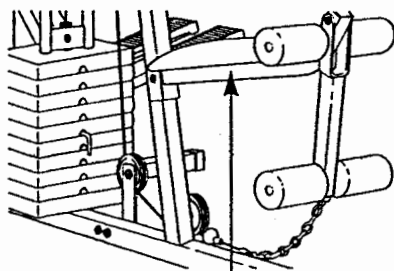


CJXT3

Master Trainer

Model No. WESY700920

Serial No. _____



Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

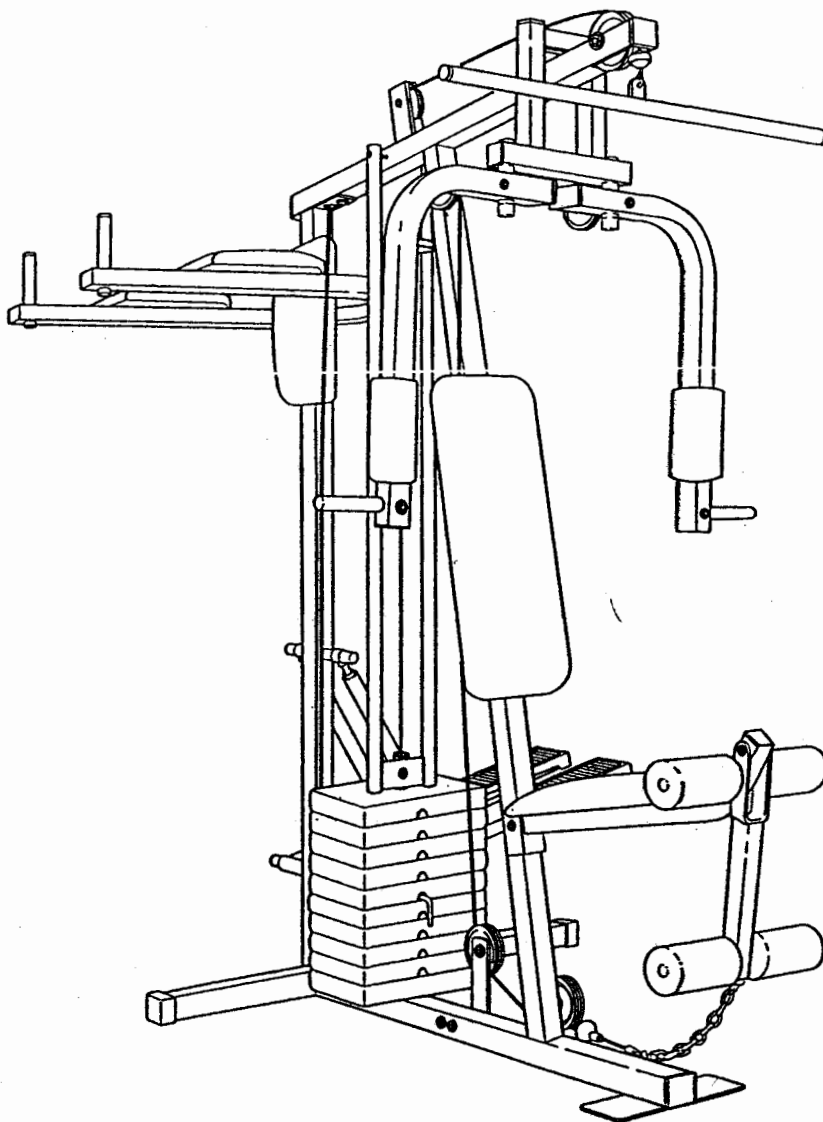
CUSTOMER HOT LINE:

1-800-225-0653

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

Read all precautions and Instructions in this user's manual before using this equipment. Save this owner's manual for future reference.



PATENT PENDING

weider®

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

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and in the accompanying literature before using the weight system.
2. Use the weight system only on a level surface. Cover the floor beneath the weight system for protection.
3. Inspect and tighten all parts each time you use the weight system. Replace any worn parts immediately.
4. Keep small children away from the weight system at all times.
5. 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.
6. Keep hands and feet away from moving parts.
7. Always wear athletic shoes for foot protection.
8. Never release the press arms, leg lever, lat bar or nylon strap while weights are raised. The weights will fall with great force.
9. Always stand on a foot plate when performing an exercise that could cause the weight system to tip.
10. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
11. The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.
12. 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

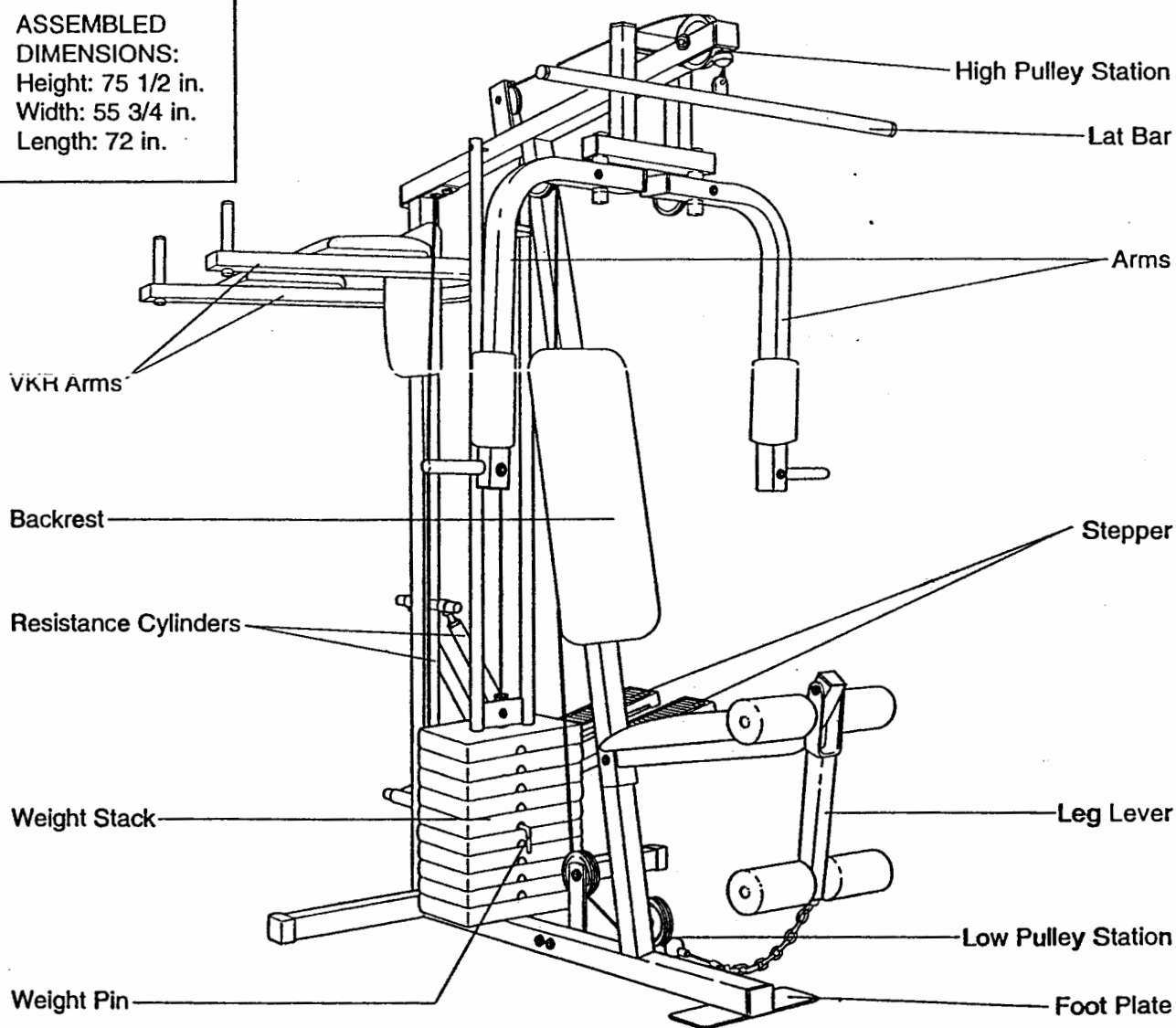
Thank you for selecting the versatile WEIDER® CJXT3 MASTER TRAINER. The CJXT3 MASTER TRAINER offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the CJXT3 MASTER TRAINER will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® CJXT3 MASTER TRAINER. If you have additional questions, please call our

Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY700920. The serial number can be found on a decal attached to the CJXT3 MASTER TRAINER (see the front cover of this owner's manual).

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

ASSEMBLED
DIMENSIONS:
Height: 75 1/2 in.
Width: 55 3/4 in.
Length: 72 in.




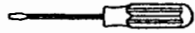
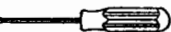
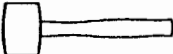
ASSEMBLY

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

- 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.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART** located in the center of this manual. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- As you assemble the weight system, make sure that all parts are oriented as shown in the drawings.

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

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) Rubber Mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Before you begin, make sure that you have carefully read the instructions at the top of this page.

Press a 2" Inner Cap (27) into the Base (4).

Attach the Pulley Plate (20) to the Base (4) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3).

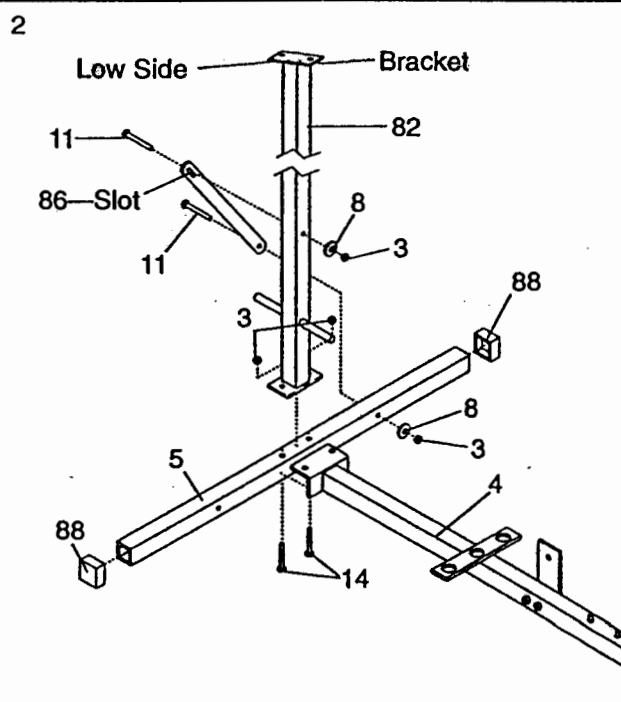
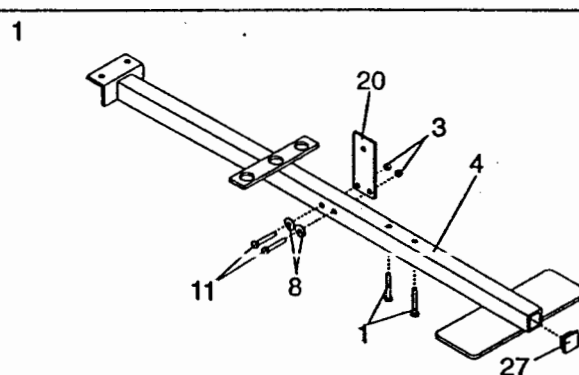
Insert the two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

2. Press the two 2" Outer Caps (88) onto the Stabilizer (5).

Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabilizer (5). Slide the bracket on the end of the Base (4) onto the Carriage Bolts. Slide the Rear Upright (82) onto the Carriage Bolts. Thread two 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

Attach the slotted end of the Brace (86) to the Rear Upright (82) with a 5/16" x 2 3/4" Bolt (11), 5/16" Flat Washer (8) and 5/16" Nylon Locknut (3). **Do not tighten the Nylon Locknut yet.**

Attach the other end of the Brace (86) to the Stabilizer (5) with a 5/16" x 2 3/4" Bolt (11), 5/16" Flat Washer (8), and 5/16" Nylon Locknut (3). **Do not tighten the Nylon Locknut yet.**

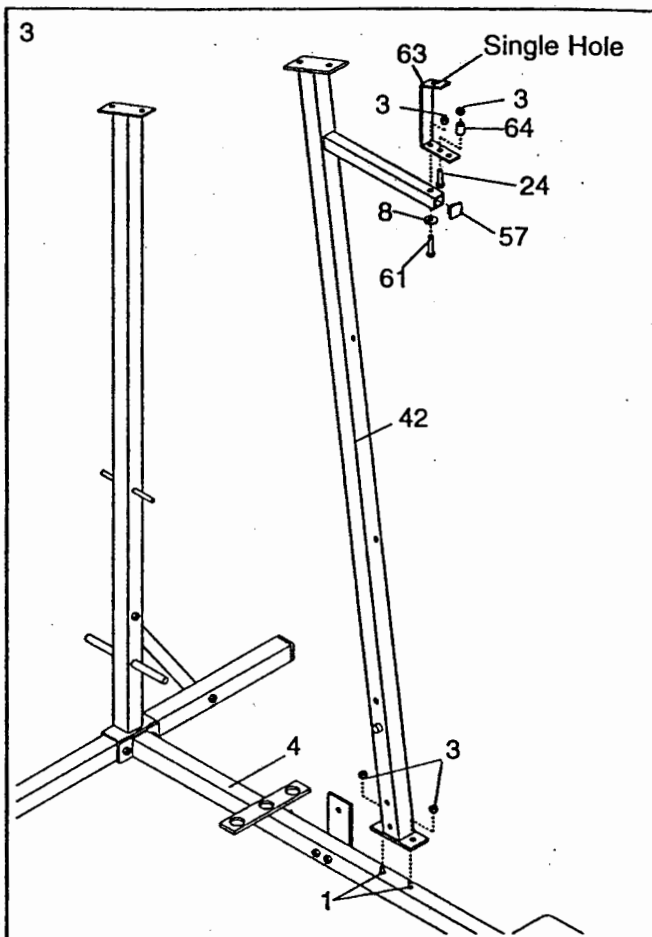


3. Press the 1 1/4" Inner Cap (57) into the Front Upright (42).

Attach the 1" Plastic Stop (64) to the center hole in the Stop Bracket (63) with a 5/16" x 1 1/2" Bolt (24) and 5/16" Nylon Locknut (3).

Attach the Stop Bracket (63) to the Front Upright (42) with a 5/16" x 2" Bolt (61), a 5/16" Flat Washer (8) and a 5/16" Nylon Locknut (3).

Slide the Front Upright (42) onto the two 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Attach the Front Upright to the Base with two 5/16" Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**



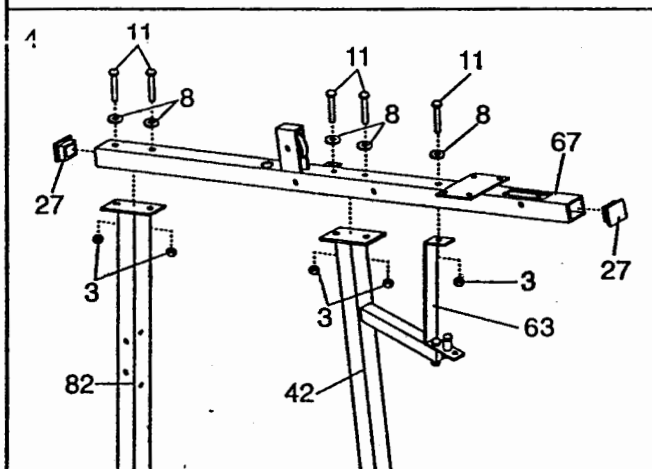
4. Press two 2" Inner Caps (27) into the Top Frame (67).

Attach the Top Frame (67) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), 5/16" Flat Washers (8) and 5/16" Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**

Attach the Top Frame (67) to the Stop Bracket (63) with a 5/16" x 2 3/4" Bolt (11), 5/16" Flat Washer (8) and 5/16" Nylon Locknut (3). **Do not tighten the Nylon Locknut yet.**

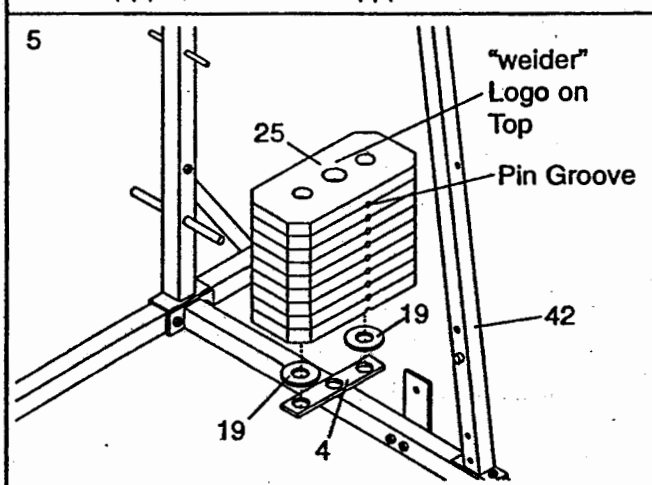
Attach the Top Frame (67) to the Rear Upright (82) with two 5/16" x 2 3/4" Bolts (11), 5/16" Flat Washers (8) and 5/16" Nylon Locknuts (3).

Tighten all Nuts used in steps 2 through 4.



5. Set the two Weight Bumpers (19) on the indicated plate on the Base (4). Align the holes in the Weight Bumpers with the holes in the plate.

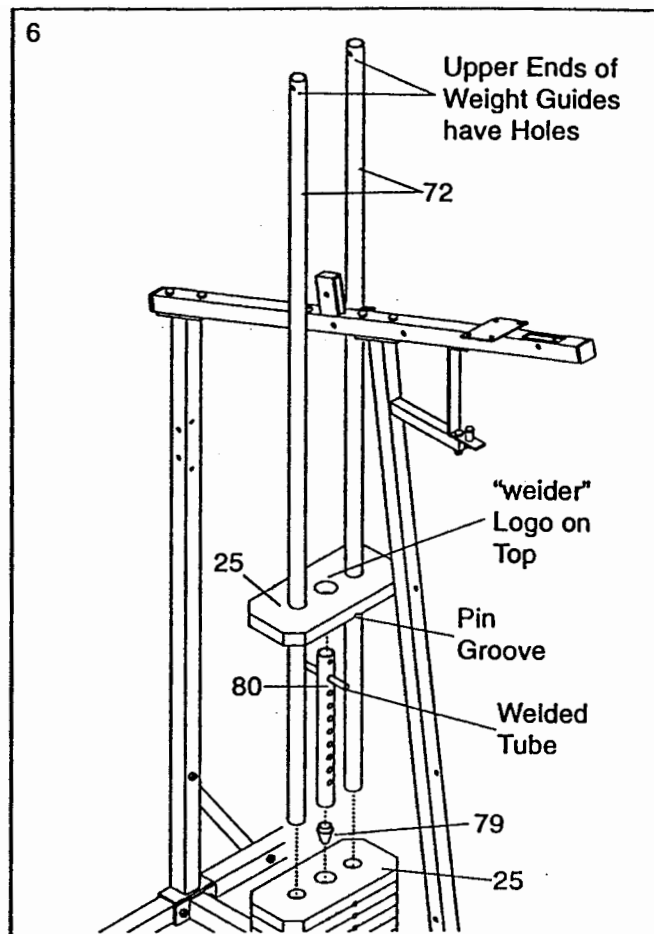
Stack nine Weights (25) on the Weight Bumpers (19). Each Weight must be turned so the "weider" logo is on top, and the pin groove is facing the Front Upright (42). The holes in the Weights must be aligned with the holes in the Weight Bumpers. **CAUTION: Be careful to avoid tipping the stack of Weights until step 6 is completed.**



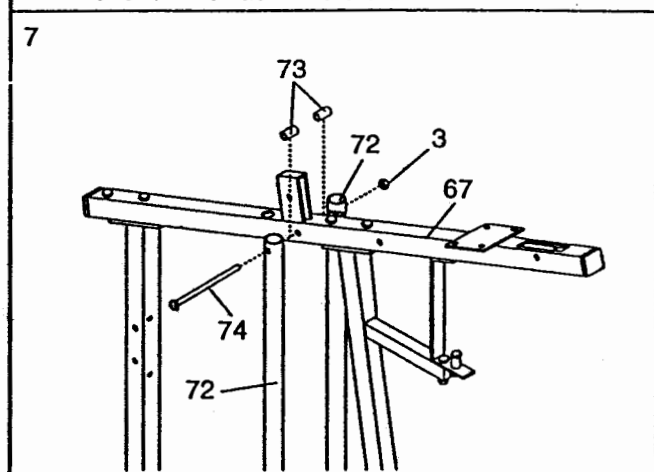
6. Press the Weight Tube Endcap (79) into the indicated end of the Weight Tube (80).

Insert the Weight Tube (80) into the stack of Weights (25). Slide the tenth Weight (25) onto the upper end of the Weight Tube. The Weight must be turned so the "weider" logo is on top. The Weight Tube must be turned so the welded pin is in the pin groove in the Weight.

Locate the lower ends of the Weight Guides (72) (there are holes near the upper ends). Insert the lower ends of the Weight Guides into the ten Weights (25).

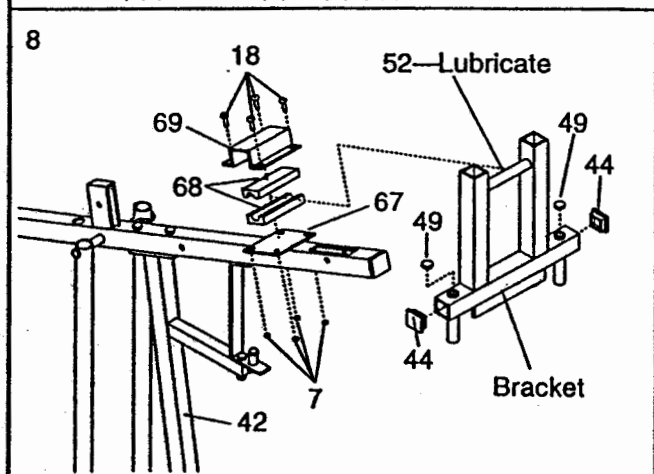


7. Attach the upper ends of the Weight Guides (72) to the Top Frame (67) with the 5/16" x 6" Bolt (74), the two 1/2" x 3/4" Spacers (73), and a 5/16" Nylon Locknut (3).



8. Press two 1 3/4" Inner Caps (44) and two 1" Round Inner Caps (49) into the Arm Frame (52).

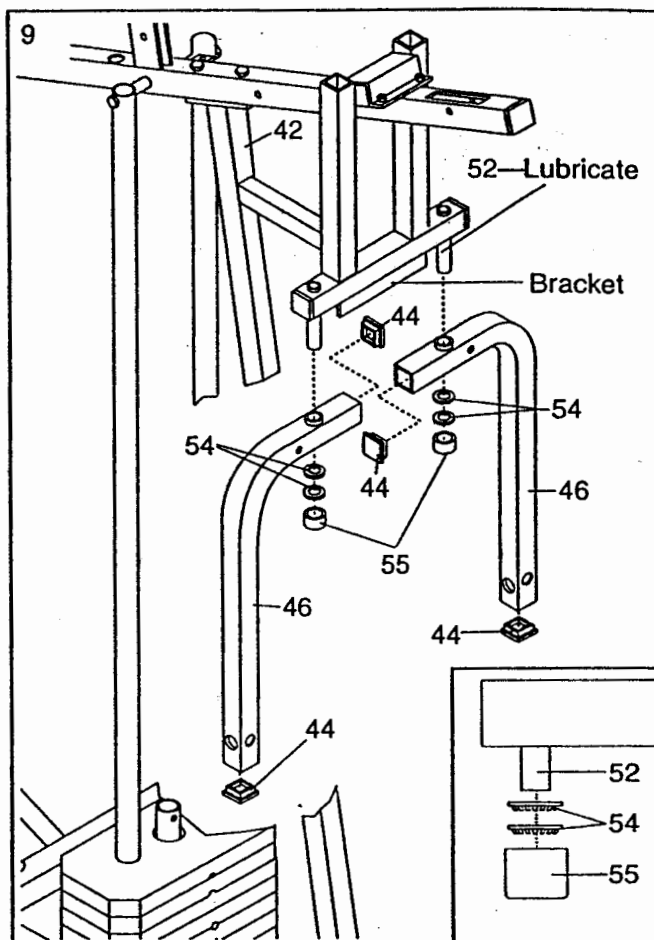
Lubricate the upper axle on the Arm Frame (52). Hold the axle between the two Arm Frame Bushings (68). Set the Arm Frame Bushings and the Arm Frame on the plate welded to the top of the Top Frame (67). The Arm Frame must be turned so the bracket is facing away from the Front Upright (42). Place the Arm Frame Bracket (69) over the Arm Frame Bushings. Attach the Arm Frame Bracket to the Top Frame with four 1/4" x 3/4" Screws (18) and 1/4" Nylon Locknuts (7).



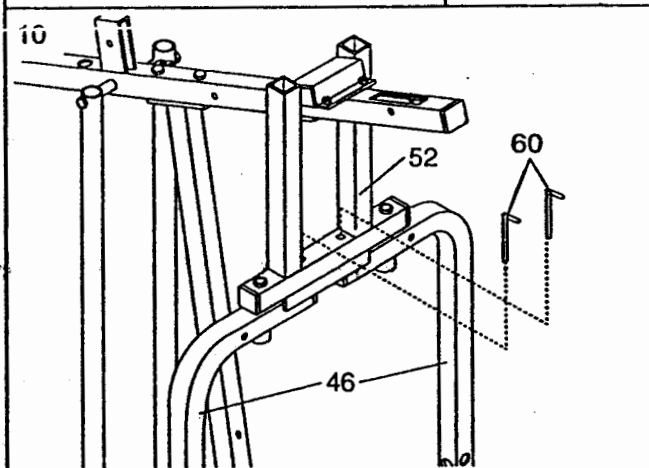
9. Press two 1 3/4" Inner Caps (44) into each of the Arms (46).

Apply lubricant to the lower axles on the Arm Frame (52). Slide an Arm (46) onto one of the axles. The upper end of the Arm must be between the Front Upright (42) and the bracket on the Arm Frame (52). Hold two 1" Retainers (54) and a 1" Round Cover Cap (55) against the lower end of the axle. The teeth on the Retainers must bend toward the Round Cover Cap (see the inset drawing). Tap the Retainers and Round Cover Cap onto the axle.

Attach the other Arm (46) to the Arm Frame (52) in the same manner.



10. Insert the two 4 1/2" "L" Pins (60) down through the indicated holes in the Arm Frame (52) and the Arms (46).

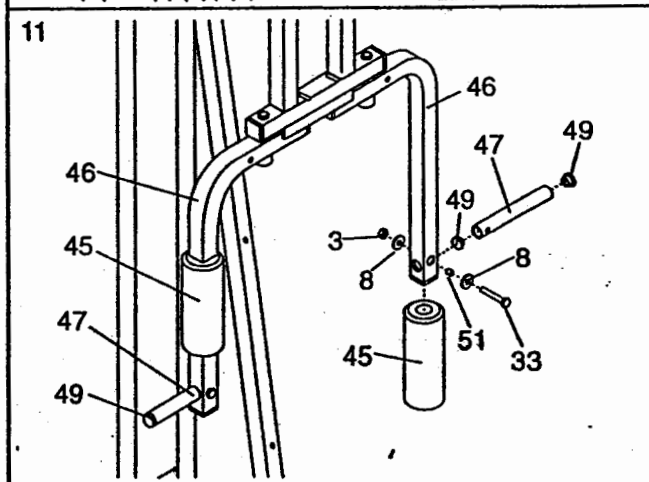


11. Wet both Arms (46) and the insides of the two 7 3/4" Pad (45) with soapy water. Slide a 7 3/4" Pad (45) onto each Arm.

Press a 1" Round Inner Cap (49) into each end of a 7" Handle (47).

Insert the 7" Handle (47) into one of the Arms (46). Attach the Handle with a 5/16" x 2 1/4" Bolt (33), two 5/16" Flat Washers (8), a 1/2" x 3/8" Spacer (51) and a 5/16" Nylon Locknut (3).

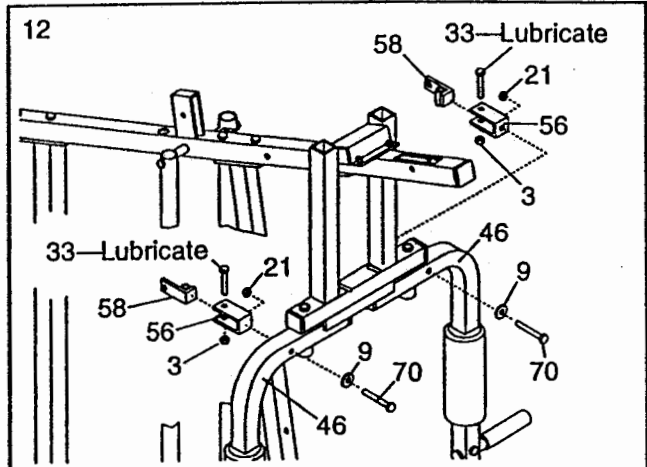
Attach a 7" Handle (47) to the other Arm (46) in the same manner.



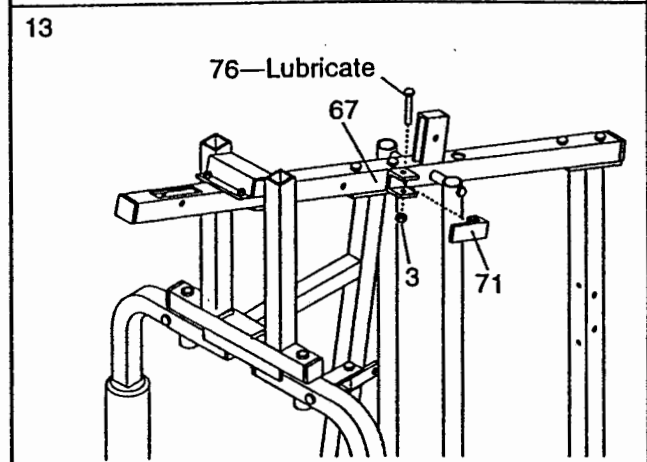
12. Attach a Large "U" Bracket (56) to one of the Arms (46) with a $\frac{3}{8}$ " x $2\frac{3}{4}$ " Bolt (70), $\frac{3}{8}$ " Flat Washer (9) and $\frac{3}{8}$ " Nylon Locknut (21).

Lubricate a $\frac{5}{16}$ " x $2\frac{1}{4}$ " Bolt (33). Attach a Narrow Swivel Bracket (58) to the Large "U" Bracket (56) with the Bolt and a $\frac{5}{16}$ " Nylon Locknut (3). Do not overtighten the Nylon Locknut; the Narrow Swivel Bracket must be able to swivel freely.

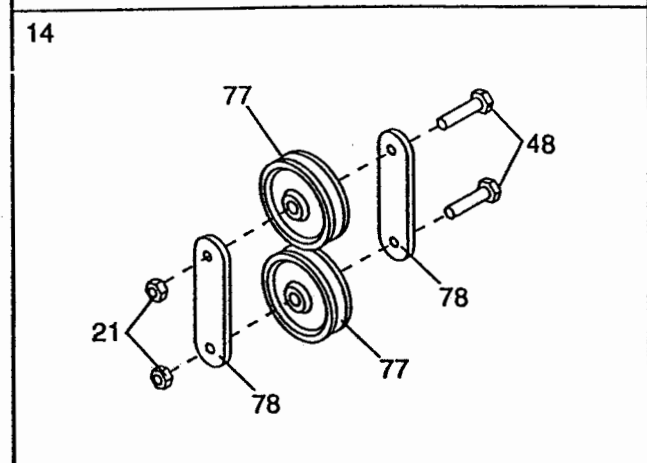
Attach a Large "U" Bracket (56) and Narrow Swivel Bracket (58) to the other Arm (46) in the same manner.



13. Lubricate the $\frac{5}{16}$ " x $3\frac{1}{4}$ " Bolt (76). Attach the Wide Swivel Bracket (71) to the bracket on the side of the Top Frame (67) with the $\frac{5}{16}$ " x $3\frac{1}{4}$ " Bolt (76) and a $\frac{5}{16}$ " Nylon Locknut (3). Do not overtighten the Nylon Locknut; the Wide Swivel Bracket must be able to swivel freely.



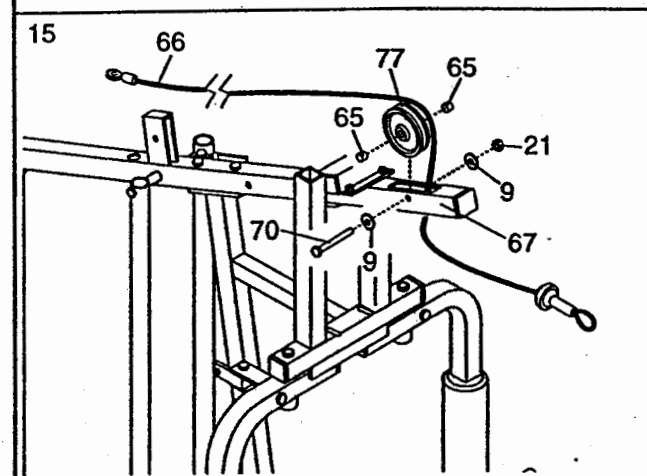
14. Insert two $\frac{3}{8}$ " x $1\frac{3}{4}$ " Bolts (48) through the two "I" Plates (78) and two $4\frac{1}{2}$ " Pulleys (77) as shown. Finger tighten two $\frac{3}{8}$ " Nylon Locknuts (21) onto the ends of the Bolts. Do not thread the Nylon Locknuts all the way onto the Bolts until after assembly step 22 is completed.



15. **IMPORTANT:** As you assemble the Long Cable (66) and the Short Cable (not shown), refer to the CABLE DIAGRAM on page 19 of this manual to make sure that the Cables are properly routed.

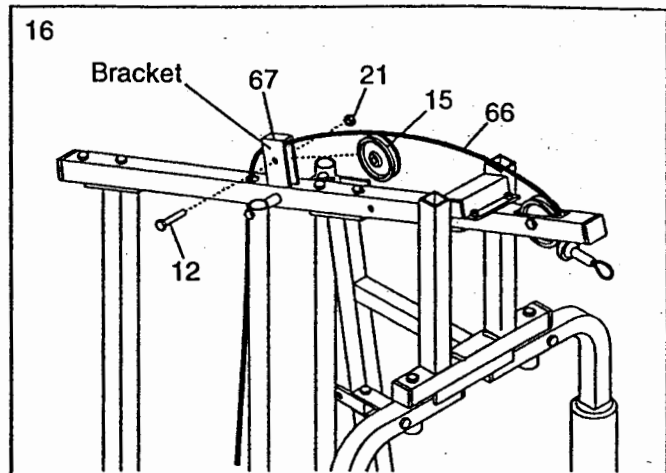
Find the end of the Long Cable (66) that has a metal eyelet without a rubber ball. Insert that end of the Long Cable up through the indicated opening in the Top Frame (67).

Lay the Long Cable (66) over a $4\frac{1}{2}$ " Pulley (77). Attach the Pulley inside the Top Frame (67) with a $\frac{3}{8}$ " x $2\frac{3}{4}$ " Bolt (70), two $\frac{3}{8}$ " Flat Washers (9), the two $1\frac{1}{2}$ " x $1\frac{1}{2}$ " Spacers (65), and a $\frac{3}{8}$ " Nylon Locknut (21).



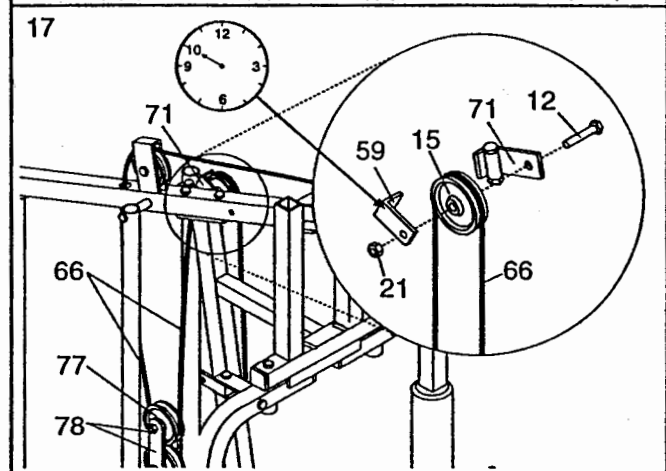
16. Insert the end of the Long Cable (66) through the indicated bracket on the Top Frame (67), and down through the indicated hole in the Top Frame.

Hold a 3 1/2" Pulley (15) inside the bracket on the Top Frame (67). The Long Cable (66) must be between the Pulley and the top of the bracket. Attach the Pulley to the bracket with a 3/8" x 2" Bolt (12) and 3/8" Nylon Locknut (21).

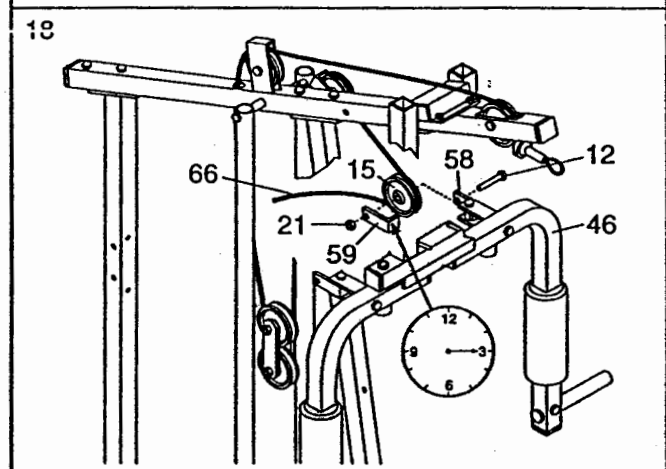


17. Insert the Long Cable (66) between the "I" Plates (78) and under one of the 4 1/2" Pulleys (77) as shown.

Lay the Long Cable (66) over a 3 1/2" Pulley (15) (see the inset drawing). Attach the Pulley and a Cable Trap (59) to the Wide Swivel Bracket (71) with a 3/8" x 2" Bolt (12) and 3/8" Nylon Locknut (21). Note: the Wide Swivel Bracket is already attached to the Top Frame (67). The Cable Trap must be turned to the "10 o'clock" position.

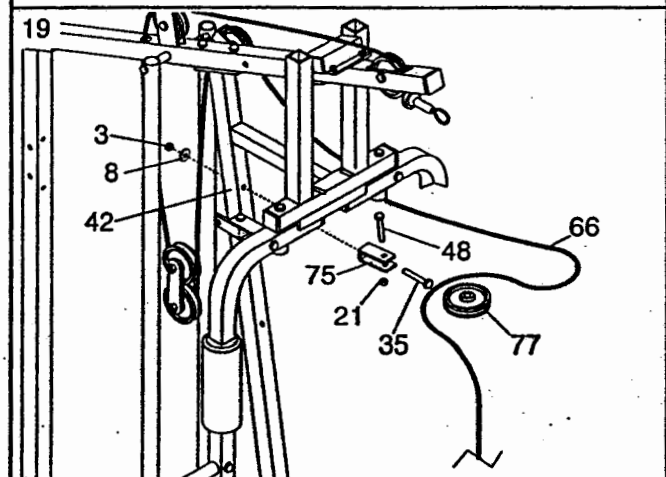


18. Wrap the Long Cable (66) down around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (59) to the Narrow Swivel Bracket (58) on the left Arm (46) with a 3/8" x 2" Bolt (12) and 3/8" Nylon Locknut (21). The Cable Trap must be turned to the "3 o'clock" position.



19. Attach the Adjustment "U" Bracket (75) to the Front Upright (42) with the 5/16" x 3 1/4" Bolt (35), a 5/16" Flat Washer (8) and 5/16" Nylon Locknut (3). Note: This Bracket is used to adjust the tension of the Long Cable. Thread the Nylon Locknut onto the Bolt only two complete turns.

Wrap the Long Cable (66) around a 4 1/2" Pulley (77). Attach the Pulley inside the Adjustment "U" Bracket (75) with a 3/8" x 1 3/4" Bolt (48) and 3/8" Nylon Locknut (21).



20. Wrap the Long Cable (66) up around a 3 1/2" Pulley (15) (see the inset drawing). Attach the Pulley and a Cable Trap (59) to the Narrow Swivel Bracket (58) on the right Arm (46) with a 3/8" x 2" Bolt (12) and 3/8" Nylon Locknut (21). The Cable Trap must be turned to the "3 o'clock" position.

Attach the 5/16" x 3" Bolt (17), two 5/16" Flat Washers (8), and a 5/16" Jam Nut (2) to the indicated hole in the Top Frame (67).

Slide the end of the Long Cable (66) onto the end of the 5/16" x 3" Bolt (17). Tighten another 5/16" Jam Nut (2) onto the Bolt. **Do not tighten the Jam Nut completely; the Cable must be able to pivot.**

21. Attach the 5/16" x 3 1/2" Bolt (87), two 5/16" Flat Washers (8), the 1" Metal Spacer (22) and a 5/16" Nylon Locknut (3) to the lower end of the Front Upright (42) as shown.

Wrap the indicated end of the Short Cable (23) under a 3 1/2" Pulley (15). Attach the Pulley to the Front Upright (42) with the 3/8" x 3 1/2" Bolt (16), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). The Short Cable must be between the Pulley and the Metal Spacer (22).

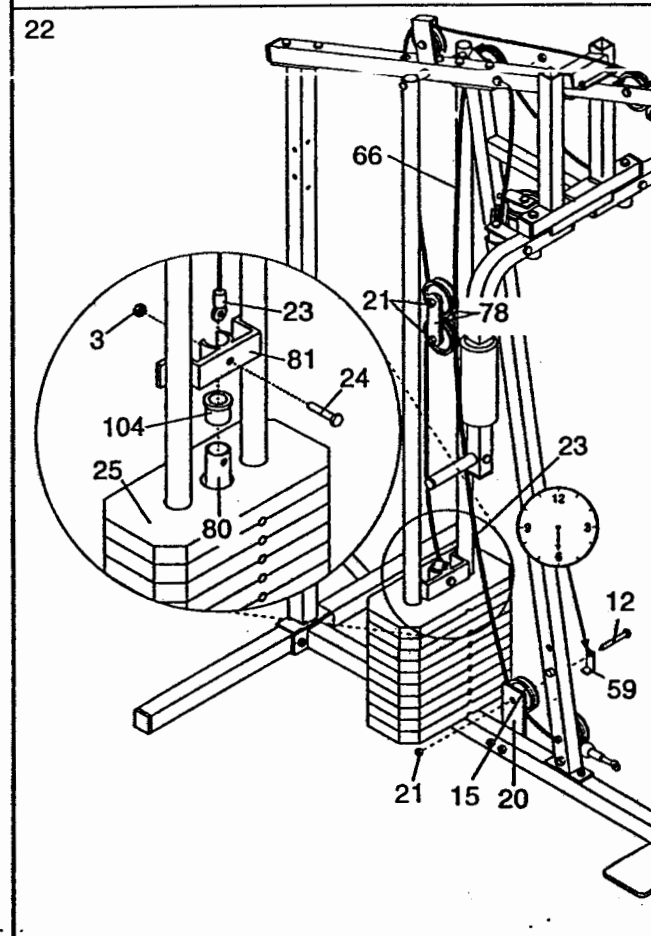
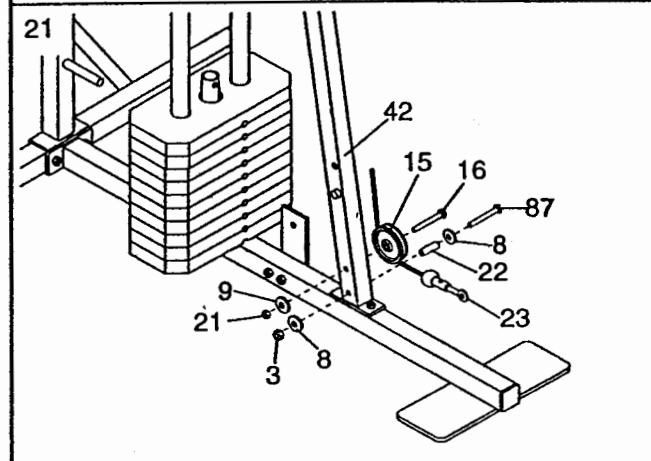
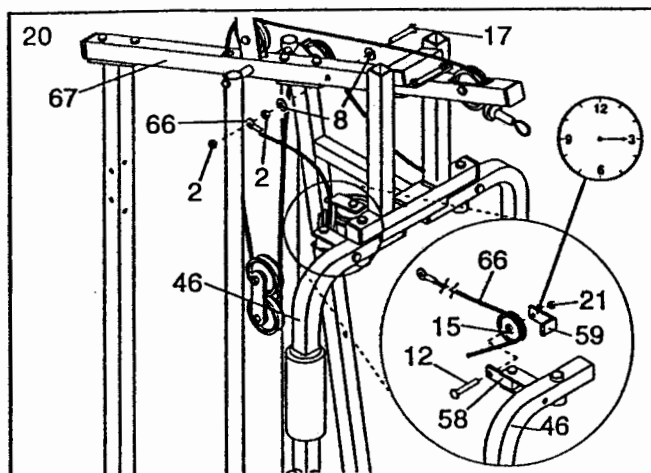
22. Wrap the Short Cable (23) under a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (59) to the Pulley Plate (20) with a 3/8" x 2" Bolt (12) and 3/8" Nylon Locknut (21). The Cable Trap must be turned to the "6 o'clock" position.

Insert the Short Cable (23) between the "I" Plates (78). **Tighten the two 3/8" Nylon Locknuts (21) attaching the "I" Plates.**

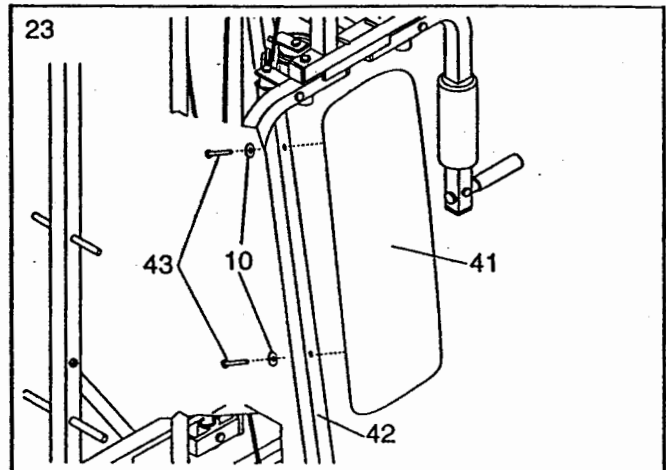
Slide the Plastic Flanged Bushing (104) onto the Weight Tube (80). Press the Plastic Flanged Bushing into the top Weight (25). Slide the Weight Guide Bracket (81) onto the top of the Weight Tube as shown. **You may need to tap the Weight Guide Bracket with the mallet to insure that the Plastic Flanged Bushing is firmly in the top Weight.**

Insert the end of the Short Cable (23) into the upper end of the Weight Tube (see the inset drawing). Insert a 5/16" x 1 1/2" Bolt (24) through the Weight Guide Bracket, the Weight Tube and the end of the Short Cable. Tighten a 5/16" Nylon Locknut (3) onto the Bolt.

IMPORTANT: The Short and Long Cables (23, 66) must be properly routed on the Pulleys, and the Cables must be properly tightened. To tighten the Cables, refer to TIGHTENING THE CABLES on page 18 of this manual.



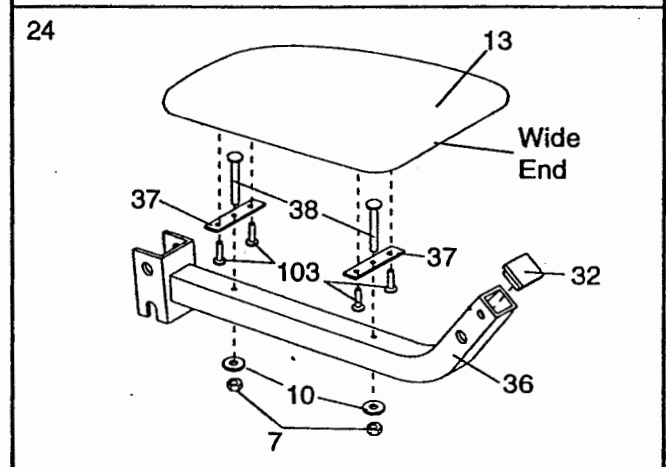
23. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and 1/4" Flat Washers (10).



24. Press a 1 1/2" Inner Cap (32) into the Seat Frame (36).

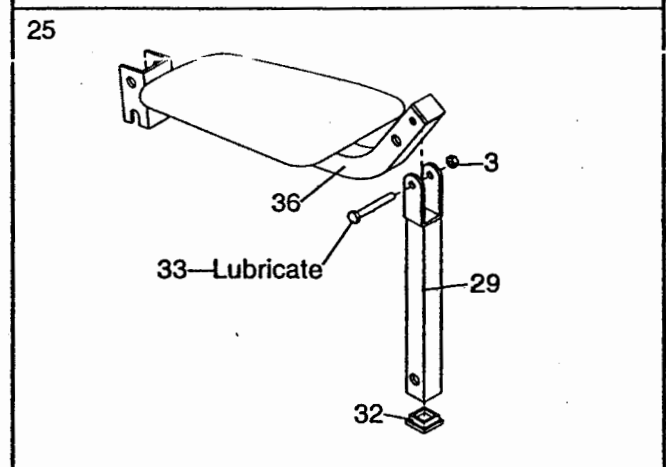
Insert a 1/4" x 2" Carriage Bolt (38) into the center of each Seat Plate (37). Attach the Seat Plates to the Seat (13) with four 1/4" x 1/2" Screws (103).

Insert the two 1/4" x 2" Carriage Bolts (38) into the Seat Frame (36). Make sure that the Seat (13) is turned so the wide end is towards the 1 1/2" Inner Cap (32). Tighten two 1/4" Nylon Locknuts (7) with 1/4" Flat Washers (10) onto the Carriage Bolts.



25. Press a 1 1/2" Inner Cap (32) into the Leg Lever (29).

Lubricate a 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3). **Do not over-tighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

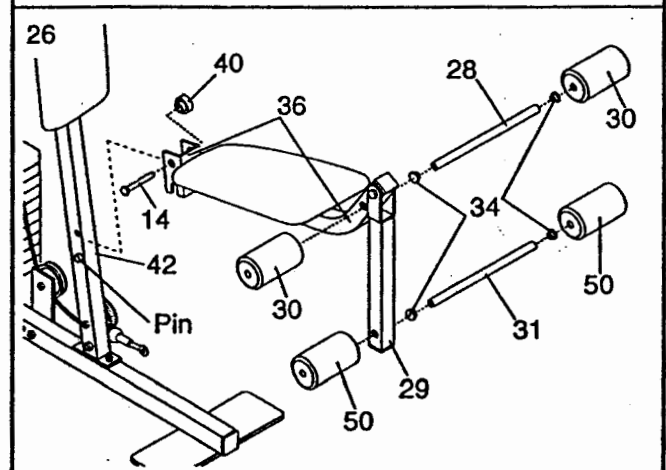


26. Set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

Press 3/4" Round Inner Caps (34) into the ends of the 13 1/2" Pad Tube (28) and the 13" Pad Tube (31).

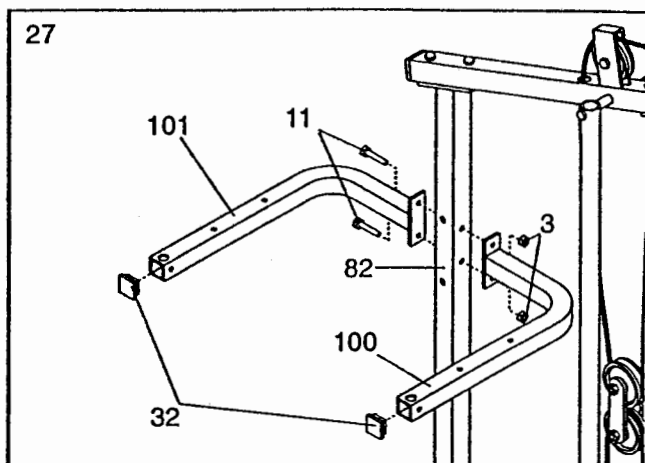
Insert the 13 1/2" Pad Tube (28) into the Seat Frame (36). Slide a 6" Pad (30) onto each end of the Pad Tube.

Insert the 13" Pad Tube (31) into the Leg Lever (29). Slide a 5 1/2" Pad (50) onto each end of the Pad Tube.



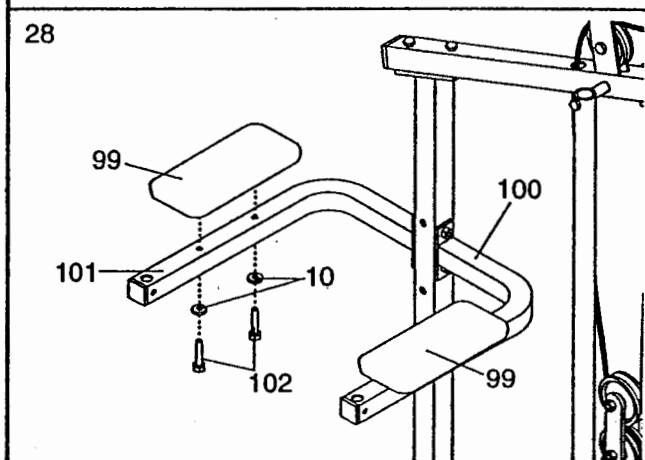
27. Press 1 1/2" Inner Caps (32) into the Left and Right VKR Arms (100, 101).

Attach the Left and Right VKR Arms (100, 101) to the Rear Upright (82) with two 5/16" x 2 3/4" Bolts (11) and 5/16" Nylon Locknuts (3).



28. Attach a VKR Armrest (99) to the Right VKR Arm (101) with two 1/4" x 2" Screws (102) and 1/4" Flat Washers (10).

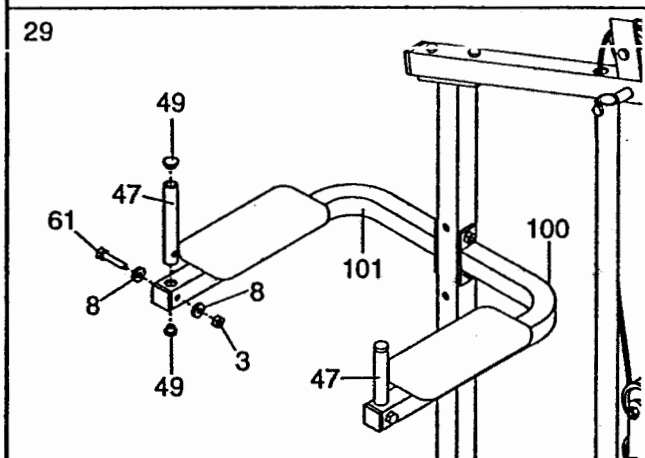
Attach a VKR Armrest (99) to the Left VKR Arm (100) in the same manner.



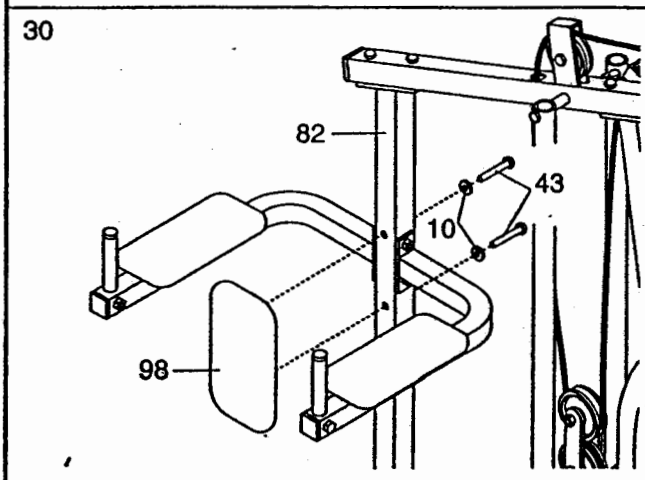
29. Press a 1" Round Cap (49) into each end of a 7" Handle (47).

Insert the 7" Handle (47) into the Right VKR Arm (101). Attach the Handle with a 5/16" x 2" Bolt (61), two 5/16" Flat Washers (8), and a 5/16" Nylon Locknut (3).

Attach the other 7" Handle (47) to the Left VKR Arm (100) in the same manner.

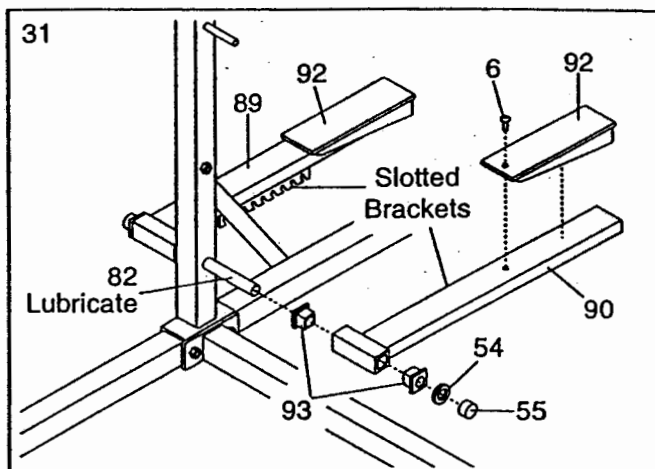


30. Attach the VKR Backrest (98) to the Rear Upright (82) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10).



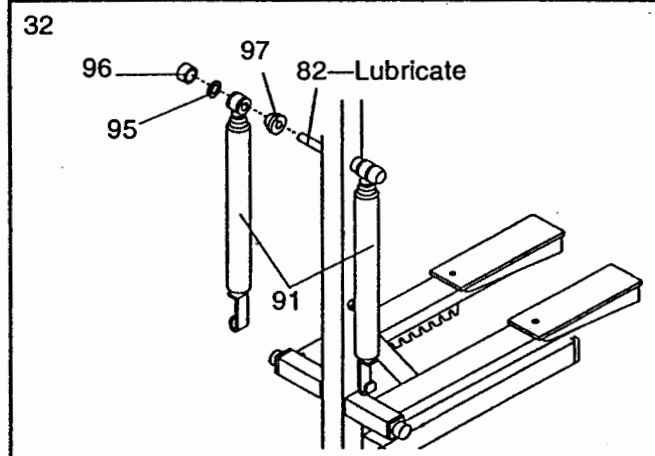
31. Press two 1 1/2" Bushings (93) into the Left Pedal (90), and two Bushings into the Right Pedal (89). Attach a Pedal Cover (92) to each Pedal with a 1/2" Tap Screw (6).

Lubricate the pedal axles on the Rear Upright (82). Slide the Left Pedal (90) onto the left pedal axle, and the Right Pedal (89) onto the right pedal axle. **Note: Make sure that the Pedals are on the correct sides; the slotted brackets must be on the insides of the Pedals.** Hold a 1" Retainer (54) and 1" Round Cover Cap (55) against the end of the left pedal axle. The teeth on the Retainer must bend outward. Tap the Retainer and Round Cover Cap onto the pedal axle. Attach the Right Pedal in the same manner.



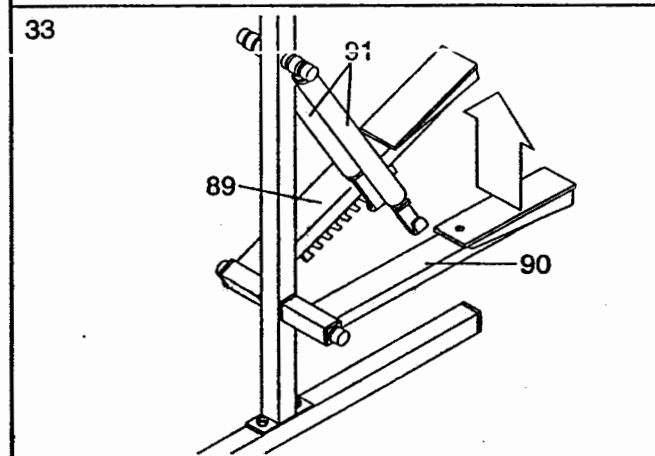
32. Lubricate the cylinder axles on the Rear Upright (82). Slide a 5/8" Spacer (97) and a Resistance Cylinder (91) onto each cylinder axle. **Be sure that the Spacer is oriented as shown.** Hold a 5/8" Retainer (95) and 5/8" Round Cover Cap (96) against the end of the right cylinder axle. The teeth on the Retainer must bend outward. Tap the Retainer and Round Cover Cap onto the cylinder axle.

Tap a 5/8" Retainer (95) and 5/8" Round Cover Cap (96) onto the left cylinder axle in the same manner.

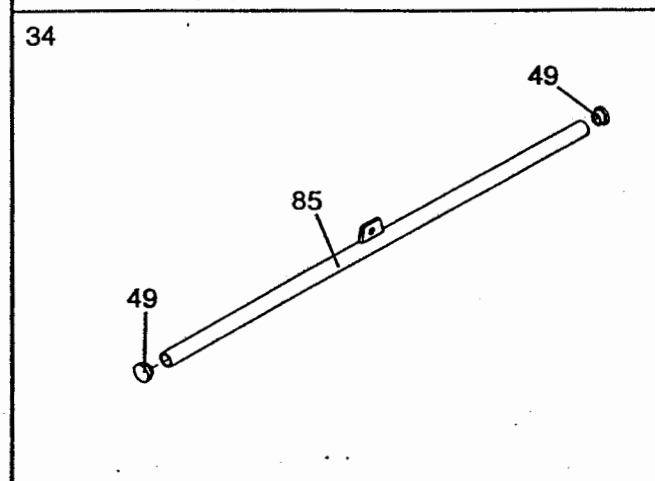


33. Raise the Left Pedal (90) and rest it on the hook at the lower end of the left Resistance Cylinder (91). The hook must be in one of the slots under the Left Pedal.

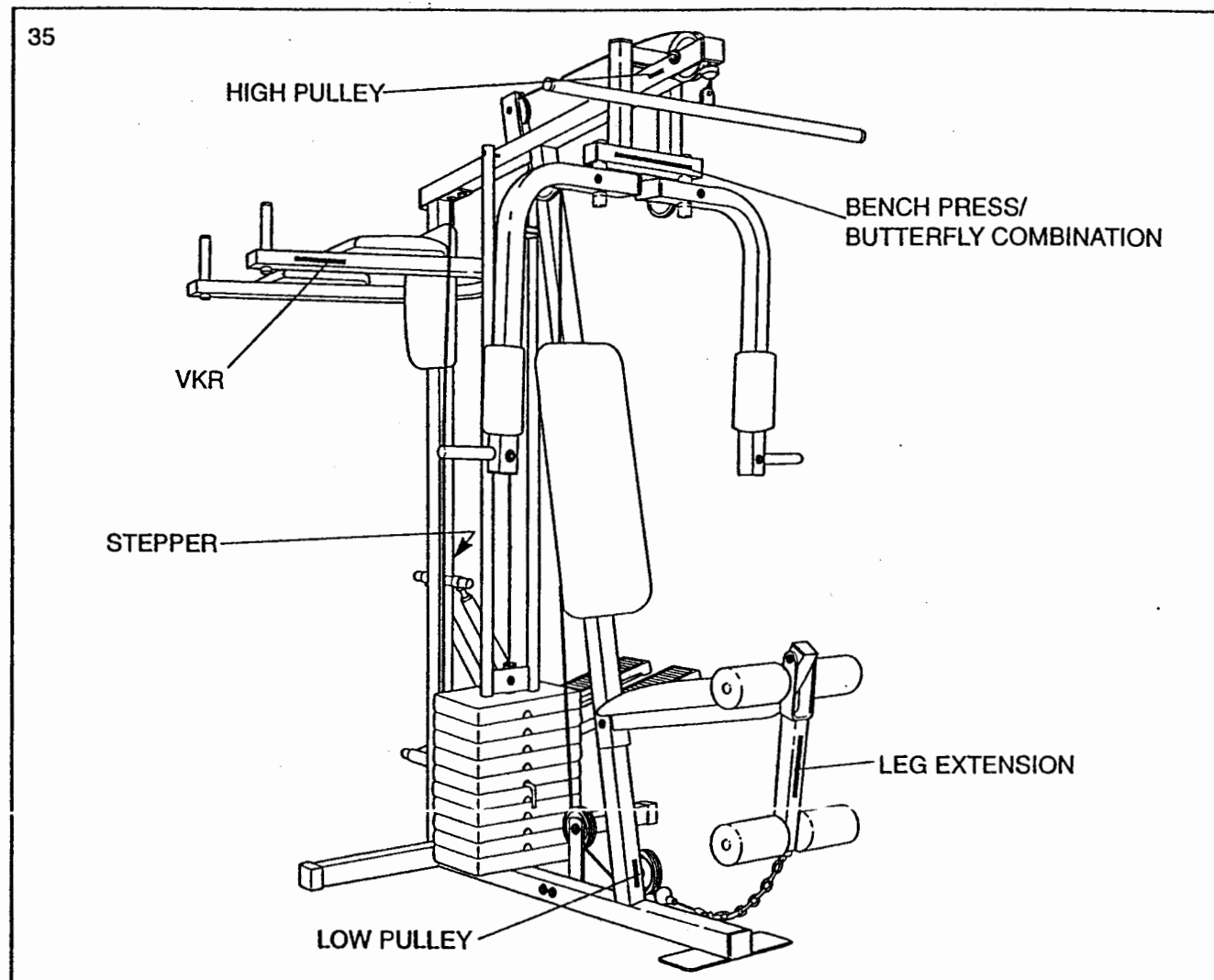
Raise the Right Pedal (89) and rest it on the hook at the lower end of the right Resistance Cylinder (91). **Make sure that the hooks are in the same position under both Pedals.**



34. Press a 1" Round Inner Cap (49) into each end of the Lat Bar (85).



35. Remove the decals from the Decal Sheet (not shown), and apply them to the weight system in the locations shown in the drawing below.



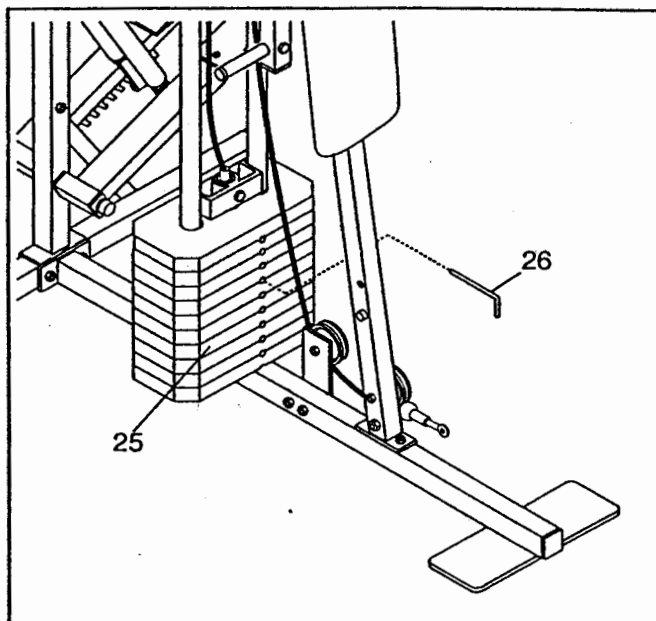
36. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 15 of this manual. Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, locate and correct the problem before using the weight system. **IMPORTANT:** If the cables are not properly routed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 19 of this manual.

ADJUSTMENT

The instructions below describe how each part of the weight system can be adjusted. Refer to the EXERCISE CHART 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 cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

CHANGING THE WEIGHT SETTING

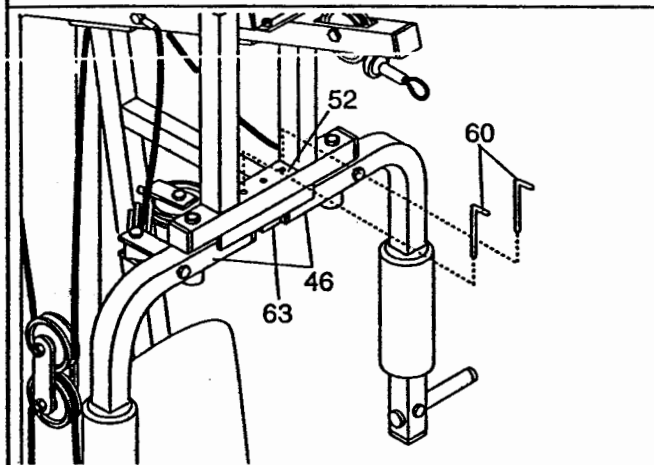
To change the weight setting, insert the Weight Pin (26) under one of the Weights (25). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting can be changed from 12.5 pounds to 125 pounds, in increments of 12.5 pounds. **Note:** Due to the cables and pulleys, the actual amount of resistance at each exercise station will vary from the weight setting. Refer to the Weight Resistance Chart on page 17 to find the actual amount of resistance at each station.



SWITCHING THE ARMS TO THE PRESS MODE OR THE BUTTERFLY MODE

To perform the BENCH PRESS exercise, switch the Arms (46) to the press mode by inserting the two 4 1/2" "L" Pins (60) down through the indicated holes in the Arm Frame (52) and the Arms.

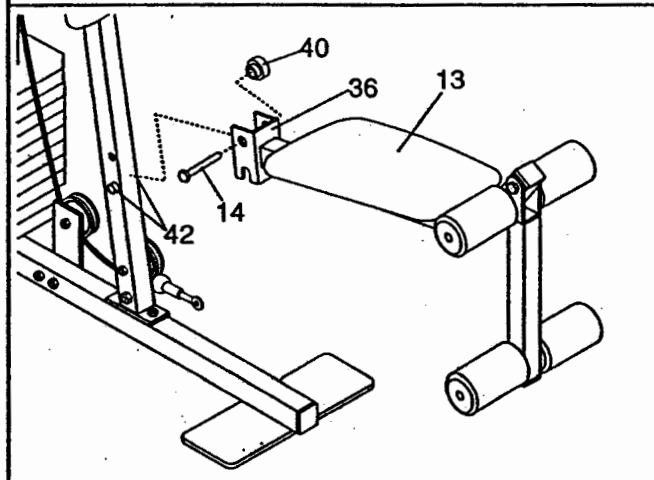
To perform the BUTTERFLY exercise, switch the Arms (46) to the butterfly mode by inserting one of the 4 1/2" "L" Pins (60) down through the hole in the center of the Arm Frame (52) and the Stop Bracket (63). Set the other "L" Pin aside.



ATTACHING AND REMOVING THE SEAT

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 5/16" x 2 3/4" Carriage Bolt (14) and Seat Knob (40).

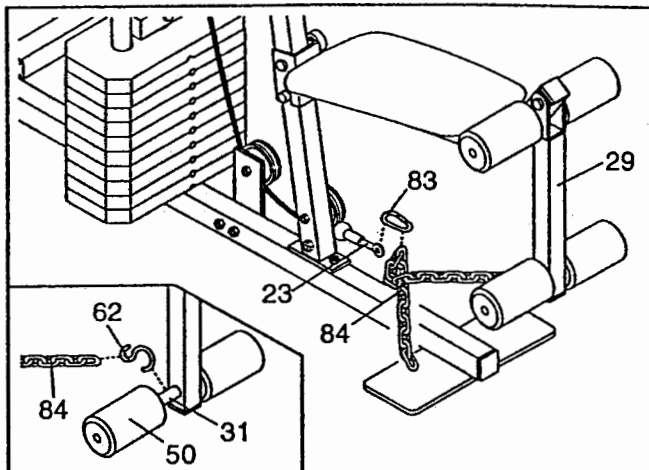
For some exercises, the Seat (13) must be removed. First, make sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



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 on page 15).

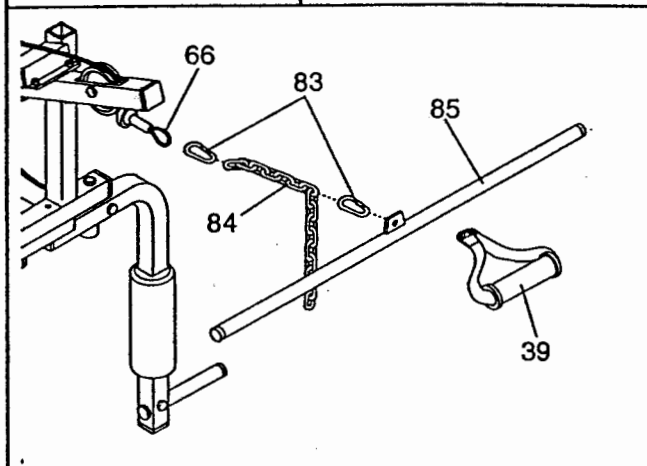
Slide one of the 5 1/2" Foam Pads (50) one inch off the 13" Pad Tube (31). Attach the "S"-Hook (62) to the Pad Tube (see the inset drawing). Push the Foam Pad back onto the Pad Tube. Attach the Chain (84) between the Short Cable (23) and the "S"-Hook with a Cable Clip (83).



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

Attach the Lat Bar (85) to the Long Cable (66) with a Cable Clip (83). For some exercises, the Chain (84) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

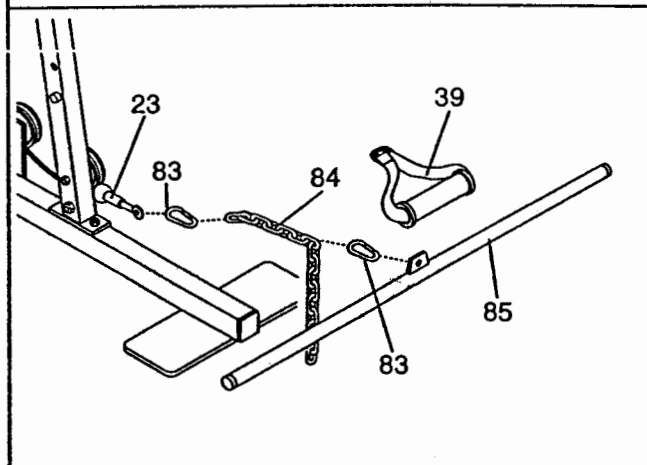
The Nylon Strap (39) can be attached in the same manner.



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

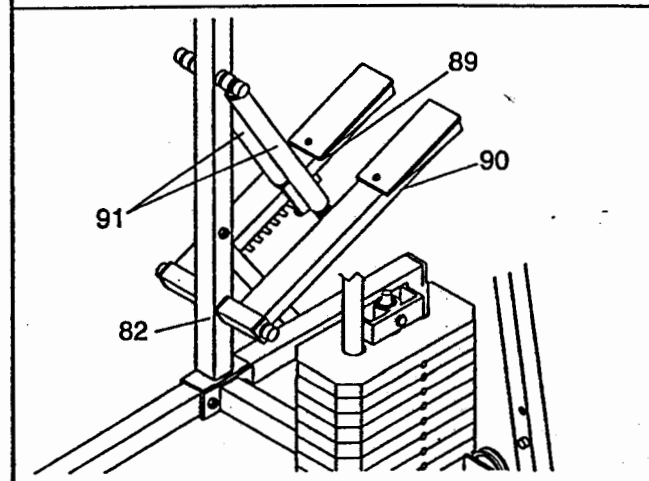
Attach the Lat Bar (85) to the Short Cable (23) with a Cable Clip (83). For some exercises, the Chain (84) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

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



CHANGING THE STEPPING RESISTANCE

To change the stepping resistance, first lift the Left and Right Pedals (89, 90) off the hooks at the lower ends of the Resistance Cylinders (91). Move the hooks to different slots under the Pedals. **Make sure that the hooks are fully inserted into the slots in the same position on both Pedals.** The farther the hooks are moved from the Rear Upright (82), the greater the resistance will be. **WARNING: The Resistance Cylinders become very hot during use. Allow the Resistance Cylinders to cool before touching them.**



WEIGHT RESISTANCE CHART

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)
1	29	26	18	16	18
2	48	39	32	30	32
3	69	50	45	43	45
4	83	64	58	56	58
5	107	80	71	68	71
6	129	96	84	80	84
7	145	112	98	93	98
8	163	130	110	105	110
9	181	149	125	117	125
10	183	Do not use	134	128	134

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts 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.

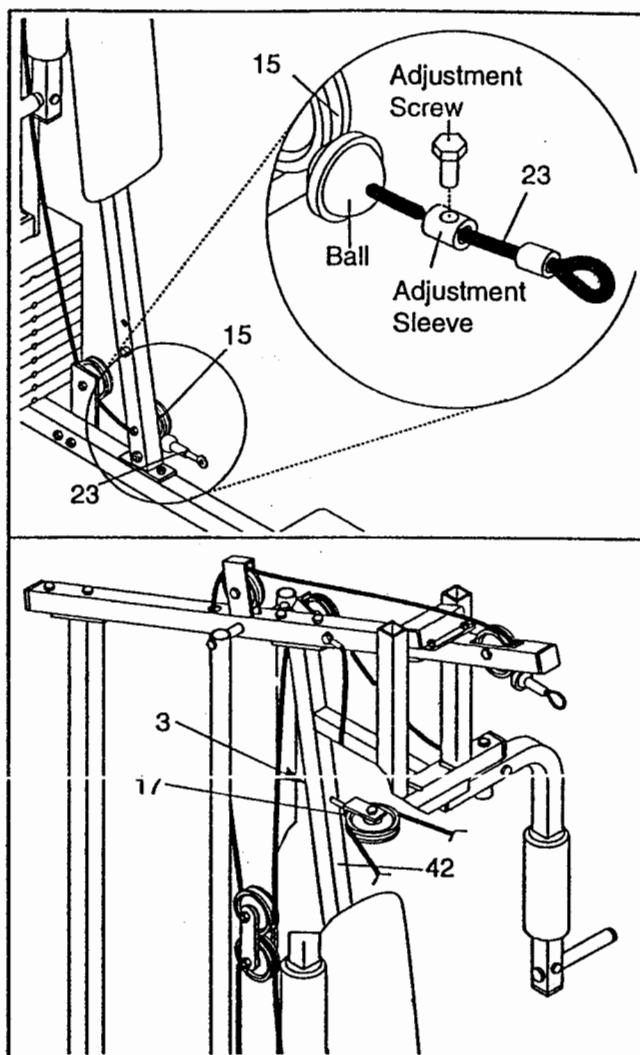
TIGHTENING THE CABLES

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. Locate the adjustment sleeve and adjustment screw near the lower end of the Short Cable (23). Loosen the adjustment screw. Pull the end of the Short Cable until there is no slack. Slide the adjustment sleeve and the ball against the indicated 3 1/2" Pulley (15). Retighten the adjustment screw. Make sure that the cables are not too tight, or the top weight will be lifted off the weight stack.

Additional slack can be removed by locating the indicated 5/16" Nylon Locknut (3) near the upper end of the Front Upright (42). To tighten the cables, hold the 5/16" x 3" Bolt (17) and turn the Nylon Locknut clockwise.

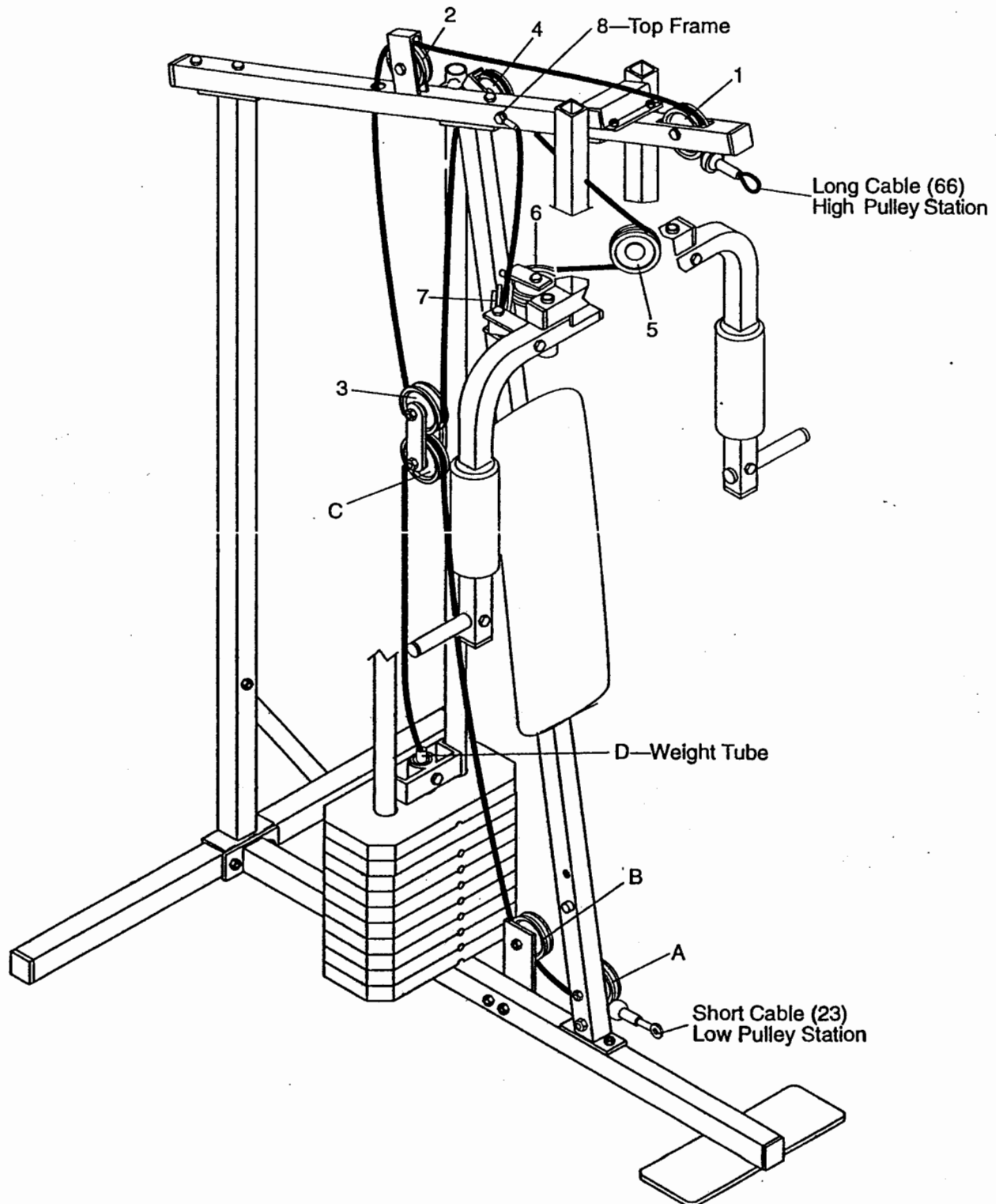
Note: If the cables tend to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

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 Short Cable (23) and the Long Cable (66). Use the diagram to make sure that the two cables are assembled correctly. The letters show the routing of the Short Cable (23); the numbers show the routing of the Long Cable (66).



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WESY700920).
2. The NAME of the product (WEIDER® CJXT3 MASTER TRAINER).
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/EXPLODED DRAWING attached at the center of this manual).

LIMITED WARRANTY

ICON warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days 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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized 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 or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

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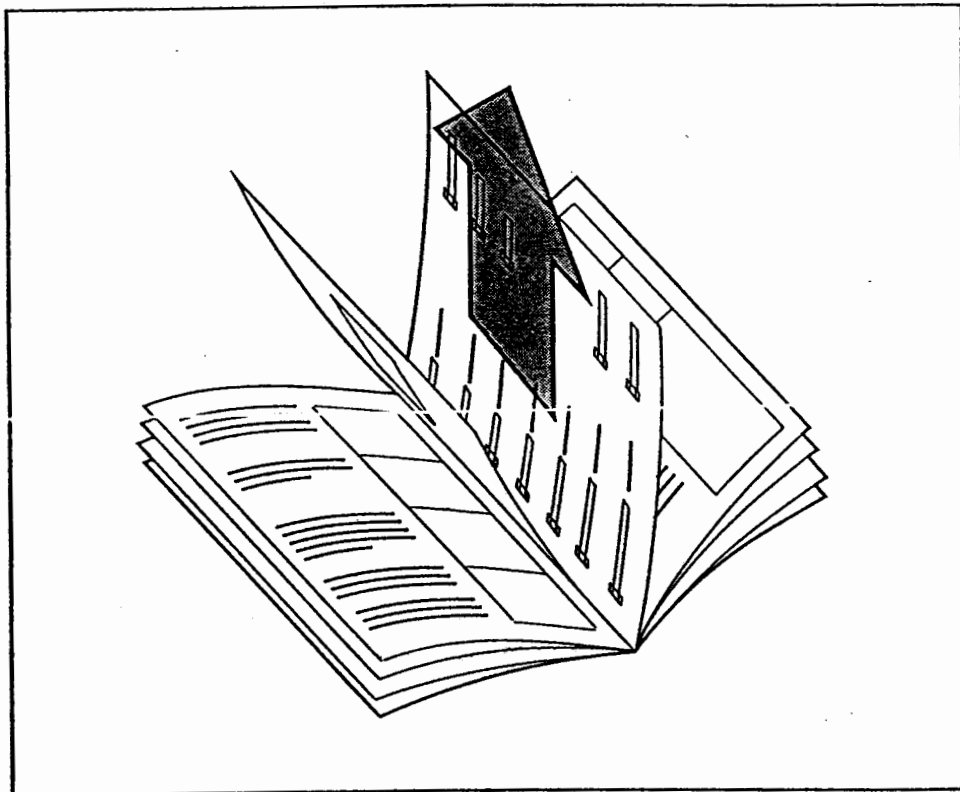
THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. 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 state to state.

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REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL!

This chart is provided to help you identify the small parts used in assembly. 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.





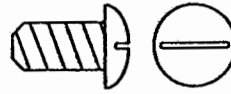
1/4" Nylon Locknut (7)—6



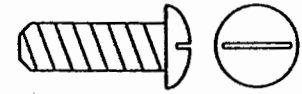
1/2" Tap Screw (6)—2



5/16" Jam Nut (2)—2



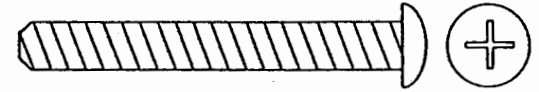
1/4" x 1/2" Screw (103)—4



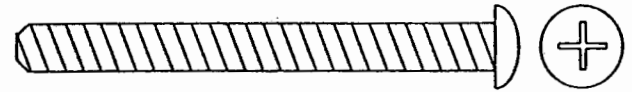
1/4" x 3/4" Screw (18)—4



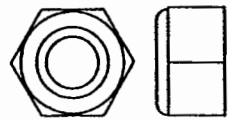
5/16" Nylon Locknut (3)—29



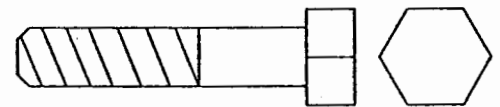
1/4" x 2" Screw (102)—4



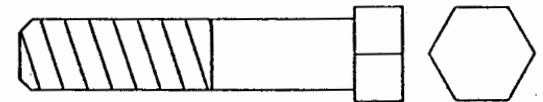
1/4" x 2 1/2" Screw (43)—4



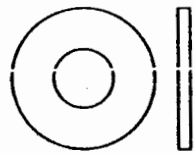
3/8" Nylon Locknut (21)—11



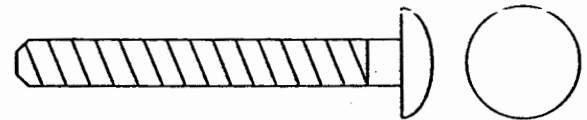
5/16" x 1 1/2" Bolt (24)—2



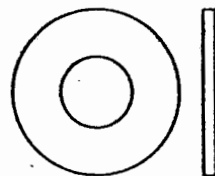
3/8" x 1 3/4" Bolt (48)—3



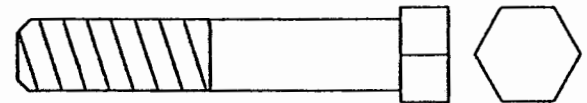
1/4" Flat Washer (10)—10



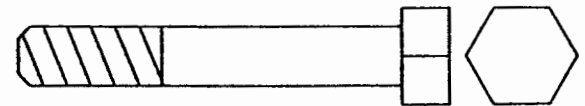
1/4" x 2" Carriage Bolt (38)—2



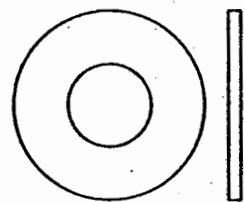
5/16" Flat Washer (8)—23



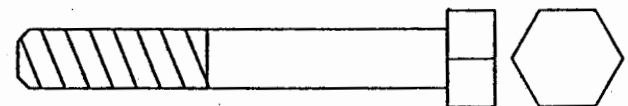
3/8" x 2" Bolt (12)—4



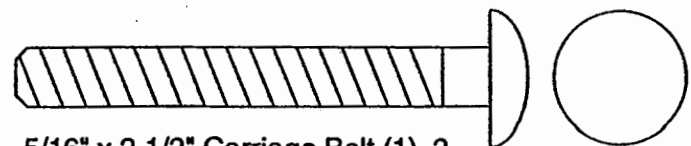
5/16" x 2" Bolt (61)—3



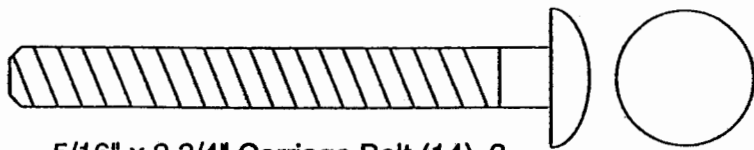
3/8" Flat Washer (9)—5



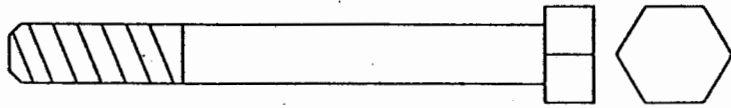
5/16" x 2 1/4" Bolt (33)—5



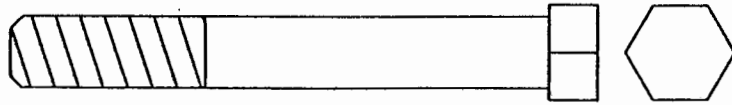
5/16" x 2 1/2" Carriage Bolt (1)—2



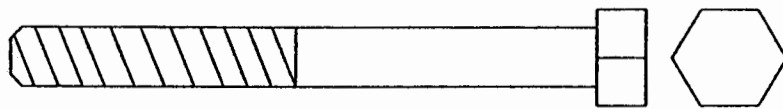
5/16" x 2 3/4" Carriage Bolt (14)–3



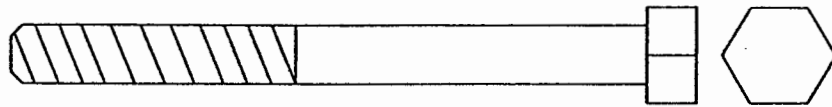
5/16" x 2 3/4" Bolt (11)–11



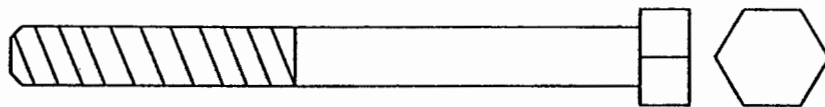
3/8" x 2 3/4" Bolt (70)–3



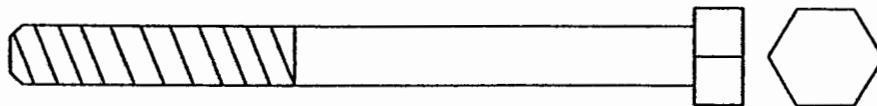
5/16" x 3" Bolt (17)–1



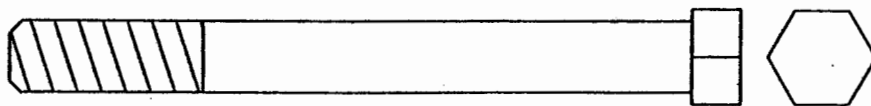
5/16" x 3 1/4" Bolt (76)–1



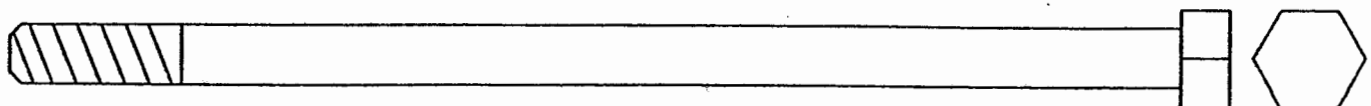
5/16" x 3 1/4" Bolt (35)–1



5/16" x 3 1/2" Bolt (87)–1



3/8" x 3 1/2" Bolt (16)–1



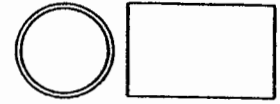
5/16" x 6" Bolt (74)–1



1/2" x 3/8" Spacer (51)–2



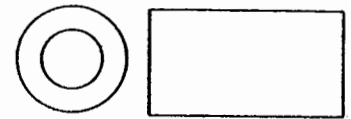
1/2" x 1/2" Spacer (65)–2



1/2" x 3/4" Spacer (73)–2



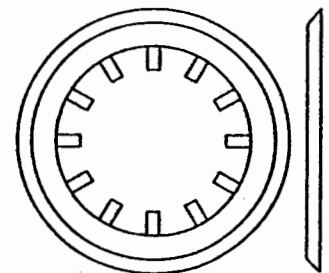
1" Metal Spacer (22)–1



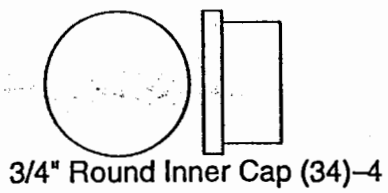
1" Plastic Stop (64)–1



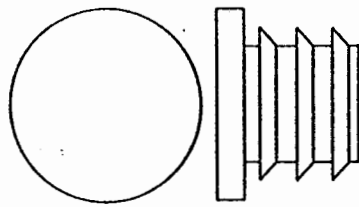
5/8" Retainer (95)–2



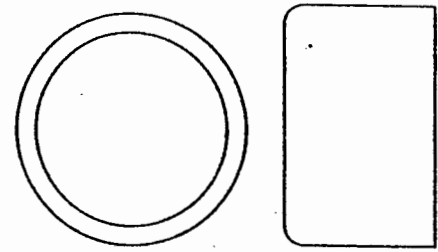
1" Retainer (54)–6



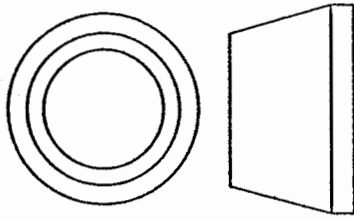
3/4" Round Inner Cap (34)–4



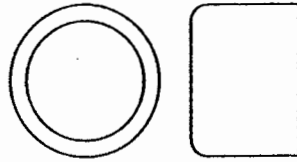
1" Round Inner Cap (49)–12



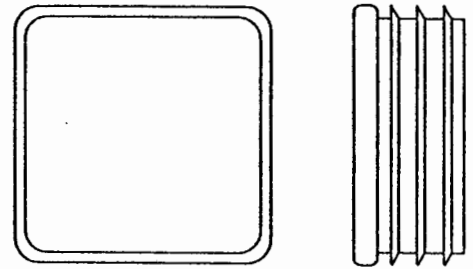
1" Round Cover Cap (55)–4



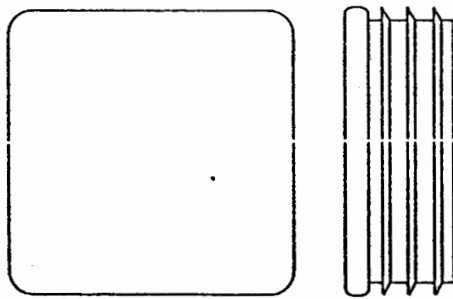
5/8" Spacer (97)–2



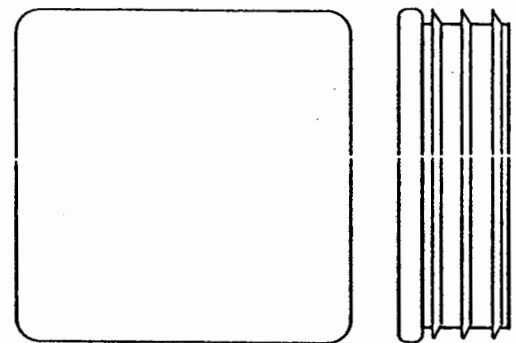
5/8" Round Cover Cap (96)–2



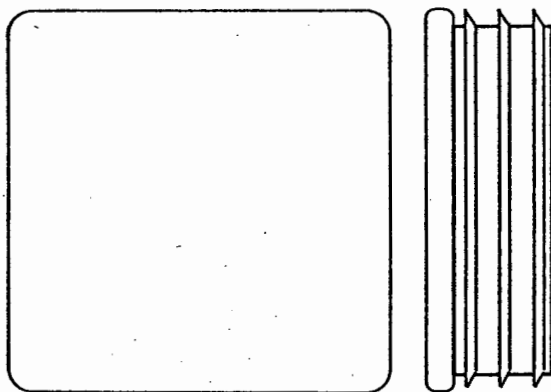
1 1/4" Square Inner Cap (57)—1



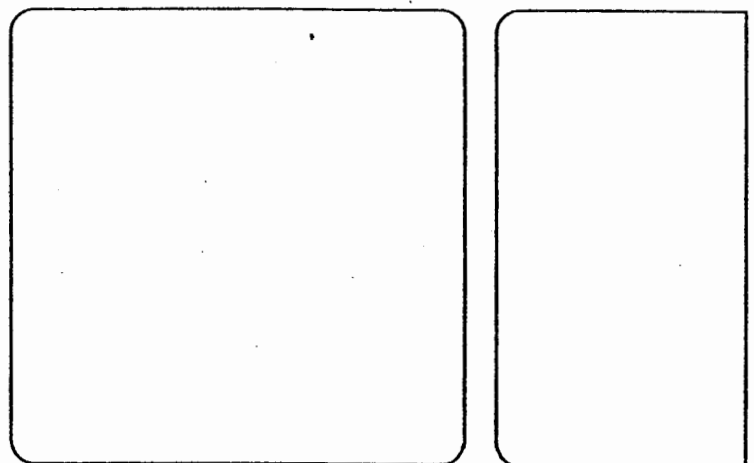
1 1/2" Square Inner Cap (32)—4



1 3/4" Square Inner Cap (44)–6

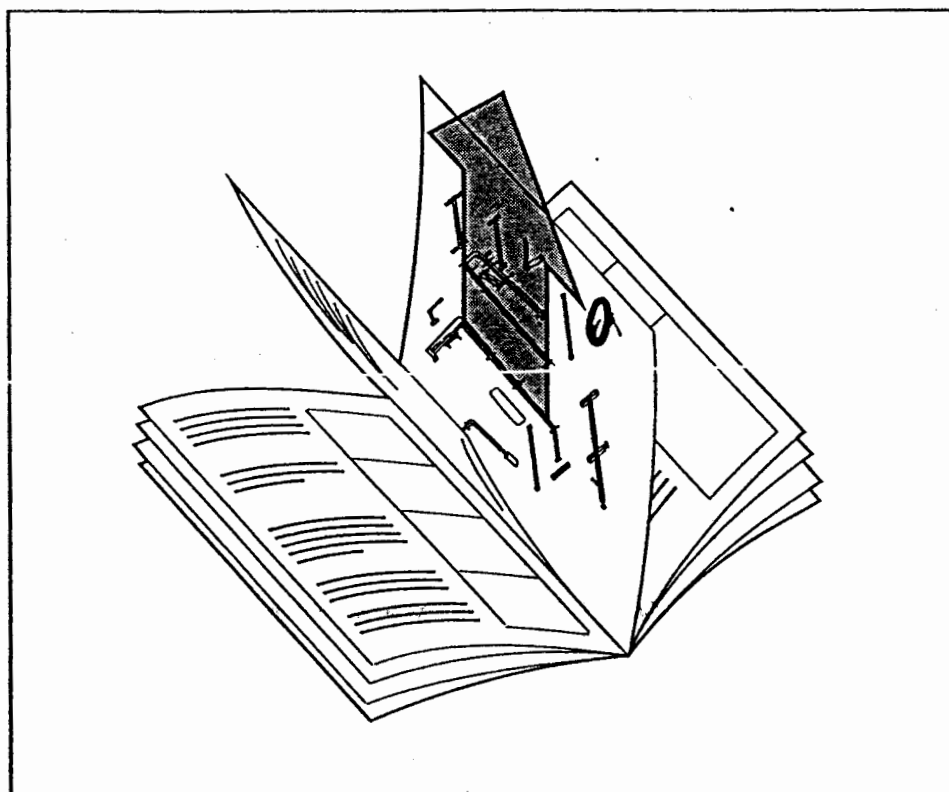


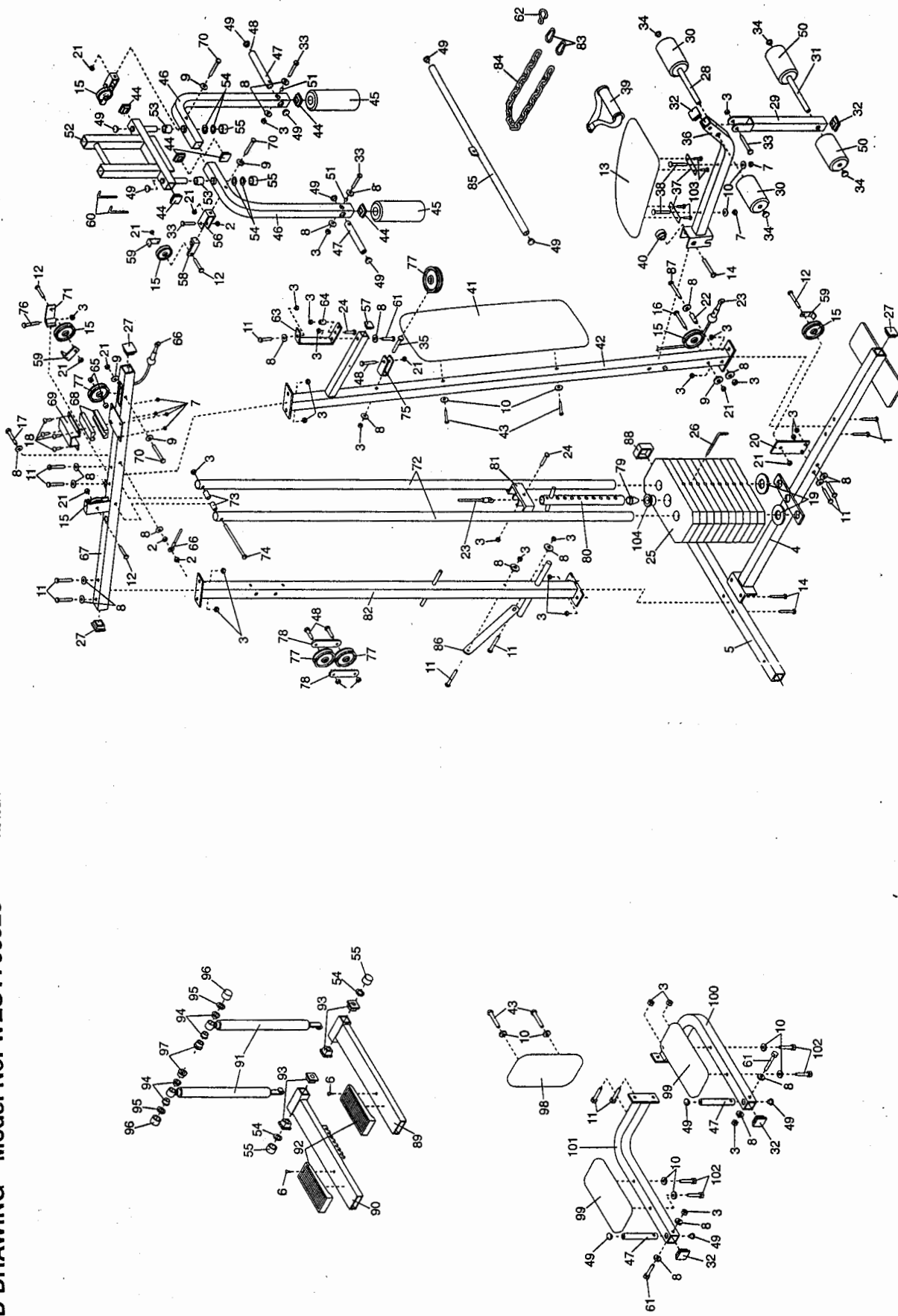
2" Square Inner Cap (27)–2



2" Square Outer Cap (88)–2

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





PART LIST—Model No. WESY700920

R0495A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	5/16" x 2 1/2" Carriage Bolt	54	6	1" Retainer
2	2	5/16" Jam Nut	55	4	1" Round Cover Cap
3	29	5/16" Nylon Locknut	56	2	Large "U" Bracket
4	1	Base	57	1	1 1/4" Inner Cap
5	1	Stabilizer	58	2	Narrow Swivel Bracket
6	2	1/2" Tap Screw	59	4	Cable Trap
7	5	1/4" Nylon Locknut	60	2	4 1/2" "L" Pin
8	23	5/16" Flat Washer	61	3	5/16" x 2" Bolt
9	6	3/8" Flat Washer	62	1	"S"-Hook
10	10	1/4" Flat Washer	63	1	Stop Bracket
11	11	5/16" x 2 3/4" Bolt	64	1	1" Plastic Stop
12	5	3/8" x 2" Bolt	65	2	1/2" x 1/2" Spacer
13	1	Seat	66	1	Long Cable
14	3	5/16" x 2 3/4" Carriage Bolt	67	1	Top Frame
15	6	3 1/2" Pulley	68	2	Arm Frame Bushing
16	1	3/8" x 3 1/2" Bolt	69	1	Arm Frame Bracket
17	1	5/16" x 3" Bolt	70	3	3/8" x 2 3/4" Bolt
18	4	1/4" x 3/4" Screw	71	1	Wide Swivel Bracket
19	2	Weight Bumper	72	2	Weight Guide
20	1	Pulley Plate	73	2	1/2" x 3/4" Spacer
21	12	3/8" Nylon Locknut	74	1	5/16" x 6" Bolt
22	1	1" Metal Spacer	75	1	Adjustment "U" Bracket
23	1	Short Cable	76	1	5/16" x 3 1/4" Bolt
24	2	5/16" x 1 1/2" Bolt	77	4	4 1/2" Pulley
25	10	Weight	78	2	"I"-Plate
26	1	Weight Pin	79	1	Weight Tube Endcap
27	2	2" Inner Cap	80	1	Weight Tube
28	1	13 1/2" Pad Tube	81	1	Weight Guide
29	1	Leg Lever	82	1	Rear Upright
30	2	6" Pad	83	2	Cable Clip
31	1	13" Pad Tube	84	1	Chain
32	4	1 1/2" Inner Cap	85	1	Lat Bar
33	5	5/16" x 2 1/4" Bolt	86	1	Brace
34	4	3/4" Round Inner Cap	87	1	5/16" x 3 1/2" Bolt
35	1	5/16" x 3 1/4" Bolt	88	2	2" Outer Cap
36	1	Seat Frame	89	1	Right Pedal
37	2	Seat Plate	90	1	Left Pedal
38	2	1/4" x 2" Carriage Bolt	91	2	Resistance Cylinder
39	1	Nylon Strap	92	2	Pedal Cover
40	1	Seat Knob	93	4	1 1/2" Bushing
41	1	Backrest	94	4	Resistance Cylinder Bushing
42	1	Front Upright	95	2	5/8" Retainer
43	4	1/4" x 2 1/2" Screw	96	2	5/8" Round Cover Cap
44	6	1 3/4" Inner Cap	97	2	5/8" Spacer
45	2	7 3/4" Pad	98	1	VKR Backrest
46	2	Arm	99	2	VKR Armrest
47	4	7" Handle	100	1	Left VKR Arm
48	3	3/8" x 1 3/4" Bolt	101	1	Right VKR Arm
49	12	1" Round Inner Cap	102	4	1/4" x 2" Screw
50	2	5 1/2" Pad	103	4	1/4" x 1/2" Screw
51	2	1/2" x 3/8" Spacer	104	1	Plastic Flanged Bushing
52	1	Arm Frame	#	1	Owner's Manual
53	2	Plastic Bushing	#	1	Exercise Poster

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