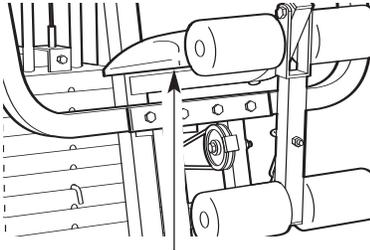


WEIDER[®] 8530

Model No. WESY8530C3

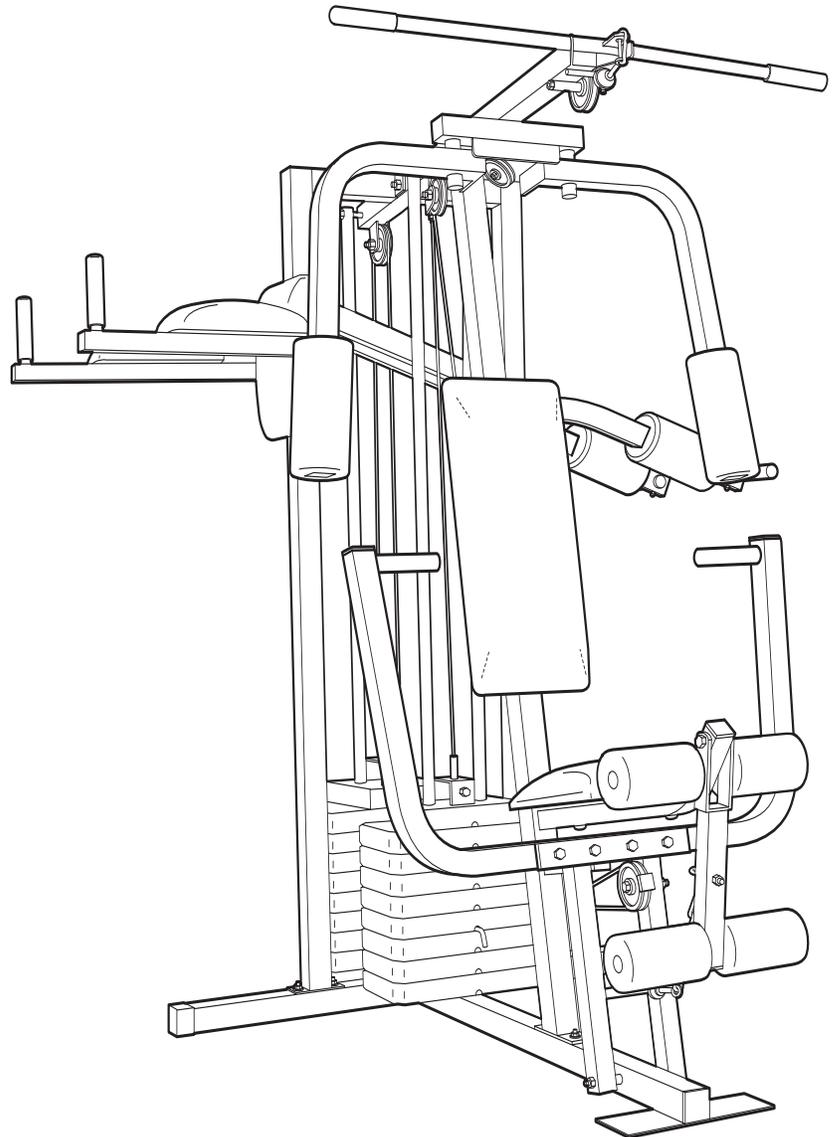
Serial No. _____

Write the serial number in the space above for 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 there are missing parts, please call:

1-888-936-4266

Mon.–Fri. 8h00 until 18h30 EST
(excluding holidays).

CAUTION

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



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fitness tips, and much more!*

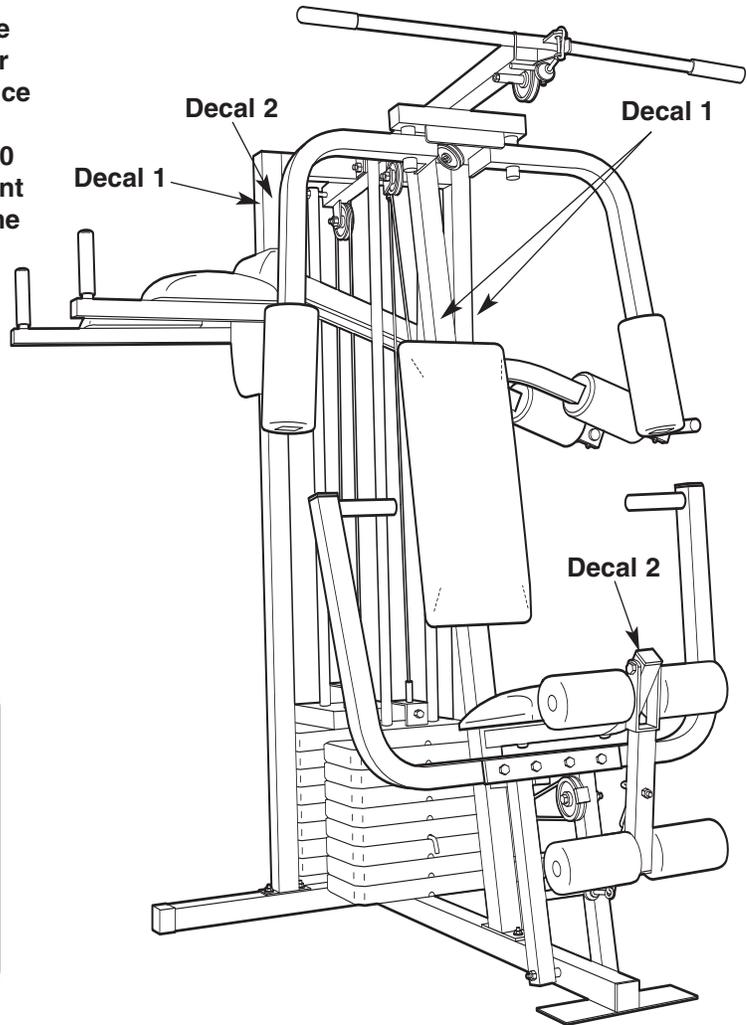
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The warning decals shown here have been placed on the weight system in the locations shown. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 18h30 Eastern Time, to order a free replacement decal. Apply the replacement decal in the location shown.



⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

⚠ ATTENTION

- Un mauvais usage de ce produit peut causer de sérieuses blessures.
- Lisez le livret d'instructions et suivez les conseils de sécurité importants.
- Gardez les enfants éloignés en tout temps.
- Remplacer l'étiquette si celle-ci est endommagée, illisible ou enlevée.

Decal 1

⚠ WARNING

- Keep hands and fingers clear of this area.

⚠ ATTENTION

- Gardez vos mains et vos doigts éloignés de cet endroit.

Decal 2

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual and in the accompanying literature before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of this weight system are adequately informed of all warnings and precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight system at all times.
7. Always stand on a foot plate when performing an exercise that could cause the weight system to tip.
8. Do not use the VKR station when either weight stack is in use.
9. Always wear athletic shoes for foot protection.
10. Never release the press arm, butterfly arms, squat arm, leg lever, lat bar or nylon strap while weights are raised. The weights will fall with great force.
11. Keep hands and feet away from moving parts. Keep hands away from the squat arm upright when the squat arm is being used. Your hand could become pinched between the squat arm upright and the squat arm.
12. 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 all of the pulleys. Replace all cables at least every two years.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
14. Keep the weight system indoors, away from moisture and dust. Do not put the weight in a garage or covered patio, or near water.
15. The weight system is designed to support a maximum user weight of 136 kg. (300 pounds).
16. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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

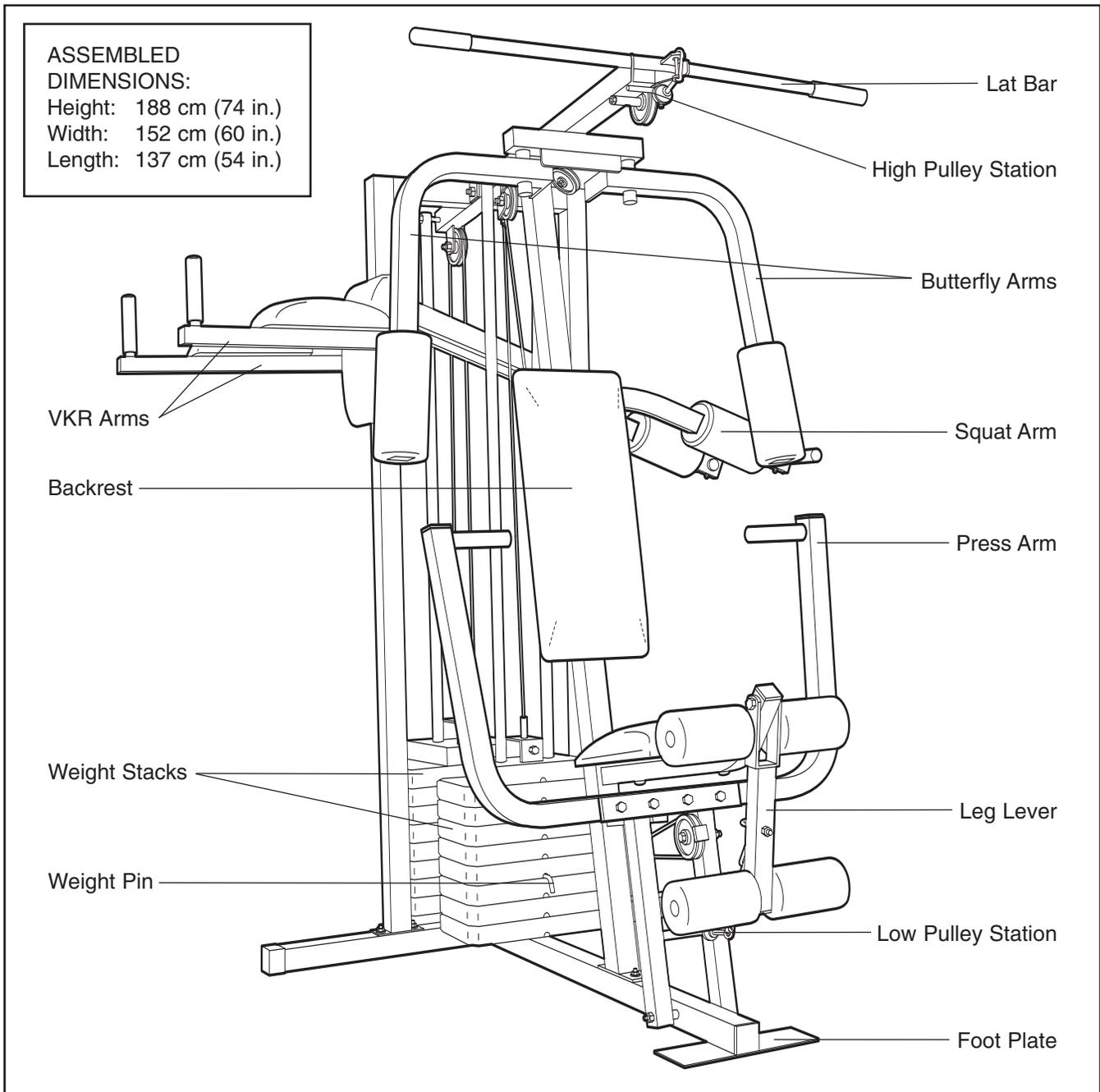
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8530 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.

1-888-936-4266, Monday through Friday 8h00 until 18h30 eastern time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY8530C3. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

For your benefit, read this manual carefully before using the weight system. If you have additional questions, please call our Customer Service Department at

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



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will take time. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.

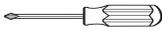
Select a Location for the Weight System

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 room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into five stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable wrenches 
 - One standard screwdriver 
 - One phillips screwdriver 
 - One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-888-936-4266**.

FRAME ASSEMBLY

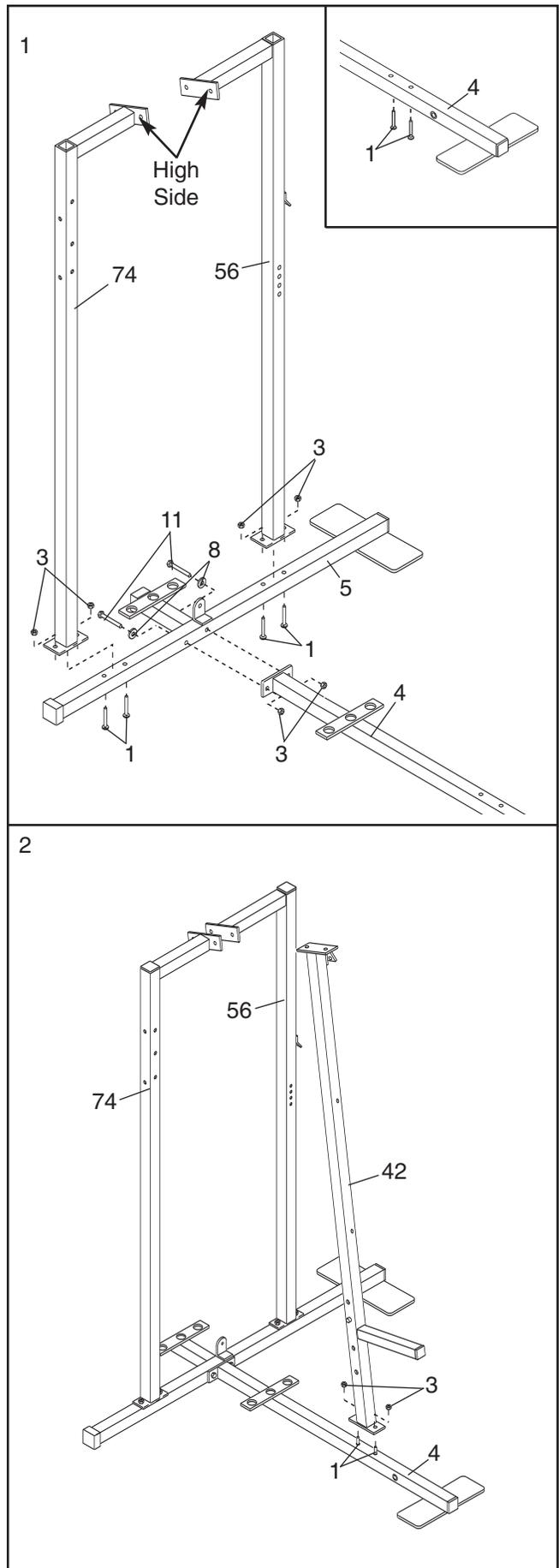
1. Before beginning assembly, be sure that you have read and understand the information in the box above.

Insert four M8 x 63mm Carriage Bolts (1) up through the Stabilizer (5). Insert two M8 x 63mm Carriage Bolts up through the Base (4) (see the inset drawing).

Attach the Base (4) to the Stabilizer (5) with two M8 x 67mm Bolts (11), two M8 Washers (8), and two M8 Nylon Locknuts (3). **Do not tighten the Locknuts yet.**

Slide the VKR Upright (74) and the Squat Upright (56) onto the M8 x 63mm Carriage Bolts (1) in the Stabilizer (5). **The high side of the brackets on the VKR Upright and Squat Upright should be on the side shown.** Hand-tighten four M8 Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Locknuts yet.**

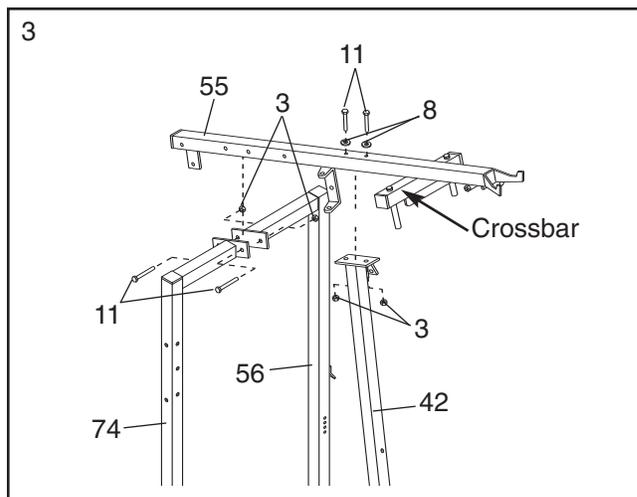
2. Slide the Front Upright (42) onto the M8 x 63mm Carriage Bolts (1) in the Base (4). Hand-tighten two M8 Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Locknuts yet.**



- Attach the Top Frame (55) to the Front Upright (42) with two M8 x 67mm Bolts (11), two M8 Washers (8), and two M8 Nylon Locknuts (3).

Attach the Top Frame (55) to the VKR Upright (74) and the Squat Upright (56) with two M8 x 67mm Bolts (11) and two M8 Nylon Locknuts (3).

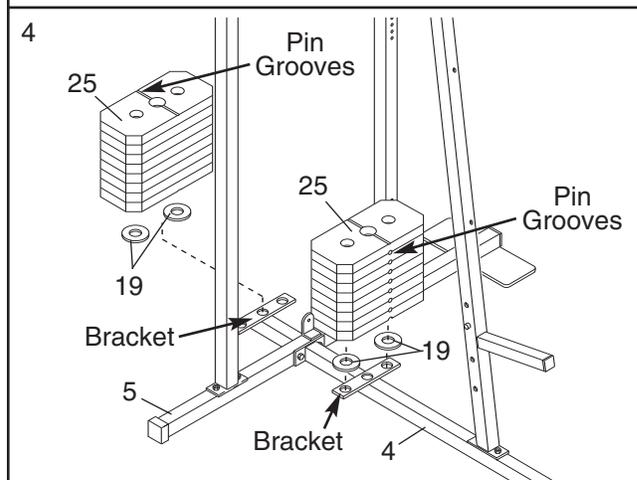
Tighten all of the M8 Nylon Locknuts (3) used in steps 1–3.



- Set two Weight Bumpers (19) on the bracket on the Base (4). Set two Weight Bumpers on the bracket on the Stabilizer (5). **Make sure the threaded side of the Bumpers are on top.**

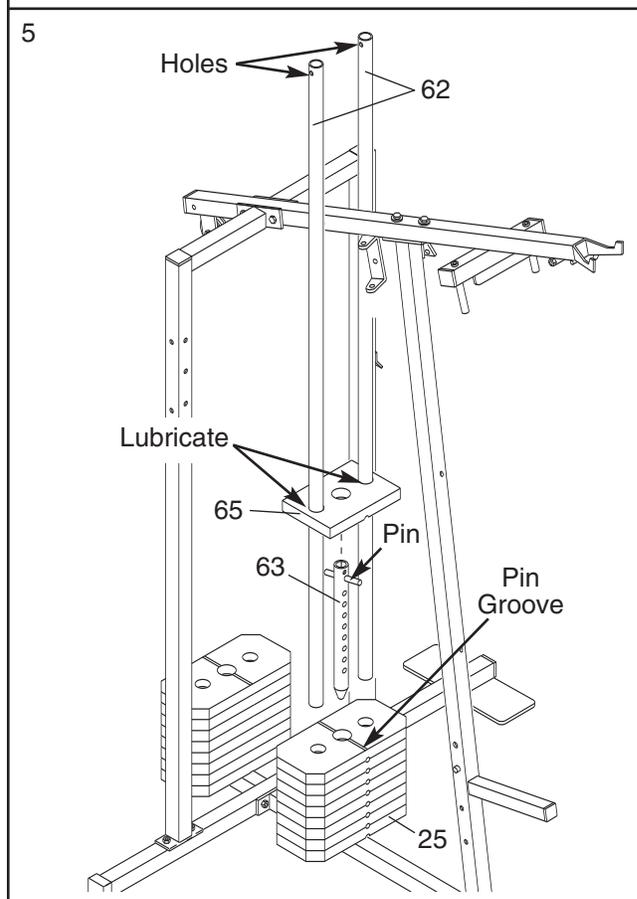
Stack eight Weights (25) onto each set of Weight Bumpers (19). **Make sure that the pin grooves are all on the same side of each stack of Weights.**

Be careful not to tip either stack of Weights (25) until step 6 is complete.



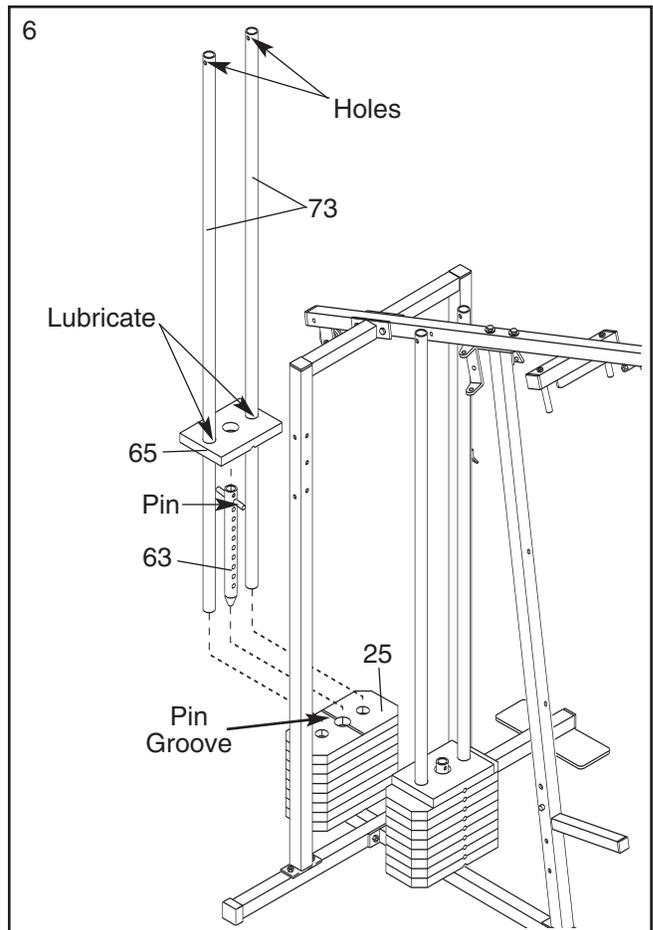
- Insert the Weight Tube (63) into the front stack of Weights (25). **Make sure that the pins on the Weight Tube are sitting in the pin grooves in the top Weight.**

Lubricate the inside of the holes in a Top Weight (65). Set the Top Weight onto the front stack of Weights (25). Insert both Long Weight Guides (62) into the stack of Weights. **Make sure that the holes in the Weight Guides are at the top, as shown.**



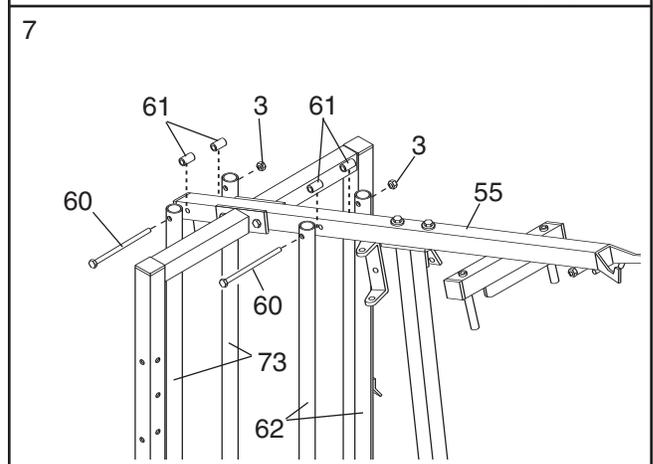
- Insert the Weight Tube (63) into the rear stack of Weights (25). **Make sure that the pins on the Weight Tube are sitting in the pin grooves in the top Weight.**

Lubricate the inside of the holes in the other Top Weight (65). Set the Top Weight onto the rear stack of Weights (25). Insert both Short Weight Guides (73) into the stack of Weights. **Make sure that the holes in the Weight Guides are at the top, as shown.**



- Attach the upper ends of the Long Weight Guides (62) to the Top Frame (55) with an M8 x 150mm Bolt (60), two 13mm x 19mm Spacers (61), and an M8 Nylon Locknut (3).

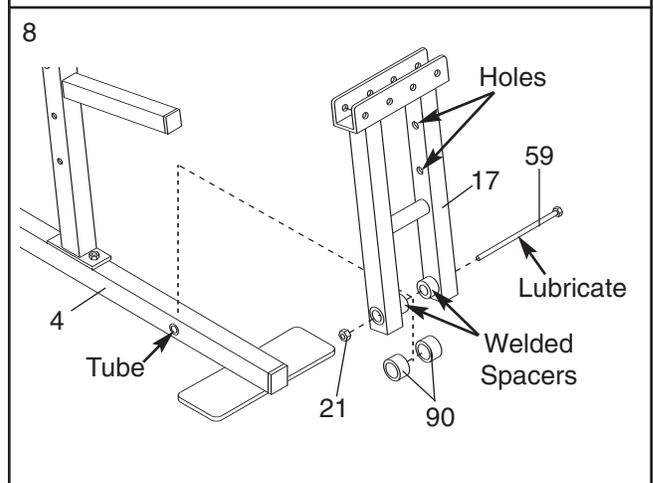
Attach the upper ends of the Short Weight Guides (73) to the Top Frame (55) with a M8 x 150mm Bolt (60), two 13mm x 19mm Spacers (61), and an M8 Nylon Locknut (3).



ARM ASSEMBLY

- Press a 25mm x 22mm Plastic Bushing (90) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place onto the Base (4). **Note: Make sure that the holes in the Press Frame are on the side shown. This will be a tight fit. The Plastic Bushings should fit on each end of the indicated tube in the Base.**

Lubricate the M10 x 200mm Bolt (59). Attach the Press Frame (17) to the Base (4) with the Bolt and an M10 Nylon Locknut (21).

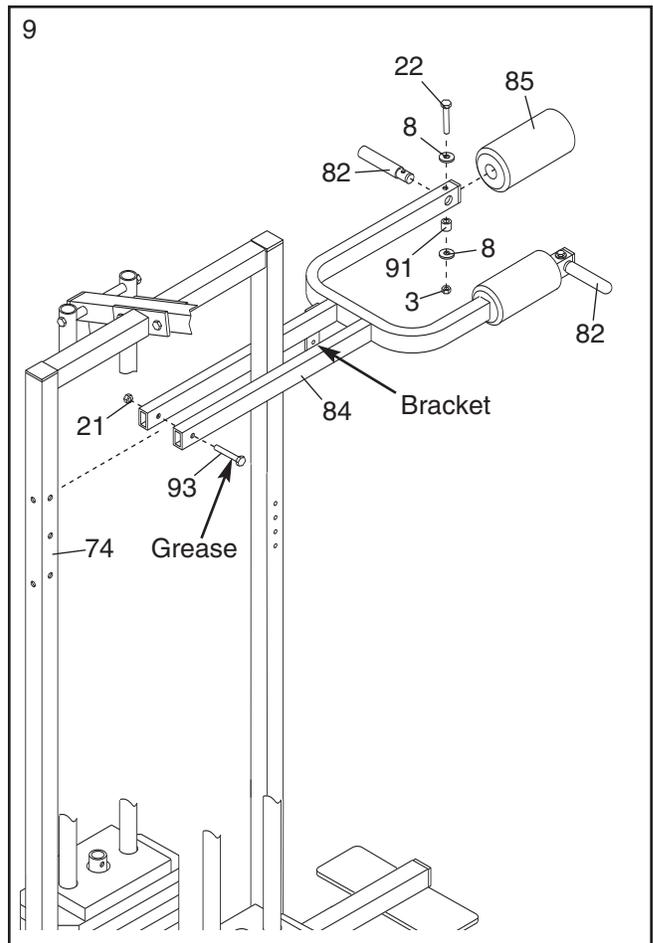


9. **Grease an M10 x 135mm Bolt (93).** Attach the Squat Arm (84) to the VKR Upright (74) with the Bolt and an M10 Nylon Locknut (21). **Make sure that the indicated bracket is pointing down as shown. Do not overtighten the Locknut; the Squat Arm must be able to pivot easily.**

Wet the ends of the Squat Arm (84) and the inside of two Squat Arm Pads (85) with soapy water. Slide the Arm Pads onto the Squat Arm.

Attach a Handle (82) to one side of the Squat Arm (84) with an M8 x 62mm Bolt (22), two M8 Washers (8), a 13mm x 13mm Spacer (91), and an M8 Nylon Locknut (3).

Assemble another Handle (82) to the other side of the Squat Arm (84) in the same manner.



10. Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm.

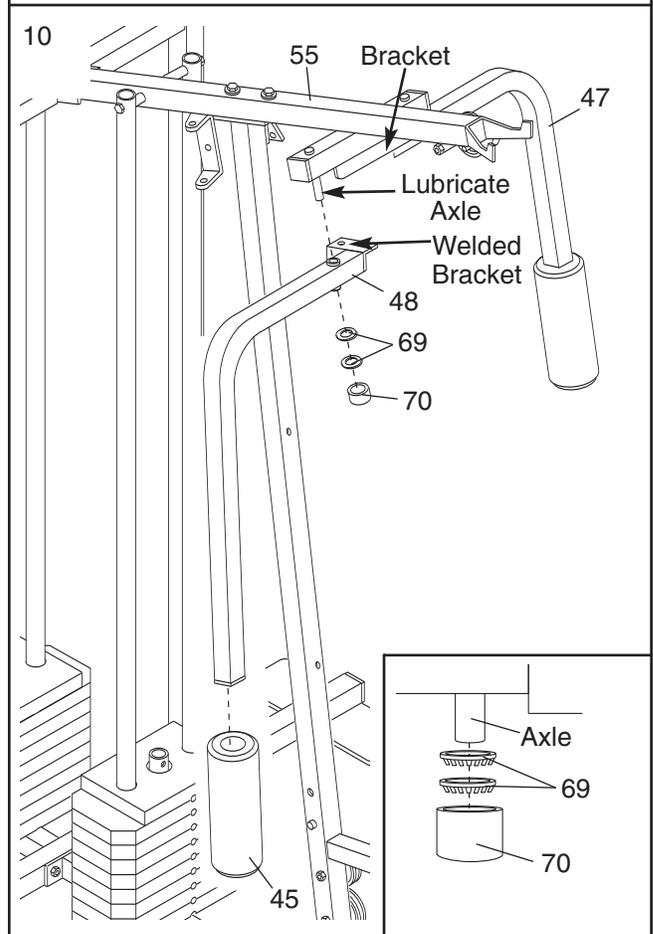
Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Be careful not to confuse the Right Arm with the Left Arm (47). Make sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

Tap two 25mm Retainers (69) and a 25mm Round Cover Cap (70) onto the axle. **Make sure that the teeth on the Retainers bend toward the Round Cover Cap as shown in the inset drawing.**

Wet the lower end of the Right Arm (48) and the inside of a 252mm Pad (45) with soapy water. Slide the Pad onto the lower end of the Arm.

Attach the Left Arm (47) in the same manner.



- Attach the Press Arm (46) to one side of the Press Frame (17) with two M8 x 62mm Bolts (22) and two M8 Nylon Locknuts (3).

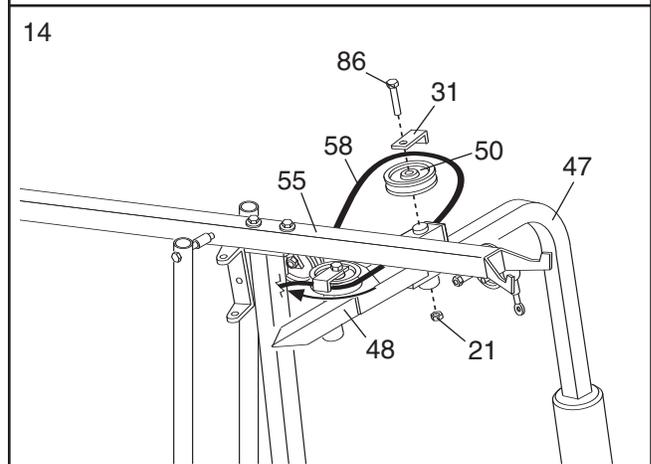
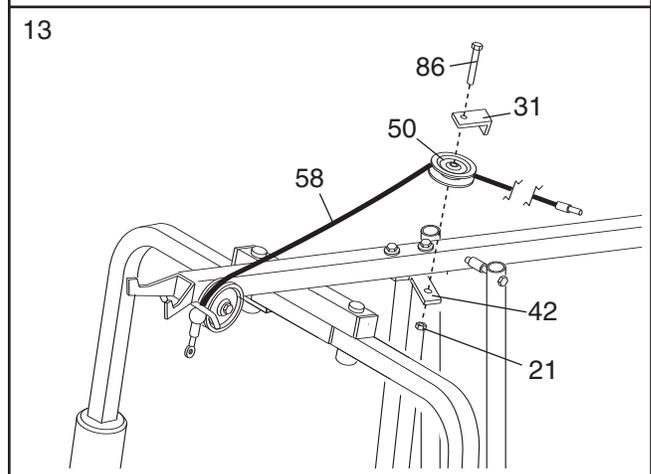
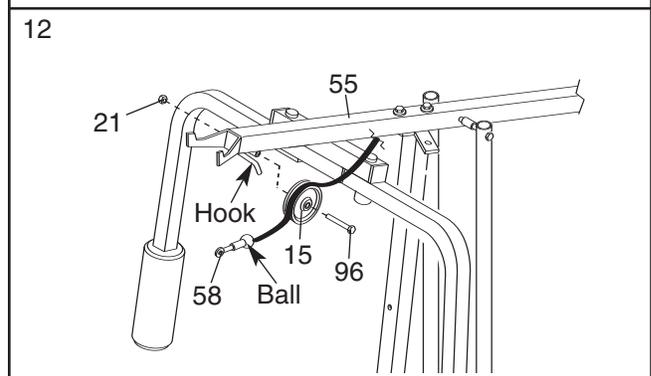
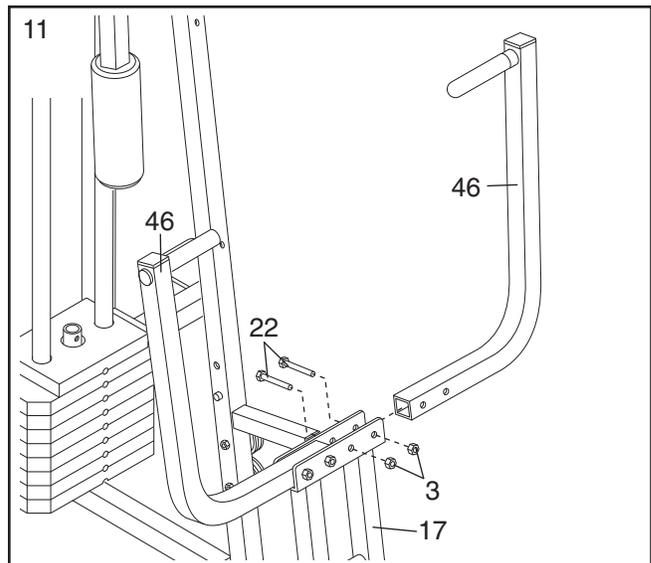
Assemble the other Press Arm (46) in the same manner.

CABLE ASSEMBLY

During steps 12 to 26, refer to the **CABLE DIAGRAM** on page 21 of this manual. Identify the three cables by their lengths, and note the positions of the cable traps. **IMPORTANT: Do not over-tighten the bolts and nuts securing the pulleys. The pulleys must turn freely.**

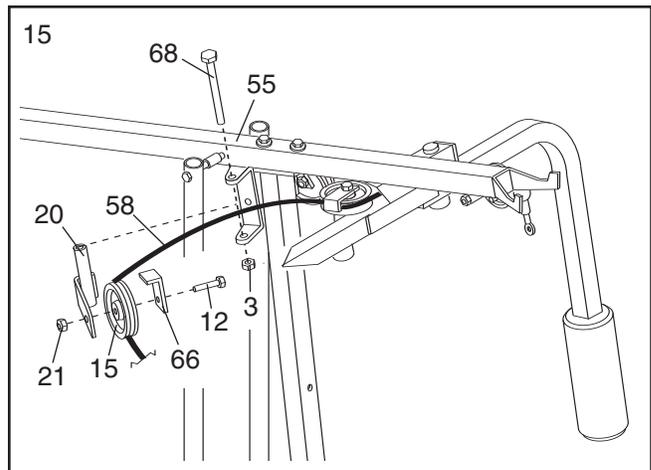
- Locate the Medium Cable (58).** Route the Medium Cable over an 90mm Pulley (15). Attach the Pulley to the Top Frame (55) with an M10 x 90mm Bolt (96) and an M10 Nylon Locknut (21). **Make sure that the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.**
- Wrap the Medium Cable (58) around a “V”-pulley (50). Attach the “V”-pulley and a Long Cable Trap (31) to the indicated bracket on the Front Upright (42) with an M10 x 60mm Bolt (86) and an M10 Nylon Locknut (21). **Make sure that the Long Cable Trap is positioned to hold the Cable in place.**
- Route the Medium Cable (58) around a “V”-pulley (50). Attach the “V”-pulley and a Long Cable Trap (31) to the Left Arm (47) with an M10 x 60mm Bolt (86) and an M10 Nylon Locknut (21). **Make sure that the Cable is in the groove of the Pulley and that the Cable Trap holds the Cable in place.**

Route the Medium Cable (58) under the Top Frame (55) and repeat this step with the Right Arm (48).

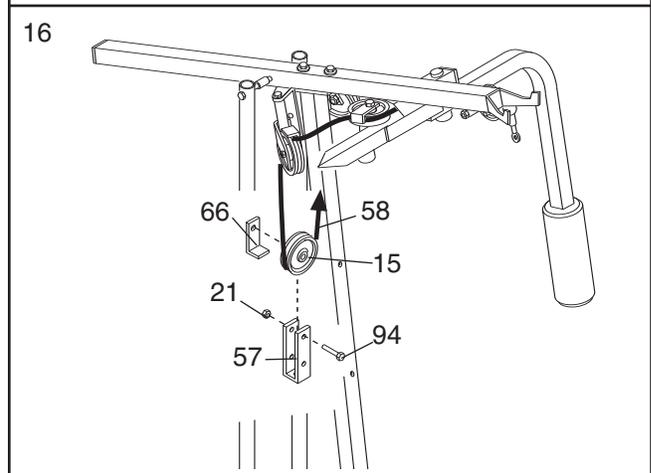


15. Route the Medium Cable (58) over a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the Pulley Bracket (20) with an M10 x 45mm Bolt (12) and an M10 Nylon Locknut (21). **Make sure that the Cable is in the groove of the Pulley and that the Cable Trap holds the Cable in place.**

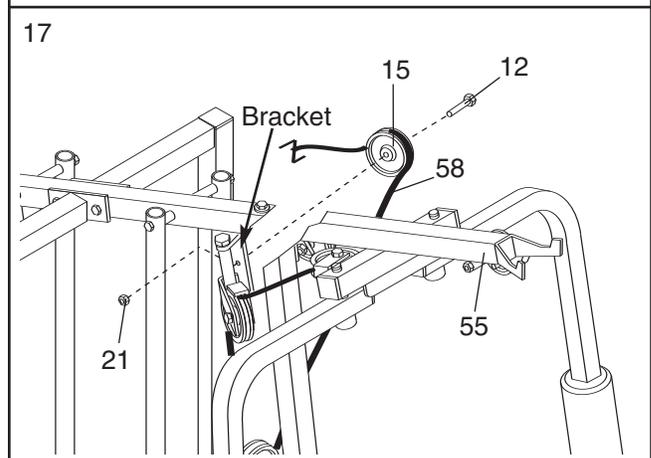
Attach the Pulley Bracket (20) to the Top Frame (55) with an M8 x 118mm Bolt (68) and an M8 Nylon Locknut (3). **Do not over tighten the Locknut; the Pulley Bracket must be able to pivot freely.**



16. Wrap the Medium Cable (58) under a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the upper hole inside the Long "U"-bracket (57) with an M10 x 48mm Bolt (94) and an M10 Nylon Locknut (21). **Make sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

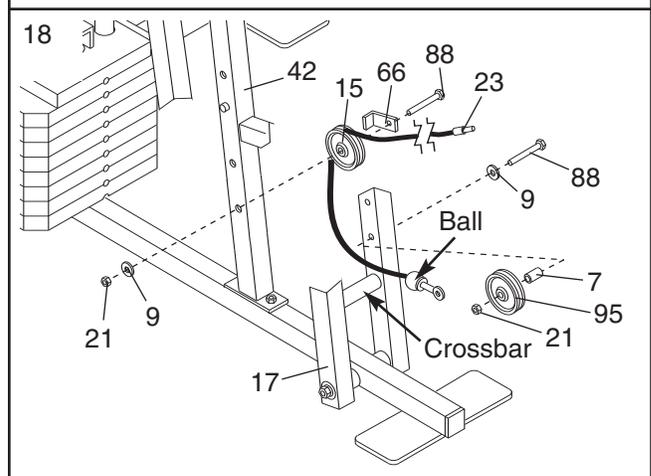


17. Route the Medium Cable (58) over a 90mm Pulley (15). Attach the Pulley to the bracket on the Top Frame (55) with an M10 x 45mm Bolt (12) and an M10 Nylon Locknut (21). **Make sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly. The end of the Medium Cable will be attached in step 21.**



18. **Locate the Short Cable (23).** Route the Cable under the 90mm Fortified Pulley (95). Attach the Pulley and a 16mm x 15mm Spacer (7) to the lower hole in the Press Frame (17) with an M10 x 93mm Bolt (88), an M10 Washer (9), and an M10 Nylon Locknut (21). **Make sure that the ball on the Cable is in the indicated position and that the Cable is between the Pulley and the crossbar on the Press Frame.**

Route the Short Cable (23) under a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the lower hole in the Front Upright (42) with an M10 x 93mm Bolt (88), an M10 Washer (9), and an M10 Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in place.**



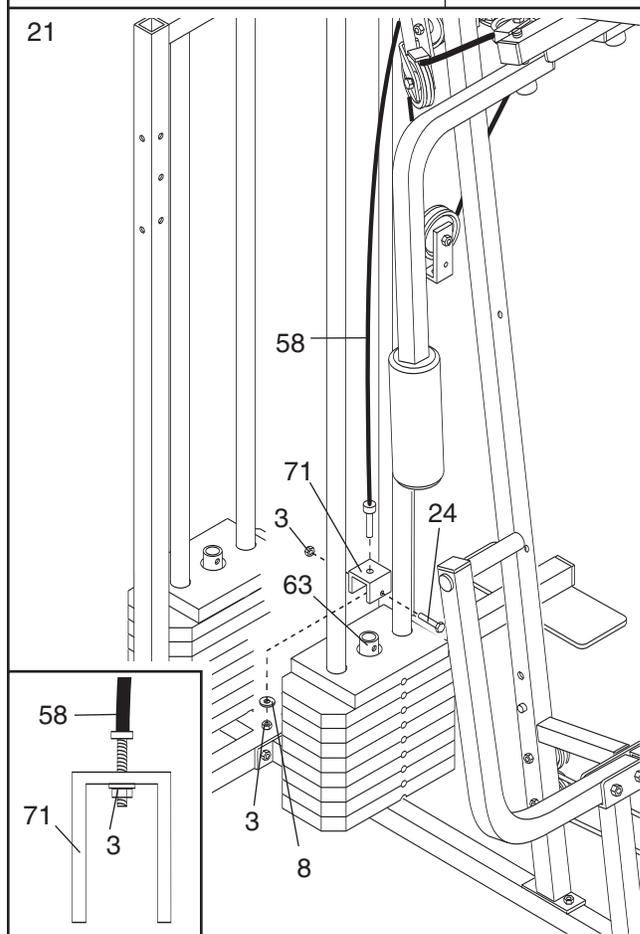
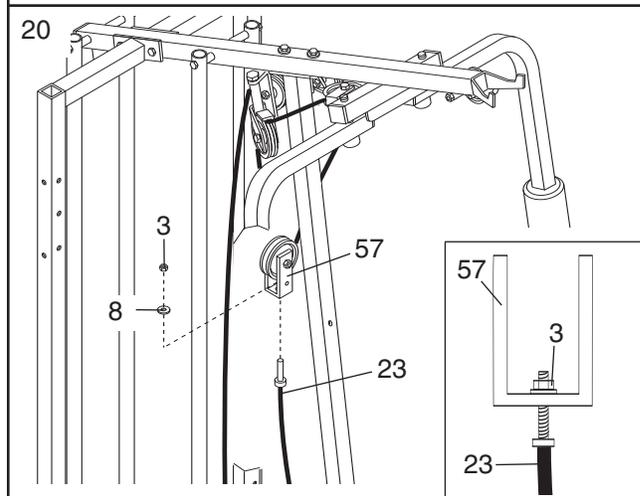
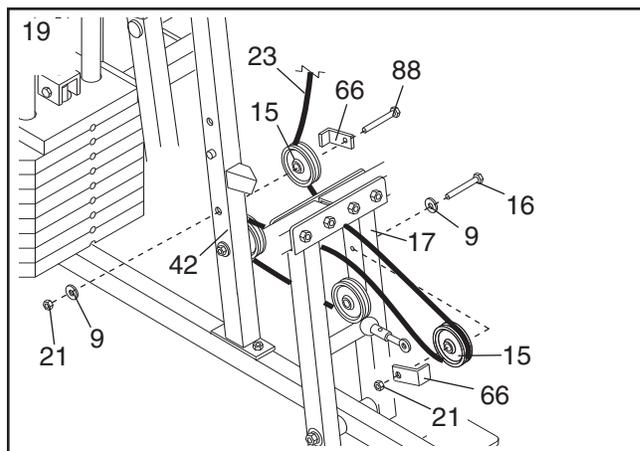
19. Route the Short Cable (23) under a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the upper hole in the Press Frame (17) with an M10 x 83mm Bolt (16), an M10 Washer (9), and an M10 Nylon Locknut (21). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

Route the Short Cable (23) under a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the indicated hole in the Front Upright (42) with an M10 x 93mm Bolt (88), an M10 Washer (9), and an M10 Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in place.**

20. Attach the end of the Short Cable (23) to the Long "U"-bracket (57) with an M8 Nylon Locknut (3) and an M8 Washer (8). **Note: Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**

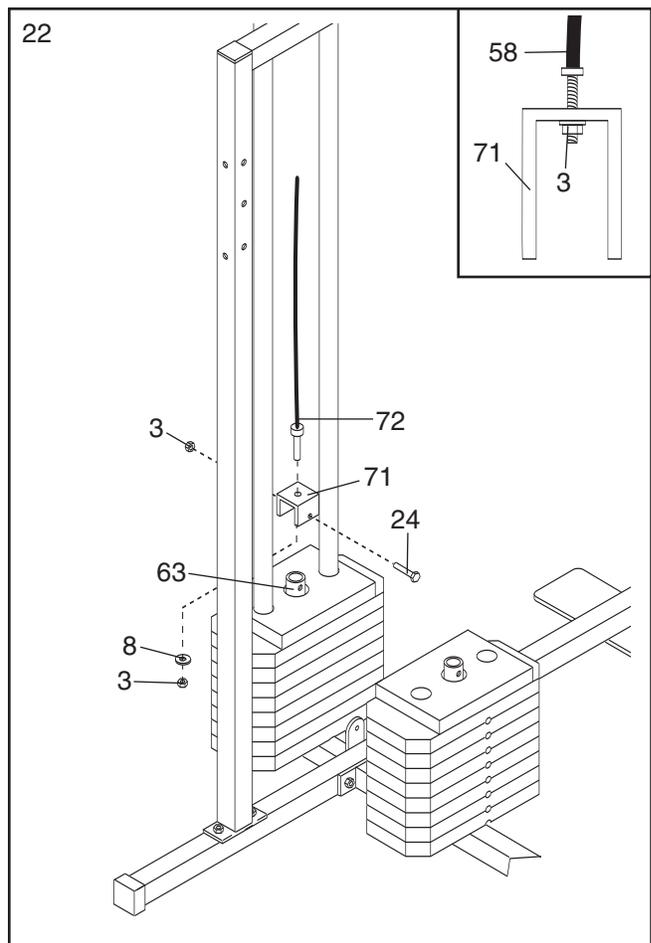
21. Attach the Medium Cable (58) to a Small "U"-bracket (71) with an M8 Nylon Locknut (3) and an M8 Washer (8). **Note: Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**

Attach the Small "U"-bracket (71) to the indicated Weight Tube (63) with an M8 x 45mm Bolt (24) and an M8 Nylon Locknut (3).

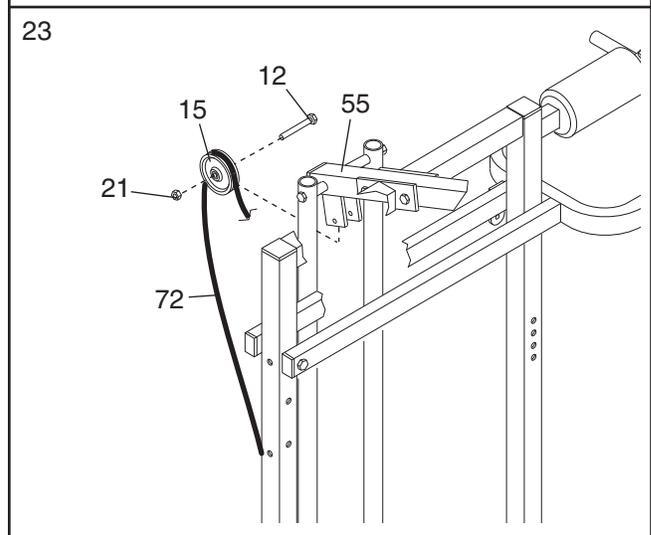


22. **Locate the Long Cable (72).** Attach the Long Cable to the other Small “U”-bracket (71) with an M8 Nylon Locknut (3) and an M8 Washer (8). **Note: Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**

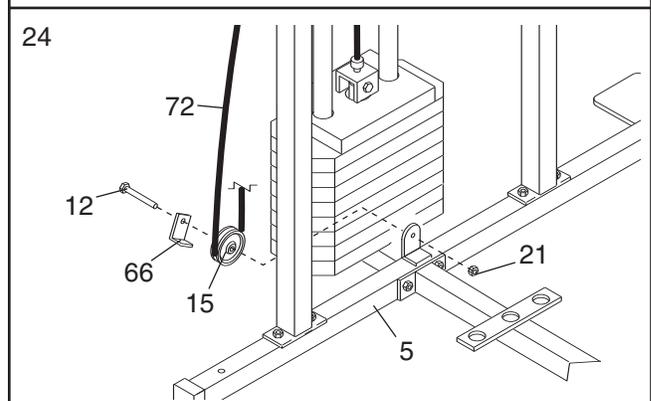
Attach the Small “U”-bracket (71) to the indicated Weight Tube (63) with an M8 x 45mm Bolt (24) and an M8 Nylon Locknut (3).



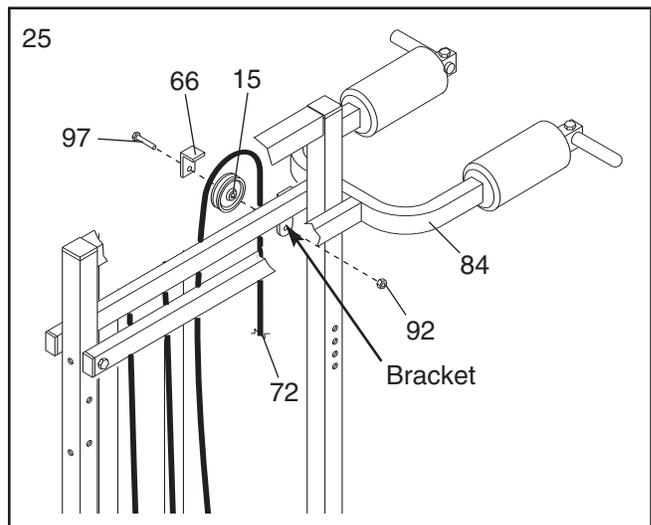
23. Route the Long Cable (72) over a 90mm Pulley (15). Attach the Pulley to the Top Frame (55) with an M10 x 45mm Bolt (12) and an M10 Nylon Locknut (21).



24. Wrap the Long Cable (72) under a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the bracket on the Stabilizer (5) with an M10 x 45mm Bolt (12) and an M10 Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in place.**

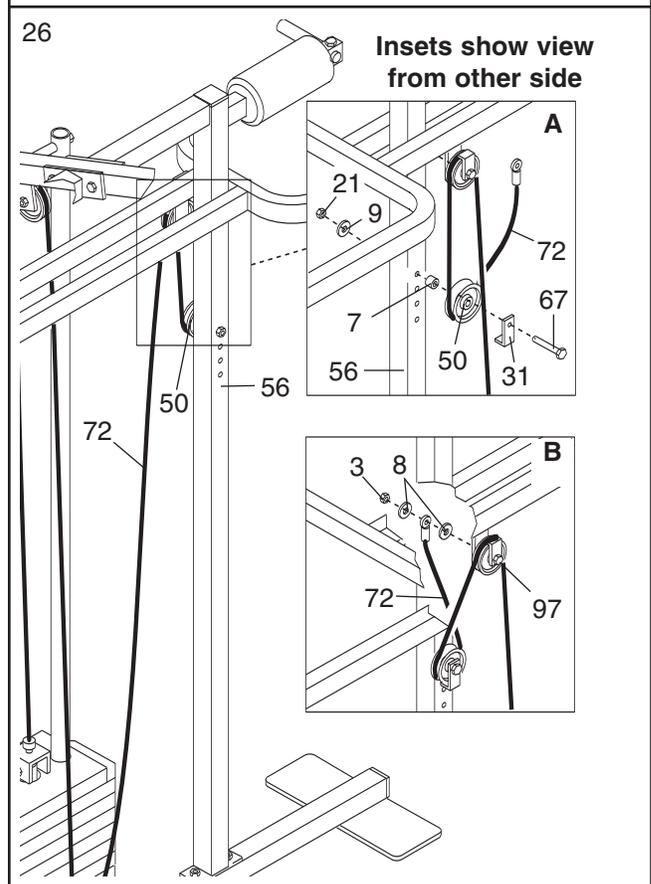


25. Wrap the Long Cable (72) over a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the Squat Arm (84) with an M8 x 58mm Shoulder Bolt (97) and an M10 Nut (92). **Make sure that the Nut is on the side shown and that the Cable Trap is positioned to hold the Cable in place.**



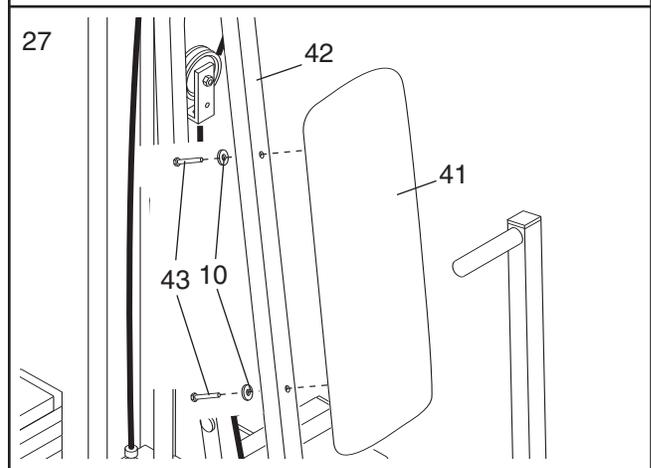
26. See inset drawing A. **Note: The inset drawing shows the view from the other side of the Squat Upright (56).** Wrap the Long Cable (72) under a “V”-pulley (50). Attach the “V”-pulley and a Long Cable Trap (31) to the top hole in the Squat Upright with an M10 x 120mm Bolt (67), a 16mm x 15mm Spacer (7), an M10 Washer (9), and an M10 Nylon Locknut (21). **Position the Long Cable Trap as shown.**

See inset drawing B. **Note: The inset drawing shows the view from the other side of the Squat Upright (56).** Slide the end of the Long Cable (72) and two M8 Washers (8) onto the end of the M8 x 58mm Shoulder Bolt (97). Thread an M8 Nylon Locknut (3) onto the Bolt. **Do not tighten the Locknut; there must be room between the M10 Nut (92, see step 25) and Locknut for the end of the Cable to pivot.**



SEAT ASSEMBLY

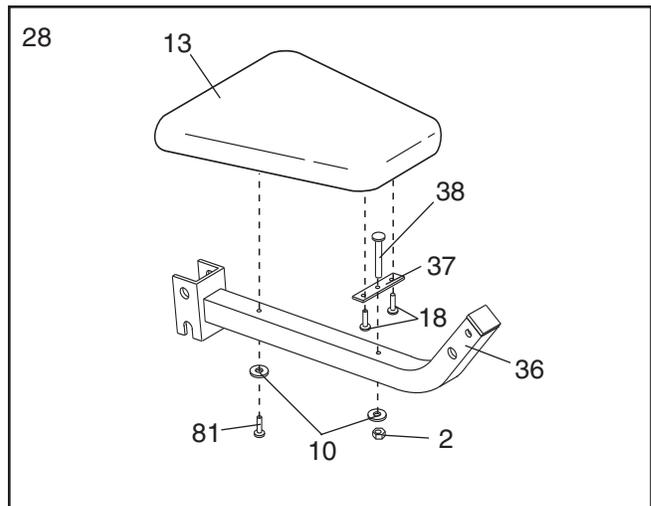
27. Attach the Backrest (41) to the Front Upright (42) with two M6 x 63mm Screws (43) and two M6 Washers (10).



28. Insert an M6 x 53mm Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two M6 x 15mm Screws (18).

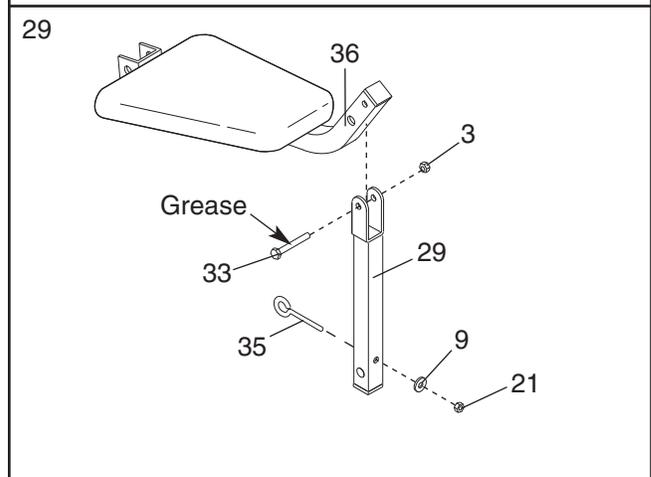
Insert the M6 x 53mm Carriage Bolt (38) through the indicated hole in the Seat Frame (36). Tighten an M6 Nylon Locknut (2) with an M6 Washer (10) onto the Carriage Bolt.

Attach the other end of the Seat (13) to the Seat Frame (36) with an M6 Washer (10) and an M6 x 50mm Screw (81).

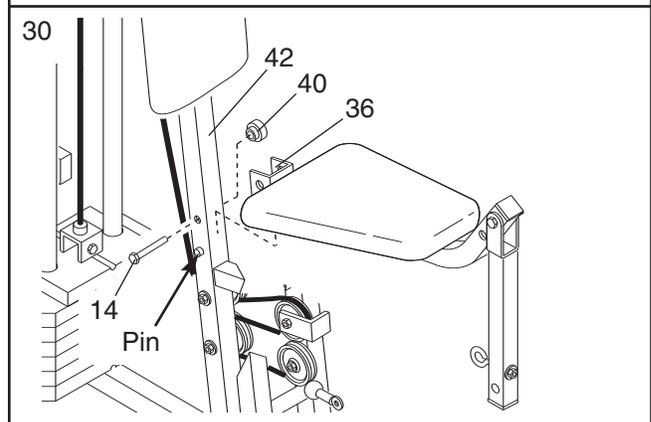


29. Grease the M8 x 58mm Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and an M8 Nylon Locknut (3).

Insert the Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten an M10 Washer (9) and an M10 Nylon Locknut (21) onto the Eyebolt.

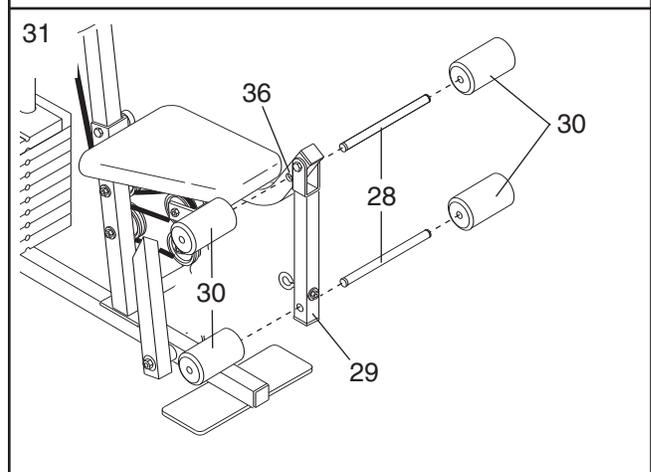


30. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with an M8 x 70mm Carriage Bolt (14) and the Seat Knob (40).



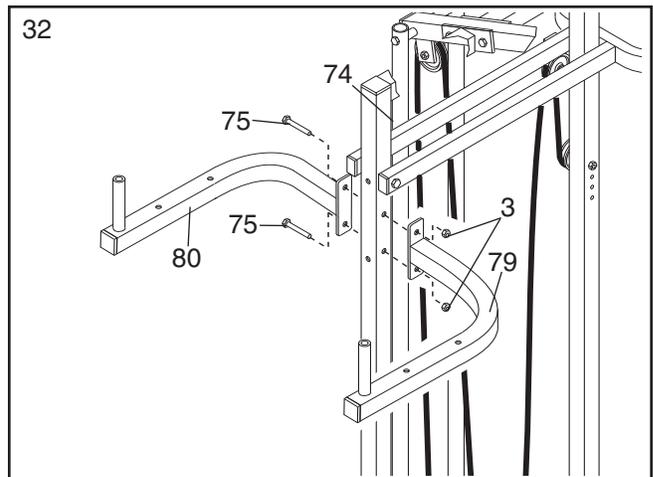
31. Insert a Pad Tube (28) into the Seat Frame (36). Slide two 140mm Pads (30) onto the ends of the Pad Tube.

Insert the other Pad Tube (28) into the Leg Lever (29). Slide two 140mm Pads (30) onto the ends of the Pad Tube.



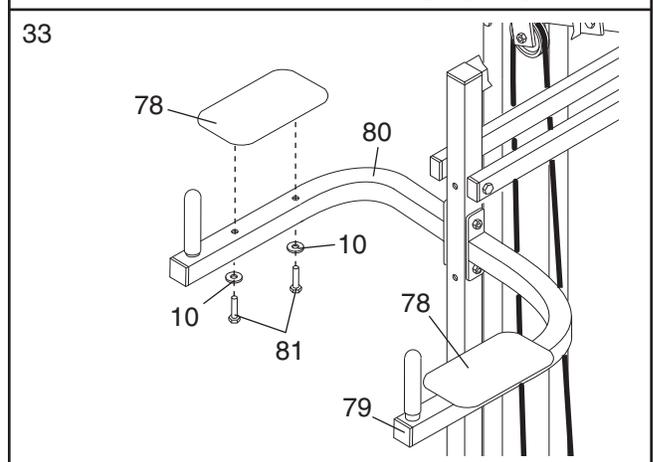
VKR ASSEMBLY

32. Attach the Left and Right VKR Arms (79, 80) to the VKR Upright (74) with two M8 x 70mm Bolts (75) and two M8 Nylon Locknuts (3).

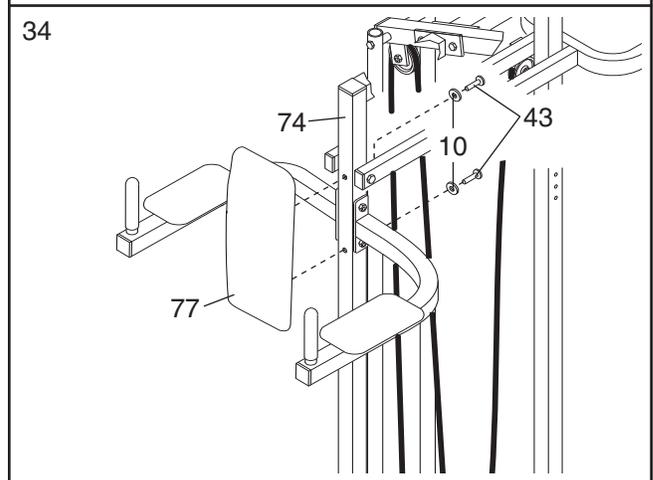


33. Attach a VKR Armrest (78) to the Right VKR Arm (80) with two M6 x 50mm Screws (81) and two M6 Washers (10).

Attach a VKR Armrest (78) to the Left VKR Arm (79) in the same manner.



34. Attach the VKR Backrest (77) to the VKR Upright (74) with two M6 x 63mm Screws (43) and two M6 Washers (10).



35. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on page 17 of this manual.

Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over 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 of this manual for proper cable routing. If there is any slack in the cables, the cables should be tightened. See TROUBLESHOOTING AND MAINTENANCE on page 20.**

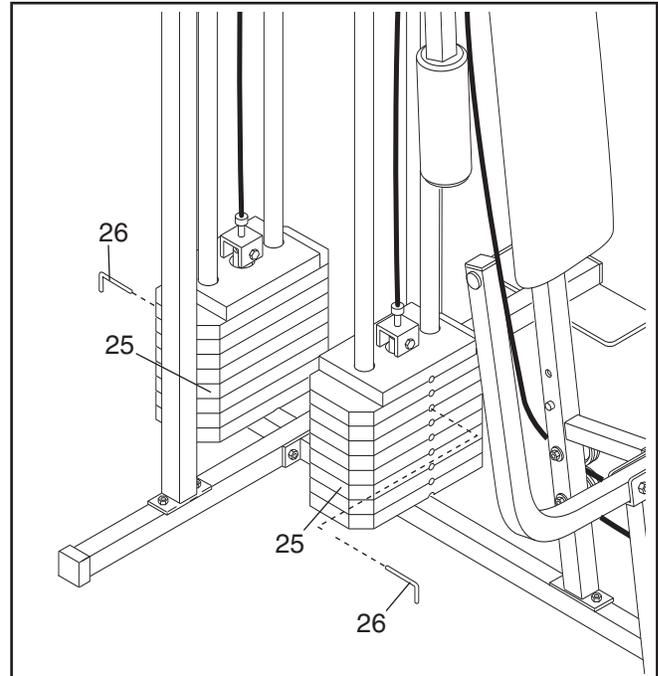
ADJUSTMENTS

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

The weight system features two weight stacks. The front weight stack is connected to the upper and lower pulleys, the press arm, and the butterfly arms. The rear weight stack is connected to the squat arm.

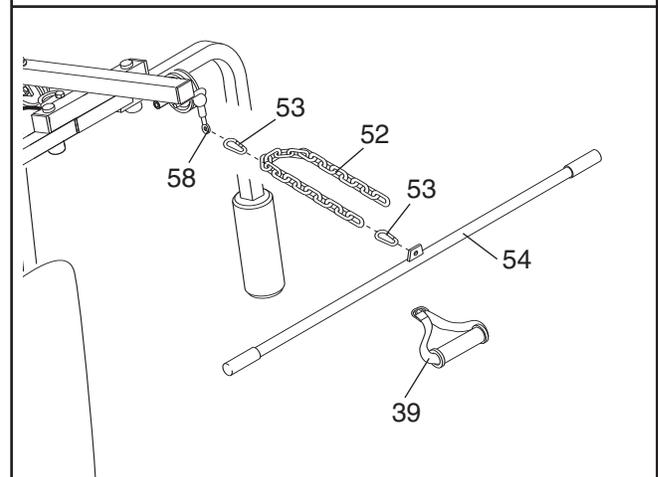
To change the weight setting of either weight stack, insert a Weight Pin (26) under the desired Weight (25). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 19 to find the approximate amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the Medium Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Medium Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Medium Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

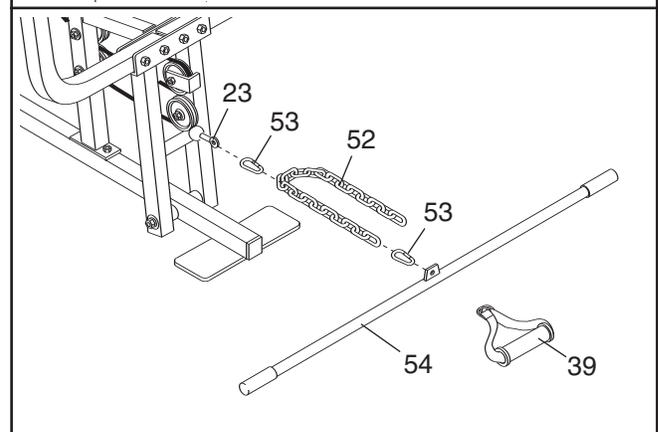
The Nylon Strap (39) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Short Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (39) can be attached in the same manner.



ATTACHING AND REMOVING THE SEAT

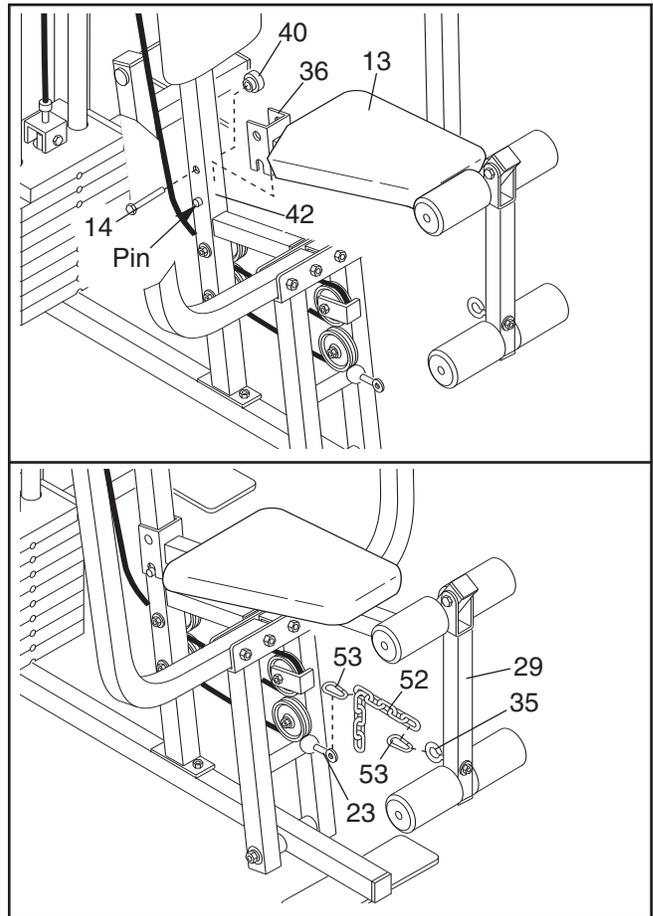
To attach the Seat (13), set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the M8 x 70mm Carriage Bolt (14) and the Seat Knob (40).

For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the M8 x 70mm Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off of the Front Upright (42).

ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above.)

Attach one end of the Chain (52) to the Short Cable (23) with a Cable Clip (53). Attach the other end of the Chain to the Eyebolt (35) with a Cable Clip.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	SQUAT ARM (lbs.)
Top	20	10	15	14	24	31
1	45	22	36	28	54	52
2	70	33	54	44	82	75
3	99	42	75	60	115	101
4	128	48	96	72	147	114
5	153	60	115	90	175	136
6	184	69	137	103	209	157
7	204	79	146	126	223	174
8	247	91	176	138	269	194

Note: 1 lb. = 0,454 kg

TROUBLESHOOTING AND MAINTENANCE

Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and 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.

Tightening the Medium and Short Cables

If any slack is felt when using the front weight stack, both the Medium Cable (58) and the Short Cable (23) will need to be tightened. Insert the weight pin into the middle of the weight stack. Slack can be removed from these cables three ways:

- See drawing 1. Tighten the M8 Nylon Locknut (3) that connects the end of the Short Cable (23) to the Long “U”-bracket (57).
- See drawing 1. Remove the M10 Nylon Locknut (21) and the M10 x 48mm Bolt (94) from the 90mm Pulley (15), Cable Trap (66), and Long “U”-bracket (57). Re-attach the Pulley and Cable Trap to the lower hole in the Long “U”-bracket. **Make sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.**
- See drawing 2. Tighten the M8 Nylon Locknut (3) that connects the end of the Medium Cable (58) to the Small “U”-bracket (71).

Tightening the Long Cable

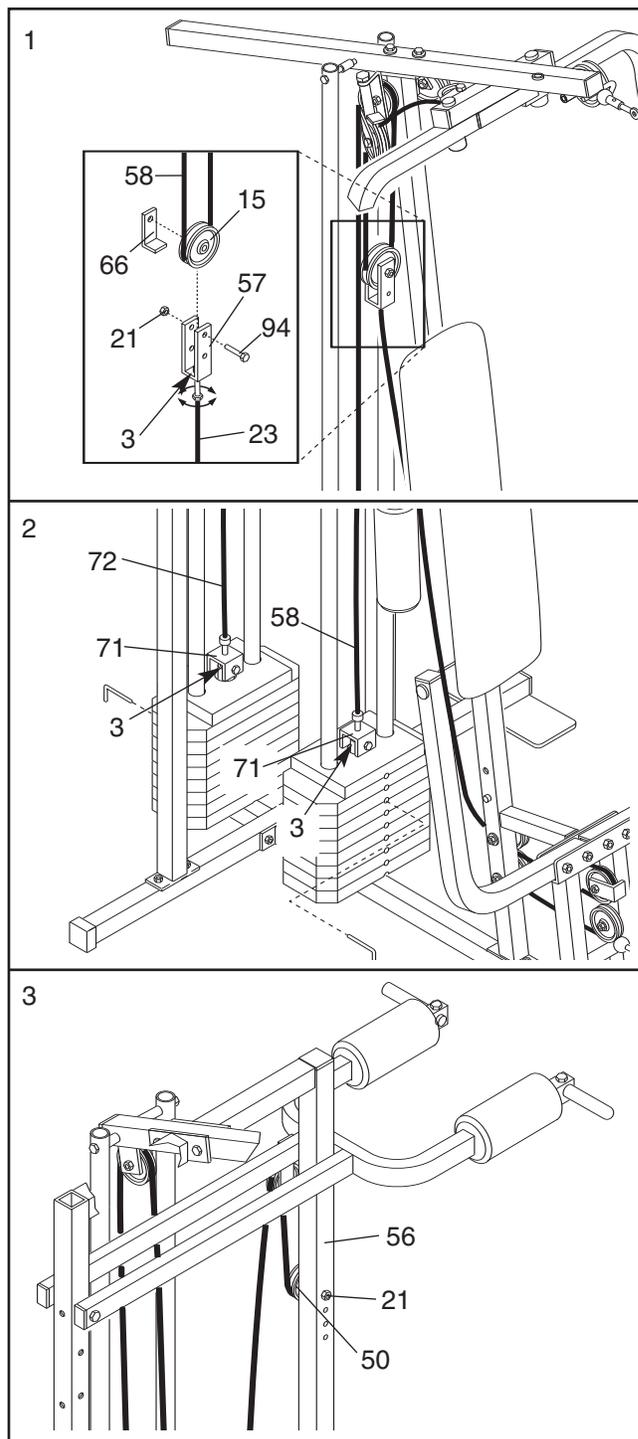
If any slack is felt when using the rear weight stack, the Long Cable (72) will need to be tightened. Insert the weight pin into the middle of the weight stack. Slack can be removed from this cable two ways:

- See drawing 2. Tighten the M8 Nylon Locknut (3) that connects the end of the Long Cable (72) to the Small “U”-bracket (71).
- See drawing 3. Remove the M10 Nylon Locknut (21) and the M10 x 120mm Bolt (not shown) from the “V”-pulley (50) and Long Cable Trap (not shown). Re-attach the Pulley and Cable Trap to a lower hole in the Squat Upright (56). Make sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.

Do not overtighten the cables. The top weight will be lifted off the weight stack.

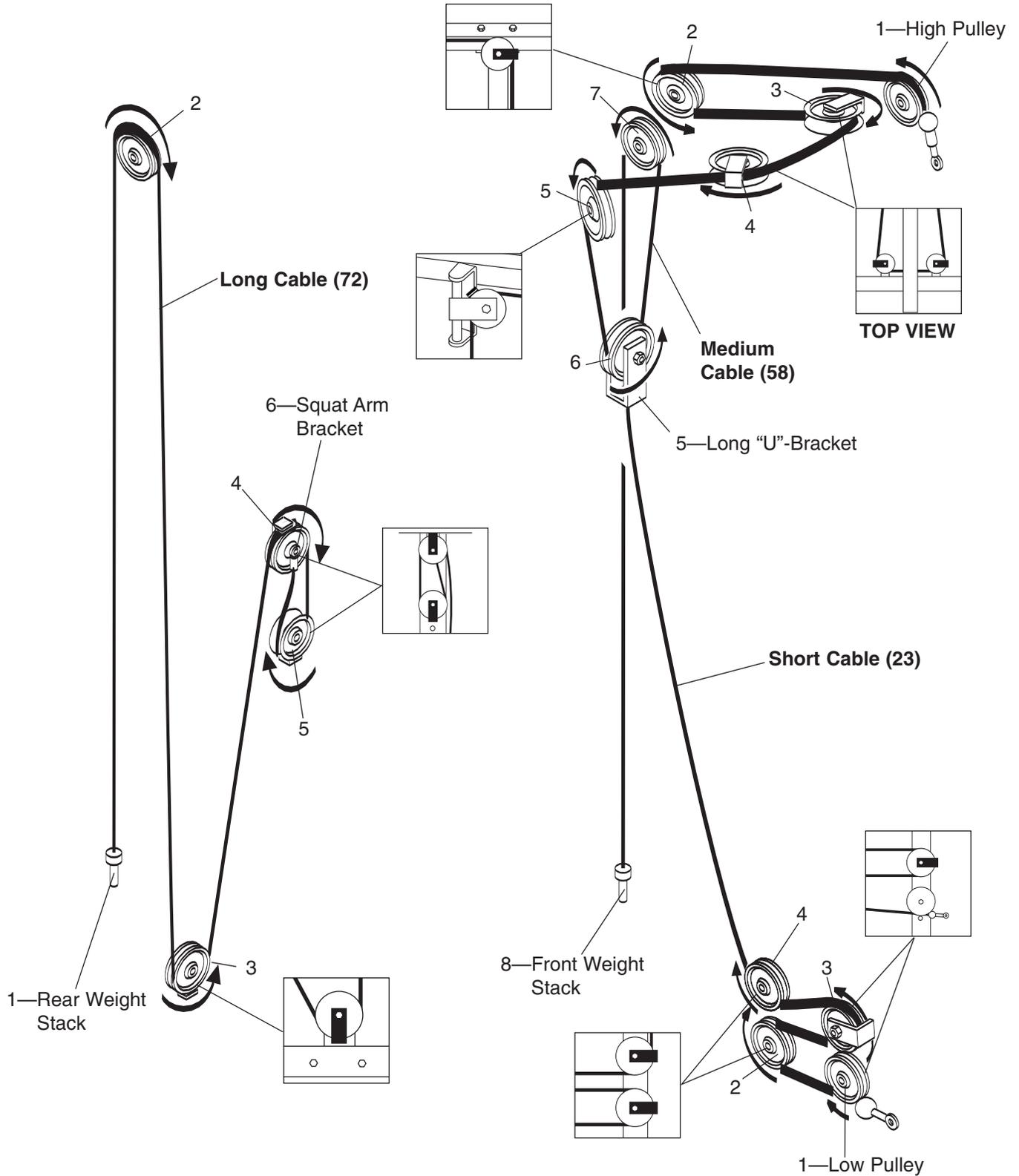
Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



CABLE DIAGRAM

The cable diagram below shows the proper routing of the Long Cable (72), the Medium Cable (58), and the Short Cable (23). Use the diagram to be sure that the three cables and cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The insets show the proper positioning of the cable traps; the cable traps should be positioned so that the cables will not come off the pulleys. **Be sure that the cable traps do not touch or bind the cables.**



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

Toning

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

Weight Loss

To lose weight, use a low amount of weight 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 is:

- 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 or exercise bike, 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 exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling 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 session to session.

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 manner 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. Refer to 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 stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage 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.

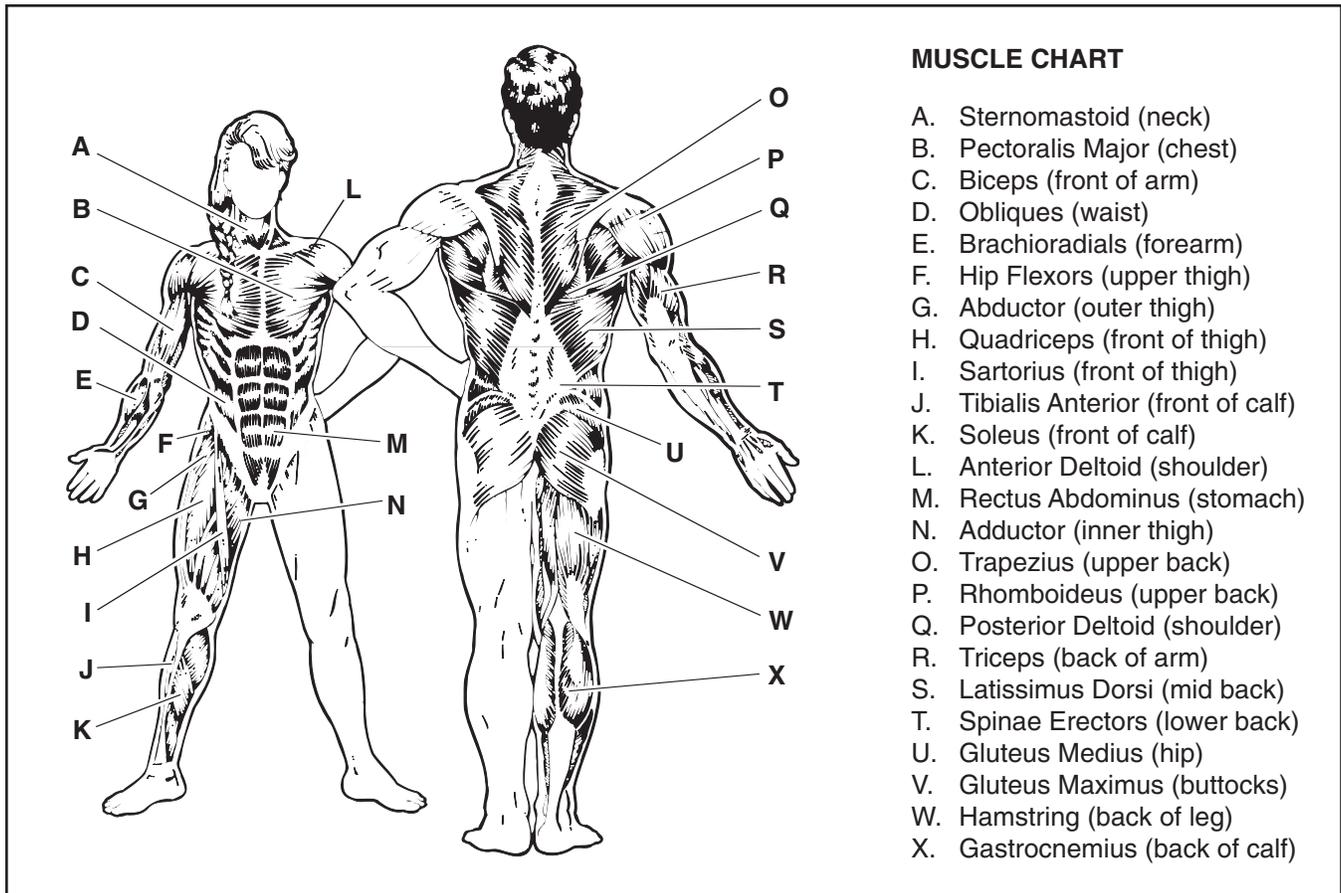
COOLING DOWN

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. List 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. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

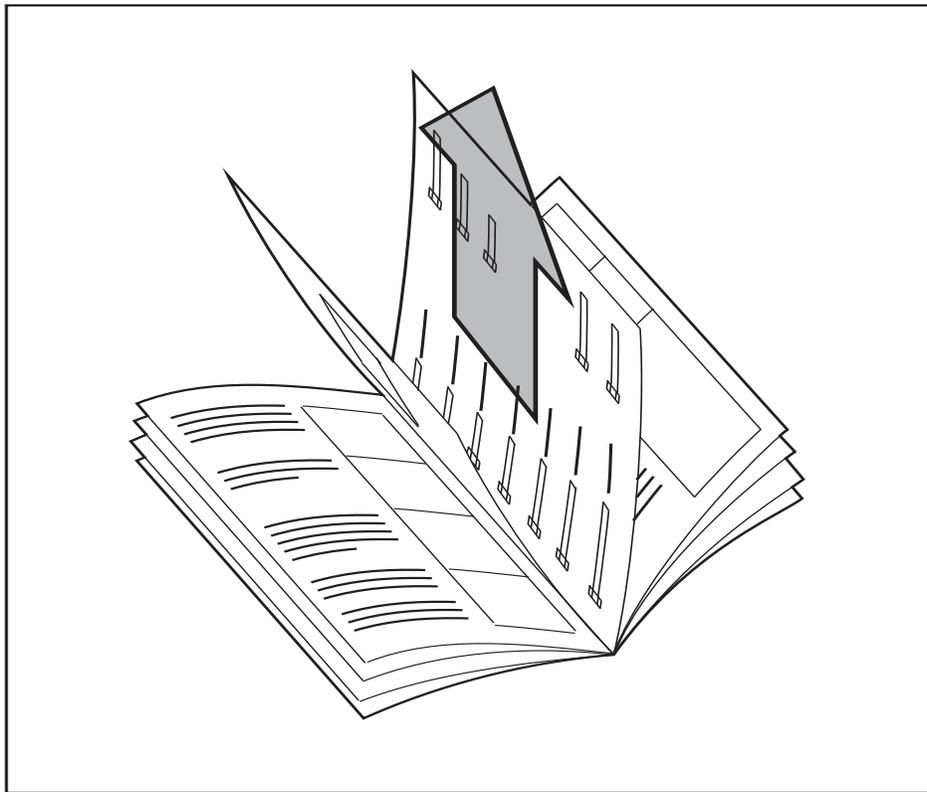


MUSCLE CHART

- 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)

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

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



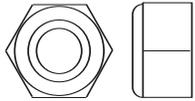
Note: The assembly is divided into five stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, 4) seat assembly, and 5) VKR assembly. The hardware for each stage is packaged separately. **WAIT UNTIL YOU BEGIN EACH ASSEMBLY STAGE TO OPEN THE PARTS BAG LABELED FOR THAT ASSEMBLY STAGE.**

PART IDENTIFICATION CHART—Model No. WESY8530C3

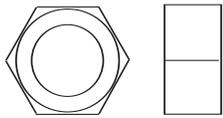
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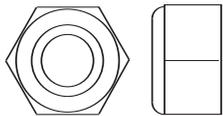
M6 Nylon Locknut (2)



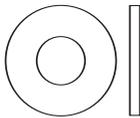
M8 Nylon Locknut (3)



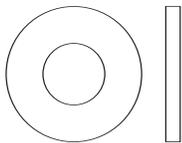
M10 Nut (92)



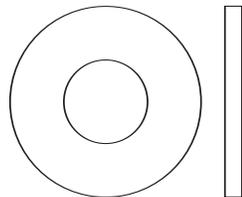
M10 Nylon Locknut (21)



M6 Washer (10)



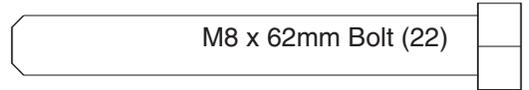
M8 Washer (8)



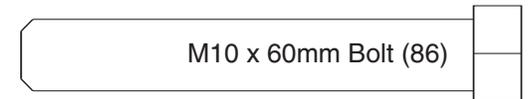
M10 Washer (9)



M8 x 63mm Carriage Bolt (1)



M8 x 62mm Bolt (22)



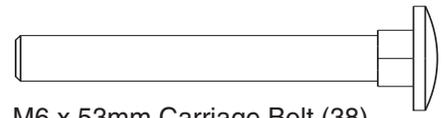
M10 x 60mm Bolt (86)



M8 x 58mm Shoulder Bolt (97)



M8 x 58mm Bolt (33)



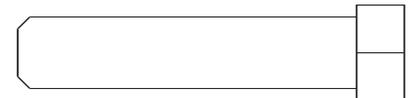
M6 x 53mm Carriage Bolt (38)



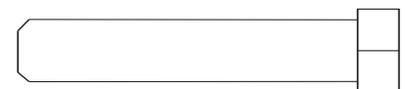
M6 x 50mm Screw (81)



M10 x 48mm Bolt (94)



M10 x 45mm Bolt (12)



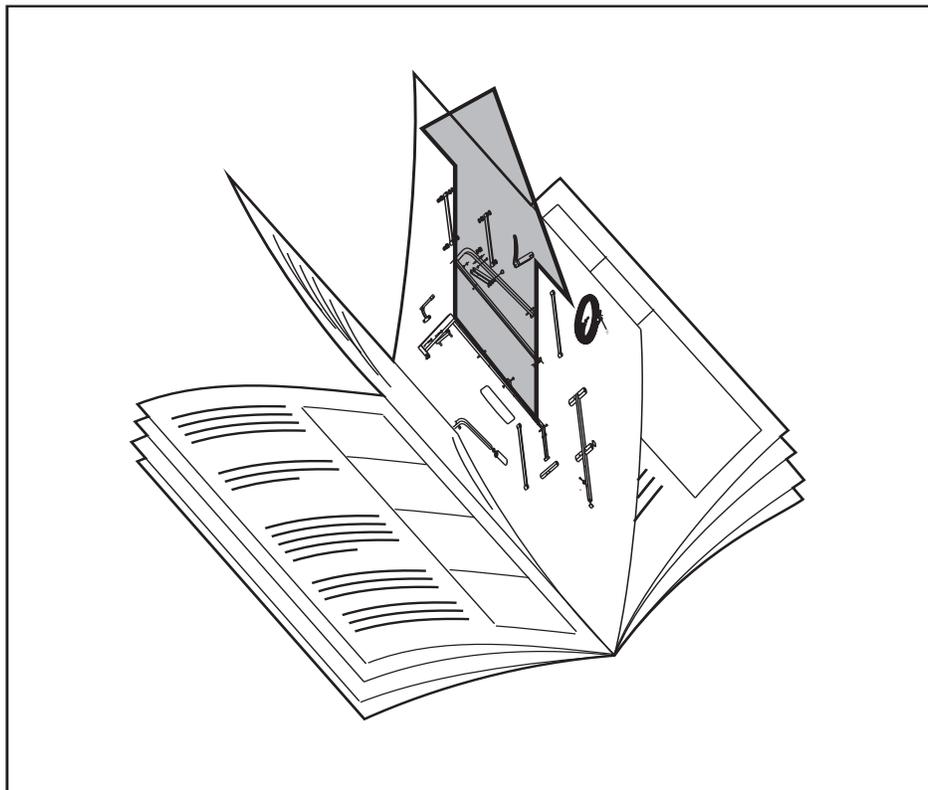
M8 x 45mm Bolt (24)



M6 x 15mm Screw (18)

MAKE ASSEMBLY EASIER. REMOVE AND USE THIS PART LIST/EXPLODED DRAWING DURING ASSEMBLY.

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



PART LIST—Model No. WESY8530C3

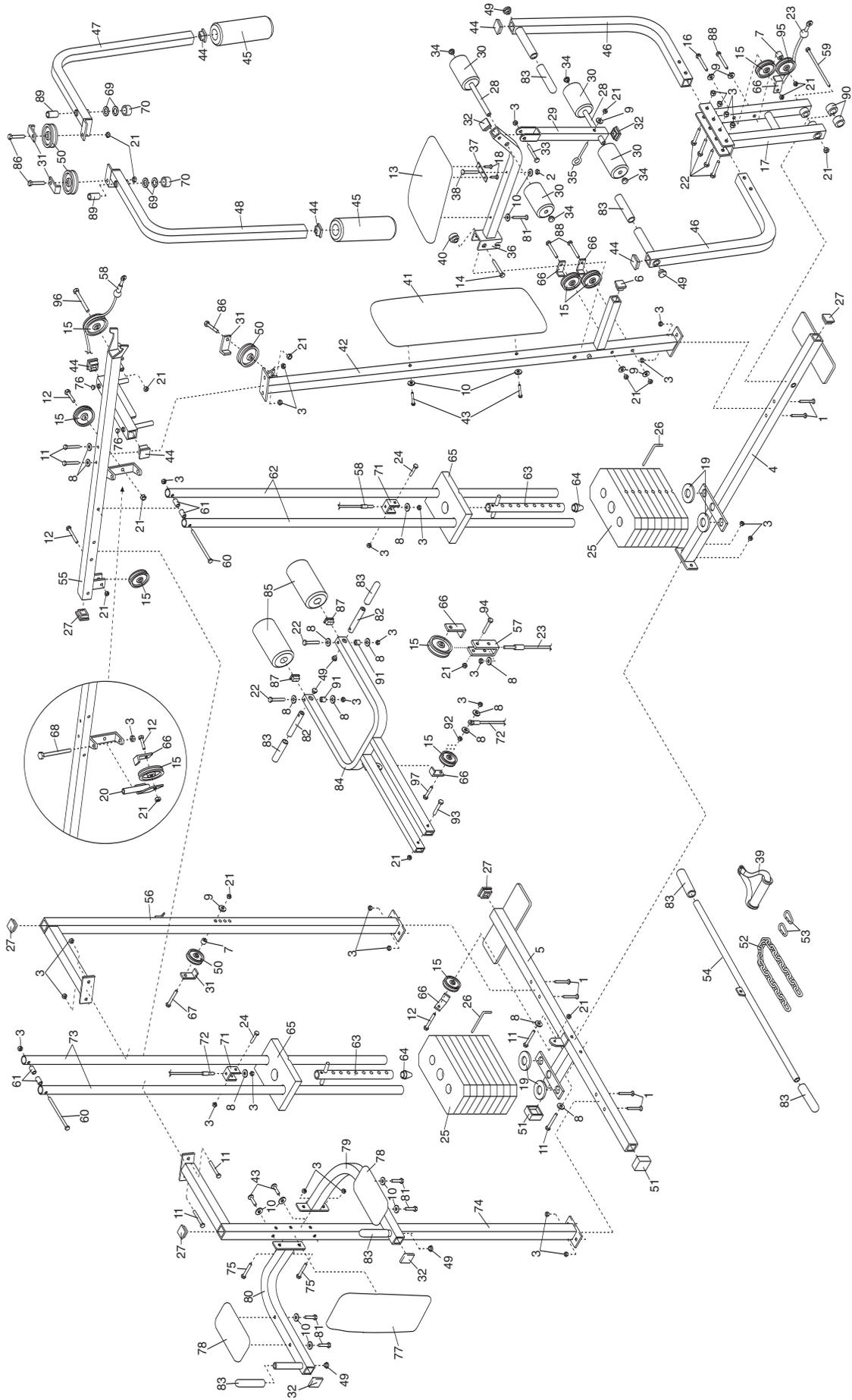
R1204A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	6	M8 x 63mm Carriage Bolt	51	2	50mm Square Outer Cap
2	1	M6 Nylon Locknut	52	1	Chain
3	30	M8 Nylon Locknut	53	2	Cable Clip
4	1	Base	54	1	Lat Bar
5	1	Stabilizer	55	1	Top Frame
6	1	25mm Square Inner Cap	56	1	Squat Upright
7	2	16mm x 15mm Spacer	57	1	Long "U"-bracket
8	13	M8 Washer	58	1	Medium Cable
9	6	M10 Washer	59	1	M10 x 200mm Bolt
10	10	M6 Washer	60	2	M8 x 150mm Bolt
11	6	M8 x 67mm Bolt	61	4	13mm x 19mm Spacer
12	4	M10 x 45mm Bolt	62	2	Long Weight Guide
13	1	Seat	63	2	Weight Tube
14	1	M8 x 70mm Carriage Bolt	64	2	Weight Tube Bumper
15	10	90mm Pulley	65	2	Top Weight
16	1	M10 x 83mm Bolt	66	7	Cable Trap
17	1	Press Frame	67	1	M10 x 120mm Bolt
18	2	M6 x 15mm Screw	68	1	M8 x 118mm Bolt
19	4	Weight Bumper	69	4	25mm Retainer
20	1	Pulley Bracket	70	2	25mm Round Cover Cap
21	17	M10 Nylon Locknut	71	2	Small "U"-bracket
22	6	M8 x 62mm Bolt	72	1	Long Cable
23	1	Short Cable	73	2	Short Weight Guide
24	2	M8 x 45mm Bolt	74	1	VKR Upright
25	16	Weight	75	2	M8 x 70mm Bolt
26	2	Weight Pin	76	2	25mm Thick Round Inner Cap
27	5	50mm Square Inner Cap	77	1	VKR Backrest
28	2	Pad Tube	78	2	VKR Armrest
29	1	Leg Lever	79	1	Left VKR Arm
30	4	140mm Pad	80	1	Right VKR Arm
31	4	Long Cable Trap	81	5	M6 x 50mm Screw
32	4	38mm Square Inner Cap	82	2	Handle
33	1	M8 x 58mm Bolt	83	8	135mm Plastic Grip
34	4	19mm Round Inner Cap	84	1	Squat Arm
35	1	Eyebolt	85	2	Squat Arm Pad
36	1	Seat Frame	86	3	M10 x 60mm Bolt
37	1	Seat Plate	87	2	25mm x 50mm Inner Cap
38	1	M6 x 53mm Carriage Bolt	88	3	M10 x 93mm Bolt
39	1	Nylon Strap	89	2	29mm x 70mm Plastic Bushing
40	1	Seat Knob	90	2	25mm x 22mm Plastic Bushing
41	1	Backrest	91	2	13mm x 13mm Spacer
42	1	Front Upright	92	1	M10 Nut
43	4	M6 x 63mm Screw	93	1	M10 x 135mm Bolt
44	6	45mm Square Inner Cap	94	1	M10 x 48mm Bolt
45	2	252mm Pad	95	1	90mm Fortified Pulley
46	2	Press Arm	96	1	M10 x 90mm Bolt
47	1	Left Arm	97	1	M8 x 58mm Shoulder Bolt
48	1	Right Arm	#	1	User's Manual
49	6	25mm Round Inner Cap	#	1	Exercise Guide
50	4	"V"-pulley	#	2	Grease Pack

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WESY8530C3

R1204A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 18h30 Eastern Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WESY8530C3)
2. The NAME of the product (WEIDER® 8530 weight system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the center of this manual.)

LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year 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 preauthorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF CANADA, INC., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8

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