

F944

ASSEMBLY INSTRUCTIONS

● **REPLACEMENT PARTS**

weider®

WEIDER HEALTH AND FITNESS
21100 ERWIN STREET, WOODLAND HILLS, CALIFORNIA, U.S.A. 91367

PLEASE USE THESE PARTS NUMBERS WHEN ORDERING PARTS FOR YOUR F-944 BENCH

C4120
F944

SUPPLEMENTAL

PARTS LIST

63088

| DIAGRAM NUMBER | PART NAME | NO. REQUIRED | ORDERING NUMBER |
|----------------|-------------------------------------|--------------|-----------------|
| 1 | Upright 8.21 | 1 | CA19-0223 |
| 2 | Base Frame 4.50 | 1 | CA19-0147 |
| 3 | Main Frame 5.14 | 1 | CA19-0148 |
| 4 | Backrest 4.01 | 1 | CA19-0333 |
| 5 | Seat 2.63 | 1 | CA19-0334 |
| 6 | Seat Adjustment T .71 | 1 | CA19-6091 |
| 7 | Leg Curl Adjuster 2.33 | 1 | CA19-0149 |
| 8 | Leg Curl 3.11 | 1 | CA19-0150 |
| 9 | Pad Bar 1.38 | 3 | CA19-6092 |
| 10 | Small Foam Pad .53 | 2 | CA14-0426 |
| 11 | Large Foam Pad 1.68 | 4 | CA14-0427 |
| 12 | Short Angle Iron 1.64 | 2 | CA19-6093 |
| 13 | Long Angle Iron 1.46 | 2 | CA19-6094 |
| 14 | Adjustable Upright 3.00 | 2 | CA19-0224 |
| 15 | Backrest Adj Bar 1.20 | 1 | CA14-6064 |
| | Hardware Bag 3.39 | 1 | CA14-5782 |
| A | 5/16"-18 x 2 1/2" Hex Head Bolt .09 | 5 | HH-5053 |
| B | 5/16"-18 Lock Nut .05 | 5 | HH-5012 |
| C | 3/8"-18 x 3" Hex Head Bolt .09 | 1 | HH-5059 |
| D | 3/8"-18 Lock Nut .05 | 1 | HH-5013 |
| E | 1/4"-20 x 3/4" Hex Head Bolt .06 | 1 | HH-5032 |
| F | 1/4"-20 Lock Nut .02 | 1 | HH-5011 |
| G | Eyelet Pin .15 | 1 | WW-7005 |
| H | Small Locking Pin .23 | 3 | WW-7002 |
| J | Large Locking Pin .26 | 1 | WW-7012 |
| K | 2" Sq. Plastic Cap .09 | 5 | AA-8002 |
| L | 1 3/4" Sq. Plastic Cap .08 | 1 | AA-8073 |
| M | 3/4" Rd. Plastic Cap .04 | 6 | AA-8004 |
| N | 1" Rd. Plastic Cap .04 | 1 | AA-8005 |
| P | 1" Rd. Cover Cap .10 | 1 | AA-8070 |
| R | 1/4"-20 x 3/4" Machine Screw .04 | 8 | HH-5022 |
| | Upright Decal .10 | 2 | DE-4044 |
| | Instruction Manual .30 | 1 | CNN-1036 |

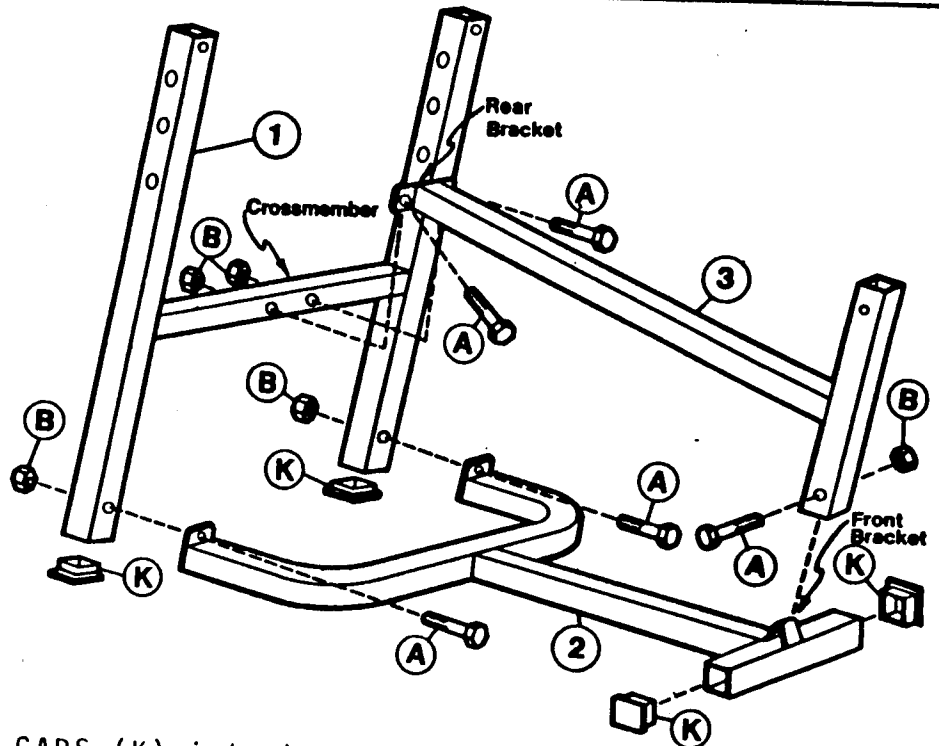
REPAIR PARTS AND SERVICE

All of the parts for the Weightbench can be ordered from Welder Health and Fitness, Parts Service Dept., 900 West St. John St., Olney, Ill. 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.

If you find this product to have either a defective or a missing part, write the above address or for faster service phone Customer Service at 1-800-423-5502

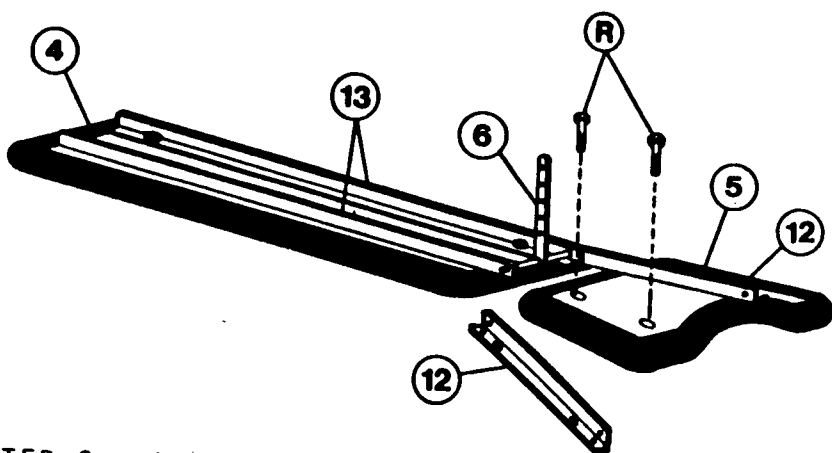
ALWAYS include the following information when ordering parts:

- Model Number
- Name of Part
- Ordering Number



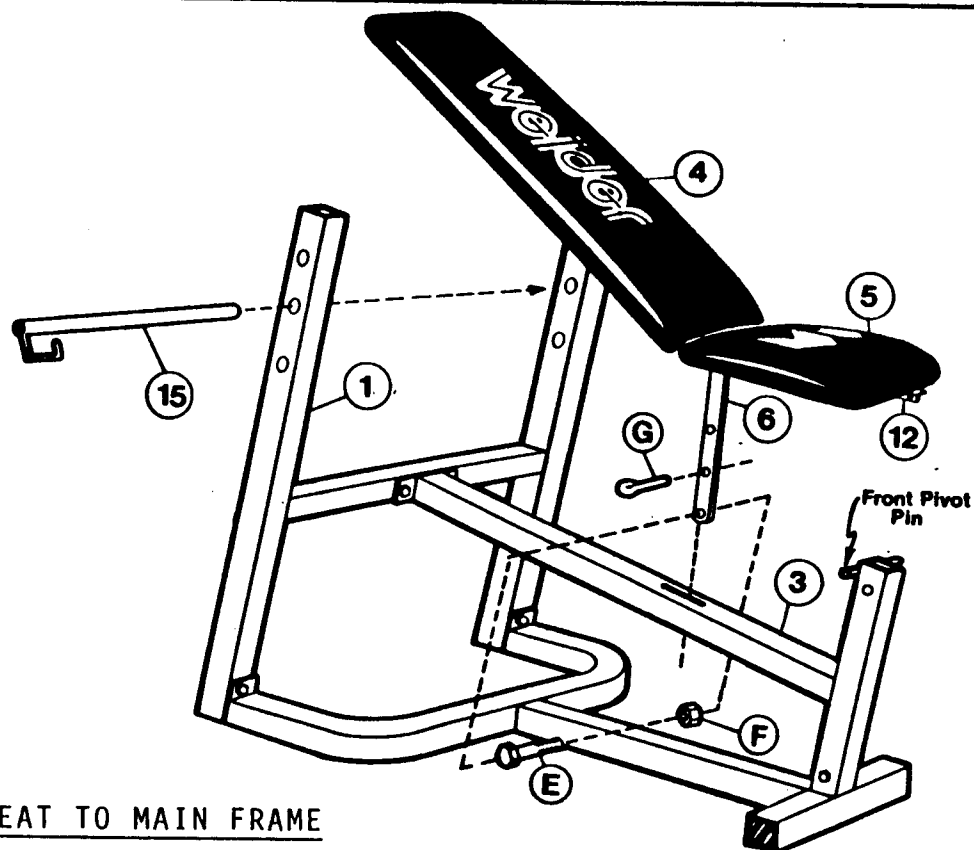
STEP 1 - FRAME ASSEMBLY

Insert 2 SQUARE PLASTIC CAPS (K) into base of UPRIGHT (1). Attach BASE FRAME (2) to UPRIGHT (1) by aligning bolt holes and inserting 2 HEX HEAD BOLTS (A) and securing with 2 LOCK NUTS (B). Lower MAIN FRAME (3) to the base frame front bracket. Secure with HEX HEAD BOLT (A) and LOCK NUT (B). Align bolt holes on rear bracket of MAIN FRAME (3) with bolt holes on crossmember on UPRIGHT (1). Secure with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (B). Tighten all bolts. Insert 2 SQUARE PLASTIC CAPS (K) into BASE FRAME (2).



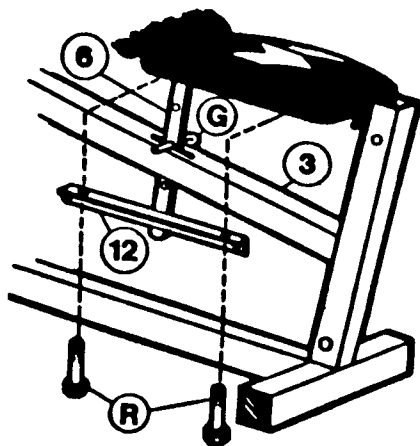
STEP 2 - BACKREST AND SEAT PREPARATION

Turn assembled backrest and seat over to expose work area. Remove 2 MACHINE SCREWS (R) from seat and remove 1 SHORT ANGLE IRON (12). This preparation must be done in order to connect the seat to the main frame.



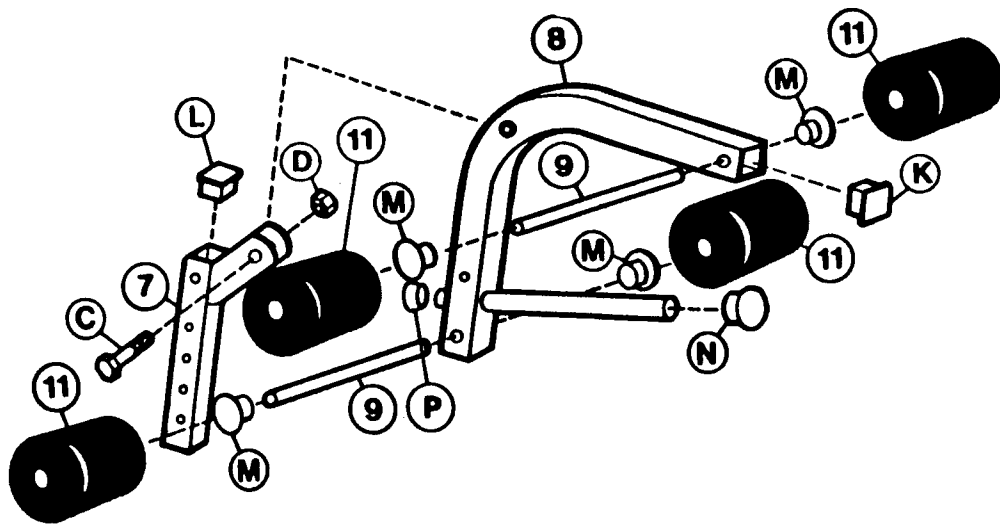
STEP 3 - CONNECTING SEAT TO MAIN FRAME

To aid in this assembly first slide BACKREST ADJUST BAR (15) into one of the hole patterns on UPRIGHT (1). Turn BACKREST (4) and SEAT (5) assembly right side up and lower to MAIN FRAME (3). Slide the fastened SHORT ANGLE IRON (12) over the front pivot pin on the MAIN FRAME (3). Align the SEAT ADJUSTMENT T (6) with the proper slot on the MAIN FRAME (3) and lower through slot. Secure SEAT ADJUSTMENT T (6) by inserting 1 HEX HEAD BOLT (E) through bottom hole and secure with 1 LOCK NUT (F). EYELET PIN (G) is used in the remaining holes of the SEAT ADJUSTMENT T (6) to adjust the desired height of the seat.



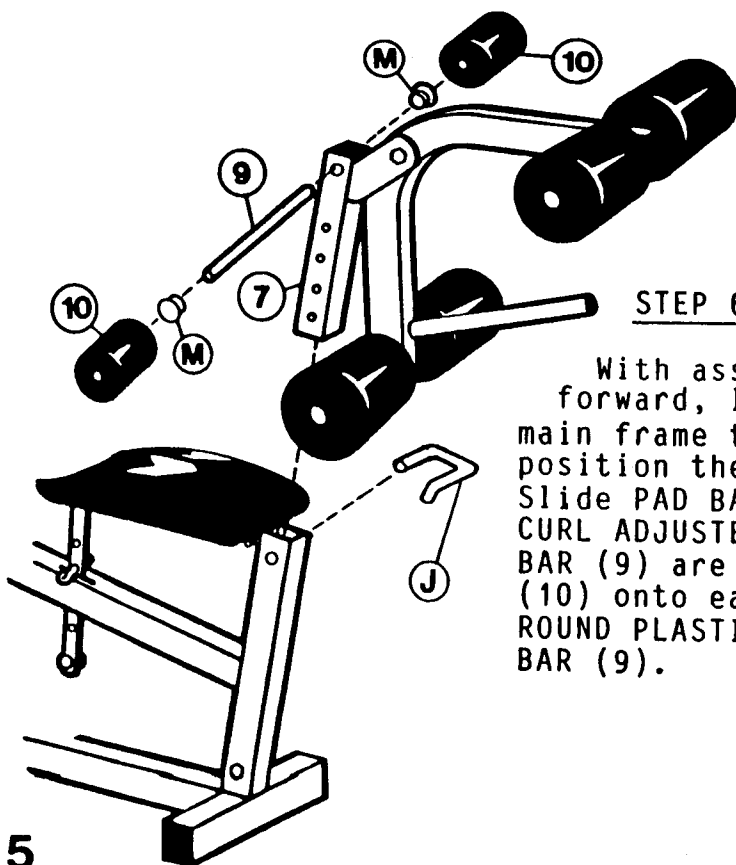
STEP 4 - REPLACEMENT OF SHORT ANGLE IRON

To aid in this assembly EYELET PIN (G) should be placed so that the highest possible position of the seat is achieved. Slide SHORT ANGLE IRON (12) over pivot pin on SEAT ADJUSTMENT T (6) and front pivot pin on MAIN FRAME (3). Replace 2 MACHINE SCREWS (12) that were removed in Step 2.



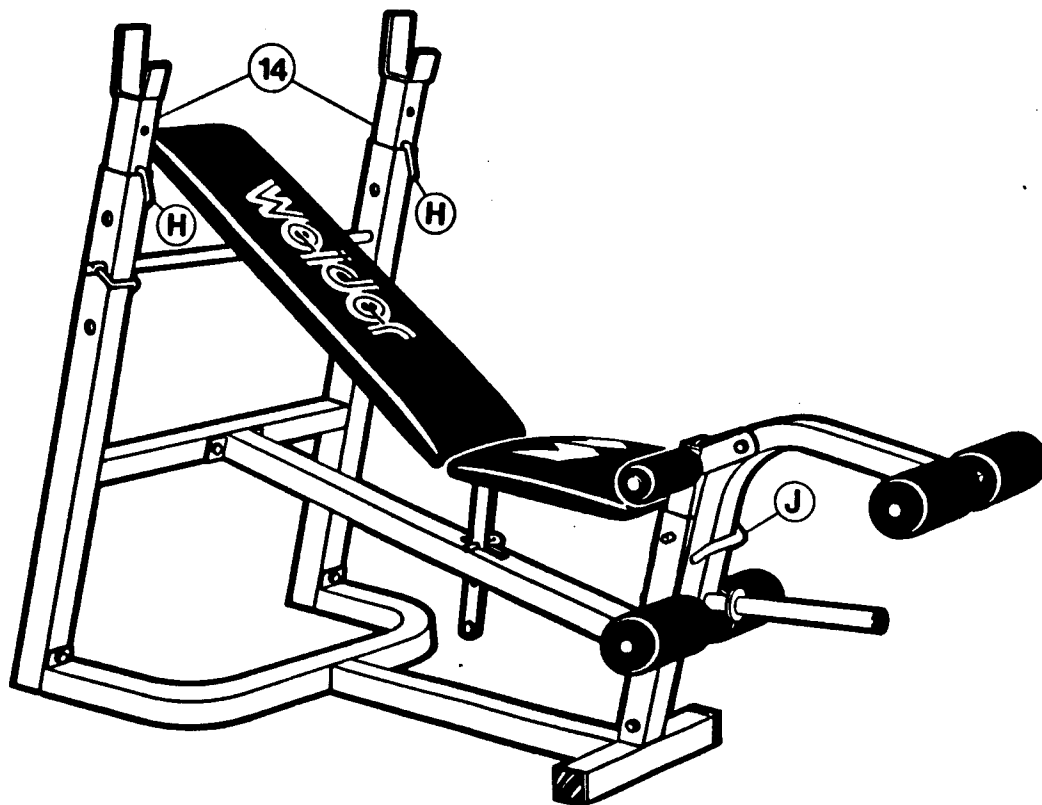
STEP 5 - LEG CURL ASSEMBLY

Position LEG CURL (8) between leg curl brackets on LEG CURL ADJUSTER (7). Secure with 1 HEX HEAD BOLT (C) and 1 LOCK NUT (D). Do not over tighten. Repeat the following instructions until all leg curl parts are in place. First, slide PAD BAR (9) through proper hole in LEG CURL (8) until equal amounts of pad bar are on both sides of LEG CURL (8). Slide FOAM PAD (11) onto each end of PAD BAR (9). Insert ROUND PLASTIC CAP (M) into each end of PAD BAR (9). Insert SQUARE PLASTIC CAP (K) into end of LEG CURL (8). Insert ROUND PLASTIC CAP (N) into weight pin on LEG CURL (8). Place COVER CAP (P) over rear extended piece of weight pin. Insert SQUARE PLASTIC CAP (L) into LEG CURL ADJUSTER (7).



STEP 6 - LEG CURL

With assembled leg curl extended slightly forward, lower LEG CURL ADJUSTER (7) into main frame tube. LOCKING PIN (J) is used to position the height of the leg curl assembly. Slide PAD BAR (9) through top hole in LEG CURL ADJUSTER (7) until equal amounts of PAD BAR (9) are on both sides. Slide FOAM PAD (10) onto each end of PAD BAR (9). Insert ROUND PLASTIC CAP (M) into each end of PAD BAR (9).



STEP 7 - ADJUSTABLE UPRIGHTS AND LOCKING PINS

Slide ADJUSTABLE UPRIGHTS (14) into proper position in UPRIGHT (1). LOCKING PINS (H) are used to adjust the height of the ADJUSTABLE UPRIGHTS (14). LOCKING PIN (J) is used to lock the LEG CURL (8) while doing specific exercises.