

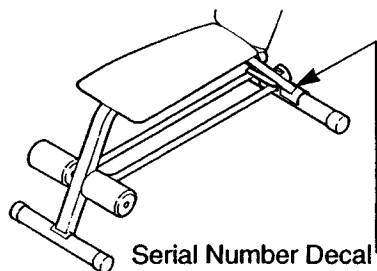
# weider® WFS

WEIDER FITNESS SYSTEM

PATENT PENDING

Model No. WB1750

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



## 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.

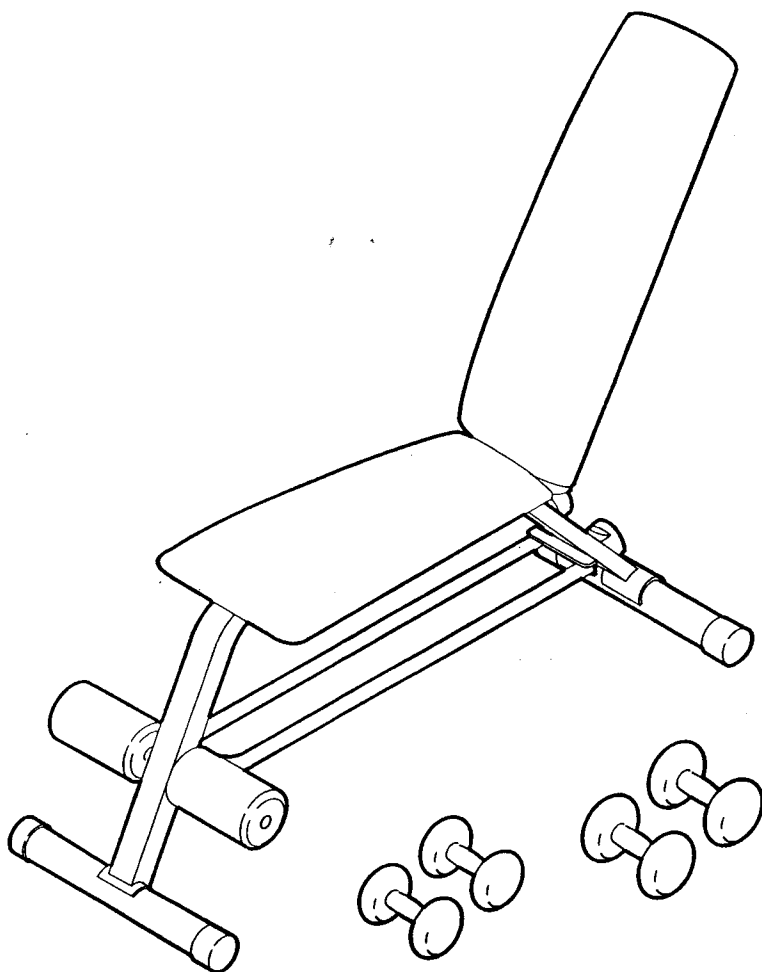
**CUSTOMER HOT LINE:**

**1-800-999-3756**

**Mon.-Fri., 6 a.m.-6 p.m. MST**

## CAUTION!

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



# 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. Always wear athletic shoes for foot protection when exercising.
6. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
7. The weight bench is designed to be used only with the included weights. Do not use heavier weights with the weight bench.

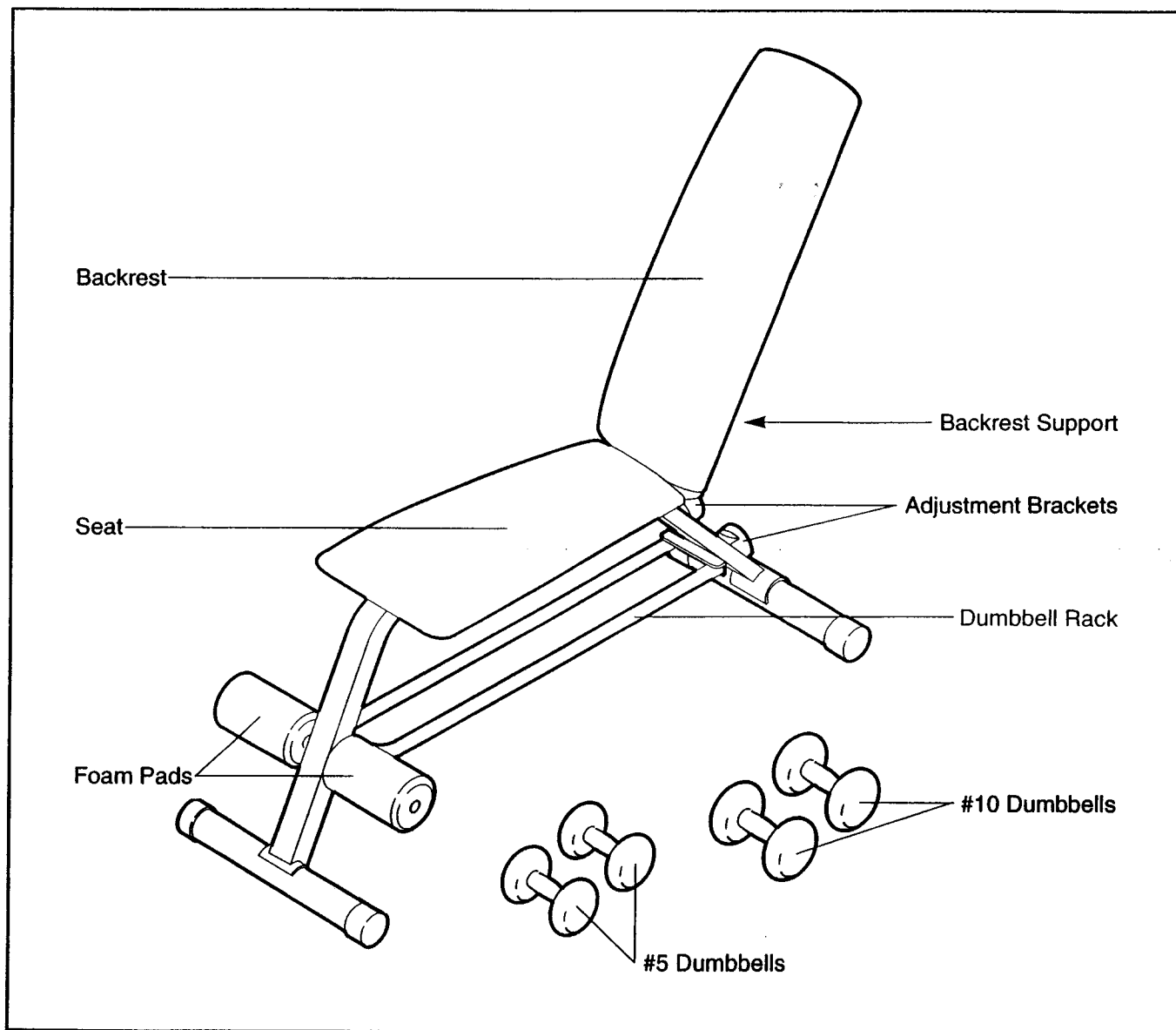
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained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

## BEFORE YOU BEGIN



Thank you for selecting the versatile WEIDER® WFS Weight Bench. The WEIDER® WFS Weight Bench is designed to let you shape and tone your body in as little as 30 minutes a day, three times a week, without leaving the comfort and convenience of your home.

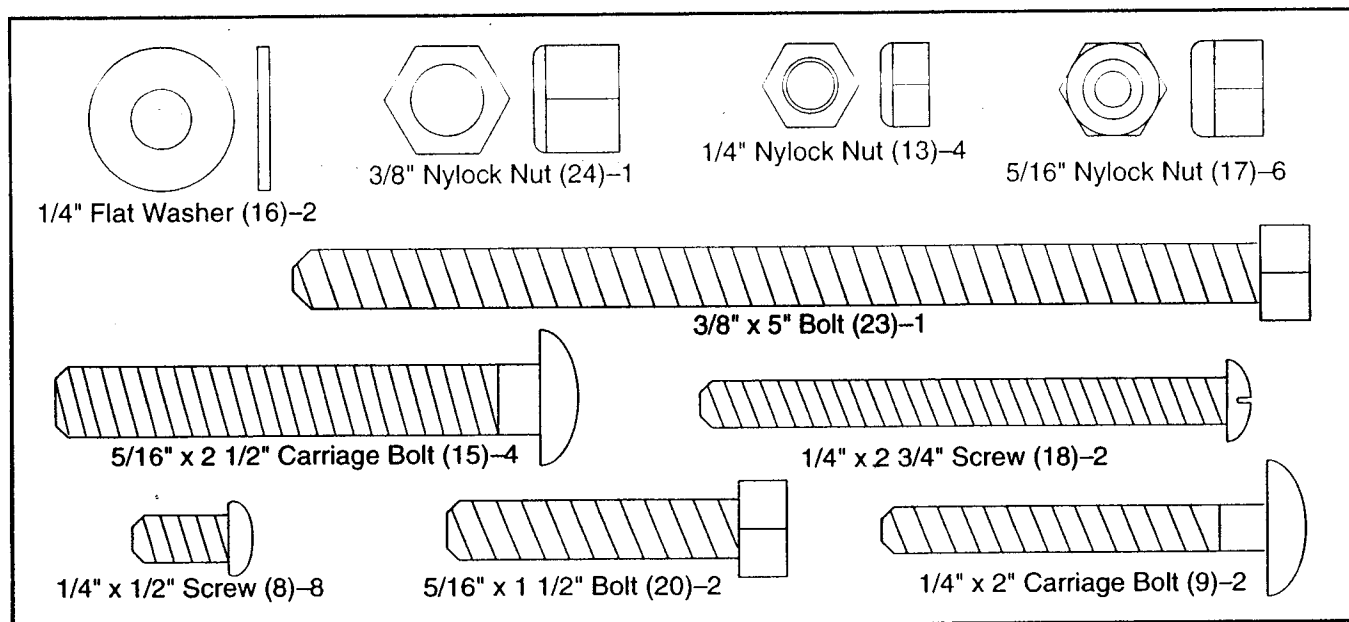
**For your safety and benefit, read this manual carefully before using the WEIDER® WFS Weight Bench.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WB1750. The serial number can be found on a decal attached to the WEIDER® WFS Weight Bench (see the front cover of this manual).

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



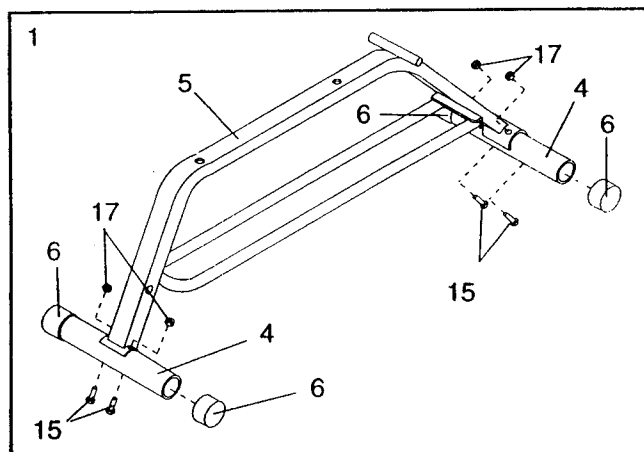
# ASSEMBLY

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. For help identifying the small parts used in assembly, refer to the drawings below. **TOOLS REQUIRED FOR ASSEMBLY (NOT INCLUDED):** two adjustable wrenches  and a standard screwdriver .



1. Press two Large Endcaps (6) onto each of the Stabilizers (4).

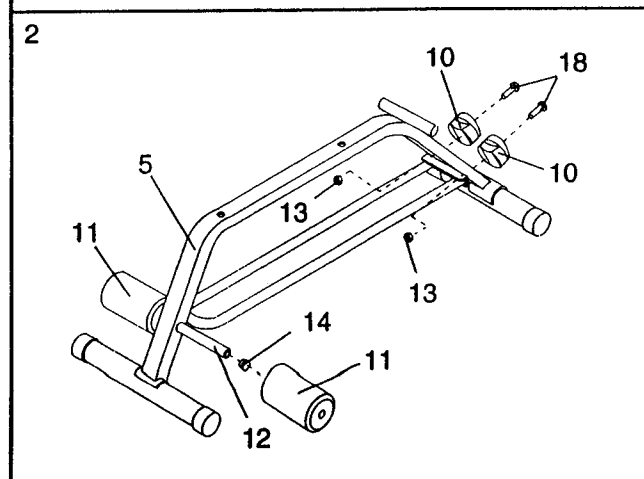
Attach a Stabilizer (4) to each end of the Frame (5) with two 5/16" x 2 1/2" Carriage Bolts (15), and 5/16" Nylock Nuts (17).



2. Press a Small Endcap (14) into each end of the Pad Tube (12).

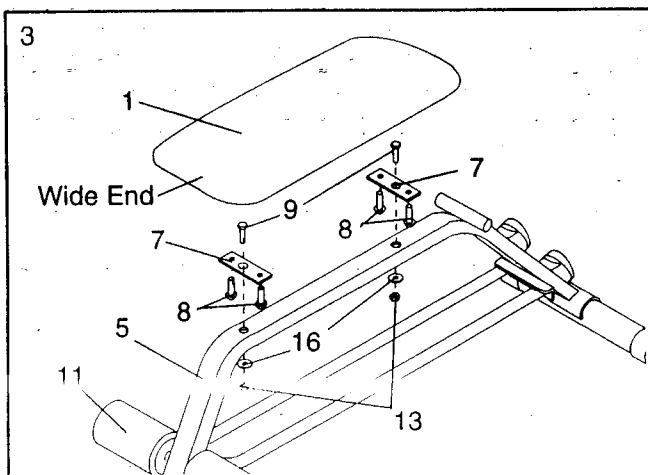
Insert the Pad Tube (12) into the indicated hole in the Frame (5). Center the Pad Tube and slide a Foam Pad (11) onto each end of it.

Attach the two Adjustment Brackets (10) to the Frame (5) with the two 1/4" x 2 3/4" Screws (18) and two 1/4" Nylock Nuts (13). Make sure that the notches in the Adjustment Brackets are at the top.



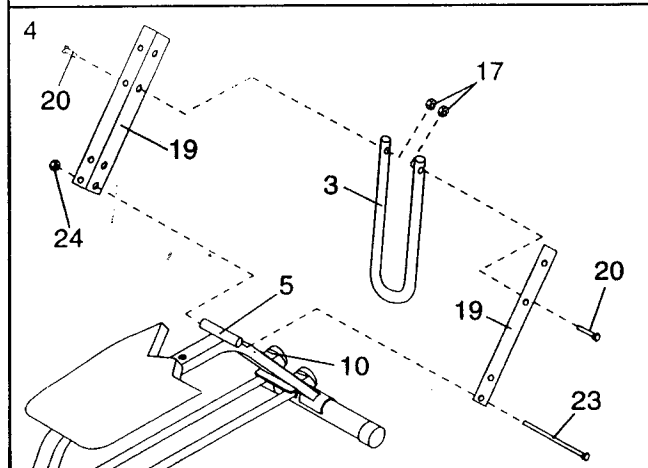
3. Attach the two Seat Brackets (7) to the Frame (5) with two 1/4" X 2" Carriage Bolts (9), 1/4" Washers (16) and 1/4" Nylock Nuts (13) as shown.

Attach the Seat (1) to the two Seat Brackets (7) with four 1/4" x 1/2" Screws (8). The Seat must be turned so the wide end is above the Foam Pads (11).



4. Attach a Backrest Bracket (19) to each side of the Backrest Support (3) with a 5/16" x 1 1/2" Bolt (20) and 5/16" Nylock Nut (17). Make sure that the Backrest Brackets are turned as shown.

Attach the Backrest Brackets (19) to the Frame (5) with the 3/8" x 5" Bolt (23) and 3/8" Nylock Nut (24). Raise the Backrest Brackets and rest the lower end of the Backrest Support (3) in the notch in the upper Adjustment Bracket (10).

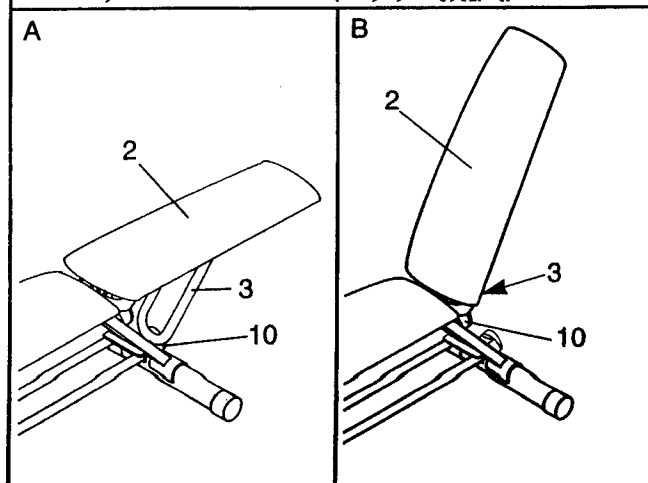
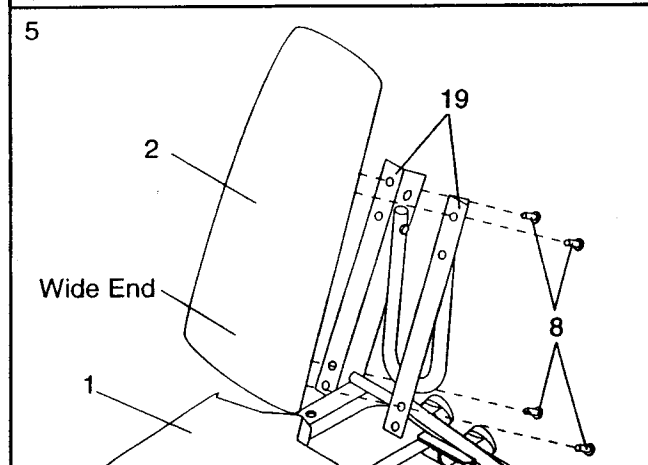


5. Attach the Backrest (2) to the two Backrest Brackets (19) with four 1/4" x 1/2" Screws (8). The Backrest must be turned so the wide end is next to the Seat (1).

Make sure that all parts are tight before using the weight bench. Set the #5 dumbbells and the #10 dumbbells on the rack beneath the seat.

### ADJUSTING THE BACKREST

The Backrest (2) can be adjusted to either an inclined position or a level position. To adjust the Backrest to the level position, rest the Backrest Support (3) in the notch in the lower Adjustment Bracket (10) (see inset drawing A). To adjust the Backrest to the inclined position, rest the Backrest Support (3) in the notch in the upper Adjustment Bracket (10) (see inset drawing B). Make sure that the Backrest Support is inside the notch.



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## MAINTENANCE

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

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## PART LIST—Model No. WB1750

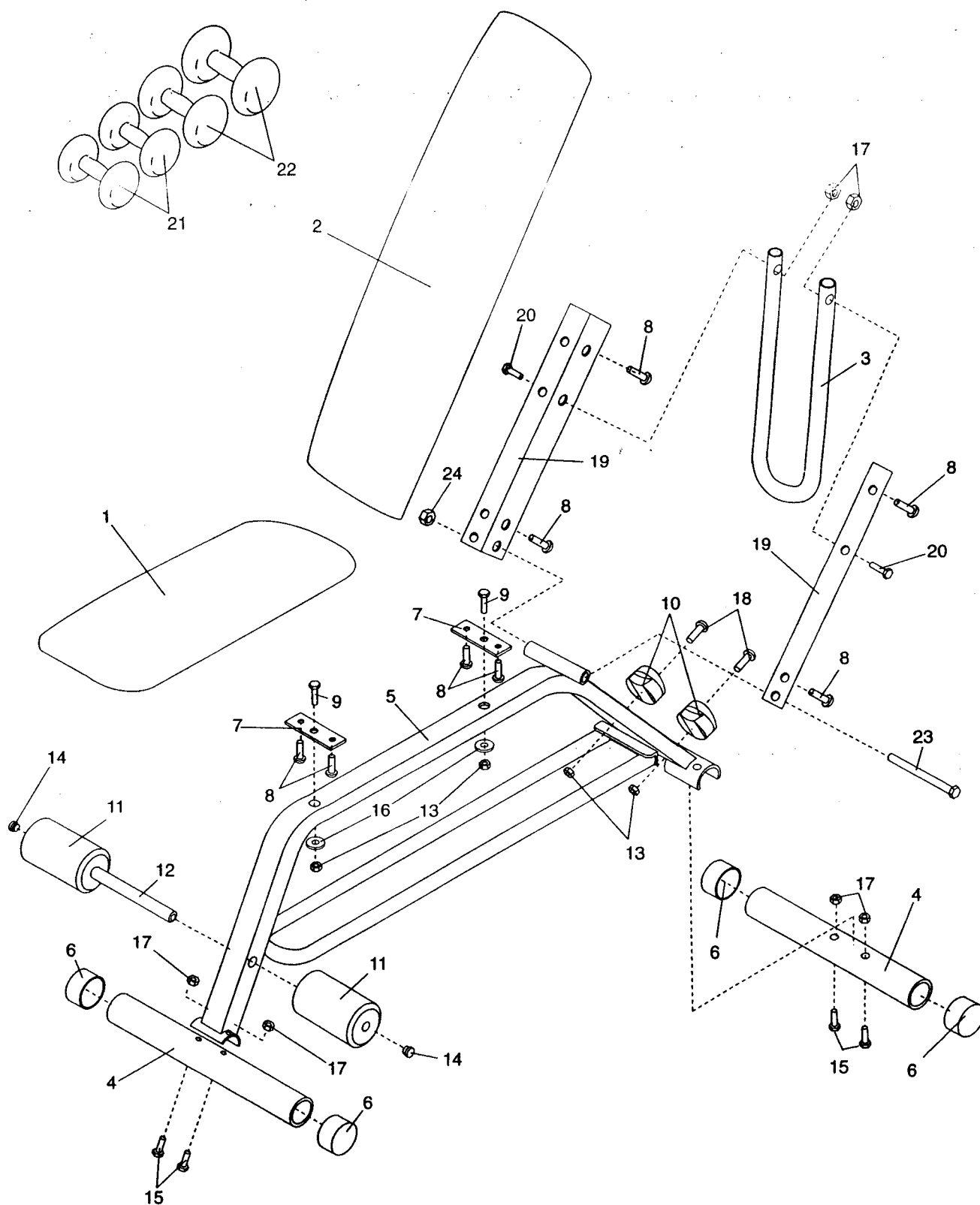
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	14	2	Small Endcap
2	1	Backrest	15	4	5/16" x 2 1/2" Carriage Bolt
3	1	Backrest Support	16	2	1/4" Washer
4	2	Stabilizer	17	6	5/16" Nylock Nut
5	1	Frame	18	2	1/4" x 2 3/4" Screw
6	4	Large Endcap	19	2	Backrest Bracket
7	2	Seat Bracket	20	2	5/16" x 1 1/2" Bolt
8	8	1/4" x 1/2" Screw	21	2	#5 Dumbbell
9	2	1/4" x 2" Carriage Bolt	22	2	#10 Dumbbell
10	2	Adjustment Bracket	23	1	3/8" x 5" Bolt
11	2	Foam Pad	24	1	3/8" Nylock Nut
12	1	Pad Tube	#	1	Owner's Manual
13	4	1/4" Nylock Nut	#	1	Exercise Chart

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WB1750

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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, 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 (WB1750).
2. The NAME of the product (WEIDER® WFS Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see pages 6 and 7 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**