

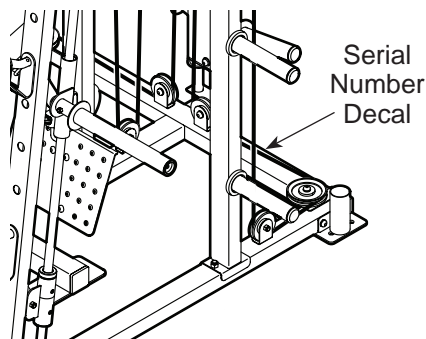
WEIDER® PRO

8500

Model No. 831.15962.0

Serial No. _____

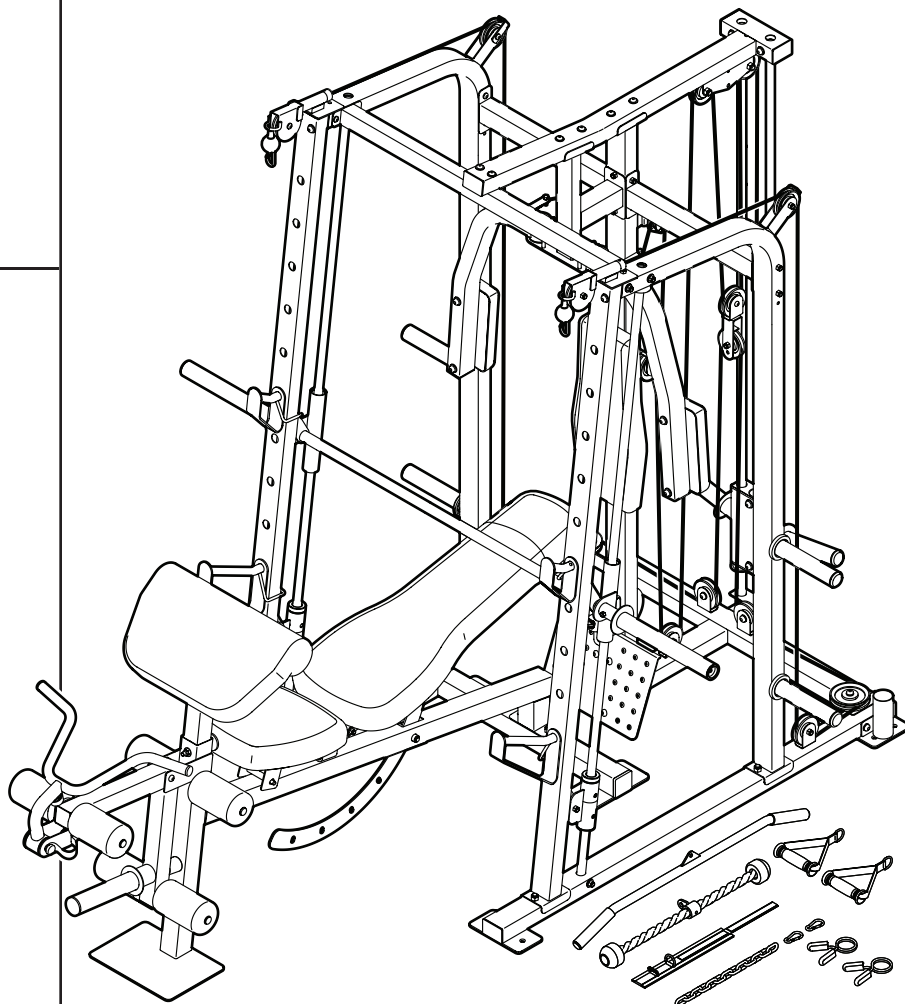
Write the serial number in the space above for reference.



WEIGHT BENCH EXERCISER

User's Manual

- Assembly
- Operation
- Maintenance
- Part List and Drawing



CAUTION

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

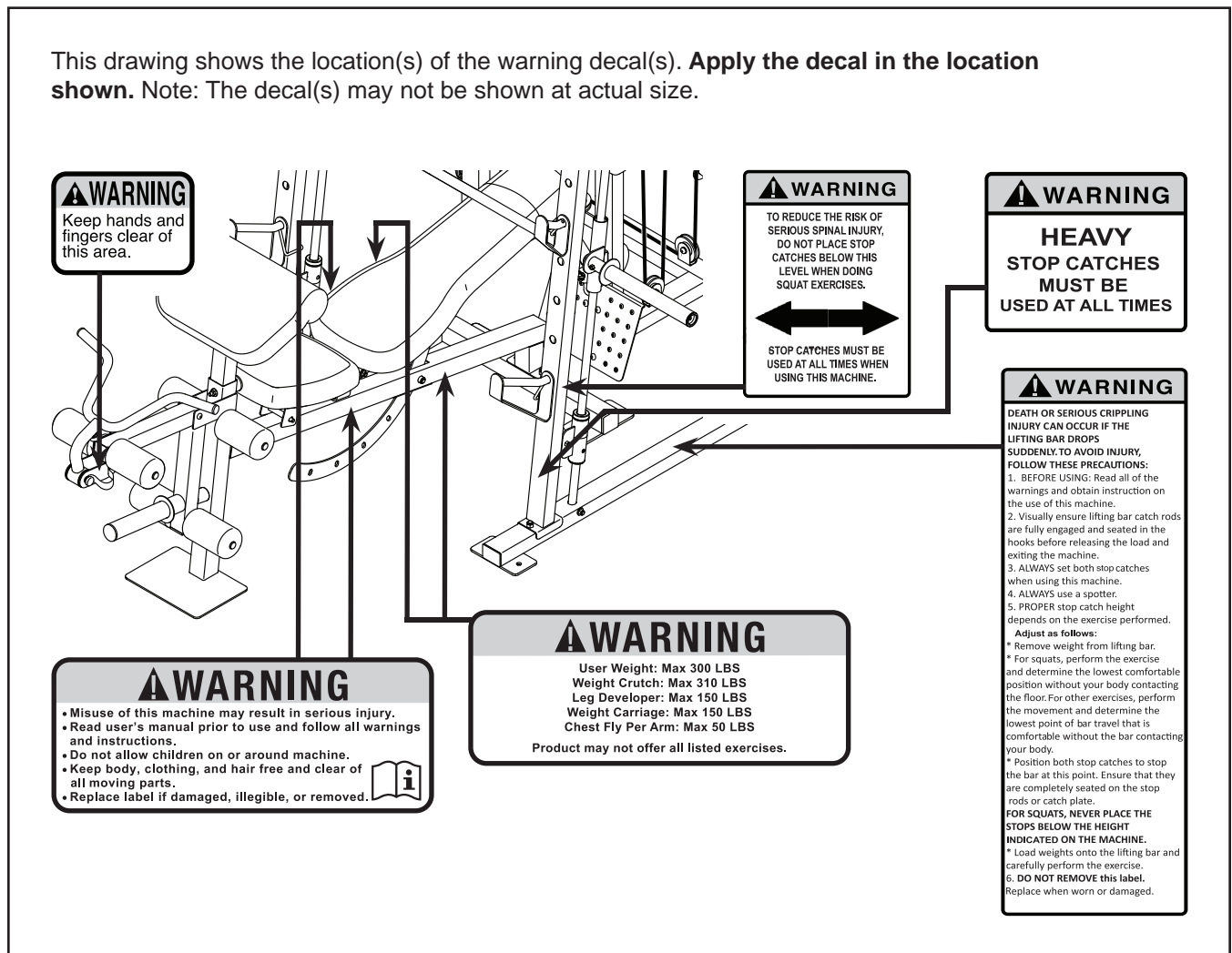
IFIT
MAKE YOUR
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REALITY

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90 DAY FULL WARRANTY	Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight bench before using the weight bench. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The weight bench is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the weight bench by someone responsible for their safety.
4. Use the weight bench only as described in this manual.
5. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
6. Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench in a garage or covered patio, or near water.
7. Place the weight bench on a level surface, with enough clearance around the weight bench to mount, dismount, and use the weight bench. To protect the floor or carpet from damage, place a mat under the weight bench.
8. Inspect and properly tighten all parts each time the weight bench is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the weight bench at all times.
10. Keep hands and feet away from moving parts.
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Always wear athletic shoes for foot protection while using the weight bench.
12. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg). Do not place more than 310 lbs. (141 kg), including a barbell and weight plates (not included), on the weight rests. Do not place more than 150 lbs. (68 kg) on the leg lever.
13. Always place the same amount of weight on both ends of your barbell. While adding or removing weight plates, always keep some weight plates on both ends of your barbell to prevent the barbell from tipping. Always secure weight plates with your spring collars.
14. Always make sure that the bench knob is fully inserted into the bench frame and into the backrest bracket before you use the weight bench.
15. Always make sure that the seat pin is fully engaged before you use the seat.
16. Always make sure that the barbell rests are properly attached to the uprights. In addition, make sure that the barbell spotters are properly attached to the uprights.

17. Always set both spotters, both barbell rests, and both barbell spotters at the same height.
18. Always place the same amount of weight on both ends of the weight carriage, weight bar, or barbell.
19. Always lower the weight carriage and the weight bar in a controlled manner; never let the weight carriage or the weight bar drop.
20. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.

21. Always move the bench out of the way when performing an exercise that does not require the bench.
22. Always exercise with a partner. Your partner should be ready to catch your barbell if you cannot complete a repetition.
23. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

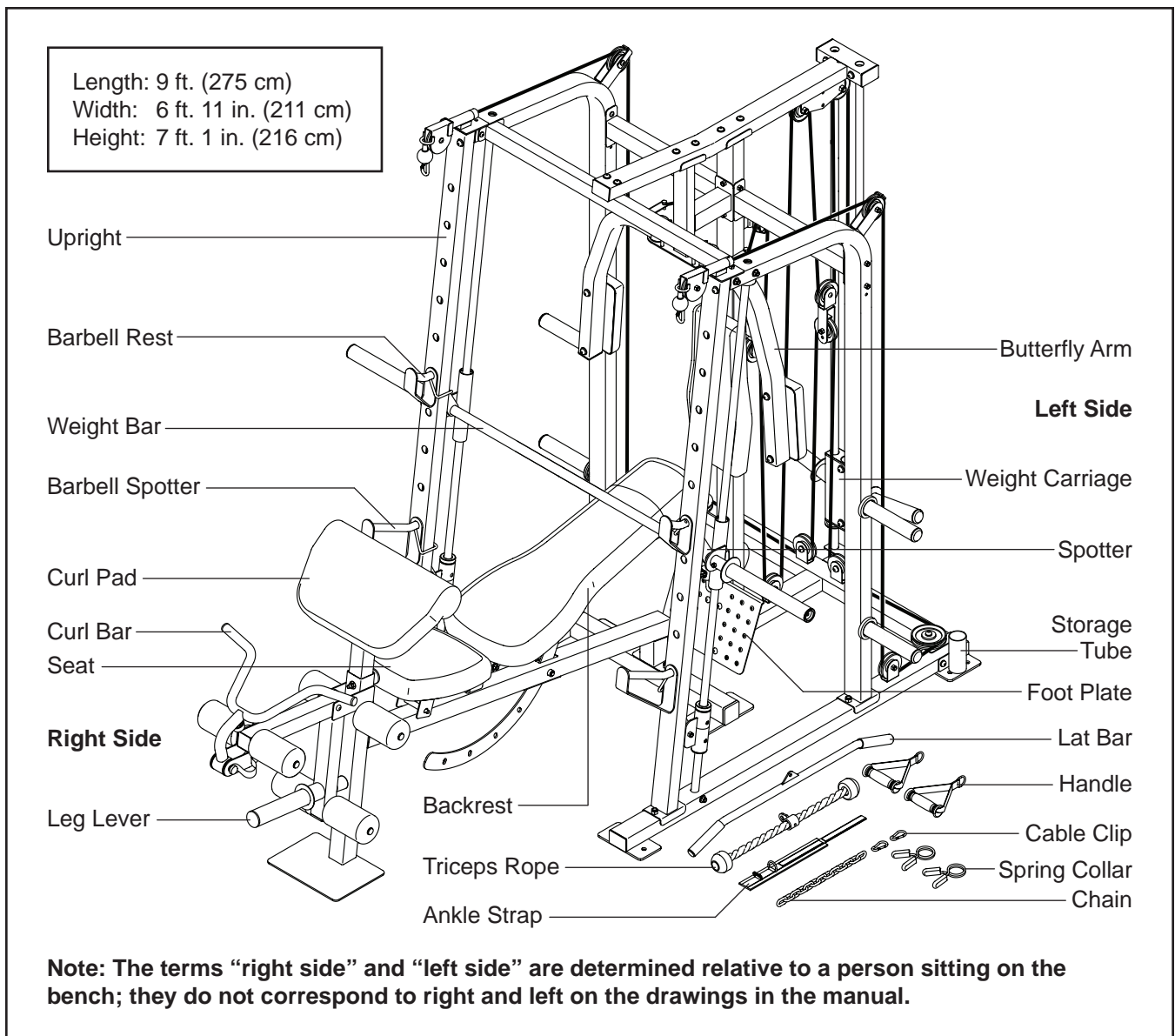
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 8500 weight bench. The PRO 8500 weight bench 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 bench will help you to achieve the specific results you want.

reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

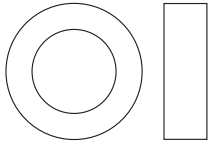
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

For your benefit, read this manual carefully before using the weight bench. If you have questions after

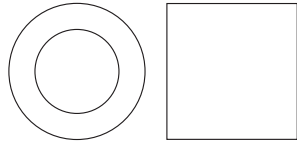


PART IDENTIFICATION CHART

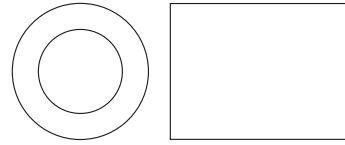
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra hardware may be included.**



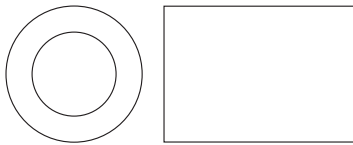
6mm Spacer (75)



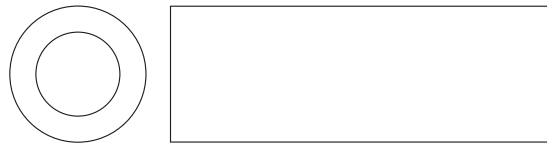
17mm Spacer (66)



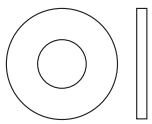
24mm Spacer (45)



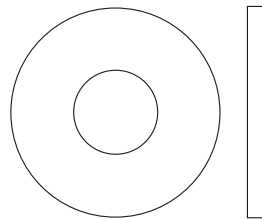
25mm Spacer (55)



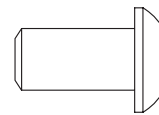
50mm Spacer (44)



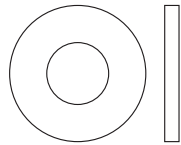
M6 Washer (86)



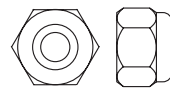
M10 Large Washer (76)



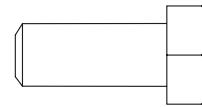
M8 x 15mm Screw (21)



M8 Washer (94)



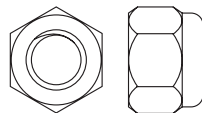
M6 Locknut (100)



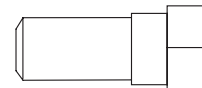
M8 x 20mm Screw (34)



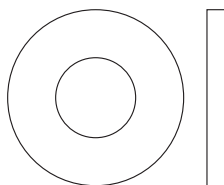
M10 Split Washer (93)



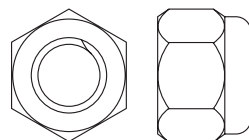
M8 Locknut (78)



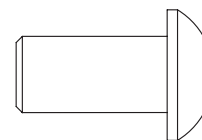
M8 x 20mm Shoulder Bolt (85)



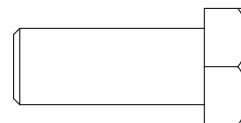
M10 Washer (84)



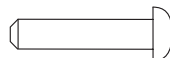
M10 Locknut (79)



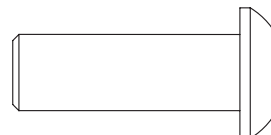
M10 x 20mm Bolt (77)



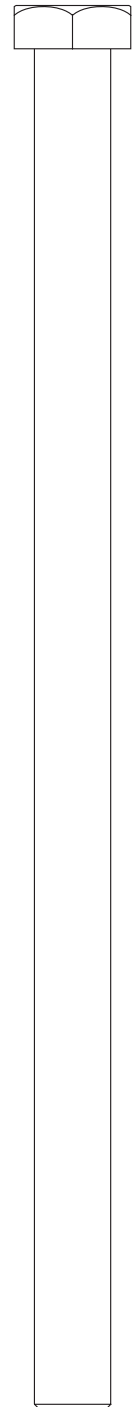
M10 x 25mm Screw (98)



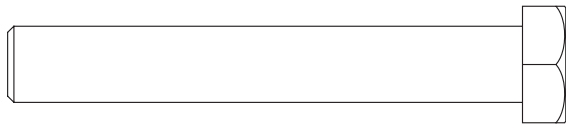
M4 x 19mm Screw (82)



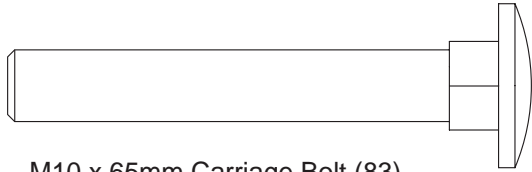
M10 x 30mm Screw (95)



M10 x 180mm Bolt (40)



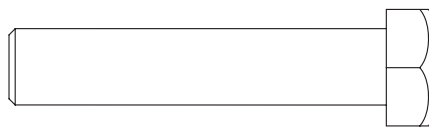
M10 x 68mm Bolt (90)



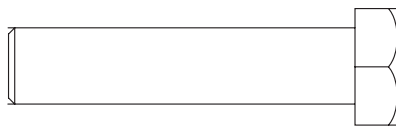
M10 x 65mm Carriage Bolt (83)



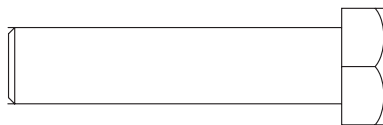
M10 x 60mm Bolt (88)



M10 x 50mm Bolt (104)



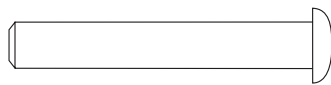
M10 x 45mm Bolt (141)



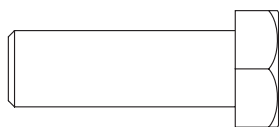
M10 x 43mm Bolt (96)



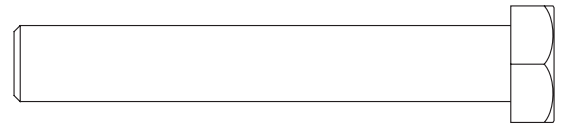
M8 x 42mm Bolt (130)



M6 x 40mm Screw (39)



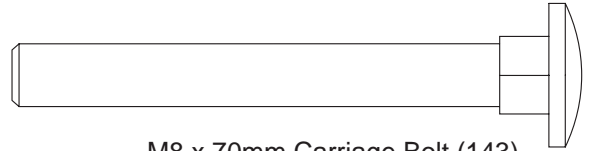
M10 x 30mm Hex Bolt (121)



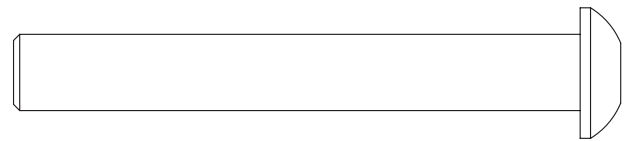
M10 x 65mm Bolt (105)



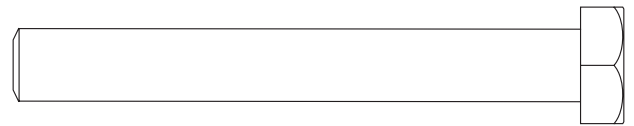
M6 x 70mm Screw (87)



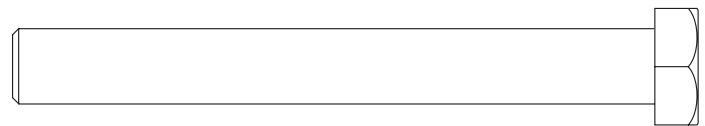
M8 x 70mm Carriage Bolt (143)



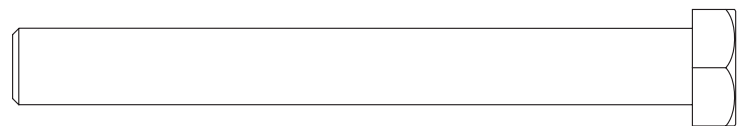
M10 x 75mm Bolt (102)



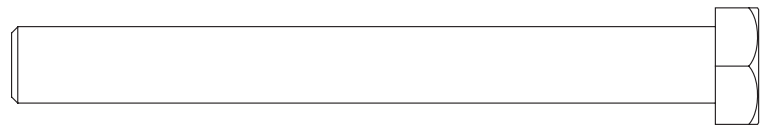
M10 x 75mm Hex Bolt (106)



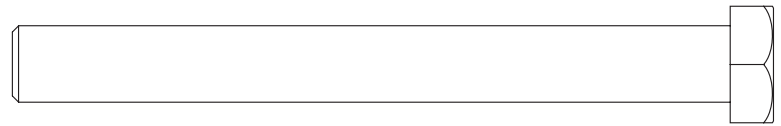
M10 x 85mm Bolt (103)



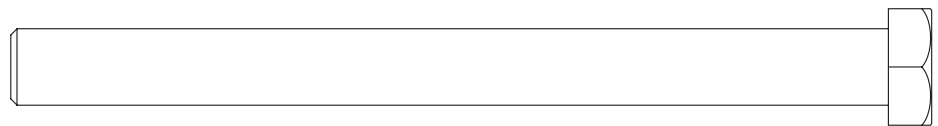
M10 x 90mm Bolt (89)



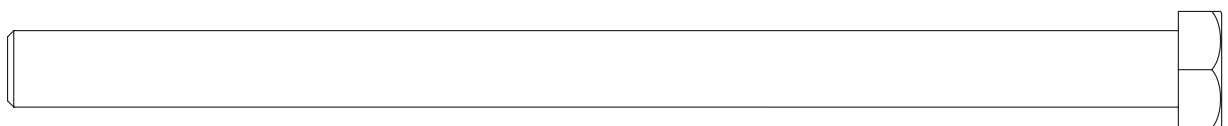
M10 x 93mm Bolt (97)



M10 x 95mm Bolt (92)



M10 x 115mm Bolt (101)



M10 x 155mm Bolt (99)

ASSEMBLY

- Assembly requires two persons.
- Because of its weight and size, assemble the weight bench in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 5.

- In addition to the included tool(s), assembly requires the following tools:

two adjustable wrenches



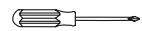
one rubber mallet



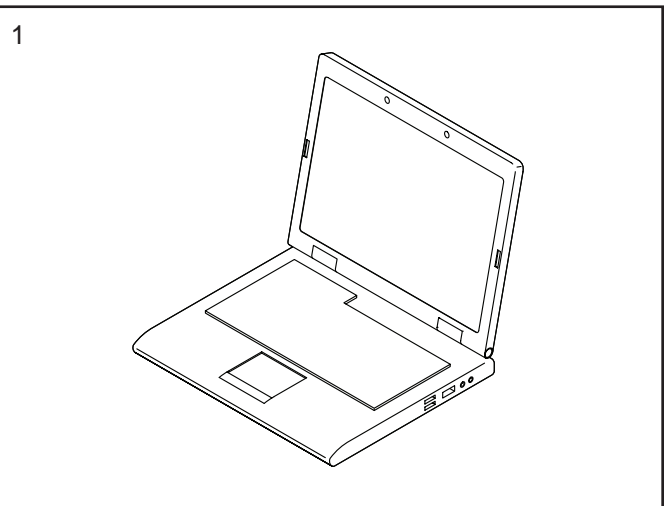
one standard screwdriver



one Phillips screwdriver



Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.



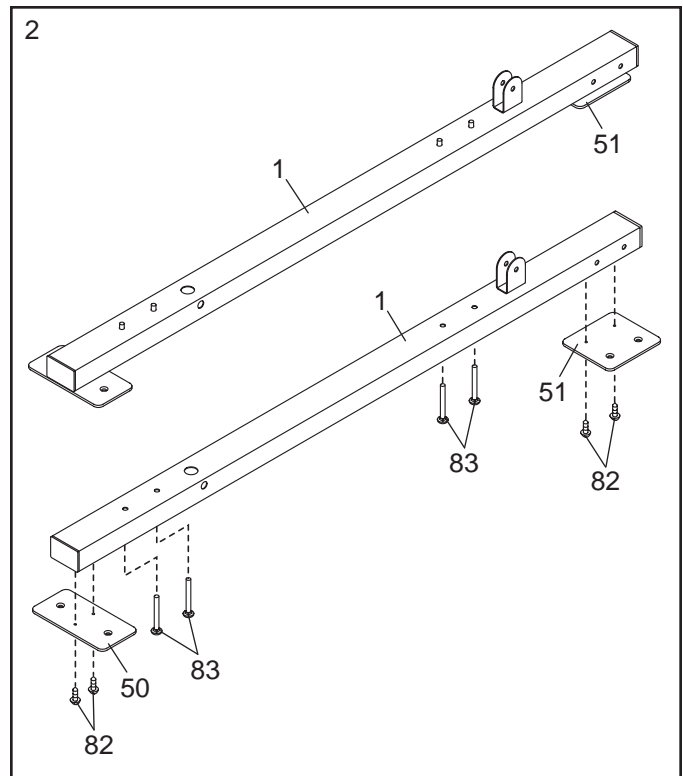
2. Attach a Stabilizer Foot (50) to a Base (1) with two M4 x 19mm Screws (82).

Next, orient a Base Foot (51) as shown.

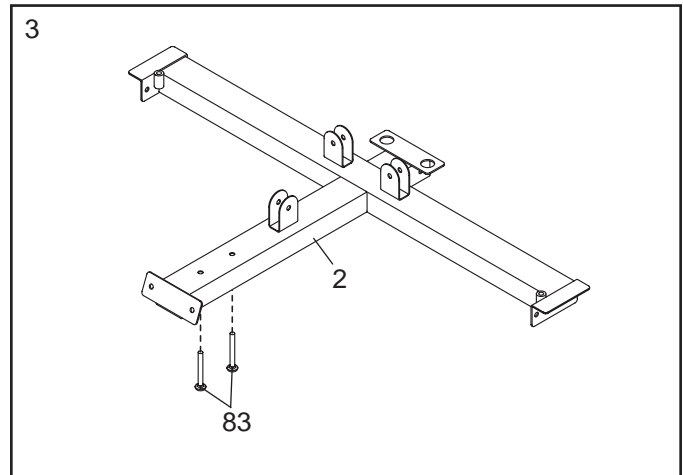
Attach the Base Foot (51) to the Base (1) with two M4 x 19mm Screws (82).

Then, insert four M10 x 65mm Carriage Bolts (83) upward through the Base (1). Apply tape over the bolt heads to hold them in place.

**Repeat this step with the other Base (1).
Make sure that the Base Foot (51) is oriented as shown.**

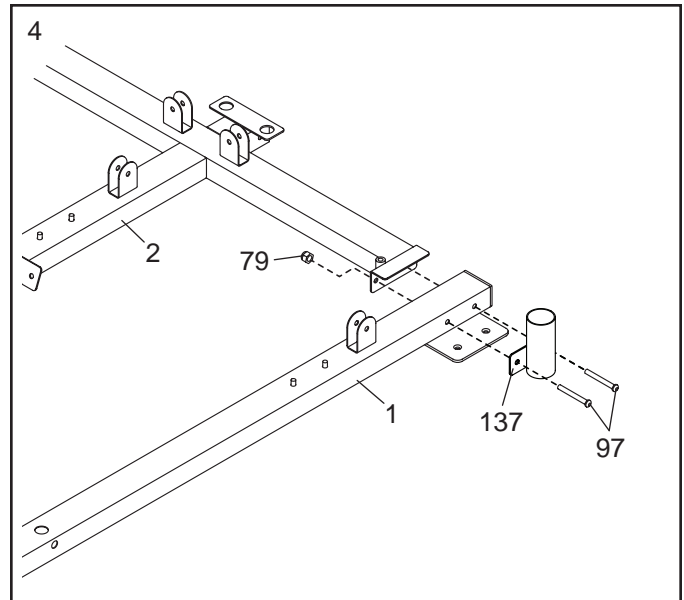


3. Insert two M10 x 65mm Carriage Bolts (83) upward through the Center Base (2). Place tape over the bolt heads to hold them in place.

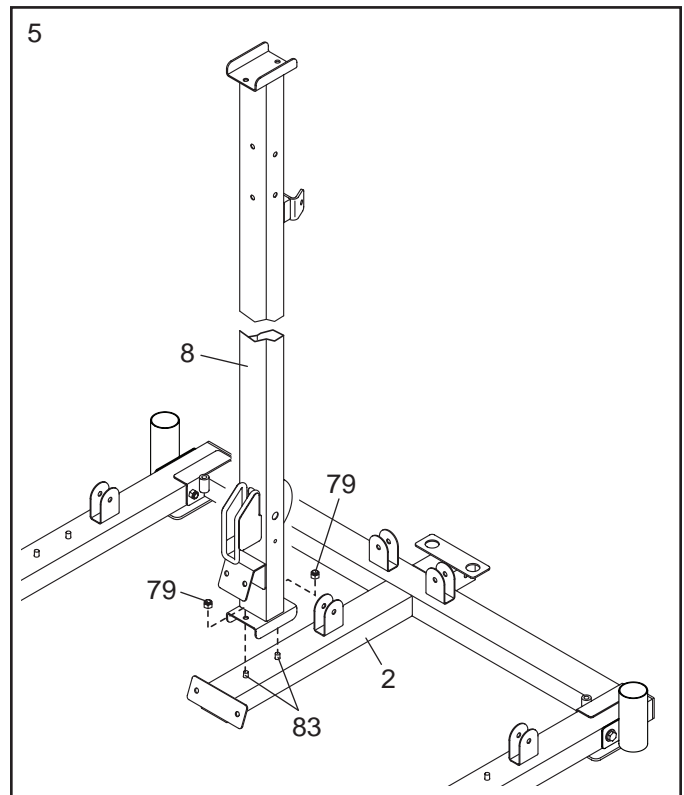


4. Attach a Base (1) and a Storage Tube (137) to the Center Base (2) with two M10 x 93mm Bolts (97) and an M10 Locknut (79). **Do not tighten the Bolts yet.**

Attach the other Base (not shown) and the other Storage Tube (not shown) to the Center Base (2) in the same way.

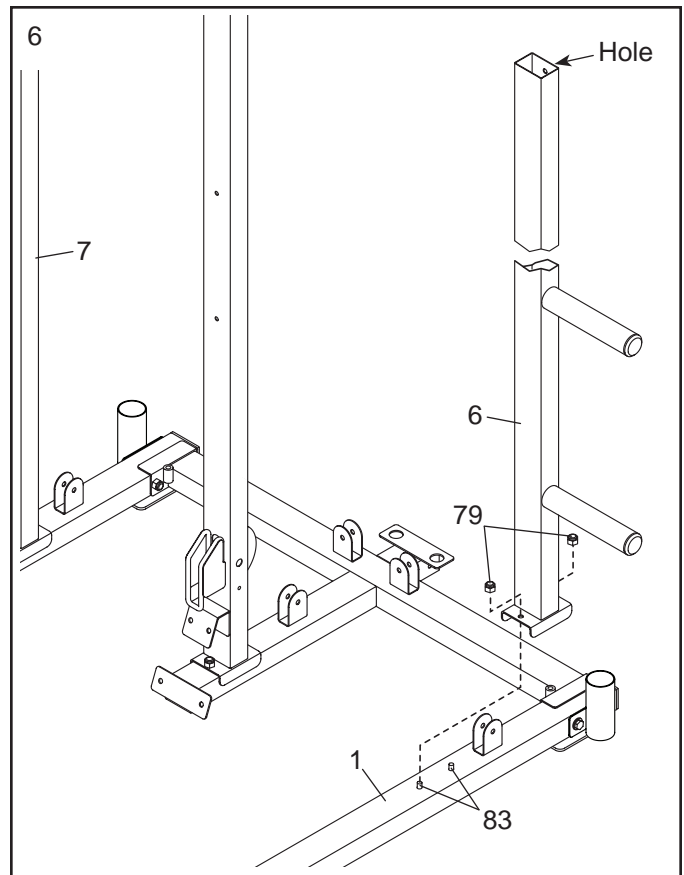


5. Attach the Backrest Upright (8) to the Center Base (2) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**



- Attach the Left Support (6) to the left Base (1) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

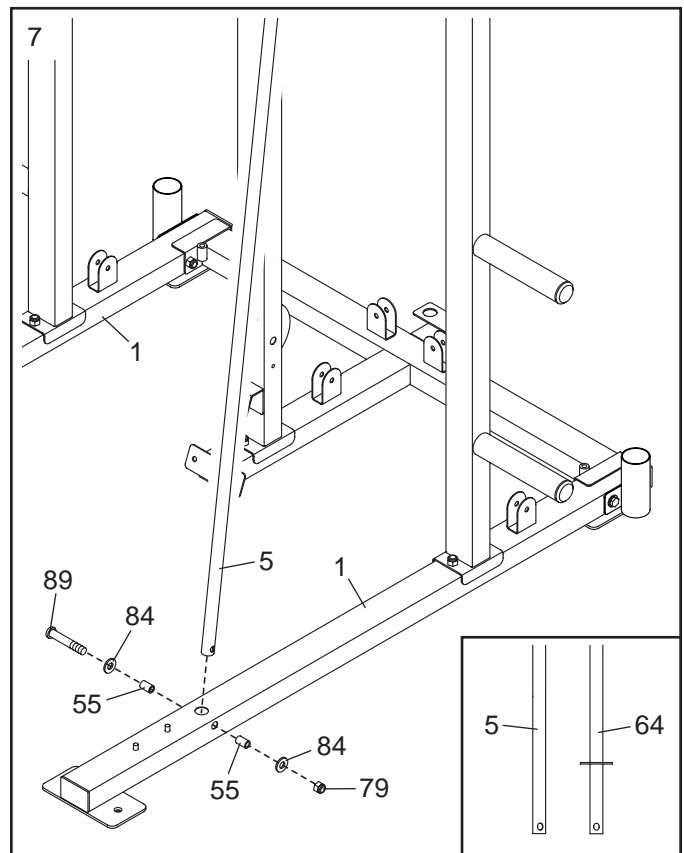
Repeat this step with the Right Support (7).



- See the inset drawing.** Identify the Weight Bar Guides (5) and the Carriage Guides (64).

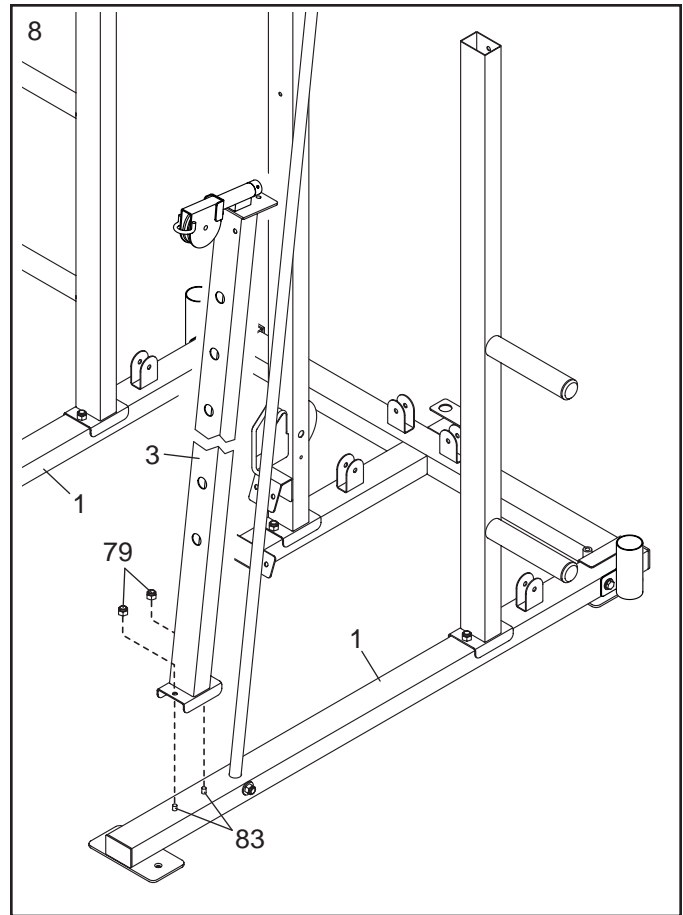
Attach a Weight Bar Guide (5) to the left Base (1) with an M10 x 90mm Bolt (89), two M10 Washers (84), two 25mm Spacers (55), and an M10 Locknut (79). **Do not tighten the Locknut yet.**

Repeat this step with the other Weight Bar Guide (not shown).



8. Attach an Upright (3) to the left Base (1) with the indicated two M10 x 65mm Carriage Bolts (83) and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

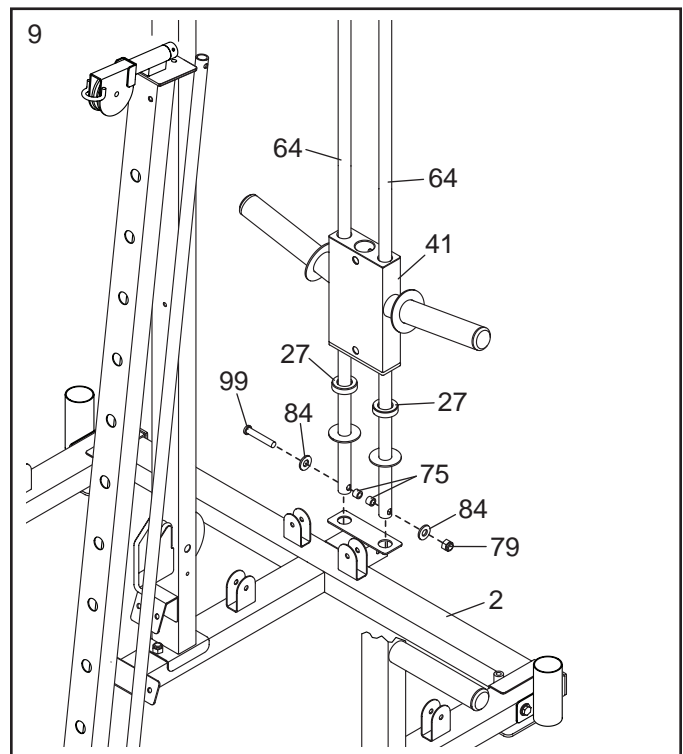
Repeat this step with the other Upright (not shown).



9. Orient the two Carriage Guides (64) so that the rings are near the bottom.

Attach the Carriage Guides (64) to the Center Base (2) with an M10 x 155mm Bolt (99), two M10 Washers (84), two 6mm Spacers (75), and an M10 Locknut (79). **Do not tighten the Locknut yet.**

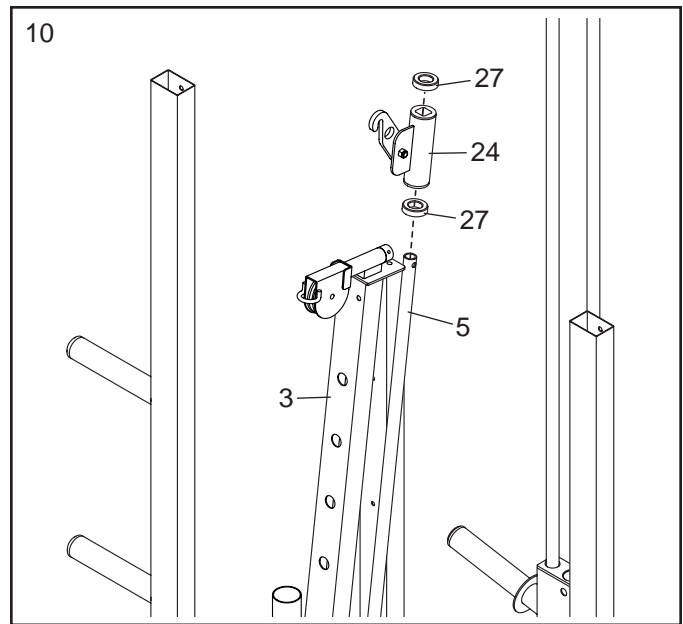
Slide two Carriage Bumpers (27) onto the Carriage Guides (64). Slide the Weight Carriage (41) onto the Carriage Guides as shown.



10. Orient the a Spotter Carriage (24) as shown.

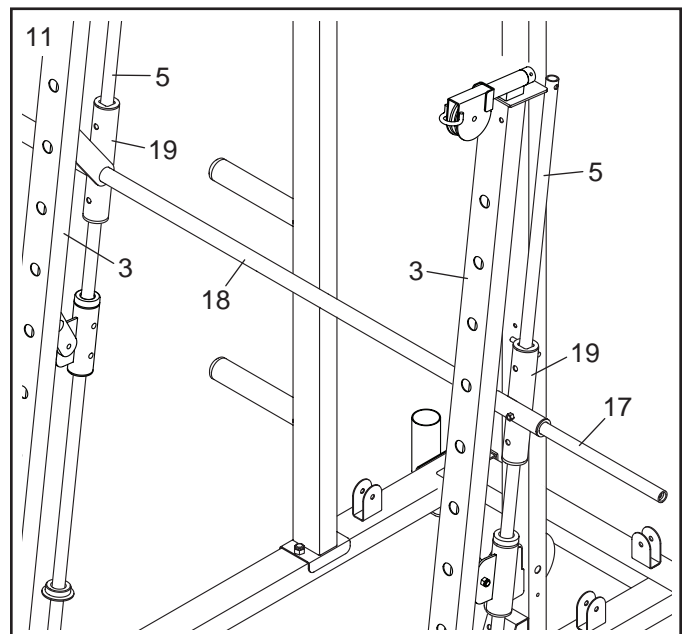
Slide the Spotter Carriage (24) and two Carriage Bumpers (27) onto the left Weight Bar Guide (5). Then, engage the Spotter Carriage onto the Left Upright (3).

Repeat this step with the other Spotter Carriage (not shown) and the right Weight Bar Guide (not shown).



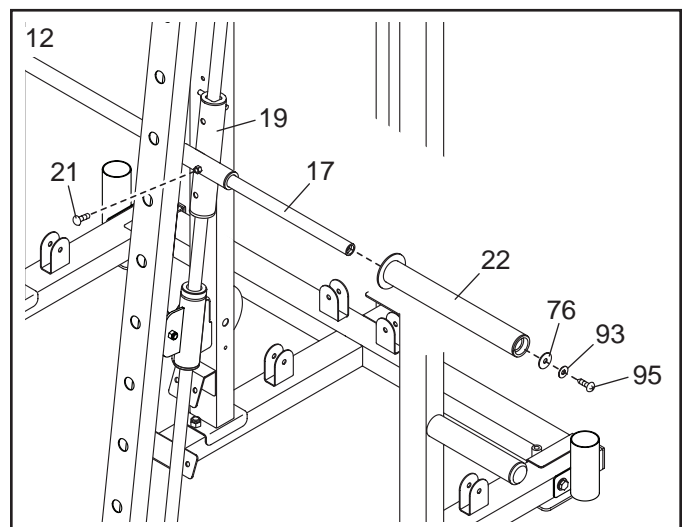
11. Slide a Carriage (19) onto each Weight Bar Guide (5).

Insert the Weight Bar (17) through the left Carriage (19), the Locking Bar (18), and the right Carriage. Engage the Locking Bar onto the Uprights (3).



12. Attach a Weight Bar Adapter (22) to one end of the Weight Bar (17) with an M10 x 30mm Screw (95), an M10 Split Washer (93), and an M10 Large Washer (76). **Repeat this step on the other end of the Weight Bar.**

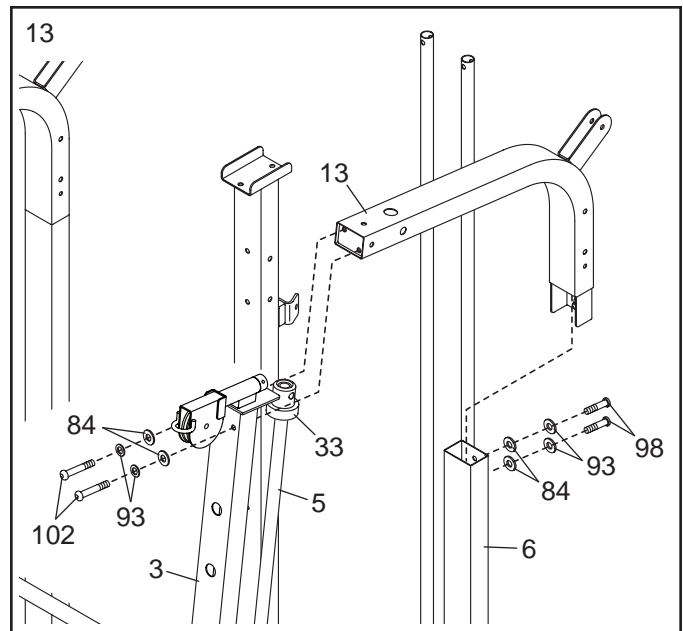
Tighten an M8 x 15mm Screw (21) into the left Carriage (19). **Repeat this step with the right Carriage (not shown).**



13. Insert a Guide Cap (33) upward into a Side Top Frame (13). Set the Side Top Frame on the left Weight Bar Guide (5) and insert it into the Left Support (6).

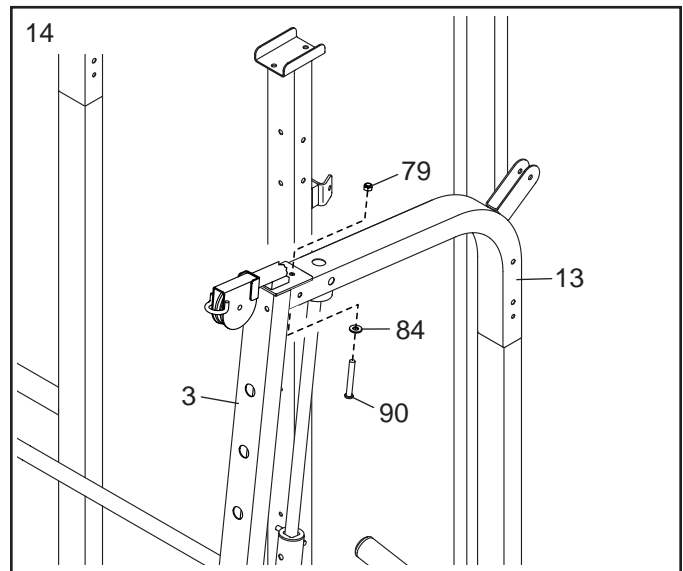
Attach the Side Top Frame (13) to the left Upright (3) and the Left Support (6) with two M10 x 75mm Bolts (102), two M10 x 25mm Screws (98), four M10 Split Washers (93), and four M10 Washers (84). **Do not tighten the Screws yet.**

Repeat this step with the other Side Top Frame (13) and the right side of the weight rack.



14. Insert an M10 x 68mm Bolt (90) through the left Upright (3) and the Side Top Frame (13). Hand tighten an M10 Washer (84) and an M10 Locknut (79) onto the Bolt.

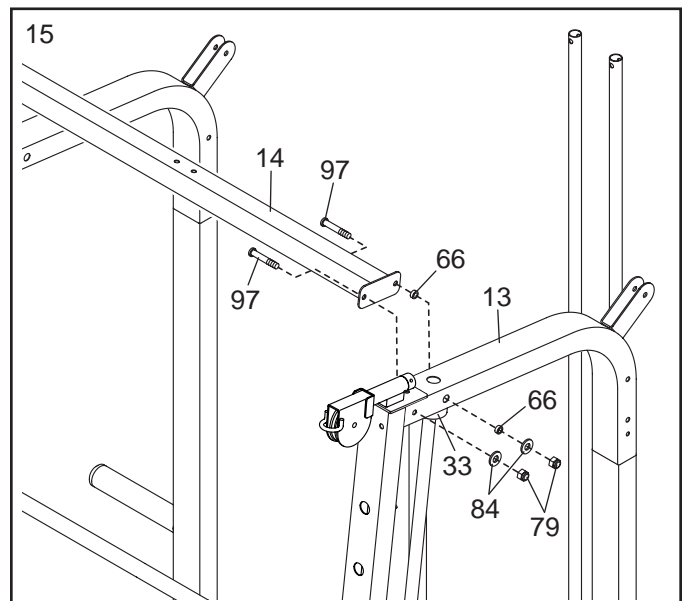
Repeat this step with the other Side Top Frame (13) and the right side of the weight rack.



15. **Make sure that the Guide Cap (33) is inside the left Side Top Frame (13).**

Attach the Center Top Frame (14) to the Side Top Frame (13) with two M10 x 93mm Bolts (97), two 17mm Spacers (66), two M10 Washers (84), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

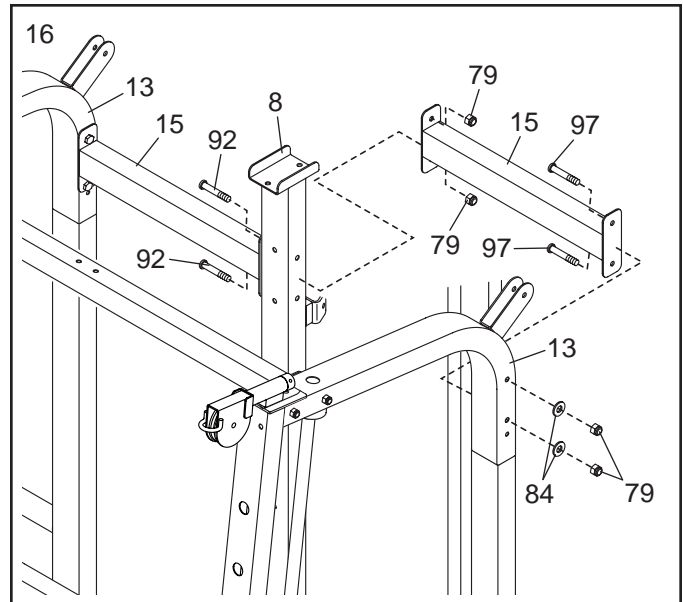
Repeat this step with the right Side Top Frame (not shown).



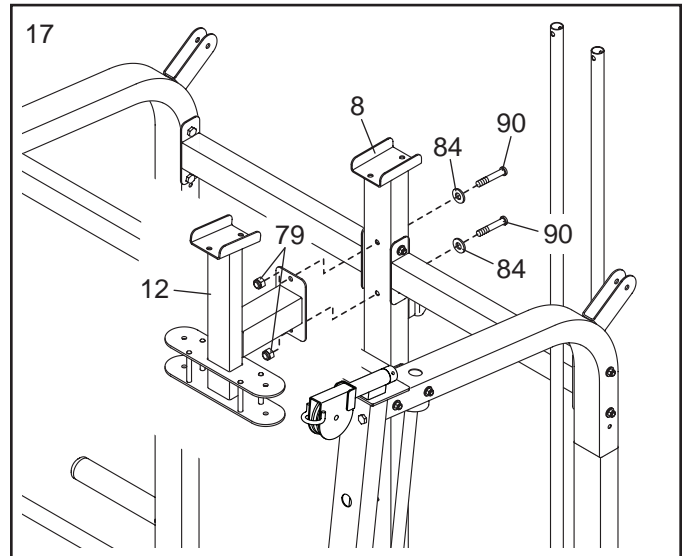
16. Attach a Support Frame (15) to the left Side Top Frame (13) with two M10 x 93mm Bolts (97), two M10 Washers (84), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

Attach the other Support Frame (15) to the right Side Top Frame (13) in the same way.

Attach the two Support Frames (15) to the Backrest Upright (8) with two M10 x 95mm Bolts (92) and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**



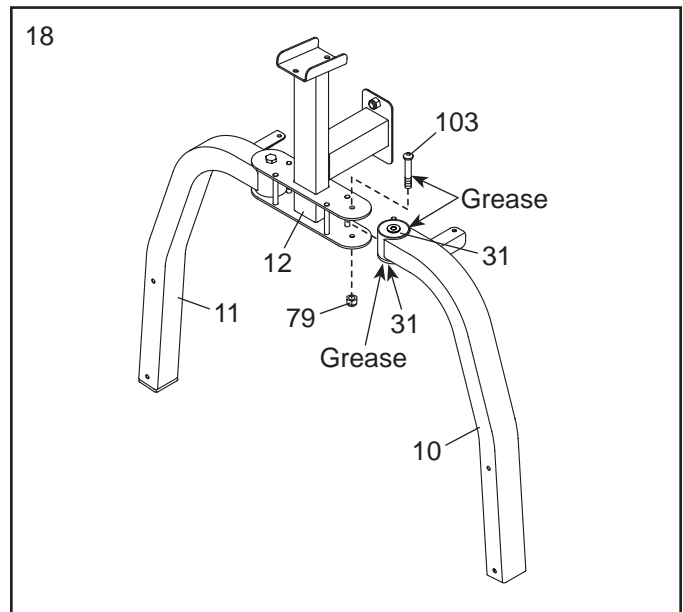
17. Attach the Arm Frame (12) to the Backrest Upright (8) with two M10 x 68mm Bolts (90), two M10 Washers (84), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**



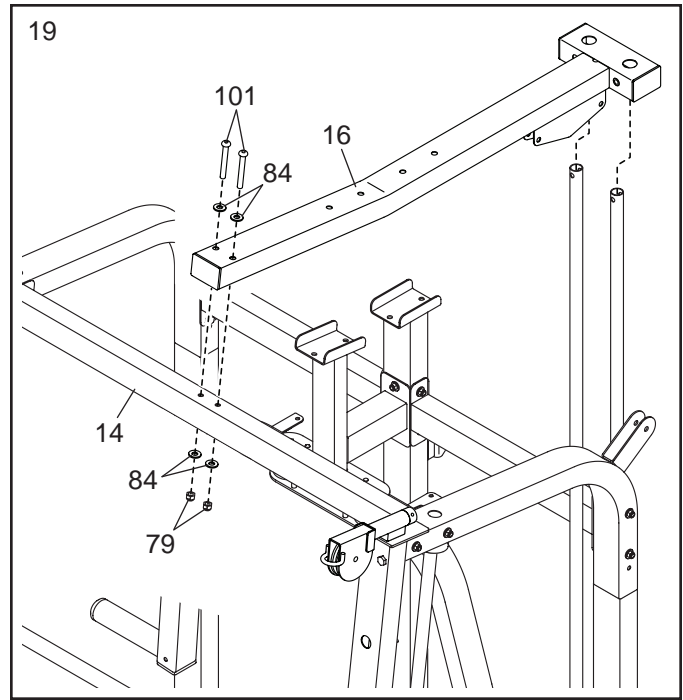
18. Using a plastic bag to keep your fingers clean, apply some of the included grease to an M10 x 85mm Bolt (103) and to the two Arm Bushings (31) in the Left Arm (10).

Attach the Left Arm (10) to the Arm Frame (12) with the M10 x 85mm Bolt (103) and an M10 Locknut (79). **Do not overtighten the Locknut; the Left Arm must pivot easily.**

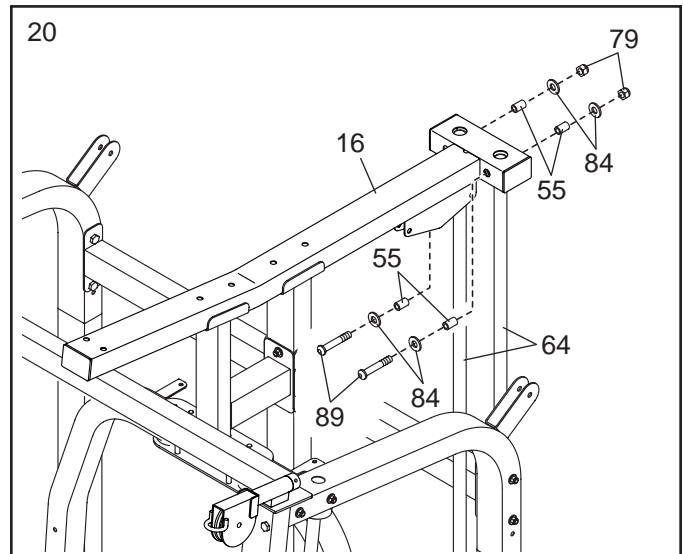
Repeat this step with the Right Arm (11).



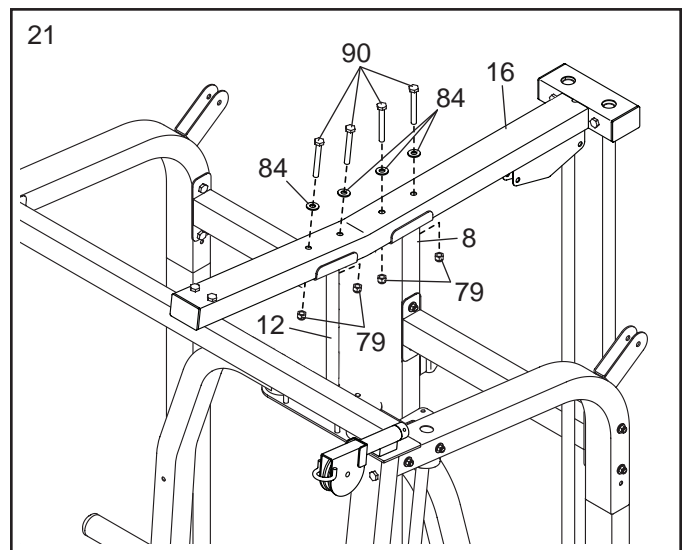
19. Attach the Top Frame (16) to the Center Top Frame (14) with two M10 x 115mm Bolts (101), four M10 Washers (84), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**



20. Attach the Top Frame (16) to the Carriage Guides (64) with two M10 x 90mm Bolts (89), four M10 Washers (84), four 25mm Spacers (55), and two M10 Locknuts (79). **Do not tighten the Locknuts yet.**

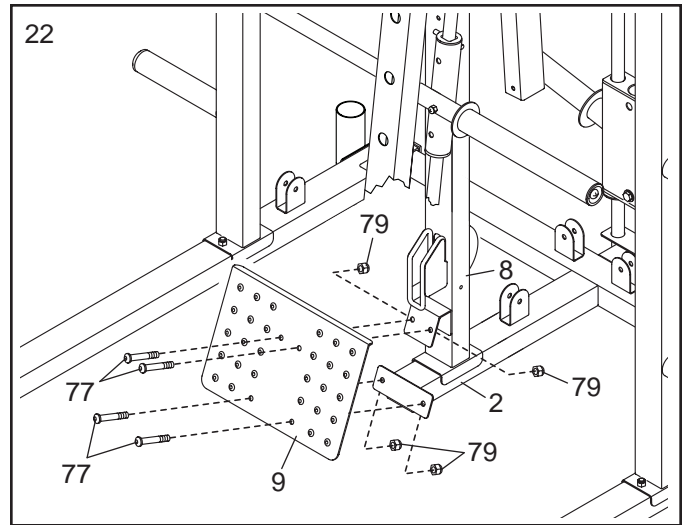


21. Attach the Top Frame (16) to the Arm Frame (12) and the Backrest Upright (8) with four M10 x 68mm Bolts (90), four M10 Washers (84), and four M10 Locknuts (79). **Do not tighten the Locknuts yet.**



22. Attach the Foot Plate (9) to the Center Base (2) and the Backrest Upright (8) with four M10 x 20mm Bolts (77) and four M10 Locknuts (79).

See steps 4–9, 13, 15–17, and 19–21. Tighten all of the Bolts, Screws, and Locknuts used in these steps.

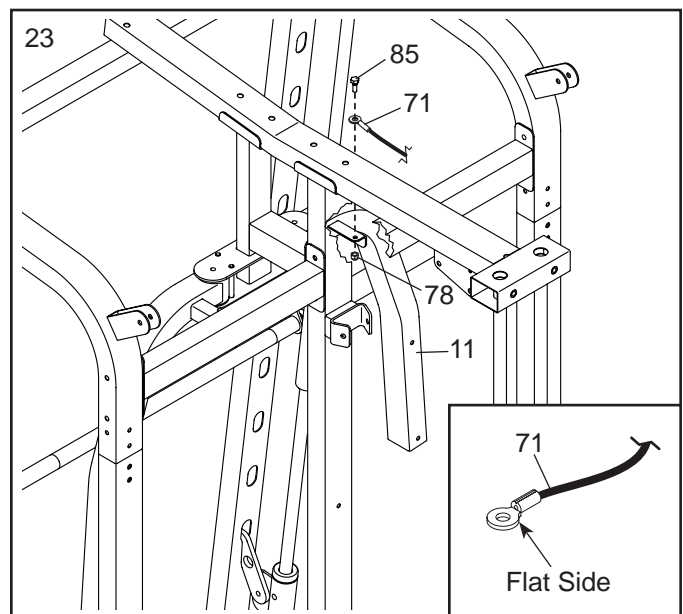


23. See the CABLE DIAGRAM on page 36 to identify the cables as you assemble them. Note: Steps 23–45 are shown from the rear.

Identify the Butterfly Cable (71).

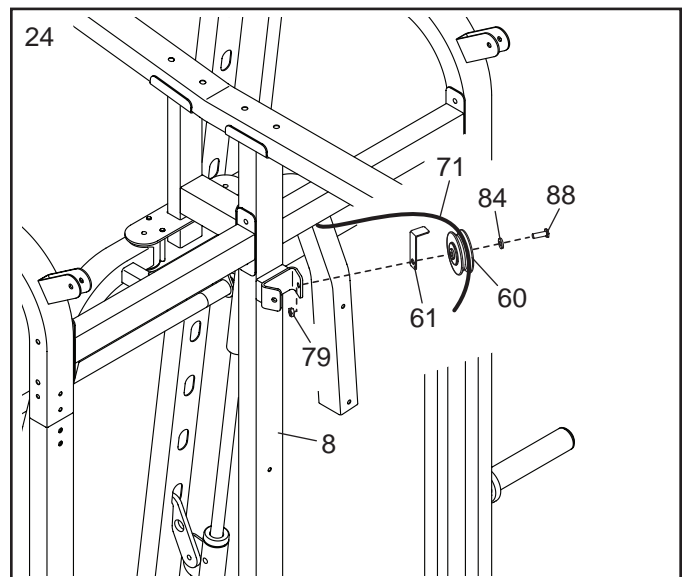
See the inset drawing. Orient one end of the Butterfly Cable (71) so that the flat side is facing downward as shown.

Attach the end of the Butterfly Cable (71) to the Right Arm (11) with an M8 x 20mm Shoulder Bolt (85) and an M8 Locknut (78). **Do not overtighten the Locknut; the Butterfly Cable must pivot easily.**

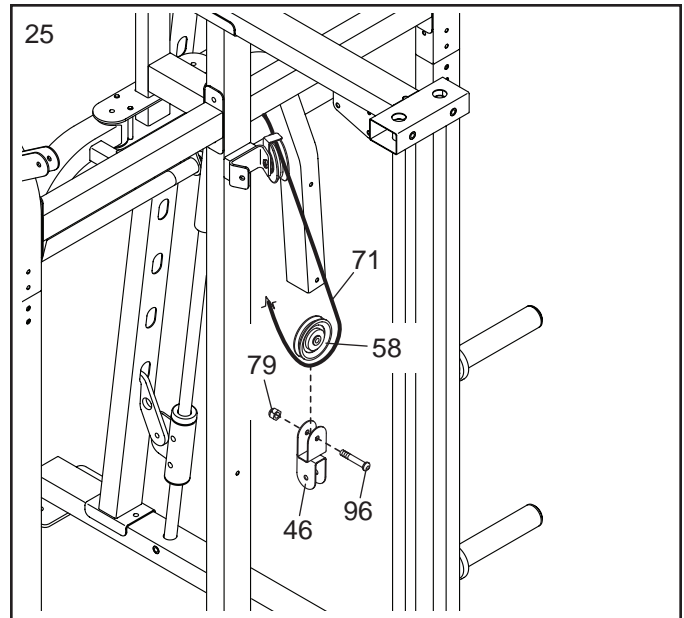


24. Identify the V-pulleys (60), the 90mm Pulleys (not shown), and the 115mm Pulleys (not shown).

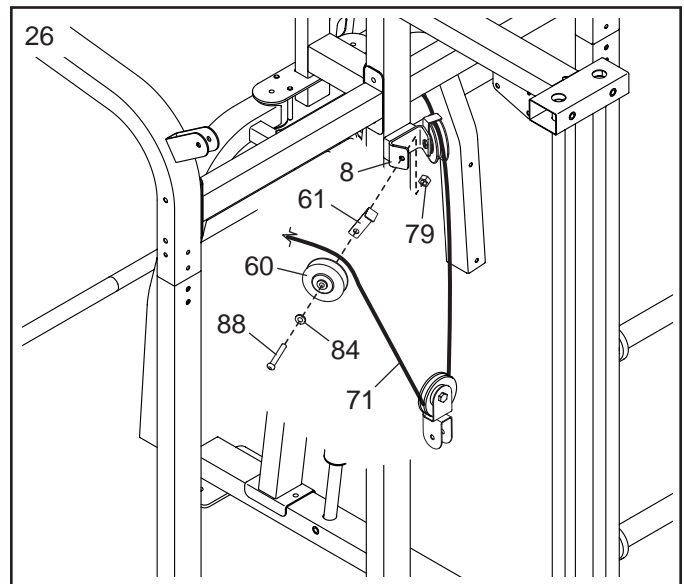
Route the Butterfly Cable (71) over a V-pulley (60). Attach the V-pulley, a Short Metal Cable Trap (61), and an M10 Washer (84) to the Backrest Upright (8) with an M10 x 60mm Bolt (88) and an M10 Locknut (79). **Make sure that the Short Metal Cable Trap is oriented to hold the Butterfly Cable in the groove of the V-pulley.**



25. Route the Butterfly Cable (71) under a 90mm Pulley (58). Attach the 90mm Pulley to the Short Double U-bracket (46) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).

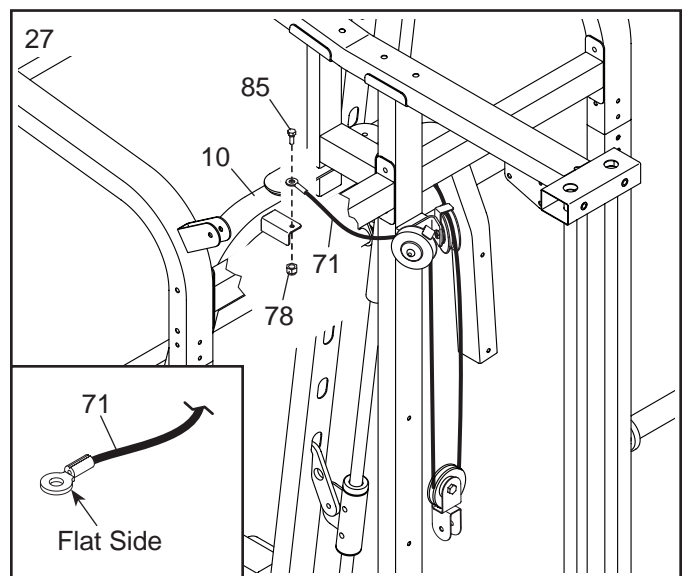


26. Route the Butterfly Cable (71) over a V-pulley (60). Attach the V-pulley, a Short Metal Cable Trap (61), and an M10 Washer (84) to the Backrest Upright (8) with an M10 x 60mm Bolt (88) and an M10 Locknut (79). **Make sure that the Short Metal Cable Trap is oriented to hold the Butterfly Cable in the groove of the V-pulley.**



27. **See the inset drawing.** Orient the other end of the Butterfly Cable (71) so that the flat side is facing downward as shown.

Attach the Butterfly Cable (71) to the Left Arm (10) with an M8 x 20mm Shoulder Bolt (85) and an M8 Locknut (78). **Do not overtighten the Locknut; the Butterfly Cable must pivot easily.**



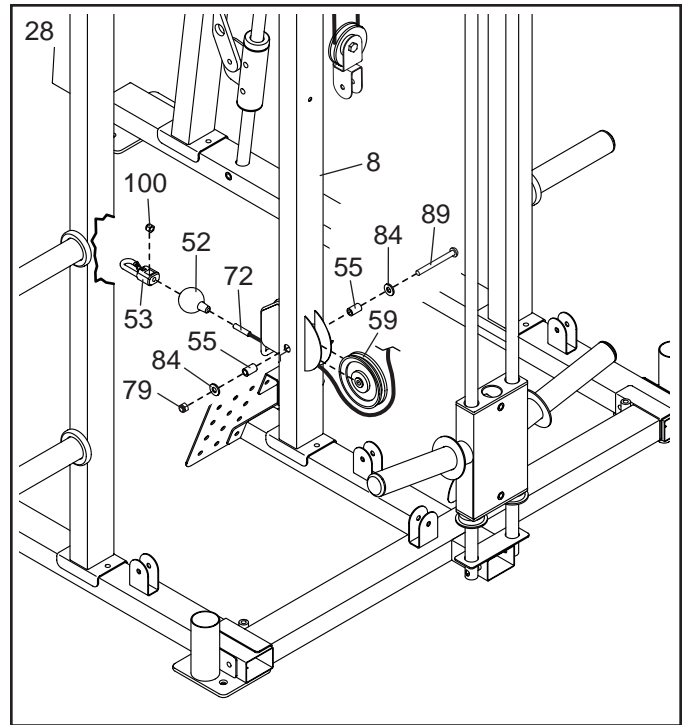
28. Identify the Low Cable (72).

Slide a Cable Stop (52) onto the Low Cable (72).

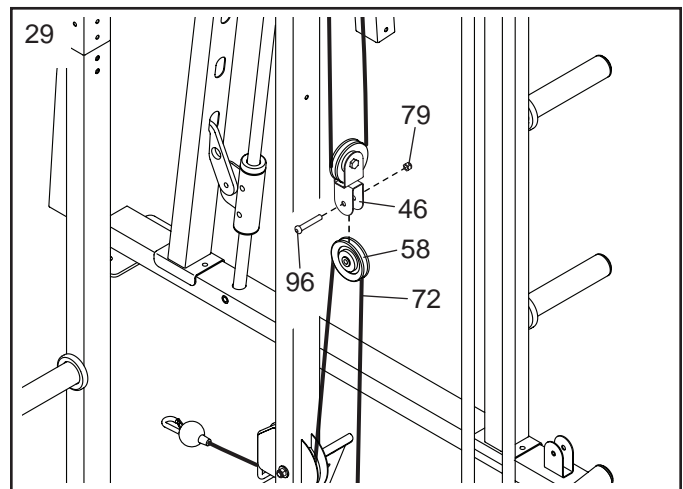
Hold an M6 Locknut (100) inside a Clip (53), and insert the Low Cable (72) into the Clip and the Locknut. Next, hold the crimp on the Low Cable with pliers, and insert a screwdriver between the Clip and the Locknut. **Rotate the screwdriver, the Clip, and the Locknut together until at least two threads of the Low Cable show past the Locknut.**

Then, slide the Cable Stop (52) onto the Clip (53).

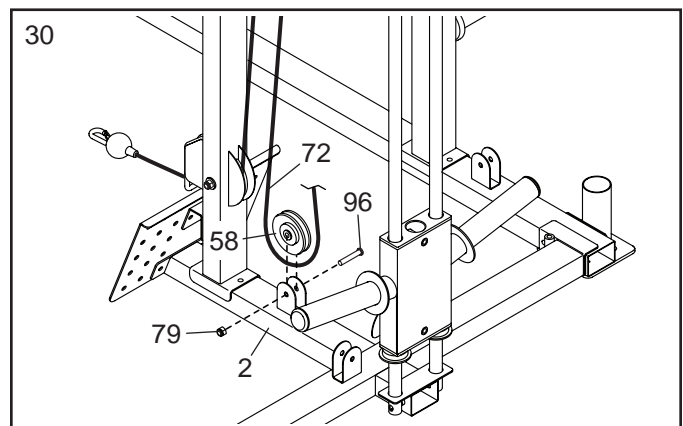
Next, route the Low Cable (72) through the Backrest Upright (8) and under a 115mm Pulley (59). Attach the 115mm Pulley inside the Backrest Upright with an M10 x 90mm Bolt (89), two M10 Washers (84), two 25mm Spacers (55), and an M10 Locknut (79).



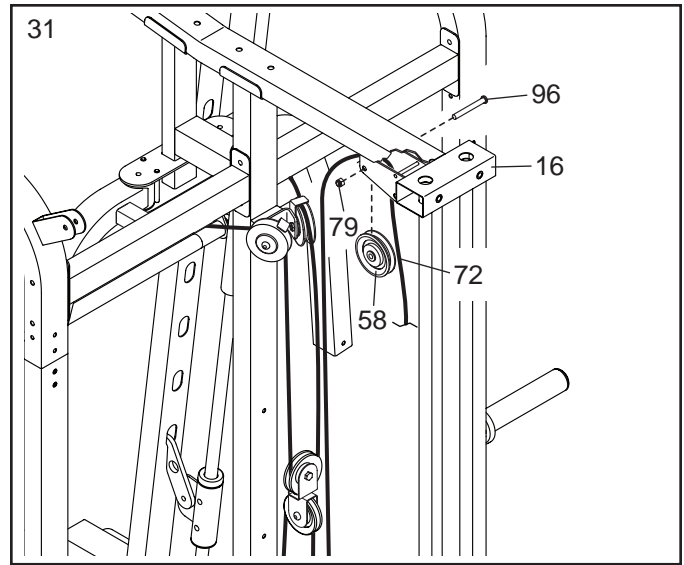
29. Route the Low Cable (72) over a 90mm Pulley (58). Attach the 90mm Pulley to the Short Double U-bracket (46) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).



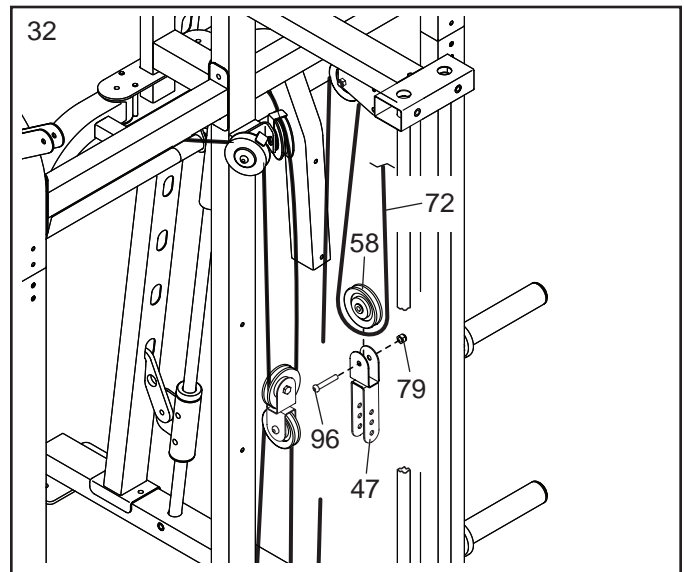
30. Route the Low Cable (72) under a 90mm Pulley (58). Attach the 90mm Pulley to the Center Base (2) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).



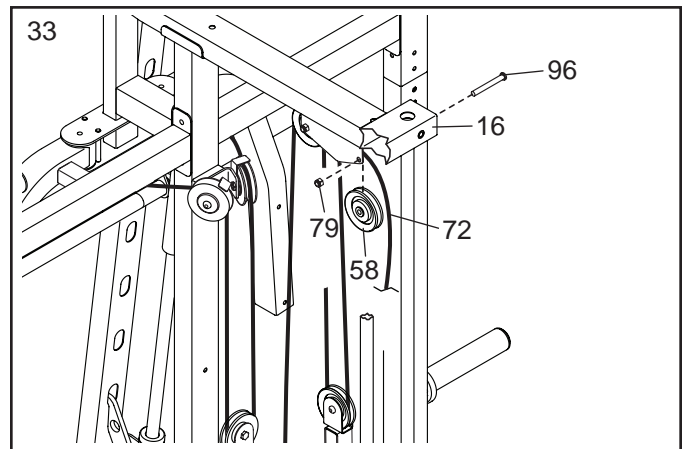
31. Wrap the Low Cable (72) over a 90mm Pulley (58). Attach the 90mm Pulley to the Top Frame (16) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).



32. Route the Low Cable (72) under a 90mm Pulley (58). Attach the 90mm Pulley to the Long Double U-bracket (47) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).

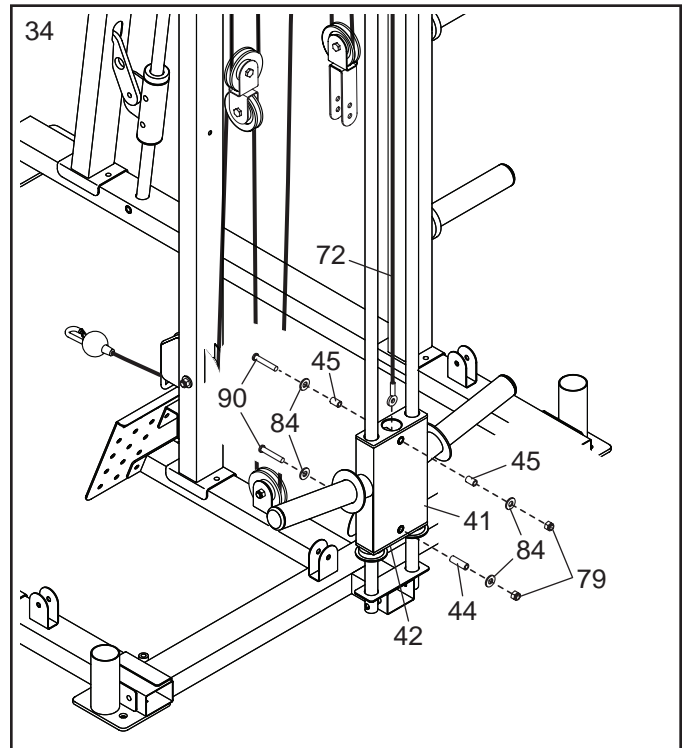


33. Wrap the Low Cable (72) over a 90mm Pulley (58). Attach the 90mm Pulley to the Top Frame (16) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).



34. Attach the Low Cable (72) inside the Weight Carriage (41) with an M10 x 68mm Bolt (90), two M10 Washers (84), two 24mm Spacers (45), and an M10 Locknut (79).

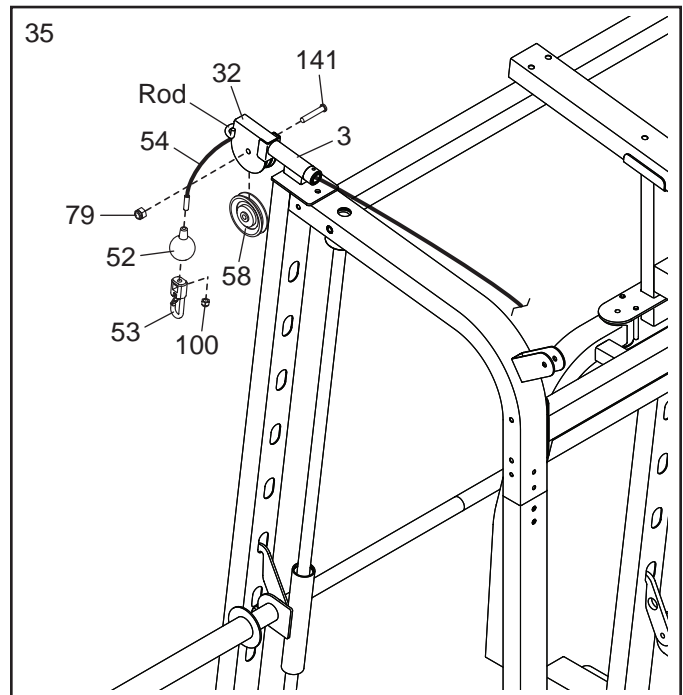
Attach the lower Carriage Bushing (42) inside the Weight Carriage (41) with an M10 x 68mm Bolt (90), two M10 Washers (84), a 50mm Spacer (44), and an M10 Locknut (79).



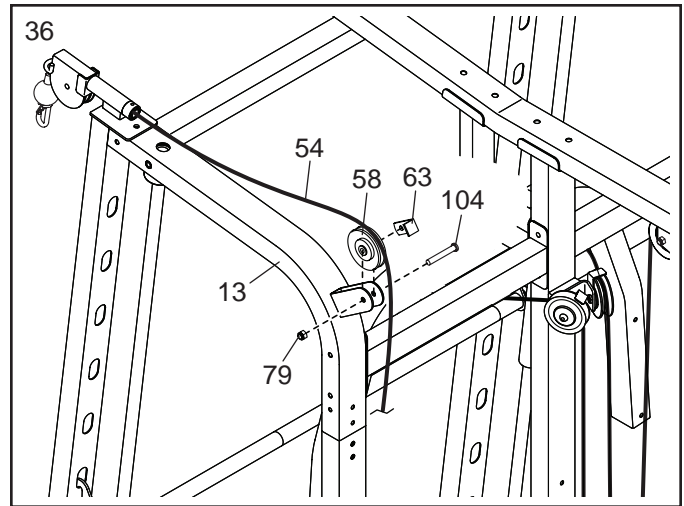
35. **Identify the High Cable (54).**

Attach a Cable Stop (52), a Clip (53), and an M6 Locknut (100) to the High Cable (54) as described in step 28. **Make sure that at least two threads of the High Cable show past the Locknut.**

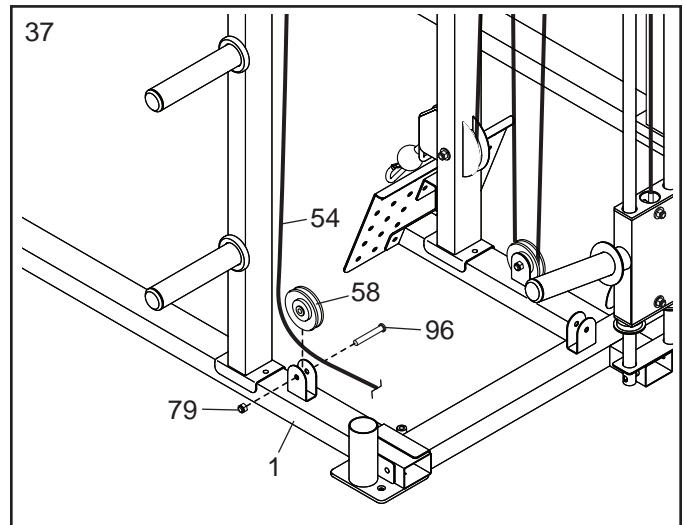
Next, route the High Cable (54) upward through the left Upright (3) and over a 90mm Pulley (58). Attach the 90mm Pulley inside the left Upright (3) with an M10 x 45mm Bolt (141) and an M10 Locknut (79).



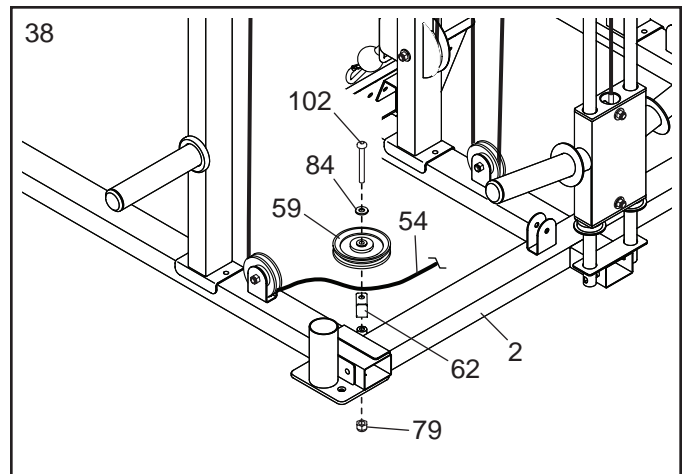
36. Route the High Cable (54) over a 90mm Pulley (58). Attach the 90mm Pulley and a Plastic Cable Trap (63) to the left Side Top Frame (13) with an M10 x 50mm Bolt (104) and an M10 Locknut (79). **Make sure that the Plastic Cable Trap is oriented to hold the High Cable in the groove of the 90mm Pulley.**



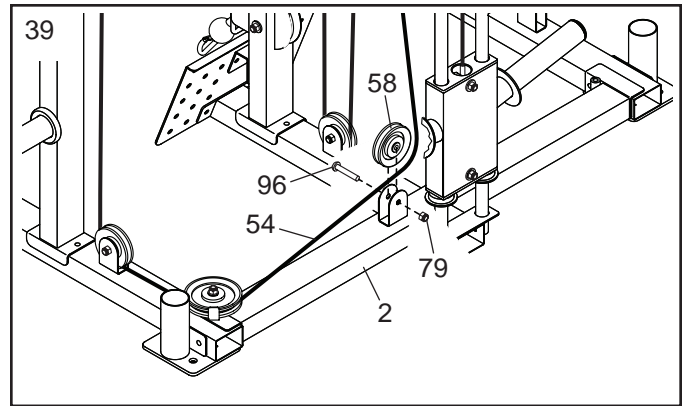
37. Route the High Cable (54) under a 90mm Pulley (58). Attach the 90mm Pulley to the left Base (1) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).



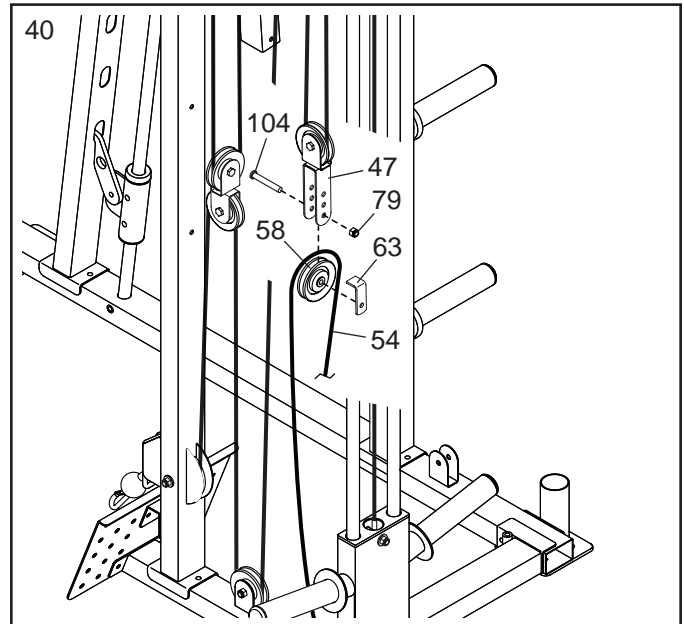
38. Route the High Cable (54) around a 115mm Pulley (59). Attach the 115mm Pulley, a Long Metal Cable Trap (62), and an M10 Washer (84) to the Center Base (2) with an M10 x 75mm Bolt (102) and an M10 Locknut (79). **Make sure that the Long Metal Cable Trap is oriented to hold the High Cable in the groove of the 115mm Pulley.**



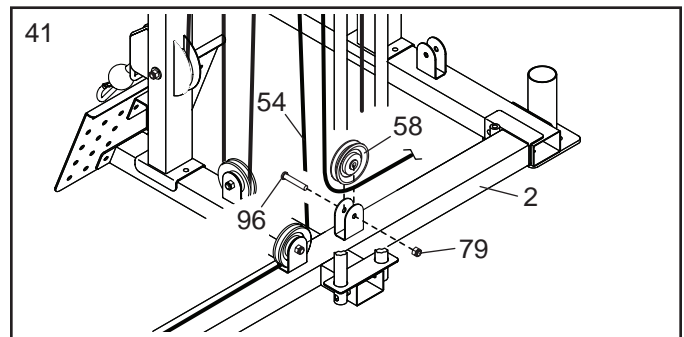
39. Route the High Cable (54) under a 90mm Pulley (58). Attach the 90mm Pulley to the Center Base (2) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).



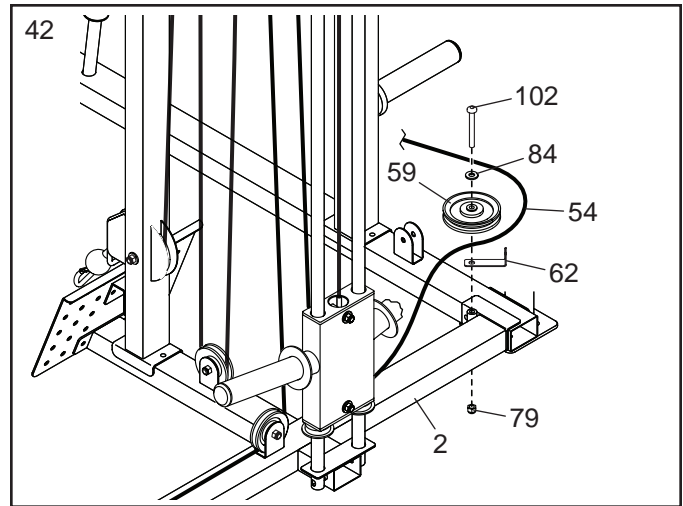
40. Route the High Cable (54) over a 90mm Pulley (58). Attach the 90mm Pulley and a Plastic Cable Trap (63) to the lower holes of the Long Double U-bracket (47) with an M10 x 50mm Bolt (104) and an M10 Locknut (79). **Make sure that the Cable Trap is oriented to hold the High Cable in the groove of the Pulley.**



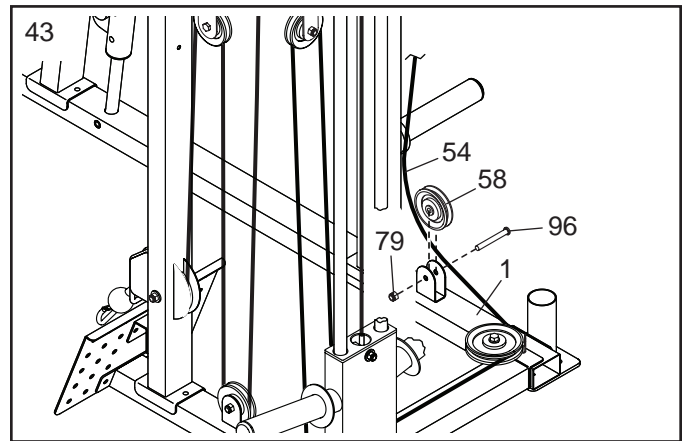
41. Route the High Cable (54) under a 90mm Pulley (58). Attach the 90mm Pulley to the Center Base (2) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).



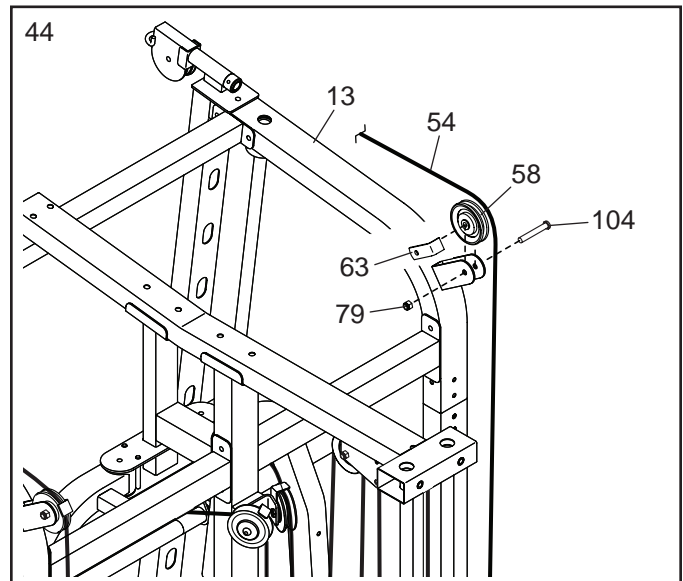
42. Route the High Cable (54) around a 115mm Pulley (59). Attach the 115mm Pulley, a Long Metal Cable Trap (62), and an M10 Washer (84) to the Center Base (2) with an M10 x 75mm Bolt (102) and an M10 Locknut (79). **Make sure that the Long Metal Cable Trap is oriented to hold the High Cable in the groove of the 115mm Pulley.**



43. Route the High Cable (54) under a 90mm Pulley (58). Attach the 90mm Pulley to the right Base (1) with an M10 x 43mm Bolt (96) and an M10 Locknut (79).



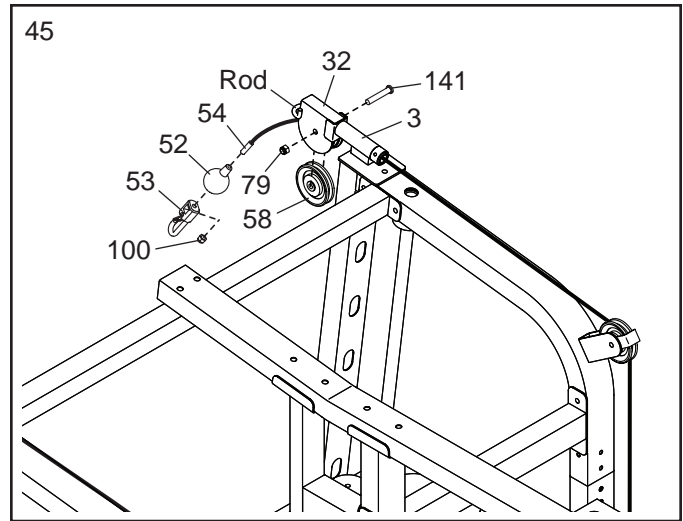
44. Route the High Cable (54) over a 90mm Pulley (58). Attach the 90mm Pulley and a Plastic Cable Trap (63) to the right Side Top Frame (13) with an M10 x 50mm Bolt (104) and an M10 Locknut (79). **Make sure that the Plastic Cable Trap is oriented to hold the High Cable in the groove of the 90mm Pulley.**



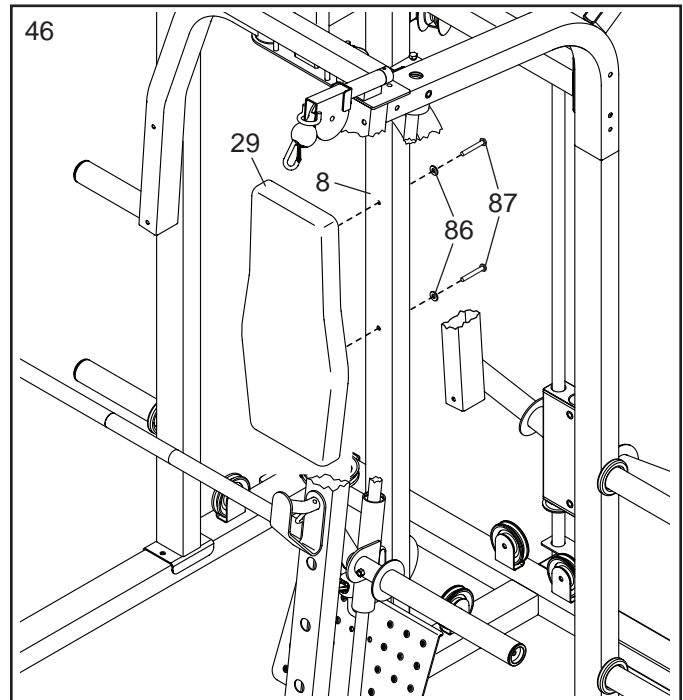
45. Route the High Cable (54) through the right Upright (3) and a Swivel Arm (32). **Make sure that the High Cable is routed on the indicated side of the small rod on the Swivel Arm.**

Then, route the High Cable (54) over a 90mm Pulley (58). Attach the 90mm Pulley inside the Swivel Arm (32) with an M10 x 45mm Bolt (141) and an M10 Locknut (79).

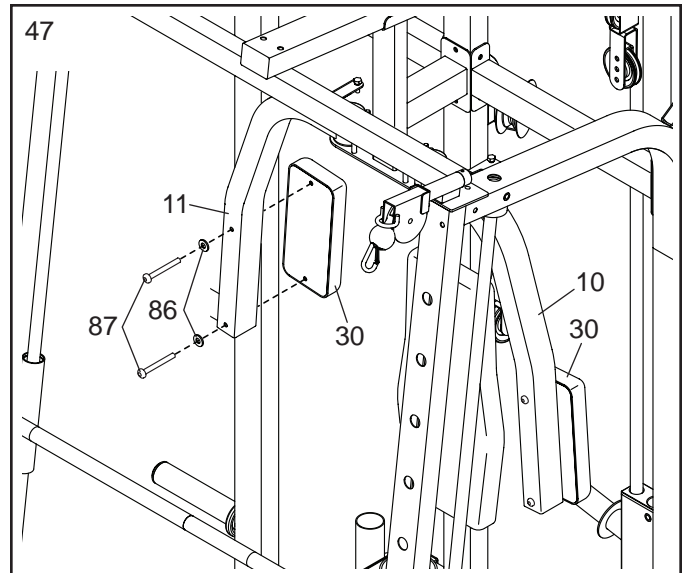
Attach a Cable Stop (52), a Clip (53), and an M6 Locknut (100) to the High Cable (54) as described in step 28. **Make sure that at least two threads of the High Cable show past the Locknut.**



46. Attach the Upright Backrest (29) to the Backrest Upright (8) with two M6 x 70mm Screws (87) and two M6 Washers (86).

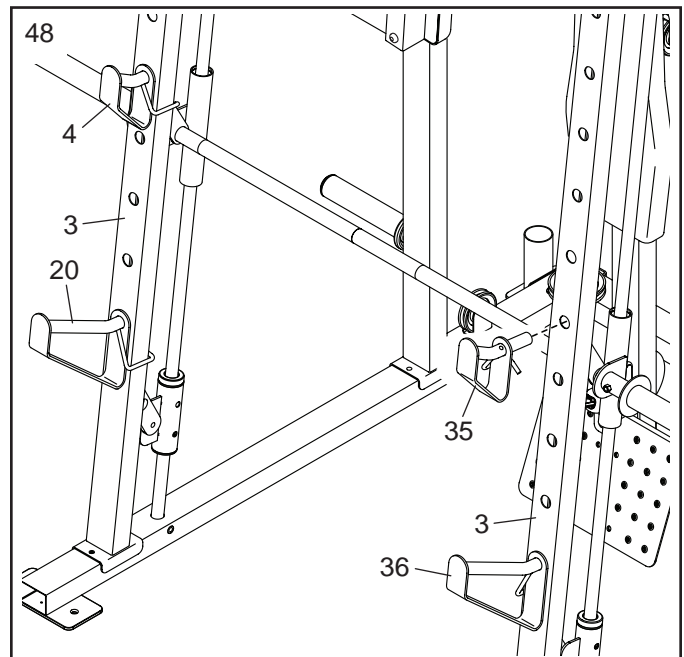


47. Attach an Arm Pad (30) to the Right Arm (11) with two M6 x 70mm Screws (87) and two M6 Washers (86). **Attach the other Arm Pad (30) to the Left Arm (10) in the same way.**



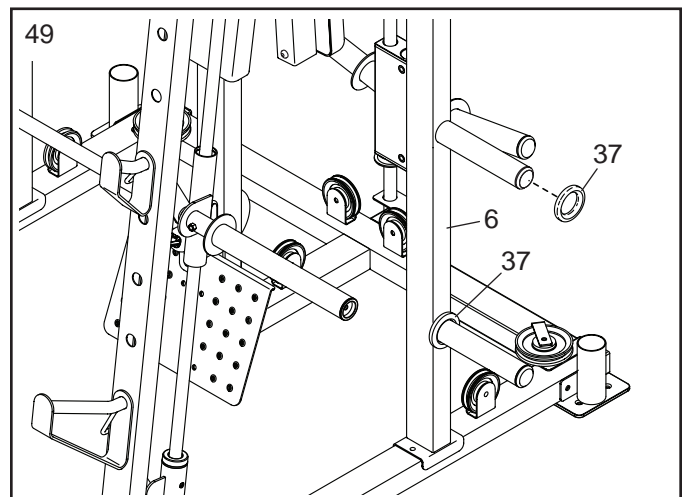
48. Insert the Left Barbell Rest (35) and the Left Barbell Spotter (36) into the Left Upright (3). **Insert the Right Barbell Rest (4) and the Right Barbell Spotter (20) into the right Upright (3).**

Make sure that both Barbell Rests (4, 35) and both Barbell Spotters (20, 36) are set at the same height.

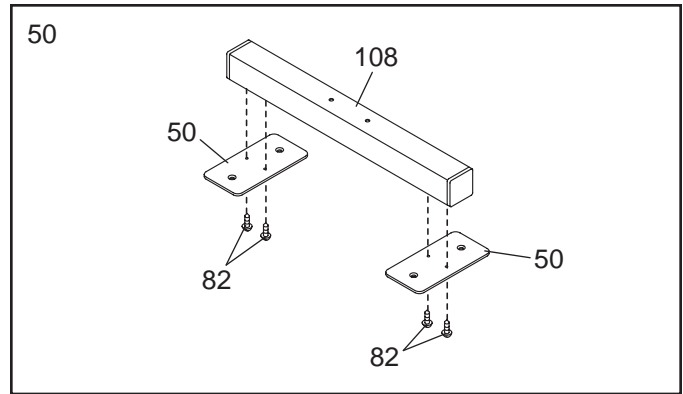


49. Slide a Weight Bumper (37) onto each storage tube on the Left Support (6). **Make sure that the flat edge of each Weight Bumper is facing away from the Left Support.**

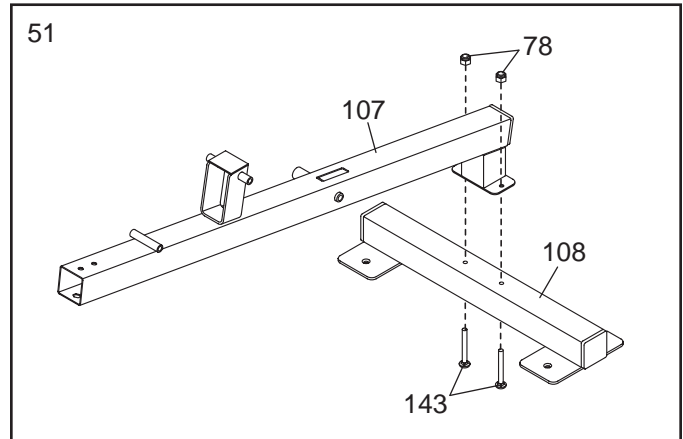
Slide a Weight Bumper (37) onto each storage tube the Right Support (not shown).



50. Attach two Stabilizer Feet (50) to the Bench Stabilizer (108) with four M4 x 19mm Screws (82).



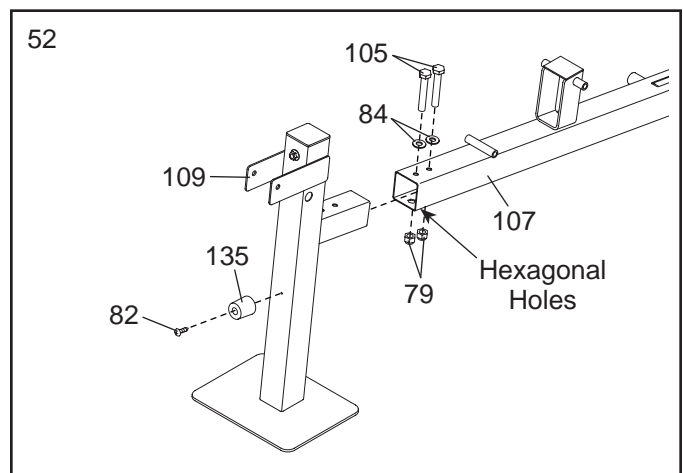
51. Attach the Bench Stabilizer (108) to the Bench Frame (107) with two M8 x 70mm Carriage Bolts (143) and two M8 Locknuts (78). **Do not tighten the Locknuts yet.**



52. Attach the Leg Bumper (135) to the Front Leg (109) with an M4 x 19mm Screw (82).

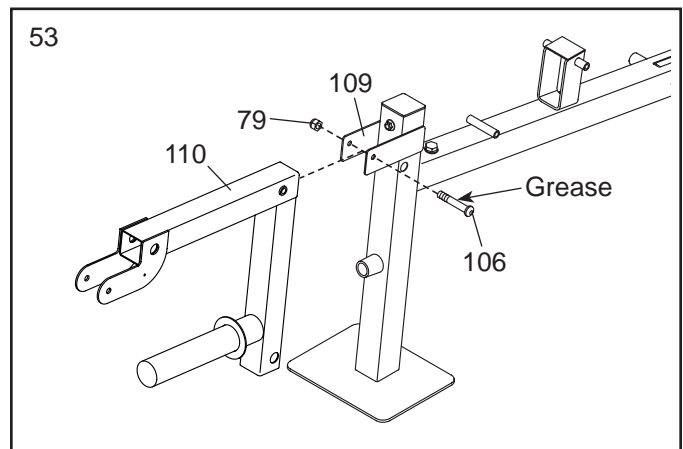
Attach the Front Leg (109) to the Bench Frame (107) with two M10 x 65mm Bolts (105), two M10 Washers (84), and two M10 Locknuts (79). **Make sure that the Locknuts are inside the indicated hexagonal holes.**

See step 51. Tighten the M8 Locknuts (78).



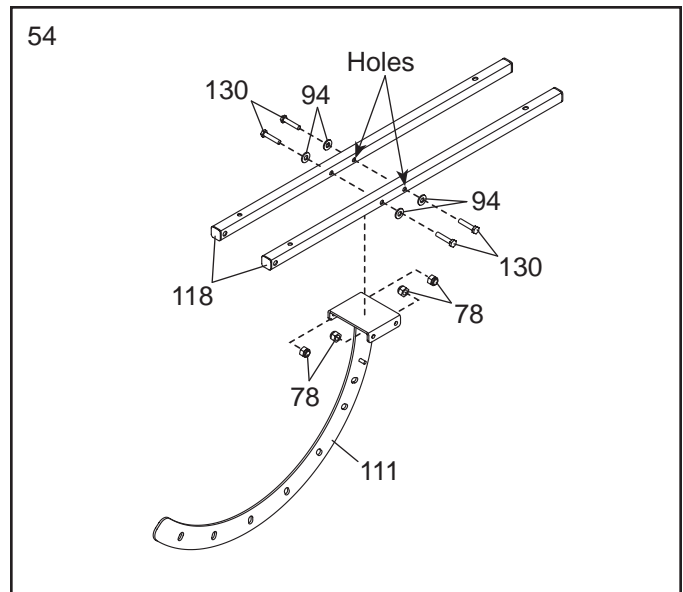
53. Apply grease to an M10 x 75mm Hex Bolt (106).

Attach the Leg Lever (110) to the Front Leg (109) with the M10 x 75mm Hex Bolt (106) and an M10 Locknut (79). **Do not overtighten the Locknut; the Leg Lever must pivot easily.**

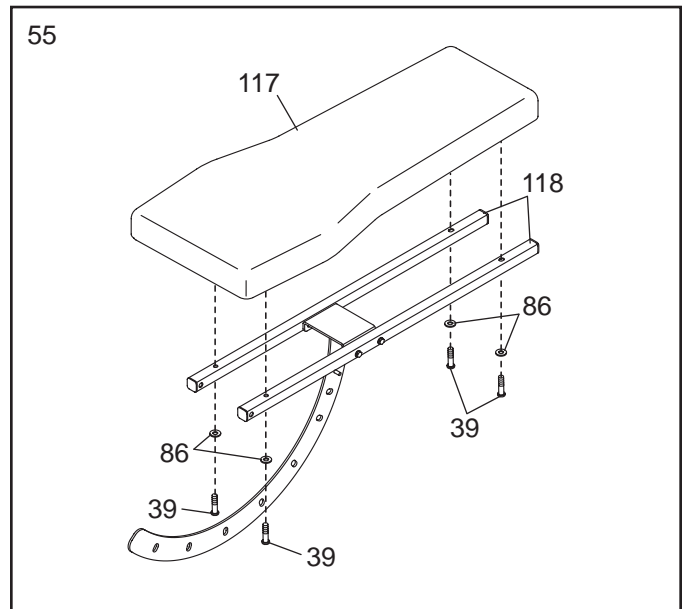


54. Orient the two Backrest Frames (118) so that the indicated holes are nearer the bottom.

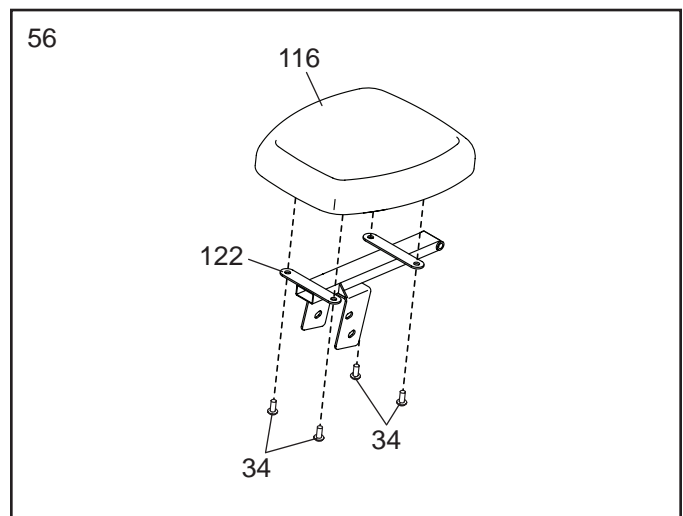
Attach the Backrest Frames (118) to the Backrest Bracket (111) with four M8 x 42mm Bolts (130), four M8 Washers (94), and four M8 Locknuts (78). **Do not tighten the Locknuts yet.**



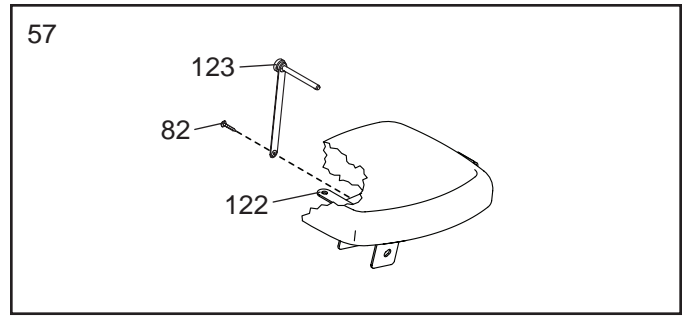
55. Attach the Backrest (117) to the Backrest Frames (118) with four M6 x 40mm Screws (39) and four M6 Washers (86). **Do not tighten the Screws yet.**



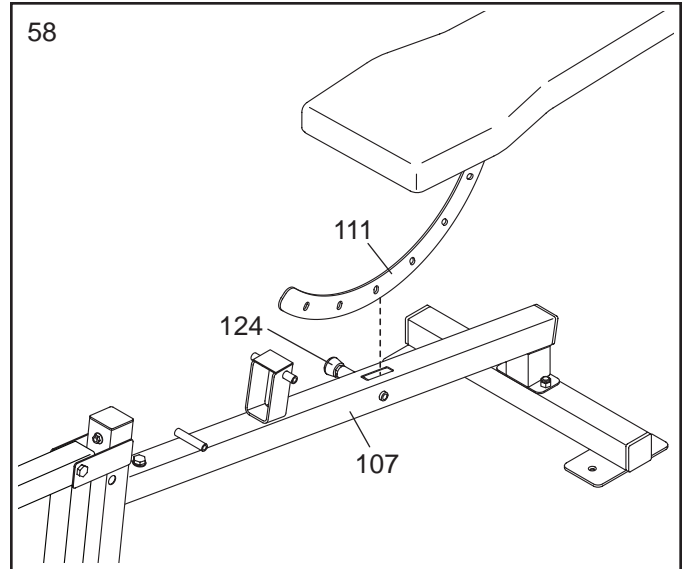
56. Attach the Seat (116) to the Seat Frame (122) with four M8 x 20mm Screws (34).



57. Attach the tether on the Seat Pin (123) to the Seat Frame (122) with an M4 x 19mm Screw (82).

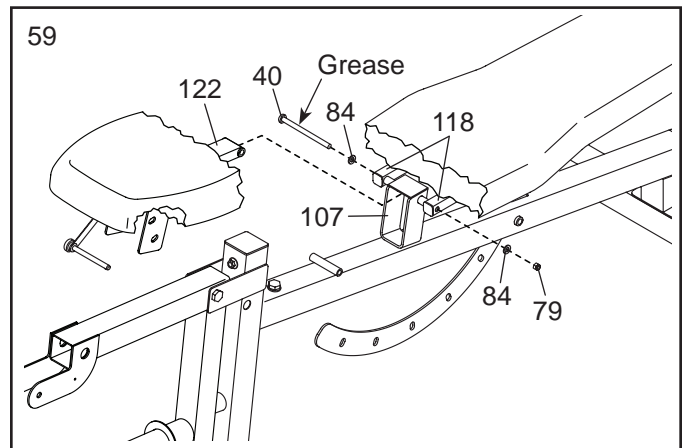


58. Pull the Bench Knob (124) outward and insert the Backrest Bracket (111) through the Bench Frame (107). Engage the Bench Knob into the Backrest Bracket.



59. Apply grease to an M10 x 180mm Bolt (40).

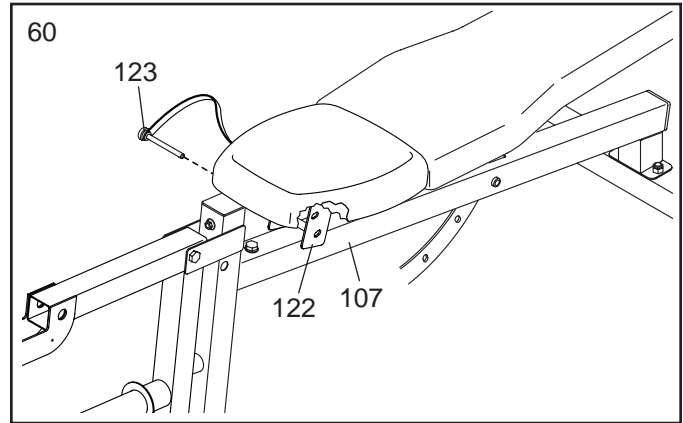
Attach the Backrest Frames (118) and the Seat Frame (122) to the Bench Frame (107) with the M10 x 180mm Bolt (40), two M10 Washers (84), and an M10 Locknut (79). **Do not overtighten the Locknut; the Backrest Frames and the Seat Frame (122) must pivot easily.**



60. Insert the Seat Pin (123) into the Seat Frame (122) and the Bench Frame (107).

See step 54 Tighten the M8 Locknuts (78).

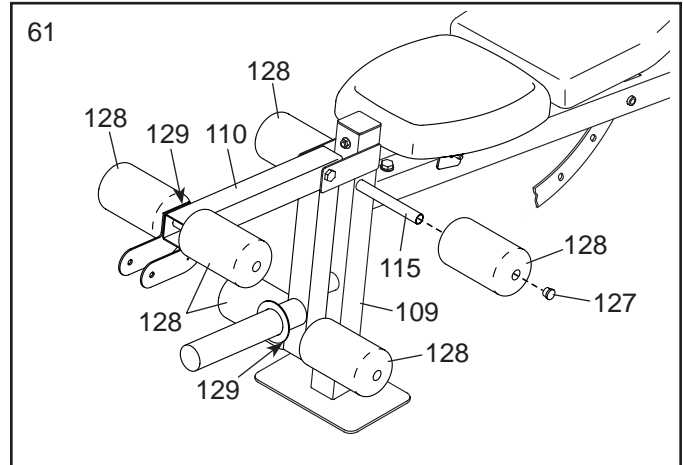
See step 55. Tighten the M6 x 40mm Screws (39).



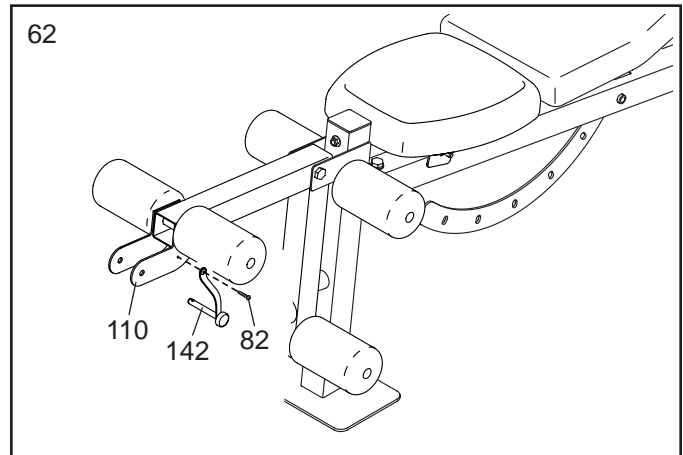
61. Insert the Long Pad Tube (115) through the Front Leg (109). Slide a Foam Pad (128) onto each end of the Long Pad Tube.

Attach the two Short Pad Tubes (129) to the Leg Lever (110) in the same way.

Press a 19mm Round Cap (127) into the end of each Pad Tube (115, 129).

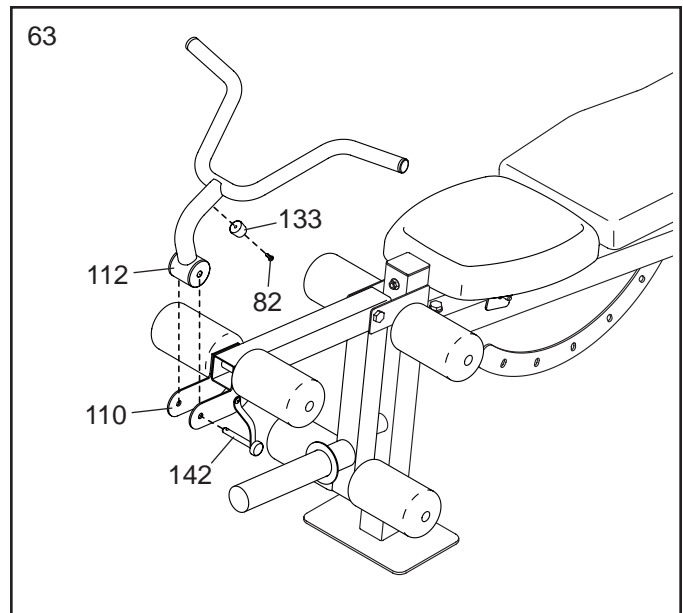


62. Attach the Curl Pin (142) to the Leg Lever (110) with an M4 x 19mm Screw (82).

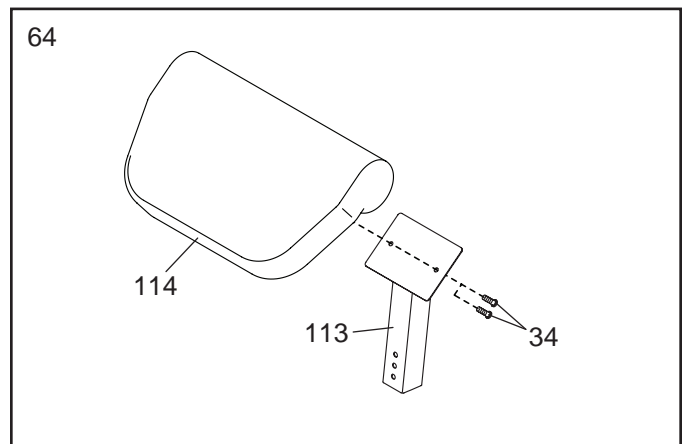


63. Attach the Curl Bumper (133) to the Curl Bar (112) with an M4 x 19mm Screw (82).

Attach the Curl Bar (112) the Leg Lever (110) with the Curl Pin (142).

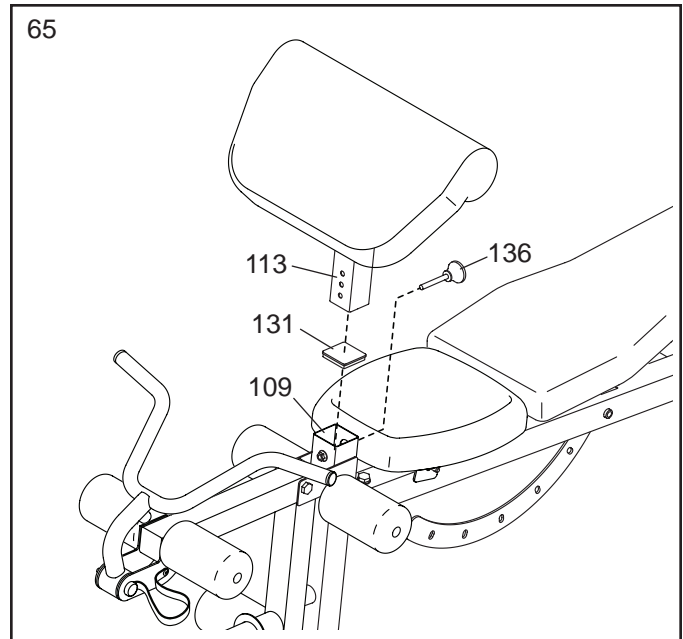


64. Attach the Curl Pad (114) to the Curl Post (113) with two M8 x 20mm Screws (34).



65. Remove the 57mm x 1.5mm Square Cap (131) from the Front Leg (109).

Insert the Curl Post (113) into the Front Leg (109) and secure the Curl Post with the Curl Post Knob (136). **Fully tighten the Curl Post Knob.**



66. **Make sure that all parts are properly tightened.** The use of all remaining parts will be explained in ADJUSTMENT, starting on page 33.

Before using the weight bench, pull each cable a few times to make sure that the cable moves smoothly. If a cable 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 DIAGRAM on page 36 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See MAINTENANCE on page 37.**

ADJUSTMENT

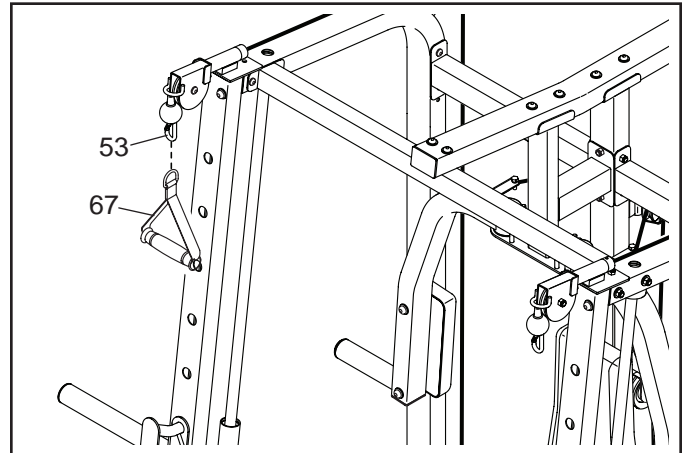
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 38 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

ATTACHING ACCESSORIES

To use a Handle (67), attach the Handle to the Clip (53) on the end of any cable.

The other accessories can be attached to the cables in the same way.

For some exercises, the Chain (not shown) should be attached between the Clip (53) and the accessory with the Cable Clip (not shown).

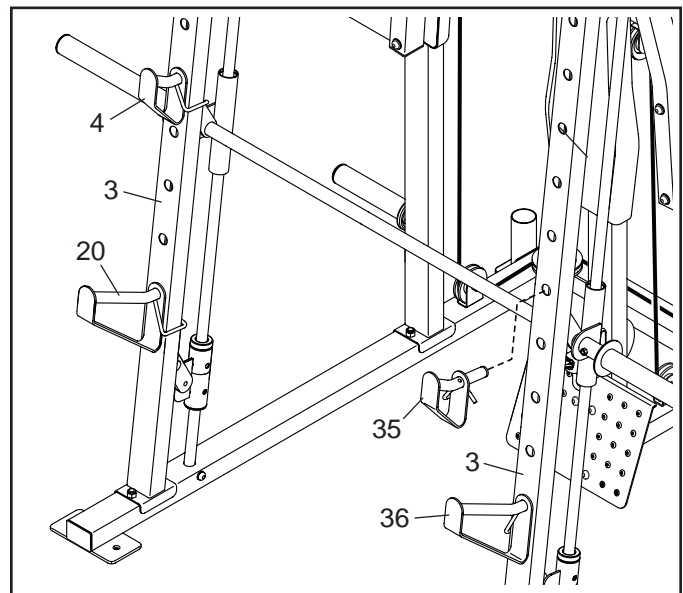


ADJUSTING THE WEIGHT RESTS

Before using a separate barbell (not included), set the Barbell Spotters (20, 36) at the lowest position to which you want your barbell to move. To move the Barbell Spotters, remove them from the Uprights (3), and insert the Barbell Spotters into the Uprights at the desired height.

Then, adjust the Barbell Rests (4, 35) to a comfortable height for lifting and replacing the barbell.

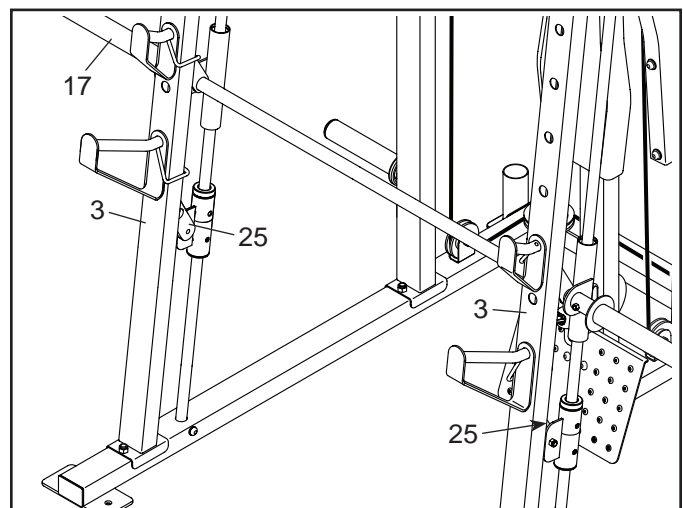
⚠ WARNING: Always set both Barbell Spotters (20, 36) and both Barbell Rests (4, 35) at the same height.



ADJUSTING THE SPOTTERS

Before performing an exercise that uses the Weight Bar (17), disengage the Spotters (25) from the Uprights (3) and move them to the lowest height to which you want the Weight Bar to move. Then, reengage the Spotters at the desired height.

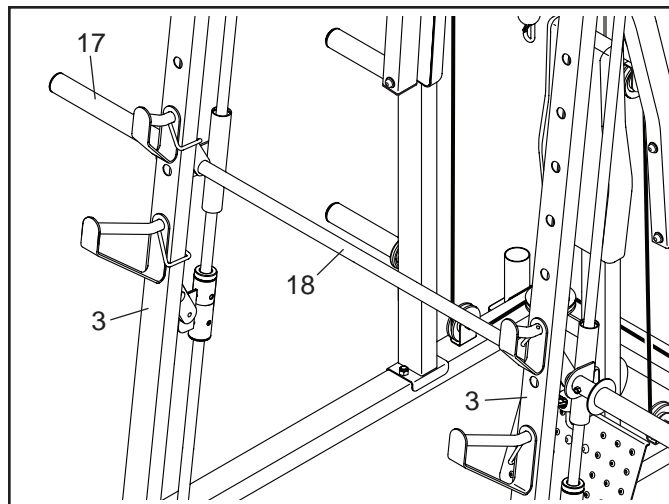
⚠ WARNING: Always set both Spotters (25) at the same height.



USING THE WEIGHT BAR

To use the Weight Bar (17), first place the desired amount of weight (not included) onto the ends of the Weight Bar (see ADDING WEIGHT below). Then, disengage the Locking Bar (18) by rotating it off the Uprights (3).

When finished with the exercise, reengage the Locking Bar (18) by rotating it onto the Uprights (3).

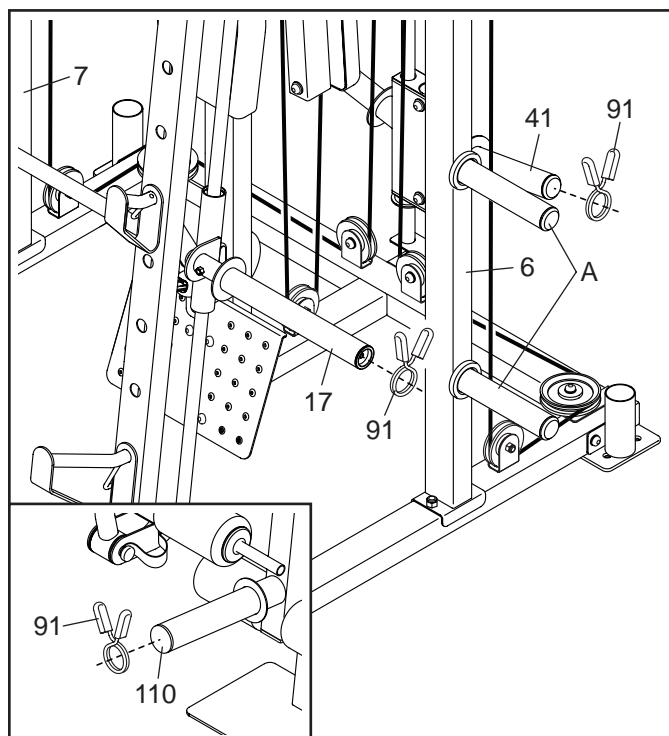


ADDING WEIGHT

Slide the desired amount of weight (not included) onto the Weight Carriage (41), the Weight Bar (17), the Leg Lever (110), or your barbell (not included). Secure the weights with the Spring Collars (91).

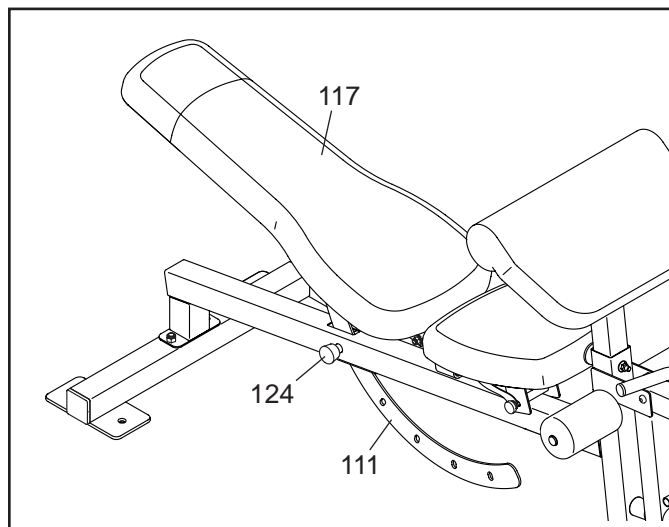
Store unused weight on the storage tubes (A) on the Supports (6, 7).

⚠️ WARNING: Do not place more than 150 lbs. (68 kg) on the Weight Carriage (41). Do not place more than 310 lbs. (141 kg) on the Weight Bar (17), or on the Barbell Rests (not shown), including the barbell. Always place the same amount of weight on both sides of the Weight Carriage, Weight Bar, or barbell.



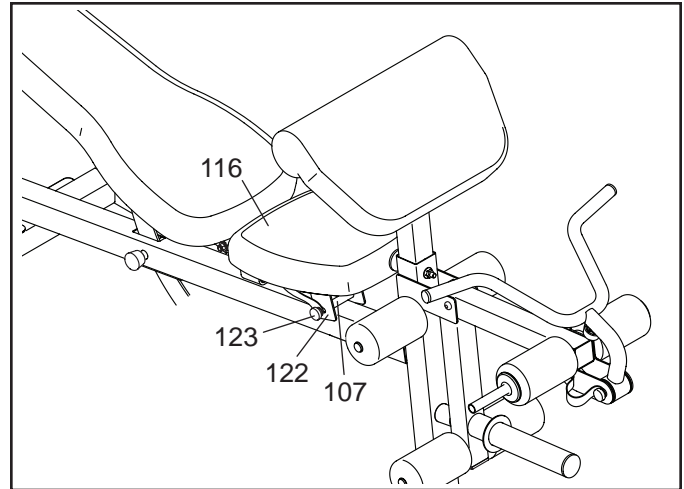
ADJUSTING THE BACKREST

Hold the Backrest (117) with one hand and disengage the Bench Knob (124) from the Backrest Bracket (111). Move the Backrest to the desired position and reengage the Bench Knob.



ADJUSTING THE SEAT

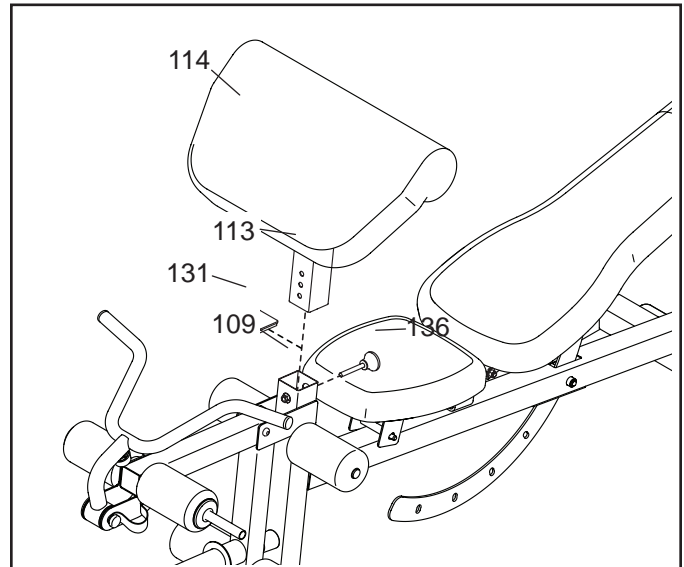
Hold the Seat (116) with one hand and disengage the Seat Pin (123) from the Seat Frame (122). Move the Seat to the desired position and reengage the Seat Pin into the Seat Frame and the Bench Frame (107).



ATTACHING THE CURL PAD

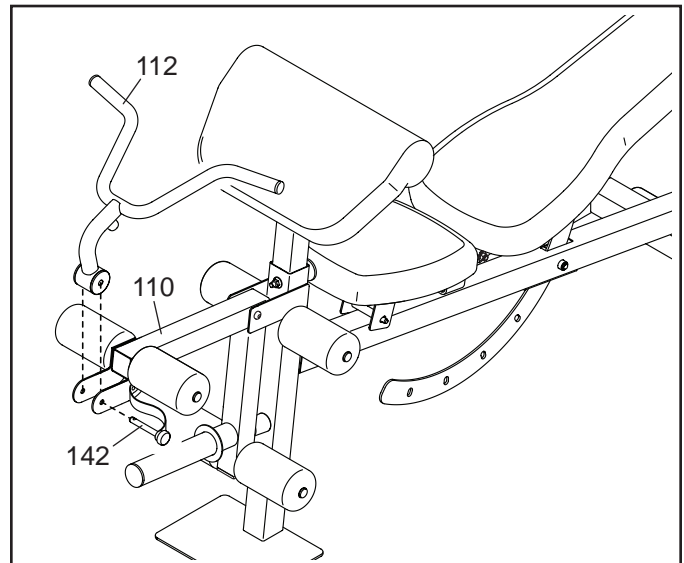
To use the Curl Pad (114), first remove the 57mm x 1.5mm Square Cap (131) from the Front Leg (109).

Insert the Curl Post (113) into the Front Leg (109) and secure the Curl Post with the Curl Post Knob (136). **Fully tighten the Curl Post Knob.**



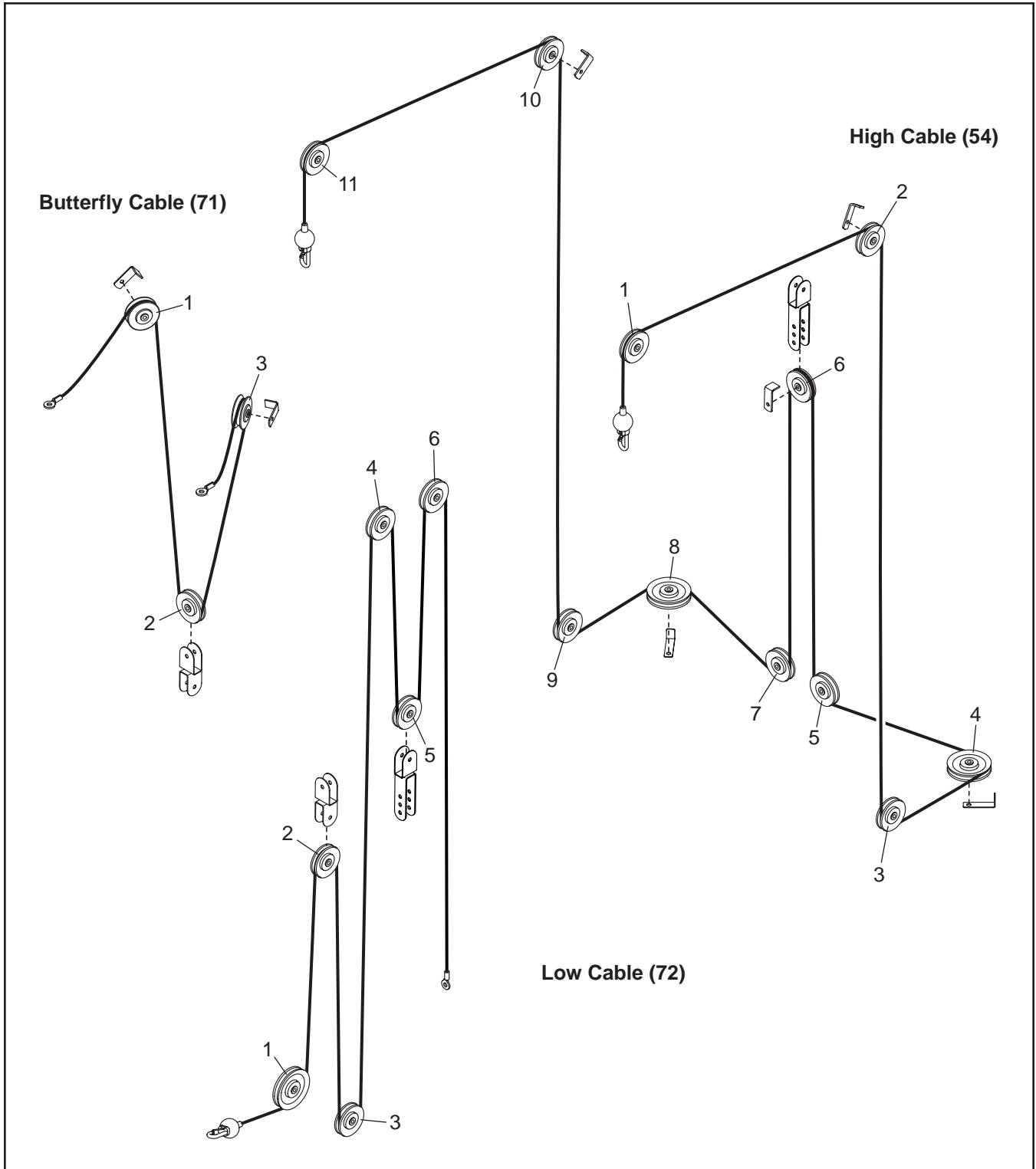
ATTACHING THE CURL BAR

Attach the Curl Bar (112) to the Leg Lever (110) with the Curl Pin (142).



CABLE DIAGRAM

The diagram below shows the correct route of each cable. The numbers in each drawing show the correct route of that cable. Use the diagram to make sure that each cable is correctly routed. **If a cable is not correctly routed, the weight bench will not function properly and damage may occur. If the weight bench has one or more cable traps, make sure that no cable trap is touching or binding a cable.**



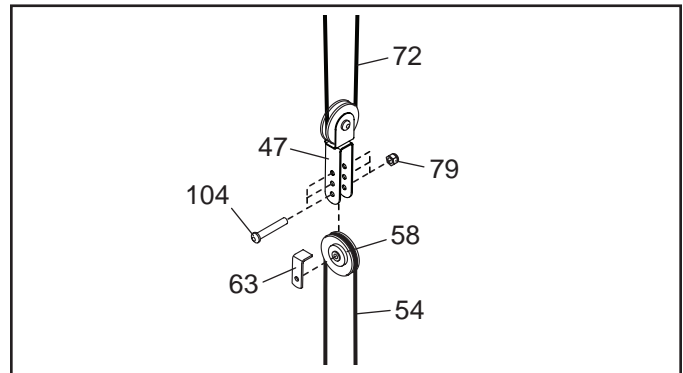
MAINTENANCE

Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. Clean the weight bench with a damp cloth and mild, non-abrasive detergent; **do not use solvents.**

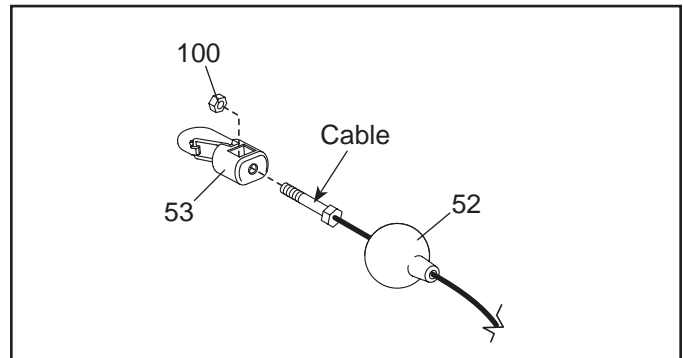
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Make sure that the cables are not too tight, or the weight carriage will be lifted. Slack can be removed in the following ways:

Remove the M10 x 50mm Bolt (104) and the M10 Locknut (79) attaching the 90mm Pulley (58) and the Plastic Cable Trap (63) to the Long Double U-bracket (47). Reattach the 90mm Pulley and the Plastic Cable Trap to a higher set of holes in the U-bracket with the Bolt and the Locknut.



Additional slack can be removed from the cables by tightening a cable into the M6 Locknut (100) inside a Clip (53). To do this, slide the Cable Stop (52) away from the Clip and use a pair of pliers or a screwdriver to tighten the Locknut. Then, replace the Cable Stop.



Do not overtighten the cables. If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see the back cover of this manual.

EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine 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—Tone your muscles by working 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—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment

to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. 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:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST

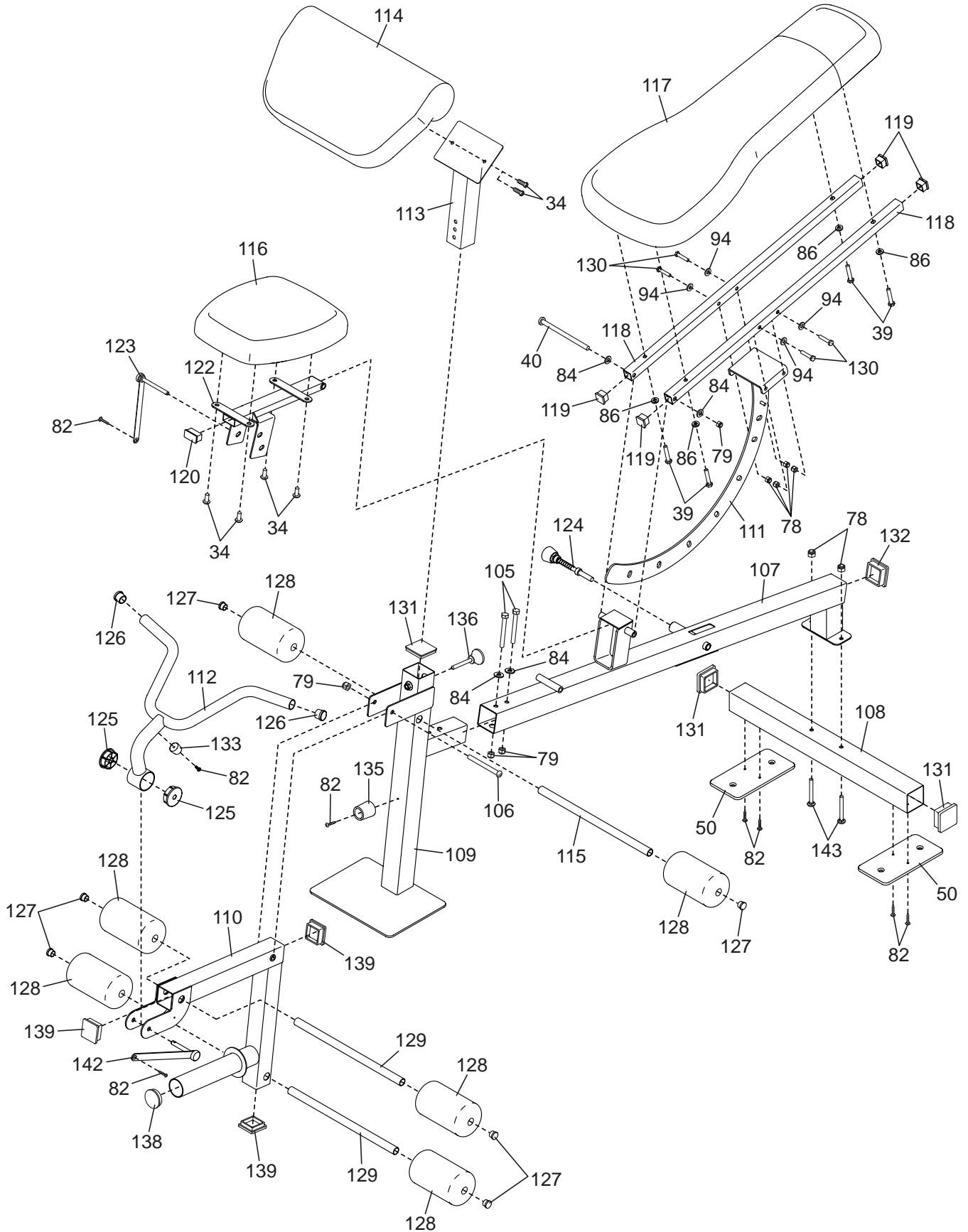
Model No. 831.15962.0 R1115A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Base	51	2	Base Foot
2	1	Center Base	52	3	Cable Stop
3	2	Upright	53	3	Clip
4	1	Right Barbell Rest	54	1	High Cable
5	2	Weight Bar Guide	55	10	25mm Spacer
6	1	Left Support	56	2	Swivel Bushing
7	1	Right Support	57	2	Swivel Cap
8	1	Backrest Upright	58	15	90mm Pulley
9	1	Foot Plate	59	3	115mm Pulley
10	1	Left Arm	60	2	V-pulley
11	1	Right Arm	61	2	Short Metal Cable Trap
12	1	Arm Frame	62	2	Long Metal Cable Trap
13	2	Side Top Frame	63	3	Plastic Cable Trap
14	1	Center Top Frame	64	2	Carriage Guide
15	2	Support Frame	65	1	Lat Bar
16	1	Top Frame	66	4	17mm Spacer
17	1	Weight Bar	67	2	Handle
18	1	Locking Bar	68	4	M6 x 6mm Screw
19	2	Carriage	69	2	Cable Clip
20	1	Right Barbell Spotter	70	2	50mm x 1.5mm Square Cap
21	2	M8 x 15mm Screw	71	1	Butterfly Cable
22	2	Weight Bar Adapter	72	1	Low Cable
23	2	Weight Bar Bushing	73	4	Spotter Snap Ring
24	2	Spotter Carriage	74	4	Bar Slide Bushing
25	2	Spotter	75	2	6mm Spacer
26	4	Spotter Bushing	76	2	M10 Large Washer
27	6	Carriage Bumper	77	4	M10 x 20mm Bolt
28	4	Carriage Bushing	78	8	M8 Locknut
29	1	Upright Backrest	79	71	M10 Locknut
30	2	Arm Pad	80	6	25mm x 2mm Round Cap
31	4	Arm Bushing	81	1	Chain
32	2	Swivel Arm	82	16	M4 x 19mm Screw
33	2	Guide Cap	83	10	M10 x 65mm Carriage Bolt
34	6	M8 x 20mm Screw	84	52	M10 Washer
35	1	Left Barbell Rest	85	2	M8 x 20mm Shoulder Bolt
36	1	Left Barbell Spotter	86	10	M6 Washer
37	4	Weight Bumper	87	6	M6 x 70mm Screw
38	4	48mm x 1.5mm Round Cap	88	2	M10 x 60mm Bolt
39	4	M6 x 40mm Screw	89	5	M10 x 90mm Bolt
40	1	M10 x 180mm Bolt	90	10	M10 x 68mm Bolt
41	1	Weight Carriage	91	2	Spring Collar
42	2	Carriage Bushing	92	2	M10 x 95mm Bolt
43	1	Ankle Strap	93	10	M10 Split Washer
44	1	50mm Spacer	94	4	M8 Washer
45	2	24mm Spacer	95	2	M10 x 30mm Screw
46	1	Short Double U-bracket	96	10	M10 x 43mm Bolt
47	1	Long Double U-bracket	97	12	M10 x 93mm Bolt
48	2	Lat Bar Grip	98	4	M10 x 25mm Screw
49	8	50mm x 75mm Cap	99	1	M10 x 155mm Bolt
50	4	Stabilizer Foot	100	3	M6 Locknut

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M10 x 115mm Bolt	125	2	Curl Bushing
102	6	M10 x 75mm Bolt	126	2	25mm x 1.5mm Round Cap
103	2	M10 x 85mm Bolt	127	6	19mm Round Cap
104	3	M10 x 50mm Bolt	128	6	Foam Pad
105	2	M10 x 65mm Bolt	129	2	Short Pad Tube
106	1	M10 x 75mm Hex Bolt	130	4	M8 x 42mm Bolt
107	1	Bench Frame	131	3	57mm x 1.5mm Square Cap
108	1	Bench Stabilizer	132	1	57mm x 2mm Square Cap
109	1	Front Leg	133	1	Curl Bumper
110	1	Leg Lever	134	4	Butterfly Bushing
111	1	Backrest Bracket	135	1	Leg Bumper
112	1	Curl Bar	136	1	Curl Post Knob
113	1	Curl Post	137	2	Storage Tube
114	1	Curl Pad	138	3	48mm x 2mm Round Cap
115	1	Long Pad Tube	139	3	50mm x 2mm Square Cap
116	1	Seat	140	1	Triceps Rope
117	1	Backrest	141	2	M10 x 45mm Bolt
118	2	Backrest Frame	142	1	Curl Pin
119	4	25mm Square Cap	143	2	M8 x 70mm Carriage Bolt
120	1	20mm x 40mm Cap	*	–	User's Manual
121	2	M10 x 30mm Hex Bolt	*	–	Exercise Guide
122	1	Seat Frame	*	–	Grease Packet
123	1	Seat Pin	*	–	Assembly Tool
124	1	Bench Knob			

EXPLODED DRAWING A

Model No. 831.15962.0 R1115A



EXPLODED DRAWING B

Model No. 831.15962.0 R1115A

