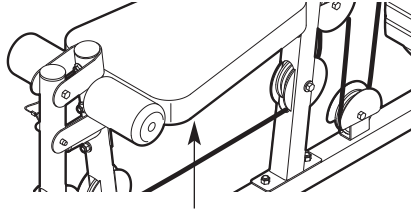


WEIDER® 1200

Model No. WECCSY1955.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

QUESTIONS?

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

CALL TOLL-FREE:

1-888-936-4266

Mon.–Fri., 8:00 until 17:00 EST
(excluding holidays)

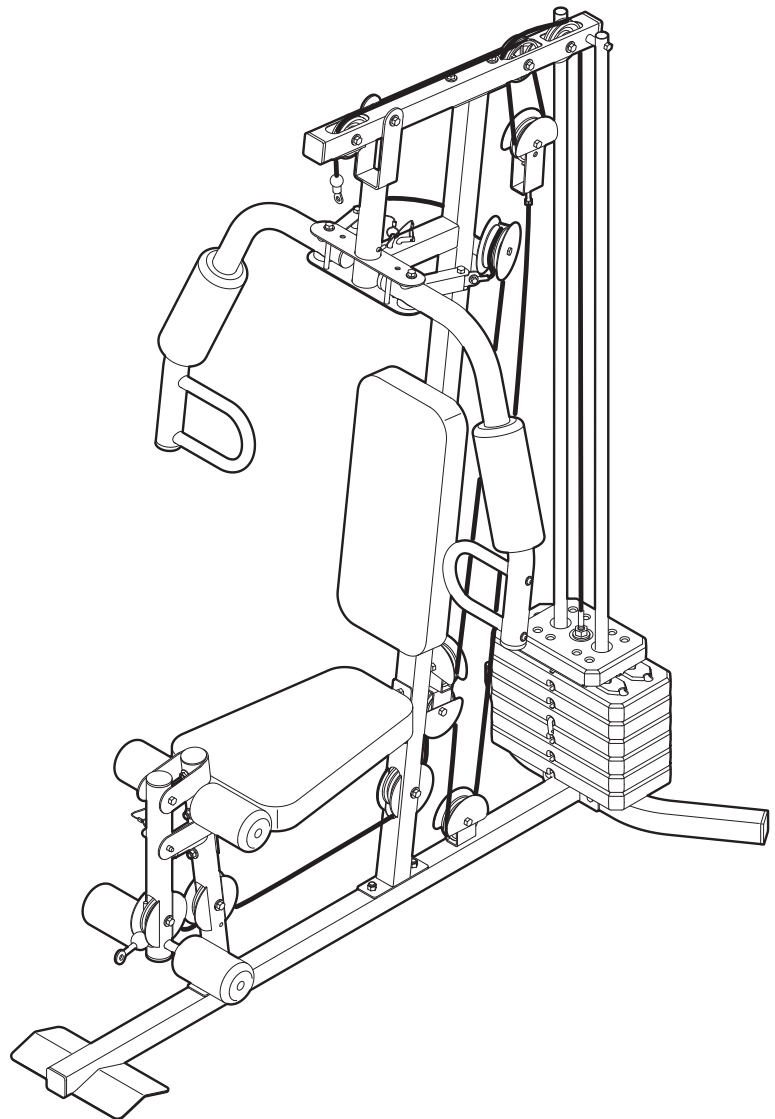
OR E-MAIL US:

customerservice@iconcanada.ca

CAUTION

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

USER'S MANUAL



Visit our website at

www.weiderfitness.com

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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

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

⚠ ATTENTION

- Un mauvais usage de ce produit peut causer de sérieuses blessures.
- Lisez le livret d'instructions et suivez les conseils de sécurité importants.
- Gardez les enfants éloignés en tout temps.
- Remplacer l'étiquette si celle-ci est endommagée, illisible ou enlevée.

Decal 2

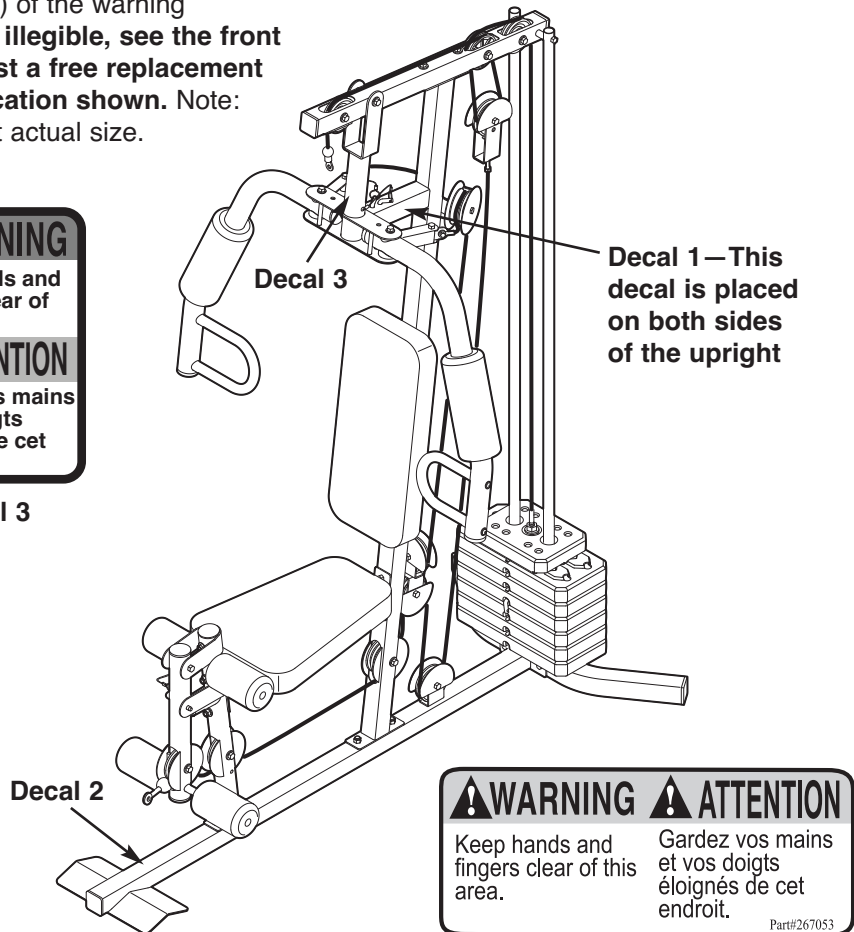
⚠ WARNING

Keep hands and fingers clear of this area.

⚠ ATTENTION

Gardez vos mains et vos doigts éloignés de cet endroit.

Decal 3



Decal 1

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the weight system before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use the weight system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the weight system at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. The weight system is designed to support a maximum user weight of 300 lbs (136 kg.).
9. Keep hands and feet away from moving parts.
10. Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see **LOCKING THE WEIGHT STACK** on page 17).
11. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
12. The weight system is designed to be used only with the included weight. Do not use the weight system with dumbbells or any other type of weight to increase the resistance.
13. Do not use the weight system with the top weight pinned in an elevated position.
14. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
15. Never release the arms, leg lever, lat bar, or handle strap while weights are raised. The weights will fall with great force.
16. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
17. If you feel pain or dizziness 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.

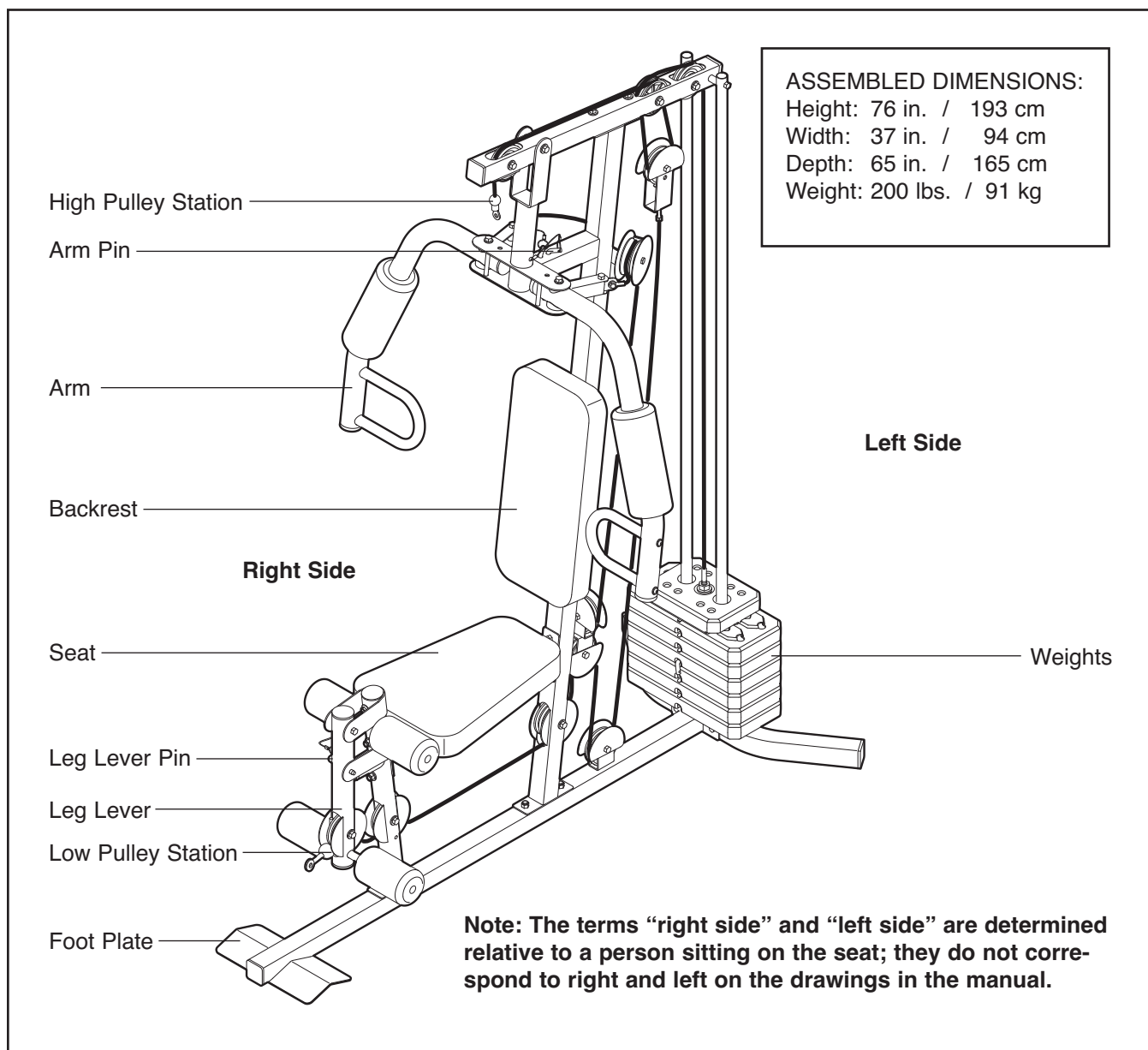
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 1200 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. 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 WESY1955.0. The serial number can be found on a decal attached to the weight system (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

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by almost anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time


Assembling the weight system may require several hours. By deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.





Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual packages. **Important: Wait until you begin each stage to open the parts package for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The included hex key(s)  and grease, and the following tools (not included) may be required for assembly:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- A small amount of soapy water, and clear tape or masking tape.

Note: Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

How to Identify Parts

Refer to the **PART IDENTIFICATION CHART** in the center of this manual to identify the small parts used in assembly. **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.**

How to Orient Parts

As you assemble the weight system, make sure all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please see the front cover of this manual.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the moving parts.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats, the backrests, and other parts.

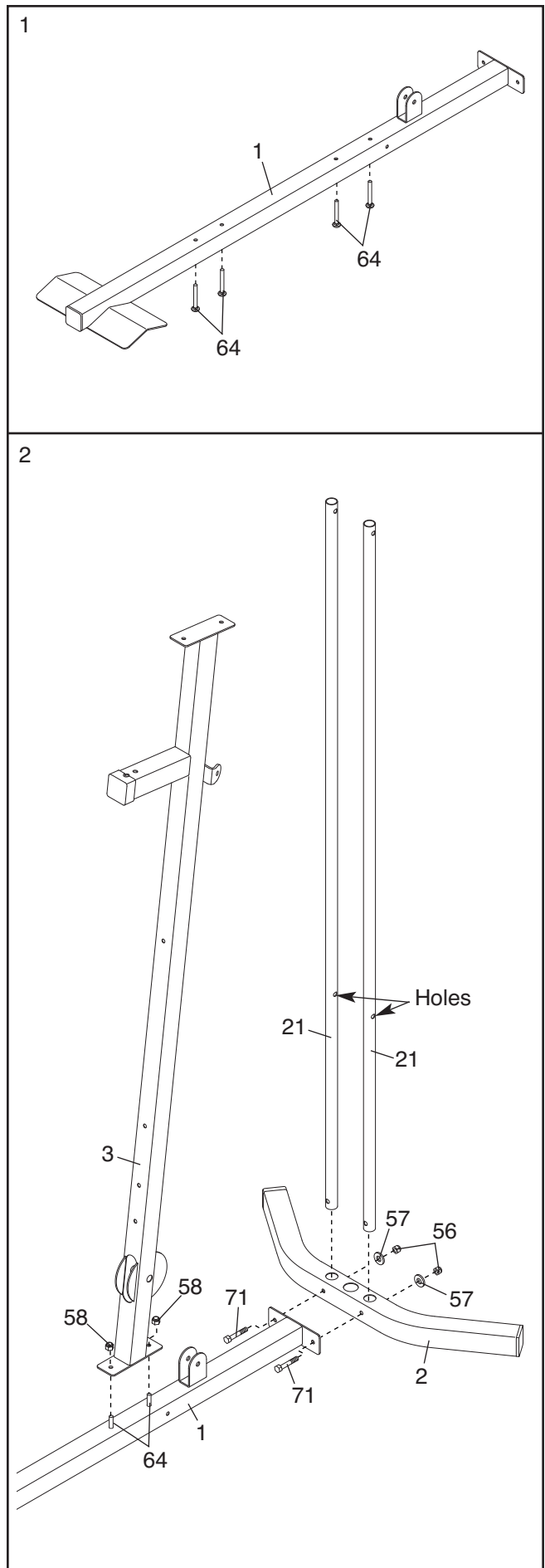
Frame Assembly

1. Before beginning assembly, make sure you understand the information in the box on page 5. Refer to the **PART IDENTIFICATION CHART** in the center of this manual for help identifying small parts.

Insert four M8 x 63mm Carriage Bolts (64) up through the Base (1). **Note: It may be helpful to place a piece of tape over the bolt heads to hold them in place.**

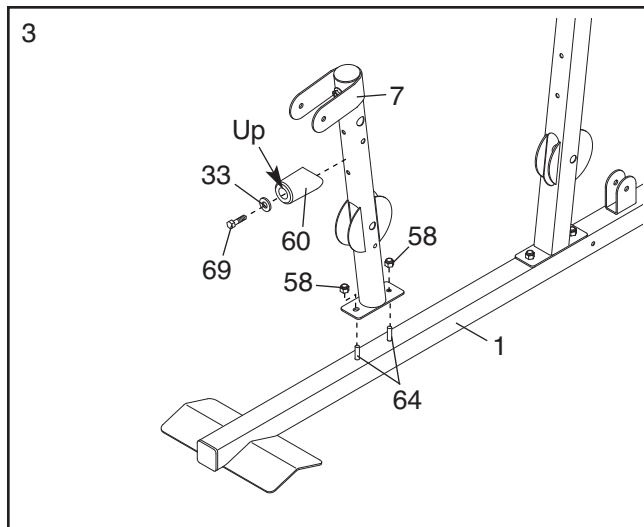
2. Attach the Base (1) and the two Weight Guides (21) to the Stabilizer (2) with two M10 x 67mm Bolts (71), two M10 Washers (57), and two M10 Nylon Locknuts (56). **Make sure the indicated holes in the Weight Guides are nearer the bottom.** Fully tighten the Locknuts.

Attach the Upright (3) to the Base (1) with the two indicated M8 x 63mm Carriage Bolts (64) and two M8 Nylon Locknuts (58). **Do not tighten the Locknuts yet.**



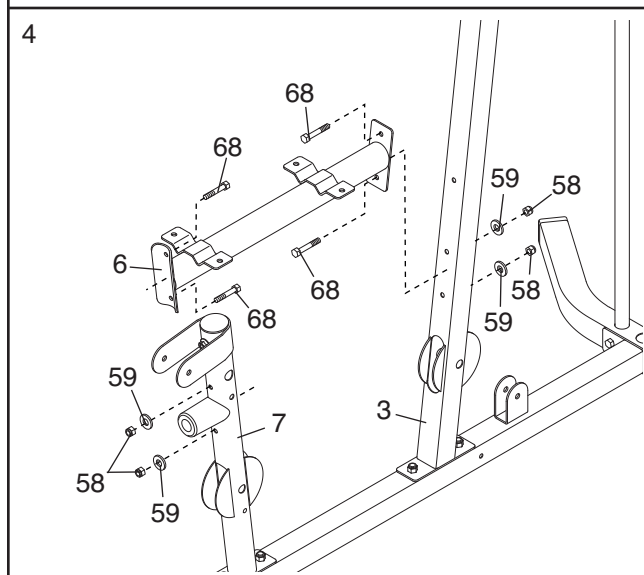
- Attach the Front Leg (7) to the Base (1) with the two M8 x 63mm Carriage Bolts (64) and two M8 Nylon Locknuts (58). **Do not tighten the Locknuts yet.**

Attach the Leg Bumper (60) to the Front Leg (7) with an M4 x 20mm Self-tapping Screw (69) and an M4 Washer (33). **Make sure the end of the Bumper is pointing up.**



- Attach the Seat Frame (6) to the Upright (3) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Nylon Locknuts (58). **Do not tighten the Locknuts yet.**

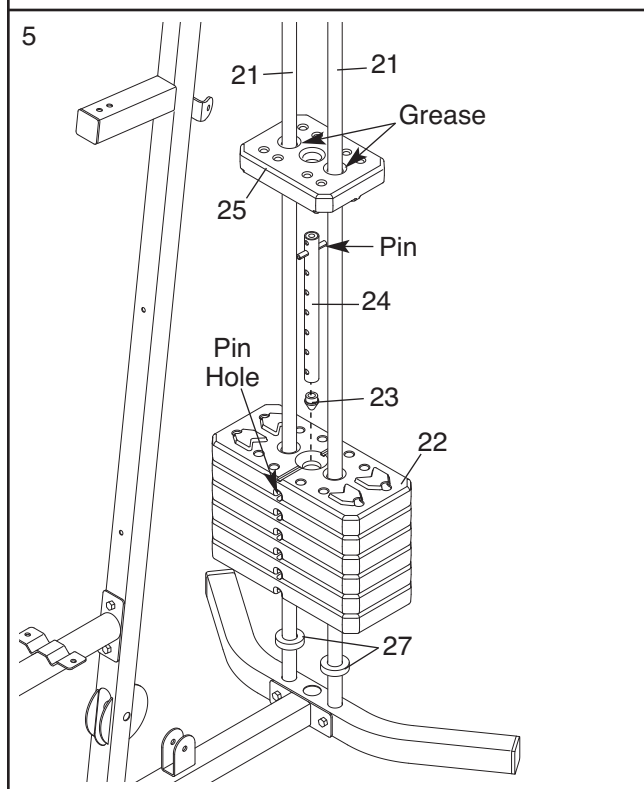
Attach the Seat Frame (6) to the Front Leg (7) in the same manner.



- Slide the two Weight Bumpers (27) onto the Weight Guides (21). Orient the six Weights (22) with the pin holes on the bottom as shown. Slide the Weights onto the Weight Guides.

Insert the Weight Tube Bumper (23) into the Weight Tube (24). Insert the Weight Tube into the six Weights (22). **Make sure the pin on the Weight Tube is oriented as shown.**

Lubricate the indicated holes in the Top Weight (25) with the included grease packet. Slide the Top Weight onto the Weight Guides (21).

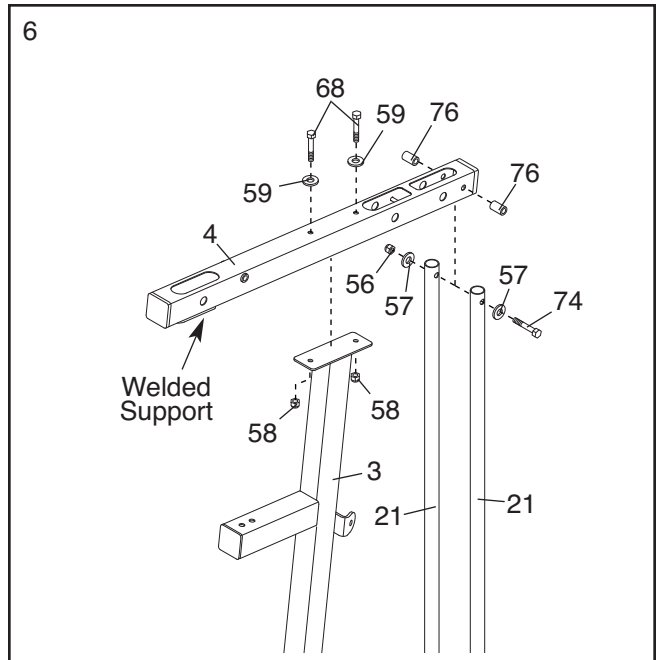


- Orient the Top Frame (4) with the welded support on the bottom.

Attach the Top Frame (4) to the Upright (3) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Nylon Locknuts (58). **Do not tighten the Locknuts yet.**

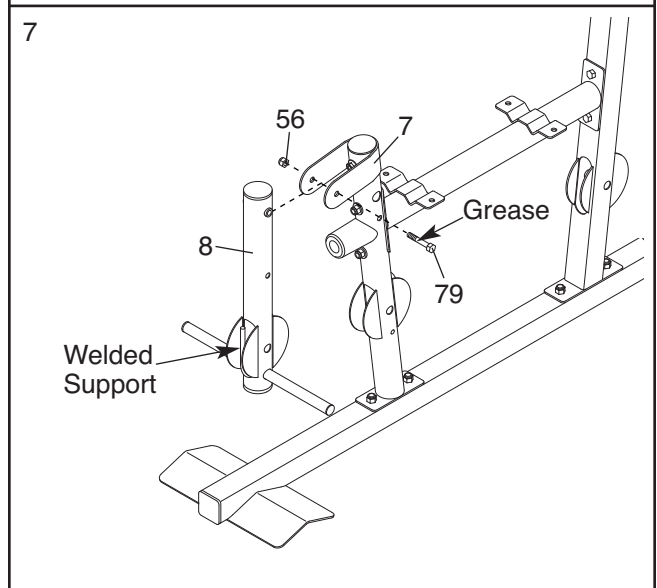
Attach the Top Frame (4) between the Weight Guides (21) with an M10 x 155mm Bolt (74), two M10 Washers (57), two 19mm Spacers (76), and an M10 Nylon Locknut (56).

Tighten the M8 Nylon Locknuts (58) used in steps 2–6.



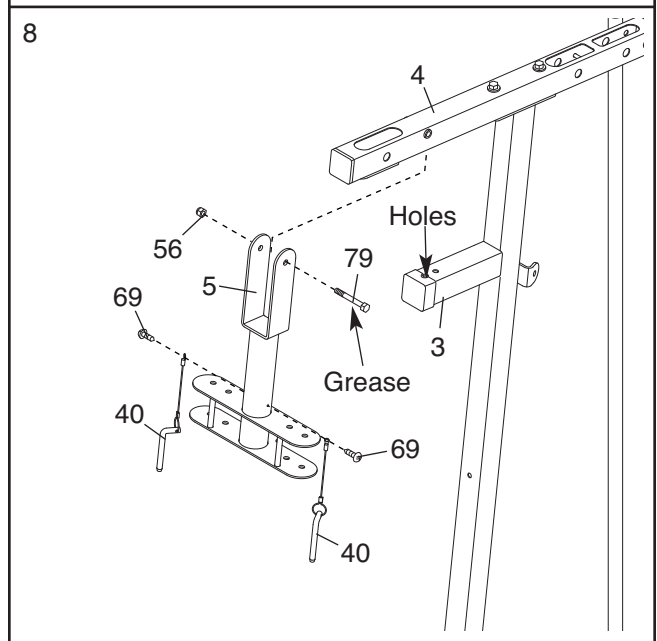
Arm Assembly

- Grease an M10 x 77mm Bolt (79). Orient the Leg Lever (8) with the welded support on the side shown. Attach the Leg Lever to the Front Leg (7) with the Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



- Grease an M10 x 77mm Bolt (79). Attach the Pivot Frame (5) to the Top Frame (4) with the Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Locknut; the Pivot Frame must be able to pivot easily.**

Attach the two Arm Pins (40) to the Pivot Frame (5) with two M4 x 20mm Self-tapping Screws (69). Insert the Arm Pins into the two holes in the Upright (3).

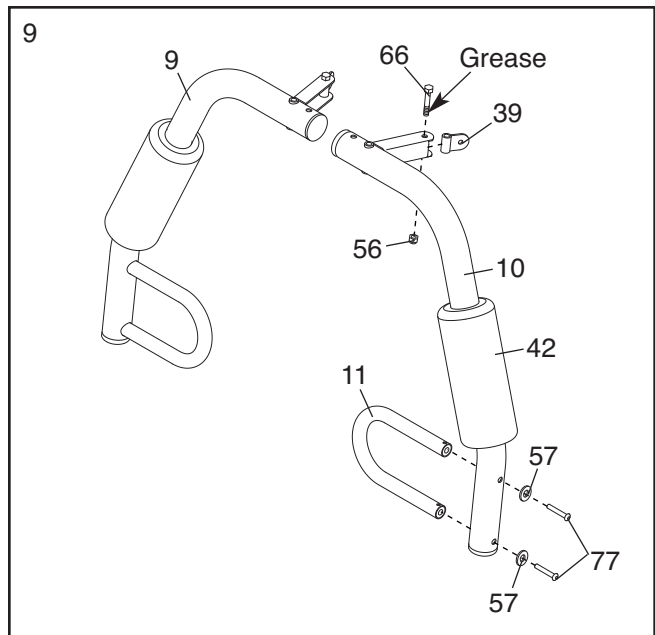


- Grease an M10 x 51mm Bolt (66). Attach a Cable Pivot (39) to the Left Arm (10) with the Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Locknut; the Cable Pivot must be able to pivot easily.**

Wet the inside of a Large Foam Pad (42) with soapy water. Slide the Large Foam Pad onto the Left Arm (10).

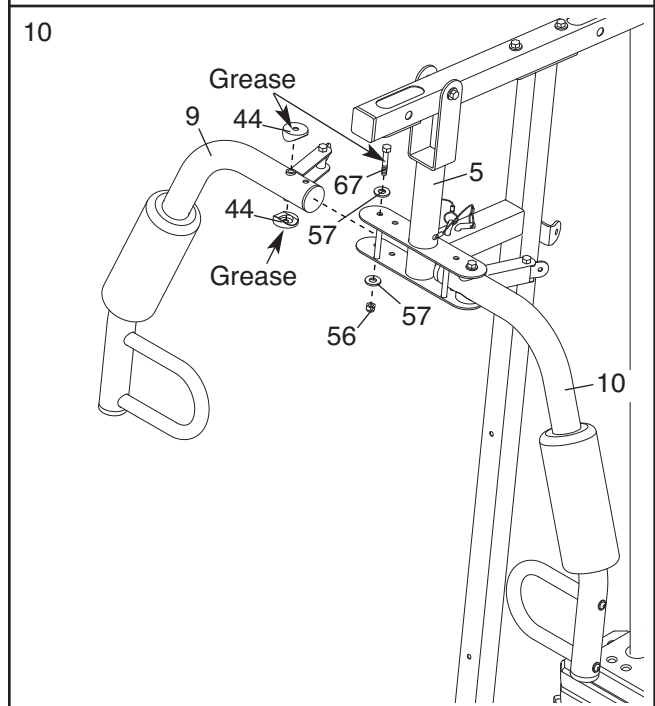
Attach a Handle (11) to the Left Arm (10) with two M10 x 25mm Button Bolts (77) and two M10 Washers (57).

Assemble the Right Arm (9) in the same manner.



- Grease an M10 x 85mm Bolt (67) and two Arm Bushings (44). Attach the Right Arm (9) to the Pivot Frame (5) with the Bolt, two M10 Washers (57), the two Arm Bushings, and an M10 Nylon Locknut (56). **Do not overtighten the Locknut; the Arm must be able to pivot easily.**

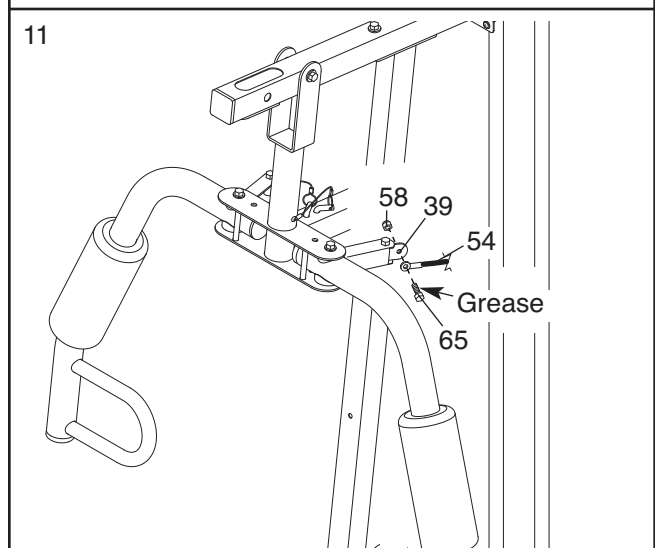
Attach the Left Arm (10) to the Pivot Frame (5) in the same manner.



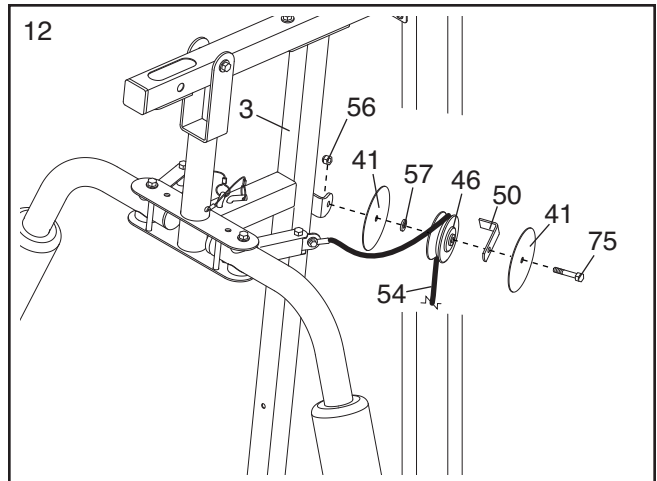
Cable Assembly

- Refer to the **CABLE DIAGRAMS** on page 19 as you assemble the cables and to identify the cables.

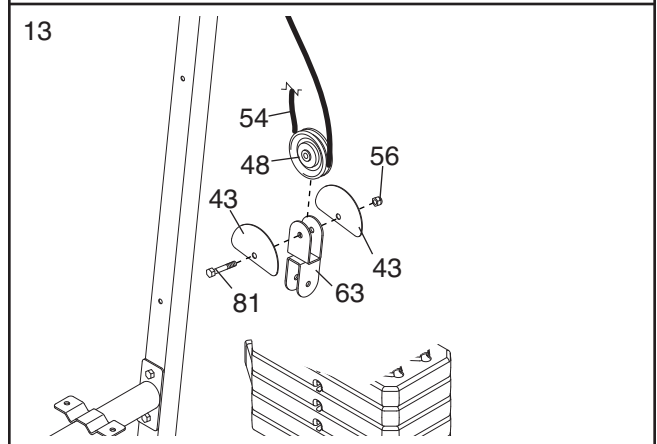
Locate the Arm Cable (54). Grease an M8 x 22mm Shoulder Bolt (65). Attach the Cable to the indicated Cable Pivot (39) with the Bolt and an M8 Nylon Locknut (58). **Make sure that the cable end can pivot easily on the shoulder bolt.**



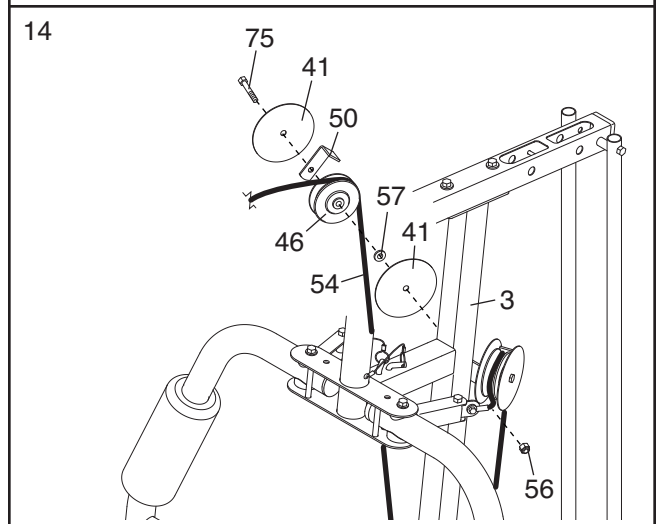
12. Route the Arm Cable (54) over a “V”-pulley (46). Attach the “V”-pulley, a Large Cable Trap (50), two Full Finger Guards (41), and an M10 Washer (57) to the Upright (3) with an M10 x 63mm Bolt (75) and an M10 Nylon Locknut (56). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



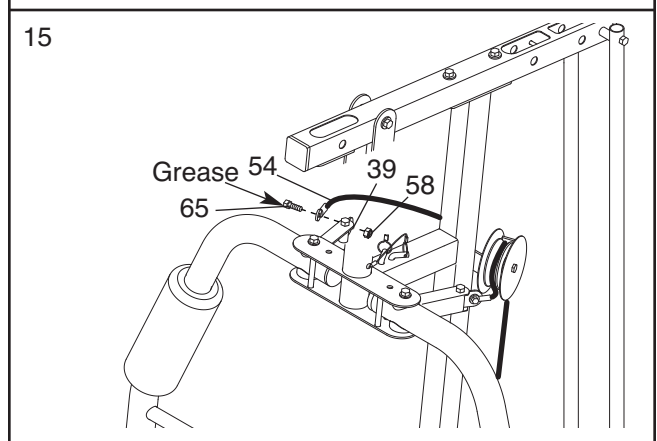
13. Route the Arm Cable (54) under a 90mm Pulley (48). Attach the Pulley and two Half Finger Guards (43) to the Double “U”-bracket (63) with an M10 x 46mm Bolt (81) and an M10 Nylon Locknut (56). **Make sure the Finger Guards are on the outside of the “U”-bracket as shown.**



14. Route the Arm Cable (54) over a “V”-pulley (46). Attach the “V”-pulley, a Large Cable Trap (50), two Full Finger Guards (41), and an M10 Washer (57) to the Upright (3) with an M10 x 63mm Bolt (75) and an M10 Nylon Locknut (56). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**

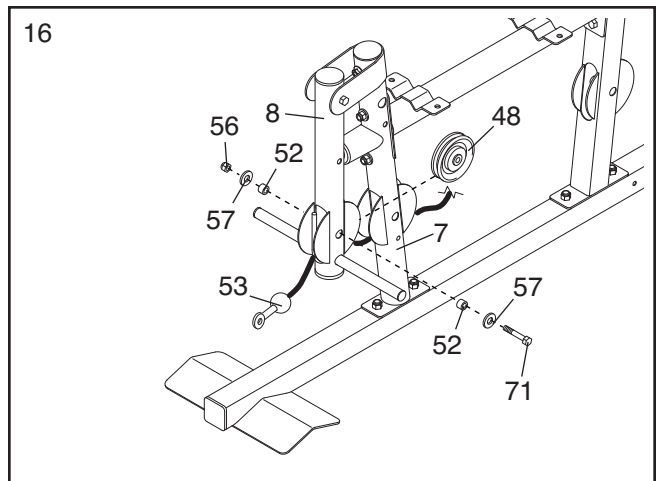


15. Grease an M8 x 22mm Shoulder Bolt (65). Attach the Arm Cable (54) to the indicated Cable Pivot (39) with the Bolt and an M8 Nylon Locknut (58). **Make sure that the cable end can pivot easily on the shoulder bolt.**

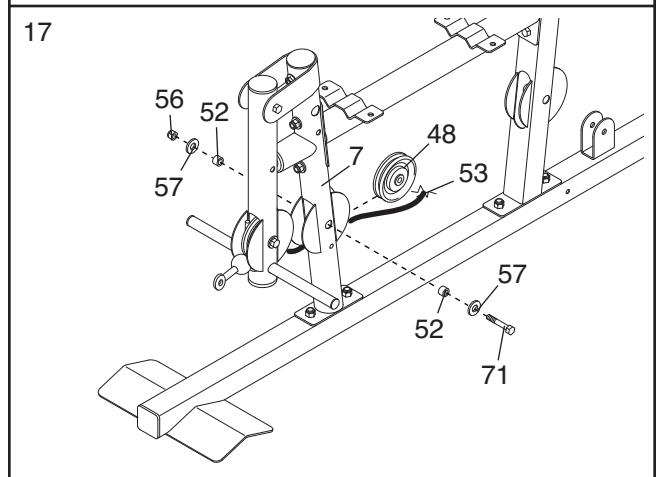


16. **Locate the Low Cable (53).** Route the Cable through the Leg Lever (8) and the Front Leg (7).

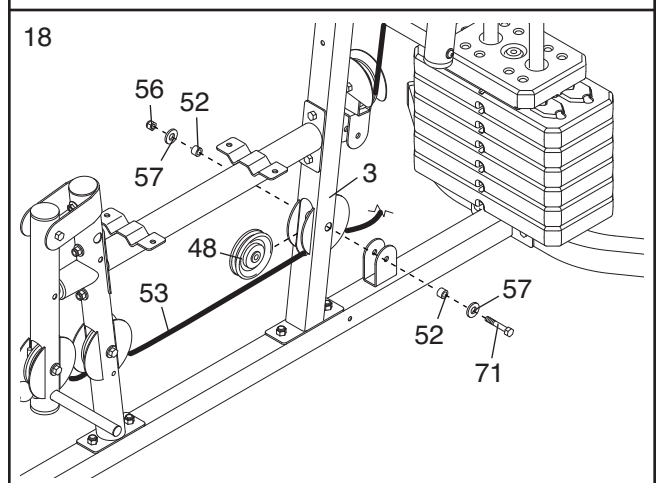
Attach a 90mm Pulley (48) inside of the Leg Lever (8), over the Low Cable (53), with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



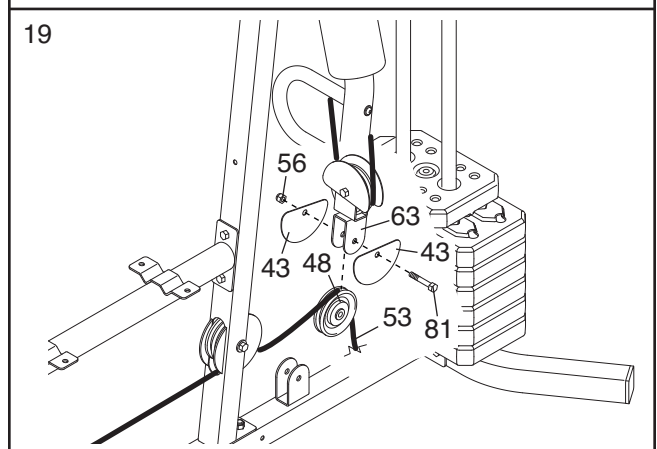
17. Attach a 90mm Pulley (48) inside of the Front Leg (7), over the Low Cable (53), with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



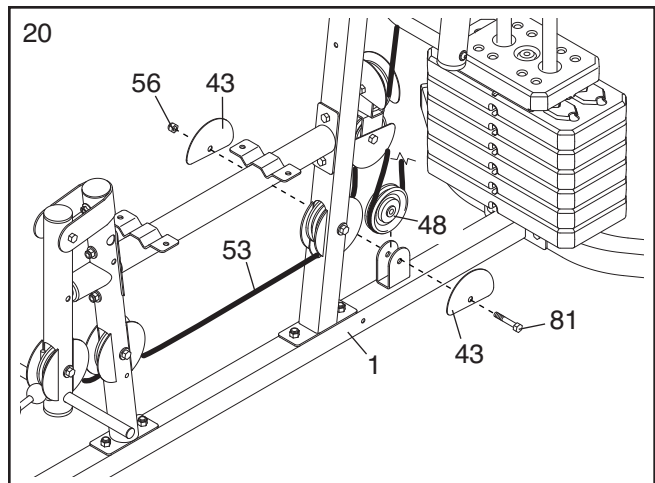
18. Route the Low Cable (53) under a 90mm Pulley (48) and through the Upright (3). Attach the Pulley inside of the upright with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



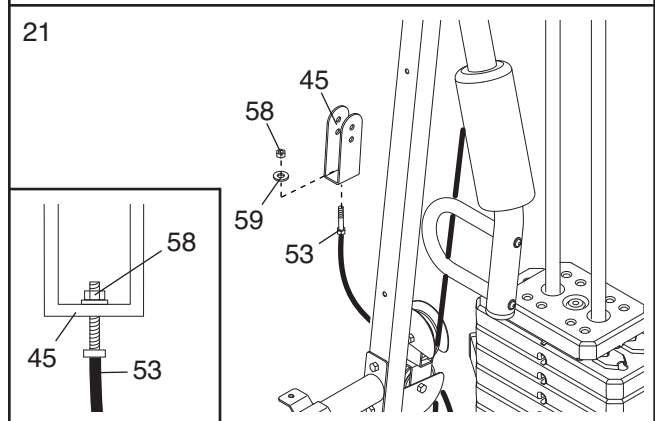
19. Route the Low Cable (53) over a 90mm Pulley (48). Attach the Pulley and two Half Finger Guards (43) to the Double “U”-bracket (63) with an M10 x 46mm Bolt (81) and an M10 Nylon Locknut (56). **Make sure the Finger Guards are on the outside of the “U”-bracket as shown.**



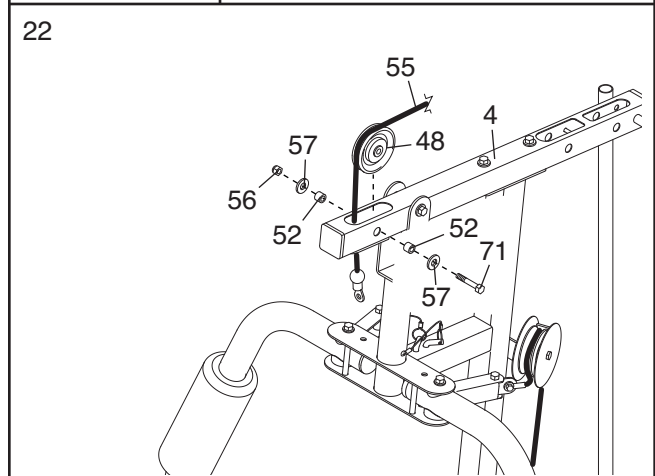
120. Route the Low Cable (53) under a 90mm Pulley (48). Attach the Pulley and two Half Finger Guards (43) to the Base (1) with an M10 x 46mm Bolt (81) and an M10 Nylon Locknut (56). **Make sure the Finger Guards are on the outside of the bracket as shown.**



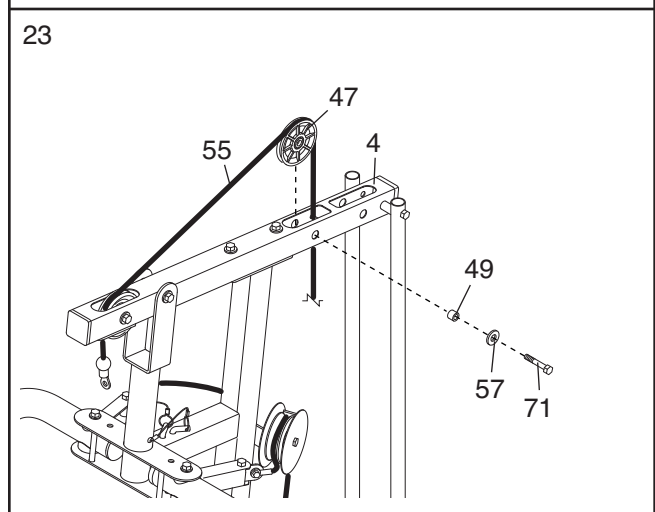
21. Attach the Low Cable (53) to the “U”-bracket (45) with an M8 Washer (59) and an M8 Nylon Locknut (58). **See the inset drawing. Do not overtighten the Nylon Locknut; it should be threaded onto the end of the Cable so that only two threads are showing above the Nylon Locknut.**



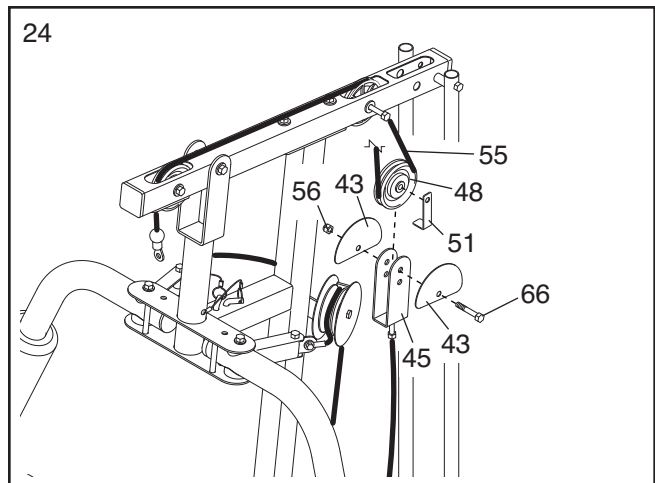
22. **Locate the High Cable (55).** Route the Cable up through the Top Frame (4) and over a 90mm Pulley (48). Attach the Pulley inside of the Top Frame with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



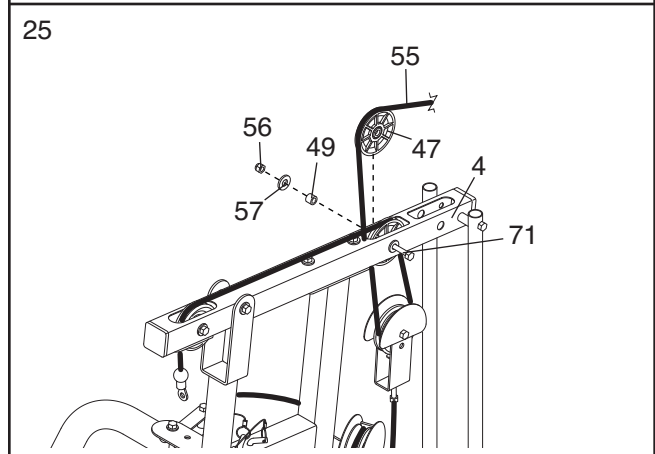
23. Route the High Cable (55) over a 90mm Thin Pulley (47) and down through the Top Frame (4). Attach the Pulley inside of the Top Frame with an M10 x 67mm Bolt (71), an M10 Washer (57), and an 11mm Spacer (49). **Make sure that the Pulley does not fall out of the Top Frame while completing steps 24 and 26.**



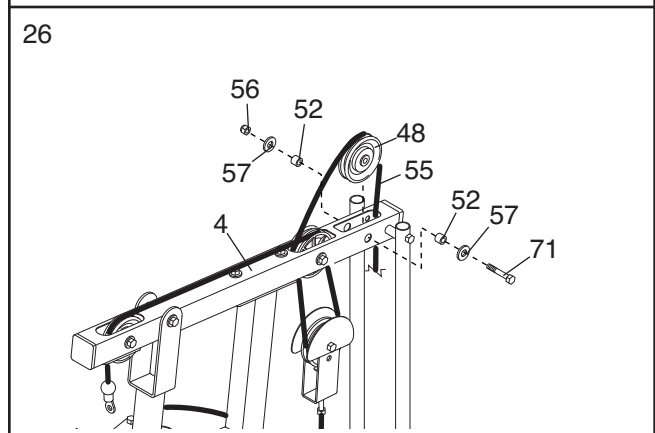
24. Wrap the High Cable (55) under a 90mm Pulley (48). Attach the Pulley, a Cable Trap (51), and two Half Finger Guards (43) at the upper hole in the "U"-bracket (45) with an M10 x 51mm Bolt (66) and an M10 Nylon Locknut (56). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley and that the Finger Guards are on the outside of the "U"-bracket.**



25. Route the High Cable (55) up through the Top Frame (4) and over a 90mm Thin Pulley (47). Attach the Pulley inside of the Top Frame with the M10 x 67mm Bolt (71) used in step 23, an 11mm Spacer (49), an M10 Washer (57), and an M10 Nylon Locknut (56).

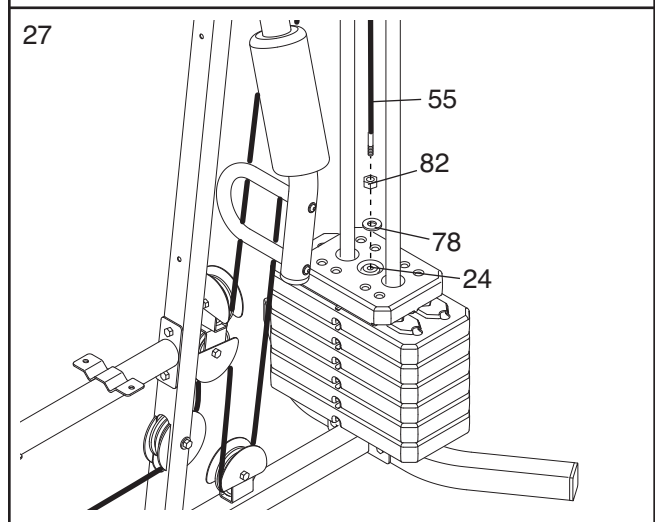


26. Route the High Cable (55) over a 90mm Pulley (48) and down through the Top Frame (4). Attach the Pulley inside of the Top Frame with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Nylon Locknut (56).



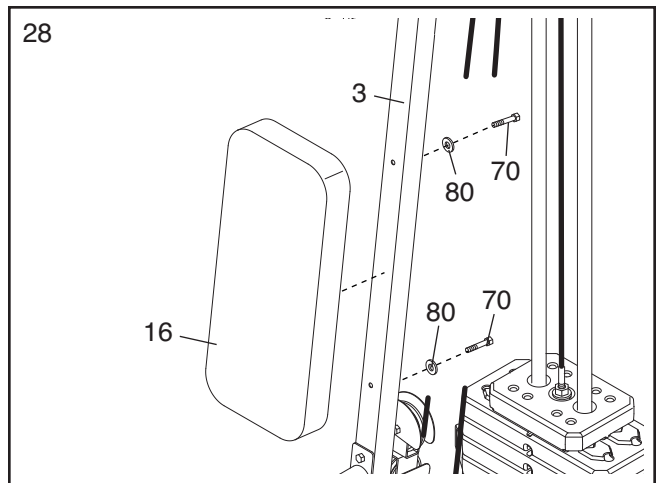
27. Completely thread an M12 Nut (82) onto the High Cable (55). Place a Large Washer (78) on top of the Weight Tube (24).

Tighten the High Cable (55) into the Weight Tube (24) until all the slack is removed from the cables. Tighten the M12 Nut (82) against the Large Washer (78).

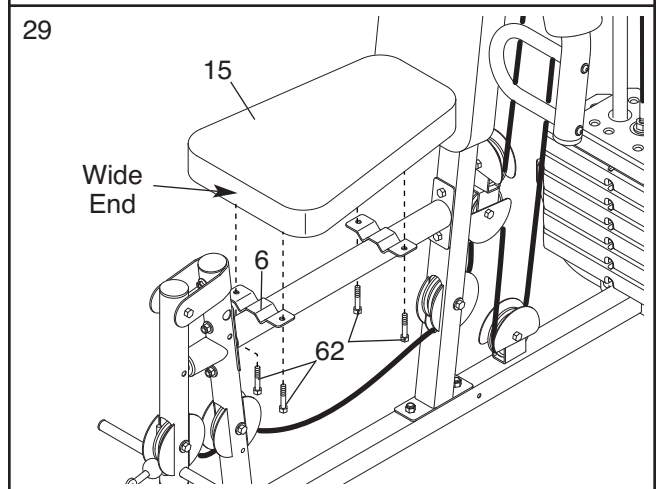


Seat Assembly

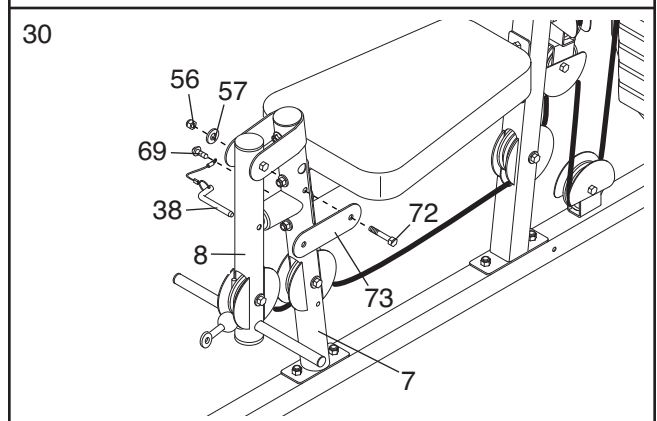
28. Attach the Backrest (16) to the Upright (3) with two M6 x 63mm Screws (70) and two M6 Washers (80).



29. Attach the Seat (15) to the Seat Frame (6) with four M6 x 16mm Screws (62), as shown.

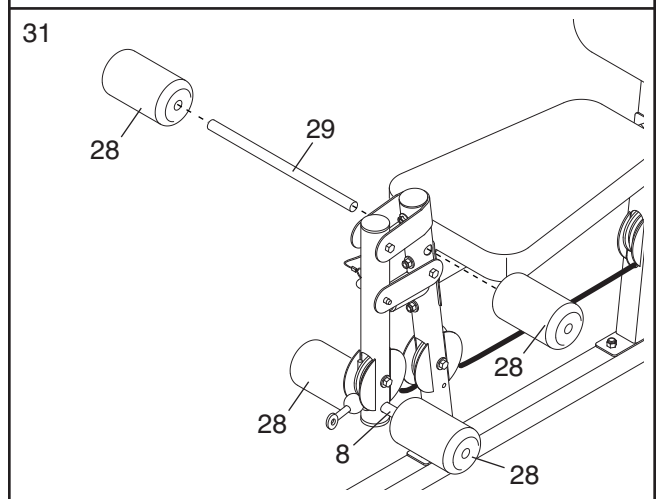


30. Attach the Lock Plate (73) to the Front Leg (7) with an M10 x 70mm Bolt (72), an M10 Washer (57), and an M10 Nylon Locknut (56). **Do not overtighten the Locknut; the Lock Plate must be able to pivot easily.**



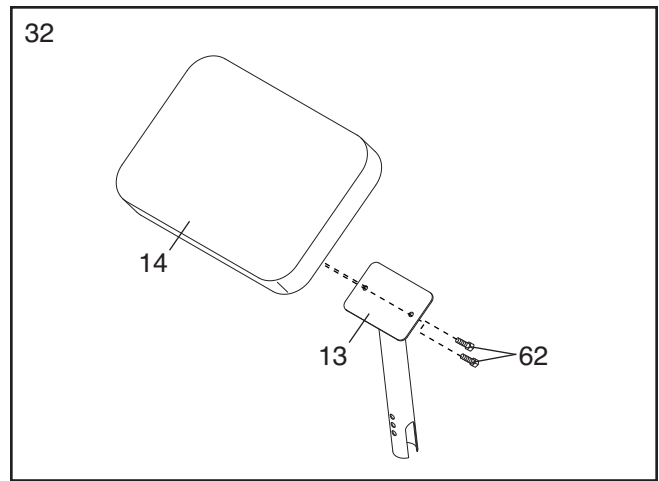
Attach the Leg Lever Pin (38) to the Front Leg (7) with an M4 x 20mm Self-tapping Screw (69). Insert the Leg Lever Pin through the Leg Lever (8) and the Lock Plate (73).

31. Insert the Pad Tube (29) through the Front Leg (7). Slide two Small Foam Pads (28) onto the ends of the Pad Tube.



Slide two Small Foam Pads (28) onto the Leg Lever (8).

32. Orient the Curl Pad (14) so that the holes on the back are closer to the lower edge. Attach the Curl Pad to the Curl Post (13) with two M6 x 16mm Screws (62).



33. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly around the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 19 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 20.**

ADJUSTMENTS

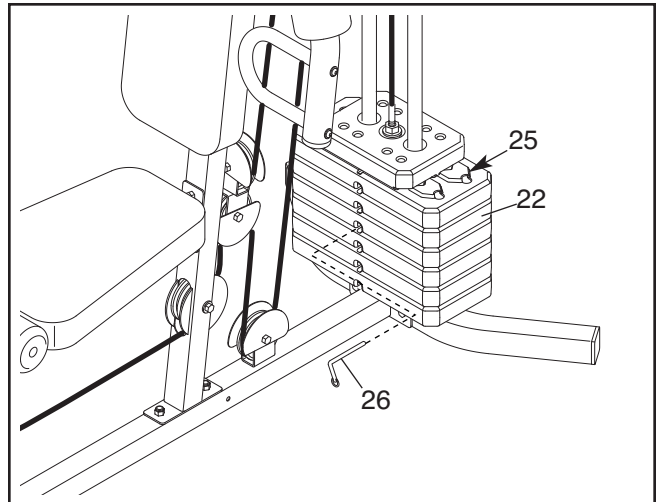
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 21 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

CHANGING THE WEIGHT SETTING

To change the setting of a weight stack, insert the Weight Pin (26) under the desired Weight (22). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down. **Note: Do not use the Top Weight (25) by itself.**

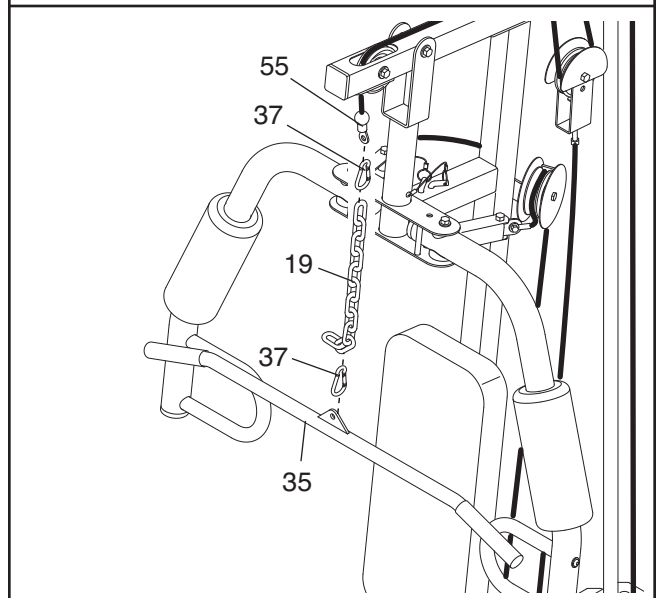
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 18 to find the approximate amount of resistance at each weight station.



ATTACHING THE ACCESSORIES TO A PULLEY STATION

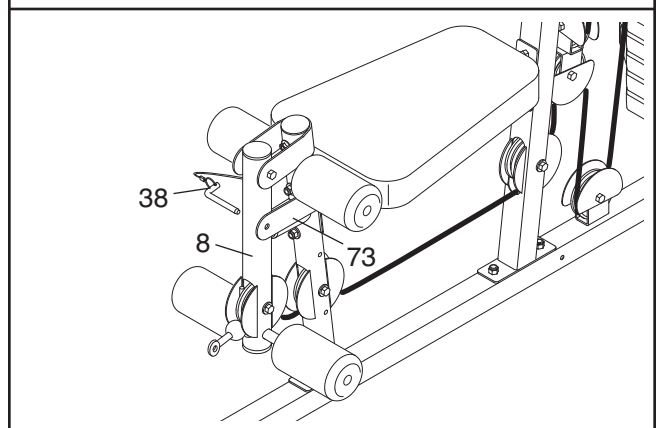
Attach the Lat Bar (35) to the High Cable (55) at the high pulley station with a Cable Clip (37). For some exercises, the Chain (19) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (35) or the Handle Strap (not shown) can be attached at either pulley station in the same manner. Always engage the Lock Plate (not shown) when using the low pulley station (see USING THE LOCK LEVER below).



USING THE LOCK LEVER

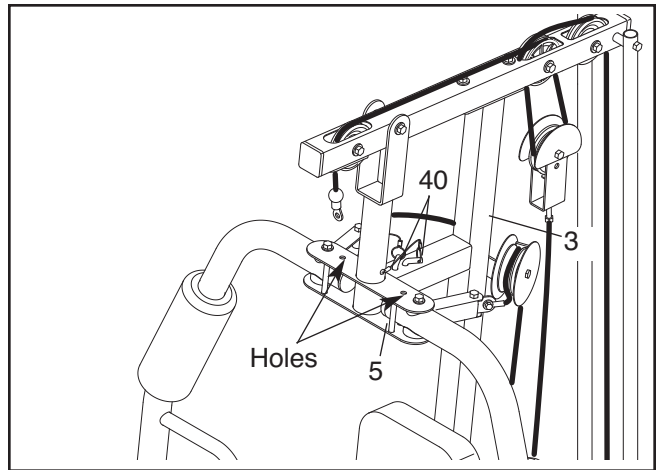
When using the low pulley station, engage the Leg Lever Pin (38) into the Leg Lever (8) and the Lock Plate (73).



ARM CONVERSION

To use the Arms (9, 10) as butterfly arms, insert the Arm Pins (40) into the holes in the Upright (3) and the Pivot Frame (5) as shown.

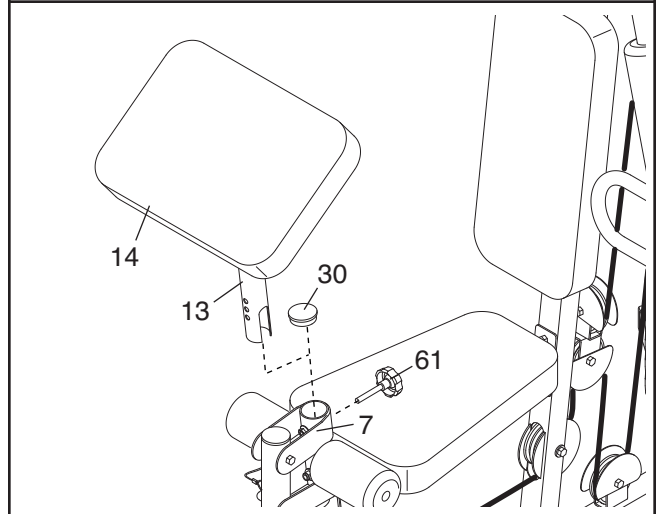
To use the Arms (9, 10) as press arms, insert the Arm Pins (40) into the holes in the Pivot Frame (5) and Arms.



USING THE CURL PAD

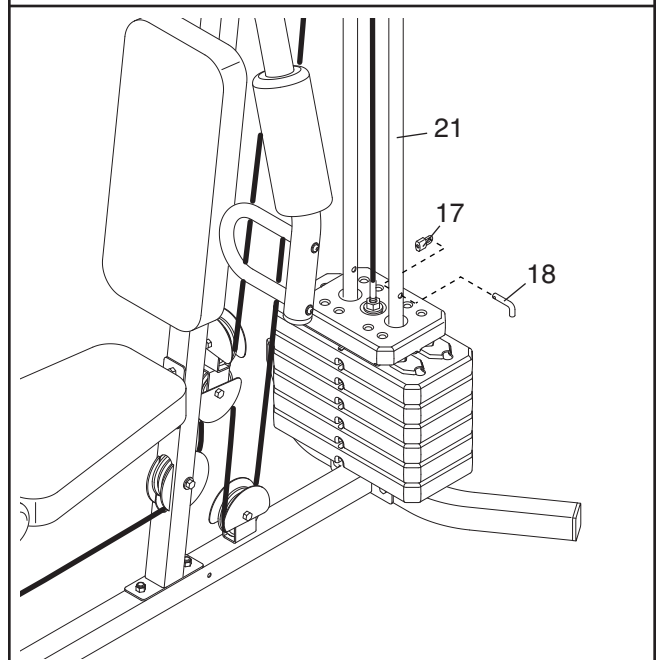
To use the Curl Pad (14), remove the 50mm Round Inner Cap (30) from the Front Leg (7). Insert the Curl Post (13) into the Front Leg and secure it in place with the Curl Knob (61).

Remove the Curl Pad (14) and replace the 50mm Round Inner Cap (30) into the Front Leg (7) when performing an exercise that does not require the Curl Pad. Store the Curl Pad away from the weight system.



LOCKING THE WEIGHT STACK

Lock the weight stack by inserting the Lock Pin (18) through a Weight Guide (21) and securing the Lock (17) onto the Lock Pin.



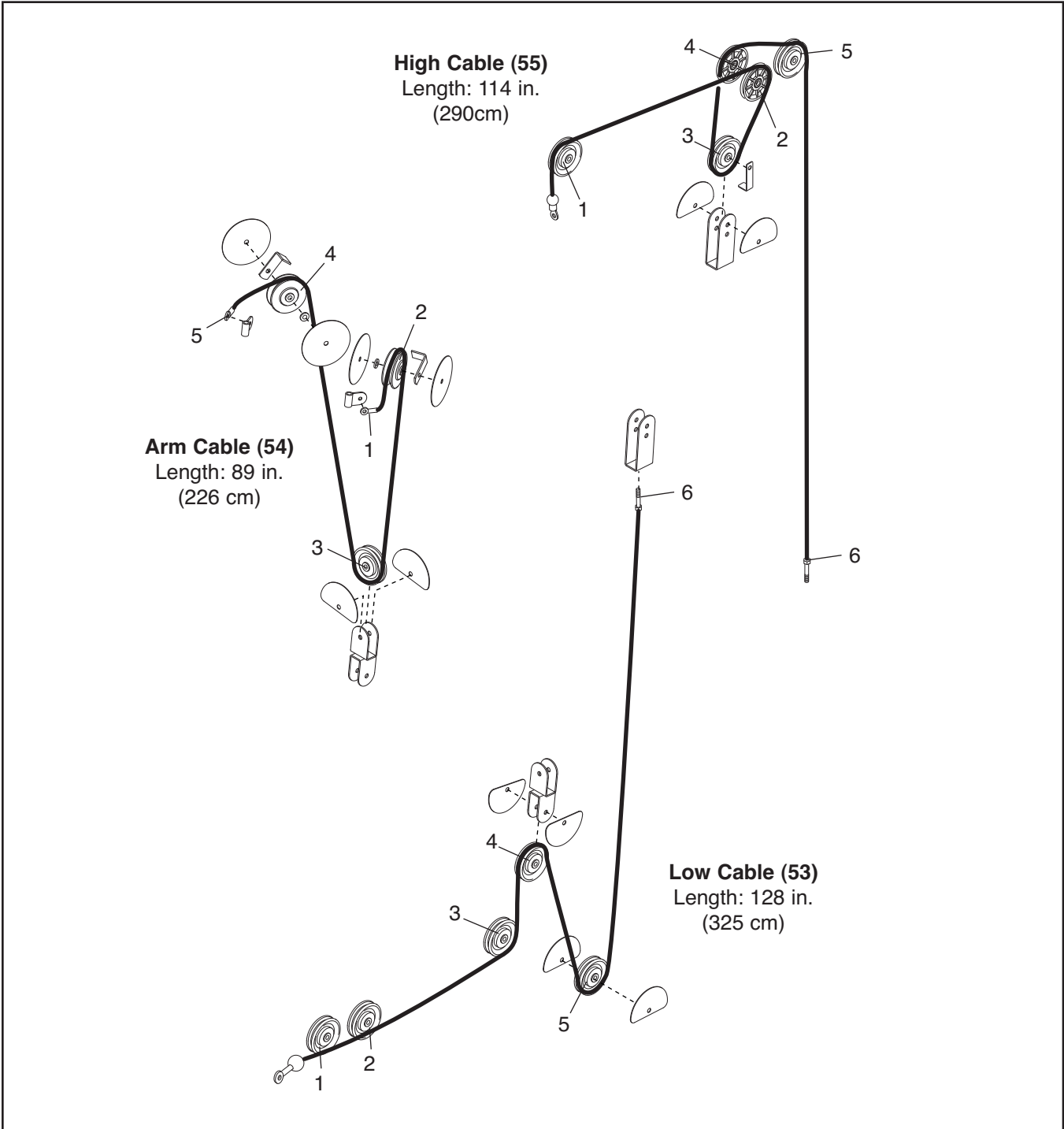
WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. "Top" refers to the 6 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)
Top	11	16	27	27	26
1	26	22	44	57	55
2	42	30	62	85	86
3	61	41	97	111	119
4	70	51	127	159	148
5	86	63	144	182	163
6	101	82	173	214	187

CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Low Cable (53), the Arm Cable (54), and the High Cable (55). Use the diagrams to make sure that the cables, cable traps, and finger guards have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



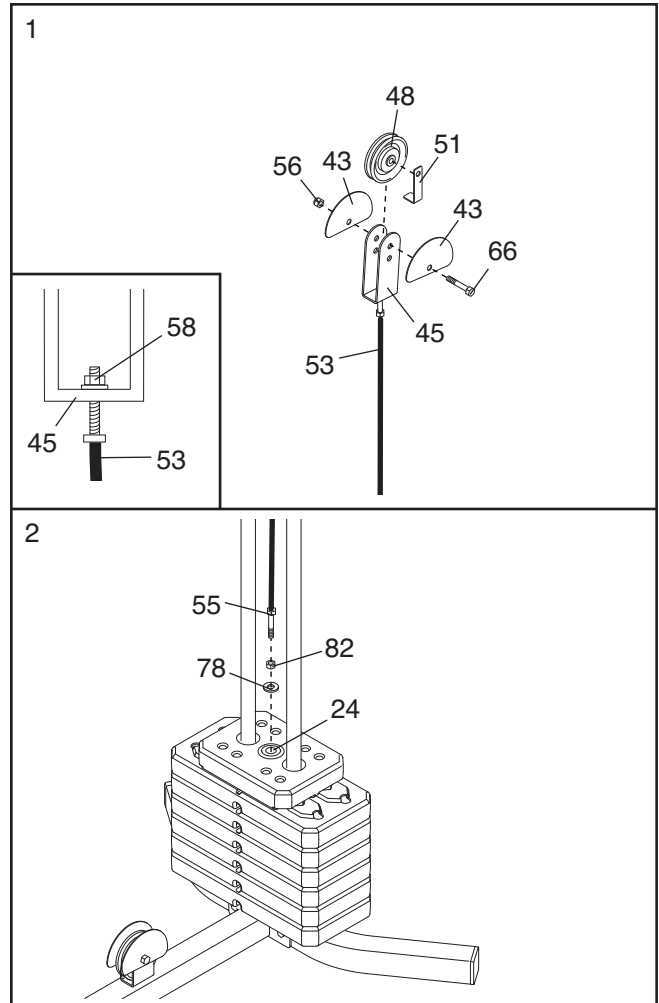
MAINTENANCE

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

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

- **See drawing 1 inset.** Tighten the M8 Nylon Locknut (58) that connects the end of the Low Cable (53) to the “U”-bracket (45).
- **See drawing 1.** Remove the M10 Nylon Locknut (56) and the M10 x 51mm Bolt (66) from the Cable Trap (51), 90mm Pulley (48), the two Half Finger Guards (43), and “U”-bracket (45). Reattach the Pulley, Cable Trap, and Finger Guards to the other hole in the “U”-bracket. **Make sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.**
- **See drawing 2.** Loosen the M12 Nut (82) on the High Cable (55). Tighten the High Cable into the Weight Tube (24) until the slack is removed from the Cable. Retighten the M12 Nut against the Large Washer (78).



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

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 elliptical exerciser or exercise bike, 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. Refer to 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.

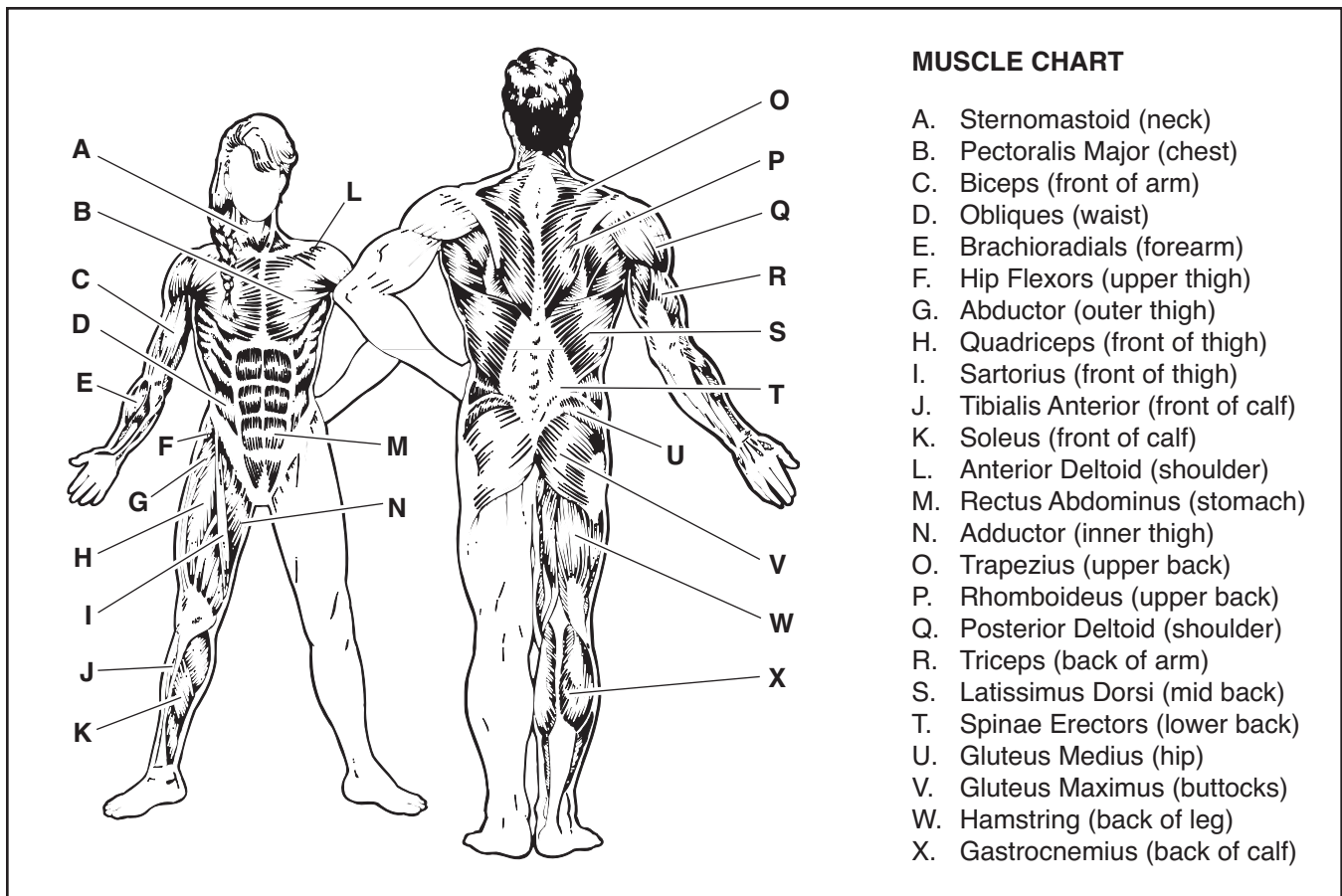
COOLING DOWN

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. The chart on page 23 of this manual can be photocopied and used to schedule and record your workouts. 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.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

ORDERING REPLACEMENT PARTS

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

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the 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

PART LIST—Model No. WECCSY1955.0

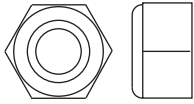
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	44	4	Arm Bushings
2	1	Stabilizer	45	1	“U”-bracket
3	1	Upright	46	2	“V”-pulley
4	1	Top Frame	47	2	90mm Thin Pulley
5	1	Pivot Frame	48	9	90mm Pulley
6	1	Seat Frame	49	2	11mm Spacer
7	1	Front Leg	50	2	Large Cable Trap
8	1	Leg Lever	51	1	Cable Trap
9	1	Right Arm	52	10	12mm Spacer
10	1	Left Arm	53	1	Low Cable
11	2	Handle	54	1	Arm Cable
12	1	Square Plate	55	1	High Cable
13	1	Curl Post	56	22	M10 Nylon Locknut
14	1	Curl Pad	57	27	M10 Washer
15	1	Seat	58	13	M8 Nylon Locknut
16	1	Backrest	59	7	M8 Washer
17	1	Lock	60	1	Leg Bumper
18	1	Lock Pin	61	1	Curl Knob
19	1	Chain	62	6	M6 x 16mm Screw
20	1	Handle Strap	63	1	Double “U”-bracket
21	2	Weight Guide	64	4	M8 x 63mm Carriage Bolt
22	6	Weight	65	2	M8 x 22mm Shoulder Bolt
23	1	Weight Tube Cap	66	3	M10 x 51mm Bolt
24	1	Weight Tube	67	2	M10 x 85mm Bolt
25	1	Top Weight	68	6	M8 x 65mm Bolt
26	1	Weight Pin	69	4	M4 x 20mm Self-tapping Screw
27	2	Weight Bumper	70	2	M6 x 63mm Screw
28	4	Small Foam Pad	71	8	M10 x 67mm Bolt
29	1	Pad Tube	72	1	M10 x 70mm Bolt
30	8	50mm Round Inner Cap	73	1	Lock Plate
31	5	50mm Square Inner Cap	74	1	M10 x 155mm Bolt
32	1	38mm Square Outer Cap	75	2	M10 x 63mm Bolt
33	1	M4 Washer	76	2	19mm Spacer
34	4	19mm Round Inner Cap	77	4	M10 x 25mm Button Bolt
35	1	Lat Bar	78	1	Large Washer
36	2	Handgrip	79	2	M10 x 77mm Bolt
37	3	Cable Clip	80	2	M6 Washer
38	1	Leg Lever Pin	81	3	M10 x 46mm Bolt
39	2	Cable Pivot	82	1	M12 Nut
40	2	Arm Pin	*	—	User’s Manual
41	4	Full Finger Guard	*	—	Exercise Guide
42	2	Large Foam Pad	*	—	Grease Packet
43	8	Half Finger Guard	*	—	Allen Wrench

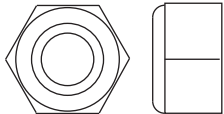
Note: *Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

PART IDENTIFICATION CHART

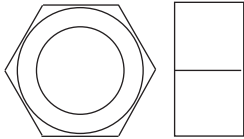
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



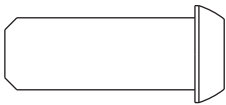
M8 Nylon Locknut (58)



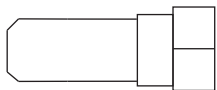
M10 Nylon Locknut (56)



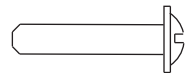
M12 Nut (82)



M10 x 25mm Button Bolt (77)



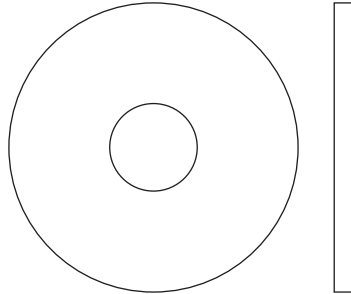
M8 x 22mm Shoulder Bolt (65)



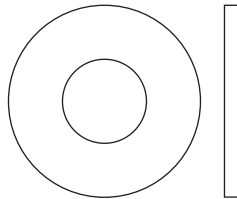
M4 x 20mm Self-tapping Screw (69)



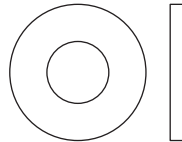
M6 x 16mm Screw (62)



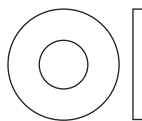
Large Washer (78)



M10 Washer (57)



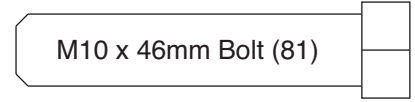
M8 Washer (59)



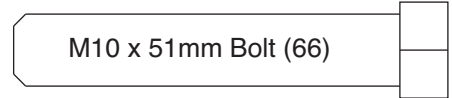
M6 Washer (80)



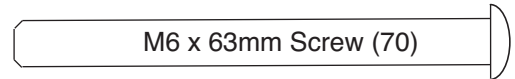
M4 Washer (33)



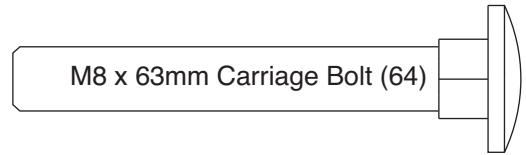
M10 x 46mm Bolt (81)



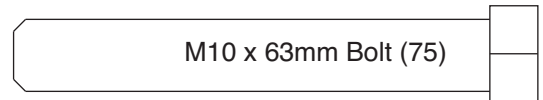
M10 x 51mm Bolt (66)



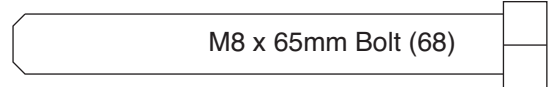
M6 x 63mm Screw (70)



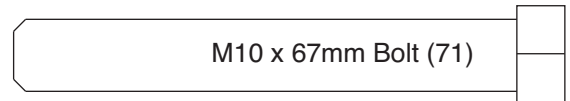
M8 x 63mm Carriage Bolt (64)



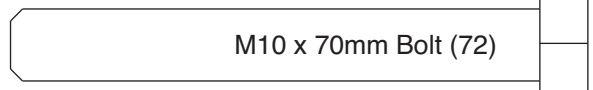
M10 x 63mm Bolt (75)



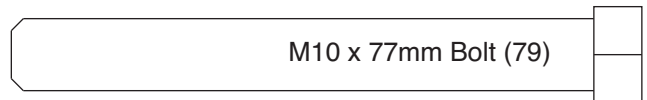
M8 x 65mm Bolt (68)



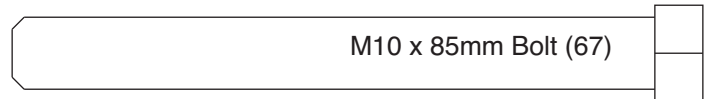
M10 x 67mm Bolt (71)



M10 x 70mm Bolt (72)



M10 x 77mm Bolt (79)



M10 x 85mm Bolt (67)



M10 x 155mm Bolt (74)

EXPLODED DRAWING—Model No. WECCSY1955.0

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