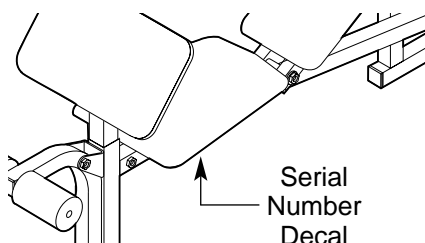


WEIDER® 140

Model No. WEBE06920

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

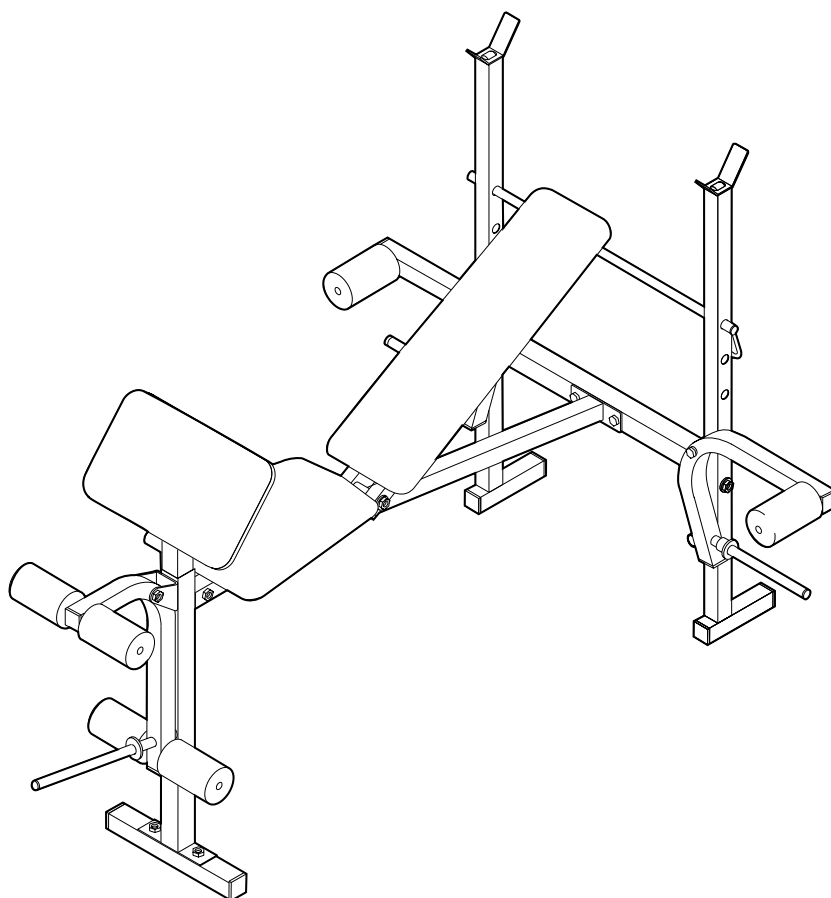
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



⚠ CAUTION

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



Visit our website at

www.weiderfitness.com

new products, prizes,
fitness tips, and much more!

WEIDER® 140

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENTS	9
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

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.

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 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. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
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. Do not place more than 110 pounds, including a barbell and weights, on the weight rests. Do not place more than 30 pounds on each fly arm. Do not place more than 50 pounds on the leg lever. Note: The weight bench does not include a barbell or weights.
10. Always make sure there is an equal amount of weight on each side of your barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping.
11. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
12. Do not use a barbell that is longer than five feet with the weight bench.
13. When using the backrest in an inclined or level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The decals shown below have been placed on the weight bench in the locations shown on page 4. If a decal is missing or illegible, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal to the location shown.



Decal 1



Decal 2

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

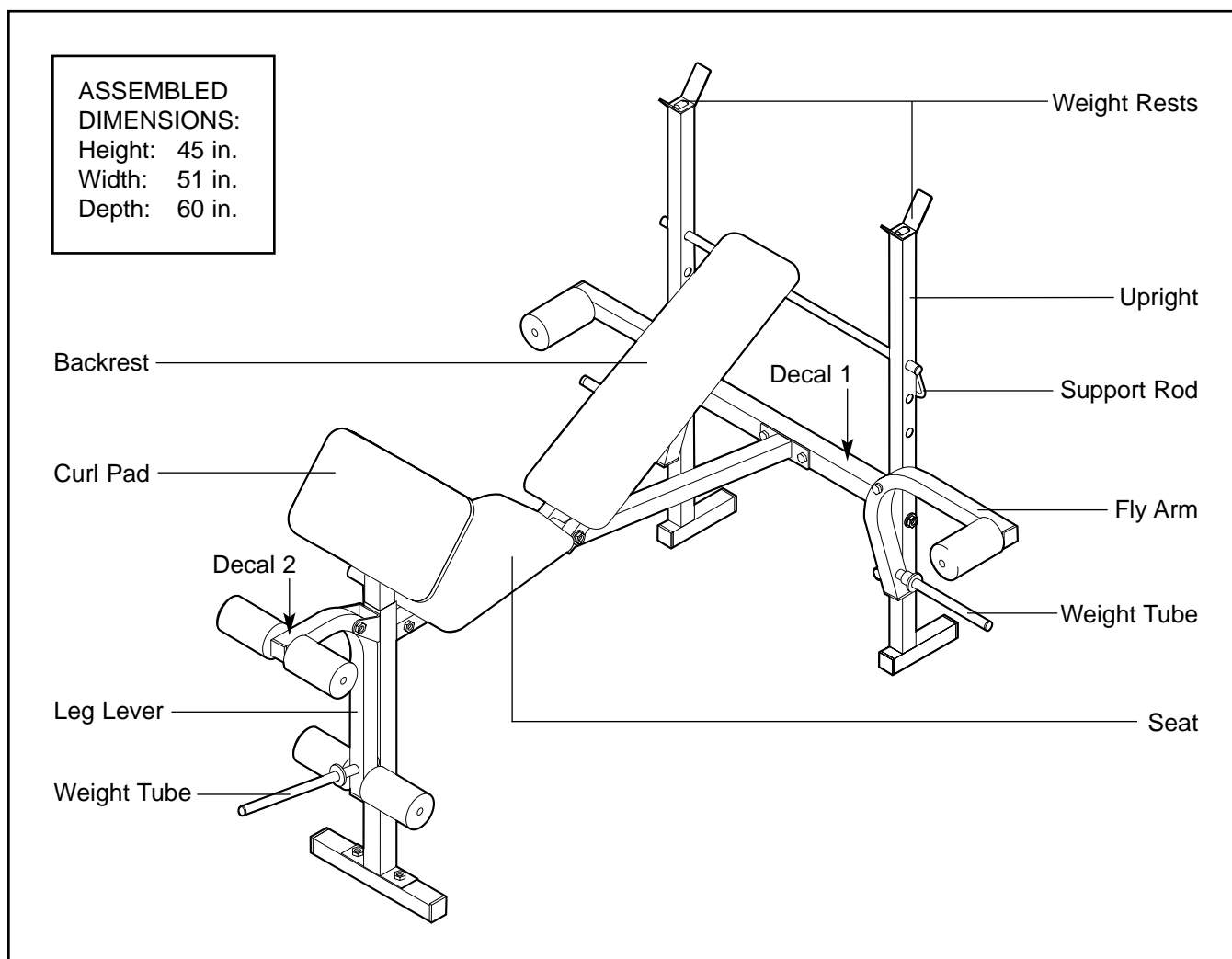
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 140 weight bench. The versatile WEIDER® 140 weight bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 140 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, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE06920. 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 look at the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself



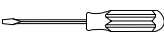
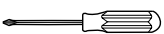
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- For help identifying small parts, refer to the PART IDENTIFICATION CHART.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

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

The following tools (not included) are required for assembly:

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Lubricant, such as grease or petroleum jelly, 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.

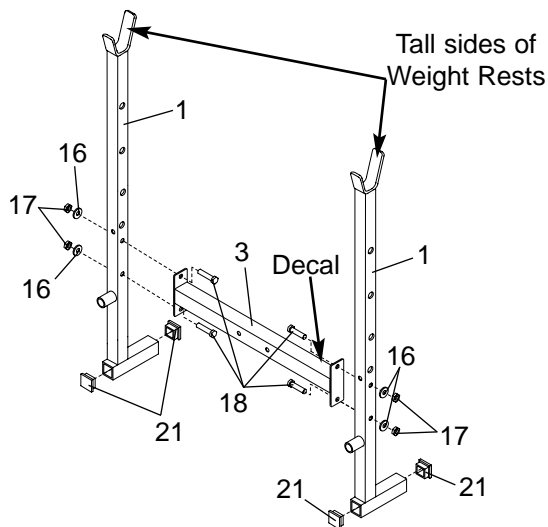
1.

Before assembling the weight bench, make sure that you have read and understand the information in the box above.

Tap two 38mm Square Inner Caps (21) into the bottom of each Upright (1).

Attach the Crossbar (3) to the two Uprights (1) with four M8 x 55mm Bolts (18), four M8 Washers (16), and four M8 Nylon Locknuts (17). **Note: The decal on the Crossbar and the tall sides of the weight rests on the Uprights must be oriented as shown. Do not tighten the Nylon Locknuts yet.**

1

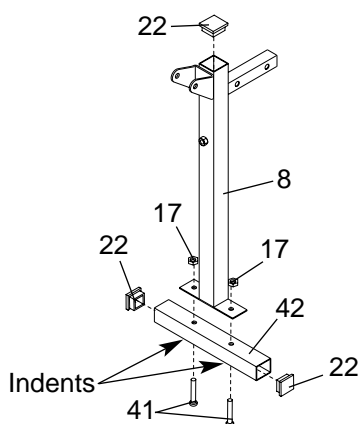


2.

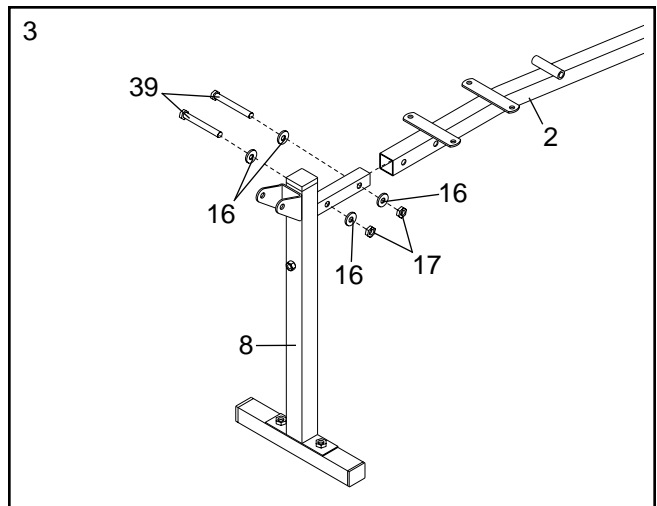
Tap three 30mm Square Inner Caps (22) into the Front Leg (8) and Stabilizer (42).

Attach the Front Leg (8) to the Stabilizer (42) with two M8 x 40mm Carriage Bolts (41) and two M8 Nylon Locknuts (17). **Note: The indents around the holes on one side of the Stabilizer must be on the bottom. Do not tighten the Nylon Locknuts yet.**

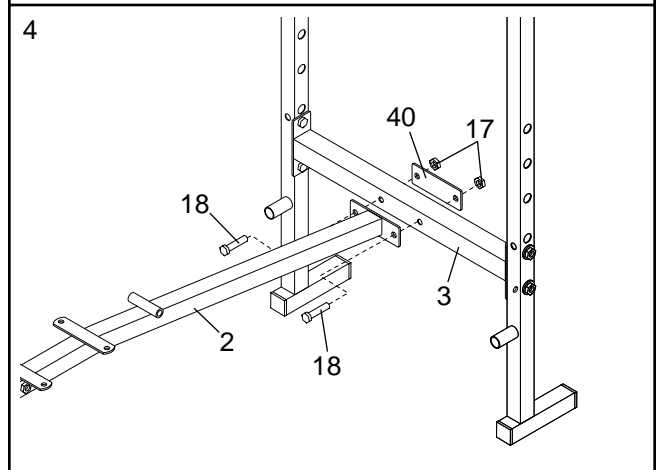
2



3. Attach the Front Leg (8) to the Frame (2) with two M8 x 40mm Bolts (39), four M8 Washers (16), and two M8 Nylon Locknuts (17). **Note: Do not tighten the Nylon Locknuts yet.**

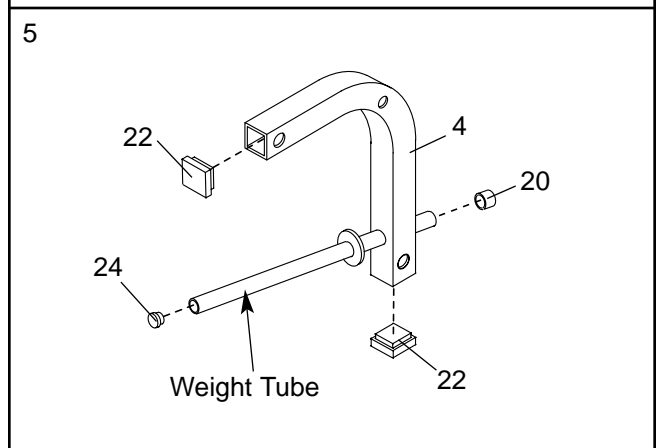


4. Attach the Frame (2) to the Crossbar (3) with two M8 x 55mm Bolts (18), the Support Plate (40), and two M8 Nylon Locknuts (17). **Note: Do not tighten the Nylon Locknuts yet.**

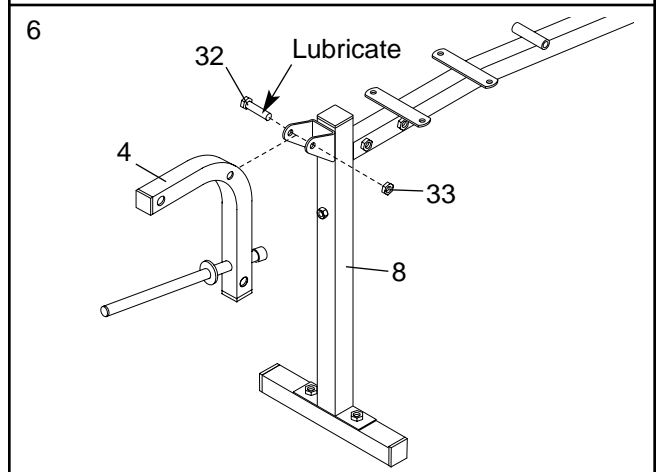


5. Tap two 30mm Square Inner Caps (22) into the ends of the Leg Lever (4).

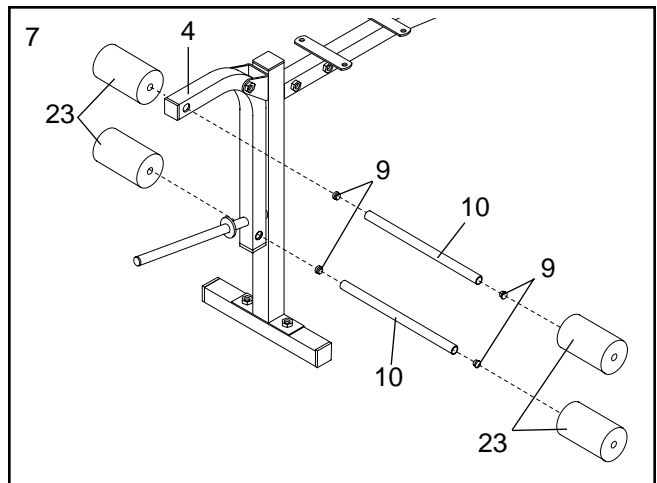
Tap a 25mm Round Inner Cap (24) into the indicated end of the weight tube on the Leg Lever (4). Tap the 25mm Round Angled Cap (20) onto the other end of the weight tube.



6. Lubricate the M10 x 60mm Bolt (32). Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the Bolt and an M10 Nylon Locknut (33). **Note: Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

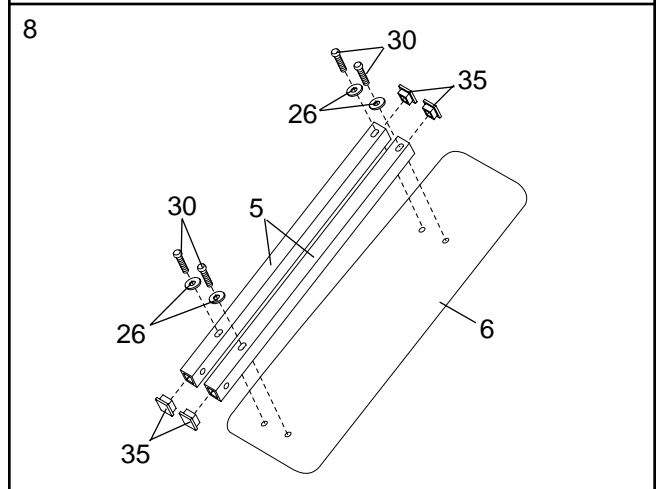


7. Tap two 19mm Round Inner Caps (9) into each Long Pad Tube (10). Slide the Pad Tubes through the holes in the Leg Lever (4). Slide two Long Foam Pads (23) onto each Pad Tube.



8. Tap two 25mm Square Inner Caps (35) into each of the two Backrest Tubes (5).

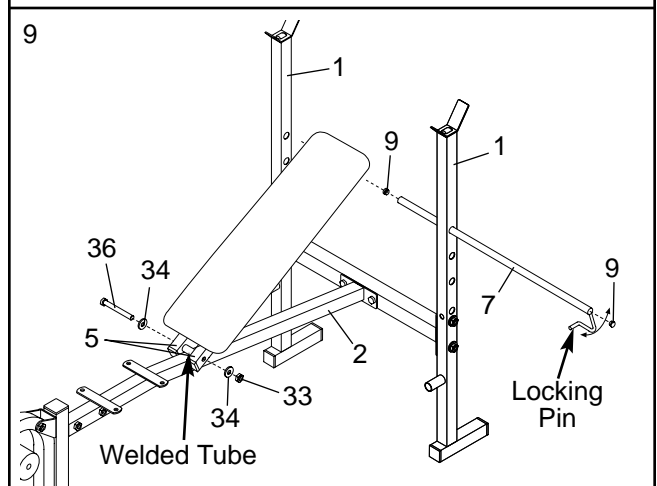
Attach each Backrest Tube (5) to the Backrest (6) with two M6 x 38mm Screws (30) and two M6 Washers (26). **Note: Do not tighten the Screws yet.**



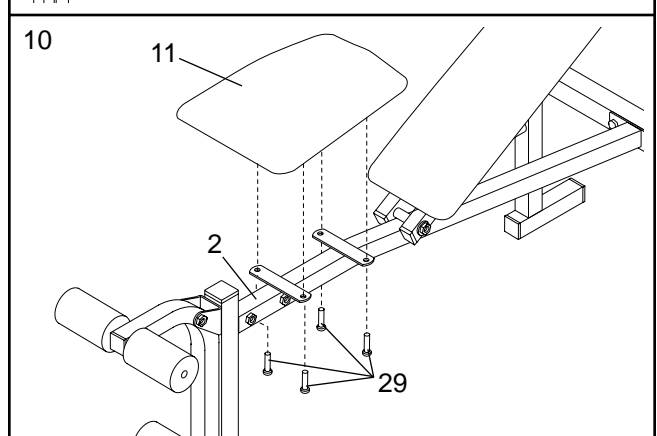
9. Tap a 19mm Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright.

Lubricate the M10 x 135mm Bolt (36). Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Nylon Locknut (33).

Tighten the M6 x 38mm Screws (30) used in step 8, and the Nylon Locknuts (17, 33) used in steps 1–4.



10. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (29).



11. Tap a 30mm Square Inner Cap (22) into each end of a Fly Arm (25). Push a 25mm Round Inner Cap (24) into the end of the weight tube. Slide a Weight Stop (28) onto the weight tube.

Assemble the other Fly Arm (not shown) in the same manner.

12. Tap a Fly Arm Stop (15) onto the welded tube on each Upright (1).

Press two Plastic Bushings (14) into the indicated holes in an Upright (1). Attach a Fly Arm (25) to the Upright using an M10 x 115mm Bolt (19) and a Butterfly Knob (13). Make sure the Fly Arm is on the outside of the Fly Arm Stop (15). **Note: Do not overtighten the Butterfly Knob; the Fly Arm must be able to pivot easily.**

Attach the other Fly Arm (not shown) to the other Upright (1) in the same manner.

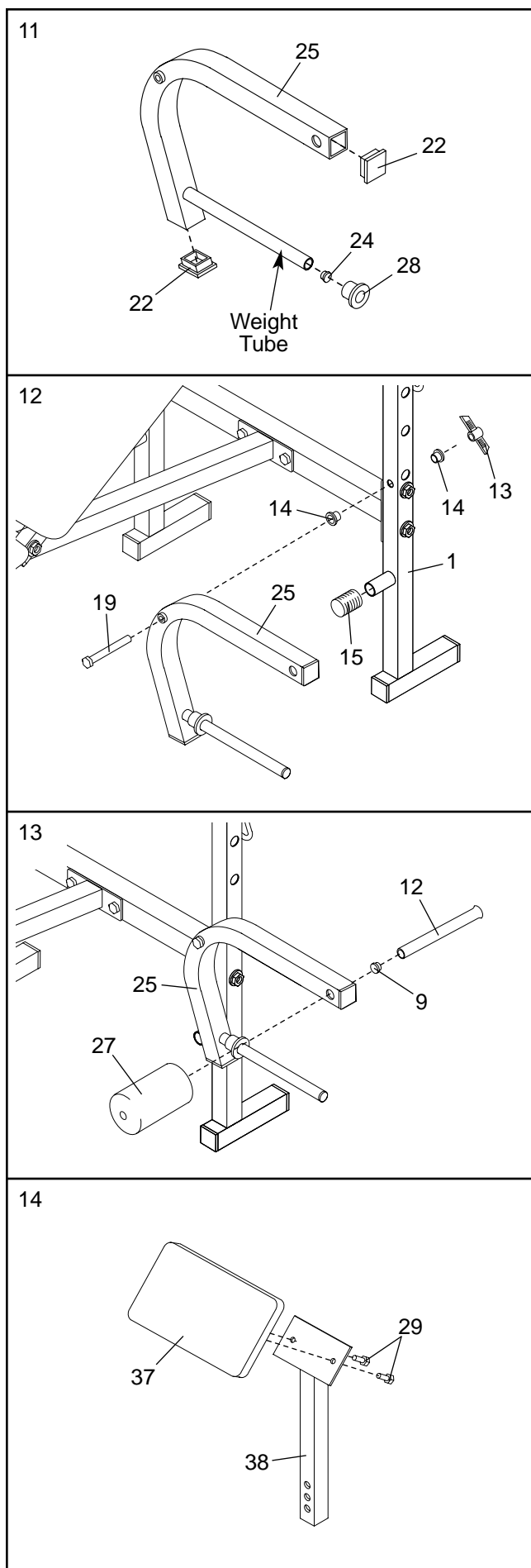
13. Press a 19mm Round Inner Cap (9) into the end of a Short Pad Tube (12). Slide the Short Pad Tube through the indicated hole in a Fly Arm (25), as shown.

Push a Short Foam Pad (27) onto the Pad Tube (12) as far as it will go; the Foam Pad will hold the Pad Tube in place.

Repeat this step for the other Fly Arm (not shown).

14. Attach the Curl Pad (37) to the Curl Post (38) with two M6 x 16mm Screws (29).

15. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**



ADJUSTMENTS

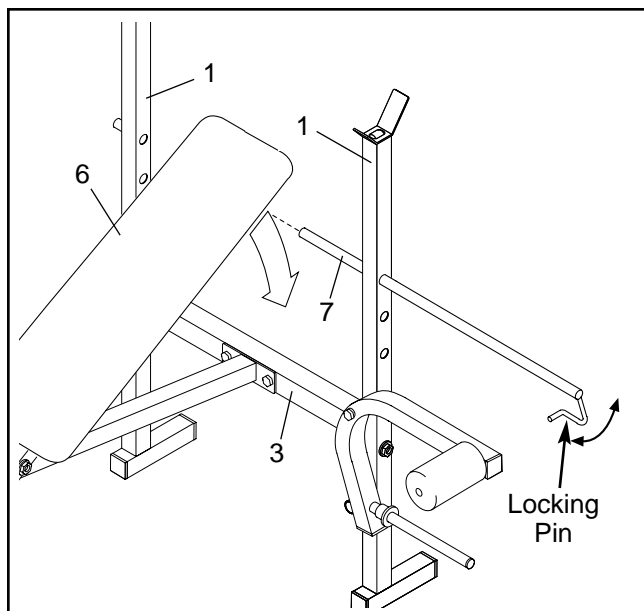
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise guide to see the correct form for several exercises.

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.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a declined position, a level position, or three inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, so the locking pin is wrapped around the Upright. Rest the Backrest on the Support Rod.

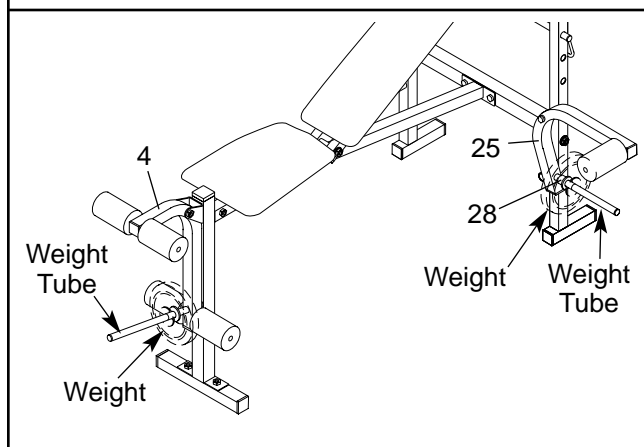


ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights onto the weight tube on the Leg Lever. **Do not place more than 50 pounds on the Leg Lever.**

To use the Fly Arms (25), make sure there is a Weight Stop (28) on each weight tube. Next, slide the desired amount of weight onto the weight tubes. **Do not place more than 30 pounds on each Arm.**

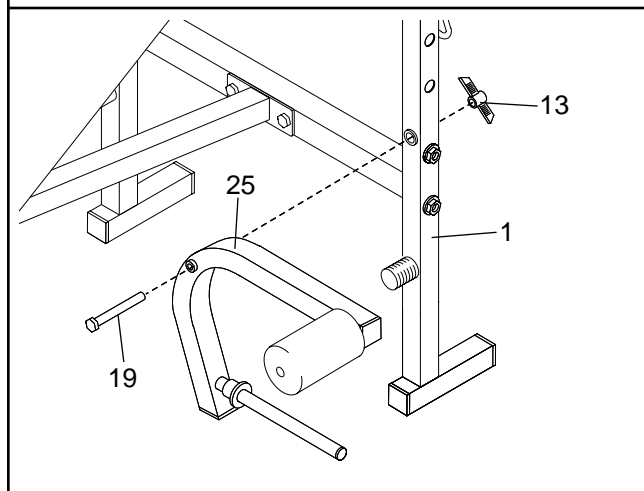
⚠ WARNING: When using the Leg Lever (4), place a barbell with the same amount of weight on the weight rests to balance the bench.



REMOVING AND ATTACHING THE FLY ARMS

Some exercises are easier to perform if the Fly Arms (25) are removed from the weight bench. To remove the Fly Arms, remove the Butterfly Knob (13) and the M10 x 115mm Bolt (19) from each Fly Arm and Upright (1). Place the Fly Arms in a safe place.

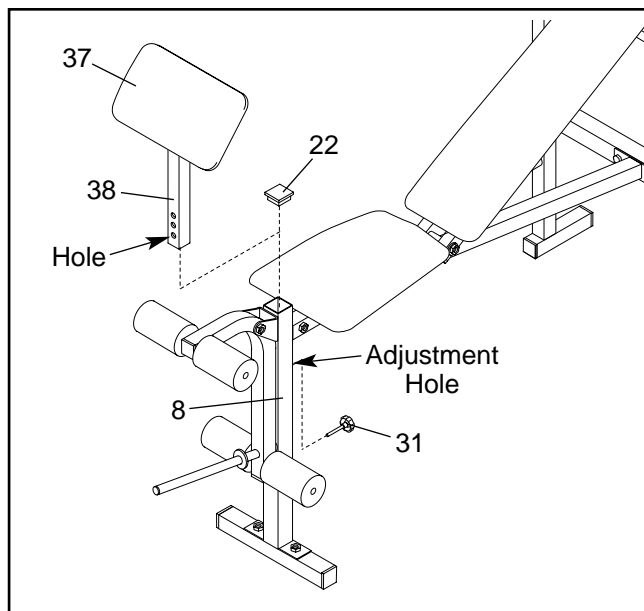
To re-attach the Fly Arms (25), align the holes in the Fly Arms with the holes in the Uprights (1). Insert the M10 x 115mm Bolts (19) through the Fly Arms and the Uprights. Tighten the Butterfly Knobs (13) onto the Bolts.



ATTACHING THE CURL PAD

For some exercises, the Curl Pad (37) needs to be attached to the weight bench. To do this, remove the 30mm Square Inner Cap (22) from the Front Leg (8). Insert the Curl Post (38) into the Front Leg and align an adjustment hole in the Curl Post with the adjustment hole in the Front Leg. Secure the Curl Post with the Adjustment Knob (31).

Note: When the Curl Pad (37) is not being used, it should be stored away from the weight bench, and the 30mm Square Inner Cap (22) should be inserted into the Front Leg (8).



NOTES

ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (WEBE06920)
- The NAME of the product (WEIDER® 140 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

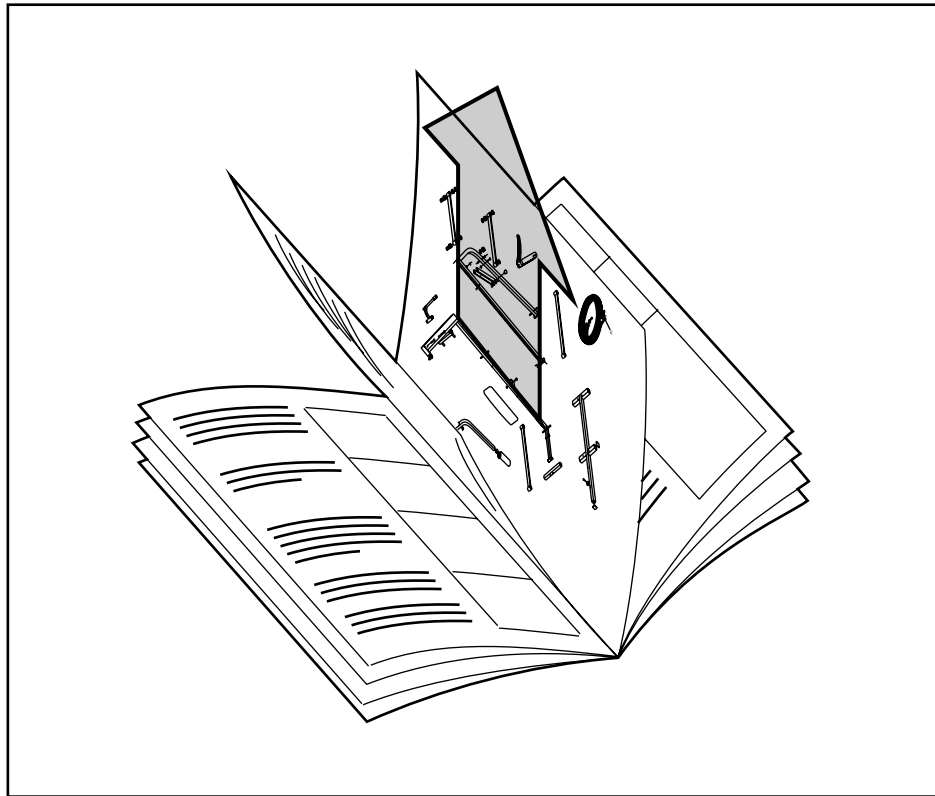
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

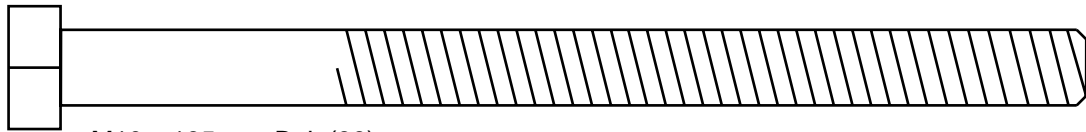
**REMOVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING**

**SAVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE**

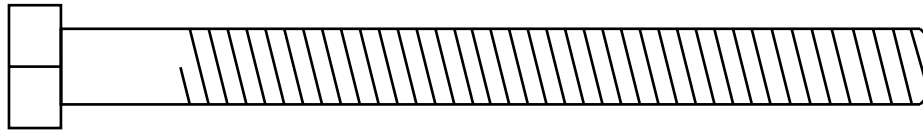


PART IDENTIFICATION CHART

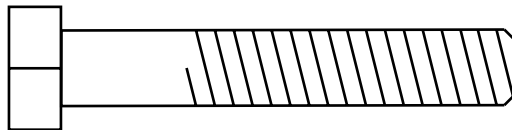
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST in the center of this manual. **Important:** Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.



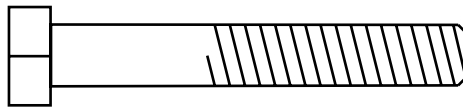
M10 x 135 mm Bolt (36)



M10 x 115mm Bolt (19)



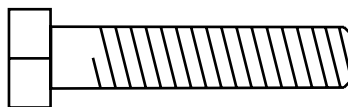
M10 x 60mm Bolt (32)



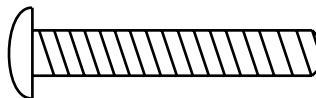
M8 x 55mm Bolt (18)



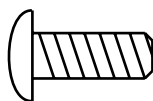
M8 x 40mm Carriage Bolt (41)



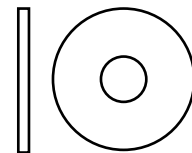
M8 x 40mm Bolt (39)



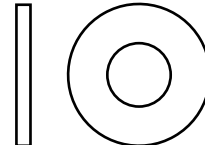
M6 x 38mm Screw (30)



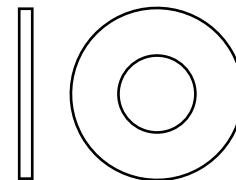
M6 x 16mm Screw (29)



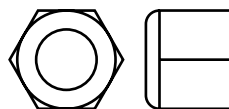
M6 Washer (26)



M8 Washer (16)



M10 Washer (34)



M8 Nylon Locknut (17)



M10 Nylon Locknut (33)

PART LIST—Model No. WEBE06920

R0602B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	23	4	Long Foam Pad
2	1	Frame	24	3	25mm Round Inner Cap
3	1	Crossbar	25	2	Fly Arm
4	1	Leg Lever	26	4	M6 Washer
5	2	Backrest Tube	27	2	Short Foam Pad
6	1	Backrest	28	2	Weight Stop
7	1	Support Rod	29	6	M6 x 16mm Screw
8	1	Front Leg	30	4	M6 x 38mm Screw
9	8	19mm Round Inner Cap	31	1	Adjustment Knob
10	2	Long Pad Tube	32	1	M10 x 60mm Bolt
11	1	Seat	33	2	M10 Nylon Locknut
12	2	Short Pad Tube	34	2	M10 Washer
13	2	Butterfly Knob	35	4	25mm Square Inner Cap
14	4	Plastic Bushing	36	1	M10 x 135mm Bolt
15	2	Fly Arm Stop	37	1	Curl Pad
16	8	M8 Washer	38	1	Curl Post
17	10	M8 Nylon Locknut	39	2	M8 x 40mm Bolt
18	6	M8 x 55mm Bolt	40	1	Support Plate
19	2	M10 x 115mm Bolt	41	2	M8 x 40mm Carriage Bolt
20	1	25mm Round Angled Cap	42	1	Stabilizer
21	4	38mm Square Inner Cap	#	1	User's Manual
22	9	30mm Square Inner Cap	#	1	Exercise Guide

“#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WEBE06920

R0602B

