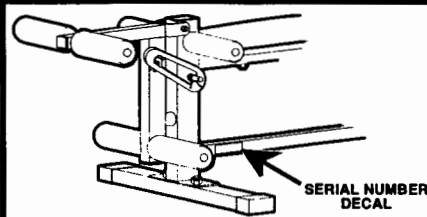


E220 FLEX HTS

FLEX BAND HOME GYM SYSTEM WITH AEROBIC STEPPER

MODEL NO. E220
SERIAL NO.

Write serial number in the space
above for reference.



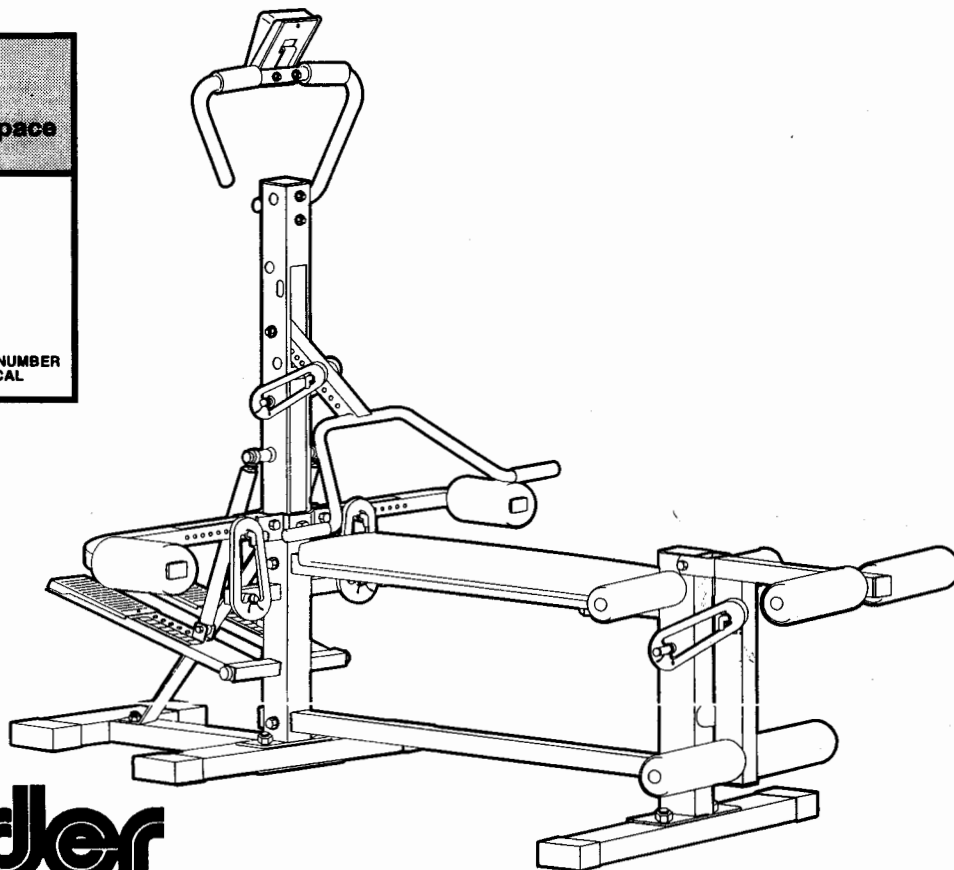
APPROXIMATE WEIGHT:

82 LBS.

APPROXIMATE SET UP

DIMENSIONS:

87"L X 34 1/2"W X 64 1/2"H



weider

OWNER'S MANUAL

MADE IN CANADA

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.

Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;

Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN1298E2200

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

TABLE OF CONTENTS

Table of Contents	1
Important Safety Precautions	1
Introduction	2
Bolt Scale Sheet	3
Ordering Parts	4
Part List	5-6
Assembly Steps	7-16
Conditioning Guidelines	17-18
Warranty	19

IMPORTANT SAFETY PRECAUTIONS

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

CAUTION: DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Home Gym on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handle bars when exercising.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small children away from this equipment during use.
8. Do not allow small children to play on this equipment unattended.
9. Wear appropriate workout attire, including running or aerobic shoes.

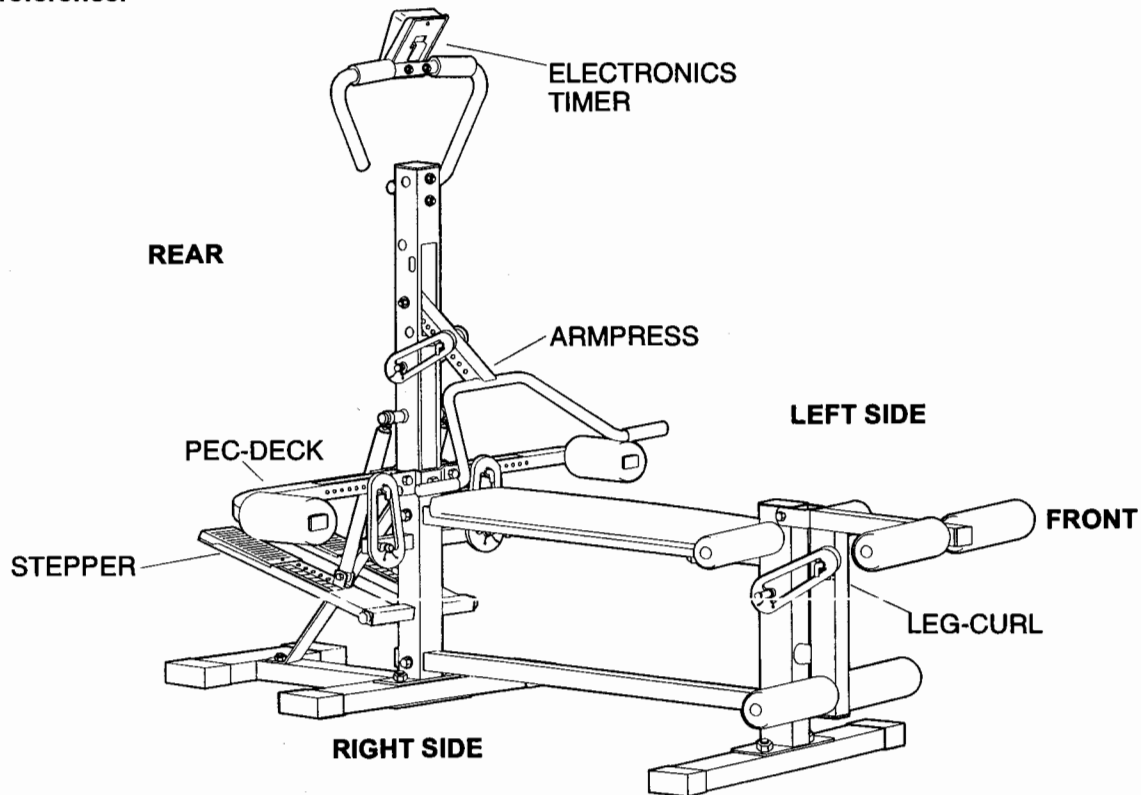
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained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

INTRODUCTION

Thank you for choosing the Weider E220 HTS. Your Home Gym is designed and engineered to give you many hours of weight and 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 maintenance tips and parts information.

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



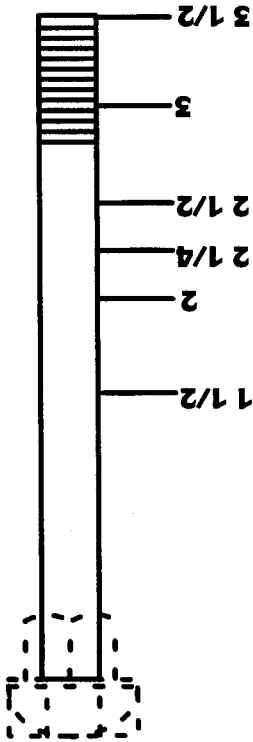
ESTIMATED TIME OF ASSEMBLY IS 1 1/2 HOURS

TOOLS REQUIRED FOR ASSEMBLY:

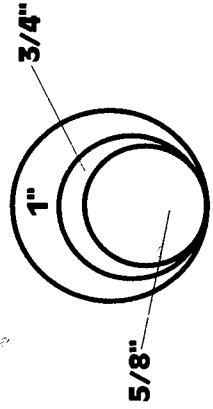
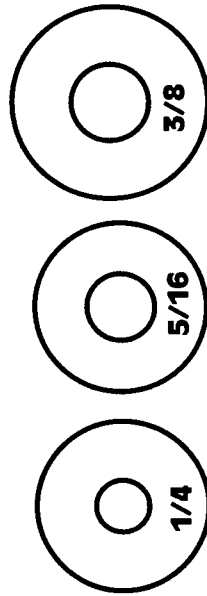
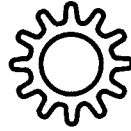
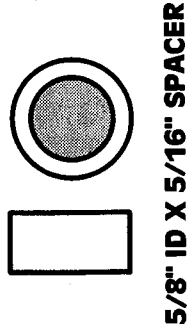
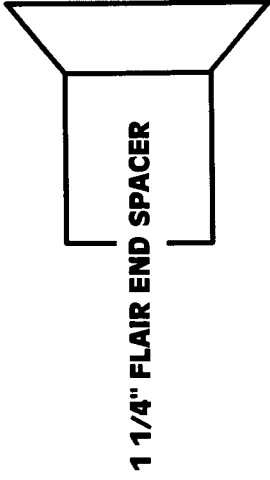
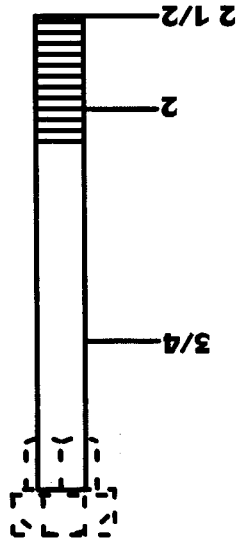
1. Two adjustable crescent wrenches or a combination of 1/2" and 9/16" box end wrenches.
2. Phillips Screwdriver
3. Flat Blade Screwdriver
4. Hammer

E220 HARDWARE SCALING SHEET

Scale can be used for 5/16" Hex Head Bolts, Carriage Bolts, and Round Head Screws

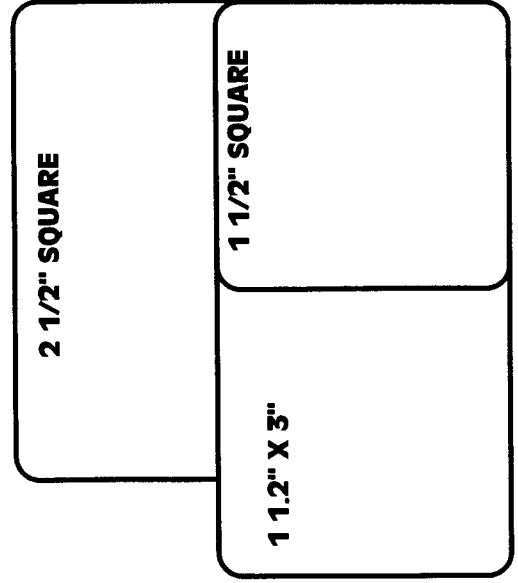


Scale can be used for 1/4" Hex Head Bolts, Carriage Bolts, and Round Head Screws



5/16 NYLON LOCK NUT

1/4 NYLON LOCK NUT



ORDERING PARTS

CONGRATULATIONS on selecting a **WEIDER FITNESS PRODUCT**. You have joined thousands of health conscious men and women in the growing family of **WEIDER CUSTOMERS**.

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR *OWNER'S REGISTRATION CARD* WITHIN THE NEXT 10 DAYS.

Simply mail your ***OWNER'S REGISTRATION CARD*** to receive all benefits to which you are entitled.

WARRANTY VERIFICATION : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

OWNER CONFIRMATION : Your completed **OWNER'S REGISTRATION CARD** serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.

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:

- 1. Name of the Product (E220 FLEX HTS)**
- 2. Model Number of the Product (E220)**
- 3. Ordering Number of the Part (See Parts List Page)**
- 4. Description of the Part from the Parts List Page.**
- 5. Country of the 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 through Friday 7 a.m. to 6 p.m. CST.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

E220 PARTS LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	MAIN FRAME	1	C4337-G46*G46
2	BASE "T"	1	C4338-G46*G46
3	BACKBONE	1	C2187-E20*G46
4	FRONT FOOT	1	C2188-E20*G46
5	BACKREST	1	C1336-E03*G46
6	PEDAL	2	C3210-F23*G46
8	PEC-DECK ARM	2	C6505-E03*G46
9	LEG CURL	1	C2141-E03*G46
10	ARM PRESS HANDLE	1	C6506-E03*G46
11	STEPPER HANDLE	1	C6329-E20*G46
12	BACKREST MOUNTING PLATE	2	C6713-E03*G46
13	MAIN FRAME BRACE	1	C6718-E20*G46
14	PEC-DECK MOUNTING BRACKET	2	C6714-E03*G46
15	RESISTANCE CYLINDER MOUNTING BRACKET	2	C7765-G25*G46
16	PAD BAR - 3/4" X 13"	2	C6252-E03*G46
17	PAD BAR - 3/4" X 15 1/2"	1	C6315-E03*G46
18	ELECTRONICS MOUNTING PLATE	1	C6719-E20*G46
19	ELECTRONIC TIMER	1	C0824-E20*G46
20	3/4" X 9" ARM PRESS BAND BAR	1	C6253-E03*G46
21	3/4" X 6" LEG CURL BAND BAR	1	C6254-E03*G46
22	3/8" X 6" "L" PIN	1	WW-7046*G46
23	3/8" X 4" "L" PIN	1	WW-7045*G46
24	3/8" X 3 1/4" "L" PIN	2	WW-7044*G46
25	TENSION KNOB	2	HH-5341*G46
26	FOAM ROLLER - 3" X 5 1/2" X 1 1/2" I.D.	2	C0453-E03*G46
27	FOAM ROLLER - 2 1/4" X 6 3/4" X 3/4" I.D.	2	C0445-E03*G45
28	FOAM ROLLER - 3 1/2" X 6" X 3/4" I.D.	4	C0428-A10*G46
30	FOAM GRIP - 1 1/2" X 5" X 1 1/4" I.D.	4	C0439-D19*G46
31	FLEX BAND	6	C6255-E03*G46
32	1 1/2" X 3" RUBBER FEET	6	AA-8113*G46
33	PLASTIC PEDAL TREAD	2	AA-8195*G46
34	1 1/2" X 3" PLASTIC INSERT CAP	1	AA-8130*G46
35	1 1/2" SQUARE END BUSHING	4	AA-8203*G46
36	5/16" X 3/4" HEX HEAD BOLT	2	HH-5241*G46
37	5/8" I.D. X 1 1/2" FLAIR END PLASTIC SPACER	2	AA-8320*G46
38	1" ROUND PLASTIC COVER CAP	2	HH-5348*G46
39	5/8" ROUND PLASTIC COVER CAP 126889	2	HH-5357*G46
40	1 1/2" SQUARE PLASTIC INSERT CAP 141403	7	AA-8001*G46
41	2 1/2" SQUARE PLASTIC INSERT CAP	1	AA-8013*G46
42	LEG CURL BUMPER	1	AA-8131*G46

E220 PARTS LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
43	3/4" ROUND PLASTIC INSERT CAP	12	AA-8004*G46
44	3/4" SPRING CLIP 100092	6	WW-7047*G46
45	3/8" SPRING CLIP	4	WW-7043*G46
46	RESISTANCE CYLINDER	2	ZZ-0004*G46
47	1 1/4" ROUND PLASTIC INSERT CAP	4	AA-8010*G46
48	3/16" X 1/2" METAL SCREW	2	HH-5351*G46
49	5/32 X 3/4" MACHINE SCREW	1	HH-5290*G46
50	1/8" X 1/2" ROUND HEAD SCREW	1	HH-5374*G46
51	1/4" X 3/4" ROUND HEAD SCREW	4	HH-5022*G46
52	1/4" X 2" CARRIAGE BOLT	2	HH-5338*G46
53	1/4" X 2 1/2" CARRIAGE BOLT	2	HH-5333*G46
54	1/4" FLAT WASHER	2	HH-5048*G46
55	1/4" NYLON LOCK NUT	8	HH-5011*G46
56	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*G46
57	5/16" X 2 1/2" HEX HEAD BOLT	2	HH-5053*G46
58	5/16" X 3" HEX HEAD BOLT	3	HH-5167*G46
59	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5294*G46
60	5/16" FLAT WASHER	9	HH-5127*G46
61	5/16" NYLON LOCK NUT	16	HH-5012*G46
62	3/8" FLAT WASHER	3	HH-5265*G46
63	5/16" I.D. X 5/8" LONG SPACER	2	HH-5362*G46
64	MAST DECAL	1	DE-4486*G46
65	ARM PRESS DECAL	1	DE-4486*G46
66	PEC-DECK ARM DECAL	2	DE-4486*G46
67	LEG CURL DECAL	1	DE-4486*G46
68	STEPPER RESISTANCE SCALE DECAL	1	DE-4486*G46
69	STATION 2 AEROBIC STEPPER DECAL	1	DE-4486*G46
70	5/16" X 2 1/4" HEX HEAD BOLT	4	HH-5199*G46
71	1/4" X 1 3/4" ROUND HEAD SCREW	2	HH-5255*G46
72	5/16" X 2" HEX HEAD BOLT	2	HH-5054*G46
73	1/4" X 2" MACHINE SCREW	2	HH-5256*G46
74	5/8" SPRING RETAINER RING	2	HH-5422*G46
75	1" SPRING RETAINER RING	2	HH-5423*G46
76	5/16" STAR WASHER	1	HH-5480*G46
77	PEC-ARM BAND TUBE	2	C7342-G46*G46
78	ARM PRESS BUMPER	1	AA-8132*G46
79	1/8" PLAIN NUT	1	HH-5436*G46
	ASSEMBLY MANUAL	1	CNN-1298*G46
	HARDWARE BAG	1	C8885-G46*G46

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
32 RUBBER FEET	6
34 1 1/2" X 3" PLASTIC INSERT CAP	1
40 1 1/2" SQUARE PLASTIC INSERT CAP	4
42 LEG CURL BUMPER	1
49 5/32" X 3/4" MACHINE SCREW	1
58 5/16" X 3" HEX HEAD BOLT	2
60 5/16" FLAT WASHER	4
61 5/16" NYLON LOCK NUT	6
63 5/8" LONG METAL SPACER	2
70 5/16" X 2 1/4" HEX HEAD BOLT	2
72 5/16" X 2" HEX HEAD BOLT	2

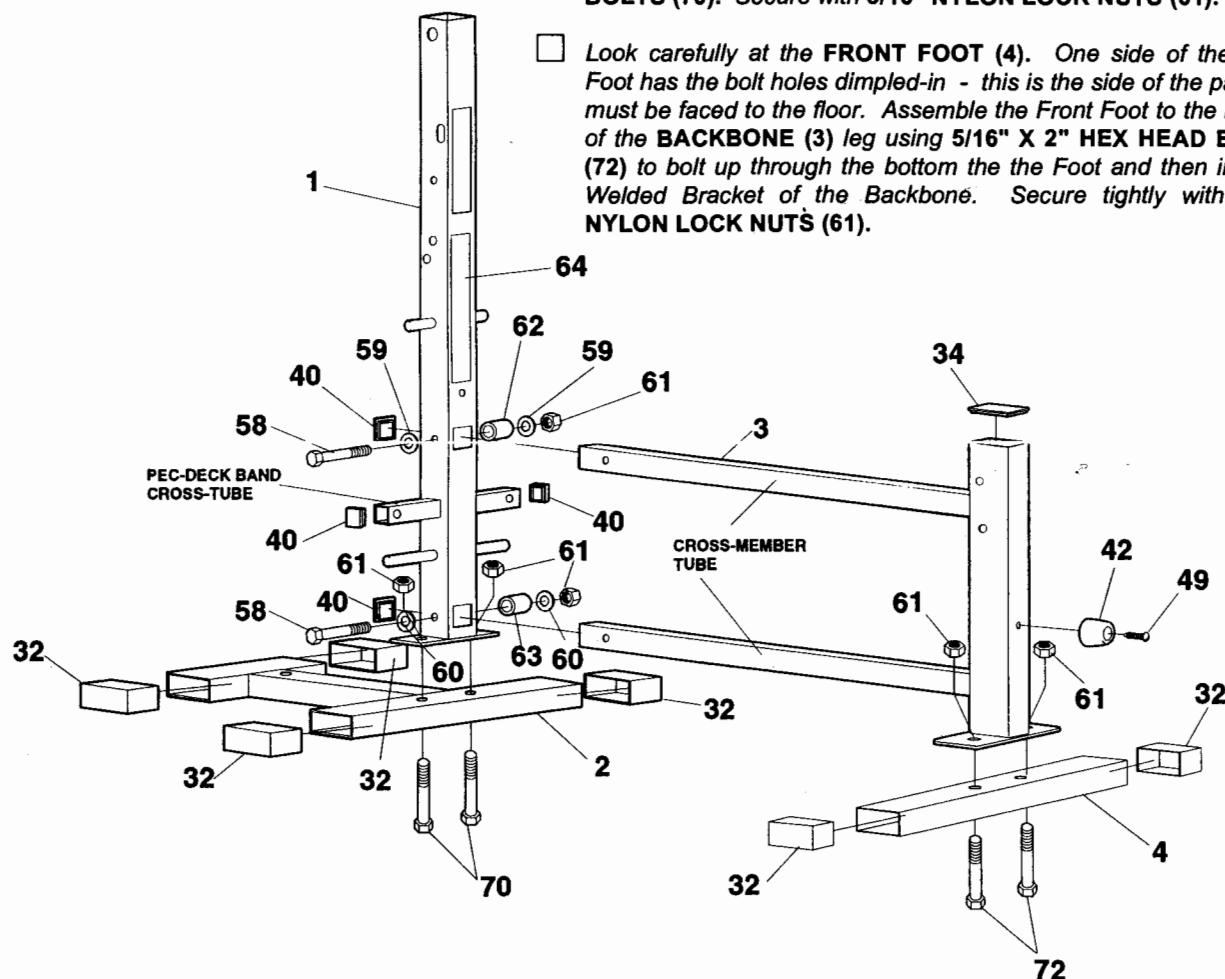
☐ Press 1 1/2" X 3" RUBBER FEET (32) onto the ends of the BASE "T" (2) and the FRONT FOOT (4).

☐ Press 1 1/2" SQUARE PLASTIC INSERT CAPS (40) into the ends of the Pec-Deck Band Cross-Tube.

☐ Cap the top of the BACKBONE (3) leg with a 1 1/2" X 3" PLASTIC INSERT CAP (34).

☐ Look carefully at the BASE "T" (2). One side of the Base T has the bolt holes dimpled-in - this is the side of the part that must be faced to the floor. Assemble the MAIN FRAME (1) to the top of the BASE "T" (2) by bolting up through bottom of the Base T and then through the Main Frame with 5/16" X 2 1/4" HEX HEAD BOLTS (70). Secure with 5/16" NYLON LOCK NUTS (61).

☐ Look carefully at the FRONT FOOT (4). One side of the Front Foot has the bolt holes dimpled-in - this is the side of the part that must be faced to the floor. Assemble the Front Foot to the bottom of the BACKBONE (3) leg using 5/16" X 2" HEX HEAD BOLTS (72) to bolt up through the bottom the the Foot and then into the Welded Bracket of the Backbone. Secure tightly with 5/16" NYLON LOCK NUTS (61).



☐ Attach the BACKBONE (3) assembly to the MAIN FRAME (1) by sliding the Cross-member Tubes of the Backbone into the Square Hole Locations on the Main Frame. Secure in place by first assembling 5/16" FLAT WASHERS (60) onto two 5/16" X 3" HEX HEAD BOLTS (58) and then bolting through the side of the Main Frame and on through the Backbone. Assemble a 5/8" LONG METAL SPACER (63) onto each Bolt, followed with another 5/16" FLAT WASHER (60). Fasten securely with 5/16" NYLON LOCK NUTS (61).

☐ Cap the ends of the BACKBONE (3) Cross-member Tubes with 1 1/2" SQUARE PLASTIC INSERT CAPS (40).

☐ Attach the LEG CURL BUMPER (42) to the front of the BACKBONE (3) leg using a 5/32" X 3/4" MACHINE SCREW (49).

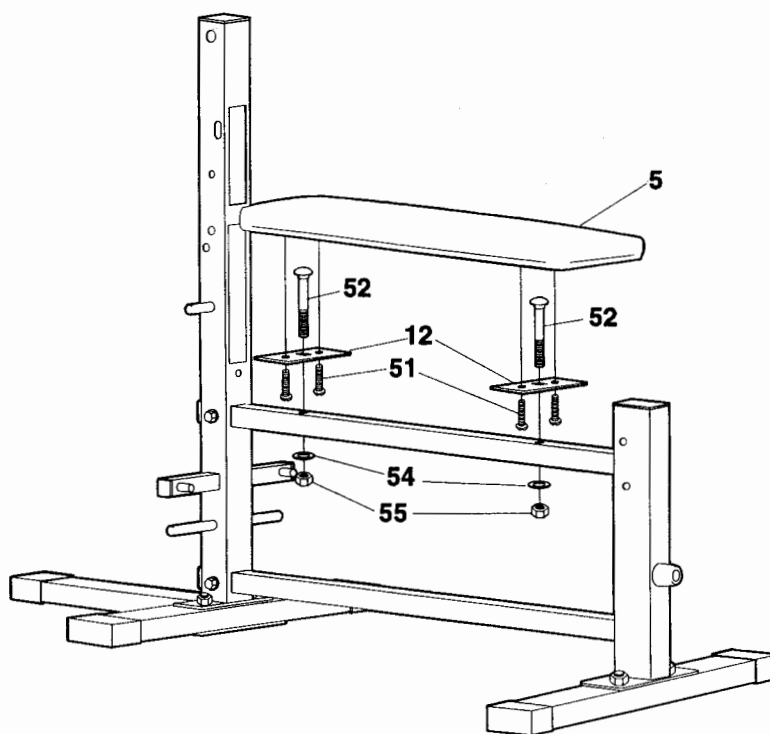
☐ Remove the "FLEX" MAST DECAL (64) from the backing sheet and adhere to the front of the MAIN FRAME (1) about 1/2" below the cut-out.

STEP 2 BACKREST ASSEMBLY

PART NAME	QTY
51 1/4" X 3/4" ROUND HEAD SCREW	4
52 1/4" X 2" CARRIAGE BOLT	2
54 1/4" FLAT WASHER	2
55 1/4" NYLON LOCK NUT	2

- ☐ Attach the **BACKREST MOUNTING PLATES (12)** to the top of the **BACKBONE (3)** by bolting down through the Plate and then through the Backbone with **1/4" X 2" CARRIAGE BOLTS (52)**. Assemble **1/4" FLAT WASHERS (54)** onto the Bolts and fasten with **1/4" NYLON LOCK NUTS (55)**. Do not tighten at this time.

- ☐ Locate the **BACKREST (5)** over the **BACKREST MOUNTING PLATES (12)**. Assemble up through the Plates and into the bottom of the Backrest with **1/4" X 3/4" ROUND HEAD SCREWS (51)**. Now tighten the Carriage Bolts holding the Plates.

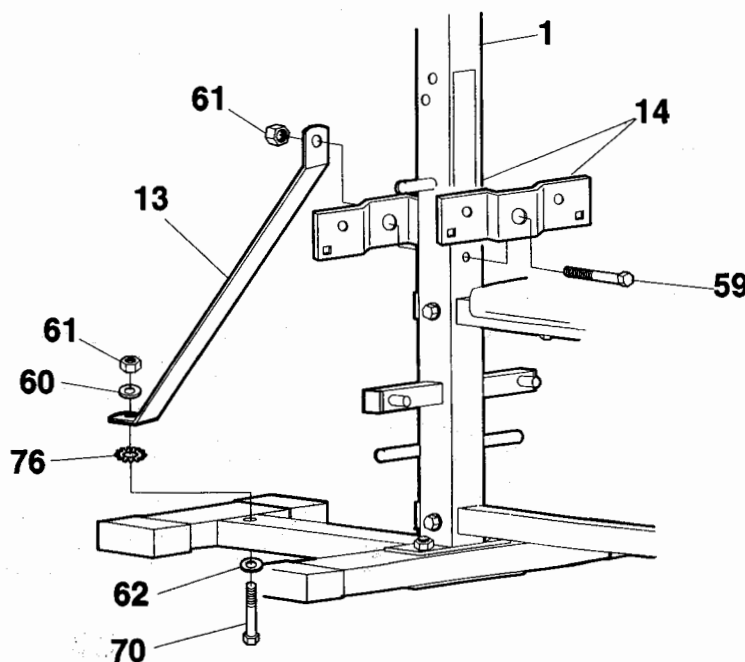


STEP 3 BRACKET ASSEMBLIES

PART NAME	QTY
59 5/16" X 3 1/2" HEX HEAD BOLT	1
60 5/16" FLAT WASHER	1
61 5/16" NYLON LOCK NUT	2
62 3/8" FLAT WASHER	1
70 5/16" X 2 1/4" HEX HEAD BOLT	1
76 5/16" STAR WASHER	1

- ☐ Bolt the **PEC-DECK MOUNTING BRACKETS (14)** (Make sure to orient these Brackets with the square holes in the corners of the Brackets to the bottom.) to the **MAIN FRAME (1)** and to the **ROUND HOLE** in the **MAIN FRAME BRACE (13)** using a **5/16" X 3 1/2" HEX HEAD BOLT (59)** to bolt through one Bracket, the Main Frame, another Bracket, and then the round hole in the Bracket. Secure only finger tight with a **5/16" NYLON LOCK NUT (61)**.

- ☐ When assembling the **MAIN FRAME BRACE (13)** to the **BASE "T" (2)**, first assemble a **3/8" FLAT WASHER (62)** onto a **5/16" X 2 1/4" HEX HEAD BOLT (70)** and then bolt up through the bottom of the Base T. Next, assemble a **5/16" STAR WASHER (76)** onto the Bolt and then bolt through the slotted hole of the Main Frame Bracket. Assemble a **5/16" FLAT WASHER (60)** and a **5/16" NYLON LOCK NUT (61)** onto the Bolt. Tighten this Bolt securely while pressing forward on the **MAIN FRAME (1)** so that the Bolt is toward the back of the slotted hole. This is done to insure that the rear leg on the Base T is flexed down for first contact with the floor. Secure tightly now the **5/16" X 3 1/2" HEX HEAD BOLT (59)** through the upper Main Brace.



STEP 4 STEPPER ASSEMBLY

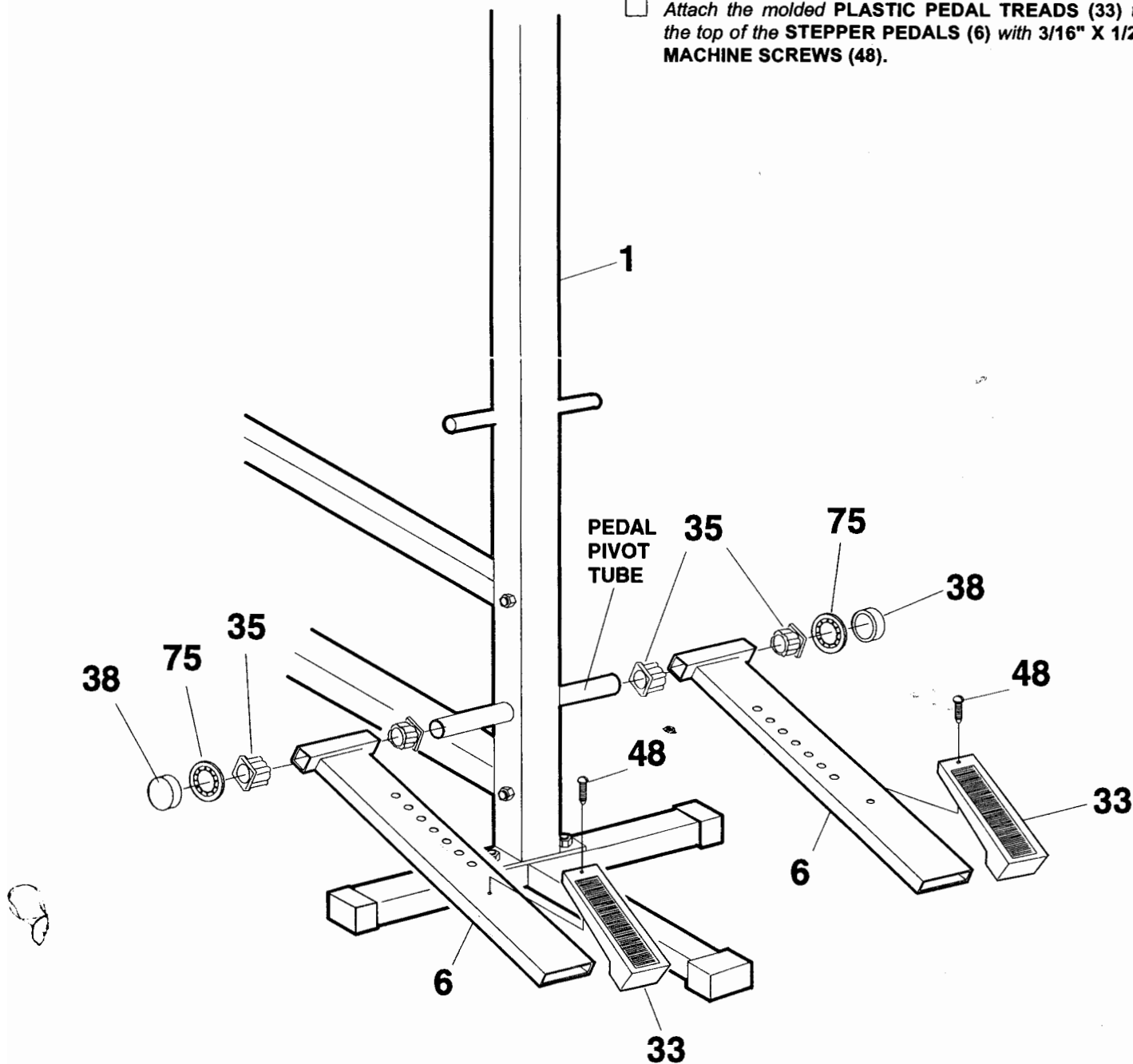
PART NAME	QTY
35 1 1/2" SQUARE END BUSHING	4
37 5/8" I.D. X 1 1/2" FLAIR END PLASTIC SPACER	2
38 1" ROUND PLASTIC COVER CAP	2
39 5/8" ROUND PLASTIC COVER CAP	2
48 3/16" X 1/2" SHEET METAL SCREW	2
56 5/16" X 1 1/2" HEX HEAD BOLT	2
61 5/16" NYLON LOCK NUT	2
62 3/8" FLAT WASHER	2
74 5/8" SPRING RETAINER RING	2
75 1" SPRING RETAINER RING	2

☐ Insert 1 1/2" **SQUARE END BUSHINGS (35)** into each end of the **STEPPER PEDALS (6)**.

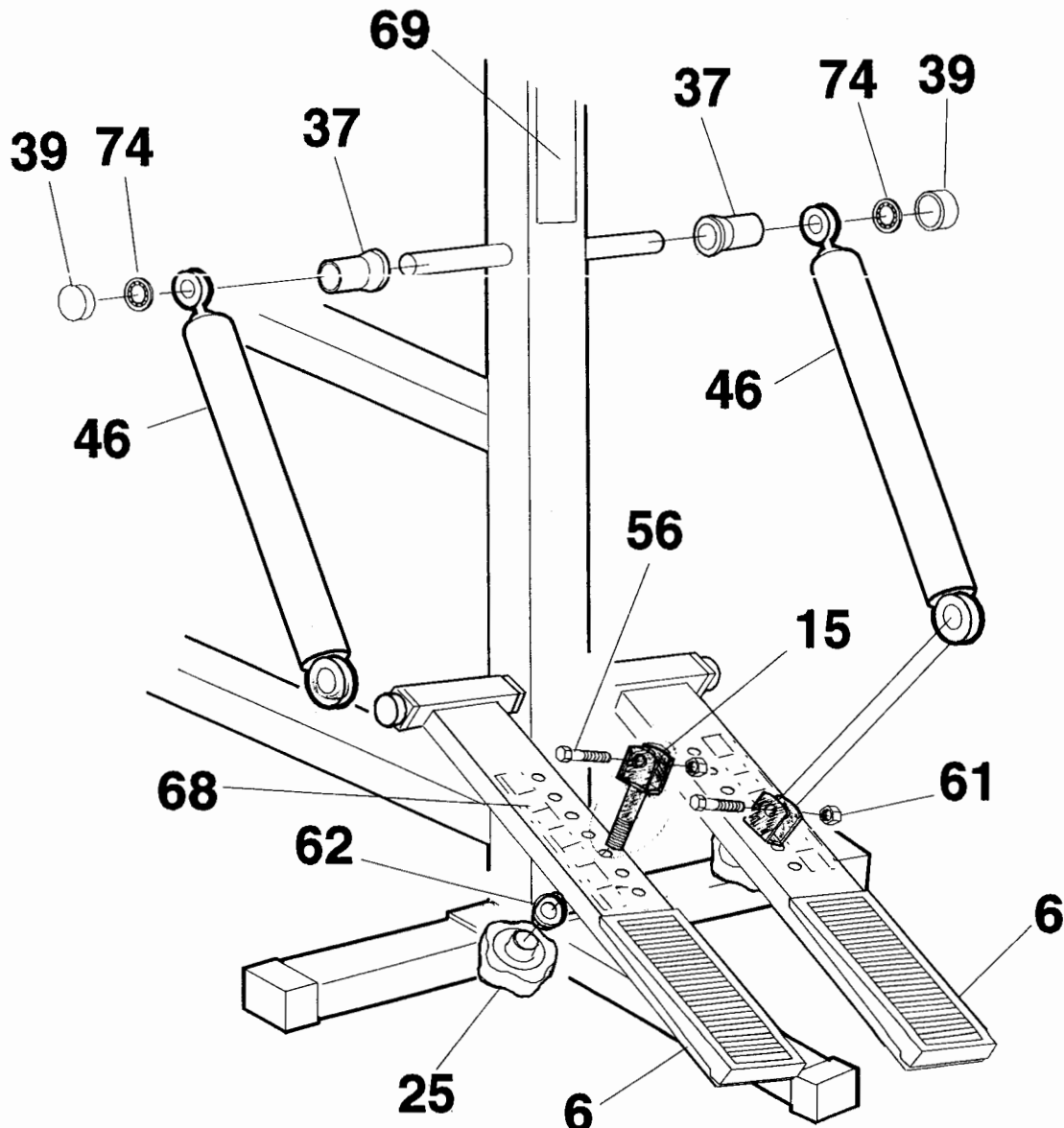
☐ Slide the **STEPPER PEDALS (6)** onto the 1" Stepper Pivot Tube at the base of the **MAIN FRAME (1)**. Make sure that the series of holes in the Pedals are located to the inside.

☐ Using a 1" **ROUND PLASTIC COVER CAP (82)** as an aid, drive a 1" **SPRING RETAINER RING (75)** onto the Pivot Tube to secure each **PEDAL (6)** in place. Note that the teeth in the Spring Retainers are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is driven on. Tap in place with a hammer.

☐ Attach the molded **PLASTIC PEDAL TREADS (33)** to the top of the **STEPPER PEDALS (6)** with 3/16" X 1/2" **MACHINE SCREWS (48)**.



- ☐ Fit a 5/8" I.D. X 1 1/2" FLAIR END PLASTIC SPACER (37) onto the 5/8" Cylinder Pivot Tube on the upper MAIN FRAME (1).
 - ☐ Slide a RESISTANCE CYLINDER (46) over the Cylinder Pivot Tube and secure in place with a 5/8" SPRING RETAINER RING (74). Again the teeth of the Retainer Ring should be positioned outward and use the 5/8" ROUND PLASTIC COVER CAP (39) as an aid to help secure the Retainer Ring in place. Tap this Cap and Retainer Ring on using a hammer.
 - ☐ To the bottom end of the RESISTANCE CYLINDERS (46), attach the CYLINDER MOUNTING BRACKETS (15) with 5/16" X 1 1/2" HEX HEAD BOLTS (56) and 5/16" NYLON LOCK NUTS (61).
 - ☐ Remove the STEPPER STATION 2 DECAL (69) from the backing sheet and apply to the Stepper side of the MAIN FRAME (1).
 - ☐ Remove the RESISTANCE SCALE DECALS (68) from the backing sheet and attach the Decals to the STEPPER PEDALS (6) along the side of the resistance holes so that the lightest setting (1) is aligned with the first hole and the scale reads from the MAIN FRAME (1) toward the end of the Pedal.
 - ☐ Insert the bolt on the CYLINDER MOUNTING BRACKET (15) into one of the holes in the STEPPER PEDALS (6) and secure in place with a 3/8" FLAT WASHER (62) and a THREADED KNOB (25).
- » **NOTE:** there are seven hole locations in the STEPPER PEDALS (6). The Stepper resistance increases as the Cylinder is moved away from the MAIN FRAME (1).



K 6 35-1521

STEP 5 PEC-DECK ARM ATTACHMENT

PART NAME	QTY
40 1 1/2" SQUARE PLASTIC INSERT CAP	2
43 3/4" ROUND PLASTIC INSERT CAP	2
53 1/4" X 2 1/2" CARRIAGE BOLT	2
55 1/4" NYLON LOCK NUT	4
57 5/16" X 2 1/2" HEX HEAD BOLT	2
61 5/16" NYLON LOCK NUT	2
73 1/4" X 2" MACHINE SCREW	2

☐ Press 1 1/2" SQUARE PLASTIC INSERT CAPS (40) into the ends of the PEC-DECK ARMS (8).

☐ Press 3/4" ROUND PLASTIC INSERT CAPS (43) into the ends of the PEC ARM BAND TUBES (77) opposite the holes.

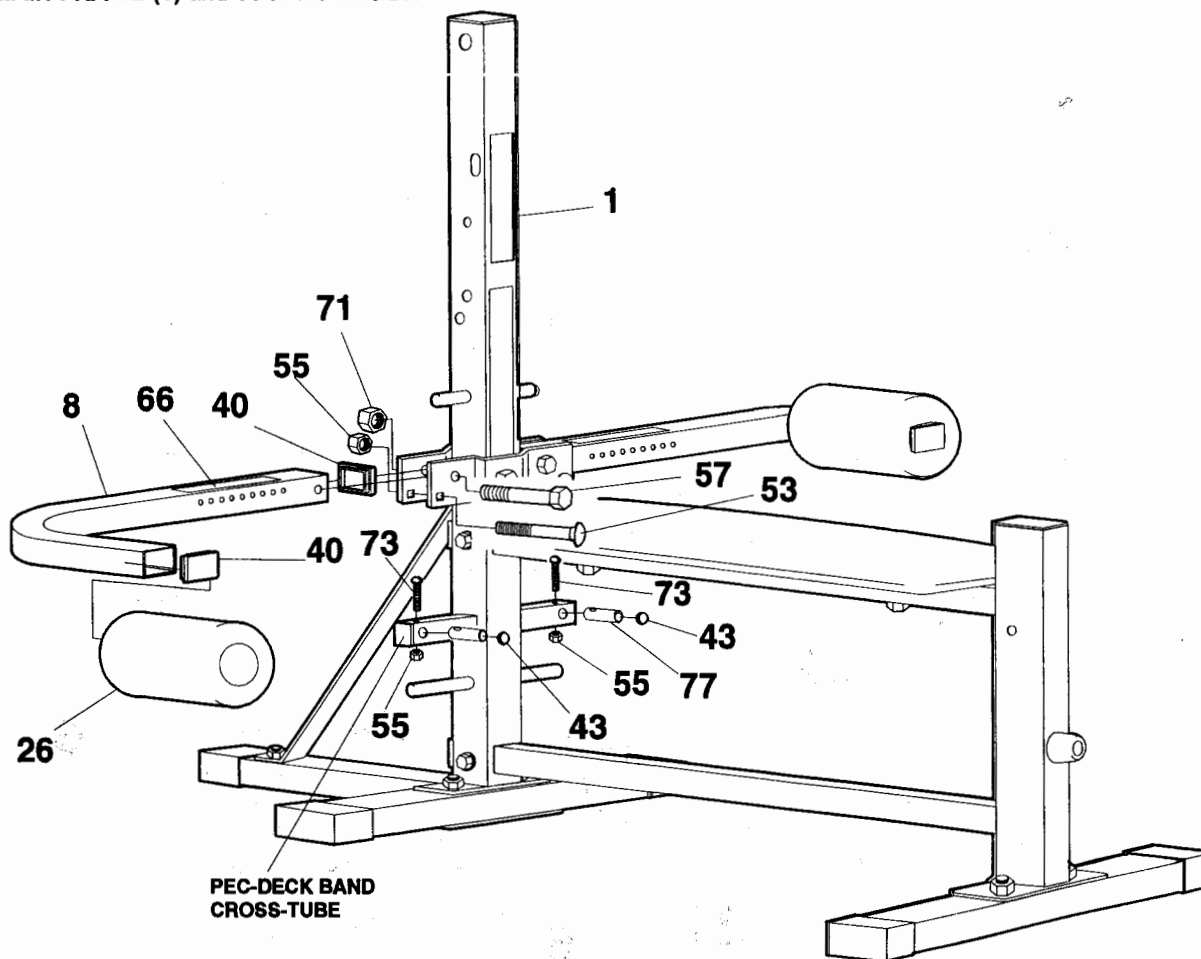
☐ Insert the PEC-DECK ARMS (8) between the PEC-DECK MOUNTING BRACKETS (14) on the MAIN FRAME (1) and fasten by bolting with 5/16" X 2 1/2" HEX HEAD BOLTS (57) through the round hole in the Brackets and then through the Arms. Secure tightly with 5/16" NYLON LOCK NUTS (61).

☐ Assemble 1/4" X 2 1/2" CARRIAGE BOLTS (53) into the square hole in the lower corners of the PEC-DECK MOUNTING BRACKETS (14) and fasten with 1/4" NYLON LOCK NUTS (55).

☐ Assemble the PEC-DECK BAND TUBES (77) into the ends of the Pec-Deck Band Cross-Tube and secure in place by bolting down through the top of the Cross-Tube and then through the Band Tubes with 1/4" X 2" MACHINE SCREWS (73) and 1/4" NYLON LOCK NUTS (55).

☐ Press 3" X 5 1/2" FOAM ROLLERS (26) onto the ends of the PEC-DECK ARMS (8). Wipe a small amount of liquid detergent over the surface end of each Arm to aid in the assembly. When the detergent dries, it will also act as an adhesive.

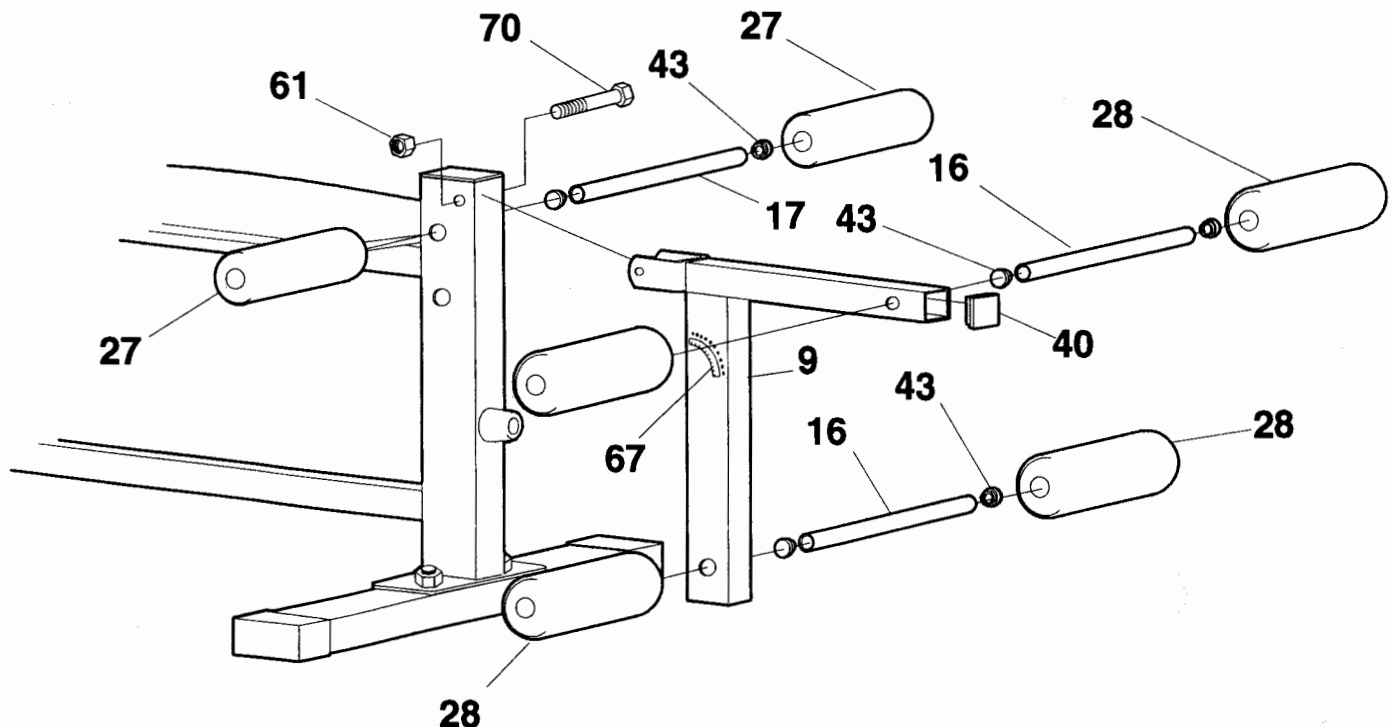
☐ Remove the PEC-DECK ARM DECALS (66) from the Backing sheet (numbered 15 to 55) and attach to the top of the PEC-DECK ARMS (8) so that the scale aligns with the pin holes in the arms and the scale reads 15 nearest to the center MAIN FRAME (1) and 55 to the outside.



STEP 6 LEG CURL ASSEMBLY

PART NAME	QTY
40 1 1/2" SQUARE PLASTIC INSERT CAP	1
43 3/4" ROUND PLASTIC INSERT CAP	6
61 5/16" NYLON LOCK NUT	1
70 5/16" X 2 1/4" HEX HEAD BOLT	1

- ☐ Press a 1 1/2" SQUARE PLASTIC INSERT CAP (40) into the front end of the LEG CURL (9).
- ☐ Press 3/4" ROUND PLASTIC INSERT CAPS (43) into the ends of the two 3/4" X 13" PAD BARS (16) and into the ends of the 3/4" X 15 1/2" PAD BAR (17).
- ☐ Attach the LEG CURL (9) to the front of the BACKBONE (3) Leg with a 5/16" X 2 1/4" HEX HEAD BOLT (70) and a 5/16" NYLON LOCK NUT (61).
- ☐ Wipe a small amount of liquid dish detergent along the length of the Pad Bars. This will again aid in the assembly of the Foam Rollers and act as an adhesive after it dries. Onto one end of each of the 3/4" X 13" PAD BARS (16), press a 3 1/2" X 6" FOAM ROLLER (28). Insert these Pad Bars into the access holes in the LEG CURL (9). Assemble on another 3 1/2" X 6" FOAM ROLLER (28).
- ☐ Onto one end of the 3/4" X 15 1/2" PAD BAR (17) assemble a 2 1/4" X 6 3/4" FOAM ROLLER (27). Insert this Pad Bar into the access hole at the top of the BACKBONE (3) Leg. Press another 2 1/4" X 6 3/4" FOAM ROLLER (27) onto the Pad Bar.
- ☐ Remove the LEG CURL DECAL (67) from the backing sheet and position the Decal on the right side of the LEG CURL (9) under the resistance holes so that the number settings align with the holes.



STEP 7 STEPPER HANDLE ASSEMBLY

PART NAME	QTY
36 5/16" X 3/4" HEX HEAD BOLT	2
41 2 1/2" SQUARE PLASTIC INSERT CAP	1
47 1 1/4" ROUND PLASTIC INSERT CAP	2
50 1/8" X 1/2" ROUND HEAD SCREW	1
55 1/4" NYLON LOCK NUT	2
61 5/16" NYLON LOCK NUT	2
71 1/4" X 1 3/4" ROUND HEAD SCREW	2
79 1/8" PLAIN NUT	1

☐ Press 1 1/4" ROUND PLASTIC INSERT CAPS (47) into the ends of the STEPPER HANDLE (11).

☐ Through the mounting hole nearest the top and inside the tube of the MAIN FRAME (1), loosely attach the STEPPER HANDLE (11) using a 5/16" X 3/4" HEX HEAD BOLT (36) to bolt through the inside of the tube of the Main Frame and then through the upper hole in the Welded Bracket of the Handle. Fasten loosely with a 5/16" NYLON LOCK NUT (61).

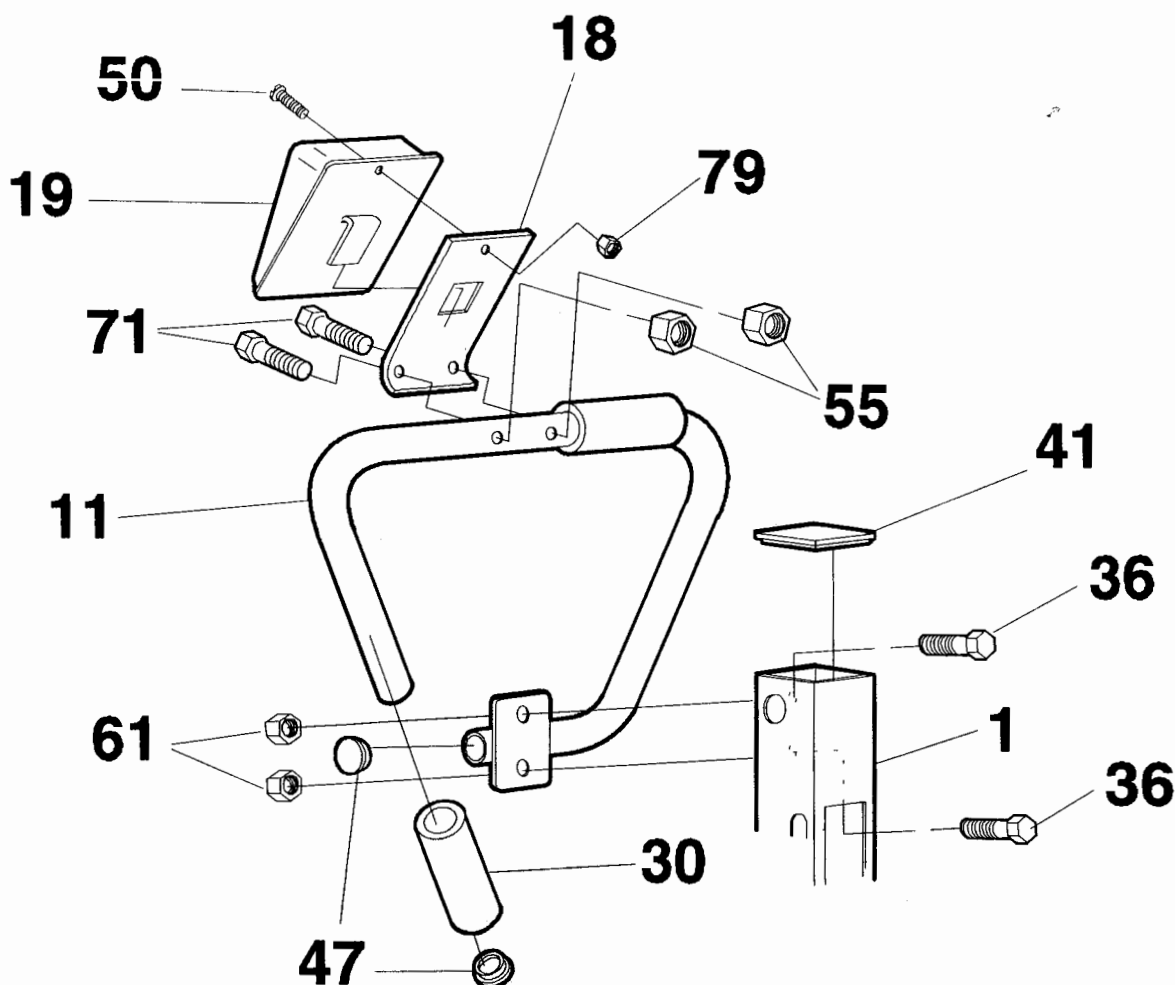
☐ Assemble the lower STEPPER HANDLE (11), by inserting a 5/16" X 3/4" HEX HEAD BOLT (36) through the Arm Press Handle slot in the front of the MAIN FRAME (1) and then bolting on through the Welded Bracket of the Handle. Fasten securely with a 5/16" NYLON LOCK NUT (61). Tighten the upper 5/16" X 3/4" HEX HEAD BOLT (36) in the Handle at this time.

☐ Cap the top of the MAIN FRAME (1) with a 2 1/2" SQUARE PLASTIC INSERT CAP (41).

☐ Wipe a small amount of liquid detergent over the STEPPER HANDLE (11) and slide two 1 1/2" X 5" FOAM GRIPS (30) onto the Handle and position on either side of the bolt holes at the top of the Handle.

☐ Attach the ELECTRONICS MOUNTING BRACKET (18) to the top of the STEPPER HANDLE (11) using 1/4" X 1 3/4" ROUND HEAD SCREWS (71) and 1/4" NYLON LOCK NUTS (55).

☐ Align the ELECTRONIC TIMER (20) onto the ELECTRONICS MOUNTING BRACKET (18) and attach with a 1/8" X 1/2" ROUND HEAD SCREW (50). Secure with a 1/8" PLAIN NUT (79).

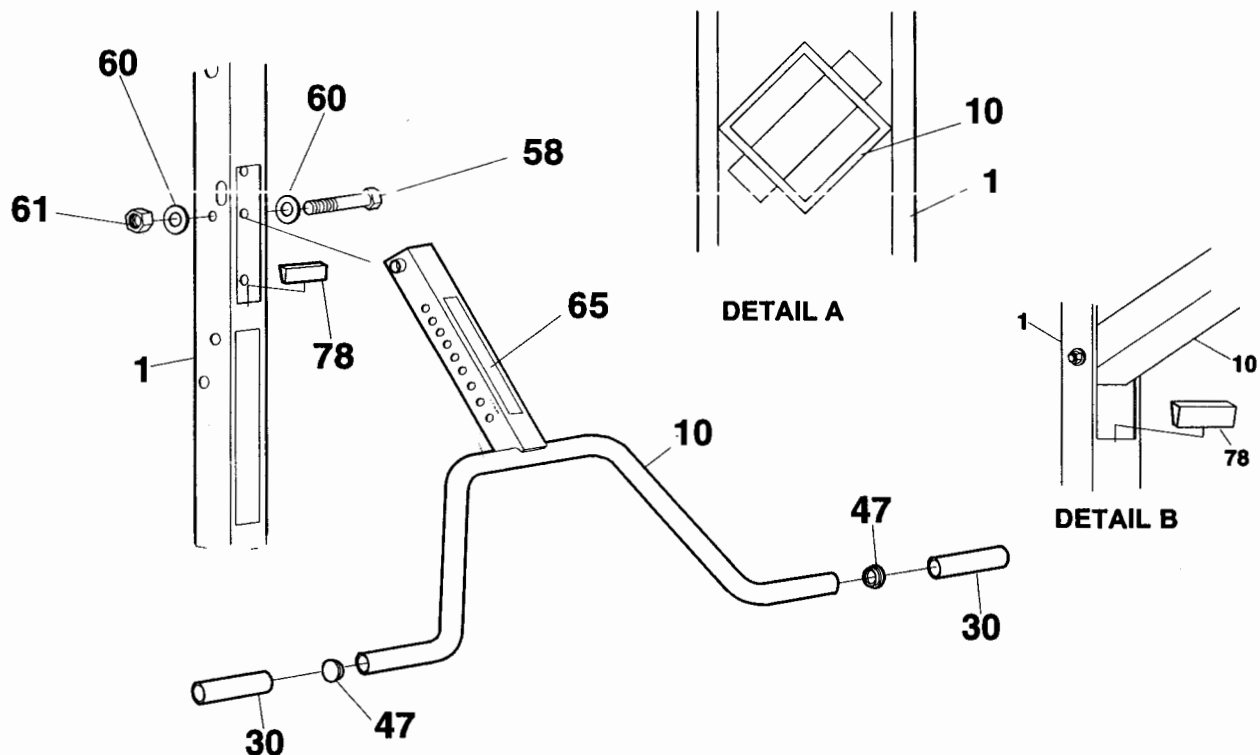


STEP 8 ARM PRESS HANDLE BAR ASSEMBLY

PART NAME	QTY
47 1 1/4" ROUND PLASTIC INSERT CAP	2
58 5/16" X 3" HEX HEAD BOLT	1
60 5/16" FLAT WASHER	2
61 5/16" NYLON LOCK NUT	1
78 ARM PRESS BUMPER	1

☐ Press 1 1/4" ROUND PLASTIC INSERT CAPS (47) into the ends of the ARM PRESS HANDLE (10).

- ☐ To assemble the ARM PRESS HANDLE (10) into the MAIN FRAME (1), turn the Handle on the diagonal and insert it into the slot at the top of the Main Frame. Once inside the Main Frame, twist the Handle back into straight alignment (SEE DETAIL A). Bolt the Handle into position at the center hole location of the series of three bolt hole locations. First assemble a 5/16" FLAT WASHER (60) onto a 5/16" X 3" HEX HEAD BOLT (58) and then bolt through the side of the Main Frame and then through the Handle. Secure with a 5/16" NYLON LOCK NUT (61). Into the remaining two bolt hole locations of the series of three holes, assemble 5/16" FLAT WASHERS (60) onto two 5/16" X 3" HEX HEAD BOLTS (58) and bolt through the Main Frame. Fasten with 5/16" NYLON LOCK NUTS (61).
- ☐ Wipe liquid detergent lightly over the end of the Handles of the ARM PRESS HANDLE (10), and press on 1 1/2" X 5" FOAM GRIPS (30).
- ☐ Clip the ARM PRES BUMPER (51) over the bottom edge of the slot in the MAIN FRAME (1). (SEE DETAIL B)
- ☐ Remove the ARM PRESS DECAL (65) from the backing sheet and adhere to the top of the ARM PRESS HANDLE (10) so that the resistance numbers align with the resistance holes in the Handle. (Resistance setting of 30 should be at the end closest to the MAIN FRAME (1).

**SELECTING PROPER RESISTANCE FOR ARM PRESS HANDLE BAR EXERCISES:**

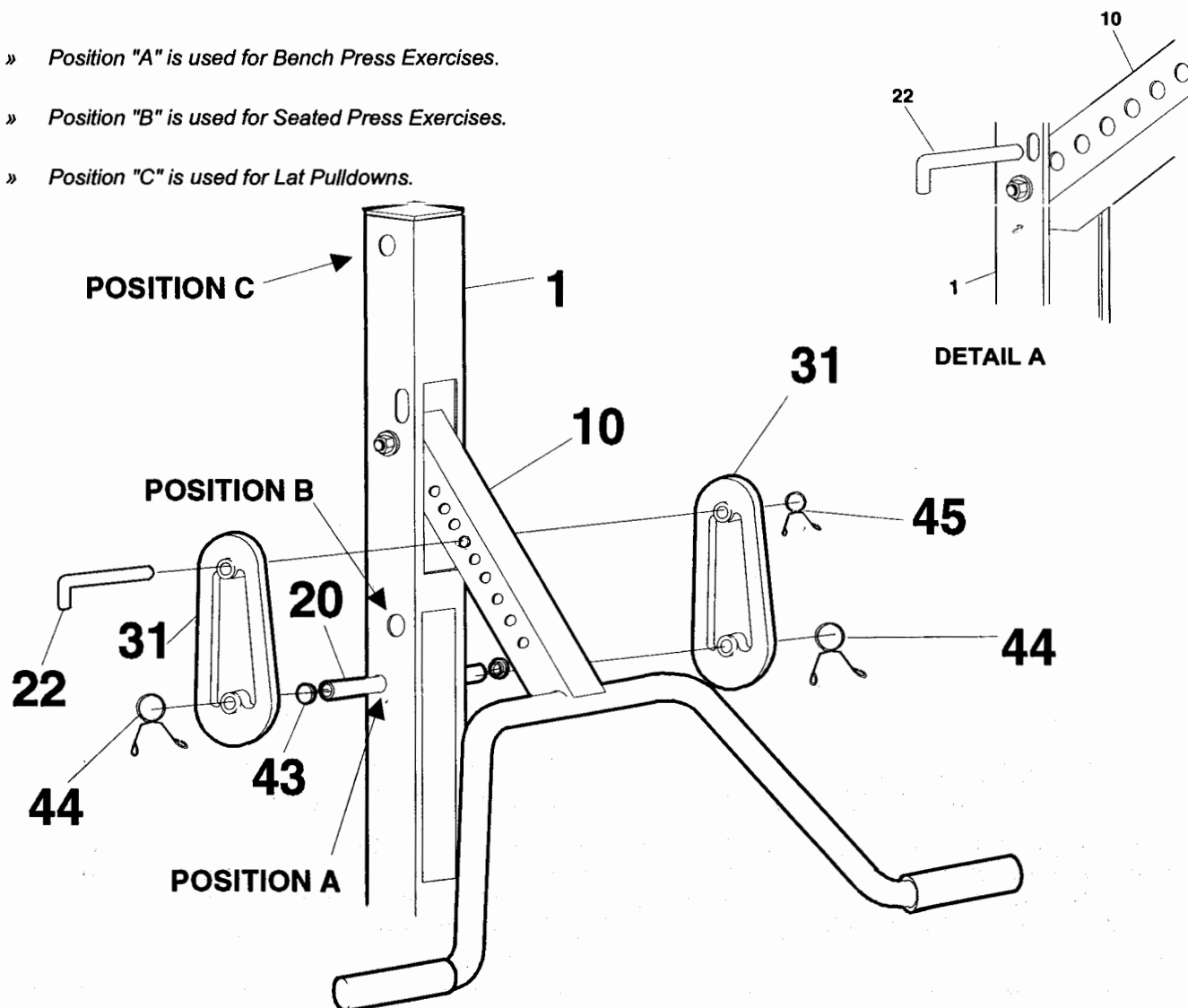
BECAUSE OF THE RESISTANCE HOLE SPACING IN THE ARM PRESS HANDLE BAR, WHEN FLEX BANDS ARE PINNED IN POSITION "B" AND "C", THE LOW RESISTANCE SETTINGS CAN NOT BE ACHIEVED USING TWO BANDS, IN THESE CASES USE ONLY ONE FLEX BAND AND PIN AT 60 TO ACHIEVE 30 LBS. RESISTANCE, 80 FOR 40 LBS., AND 100 FOR 50 LBS.

STEP 9 FLEX BAND ATTACHMENT

PART NAME	QTY
22 3/8" X 6" "L" PIN	1
23 3/8" X 4" "L" PIN	1
24 3/8" X 3 1/4" "L" PIN	1
43 3/4" ROUND PLASTIC INSERT CAP	4
44 3/4" SPRING CLIP	6
45 3/8" SPRING CLIP	4

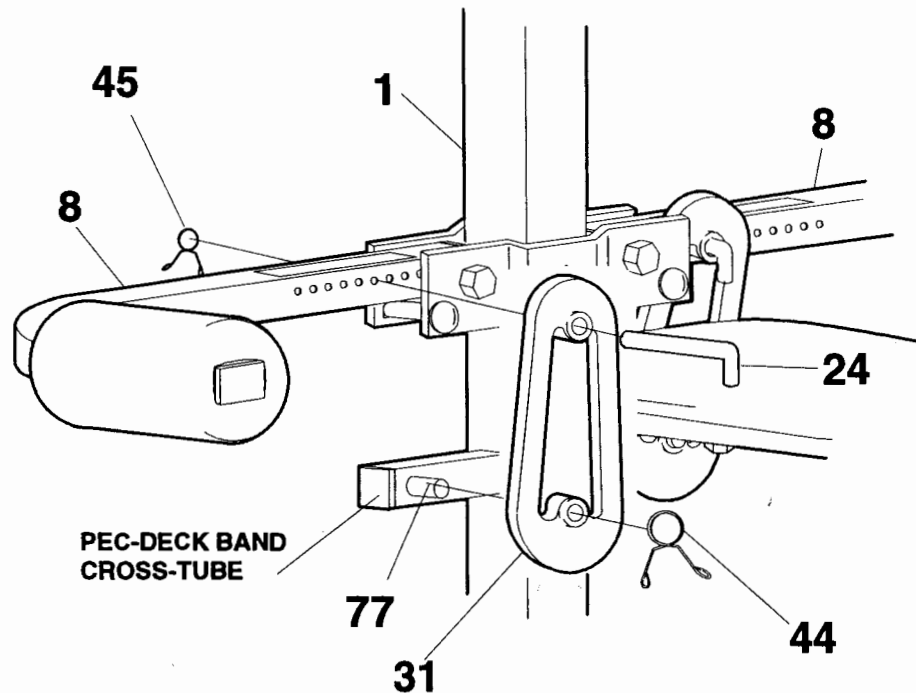
ARM PRESS:

- ☐ To assemble **FLEX BANDS (31)** to the **ARM PRESS HANDLE (10)**, first insert **3/4" ROUND PLASTIC INSERT CAPS (43)** into the **3/4" X 9" ARM PRESS BAND BAR (20)**.
- ☐ Insert the **ARM PRESS BAND BAR (20)** into one of the three **Positions (A, B, or C)** in the **MAIN FRAME (1)** and assemble **FLEX BANDS (31)** on each side of the Main Frame onto the Bar. Assemble **3/4" SPRING CLIPS (44)** onto the Bar to secure the Bands.
- ☐ Pass a **3/4" X 6" "L" PIN (22)** through the **FLEX BANDS (31)** and **ARM PRESS HANDLE (10)** in a desired resistance setting and secure with a **3/8" SPRING CLIP (45)**.
- » The **ARM PRESS HANDLE (10)** can be fitted with two pair of "Flex Bands" to increase the resistance to a maximum of 220.
- » Position "A" is used for Bench Press Exercises.
- » Position "B" is used for Seated Press Exercises.
- » Position "C" is used for Lat Pulldowns.



PEC-DECK:

- ☐ Attach **FLEX BANDS (31)** to the **PEC-DECK ARMS (8)** by sliding the Bands onto the **PEC ARM BAND TUBES (77)** on the **MAIN FRAME (1)** *Pec-Deck Band Cross-tube*. Pin the Bands at one of the desired resistance settings with a **3 1/4" "L" PIN (24)** and secure with **3/8" SPRING CLIPS (45)**.

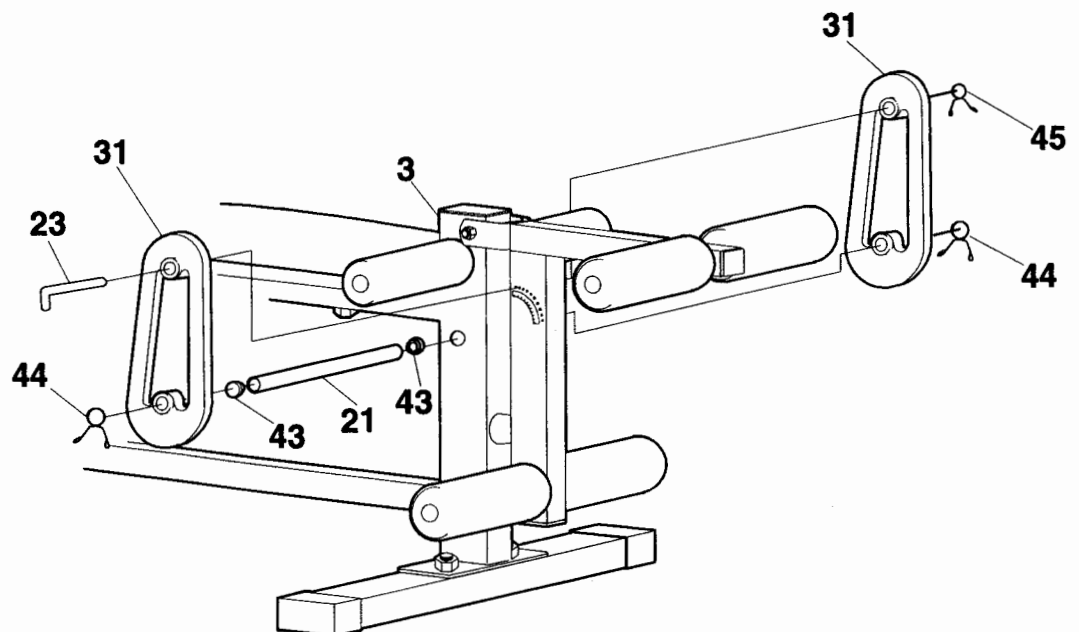


LEG CURL:

- ☐ Press **3/4" ROUND PLASTIC INSERT CAPS (43)** into the **3/4" X 6" LEG CURL BAND BAR (21)**. Insert the Band Bar into the front leg of the **BACKBONE (3)** and fit a **FLEX BAND (31)** onto each side of the Backbone Leg. Secure with **3/4" SPRING CLIPS (44)**.

- ☐ Choose a desired resistance setting in the **LEG CURL (9)** and assemble in position with the **3/8" X 4" "L" PIN (23)** and secure with a **3/8" SPRING CLIP (45)**.

» **NOTE:** When using stations other than the Arm Press, the **ARM PRESS HANDLE (10)** can be pinned in an "up" position by using the **3/8" X 6" "L" PIN (22)** inserted through the slotted hole in the **MAIN FRAME (1)** and Handle. (SEE DETAIL A)



CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

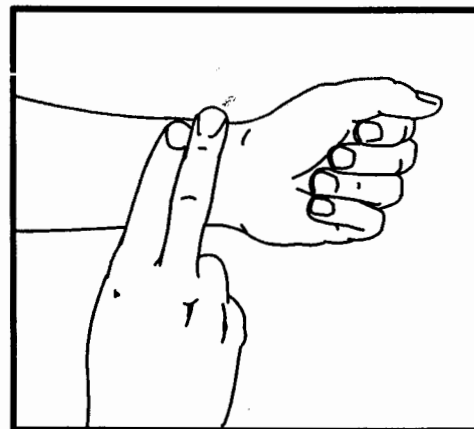
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS /MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS /MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.,

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

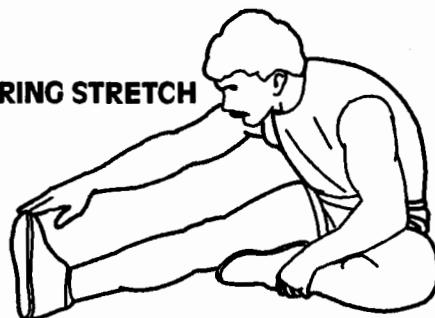
The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

HAM STRING STRETCH



INNER THIGH STRETCH

INNER THIGH STRETCH

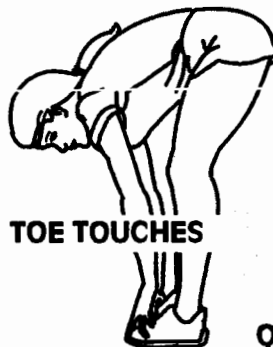
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

TOE TOUCHES



Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then

QUADRICEPS STRETCH



CALF/ACHILLES STRETCH



LIMITED WARRANTY

Weider Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS 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 THREE 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 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 Sporting Goods 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.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. 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.

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.