

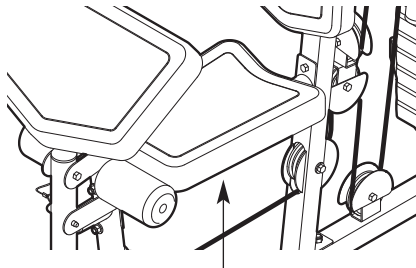
WEIDER®

2980 X

Model No. WESY1938.0

Serial No. _____

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



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

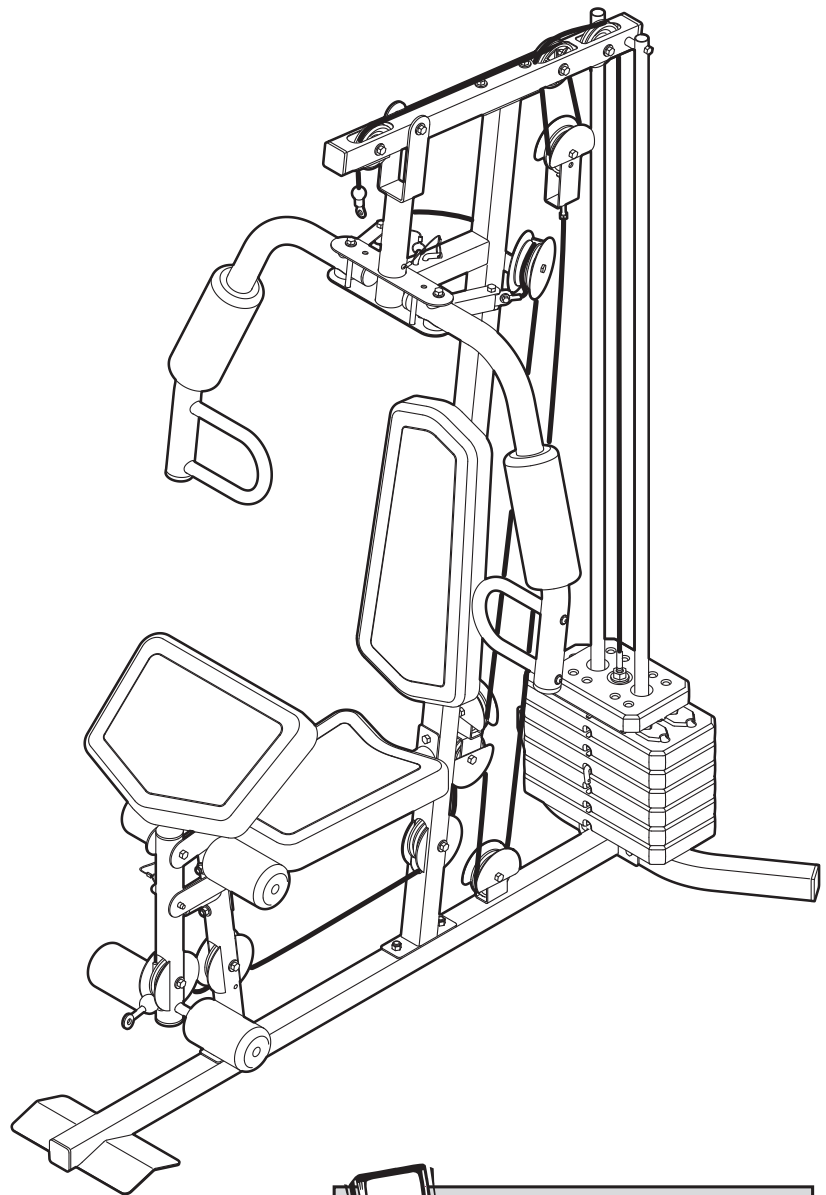
1-877-992-5999

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com



⚠ CAUTION

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



Visit our website at

www.weiderfitness.com

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

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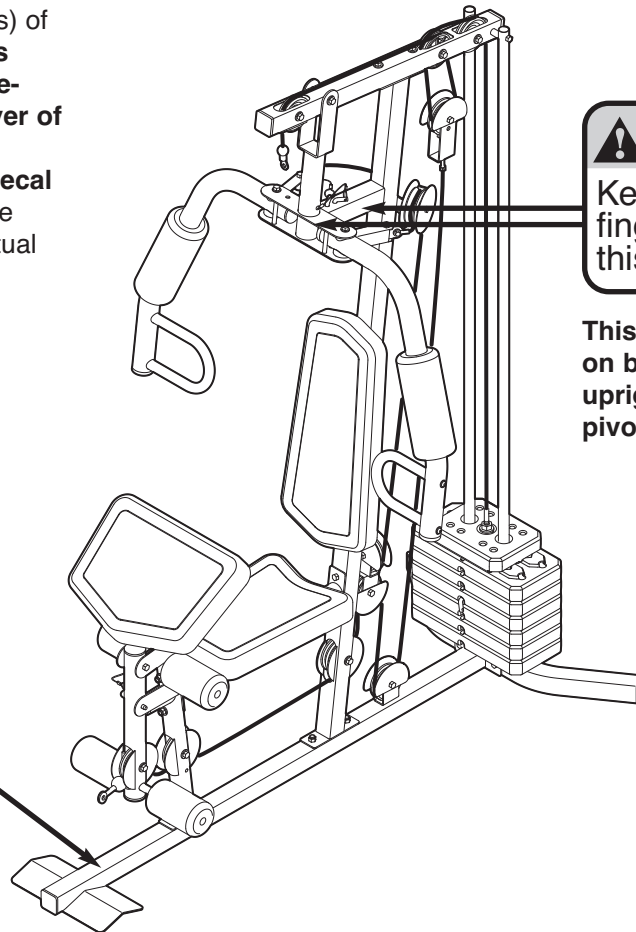
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WARNING DECAL PLACEMENT

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

WARNING

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



WARNING
Keep hands and fingers clear of this area.

This decal is placed on both sides of the upright and on the pivot frame.

IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. Your weight system is intended for home use only. Do not use your weight system in a commercial, rental, or institutional setting.
4. Use your weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your weight system at all times.
7. Your weight system should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your weight system. Always wear athletic shoes for foot protection while exercising.
9. Keep hands and feet away from moving parts.
10. Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see **LOCKING THE WEIGHT STACK** on page 20).
11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys.
12. Always stand on the foot plate while performing an exercise that could cause the weight system to tip.
13. Never release the arms, leg lever, lat bar, or handle strap while weights are raised; the weights will fall with great force.
14. Always disconnect the lat bar from the weight system before performing an exercise that does not require the lat bar.
15. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
16. Use your weight system only as described in this manual.

BEFORE YOU BEGIN

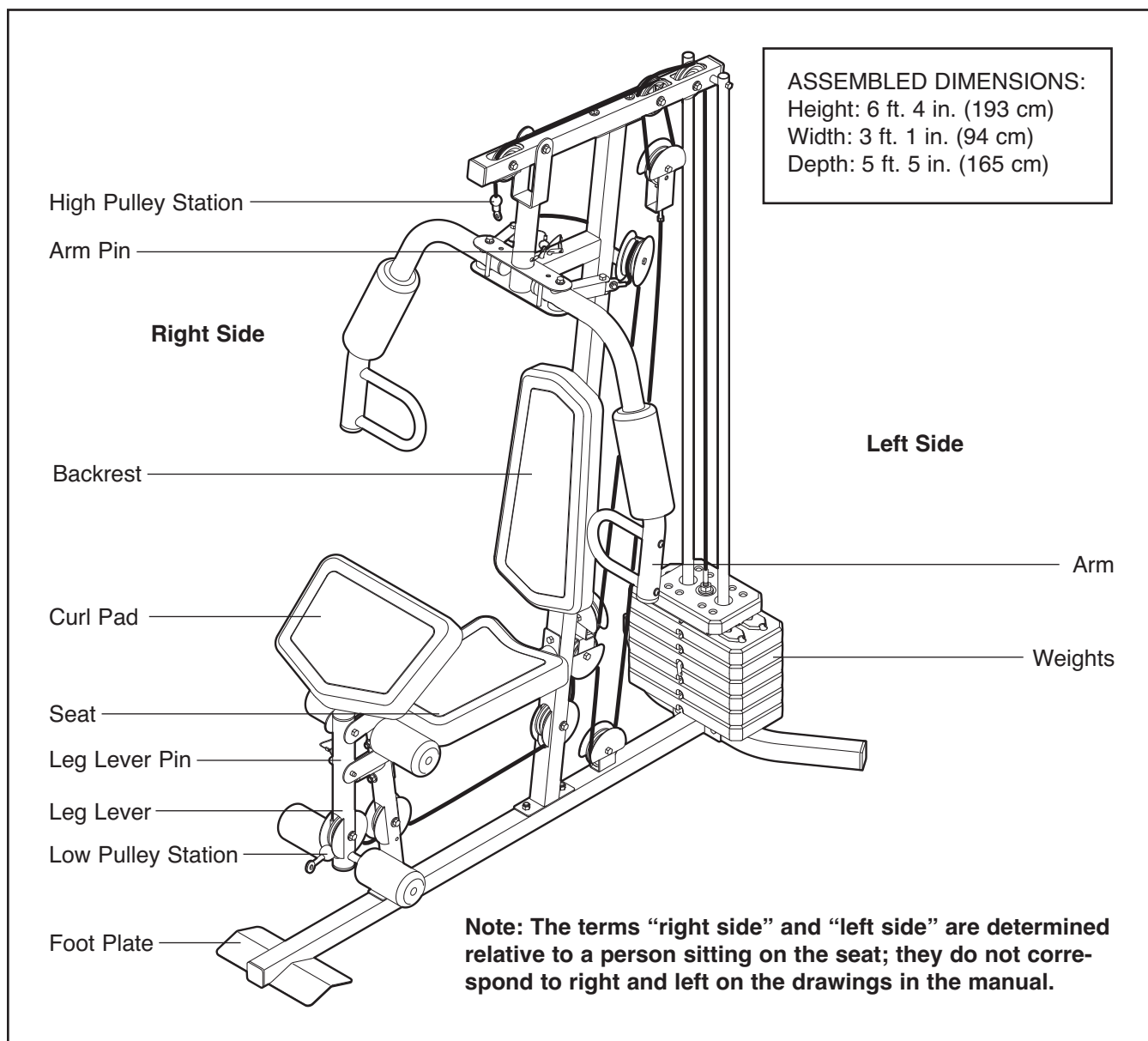
Thank you for selecting the versatile WEIDER® 2980 X weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the vibration platform. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the

product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the weight system at www.weiderservice.com/registration.

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



PART IDENTIFICATION CHART

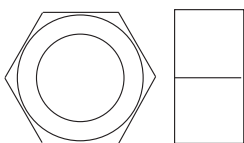
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



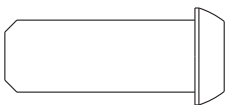
M8 Nylon Locknut (58)



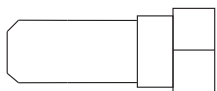
M10 Nylon Locknut (56)



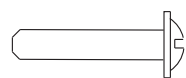
M12 Nut (82)



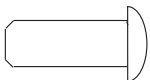
M10 x 25mm Button Screw (77)



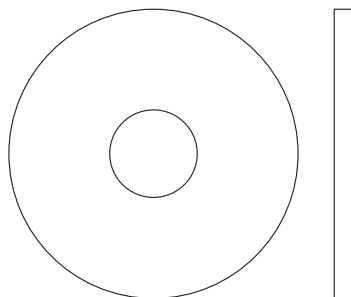
M8 x 22mm Shoulder Bolt (65)



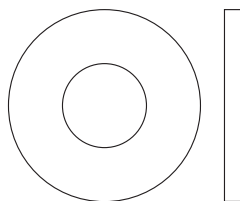
M4 x 20mm Self-tapping Screw (69)



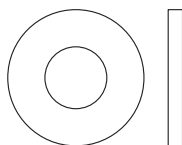
M6 x 16mm Screw (62)



Large Washer (78)



M10 Washer (57)



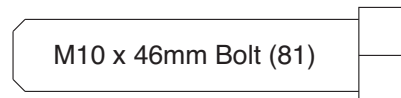
M8 Washer (59)



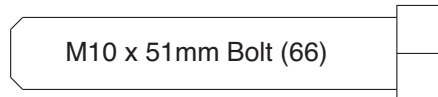
M6 Washer (80)



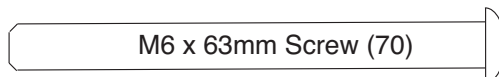
M4 Washer (33)



M10 x 46mm Bolt (81)



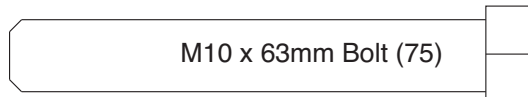
M10 x 51mm Bolt (66)



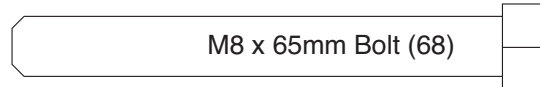
M6 x 63mm Screw (70)



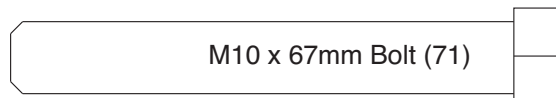
M8 x 63mm Carriage Bolt (64)



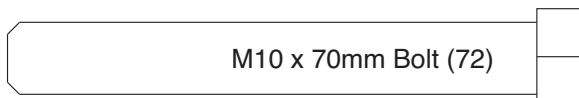
M10 x 63mm Bolt (75)



M8 x 65mm Bolt (68)



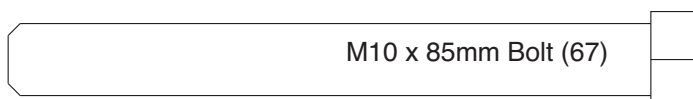
M10 x 67mm Bolt (71)



M10 x 70mm Bolt (72)



M10 x 77mm Bolt (79)



M10 x 85mm Bolt (67)



M10 x 155mm Bolt (74)

ASSEMBLY

Make Assembly Easier

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

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

- To hire an authorized service technician to assemble the weight system in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.
- To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual hardware kits.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the included hex key and the following tools (not included):

Two adjustable wrenches



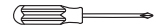
One rubber mallet



One standard screwdriver



One Phillips screwdriver



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.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

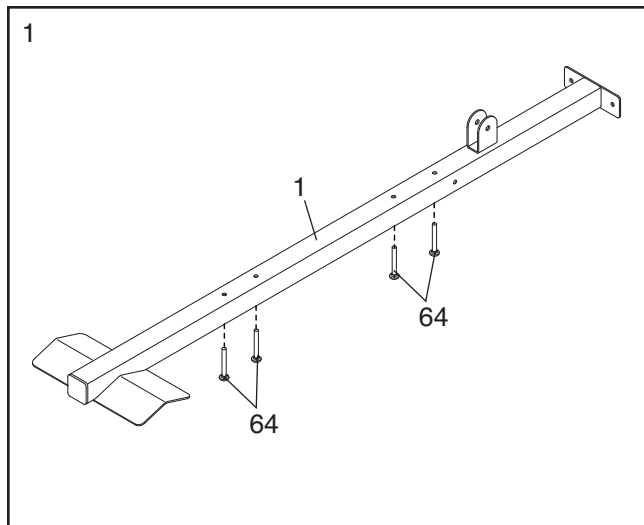
Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seat and the backrest.

Frame Assembly

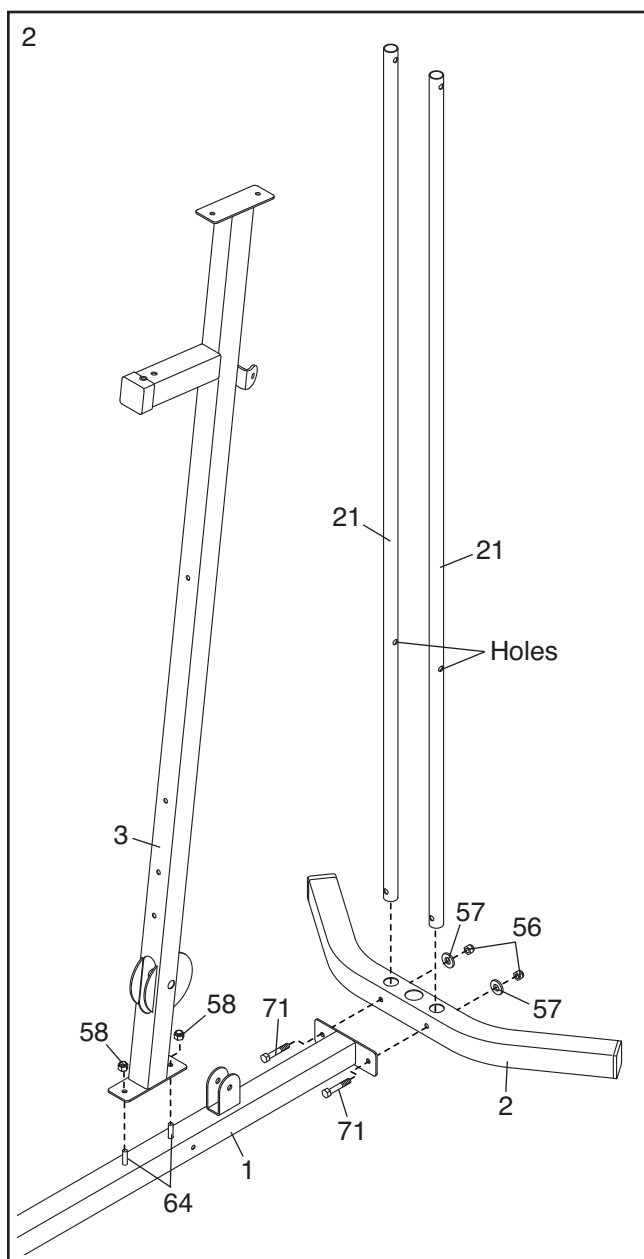
1. **Before beginning assembly, make sure you understand the information on page 6.**

Insert four M8 x 63mm Carriage Bolts (64) up through the Base (1). **Note: It may be helpful to place a piece of tape over the bolt heads to hold them in place.**



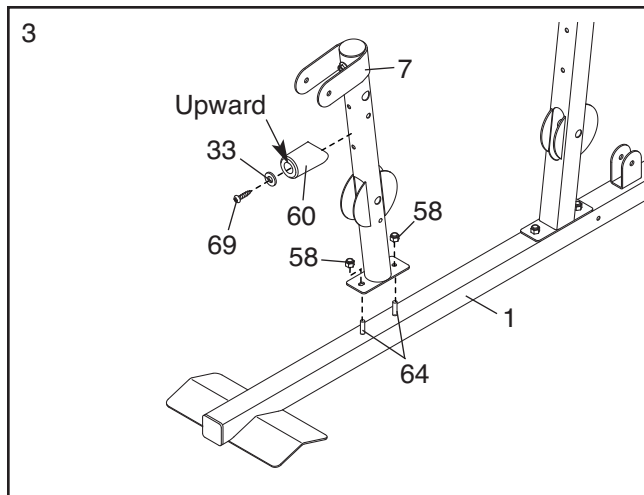
2. Orient the two Weight Guides (21) as shown, so the indicated holes are closer to the lower ends. Attach the Weight Guides and the Stabilizer (2) to the Base (1) with two M10 x 67mm Bolts (71), two M10 Washers (57), and two M10 Nylon Locknuts (56). **Fully tighten the Nylon Locknuts.**

Attach the Upright (3) to the Base (1) with the two indicated M8 x 63mm Carriage Bolts (64) and two M8 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**



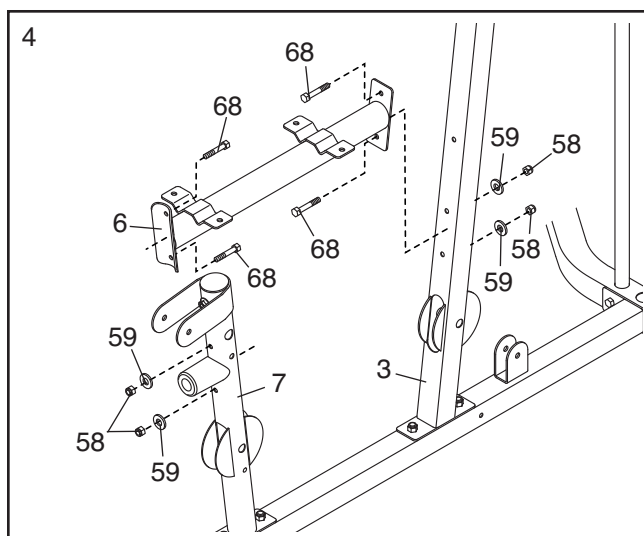
- Attach the Front Leg (7) to the Base (1) with the two M8 x 63mm Carriage Bolts (64) and two M8 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

Attach the Leg Bumper (60) to the Front Leg (7) with an M4 x 20mm Self-tapping Screw (69) and an M4 Washer (33). **Make sure that the end of the Leg Bumper is pointing upward.**



- Attach the Seat Frame (6) to the Upright (3) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

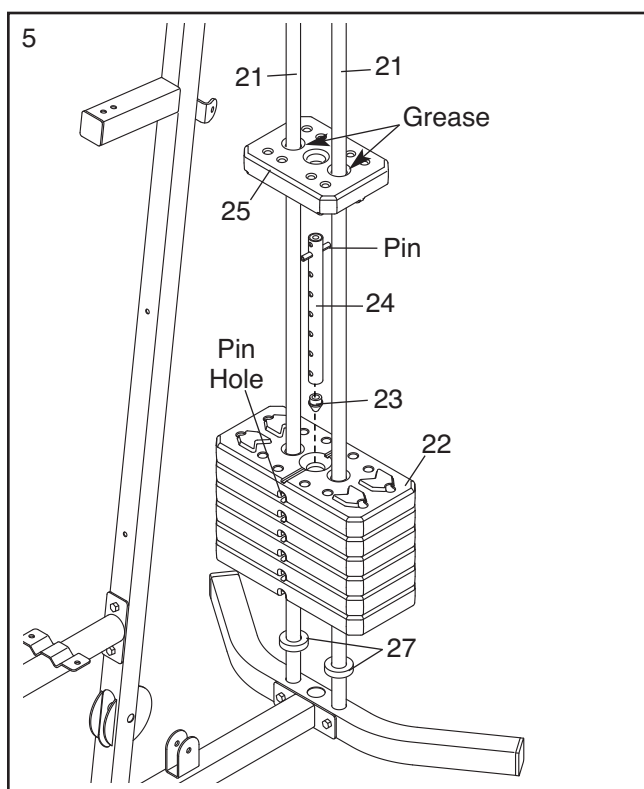
Attach the Seat Frame (6) to the Front Leg (7) in the same way.



- Slide the two Weight Bumpers (27) onto the Weight Guides (21). Orient the six Weights (22) with the pin holes on the bottom as shown. Slide the Weights onto the Weight Guides.

Insert the Weight Selector Cap (23) into the Weight Selector (24). Insert the Weight Selector into the six Weights (22). **Make sure that the pin on the Weight Selector is oriented as shown.**

Apply some of the included grease to the indicated holes in the Top Weight (25). Slide the Top Weight onto the Weight Guides (21).

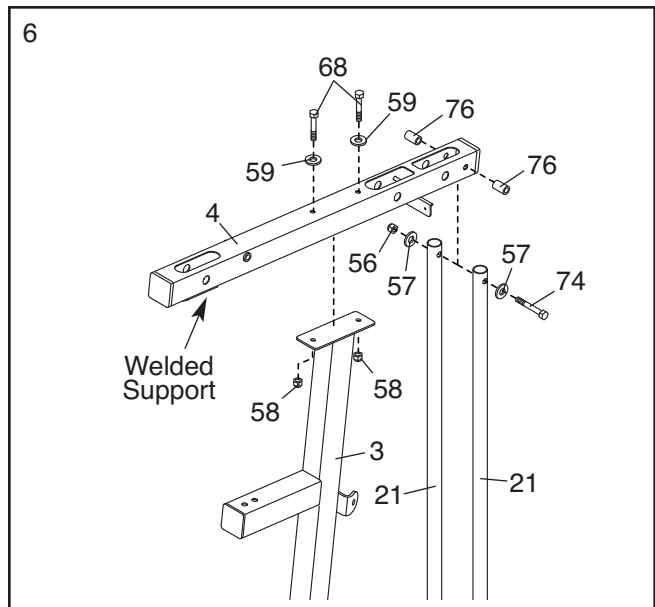


- Orient the Top Frame (4) with the welded support on the bottom.

Attach the Top Frame (4) to the Upright (3) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

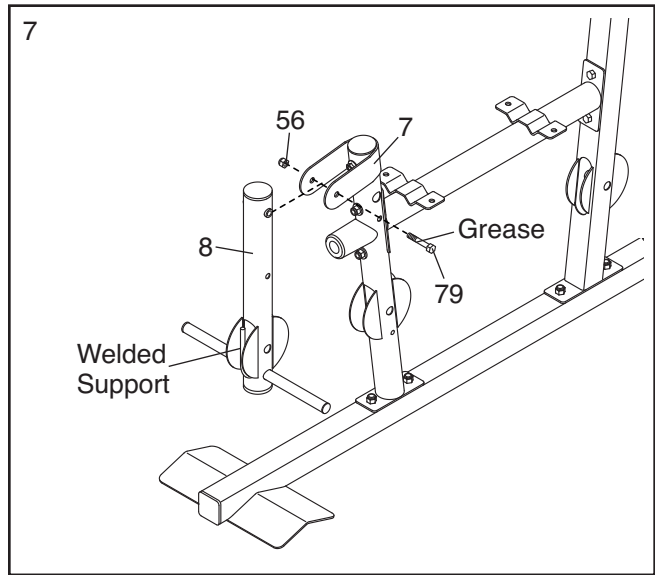
Attach the Top Frame (4) between the Weight Guides (21) with an M10 x 155mm Bolt (74), two M10 Washers (57), two 19mm Spacers (76), and an M10 Nylon Locknut (56).

See steps 2–4, and 6. Tighten the M8 Nylon Locknuts (58).



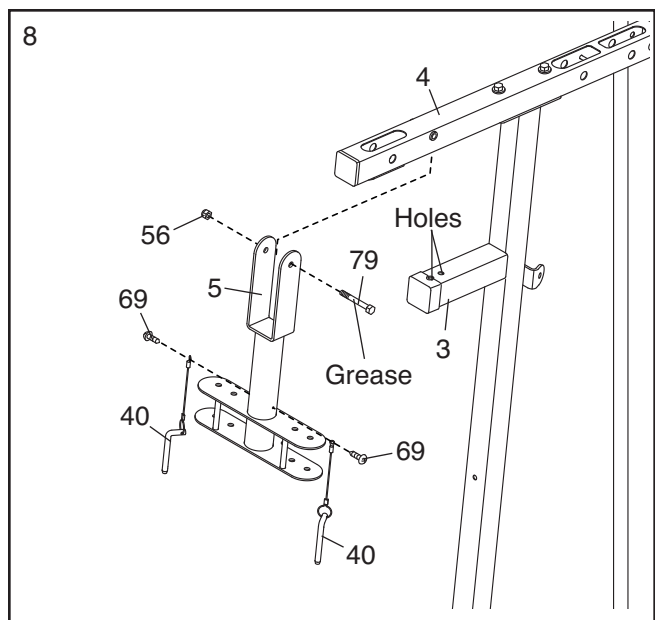
Arm Assembly

- Grease an M10 x 77mm Bolt (79). Orient the Leg Lever (8) with the welded support on the side shown. Attach the Leg Lever to the Front Leg (7) with the Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot easily.**



- Grease an M10 x 77mm Bolt (79). Attach the Pivot Frame (5) to the Top Frame (4) with the Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Nylon Locknut; the Pivot Frame must pivot easily.**

Attach the two Arm Pins (40) to the Pivot Frame (5) with two M4 x 20mm Self-tapping Screws (69). Insert the Arm Pins into the two holes in the Upright (3).

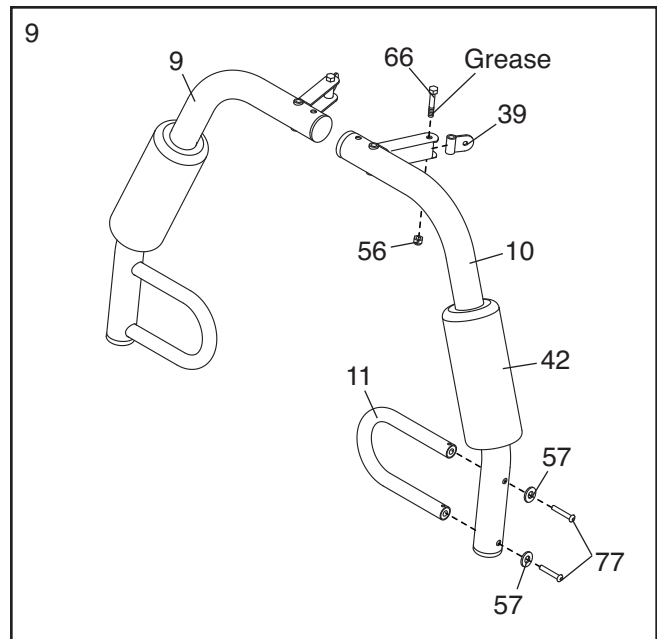


- Grease an M10 x 51mm Bolt (66). Attach a Cable Pivot (39) to the Left Arm (10) with the Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Nylon Locknut; the Cable Pivot must pivot easily.**

Wet the inside of a Large Foam Pad (42) with soapy water. Slide the Large Foam Pad onto the Left Arm (10).

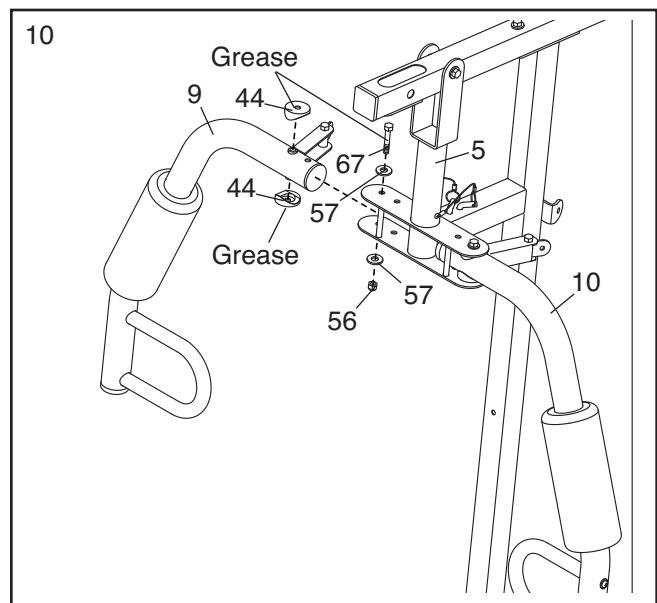
Attach a Handle (11) to the Left Arm (10) with two M10 x 25mm Button Screws (77) and two M10 Washers (57).

Assemble the Right Arm (9) in the same way.



- Grease an M10 x 85mm Bolt (67) and two Arm Bushings (44). Attach the Right Arm (9) to the Pivot Frame (5) with the Bolt, two M10 Washers (57), the two Arm Bushings, and an M10 Nylon Locknut (56). **Do not overtighten the Nylon Locknut; the Right Arm must pivot easily.**

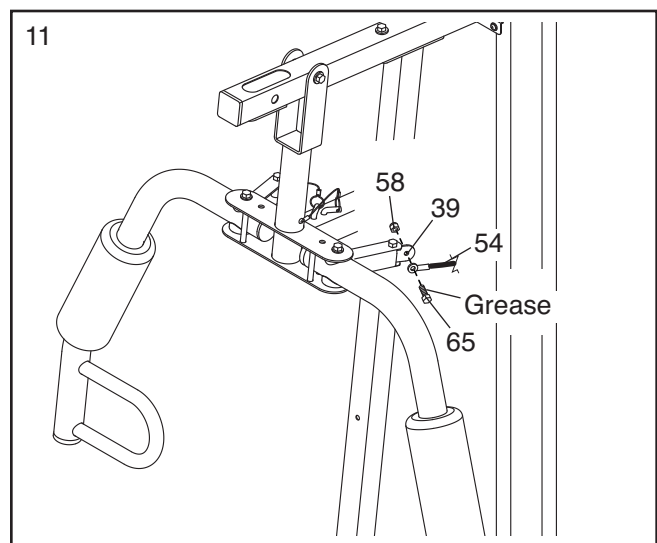
Attach the Left Arm (10) to the Pivot Frame (5) in the same way.



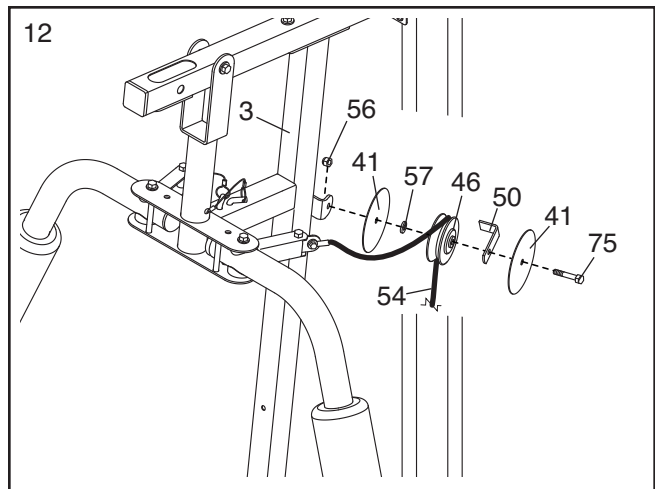
Cable Assembly

- See the **CABLE DIAGRAM** on page 21 to identify and route the cables.

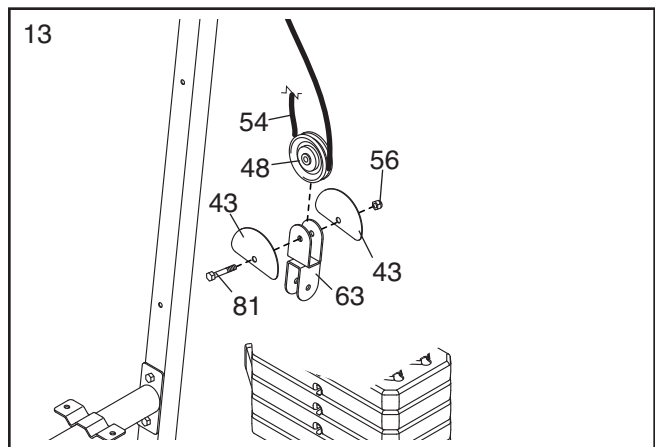
Identify the Arm Cable (54). Grease an M8 x 22mm Shoulder Bolt (65). Attach the Cable to the indicated Cable Pivot (39) with the Shoulder Bolt and an M8 Nylon Locknut (58). **Make sure that the cable end can pivot easily on the Shoulder Bolt.**



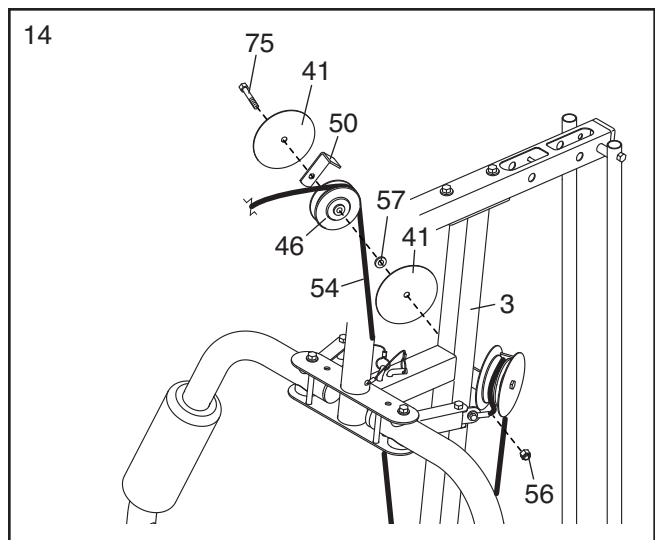
12. Route the Arm Cable (54) over a V-pulley (46). Attach the V-pulley, a Large Cable Trap (50), two Full Guards (41), and an M10 Washer (57) to the Upright (3) with an M10 x 63mm Bolt (75) and an M10 Nylon Locknut (56). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the V-pulley.**



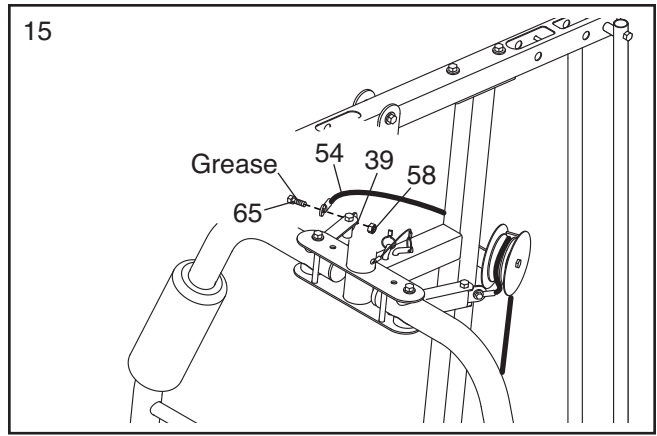
13. Route the Arm Cable (54) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Double U-bracket (63) with an M10 x 46mm Bolt (81) and an M10 Nylon Locknut (56). **Make sure that the Half Guards are on the outside of the U-bracket as shown.**



14. Route the Arm Cable (54) over a V-pulley (46). Attach the V-pulley, a Large Cable Trap (50), two Full Guards (41), and an M10 Washer (57) to the Upright (3) with an M10 x 63mm Bolt (75) and an M10 Nylon Locknut (56). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the V-pulley.**

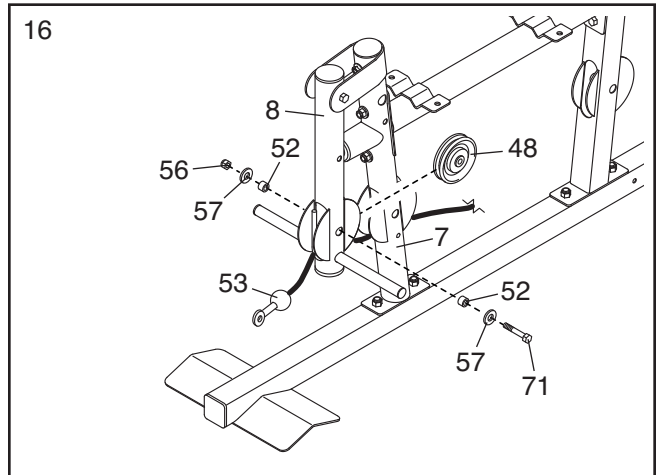


15. Grease an M8 x 22mm Shoulder Bolt (65). Attach the Arm Cable (54) to the indicated Cable Pivot (39) with the Shoulder Bolt and an M8 Nylon Locknut (58). **Make sure that the cable end can pivot easily on the Shoulder Bolt.**

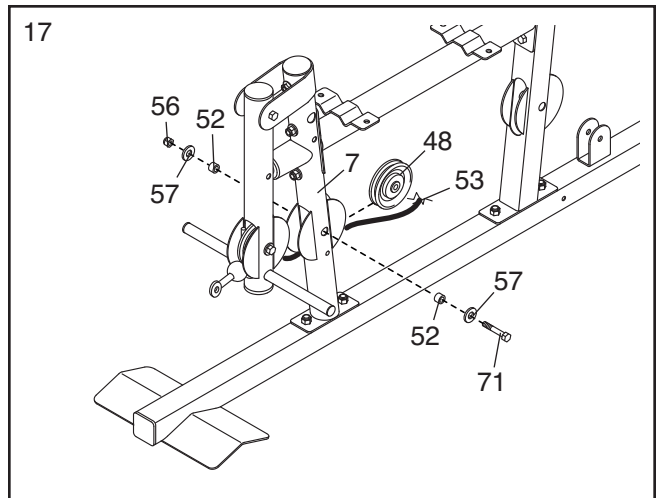


16. **Identify the Low Cable (53).** Route the Cable through the Leg Lever (8) and the Front Leg (7).

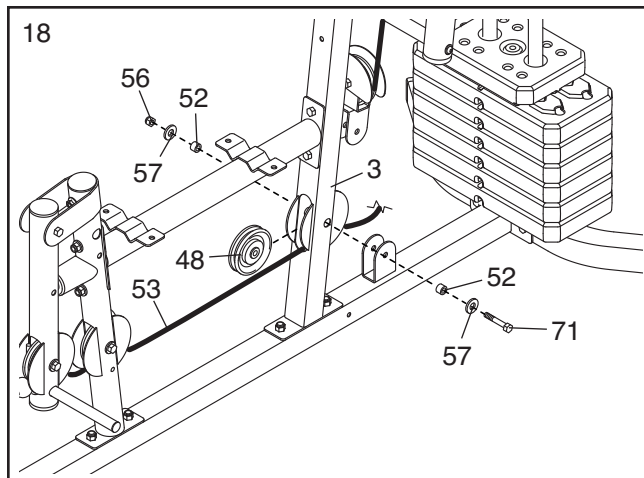
Attach a 90mm Pulley (48) inside the Leg Lever (8), over the Low Cable (53), with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



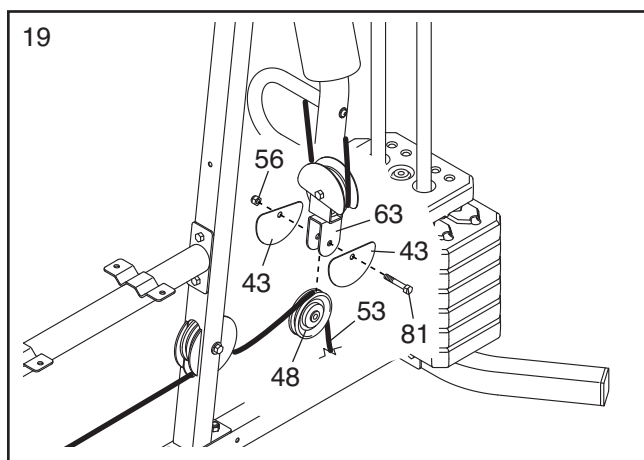
17. Attach a 90mm Pulley (48) inside the Front Leg (7), over the Low Cable (53), with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



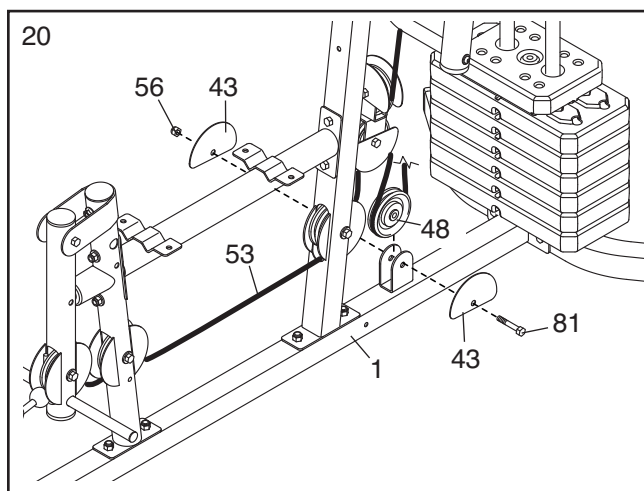
18. Route the Low Cable (53) under a 90mm Pulley (48) and through the Upright (3). Attach the Pulley inside the Upright with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



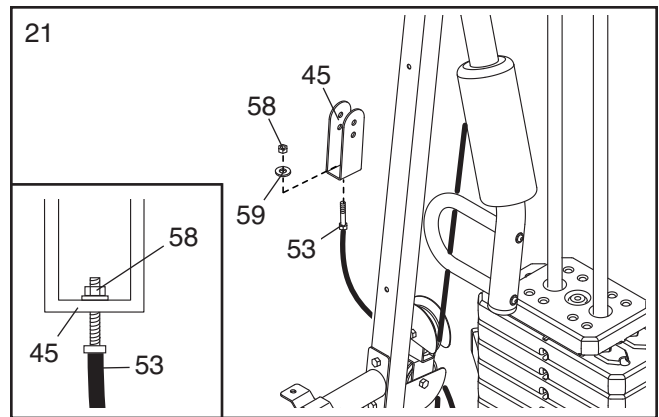
19. Route the Low Cable (53) over a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Double U-bracket (63) with an M10 x 46mm Bolt (81) and an M10 Nylon Locknut (56). **Make sure that the Half Guards are on the outside of the U-bracket as shown.**



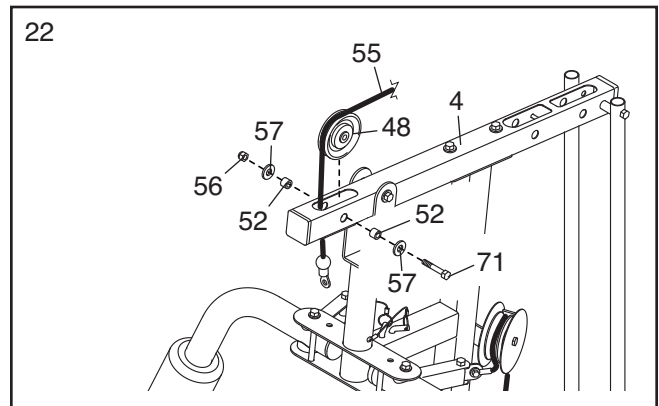
20. Route the Low Cable (53) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Base (1) with an M10 x 46mm Bolt (81) and an M10 Nylon Locknut (56). **Make sure that the Half Guards are on the outside of the bracket as shown.**



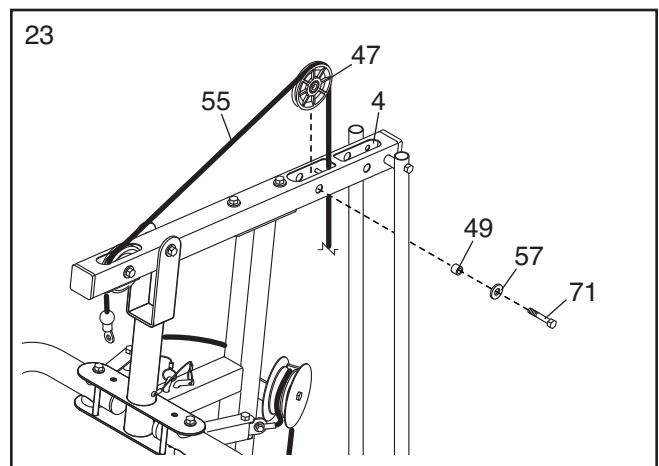
21. Attach the Low Cable (53) to the U-bracket (45) with an M8 Washer (59) and an M8 Nylon Locknut (58). **See the inset drawing. Do not overtighten the Nylon Locknut; it should be threaded onto the end of the Cable so that only two threads are showing above the Nylon Locknut.**



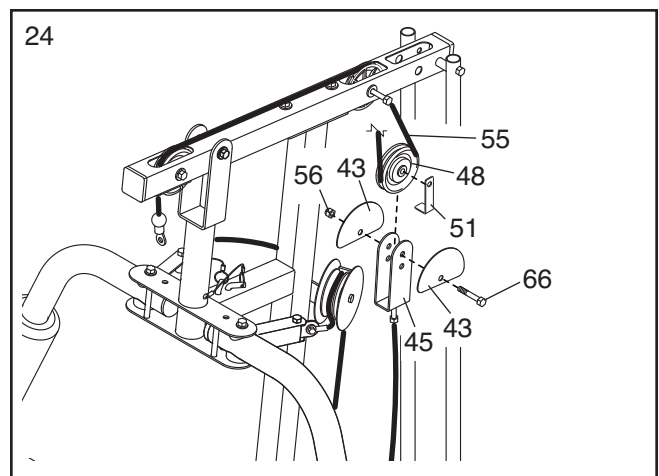
22. **Identify the High Cable (55).** Route the Cable up through the Top Frame (4) and over a 90mm Pulley (48). Attach the Pulley inside the Top Frame with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



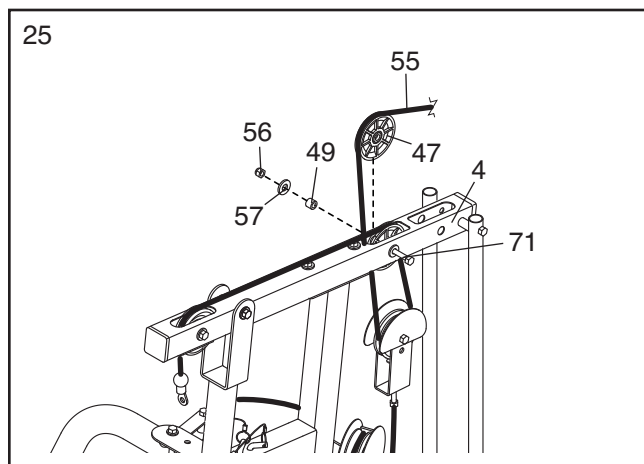
23. Route the High Cable (55) over a 90mm Thin Pulley (47) and down through the Top Frame (4). Attach the Thin Pulley inside the Top Frame with an M10 x 67mm Bolt (71), an M10 Washer (57), and an 11mm Spacer (49). **Make sure that the Thin Pulley does not fall out of the Top Frame while you complete steps 24 and 26.**



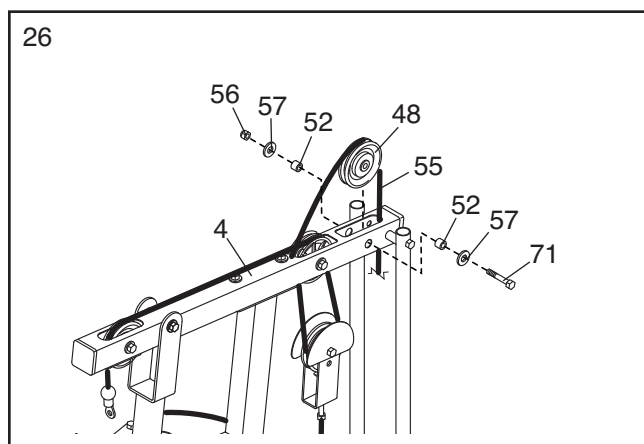
24. Wrap the High Cable (55) under a 90mm Pulley (48). Attach the Pulley, a Cable Trap (51), and two Half Guards (43) at the upper hole in the U-bracket (45) with an M10 x 51mm Bolt (66) and an M10 Nylon Locknut (56). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley and that the Half Guards are on the outside of the U-bracket.**



25. Route the High Cable (55) up through the Top Frame (4) and over a 90mm Thin Pulley (47). Attach the Pulley inside the Top Frame with the M10 x 67mm Bolt (71) used in step 23, an 11mm Spacer (49), an M10 Washer (57), and an M10 Nylon Locknut (56).

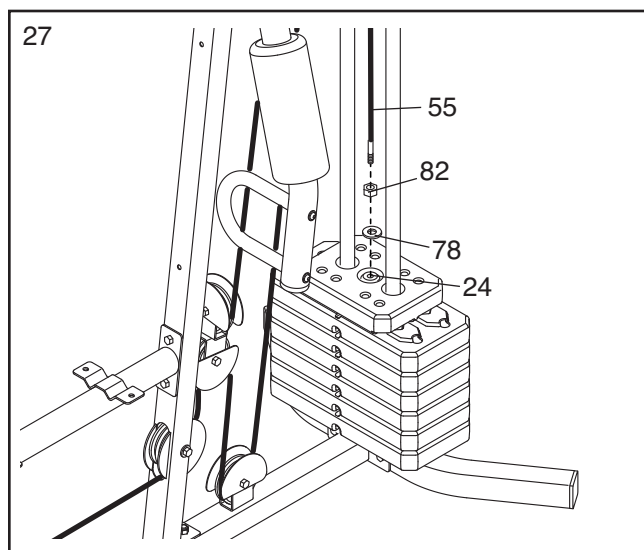


26. Route the High Cable (55) over a 90mm Pulley (48) and down through the Top Frame (4). Attach the Pulley inside the Top Frame with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



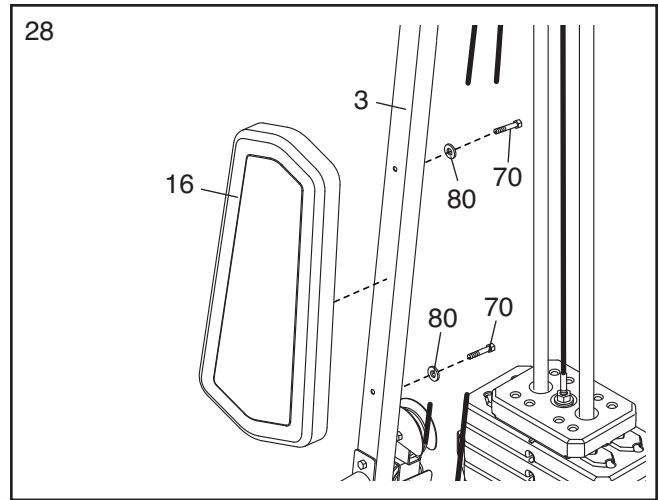
27. Completely thread an M12 Nut (82) onto the High Cable (55). Place a Large Washer (78) on top of the Weight Selector (24).

Tighten the High Cable (55) into the Weight Selector (24) until all the slack is removed from the cables. Tighten the M12 Nut (82) against the Large Washer (78).

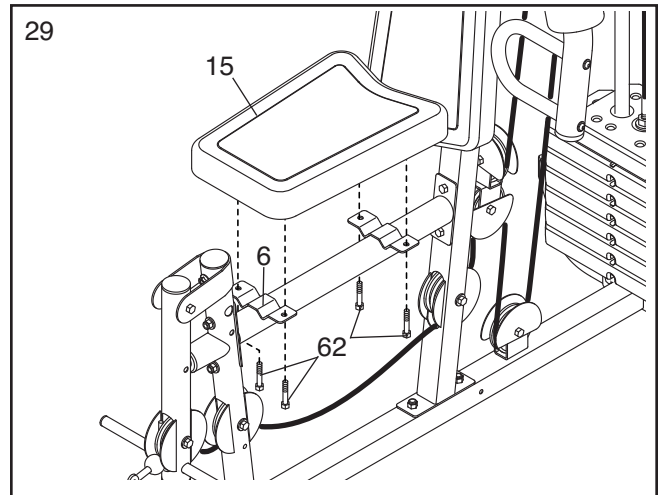


Seat Assembly

28. Attach the Backrest (16) to the Upright (3) with two M6 x 63mm Screws (70) and two M6 Washers (80).

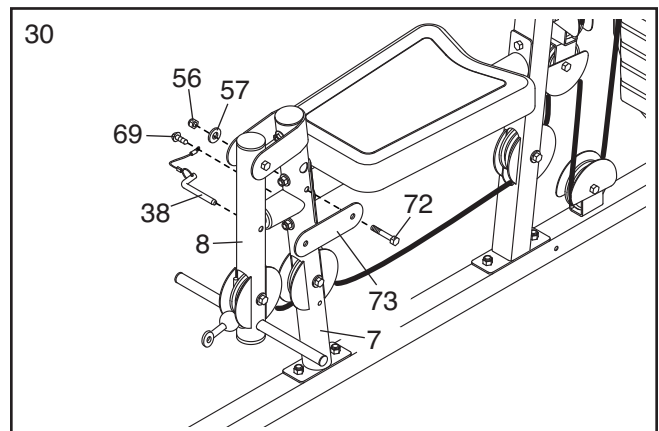


29. Attach the Seat (15) to the Seat Frame (6) with four M6 x 16mm Screws (62) as shown.



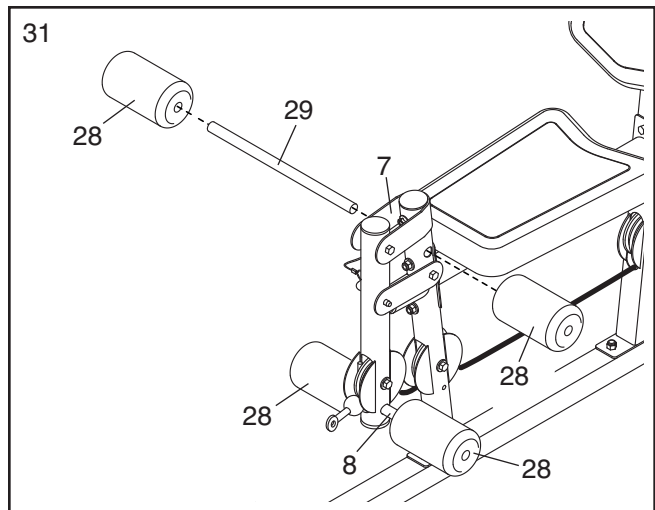
30. Attach the Lock Plate (73) to the Front Leg (7) with an M10 x 70mm Bolt (72), an M10 Washer (57), and an M10 Nylon Locknut (56). **Do not overtighten the Nylon Locknut; the Lock Plate must pivot easily.**

Attach the Leg Lever Pin (38) to the Front Leg (7) with an M4 x 20mm Self-tapping Screw (69). Insert the Leg Lever Pin through the Leg Lever (8) and the Lock Plate (73).

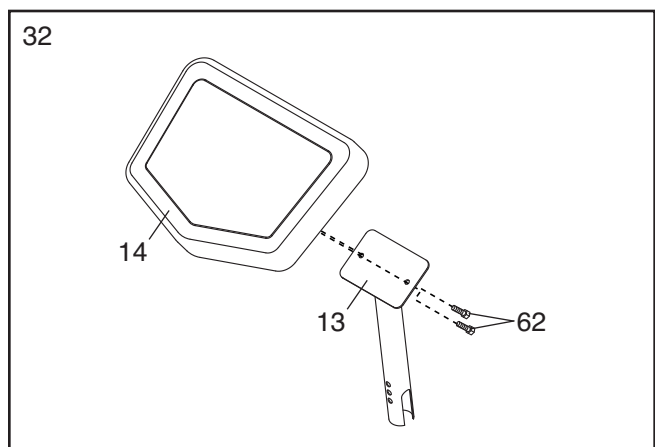


31. Insert the Pad Tube (29) into the Front Leg (7).
Slide two Small Foam Pads (28) onto the ends of the Pad Tube.

Slide two Small Foam Pads (28) onto the Leg Lever (8).



32. Attach the Curl Pad (14) to the Curl Post (13) with two M6 x 16mm Screws (62).



33. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 18.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly around the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 21 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 22.**

ADJUSTMENT

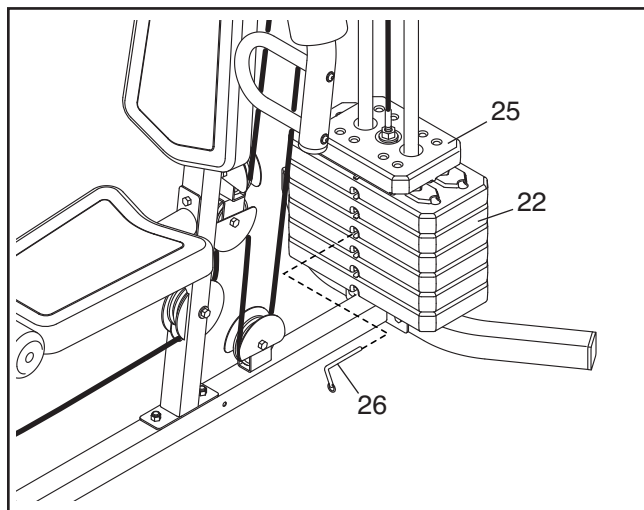
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 23 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

CHANGING THE WEIGHT SETTING

To change the setting of the weight stack, insert the Weight Pin (26) under the desired Weight (22). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down. **Note: Do not use the Top Weight (25) by itself.**

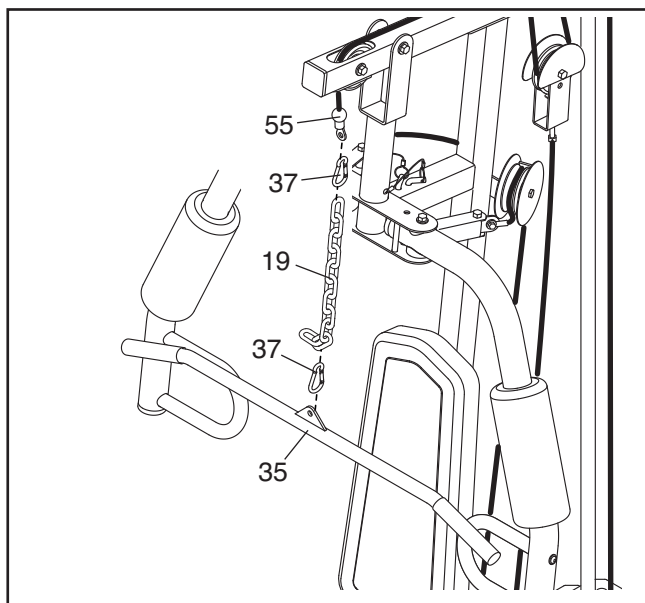
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 20 to find the approximate amount of resistance for each weight station.



ATTACHING THE ACCESSORIES TO A PULLEY STATION

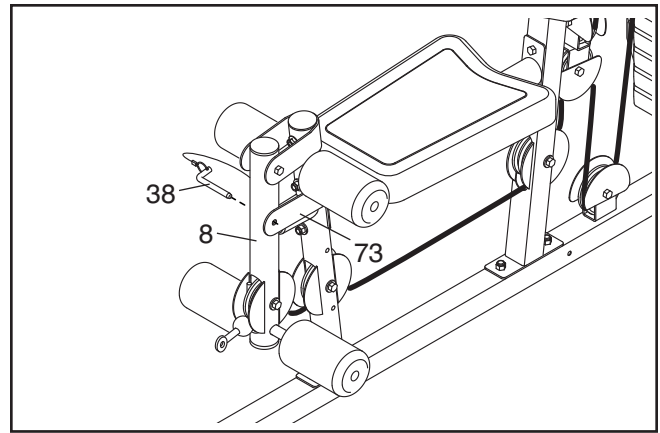
Attach the Lat Bar (35) to the High Cable (55) at the high pulley station with a Cable Clip (37). For some exercises, the Chain (19) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (35) or the Handle Strap (not shown) can be attached at either pulley station in the same way. Always engage the Lock Plate (not shown) before using the low pulley station (see USING THE LOCK LEVER on page 19).



USING THE LOCK LEVER

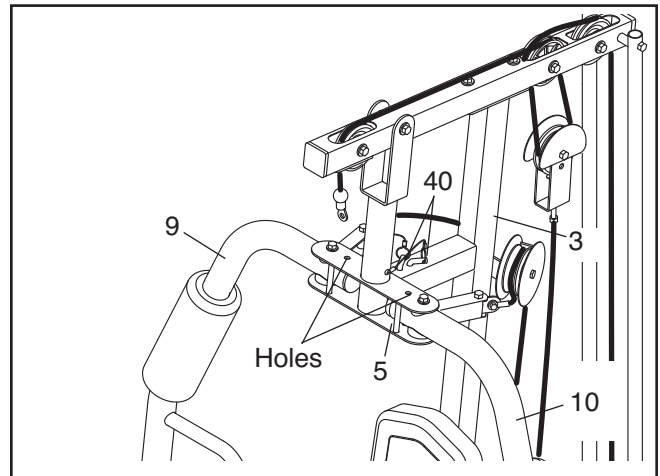
Before using the low pulley station, engage the Leg Lever Pin (38) into the Leg Lever (8) and the Lock Plate (73).



ARM CONVERSION

To use the Arms (9, 10) as butterfly arms, insert the Arm Pins (40) into the holes in the Upright (3) and the Pivot Frame (5) as shown.

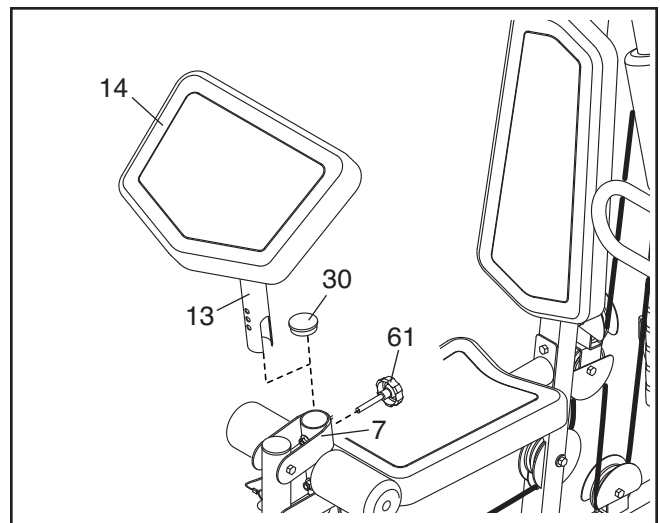
To use the Arms (9, 10) as press arms, insert the Arm Pins (40) into the holes in the Pivot Frame (5) and the Arms.



USING THE CURL PAD

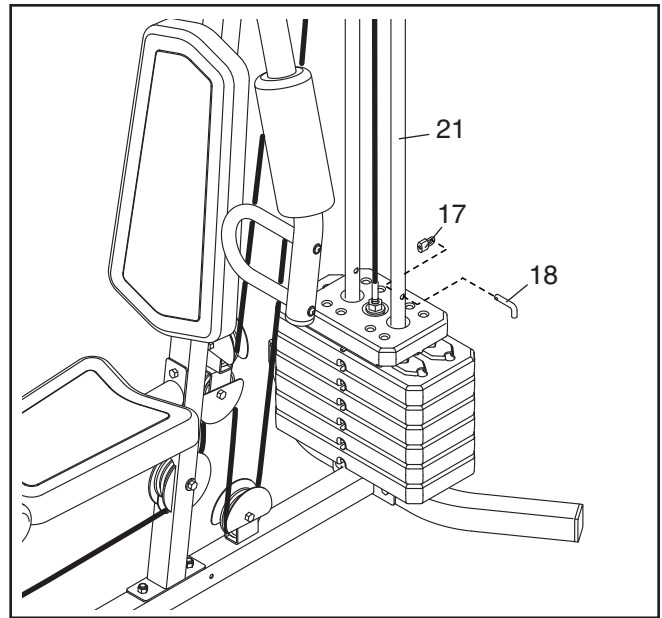
To use the Curl Pad (14), remove the 50mm Round Inner Cap (30) from the Front Leg (7). Insert the Curl Post (13) into the Front Leg and secure it in place with the Curl Knob (61).

Before performing an exercise that does not require the Curl Pad (14), remove the Curl Pad and press the 50mm Round Inner Cap (30) into the Front Leg (7). Store the Curl Pad away from the weight system.



LOCKING THE WEIGHT STACK

Lock the weight stack by inserting the Lock Pin (18) through a Weight Guide (21) and securing the Lock (17) onto the Lock Pin.



WEIGHT RESISTANCE CHART

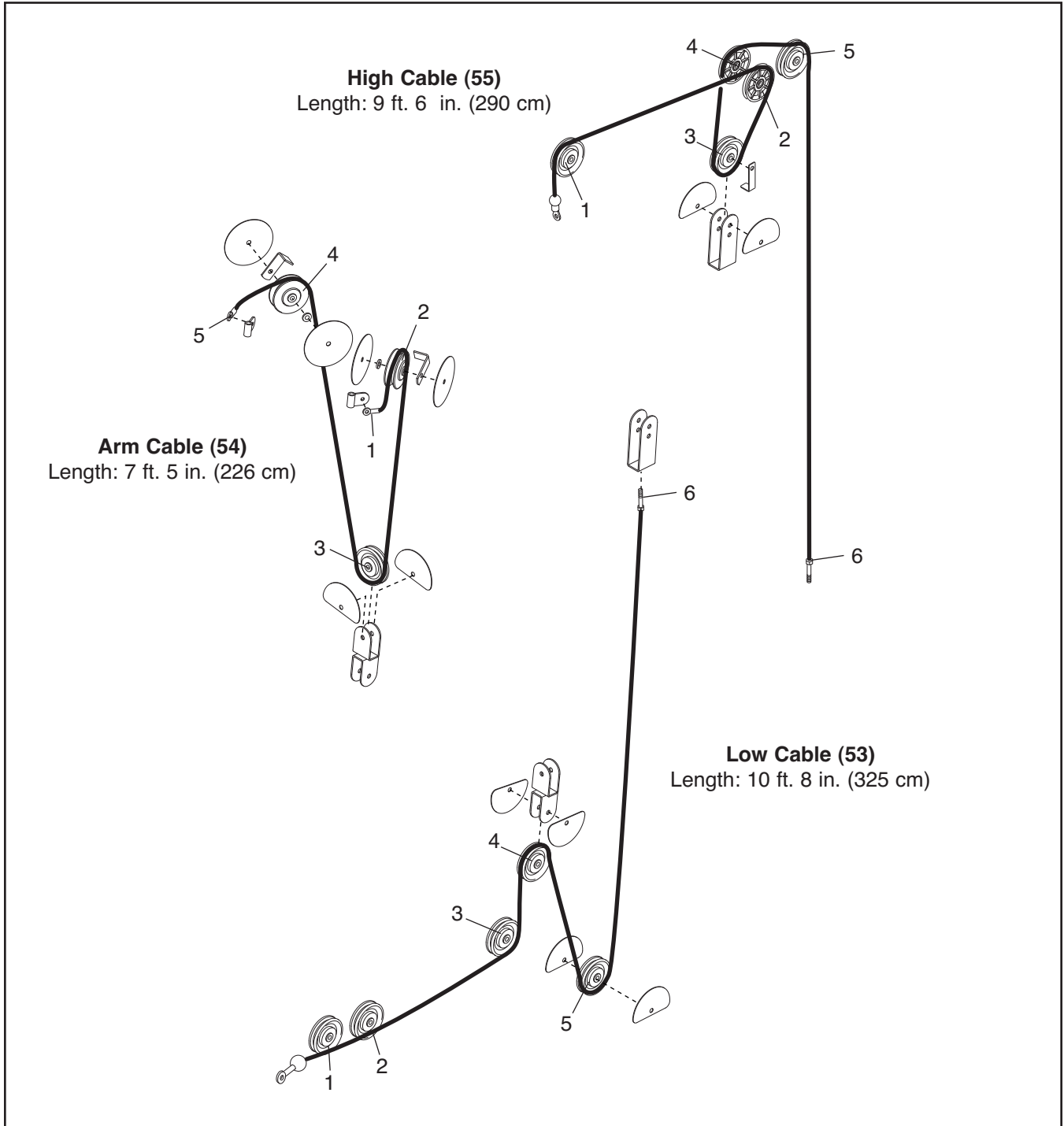
The chart below shows the approximate weight resistance at each exercise station. The numbers in the left column refer to the 12.5-lb. weights. **Note: The weight resistance shown for the butterfly arm station is for each arm. The actual resistance at each station may vary due to differences in individual weights as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)
Top	11	16	27	27	26
1	26	22	44	57	55
2	42	30	62	85	86
3	61	41	97	111	119
4	70	51	127	159	148
5	86	63	144	182	163
6	101	82	173	214	187

Note: 1 lb. = 0.45 kg

CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper route of that cable. Use the diagram to make sure that the cables, cable traps, pulleys, and guards are assembled correctly. If the cables are not assembled correctly, the weight system will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



MAINTENANCE

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

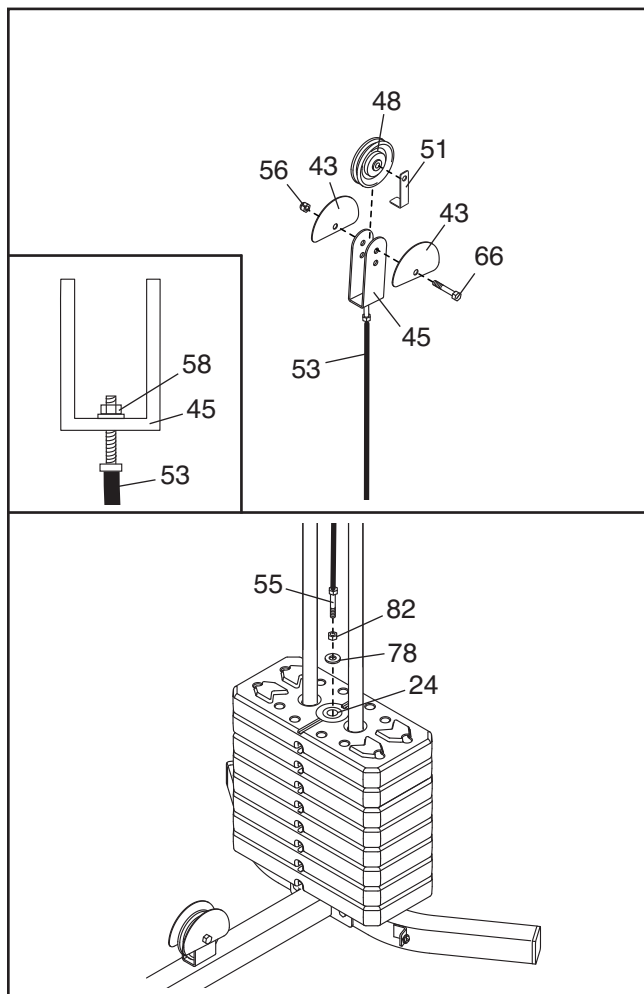
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

See the inset drawing. Tighten the M8 Nylon Locknut (58) that connects the end of the Low Cable (53) to the U-bracket (45).

Remove the M10 Nylon Locknut (56) and the M10 x 51mm Bolt (66) from the Cable Trap (51), the 90mm Pulley (48), the two Half Guards (43), and the U-bracket (45). Reattach the Pulley, Cable Trap, and Half Guards to the other hole in the U-bracket. **Make sure that the Cable Trap is in the proper position and that the Low Cable (53) and Pulley move smoothly.**

Loosen the M12 Nut (82) on the High Cable (55). Tighten the Cable into the Weight Selector (24) until the slack is removed from the Cable. Then, retighten the M12 Nut against the Large Washer (78).



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

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 continually 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 resistance 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 resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance 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 resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance 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 resistance.

Weight Loss

To lose weight, use a low amount of resistance 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 follows:

- 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 exerciser or exercise cycle, 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 appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool 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 workout to workout.

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 way 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. See 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 stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke 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.

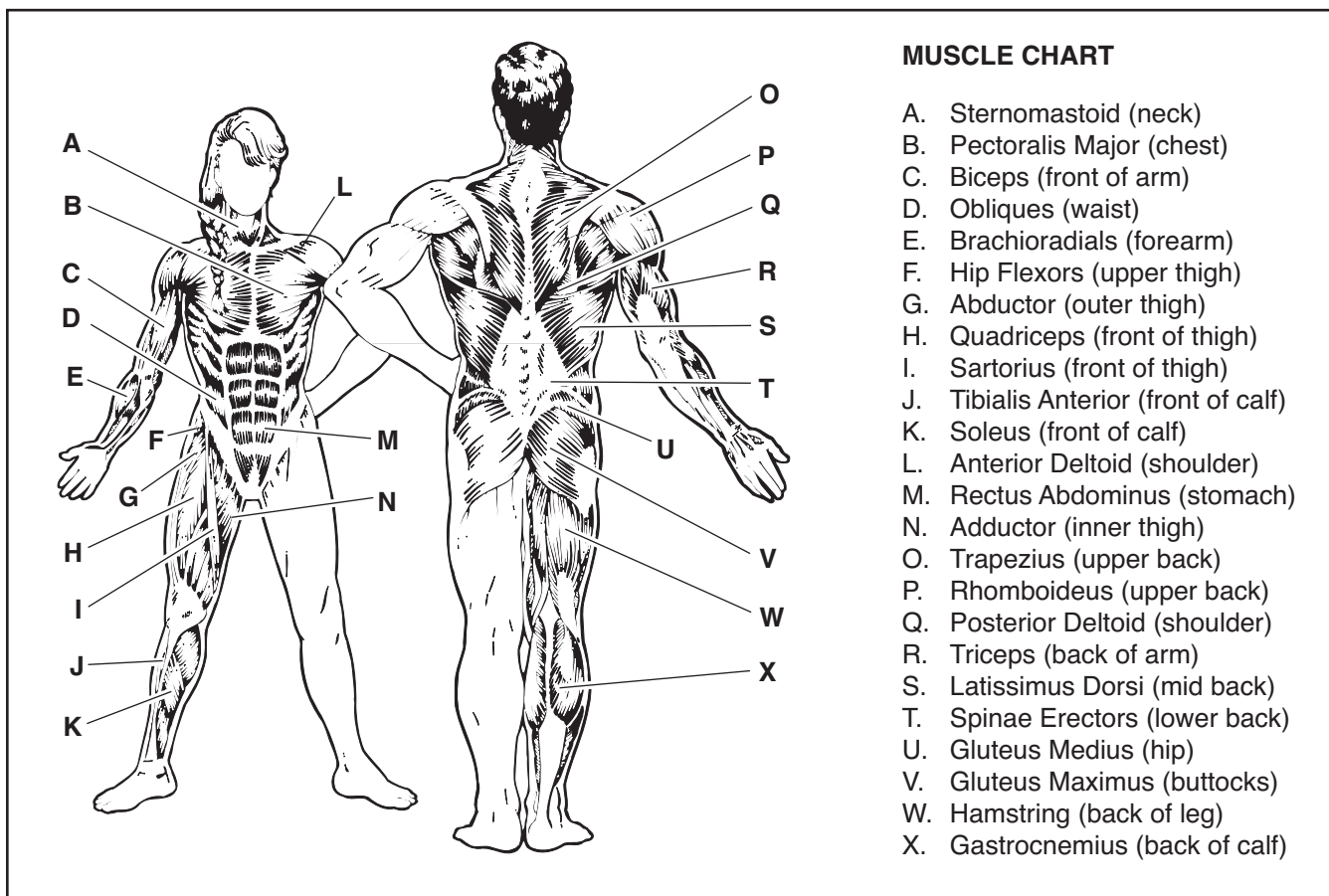
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

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. Write 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. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

PART LIST—Model No. WESY1938.0

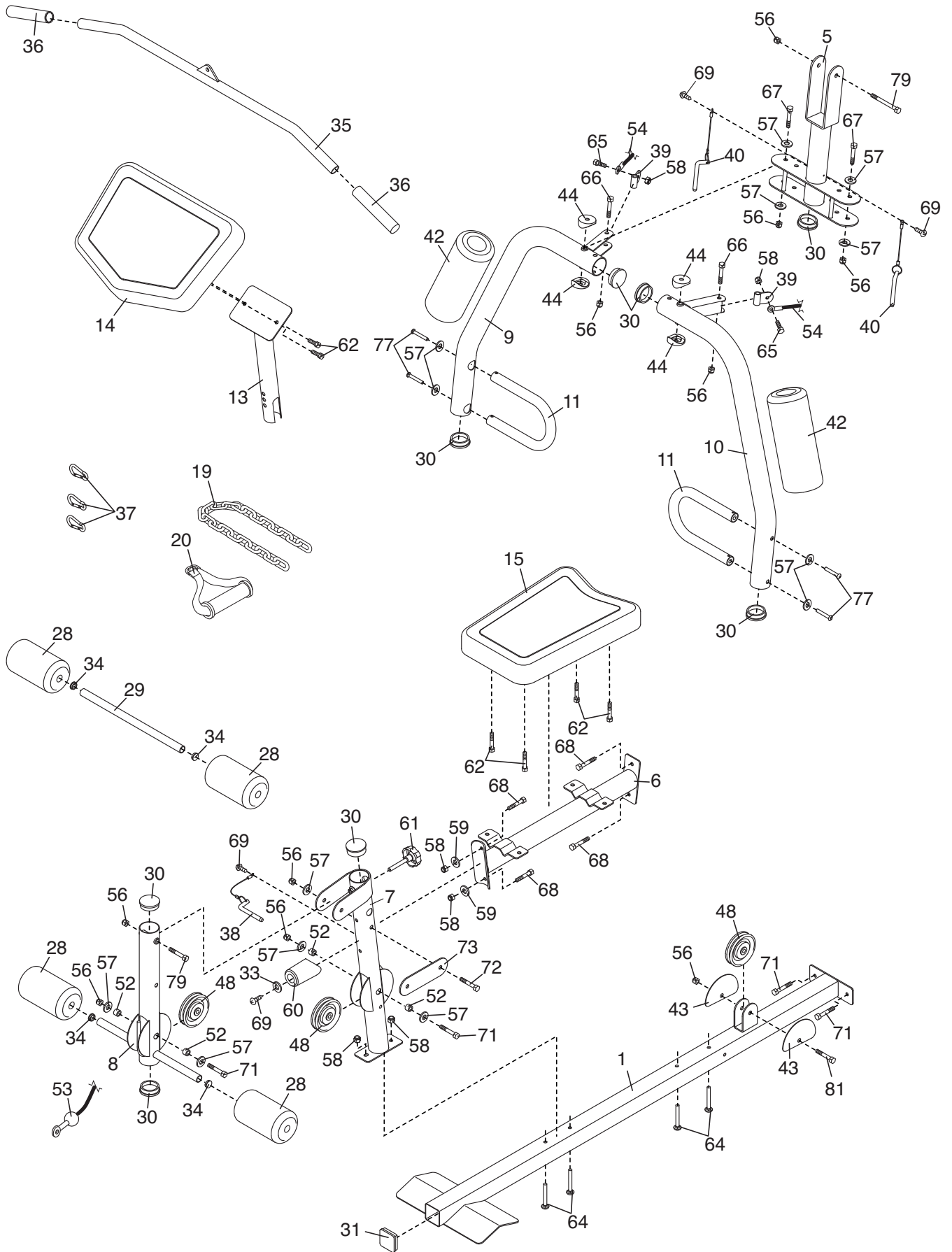
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	44	4	Arm Bushing
2	1	Stabilizer	45	1	U-bracket
3	1	Upright	46	2	V-pulley
4	1	Top Frame	47	2	90mm Thin Pulley
5	1	Pivot Frame	48	9	90mm Pulley
6	1	Seat Frame	49	2	11mm Spacer
7	1	Front Leg	50	2	Large Cable Trap
8	1	Leg Lever	51	1	Cable Trap
9	1	Right Arm	52	10	12mm Spacer
10	1	Left Arm	53	1	Low Cable
11	2	Handle	54	1	Arm Cable
12	1	Square Plate	55	1	High Cable
13	1	Curl Post	56	22	M10 Nylon Locknut
14	1	Curl Pad	57	27	M10 Washer
15	1	Seat	58	13	M8 Nylon Locknut
16	1	Backrest	59	7	M8 Washer
17	1	Lock	60	1	Leg Bumper
18	1	Lock Pin	61	1	Curl Knob
19	1	Chain	62	6	M6 x 16mm Screw
20	1	Handle Strap	63	1	Double U-bracket
21	2	Weight Guide	64	4	M8 x 63mm Carriage Bolt
22	6	Weight	65	2	M8 x 22mm Shoulder Bolt
23	1	Weight Selector Cap	66	3	M10 x 51mm Bolt
24	1	Weight Selector	67	2	M10 x 85mm Bolt
25	1	Top Weight	68	6	M8 x 65mm Bolt
26	1	Weight Pin	69	4	M4 x 20mm Self-tapping Screw
27	2	Weight Bumper	70	2	M6 x 63mm Screw
28	4	Small Foam Pad	71	8	M10 x 67mm Bolt
29	1	Pad Tube	72	1	M10 x 70mm Bolt
30	8	50mm Round Inner Cap	73	1	Lock Plate
31	5	50mm Square Inner Cap	74	1	M10 x 155mm Bolt
32	1	38mm Square Outer Cap	75	2	M10 x 63mm Bolt
33	1	M4 Washer	76	2	19mm Spacer
34	4	19mm Round Inner Cap	77	4	M10 x 25mm Button Screw
35	1	Lat Bar	78	1	Large Washer
36	2	Handgrip	79	2	M10 x 77mm Bolt
37	3	Cable Clip	80	2	M6 Washer
38	1	Leg Lever Pin	81	3	M10 x 46mm Bolt
39	2	Cable Pivot	82	1	M12 Nut
40	2	Arm Pin	*	—	User's Manual
41	4	Full Guard	*	—	Exercise Guide
42	2	Large Foam Pad	*	—	Grease Packet
43	8	Half Guard	*	—	Hex Key

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

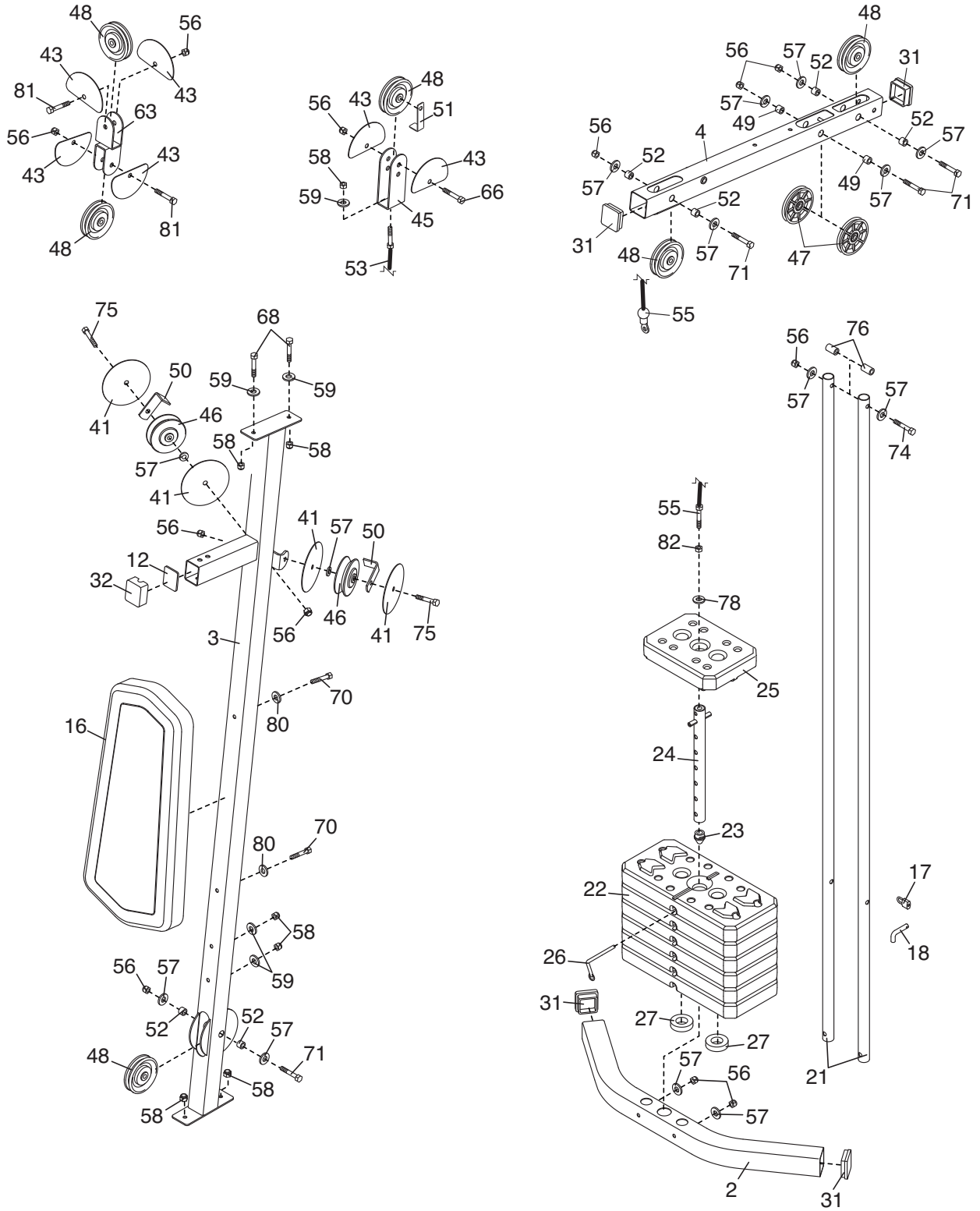
EXPLODED DRAWING A—Model No. WESY1938.0

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EXPLODED DRAWING B—Model No. WESY1938.0

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ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end 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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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.

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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.

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