

WEIDER CLUB™

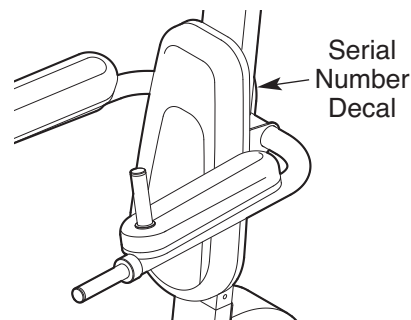
290 POWER TOWER

www.weiderfitness.com

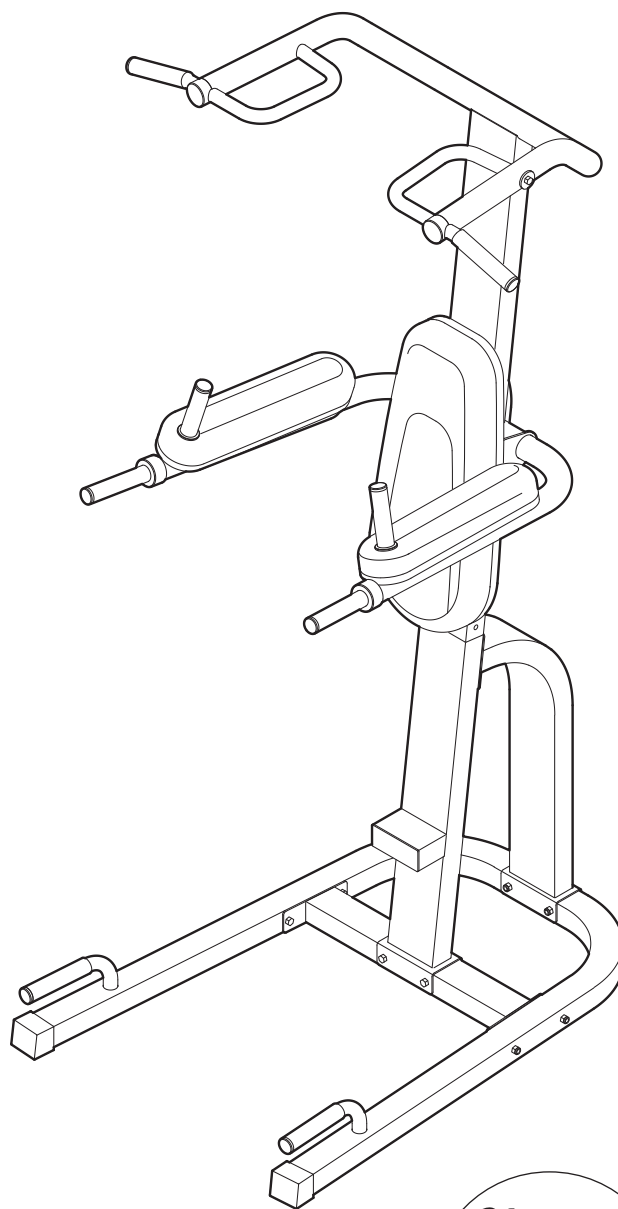
Model No. WEBE1998.0

Serial No. _____

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



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com

CAUTION

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

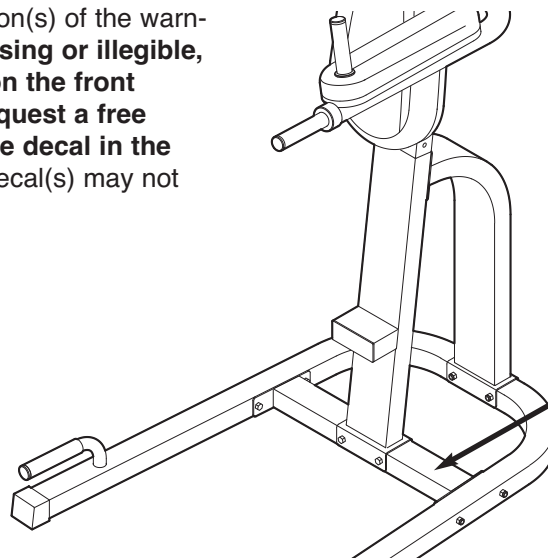


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise tower before using your exercise tower. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise tower are adequately informed of all precautions.
3. Your exercise tower is intended for home use only. Do not use your exercise tower in a commercial, rental, or institutional setting.
4. Keep the exercise tower indoors, away from moisture and dust. Place the exercise tower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise tower to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise tower at all times.
7. Your exercise tower should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise tower. Always wear athletic shoes for foot protection while exercising.
9. The exercise tower is not designed to be used with weights. Do not use weights or other forms of resistance with the exercise tower.
10. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
11. Use your exercise tower only as described in this manual.

BEFORE YOU BEGIN

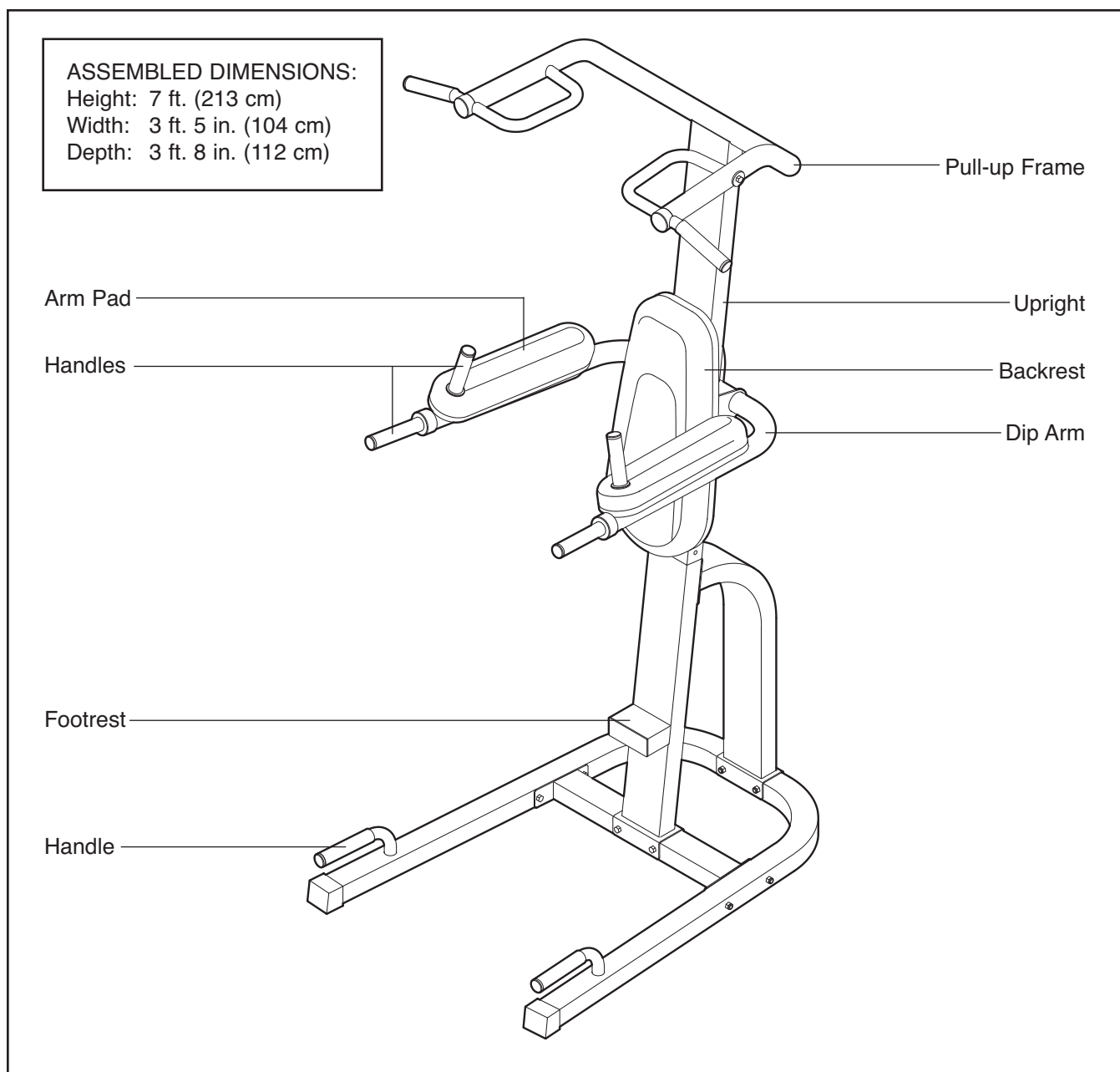
Thank you for selecting the versatile WEIDER CLUB™ 290 POWER TOWER. The exercise tower is designed to develop the muscles of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the exercise tower will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the exercise tower. If you have questions after reading this manual, please see the front cover of

this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

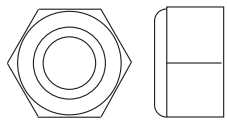
To avoid a registration fee for any service needed under warranty, you must register the exercise tower at www.weiderservice.com/registration.

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

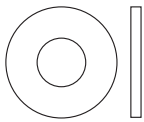


PART IDENTIFICATION CHART

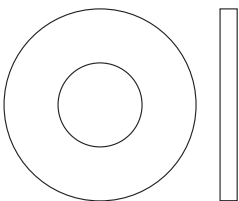
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



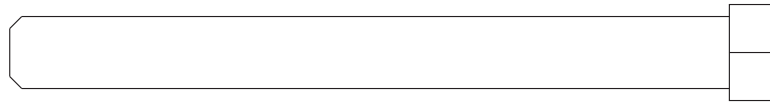
M10 Locknut (23)



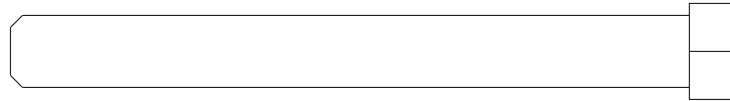
M6 Washer (25)



M10 Washer (24)



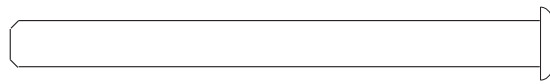
M10 x 95mm Bolt (10)



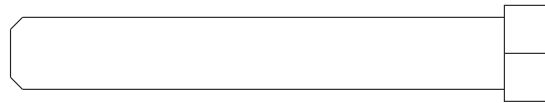
M10 x 90mm Bolt (26)



M10 x 70mm Screw (29)



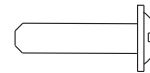
M6 x 70mm Screw (28)



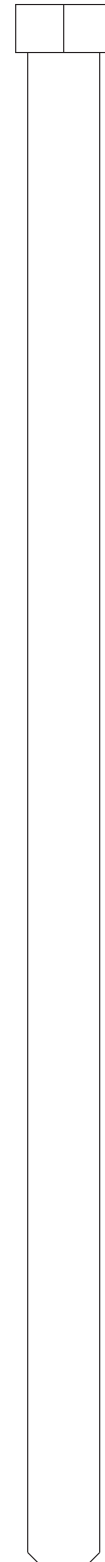
M10 x 65mm Screw (30)



M10 x 30mm
Screw (27)



M4 x 16mm
Self-tapping
Screw (8)



M10 x 200mm Bolt (31)

ASSEMBLY



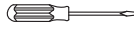

Make Assembly Easier

Everything in this manual is designed to ensure that the exercise tower can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

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

- To hire an authorized service technician to assemble the exercise tower, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its size, the exercise tower should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the exercise tower as you assemble it.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the exercise tower, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the following tools:

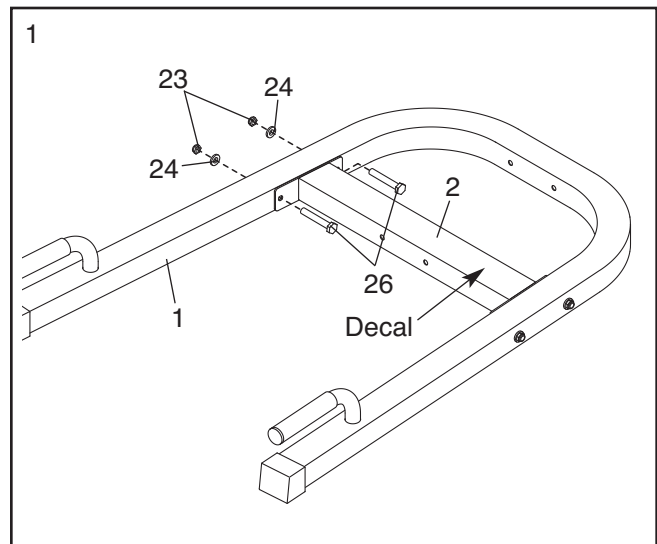
- two adjustable wrenches 
- one rubber mallet 
- one standard screwdriver 
- one Phillips screwdriver 

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

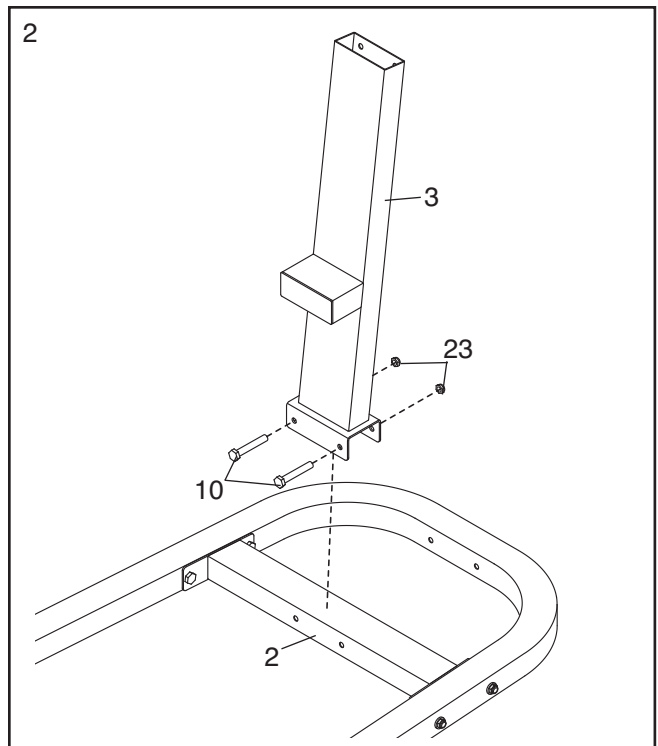
1. **Before beginning assembly, make sure you understand the information in the box above.**

Orient the Center Base (2) so that the warning decal is in the position shown. Attach one side of the Center Base to the Base (1) with two M10 x 90mm Bolts (26), two M10 Washers (24), and two M10 Locknuts (23). **Do not tighten the Locknuts yet.**

Repeat this step for the other side of the Center Base (2).



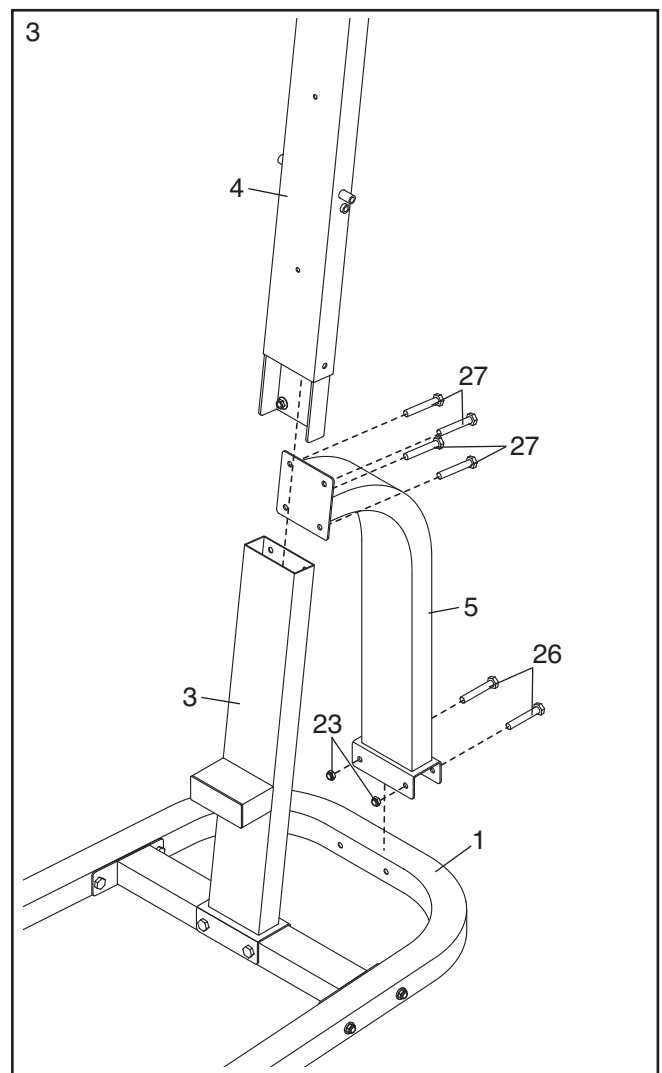
2. Attach the Upright Base (3) to the Center Base (2) with two M10 x 95mm Bolts (10) and two M10 Locknuts (23). **Do not tighten the Locknuts yet.**



3. Attach the Upright Support (5) to the Base (1) with two M10 x 90mm Bolts (26) and two M10 Locknuts (23). **Do not tighten the Locknuts yet.**

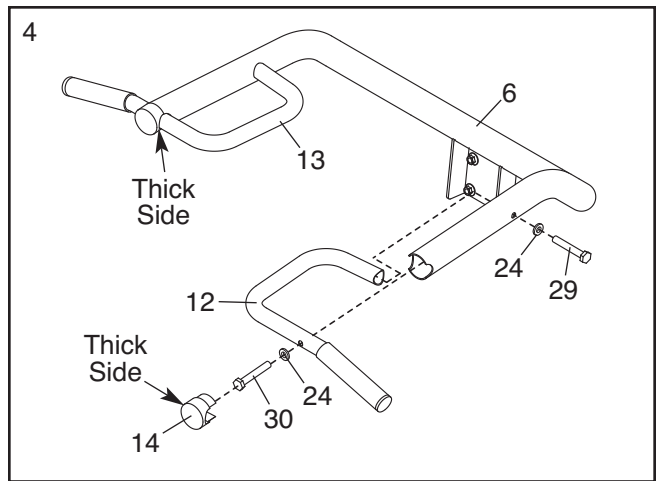
Insert the Upright (4) into the Upright Base (3). Attach the Upright and the Upright Support (5) to the Upright Base with four M10 x 30mm Screws (27).

See steps 1–3. Tighten the M10 Locknuts (23).

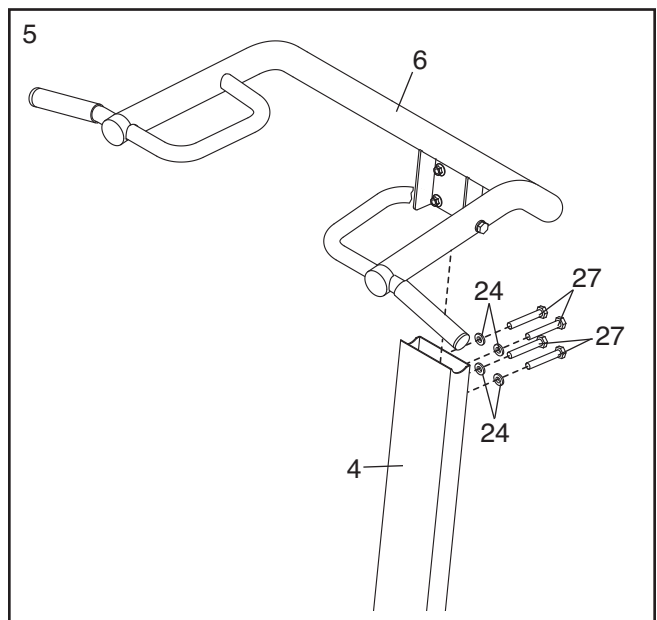


- Attach the Left Handle (12) to the Pull-up Frame (6) with an M10 x 65mm Screw (30), an M10 x 70mm Screw (29), and two M10 Washers (24). Press a 50mm Round Inner Cap (14) into the Pull-up Frame. **Make sure that the thick side of the Round Inner Cap is on the side shown.**

Attach the Right Handle (13) in the same way.

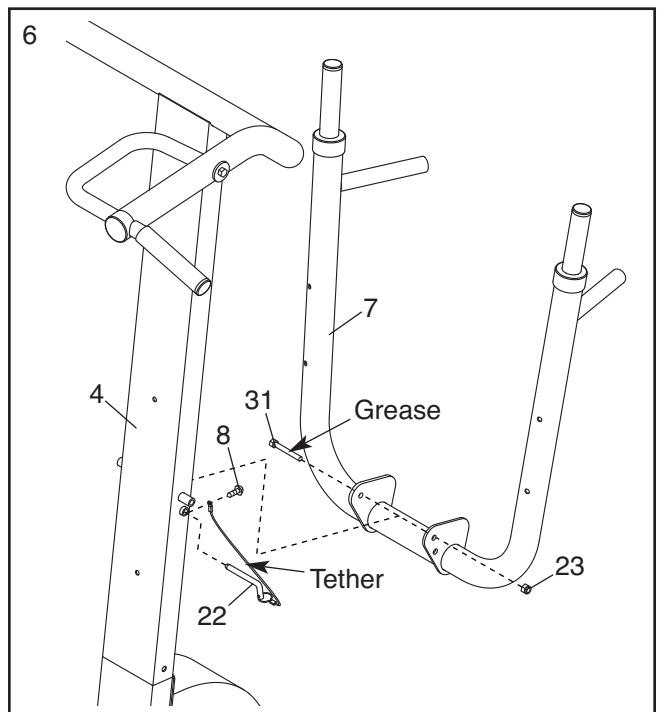


- Insert the Pull-up Frame (6) into the Upright (4). Attach the Pull-up Frame with four M10 x 30mm Screws (27) and four M10 Washers (24).



- Apply a small portion of the included grease to the M10 x 200mm Bolt (31). Attach the Dip Arm (7) to the Upright (4) with the Bolt and an M10 Locknut (23). **Do not overtighten the Locknut; the Dip Arm must pivot easily. Pivot the Dip Arm to the horizontal position.**

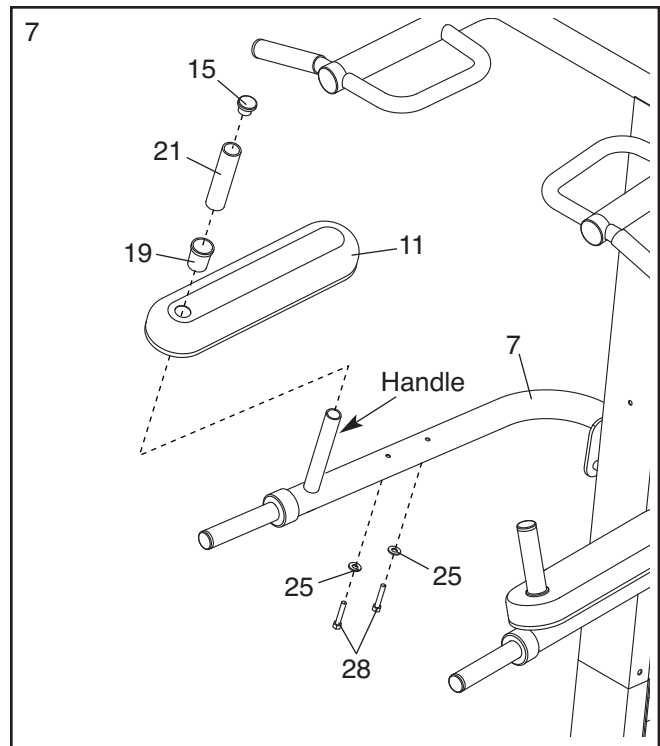
Attach the tether on the Pin (22) to the Upright (4) with an M4 x 16mm Self-tapping Screw (8). Insert the Pin into the Upright.



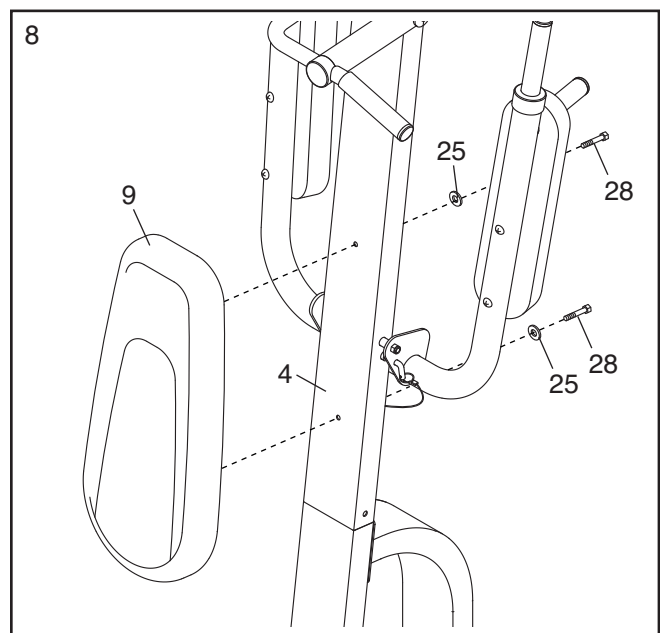
7. Attach an Armrest (11) to the Dip Arm (7) with two M6 x 70mm Screws (28) and two M6 Washers (25).

Wet a Short Foam Grip (21) and the indicated handle on the Dip Arm (7) with soapy water. Press an Armrest Cap (19), the Short Foam Grip, and a 28mm Round Inner Cap (15) onto the handle on the Dip Arm.

Repeat this step for the other side of the Dip Arm (7).



8. Attach the Backrest (9) to the Upright (4) with two M6 x 70mm Screws (28) and two M6 Washers (25).



9. **Make sure that all parts have been properly tightened before you use the exercise tower.**

ADJUSTMENT

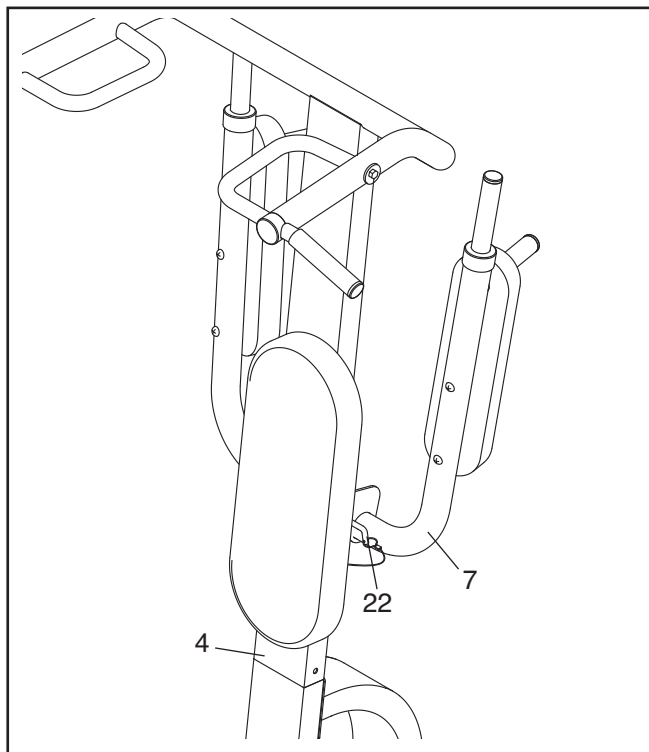
This section explains how to adjust the exercise tower. See the EXERCISE GUIDELINES on page 11 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

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

ADJUSTING THE DIP ARM

To adjust the Dip Arm (7) to the up or down position, first remove the Pin (22). Move the Dip Arm to the new position and reinsert the Pin into the Dip Arm.

Note: The Pin must be inserted into the Dip Arm and the Upright (4) when the Dip Arm is in the up position, as shown in the drawing. The Pin will be behind the Upright when the Dip Arm is in the down position.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature, and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

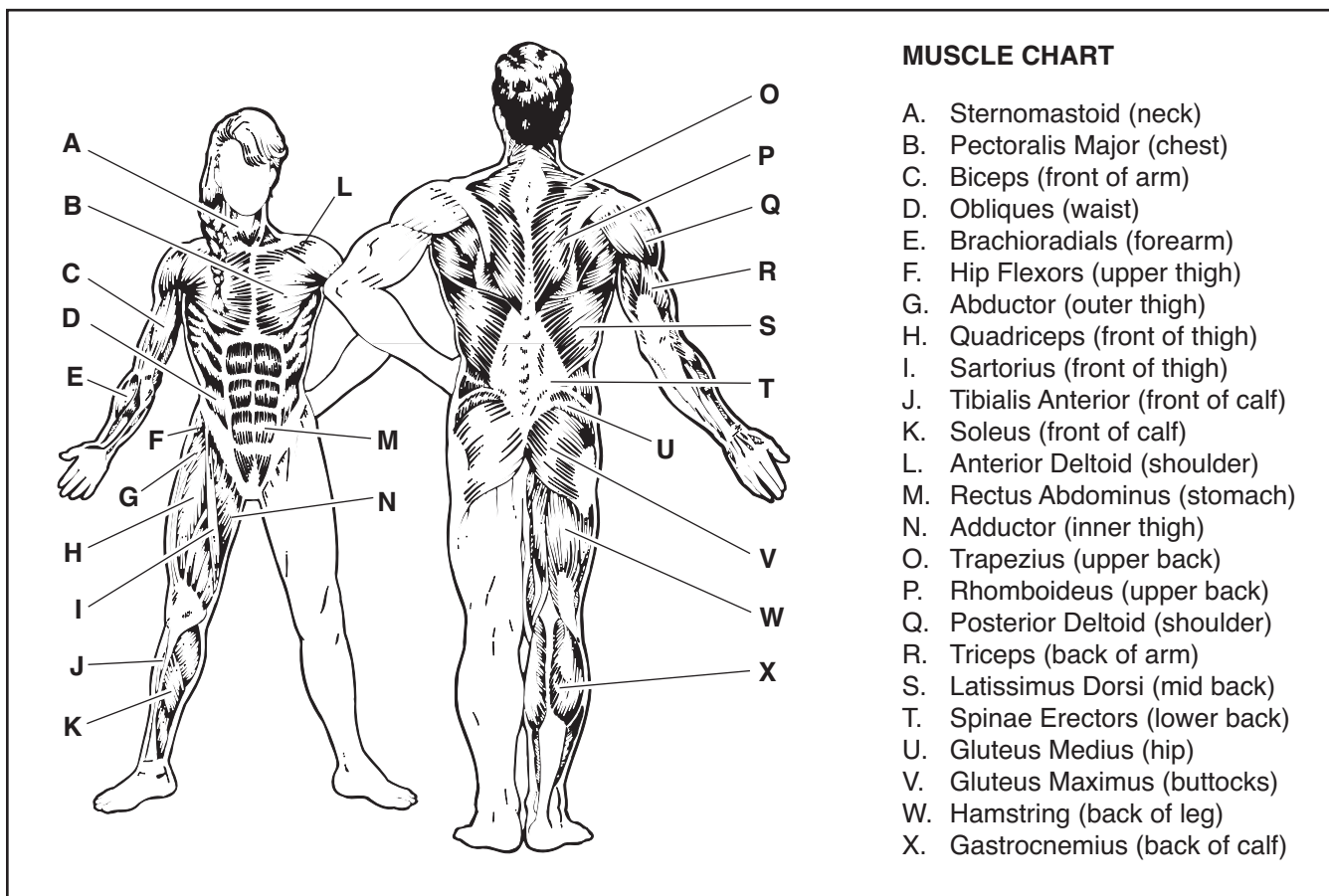
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

PART LIST—Model No. WEBE1998.0

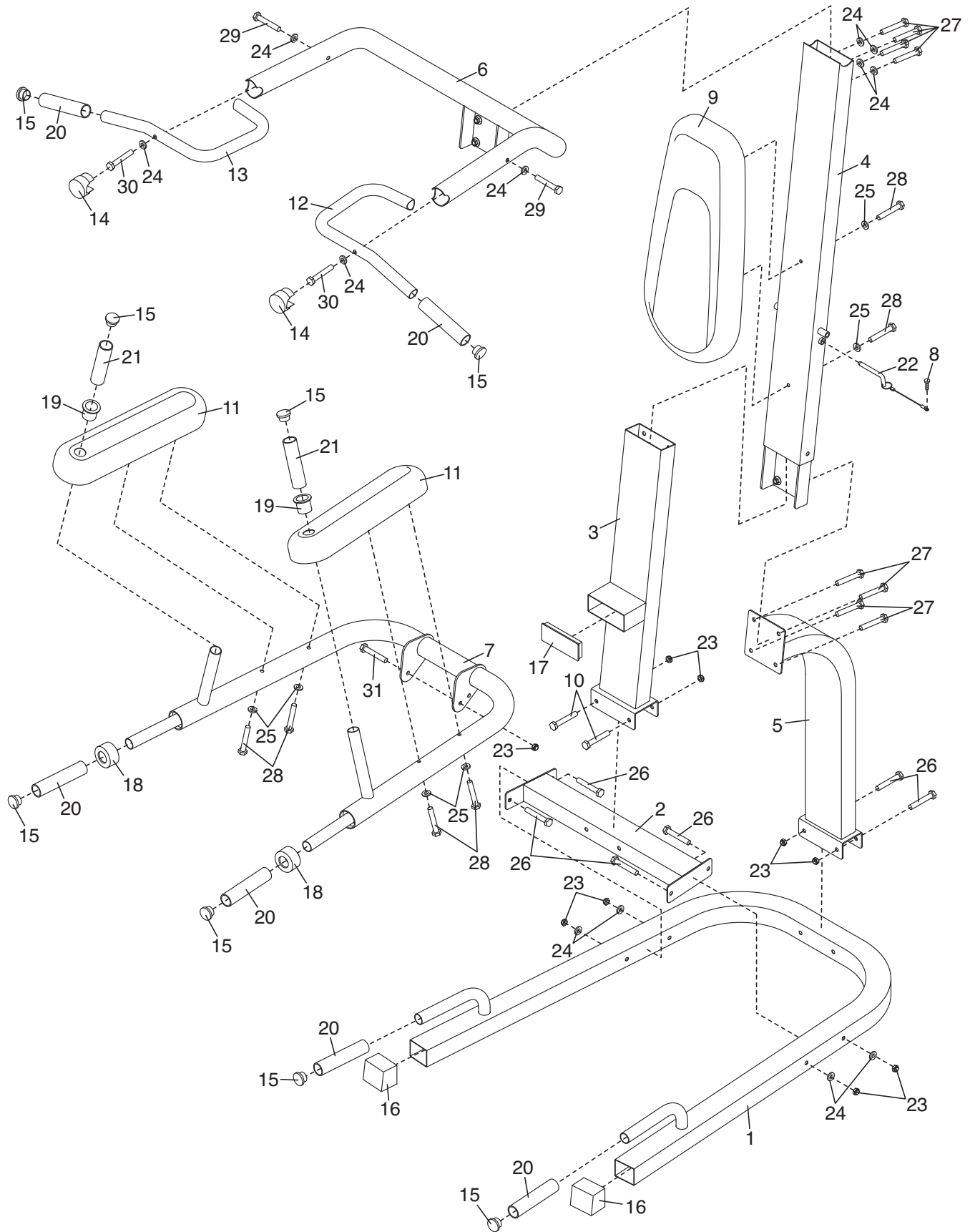
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	18	2	50mm Round Outer Cap
2	1	Center Base	19	2	Armrest Cap
3	1	Upright Base	20	6	Long Foam Grip
4	1	Upright	21	2	Short Foam Grip
5	1	Upright Support	22	1	Pin
6	1	Pull-up Frame	23	9	M10 Locknut
7	1	Dip Arm	24	12	M10 Washer
8	1	M4 x 16mm Self-tapping Screw	25	6	M6 Washer
9	1	Backrest	26	6	M10 x 90mm Bolt
10	2	M10 x 95mm Bolt	27	8	M10 x 30mm Screw
11	2	Armrest	28	6	M6 x 70mm Screw
12	1	Left Handle	29	2	M10 x 70mm Screw
13	1	Right Handle	30	2	M10 x 65mm Screw
14	2	50mm Round Inner Cap	31	1	M10 x 200mm Bolt
15	8	28mm Round Inner Cap	*	—	User's Manual
16	2	70mm x 50mm Outer Cap	*	—	Exercise Guide
17	1	50mm x 127mm Inner Cap	*	—	Grease Packet

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WEBE1998.0

R1108A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for 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 repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any 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; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their 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 that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813