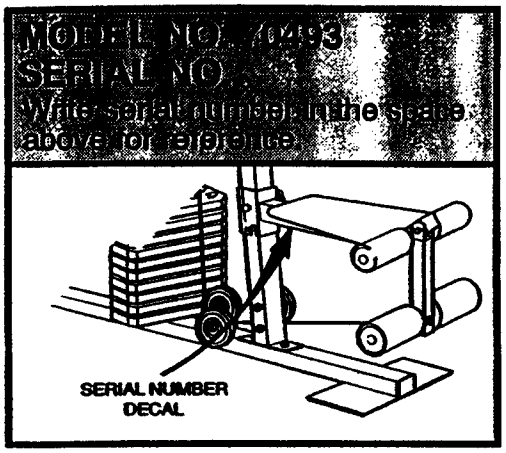
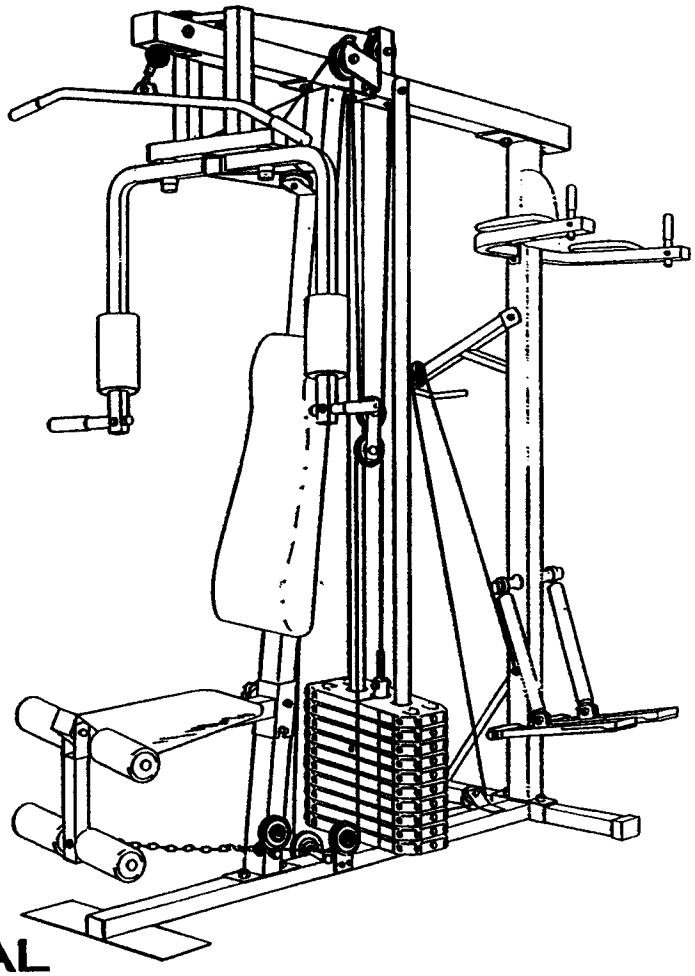
POWERMAX IV

MULTI-STATION HOME GYM 70493





APPROXIMATE WEIGHT:
286 LBS.
APPROXIMATE SET UP DIMENSIONS:
59"L X 47"W X 76"H

weider

OWNER'S MANUAL

MADE IN CANADA

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.
Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN12670493

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

CAUTION: DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Home Gym on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handle bars when exercising.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small-children away from this equipment during use.
8. Do not allow small children to play on this equipment unattended.
9. Wear appropriate workout attire, including running or aerobic shoes.

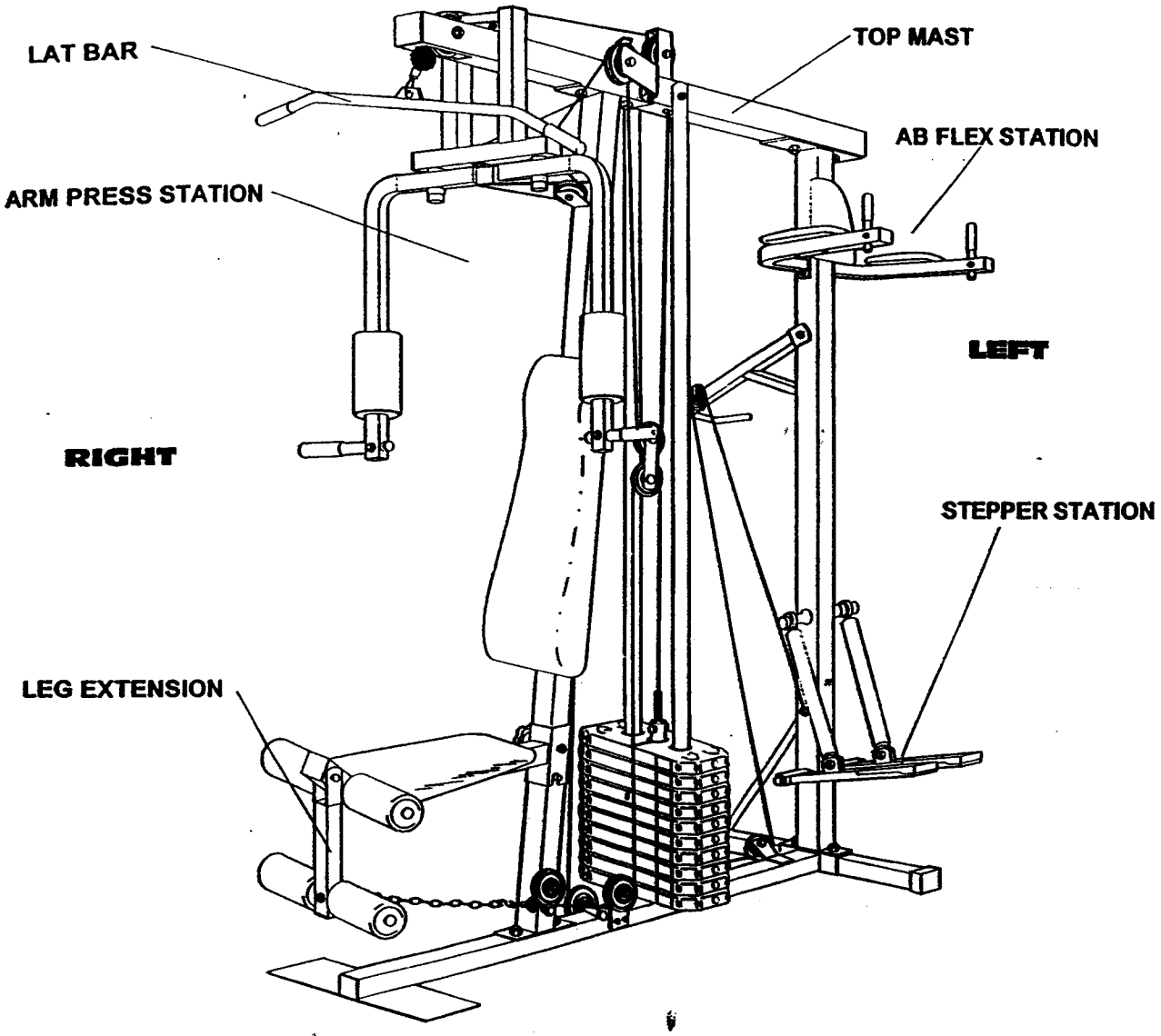
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

INTRODUCTION

Thank you for choosing the Weider POWERMAX IV. You Home Gym is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

Please take time to read all the information contained in this manual and after assembly is completed keep it for future reference.



MAINTENANCE TIPS

Keeping your POWERMAX IV in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

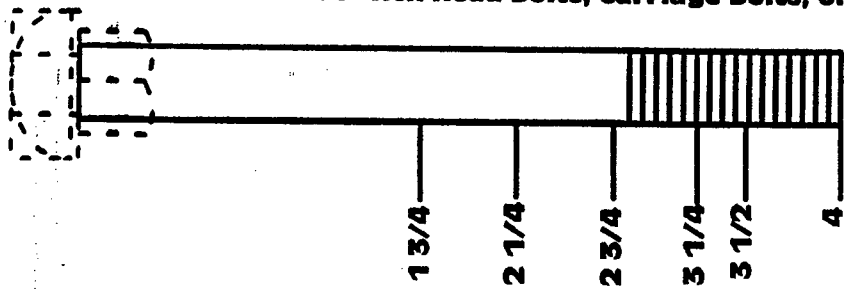
1. Check all fasteners, nuts and bolts, and caps to see that they are tight and are fitted properly.

2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.

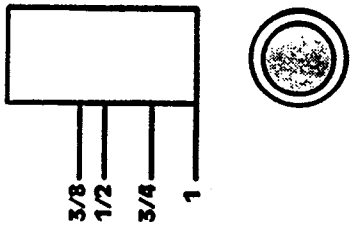
3. Painted surfaces can be cleaned with a soft cloth and a mild non-abrasive detergent.

70493 HARDWARE SCALING SHEET

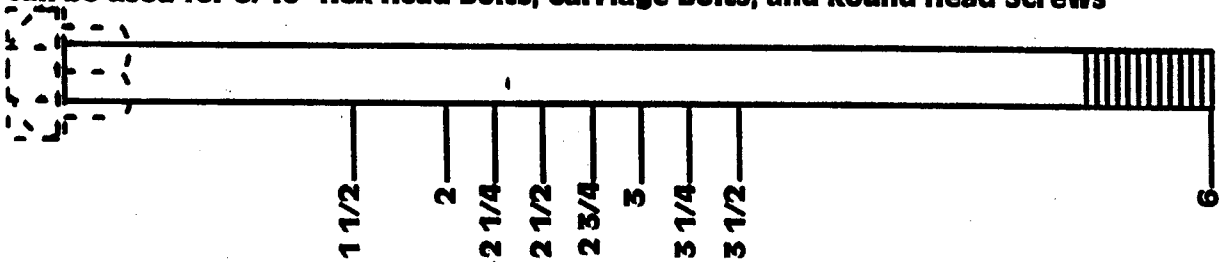
Scale can be used for 3/8" Hex Head Bolts, Carriage Bolts, or Round Head Screws.



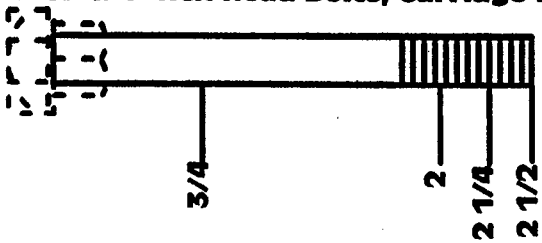
3/8" ID BUSHINGS

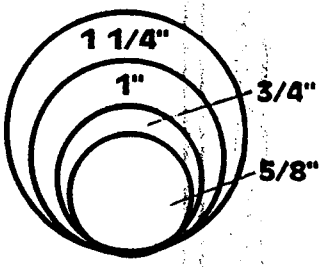


Scale can be used for 5/16" Hex Head Bolts, Carriage Bolts, and Round Head Screws

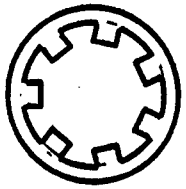


Scale can be used for 1/4" Hex Head Bolts, Carriage Bolts, and Round Head Screws

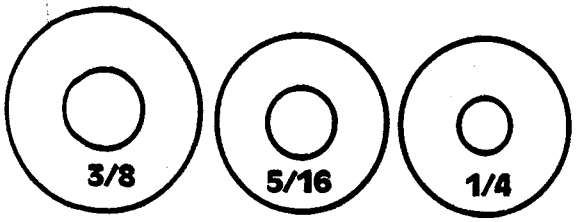




ROUND PLASTIC CAPS



5/8" SPRING RETAINER

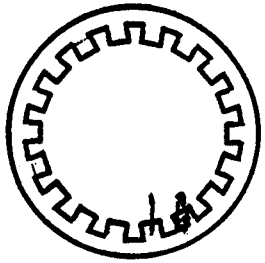


FLAT WASHERS

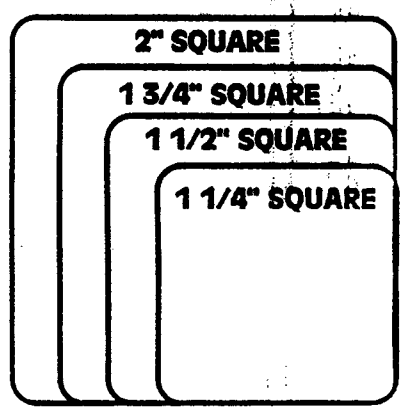
3/8 NYLON LOCK NUT

5/16 NYLON LOCK NUT

1/4 NYLON LOCK NUT



1" SPRING RETAINER



SQUARE PLASTIC CAPS

ESTIMATED TIME OF ASSEMBLY IS 4 HOURS

UNPACKING TIPS:

- To avoid losing small parts during the unpacking process we suggest that you remove and unwrap one part at a time and discard the paper wrapping in the lid of the box.
- Do not discard packing material until the gym is completely assembled. If you are missing a part, it may have gotten mixed up with the wrapping paper.
- Lay each unwrapped part to the side so you can easily see each part for ease of identification as you do your assembly.
- Lay the nuts, bolts, washers, etc. in groups of like sizes and lengths. Putting these inside the carton bottom would be a good place to hold them to avoid losing parts. You can also write the sizes below each group to help you identify them quicker.

TOOLS REQUIRED FOR ASSEMBLY

1. Two adjustable crescent wrenches or a combination of 1/2" and 9/16" box end wrenches
2. Phillips Screwdriver
3. Flat Blade Screwdriver
4. Hammer

MAINTENANCE

- To insure that your fitness equipment functions at peak efficiency and to reduce drag and wear on components, it is essential that pulleys, hinges, guide rods and other moving parts be properly lubricated and maintained. You will see throughout the assembly manual the symbol to the right.
- After you have completed the assembly of this product, you should lubricate all the indicated areas before using. In the future you should lubricate these areas at least once a month. The guide rods and guide wheels should be lubricated weekly as they will be more inclined to have the oil wiped away.
- Use a household type light weight oil as a lubricant. Most household light weight oil can be purchased in any hardware department.

ORDERING PARTS

CONGRATULATIONS on selecting a WEIDER FITNESS PRODUCT. You have joined thousands of health conscious men and women in the growing family of WEIDER CUSTOMERS.

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR "OWNER'S REGISTRATION CARD" WITHIN THE NEXT 10 DAYS.

Simply mail your "OWNER'S REGISTRATION CARD" to receive all benefits to which you are entitled.

"WARRANTY VERIFICATION" : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

"OWNER CONFIRMATION" : Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.

2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.

3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER:

1. **Name of the Product (POWERMAX IV)**
2. **Model Number of the Product (70493)**
3. **Ordering Number of the Part (See Parts List Page)**
4. **Description of the Part from the Parts List Page.**
5. **Country of the Manufacturer (See Cover)**

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C4315-G43*G43
2	ARM PRESS UPRIGHT	1	C1277-G32*G43
3	REAR BASE TUBE	1	C4316-G43*G43
4	STEPPER UPRIGHT	1	C1283-G43*G43
5	STRAP BRACE	1	C7778-G43*G43
6	STEPPER PEDAL	2	C3220-F29*G43
7	BASE PULLEY BRACKET	1	C6280-F68*G43
8	SUPPORT BRACE	1	C6281-F68*G43
9	GUIDE ROD	2	C6841-F67*G43
10	WEIGHT PLATE - 12.5 LB.	10	BB-0325*G43
11	SELECTOR TUBE	1	C6384-F29*G43
12	TOP FRAME	1	C4279-G32*G43
13	BACKREST	1	C1454-G43*G43
14	SEAT FRAME	1	C4158-F68*G43
15	SEAT MOUNTING BRACKET	2	C6779-F29*G43
16	SEAT	1	C1444-G32*G43
17	PAD BAR - 3/4" X 13 1/2"	1	C7313-G01*G43
18	FOAM ROLLER - 2 1/4" X 6" X 3/4"	2	C0449-E08*G43
19	LEG EXTENSION	1	C4159-F68*G43
20	FOAM ROLLER 3" X 5 3/4" X 3/4"	2	C0434-C07*G43
21	PLASTIC PEDAL TREAD	2	AA-8195*G43
22	PAD BAR - 3/4" X 13"	2	C6327-E19*G43
23	4" LONG HALF ROUND PLASTIC PIVOT BUSHING	2	AA-8242*G43
24	ARM PRESS PIVOT FRAME	1	C4160-F68*G43
26	ARM PRESS ARM	2	C4161-F68*G43
27	FOAM ROLLER - 3 1/4" X 7" X 1 7/8" I.D.	2	C0494-G43*G43
29	1" X 5" PLASTIC GRIP	6	AA-8255*G43
30	RESISTANCE CYLINDER	2	ZZ-0004*G43
31	CYLINDER MOUNTING BRACKET	2	C7776-G32*G43
32	LAT CABLE - 307"	1	C6677-G43*G43
33	PULLEY - 4 1/2"	4	AA-8122*G43
34	PULLEY - 3 1/2"	9	AA-8133*G43
35	2" X 3 1/2" LONG PULLEY PIVOT BRACKET	2	C7723-F68*G43
36	3" "L" CABLE TRAP BRACKET	8	C7724-F68*G43
37	3 1/2" LONG "U" BRACKET	2	C7725-F68*G43
38	4" LONG ARM PRESS PIVOT BRACKET	2	C7726-F68*G43
39	3" LONG "U" PULLEY BRACKET	1	C7727-F68*G43
40	WEIGHT STACK CABLE - 83 1/2"	1	C6678-G43*G43
41	PLASTIC GUIDE BRACKET	1	AA-8241*G43

70493 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
42	5 3/4" LONG FLAT DUAL CABLE CONNECTOR BRACKET	2	C7728-F68*G43
43	DIP ARM	2	C4281-G32*G43
44	DIP HANDLE	2	C7332-G32*G43
45	SMALL ARM PAD	2	C1445-G32*G43
46	DIP STATION BACKREST	1	C1446-G32*G43
47	ARM PRESS CAP	1	C6283-F68*G43
49	5/16" X 2" EYE-BOLT	1	HH-5344*G43
50	5/16" FLAT WASHER	24	HH-5127*G43
51	5/16" NYLON LOCK NUT	35	HH-5012*G43
52	5/16" X 2 1/4" HEX HEAD BOLT	5	HH-5199*G43
53	5/16" X 2 3/4" HEX HEAD BOLT	11	HH-5058*G43
54	5/16" X 2 1/2" HEX HEAD BOLT	2	HH-5053*G43
55	5/16" X 1 1/2" HEX HEAD BOLT	4	HH-5312*G43
56	5/16" X 2 3/4" CARRIAGE BOLT	3	HH-5521*G43
57	5/16" X 3" HEX HEAD BOLT	1	HH-5167*G43
58	5/16" X 2" HEX HEAD BOLT	3	HH-5054*G43
59	5/16" JAM NUT	2	HH-5446*G43
60	5/16" X 3 1/4" HEX HEAD BOLT	3	HH-5297*G43
61	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5294*G43
62	3/8" FLAT WASHER	6	HH-5265*G43
63	3/8" NYLON LOCK NUT	14	HH-5088*G43
64	3/8" X 2 1/4" HEX HEAD BOLT	1	HH-5061*G43
65	3/8" X 1 3/4" HEX HEAD BOLT	9	HH-5308*G43
66	3/8" X 4 1/4" HEX HEAD BOLT	1	HH-5411*G43
67	3/8" X 3 1/4" HEX HEAD BOLT	1	HH-5063*G43
68	3/8" X 2 3/4" HEX HEAD BOLT	1	HH-5238*G43
69	3/8" X 3 1/2" HEX HEAD BOLT	1	HH-5062*G43
70	1/4" FLAT WASHER	10	HH-5048*G43
71	1/4" NYLON LOCK NUT	6	HH-5011*G43
72	1/4" X 2 1/2" ROUND HEAD SCREW	4	HH-5044*G43
73	1/4" X 2" CARRIAGE BOLT	2	HH-5338*G43
74	1/4" X 3/4" ROUND HEAD SCREW	8	HH-5022*G43
75	1/4" X 2" ROUND HEAD SCREW	4	HH-5256*G43
77	5/16" X 2 1/2" CARRIAGE BOLT	2	HH-5324*G43
78	"L" LOCKING PIN	2	WW-7075*G43
79	1/2" LONG SELF TAPPING PHILLIPS HEAD SCREW	2	HH-5448*G43
80	2" SQUARE PLASTIC INSERT CAP	3	AA-8002*G43
81	2" SQUARE RUBBER COVER CAP	1	AA-8221*G43
82	1" ROUND PLASTIC COVER CAP	4	HH-5348*G43

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
83	1 1/4" SQUARE PLASTIC INSERT CAP	2	AA-8069*G43
84	1 1/2" SQUARE PLASTIC INSERT CAP	4	AA-8091*G43
85	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*G43
86	1 3/4" SQURE PLASTIC INSERT CAP	6	AA-8096*G43
87	1" ROUND PLASTIC INSERT CAP	6	AA-8005*G43
88	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*G43
89	5/16" X 6" HEX HEAD BOLT	1	HH-5535*G43
90	1/2" O.D. X 3/4" LONG METAL SPACER	2	HH-5259*G43
91	1" LONG METAL BUSHING - 1/2" O.D.	1	HH-5491*G43
92	1/2" LONG METAL SPACER - 1/2" O.D.	2	HH-5346*G43
93	5/16" X 3 1/4" HEX HEAD BOLT - GRADE 5	1	HH-5595*G43
94	1/2" O.D. X 3/8" LONG METAL SPACER	2	HH-5530*G43
95	1 1/2" SQUARE PIVOT BUSHING	4	AA-8203*G43
96	1" SPRING RETAINER RING	6	HH-5423*G43
97	1" LONG PLASTIC SLEEVE - 5/16" I.D.	1	AA-8243*G43
98	LARGE ROUND RUBBER WASHER	2	AA-8124*G43
99	RUBBER SELECTOR TUBE END PLUG	1	AA-8123*G43
100	WEIGHT SELECTOR PIN	1	WW-7013*G43
101	THREADED PLASTIC KNOB - 3/8"	2	HH-5341*G43
102	5/8" SPRING RETAINER RING	2	HH-5422*G43
103	5/8" I.D. X 1 5/8" FLAIR END PLASTIC BUSHING	2	AA-8148*G43
104	1 1/4" ROUND PLASTIC INSERT CAP	2	AA-8016*G43
105	"S" HOOK	2	WW-7055*G43
106	LAT BAR	1	C6831-F32*G43
107	LEG STRAP / ARM CURL HANDLE	1	EE-0075*G43
108	LINKING CHAIN - 12"	1	WW-7072*G43
110	THREADED PLASTIC KNOB - 5/16"	1	HH-5400*G43
111	LATCH HOOK	1	WW-7042*G43
120	POWER MAX TOP MAST DECAL	1 SET	DE-4459*G43
121	STATION 1 DECAL	1 SET	DE-4459*G43
122	STATION 3 DECAL	1 SET	DE-4459*G43
123	WEIGHT PLATE DECAL	1 SET	DE-4459*G43
124	RESISTANCE SCALE DECAL	1 SET	DE-4459*G43
125	POWER STACK DECAL	1 SET	DE-4459*G43
126	STATION 2 DECAL	1 SET	DE-4459*G43
127	SQUAT STATION DECAL	1 SET	DE-4459*G43
128	SQUAT ARM	1	C4317-G43*G43
129	3 1/2" "V" PULLEY	1	AA-8273*G43
	ASSEMBLY MANUAL	1	CNN-1296*G43
	WALL CHART	1	CNN-1269*G43
	HARDWARE BAG STEP 1 - 2 - 3 - 4 - 5	1	C8877-G43*G43
	HARDWARE BAG STEP 6 - 7 - 8 - 9 - 10	1	C8878-G43*G43

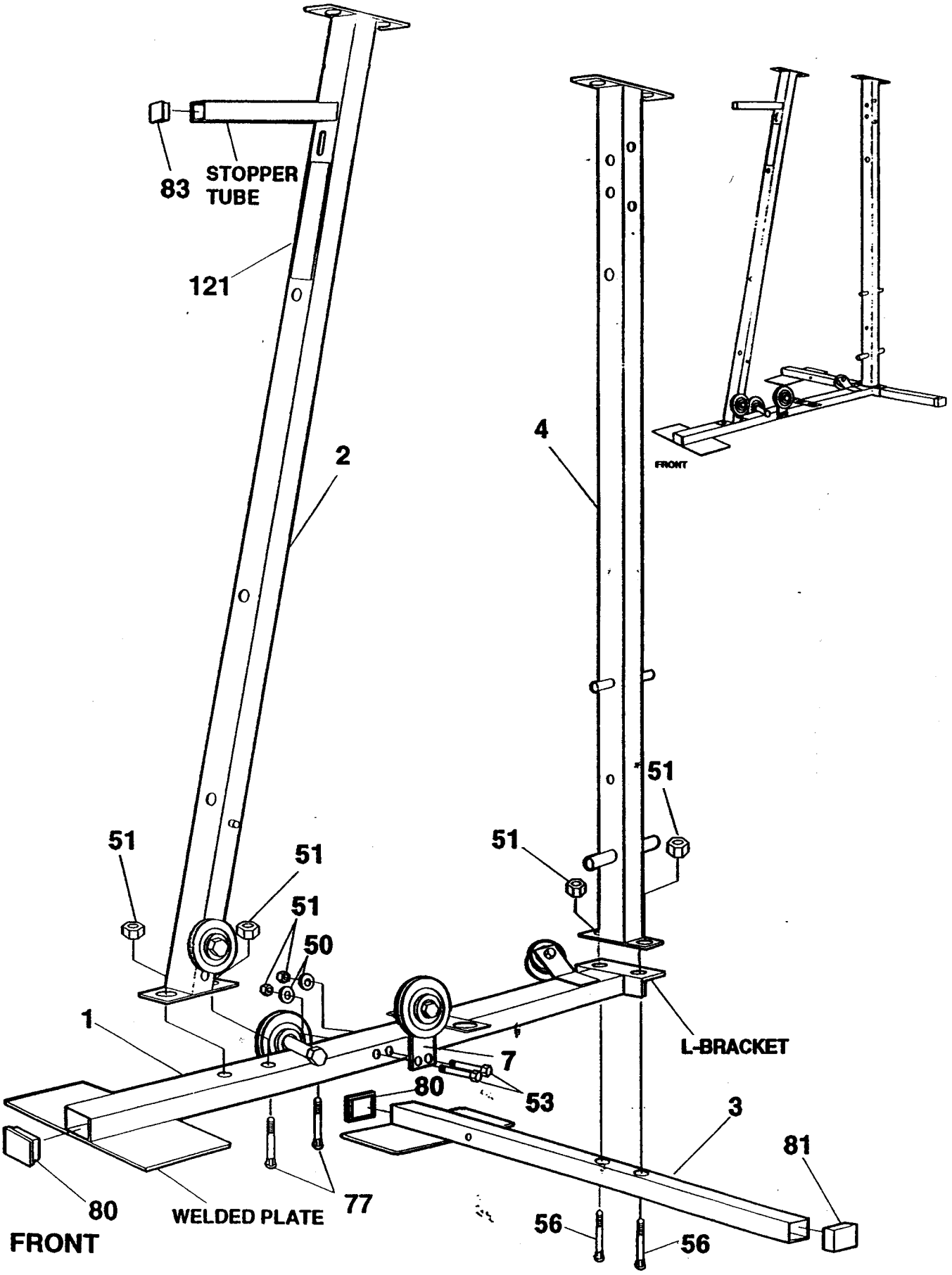
IMPORTANT

DURING THE FOLLOWING ASSEMBLY STEPS, YOU WILL FIND ASSEMBLY INSTRUCTIONS SHADED IN BOXES SUCH AS THIS. THESE ASSEMBLIES HAVE BEEN DONE AT THE FACTORY FOR YOUR CONVENIENCE. SEVERAL OF THESE PRE-ASSEMBLED STEPS HAVE ONLY BEEN FASTENED FINGER TIGHT. YOU WILL BE INSTRUCTED TO TIGHTEN THESE ASSEMBLIES DURING THE STEP INSTRUCTIONS. THE ENTIRE ASSEMBLY IS SHOWN AND WRITTEN OUT SO THAT ALL PARTS INCLUDED IN THAT ASSEMBLY CAN BE MORE EASILY SEEN.

STEP 1 FRAME ASSEMBLY

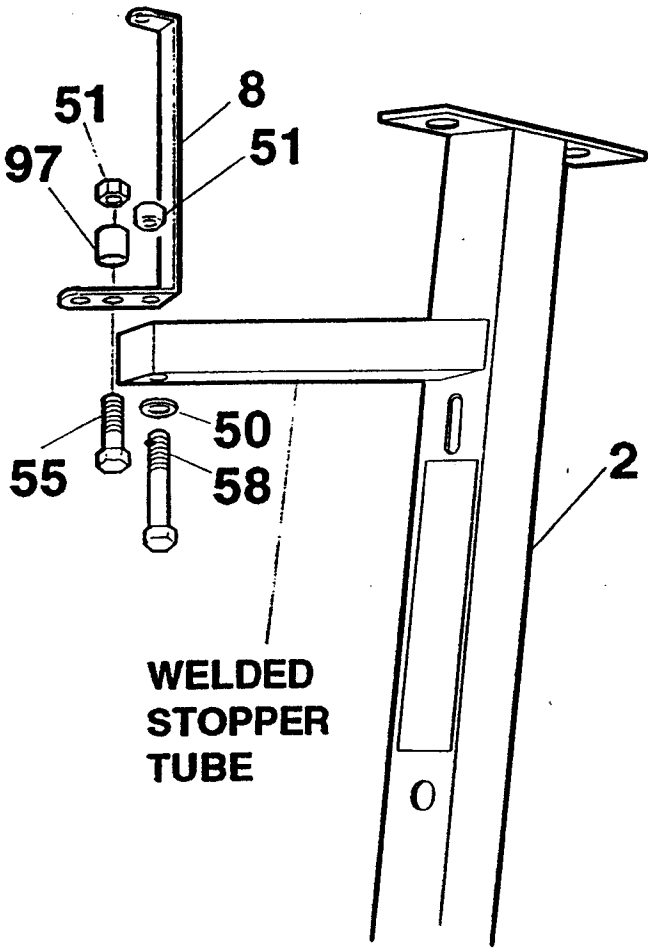
PART NAME	QTY
50 5/16" FLAT WASHER	3
51 5/16" NYLON LOCK NUT	8
53 5/16" X 2 3/4" HEX HEAD BOLT	2
55 5/16" X 1 1/2" HEX HEAD BOLT	1
56 5/16" X 2 3/4" CARRIAGE BOLT	2
58 5/16" X 2" HEX HEAD BOLT	1
77 5/16" X 2 1/2" CARRIAGE BOLT	2
80 2" SQUARE PLASTIC INSERT CAP	2
81 2" SQUARE RUBBER COVER CAP	1
83 1 1/4" SQUARE PLASTIC INSERT CAP	1
97 1" LONG PLASTIC SLEEVE	1

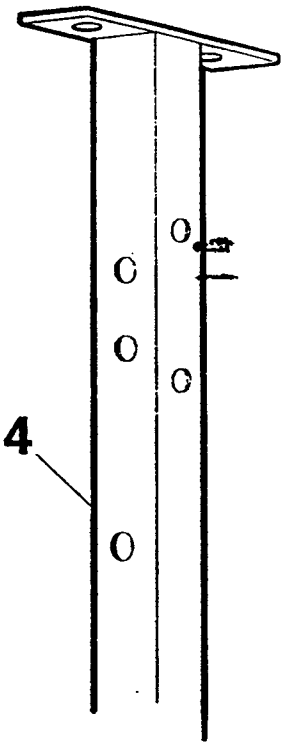
- ☐ *Cap the front end of the* **BASE FRAME (1)** *with a* **2" SQUARE PLASTIC INSERT CAP (80).**
- ☐ *Cap the end with the Welded Plate of the* **REAR BASE TUBE (3)** *with a* **2" SQUARE PLASTIC INSERT CAP (80).** *Cap the other end with a* **2" SQUARE RUBBER COVER CAP (81).**
- ☐ *Cap the end of the Welded Stopper Tube on the* **ARM PRESS UPRIGHT (2)** *with a* **1 1/4" SQUARE PLASTIC INSERT CAP (83).**
- ☐ *Position the* **REAR BASE TUBE (3)** *into the "L" Bracket of the* **BASE FRAME (1)** *so that the longest section (section with Welded Plate) of the* **REAR BASE TUBE (3)** *is to the* **LEFT** *(as you face the front of the unit). Bolt up through the Rear Base Tube and L-Bracket with* **5/16" X 2 3/4" CARRIAGE BOLTS (56).**
- ☐ *Sit the* **STEPPER UPRIGHT (4)** *over the Bolts so that the Plate at the top of the Upright slants upward from the back to the front.*
- ☐ *Bolt the* **BASE FRAME (1)** *and* **UPRIGHT (4)** *securely with* **5/16" NYLON LOCK NUTS (51).**
- ☐ *With the* **BASE FRAME (1)** *oriented so the welded plate at the front of the Base will be to the ground when assembled, fasten the* **ARM PRESS UPRIGHT (2)** *to the front section of the Base with two* **5/16" X 2 1/2" CARRIAGE BOLTS (77)** *and* **5/16" NYLON LOCK NUTS (51).** *Note that the* **UPRIGHT (2)** *should tilt back toward the rear of the Base when assembled.*
- ☐ *Locate the* **BASE PULLEY BRACKET (7)** *with pre-assembled Pulley. (This is a flat plate 2" X 6" with two holes at one end and a single hole at the other.) Assemble this Bracket to the right side of the* **BASE FRAME (1)** *with two* **5/16" X 2 3/4" HEX HEAD BOLTS (53).** *Secure with* **5/16" FLAT WASHERS (50)** *and* **5/16" NYLON LOCK NUTS (51).**
- ☐ *Remove the* **STATION 1 DECAL (121)** *from the backing sheet and position the Decal to the front of the* **ARM PRESS UPRIGHT (2)** *below the Welded Stopper Tube.*

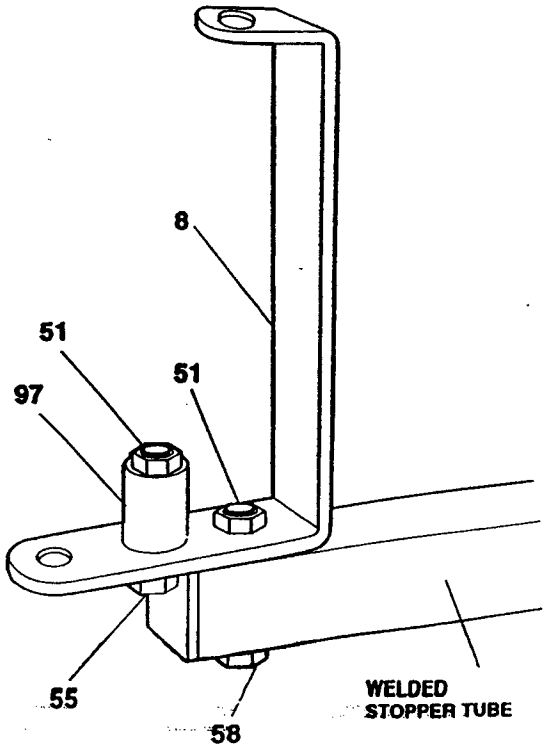

83
STOPPER TUBE
121
2
4
FRONT
51
51
51
51
51
50
1
7
80
53
3
81
L-BRACKET
80
WELDED PLATE
77
56
56
FRONT

☐ *To the Welded Stopper Tube on the front of the* **ARM PRESS UPRIGHT (2),** *bolt the* **SUPPORT BRACE (8)** *by assembling a* **5/16" FLAT WASHER (50)** *onto a* **5/16" X 2" HEX HEAD BOLT (58)** *and bolting up through the Welded Stopper Tube and then into the hole in the back of the Support. Secure with a* **5/16" NYLON LOCK NUT (51).**

☐ *Insert a* **5/16" X 1 1/2" HEX HEAD BOLT (55)** *up through the center hole in the* **SUPPORT BRACE (8).** *Slip a* **1" LONG PLASTIC SLEEVE (97)** *over the Bolt and secure with a* **5/16" NYLON LOCK NUT (51).**

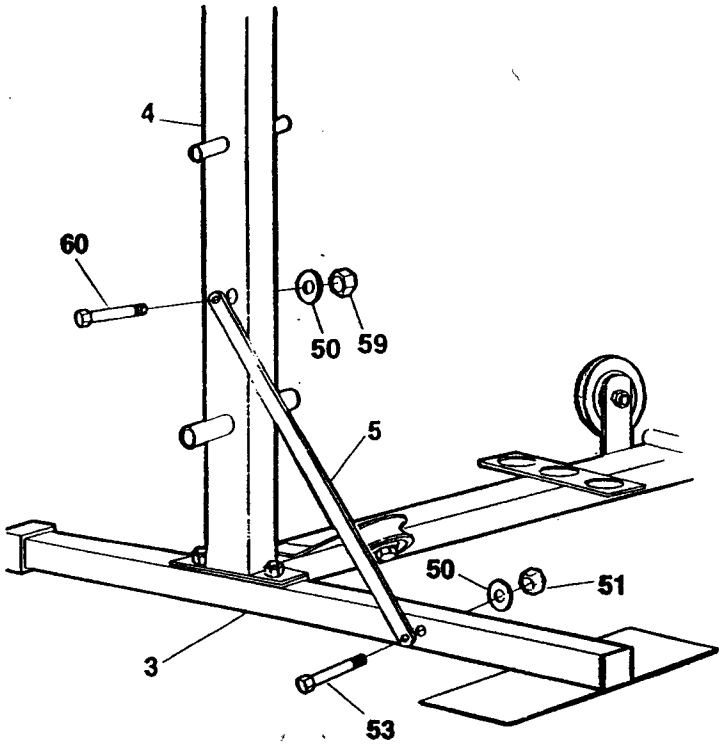






STEP 2 STEPPER ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	2
51 5/16" NYLON LOCK NUT	3
53 5/16" X 2 3/4" HEX HEAD BOLT	1
55 5/16" X 1 1/2" HEX HEAD BOLT	2
59 5/16" JAM NUT	1
60 5/16" X 3 1/4" HEX HEAD BOLT	1
62 3/8" FLAT WASHER	2
79 1/2" LONG SELF TAPPING SCREW	2
82 1" ROUND PLASTIC COVER CAP	2
88 5/8" ROUND PLASTIC COVER CAP	2
95 1 1/2" SQUARE PIVOT BUSHING	4
96 1" SPRING RETAINER RING	2
101 THREADED KNOB - 3/8"	2
102 5/8" SPRING RETAINER RING	2
103 5/8" I.D. X 1 5/8" FLAIR END BUSHING	2



☐ *Attach the diagonal* **STRAP BRACE (5)** *to the side of the* **REAR BASE TUBE (3)** *by bolting with a* **5/16" X 2 3/4" HEX HEAD BOLT (53)** *through the Strap Brace and then through the back of the Base Tube. Assemble a* **5/16" FLAT WASHER (50)** *onto the Bolt and secure with a* **5/16" NYLON LOCK NUT (51).**

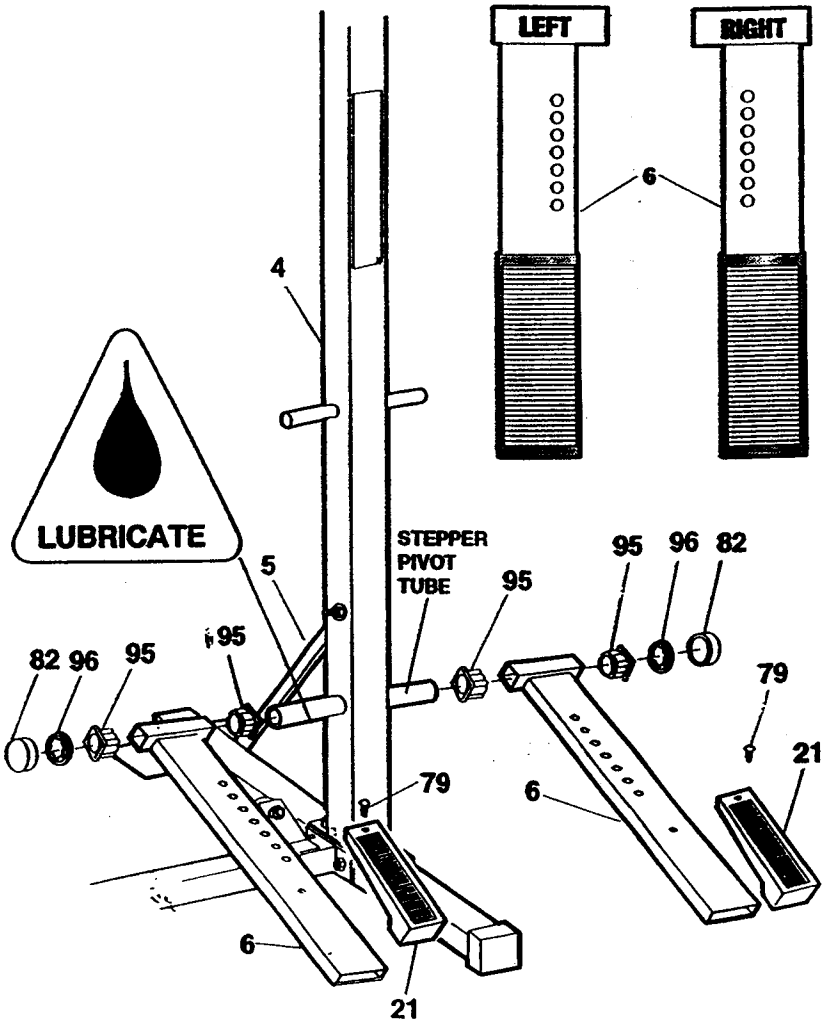
☐ *Attach the top end of the* **STRAP BRACE (5)** *to the* **STEPPER UPRIGHT (4)** *using a* **5/16" X 3 1/4" HEX HEAD BOLT (60)** *to bolt through the Brace and then through the side of the Stepper Upright. Secure with a* **5/16" FLAT WASHER (50)** *and a* **5/16" NYLON LOCK NUT (59).**

☐ *Insert* **1 1/2" SQUARE PIVOT BUSHINGS (95)** *into the end of the* **STEPPER PEDALS (6).**

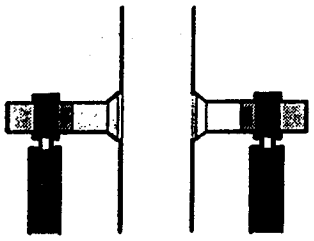
☐ *Slide the* **STEPPER PEDALS (6)** *onto the 1" Stepper Pivot Tube at the base of the* **STEPPER UPRIGHT (4).** *Note that the Pedals should be assembled to the side of the* **UPRIGHT (4)** *opposite the* **STRAP BRACE (5)** *and the series of holes in each of the* **PEDALS (6)** *should be to the inside.*

☐ *Using a* **1" ROUND PLASTIC COVER CAPS (82)** *as an aid, drive a* **1" SPRING RETAINER RING (96)** *onto the Pivot Tube to secure the* **PEDALS (6)** *in place. Note that the teeth in the Spring Retainers are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is driven on. Tap in place with a hammer.*

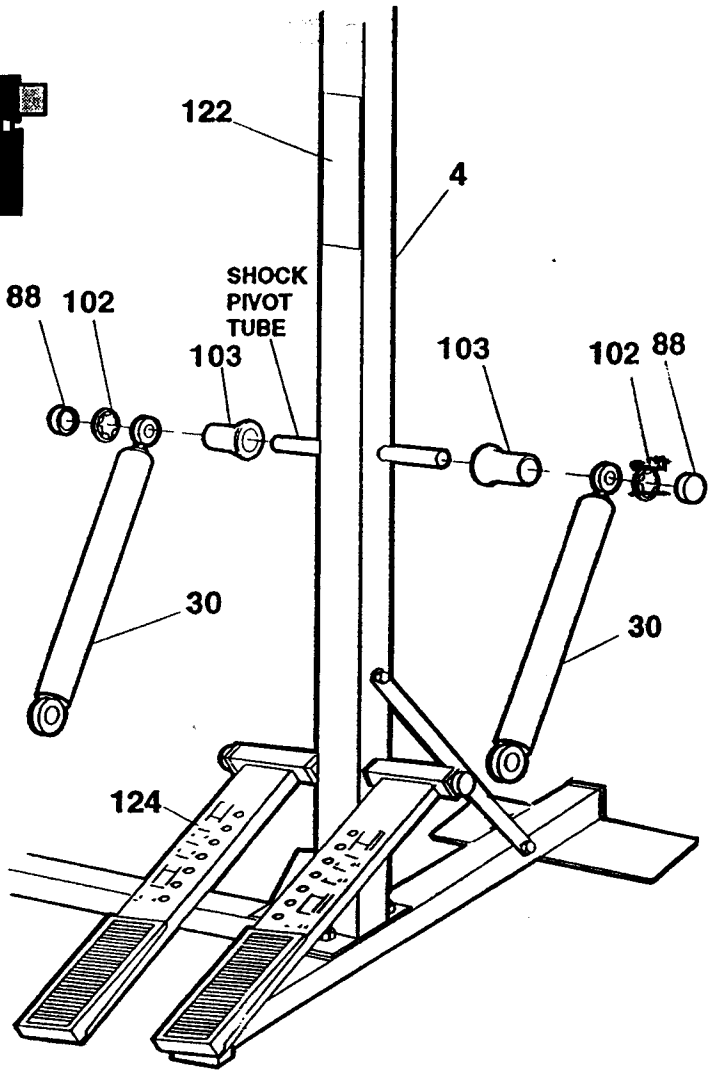
☐ *Attach the molded* **PLASTIC PEDAL TREADS (21)** *to the top of the* **STEPPER PEDALS (6)** *with* **1/2" LONG SELF TAPPING PHILLIPS HEAD SCREWS (79).**

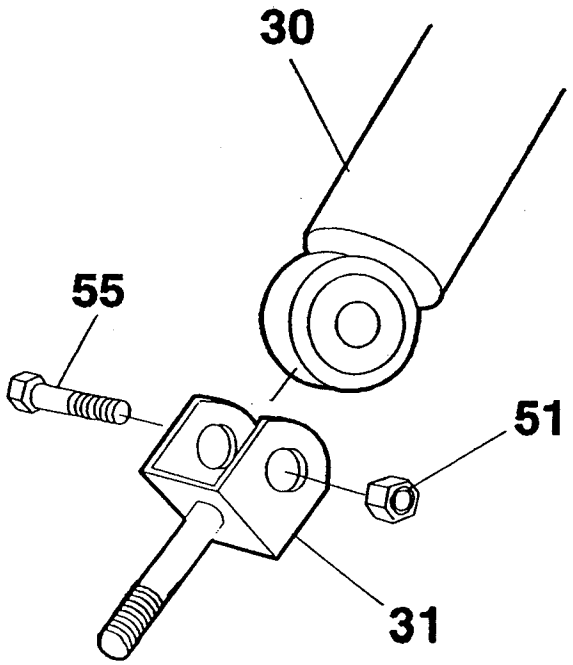


- ☐ *Fit a* **5/8" I.D. X 1 5/8" FLAIR END PLASTIC BUSHING (103)** *onto the 5/8" Shock Pivot Tube on the Stepper Upright.*
- ☐ *Slide a* **RESISTANCE CYLINDER (30)** *over the Shock Pivot Tube and secure in place with a* **5/8" SPRING RETAINER RING (102).** *Again the teeth of the Retainer Ring should be positioned outward and use the* **5/8" ROUND PLASTIC COVER CAP (88)** *as an aid to help secure the Retainer Ring in place. Tap this Cap & Retainer Ring on using a hammer.* **(SEE DETAIL A)**
- ☐ *To the bottom end of the* **RESISTANCE CYLINDERS (30),** *attach the* **CYLINDER MOUNTING BRACKET (31)** *with a* **5/16" X 1 1/2" HEX HEAD BOLT (55)** *and* **5/16" NYLON LOCK NUT (51).**
- ☐ *Remove the* **STEPPER STATION DECAL (122)** *from the backing sheet and apply to the* **STEPPER UPRIGHT (4)** *on the Stepper side of the Upright Frame.*
- ☐ *Remove the* **RESISTANCE SCALE DECALS (124)** *from the backing sheet and attach the Decals to the* **STEPPER PEDALS (6)** *along side of the resistance holes so that the lightest setting (1) is aligned with the first hole and the scale reads from front to back.*



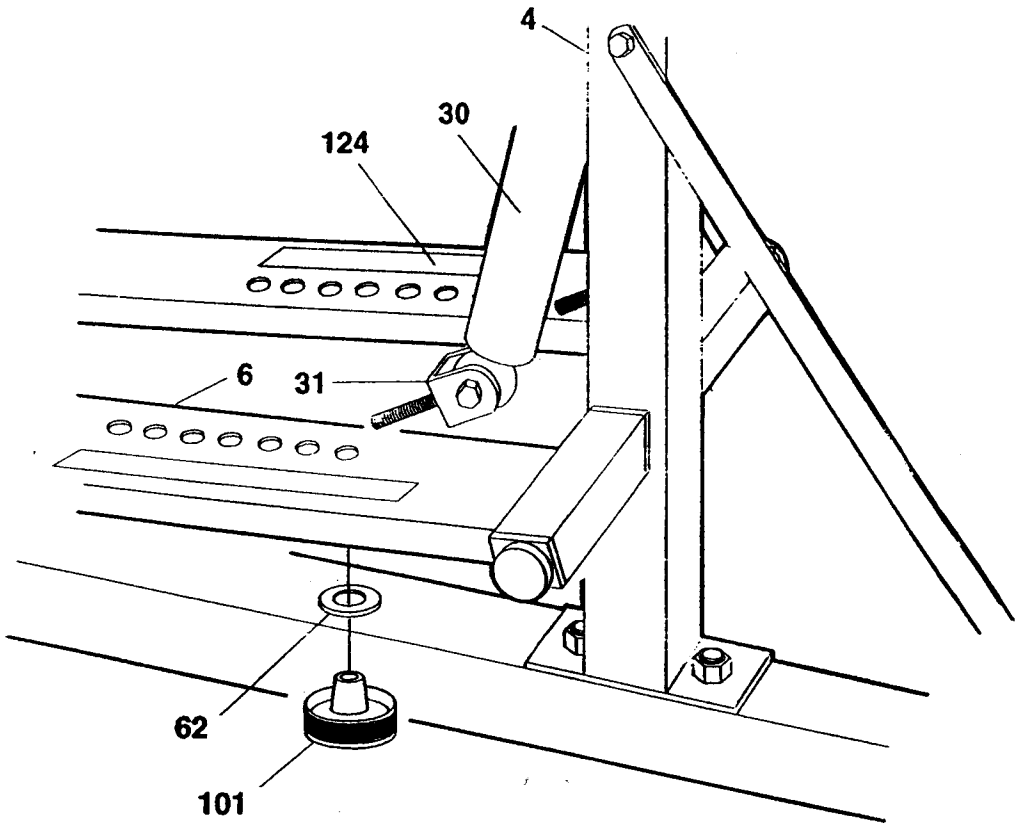
DETAIL A

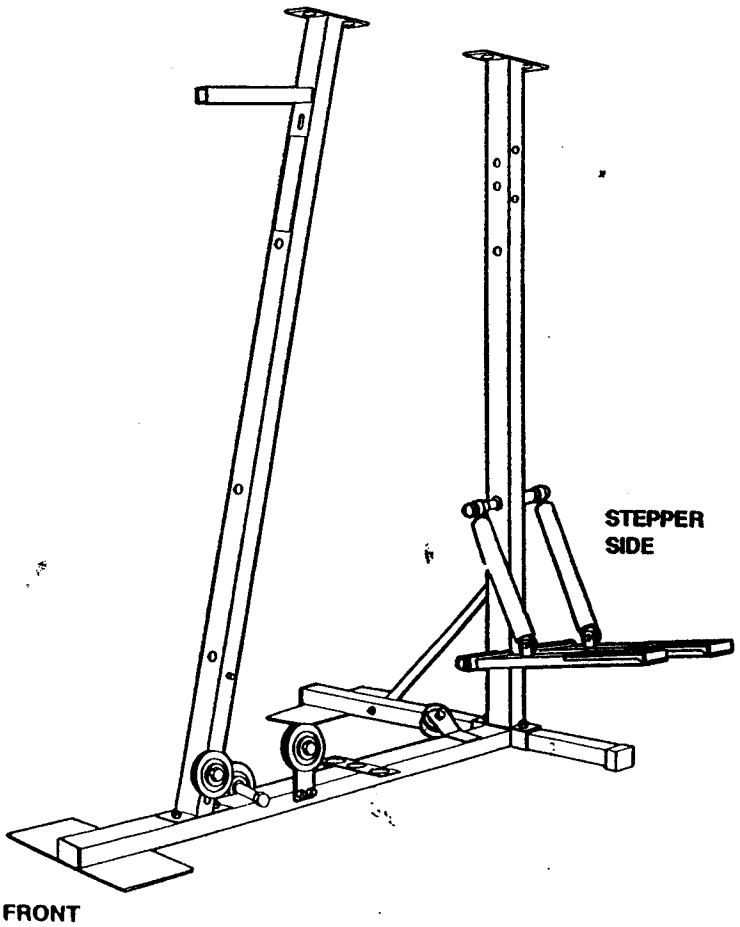




☐ *Insert the bolt on the* **CYLINDER MOUNTING BRACKET (31)** *into one of the holes in the* **STEPPER PEDALS (6)** *and secure in place with a* **3/8" FLAT WASHER (62)** *and a* **THREADED KNOB (101).**

» **NOTE:** *There are seven hole locations in the* **STEPPER PEDALS (6).** *The Stepper resistance increases as the Cylinder is moved toward the end of the Pedal.*





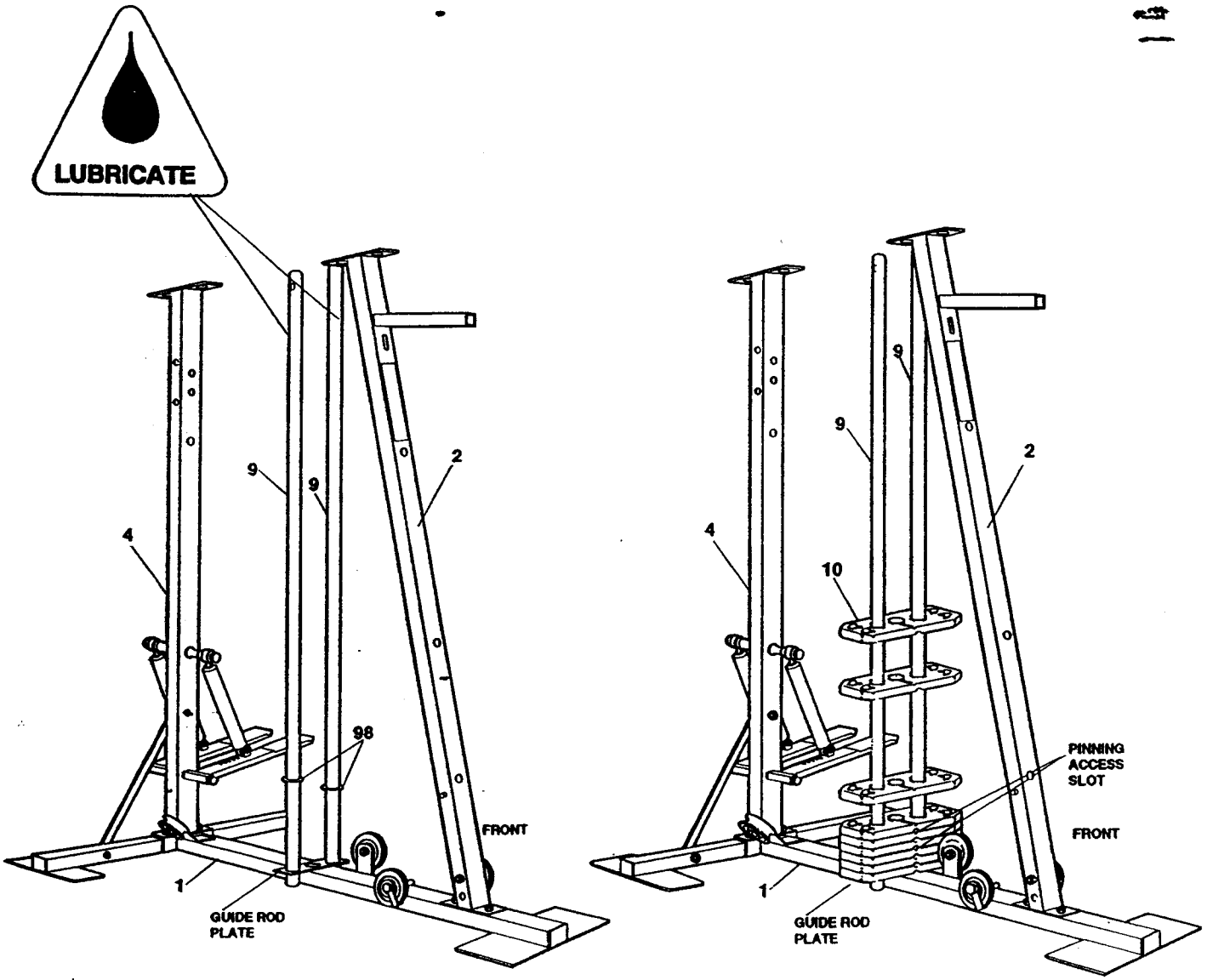
STEP 3 WEIGHT STACK ASSEMBLY

PART NAME	QTY
98 LARGE ROUND RUBBER WASHER	2
99 RUBBER SELECTOR TUBE END PLUG	1
100 WEIGHT SELECTOR PIN	1

☐ *Orient the* **GUIDE RODS (9)** *so that the bolt hole at the end of each Guide Rod is to the top. Insert the Guide Rods into the Guide Rod Plate welded atop the* **BASE FRAME (1).**

☐ *Slide a* **LARGE ROUND RUBBER WASHER (98)** *down over each Guide Rod and position atop the Plate.*

☐ *Working with one* **WEIGHT PLATE (10)** *at a time, stack nine Weight Plates onto the* **GUIDE RODS (9)** *so the Pinning Access Slot in the Weight Plate is down and to the front. Once the stack is complete, check again to make sure all Plates are positioned properly.*

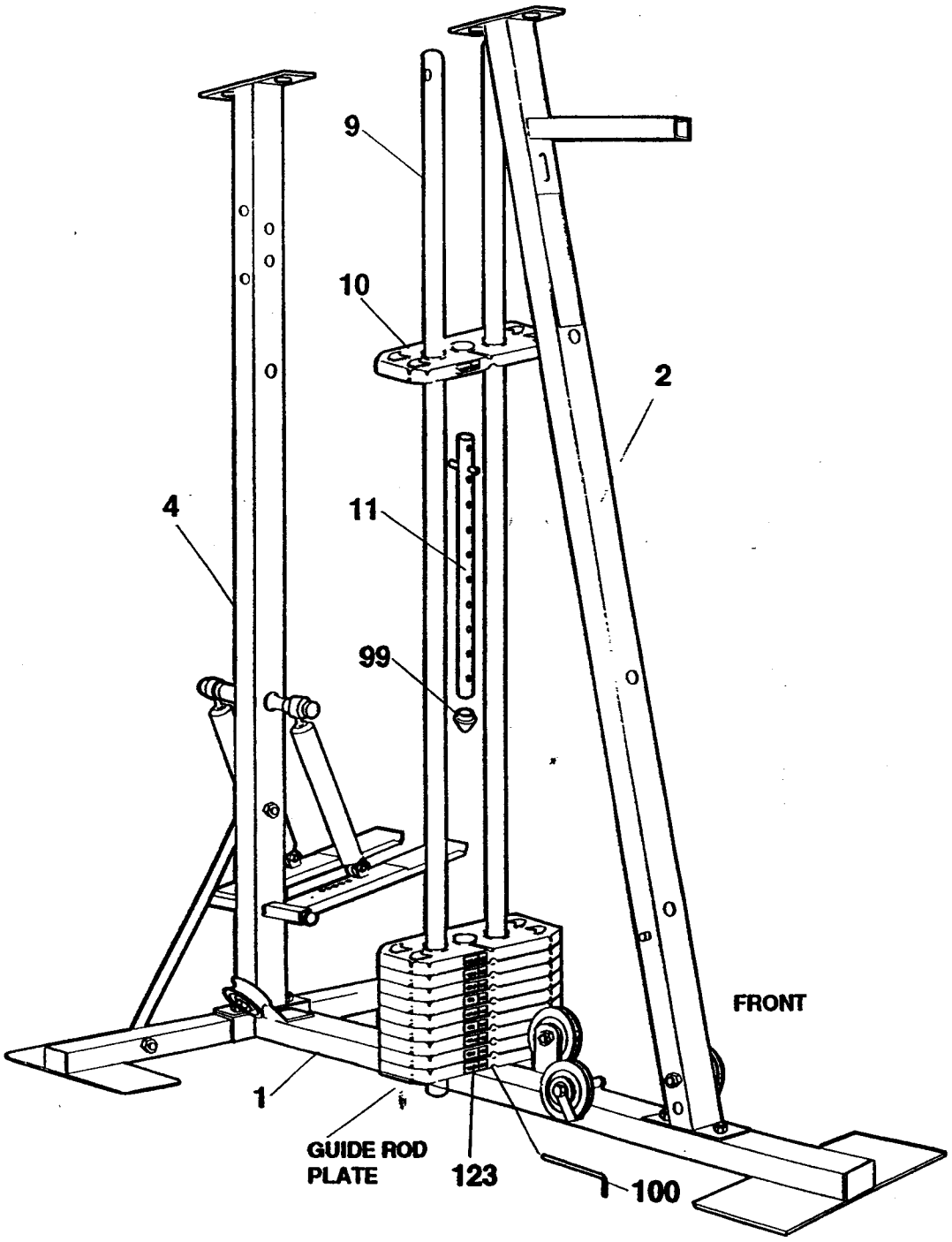


☐ *Press the pointed* **RUBBER SELECTOR TUBE END PLUG (99)** *into the bottom end of the* **SELECTOR TUBE (11)** *and insert the Selector Tube into the center hole of the* **WEIGHT PLATES (10).** *Turn the Selector Tube so that the Roll Pin sits into the groove in the top Weight Plate.*

☐ *Finally, assemble the last* **WEIGHT PLATE (10)** *down onto the Weight stack so the* **SELECTOR TUBE (11)** *comes up through the center hole.*

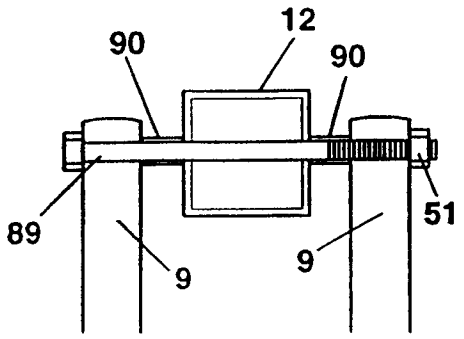
☐ *Insert the* **WEIGHT SELECTOR PIN (100)** *into the Weight Stack at the bottom Plate until assembly is complete and the Cable system has been adjusted for proper tensioning.*

☐ *Remove the* **WEIGHT PLATE DECALS (123)** *from the backing sheet and affix to the edge of the* **WEIGHT PLATES (10)** *just to the side of the* **WEIGHT SELECTOR PIN (100)** *hole. Decals should progress from the lightest Weight on the top Plate to the heaviest Weight at the bottom.*



STEP 4 TOP FRAME ASSEMBLY

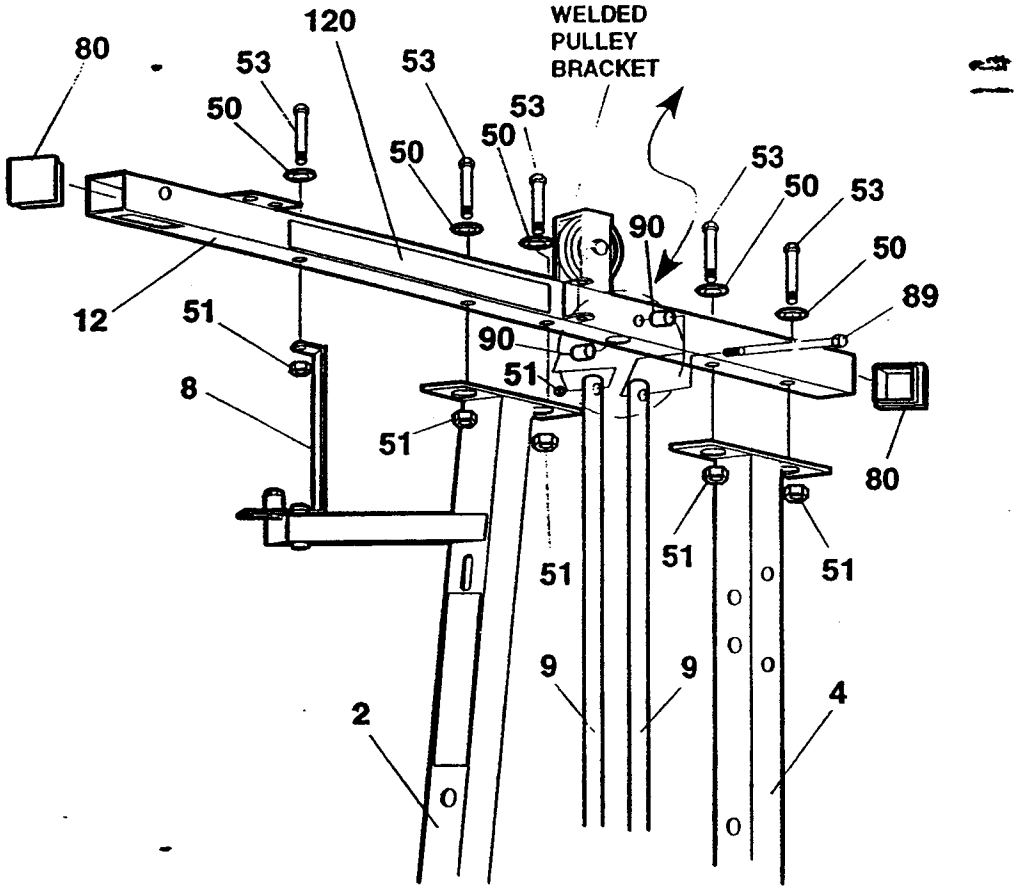
PART NAME	QTY
50 5/16" FLAT WASHER	5
51 5/16" NYLON LOCK NUT	6
53 5/16" X 2 3/4" HEX HEAD BOLT	5
80 2" SQUARE PLASTIC INSERT CAP	1
89 5/16" X 6" HEX HEAD BOLT	1
90 1/2" X 3/4" METAL SPACER	2



☐ *Cap the one end of the* **TOP FRAME (12)** *with a* **2" SQUARE PLASTIC INSERT CAPS (80).**

☐ *Position the* **TOP FRAME (12)** *atop the* **UPRIGHTS (2) & (4)** *so the welded Pulley Bracket is up and the slotted end of the Frame is forward.*

☐ *Bolt down through the holes in the rear of the* **TOP FRAME (12)** *and into the bracket atop the* **STEPPER UPRIGHT (4)** *with* **5/16" X 2 3/4" HEX HEAD BOLTS (53)** *and* **5/16" FLAT WASHERS (50).** *Fasten with* **5/16" NYLON LOCK NUTS. (51)** *(Do not tighten completely at this time.)*



☐ *Again bolt down through the* **TOP FRAME (12)** *and into the Plate at the top of the* **ARM PRESS UPRIGHT (2)** *with two more* **5/16" X 2 3/4" HEX HEAD BOLTS (53)** *and* **5/16" FLAT WASHERS (50).** *Secure with* **5/16" NYLON LOCK NUTS (51)** *but do not tighten.*

☐ *Next bolt down through the* **TOP FRAME (12)** *again and into the* **SUPPORT BRACE (8)** *at the front of the* **ARM PRESS UPRIGHT (2)** *with another* **5/16" X 2 3/4" HEX HEAD BOLT (53)** *and* **5/16" FLAT WASHER (50).** *Assemble a* **5/16" NYLON LOCK NUT (51)** *and tighten this and the other Upright assembly bolts tightly.*

☐ *Position the* **GUIDE RODS (9)** *at the hole location behind the Welded Pulley Bracket at the top of the* **TOP FRAME (12).** *Using a* **5/16" X 6" HEX HEAD BOLT (89),** *bolt through the first Guide Rod. Then assemble a* **1/2" X 3/4" METAL SPACER (90)** *onto the Bolt and then continue to bolt now through the* **TOP FRAME (12).** *Assemble another* **1/2" X 3/4" METAL SPACER (90)** *onto the Bolt and then bolt through the second Guide Rod. Fasten with a* **5/16" NYLON LOCK NUT (51).**

☐ *Remove the* **POWER MAX TOP MAST DECAL (120)** *from the backing sheet and position the Decal to the side of the* **TOP FRAME (12)** *in front of the Welded Pulley Bracket.*

STEP 5 BACKREST & SEAT ASSEMBLY

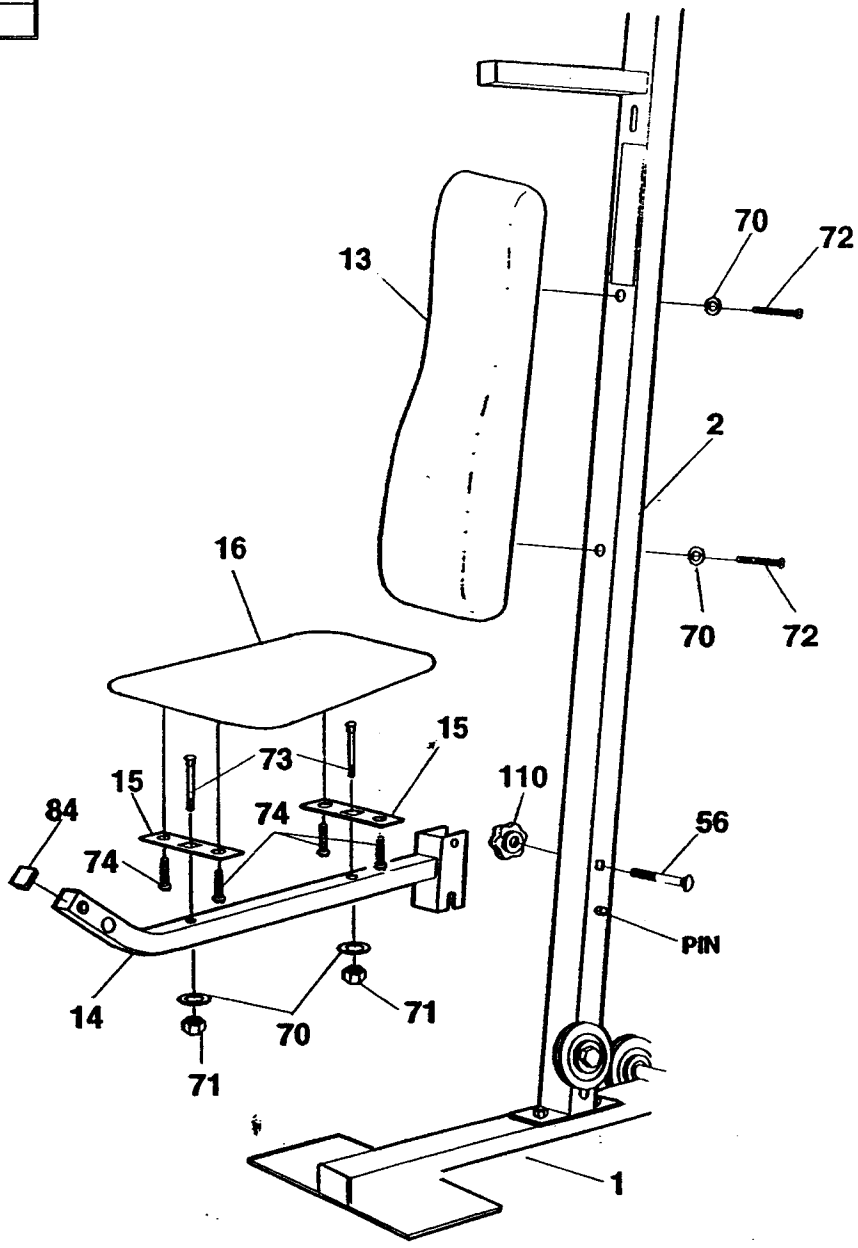
PART NAME	QTY
56 5/16" X 2 3/4" CARRIAGE BOLT	1
70 1/4" FLAT WASHER	4
71 1/4" NYLON LOCK NUT	2
72 1/4" X 2 1/2" ROUND HEAD SCREW	2
73 1/4" X 2" CARRIAGE BOLT	2
74 1/4" X 3/4" ROUND HEAD SCREW	4
84 1 1/2" SQUARE PLASTIC INSERT CAP	1
110 5/16" THREADED PLASTIC KNOB	1

☐ *Assemble the* **BACKREST (13)** *to the* **ARM PRESS UPRIGHT (2)** *by bolting through the back of the Upright and into the Backrest with* **1/4" X 2 1/2" ROUND HEAD SCREWS (72)** *and* **1/4" FLAT WASHERS (70).**

☐ *Orient the* **SEAT FRAME (14)** *so that the end of the tube turns upward. Fit the bracket of the Seat Frame around the* **ARM PRESS UPRIGHT (2)** *and set the slot in the Seat Frame over the pin in the Upright. Insert a* **5/16" X 2 3/4" CARRIAGE BOLT (56)** *through the Seat Bracket and Upright and secure with a* **5/16" THREADED PLASTIC KNOB (110).** *Cap the end of the* **SEAT FRAME (14)** *with a* **1 1/2" SQUARE PLASTIC INSERT CAP (84).**

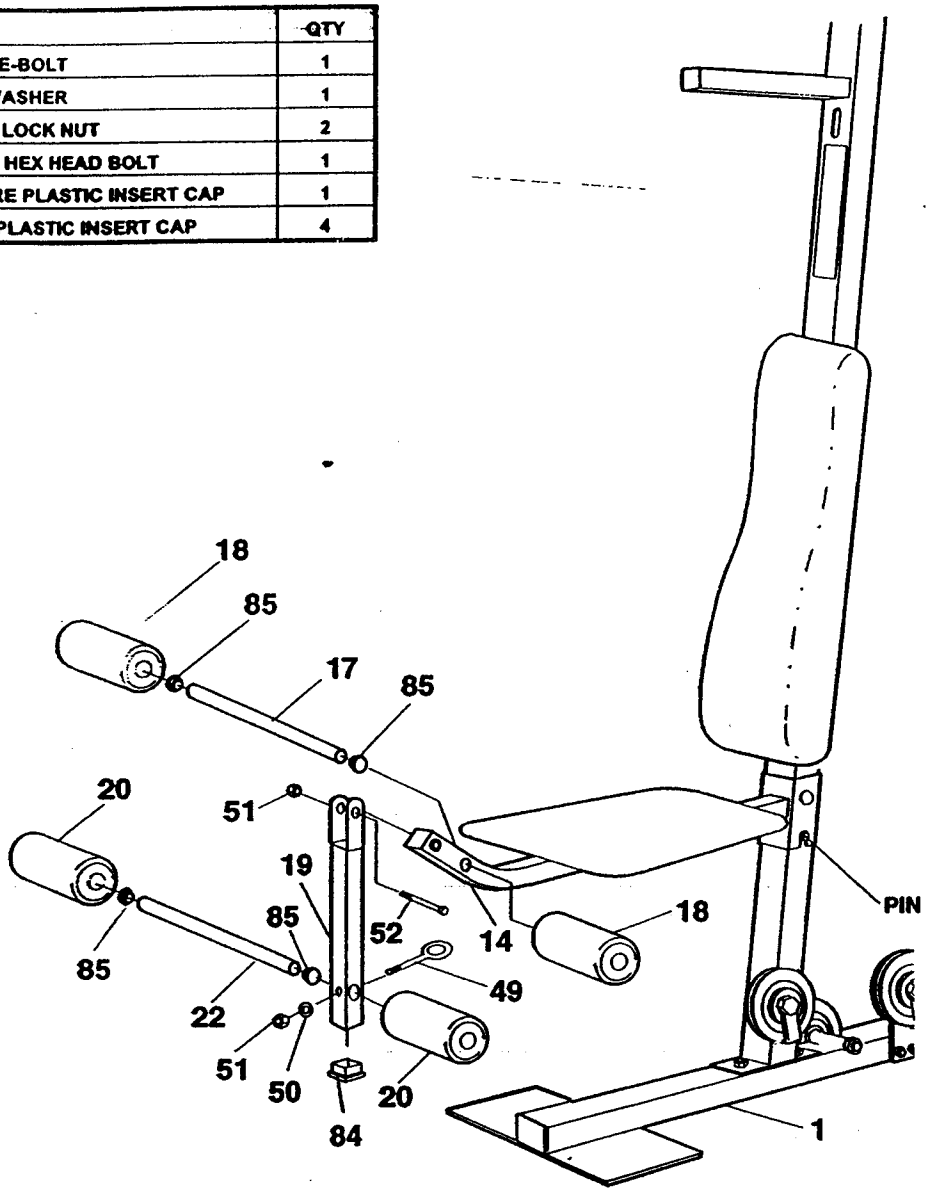
☐ *Attach the* **SEAT MOUNTING BRACKETS (15)** *(These are flat brackets 2" X 6" with two round holes and a square hole in the center) to the top side of the* **SEAT FRAME (14)** *by bolting down through the Mounting Brackets and through the Seat Frame with* **1/4" X 2" CARRIAGE BOLTS (73).** *Fasten in place with* **1/4" FLAT WASHERS (70)** *and* **1/4" NYLON LOCK NUTS (71).** *Do not tighten at this time.*

☐ *Locate the* **SEAT (16)** *over the* **SEAT MOUNTING BRACKETS (15)** *so the wide end of the Seat is to the front of the unit. Assemble up through the Brackets and into the bottom of the Seat with* **1/4" X 3/4" ROUND HEAD SCREWS (74).** *Now tighten the Carriage Bolts holding the Brackets.*



STEP 6 LEG EXTENSION ASSEMBLY

PART NAME	QTY
49 5/16" X 2" EYE-BOLT	1
50 5/16" FLAT WASHER	1
51 5/16" NYLON LOCK NUT	2
52 5/16" X 2 1/4" HEX HEAD BOLT	1
84 1 1/2" SQUARE PLASTIC INSERT CAP	1
85 3/4" ROUND PLASTIC INSERT CAP	4



☐ *Cap the bottom end of the* **LEG EXTENSION (19)** *with a* **1 1/2" SQUARE PLASTIC INSERT CAP (84)** *and bolt the* **LEG EXTENSION (19)** *to the bolt hole location at the end of the* **SEAT FRAME (14)** *with a* **5/16" X 2 1/4" HEX HEAD BOLT (52).** *Secure with a* **5/16" NYLON LOCK NUT (51).** *Do not over tighten so that the Leg Extension will be able to swing freely.*

☐ *Press a* **3/4" ROUND INSERT CAP (85)** *into the ends of the two* **3/4" X 13 1/2" LONG PAD BARS (17).** *Wipe a small amount of liquid dish detergent along the length of the Pad Bar. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act an an adhesive. Insert each of the Pad Bars into a* **2 1/4" X 6" FOAM ROLLER (18).**

☐ *Insert a* **3/4" ROUND PLASTIC INSERT CAP (85)** *into each end of a* **3/4" x 13" ROUND PAD BAR (22).** *Wipe a small amount of liquid dish detergent along the length of the Pad Bar and push into a* **3" X 5 3/4" FOAM ROLLER (20).**

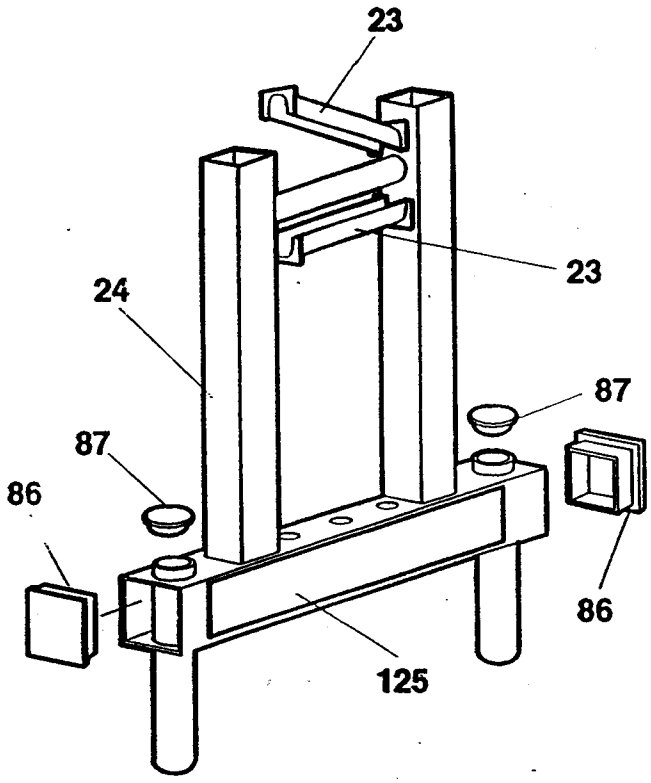
☐ *Insert one* **PAD BAR (17)** *Assembly into the larger access hole at the end of the* **SEAT FRAME (14)** *and slide on a second* **2 1/4" X 6" FOAM ROLLER (18).**

☐ *Insert the other* **PAD BAR (22)** *Assembly into the bottom section of the* **LEG EXTENSION (19)** *and slide on another* **3" X 5 3/4" FOAM ROLLER (20).**

☐ *Bolt a* **2" EYE-BOLT (49)** *into the back side of the lower portion of the* **LEG EXTENSION (19).** *Assemble a* **5/16" FLAT WASHER (50)** *onto the bolt and fasten with a* **5/16" NYLON LOCK NUT (51).**

STEP 7 ARM PRESS ASSEMBLY

PART NAME	QTY
23 4" LONG HALF ROUND PLASTIC PIVOT BUSHING	2
50 5/16" FLAT WASHER	4
51 5/16" NYLON LOCK NUT	2
52 5/16" X 2 1/4" HEX HEAD BOLT	2
71 1/4" NYLON LOCK NUT	4
74 1/4" X 3/4" ROUND HEAD SCREW	4
82 1" ROUND PLASTIC COVER CAP	2
86 1 3/4" SQUARE PLASTIC INSERT CAP	6
87 1" ROUND PLASTIC INSERT CAP	4
94 1/2" O.D. X 3/8" LONG METAL SPACER	2
96 1" I.D. SPRING RETAINER RING	4



☐ *Cap each end of the bottom Cross Tube of the* **ARM PRESS PIVOT BRACKET (24)** *with* **1 3/4" SQUARE PLASTIC INSERT CAPS (86).**

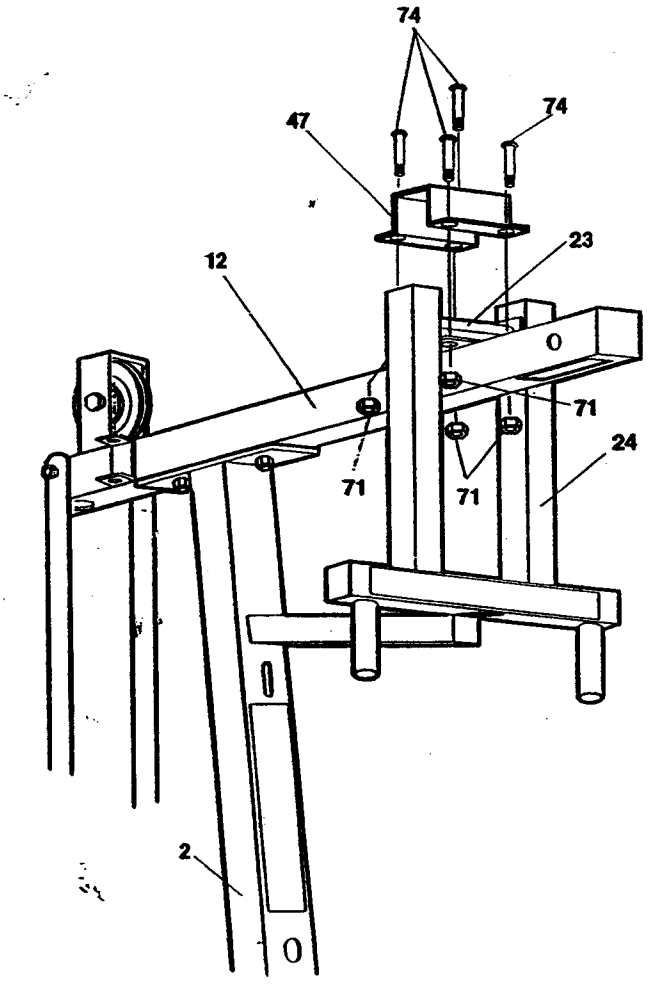
☐ *Cap the top of the Pivot Tubes with a* **1" ROUND PLASTIC INSERT CAP (87).**

☐ *Fit a* **4" LONG HALF ROUND PLASTIC PIVOT BUSHING (23)** *into the* **ARM PRESS PIVOT FRAME (24).** *Assemble this around the round tube welded between the Arm Press Frame. Position a second* **PIVOT BUSHING (23)** *around the tube.*

☐ *Place the* **ARM PRESS CAP (47)** *on top of the* **ARM PRESS PIVOT FRAME (24).** *Align the bolt holes in the Arm Press Cap with the bolt holes in the plate welded to the top side of the* **TOP FRAME (12).**

☐ *Bolt the assembly to the* **TOP FRAME (12)** *with four* **1/4" X 3/4" ROUND HEAD SCREWS (74)** *by bolting down through the top of the* **ARM PRESS CAP (47)** *and then through the bolt holes in the welded plate on the Top Frame. Secure with* **1/4" NYLON LOCK NUTS (71).**

☐ *Remove the* **POWER STACK DECAL (125)** *from the backing sheet and position the Decal to the front of the Cross Tube on the* **ARM PRESS PIVOT FRAME (125).**



☐ *Cap each end of the* **ARM PRESS ARMS (26)** *with* **1 3/4" SQUARE PLASTIC INSERT CAPS (86).**

☐ *Press the* **ARM PRESS ARMS (26)** *onto the 1" Pivot Tubes welded in the* **ARM PRESS PIVOT FRAME (24).**

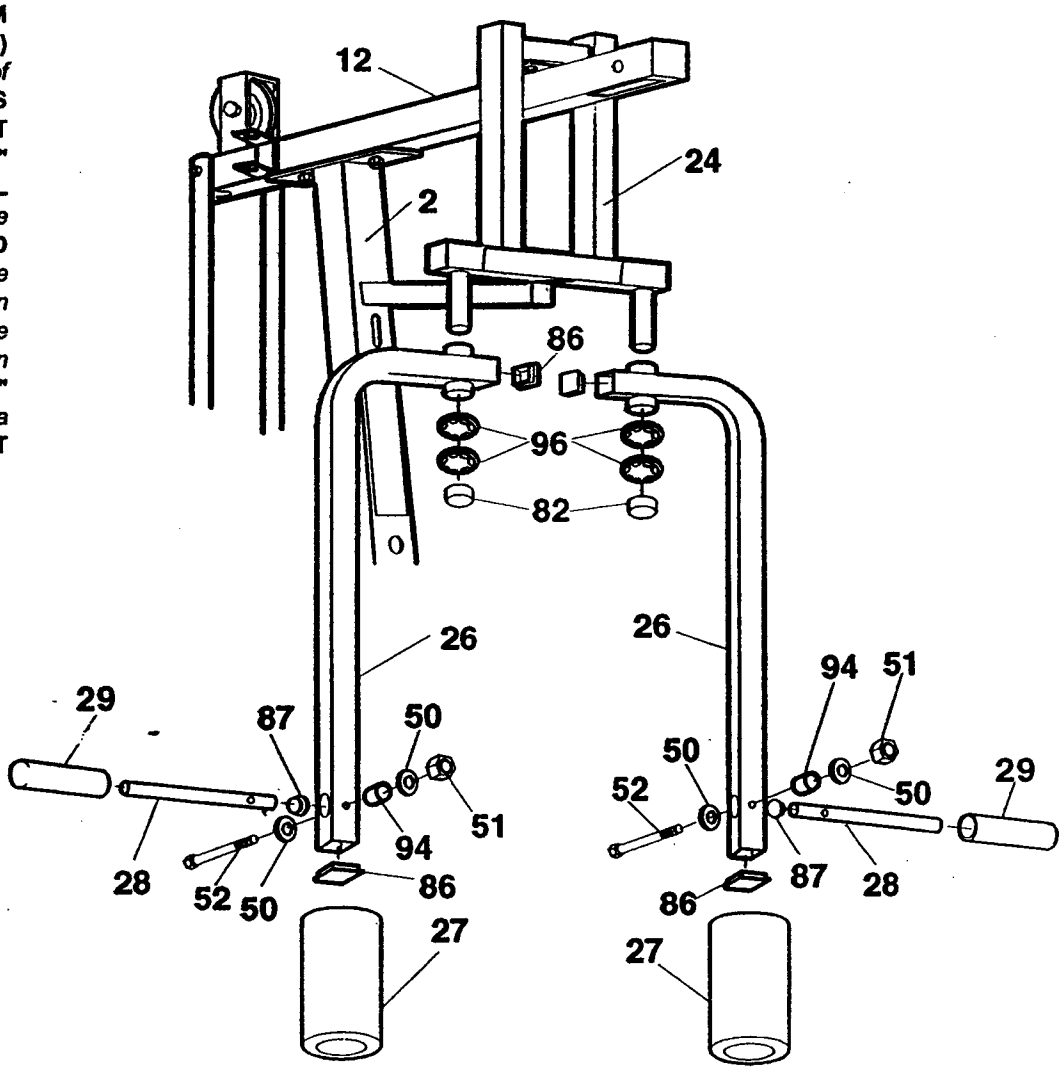
☐ *Secure the* **ARM PRESS ARMS (26)** *onto the Pivot Tube with two* **1" I.D. SPRING RETAINER RINGS (96)** *and cap the tube end with a* **1" ROUND PLASTIC COVER CAP (82).**

» **NOTE:** *The Spring Clips are made so that the teeth tilt to one side. Align the clips so the teeth are pointed down. The 1" Cover Cap can be used to help drive the clips onto the Pivot Tube. Align the clips and cap with the tube end and lightly drive the assembly in place with the aid of a hammer.*

☐ *Squeeze a small amount of liquid detergent into the* **3 1/4" X 7" FOAM ROLLERS (27)** *and slide the Rollers onto the Arm Press Arms and position them about 5" up from the Arm Press end.*

☐ *Insert the* **1" X 7" ARM PRESS HANDLES (28)** *into the bottom section of the* **ARM PRESS ARMS (26).** *Fit a* **5/16" FLAT WASHER (50)** *and a* **1/2" O.D. X 3/8" LONG METAL SPACER (94)** *onto the* **5/16" X 2 1/4" HEX HEAD BOLTS (52)** *and attach the Handles by bolting in through the back of the Arm Press Arms. Fasten each with another* **5/16" FLAT WASHER (50)** *and a* **5/16" NYLON LOCK NUT (51).**

☐ *Insert a* **1" ROUND PLASTIC INSERT CAP (82)** *into inside end of each* **ARM PRESS HANDLE (28)** *and slide a* **SPRING GRIP (29)** *onto the outside end of each handle.*



STEP 8 DIP STATION ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	4
51 5/16" NYLON LOCK NUT	4
53 5/16" X 2 3/4" HEX HEAD BOLT	2
58 5/16" X 2" HEX HEAD BOLT	2
70 1/4" FLAT WASHER	6
72 1/4" X 2 1/2" ROUND HEAD SCREW	2
75 1/4" X 2" ROUND HEAD SCREW	4
84 1 1/2" SQUARE PLASTIC INSERT CAP	2
87 1" ROUND PLASTIC INSERT CAP	2

☐ *Cap the front ends of the* **DIP ARMS (43)** *with* **1 1/2" SQUARE PLASTIC INSERT CAPS (84).**

☐ *Attach the* **DIP ARMS (43)** *to the left side of the* **STEPPER UPRIGHT (4)** *with two* **5/16" X 2 3/4" HEX HEAD BOLTS (53)** *and* **5/16" NYLON LOCK NUTS (51).**

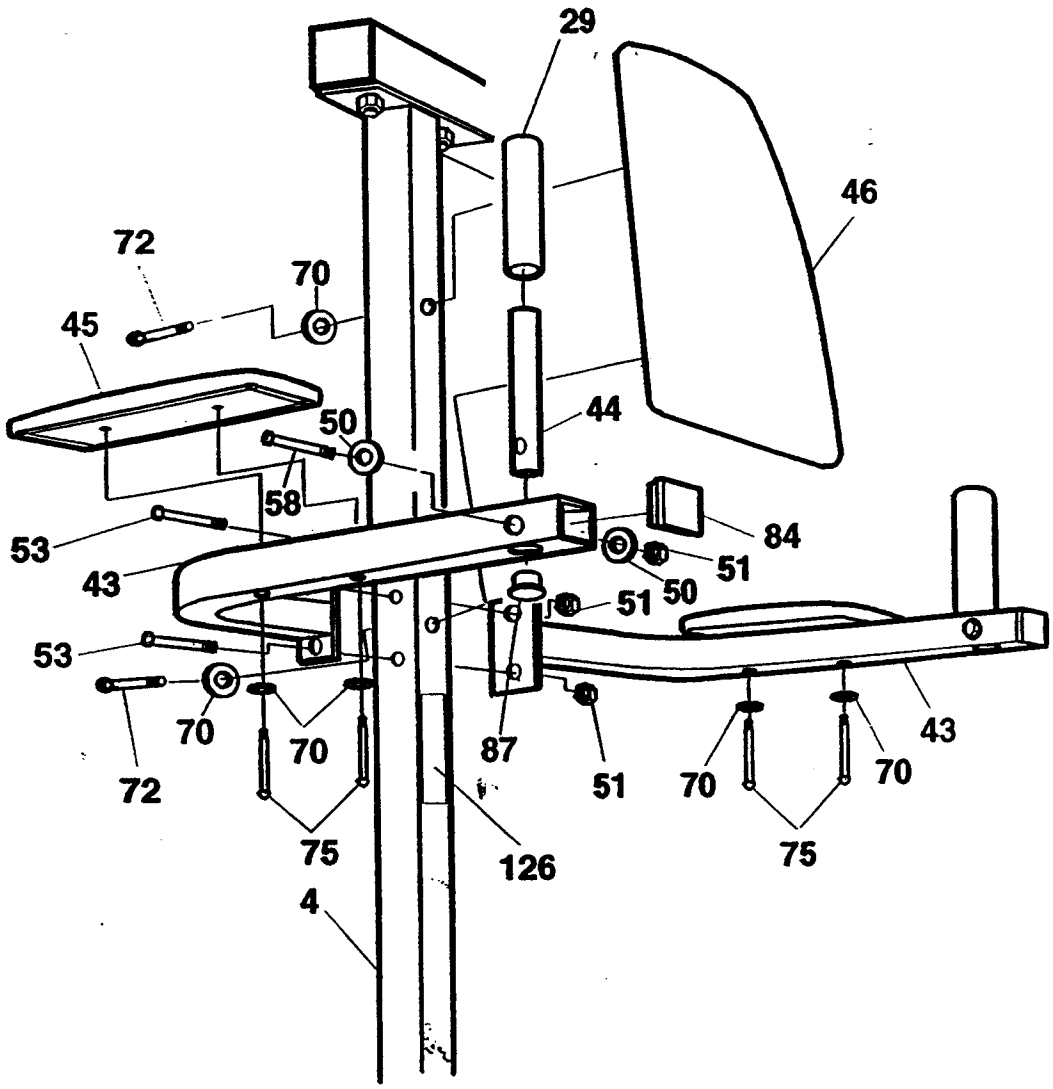
☐ *Cap bottom end of each* **DIP HANDLE (44)** *with a* **1" ROUND PLASTIC INSERT CAP (87)** *and slide a* **1" X 5" PLASTIC GRIP (29)** *onto the top end of each Handle.*

☐ *Assemble the* **DIP HANDLES (44)** *down into the ends of the* **DIP ARMS (43)** *and fasten into place by first assembling* **5/16" FLAT WASHERS (50)** *onto two* **5/16" X 2" HEX HEAD BOLTS (58)** *and then fastening through the outside end of the Arms and through the Handles. Assemble another* **5/16" FLAT WASHER (50)** *onto each of the Bolts and secure with* **5/16" NYLON LOCK NUTS (51).**

☐ *Attach* **SMALL ARM PADS (45)** *to the Dip Arms using* **1/4" X 2" ROUND HEAD SCREWS (75)** *and* **1/4" FLAT WASHERS (70).**

☐ *Assemble the* **DIP STATION BACKREST (46)** *to the* **STEPPER UPRIGHT (4)** *by assembling* **1/4" FLAT WASHERS (70)** *onto two* **1/4" X 2 1/2" ROUND HEAD SCREWS (72)** *and bolting through the back up the Upright and into the back of the Backrest.*

☐ *Remove the* **STATION TWO DECAL (126)** *from the backing sheet and adhere to the* **STEPPER UPRIGHT (4)** *directly under the* **DIP ARMS (43).**

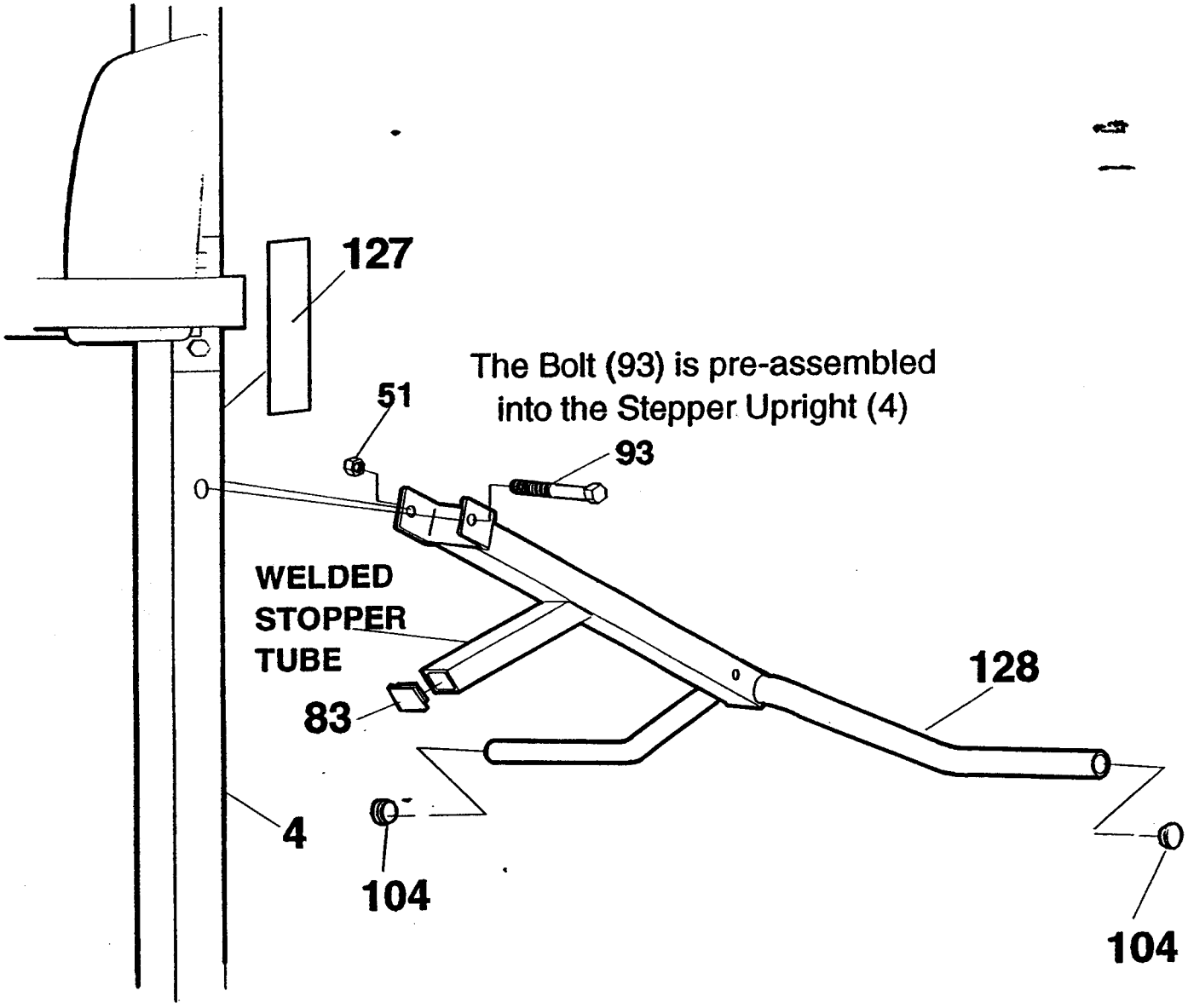


STEP 9 SQUAT ARM ASSEMBLY

PART NAME	QTY
51 5/16" NYLON LOCK NUT	1
83 1 1/4" SQUARE PLASTIC INSERT CAP	1
93 5/16" x 3 1/4" HEX HEAD BOLT - GRADE 5	1
104 1 1/4" ROUND PLASTIC INSERT CAP	2

☐ *Press* **1 1/4" ROUND PLASTIC INSERT CAPS (104)** *into the Handlebar ends of the* **SQUAT ARM (128).**

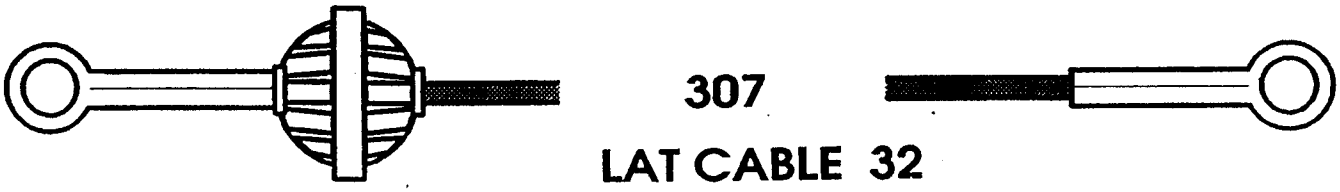
☐ *Press a* **1 1/4" SQUARE PLASTIC INSERT CAP (83)** *into the Welded Stopper Tube on the* **SQUAT ARM (128).**



☐ *Assemble the* **SQUAT ARM (128)** *to the* **STEPPER UPRIGHT (4)** *using a* **5/16" X 3 1/4" HEX HEAD BOLT - GRADE 5 (93) (THIS BOLT IS PRE-ASSEMBLED INTO THE STEPPER UPRIGHT (4) AT THE FACTORY)** *and a* **5/16" NYLON LOCK NUT (51).** *Tighten securely but not so tight that the Arm can not swing freely on the Bolt.*

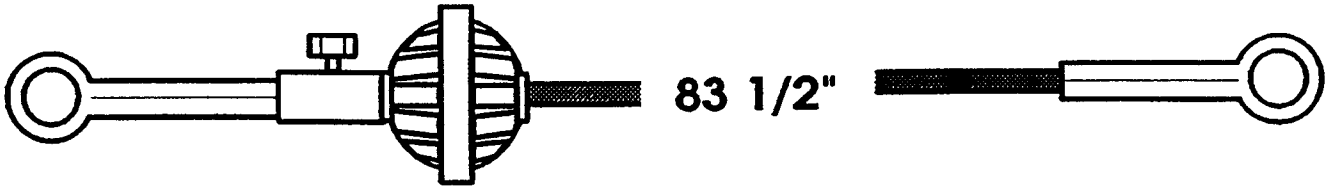
☐ **SQUAT STATION DECAL (127)** *from the backing sheet and attach to the* **STEPPER UPRIGHT (4)** *above the Welded Metal Tube on the Squat Station side.*

CABLES



307

LAT CABLE 32



83 1/2"

WEIGHT STACK CABLE 40

AVOID CABLE PROBLEMS:

Woven Cable, like the type used on this Gym, stretch as they become broken in. It is critical to the function of the Gym that excess Cable slack be kept adjusted out of the Cable run. For the Lat Pull-Down and the Bench Press, this is done at the Low Pulley Cable adjustment. Always keep excess slack adjusted out of the Cable run. Anything more than 1 inch of slack will take away from a full range of conditioning.

Also, periodic lubrication of all moving parts; Pulleys, Brackets, Guide Wheels, and Guide Rods will eliminate excess friction and let the system work smoothly.

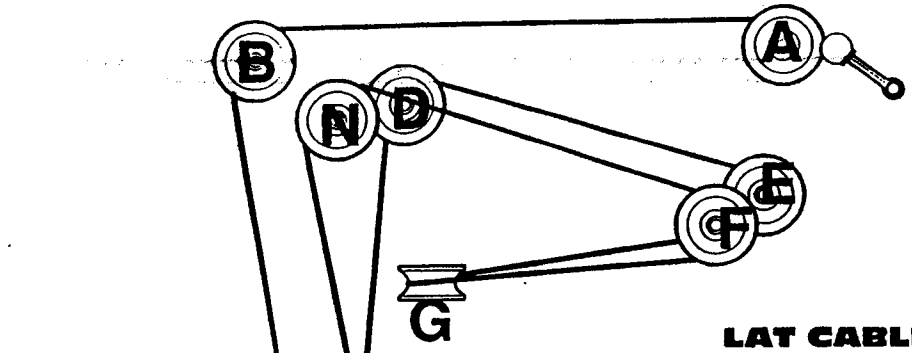
IF YOUR HOME GYM FEELS LIKE IT IS BINDING UP, READ THE FOLLOWING:

During use, if it ever feels like the exercise is binding up, stop immediately and check the Cable run and Pulleys to see if a Cable has jumped off a Pulley or if it is binding on a Cable Trap Bracket. Prompt attention may prevent Cable damage.

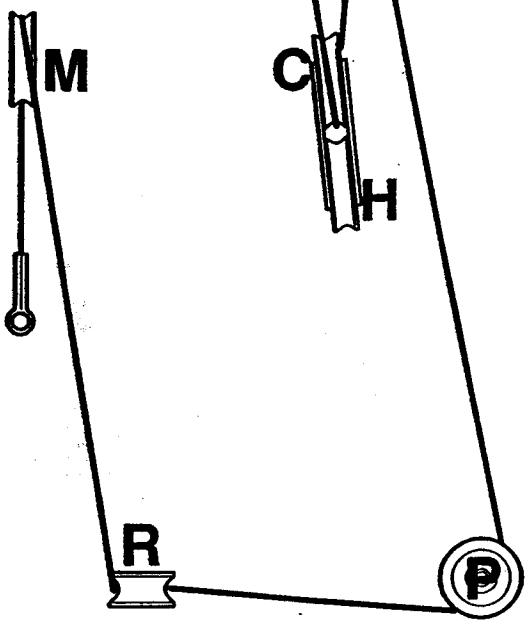
SAFETY TIPS:

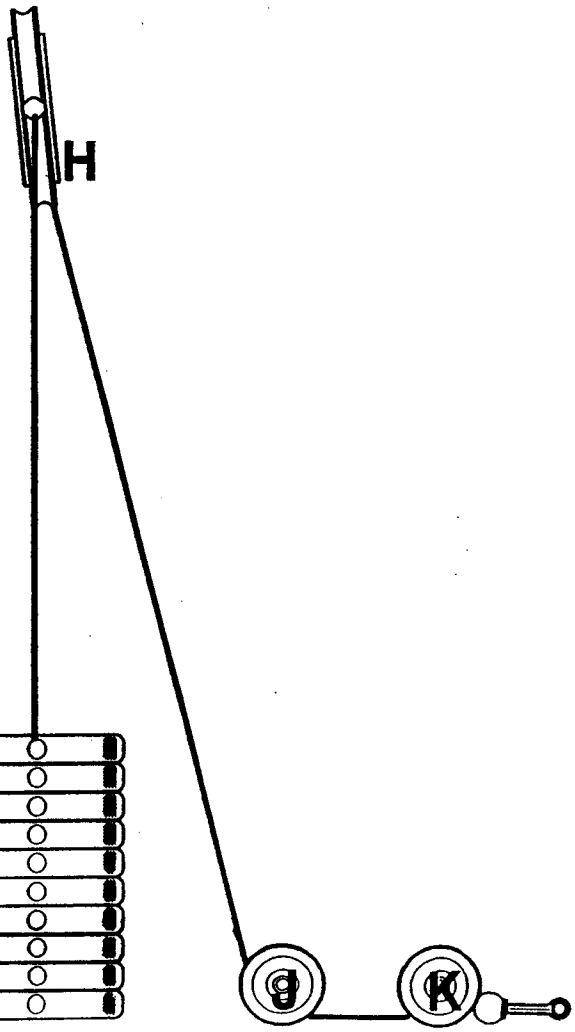
- ☐ ALWAYS MAKE CERTAIN THAT SMALL CHILDREN ARE CLEAR OF THE UNIT WHILE IN USE.
- ☐ DO NOT ALLOW CHILDREN TO PLAY ON THIS EQUIPMENT UNATTENDED.
- ☐ NEVER PUT YOUR HANDS, FINGERS, OR OTHER PARTS OF YOUR BODY BETWEEN MOVING PARTS OR WEIGHTS WHILE THE GYM IS IN USE.
- ☐ KEEP ALL BOLTS AND FASTENERS TIGHTENED.

CABLE ROUTING DRAWINGS FOR BOTH CABLES



LAT CABLE 32

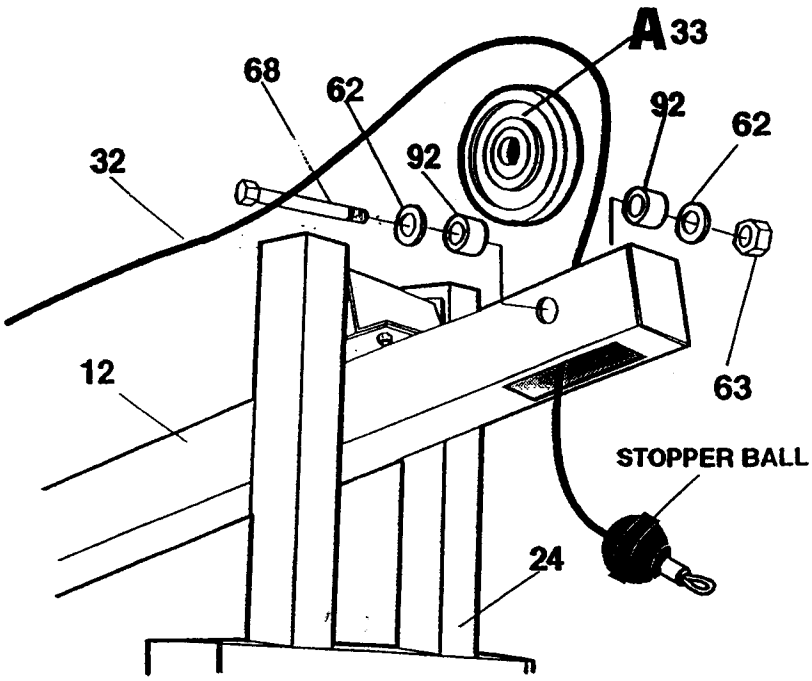




WEIGHT STACK CABLE 40

STEP 10 CABLE ASSEMBLIES

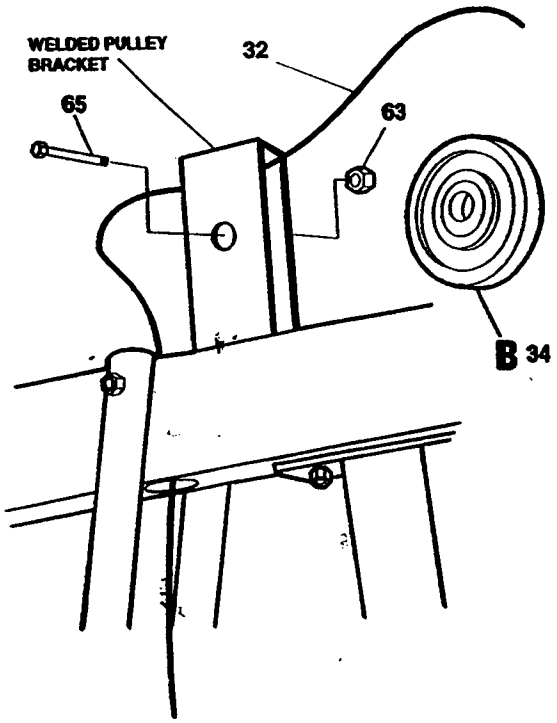
PART NAME	QTY
33 4 1/2" PULLEY	4
34 3 1/2" PULLEY	9
41 PLASTIC GUIDE BRACKET	1
50 5/16" FLAT WASHER	5
51 5/16" NYLON LOCK NUT	9
52 5/16" X 2 1/4" HEX HEAD BOLT	2
54 5/16" X 2 1/2" HEX HEAD BOLT	2
55 5/16" X 1 1/2" HEX HEAD BOLT	1
57 5/16" X 3" HEX HEAD BOLT	1
59 5/16" JAM NUT	1
60 5/16" X 3 1/4" HEX HEAD BOLT	2
61 5/16" X 3 1/2" HEX HEAD BOLT	1
62 3/8" FLAT WASHER	4
63 3/8" NYLON LOCK NUT	13
64 3/8" X 2 1/4" HEX HEAD BOLT	1
65 3/8" X 1 3/4" HEX HEAD BOLT	9
66 3/8" X 4 1/4" HEX HEAD BOLT	1
67 3/8" X 3 1/4" HEX HEAD BOLT	1
68 3/8" X 2 3/4" HEX HEAD BOLT	1
91 1/2"X 1" LONG METAL BUSHING	1
92 1/2" X 1/2" LONG SPACER	2
105 S-HOOK	2
129 3 1/2" "V" PULLEY	1



☐ *Select the* **307" LONG LAT CABLE (32)** *and insert the Cable up through the slot at the front of the* **TOP FRAME (12).** *Bring the Cable back along the Top Frame, through the Bracket on the top of the Frame and down through the access hole in the Frame. Pull the Cable completely through until the Stopper Ball is against the under side of the Frame.*

☐ *From underneath the* **TOP FRAME (12),** *fit a* **4 1/2" PULLEY (A) (33)** *up into the slot in the front of the Top Frame and position the* **LAT CABLE (32)** *into the Pulley groove. Slide a* **3/8" FLAT WASHER (62)** *and a* **1/2" X 1/2" LONG METAL SPACER (92)** *onto a* **3/8" X 2 3/4" HEX HEAD BOLT (68)** *and assemble the Bolt through the Top Frame and Pulley. Slide another* **1/2" LONG SPACER (92)** *and* **3/8" FLAT WASHER (62)** *over the Bolt and secure with a* **3/8" NYLON LOCK NUT (63).**

☐ *Fit a* **3 1/2" PULLEY (B) (34)** *under the* **LAT CABLE (32)** *and position the Pulley inside the Welded Pulley Bracket atop the* **TOP FRAME (12).** *Bolt in place with a* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *and* **3/8" NYLON LOCK NUT (63).**

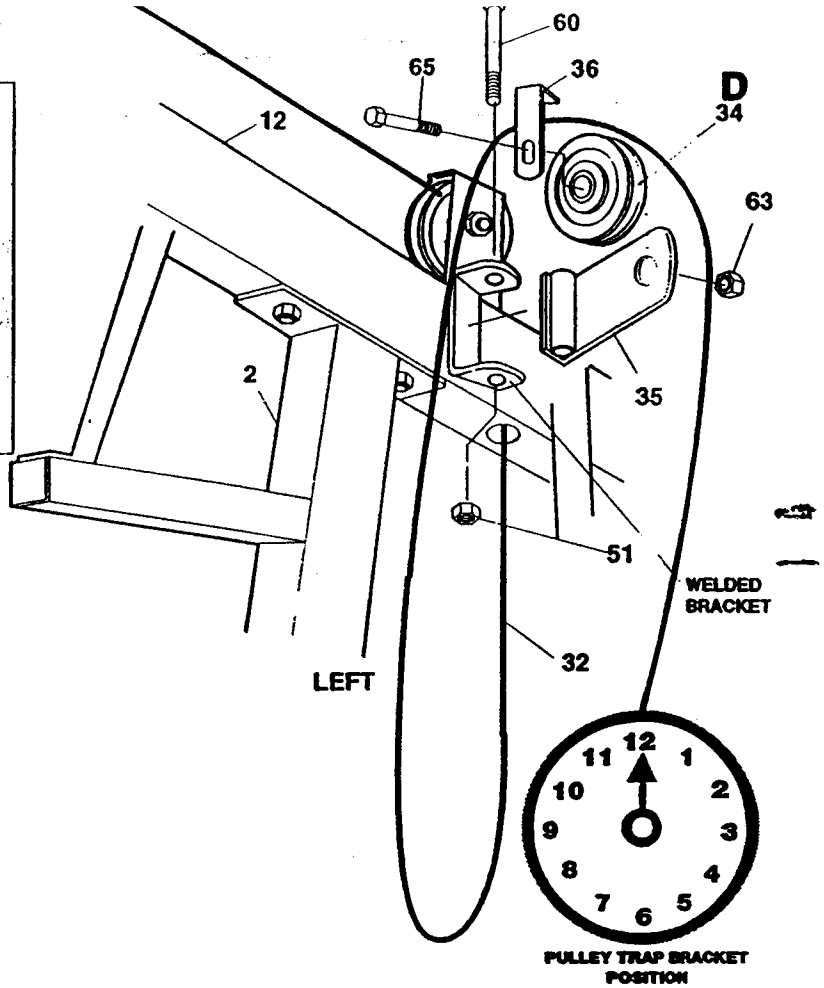


☐ *To install the* **LAT CABLE (32)** *into the* **3 1/2" PULLEY (B) (34),** *it will be necessary to remove the Pulley by unfastening the* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *and* **3/8" NYLON LOCK NUT (63).** *Remove the Pulley and assemble the Cable onto the Pulley and re-install the Pulley in the Welded Pulley Bracket.*

☐ *Loop the* **CABLE (32)** *approximately half way down the side of the unit.*

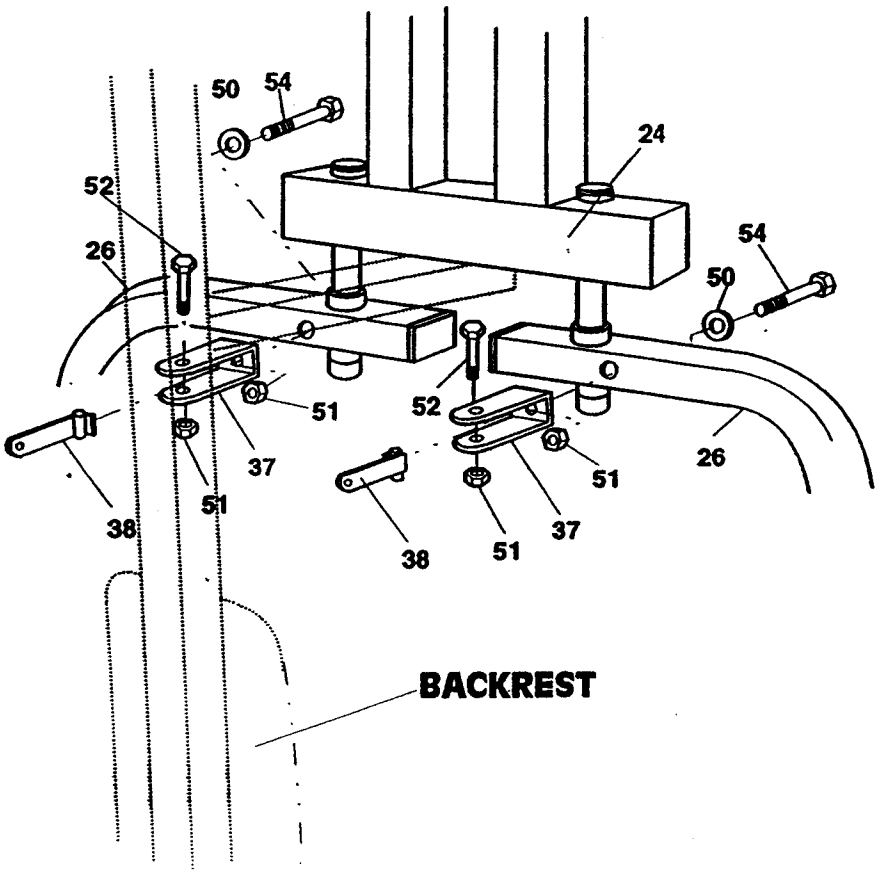
☐ *With a* **3 1/2" PULLEY (D) (34),** *bring the* **CABLE (32)** *up and fit it into the Pulley and then in place from the back side with the* **CABLE TRAP BOLT** *the Pulley assembly to the side of the* **PIVOT BRACKET** *with a* **5/16" X 1 3/4" HEX HEAD BOLT (60)** *and* **5/16" NYLON LOCK NUT (51).** *The Cable Trap should be approximately 1/16" from the Pulley rim and located at the twelve o'clock position.*

☐ **SPECIAL NOTE:** *The pre-assembly of the* **3 1/2" PULLEY (D) (34),** *the* **PULLEY PIVOT BRACKET (35),** *and the* **CABLE TRAP BRACKET (36)** *is only finger tight to allow for assembly of the* **LAT CABLE (32).** *Fit the Cable over the* **PULLEY (D)** *and assemble the* **PULLEY PIVOT BRACKET (35)** *to the Welded Bracket on the* **LEFT** *side of the* **TOP FRAME (12)** *using a* **5/16" X 3 1/4" HEX HEAD BOLT (60)** *to bolt down through the top of the Welded Bracket and then through the Pivot Bracket. Position the Cable Trap Bracket at the twelve o'clock position and secure with a* **5/16" NYLON LOCK NUT (51).** *Tighten this complete assembly securely at this time.*

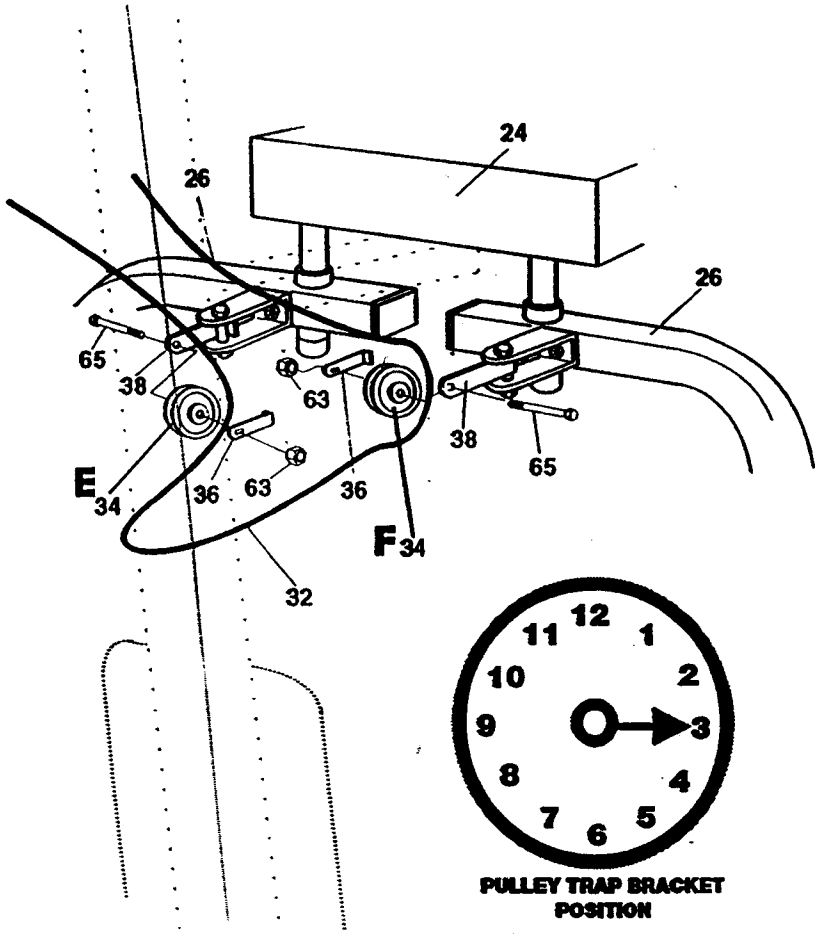


☐ *Select the* **12" LONG "U" BRACKETS (37)** *and attach both brackets to the back of the* **ARM PRESS ARMS (26)** *by assembling the* **FLAT WASHERS (50)** *onto the* **5/16" X 1 3/4" HEAD BOLTS (54)** *and then through the* **ARM PRESS ARMS** *and then through the* **"U" BRACKETS (37)** *on the inside of the* **ARM PRESS ARMS (26)** *and secure with* **5/16" NYLON LOCK NUTS (51).**

☐ *Attach the* **12" LONG ARM PRESS PIVOT BRACKET (38)** *to the* **ARM PRESS "U" BRACKETS (37)** *on the outside of the* **ARM PRESS ARMS (26)** *and secure in place with* **5/16" X 1 1/4" HEX HEAD BOLT (52)** *and* **5/16" NYLON LOCK NUTS (51)** *to make this assembly to both* **ARM PRESS ARMS (26).**



☐ *With two* **3" LONG "L" CABLE TRAP BRACKETS (36)** *and two* **3 1/2" PULLEYS (E) & (F) (34)**, *trap the* **LAT CABLE (32)** *into the Pulleys and bolt this assembly to the inside of the* **ARM PRESS PIVOT BRACKETS (38)** *with* **3/8" X 1 3/4" HEX HEAD BOLTS (65)** *and* **3/8" NYLON LOCK NUTS (63)**. *Before tightening, position the Cable Trap so it is about 1/16" from the rim of the Pulley and is at the three o'clock position.*



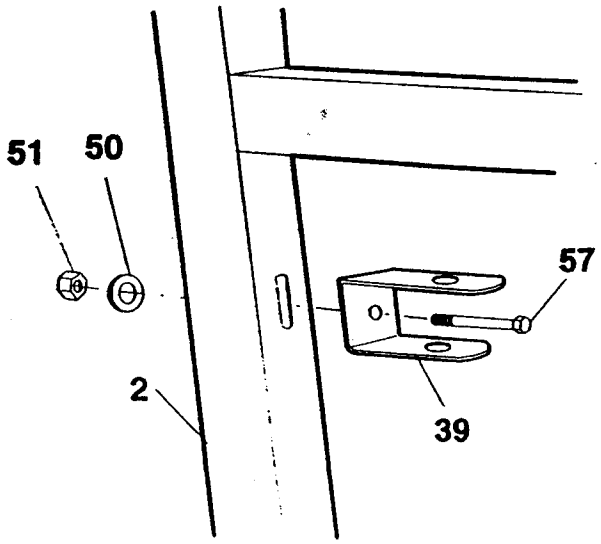
PULLEY TRAP BRACKET POSITION

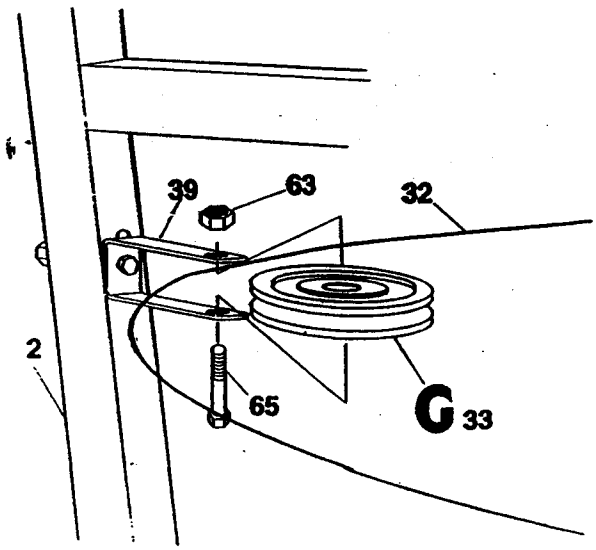
☐ **SPECIAL NOTE:** *The pre-assembly of the* **"U" BRACKETS (37)**, *the* **ARM PRESS PIVOT BRACKETS (38)**, *the* **3 1/2" PULLEYS (E) & (F) (34)**, *and the* **CABLE TRAP BRACKETS (36)** *have been assembled only finger tight so that the* **LAT CABLE (32)** *can be assembled into the Pulley. Assemble the Cable into the Pulleys and position the Trap Brackets at the three o'clock position. Tighten this assembly.*

☐ *Remove the* **4 1/2" PULLEY G (33)** *that was pre-assembled into the* **3" LONG "U" PULLEY BRACKET (39)** *by removing the* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *and* **3/8" NYLON LOCK NUT (63).**

☐ *Using a* **5/16" X 3" HEX HEAD BOLT (57)**, *insert the Bolt through the* **3" LONG "U" PULLEY BRACKET (39)** *and fasten the Bracket to the front side of the* **ARM PRESS UPRIGHT (2)** *just above the Backrest.* **"IMPORTANT":** *This Bracket must* **NOT** *be tightened against the Upright. Fit a* **5/16" FLAT WASHER (50)** *and a* **5/16" NYLON LOCK NUT (51)** *onto the Bolt and tighten only enough that the Bolt comes through the Nut just a few threads. This will let the Bracket stand away from the Frame about 1/4 inch. The Bracket must be allowed to pivot up and down.*

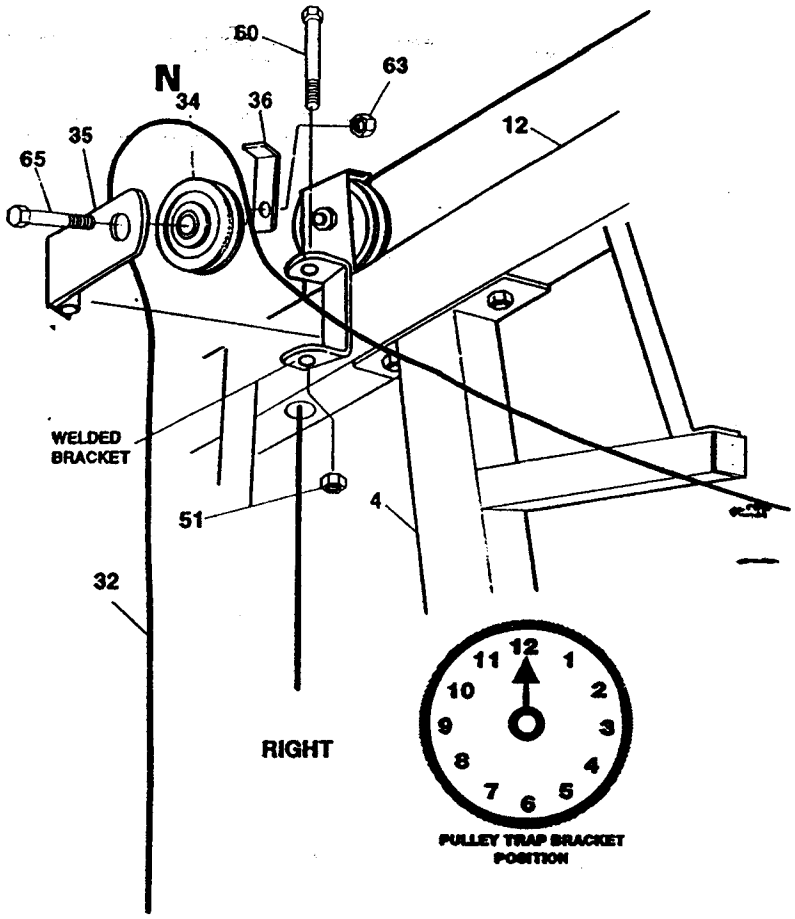
☐ *At a point mid-way between* **PULLEY E (34)** *and* **PULLEY F (34)** *on the back of the* **ARM PRESS ARMS (26)**, *pull the* **LAT CABLE (32)** *back to the* **ARM PRESS UPRIGHT (2)** *Assemble the Cable onto the* **4 1/2" PULLEY G (33)** *and re-assemble the Pulley into the* **3" LONG "U" PULLEY BRACKET (39)**, *trapping the Cable in the Bracket. Using a* **3/8" X**





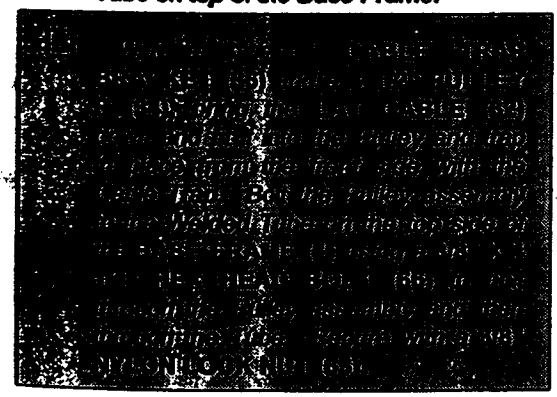
☐ *Bring the* **LAT CABLE (32)** *up to the* **RIGHT** *side of the* **TOP FRAME (12)** *to the Welded Bracket.*

☐ *With a* **3" "L" CABLE TRAP BRACKET (36)** *and a* **3 1/2" PULLEY N (34)**, *bring the* **LAT CABLE (32)** *up and fit it into the Pulley and then down from the back side with the Cable Trap. Bolt the Pulley assembly to the inside of the* **PULLEY PIVOT BRACKET (35)** *with a* **5/16" X 3 1/4" HEX HEAD BOLT (60)** *and a* **5/16" NYLON LOCK NUT (51)**. *The Cable Trap should be approximately 1" to 1 1/2" from the Pulley rim and located at the twelve o'clock position.*

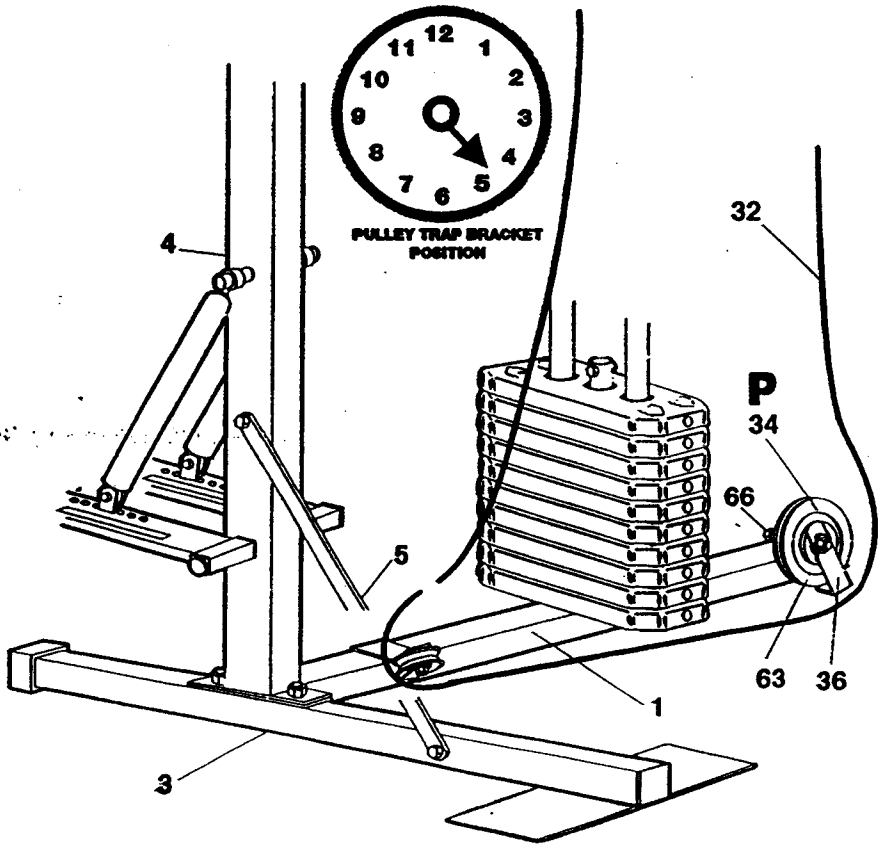


☐ **SPECIAL NOTE:** *The pre-assembly of the* **3 1/2" PULLEY N (34)**, *the* **PULLEY PIVOT BRACKET (35)**, *and the* **CABLE TRAP BRACKET (36)** *is only finger tight to allow for assembly of the* **LAT CABLE (32)**. *Fit the Cable over* **PULLEY N** *and assemble the* **PULLEY PIVOT BRACKET (35)** *assembly to the Welded Bracket on the* **RIGHT** *side of the* **TOP FRAME (12)** *using a* **5/16" X 3 1/4" HEX HEAD BOLT (60)** *to bolt down through the top of the Welded Bracket and then through the Pivot Bracket. Position the Cable Trap Bracket at the twelve o'clock position and secure with a* **5/16" NYLON LOCK NUT (51)**. *Tighten this complete assembly securely at this time.*

☐ *Now, bring the* **LAT CABLE (32)** *down to the* **BASE FRAME (1)** *to* **PULLEY P (34)** *pre-assembled to the Welded Tube on top of the Base Frame.*



☐ **SPECIAL NOTE:** *The pre-assembly of the* **3 1/2" PULLEY P (34)** *and the* **CABLE TRAP BRACKET (36)** *has been assembled only finger tight so that the* **LAT CABLE (32)** *may be assembled into the Pulley at this time. Assemble the Cable into the Pulley and tighten this assembly.*



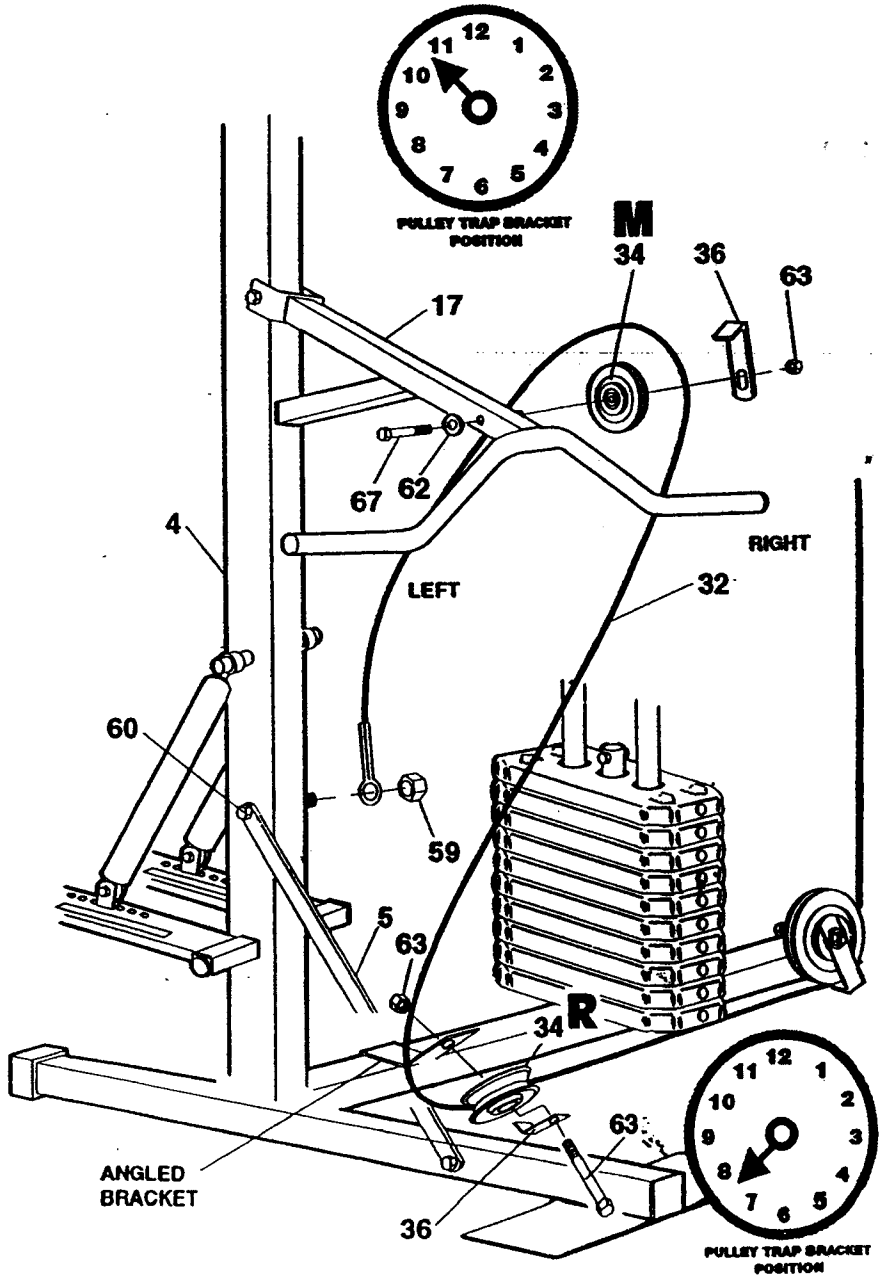
☐ *Continue now to take the* **LAT CABLE (32)** *end to the rear of the unit to the* **3 1/2" "V" PULLEY R (129)** *pre-assembled to the Angled Bracket on the* **BASE FRAME (1).**

☐ *With a* **3" "L" CABLE TRAP BRACKET (36)** *and a* **3 1/2" "V" PULLEY R (129)**, *bring the* **LAT CABLE (32)** *rearward and fit it into the Pulley and trap it in place with the Trap Bracket. Bolt the Pulley assembly to the outside of the Angled Bracket on the* **BASE FRAME (1)** *using a* **3/8" X 2 1/2" HEX HEAD BOLT (64)** *to bolt through the Pulley and tighten the Bracket. Position the Cable Trap Bracket at about the eight o'clock position and secure tightly with a* **3/8" NYLON LOCK NUT (63).**

☐ *Assemble the* **CABLE (32)** *into* **3 1/2" "V" PULLEY R (129)** *and position the* **CABLE TRAP BRACKET (36)** *at about the eight o'clock position. Secure the assembly tightly.*

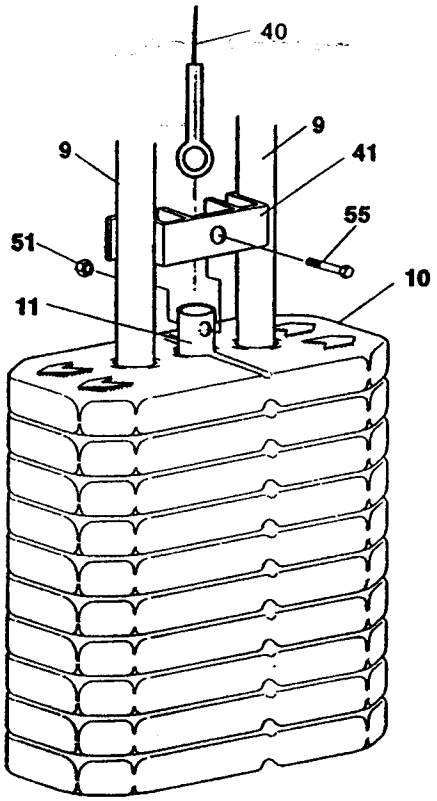
☐ *Now bring the* **CABLE (32)** *back up to the* **RIGHT** *side (as you face the Squat Arm) of the* **SQUAT ARM (128)** *and loop around a* **3 1/2" PULLEY M (34)** *so that the Cable runs over the Pulley from front to back. Fasten to the Squat Arm by first assembing a* **3/8" FLAT WASHER (62)** *onto a* **3/8" X 3 1/4" HEX HEAD BOLT (67)** *and bolting through one side of the Arm. Attach the* **3 1/2" PULLEY M (34)** *and a* **CABLE TRAP BRACKET (36).** *Position the Trap Bracket at about the ten o'clock position and secure with a* **3/8" NYLON LOCK NUT (63).**

☐ *Take the* **LAT CABLE (32)** *now back down to where the* **STRAP BRACE (5)** *is attached to the* **STEPPER UPRIGHT (4).** *Assemble the Cable onto the* **BOLT (60)** *end and secure with another* **5/16" JAM NUT (59).** *Tighten securely but leave enough space so that the Cable can rotate on the Bolt.*



☐ *Assemble the* **83 1/2" WEIGHT STACK CABLE (40)** *to the* **SELECTOR TUBE (11).** ***First, be sure that the Metal Adjuster Ferrule and Rubber Stopper Ball are positioned to the end of the Cable so the Adjuster Ferrule is between the Ball and the stake eye of the Cable. Insert the other stake eye of the Cable into the end of the Selector Tube. Position the molded*** **PLASTIC GUIDE BRACKET (41)** *so it fits behind the Selector Tube and in front of the* **GUIDE RODS (9).**

☐ *Bolt through the* **SELECTOR TUBE (11), CABLE (40)** *end, and* **GUIDE BRACKET (41)** *with a* **5/16" X 1 1/2" HEX HEAD BOLT (55)** *and a* **5/16" NYLON LOCK NUT (51).**

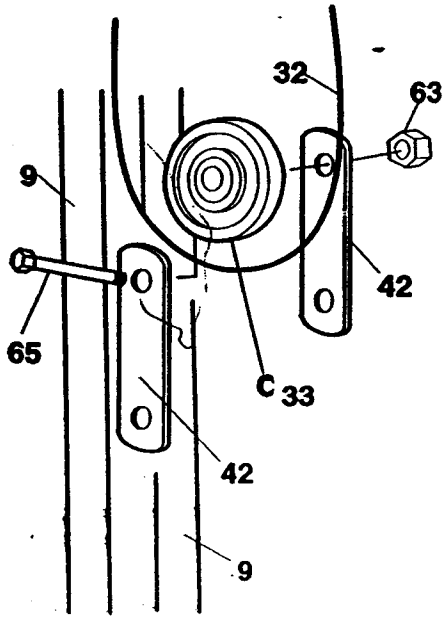


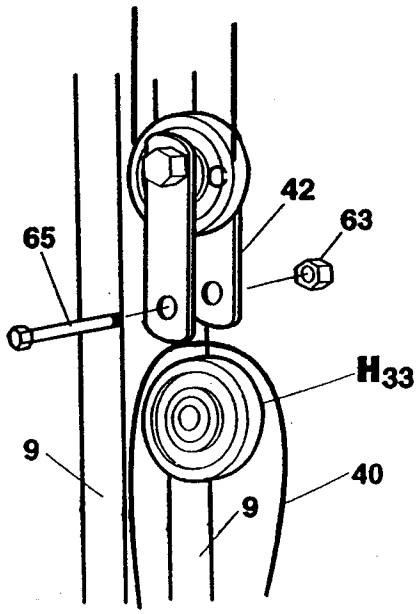
☐ *Slide the* **PULLEY (33)** *and two* **5 3/4" LONG FLAT DUAL CABLE CONNECTOR BRACKETS (42)** *With a* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *bolt the Pulley between the Brackets and secure with a* **3/8" NYLON LOCK NUT (63).**

Feed the **LAT CABLE (32)** *as it comes down through the* **TOP FRAME (12)** *and fit the Pulley and Bracket assembly into the Cable.*

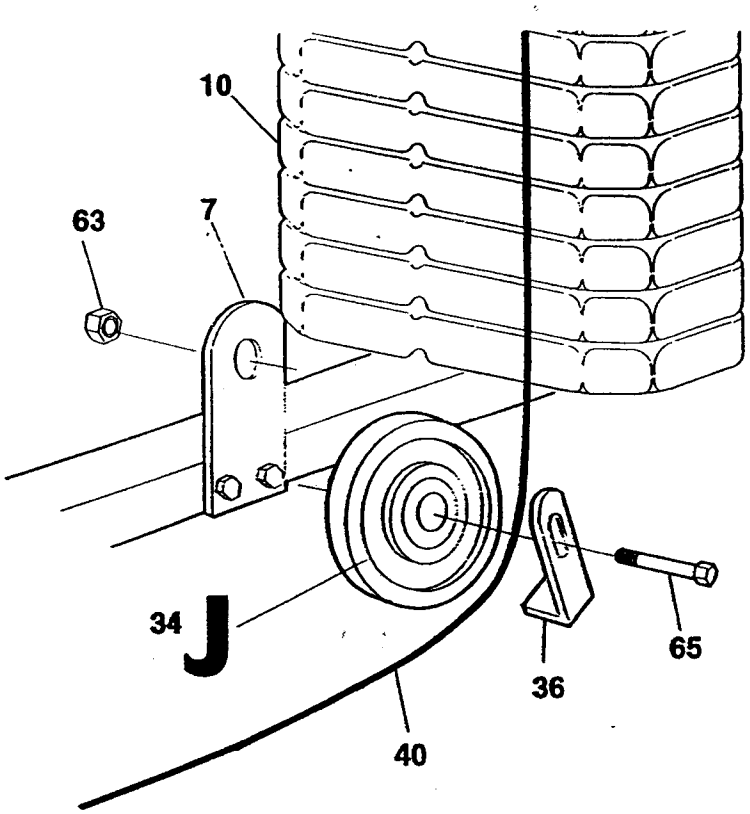
Assemble the **PULLEY (33)**, *fit the* **WEIGHT STACK CABLE (40)** *into the Pulley and bolt the Pulley and Cable into the* **DUAL CABLE BRACKETS (42)** *with a* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *and a* **3/8" NYLON LOCK NUT (63).**

☐ *To assemble the* **LAT CABLE (32)** *and the* **WEIGHT STACK CABLE (40)** *into the* **DUAL CABLE CONNECTOR BRACKETS (42),** ***it will be necessary to remove one Pulley from the Dual Cable Connector Brackets by removing a*** **3/8" X 1 3/4" HEX HEAD BOLT (65)** ***from the assembly. After removing the one Pulley, fit the remaining Pulley and Dual Cable Connector Brackets onto the*** **LAT CABLE (32).** ***Assemble the*** **WEIGHT STACK CABLE (40)** ***onto the other Pulley and bolt the Pulley and Cable back into the Dual Cable Connector Brackets.***



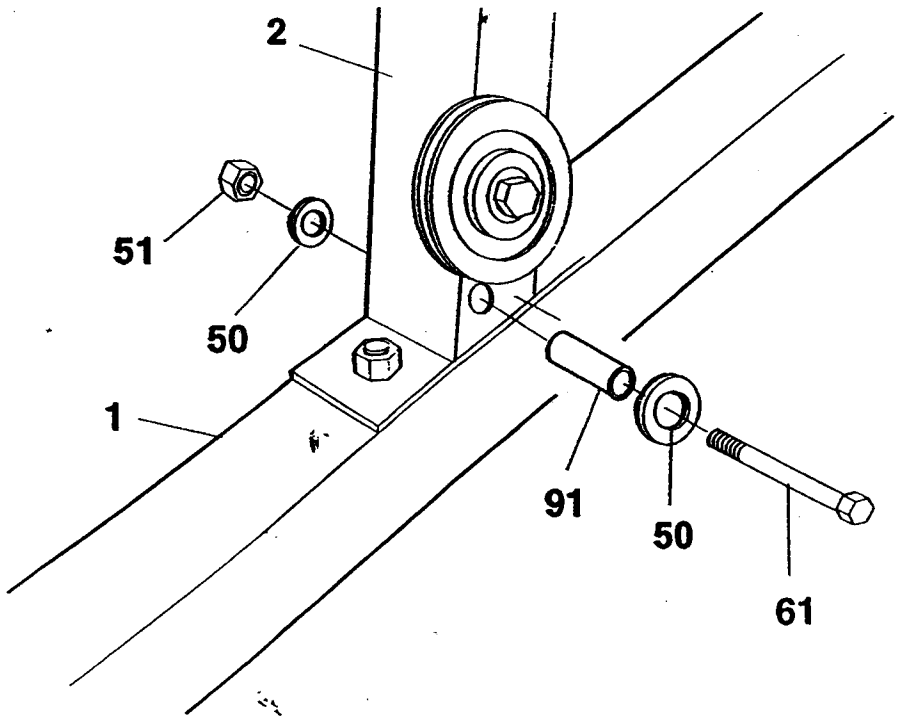


☐ *Bring the* **WEIGHT STACK CABLE (40)** *down and select a* **3" LONG "J" CABLE TRAP BRACKET (36)** *and a* **3 1/2" PULLEY "J" (34).** *Fit the Pulley over the Cable and also the Cable Trap Bracket on the Pulley so that the Bracket holds the Cable inside Pulley. With a* **1 1/4" HEX HEAD BOLT (65)** *fasten the Cable Trap Bracket to the* **BASE PULLEY BRACKET (7)** *on the left side of the* **BASE FRAME (1)** *just to the front of the Weight Stack. Align the Cable Trap Bracket at about four o'clock and fasten with a* **3/8" NYLON LOCK NUT (63).**



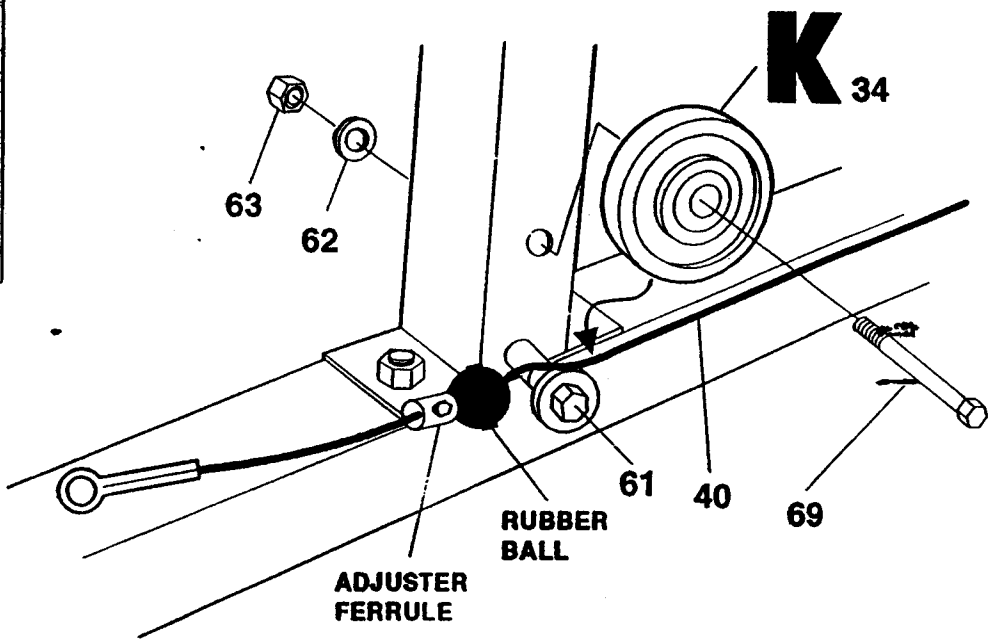
☐ **SPECIAL NOTE:** *Bring the* **WEIGHT STACK CABLE (40)** *down to the pre-assembly of the* **3 1/2" PULLEY (J) (34)** *and the* **CABLE TRAP BRACKET (36)** *to the* **BASE PULLEY BRACKET (7)** *on the* **LEFT** *side of the* **BASE FRAME (1).** *This assembly has been assembled only finger tight so that the* **WEIGHT STACK CABLE (40)** *may be assembled into the Pulley at this time. Assemble the Cable into the Pulley and position the Cable Trap Bracket at about the four o'clock position. Tighten this assembly.*

☐ *Put a* **5/16" FLAT WASHER (50)** *and a* **1/2" X 1" LONG METAL SPACER (91)** *onto a* **5/16" X 3 1/2" HEX HEAD BOLT (61)** *and assemble the Bolt through the Bolt hole at the low front position of the* **ARM PRESS UPRIGHT (2).** *Fasten with another* **5/16" FLAT WASHER (50)** *and* **5/16" NYLON LOCK NUT (51).**



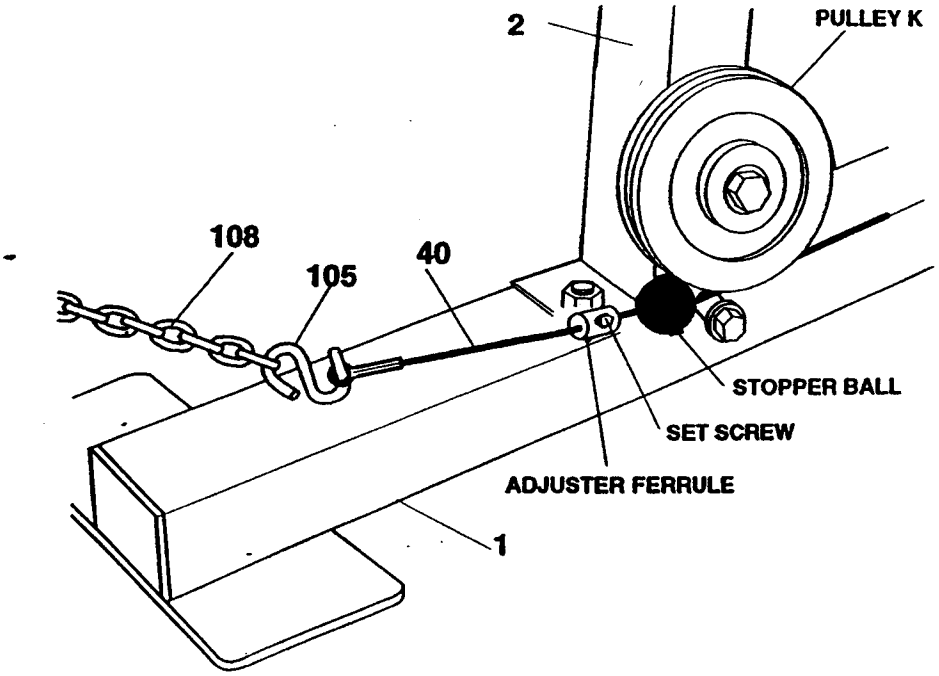
☐ *Bring the Cable forward and using a* **3/8" X 3 1/2" HEX HEAD BOLT (69)**, *attach a* **3 1/2" PULLEY (K) (34)** *to the base of the* **ARM PRESS UPRIGHT (2)** *so the Cable is seated in the Pulley groove. Bolt through the Pulley and Upright and secure with a* **3/8" FLAT WASHER (62)** *and* **3/8" NYLON LOCK NUT (63)**. *The Cable should be trapped between the Pulley and the previously assembled Bolt and Spacers.*

☐ *Bring the* **WEIGHT STACK CABLE (40)** *forward to* **PULLEY K (34)** *pre-assembled to the* **LEFT** *side of the base of the* **ARM PRESS UPRIGHT (2).** *Assemble the Cable under the Pulley, trapping the Cable between the Pulley and the prevously assembled* **BOLT (61).**



☐ *Check to see that the entire Cable run is seated into the Pulleys and pull the slack out of the Cable system from the front low Pulley position. Slide the Stopper Ball and Adjuster Ferrule tightly against the low Pulley and tighten the set screw in the Adjuster Ferrule tightly so it can not slip.*

☐ *Using a* **12" LONG LINK CHAIN (108)**, *connect the* **WEIGHT STACK CABLE (40)** *to the* **2" EYE-BOLT (49)** *on the* **LEG EXTENSION (19)** *with two* **"S" HOOKS (105).** *Connect the "S" Hook into the Chain link that provides good Cable tension.*



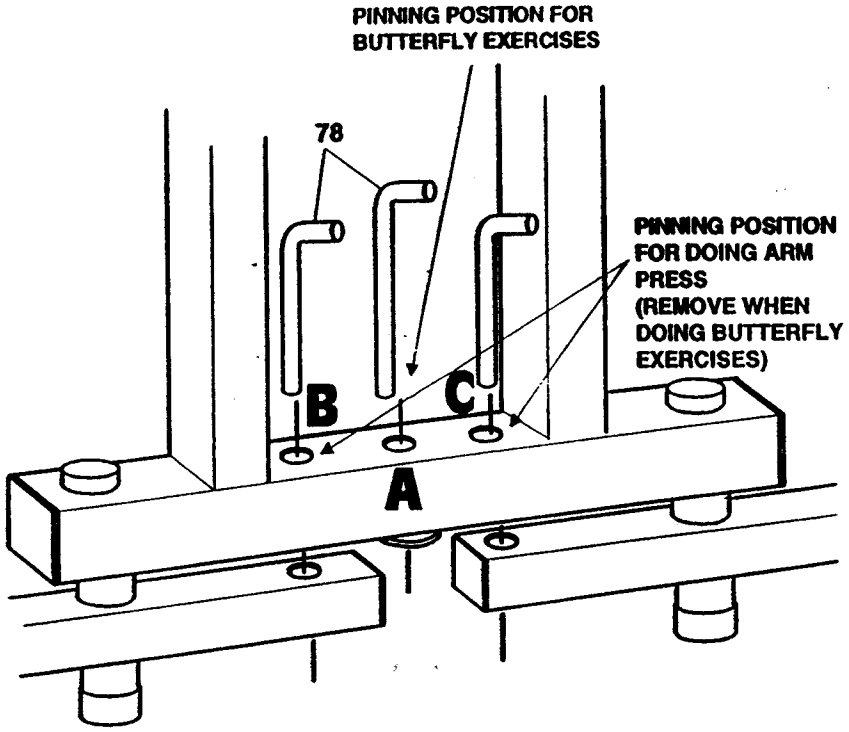
HOW TO USE YOUR HOME GYM:

ARM PRESS EXERCISES:

The Arm Press Arms are locked in place with "L" Locking Pins (78). When doing Arm Press exercises, the Locking Pin in position "A" must be removed and Locking Pins (78) should be pinned in position "B" and "C" through the ARM PRESS PIVOT FRAME (24) and the ARM PRESS ARMS (26).

BUTTERFLY EXERCISES:

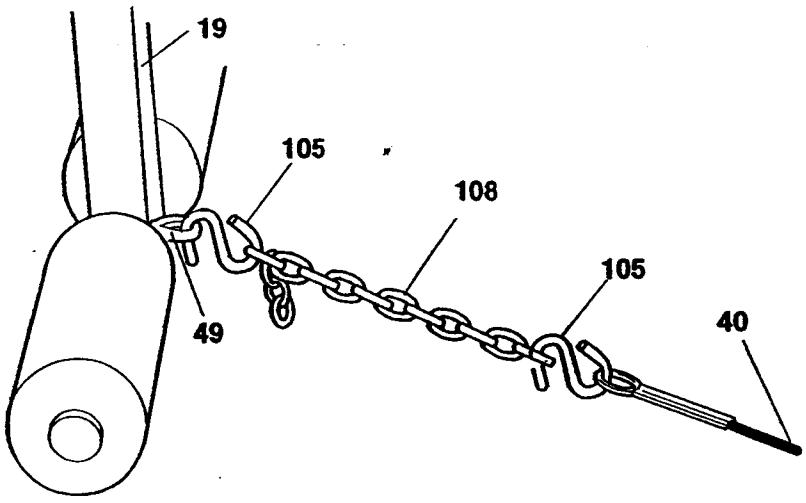
When doing Butterfly Exercises, insert Locking Pin (78) in position "A" through the ARM PRESS PIVOT FRAME (24) and the SUPPORT BRACE (8).



NOTE: Locking Pins should always be in position "B" and "C" for all exercises except Butterfly exercises to keep Cables properly tensioned.

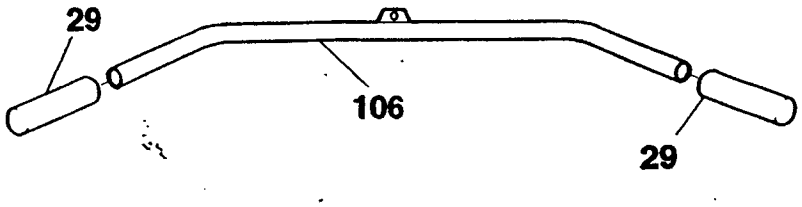
LEG EXTENSION EXERCISES:

To perform 1.) Seated Leg Extensions and 2.) Standing Leg Curls, the Low Pulley Cable should be attached to the Leg Extension by using the 12" LINKING CHAIN (108) and "S" HOOKS (105). Let the Leg Extension hang perpendicular to the floor for normal Leg Extension and Curl Exercises. If you wish to add additional range of motion for Leg Extensions, connect the Leg Extension so it is further under the Seat.



LAT PULL-DOWN EXERCISES:

Assemble 1" X 5" PLASTIC GRIPS (29) onto the ends of the LAT BAR (106). Connect the LAT BAR (106) to the LAT CABLE (32) using a FIREMAN'S LATCH HOOK (111). When the Lat Bar is not in use, it should be removed from the Lat Cable and put aside.

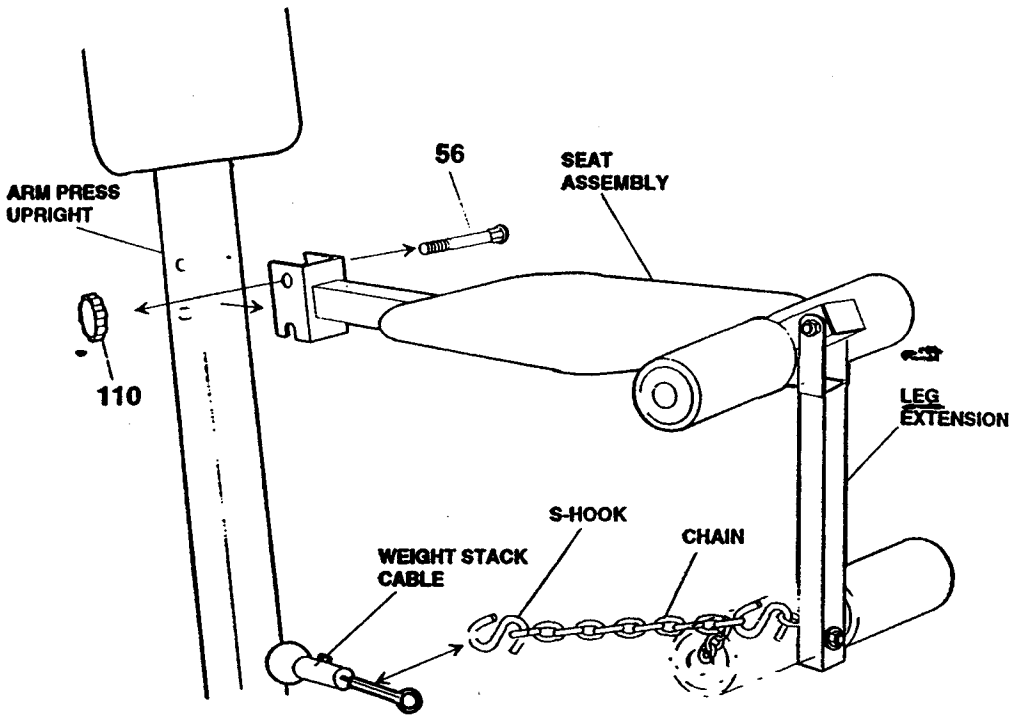


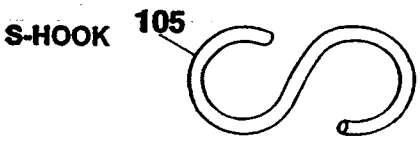
LOW PULLEY EXERCISES:

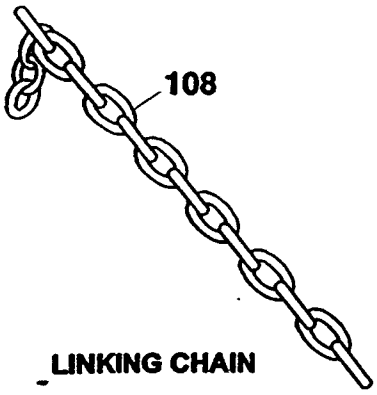
When doing Low Pulley Exercises, the Seat\Leg Extension Assembly should be removed from the Arm Press Upright. To remove the Seat Assembly simply unhook the Low Pulley Cable from the Leg Extension, unscrew the Seat Knob Pin Assembly, and lift the Seat Assembly off the Pin on the Arm Press Upright.

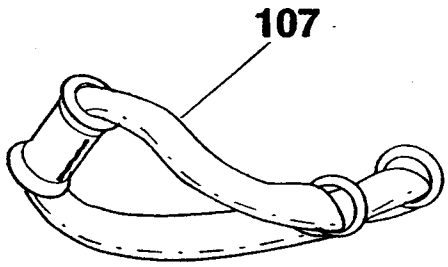
Connect the Leg Strap / Arm Curl Handle to the Cable at the Low Pulley using a "S" Hook. The Linking Chain can be used to extend the Strap further away from the Frame as needed.

The Lat Bar can also be used at the Low Pulley Station for doing Curls, Rows, and other Exercises.



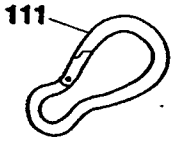






LEG STRAP / ARM CURL HANDLE

FIREMAN'S LATCH HOOK



LINKING CHAIN

STEPPER:

Bolt the Resistance Cylinders to the Stepper Pedals at your desired resistance setting. The resistance will become greater as you move the Cylinder back toward the end of the Pedal.

When doing Aerobic Stepper conditioning, the object is to take short, fast steps in order to elevate your heart rate and increase the blood flow. The resistance serves two functions, one is to accommodate a wide range of user weight, and the second is to vary the rate of speed needed to keep the Pedals from bottoming out at the end of the stroke.

V.A.F./ DIP STATION EXERCISES:

When using the V.A.F./Dip Station, position yourself inside the Dip Arms, grasp the Arms or Dip Handles. As an assist to get up on the Dip Arms, you can step back onto the Stepper Pedal Pivot Tubes, bring your arms atop the Arm Pads, then spring up to position. The diagonal Brace at the base of the Upright is not intended to be used as a step.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!

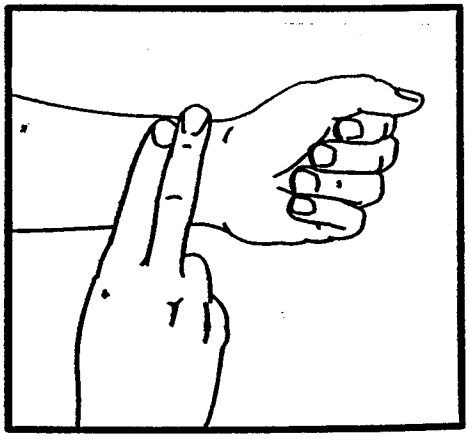
EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS /MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS /MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.



The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.,

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back

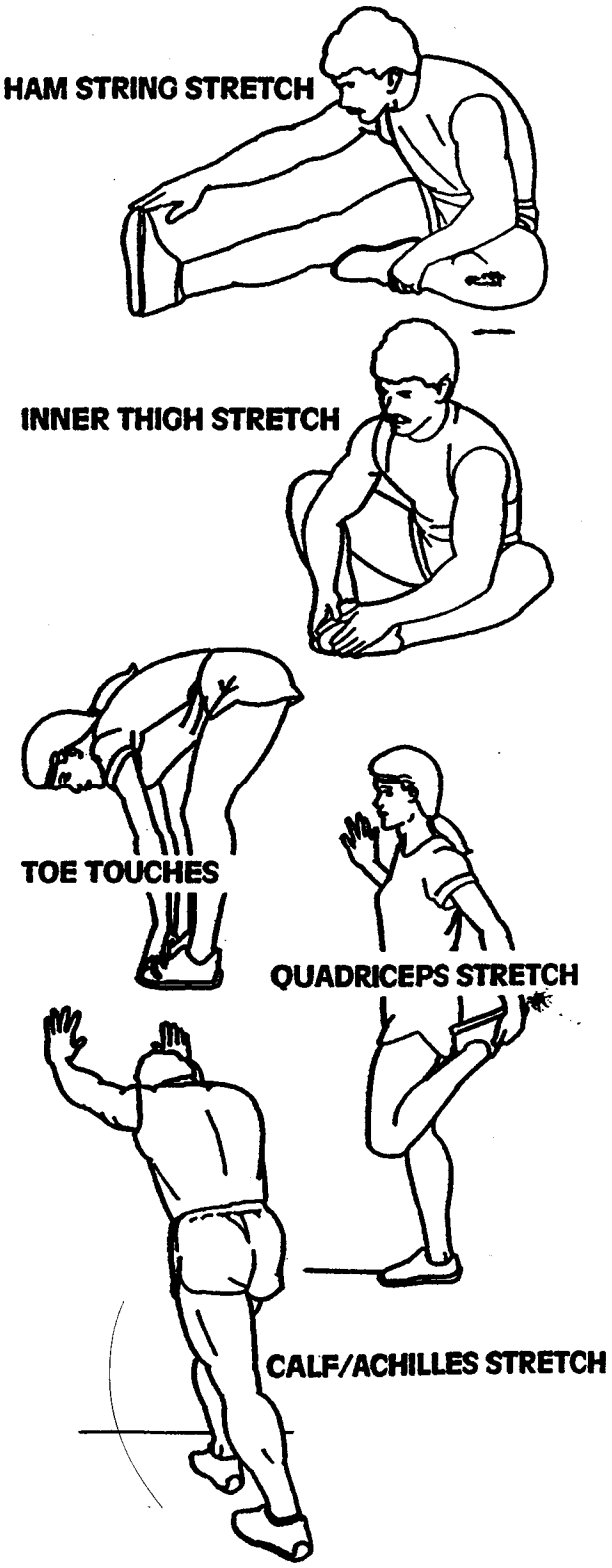
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then



LIMITED WARRANTY

Welder Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Welder also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Welder will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Welder will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Welder disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Welder disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Welder is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may have other rights which vay from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Welder Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs.

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.