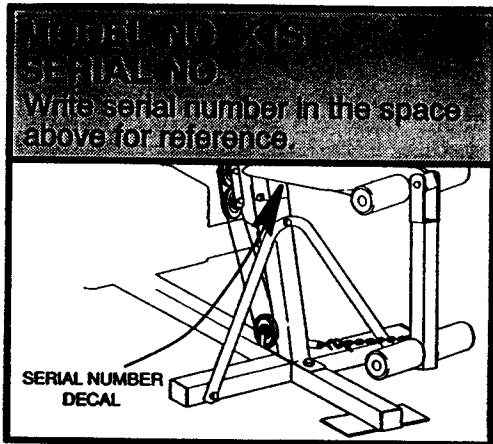
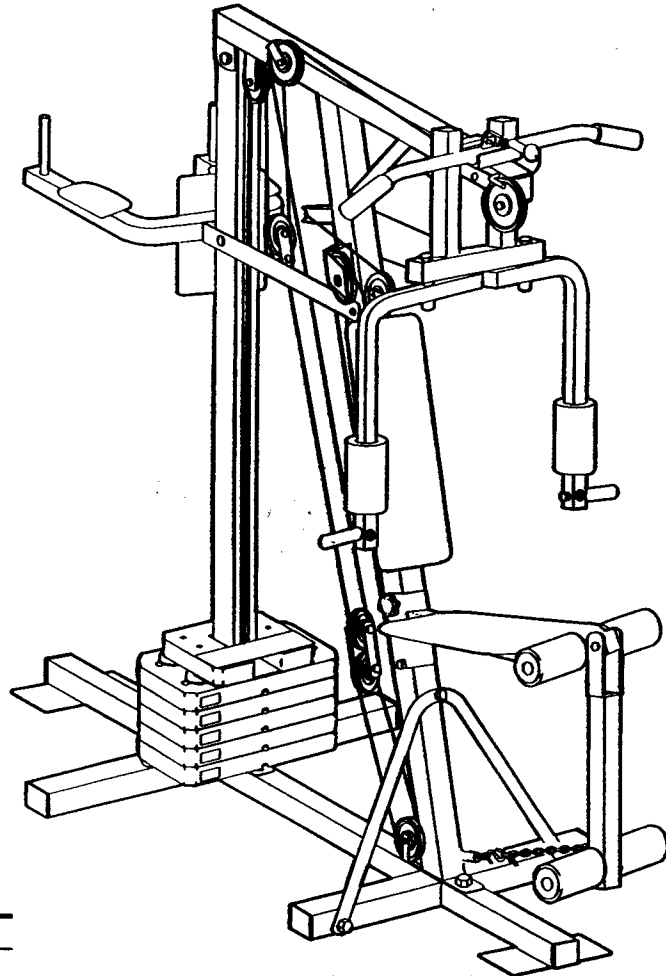


X1S WEIGHT DOUBLER CABLE SYSTEM POWERGUIDE



**APPROXIMATE WEIGHT:
200 LBS.
APPROXIMATE SET UP DIMENSIONS:
75"L X 40"W X 75"H**



weider
OWNER'S MANUAL

MADE IN CANADA

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.
Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN1283X1S

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

CAUTION: DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Home Gym on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handle bars when exercising.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small children away from this equipment during use.
8. Do not allow small children to play on this equipment unattended.
9. Wear appropriate workout attire, including running or aerobic shoes.

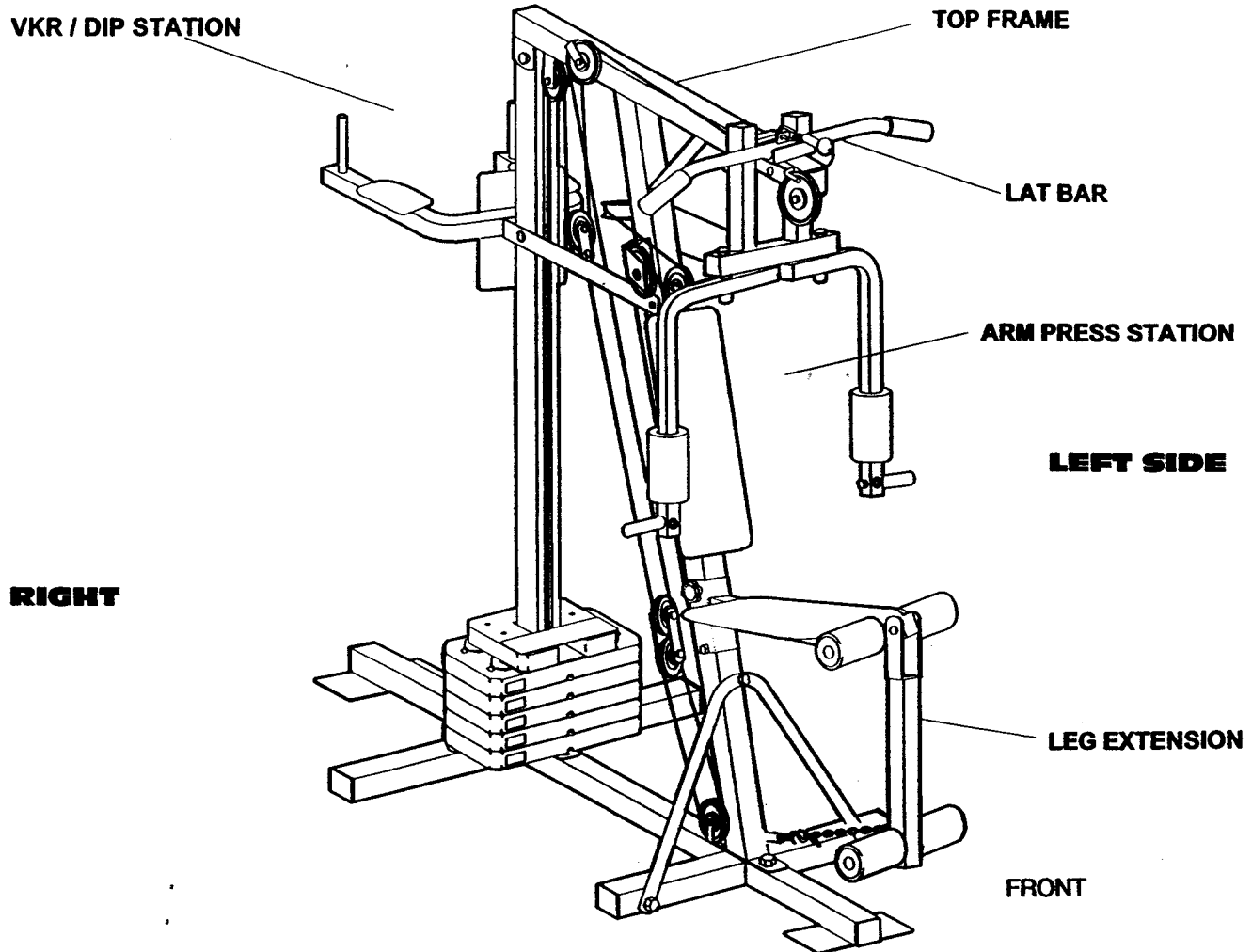
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained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

INTRODUCTION

Thank you for choosing the Weider POWERGUIDE X1-S. Your Home Gym is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

Please take time to read all the information contained in this manual and after assembly is completed keep it for future reference.



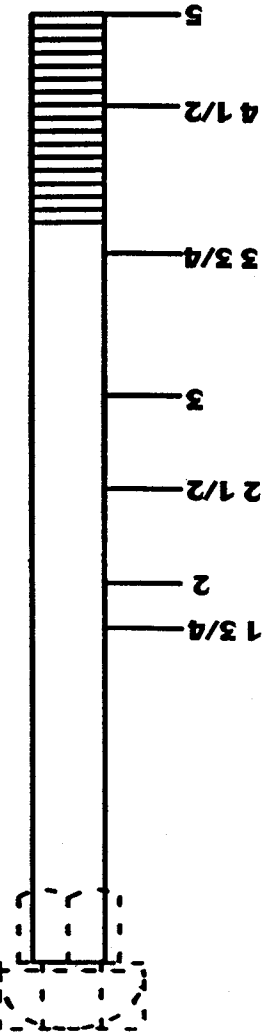
MAINTENANCE TIPS

Keeping your POWERGUIDE X1-S in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

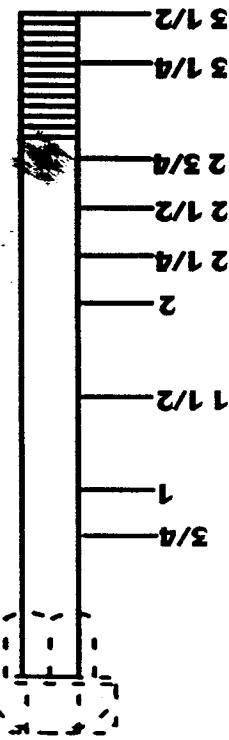
1. Check all fasteners, nuts and bolts, and caps to see that they are tight and are fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and a mild non-abrasive detergent.

X1S HARDWARE SCALING SHEET

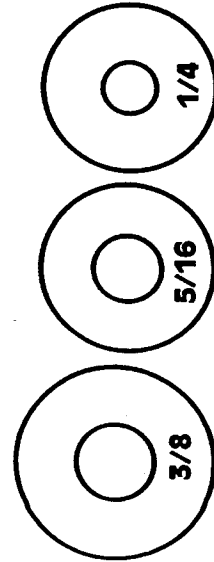
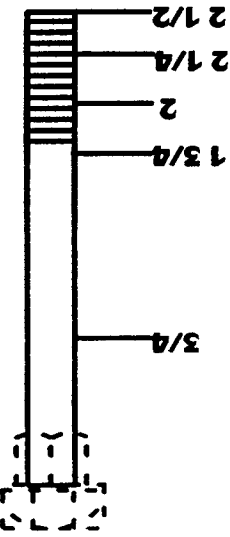
Scale can be used for 3/8" Hex Head Bolts, Carriage Bolts, or Round Head Screws.



Scale can be used for 5/16" Hex Head Bolts, Carriage Bolts, and Round Head Screws



Scale can be used for 1/4" Hex Head Bolts, Carriage Bolts, and Round Head Screws



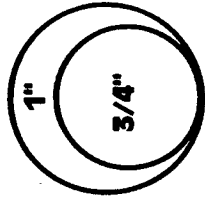
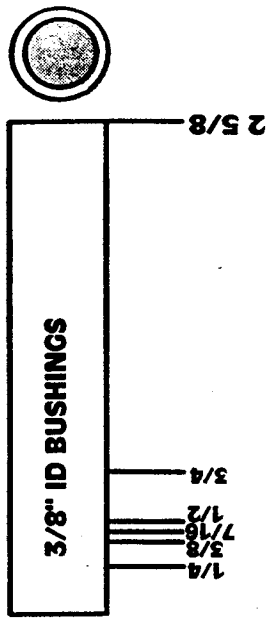
FLAT WASHERS



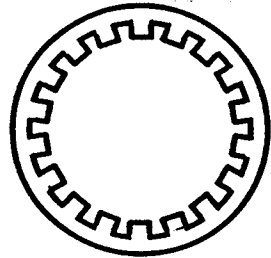
3/8 NYLON LOCK NUT

5/16 NYLON LOCK NUT

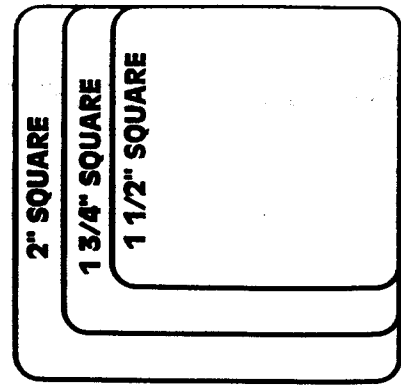
1/4 NYLON LOCK NUT



ROUND PLASTIC CAPS



1" SPRING RETAINER



SQUARE PLASTIC CAPS

ESTIMATED TIME OF ASSEMBLY IS 3 HOURS

UNPACKING TIPS:

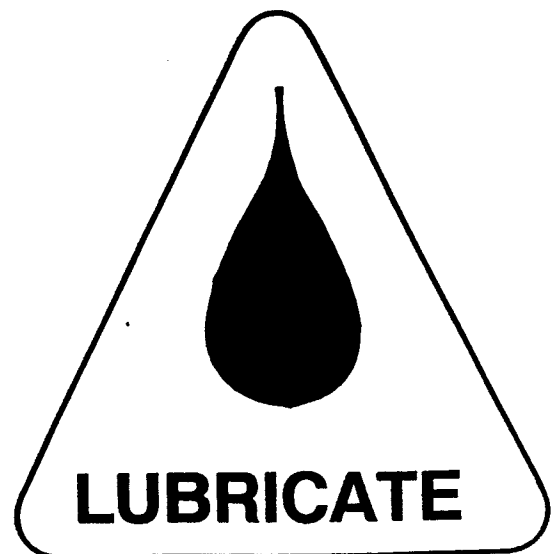
- To avoid losing small parts during the unpacking process we suggest that you remove and unwrap one part at a time and discard the paper wrapping in the lid of the box.
- Do not discard packing material until the gym is completely assembled. If you are missing a part, it may have gotten mixed up with the wrapping paper.
- Lay each unwrapped part to the side so you can easily see each part for ease of identification as you do your assembly.
- Lay the nuts, bolts, washers, etc. in groups of like sizes and lengths. Putting these inside the carton bottom would be a good place to hold them to avoid losing parts. You can also write the sizes below each group to help you identify them quicker.

TOOLS REQUIRED FOR ASSEMBLY

1. Two adjustable crescent wrenches or a combination of 1/2" and 9/16" box end wrenches
2. Phillips Screwdriver
3. Flat Blade Screwdriver
4. Hammer

MAINTENANCE

- To insure that your fitness equipment functions at peak efficiency and to reduce drag and wear on components, it is essential that pulleys, hinges, guide rods and other moving parts be properly lubricated and maintained. You will see throughout the assembly manual the symbol to the right.
- After you have completed the assembly of this product, you should lubricate all the indicated areas before using. In the future you should lubricate these areas at least once a month. The guide rods and guide wheels should be lubricated weekly as they will be more inclined to have the oil wiped away.
- Use a household type light weight oil as a lubricant. Most household light weight oil can be purchased in any hardware department.



X1-S PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	BASE FRAME	1	C4271-G30*G30
2	GUIDE ROD	1	C6858-G30*G30
3	MAIN UPRIGHT	1	C1276-G30*G30
4	WEIGHT PLATE - 12.5 LBS.	5	BB-0328*G30
5	HALF WEIGHT PLATE - 6 LBS.	1	BB-0333*G30
6	NYLON GUIDE WHEEL	4	AA-8267*G30
7	WEIGHT SELECTOR TUBE	1	C7330-G30*G30
8	"V" BRACE	1	C7771-G30*G30
9	ARM PRESS PIVOT FRAME	1	C4272-G30*G30
10	4" LONG HALF ROUND PIVOT BUSHING	2	AA-8242*G30
11	ARM PRESS CAP	1	C4273-G30*G30
12	LAT BAR PLASTIC HOLDER	1	AA-8275*G30
13	ARM PRESS ARM	2	C4161-F68*G30
14	WEIGHT PLATE BRACKET	1	C7772-G30*G30
15	FOAM ROLLER - 3 1/4" X 7" X 1 5/8" I.D.	2	C0488-G27*G30
16	HANDLE - 1" X 7"	4	C6385-F29*G30
17	PLASTIC GRIP - 1" X 5"	4	AA-8255*G30
19	LAT CABLE - 101"	1	C6672-G30*G30
20	LOW PULLEY CABLE - 166"	1	C6673-G30*G30
21	WEIGHT STACK CABLE - 89"	1	C6674-G30*G30
22	SEAT FRAME	1	C4274-G30*G30
23	LEG EXTENSION	1	C4275-G30*G30
24	ARM PRESS BACKREST	1	C1436-G21*G30
25	SEAT MOUNTING BRACKET	2	C6779-F29*G30
26	ARM PRESS SEAT	1	C1437-G21*G30
27	PAD BAR - 2" X 13"	2	C6327-E19*G30
28	FOAM ROLLER - 3" X 5 3/4" X 3/4" I.D.	4	C0434-C07*G30
29	DIP ARM	1	C4276-G30*G30
30	DIP ARM PAD	2	C1434-G21*G30
32	DIP STATION BACKREST	1	C1435-G21*G30
33	3 1/2" PULLEY	11	AA-8133*G30
34	CABLE TRAP BRACKET	6	C7724-F68*G30
35	BENT PULLEY BACKET	2	C7773-G30*G30
36	DUAL PULLEY CONNECTOR PLATE	2	C7774-G30*G30
37	PULLEY PIVOT BRACKET	1	C7723-F68*G30
38	ARM PRESS PIVOT BRACKET	2	C7726-F68*G30
39	ARM PRESS "U" BRACKET	2	C7725-F68*G30
40	5/16" FLAT WASHER	19	HH-5127*G30
41	5/16" NYLON LOCK NUT	23	HH-5012*G30
42	5/16" X 2 1/2" CARRIAGE BOLT	2	HH-5324*G30
43	5/16" X 2 3/4" HEX HEAD BOLT	2	HH-5058*G30

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
44	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*G30
45	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*G30
46	5/16" X 2" CARRIAGE BOLT	1	HH-5311*G30
47	5/16" X 2 1/4" HEX HEAD BOLT	5	HH-5323*G30
48	5/16" X 2 1/2" EYE-BOLT	1	HH-5561*G30
49	5/16" X 2 3/4" CARRIAGE BOLT	4	HH-5521*G30
50	3/8" FLAT WASHER	2	HH-5265*G30
51	3/8" NYLON LOCK NUT	12	HH-5088*G30
52	3/8" X 3" HEX HEAD BOLT	1	HH-5059*G30
53	3/8" X 1 3/4" HEX HEAD BOLT	4	HH-5308*G30
54	3/8" X 2" HEX HEAD BOLT	3	HH-5244*G30
55	5/16" X 1" HEX HEAD BOLT	1	HH-5332*G30
56	5/16" X 2 1/2" HEX HEAD BOLT	2	HH-5053*G30
57	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5294*G30
58	5/16" X 3/4" HEX HEAD BOLT	1	HH-5245*G30
59	5/16" X 2 1/4" HEX HEAD BOLT	2	HH-5323*G30
60	1/4" FLAT WASHER	8	HH-5048*G30
61	1/4" NYLON LOCK NUT	7	HH-5011*G30
62	1/4" X 1" TAPER HEAD SCREW	2	HH-5556*G30
63	1/4" X 3/4" ROUND HEAD MACHINE SCREW	7	HH-5022*G30
64	1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	2	HH-5044*G30
65	1/4" X 2 1/4" CARRIAGE BOLT	2	HH-5367*G30
66	1/4" X 2" ROUND HEAD MACHINE SCREW	4	HH-5256*G30
67	1/4" X 1 3/4" HEX HEAD BOLT	1	HH-5024*G30
68	1/2" X 8" HEX HEAD BOLT	1	HH-5547*G30
69	1/2" NYLON LOCK NUT	1	HH-5182*G30
70	2" SQUARE PLASTIC INSERT CAP	4	AA-8002*G30
71	1 3/4" SQUARE PLASTIC INSERT CAP	6	AA-8006*G30
72	1" ROUND PLASTIC INSERT CAP	8	AA-8005*G30
73	1" ROUND PLASTIC COVER CAP	2	HH-5348*G30
74	2" SQUARE PLASTIC COVER CAP	4	AA-8015*G30
75	1 1/2" SQUARE PLASTIC INSERT CAP	4	AA-8001*G30
76	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*G30
78	1" SPRING RETAINER RING	4	HH-5423*G30
80	RUBBER BUMPER	8	AA-8124*G30
81	#8 X 1" LONG SELF TAPPING SCREW	2	HH-5562*G30
82	1/2" I.D. X 2 5/8" LONG METAL BUSHING	2	HH-5550*G30
83	1/2" O.D. X 3/8" LONG METAL SPACER	1	HH-5455*G30
84	1/2" O.D. X 1/4" LONG METAL SPACER	1	HH-5466*G30
85	1/2" O.D. X 7/16" LONG METAL SPACER	2	HH-5389*G30
86	1/2" O.D. X 3/4" LONG METAL SPACER	1	HH-5335*G30

ORDERING PARTS

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR *OWNER'S REGISTRATION CARD* WITHIN THE NEXT 10 DAYS.

Simply mail you *OWNER'S REGISTRATION CARD* to receive all benefits to which you are entitled.

***WARRANTY VERIFICATION* : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.**

***OWNER CONFIRMATION* : Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.**

1. YOUR OWNER'S ID CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.

2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS LOCATED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER 1-800-225-0653.

3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER.

1. Name of the Product (POWERSGUIDE HOME GYM SYSTEM X1-S)

2. Model Number of the Product (X1-S)

3. Ordering Number of the Part (See Parts List Page)

4. Description of the Part from the Parts List Page.

5. Country of the Manufacturer (See Cover)

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

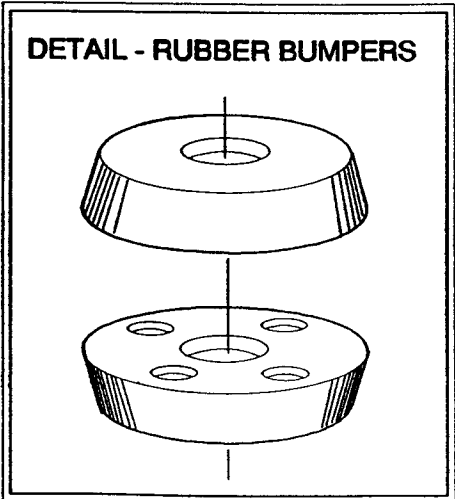
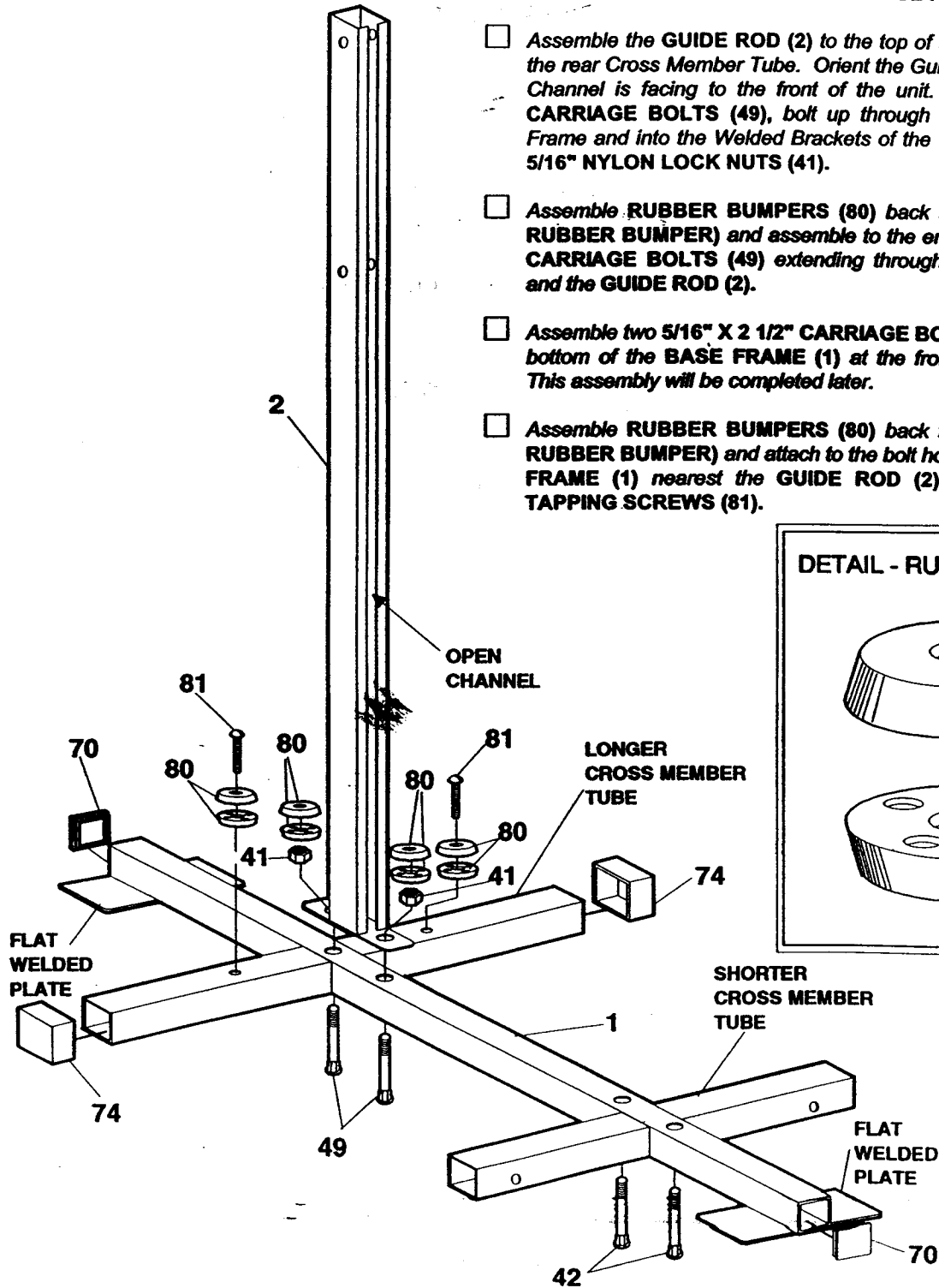
Extended Seasonal Hours (Dec. 1 - Feb 28) Monday through Friday 7 a.m. to 9 p.m.; Saturday 9 a.m. to 5 p.m.; Sunday 12 p.m. to 4 p.m.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
41 5/16" NYLON LOCK NUT	2
42 5/16" X 2 1/2" CARRIAGE BOLT	2
49 5/16" X 2 3/4" CARRIAGE BOLT	2
70 2" SQUARE PLASTIC INSERT CAP	2
74 2" SQUARE PLASTIC COVER CAP	2
80 RUBBER BUMPER	8
81 #8 X 1" SELF TAPPING SCREW	2

- Begin by capping the ends of the BASE FRAME (1) with the Flat Welded Plates with 2" SQUARE PLASTIC INSERT CAPS (70).
- Cap the ends of the Longer Cross Member Tube of the BASE FRAME (1) with 2" SQUARE PLASTIC COVER CAPS (74). **DO NOT CAP** the ends of the Shorter Cross Member Tube of the Base Frame at this time.
- Orient the Flat Welded Plates on the BASE FRAME (1) to the floor.
- Assemble the GUIDE ROD (2) to the top of the BASE FRAME (1) at the rear Cross Member Tube. Orient the Guide Rod so that the Open Channel is facing to the front of the unit. Using 5/16" X 2 3/4" CARRIAGE BOLTS (49), bolt up through the bottom of the Base Frame and into the Welded Brackets of the Guide Rod. Secure with 5/16" NYLON LOCK NUTS (41).
- Assemble RUBBER BUMPERS (80) back to back (SEE DETAIL - RUBBER BUMPER) and assemble to the ends of the 5/16" X 2 3/4" CARRIAGE BOLTS (49) extending through the BASE FRAME (1) and the GUIDE ROD (2).
- Assemble two 5/16" X 2 1/2" CARRIAGE BOLTS (42) up through the bottom of the BASE FRAME (1) at the front Cross Member Tube. This assembly will be completed later.
- Assemble RUBBER BUMPERS (80) back to back (SEE DETAIL - RUBBER BUMPER) and attach to the bolt hole locations in the BASE FRAME (1) nearest the GUIDE ROD (2) using #8 X 1" SELF TAPPING SCREWS (81).



STEP 2 WEIGHT STACK ASSEMBLY

PART NAME	QTY
41 5/16" NYLON LOCK NUT	1
46 5/16" X 2" CARRIAGE BOLT	1
83 1/2" O.D. X 3/8" LONG METAL SPACER	1
89 WEIGHT SELECTOR PIN	1

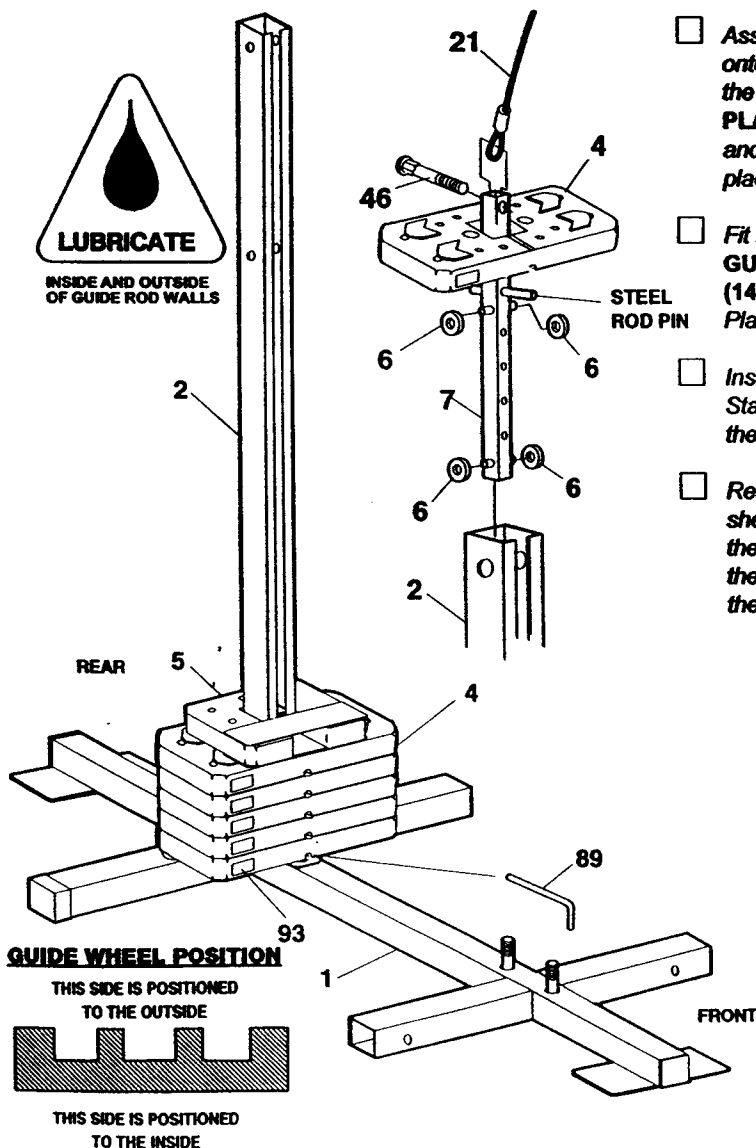
Working with one WEIGHT PLATE (4) at a time, stack four Weight Plates onto the GUIDE ROD (2) so that the Pinning Slot in the Plate is facing the floor and also facing to the front of the unit. Once the Stack is complete, check again to make sure all Plates are properly positioned.

Assemble the NYLON GUIDE WHEELS (6) onto the Welded Roller Axes at both the top and bottom of the WEIGHT SELECTOR TUBE (7). The flat side of the Guide Wheels must be positioned to the inside against the Weight Selector Tube and the formed side must be faced to the outside. SEE THE DETAIL DRAWING - GUIDE WHEEL POSITION.

Assemble the fifth WEIGHT PLATE (4) onto the WEIGHT SELECTOR TUBE (7). Orient the Plate so that the Pinning Slot is located on the same side as the Steel Rod Pin.

Assemble one Loop end of the 89" WEIGHT STACK CABLE (21) into the top of the WEIGHT SELECTOR TUBE (7) and hold in place with a 5/16" X 2" CARRIAGE BOLT (46). Make sure that this Bolt is oriented with the Bolt end extending out in the same direction as the longer portion of the Steel Rod Pin.

Insert the assembled WEIGHT SELECTOR TUBE (7) down inside the top of the GUIDE ROD (2). Orient the Selector Tube so that the Steel Rod Pin is extending out through the Open Channel of the Guide Rod. Slide the Selector Tube down the Guide Rod to the Weight Stack.

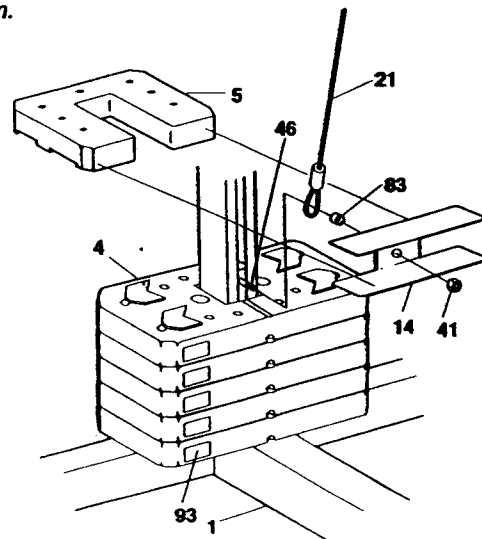


Assemble a 1/2" O.D. X 3/8" LONG METAL SPACER (83) onto the 5/16" X 2" CARRIAGE BOLT (46) assembled into the WEIGHT SELECTOR TUBE (7). Assemble the WEIGHT PLATE BRACKET (14) onto the HALF WEIGHT PLATE (5) and onto the Bolt in the Weight Selector Tube. Secure in place with a 5/16" NYLON LOCK NUT (41).

Fit the final HALF WEIGHT PLATE (5) around and behind the GUIDE ROD (2) and into the WEIGHT PLATE BRACKET (14) on top of the Weight Stack. (The grooves in the Weight Plate are to be oriented facing down.)

Insert the WEIGHT SELECTOR PIN (89) into the Weight Stack at the bottom Plate until the assembly is complete and the Cable system has been adjusted for proper tensioning.

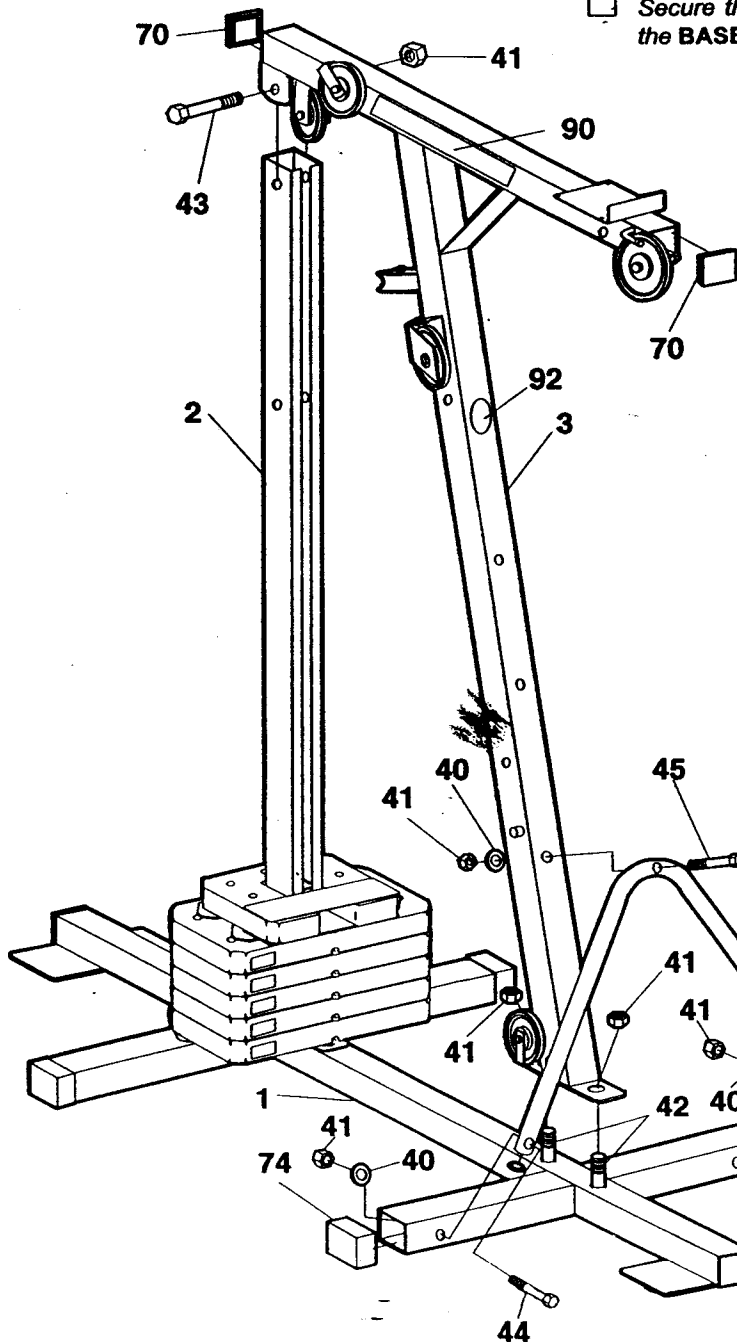
Remove the WEIGHT PLATE DECALS (93) from the backing sheet and affix to the edge of the WEIGHT PLATES (4) just to the side of the Pinning Slots. Decals should progress from the lightest Weight on the top Plate to the heaviest Weight at the bottom.



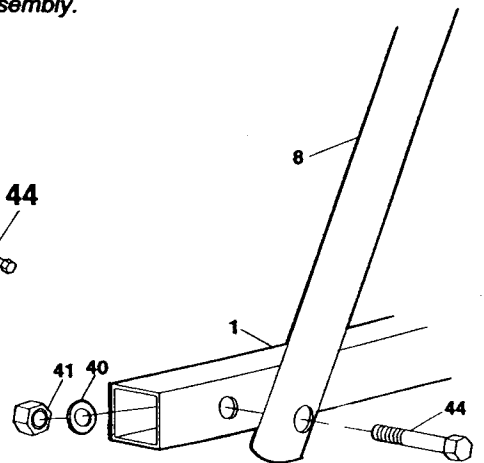
STEP 3 MAIN UPRIGHT ASSEMBLY

PART NAME	QTY
40 5/16" FLAT WASHER	3
41 5/16" NYLON LOCK NUT	6
43 5/16" X 2 3/4" HEX HEAD BOLT	1
44 5/16" X 1 1/2" HEX HEAD BOLT	2
45 5/16" X 3 1/4" HEX HEAD BOLT	1
70 2" SQUARE PLASTIC INSERT CAP	2
74 2" SQUARE PLASTIC COVER CAP	2

- Press 2" SQUARE PLASTIC INSERT CAPS (70) into the top ends of the MAIN UPRIGHT (3).
- Assemble the top of the MAIN UPRIGHT (3) to the top of the GUIDE ROD (2) by straddling the Welded Brackets on the Upright over the Guide Rod. At the same time, straddle the bottom of the Main Upright over the previously assembled 5/16" X 2 1/2" CARRIAGE BOLTS (42) in the BASE FRAME (1).
- Using a 5/16" X 2 3/4" HEX HEAD BOLT (43) and a 5/16" NYLON LOCK NUT (41), bolt the Welded Brackets of the MAIN UPRIGHT (3) to the GUIDE ROD (2).
- Secure the bottom of the MAIN UPRIGHT (3) to the BOLTS (42) in the BASE FRAME (1) with 5/16" NYLON LOCK NUTS (41).



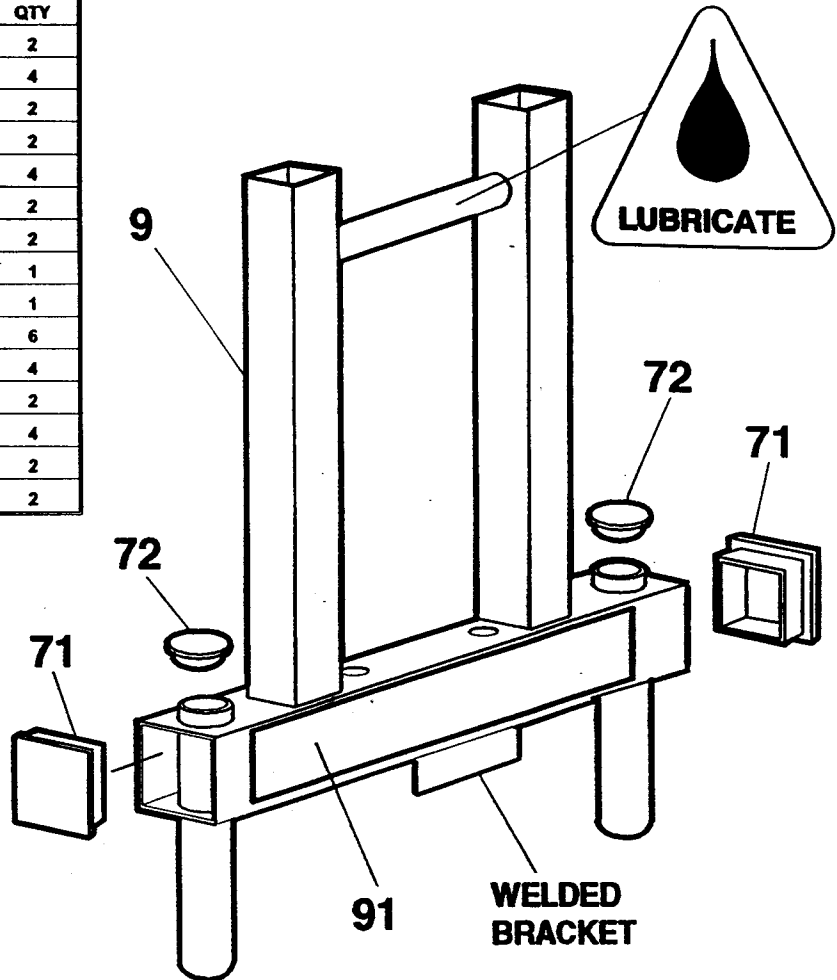
- Attach the legs of the "V" BRACE (8) to the front of the Shorter Cross Member Tube on the BASE FRAME (1) using 5/16" X 1 1/2" HEX HEAD BOLTS (44) to bolt through the legs of the Brace and then into the Base Frame. Inside the tubing, assemble a 5/16" FLAT WASHER (40) onto the Bolts and secure with 5/16" NYLON LOCK NUTS (41). (SEE DETAIL A)
- Attach the top of the SEAT BRACE (8) to the front of the MAIN UPRIGHT (3) using a 5/16" X 3 1/4" HEX HEAD BOLT (45) to bolt through the front of the Brace and then through the Upright. Assemble a 5/16" FLAT WASHER (40) onto the Bolt and secure with a 5/16" NYLON LOCK NUT (41).
- Cap the ends of the Shorter Cross Member Tube of the BASE FRAME (1) with 2" SQUARE PLASTIC COVER CAPS (74).
- Remove the TOP MAST DECALS (90) from the backing sheet and affix to both sides of the top of the MAIN UPRIGHT (3).
- Remove the MULTI-STATION DECAL (92) from the backing sheet and affix to the front of the MAIN UPRIGHT (3) directly below the pre-assembled Pulley assembly.



DETAIL A

STEP 4 ARM PRESS ASSEMBLY

PART NAME	QTY
10 4" LONG HALF ROUND PLASTIC PIVOT BUSHING	2
40 5/16" FLAT WASHER	4
41 5/16" NYLON LOCK NUT	2
47 5/16" X 2 1/4" HEX HEAD BOLT	2
61 1/4" NYLON LOCK NUT	4
62 1/4" X 1" TAPER HEAD SCREW	2
63 1/4" X 3/4" ROUND HEAD MACHINE SCREW	2
68 1/2" X 8" HEX HEAD BOLT	1
69 1/2" NYLON LOCK NUT	1
71 1 3/4" SQUARE PLASTIC INSERT CAP	6
72 1" ROUND PLASTIC INSERT CAP	4
73 1" ROUND PLASTIC COVER CAP	2
78 1" SPRING RETAINER RING	4
82 1/2" I.D. X 2 5/8" LONG METAL BUSHING	2
85 1/2" O.D. X 7/16" LONG METAL SPACER	2



- Cap each end of the bottom Cross Member Tube of the ARM PRESS PIVOT FRAME (9) with 1 3/4" SQUARE PLASTIC INSERT CAPS (71).
- Cap the top of the Welded Pivot Tubes in the bottom Cross Member Tube of the ARM PRESS PIVOT FRAME (9) with 1" ROUND PLASTIC INSERT CAPS (72).
- Assemble a 1/2" I.D. X 2 5/8" LONG METAL BUSHING (82) onto a 1/2" X 8" HEX HEAD BOLT (68) and insert into the hole located behind the L-Shaped Welded Plate on the top of the MAIN UPRIGHT (3). Assemble another 1/2" I.D. X 2 5/8" LONG METAL BUSHING (82) onto the Bolt and secure with a 1/2" NYLON LOCK NUT (69).
- Fit a 4" LONG HALF ROUND PLASTIC PIVOT BUSHING (10) onto the ARM PRESS PIVOT FRAME (9). Assemble this around the round tube welded between the Arm Press Pivot Frame. Position a second PIVOT BUSHING (10) around the tube.
- Assemble the ARM PRESS PIVOT FRAME (9) over the top end of the MAIN UPRIGHT (3) and onto the L-Shaped Welded Plate. Make sure that the Welded Bracket located at the bottom of the Arm Press Pivot Frame is to the front of the unit.
- Place the ARM PRESS CAP (11) on top of the ARM PRESS PIVOT BUSHING (10). Assemble the LAT BAR PLASTIC HOLDER (12) onto the top of the Arm Press Cap and directly behind the lip of the L-Shaped Welded Plate. Align the bolt holes in the Arm Press Cap and the Lat Bar Holder with the holes in the L-Shaped Plate. using 1/4" X 1" TAPER HEAD SCREWS (62), bolt down through the top of the Lat Bar Holder, the Cap, and then the L-Shaped Plate. Secure with 1/4" NYLON LOCK NUTS (61).
- Bolt the rear of the ARM PRESS CAP (11) assembly to the L-Shaped Welded Plate on the MAIN UPRIGHT (3) with two 1/4" X 3/4" ROUND HEAD MACHINE SCREWS (63). Secure with 1/4" NYLON LOCK NUTS (61).
- Remove the ARM PRESS DECAL (91) from the backing sheet and position the Decal to the front of the Cross Member Tube of the ARM PRESS PIVOT FRAME (9).
- Cap each end of the ARM PRESS ARMS (13) with 1 3/4" SQUARE PLASTIC INSERT CAPS (71).
- Press the ARM PRESS ARMS (13) onto the 1" Welded Pivot Tubes in the ARM PRESS PIVOT FRAME (9).

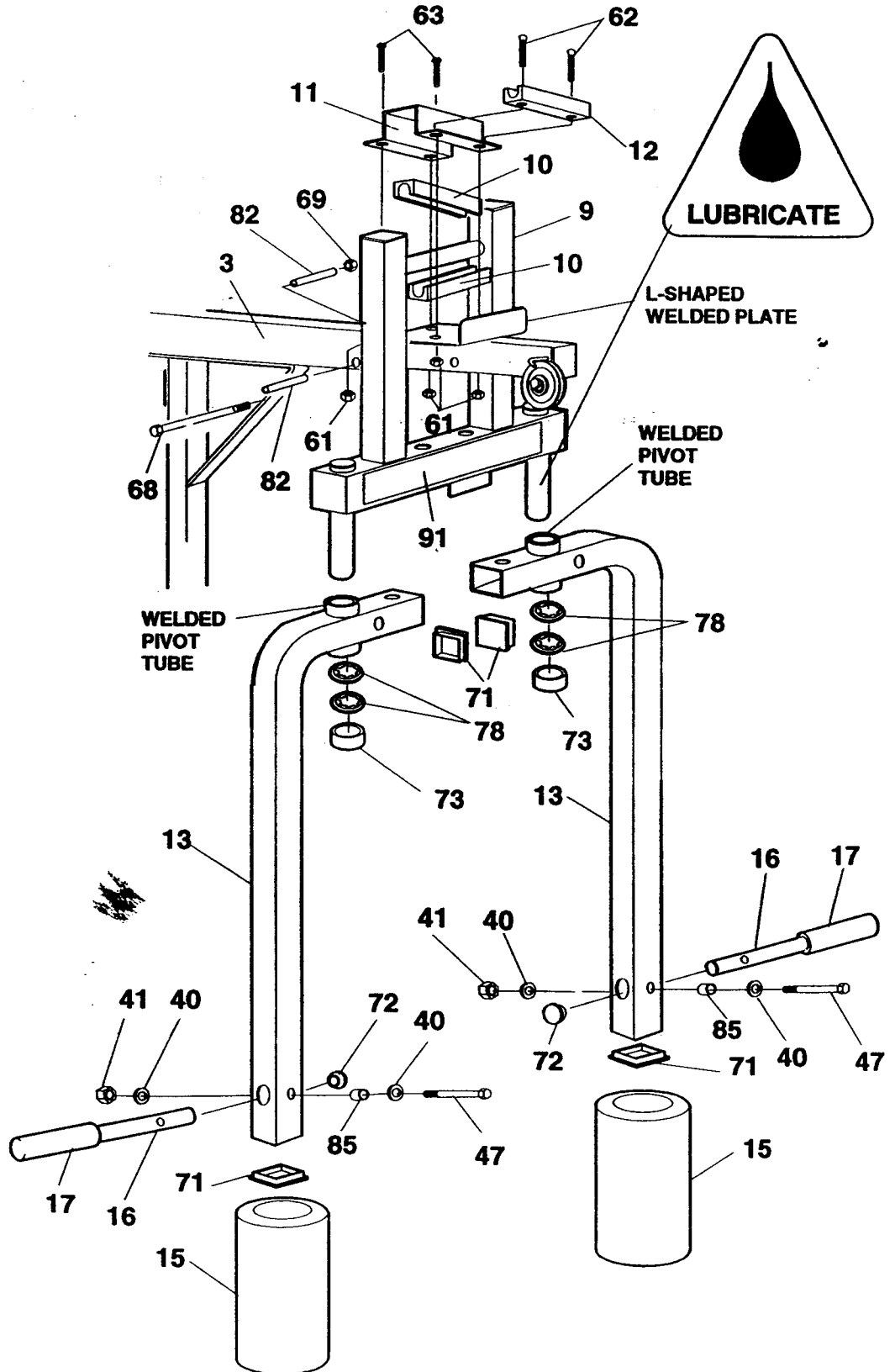
☐ Secure the **ARM PRESS ARMS (13)** onto the **Pivot Tubes** with **TWO** each **1" SPRING RETAINER RINGS (78)** and cap the end of the Tubes with **1" ROUND PLASTIC COVER CAPS (73)**. **NOTE:** The Spring Retainer Rings are made so that the teeth bend to one side. Align the Retainer Rings so that the teeth are pointed down. The 1" Cover Caps can be used to help drive the Retainers Rings onto the Pivot Tube. Align the Retainer Rings and cap the Tube. Lightly drive the assembly in place with the aid of a hammer.

☐ Squeeze a small amount of liquid dish detergent into the **3 1/4" X 7" FOAM ROLLERS (15)** and slide the Rollers onto the **ARM PRESS ARMS (13)** and position them about 5 inches up from the Arm Press Arm end.

☐ Insert the **1" X 7" HANDLES (16)** into the bottom section of the **ARM PRESS ARMS (13)**. Fit a **5/16" FLAT WASHER (40)** and a **1/2" O.D. X 7/16" LONG METAL SPACER (85)** onto a **5/16" X 2 1/4" HEX HEAD BOLT (47)** and attach the Handle into the Arm Press Arm. Fasten with another **5/16" FLAT WASHER (40)** and a **5/16" NYLON LOCK NUT (41)**.

☐ Assemble a **1" X 5" PLASTIC GRIP (17)** onto the outside ends of the **HANDLES (16)**.

☐ Press a **1" ROUND PLASTIC INSERT CAP (72)** into the inside ends of the **HANDLES (16)**.



STEP 5 BACKREST, SEAT, & LEG EXTENSION ASSEMBLY

PART NAME	QTY
40 5/16" FLAT WASHER	1
41 5/16" NYLON LOCK NUT	2
47 5/16" X 2 1/4" HEX HEAD BOLT	1
48 5/16" X 2 1/2" EYE-BOLT	1
49 5/16" X 2 3/4" CARRIAGE BOLT	1
60 1/4" FLAT WASHER	4
61 1/4" NYLON LOCK NUT	2
63 1/4" X 3/4" ROUND HEAD MACHINE SCREW	4
64 1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	2
65 1/4" X 2 1/4" CARRIAGE BOLT	2
75 1 1/2" SQUARE PLASTIC INSERT CAP	2
76 3/4" ROUND PLASTIC INSERT CAP	4
88 5/16" THREADED KNOB	1

- Cap the end of the SEAT FRAME (22) with a 1 1/2" SQUARE PLASTIC INSERT CAP (75).
- Cap the bottom of the LEG EXTENSION (23) with a 1 1/2" SQUARE PLASTIC INSERT CAP (75).
- Assemble the ARM PRESS BACKREST (24) to the MAIN UPRIGHT (3) by first assembling 1/4" FLAT WASHERS (60) onto two 1/4" X 2 1/2" ROUND HEAD MACHINE SCREWS (64) and then bolt through the back of the Upright and into the Backrest.
- Orient the SEAT FRAME (22) so that the end of the tube turns upward. Fit the Bracket of the Seat Frame around the MAIN UPRIGHT (3) Post and set the slot in the Seat Frame over the Pin in the Post. Insert a 5/16" X 2 3/4" CARRIAGE BOLT (49) through the Seat Bracket and Main Upright Post and secure with a 5/16" THREADED KNOB (88).

- Attach the SEAT MOUNTING BRACKETS (25) (These are flat brackets 2" X 6" with two round holes and a square hole in the center.) to the top side of the SEAT FRAME (22) by bolting down through the Mounting Bracket and then through the Seat Frame with 1/4" X 2 1/4" CARRIAGE BOLTS (65). Fasten in place with 1/4" FLAT WASHERS (60) and 1/4" NYLON LOCK NUTS (61). **DO NOT** tighten at this time.

- Locate the ARM PRESS SEAT (26) over the SEAT MOUNTING BRACKET (25) so that the wide end of the Seat is to the front of the unit. Assemble up through the Brackets and into the bottom of the Seat with 1/4" X 3/4" ROUND HEAD MACHINE SCREWS (63). Now tighten the Carriage Bolts holding the Brackets.

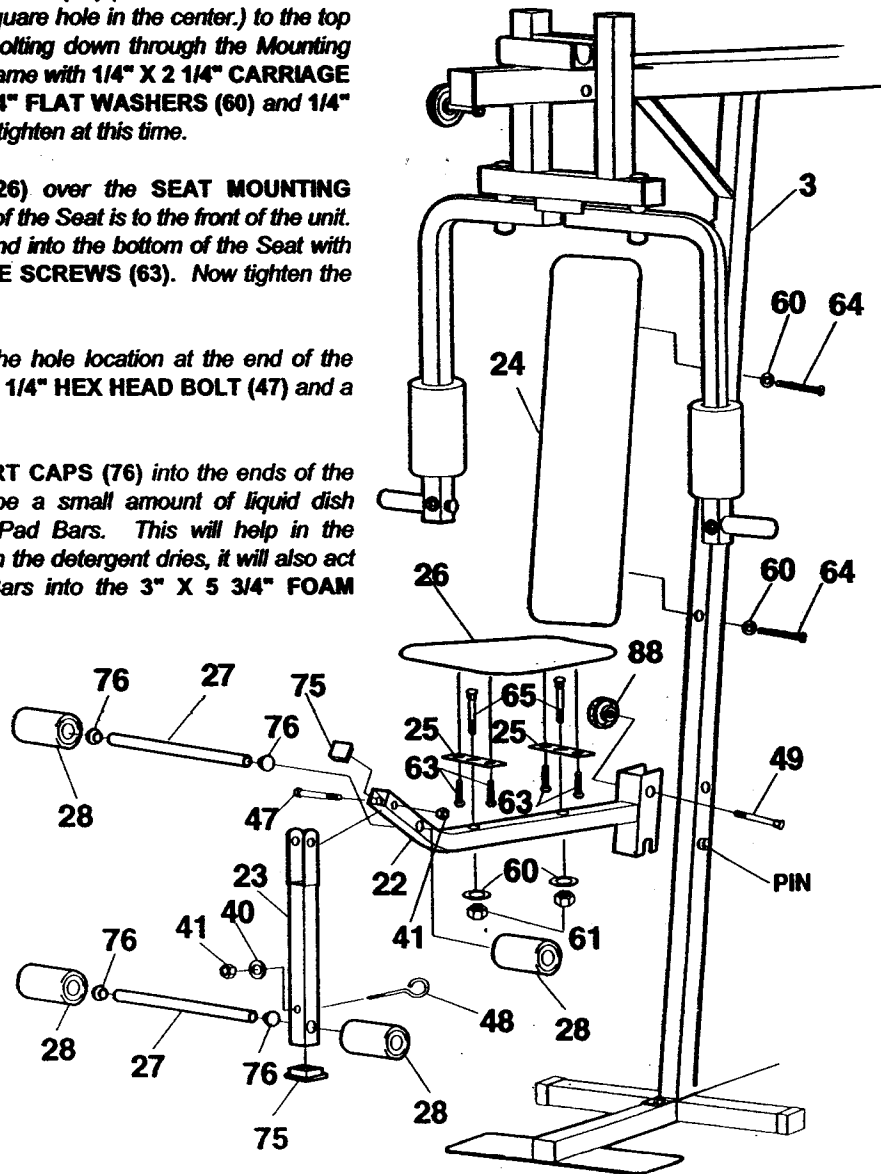
- Bolt the LEG EXTENSION (23) to the hole location at the end of the SEAT FRAME (22) using a 5/16" X 2 1/4" HEX HEAD BOLT (47) and a 5/16" NYLON LOCK NUT (41).

- Press 3/4" ROUND PLASTIC INSERT CAPS (76) into the ends of the 3/4" X 13" PAD BARS (27). Wipe a small amount of liquid dish detergent along the length of the Pad Bars. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive. Insert the Pad Bars into the 3" X 5 3/4" FOAM ROLLERS (28).

- Insert one Pad Bar assembly into the access hole at the front of the SEAT FRAME (22) and slide on a second 3" X 5 3/4" FOAM ROLLER (28).

- Insert the other Pad Bar assembly into the bottom section of the LEG EXTENSION (23) and slide on another 3" X 5 3/4" FOAM ROLLER (28).

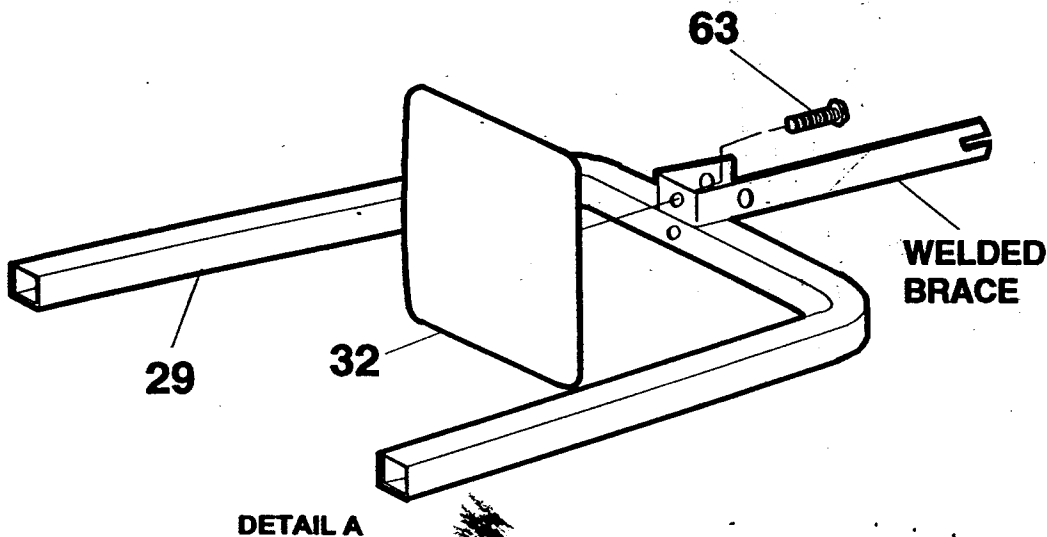
- Bolt a 5/16" X 2 1/2" EYE-BOLT (48) into the back side of the lower portion of the LEG EXTENSION (23). Assemble a 5/16" FLAT WASHER (40) onto the Bolt and fasten with a 5/16" NYLON LOCK NUT (41).



STEP 6 DIP STATION ASSEMBLY

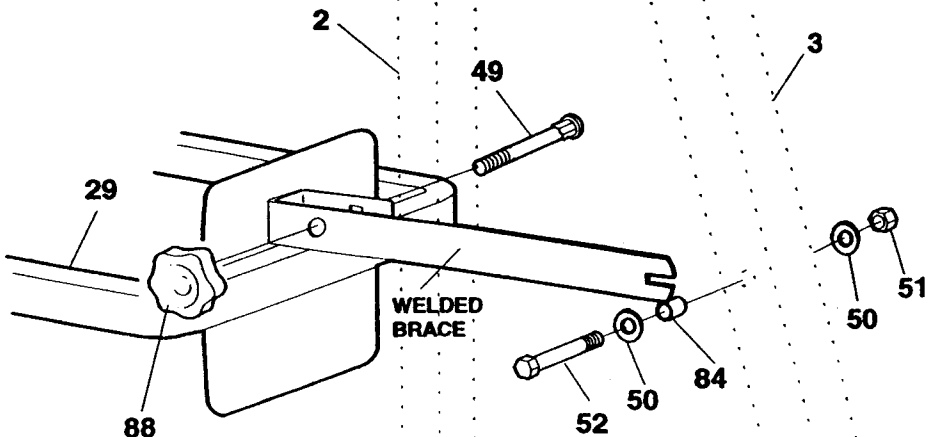
PART NAME	QTY.
40 5/16" FLAT WASHER	4
41 5/16" NYLON LOCK NUT	2
49 5/16" X 2 3/4" CARRIAGE BOLT	1
50 3/8" FLAT WASHER	2
51 3/8" NYLON LOCK NUT	1
52 3/8" X 3" HEX HEAD BOLT	1
59 5/16" X 2 1/4" HEX HEAD BOLT	2
60 1/4" FLAT WASHER	4
63 1/4" X 3/4" ROUND HEAD MACHINE SCREW	1
66 1/4" X 2" ROUND HEAD MACHINE SCREW	4
72 1" ROUND PLASTIC INSERT CAP	4
75 1 1/2" SQUARE PLASTIC INSERT CAP	2
84 1/2" O.D. X 1/4" LONG METAL SPACER	1
88 5/16" THREADED KNOB	1

- Cap the ends of the 1" X 7" HANDLES (15) with 1" ROUND PLASTIC INSERT CAPS (72).
- Cap the ends of the DIP ARM (29) with 1 1/2" SQUARE PLASTIC INSERT CAPS (75).
- Assemble the DIP STATION BACKREST (32) to the inside of the DIP ARM (29) and to only the Welded Brace using a 1/4" X 3/4" ROUND HEAD MACHINE SCREW (63) to bolt through the back of the Welded Brace and into the Backrest. (SEE DETAIL A),



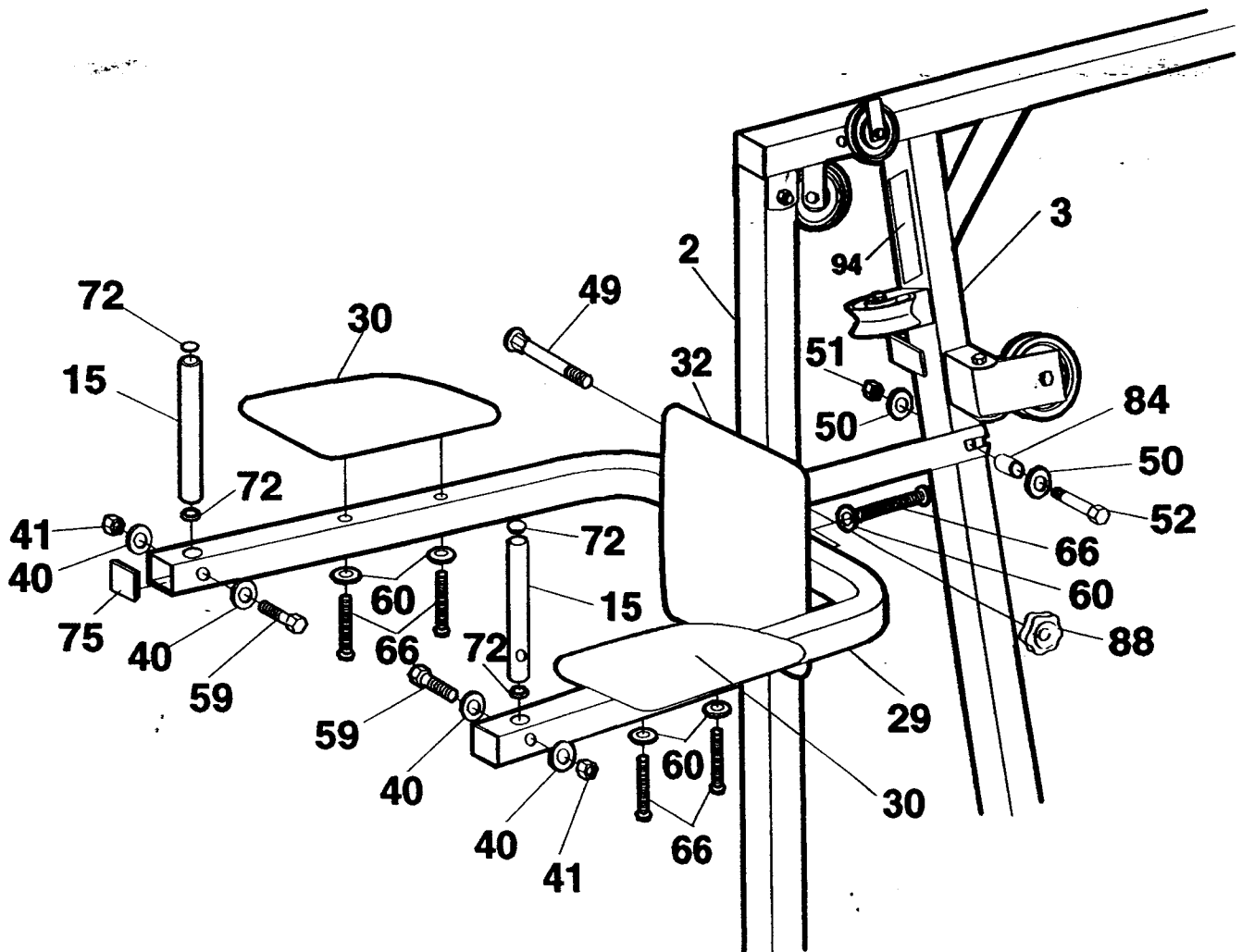
DETAIL A

- Assemble a 3/8" FLAT WASHER (50) and a 1/2" O.D. X 1/4" LONG METAL SPACER (84) onto a 3/8" X 3" HEX HEAD BOLT (52) and bolt through the hole location on the MAIN UPRIGHT (3) below the pre-assembled Pulley Assembly.
- Assemble the DIP ARM (29) to the GUIDE ROD (2) and the MAIN UPRIGHT (3) by fitting the slot in the end of the Welded Brace on the Dip Arm onto the 3/8" X 3" HEX HEAD BOLT (52) assembled on the Main Upright. Attach the Welded Brace to the Guide Rod using a 5/16" X 2 3/4" CARRIAGE BOLT (49) to bolt through the Brace and then the Guide Rod. Secure in place with a 5/16" THREADED KNOB (88). **DO NOT OVERTIGHTEN** to avoid bending the Guide Rod. (SEE DETAIL B)

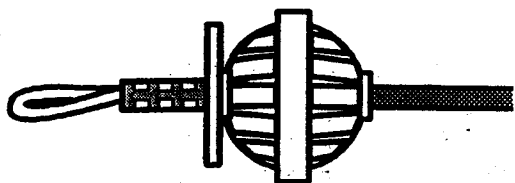


DETAIL B

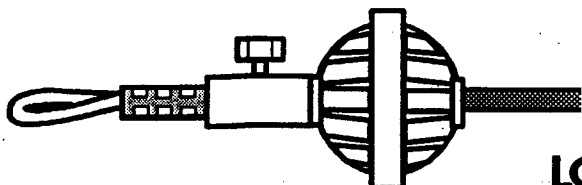
- Bolt the DIP HANDLES (31) into the DIP ARM (29) by first assembling a 5/16" FLAT WASHER (40) onto two 5/16" X 2 1/4" HEX HEAD BOLTS (59) and then bolt through the inside of the Arms and then the Handles. Assemble another 5/16" FLAT WASHER (40) onto each Bolt and fasten with 5/16" NYLON LOCK NUT (41).
- Attach the DIP ARM PADS (30) to the DIP ARM (29) using 1/4" X 2" ROUND HEAD MACHINE SCREWS (66) and 1/4" FLAT WASHERS (60).
- Remove the DIP STATION DECAL (94) from the backing sheet and adhere to the back of the MAIN UPRIGHT (3).



CABLES



101"
LAT CABLE 19



166"
LOW PULLEY CABLE 20



89"
WEIGHT STACK CABLE 21



AVOID CABLE PROBLEMS:

Woven Cable, like the type used on this Gym, stretch as they become broken in. It is critical to the function of the Gym that excess Cable slack be kept adjusted out of the Cable run. For the Lat Pull-Down and the Bench Press, this is done at the Low Pulley Cable adjustment. Always keep excess slack adjusted out of the Cable run. Anything more than 1 inch of slack will take away from a full range of conditioning.

Also, periodic lubrication of all moving parts; Pulleys, Brackets, Guide Wheels, and Guide Rods will eliminate excess friction and let the system work smoothly.

IF YOUR HOME GYM FEELS LIKE IT IS BINDING UP, READ THE FOLLOWING:

During use, if it ever feels like the exercise is binding up, stop immediately and check the Cable run and Pulleys to see if a Cable has jumped off a Pulley or if it is binding on a Cable Trap Bracket. Prompt attention may prevent Cable damage.

SAFETY TIPS:

- ALWAYS MAKE CERTAIN THAT SMALL CHILDREN ARE CLEAR OF THE UNIT WHILE IN USE.
- DO NOT ALLOW CHILDREN TO PLAY ON THIS EQUIPMENT UNATTENDED.
- NEVER PUT YOUR HANDS, FINGERS, OR OTHER PARTS OF YOUR BODY BETWEEN MOVING PARTS OR WEIGHTS WHILE THE GYM IS IN USE.
- KEEP ALL BOLTS AND FASTENERS TIGHTENED.

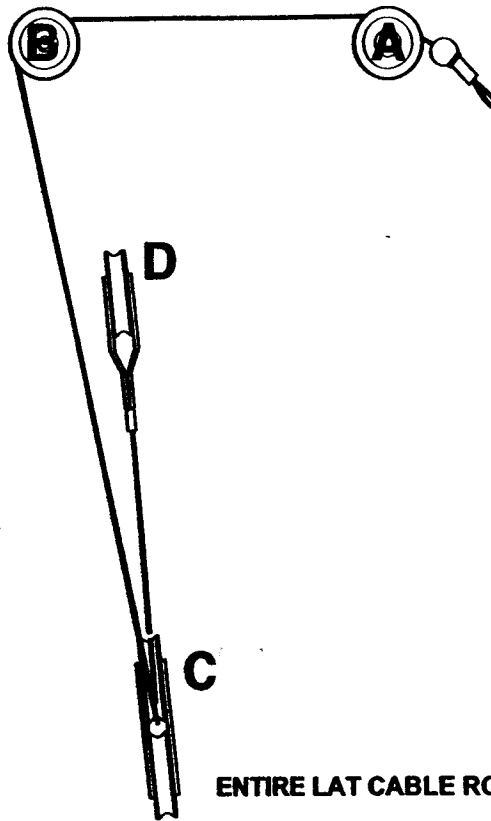
STEP 7 LAT CABLE ASSEMBLY

PART NAME	QTY
41 5/16" NYLON LOCK NUT	1
58 5/16" X 3/4" HEX HEAD BOLT	1
61 1/4" NYLON LOCK NUT	1
67 1/4" X 1 3/4" HEX HEAD BOLT	1

» **NOTE:** Some of the Pulleys have been pre-assembled to the unit at the factory - to assemble the Cables, you may need to loosen them slightly to position the Cable within the Pulley and under the Cable Trap Brackets.

☐ Select the 101" LONG LAT CABLE (19) (This Cables has a large Rubber Ball and Washer on one end and a Loop on the other end.) and begin by fitting the Cable into PULLEY A (33) and under the Welded Trap Bracket on the front of the MAIN UPRIGHT (3). Tighten the Pulley assembly.

☐ Bring the CABLE (19) rearward between the ARM PRESS PIVOT FRAME (9) and the top of the MAIN UPRIGHT (3) and fit the Cable over PULLEY B (33). Position the CABLE TRAP BRACKET (34) at about the ten o'clock position so it just barely clears the Pulley and re-tighten this assembly tightly. (When properly tightened the Cable Trap Bracket will not rotate. (SEE ILLUSTRATION A)



ENTIRE LAT CABLE ROUTING

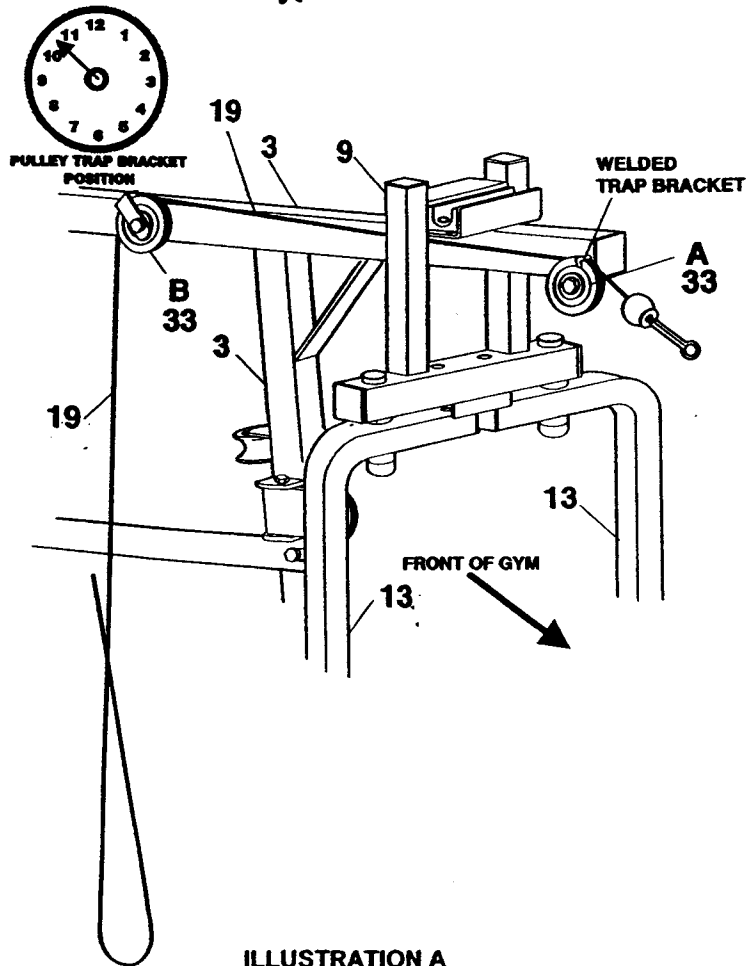


ILLUSTRATION A

- Loop the CABLE (19) down between the MAIN UPRIGHT (3) and the GUIDE ROD (2). (SEE ILLUSTRATION B)

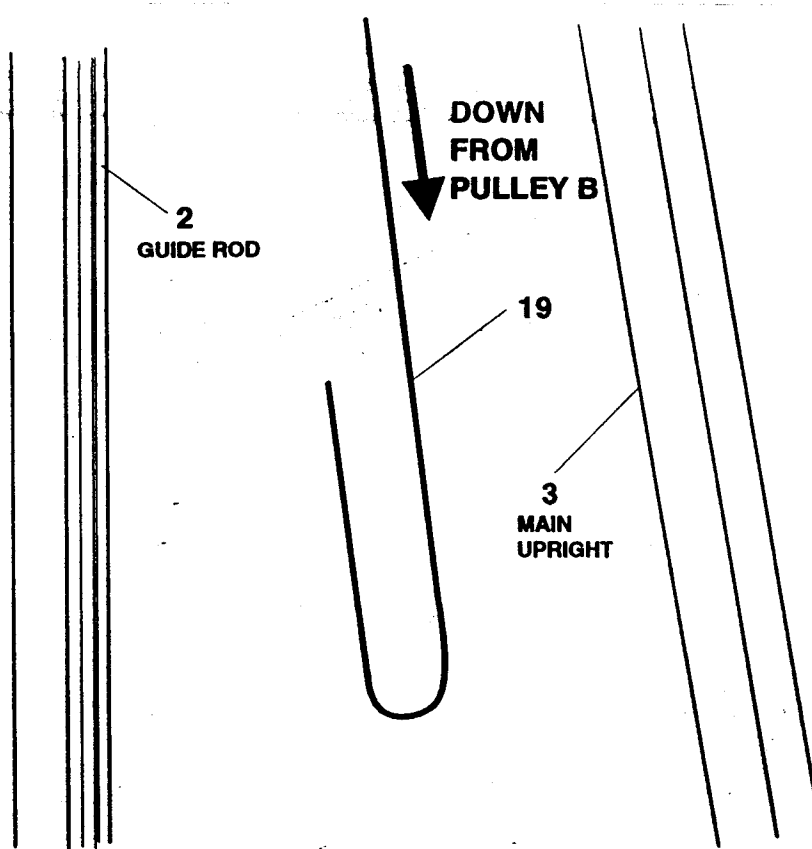


ILLUSTRATION B

- Assemble the Loop end of the CABLE (19) into two BENT PULLEY BRACKETS (35) using a 5/16" X 3/4" HEX HEAD BOLT (58) to bolt the Cable between the Brackets. Secure with a 5/16" NYLON LOCK NUT (41). (SEE ILLUSTRATION C)

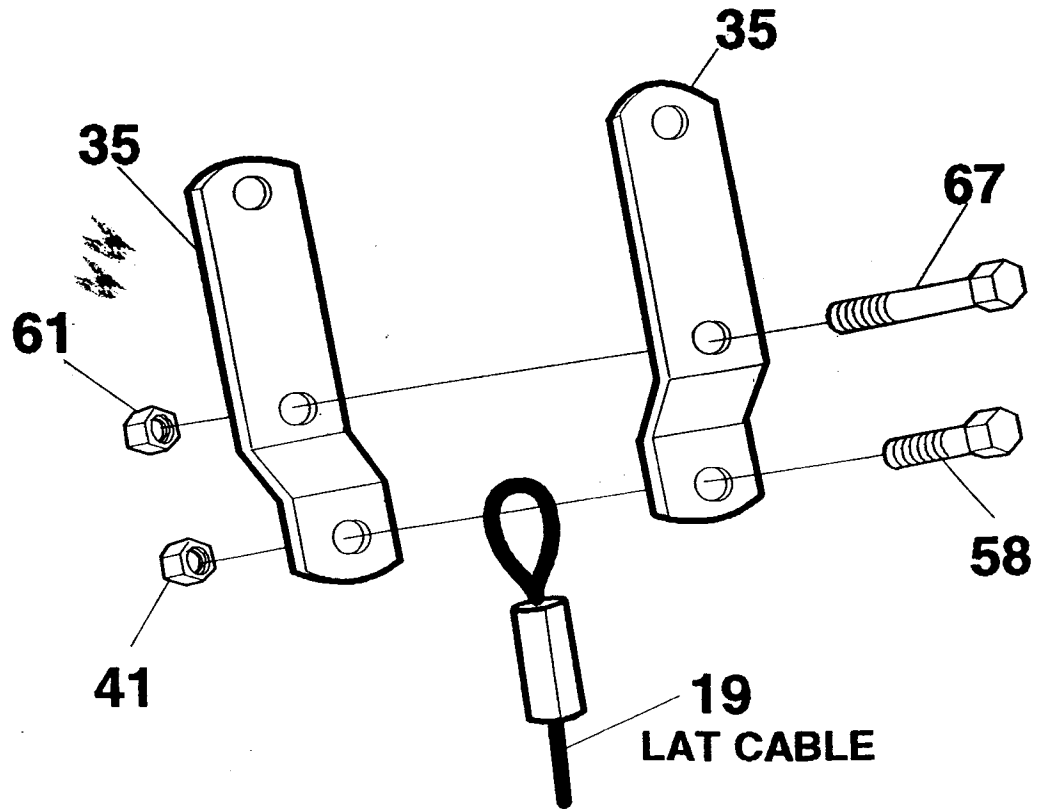


ILLUSTRATION C

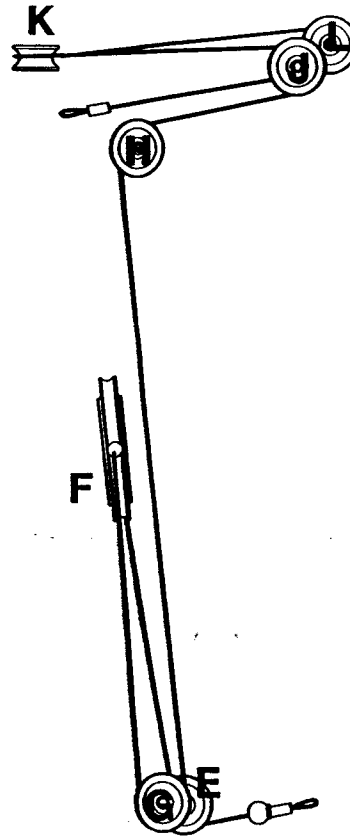
- Assemble a 1/4" X 1 3/4" HEX HEAD BOLT (67) into the bolt hole location in the center of the BENT PULLEY BRACKETS (35). Secure with a 1/4" NYLON LOCK NUT (61). Lay this assembly aside for completion in a later Step.

STEP 8 LOW PULLEY CABLE ASSEMBLY

PART NAME	QTY
40 5/16" FLAT WASHER	5
41 5/16" NYLON LOCK NUT	4
55 5/16" X 1" HEX HEAD BOLT	1
56 5/16" X 2 1/2" HEX HEAD BOLT	2
57 5/16" X 3 1/2" HEX HEAD BOLT	1
86 1/2" O.D. X 3/4" LONG METAL SPACER	1
112 5/16" X 1/4" LONG METAL BUSHING	1

- Select the 166" LONG LOW PULLEY CABLE (20). (This Cable has an Adjusting Ferrule and a Stopper Ball with a Loop on one end and just a Loop on the other.)
- » **NOTE:** You may have to loosen or completely undo some pre-assembled Pulleys to make this assembly.

- Being at the front and **LEFT** side of the unit at the base of the **MAIN UPRIGHT (3)** with the end of the **CABLE (20)** with the Adjusting Ferrule and Stopper Ball and insert the Cable into **PULLEY E (33)**. Check to make sure that the Adjusting Ferrule and the Stopper Ball are aligned as shown in the illustration. Tighten this assembly at this time. To trap the Cable in the Pulley, assemble a 5/16" **FLAT WASHER (40)** and a 1/2" O.D. X 3/4" LONG **METAL SPACER (86)** onto a 5/16" X 3 1/2" **HEX HEAD BOLT (57)** and bolt through the hole location on the Main Upright directly below the Pulley. Assemble another 5/16" **FLAT WASHER (40)** onto the Bolt and secure with a 5/16" **NYLON LOCK NUT (41)**. (SEE **ILLUSTRATION A**)



ENTIRE LOW PULLEY CABLE ROUTING

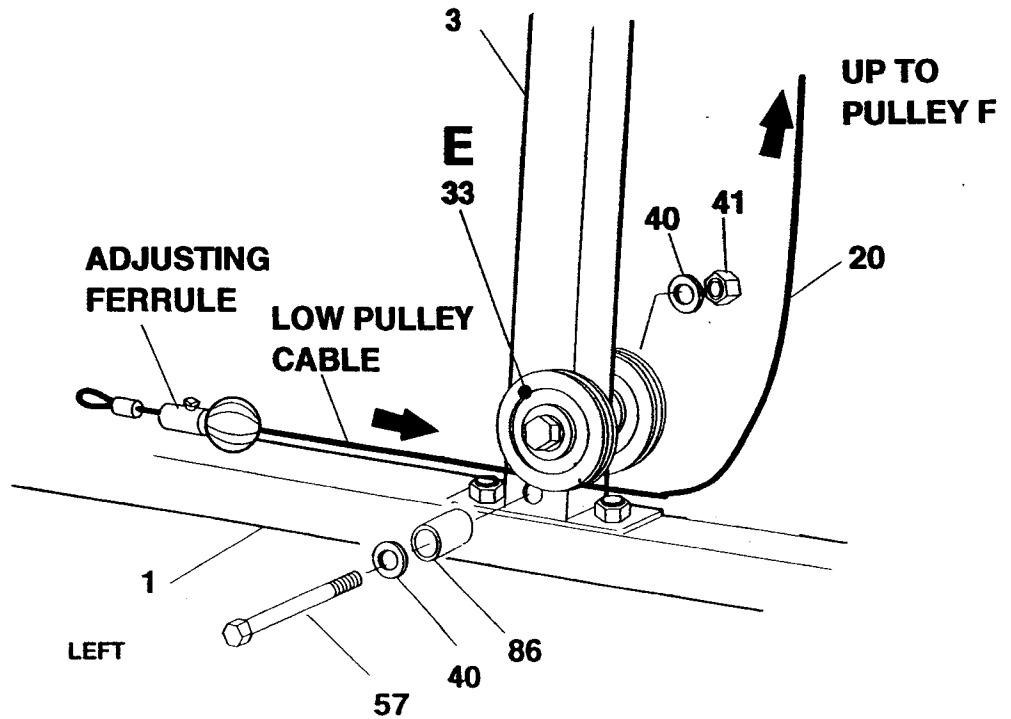
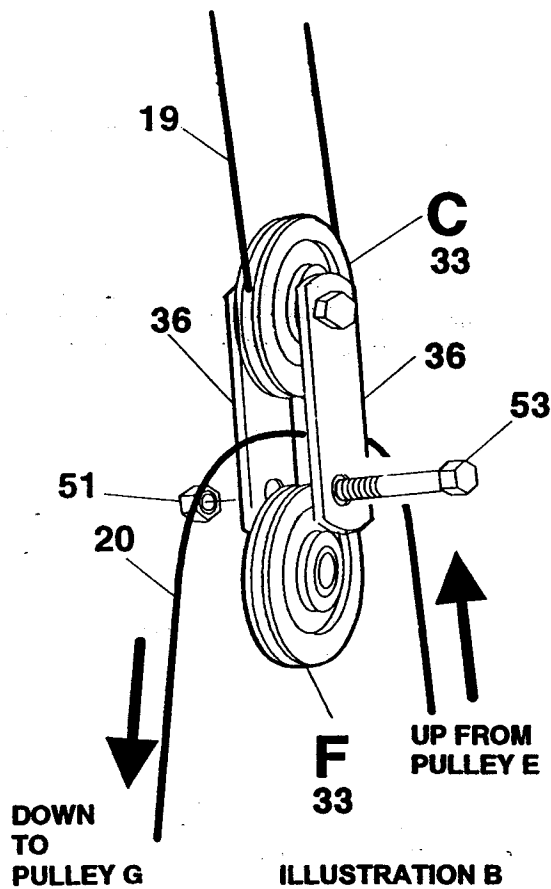
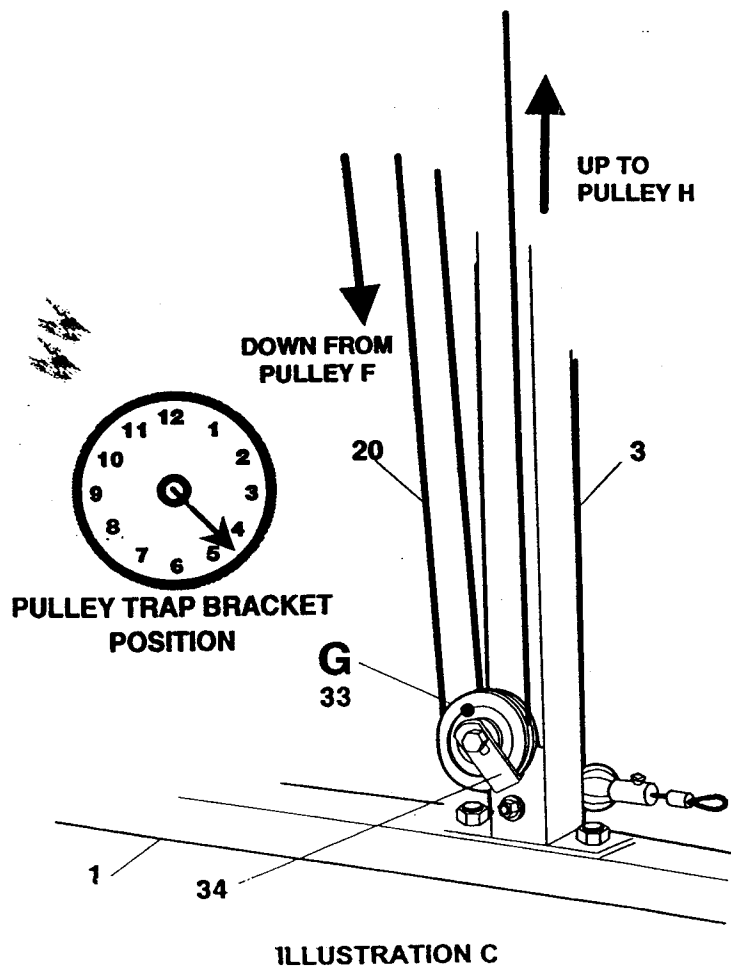


ILLUSTRATION A

- Remove PULLEY F (33) from the DUAL PULLEY CONNECTOR PLATE (36) assembly and fit the Pulley assemble over the loop formed in the LAT CABLE (19). Bring the LOW PULLEY CABLE (20) up from PULLEY E (33) and assemble over PULLEY F. Re-assemble PULLEY F and the Cable into the Dual Pulley Connector Plates. Tighten the Bolts tightly. (The Lat Cable and the Low Pulley Cable should be seated into the Pulleys so they can not come out.) (SEE ILLUSTRATION B)



- Bring the LOW PULLEY CABLE (20) back down to the base of the MAIN UPRIGHT (3) and insert into PULLEY G (33). Position the CABLE TRAP BRACKET (34) at about the five o'clock position. Adjust the Cable Trap Bracket so it is about 1/16" from the edge of the Pulley. This assembly can now be tightened tightly. (Make sure the Pulleys can turn freely.) (SEE ILLUSTRATION C)



- Next, bring the **CABLE (20)** up the **MAIN UPRIGHT (3)** to the **Pulley assembly** at the top and back of the **Upright**. Assemble the Cable into **PULLEY H (33)** located on the side of the **Pulley assembly**. Position the **CABLE TRAP BRACKET (34)** at about the ten o'clock position and re-tighten the assembly so that the Cable Trap Bracket is about 1/16" from the edge of the Pulley. Tighten the Bolt enough so that the Cable Trap Bracket can not rotate. (SEE ILLUSTRATION D)

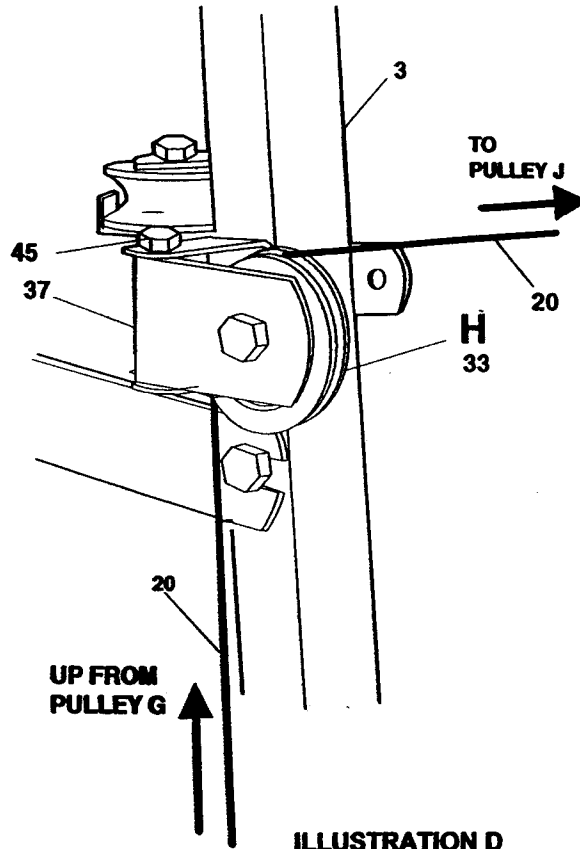


ILLUSTRATION D

- Tighten the **PULLEY PIVOT BRACKET BOLT (45)** securely but not so tight that the **PULLEY PIVOT BRACKET (37)** cannot swivel in and out.

- Looking at **ILLUSTRATION E**, assemble the **ARM PRESS "U" BRACKETS (39)** with the pre-assembled **Arm Press Pivot Brackets and Pulleys** to the back of the **ARM PRESS ARMS (13)**. Make sure to orient the Brackets so that the "elbow" of the **ARM PRESS PIVOT BRACKET (38)** is to the **OUTSIDE**. Bolt in place by first assembling **5/16" FLAT WASHERS (40)** onto two **5/16" X 2 1/2" HEX HEAD BOLTS (56)** and then bolting through the front of the Arm Press Arms and then into the inside of the U-Brackets. Secure inside the U-Brackets with **5/16" NYLON LOCK NUTS (41)**.

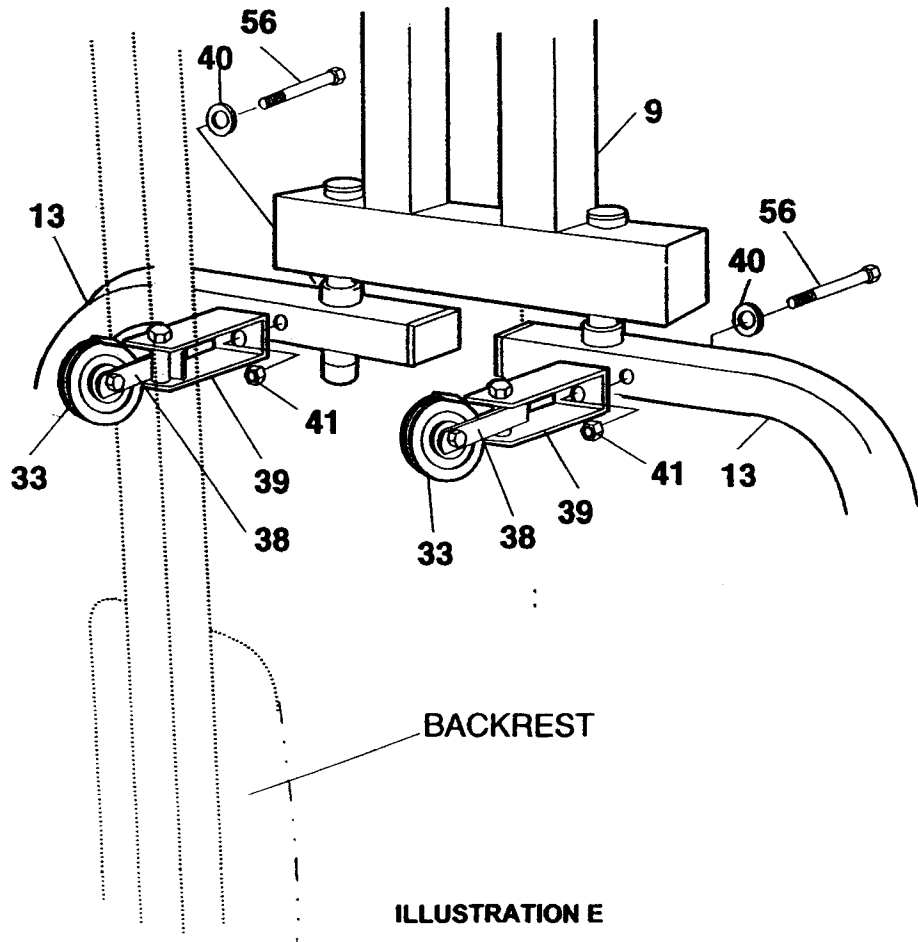


ILLUSTRATION E

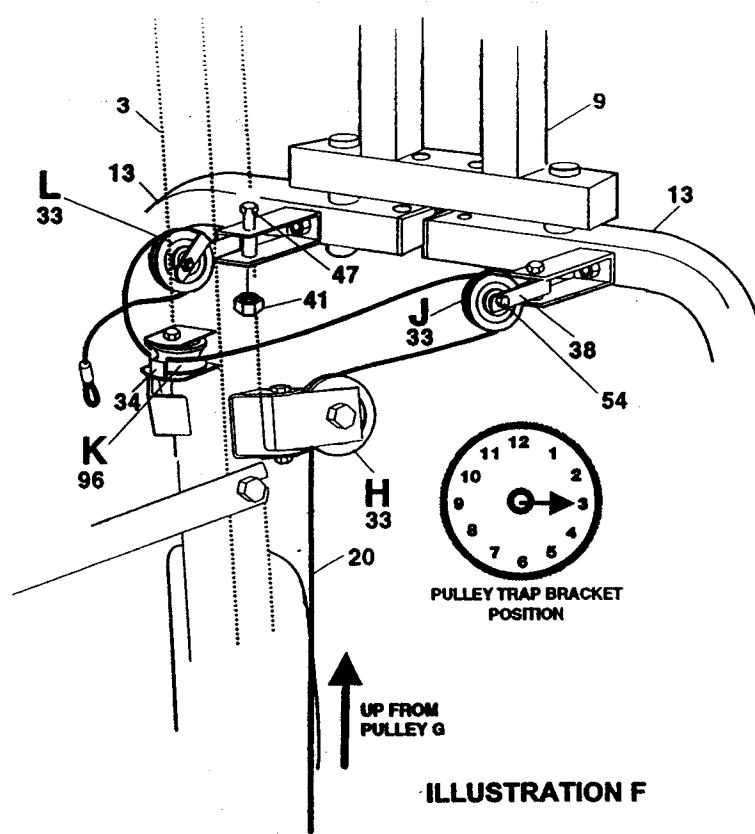


ILLUSTRATION F

- Take the **CABLE (20)** forward from **PULLEY H (33)** and loop it under and around **PULLEY J (33)** on the **RIGHT ARM PRESS ARM (13)**. Set the **CABLE TRAP BRACKET (34)** over the Pulley and Cable and set the Bracket at about the three o'clock position and tighten the assembly. Check to see that the assembly is bolted tightly into the **ARM PRESS PIVOT BRACKET (38)** but still loose enough to swivel freely. (SEE ILLUSTRATION F)
- Next, bring the **CABLE (20)** back around behind the **MAIN UPRIGHT (3)** and fit the Cable into the pre-assembled **3 1/2" "V" PULLEY (96)**. Position the **CABLE TRAP BRACKET (34)** straight to the back and adjust to within **1/16"** of the Pulley edge. Tighten the assembly securely.
- Take the **CABLE (20)** forward and loop it over **PULLEY L (33)** on the back of the **LEFT ARM PRESS ARM (13)**. Set the **CABLE TRAP BRACKET (34)** at the three o'clock position and tighten the **PULLEY BOLT (47)**. Check the **ARM PRESS PIVOT BRACKET (38)** to see that it is tight but can still swivel.

- Pull the **CABLE (20)** back to the Pulley assembly behind and at the top of the **MAIN UPRIGHT (3)** Post. Attach the Cable to the **Welded Cable End Bracket** by first assembling a **5/16" FLAT WASHER (40)** and a **5/16" X 1/4" LONG METAL BUSHING (112)** onto a **5/16" X 1" HEX HEAD BOLT (55)** and bolt through the Loop of the Cable and then the Cable End Bracket. Secure with a **5/16" NYLON LOCK NUT (41)**. Tighten securely but leave enough gap so that the Cable can rotate on the Bolt. (SEE ILLUSTRATION G)

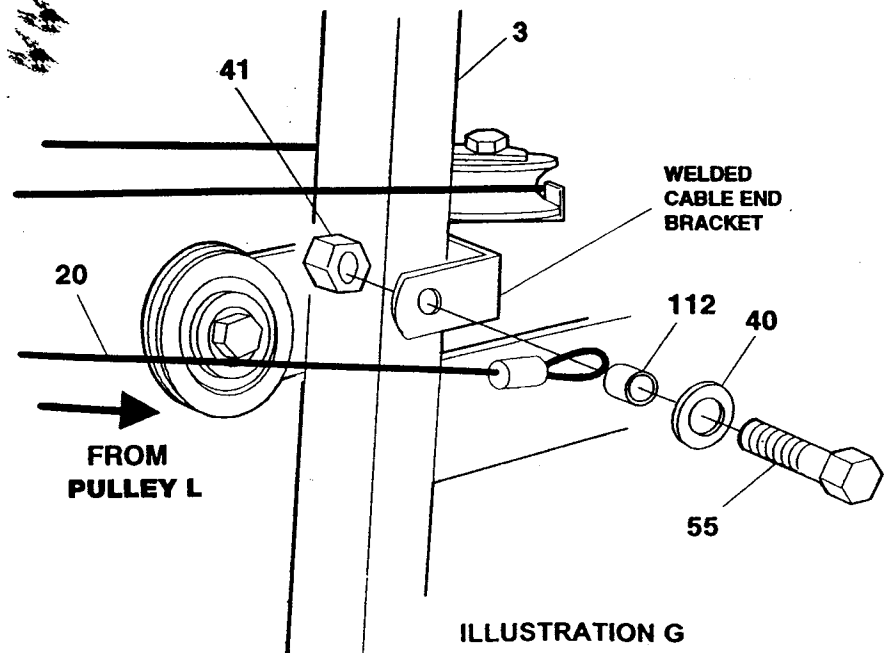


ILLUSTRATION G

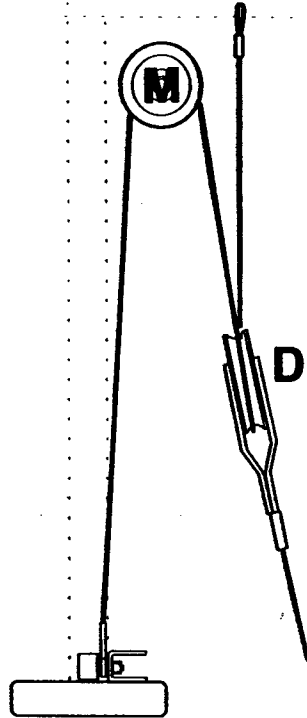
STEP 9 WEIGHT STACK CABLE ASSEMBLY

PART NAME	QTY
40 5/16" FLAT WASHER	1
41 5/16" NYLON LOCK NUT	1
43 5/16" X 2 3/4" HEX HEAD BOLT	1
51 3/8" NYLON LOCK NUT	1
53 3/8" X 1 3/4" HEX HEAD BOLT	1
112 5/16" X 1/4" LONG METAL BUSHING	1

» NOTE: You may have to loosen or completely undo some pre-assembled Pulleys to make this assembly.

☐ Return now to the **WEIGHT STACK CABLE (21)** previously assembled into the **WEIGHT SELECTOR TUBE (7)** in the top of the Weight Stack. Bring the Cable up to **PULLEY M (33)** assembled into the **Welded Brackets** beneath the top of the **MAIN UPRIGHT (3)**. Assemble the Cable into the Pulley and tighten the assembly. (SEE **ILLUSTRATION A**)

☐ Fit the **CABLE (21)** now into **PULLEY D (33)** and assemble the Pulley and Cable into the previously assembled **BENT PULLEY BRACKETS (35)** attached to the end of the **LAT CABLE (19)**. Secure in the Brackets with a 3/8" X 1 3/4" **HEX HEAD BOLT (53)** and a 3/8" **NYLON LOCK NUT (51)**.



ENTIRE WEIGHT STACK CABLE ROUTING

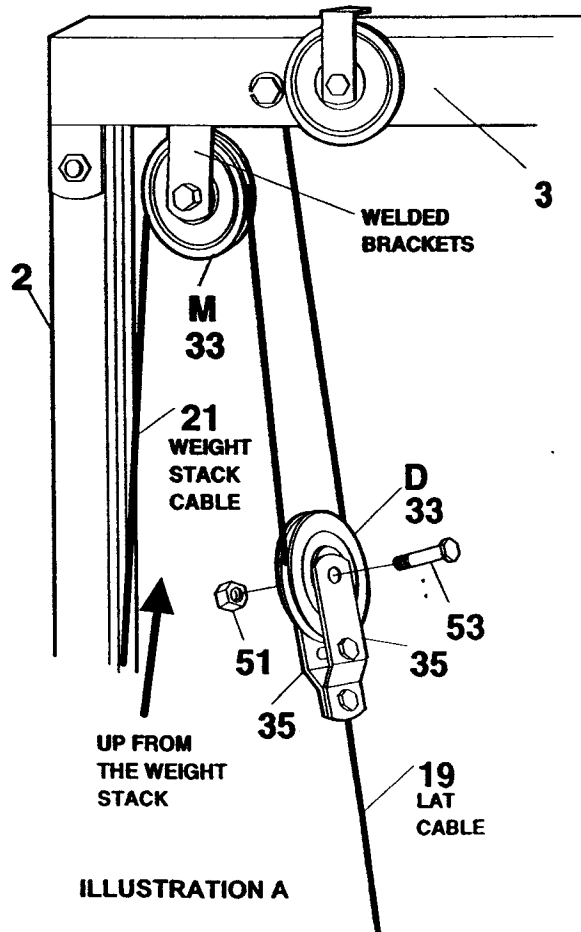
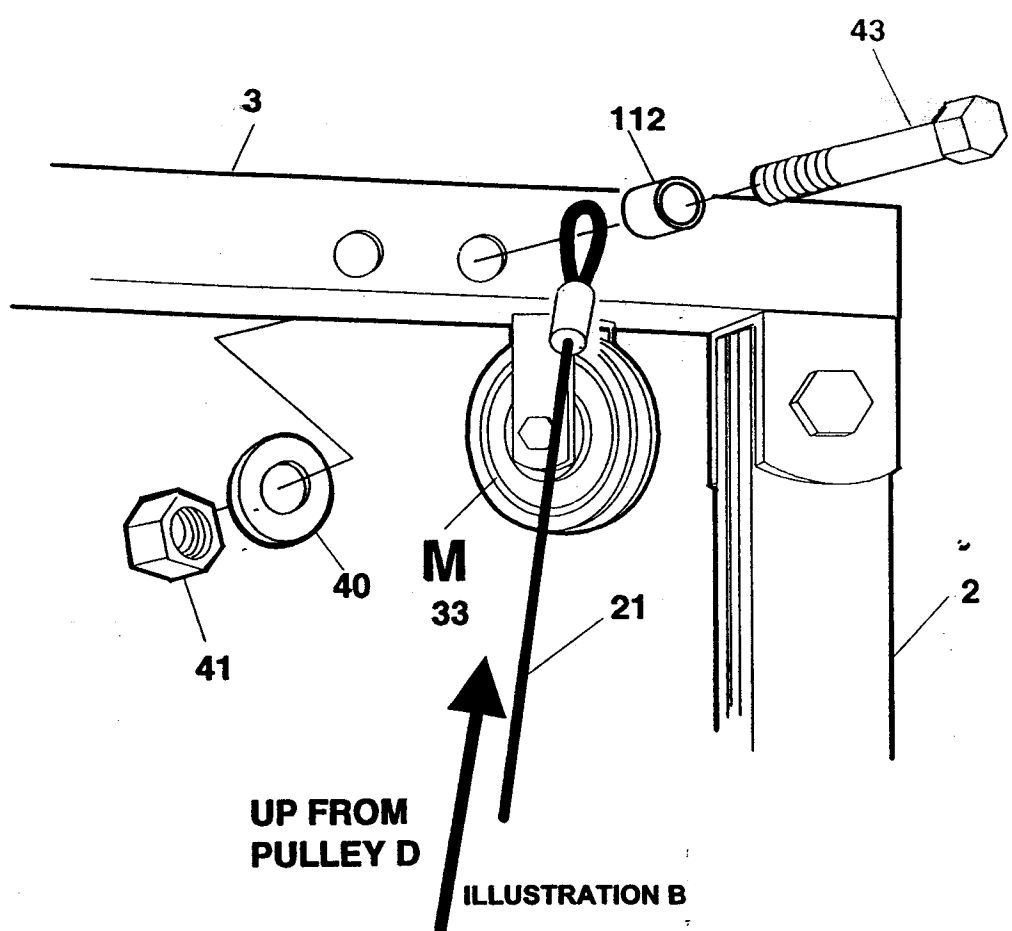


ILLUSTRATION A

- Bring the CABLE (21) up to the top of the MAIN UPRIGHT (3) on the LEFT side of the unit. Attach the Cable to the Main Upright by first assembling a 5/16" I.D. X 1/4" LONG METAL BUSHING (112) onto a 5/16" X 2 3/4" HEX HEAD BOLT (43) and then bolting through the Loop of the Cable and into the hole location above the pre-assembled PULLEY M (33). Assemble a 5/16" FLAT WASHER (40) onto the Bolt and secure with a 5/16" NYLON LOCK NUT (41). Tighten securely but leave enough gap so that the Cable can rotate on the Bolt (SEE ILLUSTRATION B)



- Check to see now that the entire Cable runs are seated into the Pulleys and pull the slack out of the Cable systems from the front Low PULLEY E position on the lower MAIN UPRIGHT (3). Slide the Stopper Ball and Adjuster Ferrule on the LOW PULLEY CABLE (20) tightly against the Low Pulley and tighten the Set Screw in the Adjuster Ferrule tightly so it can not slip. (SEE ILLUSTRATION C)

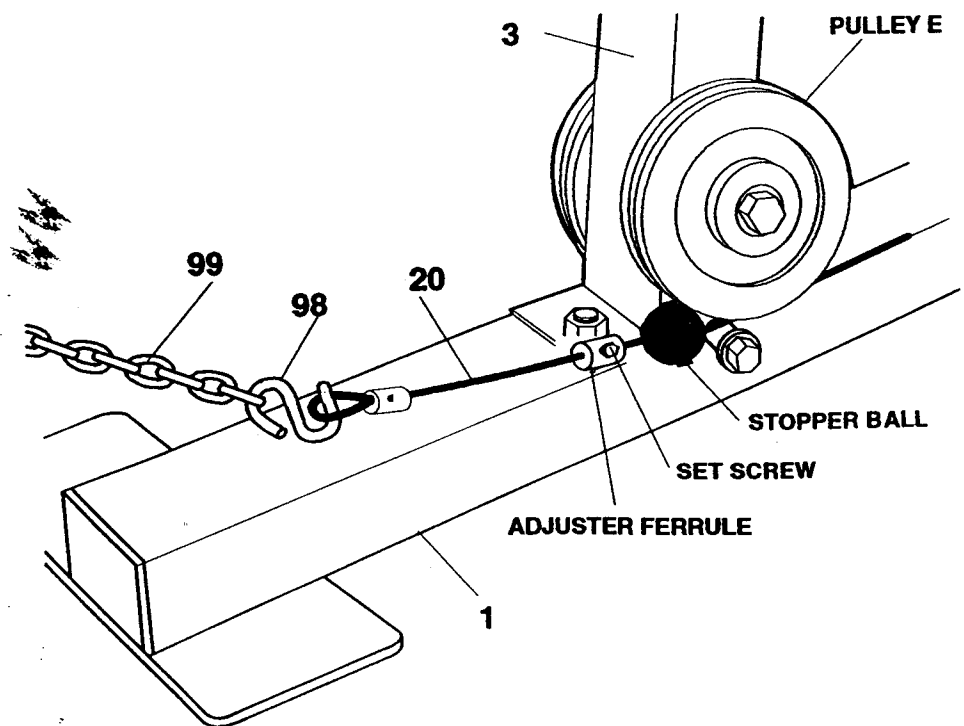


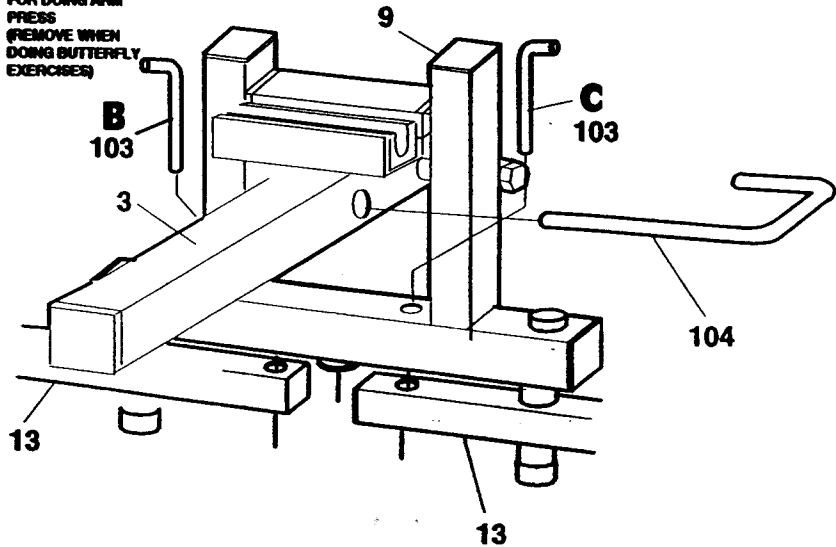
ILLUSTRATION C

HOW TO USE YOUR HOME GYM:

ARM PRESS EXERCISES:

The Arm Press Arms are locked in place with "L" Locking Pins (103). When doing Arm Press exercises, Locking Pins "B" and "C" should be pinned through the ARM PRESS PIVOT FRAME (9) and the ARM PRESS ARMS (13).

PINNING POSITION FOR DOING ARM PRESS (REMOVE WHEN DOING BUTTERFLY EXERCISES)

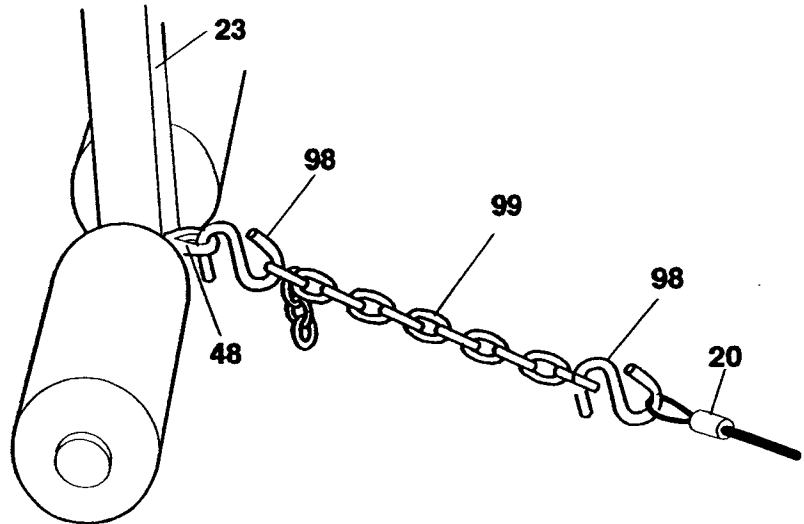


BUTTERFLY EXERCISES:

When doing Butterfly Exercises, remove Locking Pins "B" and "C". (Note: Locking Pins "B" and "C" should always be in place for all exercises except Butterfly Exercises to keep Cables properly tensioned.) Insert the "J" PIN (104) into the hole in the TOP MAIN UPRIGHT (3) and hook the Pin around the ARM PRESS PIVOT FRAME (9).

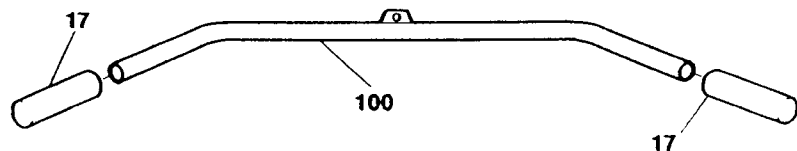
LEG EXTENSION EXERCISES:

To perform 1.) Seated Leg Extensions and 2.) Standing Leg Curls, the Low Pulley Cable should be attached to the Leg Extension by using the 12" LINKING CHAIN (99) and "S" HOOKS (98). Let the Leg Extension hang perpendicular to the floor for normal Leg Extension and Curl Exercises. If you wish to add additional range of motion for Leg Extensions, connect the Leg Extension so it is further under the Seat.



LAT PULL-DOWN EXERCISES:

Assemble 1" X 5" PLASTIC GRIPS (17) onto the ends of the LAT BAR (100). Connect the LAT BAR (100) to the Lat Cable using a FIREMAN'S LATCH HOOK (102). When the Lat Bar is not in use, it can be placed in the Lat Bar Holder at the top end of the Main Upright.

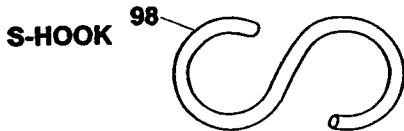
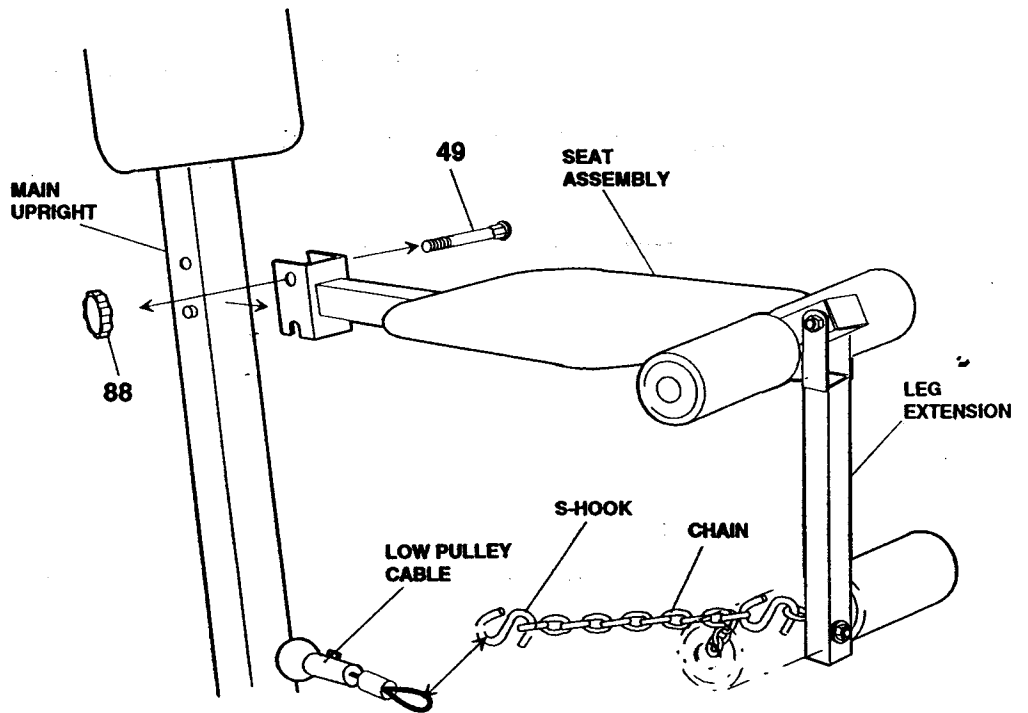


LOW PULLEY EXERCISES:

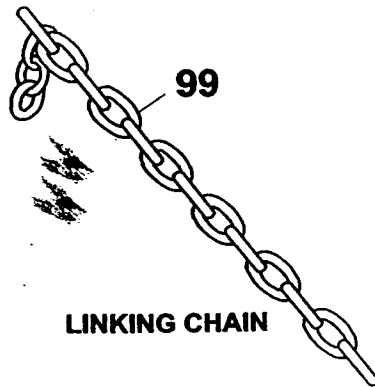
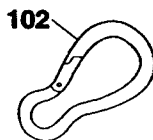
When doing Low Pulley Exercises, the Seat/Leg Extension Assembly should be removed from the Mast Upright. To remove the Seat Assembly simply unhook the Low Pulley Cable from the Leg Extension, unscrew the Seat Knob Pin Assembly, and pull the Seat Assembly out of the Frame.

Connect the Leg Strap / Arm Curl Handle to the Cable at the Low Pulley using a "S" Hook. The Linking Chain can be used to extend the Strap further away from the Frame as needed.

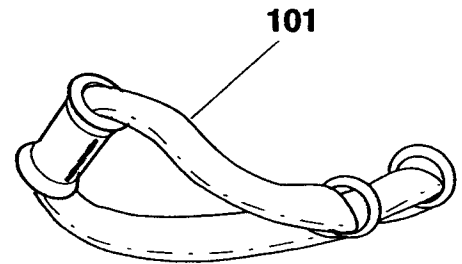
The Lat Bar can also be used at the Low Pulley Station for doing Curls, Rows, and other Exercises.



FIREMAN'S LATCH HOOK



LINKING CHAIN



LEG STRAP / ARM CURL HANDLE

V.K.R. STATION EXERCISES:

When using the V.K.R./Dip Station, position yourself inside the Dip Arms and grasp the Arms or Dip Handles. Bring your arms atop the Arm Pads and then spring up to position.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

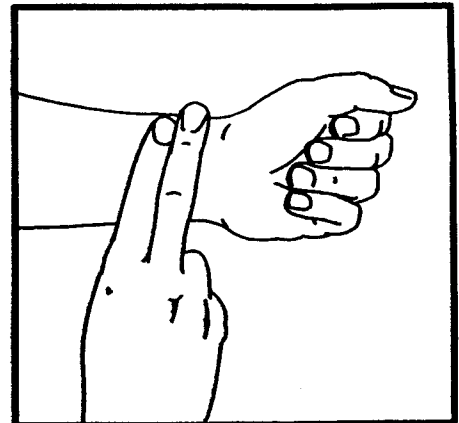
EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

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

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

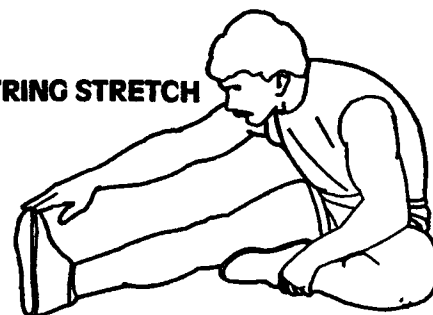
Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

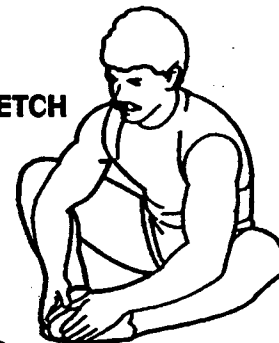
With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles

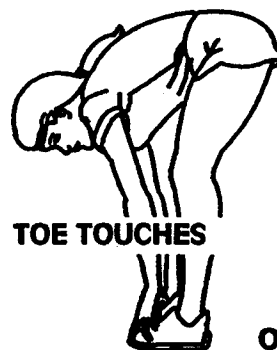
HAM STRING STRETCH



INNER THIGH STRETCH



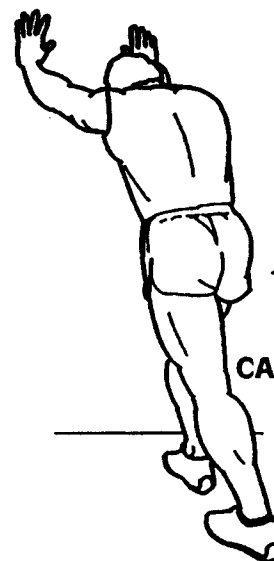
TOE TOUCHES



QUADRICEPS STRETCH



CALF/ACHILLES STRETCH



LIMITED WARRANTY

Weider Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: **Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450**

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs.

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.