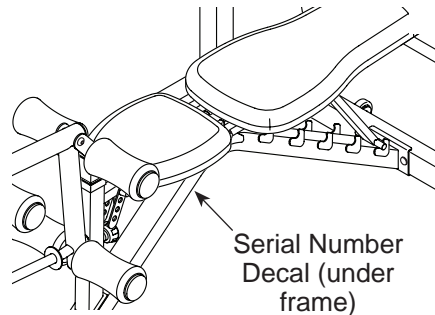


WEIDER[®] PRO 395

Model No. 831.15965.0

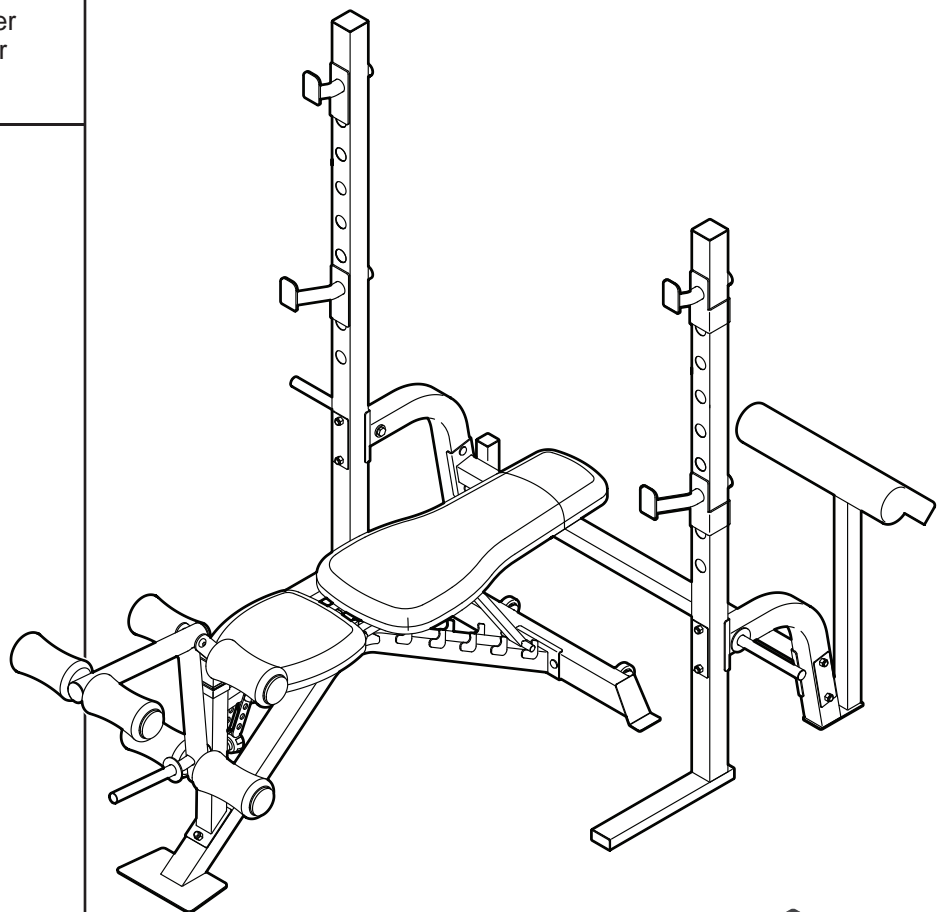
Serial No. _____

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.

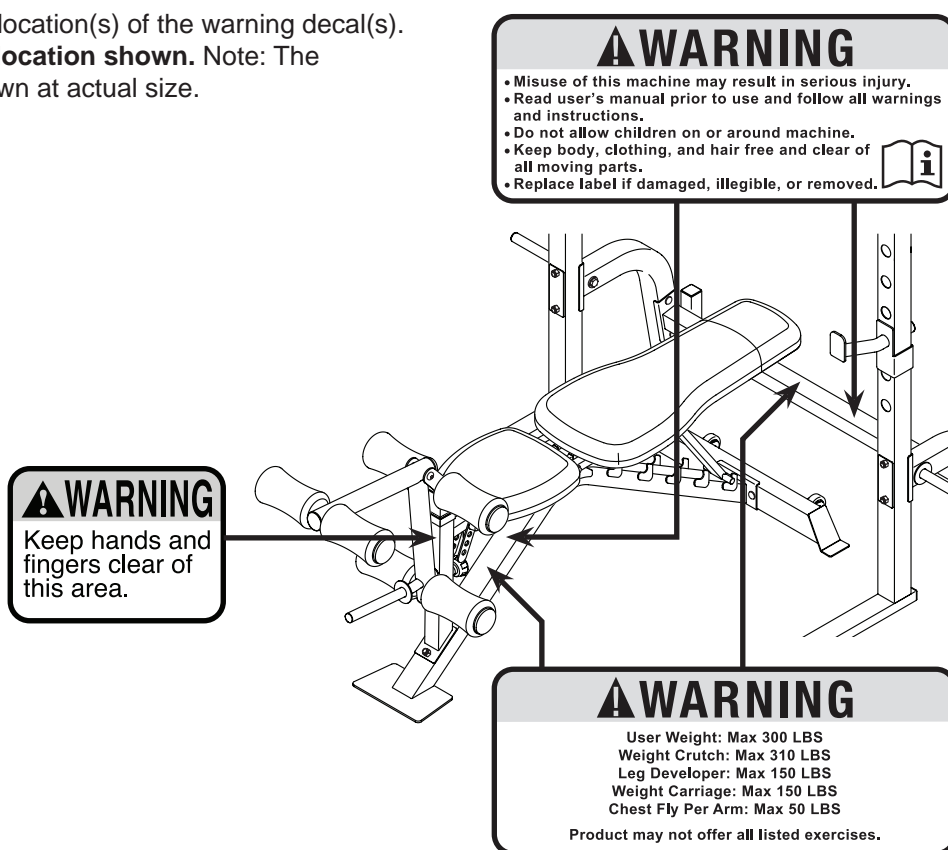


TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
ADJUSTMENT	13
EXERCISE GUIDELINES	16
PART LIST	18
EXPLODED DRAWING	19

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. 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 weights, always keep some weight on both ends of your barbell to prevent the barbell from tipping. Always secure weights with your spring collars.
14. Before you use the weight bench, make sure that the backrest support is properly inserted into a pair of brackets on the main frame. In addition, make sure that the seat pin is fully inserted into the seat support and the post frame. See the drawing on page 4 to identify these parts.
15. Before you use the weight rests, make sure that the weight rests are properly attached to the uprights. In addition, make sure that the spotters are properly attached to the uprights.
16. Always exercise with a partner. Your partner should be ready to catch your barbell if you cannot complete a repetition.
17. 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.

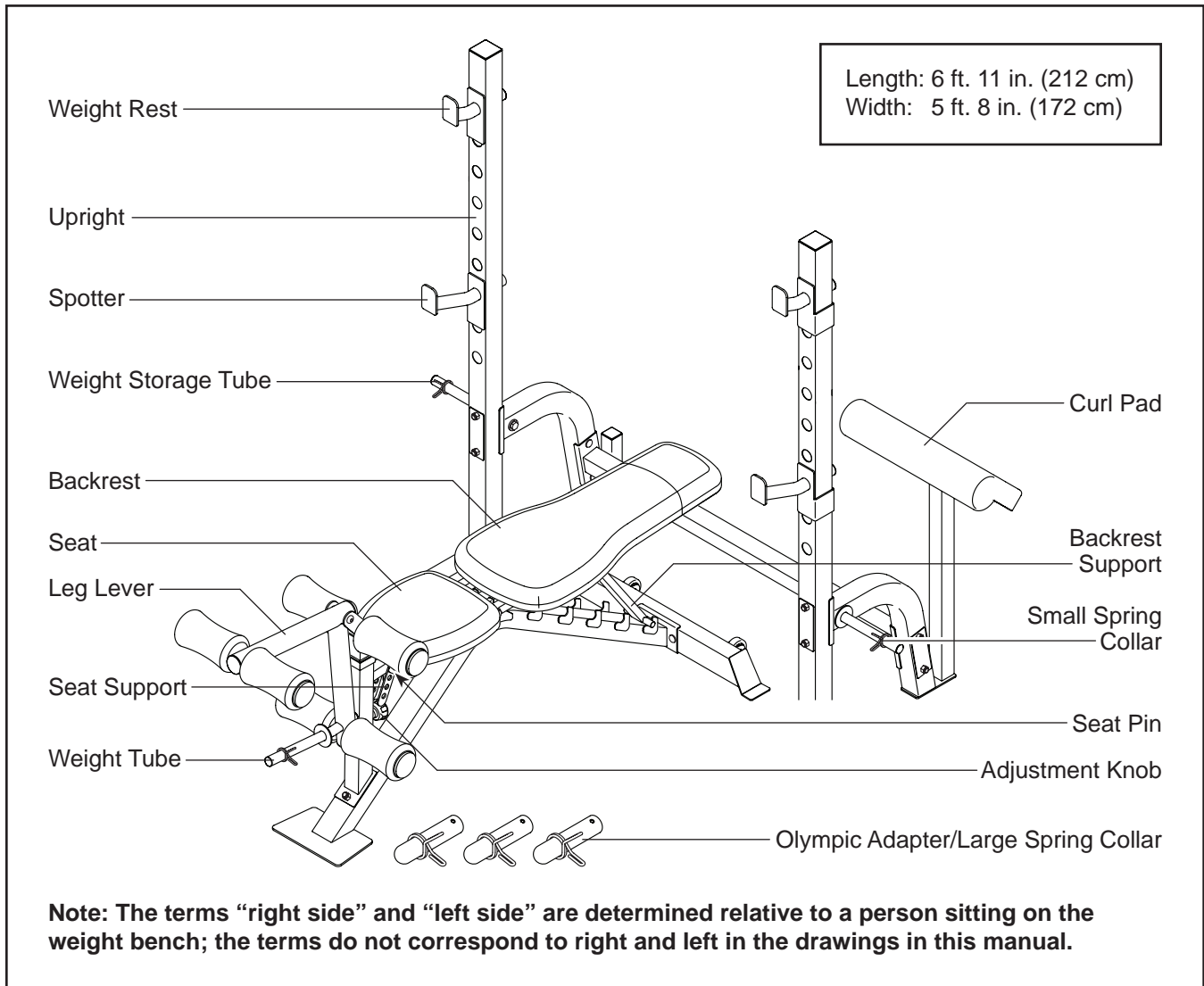
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 395 weight bench. The versatile PRO 395 weight bench is designed to develop every major muscle group of the body. Whether your goal is to have a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the weight bench will help you to achieve the specific results you want.

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

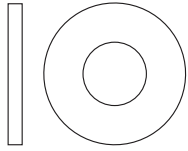
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

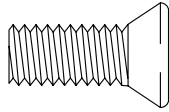


PART IDENTIFICATION CHART

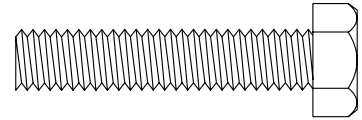
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra hardware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



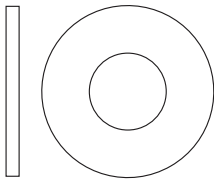
M8 Washer (40)



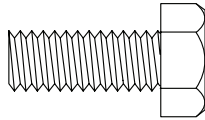
M8 x 20mm Flat Head Screw (43)



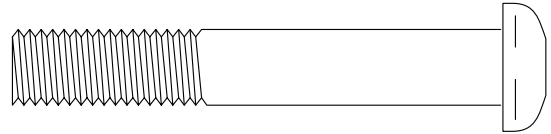
M8 x 40mm Screw (46)



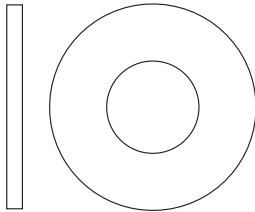
M10 Washer (41)



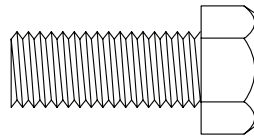
M8 x 20mm Screw (47)



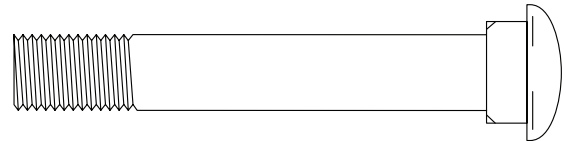
M10 x 65mm Bolt (48)



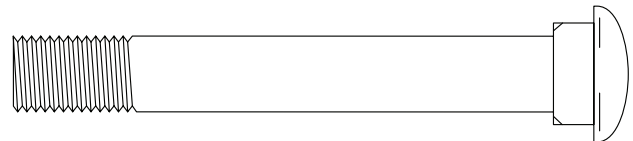
M12 Washer (42)



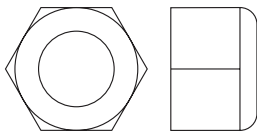
M10 x 25mm Screw (49)



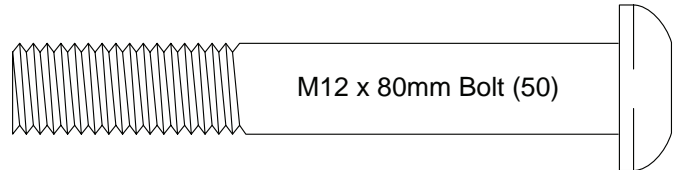
M10 x 68mm Carriage Bolt (54)



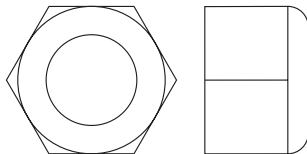
M10 x 77mm Carriage Bolt (53)



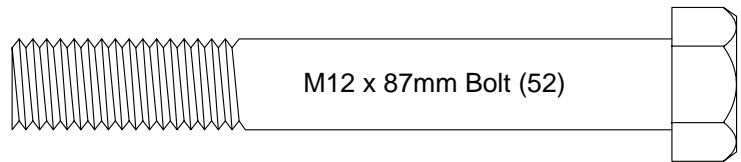
M10 Locknut (44)



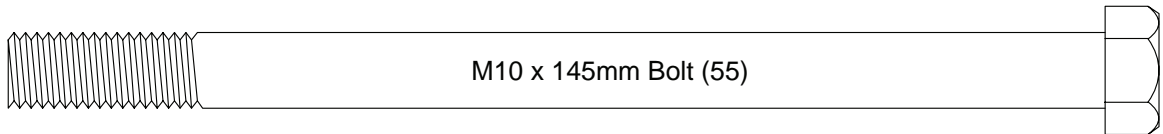
M12 x 80mm Bolt (50)



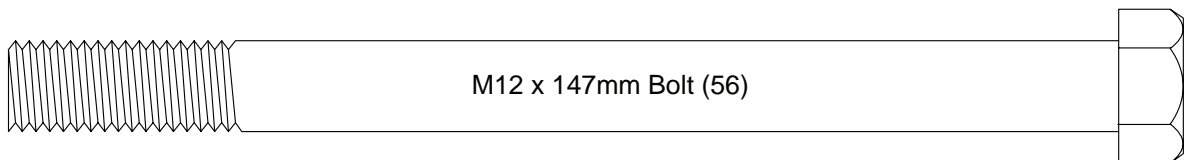
M12 Locknut (45)



M12 x 87mm Bolt (52)




M10 x 145mm Bolt (55)



M12 x 147mm Bolt (56)

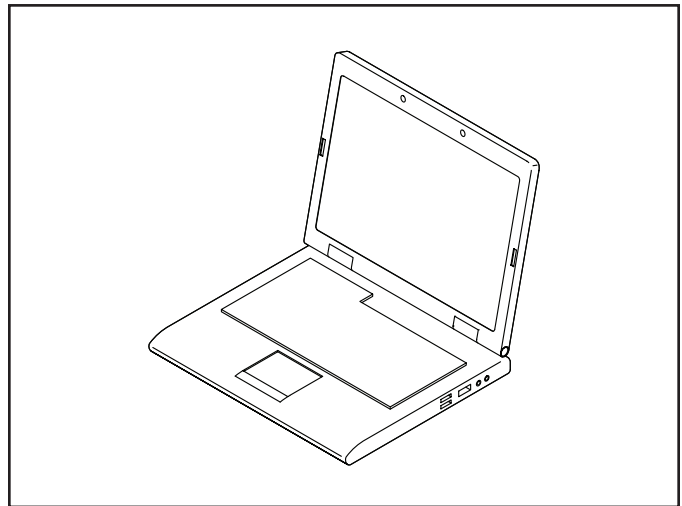
ASSEMBLY

- 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 

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

1. **Go to weiderservice on your computer and register your product.**

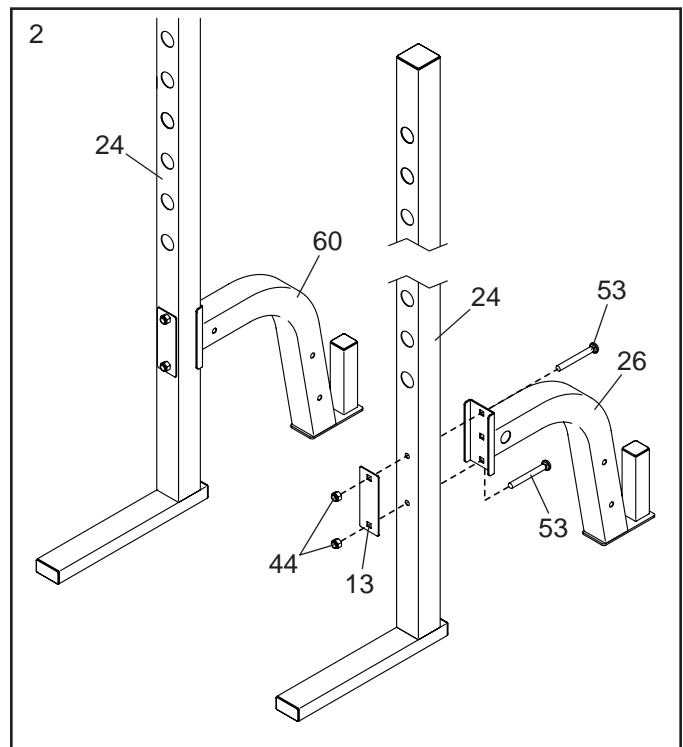
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers



2. Identify the Left Brace (26).

Attach the Left Brace (26) to one of the Uprights (24) with two M10 x 77mm Carriage Bolts (53), a Support Plate (13), and two M10 Locknuts (44); **do not tighten the Locknuts yet.**

Repeat this step to attach the Right Brace (60) to the other Upright (24).

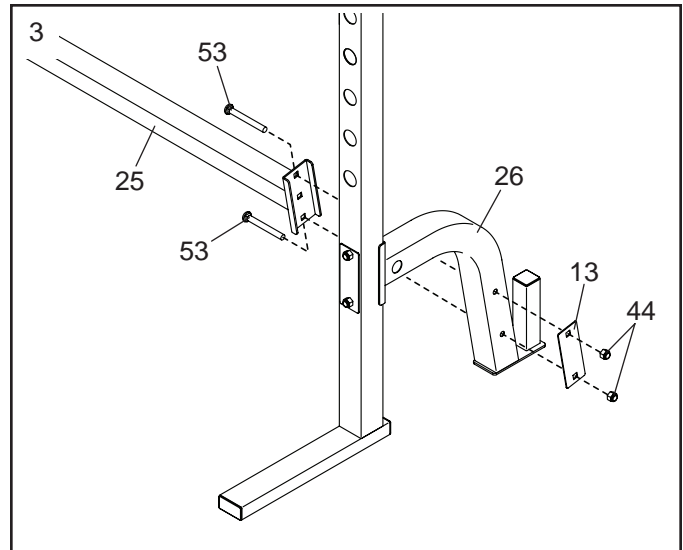


3. **Orient the Crossbar (25) so that the warning decals (not shown) are on top.**

Attach one end of the Crossbar (25) to the Left Brace (26) with two M10 x 77mm Carriage Bolts (53), a Support Plate (13), and two M10 Locknuts (44); **do not tighten the Locknuts yet.**

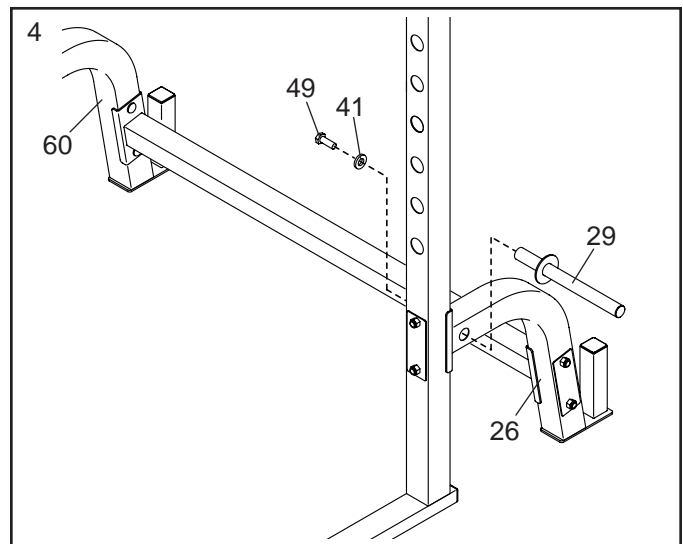
Repeat this step to attach the Crossbar (25) to the Right Brace (not shown).

Then, tighten the M10 Locknuts (44) used in this step and in step 2.



4. Attach a Weight Storage Tube (29) to the Left Brace (26) with an M10 x 25mm Screw (49) and an M10 Washer (41).

Repeat this step to attach the other Weight Storage Tube (not shown) to the Right Brace (60).



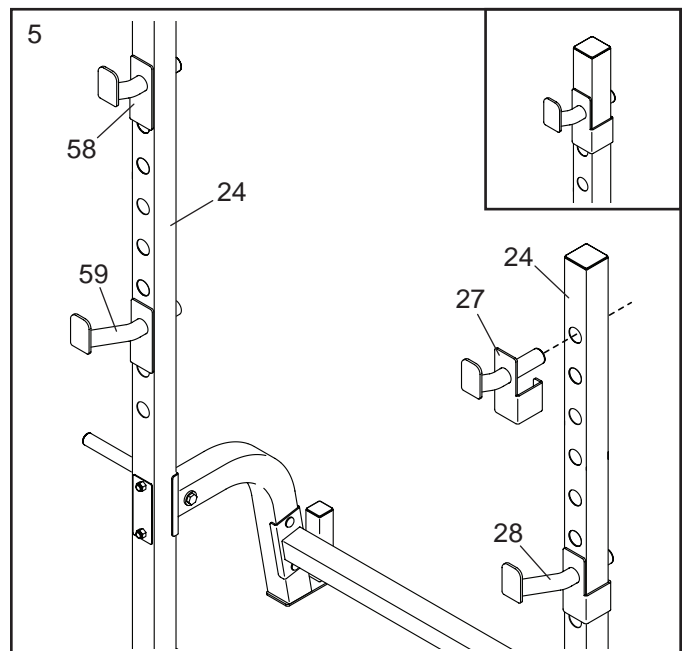
5. Identify the Left Weight Rest (27).

Insert the Left Weight Rest (27) into the desired hole in the left Upright (24), and rotate it to the position shown in the inset drawing.

Attach the Left Spotter (28) to the left Upright (24) in the same way.

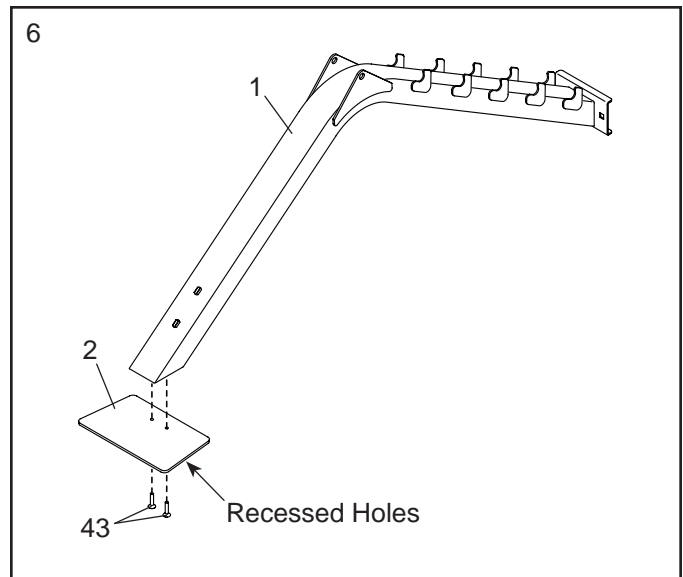
Repeat this step to attach the Right Weight Rest (58) and the Right Spotter (59) to the right Upright (24).

Make sure that both Weight Rests (27, 58) are at the same height and that both Spotters (28, 59) are at the same height.

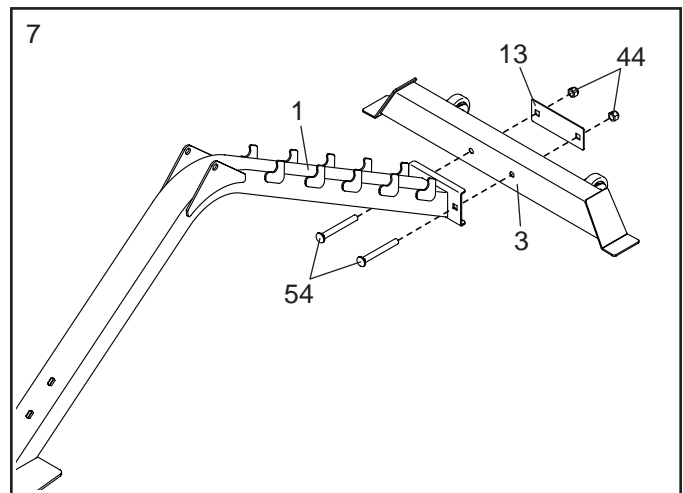


6. Orient the Foot Plate (2) so that the recessed holes are underneath.

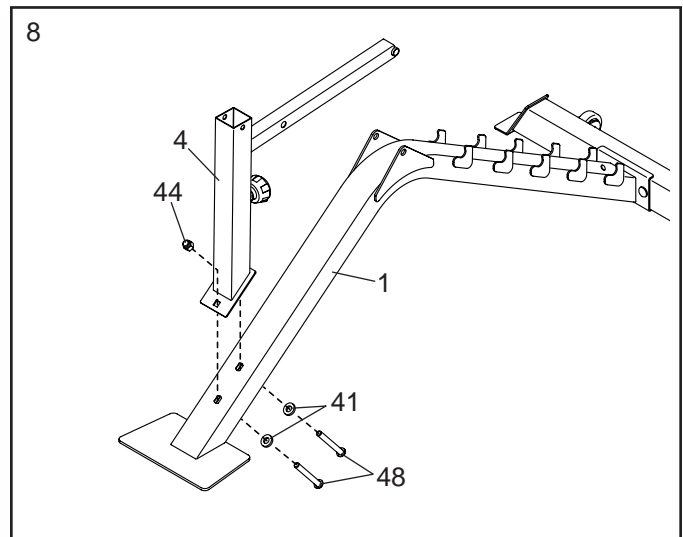
Attach the Foot Plate (2) to the Main Frame (1) with two M8 x 20mm Flat Head Screws (43).



7. Attach the Stabilizer (3) to the Main Frame (1) with two M10 x 68mm Carriage Bolts (54), a Support Plate (13), and two M10 Locknuts (44).



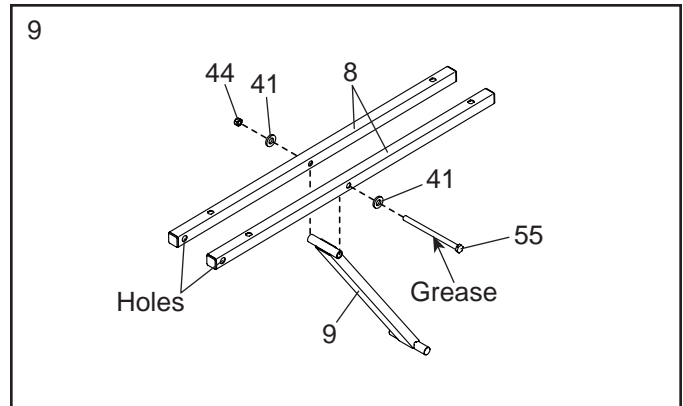
8. Attach the Post Frame (4) to the Main Frame (1) with two M10 x 65mm Bolts (48), two M10 Washers (41), and an M10 Locknut (44); **do not tighten the Bolts or the Locknut yet.**



9. Using a plastic bag to keep your fingers clean, apply a small amount of the included grease to an M10 x 145mm Bolt (55).

Next, orient the Backrest Frames (8) as shown.

Attach the Backrest Support (9) to the Backrest Frames (8) with the M10 x 145mm Bolt (55), two M10 Washers (41), and an M10 Locknut (44); **do not tighten the Locknut yet.**



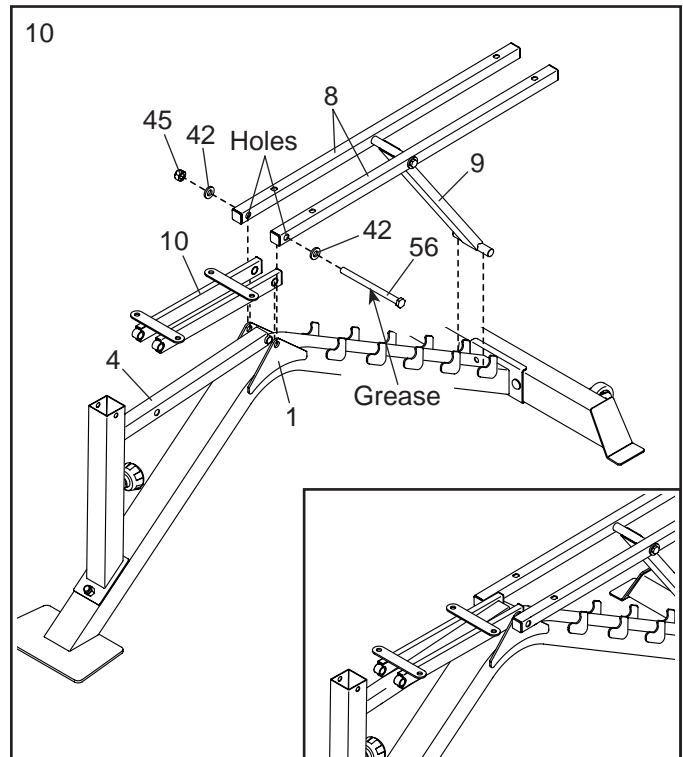
10. Apply a small amount of the included grease to an M12 x 147mm Bolt (56). Next, slide an M12 Washer (42) onto the Bolt.

With the help of a second person, align the indicated ends of the Backrest Frames (8) and the indicated end of the Seat Frame (10) with the triangular brackets on the Main Frame (1) (see the inset drawing). Next, insert the M12 x 147mm Bolt (56) through all parts, slide an M12 Washer (42) onto the Bolt, and tighten an M12 Locknut (45) onto the Bolt; **do not overtighten the Locknut.**

Then, set the Backrest Support (9) in the desired pair of brackets on the Main Frame (1).

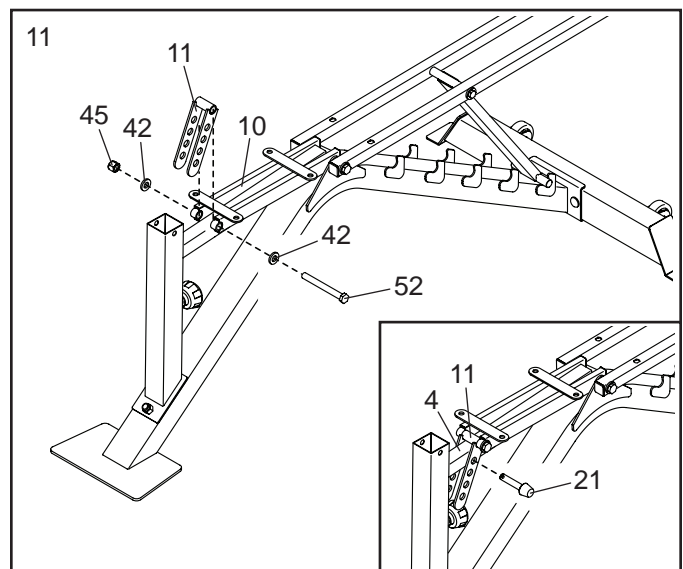
See step 9. Tighten the M10 Locknut (44); **do not overtighten the Locknut.**

See step 8. Tighten the M10 x 65mm Bolts (48) and the M10 Locknut (44).



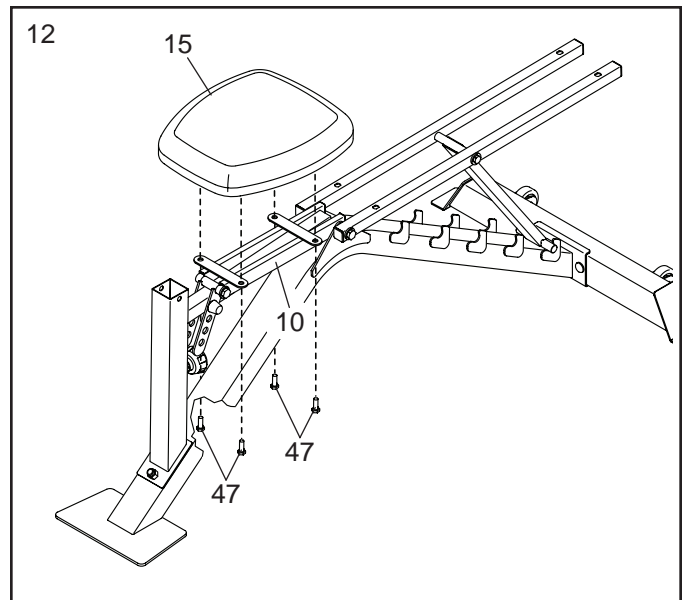
11. Attach the Seat Support (11) to the Seat Frame (10) with an M12 x 87mm Bolt (52), two M12 Washers (42), and an M12 Locknut (45); **do not overtighten the Locknut.**

See the inset drawing. Insert the Seat Pin (21) into the desired hole in the Seat Support (11) and into the hole in the Post Frame (4).

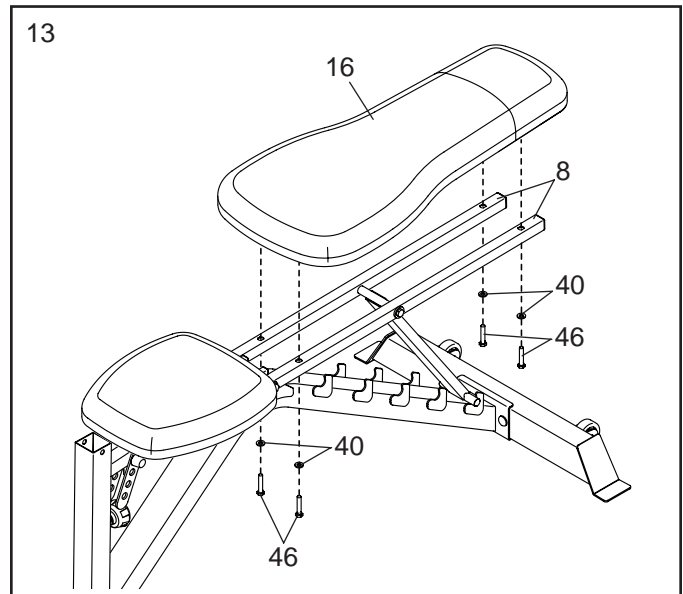


12. Orient the Seat (15) as shown.

Attach the Seat (15) to the Seat Frame (10) with four M8 x 20mm Screws (47); **start all of the Screws, and then tighten them.**



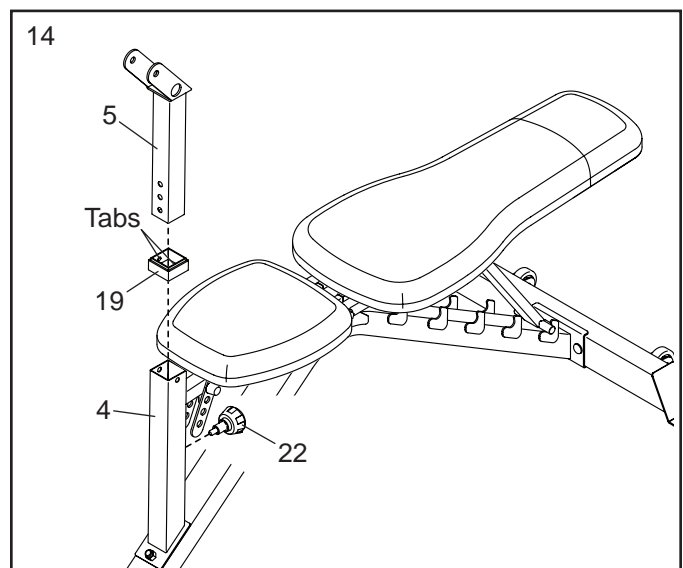
13. Attach the Backrest (16) to the Backrest Frames (8) with four M8 x 40mm Screws (46) and four M8 Washers (40); **start all of the Screws, and then tighten them.**



14. Orient the Bushing (19) as shown.

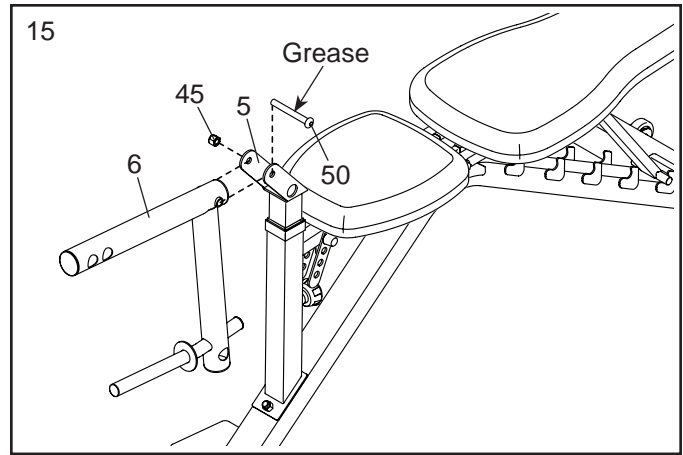
Firmly press the Bushing (19) onto the upper end of the Post Frame (4).

Next, remove the Adjustment Knob (22) from the Post Frame (4), insert the Leg Lever Post (5) into the Post Frame, and then tighten the Adjustment Knob into the Post Frame and into one of the adjustment holes in the Leg Lever Post. **Make sure that the Adjustment Knob is in one of the adjustment holes.**



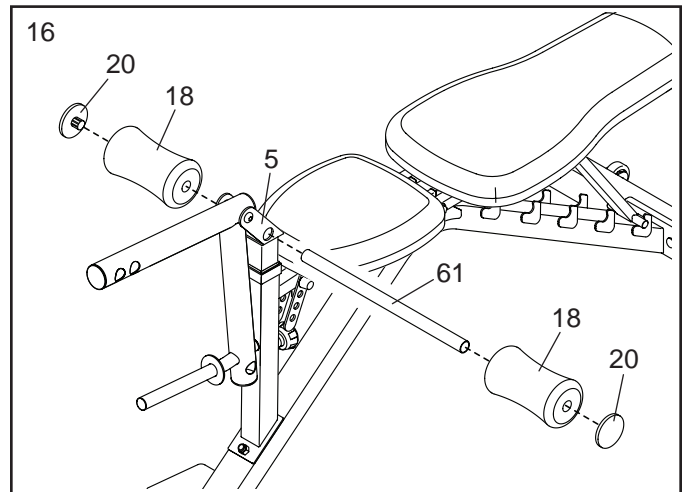
15. Apply a generous amount of the included grease to an M12 x 80mm Bolt (50).

Attach the Leg Lever (6) to the Leg Lever Post (5) with the M12 x 80mm Bolt (50) and an M12 Locknut (45); **do not overtighten the Locknut; the Leg Lever must pivot easily.**



16. Insert the Long Pad Tube (61) through the Leg Lever Post (5).

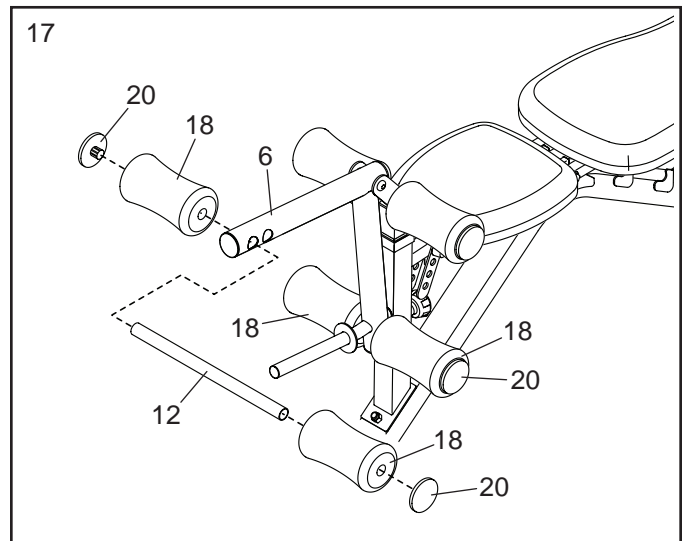
Next, slide two Foam Pads (18) onto the Long Pad Tube (61). Then, press two Pad Caps (20) into the Long Pad Tube.



17. Insert a Short Pad Tube (12) through either of the holes in the upper end of the Leg Lever (6).

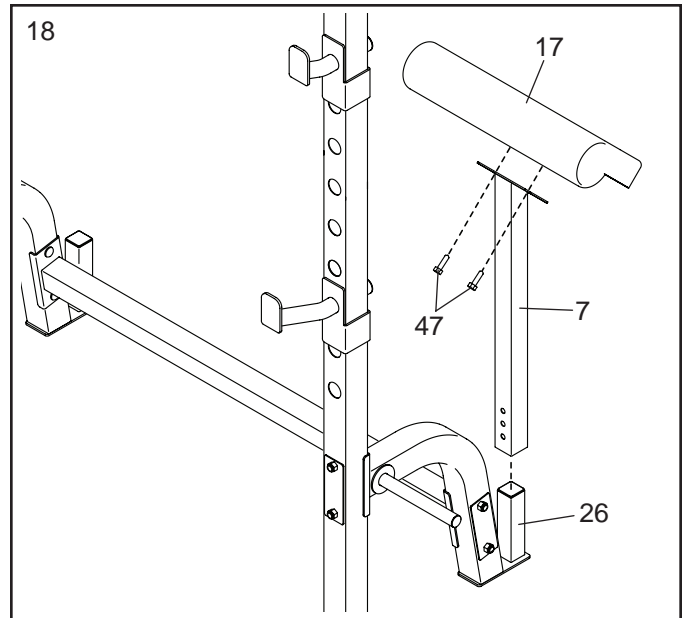
Next, slide two Foam Pads (18) onto the Short Pad Tube (12). Then, press two Pad Caps (20) into the Short Pad Tube.

Repeat this step on the lower end of the Leg Lever (6).



18. Attach the Curl Pad (17) to the Curl Post (7) with two M8 x 20mm Screws (47).

Then, slide the Curl Post (7) onto the post on the Left Brace (26).



19. **Make sure that all parts are properly tightened before you use the weight bench.** Extra parts may be included. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 13.

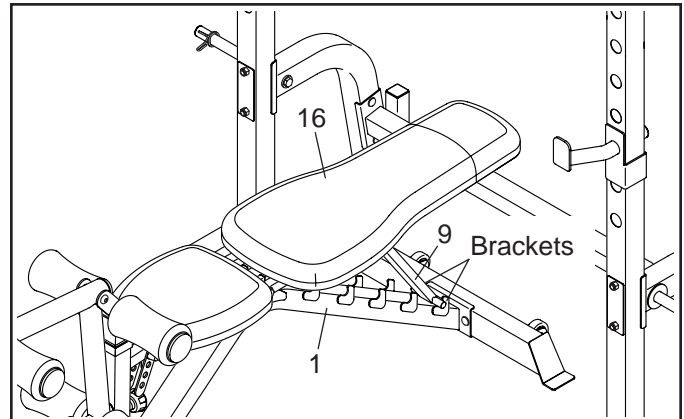
ADJUSTMENT

The steps below explain how the weight bench can be adjusted. See the accompanying exercise guide to see the correct form for several exercises.

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

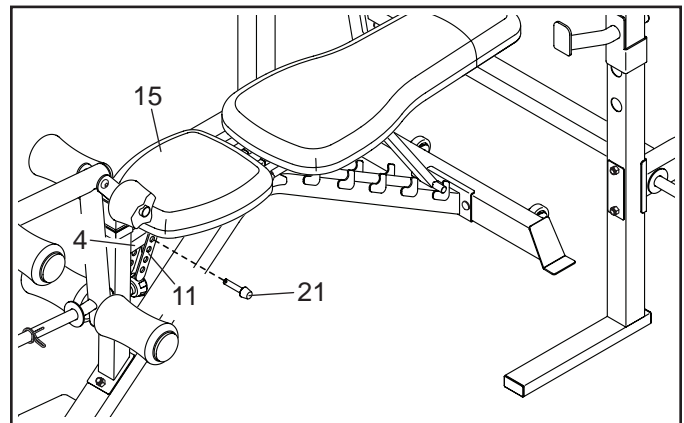
ADJUSTING THE BACKREST

The Backrest (16) can be used in any of five positions. To change the position of the Backrest, lift the Backrest and set the Backrest Support (9) in the desired pair of brackets on the Main Frame (1). **Do not use the Backrest without setting the Backrest Support in one of the pairs of brackets.**



ADJUSTING THE SEAT

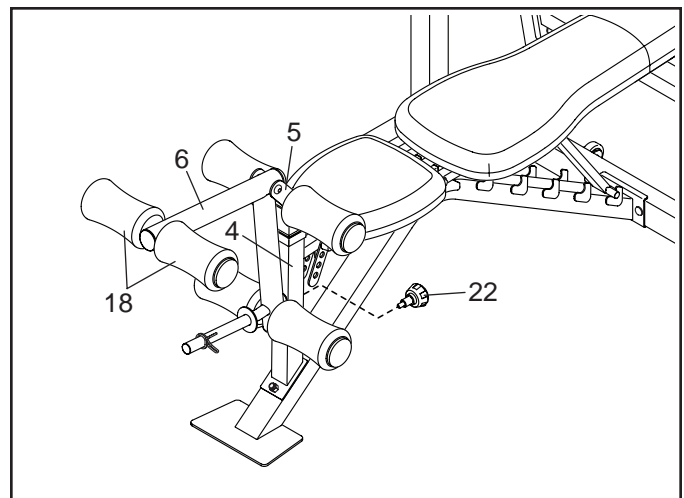
The Seat (15) can be used in any of four positions. To change the position of the Seat, remove the Seat Pin (21), raise or lower the Seat, and then fully insert the Seat Pin into one of the holes in the Seat Support (11) and the hole in the Post Frame (4).



ATTACHING THE LEG LEVER

To use the Leg Lever (6), remove the Adjustment Knob (22), insert the Leg Lever Post (5) into the Post Frame (4), and then tighten the Adjustment Knob into the Post Frame and into one of the adjustment holes in the Leg Lever Post. **Make sure that the Adjustment Knob is in one of the adjustment holes.**

Note: The indicated Foam Pads (18) can be attached in either of two positions (see assembly step 17 on page 11).

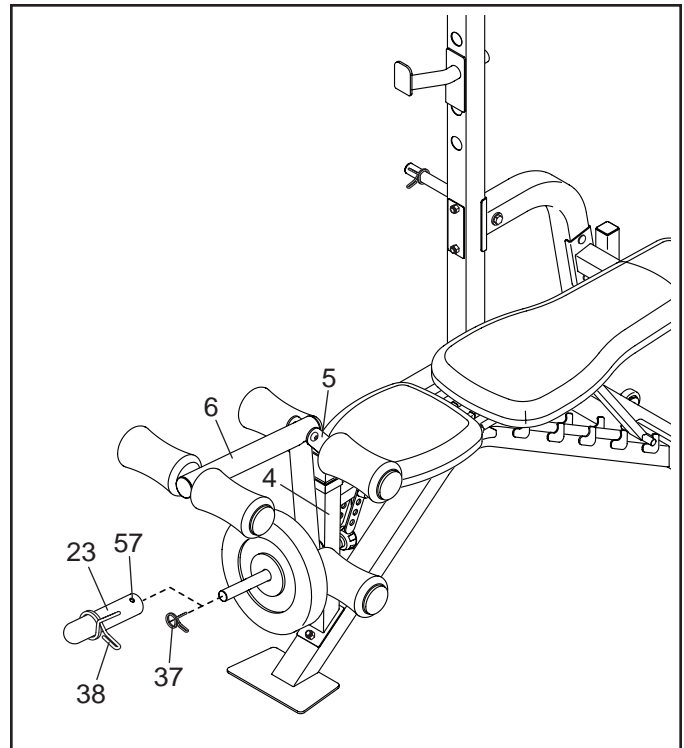


ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (6), slide the desired weight plates (not included) onto the weight tube on the Leg Lever. Secure the weight plates with a Small Spring Collar (37).

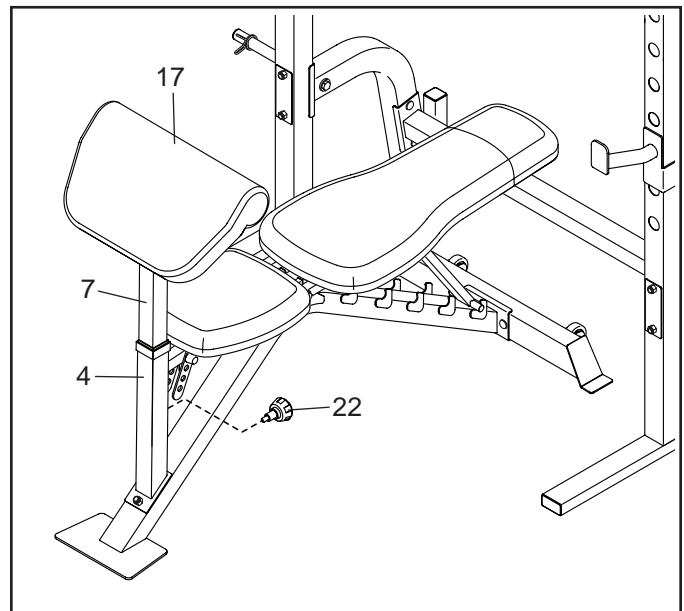
To use Olympic weight plates, slide an Olympic Adapter (23) onto the weight tube, and tighten the Set Screw (57) in the Olympic Adapter. Secure the Olympic weight plates with a Large Spring Collar (38).

⚠ WARNING: When using the Leg Lever (6), always secure weight plates with a Spring Collar (37, 38). Do not place more than 150 lbs. (68 kg) on the Leg Lever.



ATTACHING THE CURL PAD

To use the Curl Pad (17), remove the Adjustment Knob (22), insert the Curl Post (7) into the Post Frame (4), and then tighten the Adjustment Knob into the Post Frame and into one of the adjustment holes in the Curl Post. **Make sure that the Adjustment Knob is in one of the adjustment holes.**

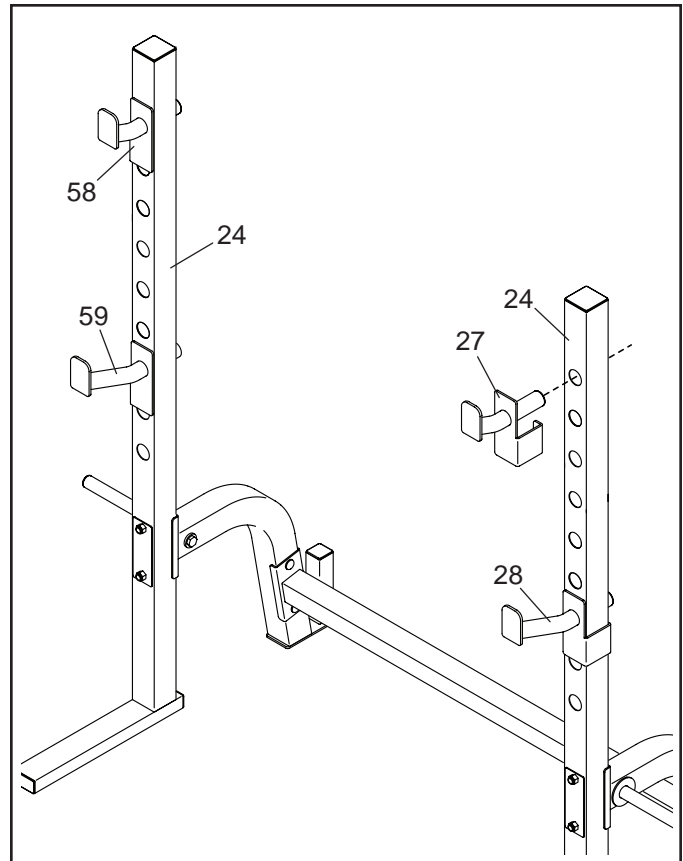


ADJUSTING THE WEIGHT RESTS AND THE SPOTTERS

To adjust the height of the Weight Rests (27, 58), insert the Weight Rests into the desired holes in the Uprights (24) and rotate them to the positions shown in the drawing. **Make sure that the Weight Rests are at the same height.**

To adjust the height of the Spotters (28, 59), insert the Spotters into the desired holes in the Uprights (24) and rotate them to the positions shown in the drawing. **Make sure that the Spotters are at the same height.**

⚠ WARNING: Do not place more than 310 lbs. (141 kg) on the Weight Rests (27, 58). Always set both Weight Rests at the same height and both Spotters (28, 59) at the same height.



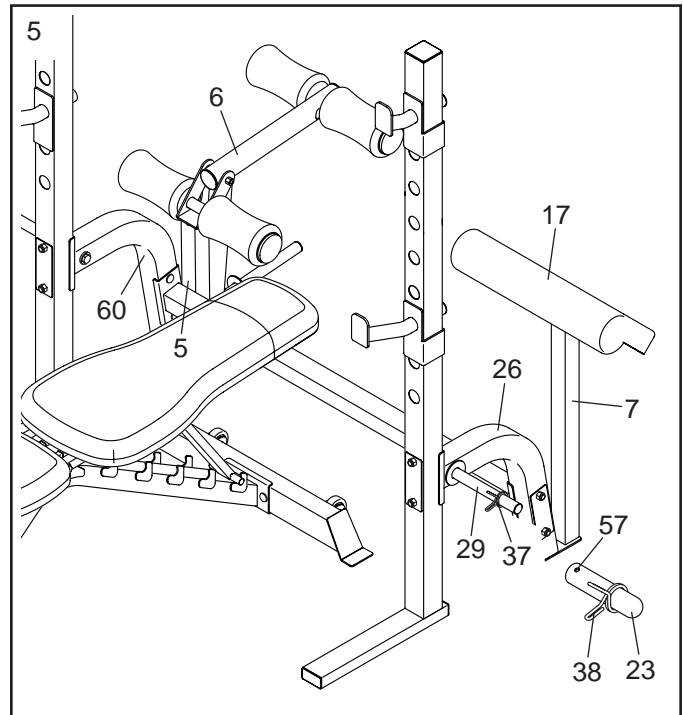
STORING THE LEG LEVER, THE CURL PAD, AND WEIGHT PLATES

When the Leg Lever (6) is not in use, slide the Leg Lever Post (5) onto the storage post on one of the Braces (26, 60).

When the Curl Pad (17) is not in use, slide the Curl Post (7) onto the storage post on one of the Braces (26, 60).

When weight plates (not included) are not in use, slide them onto the Weight Storage Tubes (29). Secure weight plates with Small Spring Collars (37).

To store Olympic weight plates (not included), slide Olympic Adapters (23) onto the Weight Storage Tubes (29), and tighten the Set Screws (57) in the Olympic Adapters. Secure Olympic weight plates with Large Spring Collars (38).



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.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

___ / ___ / ___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

___ / ___ / ___

Exercise	Time	Distance	Speed

Strength

Date:

___ / ___ / ___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

___ / ___ / ___

Exercise	Time	Distance	Speed

Strength

Date:

___ / ___ / ___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

___ / ___ / ___

Exercise	Time	Distance	Speed

PART LIST

Model No. 831.15965.0 R0915A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Main Frame	34	2	60mm Square Cap
2	1	Foot Plate	35	2	38mm Square Cap
3	1	Stabilizer	36	4	60mm x 30mm Cap
4	1	Post Frame	37	3	Small Spring Collar
5	1	Leg Lever Post	38	3	Large Spring Collar
6	1	Leg Lever	39	4	32mm Round Cap
7	1	Curl Post	40	4	M8 Washer
8	2	Backrest Frame	41	6	M10 Washer
9	1	Backrest Support	42	4	M12 Washer
10	1	Seat Frame	43	2	M8 x 20mm Flat Head Screw
11	1	Seat Support	44	14	M10 Locknut
12	2	Short Pad Tube	45	3	M12 Locknut
13	5	Support Plate	46	4	M8 x 40mm Screw
14	2	Wheel	47	6	M8 x 20mm Screw
15	1	Seat	48	2	M10 x 65mm Bolt
16	1	Backrest	49	2	M10 x 25mm Screw
17	1	Curl Pad	50	1	M12 x 80mm Bolt
18	6	Foam Pad	51	2	M10 x 43mm Bolt
19	1	Bushing	52	1	M12 x 87mm Bolt
20	6	Pad Cap	53	8	M10 x 77mm Carriage Bolt
21	1	Seat Pin	54	2	M10 x 68mm Carriage Bolt
22	1	Adjustment Knob	55	1	M10 x 145mm Bolt
23	3	Olympic Adapter	56	1	M12 x 147mm Bolt
24	2	Upright	57	3	Set Screw
25	1	Crossbar	58	1	Right Weight Rest
26	1	Left Brace	59	1	Right Spotter
27	1	Left Weight Rest	60	1	Right Brace
28	1	Left Spotter	61	1	Long Pad Tube
29	2	Weight Storage Tube	62	2	25mm x 1.5mm Round Cap
30	3	50mm Round Cap	*	—	User's Manual
31	4	25mm Square Cap	*	—	Exercise Guide
32	2	13mm x 25mm Cap	*	—	Grease Packet
33	2	25mm x 2mm Round Cap			

Note: Specifications are subject to change without notice.

EXPLODED DRAWING

Model No. 831.15965.0 R0915A

