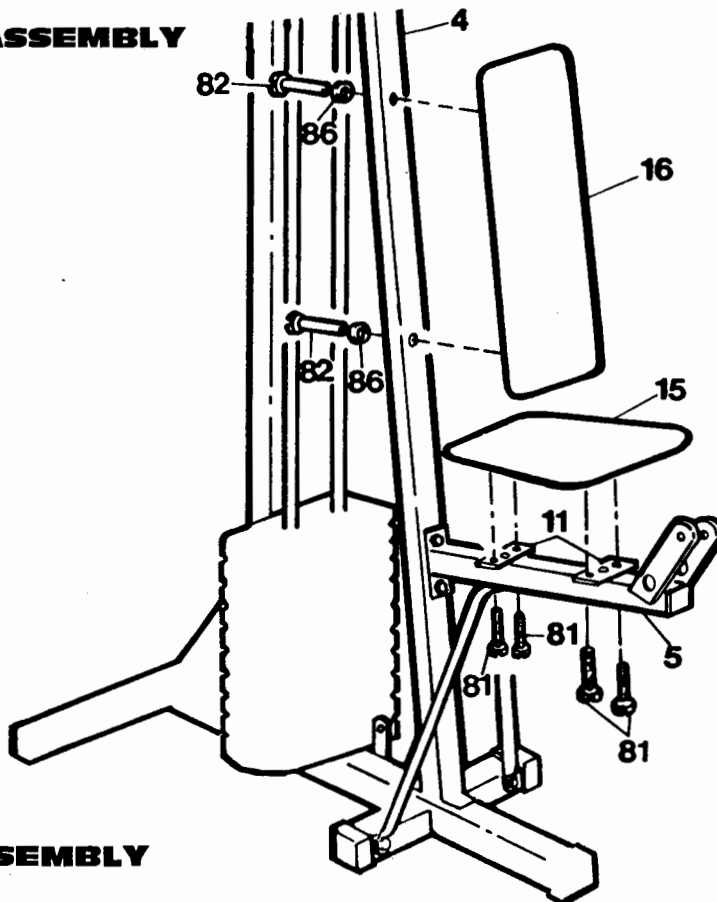
DETAIL A

STEP 8 SEAT & BACKREST ASSEMBLY

PART NAME	QTY
81 1/4" X 3/4" MACHINE SCREW	4
82 1/4" X 2 1/2" MACHINE SCREW	2
86 1/4" FLAT WASHER	2

- ☐ Attach the SEAT (15) to the SEAT MOUNTING PLATES (11) on the SEAT FRAME (5) using 1/4" X 3/4" MACHINE SCREWS (81) and bolting up through the Mounting Plates and into the Seat.

- ☐ Attach the BACKREST (16) to the ARM PRESS FRAME UPRIGHT (4) by assembling 1/4" FLAT WASHERS (86) on two 1/4" X 2 1/2" MACHINE SCREWS (82) and bolting through the back of the Upright Frame and into the Seat.



STEP 9 LEG EXTENSION ASSEMBLY

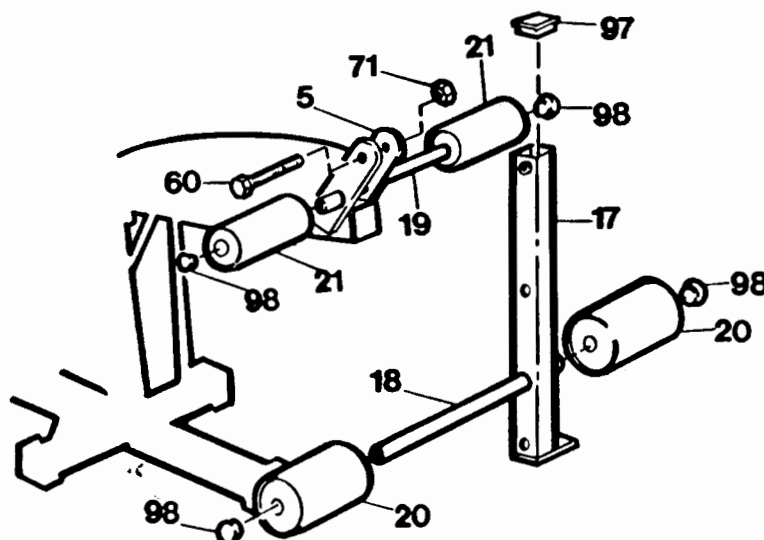
PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	1
71 5/16" NYLON LOCK NUT	1
97 1 1/4" SQUARE PLASTIC INSERT CAP	1
98 3/4" ROUND PLASTIC INSERT CAP	4

- ☐ Assemble the LEG EXTENSION TUBE (17) into the brackets of the SEAT FRAME (5) with a 5/16" X 2 1/4" HEX HEAD BOLT (60) and a 5/16" NYLON LOCK NUT (71). Cap the top of the Leg Extension Tube with a 1 1/4" SQUARE PLASTIC INSERT CAP (97).

- ☐ Press 3/4" ROUND PLASTIC INSERT CAPS (98) into the ends of the 3/4" X 12 1/2" PAD BAR (18) and the 3/4" X 13 1/2" PAD BAR (19).

» **NOTE:** To each Pad Bar wipe a small amount of liquid dish detergent along the length of the Bar. This helps in the assembly of the Foam Pads. When the detergent dries, it acts as an adhesive.

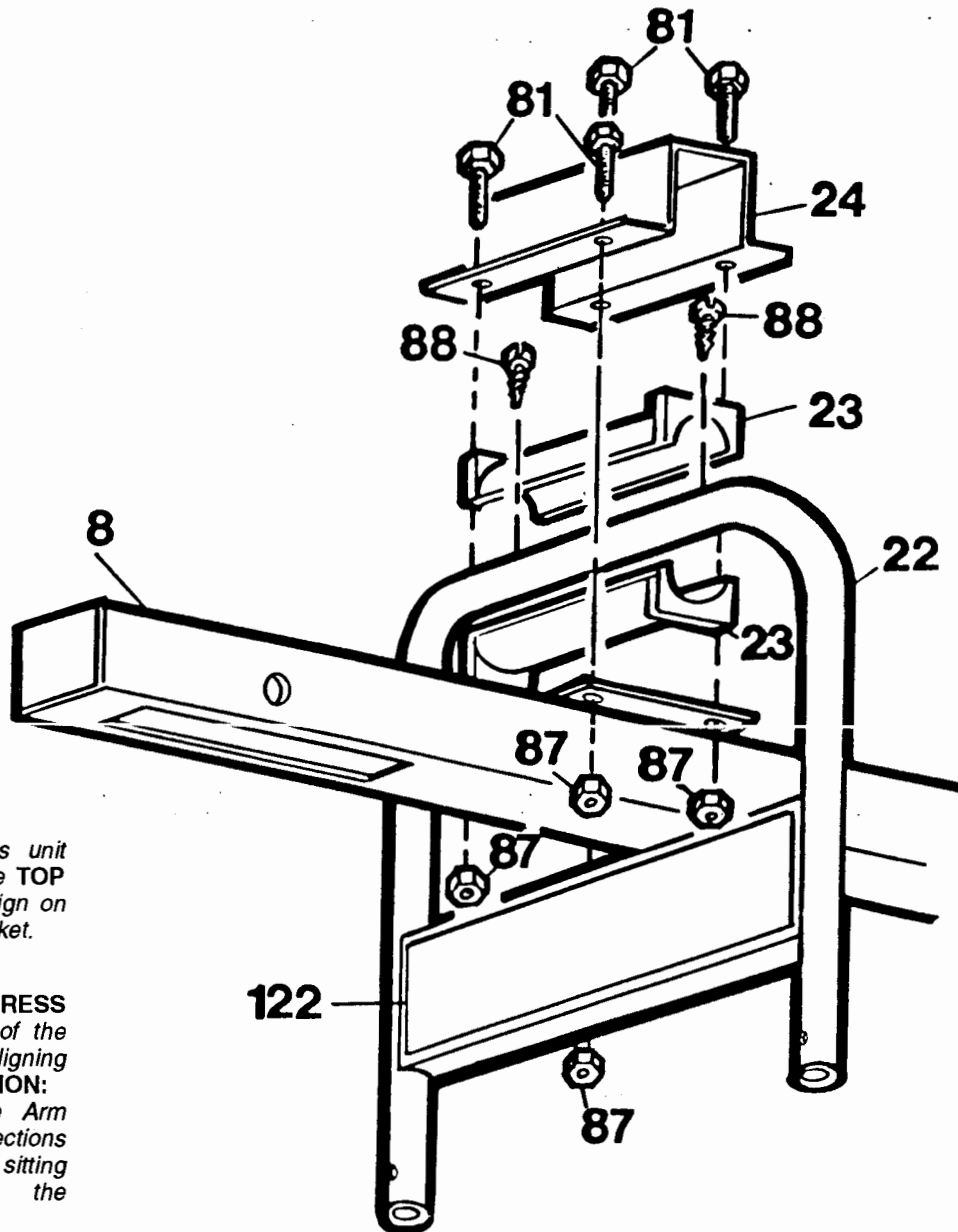
- ☐ To one end of the 3/4" X 13 1/2" PAD BAR (19) press on one 2 1/4" X 6" FOAM ROLLER (21).
- ☐ Insert the PAD BAR (19) into the brackets of the SEAT FRAME (5) and assemble another FOAM ROLLER (21) onto the inserted tube end.
- ☐ To the end of the 3/4" X 12 1/2" PAD BAR (18) press on one 3" X 5 3/4" FOAM ROLLER (20).
- ☐ Assemble the PAD BAR (18) into a hole on the lower section of the LEG EXTENSION TUBE (17).
- ☐ Press another FOAM ROLLER (20) onto the inserted tube end.



STEP 10 ARM PRESS ASSEMBLY

PART NAME	QTY
81 1/4" X 3/4" MACHINE SCREW	4
87 1/4" NYLON LOCK NUT	4
88 #8 SHEET METAL SCREW	2

- ☐ Press the two sections of the ARM PRESS BUSHING (23) onto the top of the ARM PRESS ASSEMBLY (22). These bushings will not snap tight to the surface so they will have to be held tight as complete assembly is placed on the TOP FRAME (8).



- ☐ Lift the Arm Press unit over the end of the TOP FRAME (8) and align on the flat welded bracket.
- ☐ Press the ARM PRESS CAP (24) on top of the Arm Press unit aligning bolt holes. **CAUTION:** Double check the Arm Press Bushing Sections to insure they are sitting squarely against the bracket.
- ☐ Secure the ARM PRESS CAP (24) to the bracket by bolting with four 1/4" X 3/4" MACHINE SCREWS (81) down through the top of the Arm Press Cap and then through the welded bracket on the Top Frame. Secure with 1/4" NYLON LOCK NUTS (87).
- ☐ Insert two #8 SHEET METAL SCREWS (88) into the holes located on the top of the Arm Press Assembly on both sides of the Arm Press Cap.
- ☐ Remove POWER STACK DECAL (122) from backing and adhere it onto the ARM PRESS ASSEMBLY (22).

STEP 11 ARM PRESS HANDLE ASSEMBLY

PART NAME	QTY
66 5/16" X 2" HEX HEAD BOLT	2
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	2
93 1 1/2" SQUARE PLASTIC INSERT CAP	4
99 1" ROUND PLASTIC INSERT CAP	4
106 9/32" LONG METAL SPACER	2

☐ Press 1 1/2" SQUARE PLASTIC INSERT CAPS (93) into both ends of the PEC-DECK ARMS (25).

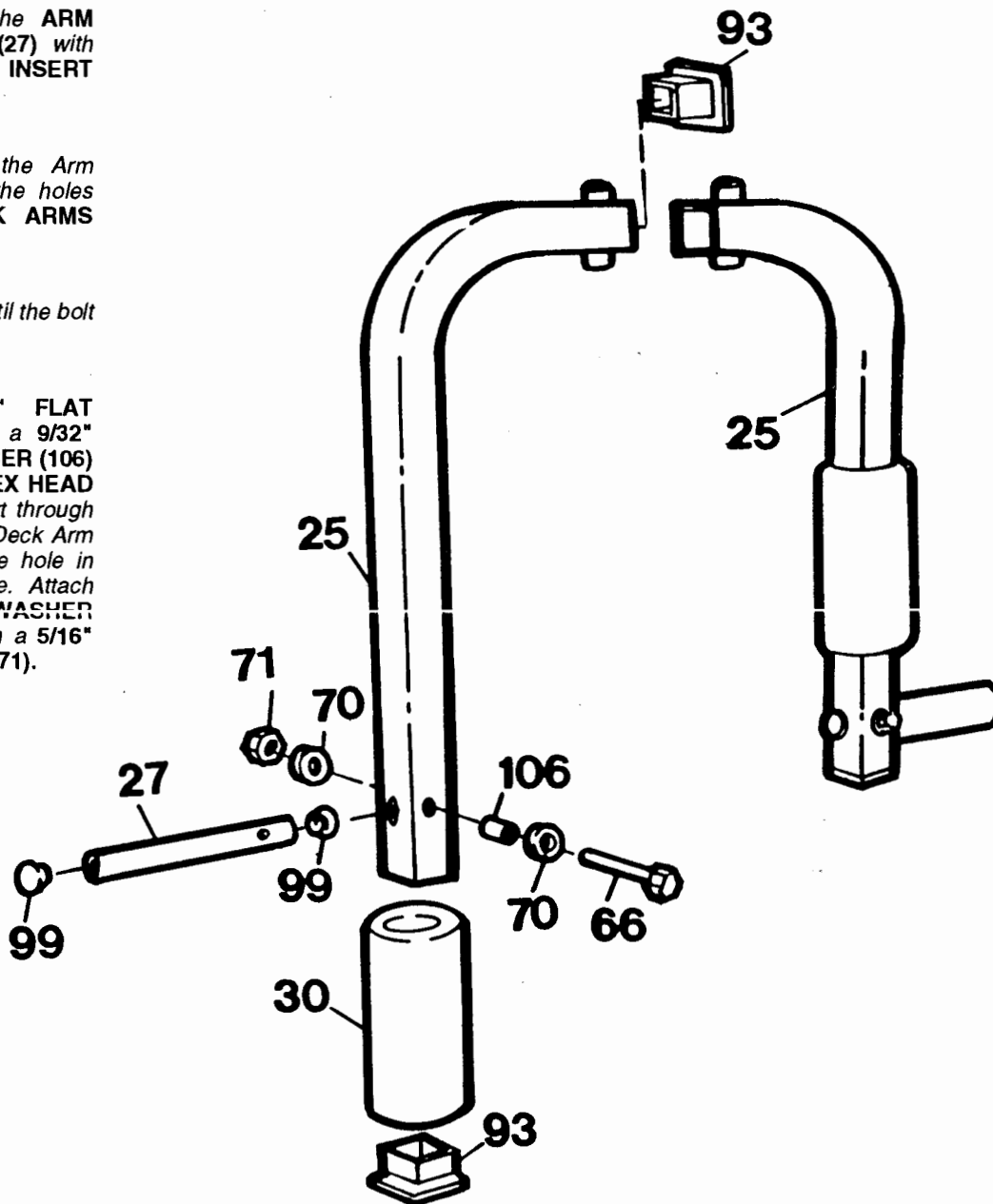
☐ Wipe a small amount of liquid dish detergent onto lower section of PEC-DECK ARMS (25) and slide on a 3 1/4" X 7" FOAM ROLLER (30). Position the Rollers up about 8 inches from the Tube end.

☐ Cap the ends of the ARM PRESS HANDLES (27) with 1" ROUND PLASTIC INSERT CAPS (99).

☐ Insert the end of the Arm Press Handle with the holes into the PEC-DECK ARMS (25).

☐ Rotate the Handle until the bolt holes align.

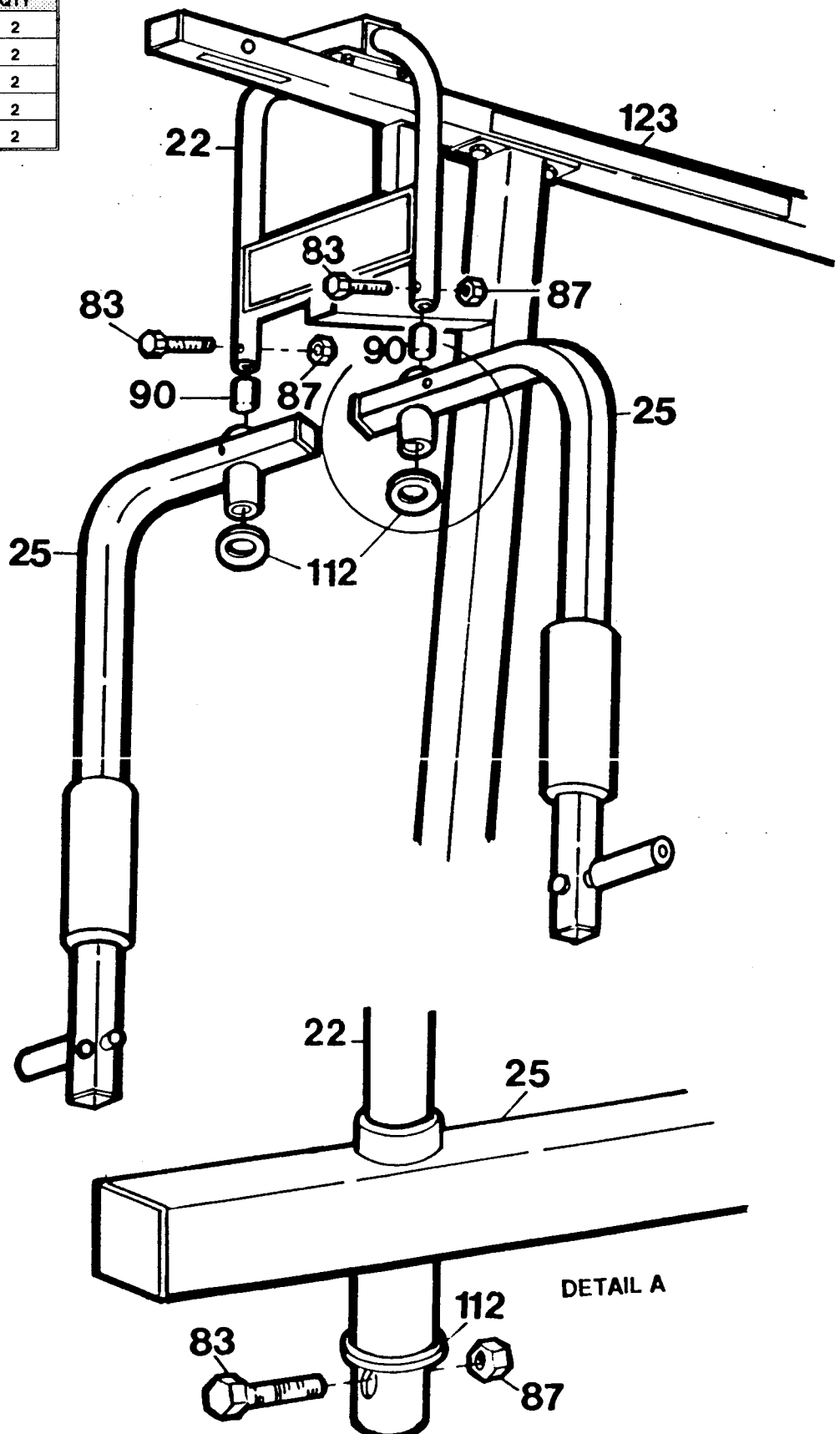
☐ Assemble a 5/16" FLAT WASHER (70) and a 9/32" LONG METAL SPACER (106) onto a 5/16" X 2" HEX HEAD BOLT (66) and insert through the front of the Pec-Deck Arm and then through the hole in the Arm Press Handle. Attach another 5/16" FLAT WASHER (70) and secure with a 5/16" NYLON LOCK NUT (71).



STEP 12 PEC-DECK ARM ASSEMBLY

PART NAME	QTY
83 1/4" X 1 1/2" HEX HEAD BOLT	2
87 1/4" NYLON LOCK NUT	2
90 1 1/8" X 2 1/2" PLASTIC BUSHING	2
112 1 3/16" X 2" WASHER	2
115 PEC-DECK LOCK PIN 5/16" X 5"	2

- ☐ Slide a 1 1/8" X 2 1/2" PLASTIC BUSHING (90) onto each leg of the ARM PRESS ASSEMBLY (22).
 - ☐ Insert a leg of the ARM PRESS ASSEMBLY (22) into the welded Tube on each PEC-DECK ARM (25).
 - ☐ Place a 1 3/16" X 2" WASHER (112) onto the legs of the ARM PRESS ASSEMBLY. These washers will not snap tight to the tube so they will have to be held tight as the assembly is completed.
 - ☐ Secure this assembly by bolting with a 1/4" X 1 1/2" HEX HEAD BOLT (83) through the holes in the leg of the Arm Press Assembly. Fasten with 1/4" NYLON LOCK NUTS (87). (SEE DETAIL A.)
 - ☐ Remove ULTRA FORCE XT DECALS (123) from backing and adhere to both sides of the TOP FRAME (8).
- » WHEN DOING ARM PRESS EXERCISES CHECK TO MAKE SURE THAT EACH OF THE PEC-DECK ARMS IS LOCKED INTO PLACE WITH THE PEC-DECK LOCK PINS (115).
- » WHEN DOING BUTTERFLY EXERCISES THE PEC-DECK LOCK PINS (115) SHOULD BE REMOVED.

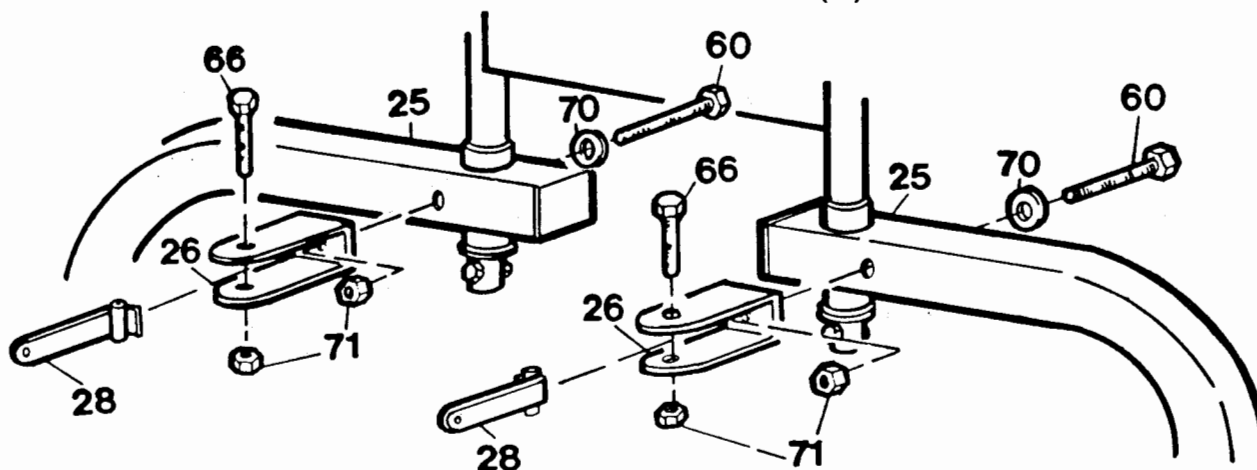


STEP 13 BRACKET ASSEMBLIES

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	2
63 5/16" X 3" HEX HEAD BOLT	1
66 5/16" X 2" HEX HEAD BOLT	2
67 5/16" X 3 1/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	3
71 5/16" NYLON LOCK NUT	6

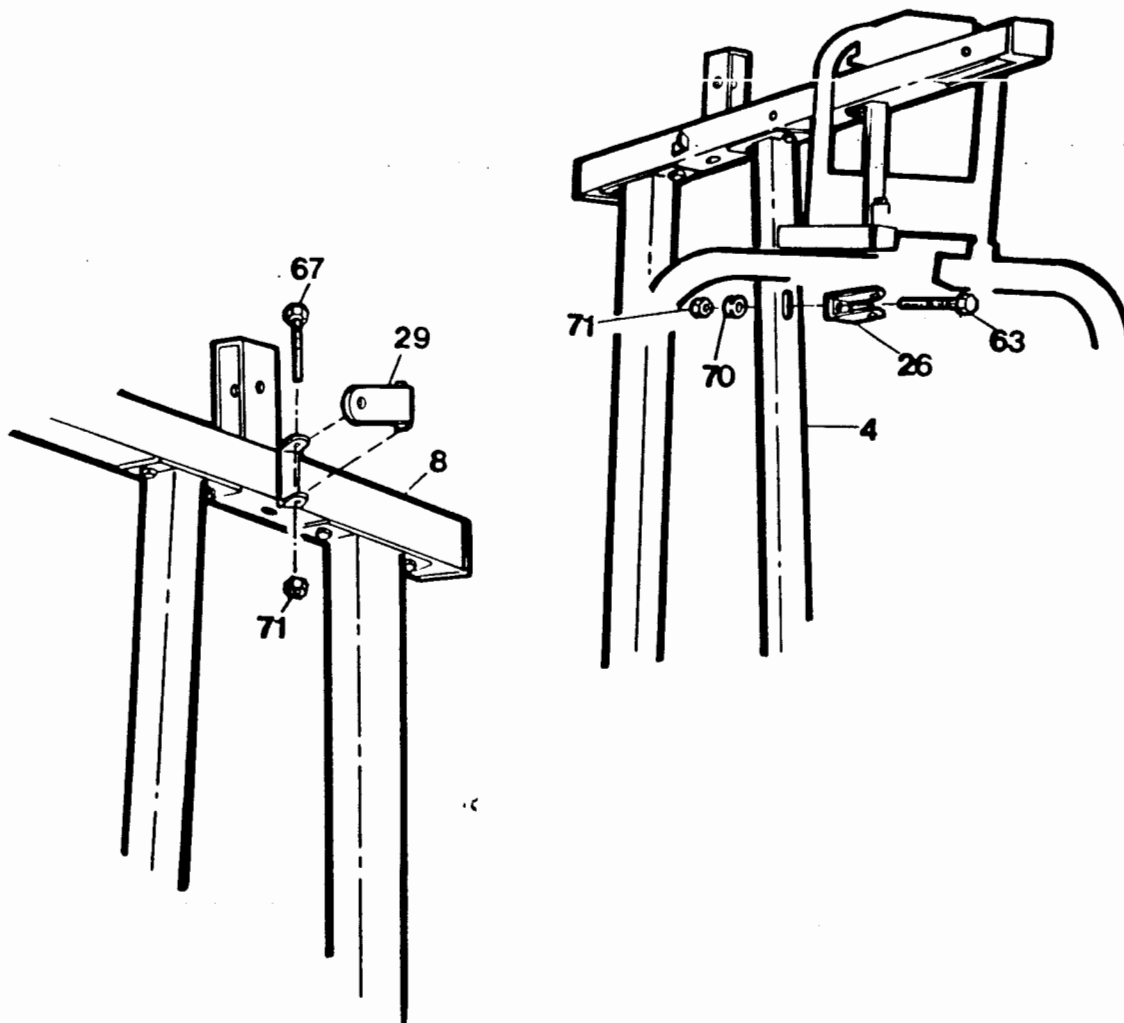
☐ Attach the U-BRACKETS (26) to the back of the PEC-DECK ARMS (25) by assembling a 5/16" FLAT WASHER (70) onto two 5/16" X 2 1/4" HEX HEAD BOLTS (60) and bolting through the front of the Pec-Deck Arms at the hole locations near the welded Tube and then bolt through the U-BRACKET (26). Secure tightly with 5/16" NYLON LOCK NUTS (71).

☐ Assemble the PULLEY BRACKETS (28) to the U-Brackets by bolting with a 5/16" X 2" HEX HEAD BOLT (66) down through the top of the U-Bracket and then through the Pulley Bracket. Fasten with 5/16" NYLON LOCK NUT (71).



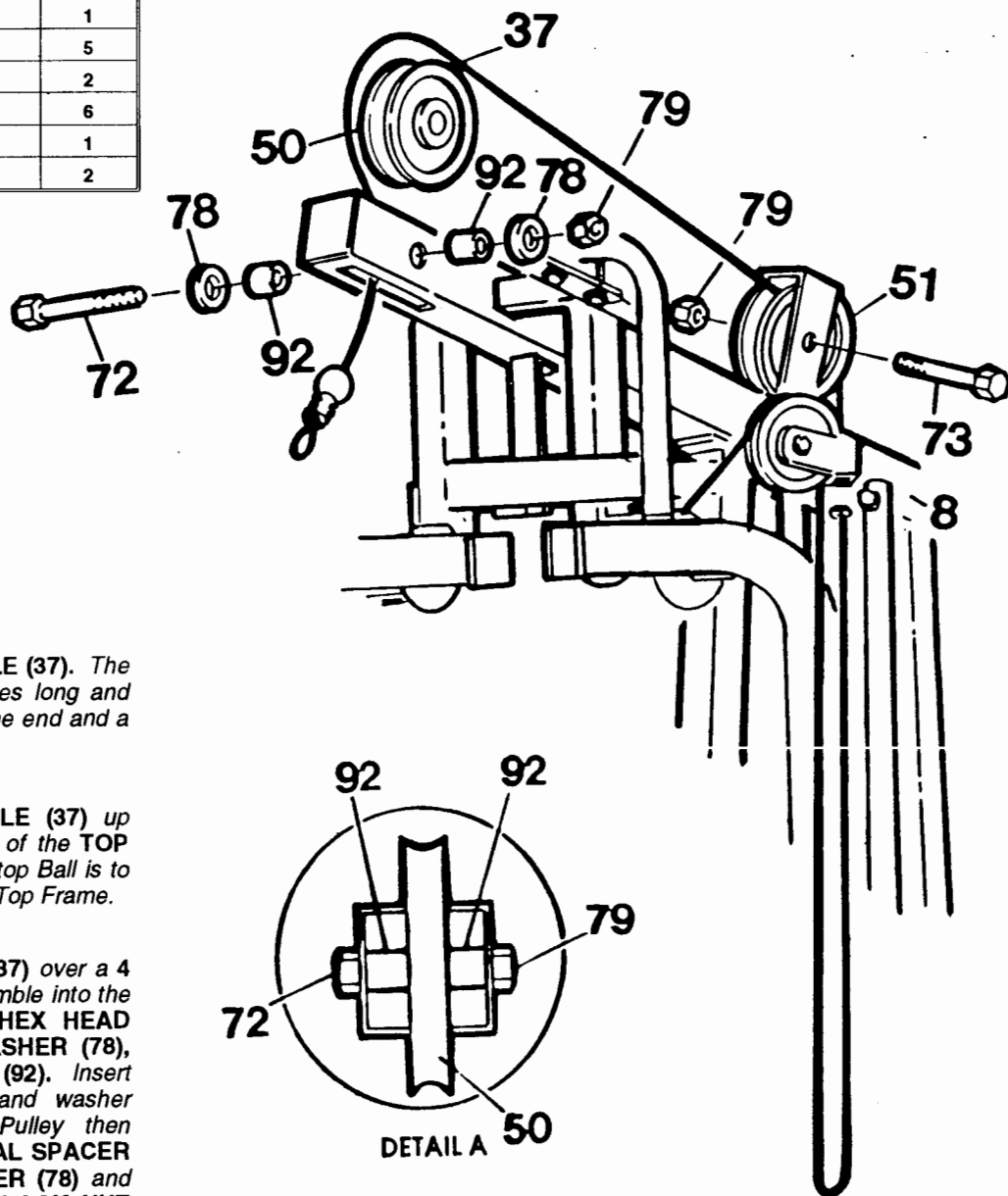
☐ Attach a U-Bracket to the front of the ARM PRESS FRAME UPRIGHT (4) by bolting with a 5/16" X 3" HEX HEAD BOLT (63) through the U-Bracket and then through the Upright. Assemble a FLAT WASHER (70) onto the bolt and fasten with a 5/16" NYLON LOCK NUT (71) only to the point that the nut is flush with the end of the bolt. This is necessary to allow some movement of the U-Bracket.

☐ Assemble a PULLEY TRAP BRACKET (29) to the welded U-Bracket on the side of the TOP FRAME (8) using a 5/16" X 3 1/4" HEX HEAD BOLT (67) to bolt down through the top of the U-Bracket and then through the Pulley Trap Bracket. Secure with a 5/16" NYLON LOCK NUT (71).



STEP 14 UPPER PULLEYS & CABLE ASSEMBLY

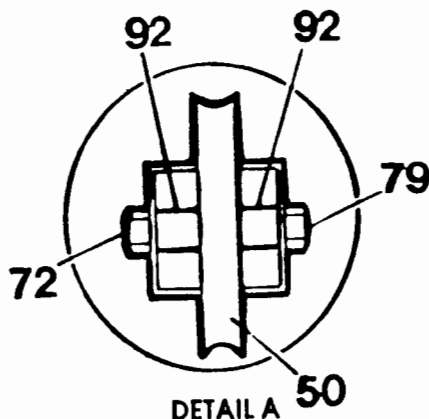
PART NAME	QTY
63 5/16" X 3" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	2
71 5/16" NYLON LOCK NUT	1
72 3/8" X 2 1/2" HEX HEAD BOLT	1
73 3/8" X 1 3/4" HEX HEAD BOLT	5
78 3/8" FLAT WASHER	2
79 3/8" NYLON LOCK NUT	6
91 1/2" X 1/2" ZINC BUSHING	1
92 1/2" METAL SPACER	2



- ☐ Locate the **PEC-DECK CABLE (37)**. The Pec-Deck Cable is 127 inches long and has a Rubber Ball stop on one end and a loop on the other end.

- ☐ Insert the **PEC-DECK CABLE (37)** up through the slot in the front of the **TOP FRAME (8)** so the Rubber Stop Ball is to the front and underneath the Top Frame.

- ☐ Drape **PEC-DECK CABLE (37)** over a 4 1/2" **PULLEY (50)** and assemble into the slot using 3/8" X 2 1/2" **HEX HEAD BOLT (72)**, 3/8" **FLAT WASHER (78)**, and 1/2" **METAL SPACER (92)**. Insert the bolt with the spacer and washer through the Frame and Pulley then assemble another 1/2" **METAL SPACER (92)** and 3/8" **FLAT WASHER (78)** and fasten with a 3/8" **NYLON LOCK NUT (79)**. (SEE **DETAIL A.**)



- ☐ Bring Cable back down across the top of the Top Frame and through the welded pulley bracket. Insert the entire Cable down through the cable access hole behind the welded bracket.

- ☐ Fit the Cable over a 3 1/2" **PULLEY (51)** and bolt into the welded bracket. Secure with a 3/8" X 1 3/4" **HEX HEAD BOLT (73)** and a 3/8" **NYLON LOCK NUT (79)**.

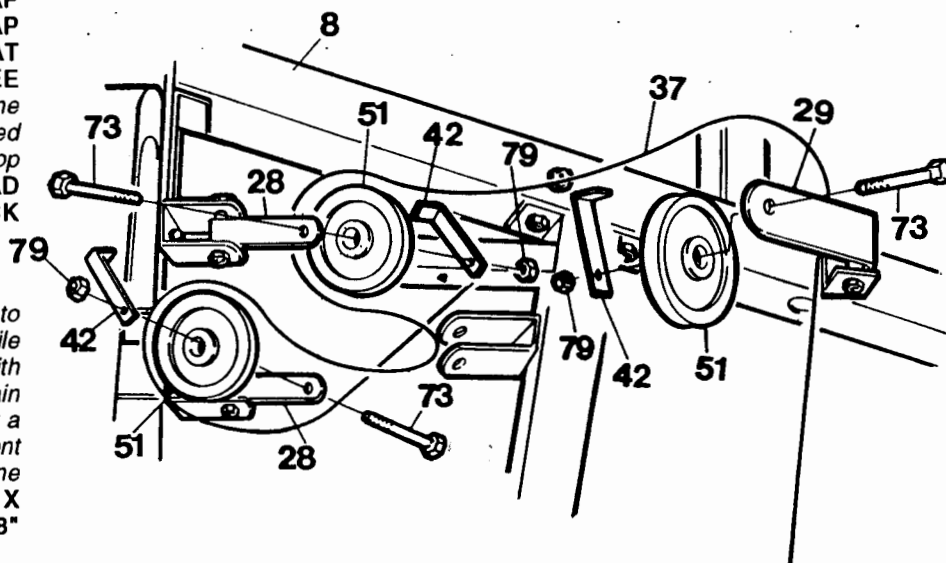
- ☐ Leave some of the Cable draped down between the Guide Rods. This area of the Cable will be assembled later. The amount of the Cable left draped is not critical as you will be pulling the slack out of the Cable once the Cable is fastened.

☐ Move to the left-hand side of the unit.

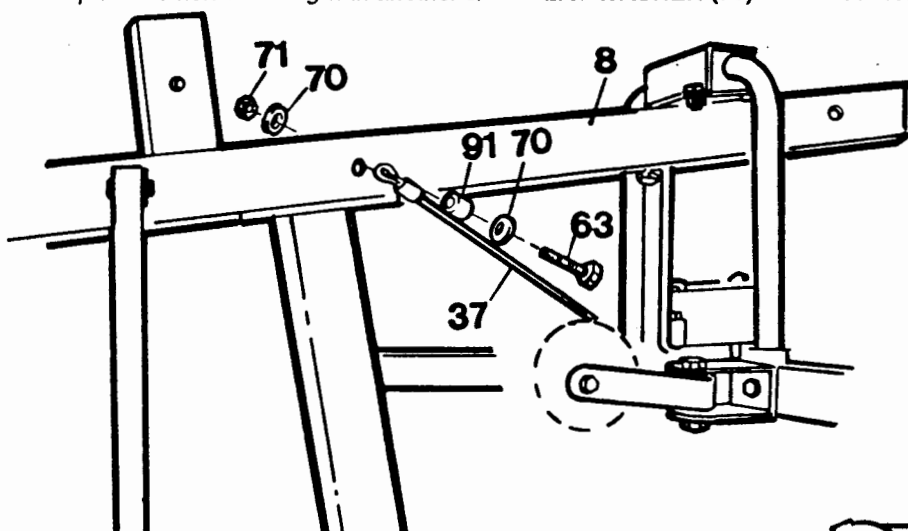
☐ Bring the PLE-DECK CABLE (37) up and set into a 3 1/2" PULLEY (51).

☐ Trap the Cable into the groove of the Pulley using a CABLE TRAP BRACKET (42) (THE CABLE TRAP BRACKET WILL BE POSITIONED AT APPROXIMATELY A 45 DEGREE ANGLE) and bolt assembly to the PULLEY BRACKET (29) that is bolted to the bracket on the side of the Top Frame using a 3/8" X 1 3/4" HEX HEAD BOLT (73) and a 3/8" NYLON LOCK NUT (79).

☐ Next, fasten 3 1/2" PULLEYS (51) to PULLEY BRACKETS (28) while trapping the Cable into the Pulley with CABLE TRAP BRACKETS (42). Again the Trap Brackets will be positioned at a 45 degree angle facing toward the front of the unit. Bolt the assemblies to the PULLEY BRACKETS (28) using 3/8" X 1 3/4" HEX HEAD BOLTS (73) and 3/8" NYLON LOCK NUTS (79).

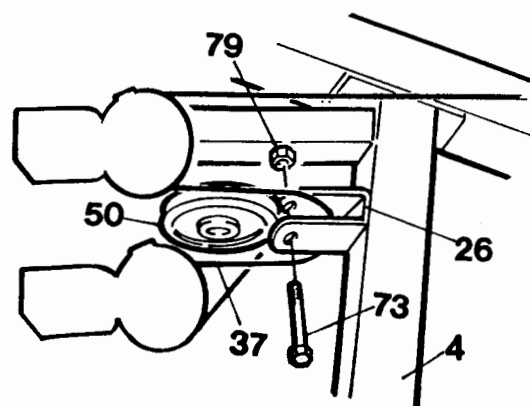


☐ Moving to the right-hand side of the unit, fasten the loop-end of the Cable to the side of the Top Frame in the hole located in front of the Arm Press Frame Upright. Place a 1/2" X 1/2" ZINC BUSHING (91) into the loop of the Cable. Place a 5/16" FLAT WASHER (70) onto a 5/16" X 3" HEX HEAD BOLT (63) and insert through the assembled bushing and Cable and on through the Top Frame hole securing with another 5/16" FLAT WASHER (70) and a 5/16" NYLON LOCK NUT (71).



☐ Move back to the center of the unit. Into the U-BRACKET (26) bolted to the front of the ARM PRESS FRAME UPRIGHT (4) assemble a 4 1/2" PULLEY (50) trapping the Cable behind the Pulley. Secure with 3/8" X 1 3/4" HEX HEAD BOLT (73) and 3/8" NYLON LOCK NUT (79).

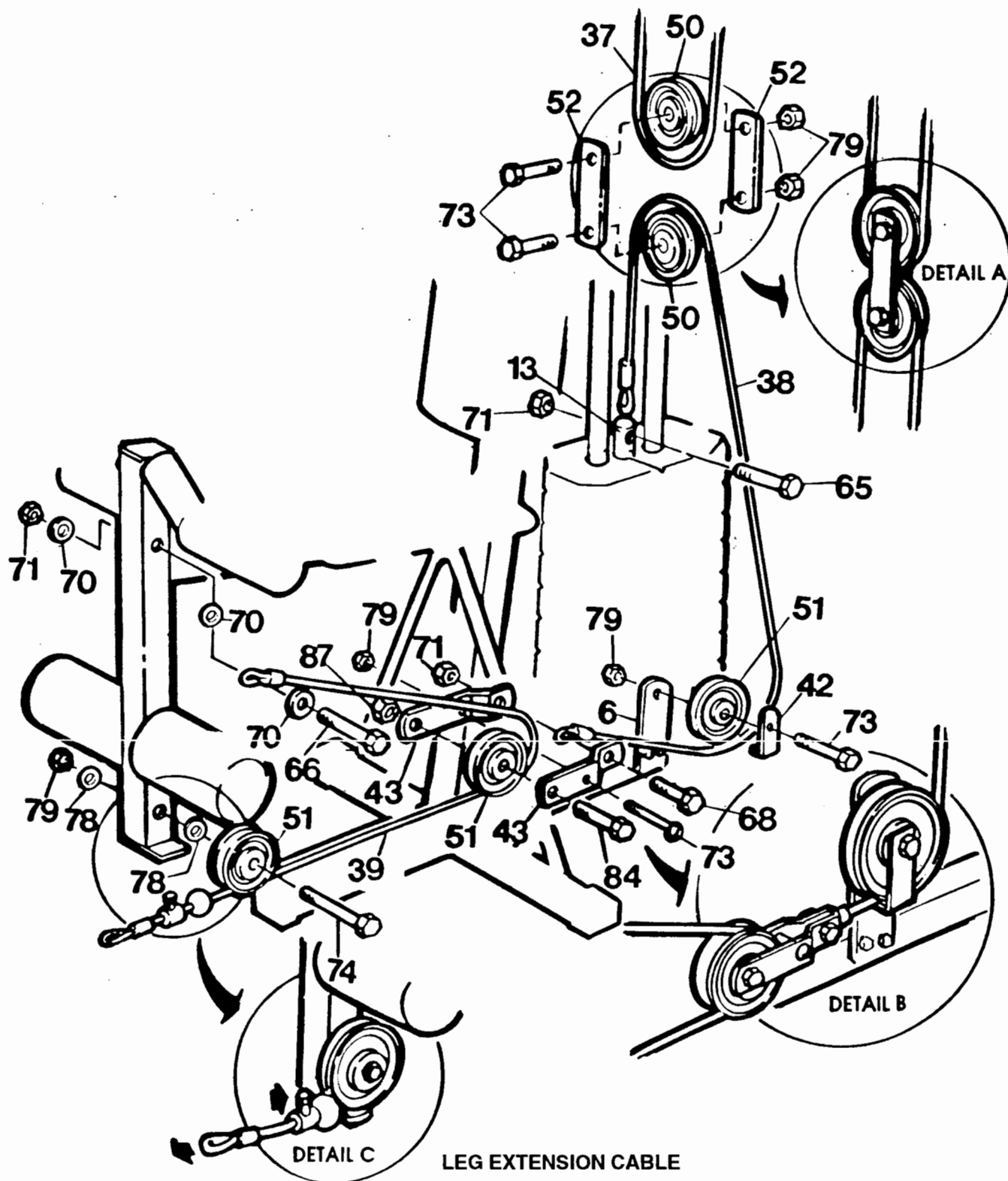
☐ At this point you should pull this Cable tight by pulling downward on the section of the Cable you left draped down in an earlier step. Make sure all of the Cable is seated properly in the grooves of the pulleys and the trap brackets are in their correct positions.



STEP 15 LOWER PULLEY AND CABLE ASSEMBLY

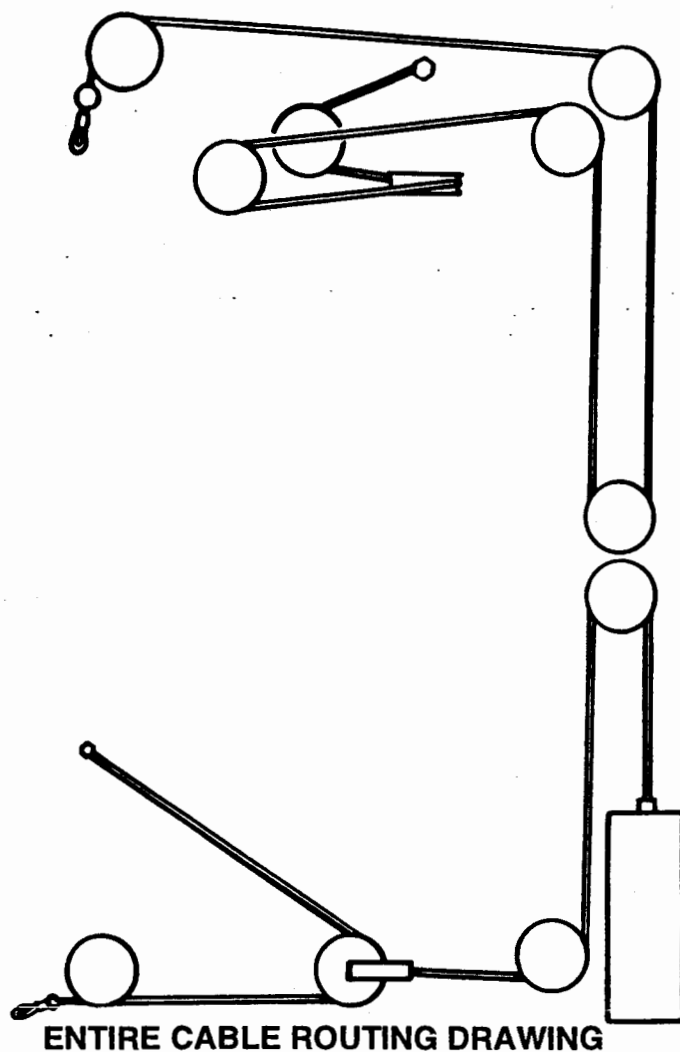
PART NAME	QTY
65 5/16" X 1 1/2" HEX HEAD BOLT	1
66 5/16" X 2" HEX HEAD BOLT	1
68 5/16" X 3/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	3
71 5/16" NYLON LOCK NUT	3
73 3/8" X 1 3/4" HEX HEAD BOLT	4
74 3/8" X 2 3/4" HEX HEAD BOLT	1
78 3/8" FLAT WASHER	2
79 3/8" NYLON LOCK NUT	5
84 1/4" X 1 3/4" HEX HEAD BOLT	1
87 1/4" NYLON LOCK NUT	1

- ☐ Locate the **WEIGHT STACK CABLE (38)**. The Weight Stack Cable is 79 inches long and has a loop on each end.
- ☐ Attach the **WEIGHT STACK CABLE (38)** by inserting a loop of the cable into the end of the **WEIGHT SELECTOR TUBE (13)** and fasten with a **5/16" 1 1/2" HEX HEAD BOLT (65)** and **5/16" NYLON LOCK NUT (71)**.
- ☐ Bring the cable up and make the dual pulley assembly that hangs between the Guide Rods (SEE DETAIL "A").
- ☐ Using two **4 1/2" PULLYS (50)**, trap the Weight Selector Cable and the Pec-Deck Cable. Insert two **3/8" X 1 3/4" HEX HEAD BOLTS (73)** through a **PULLEY CONNECTOR PLATE (52)** and then through the two **4 1/2" Pulleys**. Add the second **PULLEY CONNECTOR PLATE (52)** and secure the assembly with two **3/8" NYLON LOCK NUTS (79)**. SEE DETAIL "A"
- ☐ Bring the Weight Selector Cable down and fit into a **3 1/2" PULLEY (51)**. Using a **3/8" x 1 3/4" HEX HEAD BOLT (73)**, bolt a **CABLE TRAP BRACKET (42)** and the Pulley to the bolted **PULLEY PLATE (6)** on the side of the **BASE "T" (1)** and secure with a **3/8" NYLON LOCK NUT (79)**. The Cable Trap bracket should be positioned so that it is facing toward the floor.
- ☐ Bolt **BENT PULLEY BRACKETS (43)** to the loop end of the Weight Selector Cable with a **5/16" X 3/4" HEX HEAD BOLT (68)** and **5/16" NYLON LOCK NUT (71)**.
- ☐ Locate the **LEG EXTENSION CABLE (39)**. The Leg Extension Cable is 49" long and has a loop on one end and a Rubber Ball Stop and Sliding Cable Clamp on the other end.
- ☐ Connect the Leg Extension Cable to the upper section of **LEG EXTENSION TUBE (17)**. Place a **5/16" FLAT WASHER (70)** onto **5/16" X 2" HEX HEAD BOLT (66)** and insert through the loop-end of the Leg Extension Cable. Place another **5/16" FLAT WASHER (70)** onto the bolt and insert the assembly through the hole in the Leg Extension Tube. Secure with another **5/16" FLAT WASHER (70)** and a **5/16" NYLON LOCK NUT (71)**.
- ☐ Bring the Leg Extension Cable toward the rear and around a **3 1/2" PULLEY (51)** and bolt the pulley between the **BENT PULLEY BRACKETS (43)** using a **3/8" x 1 3/4" HEX HEAD BOLT (73)** and **3/8" NYLON LOCK NUT (79)**. Fit a **1/4" X 1 3/4" HEX HEAD BOLT (84)** into the hole in the Bent Pulley Brackets that falls behind the Pulley and secure with a **1/4" NYLON LOCK NUT (87)**. This bolt acts as a Cable Trap. SEE DETAIL "B"
- ☐ Bring the Leg Extension Cable forward and assemble onto the bottom of the Leg Extension Tube, so the cable is trapped under a **3 1/2" PULLEY (51)**. Place a **3/8" X 2 3/4" HEX HEAD BOLT (74)** into the **3 1/2" Pulley** and then through a **3/8" FLAT WASHER (78)** and attach assembly to the Leg Extension Tube trapping the Cable under the pulley and secure with a **3/8" FLAT WASHER (78)** and **3/8" NYLON LOCK NUT (79)**. SEE DETAIL "C"
- ☐ Checking to see that all cables are seated in the Pulley grooves, pull the Leg Extension Cable forward so all the slack is taken out of the cable system. Slide the rubber ball stopper back against the leg extension tube and snug the sliding cable clamp firmly against the the rubber ball stopper and tighten the hex bolt on the clamp securely. SEE DETAIL "C". With use the cables will stretch and you may have to re-set the cable clamp to take out any slack that develops.

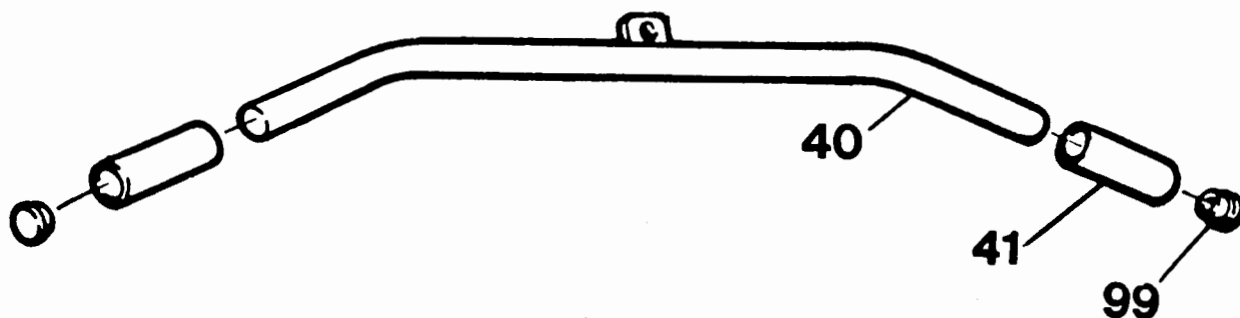


LEG EXTENSION CABLE

When assembling the Leg Extension Cable, make sure the end of the cable that is bolted to the pulley at the base of the Leg Extension has the crimped ferrule at the very end, then the sliding cable clamp with the hex bolt, and then the rubber ball stopper, IN THAT ORDER. If this order is not correct, then you must slide the sliding cable clamp and rubber stop to the opposite end. SEE ILLUSTRATION!



STEP 16 LAT BAR



- ☐ To the **LAT BAR (40)** press **1" ROUND PLASTIC CAPS (99)** into each end of the Bar and assemble **1" X 5" FOAM GRIPS (41)** to the bar with the aid of a small amount of liquid dish detergent.
- ☐ To use the Lat Bar, connect to the Cable at the Top Frame with **LATCH HOOK (89)**. This Bar is used to do all Lat Pull-Down Exercises.

LIMITED WARRANTY

Weider Health and Fitness, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of ONE YEAR from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of FIVE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.

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 when calling:

1. The MODEL NUMBER of the product. (WL820520)
2. The NAME of the product. (WESLO® SPECTRA FORCE 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) needed. (The assembly steps in this manual list the key numbers and descriptions of all parts.)

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