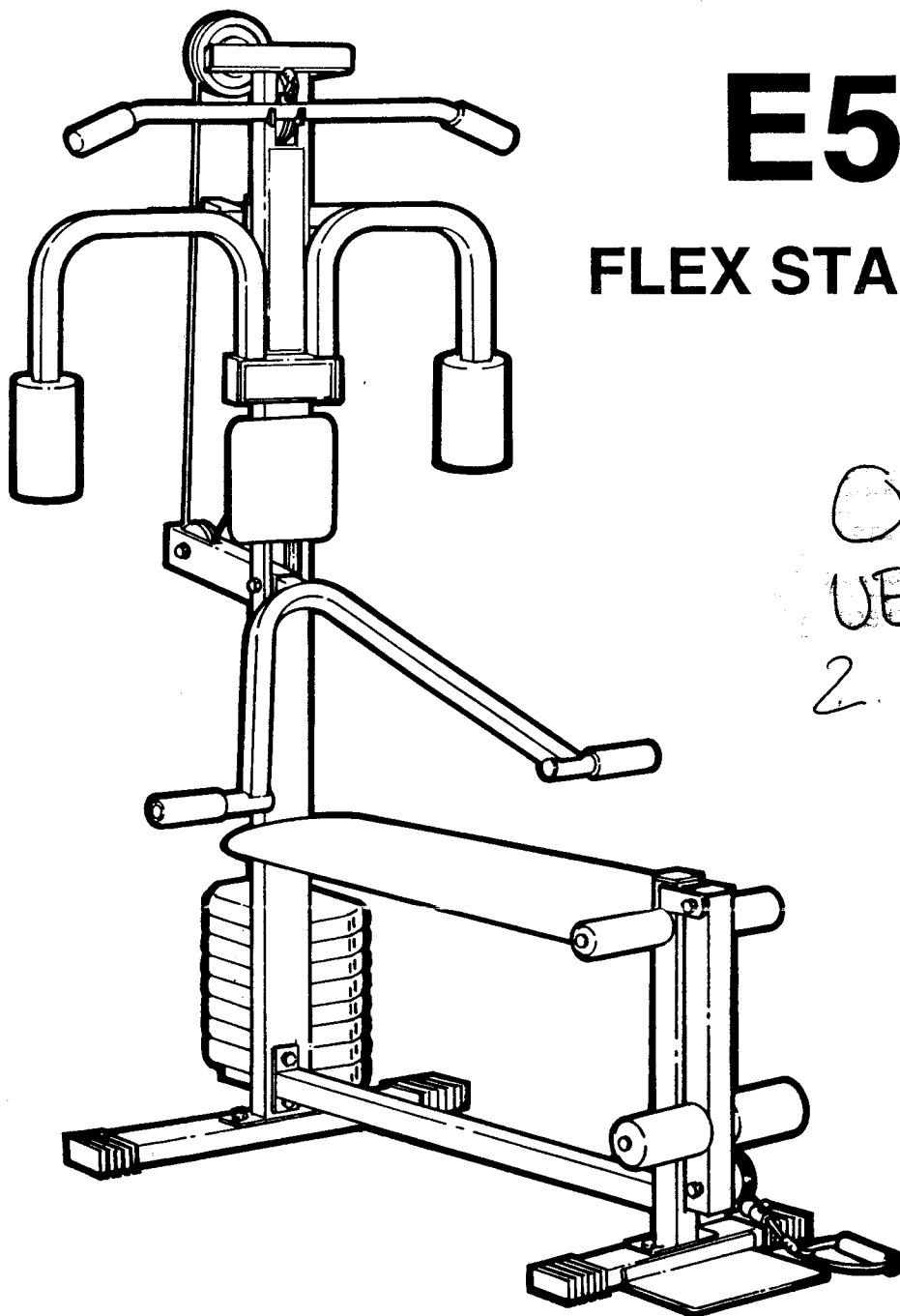




E5500

FLEX STACK MASTER

OLD
VERSION
2 cables

weider®

OWNERS MANUAL

WEIDER HEALTH AND FITNESS

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

PARTS LIST E5500

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	FRAME MAST	1	C1201-E08
2	MAIN FRAME	1	C2157-E08
3	REAR BASE	1	C2158-E08
4	FRONT BASE	1	C2159-E08
5	LEG EXTENSION	1	C2160-E08
6	BACKREST	1	C1340-E08
7	GUIDE ROD	2	C6808-E08
8	TOP FRAME ARM	1	C1202-E08
9	PEC-DECK ARM	2	C1203-E08
11	WEIGHT PLATE	8	BB-0318
12	ARM PRESS HANDLE	1	C6256-E08
13	WEIGHT SELECTOR TUBE	1	C6320-E08
14	FOAM ROLLER 3 1/4 X 7"	2	C0443-E02
15	FOAM ROLLER 2 1/4 X 7"	2	C0452-E10
16	FOAM ROLLER 4 X 8"	2	C0440-D28
17	PEC-DECK PULLEY U-BRACKET	2	C6915-E08
18	PULLEY CONNECTOR PLATE	2	C6916-E08
19	3 1/2" PULLEY	2	AA-8133
20	BASE CABLE	1	C6616-E08
21	LAT BAR CABLE	1	C6615-E08
22	PEC-DECK PULLEY U-BRKT W/WELDED BOLT	2	C6918-E08
23	LEVER ARM	1	C1205-E08
24	2" ROLLER PULLEY	3	AA-8116
25	HEAD REST PAD	1	C1341-E08
27	SLIDING CABLE STOP	2	HH-5321
28	1 1/2" X 3" RUBBER FOOT	5	AA-8113
29	2" SQUARE PLASTIC CAP	2	AA-8002
30	ROLLER PAD BAR 3/4 X 15 3/4"	2	C6324-E08
32	4 1/2" PULLEY	2	AA-8122
33	SUPPORT PLATES	2	C6713-E03
34	RIGHT CAM ARM	1	C1216-E08
35	LEFT CAM ARM	1	C1217-E08
36	STIFFENING PLATE	2	C6716-E08
39	6" PULLEY	2	AA-8121
40	WEIGHT SELECTOR PIN	1	WW-7013
41	1" ID RUBBER BUMPER	2	AA-8124
42	1 1/2" SQUARE PLASTIC CAP	10	AA-8001
43	ARM PRESS PIN	1	WW-7049
44	FOAM GRIPS 2 X 5"	4	C0451-E08

PART LIST E5500

DIAGRAM NO	PART NAME	QTY	ORDERING NO
45	1 1/4" ROUND PLASTIC CAP	4	AA-8014
46	LAT BAR	1	C6803-D35
48	1" ROUND PLASTIC CAP	2	AA-8005
49	S-HOOK	2	HH-5181
50	5/8" OD X 1 1/8" METAL SPACER	2	HH-5358
52	5/8" OD X 1/2" METAL SPACER	2	HH-5359
53	3/4" ROUND PLASTIC CAP	4	AA-8004
54	1 1/2" X 3" PLASTIC CAP	3	AA-8130
55	MAST DECAL (FLEX STACK)	1	DE-4172
56	PEC-DECK DECAL	1	DE-4173
57	WEIGHT PLATE DECALS	1	DE-4176
58	WEIGHT SELECTOR TUBE END CAP	1	AA-8123
59	1/4" X 3/4" ROUND HEAD SCREW	4	HH-5022
60	1/4" X 2" ROUND HEAD SCREW	2	HH-5256
61	5/16" X 3/4" HEX HEAD BOLT	1	HH-5245
62	5/16" X 1 1/4" HEX HEAD BOLT	1	HH-5303
63	5/16" X 1 3/4" HEX HEAD BOLT	4	HH-5301
64	1 3/4" SQUARE PLASTIC CAP	1	AA-8006
65	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297
66	5/16" FLAT WASHER	14	HH-5127
67	5/16" NYLON LOCK NUT	21	HH-5012
69	3/8" X 1 3/4" HEX HEAD BOLT	3	HH-5308
70	3/8" X 2" HEX HEAD BOLT	3	HH-5244
71	1/4" X 2 1/2" CARRIAGE BOLTS	2	HH-5333
72	5/16" X 2" HEX HEAD BOLT	8	HH-5054
73	5/16" X 3" HEX HEAD BOLT	1	HH-5167
80	3/8" X 2 1/4" HEX HEAD BOLT	1	HH-5061
82	3/8" X 3 1/2" HEX HEAD BOLT	2	HH-5062
83	3/8" FLAT WASHER	9	HH-5265
84	3/8" NYLON LOCK NUT	12	HH-5088
85	LEG STRAP	1	EE-0074
86	ACCESSORY ROPE 34"	1	C6602-D23
87	DUMBBELL HANDLE	1	AA-8120
89	5/16" X 2 3/4" HEX HEAD BOLT	1	HH-5058
90	1/4" X 1 3/4" HEX HEAD BOLT	4	HH-5024
91	1/4" NYLON LOCK NUT	6	HH-5011
92	5/16" X 3 1/2" HEX HEAD BOLT	4	HH-5294
94	3/8" X 4" HEX HEAD BOLT	1	HH-5201
	ASSEMBLY MANUAL	1	NN-1123

DIAGRAM NO	PART NAME	QTY	ORDERING NO
	HARDWARE BAG (NUT & BOLTS)	1	C5883-E08
	HARDWARE BAG (PULLEYS)	1	C5884-E08
	HARDWARE BAG (PLASTICS & BRACKETS)	1	C5885-E08
	HARDWARE BAG (FOAM ROLLERS & FEET)	1	C5886-E08

E-5500

CALCULATING RESISTANCE

Because of the unique cabling system and the arm press leverage of this home gym the actual pounds of resistance greatly increases at some stations to produce much more weight than the weights themselves.

Following is how each stations's weight resistance is calculated:

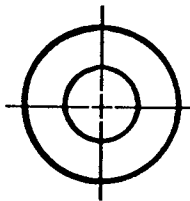
1. Floor Pulley Accessories	True Weight of Stack
2. Leg Extension & Pec-Deck	1 1/2 Times The Weight Stack
	50 lb. wt. = 75 lb. resistance
3. Bench Press & Lat Pull-Down	2 Times the Weight Stack
	50 lb. wt. = 100 lb. resistance

To achieve the greatest efficiency of resistance, keep guide rods and pulleys adequately lubricated to minimize friction and wear.

E5500 HARDWARE ILLUSTRATION SHEET



3/8" HEX HEAD BOLT
69 70 80 82 94



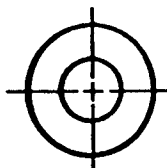
3/8" FLAT WASHER
83



3/8" NYLON LOCK NUT
84



5/16" HEX HEAD BOLT
61 62 63 65 72 73 89 92



5/16" FLAT WASHER
66



5/16" NYLON LOCK NUT
67



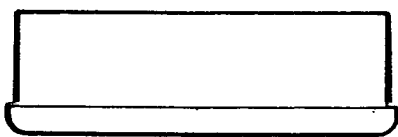
1/4" X 2 1/2" CARRIAGE BOLT
71



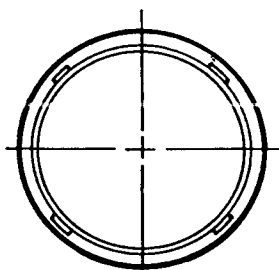
1/4" X 1 3/4" HEX HEAD BOLT
90



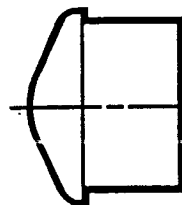
1/4" NYLON LOCK NUT
91



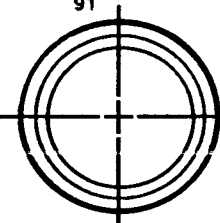
2" SQUARE PLASTIC CAP
29



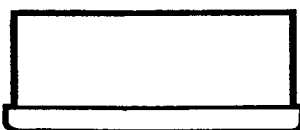
1 1/4" ROUND PLASTIC CAP
45



WEIGHT SELECTOR TUBE END CAP
58



5/8" X 1 1/8" METAL SPACER
50



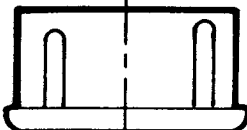
1 1/2" SQUARE PLASTIC CAP
42



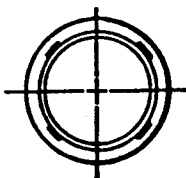
5/8" X 1/2" METAL SPACER
52



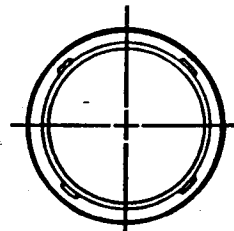
1 3/4" SQUARE PLASTIC CAP
64



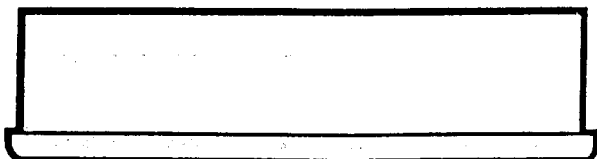
1/4" ROUND HEAD SCREW
59 60



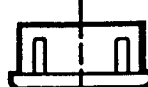
3/4" ROUND PLASTIC CAP
53



1" ROUND PLASTIC CAP
48



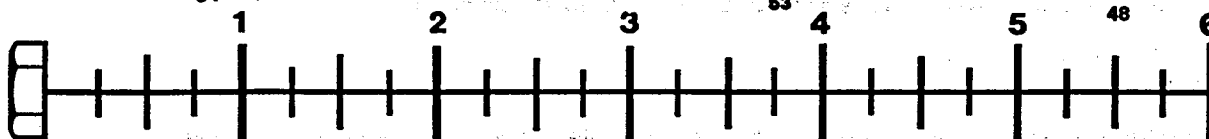
1 1/2" X 3" PLASTIC CAP
54



3/4" ROUND PLASTIC CAP
53



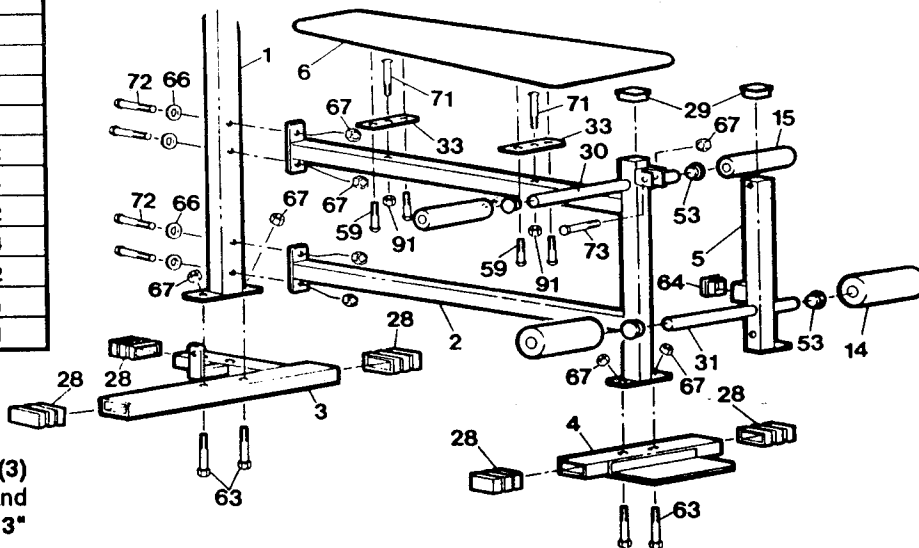
1" ROUND PLASTIC CAP
48



BOLT LENGTH SCALE

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
3 5/16" X 1 3/4" HEX HEAD BOLT	4
7 5/16" NYLON LOCK NUT	9
28 1 1/2" X 3" RUBBER FOOT	5
72 5/16" X 2" HEX HEAD BOLT	4
66 5/16" FLAT WASHER	4
71 1/4" X 2 1/2" CARRIAGE BOLTS	2
59 1/4" X 3/4" ROUND HEAD SCREW	4
29 2" SQUARE PLASTIC CAP	2
53 3/4" ROUND PLASTIC CAP	4
91 1/4" NYLON LOCK NUT	2
64 1 3/4" SQUARE PLASTIC CAP	1
73 5/16" X 3" HEX HEAD BOLT	1



- ☐ Assemble **FRAME MAST (1)** to **REAR BASE (3)** using **5/16" X 1 3/4" HEX HEAD BOLTS (63)** and **5/16" NYLON LOCK NUTS (67)**. Press **1 1/2" X 3" RUBBER FEET (28)** onto each end of base section.
- ☐ Press **1 1/2" X 3" RUBBER FEET (28)** onto each end of **FRONT BASE (4)** and assemble to **MAIN FRAME (2)** with **5/16" X 1 3/4" HEX HEAD BOLTS (63)** and **5/16" NYLON LOCK NUTS (67)**.
- ☐ Bolt **MAIN FRAME (2)** to **FRAME MAST (1)** with **5/16" X 2" HEX HEAD BOLTS (72)**, **5/16" FLAT WASHERS (66)**, and **5/16" NYLON LOCK NUTS (67)**.
- ☐ Bolt **SUPPORT PLATES (33)** to **MAIN FRAME (2)** with **1/4" x 2 1/2" CARRIAGE BOLTS (71)** and **1/4" NYLON LOCK NUTS (91)**.
- ☐ Fasten **BACKREST (6)** to **MAIN FRAME (2)** using **1/4" X 3/4" ROUND HEAD SCREWS (59)**.
- ☐ Attach **LEG EXTENSION (5)** to **MAIN FRAME (2)** so that plate on bottom of leg extension is to the right as you stand in front. Bolt with **5/16" X 3" HEX HEAD BOLT (73)** and **5/16" NYLON LOCK NUTS (67)**.
- ☐ Press **2" SQUARE PLASTIC CAPS (29)** into top of **MAIN FRAME (2)** front leg and top of **LEG EXTENSION (5)**. Press **1 3/4" SQUARE PLASTIC CAP (64)** into rear extension of **LEG EXTENSION (5)**.
- ☐ Press **3/4" ROUND PLASTIC CAPS (53)** into each end of the **ROLLER PAD BARS (30)**.
- ☐ Insert one **3/4" X 15 3/4" ROLLER PAD BAR (30)** into **2 1/4" X 7" FOAM ROLLER (15)**, insert assembly through hole in top of **MAIN FRAME (2)** front leg and press on the other **2 1/4" X 7" FOAM ROLLER (15)**.
 - » To aid in inserting pad bars into foam rollers, wipe a small amount of liquid detergent along the surface of the pad bar.
- ☐ To the **3/4" X 15 3/4" PAD BAR (31)** press on a **3 1/4" X 7" FOAM ROLLER (14)**. Insert into lower 3/4" hole on **LEG EXTENSION (5)** and assemble the other **FOAM ROLLER (14)** on the pad bar.

STEP 2 WEIGHT STACK ASSEMBLY

PART NAME	QTY
69 3/8" X 1 3/4" HEX HEAD BOLT	1
84 3/8" NYLON LOCK NUT	1
41 RUBBER BUMPER	2
67 5/16" NYLON LOCK NUT	5
58 WEIGHT SELECTOR TUBE END CAP	1
72 5/16" X 2" HEX HEAD BOLT	4
66 5/16" FLAT WASHERS	6
42 1 1/2" SQUARE PLASTIC CAP	3
40 WEIGHT SELECTOR PIN	1
32 4 1/2" PULLEY	1
65 5/16" X 3 1/4" HEX HEAD BOLT	1

- ☐ Loosely assemble **4 1/2" PULLEY (32)** to the inside of bracket on **REAR BASE (3)** using a **3/8" X 1 3/4" HEX HEAD BOLT (69)** and **3/8" NYLON LOCK NUT (84)**. Do not tighten this bolt at this time.
- ☐ Insert **GUIDE RODS (7)** into **REAR BASE (3)**. Drop **RUBBER BUMPERS (41)** over the guide rods and position at the base of the rods.
 - » **STACKING WEIGHT PLATES: TO HELP STEADY THE WEIGHT STACK YOU MAY WANT TO GET THE AID OF A HELPER.**
- ☐ Bolt rear **GUIDE ROD (7)** to **REAR BASE (3)** using **5/16" X 3 1/4" HEX HEAD BOLT (65)** and **5/16" NYLON LOCK NUT (67)**.

- ☐ Stack **WEIGHT PLATES (11)** one at a time onto guide rods so that the selector pin slot is to the bottom and the pin can be inserted from the right side of the unit (as you face the unit from the leg extension end).
- ☐ Stack on all the weight plates except one. Press **WEIGHT SELECTOR TUBE END CAP (58)** into the end of the **WEIGHT SELECTOR TUBE (13)**.
- ☐ Insert **WEIGHT SELECTOR TUBE (13)** into the stack of weights and seat roll pin at top of selector tube into groove in plate.
- ☐ Stack the remaining weight plate onto weight stack.
- ☐ Position **TOP FRAME ARM (8)** atop the **FRAME MAST (1)** so guide rods fit into positioning holes in the frame arm.
- ☐ Bolt **TOP FRAME ARM (8)** to **FRAME MAST (1)** with **5/16" X 2" HEX HEAD BOLT (72)**, **5/16" FLAT WASHERS (66)**, and **5/16" NYLON LOCK NUTS (67)**.
- ☐ Rotate and lift guide rods until the bolt hole in top of guide rod aligns with using **5/16" X 2" HEX HEAD BOLT (72)**, **5/16" FLAT WASHERS (66)**, and
- ☐ Cap ends on **TOP FRAME ARM (8)** with **1 1/2" SQUARE PLASTIC CAP**
- ☐ Insert **WEIGHT SELECTOR PIN (40)** into bottom weight plate in preparation
- ☐ Affix **WEIGHT DECAL (57)** starting with 12.5 lbs. on the top plate and ensure the resistance is actually double the weight stack i.e.: 200 lbs.

PART NAME

PART NAME	QTY
42 1 1/2" SQUARE PLASTIC CAP	7
54 1 1/2" X 3" PLASTIC CAPS	2
92 5/16" X 3 1/2" HEX HEAD BOLT	4
67 5/16" NYLON LOCK NUT	4
66 5/16" FLAT WASHER	4

- ☐ Press a 1 1/2" SQUARE PLASTIC CAP (42) into the long section of each PEC-DECK ARM (9) and (10). Also press another 1 1/2" SQUARE PLASTIC CAP (42) into the ends of the attached cam arm.
 - ☐ Attach RIGHT CAM ARM (34) and LEFT CAM ARM (35) to PEC-DECK ARMS (9) using 5/16" X 3 1/2" HEX HEAD BOLTS (92), STIFFENING PLATES (36), 5/16" FLAT WASHERS (66), and 5/16" NYLON LOCK NUTS (67)
 - ☐ Assemble 1 1/2" SQUARE PLASTIC CAPS (42) into ends of attached RIGHT CAM ARM (34) and LEFT CAM ARM (35).

• The RIGHT CAM ARM (34) uses 3 - 1 1/2" SQUARE PLASTIC CAPS (42) and the LEFT CAM ARM (35) uses 2 - 1 1/2" SQUARE PLASTIC CAPS (42).

 - ☐ Wipe a small amount of liquid detergent along the bottom section of the pec-deck arms and press on 4" X 8" FOAM PADS (16).
 - ☐ Insert pec-deck arm down over the pivot tubes of the pec-deck mounting block that is pre-assembled to the frame mast.

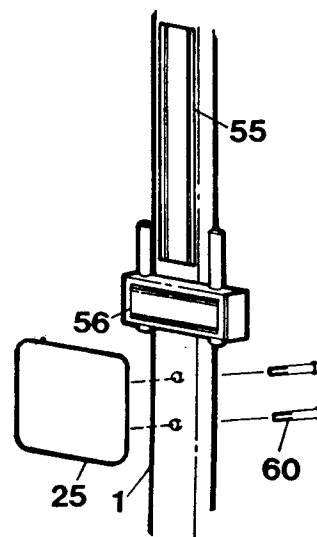
• Arms should be assembled so that the cam arms are pointed to the back of the unit.

 - ☐ Press 1 1/2" X 3" PLASTIC CAPS (54) into each end of the pec-deck block.

STEP 4 DECALS & LEVER ARM

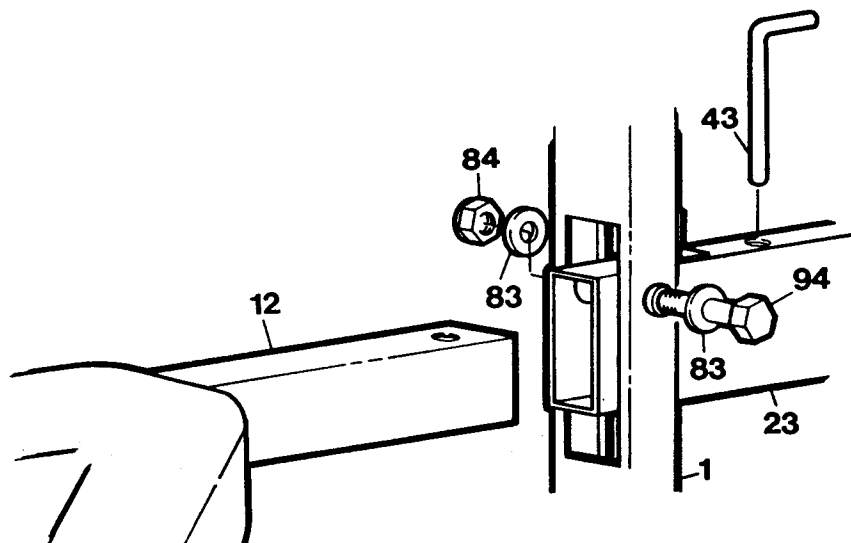
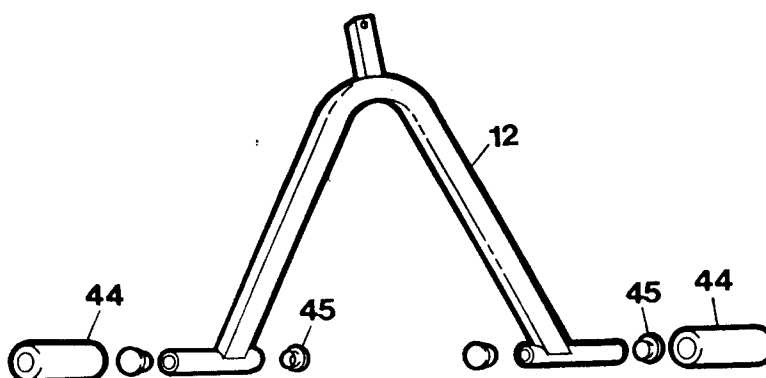
PART NAME	QTY
60 1/4" X 2" ROUND HEAD SCREW	2

- ☐ Position **MAST DECAL (55)** atop pec-deck block and affix to mast by removing decal from backing sheet and pressing decal onto tube.
- ☐ Position **RESISTANCE DECAL (56)** on pec-deck block and press in place.
- ☐ Assemble **HEAD REST PAD (25)** to **FRAME MAST (1)** using **1/4" X 2" ROUND HEAD SCREW (60)**.



STEP 5 ARM PRESS HANDLE ASSEMBLY

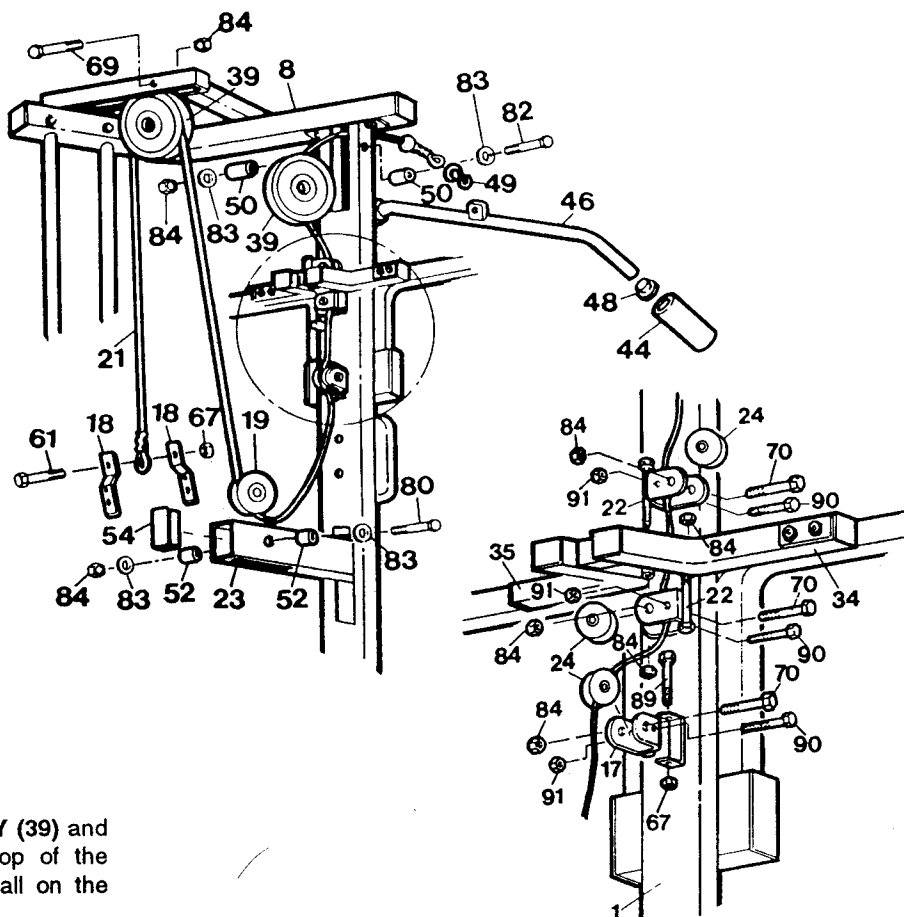
PART NAME	QTY
45 1 1/4" ROUND PLASTIC CAPS	4
43 ARM PRESS PIN	1
84 3/8" NYLON LOCK NUT	1
83 3/8" FLAT WASHER	2
94 3/8" X 4" HEX HEAD BOLT	1



- ☐ Assemble **LEVER ARM (23)** to **FRAME MAST (1)** using **3/8" X 4" HEX HEAD BOLT (94)**, **3/8" FLAT WASHERS (83)**, and **3/8" NYLON LOCK NUTS (84)**.
- ☐ Press **1 1/4" ROUND PLASTIC CAPS (45)** into each end of the grip handles on the **ARM PRESS HANDLES (12)**.
- ☐ Lubricate handles and slide on **2 X 5" FOAM GRIPS (44)**.
- ☐ You can assemble **ARM PRESS HANDLES (12)** into **LEVER ARM (23)** in either the seated military press position or the horizontal bench press position by simply turning the arm press handle up or down.
- ☐ Insert **ARM PRESS HANDLE (12)** into **LEVER ARM (23)** and lock in place by inserting **ARM PRESS PIN (43)** through lever arm and arm press channel. Caution: When using arm press handle, always be sure that the handle is locked in place with the lock pin.

STEP 6 UPPER PULLEY & CABLE ASSEMBLY

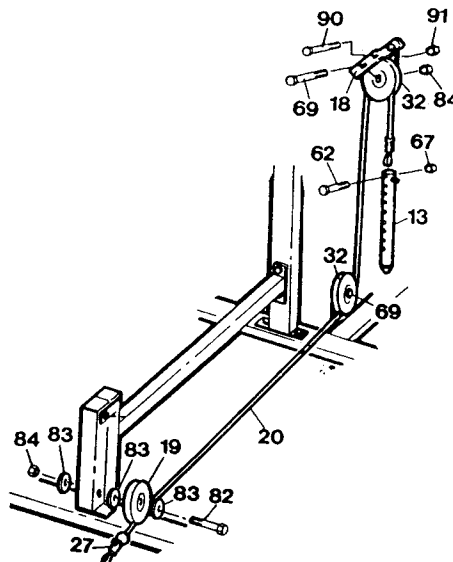
PART NAME	QTY
82 3/8" X 3 1/2" HEX HEAD BOLT	1
83 3/8" FLAT WASHER	4
50 1 1/8" LONG METAL SPACER	2
84 3/8" NYLON LOCK NUT	8
80 3/8" X 2 1/4" HEX HEAD BOLT	1
52 1/2" LONG SPACER	2
54 1 1/2" X 3" PLASTIC CAP	1
69 3/8" X 1 3/4" HEX HEAD BOLT	1
61 5/16" X 3/4" HEX HEAD BOLT	1
67 5/16" NYLON LOCK NUT	2
89 5/16" X 2 3/4" HEX HEAD BOLT	1
90 1/4" X 1 3/4" HEX HEAD BOLT	3
91 1/4" NYLON LOCK NUT	3
70 3/8" X 2" HEX HEAD BOLT	3
19 3 1/2" PULLEY	1
24 2" ROLLER PULLEY	3
39 6" PULLEY	2



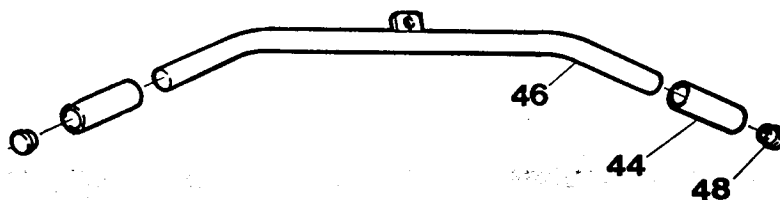
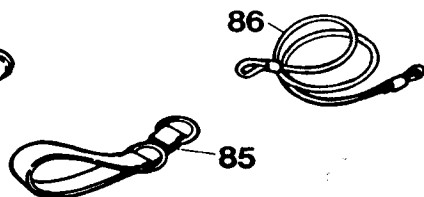
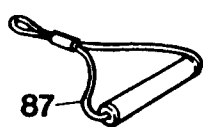
- ☐ Loop LAT BAR CABLE (21) over 6" PULLEY (39) and position pulley within the opening at the top of the FRAME MAST (1) so the rubber stopper ball on the cable is through the mast.
- ☐ Bolt pulley in position using 3/8" X 3 1/2" HEX HEAD BOLT (82), 3/8" FLAT WASHERS (83), 1 1/8" LONG METAL SPACERS (50), and 3/8" NYLON LOCK NUTS (84).
 - » To insure to not drop metal spacers inside mast, assemble a 3/8" flat washer and a spacer onto the bolt first, then assemble into mast. Once bolt is completely through mast, insert the other spacer and washer onto the bolt and fasten nut.
- ☐ Bolt two PEC-DECK PULLEY U-BRACKETS W/WELDED BOLT (22) to each welded tube on the Cam Arms using 3/8" NYLON LOCK NUTS (84).
- ☐ Bolt PEC-DECK PULLEY U-BRACKET (17) to welded bracket on UPRIGHT (1) using 5/16" X 2 3/4" HEX HEAD BOLT (89) and 5/16" NYLON LOCK NUT (67).
- ☐ To each PEC-DECK PULLEY U-BRACKET (17) and (22) that was just assembled to the frame insert a 1/4" X 1 3/4" HEX HEAD BOLT (90) and 1/4" NYLON LOCK NUT (91) into the rear hole in the bracket. This bolt is used as a cable trap.
- ☐ Route the LAT BAR CABLE (21) down through each PEC-DECK PULLEY U- BRACKET (17) and (22). Assemble a 2" ROLLER PULLEY (24) into each PEC-DECK PULLEY U- BRACKET (17) and (22) and bolt with 3/8" X 2" HEX HEAD BOLT (70) and 3/8" NYLON LOCK NUT (84).
- ☐ Position 3 1/2" PULLEY (19) into the end of the LEVER ARM (23) trapping the lat cable under the pulley.
- ☐ Bolt pulley in place using a 3/8" X 2 1/4" HEX HEAD BOLT (80), 1/2" LONG SPACERS (52), 3/8" FLAT WASHERS (83), and 3/8" NYLON LOCK NUT (84).
- ☐ Cap end of LEVER ARM (23) with 1 1/2" X 3" PLASTIC CAP (54).
- ☐ Drape lat cable over 6" PULLEY (39) and bolt into bracket at top of guide rods on TOP FRAME ARM (8) and bolt in place with 3/8" X 1 3/4" HEX HEAD BOLT (69) and 3/8" NYLON LOCK NUT (84).
- ☐ Attach PULLEY CONNECTOR PLATES (18) to end of lat cable using 5/16" X 3/4" HEX HEAD BOLT (61) and 5/16" NYLON LOCK NUT (67).

STEP 7 BASE CABLE ASSEMBLY

PART NAME	QTY
62 5/16" X 1 1/4" HEX HEAD BOLT	1
67 5/16" NYLON LOCK NUT	1
69 3/8" X 1 3/4" HEX HEAD BOLT	1
84 3/8" NYLON LOCK NUT	2
82 3/8" X 3 1/2" HEX HEAD BOLT	1
83 3/8" FLAT WASHER	3
19 3 1/2" PULLEY	1
32 4 1/2" PULLEY	1
90 1/4" x 1 3/4" HEX HEAD BOLT	1
91 1/4" NYLON LOCK NUT	1



- ☐ Lay out **BASE CABLE (20)** so that the **SLIDING CABLE STOP (27)** is between the loop-end of the cable and the ball stop with this end positioned to the front of the bench.
- ☐ Insert the loop on the other end of the cable into the top of the **WEIGHT SELECTOR TUBE (13)** and fasten in using a **5/16" X 1 1/4" HEX HEAD BOLT (62)** and **5/16" NYLON LOCK NUT (67)**.
- ☐ Assemble **1/4" X 1 3/4" HEX HEAD BOLT (90)** and **1/4" NYLON LOCK NUT (91)** into small hole near bends in **PULLEY CONNECTOR PLATES (18)**.
- ☐ Loop Cable over a **4 1/2" PULLEY (32)** and bolt pulley into **PULLEY CONNECTOR PLATES (18)** on end of lat cable using a **3/8" X 1 3/4" HEX HEAD BOLT (69)** and **3/8" NYLON LOCK NUT (84)**.
- ☐ Trap the cable under the **4 1/2" PULLEY (32)** assembled in step 2 and tighten the **3/8" X 1 3/4" HEX HEAD BOLT (69)** that was left untightened in step 2.
- ☐ Bring cable forward and with cable under another **3 1/2" PULLEY (19)** attach pulley and cable to **LEG EXTENSION (5)** using a **3/8" X 3 1/2" HEX HEAD BOLT (82)**, **3/8" FLAT WASHERS (83)**, and **3/8" NYLON LOCK NUT (84)**.
 - » The cable should now be trapped between the pulley and the plate on the end of the leg extension.
- ☐ Grasp the end of the cable and pull forward to remove all slack from the entire cable lengths. Make certain cables are properly seated into the pulley grooves.
- ☐ While maintaining cable tension, slide ball and **SLIDING CABLE STOP (27)** firmly against leg extension and tighten cable stop.



THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM

- ☐ **LAT BAR:**
 - » To **LAT BAR (46)** press **1" ROUND PLASTIC CAPS (48)** into each end of Bar and assemble **2" X 5" FOAM GRIPS (44)** to Bar with the aid of a small amount of liquid dish detergent.
 - » To use Lat Bar, connect to Cable at Top Mast Tube with **"S" HOOK (49)**. This Bar is used to do all Lat Pull-Down Exercises.
- ☐ **LEG STRAP:**
 - » Using **"S" HOOK (49)**, **LEG STRAP (85)** is connected to Base Pulley at front of unit.
 - » This accessory is used for all Leg Exercises.
- ☐ **DUMBBELL HANDLE:**
 - » Connect **DUMBBELL HANDLE (87)** to Base Pulley to perform single Arm Curls, and Side Lateral Raises.
 - » Note: Many of the exercises performed with these accessories may need to be connected with the use of the **3/4" ACCESSORY ROPE (86)** as desired to give proper distancing from unit.

REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

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

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE 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.