

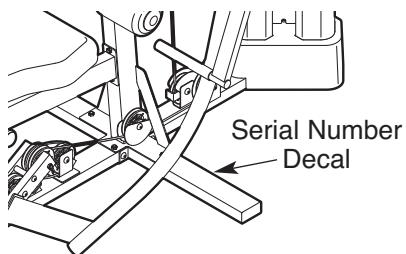
WEIDER PROTM

8900

Model No. 831.14923.0

Serial No. _____

Write the serial number in the space above for reference.



- Assembly
- Operation
- Maintenance
- Part List and Drawing

Sears, Roebuck and Co.
Hoffman Estates, IL 60179

! CAUTION

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

WEIGHT SYSTEM EXERCISER User's Manual

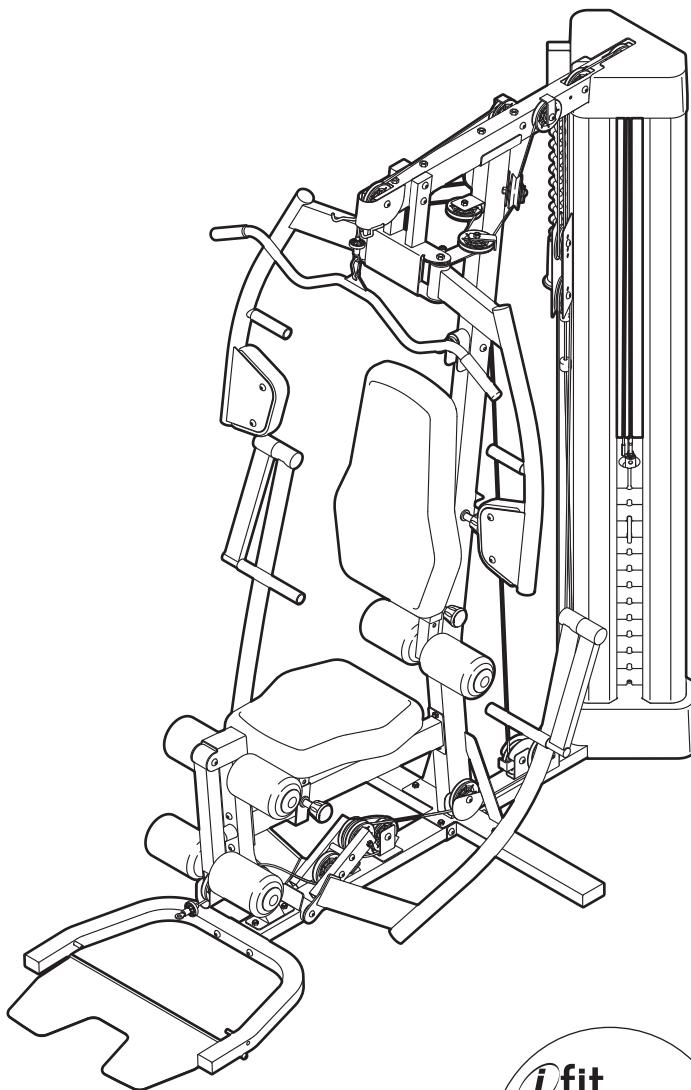
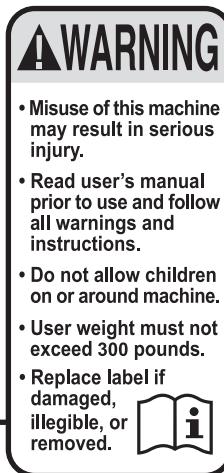
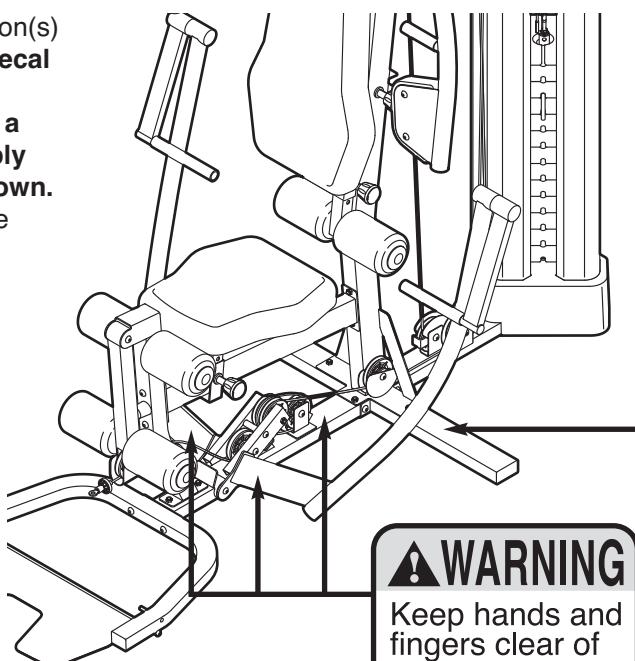


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90-DAY FULL WARRANTY	Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-877-992-5999 and request a free replacement decal. Apply the decal in the location shown.**
Note: The decal(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. Sears 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. 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 a 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. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the weight system at all times.
9. The weight system should not be used by persons weighing more than 300 lbs. (136 kg).
10. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the weight system. Always wear athletic shoes for foot protection.
11. Keep hands and feet away from moving parts.
12. Always secure the weight stack with the lock pin and the lock after exercising to prevent unauthorized use of the weight system (see **LOCKING THE WEIGHT STACK** on page 36).
13. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys.
14. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
15. Never release the arms, leg lever, lat bar, handle, ankle strap, or double strap while weights are raised. The weights will fall with great force.
16. Always disconnect the lat bar from the weight system when performing an exercise that does not require the lat bar.
17. 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™ 8900 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

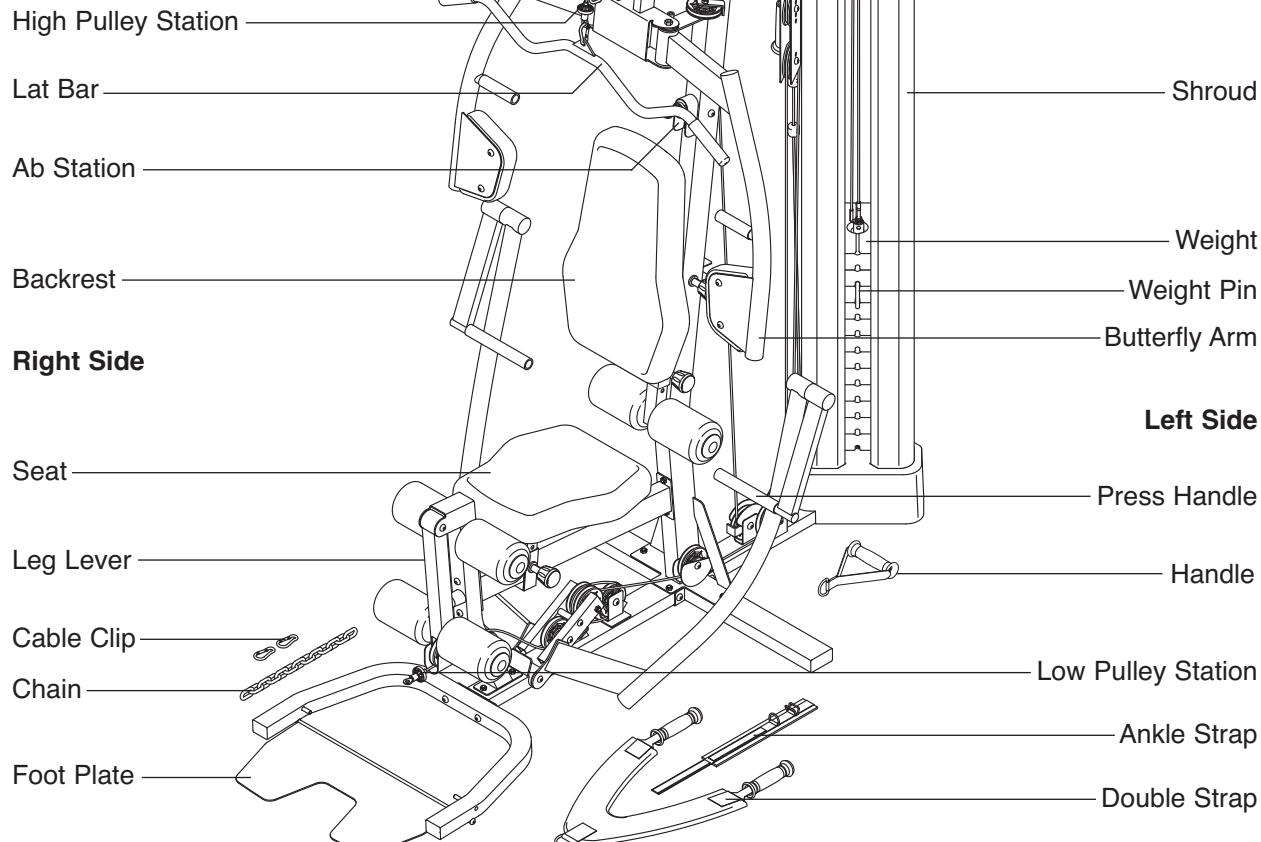
For your benefit, read this manual carefully before using the weight system. If you have questions after

reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

Assembled Dimensions:

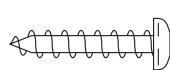
Height: 6 ft. 11 in. (211 cm)
Width: 4 ft. 1 in. (124 cm)
Depth: 7 ft. 1 in. (216 cm)



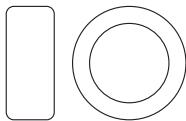
Note: The terms "right side" and "left side" are used relative to a person sitting on the seat; they do not correspond to right and left on the drawings in this manual.

PART IDENTIFICATION CHART

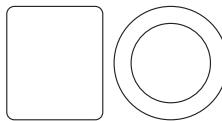
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled. If a part is missing, please call 1-877-992-5999. To avoid damaging parts, do not use power tools for assembly.**



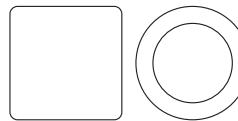
ST4.2 x 19mm
Screw (90)



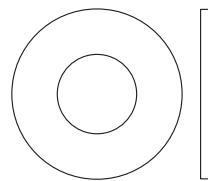
6.35mm
Spacer (94)



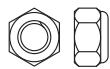
12.7mm
Spacer (73)



14.8mm
Spacer (95)



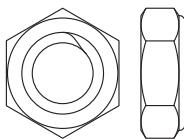
M10 Washer (88)



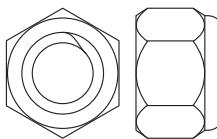
M4 Locknut
(108)



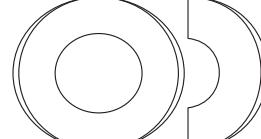
M6 Locknut (87)



M10 Jam Nut (99)

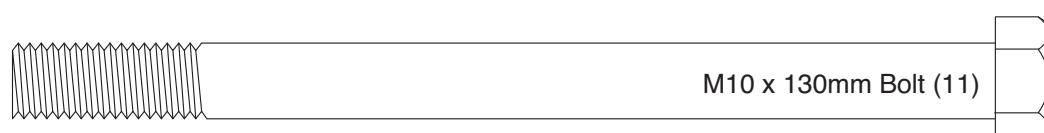
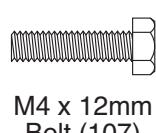
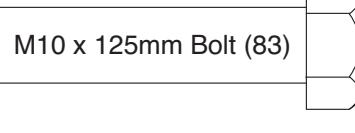
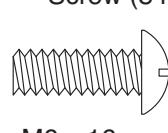
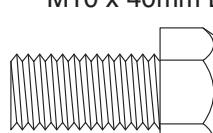
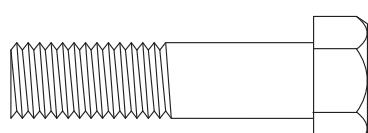
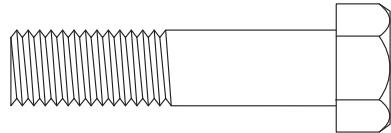
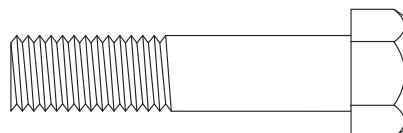
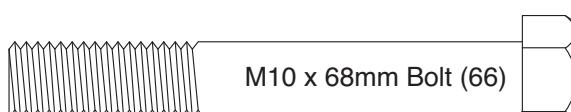
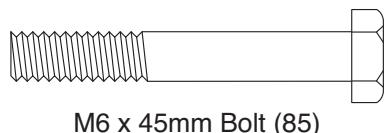
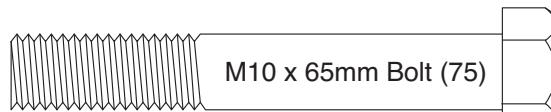
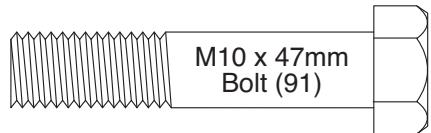
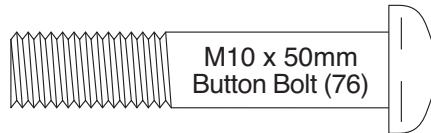
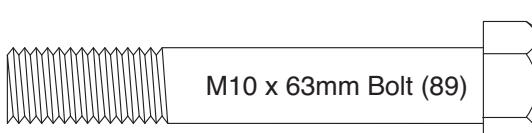
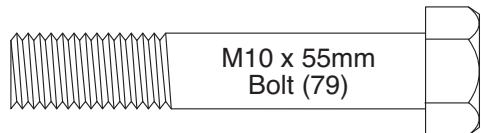
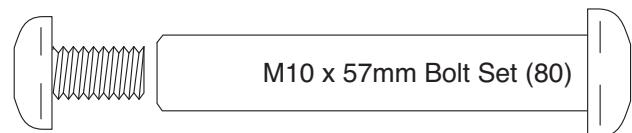
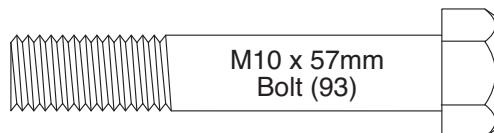


M10 Locknut (74)



M10 Curved
Washer (86)

Continued on page 6



ASSEMBLY

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

- Assembly requires two persons.
- Because of its weight and size, assemble the weight system in the location where it will be used. Make sure that there is enough clearance to walk around the weight system.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on pages 5 and 6.
- The following tools (not included) may be required for assembly:

two adjustable wrenches



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.

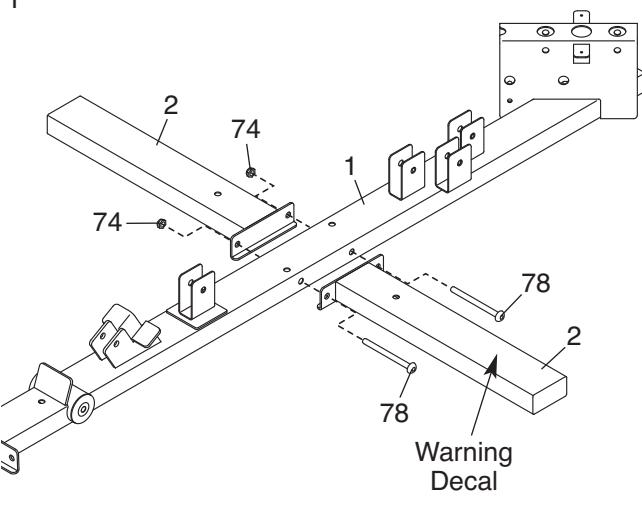
1.

To make assembly easier, read the assembly tips in the box above.

Orient the Base (1) and the Side Stabilizers (2) as shown.

Attach the Side Stabilizers (2) to the Base (1) with two M10 x 95mm Bolts (78) and two M10 Locknuts (74). **Do not fully tighten the Locknuts yet.**

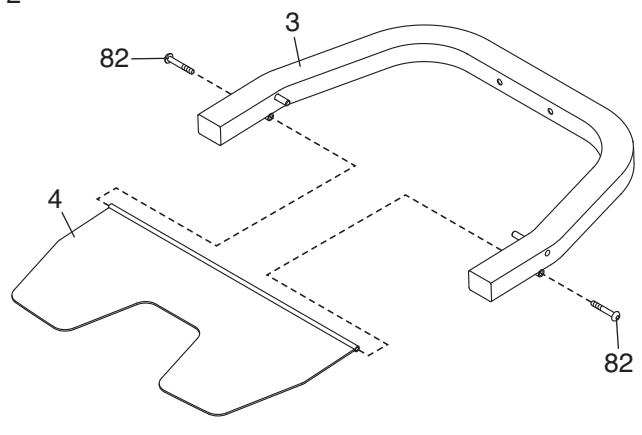
1



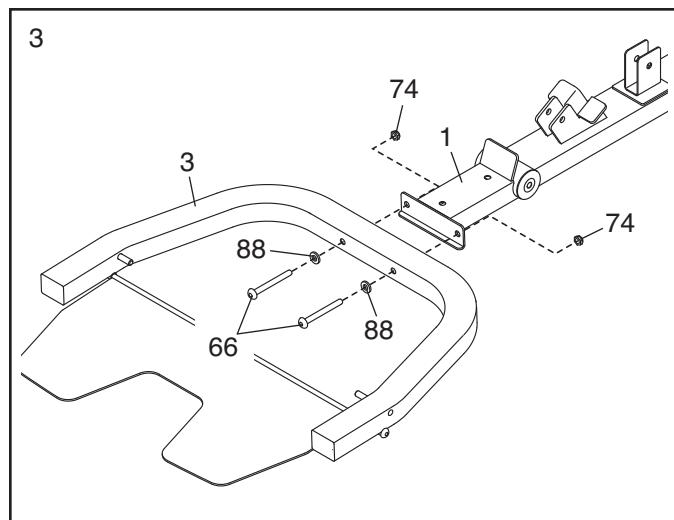
2. Orient the U-stabilizer (3) and the Foot Plate (4) as shown. **Make sure that the textured side of the Foot Plate is facing upward.**

Attach the Foot Plate (4) to the U-stabilizer (3) with two M8 x 65mm Button Screws (82). **Do not overtighten the Screws; the Foot Plate must pivot easily.**

2

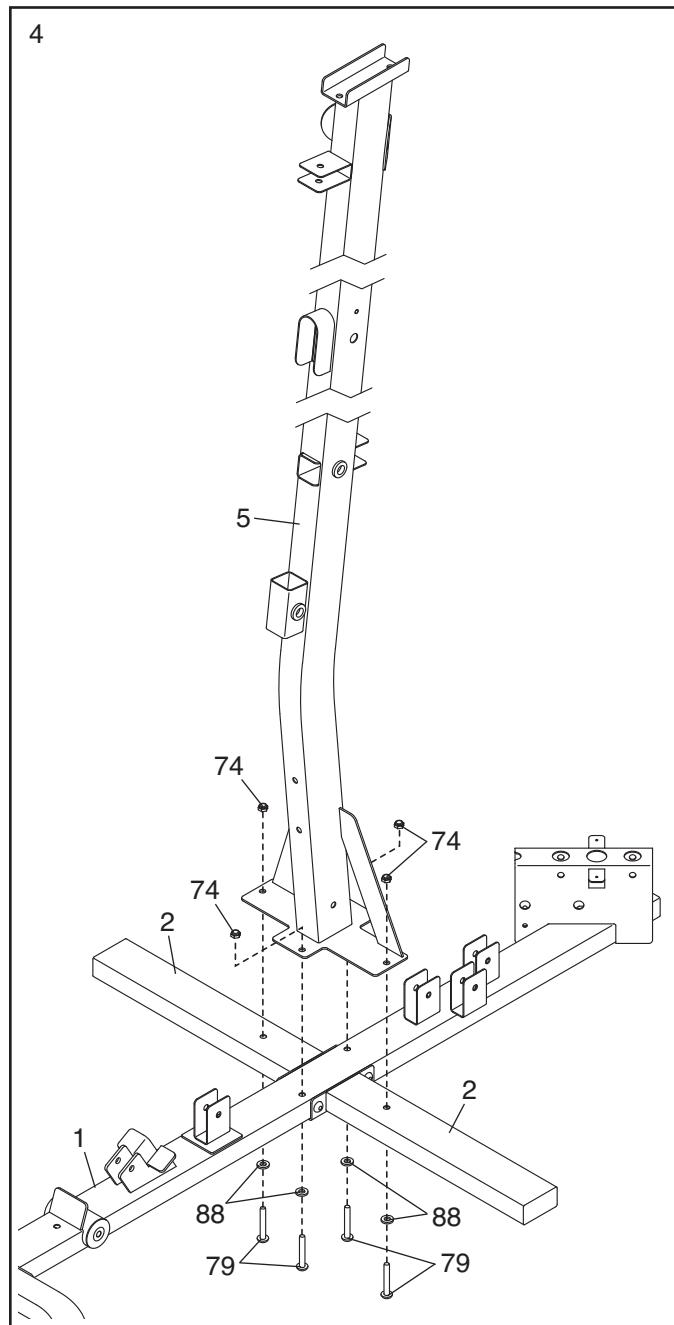


3. Attach the U-stabilizer (3) to the Base (1) with two M10 x 68mm Bolts (66), two M10 Washers (88), and two M10 Locknuts (74).



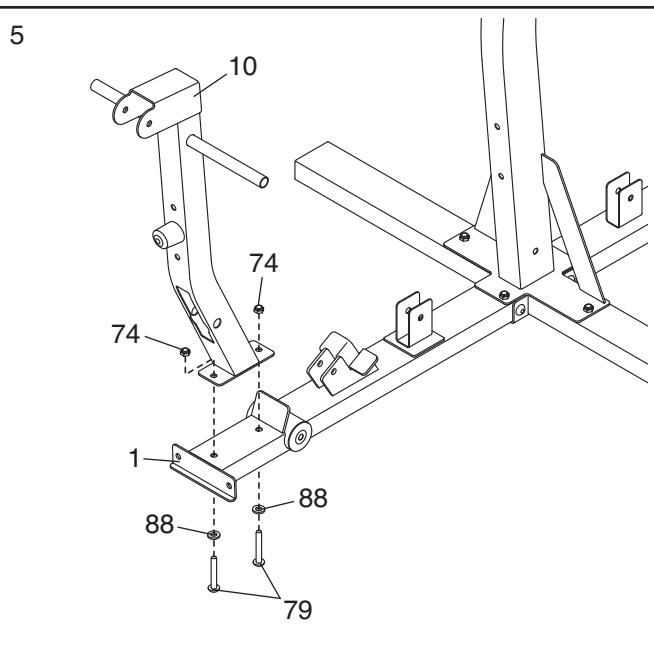
4. Orient the Upright (5) as shown.

Attach the Upright (5) to the Base (1) and the Side Stabilizers (2) with four M10 x 55mm Bolts (79), four M10 Washers (88), and four M10 Locknuts (74). **Do not fully tighten the Locknuts yet.**



5. Orient the Leg (10) as shown.

Attach the Leg (10) to the Base (1) with two M10 x 55mm Bolts (79), two M10 Washers (88), and two M10 Locknuts (74). **Do not fully tighten the Locknuts yet.**

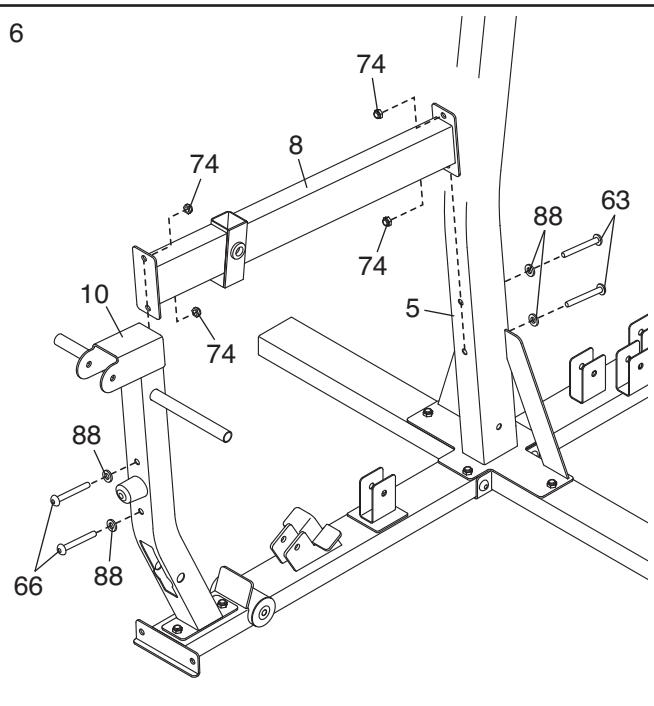


6. Orient the Seat Tube (8) as shown.

Attach the Leg (10) to the Seat Tube (8) with two M10 x 68mm Bolts (66), two M10 Washers (88), and two M10 Locknuts (74). **Do not fully tighten the Locknuts yet.**

Attach the Seat Tube (8) to the Upright (5) with two M10 x 93mm Bolts (63), two M10 Washers (88), and two M10 Locknuts (74). **Do not fully tighten the Locknuts yet.**

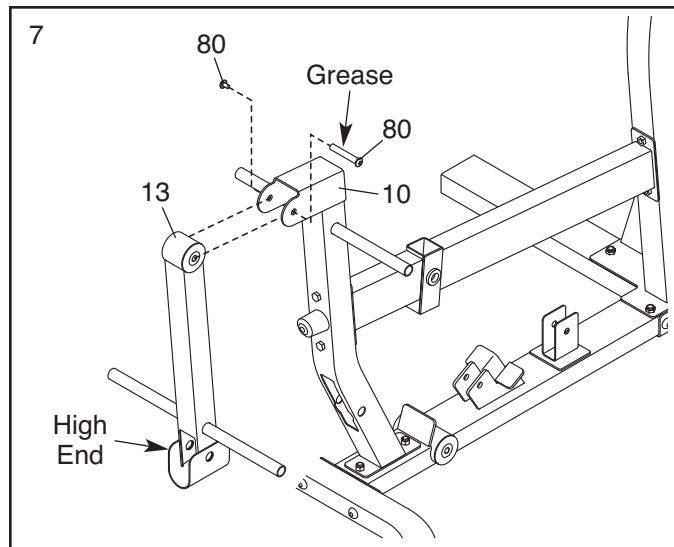
See steps 1, 4, 5, and 6. Tighten the M10 Locknuts (74).



7. Apply some of the included grease to an M10 x 57mm Bolt Set (80).

Orient the Leg Lever (13) so that the high end of the bracket is in the location shown.

Attach the Leg Lever (13) to the Leg (10) with the M10 x 57mm Bolt Set (80). **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Leg.**



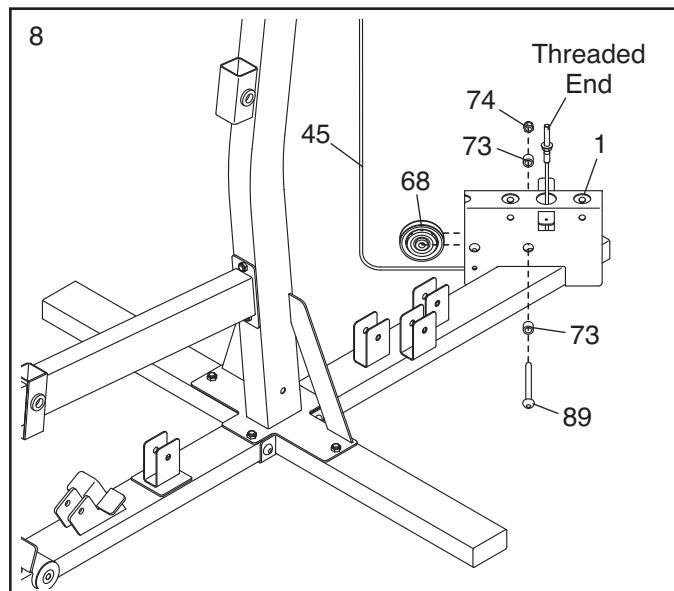
8. See the CABLE DIAGRAM on page 38 to identify the cables as you assemble them.

Identify the Burn Cable (45).

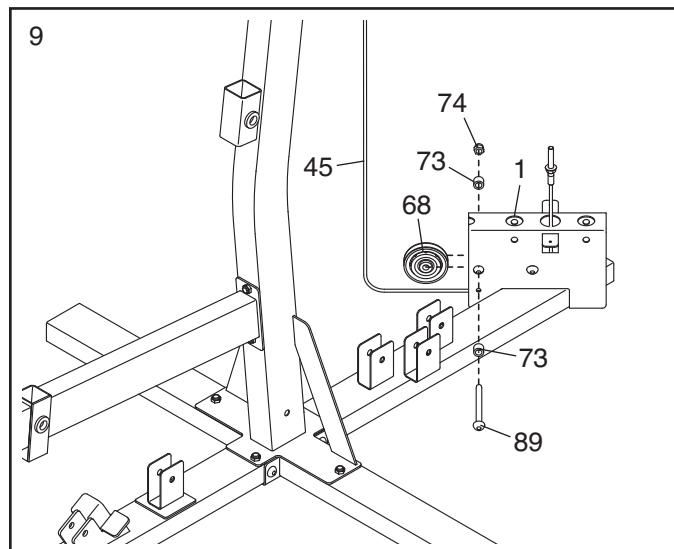
Identify the four Burn Pulleys (68), the three V-pulleys (not shown), and the twenty Pulleys (not shown).

Route the threaded end of the Burn Cable (45) through the bracket on the Base (1) as shown.

Attach a Burn Pulley (68) over the Burn Cable (45) inside the bracket on the Base (1) with an M10 x 63mm Bolt (89), two 12.7mm Spacers (73), and an M10 Locknut (74).

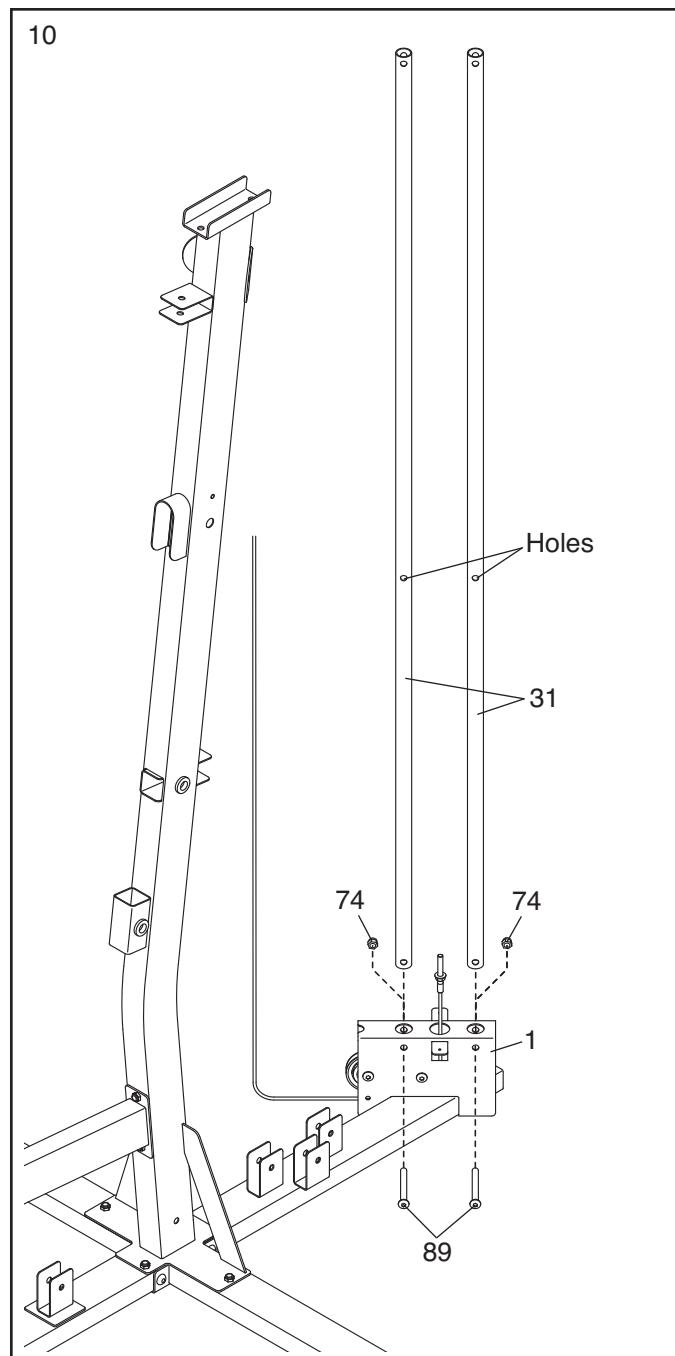


9. Attach a second Burn Pulley (68) over the Burn Cable (45) inside the bracket on the Base (1) with an M10 x 63mm Bolt (89), two 12.7mm Spacers (73), and an M10 Locknut (74).



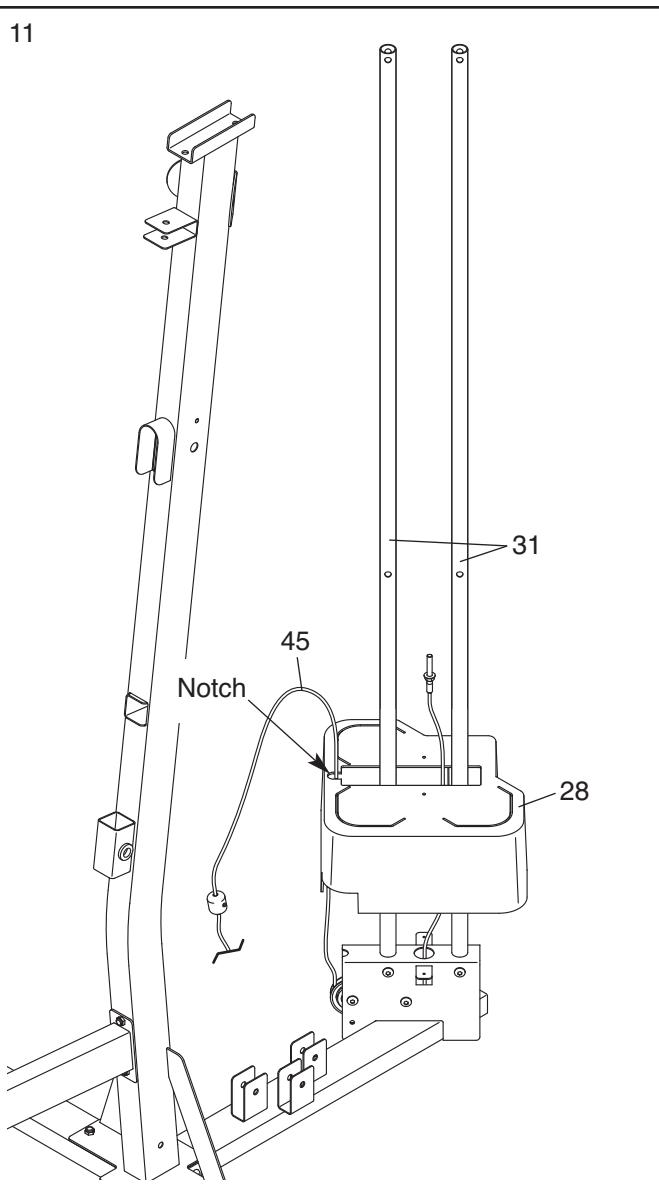
10. Orient the Weight Guides (31) so that the indicated holes are closer to the floor.

Insert the Weight Guides (31) into the holes in the Base (1). Attach each Weight Guide with an M10 x 63mm Bolt (89) and an M10 Locknut (74).



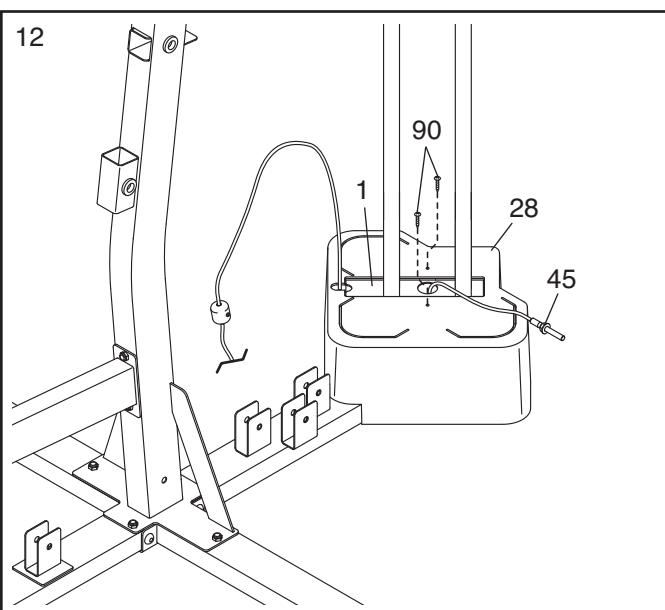
11. Orient the Bottom Cover (28) so that the notch is in the indicated location.

Slide the Bottom Cover (28) downward over the Weight Guides (31) and the Burn Cable (45). **Make sure that the Burn Cable is routed as shown and is inserted into the notch in the Bottom Cover.**



12. **Make sure that the Burn Cable (45) is routed as shown.**

Attach the Bottom Cover (28) to the Base (1) with two ST4.2 x 19mm Screws (90).

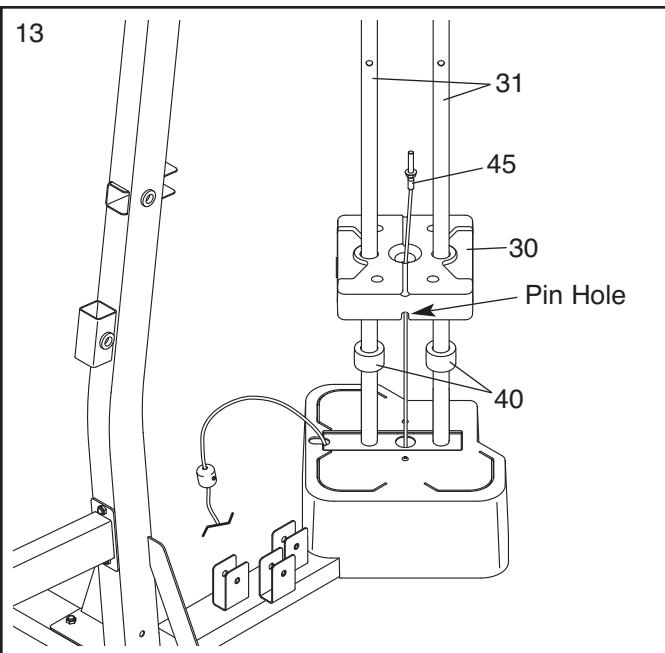


13. Slide a Bumper (40) onto each Weight Guide (31).

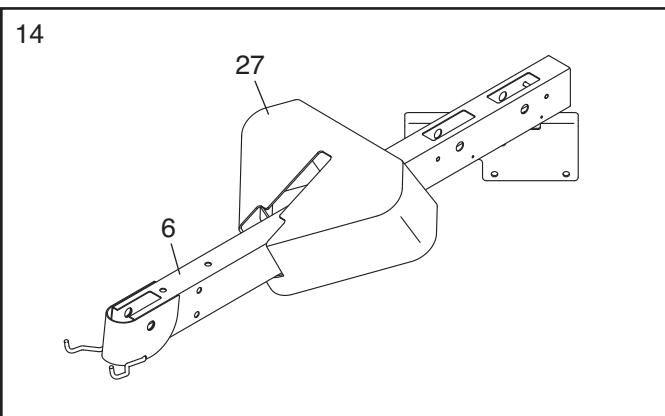
Orient a Weight (30) so that the pin hole is in the indicated location.

Then, slide the Weight (30) onto the Weight Guides (31). Route the end of the Burn Cable (45) upward through the center of the Weight.

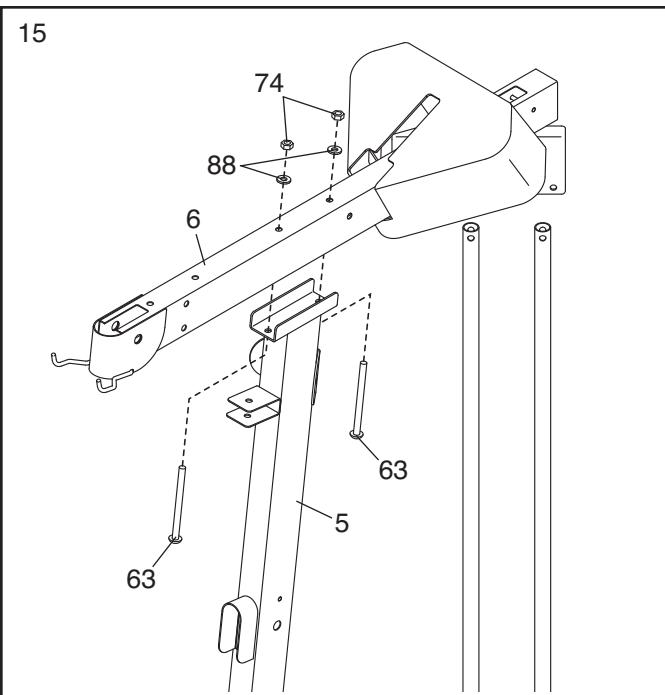
Repeat these actions with the other eleven Weights.



14. Orient the Top Frame (6) and the Top Cover (27) as shown. Slide the Top Cover onto the Top Frame.

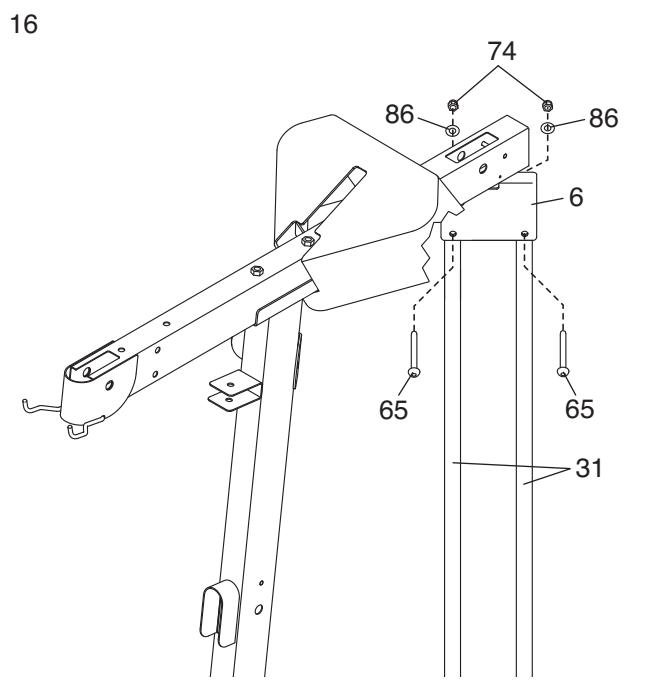


15. Attach the Top Frame (6) to the Upright (5) with two M10 x 93mm Bolts (63), two M10 Washers (88), and two M10 Locknuts (74). **Do not fully tighten the Locknuts yet.**



16. Attach the Top Frame (6) to the Weight Guides (31) with two M10 x 43mm Bolts (65), two M10 Curved Washers (86), and two M10 Locknuts (74).

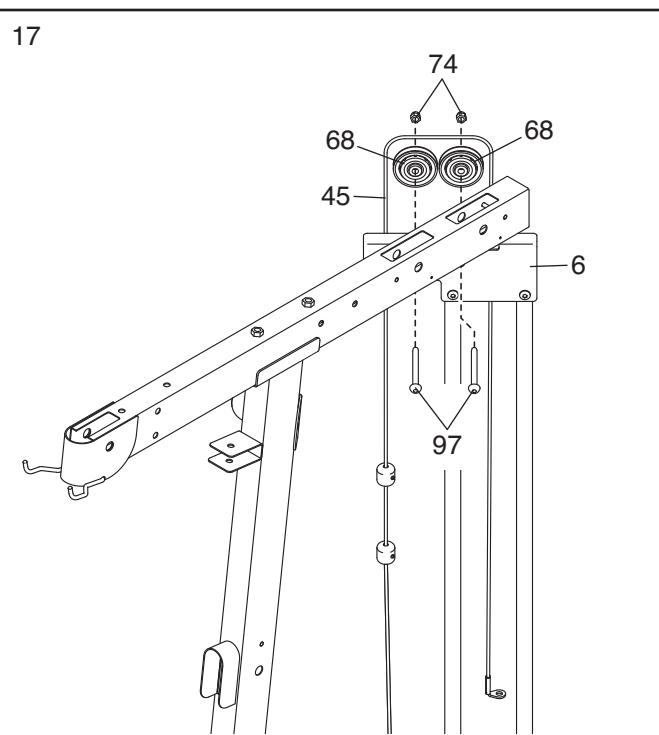
See step 15. Tighten the M10 Locknuts (74).



17. **Note: For clarity, the Top Cover (27) is not shown.**

Route the Burn Cable (45) over two Burn Pulleys (68).

Attach each Burn Pulley (68) to the right side of the Top Frame (6) with an M10 x 40mm Bolt (97) and an M10 Locknut (74).



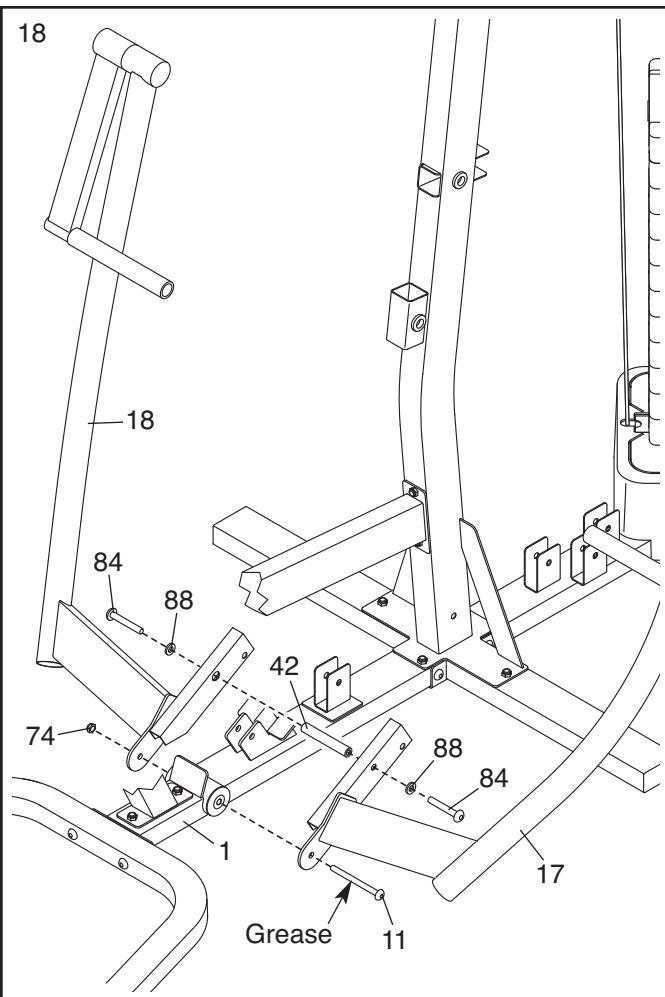
18. Apply grease to an M10 x 130mm Bolt (11).

Identify the Left and Right Press Arms (17, 18) and orient them as shown.

Insert the Press Arm Spacer (42) between the Left and Right Press Arms (17, 18) as shown.

Attach the Left and Right Press Arms (17, 18) to the Base (1) with the M10 x 130mm Bolt (11) and an M10 Locknut (74). **Do not overtighten the Locknut; the Press Arms must pivot easily.**

Attach the Left and Right Press Arms (17, 18) with two M10 x 20mm Screws (84), two M10 Washers (88), and the Press Arm Spacer (42).

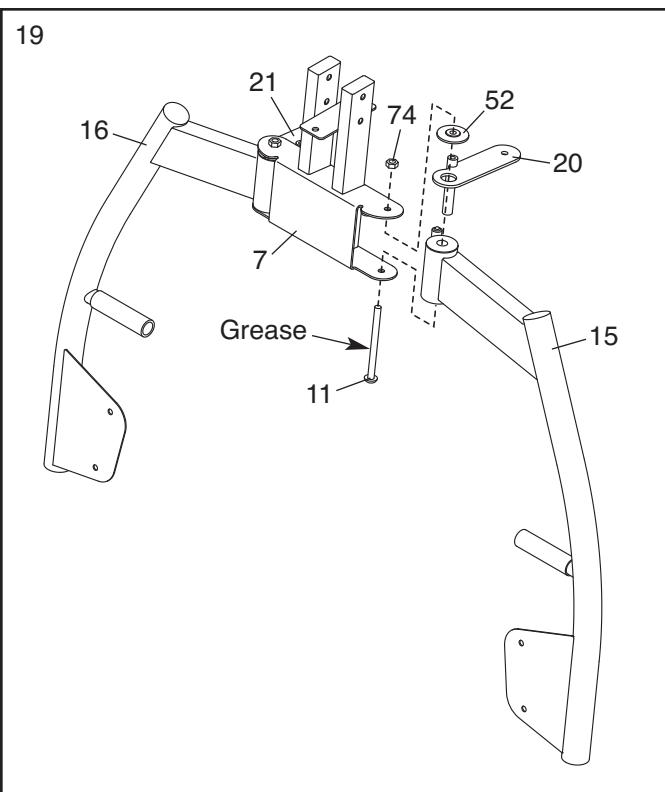


19. Identify the Butterfly Frame (7), the Left Butterfly Pulley Bracket (20), and the Left Butterfly Arm (15) and orient them as shown.

Apply grease to an M10 x 130mm Bolt (11).

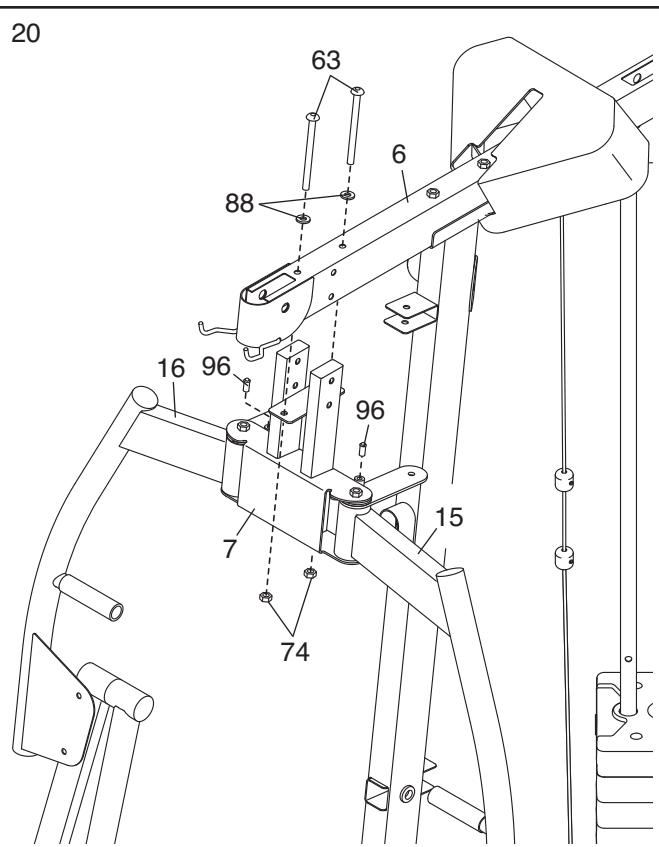
Attach the Left Butterfly Arm (15) to the Butterfly Frame (7) with the M10 x 130mm Bolt (11), an Upper Butterfly Bushing (52), the Left Butterfly Pulley Bracket (20), and an M10 Locknut (74). **Do not overtighten the Locknut; the Butterfly Arm must pivot easily.**

Repeat this step to attach the Right Butterfly Arm (16) and the Right Butterfly Pulley Bracket (21).



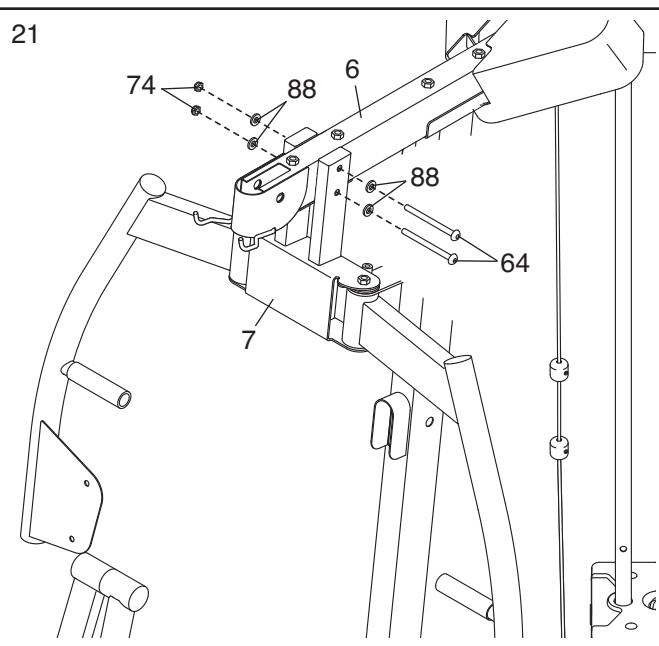
20. Attach the Butterfly Frame (7) to the Top Frame (6) with two M10 x 93mm Bolts (63), two M10 Washers (88), and two M10 Locknuts (74). **Do not fully tighten the Locknuts yet.**

Insert a Ball Detention Assembly (96) into the Left and Right Butterfly Arms (15, 16).



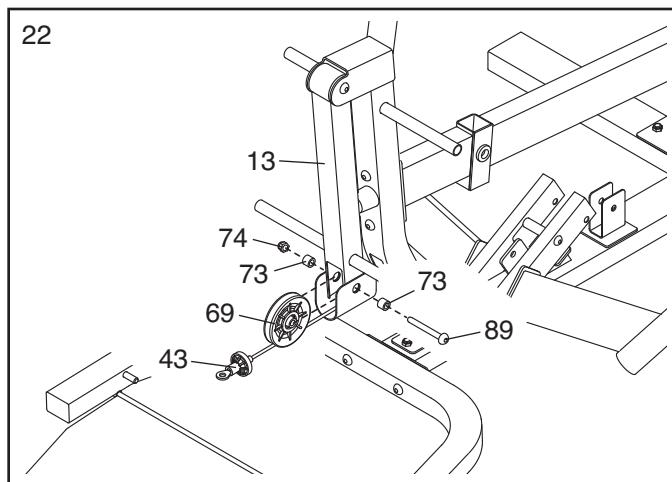
21. Finish attaching the Butterfly Frame (7) to the Top Frame (6) with two M10 x 117mm Bolts (64), four M10 Washers (88), and two M10 Locknuts (74).

See step 20. Tighten the M10 Locknuts (74).



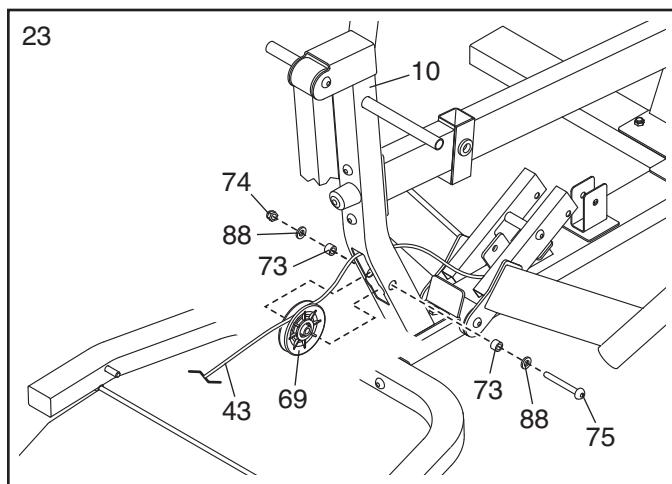
22. **Identify the Low Cable (43).** Route the Low Cable through the bracket on the Leg Lever (13) over the Low Cable (43) with an M10 x 63mm Bolt (89), two 12.7mm Spacers (73), and an M10 Locknut (74).

Attach a Pulley (69) inside the Leg Lever (13) over the Low Cable (43) with an M10 x 63mm Bolt (89), two 12.7mm Spacers (73), and an M10 Locknut (74).



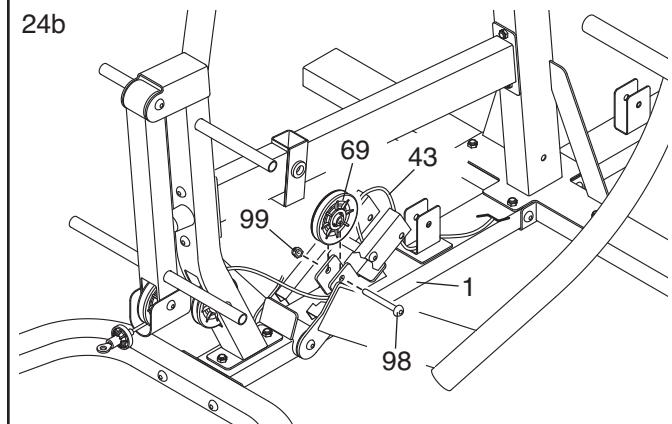
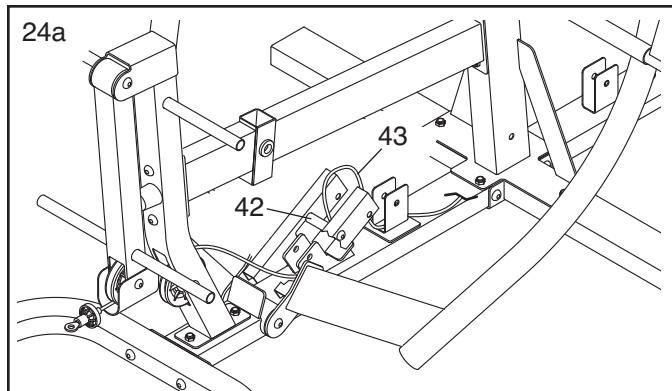
23. Route the Low Cable (43) over a Pulley (69) and through the Leg (10).

Attach the Pulley (69) inside the Leg (10) with an M10 x 65mm Bolt (75), two M10 Washers (88), two 12.7mm Spacers (73), and an M10 Locknut (74).



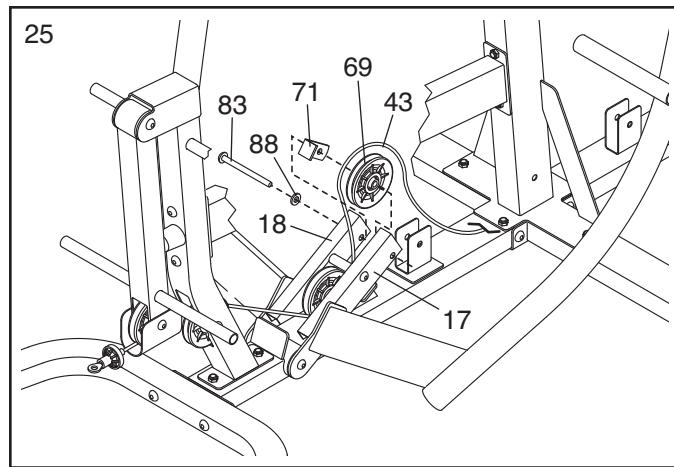
24. **See drawing 24a.** Route the Low Cable (43) under the Press Arm Spacer (42).

See drawing 24b. Attach a Pulley (69) to the bracket on the Base (1) over the Low Cable (43) with an M10 x 45mm Bolt (98) and an M10 Jam Nut (99).



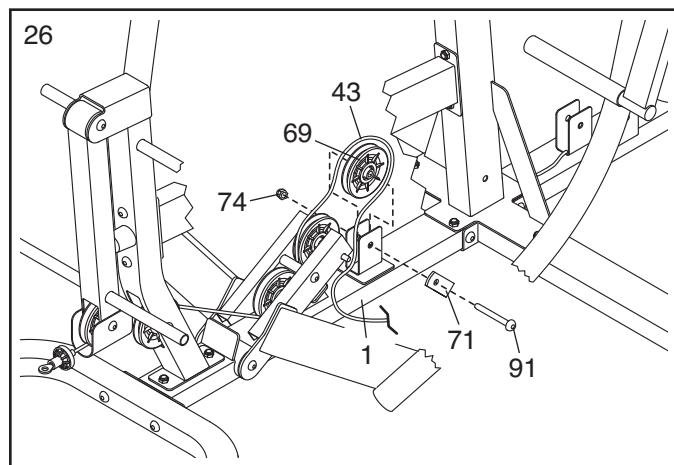
25. Route the Low Cable (43) over a Pulley (69).

Attach the Pulley (69) and a Cable Trap (71) inside the Left and Right Press Arms (17, 18) with an M10 x 125mm Bolt (83) and an M10 Washer (88). **Make sure that the Cable Trap is oriented to hold the Low Cable in the groove of the Pulley.**



26. Route the Low Cable (43) around a Pulley (69) and then route it through the bracket in the Base (1) as shown.

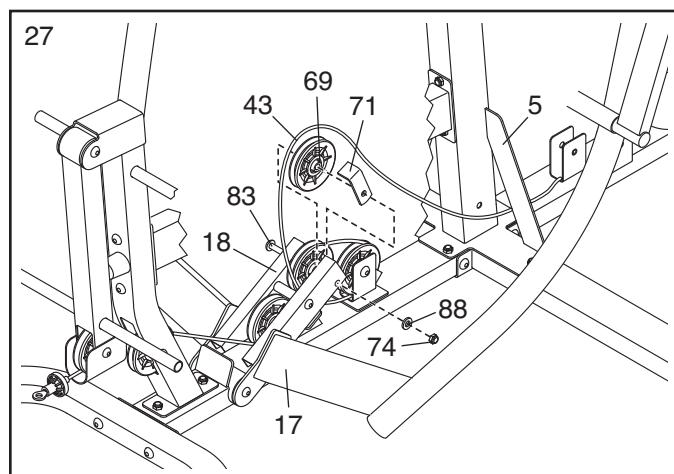
Attach the Pulley (69) and a Cable Trap (71) to the bracket on the Base (1) with an M10 x 47mm Bolt (91) and an M10 Locknut (74). **Make sure that the Cable Trap is oriented to hold the Low Cable in the groove of the Pulley.**



27. Route the Low Cable (43) over a Pulley (69).

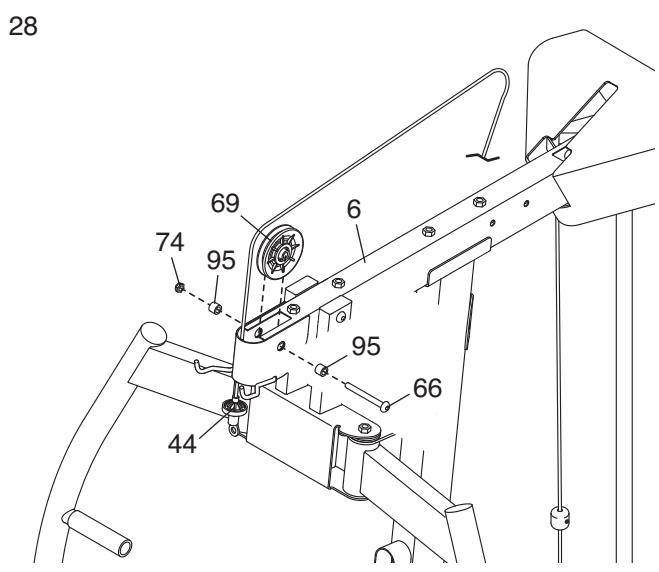
Attach the Pulley (69) and a Cable Trap (71) inside the Left and Right Press Arms (17, 18) with the M10 x 125mm Bolt (83) used in step 25, an M10 Washer (88), and an M10 Locknut (74). **Make sure that the Cable Trap is oriented to hold the Low Cable in the groove of the Pulley.**

Route the Low Cable (43) through the left side of the Upright (5). Set the Low Cable aside until step 38.



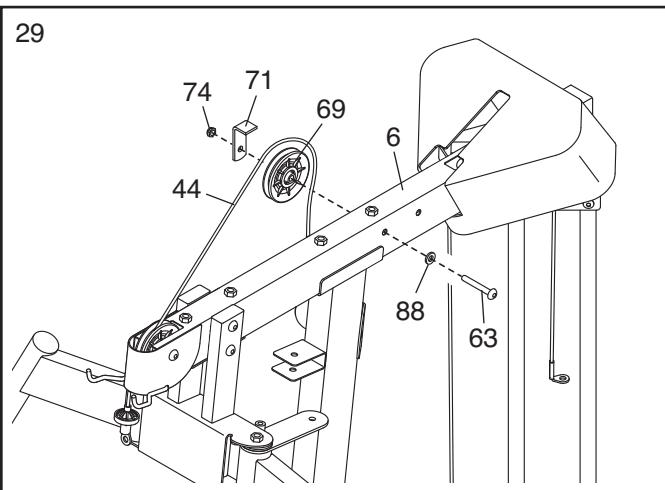
28. **Identify the High Cable (44).** Route the High Cable through the bracket on the Top Frame (6) and over a Pulley (69).

Attach the Pulley (69) inside the Top Frame (6) with an M10 x 68mm Bolt (66), two 14.8mm Spacers (95), and an M10 Locknut (74).



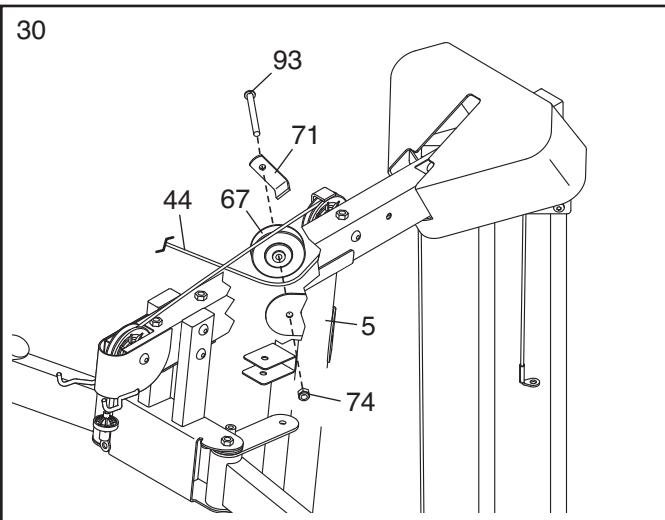
29. Route the High Cable (44) over a Pulley (69).

Attach the Pulley (69) and a Cable Trap (71) to the right side of the Top Frame (6) with an M10 x 93mm Bolt (63), an M10 Washer (88), and an M10 Locknut (74). **Make sure that the Cable Trap is oriented to hold the High Cable in the groove of the Pulley.**



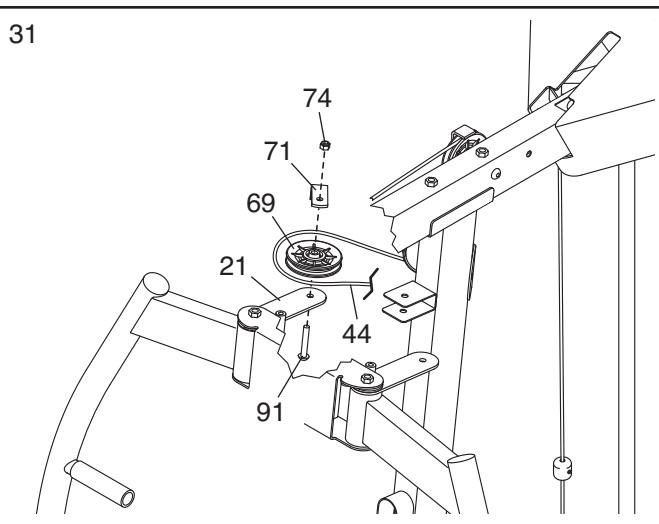
30. Route the High Cable (44) under a V-pulley (67).

Attach the V-pulley (67) and a Cable Trap (71) to the Upright (5) with an M10 x 57mm Bolt (93) and an M10 Locknut (74). **Make sure that the Cable Trap is oriented to hold the High Cable in the groove of the V-pulley.**



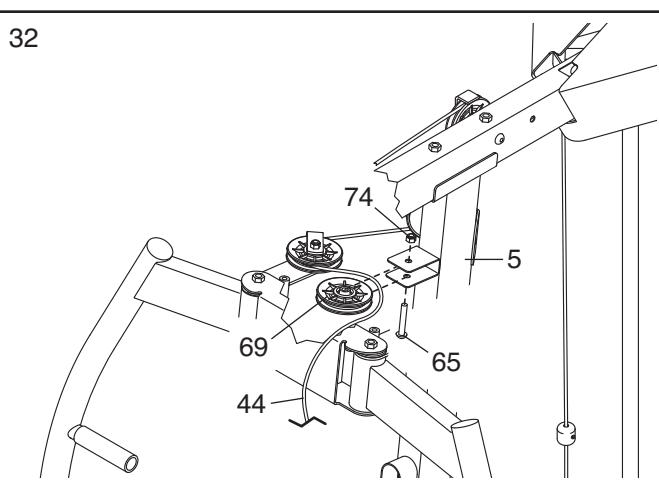
31. Route the High Cable (44) around a Pulley (69).

Attach the Pulley (69) and a Cable Trap (71) to the Right Butterfly Pulley Bracket (21) with an M10 x 47mm Bolt (91) and an M10 Locknut (74). **Make sure that the Cable Trap is oriented to hold the High Cable in the groove of the Pulley.**



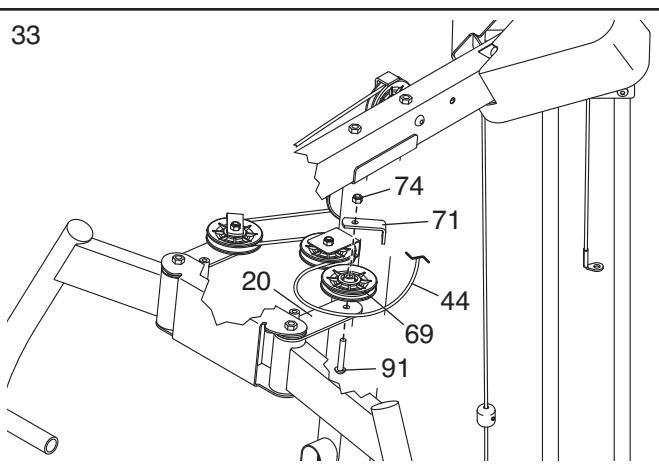
32. Route the High Cable (44) around a Pulley (69).

Attach the Pulley (69) to the Upright (5) with an M10 x 43mm Bolt (65) and an M10 Locknut (74).



33. Route the High Cable (44) around a Pulley (69).

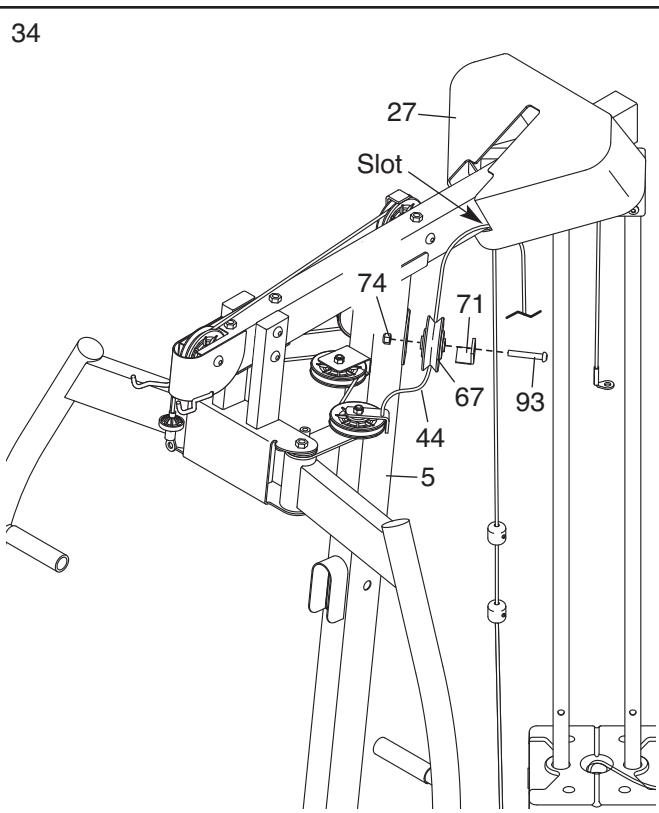
Attach the Pulley (69) and a Cable Trap (71) to the Left Butterfly Pulley Bracket (20) with an M10 x 47mm Bolt (91) and an M10 Locknut (74). **Make sure that the Cable Trap is oriented to hold the High Cable in the groove of the Pulley.**



34. Route the High Cable (44) under a V-pulley (67).

Attach the V-pulley (67) and a Cable Trap (71) to the Upright (5) with an M10 x 57mm Bolt (93) and an M10 Locknut (74). **Make sure that the Cable Trap is oriented to hold the High Cable in the groove of the V-pulley.**

Route the High Cable (44) through the slot in the side of the Top Cover (27) as shown.



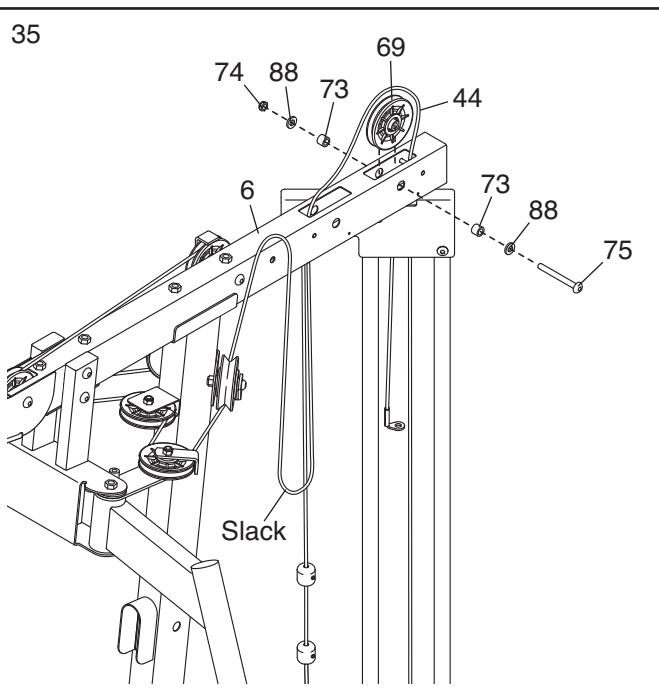
35. **Note: For clarity, the Top Cover (27) is not shown in this step.**

Slide the Top Cover (not shown) as far forward as possible.

Route the High Cable (44) upward through the Top Frame (6), over a Pulley (69), and downward through the Top Frame as shown. **Make sure to leave slack in the High Cable in the indicated location.**

Attach the Pulley (69) inside the Top Frame (6) with an M10 x 65mm Bolt (75), two M10 Washers (88), two 12.7mm Spacers (73), and an M10 Locknut (74).

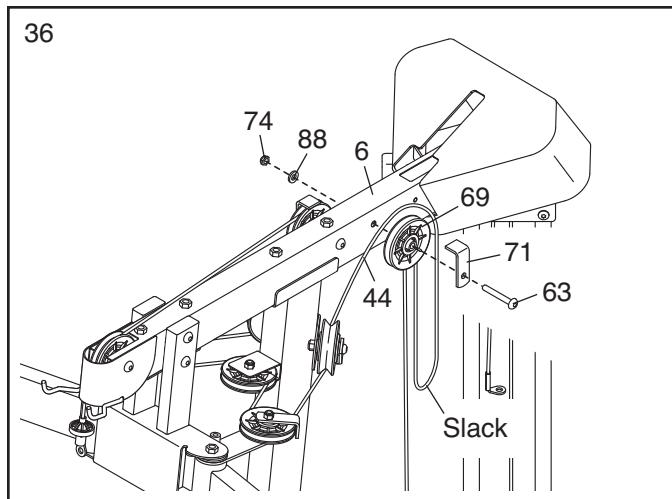
Note: Another Pulley (not shown) will be installed in the Top Frame (6) in step 61.



36. Insert a Pulley (69) under the High Cable (44) in the location shown.

Attach the Pulley (69) and a Cable Trap (71) to the left side of the Top Frame (6) with an M10 x 93mm Bolt (63), an M10 Washer (88), and an M10 Locknut (74). **Make sure that the Cable Trap is oriented to hold the High Cable in the groove of the Pulley.**

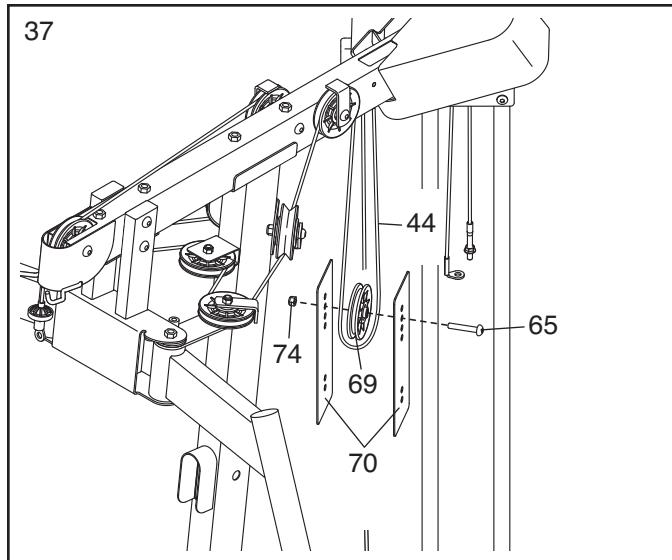
Make sure to leave slack in the High Cable (44) in the indicated location.



37. Insert a Pulley (69) into the loop of the High Cable (44) as shown.

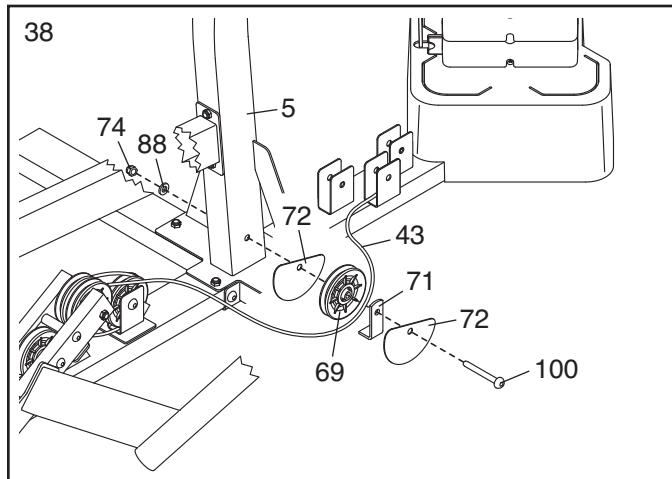
Orient two Pulley Plates (70) as shown.

Using the second hole in the Pulley Plates (70), attach the Pulley Plates to the Pulley (69) with an M10 x 43mm Bolt (65) and an M10 Locknut (74).



38. Route the Low Cable (43) under a Pulley (69).

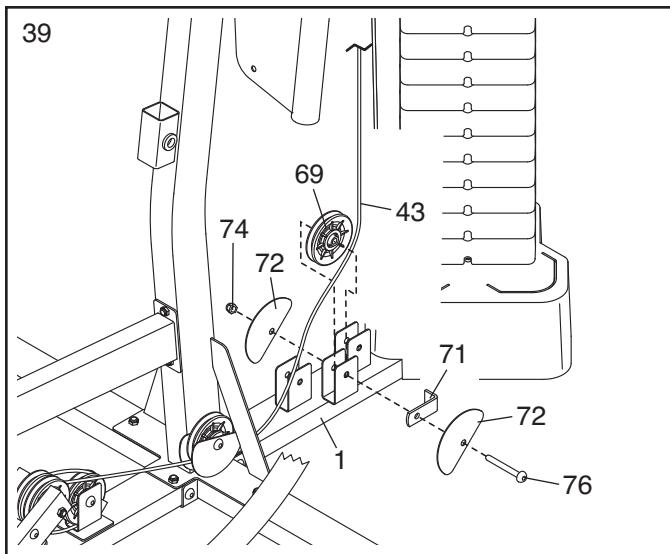
Attach the Pulley (69) and a Cable Trap (71) to the left side of the Upright (5) with an M10 x 97mm Bolt (100), two Half Guards (72), an M10 Washer (88) and an M10 Locknut (74). **Make sure that the Cable Trap is oriented to hold the Low Cable in the groove of the Pulley.**



39. Route the Low Cable (43) under a Pulley (69).

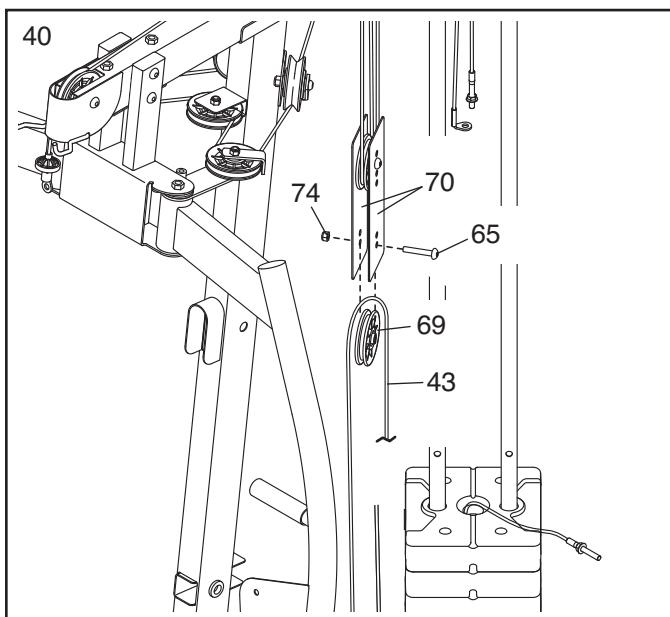
Attach the Pulley (69) and a Cable Trap (71) to the center bracket on the Base (1) with an M10 x 50mm Button Bolt (76), two Half Guards (72), and an M10 Locknut (74).

Make sure that the Cable Trap (71) is oriented to hold the Low Cable (43) in the groove of the Pulley (69). Make sure that the Half Guards (72) are outside the bracket.



40. Route the Low Cable (43) over a Pulley (69).

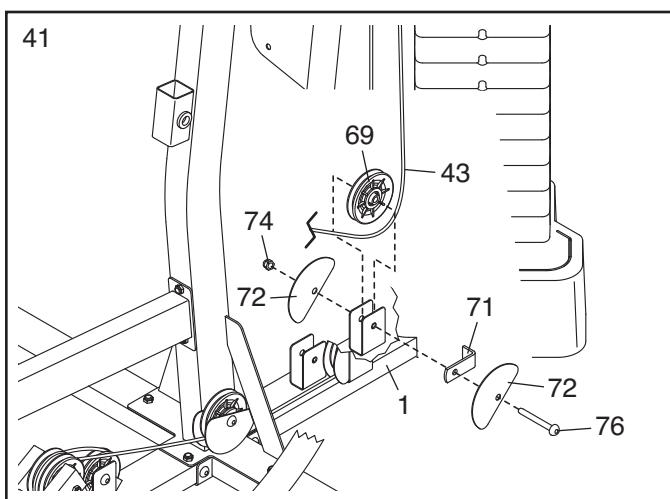
Using the last hole in the Pulley Plates (70), attach the Pulley Plates to the Pulley (69) with an M10 x 43mm Bolt (65) and an M10 Locknut (74).



41. Route the Low Cable (43) under a Pulley (69).

Attach the Pulley (69) and a Cable Trap (71) to the rear bracket on the Base (1) with an M10 x 50mm Button Bolt (76), two Half Guards (72), and an M10 Locknut (74).

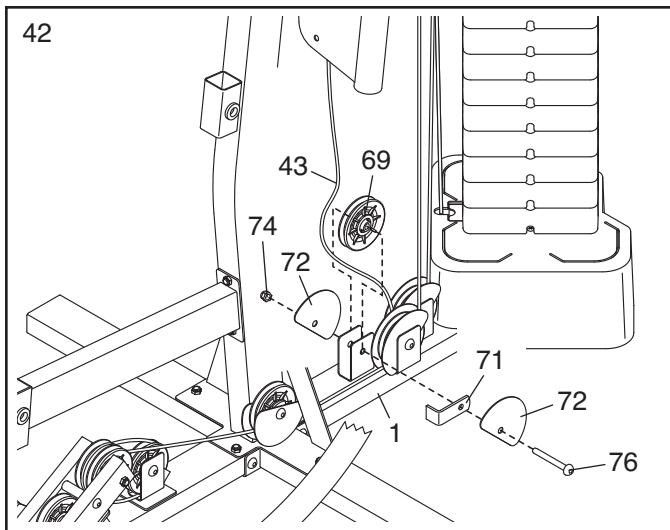
Make sure that the Cable Trap (71) is oriented to hold the Low Cable (43) in the groove of the Pulley (69). Make sure that the Half Guards (72) are outside the bracket.



42. Route the Low Cable (43) under a Pulley (69).

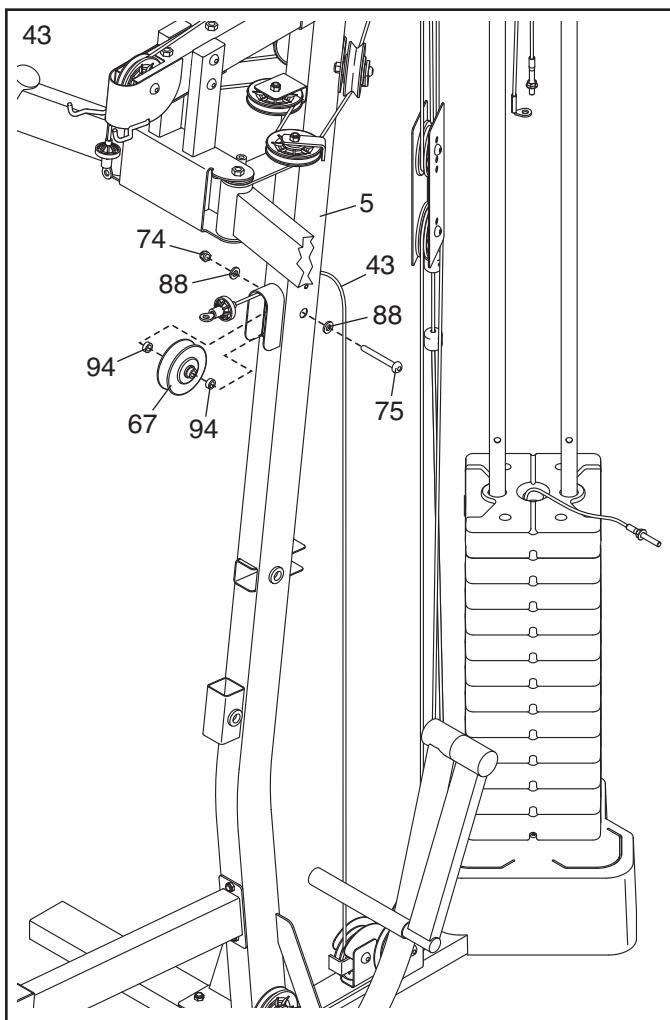
Attach the Pulley (69) and a Cable Trap (71) to the front bracket on the Base (1) with an M10 x 50mm Button Bolt (76), two Half Guards (72), and an M10 Locknut (74).

Make sure that the Cable Trap (71) is oriented to hold the Low Cable (43) in the groove of the Pulley (69). Make sure that the Half Guards (72) are outside the bracket.



43. Route the Low Cable (43) through the Upright (5) as shown.

Attach a V-pulley (67) inside the Upright (5) under the Low Cable (43) with an M10 x 65mm Bolt (75), two M10 Washers (88), two 6.35mm Spacers (94), and an M10 Locknut (74).



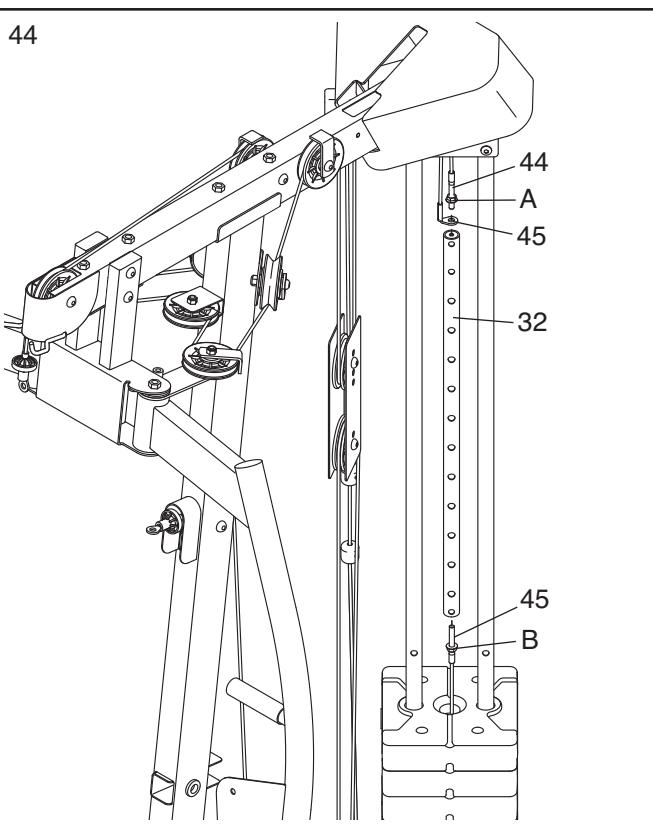
44. Orient the Weight Selector (32) as shown.

Tighten the lower end of the Burn Cable (45) **completely** into the Weight Selector (32).

Insert the threaded end of the High Cable (44) through the upper end of the Burn Cable (45).

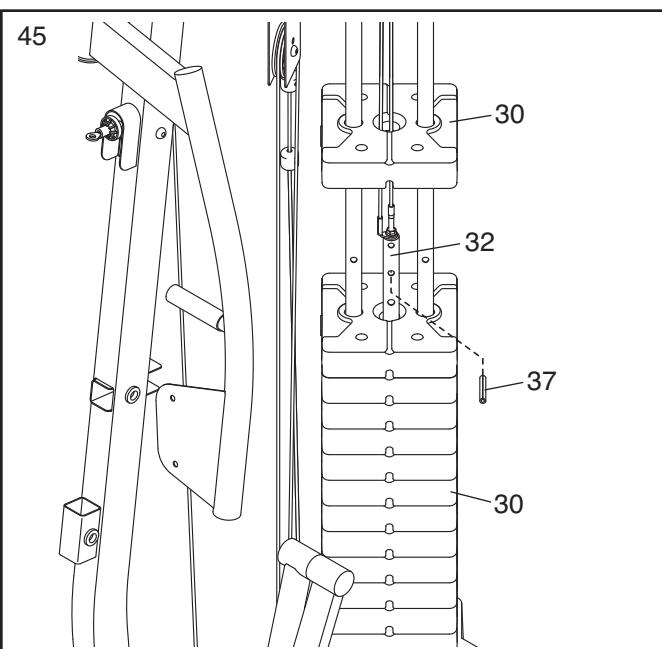
Tighten the High Cable (44) **at least five complete turns** into the Weight Selector (32).

Tighten the Nut (A) against the Burn Cable (45). Then, tighten the Nut (B) against the Weight Selector (32).

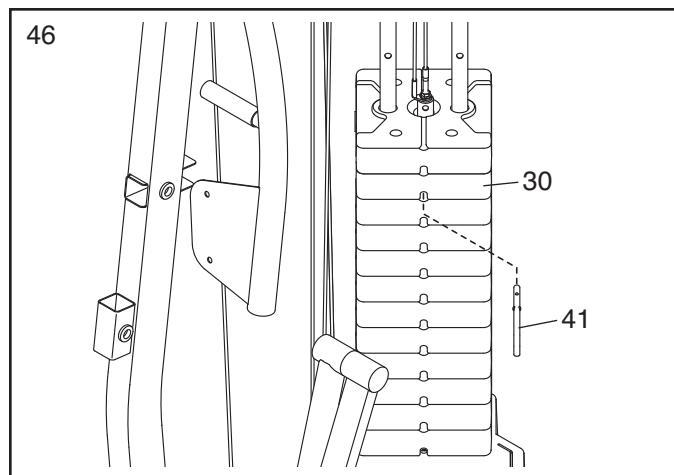


45. Insert the Weight Selector (32) into the stack of Weights (30).

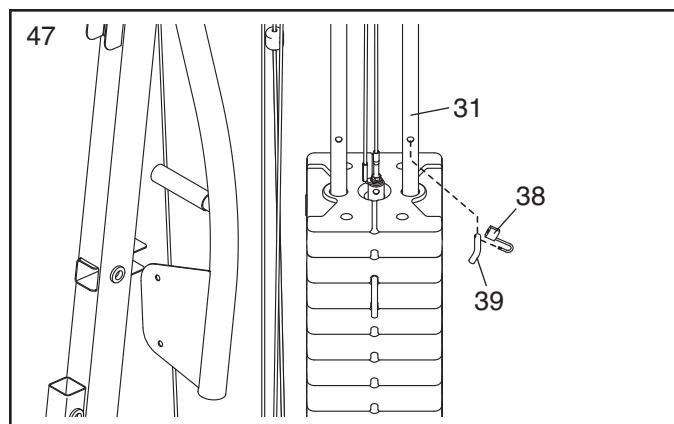
Lift the top Weight (30) upward, and tap a Roll Pin (37) into the Weight Selector (32) in the indicated location.



46. Insert the Weight Pin (41) under a Weight (30).

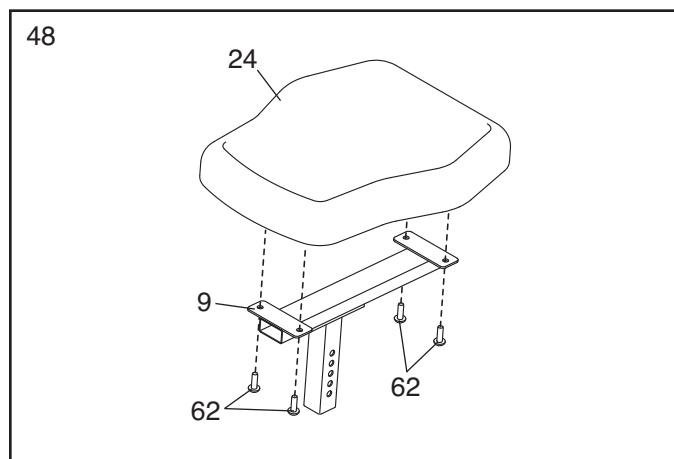


47. Insert the Lock Pin (39) through a Weight Guide (31) and secure the Lock (38) into the Lock Pin.



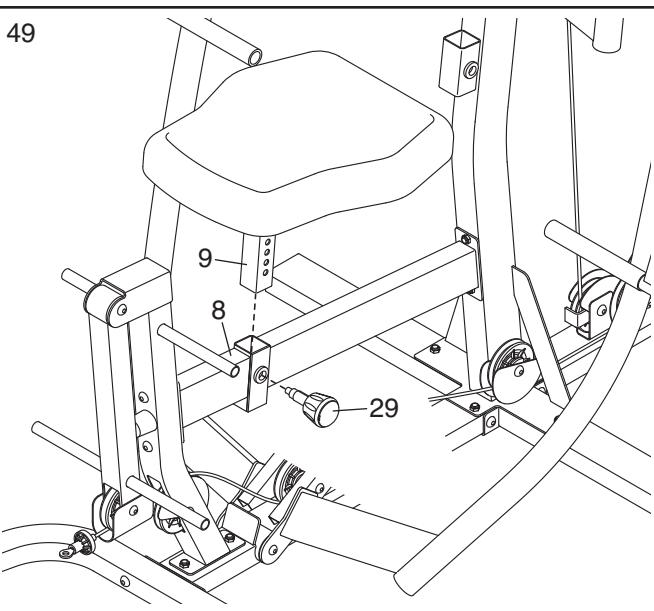
48. Orient the Seat (24) and a Cushion Frame (9) as shown.

Attach the Seat (24) to the Cushion Frame (9) with four M6 x 16mm Screws (62).



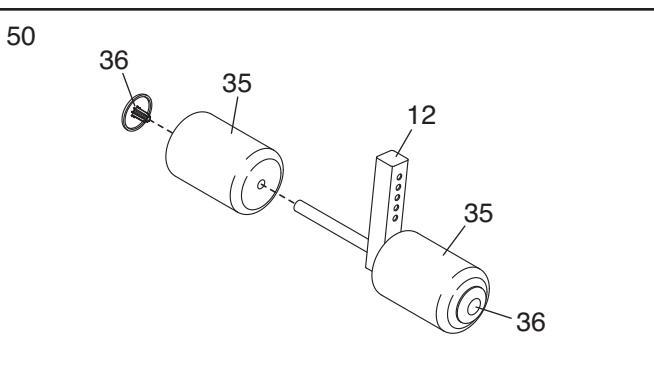
49. Insert the Cushion Frame (9) into the Seat Tube (8).

Tighten an Adjustment Knob (29) into the Seat Tube (8) and one of the holes in the Cushion Frame (9). **Make sure that the Adjustment Knob is engaged in a hole.**



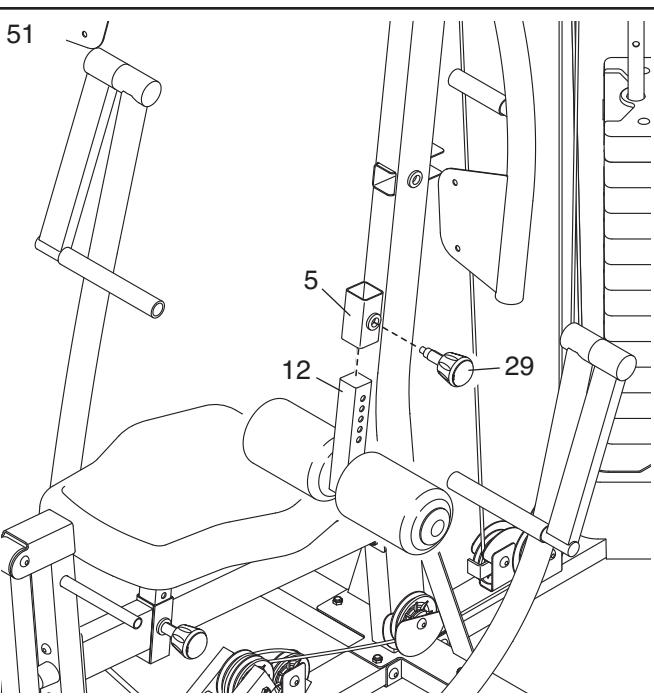
50. Orient the Leg Lock Frame (12) as shown.

Slide a Foam Pad (35) onto each side of the Leg Lock Frame (12). Then, press a Pad Cap (36) into the end of each Foam Pad.



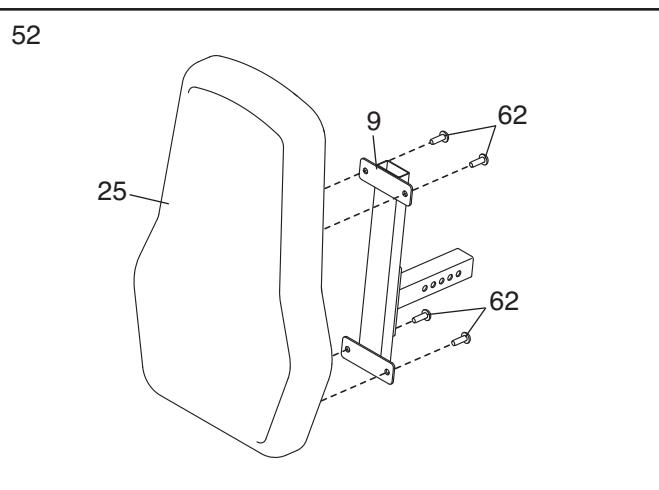
51. Insert the Leg Lock Frame (12) into the indicated bracket on the Upright (5).

Tighten an Adjustment Knob (29) into the Upright (5) and one of the holes in the Leg Lock Frame (12). **Make sure that the Adjustment Knob is engaged in a hole.**



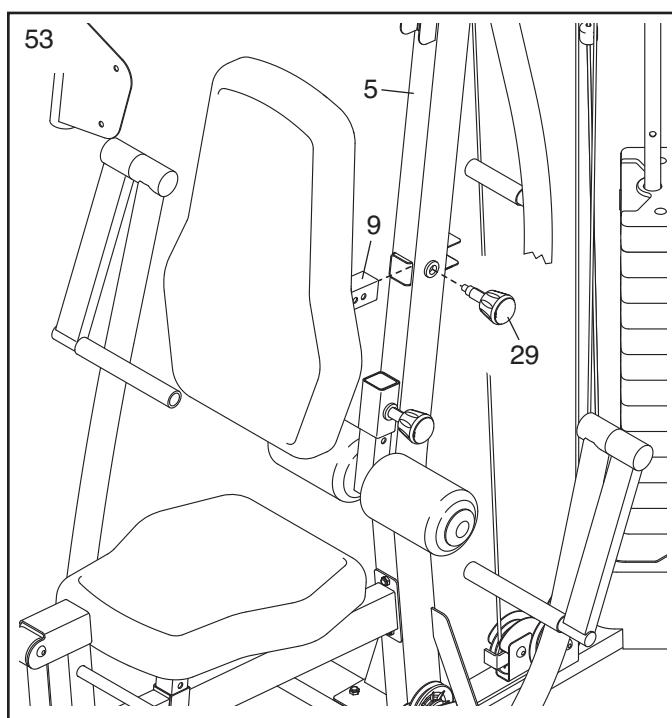
52. Orient the Backrest (25) and a Cushion Frame (9) as shown.

Attach the Backrest (25) to the Cushion Frame (9) with four M6 x 16mm Screws (62).



53. Insert the Cushion Frame (9) into the Upright (5).

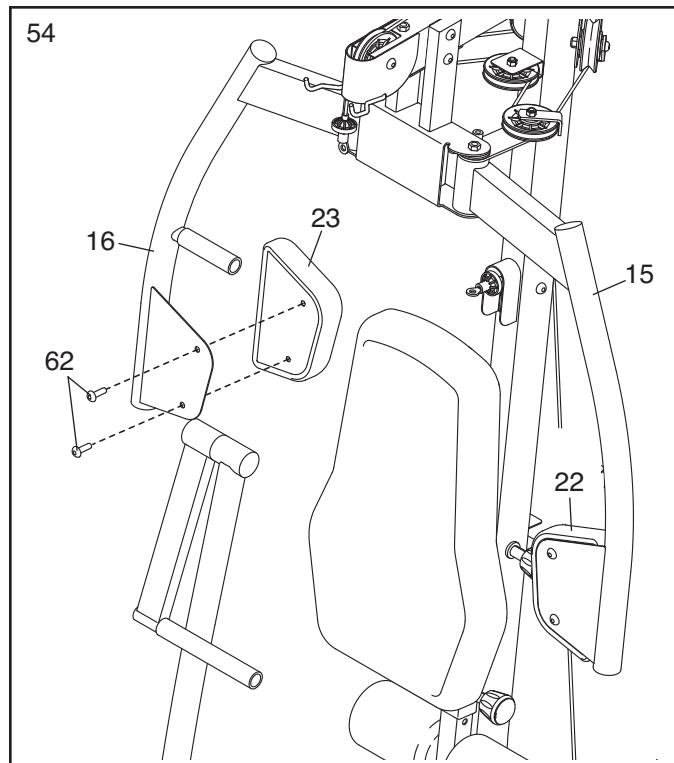
Tighten an Adjustment Knob (29) into the Upright (5) and one of the holes in the Cushion Frame (9). **Make sure that the Adjustment Knob is engaged in a hole.**



54. Identify the Left and Right and Butterfly Pads (22, 23).

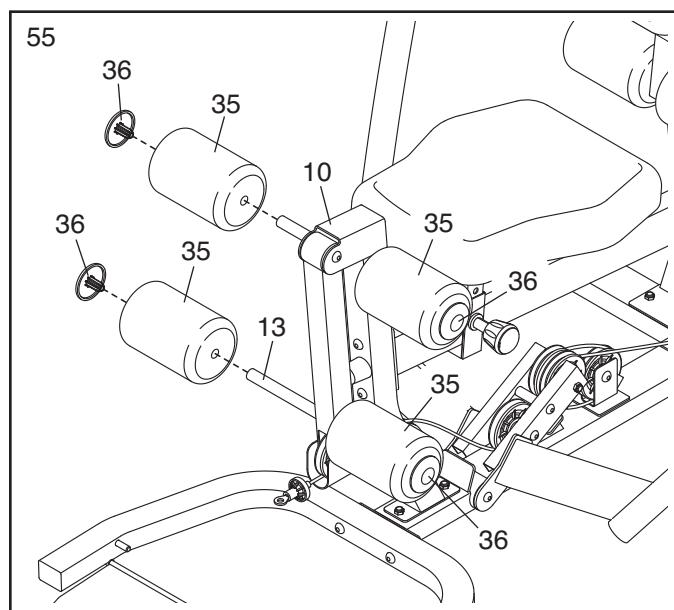
Attach the Right Butterfly Pad (23) to the Right Butterfly Arm (16) with two M6 x 16mm Screws (62).

Attach the Left Butterfly Pad (22) to the Left Butterfly Arm (15) in the same way.



55. Slide a Foam Pad (35) onto each side of the Leg (10). Then, press a Pad Cap (36) into the end of each Foam Pad.

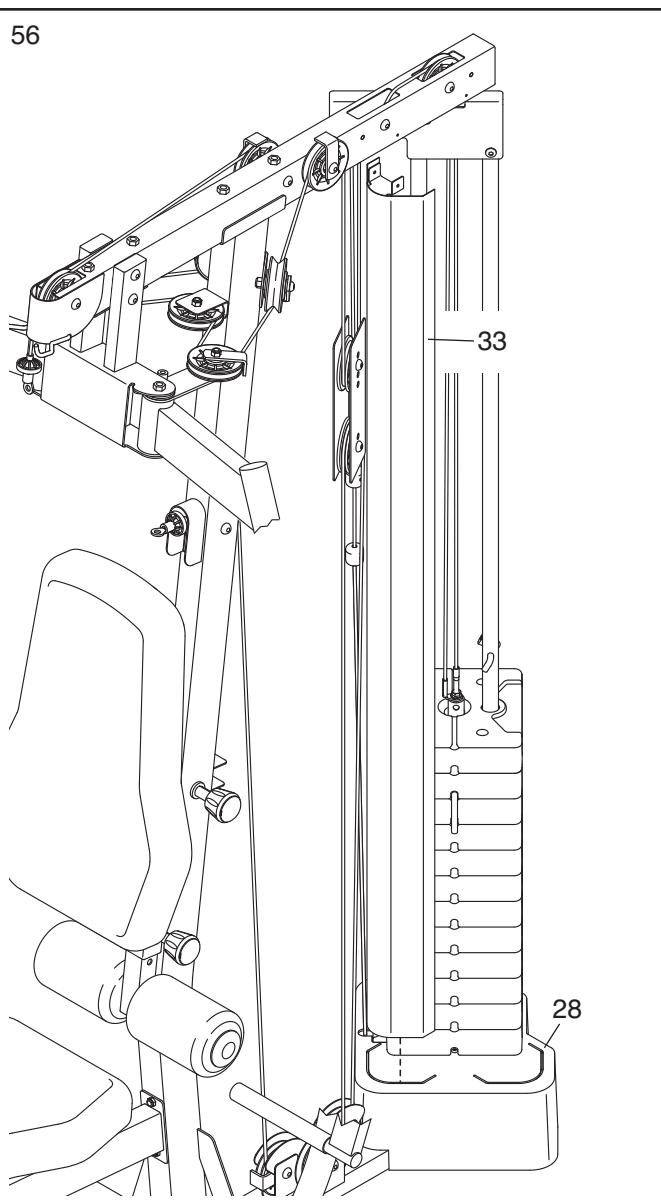
Repeat this step for the Leg Lever (13).



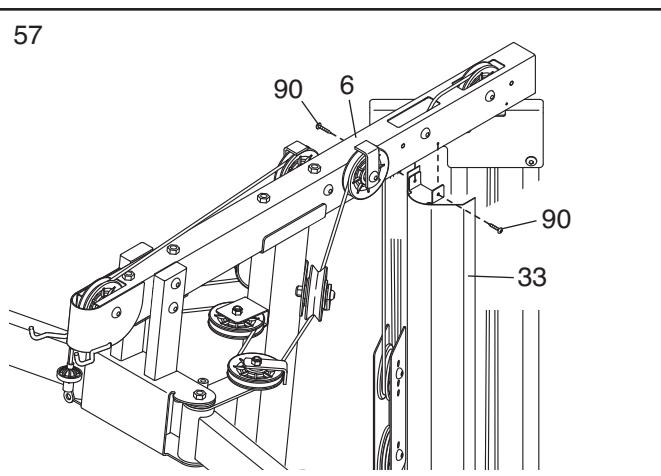
56. **Note: For clarity, the Top Cover (27) is not shown in steps 56 to 58.**

Identify the Center Shroud (33) and the Right and Left Side Shrouds (not shown). Orient the Center Shroud as shown.

Insert the Center Shroud (33) into the Bottom Cover (28).



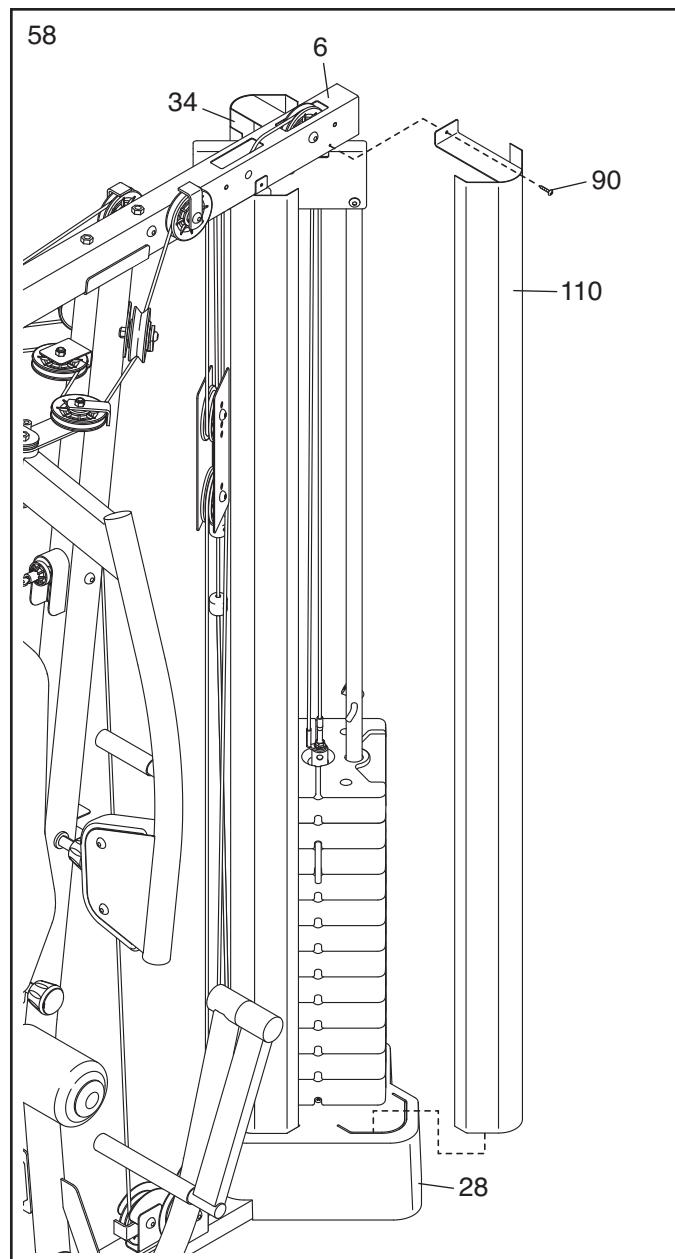
57. Attach the top of the Center Shroud (33) to the Top Frame (6) with two ST4.2 x 19mm Screws (90).



58. Insert the Left Side Shroud (110) into the Bottom Cover (28).

Attach the top of the Left Side Shroud (110) to the Top Frame (6) with an ST4.2 x 19mm Screw (90).

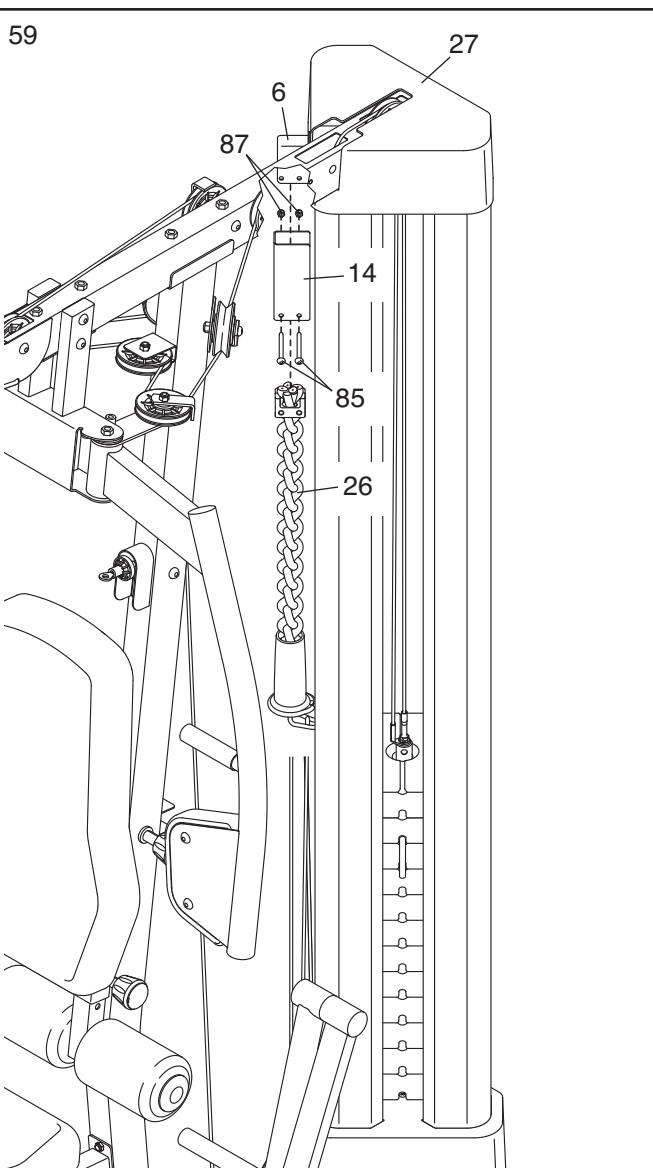
Repeat this step to attach the Right Side Shroud (34).



59. Press the Top Cover (27) onto the Top Frame (6) as shown.

Orient the Burn Band (26) and the Burn Bracket (14) as shown. Insert the Burn Band into the Burn Bracket.

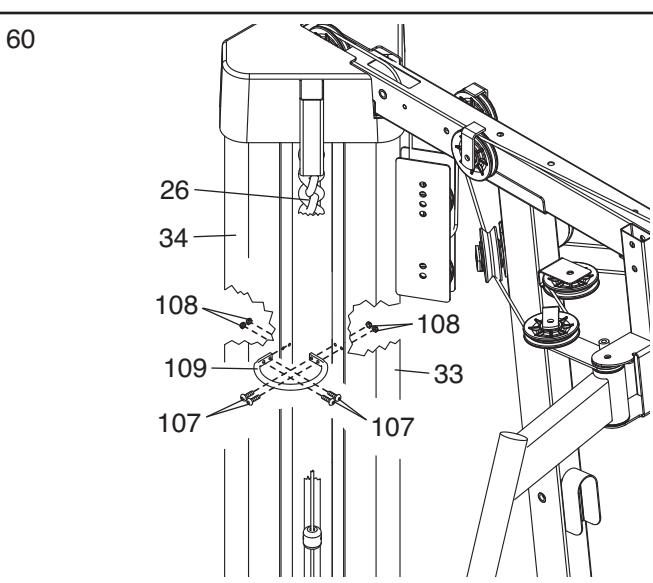
Attach the Burn Bracket (14) and the Burn Band (26) to the Top Frame (6) with two M6 x 45mm Bolts (85) and two M6 Locknuts (87).



60. Attach one side of the Containment Bracket (109) to the Center Shroud (33) with two M4 x 12mm Bolts (107) and two M4 Locknuts (108).

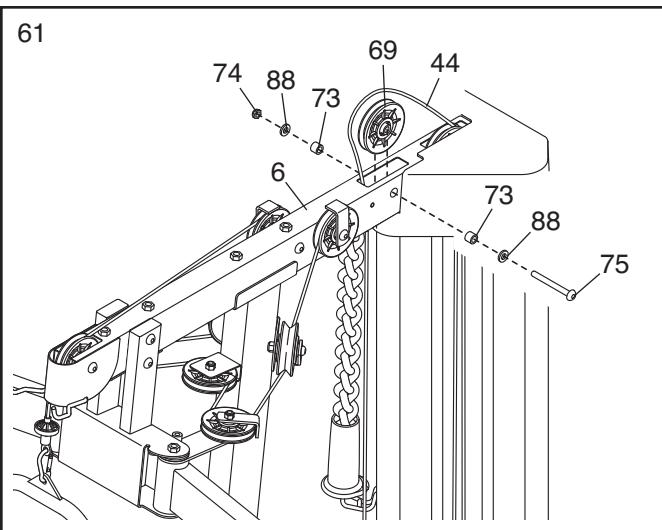
Then, attach the other side of the Containment Bracket (109) to the Right Side Shroud (34) with two M4 x 12mm Bolts (107) and two M4 Locknuts (108).

Insert the Burn Band (26) through the center of the Containment Bracket (109).

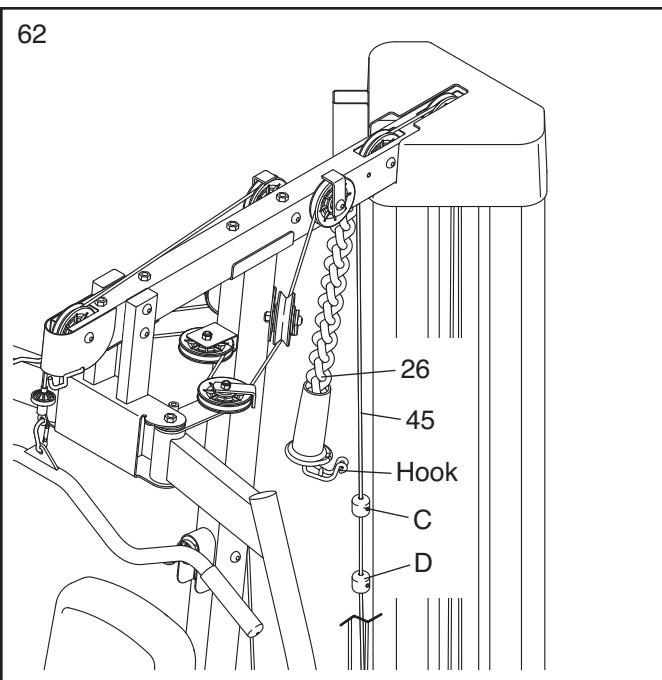


61. Insert a Pulley (69) under the High Cable (44) in the location shown.

Attach the Pulley (69) inside the Top Frame (6) with an M10 x 65mm Bolt (75), two M10 Washers (88), two 12.7mm Spacers (73), and an M10 Locknut (74).



62. Attach the hook on the Burn Band (26) to the High or Low Anchor (C, D) on the Burn Cable (45).



63. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 34.

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 DIAGRAM on page 38 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 39.

ADJUSTMENT

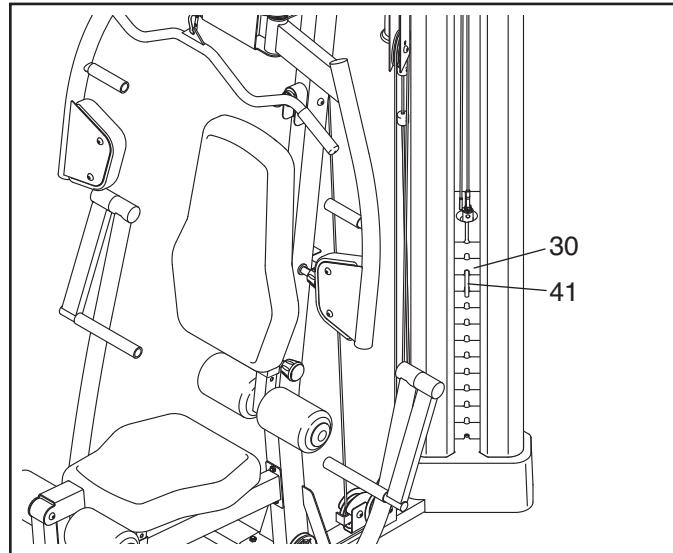
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 40 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.

CHANGING THE WEIGHT SETTING

To change the setting of the weight stack, insert a Weight Pin (41) under the desired Weight (30). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end downward.

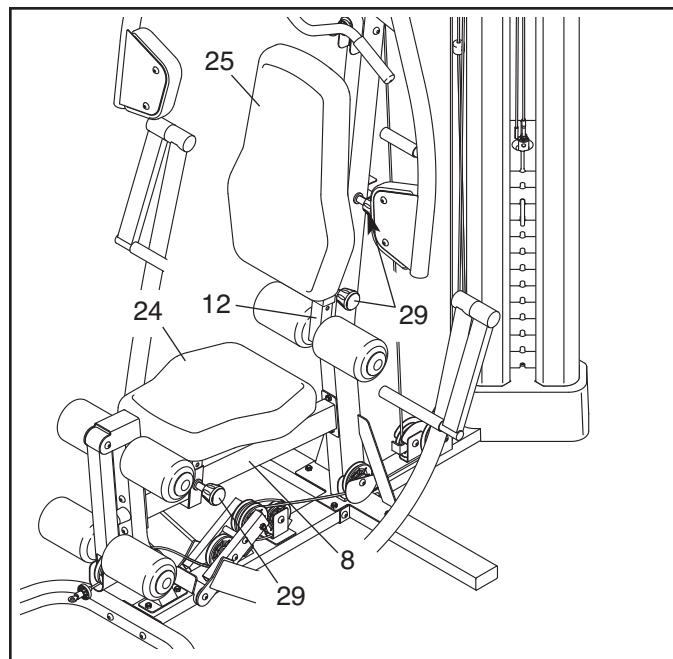
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 37 to find the approximate amount of resistance at each weight station.



ADJUSTING THE SEAT, THE BACKREST, AND THE LEG LOCK FRAME

To adjust the Seat (24), remove the Adjustment Knob (29), move the Seat to the desired position, and then tighten the Adjustment Knob into the Seat Tube (8) and one of the holes in the Cushion Frame (not shown). **Make sure that the Adjustment Knob is engaged in a hole.**

Adjust the Backrest (25) and the Leg Lock Frame (12) in the same way.

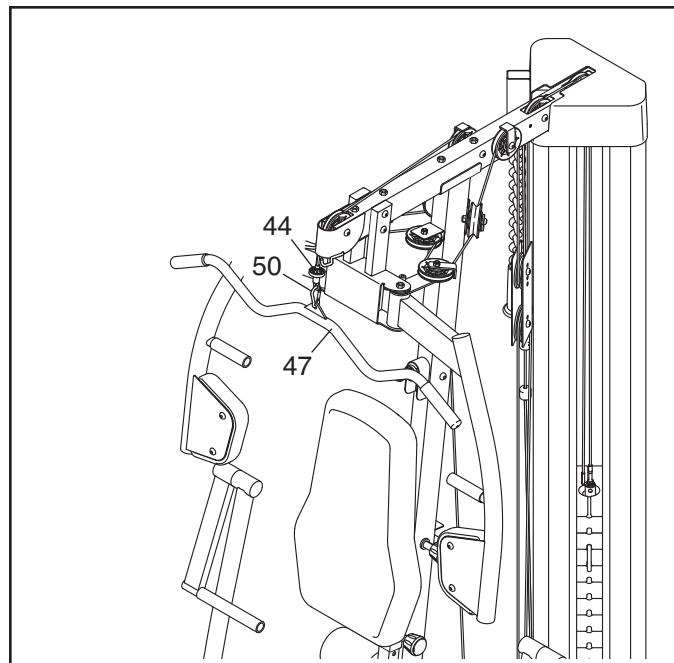


ATTACHING THE ACCESSORIES

Attach the Lat Bar (47) to the High Cable (44) at the high pulley station with a Cable Clip (50).

For some exercises, attach the Chain (not shown) between the Lat Bar (47) and the High Cable (44) with two Cable Clips (50). **Adjust the length of the Chain between the Lat Bar and the High Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (47), the Ankle Strap (not shown), the Handle (not shown), or the Double Strap (not shown) can be attached at the ab station or the low pulley station in the same way.

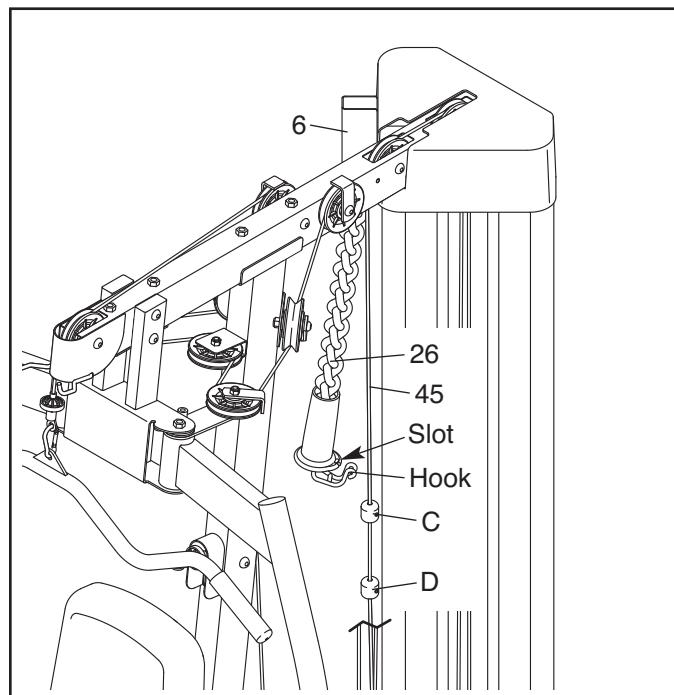


USING THE BURN BAND

To add resistance, attach the hook on the Burn Band (26) to the High Anchor (C) or to the Low Anchor (D) on the Burn Cable (45). Then, insert the Burn Cable into the slot on the Burn Band.

When the Burn Band (26) is not in use, attach the hook to the Top Frame (6).

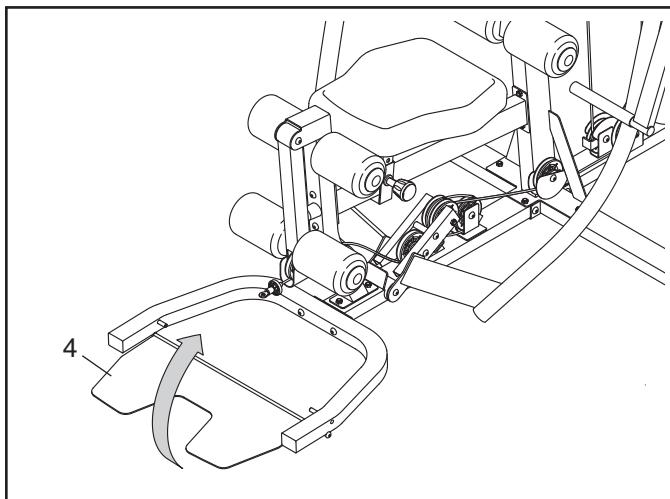
See the WEIGHT RESISTANCE CHART on page 37 to view the amount of resistance added by the burn band at each exercise station.



CONVERTING THE FOOT PLATE

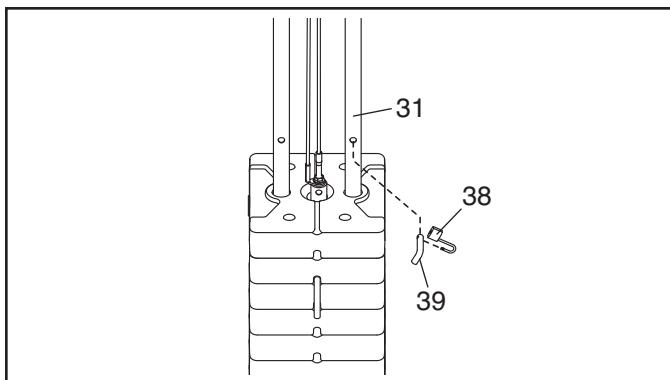
To use the Foot Plate (4) as a footrest while using the low pulley station, rotate the Foot Plate upward.

When you are not using the Foot Plate (4) as a footrest, rotate the Foot Plate downward so that it is flat on the floor.



LOCKING THE WEIGHT STACK

To lock the weight stack after each workout, insert the Lock Pin (39) through one of the Weight Guides (31), and secure the Lock (38) into the Lock Pin.



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. The numbers in the left column refer to the 12.5-lb. weights. **Note: The weight resistance shown for the butterfly arm station is for each arm. The actual resistance at each station may vary due to differences in individual weights as well as friction between the cables, pulleys, and weight guides.**

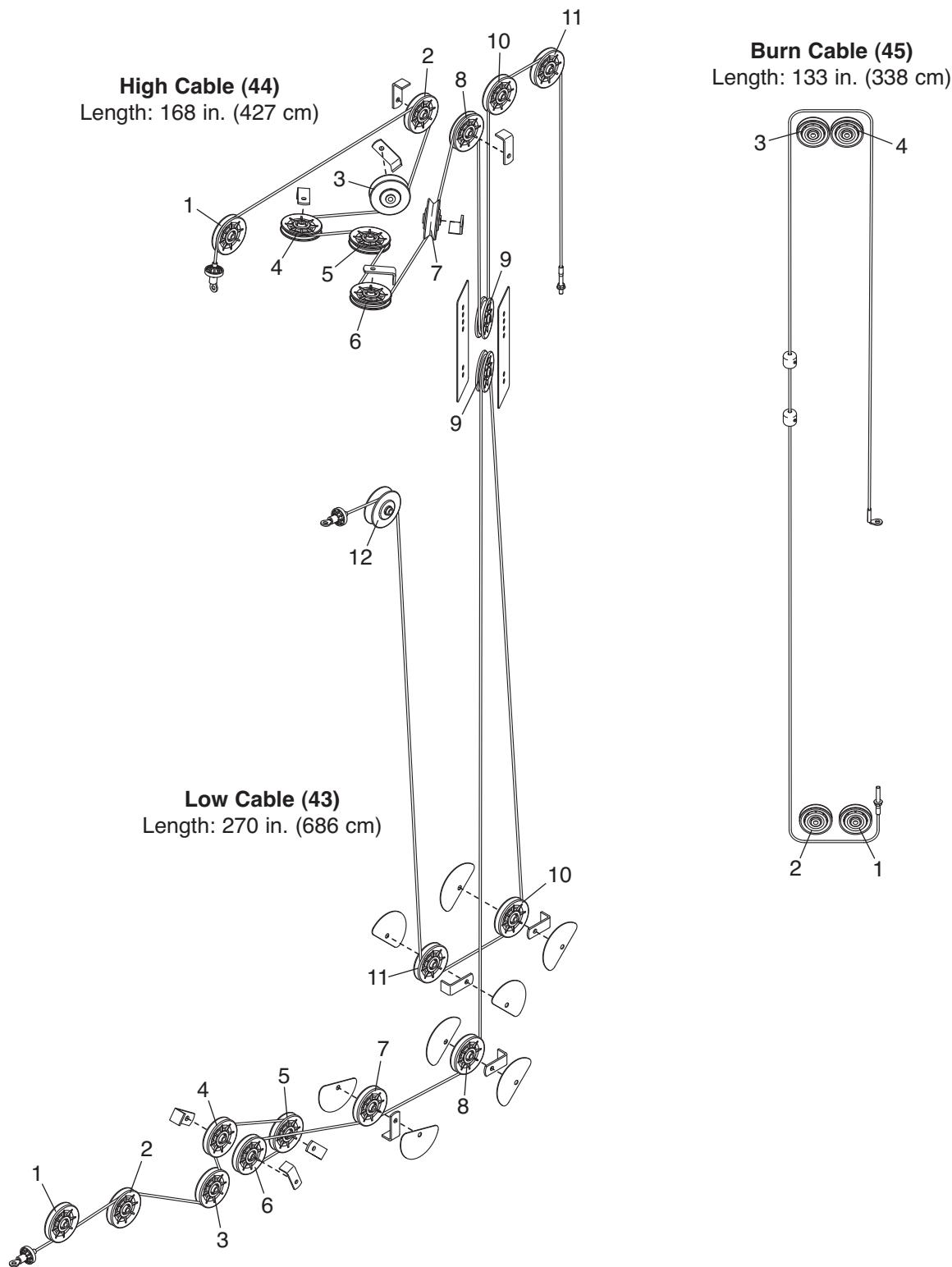
WEIGHT RESISTANCE WITHOUT BURN BAND						
WEIGHT	AB STATION (lbs.)	BUTTERFLY ARM (lbs.)	HIGH PULLEY (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)	PRESS ARM (lbs.)
1	20	17	22	38	25	26
2	36	27	39	69	38	36
3	44	38	54	87	52	51
4	66	45	69	112	67	57
5	78	58	79	135	82	69
6	86	64	96	173	98	82
7	105	76	117	177	125	93
8	118	83	137	196	148	105
9	131	100	146	205	160	117
10	141	112	168	231	172	128
11	163	123	182	262	193	142
12	172	134	208	280	201	162

WEIGHT RESISTANCE WITH BURN BAND (HIGH ANCHOR / LOW ANCHOR)						
WEIGHT	AB STATION (lbs.)	BUTTERFLY ARM (lbs.)	HIGH PULLEY (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)	PRESS ARM (lbs.)
1	98 / 126	48 / 64	107 / 129	88 / 121	115 / 138	85 / 107
2	112 / 139	57 / 77	138 / 160	109 / 141	130 / 152	98 / 117
3	126 / 151	65 / 83	147 / 176	118 / 163	139 / 166	108 / 131
4	140 / 172	70 / 90	160 / 187	139 / 188	156 / 180	120 / 145
5	149 / 181	80 / 98	169 / 198	158 / 195	166 / 198	135 / 158
6	164 / 191	87 / 109	184 / 208	182 / 212	183 / 208	143 / 163
7	172 / 210	98 / 122	202 / 218	192 / 224	196 / 228	158 / 182
8	186 / 227	110 / 130	213 / 244	207 / 269	212 / 241	166 / 189
9	194 / 222	114 / 136	222 / 261	244 / 291	222 / 269	180 / 194
10	221 / 250	131 / 149	239 / 271	248 / 320	238 / 273	189 / 212
11	230 / 267	144 / 159	256 / 284	272 / 339	244 / 295	199 / 226
12	248 / 273	156 / 176	269 / 310	286 / 362	260 / 309	210 / 237

Note: 1 lb. = 0.45 kg

CABLE DIAGRAM

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



MAINTENANCE

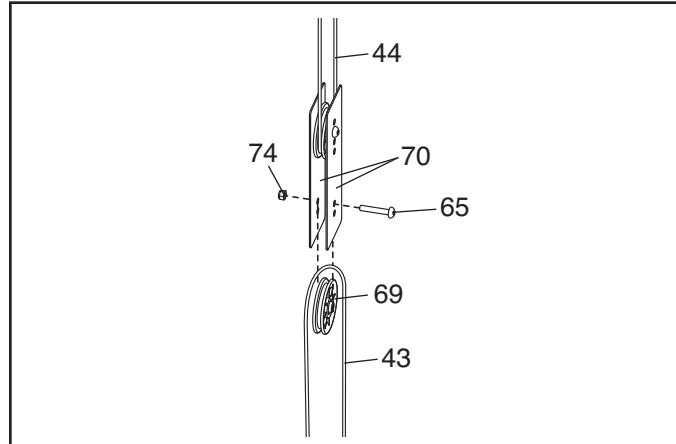
Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. To clean the weight system, use a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight system.**

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 the cables several ways:

Remove an M10 Locknut (74) and an M10 x 43mm Bolt (65) from two Pulley Plates (70) and a Pulley (69).

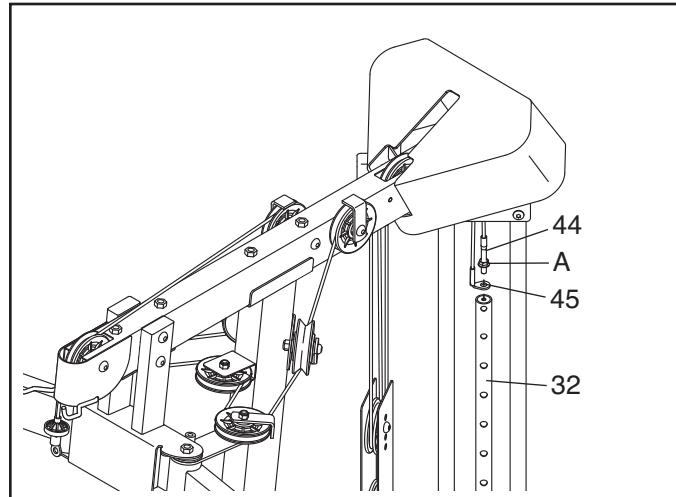
Reattach the Pulley (69) to a hole closer to the center of the Pulley Plates (70). **Make sure that the Cable (43, 44) and Pulleys move smoothly.**



Loosen the Nut (A) on the High Cable (44).

Tighten the High Cable (44) into the Weight Selector (32) until the slack is removed from the High Cable.

Then, retighten the Nut (A) against the Burn Cable (45).



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 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.

EXERCISE LOG

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

Strength

Date:

 / /

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

Aerobic

Date:

 / /

Exercise	Time	Distance	Speed

Strength

Date:

 / /

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

Aerobic

Date:

 / /

Exercise	Time	Distance	Speed

Strength

Date:

 / /

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

Aerobic

Date:

 / /

Exercise	Time	Distance	Speed

NOTES

PART LIST—Model No. 831.14923.0

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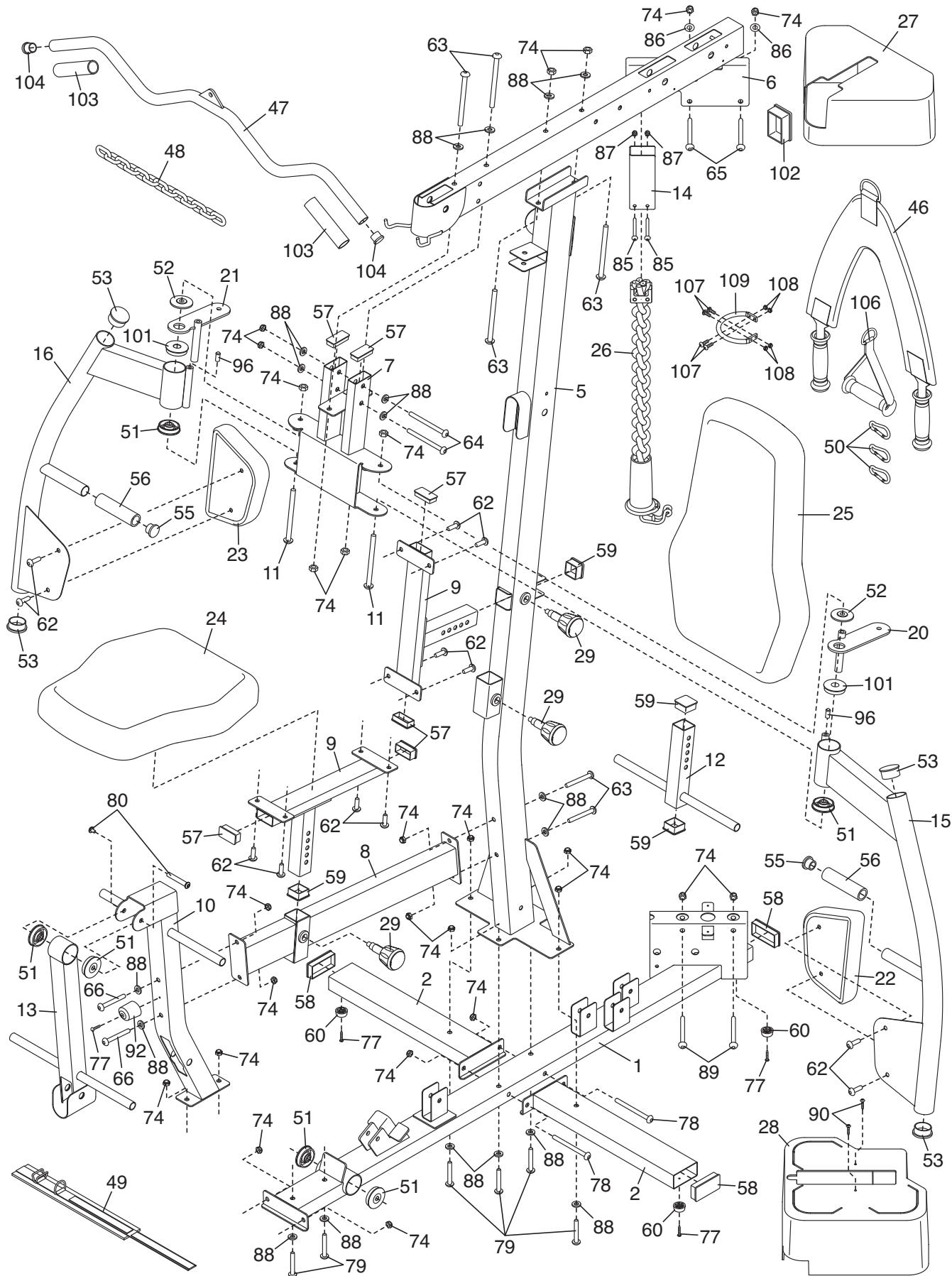
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	46	1	Double Strap
2	2	Side Stabilizer	47	1	Lat Bar
3	1	U-stabilizer	48	1	Chain
4	1	Foot Plate	49	1	Ankle Strap
5	1	Upright	50	3	Cable Clip
6	1	Top Frame	51	6	Composite Bushing
7	1	Butterfly Frame	52	2	Upper Butterfly Bushing
8	1	Seat Tube	53	10	Large Round Cap
9	2	Cushion Frame	54	2	Press Handle Foam Grip
10	1	Leg	55	6	Small Round Cap
11	3	M10 x 130mm Bolt	56	2	Butterfly Foam Grip
12	1	Leg Lock Frame	57	8	Small Rectangular Cap
13	1	Leg Lever	58	3	Large Rectangular Cap
14	1	Burn Bracket	59	4	Square Cap
15	1	Left Butterfly Arm	60	6	Foot
16	1	Right Butterfly Arm	61	2	U-stabilizer Cap
17	1	Left Press Arm	62	12	M6 x 16mm Screw
18	1	Right Press Arm	63	8	M10 x 93mm Bolt
19	2	Press Handle	64	2	M10 x 117mm Bolt
20	1	Left Butterfly Pulley Bracket	65	5	M10 x 43mm Bolt
21	1	Right Butterfly Pulley Bracket	66	5	M10 x 68mm Bolt
22	1	Left Butterfly Pad	67	3	V-pulley
23	1	Right Butterfly Pad	68	4	Burn Pulley
24	1	Seat	69	20	Pulley
25	1	Backrest	70	2	Pulley Plate
26	1	Burn Band	71	13	Cable Trap
27	1	Top Cover	72	8	Half Guard
28	1	Bottom Cover	73	12	12.7mm Spacer
29	3	Adjustment Knob	74	54	M10 Locknut
30	12	Weight	75	4	M10 x 65mm Bolt
31	2	Weight Guide	76	3	M10 x 50mm Button Bolt
32	1	Weight Selector	77	7	ST4.2 x 16mm Screw
33	1	Center Shroud	78	2	M10 x 95mm Bolt
34	1	Right Side Shroud	79	6	M10 x 55mm Bolt
35	6	Foam Pad	80	1	M10 x 57mm Bolt Set
36	6	Pad Cap	81	4	M6 x 10mm Set Screw
37	1	Roll Pin	82	2	M8 x 65mm Button Screw
38	1	Lock	83	1	M10 x 125mm Bolt
39	1	Lock Pin	84	2	M10 x 20mm Screw
40	2	Bumper	85	2	M6 x 45mm Bolt
41	1	Weight Pin	86	2	M10 Curved Washer
42	1	Press Arm Spacer	87	2	M6 Locknut
43	1	Low Cable	88	35	M10 Washer
44	1	High Cable	89	5	M10 x 63mm Bolt
45	1	Burn Cable	90	6	ST4.2 x 19mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
91	3	M10 x 47mm Bolt	103	2	Lat Bar Foam Grip
92	1	Leg Lever Bumper	104	2	Lat Bar Cap
93	2	M10 x 57mm Bolt	105	2	Plastic Bushing
94	2	6.35mm Spacer	106	1	Handle
95	2	14.8mm Spacer	107	4	M4 x 12mm Bolt
96	2	Ball Detention Assembly	108	4	M4 Locknut
97	2	M10 x 40mm Bolt	109	1	Containment Bracket
98	1	M10 x 45mm Bolt	110	1	Left Side Shroud
99	1	M10 Jam Nut	*	—	User's Manual
100	1	M10 x 97mm Bolt	*	—	Exercise Guide
101	2	Lower Butterfly Bushing	*	—	Grease Packet
102	1	Top Frame Cap	*	—	Assembly Tool

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, please call 1-877-992-5999.** *These parts are not illustrated.

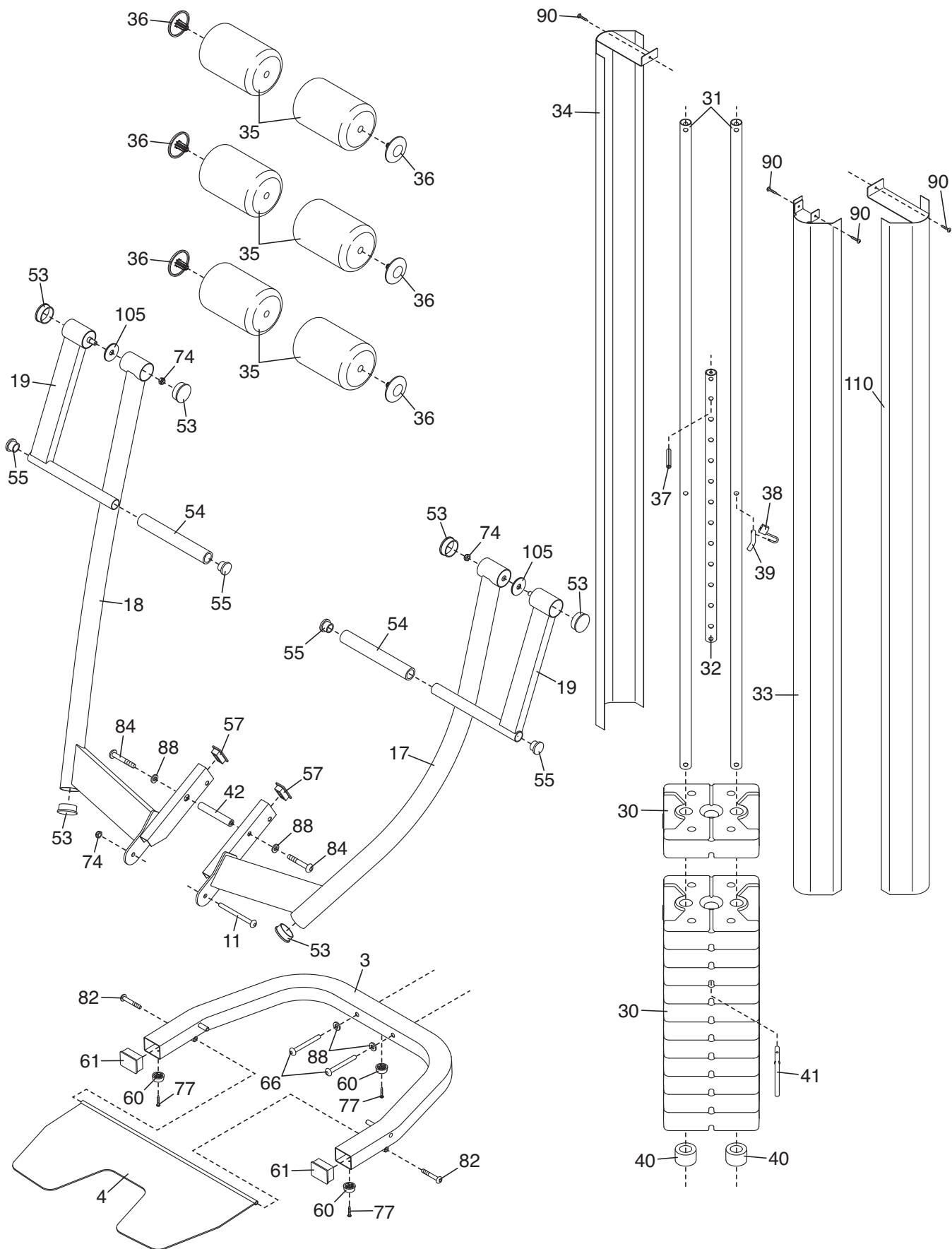
EXPLODED DRAWING A—Model No. 831.14923.0

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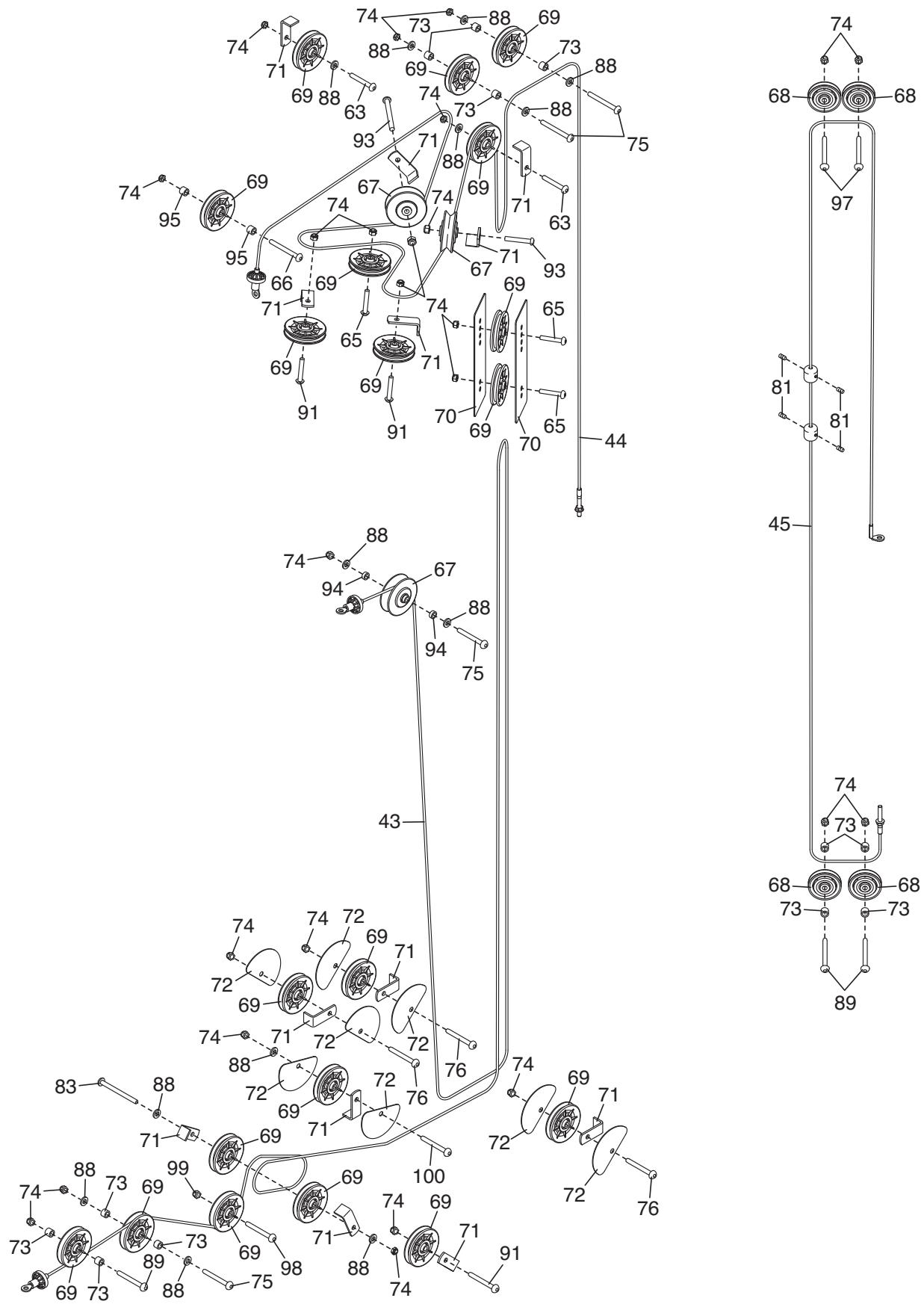
EXPLODED DRAWING B—Model No. 831.14923.0

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EXPLODED DRAWING C—Model No. 831.14923.0

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If this Sears WEIGHT SYSTEM EXERCISER fails due to a defect in material or workmanship within 90 days of the date of purchase, call 1-800-4-MY-HOME® (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible).

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