

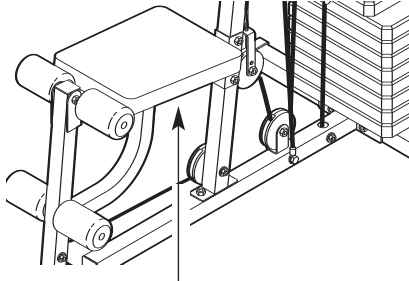


# WEIDER<sup>®</sup> 8950

Model No. WEEMSY18220

Serial No. \_\_\_\_\_

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



Serial Number Decal (Under Seat)

## USER'S MANUAL

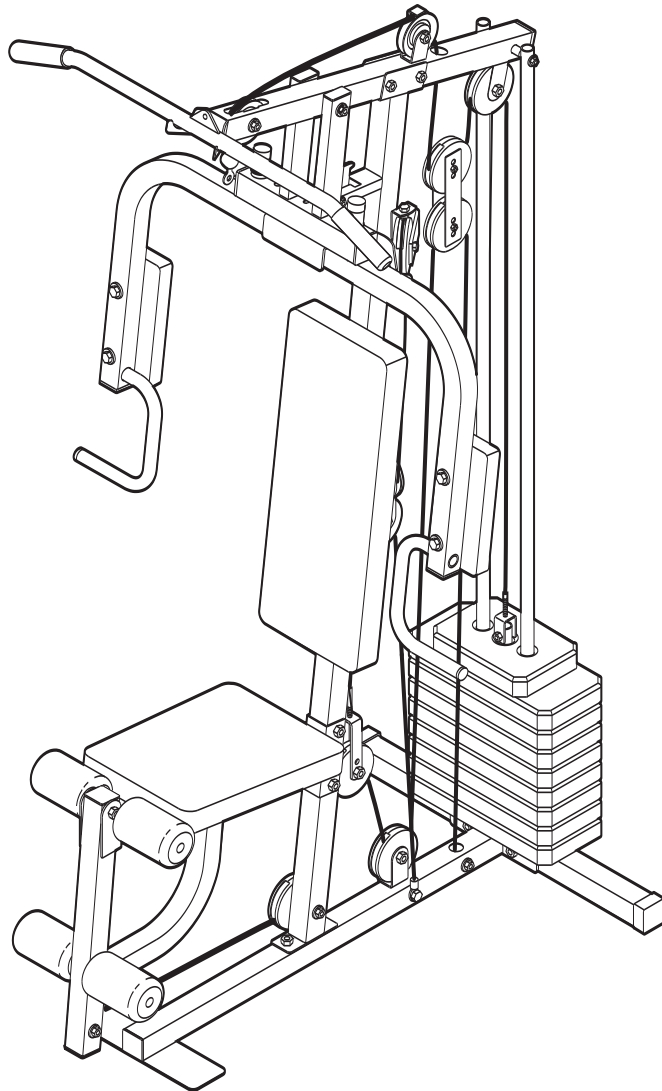
### QUESTIONS?

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

**08457 089 009**

Or write:  
ICON Health & Fitness, Ltd.  
Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)



### **⚠ CAUTION**

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



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# WEIDER® 8950

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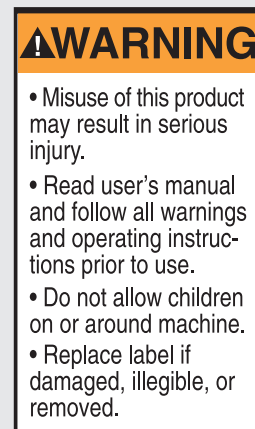
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the centre of this manual. **Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.**

# 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 the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor or carpet 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. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection when using the weight system.
9. The weight system is designed to support a maximum user weight of 135 kg (300 lbs).
10. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
11. Never release the arms, leg lever, or lat bar whilst weights are raised; the weights will fall with great force.
12. Make sure that the cables remain on the pulleys at all times. If the cables bind whilst you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
14. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
15. The warning decals shown here have been placed on the weight system in the locations shown on page 4. If a decal is missing or illegible, please call our Customer Service Department toll-free at 08457 089 009 to order a free replacement decal. Place the decal on the weight system in the location shown.



Decal 1



Decal 2

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

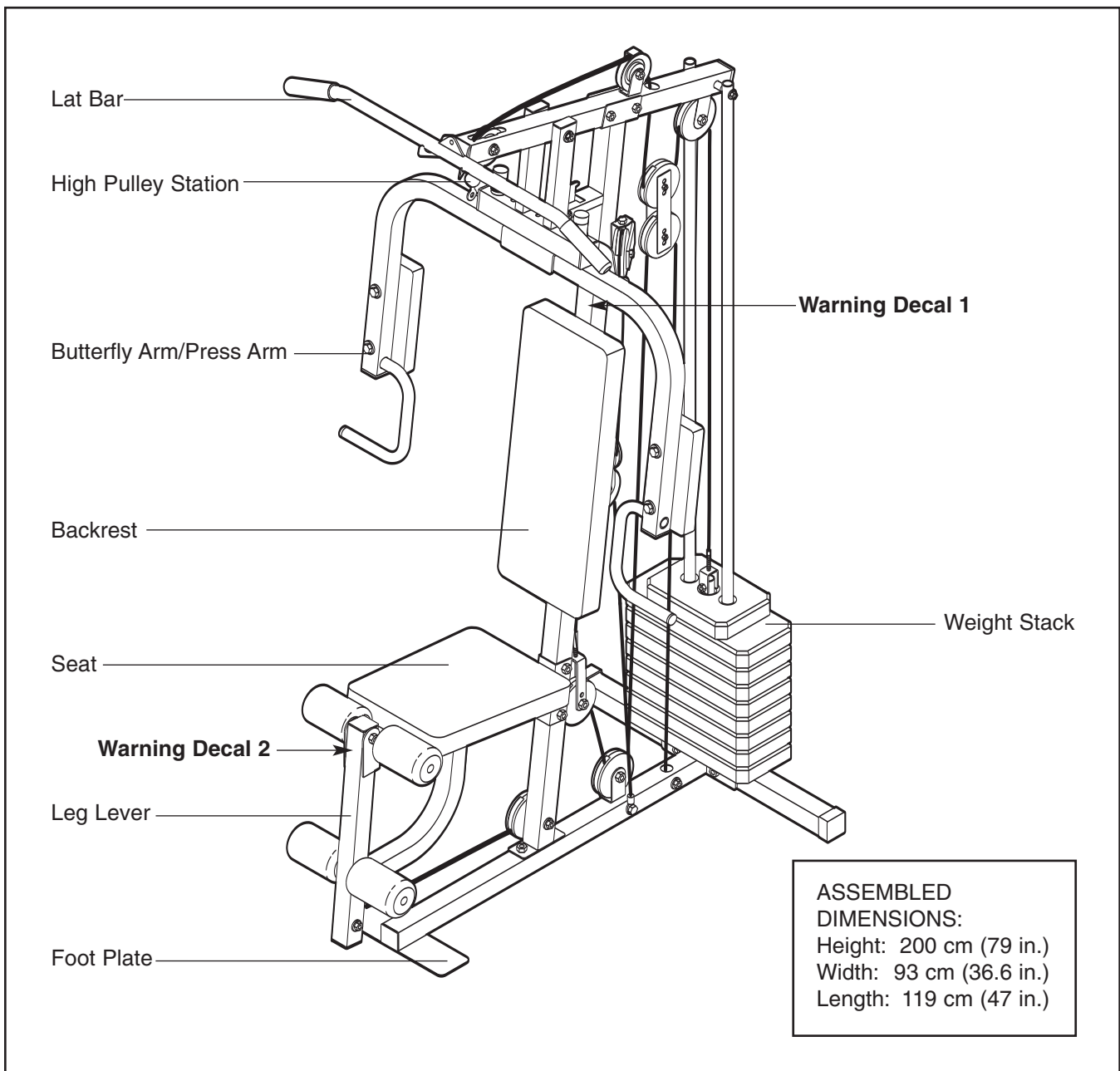
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8950 weight system. The WEIDER® 8950 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 WEIDER® 8950 weight system will help you to achieve the results you want.

**For your benefit, read this manual carefully before using the weight system.** If you have additional

questions, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEMSY18220. The serial number can be found on a decal attached to the weight system (see the front cover of this manual for the location of the decal).

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



# ASSEMBLY

## Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realise that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.





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

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

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

- ***For help identifying small parts, use the PART IDENTIFICATION CHART.***

**The following tools (not included) are required for assembly:**

- **two adjustable spanners** 
- **one rubber mallet** 
- **one standard screwdriver** 
- **one Phillips screwdriver** 
- **lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

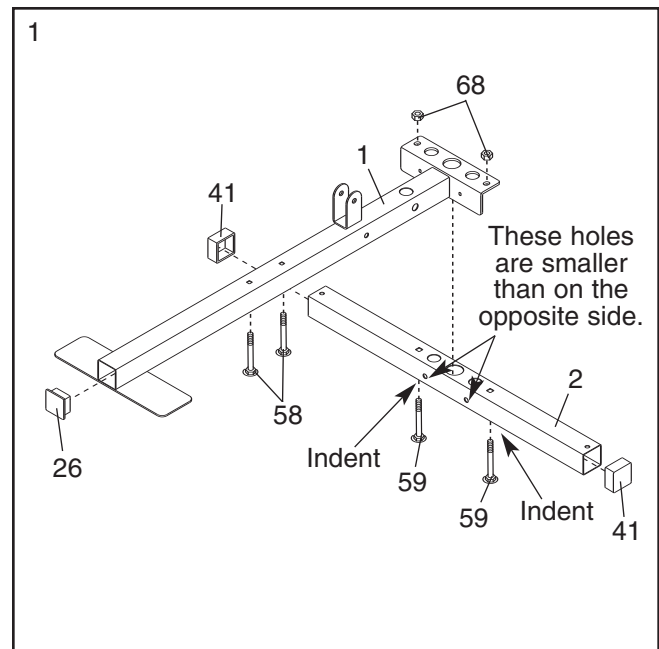
## FRAME ASSEMBLY

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

Press a 50mm Square Inner Cap (26) into the end of the Base (1). Press two 50mm Square Outer Caps (41) onto the ends of the Stabiliser (2).

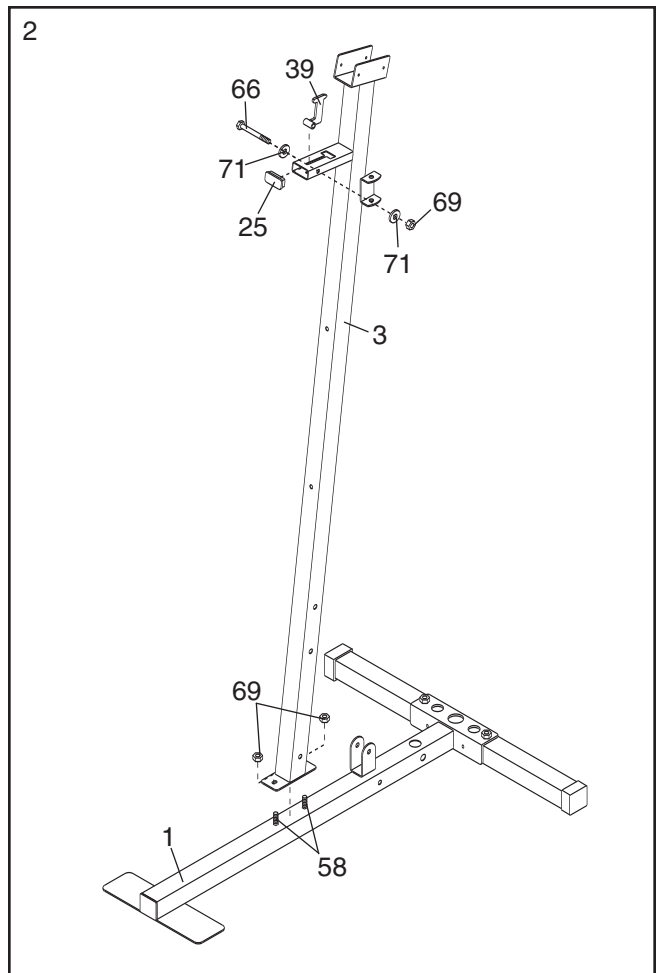
Orient the Stabiliser (2) with the indents around the holes on the bottom. Insert two M10 x 65mm Carriage Bolts (59) into the bottom of the Stabiliser. Insert two M8 x 63mm Carriage Bolts (58) into the bottom of the Base (1). **Note: It may be helpful to place tape over the heads of the Carriage Bolts to hold them in place.**

Attach the Base (1) to the Stabiliser (2) with the M10 x 65mm Carriage Bolts (59) and two M10 Nylon Locknuts (68). **Do not tighten the Locknuts yet.**



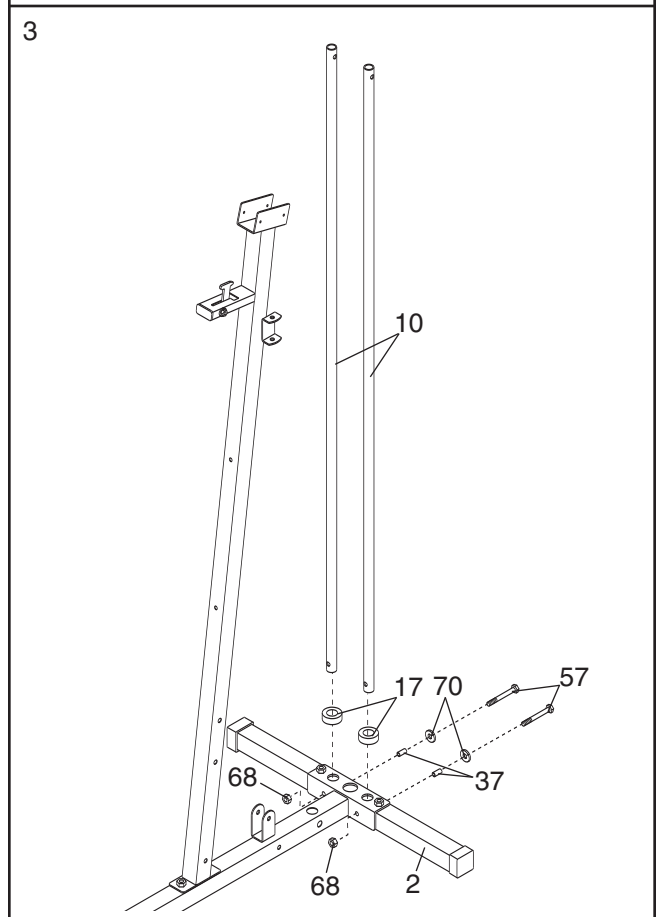
- Attach the Upright (3) to the Base (1) with the two M8 x 63mm Carriage Bolts (58) and two M8 Nylon Locknuts (69). **Do not tighten the Locknuts yet.**

Press a 25mm x 50mm Inner Cap (25) into the tube on the Upright (3). Attach the Press Frame Lock (39) to the Upright with an M8 x 63mm Bolt (66), two M8 Washers (71), and an M8 Nylon Locknut (69). **Do not overtighten the Nylon Locknut; the Press Frame Lock must be able to pivot easily.**



- Set two Weight Bumpers (17) over the indicated holes in the Stabiliser (2). Insert two Weight Guides (10) into the same holes. Secure the Weight Guides in place with two M10 x 70mm Bolts (57), two M10 Washers (70), two M10 x 12.5mm Spacers (37), and two M10 Nylon Locknuts (68).

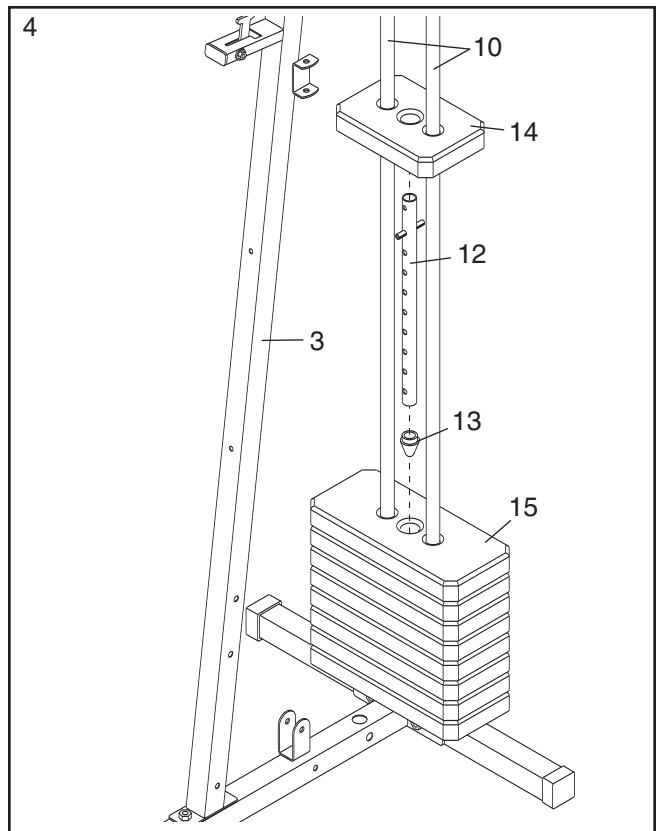
**Tighten the Nylon Locknuts (68, 69) used in steps 1 and 3.**



- Slide the eight Weights (15) onto the Weight Guides (10), with the slot for the Weight Pin (not shown) on the bottom and on the side away from the Upright (3).

Insert the Weight Tube Bumper (13) into the bottom of the Weight Tube (12). Insert the Weight Tube into the Weights (15).

Slide the Top Weight (14) onto the Weight Guides (10).

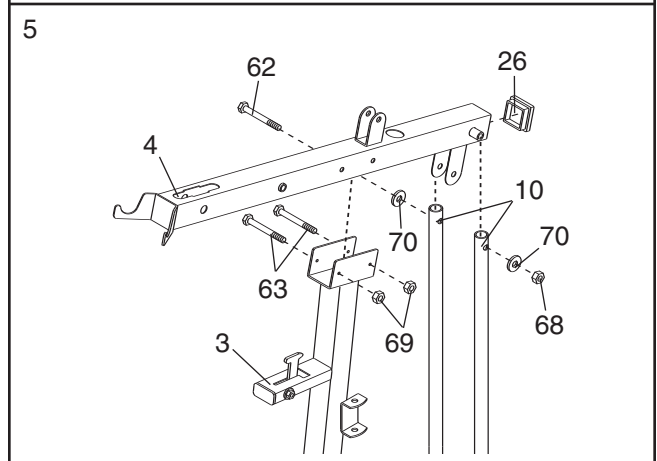


- Press a 50mm Square Inner Cap (26) into the Top Frame (4).

Attach the Top Frame (4) to the Upright (3) with two M8 x 68mm Bolts (63) and two M8 Nylon Locknuts (69). **Do not tighten the Locknuts yet.**

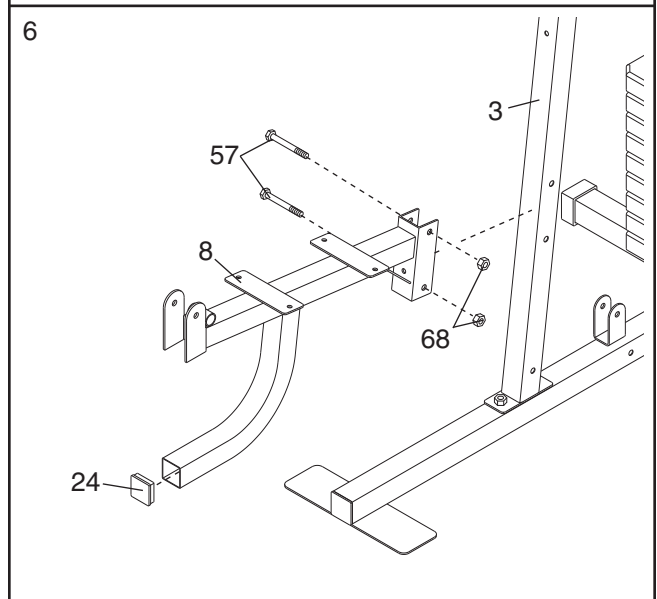
Attach the Top Frame (4) between the Weight Guides (10) with an M10 x 155mm Bolt (62), two M10 Washers (70), and an M10 Nylon Locknut (68).

**Tighten the Nylon Locknuts (68, 69) used in steps 2 and 5.**



- Press a 45mm Square Inner Cap (24) into the end of the Seat Frame (8).

Attach the Seat Frame (8) to the Upright (3) with two M10 x 70mm Bolts (57) and two M10 Nylon Locknuts (68).

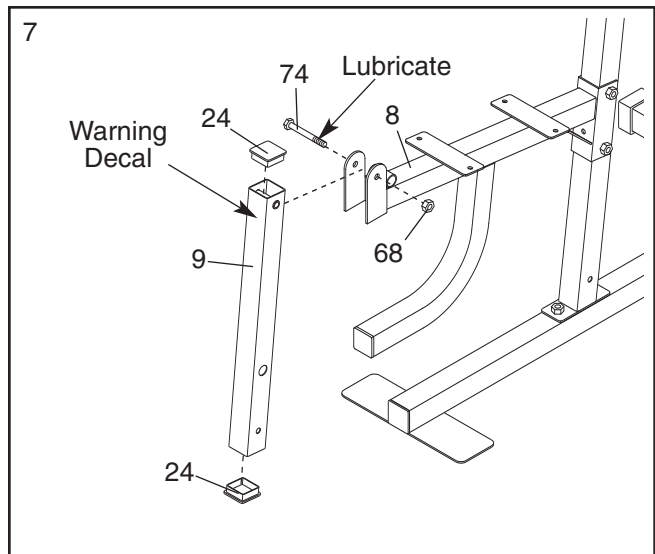


## ARM ASSEMBLY

7. Press two 45mm Square Inner Caps (24) into the Leg Lever (9).

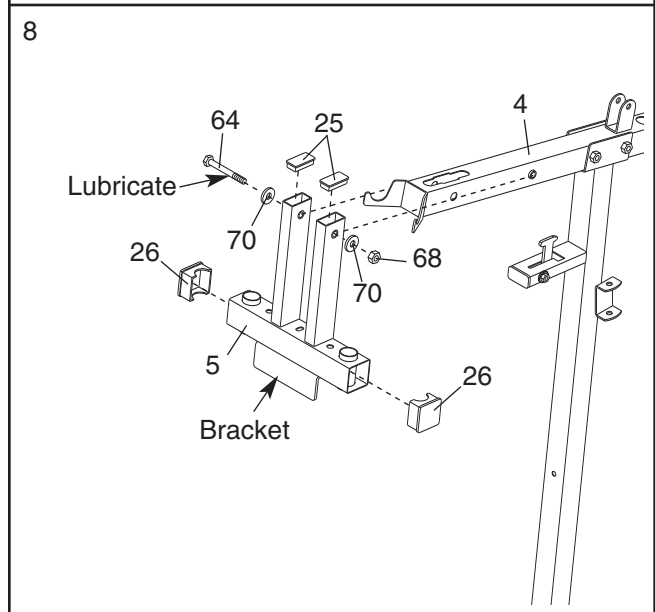
Lubricate an M10 x 73mm Bolt (74) with grease. Attach the Leg Lever (9) to the Seat Frame (8) with the Bolt and an M10 Nylon Locknut (68).

**Make sure the warning decal is in the indicated position. Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



8. Press two 25mm x 50mm Inner Cap (25) into the top of the Press Frame (5). Press two 50mm Square Inner Caps (26) into the ends of the Press Frame.

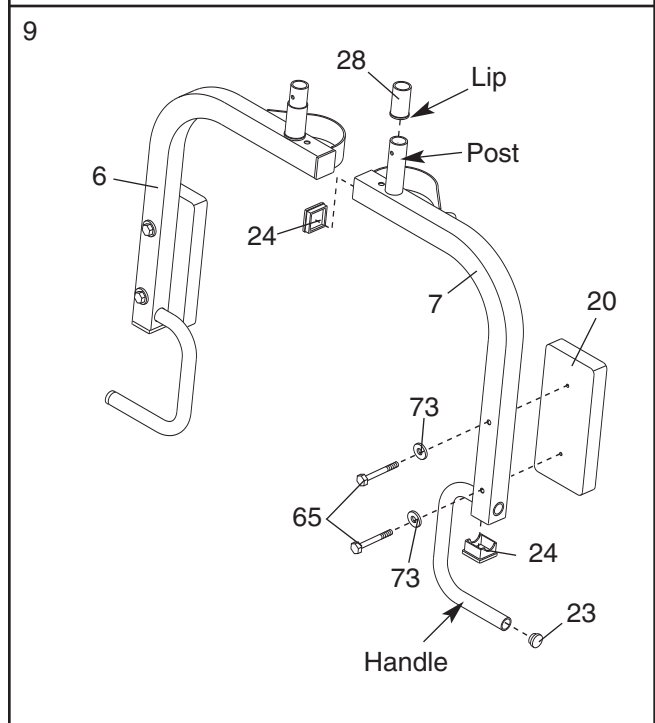
Lubricate an M10 x 125mm Bolt (64) with grease. Orient the Press Frame (5) with the bracket on the side shown. Attach the Press Frame to the Top Frame (4) with the Bolt, two M10 Washers (70), and an M10 Nylon Locknuts (68). **Do not overtighten the Locknut; the Press Frame must be able to pivot easily.**



9. Press two 45mm Square Inner Caps (24) into the Left Arm (7). Press a 25mm Round Inner Cap (23) into the handle. Lubricate the indicated post with grease. Slide a 38mm x 50mm Round Bushing (28) onto the post on the Arm; **make sure that the lip on the Bushing is oriented as shown.**

Attach an Arm Pad (20) to the Left Arm (7) with two M6 x 58mm Bolts (65) and two M6 Washers (73).

**Repeat this step with the Right Arm (6).**



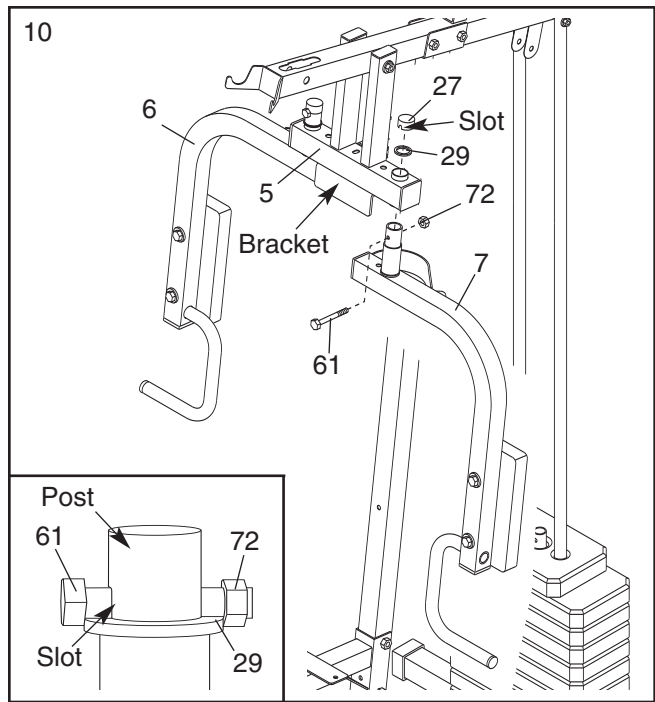


10. Insert the post on the Left Arm (7) through the hole in the Press Frame (5). **Be sure the Arm is behind the indicated bracket on the Press Frame.**

Slide a 25mm Washer (29) over the post on the Left Arm (7). Attach an M6 x 43mm Bolt (61) to the post with an M6 Nylon Locknut (72). **Be sure the Locknut and the head of the Bolt are over the edge of the Washer, as shown in the inset drawing.**

Press a 25mm Round Outer Cap (27) onto the top of the post on the Left Arm (7).

**Repeat this step with the Right Arm (6).**



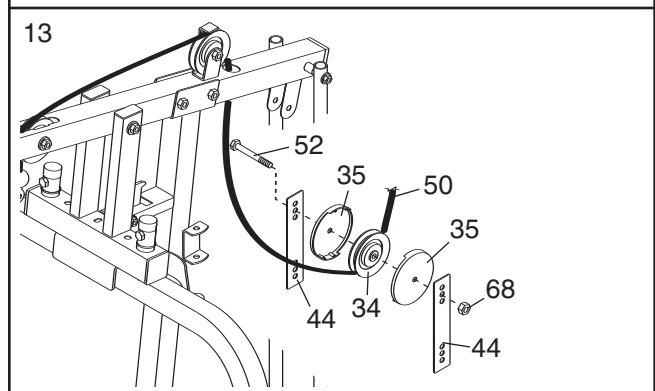
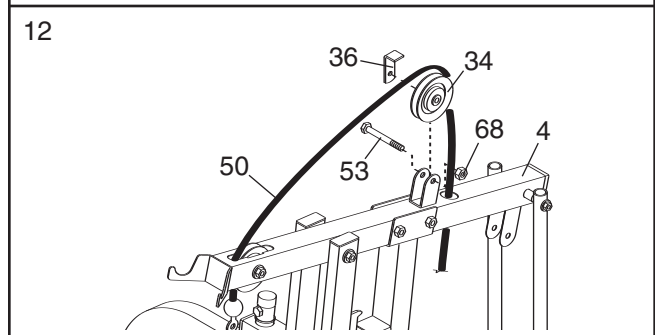
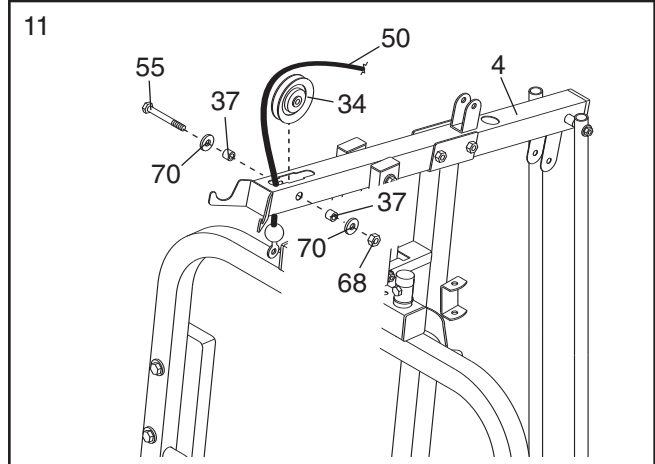
## CABLE ASSEMBLY

11. Refer to the **CABLE DIAGRAM** on page 17 for proper cable routing.

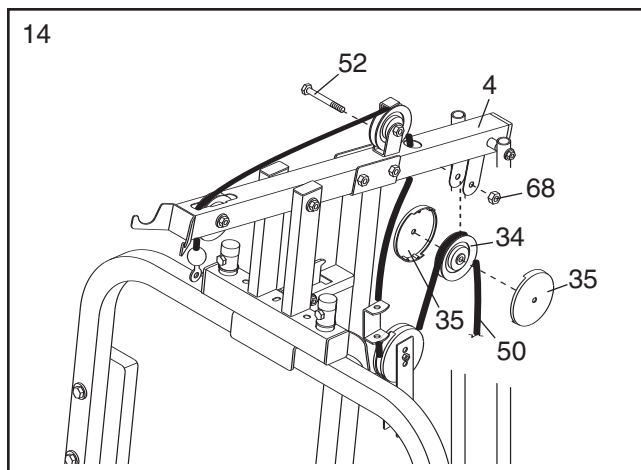
**Locate the High Cable (50).** Route the threaded shaft end of the Cable up through the Top Frame (4) and over a 90mm Pulley (34). Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (55), two M10 Washers (70), two M10 x 12.5mm Spacers (37), and an M10 Nylon Locknut (68).

12. Route the High Cable (50) over a 90mm Pulley (34) and down through the Top Frame (4). Attach the Pulley and a Cable Trap (36) to the bracket on the Top Frame with an M10 x 50mm Bolt (53) and an M10 Nylon Locknut (68). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

13. Route the High Cable (50) under a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the second set of holes from the top of the two Pulley Plates (44) with an M10 x 52mm Bolt (52) and an M10 Nylon Locknut (68). **Make sure the small tabs on the Pulley Covers are on top.**

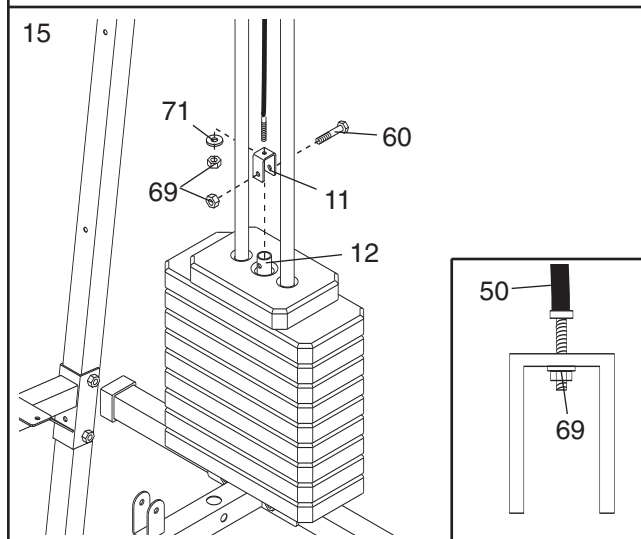


14. Wrap the High Cable (50) over a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the bracket on the Top Frame (4) with an M10 x 52mm Bolt (52) and an M10 Nylon Locknut (68). **Make sure the small tabs on the Pulley Covers are on bottom.**

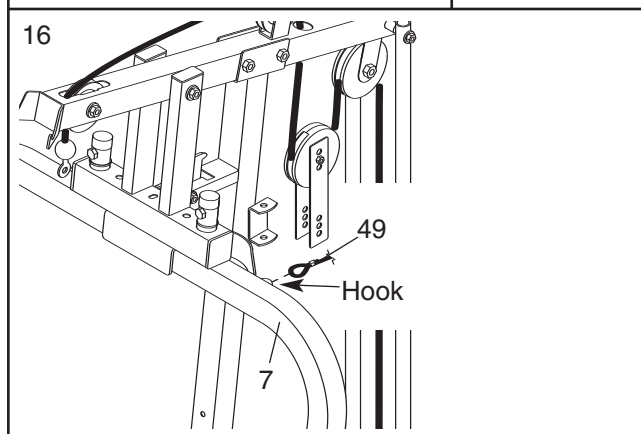


15. Attach the end of the High Cable (50) to the Small “U”-bracket (11) with an M8 Washer (71) and an M8 Nylon Locknut (69). **Note: Do not completely tighten the Locknut; it should be threaded onto the Cable so that two threads show past the Locknut, as shown in the inset drawing.**

Attach the Small “U”-bracket (11) to the Weight Tube (12) with an M8 x 45mm Bolt (60) and an M8 Nylon Locknut (69). **Do not overtighten the Locknut; the Weight Tube must be able to pivot in the Small “U”-bracket.**

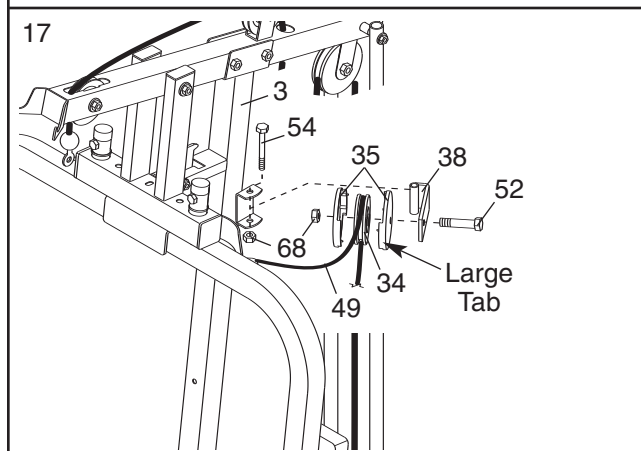


16. **Locate the Press Cable (49).** Slide the Cable onto the hook on the Left Arm (7).

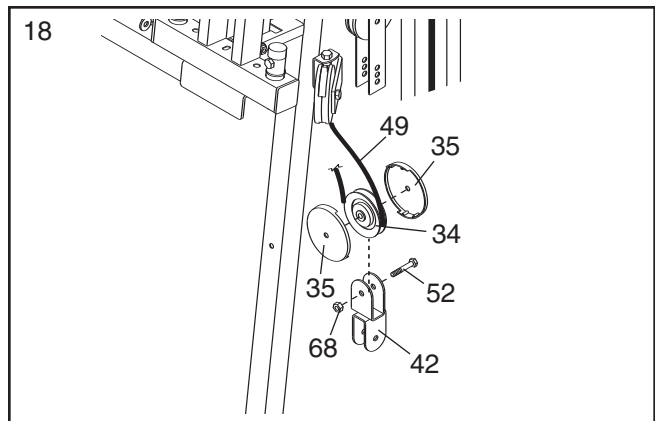


17. Attach the Pulley Arm (38) to the Upright (3) with an M10 x 78mm Bolt (54) and an M10 Nylon Locknut (68). **Do not overtighten the Locknut; the Pulley Arm must be able to pivot easily.**

Wrap the Press Cable (49) over a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the indicated side of a Pulley Arm (38) with an M10 x 52mm Bolt (52) and an M10 Nylon Locknut (68). **Make sure the large tabs on the Pulley Covers are in the indicated position.**

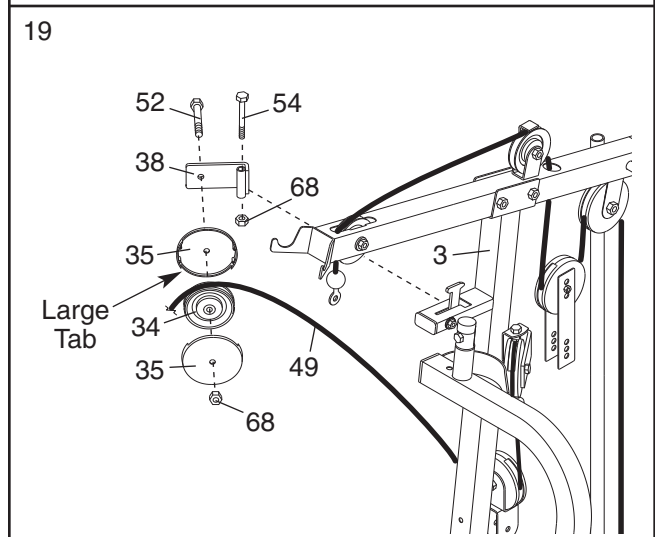


18. Wrap the Press Cable (49) under a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the Offset Double “U”-bracket (42) with an M10 x 52mm Bolt (52) and an M10 Nylon Locknut (68). **Make sure the small tabs on the Pulley Covers are on top.**

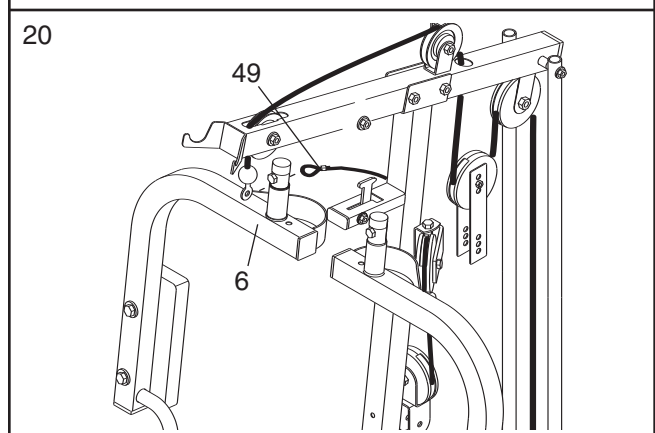


19. Attach the Pulley Arm (38) to the Upright (3) with an M10 x 78mm Bolt (54) and an M10 Nylon Locknut (68). **Do not overtighten the Locknut; the Pulley Arm must be able to pivot easily.**

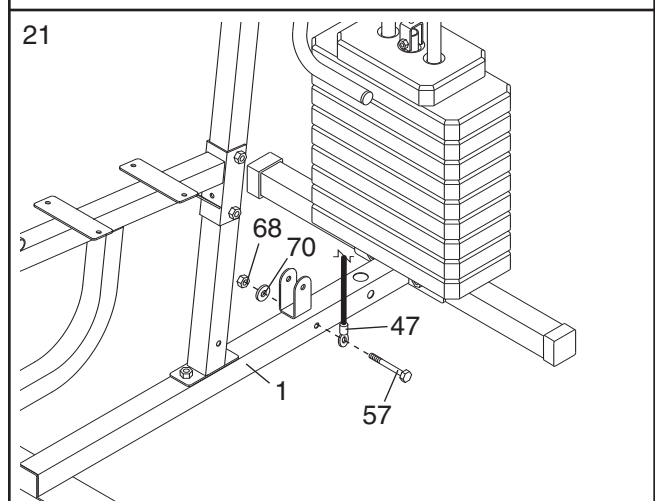
Wrap the Press Cable (49) over a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the indicated side of a Pulley Arm (38) with an M10 x 52mm Bolt (52) and an M10 Nylon Locknut (68). **Make sure the large tabs on the Pulley Covers are in the indicated position.**



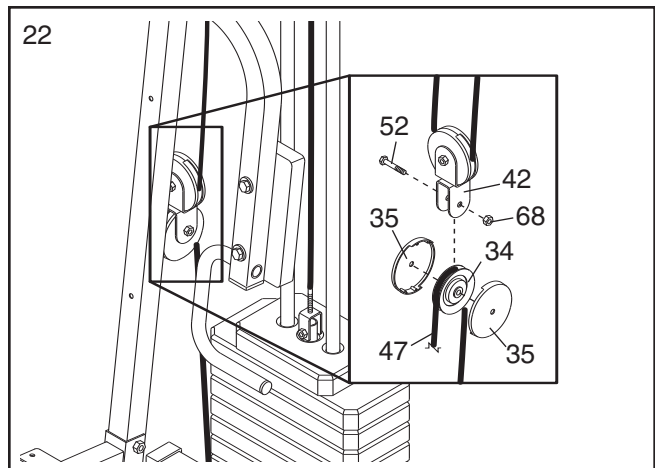
20. Slide the end of the Press Cable (49) onto the hook on the Right Arm (6).



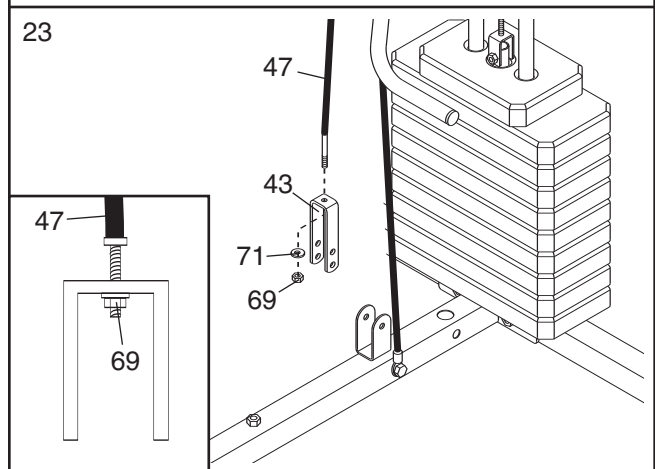
21. **Locate the Short Cable (47).** Attach the eyelet on the Cable to the Base (1) with an M10 x 70mm Bolt (57), an M10 Washer (70), and an M10 Nylon Locknut (68). **Do not overtighten the Locknut.**



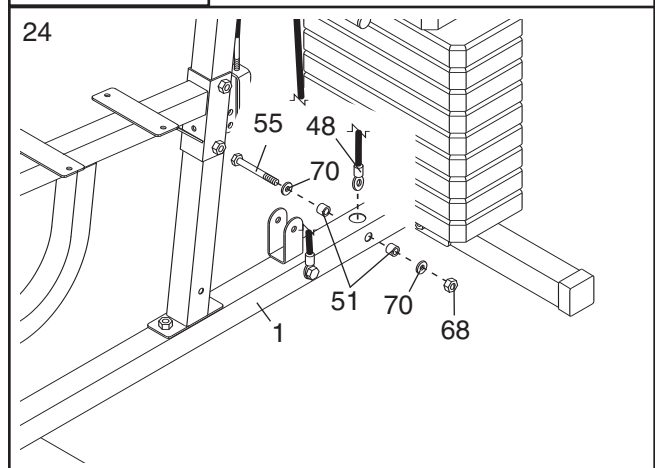
22. Wrap the Short Cable (47) over a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the Offset Double “U”-bracket (42) with an M10 x 52mm Bolt (52) and an M10 Nylon Locknut (68). **Make sure the small tabs on the Pulley Covers are on bottom.**



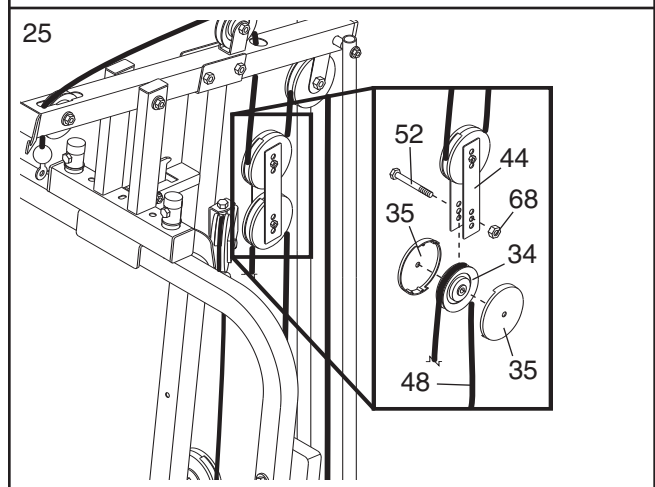
23. Attach the end of the Short Cable (47) to the “U”-bracket (43) with an M8 Washer (71) and an M8 Nylon Locknut (69). **Note: Do not completely tighten the Locknut; it should be threaded onto the Cable so that two threads show past the Locknut, as shown in the inset drawing.**



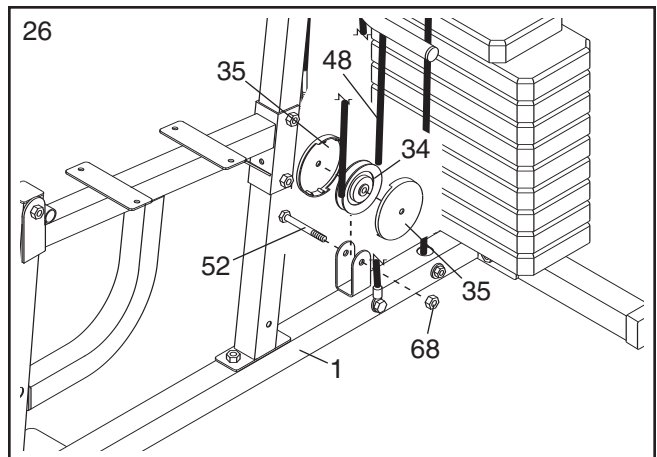
24. **Locate the Low Cable (48).** Attach the Cable inside the Base (1) with an M10 x 65mm Bolt (55), two M10 Washers (70), two M10 x 22mm Spacers (51), and an M10 Nylon Locknut (68).



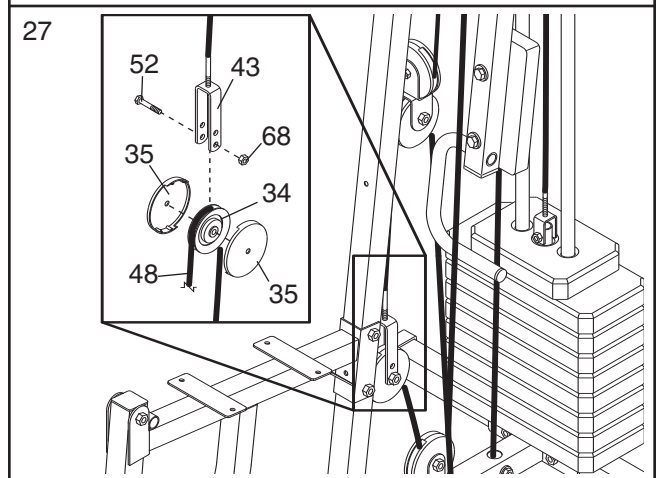
25. Route the Low Cable (48) over a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the second set of holes from the bottom of the two Pulley Plates (44) with an M10 x 52mm Bolt (52) and an M10 Nylon Locknut (68). **Make sure the small tabs on the Pulley Covers are on bottom.**



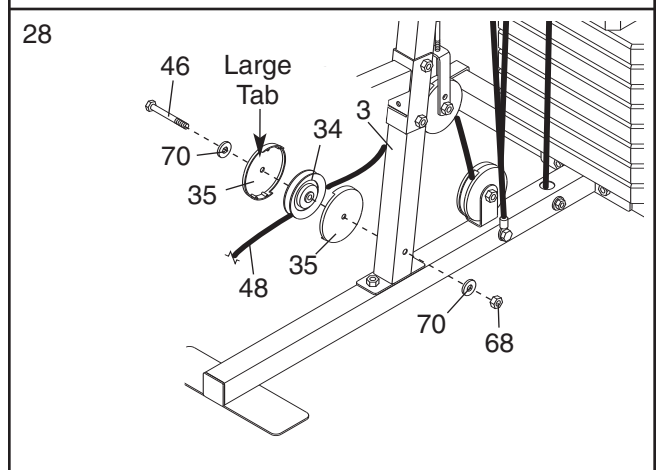
26. Wrap the Low Cable (48) under a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the bracket on the Base (1) with an M10 x 52mm Bolt (52) and an M10 Nylon Locknut (68). **Make sure the small tabs on the Pulley Covers are on top.**



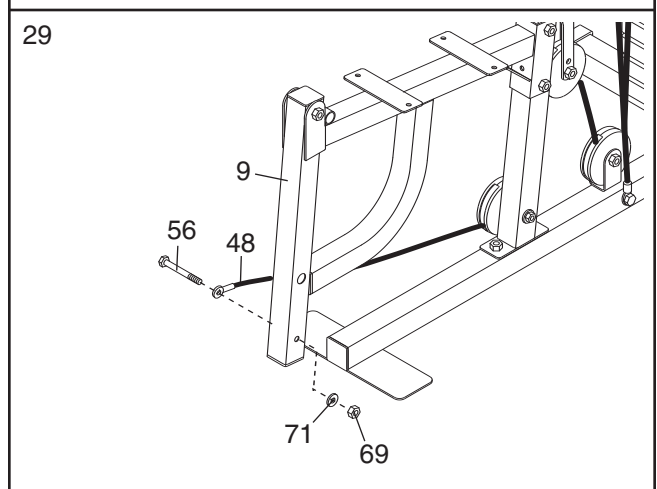
27. Route the Low Cable (48) over a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the lower set of holes in the "U"-bracket (43) with an M10 x 52mm Bolt (52) and an M10 Nylon Locknut (68). **Make sure the small tabs on the Pulley Covers are on bottom.**



28. Route the Low Cable (48) under a 90mm Pulley (34). Attach the Pulley and a pair of Pulley Covers (35) to the Upright (3) with an M10 x 100mm Bolt (46), two M10 Washers (70), and an M10 Nylon Locknut (68). **Make sure the large tabs on the Pulley Covers are in the indicated position.**

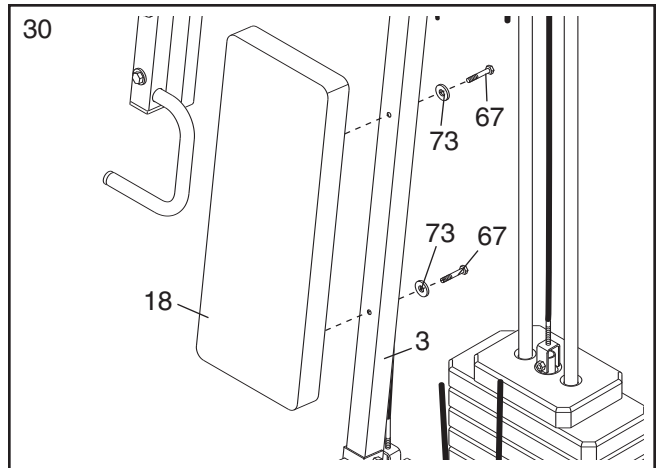


29. Attach the Low Cable (48) to the Leg Lever (9) with the M8 x 64mm Shoulder Bolt (56), an M8 Washer (71), and an M8 Nylon Locknut (69).

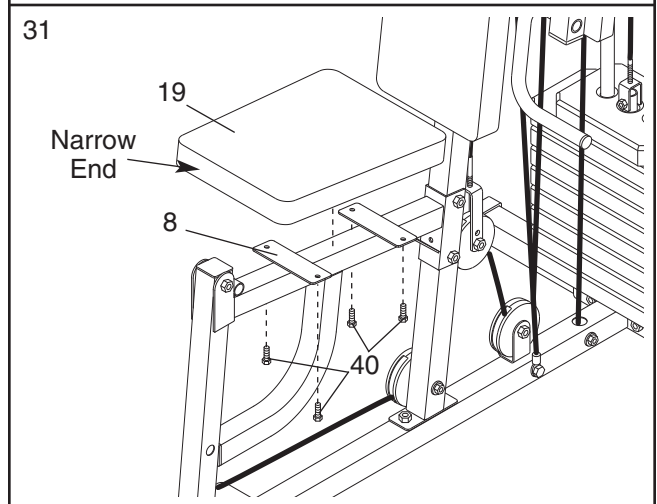


## SEAT ASSEMBLY

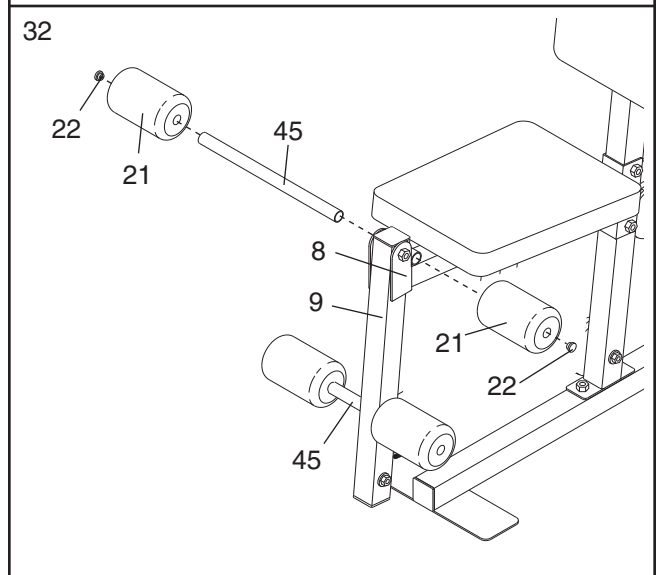
30. Attach the Backrest (18) to the Upright (3) with two M6 x 63mm Screws (67) and two M6 Washers (73).



31. Attach the Seat (19), oriented as shown, to the Seat Frame (8) with four M6 x 16mm Screws (40).



32. Slide a Pad Tube (45) through the hole in the Seat Frame (8). Slide two Round Pads (21) onto the ends of the Pad Tube. Press two 19mm Round Inner Caps (22) into the ends of the Pad Tube.



**Repeat this step with the other Pad Tube (45) and the Leg Lever (9).**

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

Before using the weight system, pull each cable a few times to make 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 routed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 17 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLESHOOTING AND MAINTENANCE on page 18.**



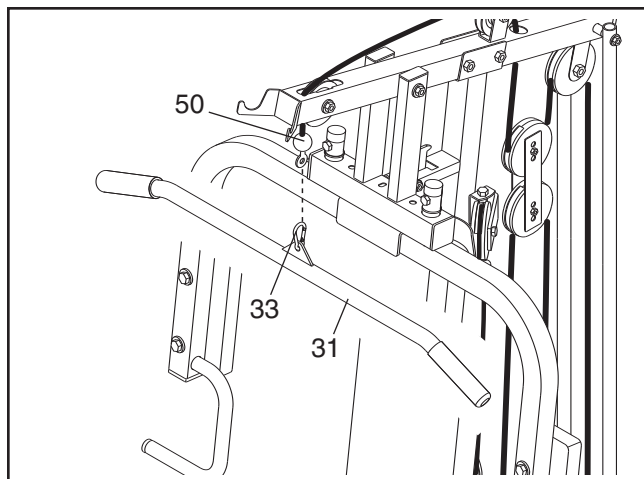
# ADJUSTMENTS

This section explains how to adjust the weight system. Refer to the accompanying exercise guide to see the correct form for each exercise.

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

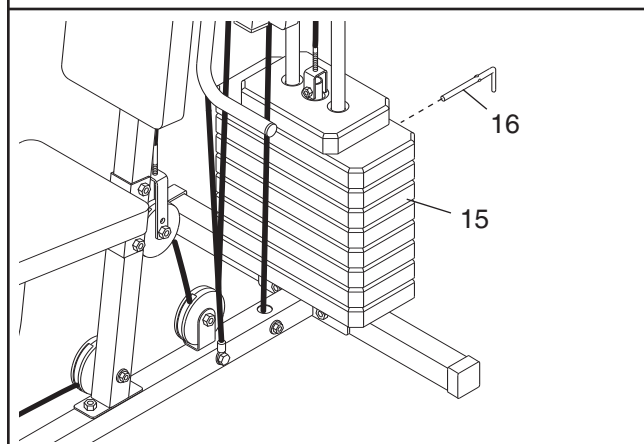
## ATTACHING THE LAT BAR

Attach the Lat Bar (31) to the High Cable (50) with a Cable Clip (33). **Remove the Lat Bar when performing an exercise that does not require it.**



## CHANGING THE WEIGHT SETTING

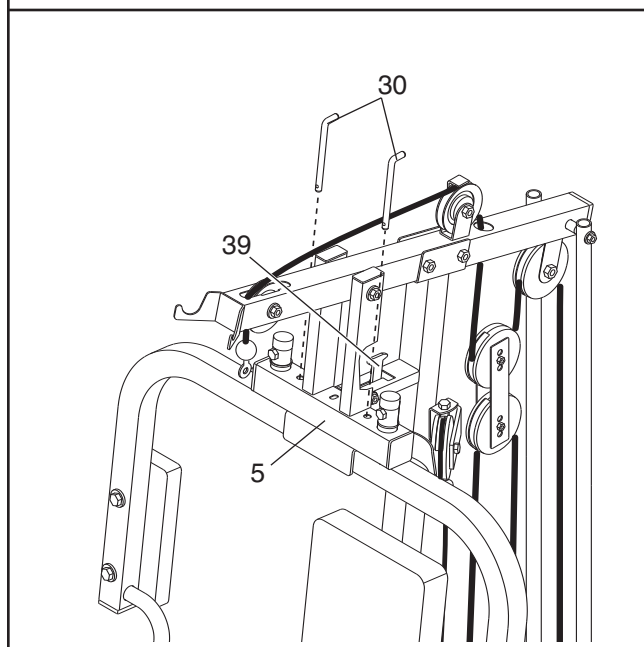
To change the weight setting, insert a Weight Pin (16) under the desired Weight (15) until the bent end of the Weight Pin is touching the Weights. Turn the bent end downward. The weight setting of each weight stack can be changed from 6 pounds to 106 pounds, in 12.5-pound increments. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 16 to find the approximate amount of resistance at each weight station.**



## CONVERTING THE ARMS

To use the Arms (6, 7) as butterfly arms, remove the "L"-pins (30), and engage the Press Frame Lock (39) into the Press Frame (5).

To use the Arms (6, 7) as press arms, disengage the Press Frame Lock (39), and insert the "L"-pins (30) into the holes in the Press Frame (5).



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# WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. "Top" refers to the 6-lb. top weight. The other numbers refer to the 12.5-lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

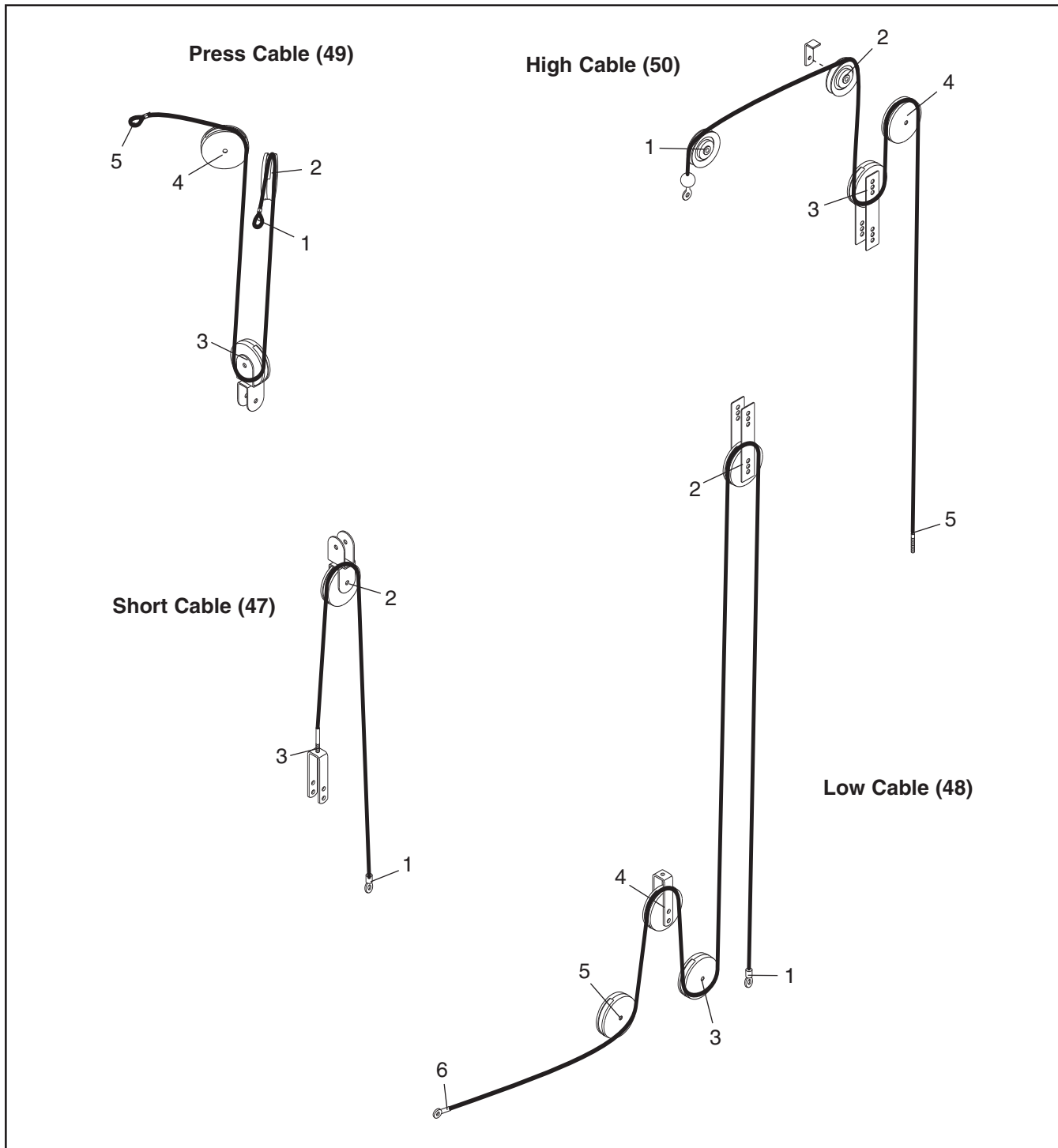
WEIGHT	HIGH PULLEY (lbs.)	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)
Top	18	26	21	36
1	32	41	28	51
2	46	56	37	69
3	59	73	48	86
4	75	87	60	109
5	92	106	74	132
6	109	120	89	148
7	121	130	99	164
8	132	142	109	184

Note: 1 lb. = 0.454 kg



# CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Short Cable (47), the Low Cable (48), the Press Cable (49), and the High Cable (50). Use the diagrams to make sure that the cables have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable.



# TROUBLESHOOTING AND MAINTENANCE

## TIGHTENING THE CABLES

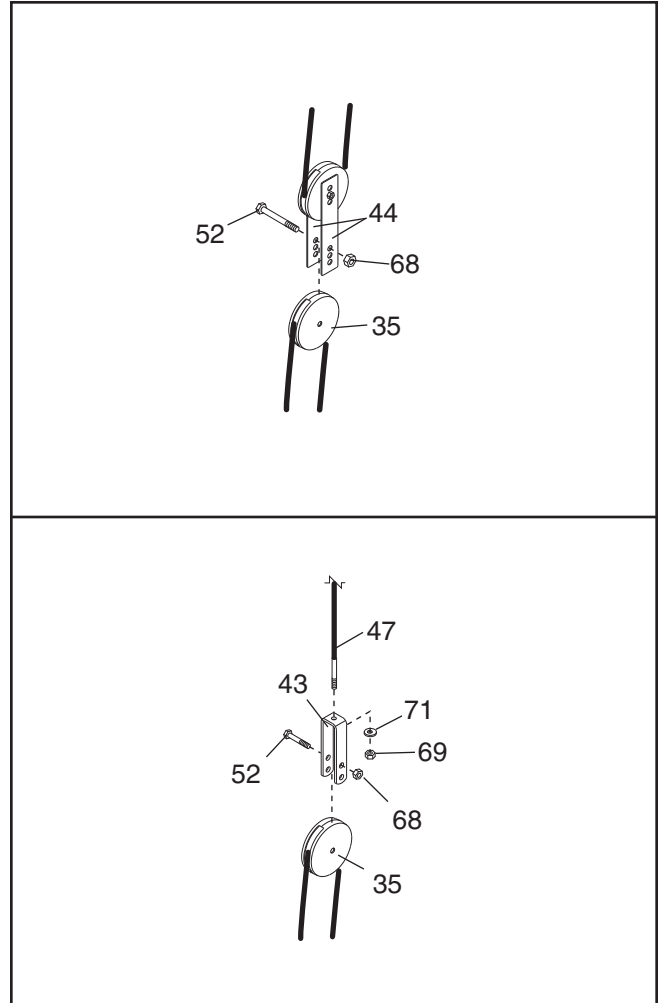
Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Slack can be removed by moving a 90mm Pulley (not shown) and a pair of Pulley Covers (35) to a set of holes closer to the centre of the two Pulley Plates (44). Remove the M10 Nylon Locknut (68) and the M10 x 52mm Bolt (52) from the Pulley, the Pulley Covers, and the Pulley Plates. Re-attach the Pulley and the Pulley Covers to the new set of holes in the Pulley Plates with the Bolt and Nylon Locknut.

Slack can also be removed by moving the 90mm Pulley (not shown) and the pair of Pulley Covers (35) to the higher set of holes in the "U"-bracket (43). Remove the M10 Nylon Locknut (68) and the M10 x 52mm Bolt (52) from the Pulley, the Pulley Covers, and the "U"-Bracket. Re-attach the Pulley and the Pulley Covers to the higher set of holes in the "U"-Bracket with the Bolt and Locknut.

Slack can also be removed from the cables by tightening the M8 Washer (71) and M8 Nylon Locknut (69) attaching the Short Cable (47) to the "U"-bracket (43). To do this, you may need to remove the Pulley Covers (35) from the "U"-bracket. The High Cable (not shown) and the Small "U"-bracket (not shown) can be adjusted in the same manner.

**Make sure that the cables are not too tight, or the Top Weight (14) will be lifted.**



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# NOTES

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# ORDERING REPLACEMENT PARTS

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

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

Tel:

**08457 089 009**

Outside the UK: 0 (044) 113 387 7133

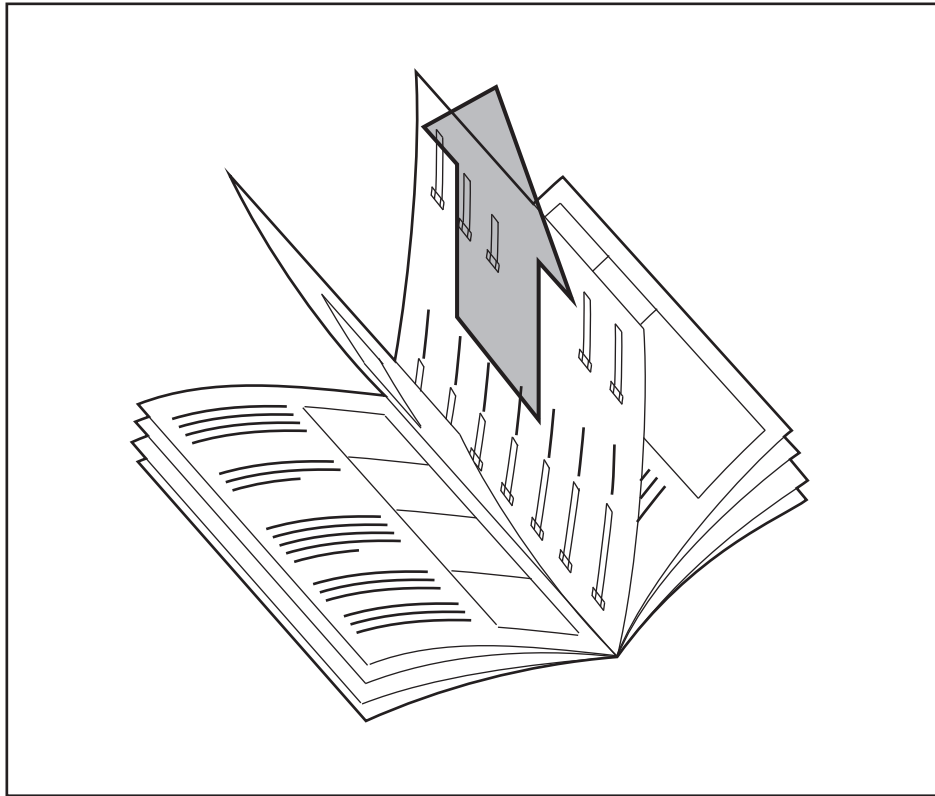
Fax: 0 (044) 113 387 7125

Please provide the following information when ordering replacement parts:

- The MODEL NUMBER of the product (WEEMSY18220)
- The NAME of the product (WEIDER® 8950 weight system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the centre of this manual)

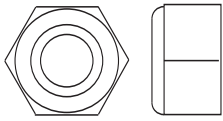
# REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL. SAVE THIS PART IDENTIFICATION CHART FOR FUTURE REFERENCE.

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 centre 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.**

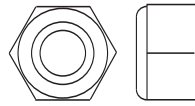


**Note: The assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, 4) seat assembly. The hardware for each stage is packaged separately. WAIT UNTIL YOU BEGIN EACH ASSEMBLY STAGE TO OPEN THE PARTS BAG LABELLED FOR THAT ASSEMBLY STAGE.**

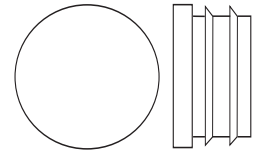
**PART IDENTIFICATION CHART—Model No. WEEMSY18220** R0504A



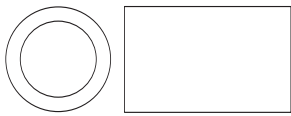
M10 Nylon Locknut (68)



M8 Nylon Locknut (69)



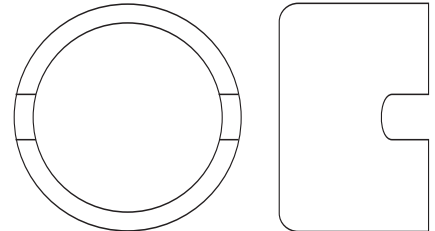
19mm Round Inner Cap (22)



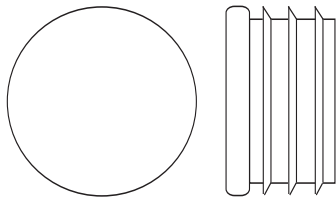
M10 x 22mm Spacer (51)



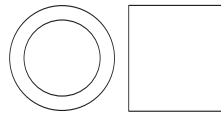
M6 Nylon Locknut (72)



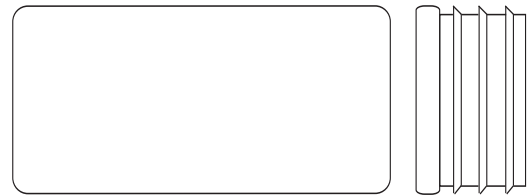
25mm Round Outer Cap (27)



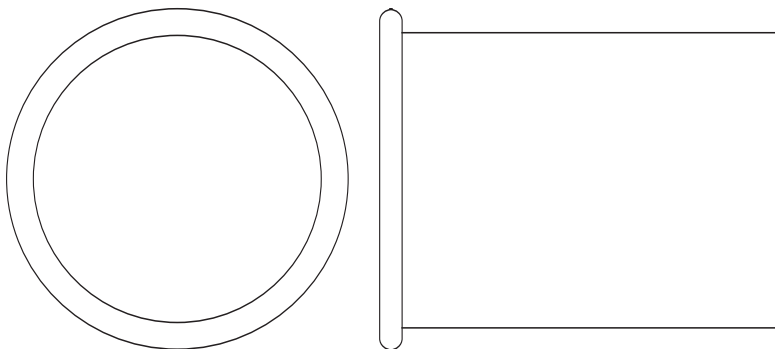
25mm Round Inner Cap (23)



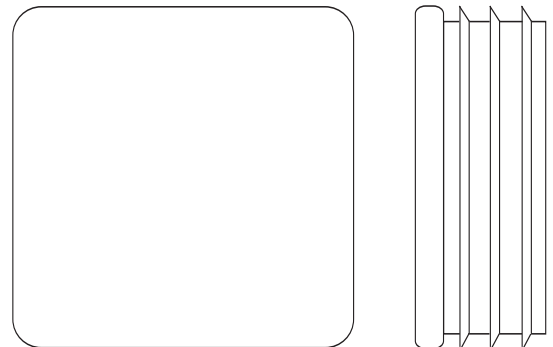
M10 x 12.5mm  
Spacer (37)



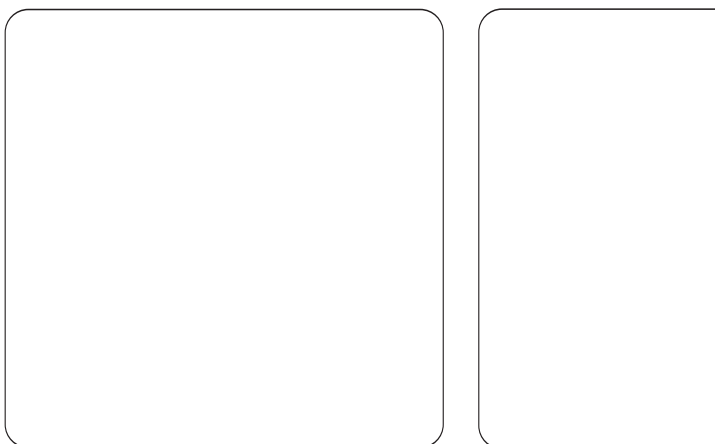
25mm x 50mm Inner Cap (25)



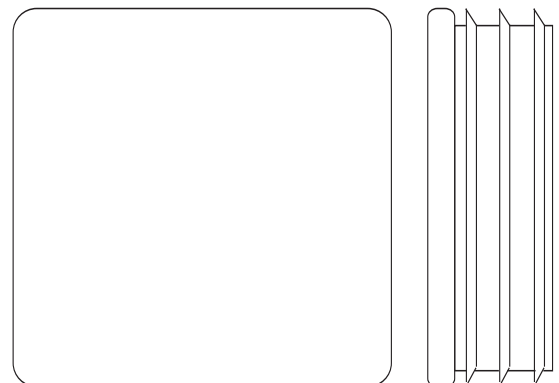
38mm x 50mm Round Bushing (28)



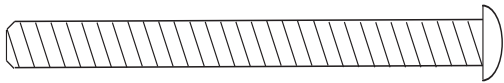
45mm Square Inner Cap (24)



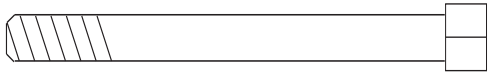
50mm Square Outer Cap (41)



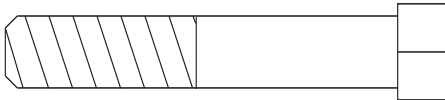
50mm Square Inner Cap (26)



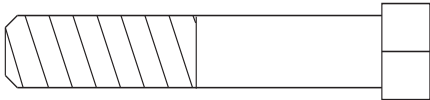
M6 x 63mm Screw (67)



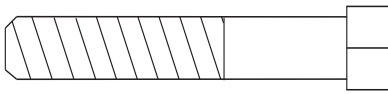
M6 x 58mm Bolt (65)



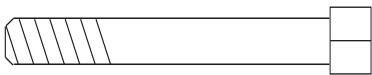
M10 x 52mm Bolt (52)



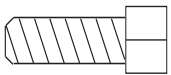
M10 x 50mm Bolt (53)



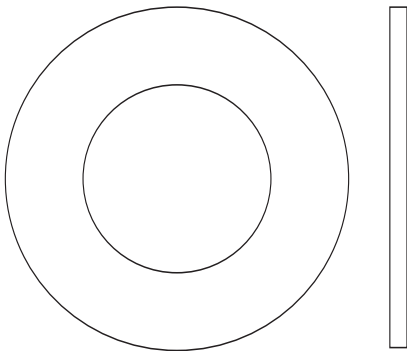
M8 x 45mm Bolt (60)



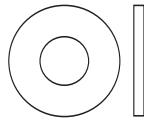
M6 x 43mm Bolt (61)



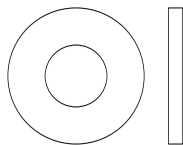
M6 x 16mm Screw (40)



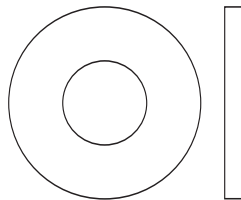
25mm Washer (29)



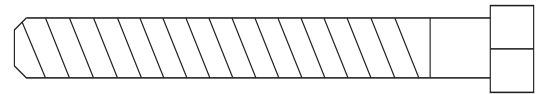
M6 Washer (73)



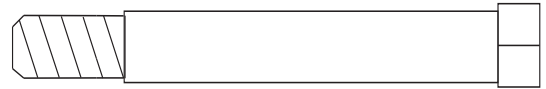
M8 Washer (71)



M10 Washer (70)



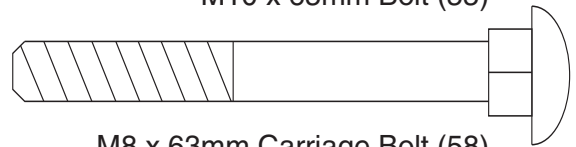
M8 x 63mm Bolt (66)



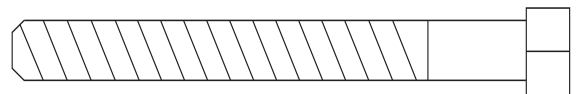
M8 x 64mm Shoulder Bolt (56)



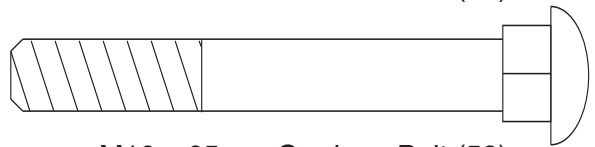
M10 x 65mm Bolt (55)



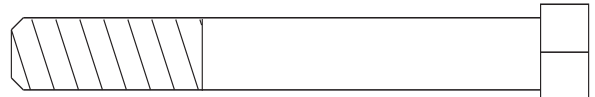
M8 x 63mm Carriage Bolt (58)



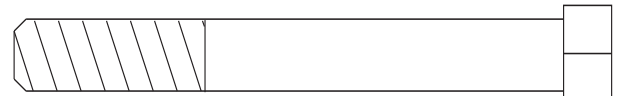
M8 x 68mm Bolt (63)



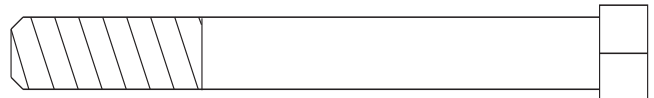
M10 x 65mm Carriage Bolt (59)



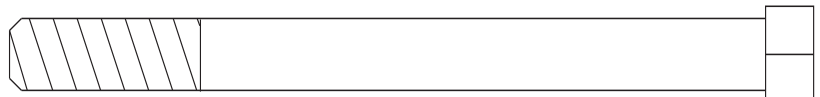
M10 x 70mm Bolt (57)



M10 x 73mm Bolt (74)



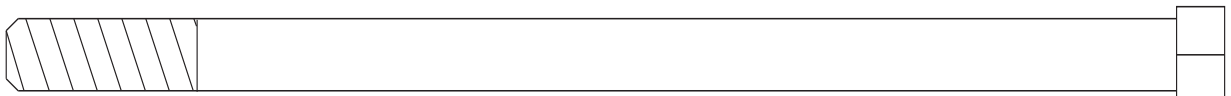
M10 x 78mm Bolt (54)



M10 x 100mm Bolt (46)



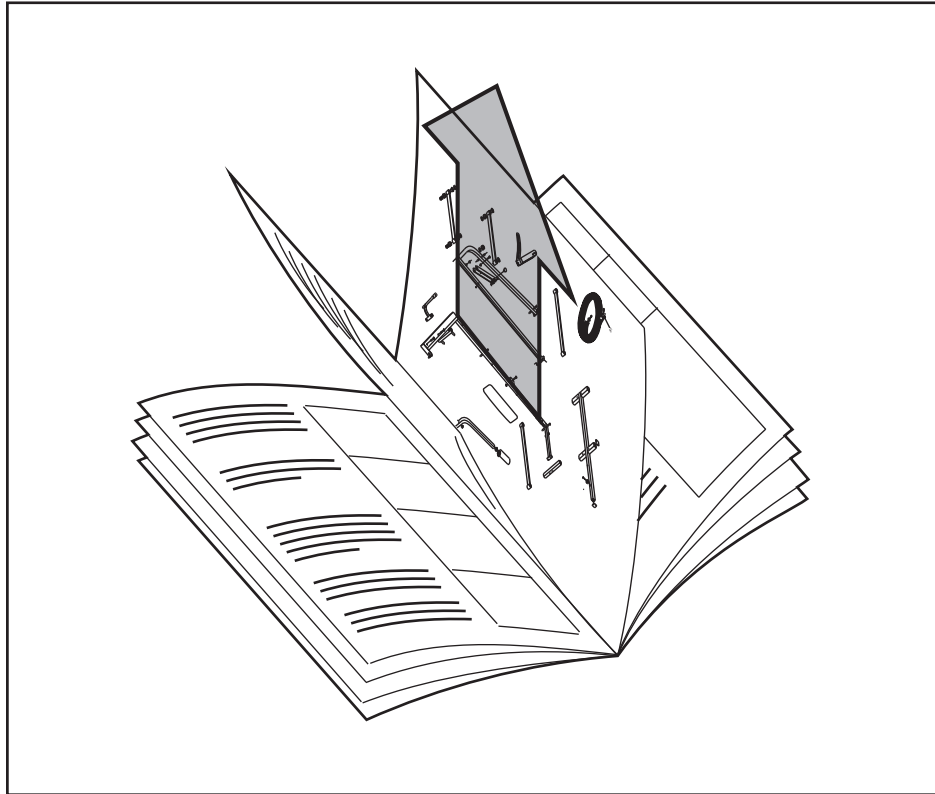
M10 x 125mm Bolt (64)



M10 x 155mm Bolt (62)

**REMOVE THIS PART LIST/EXPLODED DRAWING  
FROM THE MANUAL.**

**SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE**





# PART LIST—Model No. WEEMSY18220

R0504A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	40	4	M6 x 16mm Screw
2	1	Stabiliser	41	2	50mm Square Outer Cap
3	1	Upright	42	1	Offset Double "U"-bracket
4	1	Top Frame	43	1	"U"-bracket
5	1	Press Frame	44	2	Pulley Plate
6	1	Right Arm	45	2	Pad Tube
7	1	Left Arm	46	1	M10 x 100mm Bolt
8	1	Seat Frame	47	1	Short Cable
9	1	Leg Lever	48	1	Low Cable
10	2	Weight Guide	49	1	Press Cable
11	1	Small "U"-bracket	50	1	High Cable
12	1	Weight Tube	51	2	M10 x 22mm Spacer
13	1	Weight Tube Bumper	52	9	M10 x 52mm Bolt
14	1	Top Weight	53	1	M10 x 50mm Bolt
15	8	Weight	54	2	M10 x 78mm Bolt
16	1	Weight Pin	55	2	M10 x 65mm Bolt
17	2	Weight Bumper	56	1	M8 x 64mm Shoulder Bolt
18	1	Backrest	57	5	M10 x 70mm Bolt
19	1	Seat	58	2	M8 x 63mm Carriage Bolt
20	2	Arm Pad	59	2	M10 x 65mm Carriage Bolt
21	4	Round Pad	60	1	M8 x 45mm Bolt
22	4	19mm Round Inner Cap	61	2	M6 x 43mm Bolt
23	4	25mm Round Inner Cap	62	1	M10 x 155mm Bolt
24	6	45mm Square Inner Cap	63	2	M8 x 68mm Bolt
25	3	25mm x 50mm Inner Cap	64	1	M10 x 125mm Bolt
26	5	50mm Square Inner Cap	65	4	M6 x 58mm Bolt
27	2	25mm Round Outer Cap	66	1	M8 x 63mm Bolt
28	2	38mm x 50mm Round Bushing	67	2	M6 x 63mm Screw
29	2	25mm Washer	68	25	M10 Nylon Locknut
30	2	"L"-pin	69	9	M8 Nylon Locknut
31	1	Lat Bar	70	13	M10 Washer
32	2	Handgrip	71	5	M8 Washer
33	1	Cable Clip	72	2	M6 Nylon Locknut
34	12	90mm Pulley	73	6	M6 Washer
35	20	Pulley Cover	74	1	M10 x 73mm Bolt
36	1	Cable Trap	#	1	User's Manual
37	4	M10 x 12.5mm Spacer	#	1	Exercise Guide
38	2	Pulley Arm	#	1	Grease Packet
39	1	Press Frame Lock			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WEEMSY18220

R0504A

