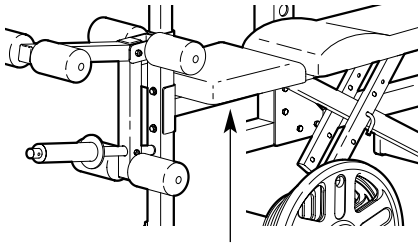


# CLUB WEIDER<sup>®</sup> 565

Model No. WEBE34110

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

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

## QUESTIONS?

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

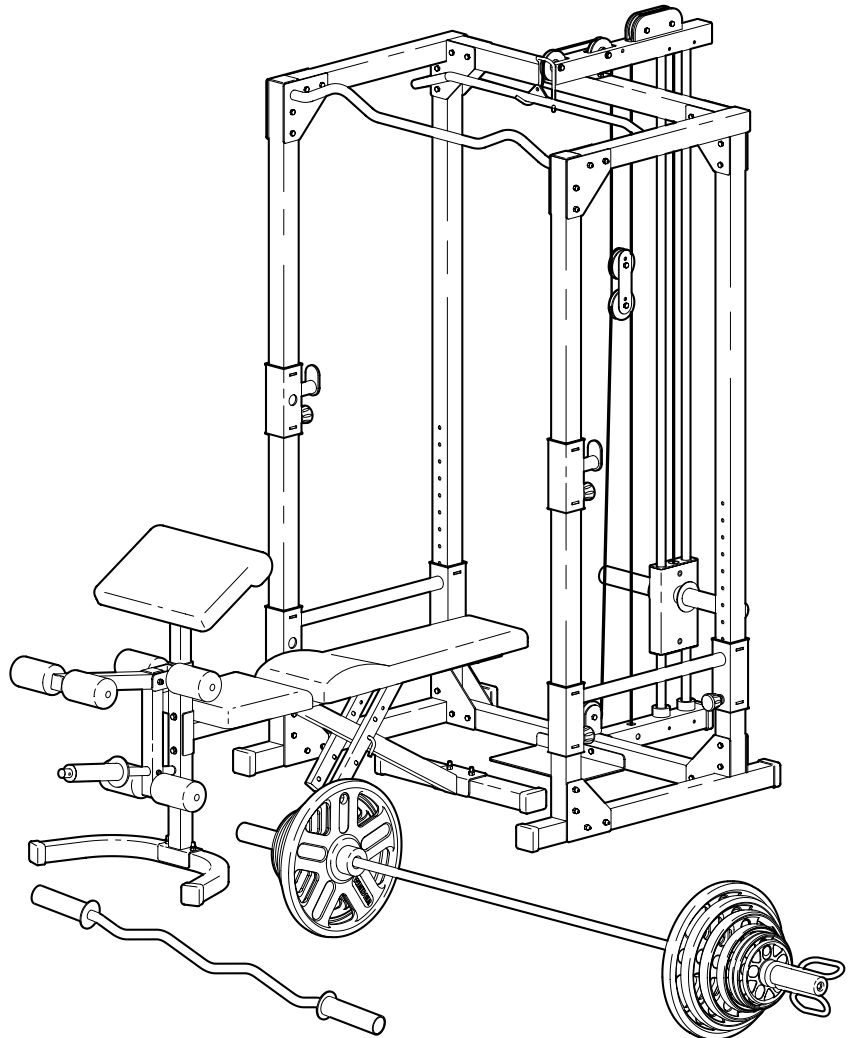
**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST

## USER'S MANUAL



## ⚠ CAUTION

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



Visit our website at

[www.weiderfitness.com](http://www.weiderfitness.com)

new products, prizes,  
fitness tips, and much more!

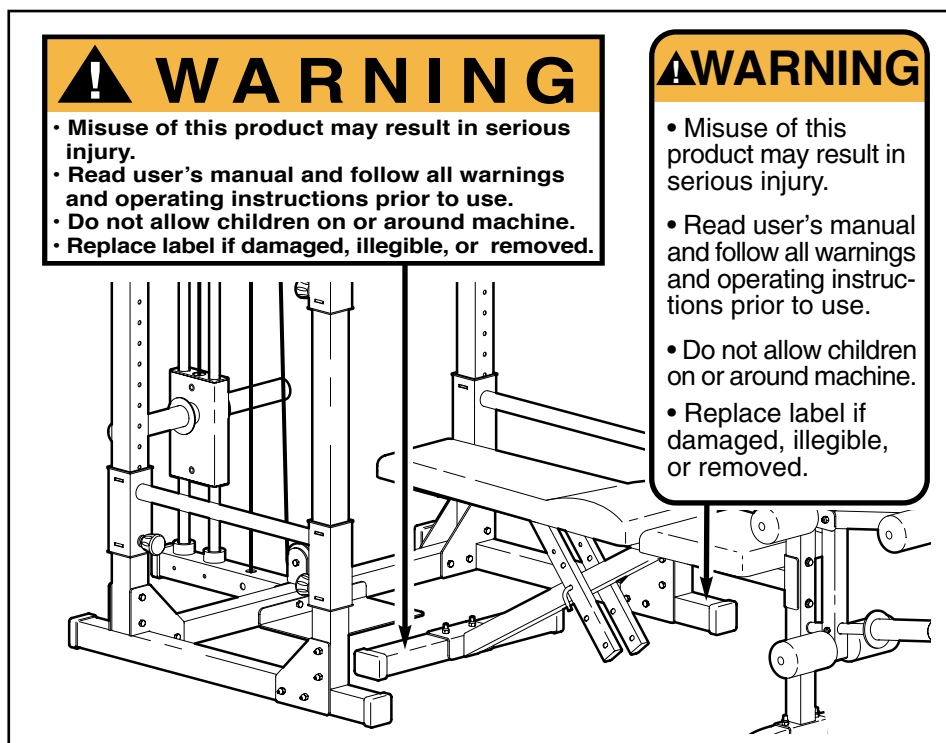
# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
PART IDENTIFICATION CHART .....	5
ASSEMBLY .....	6
ADJUSTMENTS .....	14
EXERCISE GUIDELINES .....	17
MUSCLE CHART .....	18
ORDERING REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover

Note: A PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

The decals shown at right have been placed on the weight bench in the indicated locations. If a decal is missing or illegible, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always make sure there is an equal amount of weight on each end of the barbell.
10. Always secure the weights with the weight clips when they are mounted on the barbell or the weight carriage.
11. The weight bench is designed to support a maximum of 550 pounds, including the user, a barbell, and weights. Do not place more than 300 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage. Do not place more than 150 pounds on the leg lever for normal use.
12. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
13. Always set both weight rests and both weight spotters at the same height.
14. Always exercise with a partner. When you are performing bench press exercises, squat exercises, or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. Always move the bench out of the way when performing squat exercises.
17. Always disconnect the lat bar from the weight bench when performing an exercise that does not require the lat bar.

**⚠️ 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.

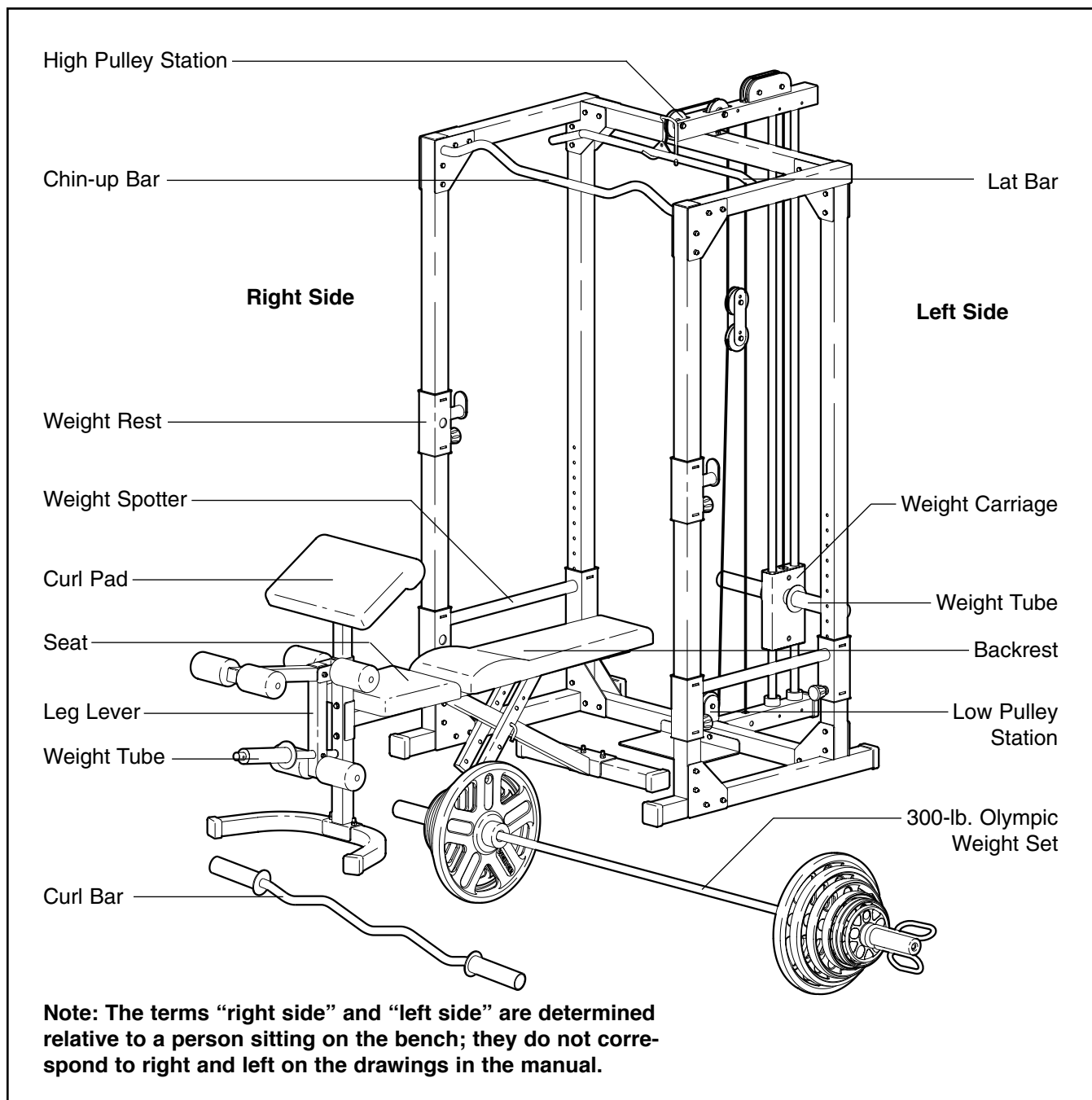
# BEFORE YOU BEGIN

Thank you for selecting the versatile CLUB WEIDER® 565 weight bench. The CLUB WEIDER® 565 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the CLUB WEIDER® 565 will help you achieve the specific results you want.

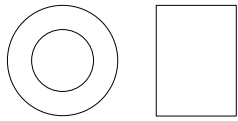
**For your benefit, read this manual carefully before using the CLUB WEIDER® 565 weight bench.** If you have additional questions, please call our Customer

Service Department toll-free at 1-800-999-3756, 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 WEBE34110. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

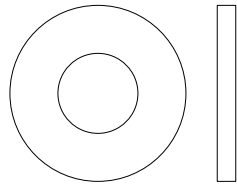
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



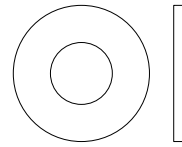
# PART IDENTIFICATION CHART



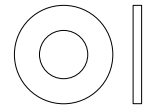
10mm Spacer (88)



M10 Flat Washer (76)



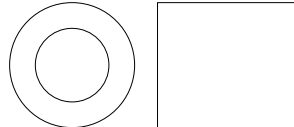
M8 Flat Washer (75)



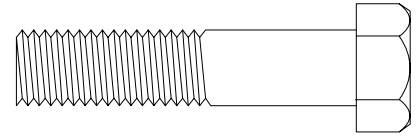
M6 Washer (86)



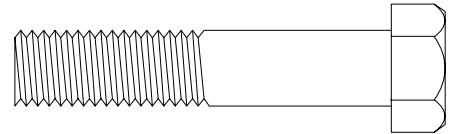
51mm Spacer (78)



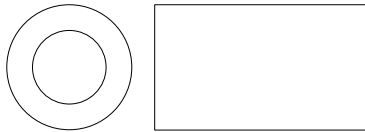
18mm Spacer (80)



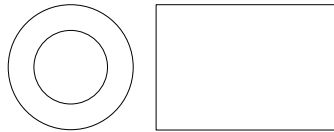
M10 x 45mm Bolt (71)



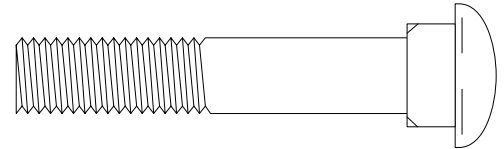
M10 x 50mm Bolt (91)



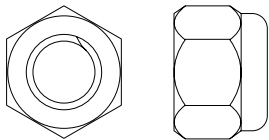
28mm Spacer (79)



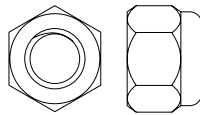
24mm Spacer (77)



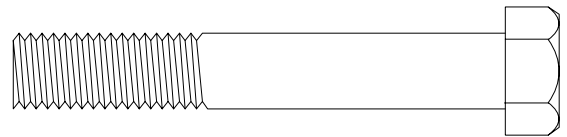
M10 x 58mm Carriage Bolt (84)



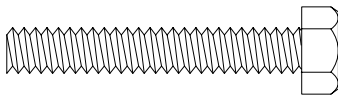
M10 Nylon Locknut (68)



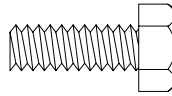
M8 Nylon Locknut (69)



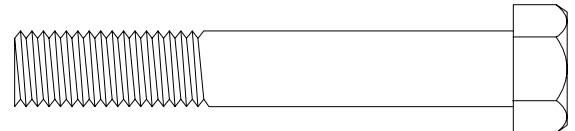
M10 x 65mm Bolt (83)



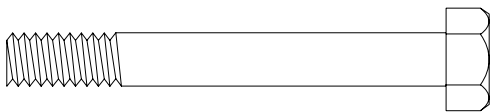
M6 x 38mm Screw (85)



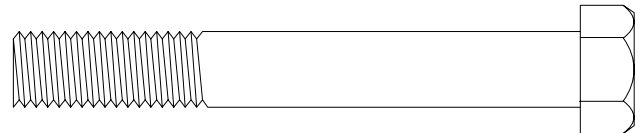
M6 x 16mm Screw (82)



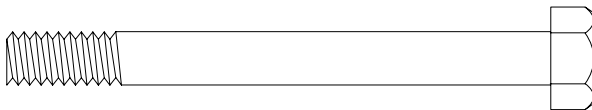
M10 x 66mm Bolt (74)



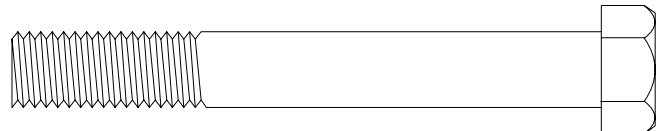
M8 x 58mm Bolt (87)



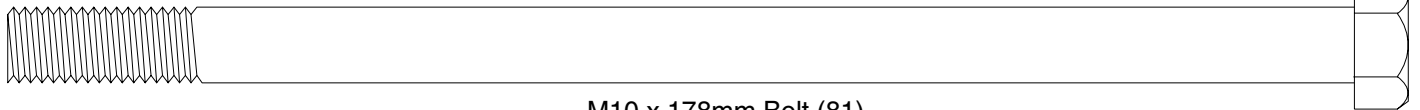
M10 x 75mm Bolt (73)



M8 x 72mm Bolt (72)



M10 x 78mm Bolt (70)



M10 x 178mm Bolt (81)

# ASSEMBLY

## Make Things Easier for Yourself!




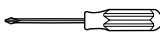
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly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

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

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

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

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

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

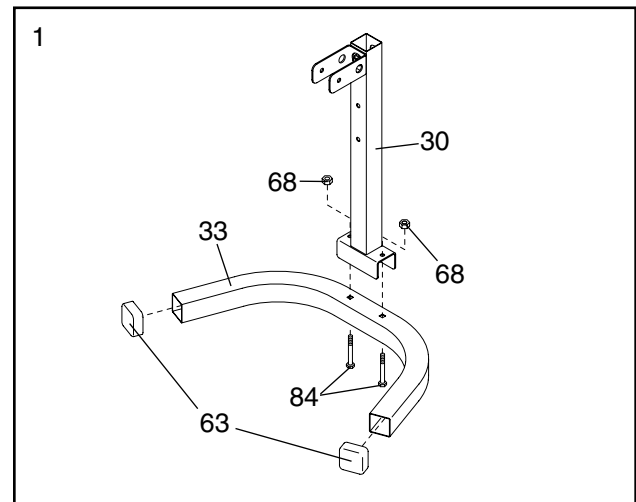
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

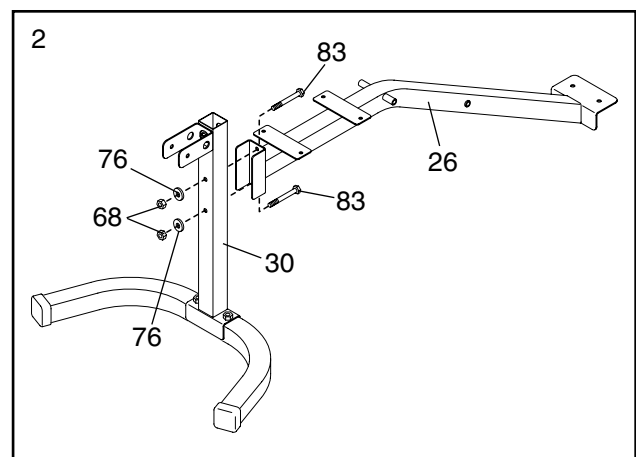
**Before beginning assembly, make sure you understand the information in the box above. Important: Some of the parts described in the assembly steps may be pre-assembled.**

Press a 50mm Square Outer Cap (63) onto each end of the "U" Base (33).

Attach the Bench Leg (30) to the "U" Base (33) using two M10 x 58mm Carriage Bolts (84) and two M10 Nylon Locknuts (68).

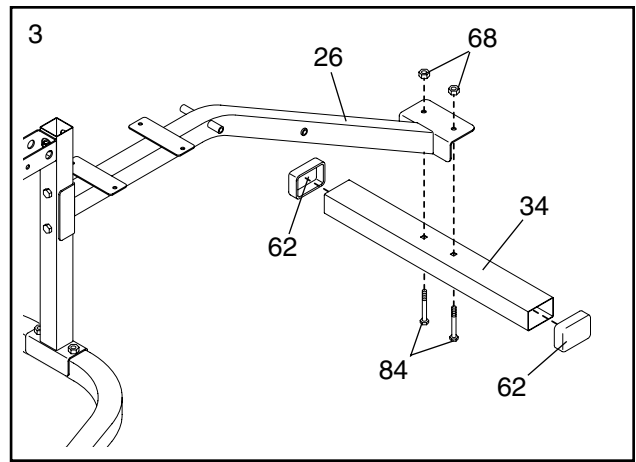


2. Attach the Bench Frame (26) to the Bench Leg (30) using two M10 x 65mm Bolts (83), two M10 Flat Washers (76), and two M10 Nylon Locknuts (68).



3. Press a 51mm x 76mm Outer Cap (62) onto each end of the Bench Base (34).

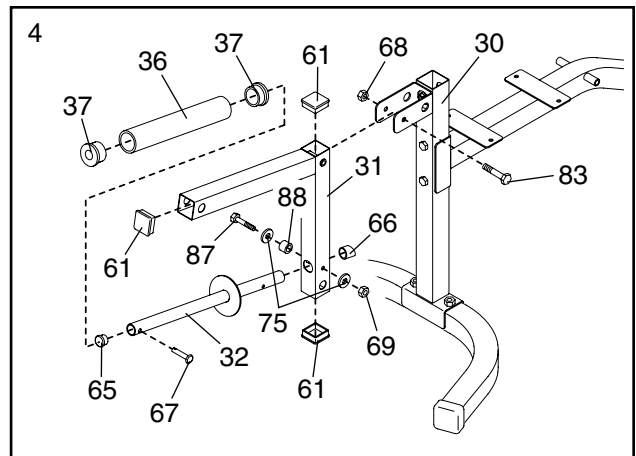
Attach the Bench Base (34) to the Bench Frame (26) using two M10 x 58mm Carriage Bolts (84) and two M10 Nylon Locknuts (68).



4. Press three 45mm Square Inner Caps (61) into the Leg Lever (31). Press a 1" Round Inner Cap (65) into the indicated end of the Weight Tube (32). Insert the Weight Tube into the Leg Lever and press an Angled Cap (66) onto the other end of the Weight Tube. Secure the Weight Tube using an M8 x 58mm Bolt (87), two M8 Flat Washers (75), a 10mm Spacer (88), and an M8 Nylon Locknut (69).

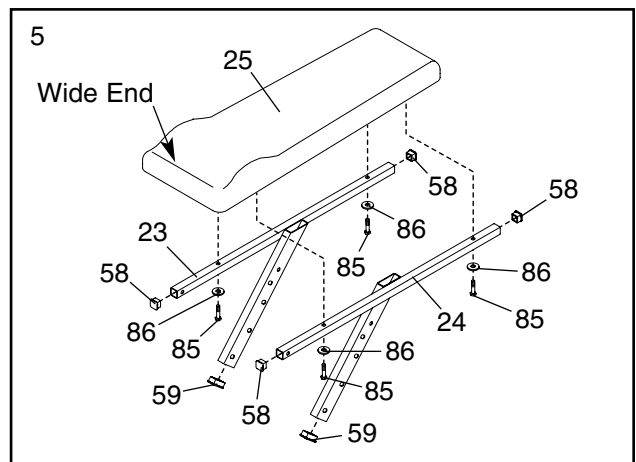
Press two Weight Adapter Bushings (37) into the ends of the Weight Adapter (36). Slide the Weight Adapter onto the Weight Tube (32) and secure it with the Weight Adapter Pin (67).

Lubricate an M10 x 65mm Bolt (83). Attach the Leg Lever (31) to the bracket on the Bench Leg (30) with the Bolt and an M10 Nylon Locknut (68). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot freely.**



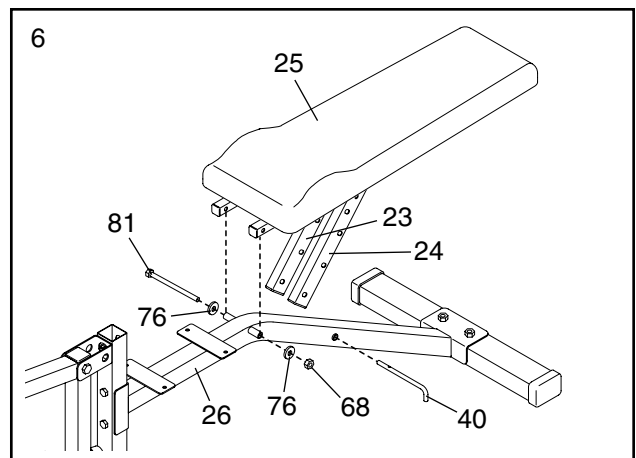
5. Press the four 1" Square Inner Caps (58) into the ends of the Right and Left Backrest Frames (23, 24). Press the two 1" x 2" Inner Caps (59) into the adjustment tubes of the Backrest Frames.

Attach the Backrest (25) to the Backrest Frames (23, 24) with four M6 x 38mm Screws (85) and four M6 Washers (86). **The Backrest Frames and the Backrest must be oriented as shown.**

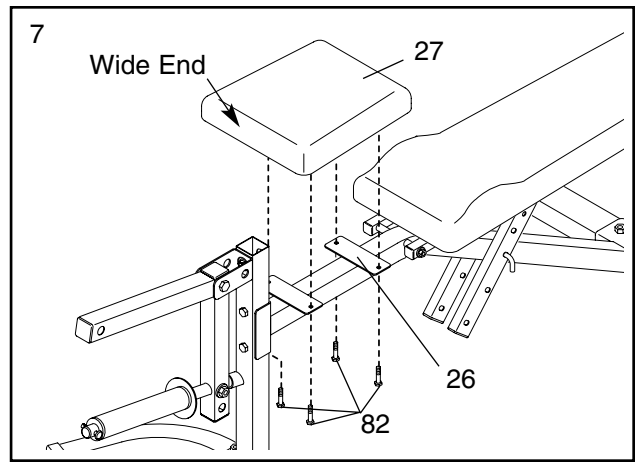


6. Lubricate the M10 x 178mm Bolt (81). Attach the Backrest Frames (23, 24) to the Bench Frame (26) with the Bolt, two M10 Flat Washers (76), and an M10 Nylon Locknut (68).

Secure the Backrest (25) by inserting the Backrest Pin (40) through one of the sets of holes in the Backrest Frames (23, 24) and the hole in the Bench Frame (26). **Make sure the Backrest Pin is completely inserted through both Backrest Frames.**

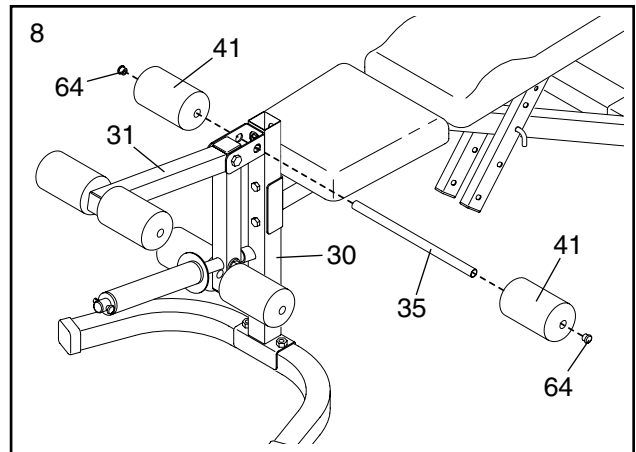


7. With the wide end of the Seat (27) positioned as shown, attach the Seat to the brackets on the Bench Frame (26) using four M6 x 16mm Screws (82).



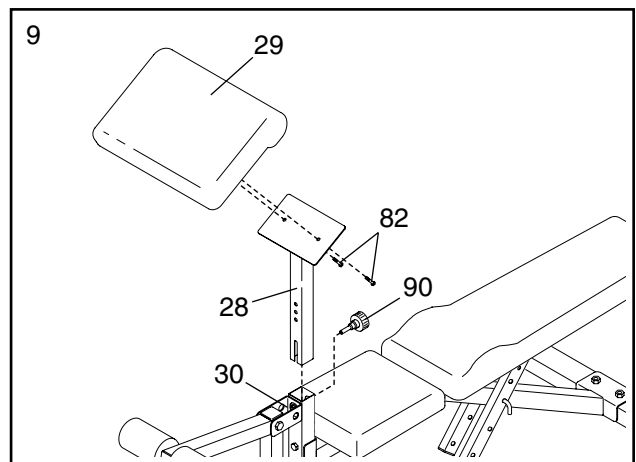
8. Tap the six 3/4" Round Inner Caps (64) into the ends of the three Pad Tubes (35).

Insert the Pad Tubes (35) into the indicated holes in the Leg Lever (31) and the Bench Leg (30). Slide two Foam Pads (41) onto each Pad Tube.



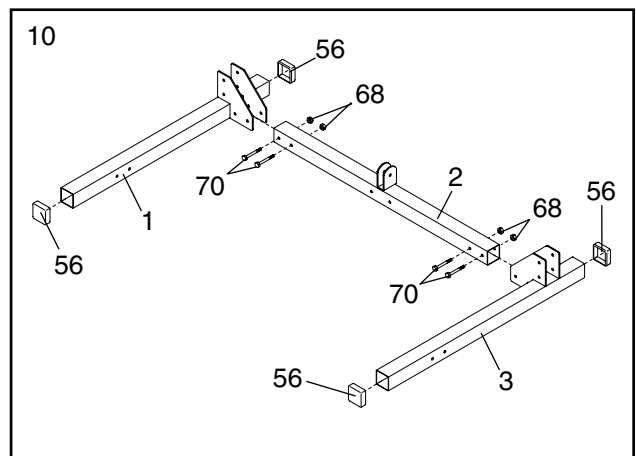
9. Attach the Curl Pad (29) to the Curl Post (28) with two M6 x 16mm Screws (82).

Slide the Curl Post (28) into the Bench Leg (30). Align one of the adjustment holes in the Curl Post with the adjustment hole in the Bench Leg. Tighten the Curl Post Adjustment Knob (90) into the holes in the Curl Post and the Bench Leg. **Make sure you fully tighten the Curl Post Adjustment Knob.**



10. Press 60mm Square Outer Caps (56) onto the ends of the Right and Left Bases (1, 3).

Attach the Right and Left Bases (1, 3) to the Center Base (2) using four M10 x 78mm Bolts (70) and four M10 Nylon Locknuts (68). **Do not tighten the Nylon Locknuts yet.**



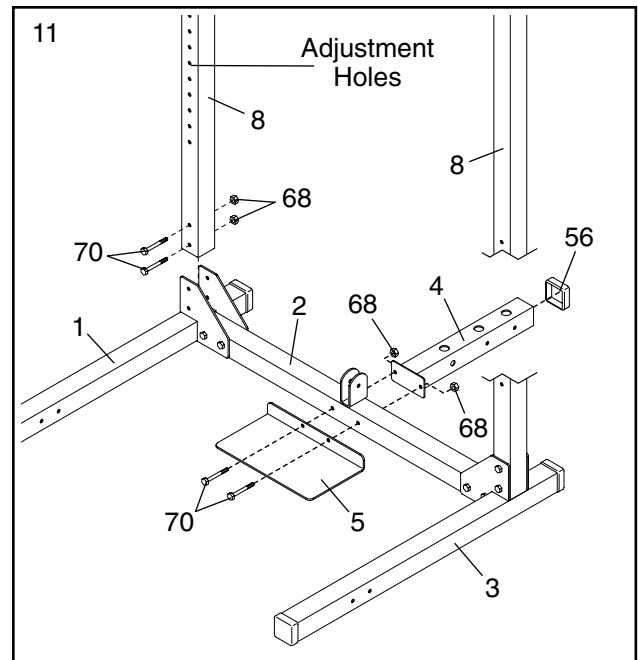


11. Identify the two Rear Uprights (8), which are slightly shorter than the Front Uprights (not shown).

Attach the Rear Uprights to the Left and Right Bases (1, 3) using four M10 x 78mm Bolts (70) and four M10 Nylon Locknuts (68). **Do not tighten the Nylon Locknuts yet. Make sure the Uprights are oriented exactly as shown, with the adjustment holes on the indicated side near the bottom.**

Press a 60mm Square Outer Cap (56) onto the end of the Weight Guide Base (4).

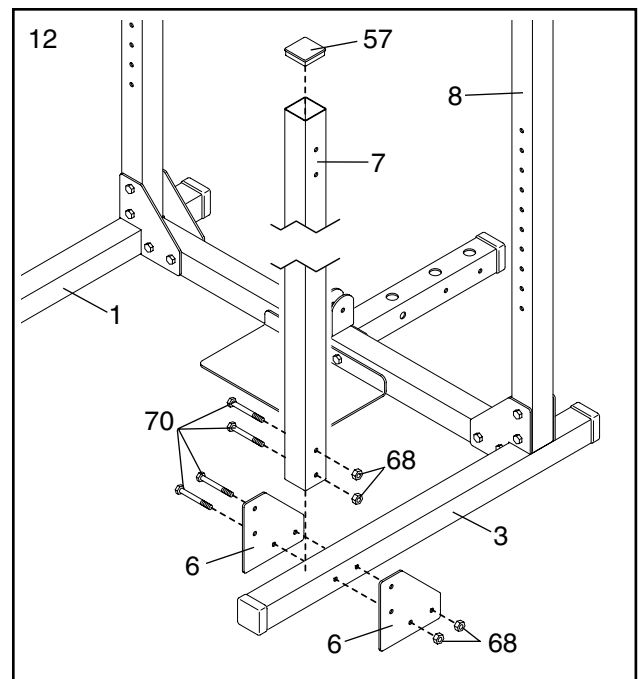
Attach the Foot Plate (5) and the Weight Guide Base (4) to the Center Base (2), as shown, using two M10 x 78mm Bolts (70) and two M10 Nylon Locknuts (68). **Do not tighten the Nylon Locknuts yet.**



12. Tap a 60mm Square Inner Cap (57) into each of the Front Uprights (7).

Attach one of the Front Uprights (7) and two Joint Plates (6) to the Left Base (3) using four M10 x 78mm Bolts (70) and four M10 Nylon Locknuts (68). **Make sure the Front Upright is oriented so that the holes on the bottom of the Front Upright and the holes in the Joint Plates line up. If they do not line up, turn the Front Upright upside-down. Do not tighten the Nylon Locknuts yet. Make sure the Front Upright is turned so the adjustment holes are facing the Rear Upright (8) and so the number decals on the Front Uprights are facing each other.**

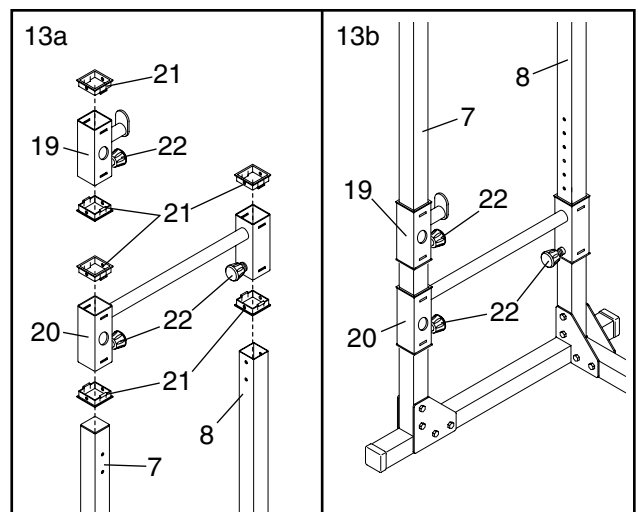
Attach the other Front Upright (7, not shown) and two Joint Plates (6, not shown) to the Right Base (1) in the same manner.



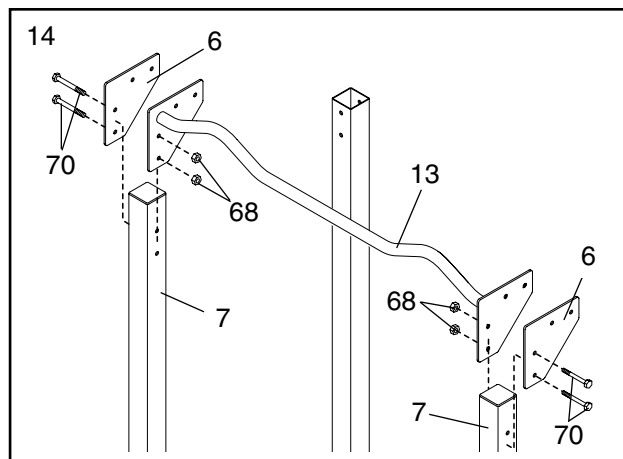
13. **Refer to drawing 13a.** Press six Square Bushings (21) into the Right Weight Rest (19) and the Right Weight Spotter (20) as shown. Pull out the Adjustment Knobs (22) and slide the Right Weight Spotter and the Right Weight Rest down over the right Uprights (7, 8) as indicated.

**Refer to drawing 13b.** Secure the Right Weight Spotter (20) and the Right Weight Rest (19) to the right Uprights (7, 8) by tightening each of the three Adjustment Knobs (22) into one of the adjustment holes in the Uprights.

Assemble the Left Weight Spotter (not shown) and Left Weight Rest (not shown) on the left Uprights (7, 8) in the same manner. **Make sure both Weight Spotters and both Weight Rests are at the same height.**



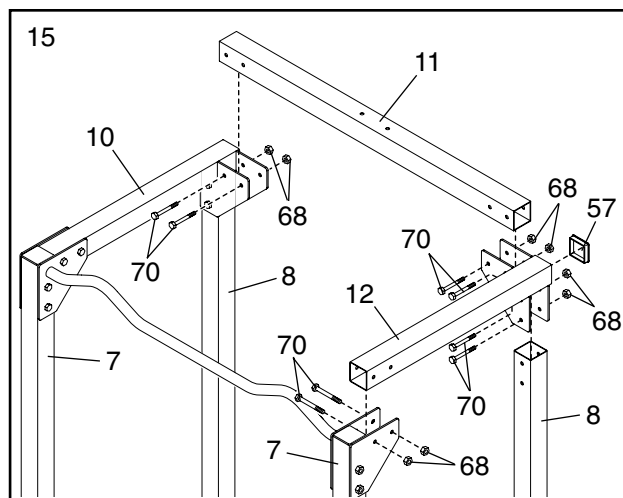
14. Attach the Chin-up Bar (13) and two Joint Plates (6) to the Front Uprights (7) using four M10 x 78mm Bolts (70) and four M10 Nylon Locknuts (68). **Do not tighten the Nylon Locknuts yet.**



15. Press a 60mm Square Inner Cap (57) into the Left Frame (12). Attach the Left Frame to the left Uprights (7, 8) using four M10 x 78mm Bolts (70) and four M10 Nylon Locknuts (68). **Do not tighten the Nylon Locknuts yet.**

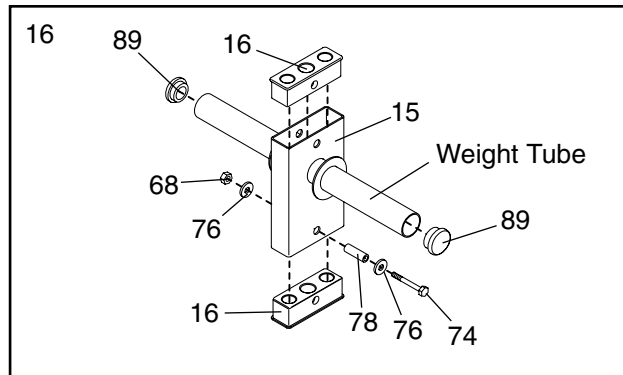
Assemble the Right Frame (10) to the right Uprights (7, 8) in the same manner.

Attach the Center Frame (11) to the Right and Left Frames (10, 12) using four M10 x 78mm Bolts (70) and four M10 Nylon Locknuts (68). **Tighten all Nylon Locknuts used in steps 10–15.**



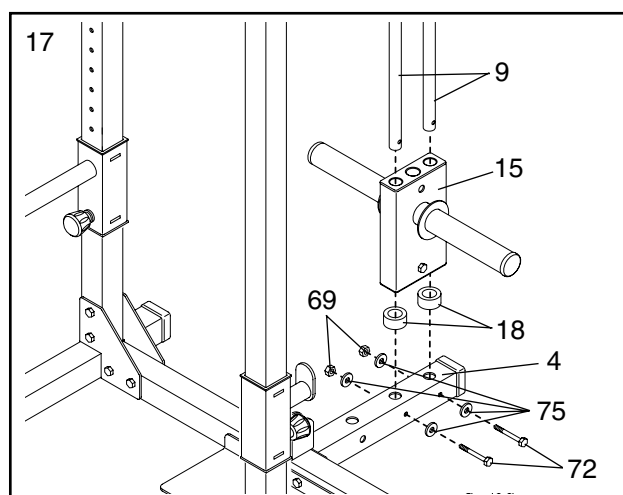
16. Press the two 51mm Round Inner Caps (89) into the weight tubes on the Weight Carriage (15).

Press the two Carriage Bushings (16) into the Weight Carriage (15). **Make sure the Weight Carriage is turned so the weight tubes are near the top, as shown.** Attach the lower Carriage Bushing using an M10 x 66mm Bolt (74), two M10 Flat Washers (76), the 51mm Spacer (78), and an M10 Nylon Locknut (68).



17. Set the two Weight Bumpers (18) over the indicated holes in the Weight Guide Base (4). Hold the Weight Carriage (15) on top of the Weight Bumpers.

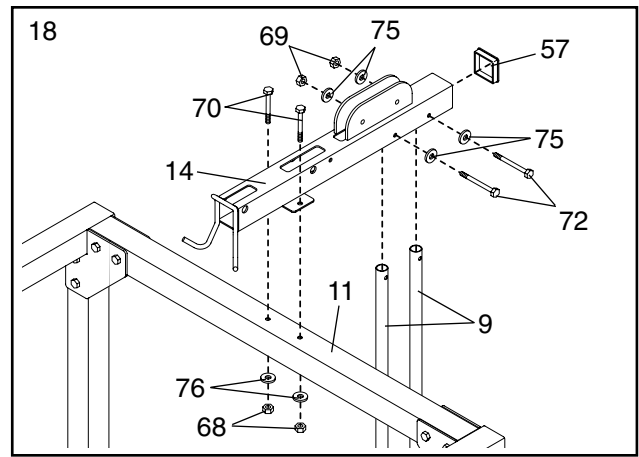
Insert the two Weight Guides (9) into the Weight Carriage (15), the Weight Bumpers (18), and the Weight Guide Base (4). Attach the Weight Guides using two M8 x 72mm Bolts (72), four M8 Flat Washers (75), and two M8 Nylon Locknuts (69).



18. Press a 60mm Square Inner Cap (57) into the end of the Weight Guide Frame (14).

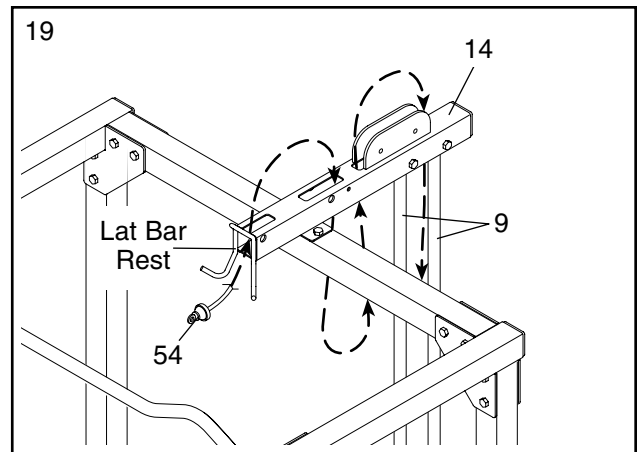
Hold the Weight Guide Frame (14) on top of the Center Frame (11) and the Weight Guides (9). Attach the Weight Guides to the Weight Guide Frame using two M8 x 72mm Bolts (72), four M8 Flat Washers (75), and two M8 Nylon Locknuts (69).

Attach the Weight Guide Frame (14) to the Center Frame (11) using two M10 x 78mm Bolts (70), two M10 Flat Washers (76), and two M10 Nylon Locknuts (68).

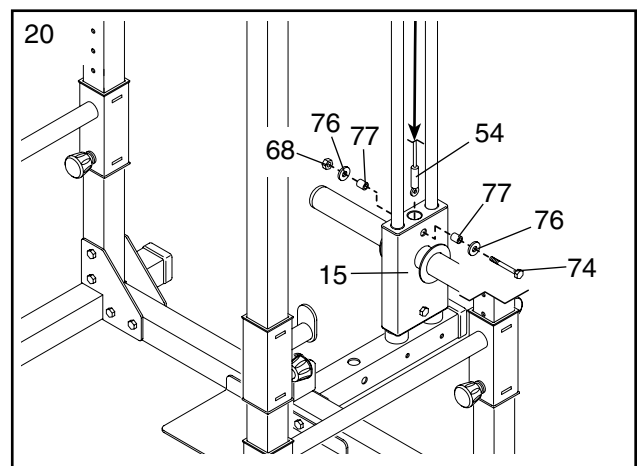


19. Locate the High Cable (54), which is the longer of the two Cables. Notice that there is a single ball on one end of the High Cable and a metal sleeve on the other end.

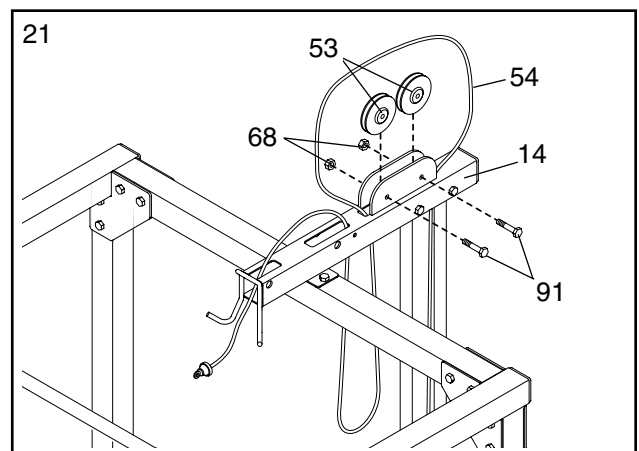
Route the metal-sleeve end of the High Cable (54) up under the lat bar rest on the Weight Guide Frame (14), down through the indicated hole, back up through the next hole, and then down through the hole between the Weight Guides (9) as shown.



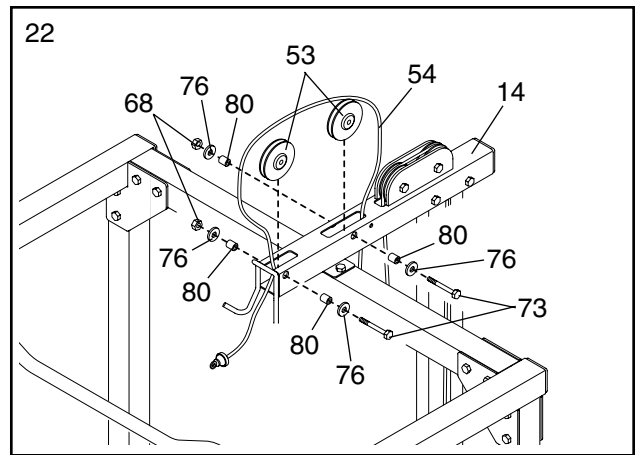
20. Insert the end of the High Cable (54) into the hole in the center of the Weight Carriage (15). Attach the High Cable using an M10 x 66mm Bolt (74), two M10 Flat Washers (76), two 24mm Spacers (77), and an M10 Nylon Locknut (68).



21. Lift the High Cable (54) in the location shown. Attach two Pulleys (53) inside the bracket on the Weight Guide Frame (14) using two M10 x 50mm Bolts (91) and two M10 Nylon Locknuts (68).



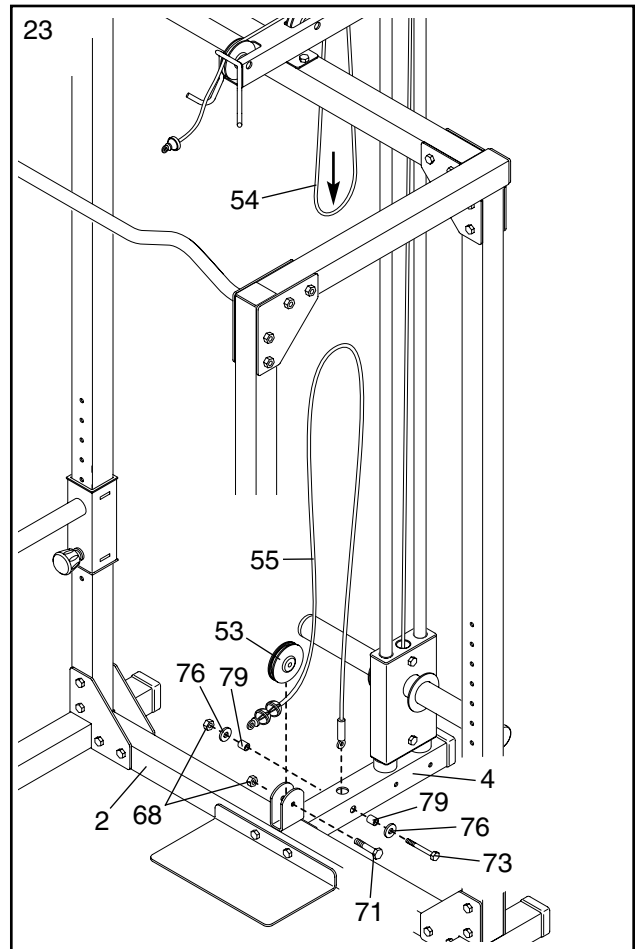
22. Lift the High Cable (54) in the location shown. Attach two Pulleys (53) inside the Weight Guide Frame (14) using two M10 x 75mm Bolts (73), four M10 Flat Washers (76), four 18mm Spacers (80), and two M10 Nylon Locknuts (68).



23. Pull the High Cable (54) down in the indicated location, so there is no slack at the ends of the High Cable.

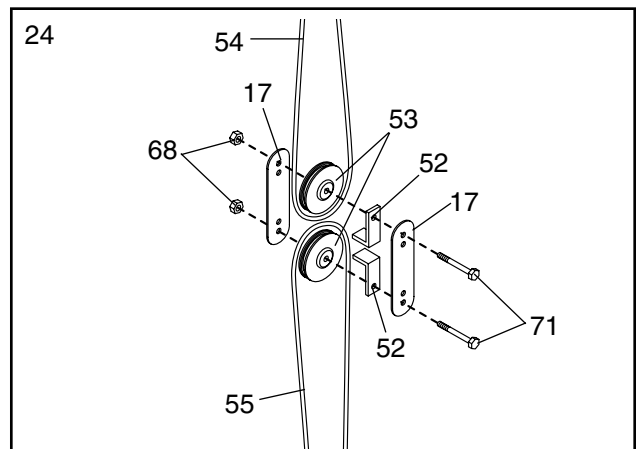
Locate the Low Cable (55), which is shorter and has two balls on one end. Insert the metal-sleeve end of the Low Cable into the indicated hole in the Weight Guide Base (4). Attach the Low Cable using an M10 x 75mm Bolt (73), two M10 Flat Washers (76), two 28mm Spacers (79), and an M10 Nylon Locknut (68).

Route the ball-end of the Low Cable (55) through the bracket on the Center Base (2). Attach a Pulley (53) inside the bracket using an M10 x 45mm Bolt (71) and an M10 Nylon Locknut (68).

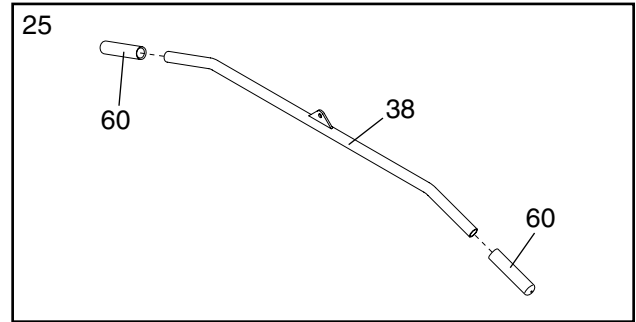


24. Hold a Pulley (53) in the High Cable (54) as shown. Attach a Cable Trap (52) and the two Pulley Plates (17) to the Pulley using an M10 x 45mm Bolt (71) and an M10 Nylon Locknut (68).

Lay the Low Cable (55) over a Pulley (53) as shown. Attach the Pulley and a Cable Trap (52) to the Pulley Plates (17) using an M10 x 45mm Bolt (71) and an M10 Nylon Locknut (68). **Make sure the Bolts are inserted through the highest and lowest holes in the Pulley Plates. In addition, make sure the Cables are between the Cable Traps and the Pulleys.**



25. Wet the ends of the Lat Bar (38) with a small amount of soapy water. Slide the Handgrips (60) onto the ends of the Lat Bar.



26. **Make sure all parts of the weight bench are properly tightened. In addition, pull each cable a few times to make sure the cables move smoothly over the pulleys. If the cables do not move smoothly, locate and correct the problem. When weights are used, the cables may be damaged if they are incorrectly routed.**

The use of all remaining parts will be explained in ADJUSTMENTS, beginning on page 14.

# ADJUSTMENTS

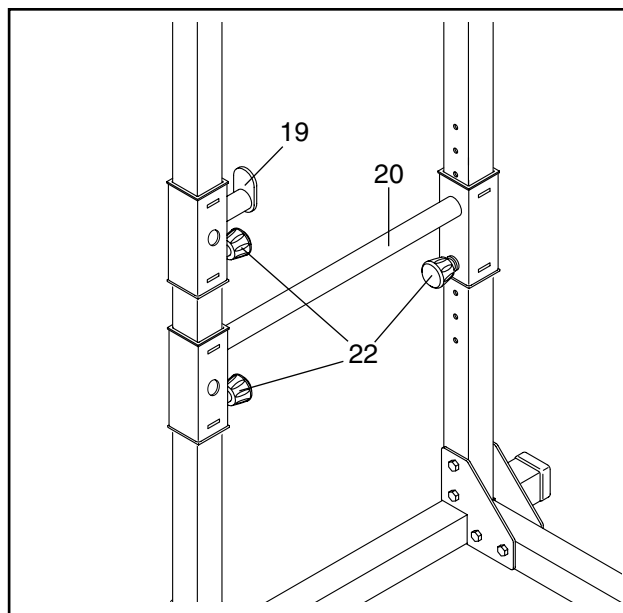
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 17 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## USING THE WEIGHT RESTS AND WEIGHT SPOTTERS

Before beginning an exercise, move the Weight Rests (19, 92) and the Weight Spotters (20, 93) to sets of holes in the uprights that are best suited for that exercise. The selected holes for the Weight Spotters should represent the lowest point to which you want the barbell to go during the exercise. The selected holes for the Weight Rests should be at a comfortable height for lifting and replacing the barbell. Perform the exercise as shown in the accompanying exercise guide. **Note: Make sure the Adjustment Knobs (22) are fully tightened.**

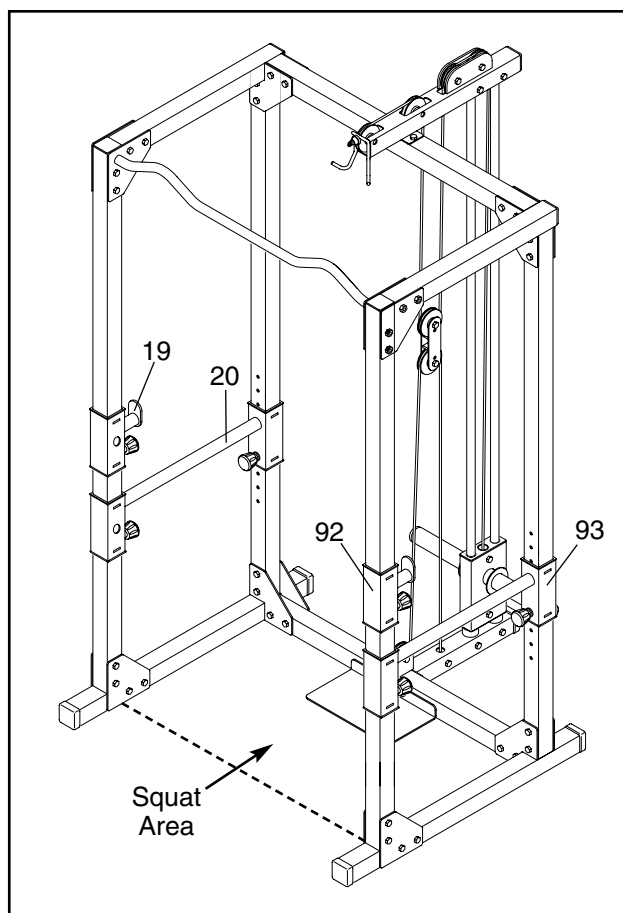
**⚠ WARNING:** Always set both Weight Rests (19, 92) at the same height and both Weight Spotters (20, 93) at the same height.



## SETTING UP THE BENCH FOR SQUAT EXERCISES

Squat exercises should be performed inside the rack (behind the dotted line in the picture). When performing squat exercises, set the Weight Rests (19, 92) and the Weight Spotters (20, 93) at a comfortable height, and move the bench away from the rack.

**⚠ WARNING:** Always move the bench when you are performing squat exercises inside the rack.

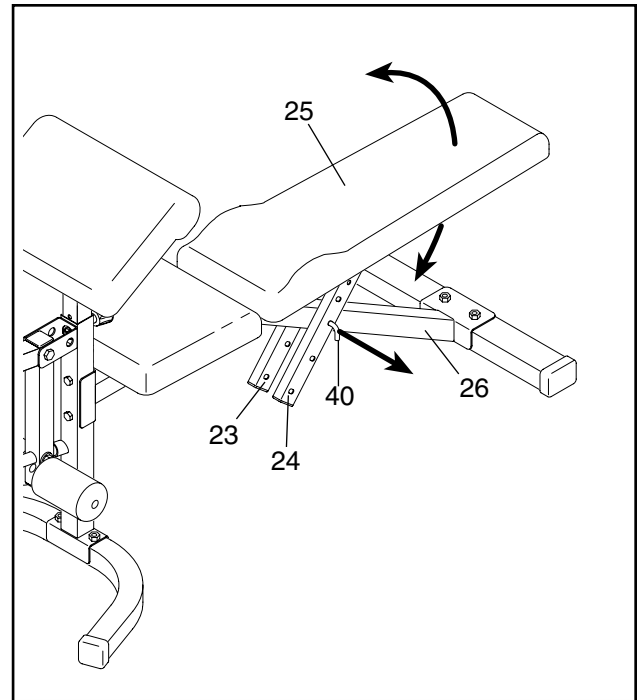


## ADJUSTING THE BACKREST

The Backrest (25) can be used in a decline position, a level position, or either of two incline positions. To adjust the Backrest to the decline position, remove the Backrest Pin (40) and insert it through the top set of holes in the Backrest Frames (23, 24) and the Bench Frame (26).

To adjust the Backrest (25) to the level position, insert the Backrest Pin (40) through the second set of holes in the Backrest Frames (23, 24) and the Bench Frame (26).

To adjust the Backrest (25) to an incline position, insert the Backrest Pin (40) through one of the two lower sets of holes in the Backrest Frames (23, 24) and the Bench Frame (26).

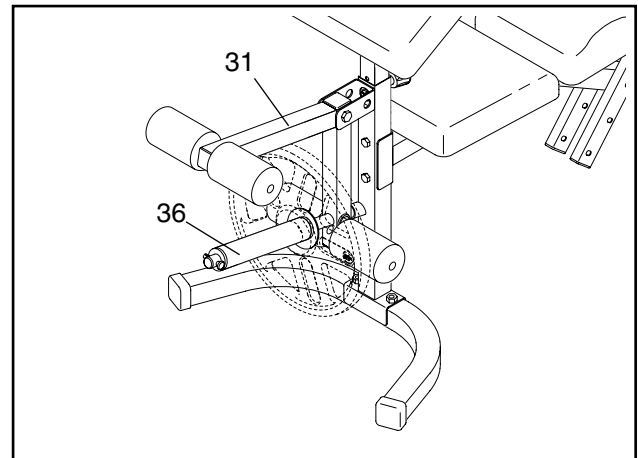


**⚠ WARNING:** When adjusting the Backrest (25), make sure that the Backrest Pin (40) is fully inserted through both Backrest Frames (23, 24) and the holes in the Bench

## ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (31), slide the desired amount of weight onto the Weight Adapter (36).

**⚠ WARNING:** Do not place more than 150 pounds on the Leg Lever (31).

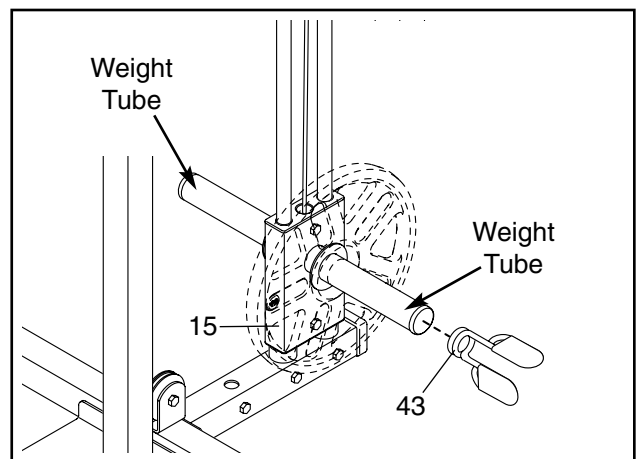


## ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE CURL BAR OR THE BARBELL

To use the high or low pulley station, slide the desired amount of weight onto the weight tubes of the Weight Carriage (15) and secure the weights with Weight Clips (43).

To use the Curl Bar (not shown) or Barbell (not shown), slide the desired amount of weight onto each side of the Weight Bar and secure both sides with a Weight Clip (43).

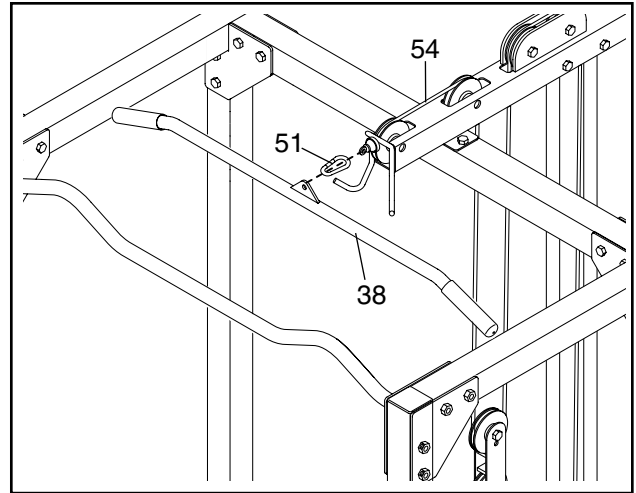
**⚠ WARNING:** Do not place more than 150 pounds on the Weight Carriage (15). Always place the same amount of weight on each side of the Weight Carriage and on each side of the Weight Bar (not shown). Always secure the weights on the Weight Carriage and the Weight Bar with the Weight Clips (43).



## ATTACHING THE LAT BAR TO THE HIGH PULLEY STATION OR THE LOW PULLEY STATION

To use the high pulley station or the low pulley station, first place the desired weights on the weight carriage (see ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE OR THE BARBELL on page 15). Next, attach the Lat Bar (38) to the High Cable (54) or the Low Cable (not shown) with a Cable Clip (51).

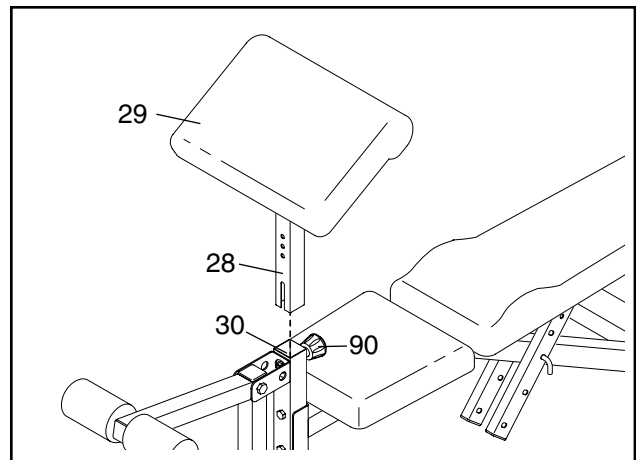
**⚠ WARNING:** Always disconnect the Lat Bar (38) when performing an exercise that does not require using the Lat Bar.



## USING THE CURL PAD

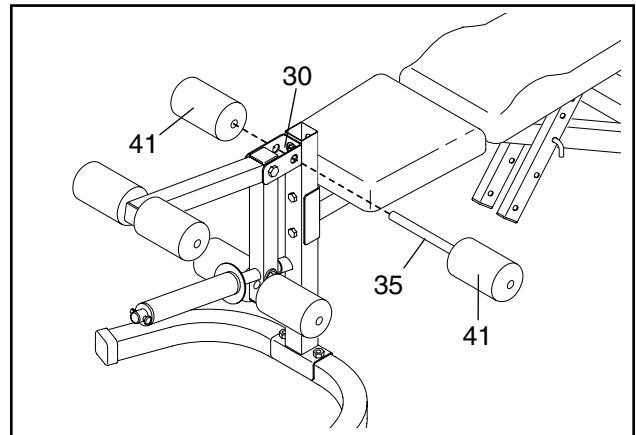
To use the Curl Pad (29), slide the Curl Post (28) into the Bench Leg (30) and secure it with the Curl Post Adjustment Knob (90).

When the Curl Pad (29) is not in use, it should be stored away from the weight bench so as not to interfere with other exercises.



## REMOVING THE PAD TUBE

For certain exercises, the indicated Pad Tube (35) and Foam Pads (41) must be removed. To do this, slide one of the Foam Pads off the Pad Tube, and then pull the Pad Tube out of the Bench Leg (30).

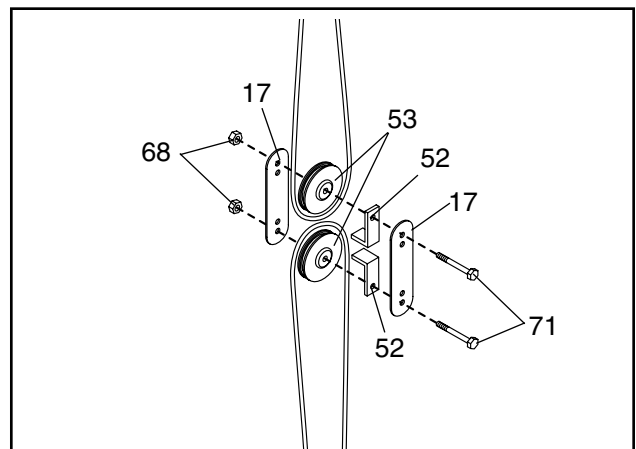


## TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly after it is first used. If there is slack in the cables, tighten them as described below.

Remove the M10 x 45mm Bolt (71) and the M10 Nylon Locknut (68) attaching the lower Pulley (53) and Cable Trap (52) to the two Pulley Plates (17). Reattach the lower Pulley and Cable Trap to the higher holes in the Pulley Plates using the Bolt and Nylon Locknut.

If moving just the lower Pulley (53) does not sufficiently tighten the cables, you can also move the upper Pulley down one set of holes in the Pulley Plates (17).





---

# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

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

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

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

### Toning

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

### Weight Loss

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

### Cross Training

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

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

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

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

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

### WORKING OUT

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

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

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 18 to find the names of the muscles.

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

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

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

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

### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

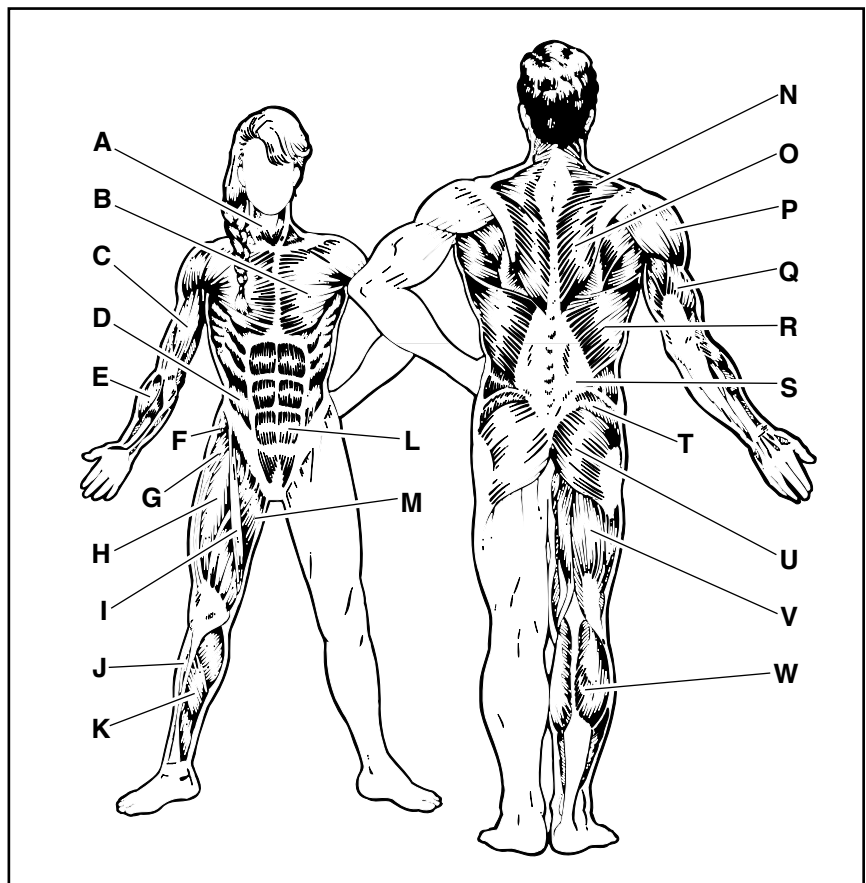
### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

---

## MUSCLE CHART

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



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

**TUESDAY AEROBIC EXERCISE**

Date: / /

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

**THURSDAY AEROBIC EXERCISE**

Date: / /

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

# PART LIST—Model No. WEBE34110

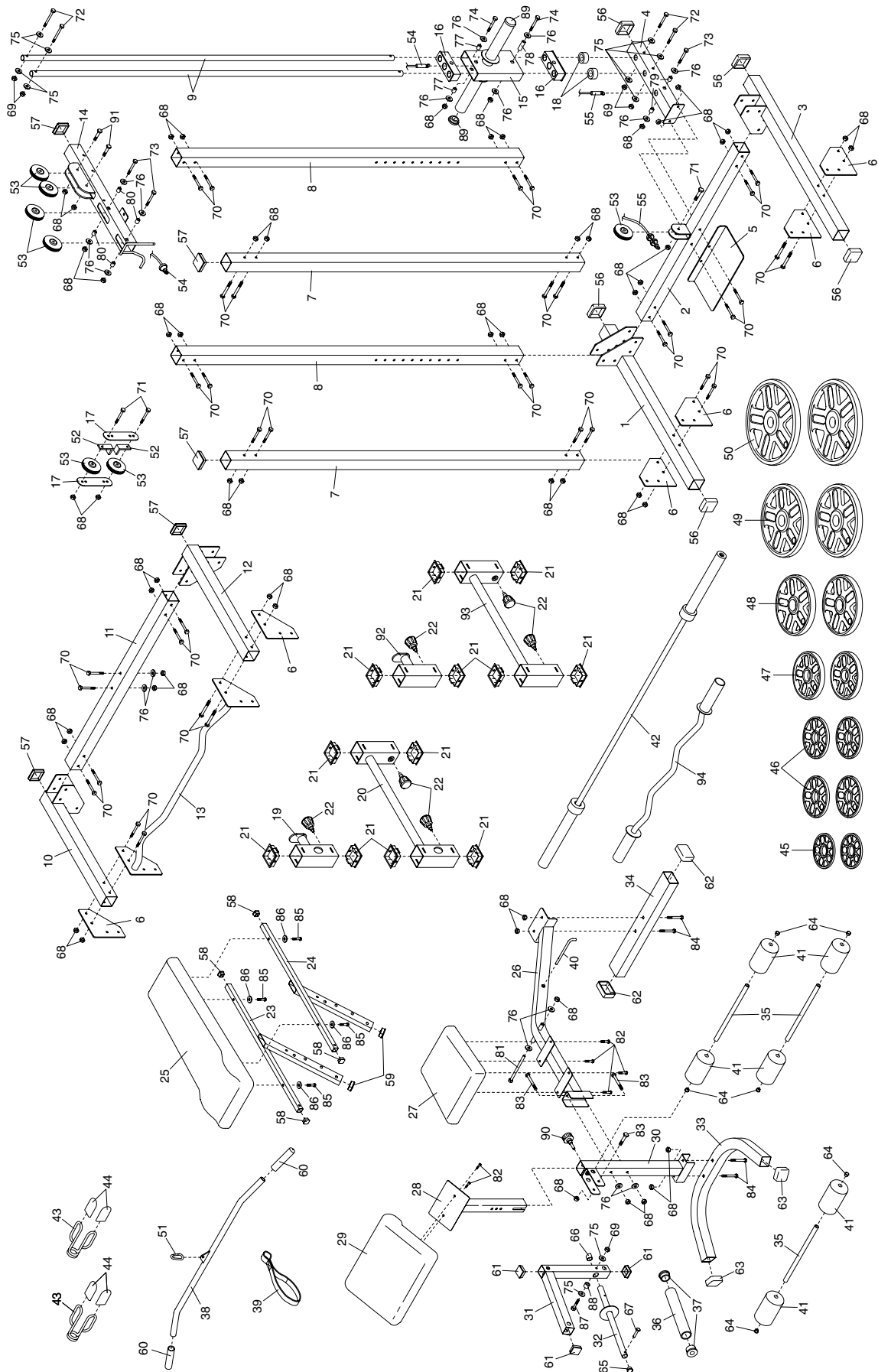
R0701A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	49	2	35-lb. Weight
2	1	Center Base	50	2	45-lb. Weight
3	1	Left Base	51	1	Cable Clip
4	1	Weight Guide Base	52	2	Cable Trap
5	1	Foot Plate	53	7	Pulley
6	6	Joint Plate	54	1	High Cable
7	2	Front Upright	55	1	Low Cable
8	2	Rear Upright	56	5	60mm Square Outer Cap
9	2	Weight Guide	57	5	60mm Square Inner Cap
10	1	Right Frame	58	4	1" Square Inner Cap
11	1	Center Frame	59	2	1" x 2" Inner Cap
12	1	Left Frame	60	2	Handgrip
13	1	Chin-up Bar	61	3	45mm Square Inner Cap
14	1	Weight Guide Frame	62	2	51mm x 76mm Outer Cap
15	1	Weight Carriage	63	2	50mm Square Outer Cap
16	2	Carriage Bushing	64	6	3/4" Round Inner Cap
17	2	Pulley Plate	65	1	1" Round Inner Cap
18	2	Weight Bumper	66	1	Angled Cap
19	1	Right Weight Rest	67	1	Weight Adapter Pin
20	1	Right Weight Spotter	68	54	M10 Nylon Locknut
21	12	Square Bushing	69	5	M8 Nylon Locknut
22	6	Adjustment Knob	70	36	M10 x 78mm Bolt
23	1	Right Backrest Frame	71	3	M10 x 45mm Bolt
24	1	Left Backrest Frame	72	4	M8 x 72mm Bolt
25	1	Backrest	73	3	M10 x 75mm Bolt
26	1	Bench Frame	74	2	M10 x 66mm Bolt
27	1	Seat	75	10	M8 Flat Washer
28	1	Curl Post	76	16	M10 Flat Washer
29	1	Curl Pad	77	2	24mm Spacer
30	1	Bench Leg	78	1	51mm Spacer
31	1	Leg Lever	79	2	28mm Spacer
32	1	Weight Tube	80	4	18mm Spacer
33	1	"U" Base	81	1	M10 x 178mm Bolt
34	1	Bench Base	82	6	M6 x 16mm Screw
35	3	Pad Tube	83	3	M10 x 65mm Bolt
36	1	Weight Adapter	84	4	M10 x 58mm Carriage Bolt
37	2	Weight Adapter Bushing	85	4	M6 x 38mm Screw
38	1	Lat Bar	86	4	M6 Washer
39	1	Strap	87	1	M8 x 58mm Bolt
40	1	Backrest Pin	88	1	10mm Spacer
41	6	Foam Pad	89	2	51mm Round Inner Cap
42	1	Weight Bar	90	1	Curl Post Adjustment Knob
43	2	Weight Clip	91	2	M10 x 50mm Bolt
44	4	Weight Clip Sleeve	92	1	Left Weight Rest
45	2	2.5-lb. Weight	93	1	Left Weight Spotter
46	4	5-lb. Weight	94	1	Curl Bar
47	2	10-lb. Weight	#	1	User's Manual
48	2	25-lb. Weight	#	1	Exercise Guide

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

# EXPLODED DRAWING—Model No. WEBE34110

R0701A



---

## ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, 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 when calling:

- The MODEL NUMBER of the product (WEBE34110)
- The NAME of the product (CLUB WEIDER® 565 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center 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, 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, 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some 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 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.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**