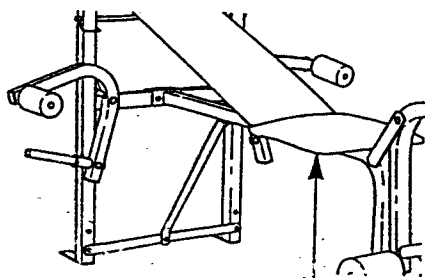


# weïder® WFS

## WEIDER FITNESS SYSTEM

Model No. WB1350

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



Serial Number Decal (Under Seat).

### QUESTIONS?

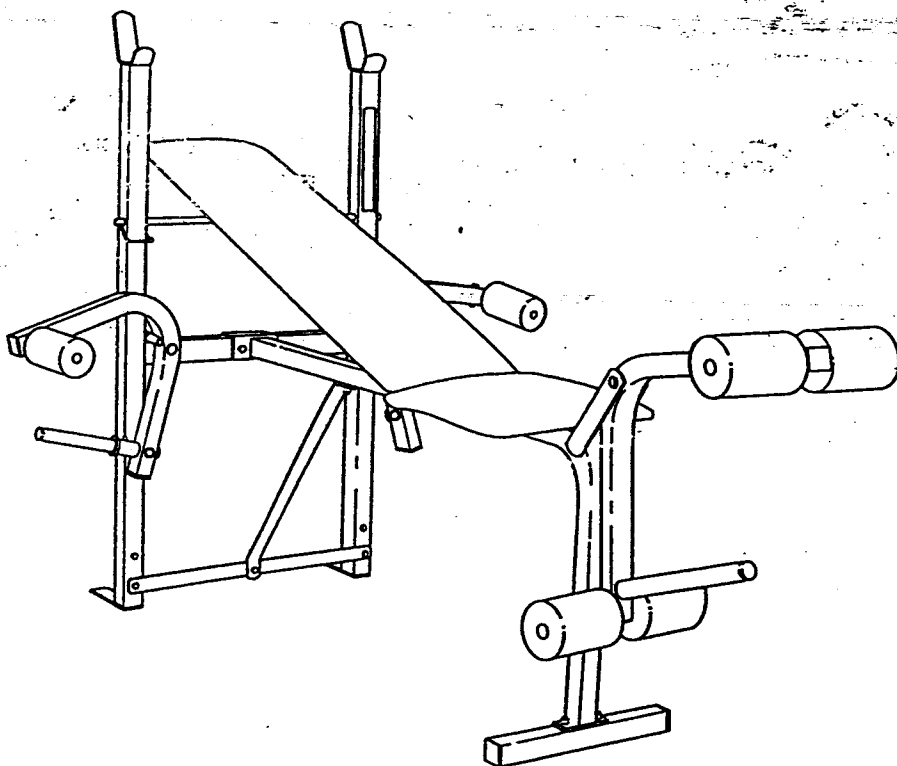
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**  
1-800-225-0653, Mon.-Fri.,  
6 a.m.-6 p.m. Mountain Time

### CAUTION!

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

## SERIES 135



## OWNER'S MANUAL

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## IMPORTANT SAFETY PRECAUTIONS

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

1. Read all instructions in this manual and in the accompanying literature before using the weight bench.
2. Use the weight bench only on a level surface. It is recommended that the floor beneath the weight bench be covered for protection.
3. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
4. Keep small children away from the weight bench at all times.
5. Keep hands and feet away from moving parts.
6. Always wear athletic shoes for foot protection when exercising.
7. The weight bench is designed to support a maximum of 300 pounds, including the user, weight bar, and weights. Do not place more than 110 pounds, including the weight bar and weights, on the barbell rests. Do not place more than 50 pounds on the leg lever. Do not place more than 30 pounds on each arm.
8. When using the barbell, make sure that there is an equal amount of weight on each end of the barbell, and that the weights are secured to the barbell with the collars.
9. Do not use a barbell longer than 5 feet.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

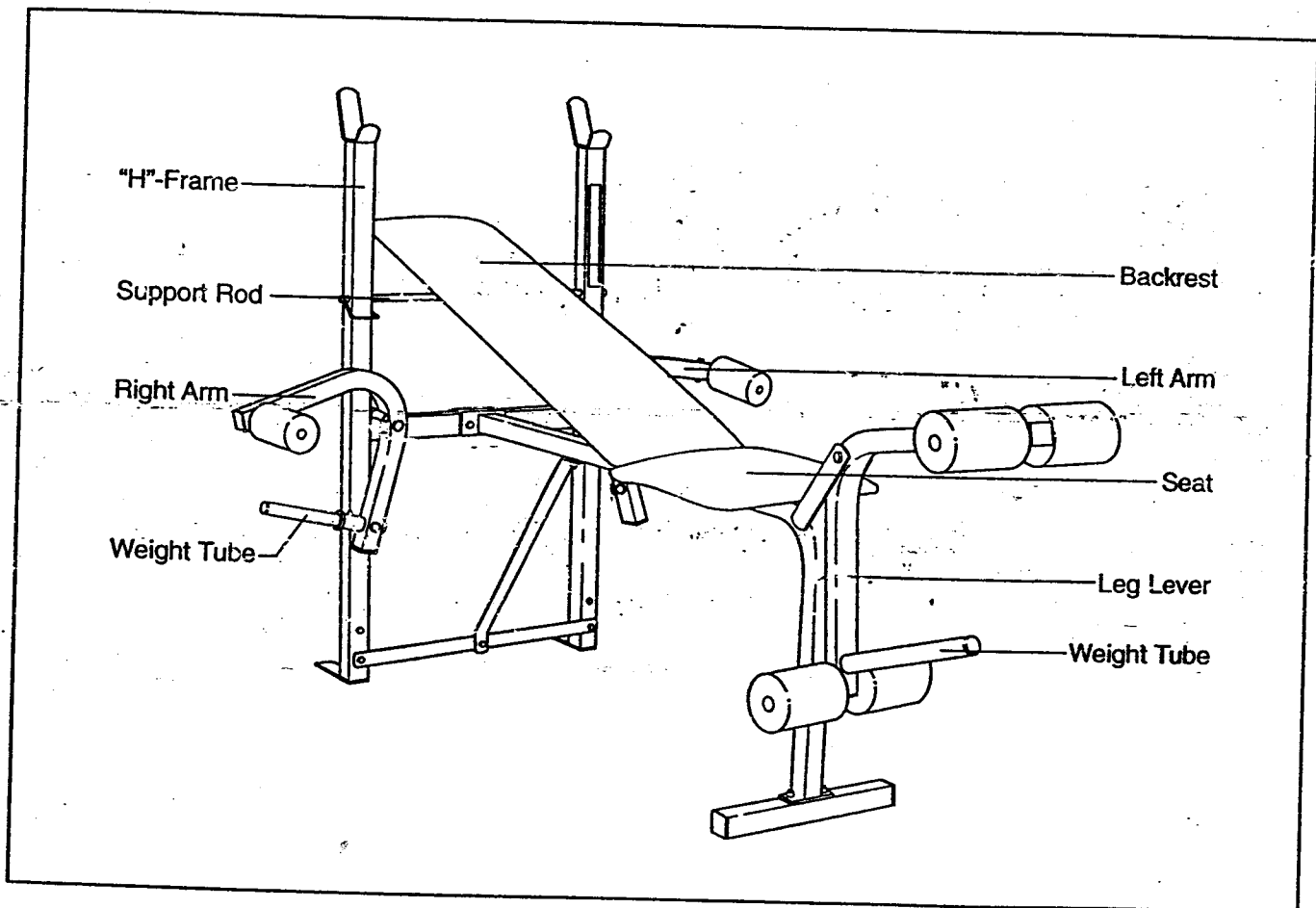
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained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

# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® WFS SERIES 135 Weight Bench. The SERIES 135 Weight Bench is designed to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the SERIES 135 Weight Bench will help you to achieve the specific results you want.

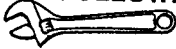
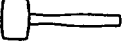

**For your safety and benefit, read this manual carefully before using the SERIES 135 Weight Bench.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WB1350. The serial number can be found on a decal attached to the SERIES 135 Weight Bench (see the front cover of this manual).

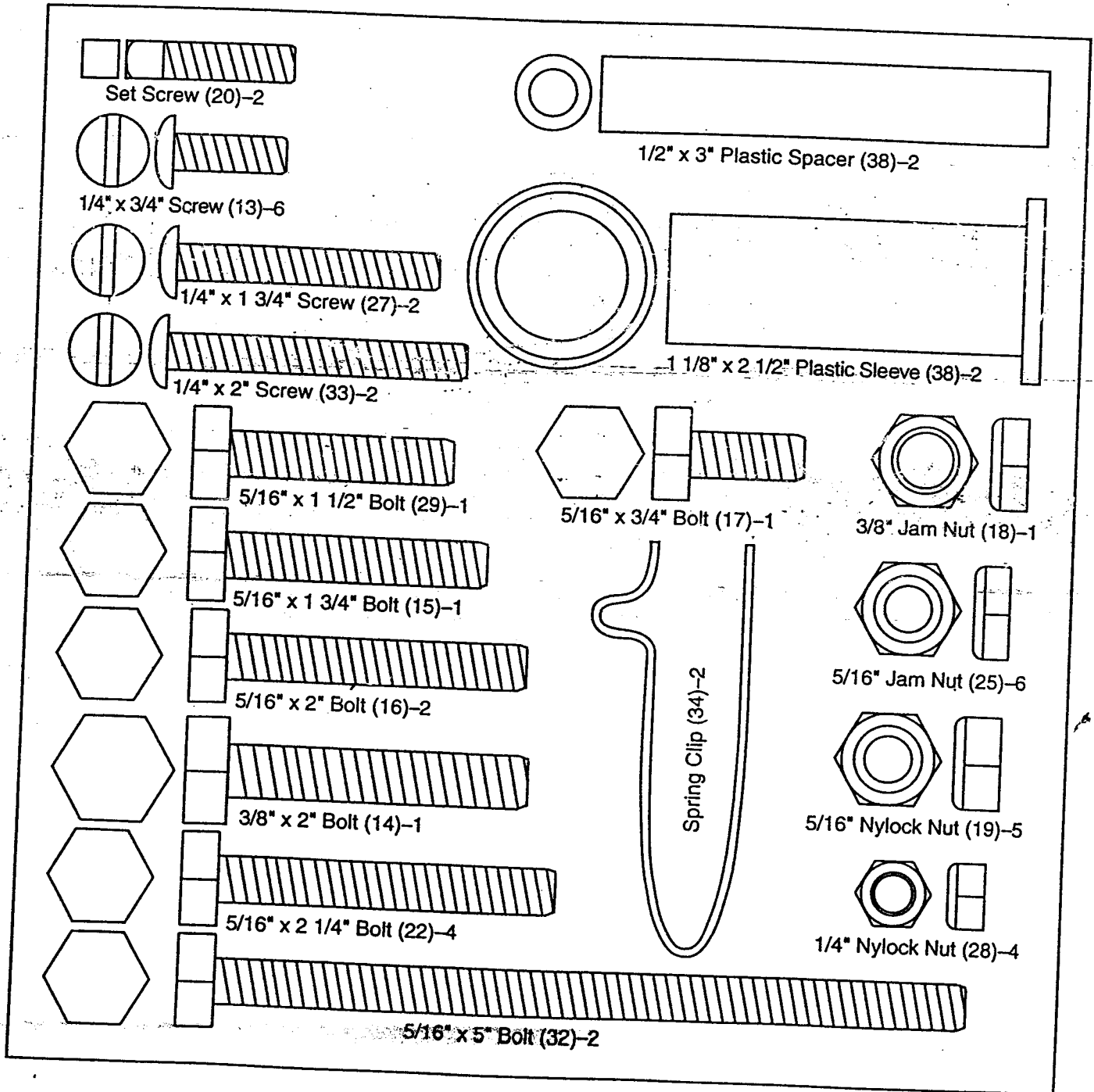
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

Place all parts of the weight bench in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before beginning assembly, read each step and look at each drawing carefully. As you assemble the weight bench, make sure that all parts are oriented exactly as shown in the drawings. Tighten all parts as you attach them, unless instructed to do otherwise. For help identifying the small parts used in assembly, refer to the chart below. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. Note: Some of the small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.

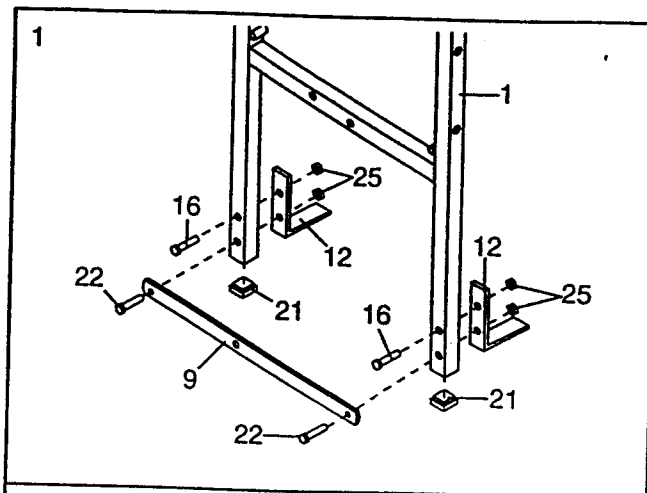
THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY: Two adjustable wrenches  a rubber mallet  and a standard screwdriver . A small amount of lubricant, such as grease or petroleum jelly, is also required.



1. Press a 1 1/2" Square Inner Cap (21) into each side of the "H"-Frame (1).

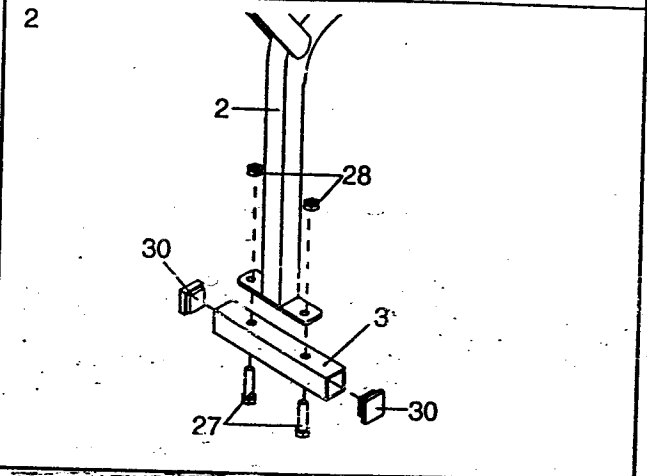
Attach the Cross Brace (9) and the two "L"-Brackets (12) to the lower end of the "H"-Frame (1) with two 5/16" x 2 1/4" Bolts (22) and two 5/16" Jam Nuts (25) as shown.

Attach the upper ends of the "L"-Brackets (12) to the "H"-Frame (1) with the two 5/16" x 2" Bolts (16) and two 5/16" Jam Nuts (25).



2. Press a 1 1/4" Square Inner Cap (30) into each end of the Stabilizer (3).

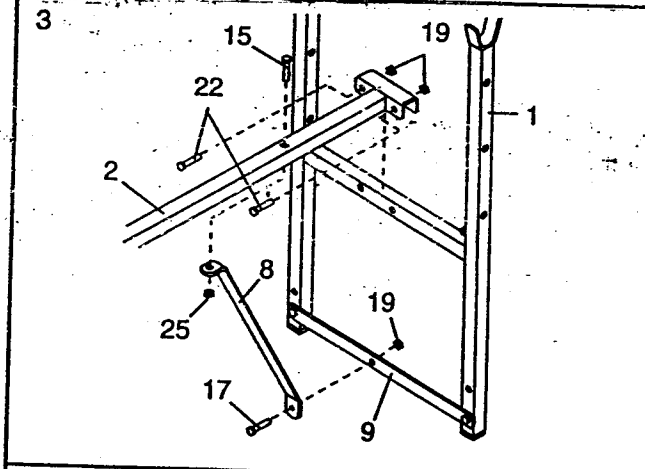
Attach the Stabilizer (3) to the Main Frame (2) with the two 1/4" x 1 3/4" Screws (27) and two 1/4" Nylock Nuts (28).



3. Attach the Main Frame (2) to the "H"-Frame (1) with two 5/16" x 2 1/4" Bolts (22) and two 5/16" Nylock Nuts (19).

Attach the Diagonal Brace (8) to the Main Frame (2) with a 5/16" x 1 3/4" Bolt (15) and a 5/16" Jam Nut (25).

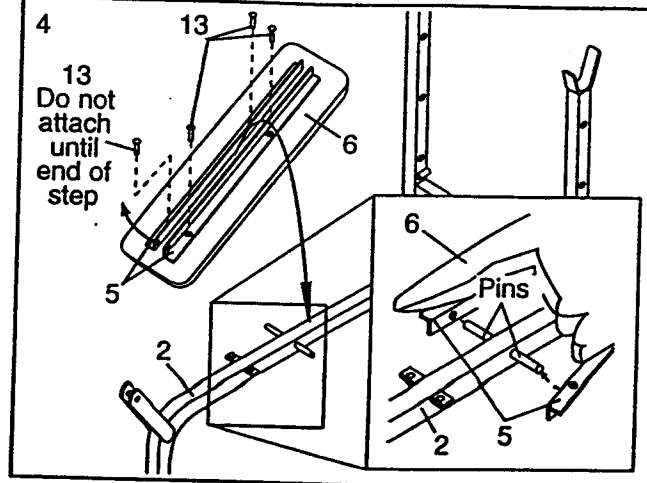
Attach the Diagonal Brace (8) to the Cross Brace (9) with the 5/16" x 3/4" Bolt (17) and a 5/16" Nylock Nut (19).



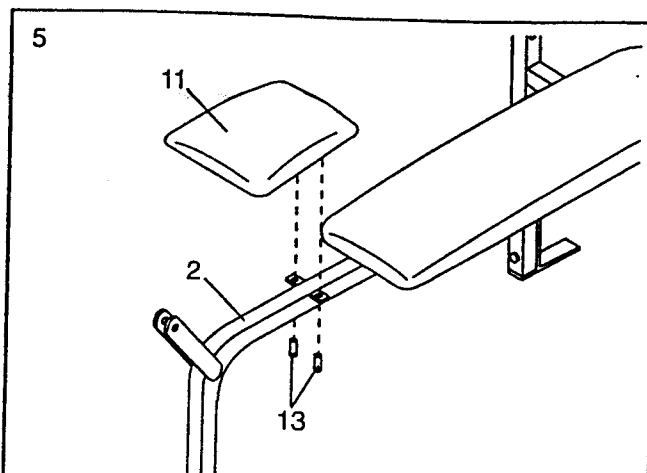
4. Attach one Backrest Bracket (5) to the Backrest (6) with two 1/4" x 3/4" Machine Screws (13). Attach the other Backrest Bracket to the Backrest with one 1/4" x 3/4" Screw (13). A second 1/4" x 3/4" Screw (13) will be attached at the end of this assembly step.

Slide the ends of both Backrest Brackets (5) onto the pins on the Main Frame (2) (see the inset drawing).

Attach the free end of the Backrest Bracket (5) to the Backrest (6) with a 1/4" x 3/4" Screw (13).



5. Attach the Seat (11) to the brackets on the Main Frame (2) with two 1/4" x 3/4" Screws (13).

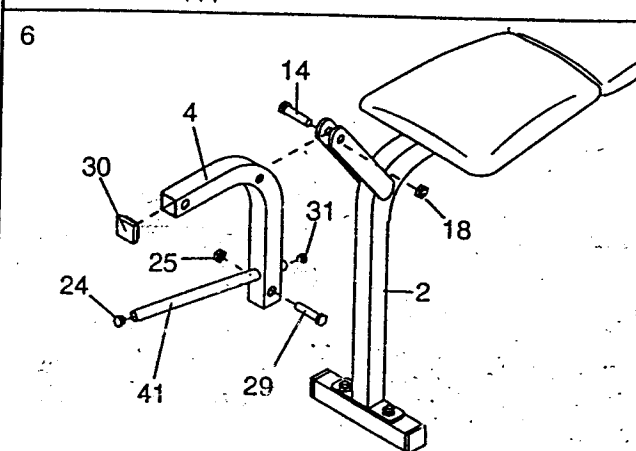


6. Attach the 11 3/4" Weight Tube (41) to the Leg Lever (4) with the 5/16" x 1 1/2" Bolt (29) and a 5/16" Jam Nut (25).

Press a 1" Round Inner Cap (24) into the indicated end of the 11 3/4" Weight Tube (41). Press the 1" Angled Round Cap (31) onto the Weight Tube.

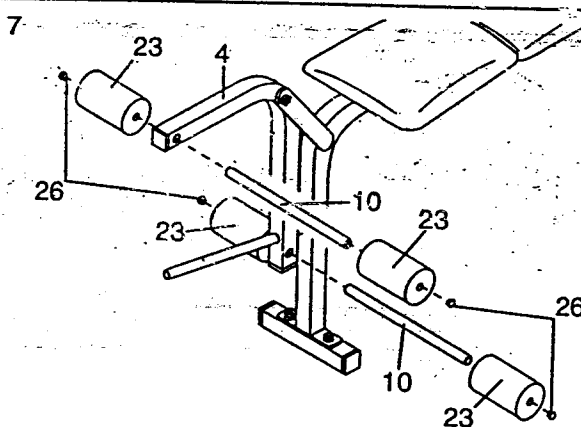
Press a 1 1/4" Square Inner Cap (30) into the indicated end of the Leg Lever (4).

Attach the Leg Lever (4) to the Main Frame (2) with the 3/8" x 2" Bolt (14) and a 3/8" Jam Nut (18). Do not overtighten the Jam Nut. The Leg Lever must be able to pivot freely.



7. Press two 3/4" Round Caps (26) into each of the Pad Tubes (10).

Insert the Pad Tubes (10) through the holes in the Leg Lever (4). Slide two 5" Foam Pads (23) onto each of the Pad Tubes (10).

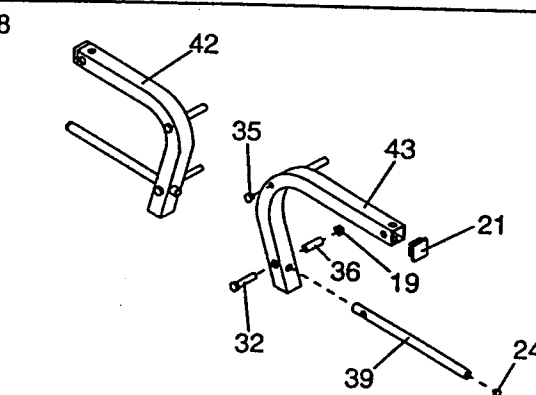


8. Press a 1 1/2" Square Cap (21) into the indicated end of the Left Arm (43). Press a 7/8" Round Inner Cap (35) into the indicated hole in the Left Arm.

Attach an 11" Weight Tube (39) to the Left Arm (43) with a 5/16" x 5" Bolt (32), a 1/2" x 3" Plastic Spacer (36), and a 5/16" Nylock Nut (19) as shown.

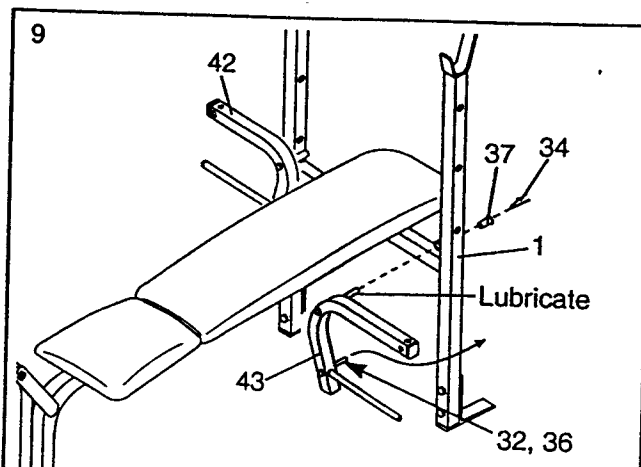
Press a 1" Round Cap (24) into the indicated end of the 11" Weight Tube (39).

Repeat this assembly step with the Right Arm (42).



9. Using a rubber mallet, tap a 1 1/8" x 2 1/2" Plastic Sleeve (37) into the tube on the indicated side of the "H"-Frame (1). Using grease or petroleum jelly, lubricate the axle on the Left Arm (43). Insert the axle through the tube and the Plastic Sleeve. Make sure that the 5/16" x 5" Bolt (32) and the 1/2" x 3" Plastic Spacer (36) are resting against the outside of the "H"-Frame. Insert a Spring Clip (34) into the axle. Make sure that the Spring Clip snaps into the hole near the end of the axle.

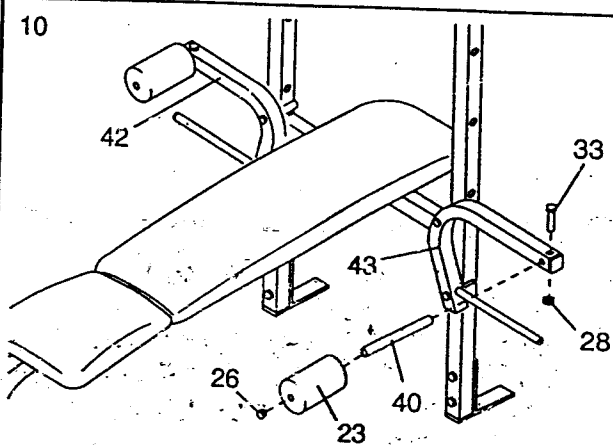
Attach the Right Arm (42) in the same manner.



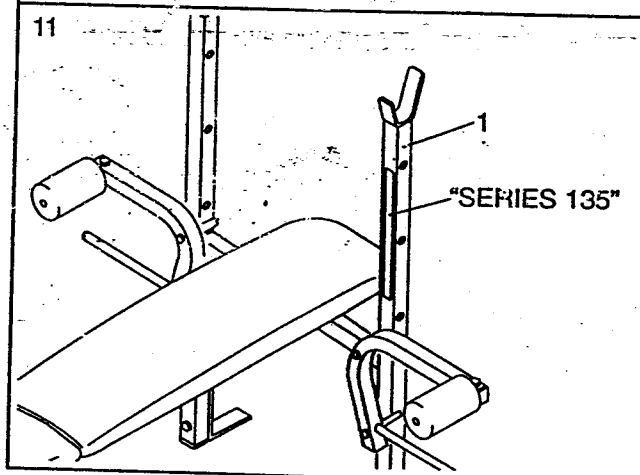
10. Attach a 9" Pad Tube (40) to the Left Arm (43) with a 1/4" x 2" Screw (33) and a 1/4" Nylock Nut (28). Slide a 5" Foam Pad (23) onto the Pad Tube. Press a 3/4" Round Inner Cap (26) into the indicated end of the 9" Pad Tube (40).

Press a 3/4" Round Inner Cap (26) into the indicated end of the 9" Pad Tube (40).

Repeat this assembly step with the Right Arm (42).



11. Attach the "SERIES 135" decal to the "H"-Frame (1) in the indicated location.



The use of all remaining parts will be explained in USING THE WEIGHT BENCH on page 8 of this manual.

# USING THE WEIGHT BENCH

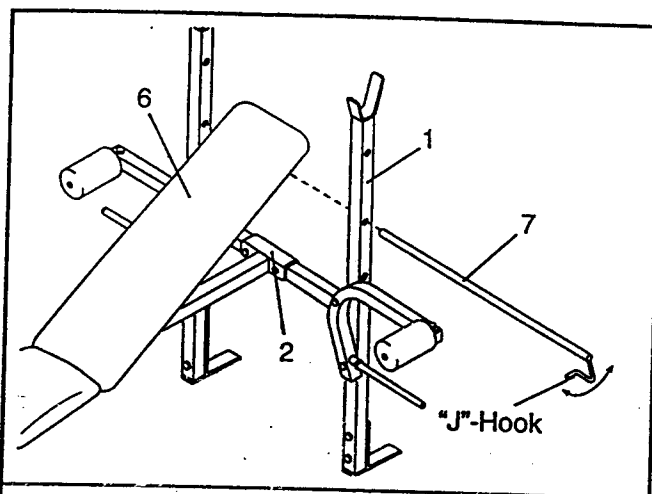
The instructions below describe how the weight bench can be adjusted. Refer to the exercise guide included with this manual for information about exercises that can be performed with the weight bench.

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

## ADJUSTING THE BACKREST

The Backrest (6) can be used in either a level position or an inclined position. To use the Backrest in a level position, remove the Support Rod (7) and lay the Backrest on the Main Frame (2).

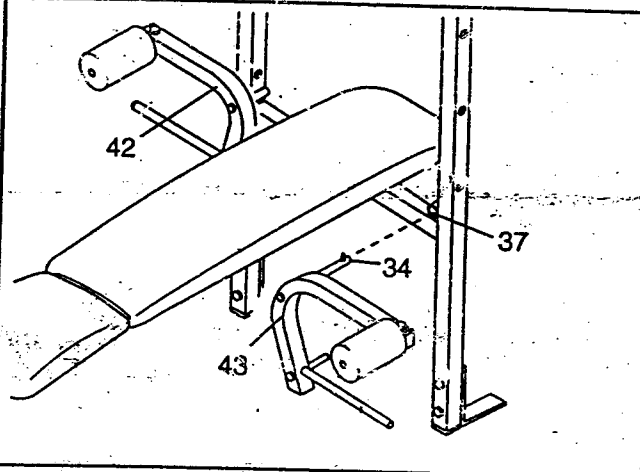
To use the Backrest (6) in an inclined position, first lift the Backrest. Insert the Support Rod (7) through one of the three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the "J"-Hook around one side of the "H"-Frame. Lay the Backrest on the Support Rod.



## REMOVING AND ATTACHING THE ARMS

To perform some exercises, the Left and Right Arms (43, 42) must be removed. To remove the Left Arm (43), press the Spring Clip (34) and slide the axle on the Left Arm out of the 1 1/8" x 2 1/2" Plastic Sleeve (37). Remove the Right Arm (42) in the same manner.

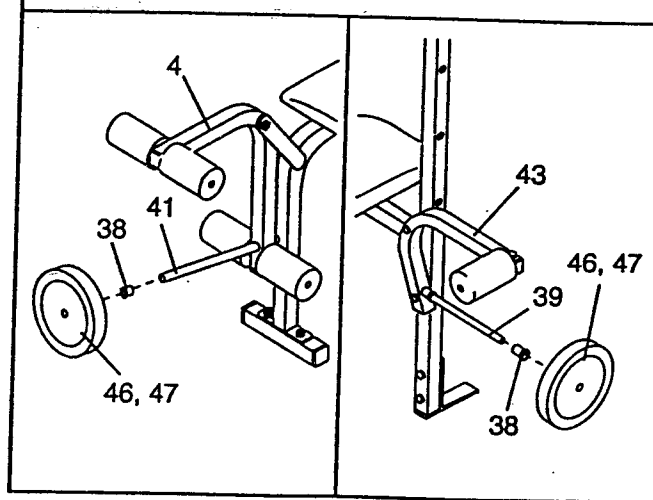
To re-attach the Left Arm (43), press the Spring Clip (34) and insert the axle on the Left Arm through the 1 1/8" x 2 1/2" Plastic Sleeve (37) on the indicated side of the "H"-Frame (1). Re-attach the Right Arm (42) in the same manner.



## ATTACHING WEIGHTS TO THE WEIGHT BENCH

To use the Leg Lever (4), first slide a Weight Stop (38) onto the 11 3/4" Weight Tube (41). Next, slide the desired Large and Small Weights (46, 47) onto the Weight Tube. **WARNING: Do not place more than 50 pounds on the Leg Lever.**

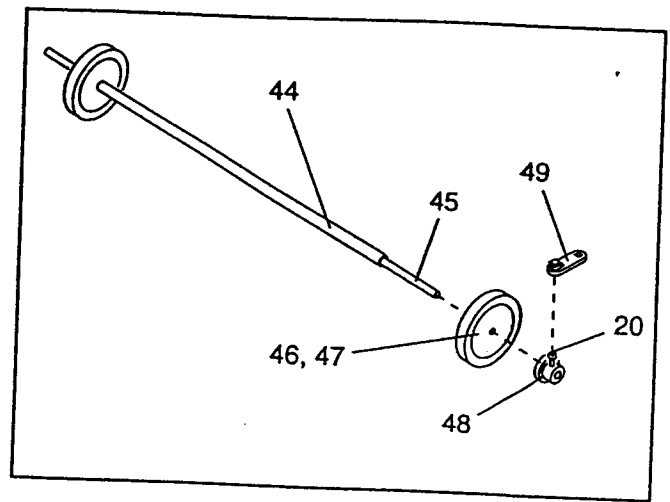
To use the Arms (42, 43), first slide a Weight Stop (38) onto each 11" Weight Tube (39). Next, slide the desired Large and Small Weights (46, 47) onto the Weight Tubes. **WARNING: Do not place more than 30 pounds on each Arm.**





## ATTACHING WEIGHTS TO THE BARBELL

Slide the same number of Large and Small Weights (46, 47) onto each end of the Barbell (45). Slide a Collar (48) onto each end of the Barbell. Slide the Collars and the Weights against the Nylon Sleeve (44). Tighten the Set Screws (20) with the Set Screw Wrench (49). Make sure that the Weights cannot move back and forth on the Barbell.



# PART LIST—Model No. WB1350

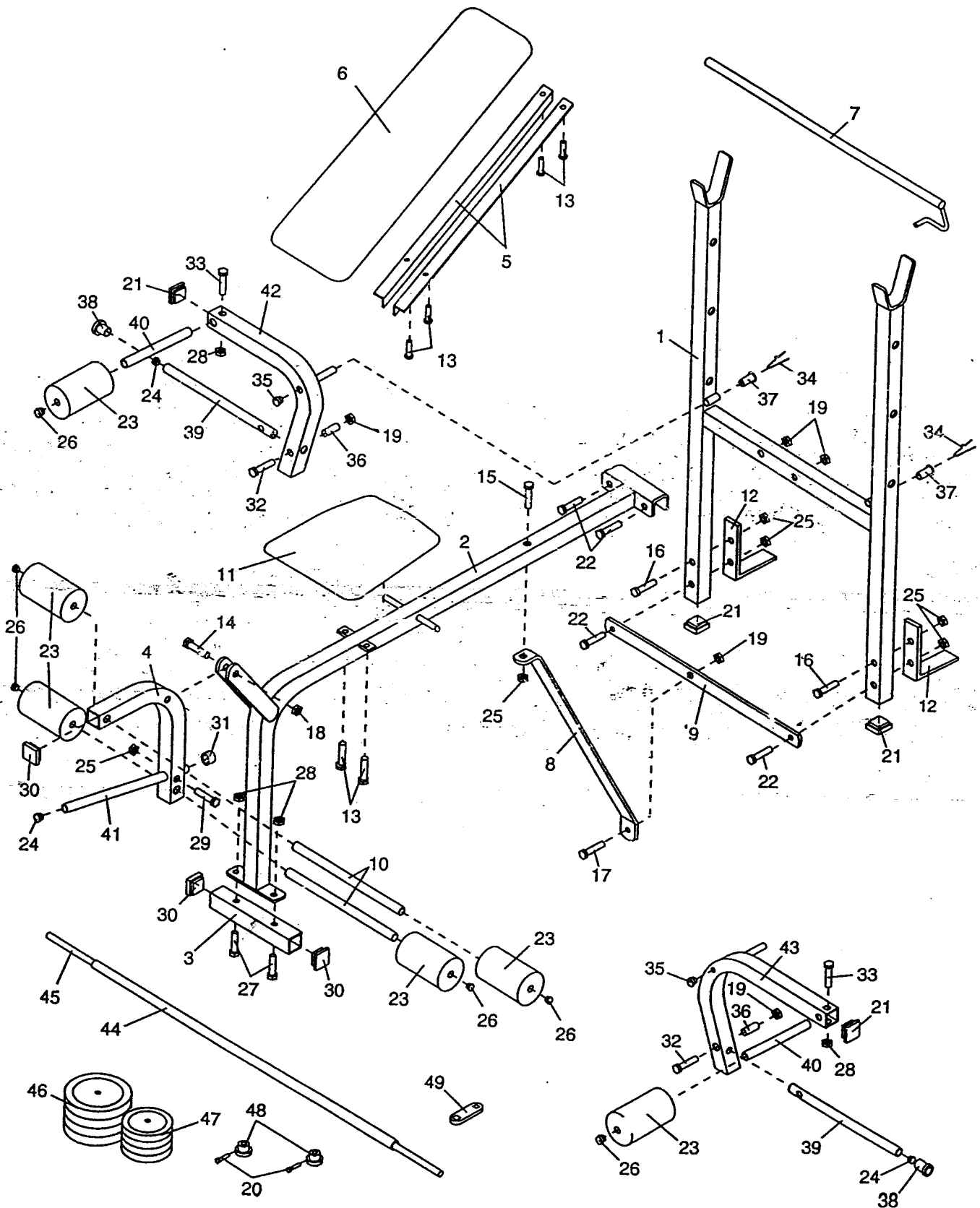
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	"H"-Frame	27	2	1/4" x 1 3/4" Screw
2	1	Main Frame	28	4	1/4" Nylock Nut
3	1	Stabilizer	29	1	5/16" x 1 1/2" Bolt
4	1	Leg Lever	30	3	1 1/4" Square Inner Cap
5	2	Backrest Bracket	31	1	1" Angled Round Cap
6	1	Backrest	32	2	5/16" x 5" Bolt
7	1	Support Rod	33	2	1/4" x 2" Screw
8	1	Diagonal Brace	34	2	Spring Clip
9	1	Cross Brace	35	2	7/8" Round Inner Cap
10	2	Pad Tube	36	2	1/2" x 3" Plastic Spacer
11	1	Seat	37	2	1 1/8" x 2 1/2" Plastic Sleeve
12	2	"L"-Bracket	38	2	Weight Stop
13	6	1/4" x 3/4" Screw	39	2	11" Weight Tube
14	1	3/8" x 2" Bolt	40	2	9" Pad Tube
15	1	5/16" x 1 3/4" Bolt	41	1	11 3/4" Weight Tube
16	2	5/16" x 2" Bolt	42	1	Right Arm
17	1	5/16" x 3/4" Bolt	43	1	Left Arm
18	1	3/8" Jam Nut	44	1	Nylon Sleeve
19	5	5/16" Nylock Nut	45	1	Barbell
20	2	Set Screw	46	4	Large Weight
21	4	1 1/2" Square Inner Cap	47	4	Small Weight
22	4	5/16" x 2 1/4" Bolt	48	2	Collar
23	6	5" Foam Pad	49	1	Set Screw Wrench
24	3	1" Round Inner Cap	#	1	Owner's Manual
25	6	5/16" Jam Nut	#	1	"SERIES 135" Decal
26	6	3/4" Round Inner Cap	#	1	Exercise Guide

"#" Indicates a non-illustrated part. Specifications subject to change without notice. See back cover for information on ordering replacement parts.

# EXPLODED DRAWING—Model No. WB1350

R101394A



# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WB1350).
2. The SERIAL NUMBER of the product (serial number under seat).
3. The NAME of the product (WEIDER® WFS Series 135 Weight Bench).
4. The KEY NUMBER of the desired part(s) (see page 11 of this manual).
5. The DESCRIPTION of the desired part(s) (see page 11 of this manual).

## LIMITED WARRANTY

Weider, Inc. ("WEIDER"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER 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 WEIDER. 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 a WEIDER authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

WEIDER 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 OTHER 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 STATES 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 STATES 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 state to state.

**WEIDER, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**