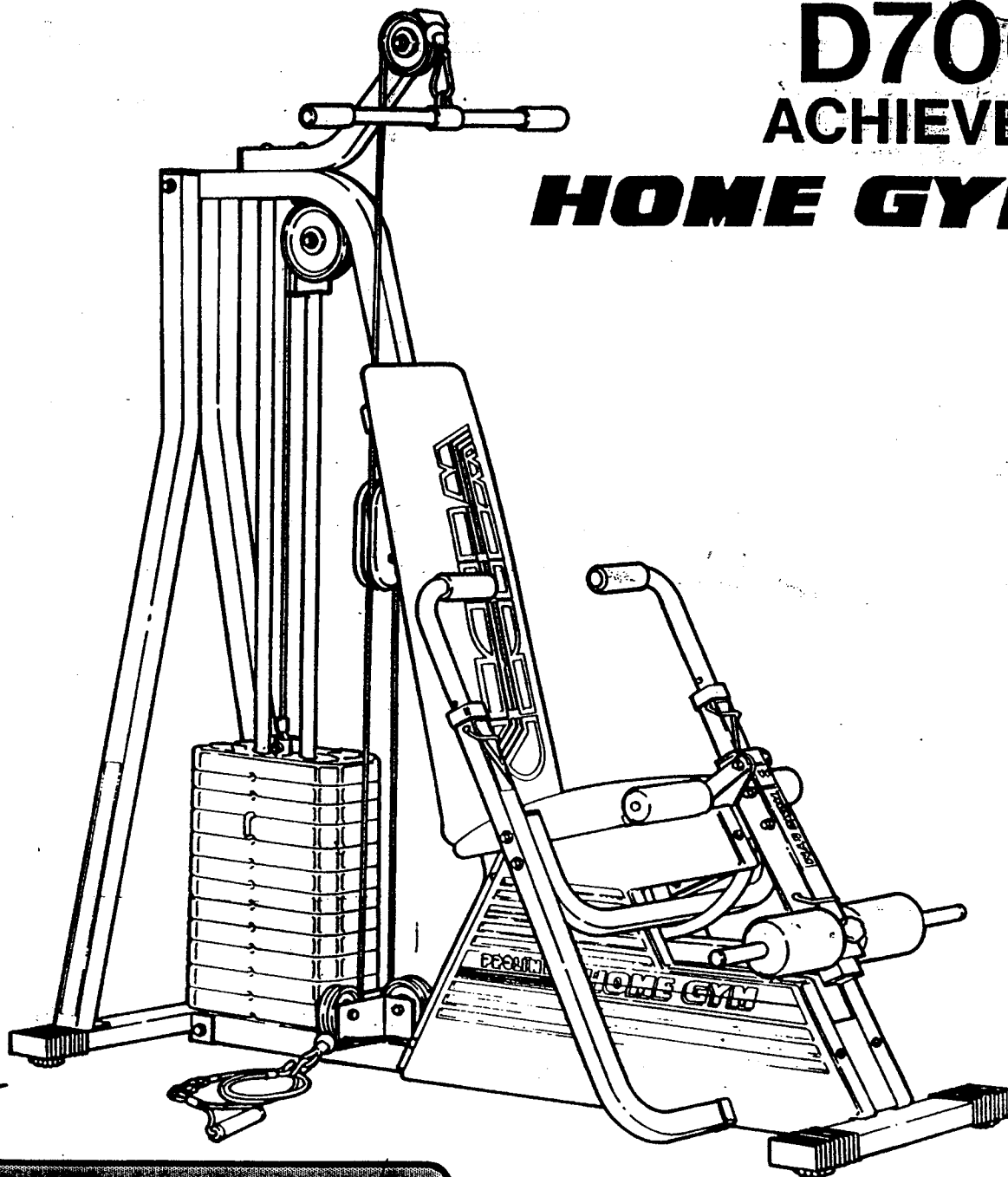


D700 **ACHIEVER** **HOME GYM**



weider
PROLINE

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

D700

PARTS LIST

10-03-90

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C1195-D23
2	SIDE FRAME	2	C1178-D19
3	TOP FRAME	1	C1196-D23
4	REAR FRAME SUPPORT (RT)	1	C1179-D19
5	REAR FRAME SUPPORT (LF)	1	C1180-D19
6	REAR BASE LEG	1	C1197-D23
7	BACKREST MAIN FRAME	1	C1198-D23
8	SIDE MAIN FRAME SUPPORT	2	C1199-D23
9	SEAT	1	C1320-D19
10	BACKREST	1	C1319-D19
11	PLASTIC SHROUD (RT)	1	C0614-D19
12	PLASTIC SHROUD (LF)	1	C0615-D19
13	LARGE PLASTIC COVER PLATE	1	C0616-D19
14	SMALL PLASTIC COVER PLATE	1	C0615-D19
15	PIVOT TUBE	1	C0281-D20
16	ROLLER BRACKET (FLAT)	2	C1185-D19
17	BENCH PRESS CROSS BRACE	1	C1186-D19
18	BENCH PRESS ARM	2	C1187-D19
19	BENCH PRESS HANDLE	2	C1188-D19
20	CAM ARM	1	C1196-D23
21	CAM ARM COVER	1	C1190-D19
22	LATCH HOOK	1	C6900-D19
23	LAT MAST TUBE	1	C2000-D23
24	CHROME ROLLER BAR 24"	1	C6301-D19
25	WEIGHT SELECTOR TUBE	1	C2001-D23
26	FOAM ROLLER PAD 4"X 6"	2	C0438-D19
27	FOAM ROLLER PAD 2 1/2"X 7"	2	C0426-A14
28	PAD BAR 3/4"X 17"	1	C6302-D19
29	ROLLER BRACKET (ROUND)	1	C1191-D19
30	LONG GUIDE ROD	1	C6800-D23
31	SHORT GUIDE ROD	1	C6801-D23
32	TOP PULLEY BRACKET	1	C6903-D23
33	LAT BAR SLEEVE	1	C6500-D23
34	LAT BAR	1	C6800-D23
35	LAT BAR CABLE	1	C6600-D23
36	BASE PULLEY CABLE	1	C6601-D23
37	ACCESSORY ROPE	1	C6602-D23
38	DUMBBELL HANDLE	1	AA-8120
39	ANKLE STRAP	1	EE-0074
40	WEIGHT PLATE	12	BB-0312
41	LARGE LOCK PIN	1	WW-7006
42	6" DIAMETER PULLEY	1	AA-8121
43	4 1/2" DIAMETER PULLEY	5	AA-8122
44	2" DIAMETER ROLLER	2	AA-8116
45	DOUBLE PULLEY BRACKET	2	C6700-D23

DIAGRAM NO	PART NAME	QTY	ORDERING NO
46	PULLEY COVER	2	C6701-D23
47	MAIN FRAME TOP PLATE	1	C2114-D31
48	WEIGHT SELECTOR END PLUG	1	AA-8123
49	ROLLER BRACKET "U" SHAPED	1	C6904-D23
50	ROUND RUBBER BUMPER	2	AA-8124
51	PLASTIC KNOB (MALE END)	1	HH-5285
52	RUBBER FEET	4	AA-8113
53	2" SQUARE PLASTIC CAP	3	AA-8002
54	1 1/2" SQUARE PLASTIC CAP	3	AA-8001
55	1 1/2" SQUARE OPEN END CAP	4	AA-8021
56	1 3/4" SQUARE PLASTIC CAP	2	AA-8073
57	BACKREST L-BRACKET	2	C6902-D19
58	SMALL LOCK PIN	2	WW-7002
59	FOAM GRIP 1"X 5"	4	C0439-D19
60	1 1/4" ROUND PLASTIC CAP	2	AA-8010
61	1" ROUND PLASTIC CAP	4	AA-8005
62	3/4" ROUND PLASTIC CAP	2	AA-8004
63	5/16"-18 X 3/4" HEX HEAD BOLT	3	HH-5245
64	5/16"-18 X 2 1/4" HEX HEAD BOLT	4	HH-5199
65	** 5/16"-18 X 2 1/2" HEX HEAD BOLT	7	HH-5053
66	5/16"-18 X 2 3/4" HEX HEAD BOLT	2	HH-5058
67	* 5/16"-18 X 3 1/2" HEX HEAD BOLT	5	HH-5294
69	5/16"-18 X 5 1/2" HEX HEAD BOLT	5	HH-5295
70	5/16"-18 X 1 3/4" HEX HEAD BOLT	2	HH-5301
71	3/8"-16 X 3" HEX HEAD BOLT	1	HH-5059
73	5/16"-18 X 4 1/2" HEX HEAD BOLT	2	HH-5316
74	** 5/16" FLAT WASHER	29	HH-5127
75	*** 5/16" HEX NUT	28	HH-5296
76	1/4"-20 X 3/4" SLOT HEAD SCREW	2	HH-5022
77	1/4"-20 X 2 1/4" SLOT HEAD SCREW	4	HH-5288
78	1/4"-20 X 2 3/4" SLOT HEAD SCREW	3	HH-5289
79	1/4" HEX NUT	2	HH-5028
80	5/32" #10 SELF TAPPING SCREW	10	HH-5290
81	5/32" FLAT WASHER	10	HH-5048
83	3/8"-16 X 2 1/4" HEX HEAD BOLT	2	HH-5061
84	3/8" HEX NUT	8	HH-5293
85	5/32" X 1 1/4" SLOT HEAD SCREW	2	HH-5305
86	WEIGHT SELECTOR PIN	1	WW-7013
87	3/8" X 1 1/4" SHOULDER BOLT	1	HH-5320
89	5/16"-18 X 6 1/2" HEX HEAD BOLT	1	HH-5304
91	"S" HOOK	1	WW-7030
92	FIREMANS LATCH HOOK	2	WW-7042
93	3/8" X 2" HEX HEAD BOLT	1	HH-5059

[illegible]

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL BEING.

Joe Weider

DO NOT LET THE QUANTITY OF PARTS DISCOURAGE YOU. BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND IT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY THREE HOURS OF ASSEMBLY TIME.

HELPFUL HINTS FOR ASSEMBLY

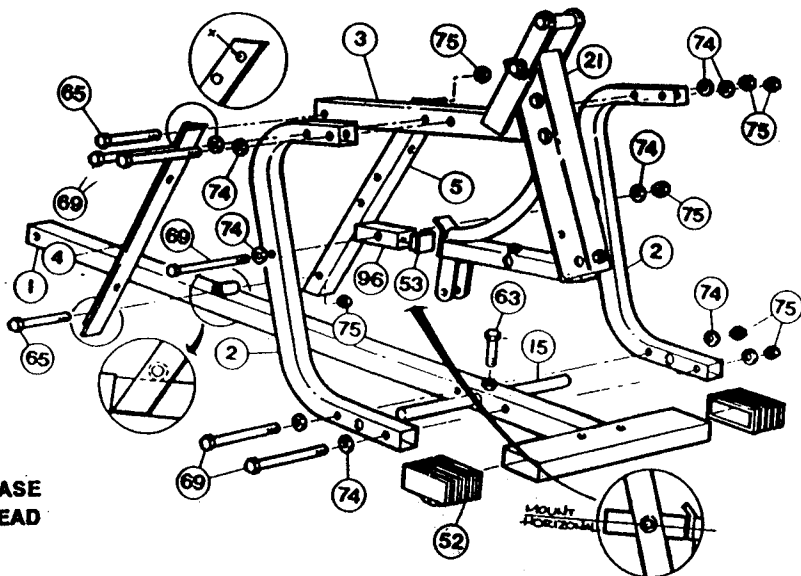
1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. INCLUDED WITH THE LITERATURE OF THE UNIT IS AN ILLUSTRATED PARTS LIST TO HELP IN IDENTIFYING AND SIZING PARTS. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING, PARTS AGAINST THE HARDWARE ILLUSTRATIONS AND PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.
4. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION. THE PLASTIC SHROUDS PROTECTING YOUR MACHINE SHOULD BE CLEANED PERIODICALLY WITH MILD SOAP AND WATER.

STEP 1 BENCH FRAME ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 3/4" HEX HEAD BOLT	1
5/16" X 2 1/2" HEX HEAD BOLT	2
5/16" FLAT WASHER	10
5/16" HEX NUT	7
5/16" X 2 1/2" HEX HEAD BOLT	2
2" SQUARE PLASTIC CAP	1



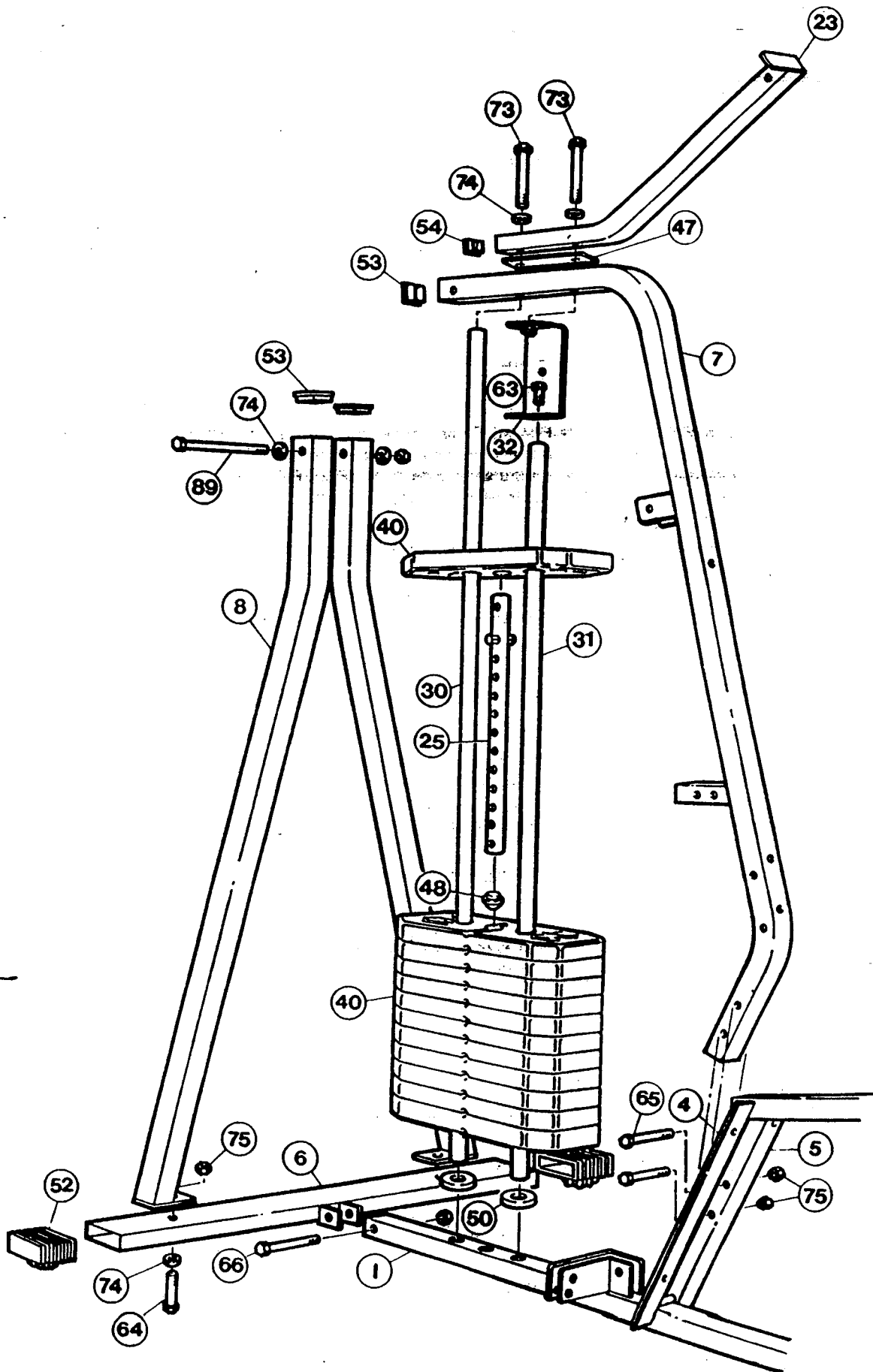
- ☐ Insert and center PIVOT TUBE (15) into BASE FRAME (1) and secure with 5/16" X 3/4" HEX HEAD BOLT (63). DO NOT TIGHTEN!
- ☐ Press RUBBER BASE FEET (52) onto each end of Rectangular Base Frame Section.
- ☐ Slide curved SIDE FRAMES (2) onto PIVOT TUBE (15) and bolt to BASE FRAME (1) using 5/16" X 5 1/2" HEX HEAD BOLTS (69), 5/16" FLAT WASHERS (74), and 5/16" HEX NUTS (75). Make this and all subsequent connections in this step only moderately tight so adjustments can be made in a future step without loosening bolts.
- ☐ Align bolt holes in TOP FRAME ASSEMBLY (3) and SIDE FRAMES (2) and assemble with 5/16" X 5 1/2" HEX HEAD BOLTS (69), 5/16" FLAT WASHERS (74), and 5/16" HEX NUTS (75). REMEMBER, DO NOT TIGHTEN!
- ☐ Assemble REAR FRAME SUPPORTS (4) and (5) to TOP FRAME (3) using 5/16" X 2 1/2" HEX HEAD BOLT (65) and 5/16" HEX NUT (75). Attach lower end of REAR FRAME SUPPORTS (4) and (5) to BASE FRAME (1) using another 5/16" X 2 1/2" HEX HEAD BOLT (65) and 5/16" HEX NUT (75). NOTE: The bolt should pass through the tubular sleeve welded at the rear of the Base Frame. (See circled details in diagram) Securely tighten 5/16" x 3/4" HEX HEAD BOLT (63) securing PIVOT TUBE (15).
- ☐ Press 2" SQUARE PLASTIC CAP (53) into one end of STOPPER TUBE (96). Position Tube between SIDE FRAMES (2) and secure with 5/16" X 5 1/2" HEX HEAD BOLT (69) 5/16" FLAT WASHERS (74), and 5/16" HEX NUT (75). Align Stopper Tube so that the Plastic Cap is positioned forward so that the Cam Arm will seat flat against it when it swings back. Tighten securely so it will remain in a fixed horizontal position.

STEP 2 WEIGHT STACK FRAME ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 3/4" HEX HEAD BOLT	1
5/16" X 2 1/2" HEX HEAD BOLT	2
5/16" X 2 1/2" HEX HEAD BOLT	2
5/16" X 3/4" HEX HEAD BOLT	1
5/16" X 3/4" HEX HEAD BOLT	2
5/16" FLAT WASHER	3
5/16" HEX NUT	7
2" SQUARE PLASTIC CAP	1
2" SQUARE PLASTIC CAP	1
FOUR RUBBER FEET	2
FOUR RUBBER FEET	2

- ☐ Press RUBBER FEET (52) onto each end of REAR BASE LEG (6). When doing this, orient the bracket in the center of the leg so that its offset will be down. The Pads on the RUBBER FEET will keep this bracket from touching the floor.
- ☐ Bolt the SIDE MAIN FRAME SUPPORTS (8) to REAR BASE LEG (6) using 5/16" X 2 1/4" HEX HEAD BOLTS (64), 5/16" FLAT WASHERS (74) and 5/16" HEX NUTS (75). Attach this assembly to BASE FRAME (1) by bolting on REAR LEG (6) with 5/16" X 2 3/4" HEX HEAD BOLT (66) and 5/16" HEX NUT (75). Note that the top surfaces of the base frame and rear leg should be flush with one another.



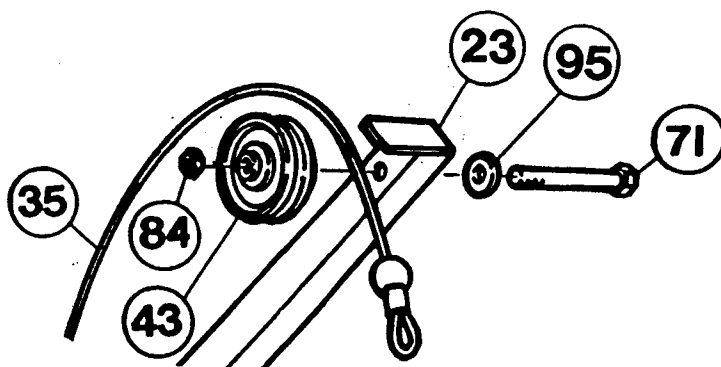
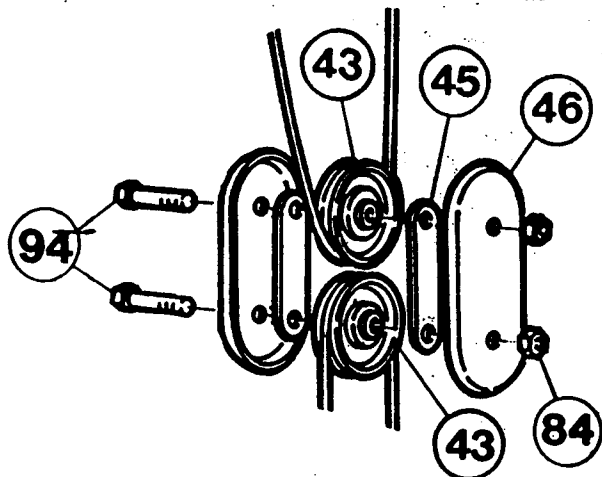
- ☐ Assemble **BACKREST MAIN FRAME (7)** by positioning it between the **REAR FRAME SUPPORTS (4)** and **(5)** and attaching with **5/16" X 2 1/2" HEX HEAD BOLTS (65)** and **5/16" HEX NUTS (75)**. Do not tighten at this time.
- ☐ Connect the upper end of **BACKREST MAIN FRAME (7)** by positioning it between the **SIDE MAIN FRAME SUPPORTS (8)** and fastening with **5/16" X 6 1/2" HEX HEAD BOLT (89)** **5/16" FLAT WASHERS (74)** and **5/16" HEX HEAD NUT (75)**. Tighten securely this and previously assembled bolts at the lower end.
- ☐ Cap the ends of the Backrest Main Frame and Side Main Frame Supports with **2" SQUARE PLASTIC CAPS (53)**.
- ☐ Assemble **WEIGHT GUIDE RODS (30)** and **(31)** into **BASE FRAME (1)**. Notice in one end of each Guide Rod it is fitted with a threaded insert. This threaded insert should be at the top of the assembly.
- ☐ Insert **LONG GUIDE ROD (30)** into the rear hole in **BASE FRAME (1)**. Position **SHORT GUIDE ROD (31)** into the front hole. Slide a **ROUND RUBBER BUMPER (50)** over each Guide Rod and position it at base of rod against Base Frame.
- ☐ Tilt Guide Rods out from under **BACKREST MAIN FRAME (7)** and slide on 11 of the 12 **WEIGHT PLATES (40)** (saving one for a later assembly). One Plate at a time. Note that weight plates are to be stacked so that the embossing on the covers of the Plates are up and the Weight Pin Slot is facing the same side as the Floor Pulley Bracket is mounted. (The Left side as you face the unit) Be sure to support the Guide Rods while stacking the plates.
- ☐ Assemble **WEIGHT SELECTOR TUBE (25)** by first tapping **POINTED WEIGHT SELECTOR END PLUG (48)** into end of tube which has all the holes equally spaced.
- ☐ Pass the **WEIGHT SELECTOR TUBE (25)** down through the hole in the center of the Weight Stack until the Roll Pin rests on top of the stack.
- ☐ Place the last or 12th Plate on top of the Roll Pin.
- ☐ When the 12 Plates are on, tilt Guide Rods back under Main Frame. Position **LAT MAST TUBE (23)** with **MAIN FRAME TOP PLATE (47)** (NOTE: the **MAIN FRAME TOP PLATE (47)** will be positioned between the **LAT MAST TUBE (23)** and the **BACKREST MAIN FRAME (7)**) atop the **BACKREST MAIN FRAME (7)** and using a **5/16" X 4 1/2" HEX HEAD BOLT (73)** and **5/16" FLAT WASHER (74)** bolt down through the back hole of the Tube and Main Frame and into **LONG GUIDE ROD (30)**. Lift up on Guide Rod and fasten this bolt only finger tight.
- ☐ Next, bolt **TOP PULLEY BRACKET (32)** to **SHORT GUIDE ROD (31)** through slotted hole using **5/16" X 3/4" HEX HEAD BOLT (63)**. Tighten this bolt only finger tight.
- ☐ Now using a **5/16" X 4 1/2" HEX HEAD BOLT (73)** and **5/16" FLAT WASHER (74)**, bolt down through the front hole in **LAT MAST TUBE (23)**, **BACKREST MAIN FRAME (7)** and through hole in small flange of **TOP PULLEY BRACKET (32)** and securing with **5/16" HEX NUT (75)**.
- ☐ Align Pulley Bracket so that it is in line with Main Frame (bolts should be finger tight only at this time).
- ☐ Now, check the Guide Rod alignment by sliding the Top Plate up to the underside of the Pulley Bracket, and then tighten the **5/6" X 3/4" HEX HEAD BOLT (63)** in the Front Guide Rod adjusting the position if necessary.
- ☐ Lower the Top Plate to the Weight Stack once again and ensure that it is completely seated down on the Weight Stack.
- ☐ Tighten **5/16" X 4" HEX HEAD BOLT (68)**, **5/16" X 4 1/2" HEX HEAD BOLT (73)**, and **5/16" x 3/4" HEX HEAD BOLT (63)** drawing the Guide Rods and Bracket up tightly against the Main Frame.
- ☐ Press 1 **1/2" SQUARE PLASTIC CAP (54)** open end of Lat Mast Tube.

STEP 3 PULLEY, CABLE, PEC DECK, AND BACKREST ASSEMBLY

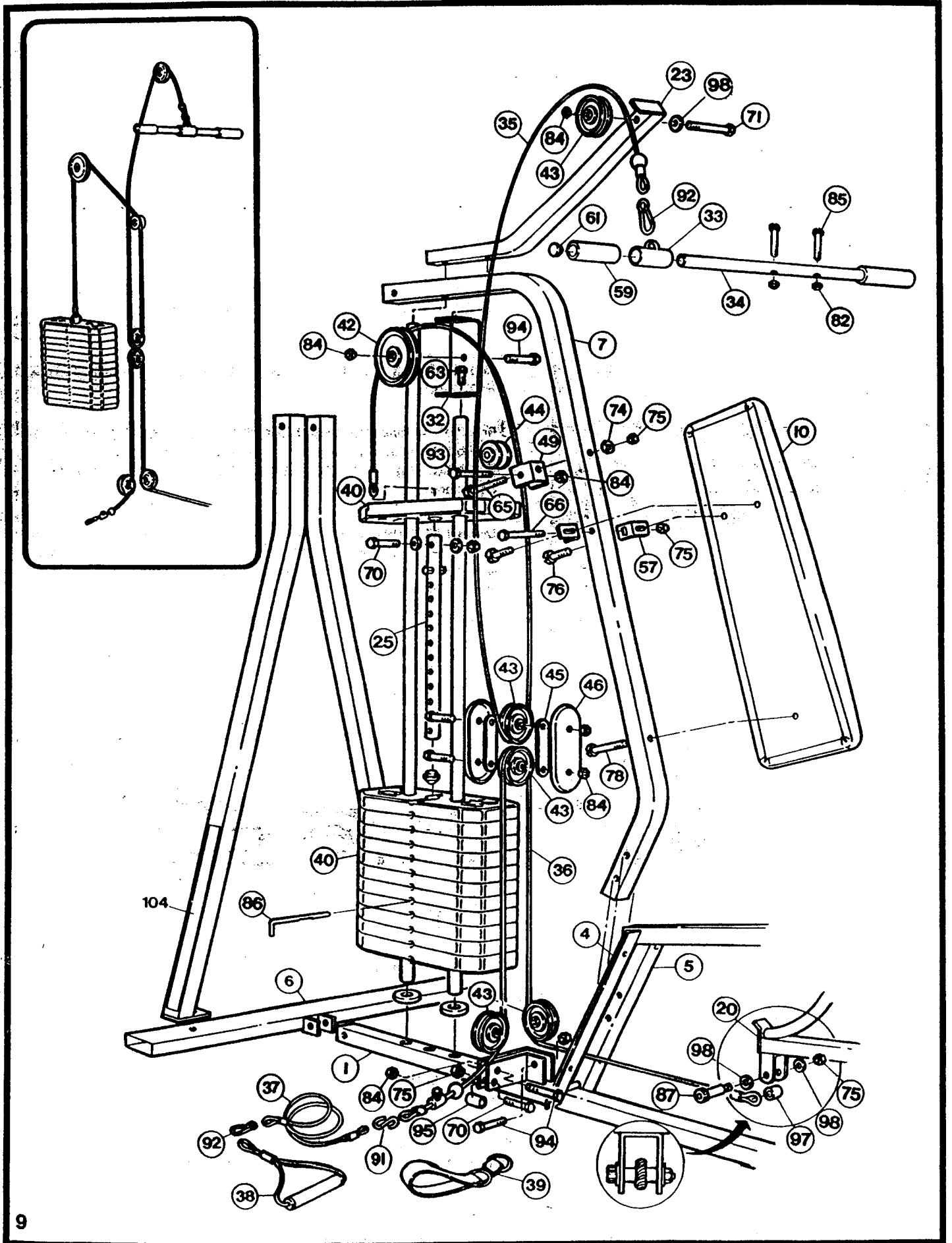
HARDWARE

2" X 1/2" X 1/4" HEX HEAD BOLT	1
5/16" X 2 1/4" HEX HEAD BOLT	2
5/16" X 2 1/4" HEX HEAD BOLT	3
5/16" X 2 1/4" HEX HEAD BOLT	4
5/16" X 2 1/4" HEX HEAD BOLT	5
5/16" X 2 1/4" HEX HEAD BOLT	6
5/16" X 2 1/4" HEX HEAD BOLT	7
5/16" X 2 1/4" HEX HEAD BOLT	8
5/16" X 2 1/4" HEX HEAD BOLT	9
5/16" X 2 1/4" HEX HEAD BOLT	10
5/16" X 2 1/4" HEX HEAD BOLT	11
5/16" X 2 1/4" HEX HEAD BOLT	12
5/16" X 2 1/4" HEX HEAD BOLT	13
5/16" X 2 1/4" HEX HEAD BOLT	14
5/16" X 2 1/4" HEX HEAD BOLT	15
5/16" X 2 1/4" HEX HEAD BOLT	16
5/16" X 2 1/4" HEX HEAD BOLT	17
5/16" X 2 1/4" HEX HEAD BOLT	18
5/16" X 2 1/4" HEX HEAD BOLT	19
5/16" X 2 1/4" HEX HEAD BOLT	20
5/16" X 2 1/4" HEX HEAD BOLT	21
5/16" X 2 1/4" HEX HEAD BOLT	22
5/16" X 2 1/4" HEX HEAD BOLT	23
5/16" X 2 1/4" HEX HEAD BOLT	24
5/16" X 2 1/4" HEX HEAD BOLT	25
5/16" X 2 1/4" HEX HEAD BOLT	26
5/16" X 2 1/4" HEX HEAD BOLT	27
5/16" X 2 1/4" HEX HEAD BOLT	28
5/16" X 2 1/4" HEX HEAD BOLT	29
5/16" X 2 1/4" HEX HEAD BOLT	30
5/16" X 2 1/4" HEX HEAD BOLT	31
5/16" X 2 1/4" HEX HEAD BOLT	32
5/16" X 2 1/4" HEX HEAD BOLT	33
5/16" X 2 1/4" HEX HEAD BOLT	34
5/16" X 2 1/4" HEX HEAD BOLT	35
5/16" X 2 1/4" HEX HEAD BOLT	36
5/16" X 2 1/4" HEX HEAD BOLT	37
5/16" X 2 1/4" HEX HEAD BOLT	38
5/16" X 2 1/4" HEX HEAD BOLT	39
5/16" X 2 1/4" HEX HEAD BOLT	40
5/16" X 2 1/4" HEX HEAD BOLT	41
5/16" X 2 1/4" HEX HEAD BOLT	42
5/16" X 2 1/4" HEX HEAD BOLT	43
5/16" X 2 1/4" HEX HEAD BOLT	44
5/16" X 2 1/4" HEX HEAD BOLT	45
5/16" X 2 1/4" HEX HEAD BOLT	46
5/16" X 2 1/4" HEX HEAD BOLT	47
5/16" X 2 1/4" HEX HEAD BOLT	48
5/16" X 2 1/4" HEX HEAD BOLT	49
5/16" X 2 1/4" HEX HEAD BOLT	50
5/16" X 2 1/4" HEX HEAD BOLT	51
5/16" X 2 1/4" HEX HEAD BOLT	52
5/16" X 2 1/4" HEX HEAD BOLT	53
5/16" X 2 1/4" HEX HEAD BOLT	54
5/16" X 2 1/4" HEX HEAD BOLT	55
5/16" X 2 1/4" HEX HEAD BOLT	56
5/16" X 2 1/4" HEX HEAD BOLT	57
5/16" X 2 1/4" HEX HEAD BOLT	58
5/16" X 2 1/4" HEX HEAD BOLT	59
5/16" X 2 1/4" HEX HEAD BOLT	60
5/16" X 2 1/4" HEX HEAD BOLT	61
5/16" X 2 1/4" HEX HEAD BOLT	62
5/16" X 2 1/4" HEX HEAD BOLT	63
5/16" X 2 1/4" HEX HEAD BOLT	64
5/16" X 2 1/4" HEX HEAD BOLT	65
5/16" X 2 1/4" HEX HEAD BOLT	66
5/16" X 2 1/4" HEX HEAD BOLT	67
5/16" X 2 1/4" HEX HEAD BOLT	68
5/16" X 2 1/4" HEX HEAD BOLT	69
5/16" X 2 1/4" HEX HEAD BOLT	70
5/16" X 2 1/4" HEX HEAD BOLT	71
5/16" X 2 1/4" HEX HEAD BOLT	72
5/16" X 2 1/4" HEX HEAD BOLT	73
5/16" X 2 1/4" HEX HEAD BOLT	74
5/16" X 2 1/4" HEX HEAD BOLT	75
5/16" X 2 1/4" HEX HEAD BOLT	76
5/16" X 2 1/4" HEX HEAD BOLT	77
5/16" X 2 1/4" HEX HEAD BOLT	78
5/16" X 2 1/4" HEX HEAD BOLT	79
5/16" X 2 1/4" HEX HEAD BOLT	80
5/16" X 2 1/4" HEX HEAD BOLT	81
5/16" X 2 1/4" HEX HEAD BOLT	82
5/16" X 2 1/4" HEX HEAD BOLT	83
5/16" X 2 1/4" HEX HEAD BOLT	84
5/16" X 2 1/4" HEX HEAD BOLT	85
5/16" X 2 1/4" HEX HEAD BOLT	86
5/16" X 2 1/4" HEX HEAD BOLT	87
5/16" X 2 1/4" HEX HEAD BOLT	88
5/16" X 2 1/4" HEX HEAD BOLT	89
5/16" X 2 1/4" HEX HEAD BOLT	90
5/16" X 2 1/4" HEX HEAD BOLT	91
5/16" X 2 1/4" HEX HEAD BOLT	92
5/16" X 2 1/4" HEX HEAD BOLT	93
5/16" X 2 1/4" HEX HEAD BOLT	94
5/16" X 2 1/4" HEX HEAD BOLT	95
5/16" X 2 1/4" HEX HEAD BOLT	96
5/16" X 2 1/4" HEX HEAD BOLT	97
5/16" X 2 1/4" HEX HEAD BOLT	98
5/16" X 2 1/4" HEX HEAD BOLT	99
5/16" X 2 1/4" HEX HEAD BOLT	100

- ☐ Insert looped end of **SHORT LAT CABLE (35)** without ball, into the open end of **Weight Selector Tube**.
- ☐ Insert **5/16" x 1 3/4" HEX HEAD BOLT (70)** with a **5/16" FLAT WASHER (74)** into **Weight Selector Tube** and through **Cable Loop** and secure with a **5/16" FLAT WASHER (74)** and **5/16" HEX NUT (75)**.
- ☐ Now insert the **WEIGHT SELECTOR PIN (86)** in through one of the weights and through **WEIGHT SELECTOR TUBE (25)**. **NOTE: IN USE THE END OF THIS PIN MUST POINT DOWNWARDS.**
- ☐ Bolt the **6" DIAMETER PULLEY (42)** onto **TOP PULLEY BRACKET (32)** using a **3/8" X 1 3/4" HEX HEAD BOLT (94)** and **3/8" HEX NUT (84)**.
- ☐ Bolt "U" shaped **ROLLER BRACKET (49)** to **BACKREST MAIN FRAME (7)** with **5/16" X 2 1/2" HEX HEAD BOLT (65)** **5/16" FLAT WASHER (74)** and **5/16" HEX NUT (75)**. **NOTE: The hole is uppermost.**
- ☐ Drape **LAT CABLE** over **6" Pulley** and then trap Cable into **ROLLER BRACKET (49)** with small **2" ROLLER (44)**. Bolt Roller to Bracket with **3/8" X 2" HEX HEAD BOLT (93)** and **3/8" HEX NUT (84)**. Roller should be able to turn freely so **DO NOT OVER TIGHTEN.**
- ☐ Loosely assemble **DOUBLE PULLEY BRACKET (45)** placing one **4 1/2" DIA. PULLEY (43)** between the plates and the **PLASTIC PULLEY COVERS (46)** and bolting together with a **3/8" X 1 3/4" HEX BOLT (94)** and **3/8" HEX NUT (84)**. Do not tighten.



- ☐ Pass the Cable around the Pulley and then bring the cable up and over another **4 1/2" DIA. PULLEY (43)**. Bolt this Pulley to the **LAT TUBE (23)** with a **3/8" X 3" HEX BOLT (71)**, **3/8" FLAT WASHER (95)** and **3/8" HEX NUT (84)** so that the Rubber Stopper Ball is to the front of the End Plate on the Lat Tube.
- ☐ Assemble the **LAT BAR (34)** into the **LAT BAR SLEEVE (33)** and secure in place by bolting a **5/32" X 1 1/4" SLOT HEAD SCREW (85)** and **5/32" HEX NUT (82)** thru the Bar on either side of sleeve. Press **1" X 5" FOAM GRIPS (59)** on each end of Lat Bar and cap with **1" ROUND PLASTIC CAPS (61)**. Connect this assembly to Lat Cable using a **FIREMAN'S LATCH HOOK (82)**.

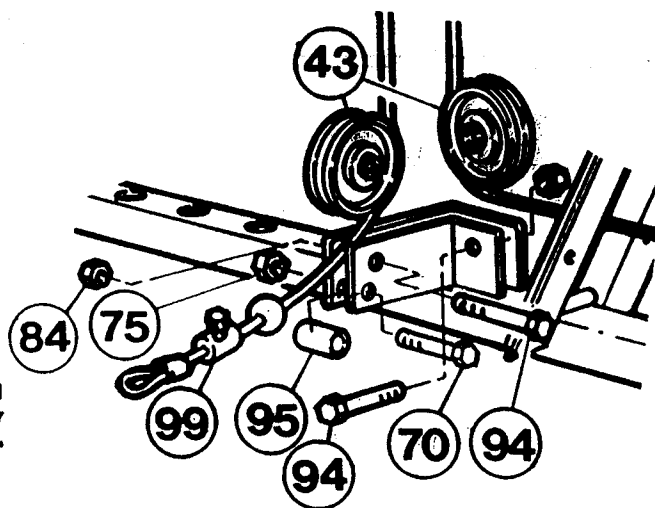


- ☐ Lay the long **BASE PULLEY CABLE (36)** with the Rubber Ball Stopper end into the Base Pulley Bracket on **BASE FRAME (1)**.

- ☐ With the Ball to the outside of the Bracket, assemble a 4 1/2" Dia. Pulley into the Bracket using a 3/8" X 1 3/4" **HEX BOLT (94)** and 3/8" **HEX NUT (84)**.

- ☐ Push the **SPACER SLEEVE (95)** into the front hole of the Bracket and align with the hole. Insert a 5/16" X 1 3/4" **HEX HEAD BOLT (70)** through Spacer Sleeve and secure with 5/16" **HEX NUT (75)**.

- ☐ Bring Cable up and over another 4 1/2" **DIA PULLEY (43)** and position this Pulley into lower part of the **DOUBLE PULLEY BRACKET (45)**. Bolt into position using another 3/8" X 1 3/4" **HEX HEAD BOLT (94)**, and 3/8" **HEX NUT**.



- ☐ Now, firmly tighten both bolts in the Double Pulley Bracket.

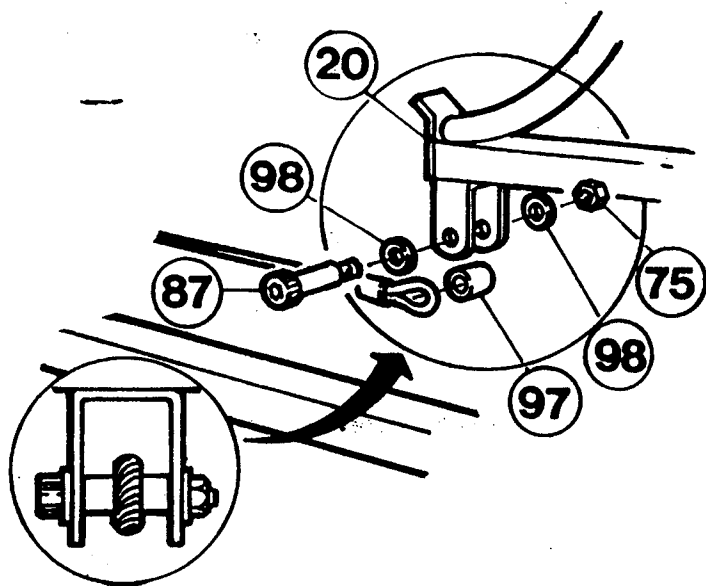
- ☐ Bring the remaining Cable down, and with another 4 1/2" **DIA PULLEY (43)** position it in the front portion of the Base Pulley Bracket and fasten with 3/8" X 1 3/4" **HEX BOLT (94)** and 3/8" **HEX NUT (84)** so that the Cable extends toward the front of the unit.

- ☐ At this point check that the cables are properly seated in the groove of each Pulley and that all Pulleys revolve freely.

- ☐ Pass the Cable between the **REAR FRAME SUPPORTS (4)** and (5).

- ☐ Insert the 1/2" **DIA SLEEVE (97)** through loop and center assembly in welded bracket on bottom of **CAM ARM (20)**. Insert 3/8" X 1 1/4" **SHOULDER BOLT (87)** with 3/8" **FLAT WASHER (98)** through Bracket and Sleeve and secure with 3/8" **FLAT WASHER (98)** and 5/16" **HEX NUT (75)**.

- ☐ After making certain that the **WEIGHT SELECTOR TUBE (25)** is properly seated down on the Weight Stack and the weights are pinned with **WEIGHT SELECTOR PIN (86)**, pull all slack out of the complete Cable system checking that cables are properly seated in all Pulleys. At Base Pulley Bracket, slide **CABLE STOP (99)** tightly against the Ball and tighten Set Screw so stop is held tight.



- ☐ The cable should have as little slack in the system as possible to give a smooth, continuous resistance when used. Attach "S" **HOOK (91)** to the Cable end at the Base Pulley Bracket in order to attach accessories for various exercises.

- ☐ Loosely assemble **BACKREST L-BRACKETS (57)** to **BACKREST MAIN FRAME (7)** with 5/16" X 2 3/4" **HEX HEAD BOLT (66)** and 5/16" **HEX NUT (75)**.

- ☐ Align holes in **BACKREST L-BRACKETS (57)** and back of **BACKREST (10)** and attach with 1/4" X 3/4" **SLOT HEAD SCREWS (76)**. Attach bottom of Backrest to Backrest Tube using 1/4" X 2 3/4" **SLOT HEAD SCREW (78)**.

- ☐ Tighten Hex Bolt holding Backrest L-Brackets to Backrest Main Frame.

STEP 4 SEAT ASSEMBLY

HARDWARE

PART NAME	QTY
1/4" X 2 3/4" SLOT HEAD SCREW	2
1/4" X 2 1/4" SLOT HEAD SCREW	2

- ☐ Before assembling Seat, take one of the **PLASTIC SIDE COVERS (12)** and fit it to the frame so that the shroud is over the **Curved Side Supports** and up against the **Rear Frame Support** and forward against the **Base Frame Foot**. Adjust the **Frame Members** slightly if necessary to obtain the best fit. Remove the **Plastic Shroud** and securely tighten all bolts that were previously left untightened in Step 1.
- ☐ Align bolt holes in **SEAT (9)** with mounting holes in **Frame Members**. Using a **1/4" X 2 3/4" SLOT HEAD SCREW (78)** through **TOP FRAME (3)**, attach rear of Seat.
- ☐ Using **1/4" X 2 1/4" SLOT HEAD SCREWS (77)**, attach front of Seat through curved **SIDE FRAME (2)**. Make this attachment very loosely so shroud can be fitted between Seat and Frame in a future step.

STEP 5 ATTACHING PLASTIC SHROUDS

HARDWARE

PART NAME	QTY
1/4" X 2 1/4" SLOT HEAD SCREW	2
1/4" HEX NUT	2
5/16" FLAT WASHER	2
5/32" X 3/4" SELF TAPPING SCREW	10
5/32" FLAT WASHER	10

- ☐ Position each **PLASTIC FRAME SHROUD (11)** and **(12)** over **Pivot Tube** so that they slip between the **Seat** and **Frame** and snugly over and against the **REAR SUPPORTS (4)** and **(5)**. Align holes in **Cover** with the mounting holes in the **REAR SUPPORTS (4)** and **(5)** and attach with **5/32" X 3/4" SELF TAPPING SCREWS (80)**, and **5/32" FLAT WASHERS (81)**. Front of Shroud should fit tightly against **Front Foot** of **BASE FRAME (1)**.
- ☐ At this point, tighten the three **Seat Mounting Screws** under the **Seat** to firmly hold the top of shroud between the **Seat** and **Frame**.

- ☐ Next, using two **1/4" X 2 1/4" SLOT HEAD SCREWS (77)**, **5/16" FLAT WASHERS (74)** and **1/4" HEX NUTS (79)** bolt down the front lower corners of shrouds trapping the plastic between the washer and frame. SEE **DETAIL DRAWING!**

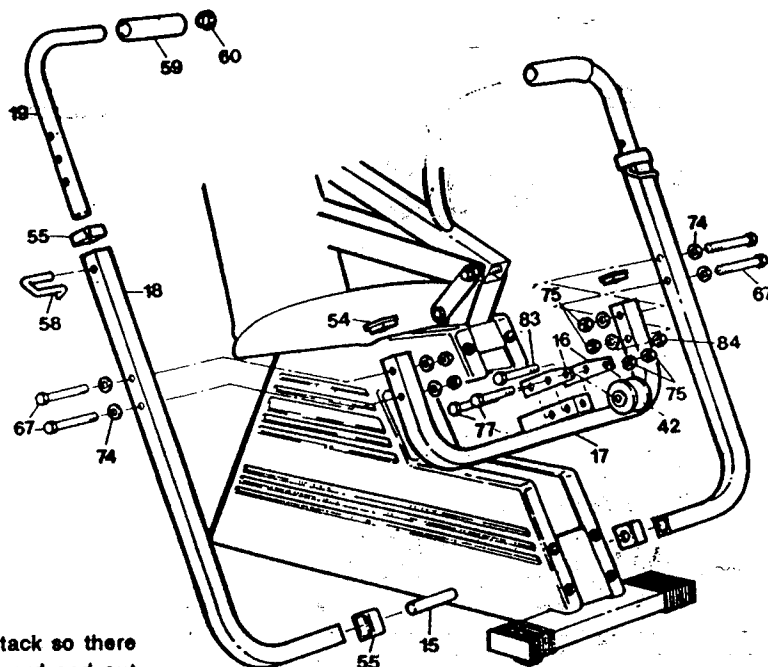
- ☐ Finally, insert the **LARGE PLASTIC COVER PLATE (13)** into lower portion of shrouds. Align holes and bolt together with **5/32" X 3/4" SELF TAPPING SCREWS (80)**, and **5/32" FLAT WASHERS (81)**.

- ☐ Insert **SMALL PLASTIC COVER PLATE (14)** behind upper portion of shroud and attach with **5/32" X 3/4" SELF TAPPING SCREWS (80)**, and **5/32" FLAT WASHERS (81)**.

STEP 6 BENCH PRESS ASSEMBLY

HARDWARE

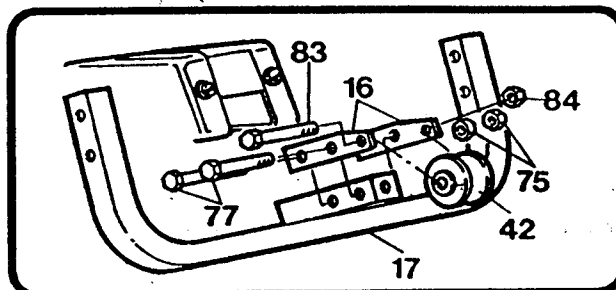
PART NAME	QTY
5/16" X 2 1/4" HEX HEAD BOLT	2
5/16" X 3 1/2" HEX HEAD BOLT	1
5/16" FLAT WASHER	2
5/16" HEX NUT	6
3/8" X 2 1/4" HEX HEAD BOLT	1
3/8" HEX NUT	1
1 1/2" ROUND PLASTIC CAP	2
1 1/2" SQUARE PLASTIC CAP	2
1 1/2" SQUARE OPEN END PLASTIC CAP	1
SMALL LOCKING PINS	2



☐ Remove **WEIGHT SELECTOR PIN (86)** from weight stack so there is no load on leg extension and it can be swung forward and out of the way.

☐ Press 1 1/2" **SQUARE OPEN END PLASTIC CAP (55)** onto each end of **BENCH PRESS ARMS (18)**. Slide arms onto **PIVOT TUBE (15)** and up against Plastic Shroud.

☐ Next, assemble **ROLLER BRACKETS (16)**, with angled corners upwards, to the center tube on **BENCH PRESS CROSS BRACE (17)** with 5/16" X 2 1/4" **HEX HEAD BOLTS (77)** and 5/16" **HEX NUTS (75)**.



☐ Bolt the 2" **DIAMETER ROLLER (42)** in position between the Roller Brackets using 3/8" X 2 1/4" **HEX HEAD BOLT (83)** and 3/8" **HEX NUT (84)**. Tighten securely but do not overtighten and check that roller moves freely.

☐ Press 1 1/2" **SQUARE PLASTIC CAPS (54)** into ends of Cross Brace.

☐ Position Cross Brace into the open section of shroud and attach to **BENCH PRESS ARMS (18)** using 5/16" X 3 1/2" **HEX HEAD BOLTS (67)**, 5/16" **FLAT WASHERS (74)**, and 5/16" **HEX NUTS (75)**.

☐ Swing Leg Extension Assembly down slowly and align Roller with curved Cam Tube on Extension.

☐ Insert **BENCH PRESS HANDLES (19)** into Arms and pin into position using **SMALL LOCKING PINS (58)**.

☐ Slide **SMALL FOAM GRIPS (59)** onto handles and cap with 1 1/4" **ROUND PLASTIC CAPS (60)**.

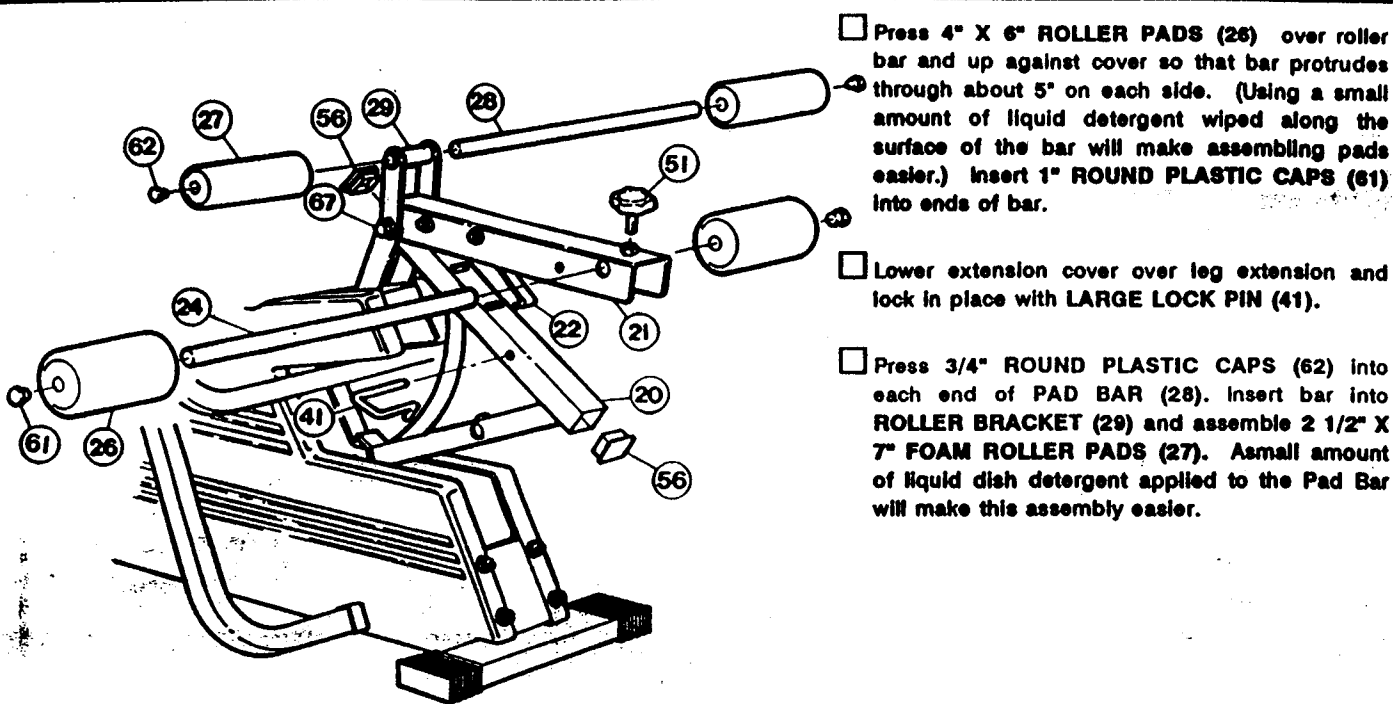
STEP 7 LEG EXTENSION ASSEMBLY

HARDWARE

PART NAME	QTY
3/4" ROUND PLASTIC CAP	2
1" ROUND PLASTIC CAP	2
1 1/2" SQUARE PLASTIC CAP	2
PLASTIC KNOB	1
SMALL LOCKING PIN	1

☐ Press 1 3/4" **SQUARE PLASTIC CAPS (56)** into each end of **CAM ARM (20)**.

☐ Insert **CHROME ROLLER BAR (24)** into lower hole in **CAM ARM COVER (21)** and center. Hold in place by screwing **PLASTIC KNOB (51)** through welded nut and against roller bar.



☐ Press 4" X 6" **ROLLER PADS (26)** over roller bar and up against cover so that bar protrudes through about 5" on each side. (Using a small amount of liquid detergent wiped along the surface of the bar will make assembling pads easier.) Insert 1" **ROUND PLASTIC CAPS (61)** into ends of bar.

☐ Lower extension cover over leg extension and lock in place with **LARGE LOCK PIN (41)**.

☐ Press 3/4" **ROUND PLASTIC CAPS (62)** into each end of **PAD BAR (28)**. Insert bar into **ROLLER BRACKET (29)** and assemble 2 1/2" X 7" **FOAM ROLLER PADS (27)**. A small amount of liquid dish detergent applied to the Pad Bar will make this assembly easier.

STEP 8 DECAL ASSEMBLY

☐ **NOTE:** To make application of decals easier, peel only a small end section of backsheet back and align decal and press exposed adhesive section down against surface. If decal is positioned properly, remove remaining backing and finish application.

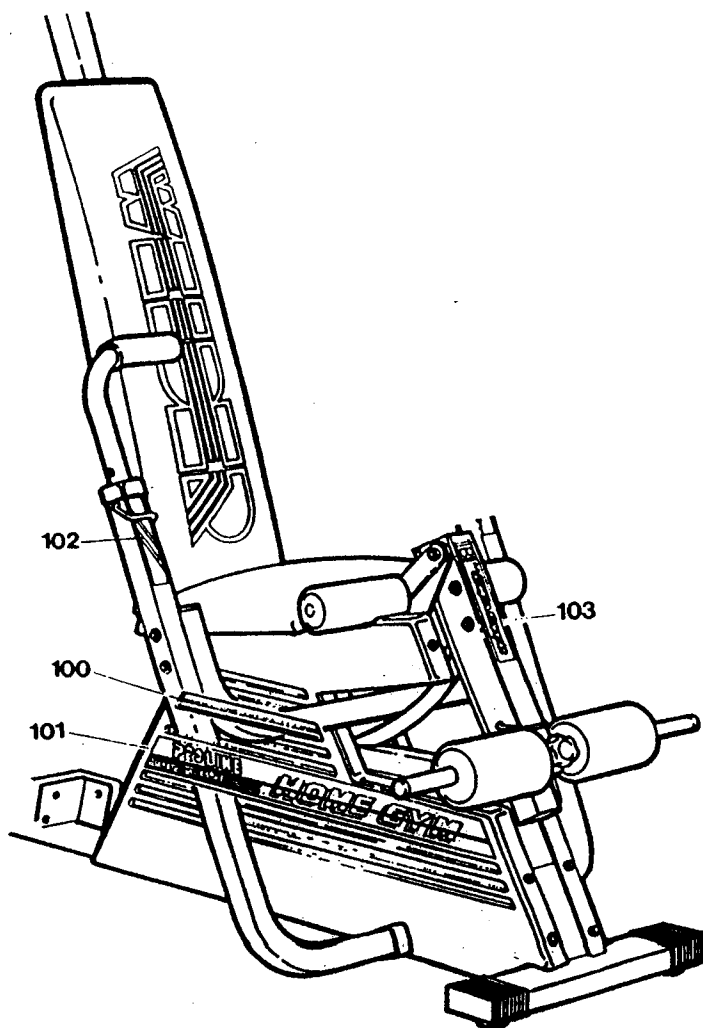
☐ Assemble 7/8" X 13" **STRIPE DECAL (100)** to upper recessed area in plastic shroud.

☐ Affix **LARGE SHROUD DECALS (101)** to shroud sides by positioning decal about 1/2" above molded recess in bottom section of shroud. Align front of decal with molded stripes.

☐ Affix **BENCH PRESS DECALS (102)** to arms directly below bottom edge of plastic caps.

☐ Position **LEG EXTENSION DECAL (103)** to upper portion of extension cover and press in place.

☐ Referring back to step 2 illustration, assemble **WEIGHT SCALE DECAL (104)** to the lower end on **SIDE MAIN FRAME SUPPORT (8)** to align with weight stack.



USING ACCESSORIES

Included with this product is a **ACCESSORY ROPE (37)**, **DUMBBELL HANDLE (38)** and **ANKLE STRAP (39)**. Exercises for their use are covered in your Training Guide. It should be noted through that the Accessory Rope is used for exercises using the Dumbbell Handle and Lat Bar as follows.

1. When doing exercises where you begin lifting at shoulder height; such as standing presses with the Lat Bar, hook one end of the rope to the "S" Hook on the Base Pulley and attach the Lat Bar to the other end using a **FIREMAN'S LATCH HOOK (92)**. This full length of Rope should position the Lat Bar at approximately chest height.
2. When doing exercises such as curls where the exercising load begins at around waist height, the rope should be doubled in half hooking both loop ends of the rope to the "S" Hook at the Base Pulley and clipping the Fireman's Hook in the middle of the rope.

MAINTENANCE

1. LUBRICATE WEIGHT GUIDE RODS EACH WEEK WITH SPRAY SILICONE OR ALTERNATIVELY WIPE WITH LIGHT HOUSEHOLD OIL.
2. LUBRICATE THE BUSHING AT THE CABLE CONNECTION AND THE PIVOT BOLT WITH GREASE EACH MONTH.
3. REMOVE LAT BAR SWIVEL AND GREASE INNER SURFACE BEFORE REPLACING ONCE EVERY 3 MONTHS FOR BEST RESULTS.
4. IT IS RECOMMENDED TO REGULARLY WIPE THE PLASTIC COATED CABLE USING A CLOTH AND A LITTLE LIGHT OIL OR SILICONE TO AVOID ANY POSSIBILITY OF THE CABLE BECOMING NOISY AS IT RUNS AROUND THE PULLEYS.

REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

**IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST
SEND IN YOUR WARRANTY CARD**

CUSTOMER SERVICE 1-800-225-0653

**ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS,
PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE
SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT
NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.**

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED
THIS UNIT**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
MODEL NO. NAME OF PART ORDERING NUMBER

WARNING

CONSULT YOUR PHYSICIAN

**CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO
HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE
PROGRAM.**

**FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.
CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A
QUALIFIED PERSON IN ATTENDANCE.**

TRAIN WITH A PARTNER

**IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING
PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU
WILL BE HIGHLY MOTIVATED.**