

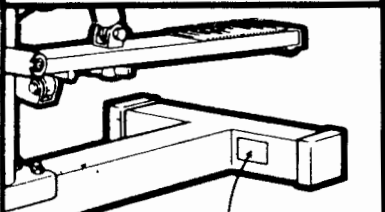
weider

FLEX CTS

CROSS TRAINING SYSTEM

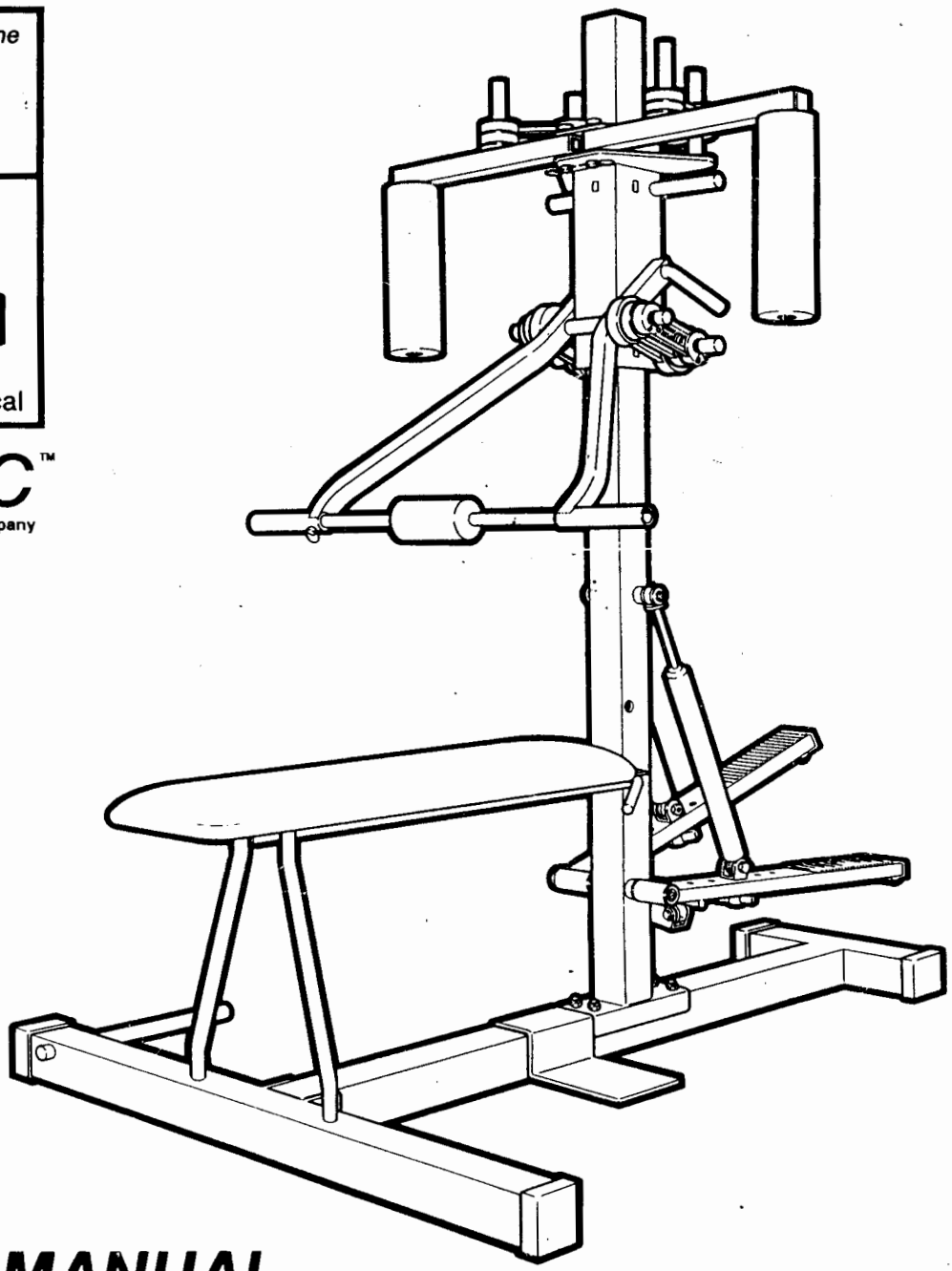
Write the serial number in the space below for reference.

Model No. 870300
Serial No. 100853



Serial Number Decal

weslo, incTM
A Weider Health and Fitness, Inc. Company

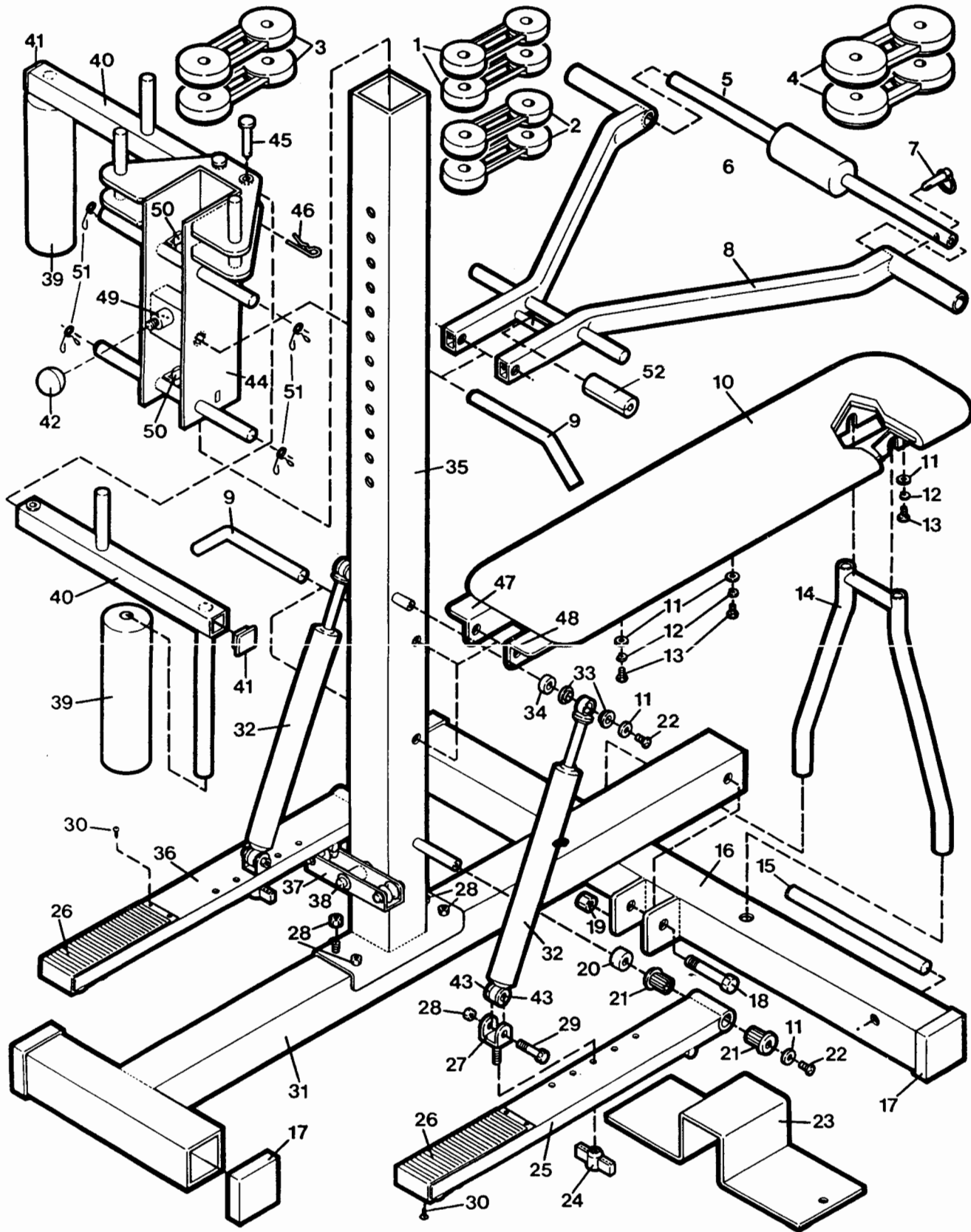


OWNER'S MANUAL

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for reference.

Part No. 100098 3/90

EXPLODED DRAWING - MODEL NO. 870300



Specifications are subject to change without notice.

PART LIST - MODEL NO. 870300

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
NLA 1	100093	2	#5 Weightband <i>26.06</i>	30	100223	4	Footpad Mtg. Screw
NLA 2	100094	2	#10 Weightband <i>31.</i>	31	100225	1	Base
NLA 3	100095	2	#25 Weightband <i>45.</i>	32	100190	2	Resistance Cylinder
NLA 4	100096	2	#50 Weightband <i>65.</i>	33	100234	4	Upper Cylinder Bushing
NLA 5	100054	1	Horizontal Bar	34	100052	2	Cylinder Spacer
NLA 6	100217	1	Horizontal Bar Pad	35	100224	1	Main Frame
NLA 7	100091	1	Lock Pin	36	100229	1	Left Pedal
NLA 8	100227	1	Main Arm	37	100062	1	Pedal Reciprocator
NLA 9	100061	2	Frame Pin	38	100150	1	Reciprocator Axle Cap
NLA 10	100089	1	Bench	39	100086	2	Butterfly Pad
NLA 11	014129	10	Flat Washer	40	100231	2	Butterfly Arm
NLA 12	012126	6	Lock Washer	41	100056	2	Butterfly Arm Endcap
NLA 13	120001	6	Phillips Bolt	42	100109	1	Lock Knob.
NLA 14	100228	1	Bench Support	43	100256	4	Lower Cylinder Bushing
NLA 15	100034	1	Brace	44	100100	1	Frame Sleeve
NLA 16	100226	1	Stabilizer	45	100083	2	Clevis Pin
NLA 17	100033	4	Frame Endcap	46	100084	2	Hair Pin Cotter
NLA 18	120002	1	Stabilizer Bolt	47	100233	1	Left Bench Rail
NLA 19	012041	1	Stabilizer Nut	48	100232	1	Right Bench Rail
NLA 20	100105	2	Pedal Spacer	49	100132	1	Lock Pin Assembly
NLA 21	100048	4	Pedal Bushing	50	100073	2	Sleeve Slider Bushing
NLA 22	013244	4	Button Head Bolt	51	100092	4	Retainer
NLA 23	100085	1	Foot Plate	52	100253	1	Main Arm Bumper
NLA 24	100108	2	Bracket Knob	#	100404	1	Exercise Poster
NLA 25	100230	1	Right Pedal	#	100470	1	Warranty Card
NLA 26	100106	2	Pedal Footpad	#	100098	1	Owner's Manual
NLA 27	100149	2	Cylinder Bracket				
NLA 28	012149	6	Lock Nut				
NLA 29	013399	2	Cylinder Bolt				

Optional (not included)

100644 2 Locking Band

Three additional exercises can be performed using the optional locking bands. The locking bands can be ordered by following the instructions on the back cover of this manual.

To attach the locking bands, lift the main arm to the highest position. Slide one end of the locking bands onto the posts on the main arm, and the other end onto the upper posts on the frame sleeve. Clip retainers onto all four posts to hold the locking bands in place.

Note: "#" indicates a non-illustrated part.

See the back cover of this manual for information on ordering additional parts.