

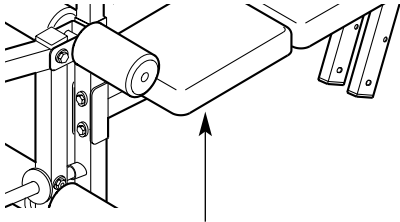


WEIDER[®] PRO 455

Model No. WEBE13102

Serial No. _____

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



Serial Number Decal (Under Seat)

QUESTIONS?

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

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

CUSTOMER HOT LINE:

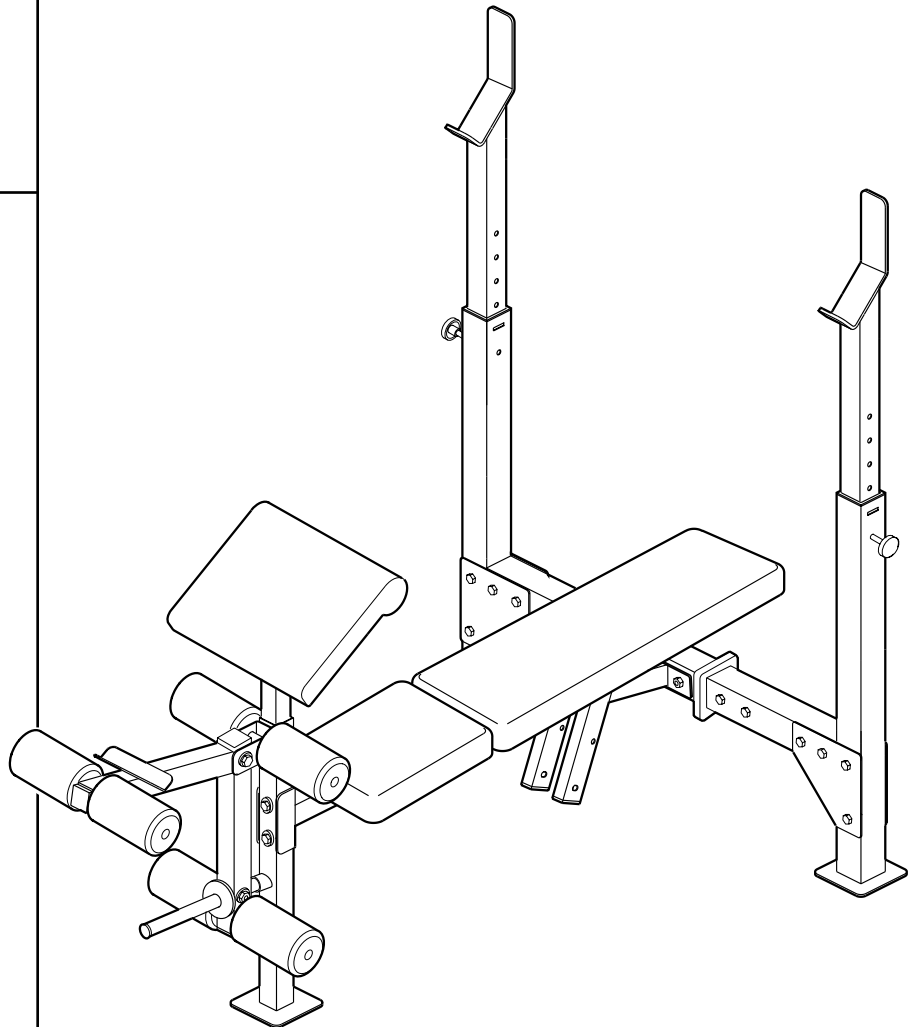
1-800-999-3756

Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

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

USER'S MANUAL



Visit our website at

www.weiderfitness.com

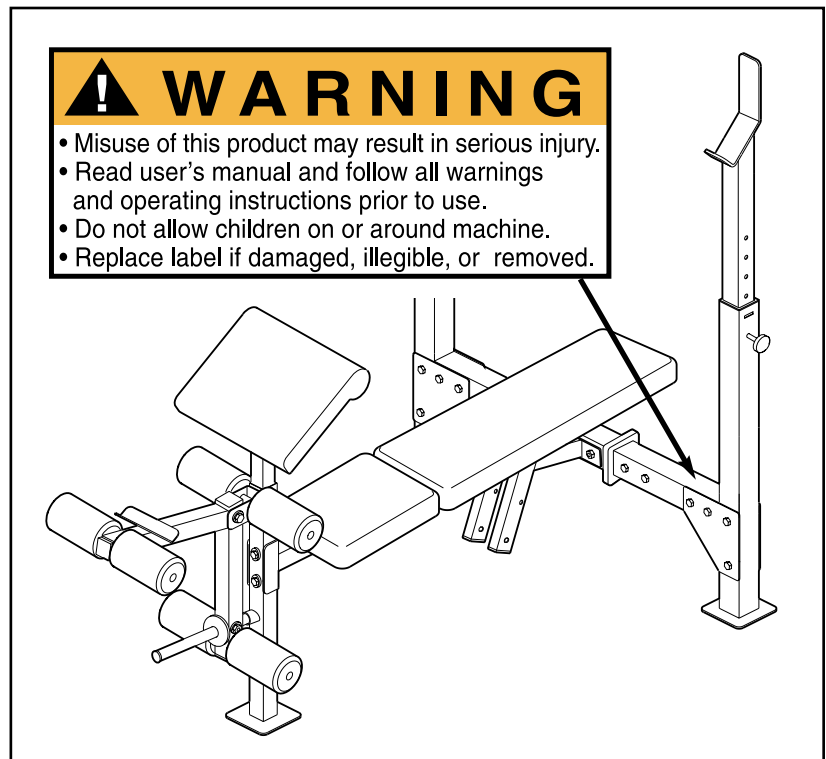
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fitness tips, and much more!*

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WARNING DECAL PLACEMENT

The decal shown at the right has been placed on the weight bench in the indicated location. If the decal is missing or illegible, 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.

1. 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.
3. 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.
5. Inspect and properly tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. Keep hands and feet away from moving parts.
9. Do not use a barbell that is longer than six feet with the weight bench. Note: The weight bench does not include a barbell or weights.
10. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
11. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
12. Always make sure that there is an equal amount of weight on each side of your barbell while you are using it. When adding or removing weights, always keep some weight on both ends of the barbell and prevent the barbell from tipping.
13. The weight bench is designed to support a maximum of 560 pounds, including the user, a barbell, and weights. Do not place more than 310 pounds, including a barbell and weights, on the weight rests. Do not place more than 150 pounds on the leg lever.
14. Make sure that the adjustment knobs are inserted completely and tightened into the uprights before beginning any exercise.
15. When adjusting the position of the seat, make sure that the adjustment pin is inserted through both adjustment tubes before beginning any exercise (see page 10).
16. When you put weight on the weight rests, make sure you put at least ten pounds on the leg lever to balance the weight bench.
17. Always remove the curl post from the front leg before performing leg curls with the leg lever.
18. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ 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.

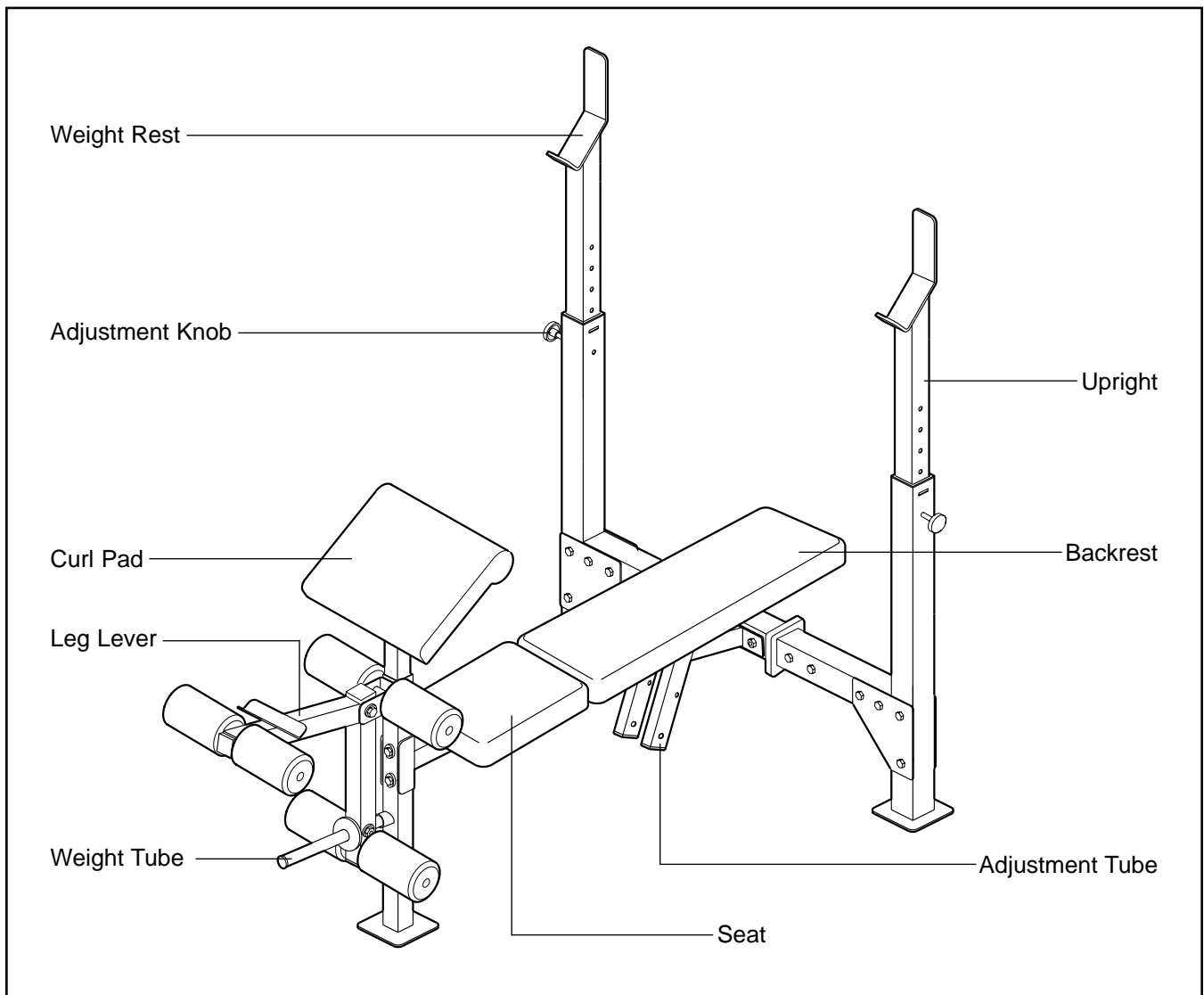
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 455 weight bench. The versatile PRO 455 weight bench is designed to be used with your own weight set (not included) to 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 455 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have 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 WEBE13102. 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 look at the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**

M10 x 81mm Bolt (35)	Spacer (37)	
M10 x 72mm Bolt (40)	M6 Washer (25)	
M10 x 68mm Bolt (44)	M8 Washer (38)	
M10 x 65mm Bolt (18)	M10 Washer (24)	
M8 x 58mm Bolt (39)	M8 Nylon Locknut (13)	
M6 x 38mm Screw (16)	M10 Nylon Locknut (19)	
M6 x 16mm Screw (15)		
M4 x 16mm Screw (34)		

ASSEMBLY

Make Things Easier for Yourself



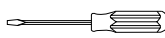
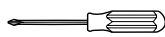
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- 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.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

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

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One 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.

- Note: The parts shown in this step may be pre-assembled. Also, the Extension Tubes (43, see step 2) may be slid onto the Crossbar (3).**

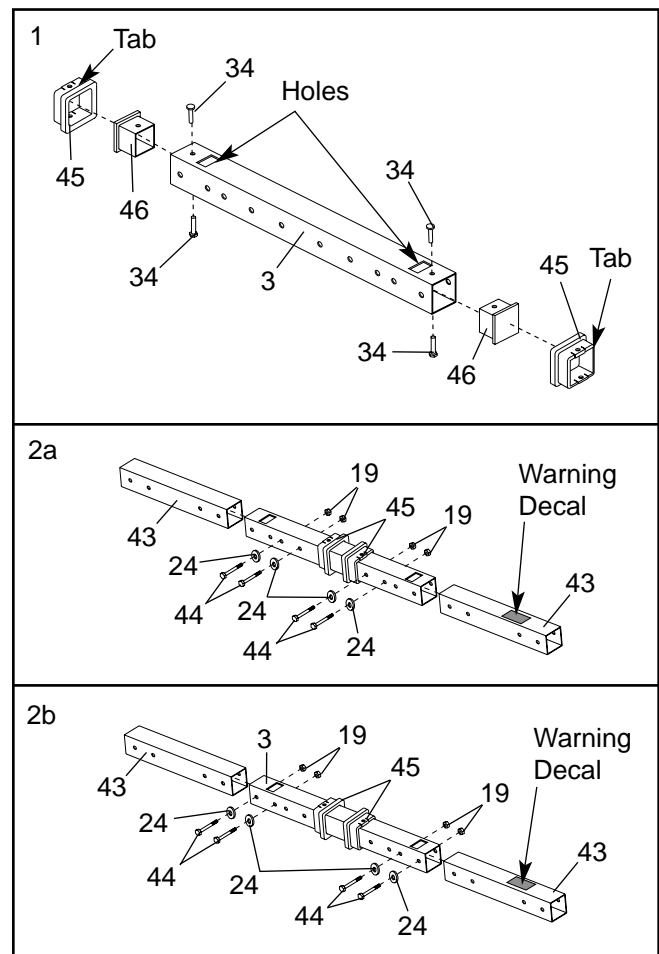
Slide an Extension Tube Bushing (45) onto each end of the Crossbar (3) as shown. Press a Crossbar Bushing (46) into each end of the Crossbar. Secure the two Crossbar Bushings with four M4 x 16mm Screws (34).

Note: The tabs on the Extension Tube Bushings (45) will need to be pushed into the holes in the Crossbar (3) when the Extension Tubes (43, see step 2) are slid onto the Crossbar.

- The weight bench can be adjusted for use with either a standard barbell (see drawing 2a) or an Olympic barbell (see drawing 2b).

Note the position of the warning decal and make sure that the Extension Tubes (43) are oriented as shown. Slide an Extension Tube onto one end of the Crossbar (3) and over an Extension Tube Bushing (45). Align the indicated holes and secure the Extension Tube to the Crossbar with two M10 x 68mm Bolts (44), two M10 Washers (24), and two M10 Nylon Locknuts (19).

Attach the other Extension Tube (43) to the other end of the Crossbar (3) in the same manner.



- Note: The following drawings show the Crossbar (3) adjusted to the standard width.

Note the position of the warning decal and the name decal, and make sure that the Extension Tubes (43) and Upright Bases (7) are oriented exactly as shown. Attach the Extension Tubes to the Upright Bases with four M10 x 81mm Bolts (35), two Support Plates (20), and four M10 Nylon Locknuts (19).

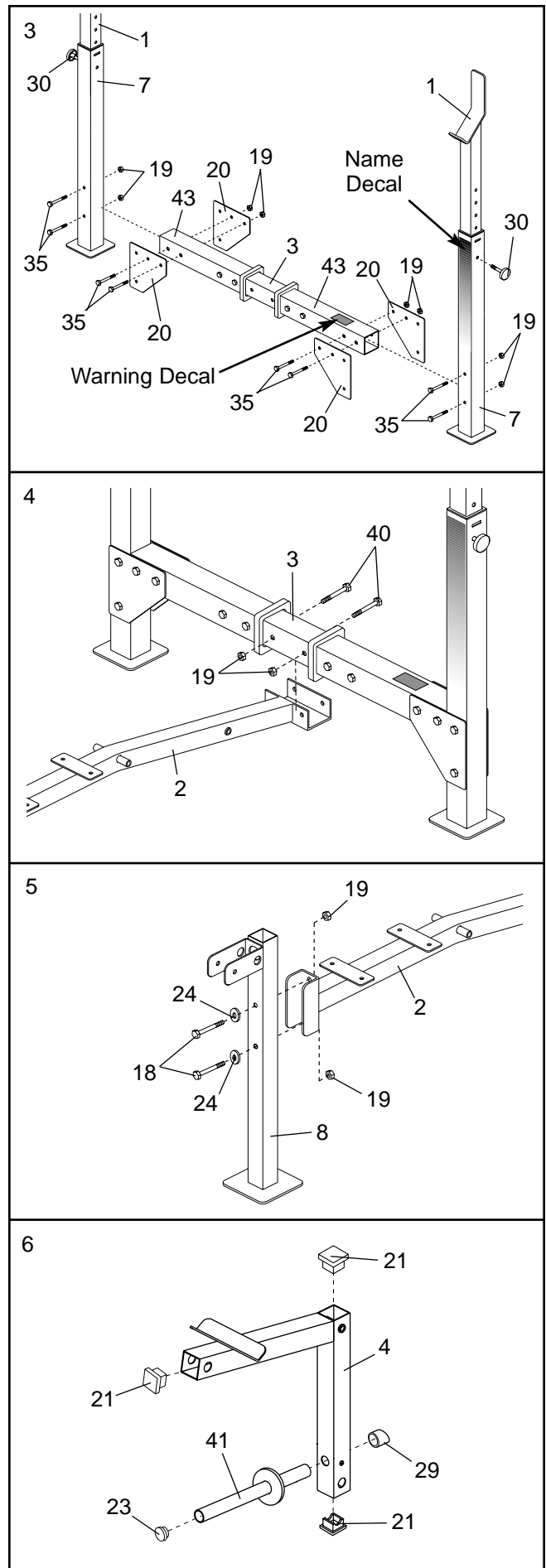
Slide the Uprights (1) into the Upright Bases (7) and secure them at the desired height with the M10 x 67mm Adjustment Knobs (30).

⚠ WARNING: Always set both Uprights (1) at the same height. Make sure that the M10 x 67mm Adjustment Knobs (30) are inserted completely and tightened into the Uprights before you begin any exercise.

- Attach the Frame (2) to the Crossbar (3) with two M10 x 72mm Bolts (40) and two M10 Nylon Locknuts (19).
- Attach the Front Leg (8) to the Frame (2) with two M10 x 65mm Bolts (18), two M10 Washers (24), and two M10 Nylon Locknuts (19).

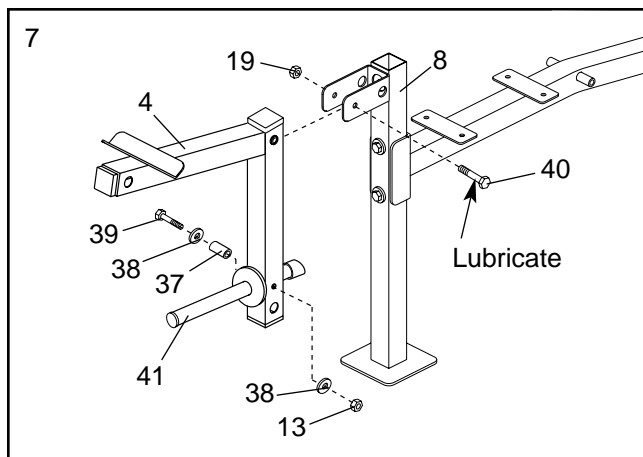
- Tap three 45mm Square Inner Caps (21) into the Leg Lever (4) as shown.

Insert the Weight Tube (41) into the indicated hole in the Leg Lever (4). Tap a 1" Round Inner Cap (23) into the indicated end of the Weight Tube. Press a 1" Angle Cap (29) onto the other end of the Weight Tube.



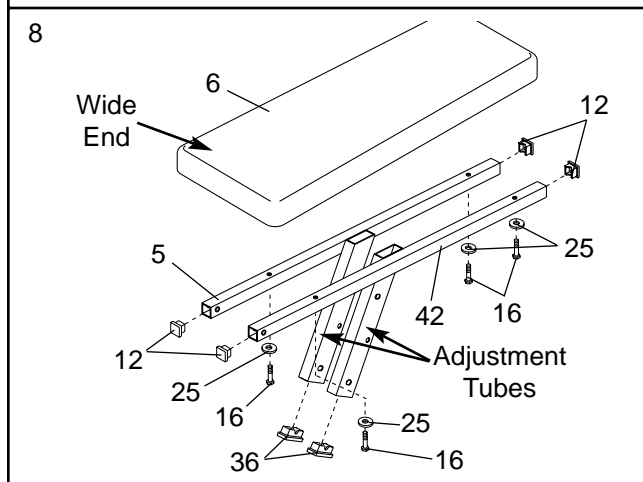
- Lubricate an M10 x 72mm Bolt (40). Attach the Leg Lever (4) to the Front Leg (8) with the Bolt and an M10 Nylon Locknut (19).

Attach the Weight Tube (41) to the Leg Lever (4) with the M8 x 58mm Bolt (39), two M8 Washers (38), the Spacer (37), and an M8 Nylon Locknut (13). **Note: The Spacer will fit tightly inside of the Leg Lever.**



- Press four 1" Square Inner Caps (12) into the indicated ends of the Backrest Tubes (5, 42). Press two 1" x 2" Inner Caps (36) into the ends of the adjustment tubes.

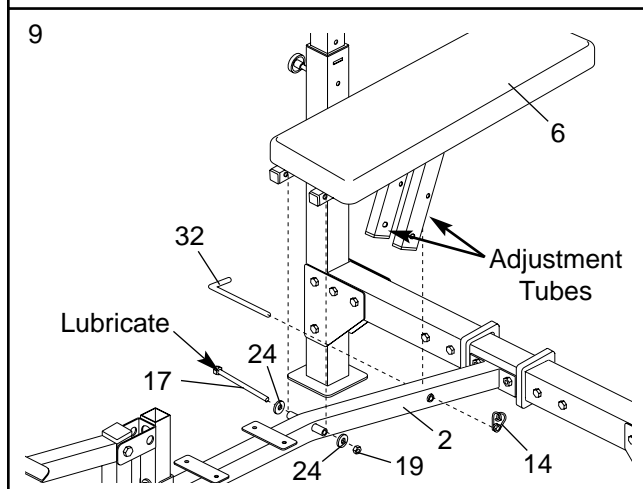
With the wide end of the Backrest (6) positioned as shown, attach the Backrest Tubes (5, 42) to the Backrest with four M6 x 38mm Screws (16) and four M6 Washers (25). **Note: The Backrest Tubes and Backrest must be oriented exactly as shown.**



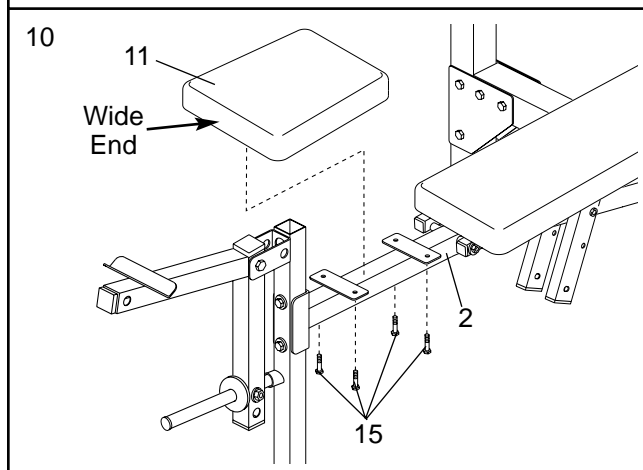
- Lubricate the M10 x 178mm Bolt (17). Attach the Backrest (6) to the Frame (2) with the Bolt, two M10 Washers (24), and an M10 Nylon Locknut (19).

Secure the Backrest (6) by sliding the Adjustment Pin (32) through one of the three sets of holes in the adjustment tubes and the indicated hole in the Frame (2). Secure the Adjustment Pin with the Pin Clip (14).

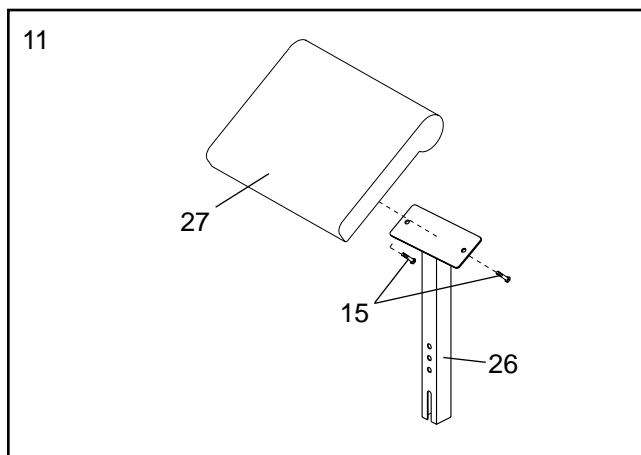
Make sure the Adjustment Pin (32) is completely inserted through both holes in the adjustment tubes and the Frame (2).



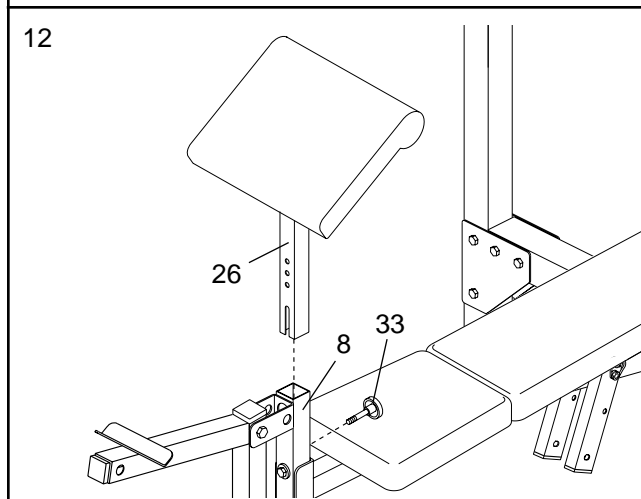
- With the wide end of the Seat (11) positioned as shown, attach the Seat to the brackets on the Frame (2) with four M6 x 16mm Screws (15).



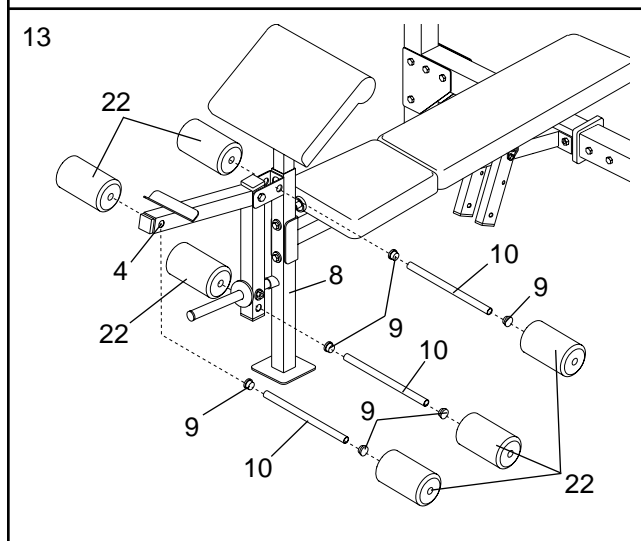
11. Attach the Curl Pad (27) to the Curl Post (26) with two M6 x 16mm Screws (15).



12. Slide the Curl Post (26) into the Front Leg (8). Align one of the adjustment holes in the Curl Post with the adjustment hole in the Front Leg. Tighten the M10 x 48mm Adjustment Knob (33) into the adjustment hole in the Front Leg. **Fully tighten the Adjustment Knob.**



13. Tap two 3/4" Round Inner Caps (9) into each Pad Tube (10). Insert the Pad Tubes into the holes in the Leg Lever (4) and the Front Leg (8). Slide two Foam Pads (22) onto each Pad Tube.



14. **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 page 10.

ADJUSTMENTS

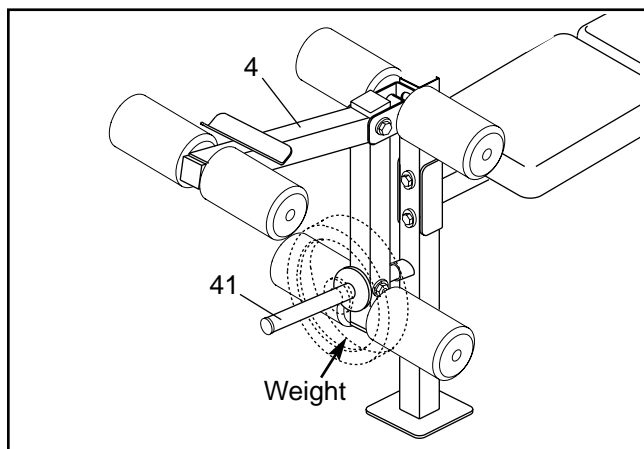
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 12 for important exercise information and refer to the accompanying exercise guide to see the correct form for several exercises. Refer also to the exercise information accompanying your weight set for additional exercises.

Inspect and properly tighten all parts 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.

ATTACHING WEIGHTS TO THE LEG LEVER

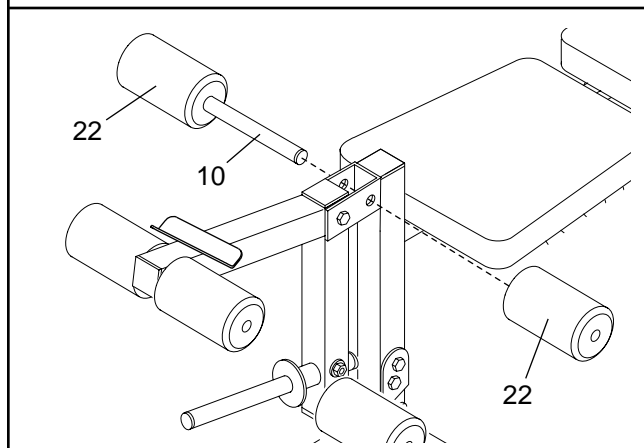
To use the Leg Lever (4), slide the desired weights (not included) onto the Weight Tube (41).

⚠ WARNING: Do not place more than 130 pounds on the Leg Lever (4).



REMOVING THE PAD TUBE AND PADS

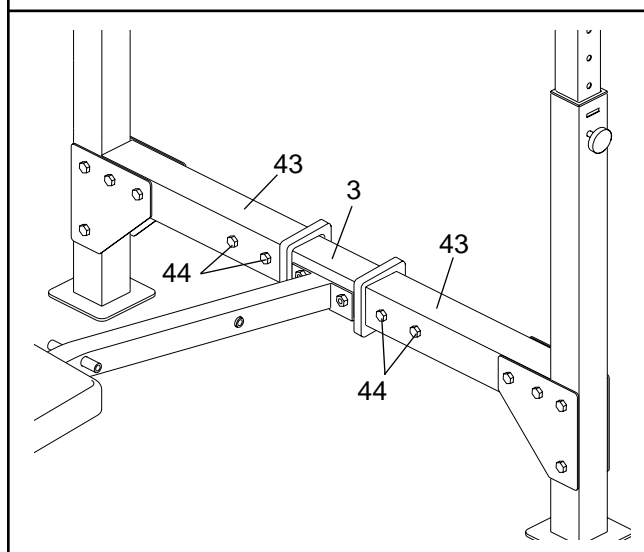
Before doing leg curl exercises, the indicated Pad Tube (10) and Foam Pads (22) must be removed from the weight bench. To do this, slide one of the Foam Pads off of the Pad Tube; then pull the Pad Tube out of the Front Leg (8).



ADJUSTING THE BENCH WIDTH

To adjust the width of the bench to use either a standard barbell or an Olympic barbell, remove the indicated M10 x 73mm Bolts (44) from the Extension Tubes (43).

Refer to assembly steps 2 and 3 for instructions on how to reassemble the Crossbar (3) at the desired width.

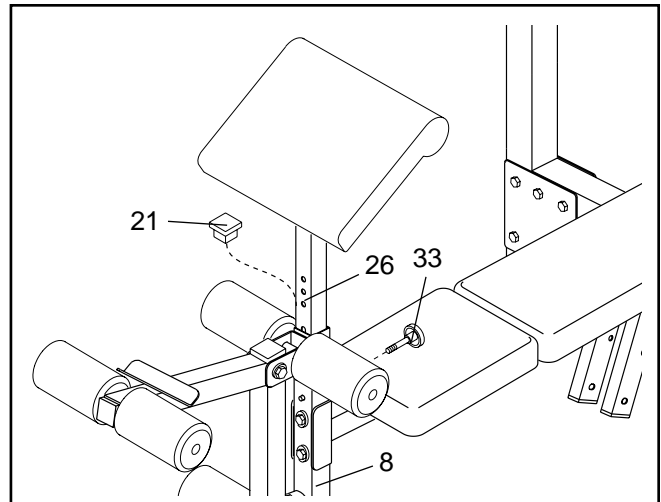


ATTACHING THE CURL POST

For some exercises, the Curl Post (26) must be attached to the weight bench.

Slide the Curl Post (26) into the Front Leg (8). Align one of the adjustment holes in the Curl Post with the adjustment hole in the Front Leg. Tighten the M10 x 48mm Adjustment Knob (33) into the adjustment hole in the Front Leg. **Make sure that you fully tighten the Adjustment Knob.**

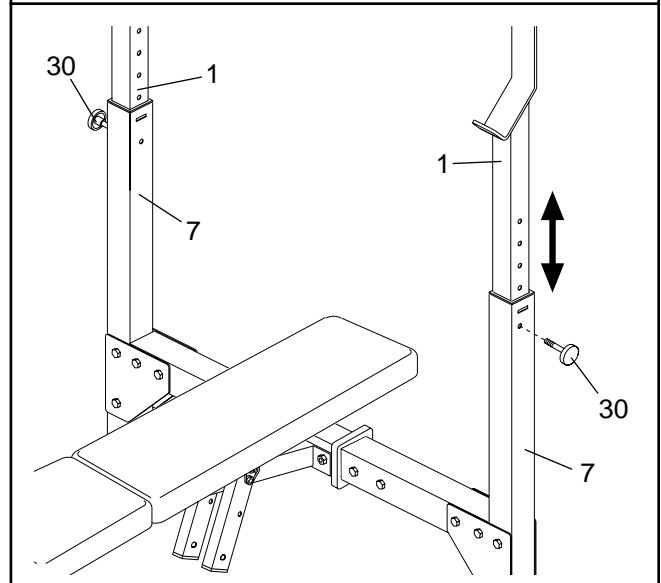
Note: When the Curl Post (26) is not in use, the 45mm Square Inner Cap (21) should be inserted into the Front Leg (8).



ADJUSTING THE UPRIGHTS

The Uprights (1) can be adjusted to five heights to accommodate different exercises. To adjust the height, remove the M10 x 67mm Adjustment Knobs (30) from both Uprights and Upright Bases (7). Slide the Uprights to the desired position and re-insert the Adjustment Knobs.

⚠ WARNING: Always set both Uprights (1) at the same height. Make sure that the Adjustment Knobs (30) are inserted completely and tightened into the Uprights before you begin any exercise.



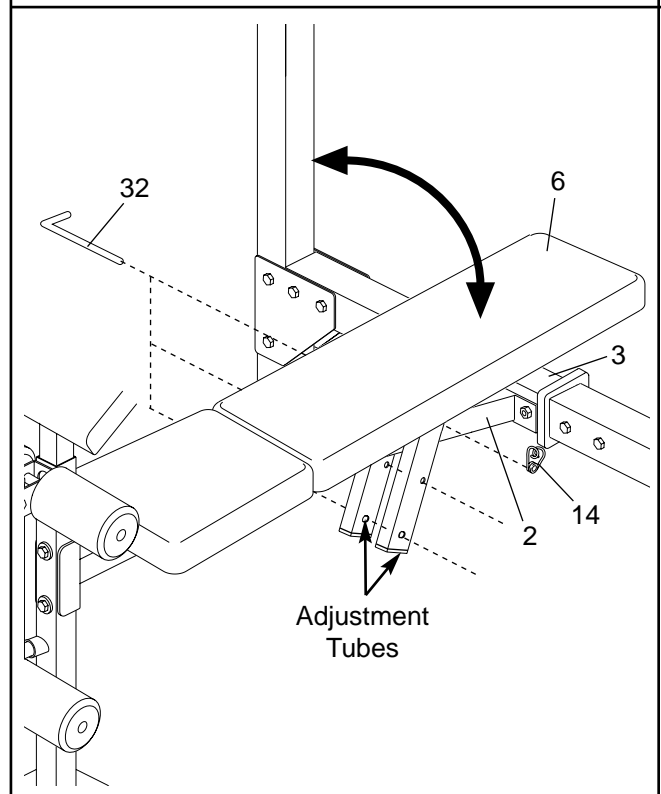
ADJUSTING THE BACKREST

The Backrest (6) can be used in either a decline position, a level position, or two incline positions. To adjust the Backrest to the decline position, remove the Adjustment Pin (32) and lower the Backrest until it rests directly on the Crossbar (3). Re-insert the Adjustment Pin.

To adjust the Backrest (6) to the level position, insert the Adjustment Pin (32) through the top set of holes in the adjustment tubes and the Frame (2). Secure the Adjustment Pin with the Pin Clip (14).

To adjust the Backrest (6) to an incline position, insert the Adjustment Pin (32) through one of the lower two sets of holes in the adjustment tubes and the Frame (2). Secure the Adjustment Pin with the Pin Clip (14).

⚠ WARNING: When adjusting the position of the Backrest (6), make sure that the Adjustment Pin (32) is inserted through both adjustment tubes and the Frame (2).



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, and 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 13 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

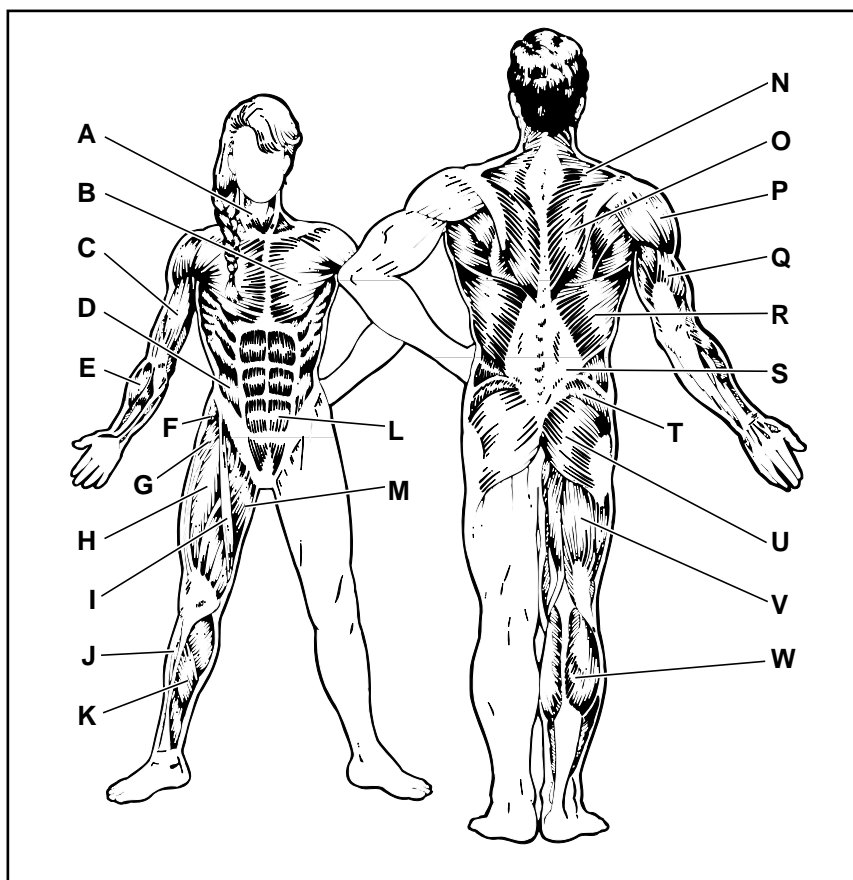
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

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)



PART LIST—Model No. WEBE13102

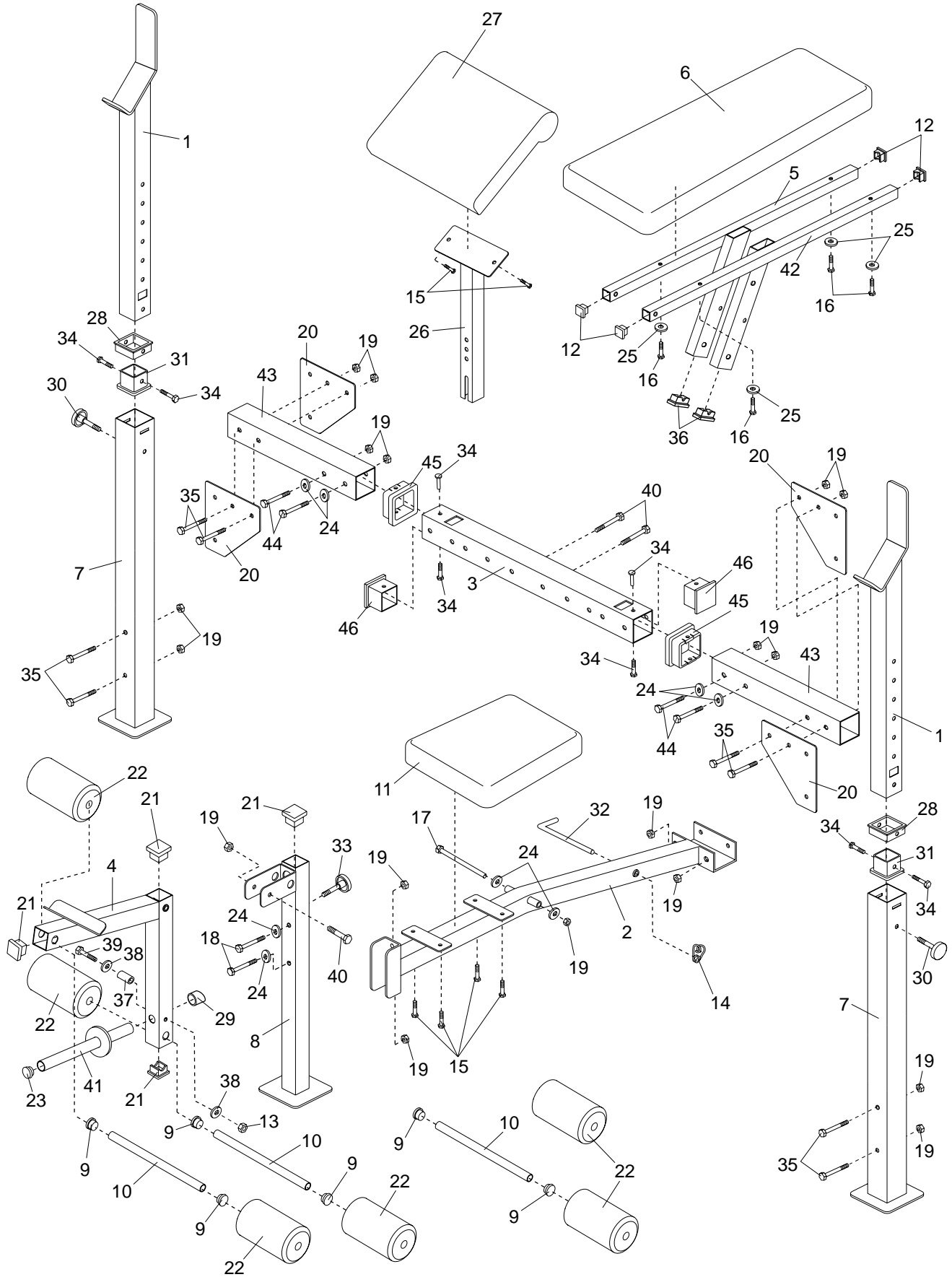
R0902A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	25	4	M6 Washer
2	1	Frame	26	1	Curl Post
3	1	Crossbar	27	1	Curl Pad
4	1	Leg Lever	28	2	Carriage Bushing
5	1	Right Backrest Tube	29	1	1" Angle Cap
6	1	Backrest	30	2	M10 x 67mm Adjustment Knob
7	2	Upright Base	31	2	60mm x 50mm Bushing
8	1	Front Leg	32	1	Adjustment Pin
9	6	3/4" Round Inner Cap	33	1	M10 x 48mm Adjustment Knob
10	3	Pad Tube	34	8	M4 x 16mm Screw
11	1	Seat	35	8	M10 x 81mm Bolt
12	4	1" Square Inner Cap	36	2	1" x 2" Inner Cap
13	1	M8 Nylon Locknut	37	1	Spacer
14	1	Pin Clip	38	2	M8 Washer
15	6	M6 x 16mm Screw	39	1	M8 x 58mm Bolt
16	4	M6 x 38mm Screw	40	3	M10 x 72mm Bolt
17	1	M10 x 178mm Bolt	41	1	Weight Tube
18	2	M10 x 65mm Bolt	42	1	Left Backrest Tube
19	18	M10 Nylon Locknut	43	2	Extension Tube
20	4	Support Plate	44	4	M10 x 68mm Bolt
21	4	45mm Square Inner Cap	45	2	Extension Tube Bushing
22	6	Foam Pad	46	2	Crossbar Bushing
23	1	1" Round Inner Cap	#	1	User's Manual
24	8	M10 Washer	#	1	Exercise Guide

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WEBE13102

R0902A



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:

- The MODEL NUMBER of the product (WEBE13102)
- The NAME of the product (WEIDER® PRO 455 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15)

LIMITED WARRANTY

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

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

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

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

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813