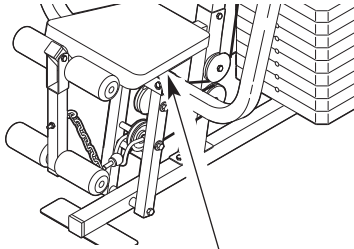


# WEIDER® SPARRING SYSTEM

Model No. WEEVSY29530

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

**08457 089 009**

Or write:

ICON Health & Fitness, Ltd.

Unit 4

Revie Road Industrial Estate

Revie Road

Beeston

Leeds, LS11 8JG

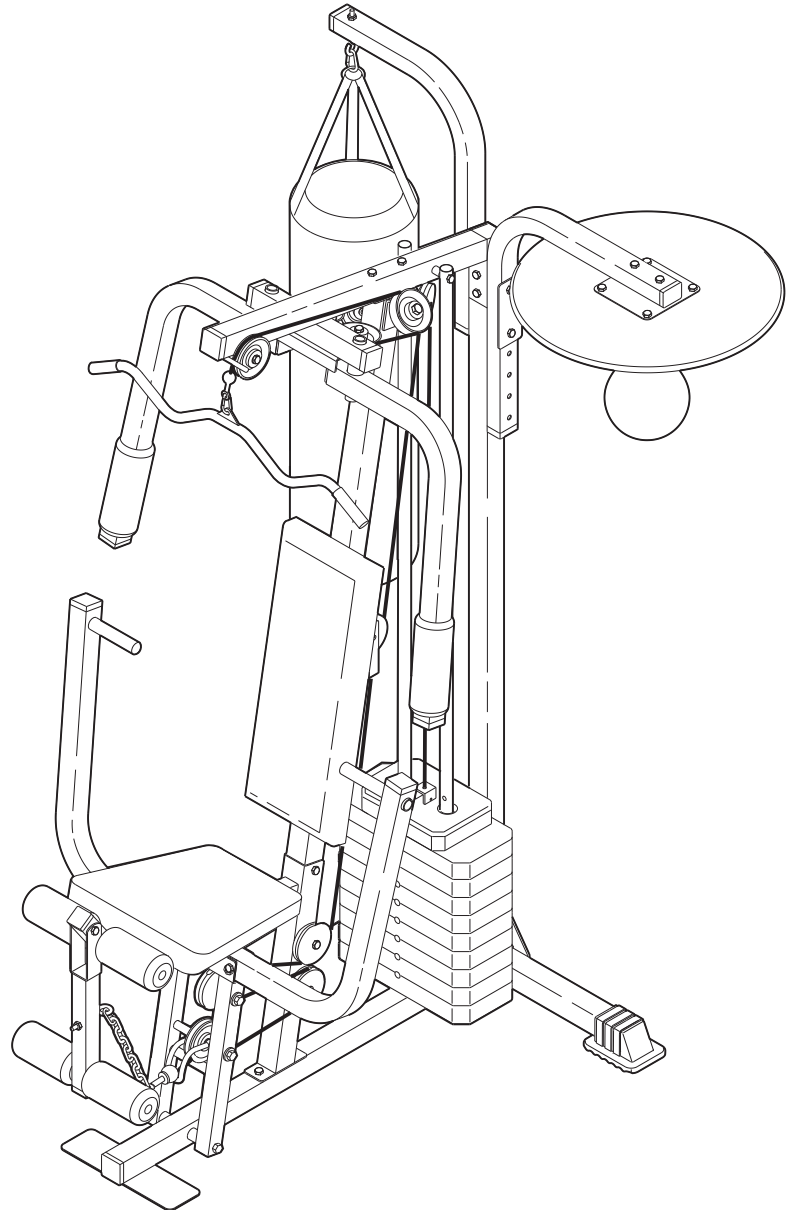
UK

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

## CAUTION

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

## USER'S MANUAL



Class HC Fitness Product



Visit our website at

[www.iconeurope.com](http://www.iconeurope.com)

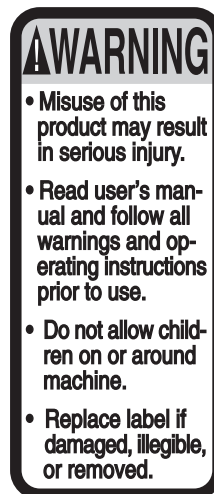
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the centre of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight system in the locations shown on page 4. If a decal is missing or illegible, call our Customer Service Department at 08457 089 009 and order a free replacement decal. Apply the decal in the location shown.



Decal 1



Decal 2



Decal 3

# 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 any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection.
9. The weight system is designed to support a maximum user weight of 136 kg (300 lbs.).
10. Always stand on a foot plate when performing an exercise that could cause the weight system to tip.
11. Never release the press arm, butterfly arms, leg lever, lat bar, or nylon strap whilst weights are raised. The weights will fall with great force.
12. Make sure that the cables remain on the pulleys at all times. If the cables bind whilst you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not require the lat bar.*
14. Learn the correct technique before using the punching bag or speed bag. Always wear the proper protective gear for your hands and wrists whilst using either bag. Using either bag without the correct technique or the proper gear could result in serious injury.
15. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.

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

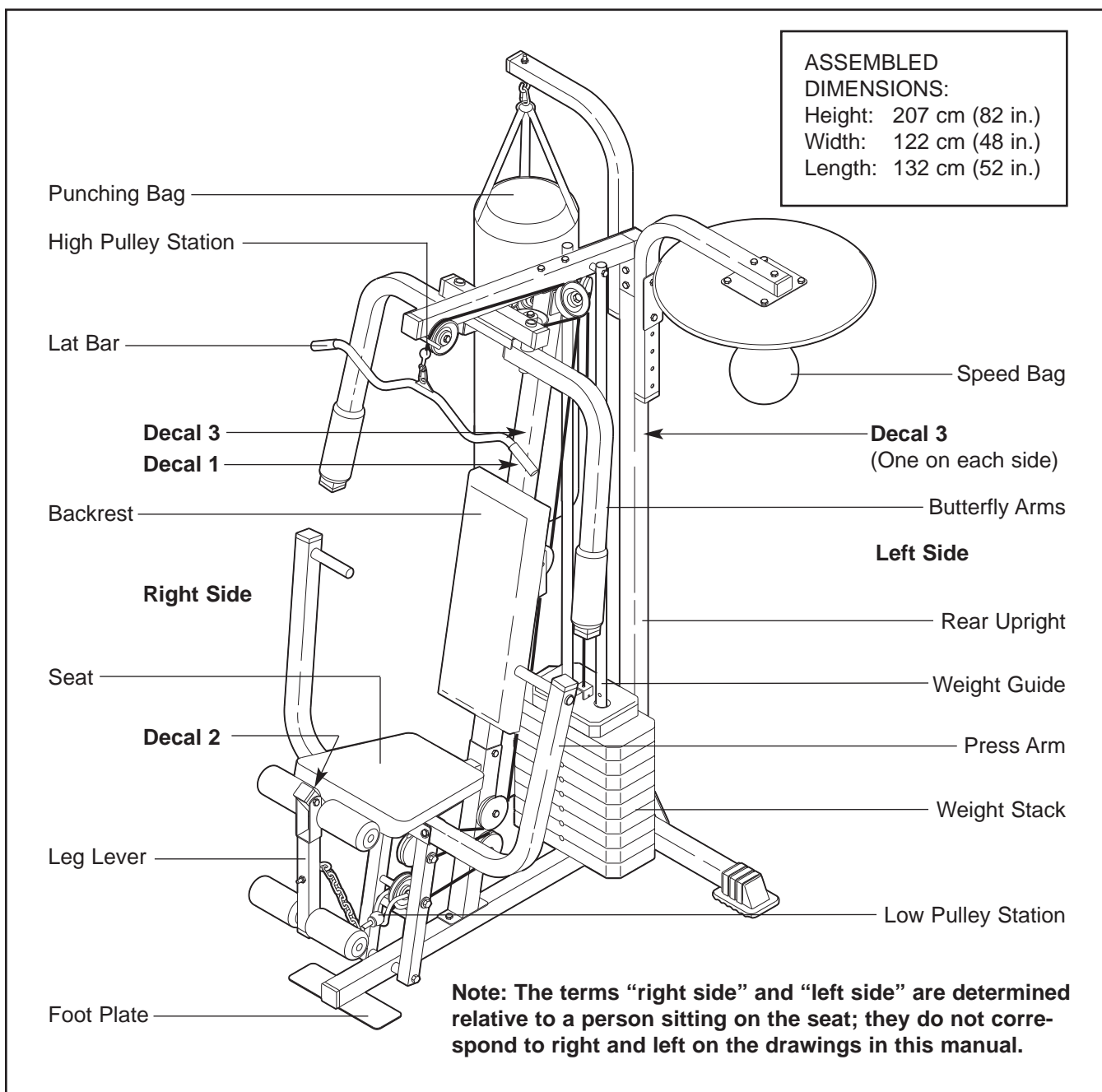
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® SPARRING SYSTEM 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 additional

questions, please call our Customer Service Department toll-free at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVSY29530. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

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



# 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 a few hours. 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.



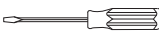

## Select a Location for the Weight System

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, and a small amount of soapy water.

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 centre 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 Customer Service Department at **08457 089 009**.

## 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 seat and the backrest.

# Frame Assembly

1. Before beginning assembly, make sure that you have read and understand the information in the box on page 5.

Attach a Base Cap (39) to the Stabiliser (1) with two M4 x 20mm Screws (58) and two M4 Washers (69). Attach another Base Cap to the Stabiliser in the same manner.

Press a 50mm Square Inner Cap (55) into the Base (2).

Insert two M8 x 65mm Carriage Bolts (97) up through the Stabiliser (1) and two M8 x 63mm Carriage Bolts (65) up through the Base (2).

The Punching Bag (not shown) can be assembled on either side of the weight system. Orient the Stabiliser (1) so that the indicated hole is on the side of weight system that you want the Punching Bag to be on. **Note: The assembly steps in this manual show the Punching Bag assembled on the right side of the weight system.**

Attach the Stabiliser (1) to the Base (2) with the Base Support Plate (3), two M10 x 75mm Bolts (92), and two M10 Nylon Locknuts (84). **Do not tighten the Locknuts yet.**

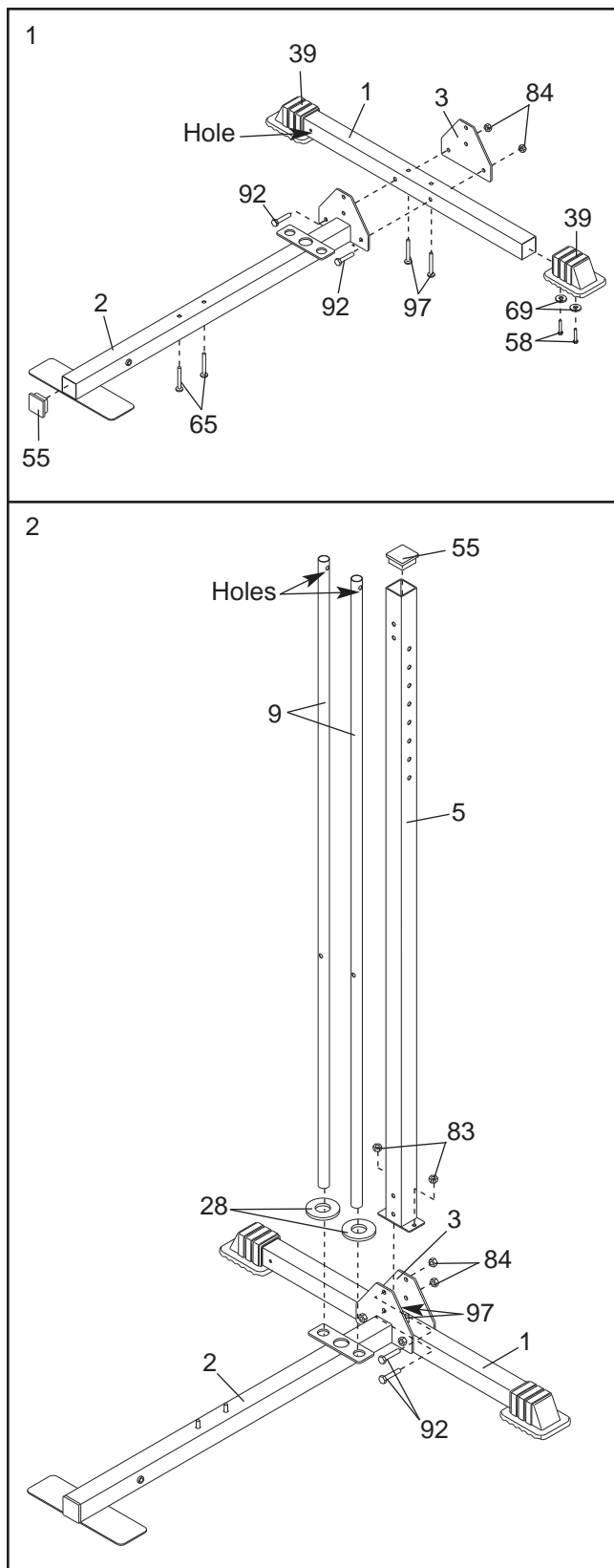
2. Press a 50mm Square Inner Cap (55) into the top of the Rear Upright (5).

Slide the Rear Upright (5) onto the M8 x 65mm Carriage Bolts (97) in the Stabiliser (1). Hand tighten two M8 Nylon Locknuts (83) onto the Carriage Bolts.

Attach the Rear Upright (5) to the Base (2) with the Base Support Plate (3), two M10 x 75mm Bolts (92), and two M10 Nylon Locknuts (84).

**Tighten the Nylon Locknuts (83, 84) used in steps 1 and 2.**

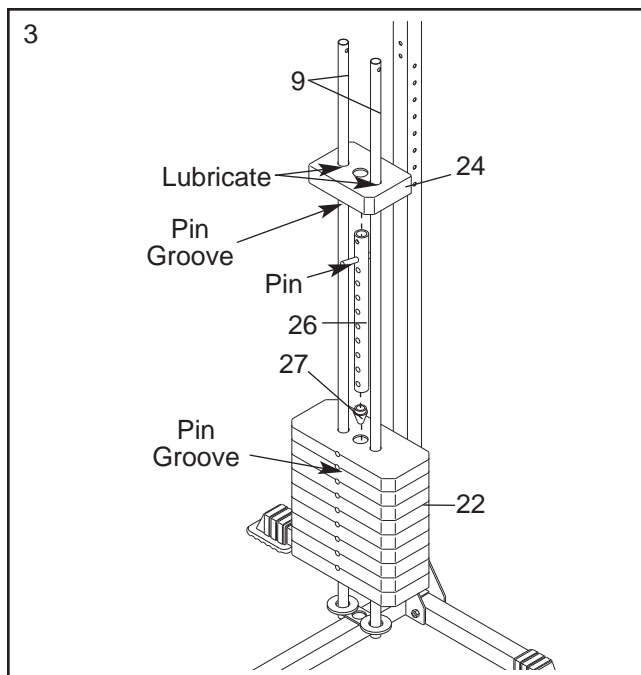
Set two Weight Bumpers (28) over the indicated holes in the bracket on the Base (2). Insert the two Weight Guides (9) into the holes in the bracket. **Make sure that the holes in the Weight Guides are at the top, as shown.**



- Slide the nine Weights (22) onto the Weight Guides (9). **Make sure that all of the Weights are turned so the large pin grooves are on the bottom of the Weights and on the front of the weight stack.**

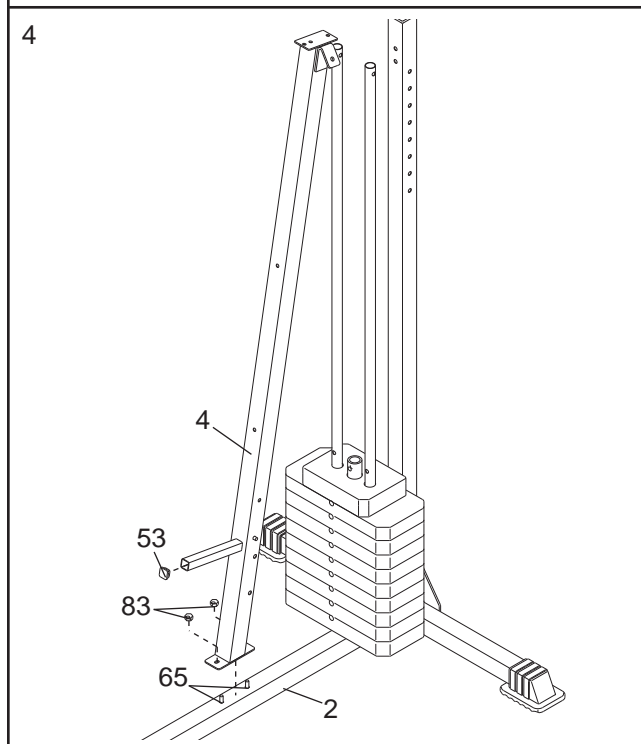
Press the Weight Tube Bumper (27) into the end of the Weight Tube (26). Insert the Weight Tube into the stack of Weights (22).

Lubricate the insides of the holes in the Top Weight (24) with grease. Slide the Top Weight onto the Weight Guides (9). **Make sure that the pin grooves are on the bottom of the Top Weight. Make sure that the pins on the Weight Tube (26) rest in the pin grooves in the Top Weight.**



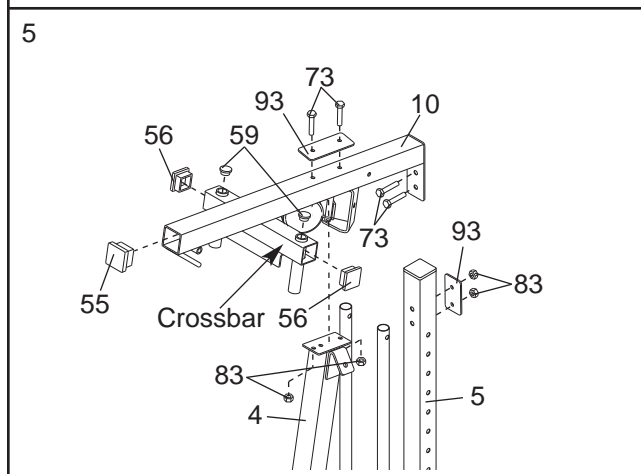
- Press a 25mm Square Inner Cap (53) into the Front Upright (4).

Slide the Front Upright (4) onto the M8 x 63mm Carriage Bolts (65) in the Base (2). Hand tighten two M8 Nylon Locknuts (83) onto the Carriage Bolts. **Do not tighten the Locknuts yet.**



- Press a 50mm Square Inner Cap (55) into the end of the Top Frame (10). Press two 45mm Square Inner Caps (56) into the ends of the crossbar on the Top Frame. Press two Round Inner Caps (59) into the top of the crossbar.

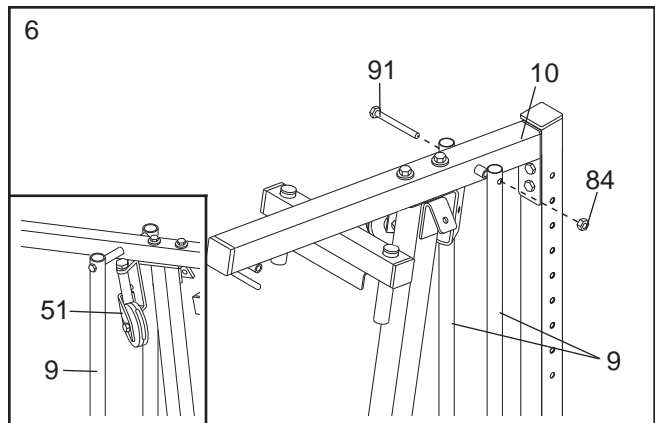
Attach the Top Frame (10) to the Front Upright (4) and the Rear Upright (5) with four M8 x 68mm Bolts (73), two Small Support Plates (93), and four M8 Nylon Locknuts (83).



- Attach the upper ends of the Weight Guides (9) to the Top Frame (10) with the M10 x 155mm Bolt (91) and an M10 Nylon Locknut (84).

See the inset drawing. Make sure that the Pulley Bracket (51) is in front of the right Weight Guide (9).

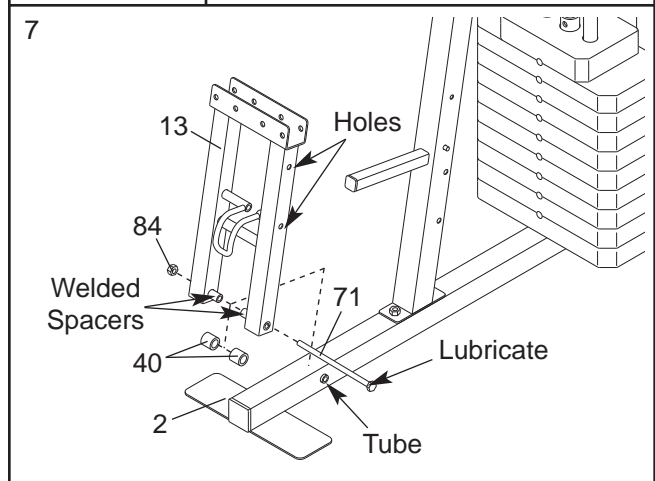
Tighten the M8 Nylon Locknuts (83) used in steps 4 and 5.



## Arm Assembly

- Press a 25mm x 22mm Plastic Bushing (40) onto each welded spacer on the Press Frame (13). Slide the Press Frame into place on the Base (2). **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the indicated tube in the Base. Make sure that the holes are on the indicated side of the Press Frame.**

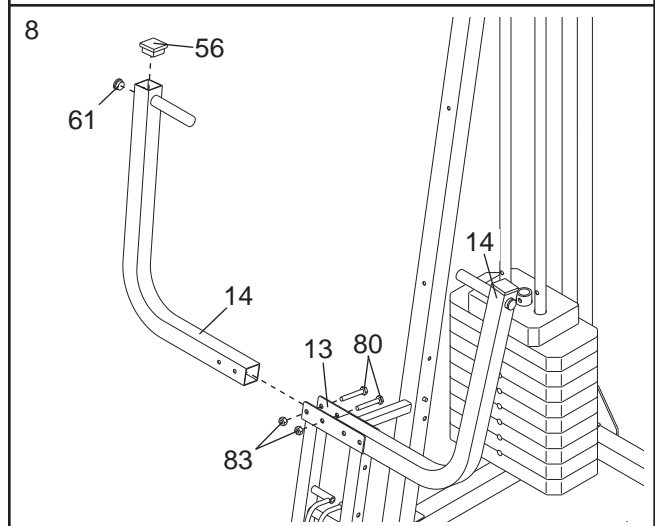
Lubricate an M10 x 198mm Bolt (71) with grease. Attach the Press Frame (13) to the Base (2) with the Bolt and an M10 Nylon Locknut (84). **Do not overtighten the Locknut; the Press Frame must be able to pivot freely.**



- Press a 45mm Square Inner Cap (56) into the top of a Press Arm (14). Press a 25mm Round Inner Cap (61) into the end of the handle on the Press Arm.

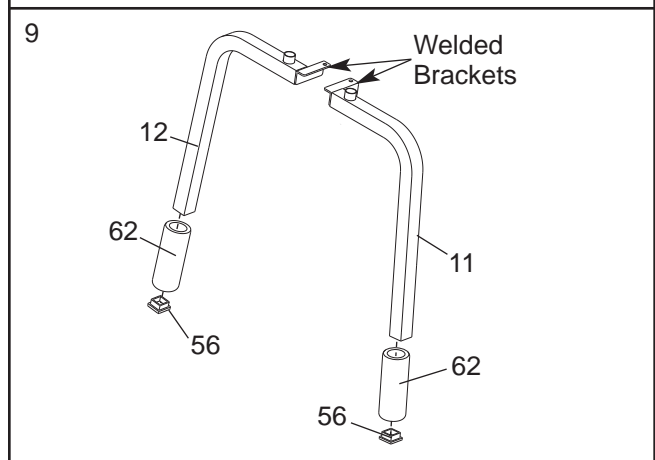
Attach the Press Arm (14) to one side of the Press Frame (13) with two M8 x 63mm Bolts (80) and two M8 Nylon Locknuts (83).

**Assemble the other Press Arm (14) in the same manner.**



- Identify the Left Arm (11) and the Right Arm (12) by the position of the welded brackets. **Arm identification is very important for step 10.**

Press 45mm Square Inner Caps (56) into the lower ends of the Left and Right Arms (11, 12). Wet the end of each Arm with soapy water, and slide a Long Foam Pad (62) onto each Arm.



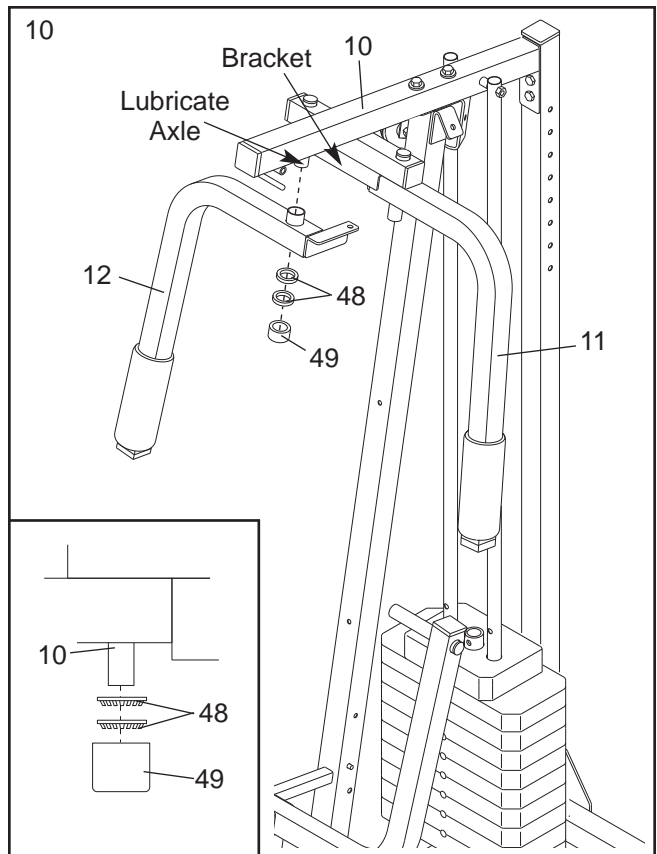


- Lubricate both axles on the Top Frame (10) with grease.

Slide the Right Arm (12) onto the right axle on the Top Frame (10). **Note: Do not confuse the Right Arm with the Left Arm (11); refer to step 9 to identify the Right Arm. Make sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame.**

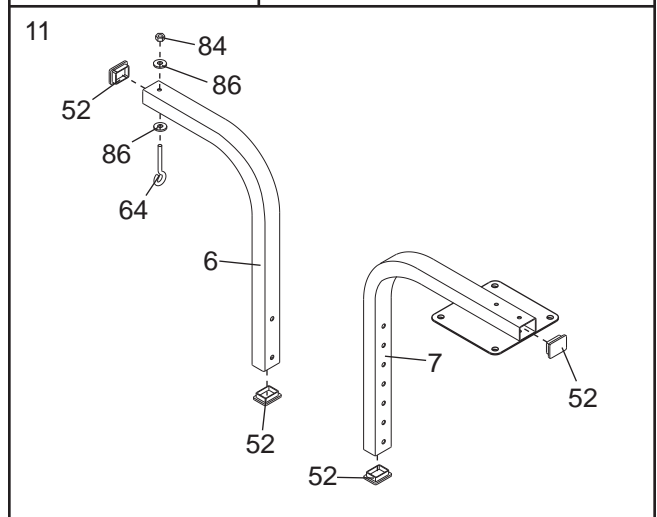
Place two 25mm Retainers (48) on top of a 25mm Round Cover Cap (49), as shown in the inset drawing. **Make sure that the teeth on the Retainers bend toward the Cover Cap.** Tap the Cover Cap and Retainers onto the right axle.

**Attach the Left Arm (11) in the same manner.**

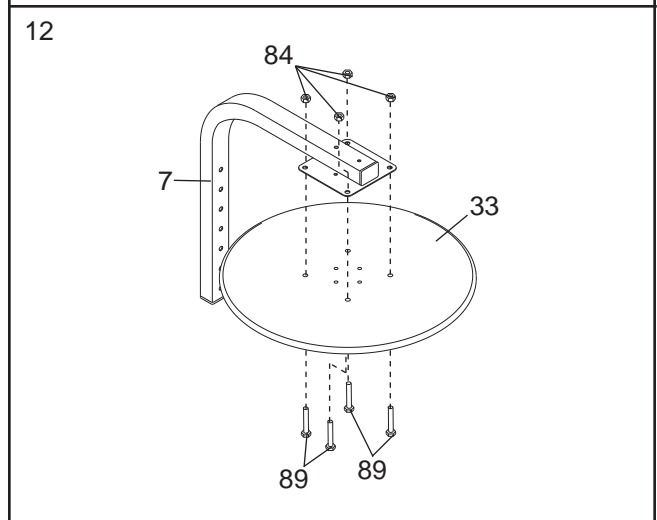


- Press four 40mm x 50mm Inner Caps (52) into the ends of the Punching Bag Arm (6) and the Speed Bag Arm (7).

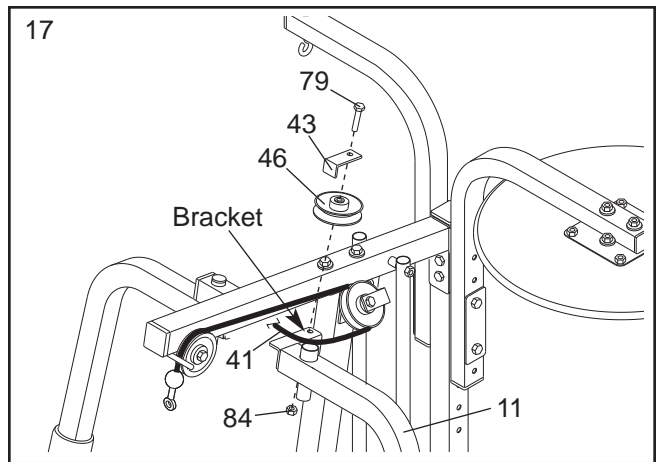
Attach a M10 x 98mm Eyebolt (64) to the Punching Bag Arm (6) with two M10 Washers (86) and an M10 Nylon Locknut (84).



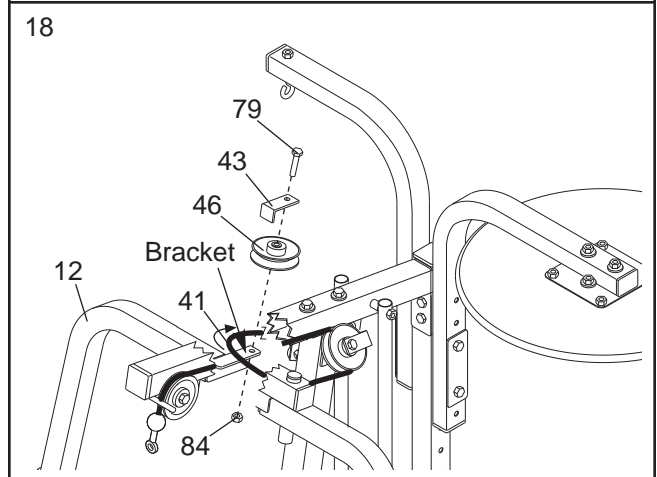
- Attach the Speed Bag Board (33) to the Speed Bag Arm (7) with four M10 x 30mm Button Bolts (89) and four M10 Nylon Locknuts (84).



17. Route the Long Cable (41) around a “V”-pulley (46). Attach the “V”-pulley and a Long Cable Trap (43) to the bracket on the Left Arm (11) with an M10 x 58mm Bolt (79) and an M10 Nylon Locknut (84). **Make sure that the Cable is in the groove of the Pulley and that the Cable Trap is positioned to hold the Cable in place.**

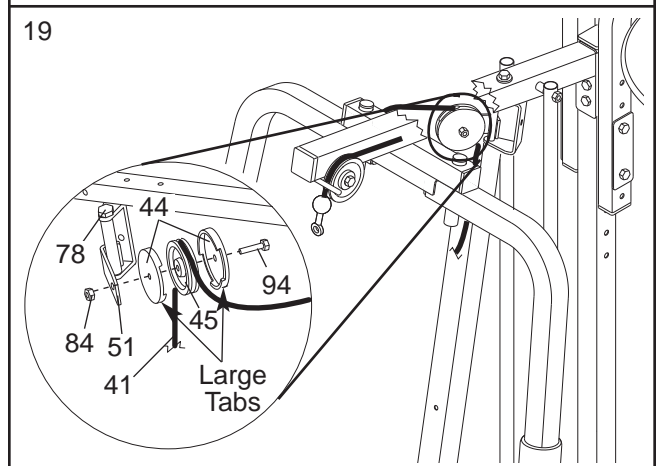


18. Route the Long Cable (41) around a “V”-pulley (46). Attach the “V”-pulley and a Long Cable Trap (43) to the bracket on the Right Arm (12) with an M10 x 58mm Bolt (79) and an M10 Nylon Locknut (84). **Make sure that the Cable is in the groove of the Pulley and that the Cable Trap is positioned to hold the Cable in place.**

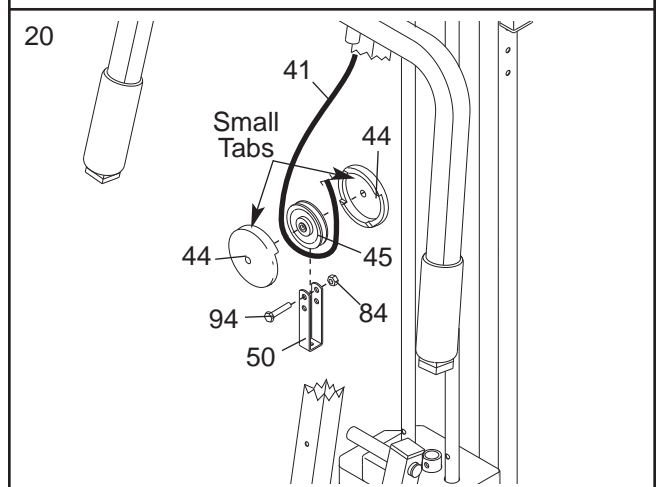


19. Route the Long Cable (41) around a 90mm Pulley (45). Attach the Pulley and a pair of Pulley Covers (44) to the Pulley Bracket (51) with an M10 x 53mm Bolt (94) and an M10 Nylon Locknut (84). **Make sure that the large tabs on the Pulley Covers are in the position shown.**

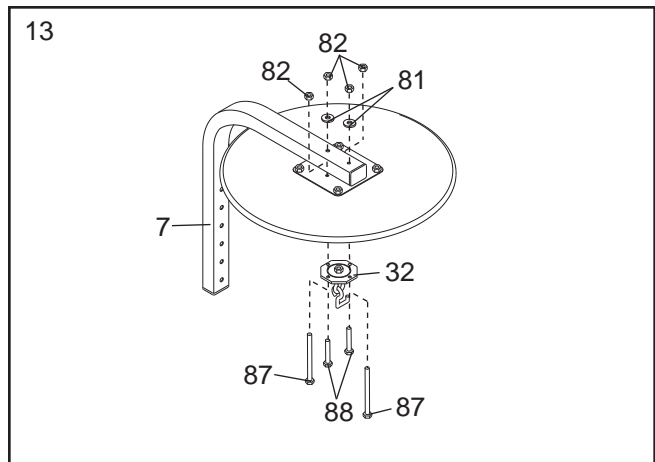
Make sure that the M8 x 117mm Bolt (78) is properly tightened and that the Pulley Bracket (51) can move freely.



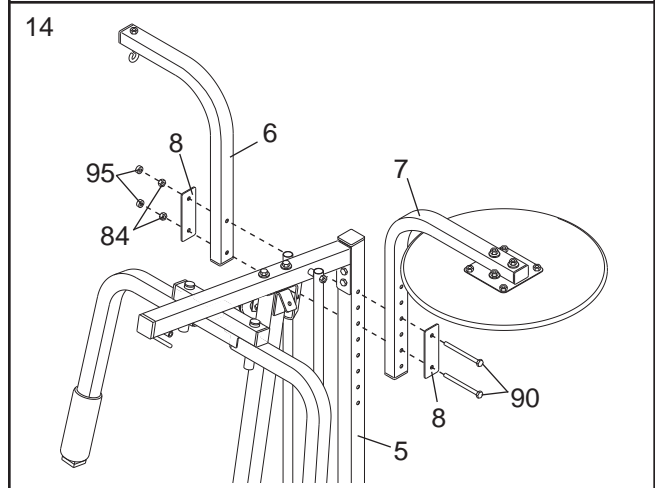
20. Wrap the Long Cable (41) around a 90mm Pulley (45). Attach the Pulley and a pair of Pulley Covers (44) to the upper hole in the Long “U”-bracket (50) with an M10 x 53mm Bolt (94) and an M10 Nylon Locknut (84). **Make sure that the small tabs on the Pulley Covers are in the position shown.**



13. Attach the Speed Bag Hook (32) to the Speed Bag Arm (7) with two M6 x 30mm Bolts (88), two M6 x 70mm Bolts (87), two M6 Washers (81), and four M6 Nylon Locknuts (82).



14. The Punching Bag Arm (6) and the Speed Bag Arm (7) can be adjusted to several heights. Hold the Punching Bag Arm at the desired height, and align the set of holes with a set of holes in the Rear Upright (5). Have a second person repeat this process with the Speed Bag Arm. **Make sure the Punching Bag Arm (6) is on the same side of the weight system as the hole in the Stabiliser (not shown); refer to step 1. The Punching Bag should hang so that the top is slightly higher than the user's head.**



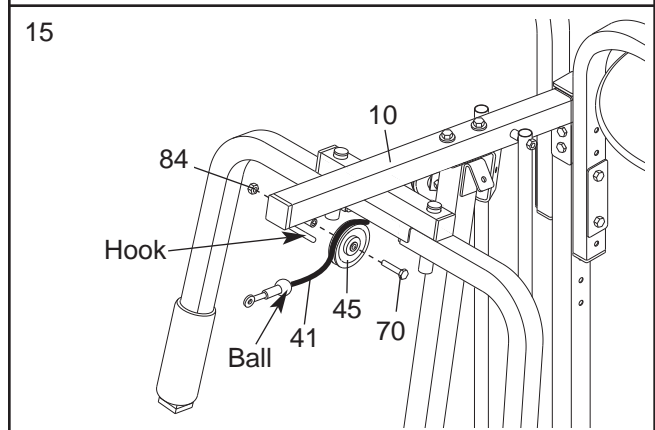
Attach the Punching Bag Arm (6) and the Speed Bag Arm (7) to the Rear Upright (5) with two Large Support Plates (8), two M10 x 150mm Bolts (90), two M10 Nylon Locknuts (84) and two Plastic Covers (95).

## Cable Assembly

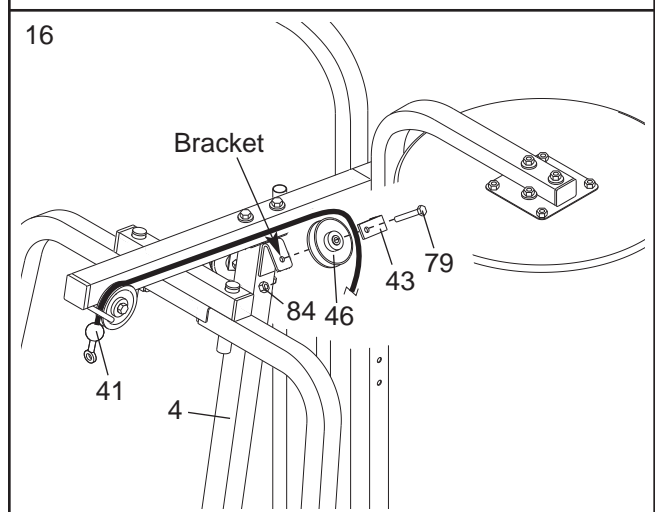
15. During steps 15 through 27, refer to the CABLE DIAGRAM on page 20 to verify proper cable routing.

**IMPORTANT: Whilst assembling the cables, do not overtighten the bolts and nuts securing the pulleys. The pulleys must be able to turn freely.**

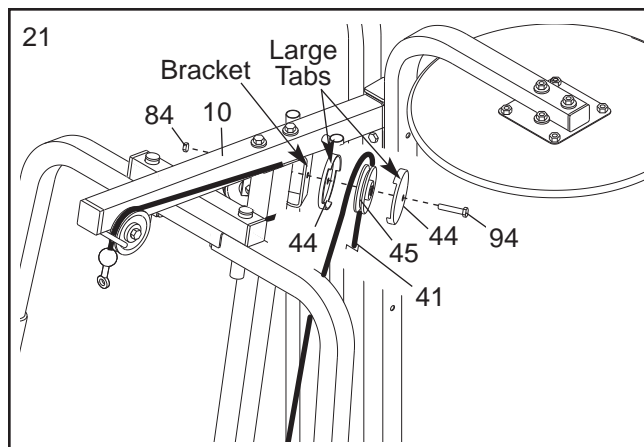
**Locate the Long Cable (41).** Route the Long Cable around a 90mm Pulley (45). Attach the Pulley to the Top Frame (10) with an M10 x 89mm Bolt (70) and an M10 Nylon Locknut (84). **Make sure that the Cable is between the Pulley and the hook, and that the end of the Cable with the ball is on the indicated side of the hook.**



16. Wrap the Long Cable (41) around a "V"-pulley (46). Attach the "V"-pulley and a Long Cable Trap (43) to the indicated bracket on the Front Upright (4) with an M10 x 58mm Bolt (79) and an M10 Nylon Locknut (84). **Make sure that the Long Cable Trap is positioned to hold the Cable in place.**

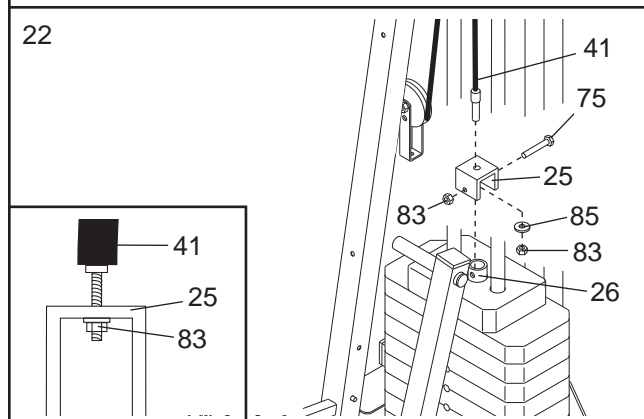


21. Wrap the Long Cable (41) around a 90mm Pulley (45). Attach the Pulley and a pair of Pulley Covers (44) to the bracket on the Top Frame (10) with an M10 x 53mm Bolt (94) and the M10 Nylon Locknut (84). **Make sure that the large tabs on the Pulley Covers are in the position shown.**

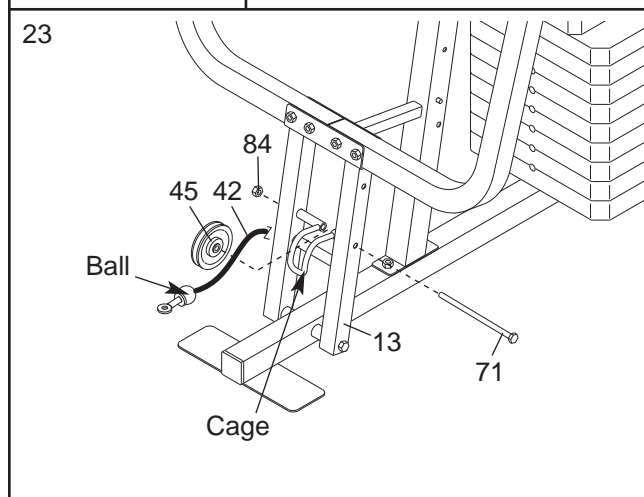


22. Attach the Long Cable (41) to the Small "U"-bracket (25) with an M8 Nylon Locknut (83) and an M8 Washer (85). **See the inset drawing. Do not overtighten the Locknut; it should be threaded onto the end of the Cable so that two threads show past the Locknut.**

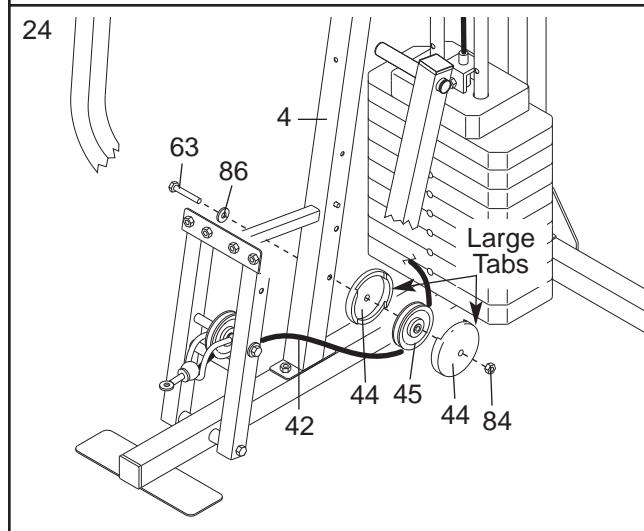
Attach the Small "U"-bracket (25) to the Weight Tube (26) with the M8 x 45mm Bolt (75) and an M8 Nylon Locknut (83).



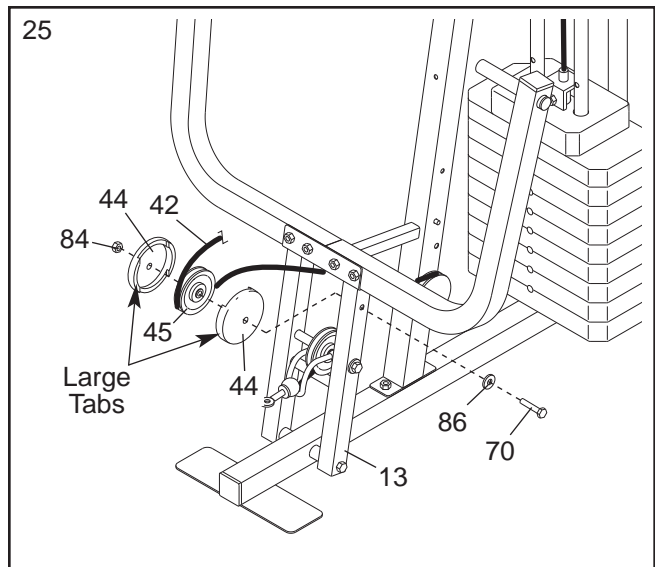
23. **Locate the Short Cable (42).** Route the Short Cable through the cage on the Press Frame (13). Attach a 90mm Pulley (45) to the Press Frame with an M10 x 198mm Bolt (71) and an M10 Nylon Locknut (84). **Make sure that the end of the Cable with the ball is on the indicated side of cage and Cable is in the groove of the Pulley.**



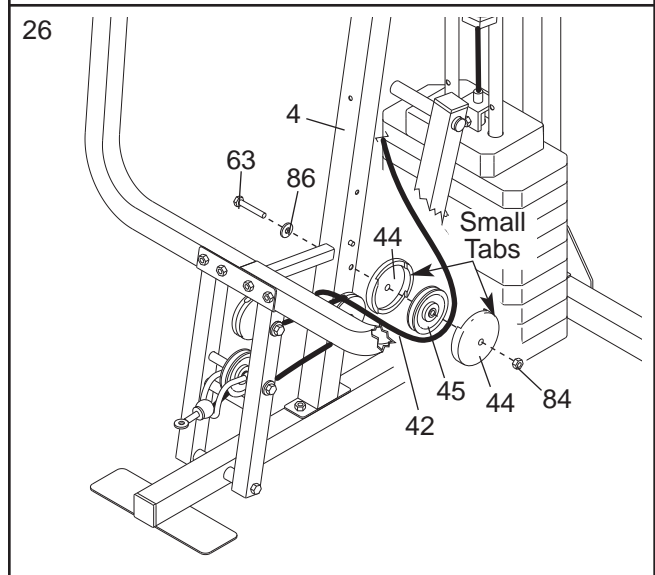
24. Wrap the Short Cable (42) around a 90mm Pulley (45). Attach the Pulley and a pair of Pulley Covers (44) to the lower hole in the Front Upright (4) with an M10 x 99mm Bolt (63), an M10 Washer (86), and an M10 Nylon Locknut (84). **Make sure that the large tabs on the Pulley Covers are in the position shown.**



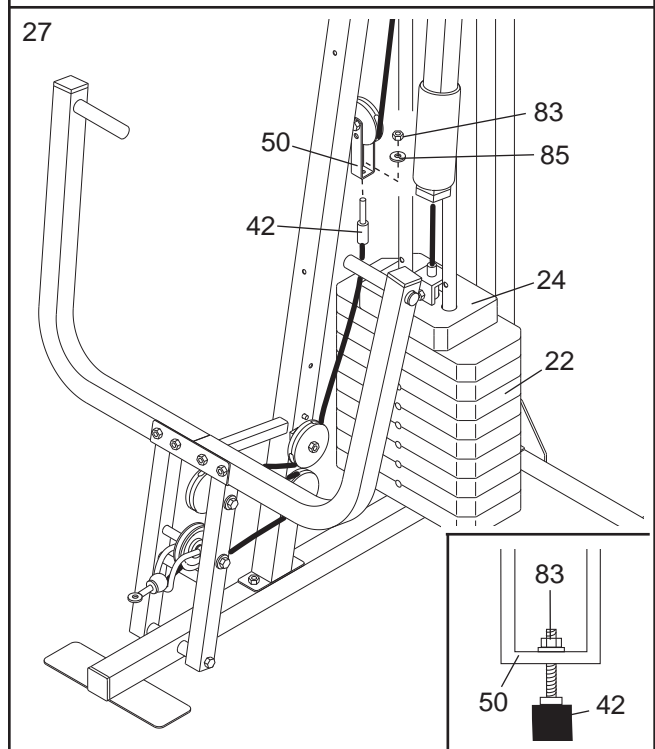
25. Wrap the Short Cable (42) around a 90mm Pulley (45). Attach the Pulley and a pair of Pulley Covers (44) to the upper hole in the Press Frame (13) with an M10 x 89mm Bolt (70), an M10 Washer (86), and an M10 Nylon Locknut (84). **Make sure that the large tabs on the Pulley Covers are in the position shown.**



26. Wrap the Short Cable (42) around a 90mm Pulley (45). Attach the Pulley and a pair of Pulley Covers (44) to the upper hole in the Front Upright (4) with an M10 x 99mm Bolt (63), an M10 Washer (86), and an M10 Nylon Locknut (84). **Make sure that the small tabs on the Pulley Covers are in the position shown.**

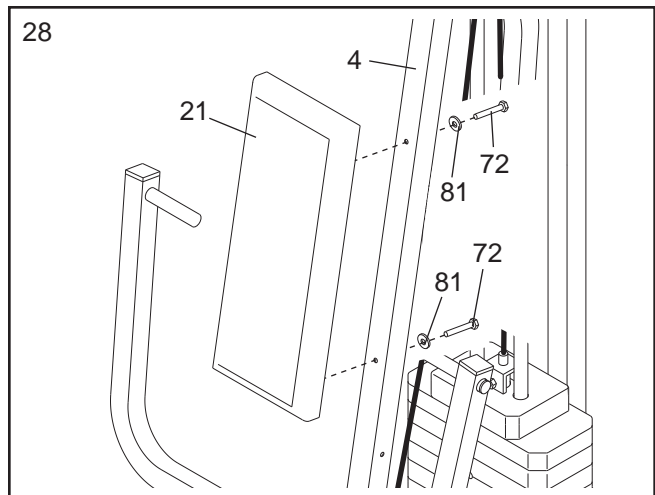


27. Have a second person lift the Top Weight (24) off the stack of Weights (22). Attach the end of the Short Cable (42) to the Long "U"-bracket (50) with an M8 Nylon Locknut (83) and an M8 Washer (85). **See the inset drawing. Do not overtighten the Locknut; it should be threaded onto the end of the Cable so only two threads are showing above the Locknut.**



## Seat Assembly

28. Attach the Backrest (21) to the Front Upright (4) with two M6 x 63mm Screws (72) and two M6 Washers (81).

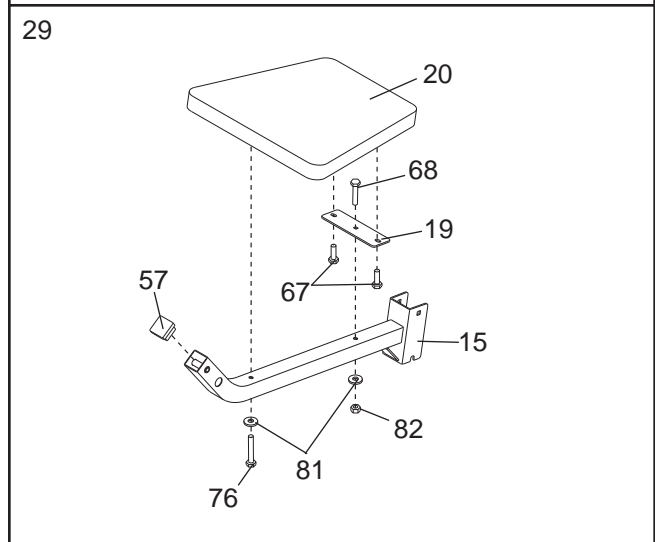


29. Press a 38mm Square Inner Cap (57) into the Seat Frame (15).

Insert the M6 x 50mm Carriage Bolt (68) into the centre hole in the Seat Plate (19). Attach the Seat Plate to the Seat (20) with two M6 x 16mm Screws (67).

Insert the M6 x 50mm Carriage Bolt (68) into the indicated hole in the Seat Frame (15). Tighten an M6 Nylon Locknut (82) with an M6 Washer (81) onto the Carriage Bolt.

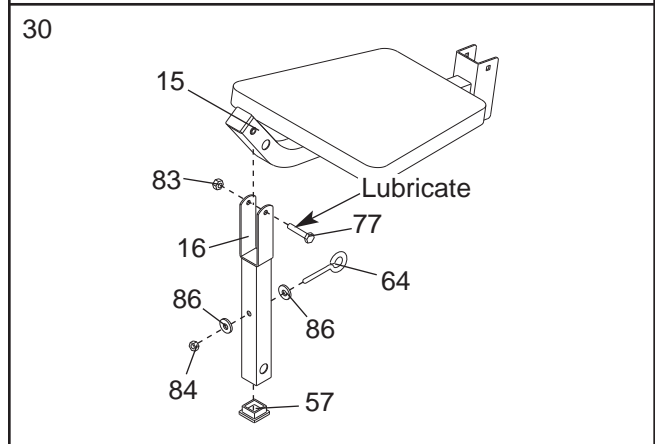
Attach the other end of the Seat (20) to the Seat Frame (15) with an M6 Washer (81) and the M6 x 50mm Screw (76).



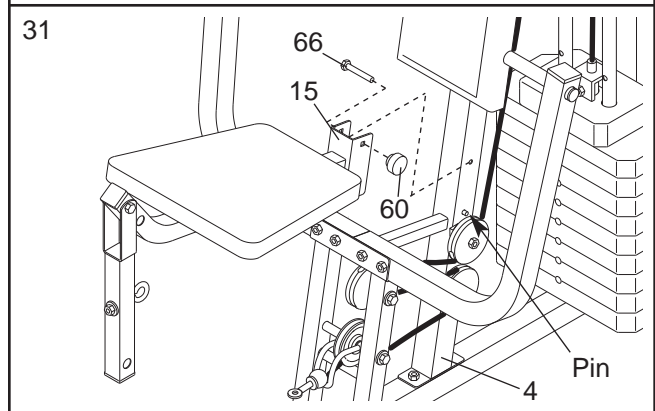
30. Press a 38mm Square Inner Cap (57) into the Leg Lever (16).

Lubricate the M8 x 59mm Bolt (77) with grease. Attach the Leg Lever (16) to the Seat Frame (15) with the Bolt and an M8 Nylon Locknut (83). **Do not overtighten the Locknut; the Leg Lever must be able to pivot freely.**

Insert an M10 x 98mm Eyebolt (64) through an M10 Washer (86) and the Leg Lever (16), from the direction shown. Tighten an M10 Nylon Locknut (84) and another M10 Washer (86) onto the Eyebolt.



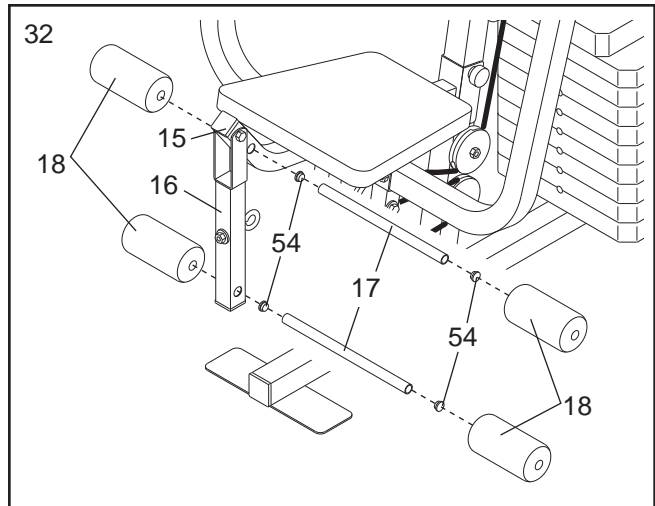
31. Rest the Seat Frame (15) on the indicated pin in the Front Upright (4). Attach the Seat Frame to the Front Upright with an M8 x 68mm Carriage Bolt (66) and the Seat Knob (60).



32. Press four 19mm Round Inner Caps (54) into the ends of the two Pad Tubes (17).

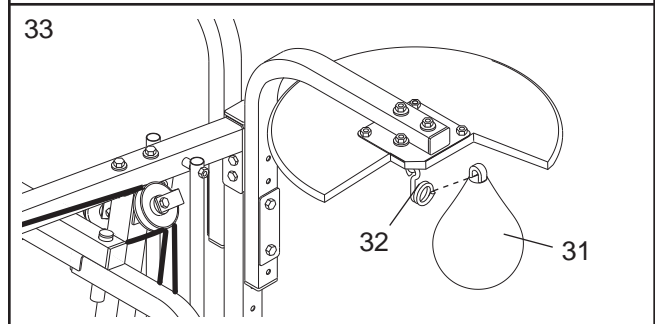
Insert one Pad Tube (17) into the Seat Frame (15). Slide two Short Foam Pads (18) onto the ends of the Pad Tube.

Insert the other Pad Tube (17) into the Leg Lever (16). Slide two Short Foam Pads (18) onto the ends of the Pad Tube.



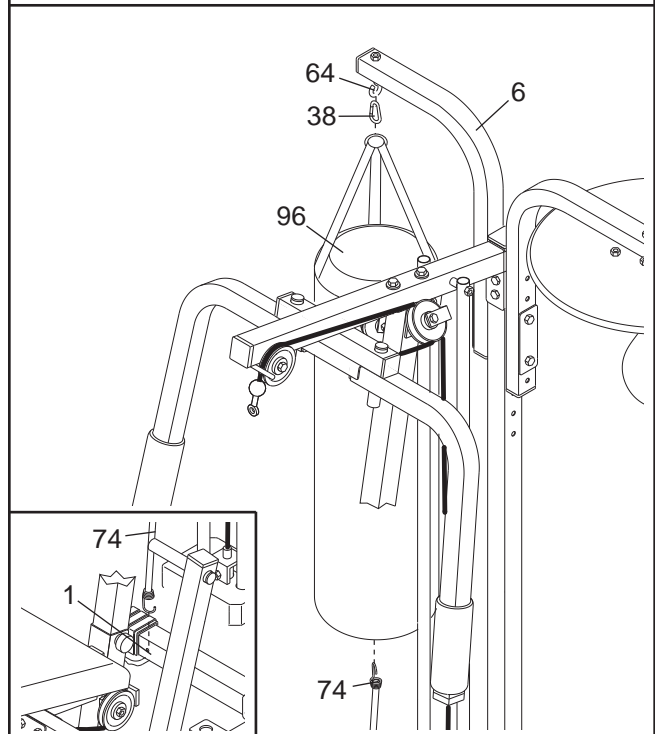
33. Attach the included needle (not shown) to your ball pump (not included). Dip the needle in the included glycerin. Inflate the Speed Bag (31) to the desired firmness.

Slide the Speed Bag (31) onto the Speed Bag Hook (32).



34. Attach the top of the Punching Bag (96) to the M10 x 98mm Eyebolt (64) in the Punching Bag Arm (6) with a Cable Clip (38).

Attach the bottom of the Punching Bag (96) to the hole in the Stabiliser (1) with the Bungee Cord (74) (see the inset drawing). **Make sure that the plastic-tipped end of the bungee cord is attached to the Punching Bag (96).**



35. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If a cable 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 20 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLESHOOTING AND MAINTENANCE on page 19.**

# ADJUSTMENTS

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

## CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (23) under the desired Weight (22). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 lbs. (2.95 kg) to 119 lbs. (54 kg), in increments of 12.5 lbs. (5.67 kg). **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 18 to find the actual amount of resistance at each weight station.**

Note: 1 kg = 2.2 lbs.

## ATTACHING AN ACCESSORY

Attach the Lat Bar (34) to the Long Cable (41) or Short Cable (not shown) with a Cable Clip (38). For some exercises, the Chain (37) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

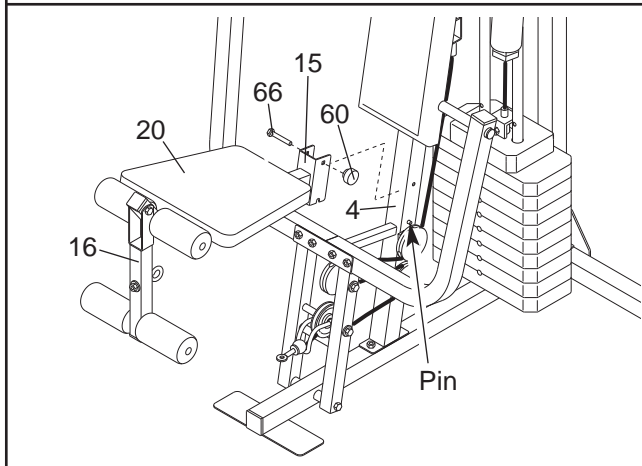
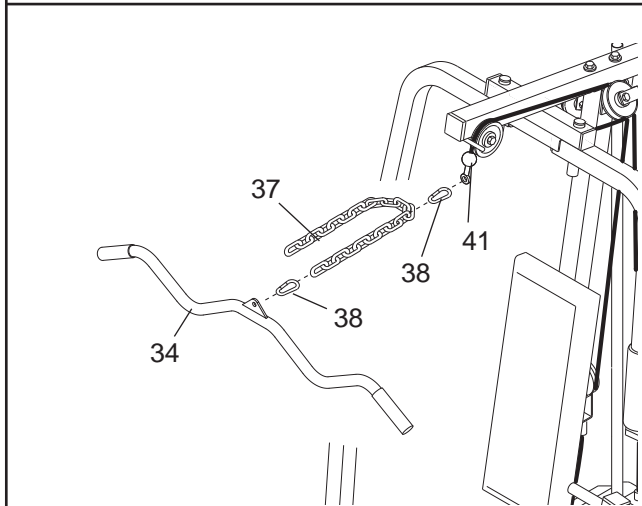
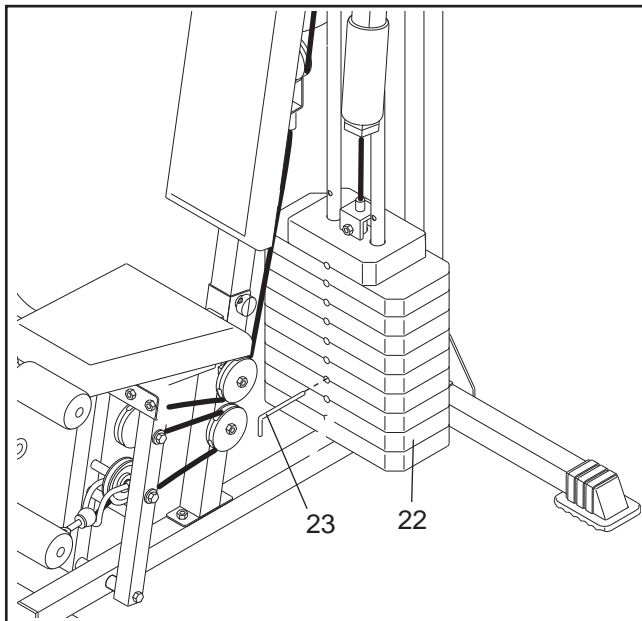
**Note: The seat frame must be removed from the front upright before the Short Cable (not shown) is used. (See ATTACHING AND REMOVING THE SEAT, below.)**

The Nylon Strap (not shown) can be attached in the same manner.

## ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (15) onto the indicated pin on the Front Upright (4). Attach the Seat Frame to the Front Upright with the M8 x 68mm Carriage Bolt (66) and the Seat Knob (60).

For some exercises, the Seat (20) must be removed. First, make sure that the Chain (not shown) is not attached to the Leg Lever (16). Next, remove the Seat Knob (60) and the M8 x 68mm Carriage Bolt (66) from the Seat Frame (15). Lift the Seat Frame off the Front Upright (4).

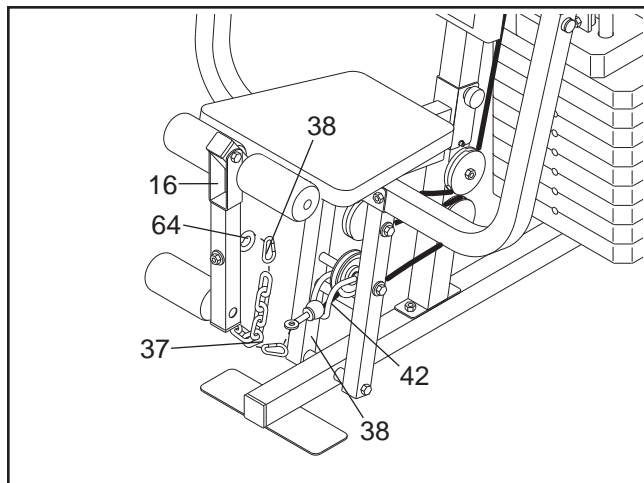




## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

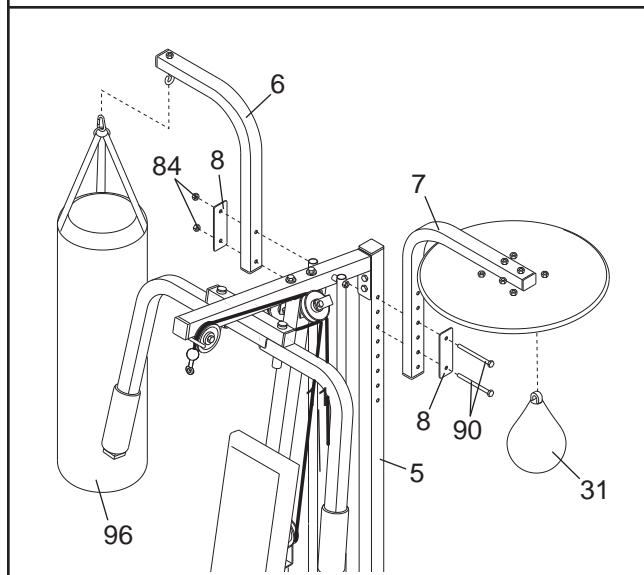
To use the Leg Lever (16), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT, on page 16).

Attach one end of the Chain (37) to the Short Cable (42) with a Cable Clip (38). Attach the other end of the Chain to the M10 x 98mm Eyebolt (64) with a Cable Clip.



## ADJUSTING THE HEIGHT OF THE BAG ARMS

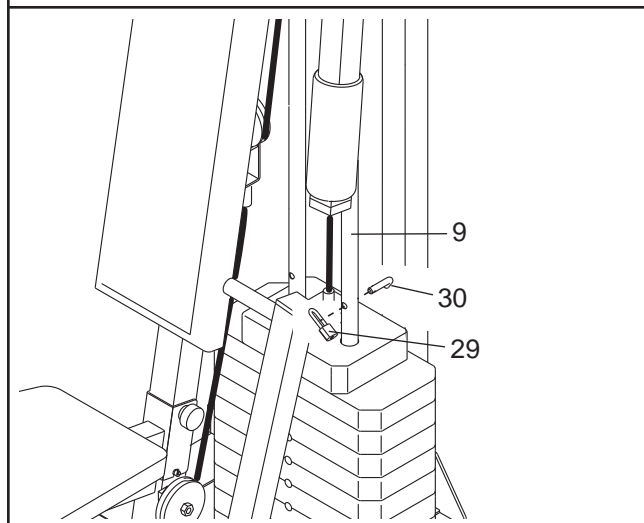
To adjust the height of the Punching Bag (96) or the Speed Bag (31), first remove the Bags from the weight system. Remove the two M10 x 150mm Bolts (90), Large Support Plates (8), and M10 Nylon Locknuts (84) attaching the Punching Bag Arm (6) and the Speed Bag Arm (7) to the Rear Upright (5). Adjust the height of the Arms and reattach them to the Rear Upright with the Bolts, Support Plates, and Locknuts. Reattach the Bags to the Arms. **Note: The Punching Bag should hang so that the top is slightly higher than the user's head.**



## LOCKING THE WEIGHT STACK

To prevent unauthorised use of the weight system, insert the Locking Bar (30) into the indicated hole in one of the Weight Guides (9) and secure the Locking Bar with the Lock (29).

Remove the Lock (29) and Locking Bar (30) to use the weight system again.



# WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 6.5-lb. (2.95 kg) top weight. The other numbers refer to the 12.5-lb. (5.67 kg) weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)
Top	20	15	30	14	24
1	45	33	50	28	54
2	70	43	70	44	82
3	99	55	95	60	115
4	128	67	115	72	147
5	153	75	133	90	175
6	184	90	150	103	209
7	210	100	168	140	250
8	237	110	185	157	280
9	260	120	205	175	300

Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

1 lb. = 0.454 kg

# TROUBLESHOOTING AND MAINTENANCE

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

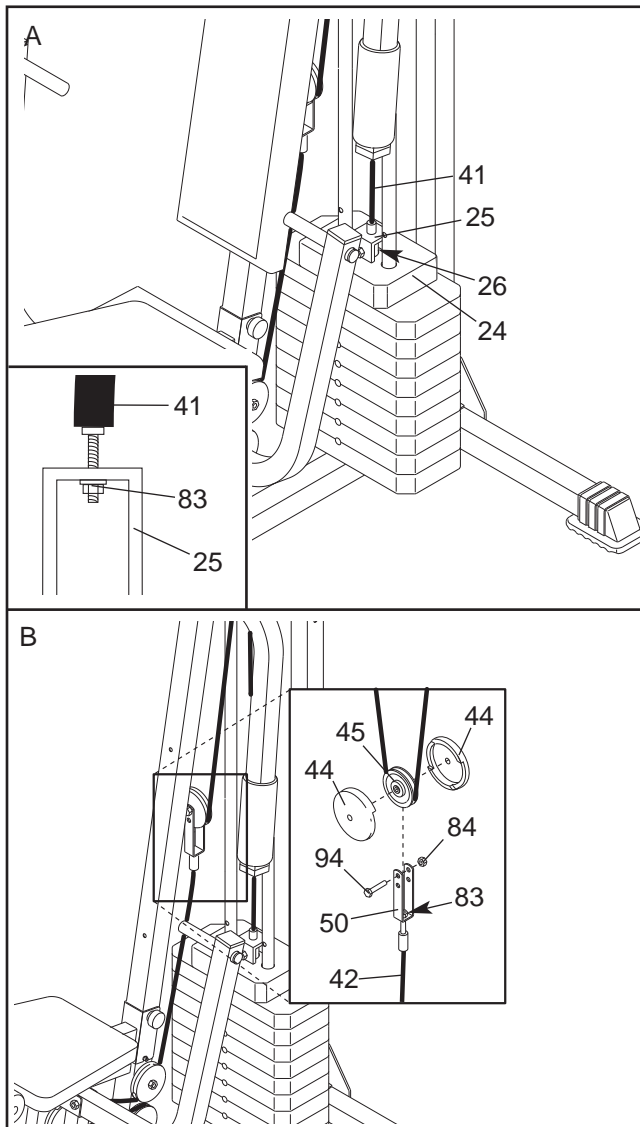
## TIGHTENING THE CABLES

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. Slack can be removed from the cables by tightening the M8 Nylon Locknuts (83) at the end of the Long Cable (41) (see A, inset drawing), or at the end of the Short Cable (42) (see B, inset drawing). To do this, you may need to remove the Small "U"-bracket (25) from the Weight Tube (26), or remove the 90mm Pulley (45) from the Long "U"-bracket (50). **Make sure that the cables are not too tight, or the Top Weight (24) will be lifted off the weight stack.**

Additional slack can be removed by moving the 90mm Pulley (45) to the lower hole in the Long "U"-bracket (50). Remove the M10 Nylon Locknut (84) and the M10 x 53mm Bolt (94) from the Pulley Covers (44), Pulley, and "U"-bracket. Re-attach the Pulley and Pulley Covers with the Bolt and Locknut.

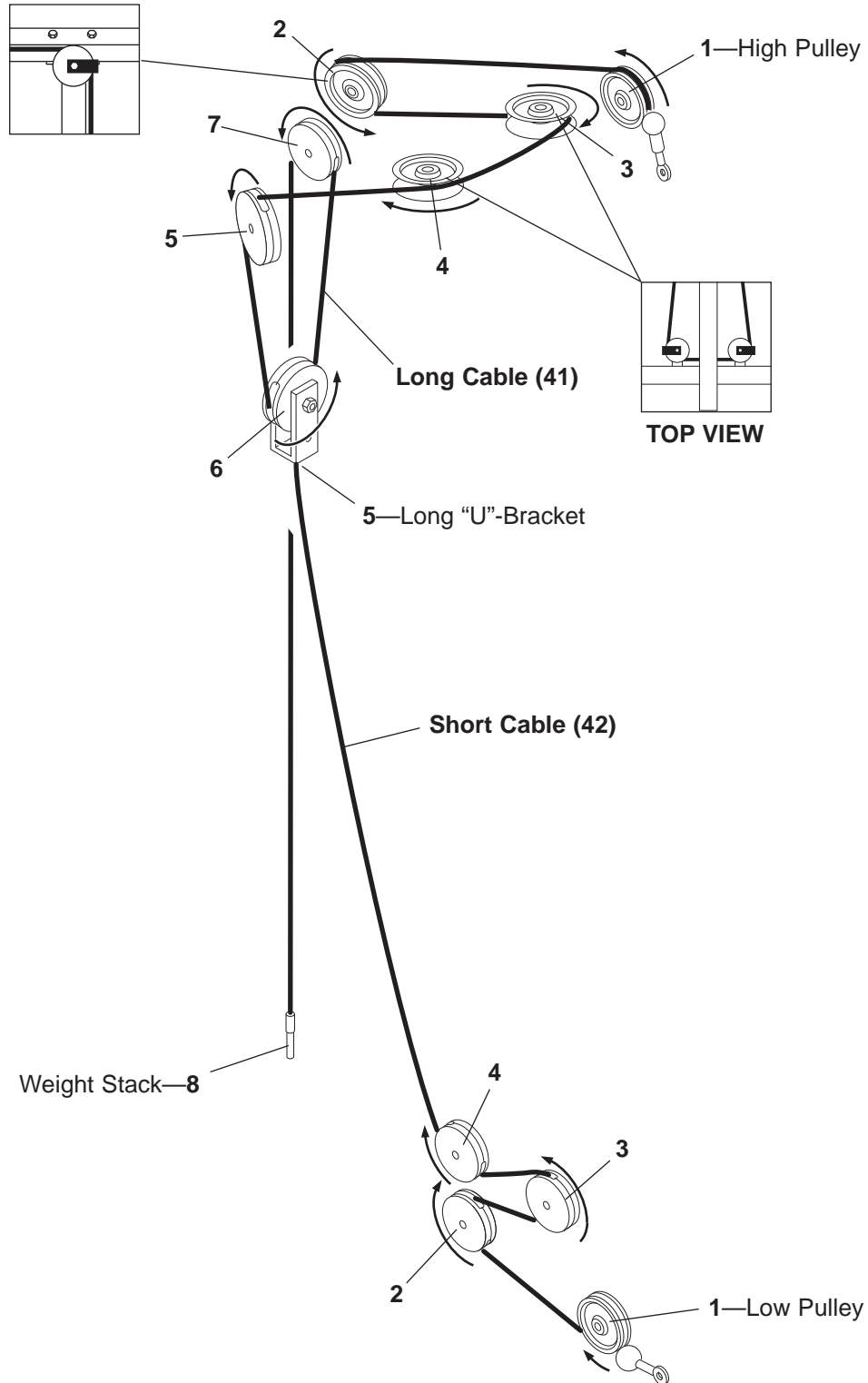
**Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.**

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



# CABLE DIAGRAM

The cable diagram below shows the proper routing of the Long Cable (41) and the Short Cable (42). Use the diagram to make sure that the two cables, the cable traps, and the pulley covers have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. The starting and ending points of each cable are labelled. **Make sure that the cable traps and pulley covers do not touch or bind the cables.**



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### MUSCLE BUILDING

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

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

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

You can tone your muscles by pushing 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

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

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

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

## PERSONALISING YOUR EXERCISE PROGRAM

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

### WARMING UP

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

### WORKING OUT

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

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

### EXERCISE FORM

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

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

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

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

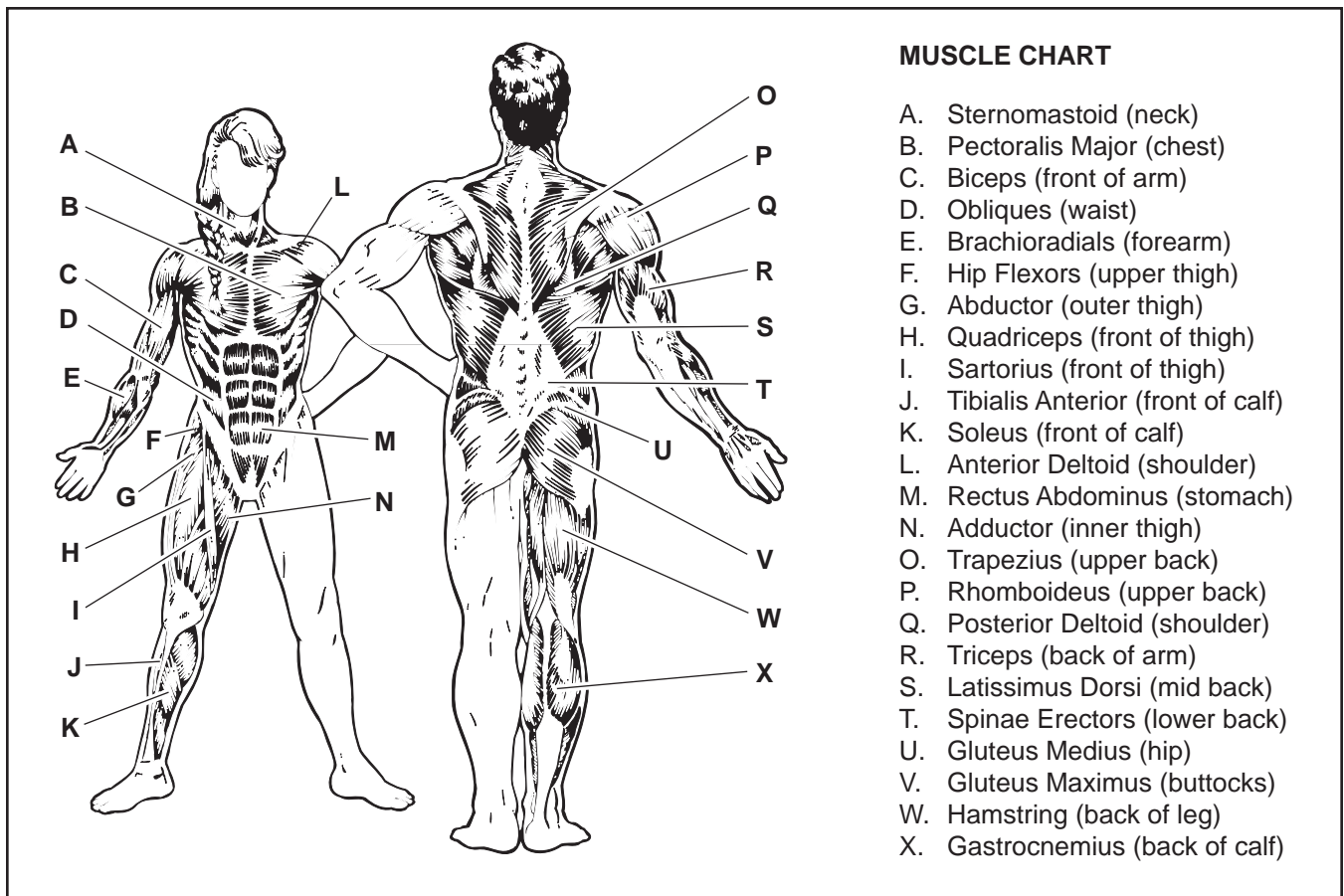
### COOLING DOWN

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

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

### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 23 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

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# ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.  
Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

Tel:

**08457 089 009**

Outside the UK: 0 (444) 113 387 7133

Fax: 0 (444) 113 387 7125

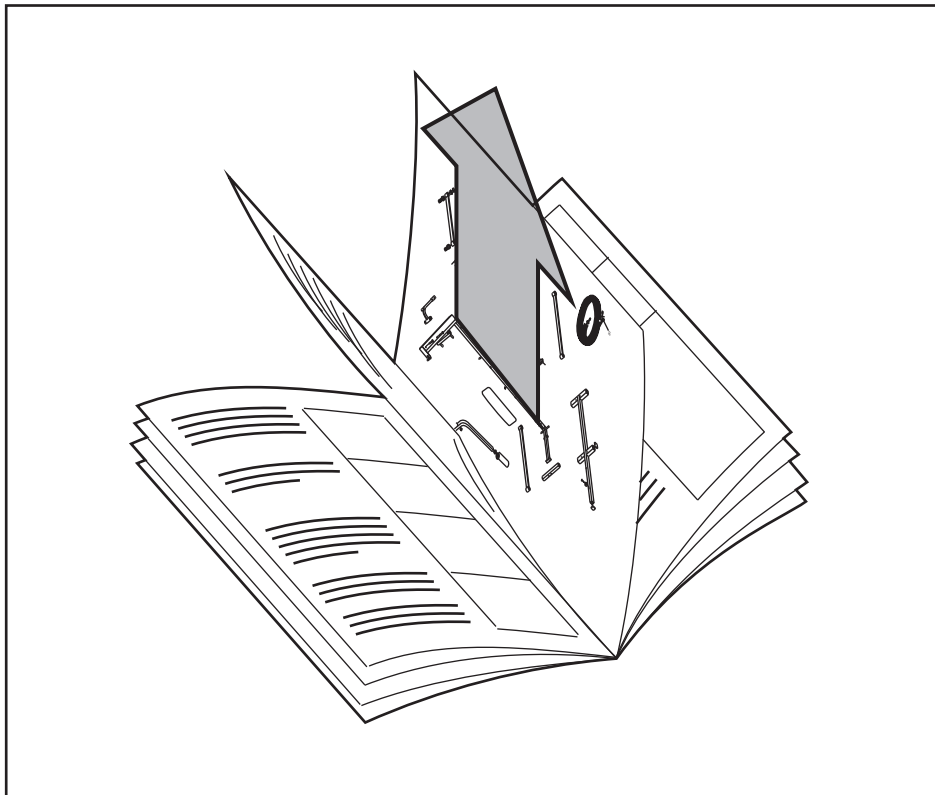
Please provide the following information when ordering replacement parts:

- the MODEL NUMBER of the product (WEEVSY29530)
- the NAME of the product (WEIDER® SPARRING SYSTEM weight system)
- 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 EXPLODED DRAWING attached at the centre of this manual)



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

**SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE**



# PART LIST—Model No. WEEVSY29530

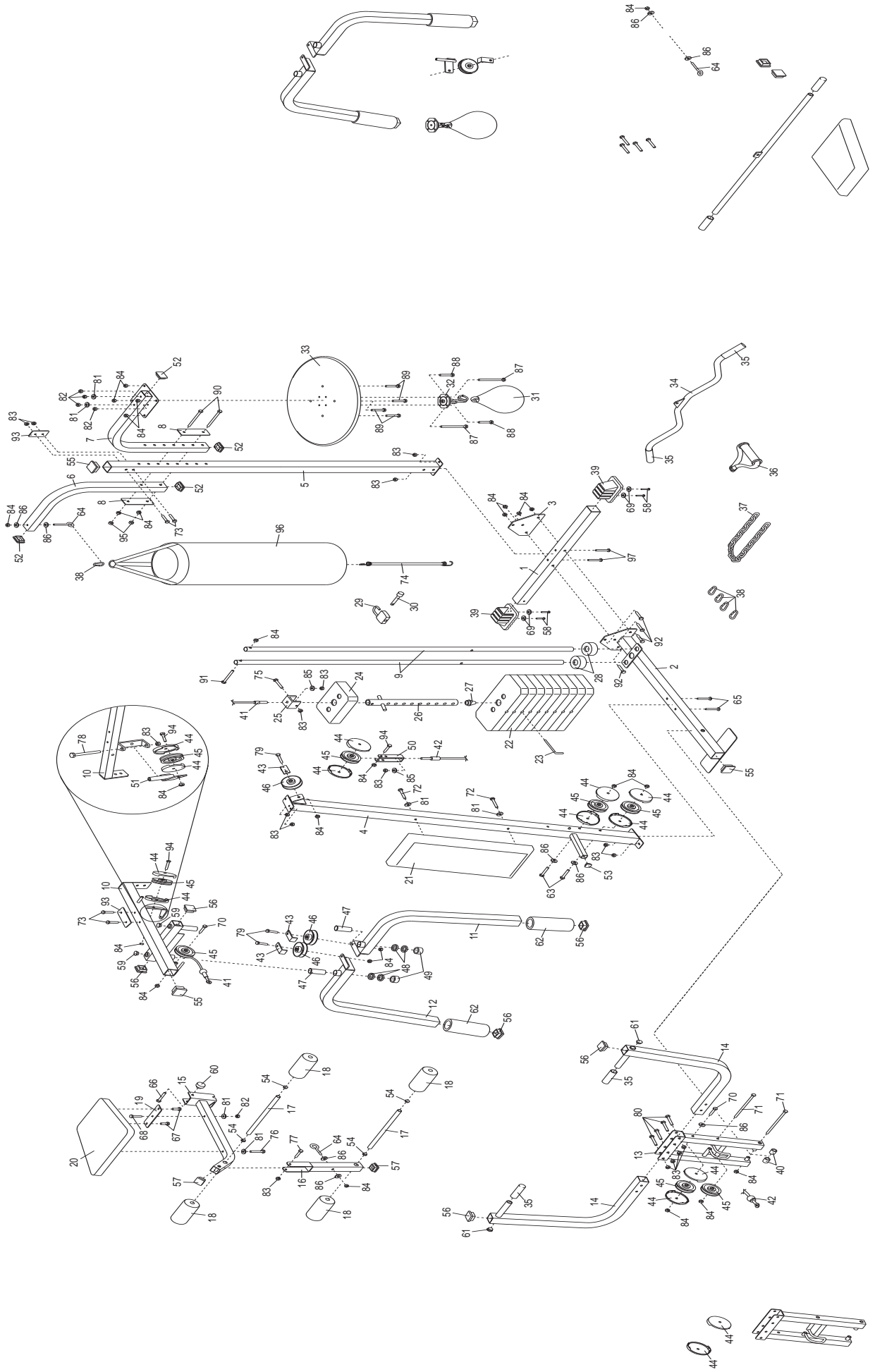
R1203A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Stabiliser	52	4	40mm x 50mm Inner Cap
2	1	Base	53	1	25mm Square Inner Cap
3	1	Base Support Plate	54	4	19mm Round Inner Cap
4	1	Front Upright	55	3	50mm Square Inner Cap
5	1	Rear Upright	56	6	45mm Square Inner Cap
6	1	Punching Bag Arm	57	2	38mm Square Inner Cap
7	1	Speed Bag Arm	58	4	M4 x 20mm Screw
8	2	Large Support Plate	59	2	Round Inner Cap
9	2	Weight Guide	60	1	Seat Knob
10	1	Top Frame	61	2	25mm Round Inner Cap
11	1	Left Arm	62	2	Long Foam Pad
12	1	Right Arm	63	2	M10 x 99mm Bolt
13	1	Press Frame	64	2	M10 x 98mm Eyebolt
14	2	Press Arm	65	2	M8 x 63mm Carriage Bolt
15	1	Seat Frame	66	1	M8 x 68mm Carriage Bolt
16	1	Leg Lever	67	2	M6 x 16mm Screw
17	2	Pad Tube	68	1	M6 x 50mm Carriage Bolt
18	4	Short Foam Pad	69	4	M4 Washer
19	1	Seat Plate	70	2	M10 x 89mm Bolt
20	1	Seat	71	2	M10 x 198mm Bolt
21	1	Backrest	72	2	M6 x 63mm Screw
22	9	Weight	73	2	M8 x 68mm Bolt
23	1	Weight Pin	74	1	Bungee Cord
24	1	Top Weight	75	1	M8 x 45mm Bolt
25	1	Small "U"-bracket	76	1	M6 x 50mm Screw
26	1	Weight Tube	77	1	M8 x 59mm Bolt
27	1	Weight Tube Bumper	78	1	M8 x 117mm Bolt
28	2	Weight Bumper	79	3	M10 x 58mm Bolt
29	1	Lock	80	4	M8 x 63mm Bolt
30	1	Locking Bar	81	6	M6 Washer
31	1	Speed Bag	82	5	M6 Nylon Locknut
32	1	Speed Bag Hook	83	16	M8 Nylon Locknut
33	1	Speed Bag Board	84	25	M10 Nylon Locknut
34	1	Lat Bar	85	2	M8 Washer
35	4	Handgrip	86	7	M10 Washer
36	1	Nylon Strap	87	2	M6 x 70mm Bolt
37	1	Chain	88	2	M6 x 30mm Bolt
38	5	Cable Clip	89	4	M10 x 30mm Button Bolt
39	2	Base Cap	90	2	M10 x 150mm Bolt
40	2	25mm x 22mm Plastic Bushing	91	1	M10 x 155mm Bolt
41	1	Long Cable	92	4	M10 x 75mm Bolt
42	1	Short Cable	93	2	Small Support Plate
43	3	Long Cable Trap	94	3	M10 x 53mm Bolt
44	12	Pulley Cover	95	2	Plastic Cover
45	8	90mm Pulley	96	1	Punching Bag
46	3	"V"-pulley	97	2	M8 x 65mm Carriage Bolt
47	2	29mm x 32mm Plastic Bushing	#	1	User's Manual
48	4	25mm Retainer	#	1	Exercise Guide
49	2	25mm Round Cover Cap	#	1	Grease Packet
50	1	Long "U"-bracket	#	1	6mm Hex Key
51	1	Pulley Bracket			

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

# EXPLODED DRAWING—Model No. WEEVSY29530

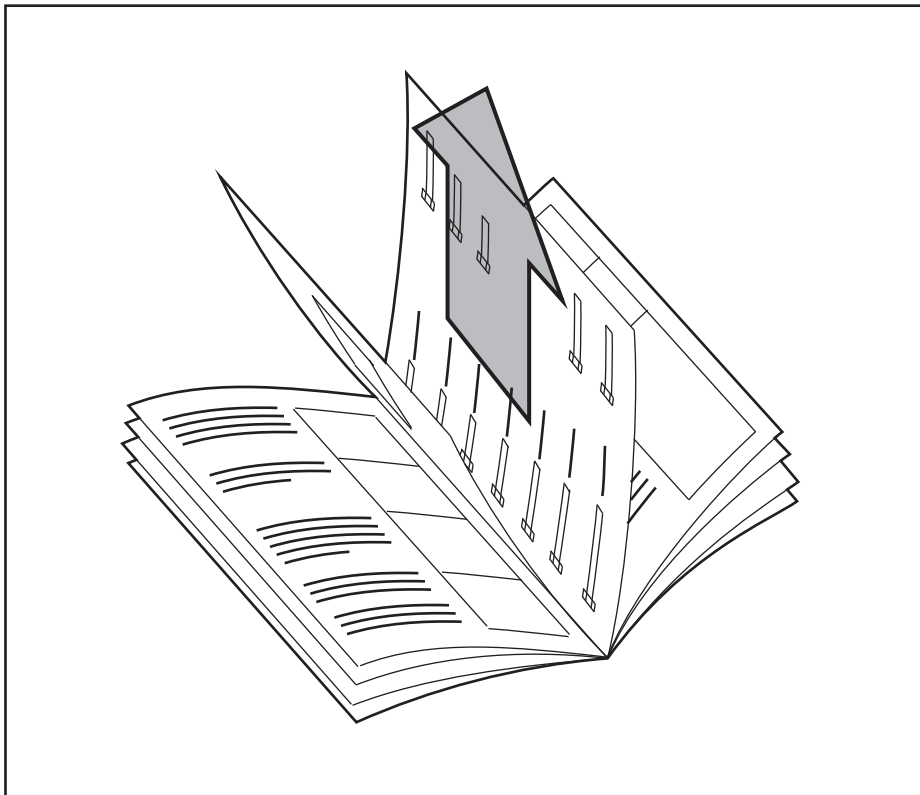
R1203A



# REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

## SAVE THIS PART IDENTIFICATION CHART FOR FUTURE REFERENCE

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 centre 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.



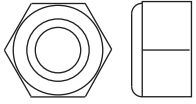
**Note:** Assembly is divided into four stages: 1) frame assembly; 2) arm assembly; 3) cable assembly; and 4) seat assembly. The hardware for each assembly stage is packaged separately. Wait until you begin each stage to open that parts bag.

# PART IDENTIFICATION CHART—Model No. WEEVSY29530

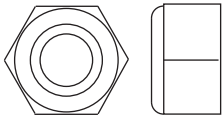
R1203A



M6 Nylon Locknut (82)



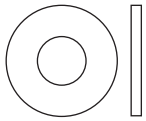
M8 Nylon Locknut (83)



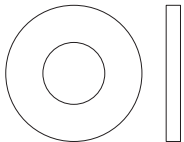
M10 Nylon Locknut (84)



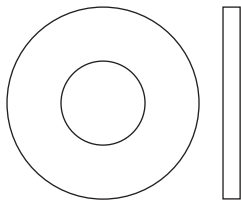
M4 Washer (69)



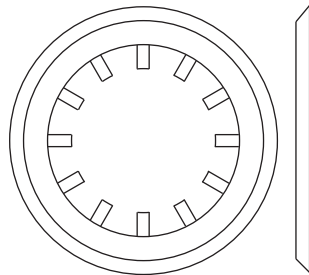
M6 Washer (81)



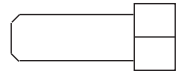
M8 Washer (85)



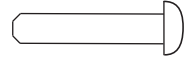
M10 Washer (86)



25mm Retainer (48)



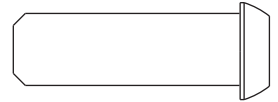
M6 x 16mm Screw (67)



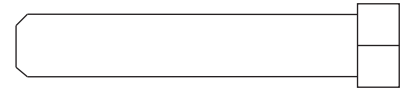
M4 x 20mm Screw (58)



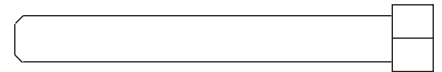
M6 x 30mm Bolt (88)



M10 x 30mm Button Bolt (89)



M8 x 45mm Bolt (75)



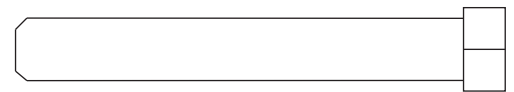
M6 x 50mm Screw (76)



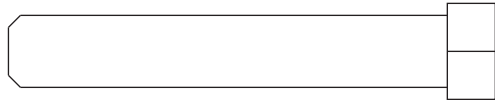
M10 x 53mm Bolt (94)



M6 x 50mm Carriage Bolt (68)



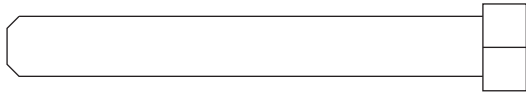
M8 x 59mm Bolt (77)



M10 x 58mm Bolt (79)



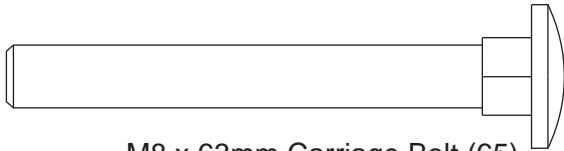
M6 x 63mm Screw (72)



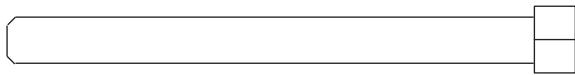
M8 x 63mm Bolt (80)



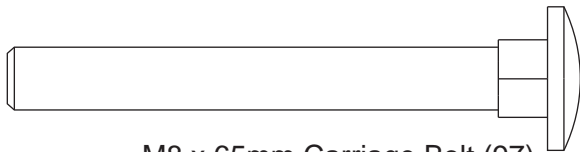
M8 x 68mm Bolt (73)



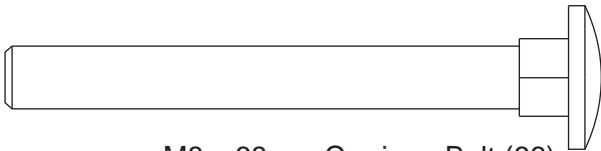
M8 x 63mm Carriage Bolt (65)



M6 x 70mm Bolt (87)



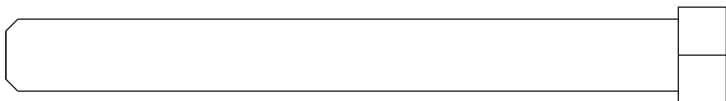
M8 x 65mm Carriage Bolt (97)



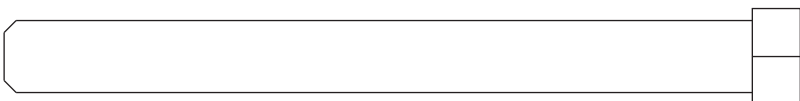
M8 x 68mm Carriage Bolt (66)



M10 x 75mm Bolt (92)



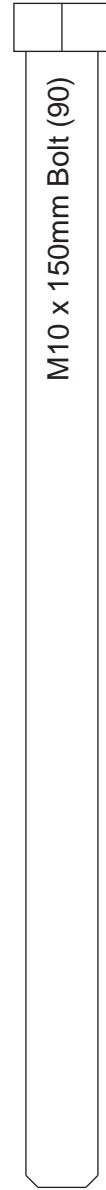
M10 x 89mm Bolt (70)



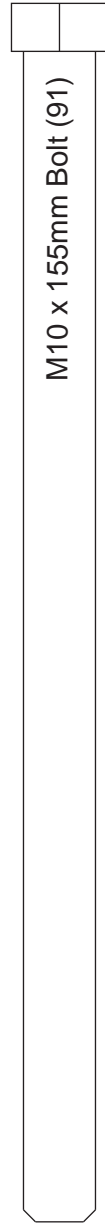
M10 x 99mm Bolt (63)



M8 x 117mm Bolt (78)



M10 x 150mm Bolt (90)



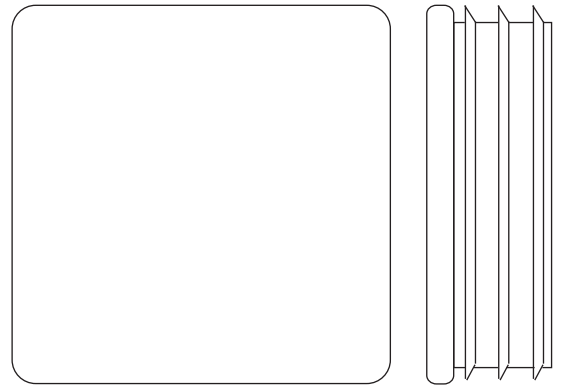
M10 x 155mm Bolt (91)



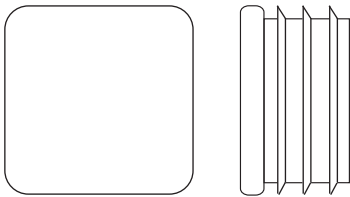
M10 x 198mm Bolt (71)



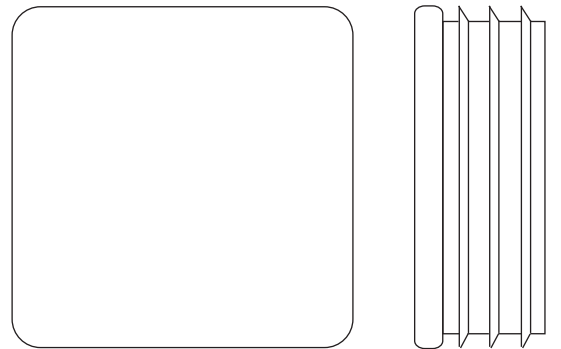
40mm x 50mm Inner Cap (52)



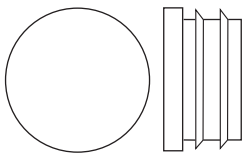
50mm Square Inner Cap (55)



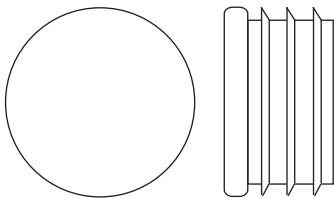
25mm Square Inner Cap (53)



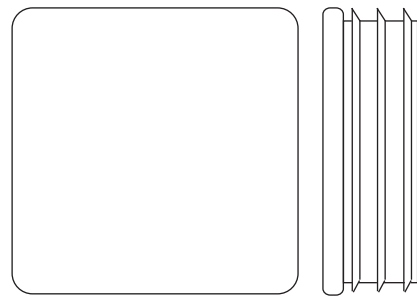
45mm Square Inner Cap (56)



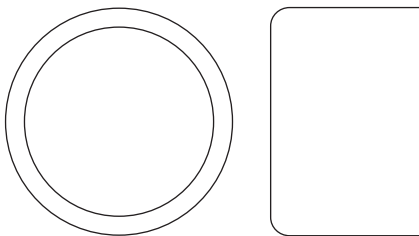
19mm Round Inner Cap (54)



25mm Round Inner Cap (61)



38mm Square Inner Cap (57)



25mm Round Cover Cap (49)