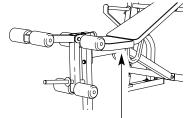
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Model No. WEBE64410 Serial No.

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

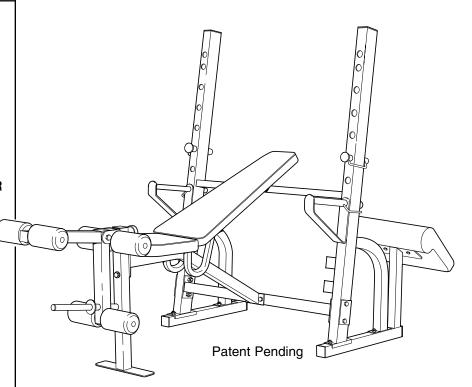
QUESTIONS?

If you have questions, or if there are missing 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.

CUSTOMER HOT LINE: **1-800-999-3756**Mon.-Fri., 6 a.m.-6 p.m. MST

USER'S MANUAL



ACAUTION

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



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new products, prizes, fitness tips, and much more!

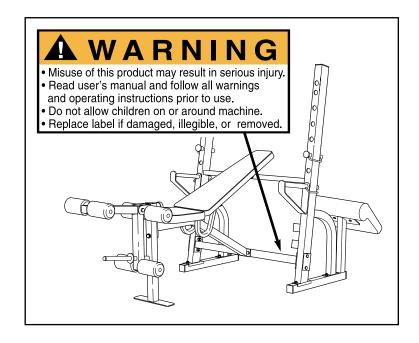
TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	
PART IDENTIFICATION CHART	
ASSEMBLY	
ADJUSTING THE WEIGHT BENCH	11
EXERCISE GUIDELINES	14
ORDERING REPLACEMENT PARTS	3ack Cove
LIMITED WARRANTY	Back Cove

Note: A PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown at the right has been applied to the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



IMPORTANT PRECAUTIONS

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

- Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
- 2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
- The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
- 4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
- Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
- 6. Keep children under 12 and pets away from the weight bench at all times.
- 7. Keep hands and feet away from moving parts.
- 8. Always wear athletic shoes for foot protection while exercising.
- Do not use a barbell longer than six feet with the weight bench. Note: The weight bench does not include a barbell or weights.
- 10. Always make sure there is an equal amount of weight on each side of your barbell.
- 11. Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell to the weight rests when you finish the exercise.

- Always place 50 pounds on the leg lever to balance the bench when performing squat exercises.
- 13. Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.
- 14. The weight bench is designed to support a maximum of 460 pounds, including the user, a barbell and weights. Do not place more than 210 pounds, including a barbell and weights, on the weight rests. Do not place more than 130 pounds on the leg lever for normal use.
- 15. When using the backrest, make sure that the adjustment tube is fully inserted into the adjustment brackets on the uprights.
- 16. Always remove the curl post from the front leg before performing leg curl or leg extension exercises with the leg lever.
- 17. Always exercise with a partner. When you are performing bench press exercises, squat exercises or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
- 18. Always set both weight rests and safety spotters at the same height. Make sure that the weight rests and safety spotters are turned so the locking pins are hooked around the uprights.
- 19. If you feel pain or dizziness at any time while exercising, stop immediately and begin cool-

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.

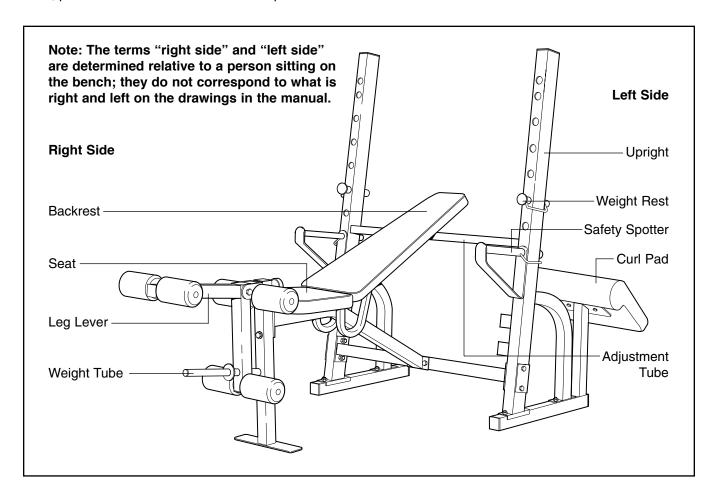
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 450 weight bench. The PRO 450 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 450 will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have additional questions, please call our Customer Service Department

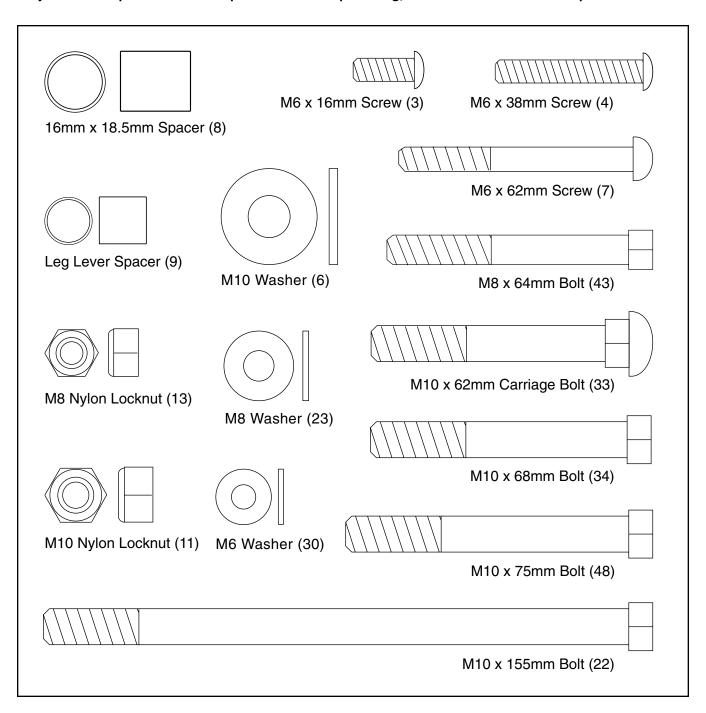
toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE64410. The serial number can be found on a decal attached to the Weight Bench (see 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 in the center of this manual. **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.



ASSEMBLY

Make Things Easier for Yourself

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- · Assembly requires two people.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

 Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

Two adjustable wrenches



One rubber mallet



One standard screwdriverOne Phillips screwdriver



 Lubricant, such as grease or petroleum jelly, and soapy water.

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.

1. Before assembling this product, make sure you understand the information in the box above.

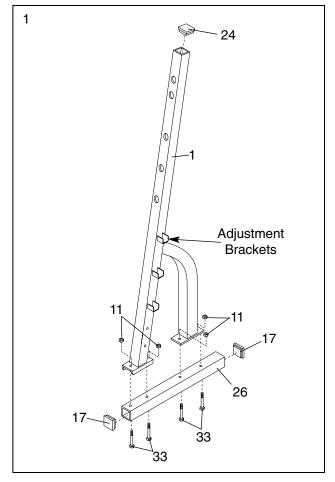
Identify the Right Upright (1) by the position of the adjustment brackets. Press a 51mm x 76mm Square Inner Cap (24) into the top of the Right Upright.

Press a 2" Square Inner Cap (17) into each end of the Right Stabilizer (26).

Insert four M10 x 62mm Carriage Bolts (33) up through the Right Stabilizer (26). (Note: On one side of the Stabilizer there is an indentation around each hole. Insert the Bolts from this side.) Place the Right Stabilizer flat on the floor.

Slide the Right Upright (1) onto the four M10 x 62mm Carriage Bolts (33) in the Right Stabilizer (26). Attach the Upright with four M10 Nylon Locknuts (11).

Set the Right Upright (1) aside, making sure that it cannot fall.

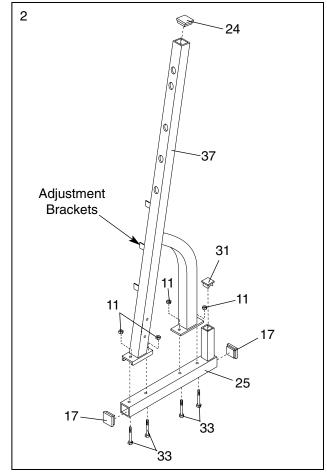


2. Identify the Left Upright (37) by the position of the adjustment brackets. Press a 51mm x 76mm Inner Cap (24) into the top of the Left Upright.

Press a 2" Square Inner Cap (17) into each end of the Left Stabilizer (25). Press a 38mm Square Inner Cap (31) into the vertical tube on the Left Stabilizer.

Insert four M10 x 62mm Carriage Bolts (33) up through the Left Stabilizer (25). Place the Left Stabilizer flat on the floor.

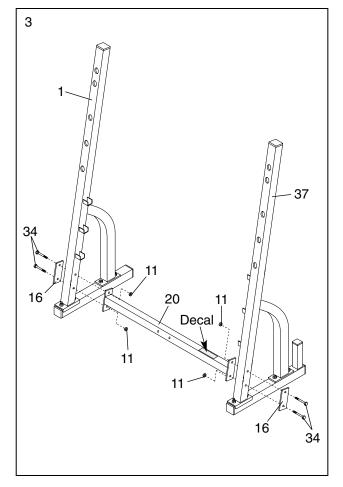
Slide the Left Upright (37) onto the four M10 x 62mm Carriage Bolts (33) in the Left Stabilizer (25). Attach the Upright with four M10 Nylon Locknuts (11).



3. Insert two M10 x 68mm Bolts (34) into an Upright Support Plate (16). Next, insert the Bolts into the indicated holes in the Right Upright (1).

While a second person holds the Right Upright (1), slide the bracket on the Crossbar (20) over the two M10 x 68mm Bolts (34). **Make sure that the Crossbar is turned so the decal is on top.** Secure the Crossbar with two M10 Nylon Locknuts (11).

Attach the Crossbar (20) to the Left Upright (37) in the same manner.

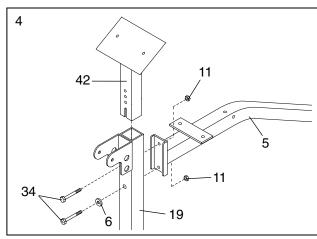


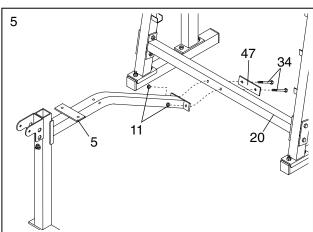
4. Slide an M10 x 68mm Bolt (34) into the upper hole in the Front Leg (19) and the bracket on the Bench Frame (5). Slide another M10 x 68mm Bolt with an M10 Washer (6) into the lower hole in the Front Leg and the Bench Frame.

Insert the Curl Post (42) into the Front Leg (19). Secure the two M10 x 68mm Bolts (34) with two M10 Nylon Locknut (11).

Do not overtighten the M10 Nylon Locknuts (11); the Curl Post (42) must slide freely after assembly. Set the Curl Post aside until assembly step 17.

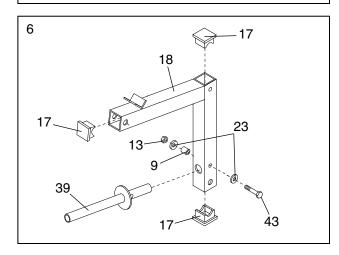
 Attach the Bench Frame (5) and the Crossbar Support Plate (47) to the Crossbar (20) with two M10 x 68mm Bolts (34), and two M10 Nylon Locknuts (11).





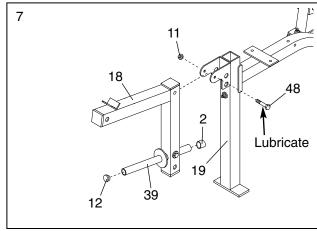
6. Press three 2" Square Inner Caps (17) into the Leg Lever (18).

Attach the Weight Tube (39) to the Leg Lever (18) with an M8 x 64mm Bolt (43), two M8 Washers (23), the Leg Lever Spacer (9), and an M8 Nylon Locknut (13).



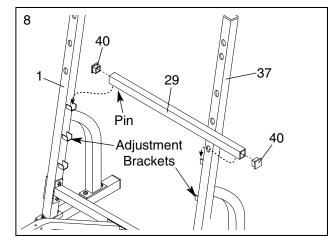
7. Press the Angle Cap (2) onto the indicated end of the Weight Tube (39). Press a 1" Round Inner Cap (12) into the opposite end of the Weight Tube.

Lubricate an M10 x 75mm Bolt (48). Attach the Leg Lever (18) to the bracket on the Front Leg (19) with the Bolt and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**



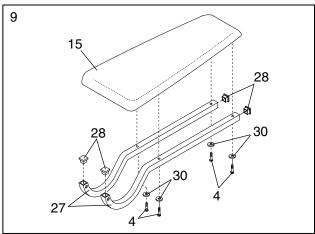
8. Press a 30mm Square Inner Cap (40) into each end of the Adjustment Tube (29).

Place the Adjustment Tube (29) in one set of adjustment brackets on the Uprights (1, 37). Make sure that the pins on the Adjustment Tube are inserted into the slots in the adjustment brackets.



9. Press 1" Square Inner Caps (28) into the ends of both Backrest Tubes (27).

Attach the Backrest Tubes (27) to the Backrest (15) with four M6 x 38mm Screws (4) and four M6 Washers (30). **Do not tighten the four Screws yet.**



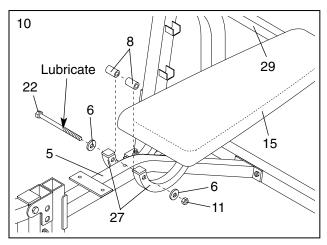
10. Rest the Backrest (15) on the Adjustment Tube (29).

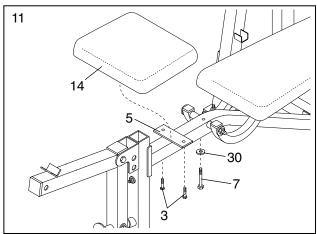
Lubricate the M10 x 155mm Bolt (22). Slide the Bolt through an M10 Washer (6), the right Backrest Tube (27), a 16mm x 18.5mm Spacer (8), and the Bench Frame (5), so that the tip of the Bolt is barely visible on the other side.

Hold another 16mm x 18.5mm Spacer (8) between the Bench Frame (5) and the left Backrest Tube (27). Slide the M10 x 155mm Bolt (22) through the Spacer and the left Backrest Tube. Secure the Bolt with an M10 Washer (6) and an M10 Nylon Locknut (11). Do not overtighten the Nylon Locknut; the Backrest must be able to pivot freely.



11. Attach the Seat (14) to the Bench Frame (5) with two M6 x 16mm Screws (3), an M6 x 62mm Screw (7), and an M6 Washer (30).



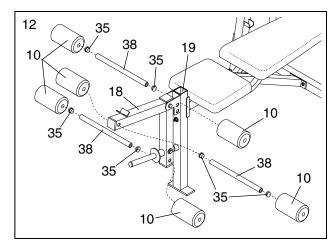


12. Press two 3/4" Round Inner Caps (35) into each of the three Pad Tubes (38).

Slide a Foam Pad (10) onto one end of each Pad Tube (38).

Insert the three Pad Tubes (38) into the indicated holes in the Leg Lever (18) and the bracket on the Front Leg (19). Slide another Foam Pad (10) onto each Pad Tube.

13. Attach the Curl Pad (44) to the Curl Post (42) with two M6 x 16mm Screws (3).



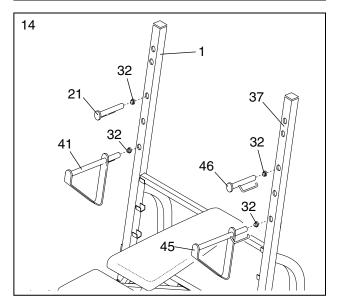
13

14. Press a 1" Round Inner Cap (32) into each Weight Rest (21, 46) and each Safety Spotter (41, 45).

Insert the Weight Rests (21, 46) into one set of holes in the Uprights (1, 37). Turn the Weight Rests until the locking clips are hooked around the Uprights.

Make sure that both Weight Rests are at the same height.

Insert the Safety Spotters (41, 45) into one set of adjustment holes in the Uprights (1, 37). Turn the Safety Spotters until the locking clips are hooked around the Uprights. Make sure that both Safety Spotters are at the same height and that they are a few holes lower than the Weight Rests (21, 46).



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

ADJUSTMENTS

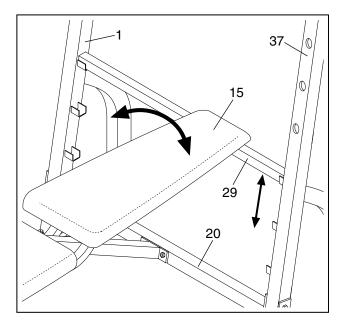
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 14 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

ADJUSTING THE BACKREST

The Backrest (15) can be set to four different positions: a level position, two decline positions and an incline position.

To change the position of the Backrest (15), move the Adjustment Tube (29) to a different set of adjustment brackets in the Uprights (1, 37) and rest the Backrest on the Adjustment Tube. To set the Backrest to the lowest decline position, remove the Adjustment Tube and rest the Backrest directly on the Crossbar (20).

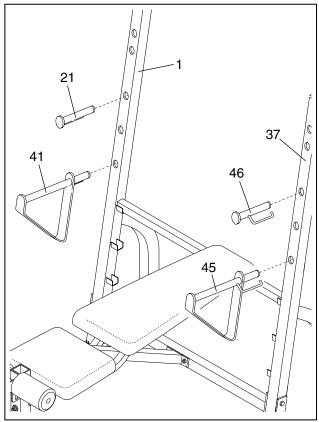


USING THE WEIGHT RESTS AND SAFETY SPOTTERS

Before beginning an exercise, insert the Weight Rests (21, 46) and the Safety Spotters (41, 45) into the holes in the Uprights (1, 37) that are best suited for the exercise. The selected holes should be at the lowest point to which you want your barbell to go during the exercise. **Note:** Make sure that the locking clips are hooked around the Uprights.

Important: The Safety Spotters (41, 45) are designed to be safety devices. Their primary function is to minimize the risk of injury if the barbell is dropped during standing exercises. The Safety Spotters are deliberately designed to bend when hit with a barbell loaded with heavy weights. This minimizes the risk of the barbell bouncing off the Safety Spotters and causing injury to the user. If you accidentally bend the Safety Spotters, please call our Customer Service Department (see the front cover of this manual) to order replacement Safety Spotters.

AWARNING: Always set both weight rests and both safety spotters at the same height.

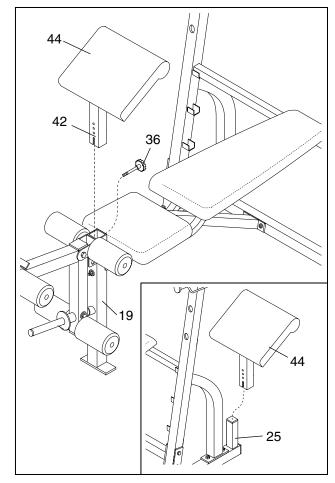


ATTACHING THE CURL POST

For some exercises, the Curl Pad (44) must be attached to the weight bench.

Insert the Curl Post (42) into the Front Leg (19). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Adjustment Knob (36). **Make sure that you fully tighten the Adjustment Knob.**

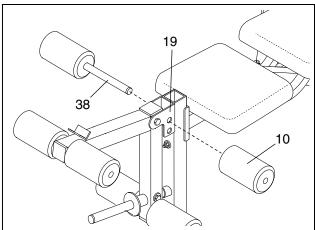
When the Curl Pad (44) is not in use, it can be stored in the vertical tube on the Left Stabilizer (25, see the inset drawing). However, for some exercises, you should store the Curl Pad away from the weight bench so they do not interfere with your exercise.



ADJUSTING THE PAD TUBE

The Pad Tube (38) that is inserted into the Front Leg (19) can be adjusted to either a high position or a low position.

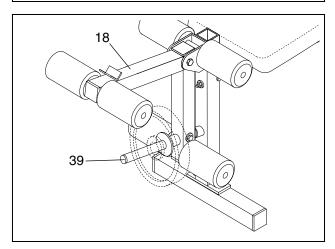
To adjust the Pad Tube (38), remove one Foam Pad (10). Slide the Pad Tube out of the bracket on the Front Leg (19) and re-insert it into the other hole in the bracket. Slide the Foam Pad back onto the Pad Tube.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (18), slide the desired amount of weight (not included) onto the Weight Tube (39).

WARNING: Do not place more than 130 pounds on the leg lever.



ADJUSTING THE BENCH FOR SQUAT EXERCISES

To perform squat or toe raise exercises, fold the Backrest (15) into the upright position by lifting and pulling it forward as far as it will go.

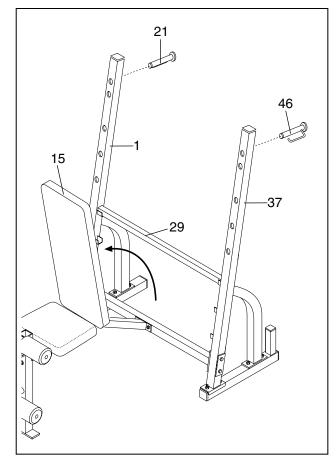
Remove the Adjustment Tube (29) from the Uprights (1, 37).

Insert the Weight Rests (21, 46) into one of the two highest sets of holes in the Uprights (1, 37). Important: For squat exercises, the Weights Rests must be inserted from the back, as shown.

WARNING: Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.

Always place 50 pounds on the leg lever to balance the bench when performing squat exercises.

Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell when you finish the exercise.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- · by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight 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 weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight 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 weight.

Weight Loss

To lose weight, use a low amount of weight 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

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 15 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. 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. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

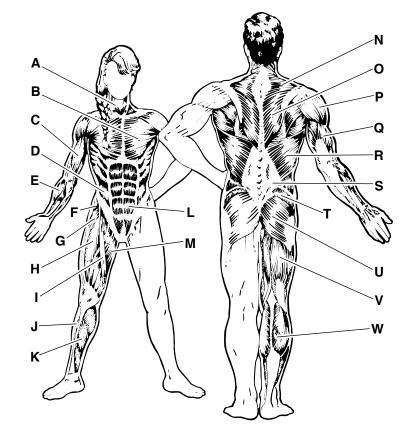
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

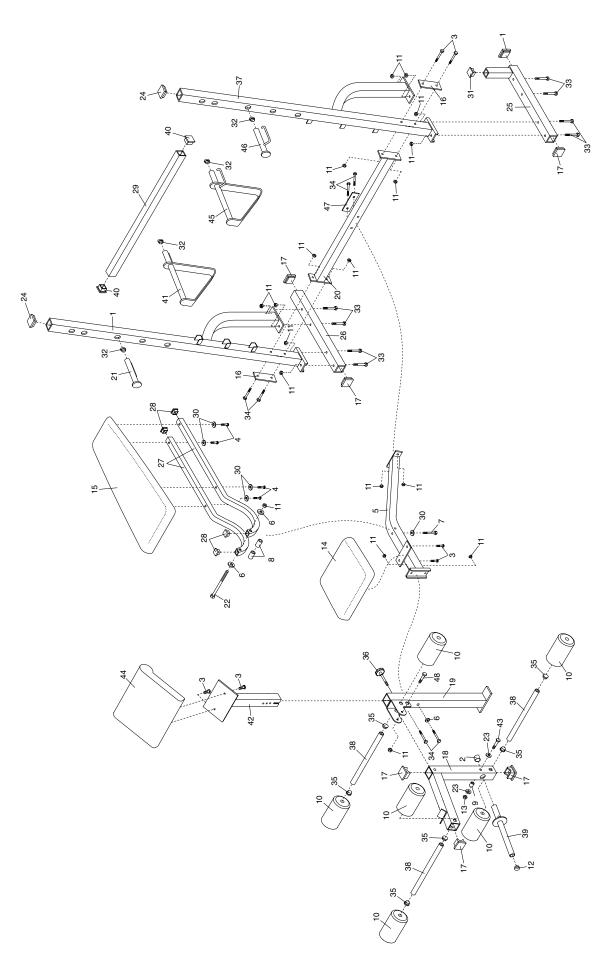
MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Upright	26	1	Right Stabilizer
2	1	Angle Cap	27	2	Backrest Tube
3	4	M6 x 16mm Screw	28	4	1" Square Inner Cap
4	4	M6 x 38mm Screw	29	1	Adjustment Tube
5	1	Bench Frame	30	5	M6 Washer
6	3	M10 Washer	31	1	38mm Square Inner Cap
7	1	M6 x 62mm Screw	32	4	1" Round Inner Cap
8	2	16mm x 18.5mm Spacer	33	8	M10 x 62mm Carriage Bolt
9	1	Leg Lever Spacer	34	8	M10 x 68mm Bolt
10	6	Foam Pad	35	6	3/4" Round Inner Cap
11	18	M10 Nylon Locknut	36	1	Adjustment Knob
12	1	1" Round Inner Cap	37	1	Left Upright
13	1	M8 Nylon Locknut	38	3	Pad Tube
14	1	Seat	39	1	Weight Tube
15	1	Backrest	40	2	30mm Square Inner Cap
16	2	Upright Support Plate	41	1	Right Safety Spotter
17	7	2" Square Inner Cap	42	1	Curl Post
18	1	Leg Lever	43	1	M8 x 64mm Bolt
19	1	Front Leg	44	1	Curl Pad
20	1	Crossbar	45	1	Left Safety Spotter
21	1	Right Weight Rest	46	1	Left Weight Rest
22	1	M10 x 155mm Bolt	47	1	Crossbar Support Plate
23	2	M8 Washer	48	1	M10 x 75mm Bolt
24	2	51mm x 76mm Inner Cap	#	1	User's Manual
25	1	Left Stabilizer	#	1	Exercise Guide

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, 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 when calling:

- 1. The MODEL NUMBER of the product (WEBE64410)
- 2. The NAME of the product (WEIDER® PRO 450 weight bench)
- 3. The SERIAL NUMBER of the product (see the front cover of this manual)
- 4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING 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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns 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, 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.

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