

WEIDER®

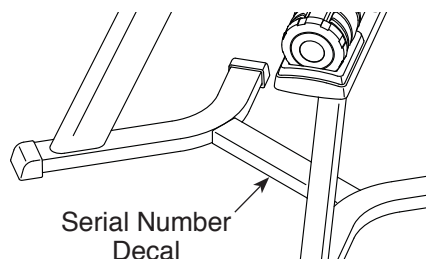
SPEED WEIGHT 90

www.weider.com

Model No. WSAW9010.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

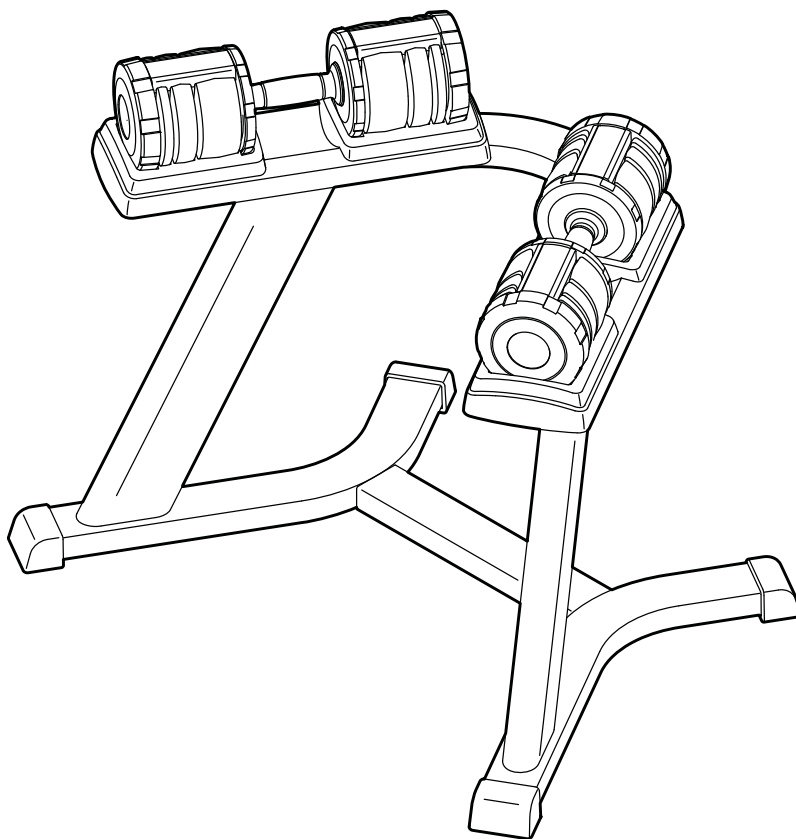
ON THE WEB:

www.weiderservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



FREE

*i*fit



HOW-TO
VIDEOS

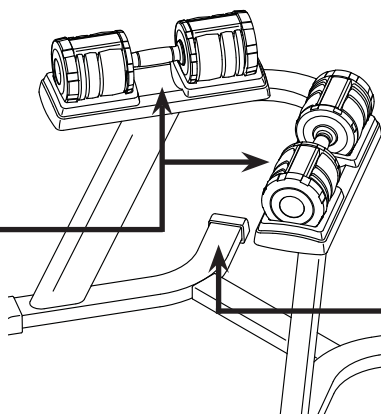
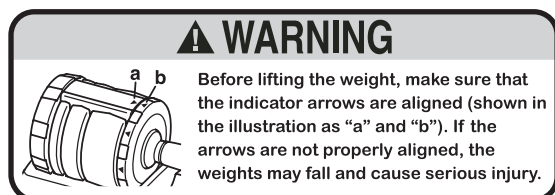
www.iFit.com

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



WARNING

- Misuse of this machine may result in serious injury. 
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your dumbbells and stand before using your dumbbells and stand. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the dumbbells and stand only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the dumbbells and stand are adequately informed of all precautions.
4. The dumbbells and stand are intended for home use only. Do not use the dumbbells and stand in a commercial, rental, or institutional setting.
5. Keep the dumbbells and stand indoors, away from moisture and dust. Do not put the dumbbells and stand in a garage or covered patio, or near water.
6. Place the stand on a level surface, with a mat beneath it to protect the floor or carpet from damage. Make sure that there is enough clearance around the stand to use the dumbbells and stand.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the dumbbells and stand at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the dumbbells and stand. Always wear athletic shoes for foot protection while exercising.
10. Do not place your fingers between the dumbbells and the stand. Place only the included dumbbells on the stand.
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary WEIDER® SPEED WEIGHT 90 dumbbells and stand.

The SPEED WEIGHT 90 dumbbells and stand will speed up your workouts, provide convenient access to your dumbbells, and keep your workout area organized.

For your benefit, read this manual carefully before you use the dumbbells and stand. If you have questions after reading this manual, please see the

front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Note: The length of the assembled dumbbells and stand is 3 ft. 3 in. (100 cm). The width is 2 ft. 4 in. (72 cm).

ASSEMBLY

Assembly requires two persons. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

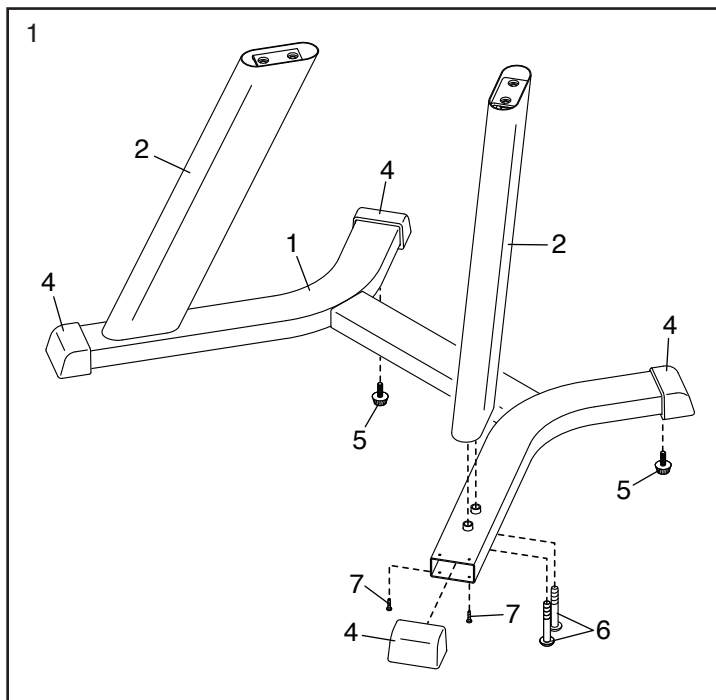
In addition to the included tool(s), assembly requires a Phillips screwdriver .

Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.

1. Orient the Base (1) as shown. Attach a Base Cap (4) to the Base with two M4 x 20mm Screws (7). **Attach the other three Base Caps (4) in the same way.**

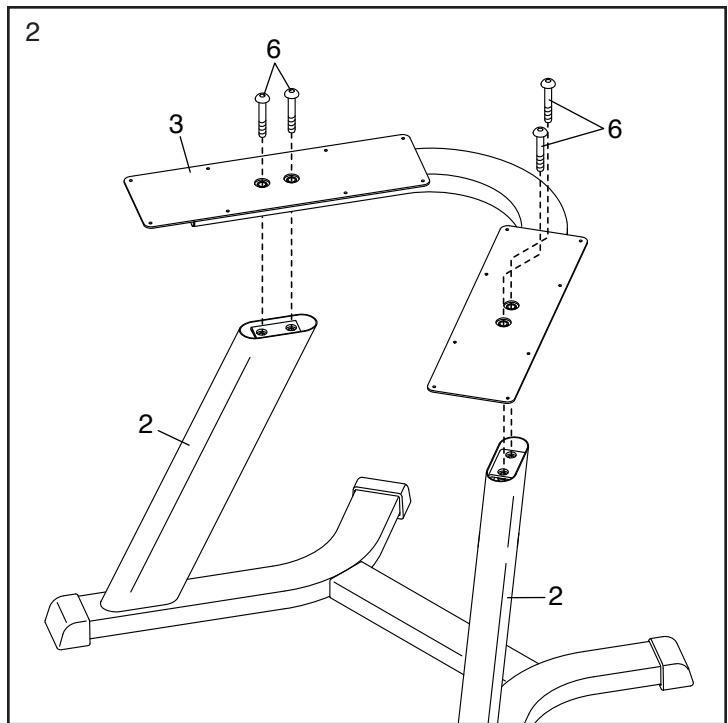
Next, tighten the two Leveling Feet (5) into the underside of the Base (1).

Orient an Upright (2) as shown. Attach the Upright to the Base (1) with two M10 x 65mm Screws (6); **do not tighten the Screws yet. Attach the other Upright (2) in the same way**



2. Orient the Tray Frame (3) as shown. Attach the Tray Frame to the Uprights (2) with four M10 x 65mm Screws (6).

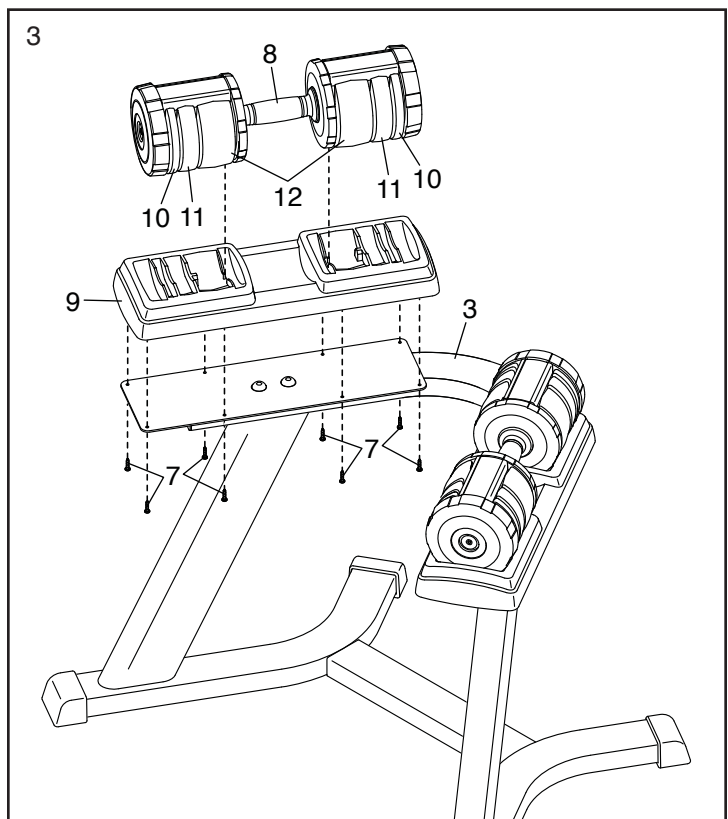
See step 1. Tighten the four M10 x 65mm Screws (6).



3. Attach a Tray (9) to the Tray Frame (3) with eight M4 x 20mm Screws (7); **start all eight Screws, and then tighten them.**

Next, set a Handle (8) with six Weight Plates (10, 11, 12) on the Tray (9).

Repeat this step on the other side of the Tray Frame (3).



4. **Make sure that all parts are properly tightened before you use the dumbbells and stand.** Note: Extra hardware may be left over. Place a mat beneath the stand to protect the floor.

ADJUSTMENT

HOW TO USE THE DUMBBELLS

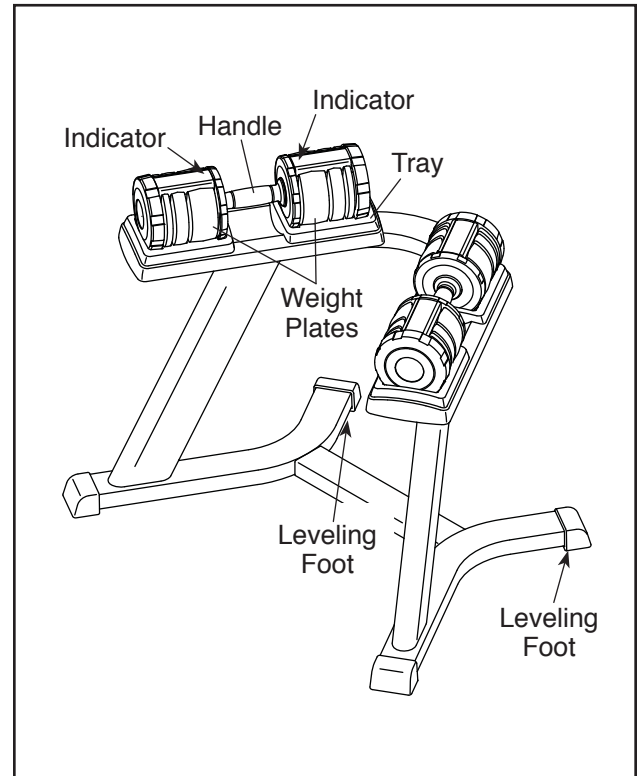
Each handle weighs 10 pounds; the weight plates weigh 2.5, 5, and 10 pounds. Each handle can hold from two to six weight plates in pairs. **Always attach the same number of weight plates to both ends of a handle.**

To select the desired number of weight plates, first set a handle on a tray. Then, turn the handle until the indicators on the handle covers align with the desired weight setting on the handle. **Repeat this action with the other handle.**

To use a dumbbell, lift it straight upward off the tray, making sure that the unattached weight plates remain in the tray. When you are finished using the dumbbell, carefully set it back on the tray.

HOW TO LEVEL THE STAND

If the stand rocks slightly on your floor during use, turn one or both of the leveling feet beneath the base until the rocking motion is eliminated.



HOW TO RESET THE HANDLES

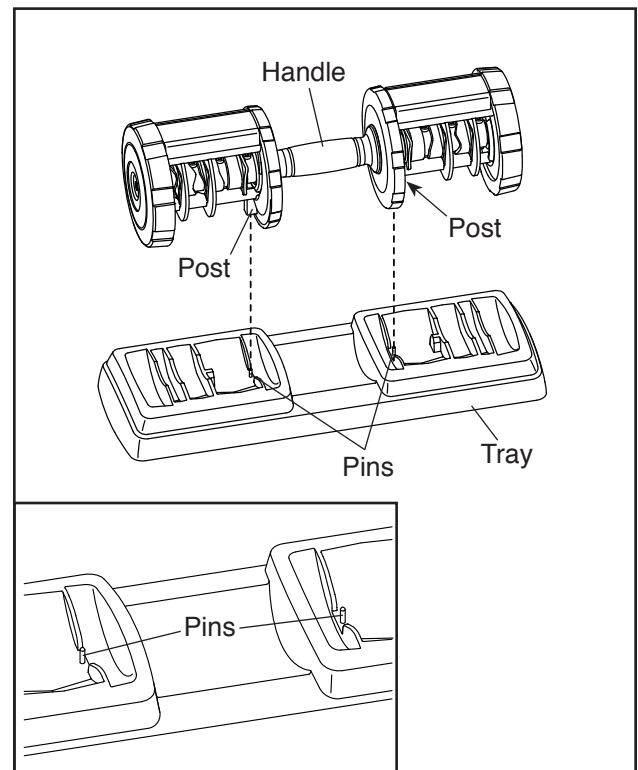
If a handle does not engage the weight plates properly, the handle should be reset.

To reset a handle, first remove the handle from the tray. (Note: Some weight plates may be attached to the handle.) Next, remove any remaining weight plates from the tray.

Next, set the handle in the tray. **See the inset drawing. Make sure that the posts on the handle slide onto the two pins on the tray.**

Next, turn the handle and select the lowest weight setting.

Then, remove the handle from the tray. Return any weight plates that are not attached to the handle to the tray. Finally, set the handle in the tray. The handle is now reset.

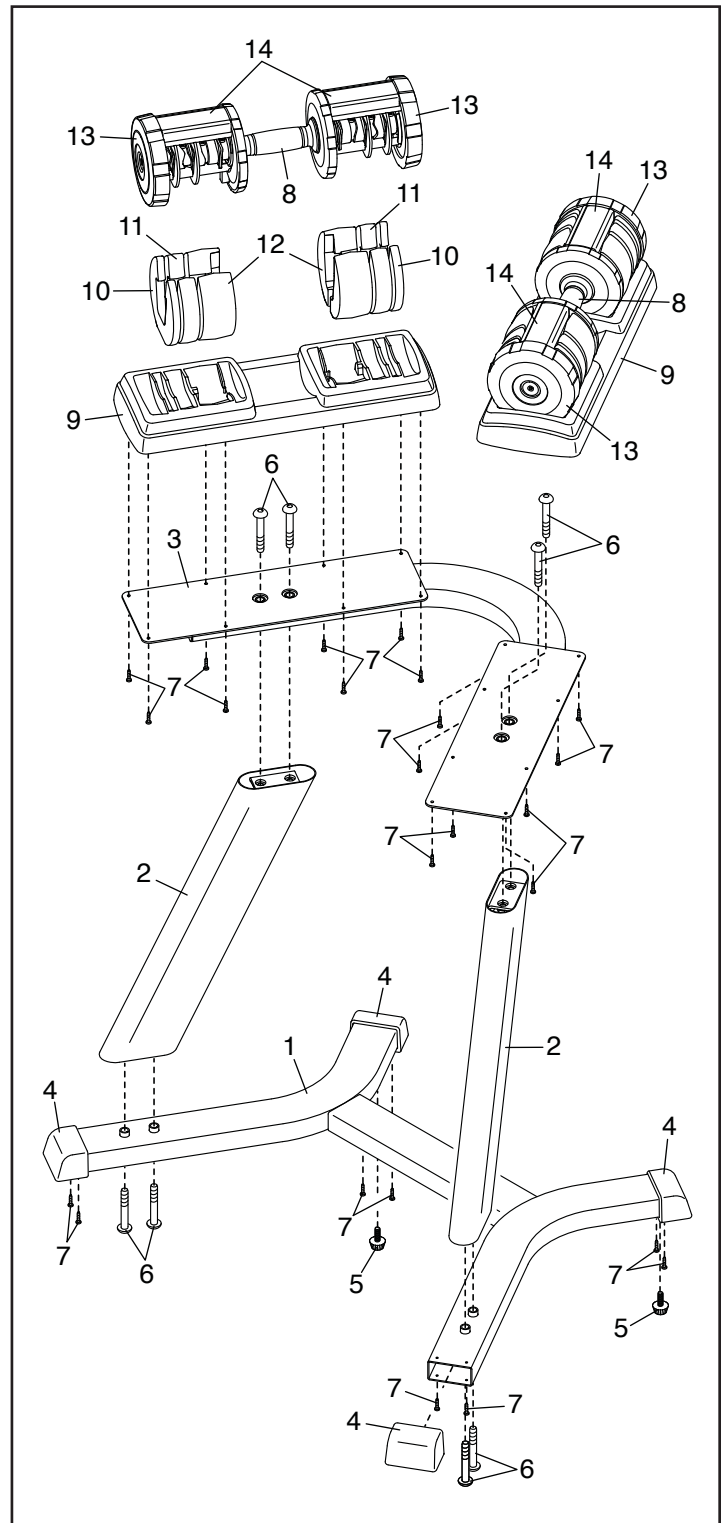


PART LIST/EXPLODED DRAWING

Model No. WSAW9010.0 R0911A

Key No.	Qty.	Description
1	1	Base
2	2	Upright
3	1	Tray Frame
4	4	Base Cap
5	2	Leveling Foot
6	8	M10 x 65mm Screw
7	24	M4 x 20mm Screw
8	2	Handle
9	2	Tray
10	4	2.5-pound Weight Plate
11	4	5-pound Weight Plate
12	4	10-pound Weight Plate
13	4	Handle Cap
14	4	Handle Cover
*	—	User's Manual
*	—	Assembly Tool

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST/EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.weiderservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813