

E131B

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

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 Weider

DO NOT LET THE QUANTITY OF PARTS DISCOURAGE YOU. BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND IT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY ONE HOUR OF ASSEMBLY TIME.

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. INCLUDED WITH THE LITERATURE OF THE UNIT IS AN ILLUSTRATED PARTS LIST TO HELP IN IDENTIFYING AND SIZING PARTS. 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, CHECK THE 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 ✓ AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

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.
4. 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.
5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
51 5/16" X 2 1/2" HEX HEAD BOLT	4
50 5/16" X 2 1/4" HEX HEAD BOLT	2
55 5/16" LOCK NUT	8
70 2" SQUARE PLASTIC CAP	2
71 1 1/2" SQUARE PLASTIC CAP	3
74 3/4" ROUND PLASTIC CAP	2
79 5/16" X 1 3/4" HEX HEAD BOLT	2
58 1/4" X 2" MACHINE SCREW	2
60 1/4" NYLON LOCK NUT	2

- ☐ Bolt ANGLE BRACKET (19) to MAIN FRAME (3) using 1/4" X 2" MACHINE SCREWS (58) and 1/4" NYLON LOCK NUTS (60).

- ☐ Bolt rear u-bracket of MAIN FRAME (3) to crossmember of UPRIGHT (1) using two 5/16" X 2 1/4" HEX HEAD BOLTS (50) and two 5/16" LOCK NUTS (55).

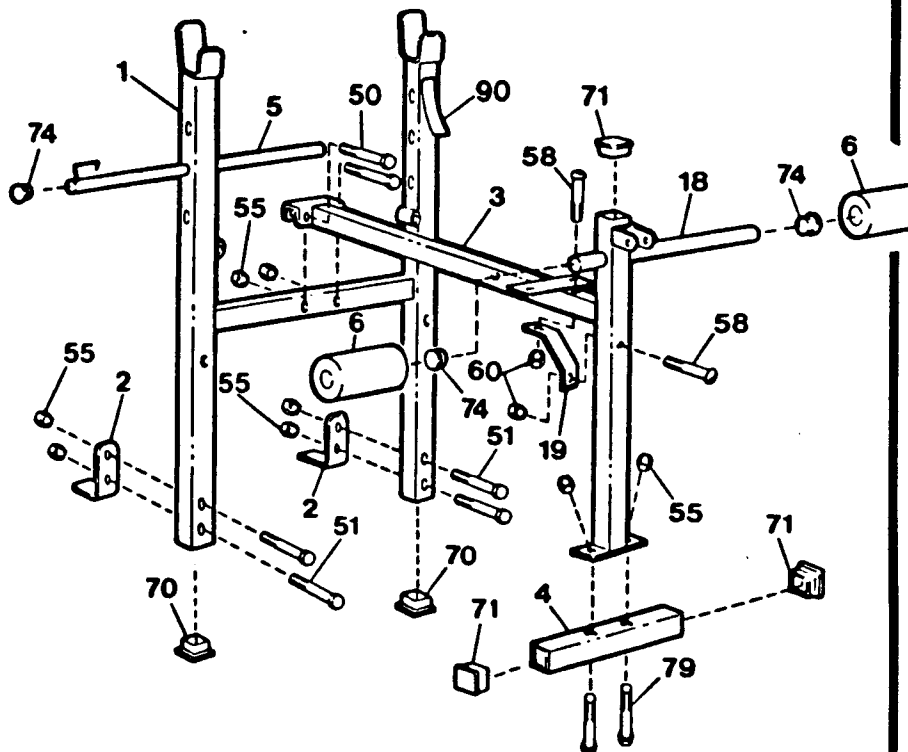
- ☐ Press 1 1/2" SQUARE PLASTIC CAPS (71) into ends of FRONT SUPPORT (4) and into top of MAIN FRAME (3).

- ☐ Assemble 3/4" ROUND PLASTIC CAPS (74) into each end of PAD BAR 13 1/2" (18) and insert bar into large hole in vertical section of MAIN FRAME (3). Bar should be equally spaced on both sides of frame. Slide SMALL FOAM PADS 2 1/4" x 6" (6) onto each end of PAD BAR 13 1/2" (13). (A small amount of liquid dish detergent applied to both ends of the Pad Bar will help in this assembly.)

- ☐ Press 3/4" ROUND PLASTIC CAP (74) into handle end of BACKREST ADJ BAR (5) and assembly bar into one of the hole patterns in UPRIGHT (1). The Backrest Adj Bar is used to adjust the height of the Backrest.

- ☐ DECAL: Remove backing from DECAL (90); align Decal on Upright and apply it in the position indicated in the illustration.

- ☐ Press 2" SQUARE PLASTIC CAPS (70) into bottom end of UPRIGHT (1).
- ☐ Align bolt holes on L-BRACKETS (2) with bolt holes on UPRIGHT (1). Secure each L-BRACKET (2) with two 5/16" X 2 1/2" HEX HEAD BOLTS (51) and two 5/16" LOCK NUTS (55).
- ☐ Bolt MAIN FRAME (3) front bracket to FRONT SUPPORT (4) using two 5/16" X 1 3/4" HEX HEAD BOLTS (79) and two 5/16" LOCK NUTS (55). NOTE: THE EMBOSSED HOLES ON THE FRONT SUPPORT MUST BE FACED TOWARD THE FLOOR

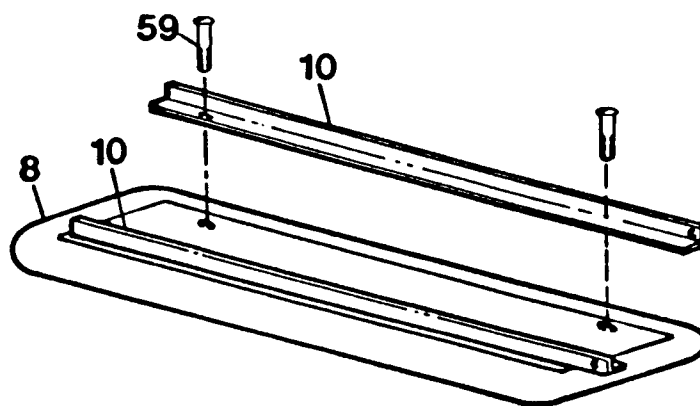


STEP 2 BACKREST ASSEMBLY

PART NAME	QTY
59 1/4" X 3/4" MACHINE SCREW	4

- ☐ Position LONG ANGLE IRONS (10) on BACKREST (8) aligning the holes. IMPORTANT! THE FLAT SIDE OF THE LONG ANGLE IRONS MUST FACE TO THE OUTSIDE OF THE PAD. SEE ILLUSTRATION!

- ☐ Secure LONG ANGLE IRONS (10) with 1/4" X 3/4" MACHINE SCREWS (59).

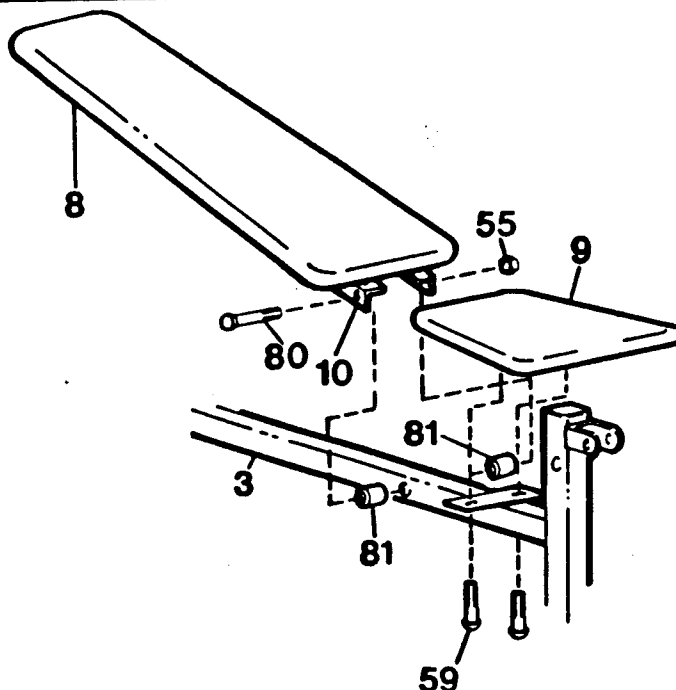


STEP 3 ATTACHING BACKREST AND SEAT

PART NAME	QTY
59 1/4" X 3/4" MACHINE SCREW	2
80 5/16" X 4" HEX HEAD BOLT	1
55 5/16" NYLON LOCK NUT	1
81 METAL FERRULE	2

- ☐ **BACKREST:** Assemble 5/16" X 4" HEX HEAD BOLT (80) through one LONG ANGLE IRON (10) and into METAL FERRULE (81). Continue with Bolt through hole in side of MAIN FRAME (3), into another METAL FERRULE (81) and secure with 5/16" NYLON LOCK NUT (55).

- ☐ With SEAT (9) right-side up, lower to Seat Bracket on MAIN FRAME (3) and attach with 1/4" X 3/4" MACHINE SCREWS (59).



STEP 4 LEG CURL ASSEMBLY

PART NAME	QTY
53 5/16" X 2" HEX HEAD BOLT	1
55 5/16" LOCK NUT	1
56 3/8" X 2 1/2" HEX HEAD BOLT	1
57 3/8" LOCK NUT	1
71 1 1/2" SQUARE PLASTIC CAP	2
72 1" ROUND PLASTIC CAP	1
73 1" ROUND PLASTIC COVER CAP	1
74 3/4" ROUND PLASTIC CAP	4

- ☐ Slide WEIGHT PIN (12) through angled hole on front of LEG CURL (11). Align bolt holes and attach with 5/16" X 2" HEX HEAD BOLT and 5/16" LOCK NUT (55). Assemble 1" ROUND PLASTIC COVER CAP - 15 (73) over rear extended portion of Weight Pin. Assemble 1" ROUND PLASTIC CAP (72) into end of Weight Pin.

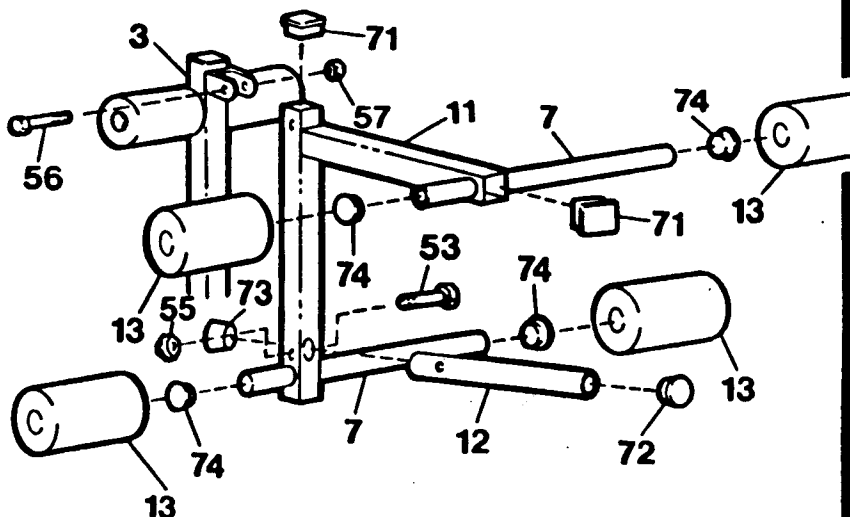
- ☐ Assemble 1 1/2" SQUARE PLASTIC CAPS (71) into top and end of LEG CURL (11).

- ☐ Position LEG CURL (11) between Leg Curl Bracket on MAIN FRAME (3) and secure with 3/8" X 2 1/2" HEX HEAD BOLT (56) and 3/8" LOCK NUT (57). DO NOT OVER TIGHTEN THIS BOLT!

- ☐ THE FOLLOWING INSTRUCTIONS ARE REPEATED UNTIL ALL REMAINING LEG CURL PARTS ARE IN PLACE.

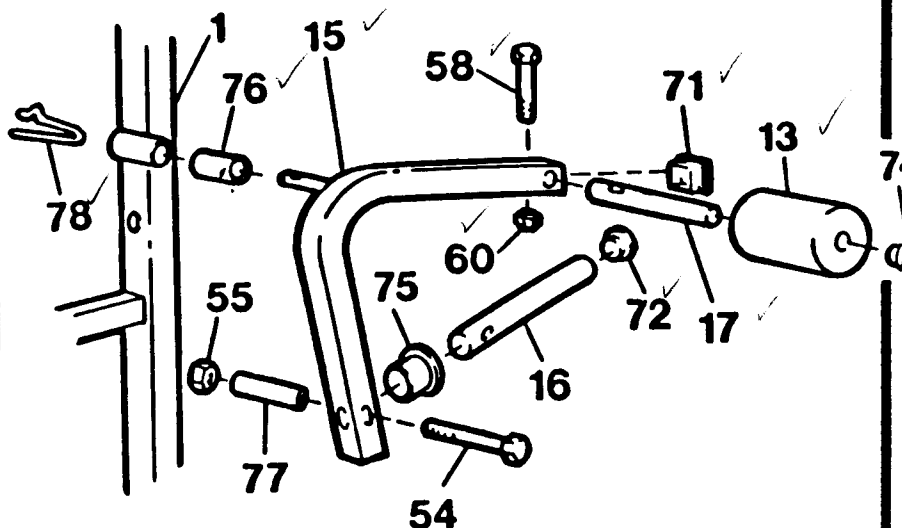
- ☐ Assemble 3/4" ROUND PLASTIC CAPS (74) into end of PAD BAR 11 1/2" (7). Slide PAD BAR 11 1/2" (7) through proper hole in LEG CURL (11) until equal amounts of bar are on both sides. (To help in the following assembly a small amount of liquid dish detergent should be applied to both ends of the Pad Bar.)

- ☐ Assemble LARGE FOAM PADS 2 3/4" x 5" (13) onto each end of PAD BAR 11 1/2" (7).



STEP 5 BUTTERFLY ASSEMBLY

PART NAME	QTY
54 5/16" X 5" HEX HEAD BOLT	2
55 5/16" LOCK NUT	2
58 1/4" X 2" MACHINE SCREW	2
60 1/4" LOCK NUT	2
78 STOPPER PIN	2
77 PLASTIC SLEEVE 1/2" X 3"	2
74 3/4" ROUND PLASTIC CAP	2
72 1" ROUND PLASTIC CAP	2
75 PLASTIC BUSHING	2
76 PLASTIC SLEEVE 2"	2
71 1 1/2" SQUARE PLASTIC CAP	2



- ☐ There are two Butterfly Attachments with this unit: A RIGHT BUTTERFLY (14) and a LEFT BUTTERFLY (15). Instructions are given for one and are repeated to assemble the other.
- ☐ Assemble BUTTERFLY PAD BAR (17) through the large hole in the end of Butterfly Frame aligning bolt holes. Secure with 1/4" X 2" MACHINE SCREW (58) and 1/4" LOCK NUT (60).
- ☐ Press 3/4" ROUND PLASTIC CAPS (74) into end of BUTTERFLY PAD BAR (17). Slide LARGE FOAM PAD 2 3/4" X 5" (13) onto end of BUTTERFLY PAD BAR (17). Again a small amount of liquid dish detergent will help with this assembly.
- ☐ Assemble BUTTERFLY WEIGHT PIN (16) into angled hole on front of Butterfly Frame and attach with 5/16" X 2" HEX HEAD BOLT (54) and 5/16" LOCK NUT (55). (The bolt will go through the Butterfly Frame and Weight Pin; PLASTIC SLEEVE (77) will then be assembled onto the bolt and secured with the 5/16" NYLON LOCK NUT (55).) Press 1" ROUND PLASTIC CAP (72) into end of Weight Pin. Slide PLASTIC BUSHING (75) over Weight pin until it against the Butterfly Frame.
- ☐ Assemble PLASTIC SLEEVE (76) over welded Butterfly Tube.
- ☐ Slide entire assembly into welded tube bracket on UPRIGHT (1). Insert STOPPER PIN (78) into center of assembly (rounded end first), making sure the side of the Stopper Pin that has a raised section is aligned with the hole in the welded Butterfly tube. Push STOPPER PIN (78) into welded Butterfly tube until it clicks into place as the raised section exits the hole.
- ☐ Press a 1 1/2" SQUARE PLASTIC CAP (71) into end of Butterfly frame.

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 WEIGHTBENCH 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 NUMBER

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.

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	C0297-E01
2	L-BRACKET	2	C6125-A22
3	MAIN FRAME	1	C2129-E01
4	FRONT SUPPORT	1	C0116-C14
5	BACKREST ADJ BAR	1	C6054-A06
6	SMALL FOAM PAD 2" X 6"	2	C0446-E01
7	PAD BAR 3/4" X 11 1/2"	2	C6136-C08
8	BACKREST	1	C1349-E18
9	SEAT	1	C1348-E18
10	LONG ANGLE IRON	2	C6250-E01
11	LEG CURL	1	C0152-D01
12	WEIGHT PIN 1" X 13 3/4"	1	C0148-C15
13	LARGE FOAM PAD 2 3/4" X 5"	6	C0437-B25
14	RIGHT BUTTERFLY	1	C6156-C14
15	LEFT BUTTERFLY	1	C6158-C14
16	BUTTERFLY WEIGHT PIN 1" X 11"	2	C6230-D04
17	BUTTERFLY PAD BAR 3/4" X 9"	2	C6157-C14
18	PAD BAR 3/4" X 13 1/2"	1	C6121-A25
19	ANGLE BRACKET	1	C6912-E01
	HARDWARE BAG (BOLTS & NUTS)	1	C5869-E01
	HARDWARE BAG (PLASTICS & FOAM PADS)	1	C5870-E01
50	5/16"-18 X 2 1/4" HEX HEAD BOLT	2	HH-5199
51	5/16"-18 X 2 1/2" HEX HEAD BOLT	4	HH-5053
53	5/16"-18 X 2" HEX HEAD BOLT	1	HH-5054
54	5/16"-18 X 5" HEX HEAD BOLT	2	HH-5328
55	5/16"-18 LOCK NUT	12	HH-5012
56	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
57	3/8"-16 LOCK NUT	1	HH-5013
58	1/4"-20 X 2" MACHINE SCREW	4	HH-5256
59	1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022
60	1/4"-20 LOCK NUT	4	HH-5011
70	2" SQUARE PLASTIC CAP	2	AA-8002
71	1 1/2" SQUARE PLASTIC CAP	7	AA-8001
72	1" ROUND PLASTIC CAP	3	AA-8005
73	1" ROUND PLASTIC COVER CAP - 15	1	AA-8070
74	3/4" ROUND PLASTIC CAP	9	AA-8004
75	PLASTIC BUSHING	2	AA-8112
76	PLASTIC SLEEVE 2" LONG	2	AA-8091
77	PLASTIC SLEEVE 1/2" DIA. X 3" LONG	2	AA-8128
78	STOPPER PIN	2	WW-7038
79	5/16" X 1 3/4" HEX HEAD BOLT	2	HH-5301
80	5/16" X 4" HEX HEAD BOLT	1	HH-5302
81	METAL FERRULE	2	HH-5343
90	UPRIGHT DECAL	1	DE-4103
	ASSEMBLY MANUAL	1	NN-1120

E131/E134 HARDWARE ILLUSTRATION SHEET



3/8" HEX HEAD BOLT

56



3/8" NYLON LOCK NUT

57



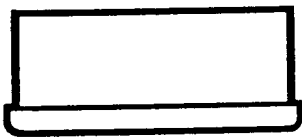
5/16" HEX HEAD BOLT

50 51 53 54 79 80



5/16" NYLON LOCK NUT

55



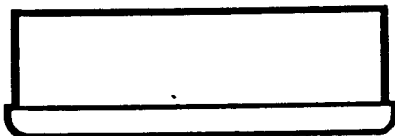
1 1/2" SQUARE PLASTIC CAP

71



1/4" NYLON LOCK NUT

60



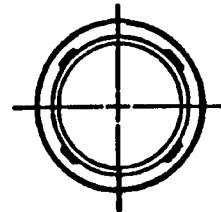
2" SQUARE PLASTIC CAP

70



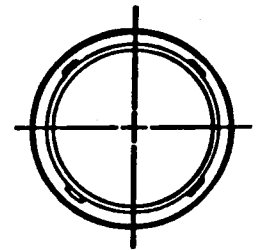
1/4" MACHINE SCREW

58 59

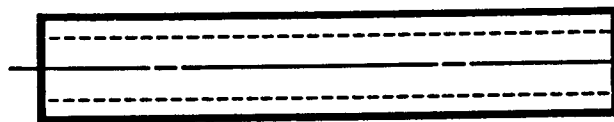


3/4" ROUND PLASTIC CAP

74

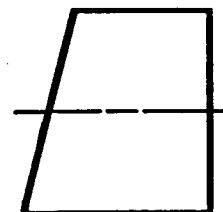


1" ROUND PLASTIC CAP



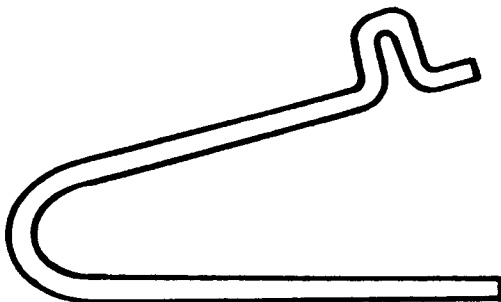
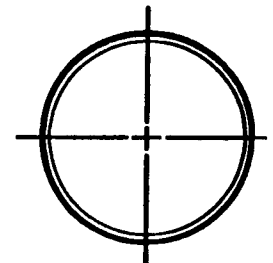
1/2" X 3" PLASTIC SLEEVE

77



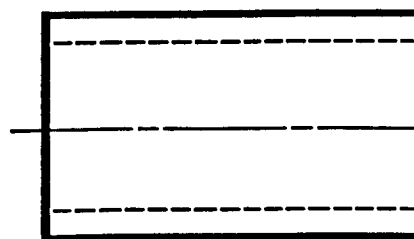
1" ROUND PLASTIC COVER CAP - 15°

73



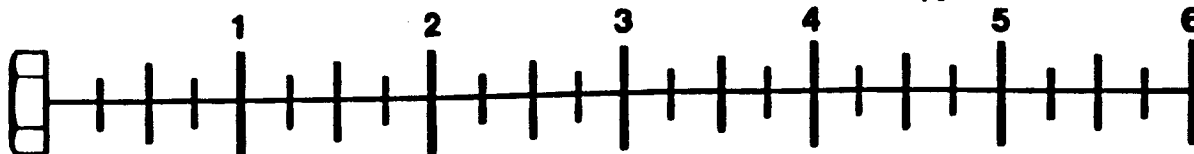
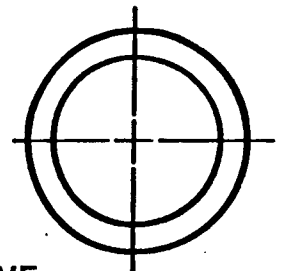
STOPPER PIN

78



2" PLASTIC SLEEVE

76



BOLT LENGTH SCALE