

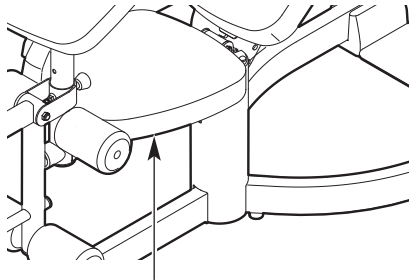
# PRO-FORM<sup>®</sup>

## XP 300

Model No. 831.15629.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

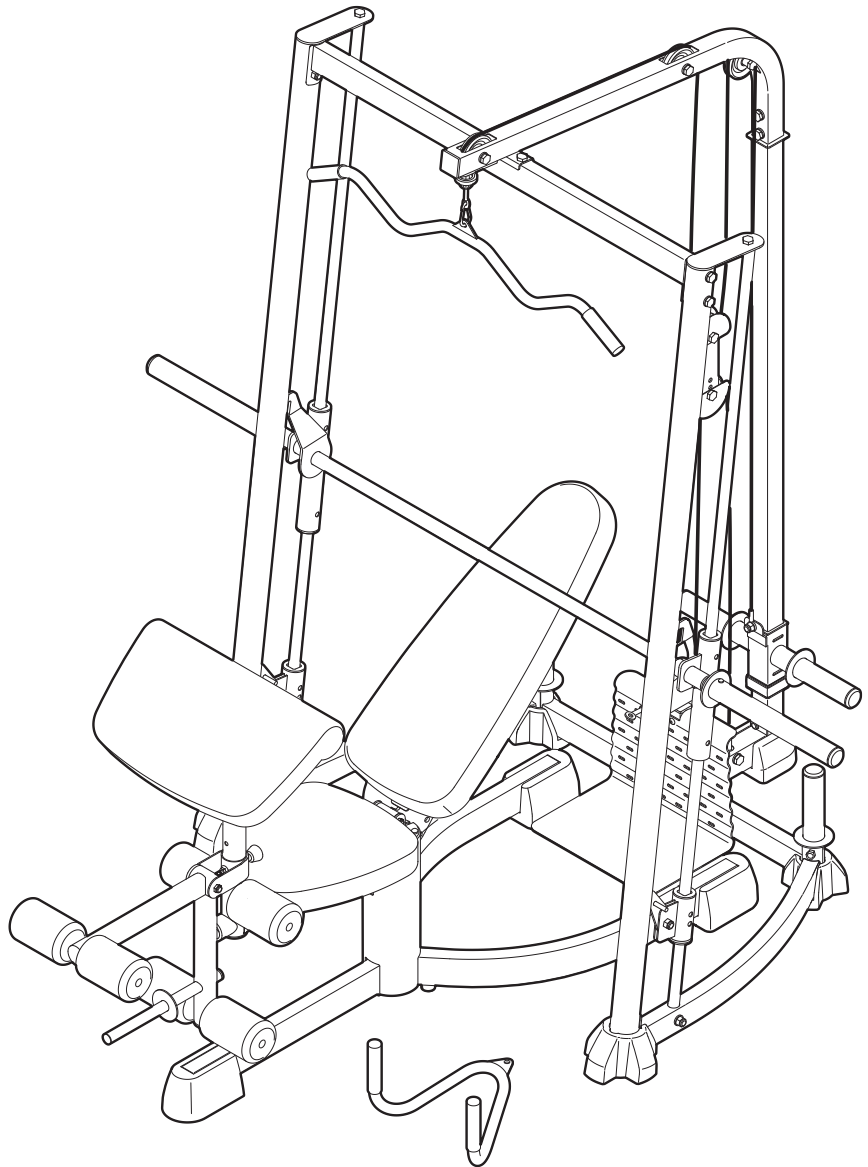
- Assembly
- Adjustments
- Part List and Drawing

### CAUTION

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

## WEIGHT BENCH EXERCISER

### User's Manual



Sears, Roebuck and Co., Hoffman Estates, IL 60179

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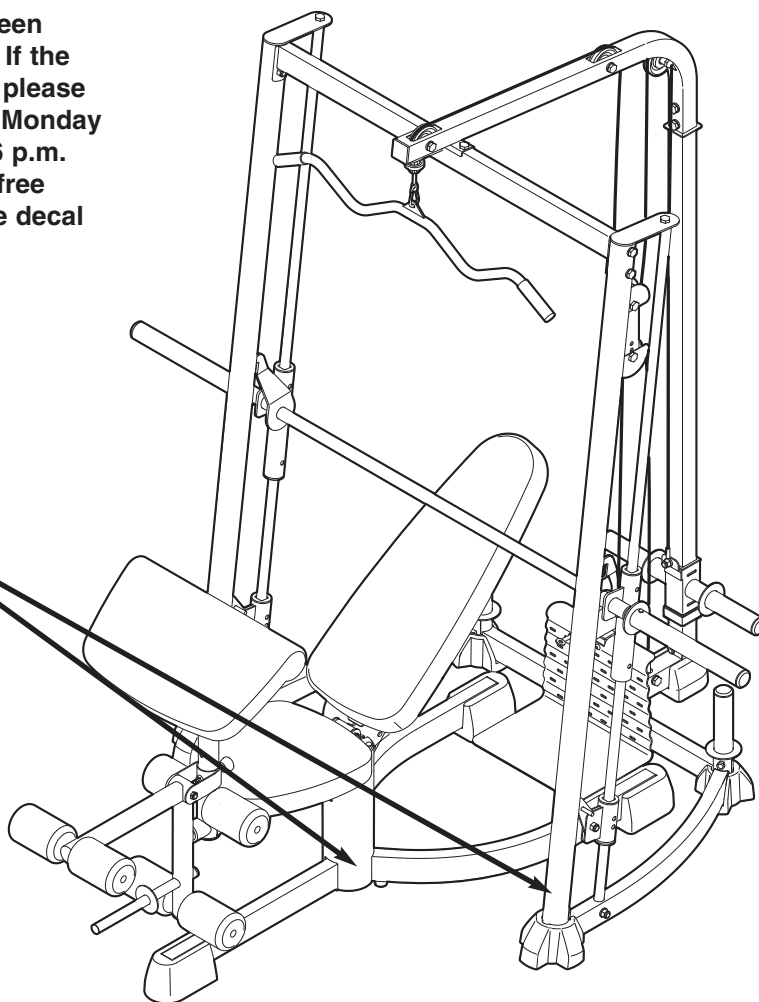
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call toll-free 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, and order a free replacement decal. Apply the decal in the location shown.

**▲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 the following important precautions before using the weight bench.

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep hands and feet away from moving parts.
7. Keep children under 12 and pets away from the weight bench at all times.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 610 pounds. Do not place more than 310 pounds on the barbell. Do not place more than 150 pounds on the leg lever or the weight carriage. Note: The weight bench does not include weights.
10. Always make sure that the backrest knob is fully inserted into the backrest frame before exercising.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
12. Always set both barbell stops at the same height.
13. Make sure that the set screws attaching the barbell adapters are properly tightened each time the adapters are used.
14. Always place an equal amount of weight on each side of the weight carriage or barbell.
15. Always secure the weights with the weight clips when they are mounted on the weight carriage or barbell.
16. Always lower the weight carriage in a controlled manner; never let the weight carriage drop.
17. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.
18. Always move your bench out of the way when performing an exercise that does not use the bench.
19. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠️ 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. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

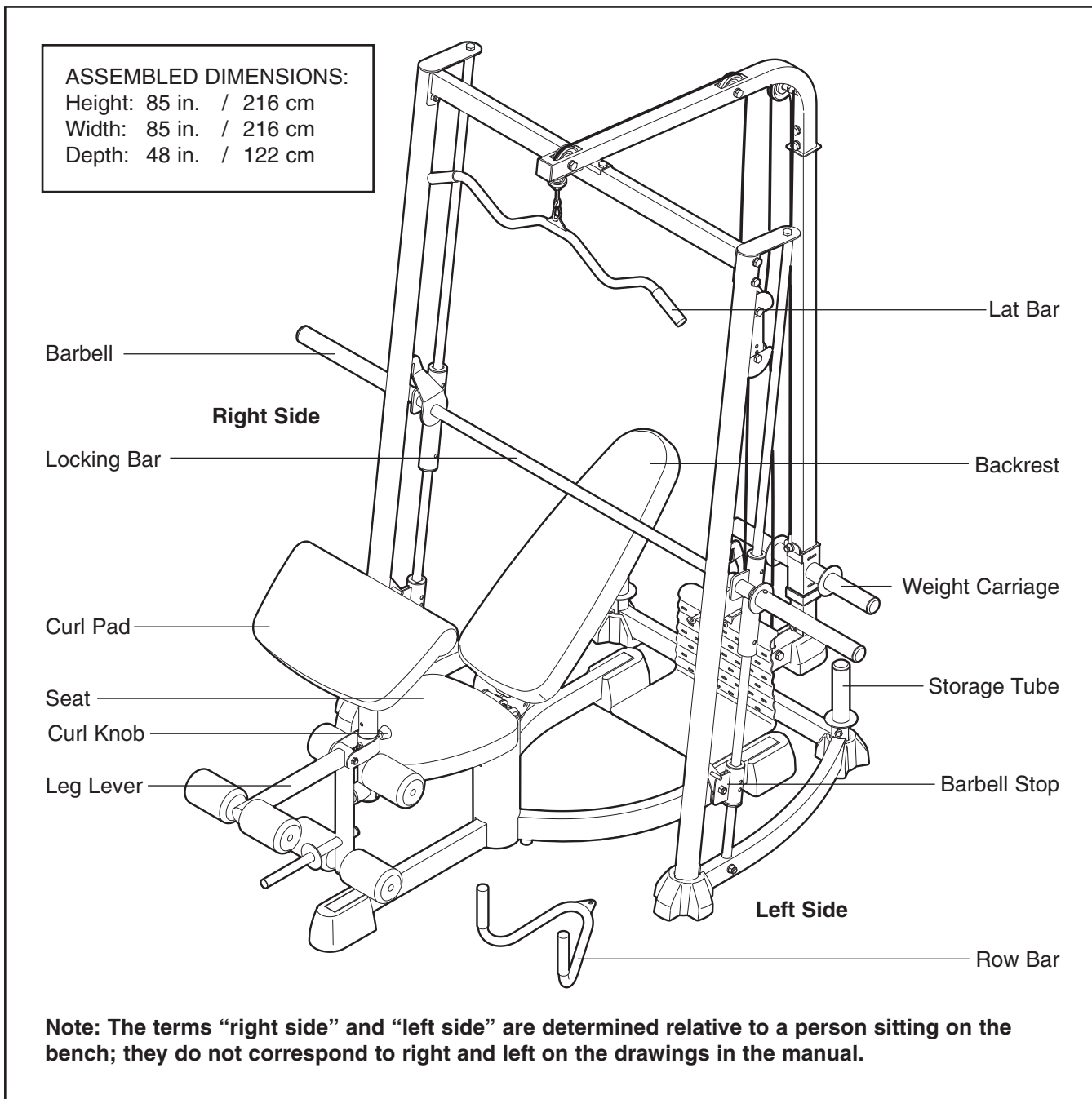
# BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM® XP 300 weight bench. The weight bench is designed to help develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have questions after

reading this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number is 831.15629.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



# ASSEMBLY

## Make Things Easier for Yourself


Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.



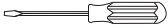

**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two people.
- Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- Tighten all parts as you assemble them, unless instructed to do otherwise.

- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

The included Allen wrenches , and the following tools (not included) may be required for assembly:

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape, and soapy water.

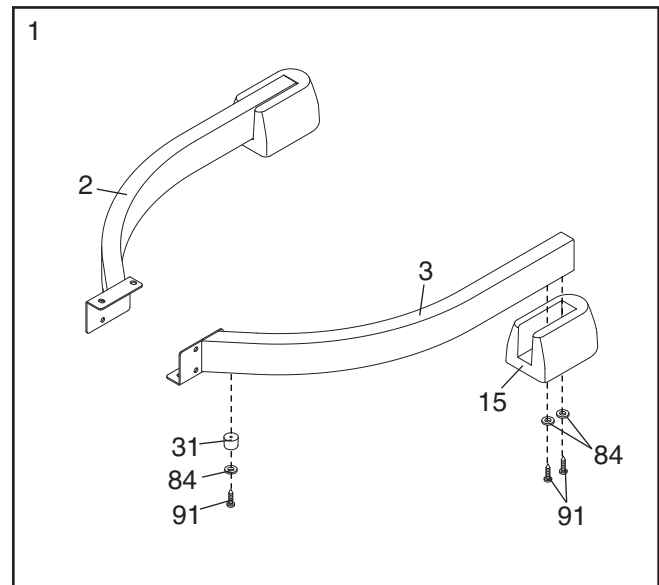
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above.**

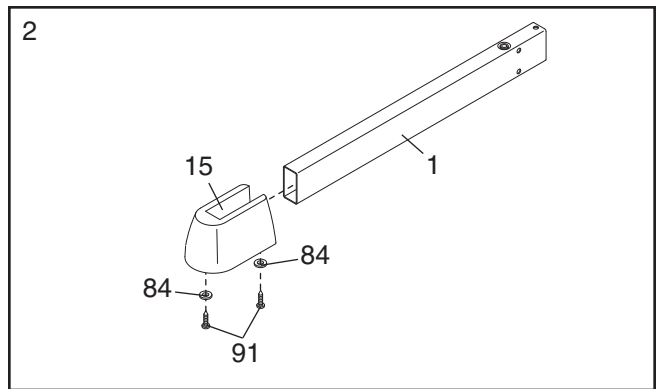
Make sure that the Left Seat Base (3) is oriented as shown. Attach a Seat Base Bumper (31) to the Left Seat Base with an M4 x 16mm Self-tapping Screw (91) and an M4 Washer (84).

Attach a Bench Foot (15) to the Left Seat Base (3) with two M4 x 16mm Self-tapping Screws (91) and two M4 Washers (84).

**Repeat this step with the Right Seat Base (2). Make sure that the Right Seat Base is oriented as shown.**

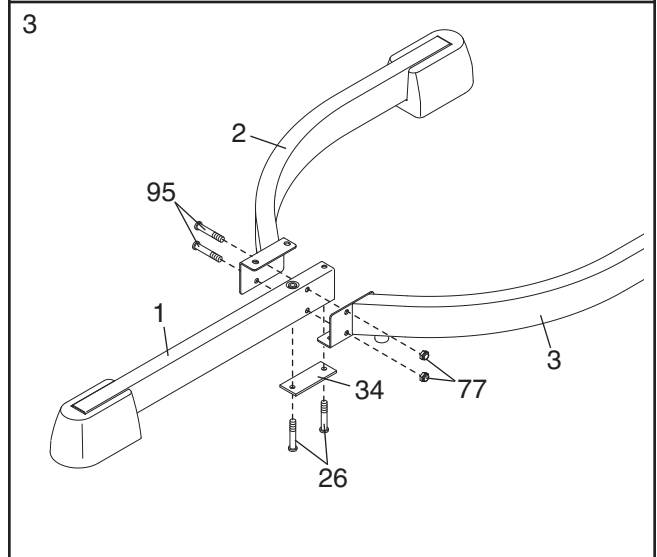


2. Attach the Bench Foot (15) to the Seat Base (1) with two M4 x 16mm Self-tapping Screws (91) and two M4 Washers (84).

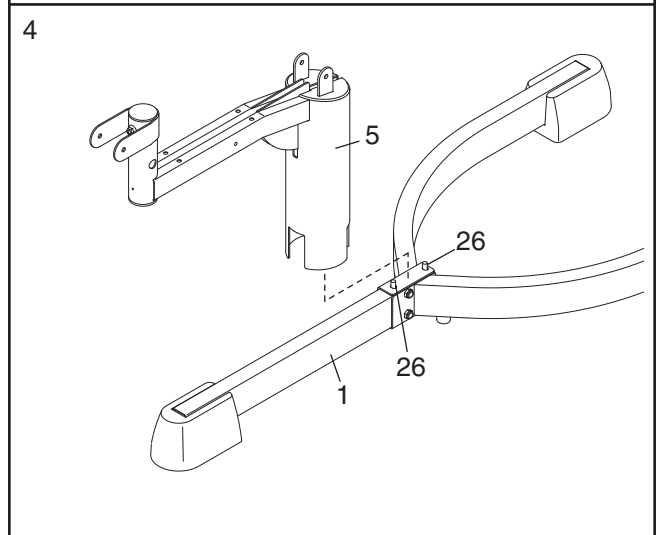


3. Insert two M10 x 100mm Screws (26) up through the Base Plate (34), and the Seat Base (1), and the Right and Left Seat Bases (2, 3).

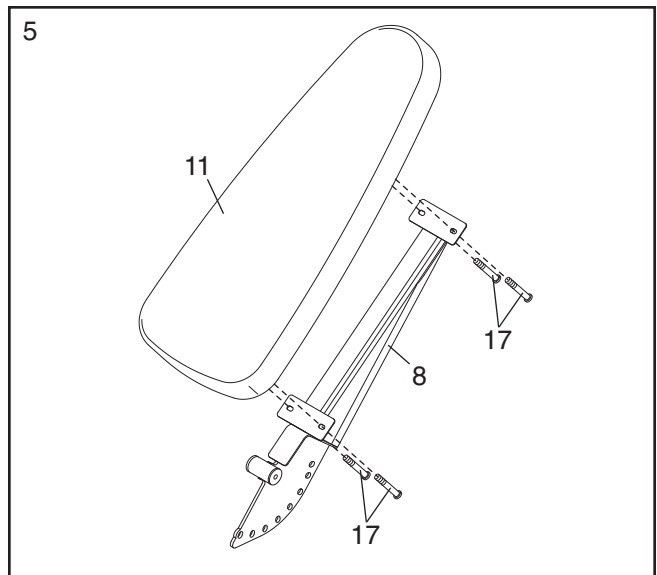
Attach the Right and Left Seat Bases (2, 3) to the Seat Base (1) with two M10 x 58mm Button Bolts (95) and two M10 Nylon Locknuts (77).



4. Attach the Seat Frame (5) to the Seat Base (1) with the indicated two M10 x 100mm Screws (26).

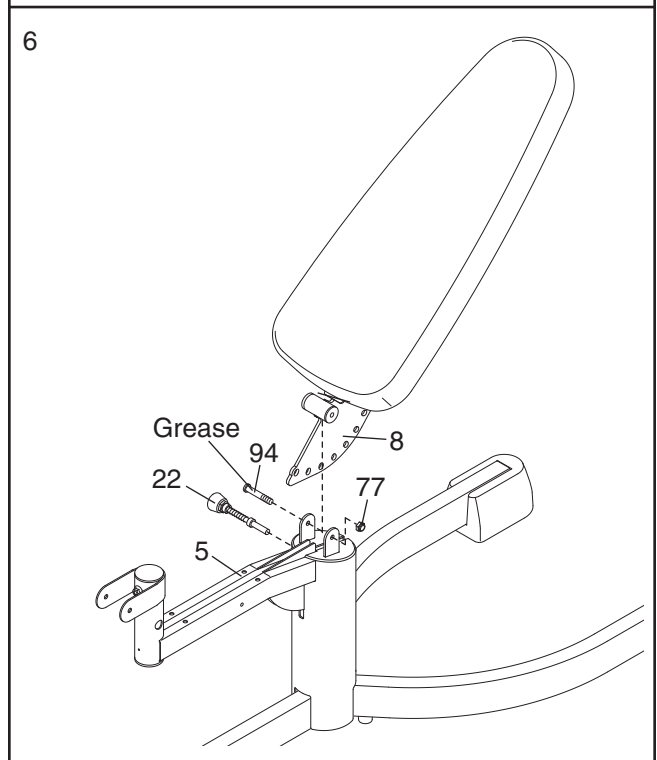


5. Attach the Backrest (11) to the Backrest Frame (8) with four M6 x 15mm Button Screws (17).



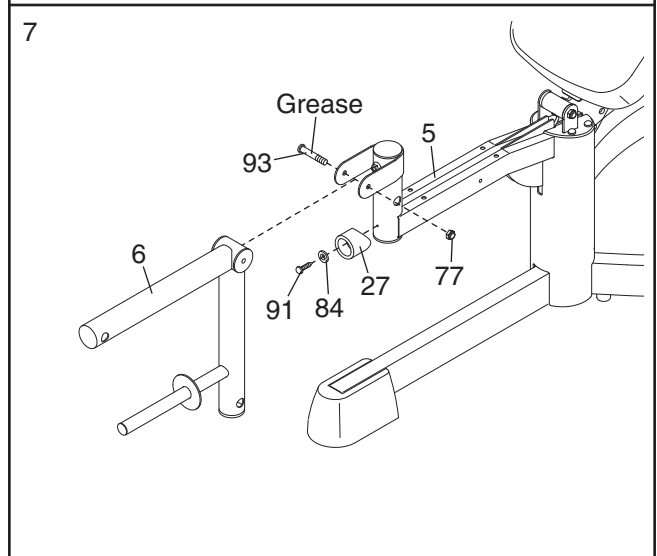
6. Grease the M10 x 87mm Button Bolt (94). Attach the Backrest Frame (8) to the Seat Frame (5) with the Bolt and an M10 Nylon Locknut (77). **Do not overtighten the Locknut; the Backrest Frame must be able to pivot easily.**

Engage the Backrest Frame (8) with the Backrest Knob (22) and fully tighten the Knob into the Seat Frame (5).

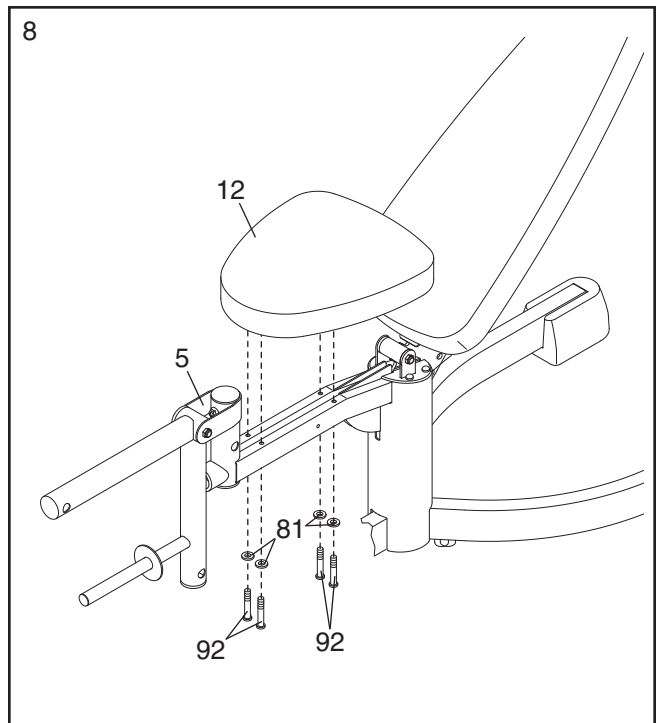


7. Attach the Seat Bumper (27) to the Seat Frame (5) with an M4 x 16mm Self-tapping Screw (91) and an M4 Washer (84).

Grease an M10 x 82mm Button Bolt (93). Attach the Leg Lever (6) to the Seat Frame (5) with the Bolt and an M10 Nylon Locknut (77). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

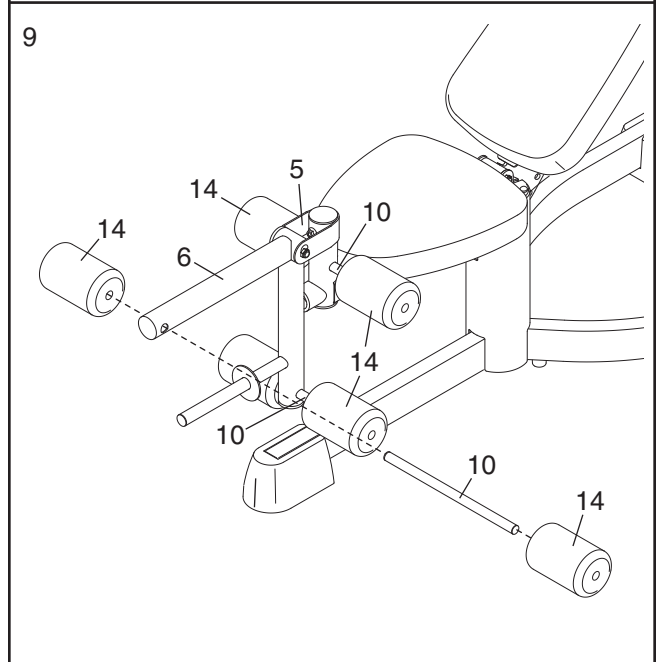


8. Attach the Seat (12) to the Seat Frame (5) with four M6 x 63mm Button Screws (92) and four M6 Washers (81).

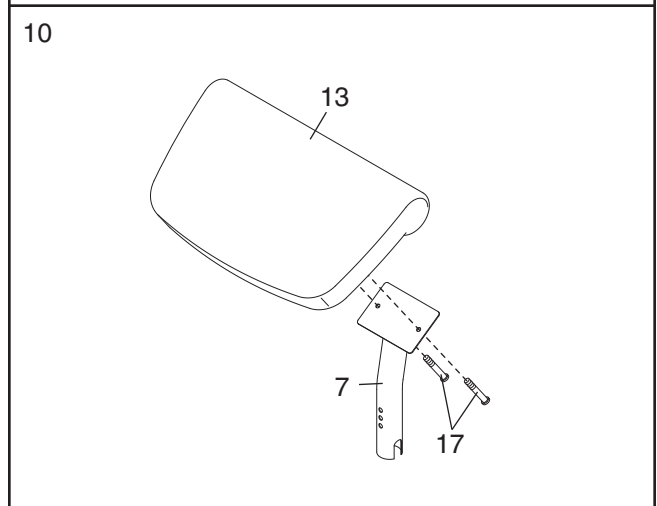


9. Insert a Pad Tube (10) into the Leg Lever (6). Slide two Foam Pads (14) onto the Pad Tube.

**Assemble the other two Pad Tubes (10) to the Leg Lever (6) and the Seat Frame (5) in the same manner.**



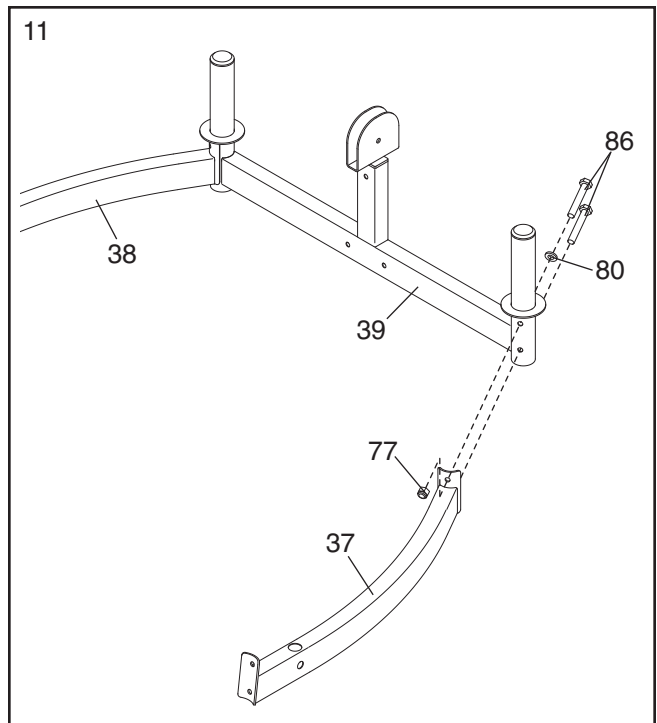
10. Attach the Curl Pad (13) to the Curl Post (7) with two M6 x 15mm Button Screws (17).



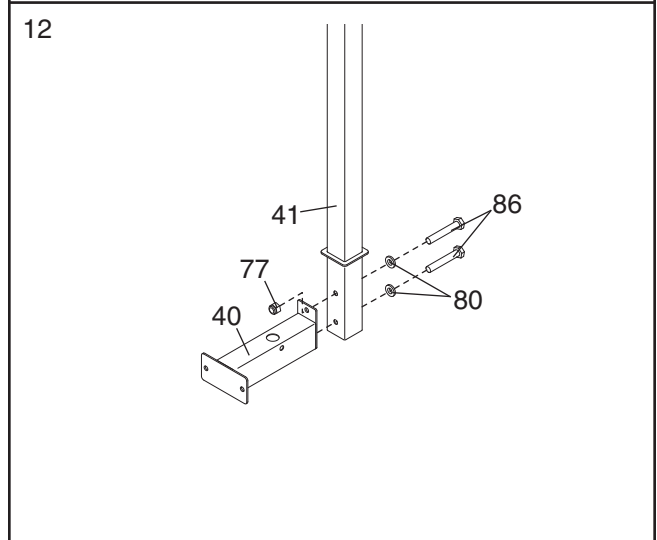


11. Attach the Left Rack Base (37) to the Center Rack Base (39) with two M10 x 67mm Bolts (86), an M10 Washer (80), and an M10 Nylon Locknut (77). **Do not tighten the Bolts.**

**Repeat this step with the Right Rack Base (38).**

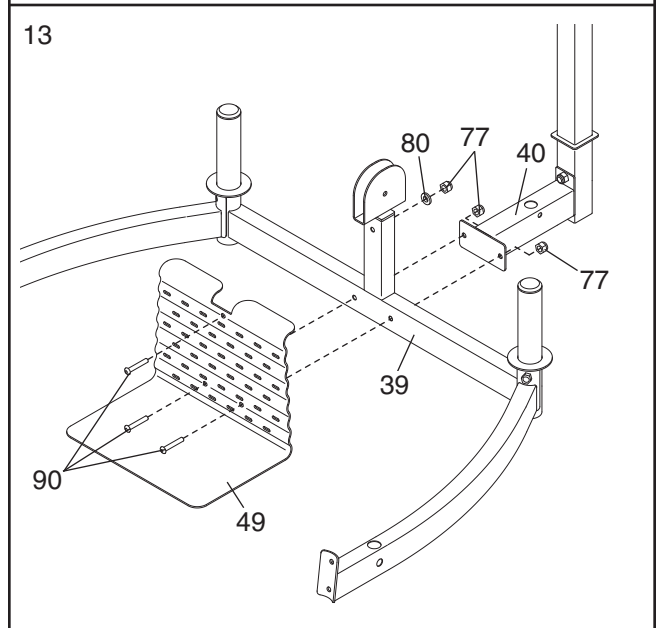


12. Attach the Rear Rack Base (40) to the Rear Upright (41) with two M10 x 67mm Bolts (86), two M10 Washers (80), and an M10 Nylon Locknut (77). **Do not tighten the Bolts.**



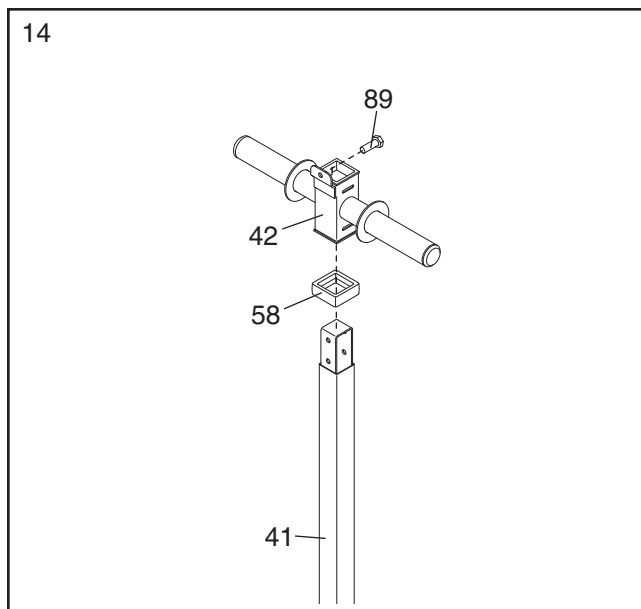
13. Attach the Foot Plate (49) and the Rear Rack Base (40) to the Center Rack Base (39) with two M10 x 63mm Button Bolts (90) and two M10 Nylon Locknuts (77). **Do not tighten the Locknuts.**

Attach the Foot Plate (49) to the Center Rack Base (39) with an M10 x 63mm Button Bolt (90), an M10 Washer (80), and an M10 Nylon Locknut (77). **Do not tighten the Locknut.**



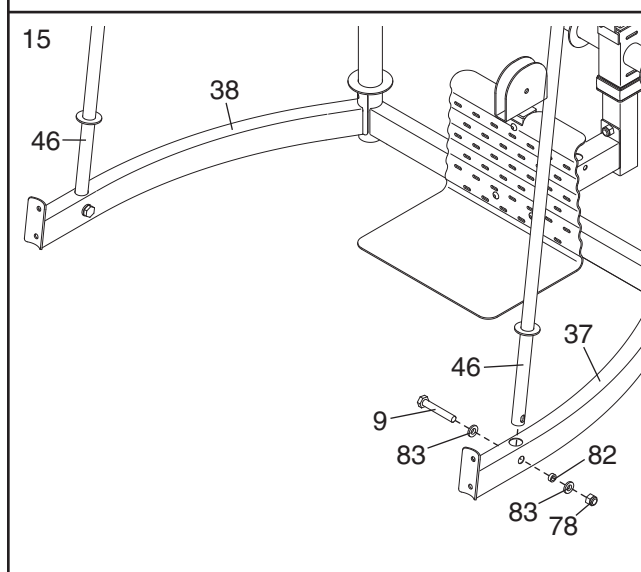
14. Insert the M10 x 20mm Bolt (89) into the Weight Carriage (42) from the side shown.

Slide the Weight Carriage Stop (58) onto the Rear Upright (41). Slide the Weight Carriage (42) onto the Rear Upright.



15. Attach a Guide Rod (46) to the Left Rack Base (37) with an M8 x 53mm Bolt (9), two M8 Washers (83), an 11mm x 8mm Spacer (82), and an M8 Nylon Locknut (78). **Do not tighten the Locknut.**

**Attach a Guide Rod (46) to the Right Rack Base (38) in the same manner.**

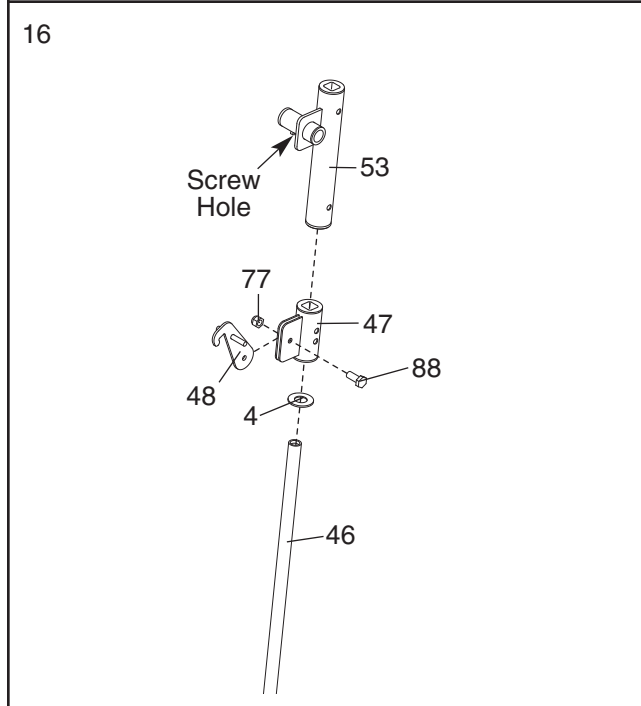


16. Attach a Barbell Stop Hook (48) to a Barbell Stop (47) with an M10 x 25mm Bolt (88) and an M10 Nylon Locknut (77). **Do not overtighten the Locknut; the Stop Hook must be able to pivot easily.**

Slide a Bumper (4) and the Barbell Stop (47) onto the right Guide Rod (46).

Identify the Right Barbell Guide (53) by the location of the screw hole. Slide the Barbell Guide onto the right Guide Rod (46).

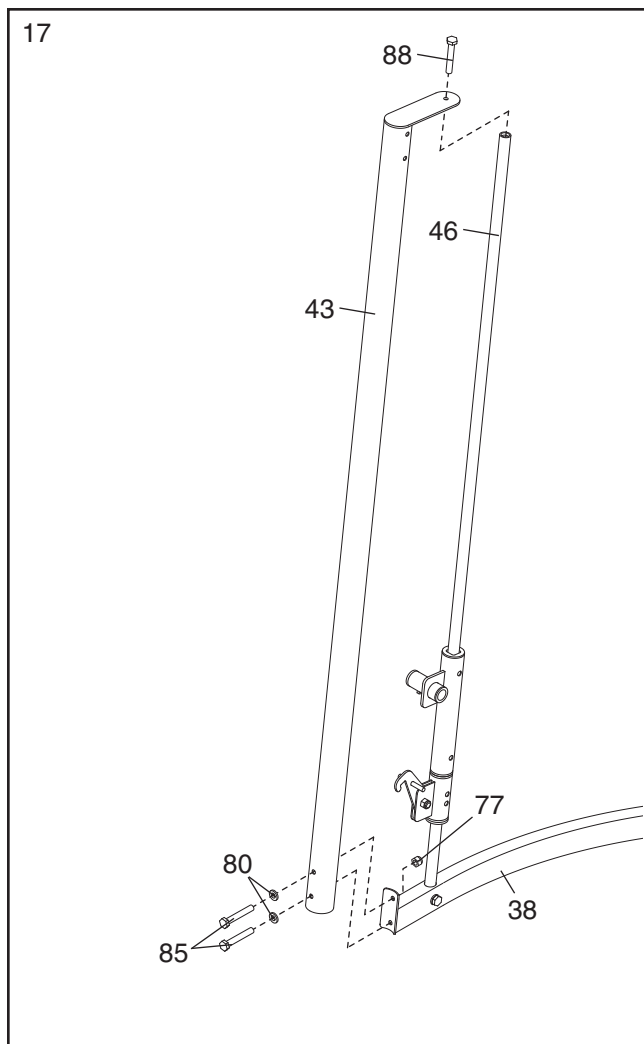
**Repeat this step with the left Guide Rod (not shown).**



17. Attach a Front Upright (43) to the Right Rack Base (38) with two M10 x 82mm Bolts (85), two M10 Washers (80), and an M10 Nylon Locknut (77). **Do not tighten the Bolts.**

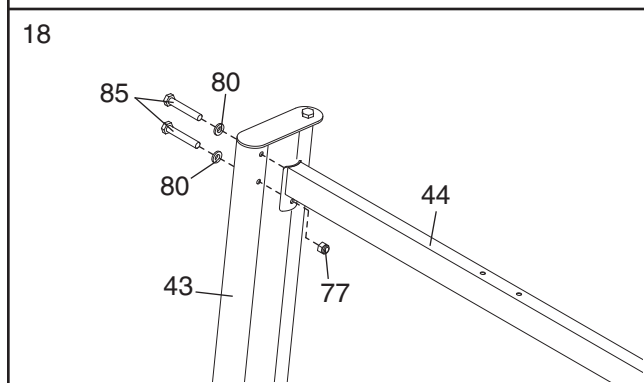
Attach the Front Upright (43) to the right Guide Rod (46) with an M10 x 25mm Bolts (88).

**Repeat this step with the other Front Upright (not shown).**



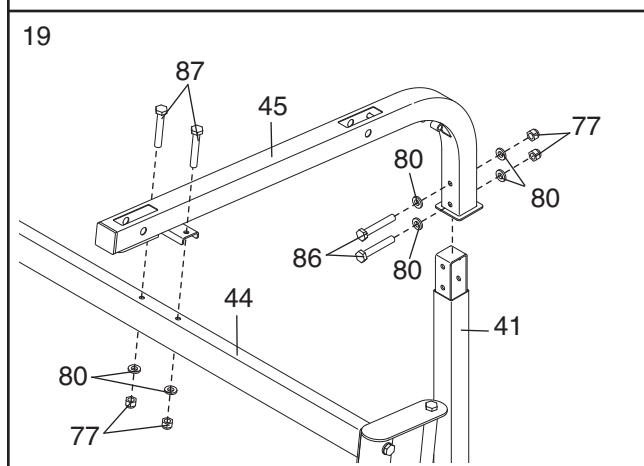
18. Attach the Cross Frame (44) to the right Front Upright (43) with two M10 x 82mm Bolts (85), two M10 Washers (80), and an M10 Nylon Locknut (77). **Do not tighten the Bolts.**

**Repeat this step with the left Front Upright (not shown).**

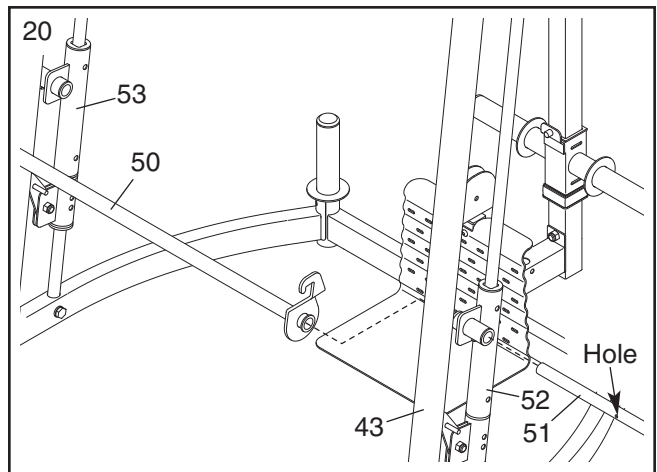


19. Attach the Top Frame (45) to the Rear Upright (41) with two M10 x 67mm Bolts (86), four M10 Washers (80), and two M10 Nylon Locknuts (77). **Do not tighten the Locknuts.**

Attach the Top Frame (45) to the Cross Frame (44) with two M10 x 78mm Bolts (87), two M10 Washers (80), and two M10 Nylon Locknuts (77). **Do not tighten the Locknuts.**



20. Orient the Locking Bar (50) as shown. Slide the Barbell (51) through the Left Barbell Guide (52), the Locking Bar, and the Right Barbell Guide (53). **Make sure that the Barbell is centered in the Barbell Guides.** Engage the Locking Bar into the Uprights (43) at the lowest position.



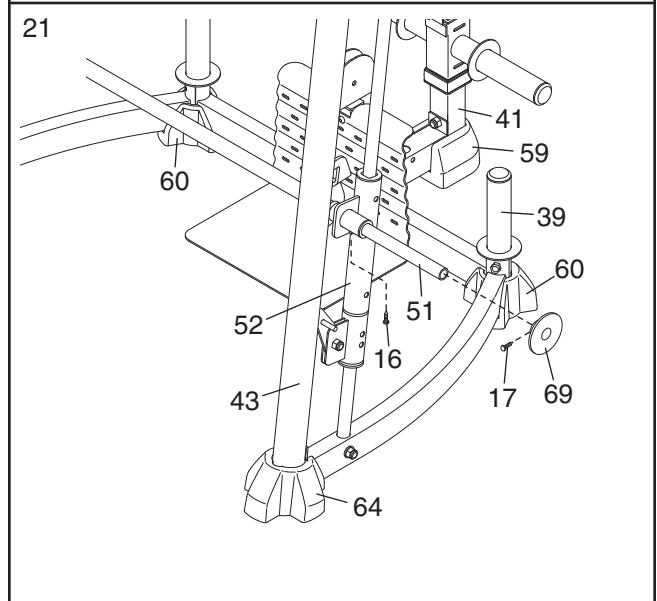
21. Handtighten an M8 x 20mm Button Screw (16) into the Left Barbell Guide (52).

Slide a Weight Stop (69) onto the Barbell (51). Handtighten an M6 x 15mm Button Screw (17) into the Weight Stop. **Make sure that the Screw is tightened enough to engage the hole (see drawing 20) in the Barbell.**

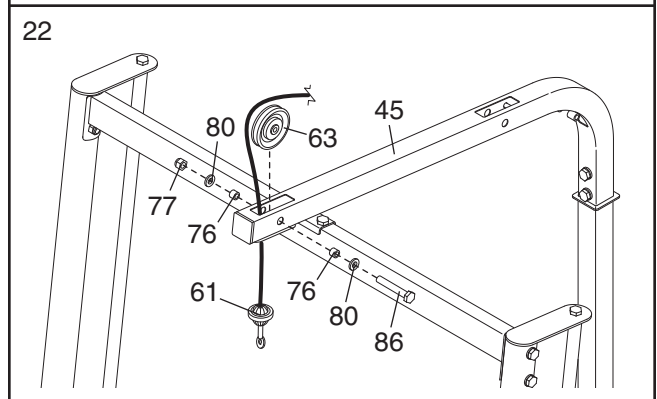
**Repeat this step on the other side of the Barbell (51).**

**Tighten the screws used in this step, and the bolts and locknuts used in steps 11–15 and 17–19.**

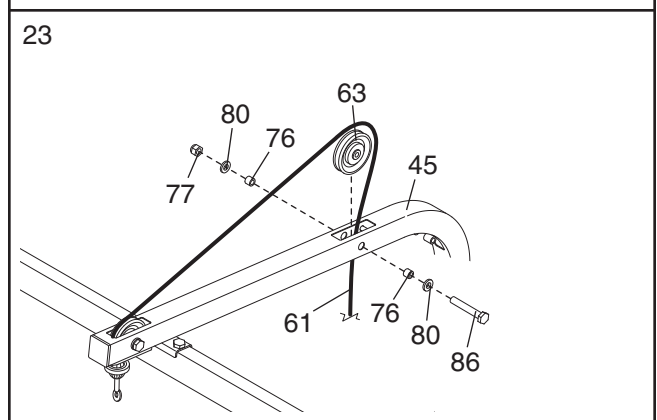
Press two Center Base Feet (60) onto the Center Rack Base (39). Press the Rear Upright Foot (59) onto the Rear Upright (41). Press two Front Upright Feet (64) onto the Front Uprights (43).



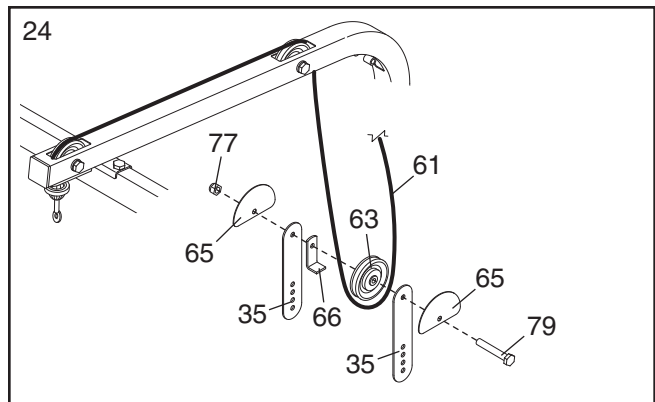
22. Route a Cable (61) up through the Top Frame (45) and over a Pulley (63). Attach the Pulley inside the Top Frame with an M10 x 67mm Bolt (86), two M10 Washers (80), two 16mm x 12.5mm Spacers (76), and an M10 Nylon Locknut (77).



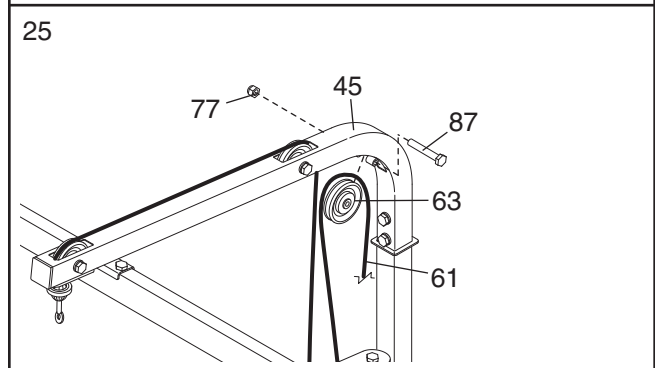
23. Route the Cable (61) over a Pulley (63) and down through the Top Frame (45). Attach the Pulley inside the Top Frame with an M10 x 67mm Bolt (86), two M10 Washers (80), two 16mm x 12.5mm Spacers (76), and an M10 Nylon Locknut (77).



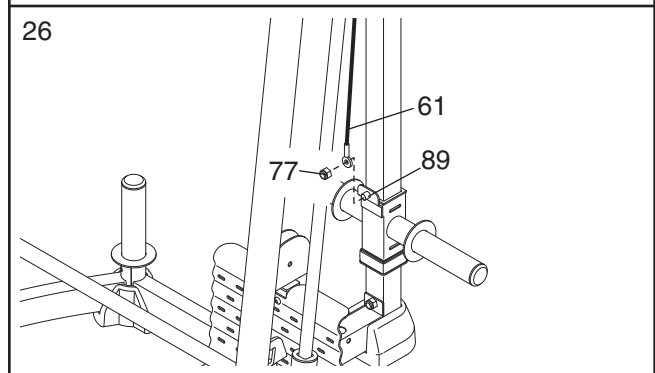
24. Route the Cable (61) under a Pulley (63). Attach the Pulley, a Cable Trap (66), and two Half Finger Guards (65) to the two Pulley Plates (35) with an M10 x 50mm Bolt (79) and an M10 Nylon Locknut (77). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



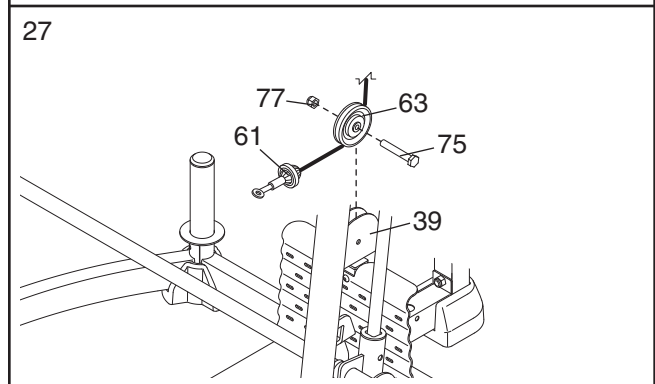
25. Route the Cable (61) over a Pulley (63). Attach the Pulley inside the Top Frame (45) with an M10 x 78mm Bolt (87) and an M10 Nylon Locknut (77).



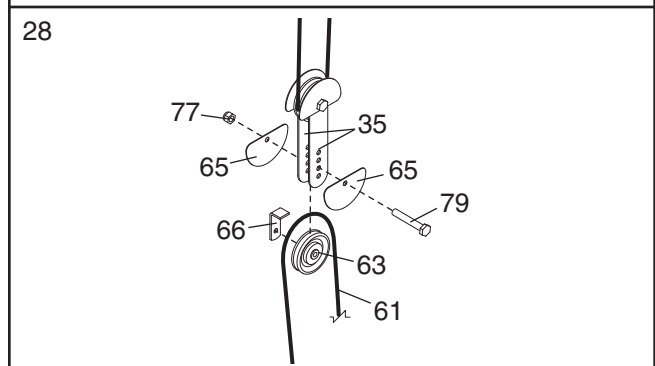
26. Attach the Cable (61) to the M10 x 20mm Bolt (89) with an M10 Nylon Locknut (77). **Make sure that the Cable can pivot easily on the Bolt.**



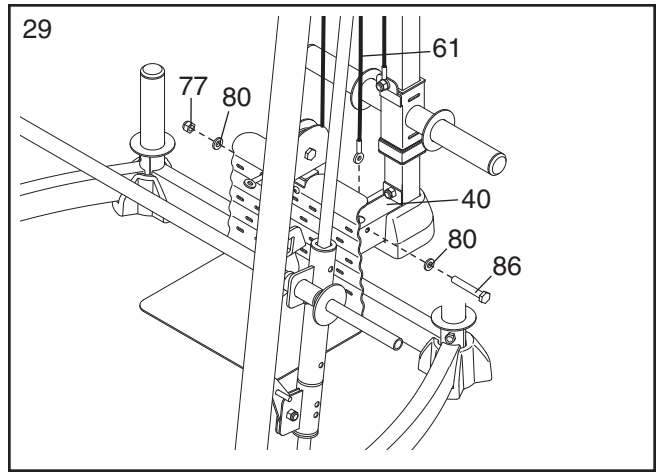
27. Route the second Cable (61) under a Pulley (63). Attach the Pulley to the Center Rack Base (39) with an M10 x 45mm Bolt (75) and an M10 Nylon Locknut (77).



28. Route the Cable (61) over a Pulley (63). Attach the Pulley, a Cable Trap (66), and two Half Finger Guards (65) to the two Pulley Plates (35) at the indicated hole with an M10 x 50mm Bolt (79) and an M10 Nylon Locknut (77). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



29. Attach the Cable (61) to the Rear Rack Base (40) with an M10 x 67mm Bolt (86), two M10 Washers (80), and an M10 Nylon Locknut (77).



30. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS starting below.

## ADJUSTMENTS

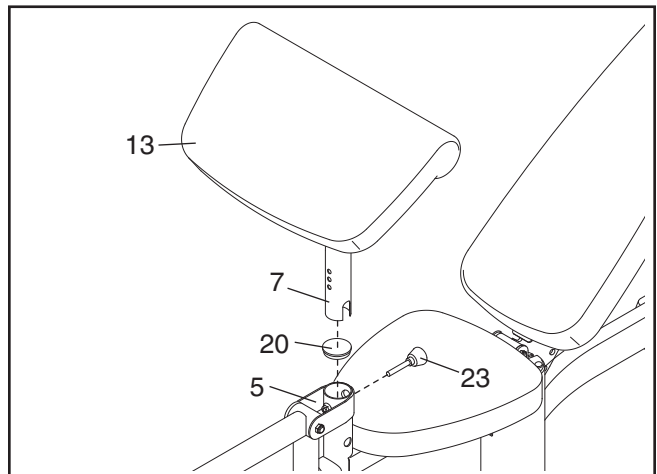
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 18 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

### ATTACHING THE CURL PAD

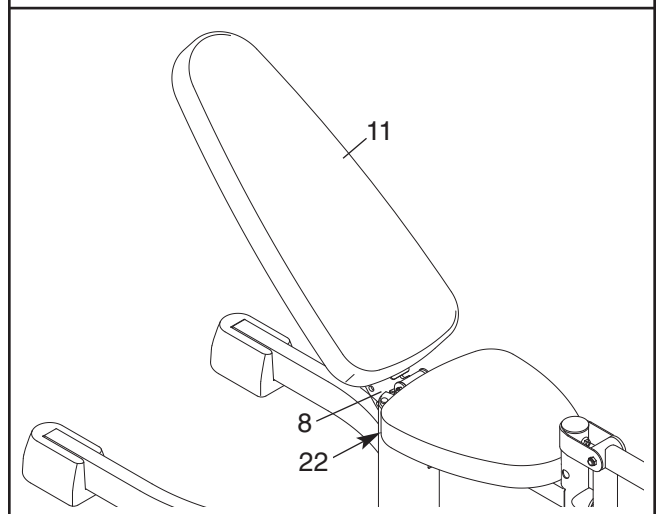
Remove the 56mm Round Cap (20) from the Seat Frame (5). Secure the Curl Post (7) in the Seat Frame with the Curl Knob (23).

Replace the 56mm Round Cap (20) into the Seat Frame (5) when the Curl Pad (13) is not being used.



### ADJUSTING THE BACKREST

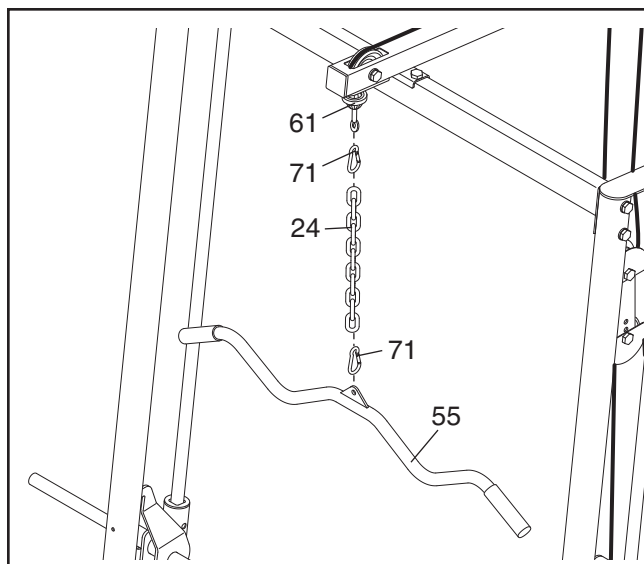
Hold the top of the Backrest (11) with one hand and pull out the Backrest Knob (22). Move the Backrest to the desired position and reengage the Knob into the Backrest Frame (8).



## ATTACHING ACCESSORIES

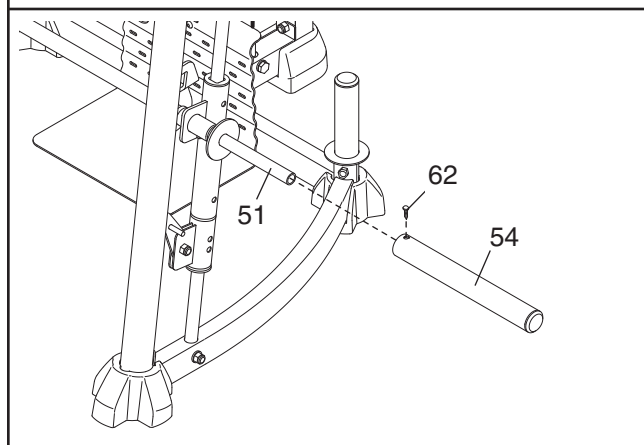
The Lat Bar (55) can be attached to a Cable (61) with a Cable Clip (71). For some exercises the Chain (24) should be attached between the Cable and the Lat Bar with two Cable Clips.

The other accessories can be attached to the Cables (61) in the same manner.



## ATTACHING THE BARBELL ADAPTER

Slide the Barbell Adapter (54) onto the Barbell (51) and secure it in place with an M8 x 10mm Set Screw (62). Repeat this process on the other side of the Barbell.

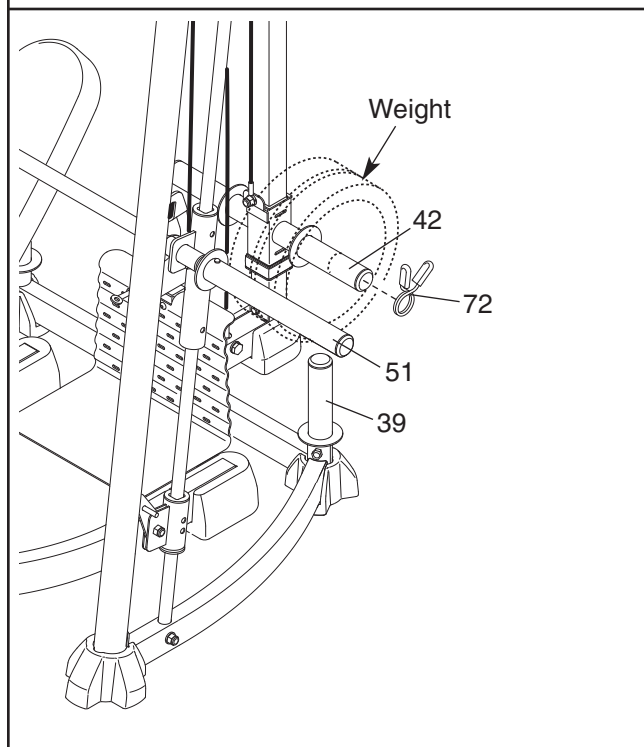


## ADDING WEIGHT

Slide the desired amount of weight (not included) onto the Weight Carriage (42). Secure the weight with the Spring Clips (72).

Add weight to the Barbell (51) or Leg Lever (not shown) in the same manner.

Weights can be stored on the Center Rack Base (39) when they are not being used.



**⚠ WARNING:** Always place an equal amount of weight on each side of the Weight Carriage (42) or Barbell (51). Do not place more than 150 pounds on the Weight Carriage or Leg Lever (not shown). Do not place more than 310 pounds on the Barbell.

## ADJUSTING THE BARBELL STOPS

Hold the handle on the Barbell Stop Hook (48) and disengage the Hook from the Front Upright (43). Move the Barbell Stop (47) to the lowest point you want the Barbell (51) to go during the exercise. Reengage the Hook into the Upright. Repeat with the other Barbell Stop.

**⚠ WARNING:** Always set both Barbell Stops (47) at the same height.

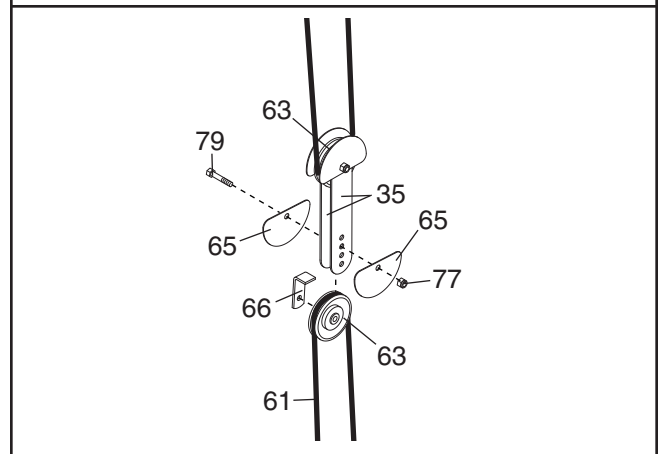
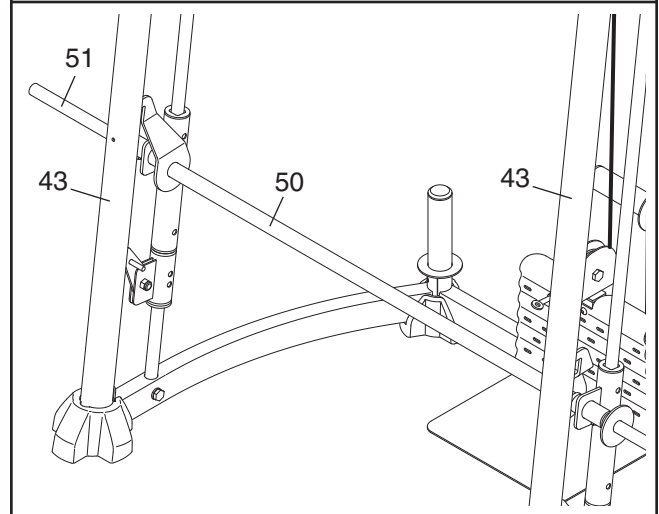
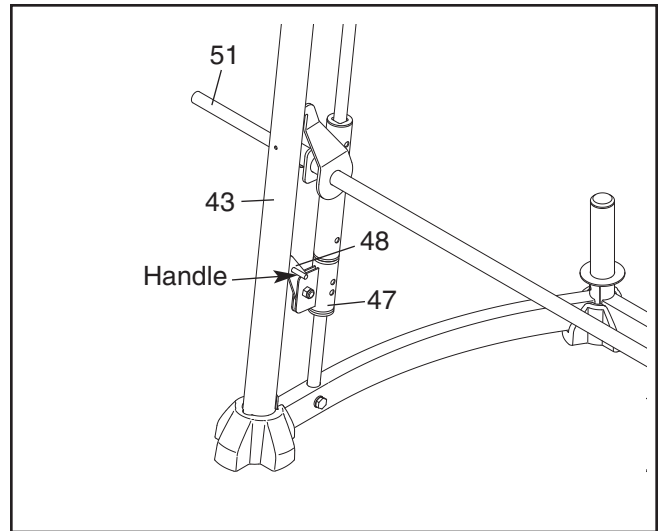
## USING THE BARBELL

First, attach the desired amount of weight to the Barbell (51) (see ADDING WEIGHT on the previous page). Then, adjust the barbell stops (see ADJUSTING THE BARBELL STOPS above). Finally, lift the Locking Bar (50) and disengage it from the Front Uprights (43). When finished with the exercise, reengage the Locking Bar into the Uprights.

## ADJUSTING THE CABLE

Woven cable, the type of cable used on your weight rack, can stretch slightly when it is first used. Slack can be removed from the Cable (61) by moving the lower Pulley (63) closer to the upper Pulley.

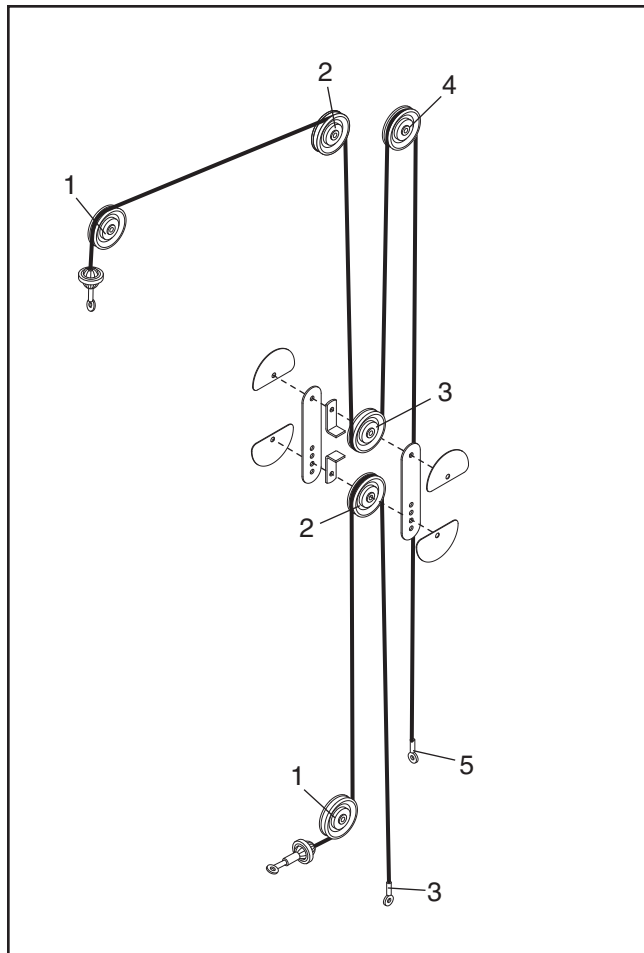
Remove the M10 x 50mm Bolt (79) from the Pulley (63), the two Pulley Plates (35), the two Half Finger Guards (65), the Cable Trap (66), and the M10 Nylon Locknut (77). Reattach the Pulley, Cable Trap, and Finger Guards at a higher set of holes in the Pulley Plates with the Bolt and Locknut.





# CABLE DIAGRAM

The cable diagram shows the proper routing of the Cables (61). Use the diagrams to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight bench will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

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. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

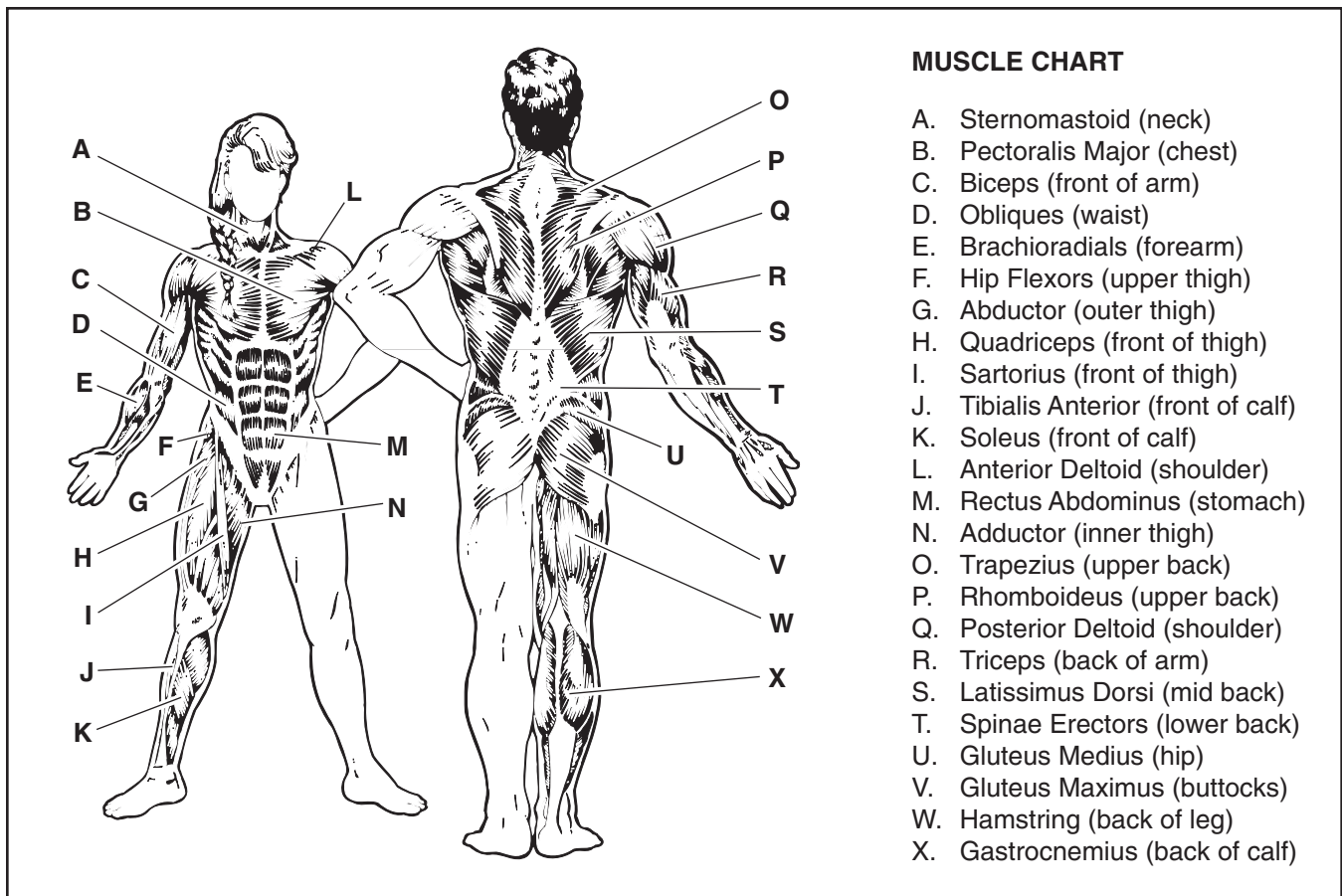
### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

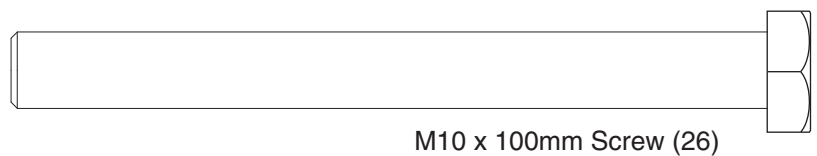
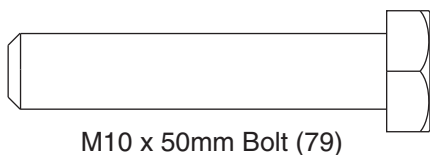
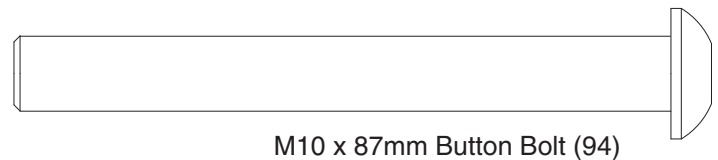
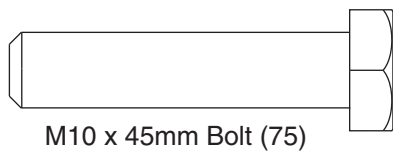
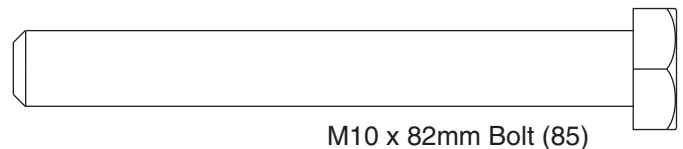
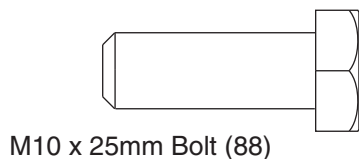
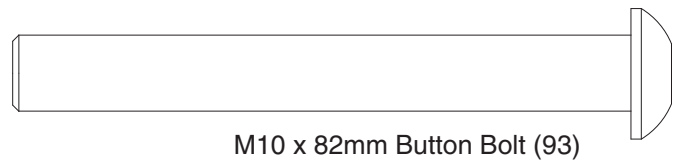
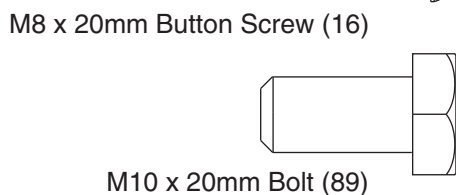
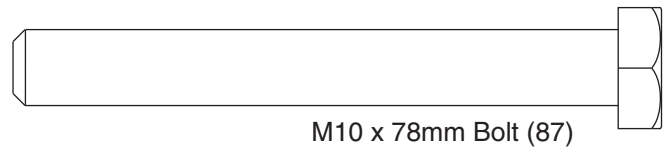
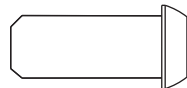
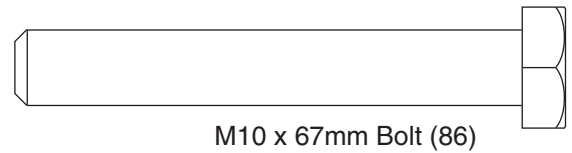
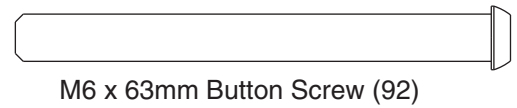
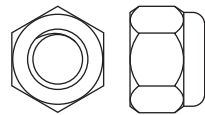
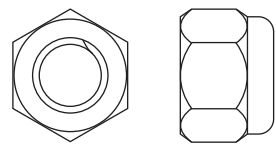
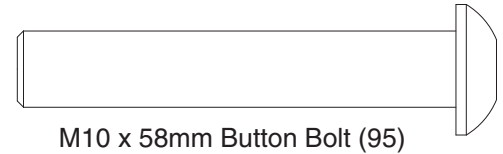
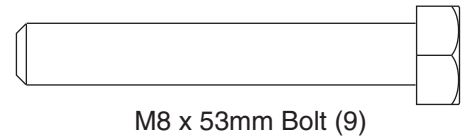
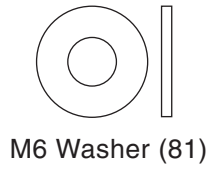
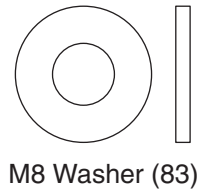
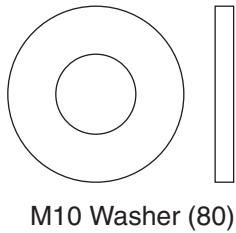
### STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



# PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached. If a part is missing, call toll-free 1-888-533-1333.**



# PART LIST—Model No. 831.15629.0

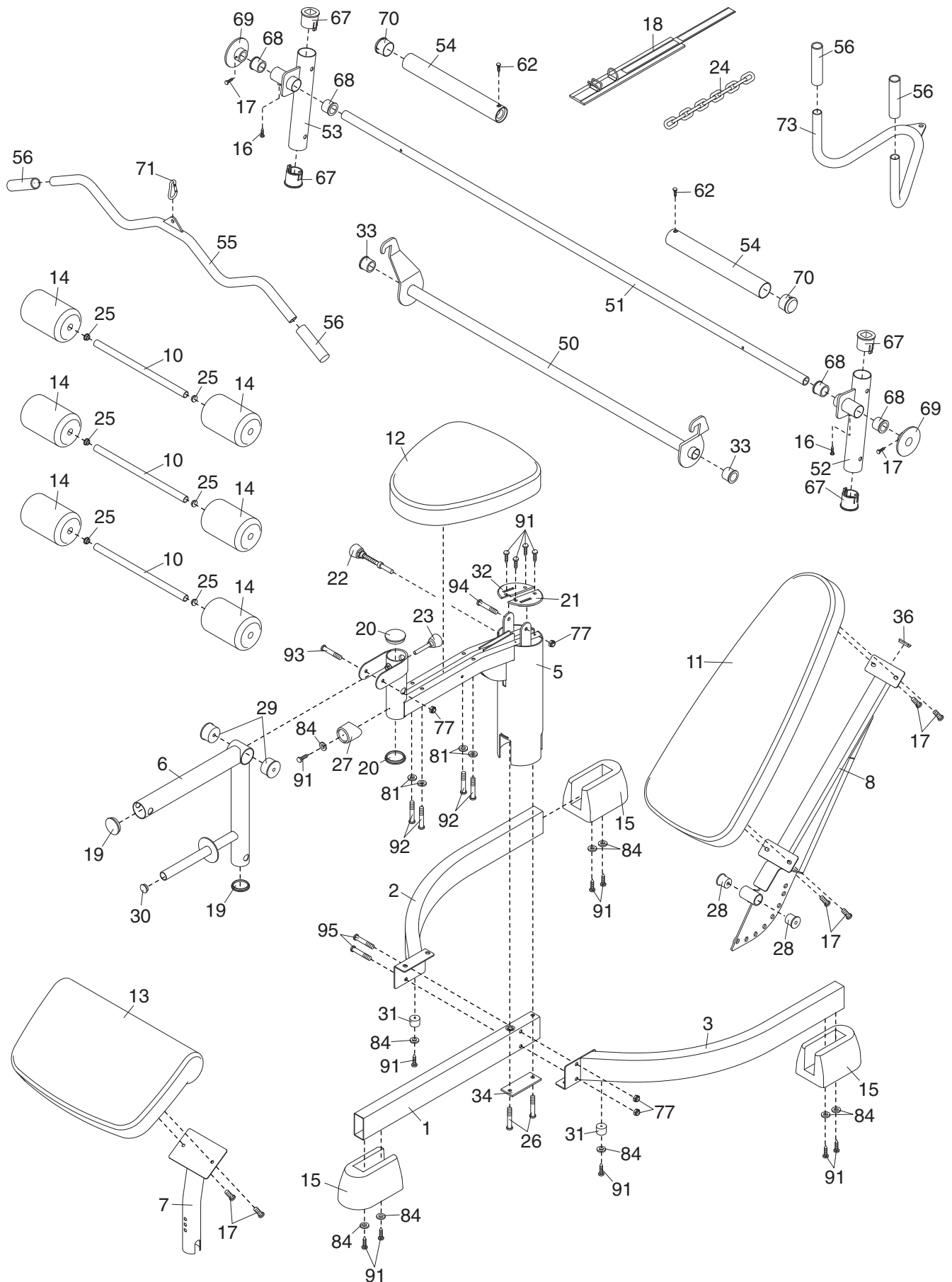
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| Key No. | Qty. | Description            | Key No. | Qty. | Description                  |
|---------|------|------------------------|---------|------|------------------------------|
| 1       | 1    | Seat Base              | 51      | 1    | Barbell                      |
| 2       | 1    | Right Seat Base        | 52      | 1    | Left Barbell Guide           |
| 3       | 1    | Left Seat Base         | 53      | 1    | Right Barbell Guide          |
| 4       | 2    | Bumper                 | 54      | 2    | Barbell Adapter              |
| 5       | 1    | Seat Frame             | 55      | 1    | Lat Bar                      |
| 6       | 1    | Leg Lever              | 56      | 4    | Handgrip                     |
| 7       | 1    | Curl Post              | 57      | 2    | Weight Carriage Bushing      |
| 8       | 1    | Backrest Frame         | 58      | 1    | Weight Carriage Stop         |
| 9       | 2    | M8 x 53mm Bolt         | 59      | 1    | Rear Upright Foot            |
| 10      | 3    | Pad Tube               | 60      | 2    | Center Base Foot             |
| 11      | 1    | Backrest               | 61      | 2    | Cable                        |
| 12      | 1    | Seat                   | 62      | 2    | M8 x 10mm Set Screw          |
| 13      | 1    | Curl Pad               | 63      | 6    | Pulley                       |
| 14      | 6    | Foam Pad               | 64      | 2    | Front Upright Foot           |
| 15      | 3    | Bench Foot             | 65      | 4    | Half Finger Guard            |
| 16      | 2    | M8 x 20mm Button Screw | 66      | 2    | Cable Trap                   |
| 17      | 8    | M6 x 15mm Button Screw | 67      | 8    | Barbell Guide Bushing        |
| 18      | 1    | Ankle Strap            | 68      | 4    | Barbell Bushing              |
| 19      | 2    | 50mm Round Cap         | 69      | 2    | Weight Stop                  |
| 20      | 2    | 56mm Round Cap         | 70      | 6    | 48mm Round Inner Cap         |
| 21      | 1    | Left Seat Cap          | 71      | 2    | Cable Clip                   |
| 22      | 1    | Backrest Knob          | 72      | 2    | Spring Clip                  |
| 23      | 1    | Curl Knob              | 73      | 1    | Row Bar                      |
| 24      | 1    | Chain                  | 74      | 1    | 50mm Square Inner Cap        |
| 25      | 6    | 19mm Round Cap         | 75      | 1    | M10 x 45mm Bolt              |
| 26      | 2    | M10 x 100mm Screw      | 76      | 4    | 16mm x 12.5mm Spacer         |
| 27      | 1    | Seat Bumper            | 77      | 28   | M10 Nylon Locknut            |
| 28      | 2    | Backrest Frame Bushing | 78      | 2    | M8 Nylon Locknut             |
| 29      | 2    | Leg Lever Bushing      | 79      | 2    | M10 x 50mm Bolt              |
| 30      | 1    | 48mm Thin Round Cap    | 80      | 25   | M10 Washer                   |
| 31      | 2    | Seat Base Bumper       | 81      | 4    | M6 Washer                    |
| 32      | 1    | Right Seat Cap         | 82      | 2    | 11mm x 8mm Spacer            |
| 33      | 2    | Locking Bar Bushing    | 83      | 4    | M8 Washer                    |
| 34      | 1    | Base Plate             | 84      | 9    | M4 Washer                    |
| 35      | 2    | Pulley Plate           | 85      | 8    | M10 x 82mm Bolt              |
| 36      | 1    | 25mm x 50mm Cap        | 86      | 11   | M10 x 67mm Bolt              |
| 37      | 1    | Left Rack Base         | 87      | 3    | M10 x 78mm Bolt              |
| 38      | 1    | Right Rack Base        | 88      | 4    | M10 x 25mm Bolt              |
| 39      | 1    | Center Rack Base       | 89      | 1    | M10 x 20mm Bolt              |
| 40      | 1    | Rear Rack Base         | 90      | 3    | M10 x 63mm Button Bolt       |
| 41      | 1    | Rear Upright           | 91      | 13   | M4 x 16mm Self-tapping Screw |
| 42      | 1    | Weight Carriage        | 92      | 4    | M6 x 63mm Button Screw       |
| 43      | 2    | Front Upright          | 93      | 1    | M10 x 82mm Button Bolt       |
| 44      | 1    | Cross Frame            | 94      | 1    | M10 x 87mm Button Bolt       |
| 45      | 1    | Top Frame              | 95      | 2    | M10 x 58mm Button Bolt       |
| 46      | 2    | Guide Rod              | #       | 1    | User's Manual                |
| 47      | 2    | Barbell Stop           | #       | 2    | Allen Wrench                 |
| 48      | 2    | Barbell Stop Hook      | #       | 1    | Grease Pack                  |
| 49      | 1    | Foot Plate             | #       | 1    | Exercise Guide               |
| 50      | 1    | Locking Bar            |         |      |                              |

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. If a part is missing, call toll-free 1-888-533-1333.

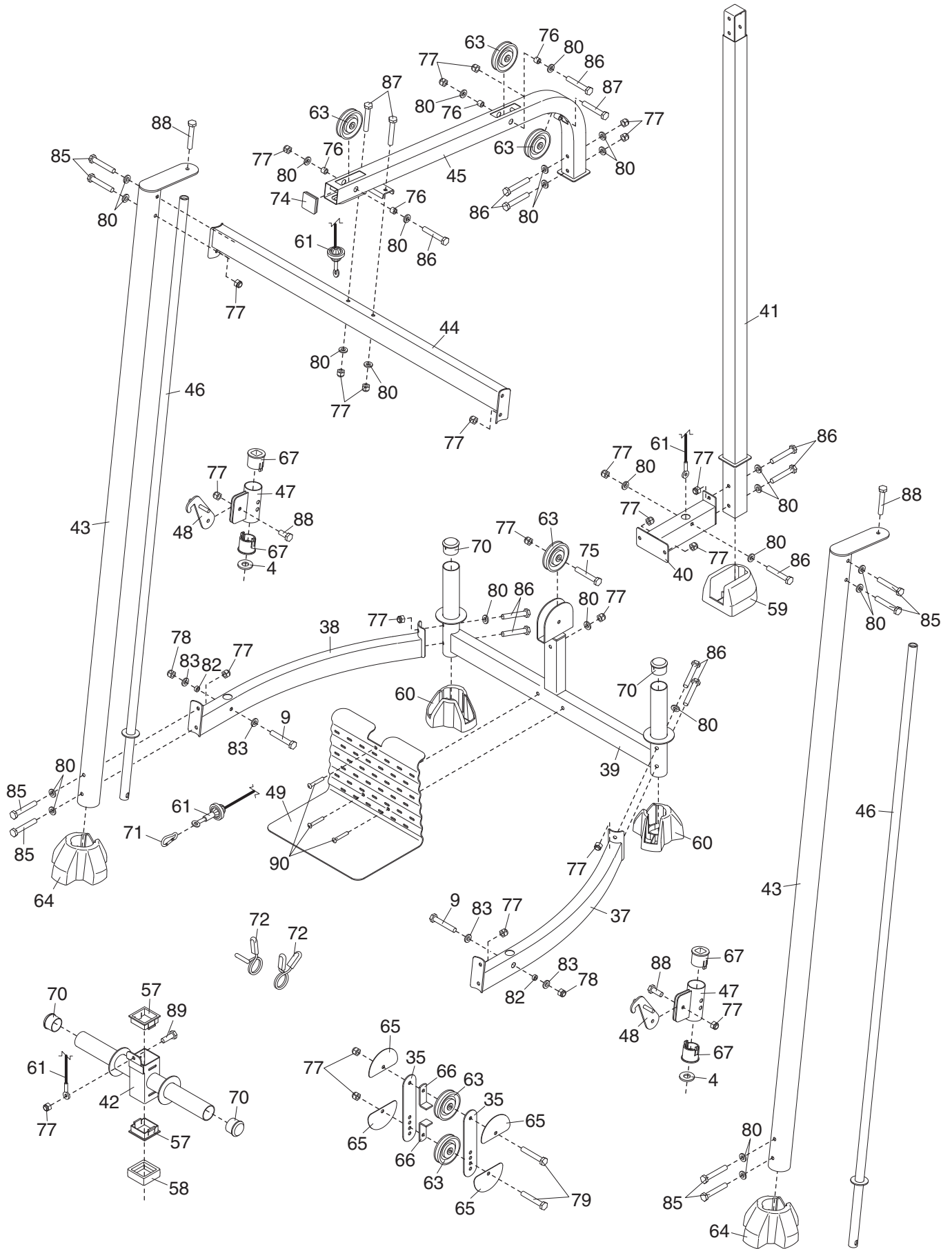
# EXPLODED DRAWING A—Model No. 831.15629.0

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# EXPLODED DRAWING B—Model No. 831.15629.0

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