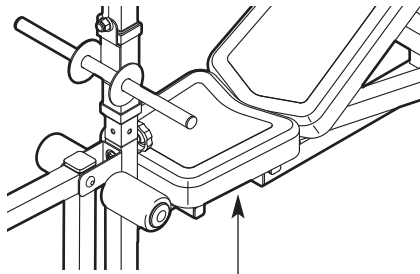


WEIDER® 240 TC

Model No. WEEVBE1409.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009

From Ireland: 00 (44) 53 9236102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

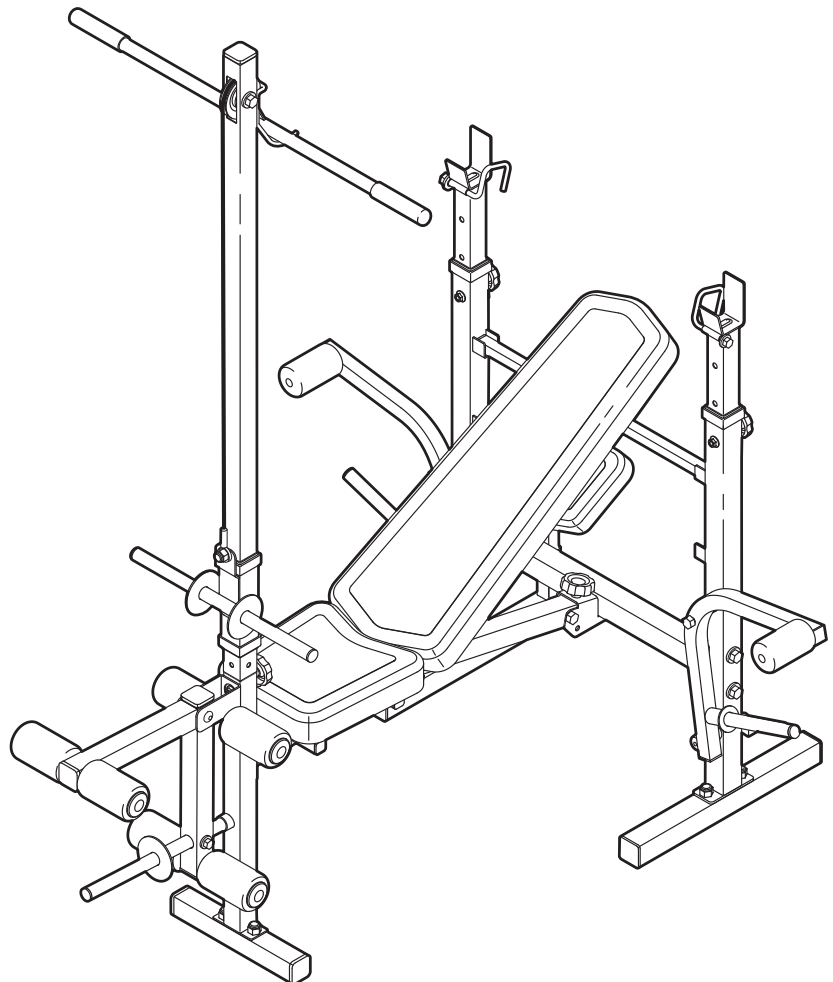
c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

WF10 5QJ

UK



CAUTION

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

www.iconeurope.com

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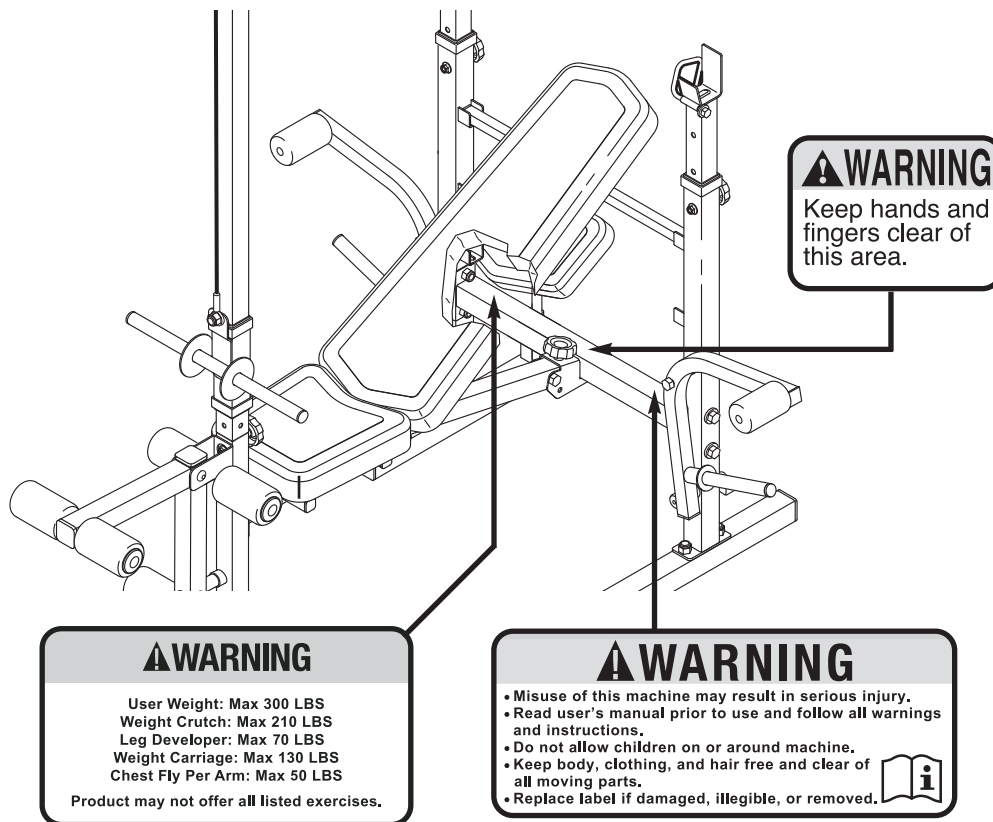
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WARNING DECAL PLACEMENT

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. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the weight bench at all times.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 460 lbs. (209 kg). Do not place more than 210 lbs. (95 kg), including a barbell and weights, on the weight rests. Do not place more than 70 lbs. (32 kg) on the leg lever. Do not place more than 50 lbs. (23 kg) on each fly arm. Do not place more than 130 lbs. (59 kg) on the weight carriage. Note: The weight bench does not include a barbell or weights.
11. Always place equal amounts of weight on both ends of your barbell when using it.
12. Do not use a barbell that is longer than 5 ft. (1.5 m) with the weight bench.
13. When adding or removing weights, always keep some weight on both ends of the barbell and secure the barbell with the barbell hooks to reduce the chances that the barbell will tip.
14. When using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
15. When using the backrest in an inclined position or a level position, make sure that the backrest support is inserted completely into one of the sets of brackets on the uprights.
16. If you feel pain or dizziness while exercising, stop immediately and cool down.

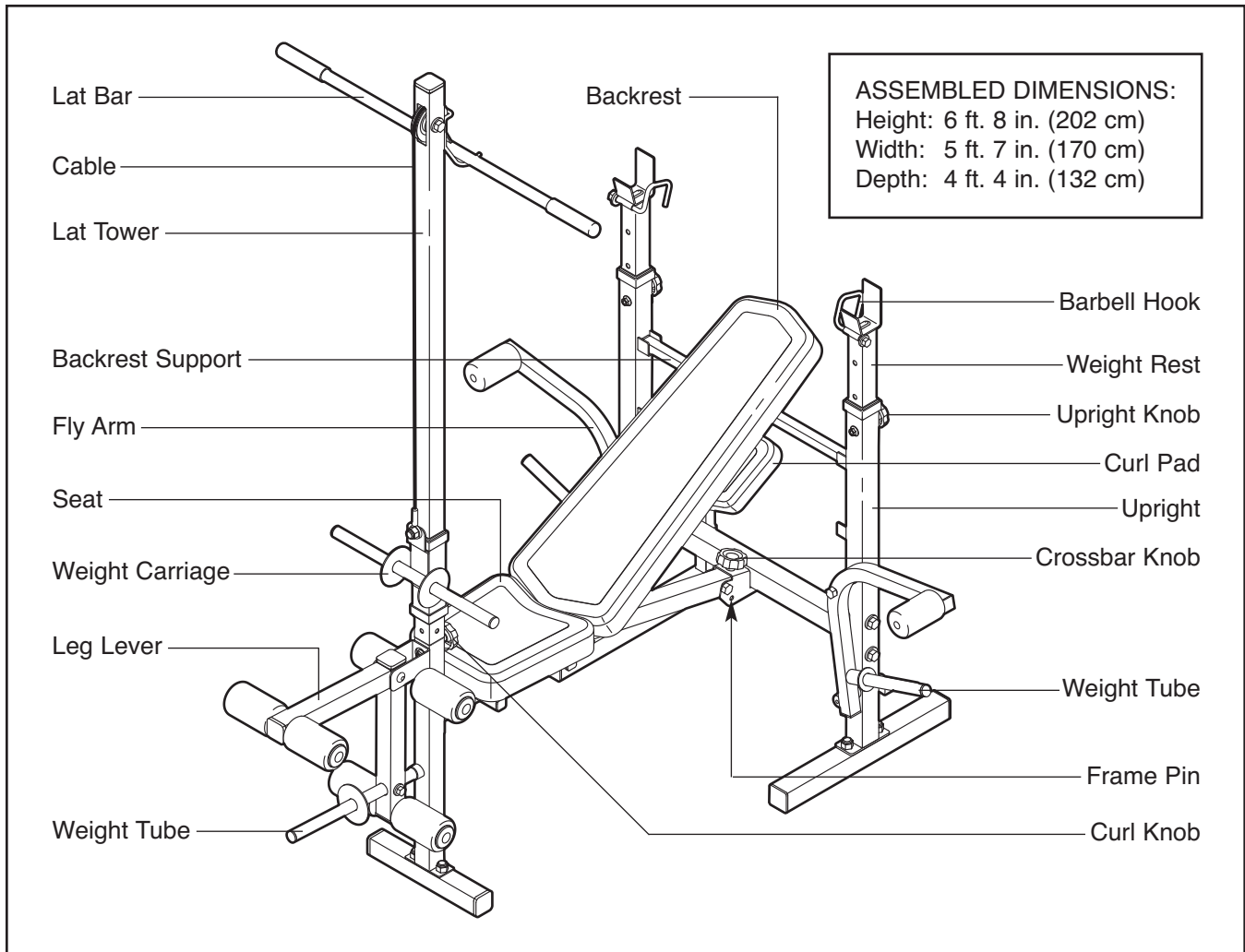
BEFORE YOU BEGIN

Thank you for selecting the new WEIDER® 240 TC weight bench. The weight bench offers a selection of exercises designed to develop the major muscle groups of the 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 using the weight bench. If you have questions after

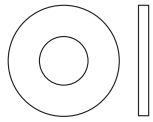
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

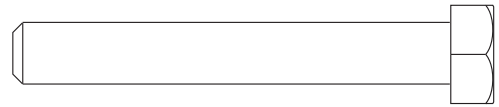
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**



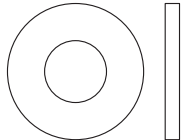
M6 Washer (65)



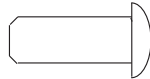
M4 x 16mm
Self-tapping
Screw (75)



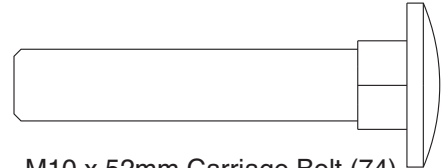
M8 x 58mm Bolt (72)



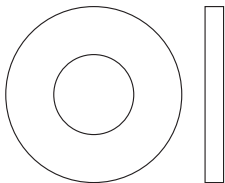
M8 Washer (73)



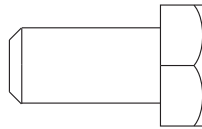
M6 x 16mm
Screw (61)



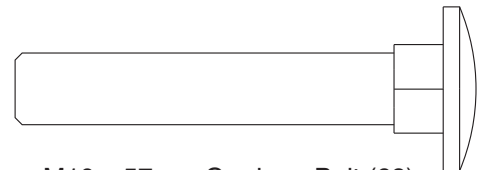
M10 x 52mm Carriage Bolt (74)



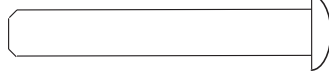
M10 Black/Silver
Washer (64, 70)



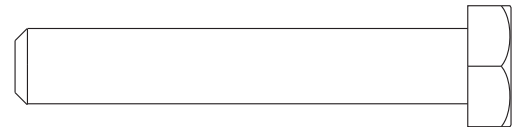
M10 x 20mm
Bolt (63)



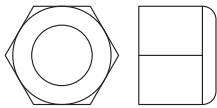
M10 x 57mm Carriage Bolt (68)



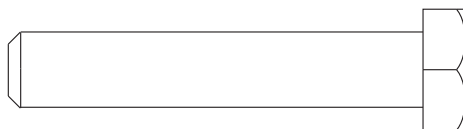
M6 x 40mm Screw (62)



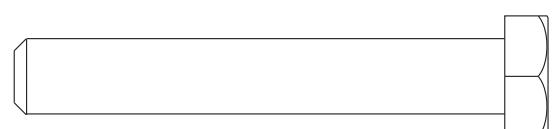
M10 x 60mm Bolt (57)



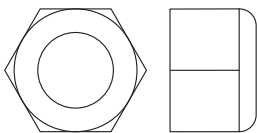
M8 Locknut
(67)



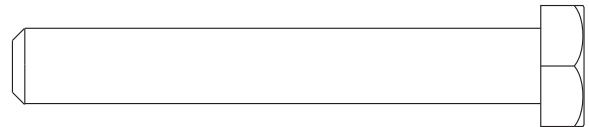
M10 x 55mm Bolt (59)



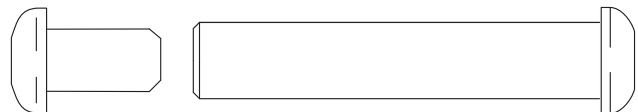
M10 x 65mm Bolt (55)



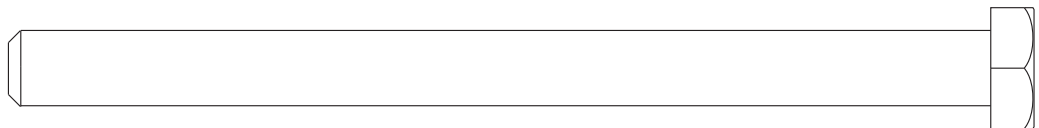
M10 Silver/Black
Locknut (34, 66)



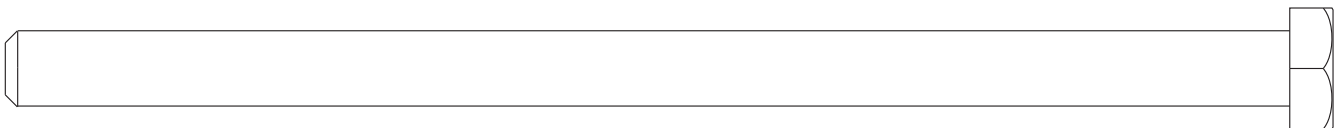
M10 x 70mm Bolt (71)



M10 x 54mm Bolt Set (56)



M10 x 130mm Bolt (58)



M10 x 170mm Bolt (60)

ASSEMBLY

To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight bench should be assembled 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 assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- The following tools (not included) may be required for assembly:

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

one Phillips screwdriver 

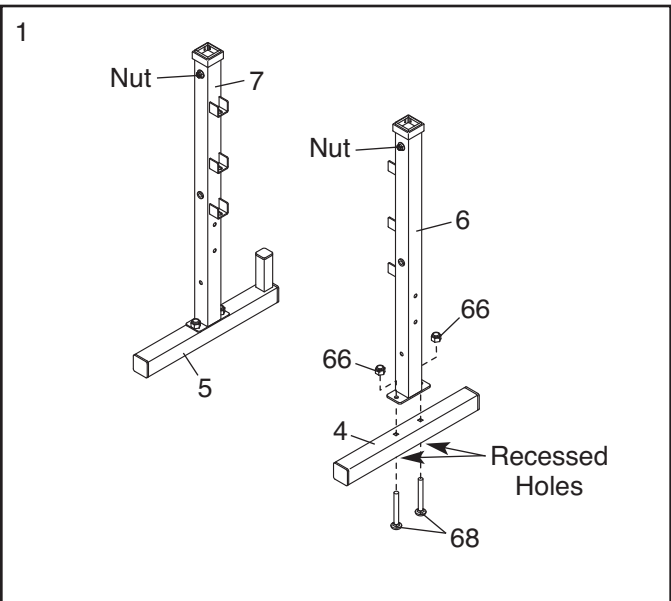
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above.**

Orient the Left Base (4) so that the recessed holes are facing the floor.

Identify the Left Upright (6), which is marked with a "Left" sticker. Attach the Left Upright to the Left Base (4) with two M10 x 57mm Carriage Bolts (68) and two M10 Black Locknuts (66). **Do not tighten the Black Locknuts yet. Make sure that the nut is in the position shown.**

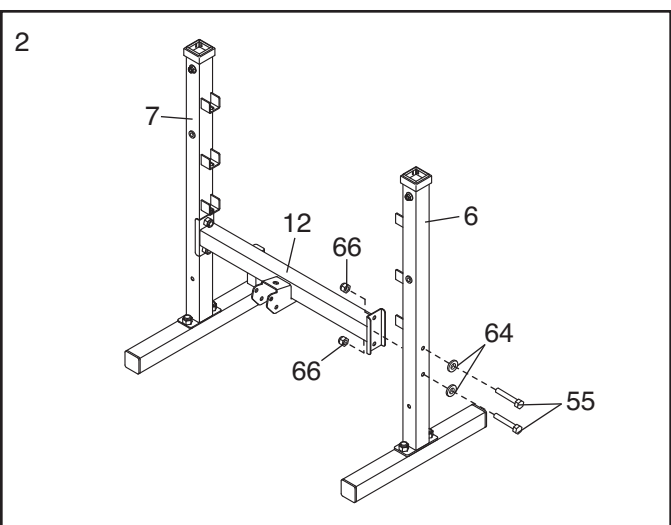
Attach the Right Upright (7) to the Right Base (5) in the same way.



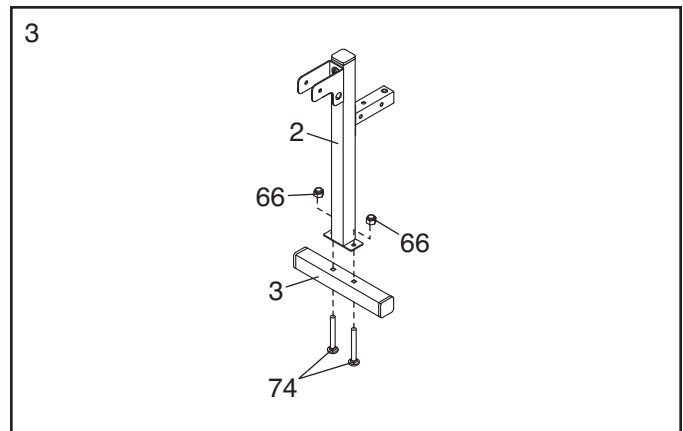
2. Attach the Crossbar (12) to the Left Upright (6) with two M10 x 65mm Bolts (55), two M10 Black Washers (64), and two M10 Black Locknuts (66). **Do not tighten the Black Locknuts yet.**

Attach the Crossbar (12) to the Right Upright (7) in the same way.

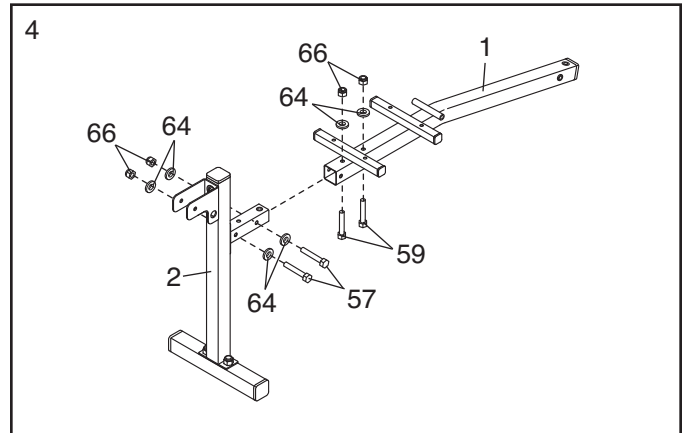
See steps 1–2. Tighten the M10 Black Locknuts (66).



- Attach the Front Leg (2) to the Front Base (3) with two M10 x 52mm Carriage Bolts (74) and two M10 Black Locknuts (66).



- Attach the Front Leg (2) to the Frame (1) with two M10 x 60mm Bolts (57), two M10 x 55mm Bolts (59), six M10 Black Washers (64), and four M10 Black Locknuts (66).



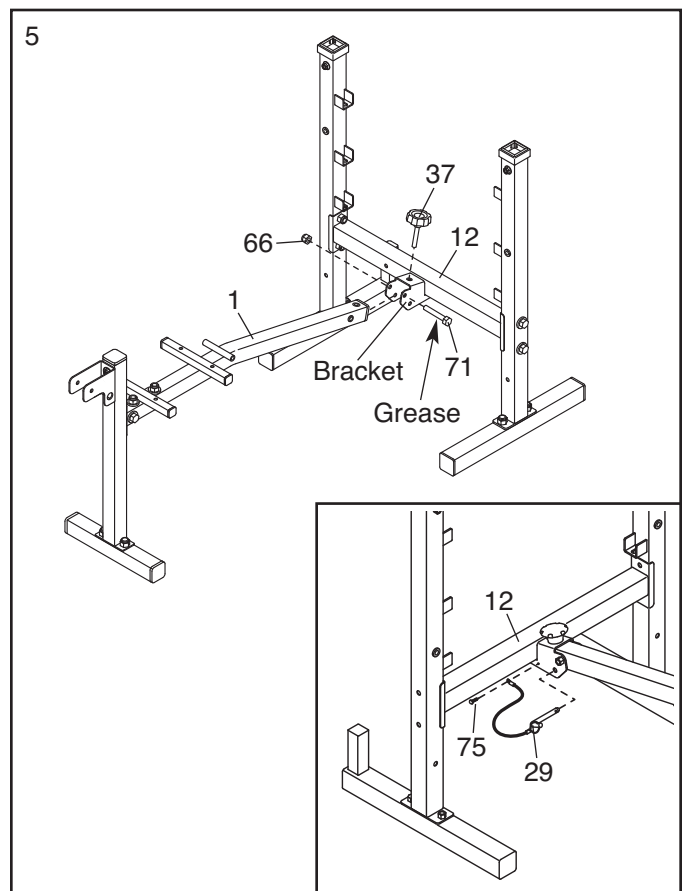
- Apply some of the included grease to an M10 x 70mm Bolt (71).

Attach the Frame (1) to the upper set of holes in the bracket on the Crossbar (12) with the M10 x 70mm Bolt (71) and an M10 Black Locknut (66).

Then, tighten the Frame Knob (37) into the bracket on the Crossbar (12) and the Frame (1).

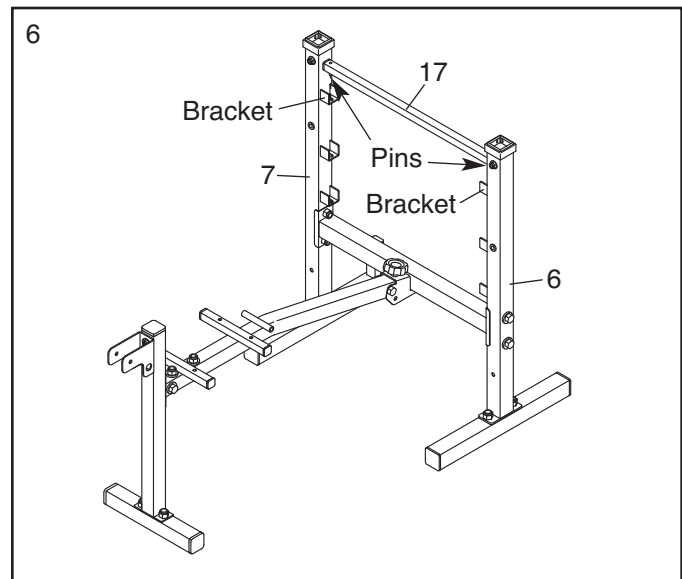
See the inset drawing. Insert the Crossbar Pin (29) into the lower set of holes in the Crossbar (12).

Attach the Crossbar Pin (29) to the Crossbar (12) with an M4 x 16mm Self-tapping Screw (75).



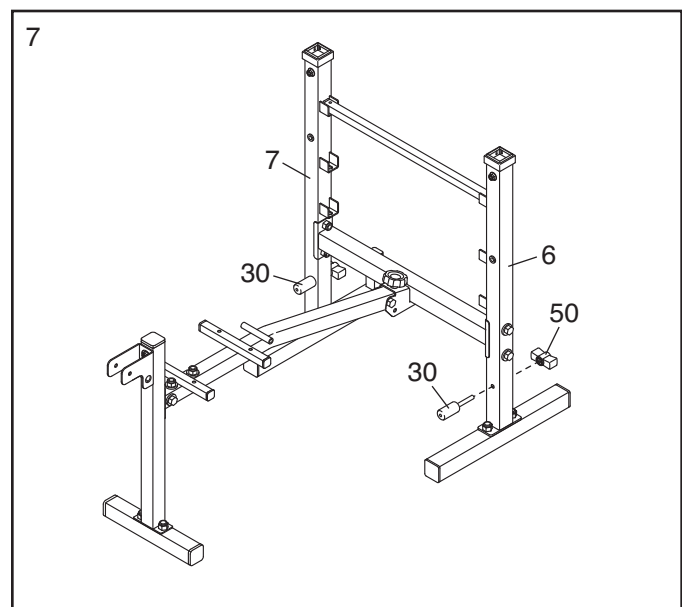
6. Orient the Backrest Support (17) so that the pins are facing downward.

Set the Backrest Support (17) in one of the sets of brackets on the Left and Right Uprights (6, 7).



7. Attach a Fly Arm Bumper (30) to the Left Upright (6) with a Bumper Knob (50).

Attach the other Fly Arm Bumper (30) to the Right Upright (7) in the same way.

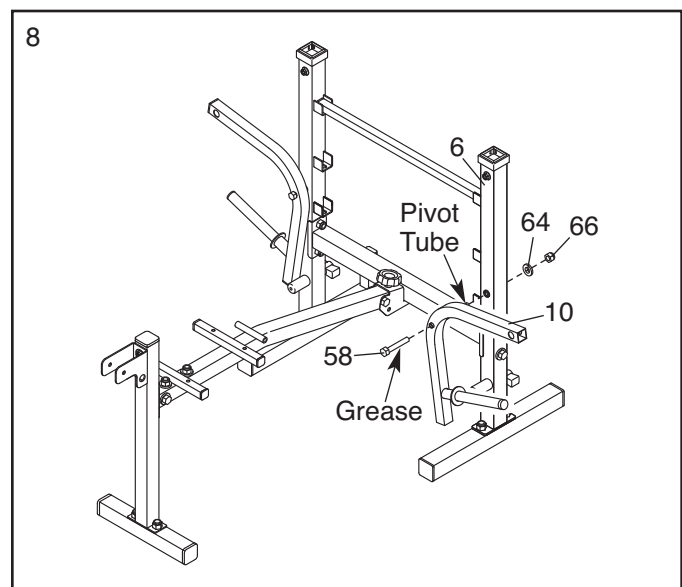


8. Identify the Left Fly Arm (10), which has a pivot tube on the indicated side.

Apply grease to an M10 x 130mm Bolt (58).

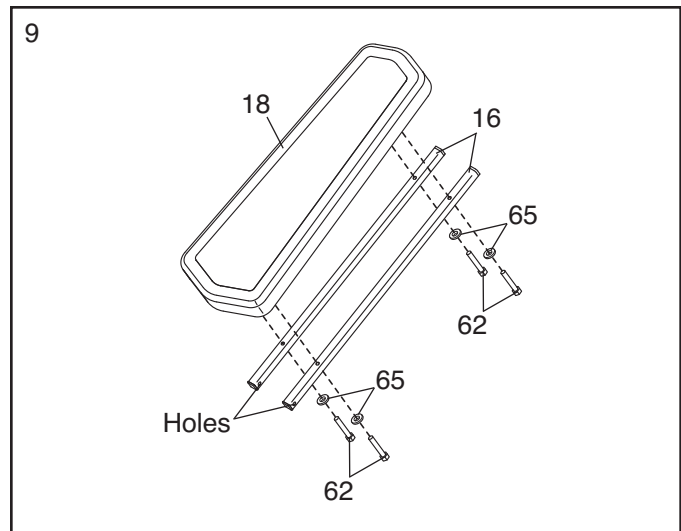
Attach the Left Fly Arm (10) to the Left Upright (6) with the M10 x 130mm Bolt (58), an M10 Black Washer (64), and an M10 Black Locknut (66).

Repeat this step for the other side of the weight bench.



9. Orient the Backrest (18) and the Backrest Tubes (16) as shown. **Make sure that the indicated holes are in the location shown.**

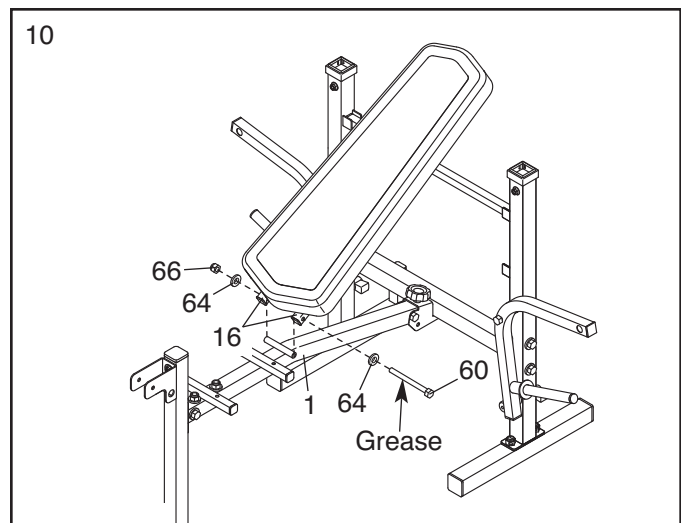
Attach the Backrest (18) to the Backrest Tubes (16) with four M6 x 40mm Screws (62) and four M6 Washers (65). **Do not tighten the Screws yet.**



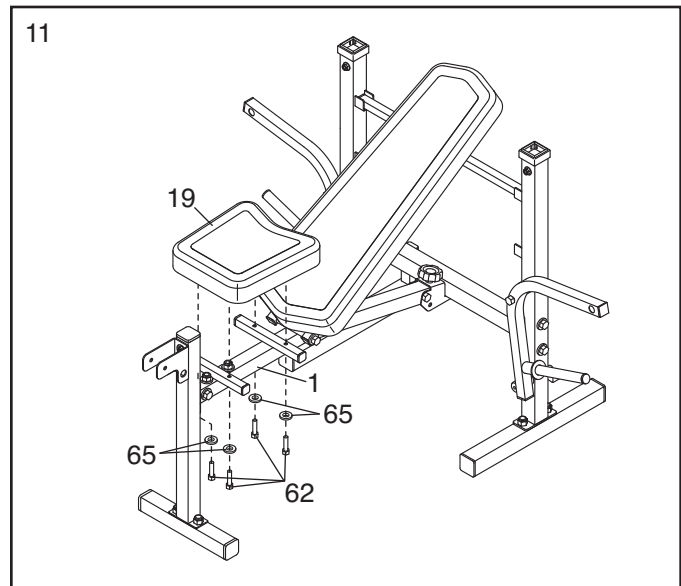
10. Apply grease to an M10 x 170mm Bolt (60).

Attach the Backrest Tubes (16) to the welded tube on the Frame (1) with the M10 x 170mm Bolt (60), two M10 Black Washers (64), and an M10 Black Locknut (66).

See step 9. Tighten the M6 x 40mm Screws (62).



11. Attach the Seat (19) to the Frame (1) with four M6 x 40mm Screws (62) and four M6 Washers (65).

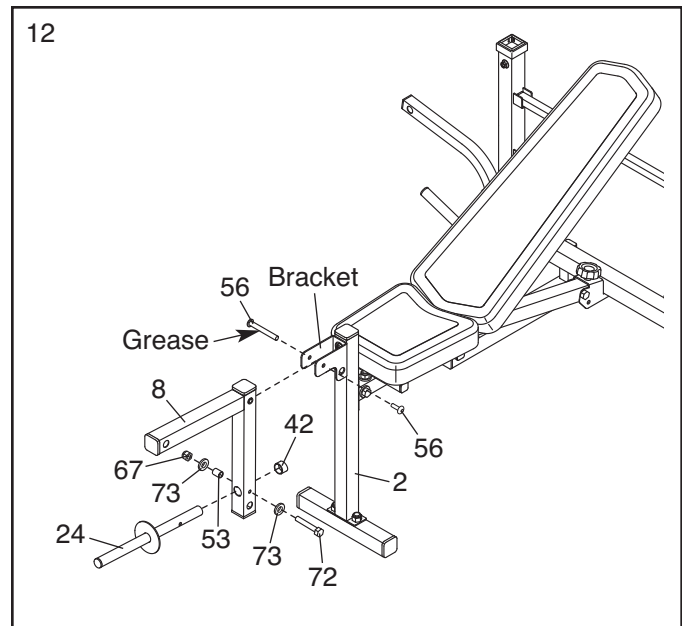


12. Attach the Weight Tube (24) to the Leg Lever (8) with an M8 x 58mm Bolt (72), two M8 Washers (73), a 13mm x 11.5mm Spacer (53), and an M8 Locknut (67).

Next, press the Leg Lever Bumper (42) onto the Weight Tube (24).

Apply grease to the barrel of an M10 x 54mm Bolt Set (56).

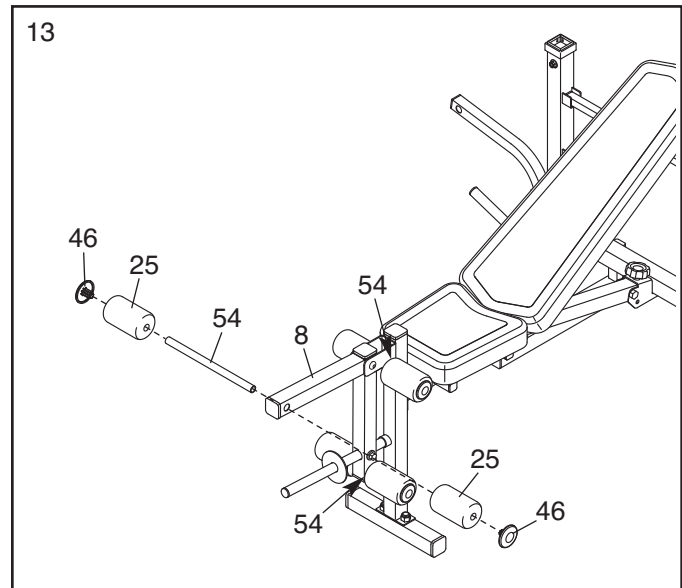
Attach the Leg Lever (8) to the bracket on the Front Leg (2) with the M10 x 54mm Bolt Set (56). **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**



13. Insert a Long Pad Tube (54) into the indicated hole in the Leg Lever (8).

Slide a Large Foam Pad (25) onto each end of the Long Pad Tube (54). Then, press a Large Pad Cap (46) into each Large Foam Pad.

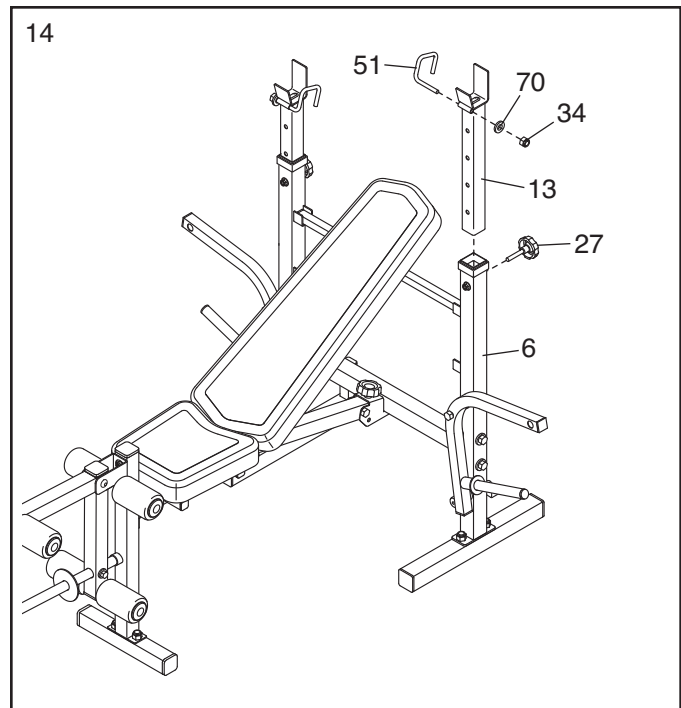
Repeat this step with the other two Long Pad Tubes (54).



14. Attach the Left Barbell Hook (51) to a Weight Rest (13) as shown with an M10 Silver Washer (70) and an M10 Silver Locknut (34). **Do not overtighten the Silver Locknut; the Left Barbell Hook must pivot easily.**

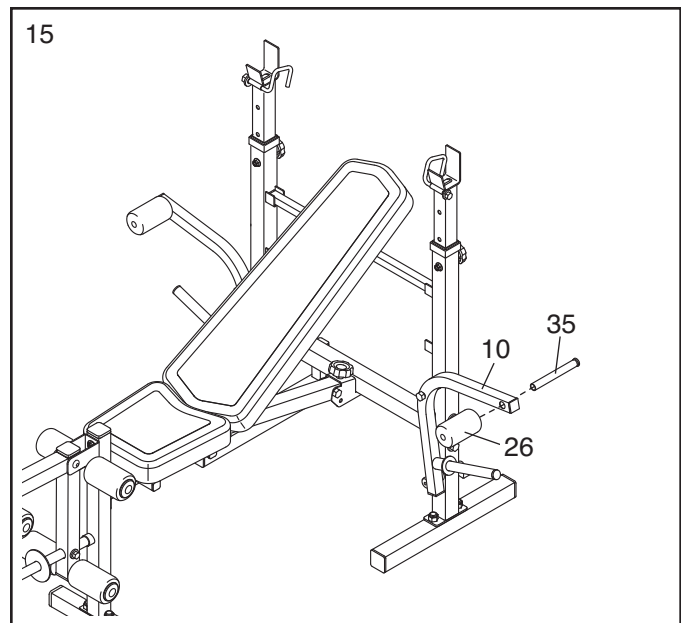
Insert the Weight Rest (13) into the Left Upright (6), and tighten an Upright Knob (27) through the Left Upright into one of the adjustment holes in the Weight Rest.

Repeat this step for the other side of the weight bench.

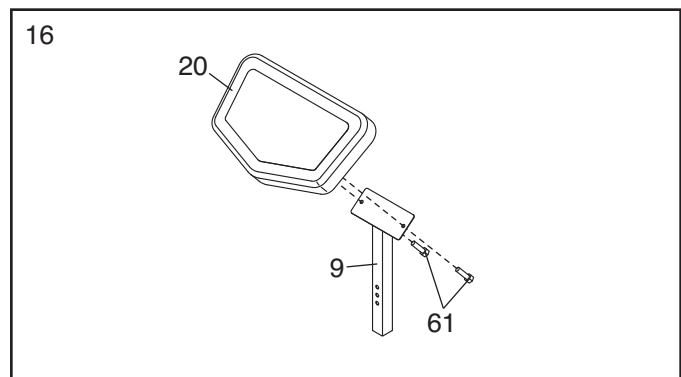


15. Insert a Short Pad Tube (35) into the Left Fly Arm (10). Slide a Small Foam Pad (26) onto the Short Pad Tube.

Repeat this step for the other side of the weight bench.



16. Attach the Curl Pad (20) to the Curl Post (9) with two M6 x 16mm Screws (61).



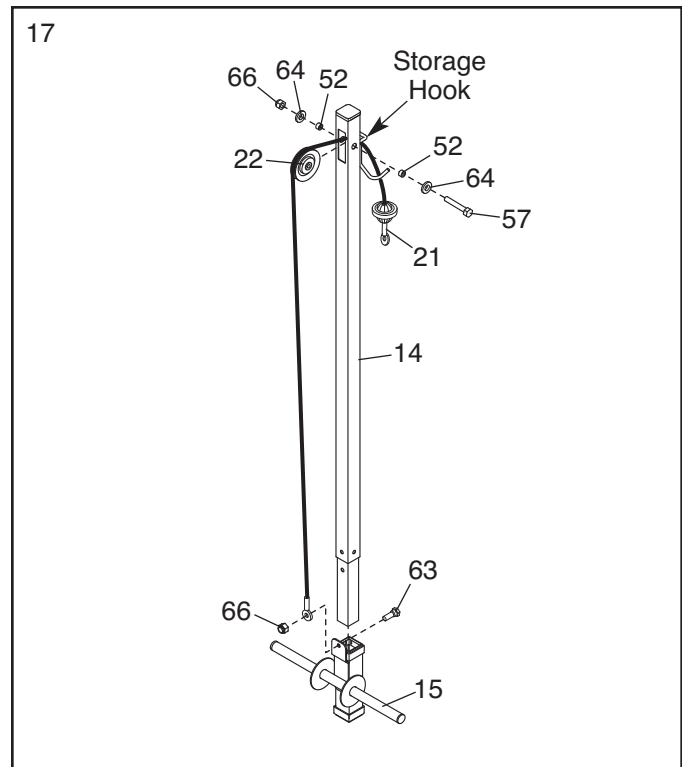
17. Route the Cable (21) through the top of the Lat Tower (14); **make sure that the Cable is under the storage hook.**

Next, wrap the Cable (21) over the Pulley (22), and attach the Pulley inside the Lat Tower (14) with an M10 x 60mm Bolt (57), two M10 Black Washers (64), two 16mm x 10mm Spacers (52), and an M10 Black Locknut (66).

Insert an M10 x 20mm Bolt (63) into the bracket on the Weight Carriage (15).

Slide the Weight Carriage (15) onto the Lat Tower (14).

Then, slide the end of the Cable (21) onto the M10 x 20mm Bolt (63) and tighten an M10 Black Locknut (66) onto the Bolt.



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

ADJUSTMENT

The weight bench is designed to be used with your own weight set (not included). The steps below explain how you can adjust the weight bench. Refer to the accompanying exercise guide to see the correct form for several exercises.

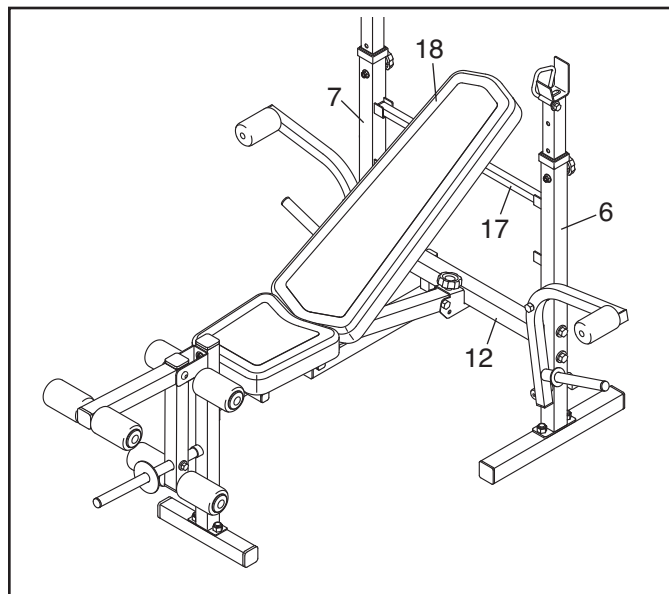
Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. **Do not use solvents to clean the weight bench.**

ADJUSTING THE BACKREST

The Backrest (18) can be used in a declined position, a level position, or either of two inclined positions.

To use the Backrest (18) in a declined position, remove the Backrest Support (17) and lay the Backrest on the Crossbar (12).

To use the Backrest (18) in a level position or an inclined position, first orient the Backrest Support (17) so that the pins on the ends are facing downward. Then, insert the Backrest Support fully into one of the sets of brackets on the Left and Right Uprights (6, 7). Rest the Backrest on the Backrest Support.

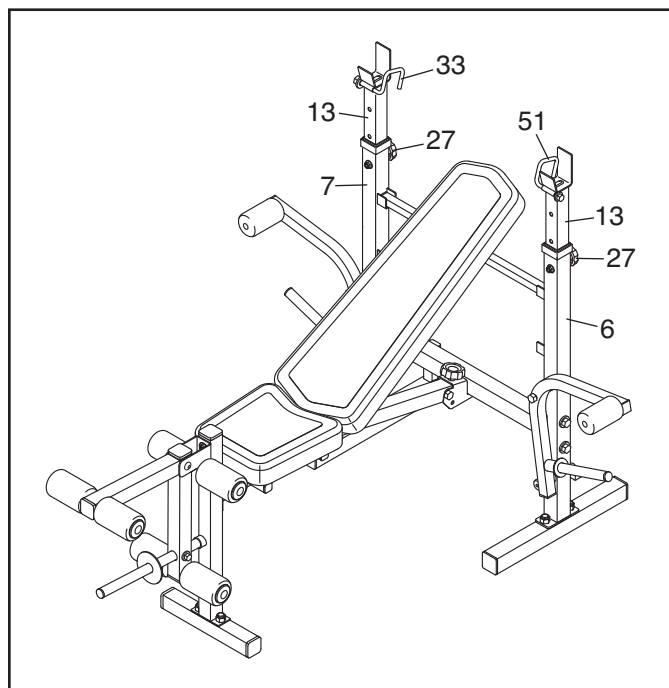


ADJUSTING THE WEIGHT RESTS

To adjust the height of the Weight Rests (13), first remove the Upright Knobs (27). Then, move the Weight Rests to the desired height and tighten the Upright Knobs into the Left and Right Uprights (6, 7) and into adjustment holes in the Weight Rests. **Make sure that the Upright Knobs are in adjustment holes in the Weight Rests and that the Weight Rests are at the same height.**

USING THE BARBELL HOOKS

To add or remove weights while your barbell (not included) is on the Weight Rests (13), first secure the barbell by rotating the Barbell Hooks (33, 51) over the barbell. This will reduce the chances that the barbell will tip.

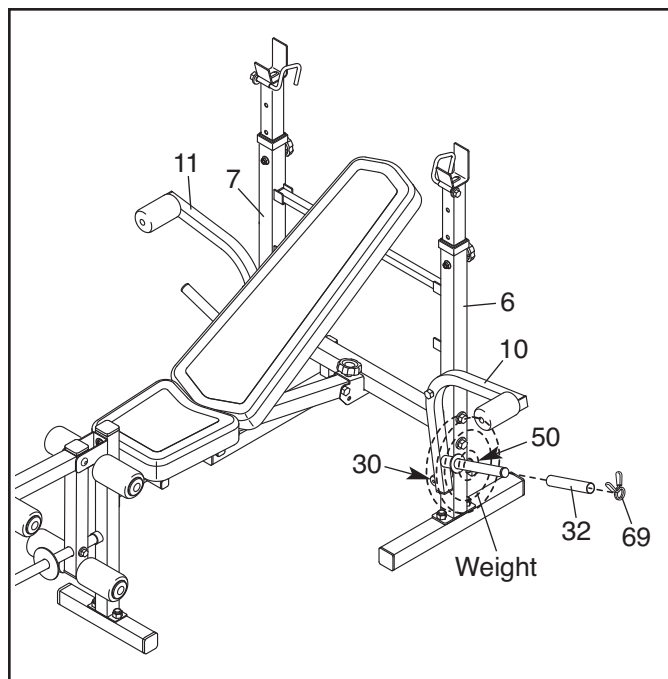


USING THE FLY ARMS

To use the Fly Arms (10, 11), slide the desired weights (not included) onto the weight tubes on the Fly Arms. If the weights have large center holes, first slide a Weight Adapter (32) onto each weight tube. **Secure the weights with the Weight Clips (69).**

Note: Before doing the bench press exercise, remove the Bumper Knobs (50) and the Fly Arm Bumpers (30) from the Uprights (6, 7) to avoid interference with the Fly Arms (10, 11).

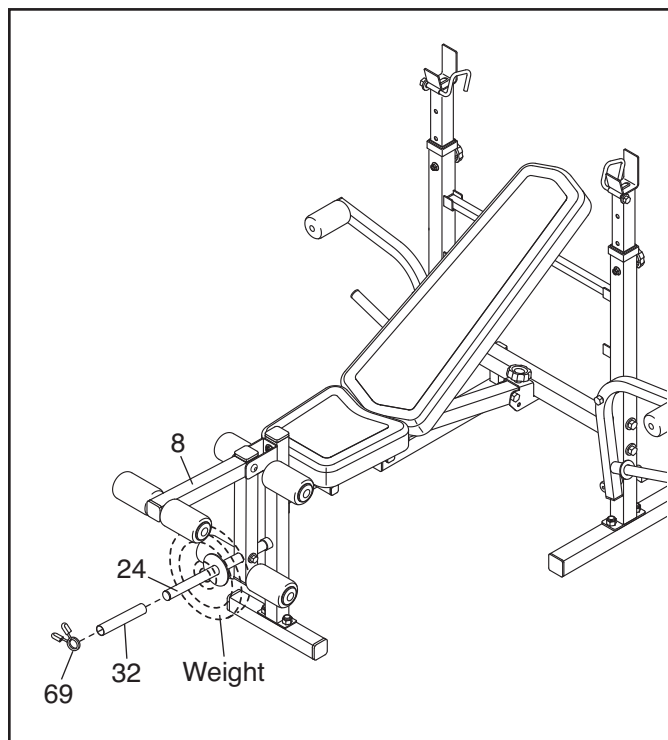
⚠ WARNING: Do not place more than 50 lbs. (23 kg) on each Fly Arm (10, 11).



USING THE LEG LEVER

To use the Leg Lever (8), slide the desired weights (not included) onto the Weight Tube (24) on the Leg Lever. If the weights have large center holes, first slide a Weight Adapter (32) onto the Weight Tube. Secure the weights with a Weight Clip (69).

⚠ WARNING: Do not place more than 70 lbs. (32 kg) on the Leg Lever (8). When using the Leg Lever, place a barbell (not included) with the same amount of weight on the weight rests to balance the weight bench.



USING THE LAT TOWER

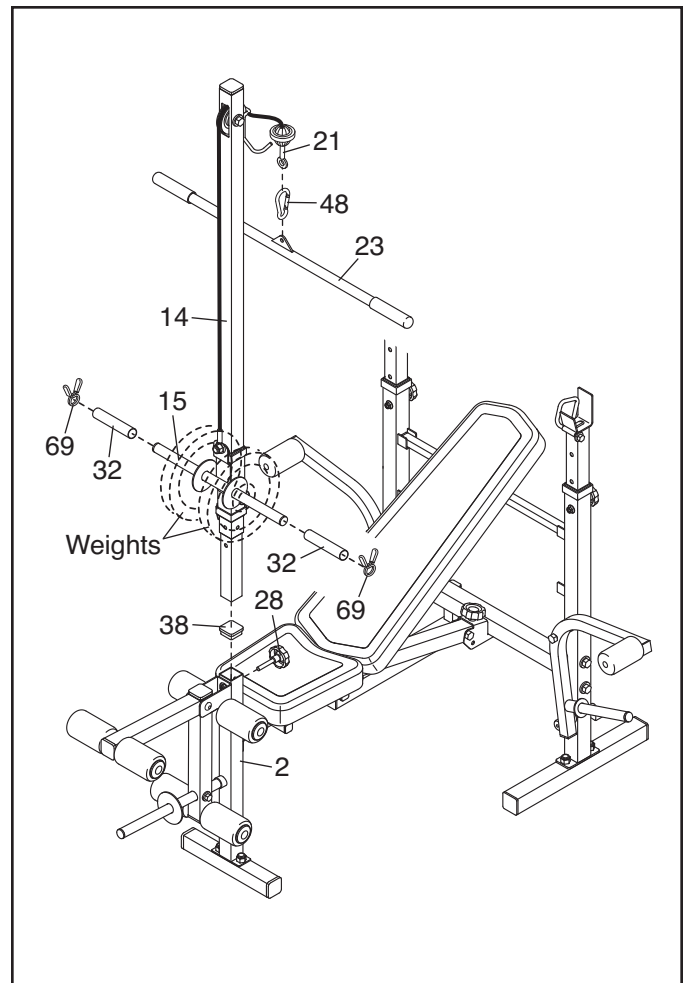
To use the Lat Tower (14), first remove the 45mm Square Inner Cap (38) from the Front Leg (2). Next, insert the Lat Tower into the Front Leg, and tighten the Curl Knob (28) into the Front Leg and into the hole in the Lat Tower. **Make sure that the Curl Knob is in the hole in the Lat Tower.**

Next, slide the desired weights (not included) onto the weight tubes on the Weight Carriage (15). If the weights have large center holes, first slide a Weight Adapter (32) onto each weight tube. **Secure the weights with the Weight Clips (69).**

Note: When you are not using the Lat Tower (14), remove it and insert the 45mm Square Inner Cap (38) into the Front Leg (2).

Attach the Lat Bar (23) to the Cable (21) with the Cable Clip (48).

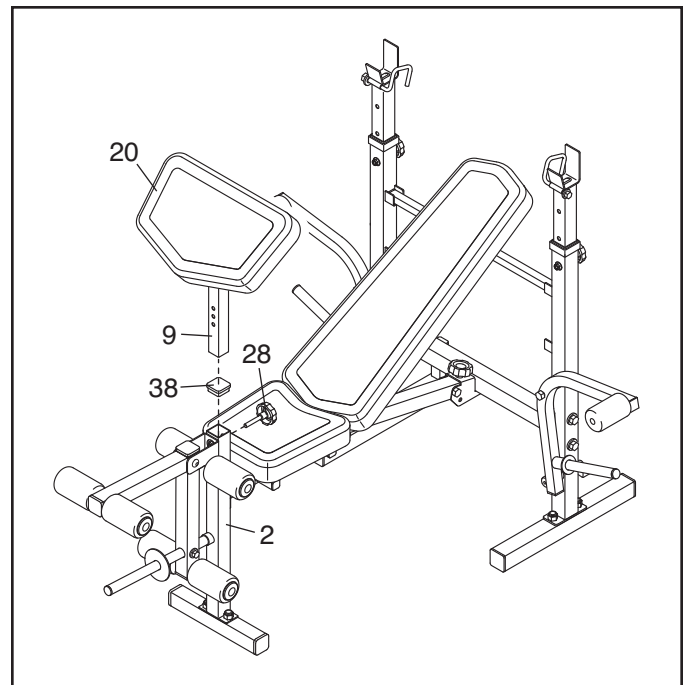
⚠ WARNING: Do not place more than 130 lbs. (59 kg) on the Weight Carriage (15).



USING THE CURL PAD

To use the Curl Pad (20), first remove the 45mm Square Inner Cap (38) from the Front Leg (2). Next, insert the Curl Post (9) into the Front Leg, and tighten the Curl Knob (28) into the Front Leg and into one of the adjustment holes in the Curl Post. **Make sure that the Curl Knob is in one of the holes in the Curl Post.**

Note: When you are not using the Curl Pad (20), remove the Curl Post (9) and insert the 45mm Square Inner Cap (38) into the Front Leg (2).



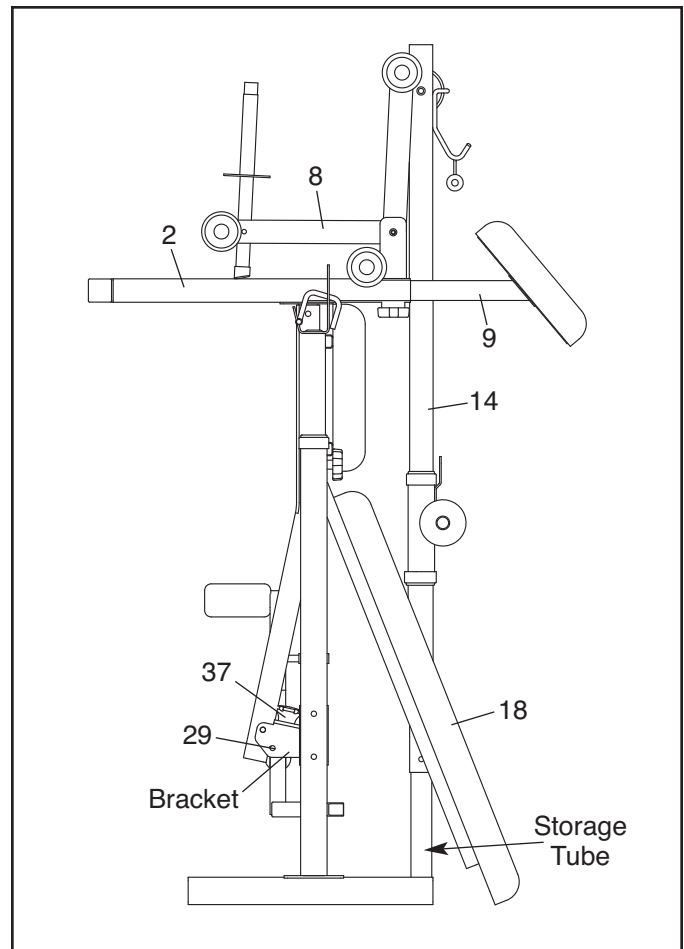
STORING THE WEIGHT BENCH

You can store either the Curl Post (9) or the Lat Tower (14) on the storage tube on the right base when you are not using them.

Before storing the weight bench, remove any weights, slide the Lat Tower (14) onto the storage tube, and adjust the Backrest (18) to the highest inclined position. Note: For clarity, the left fly arm is not shown.

To store the weight bench, first remove the Frame Knob (37) and the Crossbar Pin (29) from the indicated bracket.

Next, raise the Front Leg (2) as far as it will go. Insert the Frame Knob (37) and the Crossbar Pin (29) into the bracket. The Crossbar Pin will prevent the weight bench from unfolding.



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

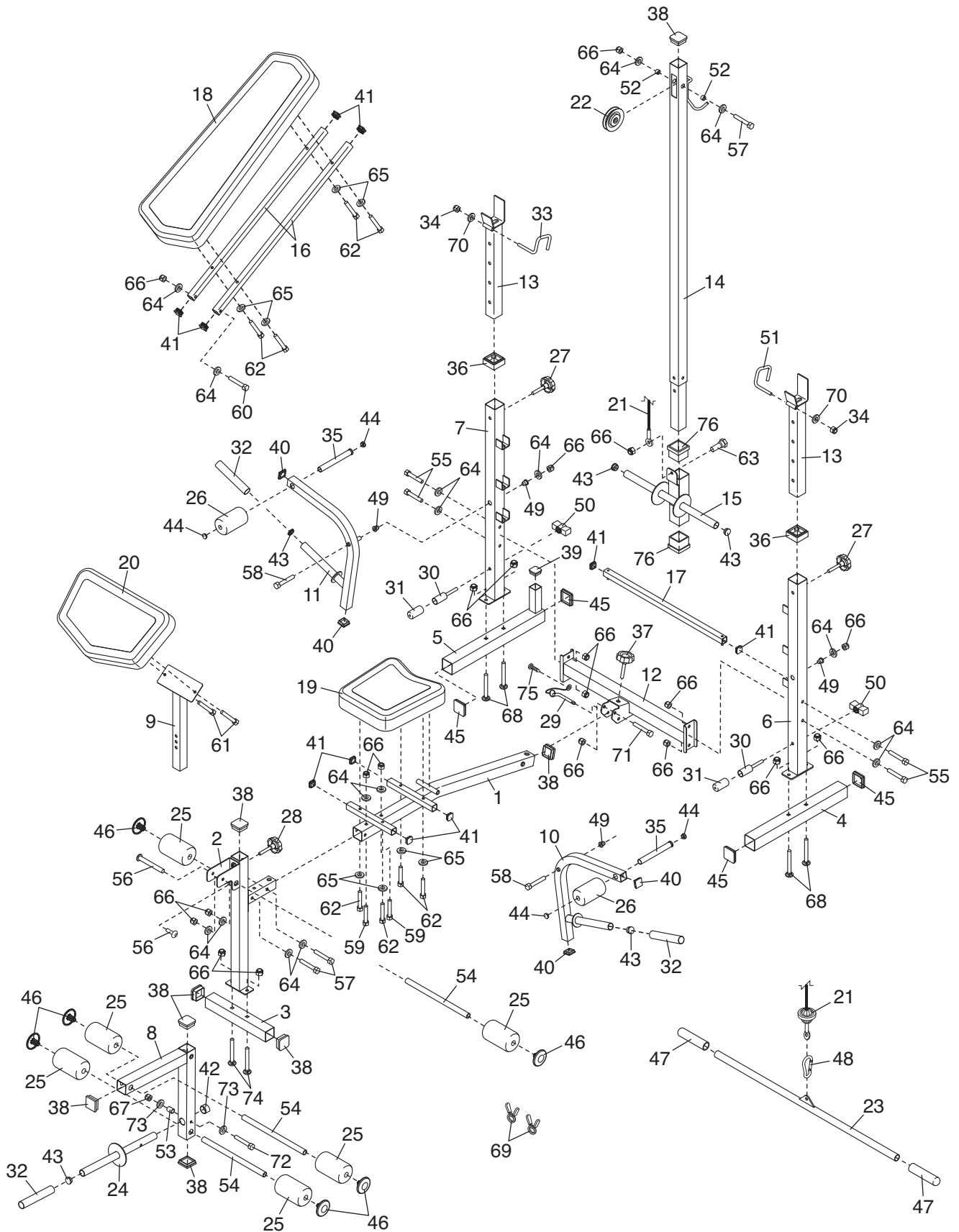
For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST—Model No. WEEVBE1409.0

R0909A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	41	10	25mm Square Inner Cap
2	1	Front Leg	42	1	Leg Lever Bumper
3	1	Front Base	43	5	25mm Round Inner Cap
4	1	Left Base	44	4	Small Pad Cap
5	1	Right Base	45	4	50mm Square Inner Cap
6	1	Left Upright	46	6	Large Pad Cap
7	1	Right Upright	47	2	Lat Bar Grip
8	1	Leg Lever	48	1	Cable Clip
9	1	Curl Post	49	4	Bushing
10	1	Left Fly Arm	50	2	Bumper Knob
11	1	Right Fly Arm	51	1	Left Barbell Hook
12	1	Crossbar	52	2	16mm x 10mm Spacer
13	2	Weight Rest	53	1	13mm x 11.5mm Spacer
14	1	Lat Tower	54	3	Long Pad Tube
15	1	Weight Carriage	55	4	M10 x 65mm Bolt
16	2	Backrest Tube	56	1	M10 x 54mm Bolt Set
17	1	Backrest Support	57	3	M10 x 60mm Bolt
18	1	Backrest	58	2	M10 x 130mm Bolt
19	1	Seat	59	2	M10 x 55mm Bolt
20	1	Curl Pad	60	1	M10 x 170mm Bolt
21	1	Cable	61	2	M6 x 16mm Screw
22	1	Pulley	62	8	M6 x 40mm Screw
23	1	Lat Bar	63	1	M10 x 20mm Bolt
24	1	Weight Tube	64	16	M10 Black Washer
25	6	Large Foam Pad	65	8	M6 Washer
26	2	Small Foam Pad	66	20	M10 Black Locknut
27	2	Upright Knob	67	1	M8 Locknut
28	1	Curl Knob	68	4	M10 x 57mm Carriage Bolt
29	1	Crossbar Pin	69	2	Weight Clip
30	2	Fly Arm Bumper	70	2	M10 Silver Washer
31	2	Bumper Cover	71	1	M10 x 70mm Bolt
32	3	Weight Adapter	72	1	M8 x 52mm Bolt
33	1	Right Barbell Hook	73	2	M8 Washer
34	2	M10 Silver Locknut	74	2	M10 x 52mm Carriage Bolt
35	2	Short Pad Tube	75	1	M4 x 16mm Self-tapping Screw
36	2	50mm Square Bushing	76	2	60mm Square Bushing
37	1	Frame Knob	*	—	User's Manual
38	8	45mm Square Inner Cap	*	—	Exercise Guide
39	1	32mm Square Inner Cap	*	—	Grease Packet
40	4	30mm Square Inner Cap	*	—	Assembly Tool

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.



ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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