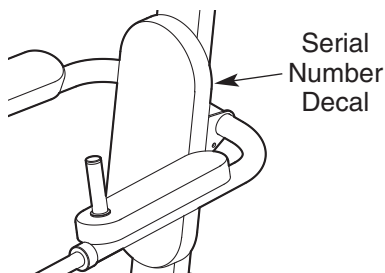


WEIDER® 315

Model No. WEBE1494.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

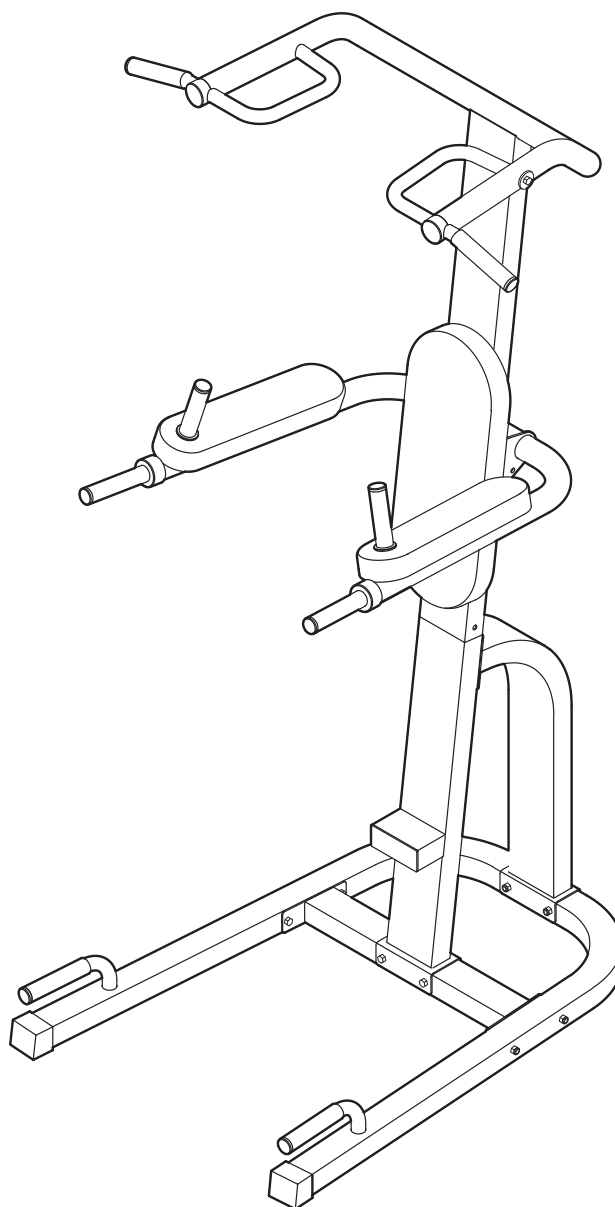
CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.weiderservice.com



⚠ CAUTION

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



Visit our website at

www.weiderfitness.com

*new products, prizes,
fitness tips, and much more!*

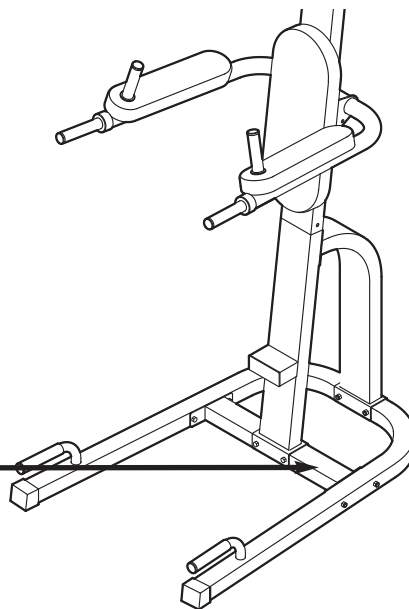
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the exercise rack in the indicated location. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the replacement decal in the location shown.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise rack.

1. Read all instructions in this manual and all warnings on the exercise rack before using the exercise rack. Use the exercise rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.
3. The exercise rack is intended for home use only. Do not use the exercise rack in any commercial, rental, or institutional setting.
4. Keep the exercise rack indoors, away from moisture and dust. Place the exercise rack on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise rack to mount, dismount, and use the exercise rack.
5. Keep children under 12 and pets away from the exercise rack at all times.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Always wear athletic shoes for foot protection while exercising.
8. The exercise rack is designed to support a maximum user weight of 300 pounds.
9. The exercise rack is not designed to be used with weights. Do not use weights or other forms of resistance with the exercise rack.
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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

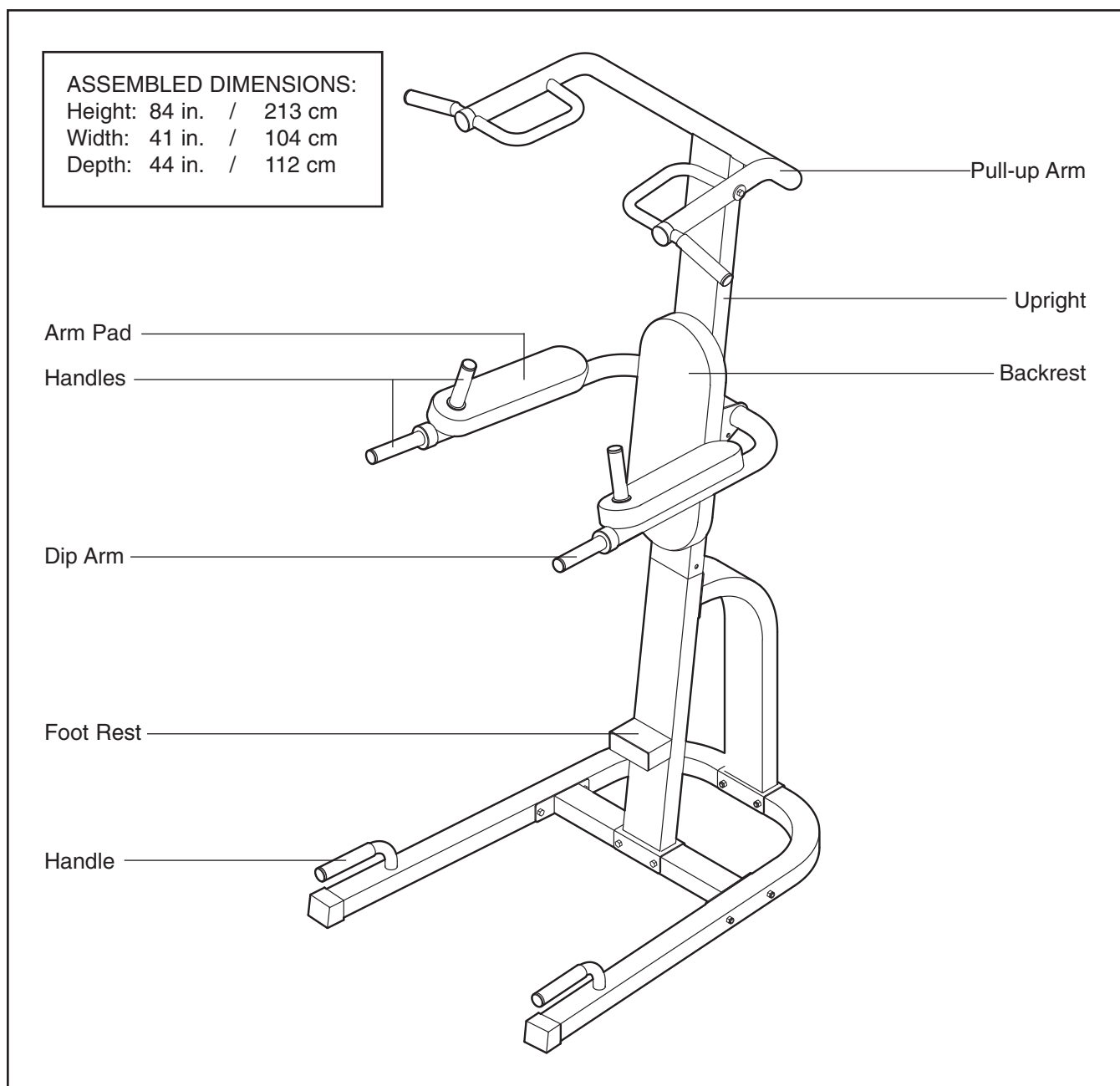
Thank you for selecting the versatile WEIDER® 315 exercise rack. The exercise rack is designed to help you develop the major muscle groups of the upper body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the exercise rack will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the exercise rack. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model

number and serial number before calling. The model number is WEBE1494.1. The serial number can be found on a decal attached to the exercise rack (see the front cover of this manual).

To avoid a registration fee for any service needed under warranty, you must register the exercise rack at www.weiderservice.com/registration.

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



ASSEMBLY

Make Things Easier for Yourself



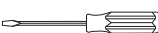

This manual is designed to ensure that the exercise rack can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- For help identifying small parts, use the **PART IDENTIFICATION CHART**.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the exercise rack, make sure all parts are oriented as shown in the drawings.

The following tools (not included) are required for assembly:

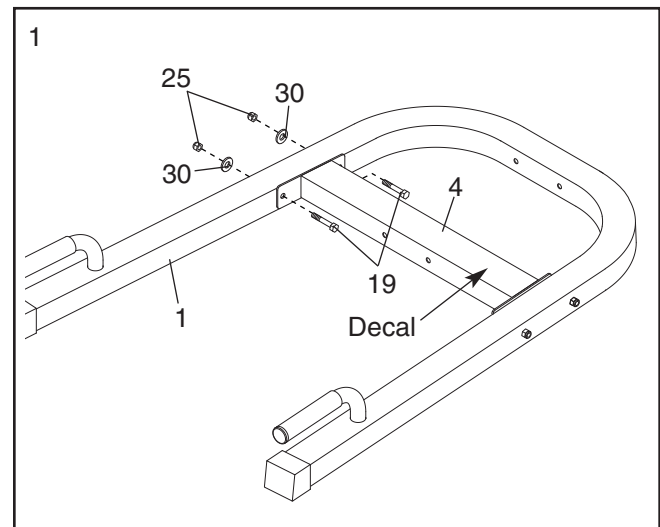
- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 

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.

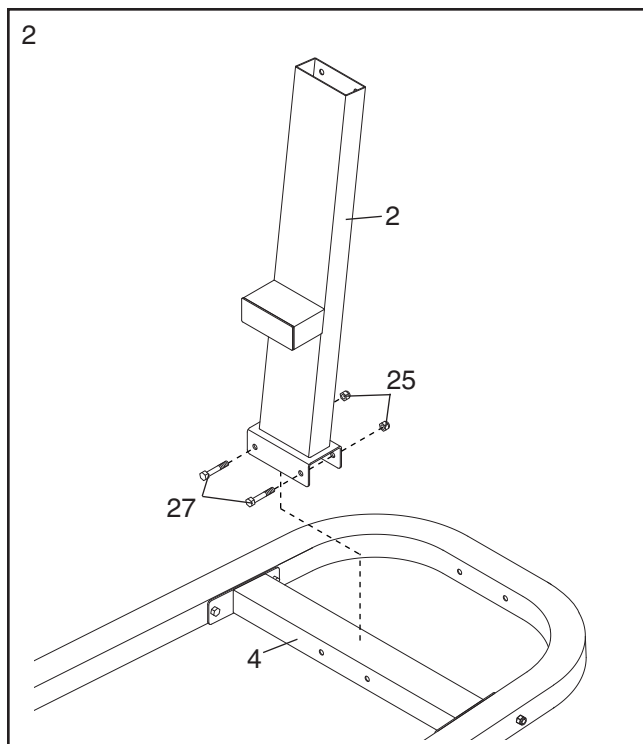
1. **Before beginning assembly, make sure you understand the information in the box above. Important: Some of the parts described in the assembly steps may be pre-assembled.**

Attach one side of the Center Base (4) to the Base Frame (1) with two M10 x 90mm Bolts (19), two M10 Washers (30), and two M10 Nylon Locknuts (25). **Make sure the warning decal is in the position shown. Do not tighten the Locknuts yet.**

Repeat this step for the other side of the Center Base (4).



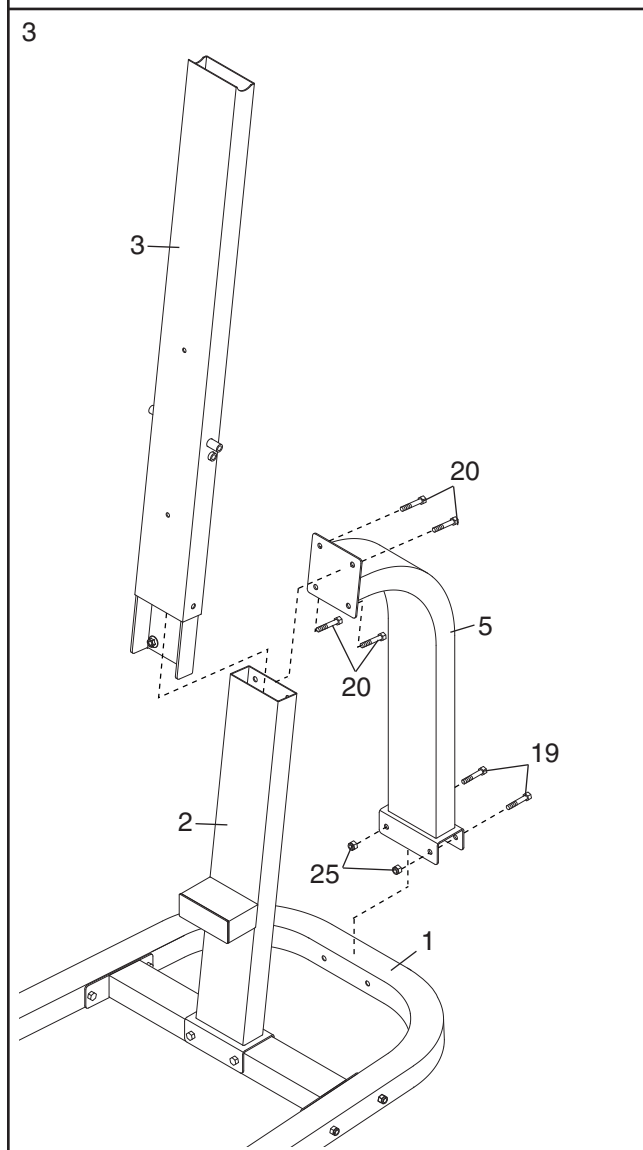
2. Attach the Upright Base (2) to a Center Base (4) with two M10 x 95mm Bolts (27) and two M10 Nylon Locknuts (25). **Do not tighten the Locknuts yet.**



3. Attach the Support (5) to the Base Frame (1) with two M10 x 90mm Bolts (19) and two M10 Nylon Locknuts (25). **Do not tighten the Locknuts yet.**

Insert the Upright (3) into the Upright Base (2).
Attach the Upright and Support (5) to the Upright Base with four M10 x 30mm Screws (20).

Tighten the M10 Nylon Locknuts (25) used in steps 1–3.



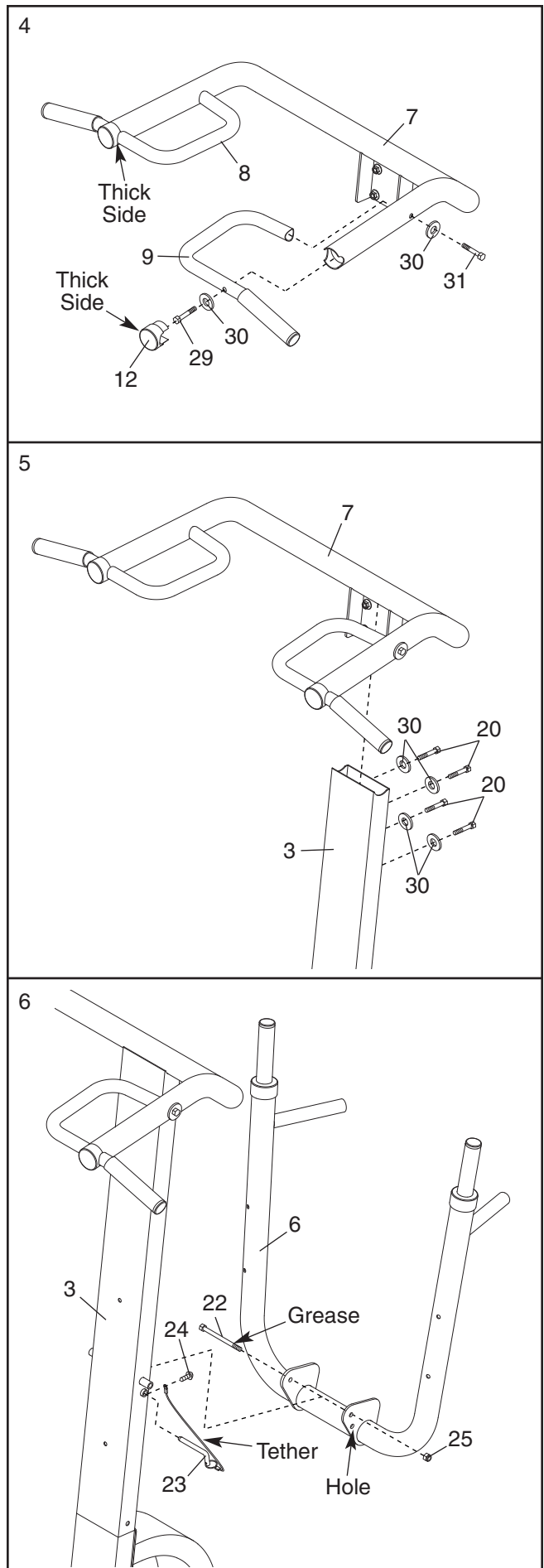
4. Attach the Left Handle (9) to the Pull-up Arm (7) with an M10 x 65mm Screw (29), an M10 x 70mm Screw (31), and two M10 Washers (30). Press a 50mm Round Inner Cap (12) into the Pull-up Arm. **Make sure that the thick side of the Cap is on the side shown.**

Attach the Right Handle (8) in the same manner.

5. Insert the Pull-up Arm (7) into the Upright (3). Attach the Pull-up Arm to the Upright with four M10 x 30mm Screws (20) and four M10 Washers (30).

6. Lubricate the M10 x 200mm Bolt (22) with the included grease. Attach the Dip Arm (6) to the Upright (3) with the Bolt and an M10 Nylon Locknut (25). **Do not overtighten the Locknut; the Dip Arm must be able to pivot easily.**

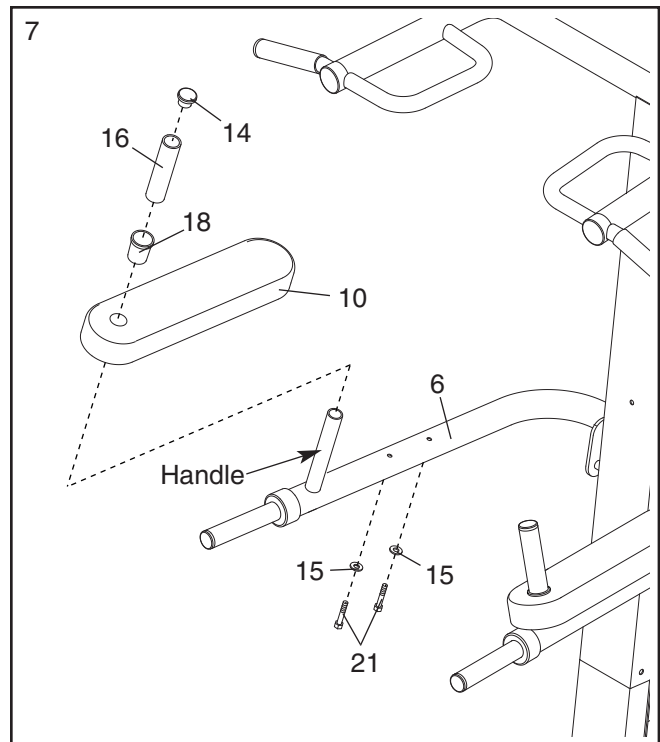
Attach the tether on the Pin (23) to the Upright (3) with an M4 x 16mm Self-tapping Screw (24). Insert the Pin into the hole in the Dip Arm (6) and into the Upright.



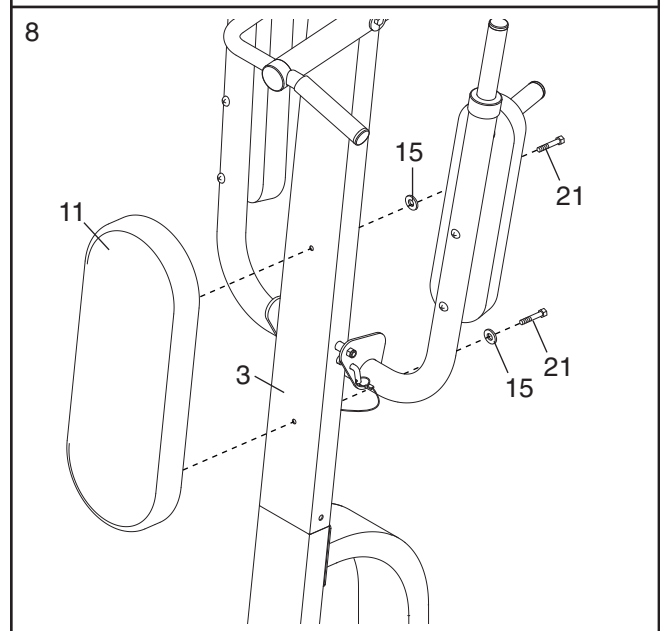
7. Attach an Arm Pad (10) to the Dip Arm (6) with two M6 x 65mm Screws (21) and two M6 Washers (15).

Wet a Short Foam Grip (16) and the indicated handle on the Dip Arm (6) with soapy water. Press a Bushing (18), the Short Foam Grip, and a 28mm Round Inner Cap (14) onto the handle on the Dip Arm.

Repeat this step for the other side of the Dip Arm (6).



8. Attach the Backrest (11) to the Upright (3) with two M6 x 65mm Screws (21) and two M6 Washers (15).



9. **Make sure that all parts have been properly tightened before the exercise rack is used.**

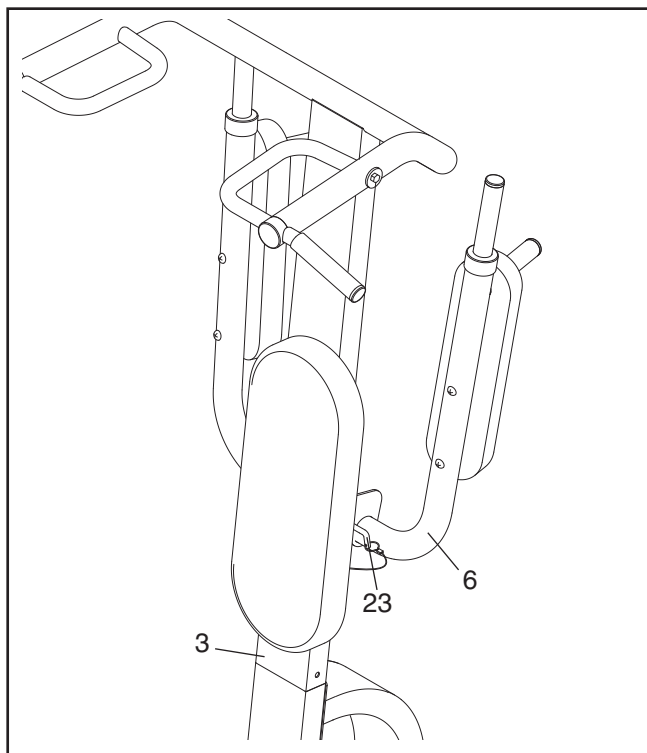
ADJUSTMENTS

This section explains how to adjust the exercise rack. See the EXERCISE GUIDELINES on page 10 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately. The exercise rack can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE DIP ARM

To adjust the Dip Arm (6) to the up or down position, remove the Pin (23). Move the Dip Arm to the new position and reinsert the Pin in to the Arm. **Note: The Pin must be inserted into the Dip Arm and Upright (3) when the Dip Arm is in the up position, as shown in the drawing. The Pin will be behind the Upright when the Dip Arm is in the down position.**



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 exercise cycle or an elliptical exerciser, 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.

PERSONALIZING 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 while 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, emphasizing 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. See 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 familiarizing yourself with the equipment and learning the proper form for each exercise.

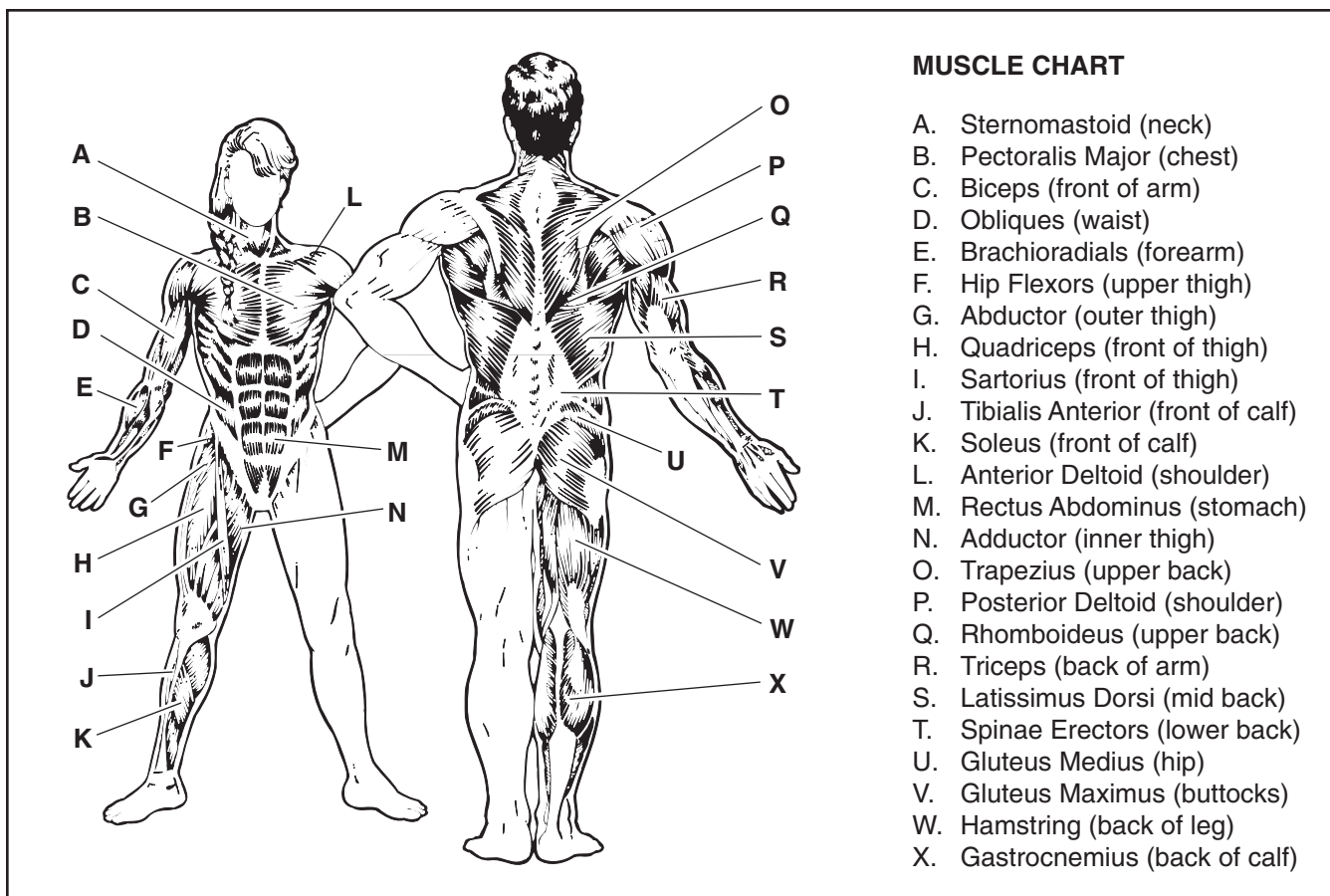
COOLING DOWN

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.

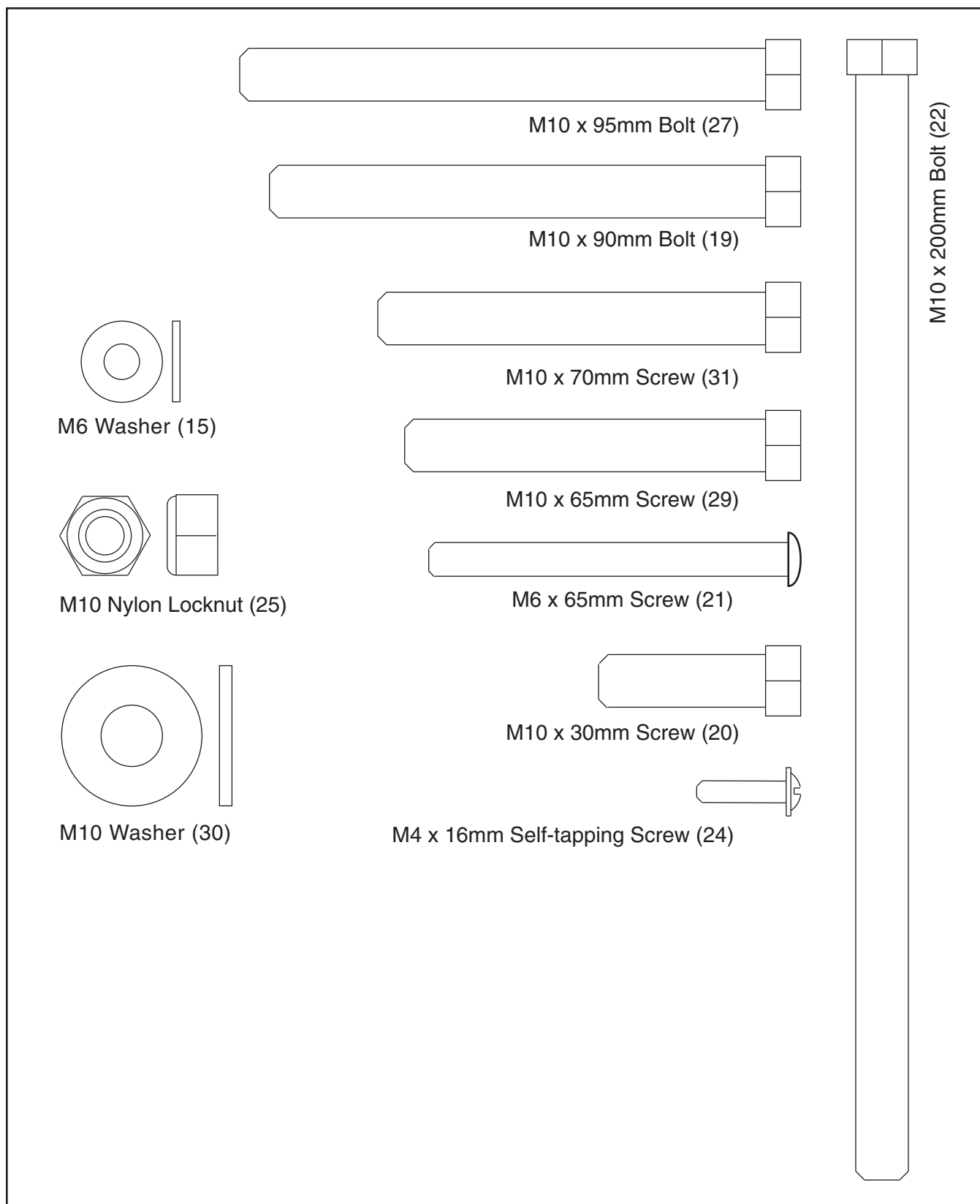
STAYING MOTIVATED

For motivation, keep a record of each workout. 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.



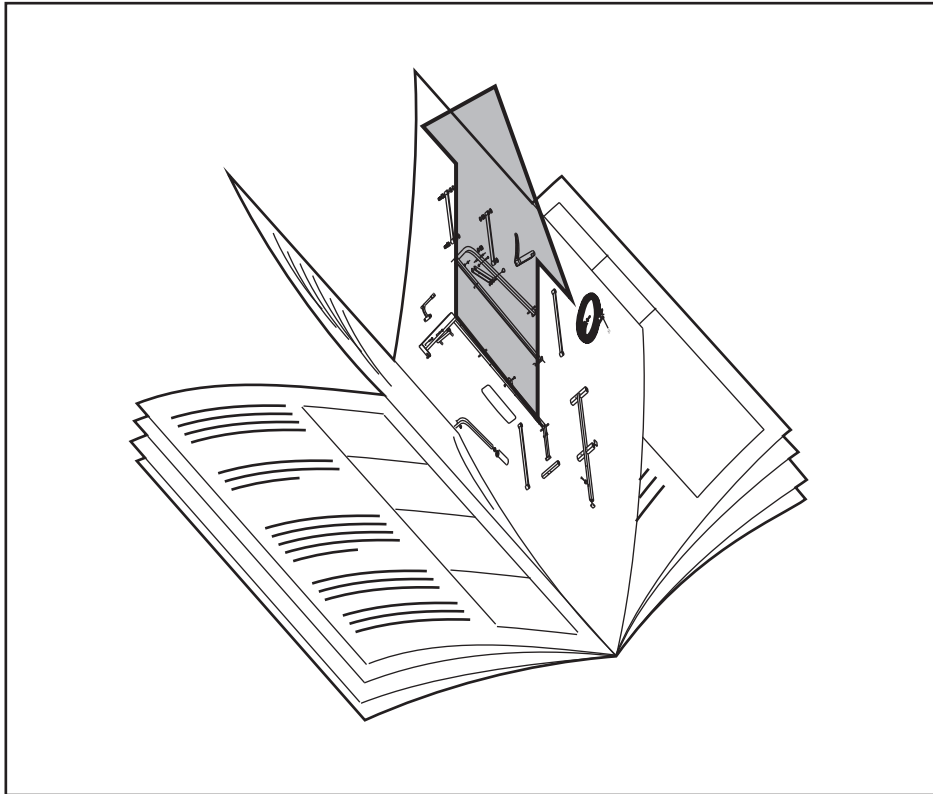
PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part from the PART LIST. **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.**



**MAKE ASSEMBLY EASIER. REMOVE AND USE THIS
PART IDENTIFICATION CHART AND PART
LIST/EXPLODED DRAWING DURING ASSEMBLY.**

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



PART LIST—Model No. WEBE1494.1

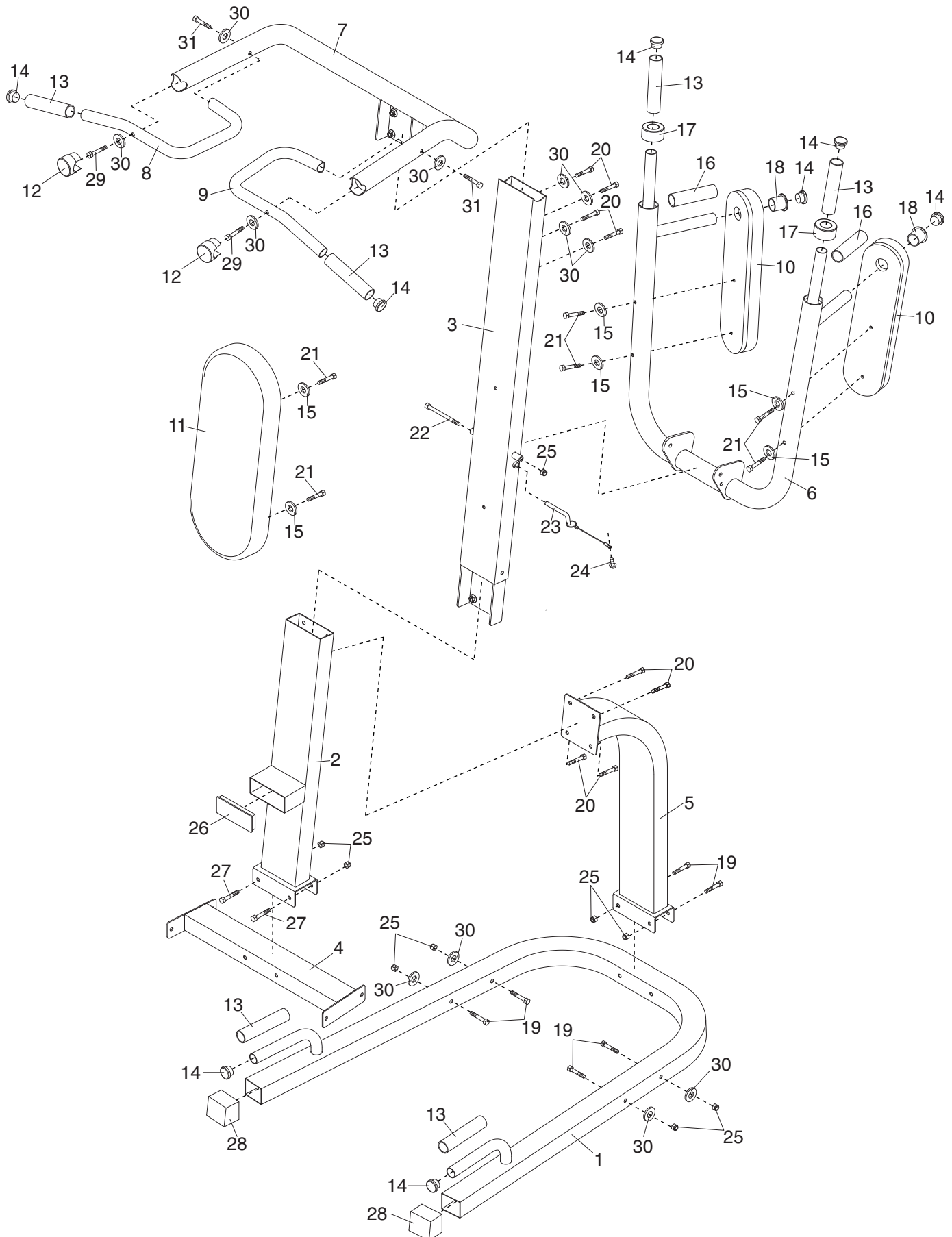
R0306A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base Frame	18	2	Bushing
2	1	Upright Base	19	6	M10 x 90mm Bolt
3	1	Upright	20	8	M10 x 30mm Screw
4	1	Center Base	21	6	M6 x 65mm Screw
5	1	Support	22	1	M10 x 200mm Bolt
6	1	Dip Arm	23	1	Pin
7	1	Pull-up Arm	24	1	M4 x 16mm Self-tapping Screw
8	1	Right Handle	25	9	M10 Nylon Locknut
9	1	Left Handle	26	1	50mm x 127mm Inner Cap
10	2	Arm Pad	27	2	M10 x 95mm Bolt
11	1	Backrest	28	2	70mm x 50mm Outer Endcap
12	2	50mm Round Inner Cap	29	2	M10 x 65mm Screw
13	6	Long Foam Grip	30	12	M10 Washer
14	8	28mm Round Inner Cap	31	2	M10 x 70mm Screw
15	6	M6 Washer	#	1	User's Manual
16	2	Short Foam Grip	#	1	Exercise Guide
17	2	50mm Round Arm Cap	#	1	Grease Pack

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. WEBE1494.1

R0306A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to give the following information when calling:

- the MODEL NUMBER of the product (WEBE1494.1)
- the NAME of the product (WEIDER 315 exercise rack)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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 an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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 damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813