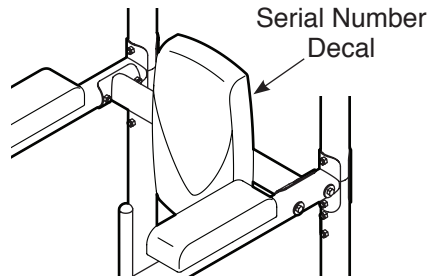


# WEIDER® POWER TOWER

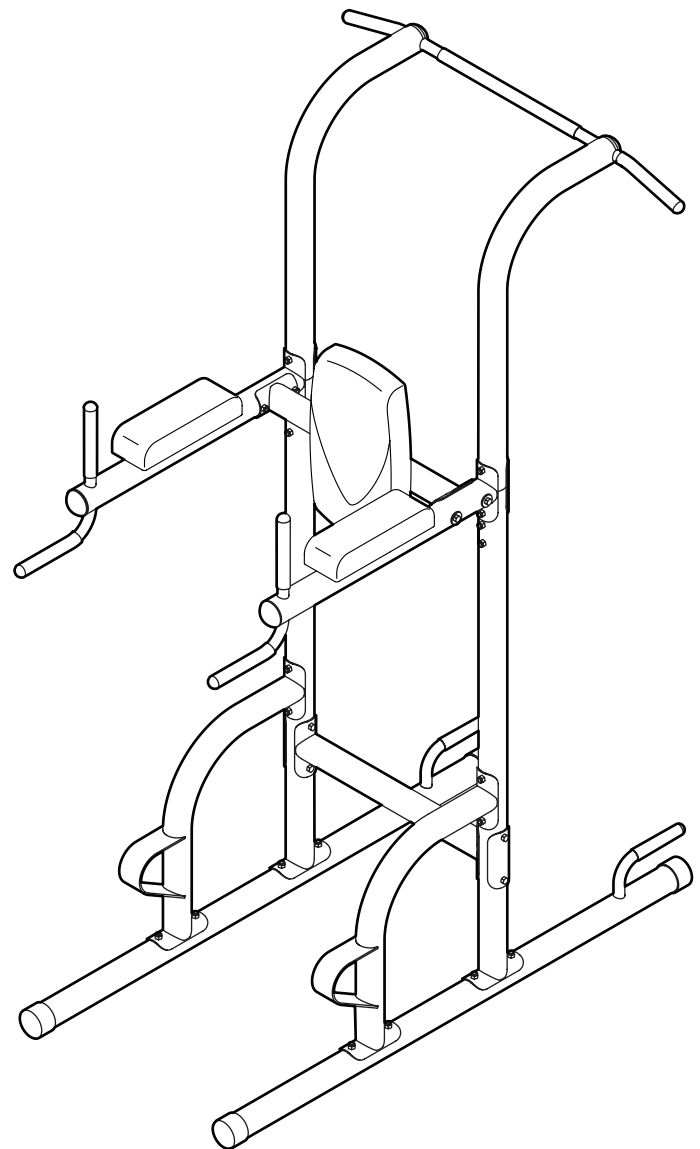
Model No. WEBE99712.0

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.

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....2

IMPORTANT PRECAUTIONS.....3

BEFORE YOU BEGIN.....4

PART IDENTIFICATION CHART.....5

ASSEMBLY.....6

EXERCISE GUIDELINES.....11

PART LIST.....14

EXPLODED DRAWING.....15

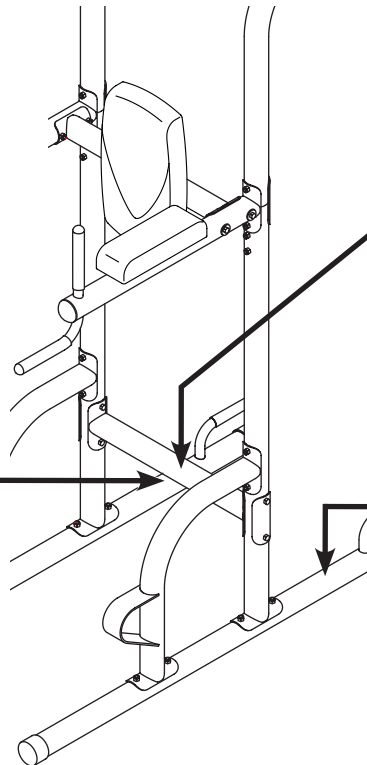
## WARNING DECAL PLACEMENT

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

**▲ WARNING**

User Weight: Max 300 LBS  
 Weight Crutch: Max 110 LBS  
 Leg Developer: Max 50 LBS  
 Weight Carriage: Max 110 LBS  
 Chest Fly Per Arm: Max 30 LBS


Product may not offer all listed exercises.



**▲ WARNING**

- Low overhead clearance.
- To prevent head injury, position body properly.

**▲ WARNING**

- Misuse of this machine may result in serious injury. 
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

---

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise rack before using your exercise rack. 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 exercise rack are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
3. Use the exercise rack only as described in this manual.
4. The exercise rack is intended for home use only. Do not use the exercise rack in a commercial, rental, or institutional setting.
5. Keep the exercise rack indoors, away from moisture and dust. Do not put the exercise rack in a garage or covered patio, or near water.
6. Use the exercise rack only on a level surface. Cover the floor beneath the exercise rack to protect the floor.
7. Make sure that all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise rack at all times.
9. The exercise rack is designed to support a maximum user weight of 300 lbs. (136 kg).
10. Always wear athletic shoes for foot protection while exercising.
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

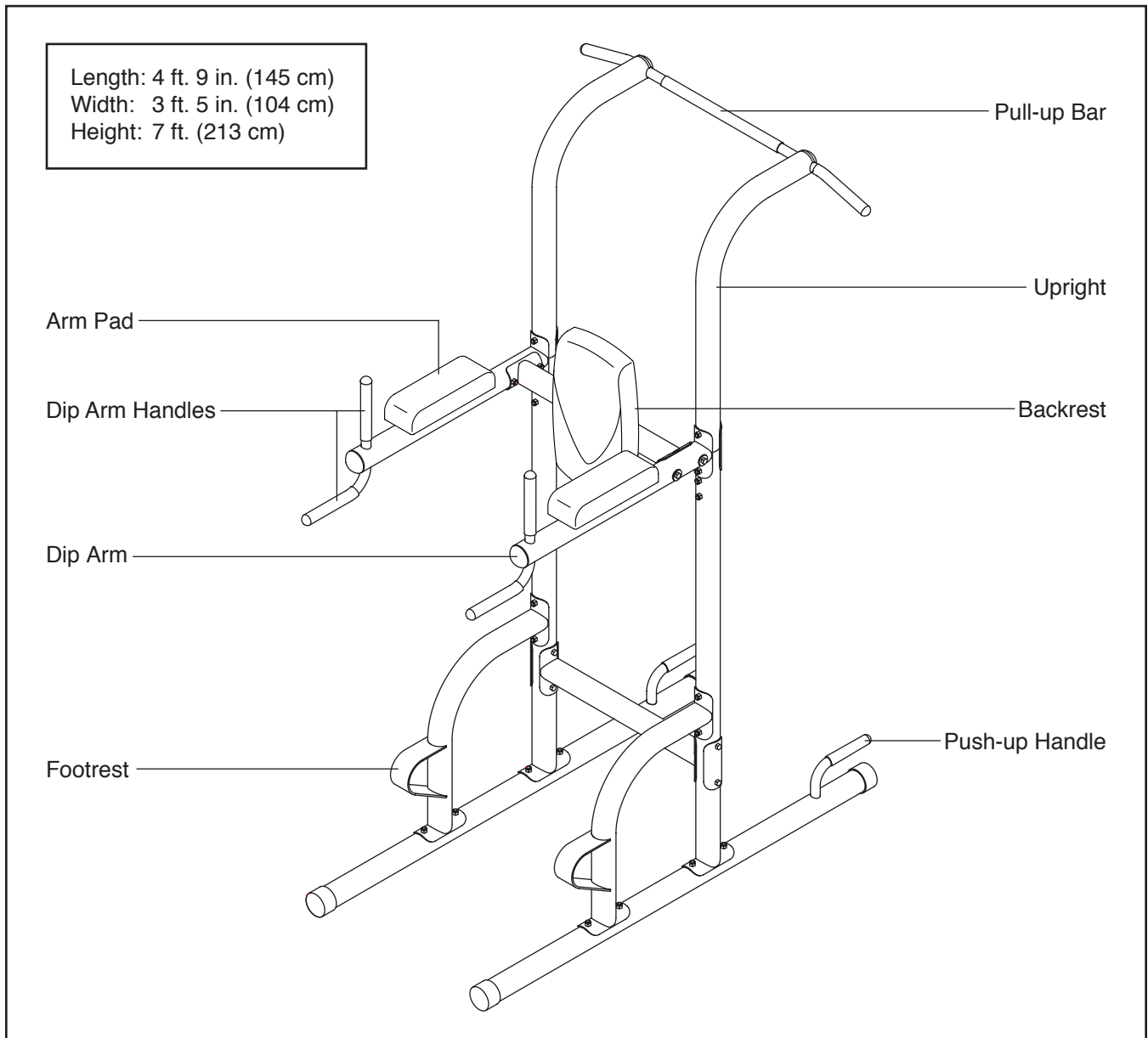
# BEFORE YOU BEGIN

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

**For your benefit, read this manual carefully before using the exercise rack.** If you have questions after

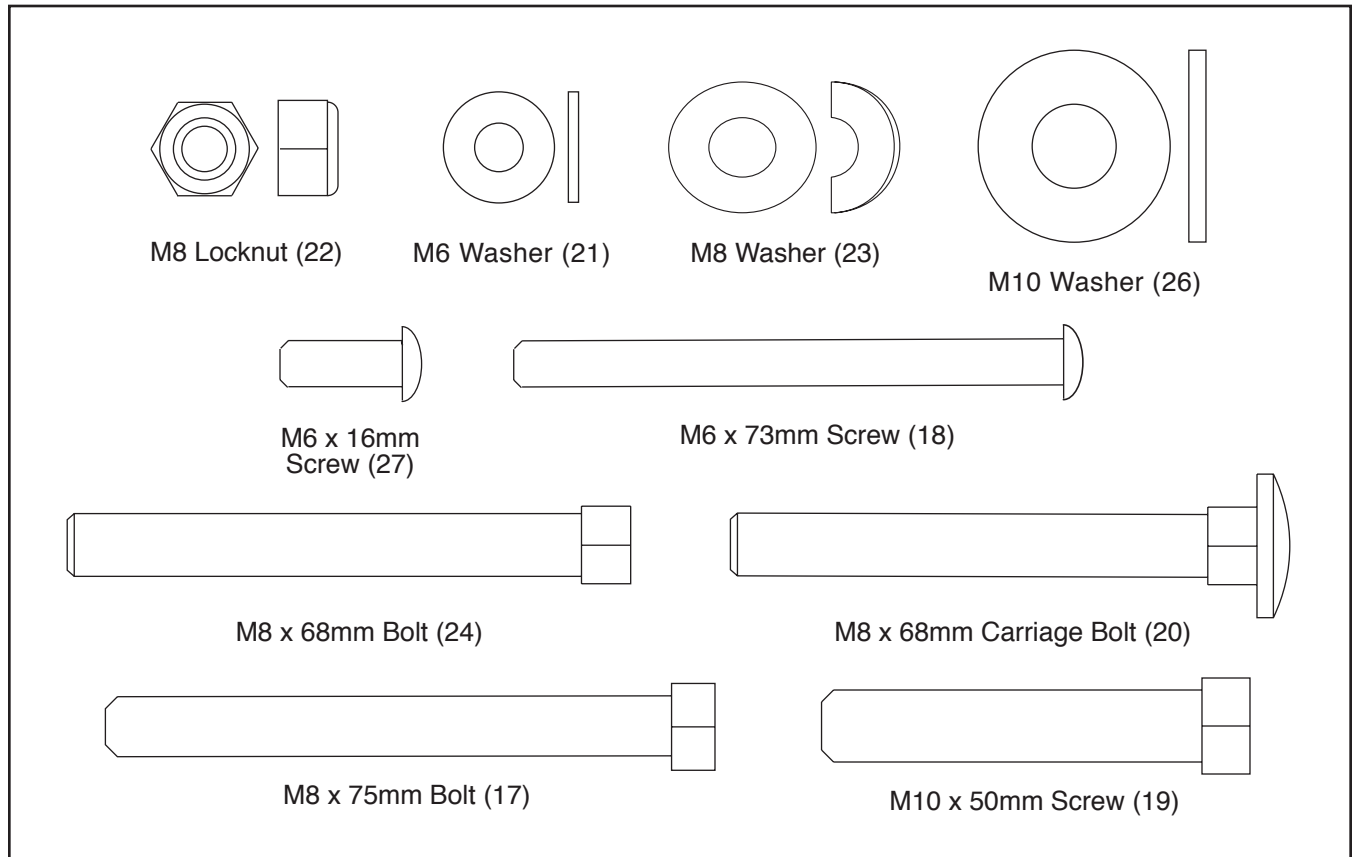
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# 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 if it has been preassembled. Extra parts may be included.**



# ASSEMBLY

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

- The included grease and the following tools (not included) may be required for assembly:

two adjustable wrenches 

one rubber mallet 

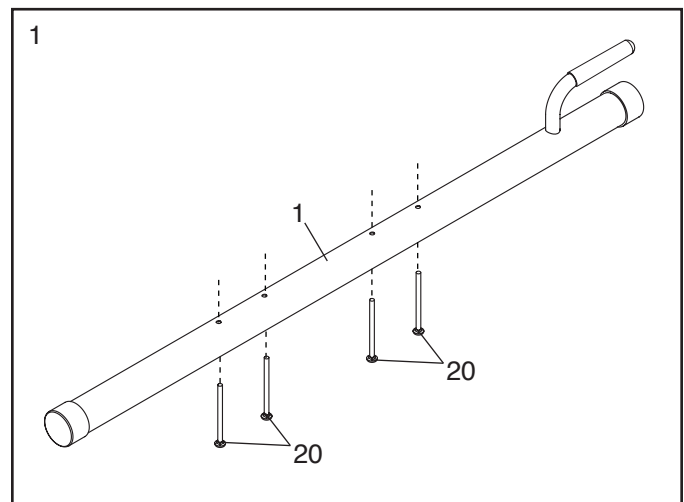
one standard screwdriver 

one Phillips screwdriver 

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

1. Insert four M8 x 68mm Carriage Bolts (20) upwardz through a Base (1).

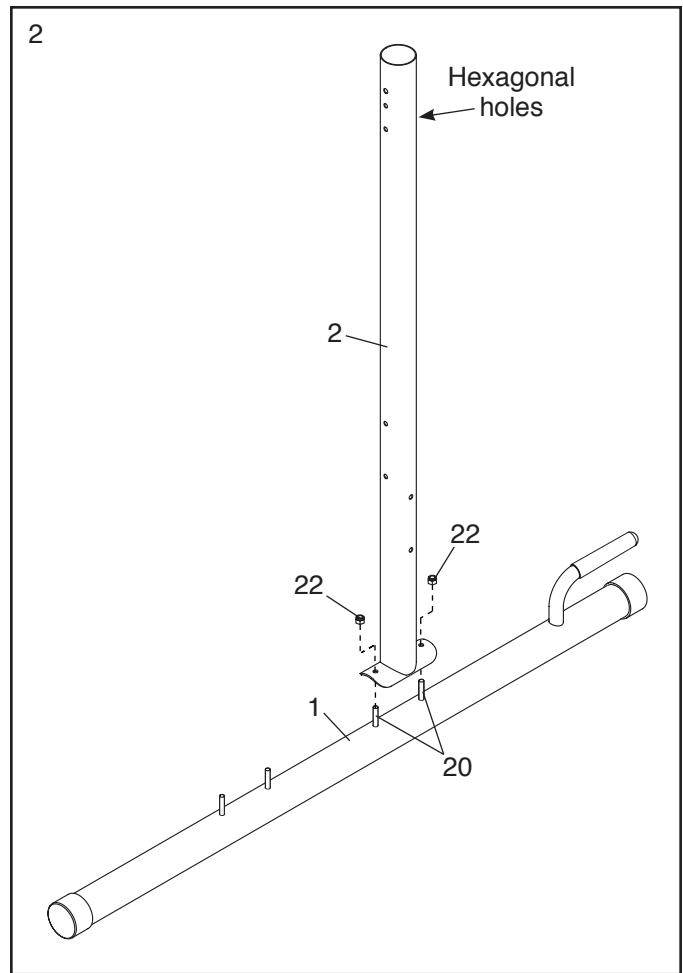
**Repeat this step with the other Base (not shown).**



2. Orient one of the Uprights (2) and one of the Bases (1) as shown; **make sure that the hexagonal holes are on the indicated side of the Upright.**

Attach the Upright (2) to the Base (1) with the two indicated M8 x 68mm Carriage Bolts (20) and two M8 Locknuts (22). **Do not tighten the Locknuts yet.**

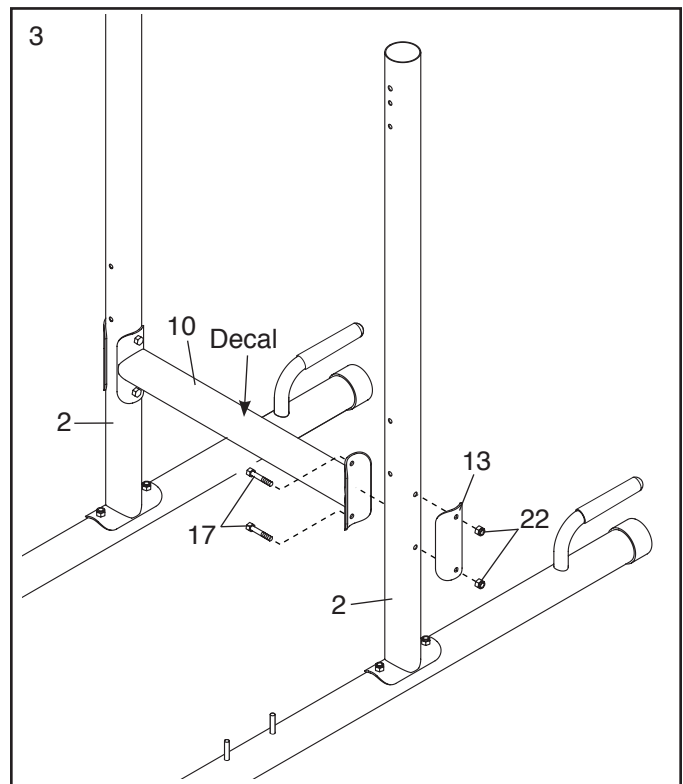
**Attach the other Upright (not shown) to the other Base (not shown) in the same way.**



3. Orient the Bottom Crossbar (10) so that the warning decal is on top.

Attach the Bottom Crossbar (10) to one of the Uprights (2) with two M8 x 75mm Bolts (17), a Support Plate (13), and two M8 Locknuts (22). **Do not tighten the Locknuts yet.**

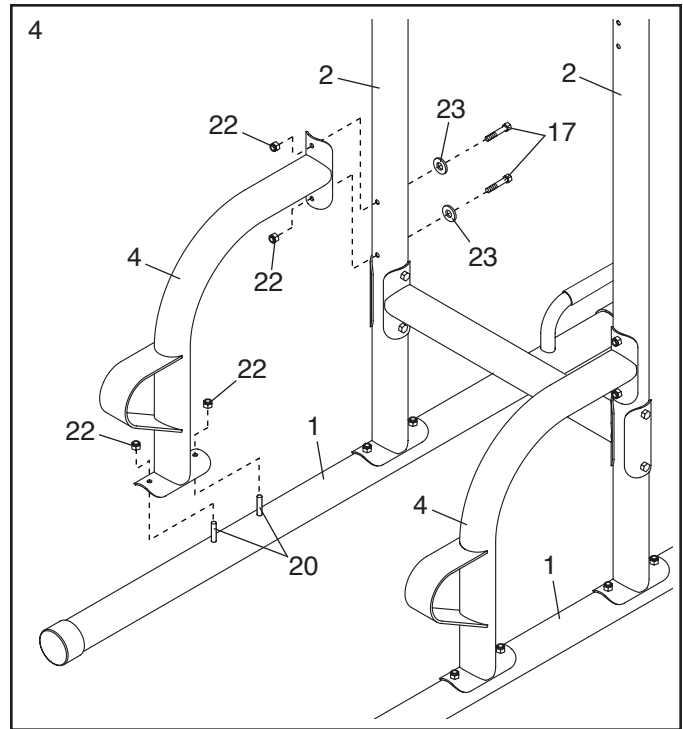
**Attach the Bottom Crossbar (10) to the other Upright (2) in the same way.**



4. Attach a Footrest Frame (4) to one of the Bases (1) with the two indicated M8 x 68mm Carriage Bolts (20) and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

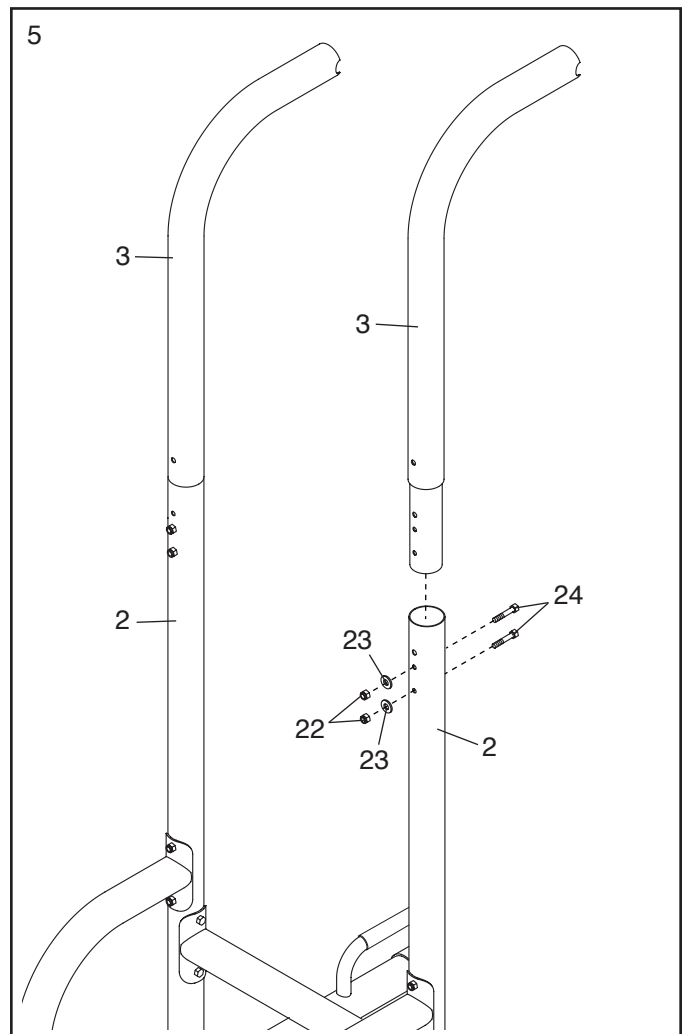
Next, attach the Footrest Frame (4) to the Upright (2) with two M8 x 75mm Bolts (17), two M8 Washers (23), and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

**Attach the other Footrest Frame (4) to the other Base (1) and the other Upright (2) in the same way.**



5. Orient one of the Pull-up Frames (3) as shown, and insert it into one of the Uprights (2). Attach the Pull-up Frame with two M8 x 68mm Bolts (24), two M8 Washers (23), and two M8 Locknuts (22). **Note: The Bolts must be inserted into the lowest set of holes in the Pull-up Frame and the Upright. Make sure that the bolt heads are in the hexagonal holes in the Upright. Do not tighten the Locknuts yet.**

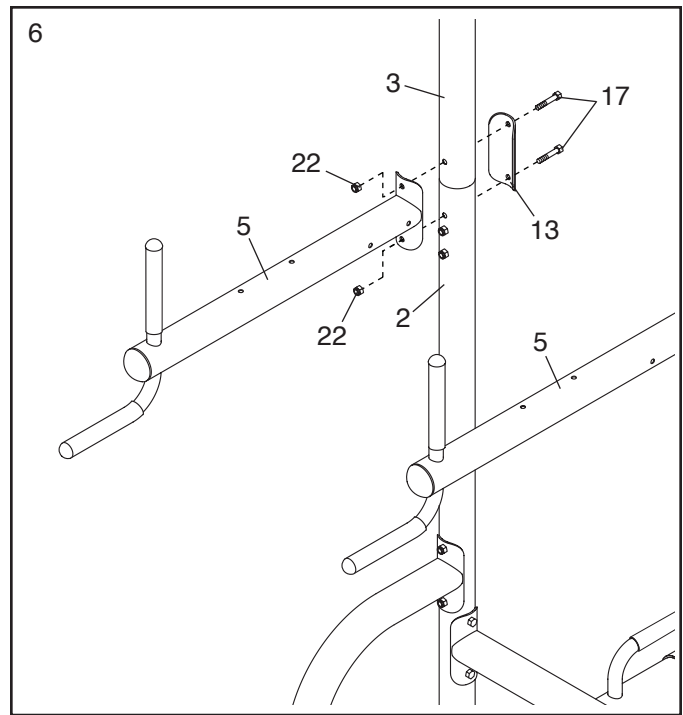
**Attach the other Pull-up Frame (3) to the other Upright (2) in the same way.**





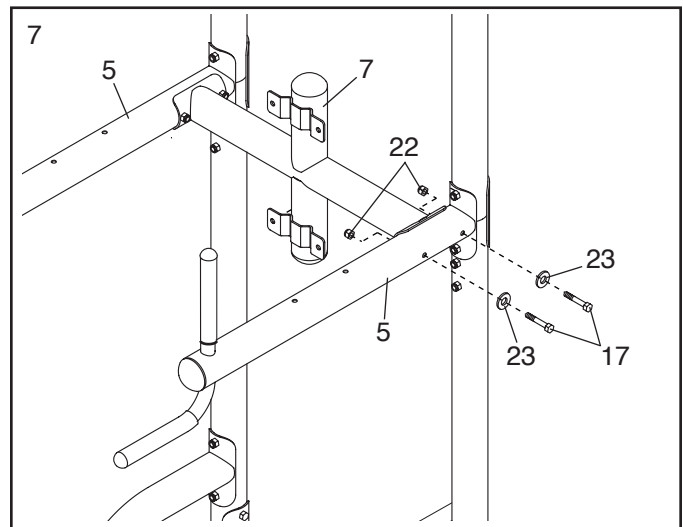
- Attach a Dip Arm (5) to one of the Pull-up Frames (3) and one of the Uprights (2) with two M8 x 75mm Bolts (17), a Support Plate (13), and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

**Repeat this step with the other Dip Arm (5).**



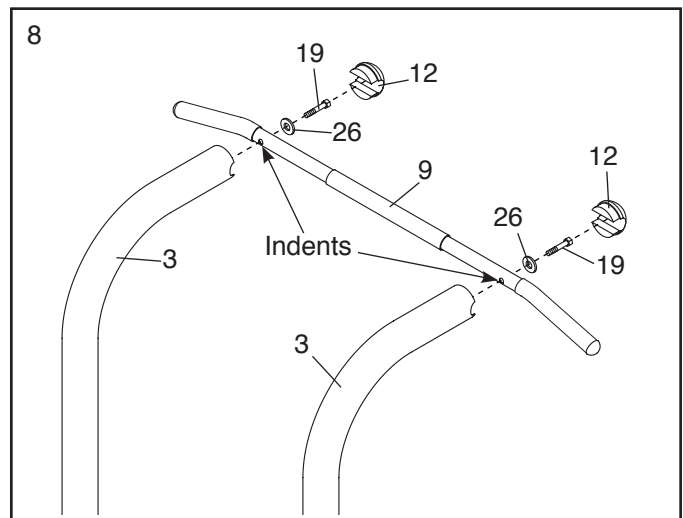
- Attach the Top Crossbar (7) to one of the Dip Arms (5) with two M8 x 75mm Bolts (17), two M8 Washers (23), and two M8 Locknuts (22); **do not tighten the Locknuts yet.**

**Attach the Top Crossbar (7) to the other Dip Arm (5) in the same way.**

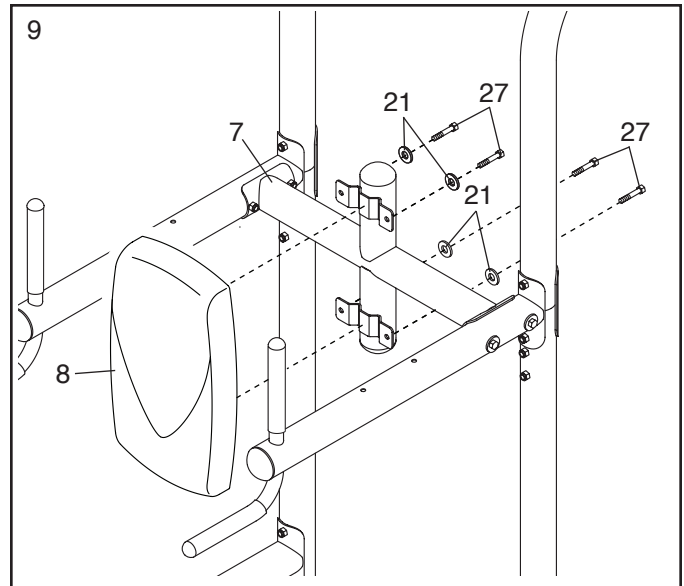


- Attach the Pull-up Bar (9) to the Pull-up Frames (3) with two M10 x 50mm Screws (19) and two M10 Washers (26). **Make sure that the indented holes in the Pull-up Bar are on the side shown.** Then, press the two Rubber Caps (12) into the ends of the Pull-up Frames.

**See steps 2–7. Tighten all of the M8 Locknuts (22).**

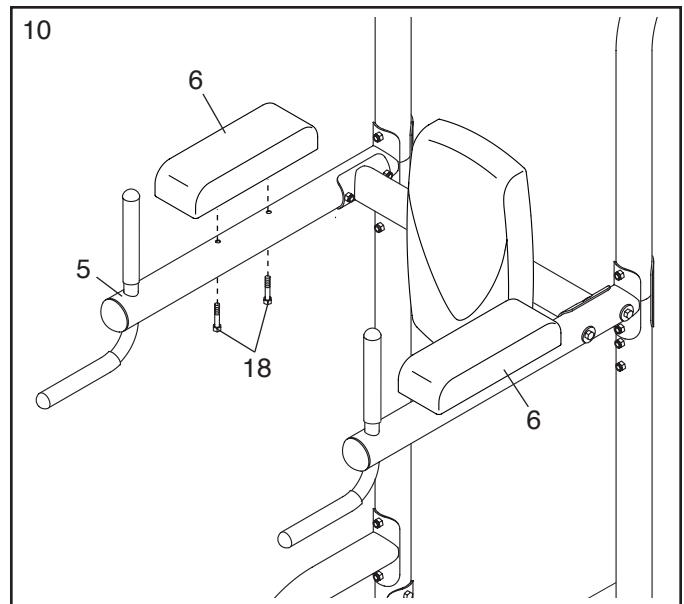


9. Orient the Backrest (8) as shown. Attach the Backrest to the Top Crossbar (7) with four M6 x 16mm Screws (27) and four M6 Washers (21).



10. Attach an Arm Pad (6) to one of the Dip Arms (5) with two M6 x 73mm Screws (18).

**Repeat this step with the other Arm Pad (6).**



11. **Make sure that all parts have been properly tightened before the exercise rack is used.** Note: Some parts may be left over after assembly is completed.

---

# EXERCISE GUIDELINES

## 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 strength workout with at least one day of rest.

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

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

**Working Out**—Include 5 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.

**Cross Training**—Combine strength training and aerobic exercise by following this type of program:

- Strength 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

## 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. WEBE99712.0 R1012A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Base	16	4	60mm Outer Cap
2	2	Upright	17	16	M8 x 75mm Bolt
3	2	Pull-up Frame	18	4	M6 x 73mm Screw
4	2	Footrest Frame	19	2	M10 x 50mm Screw
5	2	Dip Arm	20	8	M8 x 68mm Carriage Bolt
6	2	Arm Pad	21	4	M6 Washer
7	1	Top Crossbar	22	28	M8 Locknut
8	1	Backrest	23	12	M8 Washer
9	1	Pull-up Bar	24	4	M8 x 68mm Bolt
10	1	Bottom Crossbar	25	1	Long Grip
11	8	Short Grip	26	2	M10 Washer
12	2	Rubber Cap	27	4	M6 x 16mm Screw
13	4	Support Plate	*	–	User's Manual
14	8	25mm Inner Cap	*	–	Exercise Guide
15	4	60mm Inner Cap			

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. WEBE99712.0 R1012A

