

WB-320

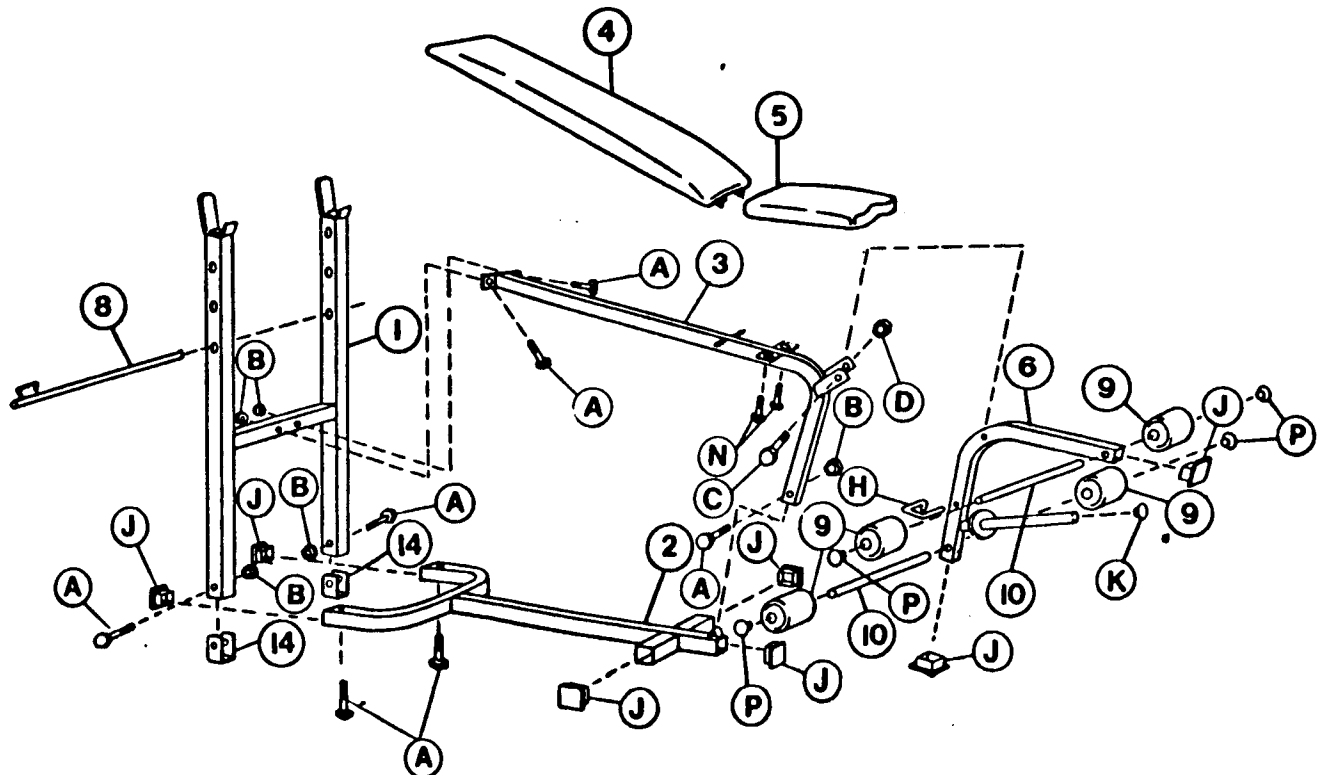
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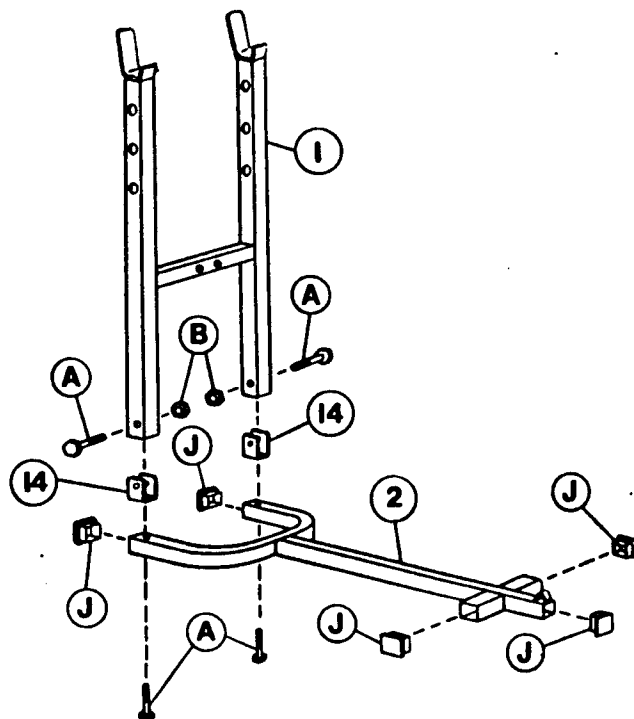
Assembly Instructions

weider[®]

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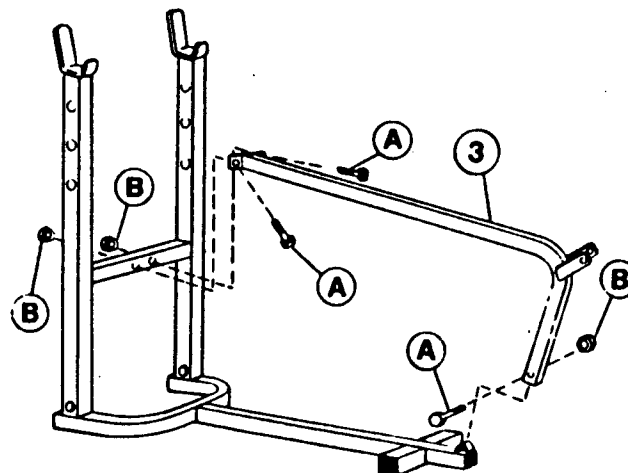
| | Part Name | No. Required | Part Number |
|----|--------------------------------|--------------|-------------|
| 1 | Upright | 1 | KA01-0200 |
| 2 | Base Frame | 1 | KA01-0100 |
| 3 | Main Frame | 1 | KA01-0101 |
| 4 | Backrest | 1 | KA01-0300 |
| 5 | Seat | 1 | KA01-0301 |
| 6 | Leg Curl | 1 | KA01-0102 |
| 8 | Backrest Adjustment Bar | 1 | KA01-6000 |
| 9 | Foam Pad | 4 | KA01-0400 |
| 10 | Pad Bar | 2 | KA01-6001 |
| 12 | Backrest Angle Iron | 2 | KA01-6002 |
| 14 | U-Bracket | 2 | KA01-6003 |
| A | 5/16"-20 x 2" Hex Head Bolt | 7 | HH-5017 |
| B | 5/16"-20 Lock Nut | 5 | HH-5021 |
| C | 3/8"-16 x 2 1/2" Hex Head Bolt | 1 | HH-5018 |
| D | 3/8"-16 Lock Nut | 1 | HH-5013 |
| H | Locking Pin | 1 | WW-7004 |
| J | 1 1/2" Square Plastic Cap | 7 | AA-8001 |
| K | 1" Round Plastic Cap | 1 | AA-8005 |
| N | 1/4"-20 x 1/2" Hex Head Bolt | 6 | HH-5025 |
| P | 3/4" Round Plastic Cap | 4 | AA-8004 |
| | Hardware Bag | 1 | KA01-5750 |
| | Instruction Manual | 1 | KIN112487 |





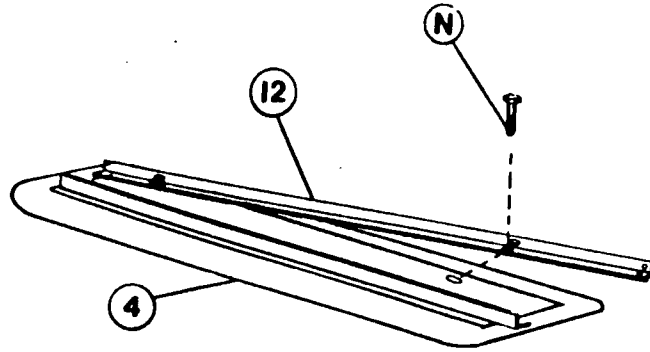
Step 1

Lay out BASE FRAME (2) and insert HEX HEAD BOLTS (A) through holes in rear of Frame. U-BRACKETS (14) are then screwed onto BOLTS (A), but not completely tightened. Holes in U-Brackets should be facing the sides of the bench as shown in diagram. Place UPRIGHT (1) on U-BRACKETS (14) and insert HEX BOLTS (A) through each hole at base of Upright making sure bolt passes through U-Bracket holes. Secure bolts with LOCK NUTS (B). Tighten all bolts. Insert five SQUARE PLASTIC CAPS (J) into Base Frame.



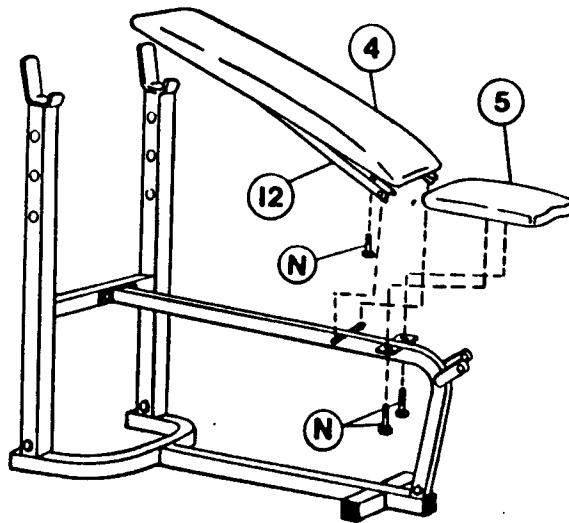
Step 2

Set MAIN FRAME (3) in position with flat plate against Upright lining up holes. Attach Main Frame to Upright with two HEX HEAD BOLTS (A) and LOCK NUTS (B). Secure Main Frame to Base with HEX HEAD BOLT (A) and LOCK NUT (B).



Step 3

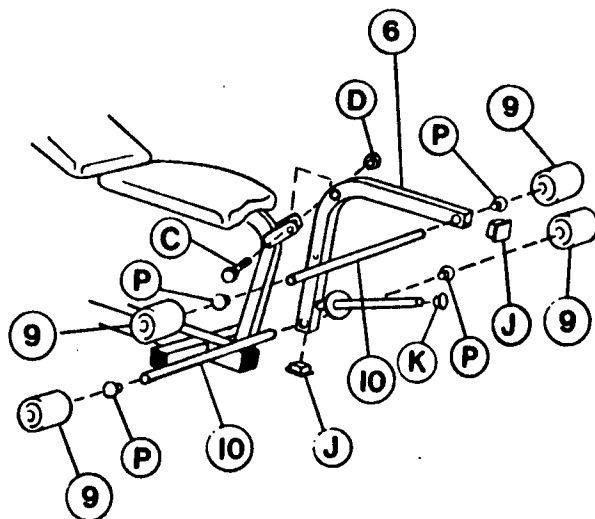
Turn BACKREST (4) over and remove one lower HEX HEAD BOLT (N) from Backrest back and loosen upper HEX HEAD BOLT (N) so that BACKREST ANGLE IRON (12) can be swung away from initial position.



Step 4

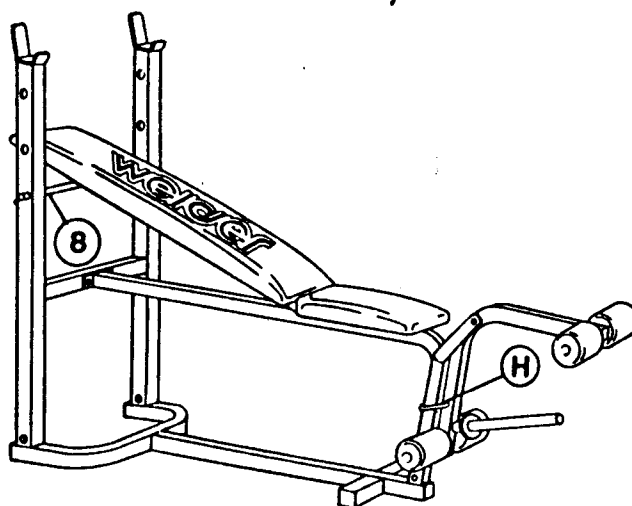
BACKREST — Turn BACKREST (4) right-side up and lower to Main Frame. Slide fixed BACKREST ANGLE IRON (12) over one side of pivot rod then move free BACKREST ANGLE IRON (12) over opposite end of pivot rod. Replace HEX HEAD BOLT (N) that was removed in Step 3 and tighten all bolts.

SEAT — Align holes in SEAT (5) bracket with Seat holes and secure with two HEX HEAD BOLTS (N).



Step 5

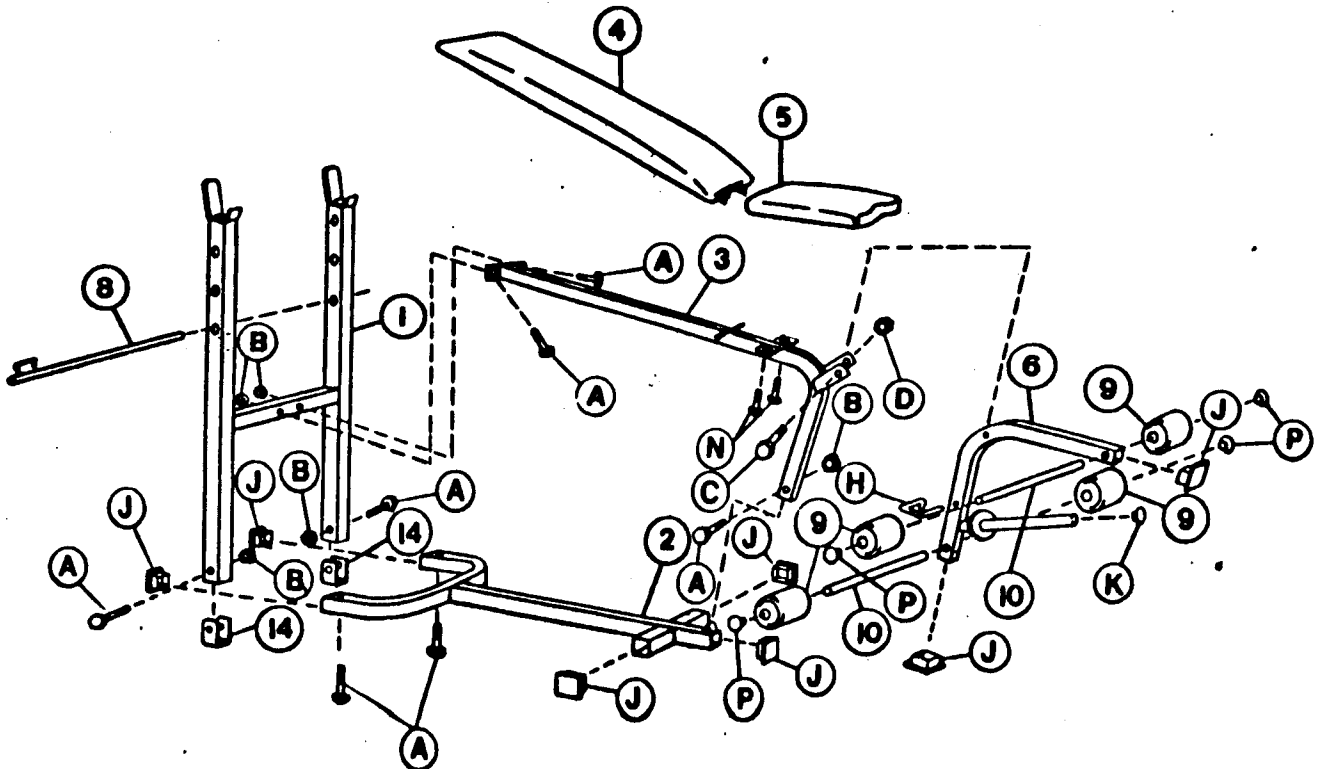
Place LEG CURL (6) between Leg Curl Brackets on Main Frame and secure with HEX HEAD BOLT (C) and LOCK NUT (D). Slide PAD BAR (10) through lower hole in Leg Curl until equal amounts of bar are on both sides. Insert one PLASTIC CAP (P) into each end of Pad Bar, then slide one FOAM PAD (9) onto each end of Pad Bar. Follow the same procedure with upper Pad Bar until all pads are in place. Insert SQUARE PLASTIC CAPS (J) into two ends of LEG CURL (6).



Step 6

LOCKING PIN (H) is used to lock Leg Curl into position for sit-ups. To adjust Backrest, raise it up and place BACKREST ADJUSTMENT BAR (8) through holes on Uprights.

| Diagram No. | Part Name | No. Required | Part Number |
|-------------|---|--------------|-------------|
| 1 | Upright _____ 4.50 ea | 1 | CA01-0200 |
| 2 | Base Frame _____ 5.10 | 1 | CA01-0100 |
| 3 | Main Frame _____ 4.80 | 1 | CA01-0101 |
| 4 | Backrest _____ 3.01 | 1 | CA01-0300 |
| 5 | Seat _____ 2.63 | 1 | CA01-0301 |
| 6 | Leg Curl _____ 3.00 | 1 | CA01-0102 |
| 8 | Backrest Adjustment Bar _____ 1.20 | 1 | CA01-6000 |
| 9 | Foam Pad _____ .65 | 4 | CA01-0400 |
| 10 | Pad Bar _____ .35 | 2 | CA01-6001 |
| 12 | Backrest Angle Iron _____ .50 | 2 | CA01-6002 |
| 14 | U-Bracket _____ .15 | 2 | CA01-6003 |
| A | 5/16"-20 x 2" Hex Head Bolt _____ .06 ea. | 7 | HH-5017 |
| B | 5/16"-20 Lock Nut _____ .04 | 5 | HH-5021 |
| C | 3/8"-16 x 2 1/2" Hex Head Bolt _____ .09 | 1 | HH-5018 |
| D | 3/8"-16 Lock Nut _____ .05 | 1 | HH-5013 |
| H | Locking Pin _____ .26 | 1 | WW-7004 |
| J | 1 1/2" Square Plastic Cap _____ .08 | 7 | AA-8001 |
| K | 1" Round Plastic Cap _____ .04 | 1 | AA-8005 |
| N | 1/4"-20 x 1/2" Hex Head Bolt _____ .04 | 6 | HH-5025 |
| P | 3/4" Round Plastic Cap _____ .04 | 4 | AA-8004 |
| | Hardware Bag _____ 1.54 | 1 | CA01-5750 |
| | Instruction Manual _____ .30 | 1 | CIN112487 |



BENCH SPECIFICATIONS

UNIT NO. B-320

WEIGHT _____
DRAWING: _____
L W H

FRAME COLOR: SILVER
VINYL COLOR: BLACK

SCREEN DESIGN:

*SEAT CNEYRON COLOR RED
*BACKREST WEIDER COLOR RED

DECALS:

*DESCRIPTION 320 (RED, WHITE, MDRON & BLACK)
*LOCATION UPRIGHTS QUANTITY 2

PAD SIZES:

*ANKLE PAD 3x5 COLOR BLACK
*KNEE PAD DOVE COLOR _____

UPRIGHTS: _____ ADJUSTABLE NON-ADJUSTABLE

*TUBING SIZE & SHAPE 1 1/2 SQUARE
*HEIGHT ADJUSTMENTS 3 1/8
*OVERALL WIDTH 20"

LEG CURL: _____ NONE _____ ADJUSTABLE NON-ADJUSTABLE

*TUBING SIZE & SHAPE 1 1/2 SQUARE

FRAME:

*TUBING SIZE & SHAPE 1 1/2 SQUARE
*BASE LENGTH 42

SEAT: 19 1/2 FIXED POSITION _____ ADJUSTABLE

*SIZE: WIDTH 11 1/2 DEPTH 11 1/2

SEAT BACK: WIDTH 10 LENGTH 35 1/2 (4 POSITION)

OVERALL SIZE: (MAXIMUM DIMENSIONS)

*LENGTH 67
*WIDTH 20
*HEIGHT 41

OTHER FEATURES: