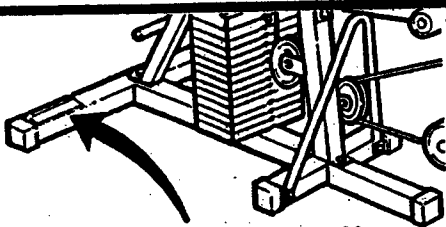


# POWER *Elite* MASTER 80032

MODEL NO. 80032  
SERIAL NO.

Write the serial number in the space  
above for reference.



SERIAL NUMBER DECAL

## WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts  
please have ready the following information listed  
below before calling the 800 NUMBER.

The ASSEMBLY MANUAL  
MODEL NUMBER of this UNIT  
PART NAME or DESCRIPTION  
ORDERING NUMBER  
THE QUANTITY of each part that you need.

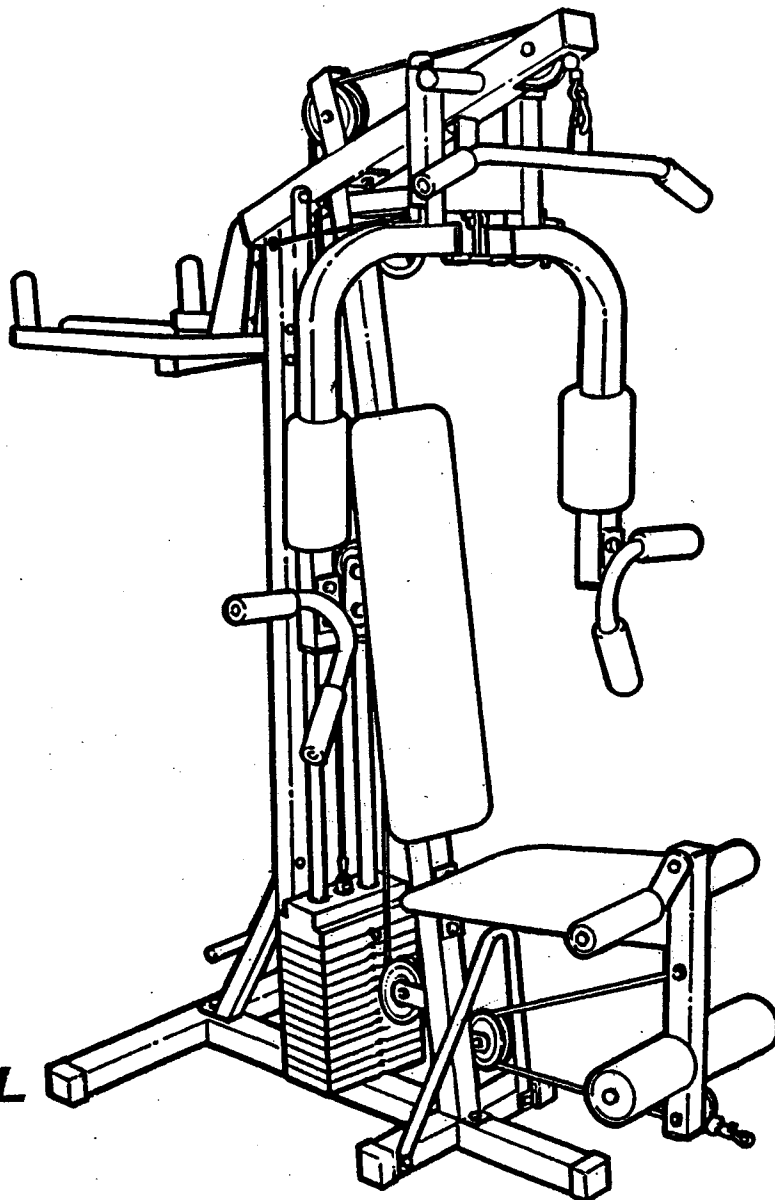
THE MODEL NUMBER of this unit is found in the  
UPPER LEFT-HAND or RIGHT-HAND CORNER of this  
page. The MODEL NUMBER is a series of FOUR or  
FIVE NUMBERS.

THE PART NAME or DESCRIPTION and the  
ORDERING NUMBER can be found on the PARTS  
LIST PAGE.

# Weider.

## OWNER'S MANUAL

MADE IN CANADA



WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

**IMPORTANT:** Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER HEALTH AND FITNESS  
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

**PART LIST 80032**

**PART LIST 80032**

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C3233-F32-F32
2	REAR BRACE	1	C3234-F32-F32
3	ARM PRESS FRAME UPRIGHT	1	C3235-F32-F32
4	AB FLEX UPRIGHT	1	C3236-F32-F32
5	TOP FRAME	1	C3237-F32-F32
6	BACK SUPPORT BRACKET	1	C6788-F32-F32
7	SEAT FRAME	1	C3238-F32-F32
8	Mounting Plate	4	C6779-F29-F32
9	SEAT BRACE	1	C6789-F32-F32
10	WEIGHT SELECTOR TUBE	1	C6388-F32-F32
11	WEIGHT PLATE 10 LBS.	13	BB-0328-F32
12	WEIGHT PLATE 20 LBS.	1	BB-0327-F32
13	GUIDE ROD	2	C6830-F32-F32
14	SEAT	1	C1382-F32-F32
15	BACKREST	1	C1383-F32-F32
16	LEG EXTENSION	1	C3239-F32-F32
17	PAD BAR 3/4" X 16"	2	C6393-F32-F32
18	FOAM PAD 3 1/4" X 7"	4	C0443-E02-F32
19	ARM PRESS ASSEMBLY	1	C3240-F32-F32
20	PIVOT TUBE 1" X 14"	1	C6375-F21-F32
21	PEG-DECK ARM - RIGHT	1	C3241-F32-F32
22	PEG-DECK ARM - LEFT	1	C3242-F32-F32
23	FOAM PAD 3 3/4" X 8"	2	C0470-F32-F32
24	ARM PRESS HANDLE - RIGHT	1	C6391-F32-F32
25	ARM PRESS HANDLE - LEFT	1	C6392-F32-F32
26	FOAM GRIP 1" X 5"	6	C0417-805-F32
27	AB FLEX ARM	1	C6389-F32-F32
28	AB FLEX ARM HANDLE	2	C6390-F32-F32
29	AB FLEX ARM CONNECTOR TUBE	1	C6967-F32-F32
30	AB BACKREST	1	C1384-F32-F32
31	ARM PADS	2	C1385-F32-F32
32	PEG-DECK CABLE 128"	1	C6840-F32-F32
33	WEIGHT STACK CABLE 67"	1	C6835-F21-F32
34	PULLEY 3/12"	7	AA-6133-F32
35	PULLEY 1/12"	4	AA-6122-F32
36	PEG-DECK PULLEY BRACKET - RIGHT HOLE	1	C6968-F32-F32
37	PEG-DECK PULLEY BRACKET - LEFT HOLE	1	C6969-F32-F32
38	PEG-DECK PULLEY BRACKET - CENTER HOLE	1	C6970-F32-F32

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
39	CABLE TRAP BRACKET - 3 1/2" PULLEY	3	C6790-F32-F32
40	PULLEY CONNECTOR PLATE	2	C6700-D23-F32
41	BENT PULLEY TRAP BRACKET	2	C6792-F32-F32
42	LEG EXTENSION CABLE 55 1/4"	1	C6836-F21-F32
43	CABLE TRAP BRACKET - 4 1/2" PULLEY	1	C6791-F32-F32
44	REAR BASE	1	C3243-F32-F32
54	LAT BAR	1	C6831-F32-F32
55	S-HOOK	1	WW-7030-F32
56	LEG STRAP W/DUMBBELL HANDLE	1	EE-0075-F32
57	ACCESSORY ROPE	1	C6602-D23-F32
58	PEG-DECK LOCK PIN	1	WW-7067-F32
59	LOCK PIN BAR	1	WW-7068-F32
60	5/16" X 2 3/4" HEX HEAD BOLT	16	HH-5058-F32
61	5/16" X 3 1/4" HEX HEAD BOLT	9	HH-5297-F32
63	5/16" X 1 1/2" HEX HEAD BOLT	5	HH-5312-F32
64	5/16" X 2" HEX HEAD BOLT	3	HH-5054-F32
65	5/16" X 3/4" HEX HEAD BOLT	3	HH-5245-F32
66	5/16" X 3" HEX HEAD BOLT	2	HH-5167-F32
67	5/16" X 2 1/2" HEX HEAD BOLT	1	HH-5053-F32
68	5/16" X 1" HEX HEAD BOLT	2	HH-5332-F32
69	5/16" FLAT WASHER	27	HH-6127-F32
70	5/16" NYLON LOCK NUT	41	HH-5012-F32
71	1/4" X 3/4" MACHINE SCREW	10	HH-5022-F32
73	1/4" FLAT WASHER	7	HH-5048-F32
74	1/4" X 2" MACHINE SCREW	4	HH-5256-F32
75	1/4" X 1 3/4" HEX HEAD BOLT	1	HH-5024-F32
76	1/4" NYLON LOCK NUT	5	HH-5011-F32
77	1/4" X 3 1/4" CARRIAGE BOLT	1	HH-5375-F32
78	1/4" X 2 1/2" CARRIAGE BOLT	3	HH-5333-F32
79	3/8" X 3 1/4" HEX HEAD BOLT	2	HH-5063-F32
80	3/8" X 2 1/4" HEX HEAD BOLT	1	HH-5061-F32
81	3/8" X 1 3/4" HEX HEAD BOLT	8	HH-5308-F32
83	3/8" FLAT WASHER	4	HH-5265-F32
84	3/8" NYLON LOCK NUT	11	HH-5068-F32
85	3/8" JAM NUT	2	HH-5356-F32
86	2" X 1 3/16" FLAT WASHER	2	HH-5454-F32
89	2" SQUARE PLASTIC INSERT CAP	5	AA-8002-F32
90	2 1/2" SQUARE PLASTIC INSERT CAP	2	AA-8013-F32

# PART LIST 80032

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
91	1" ROUND PLASTIC INSERT CAP	10	AA-8005*F32
92	2 1/2" SQUARE PLASTIC COVER CAP	5	AA-8213*F32
93	1 3/4" SQUARE PLASTIC INSERT CAP	1	AA-8008*F32
94	3/4" ROUND PLASTIC INSERT CAP	4	AA-8012*F32
95	1 1/4" ROUND PLASTIC INSERT CAP	4	AA-8014*F32
96	1 1/4" SQUARE PLASTIC INSERT CAP	2	AA-8069*F32
97	1 1/2" SQUARE PLASTIC INSERT CAP	2	AA-8001*F32
98	1/2" LONG METAL SPACER	1	HH-5414*F32
99	28x22" (APPROX. 3/4") LONG METAL SPACER	2	HH-5465*F32
100	3/4" LONG METAL SPACER	1	HH-5388*F32
101	SQUARE END BUSHING	6	AA-8203*F32
102	WEIGHT SELECTOR PIN 5/16" X 5"	1	WW-7065*F32
103	WEIGHT SELECTOR TUBE END CAP	1	AA-8123*F32
104	RUBBER BUMPER WASHER	2	AA-8124*F32
105	ELITE POWER MASTER DECAL	1 SET	DE-4257*F32
106	WEIGHT PLATE DECAL	1 SET	DE-4257*F32
107	STATION 1 DECAL	1 SET	DE-4257*F32
108	POWER STACK DECAL	1 SET	DE-4257*F32
109	STATION 2 DECAL	1 SET	DE-4257*F32
	ASSEMBLY MANUAL	1	CNN-1190*F32
	TRAINING MANUAL	1	CNN-1191*F32
	HARDWARE BAGS		
	STEPS 1-4	1	C5975-F32*F32
	STEPS 5-9	1	C5976-F32*F32
	STEPS 10-14	1	C5977-F32*F32
	STEPS 15-20	1	C5978-F32*F32
	PULLEYS	1	C5979-F32*F32

## BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

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

*Joe Weber*

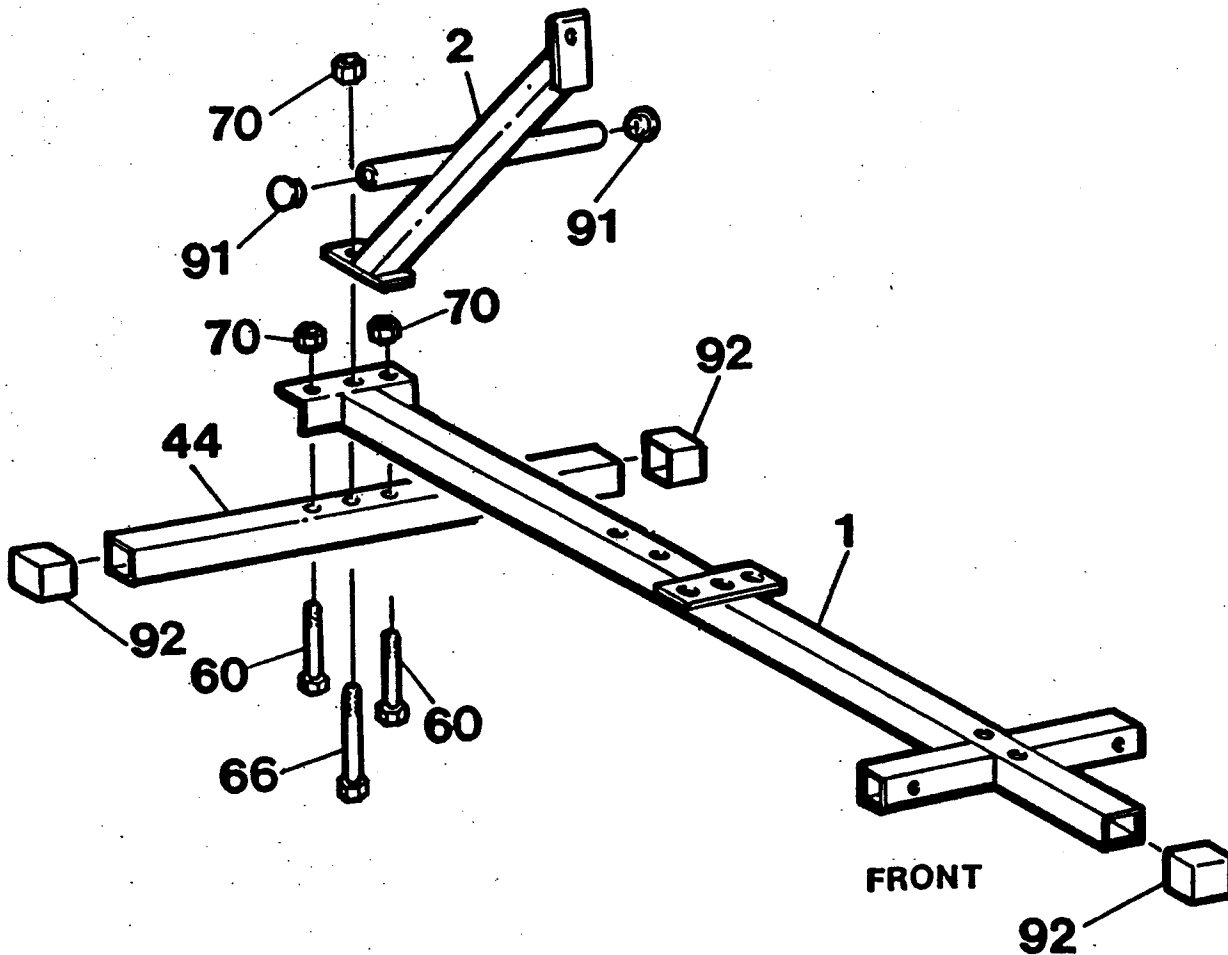
### HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING PARTS AGAINST THE PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK X AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT READING TO FIND YOUR PLACE IN THE ASSEMBLY.
4. YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.
5. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES, OR NOTICES. LAY OUT UNASSEMBLED PARTS. FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
6. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
7. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
8. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
9. IN ASSEMBLY, WHEN THERE ARE INSTRUCTIONS THAT INDICATE THE USE OF A WASHER WHEN BOLTING, IT IS VERY IMPORTANT TO USE THE WASHER IN EACH PLACE SHOWN. THE WASHERS ARE USED TO DISTRIBUTE THE LOAD ON THE BOLT AND ARE VERY IMPORTANT.
10. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
11. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.
12. WITH CONTINUED USE THE MOVING PARTS OF THIS UNIT WILL BECOME STIFF AND POSSIBLY BEGIN SQUEAKING. LUBRICATE THE MOVING PARTS WITH ANY HOUSEHOLD LUBRICATING OIL. NOTE: IT MAY BE NECESSARY TO PARTIALLY DIS-ASSEMBLE THE PARTS TO LUBRICATE THE PARTS PROPERLY.

**STEP 1 BASE FRAME ASSEMBLY**

PART NAME	QTY
60 5/16" X 2 3/4" HEX HEAD BOLT	2
66 5/16" X 3" HEX HEAD BOLT	1
70 5/16" NYLON LOCK NUT	3
91 1" ROUND PLASTIC INSERT CAP	2
92 2 1/2" SQUARE PLASTIC COVER CAP	3

- Begin by capping each tubing end of the BASE FRAME (1) and the REAR BASE (44) with 2 1/2" SQUARE PLASTIC COVER CAPS (92).
- Orient the BASE FRAME (1) and the REAR BASE (44) so that the dimpled-in holes are faced to the floor.



- Assemble the BASE FRAME (1) to the REAR BASE (44) by bolting with 5/16" X 2 3/4" HEX HEAD BOLTS (60) up through the bottom of the Rear Base and then through the bracket of the Base Frame. Secure with 5/16" NYLON LOCK NUTS (70).
- Assemble the REAR BRACE (2) to the BASE FRAME (1) by bolting with a 5/16" X 2 3/4" HEX HEAD BOLT (60) up through the rear of the Base and then through the Bracket of the Rear Brace. Secure with a 5/16" NYLON LOCK NUT (70).
- Cap each end of the tubing on the REAR BRACE (2) with 1" ROUND PLASTIC INSERT CAPS (91).

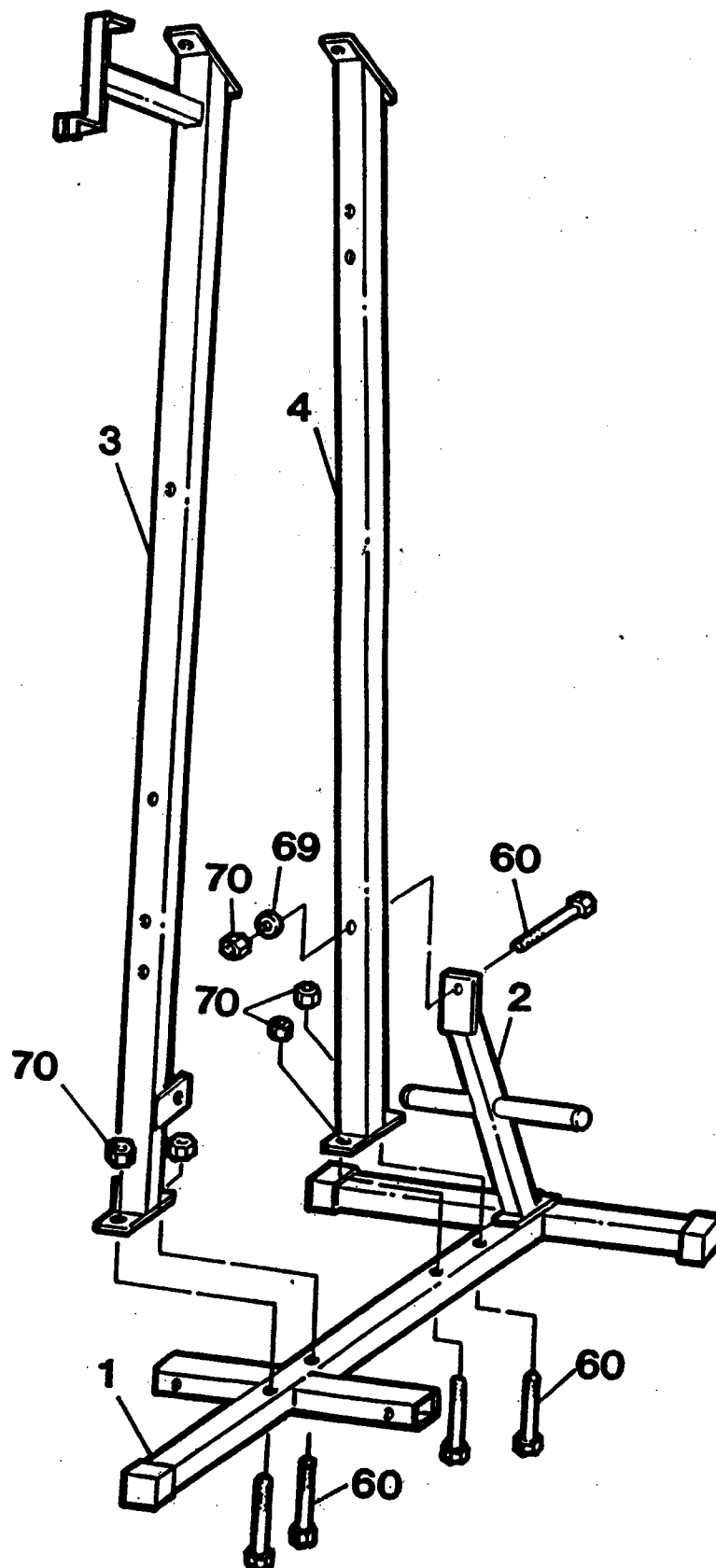
**STEP 2 FRAME UPRIGHT ASSEMBLY**

PART NAME	QTY
60 5/16" X 2 3/4" HEX HEAD BOLT	5
69 5/16" FLAT WASHER	1
70 5/16" NYLON LOCK NUT	5

Assemble the AB FLEX UPRIGHT (4) to the BASE (1) using 5/16" X 2 3/4" HEX HEAD BOLTS (60) and bolting at the hole locations in front of the REAR BRACE (2) up through the Base and then through the Bracket of the AB FLEX UPRIGHT (4). Secure with 5/16" NYLON LOCK NUTS (70).

Attach the REAR BRACE (2) to the AB FLEX UPRIGHT (4) by bolting with a 5/16" X 2 3/4" HEX HEAD BOLT (60) through the Bracket of the REAR BRACE (2) and then through the Upright. Assemble a 5/16" FLAT WASHER (69) onto the bolt and secure with a 5/16" NYLON LOCK NUT (70).

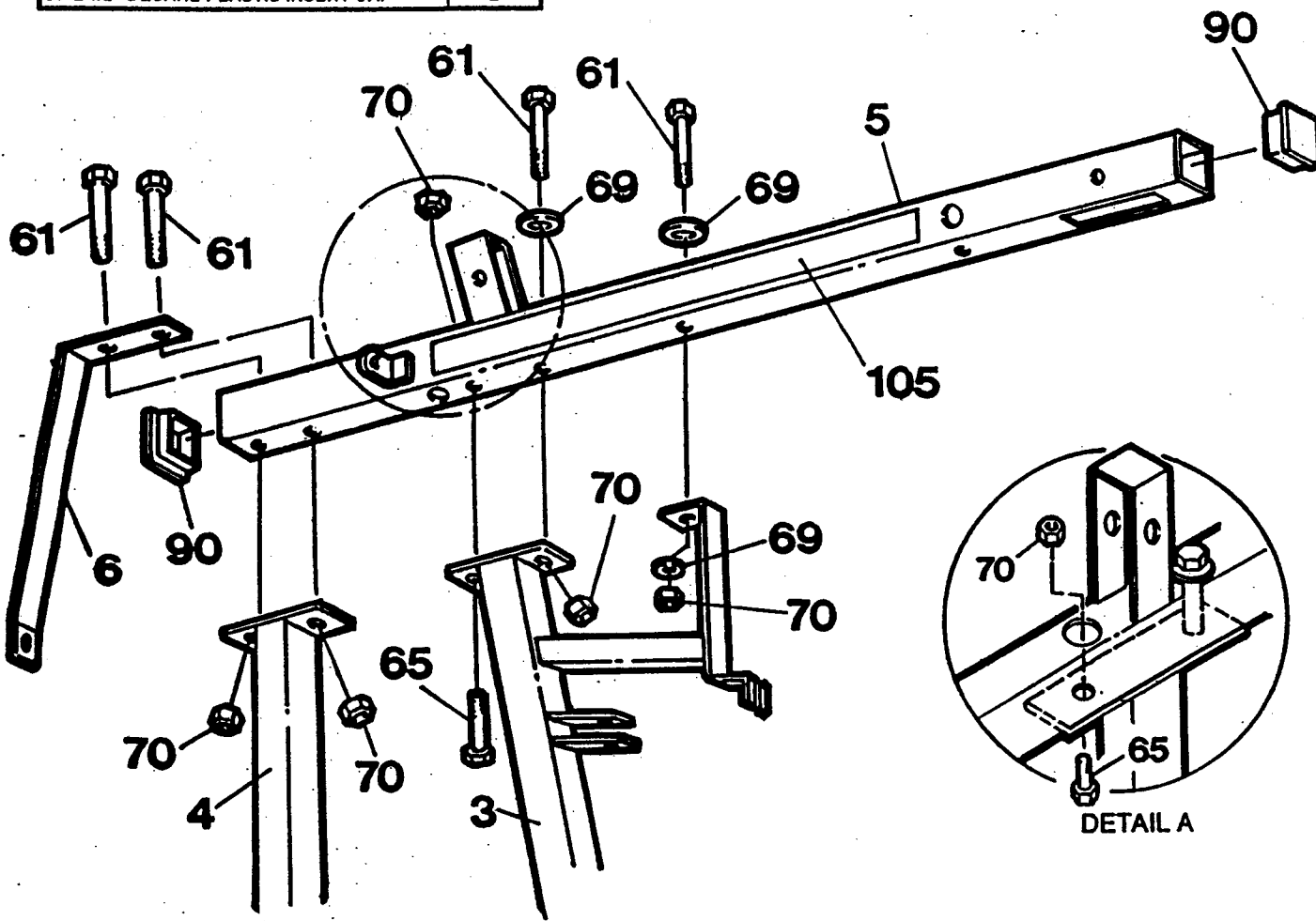
Assemble the ARM PRESS FRAME UPRIGHT (3) to the BASE (1) by bolting up through the bottom of the Base at the hole locations at the Cross-member Tube and then through the Bracket of the Arm Press Upright with 5/16" X 2 3/4" HEX HEAD BOLTS (60). Secure with 5/16" NYLON LOCK NUTS (70).



### STEP 3 TOP FRAME ASSEMBLY

PART NAME	QTY
61 5/16" X 3 1/4" HEX HEAD BOLT	4
65 5/16" X 3/4" HEX HEAD BOLT	1
69 5/16" FLAT WASHER	3
70 5/16" NYLON LOCK NUT	5
90 2 1/2" SQUARE PLASTIC INSERT CAP	2

Assemble a 5/16" FLAT WASHER (69) onto a 5/16" X 3 1/4" HEX HEAD BOLT (61) and attach the TOP FRAME (5) to the ARM PRESS FRAME UPRIGHT (3) by bolting down through the hole in front of the welded bracket at the top of the Frame and then through the Bracket of the Arm Press Upright. Fasten with a 5/16" NYLON LOCK NUT (70).



Assemble the TOP FRAME (5) at the back of the welded bracket by inserting a 5/16" NYLON LOCK NUT (70) down through the Cable access hole in the top of the Top Frame and then assembling a 5/16" X 3/4" HEX HEAD BOLT (65) through the bottom and securing. (SEE DETAIL A.)

Assemble a 5/16" FLAT WASHER (69) onto a 5/16" X 3 1/4" HEX HEAD BOLT (61) and attach the TOP FRAME (5) to the Brace Extension on the front of the ARM PRESS FRAME UPRIGHT (3) by bolting down through the Top Frame and then through the Brace Extension. Assemble a 5/16" FLAT WASHER (69) onto the bolt end and fasten with a 5/16" NYLON LOCK NUT (70).

Attach the AB FLEX UPRIGHT (4) and the BACK SUPPORT BRACKET (6) to the Top Frame by bolting with 5/16" X 3 1/4" HEX HEAD BOLTS (61) first down through the BACK SUPPORT BRACKET (6), then the Top Frame, and finally through the bracket of the Ab Flex Upright. Secure with 5/16" NYLON LOCK NUTS (70).

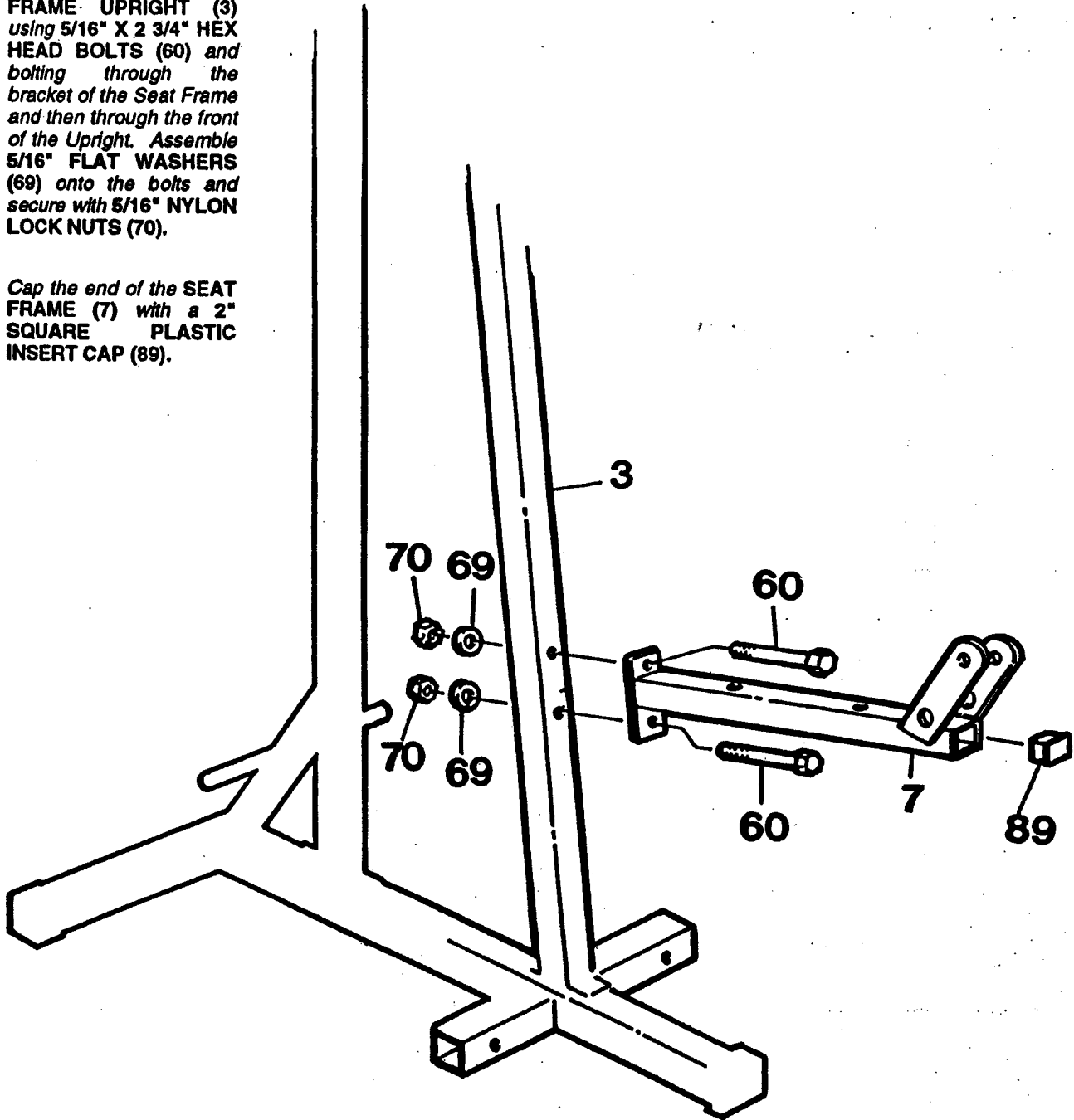
Cap each end of the TOP FRAME (5) with 2 1/2" SQUARE PLASTIC INSERT CAPS (90).

Remove ELITE POWER MASTER DECALS (105) from backing sheet and affix to both sides of the TOP FRAME (5).

**STEP 4 SEAT FRAME ASSEMBLY**

PART NAME	QTY
60 5/16" X 2 3/4" HEX HEAD BOLT	2
69 5/16" FLAT WASHER	2
70 5/16" NYLON LOCK NUT	2
89 2" SQUARE PLASTIC INSERT CAP	1

- Attach the SEAT FRAME (7) to the ARM PRESS FRAME UPRIGHT (3) using 5/16" X 2 3/4" HEX HEAD BOLTS (60) and bolting through the bracket of the Seat Frame and then through the front of the Upright. Assemble 5/16" FLAT WASHERS (69) onto the bolts and secure with 5/16" NYLON LOCK NUTS (70).
- Cap the end of the SEAT FRAME (7) with a 2" SQUARE PLASTIC INSERT CAP (89).



### STEP 5 SEAT BRACE ASSEMBLY

PART NAME	QTY
68 5/16" X 1" HEX HEAD BOLT	2
70 5/16" NYLON LOCK NUT	2
73 1/4" FLAT WASHER	3
76 1/4" NYLON LOCK NUT	4
77 1/4" X 3 1/4" CARRIAGE BOLT	1
78 1/4" X 2 1/2" CARRIAGE BOLT	3
92 2 1/2" SQUARE PLASTIC COVER CAP	2

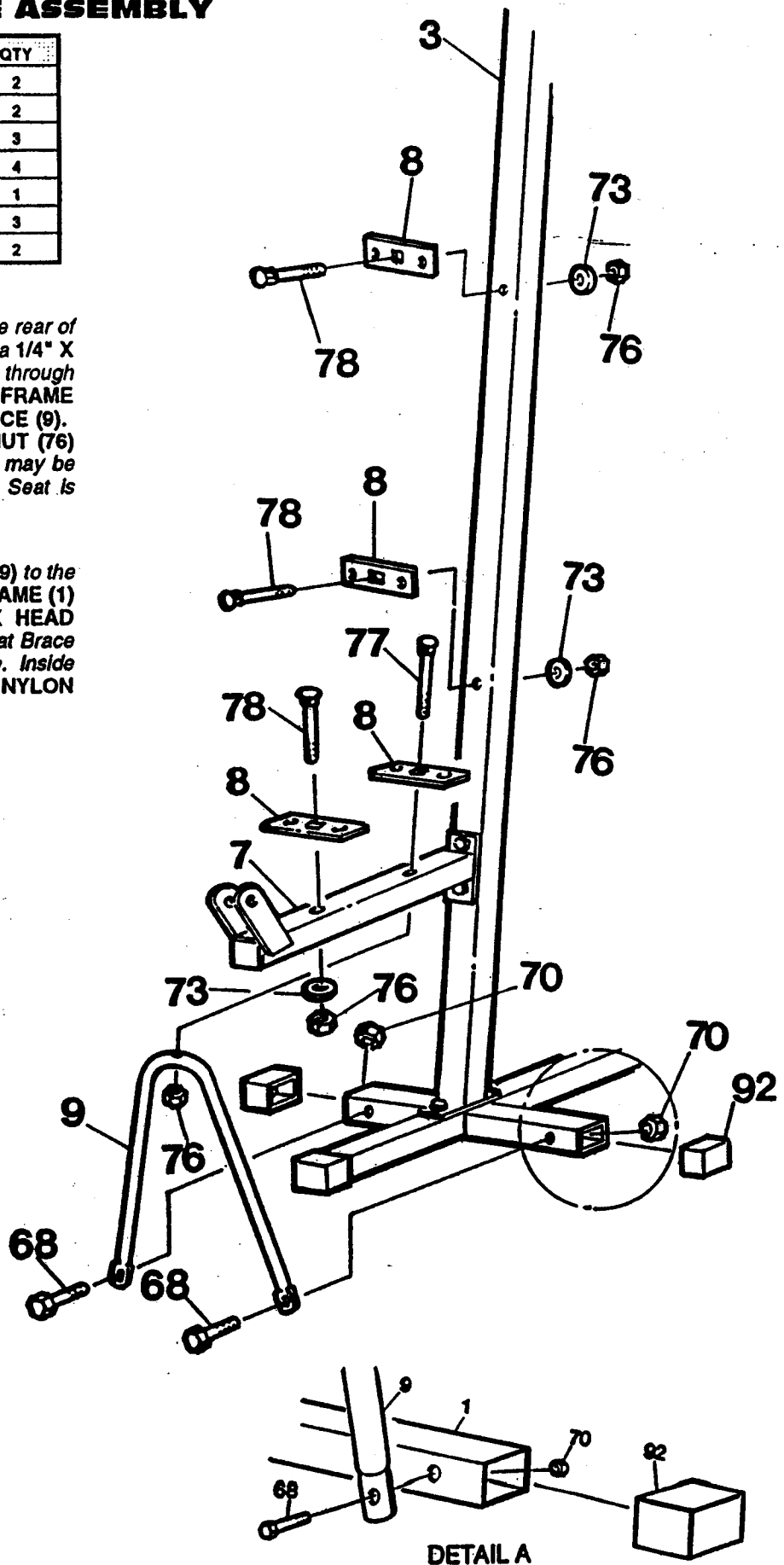
Assemble the SEAT BRACE (9) to the rear of the SEAT FRAME (7) by bolting with a 1/4" X 3 1/4" CARRIAGE BOLT (77) down through a MOUNTING PLATE (8), the SEAT FRAME (7), and then through the SEAT BRACE (9). Fasten with a 1/4" NYLON LOCK NUT (76) only finger tight as some adjustment may be necessary in a later step when the Seat is assembled.

Attach the legs of the SEAT BRACE (9) to the Cross-member Tube of the BASE FRAME (1) by bolting with a 5/16" X 1" HEX HEAD BOLT (68) through the leg of the Seat Brace and then into the Cross-member Tube. Inside the tube, secure the bolt with a 5/16" NYLON LOCK NUT (70). (SEE DETAIL A.)

Attach a MOUNTING PLATE (8) to the front hole of the SEAT FRAME (7) by bolting with a 1/4" X 2 1/2" CARRIAGE BOLT (78) down through the Mounting Plate and then through the Seat Frame. Assemble a 1/4" FLAT WASHER (73) onto the bolt and secure only finger tight with a 1/4" NYLON LOCK NUT (76).

Attach the MOUNTING PLATES (8) to the front of the ARM PRESS FRAME UPRIGHT (3) by bolting with a 1/4" X 2 1/2" CARRIAGE BOLT (78) through the MOUNTING PLATE (8) and then the Upright. Assemble a 1/4" FLAT WASHER (73) onto the bolt and fasten with a 1/4" NYLON LOCK NUT (76) only finger tight as some adjustment may be necessary in a later step when the Backrest is assembled.

Cap the ends of the Cross-member Tube of the BASE FRAME (1) with 2 1/2" SQUARE PLASTIC COVER CAPS (92).





## STEP 6 WEIGHT STACK ASSEMBLY

PART NAME	QTY
103 WEIGHT SELECTOR TUBE END CAP	1
104 RUBBER BUMPER WASHER	2

» **CAUTION:** To aid in this step it is advised that you secure the assistance of a helper to assist in the steadying of the Weight Plates as they are stacked.

Locate the RUBBER BUMPER WASHERS (104) atop the welded Guide Rod Locating Bracket on the BASE (1).

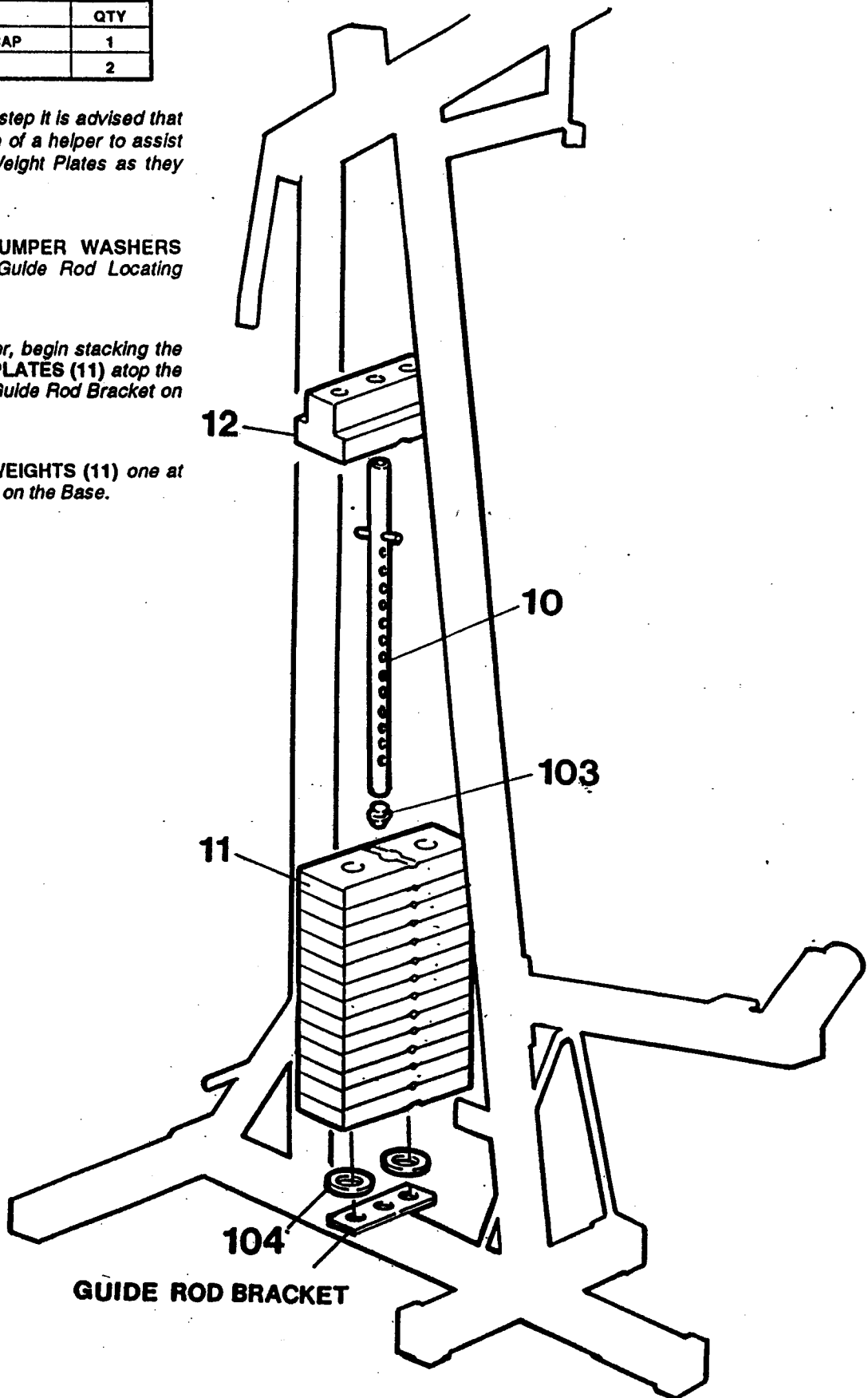
With the aid of your helper, begin stacking the thirteen 10 LB. WEIGHT PLATES (11) atop the Rubber Washers on the Guide Rod Bracket on the BASE (1).

Stack all thirteen 10 LB WEIGHTS (11) one at a time until all are stacked on the Base.

Insert the WEIGHT SELECTOR TUBE END CAP (103) into the bottom of the WEIGHT SELECTOR TUBE (10). Insert the Selector Tube into the center hole through the stack of Weight Plates and align the pre-assembled roll pin of the Selector Tube with the groove in the top of the Weight Plate.

» **NOTE:** The Weight Selector Tube should insert completely through the stack of Weight Plates if they are in proper alignment with the welded Guide Rod Bracket on the Base Frame. If it does not insert completely, adjust the Weight Stack positioning until it does.

When the WEIGHT SELECTOR TUBE (10) has been inserted fully into the Weight Stack, position the final 20 LB WEIGHT PLATE (12) over the Selector Tube atop the Weight Stack.

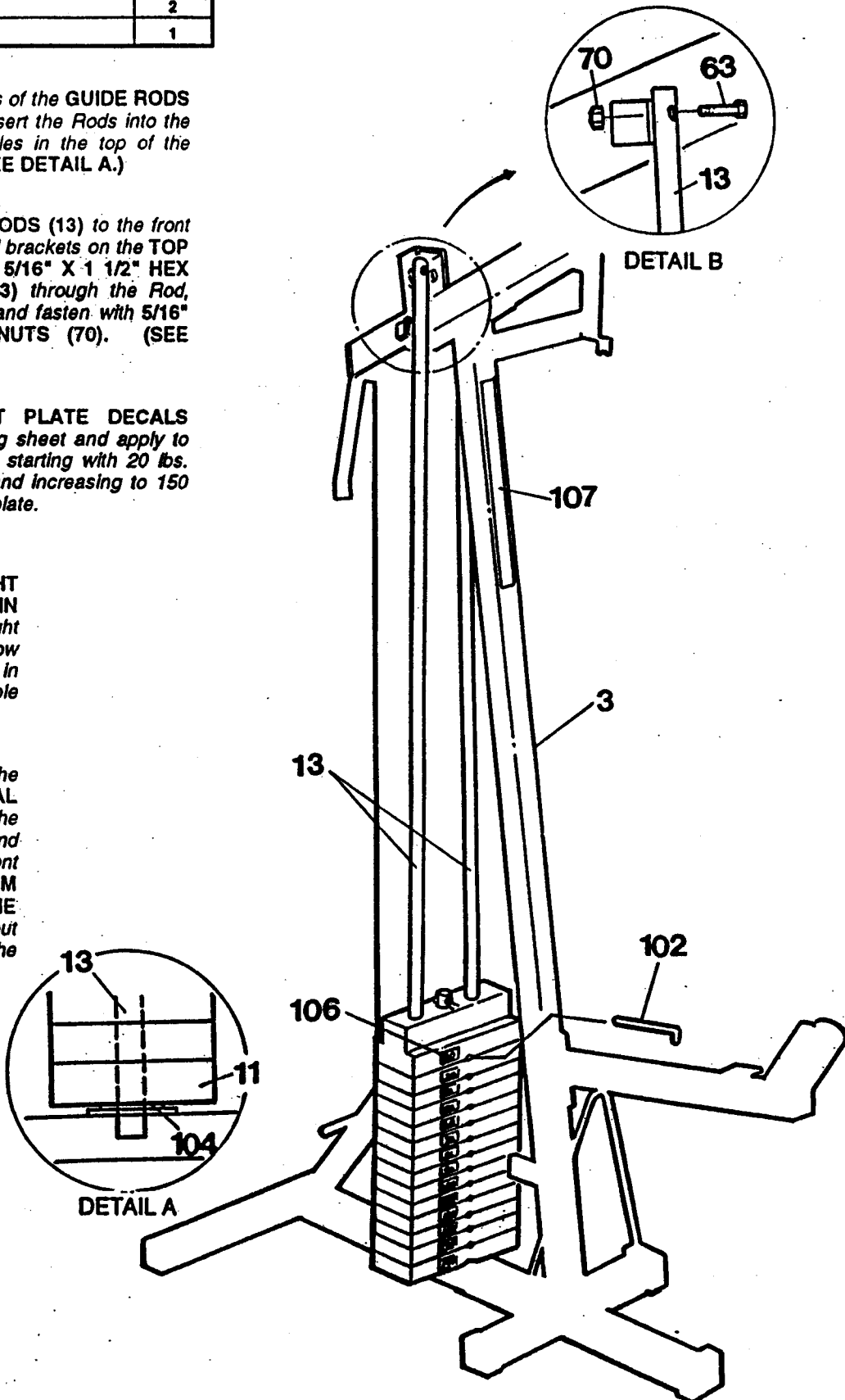


**GUIDE ROD BRACKET**

### STEP 7 GUIDE ROD ASSEMBLY

PART NAME	QTY
63 5/16" X 1 1/2" HEX HEAD BOLT	2
70 5/16" NYLON LOCK NUT	2
102 WEIGHT SELECTOR PIN	1

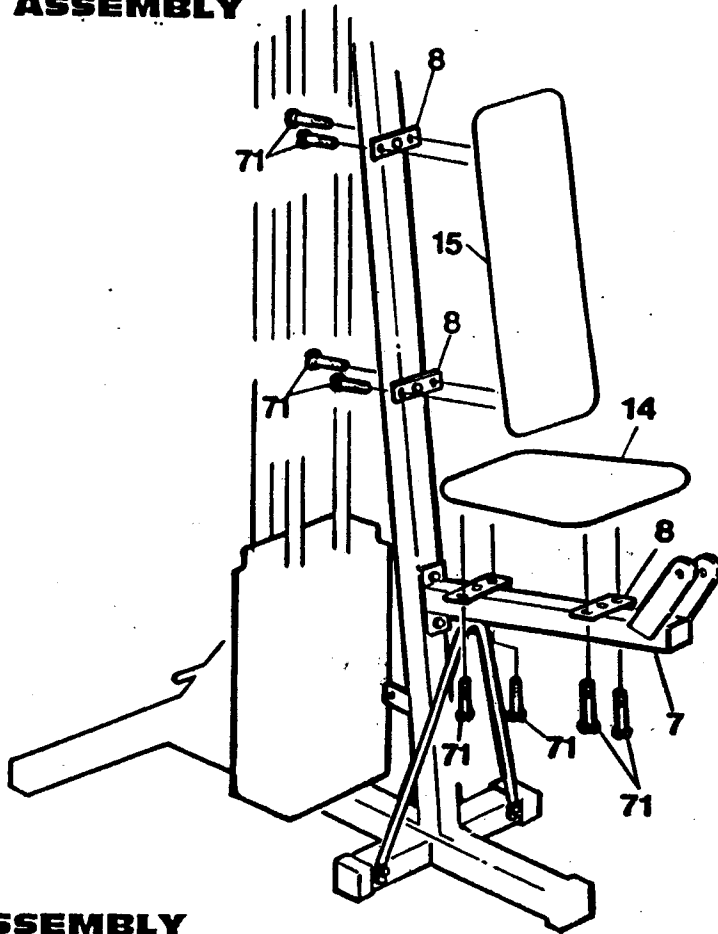
- With the bolt holes of the GUIDE RODS (13) to the top, insert the Rods into the two remaining holes in the top of the Weight Stack. (SEE DETAIL A.)
- Bolt the GUIDE RODS (13) to the front side of the welded brackets on the TOP FRAME (5) using 5/16" X 1 1/2" HEX HEAD BOLTS (63) through the Rod, then the bracket and fasten with 5/16" NYLON LOCK NUTS (70). (SEE DETAIL B.)
- Remove WEIGHT PLATE DECALS (106) from backing sheet and apply to the Weight Plates starting with 20 lbs. on the top plate and increasing to 150 lbs on the bottom plate.
- Insert the WEIGHT SELECTOR PIN (102) into the Weight Stack at a low setting to aid in future cable assembly.
- Remove the STATION 1 DECAL (107) from the backing sheet and affix it to the front side of the ARM PRESS FRAME UPRIGHT (3) about 4 inches below the welded brackets.



### STEP 8 SEAT & BACKREST ASSEMBLY

PART NAME	QTY
71 1/4" X 3/4" MACHINE SCREW	8

- Attach the SEAT (14) to the SEAT MOUNTING PLATES (8) on the SEAT FRAME (7) using 1/4" X 3/4" MACHINE SCREWS (71) and bolting up through the Mounting Plate and into the Seat.
- Attach the BACKREST (15) to the ARM PRESS FRAME UPRIGHT (3) using 1/4" X 3/4" MACHINE SCREWS (71) and bolting through the back of the Upright Frame and into the Seat.



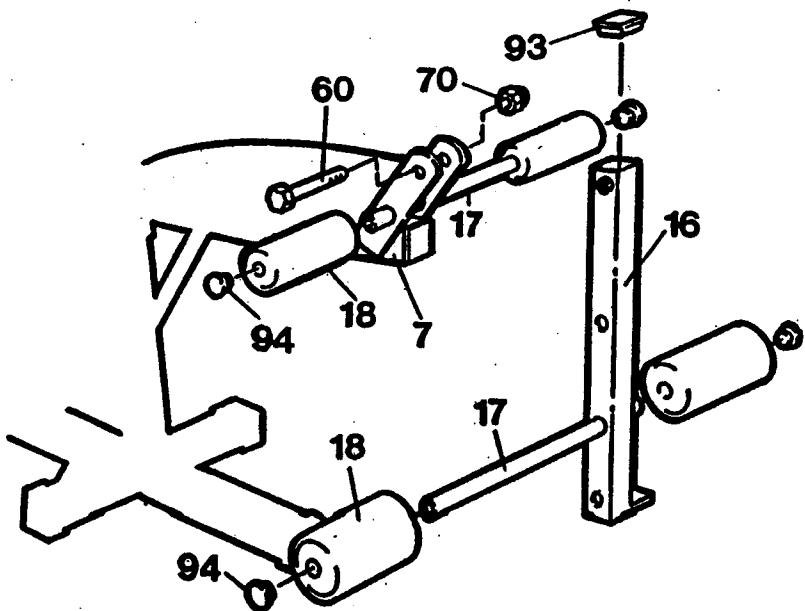
### STEP 9 LEG EXTENSION ASSEMBLY

PART NAME	QTY
60 5/16" X 2 3/4" HEX HEAD BOLT	1
70 5/16" NYLON LOCK NUT	1
93 1 3/4" SQUARE PLASTIC INSERT CAP	1
94 3/4" ROUND PLASTIC INSERT CAP	4

- Assemble LEG EXTENSION TUBE (16) into the brackets of the SEAT FRAME (7) with a 5/16" X 2 3/4" HEX HEAD BOLT (60) and a 5/16" NYLON LOCK NUT (70). Cap top of Leg Extension tube with a 1 3/4" SQUARE PLASTIC INSERT CAP (93).
- Press 3/4" ROUND PLASTIC INSERT CAPS (94) into ends of 3/4" X 16" PAD BARS (17).

» NOTE: To each Pad Bar wipe a small amount of liquid dish detergent along the length of the Bar. This helps in the assembly of the Foam Pads. When the detergent dries, it acts as an adhesive.

- To one end of each PAD BAR (17) press on one 3 1/4" X 7" FOAM PAD (18).
- Insert one PAD BAR (17) into the brackets of the SEAT FRAME (7) and assemble another 3 1/4" X 7" FOAM PAD (18).
- Assemble the other PAD BAR (17) into a hole on the lower section of the LEG EXTENSION TUBE (16).
- Press another 3 1/4" X 7" FOAM PAD (18) onto the inserted tube end.

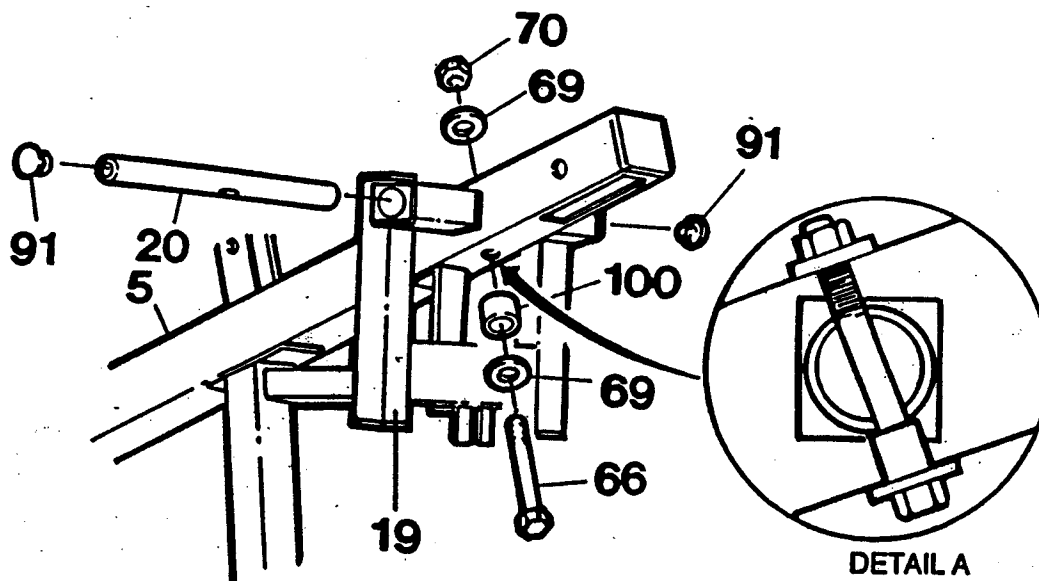
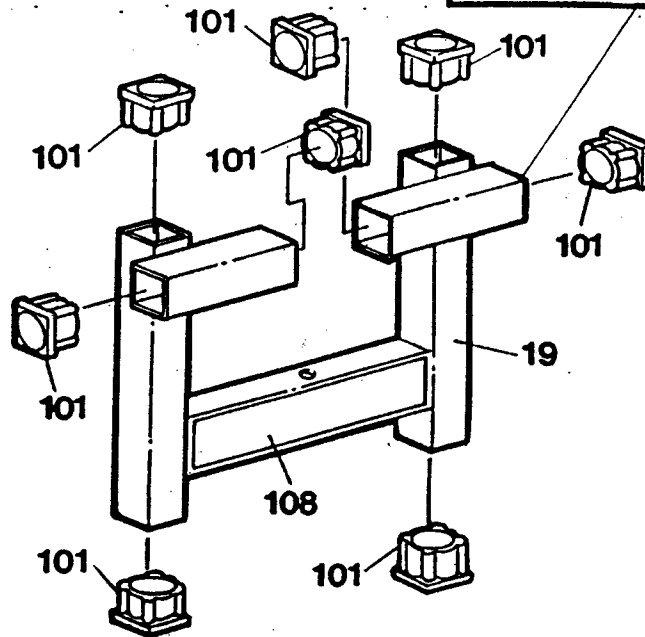


**STEP 10 ARM PRESS ASSEMBLY**

PART NAME	QTY
66 5/16" X 3" HEX HEAD BOLT	1
69 5/16" FLAT WASHER	2
70 5/16" NYLON LOCK NUT	1
91 1" ROUND PLASTIC INSERT CAP	2
100 3/4" LONG METAL SPACER	1
101 SQUARE END BUSHINGS	8

**WARNING: MAKE SURE THAT THE WELDED CROSS-MEMBER TUBES ARE ASSEMBLED TO THE FRONT OF THE UNIT.**

- Assemble SQUARE END BUSHINGS (101) into each end of the tubes of the ARM PRESS ASSEMBLY (19).
- Align the ARM PRESS ASSEMBLY (19) with the welded Cross-member Tubing toward the front of the unit. Correct assembly of the Arm Press is necessary for proper Cable assembly.
- Next align the Assembly with the larger second hole from the front of the TOP FRAME (5) and insert 1" X 13" PIVOT TUBE (20) through the ARM PRESS ASSEMBLY (19) and the TOP FRAME (5). The Pivot Tube may require the use of a hammer to tap it through since this is a tight fit. The use of a buffer such as a small thin board is suggested to keep from damaging the Tube.



- Rotate the PIVOT TUBE (20) until the bolt holes align. Assemble a 5/16" FLAT WASHER (69) and a 3/4" LONG METAL SPACER (100) onto a 5/16" X 3" HEX HEAD BOLT (66) and insert the bolt from the bottom up through the TOP FRAME (5) and Pivot Tube. Assemble another 5/16" FLAT WASHER (69) on to the bolt and fasten with a 5/16" NYLON LOCK NUT (70). (SEE DETAIL A.)
- Press a 1" ROUND PLASTIC INSERT CAP (91) into each end of PIVOT TUBE (20).
- Remove POWER STACK DECAL (108) from the backing and adhere it onto the ARM PRESS ASSEMBLY (19) in position shown.

**STEP 11 PEC-DECK ARM ASSEMBLY**

PART NAME	QTY
63 5/16" X 1 1/2" HEX HEAD BOLT	2
70 5/16" NYLON LOCK NUT	2
86 2" X 1 3/16" FLAT WASHER	2
89 2" SQUARE PLASTIC INSERT CAP	4
91 1" ROUND PLASTIC INSERT CAP	2

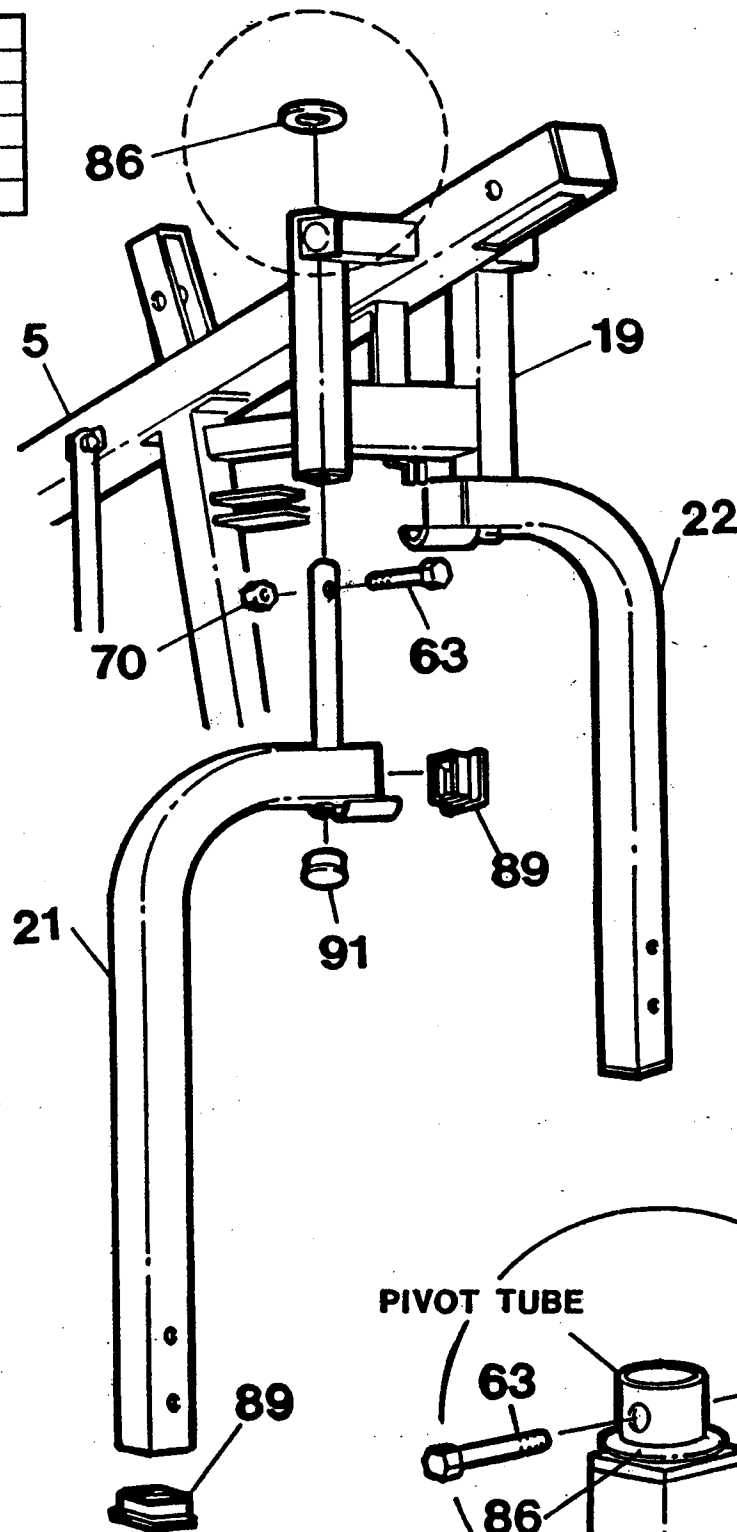
\* There are two Pec-Deck Arms with this unit: a RIGHT PEC-DECK ARM (21) and a LEFT PEC-DECK ARM (22). Instructions are given for one and are repeated to assemble the other.

Insert the Pec-Deck Arm Pivot Tube into the ARM PRESS ASSEMBLY (19) and place a large 2" X 1 3/16" FLAT WASHER (86) over the Pivot Tube. (SEE DETAIL A)

Secure each Pec-Deck Arm in place by bolting through the top of the Pivot Tube with a 5/16" X 1 1/2" HEX HEAD BOLT (63) and a 5/16" NYLON LOCK NUT (70).

Cap the bottom of the Pivot Tube with a 1" ROUND PLASTIC INSERT CAP (91).

Press 2" SQUARE PLASTIC INSERT CAPS (89) into the ends of the Pec-Deck Arms.



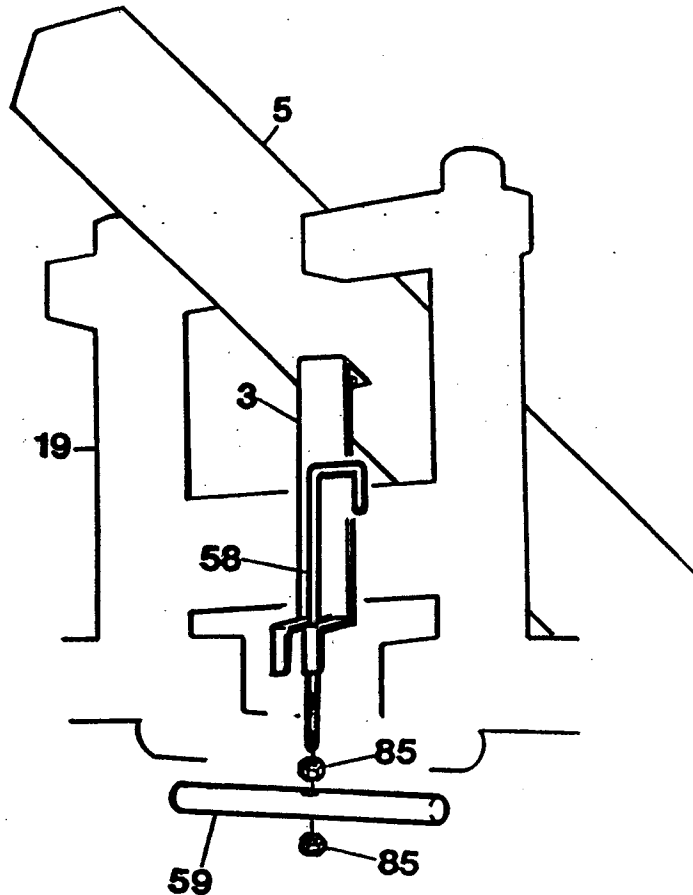
PIVOT TUBE

DETAIL A

**STEP 12 PEC-DECK LOCK PIN ASSEMBLY**

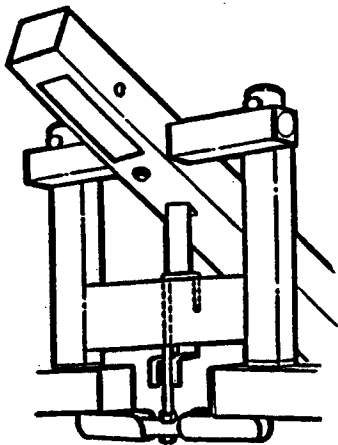
PART NAME	QTY
58 3/4" X 4 1/4" LOCK PIN BAR	1
85 3/8" JAM NUT	2

- Assemble the PEC-DECK LOCK PIN (58) down through the top of the Cross-member Tube of the ARM PRESS ASSEMBLY (19) and then through the slotted bracket.
- Assemble a 3/8" JAM NUT (85) to top of the threads of the Lock Pin.
- Assemble the 3/4" X 4 1/4" LOCK PIN BAR (59) onto the Lock Pin and secure with another 3/8" JAM NUT (85).



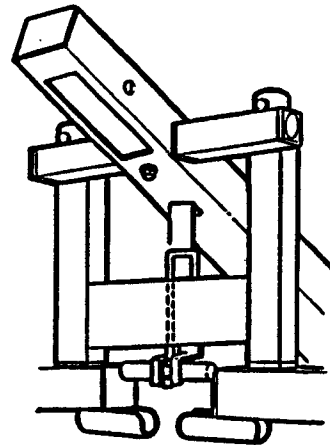
**USING THE PEC-DECK LOCK PIN**

This unit is equipped with a unique permanently installed locking device on the Arm Press Assembly.



**Arm Press Exercises:**

To do Arm Press Exercises, the Locking Pin should be in the down position with the hook of the Locking Pin turned to the back and resting on the back side of the Cross-member. The Lock Pin Bar should be nestled completely in the U-shaped troughs on the Arm Press Arms.



**Butterfly Exercises:**

To do Butterfly Exercises, the Locking Pin is pulled all the way up. The Lock Pin Bar will be resting behind the fingers of the slotted bracket and the hook of the Lock Pin is turned forward until it rests on top of the welded Cross-member.

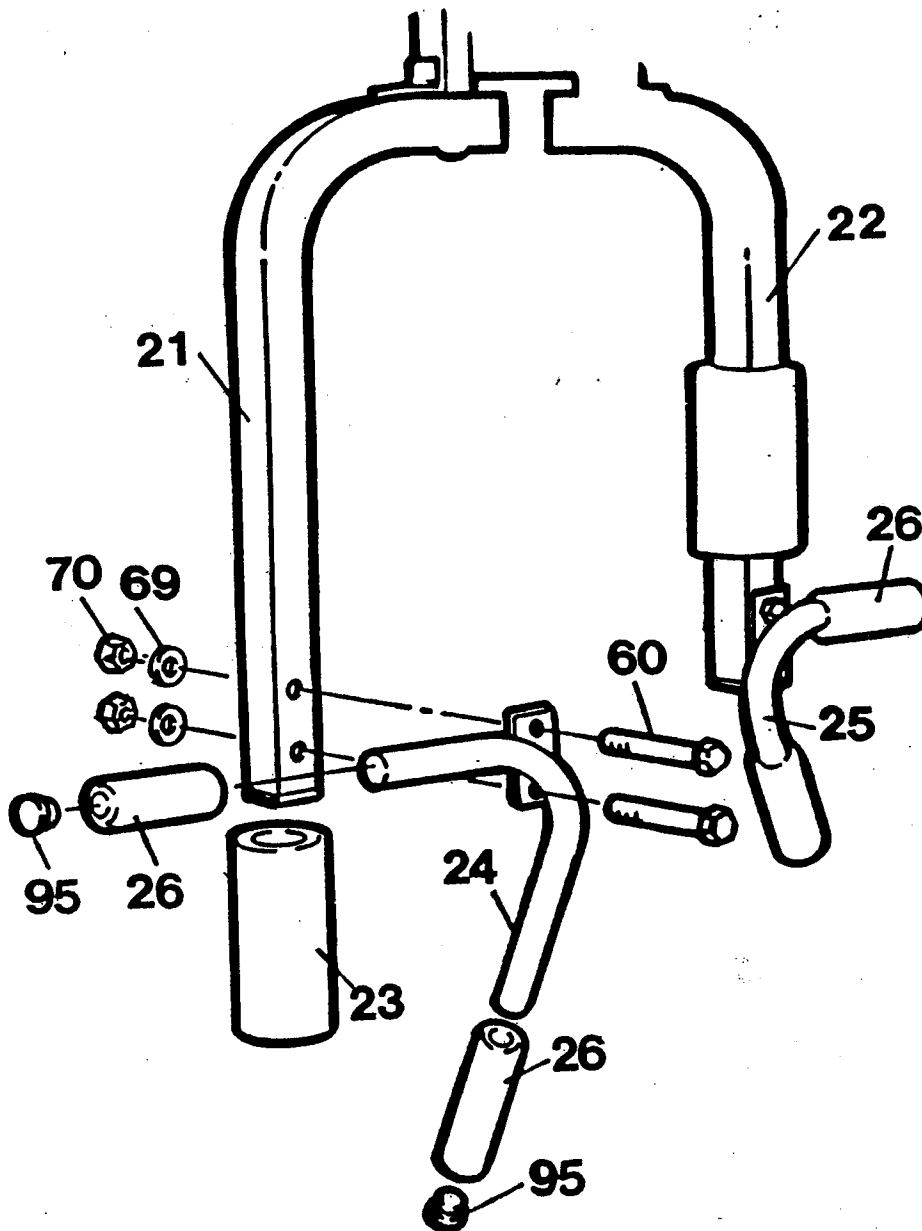
**STEP 13 ARM PRESS HANDLE ASSEMBLY**

PART NAME	QTY
60 5/16" X 2 3/4" HEX HEAD BOLT	4
69 5/16" FLAT WASHER	4
70 5/16" NYLON LOCK NUT	4
95 1 1/4" ROUND PLASTIC INSERT CAP	4

Wipe a small amount of liquid detergent onto lower section of PEC-DECK ARMS (21) and (22) and press on 3 3/4" X 8" FOAM PADS (23). Position Foam Pads up about 8 inches from the tube end.

Assemble ARM PRESS HANDLES (24) and (25) to the PEC-DECK ARMS (21) and (22) using 5/16" X 2 3/4" HEX HEAD BOLTS (60) and bolting through the welded bracket of the Handles and then through the Pec-Deck Arms. Assemble 5/16" FLAT WASHERS (69) onto the bolt and secure with 5/16" NYLON LOCK NUTS (70).

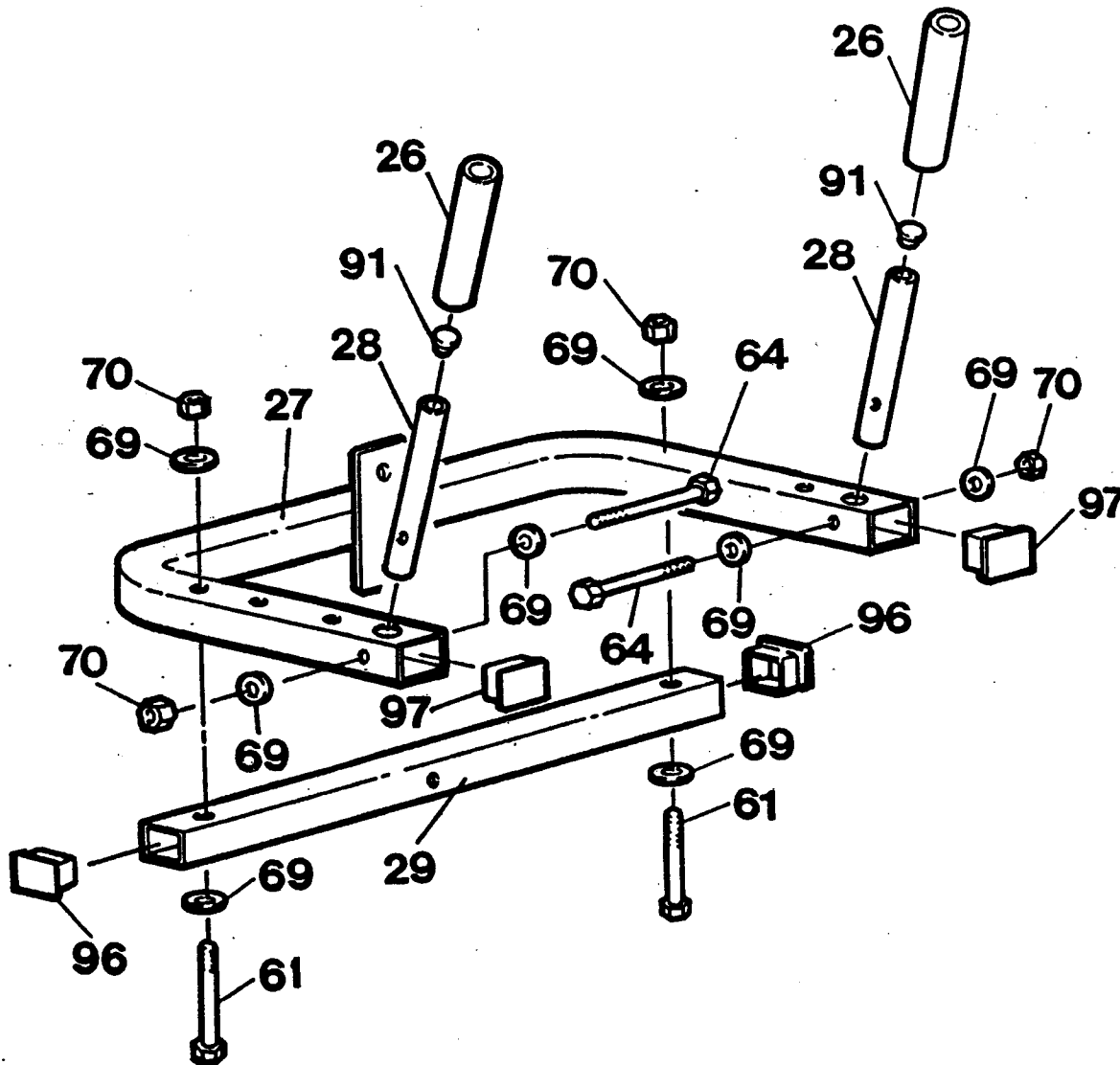
Cap the ends of the Handles with 1 1/4" ROUND PLASTIC INSERT CAPS (95) and using liquid detergent press 1" X 5" FOAM GRIPS (26) onto the Handles.



**STEP 14 AB FLEX ARM ASSEMBLY**

PART NAME	QTY
61 5/16" X 3 1/4" HEX HEAD BOLT	2
64 5/16" X 2" HEX HEAD BOLT	2
69 5/16" FLAT WASHER	8
70 5/16" NYLON LOCK NUT	4
91 1" ROUND PLASTIC INSERT CAP	2
96 1 1/4" SQUARE PLASTIC INSERT CAP	2
97 1 1/2" SQUARE PLASTIC INSERT CAP	2

- Position AB FLEX ARM HANDLES (28) down into tubing of the AB FLEX ARMS (27).
- Align hole in Handle with the hole in the tubing. Assemble a 5/16" FLAT WASHER (69) onto a 5/16" X 2" HEX HEAD BOLT (64) and bolt through the hole on the inside and at the end of the Ab Flex Arm tubing and then through the Ab Flex Arm Handle. Assemble another 5/16" FLAT WASHER (69) onto the bolt and secure with a 5/16" NYLON LOCK NUT (70).



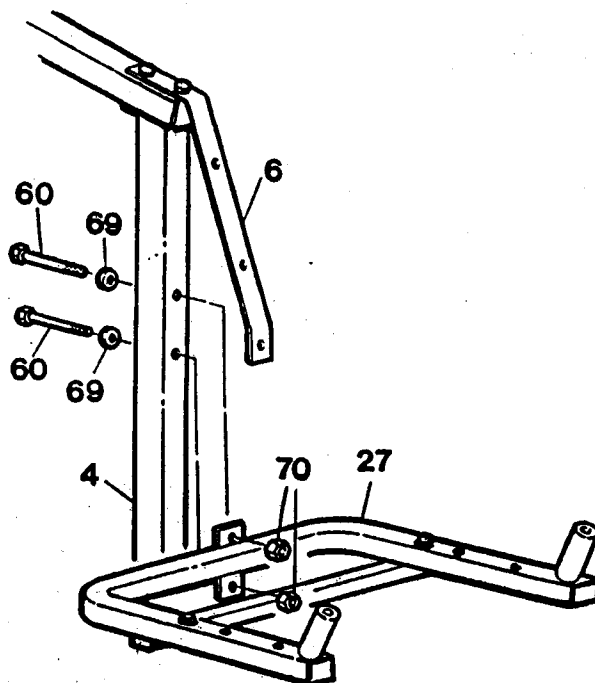
- Assemble 5/16" FLAT WASHERS (69) onto two 5/16" X 3 1/4" HEX HEAD BOLTS (61) and bolt up through the bottom of the AB FLEX ARM CONNECTOR TUBE (29) and then through the AB FLEX ARM (27). Assemble another 5/16" FLAT WASHER (69) onto each bolt and secure with 5/16" NYLON LOCK NUTS (70).
- Cap the ends of the AB FLEX ARM CONNECTOR TUBE (29) with 1 1/4" SQUARE PLASTIC INSERT CAPS (96).
- Cap the ends of the AB FLEX ARM (27) with 1 1/2" SQUARE PLASTIC INSERT CAPS (97).
- Cap the ends of the AB FLEX ARM HANDLES (28) with 1" ROUND PLASTIC INSERT CAPS (91) and using liquid detergent press 1" X 5" FOAM GRIPS (26) onto the Handles.



### STEP 15 ATTACH AB FLEX ARM ASSEMBLY

PART NAME	QTY
60 5/16" X 2 3/4" HEX HEAD BOLT	2
69 5/16" FLAT WASHER	2
70 5/16" NYLON LOCK NUT	2

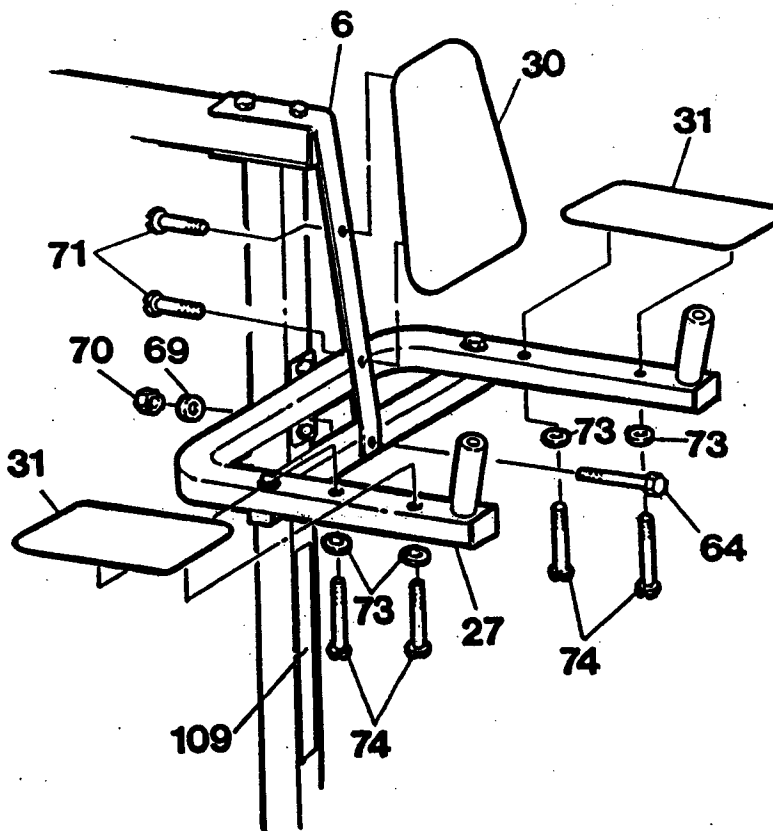
- Attach the Ab Flex Arm Assembly to the upper two holes in the AB FLEX UPRIGHT (4) by assembling 5/16" FLAT WASHERS (69) onto two 5/16" X 2 3/4" HEX HEAD BOLTS (60) and bolting through the Upright and then the welded bracket on the Ab Flex Arm Assembly. Secure with 5/16" NYLON LOCK NUTS (70).



### STEP 16 BACKREST & ARM PAD ASSEMBLY

PART NAME	QTY
64 5/16" X 2" HEX HEAD BOLT	1
69 5/16" FLAT WASHER	1
70 5/16" NYLON LOCK NUT	1
71 1/4" X 3/4" MACHINE SCREW	2
73 1/4" FLAT WASHER	4
74 1/4" X 2" MACHINE SCREW	4

- Fasten the BACK SUPPORT BRACKET (6) to the Ab Flex Arm Assembly using a 5/16" X 2" HEX HEAD BOLT (64) and bolting through the Bracket and then the center hole in the AB FLEX ARMS CONNECTOR TUBE (29). Place a 5/16" FLAT WASHER (69) onto the bolt and secure with a 5/16" NYLON LOCK NUT (70).



- Attach the AB BACKREST (30) to the BACK SUPPORT BRACKET (6) using 1/4" X 3/4" MACHINE SCREWS (71) and bolting through the back of the Bracket and into the Backrest.

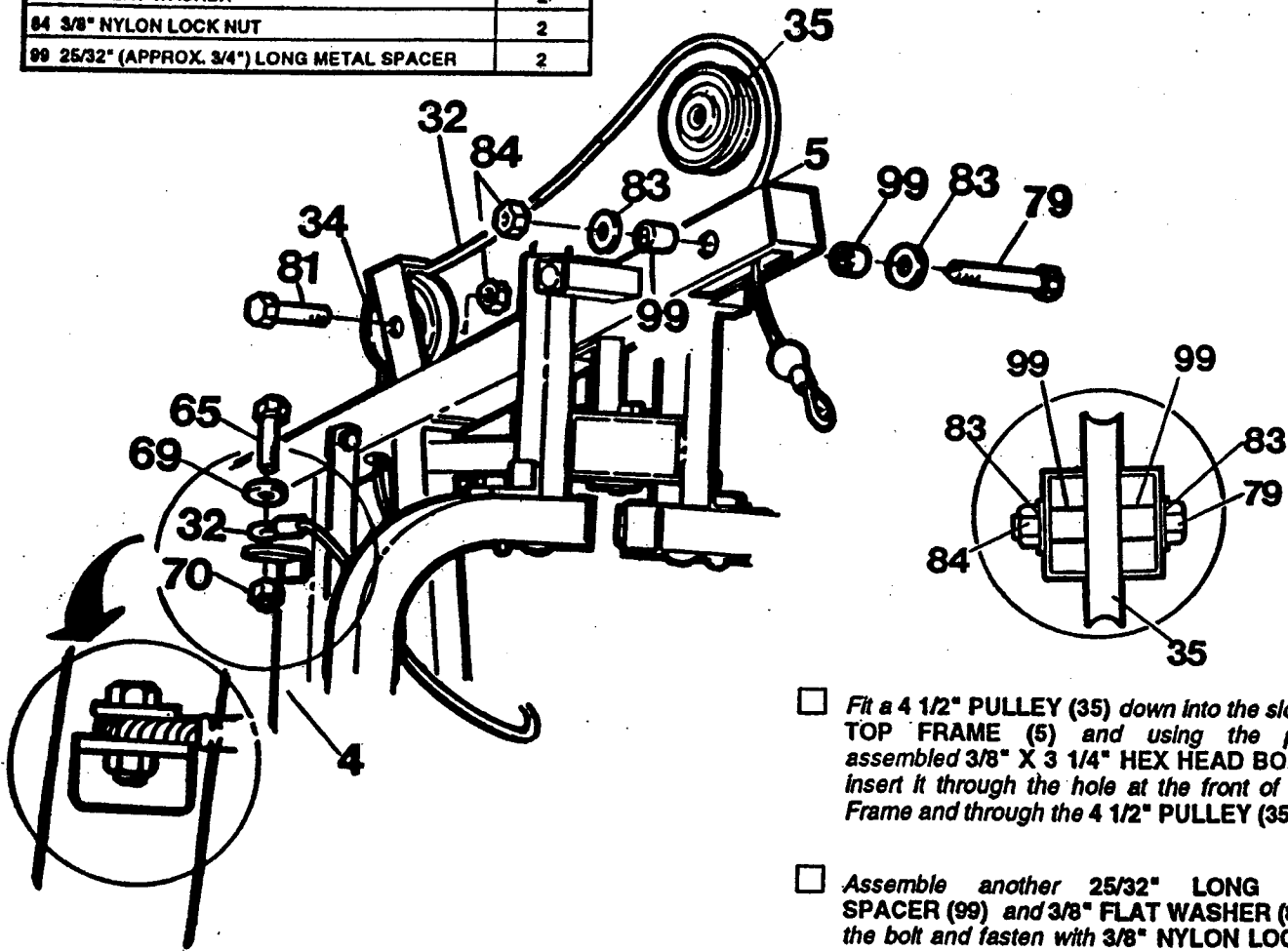
- Assemble 1/4" FLAT WASHERS (73) onto four 1/4" X 2" MACHINE SCREWS (74) and attach the ARM PADS (31) to the AB FLEX ARM (27) by bolting up through the Ab Flex Arm and into the Arm Pads.

- Remove the STATION 2 DECAL (109) from the backing sheet and affix to the SQUAT STATION UPRIGHT (6) just below the Ab Flex Arm Assembly.

### STEP 17 TOP CABLE ASSEMBLY

PART NAME	QTY
34 3 1/2" PULLEY	1
35 4 1/2" PULLEY	1
65 5/16" X 3/4" HEX HEAD BOLT	1
69 5/16" FLAT WASHER	1
70 5/16" NYLON LOCK NUT	1
79 3/8" X 3 1/4" HEX HEAD BOLT	1
81 3/8" X 1 3/4" HEX HEAD BOLT	1
83 3/8" FLAT WASHER	2
84 3/8" NYLON LOCK NUT	2
99 25/32" (APPROX. 3/4") LONG METAL SPACER	2

- Insert PEC-DECK CABLE (32) up through the slot at the front of the TOP FRAME (5) so that the Rubber Stopper Ball at one end of the Cable is to the front and underneath the Top Frame.
- Assemble a 3/8" FLAT WASHER (83) and a 25/32" (APPROXIMATELY 3/4") LONG METAL SPACER (99) onto a 3/8" X 3 1/4" HEX HEAD BOLT (79).

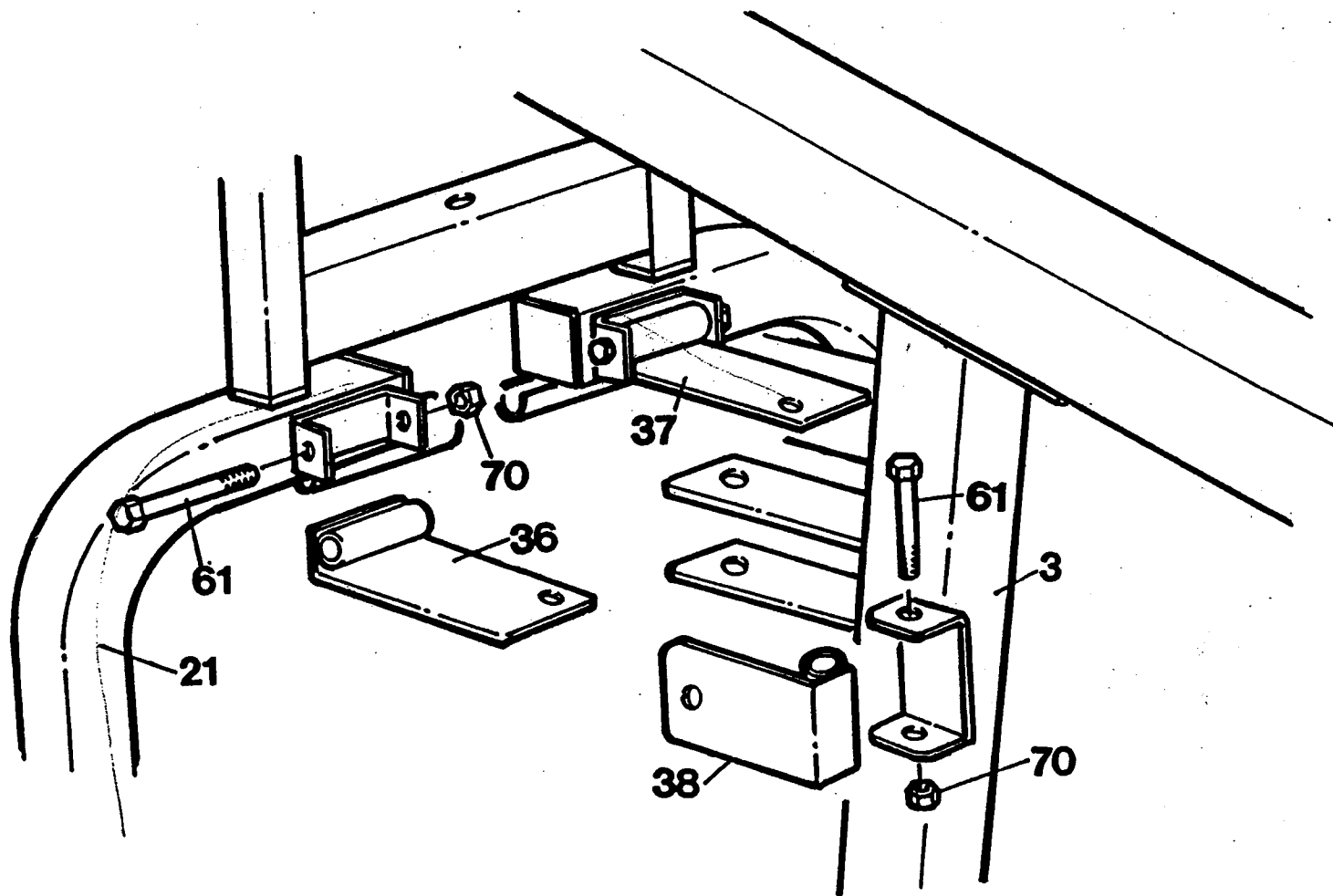


- Fit a 4 1/2" PULLEY (35) down into the slot on the TOP FRAME (5) and using the previous assembled 3/8" X 3 1/4" HEX HEAD BOLT (79), insert it through the hole at the front of the Top Frame and through the 4 1/2" PULLEY (35).
- Assemble another 25/32" LONG METAL SPACER (99) and 3/8" FLAT WASHER (83) onto the bolt and fasten with 3/8" NYLON LOCK NUT (84).

- NOTE:** Tighten 3/8" X 3 1/4" HEX HEAD BOLT (79) only enough to secure 4 1/2" PULLEY (35). Pull slightly on the Cable to check Pulley. If the bolt is too tight it will turn with the Pulley. If it is too tight, loosen the Lock Nut slightly until the bolt does not turn.
- Insert the cable through the welded bracket on top of the TOP FRAME (5) and down through the Cable access hole in the Frame tube behind the bracket.
- Assemble a 3 1/2" PULLEY (34) by fitting it beneath the Cable and in the welded bracket atop the Frame. Bolt through the bracket and the Pulley with a 3/8" X 1 3/4" HEX HEAD BOLT (81) and fasten with 3/8" NYLON LOCK NUT (84).
- Bring the Cable around the front of the ARM PRESS FRAME UPRIGHT (3) and fasten to the bracket on the side of the AB FLEX UPRIGHT (4) by assembling a 5/16" FLAT WASHER (69) onto a 5/16" X 3/4" HEX HEAD BOLT (65) and bolting down through the Cable loop end and then through the top of the Bracket. Secure with a 5/16" NYLON LOCK NUT (70).

## STEP 18 PULLEY BRACKETS

PART NAME	QTY
61 5/16" X 3 1/4" HEX HEAD BOLT	3
70 5/16" NYLON LOCK NUT	3



• **CAUTION:** Check the illustration when assembling the PEC-DECK PULLEY BRACKETS (RIGHT & LEFT - HOLE) (36) and (37) to insure correct positioning of these brackets.

Attach the PEC-DECK PULLEY BRACKETS (RIGHT & LEFT - HOLE) (36) and (37) to the welded U-Brackets on the back of the PEC-DECK ARM (21) and (22) by bolting with 5/16" X 3 1/4" HEX HEAD BOLTS (61) through the welded bracket and then the Pec-Deck Pulley Bracket. Fasten with 5/16" NYLON LOCK NUTS (70).

Attach the PEC-DECK PULLEY BRACKET (CENTER - HOLE) (38) to the welded U-Bracket at the top and on the side of the ARM PRESS FRAME UPRIGHT (3) by bolting with a 5/16" X 3 1/4" HEX HEAD BOLT (61) down through the welded U-bracket and then through the Pulley Bracket. Fasten with a 5/16" NYLON LOCK NUT (70).

**STEP 19 PULLEYS**

PART NAME	QTY
34 3 1/2" PULLEY	4
81 3/8" X 1 3/4" HEX HEAD BOLT	4
84 3/8" NYLON LOCK NUT	4

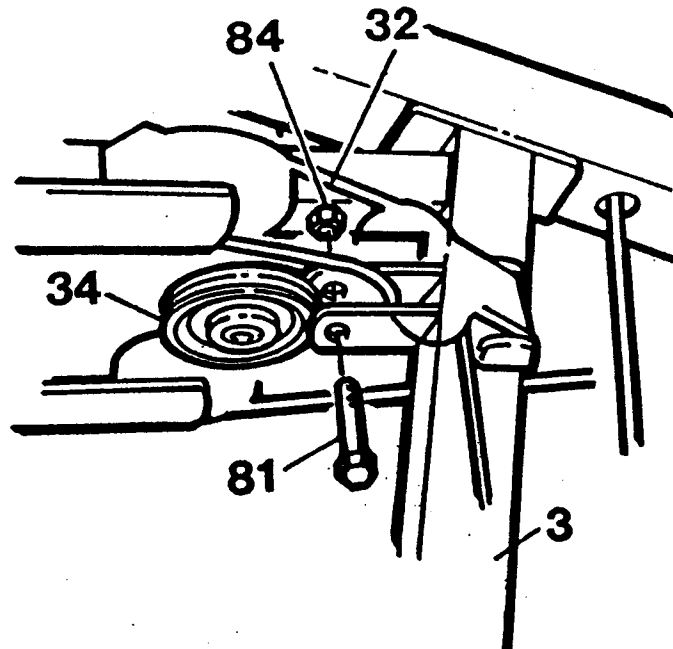
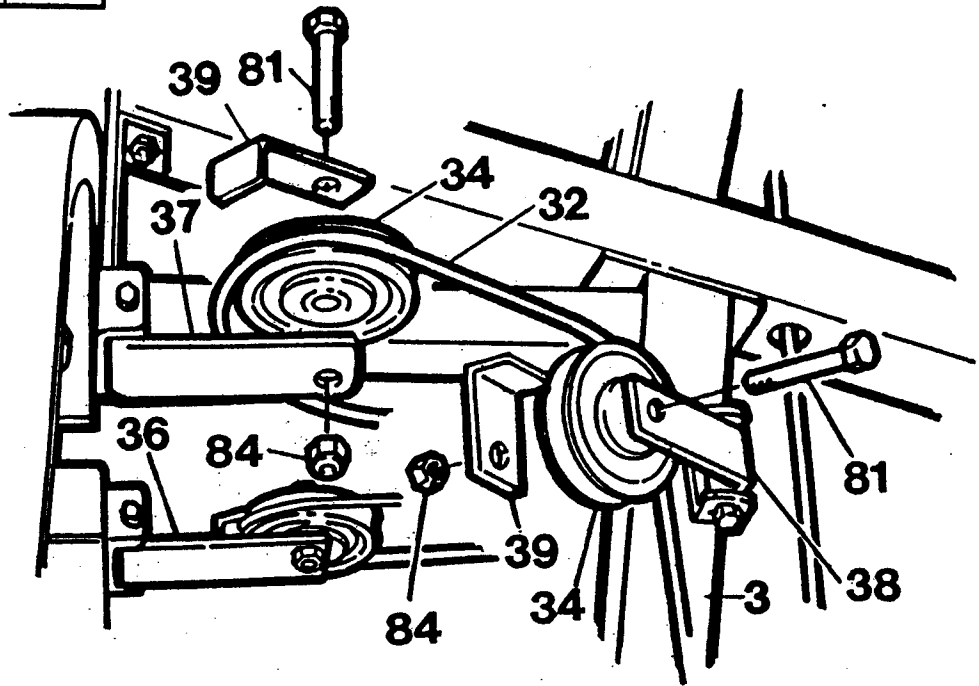
- Bring the PEC-DECK CABLE (32) up and set into a 3 1/2" PULLEY (34) and bolt the Pulley onto the PEC-DECK PULLEY BRACKET (38) on the ARM PRESS UPRIGHT (3).

- Trap the Cable into the Pulley with a CABLE TRAP BRACKET (39) and fasten with a 3/8" X 1 3/4" HEX HEAD BOLT (81) by bolting through the Pulley Bracket, the Pulley, and then the Cable Trap Bracket. Fasten with a 3/8" NYLON LOCK NUT (84).

- Next bring the Cable forward and set into 3 1/2" PULLEYS (34) and bolt the Pulleys onto the PEC-DECK PULLEY BRACKETS (36) and (37) on the back of the PEC-DECK ARMS (21) and (22).

- Trap the Cable into the Pulleys with CABLE TRAP BRACKETS (39) and fasten with 3/8" X 1 3/4" HEX HEAD BOLTS (81) by bolting down through the CABLE TRAP BRACKETS (39), the PULLEYS (34), and then the PEC-DECK PULLEY BRACKETS (36) and (37). Secure with 3/8" NYLON LOCK NUTS (84).

- Next bring the Cable back to the welded brackets on the front of the ARM PRESS FRAME (3) and assemble another 3 1/2" PULLEY (34), trapping the cable between the Pulley and the Frame Brackets. Bolt with a 3/8" X 1 3/4" HEX HEAD BOLT (81) up through the bottom of the welded bracket and then through the Pulley. Fasten with a 3/8" NYLON LOCK NUT (84).



**STEP 20 LOWER PULLEYS & CABLES**

PART NAME	QTY
34 3 1/2" PULLEY	2
35 4 1/2" PULLEY	3
63 5/16" X 1 1/2" HEX HEAD BOLT	1
65 5/16" X 3/4" HEX HEAD BOLT	1
67 5/16" X 2 1/2" HEX HEAD BOLT	1
69 5/16" FLAT WASHER	3
70 5/16" NYLON LOCK NUT	3
75 1/4" X 1 3/4" HEX HEAD BOLT	1
76 1/4" NYLON LOCK NUT	1
79 3/8" X 3 1/4" HEX HEAD BOLT	1
80 3/8" X 2 1/4" HEX HEAD BOLT	1
81 3/8" X 1 3/4" HEX HEAD BOLT	3
83 3/8" FLAT WASHER	2
84 3/8" NYLON LOCK NUT	5
98 1/2" LONG METAL SPACER	1

Attach the WEIGHT STACK CABLE (33) to the WEIGHT SELECTOR TUBE (10) by inserting the loop end of the Cable into the top of the Tube and bolting through the side of the tube and through the Cable loop with a 5/16" X 1 1/2" HEX HEAD BOLT (63). Fasten with 5/16" NYLON LOCK NUT (70).

Bring the Cable up and make a dual Pulley Assembly (SEE DETAIL A.). Assemble two 3/8" X 1 3/4" HEX HEAD BOLTS (81) into a PULLEY CONNECTOR PLATE (40). Then assemble a 4 1/2" PULLEY (35) onto each bolt. Bring the WEIGHT STACK CABLE (33) over the top of the lower Pulley. Bring the upper PEC-DECK CABLE (32) down and around the upper Pulley. Fasten another PULLEY CONNECTOR PLATE (40) onto the ends of the two bolts and secure with two 3/8" NYLON LOCK NUTS (84).

Bring the WEIGHT STACK CABLE (33) down to the welded base bracket on the ARM PRESS FRAME UPRIGHT (3) and fit into a 4 1/2" PULLEY (35). Using a 3/8" X 2 1/4" HEX HEAD BOLT (80), bolt a CABLE TRAP BRACKET for 4 1/2" PULLEY (43) the Pulley, and a 1/2" LONG METAL SPACER (98) to the base bracket on the side of the Upright. Secure with a 3/8" NYLON LOCK NUT (84).

Bolt the BENT PULLEY TRAP BRACKET (41) together through the center hole with a 1/4" X 1 3/4" HEX HEAD BOLT (75) and a 1/4" NYLON LOCK NUT (76).

Bolt the Cable end to the BENT PULLEY TRAP BRACKETS (41) by bolting with a 5/16" X 3/4" HEX HEAD BOLT (65) through one Bent Pulley Trap Bracket, then through the Cable loop, and then another Bent Pulley Trap Bracket. Fasten with 5/16" NYLON LOCK NUT (70).

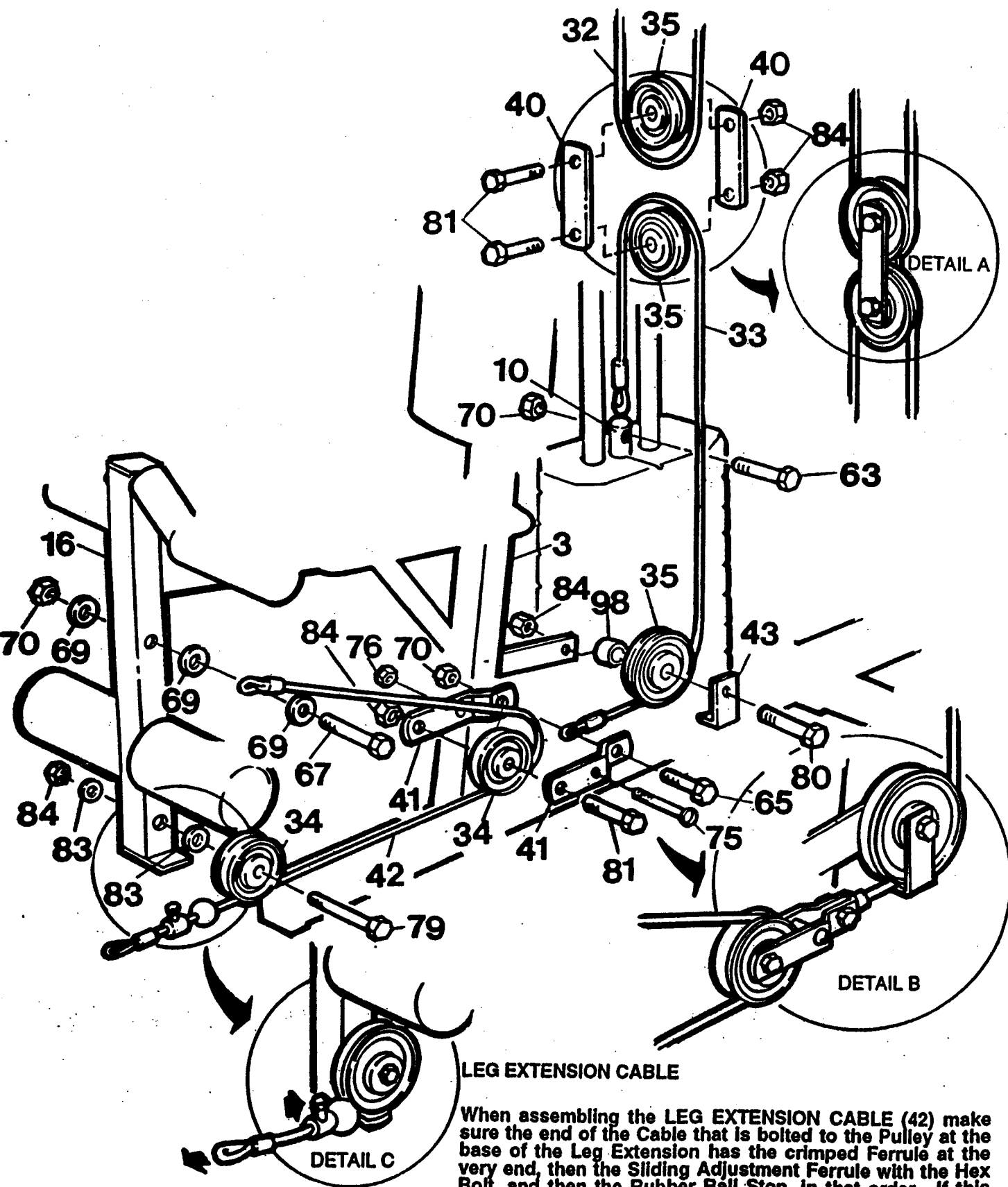
Connect the LEG EXTENSION CABLE (42) to the upper section of the LEG EXTENSION TUBE (16) using a 5/16" X 2 1/2" HEX HEAD BOLT (67) and bolting through a 5/16" FLAT WASHER (69), through the loop end of the Cable, through another 5/16" FLAT WASHER (69), and then through the Leg Extension Tube. Add another 5/16" FLAT WASHER (69) to the bolt end and fasten with 5/16" NYLON LOCK NUT (70).

Take the LEG EXTENSION CABLE (42) rearward and around a 3 1/2" PULLEY (34). Bolt the Pulley to the other end of the BENT PULLEY TRAP BRACKETS (41) using a 3/8" X 1 3/4" HEX HEAD BOLT (81) to bolt through the Bracket, the Pulley, and the other Bracket. Fasten with a 3/8" NYLON LOCK NUT (84). (SEE DETAIL B)

Pull the Cable forward to the bottom of the LEG EXTENSION TUBE (16).

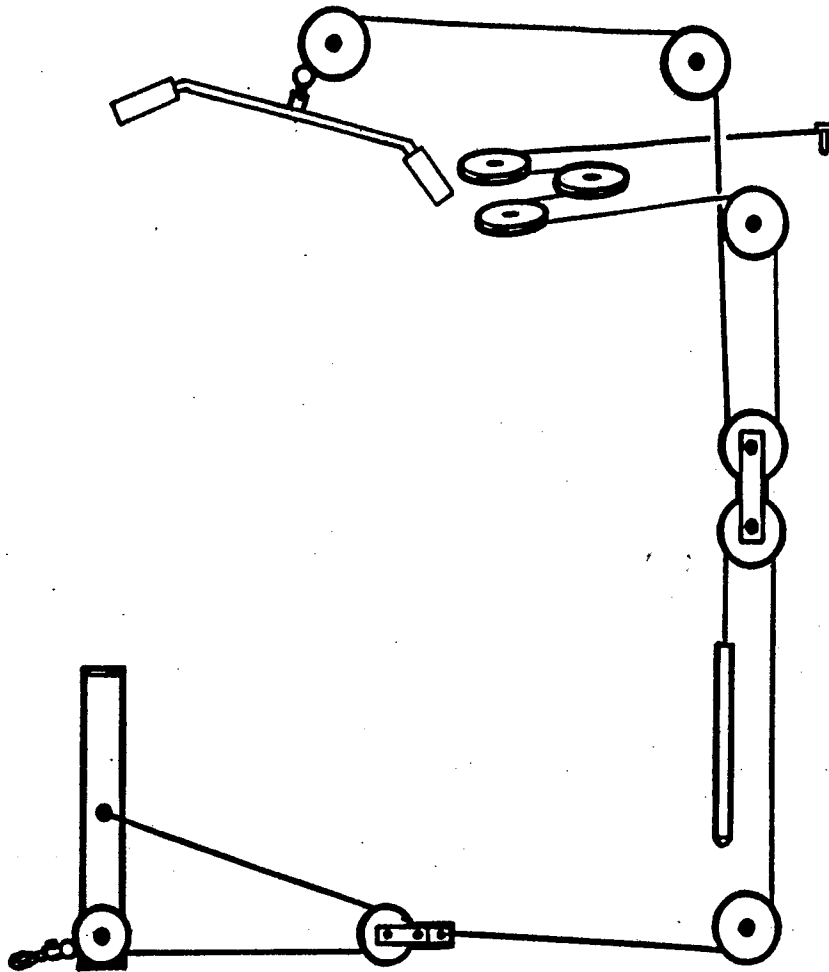
Fit a 3 1/2" PULLEY (34) atop the Cable and fasten the Pulley to the Leg Extension Tube by bolting with a 3/8" X 3 1/4" HEX HEAD BOLT (79) through the Pulley, a 3/8" FLAT WASHER (83), and then the Tube. Add a 3/8" FLAT WASHER (83) to the bolt and fasten with a 3/8" NYLON LOCK NUT (84).

\* NOTE: CHECKING TO SEE THAT ALL CABLES ARE SEATED IN PULLEY GROOVES, PULL LEG EXTENSION CABLE (42) FORWARD SO ALL SLACK IS TAKEN OUT OF THE CABLE SYSTEM. SLIDE RUBBER BALL STOPPER BACK AGAINST LEG EXTENSION AND SNUG CABLE CLAMP FIRMLY AGAINST STOPPER AND TIGHTEN HEX BOLT TO SECURE. (SEE DETAIL C) WITH USE, CABLE WILL STRETCH AND YOU MAY HAVE TO RE-SET CABLE STOP TO TAKE OUT ANY SLACK THAT DEVELOPS.



**LEG EXTENSION CABLE**

When assembling the LEG EXTENSION CABLE (42) make sure the end of the Cable that is bolted to the Pulley at the base of the Leg Extension has the crimped Ferrule at the very end, then the Sliding Adjustment Ferrule with the Hex Bolt, and then the Rubber Ball Stop, in that order. If this order is not correct, then you must slide the Sliding Adjustment Ferrule and Rubber Stop to the opposite end. SEE ILLUSTRATION!



ENTIRE CABLE ROUTING DRAWING

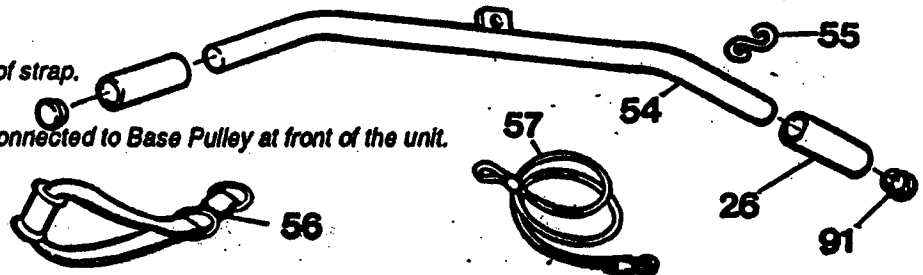
**THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM**

**LAT BAR:**

- To LONG LAT BAR (54) press 1" ROUND PLASTIC INSERT CAPS (91) into each end of Bar and assemble 1" X 5" FOAM GRIPS (26) to Bar with the aid of a small amount of liquid dish detergent.
- To use Lat Bar, connect to Cable at Top Mast Tube with "S" HOOK (55). This Bar is used to do all Lat Pull-Down Exercises.

**LEG STRAP:**

- Slide attached Dumbbell Handle to one end of strap.
- Using "S" HOOK (55) LEG STRAP (56) is connected to Base Pulley at front of the unit.
- This accessory is used for all Leg Exercises.



**DUMBBELL HANDLE:**

- Slide attached Dumbbell Handle to center of LEG STRAP (56) and connect Dumbbell Handle to Base Pulley to perform single Arm Curls, and Side Lateral Raises.

- Note: Many of the exercises performed with these accessories may need to be connected with the use of the 34" ACCESSORY ROPE (57) as desired to give proper distancing from unit.

**REPAIR PARTS AND SERVICE**

**IMPORTANT**

**BEFORE CALLING THE 800 NUMBER**

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

**CUSTOMER SERVICE 1-800-225-0653**

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

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

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

**MODEL NO.      NAME OF PART      ORDERING NO.**

**WARNING**

**CONSULT YOUR PHYSICIAN**

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

**FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER  
INSTRUCTION.**

**TRAIN WITH A PARTNER**

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