

NN-1066A
RECOMMENDED WEIGHT SET 210LBS

C102

ASSEMBLY INSTRUCTIONS

•REPLACEMENT PARTS

WEIDER®

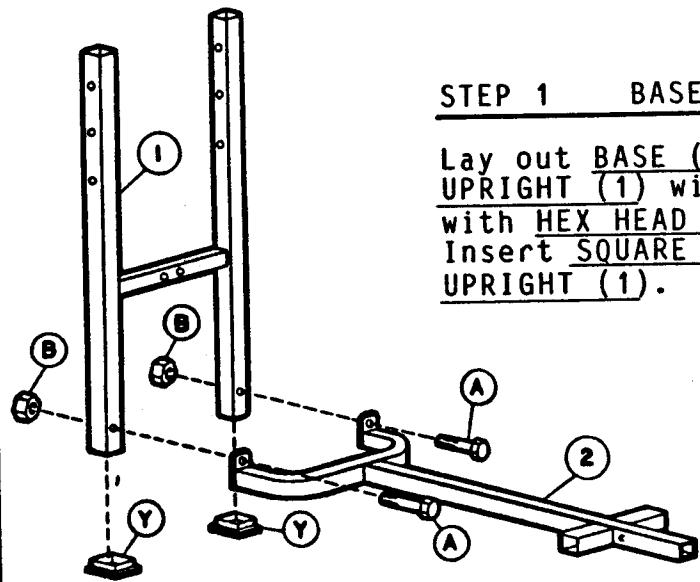
WEIDER HEALTH AND FITNESS
21100 ERWIN ST., WOODLAND HILLS, CA., U.S.A. 91367

DIAGRAM NO	PART NAME	NO REQ	ORDERING NO
1	UPRIGHT	1	C0248-C15
2	BASE FRAME	1	C0117-C15
3	MAIN FRAME	1	C0191-C04
4	BACKREST	1	C0359-C04
5	SEAT	1	C0360-C04
6	LEG CURL	1	C0149-C15
7	WEIGHT PIN	1	C0148-C15
8	*LONG ANGLE IRON	2	C6126-C04
9	*SHORT ANGLE IRON	2	C6127-C04
10	*SEAT ADJ T	1	C6120-A25
11	PAD BAR	2	C6121-A25
12	FOAM PAD	4	C0411-C04
13	ADJUSTABLE UPRIGHT	2	C0249-C15
14	DIP BAR	2	C0262-C15
15	BACKREST ADJ BAR	1	C6006-A03
16	WEIGHT BAR	1	C6159-C15
17	PAD SUPPORT	1	C6123-A25
18	ARM CURL PAD	1	C0379-C15
19	MAST TOP SECTION	1	C6160-C15
20	MAST BOTTOM SECTION	1	C6161-C15
21	LAT BAR	1	C6226-C15
22	MAST CONNECTOR PLATE	2	C6162-C15
23	NYLON CABLE - LONG	1	C6224-C15
24	NYLON CABLE - SHORT	1	C6225-C15
25	FOAM GRIP	4	C0417-B05
	HARDWARE BAG	1	C5817-C15
A	5/16"-20 X 2 1/2" HEX HEAD BOLT	4	HH-5015
B	5/16"-20 LOCK NUT	13	HH-5021
C	5/16"-20 X 2" HEX HEAD BOLT	3	HH-5017
D	5/16"-20 X 2" CARRIAGE BOLT	4	HH-5242
E	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
F	3/8"-16 LOCK NUT	3	HH-5013
G	*1/4"-20 X 3/4" HEX HEAD BOLT	10	HH-5032
H	1/4"-20 LOCK NUT	1	HH-5011
J	3/8"-16 X 1 1/2" HEX HEAD BOLT	1	HH-5068
K	3/8"-16 X 2" HEX HEAD BOLT	1	HH-5244
L	5/16"-20 X 1 3/4" EYELET BOLT	2	HH-5069
M	1 3/8" BUSHING	1	HH-5264
N	3/4" BUSHING (FERRULE)	5	HH-5259
Q	1/4"-20 X 3/4" MACHINE SCREW	1	HH-5022
R	5/16"-20 X 1 3/4" HEX HEAD BOLT	1	HH-5240
S	5/16"-20 ACORN NUT	2	HH-5019
T	LOCKING PIN (LARGE)	1	WW-7004
U	LOCKING PIN (SMALL)	3	WW-7002
V	EYELET PIN	1	WW-7005
W	S-HOOKS	2	WW-7030
X	1 1/2" SQUARE PLASTIC CAP	4	AA-8001
Y	2" SQUARE PLASTIC CAP	2	AA-8002
Z	3/4" ROUND PLASTIC CAP	4	AA-8004
AA	1" ROUND PLASTIC CAP	9	AA-8005
BB	1" ROUND PLASTIC COVER CAP - 15°	1	AA-8070
CC	PULLEY WHEEL	2	AA-8034
DD	PLASTIC BUSHING	1	AA-8112
	UPRIGHT DECAL	2	DE-4106
	INSTRUCTION MANUAL	1	CNN-1066A
	EXERCISE CHART	1	NN-1080
	*PREASSEMBLED WITH BACKREST AND SEAT		

IMPORTANT NOTICE

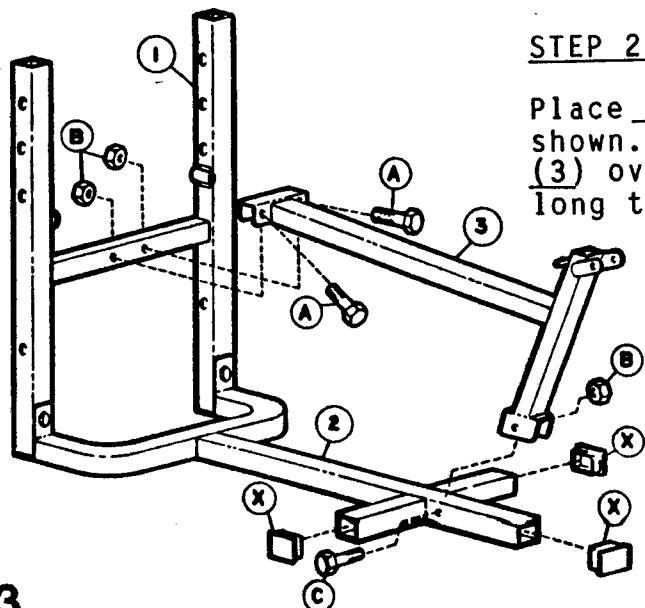
BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES.
Lay out unassembled parts; familiarize yourself with the drawings then read and understand the instructions thoroughly.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.



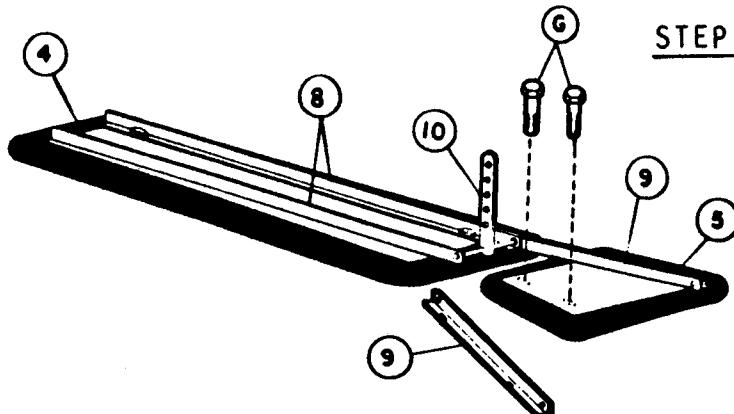
STEP 1 BASE FRAME ASSEMBLY

Lay out BASE (2). Align bolt holes of UPRIGHT (1) with holes on BASE (2). Secure with HEX HEAD BOLTS (A) and LOCK NUTS (B). Insert SQUARE PLASTIC CAPS (Y) into UPRIGHT (1).



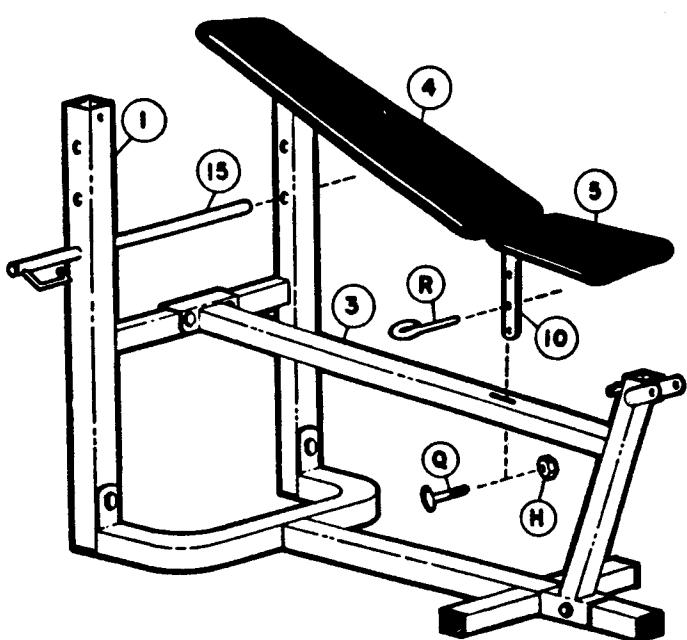
STEP 2 MAIN FRAME ASSEMBLY

Place MAIN FRAME (3) into position as shown. Position u-brackets of MAIN FRAME (3) over crossmember of UPRIGHT (1) and long tube of BASE (2). Secure crossmember with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (B). Secure long tube with HEX HEAD BOLT (C) and LOCK NUT (B). Insert PLASTIC CAPS (X) into BASE (2). Tighten all frame bolts!



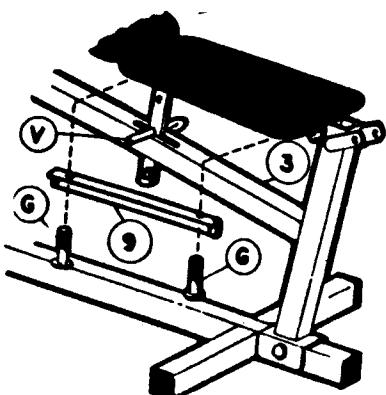
STEP 3 BACKREST & SEAT PREPARATION

The BACKREST (4) and SEAT (5) are shipped assembled. Turn this assembly over to expose the work area. Remove 2 HEX HEAD BOLTS (G) from SEAT (5) and then remove 1 SMALL ANGLE IRON (9).



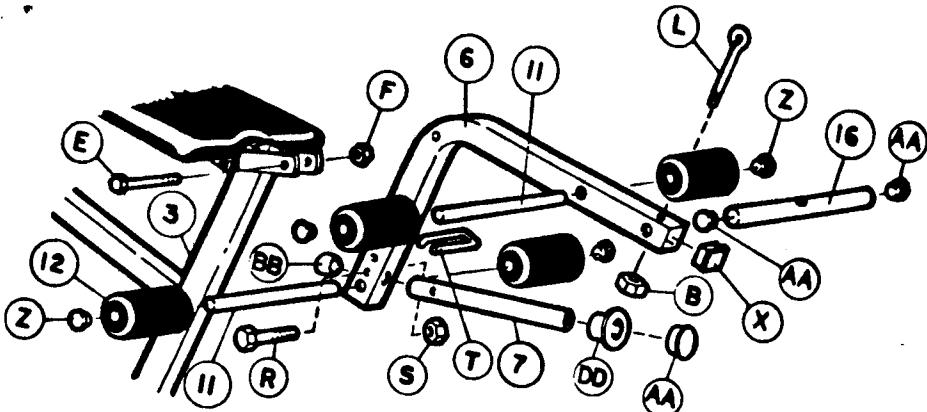
STEP 4 BACKREST & SEAT

To aid in this assembly, first slide BACKREST ADJ BAR (15) into any of the hole patterns on the UPRIGHT (1). Lower BACKREST (4) and SEAT (5) assembly to MAIN FRAME (3). Slide SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and place SEAT ADJ T (10) thru slot on MAIN FRAME (3). MACHINE SCREW (Q) and LOCK NUT (H) are placed in the last hole of SEAT ADJ T (10) to prevent the SEAT ADJ T from leaving the slot in the MAIN FRAME (3). EYELET PIN (V) is used to adjust the height of the Backrest and Seat assembly.



STEP 5 REPLACEMENT OF SHORT ANGLE IRON

To aid in this assembly EYELET PIN (V) should be placed so that the highest possible position of the seat is achieved. Slide SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and pivot rod on SEAT ADJ T (10). Replace the 2 HEX HEAD BOLTS (G) that were removed in Step 3.



STEP 6 LEG CURL ASSEMBLY

First, slide WEIGHT PIN (7) thru angled hole in the front part of LEG CURL (6). Align bolt holes and secure with HEX HEAD BOLT (R) and ACORN NUT (S). Place COVER CAP - 15° (BB) over rear extended portion of WEIGHT PIN (7). Slide PLASTIC BUSHING (DD) over WEIGHT PIN (7) until it is against the Leg Curl. Insert ROUND PLASTIC CAP (AA) into end of WEIGHT PIN (7). Insert SQUARE PLASTIC CAP (X) into end of LEG CURL (6). Position LEG CURL (6) between leg curl brackets on MAIN FRAME (3). Secure with HEX HEAD BOLT (E) and LOCK NUT (F). DO NOT OVER TIGHTEN! Repeat the following instructions until all leg curl parts are in place. First, slide PAD BAR (11) thru proper hole in LEG CURL (6) until equal amounts of bar are on both sides. (To help with the following step, a small amount of liquid dish detergent should be applied to both ends of PAD BAR (11). This acts as a lubricant in assembling FOAM PADS (12) and also acts as an adhesive after it has dried.) Slide FOAM PAD (12) onto each end of PAD BAR (11). Insert ROUND PLASTIC CAPS (Z) into each end of PAD BAR (11). Slide WEIGHT BAR (16) thru large hole at end of LEG CURL (6). Align bolt holes and secure with EYELET BOLT (L) and LOCK NUT (B). Insert ROUND PLASTIC CAPS (AA) into each end of WEIGHT BAR (16). LOCKING PIN - LARGE (T) is used to lock Leg Curl Assembly to the Main Frame for doing specific exercises.

CAUTION

1. Allowing leg curl arm to free fall or bang into front leg can cause damage to the frame and leg curl. Do not exceed 100 lbs. of weight.
2. When weights are used on the leg curl the same amount of weight should be added to the rear of the bench. This can be done by placing a weighted barbell across the uprights or having your training partner stand on the frame base.
3. Use locking collars from dumbbells to secure weights on leg curl weight pins.