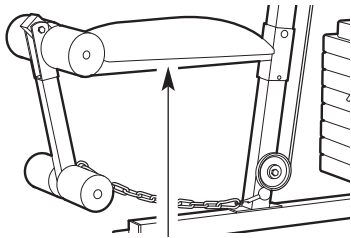


WEIDER[®] PRO 3750

Model No. WESY26331

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

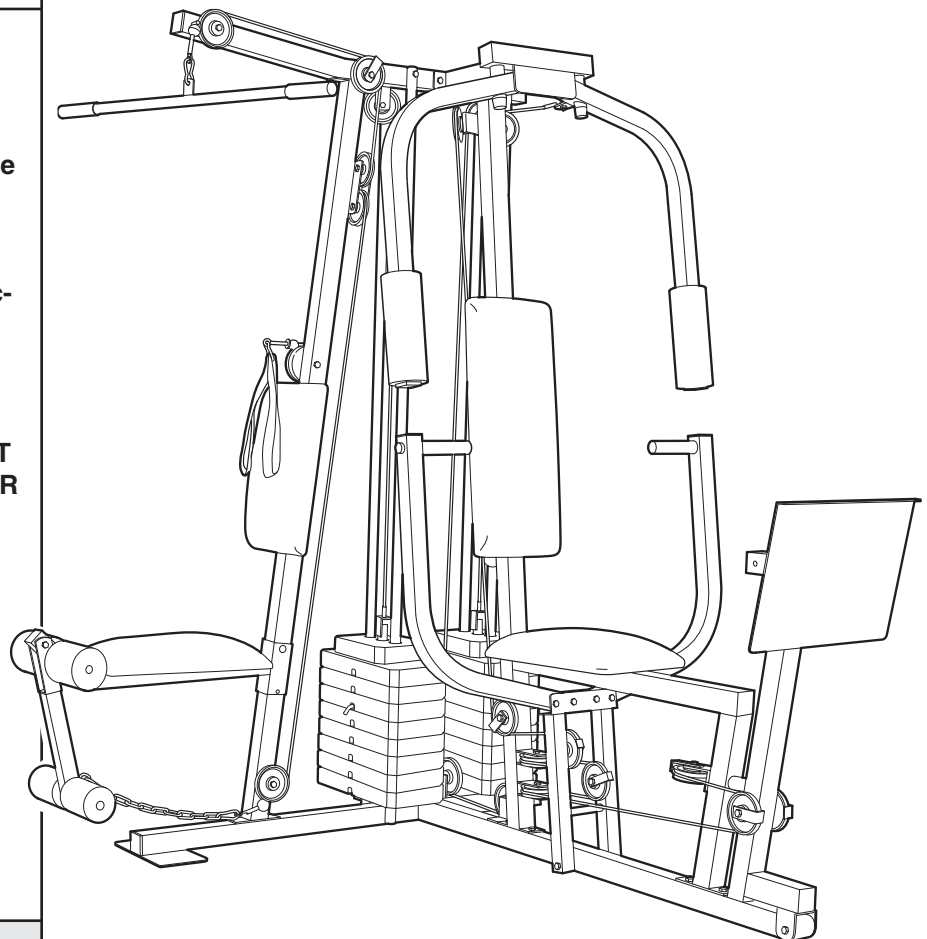
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-877-992-5999

Mon.-Fri., 6 a.m.-6 p.m. MST



⚠ CAUTION

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



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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

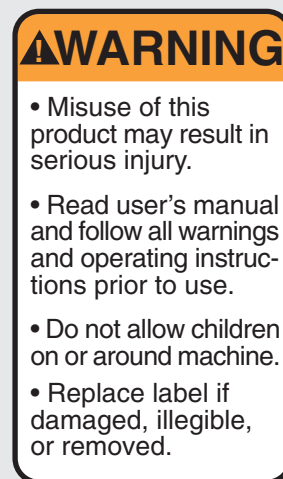
1. Read all instructions in this manual and in the accompanying literature before using the weight system.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Keep the weight system indoors, away from moisture and dust. Do not put the weight system in a garage or covered patio, or near water.
6. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
7. Keep children under 12 and pets away from the weight system at all times.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection.
10. The weight system is designed to support a maximum user weight of 300 pounds.
11. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
12. Never release the press arm, butterfly arms, leg lever, press plate, lat bar, ab strap, or handle while weights are raised; the weights will fall with great force.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
14. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys. Replace all cables at least every two years.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. The decals shown here have been attached to the weight system in the locations shown on page 4. If a decal is missing or illegible, please call toll-free 1-877-992-5999 to order a free replacement decal. Apply the decal in the location shown.



Decal 1



Decal 2



Decal 3

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

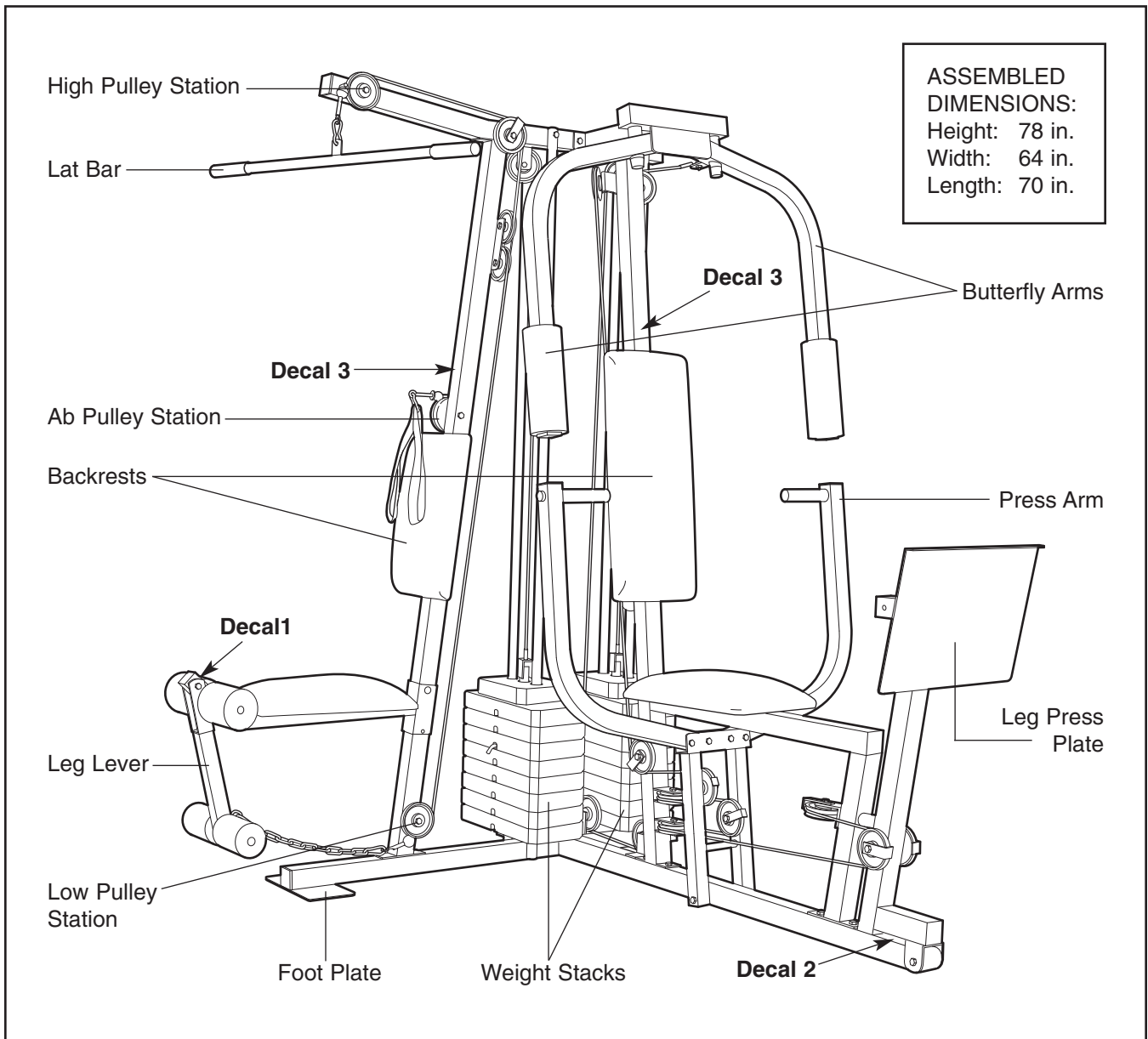
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 3750 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have questions after reading this manual, please call our Customer Service

Department toll-free at 1-877-992-5999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY26331. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

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



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page; this brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.


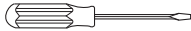


Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

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

How to Identify Parts

To help you identify the small parts used in assembly, we have included a **PART IDENTIFICATION CHART** in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department toll-free at **1-877-992-5999**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats and the backrests.

Frame Assembly

1. Before beginning assembly, make sure you understand the information in the box on page 5. Refer to the PART IDENTIFICATION CHART in the center of this manual for help identifying small parts.

Locate and open the parts bags labeled "FRAME ASSEMBLY."

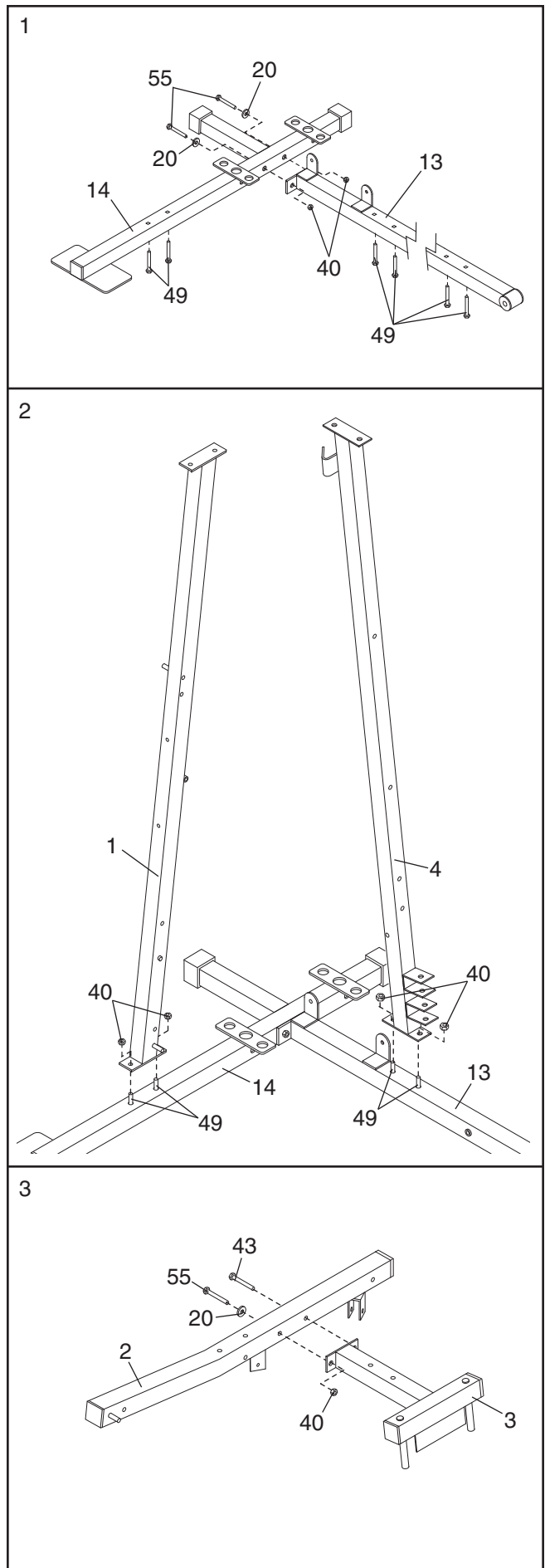
Insert six M8 x 63mm Carriage Bolts (49) up through the Press Base (13) and the Weight Base (14).

Attach the Press Base (13) to the Weight Base (14) with two M8 x 67mm Bolts (55), two M8 Washers (20), and two M8 Nylon Locknuts (40). **Do not tighten the Locknuts yet.**

2. Slide the Ab Upright (1) onto the indicated M8 x 63mm Carriage Bolts (49) in the Weight Base (14). Hand tighten two M8 Nylon Locknuts (40) onto the Carriage Bolts. **Do not tighten the Locknuts yet.**

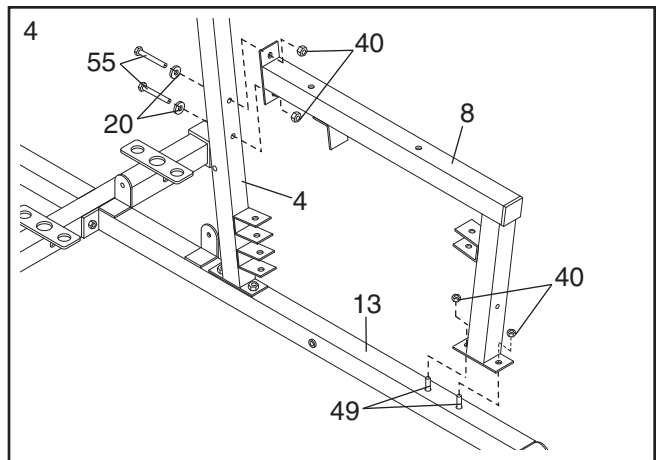
Slide the Leg Press Upright (4) onto the indicated M8 x 63mm Carriage Bolts (49) in the Press Base (13). Hand tighten two M8 Nylon Locknuts (40) onto the Carriage Bolts. **Do not tighten the Locknuts yet.**

3. Attach the Butterfly Frame (3) to the Top Frame (2) with an M8 x 67mm Bolt (55), an M8 Washer (20), and an M8 Nylon Locknut (40). **Do not tighten the Locknut yet.** Insert an M8 x 69mm Shoulder Bolt (43) into the Top Frame and Butterfly Frame from the side shown.



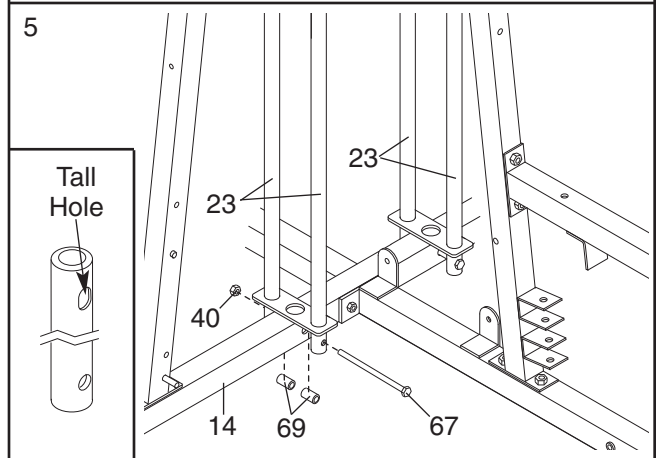
- Slide the Front Seat Frame (8) onto the indicated M8 x 63mm Carriage Bolts (49) in the Press Base (13). Hand tighten two M8 Nylon Locknuts (40) onto the Carriage Bolts. **Do not tighten the Locknuts yet.**

Attach the other end of the Front Seat Frame (8) to the Leg Press Upright (4) with two M8 x 67mm Bolts (55), two M8 Washers (20), and two M8 Nylon Locknuts (40). **Do not tighten the Locknuts yet.**



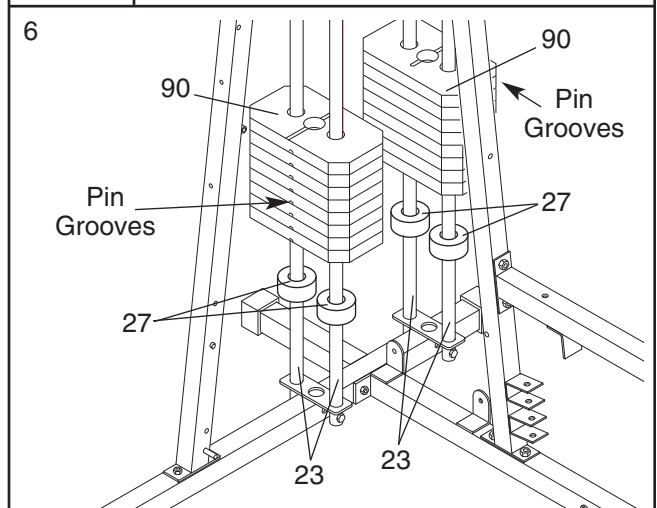
- Insert two Weight Guides (23) into one of the brackets on the Weight Base (14). **Make sure the Weight Guides are oriented with the tall holes near the top (see the inset drawing).** Attach the lower ends of the Weight Guides to the Base with an M8 x 152mm Bolt (67), two 13mm x 19mm Spacers (69), and an M8 Nylon Locknut (40). **Do not overtighten the Locknut.**

Attach the other Weight Guides (23) in the same manner.



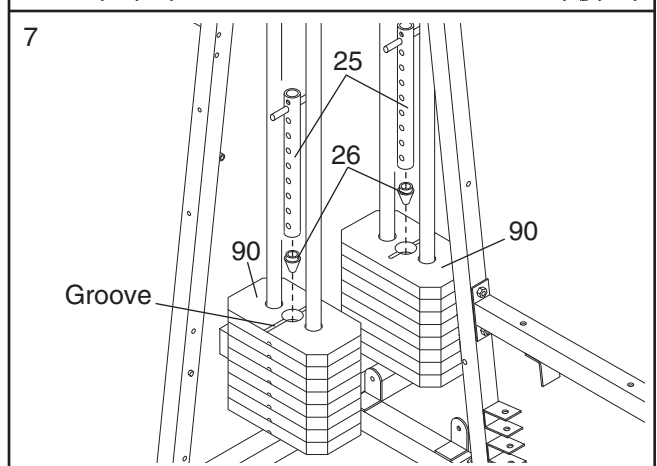
- Slide a Weight Bumper (27) onto each of the Weight Guides (23).

Slide eight Weights (90) onto each set of Weight Guides (23). **Make sure that the pin grooves are on the indicated side of each stack of Weights.**

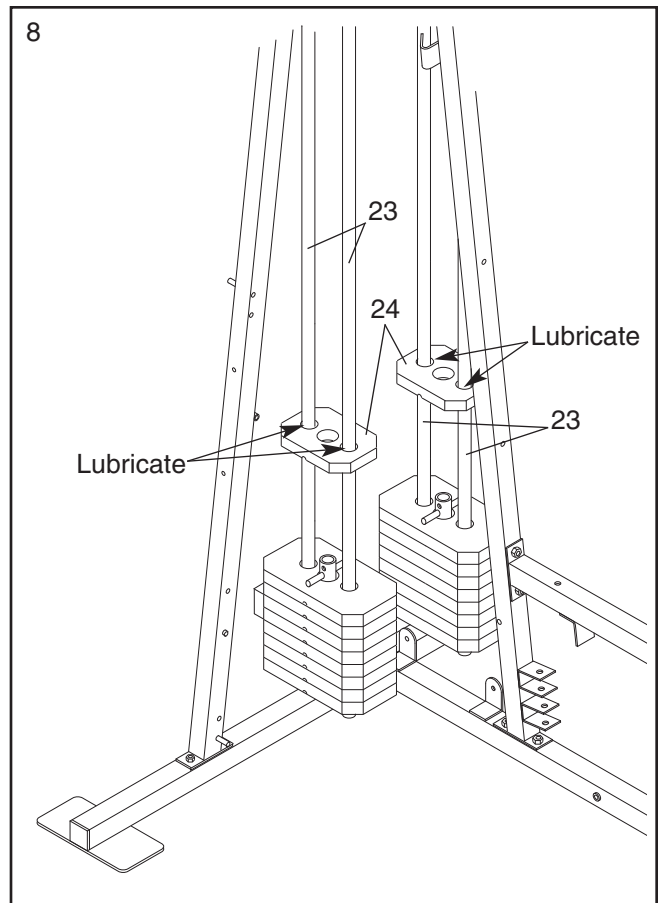


- Press a Weight Tube Bumper (26) into each Weight Tube (25).

Insert a Weight Tube (25) into each stack of Weights (90). **Make sure that the pins on the Weight Tubes are in the pin grooves in the upper Weights.**

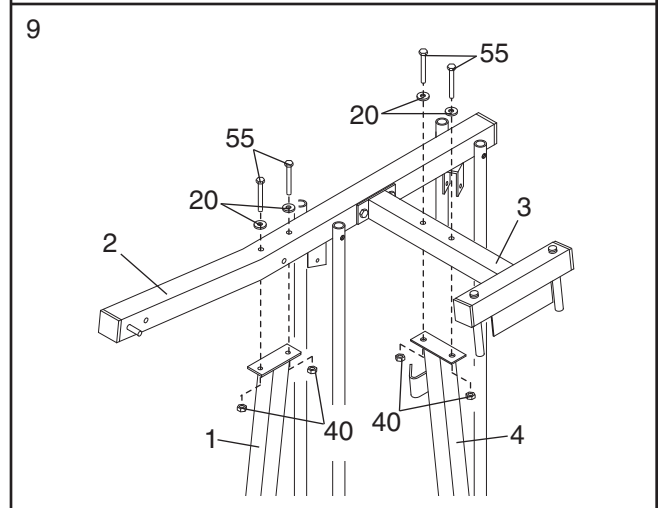


- Lubricate the insides of the indicated holes in the Top Weights (24) with the included grease. Slide a Top Weight onto each set of Weight Guides (23).



- Attach the Top Frame (2) to the Ab Upright (1) with two M8 x 67mm Bolts (55), two M8 Washers (20), and two M8 Nylon Locknuts (40). **Do not tighten the Locknuts yet.**

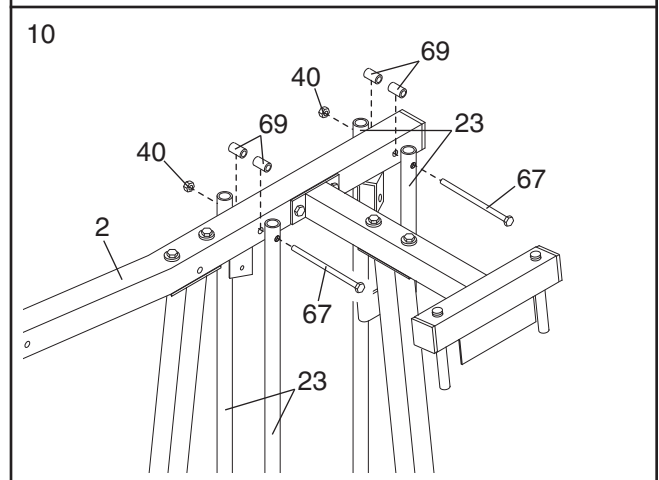
Attach the Butterfly Frame (3) to the Leg Press Upright (4) with two M8 x 67mm Bolts (55), two M8 Washers (20), and two M8 Nylon Locknuts (40). **Do not tighten the Locknuts yet.**



- Attach the upper ends of one set of Weight Guides (23) to the Top Frame (2) with an M8 x 152mm Bolt (67), two 13mm x 19mm Spacers (69), and an M8 Nylon Locknut (40).

Attach the upper ends of the other set of Weight Guides (23) to the Top Frame (2) in the same manner.

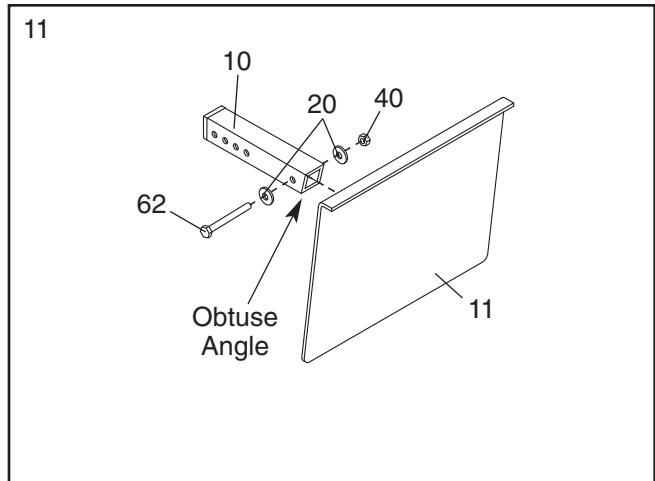
Tighten the M8 Nylon Locknuts (40) used in steps 1–10.



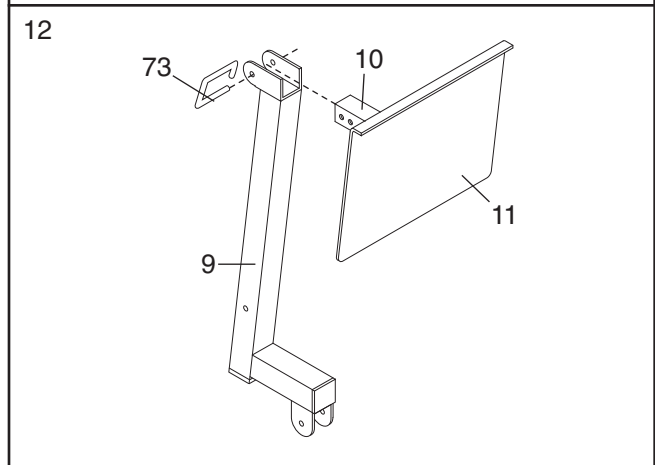
ARM ASSEMBLY

11. Locate and open the parts bag labeled “ARM ASSEMBLY.”

Attach the Leg Press Plate (11) to the Adjustment Tube (10) with an M8 x 60mm Bolt (62), two M8 Washers (20), and an M8 Nylon Locknut (40). **Make sure that the Leg Press Plate and Adjustment Tube are oriented as shown.**

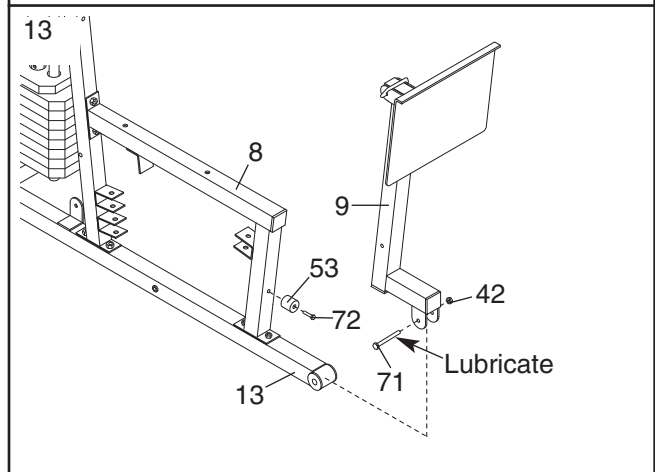


12. Attach the Adjustment Tube (10) to the Leg Press Arm (9) with the Lock Pin (73).



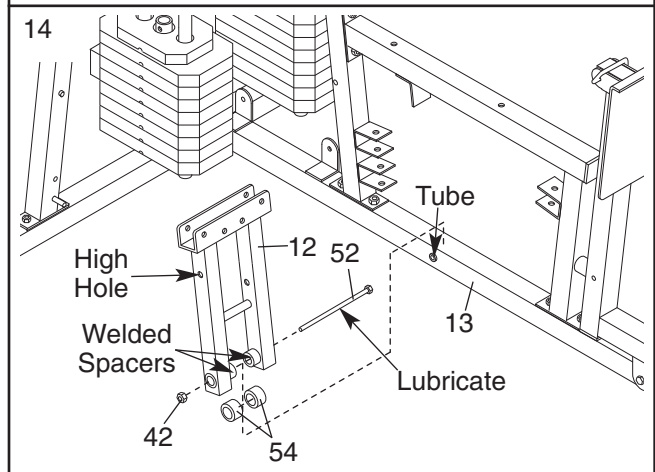
13. Attach the Leg Press Bumper (53) to the Front Seat Frame (8) with the M5 x 25mm Tap Screw (72).

Lubricate the M10 x 80mm Bolt (71) with grease. Attach the Leg Press Arm (9) to the Press Base (13) with the Bolt and an M10 Nylon Locknut (42). **Do not overtighten the Locknut; the Leg Press Arm must be able to pivot easily.**



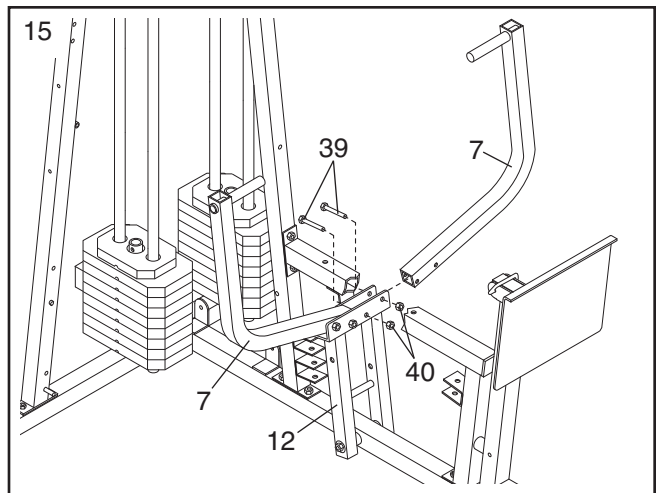
14. Press a 25mm x 22mm Plastic Bushing (54) onto each welded spacer on the Press Frame (12). Slide the Press Frame onto the Press Base (13) so that the Plastic Bushings are aligned with the indicated tube. **Note: This will be a tight fit. Make sure that the high hole is on the side shown.**

Lubricate the M10 x 195mm Bolt (52) with grease. Attach the Press Frame (12) to the Press Base (13) with the Bolt and an M10 Nylon Locknut (42). **Do not overtighten the Locknut; the Press Frame must be able to pivot easily.**



15. Attach a Press Arm (7) to one side of the Press Frame (12) with two M8 x 63mm Bolts (39) and two M8 Nylon Locknuts (40).

Attach the other Press Arm (7) to the Press Frame (12) in the same manner.



16. Lubricate both axles on the Butterfly Frame (3).

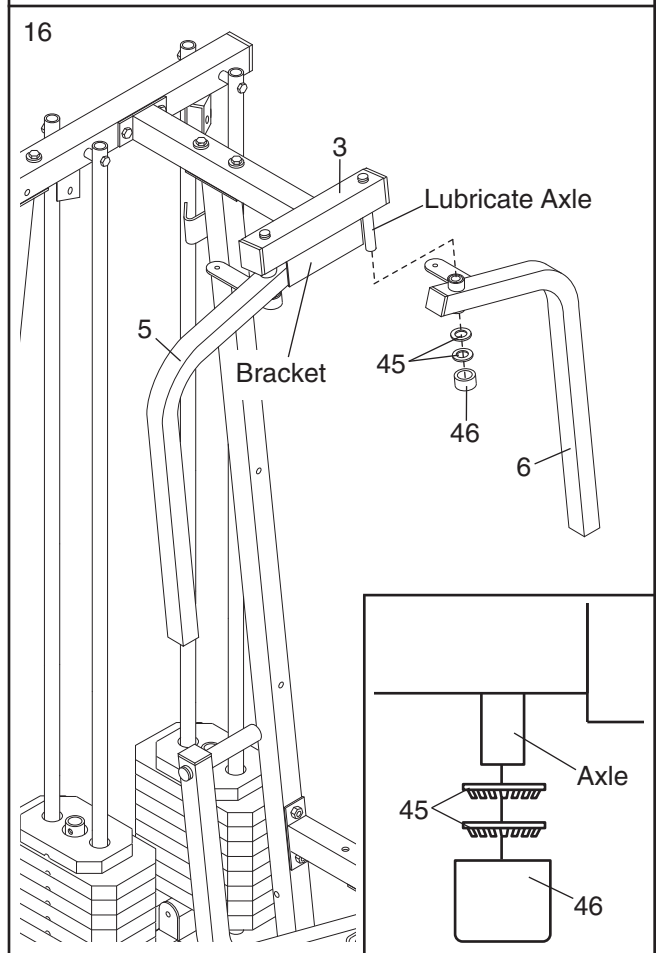
Identify the Right Fly Arm (5) and the Left Fly Arm (6).

Slide the Left Fly Arm (6) onto the indicated axle. **Note: Do not confuse the Left Fly Arm with the Right Fly Arm (5). Make sure that the upper end of the Left Fly Arm is behind the indicated bracket on the Butterfly Frame (3).**

IMPORTANT NOTE: Before assembling the 25mm Retainers (45) used in this step, make sure that you thoroughly understand the step. The Retainers can be assembled only once. If they must be removed, you will need to order new Retainers.

Tap two 25mm Retainers (45) and a 25mm Round Outer Cap (46) onto the axle. **Make sure that the teeth on the Retainers bend toward the Round Outer Cap, as shown in the inset drawing.**

Attach the Right Fly Arm (5) in the same manner.



- Wet the lower end of the Left Fly Arm (6) with soapy water. Slide a Large Pad (22) onto the Left Fly Arm.

Repeat this step with the Right Fly Arm (5).

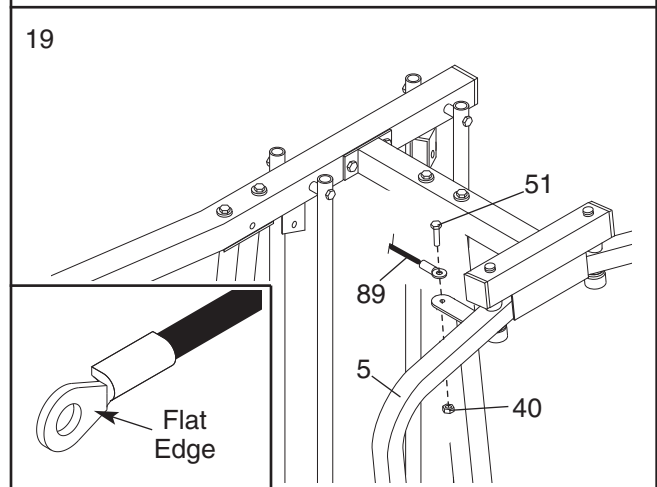
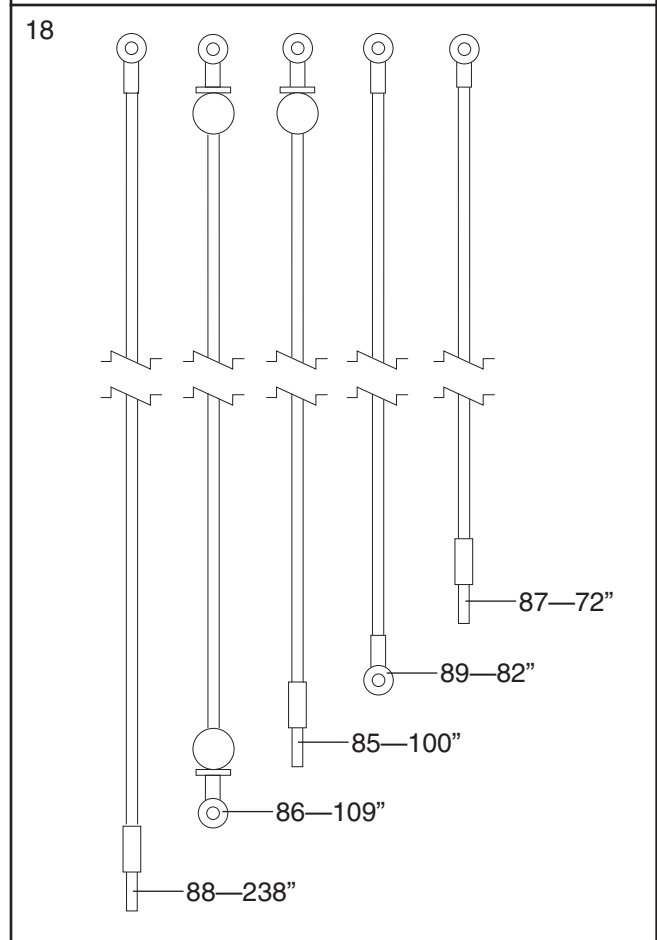
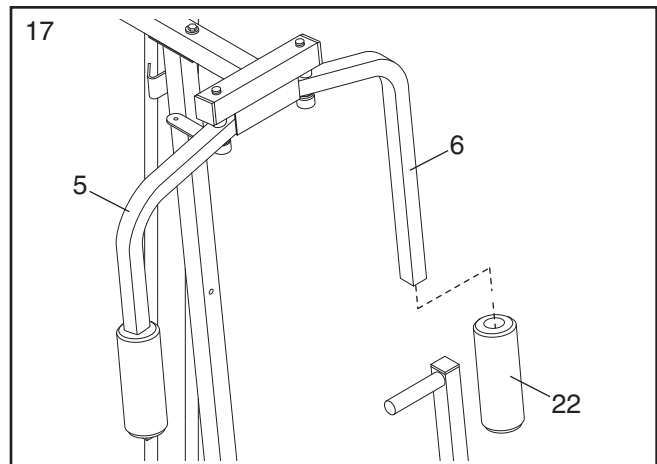
CABLE ASSEMBLY

- Locate and open the parts bags labeled “CABLE ASSEMBLY”, “CABLES”, and “PULLEYS.”

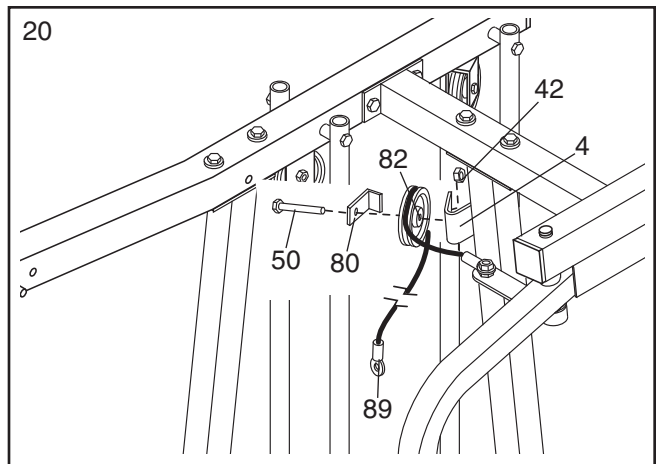
During steps 19 through 49, refer to the CABLE DIAGRAMS on pages 26 and 27 of this manual to verify proper cable routing. Before beginning this section, fully unwind the five cables and identify the cables by comparing the lengths and the ends. The approximate length of each cable, in inches, is listed after the key number in the drawing.

IMPORTANT: While assembling the cables, do not overtighten the bolts and locknuts attaching the pulleys; the pulleys must be able to turn freely.

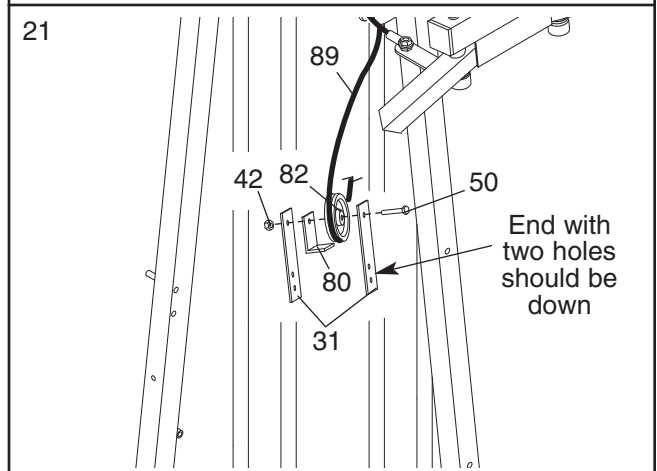
- Identify the Butterfly Cable (89)—this is the second shortest Cable. Attach one end of the Butterfly Cable to the Right Fly Arm (5) with an M8 x 22mm Shoulder Bolt (51) and an M8 Nylon Locknut (40). Make sure the flat edge of the Cable is against the Fly Arm.



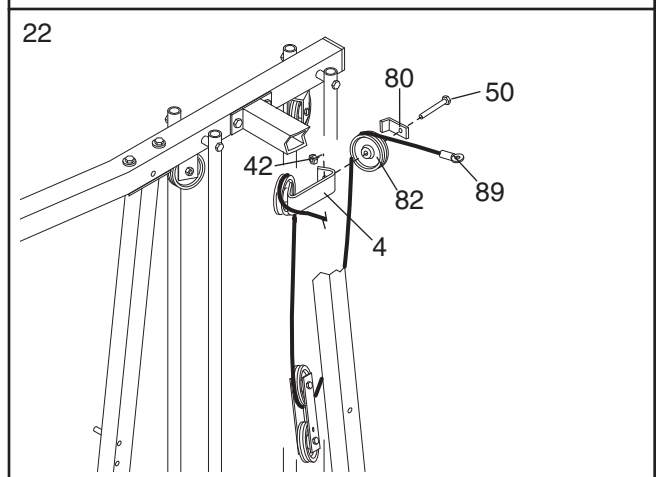
20. Wrap the Butterfly Cable (89) around a 90mm Pulley (82) as shown. Attach the Pulley and a Cable Trap (80) to the bracket on the Leg Press Upright (4) with an M10 x 48mm Bolt (50) and an M10 Nylon Locknut (42). **The Cable Trap must be oriented to hold the Cable in the groove of the Pulley.**



21. Wrap the Butterfly Cable (89) under a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) between the single hole ends of two Pulley Plates (31) with an M10 x 48mm Bolt (50) and the M10 Nylon Locknut (42). **Make sure that the Cable Trap is positioned to hold the Cable in place.**

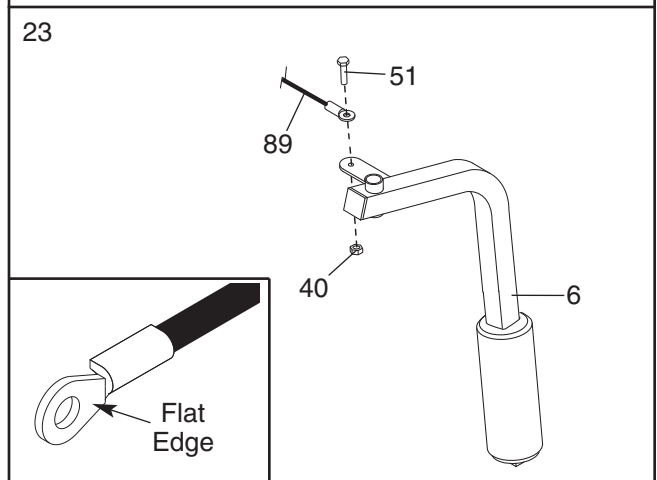


22. Wrap the Butterfly Cable (89) over a 90mm Pulley (82) as shown. Attach the Pulley and a Cable Trap (80) to the other side of the bracket on the Leg Press Upright (4) with an M10 x 48mm Bolt (50) and an M10 Nylon Locknut (42). **The Cable Trap must be oriented to hold the Cable in the groove of the Pulley.**



23. **Note: The Left Fly Arm (6) is shown removed for easier part identification.**

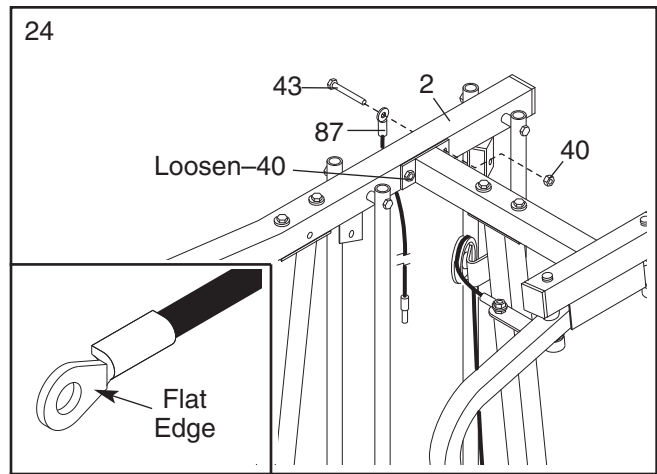
Attach the Butterfly Cable (89) to the Left Fly Arm (6) with an M8 x 22mm Shoulder Bolt (51) and an M8 Nylon Locknut (40). **Make sure the flat edge of the Cable is against the Fly Arm.**



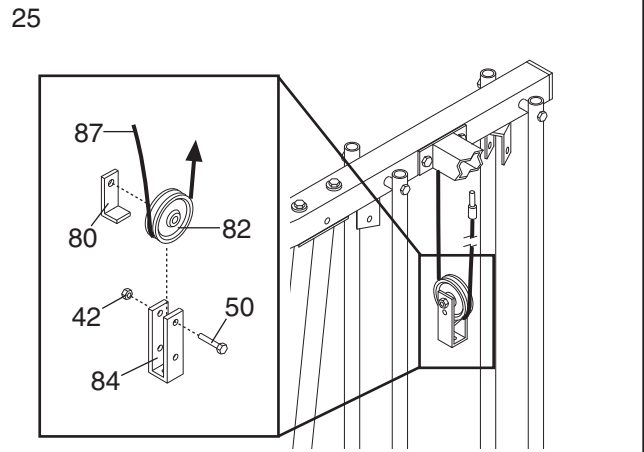
24. **Identify the Rear Cable (87)—this is the shortest Cable.** Remove the M8 x 69mm Shoulder Bolt (43) from the Top Frame (2). Loosen the indicated M8 Nylon Locknut (40).

Attach the Rear Cable to the Top Frame with the M8 x 69mm Shoulder Bolt (43) and an M8 Nylon Locknut (40). **Make sure the flat edge of the Cable is against the Top Frame.**

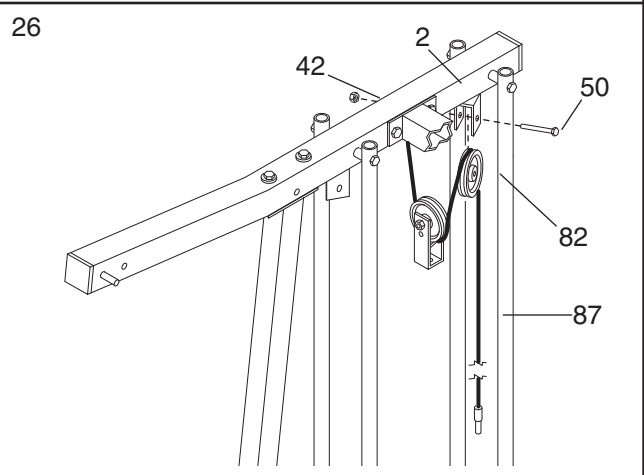
Retighten the indicated M8 Nylon Locknut (40).



25. **See the inset drawing.** Wrap the Rear Cable (87) under a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the upper hole in a Large "U"-bracket (84) with an M10 x 48mm Bolt (50) and an M10 Nylon Locknut (42). **Make sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

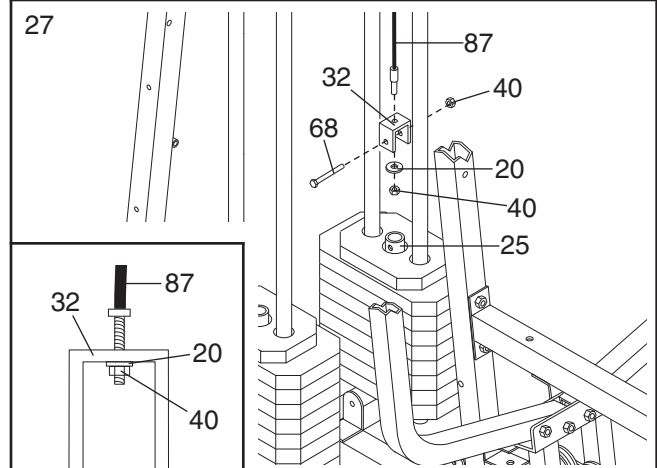


26. Wrap the Rear Cable (87) around a 90mm Pulley (82). Attach the Pulley to the Top Frame (2) with an M10 x 48mm Bolt (50) and an M10 Nylon Locknut (42). **The Cable must be routed from the direction shown.**

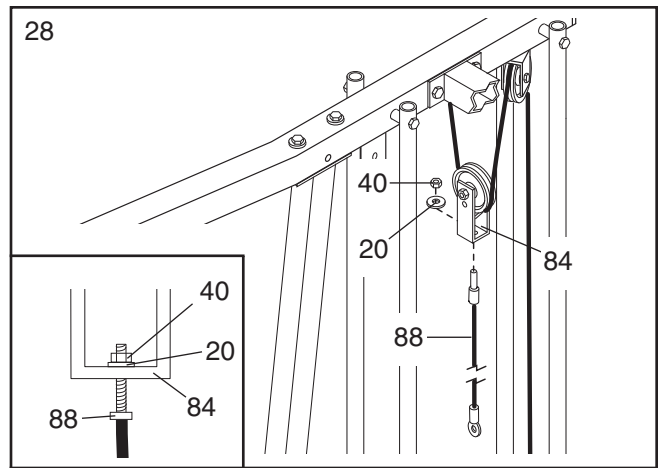


27. Attach the Rear Cable (87) to a Small "U"-bracket (32) with an M8 Nylon Locknut (40) and an M8 Washer (20). **Do not completely tighten the Locknut; it should be threaded onto the end of the Cable so that two threads show past the Locknut (see the inset drawing).**

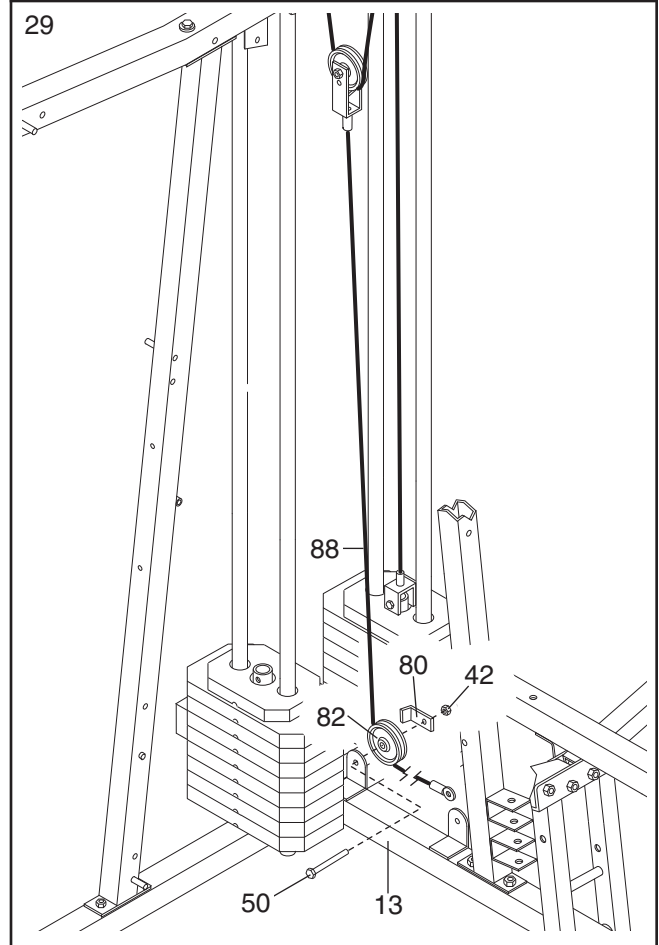
Attach the Small "U"-bracket (32) to the indicated Weight Tube (25) with an M8 x 45mm Bolt (68) and an M8 Nylon Locknut (40).



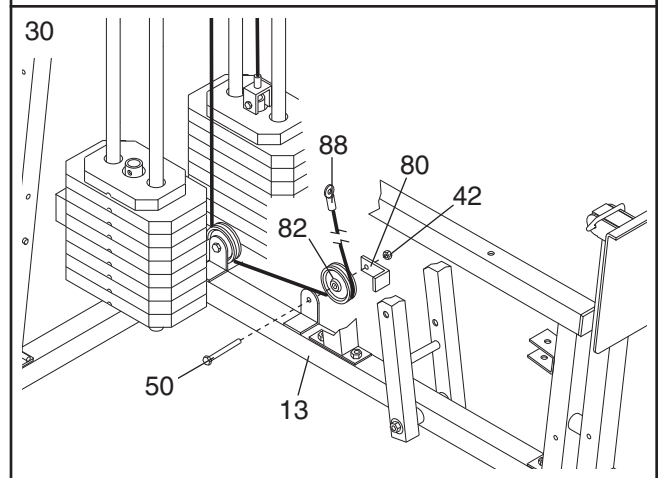
28. Identify the Press Cable (88)—this is the longest Cable. Attach the end of the Press Cable to the Large “U”-bracket (84) with an M8 Nylon Locknut (40) and an M8 Washer (20). **Do not completely tighten the Locknut. It should be threaded onto the end of the Cable so that two threads are showing above the Locknut, as shown in the inset drawing.**



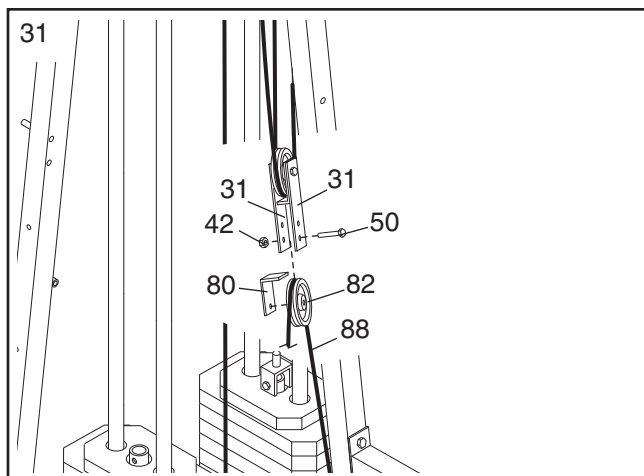
29. Wrap the Press Cable (88) under a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the indicated bracket on the Press Base (13) with an M10 x 48mm Bolt (50) and an M10 Nylon Locknut (42). **Make sure that the Cable Trap is turned to hold the Cable in place.**



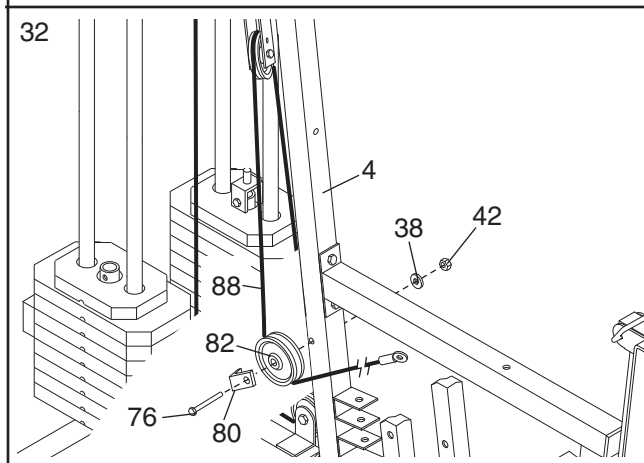
30. Wrap the Press Cable (88) under a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the other bracket on the Press Base (13) with an M10 x 48mm Bolt (50) and an M10 Nylon Locknut (42). **Make sure that the Cable Trap is turned to hold the Cable in place.**



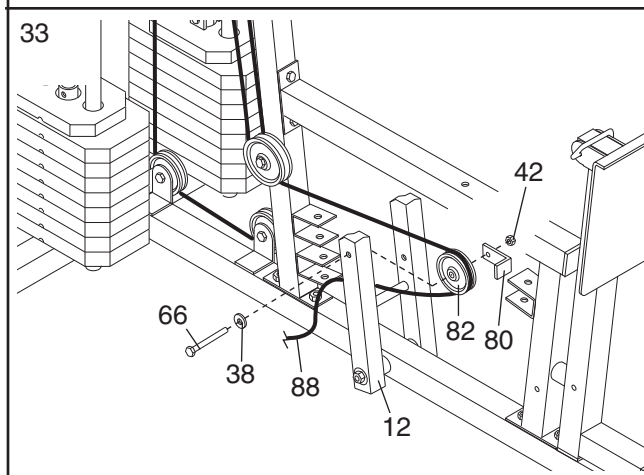
31. Route the Press Cable (88) over a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the lower hole in the Pulley Plates (31) with an M10 x 48mm Bolt (50) and the M10 Nylon Locknut (42). **The Cable must be routed from the direction shown. Make sure that the Cable Trap is positioned to hold the Cable in place.**



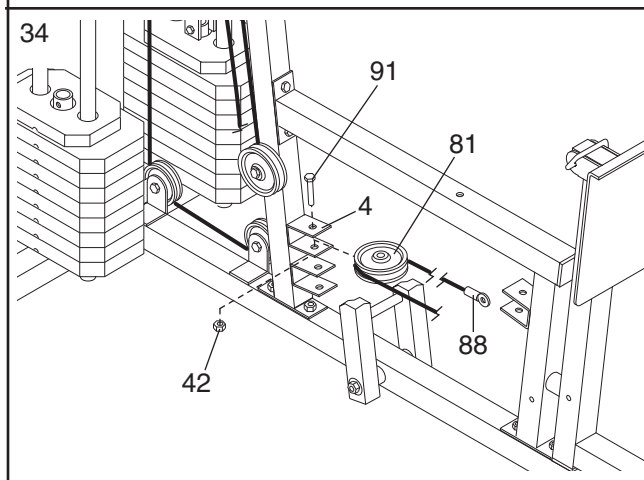
32. Route the Press Cable (88) under a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the Leg Press Upright (4) with an M10 x 92mm Bolt (76), an M10 Washer (38) and an M10 Nylon Locknut (42). **Make sure that the Cable Trap is turned to hold the Cable in place.**



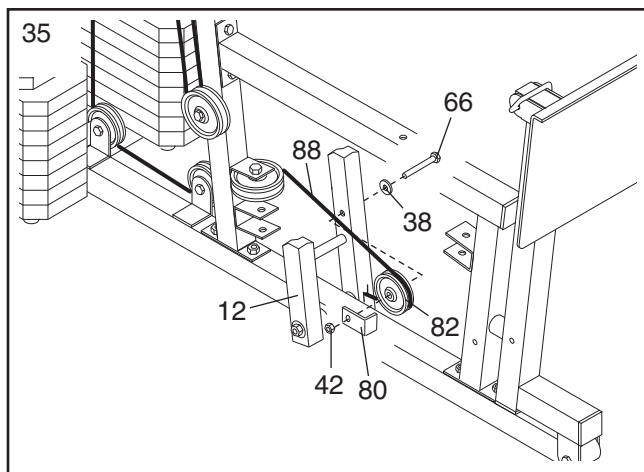
33. Route the Press Cable (88) over a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the indicated hole in the Press Frame (12) with an M10 x 82mm Bolt (66), an M10 Washer (38), and the M10 Nylon Locknut (42).



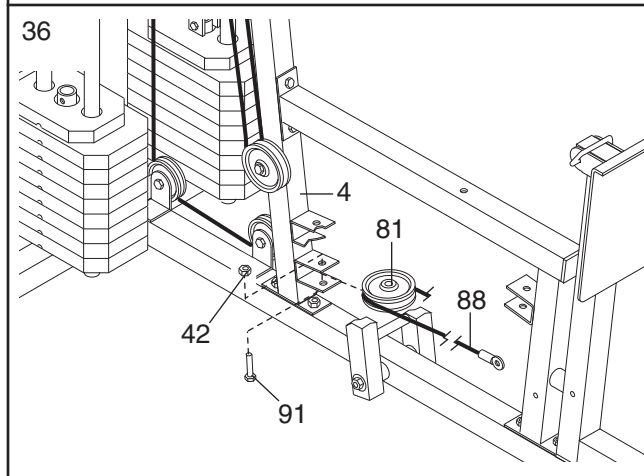
34. Wrap the Press Cable (88) around a "V"-pulley (81). Attach the "V"-pulley to the **upper** bracket on the Leg Press Upright (4) with an M10 x 57mm Bolt (91) and an M10 Nylon Locknut (42).



35. Route the Press Cable (88) over a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the indicated hole in the Press Frame (12) with an M10 x 82mm Bolt (66), an M10 Washer (38), and an M10 Nylon Locknut (42).

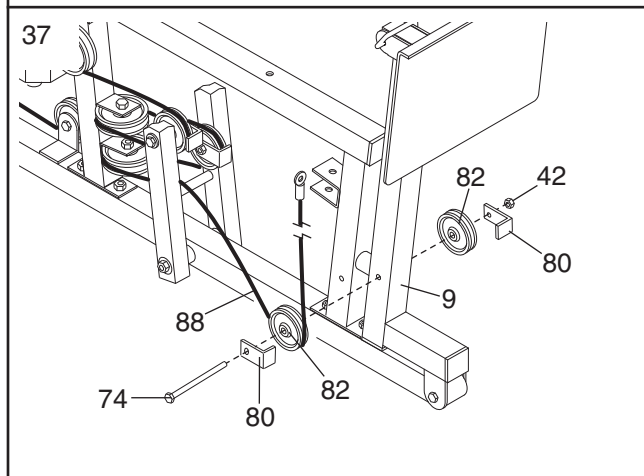


36. Wrap the Press Cable (88) around a “V”-pulley (81). Attach the “V”-pulley to the lower bracket on the Leg Press Upright (4) with an M10 x 57mm Bolt (91) and an M10 Nylon Locknut (42).

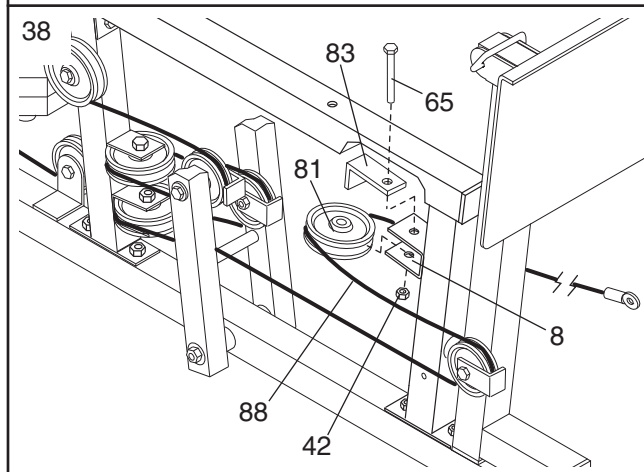


37. Wrap the Press Cable (88) around a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the Leg Press Arm (9) with the M10 x 120mm Bolt (74).

Slide another 90mm Pulley (82) with a Cable Trap (80) onto the M10 x 120mm Bolt (74). Hand tighten an M10 Nylon Locknut (42) onto the Bolt. **Do not tighten the Locknut until completing step 39.**

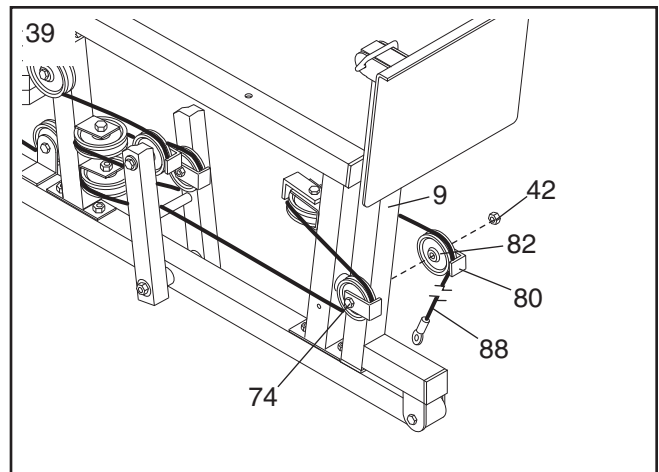


38. Wrap the Press Cable (88) around a “V”-pulley (81). Attach the “V”-pulley and a Large Cable Trap (83) to the bracket on the Front Seat Frame (8) with an M10 x 60mm Bolt (65) and an M10 Nylon Locknut (42). **Make sure that the Large Cable Trap is turned to hold the Cable in place and that the Cable and Pulley move smoothly.**

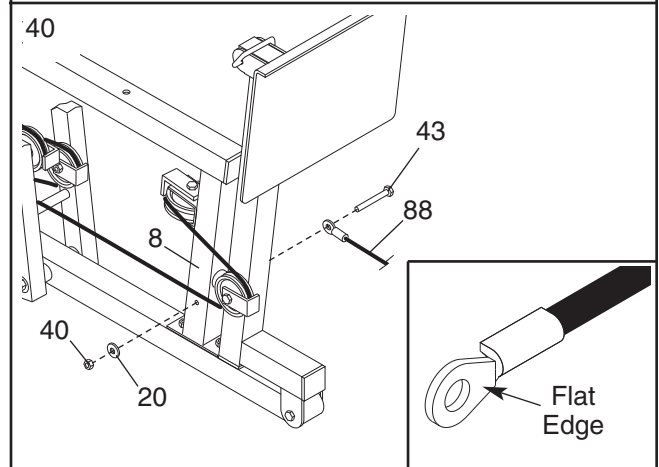


39. **Note: The 90mm Pulley (82) used in this step was attached in step 38. It is shown removed for easier part identification.**

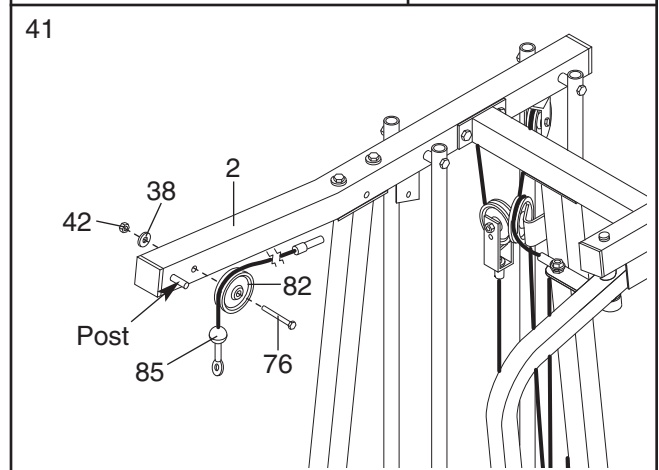
Route the Press Cable (88) around the 90mm Pulley (82). **Make sure that the Cable Trap (80) is turned to hold the Cable in place and that the Cable is routed as shown.** Tighten the M10 x 120mm Bolt (74) and the M10 Nylon Locknut (42).



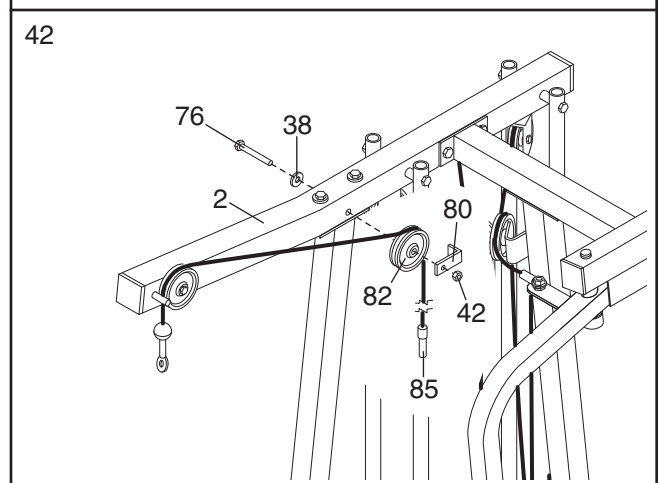
40. Attach the Press Cable (88) to the Front Seat Frame (8) with an M8 x 69mm Shoulder Bolt (43), an M8 Washer (20), and an M8 Nylon Locknut (40). **Make sure the flat edge of the Cable is against the Seat Frame.**



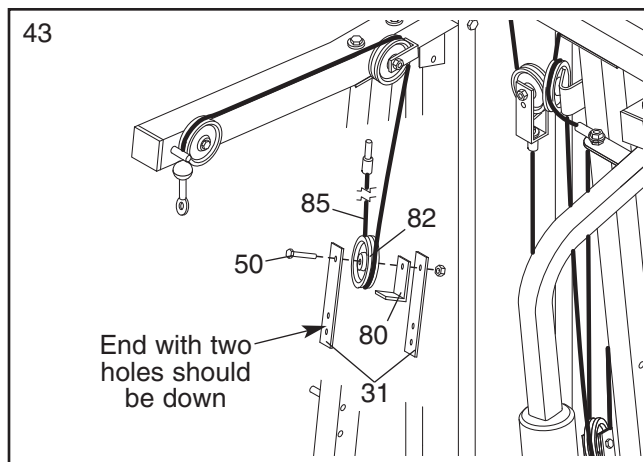
41. **Identify the High Cable (85)—this is the shortest remaining cable.** Wrap the High Cable around a 90mm Pulley (82). Attach the Pulley to the Top Frame (2) with an M10 x 92mm Bolt (76), an M10 Washer (38), and an M10 Nylon Locknut (42). **Make sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the post.**



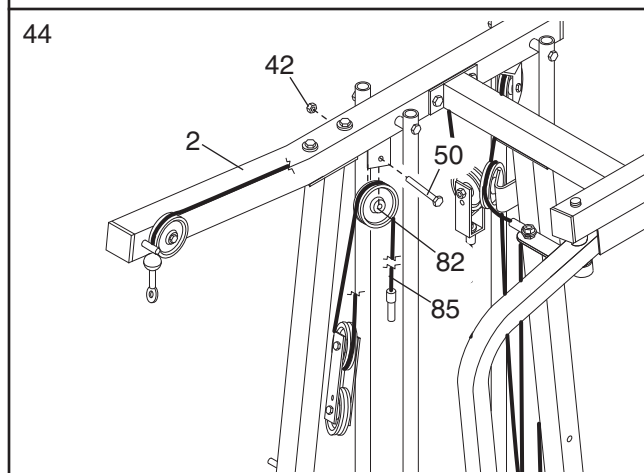
42. Wrap the High Cable (85) around a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the Top Frame (2) with an M10 x 92mm Bolt (76), an M10 Washer (38), and an M10 Nylon Locknut (42). **Make sure that the Cable Trap is positioned to hold the Cable in place.**



43. Route the High Cable (85) under a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the single hole end of the Pulley Plates (31) with an M10 x 48mm Bolt (50) and the M10 Nylon Locknut (42). **Make sure that the Cable Trap is positioned to hold the Cable in place.**

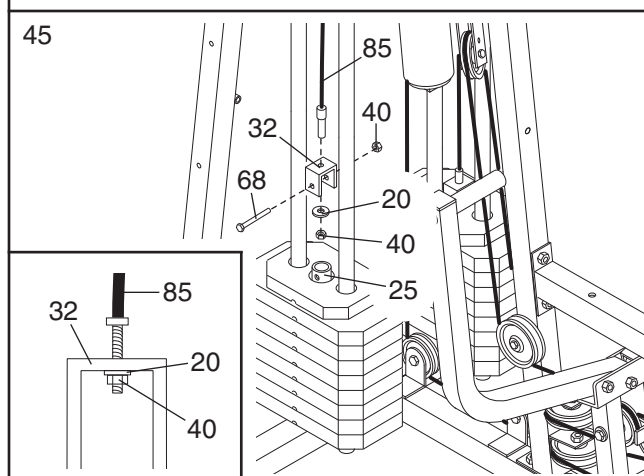


44. Wrap the High Cable (85) around a 90mm Pulley (82). Attach the Pulley to the Top Frame (2) with an M10 x 48mm Bolt (50) and an M10 Nylon Locknut (42). **The Cable must be routed from the direction shown.**

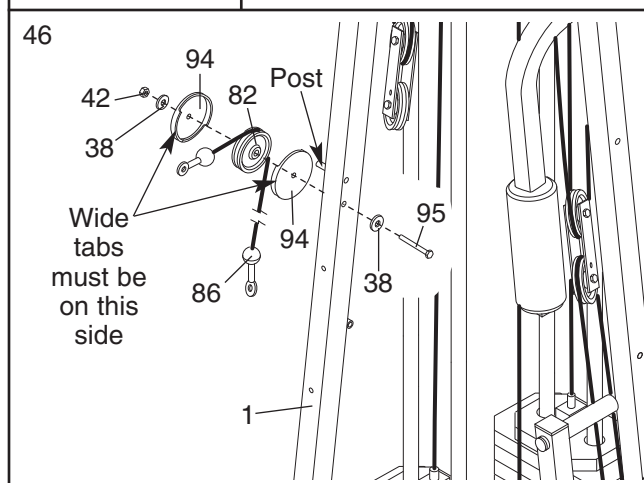


45. Attach the High Cable (85) to a Small "U"-bracket (32) with an M8 Nylon Locknut (40) and an M8 Washer (20). **Do not completely tighten the Locknut. It should be threaded onto the end of the Cable so that two threads show past the Locknut (see the inset drawing).**

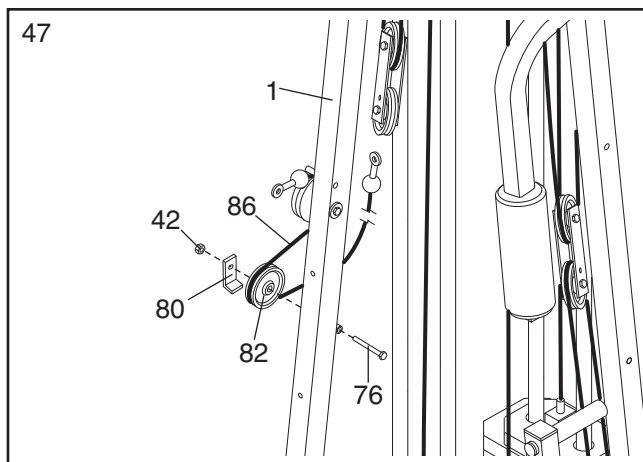
Attach the Small "U"-bracket (32) to the indicated Weight Tube (25) with an M8 x 45mm Bolt (68) and an M8 Nylon Locknut (40).



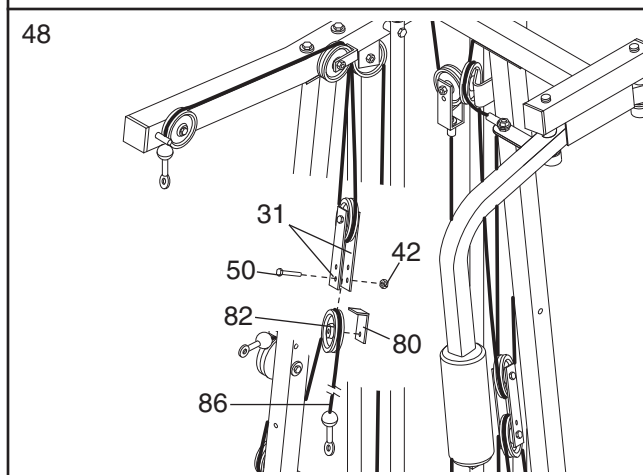
46. **Locate the Low Cable (86).** Wrap the Low Cable over a 90mm Pulley (82). Attach the Pulley and both Pulley Covers (94) to the Ab Upright (1) with the M10 x 97mm Bolt (95), two M10 Washers (38), and an M10 Nylon Locknut (42). **Do not overtighten the Locknut; the Pulley should turn easily. Make sure that the Cable is between the Pulley and the post, and that the Pulley Covers are turned so the wide tabs are on the indicated side.**



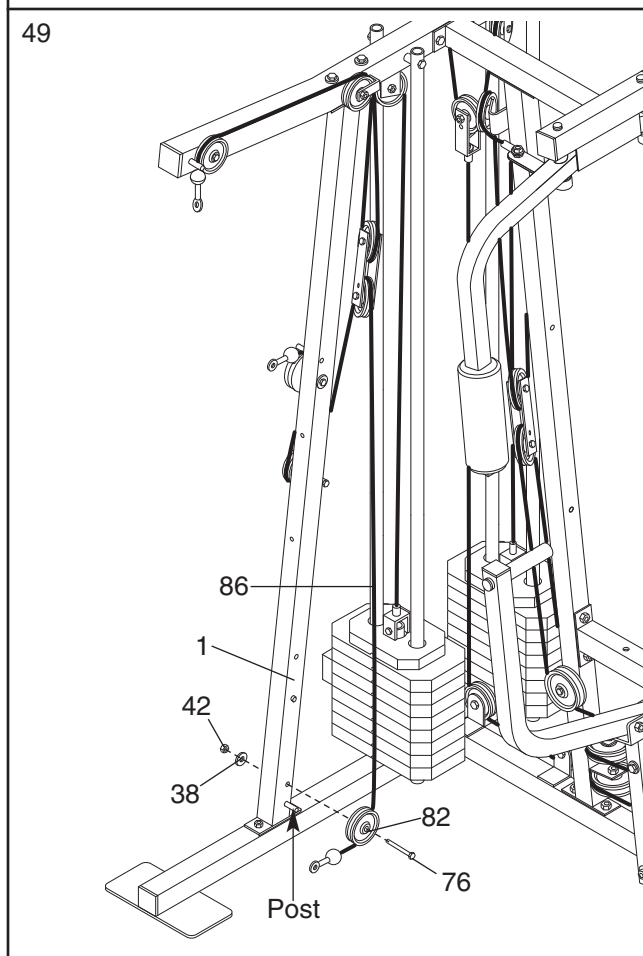
47. Wrap the Low Cable (86) around a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the Ab Upright (1) with the M10 x 92mm Bolt (76) and an M10 Nylon Locknut (42). **Make sure that the Cable Trap is in the indicated position.**



48. Wrap the Low Cable (86) over a 90mm Pulley (82). Attach the Pulley and a Cable Trap (80) to the **lowest** hole in the set of Pulley Plates (31) with an M10 x 48mm Bolt (50) and an M10 Nylon Locknut (42). **Make sure that the Cable Trap is turned to hold the Cable in place.**



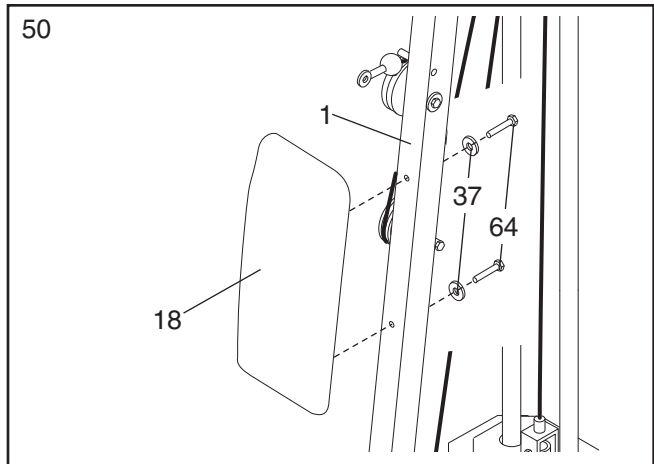
49. Wrap the Low Cable (86) under a 90mm Pulley (82). Attach the Pulley to the Ab Upright (1) with the M10 x 92mm Bolt (76), an M10 Washer (38), and an M10 Nylon Locknut (42). **The ball on the Cable must be on the indicated side of the Pulley. Make sure that the Cable and Pulley move smoothly and that the Cable is between the Pulley and the post.**



SEAT ASSEMBLY

50. Locate and open the parts bag labeled "SEAT ASSEMBLY."

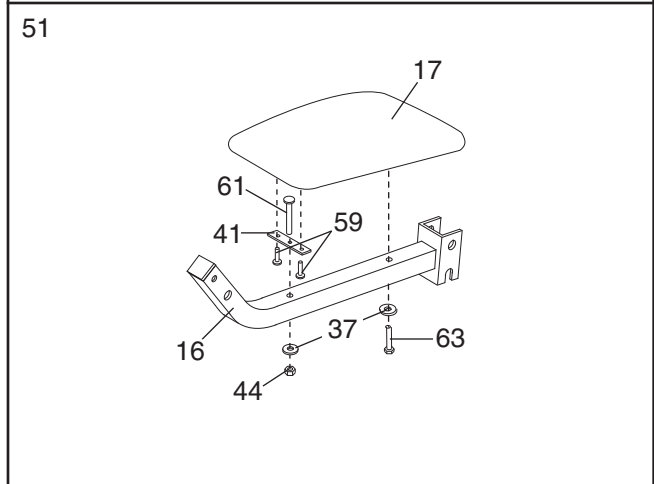
Attach the Small Backrest (18) to the Ab Upright (1) with two M6 x 63mm Machine Screws (64) and two M6 Washers (37).



51. Insert an M6 x 52mm Carriage Bolt (61) through the center hole in a Seat Plate (41). Attach the Seat Plate to a Seat (17) with two M6 x 16mm Screws (59).

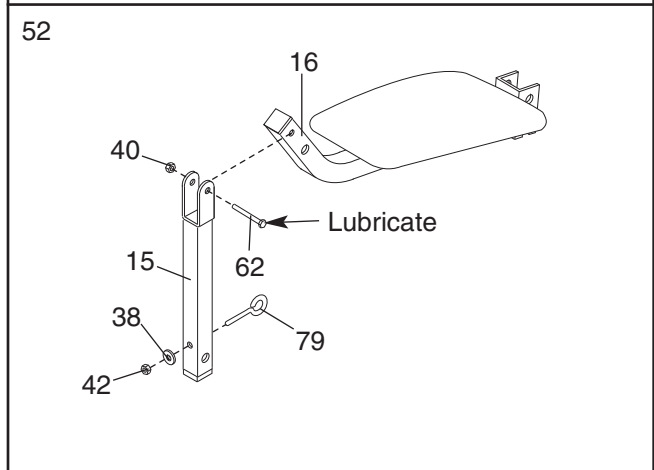
Insert the M6 x 52mm Carriage Bolt (61) through the indicated hole in the Rear Seat Frame (16). Thread an M6 Nylon Locknut (44) and an M6 Washer (37) onto the Carriage Bolt.

Attach the other end of the Seat (17) to the Rear Seat Frame (16) with an M6 Washer (37) and an M6 x 52mm Machine Screw (63). **Tighten the M6 Nylon Locknut (44).**

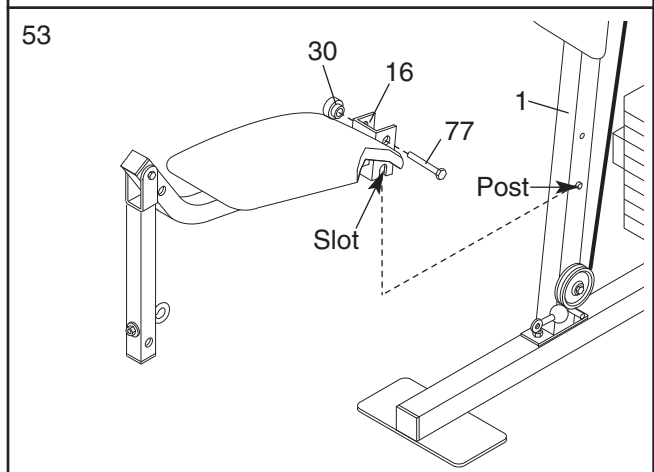


52. Lubricate the M8 x 60mm Bolt (62) with grease. Attach the Leg Lever (15) to the Rear Seat Frame (16) with the Bolt and an M8 Nylon Locknut (40). **Do not overtighten the Locknut; the Leg Lever must pivot freely.**

Insert the Eyebolt (79) into the Leg Lever (15) from the direction shown. Tighten an M10 Nylon Locknut (42) and an M10 Washer (38) onto the Eyebolt.

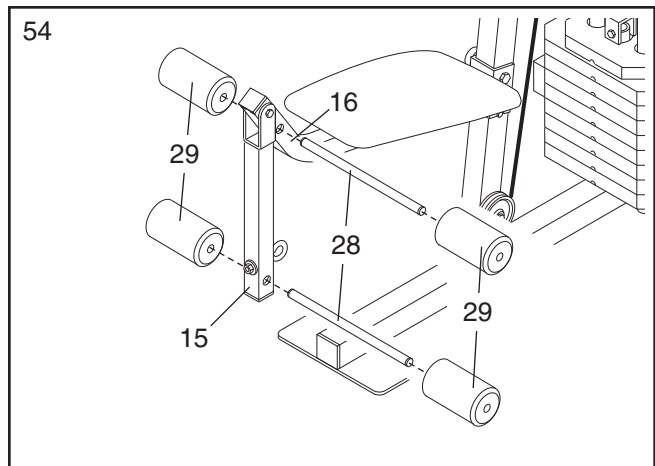


53. Rest the slot in the Rear Seat Frame (16) on the indicated post in the Ab Upright (1). Attach the Rear Seat Frame to the Ab Upright with an M8 x 70mm Carriage Bolt (77) and the Seat Knob (30).

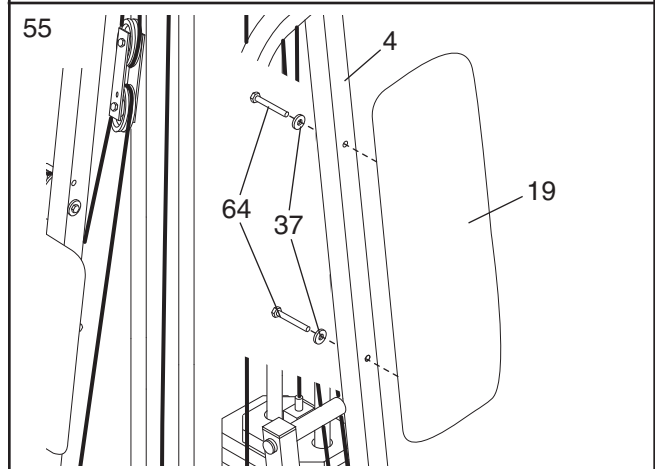


54. Insert a Pad Tube (28) into the Rear Seat Frame (16). Slide two Foam Pads (29) onto the ends of the Pad Tube.

Insert the other Pad Tube (28) into the Leg Lever (15). Slide two Foam Pads (29) onto the ends of the Pad Tube.



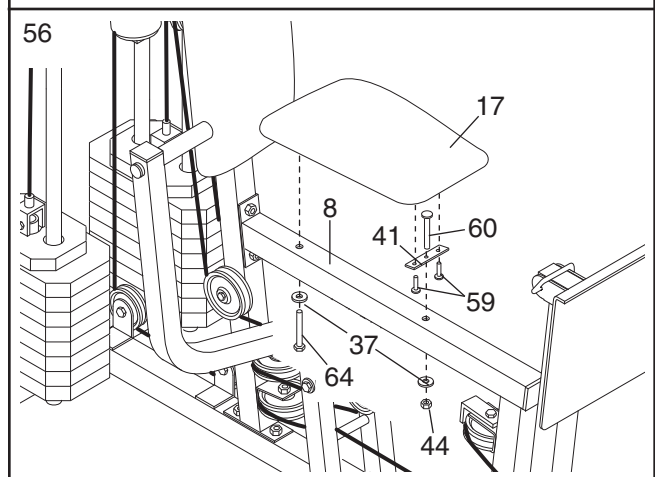
55. Attach the Large Backrest (19) to the Leg Press Upright (4) with two M6 x 63mm Machine Screws (64) and two M6 Washers (37).



56. Insert an M6 x 63mm Carriage Bolt (60) through the center hole in a Seat Plate (41). Attach the Seat Plate to the Seat (17) with two M6 x 16mm Screws (59).

Insert the M6 x 63mm Carriage Bolt (60) through the indicated hole in the Front Seat Frame (8). Thread an M6 Nylon Locknut (44) with an M6 Washer (37) onto the Carriage Bolt.

Attach the other end of the Seat (17) to the Front Seat Frame (8) with an M6 Washer (37) and an M6 x 63mm Machine Screw (64). **Tighten the M6 Nylon Locknut (44).**



57. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 26 and 27 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 25.**

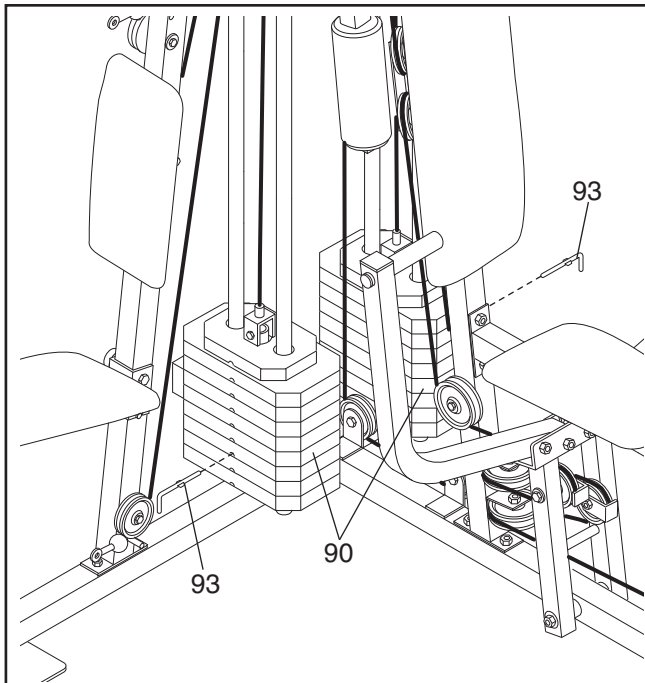
ADJUSTMENTS

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

The weight system features two weight stacks. One weight stack is connected to the ab, upper, and lower pulley stations. The other weight stack is connected to the fly and press arms, and the leg press.

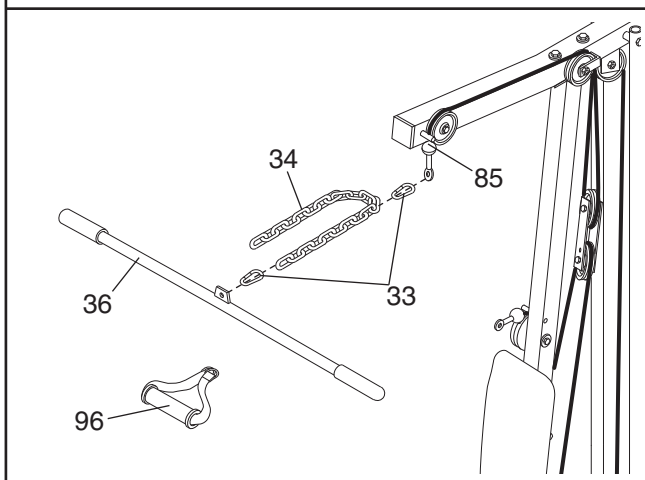
To change the weight setting of either weight stack, insert a Weight Pin (93) under the desired Weight (90). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 24 to find the approximate amount of resistance at each weight station.**



ATTACHING THE ACCESSORIES

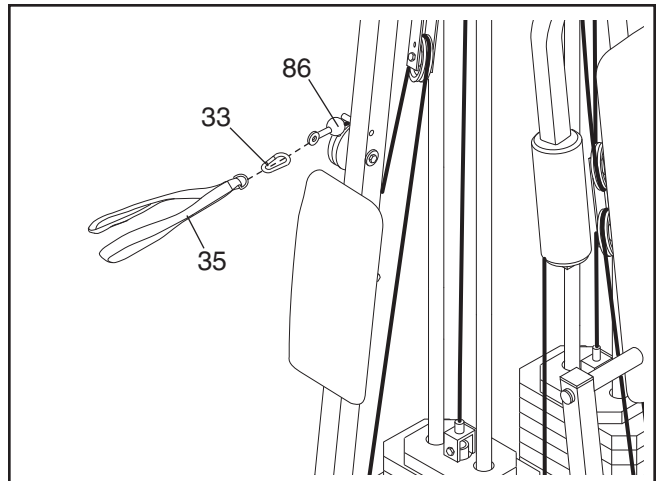
Attach the Lat Bar (36) to the High Cable (85) with a Cable Clip (33). For some exercises, the Chain (34) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Handle (96) can be attached in the same manner. The accessories can be attached to the low cable in the same manner.



ATTACHING THE AB STRAP TO THE AB PULLEY STATION

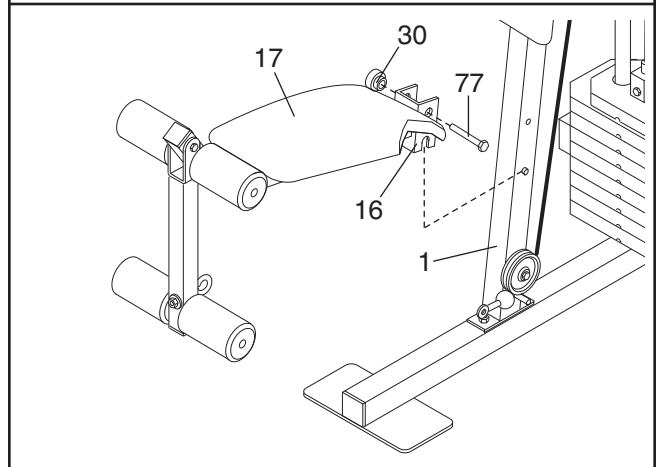
Attach the Ab Strap (35) to the Low Cable (86) at the ab pulley station with a Cable Clip (33).



ATTACHING AND REMOVING THE SEAT

To attach the Seat (17), set the bracket on the Rear Seat Frame (16) onto the pins on the Ab Upright (1). Attach the Rear Seat Frame to the Ab Upright with the M8 x 70mm Carriage Bolt (77) and the Seat Knob (30).

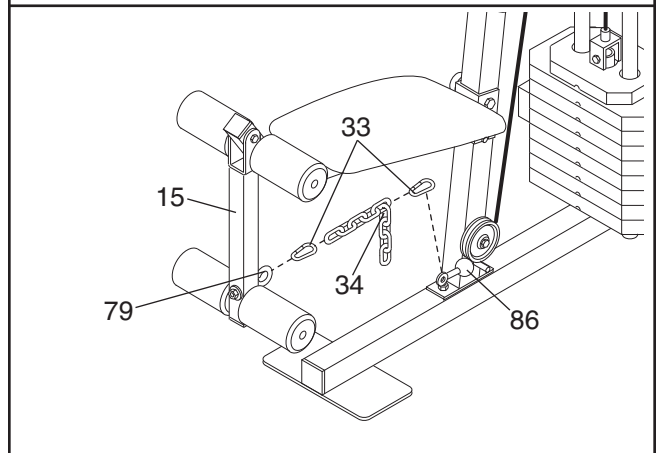
For some exercises, the Seat (17) must be removed. First, be sure that the chain is not attached to the leg lever (see ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION below). Next, remove the Seat Knob (30) and the M8 x 78mm Carriage Bolt (77) from the Rear Seat Frame (16). Lift the Rear Seat Frame off the Ab Upright (1).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (15), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

Attach one end of the Chain (34) to the Low Cable (86) with a Cable Clip (33). Attach the other end of the Chain to the Eyebolt (79) with another Cable Clip.

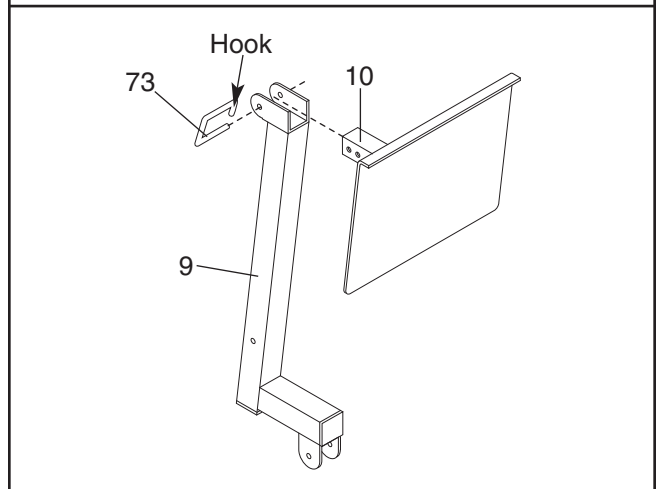


ADJUSTING THE LEG PRESS PLATE

Remove the Lock Pin (73) from the Adjustment Tube (10).

Align the holes in the Leg Press Arm (9) with the desired set of holes in the Adjustment Tube (10). Reinsert the Lock Pin (73) through the holes in the Leg Press Arm and the holes in the Adjustment Tube.

Make sure that the hook on the Lock Pin is clipped in place on the Adjustment Tube.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. “Top” refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm. **The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG PRESS (lbs.)	AB PULLEY (lbs.)
Top	27	20	9	10	10	52	10
1	53	37	18	24	24	94	25
2	79	50	33	40	41	141	40
3	101	65	38	53	53	180	53
4	125	83	48	66	63	228	68
5	148	103	58	80	80	263	83
6	175	120	68	96	91	310	96
7	205	143	76	107	101	358	110
8	240	173	90	123	120	410	124

MAINTENANCE

Inspect and tighten all parts each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. If any slack is felt when using the weight stack closest to the ab upright, both the High Cable (85) and the Low Cable (86) will need to be tightened. If any slack is felt when using the other weight stack, the Rear Cable (87), the Press Cable (88), and the Butterfly Cable (89) will need to be tightened.

To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

- **See drawing 1.** Tighten the M8 Nylon Locknut (40) that connects the end of the Press Cable (88) to the Large “U”-bracket (84).
- **See drawing 1.** Remove the M10 Nylon Locknut (42) and the M10 x 48mm Bolt (50) from the Cable Trap (80), 90mm Pulley (82), and Large “U”-bracket (84). Reattach the Pulley and Cable Trap to the other hole in the Large “U”-bracket. **Make sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.**
- **See drawing 2.** Tighten the M8 Nylon Locknut (40) that connects the end of the High Cable (85) to the Small “U”-bracket (32).

The Rear Cable (87) can be tightened in the same manner.

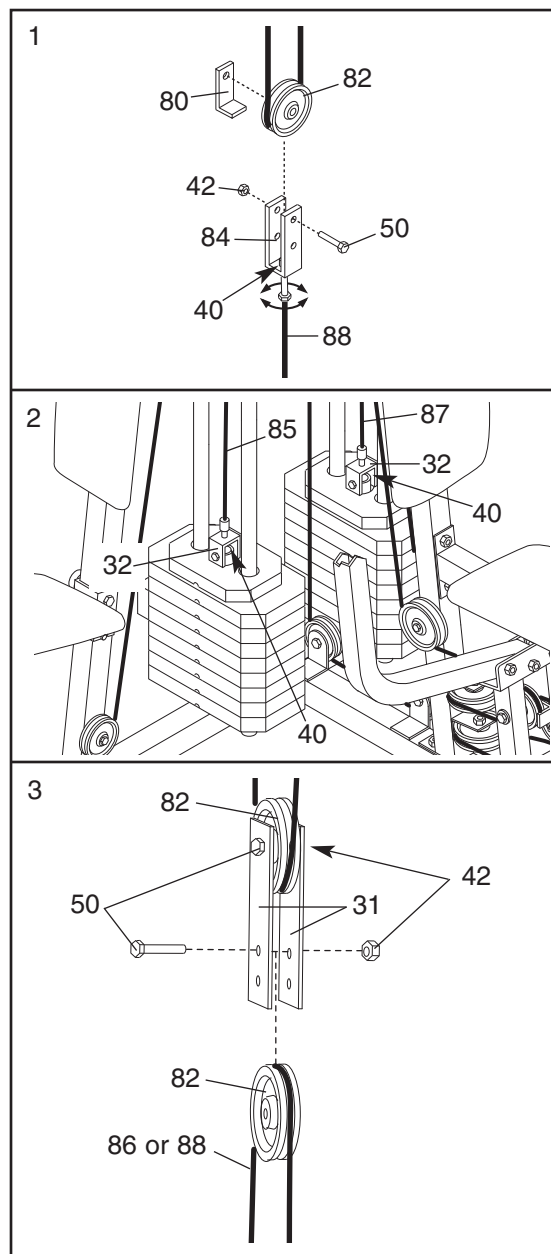
- **See Drawing 3.** If you feel additional slack while using the weight system, the Low Cable (86) and the Press Cable (88) can be tightened further.

Remove the two M10 x 48mm Bolts (50), the two M10 Nylon Locknuts (42), the two 90mm Pulleys (82), and the two Cable Traps (not shown) from the Pulley Plates (31). Reattach the upper Pulley **without the Cable Trap**. Reattach the lower Pulley to the higher hole in the Pulley Plates **without the Cable Trap**. Keep the Cable Traps for future use. **Make sure that the Cable and Pulley move smoothly.**

Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack.

If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.

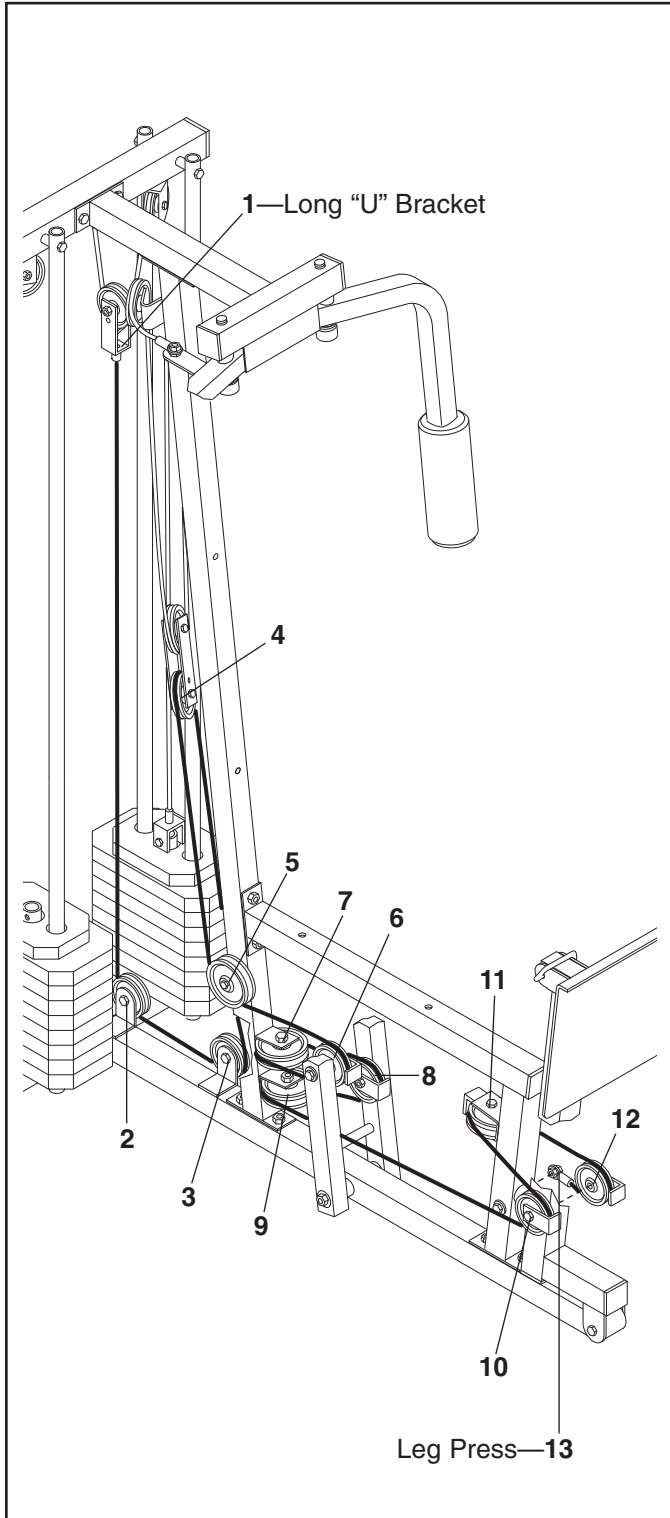
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



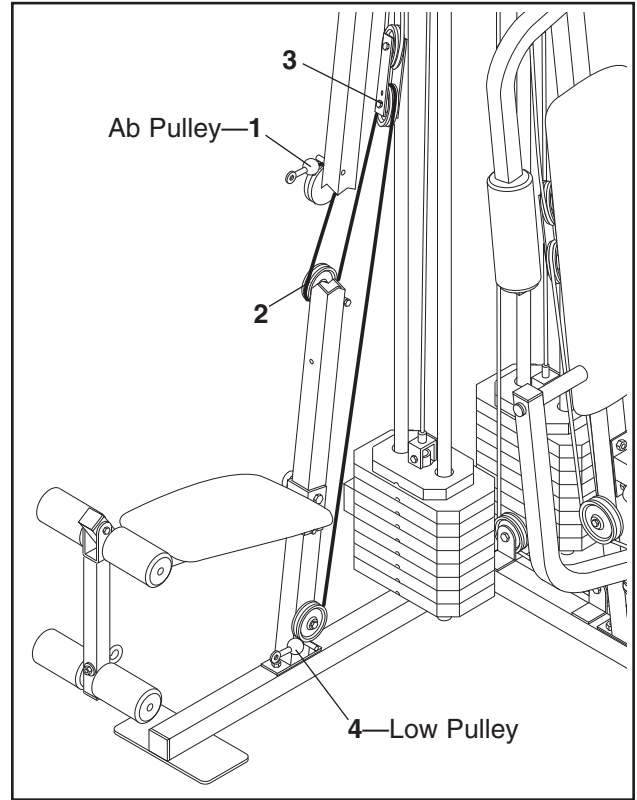
CABLE DIAGRAMS

The cable diagrams on this page and the next page show the proper routing of the High Cable (85), the Low Cable (86), the Rear Cable (87), the Press Cable (88), and the Butterfly Cable (89). Use the diagrams to be sure that the cables have been assembled correctly. The starting and ending points of each cable have been labeled. The numbers show the proper route for each cable. **IMPORTANT: If the cables have not been correctly routed, the weight system will not function properly and damage may occur.**

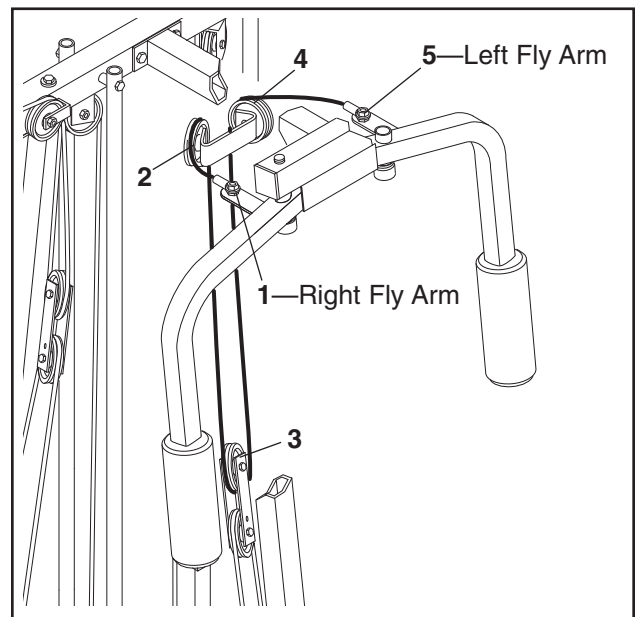
Press Cable (88)



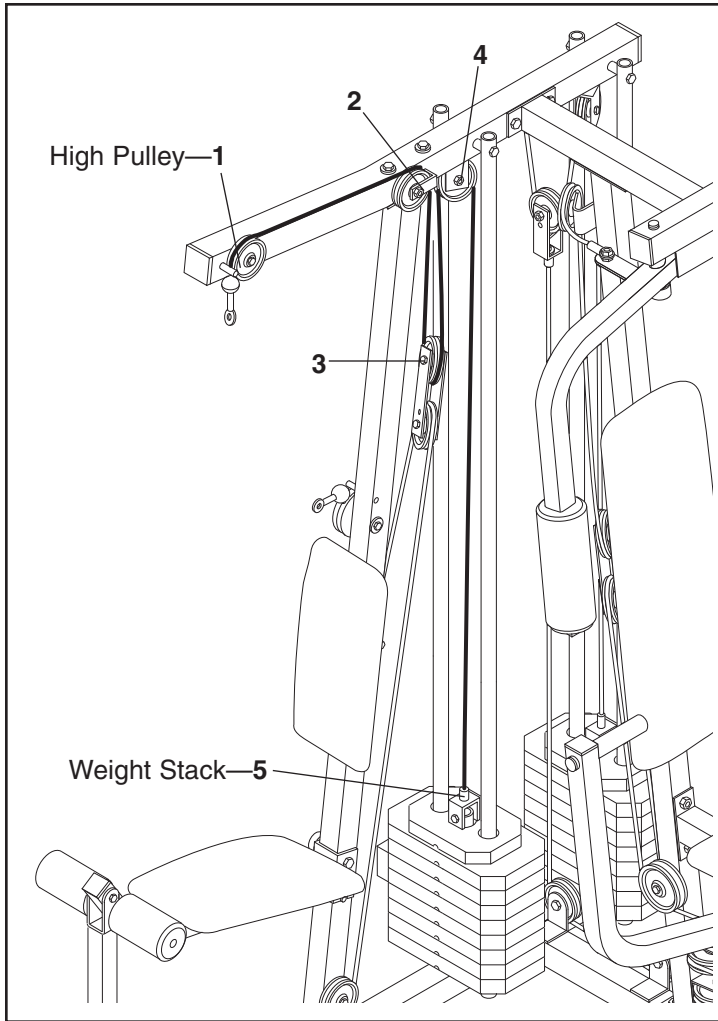
Low Cable (86)



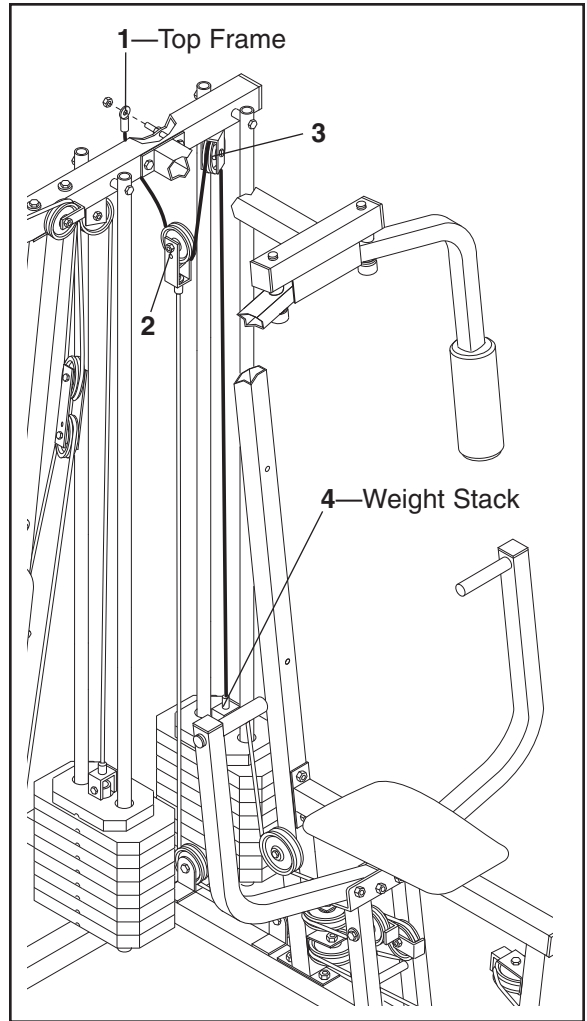
Butterfly Cable (89)



High Cable (85)



Rear Cable (87)

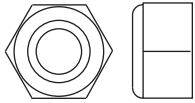


PART IDENTIFICATION CHART—Model No. WESY26331

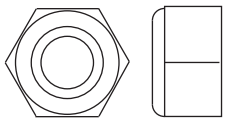
R0904A



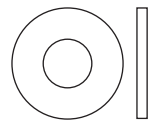
M6 Nylon Locknut (44)



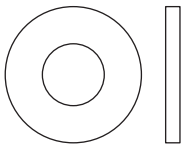
M8 Nylon Locknut (40)



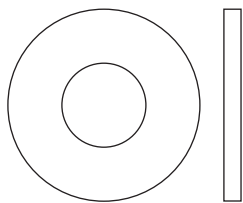
M10 Nylon Locknut (42)



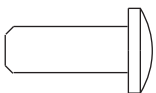
M6 Washer (37)



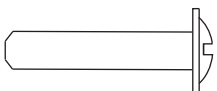
M8 Washer (20)



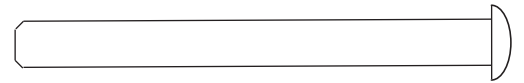
M10 Washer (38)



M6 x 16mm Screw (59)



M5 x 25mm Tap Screw (72)



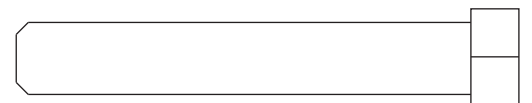
M6 x 63mm Machine Screw (64)



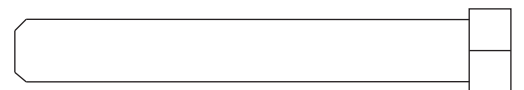
M6 x 63mm Carriage Bolt (60)



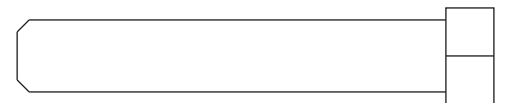
M8 x 63mm Bolt (39)



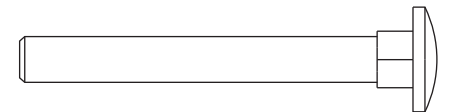
M10 x 60mm Bolt (65)



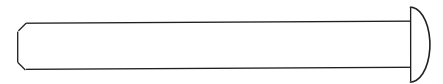
M8 x 60mm Bolt (62)



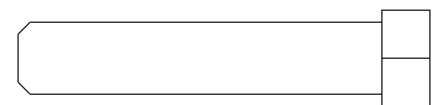
M10 x 57mm Bolt (91)



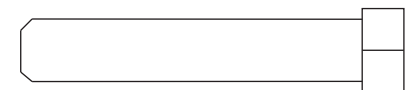
M6 x 52mm Carriage Bolt (61)



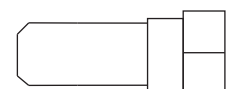
M6 x 52mm Machine Screw (63)



M10 x 48mm Bolt (50)



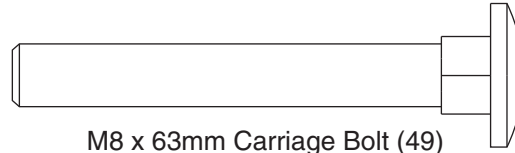
M8 x 45mm Bolt (68)



M8 x 22mm Shoulder Bolt (51)



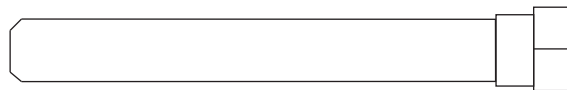
M8 x 67mm Bolt (55)



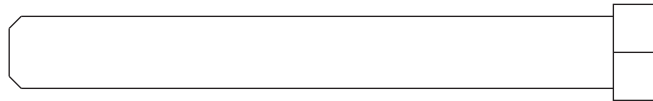
M8 x 63mm Carriage Bolt (49)



M8 x 70mm Carriage Bolt (77)



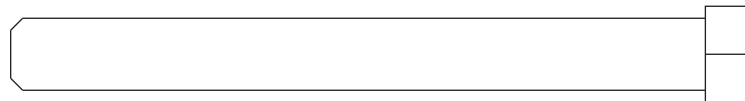
M8 x 69mm Shoulder Bolt (43)



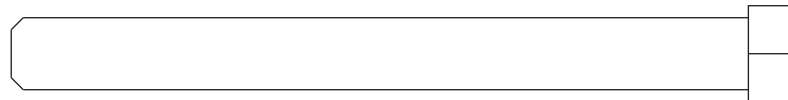
M10 x 80mm Bolt (71)



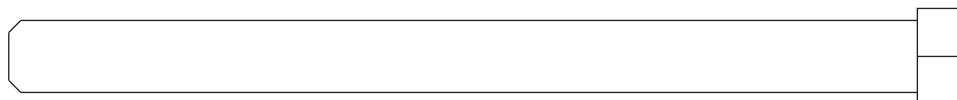
M10 x 82mm Bolt (66)



M10 x 92mm Bolt (76)



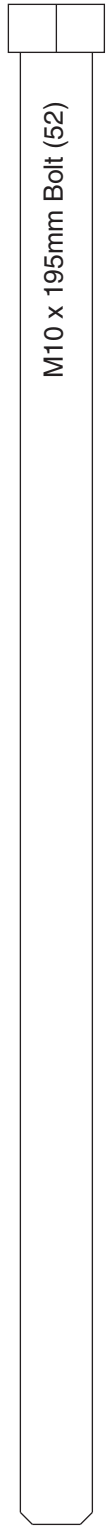
M10 x 97mm Bolt (95)



M10 x 120mm Bolt (74)



M8 x 152mm Bolt (67)



M10 x 195mm Bolt (52)

PART LIST—Model No. WESY26331

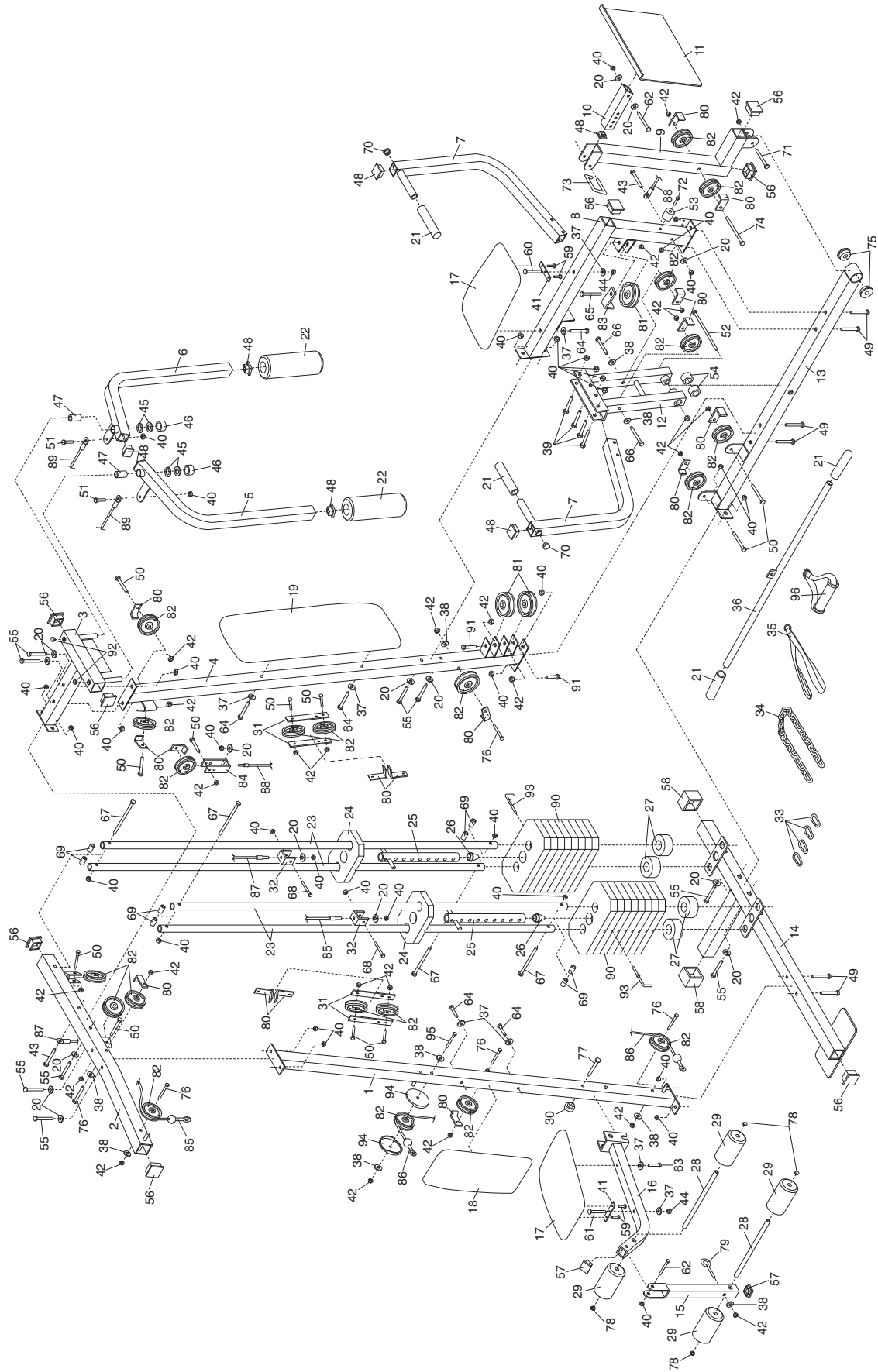
R0904A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Ab Upright	51	2	M8 x 22mm Shoulder Bolt
2	1	Top Frame	52	1	M10 x 195mm Bolt
3	1	Butterfly Frame	53	1	Leg Press Bumper
4	1	Leg Press Upright	54	2	25mm x 22mm Plastic Bushing
5	1	Right Fly Arm	55	9	M8 x 67mm Bolt
6	1	Left Fly Arm	56	8	50mm Square Inner Cap
7	2	Press Arm	57	2	38mm Square Inner Cap
8	1	Front Seat Frame	58	2	50mm Square Outer Cap
9	1	Leg Press Arm	59	4	M6 x 16mm Screw
10	1	Adjustment Tube	60	1	M6 x 63mm Carriage Bolt
11	1	Leg Press Plate	61	1	M6 x 52mm Carriage Bolt
12	1	Press Frame	62	2	M8 x 60mm Bolt
13	1	Press Base	63	1	M6 x 52mm Machine Screw
14	1	Weight Base	64	5	M6 x 63mm Machine Screw
15	1	Leg Lever	65	1	M10 x 60mm Bolt
16	1	Rear Seat Frame	66	2	M10 x 82mm Bolt
17	2	Seat	67	4	M8 x 152mm Bolt
18	1	Small Backrest	68	2	M8 x 45mm Bolt
19	1	Large Backrest	69	8	13mm x 19mm Spacer
20	15	M8 Washer	70	2	25mm Round Inner Cap
21	4	Plastic Grip	71	1	M10 x 80mm Bolt
22	2	Large Pad	72	1	M5 x 25mm Tap Screw
23	4	Weight Guide	73	1	Lock Pin
24	2	Top Weight	74	1	M10 x 120mm Bolt
25	2	Weight Tube	75	2	Press Bushing
26	2	Weight Tube Bumper	76	5	M10 x 92mm Bolt
27	4	Weight Bumper	77	1	M8 x 70mm Carriage Bolt
28	2	Pad Tube	78	4	19mm Round Inner Cap
29	4	Foam Pad	79	1	Eyebolt
30	1	Seat Knob	80	16	Cable Trap
31	4	Pulley Plate	81	3	"V"-pulley
32	2	Small "U"-bracket	82	21	90mm Pulley
33	4	Cable Clip	83	1	Large Cable Trap
34	1	Chain	84	1	Large "U"-bracket
35	1	Ab Strap	85	1	High Cable
36	1	Lat Bar	86	1	Low Cable
37	8	M6 Washer	87	1	Rear Cable
38	9	M10 Washer	88	1	Press Cable
39	4	M8 x 63mm Bolt	89	1	Butterfly Cable
40	34	M8 Nylon Locknut	90	16	Weight
41	2	Seat Plate	91	2	M10 x 57mm Bolt
42	26	M10 Nylon Locknut	92	2	25mm Inner Cap
43	2	M8 x 69mm Shoulder Bolt	93	2	Weight Pin
44	2	M6 Nylon Locknut	94	2	Pulley Cover
45	4	25mm Retainer	95	1	M10 x 97mm Bolt
46	2	25mm Round Outer Cap	96	1	Handle
47	2	28mm x 66mm Plastic Bushing	#	1	User's Manual
48	7	45mm Square Inner Cap	#	1	Exercise Guide
49	6	M8 x 63mm Carriage Bolt	#	2	Grease Packet
50	11	M10 x 48mm Bolt			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WESY26331

R0904A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-877-992-5999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WESY26331)
2. The NAME of the product (WEIDER® PRO 3750 weight system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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