

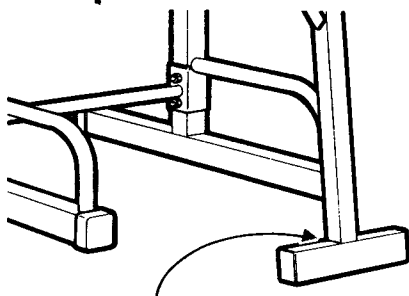
# **STACK RACK™**

*EXTENDED FUNCTION WEIGHT STACK SYSTEM      MULTI-POSITION WEIGHT RACK*

## **WESLO™**

Model No. WL841520

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.

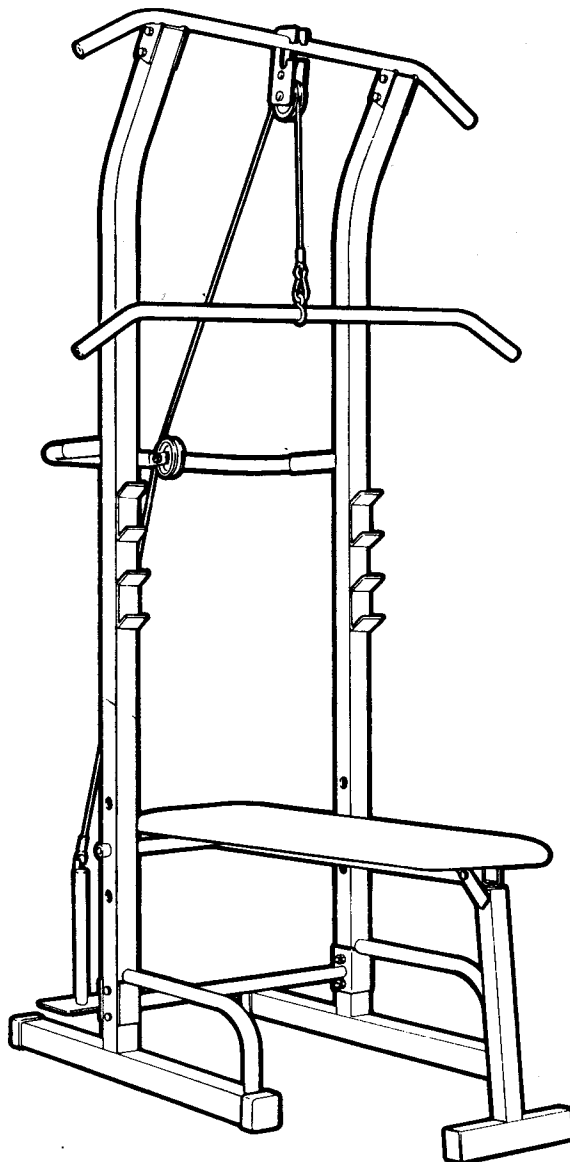
**CUSTOMER HOT LINE:**

**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**

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## TABLE OF CONTENTS

Important Safety Precautions .....	2
Before You Begin .....	3
Assembly .....	4
Adjusting the STACK RACK .....	6
Exercise Guidelines .....	8
Part List .....	10
Exploded Drawing .....	11
Ordering Replacement Parts .....	Back Cover
Limited Warranty .....	Back Cover

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read all safety precautions and instructions in this manual carefully before using the STACK RACK.

1. Read all instructions in this manual before using the STACK RACK. Use the STACK RACK only as described in this manual.
2. Inspect and tighten all parts each time the STACK RACK is used. 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 STACK RACK at all times.
5. Do not place more than 200 pounds of weight on the weight post or the weight rack.
6. When attaching the exercise bar or the nylon strap to the cable, make sure that the cable hook closes completely, or the cable, exercise bar or nylon strap could slip out.

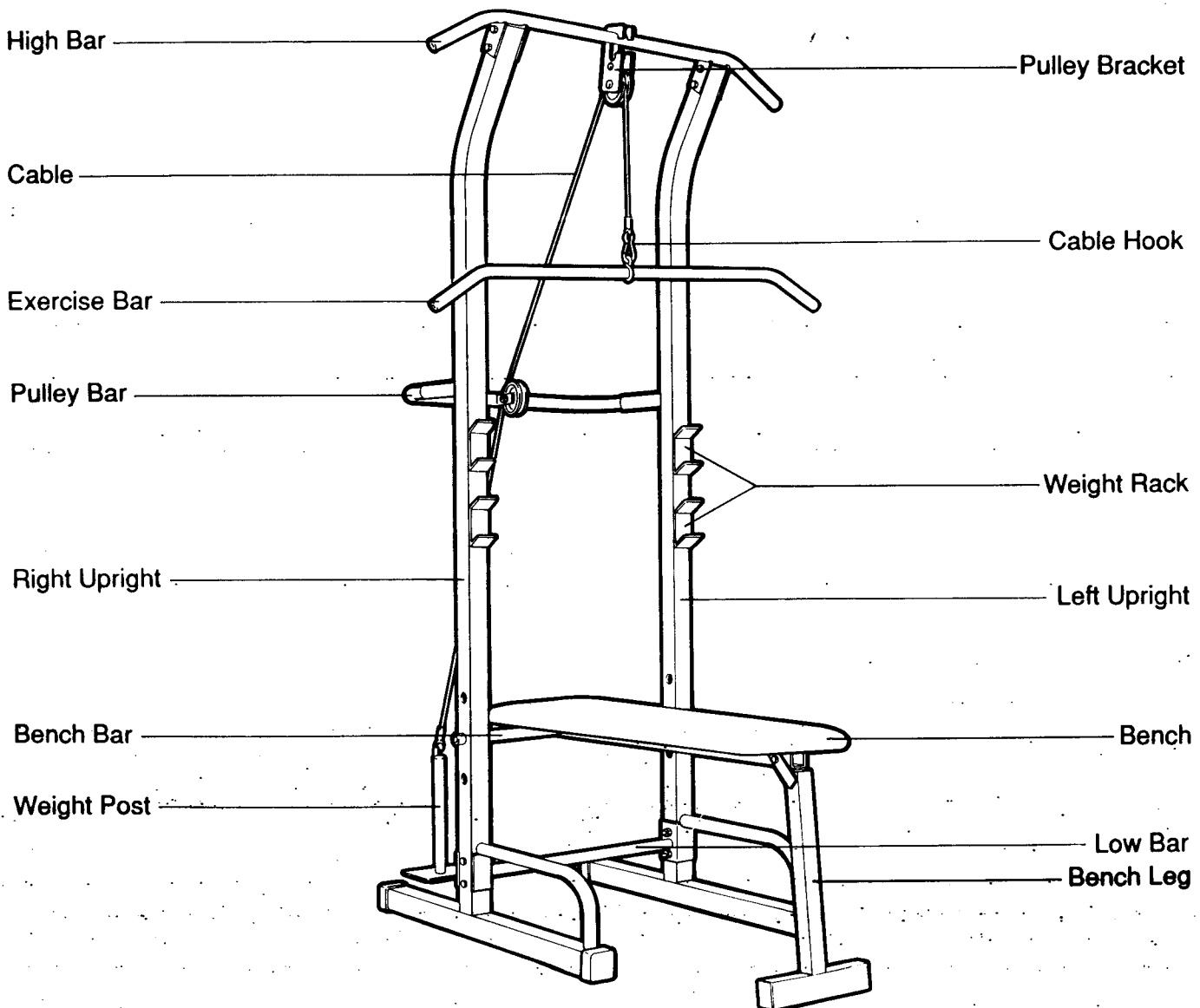
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. Weslo assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Congratulations for selecting the innovative WESLO® STACK RACK weightbench. The STACK RACK is designed to be used with your own weight set (not included) to provide you with a wide selection of both aerobic and weight training exercises. Whether your goal is to increase your cardiovascular fitness, shape and tone your body or develop dramatic muscle size and strength, the STACK RACK will help you to achieve the results you want in the convenience of your own home.

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

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



# ASSEMBLY

Read all steps carefully before beginning assembly. Refer to the PART LIST on page 10 and the EXPLODED DRAWING on page 11 for help identifying parts, if necessary. Assembly can be completed using two adjustable wrenches (not included).

Place all parts in a cleared area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.**

1. Bolt the Low Bar (2) to the Left Upright (1) with two Upright Bolts (12) and Large Nylock Nuts (9). Tighten the Nuts only finger tight. **NOTE:** The Left Upright and Right Upright (not shown) are similar in appearance, but can be distinguished by the "WESLO" decal on the base of the Right Upright.

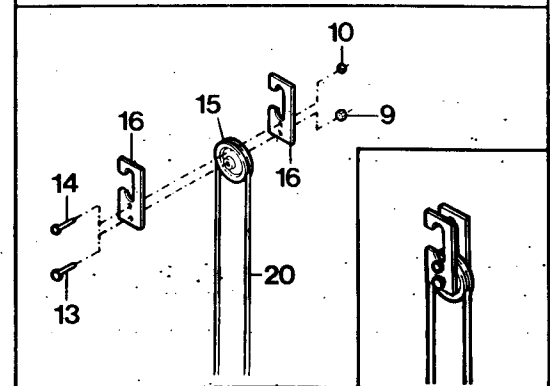
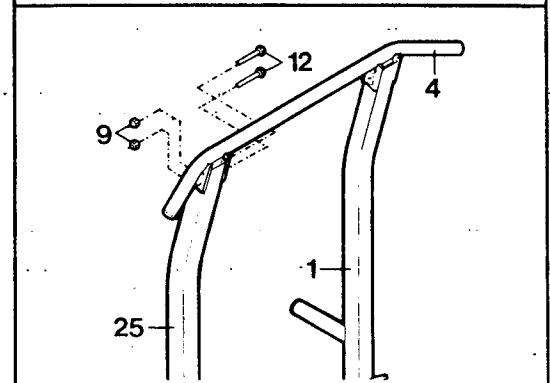
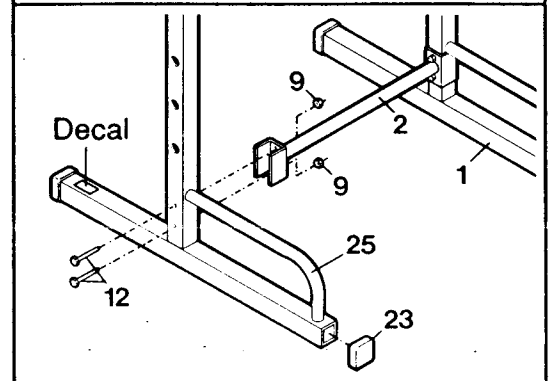
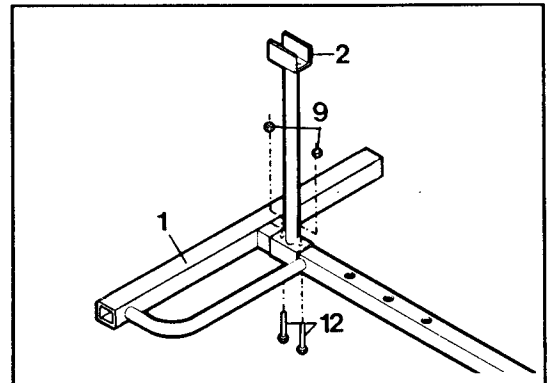
2. Stand the Left Upright (1) on its base. Bolt the Low Bar (2) to the Right Upright (25) with two Upright Bolts (12) and Large Nylock Nuts (9). Tighten the Nuts only finger tight.

Press Upright Endcaps (23) onto the bases of the Left and Right Uprights (1, 25).

3. Attach the High Bar (4) to the Left and Right Uprights (1, 25) with four Upright Bolts (12) and Large Nylock Nuts (9). Firmly tighten the Nuts, as well as the Nuts used in steps 1 and 2.

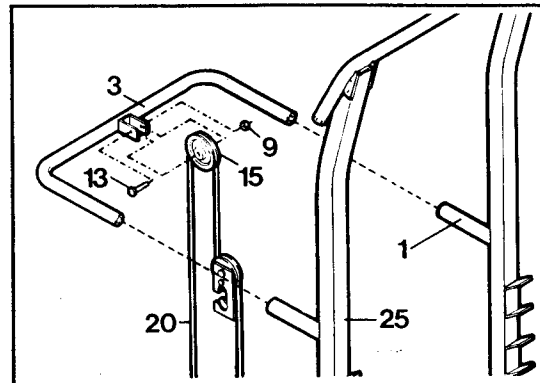
4. Insert a Pulley Bolt (13) through one of the Pulley Brackets (16), a Pulley (15), and the other Pulley Bracket. Tighten a Large Nylock Nut (9) onto the Bolt. Do not overtighten the Nut.

Lay the Cable (20) over the Pulley (15). Insert the Cable Stop Bolt (14) through both Pulley Brackets (16). Tighten the Small Nylock Nut (10) onto the Bolt. Do not overtighten the Nut—the Pulley must be able to turn freely.

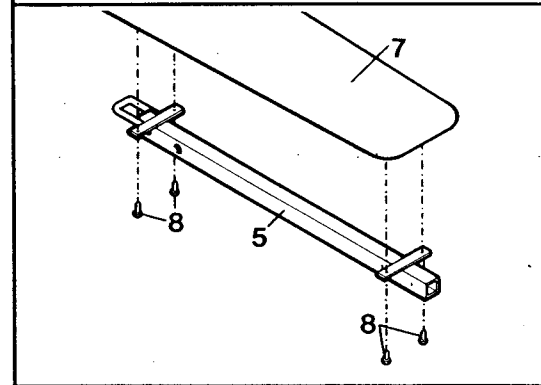


5. Lay the Cable (20) over the other Pulley (15). Hold the Pulley inside the bracket on the Pulley Bar (3). Attach the Pulley to the Pulley Bar with a Pulley Bolt (13) and a Large Nylock Nut (9).

Insert the Pulley Bar (3) into the Left and Right Uprights (1, 25).

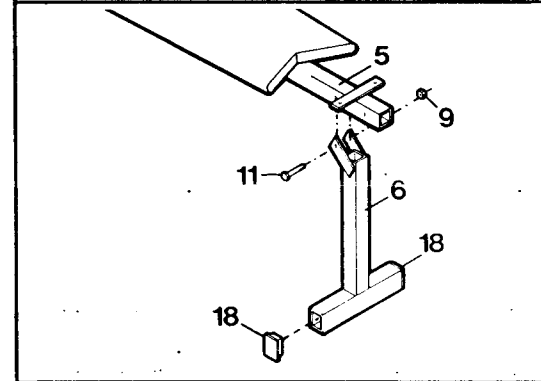


6. Attach the Bench Rail (5) to the Bench (7) with the four Bench Bolts (8). The end of the Bench Rail with the large holes must be under the widest end of the Bench.

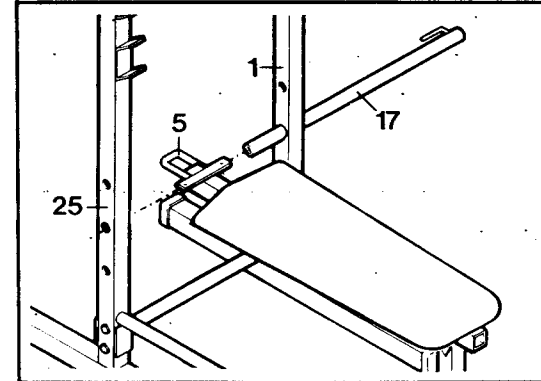


7. Press the two Bench Leg Endcaps (18) into the base of the Bench Leg (6).

Attach the Bench Leg (6) to the Bench Rail (5) with the Bench Bolt (11) and a Large Nylock Nut (9).



8. Attach the Bench Rail (5) between the Left and Right Uprights (1, 25) by inserting the Bench Bar (17) through the holes in the Uprights and the Bench Rail. There are three holes in each Upright and two holes in the Bench Rail. Use the holes that put the Bench in the desired position.



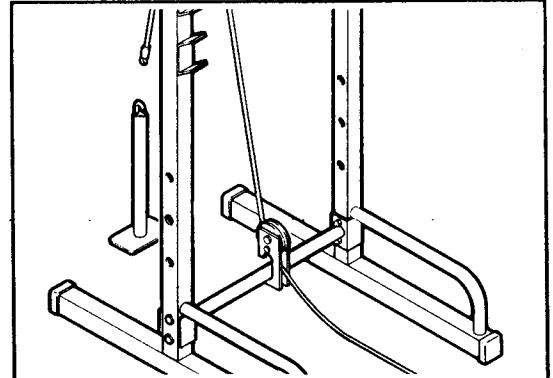
# ADJUSTING THE STACK RACK

## ATTACHING THE PULLEY BRACKET

To use the pulley bracket, the pulley bar must be attached to the uprights as described in the assembly instructions. Depending on the exercise to be performed, the pulley bracket can be attached in either of two locations:

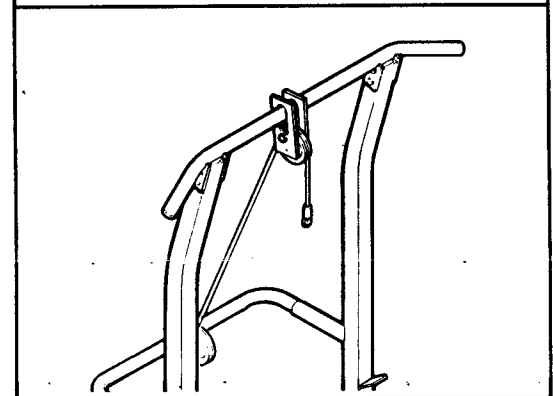
### LOW PULLEY LOCATION

The bench must be removed before the pulley bracket can be attached in the low pulley location (refer to **ATTACHING AND REMOVING THE BENCH**). Center the pulley bracket on the low bar. The cable must go over the pulley on the pulley bar and back down to the weight post (refer to **ATTACHING WEIGHTS**).



### HIGH PULLEY LOCATION

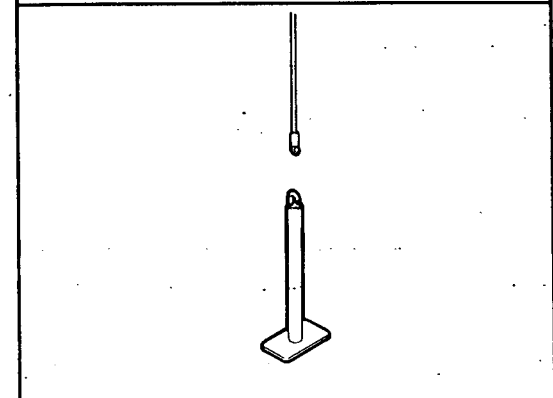
Center the pulley bracket on the high bar. The end of the cable must hang on the side shown in the drawing. The cable must go over the pulley on the pulley bar and down to the weight post (refer to **ATTACHING WEIGHTS**).



## ATTACHING WEIGHTS

Attach the pulley bracket to the **STACK RACK** in one of the two locations described (see **ATTACHING THE PULLEY BRACKET**). Place the desired weights (not included) on the weight post. Attach the cable to the top of the weight post. Make sure that the cable is properly routed by the pulleys and that the pulleys are able to turn freely.

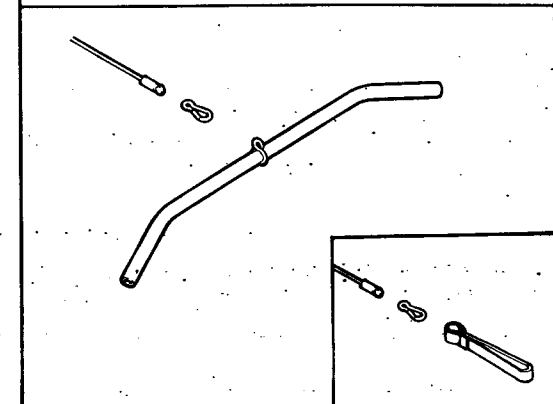
**WARNING: Do not place more than 200 pounds of weight on the weight post.**



## ATTACHING THE EXERCISE BAR OR NYLON STRAP

To attach the exercise bar or the nylon strap, the cable hook must first be attached to the end of the cable. Attach the exercise bar or the nylon strap to the cable hook:

**WARNING: The cable hook must close completely or the cable, exercise bar or nylon strap could slip out, resulting in serious injury.**



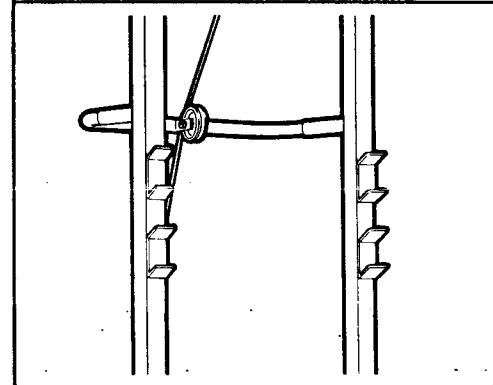
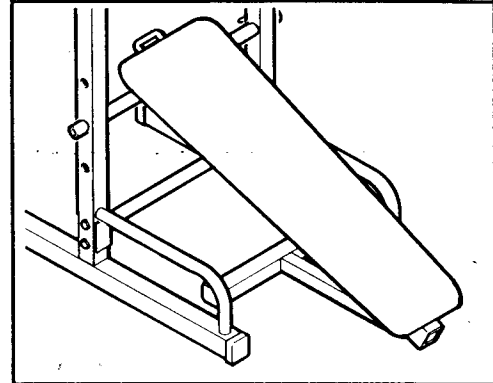
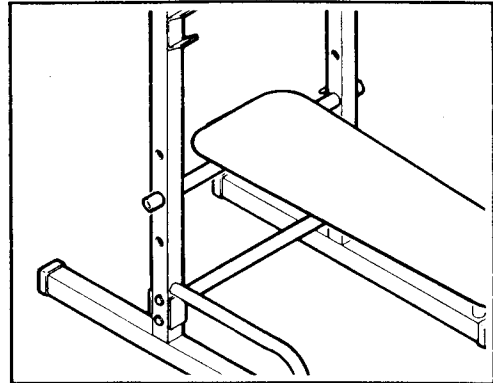
## ATTACHING AND REMOVING THE BENCH

Attach the bench as described in the assembly instructions.

**WARNING: Make sure that the bench leg is rotated out as far as possible.**

To remove the bench, hold the bench and withdraw the bench bar. The bench can be put in an inclined position by inserting the bench bar through different holes in the uprights and the bench rail.

To put the bench in a steeply inclined position, rotate the bench leg inward until the end of the bench rail rests on the floor.



## USING THE WEIGHT RACK

The weight rack is provided for holding a single weight bar with weights (not included) during and after exercise. **WARNING: Do not set more than 200 pounds of weight, including the weight bar, on the weight rack.**

# EXERCISE GUIDELINES

**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.

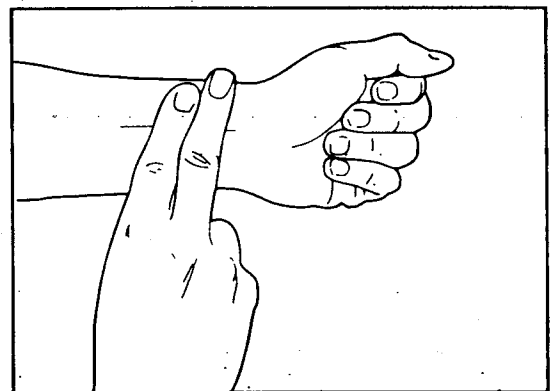
The STACK RACK is designed to be used with your own weight set (not included) to provide you with a wide selection of both aerobic and weight training exercises. The accompanying exercise guide shows suggested exercises that can be performed using the STACK RACK. Additional exercises can be performed using your own weight set. Follow the guidelines below to get started with your exercise program. **Remember, these are only general guidelines. For detailed information about exercise, consult the manual provided with your weight set, or obtain a reputable exercise book.**

## CARDIOVASCULAR FITNESS

The STACK RACK can be used for invigorating aerobic workouts. Use a low amount of weight for all exercises. As you exercise, your heart rate should be kept at a level between 70% and 85% of your maximum heart rate—this is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons, ages 20 to 85.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your training zone. If your heart rate is too low, increase the intensity of your exercise; if your heart rate is too high, decrease the intensity.



To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you can complete up to five workouts each week if desired. Begin every workout with 5-10 minutes of stretching or light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for about 30 minutes; this can be done in one continuous 30-minute period, or in a few shorter periods, such as three 10-minute periods. Finish every workout with 5-10 minutes of stretching to cool down.

## **MUSCLE BUILDING**

In order to increase the size and strength of your muscles, the muscles must be worked to capacity. The intensity of the exercises must be progressively increased so that the muscles will continue to adapt and grow. The intensity of each exercise can be tailored to the proper level by changing the amount of weight used, or the number of repetitions and sets completed. (A repetition is one complete cycle of an exercise, such as one sit-up. A set is a series of consecutive repetitions.)

The proper amount of weight to use for each exercise depends upon the individual user. It is up to you to gauge your limits. We recommended that you begin with three sets of 8 to 12 repetitions. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight. When your muscles reach the desired size and strength, stop increasing the amount of weight.

Each workout should include 6-10 different exercises. The STACK RACK used with your own weight set (not included) provides a wide selection of exercises to strengthen every major muscle group of the body. Select exercises for every major muscle group, with emphasis on the areas you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout. Your weight training program should include three 30-minute workouts each week. Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest.

Be careful not to overexert yourself. Begin each workout with 10 minutes of stretching to warm up. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. As you perform each exercise, concentrate on maintaining correct form. Refer to the EXERCISE GUIDE accompanying this manual for the correct form for each exercise. Rest for 30 seconds between sets, and 1 minute between exercises. Proper breathing is also important. Exhale as you exert yourself, and inhale as you relax—never hold your breath. Finish each workout with 10 minutes of stretching to cool down. If you feel pain or dizziness at any time while exercising, stop immediately and begin to cool down.

For added motivation, keep a record of your workouts. List the dates, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements at the end of every month. For successful results, proper nutrition and adequate rest are also essential.

## **MUSCLE TONING**

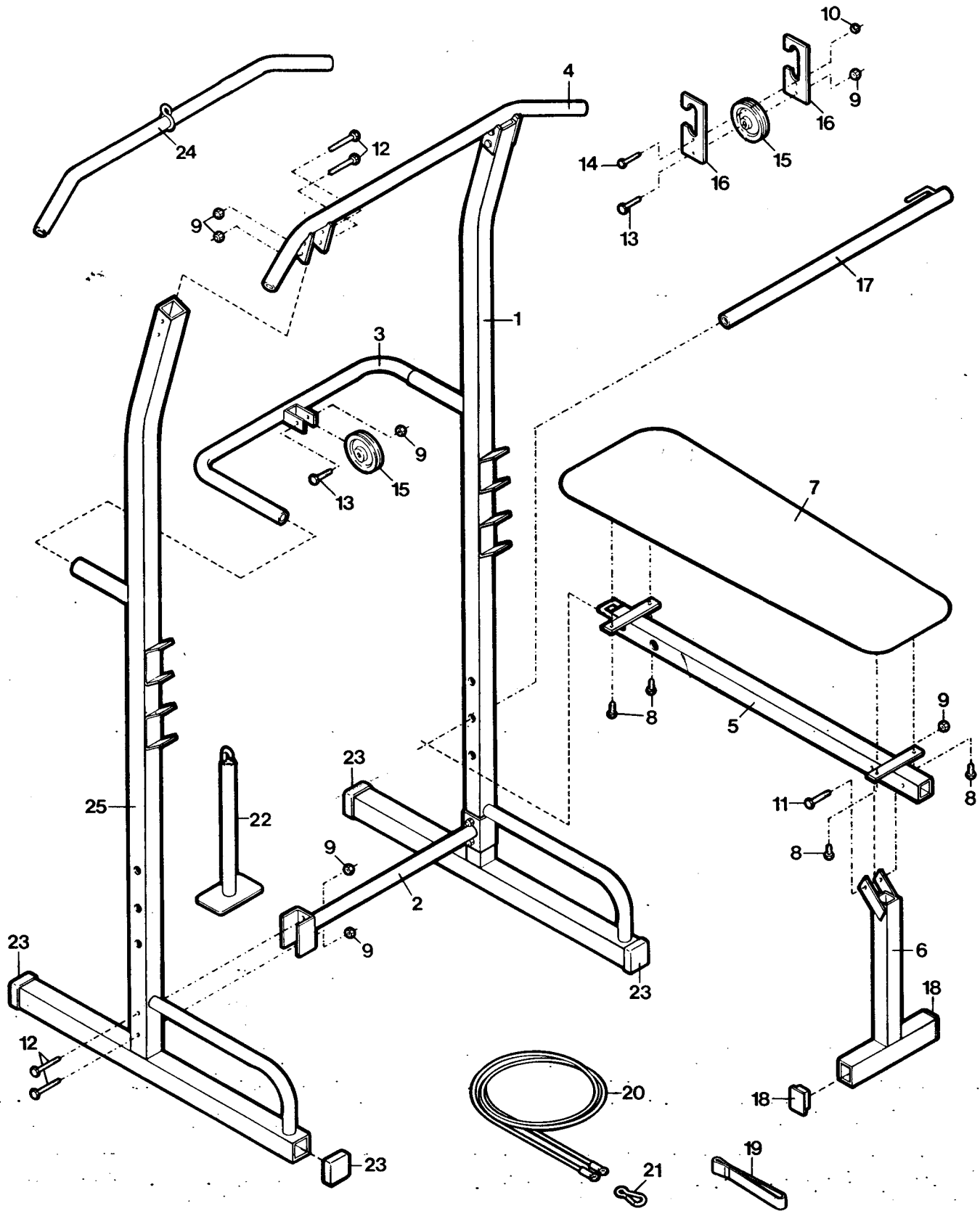
If your goal is to tone your body, your exercise program should follow almost the same pattern described above. The big difference is that the muscles should not be worked to capacity. Instead, use a low to moderate amount of weight for all exercises, and complete as many sets of 15 to 20 repetitions as you can without discomfort. Endurance is more important than strength for toning the body.

# PART LIST—Model No. WL841520

Rev. 6/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	15	2	Pulley
2	1	Low Bar	16	2	Pulley Bracket
3	1	Pulley Bar	17	1	Bench Bar
4	1	High Bar	18	2	Bench Leg Endcap
5	1	Bench Rail	19	1	Nylon Strap
6	1	Bench Leg	20	1	Cable
7	1	Bench	21	1	Cable Hook
8	4	Bench Bolt	22	1	Weight Post
9	11	Large Nylock Nut	23	4	Upright Endcap
10	1	Small Nylock Nut	24	1	Exercise Bar
11	1	Bench Bolt	25	1	Right Upright
12	8	Upright Bolt	#	1	Owner's Manual
13	2	Pulley Bolt	#	1	Exercise Manual
14	1	Cable Stop Bolt			

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



# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). Please note the following information before calling:

1. The MODEL NUMBER of the product (WL841520).
2. The NAME of the product (WESLO® STACK RACK).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 10 of this manual.
5. The DESCRIPTION of the part(s) from page 10 of this 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**