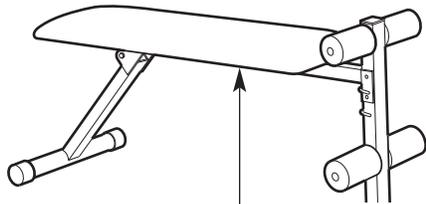


# WEIDER<sup>®</sup> PRO 120

Model No. WEEVBE7023.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal  
(under bench)

## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009

From Ireland: 00 (44) 53 9236102

Website: [www.iconsupport.eu](http://www.iconsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

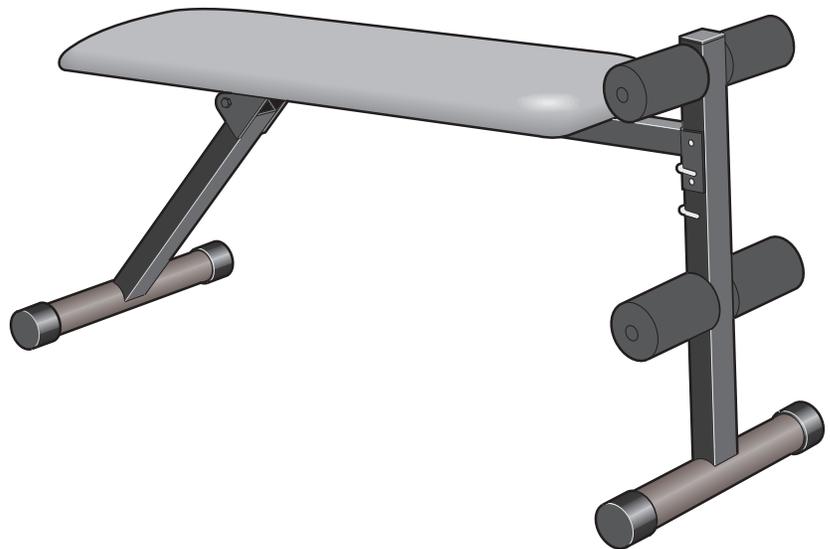
Express Way

Whitwood

West Yorkshire

WF10 5QJ

UK



### CAUTION

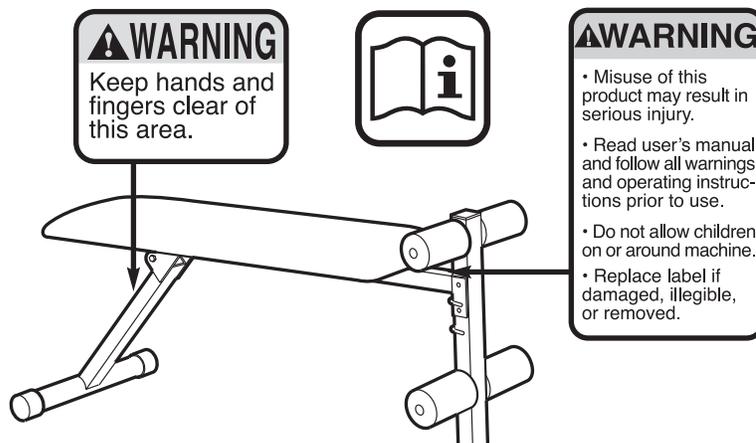
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
PART IDENTIFICATION CHART .....	5
ASSEMBLY .....	6
ADJUSTMENT .....	9
PART LIST .....	10
EXPLODED DRAWING .....	11
ORDERING REPLACEMENT PARTS .....	Back Cover

## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the weight bench at all times.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection while exercising.
10. The weight bench does not include weights. The weight bench is designed to support a maximum user weight of 300 lbs. (135 kg), a maximum dumbbell weight of 110 lbs. (50 kg), and a maximum total weight of 410 lbs. (185 kg) including the user and weights.
11. When using the weight bench, make sure that the lock pins are fully inserted and are turned to the locked position.
12. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

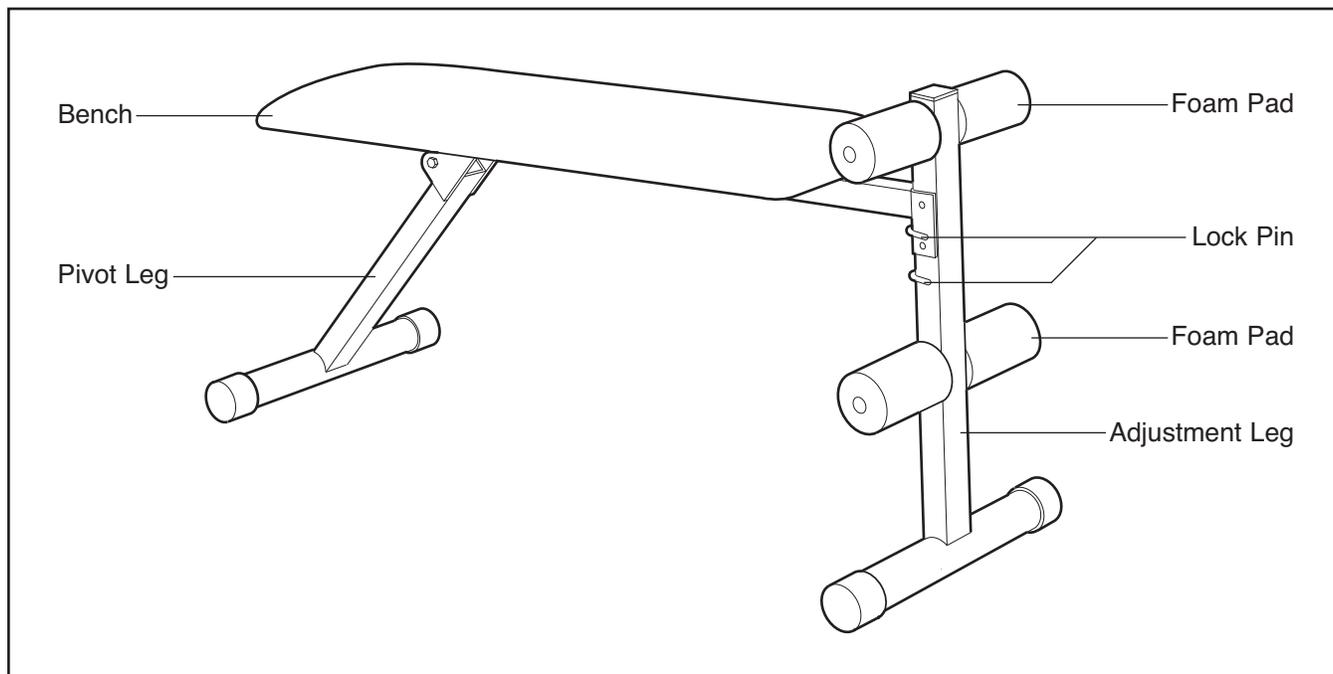
# BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 120 weight bench. The weight bench offers a selection of exercises designed to develop the major muscle groups of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have questions after

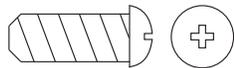
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



# PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parentheses below each part refers to the key number of the part from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**



M6 x 16mm Screw (5)



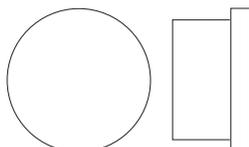
M6 x 48mm Screw (4)



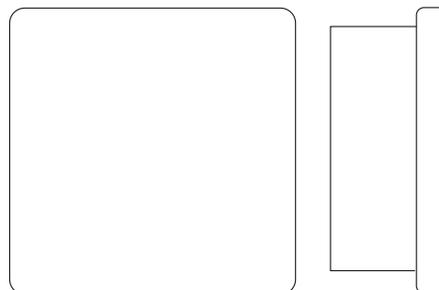
M10 x 70mm Bolt (14)



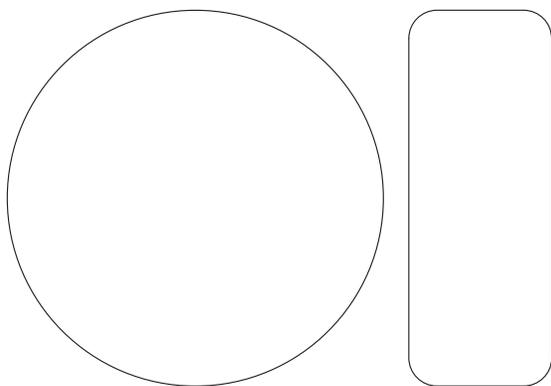
M10 Locknut (13)



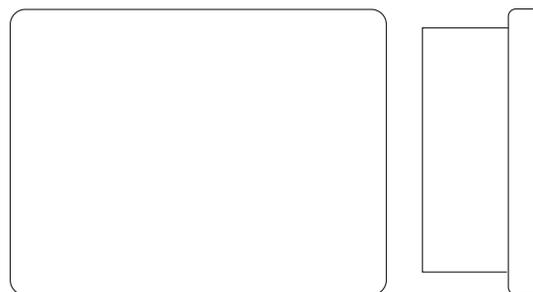
3/4" Round Inner Cap (7)



38mm Square Inner Cap (16)



50mm Round Outer Cap (9)



38mm x 50mm Inner Cap (8)

# ASSEMBLY

**To make assembly easier, carefully read the following information and instructions:**

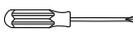
- Assembly requires two persons.
- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- The following tools (not included) may be required for assembly:

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

one Phillips screwdriver 

Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above.**

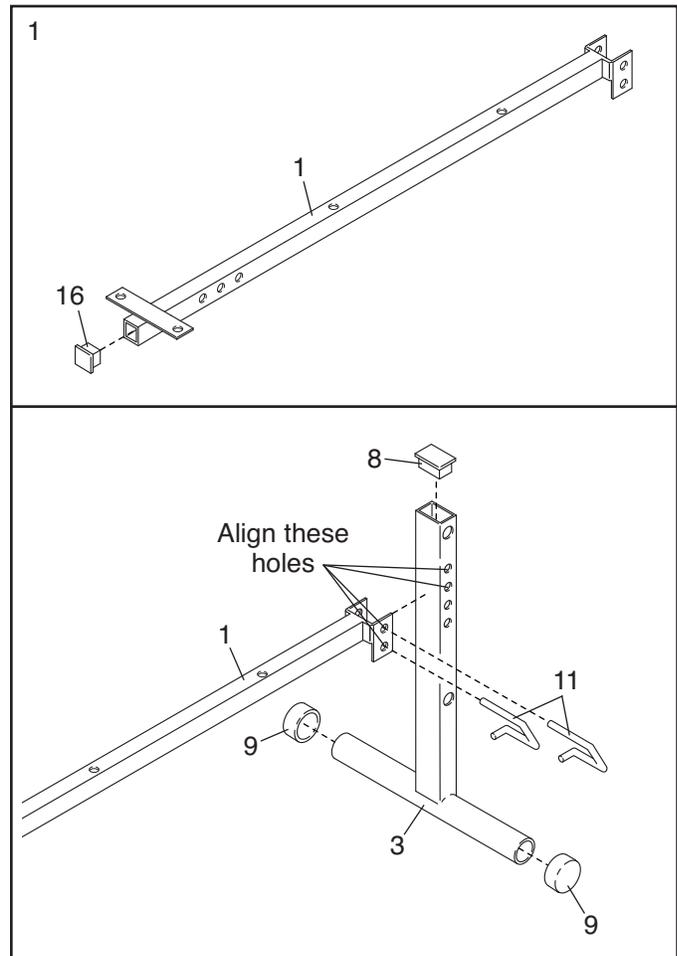
**See the upper drawing.** Press the 38mm Square Inner Cap (16) into the end of the Frame (1).

**See the lower drawing.** Press two 50mm Round Outer Caps (9) onto the Adjustment Leg (3).

Press the 38mm x 50mm Inner Cap (8) into the Adjustment Leg (3).

Align the indicated holes in the Frame (1) with the upper adjustment holes in the Adjustment Leg (3).

Attach the Adjustment Leg (3) to the Frame (1) with the two Lock Pins (11). **Make sure that the Lock Pins are in place around the Adjustment Leg.**

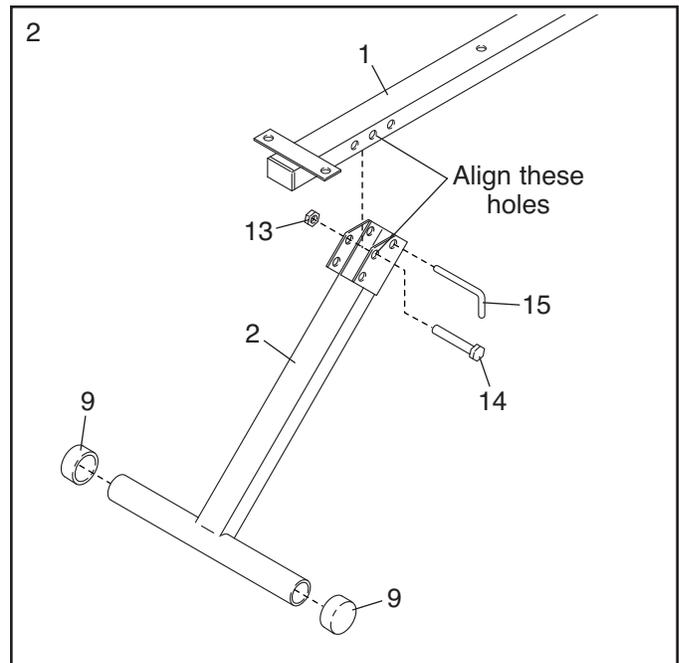


2. Press two 50mm Round Outer Caps (9) onto the Pivot Leg (2).

Align the indicated hole in the Pivot Leg (2) with the middle adjustment hole in the Frame (1).

Attach the Pivot Leg (2) to the Frame (1) with the M10 x 70mm Bolt (14) and the M10 Locknut (13).

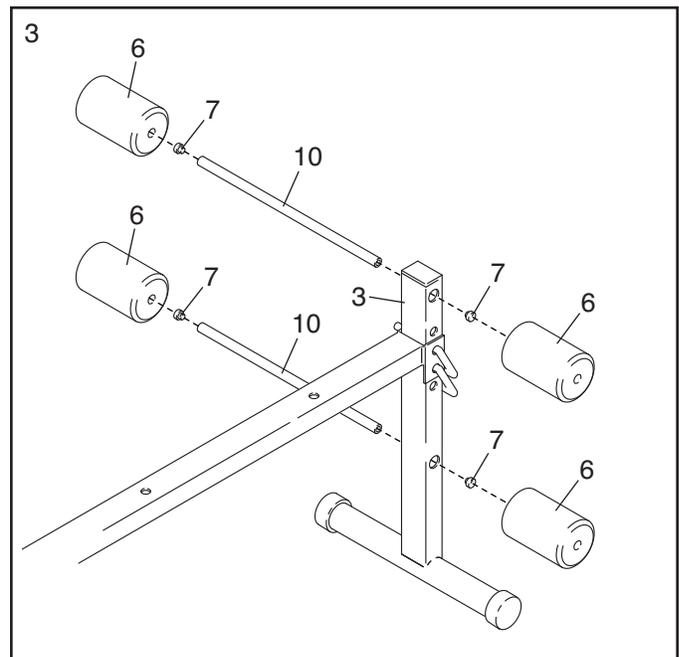
Secure the Pivot Leg (2) by inserting the L-pin (15) through the indicated hole in the Pivot Leg and the corresponding hole in the Frame (1).



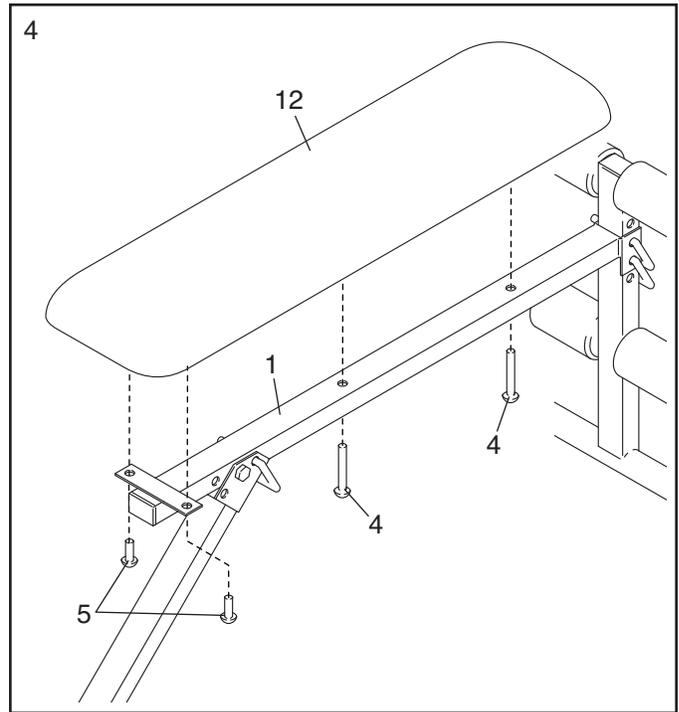
3. Press the 3/4" Round Inner Caps (7) into the ends of the Pad Tubes (10).

Insert the Pad Tubes (10) into the Adjustment Leg (3).

Slide the Foam Pads (6) onto the Pad Tubes (10).



4. Attach the Bench (12) to the Frame (1) with two M6 x 48mm Screws (4) and two M6 x 16mm Screws (5).



5. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 9.

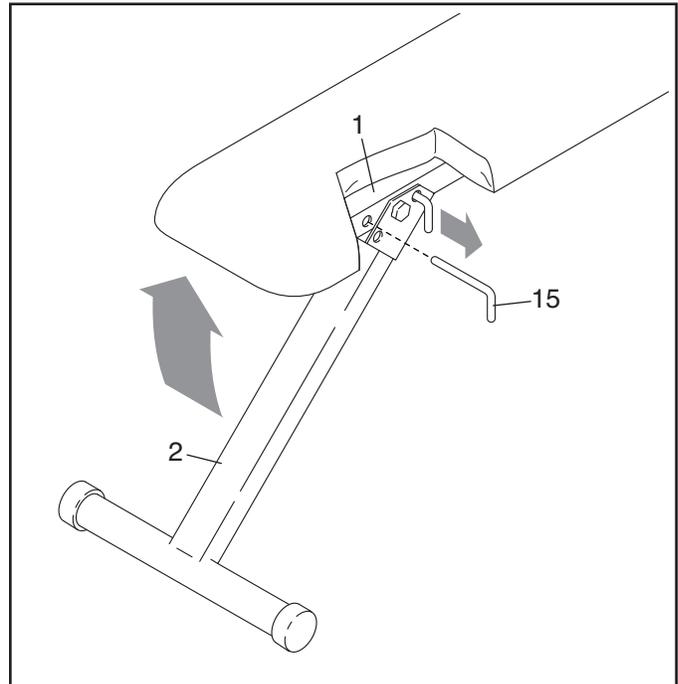
# ADJUSTMENT

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise guide to see the correct form for several exercises. Refer also to the exercise information accompanying your weight set for additional exercises.

Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

## ADJUSTING THE PIVOT LEG

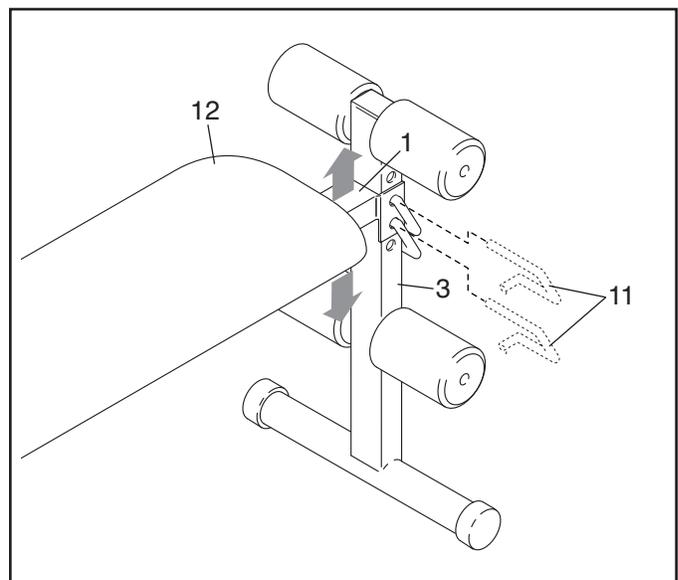
To change the position of the Pivot Leg (2), first remove the L-pin (15). Align the other hole in the Pivot Leg with the corresponding hole in the Frame (1). Reinsert the L-pin.



## ADJUSTING THE LEVEL OF THE BENCH

To change the level of the Bench (12), first remove both Lock Pins (11) from the Frame (1) and the Adjustment Leg (3).

Align the holes in the Frame (1) with a different set of holes in the Adjustment Leg (3). Reinsert both Lock Pins (11). **Always use both Lock Pins. Make sure that both Lock Pins are in place around the Adjustment Leg.**



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# PART LIST—Model No. WEEVBE7023.0

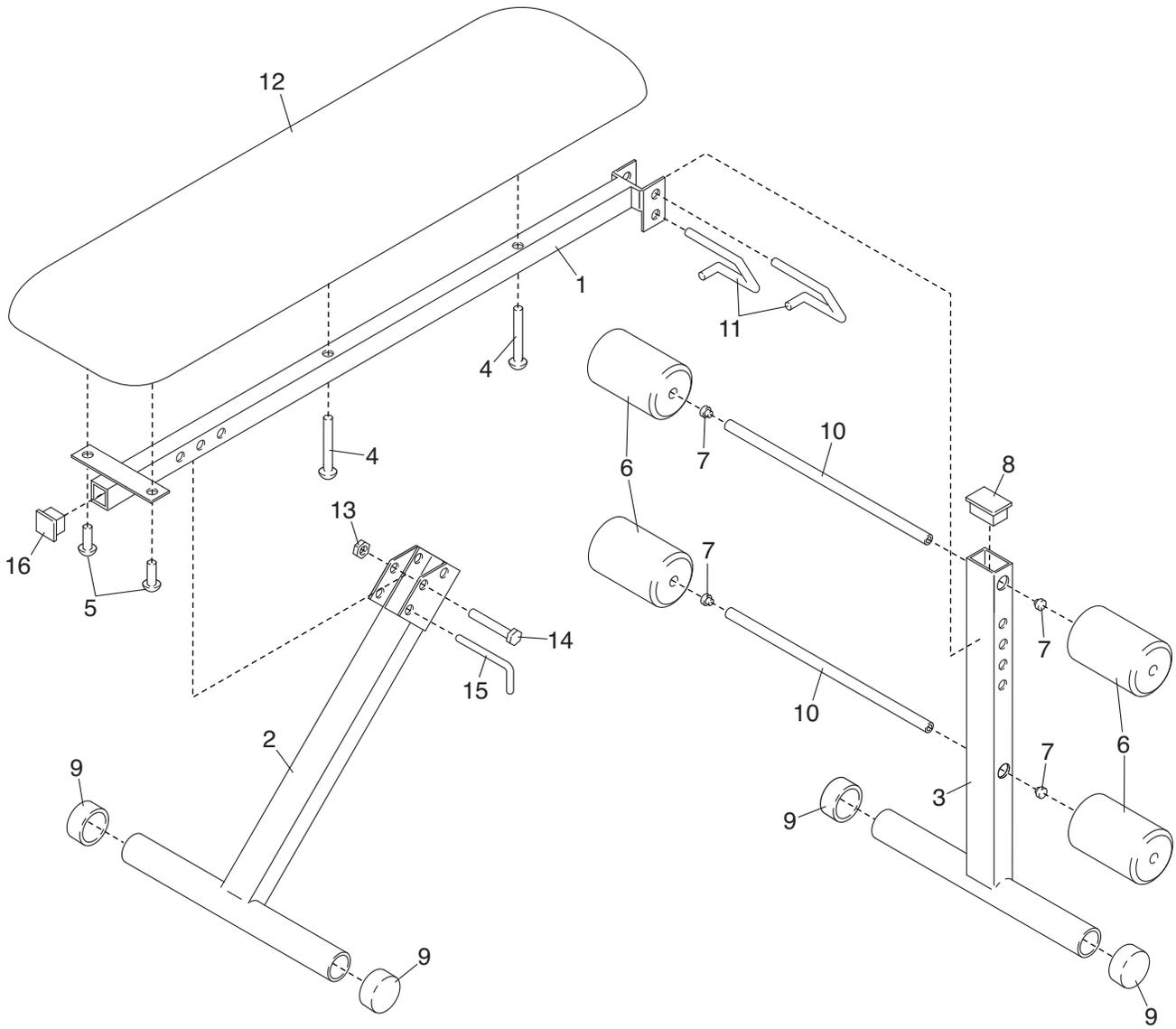
R0310A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	10	2	Pad Tube
2	1	Pivot Leg	11	2	Lock Pin
3	1	Adjustment Leg	12	1	Bench
4	2	M6 x 48mm Screw	13	1	M10 Locknut
5	2	M6 x 16mm Screw	14	1	M10 x 70mm Bolt
6	4	Foam Pad	15	1	L-pin
7	4	3/4" Round Inner Cap	16	1	38mm Square Inner Cap
8	1	38mm x 50mm Inner Cap	*	—	User's Manual
9	4	50mm Round Outer Cap	*	—	Exercise Guide

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

# EXPLODED DRAWING—Model No. WEEVBE7023.0

R0310A



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## ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)