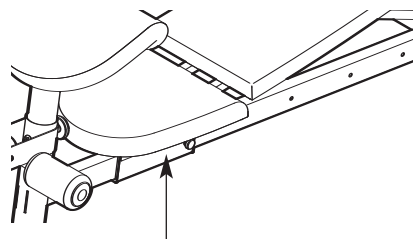


WEIDER CLUB™

Model No. WEBE1057.1

Serial No. _____

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



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

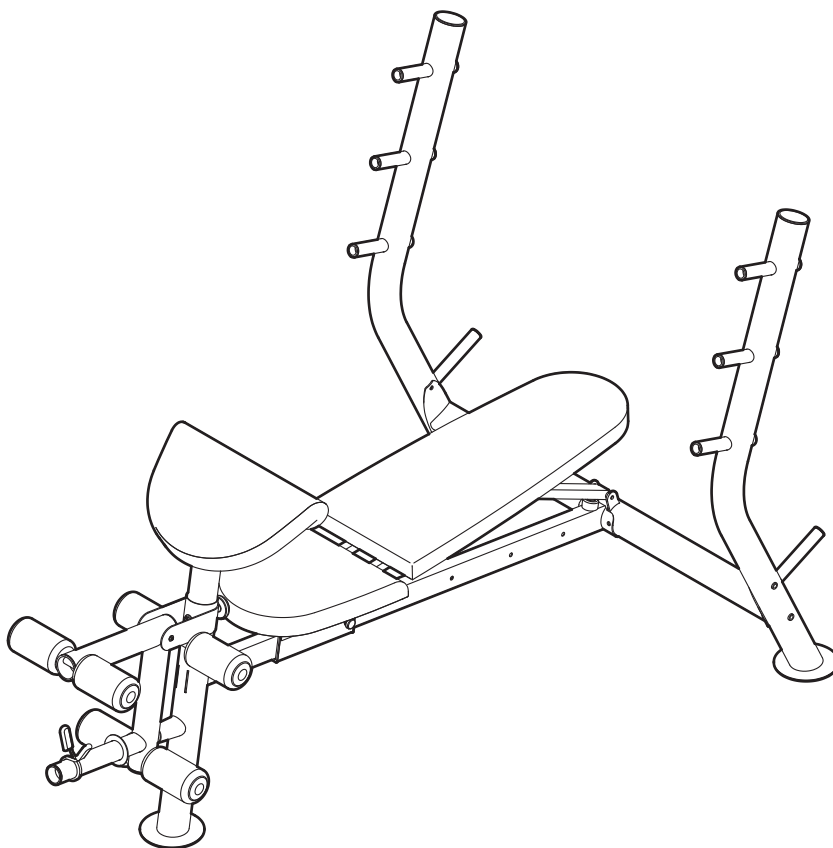
1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

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.



Visit our website at

www.weiderfitness.com

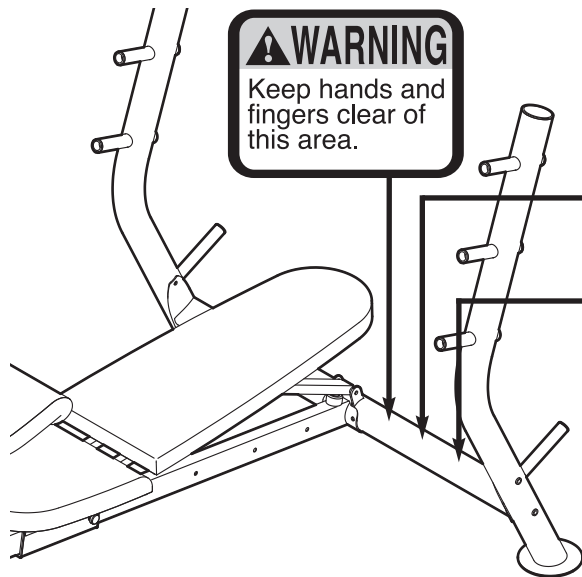
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The decals shown here have been applied to the weight bench. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



IMPORTANT PRECAUTIONS

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

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. Read all instructions in this manual and all warnings on the weight bench before using the weight bench.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Make sure that the pins and knobs are fully engaged before the weight bench is used.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not place more than 310 lbs. (141 kg), including a barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) on the leg lever. Note: The weight bench does not include a barbell or weights.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. Use the weight bench only as described in this manual.

BEFORE YOU BEGIN

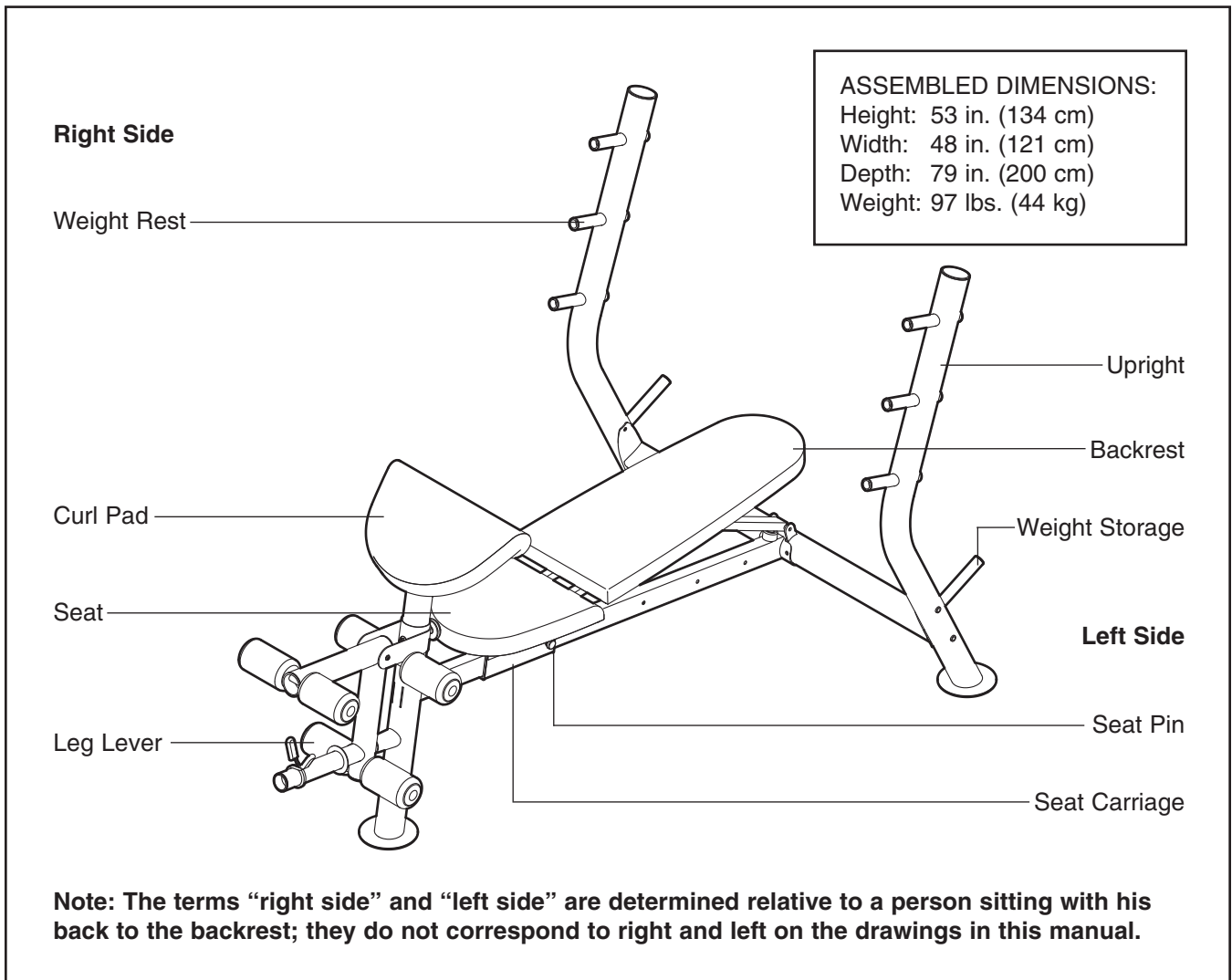
Thank you for selecting the versatile WEIDER® CLUB weight bench. The weight bench offers a selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the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

For your benefit, read this manual carefully before using the weight bench. 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.

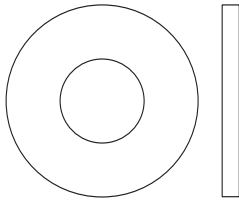
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.weiderservice.com/registration.

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

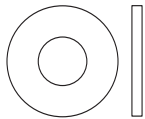


PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**



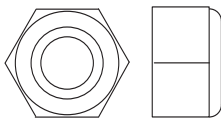
M10 Washer (36)



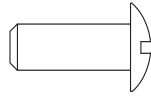
M6 Washer (39)



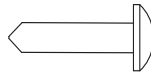
M4 Washer (42)



M10 Nylon Locknut (40)



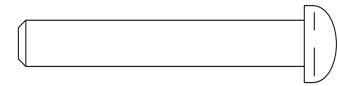
M6 x 16mm Screw (34)



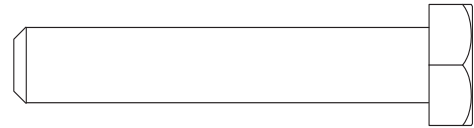
M4 x 16mm Self-tapping
Screw (37)



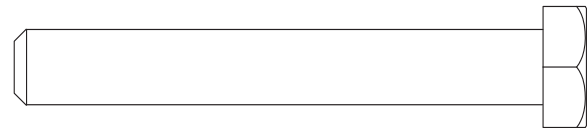
M6 x 38mm Bolt (44)



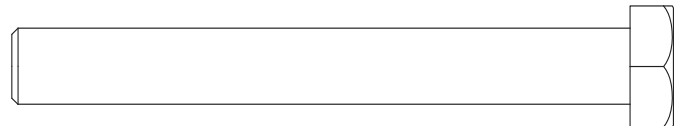
M6 x 38mm Screw (35)



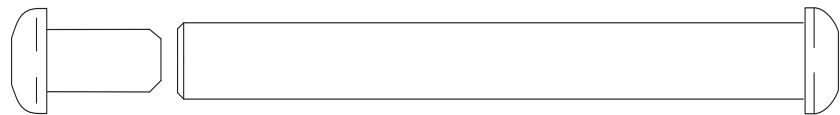
M10 x 55mm Bolt (32)



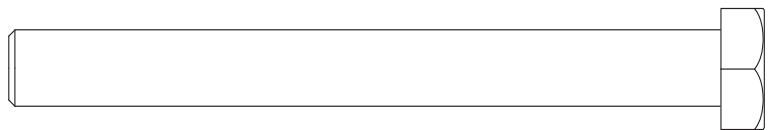
M10 x 70mm Bolt (43)



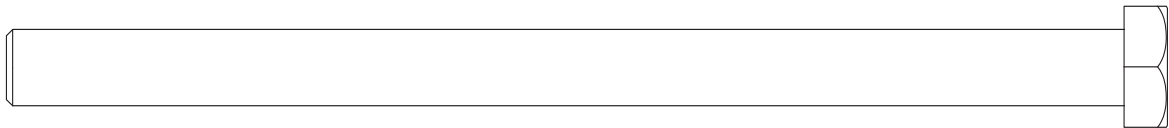
M10 x 80mm Bolt (30)



M10 x 83mm Bolt Set (33)



M10 x 95mm Bolt (28)



M10 x 148mm Bolt (31)


ASSEMBLY





Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench 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 weight bench, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight bench, 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 included hex key(s)  and the following tools (not included):

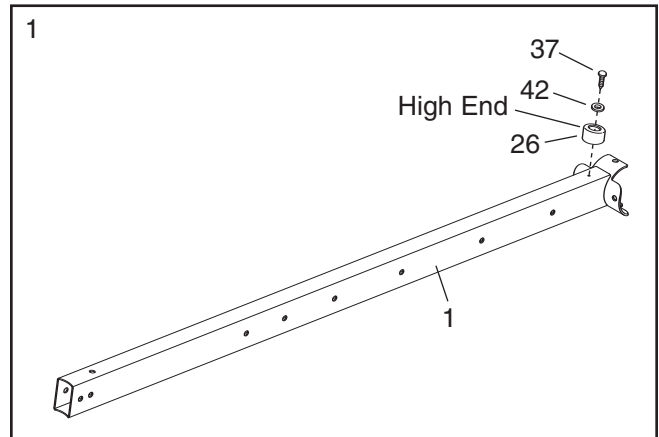
- two adjustable wrenches 
- one rubber mallet 
- one standard screwdriver 
- one Phillips screwdriver 

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.

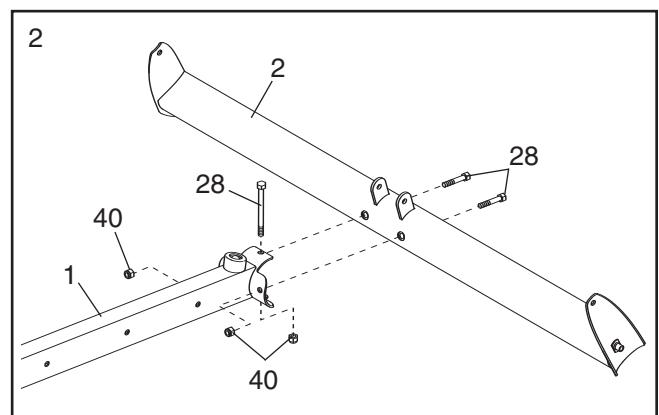
1.

Before beginning assembly, read the important information in the box above. See the PART IDENTIFICATION CHART on page 5 for help identifying small parts.

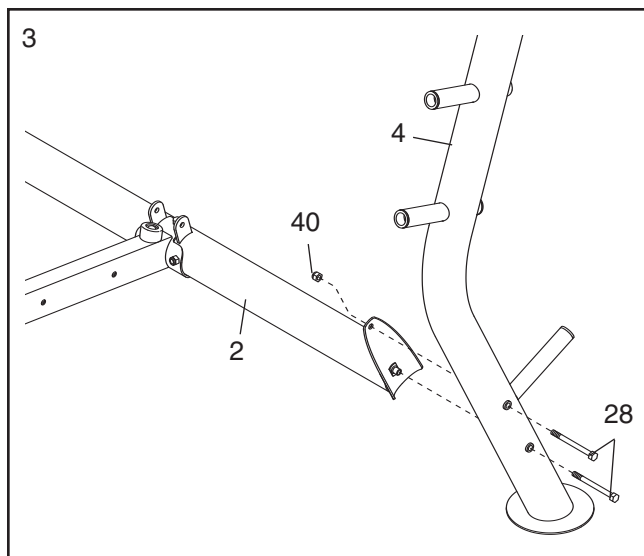
Orient the Frame Bumper (26) with the high end in the position shown. Attach the Frame Bumper to the Frame (1) with an M4 x 16mm Self-tapping Screw (37) and an M4 Washer (42).



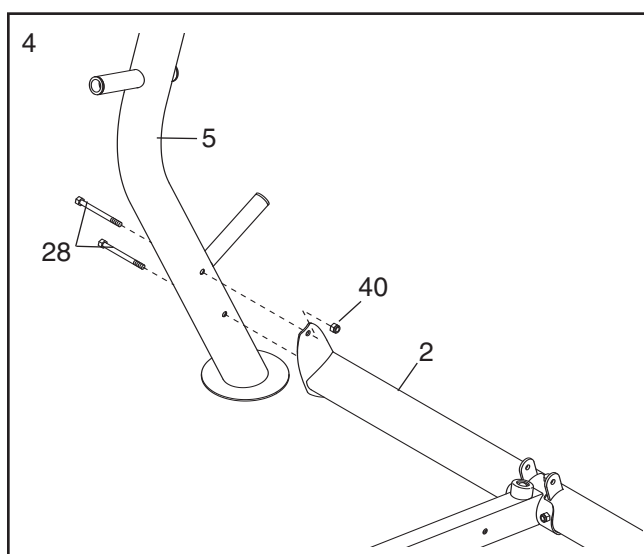
2. Attach the Frame (1) to the Crossbar (2) with three M10 x 95mm Bolts (28) and three M10 Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.** Note: Use a rubber mallet to align the holes in the Frame with the holes in the Crossbar.



- Identify the Left Upright (4), which is marked with a sticker. Attach the Crossbar (2) to the Left Upright with two M10 x 95mm Bolts (28) and an M10 Nylon Locknut (40). **Do not tighten the Nylon Locknut yet.**

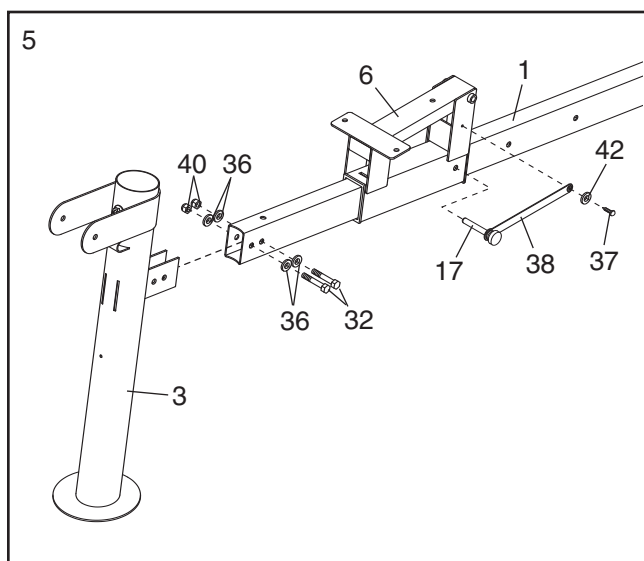


- Attach the Crossbar (2) to the Right Upright (5) with two M10 x 95mm Bolts (28) and an M10 Nylon Locknut (40). **Do not tighten the Nylon Locknut yet.**



- Slide the Seat Carriage (6) onto the Frame (1). Attach the Tether (38) to the Seat Carriage with an M4 x 16mm Self-tapping Screw (37) and an M4 Washer (42). Then, insert the Pin (17) into the hole in the Seat Carriage and a hole in the Frame.

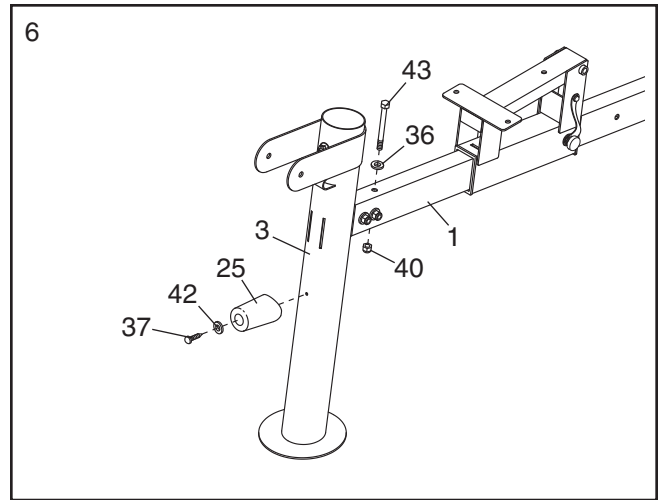
Attach the Front Leg (3) to the Frame (1) with two M10 x 55mm Bolts (32), four M10 Washers (36), and two M10 Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**



- Attach an M10 x 70mm Bolt (43) to the Front Leg (3) and the Frame (1) with an M10 Washer (36) and an M10 Nylon Locknut (40).

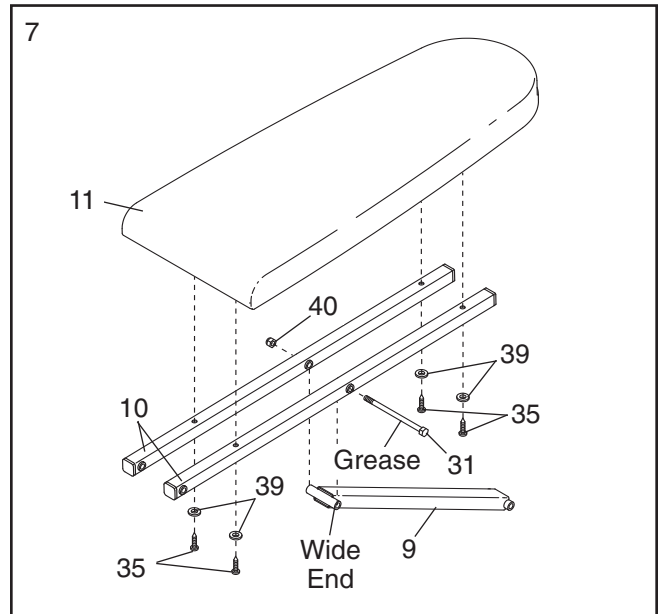
Tighten the M10 Nylon Locknuts (40) used in steps 2–6.

Attach the Front Leg Bumper (25) to the Front Leg (3) with an M4 x 16mm Self-tapping Screw (37) and an M4 Washer (42).



- Orient the Backrest Support (9) as shown. Apply some of the included grease to an M10 x 148mm Bolt (31). Attach the Backrest Support between the Backrest Frames (10) with the Bolt and an M10 Nylon Locknut (40). **Do not overtighten the Nylon Locknut; the Backrest Support must pivot easily.**

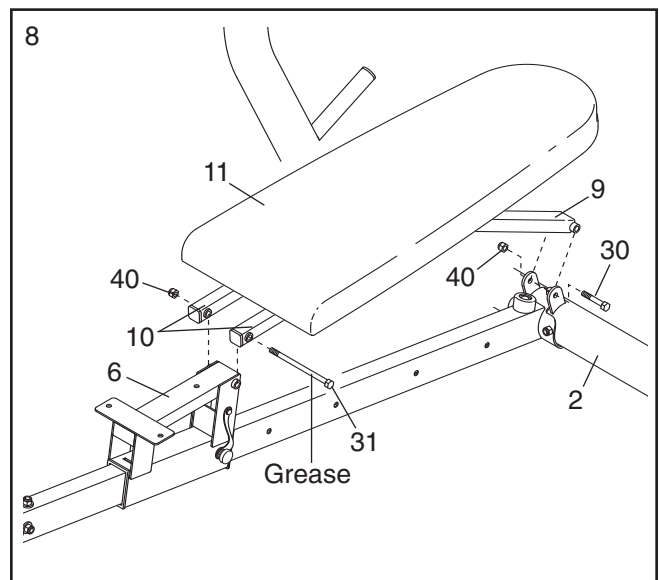
Next, attach the Backrest (11) to the Backrest Frames (10) with four M6 x 38mm Screws (35) and four M6 Washers (39). **Do not tighten the Screws yet.**



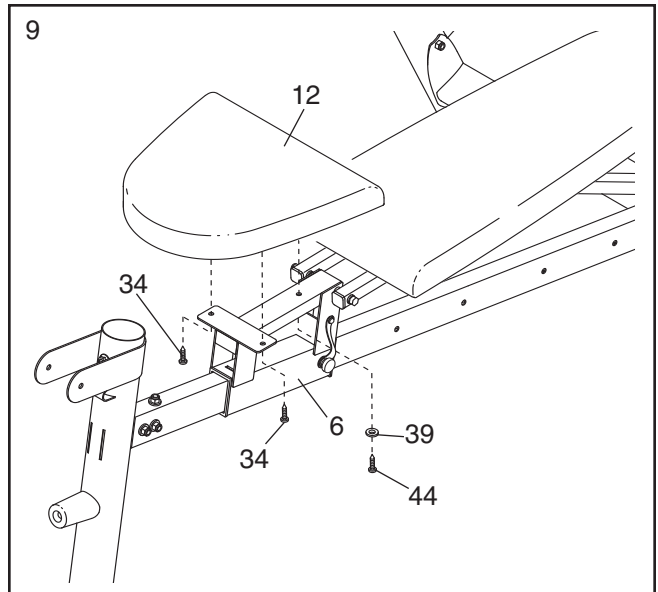
- Grease an M10 x 148mm Bolt (31). Attach the Backrest Frames (10) to the Seat Carriage (6) with the Bolt and an M10 Nylon Locknut (40). **Do not overtighten the Nylon Locknut; the Backrest Frames must pivot easily.**

Grease an M10 x 80mm Bolt (30). Attach the Backrest Support (9) to the Crossbar (2) with the Bolt and an M10 Nylon Locknut (40). **Do not overtighten the Nylon Locknut; the Backrest Support must pivot easily.**

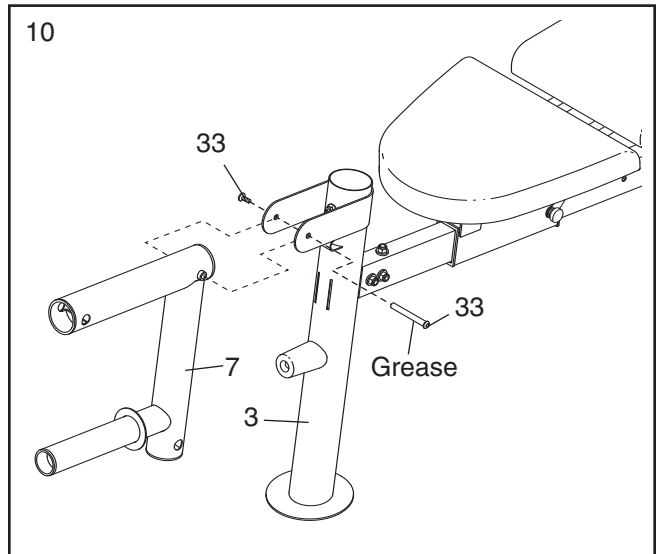
See step 7. Tighten the four M6 x 38mm Screws (35).



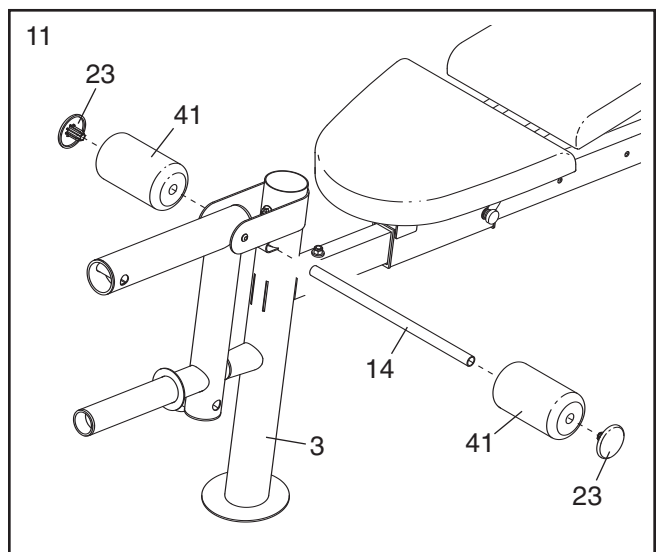
9. Attach the Seat (12) to the Seat Carriage (6) with two M6 x 16mm Screws (34), an M6 x 38mm Bolt (44), and an M6 Washer (39) as shown.



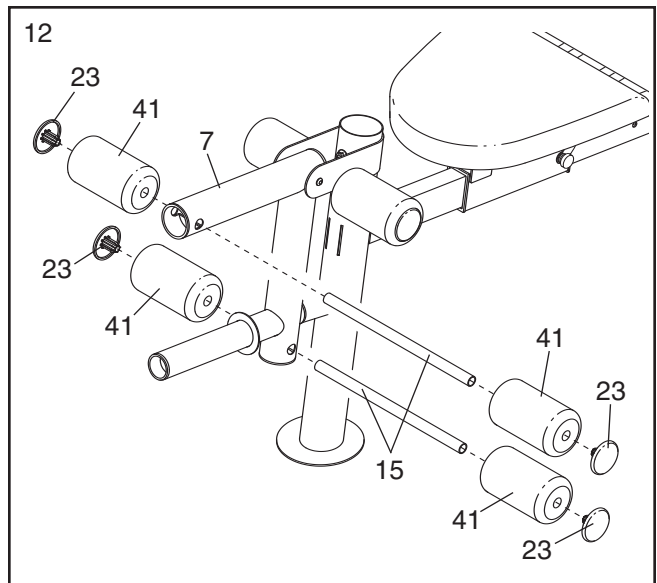
10. Grease the outside of the barrel of an M10 x 83mm Bolt Set (33). Attach the Leg Lever (7) to the Front Leg (3) with the Bolt Set. **Do not over-tighten the Bolt Set; the Leg Lever must pivot easily.**



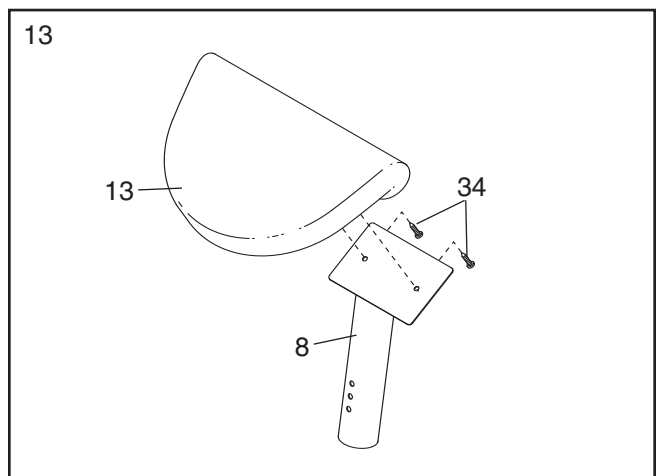
11. Insert the Long Pad Tube (14) into the Front Leg (3). Slide a Foam Pad (41) onto each end of the Long Pad Tube. Then, press a 19mm Round Cap (23) into each end of the Long Pad Tube.



12. Insert the two Short Pad Tubes (15) into the Leg Lever (7). Slide two Foam Pads (41) onto each Short Pad Tube. Then, press two 19mm Round Caps (23) into each Short Pad Tube.



13. Attach the Curl Pad (13) to the Curl Post (8) with two M6 x 16mm Screws (34).



14. Make sure all parts are properly tightened before you use the weight bench. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 11.

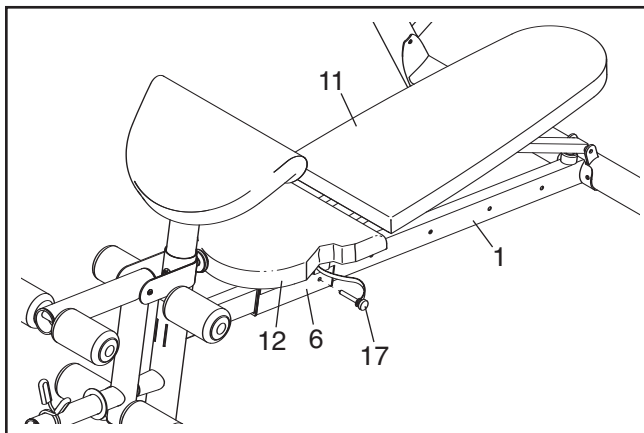
ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 12 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 weight bench is used. 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**.

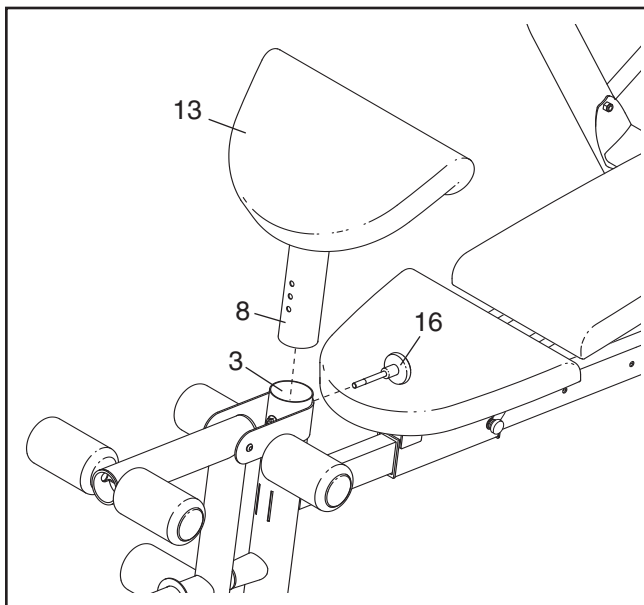
ADJUSTING THE SEAT AND BACKREST

To adjust the position of the Seat (12) and the Backrest (11), first pull the Pin (17) out of the Seat Carriage (6). Slide the Seat Carriage along the Frame (1) until the Backrest is in the desired position, and then engage the Pin into the hole in the Seat Carriage and a hole in the Frame.



ATTACHING THE CURL PAD

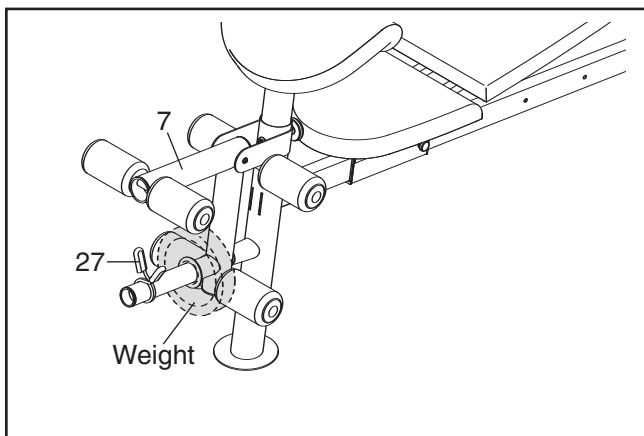
To use the Curl Pad (13), insert the Curl Post (8) into the Front Leg (3) and secure the Curl Post with the Post Knob (16). **Firmly tighten the Post Knob.**



USING YOUR WEIGHTS

To use the Leg Lever (7), slide the desired weights (not included) onto the Leg Lever. Secure the weights with the Weight Clip (27). You can store unused weights on the weight storage tubes (not shown) on the uprights.

WARNING: Do not put more than 150 lbs. (68 kg) on the Leg Lever (7). Always secure weights with the Weight Clip (27).



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 is:

- 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 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 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. See the muscle chart on page 13 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.

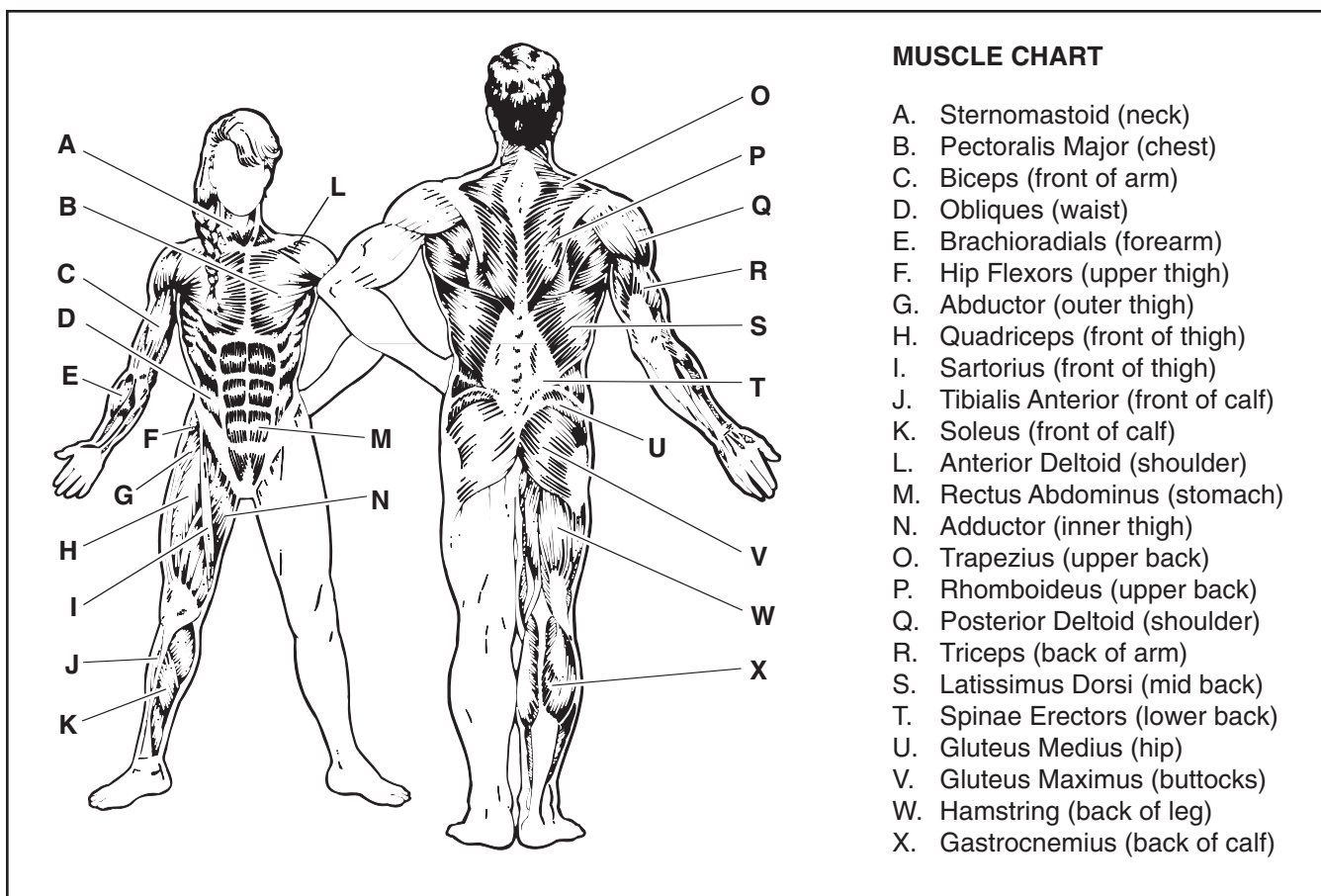
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

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. List 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)

PART LIST—Model No. WEBE1057.1

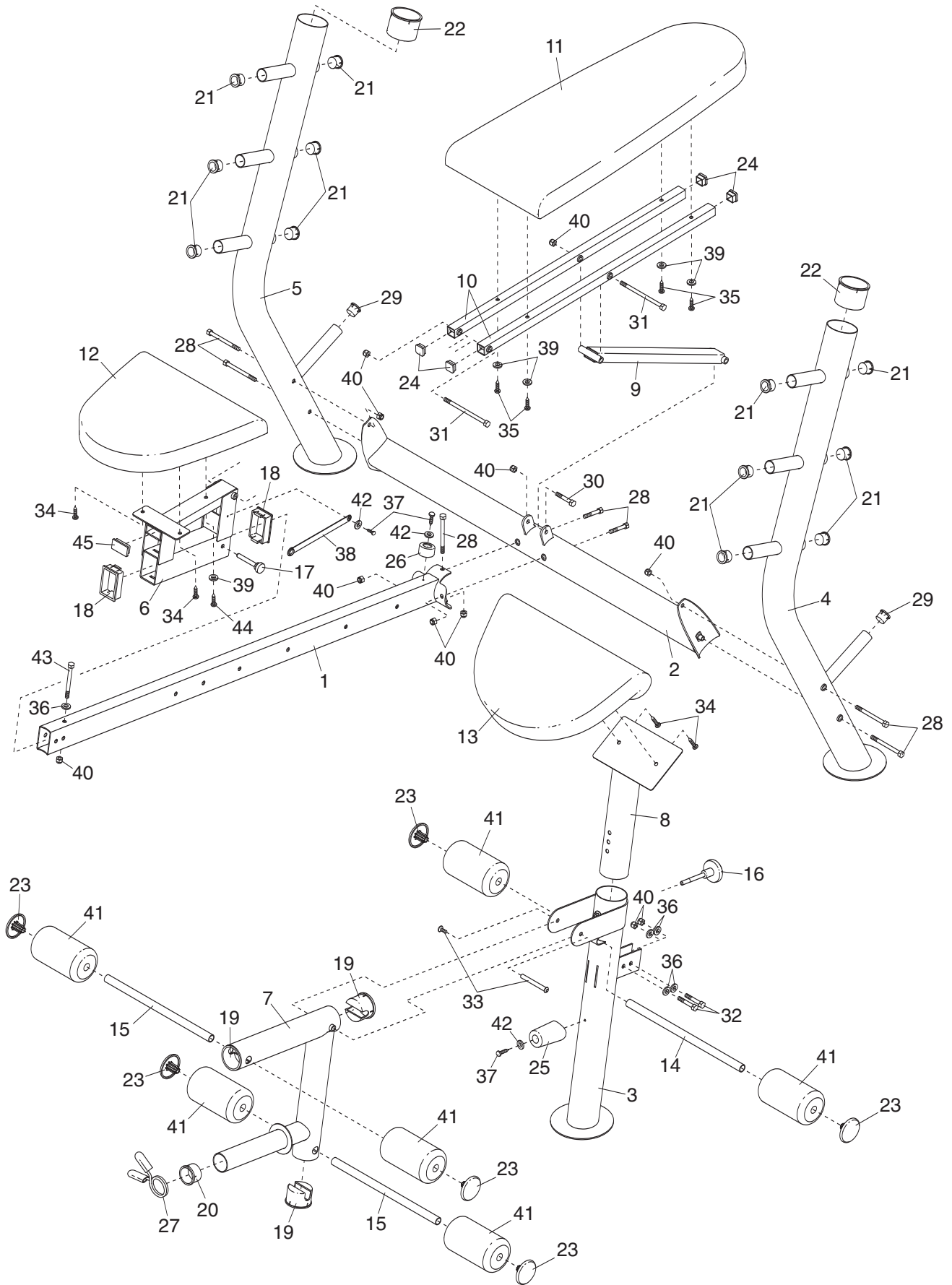
R0907A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	26	1	Frame Bumper
2	1	Crossbar	27	1	Weight Clip
3	1	Front Leg	28	7	M10 x 95mm Bolt
4	1	Left Upright	29	2	28mm Round Cap
5	1	Right Upright	30	1	M10 x 80mm Bolt
6	1	Seat Carriage	31	2	M10 x 148mm Bolt
7	1	Leg Lever	32	2	M10 x 55mm Bolt
8	1	Curl Post	33	1	M10 x 83mm Bolt Set
9	1	Backrest Support	34	4	M6 x 16mm Screw
10	2	Backrest Frame	35	4	M6 x 38mm Screw
11	1	Backrest	36	5	M10 Washer
12	1	Seat	37	3	M4 x 16mm Self-tapping Screw
13	1	Curl Pad	38	1	Tether
14	1	Long Pad Tube	39	5	M6 Washer
15	2	Short Pad Tube	40	11	M10 Nylon Locknut
16	1	Post Knob	41	6	Foam Pad
17	1	Pin	42	3	M4 Washer
18	2	Carriage Bushing	43	1	M10 x 70mm Bolt
19	3	64mm Round Cap	44	1	M6 x 38mm Bolt
20	1	48mm Round Cap	45	1	25mm x 50mm Cap
21	12	32mm Round Cap	*	—	User's Manual
22	2	76mm Round Cap	*	—	Exercise Guide
23	6	19mm Round Cap	*	—	Hex Key
24	4	25mm Square Cap	*	—	Grease Packet
25	1	Front Leg Bumper			

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

EXPLODED DRAWING —Model No. WEBE1057.1

R0907A



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 the manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the 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, 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 through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized 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 in-home service, the customer will be responsible for a minimal trip charge. 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 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 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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