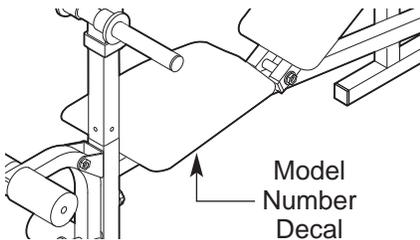


WEIDER[®] 244

Model No. WEEVBE38220

Serial No. _____

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



USER'S MANUAL

QUESTIONS?

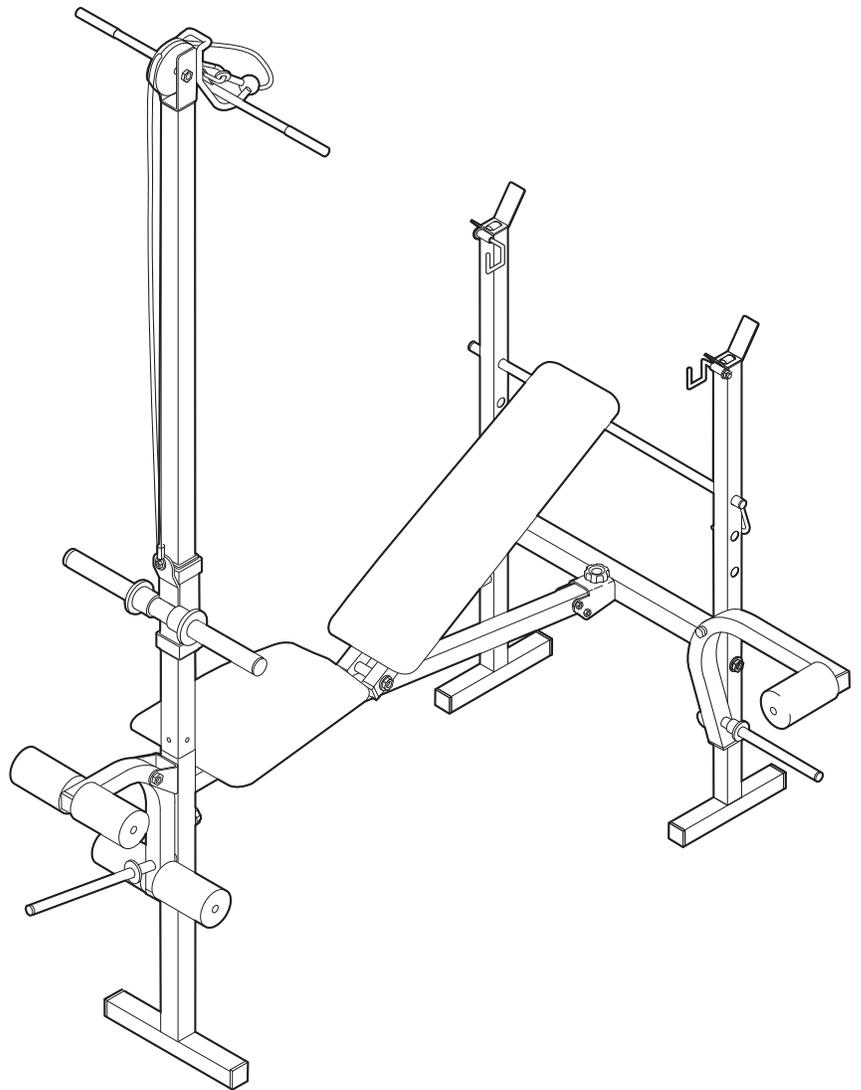
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

csuk@iconeurope.com



⚠ CAUTION

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



Visit our website at

www.iconeurope.com

WEIDER[®] 244

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
PART IDENTIFICATION CHART5
ASSEMBLY6
ADJUSTMENTS11
PART LIST14
EXPLODED DRAWING15
HOW TO ORDER REPLACEMENT PARTSBack Cover

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 the weight bench is used. 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 136 kg (300 lbs.), and a maximum total weight of 186 kg (410 lbs.). Do not place more than 50 kg (110 lbs.), including a barbell and weights, on the weight rests. Do not place more than 14 kg (30 lbs.) on each fly arm. Do not place more than 23 kg (50 lbs.) on the leg lever. Do not place more than 23 kg (50 lbs.) on the lat tower. Note: The weight bench does not include a barbell and weights.
10. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
11. Do not use a barbell that is longer than 1.5 m (5 ft.) with the weight bench.
12. Always make sure there is an equal amount of weight on each side of your barbell when you are using it.
13. When adding or removing weights, always keep some weight on both ends of the barbell and secure the barbell with the barbell hooks to prevent the barbell from tipping.
14. 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.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. 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 to order a free replacement decal (see the back cover of this manual). Apply the replacement decal in 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.

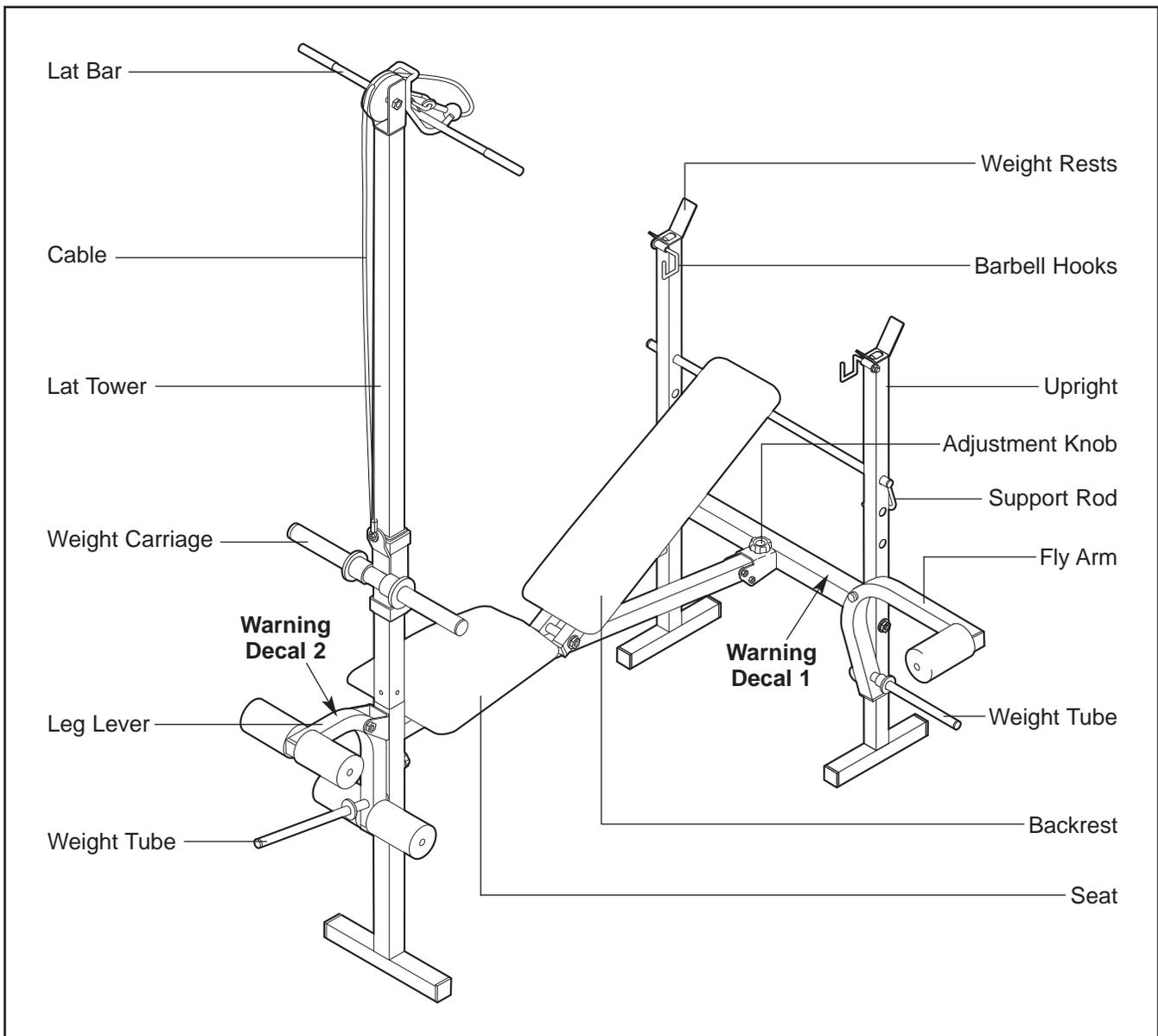
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 244 weight bench. The versatile WEIDER® 244 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® 244 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

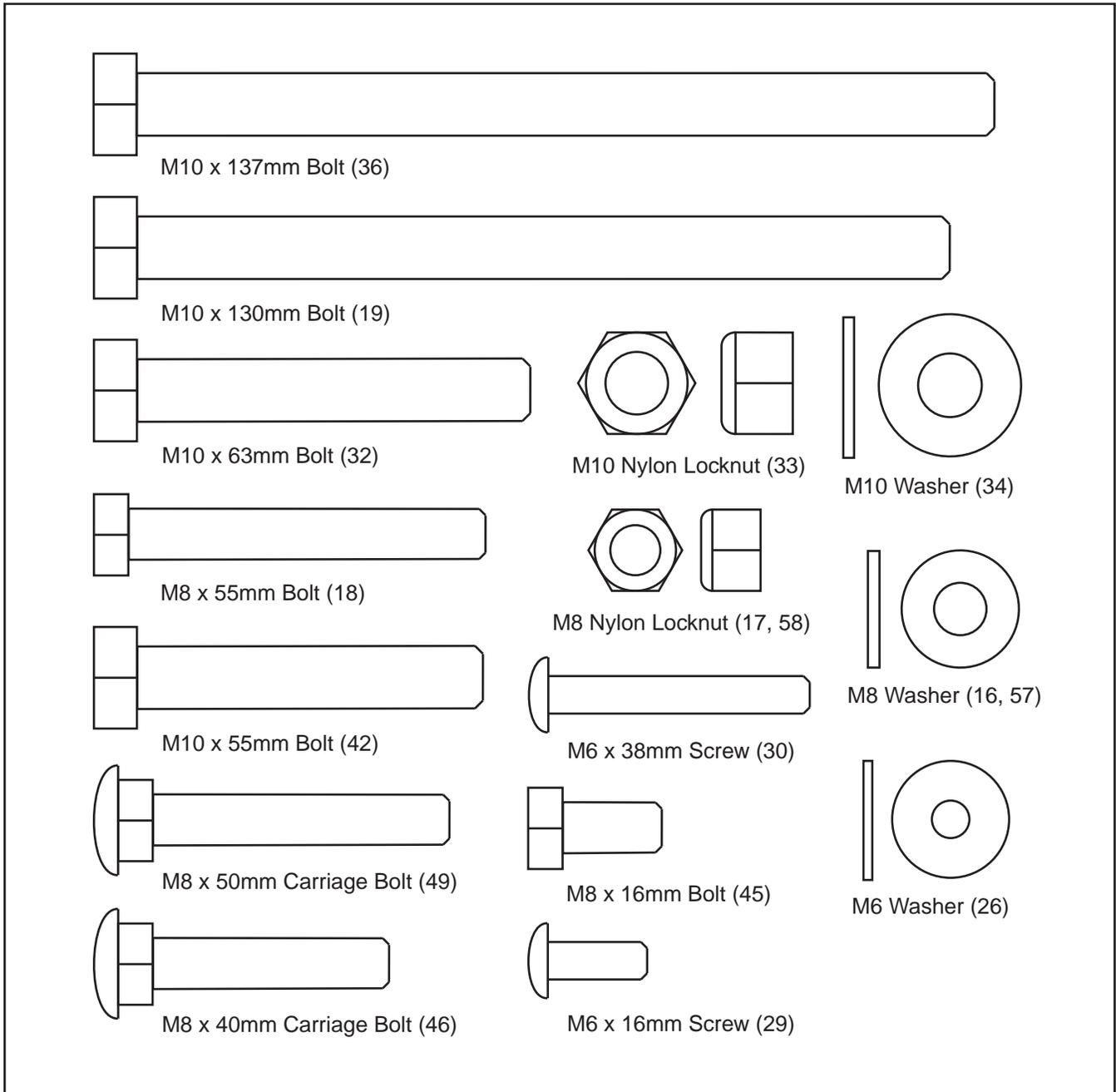
reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVBE38220. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual.)

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



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 on page 14. **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.**



ASSEMBLY

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

- Assembly requires two persons.
- **For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.**
- 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:

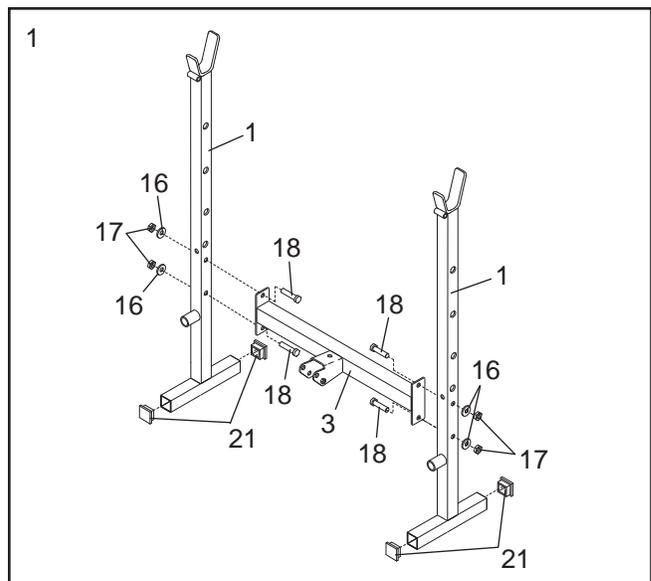
- **Two adjustable spanners** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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 this product, make sure that you have read and understand the information in the box above.**

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

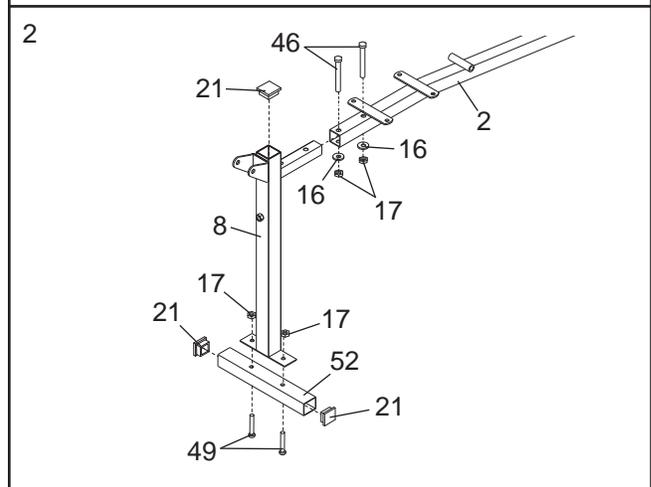
Attach the Crossbar (3) to the two Uprights (1) with four M8 x 55mm Bolts (18), four M8 Washers (16), and four M8 Nylon Locknuts (17). **Make sure that the Uprights and the Crossbar are oriented as shown. Do not tighten the Locknuts yet.**



2. Tap three 38mm Square Inner Caps (21) into the Front Leg (8) and the Stabilizer (52).

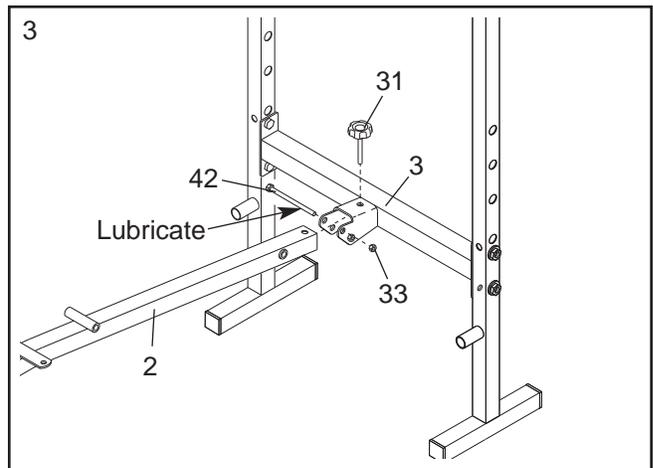
Attach the Stabilizer (52) to the Front Leg (8) with two M8 x 50mm Carriage Bolts (49) and two M8 Nylon Locknuts (17). **Do not tighten the Locknuts yet.**

Attach the Front Leg (8) to the Frame (2) with two M8 x 40mm Carriage Bolts (46), two M8 Washers (16), and two M8 Nylon Locknuts (17). **Do not tighten the Locknuts yet.**



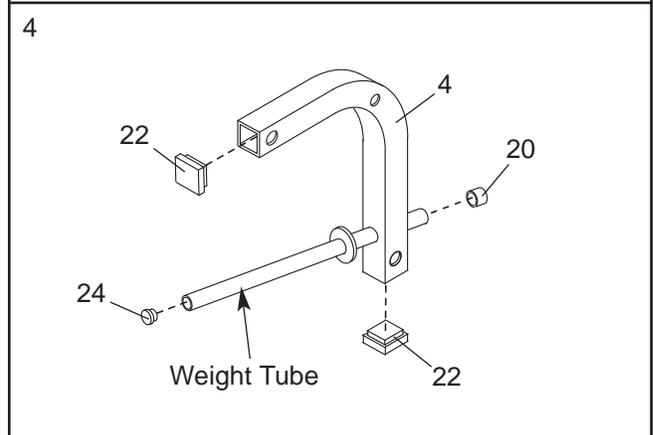
- Lubricate an M10 x 55mm Bolt (42) with grease. Attach the Frame (2) to the upper set of holes in the bracket on the Crossbar (3) with the Bolt and an M10 Nylon Locknut (33). **Do not overtighten the Locknut; the Frame must be able to pivot easily.**

Tighten the Adjustment Knob (31) into the Crossbar (3) and the Frame (2).

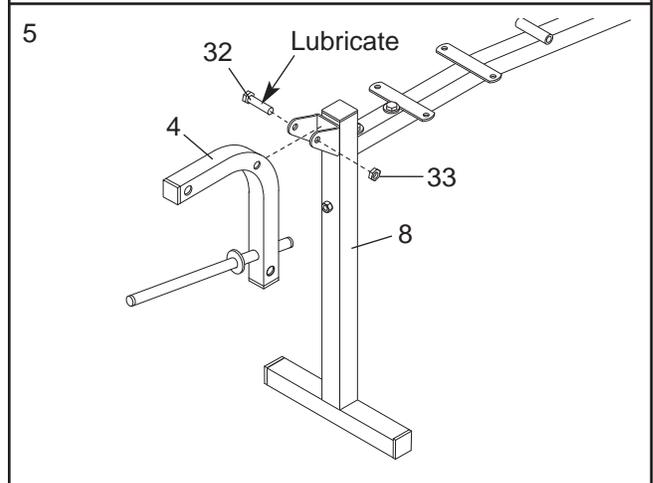


- Tap a 30mm Square Inner Cap (22) into each end of the Leg Lever (4).

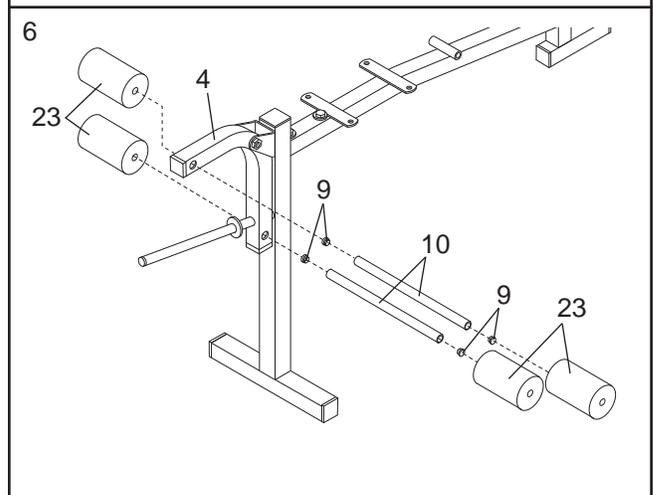
Tap a 25mm Round Inner Cap (24) into the indicated end of the weight tube on the Leg Lever (4). Tap the 25mm Round Angled Cap (20) onto the other end of the weight tube.



- Lubricate the M10 x 63mm Bolt (32) with grease. Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the Bolt and an M10 Nylon Locknut (33). **Do not over tighten the Locknut; the Leg Lever must be able to pivot easily.**

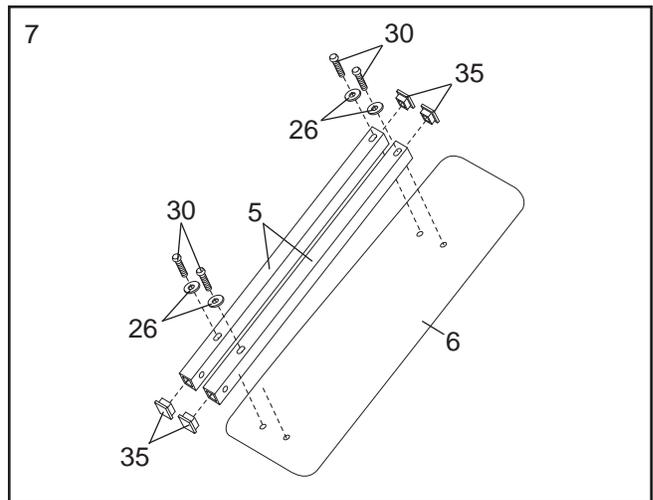


- Tap two 19mm Round Inner Caps (9) into each Long Pad Tube (10). Insert the Pad Tubes into the holes in the Leg Lever (4). Slide two Long Foam Pads (23) onto each Long Pad Tube.



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

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

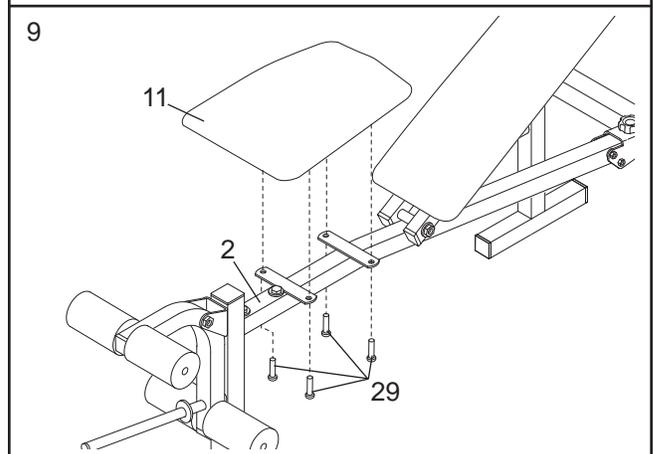
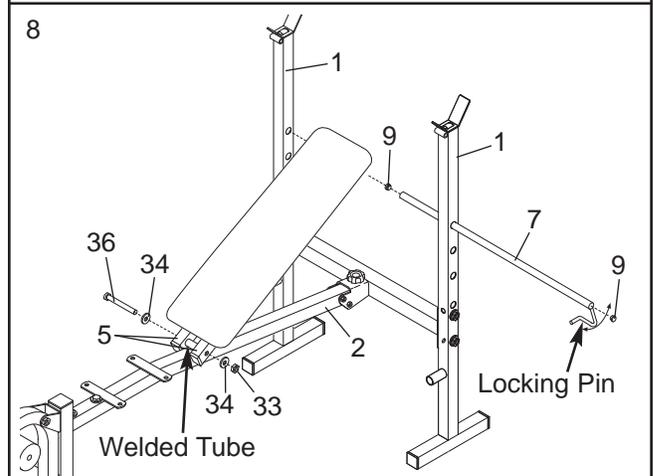


- Tap a 19mm Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod through a set of holes in the Uprights (1). Make sure that the locking pin is on the side shown. Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright.

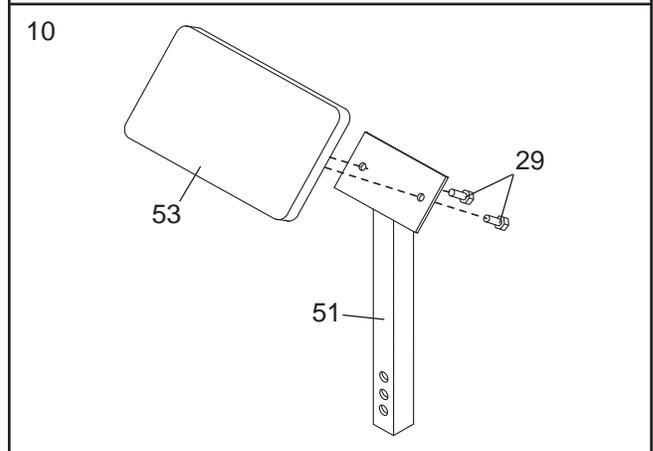
Lubricate the M10 x 137mm Bolt (36) with grease. Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Nylon Locknut (33). **Do not overtighten the Locknut; the Backrest Tubes must be able to pivot easily.**

Tighten the M6 x 38mm Screws (30) used in step 7, and the Nylon Locknuts (17, 33) used in steps 1 to 3.

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



- Attach the Curl Pad (53) to the Curl Post (51) with two M6 x 16mm Screws (29).



- Orient the Left Fly Arm (25) so that the short side of the pivot tube is on the side shown. Tap two 30mm Square Inner Caps (22) into the ends of the Fly Arm. Press a 25mm Round Inner Cap (24) into the weight tube on the Fly Arm. Slide a Weight Stop (28) onto the weight tube.

Tap a Fly Arm Stop (15) onto the welded tube on the indicated Upright (1). Press two Plastic Bushings (14) into the indicated holes in the Upright. Attach the Left Fly Arm (25) to the Upright with an M10 x 130mm Bolt (19) and a Butterfly Knob (13). **Make sure that the lower end of the Fly Arm is on the outside of the Fly Arm Stop.**

Repeat this step with the Right Fly Arm (not shown) and the other Upright.

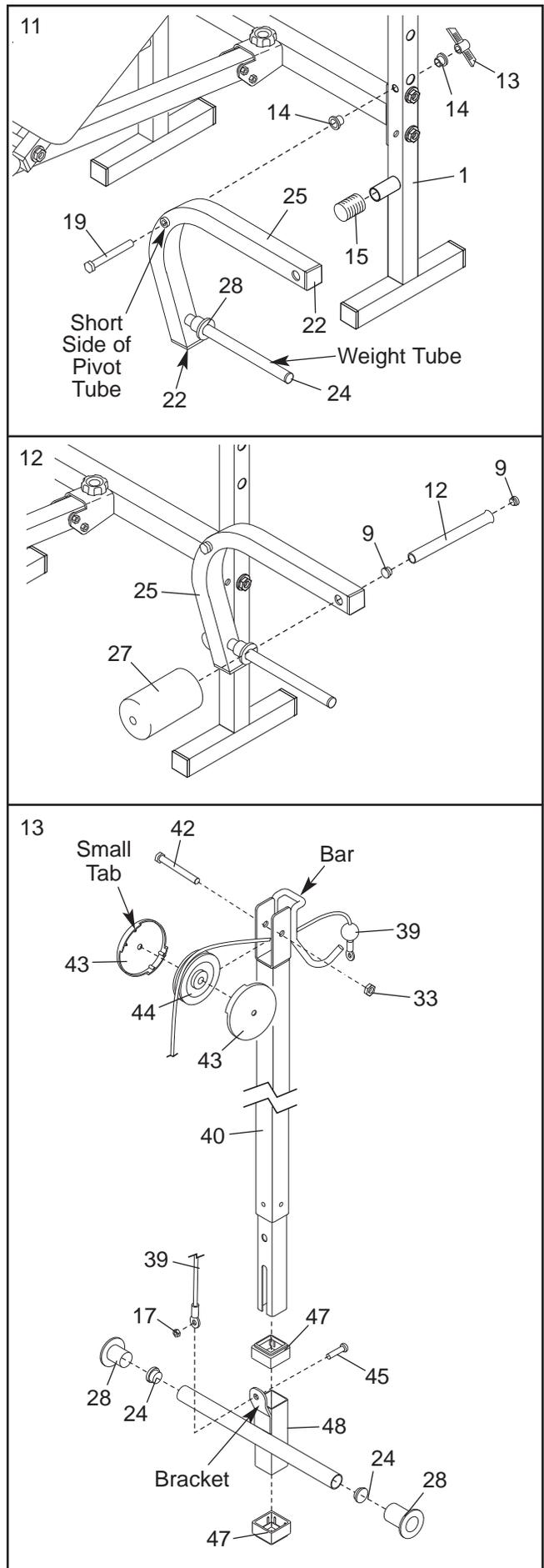
- Press two 19mm Round Inner Caps (9) into the ends of a Short Pad Tube (12). Insert the Short Pad Tube into the indicated hole in the Left Fly Arm (25) from the side shown. Slide a Short Foam Pad (27) onto the Short Pad Tube.

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

- Route the eyelet end of the Cable (39) under the indicated bar and over the Pulley (44). Attach the Pulley and a pair of Pulley Covers (43) inside of the Lat Tower (40) with an M10 x 55mm Bolt (42) and an M10 Nylon Locknut (33). **Make sure the small tabs on the Pulley Covers are in the indicated location.**

Press a 25mm Round Inner Cap (24) into each end of the weight tube on the Weight Carriage (48). Press Square Bushings (47) onto the top and bottom of the Weight Carriage. Slide two Weight Stops (28) onto the weight tube.

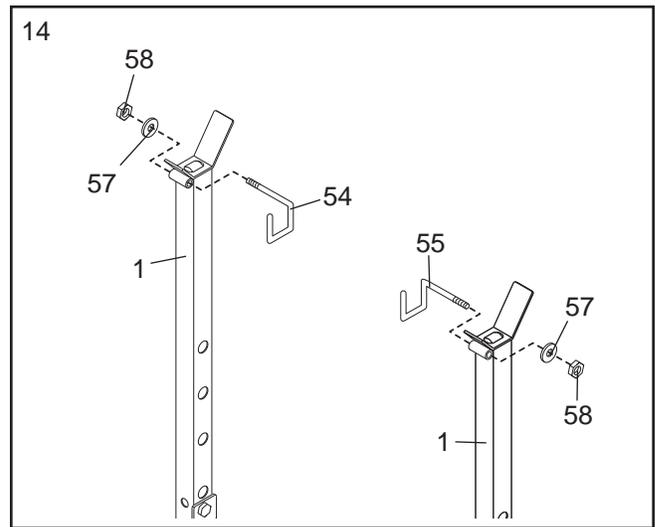
Insert the M8 x 16mm Bolt (45) into the bracket on the Weight Carriage (48) from the direction shown. Slide the Weight Carriage onto the Lat Tower (40). Attach the Cable (39) to the Bolt in the Weight Carriage with an M8 Nylon Locknut (17). **Do not overtighten the Locknut; the Cable must be able to pivot freely.**



14. Attach the Right Barbell Hook (54) to the right Upright (1) with an M8 Zinc Washer (57) and an M8 Zinc Nylon Locknut (58).

Attach the Left Barbell Hook (55) to the left Upright (1) with an M8 Zinc Washer (57) and an M8 Zinc Nylon Locknut (58).

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

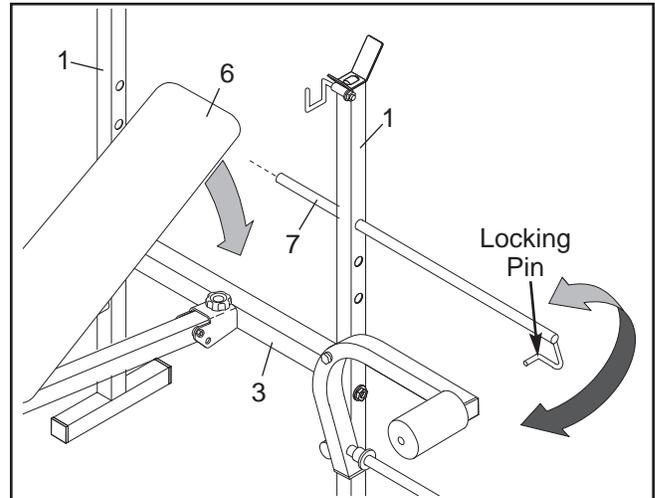
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted.

Make sure that 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 mild, non-abrasive detergent. Never use solvents.

ADJUSTING THE BACKREST

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

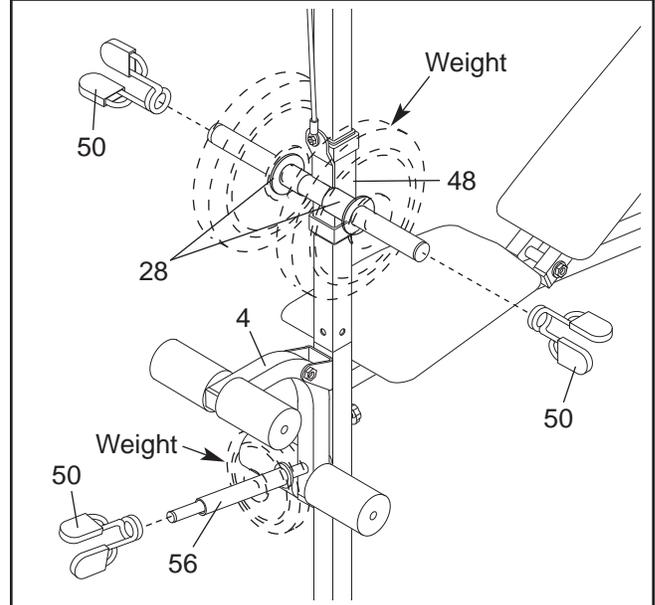
To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through one of the sets of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright. Lay the Backrest on the Support Rod.



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE OR THE LEG LEVER

To use the Weight Carriage (48), slide the two Weight Stops (28) onto the weight tubes as shown. Next, slide the desired weights onto the weight tubes and secure them with the two Weight Clips (50). **Do not put more than 23 kg (50 lbs.) on the Weight Carriage.**

To use the Leg Lever (4), slide the desired weights onto the weight tube as shown. Secure the weight with a Weight Clip (50). **Do not place more than 23 kg (50 lbs.) on the Leg Lever.** To use some weights, a Weight Adapter (56) will need to be slid onto the Leg Lever.

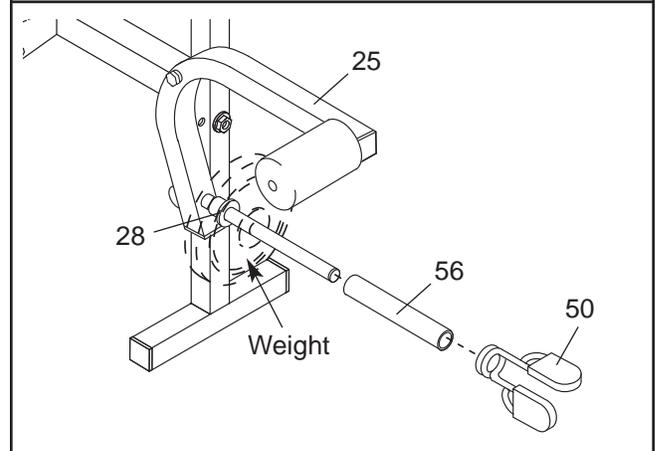


⚠ WARNING: When using the Leg Lever (4), place a barbell with the same amount of weight on the weight rests to balance the bench.

ATTACHING WEIGHTS TO THE FLY ARMS

To use a Fly Arm (25, 59 [not shown]), slide a Weight Stop (28) onto the weight tube on the Fly Arm as shown. Next, slide the desired weights onto the weight tube. Secure the weight with a Weight Clip (50). **Do not place more than 14 kg (30 lbs.) on each Fly Arm.**

To use some weights, the Weight Adapter (56) will need to be slid onto the Fly Arm (25, 59 [not shown]).



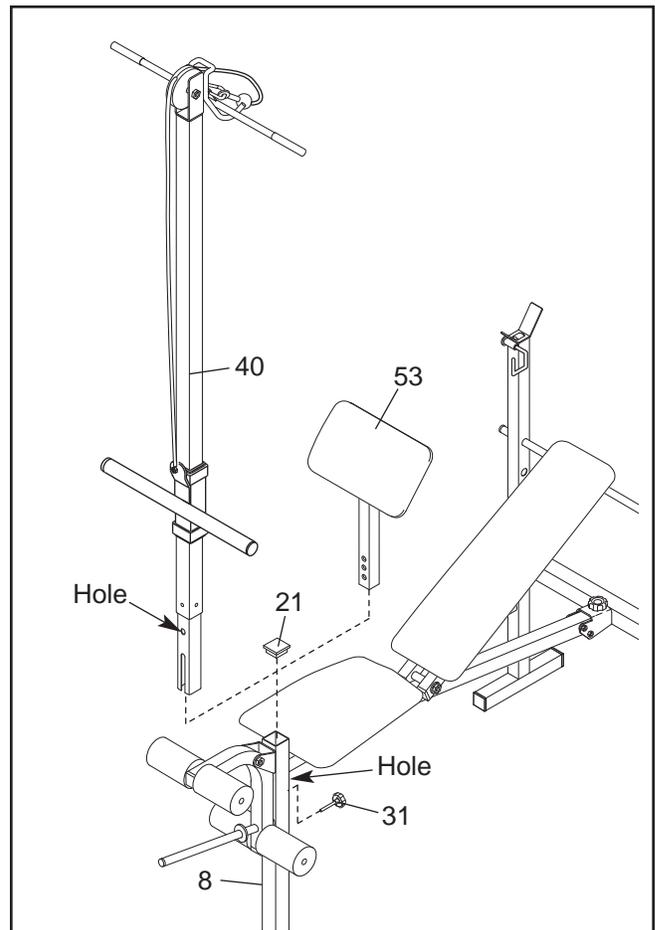
ATTACHING THE LAT TOWER

For some exercises, the Lat Tower (40) must be attached to the weight bench. Remove the 38mm Square Inner Cap (21) from the Front Leg (8). Insert the Lat Tower into the Front Leg and align the indicated hole in the Lat Tower with the adjustment hole in the Front Leg. Secure the Lat Tower with the Adjustment Knob (31).

The Curl Pad (53) can be attached in the same way.

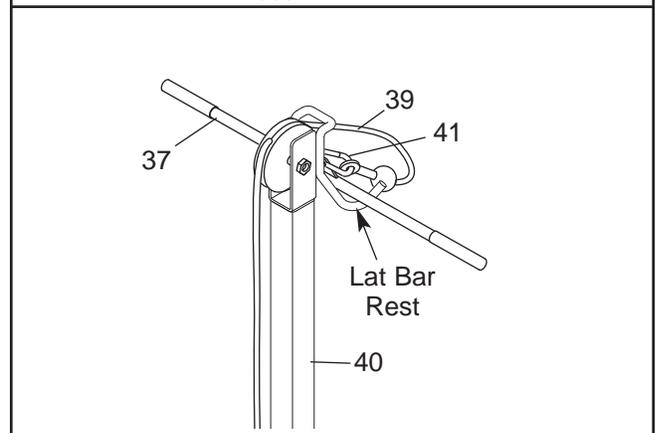
Note: When the Lat Tower (40) and the Curl Pad (53) are not being used, they should be stored away from the weight bench, and the 38mm Square Inner Cap (21) should be inserted into the Front Leg (8).

⚠ WARNING: When you are using the Lat Tower (40), place a barbell (not included) with the same amount of weight on the weight rests to balance the bench.



ATTACHING THE LAT BAR

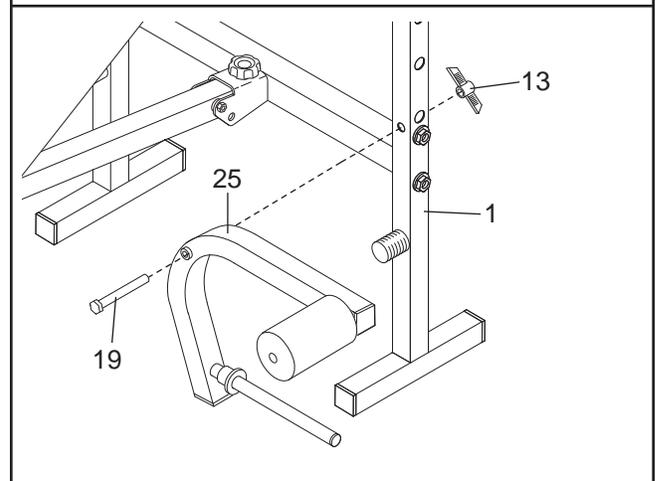
Attach the Lat Bar (37) to the Cable (39) with a Cable Clip (41). Rest the Lat Bar on the lat bar rest on the Lat Tower (40). **Note:** Remove the Lat Bar from the Cable when the Lat Bar is not in use.



REMOVING AND ATTACHING THE FLY ARMS

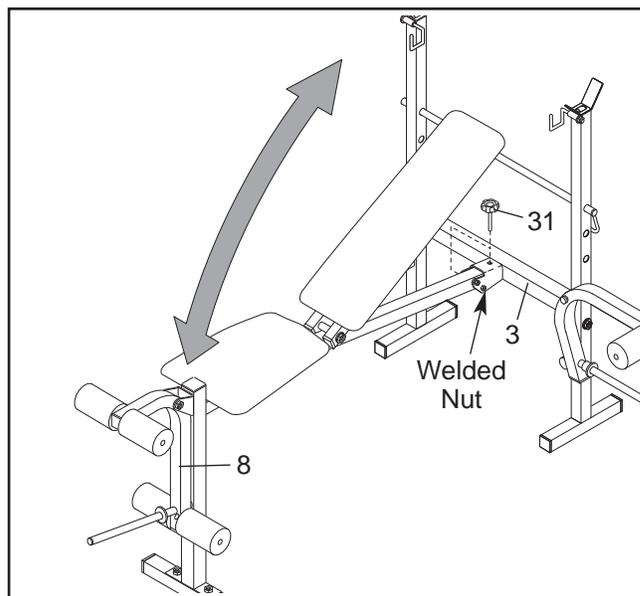
Some exercises are easier to perform if the Fly Arms (25, 59 [not shown]) are removed from the weight bench. To remove a Fly Arm, remove the Butterfly Knob (13) and the M10 x 130mm Bolt (19) from the Fly Arm and Upright (1). Place the Fly Arms in a safe place.

To reattach a Fly Arm (25, 59 [not shown]), align the pivot tube in the Fly Arm with the hole in the Upright (1). Insert an M10 x 130mm Bolt (19) through the Fly Arm and the Upright. Tighten a Butterfly Knob (13) onto the Bolt.



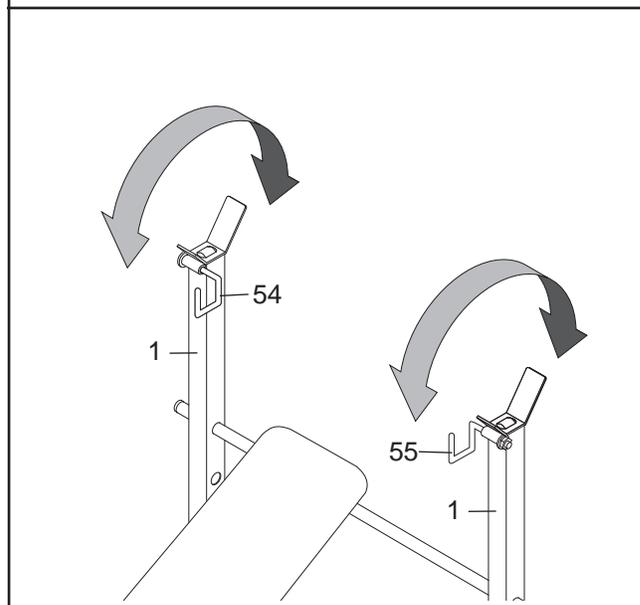
STORING THE WEIGHT BENCH

If the lat tower or the curl pad is attached to the weight bench, remove it. Next, remove the Adjustment Knob (31) from the bracket on the Crossbar (3). Lift the Front Leg (8) as far as it will go. Insert the Adjustment Knob into the lower set of holes in the bracket on the Crossbar, and tighten the knob into the welded nut on the bracket. The Adjustment Knob will prevent the bench from unfolding.



USING THE BARBELL HOOKS

To change weights whilst your barbell (not included) is on the Uprights (1), secure the barbell by rotating the Barbell Hooks (54, 55) over the barbell. This will reduce the possibility of the barbell tipping whilst you are changing weights.



PART LIST—Model No. WEEVBE38220

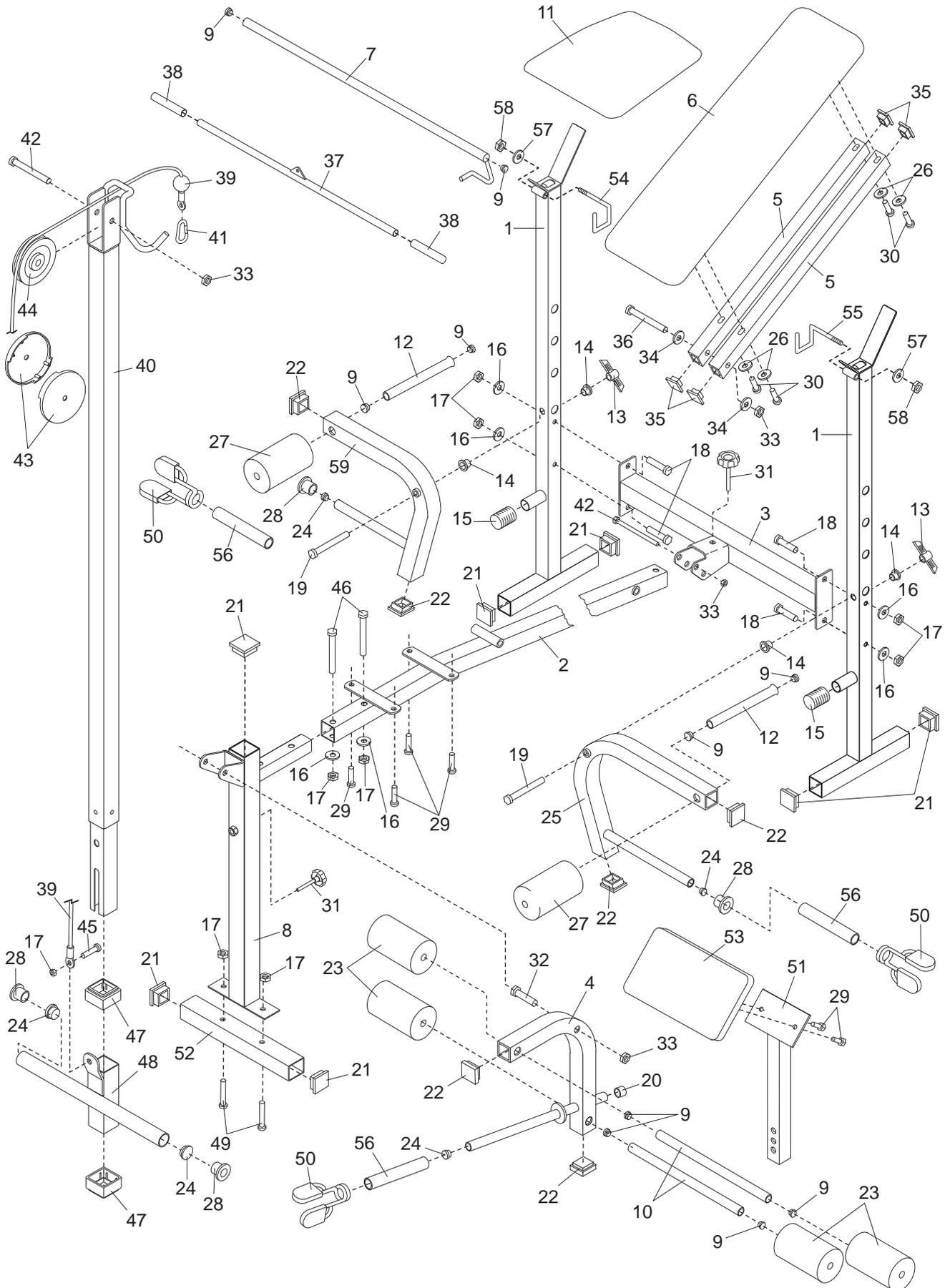
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	32	1	M10 x 63mm Bolt
2	1	Frame	33	4	M10 Nylon Locknut
3	1	Crossbar	34	2	M10 Washer
4	1	Leg Lever	35	4	25mm Square Inner Cap
5	2	Backrest Tube	36	1	M10 x 137mm Bolt
6	1	Backrest	37	1	Lat Bar
7	1	Support Rod	38	2	Handgrip
8	1	Front Leg	39	1	Cable
9	10	19mm Round Inner Cap	40	1	Lat Tower
10	2	Long Pad Tube	41	1	Cable Clip
11	1	Seat	42	2	M10 x 55mm Bolt
12	2	Short Pad Tube	43	2	Pulley Cover
13	2	Butterfly Knob	44	1	Pulley
14	4	Plastic Bushing	45	1	M8 x 16mm Bolt
15	2	Fly Arm Stop	46	2	M8 x 40mm Carriage Bolt
16	6	M8 Washer	47	2	Square Bushing
17	9	M8 Nylon Locknut	48	1	Weight Carriage
18	4	M8 x 55mm Bolt	49	2	M8 x 50mm Carriage Bolt
19	2	M10 x 130mm Bolt	50	3	Weight Clip
20	1	25mm Round Angled Cap	51	1	Curl Post
21	7	38mm Square Inner Cap	52	1	Stabilizer
22	6	30mm Square Inner Cap	53	1	Curl Pad
23	4	Long Foam Pad	54	1	Right Barbell Hook
24	5	25mm Round Inner Cap	55	1	Left Barbell Hook
25	1	Left Fly Arm	56	3	Weight Adapter
26	4	M6 Washer	57	2	M8 Zinc Washer
27	2	Short Foam Pad	58	2	M8 Zinc Nylon Locknut
28	4	Weight Stop	59	1	Right Fly Arm
29	6	M6 x 16mm Screw	#	1	Grease Pack
30	4	M6 x 38mm Screw	#	1	User's Manual
31	2	Adjustment Knob	#	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. WEEVBE38220

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HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133

Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEVBE38220)
- the NAME of the product (WEIDER® 244 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14 in this manual)