

# FORCE

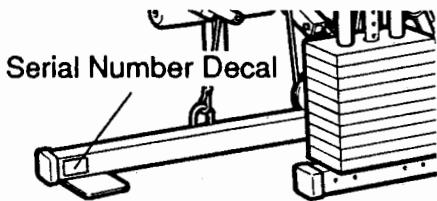
QUADRA  
A

CROSS TRAINING SYSTEM  
THREE PERSON CAPACITY  
WEIGHT DOUBLING SYSTEM  
200 LB DUAL WEIGHT STACK  
400 LBS RESISTANCE  
40 PLUS EXERCISES  
EIGHT WORKOUT STATIONS

## WESLO®

Model No. WL821120

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.**

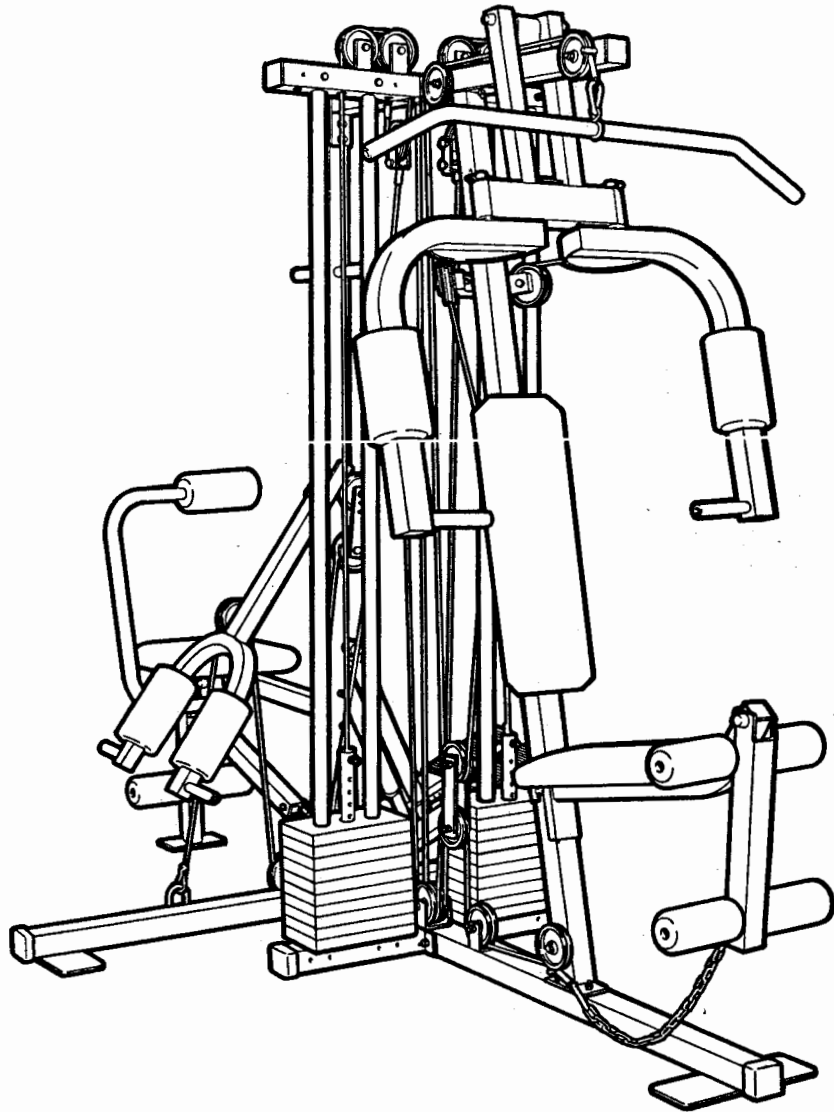
The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

**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.



## 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 cross-training system.

1. Read all instructions in this manual and in any accompanying literature before using the cross-training system. Use the cross-training system only as described in this manual.
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 other than the designated handles. Always wear shoes for foot protection.
4. Keep small children away from the cross-training system at all times.
5. Always keep a weight pin inserted under the top large weight on each weight stack.
6. Never release the lat bar, leg lever or 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.
8. When using the stepper, always keep your feet on the pedals. If you lift your feet off the pedals, the pedals may become separated from the cylinder brackets, resulting in injury.
9. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them. Hydraulic cylinders may leak a small amount of oil. It is recommended that the floor beneath the stepper be covered.

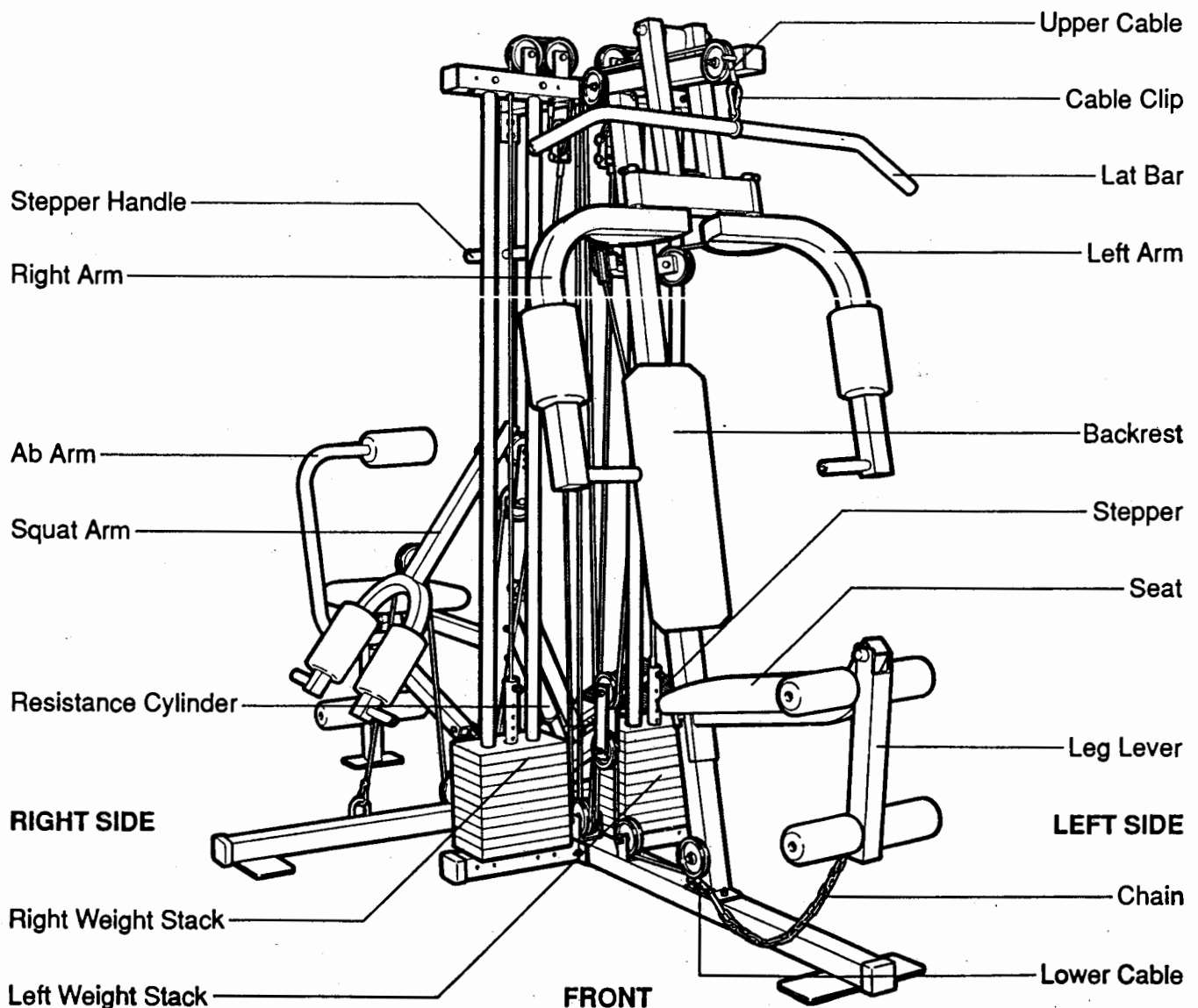
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. WESLO assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Congratulations for selecting the WESLO® QUADRA FORCE cross-training system. The QUADRA FORCE provides a wide array of both aerobic and weight training exercises for true cross-training workouts. Whether your goal is to improve your cardiovascular fitness, shape and tone your body or develop dramatic muscle size and strength, the QUADRA 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 QUADRA 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 WL821120. The serial number can be found on a decal attached to the QUADRA 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 cross-training system is completely assembled. **Read all steps and examine all drawings carefully.** Assembly can be completed using two adjustable wrenches, a hammer and soapy water (not included). The assistance of a second person is required.

1. Press an Endcap (33) onto each end of the Stabilizer (32). Insert two 3/8" x 2 3/4" Carriage Bolts (25) up through the Stabilizer. Attach the Rear Upright (29) to the Stabilizer with two 3/8" Lock Washers (10) and 3/8" Nuts (9); do not tighten the Nuts yet.

Wet the handles on the Rear Upright (29) and the insides of two Foam Grips (72) with soapy water. Slide the Foam Grips onto the handles.

2. Press an Endcap (33) onto the Base (31). Attach the Base to the Stabilizer (32) with two 3/8" x 2 3/4" Bolts (5) and 3/8" Nylock Nuts (4); do not tighten the Nylock Nuts yet.

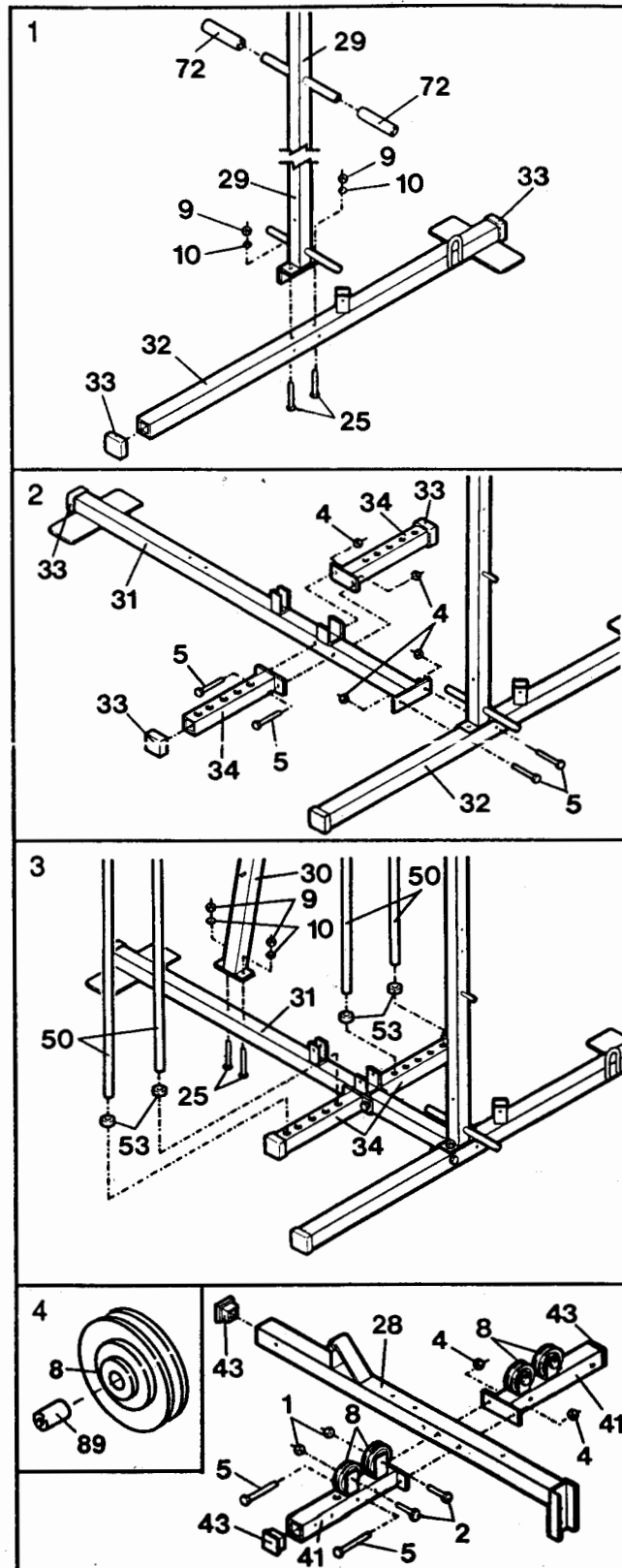
Press an Endcap (33) onto each Lower Weight Bracket (34). Attach the Lower Weight Brackets to the Base (31) with two 3/8" x 2 3/4" Bolts (5) and 3/8" Nylock Nuts (4).

3. Insert two 3/8" x 2 3/4" Carriage Bolts (25) up through the Base (31). Attach the Front Upright (30) to the Base with two 3/8" Lock Washers (10) and 3/8" Nuts (9); do not tighten the Nuts yet.

Slide a Bumper (53) onto the lower end of each Weight Guide (50). (The upper ends of the Weight Guides have holes through them; the lower ends do not.) Insert the lower ends of the Weight Guides into the indicated holes in the Lower Weight Brackets (34).

4. Press Endcaps (43) into the Upper Brace (28) and the Upper Weight Brackets (41). Attach the Upper Weight Brackets to the Upper Brace with two 3/8" x 2 3/4" Bolts (5) and 3/8" Nylock Nuts (4).

Attach two Pulleys (8) to each Upper Weight Bracket (41) with 5/16" x 2" Bolts (2) and 5/16" Nylock Nuts (1). **Note: As you attach each of the twenty-three Pulleys used in assembly, insert a Pulley Sleeve (89) into the center of the Pulley (see the Inset drawing).**



- Slide the two Upper Weight Brackets (41) onto the upper ends of the Weight Guides (50). Attach the Upper Brace (28) to the Front Upright (30) with two 3/8" x 2 3/4" Bolts (5) and 3/8" Nylock Nuts (4). Attach the Upper Brace to the Rear Upright (29) with two 3/8" x 2 3/4" Bolts (5) and 3/8" Nylock Nuts (4).

Align the holes in the upper ends of the Weight Guides (50) with the holes in the Upper Weight Brackets (41). Attach each Weight Guide with a 3/8" x 2 3/4" Bolt (5) and 3/8" Nylock Nut (4).

Tighten all Nuts used in steps 1 through 5.

- Assemble the five 1/2" Dome Axle Caps (17) and the four 3/4" Axle Caps (not shown) by pressing a metal ring into each plastic dome. Make sure that the teeth on the metal rings bend inward (see the inset drawing).

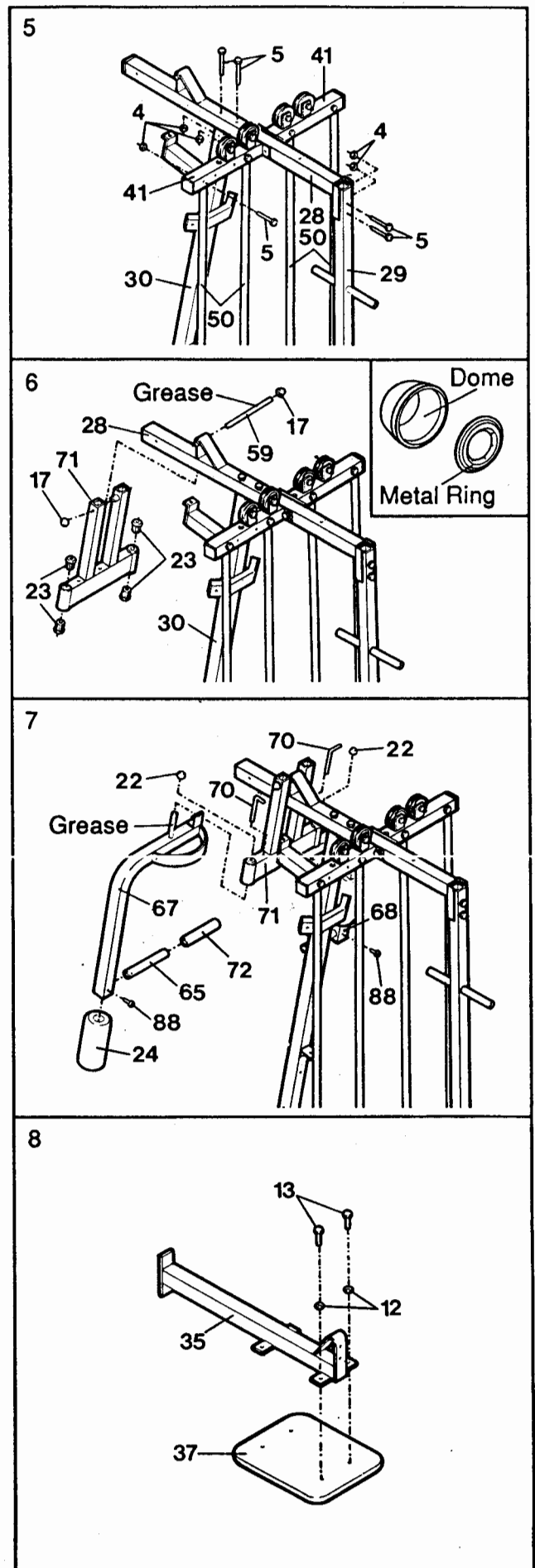
Tap a 1/2" Dome Axle Cap (17) onto one end of the Arm Support Axle (59). Apply grease to the Axle. Press four Bushings (23) into the Arm Support (71). Align the holes in the upper end of the Arm Support with the hole in the bracket on the Upper Brace (28). Make sure that the decal on the Arm support is turned away from the Front Upright (30). Insert the Axle through the Arm Support and the Upper Brace. Tap a 1/2" Dome Axle Cap (17) onto the other end of the Axle.

- Apply grease to the post on the Left Arm (67). Insert the post through the Arm Support (71). Tap a 3/4" Axle Cap (22) onto the post. Lock the Left Arm in place by inserting a Pull Pin (70) through the Arm Support and the Left Arm.

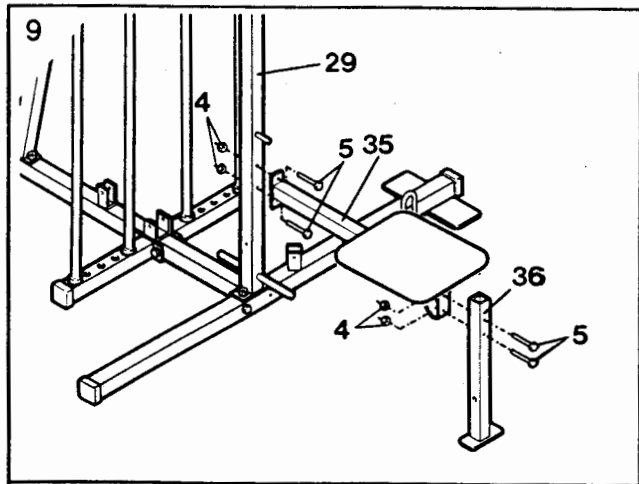
Wet the lower end of the Left Arm (67) and the inside of a Butterfly Pad (24) with soapy water. Slide the Pad onto the Left Arm until the Pad is 6" from the end. Attach an Arm Handle (65) to the Left Arm with a 3/4" Screw (88). Wet the Handle and the inside of a Foam Grip (72) with soapy water. Slide the Foam Grip onto the Handle.

Assemble the Right Arm (68) in the same manner.

- Attach the Ab Seat (37) to the Ab Frame (35) with two 1/4" x 3/4" Bolts (13) and 1/4" Lock Washers (12).

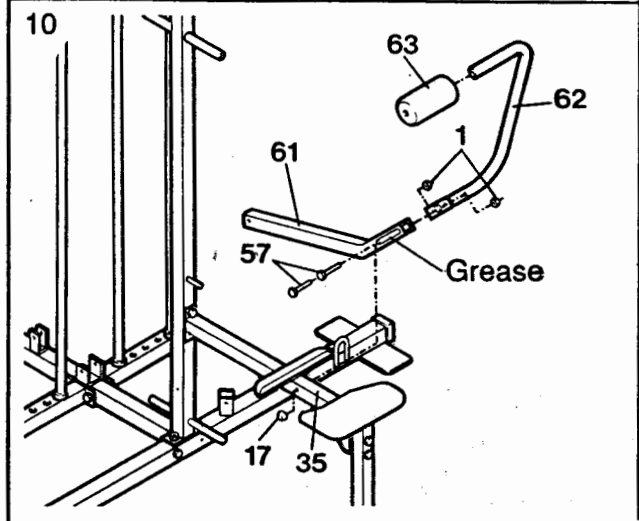


9. Attach the Ab Frame Leg (36) to the Ab Frame (35) with two 3/8" x 2 3/4" Bolts (5) and 3/8" Nylock Nuts (4). Attach the Ab Frame to the Rear Upright (29) with two 3/8" x 2 3/4" Bolts (5) and 3/8" Nylock Nuts (4).

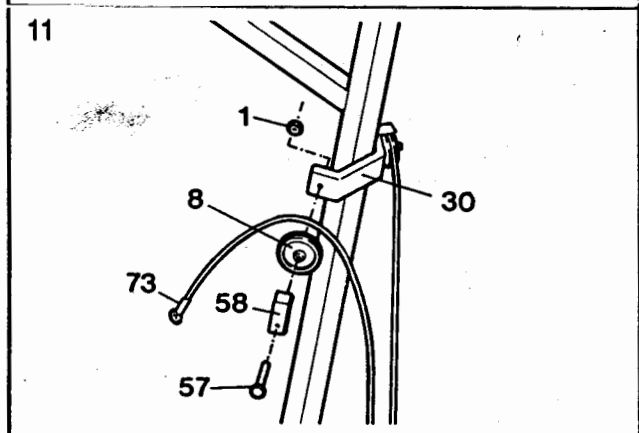


10. Attach the Ab Arm (62) to the Ab Arm Bracket (61) with two 5/16" x 2 1/2" Bolts (57) and 5/16" Nylock Nuts (1). Grease the post on the Ab Arm Bracket. Insert the post through the Ab Frame (35). Tap a 1/2" Dome Axle Cap (17) onto the post.

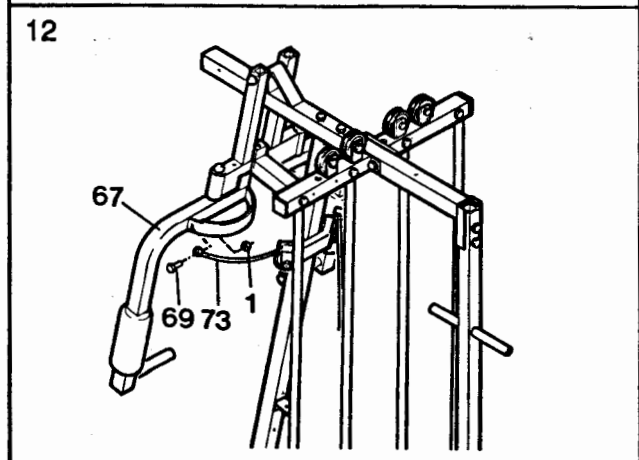
Wet the end of the Ab Arm (62) and the inside of the Ab Pad (63) with soapy water. Slide the Pad onto the Ab Arm.



11. Attach a Pulley (8) and a Cable Guide (58) to the bracket on the Front Upright (30) with a 5/16" x 2 1/2" Bolt (57) and 5/16" Nylock Nut (1). Before tightening the Nut, lay one end of a No. 109456 Cable (73) over the Pulley and under the Cable Guide. Attach a Pulley, the other Cable Guide and the other No. 109456 Cable in the same manner. **Note: Each of the eight Cables used in assembly can be identified by locating the part number printed on one end of the Cable.**

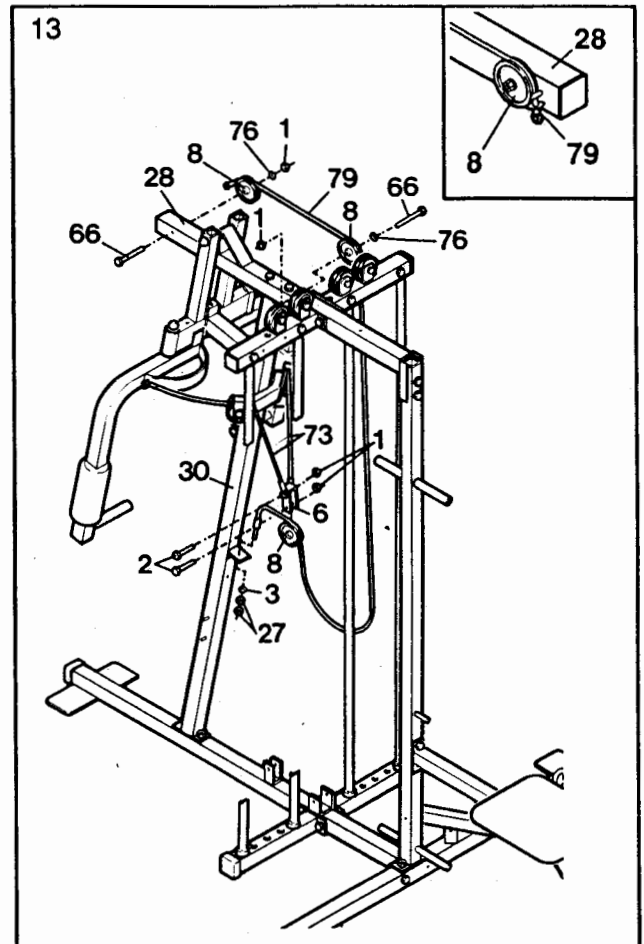


12. Attach the end of the left No. 109456 Cable (73) to the Left Arm (67) with a 5/16" x 1" Bolt (69) and 5/16" Nylock Nut (1). Do not overtighten the Nut—the Cable must be able to swivel freely. Attach the right No. 109456 Cable in the same manner.

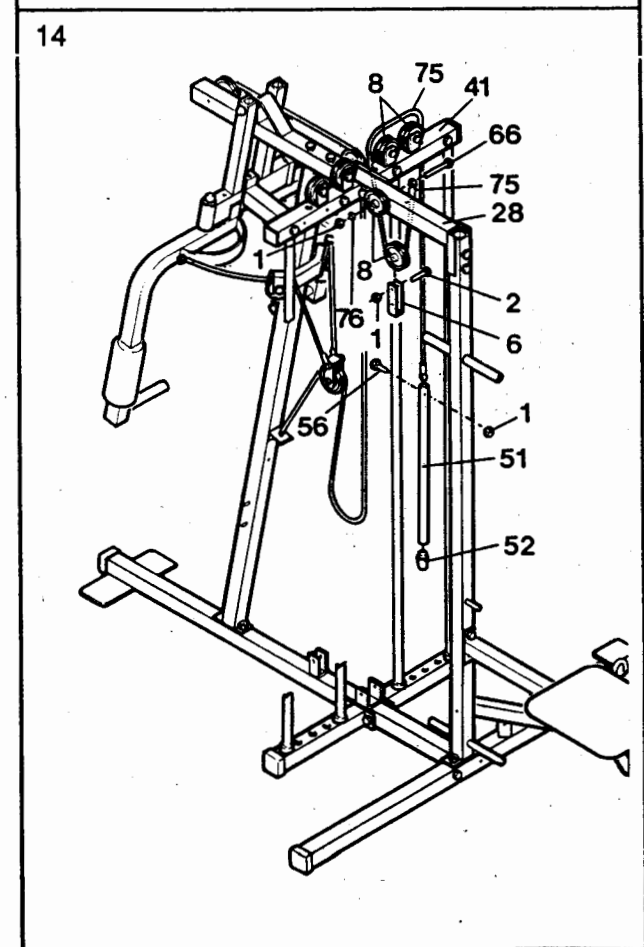


13. Attach the ends of the No. 109456 Cables (73) to a "U"-Bracket (6) with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1); do not tighten the Nylock Nut yet.

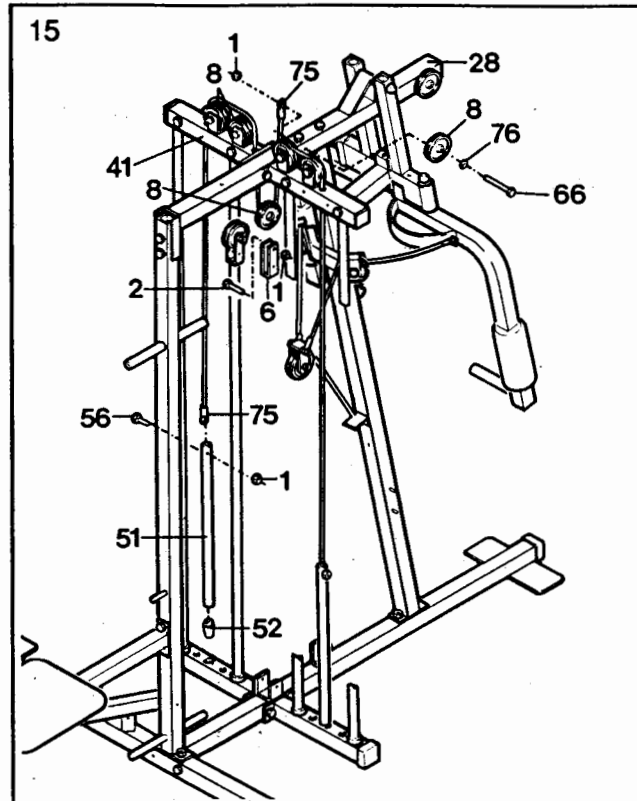
Lay the eyelet end of the No. 109461 Cable (79) over a Pulley (8). Attach the Pulley to the front of the Upper Brace (28) with a 5/16" x 3 1/2" Bolt (66), 5/16" Washer (76) and 5/16" Nylock Nut (1). Make sure that the collar on the eyelet is in front of the guide pin on the Upper Brace (see the inset drawing). Lay the Cable over another Pulley. Attach the Pulley to the center of the Upper Brace with a 5/16" x 3 1/2" Bolt (66), 5/16" Washer (76) and 5/16" Nylock Nut (1). Lay the Cable over another Pulley. Attach the Pulley to the "U"-Bracket (6) with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1). Insert the threaded end of the Cable into the bracket on the Front Upright (30). Slide the Small 5/16" Washer (3) onto the end of the Cable, and thread two 5/16" Adjustment Nuts (27) onto the end of the Cable. Tighten the 5/16" Nylock Nut (1) attaching the No. 109456 Cables (73) to the "U"-Bracket.



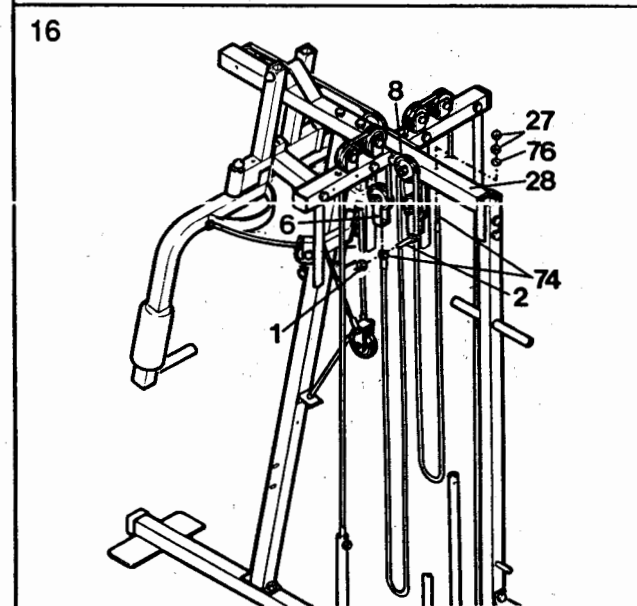
14. Insert a 5/16" x 3 1/2" Bolt (66) through one end of a No. 109459 Cable (75). Insert the Bolt through the Upper Brace (28). Slide a Pulley (8) and a 5/16" Washer (76) onto the Bolt and tighten a 5/16" Nylock Nut (1) onto the Bolt. Insert the other end of the Cable up through the right Upper Weight Bracket (41), lay the Cable over the two indicated Pulleys, and insert the end of the Cable down through the Upper Weight Bracket. Attach the Cable to the upper end of a Weight Selector Tube (51) with a 5/16" x 1 1/2" Bolt (56) and 5/16" Nylock Nut (1). (The upper end of the Weight Selector Tube has a small hole through it; the lower end does not.) Press an Endcap (52) into the lower end of the Weight Selector Tube. Position a Pulley in the Cable as shown. Attach a "U"-Bracket (6) to the Pulley with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1).



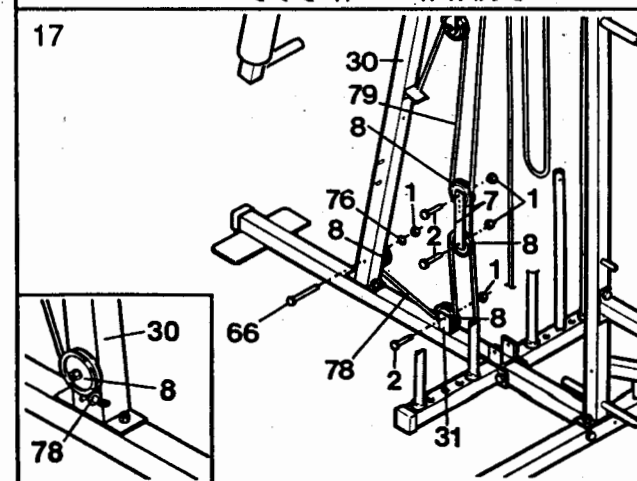
15. Remove the 5/16" Nylock Nut (1) from the 5/16" x 3 1/2" Bolt (66). Slide one end of a No. 109459 Cable (75) onto the end of the Bolt, and retighten the Nylock Nut onto the Bolt. Insert the other end of the Cable up through the left Upper Weight Bracket (41), lay the Cable over the two indicated Pulleys, and insert the end of the Cable down through the Upper Weight Bracket. Attach the Cable to the upper end of a Weight Selector Tube (51) with a 5/16" x 1 1/2" Bolt (56) and 5/16" Nylock Nut (1). (The upper end of the Weight Selector Tube has a small hole through it; the lower end does not.) Press an Endcap (52) into the lower end of the Weight Selector Tube. Position a Pulley in the Cable as shown. Attach a "U"-Bracket (6) to the Pulley with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1).



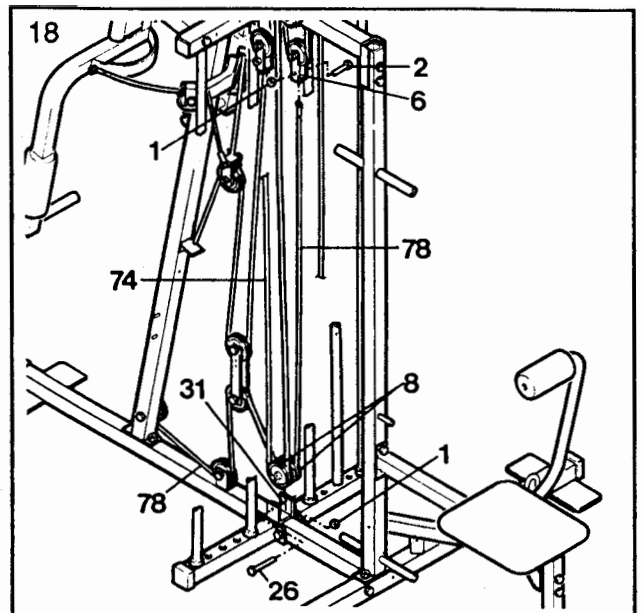
16. Insert the threaded end of the No. 109462 Cable (74) through the Upper Brace (28). Slide a 5/16" Washer (76) onto the end of the Cable, and thread two 5/16" Adjustment Nuts (27) onto the end of the Cable. Lay the center of the Cable over the indicated Pulley (8). Insert the eyelet end of the Cable through the hole in the bottom of the left "U"-Bracket (6). Attach the Cable with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1).



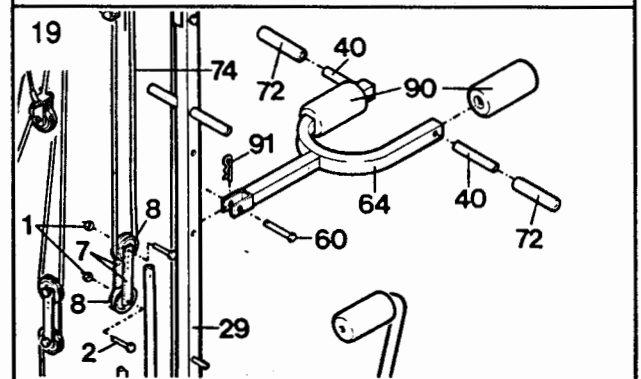
17. Position a Pulley (8) in the No. 109461 Cable (79) as shown. Attach an "I"-Plate (7) to each side of the Pulley with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1). Make sure that the Bolt is through the upper holes in the "I"-Plates. Find the end of the No. 109460 Cable (78) with the collar on the eyelet. Lay that end of the Cable under a Pulley. Attach the Pulley to Front Upright (30) with a 5/16" x 3 1/2" Bolt (66), 5/16" Washer (76) and 5/16" Nylock Nut (1). Make sure that the collar on the eyelet is in front of the guide pin on the Upper Brace (see the inset drawing). Wrap the Cable under another Pulley. Attach the Pulley to the narrow bracket on the Base (31) with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1). Lay the Cable over another Pulley. Attach the Pulley to the "I"-Plates with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1).



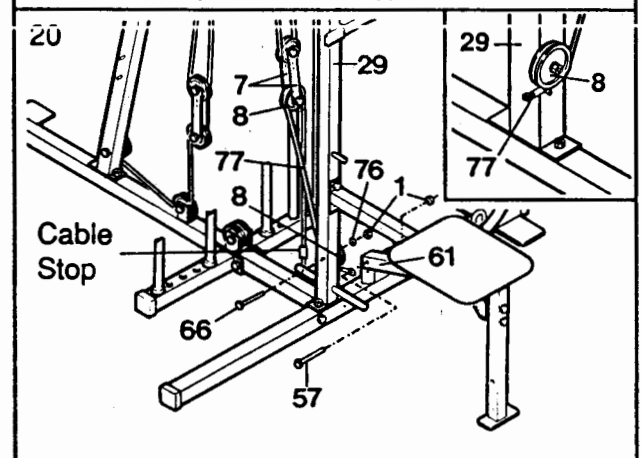
18. Position a Pulley (8) in the No. 109462 Cable (74) as shown. Wrap the No. 109460 Cable (78) under another Pulley. Attach both Pulleys to the wide bracket on the Base (31) with the 5/16" x 3" Bolt (26) and a 5/16" Nylock Nut (1). Insert the end of the No. 109460 Cable (78) through the bottom of the right "U"-Bracket (6). Attach the Cable with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1).



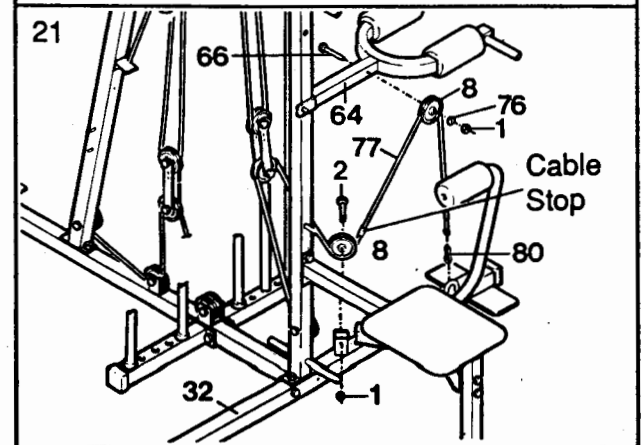
19. Position a Pulley (8) in the No. 109462 Cable (74) as shown. Attach an "I"-Plate (7) to each side of the Pulley with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1). Make sure that the Bolt is through the upper holes in the "I"-Plates. Attach another Pulley to the "I"-Plates with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1). Attach the Squat Arm (64) to the Rear Upright (29) with the Clevis Pin (60) and Cotter Pin (91) as shown. Wet the ends of the Squat Arm and the insides of the two Squat Arm Pads (90) with soapy water. Slide the Pads onto the Squat Arm. Tighten a Squat Arm Handle (40) clockwise into each side of the Squat Arm. Wet the Handles and the insides of two Foam Grips (72) with soapy water. Slide the Foam Grips onto the Handles.



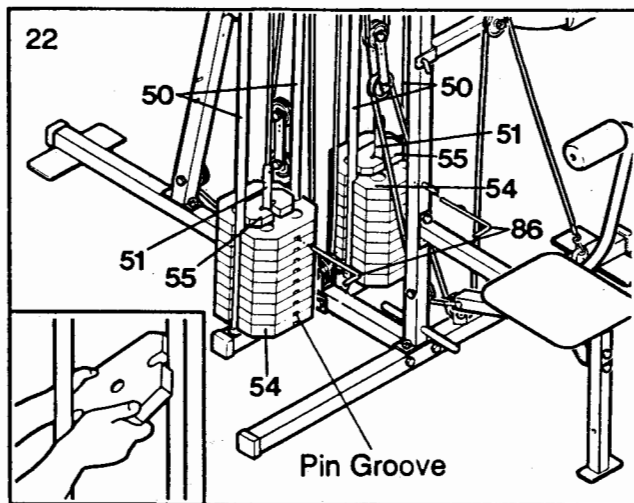
20. Hold the No. 109463 Cable (77) by the cable stop and find the longest end of the Cable. Attach that end of the Cable to the Ab Arm Bracket (61) with a 5/16" x 2 1/2" Bolt (57) and 5/16" Nylock Nut (1). Do not overtighten the Nut—the Cable must be able to swivel freely. Wrap the Cable under a Pulley (8). Attach the Pulley to the Rear Upright (29) with a 5/16" x 3 1/2" Bolt (66), 5/16" Washer (76) and 5/16" Nylock Nut (1). Make sure that the cable is on top of the guide pin on the Rear Upright (see the inset drawing). Insert the other end of the Cable through the indicated "I"-Plates (7) and lay the Cable over the indicated Pulley.



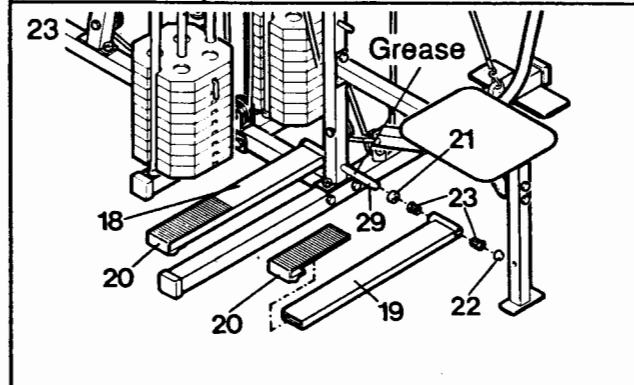
21. Wrap the No. 109463 Cable (77) under a Pulley (8). Make sure that the cable stop is on the indicated side of the Pulley. Attach the Pulley to the bracket on the Stabilizer (32) with a 5/16" x 2" Bolt (2) and 5/16" Nylock Nut (1). Lay the Cable over another Pulley. Attach the Pulley to the Squat Arm (64) with a 5/16" x 3 1/2" Bolt (66), 5/16" Washer (76) and 5/16" Nylock Nut (1). Attach the end of the Cable to the hook on the Stabilizer with the Large Cable Clip (80).



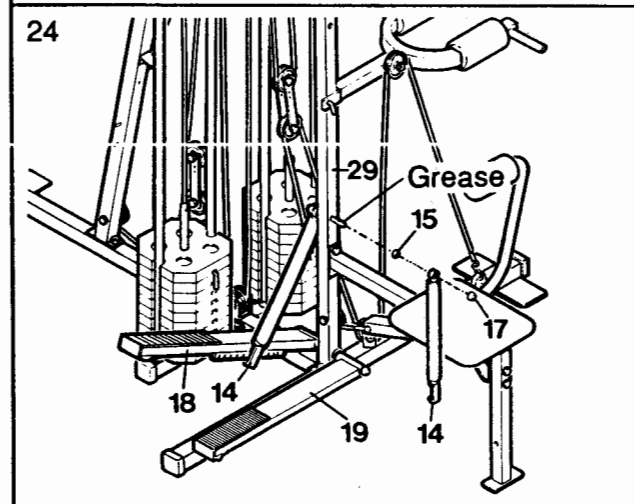
22. Raise one of the Weight Selector Tubes (51). Place about half of the Large Weights (54) and one Small Weight (55) between the Weight Guides (50) by tipping the Weights as shown. Make sure that all of the Weights are turned so that the pin grooves are under the Weights and are on the same side. Insert a Weight Pin (86) under the top Large Weight and turn the end of the Pin downward. Place the remainder of the Large Weights and the other Small Weight between the other Weight Guides. Insert a Weight Pin under the top Large Weight and turn the end of the Pin downward. The other Weight Pins will be used to select Weights (see ADJUSTMENT).



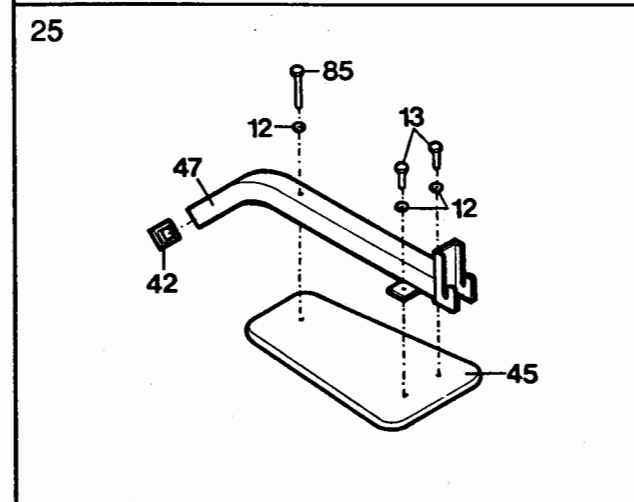
23. Press two Bushings (23) into the Right Pedal (19). Peel the backing from the underside of a Pedal Pad (20). Position the "U"-shaped end of the Pedal Pad against the end of the Pedal and press the Pad onto the Pedal. Apply grease to the pedal axles on the Rear Upright (29). Slide a Pedal Spacer (21) onto the right axle, with the open side of the Spacer toward the Rear Upright. Slide the Pedal onto the axle. Tap a 3/4" Axle Cap (22) onto the axle. Assemble the Left Pedal (18) in the same manner.



24. Apply grease to the cylinder axles on the Rear Upright (29). Slide a Cylinder Spacer (15) onto the right axle, with the open side of the Spacer toward the Rear Upright. Slide a Resistance Cylinder (14) onto the axle. Tap a 1/2" Dome Axle Cap (17) onto the axle. Rest the Right Pedal (19) on the bracket at the lower end of the Resistance Cylinder. Attach the other Resistance Cylinder to the Rear Upright and the Left Pedal (18) in the same manner.

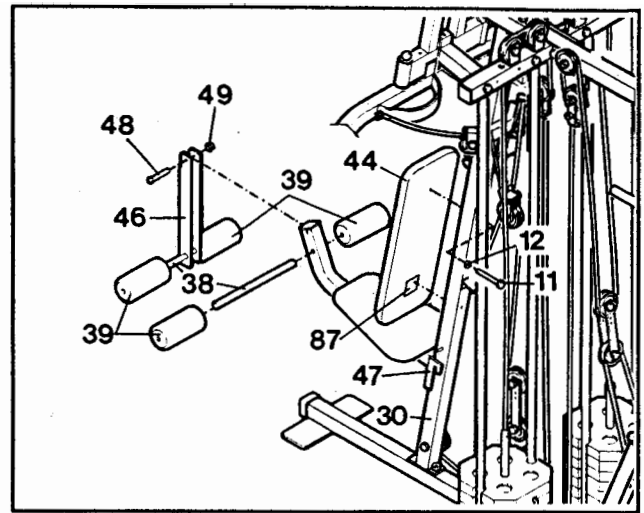


25. Press the Small Inner Endcap (42) into the Seat Support (47). Attach the Seat (45) to the Seat Support with a 1/4" x 2" Bolt (85), two 1/4" x 3/4" Bolts (13) and three 1/4" Lock Washers (12).



26. Slide the bracket on the Seat Support (47) onto one of the sets of pins on the Front Upright (30). Attach the Leg Lever (46) to the Seat Support with the Leg Lever Pin (48) and 1/2" Hat Cap (49) as shown. Insert one Pad Tube (38) into the Leg Lever and one into the Seat Support. Wet the ends of the Pad Tubes and the insides of the four Leg Lever Pads (39) with soapy water. Slide the Pads onto the Tubes.

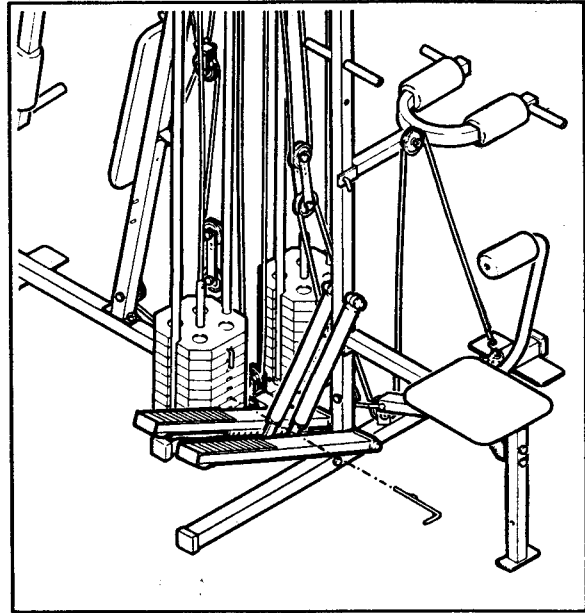
Peel the backing off a Fastener Pad (87). Press the Pad onto the Front Upright (30) in the indicated location. Attach the Backrest (44) to the Front Upright with a 1/4" x 2 1/2" Bolt (11) and 1/4" Lock Washer (12).



# ADJUSTMENT

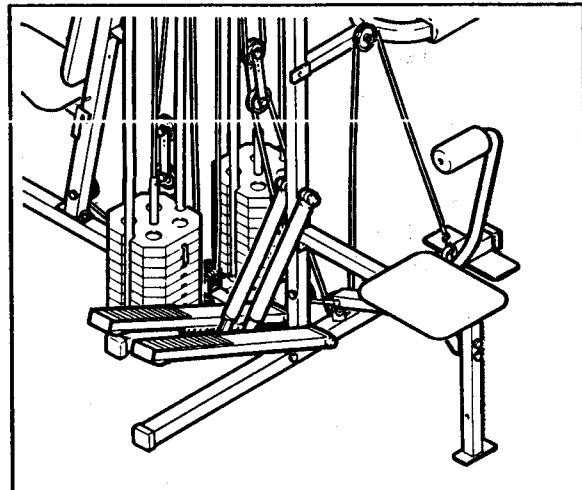
## CHANGING THE WEIGHT

The dual weight stacks allow two exercise stations to be used at the same time, in addition to the stepper. The right weight stack is connected to the upper cable, lower cable and the left and right arms. The left weight stack is connected to the ab arm and the squat arm. To increase the weight setting of either weight stack, 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: Up to fourteen large weights and two small weights can be placed on either weight stack. 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 of either weight stack can be changed from 20 pounds up to 300 pounds, in increments of 10 pounds.**



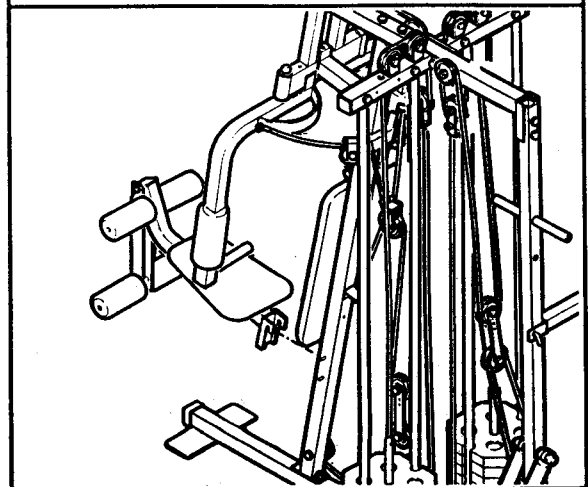
## USING THE STEPPER

The resistance of the stepper can be changed by moving the resistance brackets. Change the resistance of one pedal at a time. Hold the resistance bracket with one hand, and lift the pedal with the other hand. To decrease the resistance, move the bracket closer to the rear upright; to increase the resistance, move the bracket farther away from the rear upright. Make sure that the bracket is fully inserted into one of the slots under the pedal. Change the resistance of the other pedal in the same manner. Make sure that the resistance brackets are in the same position on both pedals. **Note: The stepper features precision resistance cylinders; due to the nature of resistance cylinders, the floor beneath the stepper should be covered in case of slight oil leakage. WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.**



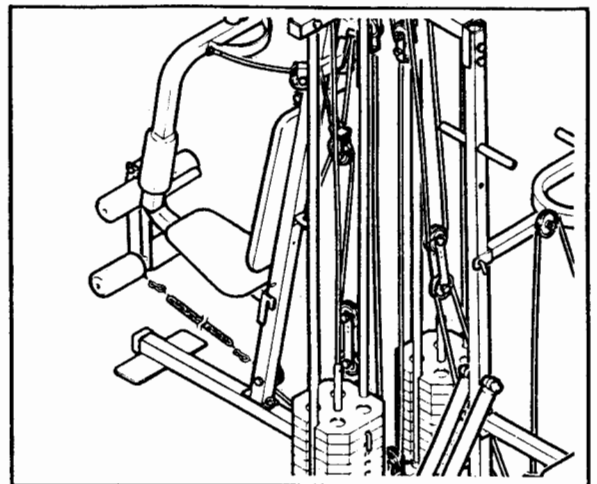
## ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached as described in assembly step 26 on page 12 of this manual. For certain exercises, the seat support must be removed. First, remove the chain from the leg lever. 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

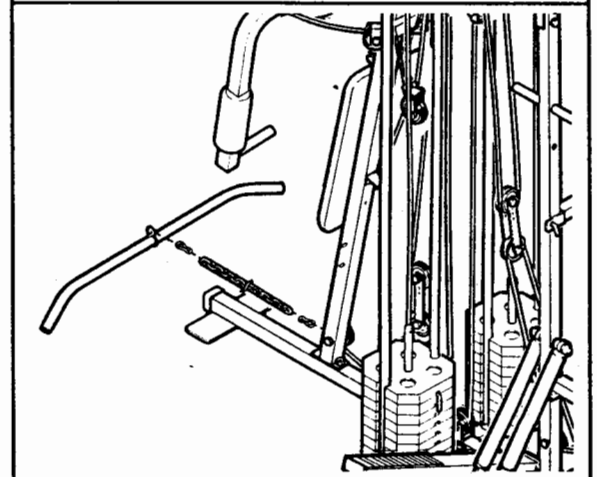
Attach the chain between the leg lever and the lower cable with the two small cable clips.



## ATTACHING THE LAT BAR, ROWER BAR OR ANKLE STRAP TO THE WEIGHT SYSTEM

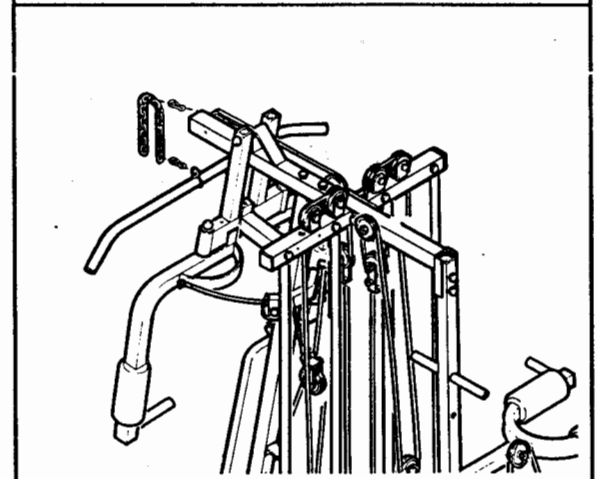
To attach the lat bar to the lower cable, first remove the seat support from the front upright as described above. Attach the chain between the lat bar and the lower cable with the two small cable clips.

Attach the ankle strap or rower bar 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 two small cable clips. The chain can be shortened by attaching the cable clips closer together along the chain. **Note: 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 position.**

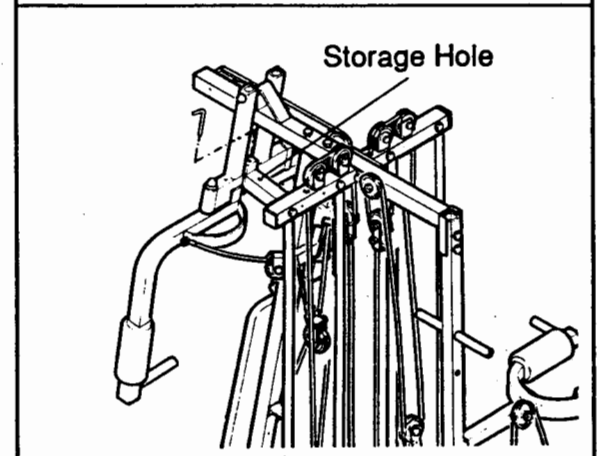
Attach the rower bar to the upper cable in the same manner as the lat bar.



## USING THE LEFT AND RIGHT ARMS

To use the arms in the press mode, insert the pull pins into the arm support and the arms as described in assembly step 7 on page 6 of this manual. **IMPORTANT: Always insert the pull pins when using the arms or the arms will be damaged.**

To use the 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 pull pin into the indicated storage hole.

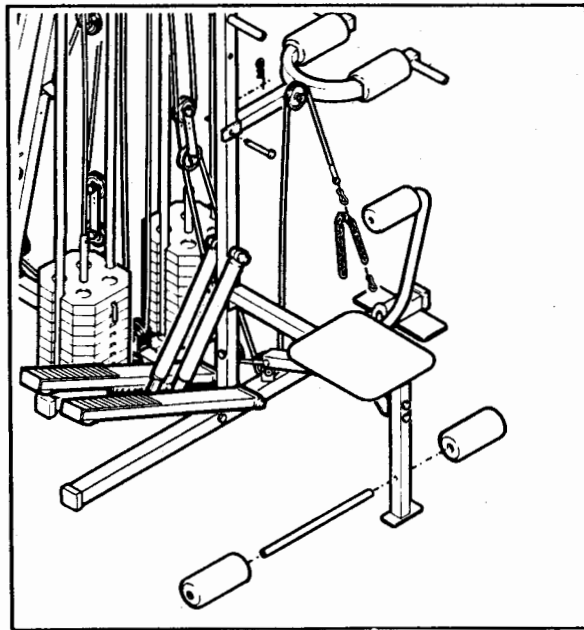


## USING THE SQUAT ARM

The squat arm can be used in either the high or low position. To change the position, remove the cotter pin and clevis pin and reattach the squat arm to the other hole in the rear upright. When using the squat arm in the high position, the chain must be attached between the cable and the hook on the stabilizer using one small cable clip and one large cable clip. The chain can also be used when the squat arm is in the low position. The chain can be shortened by attaching the cable clips closer together along the chain.

## USING THE AB ARM

When using the ab arm, remove two leg lever pads and a pad tube from the leg lever. Attach the tube and pads to the lower end of the ab frame leg as shown.



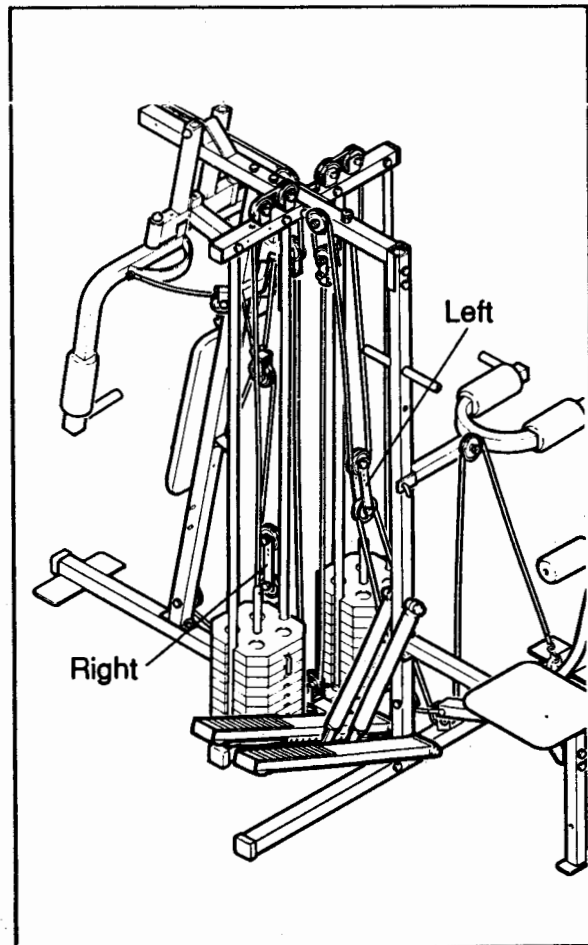
# MAINTENANCE AND TROUBLE-SHOOTING

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

## ADJUSTING THE CABLES

If there is slack in the cables before the weight engages, the cables may need to be adjusted. To adjust the cables on the left weight stack, find the two adjustment nuts located on top of the upper brace. Loosen the upper nut. Turn the lower nut clockwise until the cables are tight. **Do not allow the cable to twist.** Tighten the upper nut onto the lower nut. To adjust the cables on the right weight stack, find the two adjustment nuts located on the front upright. Loosen the lower nut. Turn the upper nut clockwise until the cables are tight. **Do not allow the cables to twist.** Tighten the lower nut onto the upper nut. If the cables cannot be tightened sufficiently using the adjustment nuts, follow the instructions below.

Loosen the adjustment nuts as described above until they are at the end of the cable threads. To adjust the cables on the left weight stack, locate the "I"-plates labeled "Left" in the drawing. To adjust the cables on the right weight stack, locate the "I"-plates labeled "Right." The "I"-plates have five adjustment holes to tighten the cables. Remove the upper pulley from the "I"-plates. Move the pulley to the next lower hole in the "I"-plates and reattach the pulley. Tighten the adjustment nuts until the cables are tight as described above.



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## **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 (WL821120).
2. The **NAME** of the product (WESLO® QUADRA FORCE cross-training system).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) (see the **PART LIST/EXPLODED DRAWING** supplement).
5. The **DESCRIPTION** of the part(s) (see the **PART LIST/EXPLODED DRAWING** supplement).