

NN-1054

C240

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

WEIDER®

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

TABLE OF CONTENTS

	PAGE
Diagram	1
Parts List	2
Repair Parts and Service	2
Hardware	3
Assembly Instructions	4
Step 1 Base Frame Assembly	4
Step 2 Main Frame Assembly	5
Step 3 Backrest and Seat Preparation	5
Step 4 Backrest and Seat	6
Step 5 Replacement of Short Angle Iron	6
Step 6 Leg Curl Assembly	7
Step 7 Completing Bench	7

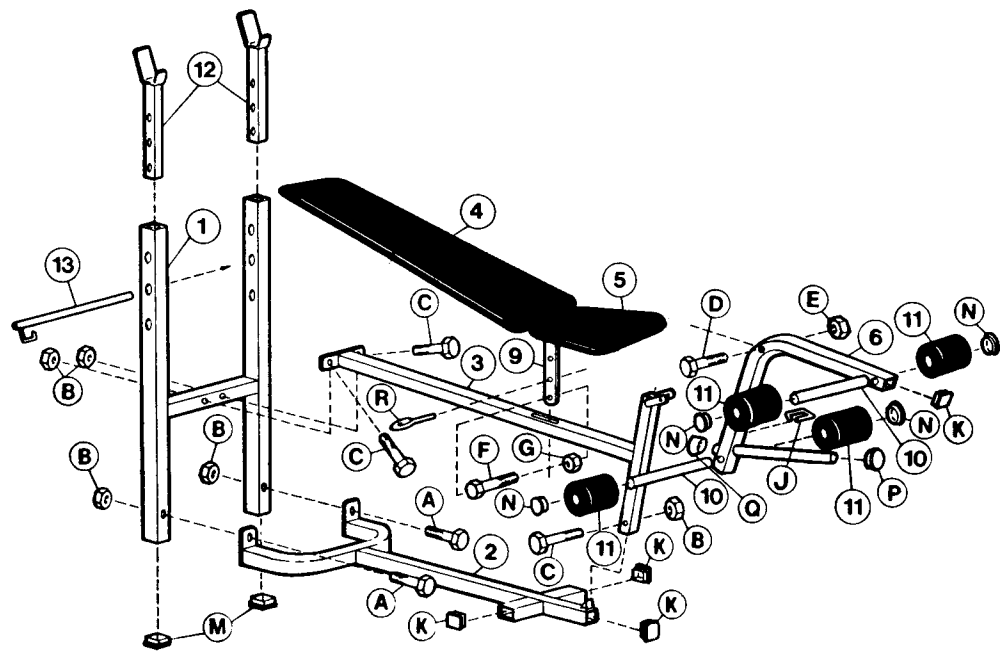


DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
1	UPRIGHT	1	CA25-0235
2	BASE FRAME	1	CA25-0180
3	MAIN FRAME	1	CC04-0191
4	BACKREST	1	CC04-0359
5	SEAT	1	CC04-0360
6	LEG CURL	1	CA25-0183
7	LONG ANGLE IRON	2	CC04-6126
8	SHORT ANGLE IRON	2	CC04-6127
9	SEAT ADJ T	1	CA25-6120
10	PAD BAR	2	CA25-6121
11	FOAM PAD	4	CC04-0411
12	ADJUSTABLE UPRIGHT	2	CA25-0236
13	BACKREST ADJ BAR	1	CA06-6054
	HARDWARE BAG	1	CC04-5797
A	5/16"-20 X 2 1/2" HEX HEAD BOLT	2	HH-5015
B	5/16"-20 LOCK NUT	5	HH-5021
C	5/16"-20 X 2" HEX HEAD BOLT	3	HH-5017
D	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
E	3/8"-16 LOCK NUT	1	HH-5013
F	1/4"-20 X 3/4" MACHINE SCREW	1	HH-5022
G	1/4"-20 LOCK NUT	1	HH-5011
H	*1/4"-20 X 3/4" HEX HEAD BOLT	8	HH-5032
J	LOCKING PIN	1	WW-7004
K	1 1/2" SQUARE PLASTIC CAP	4	AA-8001
M	2" SQUARE PLASTIC CAP	2	AA-8002
N	3/4" ROUND PLASTIC CAP	4	AA-8004
P	1" ROUND PLASTIC CAP	1	AA-8005
Q	1" COVER CAP	1	AA-8070
R	EYELET PIN	1	WW-7005
	UPRIGHT DECAL	2	DE-4063
	INSTRUCTION MANUAL	1	CNN-1054
	*PREASSEMBLED WITH BACKREST AND SEAT		

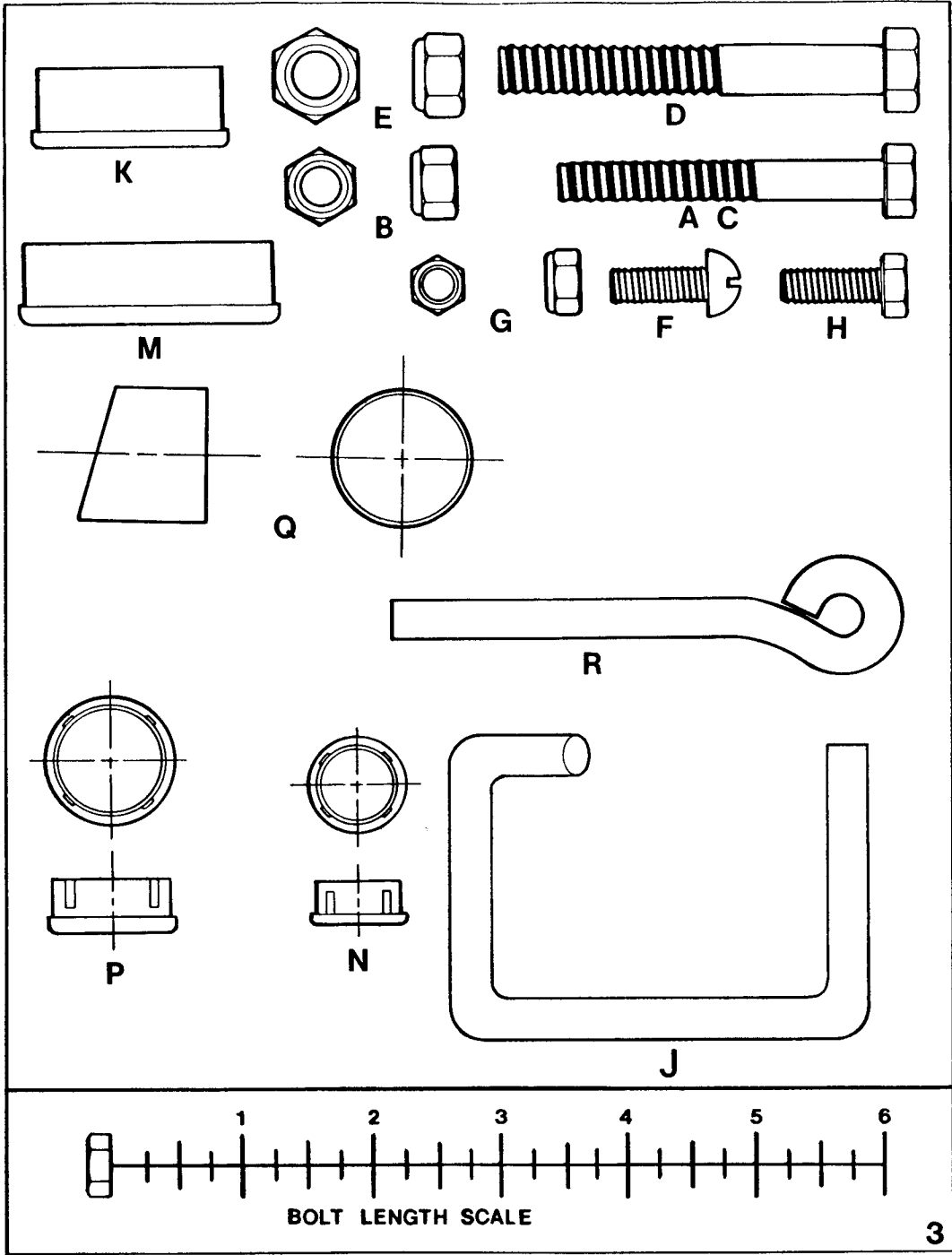
REPAIR PARTS AND SERVICE

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL., 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT.

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OR A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
 ● MODEL NO. ● NAME OF PART ● ORDERING NUMBER



WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

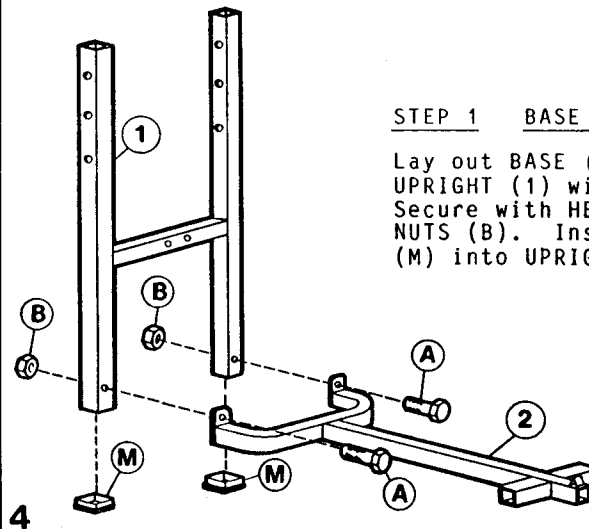
ASSEMBLY INSTRUCTIONS

BEFORE STARTING, REMOVE ALL PIECES FROM THE BOX AND PACKING AND LAY THEM OUT ON A CLEAN SURFACE.

CHECK THE PARTS LIST TO VERIFY THAT YOU HAVE ALL THE PIECES. THE DIAGRAM ON PAGE 1 WILL ALSO BE HELPFUL. CHECK THE HARDWARE WITH THE HELP OF PAGE 3 AND THE PARTS LIST ON PAGE 2.

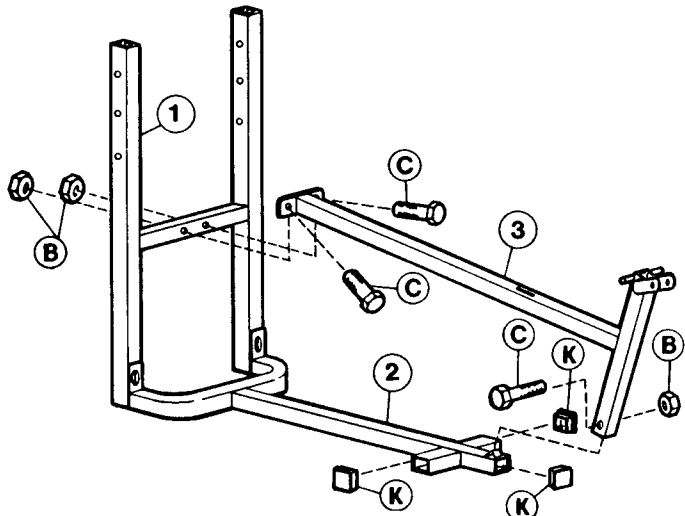
TOOLS NEEDED:

FLAT HEAD SCREWDRIVER
ADJUSTABLE WRENCH
PLIERS
HAMMER



STEP 1 BASE FRAME ASSEMBLY

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

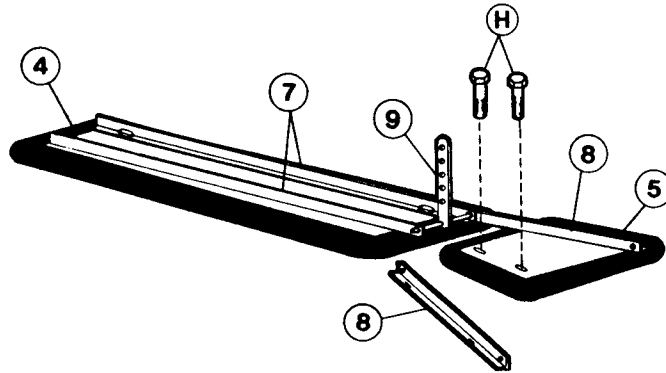


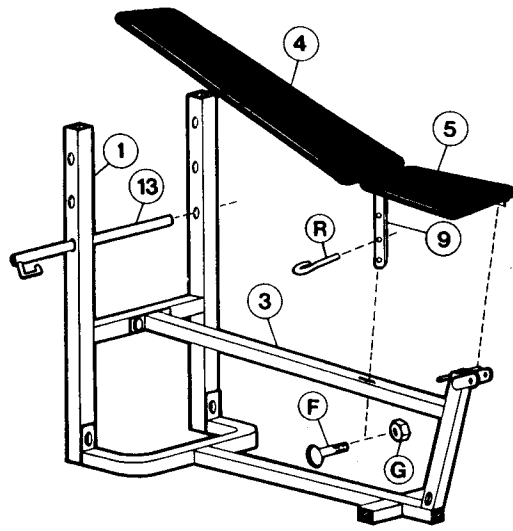
STEP 2 MAIN FRAME ASSEMBLY

Place MAIN FRAME (3) into position as shown. Align bolt holes and attach to UPRIGHT (1) with 2 HEX HEAD BOLTS (C) and 2 LOCK NUTS (B). Finger tighten. Secure front of MAIN FRAME (3) with HEX HEAD BOLT (C) and LOCK NUT (B). At this time make sure to tighten all bolts of frame assembly. Place 3 SQUARE PLASTIC CAPS (K) into BASE (2).

STEP 3 BACKREST AND SEAT PREPARATION

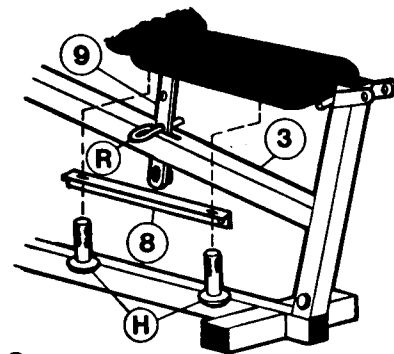
The BACKREST (4) and SEAT (5) are shipped assembled. Turn this assembly over to expose the work area. Remove 2 HEX HEAD BOLTS (H) from seat and then remove 1 SMALL ANGLE IRON (8).





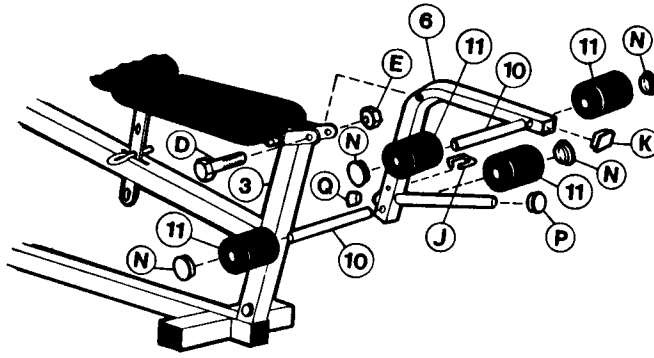
STEP 4 BACKREST AND SEAT

To aid in this assembly, slide BACKREST ADJ. BAR (13) 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 (8) over pivot rod on MAIN FRAME (3) and place SEAT ADJ. T (9) through slot on MAIN FRAME (3). MACHINE SCREW (F) and LOCK NUT (G) are placed in the last hole of SEAT ADJ. T (9) to prevent the SEAT ADJ. T from leaving the slot in the MAIN FRAME (3). EYELET PIN (R) is used to adjust the height of the BACKREST and SEAT ASSEMBLY.



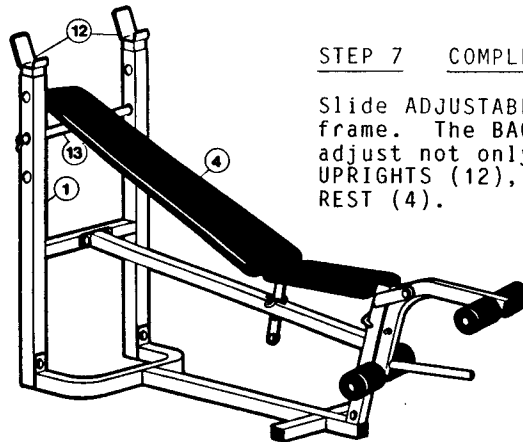
STEP 5 REPLACEMENT OF SHORT ANGLE IRON

To aid in this assembly EYELET PIN (R) should be placed so that the highest possible position of the seat is achieved. Slide SHORT ANGLE IRON (8) over pivot rod on MAIN FRAME (3) and pivot rod on SEAT ADJ T (9). Replace 2 HEX HEAD BOLTS (H) that were removed in STEP 3.



STEP 6 LEG CURL ASSEMBLY

Position LEG CURL (6) between leg curl brackets on MAIN FRAME (3). Secure with HEX HEAD BOLT (D) and LOCK NUT (E). Do not over tighten! Repeat the following instructions until all leg curl parts are in place. First slide PAD BAR (10) through proper hole in LEG CURL (6) until equal amounts of bar are on both sides of LEG CURL (6). To help with the following step, a small amount of liquid dish detergent should be applied to both ends of PAD BAR (10). This acts as a lubricant in assembling FOAM PADS (11) and also acts as an adhesive after it has dried. Slide FOAM PAD (11) onto each end of PAD BAR (10). Insert PLASTIC CAP (K) into end of LEG CURL (6). Insert PLASTIC CAP (P) into weight pin on LEG CURL (6). Place COVER CAP (Q) over rear extended piece of weight pin. LOCKING PIN (J) is used to lock LEG CURL (6) to Main Frame for doing specified exercises.



STEP 7 COMPLETING BENCH

Slide ADJUSTABLE UPRIGHTS (12) into upright frame. The BACKREST ADJ BAR (13) is used to adjust not only the position of the ADJUSTABLE UPRIGHTS (12), but also the angle of the BACKREST (4).