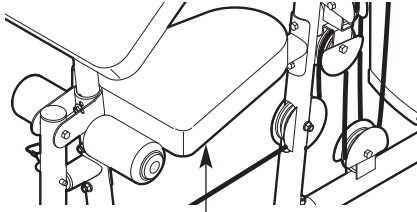


WEIDER[®] PRO 4500

Model No. WEEVSY3426.1

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

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

UK

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

WF10 5QJ

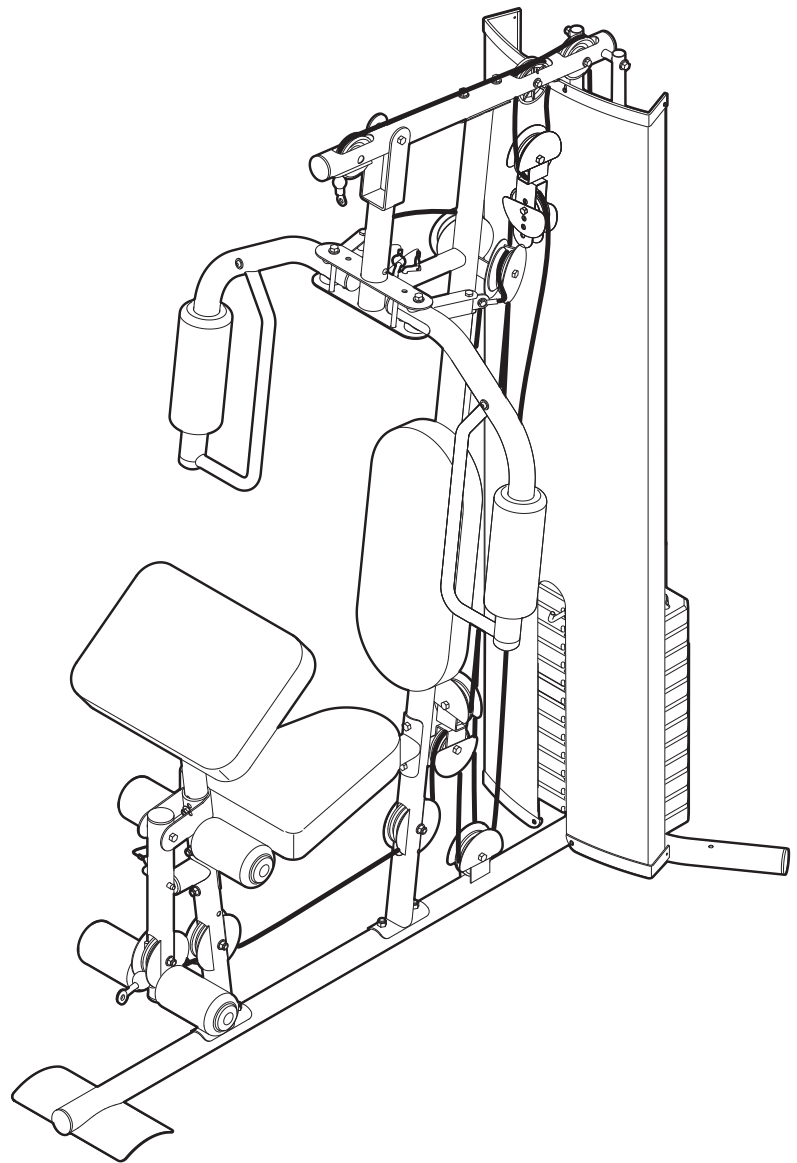
UK

AUSTRALIA

Call: 1-800-237-173

E-mail:

australiacc@iconfitness.com



! CAUTION

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

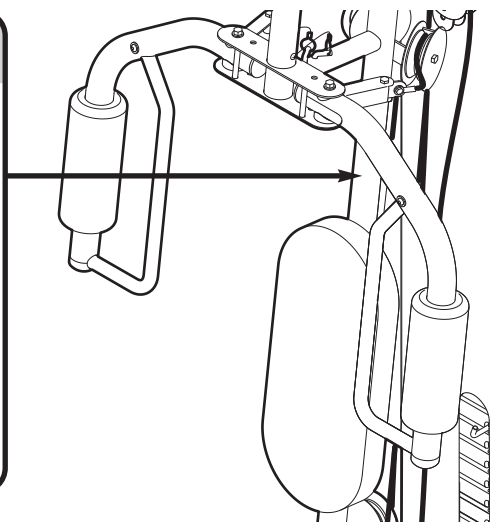
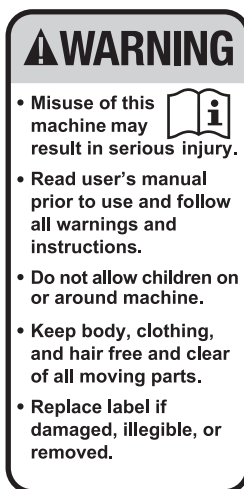
www.iconeurope.com

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WARNING DECAL PLACEMENT

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

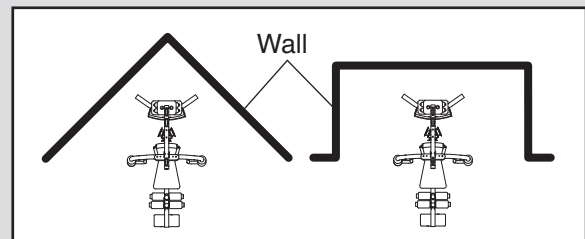


IMPORTANT PRECAUTIONS

! 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Read all instructions in this manual and all warnings on the weight system before using the weight system. 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. Do not put the weight system in a garage or covered patio, or near water.
6. 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.
7. This weight system has an open weight stack; the weight stack must not be accessible from any point outside the user's field of

view. To prevent access to the weight stack, place the weight system in a corner or bay of a room, as shown in the drawing below. There must be no more than 3 ft. 4 in. (1 m) of clearance between the weight system and the adjacent walls.



8. Keep children under age 12 and pets away from the weight system at all times.
9. Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts.
12. The weight system is designed to support a maximum user weight of 300 lbs. (136 kg).

13. Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see LOCKING THE WEIGHT STACK on page 24).
14. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
15. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
16. Never release the arms, leg lever, lat bar, or ankle strap while weights are raised. The weights will fall with great force.
17. Always disconnect the lat bar from the weight system when performing an exercise that does not require the lat bar.
18. 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.

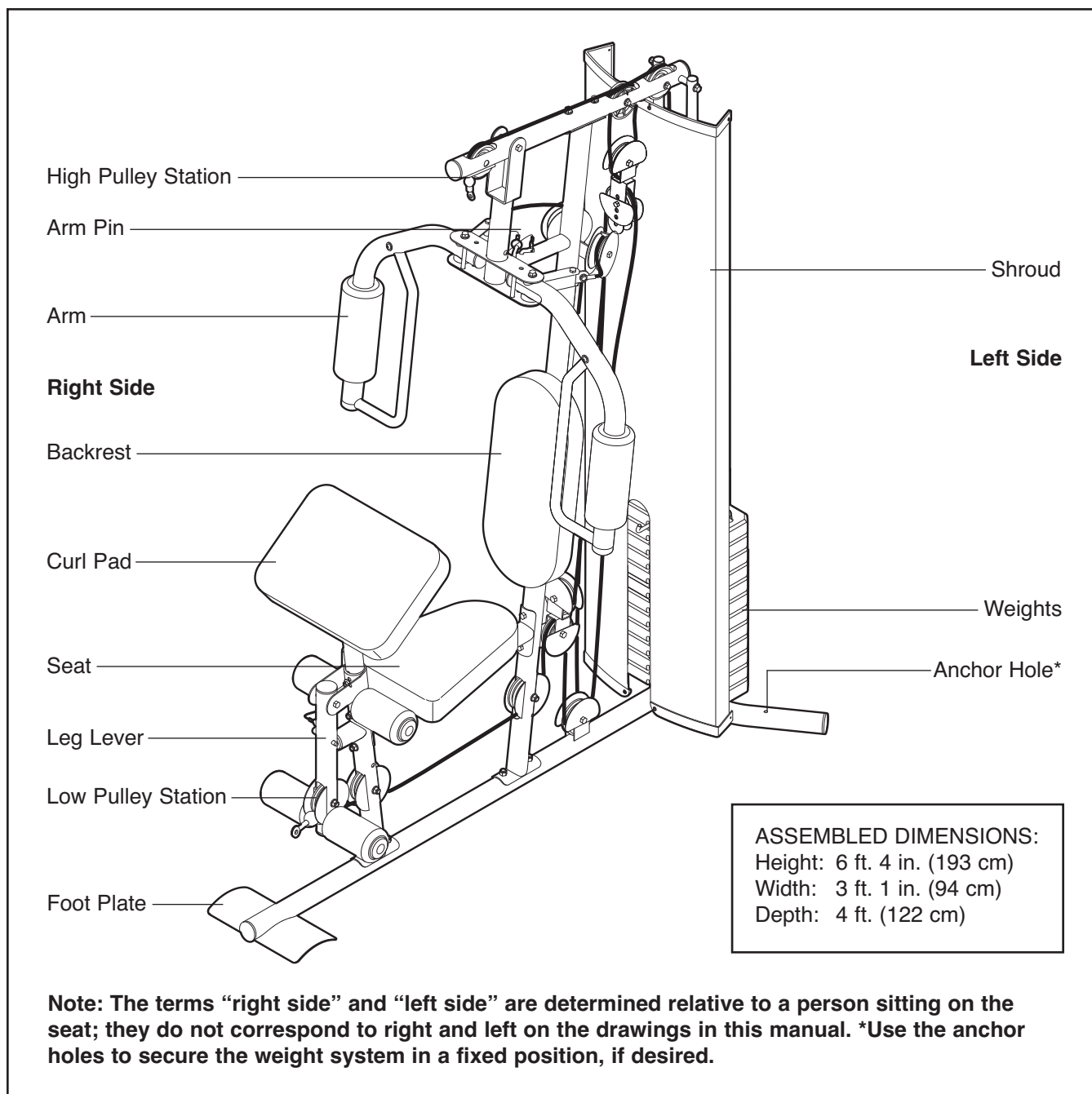
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 4500 weight system. The 4500 weight system offers a selection of weight stations designed to develop every major muscle group of the body.

For your benefit, read this manual carefully before using your weight system. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product

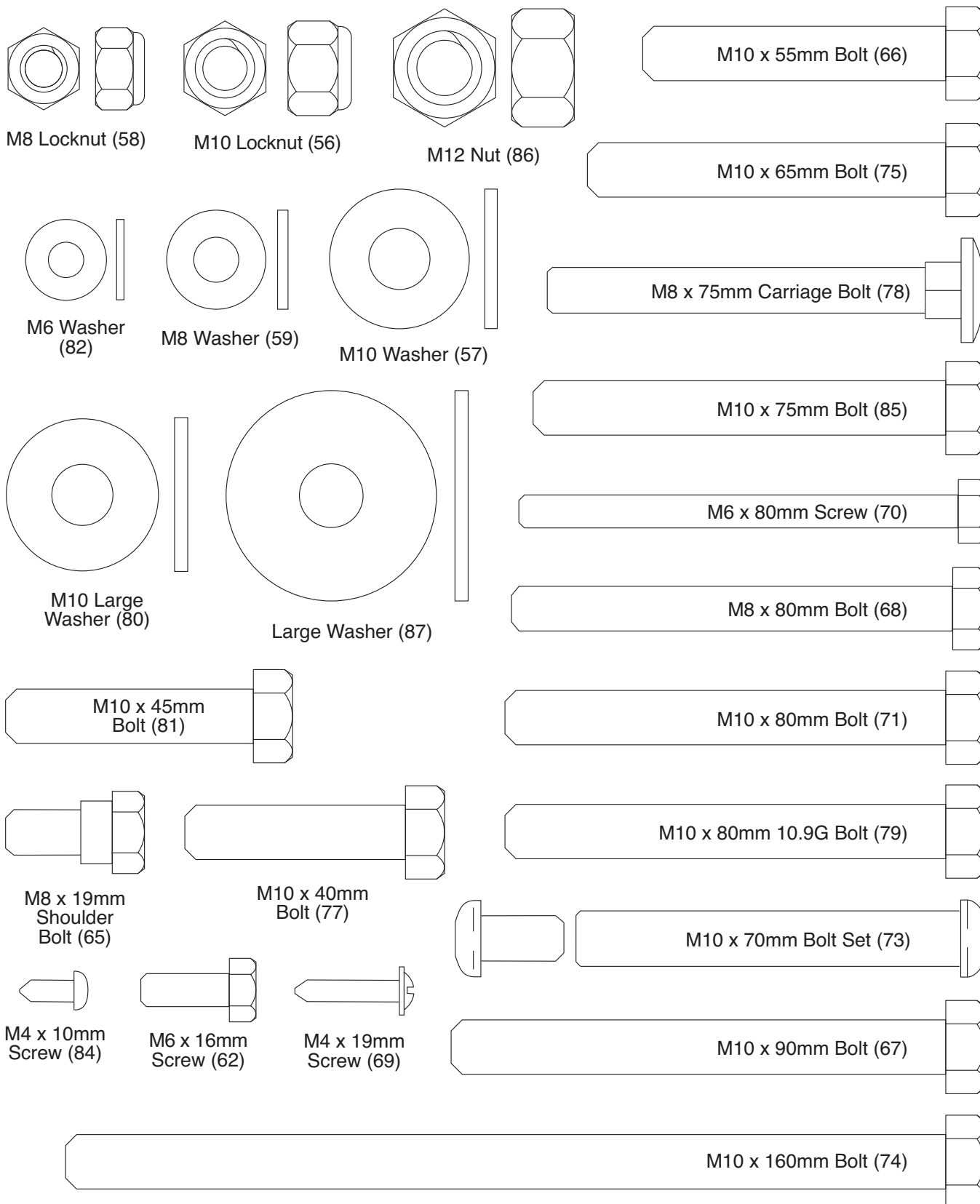
model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



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 near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preattached.**





ASSEMBLY

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

- Assembly requires two persons.
- 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 clearance to walk around the weight system while you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 6.

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

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

one Phillips screwdriver 

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

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.

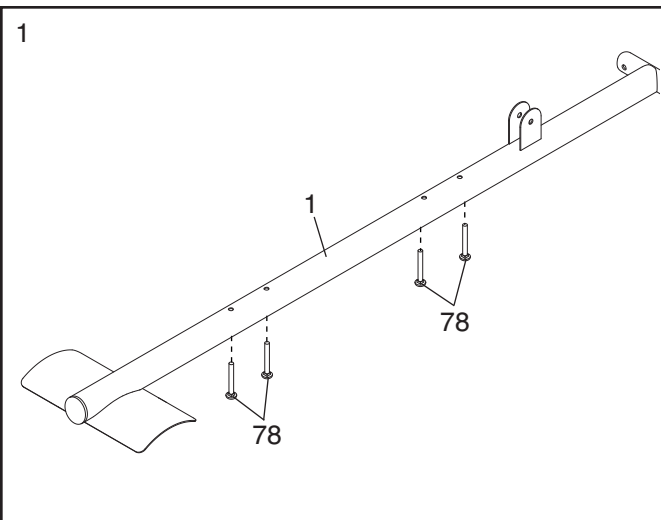
Seat Assembly—During the final stage, you will assemble the seat and the backrest.

Frame Assembly

1.

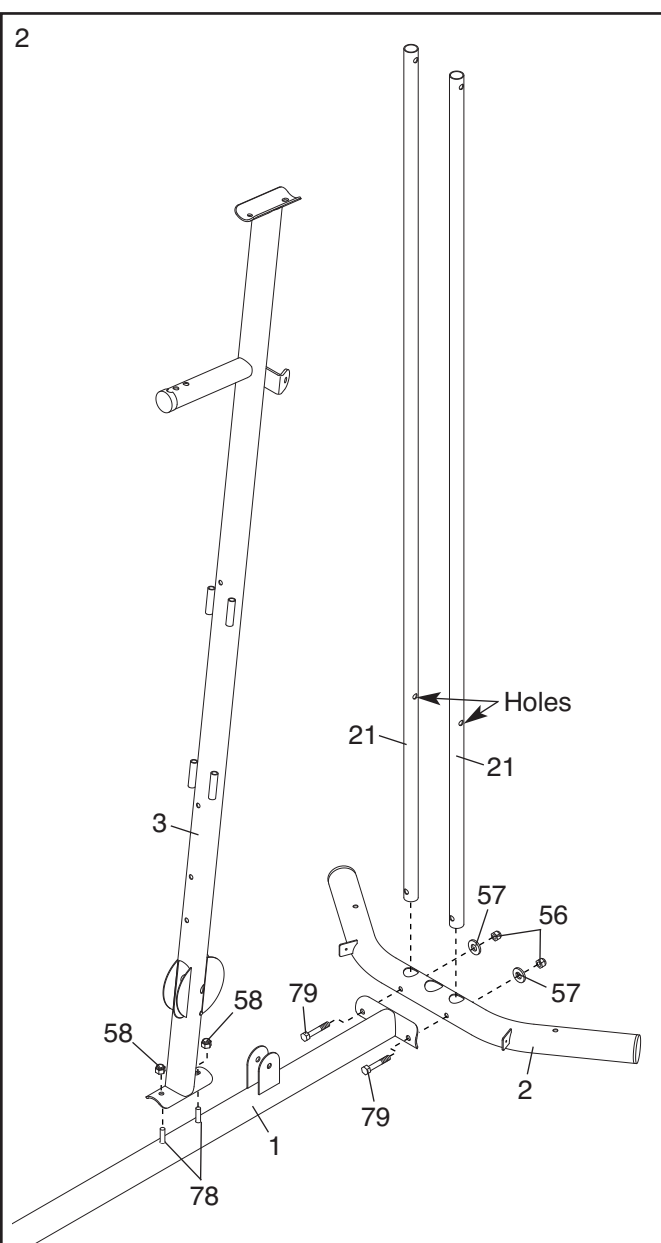
IMPORTANT: To make assembly easier, read the assembly tips on page 7.

Insert four M8 x 75mm Carriage Bolts (78) up through the Base (1). **Note: It may be helpful to place tape over the bolt heads to hold them in place.**

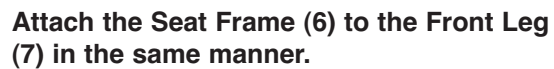


2. Orient the two Weight Guides (21) so that the indicated holes are closer to the lower ends. Attach the two Weight Guides and the Base (1) to the Stabilizer (2) with two M10 x 80mm 10.9G Bolts (79), two M10 Washers (57), and two M10 Locknuts (56). **Tighten the Locknuts.**

Attach the Upright (3) to the Base (1) with the two indicated M8 x 75mm Carriage Bolts (78) and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**



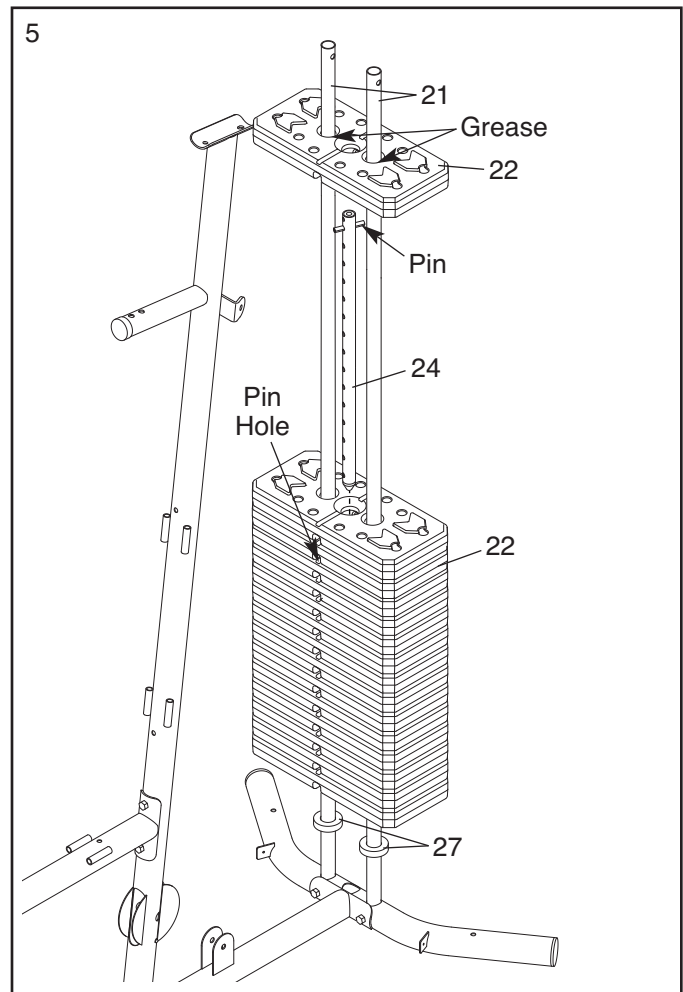
- Attach the Leg Bumper (60) to the Front Leg (7) with an M4 x 19mm Screw (69). **Make sure that the end of the Leg Bumper is pointing upward.**



5. Slide the two Weight Bumpers (27) onto the Weight Guides (21). Orient fourteen Weights (22) so the pin holes are on the bottom, and slide the Weights onto the Weight Guides.

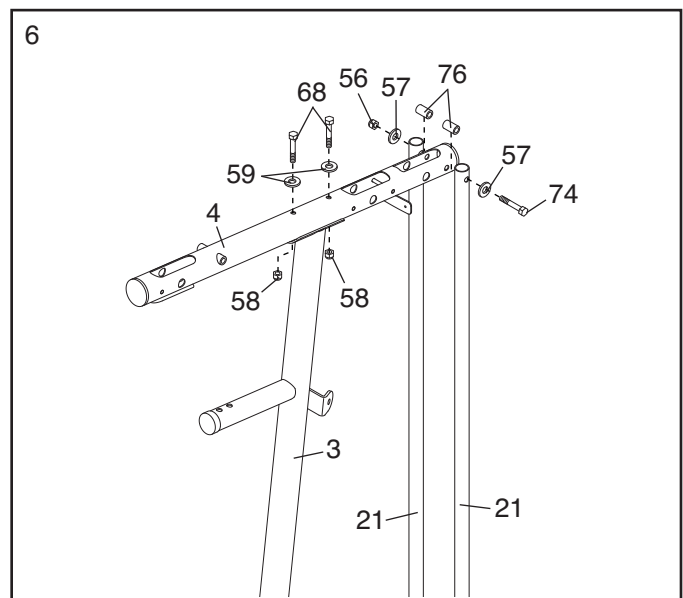
Insert the Weight Tube (24) into the fourteen Weights (22). **Make sure that the pin on the Weight Tube is oriented as shown.**

Using the included grease packet, lubricate the indicated holes in a Weight (22). Slide the Weight onto the Weight Guides (21).



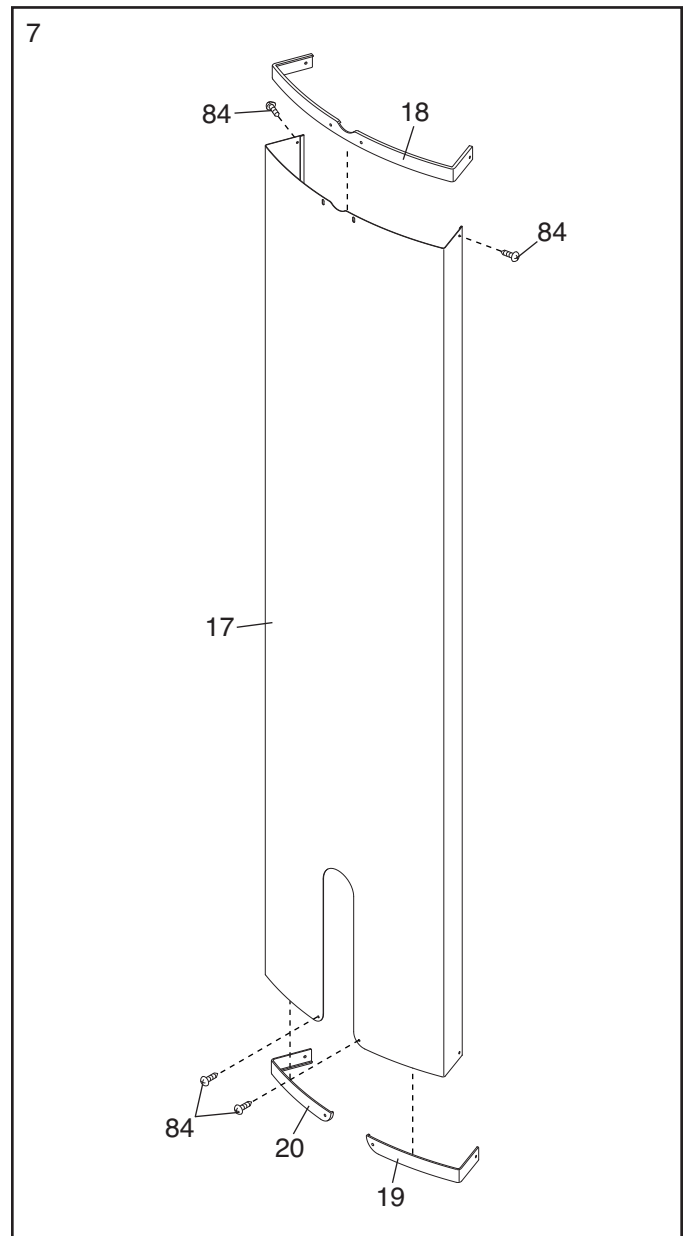
6. Attach the Top Frame (4) to the Upright (3) with two M8 x 80mm Bolts (68), two M8 Washers (59), and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**

Attach the Top Frame (4) between the Weight Guides (21) with an M10 x 160mm Bolt (74), two M10 Washers (57), two 13mm Spacers (76), and an M10 Locknut (56). **Do not tighten the Locknuts yet.**



7. Attach the Left Cap (19) and the Right Cap (20) to the bottom of the Shroud (17) with two M4 x 10mm Screws (84).

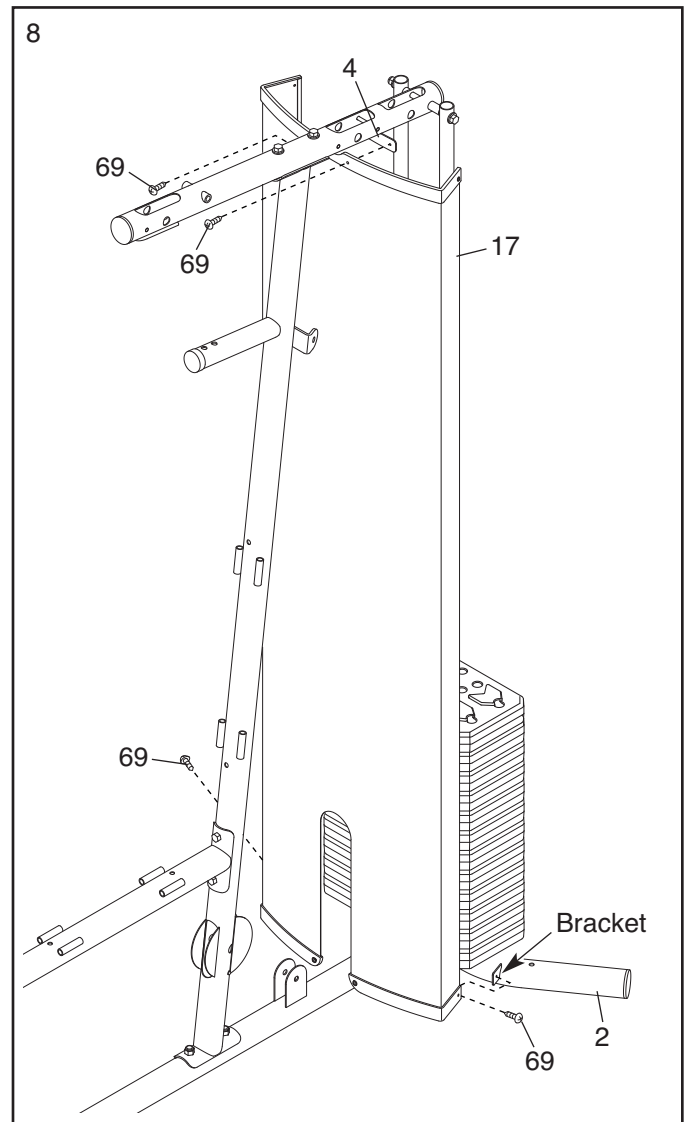
Attach the Top Cap (18) to the top of the Shroud (17) with two M4 x 10mm Screws (84).



8. Attach the Shroud (17) to the Top Frame (4) with two M4 x 19mm Screws (69).

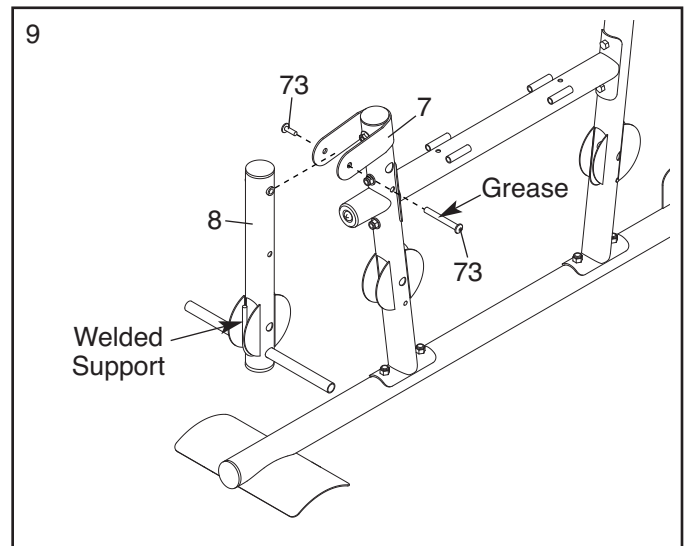
Attach the Shroud (17) to the brackets on the Stabilizer (2) with two M4 x 19mm Screws (69). **Make sure that the brackets are inside the Shroud.**

See steps 2–6. Tighten the Locknuts (56, 58) used in these steps.



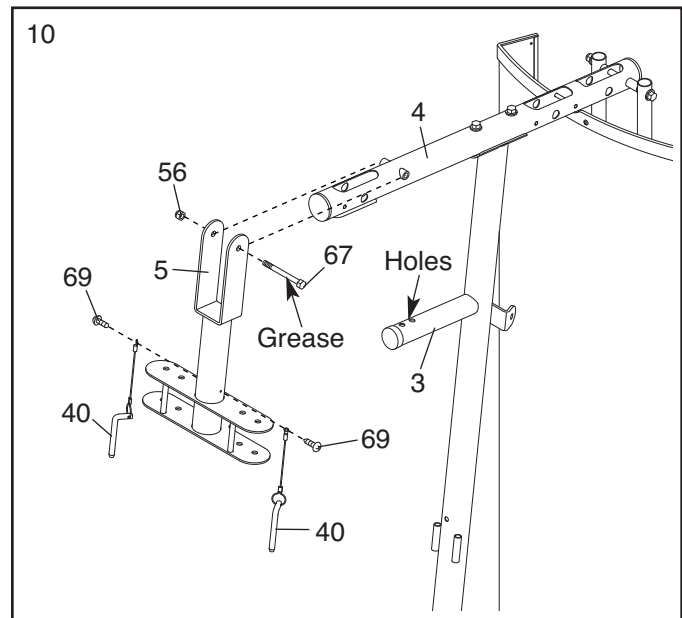
Arm Assembly

9. Apply grease to the M10 x 70mm Bolt Set (73). Orient the Leg Lever (8) so that the welded support is on the side shown. Attach the Leg Lever to the Front Leg (7) with the Bolt Set. **Do not overtighten the Bolt Set; the Leg Lever must pivot freely.**



10. Apply grease to an M10 x 90mm Bolt (67). Attach the Pivot Frame (5) to the Top Frame (4) with the Button Bolt and an M10 Locknut (56). **Do not overtighten the Locknut; the Pivot Frame must pivot freely.**

Attach the two Arm Pins (40) to the Pivot Frame (5) with two M4 x 19mm Screws (69). Insert the Arm Pins into the two holes in the Upright (3).



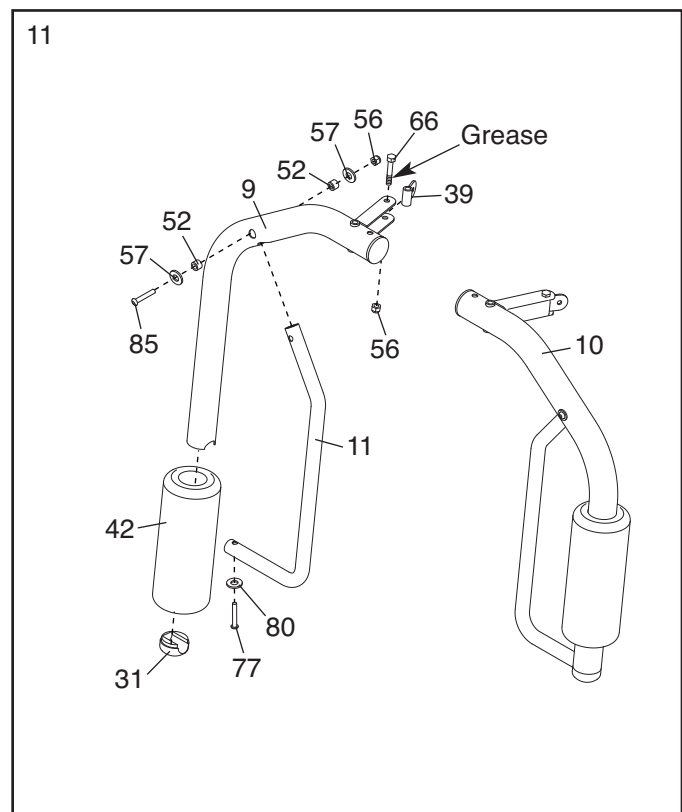
11. Apply grease to an M10 x 55mm Bolt (66). Attach a Cable Pivot (39) to the Right Arm (9) with the Button Bolt and an M10 Locknut (56). **Do not overtighten the Locknut; the Cable Pivot must pivot freely.**

Wet the inside of a Large Foam Pad (42) with soapy water. Slide the Large Foam Pad onto the Right Arm (9).

Attach the upper end of a Handle (11) to the Right Arm (9) with an M10 x 75mm Bolt (85), two M10 Washers (57), two 16mm Spacers (52), and an M10 Locknut (56). **Do not tighten the Button Bolt yet.**

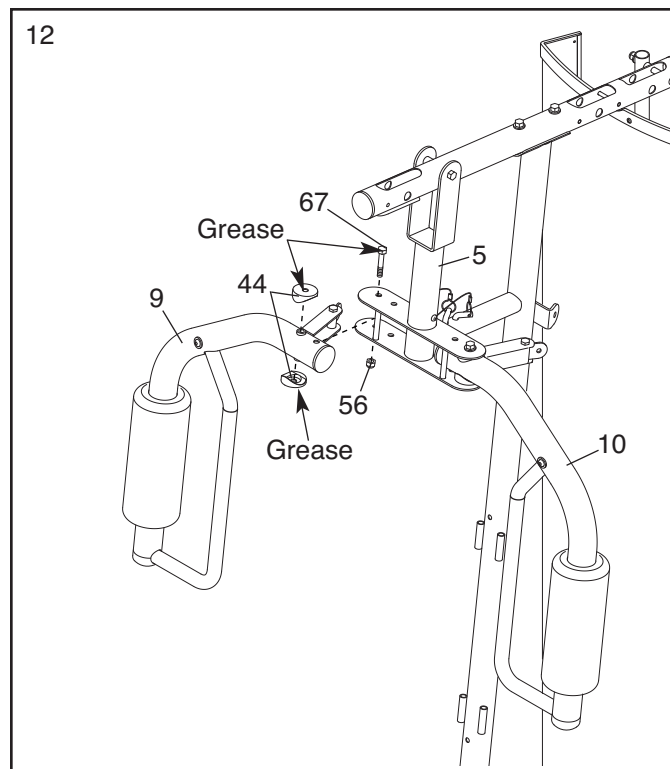
Press a Handle Cap (31) into the Right Arm (9). Attach the lower end of the Handle (11) to the Right Arm with an M10 x 40mm Bolt (77) and an M10 Large Washer (80). **Tighten the M10 x 75mm Bolt (85).**

Assemble the Left Arm (10) in the same manner.



12. Apply grease to an M10 x 90mm Bolt (67) and two Arm Bushings (44). Attach the Right Arm (9) to the Pivot Frame (5) with the Button Bolt, the two Arm Bushings, and an M10 Locknut (56). **Do not overtighten the Locknut; the Right Arm must pivot freely.**

Attach the Left Arm (10) to the Pivot Frame (5) in the same manner.

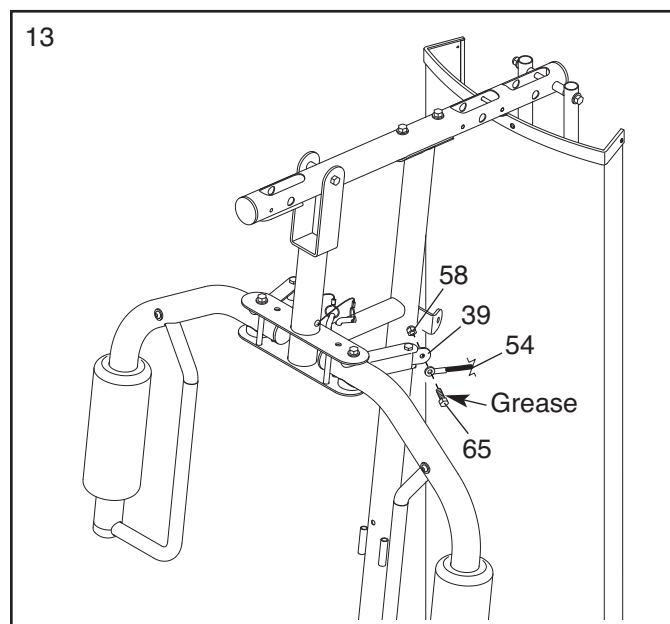


Cable Assembly

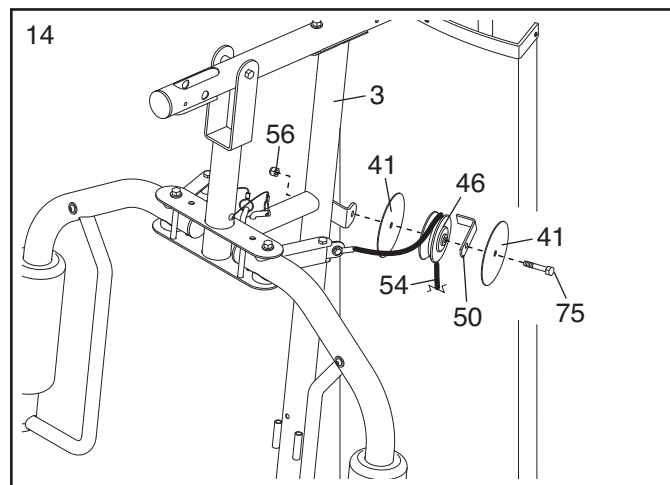
13. Refer to the **CABLE DIAGRAMS** on page 26 as you identify and assemble the cables.

Identify the Arm Cable (54). Apply grease to an M8 x 19mm Shoulder Bolt (65). Attach the Arm Cable to the indicated Cable Pivot (39) with the Shoulder Bolt and an M8 Locknut (58).

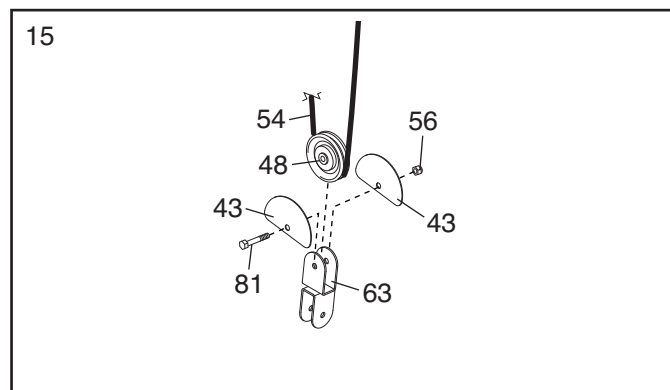
Make sure that the Cable can pivot freely around the Shoulder Bolt.



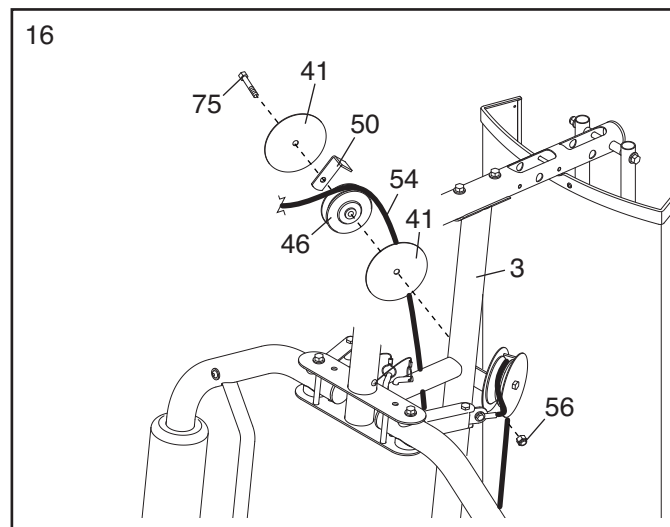
14. Route the Arm Cable (54) over a V-pulley (46). Attach the V-pulley, a Large Cable Trap (50), and two Guards (41) to the Upright (3) with an M10 x 65mm Bolt (75) and an M10 Locknut (56). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the V-pulley.**



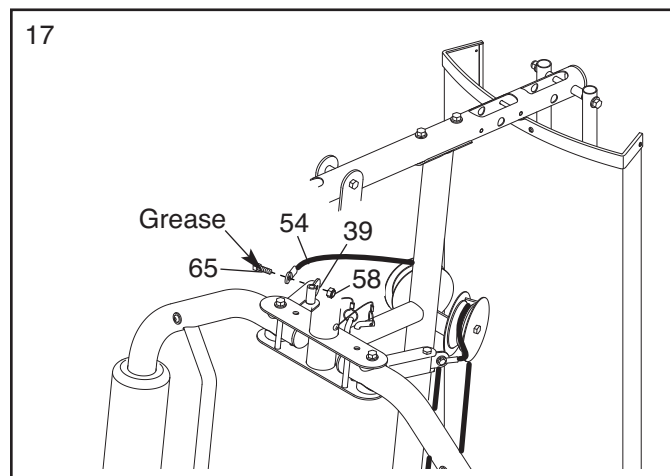
15. Route the Arm Cable (54) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Double U-bracket (63) with an M10 x 45mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Guards are on the outside of the Double U-bracket as shown.**



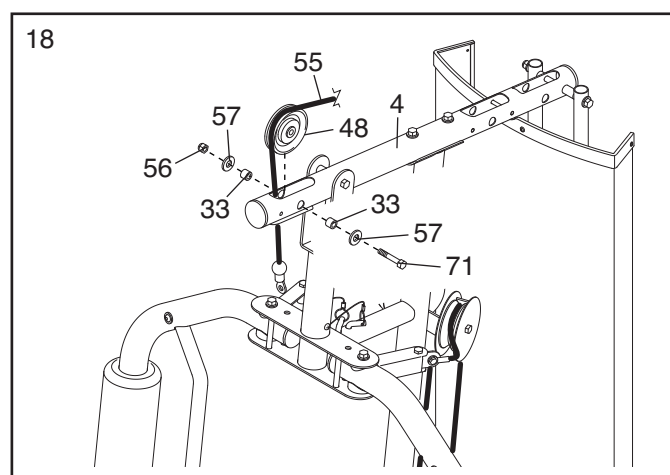
16. Route the Arm Cable (54) over a V-pulley (46). Attach the V-pulley, a Large Cable Trap (50), and two Guards (41) to the Upright (3) with an M10 x 65mm Bolt (75) and an M10 Locknut (56). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the V-pulley.**



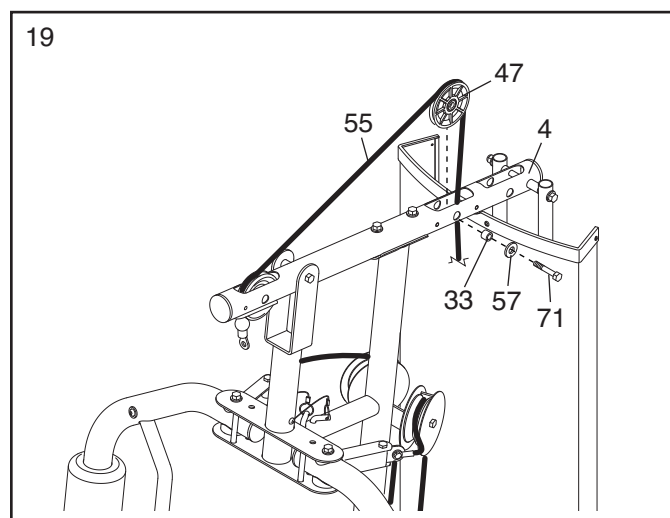
17. Apply grease to an M8 x 19mm Shoulder Bolt (65). Attach the Arm Cable (54) to the indicated Cable Pivot (39) with the Shoulder Bolt and an M8 Locknut (58). **Make sure that the Cable can pivot freely around the Shoulder Bolt.**



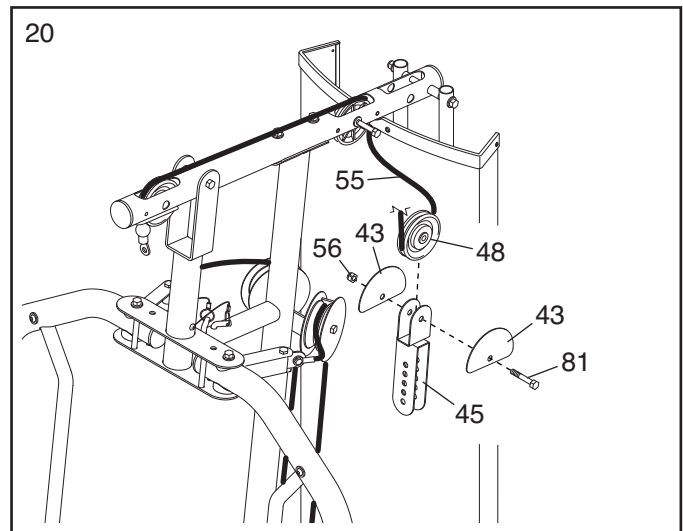
18. **Identify the High Cable (55).** Route the High Cable up through the Top Frame (4) and over a 90mm Pulley (48). Attach the Pulley inside of the Top Frame with an M10 x 80mm Bolt (71), two M10 Washers (57), two 19mm Spacers (33), and an M10 Locknut (56).



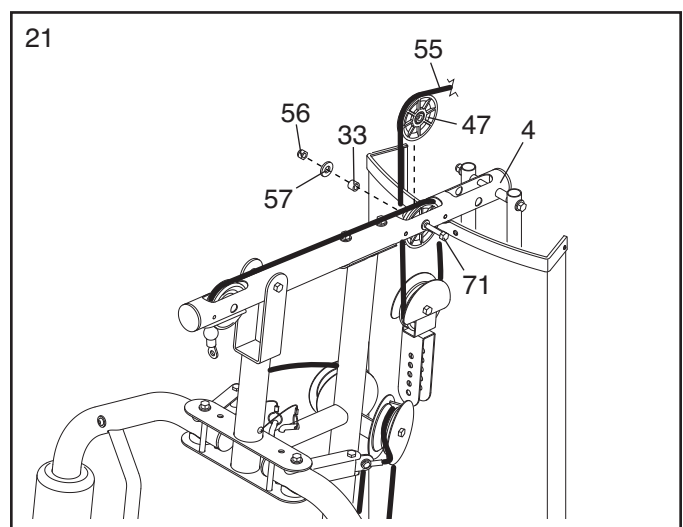
19. Route the High Cable (55) over a 90mm Thin Pulley (47) and down through the Top Frame (4). Attach the Thin Pulley inside of the Top Frame with an M10 x 80mm Bolt (71), an M10 Washer (57), and a 19mm Spacer (33). **Make sure that the Thin Pulley does not fall out of the Top Frame while you complete steps 20 and 21.**



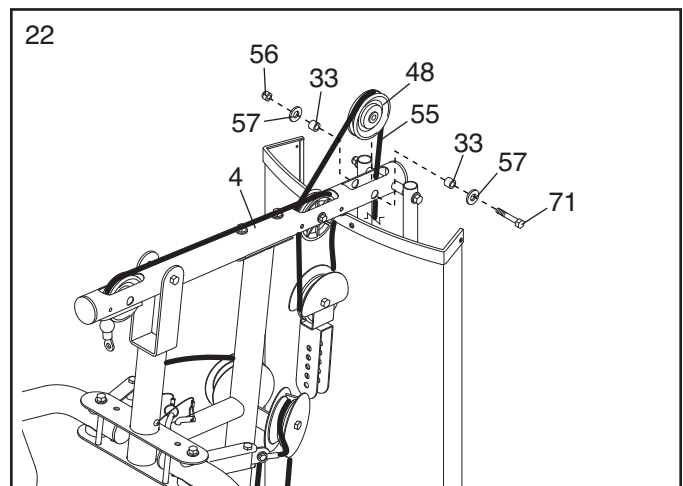
20. Wrap the High Cable (55) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) at the upper hole in the Adjustable U-bracket (45) with an M10 x 45mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Guards are on the outside of the Adjustable U-bracket.**



21. Route the High Cable (55) up through the Top Frame (4) and over a 90mm Thin Pulley (47). Attach the Thin Pulley inside the Top Frame with the M10 x 80mm Bolt (71) used in step 19, a 19mm Spacer (33), an M10 Washer (57), and an M10 Locknut (56).

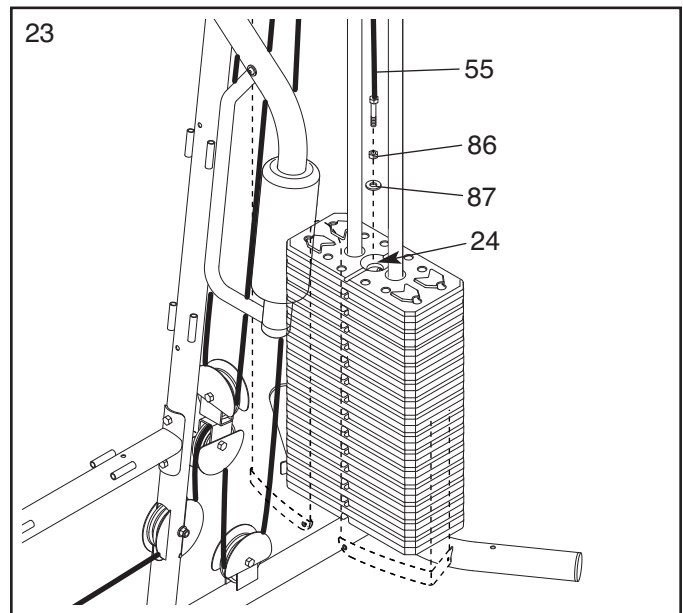


22. Route the High Cable (55) over a 90mm Pulley (48) and down through the Top Frame (4). Attach the Pulley inside the Top Frame with an M10 x 80mm Bolt (71), two M10 Washers (57), two 19mm Spacers (33), and an M10 Locknut (56).



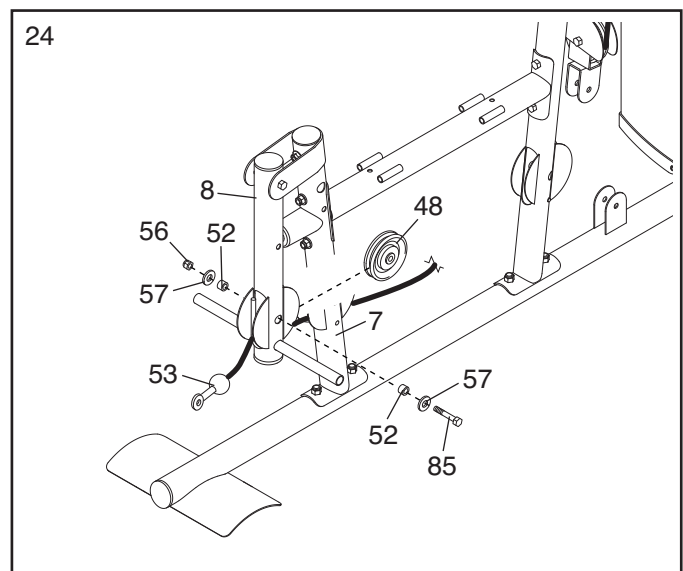
23. Thread an M12 Nut (86) all the way onto the High Cable (55). Place a Large Washer (87) on top of the Weight Tube (24).

Tighten the High Cable (55) into the Weight Tube (24) until all the slack is removed from the cables. Tighten the M12 Nut (86) against the Large Washer (87).

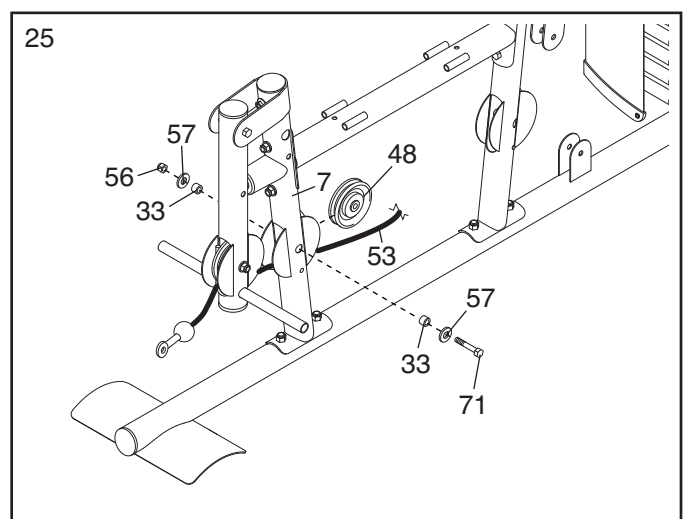


24. **Identify the Low Cable (53).** Route the Low Cable through the Leg Lever (8) and the Front Leg (7).

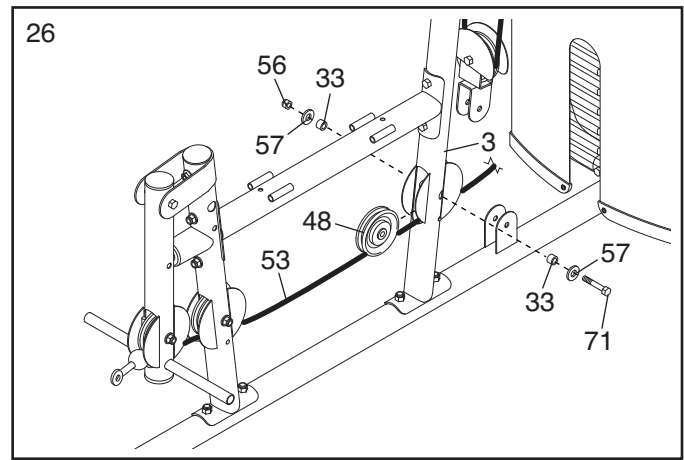
Attach a 90mm Pulley (48) inside the Leg Lever (8), over the Low Cable (53), with an M10 x 75mm Bolt (85), two M10 Washers (57), two 16mm Spacers (52), and an M10 Locknut (56).



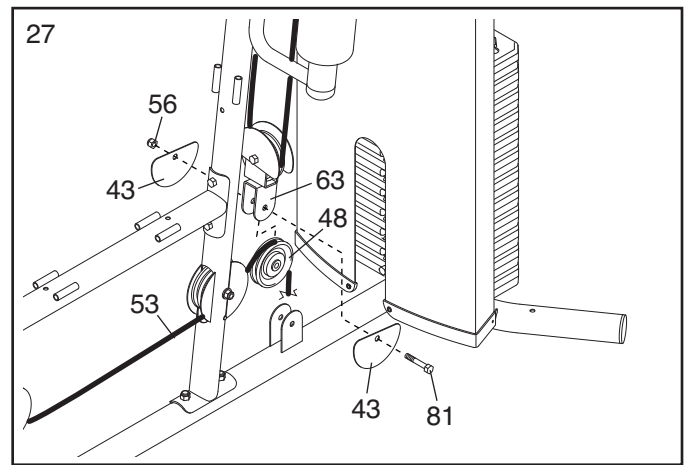
25. Attach a 90mm Pulley (48) inside the Front Leg (7), over the Low Cable (53), with an M10 x 80mm Bolt (71), two M10 Washers (57), two 19mm Spacers (33), and an M10 Locknut (56).



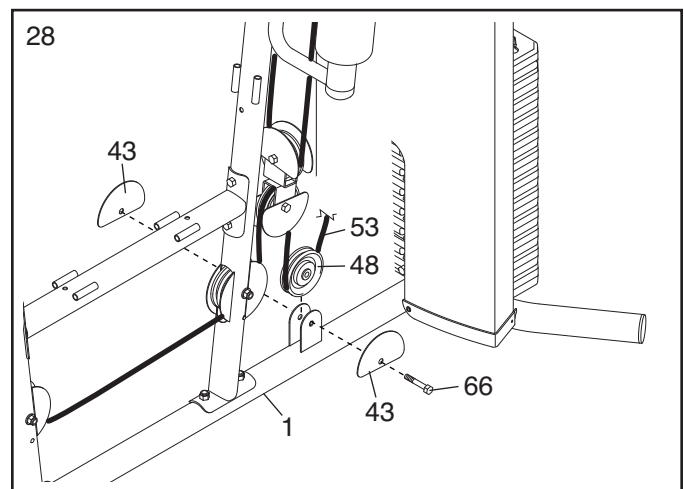
26. Attach a 90mm Pulley (48) inside the Upright (3), over the Low Cable (53), with an M10 x 80mm Bolt (71), two M10 Washers (57), two 19mm Spacers (33), and an M10 Locknut (56).



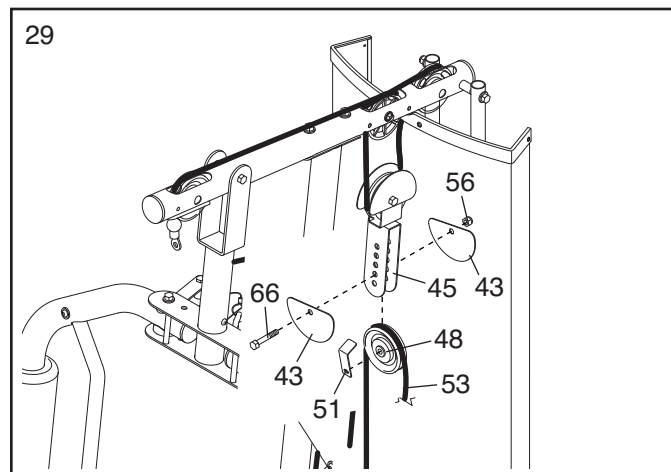
27. Route the Low Cable (53) over a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Double U-bracket (63) with an M10 x 45mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Guards are on the outside of the Double U-bracket as shown.**



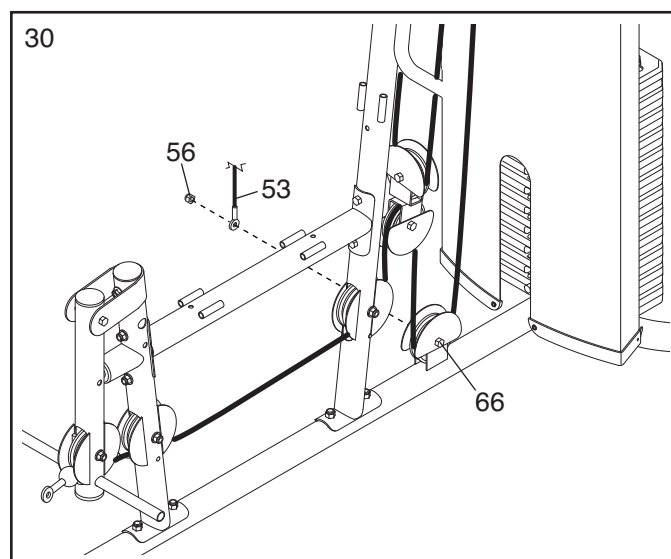
28. Route the Low Cable (53) under a 90mm Pulley (48). Insert an M10 x 55mm Bolt (66) through two Half Guards (43), the Base (1), and the Pulley. **Make sure that the Half Guards are on the outside of the bracket as shown.**



29. Route the Low Cable (53) over a 90mm Pulley (48). Attach the Pulley, a Cable Trap (51), and two Half Guards (43) to the Adjustable U-bracket (45) at the second hole from the bottom with an M10 x 55mm Bolt (66) and an M10 Locknut (56).

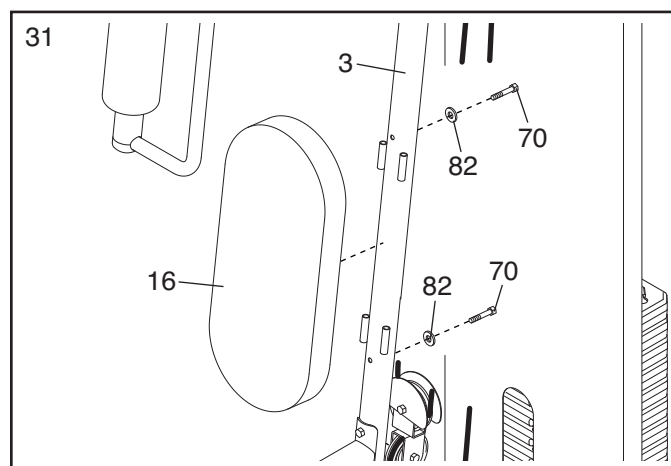


30. Attach the Low Cable (53) to the M10 x 55mm Bolt (66) used in step 28 with an M10 Locknut (56).

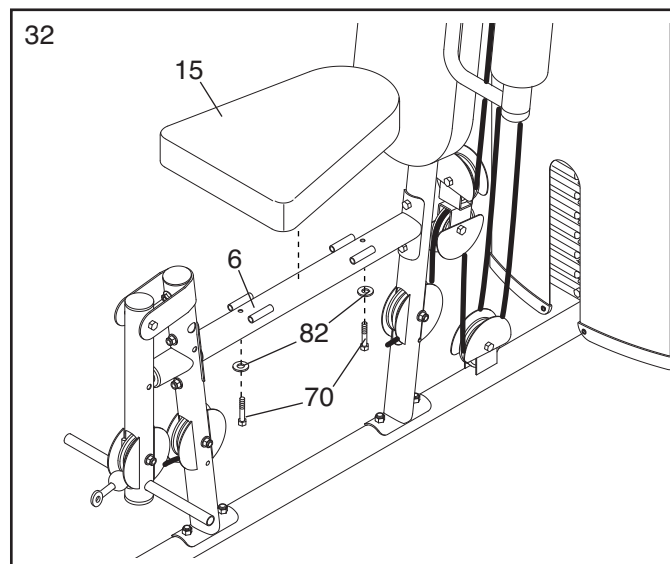


Seat Assembly

31. Attach the Backrest (16) to the Upright (3) with two M6 x 80mm Screws (70) and two M6 Washers (82).

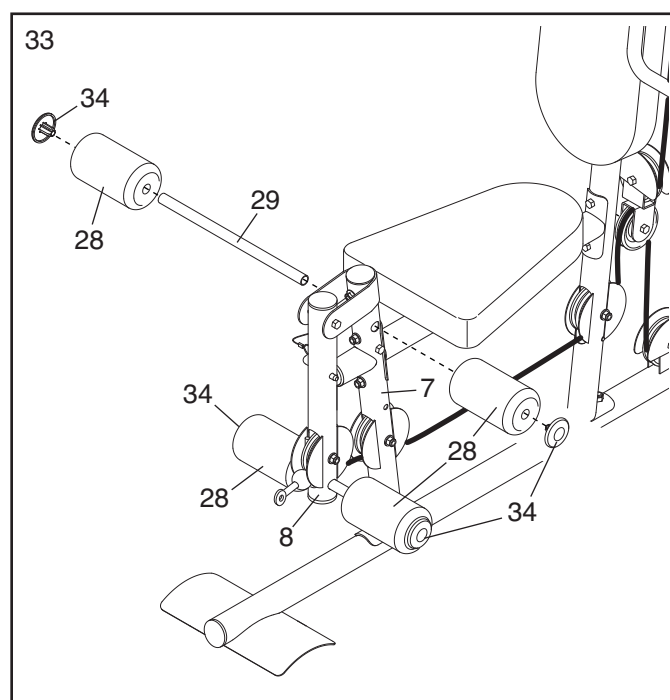


32. Attach the Seat (15) to the Seat Frame (6) with two M6 x 80mm Screws (70) and two M6 Washers (82).

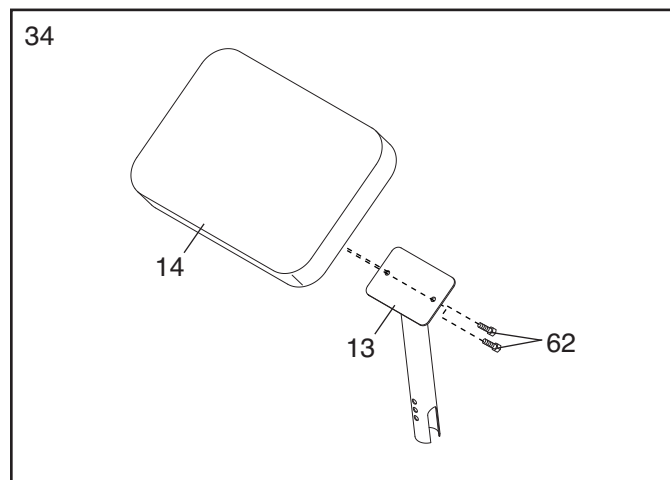


33. Insert the Pad Tube (29) into the Front Leg (7). Slide two Small Foam Pads (28) onto the Pad Tube. Then, press two Pad Caps (34) onto the Pad Tube.

Slide two Small Foam Pads (28) onto the Leg Lever (8). Press two Pad Caps (34) onto the Leg Lever.



34. Orient the Curl Pad (14) so that the holes in the back are closer to the lower edge. Attach the Curl Pad to the Curl Post (13) with two M6 x 16mm Screws (62).



35. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 23.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly around 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 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 27.

ADJUSTMENT

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 28 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

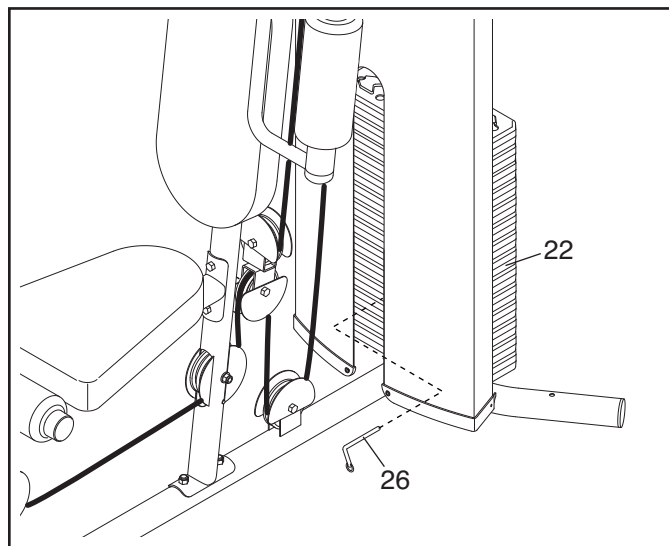
Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

CHANGING THE WEIGHT SETTING

To change the setting of the weight stack, insert the Weight Pin (26) under the desired Weight (22). Insert the Weight Pin so that the bent end touches the Weight, and then turn the bent end downward.

Note: Do not use the top weight by itself.

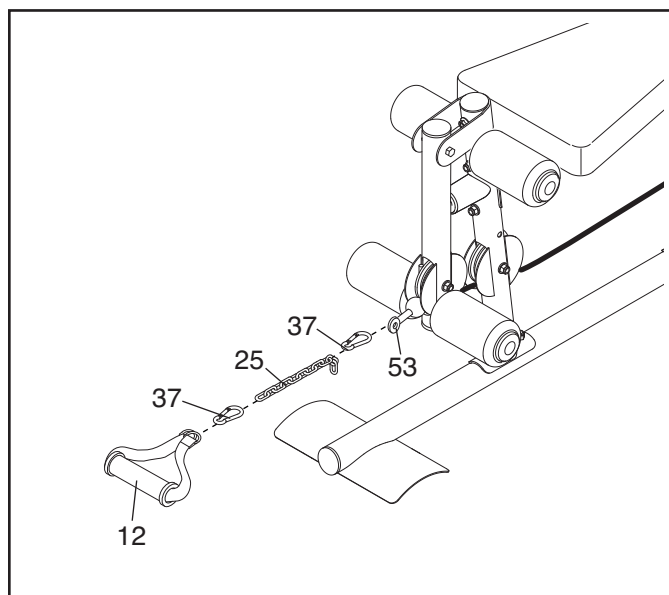
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 25 to find the approximate amount of resistance at each weight station.



ATTACHING THE ACCESSORIES TO A PULLEY STATION

Attach the Ankle Strap (12) to the Low Cable (53) at the low pulley station with a Cable Clip (37). For some exercises, the Chain (25) should be attached between the Ankle Strap and the Cable with two Cable Clips. **Adjust the length of the Chain between the Ankle Strap and the Cable so that the Ankle Strap is in the correct starting position for the exercise to be performed.**

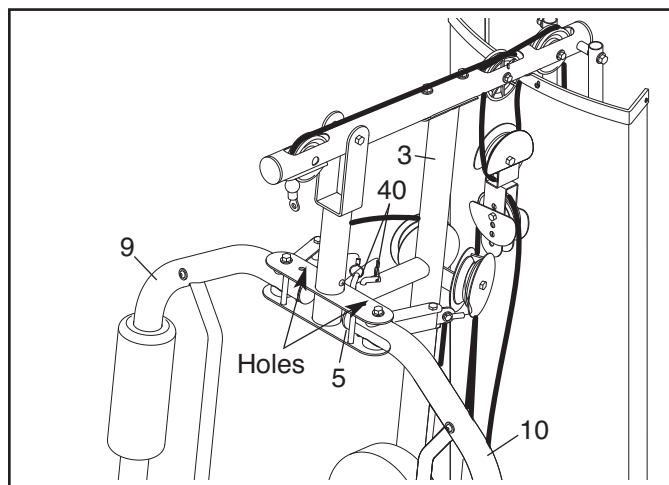
The Lat Bar (not shown) or the Curl Bar (not shown) can be attached at either pulley station in the same manner.



ARM CONVERSION

To use the Arms (9, 10) as butterfly arms, insert the Arm Pins (40) into the holes in the Upright (3) and the Pivot Frame (5) as shown.

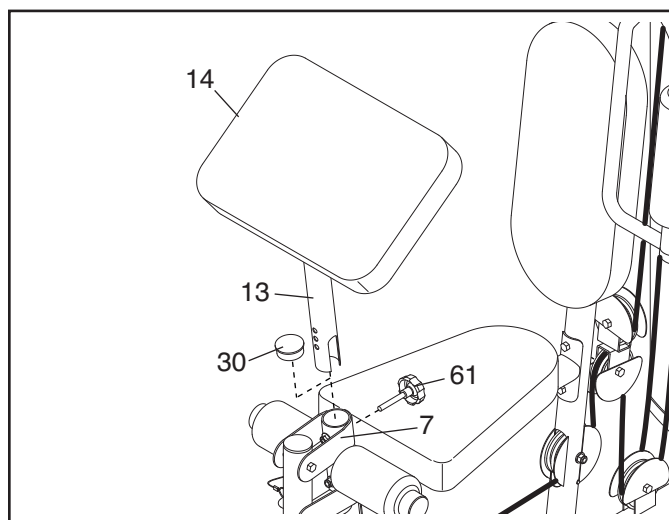
To use the Arms (9, 10) as press arms, insert the Arm Pins (40) into the holes in the Pivot Frame (5) and the Arms.



USING THE CURL PAD

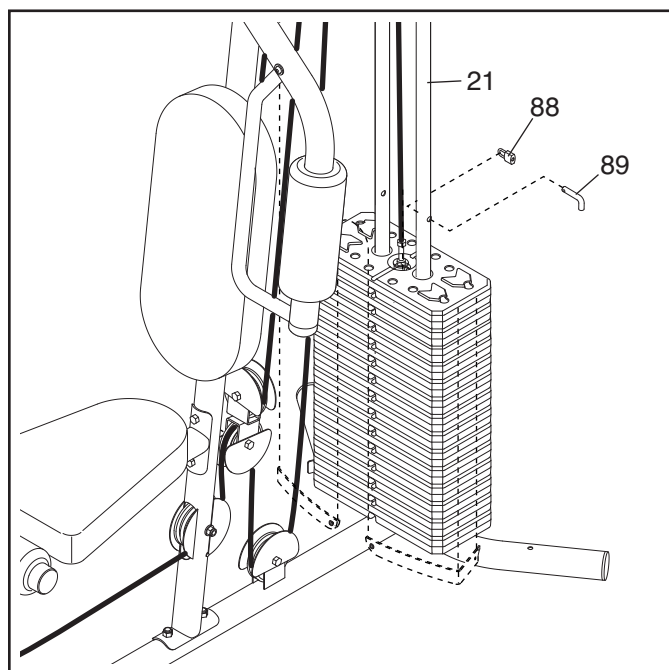
To use the Curl Pad (14), remove the 64mm Round Inner Cap (30) from the Front Leg (7). Insert the Curl Post (13) into the Front Leg and secure it in place with the Curl Knob (61).

When performing an exercise that does not require the Curl Pad (14), remove the Curl Pad and insert the 64mm Round Inner Cap (30) into the Front Leg (7). Store the Curl Pad away from the weight system.



LOCKING THE WEIGHT STACK

Lock the weight stack by inserting the Lock Pin (89) through a Weight Guide (21) and securing the Lock (88) onto the Lock Pin.



WEIGHT RESISTANCE CHART

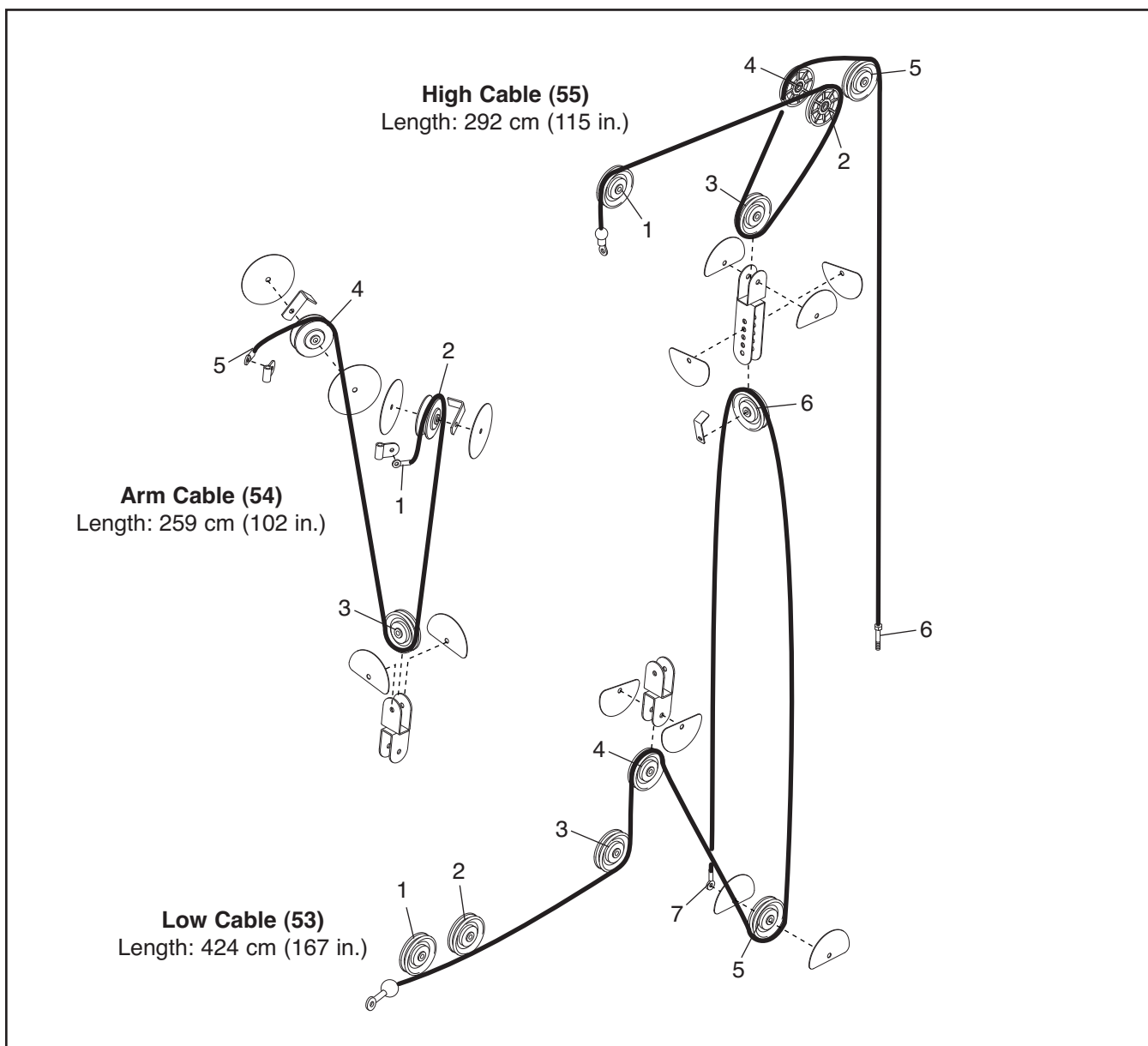
The chart below shows the approximate weight resistance at each exercise station. Weight resistance shown for the butterfly arm station is for each arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys,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

WEIGHT	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	LOW PULLEY (lbs.)	LEG LEVER (lbs.)
1	25	16	30	42	40
2	40	20	40	51	51
3	52	27	51	66	70
4	66	33	62	80	84
5	82	39	78	98	102
6	91	45	90	112	115
7	106	52	101	128	136
8	120	58	110	140	156
9	138	65	126	159	167
10	151	70	142	174	183
11	164	75	152	189	195
12	184	81	160	196	210
13	197	88	165	211	233
14	212	93	175	225	242
15	222	98	186	240	250

Note: 1 lb. = 0.454 kg

CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Low Cable (53), the Arm Cable (54), and the High Cable (55). Use the diagrams to make sure that the cables, cable traps, and guards have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



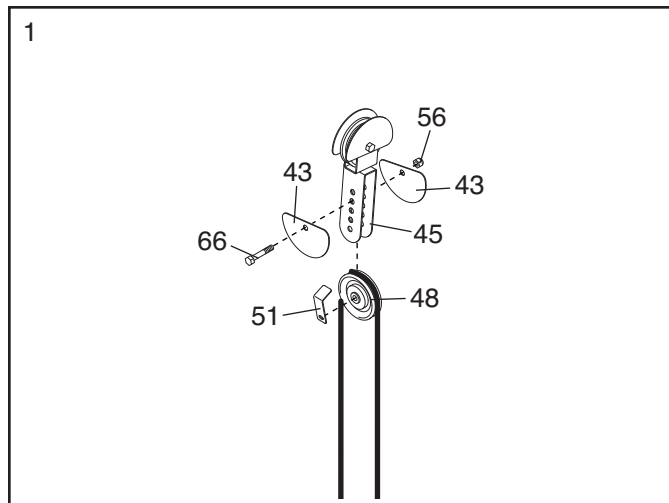
MAINTENANCE

Make sure that all parts are properly tightened each time you use the weight system. 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.

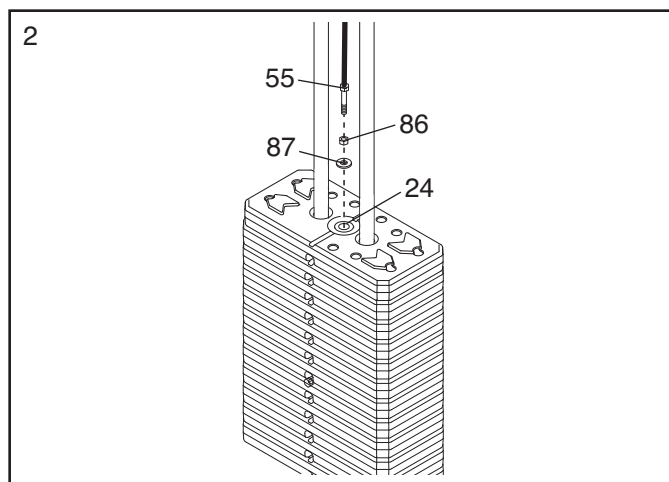
TIGHTENING THE CABLES

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 middle of the weight stack. Slack can be removed from these cables several ways:

See drawing 1. Remove the M10 Locknut (56) and the M10 x 55mm Bolt (66) from the Adjustable U-bracket (45), the Cable Trap (51), the 90mm Pulley (48), and the two Half Guards (43). Reattach the Pulley, Cable Trap, and Half Guards to the next closest hole to the center of the Adjustable U-bracket. **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 (86) on the High Cable (55). Tighten the Cable into the Weight Tube (24) until the slack is removed from the Cable. Then, retighten the M12 Nut against the Large Washer (87).



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 reinstall it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS 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 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 training 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 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.

PART LIST

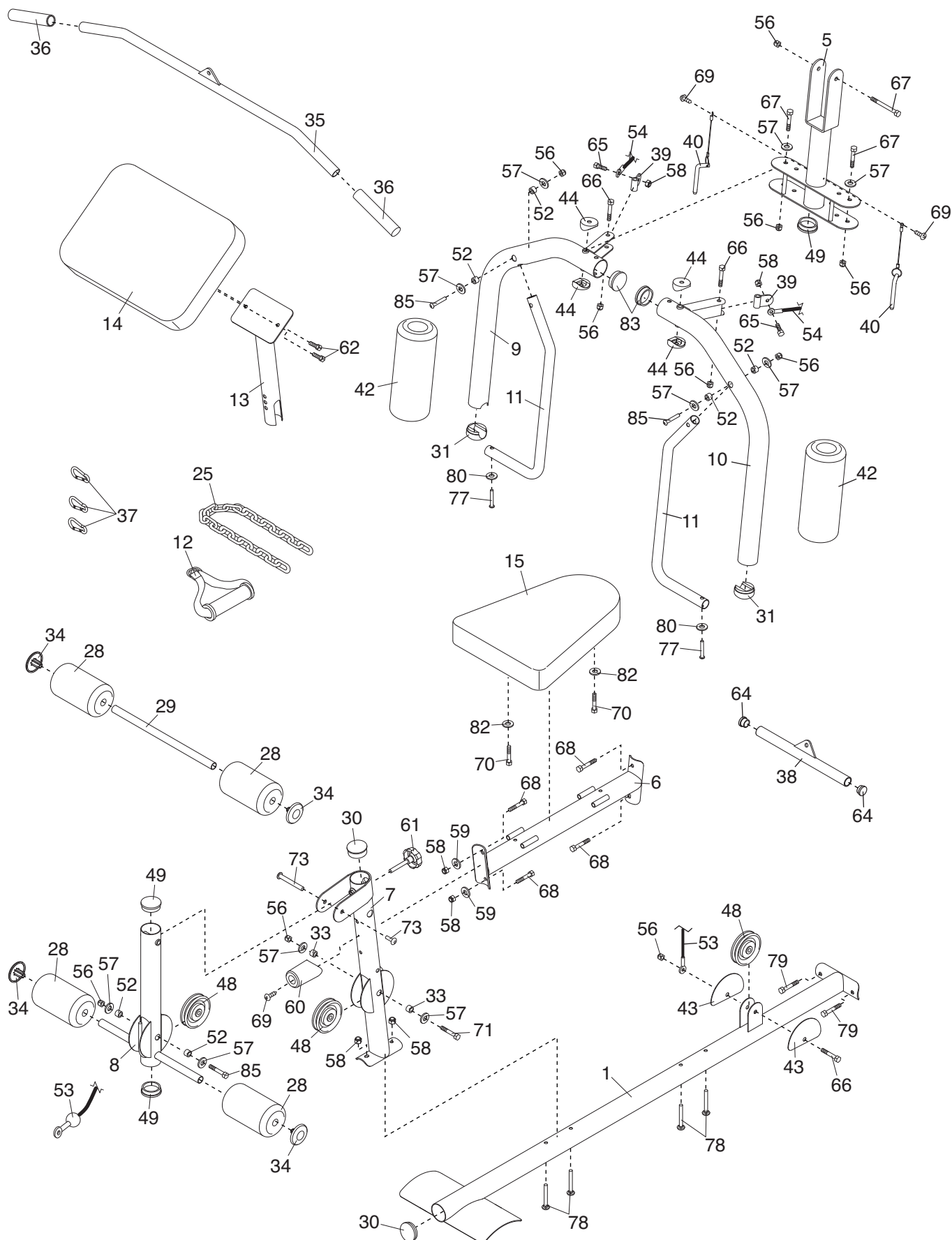
Model No. WEEVS3426.1 R1010A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	48	10	90mm Pulley
2	1	Stabilizer	49	3	57mm Round Inner Cap
3	1	Upright	50	2	Large Cable Trap
4	1	Top Frame	51	1	Cable Trap
5	1	Pivot Frame	52	6	16mm Spacer
6	1	Seat Frame	53	1	Low Cable
7	1	Front Leg	54	1	Arm Cable
8	1	Leg Lever	55	1	High Cable
9	1	Right Arm	56	23	M10 Locknut
10	1	Left Arm	57	20	M10 Washer
11	2	Handle	58	12	M8 Locknut
12	1	Ankle Strap	59	6	M8 Washer
13	1	Curl Post	60	1	Leg Bumper
14	1	Curl Pad	61	1	Curl Knob
15	1	Seat	62	2	M6 x 16mm Screw
16	1	Backrest	63	1	Double U-bracket
17	1	Shroud	64	2	Curl Bar Cap
18	1	Top Cap	65	2	M8 x 19mm Shoulder Bolt
19	1	Left Cap	66	4	M10 x 55mm Bolt
20	1	Right Cap	67	3	M10 x 90mm Bolt
21	2	Weight Guide	68	6	M8 x 80mm Bolt
22	15	Weight	69	7	M4 x 19mm Screw
23	1	Weight Tube Cap	70	4	M6 x 80mm Screw
24	1	Weight Tube	71	5	M10 x 80mm Bolt
25	1	Chain	72	2	64mm Round Outer Cap
26	1	Weight Pin	73	1	M10 x 70mm Bolt Set
27	2	Weight Bumper	74	1	M10 x 160mm Bolt
28	4	Small Foam Pad	75	2	M10 x 65mm Bolt
29	1	Pad Tube	76	2	13mm Spacer
30	4	64mm Round Inner Cap	77	2	M10 x 40mm Bolt
31	2	Handle Cap	78	4	M8 x 75mm Carriage Bolt
32	1	38mm Round Outer Cap	79	2	M10 x 80mm 10.9G Bolt
33	10	19mm Spacer	80	2	M10 Large Washer
34	4	Foam Cap	81	3	M10 x 45mm Bolt
35	1	Lat Bar	82	4	M6 Washer
36	2	Handgrip	83	2	57mm Thick Round Inner Cap
37	3	Cable Clip	84	4	M4 x 10mm Screw
38	1	Curl Bar	85	3	M10 x 75mm Bolt
39	2	Cable Pivot	86	1	M12 Nut
40	2	Arm Pin	87	1	Large Washer
41	4	Guard	88	1	Lock
42	2	Large Foam Pad	89	1	Lock Pin
43	10	Half Guard	*	—	User's Manual
44	4	Arm Bushing	*	—	Exercise Guide
45	1	Adjustable U-bracket	*	—	Grease Packet
46	2	V-pulley	*	—	Assembly Tool
47	2	90mm Thin Pulley			

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

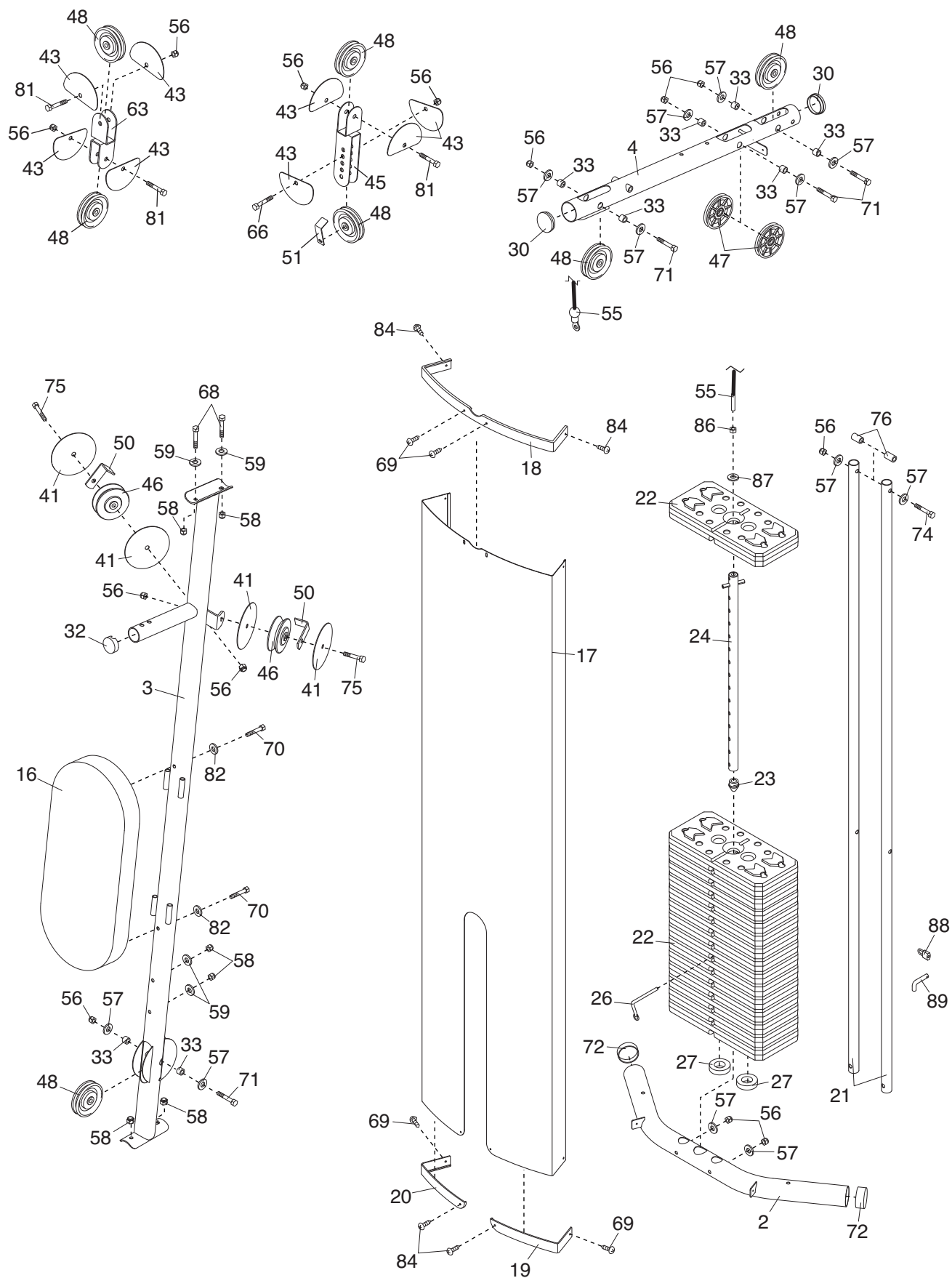
EXPLODED DRAWING A

Model No. WEEVSY3426.1 R1010A



EXPLODED DRAWING B

Model No. WEEVSY3426.1 R1010A



ORDERING REPLACEMENT PARTS

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

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