

Patent Pending

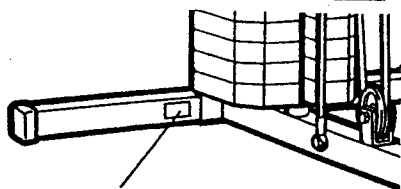
FORCE SPECTRA

WEIGHT TRAINING SYSTEM
FIVE WORKOUT STATIONS
20 PLUS EXERCISES
100 LB WEIGHT STACK
WEIGHT DOUBLING SYSTEM
200 LBS RESISTANCE

WESLO®

Model No. WL820521

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.

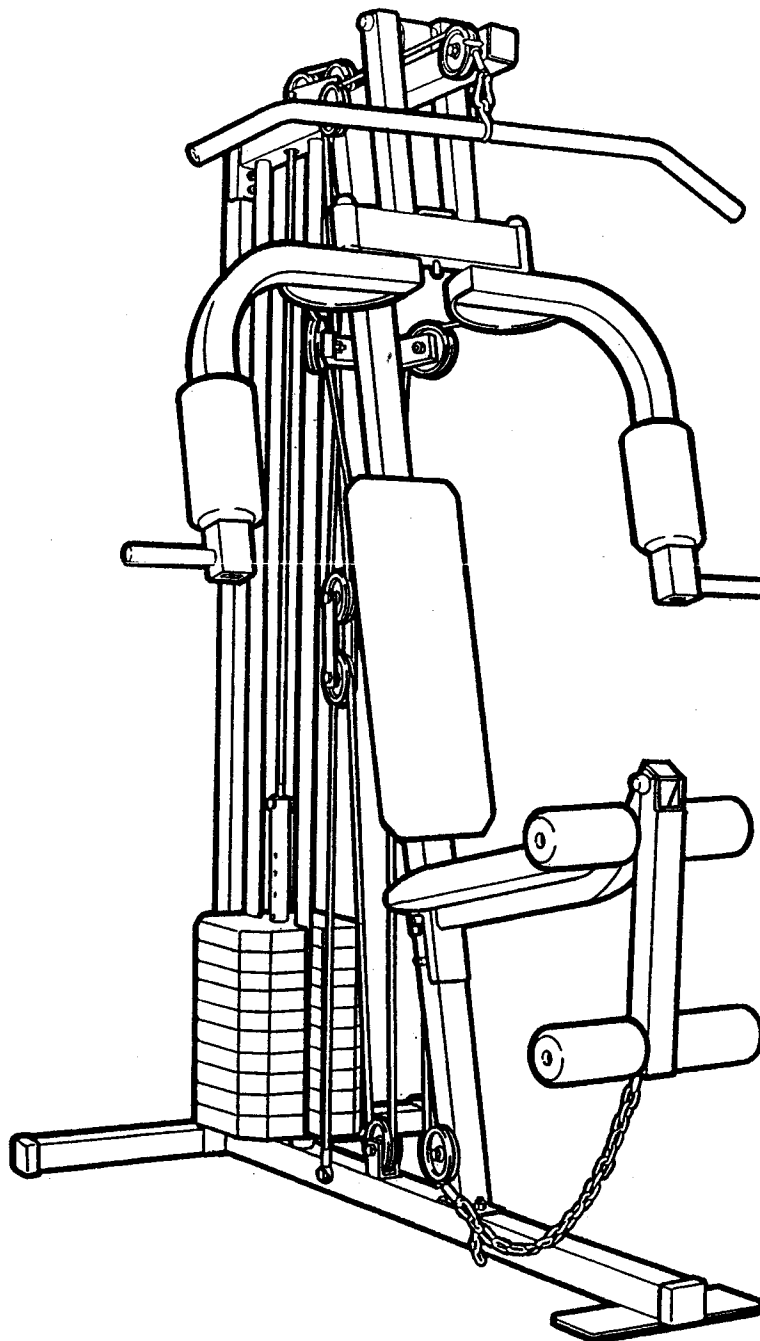
CUSTOMER HOT LINE:

1-800-999-3756

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

CAUTION!

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



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

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IMPORTANT SAFETY PRECAUTIONS

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

1. Read all instructions in this manual and any accompanying literature before using the weight training system. Use the weight training system only as described in this manual.
2. Inspect and tighten all parts each time you use the weight training system. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear shoes for foot protection.
4. Keep small children away from the weight training system at all times.
5. Always keep one weight pin inserted under the top weight.
6. Never release the lat bar, leg lever or press arms while weights are raised. The weights will fall with great force.
7. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

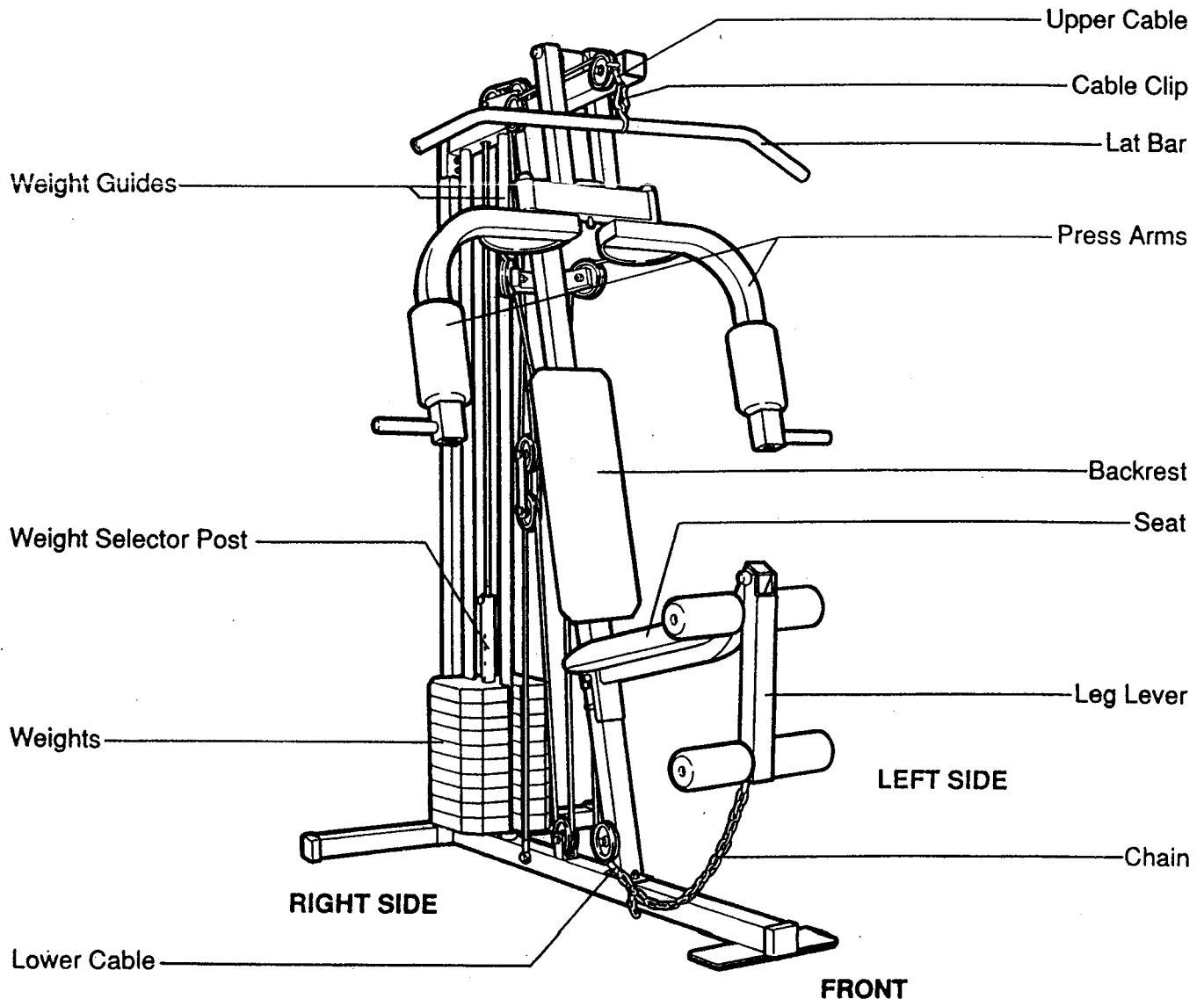
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. WESLO assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Congratulations for selecting the WESLO® SPECTRA FORCE weight training system. Whether your goal is to improve your cardiovascular fitness, shape and tone your body or develop dramatic muscle size and strength, the SPECTRA FORCE will help you to achieve the specific results you want in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the SPECTRA FORCE. 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 WL820521. The serial number can be found on a decal attached to the SPECTRA FORCE (see the front cover of this manual for the location of the decal).

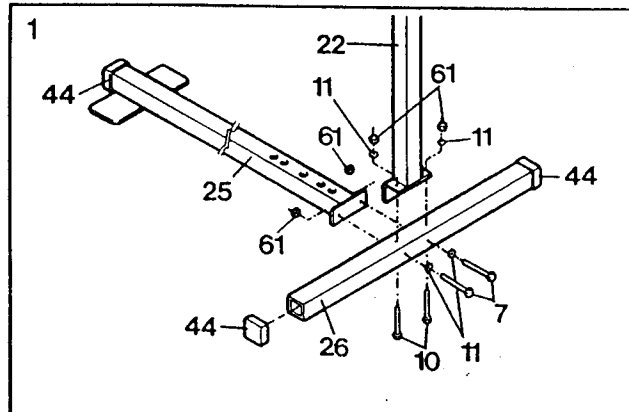
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



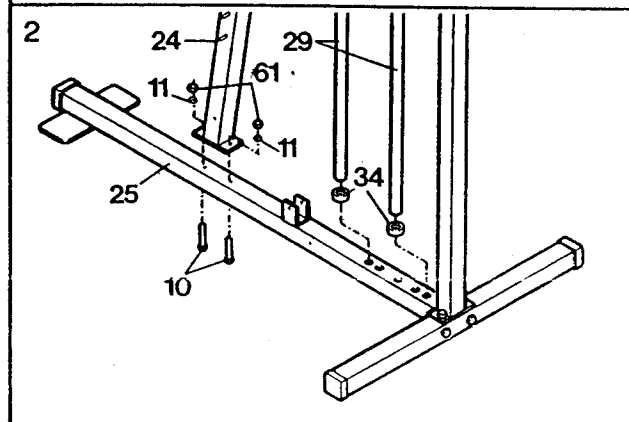
ASSEMBLY

Set all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the weight training system is completely assembled. **Read all steps and examine all drawings carefully.** Assembly can be completed using grease (included), and two adjustable wrenches, a hammer and soapy water (not included). The assistance of a second person is required.

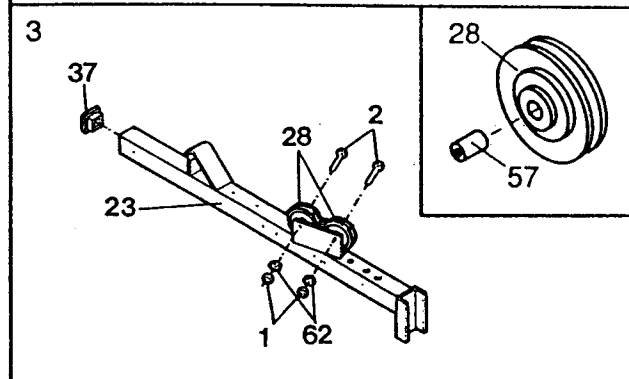
1. Press Endcaps (44) onto the Stabilizer (26) and Bottom Brace (25). Insert two 10mm x 62mm Carriage Bolts (10) up through the Stabilizer. Attach the Rear Upright (22) to the Stabilizer with two 10mm Washers (11) and 10mm Nylock Nuts (61); do not tighten the Nuts yet. Attach the Bottom Brace (25) to the Stabilizer with two 10mm x 68mm Bolts (7), 10mm Washers (11) and 10mm Nylock Nuts (61); do not tighten the Nuts yet.



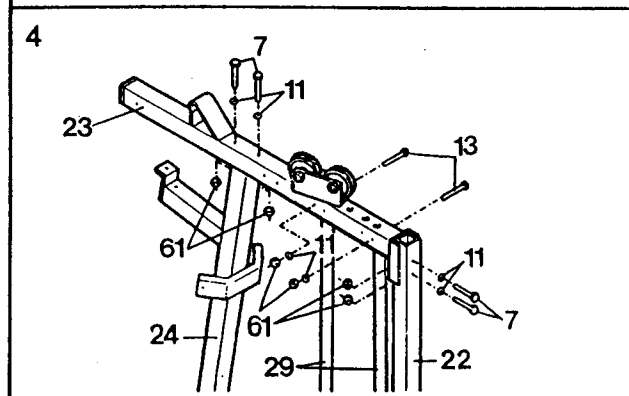
2. Insert two 10mm x 62mm Carriage Bolts (10) up through the Bottom Brace (25). Attach the Front Upright (24) to the Bottom Brace with two 10mm Washers (11) and 10mm Nylock Nuts (61); do not tighten the Nuts yet. Slide Bumpers (34) onto the lower ends of the Weight Guides (29). (The upper ends of the Weight Guides have holes through them; the lower ends do not.) Insert the Weight Guides into the indicated holes in the Bottom Brace.



3. Press the Endcap (37) into the Top Brace (23). Attach two Pulleys (28) to the bracket on the Top Brace with two 8mm x 42mm Bolts (2), Small 8mm Washers (62) and 8mm Nylock Nuts (1). **Note: As you attach the 12 Pulleys used in steps 3–12, insert a Pulley Sleeve (57) into the center of each Pulley.**

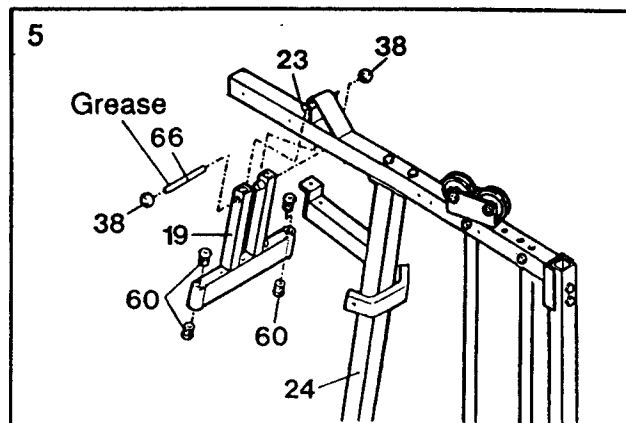


4. Slide the Top Brace (23) onto the upper ends of the Weight Guides (29). Attach the Top Brace to the Front Upright (24) with two 10mm x 68mm Bolts (7), 10mm Washers (11) and 10mm Nylock Nuts (61); do not tighten the Nuts yet. Attach the Top Brace to the Rear Upright (22) in the same manner. **Tighten all Nuts used in steps 1 through 4.**

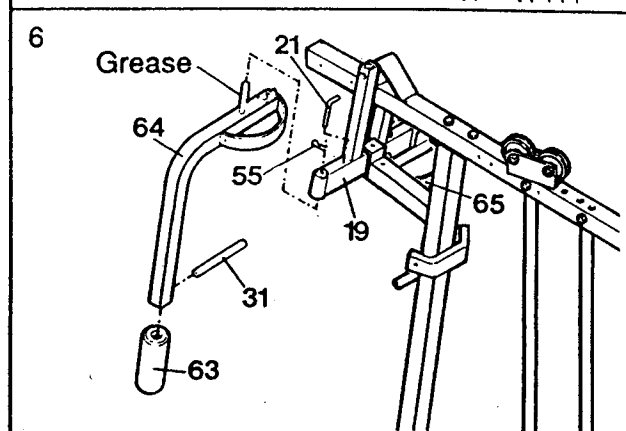


Align the holes in the upper ends of the Weight Guides (29) with the holes in the Top Brace (23). (Note: If your Top Brace does not have holes in the indicated locations, disregard this step and go to step 5.) If your Top Brace has holes, attach each Weight Guide with a 10mm x 62mm Bolt (13), 10mm Washer (11) and 10mm Nylock Nut (61).

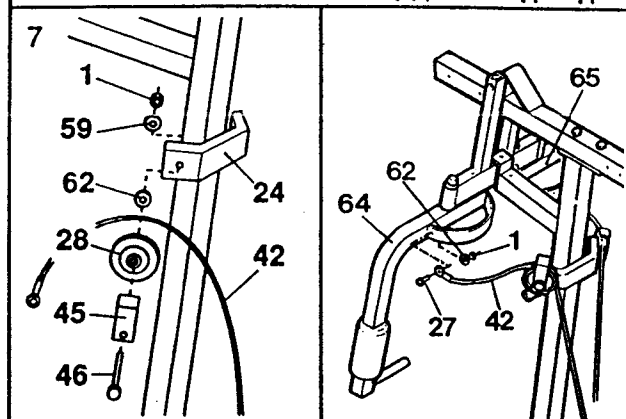
5. Tap a 1/2" Dome Axle Cap (38) onto one end of the 1/2" Axle (66). Apply grease to the Axle. Press the four Bushings (60) into the Arm Support (19). Align the holes in the upper end of the Arm Support with the hole in the bracket on the Top Brace (23). Make sure that the Arm Support is turned so the decal is visible. Insert the 1/2" Axle through the Arm Support and the bracket on the Top Brace. Tap a 1/2" Dome Axle Cap onto the other end of the Axle.



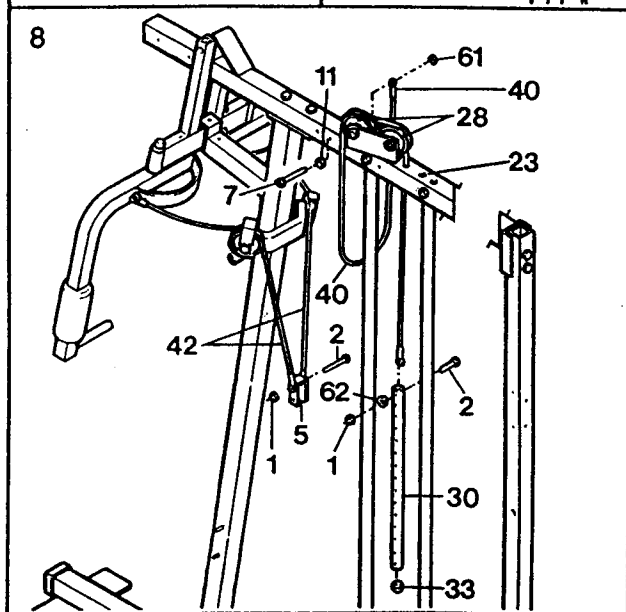
6. Apply grease to the post on the Left Arm (64). Insert the post into the Arm Support (19) and insert a Hairpin Cotter Pin (55) through the post. Insert a Pull Pin (21) through the Arm Support and the Left Arm. Wet the end of the Left Arm and the inside of a Butterfly Pad (63) with soapy water. Slide the Pad onto the Left Arm until the Pad is 6" from the end. Tighten an Arm Handle (31) clockwise into the Left Arm. Assemble the Right Arm (65) in the same manner.



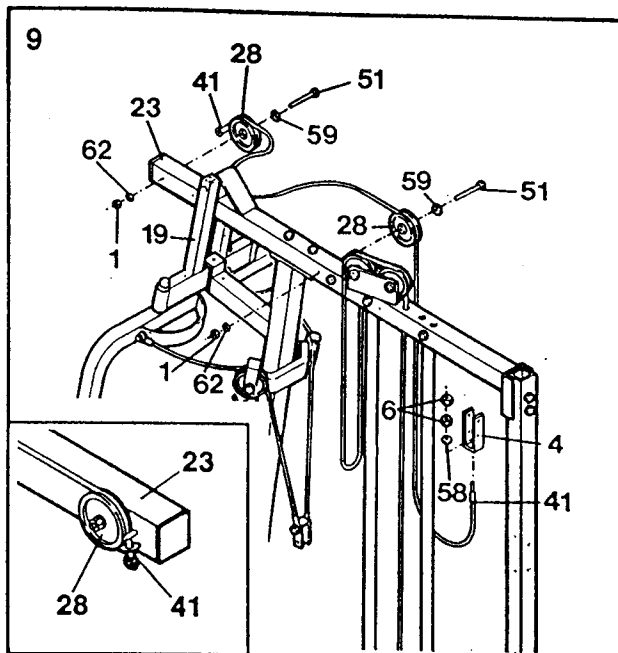
7. Slide a Cable Guide (45), a Pulley (28) and a Small 8mm Washer (62) onto an 8mm x 58mm Bolt (46). Insert the Bolt into the bracket on the Front Upright (24). Slide a Large 8mm Washer (59) onto the Bolt and thread an 8mm Nylock Nut (1) onto the Bolt. Before tightening the Nut, lay one end of a Butterfly Cable (42) over the Pulley and under the Cable Guide. (The Butterfly Cables are the shortest Cables.) Attach the end of the left Butterfly Cable to the Left Arm (64) with an 8mm x 20mm Bolt (27), a Small 8mm Washer (62) and an 8mm Nylock Nut (1). Do not overtighten the Nut—the Cable must swivel freely. Attach the right Butterfly Cable to the Front Upright and the Right Arm (65) in the same manner.



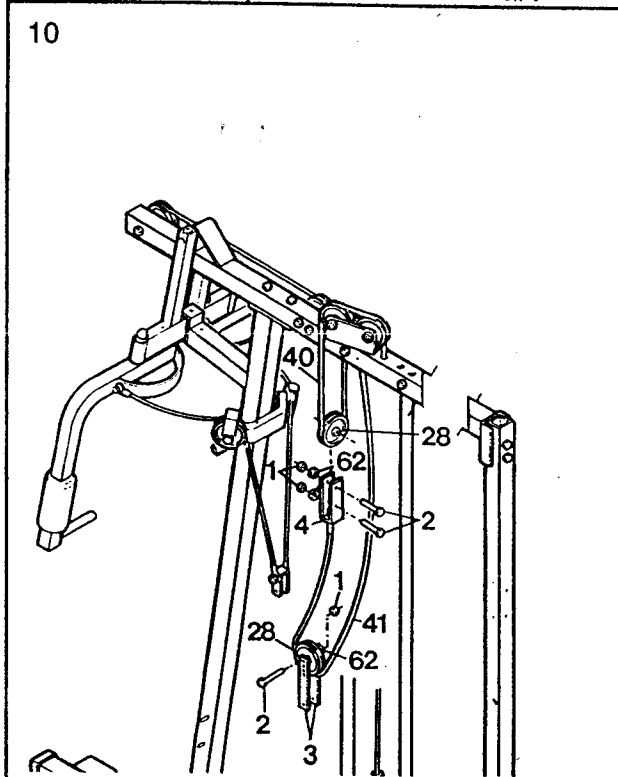
8. Attach the ends of the Butterfly Cables (42) to the Short "U"-Bracket (5) with an 8mm x 42mm Bolt (2) and an 8mm Nylock Nut (1). Attach one end of the Weight Stack Cable (40) to the side of the Top Brace (23) with a 10mm x 68mm Bolt (7), a 10mm Washer (11) and a 10mm Nylock Nut (61). (The Weight Stack Cable is similar to the Lower Cable [not shown], but is only two-thirds as long.) Loop the Cable under the Top Brace, lay it over the two indicated Pulleys (28) and insert the end down through the Top Brace. Attach the Cable to the upper end of the Weight Selector Tube (30) with an 8mm x 42mm Bolt (2), a Small 8mm Washer (62) and an 8mm Nylock Nut (1). (The upper end of the Weight Selector Tube has a small hole through it; the lower end does not.) Press the Endcap (33) into the lower end of the Weight Selector Tube.



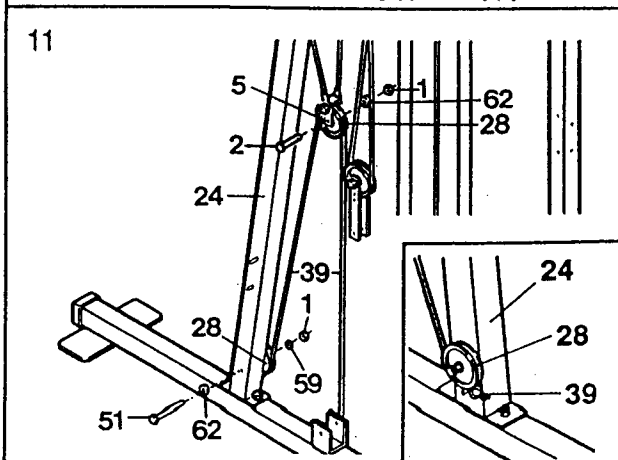
9. Insert the eyelet end of the Upper Cable (41) between the right side of the Arm Support (19) and the Top Brace (23). Lay the end of the Cable over a Pulley (28). Attach the Pulley to the Top Brace with an 8mm x 85mm Bolt (51), a Large 8mm Washer (59), a Small 8mm Washer (62) and an 8mm Nylock Nut (1). Make sure that the collar on the eyelet is in front of the guide pin on the Top Brace (see the inset drawing). Lay the Cable over another Pulley. Attach the Pulley to the center of the Top Brace with an 8mm x 85mm Bolt (51), a Large 8mm Washer (59), a Small 8mm Washer (62) and an 8mm Nylock Nut (1). Insert the threaded end of the Cable into the Long "U"-Bracket (4). Slide the 5/16" Washer (58) onto the end of the Cable, and thread the two 5/16" Adjustment Nuts (6) onto the end of the Cable.



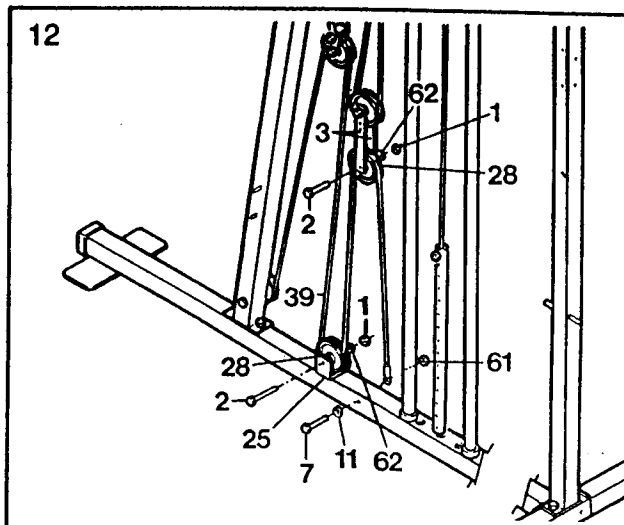
10. Position a Pulley (28) in the Weight Stack Cable (40) as shown. Attach the Pulley to the Long "U"-Bracket (4) with two 8mm x 42mm Bolts (2), Small 8mm Washers (62) and 8mm Nylock Nuts (1). Position another Pulley in the Upper Cable (41). Attach an "I"-Plate (3) to each side of the Pulley with an 8mm x 42mm Bolt (2), a Small 8mm Washer (62) and an 8mm Nylock Nut (1). Make sure that the Bolt is in the top holes in the "I"-Plates.



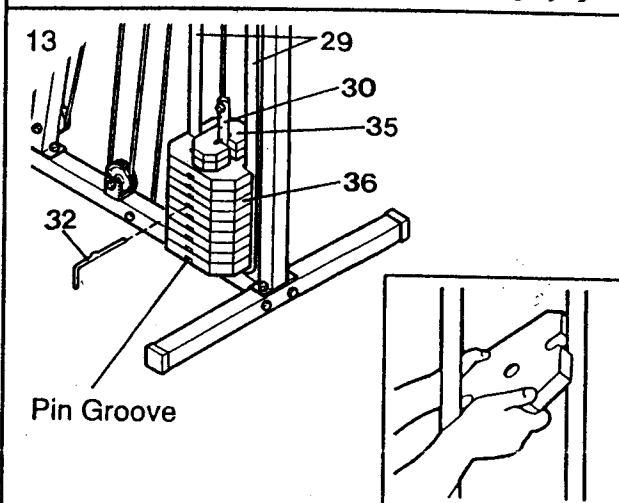
11. Find the end of the Lower Cable (39) with a collar on the eyelet. Wrap that end of the Cable under a Pulley (28). Attach the Pulley to the Front Upright (24) with an 8mm x 85mm Bolt (51), a Small 8mm Washer (62), a Large 8mm Washer (59) and an 8mm Nylock Nut (1). Make sure that the collar on the eyelet is in front of the guide pin on the Front Upright (see the inset drawing). Lay the Cable over another Pulley. Attach the Pulley to the Short "U"-Bracket (5) with an 8mm x 42mm Bolt (2), a Small 8mm Washer (62) and an 8mm Nylock Nut (1).



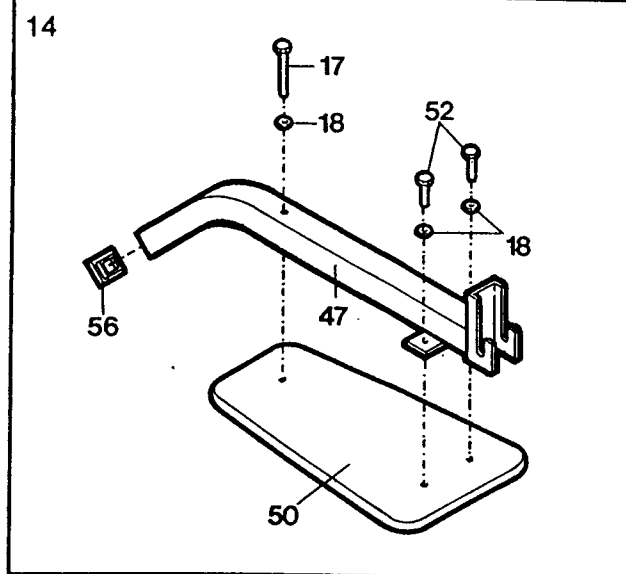
12. Wrap the Lower Cable (39) under a Pulley (28). Attach the Pulley to the bracket on the Bottom Brace (25) with an 8mm x 42mm Bolt (2), a Small 8mm Washer (62) and an 8mm Nylock Nut (1). Lay the Cable over another Pulley. Attach the Pulley to the "I"-Plates (3) with an 8mm x 42mm Bolt (2), a Small 8mm Washer (62) and an 8mm Nylock Nut (1). Attach the end of the Cable to the side of the Bottom Brace with a 10mm x 68mm Bolt (7), 10mm Washer (11) and 10mm Nylock Nut (61).



13. Raise the Weight Selector Tube (30). Place the nine Large Weights (36) and the two Small Weights (35) between the Weight Guides (29) by tipping the Weights as shown. Make sure that all of the Large Weights are turned so the pin grooves are under the Weights and are on the same side. Insert a Weight Pin (32) under the top Large Weight and turn the end of the Pin downward. The other Weight Pin will be used to select Weights (see ADJUSTMENT).



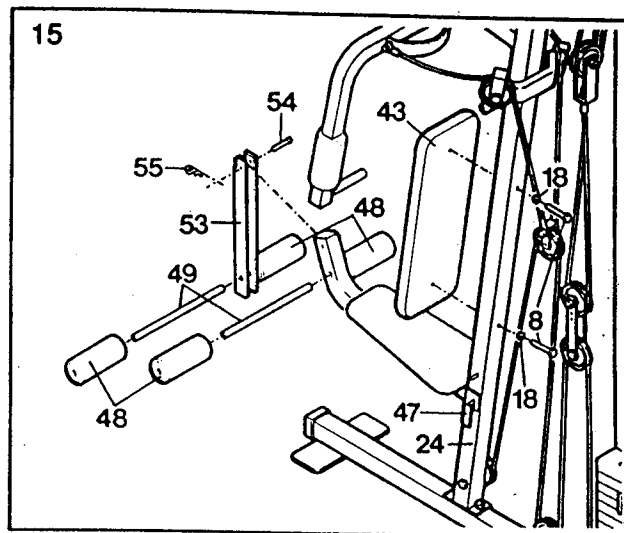
14. Press the Endcap (56) into the Seat Support (47). Attach the Seat (50) to the Seat Support with a 6mm x 50mm Bolt (17), two 6mm x 12mm Bolts (52) and three 6mm Star Washers (18).



- Slide the bracket on the Seat Support (47) onto one of the two sets of pins on the Front Upright (24). Attach the Leg Lever (53) to the Seat Support as shown with the Leg Lever Pin (54) and a Hairpin Cotter Pin (55).

Insert one Pad Tube (49) into the Leg Lever (53) and one into the Seat Support (47). Wet the ends of the Pad Tubes and the insides of the four Leg Lever Pads (48) with soapy water. Slide the Pads onto the Pad Tubes.

Attach the Backrest (43) to the Front Upright (24) with two 6mm x 60mm Bolts (8) and 6mm Star Washers (18).

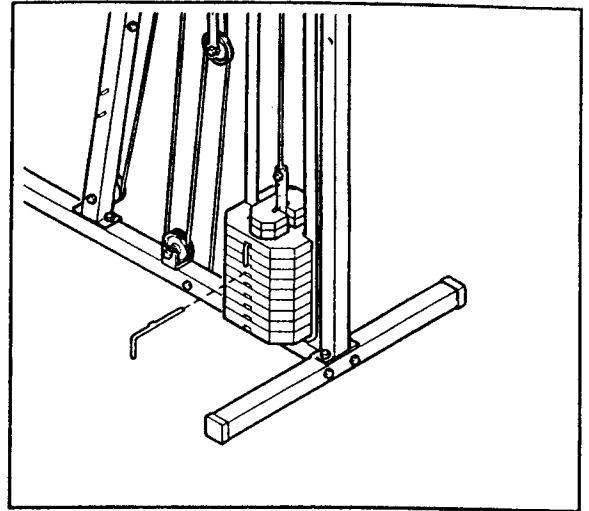


- Make sure that all parts are properly tightened before using the weight training system. **IMPORTANT: Before using the weight training system, the five cables should be tested without weights. If the cables are not tested, they may be permanently damaged.** To test the cables, first remove both weight pins from the weight stack. Pull on the end of each cable a few times to make sure the cable moves smoothly over the pulleys. If a cable does not move smoothly, locate and correct the problem before using the cable with weights.

ADJUSTMENT

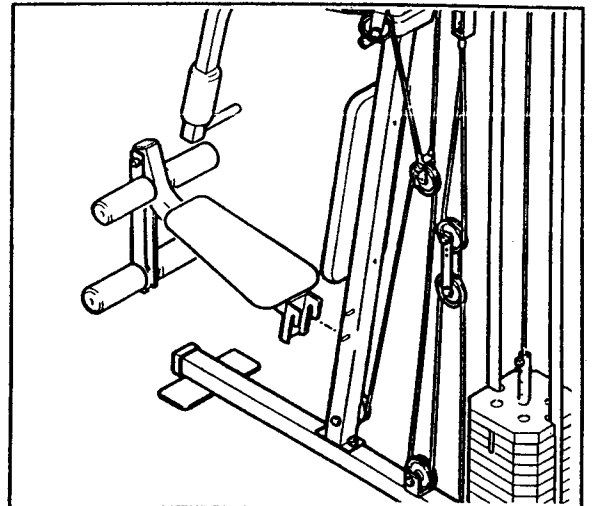
CHANGING THE WEIGHT SETTING

Although the large and small weights weigh 10 and 5 pounds respectively, the resistance will be twice that amount due to the design of the equipment. The weight setting can be changed from a minimum of 20 pounds, up to a maximum of 200 pounds, in increments of 10 pounds. To increase the weight setting, insert one of the weight pins lower in the stack and turn the end of the pin downward. To decrease the weight setting, insert the weight pin higher in the stack. Always keep one weight pin inserted under the top large weight. Note: If using only one large weight, remove the top three large weights and then insert the weight pin under the top weight.



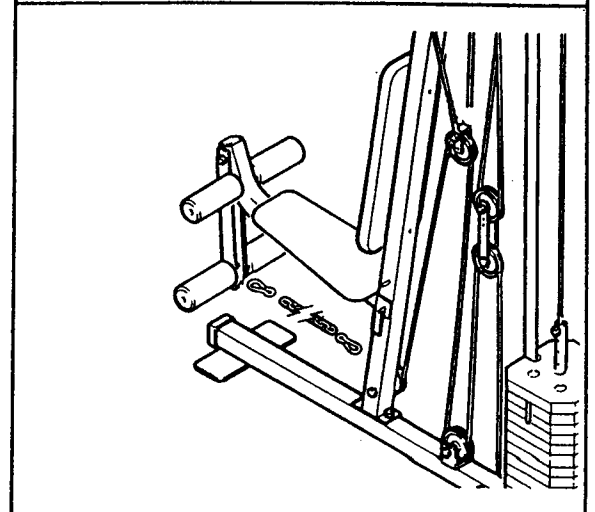
ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached as described in assembly step 15 on page 9 of this manual. For certain exercises, the seat support must be removed. If the chain is attached to the leg lever, remove the chain. Then, lift the seat support until the bracket on the seat support is free of the pins on the frame.



ATTACHING THE LEG LEVER TO THE WEIGHT SYSTEM

Attach the chain between the leg lever and the lower cable with two cable clips.



ATTACHING THE LAT BAR OR THE ANKLE STRAP TO THE WEIGHT SYSTEM

To attach the lat bar to the lower cable, first remove the seat support from the front upright as described above. Attach the chain between the lat bar and the lower cable with the two cable clips.

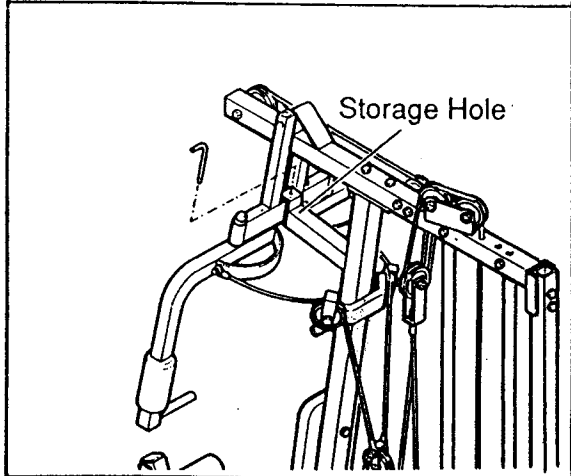
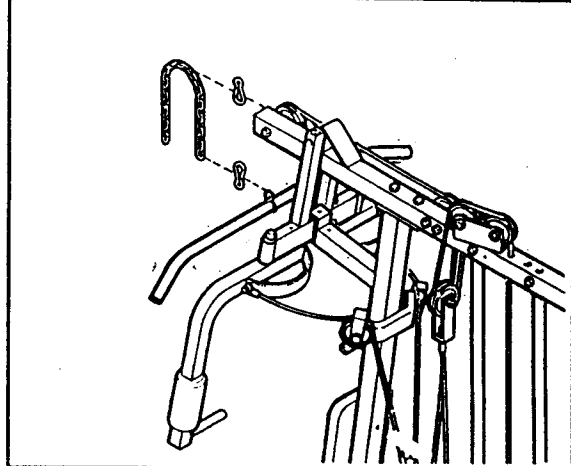
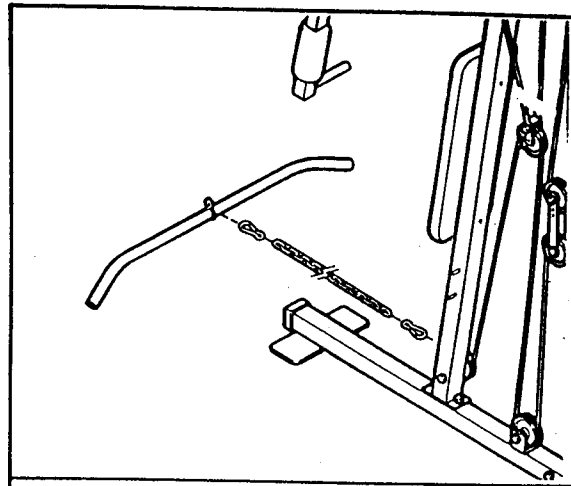
Attach the ankle strap to the lower cable in the same manner as the lat bar.

To use the lat bar with the upper cable, the chain must be attached between the lat bar and the cable using the cable clips. The chain can be shortened by attaching the cable clips closer together along the chain. **IMPORTANT: The proper length of chain between the lat bar and the upper cable should be determined by the exercise to be performed. Adjust the length of the chain until the lat bar is in a comfortable starting position.**

USING THE PRESS ARM AND BUTTERFLY ARMS

To use the left and right arms in the press arm mode, insert the pull pins into the arm support and the arms as described in assembly step 6 on page 6 of this manual. **IMPORTANT: Always insert the pull pins when using the press arm or the press arm will be damaged.**

To use the left and right arms in the butterfly mode, remove the pull pins from the arm support and the arms. Insert one of the pull pins into the frame extension and the arm support as shown in the drawing at the right. Insert the other pin into the indicated storage hole.



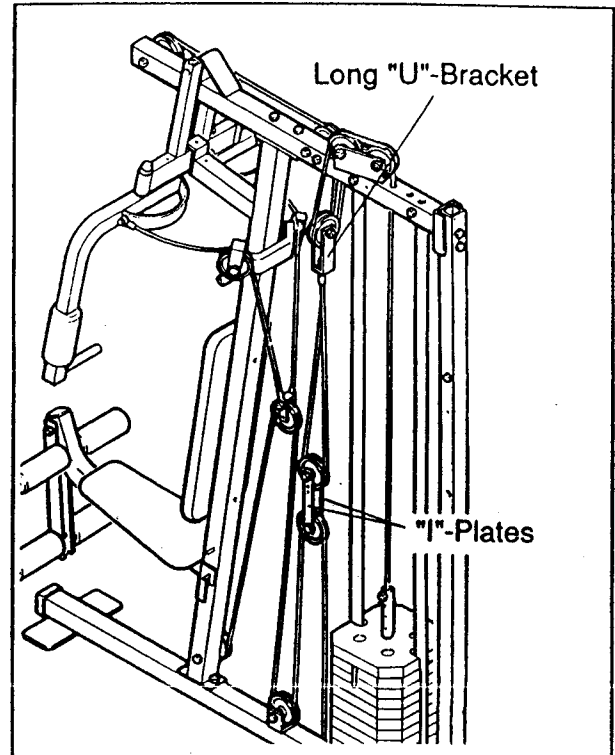
MAINTENANCE AND TROUBLE-SHOOTING

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

ADJUSTING THE WEIGHT SYSTEM

If there is slack in the weight system before the weight engages, the cables may need to be adjusted. There are two adjustment nuts located in the long "U"-bracket which allow fine adjustment. Loosen the upper nut, and turn the lower nut clockwise until the cables are tight. **Do not allow the cable to twist as you turn the nut.** Tighten the upper nut onto the lower nut. If the cable cannot be tightened any further using the adjustment nuts, follow the instructions below.

Loosen the adjustment nuts until they are at the end of the cable threads. Locate the two pulleys connected by the two "I"-plates. The "I"-plates have three adjustment holes which can be used to tighten the cables. Remove the upper pulley from the "I"-plates using two adjustable wrenches. Move the pulley to the next lower hole in the "I"-plates and reattach the pulley. **Do not overtighten the bolt and nut which attach the pulley to the "I"-plates; the pulley should turn freely.** Tighten the adjustment nuts until the cables are tight as described above.



PART LIST—Model No. WL820521

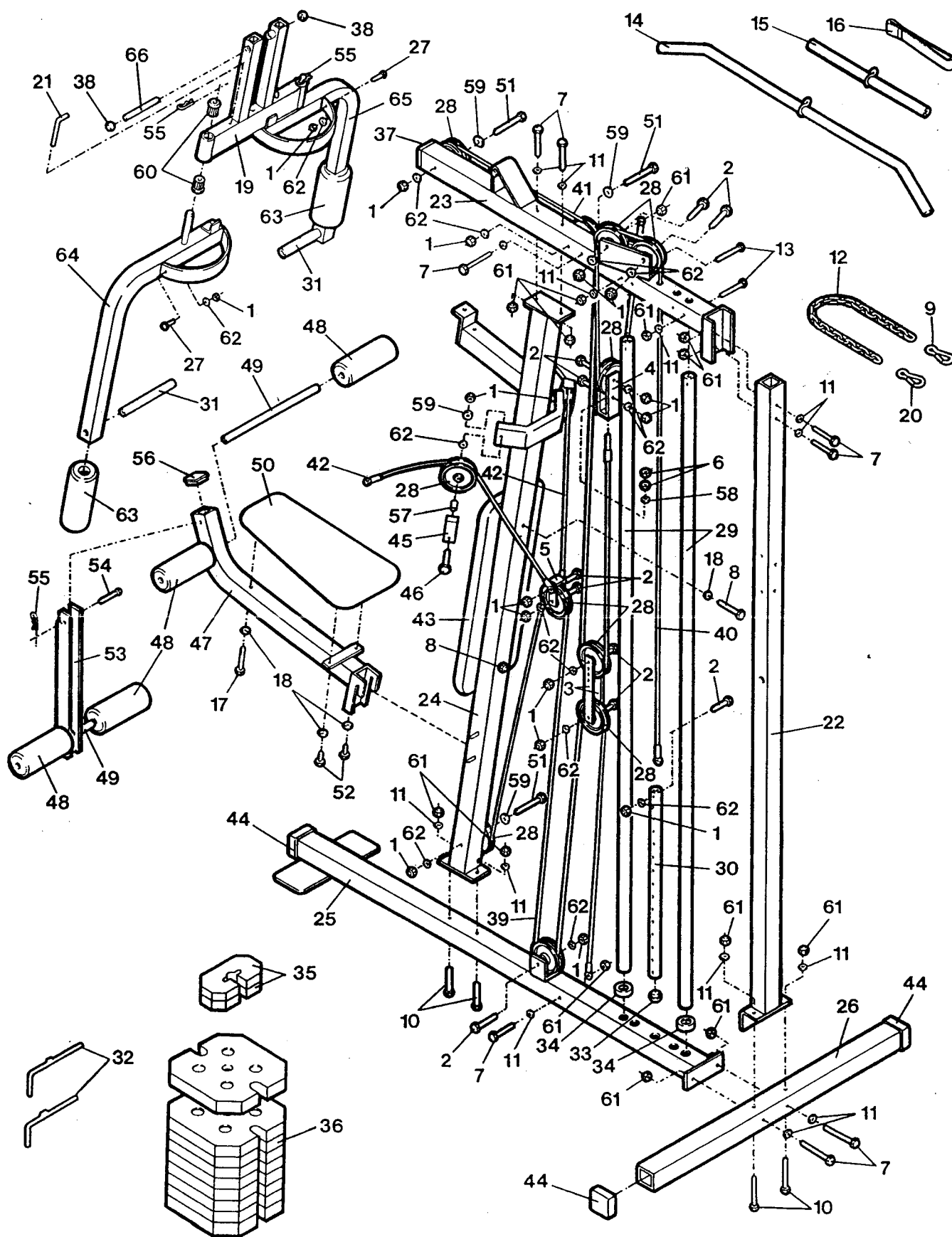
Rev. 11/92

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|---------------------------|---------|------|---------------------|
| 1 | 17 | 8mm Nylock Nut | 36 | 9 | Large Weight |
| 2 | 10 | 8mm x 42mm Bolt | 37 | 1 | Top Brace Endcap |
| 3 | 2 | "I"-Plate | 38 | 2 | 1/2" Dome Axle Cap |
| 4 | 1 | Long "U"-Bracket | 39 | 1 | Lower Cable |
| 5 | 1 | Short "U"-Bracket | 40 | 1 | Weight Stack Cable |
| 6 | 2 | 5/16" Adjustment Nut | 41 | 1 | Upper Cable |
| 7 | 8 | 10mm x 68mm Bolt | 42 | 2 | Butterfly Cable |
| 8 | 2 | 6mm x 60mm Bolt | 43 | 1 | Backrest |
| 9 | 1 | Large Cable Clip | 44 | 3 | Endcap |
| 10 | 4 | 10mm x 62mm Carriage Bolt | 45 | 2 | Cable Guide |
| 11 | 14 | 10mm Washer | 46 | 2 | 8mm x 58mm Bolt |
| 12 | 1 | Chain | 47 | 1 | Seat Support |
| 13 | 2 | 10mm x 62mm Bolt | 48 | 4 | Leg Lever Pad |
| 14 | 1 | Lat Bar | 49 | 2 | Pad Mounting Tube |
| 15 | 1 | Rower Bar | 50 | 1 | Seat |
| 16 | 1 | Ankle Strap | 51 | 3 | 8mm x 85mm Bolt |
| 17 | 1 | 6mm x 50mm Bolt | 52 | 2 | 6mm x 12mm Bolt |
| 18 | 5 | 6mm Star Washer | 53 | 1 | Leg Lever |
| 19 | 1 | Arm Support | 54 | 1 | Leg Lever Pin |
| 20 | 1 | Small Cable Clip | 55 | 3 | Hairpin Cotter Pin |
| 21 | 2 | Pull Pin | 56 | 1 | Seat Support Endcap |
| 22 | 1 | Rear Upright | 57 | 12 | Pulley Sleeve |
| 23 | 1 | Top Brace | 58 | 1 | 5/16" Washer |
| 24 | 1 | Front Upright | 59 | 5 | Large 8mm Washer |
| 25 | 1 | Bottom Brace | 60 | 4 | Bushing |
| 26 | 1 | Stabilizer | 61 | 14 | 10mm Nylock Nut |
| 27 | 2 | 8mm x 20mm Bolt | 62 | 17 | Small 8mm Washer |
| 28 | 12 | Pulley | 63 | 2 | Butterfly Pad |
| 29 | 2 | Weight Guide | 64 | 1 | Left Arm |
| 30 | 1 | Weight Selector Tube | 65 | 1 | Right Arm |
| 31 | 2 | Arm Handle | 66 | 1 | 1/2" Axle |
| 32 | 2 | Weight Pin | # | 1 | Owner's Manual |
| 33 | 1 | Selector Tube Endcap | # | 1 | Exercise Manual |
| 34 | 2 | Weight Guide Bumper | # | 1 | Grease Packet |
| 35 | 2 | Small Weight | | | |

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

EXPLODED DRAWING—Model No. WL820521

Rev. 11/92



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling 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 following information before calling:

1. The MODEL NUMBER of the product (WL820521).
2. The NAME of the product (WESLO® SPECTRA FORCE weight training system).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 14 of this manual.
5. The DESCRIPTION of the part(s) from page 14 of this manual.