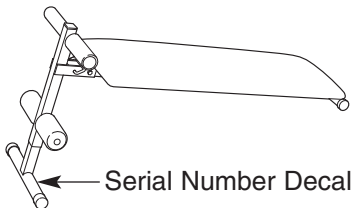


WEIDER® **SLANT BOARD**

Model No. WECCBE10000

Serial No. _____



USER'S MANUAL

QUESTIONS?

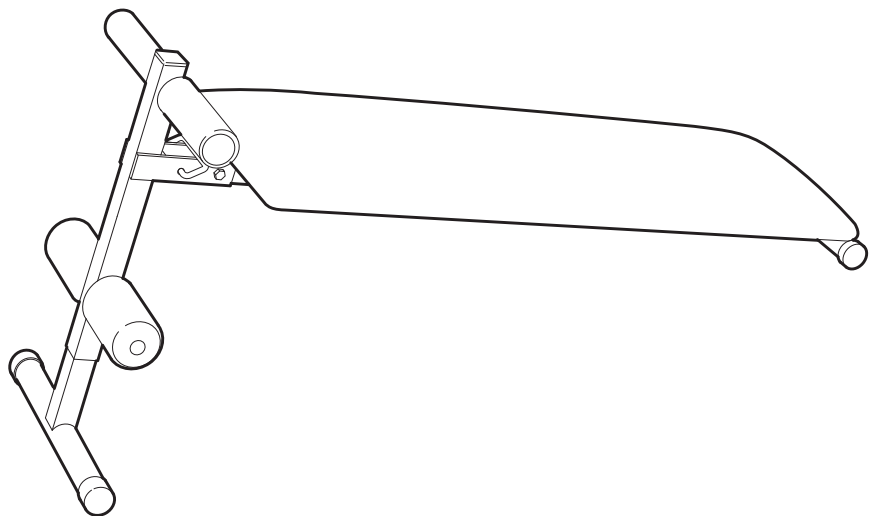
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

1-888-936-4266

Mon.-Fri., 8 a.m.-6:30 p.m.
EST (excluding holidays)



⚠ CAUTION

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



Visit our website at

www.weiderfitness.com

WEIDER® **SLANT BOARD**

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
ADJUSTING THE WEIDER® SLANT BOARD7
EXERCISE FORM8
PART LIST AND EXPLODED DRAWING9
CUSTOMER RECORD10
ORDERING REPLACEMENT PARTS11
LIMITED WARRANTYBack Cover

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the WEIDER® slant board.

1. Read all instructions in this manual before using the slant board.
2. It is the responsibility of the owner to ensure that all users of the slant board are adequately informed of all precautions.
3. Use the slant board only as described in this manual.
4. Use the slant board only on a level surface. Cover the floor beneath the slant board to protect the floor.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the slant board at all times.
7. The slant board should not be used by persons weighing more than 250 pounds (115 kg).
8. Wear appropriate clothing when exercising; always wear athletic shoes for foot protection.
9. When using the slant board, make sure that the locking pin is fully inserted and clipped around the swing arm.
10. If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.
11. The slant board is intended for home use only. Do not use the slant board in any commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

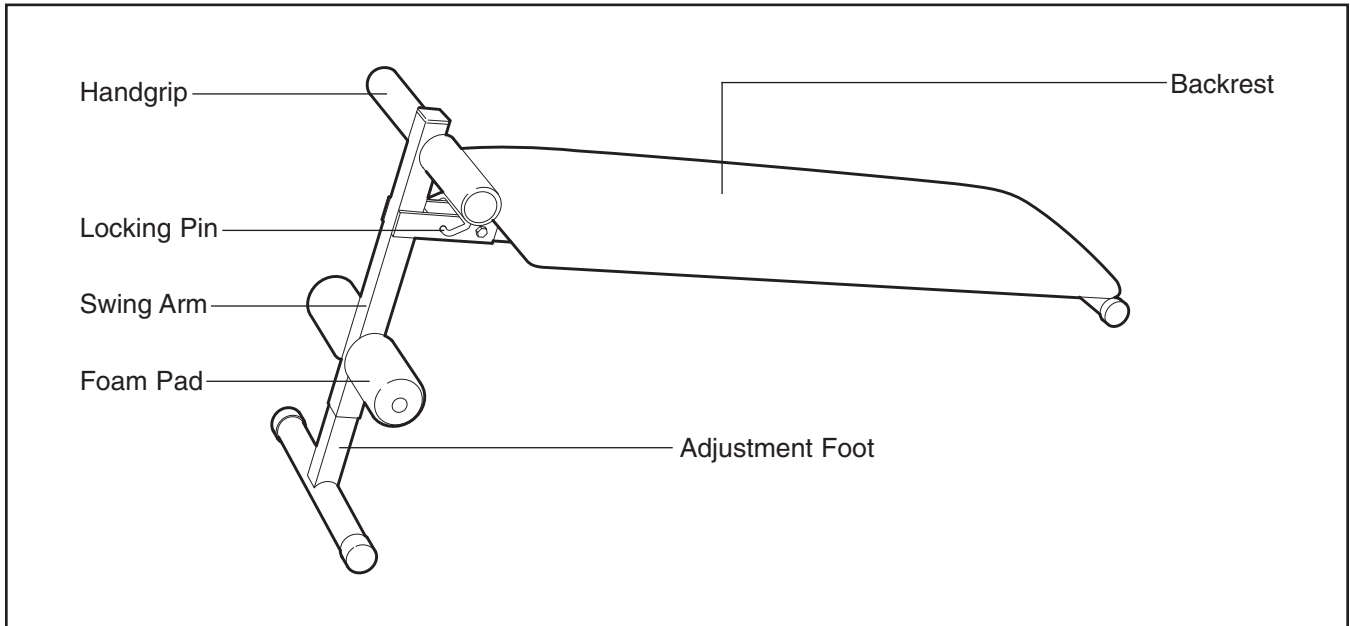
BEFORE YOU BEGIN

Thank you for selecting the innovative WEIDER® slant board. The WEIDER® slant board is designed to help you develop your upper and lower abdominal muscles for a firm, flat stomach, in only minutes a day.

For your benefit, read this manual carefully before using the WEIDER® slant board. If you have questions, please call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8

a.m. until 6:30 p.m. Eastern Standard Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WECCBE10000. The serial number can be found on a decal attached to the slant board (see the front cover of this manual).

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





ASSEMBLY

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

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

• During assembly, make sure that all parts are oriented as shown in the drawings.

The following tools (not included) are required:

- **one adjustable wrench** 
- **one Phillips screwdriver** 

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Before beginning assembly, make sure that you have read the information above.

Press a 1 1/2" Square Inner Cap (16) into the top of the Swing Arm (3).

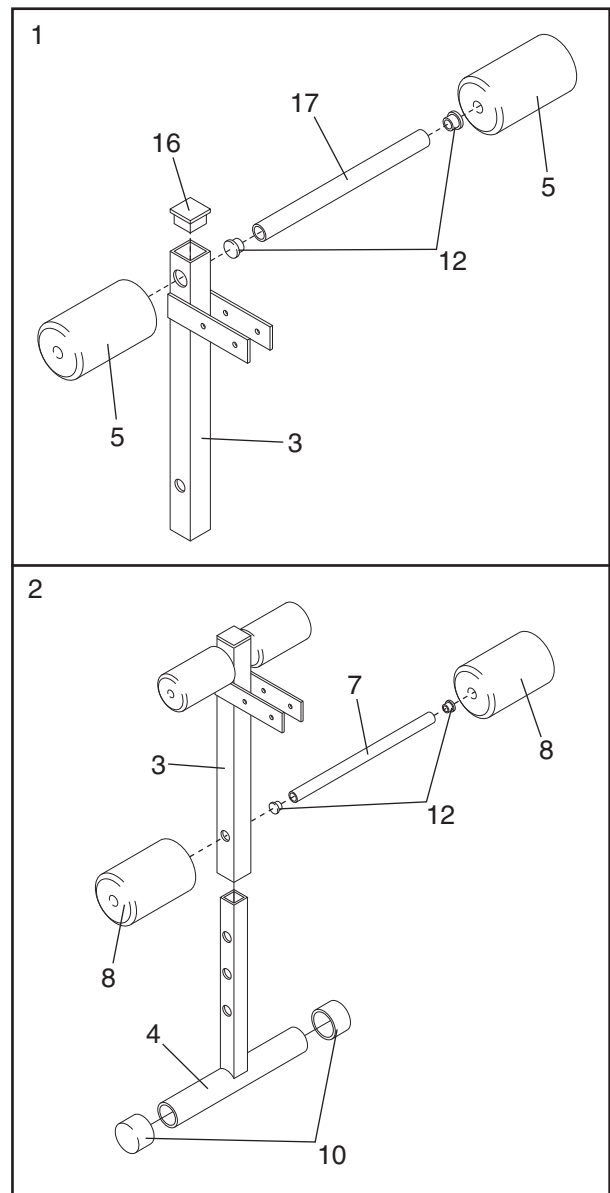
Press two 3/4" Inner Caps (12) into the Long Pad Bar (17). Slide the Long Pad Bar into the indicated hole in the Swing Arm (3).

Wet the ends of the Long Pad Bar (17) with soapy water. Slide a Small Foam Pad (5) onto each end of the Long Pad Bar.

2. Press two 1 3/4" Cover Caps (10) onto the Adjustment Foot (4).

Press two 3/4" Inner Caps (12) into the Short Pad Bar (7). Slide the Swing Arm (3) onto the Adjustment Foot (4) and align the hole in the Swing Arm with one of the holes in the Adjustment Foot. Slide the Short Pad Bar into the holes in the Swing Arm and the Adjustment Foot.

Wet the ends of the Short Pad Bar (7) with soapy water. Slide a Large Foam Pad (8) onto each end of the Short Pad Bar.

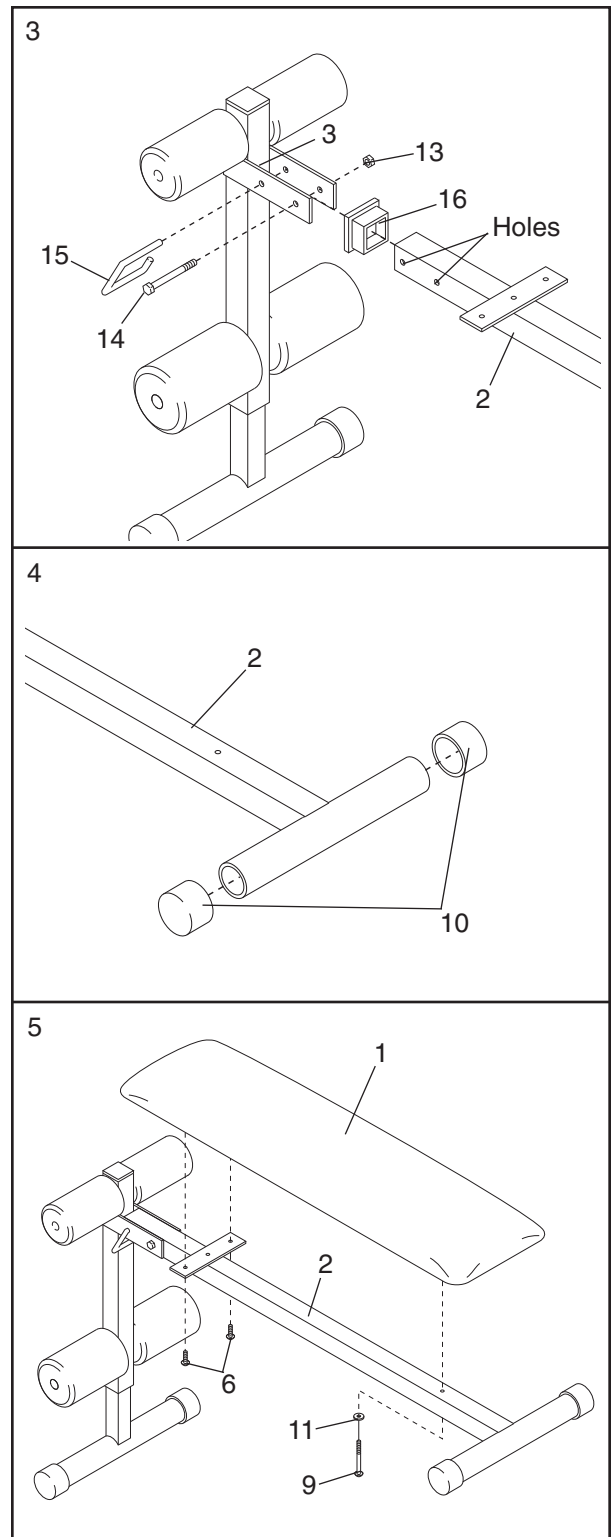


3. Press a 1 1/2" Square Inner Cap (16) into the open end of the Backrest Frame (2).

Align the indicated holes in the Backrest Frame (2) with the holes in the Swing Arm (3). Attach the Backrest Frame to the Swing Arm with the 5/16" x 2 1/2" Bolt (14), the 5/16" Nylon Locknut (13), and the Locking Pin (15). **Make sure that the Locking Pin is fully inserted and clipped around the Swing Arm. Be careful not to overtighten the Nylon Locknut; the Swing Arm must be able to pivot for storage.**

4. Press two 1 3/4" Cover Caps (10) onto the Backrest Frame (2).

5. Attach the Backrest (1) to the Backrest Frame (2) with the two 1/4" x 3/4" Screws (6), the 1/4" x 2 1/4" Screw (9), and the 1/4" Flat Washer (11).



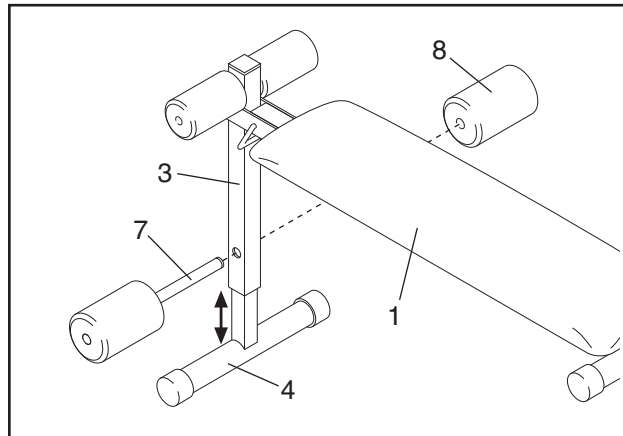
ADJUSTING THE WEIDER® SLANT BOARD

The steps below explain how the WEIDER® slant board can be adjusted. Refer to page 8 for exercise information.

Inspect and tighten all parts each time you use the slant board. Replace any worn parts immediately. The slant board can be cleaned with a damp cloth and mild, non-abrasive detergent; do not use solvents.

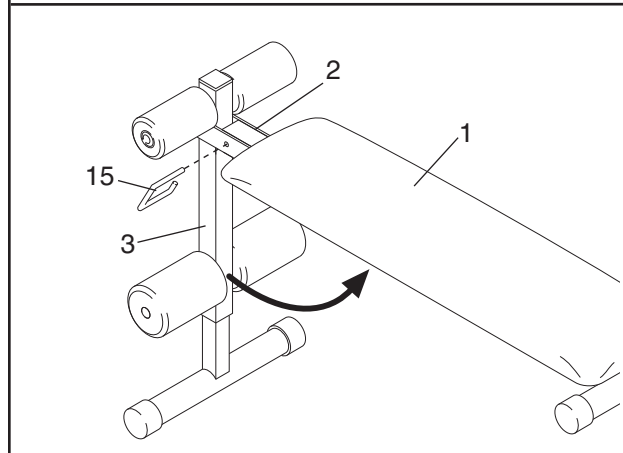
ADJUSTING THE LEVEL OF THE BACKREST

To change the level of the Backrest (1), first remove one of the Large Foam Pads (8) from the Short Pad Bar (7). Remove the Short Pad Bar from the Swing Arm (3) and the Adjustment Foot (4). Align the hole in the Swing Arm with a different hole in the Adjustment Foot and re-insert the Short Pad Bar. Then, re-attach the Large Foam Pad.



FOLDING THE SLANT BOARD FOR STORAGE

The slant board can be folded for compact storage. To fold the slant board, first remove the Locking Pin (15) from the Swing Arm (3) and the Backrest Frame (2). Fold the Swing Arm under the Backrest Frame. Re-insert the Locking Pin into the Swing Arm for safekeeping.



EXERCISE FORM

The WEIDER® slant board is a versatile exercise bench that will help you shape your upper and lower abdominal muscles. Be careful not to overdo it during the first few weeks of your exercise program.

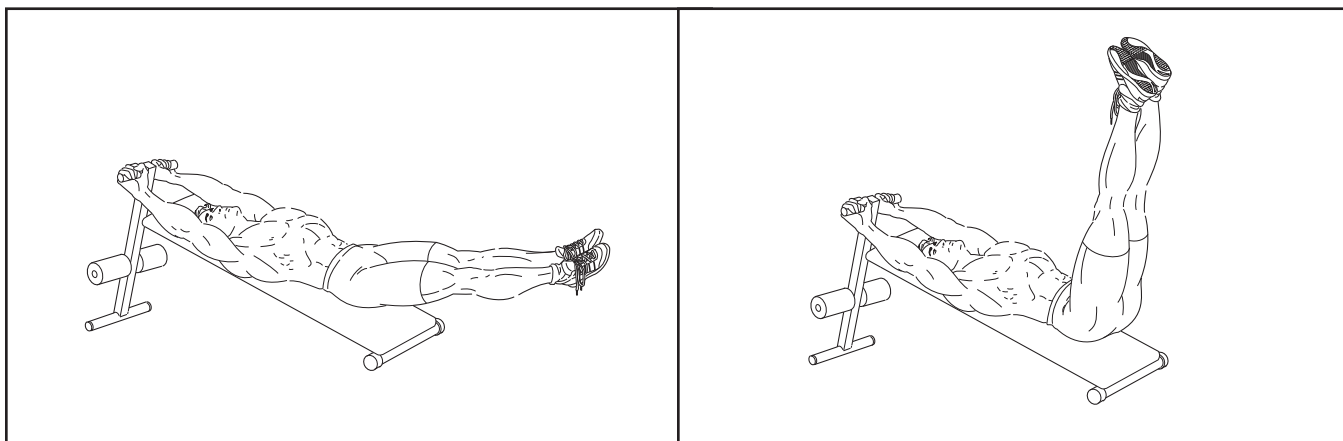
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

To get the most from your exercise, proper form is important. As you perform each repetition, use your abdominal muscles to pull yourself up, moving with a smooth, continuous motion.

Always begin and end each workout with a few minutes of stretching. Remember to keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration. **If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.**

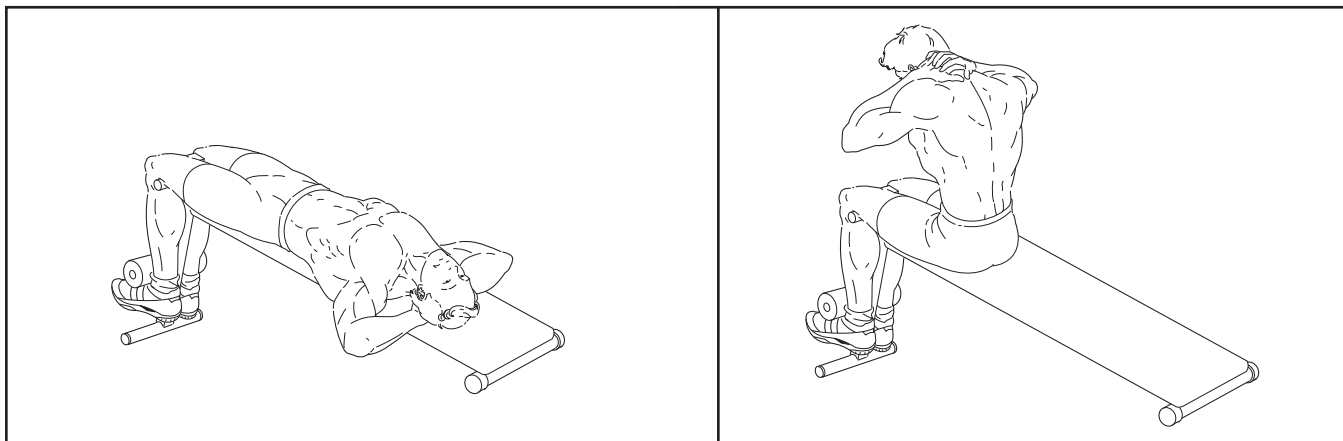
LEG RAISES

Lie on the bench, grasp the handgrips, and extend your legs as shown. Lift your legs with a slow, steady motion—avoid rapid or jerky movements. Return to the starting position. Repeat.



CRUNCHES

Lie on the bench and tuck your feet under the foam pads as shown. Bend forward at the waist, keeping your back straight, and sit up as shown. Return to the starting position. Repeat.

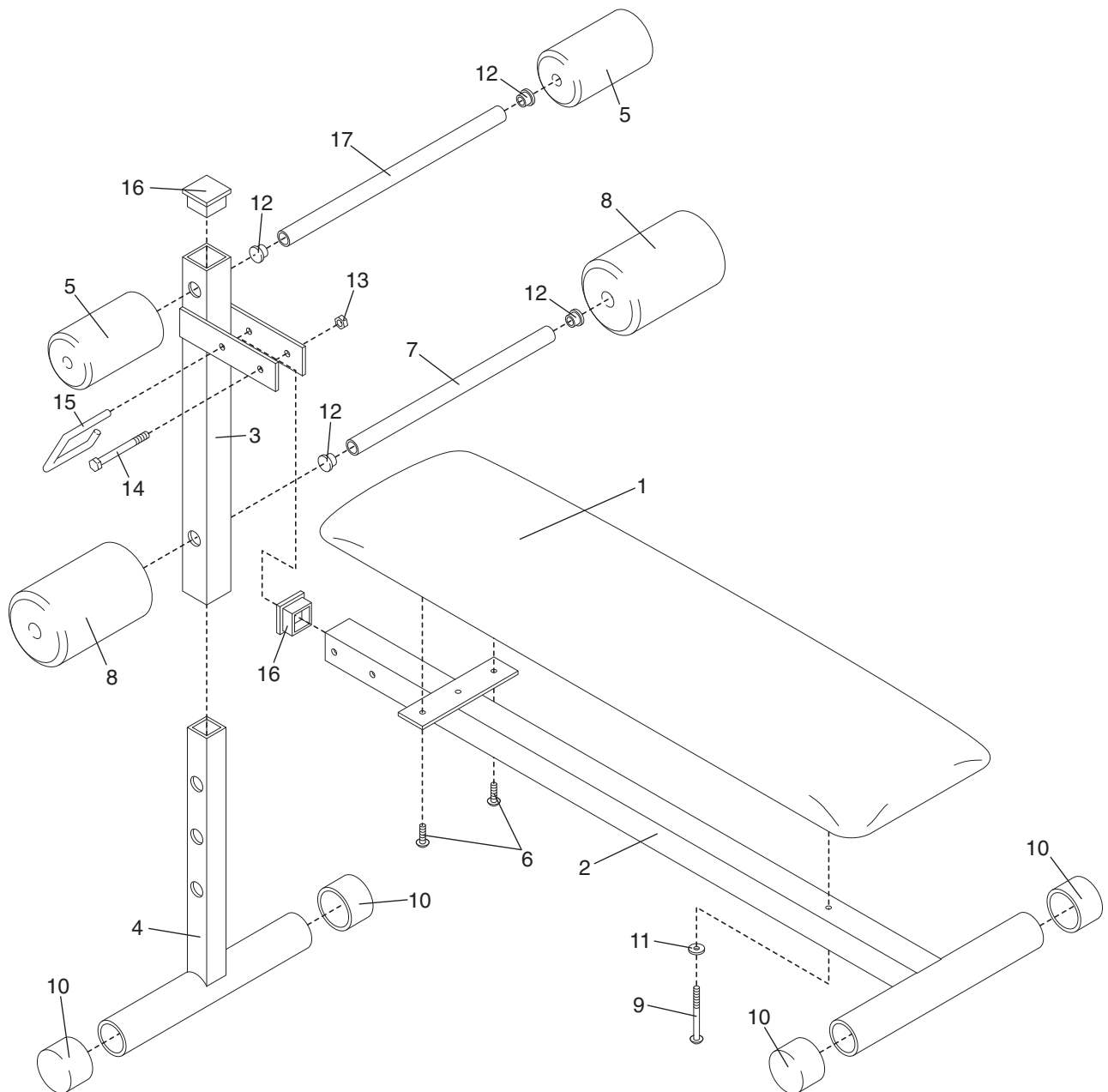


PART LIST and EXPLODED DRAWING—Model No. WECCBE10000

R0601A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest	10	4	1 3/4" Cover Cap
2	1	Backrest Frame	11	1	1/4" Flat Washer
3	1	Swing Arm	12	4	3/4" Inner Cap
4	1	Adjustment Foot	13	1	5/16" Nylon Locknut
5	2	Small Foam Pad	14	1	5/16" x 2 1/2" Bolt
6	2	1/4" x 3/4" Screw	15	1	Locking Pin
7	2	Short Pad Bar	16	2	1 1/2" Square Inner Cap
8	2	Large Foam Pad	17	1	Long Pad Bar
9	1	1/4" x 2 1/4" Screw	#	1	User's Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.



CUSTOMER RECORD

Model No.: _____ Serial No.: _____

Retailer Name: _____ Purchase Date: _____

Retailer Address: _____

ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8 a.m. until 6:30 p.m. EST (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (WECCBE10000)
- The NAME of the product (WEIDER® slant board)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on page 9).

**PLACE
STAMP
HERE**

ICON of Canada Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8


LIMITED WARRANTY

ICON OF CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF CANADA, 900 de l'Industrie, St. Jerôme, QC J7Y 4B8



PRODUCT WARRANTY REGISTRATION

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO.: _____ SERIAL NO.: _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

<p>1) Primary user(s) of product: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Family</p> <p>2) Age of primary user: <input type="checkbox"/> 0-24 <input type="checkbox"/> 35-44 <input type="checkbox"/> 55-64 <input type="checkbox"/> 25-34 <input type="checkbox"/> 45-54 <input type="checkbox"/> 65 and over</p> <p>3) Annual household income: <input type="checkbox"/> 0-9,999 <input type="checkbox"/> 15,000-19,999 <input type="checkbox"/> 10,000-14,999 <input type="checkbox"/> 20,000+</p> <p>4) How many times a week do you exercise? <input type="checkbox"/> Less than 3 times <input type="checkbox"/> 3 times or more</p> <p>5) Have you ever purchased an ICON product before? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>6) Where did you first see or hear about ICON products? <input type="checkbox"/> Magazine <input type="checkbox"/> Friend/relative <input type="checkbox"/> Newspaper Ad <input type="checkbox"/> Store <input type="checkbox"/> Other</p> <p>7) What was the primary reason for purchasing this ICON product? <input type="checkbox"/> Store Employee <input type="checkbox"/> Television Ads <input type="checkbox"/> Colour <input type="checkbox"/> Electronic Features <input type="checkbox"/> Magazine Ads <input type="checkbox"/> Price <input type="checkbox"/> Product Design <input type="checkbox"/> Product Innovation <input type="checkbox"/> Other Features</p>	<p>8) Did you consider purchasing fitness equipment from another manufacturer? <input type="checkbox"/> No <input type="checkbox"/> Yes What other Manufacturer? _____</p> <p>9) Based on your impression of what you have purchased, would you buy another ICON product? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> No Opinion If not, what other brand name equipment would you purchase? _____</p> <p>10) What other type of exercise equipment do you own? <input type="checkbox"/> Bicycle <input type="checkbox"/> Exercise Cycle <input type="checkbox"/> Treadmill <input type="checkbox"/> Home Gym <input type="checkbox"/> Weight Bench <input type="checkbox"/> Stepper <input type="checkbox"/> Cardio Glide <input type="checkbox"/> Other</p> <p>11) Which type of magazines do you read regularly? <input type="checkbox"/> Sports <input type="checkbox"/> Fitness <input type="checkbox"/> Motoring <input type="checkbox"/> Business <input type="checkbox"/> Computer <input type="checkbox"/> General</p> <p>12) Do you wish to be sent further bulletins about ICON products? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
---	--

THANK YOU FOR YOUR TIME

© 2001 ICON of Canada, Inc. Printed in Canada