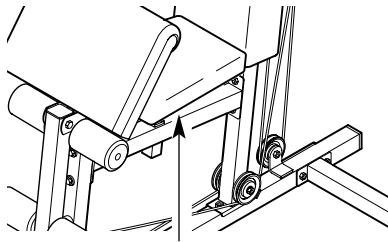


# WEIDER<sup>®</sup> PRO 9950

## USER'S MANUAL

Model No. 831.159530  
Serial No. \_\_\_\_\_

The serial number is found in the location shown below. Write the serial number in the space above.



Serial Number Decal

EXERCISE  
EQUIPMENT

QUESTIONS

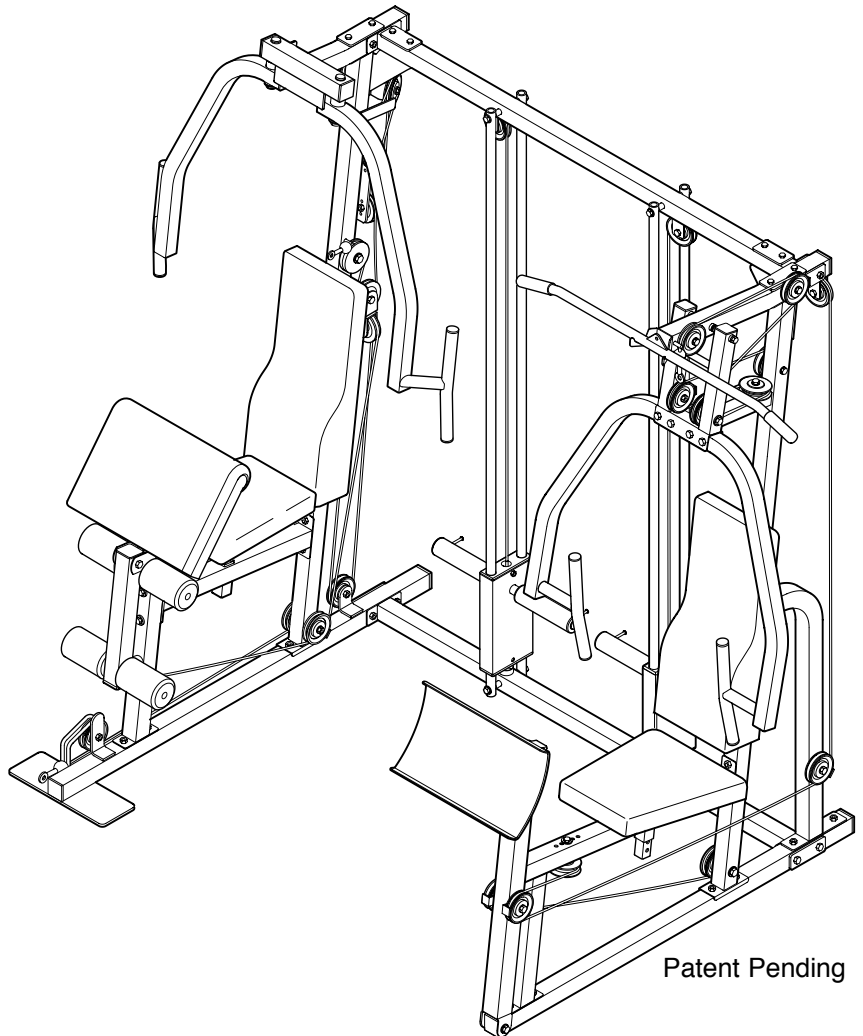
HELPLINE!

1-800-736-6879

SEARS, ROEBUCK AND CO.  
HOFFMAN ESTATES, IL 60179

### ⚠ CAUTION

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



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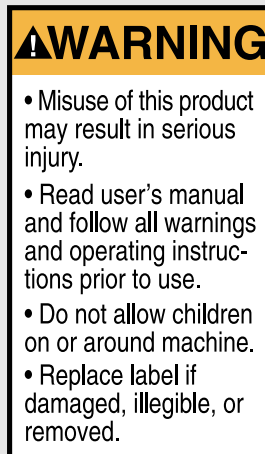
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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached in the center of this manual. Remove the PART LIST/EXPLODED DRAWING and the PART IDENTIFICATION CHART before beginning assembly.

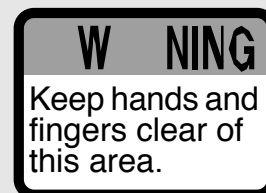
# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and in the accompanying literature before using the weight system.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor or carpet beneath the weight system to protect the floor or carpet.
5. Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight system at all times.
7. The weight system is designed to be used by no more than two people at a time.
8. Always wear athletic shoes for foot protection when exercising.
9. Keep hands and feet away from moving parts.
10. Make sure the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure the cables are on all of the pulleys.
11. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
12. Never release the press arms, butterfly arms, leg lever, lat bar, or ab strap while weights are raised. The weights will fall with great force.
13. Always disconnect the lat bar or ab strap from the weight system when performing an exercise that does not use the attachments.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. Do not place more than 200 pounds on either weight carriage. Always place the same amount of weight on both sides of each weight carriage.
16. The warning decals shown here have been placed on the weight system in the locations shown on page 4. Note that decal 1 has been placed in two locations. If a decal is missing or illegible, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time, to order a free replacement decal. Place the decal on the weight system in the location shown.



Decal 1



Decal 2

**⚠ 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. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

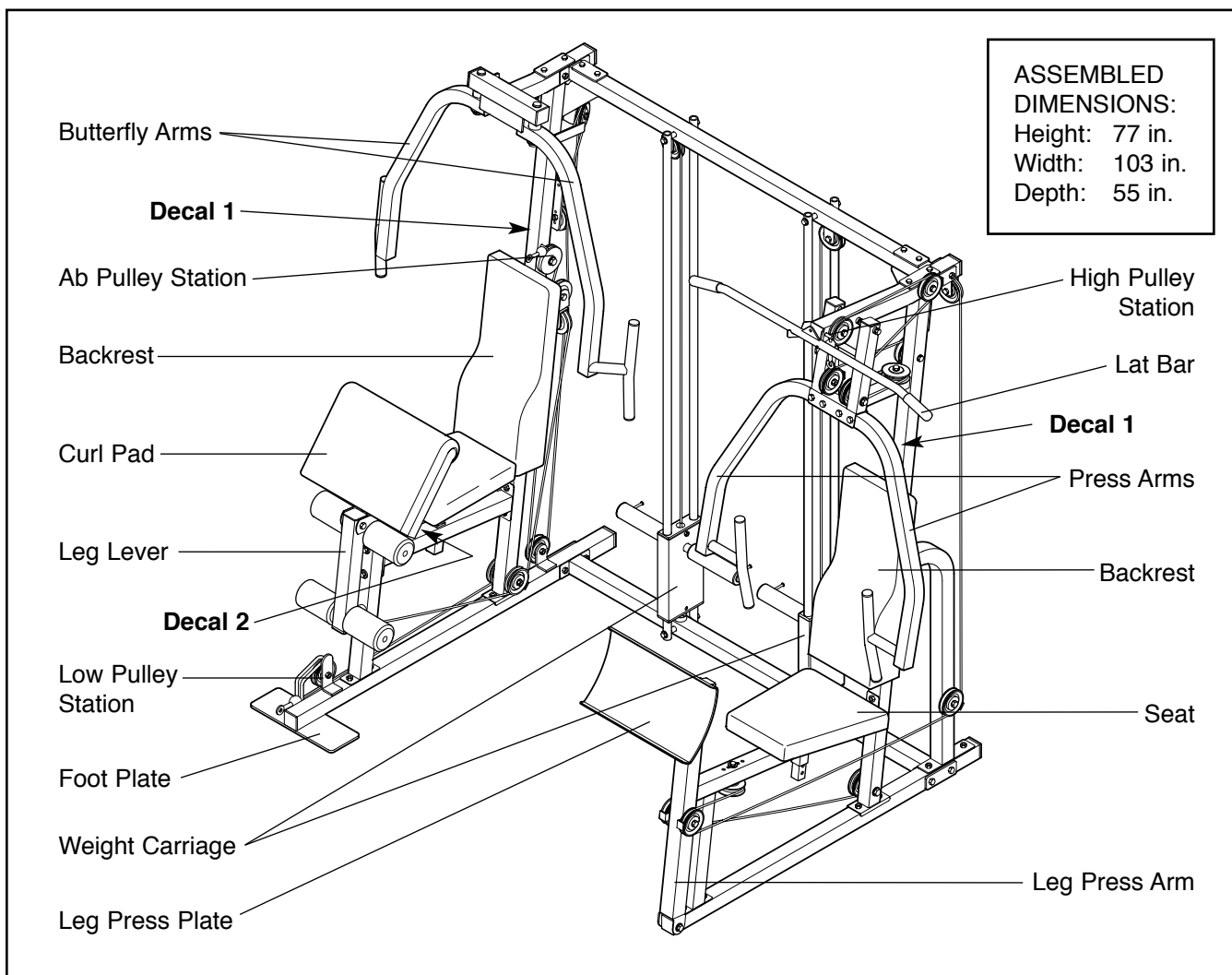
# BEFORE YOU BEGIN

Thank you for selecting the innovative and versatile WEIDER® PRO 9950 weight system. The WEIDER® PRO 9950 offers a unique 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 WEIDER® PRO 9950 makes it easy to achieve the results you want.

have additional questions, please call our toll-free HELPLINE at **1-800-736-6879**, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.159530. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

**For your benefit, read this manual carefully before using the WEIDER® PRO 9950 weight system.** If you

**Please use the drawing below to familiarize yourself with the major parts and how they fit together.**



# ASSEMBLY

## Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

## Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

## Set Aside Enough Time

Due to the many features of the weight system, the assembly process will take time. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.


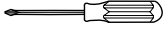
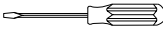

## Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

## How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

## Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

## How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

## How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

## Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

## Questions?

If you have questions after reading the assembly instructions, please call our HELPLINE at **1-800-736-6879**.

## The Four Stages of the Assembly Process

**Frame Assembly**—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

**Arm Assembly**—During this stage you will assemble the arms and the leg lever.

**Cable Assembly**—During this stage you will attach the cables and pulleys that connect the arms to the weights.

**Seat Assembly**—During the final stage you will assemble the seats and the backrests.

# Frame Assembly

1. Before beginning, make sure that you have read and understood the information on page 5.

Locate and open the parts bags labeled “FRAME ASSEMBLY 1 and 2.”

Press a 2” Square Inner Cap (59) into each end of the Butterfly Base (1).

Insert four 5/16” x 2 1/2” Carriage Bolts (54) up through the Butterfly Base (1). Place the Butterfly Base flat on the floor. **Note: If the Bolts fall out, secure them with a small piece of tape.**

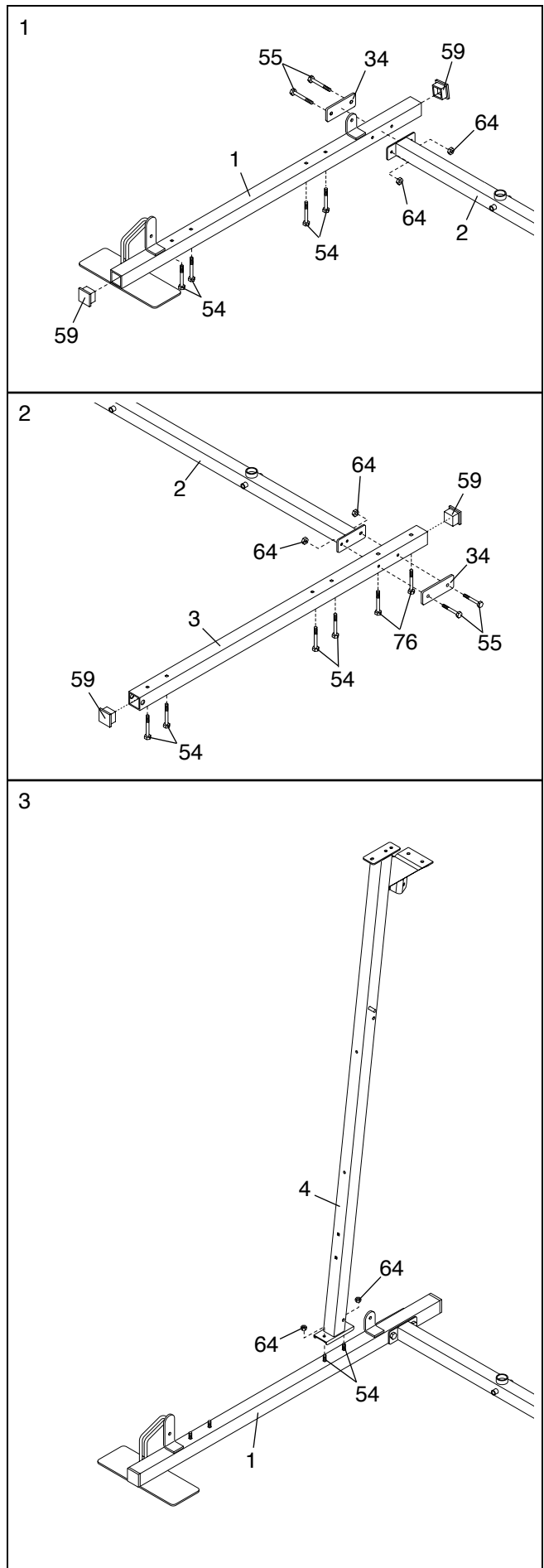
Attach the Center Base (2) to the Butterfly Base (1) with two 5/16” x 2 3/4” Bolts (55), a Long Support Plate (34), and two 5/16” Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**

2. Press a 2” Square Inner Cap (59) into each end of the Press Base (3).

Insert four 5/16” x 2 1/2” Carriage Bolts (54) and two 3/8” x 2 1/2” Carriage Bolts (76) up through the Press Base (3). Place the Press Base flat on the floor. **Note: If the Bolts fall out, secure them with a small piece of tape.**

Attach the Press Base (3) to the Center Base (2) with two 5/16” x 2 3/4” Bolts (55), a Long Support Plate (34), and two 5/16” Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**

3. Orient the Butterfly Upright (4) as shown. Attach the Butterfly Upright to the indicated 5/16” x 2 1/2” Carriage Bolts (54) in the Butterfly Base (1) with two 5/16” Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**



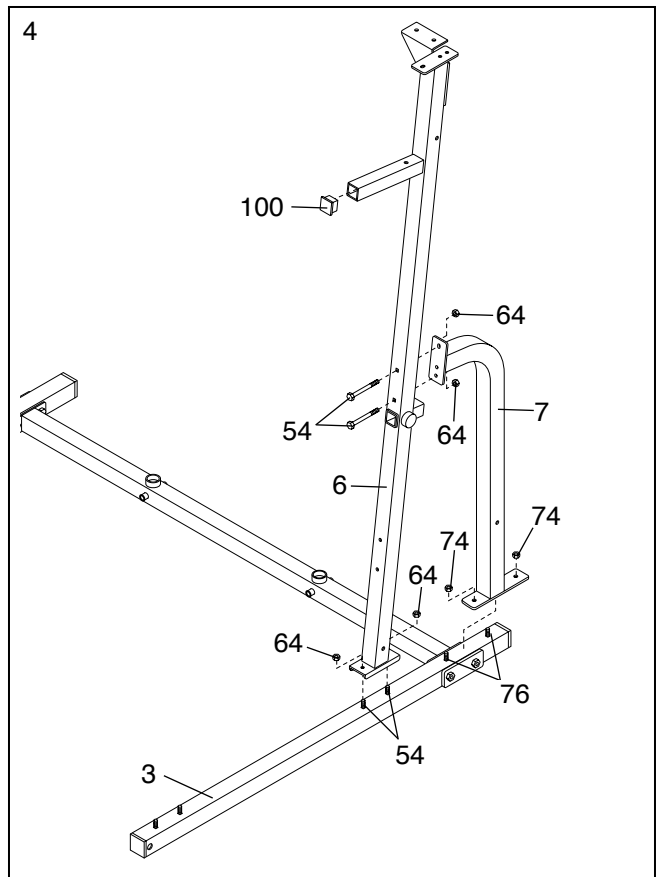
4. Press a 1 1/2" Square Inner Cap (100) into the indicated part of the Press Upright (6).

Orient the Press Upright (6) as shown. Attach the Press Upright to the indicated 5/16" x 2 1/2" Carriage Bolts (54) in the Press Base (3) with two 5/16" Nylon Locknuts (64).

Attach the Support Brace (7) to the indicated 3/8" x 2 1/2" Carriage Bolts (76) in the Press Base (3) with two 3/8" Nylon Locknuts (74).

Attach the Support Brace (7) to the Press Upright (6) with two 5/16" x 2 1/2" Carriage Bolts (54) and two 5/16" Nylon Locknuts (64).

**Do not tighten the Nylon Locknuts (64, 74) yet.**



5. Press two 1" Inner Caps (32) into the ends of the weight tube on a Weight Carriage (28).

If you will be using Olympic weights with the weight system, slide a Weight Sleeve (27) onto each end of the weight tube on the Weight Carriage (28). Secure each Weight Sleeve with a Locking Pin (31). **Note: The drawings in this manual show the Weight Sleeves attached. The Locking Pins will be found in the bag labeled "SEAT ASSEMBLY".**

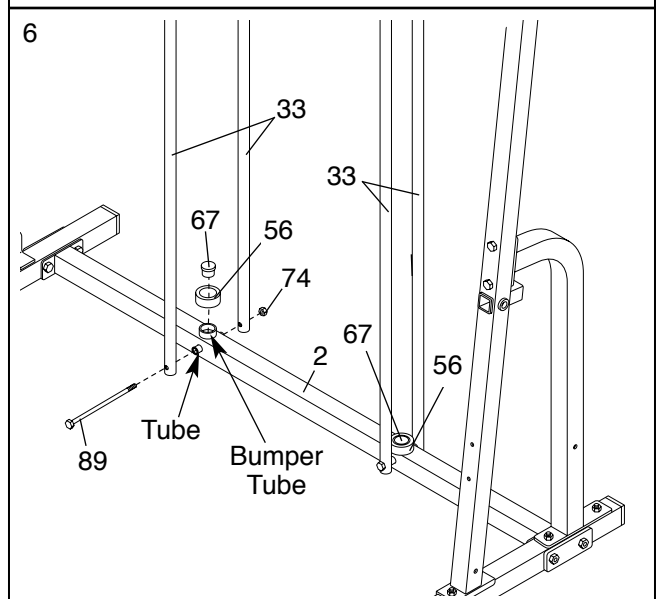
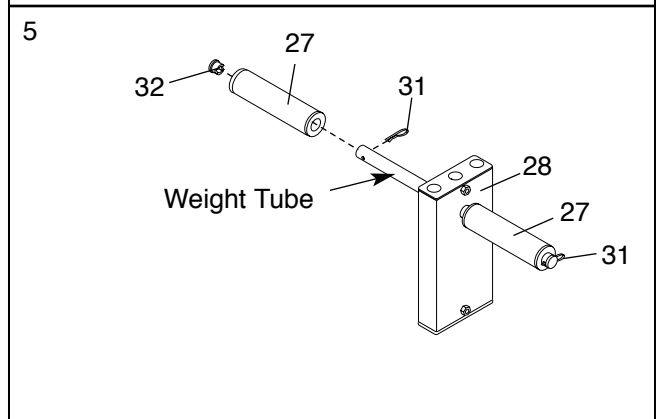
Repeat this step with the other Weight Carriage (28).

6. Press a Weight Bumper (56) onto each bumper tube on the Center Base (2). Press a 1 1/2" Round Inner Cap (67) into each bumper tube.

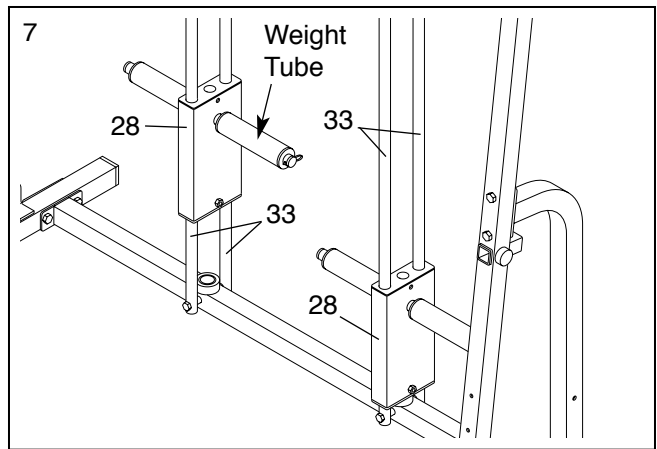
Attach two Weight Guides (33) to the indicated tube in the Center Base (2) with a 3/8" x 6" Bolt (89) and a 3/8" Nylon Locknut (74).

Attach the other set of Weight Guides (33) in the same manner.

**Do not tighten the 3/8" Nylon Locknuts (74) yet.**



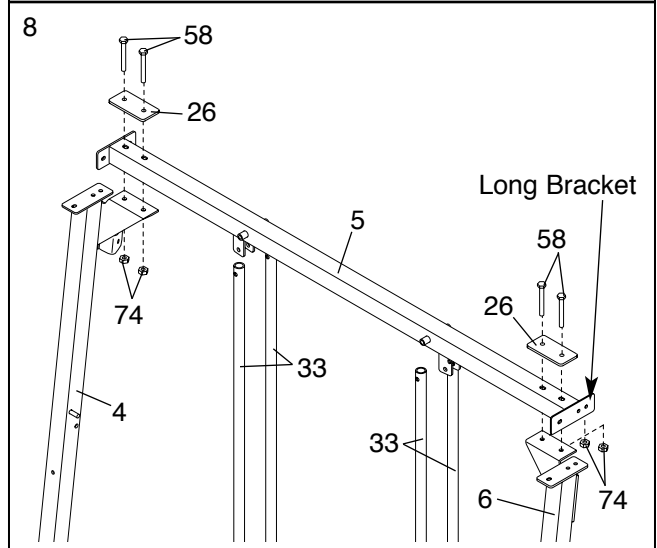
- Slide a Weight Carriage (28) onto each set of Weight Guides (33). **Be sure the weight tubes are near the top of the Weight Carriages**



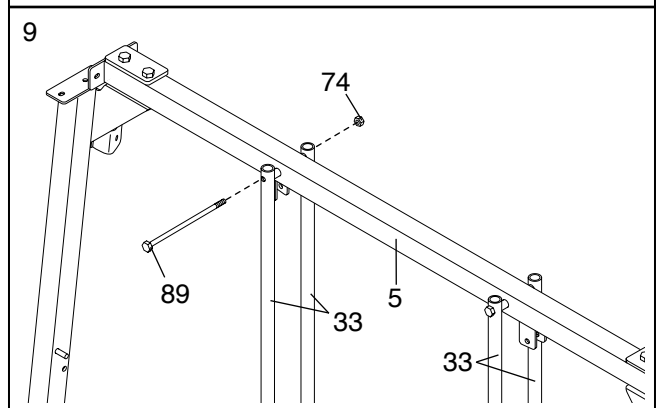
- Attach the Top Frame (5) to the Butterfly Upright (4) with two 3/8" x 2 3/4" Bolts (58), a Short Support Plate (26), and two 3/8" Nylon Locknuts (74). **Note: Be sure that the Top Frame is oriented with the long bracket on the side shown, and that it rests between the Weight Guides (33) as shown in step 9.**

Attach the Top Frame (5) to the Press Upright (6) in the same manner.

**Do not tighten the 3/8" Nylon Locknuts (74) yet.**



- Attach each set of Weight Guides (33) to the Top Frame (5) with a 3/8" x 6" Bolt (89) and a 3/8" Nylon Locknut (74). **Do not tighten the Nylon Locknuts yet.**

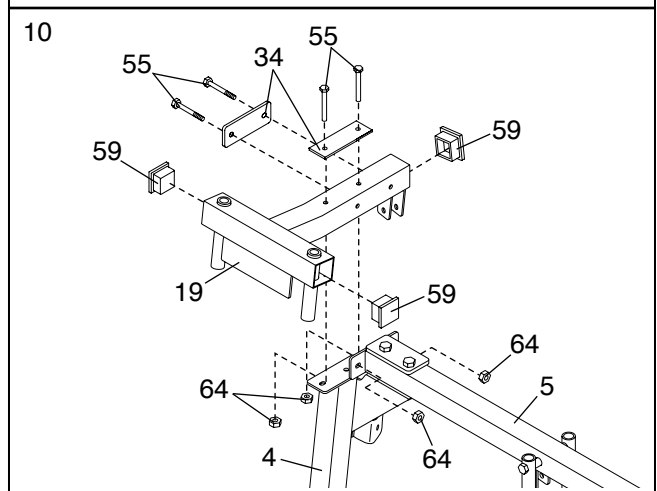


- Press three 2" Square Inner Caps (59) into the Butterfly Top Frame (19).

Attach the Butterfly Top Frame (19) to the Butterfly Upright (4) with two 5/16" x 2 3/4" Bolts (55), a Long Support Plate (34), and two 5/16" Nylon Locknuts (64).

Attach the Butterfly Top Frame (19) to the Top Frame (5) with two 5/16" x 2 3/4" Bolts (55), a Long Support Plate (34), and two 5/16" Nylon Locknuts (64).

**Do not tighten the 5/16" Nylon Locknuts (64) yet.**





11. Press a 2" Square Inner Cap (59) into the Press Top Frame (13).

Attach the Press Top Frame (13) to the Press Upright (6) with two 5/16" x 2 3/4" Bolts (55), a Long Support Plate (34), and two 5/16" Nylon Locknuts (64).

Attach the back hole on the side of the Press Top Frame (13) to the Top Frame (5) with a 5/16" x 2 3/4" Bolt (55), the Pulley Support Plate (107), and a 5/16" Nylon Locknut (64).

Attach the next hole on the side of the Press Top Frame (13), a 3 1/2" Pulley (37) and a Cable Trap (44) to the Top Frame (5) with a 3/8" x 4" Bolt (91), the Pulley Support Plate (107), and a 3/8" Nylon Locknut (74). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn easily.**

**Do not tighten the Nylon Locknuts (64, 74) yet.**

12. Attach a Bumper (71) to the Press Seat Frame (12) with a Bumper Screw (72).

Attach the Press Seat Frame (12) to the 5/16" x 2 1/2" Carriage Bolts (54) in the Press Base (3) with two 5/16" Nylon Locknuts (64).

Attach the Press Seat Frame (12) to the Press Upright (6) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (66), and two 5/16" Nylon Locknuts (64).

**Do not tighten the 5/16" Nylon Locknuts (64) yet.**

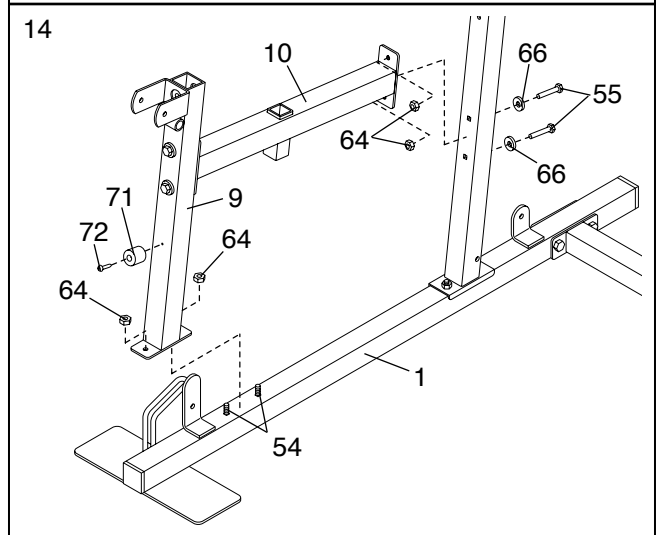
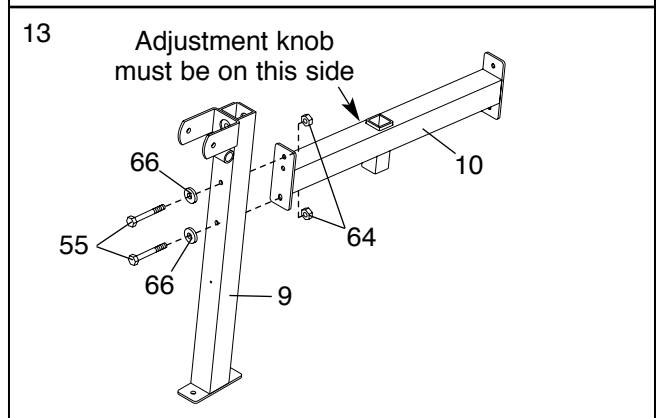
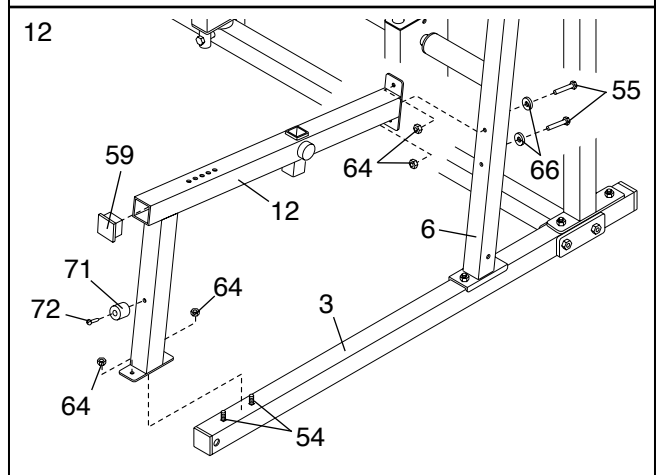
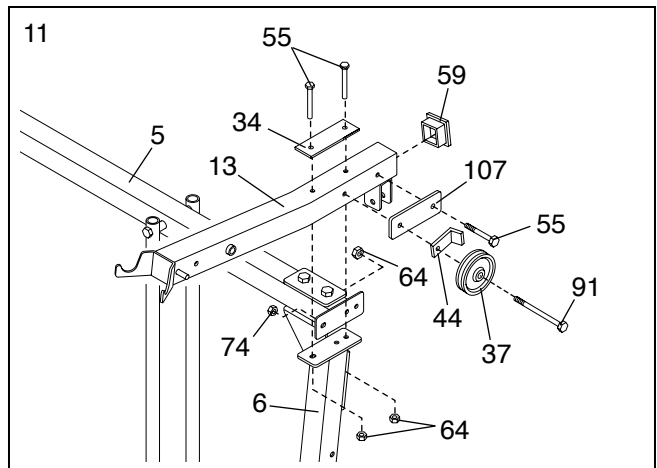
13. Attach the Butterfly Seat Frame (10) to the Butterfly Front Leg (9) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (66), and two 5/16" Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet. Be sure the Adjustment Knob (not shown) is on the indicated side.**

14. Attach a Bumper (71) to the Butterfly Front Leg (9) with a Bumper Screw (72).

Attach the Butterfly Front Leg (9) to the 5/16" x 2 1/2" Carriage Bolts (54) in the Butterfly Base (1) with two 5/16" Nylon Locknuts (64).

Attach the Butterfly Seat Frame (10) to the Butterfly Upright (4) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (66), and two 5/16" Nylon Locknuts (64).

**Tighten all of the Nylon Locknuts (64, 74) used in steps 1 to 14.**

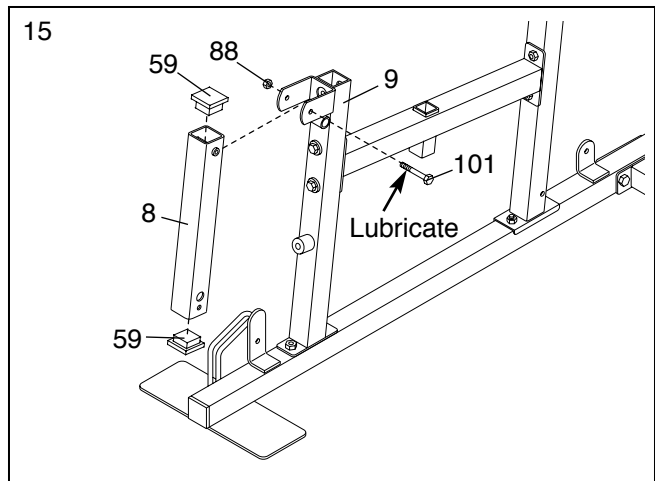


## Arm Assembly

15. Locate and open the parts bag labeled “ARM ASSEMBLY.”

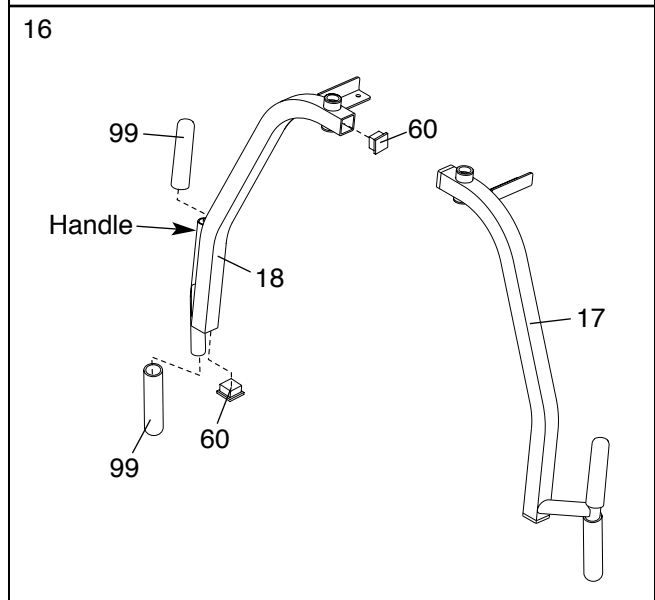
Press a 2” Square Inner Cap (59) into each end of the Leg Lever (8).

Lubricate the 3/8” x 3 1/4” Bolt (101). Attach the Leg Lever (8) to the Butterfly Front Leg (9) with the Bolt and a 3/8” Nylon Jamnut (88).



16. Press two 1 3/4” Square Inner Caps (60) into the ends of the the Right Butterfly Arm (18). Press two Handgrips (99) onto the handle on the Right Butterfly Arm.

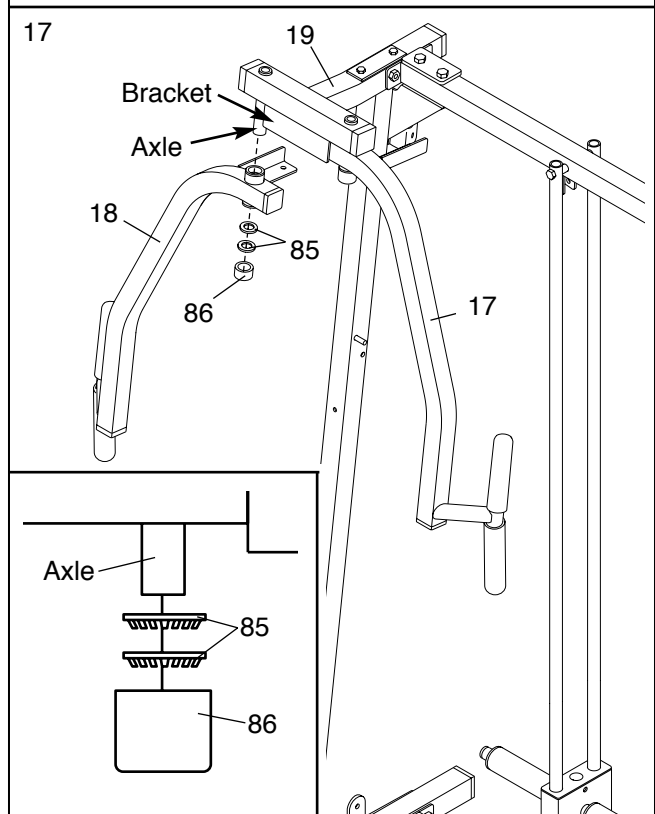
Assemble the Left Butterfly Arm (17) in the same manner.



17. Lubricate both axles on the Butterfly Top Frame (19). Slide the Right Butterfly Arm (18) onto the indicated axle. **Be sure the upper end of the Butterfly Arm is behind the bracket on the Butterfly Top Frame.**

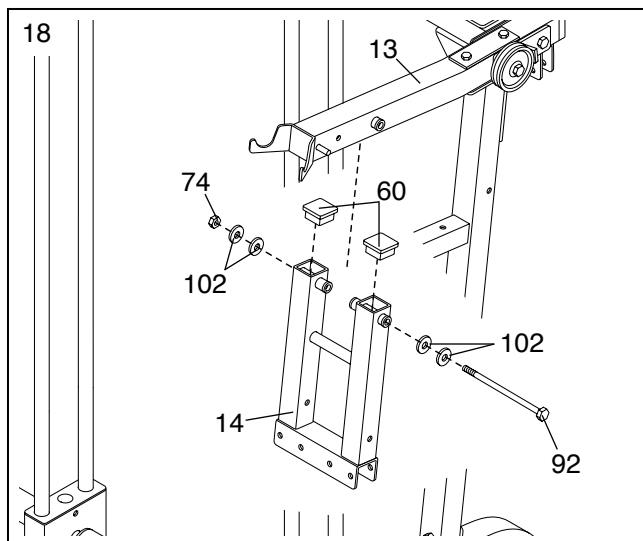
Tap two 1” Retainers (85) and a 1” Round Cover Cap (86) onto the axle. **Be sure that the teeth on the Retainers bend toward the Round Cover Cap, as shown in the inset drawing.**

Attach the Left Butterfly Arm (17) in the same manner.



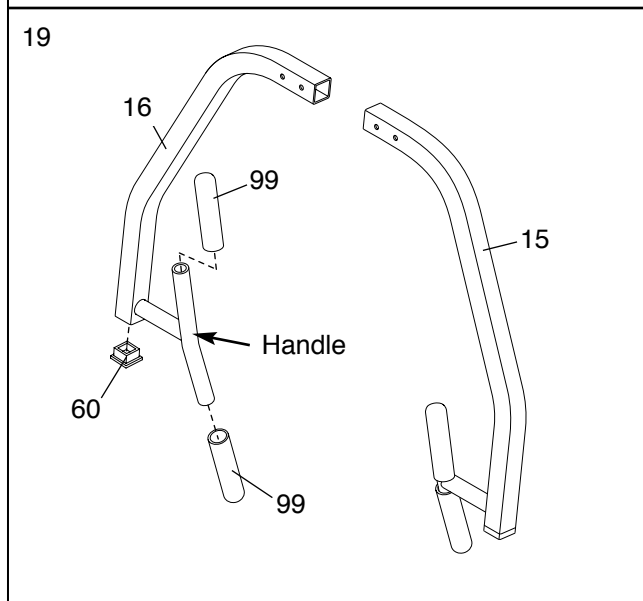
18. Press two 1 3/4" Square Inner Caps (60) into the top of the Press Frame (14).

Lubricate the 3/8" x 9" Bolt (92). Attach the Press Frame (14) to the Press Top Frame (13) with the Bolt, four 3/8" SAE Washers (102), and a 3/8" Nylon Locknut (74). **Do not overtighten the Nylon Locknut; the Press Frame must be able to pivot easily.**



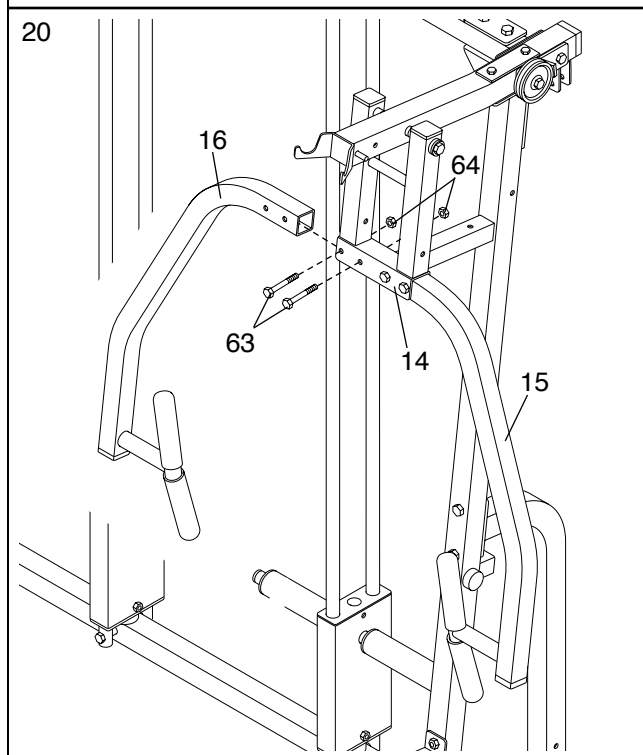
19. Press a 1 3/4" Square Inner Cap (60) into the bottom of the Right Press Arm (16). Press two Handgrips (99) onto the top and bottom of the handle.

Assemble the Left Press Arm (15) in the same manner.

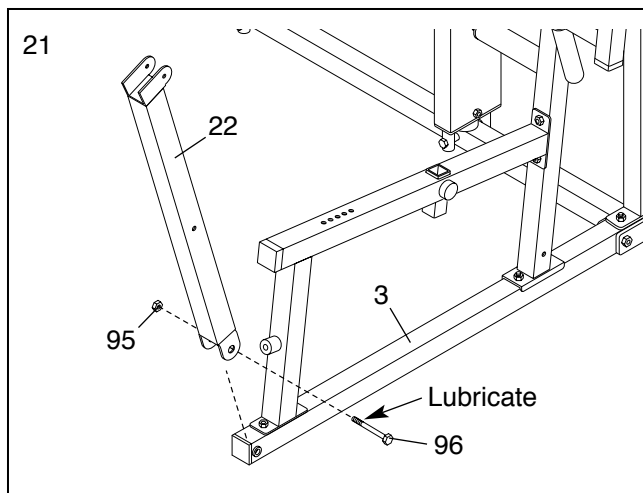


20. Attach the Right Press Arm (16) to the Press Frame (14) with two 5/16" x 2 1/2" Bolts (63) and two 5/16" Nylon Locknuts (64).

Attach the Left Press Arm (15) in the same manner.



21. Lubricate the 1/2" x 3 1/2" Bolt (96). Attach the Leg Press Arm (22) to the Press Base (3) with the Bolt and a 1/2" Nylon Locknut (95). **Do not overtighten the Nylon Locknut; the Leg Press Arm must be able to pivot easily.**

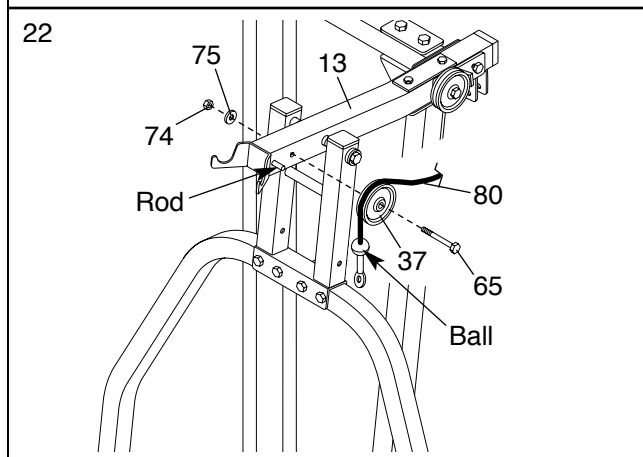


## Cable Assembly

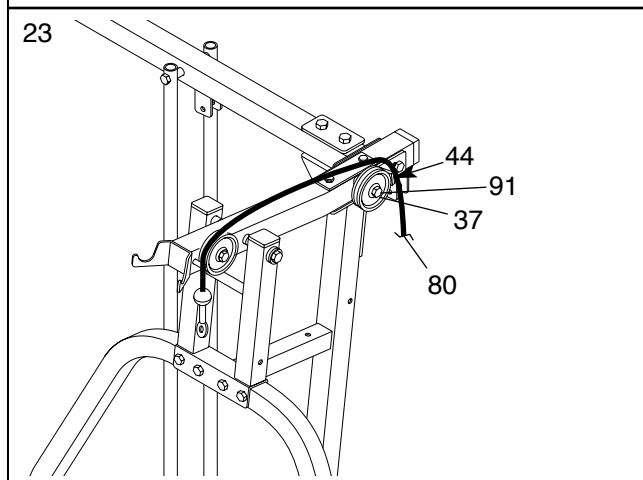
22. Locate and open the parts bag labeled "CABLE ASSEMBLY." For Cable identification and routing during steps 22 to 52, refer to the CABLE DIAGRAMS and CABLE ID CHART on page 26.

**Do not overtighten the nylon locknuts attaching the pulleys to the weight system; the pulleys must be able to turn freely.**

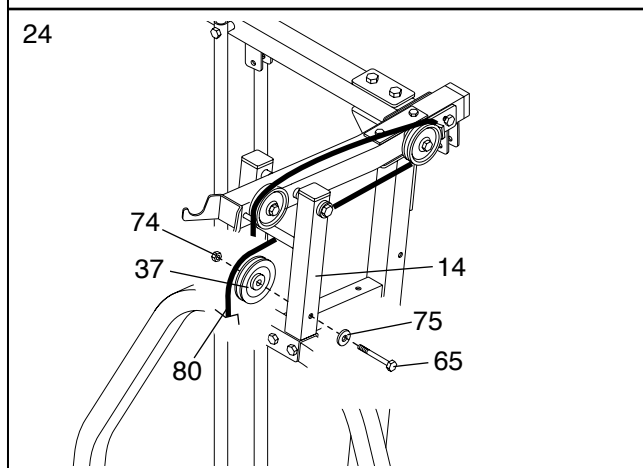
Identify the Press Cable (80). It is approximately 387.25" long and it has a ball on one end and a loop on the other. Wrap the Press Cable around a 3 1/2" Pulley (37). Attach the Pulley to the Press Top Frame (13) with a 3/8" x 3 1/2" Bolt (65), a 3/8" Washer (75), and a 3/8" Nylon Locknut (74). **Be sure the Cable is between the Pulley and the rod on the Press Top Frame, and that the ball is on the side shown.**



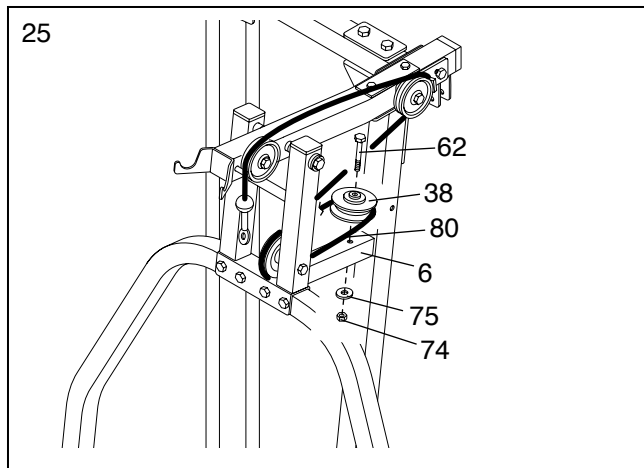
23. Loosen the 3/8" Nylon Locknut (not shown) on the 3/8" x 4" Bolt (91). Wrap the Press Cable (80) around the 3 1/2" Pulley (37), making sure the Cable is between the Pulley and the Cable Trap (44). Re-tighten the Nylon Locknut.



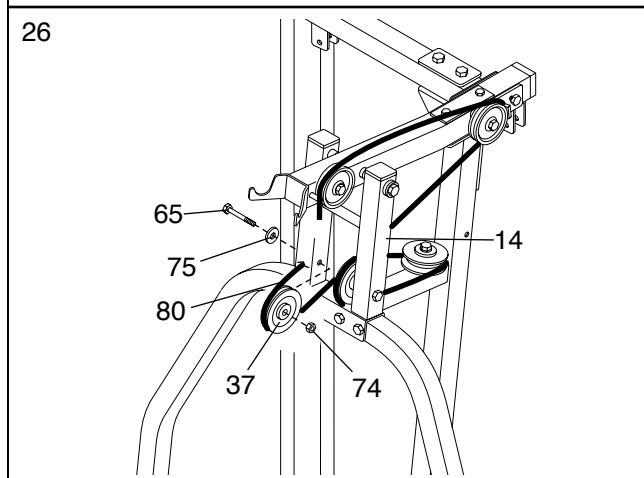
24. Wrap the Press Cable (80) around a 3 1/2" Pulley (37). Attach the Pulley to the indicated side of the Press Frame (14) with a 3/8" x 3 1/2" Bolt (65), a 3/8" Washer (75), and a 3/8" Nylon Locknut (74).



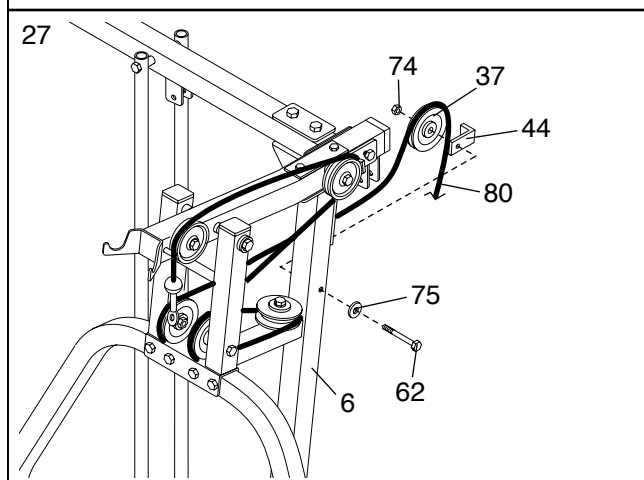
25. Wrap the Press Cable (80) around a “V”-Pulley (38). Attach the Pulley to the Press Upright (6) with a 3/8” x 3 3/4” Bolt (62), a 3/8” Washer (75), and a 3/8” Nylon Locknut (74).



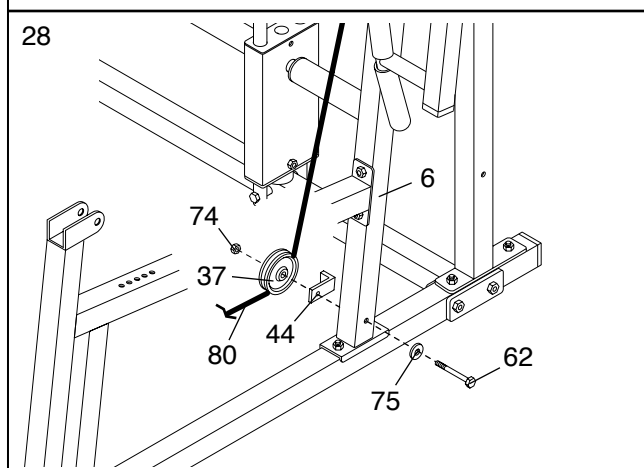
26. Wrap the Press Cable (80) around a 3 1/2” Pulley (37). Attach the Pulley to the other side of the Press Frame (14) with a 3/8” x 3 1/2” Bolt (65), a 3/8” Washer (75), and a 3/8” Nylon Locknut (74).



27. Wrap the Press Cable (80) around a 3 1/2” Pulley (37). Attach the Pulley and a Cable Trap (44) to the Press Upright (6) with a 3/8” x 3 3/4” Bolt (62), a 3/8” Washer (75), and a 3/8” Nylon Locknut (74). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

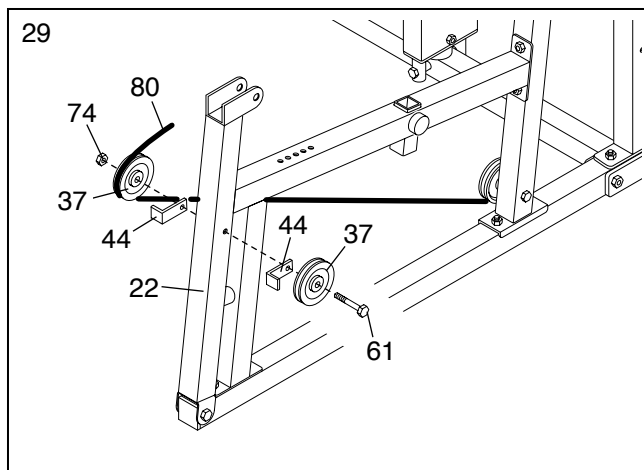


28. Wrap the Press Cable (80) around a 3 1/2” Pulley (37). Attach the Pulley and a Cable Trap (44) to the bottom of the Press Upright (6) with a 3/8” x 3 3/4” Bolt (62), a 3/8” Washer (75), and a 3/8” Nylon Locknut (74). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

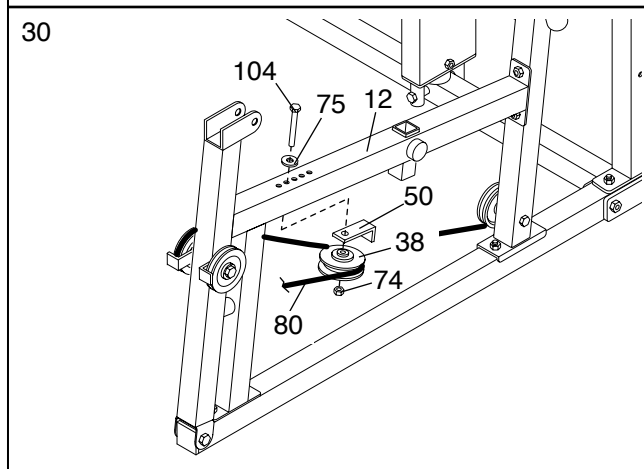


29. Slide a 3/8" x 5" Bolt (61) through a 3 1/2" Pulley (37), a Cable Trap (44), and the Leg Press Arm (22) from the indicated side. **Be sure the Cable Trap is oriented as shown.**

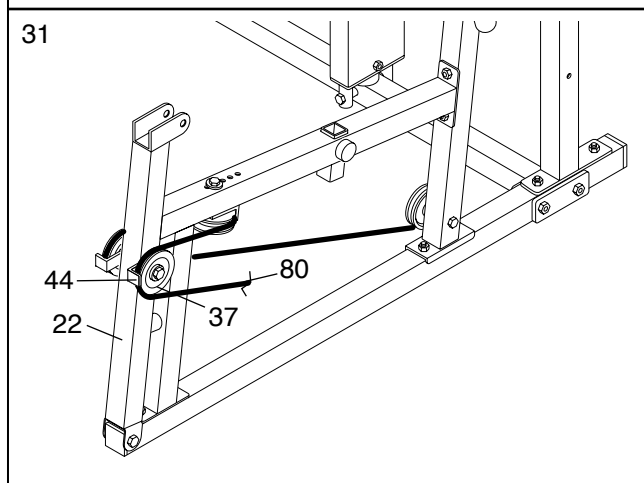
Wrap the Press Cable (80) around another 3 1/2" Pulley (37). Attach the Pulley and a Cable Trap (44) to the 3/8" x 5" Bolt (61) with a 3/8" Nylon Locknut (74). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley. Do not tighten the Nylon Locknut yet.**



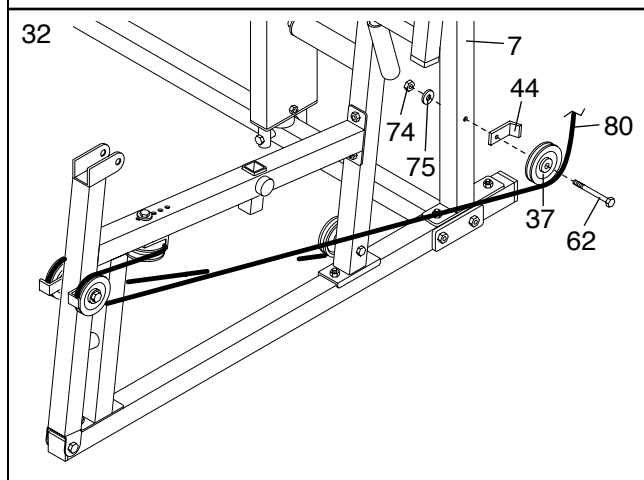
30. Wrap the Press Cable (80) around a "V"-Pulley (38). Attach the Pulley and a Long Cable Trap (50) to the indicated hole in the Press Seat Frame (12), using a 3/8" x 4 1/4" Bolt (104), a 3/8" Washer (75) and a 3/8" Nylon Locknut (74). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



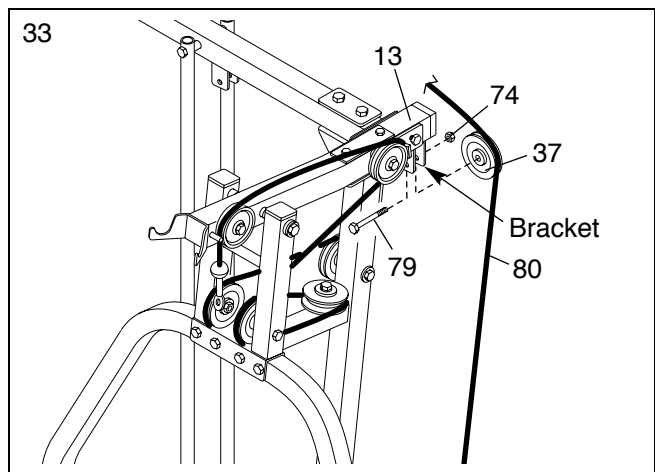
31. Wrap the Press Cable (80) around the indicated 3 1/2" Pulley (37) on the Leg Press Arm (22). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.** Tighten the 3/8" Nylon Locknut (not shown) used in step 29.



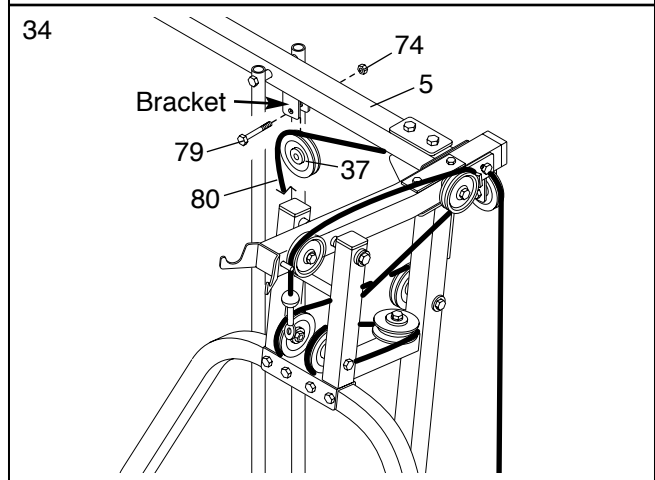
32. Wrap the Press Cable (80) around a 3 1/2" Pulley (37). Attach the Pulley and a Cable Trap (44) to the Support Brace (7) with a 3/8" x 3 3/4" Bolt (62), a 3/8" Washer (75), and a 3/8" Nylon Locknut (74). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



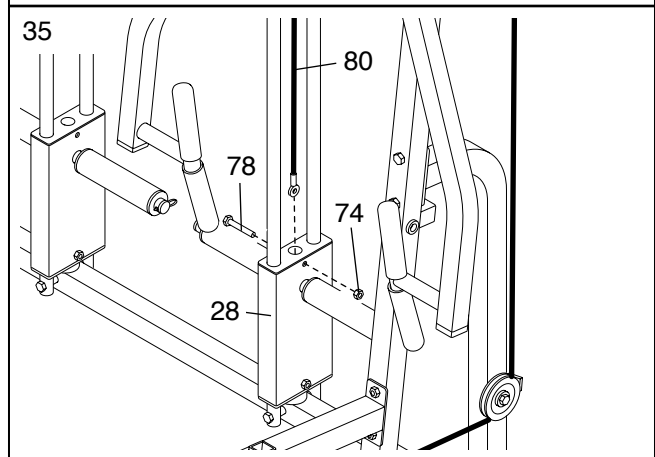
33. Wrap the Press Cable (80) around a 3 1/2" Pulley (37). Attach the Pulley to the bracket on the Press Top Frame (13) with a 3/8" x 2" Bolt (79) and a 3/8" Nylon Locknut (74).



34. Wrap the Press Cable (80) around a 3 1/2" Pulley (37). Attach the Pulley to the bracket on the Top Frame (5) with a 3/8" x 2" Bolt (79) and a 3/8" Nylon Locknut (74).

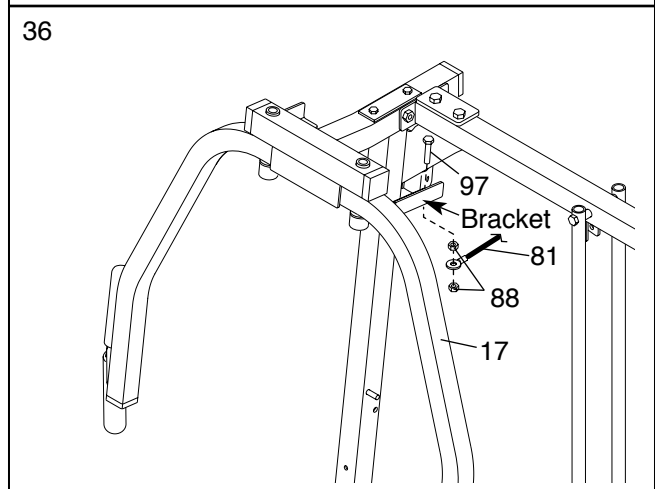


35. Remove the 3/8" x 2 1/2" Bolt (78) from the top of the indicated Weight Carriage (28). Attach the end of the Press Cable (80) to the Weight Carriage with the Bolt (78) and 3/8" Nylon Locknut (74).

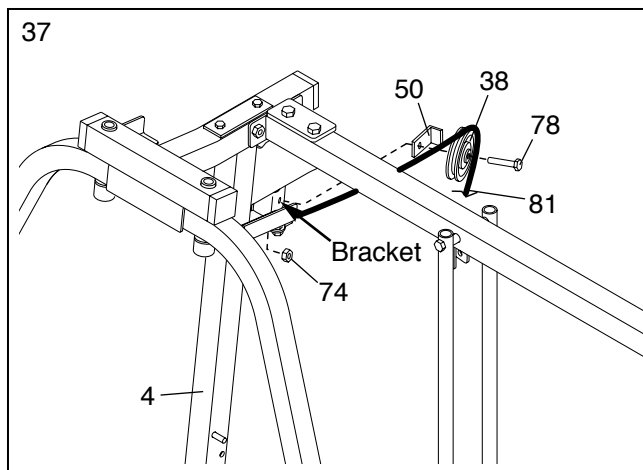


36. Identify the Butterfly Cable (81); it is approximately 52" long and it has a loop on both ends.

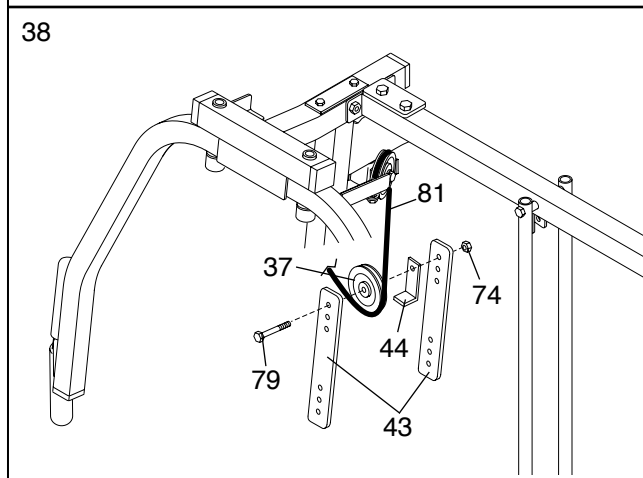
Secure a 3/8" x 1" Bolt (97) to the bracket on the Left Butterfly Arm (17) with a 3/8" Nylon Jamnut (88). Attach one end of the Butterfly Cable (81) to the Bolt with another 3/8" Nylon Jamnut. **Do not tighten the second Nylon Jamnut; the Cable must be able to pivot freely.**



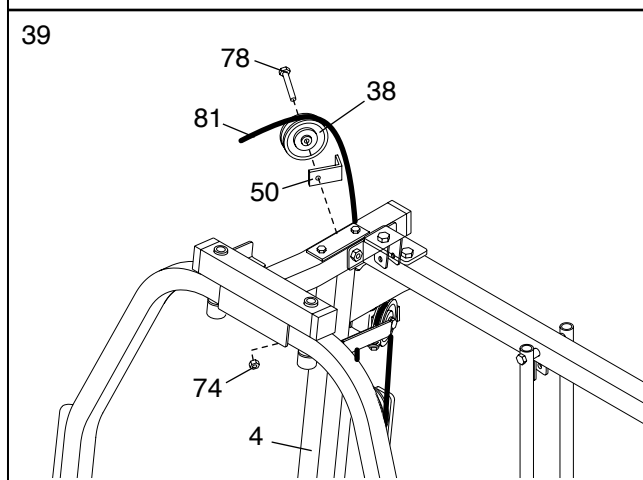
37. Wrap the Butterfly Cable (81) around a “V”-Pulley (38). Attach the Pulley and a Long Cable Trap (50) to the indicated side of the bracket on the Butterfly Upright (4) with a 3/8” x 2 1/2” Bolt (78) and a 3/8” Nylon Locknut (74). **Be sure the Long Cable Trap is turned to hold the Cable in the groove of the Pulley.**



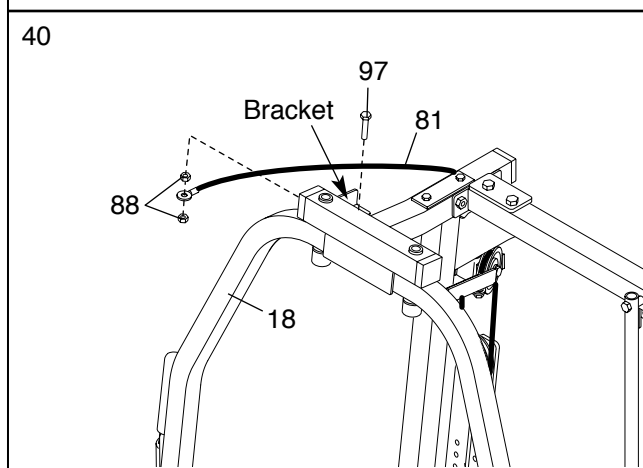
38. Remove the two 3 1/2” Pulleys (37) and two Cable Traps (44) from the set of Pulley Plates (43). Wrap the Butterfly Cable (81) around the Pulley. Reattach a Pulley and a Cable Trap to the top set of holes in the Pulley Plates with a 3/8” x 2” Bolt (79) and a 3/8” Nylon Locknut (74). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



39. Wrap the Butterfly Cable (81) around a “V”-Pulley (38). Attach the Pulley and a Long Cable Trap (50) to the other side of the bracket on the Butterfly Upright (4) with a 3/8” x 2 1/2” Bolt (78) and a 3/8” Nylon Locknut (74). **Be sure the Long Cable Trap is turned to hold the Cable in the groove of the Pulley.**



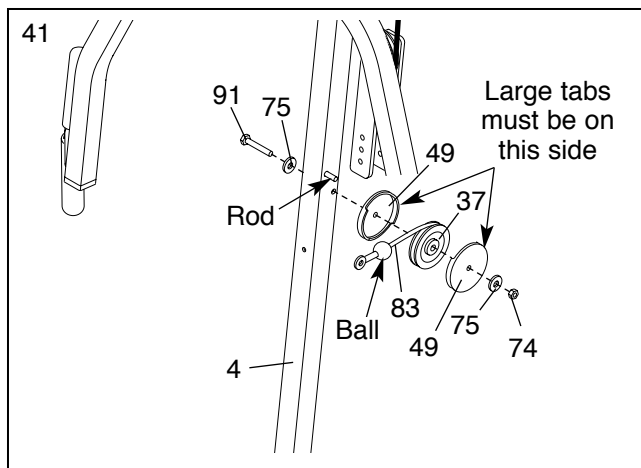
40. Secure a 3/8” x 1” Bolt (97) to the bracket on the Right Butterfly Arm (18) with a 3/8” Nylon Jamnut (88). Attach the end of the Butterfly Cable (81) to the Bolt with another 3/8” Nylon Jamnut. **Do not tighten the second Nylon Jamnut; the Cable must be able to pivot freely.**



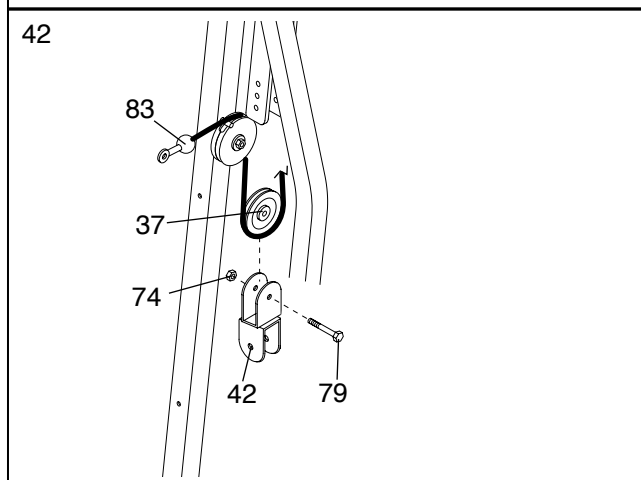


41. Identify the Ab Cable (83); it is approximately 220.25" long and it has a ball on one end and a loop on the other.

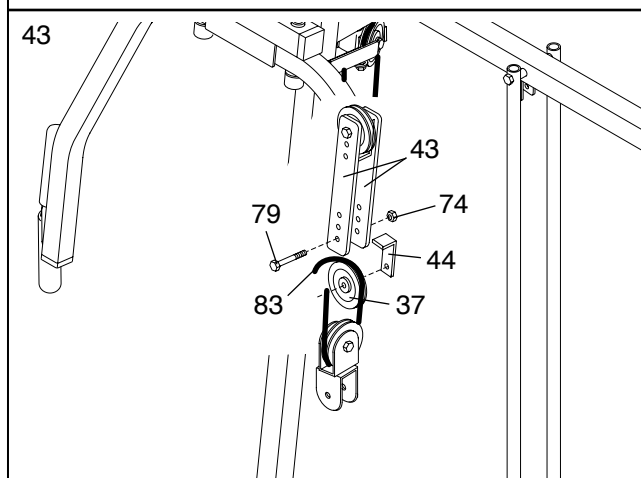
Wrap the Ab Cable (83) around a 3 1/2" Pulley (37). Place two Pulley Covers (49) over the Pulley; **make sure that the large tabs are in the position shown.** Attach the Pulley and Pulley Covers to the Butterfly Upright (4) with a 3/8" x 4" Bolt (91), two 3/8" Washers (75), and a 3/8" Nylon Locknut (74). **Be sure that the Cable is between the Pulley and the rod on the Upright, and that the ball is on the side shown.**



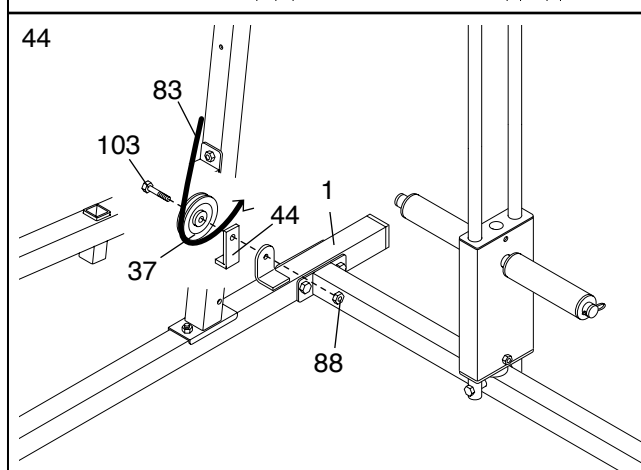
42. Remove the two 3 1/2" Pulleys (37) from the Double U-bracket (42). Wrap the Ab Cable (83) around a Pulley. Reattach the Pulley to the Double U-bracket with the 3/8" x 2" Bolt (79) and 3/8" Nylon Locknut (74).



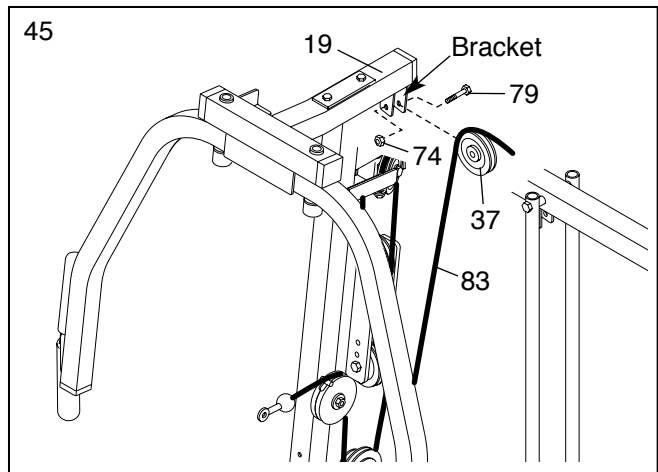
43. Wrap the Ab Cable (83) around the other 3 1/2" Pulley (37) removed in step 38. Reattach the Pulley and Cable Trap (44) to the bottom set of holes in the Pulley Plates (43) with the 3/8" x 2" Bolt (79) and the 3/8" Nylon Locknut (74). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



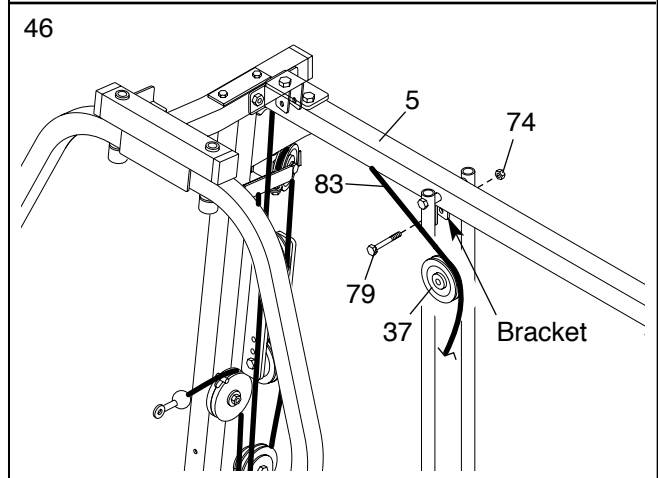
44. Wrap the Ab Cable (83) around a 3 1/2" Pulley (37). Attach the Pulley and a Cable Trap (44) to the Butterfly Base (1) with a 3/8" x 1 3/4" Bolt (103) and a 3/8" Nylon Jamnut (88). **Make sure the Cable Trap is oriented as shown.**



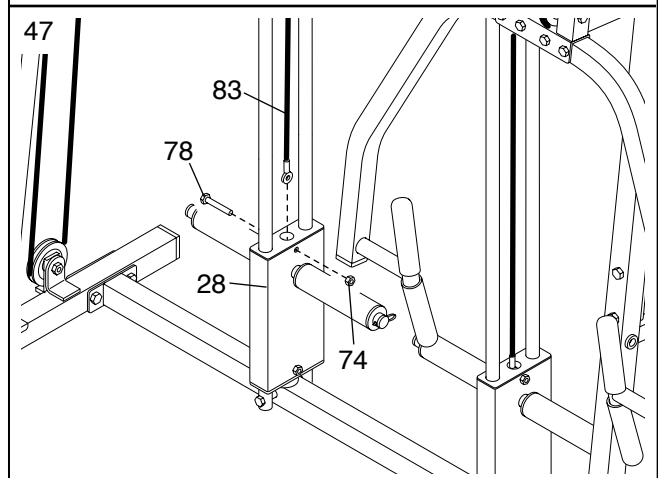
45. Wrap the Ab Cable (83) around a 3 1/2" Pulley (37). Attach the Pulley to the bracket on the Butterfly Top Frame (19) with a 3/8" x 2" Bolt (79) and a 3/8" Nylon Locknut (74).



46. Wrap the Ab Cable (83) around a 3 1/2" Pulley (37). Attach the Pulley to the bracket on the Top Frame (5) with a 3/8" x 2" Bolt (79) and a 3/8" Nylon Locknut (74).

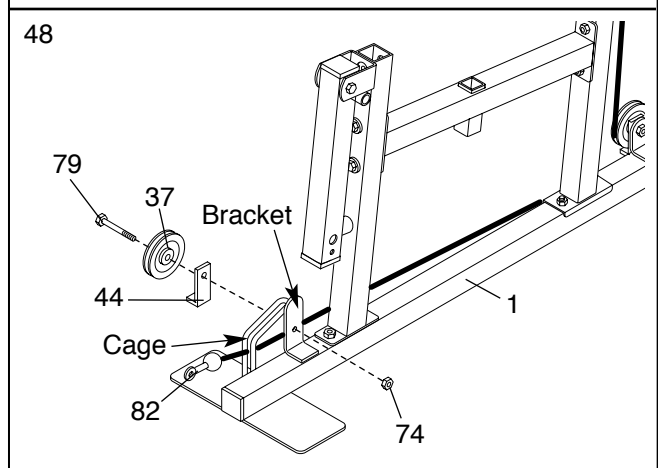


47. Attach the end of the Ab Cable (83) to the indicated Weight Carriage (28) with a 3/8" x 2 1/2" Bolt (78) and a 3/8" Nylon Locknut (74).

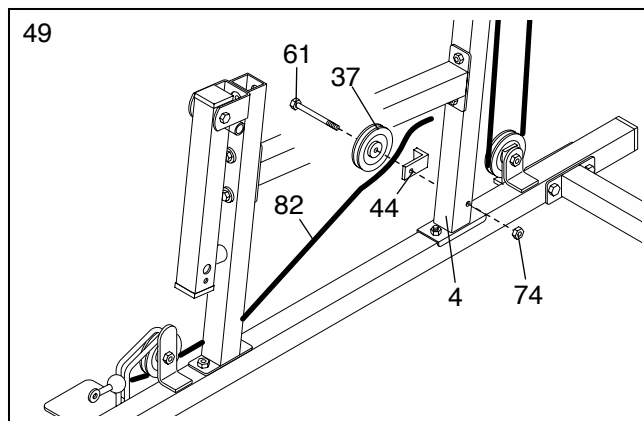


48. Identify the Leg Lever Cable (82). It is approximately 142.75" long and it has a ball on one end and a loop on the other.

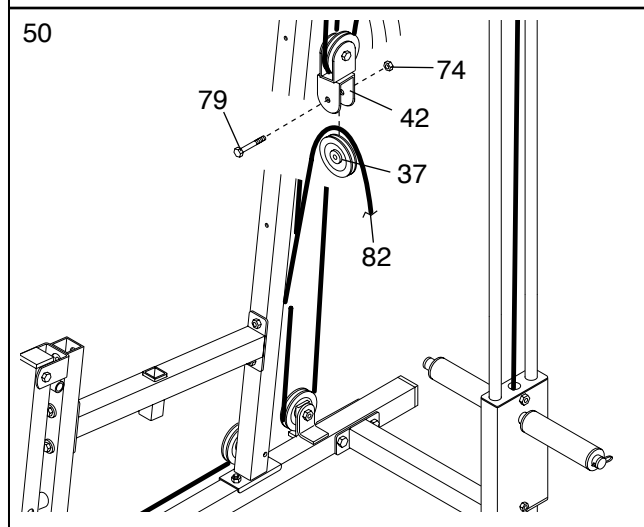
Route the loop end of the Leg Lever Cable (82) through the cage on the Butterfly Base (1) and under a 3 1/2" Pulley (37). Attach the Pulley and a Cable Trap (44) to the bracket on the Butterfly Base with a 3/8" x 2" Bolt (79) and a 3/8" Nylon Locknut (74). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



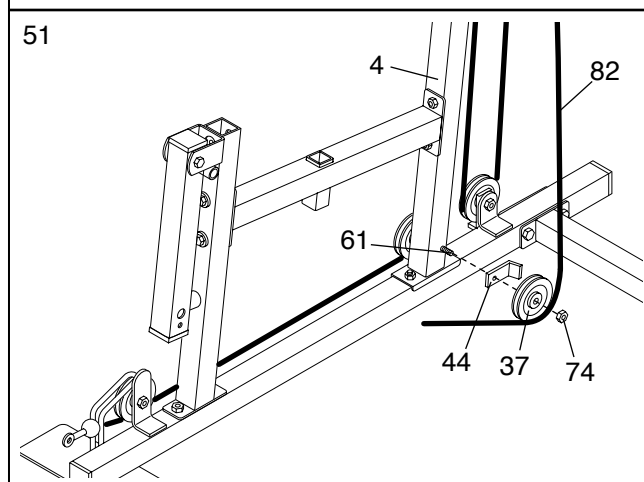
49. Wrap the Leg Press Cable (82) around a 3 1/2" Pulley (37). Attach the Pulley and a Cable Trap (44) to the Butterfly Upright (4) with a 3/8" x 5" Bolt (61) and a 3/8" Nylon Locknut (74). **Do not tighten the Nylon Locknut yet. Be sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



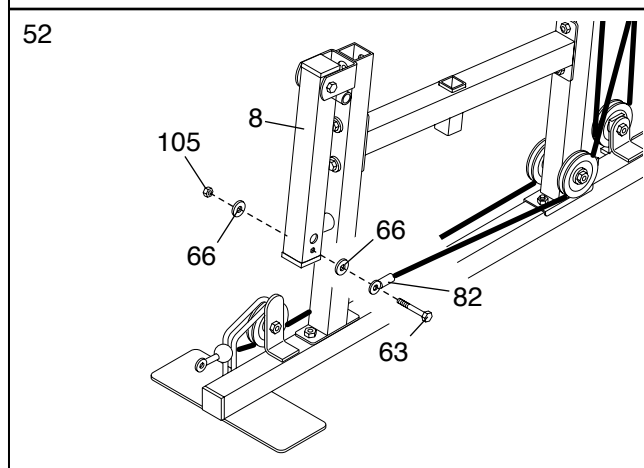
50. Wrap the Leg Press Cable (82) around the 3 1/2" Pulley (37) removed in step 42. Attach the Pulley to the bottom of the Double U-bracket (42) with the 3/8" x 2" Bolt (79) and the 3/8" Nylon Locknut (74).



51. Wrap the Leg Press Cable (82) around a 3 1/2" Pulley (37). Attach the Pulley and a Cable Trap (44) to the 3/8" x 5" Bolt (61) in the Butterfly Upright (4) with a 3/8" Nylon Locknut (74). **Be sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



52. Attach the end of the Leg Press Cable (82) to the Leg Lever (8) with a 5/16" x 2 1/2" Bolt (61), two 5/16" Washers (66), and a 5/16" Nylon Jamnut (105). **Do not overtighten the Nylon Jamnut; the Cable must be able to pivot freely.**



## Seat Assembly

### 53. Locate and open the parts bag labeled "SEAT ASSEMBLY."

Press a 1 1/2" Square Inner Cap (100) into the bottom of a Seat Bracket (11). Press two 1" x 2" Inner Caps (70) into the ends of the Seat Bracket.

Insert a 1/4" x 1 3/4" Carriage Bolt (93) into the center hole of a Support Plate (57). Attach the Support Plate to a Seat (25) with two 1/4" x 3/4" Screws (90). Attach the Seat to the Seat Bracket (11) with the Carriage Bolt, a 1/4" Washer (84), and a 1/4" Nylon Locknut (106). Attach the other end the Seat to the Seat Bracket with 1/4" x 1 3/4" Screw (98) and a 1/4" Washer (84).

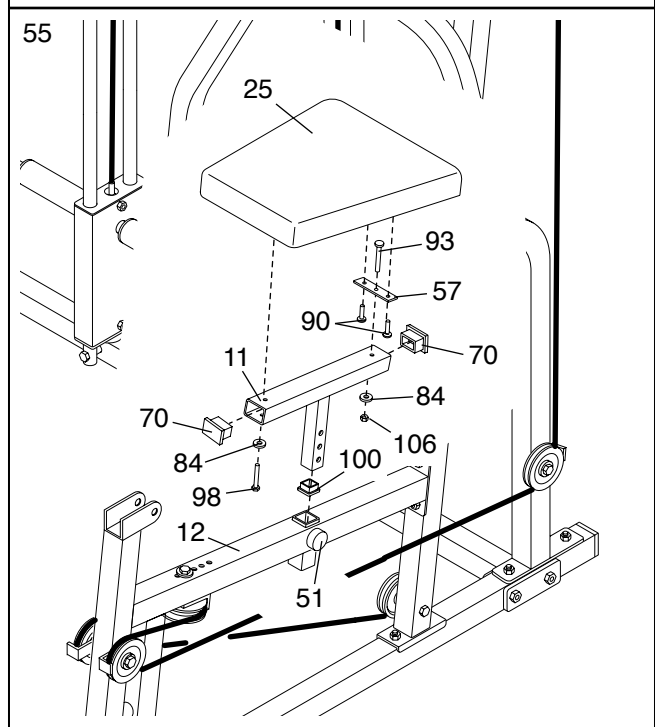
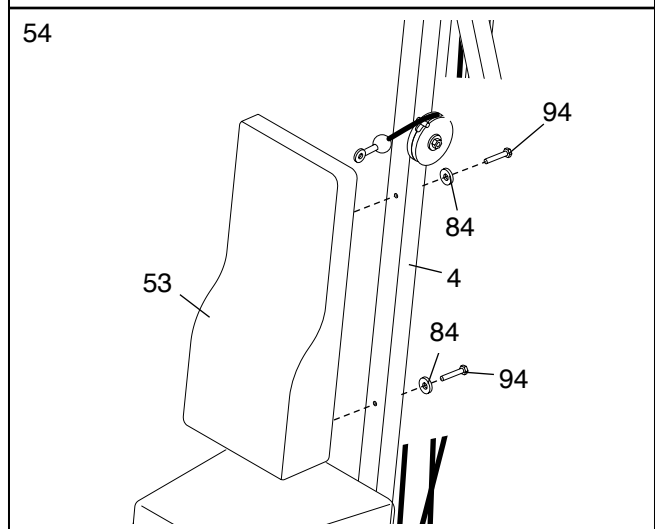
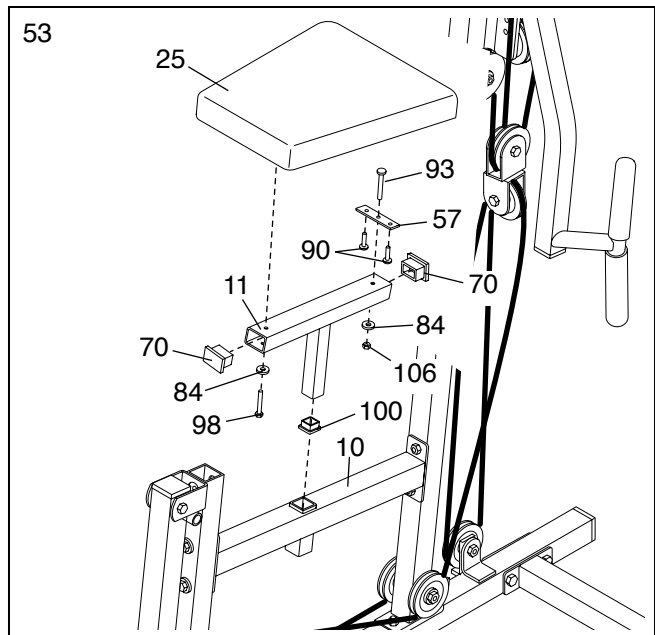
Loosen the Adjustment Knob (not shown) by turning it counterclockwise, and pull it out as far as possible. Insert the Seat Bracket (11) into the Butterfly Seat Frame (10) and align an adjustment hole with the Adjustment Knob. Snap the Knob into the adjustment hole and turn it clockwise until tight.

### 54. Attach the Butterfly Backrest (53) to the Butterfly Upright (4) with two 1/4" x 2 3/4" Screws (94) and two 1/4" Washers (84).

### 55. Press a 1 1/2" Square Inner Cap (100) into the bottom of a Seat Bracket (11). Press two 1" x 2" Inner Caps (70) into the ends of the Seat Bracket.

Insert a 1/4" x 1 3/4" Carriage Bolt (93) into the center hole of a Support Plate (57). Attach the Support Plate to a Seat (25) with two 1/4" x 3/4" Screws (90). Attach the Seat to the Seat Bracket (11) with the Carriage Bolt, a 1/4" Washer (84), and a 1/4" Nylon Locknut (106). Attach the other end the Seat to the Seat Bracket with 1/4" x 1 3/4" Screw (98) and a 1/4" Washer (84).

Loosen the Adjustment Knob (51) by turning it counterclockwise, and pull it out as far as possible. Insert the Seat Bracket (11) into the Press Seat Frame (12) and align an adjustment hole with the Adjustment Knob. Snap the Knob into the adjustment hole and turn it clockwise until tight.



56. Press a 1 1/2" Square Inner Cap (100) into the back of the Backrest Bracket (21). Press two 1" x 2" Inner Caps (70) into the top and bottom of the Backrest Bracket.

Insert a 1/4" x 1 3/4" Carriage Bolt (93) into the center hole of a Support Plate (57). Attach the Support Plate to Press Backrest (20) with two 1/4" x 3/4" Screws (90). Attach the Backrest to the Backrest Bracket (21) with the Carriage Bolt, a 1/4" Washer (84), and a 1/4" Nylon Locknut (106). Attach the top of the Backrest to the Backrest Bracket with 1/4" x 1 3/4" Screw (98) and a 1/4" Washer (84).

Loosen the Adjustment Knob (51) by turning it counterclockwise, and pull it out as far as possible. Insert the Backrest Bracket (21) into the Press Upright (6) and align an adjustment hole with the the Adjustment Knob. Snap the Knob into the adjustment hole and turn it clockwise until tight.

57. Press a 1 3/4" Square Inner Cap (60) into the back of the Adjustment Tube (23).

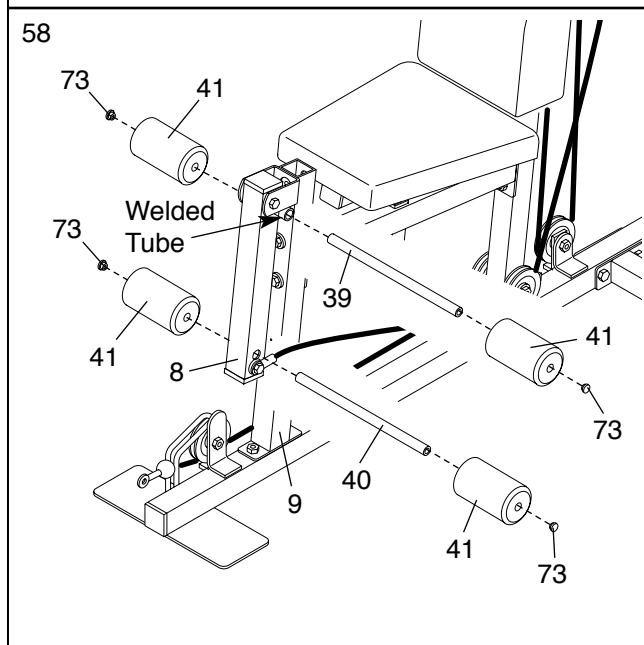
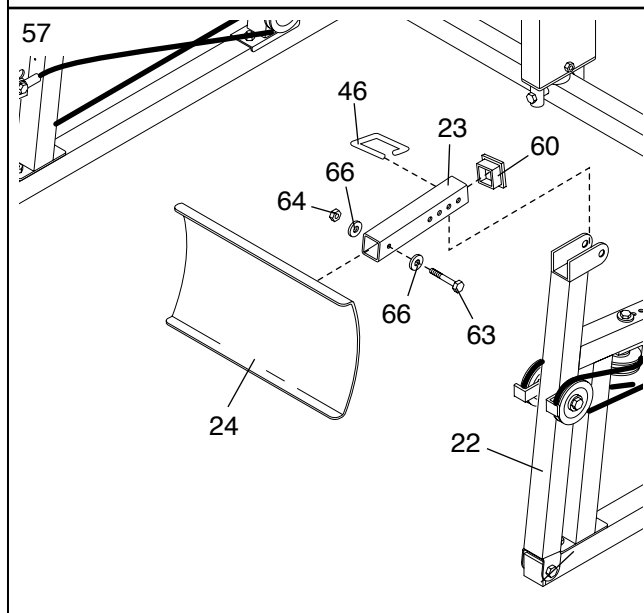
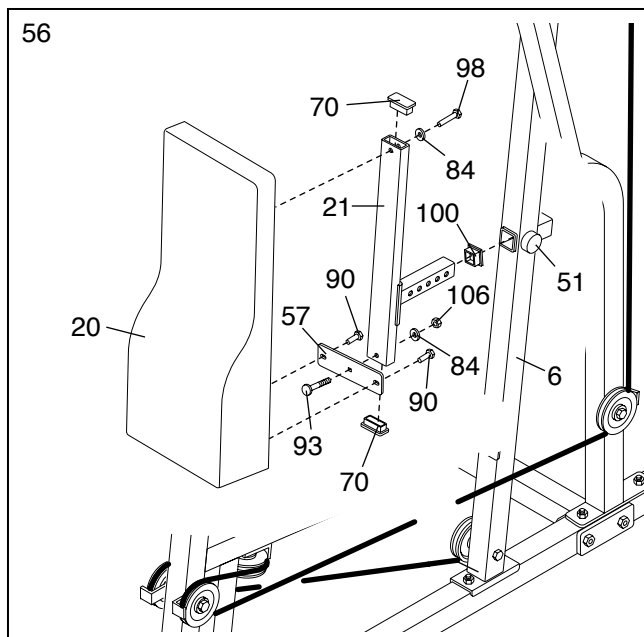
Attach the Adjustment Tube (23) to the Press Plate (24) with a 5/16" x 2 1/2" Bolt (63), two 5/16" Washers (66), and a 5/16" Nylon Locknut (64).

Attach the Adjustment Tube (23) to the Leg Press Arm (22) with the Press Pin (46).

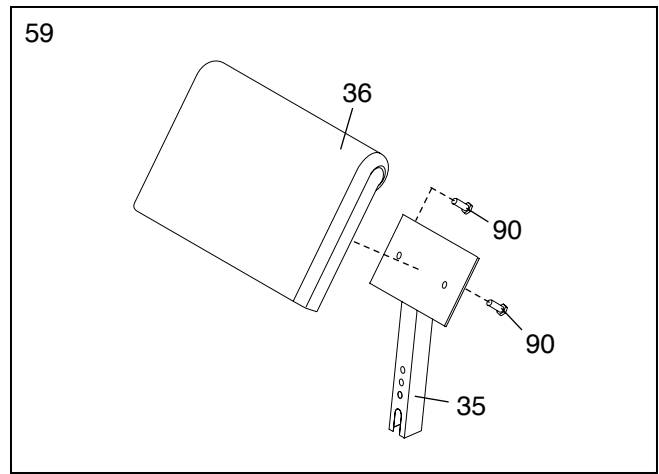
58. Press four 3/4" Round Inner Caps (73) into the ends of the Long and Short Pad Tube (39, 40).

Insert the Long Pad Tube (39) into the welded tube on the Butterfly Front Leg (9). Slide two Foam Pads (41) onto the ends of the Pad Tube.

Insert the Short Pad Tube (40) into the hole in the Leg Lever (8). Slide two Foam Pads (41) onto the ends of the Pad Tube



59. Attach the Curl Pad (36) to the Curl Post (35) with two 1/4" x 3/4" Bolts (90).



60. Make sure that all parts have been properly tightened before using the weight system. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on page 23 of this manual.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. Refer to the CABLE DIAGRAMS on page 26 for correct cable routing. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 27.**

# ADJUSTMENTS

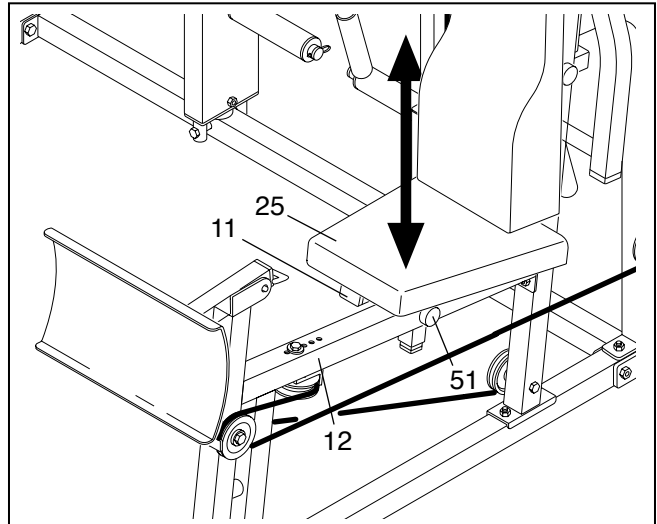
The weight system is designed to be used with your own weight set (not included). The steps below explain how the weight system can be adjusted. Refer to the accompanying exercise guide to see the correct form for several exercise.

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

## ADJUSTING THE SEAT

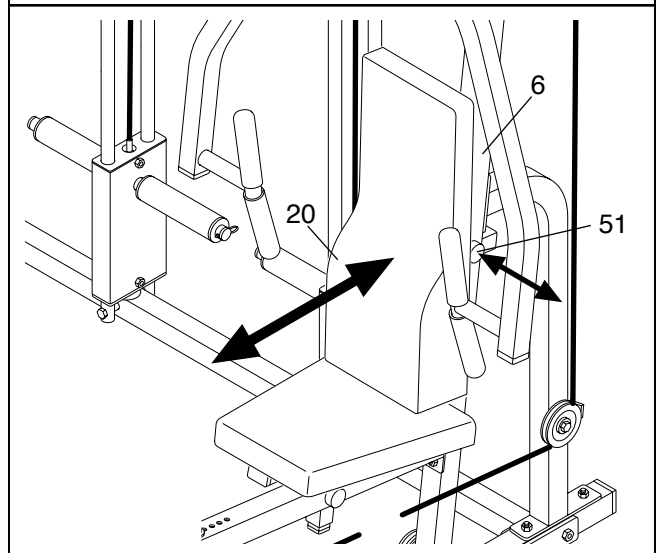
To adjust the height of the Seat (25) on the Press Seat Frame (12), loosen the Adjustment Knob (51) by turning it counterclockwise, and pull it out as far as possible. Move the Seat to the desired height and snap the Knob into an adjustment hole in the Seat Bracket (11). Turn the Adjustment Knob clockwise until tight.

The Seat (not shown) in the Butterfly Seat Frame (not shown) can be adjusted in the same way.



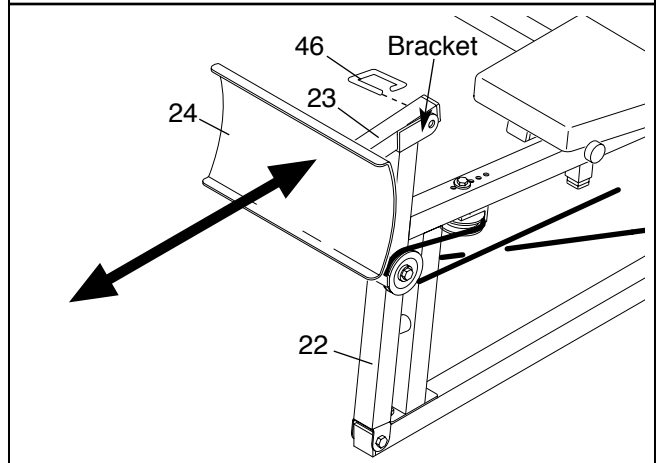
## ADJUSTING THE PRESS BACKREST

To adjust the Press Backrest (20) loosen the Adjustment Knob (51) by turning it counterclockwise, and pull it out as far as possible. Move the Backrest to the desired position and snap the Knob into an adjustment hole in the Backrest Bracket (not shown). Turn the Adjustment Knob clockwise until tight.



## ADJUSTING THE PRESS PLATE

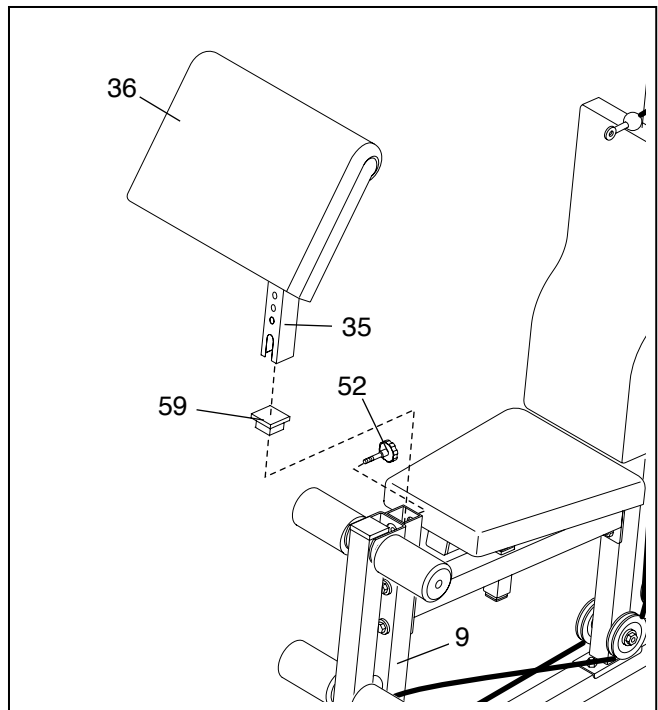
To adjust the position of the Press Plate (24), pull out the Press Pin (46) and slide the Adjustment Tube (23) to the desired position in the bracket on the Leg Press Arm (22). Line up one of the adjustment holes in the Adjustment Tube with the hole in the bracket and re-insert the Press Pin.



## ATTACHING THE CURL PAD

To use the Curl Pad (36), remove the 2" Square Inner Cap (59) and insert the Curl Post (35) into the Butterfly Front Leg (9). Secure the Curl Post with the Curl Adjustment Knob (52).

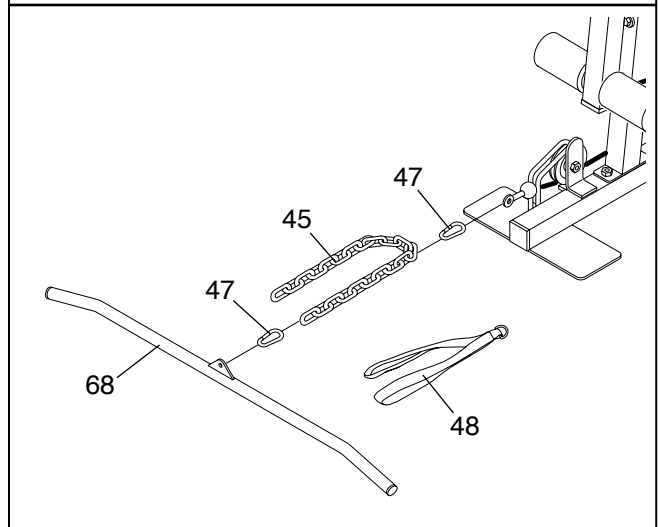
Replace the 2" Square Inner Cap (59) in the Butterfly Front Leg (9) when performing exercising that does not require the Curl Pad (36). Store the Curl Pad away from the weight system when it is not being used.



## ATTACHING THE LAT BAR

Attach the Lat Bar (68) to the Leg Lever Cable (82) or Press Cable (not shown) with a Cable Clip (47). For some exercises, the Chain (45) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Cable and the Lat Bar so that the Lat Bar is in the correct starting position for the exercise to be performed.**

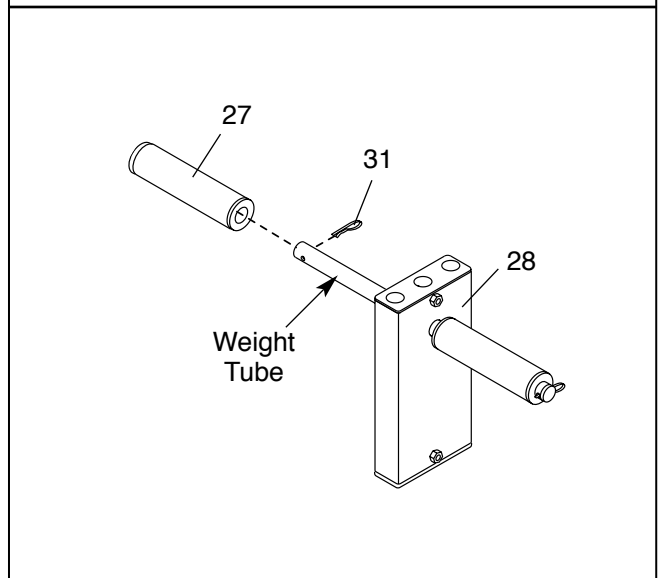
The Strap (48) can be attached to the Leg Lever Cable (82), Press Cable (not shown), or Ab Cable (not shown) in the same manner.



## USING THE WEIGHT CARRIAGE

To use standard weights (not included), slide the desired amount of weight onto the weight tube on a Weight Carriage (28). Secure the weight with two Locking Pins (31).

To use Olympic weights (not included), slide a Weight Sleeve onto each side of the weight tube on the Weight Carriage (28). Next, slide the desired amount of weight onto the Weight Sleeves. Secure the weight with two Locking Pins (31).



**⚠ WARNING:** Always place the same amount of weight on each side of the Weight Carriage (28).



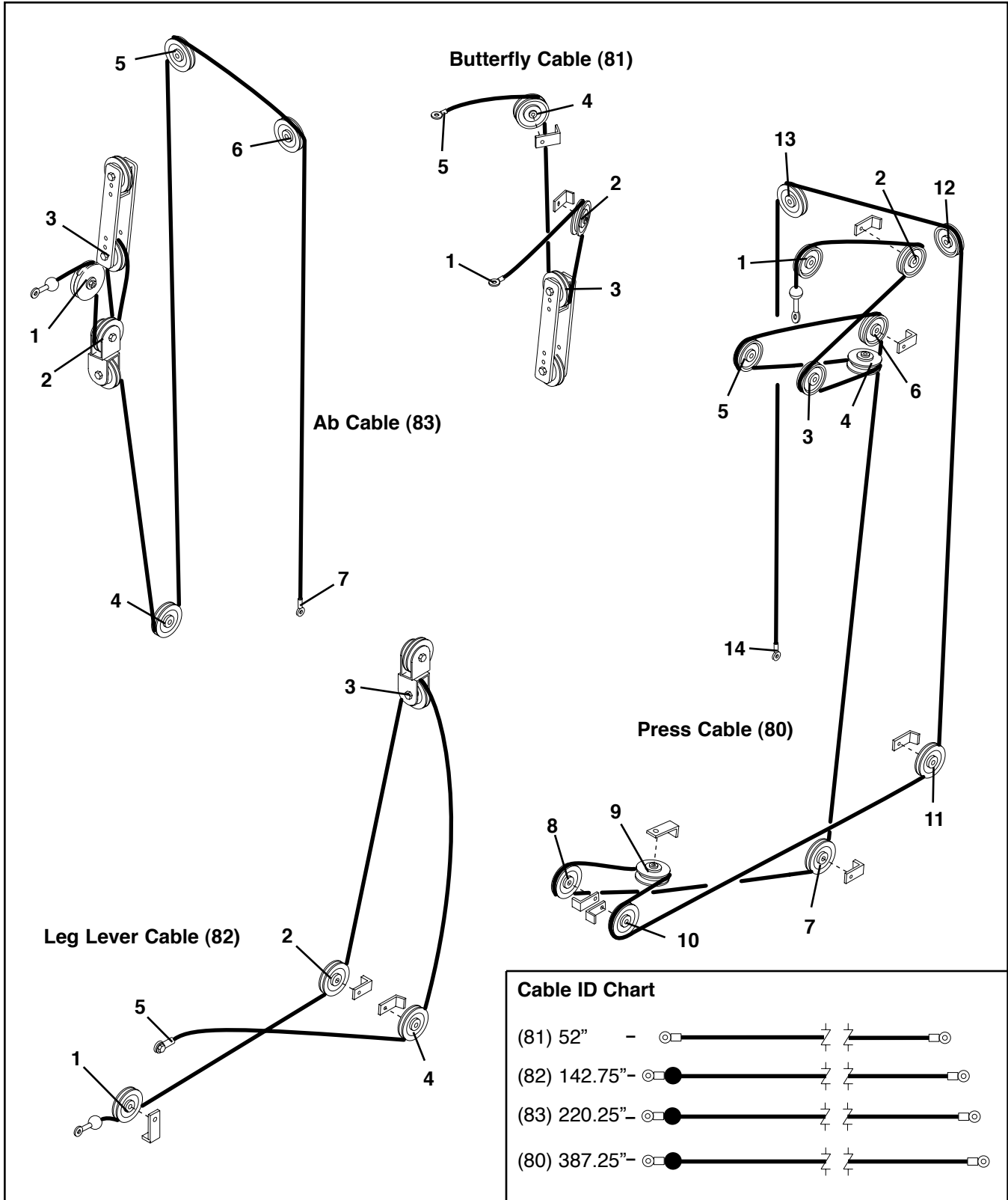
# WEIGHT RESISTANCE CHART

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

Weight (lbs.)	High Pulley (lbs.)	Arm Press (lbs.)	Leg Press (lbs.)	Butterfly Arm (lbs.)*	Leg Lever (lbs.)	Low Arm Pulley (lbs.)
20	30	23	44	9	26	22
40	60	45	88	18	52	45
60	90	68	132	27	78	67
80	120	90	176	36	104	90
100	150	113	220	45	130	112
120	180	135	264	55	156	135
140	210	158	308	64	182	157
160	240	180	352	73	208	180
180	270	205	396	82	234	202
200	300	225	440	92	260	225

# CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Butterfly Cable (81), the Ab Cable (83), the Leg Lever Cable (82) and the Press Cable (80). The numbers show the correct route for each Cable. **Make sure that the Cables are routed correctly, that the pulleys move smoothly, and that the cable traps do not touch or bind the Cables. Incorrect cable routing can damage the weight system.**



# TROUBLE-SHOOTING AND MAINTENANCE

## TIGHTENING THE CABLES

If a cable slips off the pulleys often, the cable may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

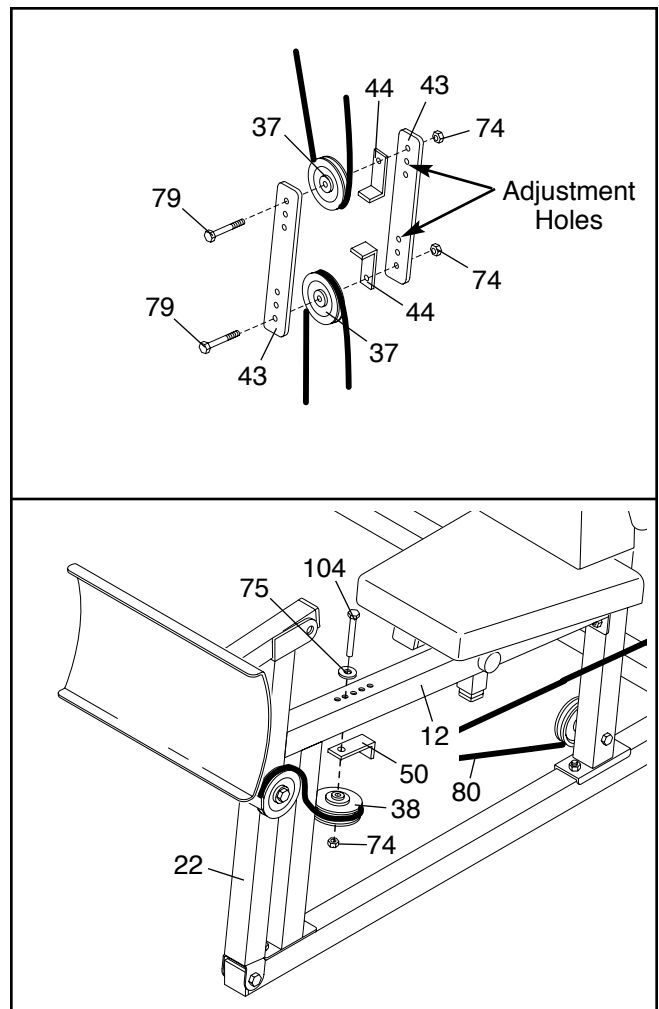
The type of cable used on the weight system can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Slack can be removed from the cables in two different ways:

The Pulley Plates (43) have several sets of adjustment holes. By moving one or both 3 1/2" Pulleys (37) to a different set of holes, you will tighten the cables.

To move a 3 1/2" Pulley (37), remove the 3/8" Nylon Locknut (74) and the 3/8" x 2" Bolt (79) from the Pulley, Cable Trap (44) and Pulley Plates (43). Re-attach the Pulley and Cable Trap to the appropriate adjustment hole in the Pulley Plates with the Bolt and Nylon Locknut. **Note: Begin by moving one Pulley to the second adjustment hole. If the cables are still too loose, move the same Pulley to the third hole. If additional adjustment is needed, move the other Pulley until the cables are tight.**

Slack can be removed from the Press Cable (80) by moving the indicated "V"-Pulley (38) to one of the four free holes in the Press Seat Frame (12). Remove the 3/8" x 4 1/4" Bolt (104), 3/8" Washer (75), and 3/8" Nylon Locknut (74) from the Press Seat Frame, Pulley, and Long Cable Trap (50). Reattach the Pulley and Long Cable Trap to the next hole with the Bolt, Washer, and Nylon Locknut. Move the Pulley away from the Leg Press Arm (22) one hole at a time, until the Cable is tight.

**Be sure the Long Cable Trap (50) is positioned to hold the Press Cable (80) in the groove of the "V"-Pulley (38).**





**Model No. 831.159530**

## QUESTIONS?

If you find that:

- you need help assembling or operating the WEIDER® PRO 9950 weight system
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

**1-800-736-6879**

Monday–Saturday, 7 am–7 pm  
Central Time (excluding holidays)

## REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART**  
**(1-800-366-7278)**

The model number and serial number of your WEIDER® PRO 9950 weight system are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.159530)
- The NAME of the product (WEIDER® PRO 9950 weight system)
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST/EXPLODED DRAWING in the center of this manual).

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

## FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT SYSTEM EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

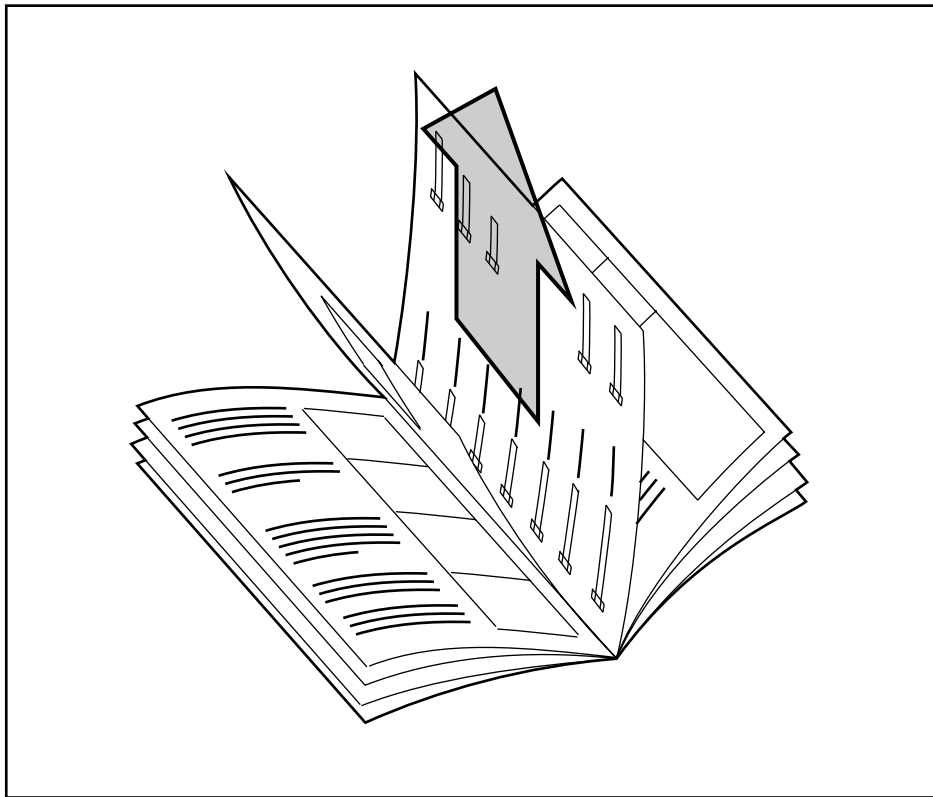
This warranty does not apply when the WEIGHT SYSTEM EXERCISER is used commercially or for rental purposes.

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

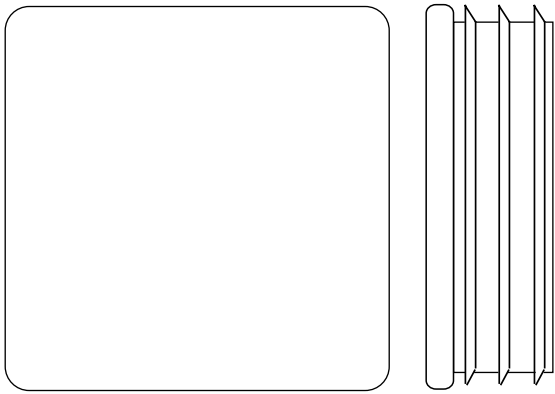
**SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179**

# REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

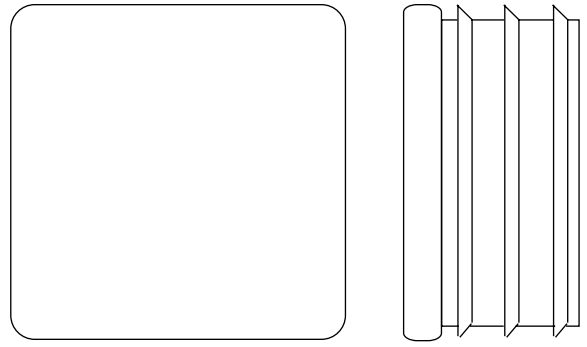
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST in the center of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a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



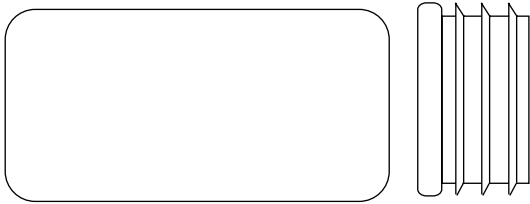
**Note: Assembly is divided into four stages: 1) frame assembly; 2) arm assembly; 3) cable assembly; and 4) seat assembly. The hardware for each assembly stage is packaged separately. Wait until you begin each stage to open that parts bag.**



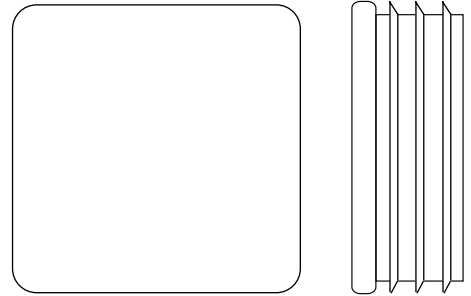
2" Square Inner Cap (59)



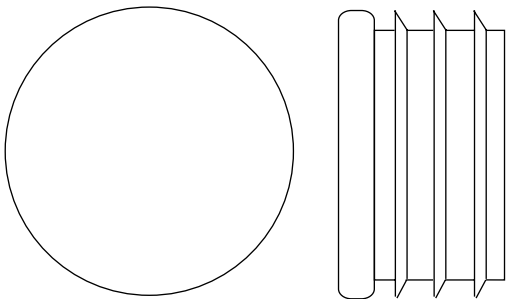
1 3/4" Square Inner Cap (60)



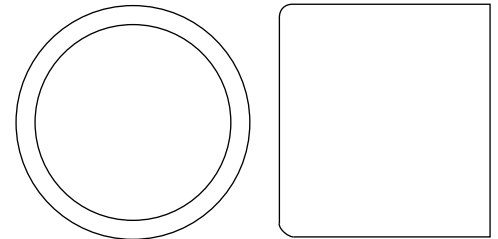
1" x 2" Inner Cap (70)



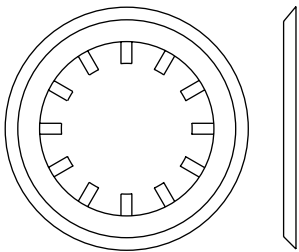
1 1/2" Square Inner Cap (100)



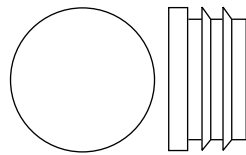
1 1/2" Round Inner Cap (67)



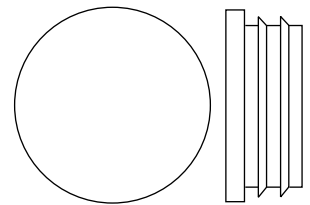
1" CoverCap (86)



1" Retainer (85)



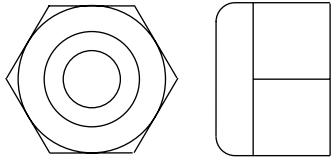
3/4" Round Inner Cap (73)



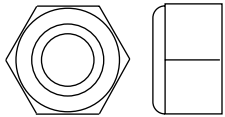
1" Inner Cap (32)

# PART LIST—Model No. 831.159530

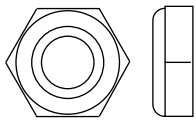
R1001A



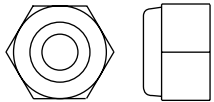
1/2" Nylon Locknut (95)



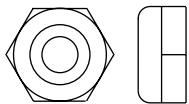
3/8" Nylon Locknut (74)



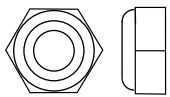
3/8" Nylon Jamnut (88)



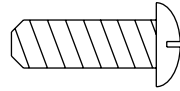
5/16" Nylon Locknut (64)



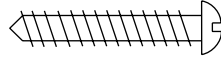
5/16" Nylon Jamnut (105)



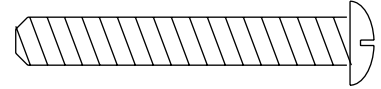
1/4" Nylon Locknut (106)



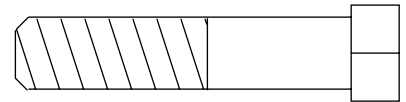
1/4" x 3/4" Screw (90)



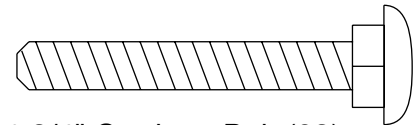
Bumper Screw (72)



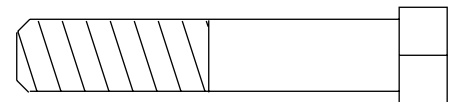
1/4" x 1 3/4" Screw (98)



3/8" x 1 3/4" Bolt (103)



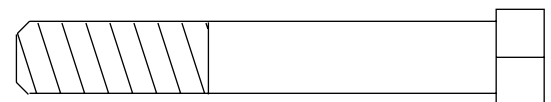
1/4" x 1 3/4" Carriage Bolt (93)



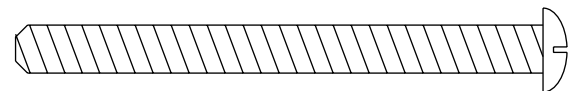
3/8" x 2" Bolt (79)



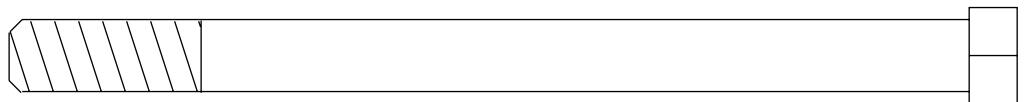
5/16" x 2 1/2" Bolt (63)



3/8" x 2 1/2" Bolt (78)



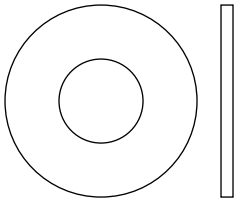
1/4" x 2 3/4" Screw (94)



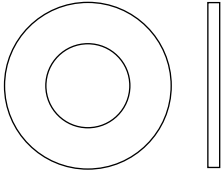
3/8" x 5" Bolt (61)



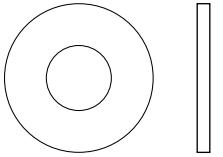
3/8" x 6" Bolt (89)



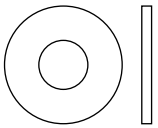
3/8" Washer (75)



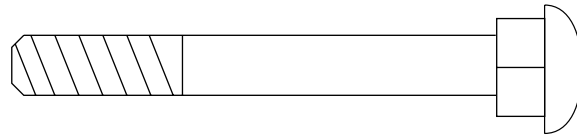
3/8" SAE Washer (102)



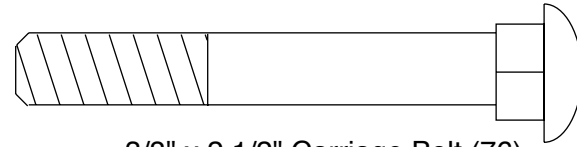
5/16" Washer (66)



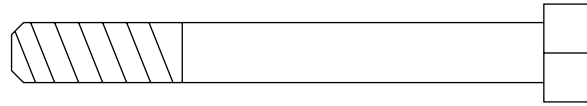
1/4" Washer (84)



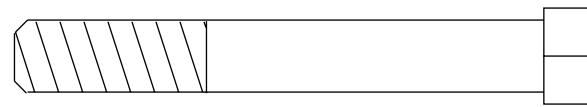
5/16" x 2 1/2" Carriage Bolt (54)



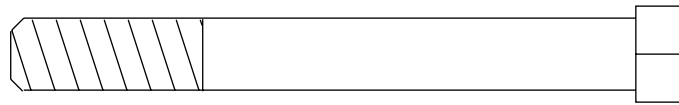
3/8" x 2 1/2" Carriage Bolt (76)



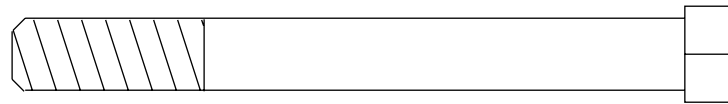
5/16" x 2 3/4" Bolt (55)



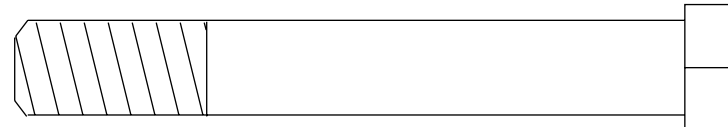
3/8" x 2 3/4" Bolt (58)



3/8" x 3 1/4" Bolt (101)



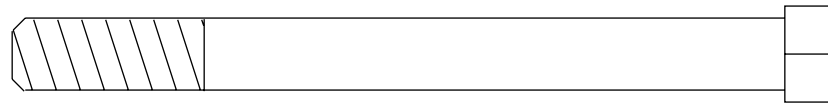
3/8" x 3 1/2" Bolt (65)



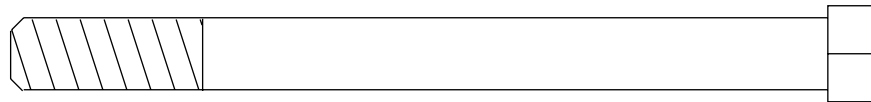
1/2" x 3 1/2" Bolt (96)



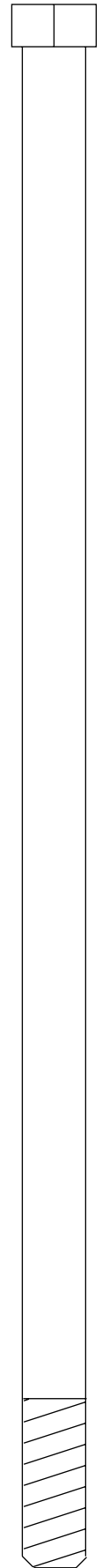
3/8" x 3 3/4" Bolt (62)



3/8" x 4" Bolt (91)



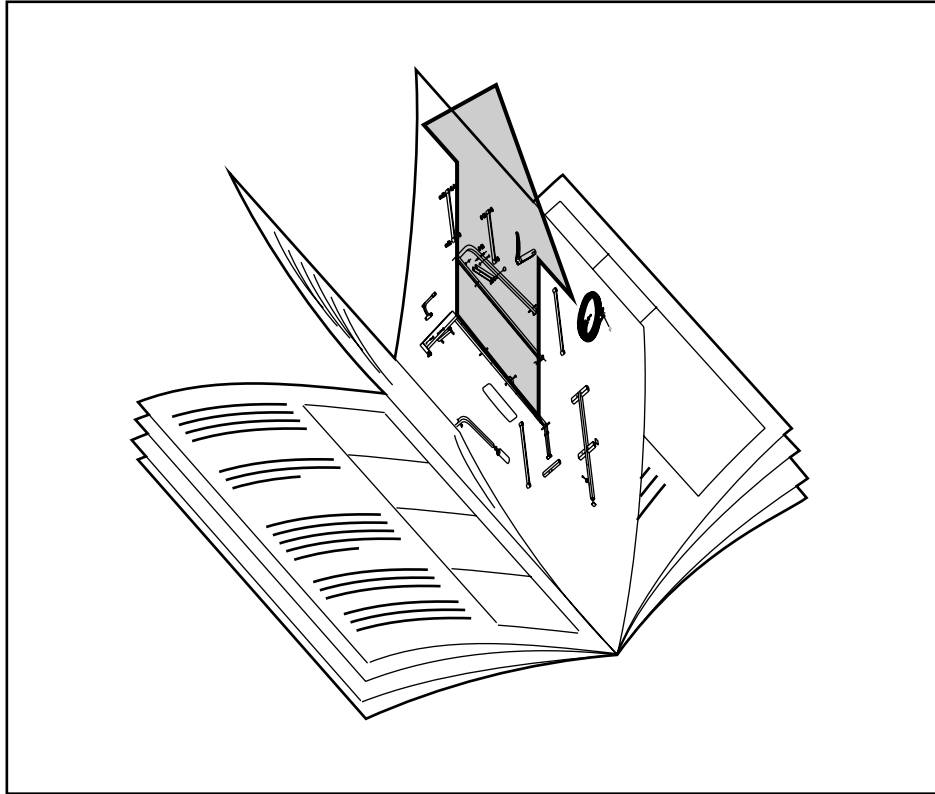
3/8" x 4 1/4" Bolt (104)



3/8" x 0" Bolt (00)



**REMOVE THIS PART LIST/EXPLODED  
DRAWING FROM THE MANUAL**



# PART LIST—Model No. 831.159530

R1001A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Butterfly Base	56	2	Weight Bumper
2	1	Center Base	57	3	Support Plate
3	1	Press Base	58	4	3/8" x 2 3/4" Bolt
4	1	Butterfly Upright	59	12	2" Square Inner Cap
5	1	Top Frame	60	9	1 3/4" Square Inner Cap
6	1	Press Upright	61	2	3/8" x 5" Bolt
7	1	Support Brace	62	4	3/8" x 3 3/4" Bolt
8	1	Leg Lever	63	6	5/16" x 2 1/2" Bolt
9	1	Butterfly Front Leg	64	32	5/16" Nylon Locknut
10	1	Butterfly Seat Frame	65	3	3/8" x 3 1/2" Bolt
11	2	Seat Bracket	66	10	5/16" Washer
12	1	Press Seat Frame	67	2	1 1/2" Round Inner Cap
13	1	Press Top Frame	68	1	Lat Bar
14	1	Press Frame	69	4	1/2" Brass Bushing
15	1	Left Press Arm	70	6	1" x 2" Inner Cap
16	1	Right Press Arm	71	2	Bumper
17	1	Left Butterfly Arm	72	2	Bumper Screw
18	1	Right Butterfly Arm	73	4	3/4" Round Inner Cap
19	1	Butterfly Top Frame	74	38	3/8" Nylon Locknut
20	1	Press Backrest	75	10	3/8" Washer
21	1	Backrest Bracket	76	2	3/8" x 2 1/2" Carriage Bolt
22	1	Leg Press Arm	77	6	3/8" Brass Bushing
23	1	Adjustment Tube	78	6	3/8" x 2 1/2" Bolt
24	1	Press Plate	79	9	3/8" x 2" Bolt
25	2	Seat	80	1	Press Cable
26	2	Short Support Plate	81	1	Butterfly Cable
27	4	Weight Sleeve	82	1	Leg Lever Cable
28	2	Weight Carriage	83	1	Ab Cable
29	4	Carriage Bushing	84	8	1/4" Washer
30	8	Weight Sleeve Bushing	85	4	1" Retainer
31	4	Locking Pin	86	2	1" Cover Cap
32	6	1" Inner Cap	87	4	1" Brass Bushing
33	4	Weight Guide	88	6	3/8" Nylon Jamnut
34	5	Long Support Plate	89	4	3/8" x 6" Bolt
35	1	Curl Post	90	8	1/4" x 3/4" Screw
36	1	Curl Pad	91	2	3/8" x 4" Bolt
37	22	3 1/2" Pulley	92	1	3/8" x 9" Bolt
38	4	"V"-Pulley	93	3	1/4" x 1 3/4" Carriage Bolt
39	1	Long Pad Tube	94	2	1/4" x 2 3/4" Screw
40	1	Short Pad Tube	95	1	1/2" Nylon Locknut
41	4	Foam Pad	96	1	1/2" x 3 1/2" Bolt
42	1	Double U-bracket	97	2	3/8" x 1" Bolt
43	2	Pulley Plate	98	3	1/4" x 1 3/4" Screw
44	12	Cable Trap	99	8	Handgrip
45	1	Chain	100	4	1 1/2" Square Inner Cap
46	1	Press Pin	101	1	3/8" x 3 1/4" Bolt
47	3	Cable Clip	102	4	3/8" SAE Washer
48	1	Strap	103	1	3/8" x 1 3/4" Bolt
49	2	Pulley Cover	104	1	3/8" x 4 1/4" Bolt
50	3	Long Cable Trap	105	1	5/16" Nylon Jamnut
51	3	Adjustment Knob	106	3	1/4" Nylon Locknut
52	1	Curl Adjustment Knob	107	1	Pulley Support Plate
53	1	Butterfly Backrest	#	1	User's Manual
54	10	5/16" x 2 1/2" Carriage Bolt	#	1	Exercise Guide
55	17	5/16" x 2 3/4" Bolt			

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

# EXPLODED DRAWING—Model No. 831.159530

R1001A

