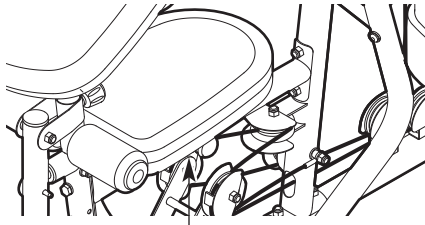


WEIDER® PRO 4300

Model No. 831.14622.1

Serial No. _____

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

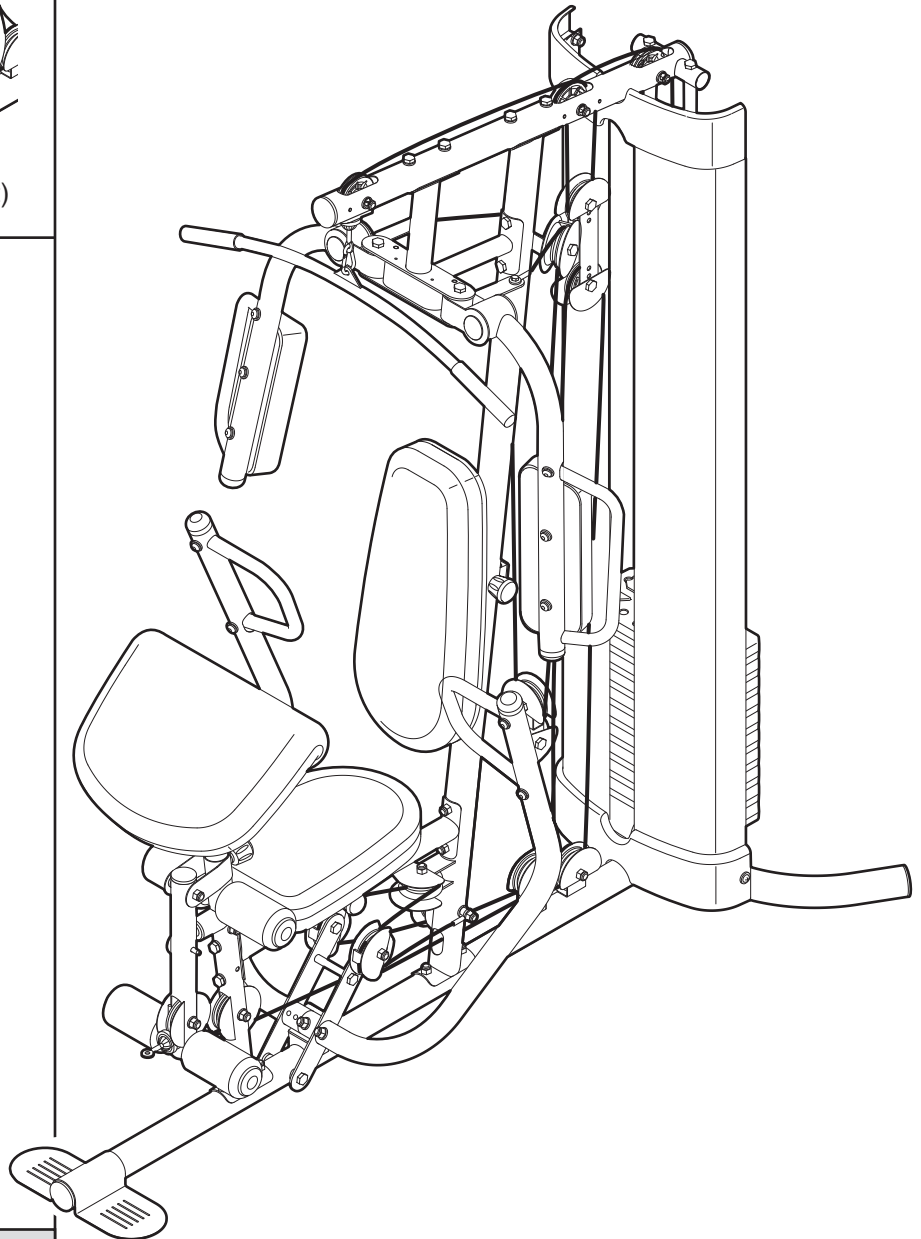


Serial Number Decal (under seat)

WEIGHT SYSTEM EXERCISER User's Manual

- Assembly
- Adjustment
- Troubleshooting
- Part List and Drawing

Sears, Roebuck and Co.
Hoffman Estates, IL 60179



⚠ CAUTION

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

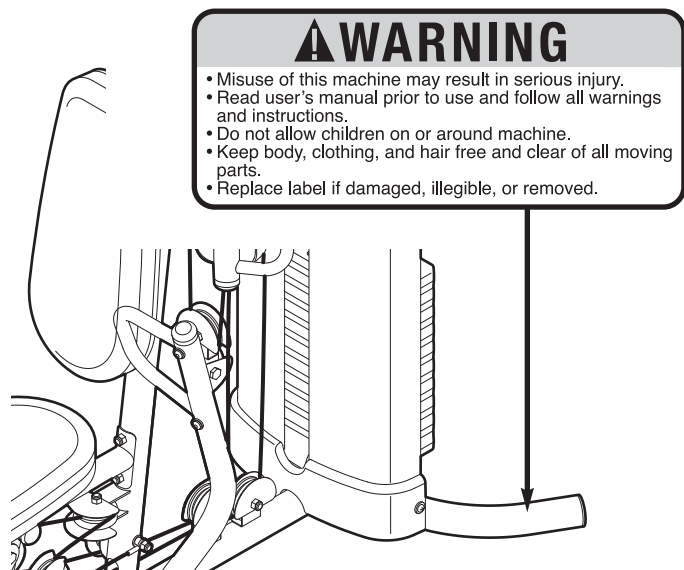


TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	8
ADJUSTMENT	25
WEIGHT RESISTANCE CHART	27
CABLE DIAGRAM	28
MAINTENANCE	29
EXERCISE GUIDELINES	30
PART LIST	33
EXPLODED DRAWING	34
ORDERING REPLACEMENT PARTS	Back Cover
90 DAY FULL WARRANTY	Back Cover

WARNING DECAL PLACEMENT

The decal shown here has been applied to the weight system. **If the decal is missing or illegible, call 1-877-992-5999 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



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 system before using your weight system. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of the weight system.

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. Use the weight system only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
4. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
5. Keep the weight system indoors, away from moisture and dust. Place the weight system 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 system to mount, dismount, and use the weight system.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep hands and feet away from moving parts.
8. Keep children under age 12 and pets away from the weight system at all times.
9. Always wear athletic shoes for foot protection while exercising.
10. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys. Replace all cables at least every two years.
11. The weight system is designed to be used only with the included weight. Do not use the weight system with dumbbells or any other type of weight to increase the resistance.
12. The weight system is designed to support a maximum user weight of 300 lbs. (136 kg).
13. Always make sure that the weight pin is inserted fully into the weight stack before exercising.
14. 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.

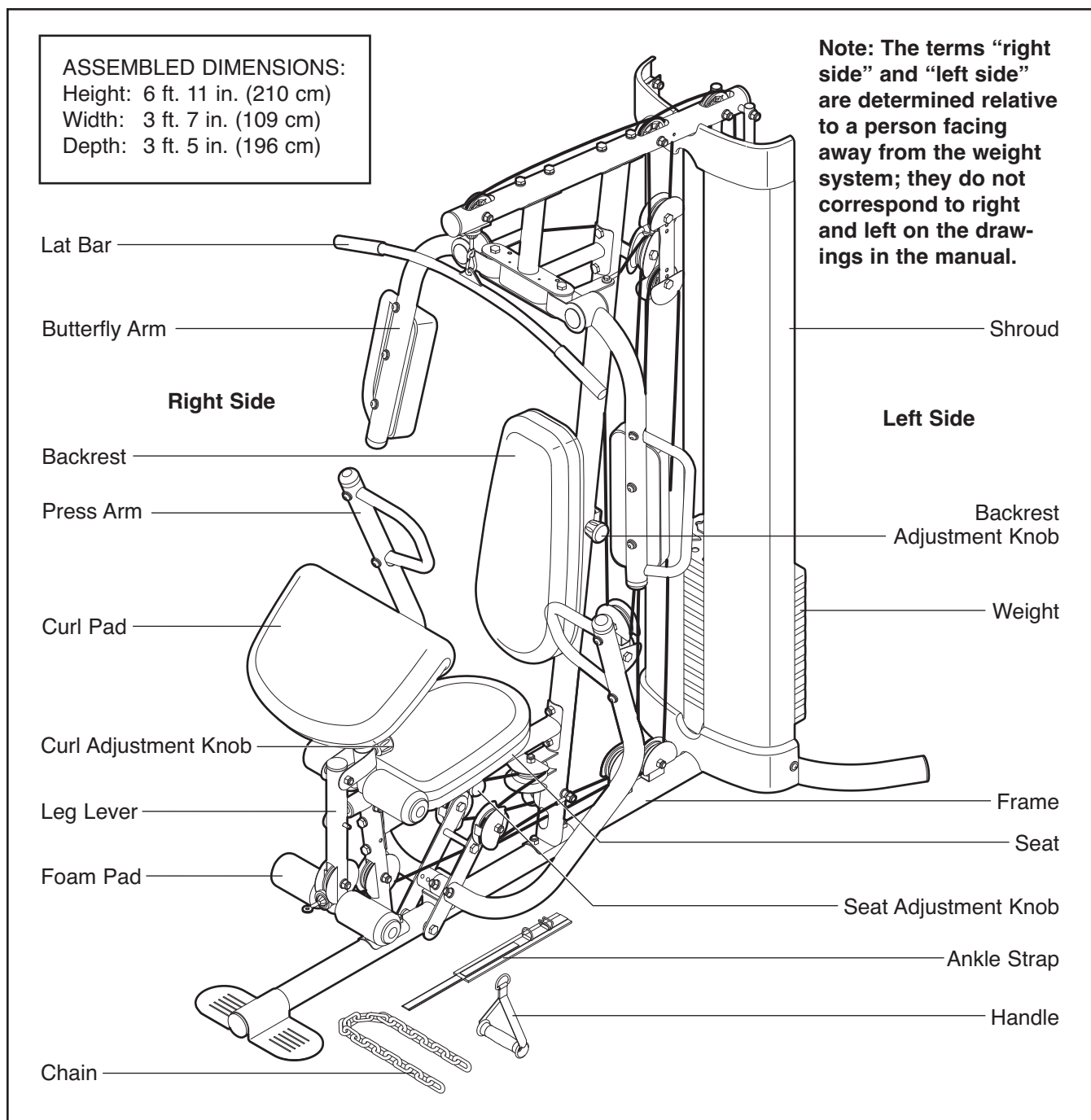
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 4300 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.

reading this manual, please see the back 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.

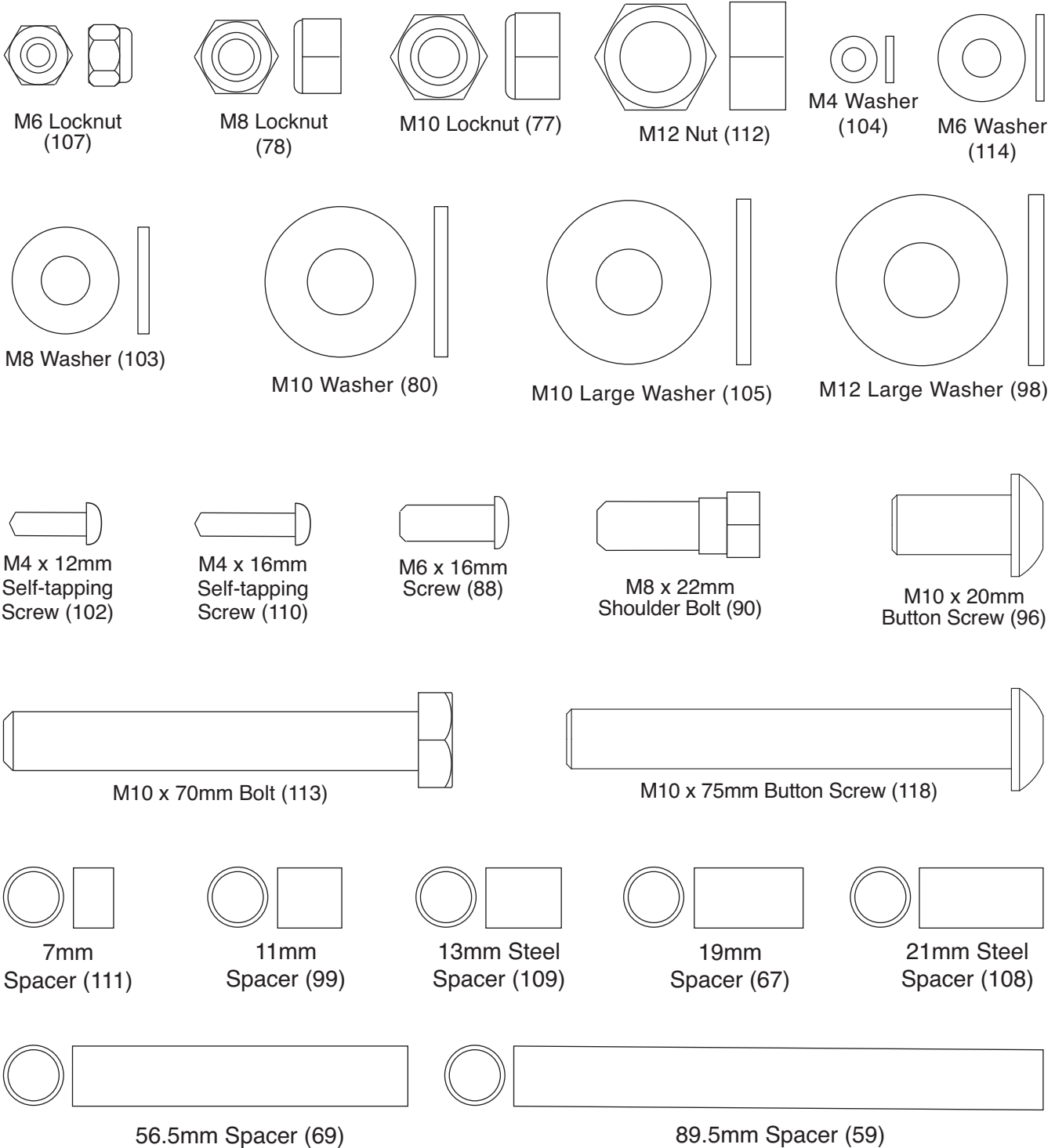
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

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



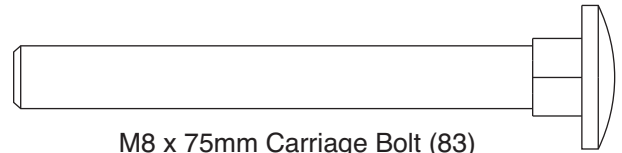
PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been preattached. If a part is missing, call 1-877-992-5999.**

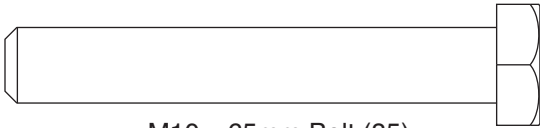




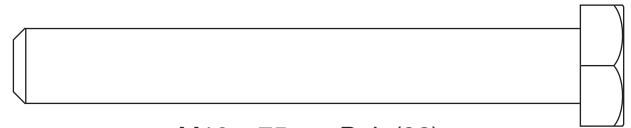
M8 x 69mm Shoulder Bolt (87)



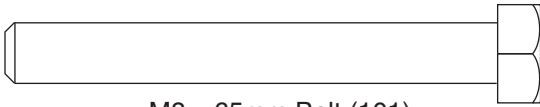
M8 x 75mm Carriage Bolt (83)



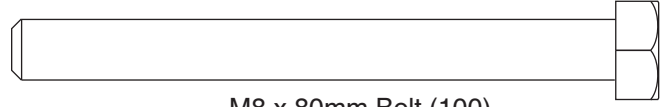
M10 x 65mm Bolt (85)



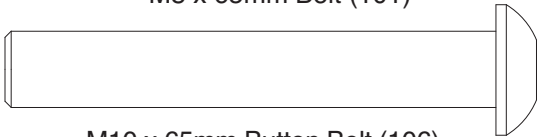
M10 x 75mm Bolt (82)



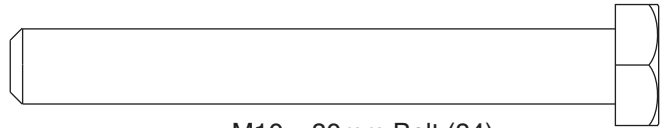
M8 x 65mm Bolt (101)



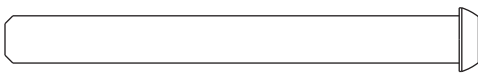
M8 x 80mm Bolt (100)



M10 x 65mm Button Bolt (106)



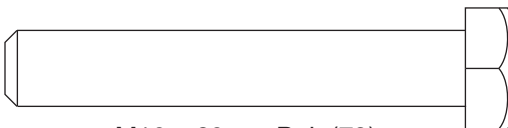
M10 x 80mm Bolt (84)



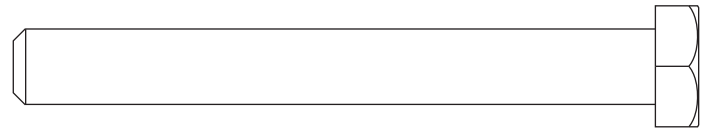
M6 x 60mm Button Screw (91)



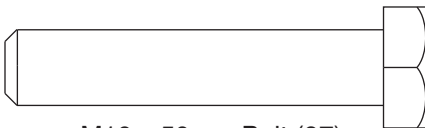
M10 x 82mm Button Screw (92)



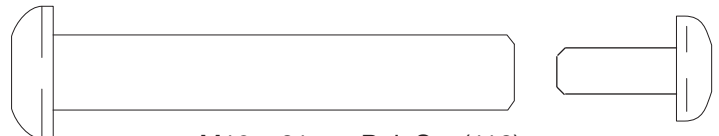
M10 x 60mm Bolt (79)



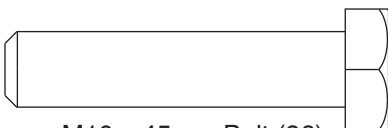
M10 x 85mm Bolt (81)



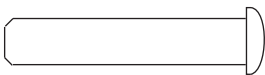
M10 x 50mm Bolt (97)



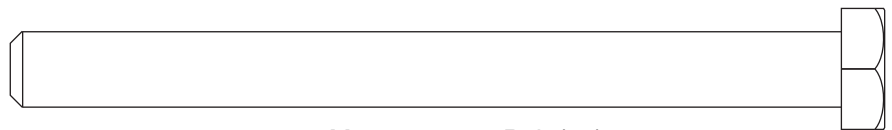
M10 x 61mm Bolt Set (116)



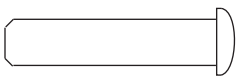
M10 x 45mm Bolt (86)



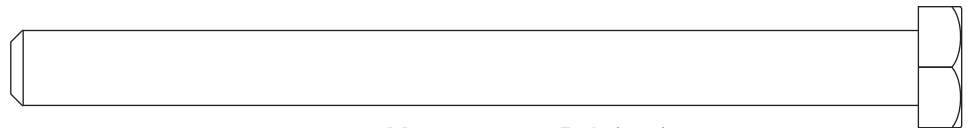
M6 x 32mm Screw (89)



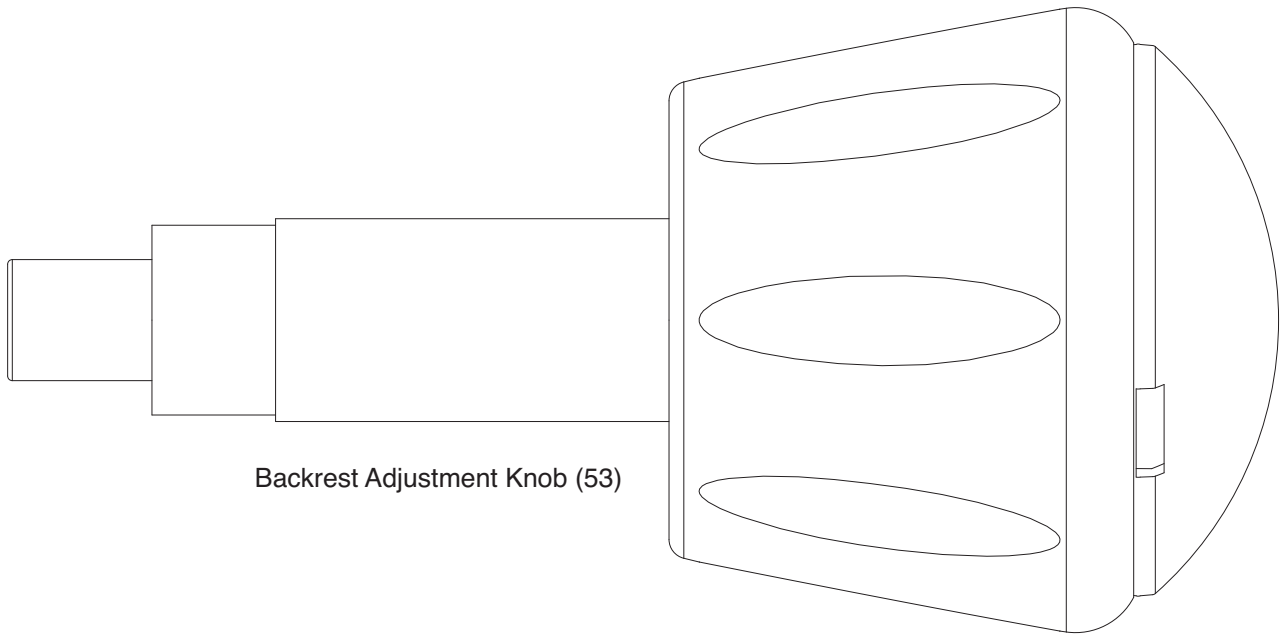
M10 x 110mm Bolt (93)



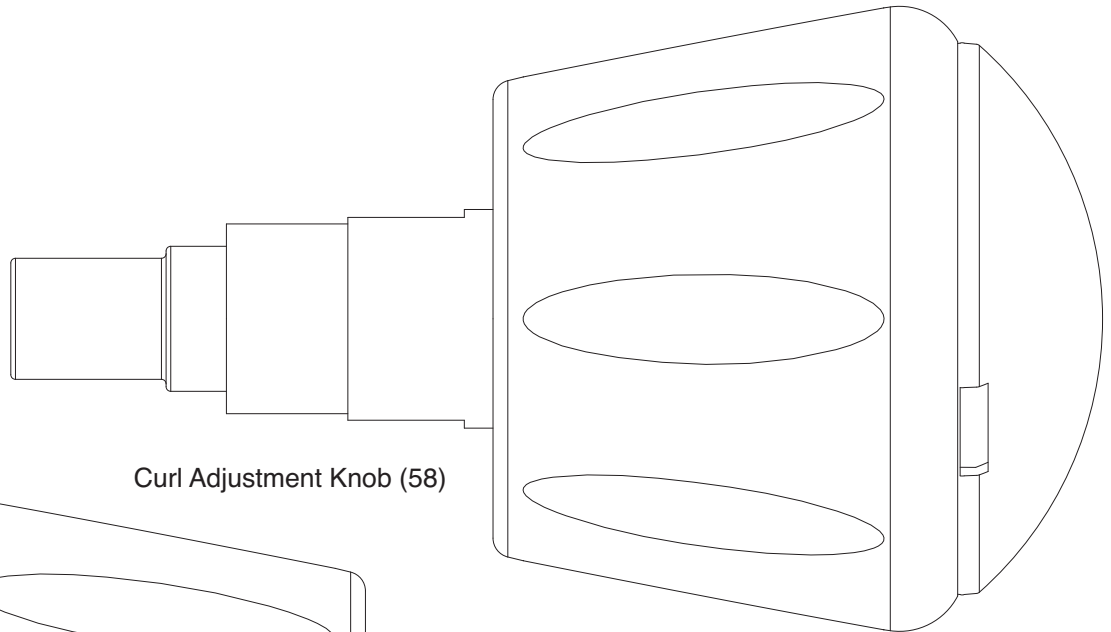
M6 x 28mm Bolt (94)



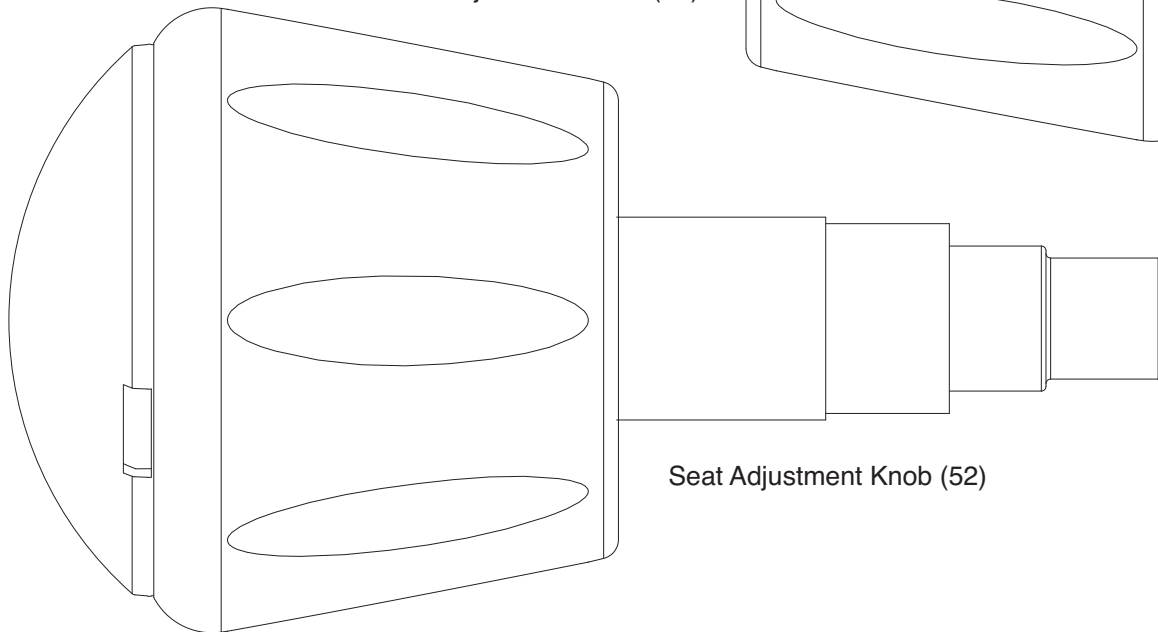
M10 x 120mm Bolt (115)



Backrest Adjustment Knob (53)



Curl Adjustment Knob (58)



Seat Adjustment Knob (52)

ASSEMBLY

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

- Assembly requires two persons.
- Because of its size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.
- 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 hardware kits. Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing.
- 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 pages 5 and 6.

- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the included hex key and grease and the following tools (not included):

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.

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 that you understand the information in the box on page 8.

Insert four M8 x 75mm Carriage Bolts (83) up through the Base (1). **Note: It may be helpful to place a piece of tape over each Bolt head to hold it in place.**

2. **Orient the two Weight Guides (18) so that the indicated holes are closer to the floor, and insert the Weight Guides into the Stabilizer (3).**

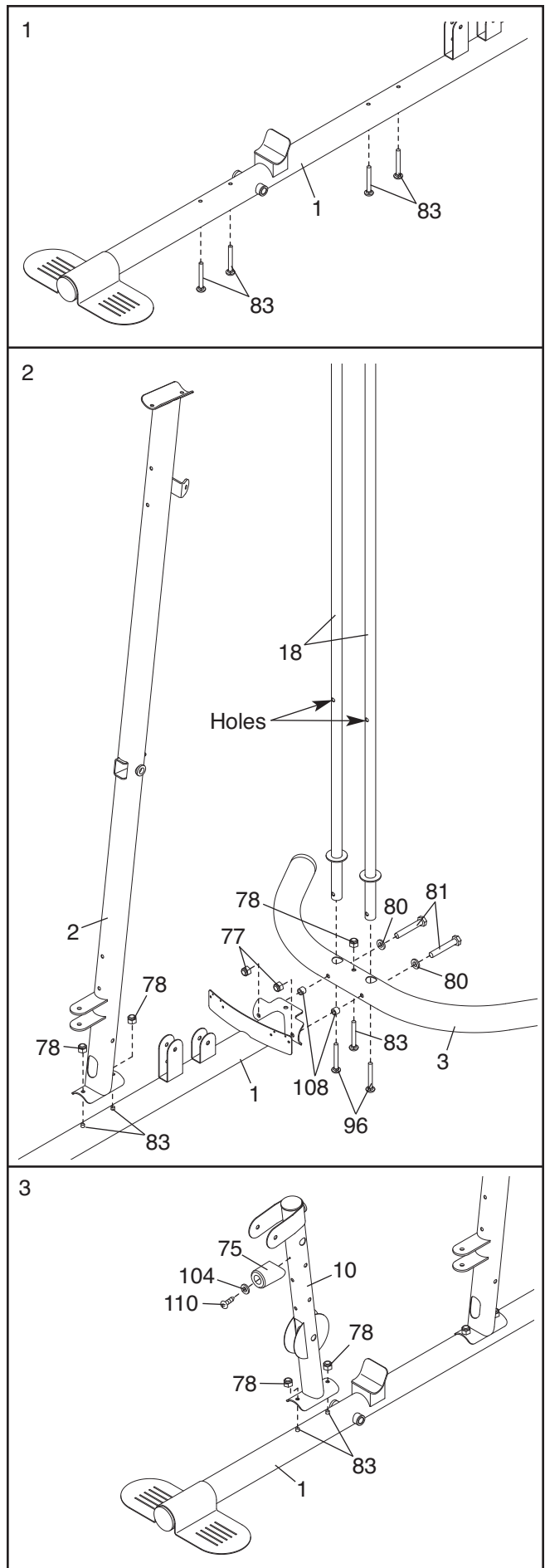
Attach the Stabilizer (3) and the Weight Guides (18) to the Base (1) with two M10 x 85mm Bolts (81), two M10 Washers (80), two 21mm Steel Spacers (108), and two M10 Locknuts (77). **Do not tighten the Locknuts yet.**

Next, attach the Weight Guides (18) to the Stabilizer (3) with two M10 x 20mm Button Screws (96). Then, attach the Stabilizer to the Base (1) with an M8 x 75mm Carriage Bolt (83) and an M8 Locknut (78). **Do not tighten the Locknut yet.**

Attach the Upright (2) to the Base (1) with the two indicated M8 x 75mm Carriage Bolts (83) and two M8 Locknuts (78). **Do not tighten the Locknuts yet.**

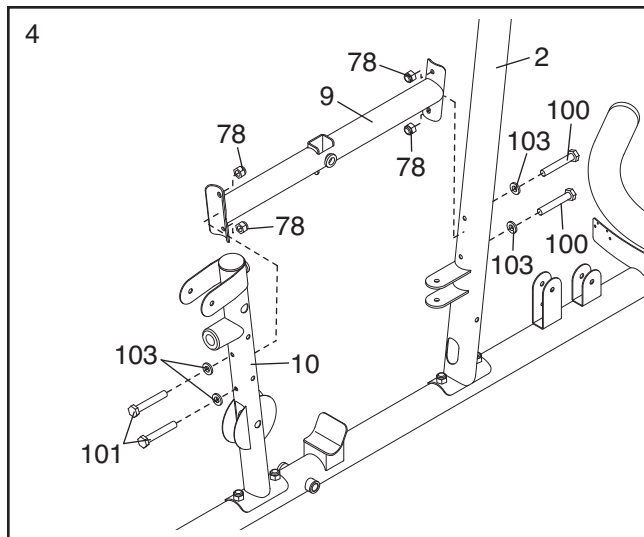
3. **Attach the Front Leg (10) to the Base (1) with the two M8 x 75mm Carriage Bolts (83) and two M8 Locknuts (78). Do not tighten the Locknuts yet.**

Attach the Leg Lever Bumper (75) to the Front Leg (10) with an M4 x 16mm Self-tapping Screw (110) and an M4 Washer (104). **Make sure that the end of the Leg Lever Bumper is pointing up.**



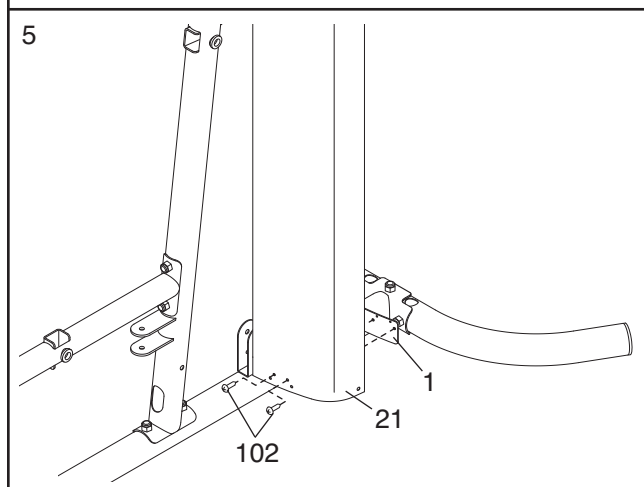
4. Attach the Frame (9) to the Upright (2) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Locknuts (78). **Do not tighten the Locknuts yet.**

Attach the Frame (9) to the Front Leg (10) with two M8 x 65mm Bolts (101), two M8 Washers (103), and two M8 Locknuts (78). **Do not tighten the Locknuts yet.**



5. Attach the bottom of the Left Shroud (21) to the Base (1) with two M4 x 12mm Self-tapping Screws (102).

Repeat this step for the Right Shroud (not shown).

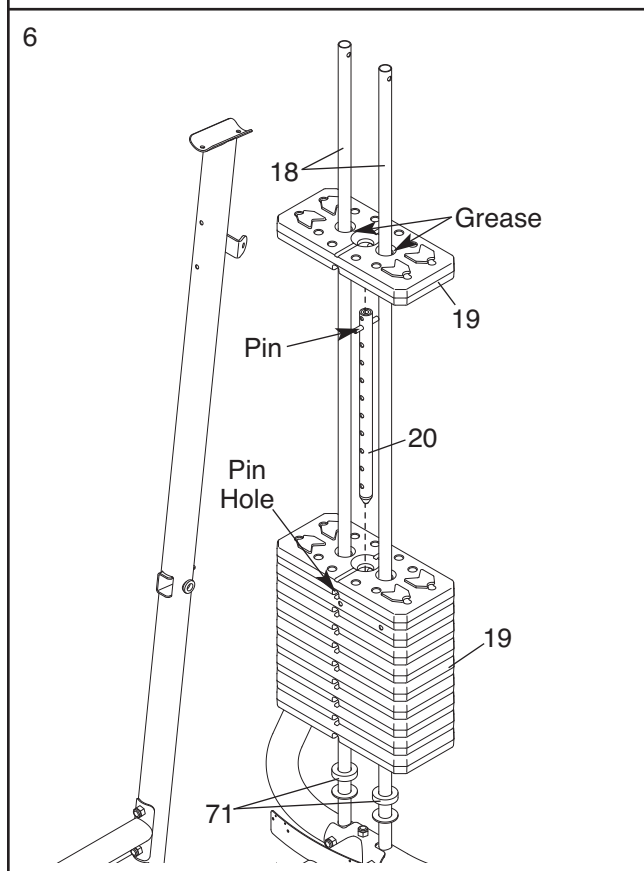


6. **Note: Some parts have been removed to show this step clearly.**

Slide the two Weight Bumpers (71) onto the Weight Guides (18). Orient nine Weights (19) with the pin holes on the bottom as shown. Slide the Weights onto the Weight Guides.

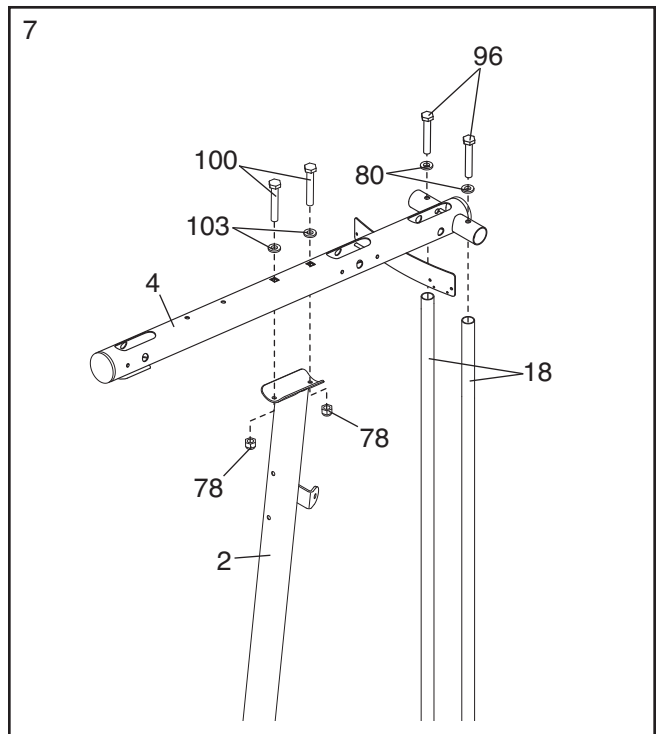
Insert the Weight Tube into the nine Weights (19). **Make sure that the pin on the Weight Tube is oriented as shown.**

Lubricate the indicated holes in a Weight (19) with the included grease packet. Slide the Weight onto the Weight Guides (18).



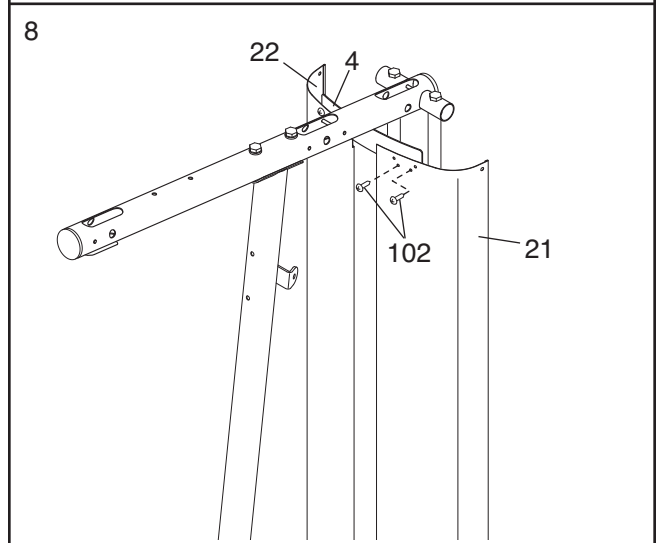
- Attach the Top Frame (4) to the Upright (2) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Locknuts (78). **Do not tighten the Locknuts yet.**

Attach the Weight Guides (18) to the Top Frame (4) with two M10 x 20mm Button Screws (96) and two M10 Washers (80).



- Attach the top of the Left Shroud (21) to the Top Frame (4) with two M4 x 12mm Self-tapping Screws (102).

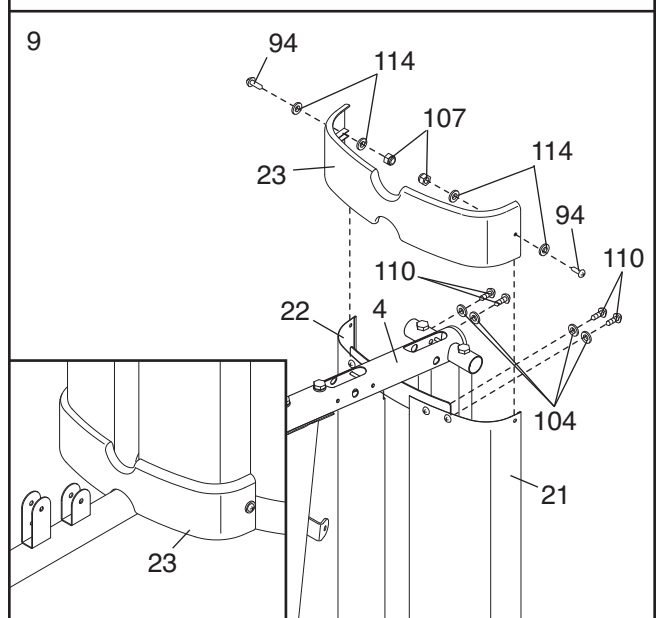
Repeat this step for the Right Shroud (22).



- Attach a Shroud Cover (23) to the Left and Right Shrouds (21, 22) with two M6 x 28mm Bolts (94), four M6 Washers (114), and two M6 Locknuts (107).

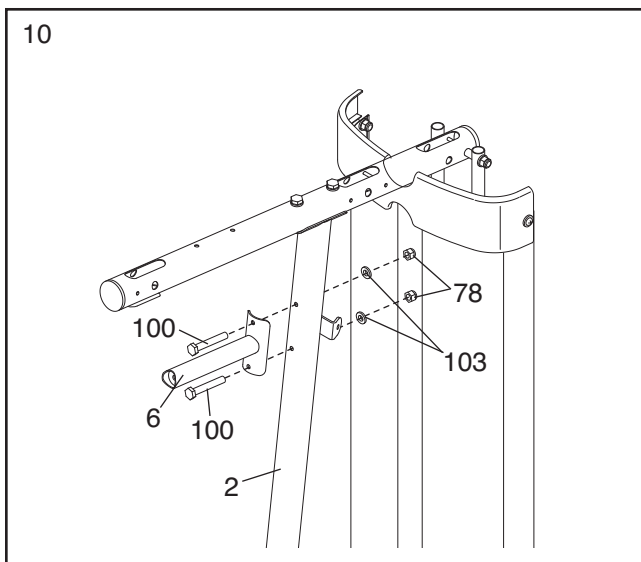
Attach the Shroud Cover (23) to the Top Frame (4) with four M4 x 16mm Self-tapping Screws (110) and four M4 Washers (104).

See the inset drawing. Attach the other Shroud Cover (23) in the same manner.

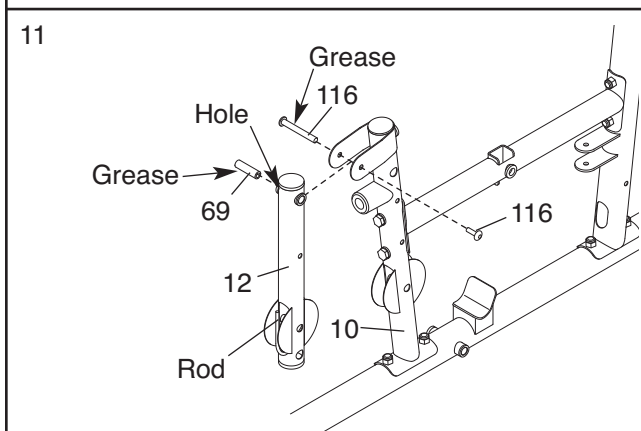


Arm Assembly

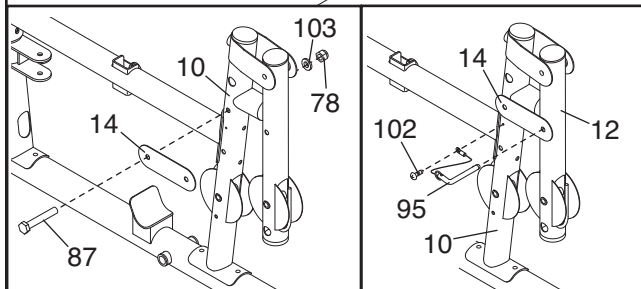
10. Attach the Butterfly Frame Brace (6) to the Upright (2) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Locknuts (78). **Do not tighten the Locknuts yet.**



11. Apply grease in the locations shown. Insert a 56.5mm Spacer (69) into the indicated hole in the Leg Lever (12). Attach the Leg Lever to the Front Leg (10) with an M10 x 61mm Bolt Set (116). **Make sure that the indicated rod is oriented as shown.**

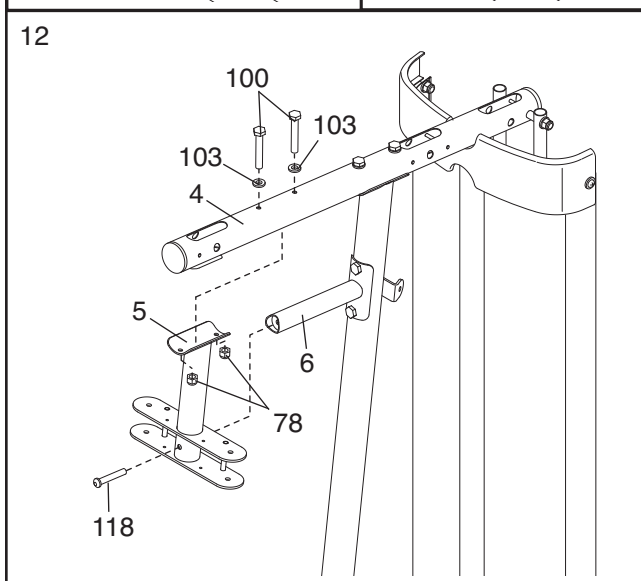


See the left inset drawing. Attach the Lock Plate (14) to the Front Leg (10) with the M8 x 69mm Shoulder Bolt (87), an M8 Washer (103), and an M8 Locknut (78).



See the right inset drawing. Insert the Lock Plate Pin (95) through the Lock Plate (14) and the Leg Lever (12). Attach the tether on the Lock Plate Pin to the Front Leg (10) with an M4 x 12mm Self-tapping Screw (102).

12. Attach the Butterfly Frame (5) to the Top Frame (4) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Locknuts (78). **Do not tighten the Locknuts yet.**

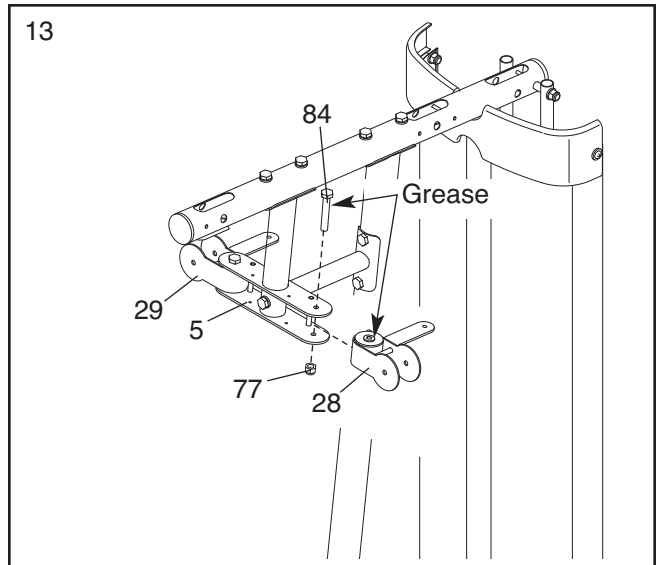


Attach the Butterfly Frame (5) to the Butterfly Frame Brace (6) with an M10 x 75mm Button Screw (118).

13. Apply grease to the locations shown and attach the Left Butterfly Bracket (28) to the Butterfly Frame (5) with an M10 x 80mm Bolt (84) and an M10 Locknut (77).

Repeat this step for the Right Butterfly Bracket (29).

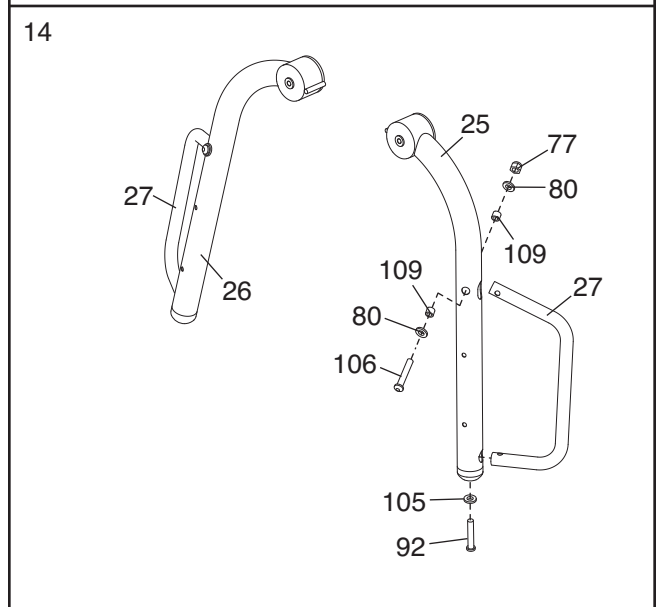
See steps 2–13. Tighten the Locknuts (77, 78, 107).



14. Attach a Butterfly Handle (27) to the Left Butterfly Arm (25) with an M10 x 65mm Button Bolt (106), two M10 Washers (80), two 13mm Steel Spacers (109), and an M10 Locknut (77).

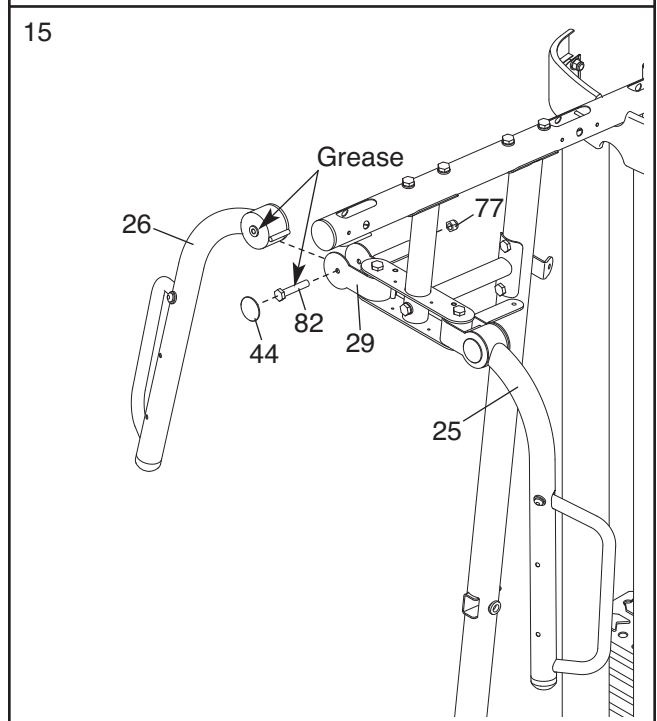
Secure the Left Butterfly Arm (25) with an M10 x 82mm Button Screw (92) and an M10 Large Washer (105).

Repeat this step for the Right Butterfly Arm and Butterfly Handle (26, 27).



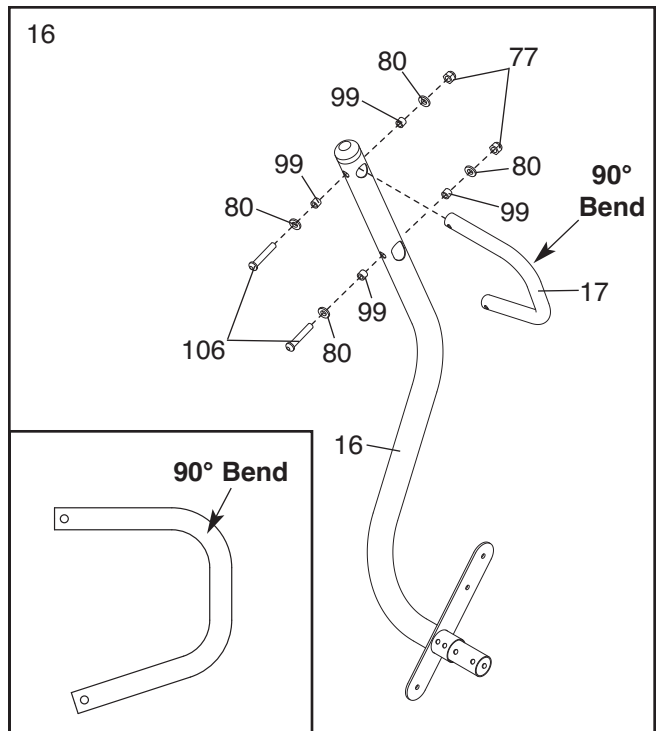
15. Apply grease in the locations shown and attach the Right Butterfly Arm (26) to the Right Butterfly Bracket (29) with an M10 x 75mm Bolt (82) and an M10 Locknut (77). Press a Bolt Cap (44) onto the end of the Bolt. **Do not overtighten the Bolt; the Butterfly Arm must be able to pivot easily.**

Repeat this step for the Left Butterfly Arm (25).



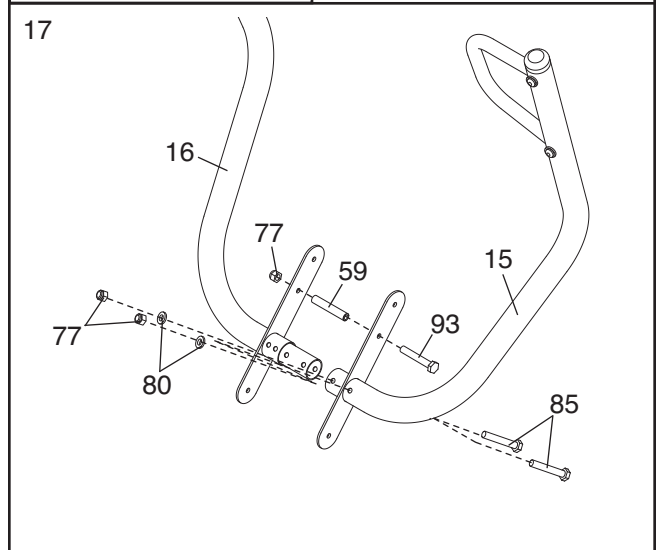
16. Orient a Press Arm Handle (17) with the 90° bend at the top as shown in the inset drawing. Attach a Press Arm Handle (17) to the Right Press Arm (16) with two M10 x 65mm Button Bolts (106), four M10 Washers (80), four 11mm Spacers (99), and two M10 Locknuts (77).

Repeat this step for the Left Press Arm (not shown).



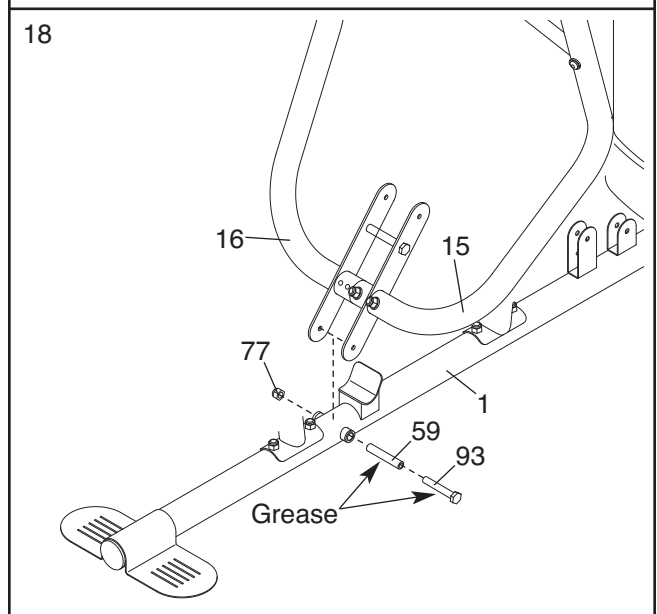
17. Attach the Left Press Arm (15) to the Right Press Arm (16) with an M10 x 110mm Bolt (93), an 89.5mm Spacer (59) and an M10 Locknut (77).

Finish attaching the Press Arms with two M10 x 65mm Bolts (85), two M10 Washers (80), and two M10 Locknuts (77). **Do not tighten the Locknuts yet.**



18. Attach the Left and Right Press Arms (15, 16) to the Base (1) with an M10 x 110mm Bolt (93), an 89.5mm Spacer (59), and an M10 Locknut (77). **Do not over tighten the Locknut; the Press Arms (15, 16) must be able to pivot freely.**

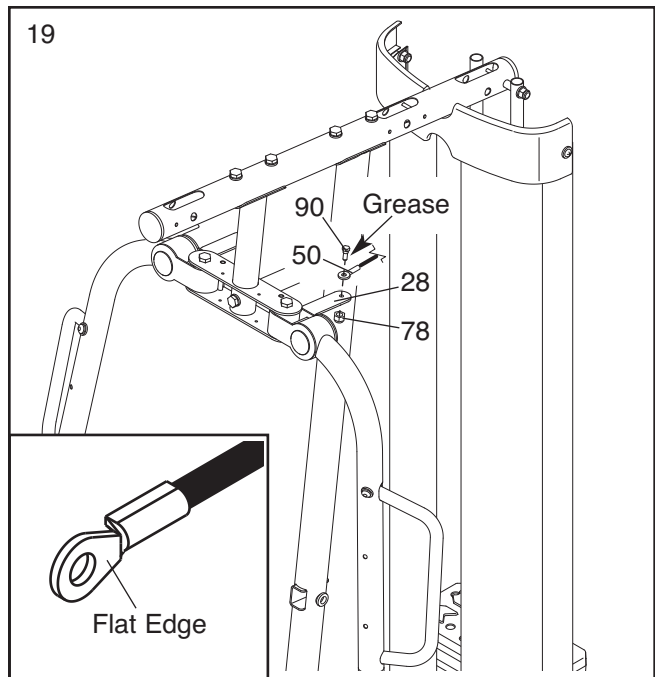
See step 17. Tighten the Locknuts (77).



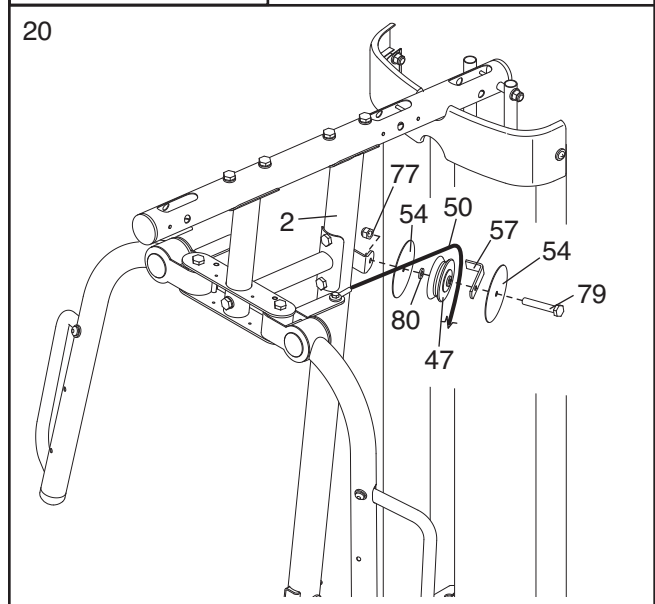
Cable Assembly

19. See the **CABLE DIAGRAMS** on page 28 to identify the cables as you assemble them.

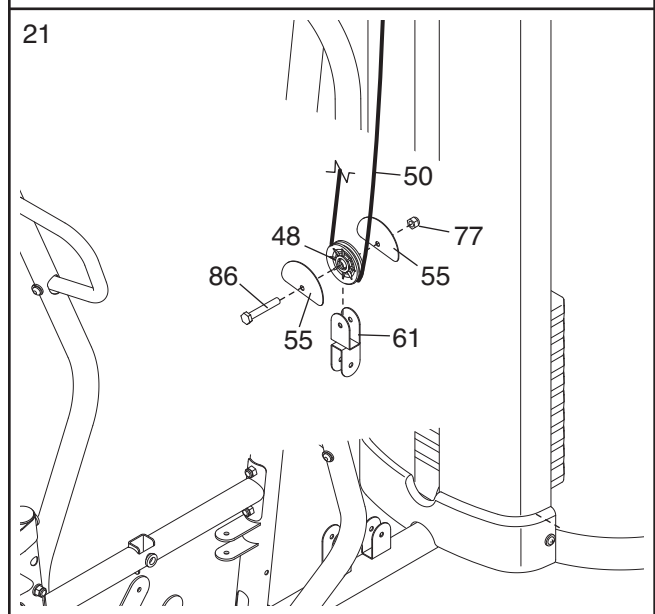
Identify the Butterfly Cable (50). Grease an M8 x 22mm Shoulder Bolt (90). Attach the Cable to the Left Butterfly Bracket (28) with the Shoulder Bolt and an M8 Locknut (78). **Make sure that the flat edge of the Cable is against the Butterfly Arm.** Do not overtighten the Shoulder Bolt; the Cable must pivot easily.



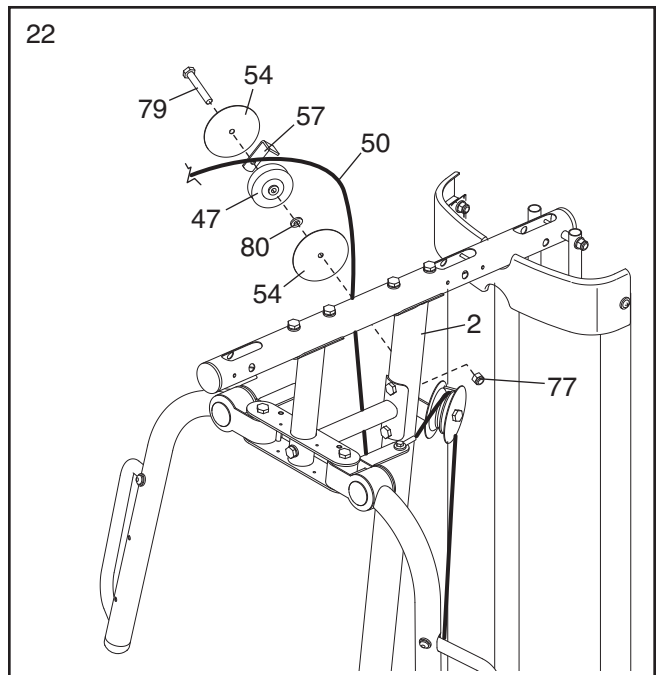
20. Wrap the Butterfly Cable (50) over a V-pulley (47). Attach the V-pulley, a Long Cable Trap (57), an M10 Washer (80), and two Guards (54) to the Upright (2) with an M10 x 60mm Bolt (79) and an M10 Locknut (77).



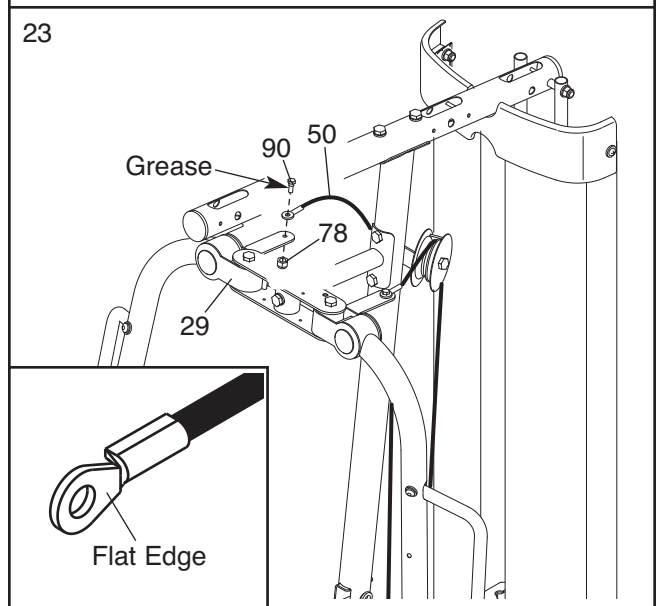
21. Wrap the Butterfly Cable (50) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (55) to the Double "U"-bracket (61) with an M10 x 45mm Bolt (86) and an M10 Locknut (77). **Make sure that the Half Guards are oriented as shown.**



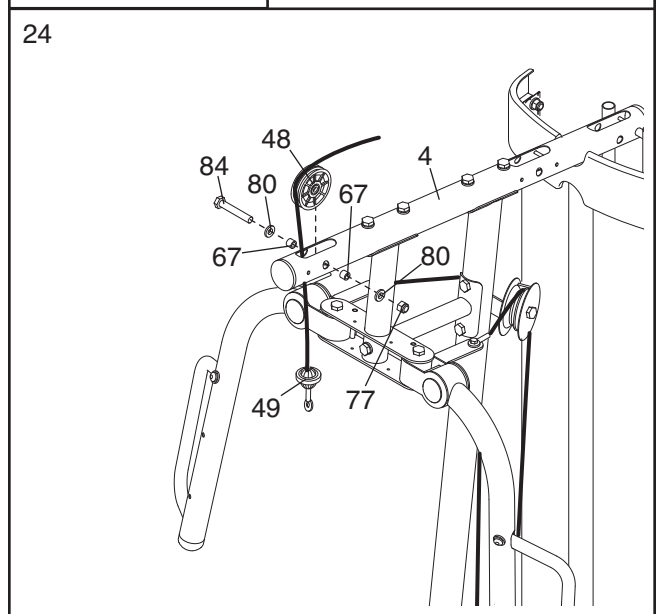
22. Wrap the Butterfly Cable (50) over a V-pulley (47). Attach the V-pulley, a Long Cable Trap (57), an M10 Washer (80), and two Guards (54) to the Upright (2) with an M10 x 60mm Bolt (79) and an M10 Locknut (77).



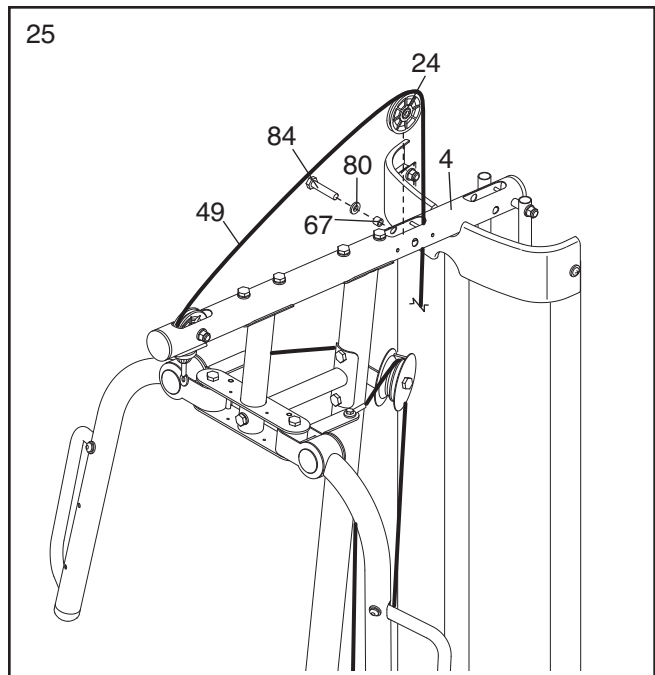
23. Grease an M8 x 22mm Shoulder Bolt (90). Attach the Butterfly Cable (50) to the Right Butterfly Arm (29) with the Shoulder Bolt and an M8 Locknut (78). **Make sure that the flat edge of the Cable is against the Butterfly Arm.**



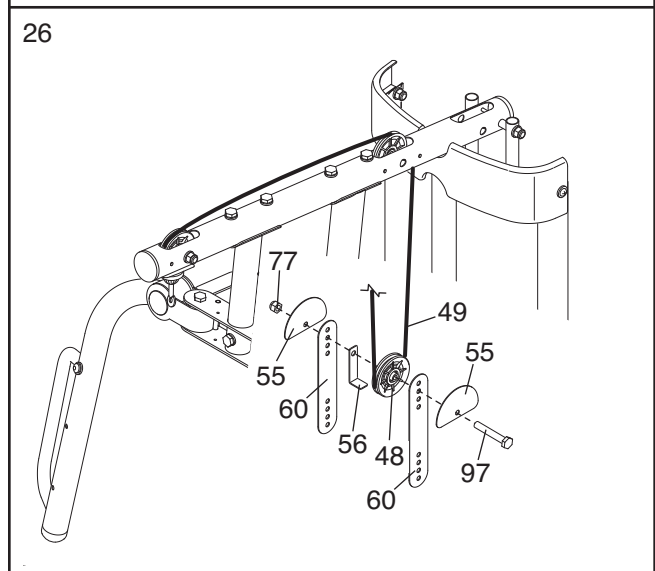
24. **Identify the Lat Cable (49).** Route the Cable through the Top Frame (4) and over a 90mm Pulley (48). Attach the Pulley inside the Top Frame with an M10 x 80mm Bolt (84), two M10 Washers (80), two 19mm Spacers (67), and an M10 Locknut (77).



25. Route the Lat Cable (49) over a Thin Pulley (24) and down through the Top Frame (4). Hold the Thin Pulley inside the Top Frame. Insert an M10 x 80mm Bolt (84) through an M10 Washer (80), a 19mm Spacer (67), the Top Frame, and the Thin Pulley.

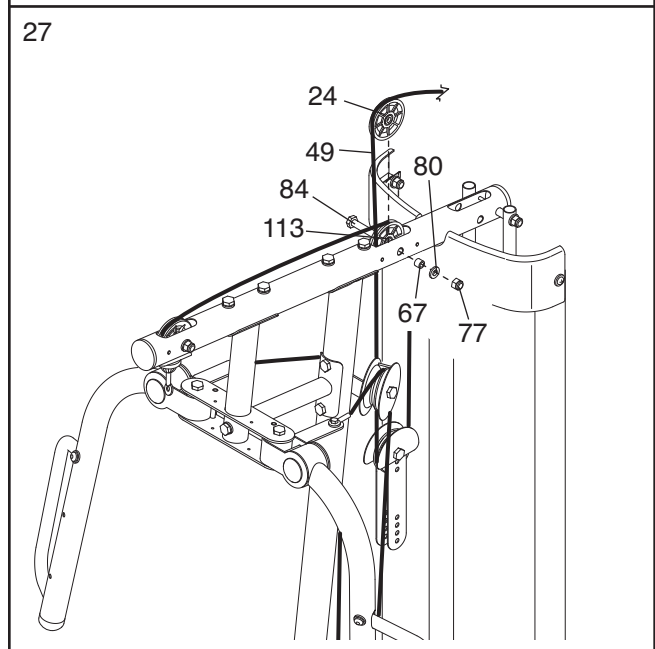


26. Wrap the Lat Cable (49) under a 90mm Pulley (48). Attach the Pulley, a Cable Trap (56), and two Half Guards (55) at the second hole from the top of the two Pulley Plates (60) with an M10 x 50mm Bolt (97) and an M10 Locknut (77). **Make sure that the Cable Trap and the Half Guards are oriented as shown.**

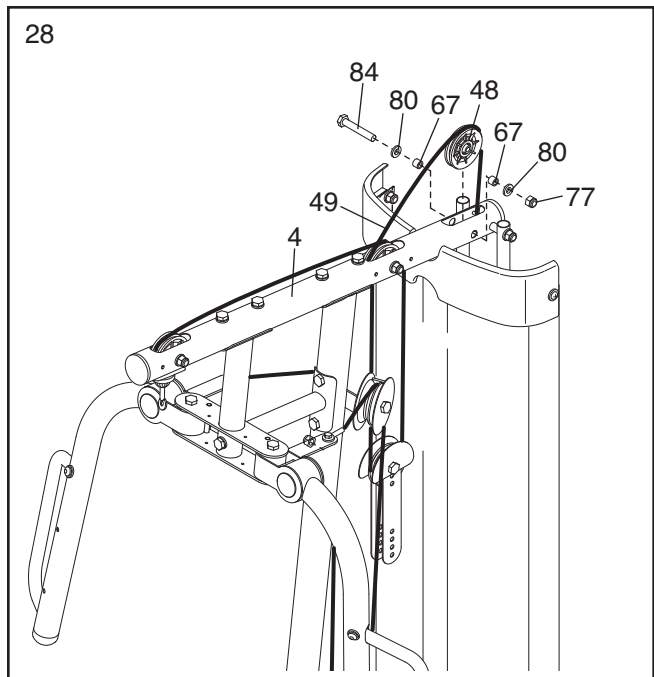


27. Route the Lat Cable (49) up through the Top Frame (4) and wrap the Cable over a Thin Pulley (24). Pull the M10 x 80mm Bolt (84) out of the Top Frame until it is flush with the first Thin Pulley from step 24. **Do not remove the Bolt completely from the Top Frame.**

Hold the second Thin Pulley (24) inside the Top Frame (4) and attach it with the M10 x 80mm Bolt (84), a 19mm Spacer (67), an M10 Washer (80), and an M10 Locknut (77).

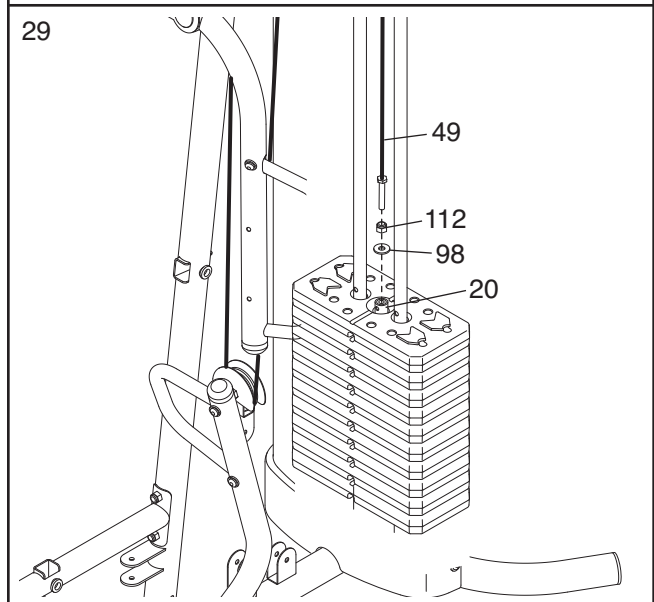


28. Wrap the Lat Cable (49) around a 90mm Pulley (48) and route the Cable down through the Top Frame (4). Attach the Pulley to the Top Frame with an M10 x 80mm Bolt (84), two M10 Washers (80), two 19mm Spacers (67), and an M10 Locknut (77).



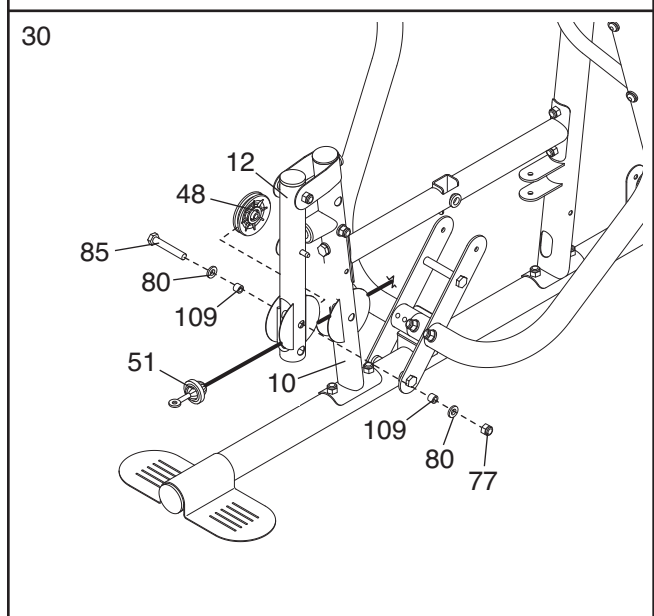
29. Set an M12 Large Washer (98) on top of the Weight Tube (20). Thread the M12 Nut (112) all the way onto the Lat Cable (49).

Thread the Lat Cable (49) into the Weight Tube (20) **two turns**. Tighten the M12 Nut (112) against the M12 Large Washer (98).

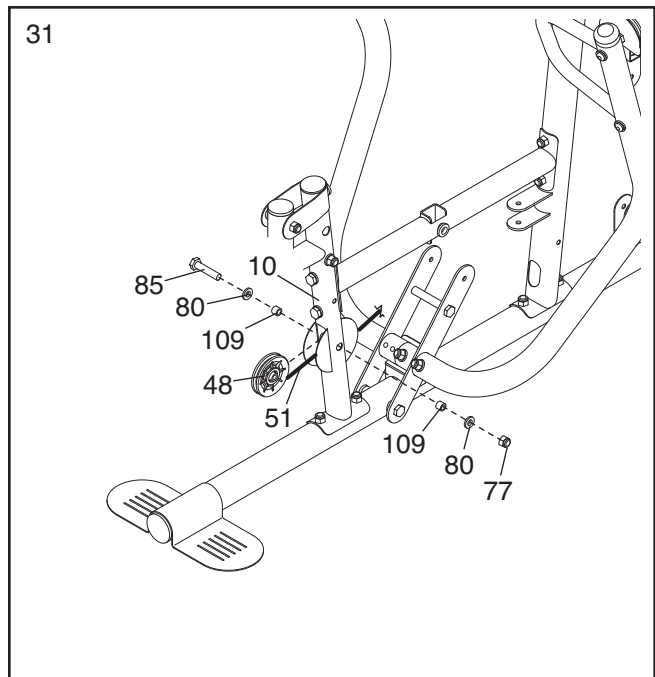


30. **Identify the Leg Lever Cable (51).** Route the Cable through the Leg Lever (12) and the Front Leg (10).

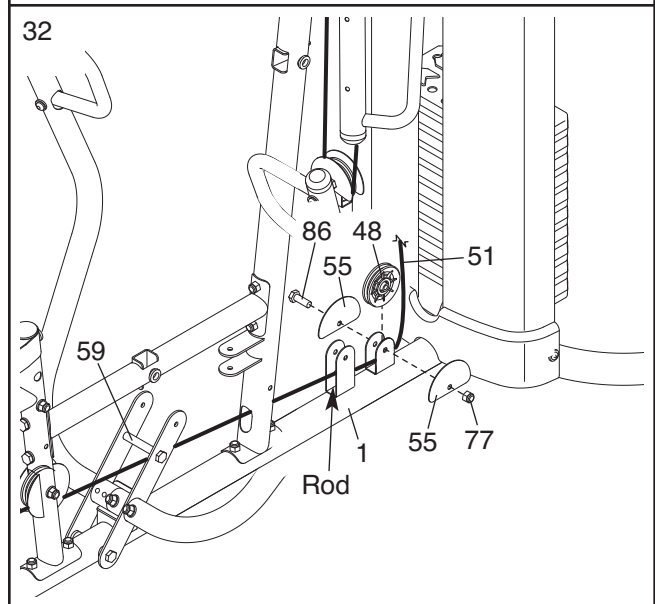
Insert a 90mm Pulley (48) into the Leg Lever (12) from behind it as shown. Attach the 90mm Pulley with an M10 x 65mm Bolt (85), two M10 Washers (80), two 13mm Steel Spacers (109), and an M10 Locknut (77).



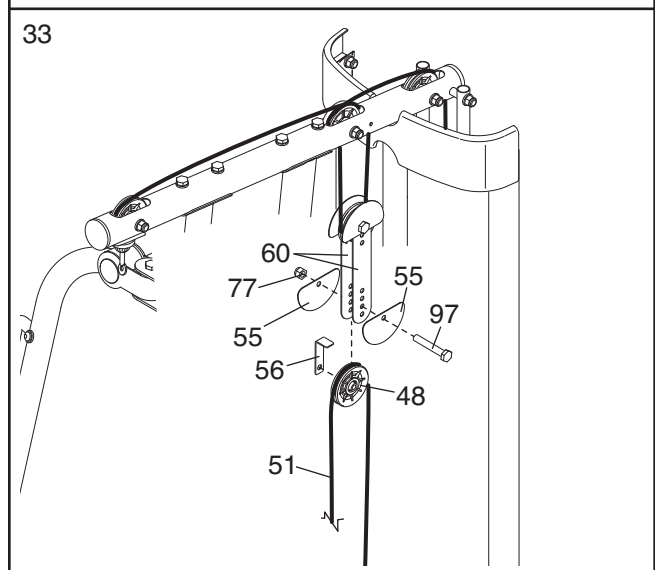
31. Attach a 90mm Pulley (48) to the Front Leg (10) with an M10 x 65mm Bolt (85), two M10 Washers (80), two 13mm Steel Spacers (109), and an M10 Locknut (77). **Make sure that the Leg Lever Cable (51) is under the Pulley.**



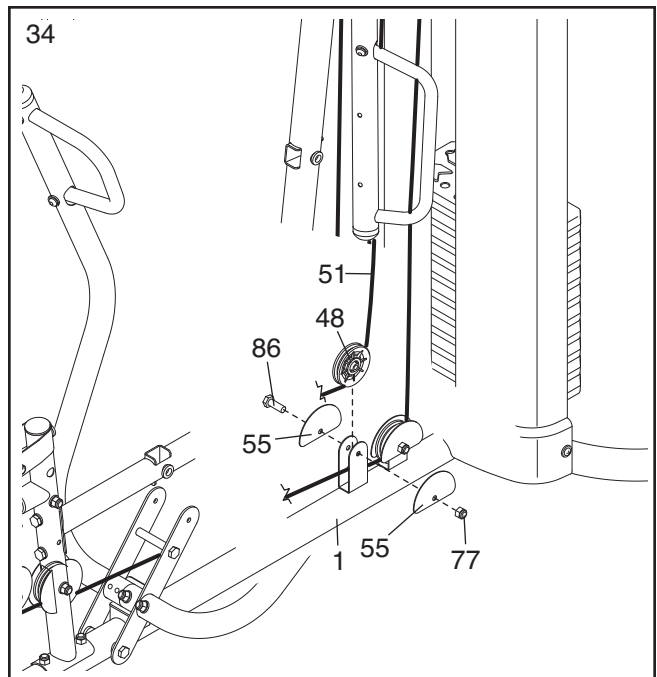
32. Route the Leg Lever Cable (51) under the 89.5mm Spacer (59), through the Upright (2), and under the indicated rod in the Base (1). Wrap the Leg Lever Cable around a 90mm Pulley (48). Attach the Pulley to the Base with an M10 x 45mm Bolt (86), two Half Guards (55), and an M10 Locknut (77).



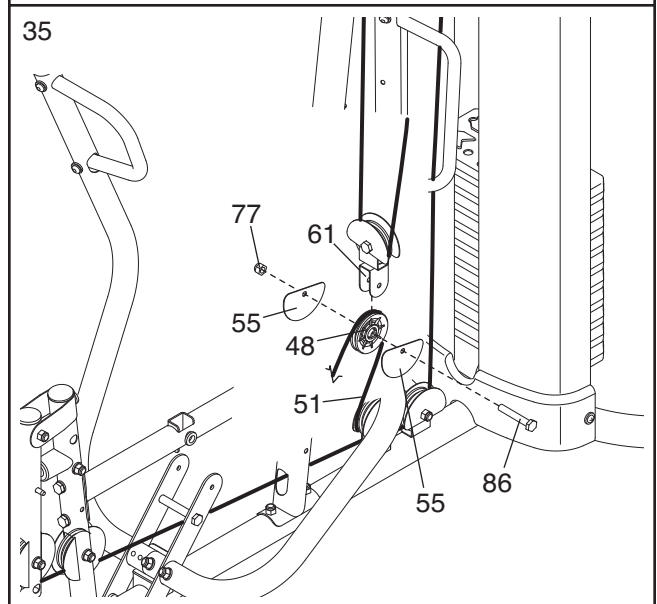
33. Wrap the Leg Lever Cable (51) over a 90mm Pulley (48). Attach the Pulley, a Cable Trap (56), and two Half Guards (55) to the second hole from the bottom of the Pulley Plates (60) with an M10 x 50mm Bolt (97) and an M10 Locknut (77). **Make sure that the Cable Trap and the Half Guards are oriented as shown.**



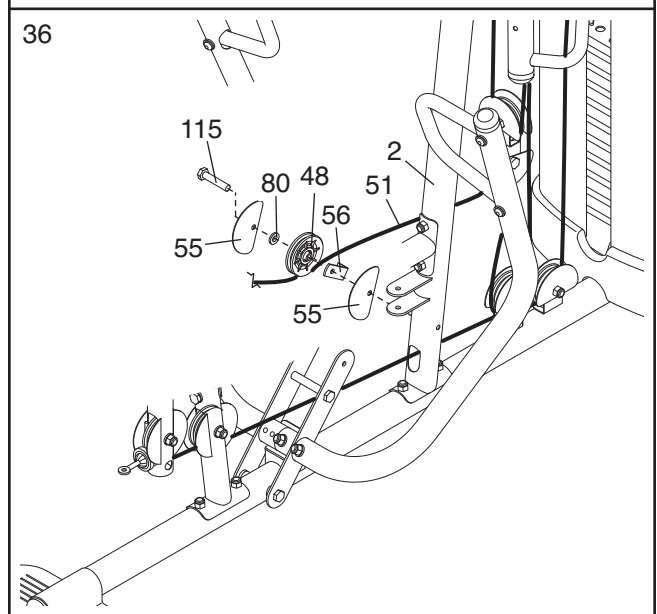
34. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley to the Base (1) with an M10 x 45mm Bolt (86), two Half Guards (55), and an M10 Locknut (77).



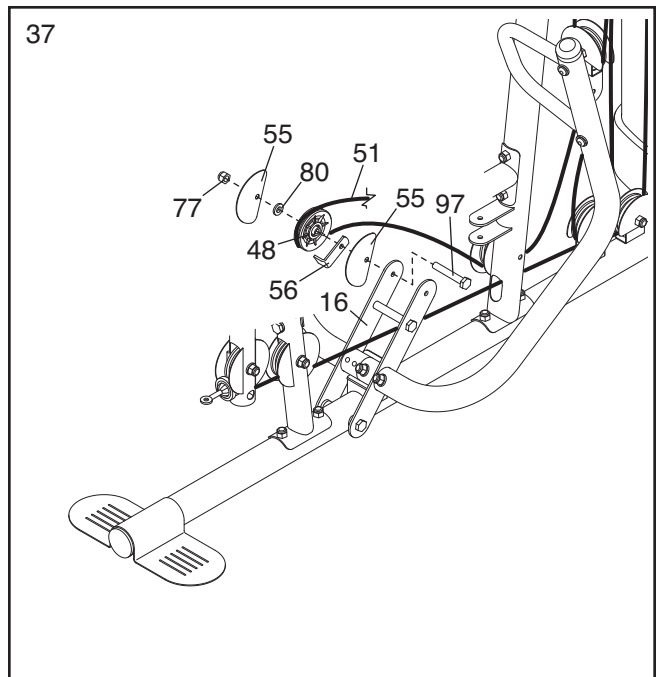
35. Wrap the Leg Lever Cable (51) over a 90mm Pulley (48). Attach the Pulley to the Double "U"-bracket (61) with an M10 x 45mm Bolt (86), two Half Guards (55), and an M10 Locknut (77).



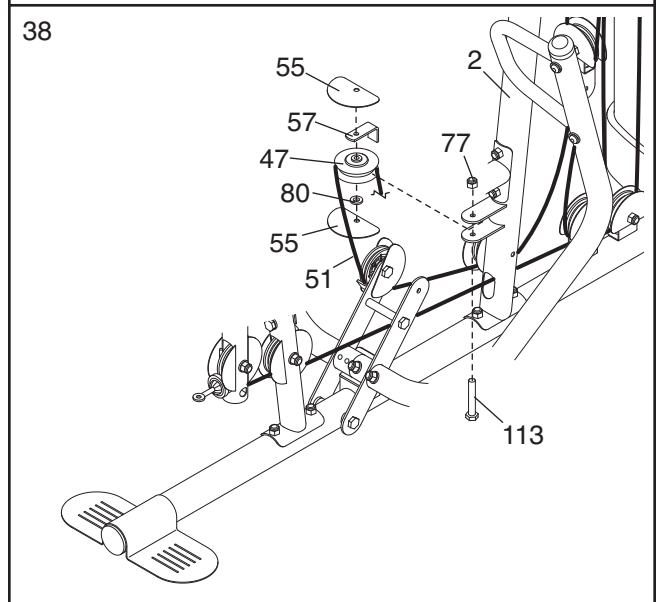
36. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley to the Upright (2) with an M10 x 120mm Bolt (115), two Half Guards (55), an M10 Washer (80), and a Cable Trap (56).



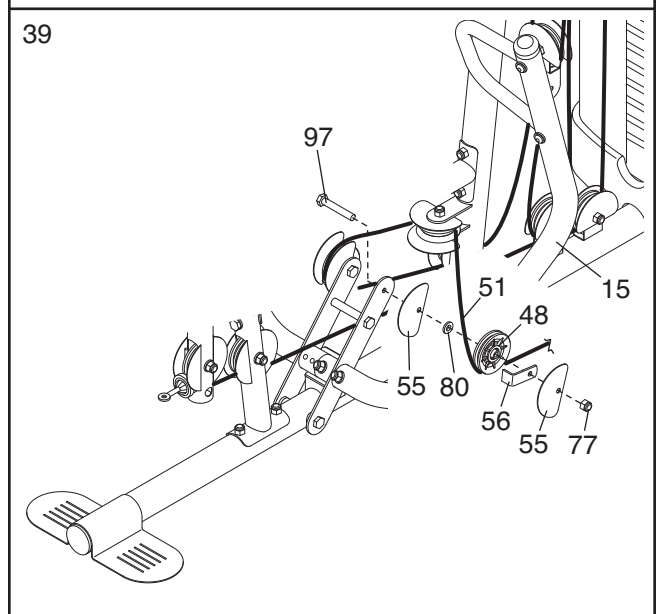
37. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley to the Right Press Arm (16) with an M10 x 50mm Bolt (97), two Half Guards (55), a Cable Trap (56), an M10 Washer (80), and an M10 Locknut (77). **Make sure that the Cable Trap and Half Guards are oriented as shown.**



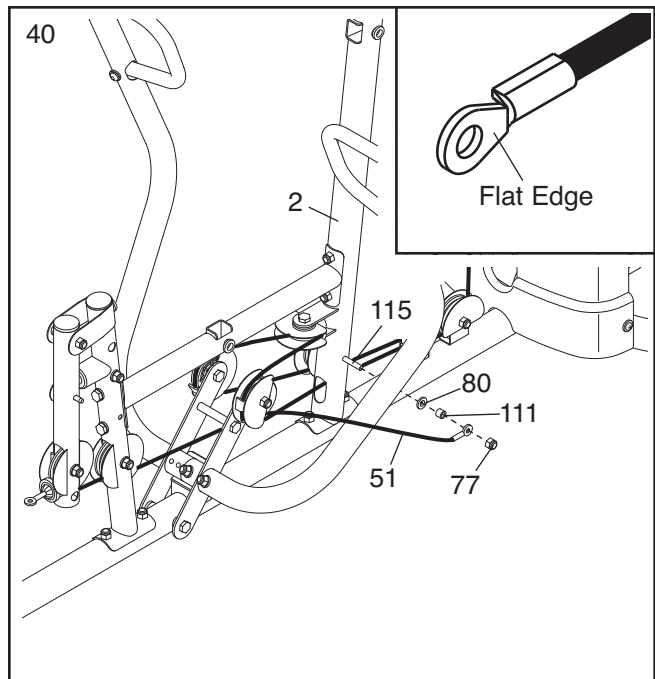
38. Wrap the Leg Lever Cable (51) around a V-pulley (47). Attach the Pulley to the Upright (2) with an M10 x 70mm Bolt (113), two Half Guards (55), an M10 Washer (80), a Long Cable Trap (57), and an M10 Locknut (77). **Make sure that the Cable Trap and Half Guards are oriented as shown.**



39. Wrap the Leg Lever Cable (51) around a 90mm Pulley (48). Attach the Pulley to the Left Press Arm (15) with an M10 x 50mm Bolt (97), two Half Guards (55), an M10 Washer (80), and a Cable Trap (56). **Make sure that the Cable Trap and Half Guards are oriented as shown.**



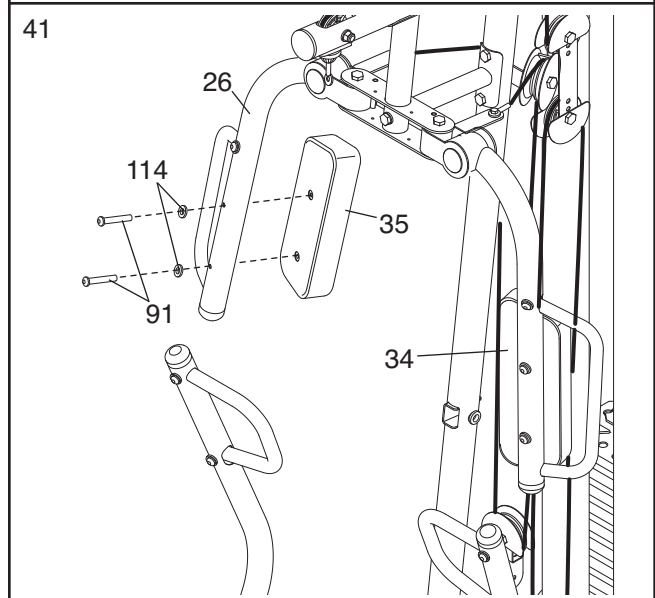
40. Attach the Leg Lever Cable (51) to the Upright (2) with the M10 x 120mm Bolt (115), an M10 Washer (80), a 7mm Spacer (111), and an M10 Locknut (77). **Make sure that the flat edge of the Cable is against the Spacer.**



Seat Assembly

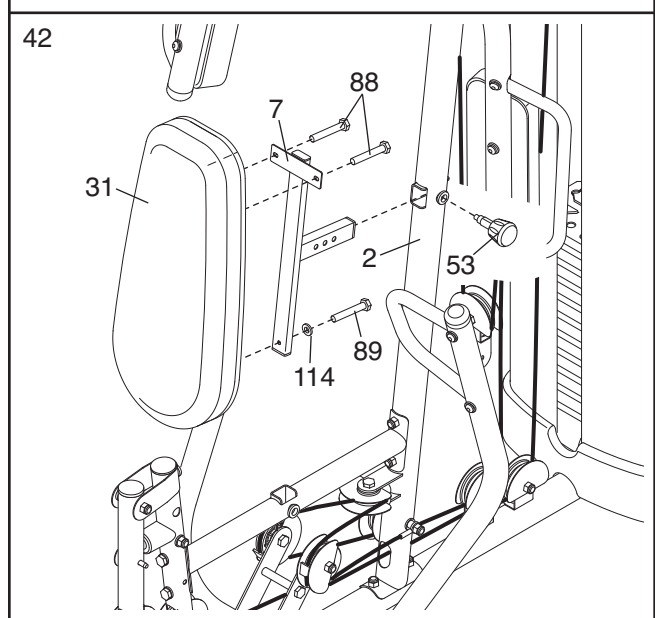
41. Attach the Right Butterfly Pad (35) to the Right Butterfly Arm (26) with two M6 x 60mm Button Screws (91) and two M6 Washers (114).

Repeat this step for the Left Butterfly Pad (34).



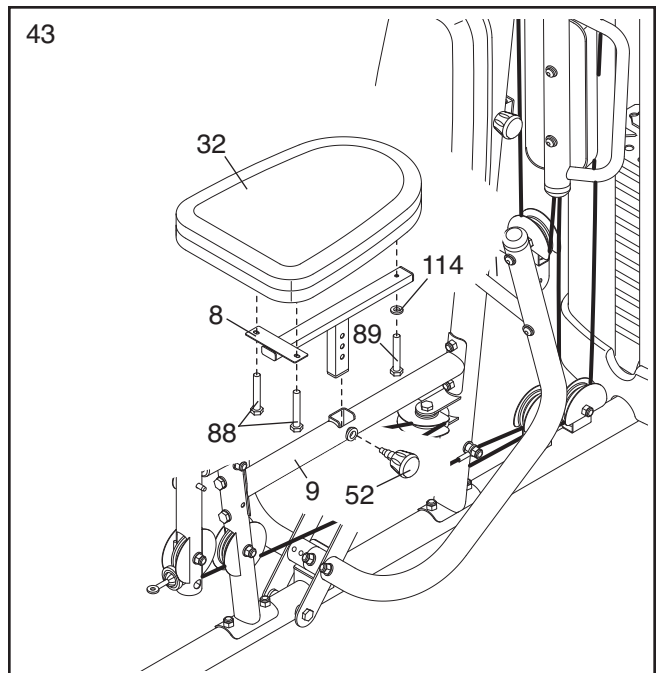
42. Attach the Backrest (31) to the Backrest Frame (7) with two M6 x 16mm Screws (88), an M6 x 32mm Screw (89), and an M6 Washer (114).

Insert the Backrest Frame (7) into the Upright (2) and tighten the Backrest Adjustment Knob (53) into the Upright. **Make sure that the Adjustment Knob passes through one of the holes in the Backrest Frame.**



43. Attach the Seat (32) to the Seat Frame (8) with two M6 x 16mm Screws (88), an M6 x 32mm Screw (89), and an M6 Washer (114).

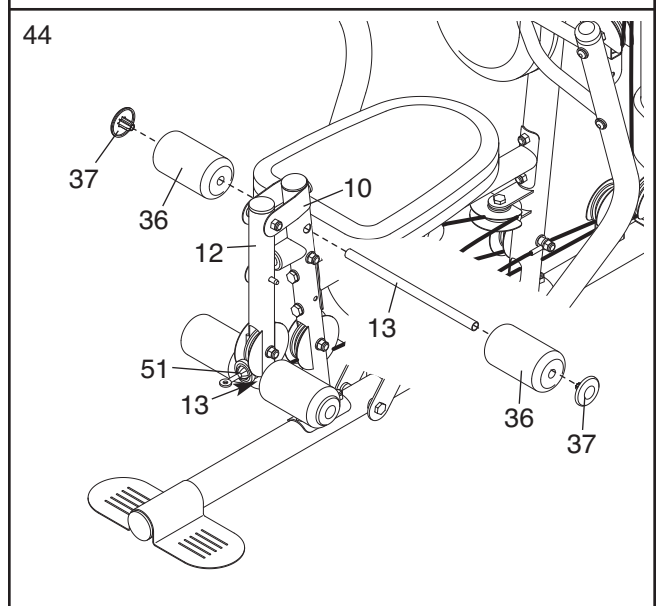
Insert the Seat Frame (8) into the Frame (9). Tighten the Seat Adjustment Knob (52) into the Frame and the Seat Frame. **Make sure that the Adjustment Knob passes through one of the holes in the Seat Frame.**



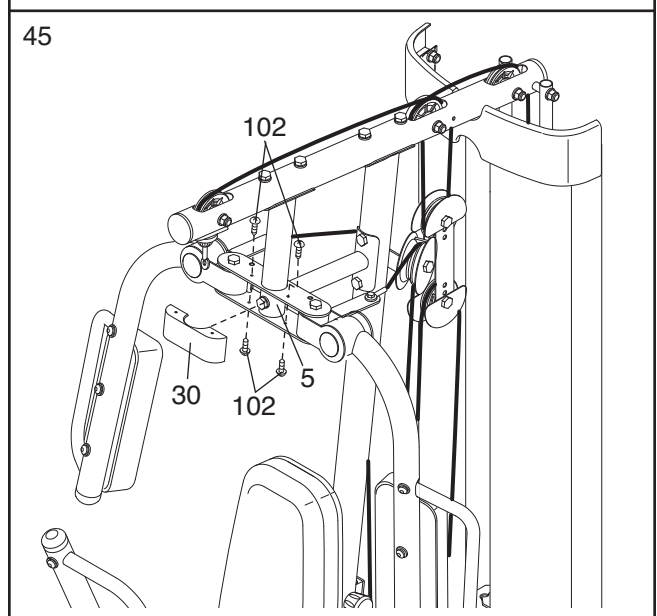
44. Insert a Pad Tube (13) into the indicated hole in the Front Leg (10). Slide a Foam Pad (36) onto each end of the Pad Tube. Press a Pad Cap (37) into each Foam Pad (36).

Press a Pad Cap (37) into each Foam Pad (36).

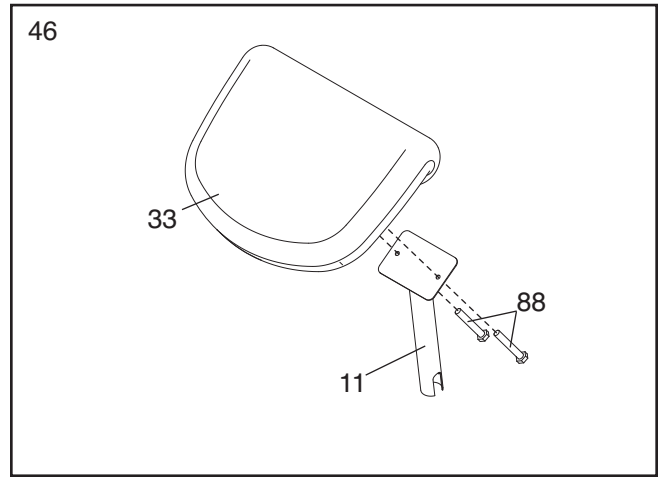
Repeat this step for the other Pad Tube (13) and the Leg Lever (12). Note: Lift the Leg Lever Cable (51) when inserting a Pad Tube through the hole in the bottom of the Leg Lever.



45. Attach the Butterfly Cover (30) to the Butterfly Bracket (5) with four M4 x 12mm Self-tapping Screws (102).



46. Attach the Curl Pad (33) to the Curl Post (11) with two M6 x 16mm Screws (88).



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

Before using the weight system, pull each cable a few times to make 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 28 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 29.**

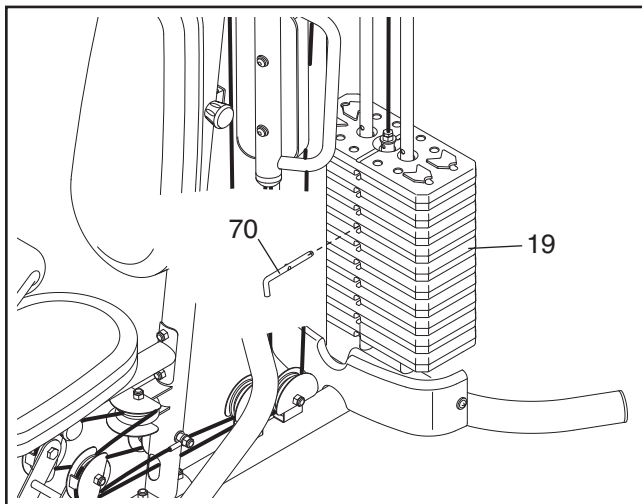
ADJUSTMENT

This section explains how to adjust the weight system. Refer to the accompanying exercise guide to see the correct form for several exercises.

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

CHANGING THE WEIGHT SETTING

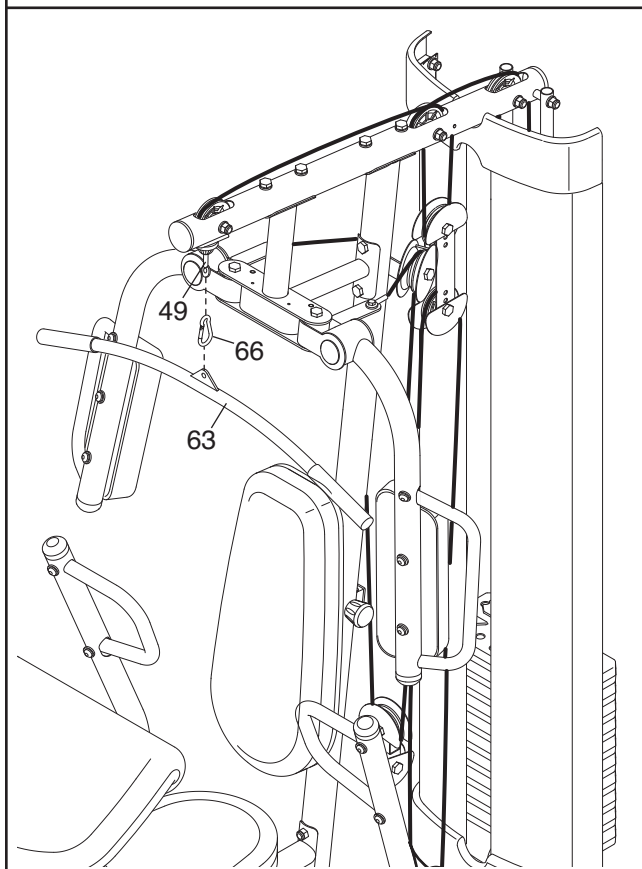
To change the weight setting of the weight stack, insert the Weight Pin (70) under the desired Weight (19). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end upward. **Note: The weight system works best when at least two Weights are used.**



ATTACHING THE ACCESSORIES

To attach the Lat Bar (63) to the Lat Cable (49), attach a Weight Clip (66) to the Lat Cable and the Lat Bar. **Note: For some exercises, you will need to attach the Chain (not shown) to the Weight Clip and use another Weight Clip to attach the Chain to the Lat Bar.**

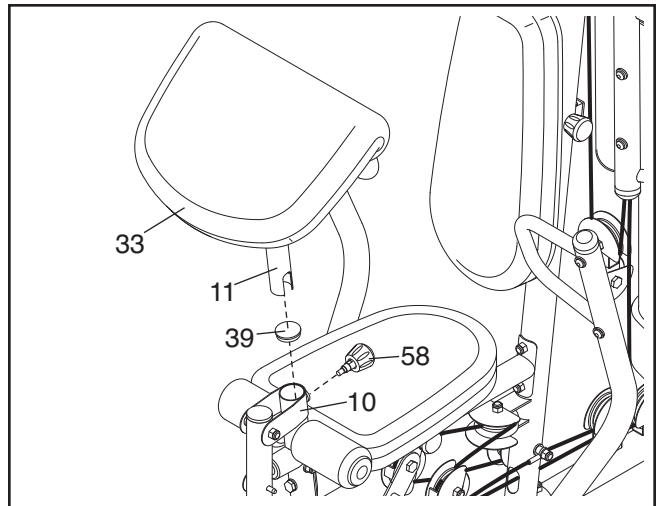
Attach the other accessories to the weight system in the same manner.



USING THE CURL PAD

To use the Curl Pad (33), remove the indicated 50mm Round Inner Cap (39) and insert the Curl Post (11) into the Front Leg (10). Tighten the Curl Adjustment Knob (58) into the Front Leg. Make sure that the Adjustment Knob passes through a hole in the Curl Post.

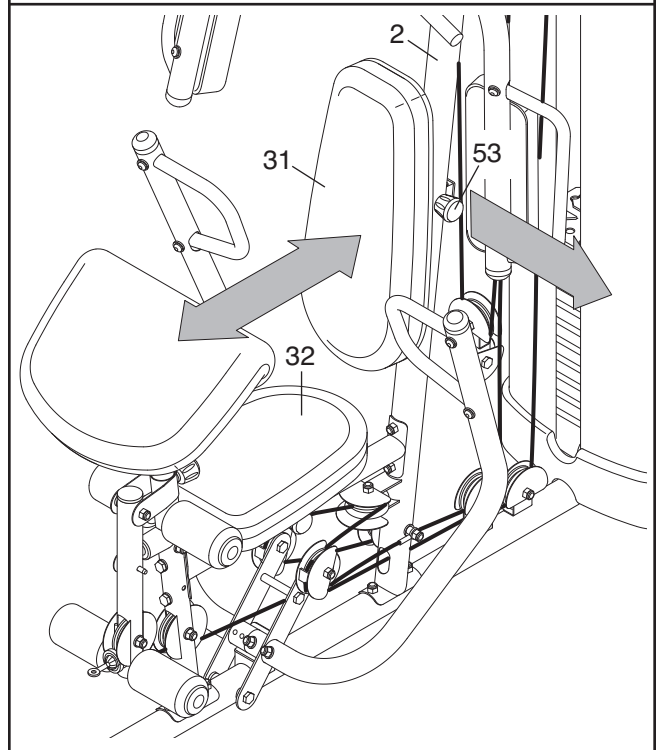
When you are performing exercises that do not require the Curl Pad, remove the Curl Pad (33) and reinsert the 50mm Round Inner Cap (39) into the Front Leg (10). **Note: You must remove the Curl Pad to use the press arms.**



ADJUSTING THE BACKREST

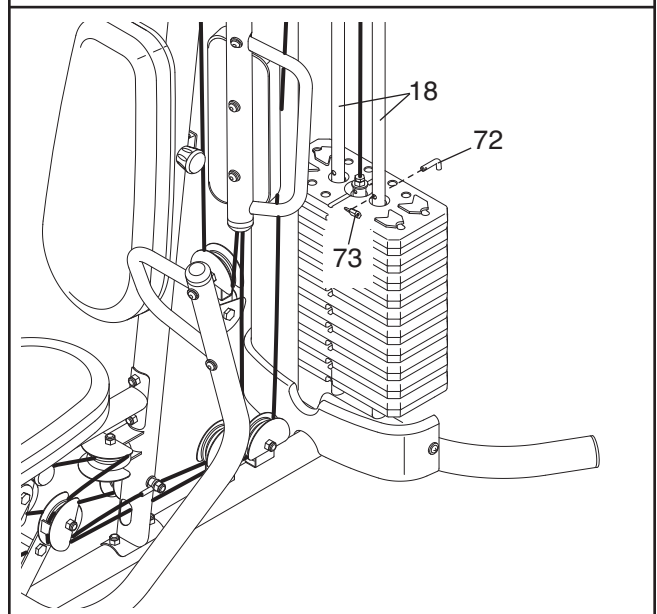
To adjust the Backrest, loosen and pull the Backrest Adjustment Knob (53). Move the Backrest in or out of the Upright (2), and engage the Adjustment Knob into the Backrest Frame (not shown). Then, tighten the Adjustment Knob.

The Seat (32) can be adjusted in the same manner.



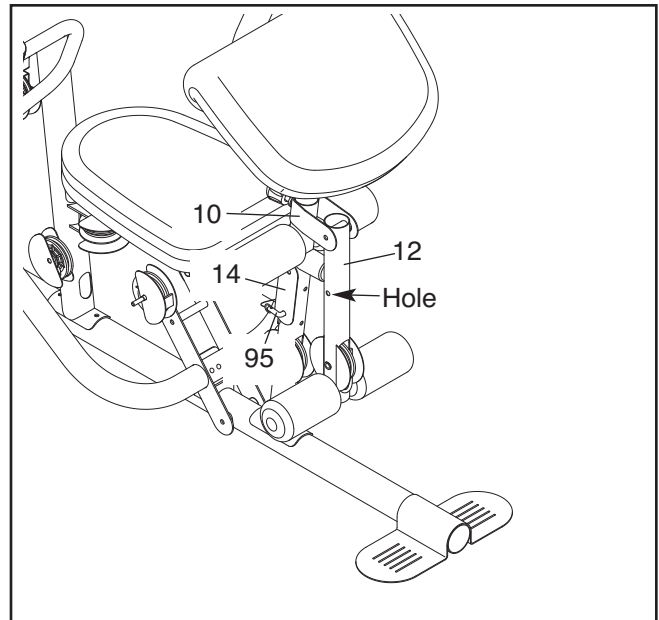
LOCKING THE WEIGHT STACK

To lock the weight stack, insert the Locking Pin (72) through one of the holes in the Guide Rods (18) and secure the Pin with the Lock (73).



LOCKING THE LEG LEVER

To lock or unlock the Leg Lever, remove the Lock Plate Pin (95) from the Lock Plate (14). Move the Lock Plate to either the position shown on the Front Leg (10), or the indicated hole in the Leg Lever (12). Insert the Lock Pin back through the Lock Plate.



WEIGHT RESISTANCE CHART

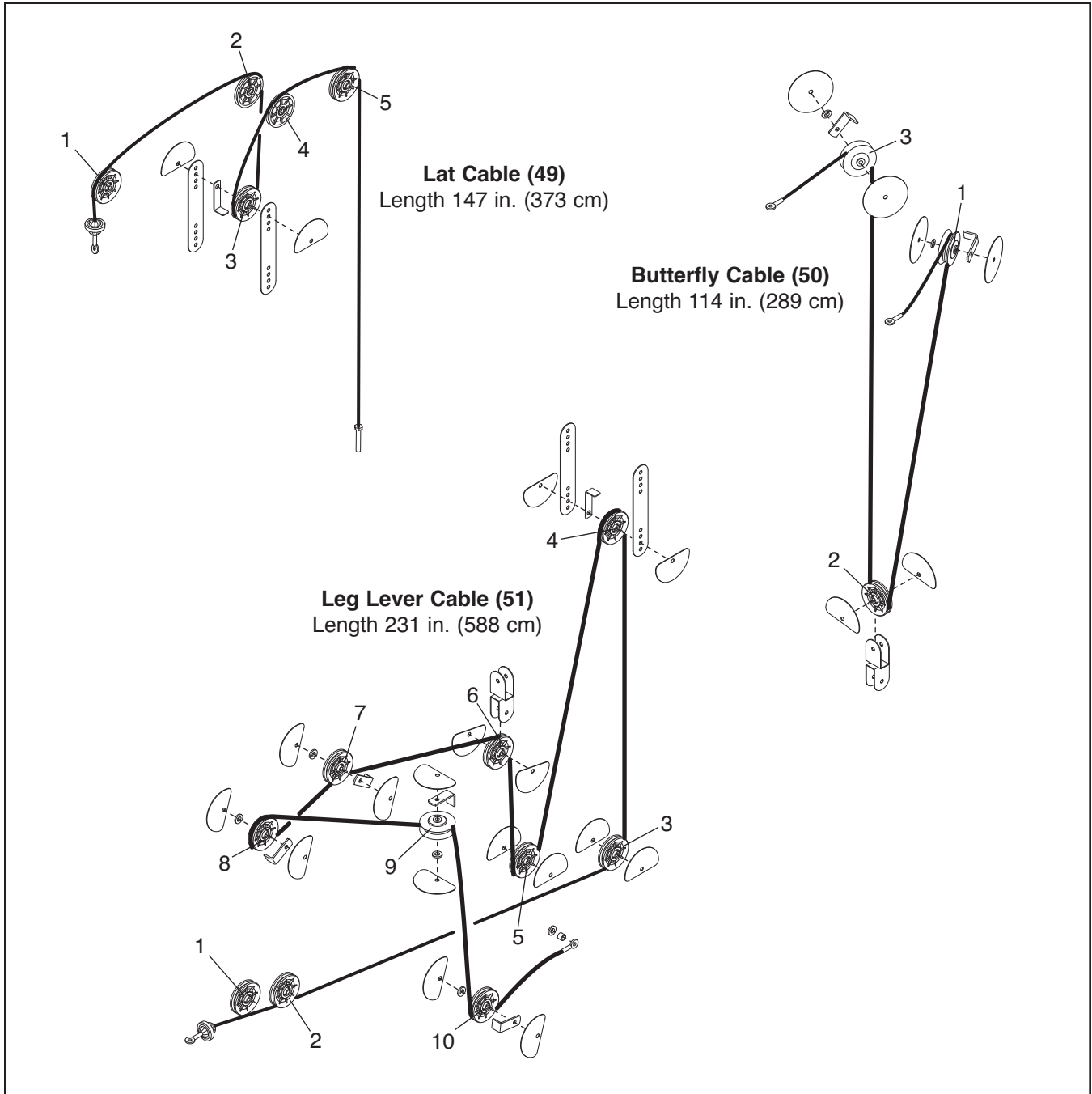
The chart below shows the approximate weight resistance at each exercise station. Weight resistance shown for the butterfly arm station is for each arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)
1	26	17	46	27	25
2	38	24	63	42	39
3	51	32	76	54	52
4	62	41	90	69	67
5	76	48	104	87	80
6	94	55	121	103	92
7	124	64	138	116	111
8	133	71	153	127	121
9	165	79	172	135	140
10	178	90	195	167	168

Note: 1 lb. equals 0.454 kg

CABLE DIAGRAM

The cable diagram shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables and the cable traps are assembled correctly. If the cables and the cable traps are not assembled correctly, the weight system will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



MAINTENANCE

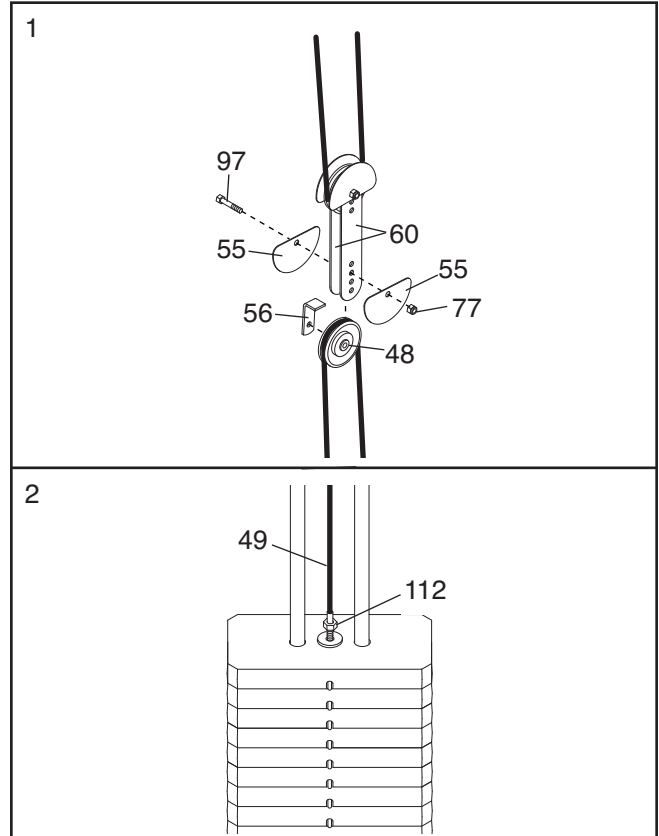
Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

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

See drawing 1. Remove the M10 Locknut (77) and the M10 x 50mm Bolt (97) from the Cable Trap (56), the 90mm Pulley (48), the two Half Guards (55), and the two Pulley Plates (60). Reattach the Pulley, Cable Trap, and Half Guards to the next closer hole to the center of the Pulley Plates. **Make sure that the Cable Trap is oriented to hold the cable in the groove of the Pulley, that the Half Guards are oriented as shown, and that the Cable and Pulley move smoothly.**

See drawing 2. Loosen the M12 Nut (112) on the Lat Cable (49). Tighten the Cable into the Weight Tube (not shown) until the slack is removed from the Cable. Retighten the M12 Nut against the M12 Washer (98).



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 the part ordering information on the back cover of this manual.

EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each strength workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

NOTES

PART LIST—Model No. 831.14622.1

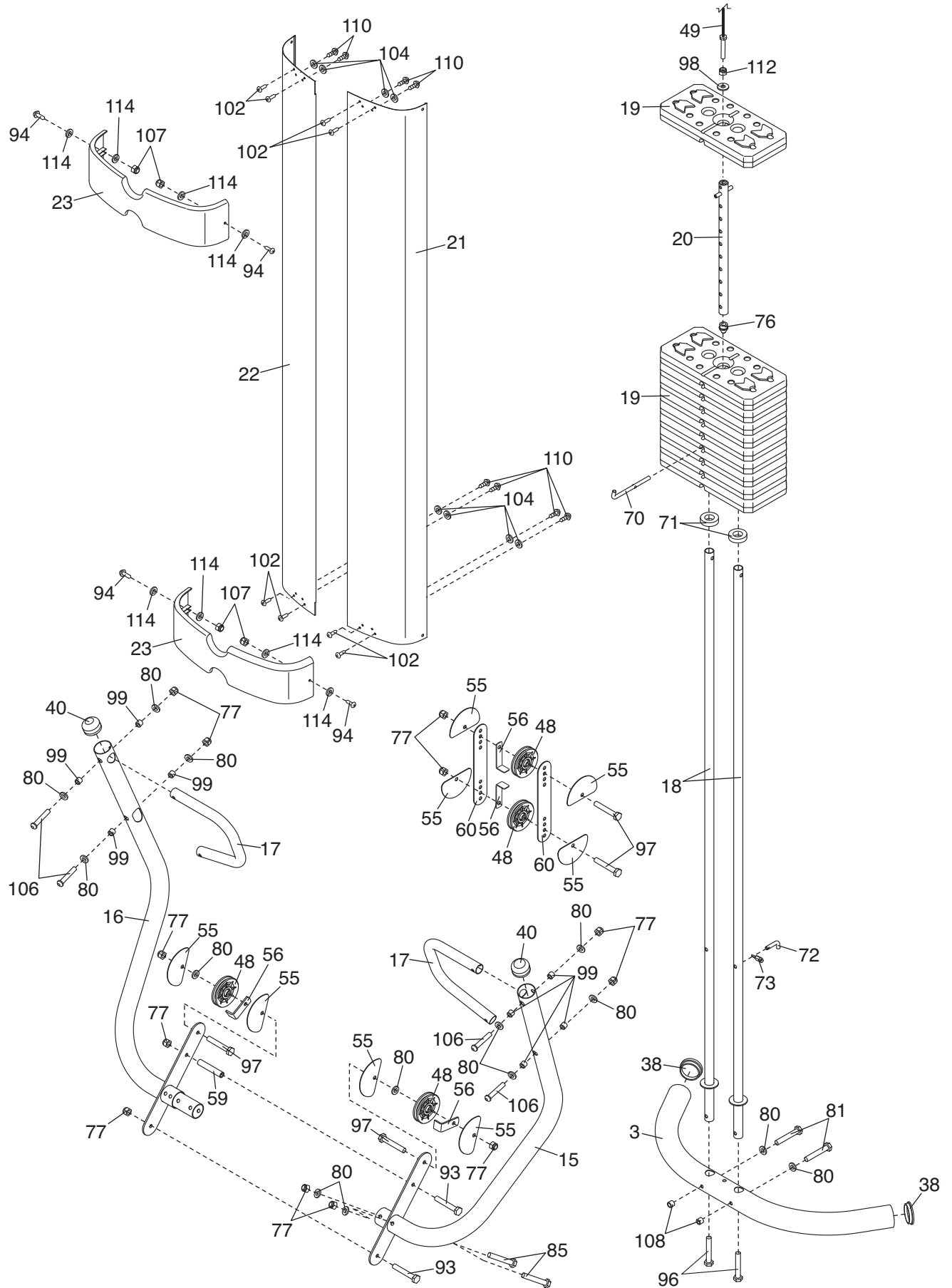
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Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	43	2	Butterfly Arm Cap	87	1	M8 x 69mm Shoulder Bolt
2	1	Upright	44	2	Bolt Cap	88	6	M6 x 16mm Screw
3	1	Stabilizer	45	4	Butterfly Arm Bushing	89	2	M6 x 32mm Screw
4	1	Top Frame	46	4	Butterfly Bracket Bushing	90	2	M8 x 22mm Shoulder Bolt
5	1	Butterfly Frame	47	3	V-pulley	91	4	M6 x 60mm Button Screw
6	1	Butterfly Frame Brace	48	13	90mm Pulley	92	2	M10 x 82mm Button Screw
7	1	Backrest Frame	49	1	Lat Cable	93	2	M10 x 110mm Bolt
8	1	Seat Frame	50	1	Butterfly Cable	94	4	M6 x 28mm Bolt
9	1	Frame	51	1	Leg Lever Cable	95	1	Lock Plate Pin
10	1	Front Leg	52	1	Seat Adjustment Knob	96	4	M10 x 20mm Button Screw
11	1	Curl Post	53	1	Backrest Adjustment Knob	97	4	M10 x 50mm Bolt
12	1	Leg Lever	54	4	Guard	98	1	M12 Large Washer
13	2	Pad Tube	55	20	Half Guard	99	8	11mm Spacer
14	1	Lock Plate	56	5	Cable Trap	100	8	M8 x 80mm Bolt
15	1	Left Press Arm	57	3	Long Cable Trap	101	2	M8 x 65mm Bolt
16	1	Right Press Arm	58	1	Curl Adjustment Knob	102	13	M4 x 12mm Self-tapping Screw
17	2	Press Arm Handle	59	2	89.5mm Spacer	103	11	M8 Washer
18	2	Weight Guide	60	2	Pulley Plate	104	9	M4 Washer
19	10	Weight	61	1	Double "U"-Bracket	105	2	M10 Large Washer
20	1	Weight Tube	62	1	Ankle Strap	106	6	M10 x 65mm Button Bolt
21	1	Left Shroud	63	1	Lat Bar	107	4	M6 Locknut
22	1	Right Shroud	64	2	Hand Grip	108	2	21mm Steel Spacer
23	2	Shroud Cover	65	1	Handle	109	8	13mm Steel Spacer
24	2	Thin Pulley	66	2	Weight Clip	110	9	M4 x 16mm Self-tapping Screw
25	1	Left Butterfly Arm	67	6	19mm Spacer	111	1	7mm Spacer
26	1	Right Butterfly Arm	68	4	25mm Bushing	112	1	M12 Nut
27	2	Butterfly Handle	69	1	56.5mm Spacer	113	1	M10 x 70mm Bolt
28	1	Left Butterfly Bracket	70	1	Weight Pin	114	14	M6 Washer
29	1	Right Butterfly Bracket	71	2	Weight Bumper	115	1	M10 x 120mm Bolt
30	1	Butterfly Cover	72	1	Lock Pin	116	1	M10 x 61mm Bolt Set
31	1	Backrest	73	1	Lock	117	1	Chain
32	1	Seat	74	8	16mm Bushing	118	1	M10 x 75mm Button Screw
33	1	Curl Pad	75	1	Leg Lever Bumper	119	2	38mm Round Inner Cap
34	1	Left Butterfly Pad	76	1	Weight Tube Cap	*	—	User's Manual
35	1	Right Butterfly Pad	77	33	M10 Locknut	*	—	Exercise Guide
36	4	Foam Pad	78	18	M8 Locknut	*	—	Assembly Tool
37	4	Pad Cap	79	2	M10 x 60mm Bolt	*	—	Grease Packet
38	5	63.5mm Round Inner Cap	80	35	M10 Washer			
39	3	50mm Round Inner Cap	81	2	M10 x 85mm Bolt			
40	2	Press Arm Cap	82	2	M10 x 75mm Bolt			
41	4	40mm x 20mm Inner Cap	83	5	M8 x 75mm Carriage Bolt			
42	2	40mm x 25mm Inner Cap	84	5	M10 x 80mm Bolt			
			85	4	M10 x 65mm Bolt			
			86	4	M10 x 45mm Bolt			

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.

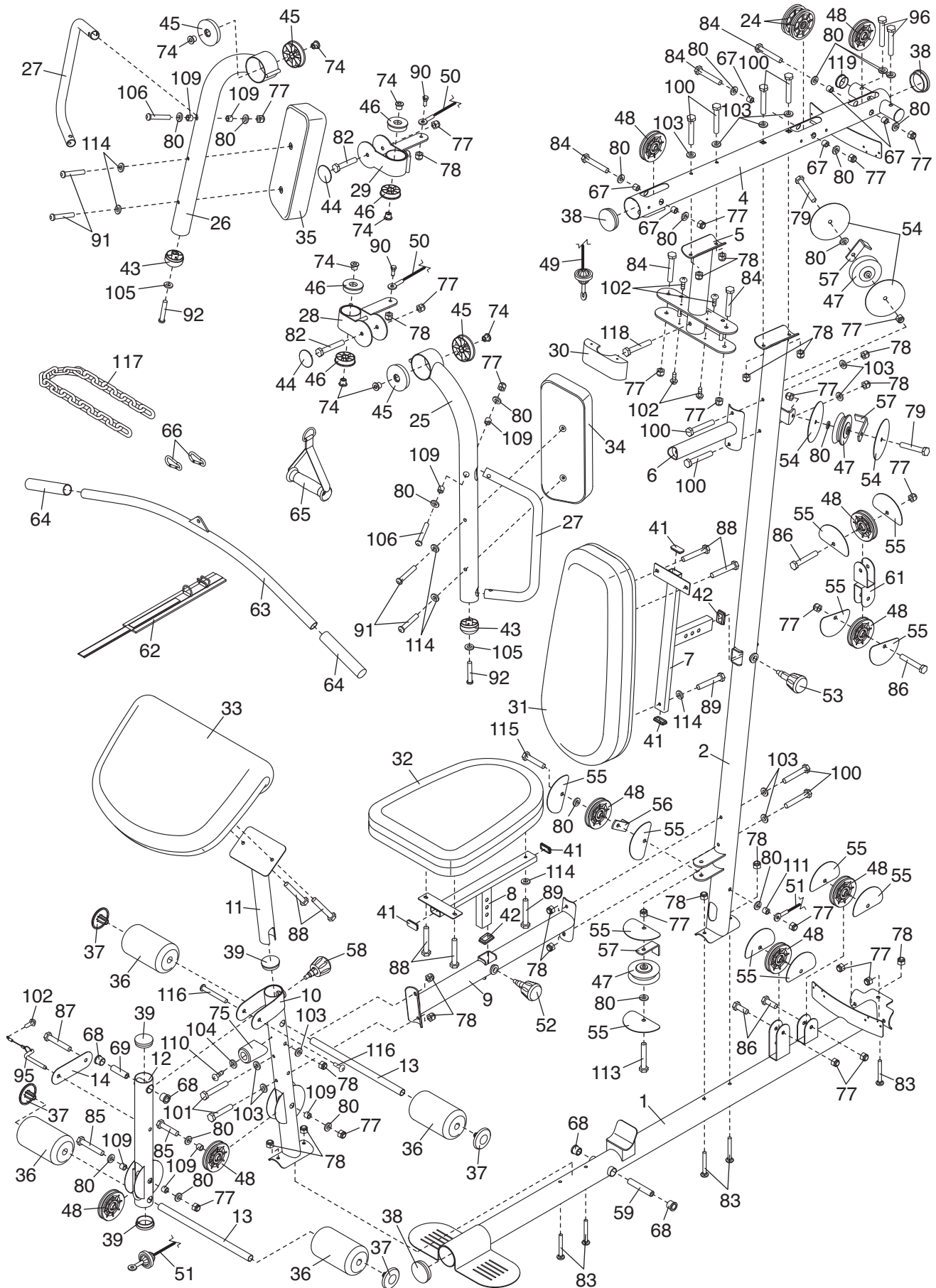
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