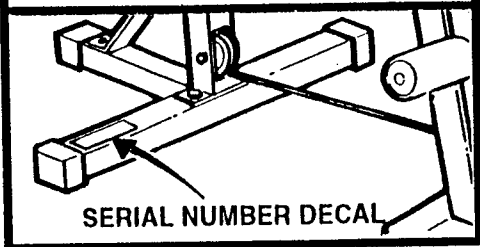


# **FLEX EZ1**

## **1152**

**MODEL NO. 1152**  
**SERIAL NO.**

Write the serial number in the space above for reference.



### **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.*

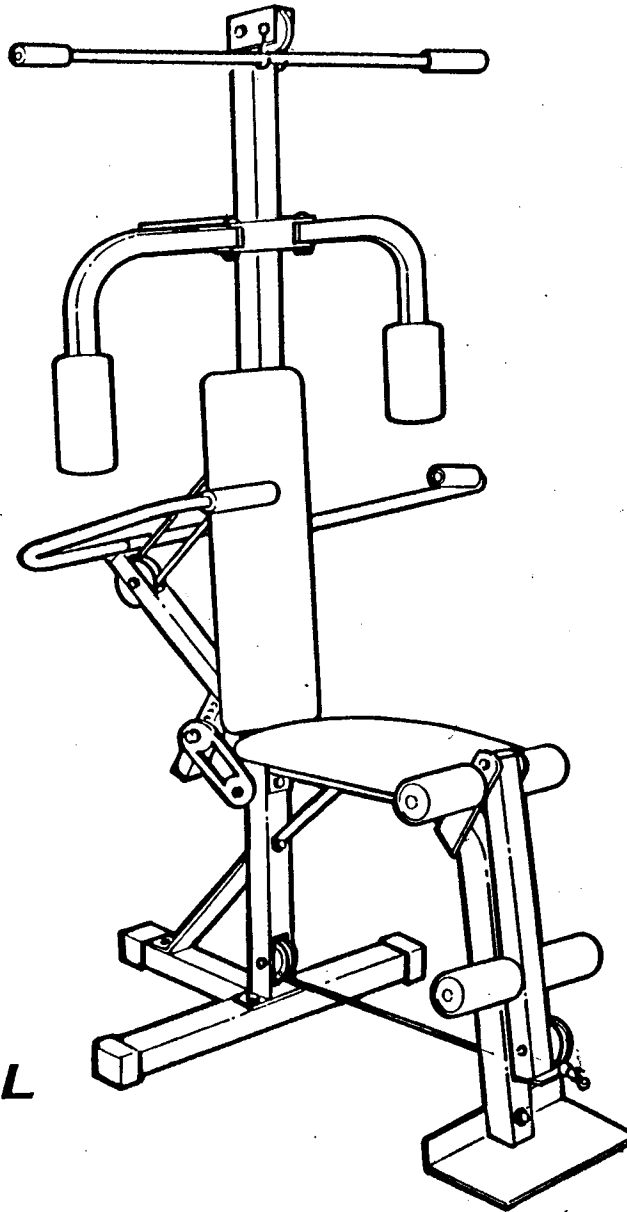
*THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS.*

*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

## EZ1 PART LIST

## EZ1 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C3244-F34*F34
2	UPRIGHT	1	C3245-F34*F34
3	REAR BRACE	1	C6793-F34*F34
4	SEAT FRAME	1	C3246-F34*F34
5	BASE PLATE	1	C6794-F34*F34
6	MOUNTING PLATE	3	C6713-EO3*F34
7	SEAT BRACE	1	C6795-F34*F34
8	LEG EXTENSION BRACKET	1	C6796-F34*F34
9	LEG EXTENSION	1	C3247-F34*F34
10	PAD BAR 3/4" X 13 1/2"	2	C6357-F03*F34
12	FOAM PAD 3" X 5 3/4"	4	CO434-C07*F34
13	SEAT	1	C1387-F34*F34
14	BACKREST	1	C1388-F34*F34
15	PEC-DECK BRACKET	1	C6797-F34*F34
16	FLEX BAND SUPPORT BRACKET	1	C6798-F34*F34
17	UPRIGHT U-BRACKET	1	C6799-F34*F34
18	ARM PRESS ARM - TAPERED END	1	C6832-F34*F34
19	ARM PRESS ARM	1	C6833-F34*F34
20	LEVER ARM	1	C3248-F34*F34
21	FOAM GRIP 1" X 5"	4	CO417-B05*F34
22	PEC-DECK ARM - RIGHT	1	C3249-F34*F34
23	PEC-DECK ARM - LEFT	1	C3250-F34*F34
24	FOAM PADS - 3 1/4" X 7"	2	CO471-F34*F34
25	FLEX BAND	4	C6270-F31*F34
26	CRIMPED BRACKET	2	C6800-F34*F34
27	LAT BAR	1	C6803-D35*F34
28	FIREMAN'S HOOK	1	WW7042
29	LEG STRAP W/DUMBELL HANDLE	1	EE-0075*F34
30	3/8" X 4 1/2" LOCKING PIN	1	WW7070
31	LAT HOOK	2	WW-7069*F34
32	BEARING PULLEY - 3 1/2"	2	AA-8214*F34
33	STANDARD PULLEY - 2 7/8"	4	AA-8215*F34
34	CABLE TRAP BRACKET	1	C6735-E31*F34
35	CABLE	1	C6641-F34*F34
40	3/8" X 3 1/4" LOCKING PIN	2	WW-7062*F34
41	3/8" SPRING CLIP	3	WW-7043*F34
42	1/4" LONG METAL SPACER 5/16	1	HH5466
43	11/16" LONG BUSHING	5	HH-5384*F34

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
44	3/8" LONG METAL SPACER	2	HH-5455*F34
50	5/16" X 2 1/2" HEX HEAD BOLT	6	HH-5053*F34
51	5/16" X 2 3/4" HEX HEAD BOLT	9	HH-5058*F34
52	3/8" X 1 3/4" HEX HEAD BOLT	2	HH-5301*F34
53	5/16" X 2 1/2" MACHINE SCREW	2	HH-5397*F34
59	THREADED KNOB 5/16" FERRULE	1	HH-5400*F34
60	5/16" FLAT WASHER	4	HH-5127*F34
61	5/16" NYLON LOCK NUT	16	HH-5012*F34
62	1/4" X 2 1/2" CARRIAGE BOLT	3	HH-5333*F34
63	1/4" X 3/4" MACHINE SCREW	6	HH-5022*F34
64	1/4" X 2 1/2" MACHINE SCREW	1	HH-5044*F34
69	1/4" NYLON LOCK NUT	3	HH-5011*F34
70	3/8" NYLON LOCK NUT	8	HH-5088*F34
71	3/8" FLAT WASHER	8	HH-5265*F34
72	3/8" X 4 1/2" HEX HEAD BOLT	1	HH-5363*F34
73	3/8" X 3 1/4" HEX HEAD BOLT	2	HH-5063*F34
75	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*F34
76	3/8" X 2 1/4" HEX HEAD BOLT	2	HH-5061*F34
89	3/4" ROUND PLASTIC INSERT CAP	4	AA-8012*F34
90	1 3/4" SQUARE PLASTIC INSERT CAP	1	AA-8002*F34
91	2" SQUARE PLASTIC COVER CAP	3	AA-8015*F34
92	1 1/2" SQUARE PLASTIC INSERT CAP	1	AA-8001*F34
93	1" ROUND PLASTIC INSERT CAP	2	AA-8005*F34
94	1 1/2" SQUARE PLASTIC INSERT CAP	4	AA-8069*F34
95	PLASTIC SPACER 7/8" O.D. X 1" LONG	4	AA-8136*F34
100	FLEX EZ1 DECAL	1 SET	DE-4253*F34
101	PEC-DECK RESISTANCE SCALE DECAL	2	DE-4253*F34
102	ARM PRESS ARM RESISTANCE SCALE DECAL	2	DE-4253*F34
	ASSEMBLY MANUAL	1	C1192-F34*F34
	TRAINING MANUAL	1	C1193-F34*F34
	HARDWARE BAG (BOLTS & NUTS)	1	C5982-F34*F34
	HARDWARE BAG (PLASTICS)	1	C5983-F34*F34
	HARDWARE BAG (PULLEYS)	1	C5984-F34*F34
103	1 1/4" ROUND PLASTIC INSERT CAP	2	
104	LEG EXTENSION RUBBER BUMPER	1	
105	METAL SCREW #8	1	

## TABLE OF CONTENTS

Table of Contents .....	2
Important Safety Precautions .....	2
Introduction .....	2
Unit Illustration .....	2
Assembly Steps .....	4-13
Maintenance Tips .....	14
Accessories .....	14
Parts List .....	3
Ordering Parts .....	15
Warranty .....	16

## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Check the tension of the linking cable and adjust out excessive slack if it occurs. Do not overtighten as this cable does not need to be drum tight.
6. Keep small children away from this equipment during use.

**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

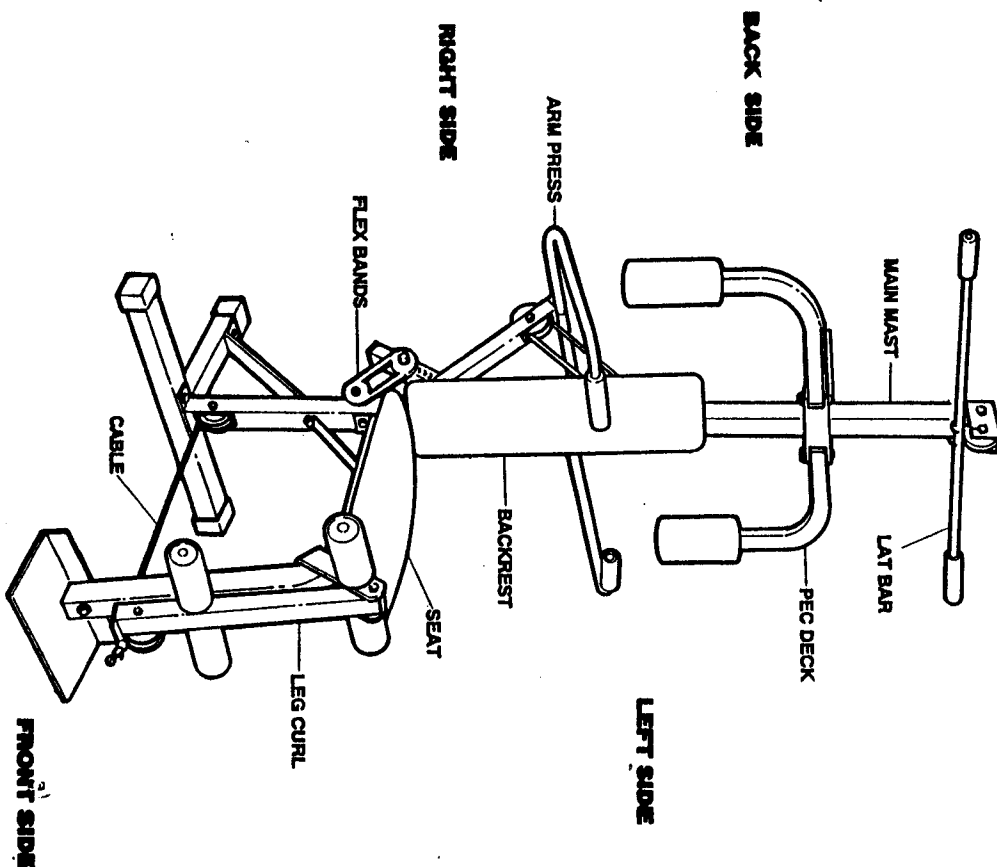
**SAVE THESE INSTRUCTIONS**

## INTRODUCTION

Thank you for choosing the Weider FLEX EZ1 HOME GYM. Your Home Gym is designed and engineered to give you many hours of aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains conditioning guides, maintenance tips, and parts information.

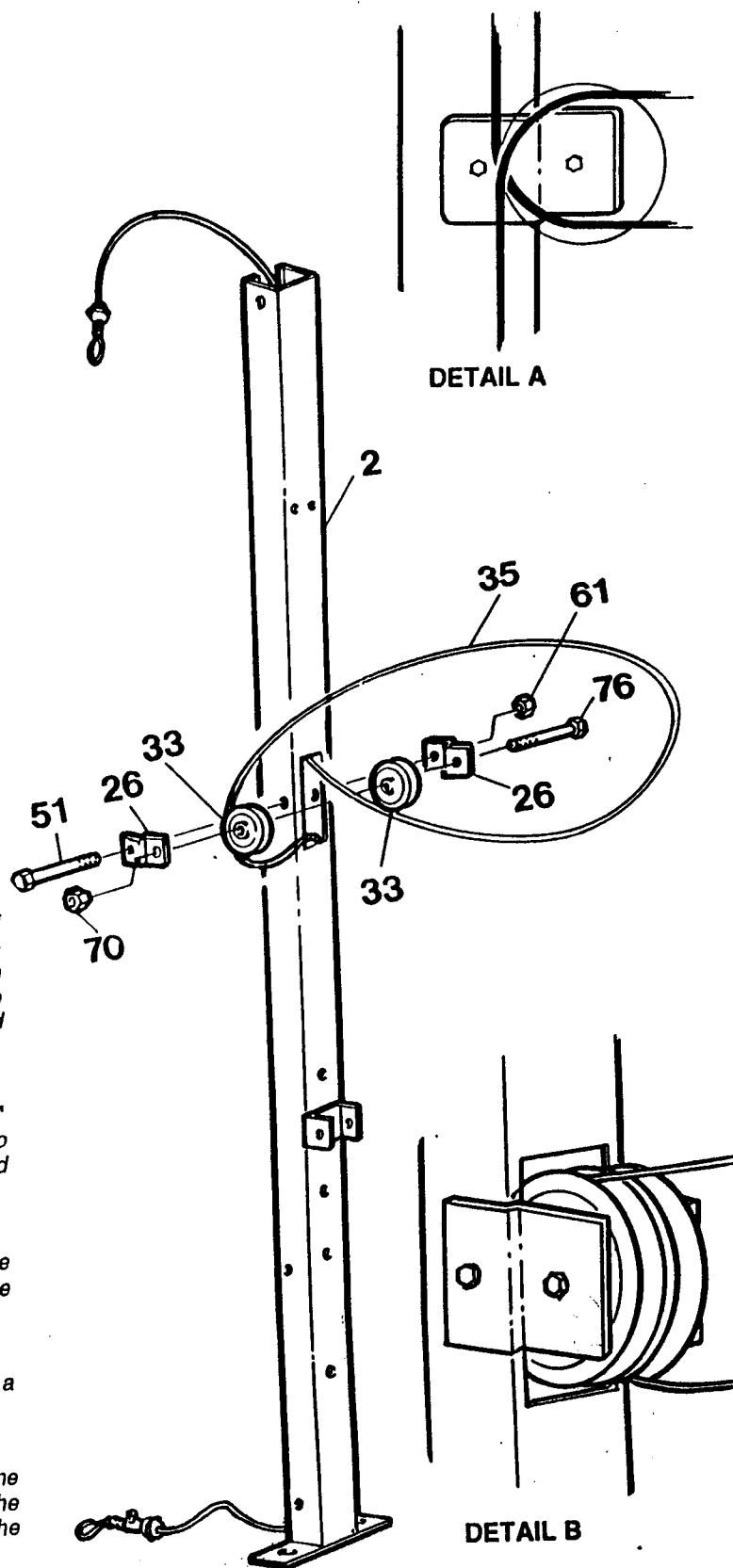
Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



## PRE-ASSEMBLY OF PULLEYS & CABLES

PART NAME	QTY
33 2 7/8" STANDARD PULLEY	2
51 5/16" X 2 3/4" HEX HEAD BOLT	1
61 5/16" NYLON LOCK NUT	1
70 3/8" NYLON LOCK NUT	1
76 3/8" X 2 1/4" HEX HEAD BOLT	1

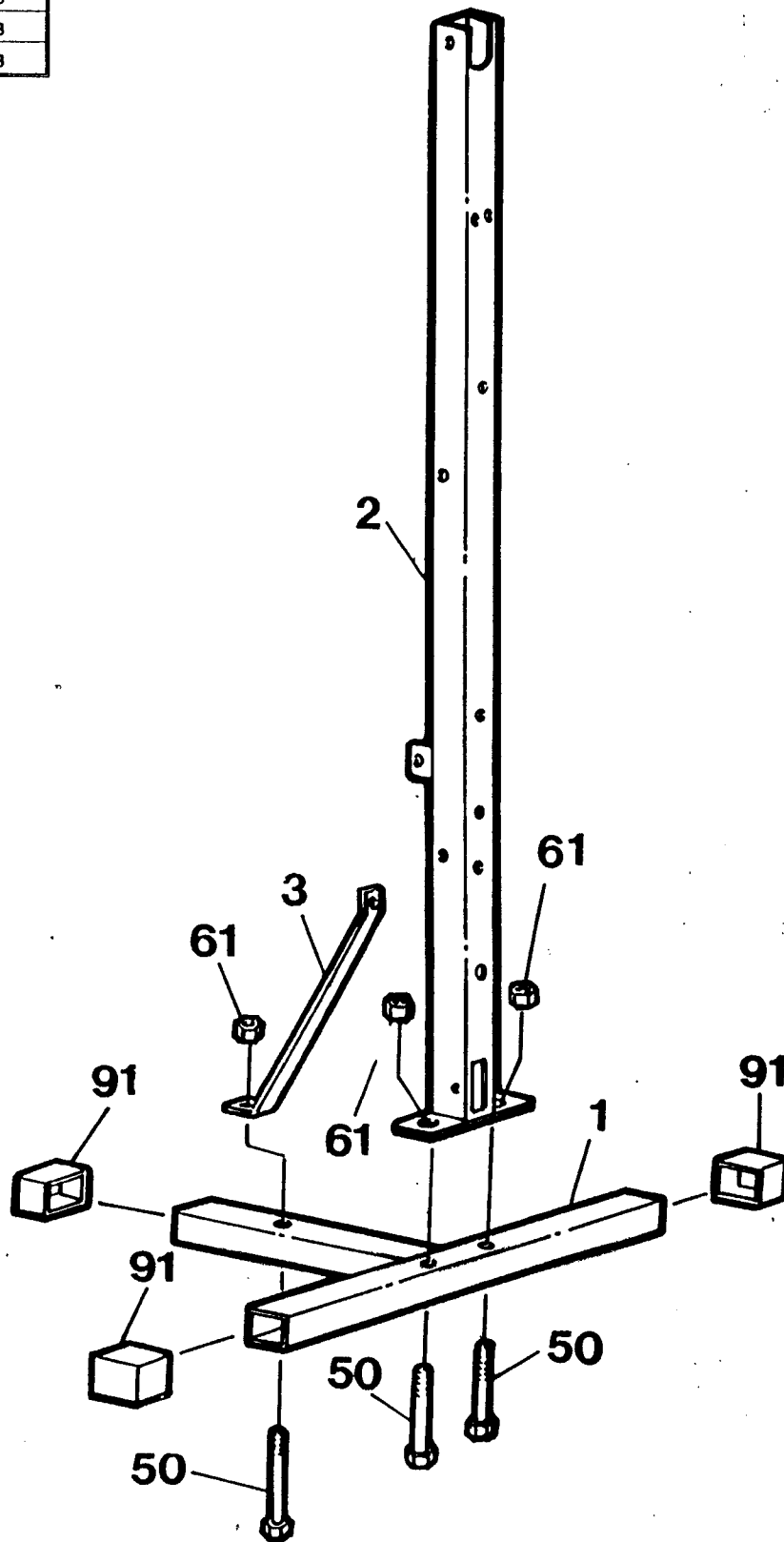
- ☐ The **CABLE (35)** must be routed through the **UPRIGHT (2)** first before any of the assembly is made.
- ☐ The **CABLE (35)** has two differently assembled ends. One end has a looped end and a Rubber Ball Stop. The opposite end has a looped end, an adjustment Bushing with a small Hex Head Bolt, and a Rubber Ball Stop.
- ☐ Start with the end of the Cable that has the looped end, adjustment Bushing, and Rubber Ball Stop. Go all the way to the top of the **UPRIGHT (2)** and feed this Cable end down the Upright to the large square open hole in the middle of the back of the Upright. Pull some of the Cable out the hole. Leave a couple of feet of Cable hanging out the top end for assembly later.
- ☐ Going down to the open square hole in the back and middle of the Upright, pull all of the remaining Cable out. Check the Cable. The Cable must feed down in front of the Bolt that will be used to assemble the **CRIMPED BRACKET (26)**. (SEE **DETAIL A**)
- ☐ Place a **CRIMPED BRACKET (26)** onto each side of the **UPRIGHT (2)** by the square open hole making sure the bracket is placed so that the bracket bends are in toward the center of the Upright tube. Bolt into place using a **5/16" X 2 3/4" HEX HEAD BOLT (51)** and **5/16" NYLON LOCK NUT (61)**.
- ☐ Into the inside of the Crimped Bracket place two **2 7/8" STANDARD PULLEYS (33)** side by side and bolt into place using **3/8" X 2 1/4" HEX HEAD BOLT (76)** and **3/8" NYLON LOCK NUTS (70)**. (SEE **DETAIL B**)
- ☐ Facing the back of the Upright (side with the square open hole), select the Pulley to the right and run the Cable under this Pulley.
- ☐ Bring the Cable back approximately 3 feet to leave for a later assembly into the Lever Arm.
- ☐ Take the Cable back to the two Pulleys but this time select the Pulley to your left and run the Cable over the top of the Pulley and down into the square hole all the way to the bottom of the Upright tube.
- ☐ The Cable probably will not remain on the two Pulleys through the rest of the assembly but do not get concerned, they can be corrected later as the Cable assembly is completed.



**STEP 1 BASE FRAME ASSEMBLY**

PART NAME	QTY
50 5/16" X 2 1/2" HEX HEAD BOLT	3
61 5/16" NYLON LOCK NUT	3
91 2" SQUARE PLASTIC COVER CAP	3

- ☐ Begin by capping each tubing end of the **BASE FRAME (1)** with **2" SQUARE PLASTIC COVER CAP (91)**.
- ☐ Orient the **BASE FRAME (1)** so that the dimpled-in holes are faced to the floor.
- ☐ Assemble the **UPRIGHT (2)** to the **BASE FRAME (1)** by bolting with **5/16" X 2 1/2" HEX HEAD BOLTS (50)** up through the bottom of the Base Frame and then through the brackets of the Upright. Secure with **5/16" NYLON LOCK NUTS (61)**.
- ☐ Attach one end of the **REAR BRACE (3)** to the **BASE FRAME (1)** by bolting with a **5/16" X 2 1/2" HEX HEAD BOLT (50)** up through the bottom of the Base Frame and then through the Rear Brace. Secure with a **5/16" NYLON LOCK NUT (61)**. The other end of the Rear Brace will be assembled in a later step.

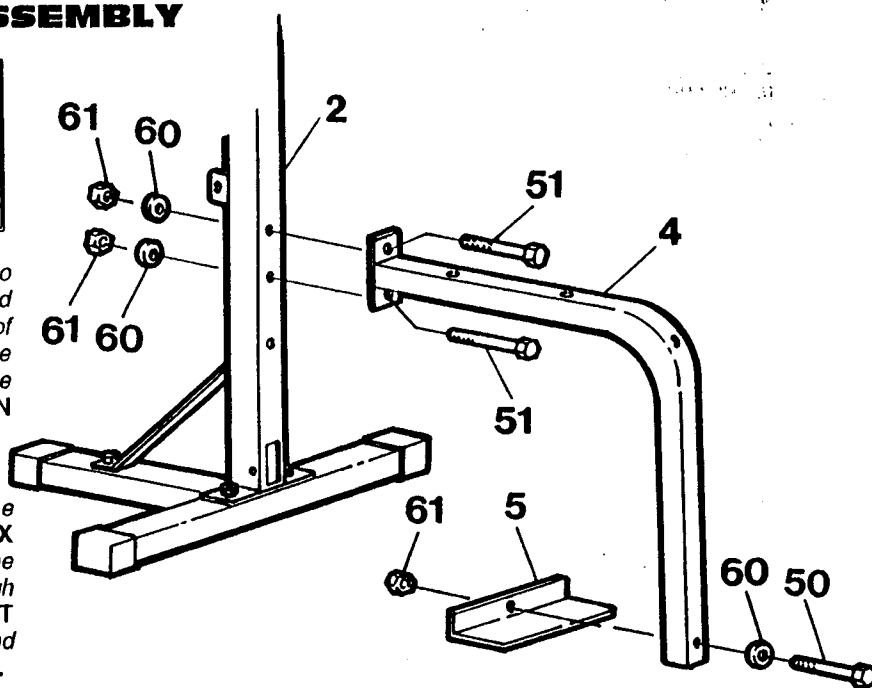


## STEP 2 SEAT FRAME ASSEMBLY

PART NAME	QTY
50 5/16" X 2 1/2" HEX HEAD BOLT	1
51 5/16" X 2 3/4" HEX HEAD BOLT	2
60 5/16" FLAT WASHER	3
61 5/16" NYLON LOCK NUT	3

- ☐ Assemble a 5/16" FLAT WASHER (60) onto a 5/16" X 2 1/2" HEX HEAD BOLT (50) and attach the BASE PLATE (5) to the bottom of the SEAT FRAME (4) by bolting through the front of the Seat Frame and then through the Base Plate. Secure with a 5/16" NYLON LOCK NUT (61).

- ☐ Assemble the SEAT FRAME (4) to the UPRIGHT (2) using 5/16" X 2 3/4" HEX HEAD BOLTS (51) and bolting through the bracket of the Seat Frame and then through the Upright. Assemble 5/16" FLAT WASHERS (60) onto the bolt ends and secure with 5/16" NYLON LOCK NUTS (61).



## STEP 3 MOUNTING PLATE & SEAT BRACE ASSEMBLY

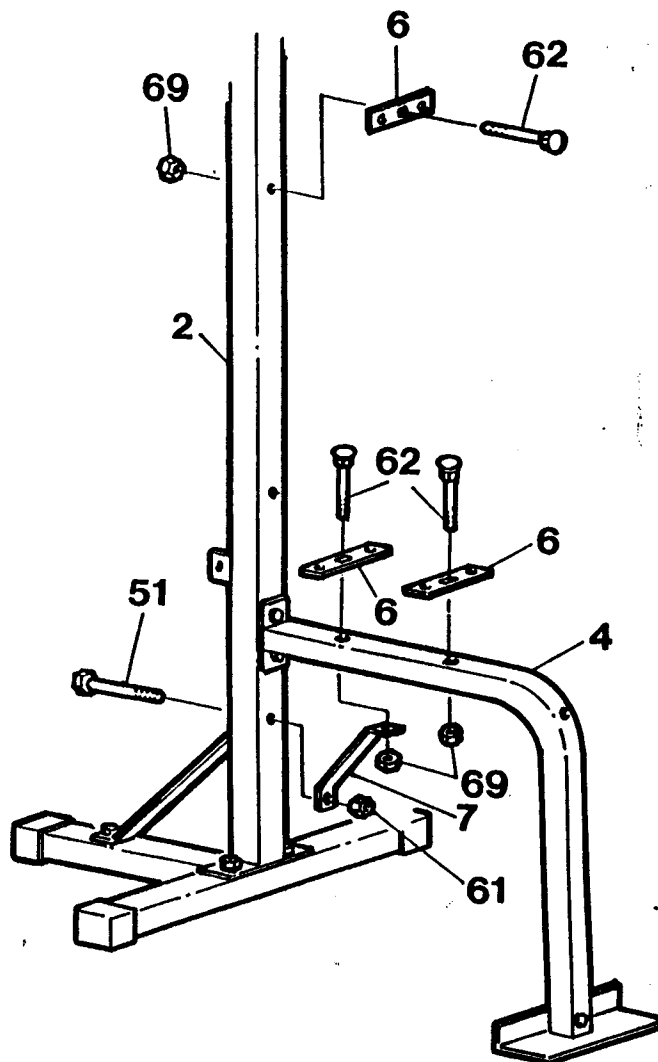
PART NAME	QTY
51 5/16" X 2 3/4" HEX HEAD BOLT	1
61 5/16" NYLON LOCK NUT	1
62 1/4" X 2 1/2" CARRIAGE BOLT	3
69 1/4" NYLON LOCK NUT	3

- ☐ Attach a MOUNTING PLATE (6) and the SEAT BRACE (7) to the SEAT FRAME (4) by bolting with a 1/4" X 2 1/2" CARRIAGE BOLT (62) down through the Mounting Plate, then through the top of the Seat Frame, and finally through one end of the Seat Brace. Fasten with a 1/4" NYLON LOCK NUT (69).

- ☐ Assemble the other end of the SEAT BRACE (7) and the unassembled end of the REAR BRACE (3) to the UPRIGHT (2) by bolting with a 5/16" X 2 3/4" HEX HEAD BOLT (51) through the Rear Brace, then through the back of the Upright, and finally through the SEAT BRACE (7). Secure with a 5/16" NYLON LOCK NUT (61).

- ☐ Assemble a MOUNTING PLATE (6) to the front of the SEAT FRAME (4) using a 1/4" X 2 1/2" CARRIAGE BOLT (62) and bolting through the Mounting Plate and then through the top of the SEAT FRAME (4). Secure with a 1/4" NYLON LOCK NUT (69).

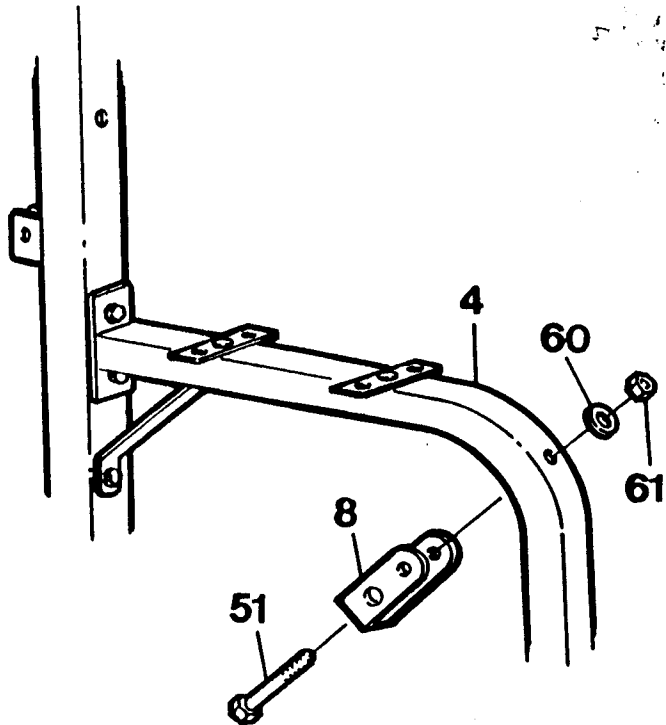
- ☐ Attach a MOUNTING PLATE (6) to the UPRIGHT (2) using a 1/4" X 2 1/2" CARRIAGE BOLT (62) to bolt through the Mounting Plate and then the Upright. Secure with a 1/4" NYLON LOCK NUT (69).



**STEP 4 LEG EXTENSION BRACKET ASSEMBLY**

PART NAME	QTY
51 5/16" X 2 3/4" HEX HEAD BOLT	1
60 5/16" FLAT WASHER	1
61 5/16" NYLON LOCK NUT	1

- ☐ Attach the LEG EXTENSION BRACKET (8) to the SEAT FRAME (4) by assembling the Bracket from behind and around the Seat Frame, trapping the Seat Frame between the Bracket.
- ☐ Attach the Bracket using a 5/16" X 2 3/4" HEX HEAD BOLT (51) and bolting through the Bracket and then through the bottom of the Seat Frame. Assemble a 5/16" FLAT WASHER (60) onto the bolt and fasten with a 5/16" NYLON LOCK NUT (61).

**STEP 5 LEG EXTENSION ASSEMBLY**

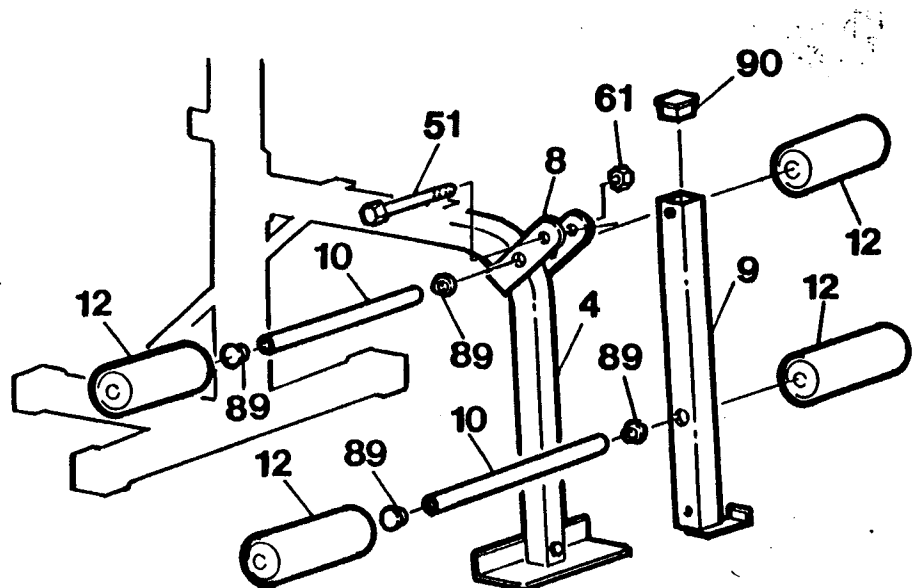
PART NAME	QTY
51 5/16" X 2 3/4" HEX HEAD BOLT	1
61 5/16" NYLON LOCK NUT	1
89 3/4" ROUND PLASTIC INSERT CAP	4
90 1 3/4" SQUARE PLASTIC INSERT CAP	1

- ☐ Assemble the LEG EXTENSION (9) into the brackets of the SEAT FRAME (4) and using a 5/16" X 2 3/4" HEX HEAD BOLT (51) bolt through the LEG EXTENSION BRACKET (8) and then through the LEG EXTENSION (9). Secure with a 5/16" NYLON LOCK NUT (61). Cap the top of the LEG EXTENSION (9) with a 1 3/4" SQUARE PLASTIC INSERT CAP (90).

- ☐ Press 3/4" ROUND PLASTIC INSERT CAPS (89) into the ends of the 3/4" X 13 1/2" PAD BARS (10).

» **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.

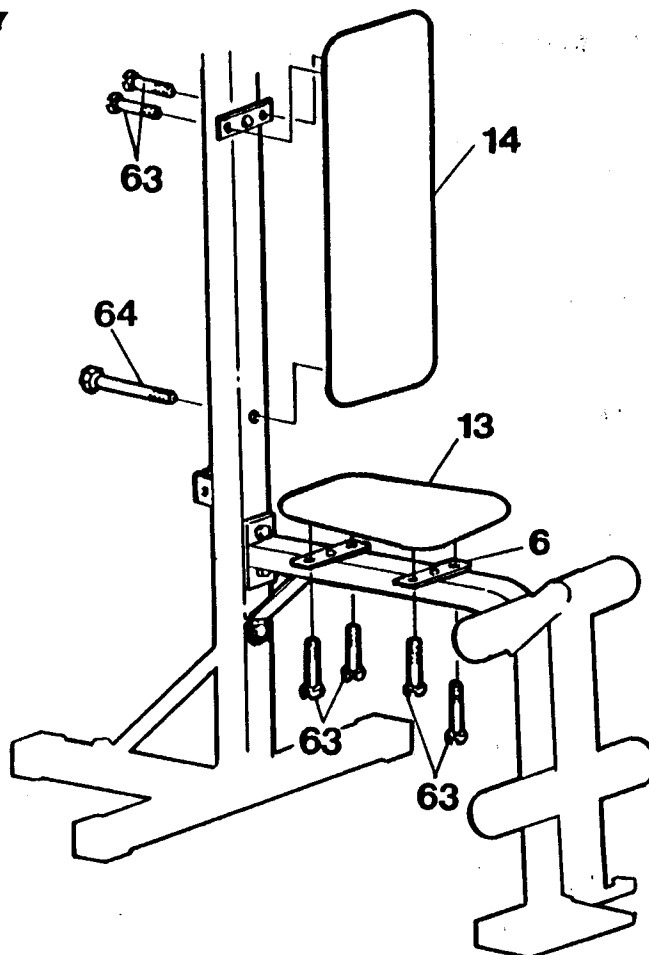
- ☐ To each end of the 3/4" X 13 1/2" PAD BARS (10) press on one 3" X 5 3/4" FOAM PAD (12).
- ☐ Insert one PAD BAR (10) into the LEG EXTENSION BRACKET (8) and assemble another 3" X 5 3/4" FOAM PAD (12) onto the inserted end.
- ☐ Assemble the other PAD BAR (10) into a hole location on the lower section of the LEG EXTENSION (9).
- ☐ Press another 3" X 5 3/4" FOAM PAD (12) onto the inserted tube end.



**STEP 6 SEAT & BACKREST ASSEMBLY**

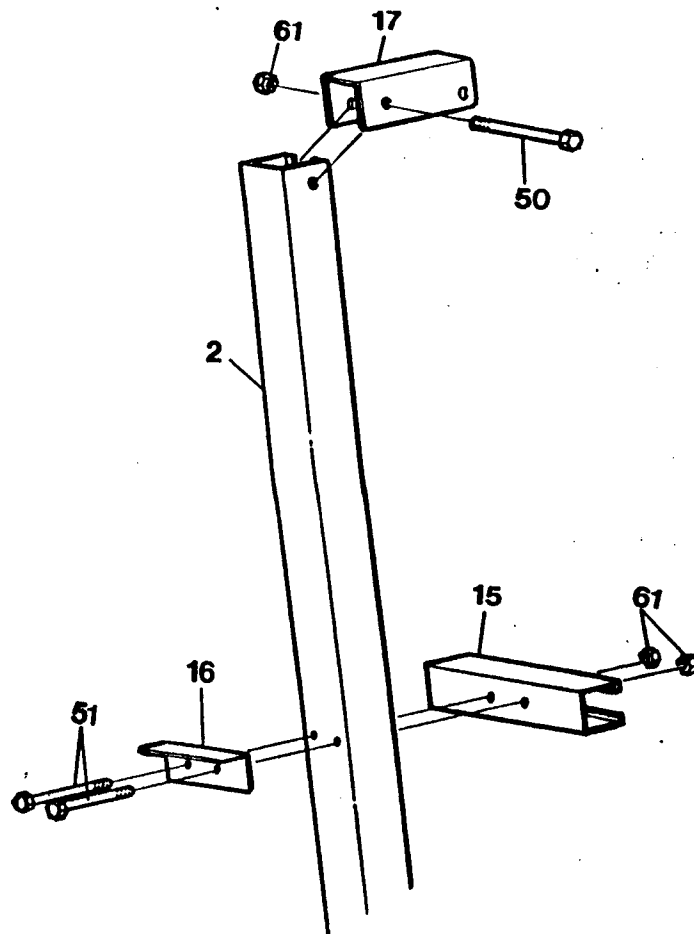
PART NAME	QTY
63 1/4" X 3/4" MACHINE SCREW	6
64 1/4" X 2 1/2" MACHINE SCREW	1

- ☐ Attach the SEAT (13) to the SEAT FRAME (4) by bolting with 1/4" x 3/4" MACHINE SCREWS (63) up through the MOUNTING PLATES (6) and into the SEAT (13).
- ☐ Attach the BACKREST (14) to the UPRIGHT (2) at the MOUNTING PLATE (6) by bolting with 1/4" X 3/4" MACHINE SCREWS (63) from the back of the Upright through the MOUNTING PLATE (6) and into the BACKREST (14).
- ☐ At the lower hole location, bolt the BACKREST (14) to the UPRIGHT (2) by bolting with a 1/4" X 2 1/2" MACHINE SCREW (64) through the back of the Upright and into the Backrest.

**STEP 7 BRACKET ASSEMBLIES**

PART NAME	QTY
50 5/16" X 2 1/2" HEX HEAD BOLT	1
51 5/16" X 2 3/4" HEX HEAD BOLT	2
61 5/16" NYLON LOCK NUT	3

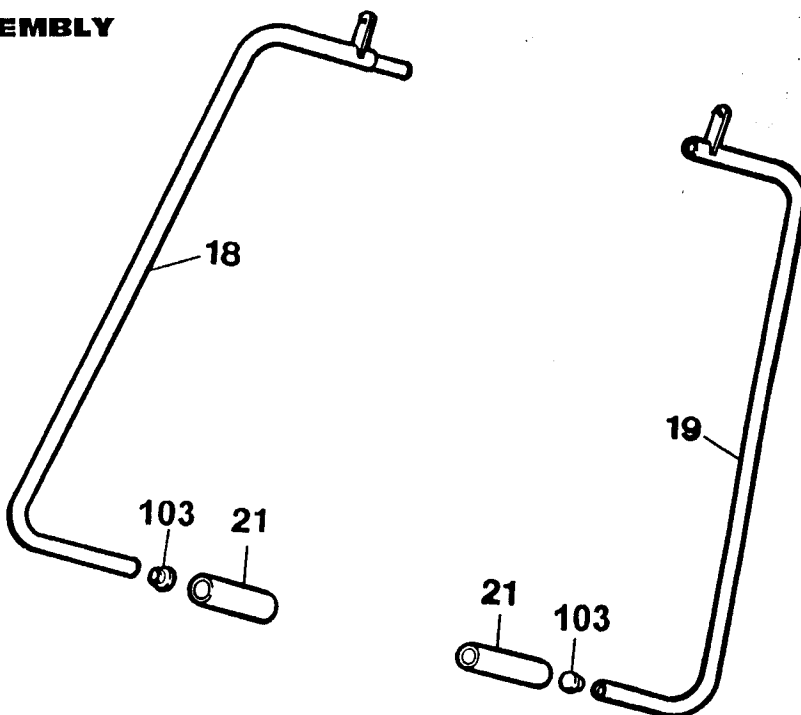
- ☐ Assemble the PEC-DECK BRACKET (15) and the PEC-DECK SUPPORT PLATE (16) to the UPRIGHT (2) by first assembling two 5/16" X 2 3/4" HEX HEAD BOLTS (51) into the SUPPORT PLATE (16).
- ☐ Attach the Support Plate onto the back of the Upright with the lip to the top.
- ☐ Assemble onto the bolt ends, the PEC-DECK BRACKET (15). The cut out sections of this bracket will face to the front of the Upright. Secure with 5/16" NYLON LOCK NUTS (61).
- ☐ Attach the UPRIGHT U-BRACKET (17) to the top of the UPRIGHT (2) by bolting with a 5/16" x 2 1/2" HEX HEAD BOLT (50) through the U-Bracket ( through the hole that is centered in the bracket) and then through the Upright. Secure with a 5/16" NYLON LOCK NUT (61). CHECK ILLUSTRATION!



**STEP 8 ARM PRESS ARM ASSEMBLY**

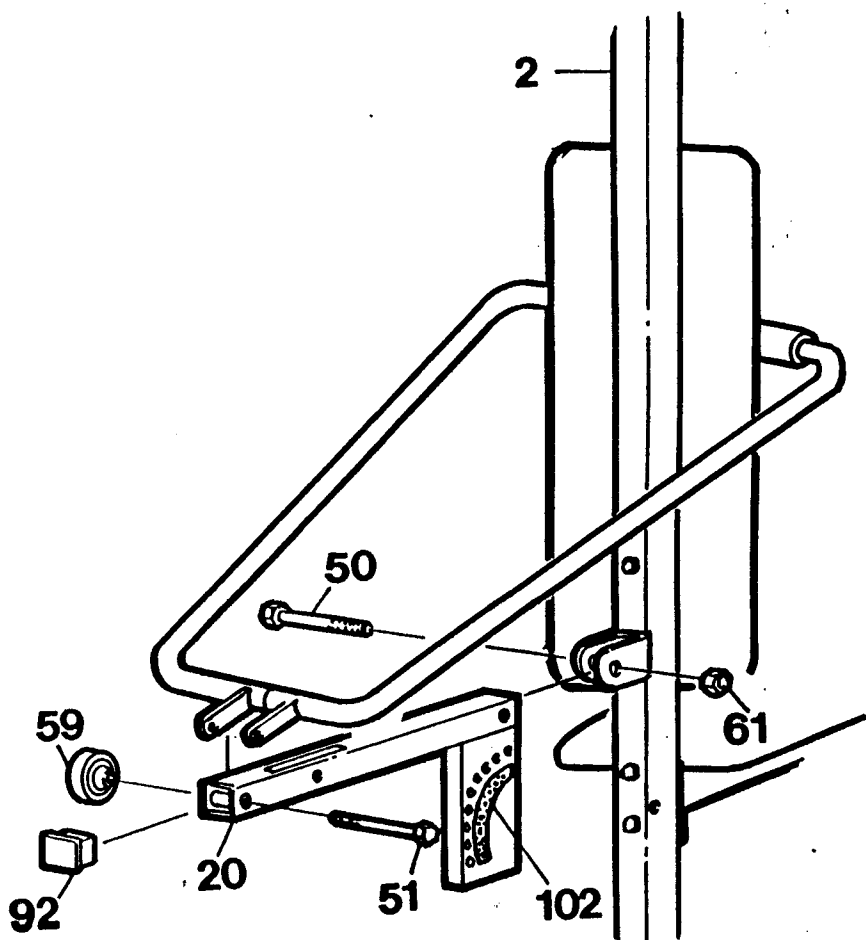
PART NAME	QTY
103 1 1/4" ROUND PLASTIC INSERT CAP	2

- ☐ To aid in assembling the 1 1/4" X 5" FOAM GRIPS (21) to the ARM PRESS ARMS (18) and (19), wipe a small amount of liquid dish detergent along the surface of the end of the Arm Press Arm tube. Slide the FOAM GRIPS (21) onto the Arm Press Arms until they are flush with the end of the Arm Press Arm.
- ☐ Cap the end of each ARM PRESS ARM (18) and (19) with 1 1/4" ROUND PLASTIC INSERT CAPS (103).
- ☐ Assemble the two Arm Press Arms together by inserting the tapered section of ARM PRESS ARM (18) into the end of ARM PRESS ARM (19).

**STEP 9 ATTACHING ARM PRESS ARMS & LEVER ARM**

PART NAME	QTY
50 5/16" X 2 1/2" HEX HEAD BOLT	1
51 5/16" X 2 3/4" HEX HEAD BOLT	1
59 THREADED KNOB	1
61 5/16" NYLON LOCK NUT	1
92 1 1/2" SQUARE PLASTIC CAP	1

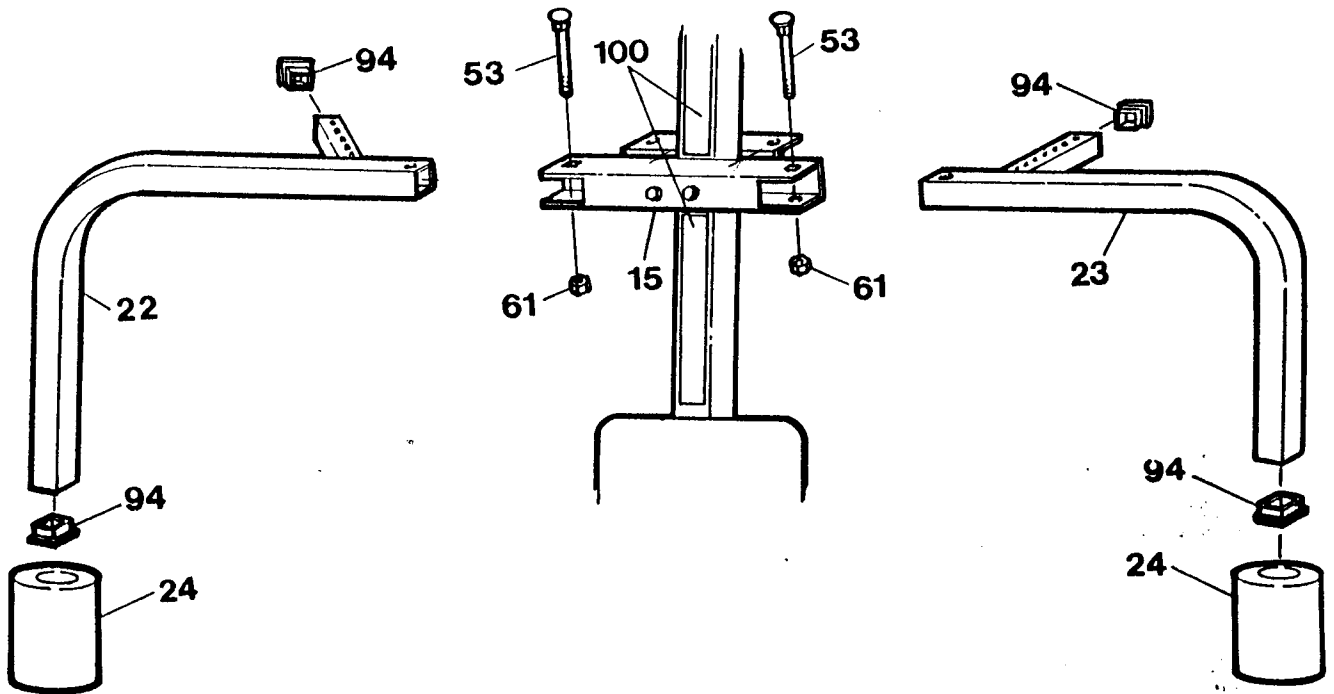
- ☐ Assemble the LEVER ARM (20) to the welded bracket on the back of the UPRIGHT (2) by bolting with a 5/16" X 2 1/2" HEX HEAD BOLT (50) through the welded bracket and then through the Lever Arm. Secure with a 5/16" NYLON LOCK NUT (61).
- ☐ Attach the assembled Arm Press Arms to the LEVER ARM (20) by placing the Lever Arm between the welded brackets on the Arm Press Arms. Bolt with a 5/16" X 2 3/4" HEX HEAD BOLT (51) through the bracket of the Arm Press Arm. Secure with a THREADED KNOB (59).
- ☐ Cap the end of the LEVER ARM (20) with a 1 1/2" SQUARE PLASTIC CAP (92).
- ☐ Apply the ARM PRESS RESISTANCE DECAL (102) next to the hole pattern on the LEVER ARM (20). The lowest resistance setting will be positioned next to the top hole.



**STEP 10 PEC-DECK ARM ASSEMBLY**

PART NAME	QTY
53 5/16" X 2 1/2" MACHINE SCREW	2
61 5/16" NYLON LOCK NUT	2
94 1 1/2" SQUARE PLASTIC INSERT CAP	4

- ☐ Cap the tubing ends of the PEC-DECK ARMS - RIGHT and LEFT (22) and (23) with 1 1/2" SQUARE PLASTIC INSERT CAPS (240 - 1 1/2" WRITTEN INSIDE) (94).

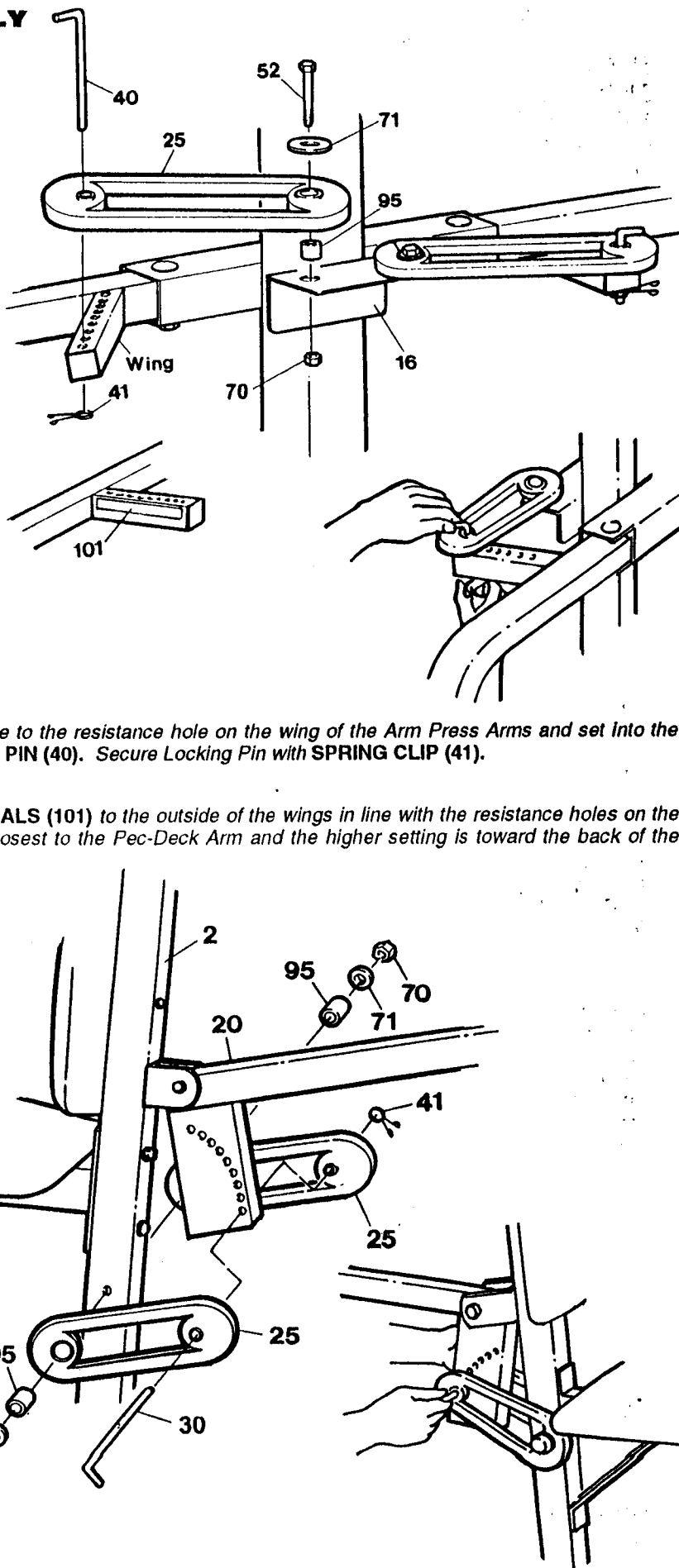


- ☐ Wipe a small amount of liquid dish detergent onto the lower section of the Pec-Deck Arms. Slide on 3 1/4" X 7" FOA PADS (24). Position the Pads at the tubing end.
- ☐ Assemble the PEC-DECK ARMS (22) and (23) to the PEC-DECK BRACKET (15) on the front of the UPRIGHT (2) using 5/16" X 2 1/2" MACHINE SCREW (53) to bolt down through the top of the Pec-Deck Bracket and then through the Arm Press Arm. Secure with 5/16" NYLON LOCK NUT (61).
- ☐ Split the FLEX EZ1 DECAL (100). Remove the Decal from the backing sheet and affix them above and below the PEC-DECK BRACKET (15).

**STEP 11 FLEX BAND ASSEMBLY**

PART NAME	QTY
40 3/8" X 3 1/4" LONG LOCKING PIN	2
41 3/8" SPRING CLIP	2
52 3/8" X 1 3/4" HEX HEAD BOLT	2
30 3/8" X 4 1/2" LONG LOCKING PIN	1
70 3/8" NYLON LOCK NUT	3
71 3/8" FLAT WASHER	2
72 3/8" X 4 1/2" HEX HEAD BOLT	1
95 PLASTIC SPACER 7/8" OD X 1" LONG	2

- ☐ To assemble the **FLEX BANDS (25)** to the Pec-Deck Arms, first check the Flex Bands and notice that one end has a large hole and the other end has a small hole.
- ☐ Place the 3/8" **FLAT WASHER (71)** onto the 3/8" X 1 3/4" **HEX HEAD BOLT (52)** and insert into the large hole of the Flex Band.
- ☐ Add the **PLASTIC SPACER (95)** and insert assembly into the hole on the top of the lip of the **PEC-DECK SUPPORT BRACKET (16)** and secure with a 3/8" **NYLON LOCK NUT (70)**
- ☐ Swing the end of the Flex Band with the small hole to the resistance hole on the wing of the Arm Press Arms and set into the desired setting with 3/8" X 3 1/4" **LONG LOCKING PIN (40)**. Secure Locking Pin with **SPRING CLIP (41)**.
- ☐ Apply the **PEC-DECK RESISTANCE SCALE DECALS (101)** to the outside of the wings in line with the resistance holes on the Pec-Deck Arm. The lower setting is positioned closest to the Pec-Deck Arm and the higher setting is toward the back of the Pec-Deck Arm.
- ☐ The **FLEX BANDS (25)** are assembled to the **LEVER ARM (20)** in a similar manner as the the Pec-Deck Assembly.
- ☐ Place a 3/8" **FLAT WASHER (71)** onto a 3/8" X 4 1/2" **HEX HEAD BOLT (72)**. Add the **PLASTIC SPACER (95)** to the bolt and assemble into the large hole end of the Flex Band.
- ☐ Place this entire assembly into the bolt hole located below the Seat Frame Bracket and then add another Flex Band, **PLASTIC SPACER (95)**, 3/8" **FLAT WASHER (71)**, and a 3/8" **NYLON LOCK NUT (70)** in that order.
- ☐ Choose a desired setting in the Lever Arm resistance setting holes and pin both free ends of the Flex Bands into place with a 3/8" X 4 1/2" **LOCKING PIN (30)** and a 3/8" **SPRING CLIP (41)**.



**COMPLETING THE CABLE ASSEMBLY**

PART NAME	QTY
32 3 1/2" BEARING PULLEY	2
33 2 7/8" STANDARD PULLEY	2
42 1/4" LONG METAL SPACER	1
43 11/16" LONG BUSHING	3
44 3/8" LONG METAL SPACER	2
45 5/8" LONG METAL SPACER	1
70 3/8" NYLON LOCK NUT	4
71 3/8" FLAT WASHER	6
73 3/8" X 3 1/4" HEX HEAD BOLT	2
76 3/8" X 2 1/4" HEX HEAD BOLT	1
75 3/8" X 2 1/2" HEX HEAD BOLT	1

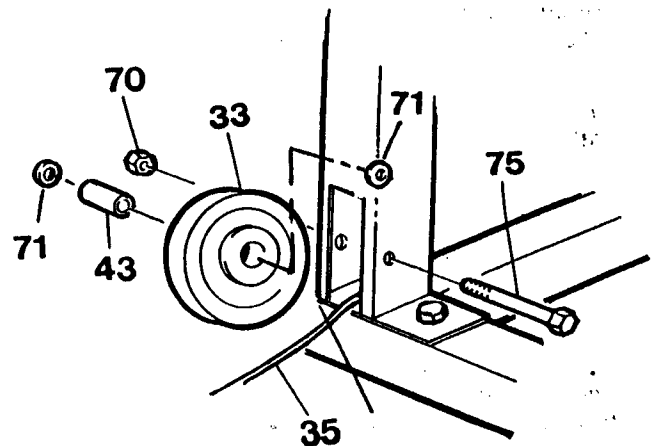
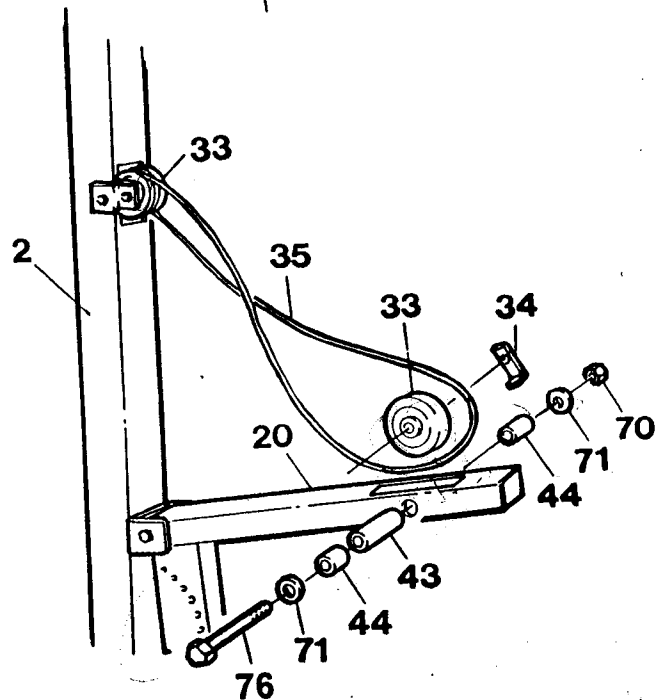
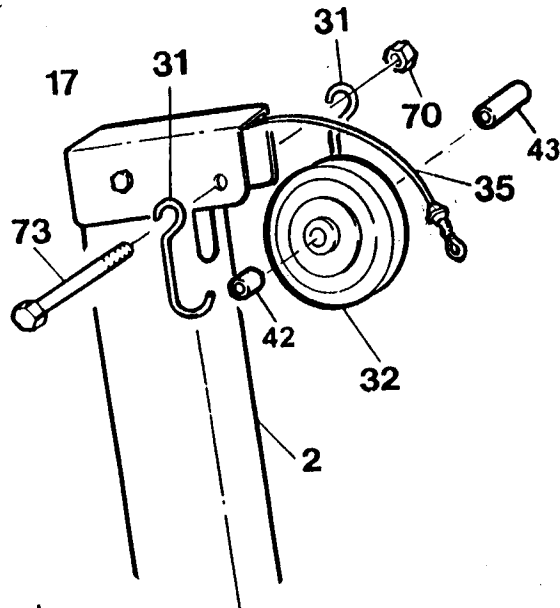
- ☐ Go first to the top of the UPRIGHT (2) and assemble the **CABLE (35)** on top of a **3 1/2" BEARING PULLEY (32)**. Insert the two **METAL SPACER (42 - 43)** on each side of the **3 1/2" BEARING PULLEY (32)** as shown in the illustration. Bolt the Pulley and the **LAT HOOKS (31)** into the **UPRIGHT U-BRACKET (17)** using a **3/8" X 3 1/4" HEX HEAD BOLT (73)** and bolting through a Lat Hook, then through the U-Bracket, the Pulley, the other side of the U-Bracket, and another Lat Hook. Secure with a **3/8" NYLON LOCK NUT (70)**.

- ☐ Proceed to the back of the Upright checking to make sure the **CABLE (35)** is on the top of the small **2 7/8" STANDARD PULLEY (33)** on the right. Pull the loop created in the Cable back to the long square hole in the **LEVER ARM (20)**.

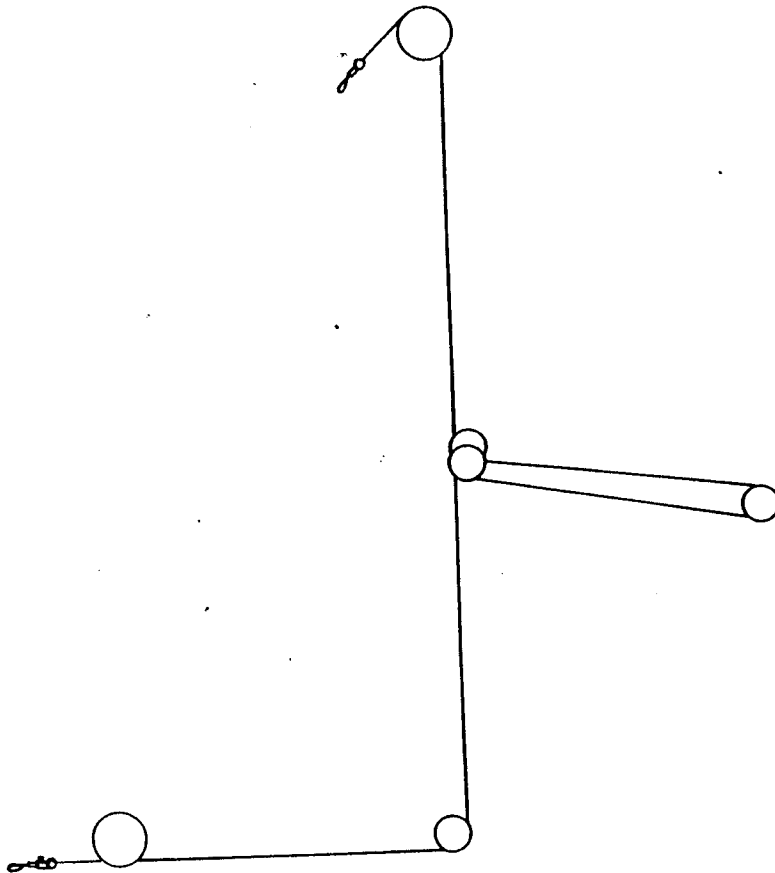
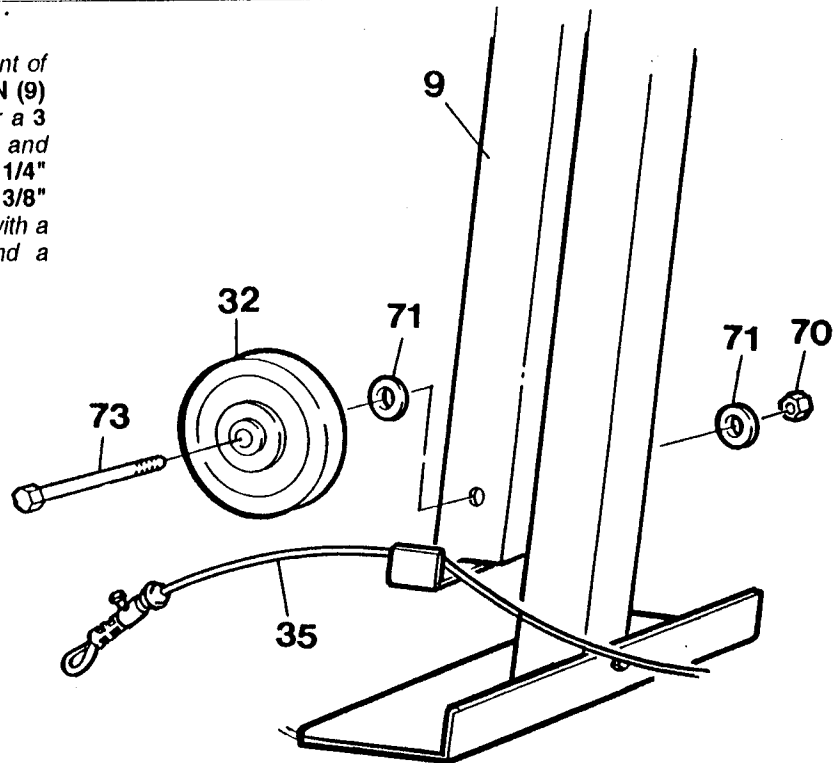
- ☐ Place a **2 7/8" STANDARD PULLEY (33)** into the loop of the **CABLE (35)** and add the **CABLE TRAP BRACKET (34)** so that the "L-shaped" end is to the bottom of the Pulley. Insert the **11/16" LONG BUSHING (43)** into the center of the Pulley. Place a **3/8" FLAT WASHER (71)** onto the **3/8" X 2 1/4" HEAD BOLT (76)** and then a **3/8" LONG METAL SPACER (44)**. Place the Pulley assembly into the opening and insert the bolt assembly through and add another **3/8" LONG METAL SPACER (44)**, and a **3/8" FLAT WASHER (71)**. Secure with a **3/8" NYLON LOCK NUT (70)**.

- ☐ Pull the slack from the **CABLE (35)** back to the back of the UPRIGHT (2) to the small **2 7/8" STANDARD PULLEY (33)** on the left making sure it goes over the top of the Pulley.

- ☐ Go down to the base of the Upright and again pull the slack out of the **CABLE (35)** through the hole. Insert the **11/16" LONG BUSHING (43)** into a **2 7/8" STANDARD PULLEY (33)**. Bolt the **2 7/8" STANDARD PULLEY (33)** using a **3/8" X 2 1/2" HEX HEAD BOLT (75)** into the lower hole in the Upright trapping the Cable underneath the Pulley. Insert the two **3/8" FLAT WASHER (71)** on each side of the **2 7/8" STANDARD PULLEY (33)** as shown in the illustration. Secure with a **3/8" NYLON LOCK NUT (70)**.



- Bring the **CABLE (35)** to the front of the unit to the **LEG EXTENSION (9)** and again trap the Cable under a **3 1/2" BEARING PULLEY (32)** and bolt into place using a **3/8" X 3 1/4" HEX HEAD BOLT (73)** and a **3/8" FLAT WASHER (71)**. Secure with a **3/8" FLAT WASHER (71)** and a **3/8" NYLON LOCK NUT (70)**.



ENTIRE CABLE ROUTING DRAWING

## MAINTENANCE TIPS

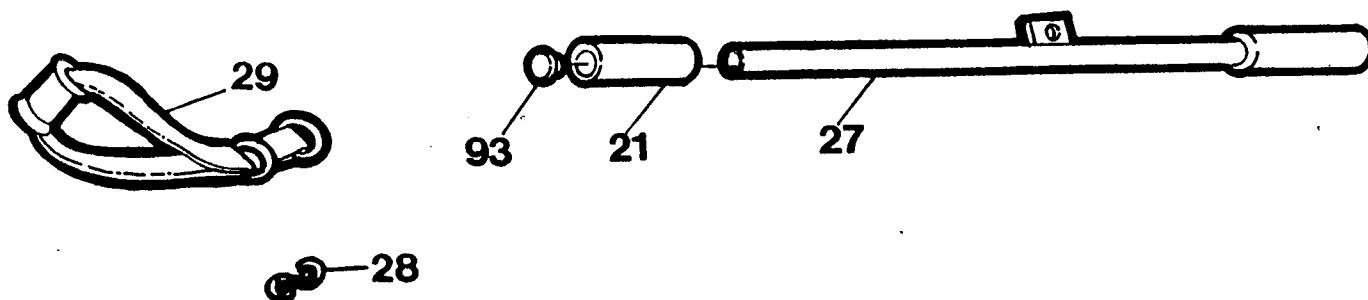
Keeping your EZ1 in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles and pulleys moving smoothly and to eliminate squeaks and excessive noise.
3. Check tension of linking cable to keep out excessive slack. (Tightness should be kept similar to a fan belt, about 1/2" of deflection from a straight line from pulley to pulley.)
4. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent.

Note: The braided steel Cable will stretch as it is used and becomes more limber. It is important that you periodically check for excess slack in the Cable so you can maintain the proper range of resistance.

As slack occurs pull the Cable tight from the front at the lower Leg Extension and re-position the Stopper Ball and adjusting Sleeve back tightly against the Leg Extension.

Keeping the Cable tight also helps keep the Cable properly seated in the Pulleys and reduces Cable wear.



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

#### LAT BAR:

- ☐ To LONG LAT BAR (27) press 1" ROUND PLASTIC INSERT CAPS (93) into each end of Bar and assemble 1" X 5" FOAM GRIPS (21) 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 FIREMAN'S HOOK (28). This Bar is used to do all Lat Pull-Down Exercises.

#### LEG STRAP:

- ☐ Slide attached Dumbbell Handle to one end of strap.
- ☐ Using FIREMAN'S HOOK (28), LEG STRAP (29) 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 (29) and connect Dumbbell Handle to Base Pulley to perform single Arm Curls, and Side Lateral Raises.

## ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

**1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.**

**2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.**

**3. Before ordering parts by phone have ready the following information to expedite your order:**

- a. Name of the product (FLEX EZ1 HOME GYM)
- b. Model number of product (EZ1)
- c. Serial number of the product located on a decal on the frame  
(See drawing on front cover for the location of this decal.)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Health & Fitness

Parts Service Department

900 West St. John Street

Olney, Illinois 62450

## LIMITED WARRANTY

Weider Health and Fitness, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of ONE YEAR from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of FIVE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

## LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

## CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Health & Fitness 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

## PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.