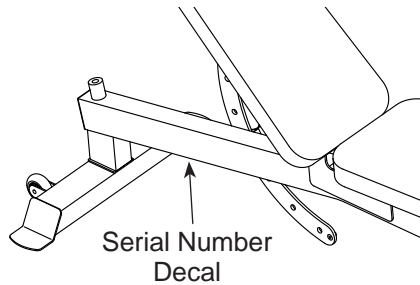


WEIDER® Utility Bench

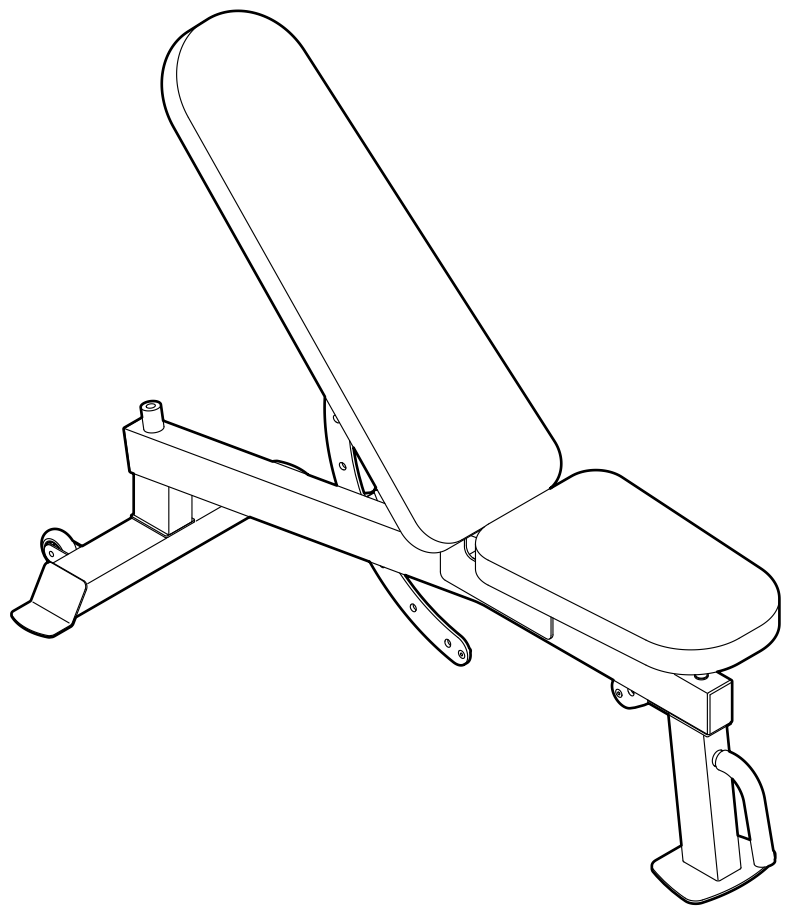
Model No. WEBE89617.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL



CAUTION

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

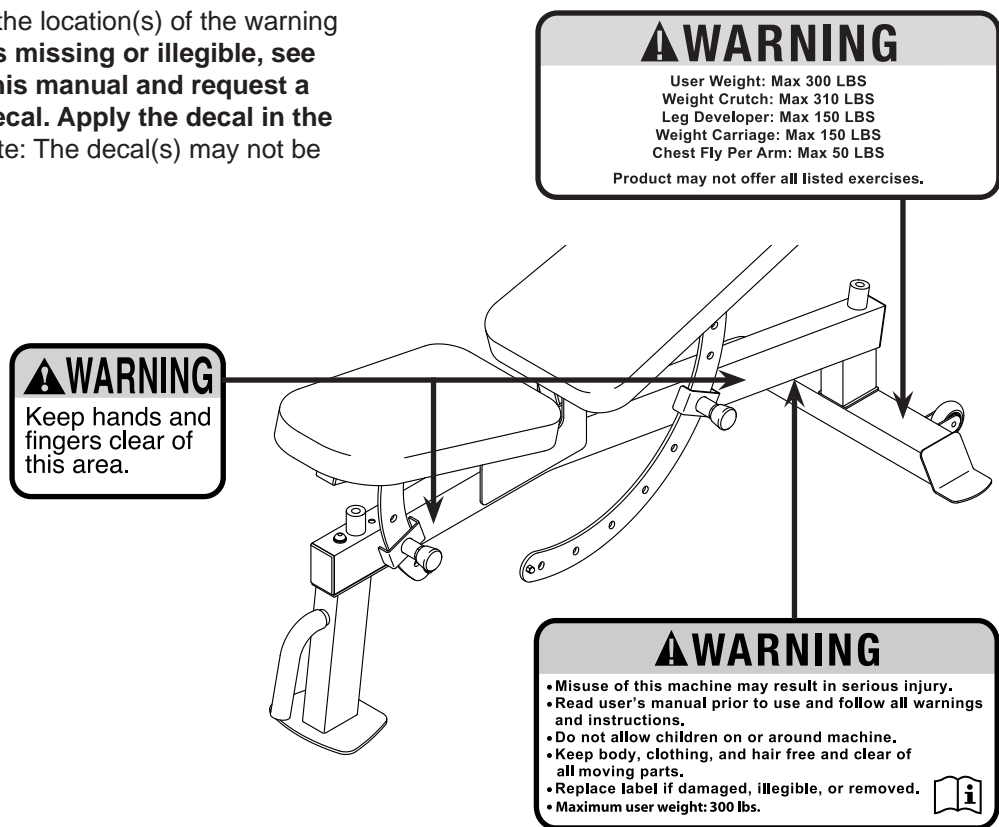


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WARNING DECAL PLACEMENT

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.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON 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), and a maximum total weight of 610 lbs. (277 kg). Do not use the weight bench with more than 310 lbs. (141 kg) of weight, including a barbell. Note: The weight bench does not include weights or a barbell.
13. 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.

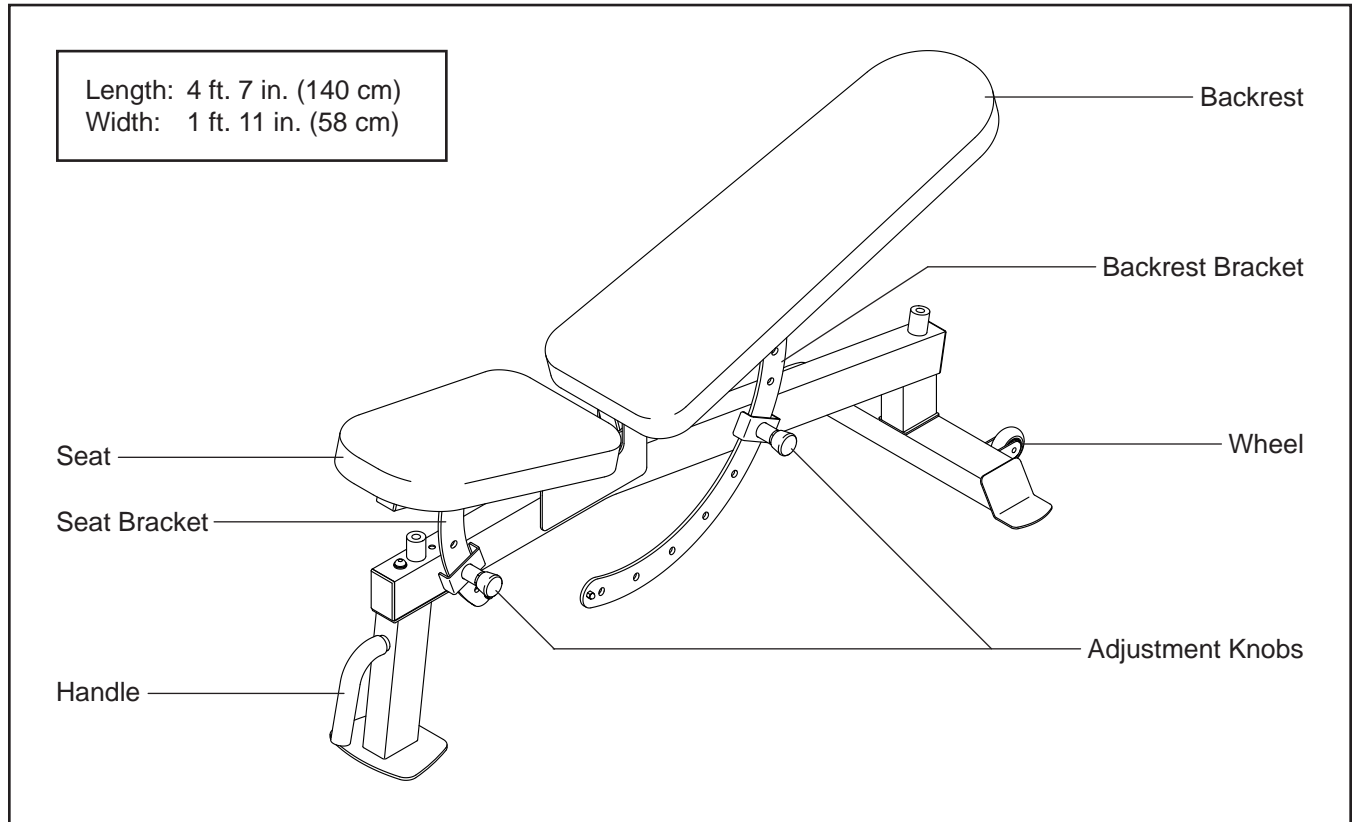
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® UTILITY BENCH weight bench. The UTILITY BENCH weight bench is designed to help you develop the major muscle groups of your upper 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.

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

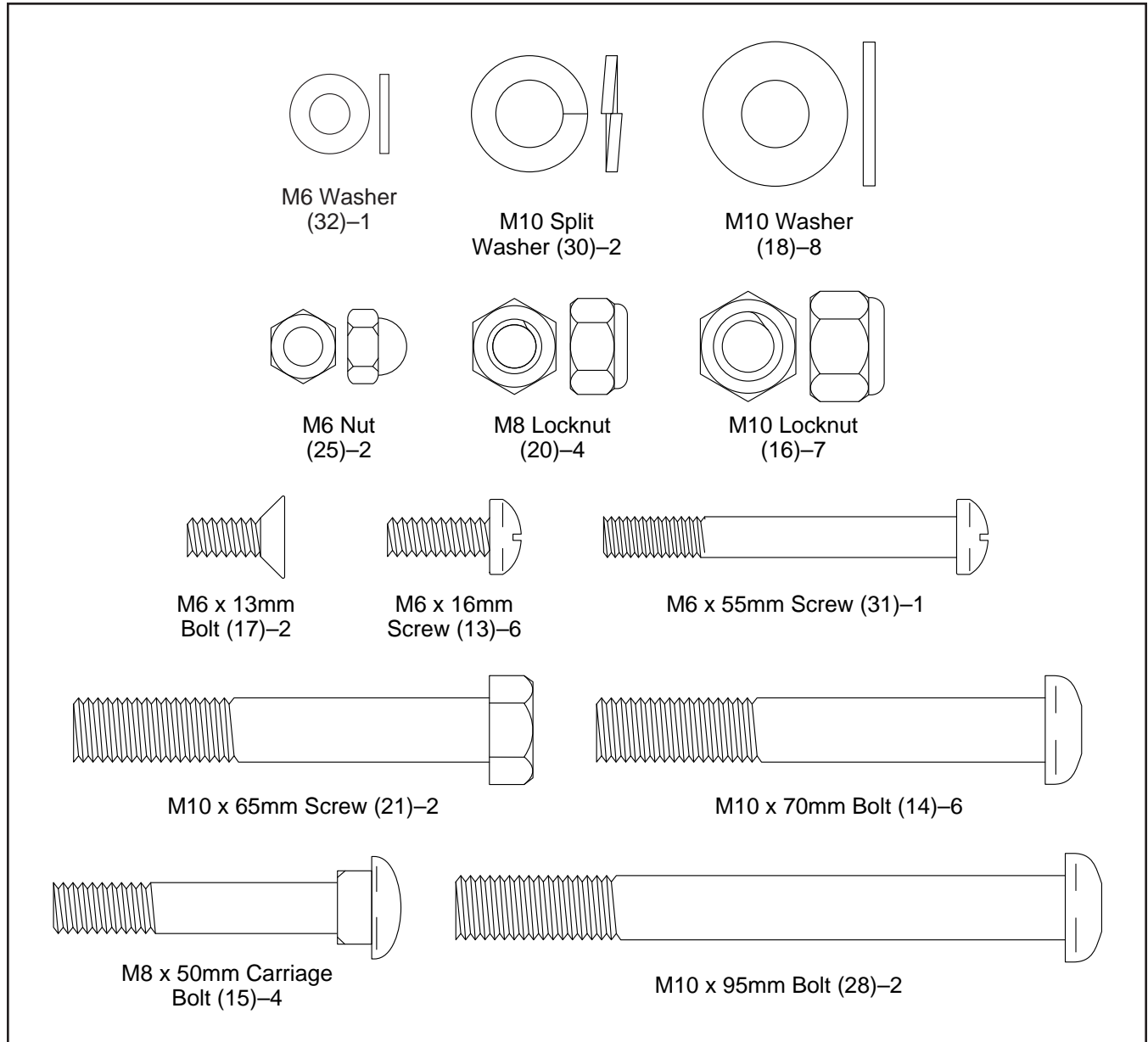
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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




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. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



ASSEMBLY

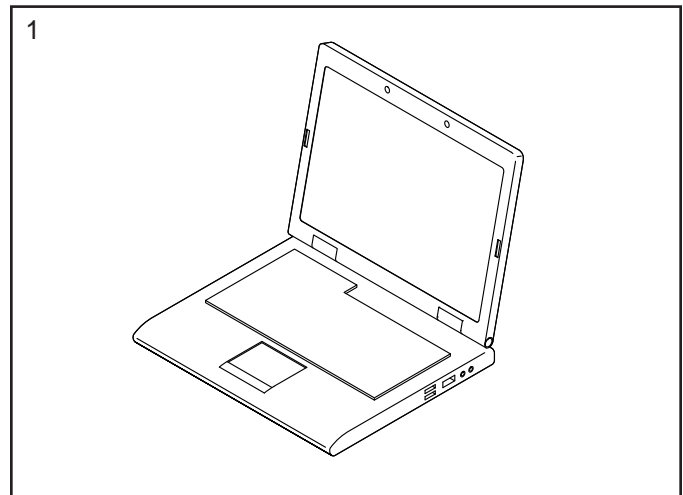
- Assembly requires two persons.
- Because of its weight and size, assemble the weight bench in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 6.
- In addition to the included tool(s), assembly requires the following tools:
an adjustable wrench 

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

1. Go to weiderfitness on your computer and register your product.

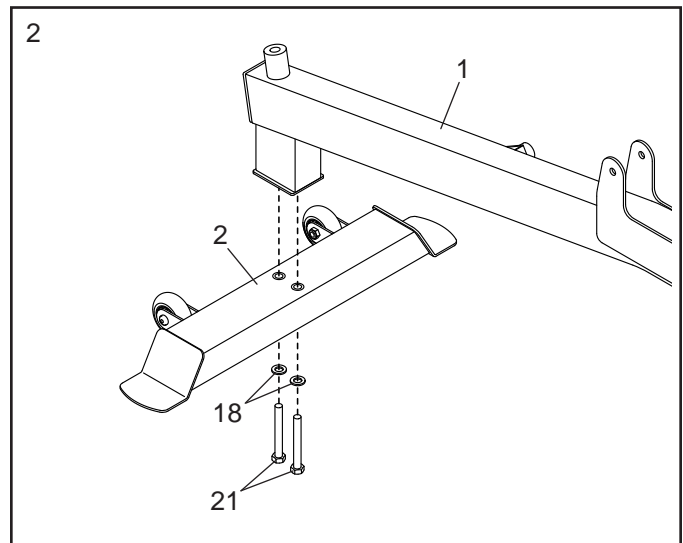
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



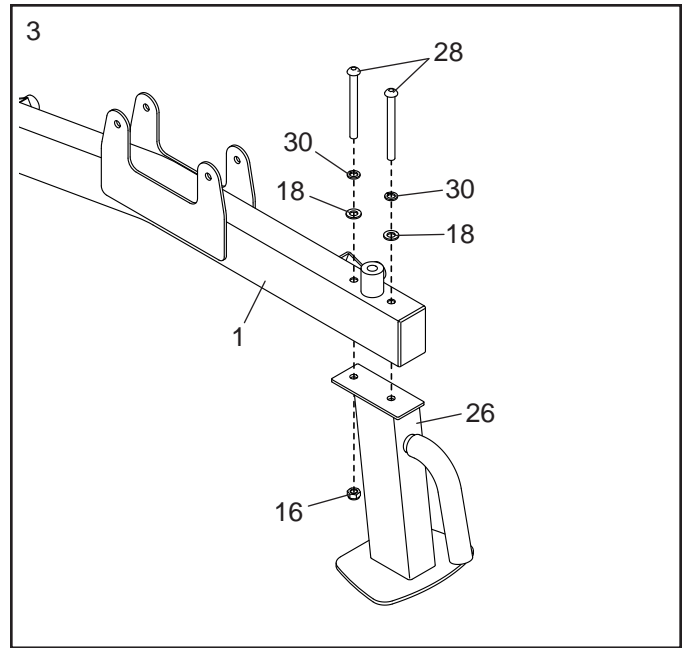
2. Orient the Base (2) and the Frame (1) as shown.

Attach the Base (2) to the Frame (1) with two M10 x 65mm Screws (21) and two M10 Washers (18).



3. Orient the Leg (26) and the Frame (1) as shown.

Attach the Leg (26) to the Frame (1) with two M10 x 95mm Bolts (28), two M10 Split Washers (30), two M10 Washers (18), and an M10 Locknut (16).

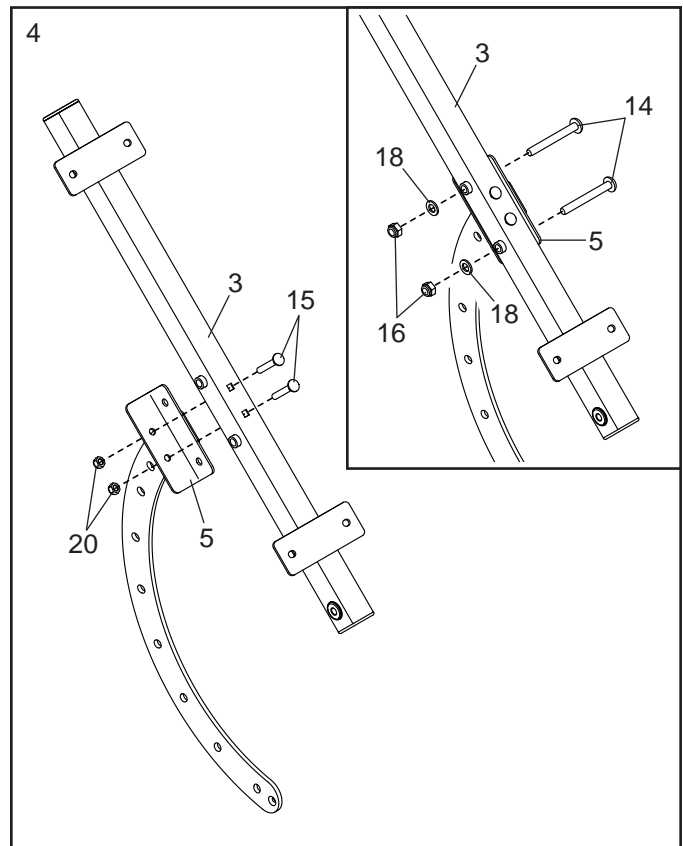


4. Orient the Backrest Frame (3) and the Backrest Bracket (5) as shown.

Insert two M8 x 50mm Carriage Bolts (15) through the Backrest Frame (3) and the Backrest Bracket (5), and then turn two M8 Locknuts (20) onto the Carriage Bolts; **do not fully tighten the Locknuts yet.**

See the inset drawing. Finish attaching the Backrest Bracket (5) to the Backrest Frame (3) with two M10 x 70mm Bolts (14), two M10 Washers (18), and two M10 Locknuts (16).

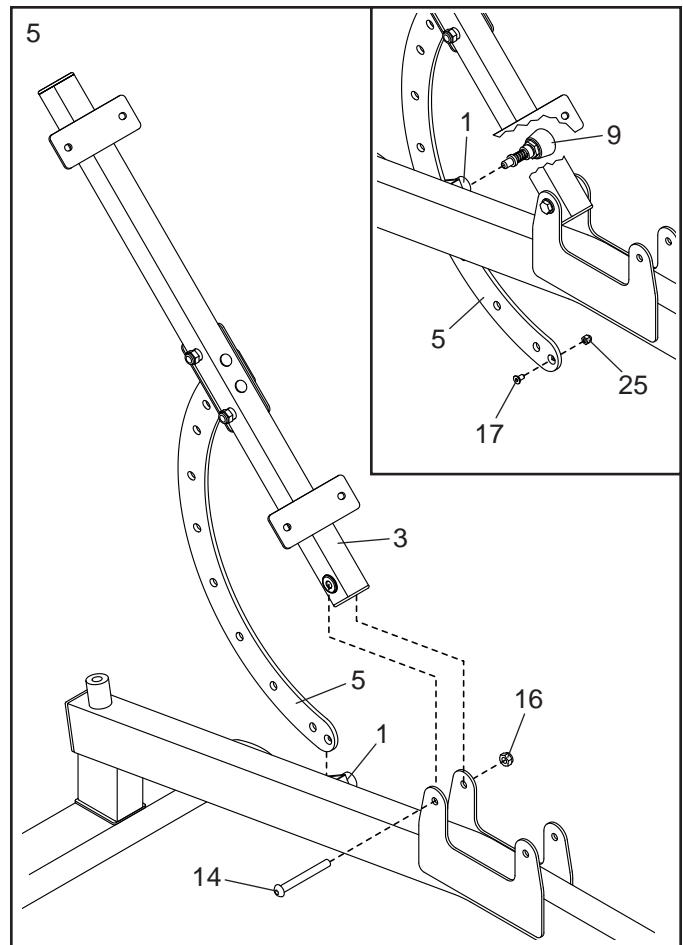
Then, fully tighten the two M8 Locknuts (20).



5. Insert the end of the Backrest Bracket (5) into the Frame (1). Then, attach the Backrest Frame (3) to the Frame with an M10 x 70mm Bolt (14) and an M10 Locknut (16). **Do not overtighten the Locknut; the Backrest Frame must pivot freely.**

See the inset drawing. Using an adjustable wrench, firmly tighten one of the Adjustment Knobs (9) into the Frame (1) and into one of the adjustment holes in the Backrest Bracket (5).

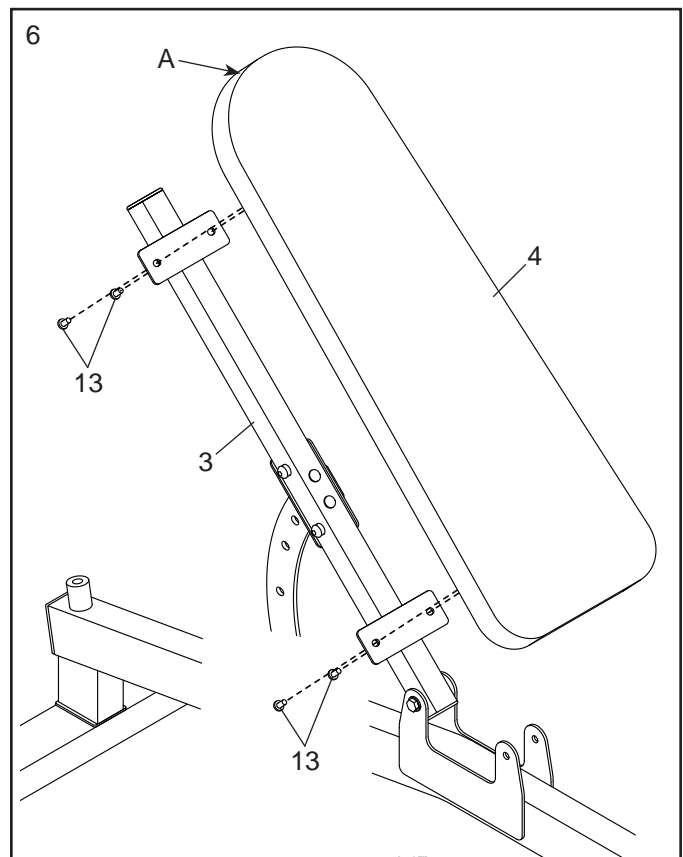
Next, insert an M6 x 13mm Bolt (17) into the end of the Backrest Bracket (5) from the direction shown. Then, tighten an M6 Nut (25) onto the Bolt.



6. Orient the Backrest (4) so that the curved edge (A) is in the indicated location.

Attach the Backrest (4) to the Backrest Frame (3) with four M6 x 16mm Screws (13); **start all the Screws, and then tighten them. To avoid damaging the Backrest, tighten the Screws only until the Backrest does not move or feel loose.**

Note: To adjust the angle of the Backrest (4), see ADJUSTING THE BACKREST on page 12.

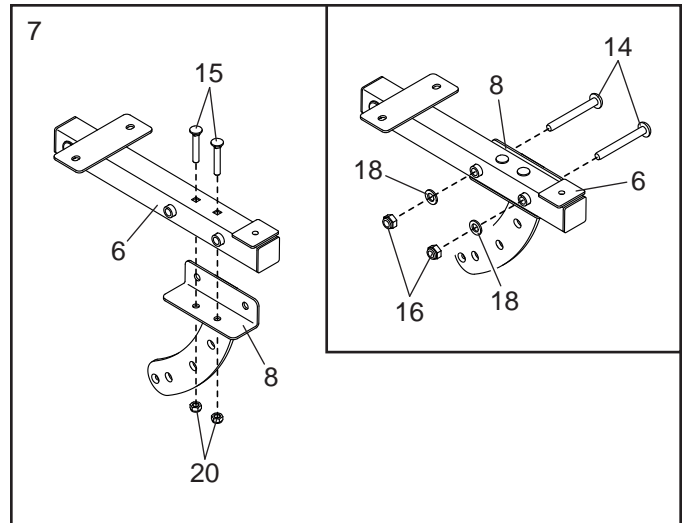


7. Orient the Seat Frame (6) and the Seat Bracket (8) as shown.

Insert two M8 x 50mm Carriage Bolts (15) through the Seat Frame (6) and the Seat Bracket (8), and then turn two M8 Locknuts (20) onto the Carriage Bolts; **do not fully tighten the Locknuts yet.**

See the inset drawing. Finish attaching the Seat Bracket (8) to the Seat Frame (6) with two M10 x 70mm Bolts (14), two M8 Washers (18), and two M10 Locknuts (16).

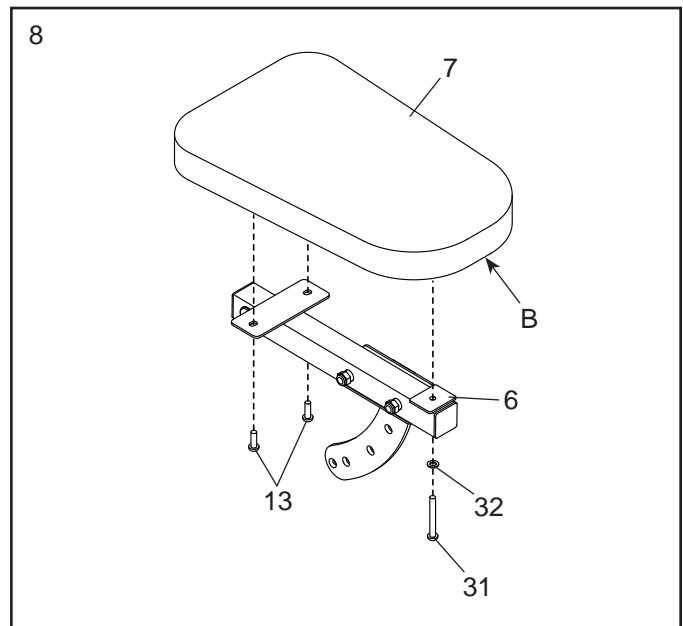
Then, fully tighten the two M8 Locknuts (20).



8. Orient the Seat (7) so that the curved edge (B) is in the indicated location.

Attach the Seat (7) to the Seat Frame (6) with two M6 x 16mm Screws (13), an M6 x 55mm Screw (31), and an M6 Washer (32); **start all the Screws, and then tighten them. To avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**

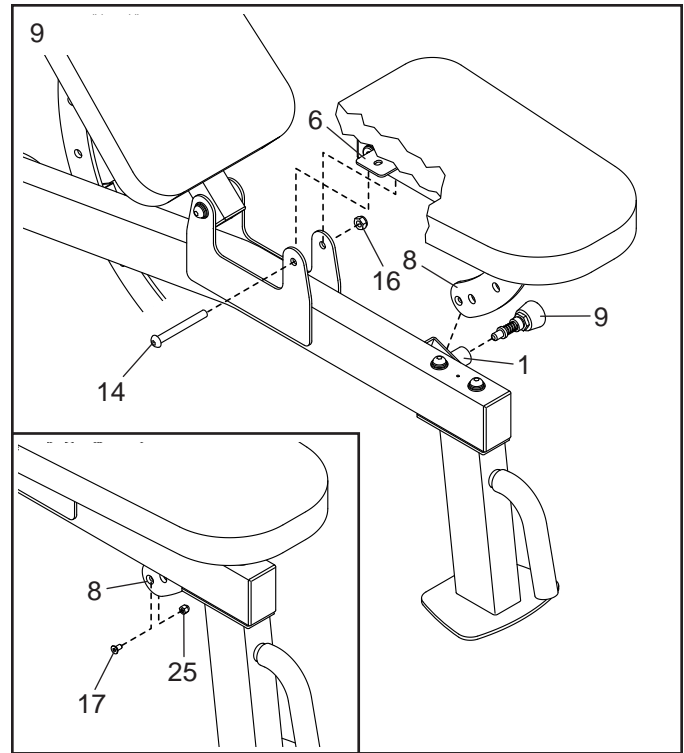
Note: To adjust the angle of the Seat (7), see ADJUSTING THE SEAT on page 12.



9. Insert the end of the Seat Bracket (8) into the Frame (1), and then attach the Seat Frame (6) to the Frame with an M10 x 70mm Bolt (14) and an M10 Locknut (16). **Do not overtighten the Locknut; the Seat Frame must pivot freely.**

Using an adjustable wrench, firmly tighten the remaining Adjustment Knob (9) into the Frame (1) and into one of the adjustment holes in the Seat Bracket (8).

See the inset drawing. Insert an M6 x 13mm Bolt (17) into the end of the Seat Bracket (8) from the direction shown. Then, tighten an M6 Nut (25) onto the Bolt.



10. **Make sure that all parts of the weight bench are properly tightened.** Extra parts may be included. Place a mat under the weight bench to protect the floor.

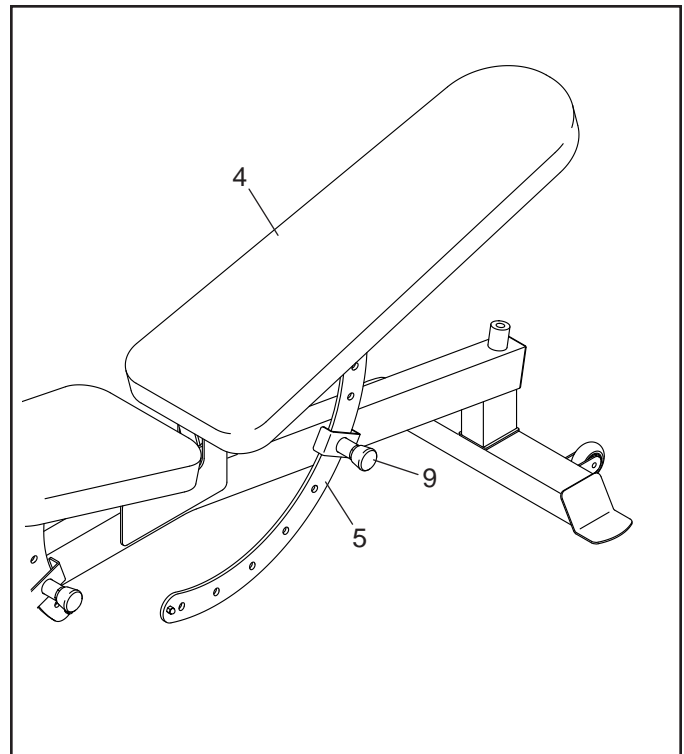
ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 13 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.

ADJUSTING THE BACKREST

To adjust the angle of the Backrest (4), **firmly hold the Backrest with one hand**. With your other hand, pull the indicated Adjustment Knob (9) outward, raise or lower the Backrest, and then insert the Adjustment Knob into one of the adjustment holes in the Backrest Bracket (5).

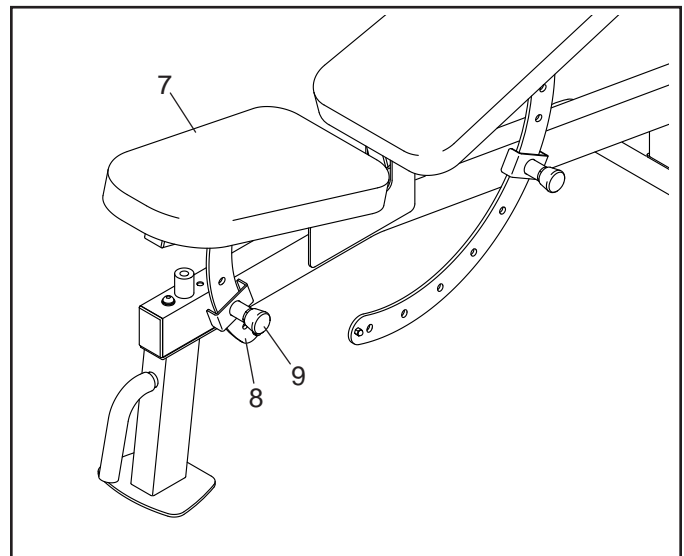
⚠ WARNING: Always hold the Backrest (4) before pulling the Adjustment Knob (9); the Backrest can fall with great force.



ADJUSTING THE SEAT

To adjust the angle of the Seat (7), **firmly hold the Seat with one hand**. With your other hand, pull the indicated Adjustment Knob (9) outward, raise or lower the Seat, and then insert the Adjustment Knob into one of the adjustment holes in the Seat Bracket (8).

⚠ WARNING: Always hold the Seat (7) before pulling the Adjustment Knob (9); the Seat can fall with great force.



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. WEBE89617.0 R0917A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	18	8	M10 Washer
2	1	Base	19	2	M8 x 40mm Bolt
3	1	Backrest Frame	20	6	M8 Locknut
4	1	Backrest	21	2	M10 x 65mm Screw
5	1	Backrest Bracket	22	2	M4 x 25mm Screw
6	1	Seat Frame	23	1	Foam Grip
7	1	Seat	24	1	Round Cap
8	1	Seat Bracket	25	2	M6 Nut
9	2	Adjustment Knob	26	1	Leg
10	2	Wheel	27	2	Rectangular Cap
11	2	Bumper	28	2	M10 x 95mm Bolt
12	4	Square Cap	29	4	Pivot Bushing
13	6	M6 x 16mm Screw	30	2	M10 Split Washer
14	6	M10 x 70mm Bolt	31	1	M6 x 55mm Screw
15	4	M8 x 50mm Carriage Bolt	32	1	M6 Washer
16	7	M10 Locknut	*	–	User's Manual
17	2	M6 x 13mm Bolt	*	–	Exercise Guide

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING

Model No. WEBE89617.0 R0917A

