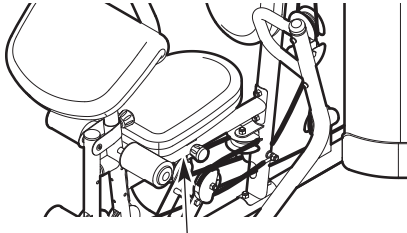


WEIDER® PRO4950

Model No. 831.14623.0

Serial No. _____

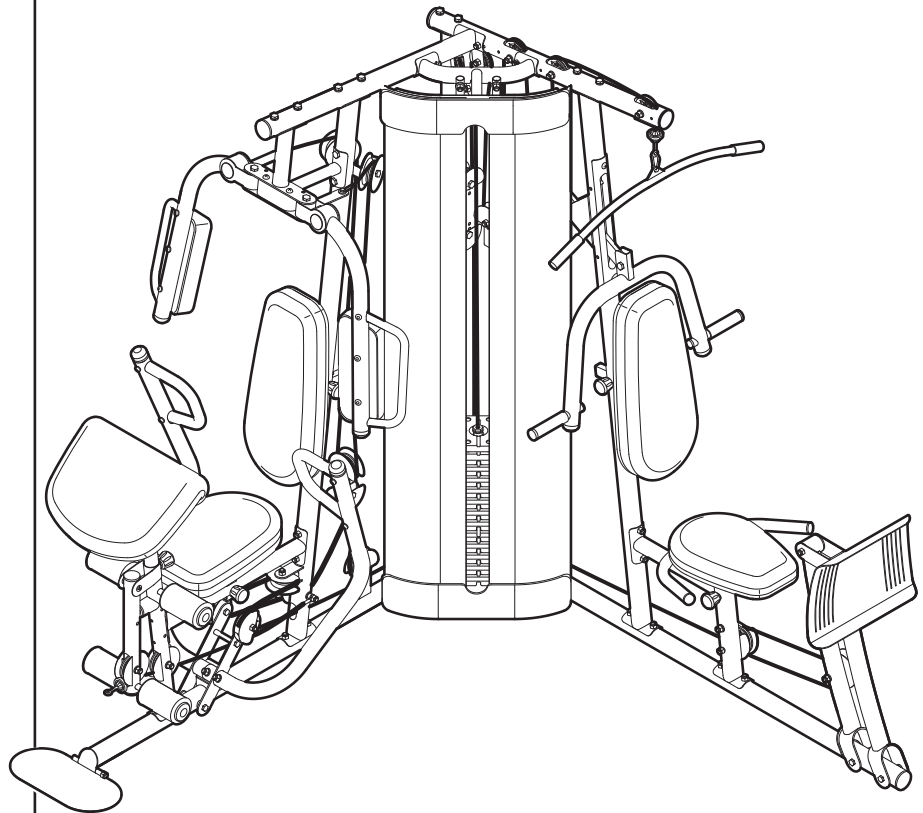
Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

WEIGHT SYSTEM EXERCISER User's Manual

- Assembly
- Adjustments
- Troubleshooting
- Part List and Drawing



⚠ CAUTION

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

Sears, Roebuck and Co., Hoffman Estates, IL 60179

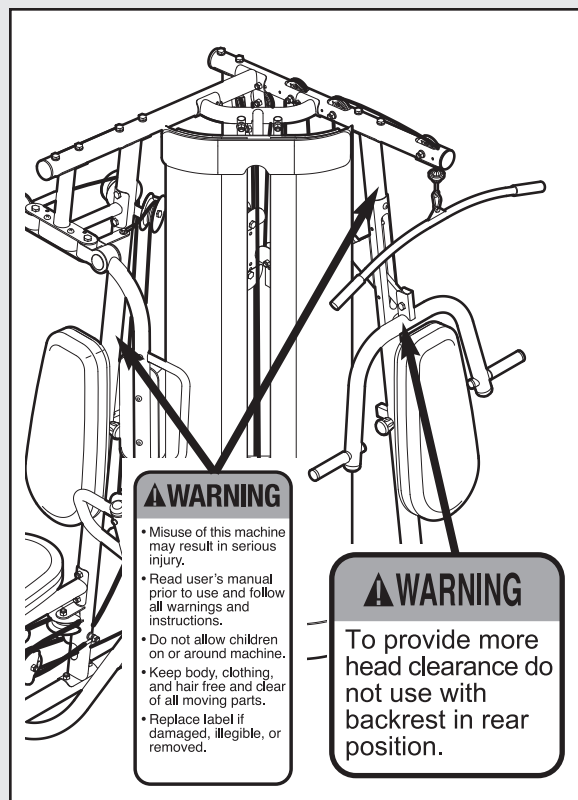
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual and all warnings on the weight system before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Keep the weight system indoors, away from moisture and dust. Place the weight system 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 system to mount, dismount, and use the weight system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep hands and feet away from moving parts.
7. Keep children under 12 and pets away from the weight system at all times.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys. Replace all cables at least every two years.
10. The weight system is designed to be used only with the included weight. Do not use the weight system with dumbbells or any other type of weight to increase the resistance.
11. The weight system is designed to support a maximum user weight of 300 pounds.
12. Always make sure that the weight pin is inserted fully into the weight stack before exercising.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
14. Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see **LOCKING THE WEIGHT STACK** on page 29).
15. The decal shown below has been placed on the weight system. If the decal is missing or illegible, call toll-free 1-877-992-5999 and order a free replacement decal. Apply the decal in the location shown.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

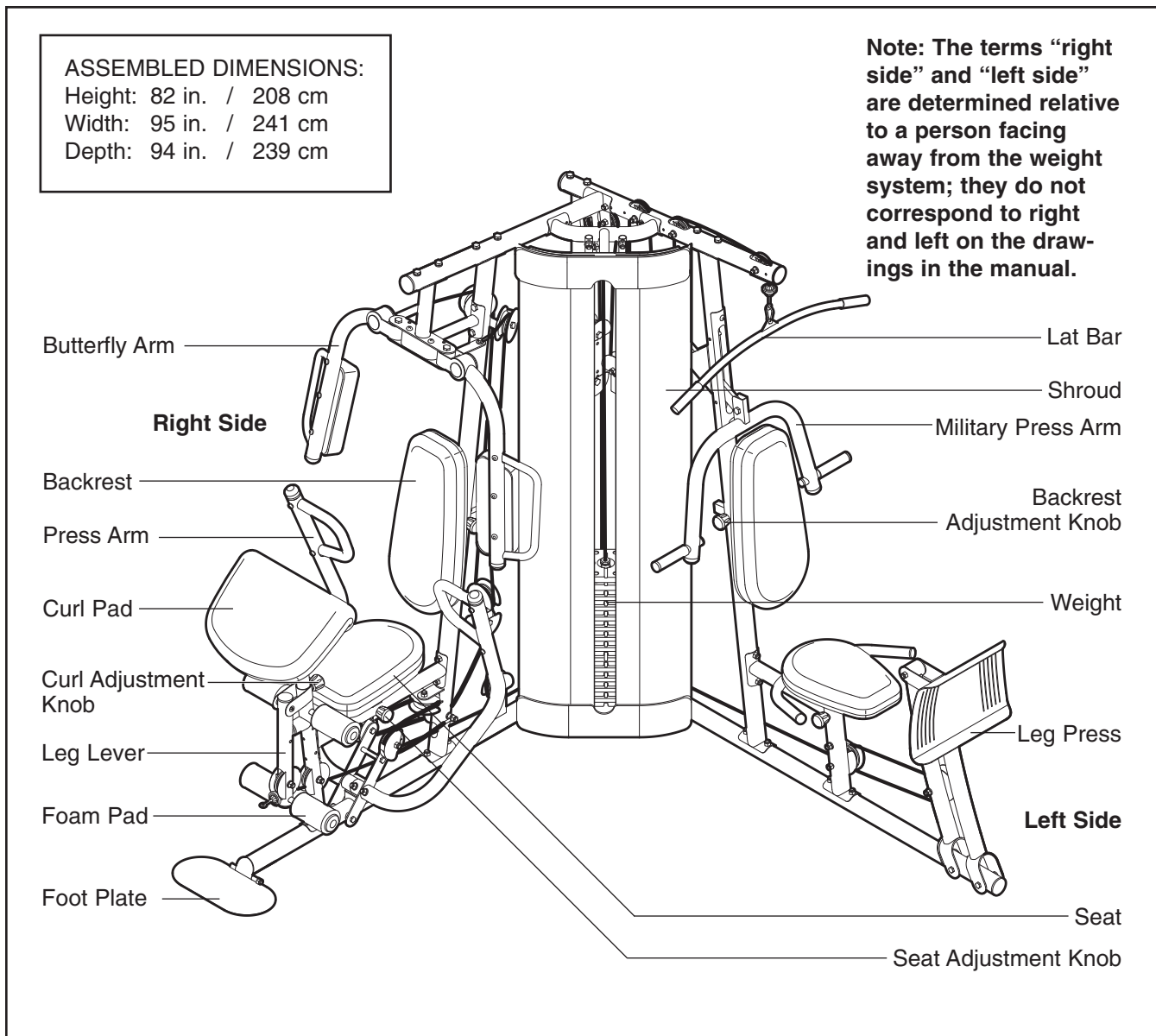
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER™ PRO 4950 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. 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 is 831.14623.0. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

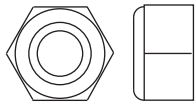
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



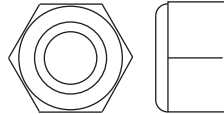
PART IDENTIFICATION CHART—Model No. 831.14623.0

R0606A

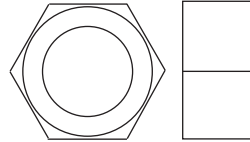
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on pages 39 and 40. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached. If a part is missing, call toll-free 1-877-992-5999.**



M8 Nylon
Locknut (78)



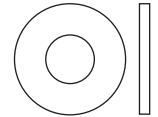
M10 Nylon
Locknut (77)



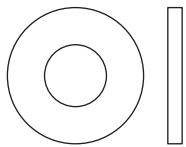
M12 Nut (112)



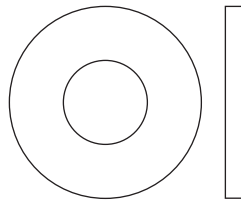
M4 Washer
(104)



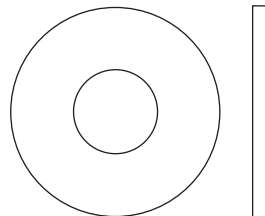
M6 Washer
(114)



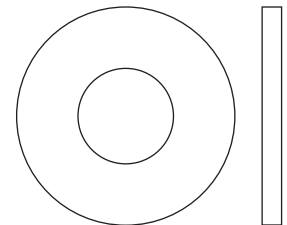
M8 Washer (103)



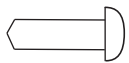
M10 Washer (80)



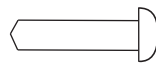
M10 Large Washer (105)



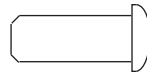
M12 Large Washer (98)



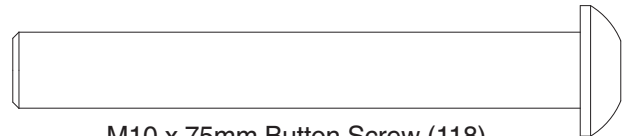
M4 x 12mm
Self-tapping
Screw (102)



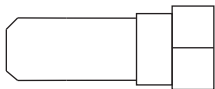
M4 x 16mm
Self-tapping
Screw (110)



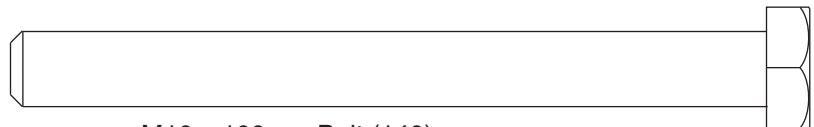
M6 x 16mm
Screw (88)



M10 x 75mm Button Screw (118)



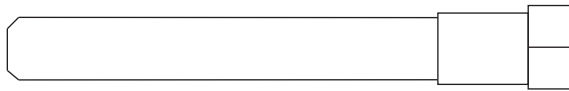
M8 x 22mm
Shoulder Bolt (90)



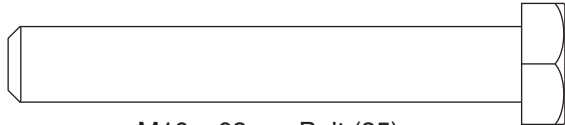
M10 x 100mm Bolt (140)

PART IDENTIFICATION CHART—Model No. 831.14623.0

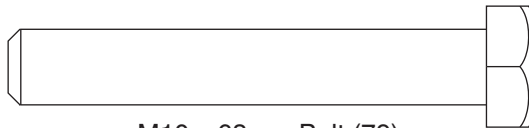
R0606A



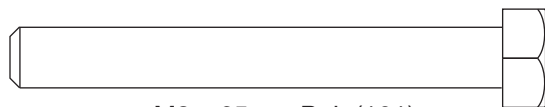
M8 x 69mm Shoulder Bolt (87)



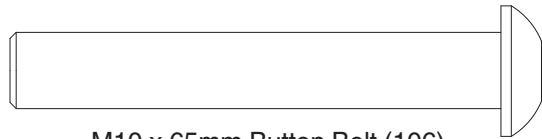
M10 x 68mm Bolt (85)



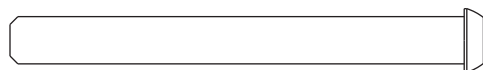
M10 x 63mm Bolt (79)



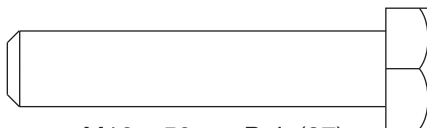
M8 x 65mm Bolt (101)



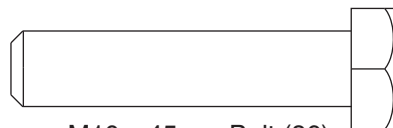
M10 x 65mm Button Bolt (106)



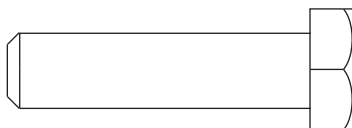
M6 x 60mm Button Screw (91)



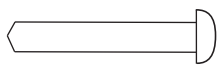
M10 x 50mm Bolt (97)



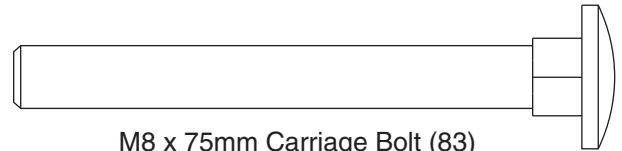
M10 x 45mm Bolt (86)



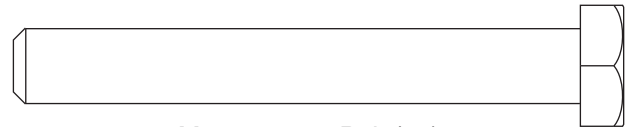
M10 x 40mm Bolt (142)



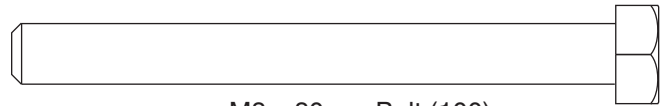
M4 x 25mm
Self-tapping
Screw (96)



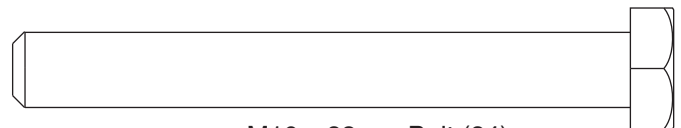
M8 x 75mm Carriage Bolt (83)



M10 x 75mm Bolt (82)



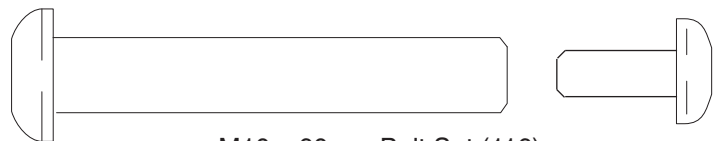
M8 x 80mm Bolt (100)



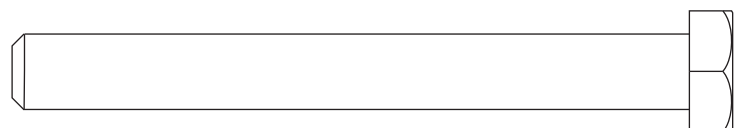
M10 x 82mm Bolt (84)



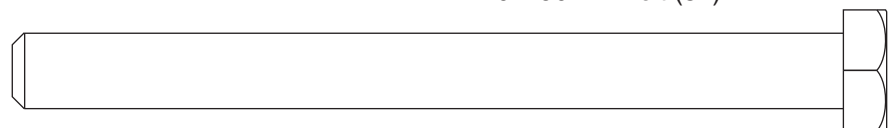
M10 x 82mm Button Screw (92)



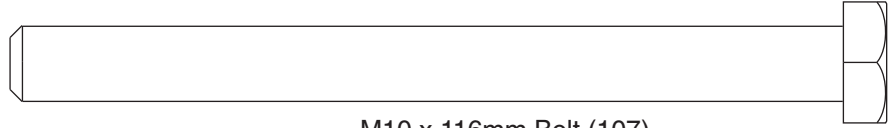
M10 x 60mm Bolt Set (116)



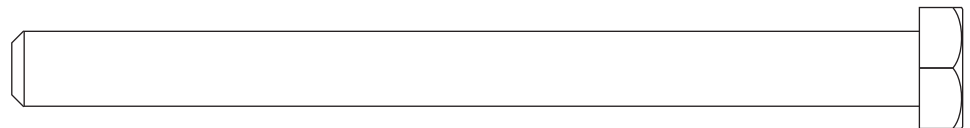
M10 x 90mm Bolt (81)



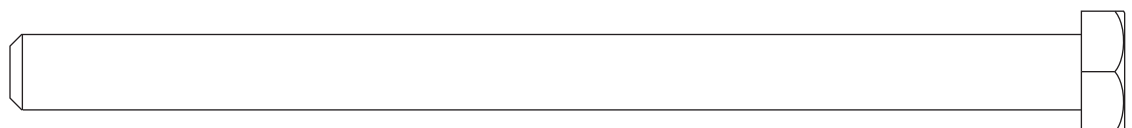
M10 x 110mm Bolt (93)



M10 x 116mm Bolt (107)



M10 x 120mm Bolt (115)



M10 x 141mm Bolt (141)

ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.





Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

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

How to Identify Parts

To help you identify the small parts used in assembly, we have included a **PART IDENTIFICATION CHART** in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading these assembly instructions, please call **1-800-4-MY-HOME® (1-800-469-4663)**.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats and the backrests.

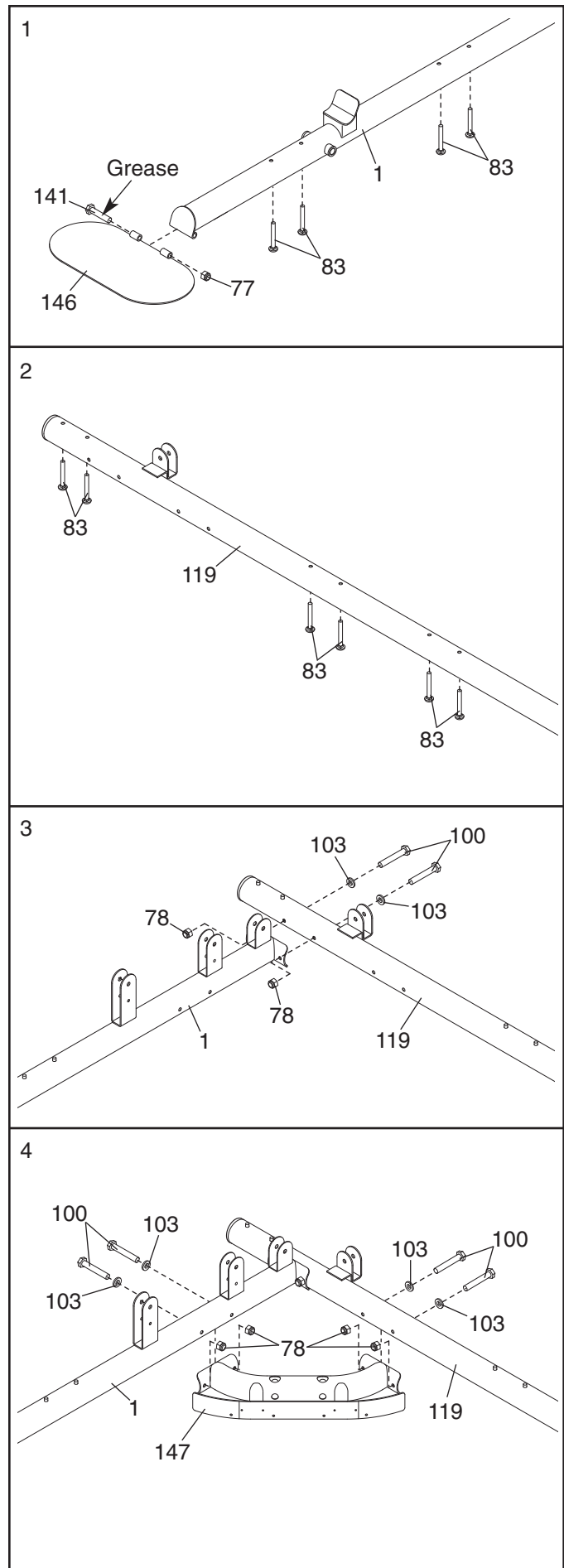
Frame Assembly

1. **Before beginning assembly, make sure you understand the information in the box on page 7. See the PART IDENTIFICATION CHARTS on pages 5 and 6 for help identifying small parts.**

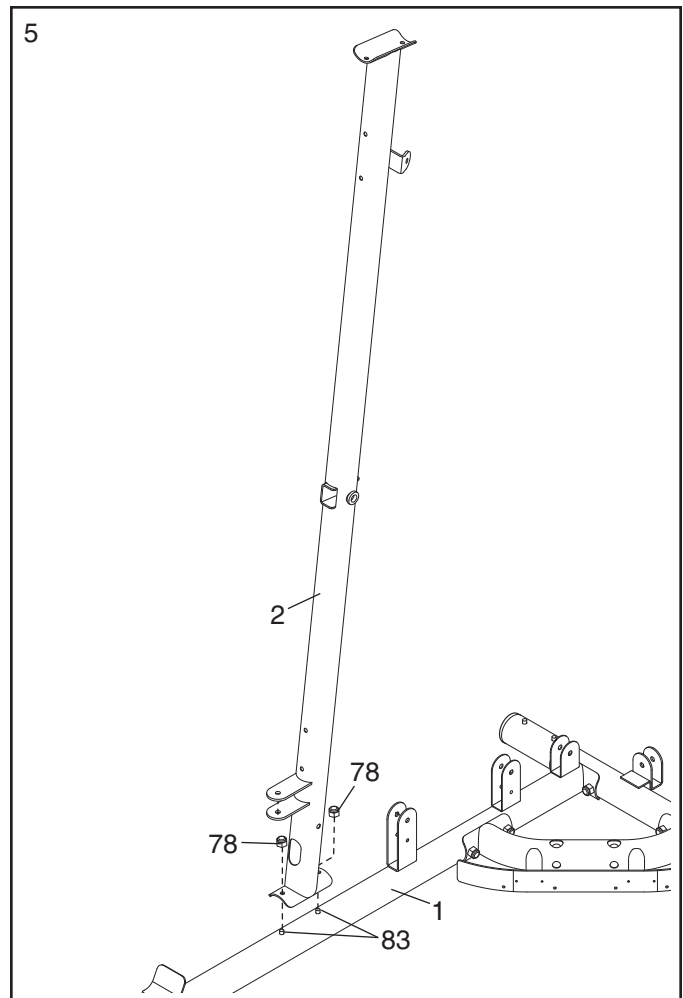
Insert four M8 x 75mm Carriage Bolts (83) up through the Right Base (1). **Note: It may be helpful to place a piece of tape over each Bolt head to hold it in place.**

Apply a portion of the included grease to an M10 x 141mm Bolt (141). Attach the Foot Plate (146) to the Right Base (1) with the Bolt and an M10 Nylon Locknut (77). **Do not overtighten the Locknut, the Foot Plate must pivot freely.**

2. Insert six M8 x 75mm Carriage Bolts (83) through the Left Base (119). **Note: It may be helpful to place a piece of tape over each Bolt head to hold it in place.**
3. Attach the Right Base (1) to the Left Base (119) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Nylon Locknuts (78). **Do not Tighten the Nylon Locknuts yet.**
4. Attach the Bottom Center Base (147) to the Right and Left Bases (1, 119) with four M8 x 80mm Bolts (100), four M8 Washers (103), and four M8 Nylon Locknuts (78). **Do not Tighten the Nylon Locknuts yet.**

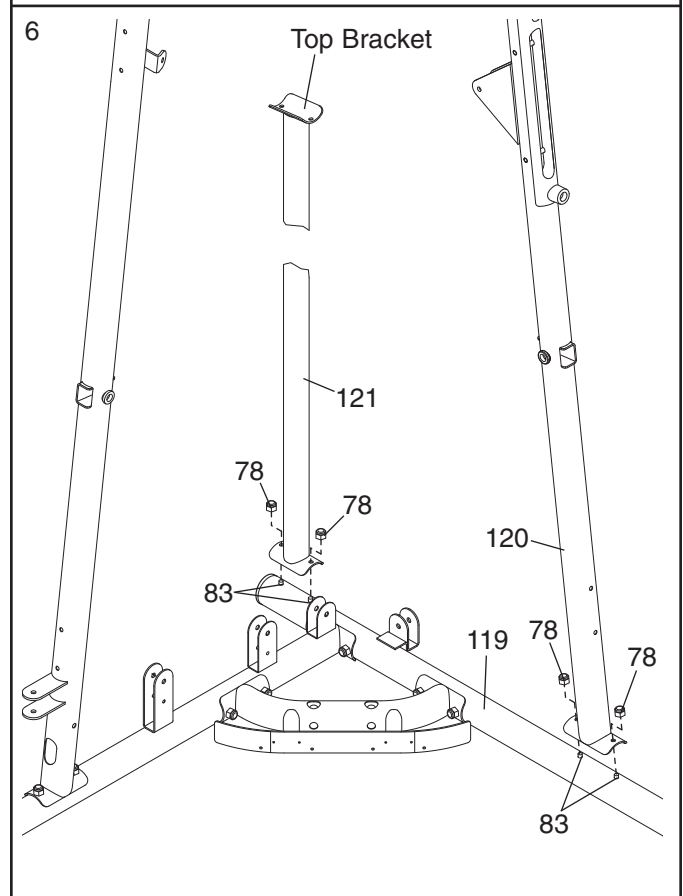


5. Attach the Right Upright (2) to the Right Base (1) with two M8 Nylon Locknuts (78) and the two indicated M8 x 75mm Carriage Bolts (83). **Do not Tighten the Nylon Locknuts yet.**

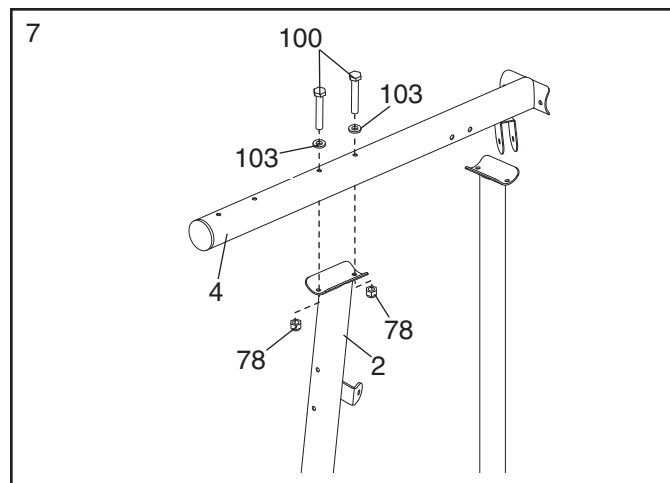


6. Orient the Rear Upright (121) so that the top bracket slopes toward the Left Upright (120). Attach the Rear Upright to the Left Base (119) with two M8 Nylon Locknuts (78) and the indicated M8 x 75mm Carriage Bolts (83). **Do not Tighten the Nylon Locknuts yet.**

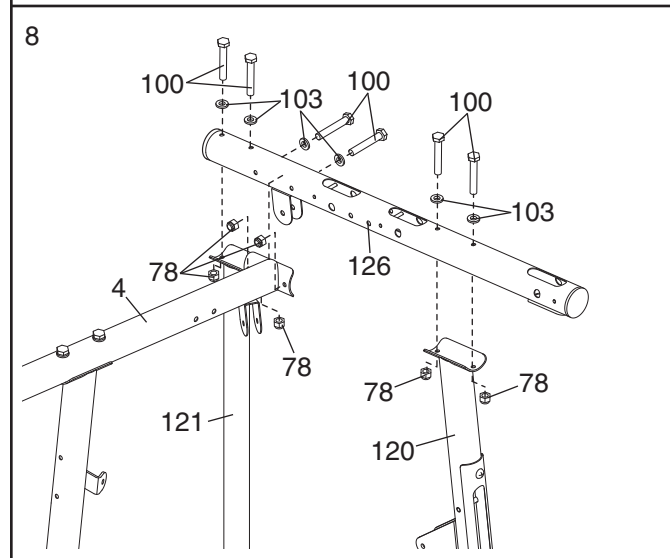
Attach the Left Upright (120) in the same manner. **Do not Tighten the M8 Nylon Locknuts (78) yet.**



7. Attach the Right Top Frame (4) to the Right Upright (2) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Nylon Locknuts (78). **Do not Tighten the Nylon Locknuts yet.**

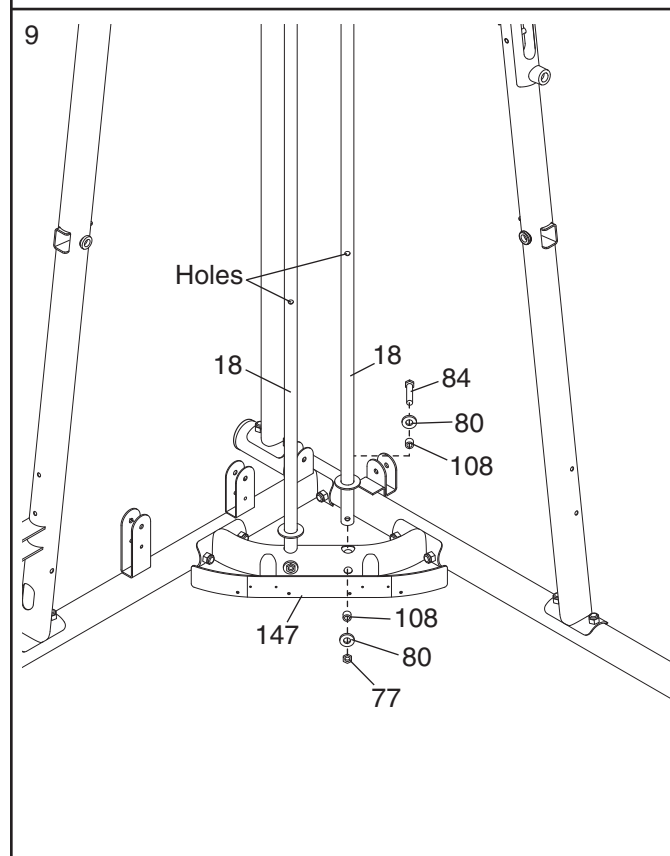


8. Attach the Left Top Frame (126) to the Rear Upright (121), the Left Upright (120), and the Right Top Frame (4) with six M8 x 80mm Bolts (100), six M8 Washers (103), and six M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**



9. Orient the Weight Guides (18) with the indicated holes toward the floor. Attach a Weight Guide to the Bottom Center Base (147) with an M10 x 82mm Bolt (84), two M10 Washers (80), two 20mm Steel Spacers (108), and an M10 Nylon Locknut (77). **Do not tighten the Nylon Locknut yet.**

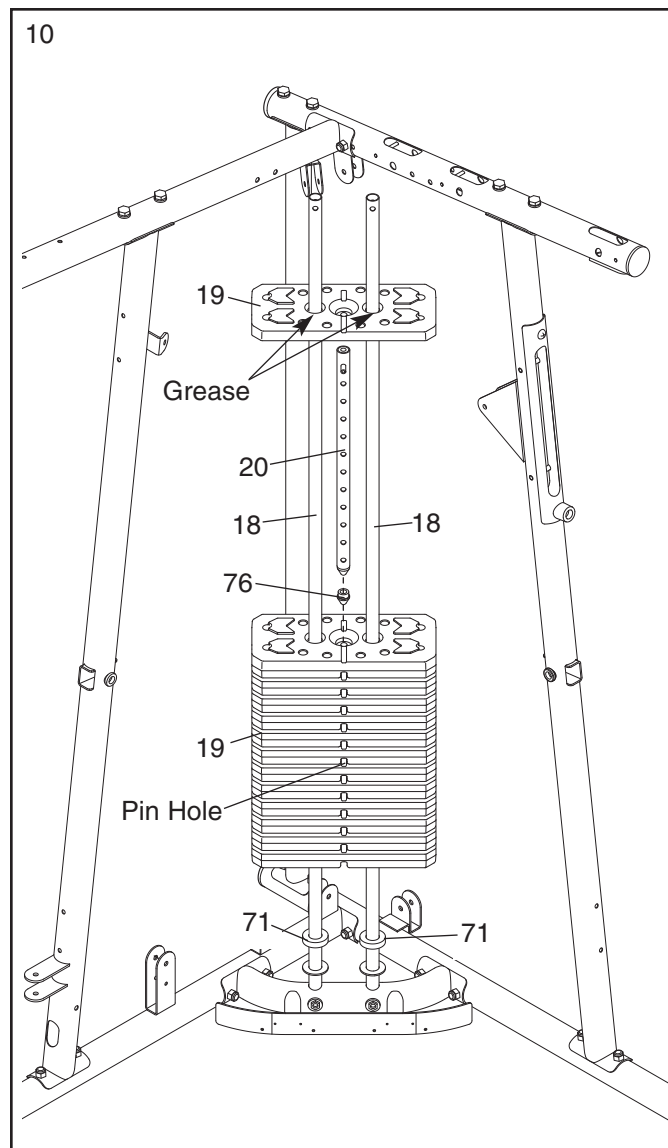
Attach the other Weight Guide (18) in the same manner. **Do not tighten the M10 Nylon Locknut yet.**



- Slide the two Weight Bumpers (71) onto the Weight Guides (18). Orient eleven Weights (19) with the pin holes on the bottom as shown. Slide the Weights onto the Weight Guides.

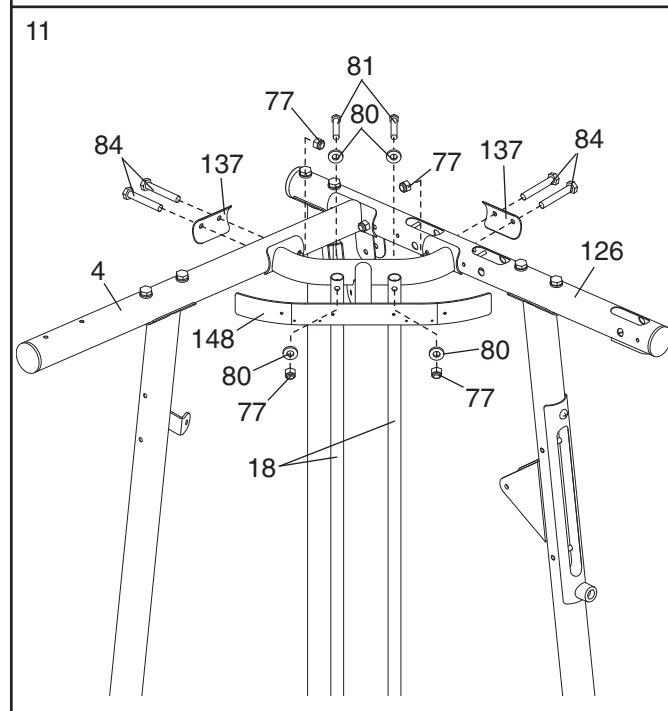
Insert the Weight Tube Cap (76) into the Weight Tube (20). Insert the Weight Tube into the eleven Weights (19). **Make sure the pin on the Weight Tube is oriented as shown.**

Lubricate the indicated holes in a Weight (19) with the included grease packet. Slide the Weight onto the Weight Guides (18).



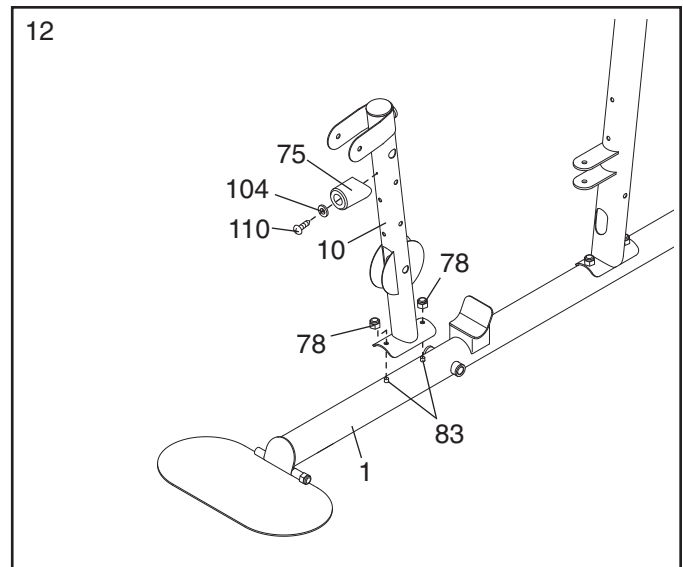
- Attach the Top Center Frame (148) to the Right and Left Top Frames (4, 126) with four M10 x 82mm Bolts (84), two Top Frame Plates (137), and two M10 Nylon Locknuts (77). **Do not tighten the Nylon Locknuts yet.**

Attach the Weight Guides (18) to the Top Center Frame (148) with two M10 x 90mm Bolts (81), four M10 Washers (80), and two M10 Nylon Locknuts (77). **Do not tighten the Nylon Locknuts yet.**

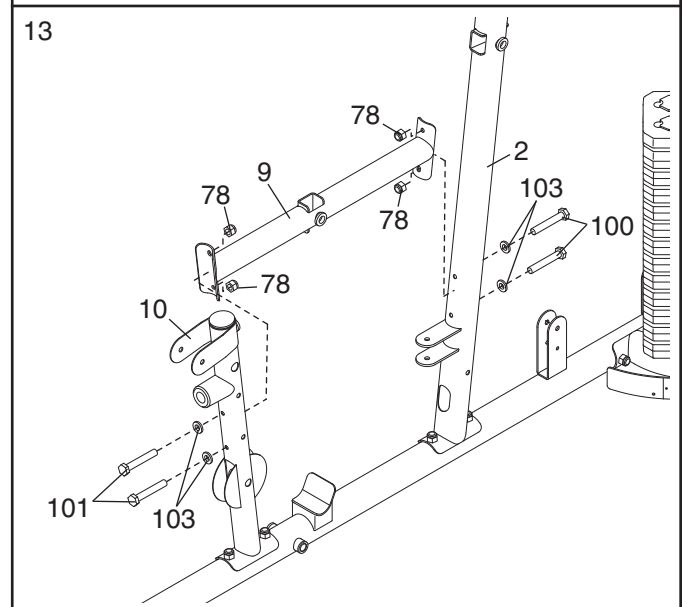


12. Attach Leg Lever Bumper (75) to the Front Leg (10) with an M4 x 16mm Self-tapping Screw (110) and an M4 Washer (104).

Attach the Front Leg (10) to the Right Base (1) with two M8 Nylon Locknuts (78) and the indicated M8 x 75mm Carriage Bolts (83). **Do not tighten the Nylon Locknuts yet.**

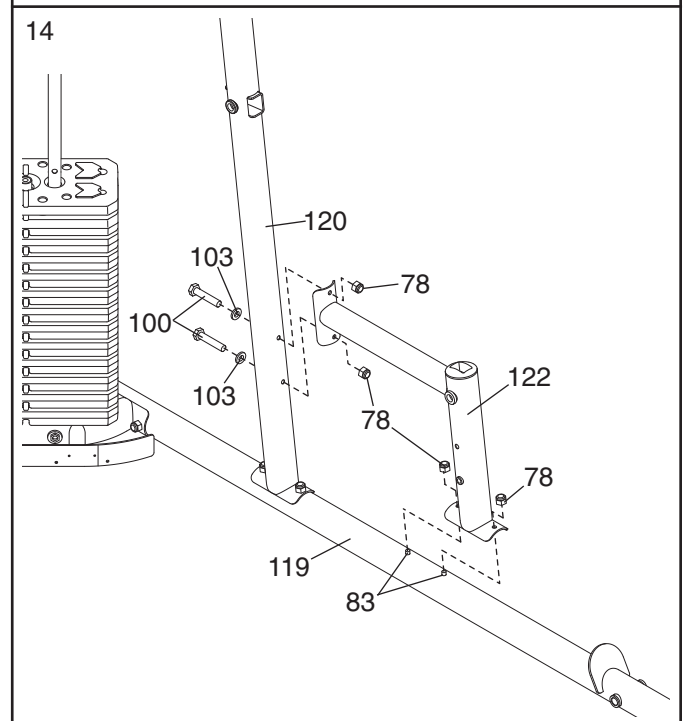


13. Attach the Right Frame (9) to the Front Leg (10) and the Right Upright (2) with two M8 x 65mm Bolts (101), two M8 x 80mm Bolts (100), four M8 Washers (103), and four M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**



14. Attach the Left Frame (122) to the Left Base (119) and the Left Upright (120) with two M8 x 80mm Bolts (100), two M8 Washers (103), four M8 Nylon Locknuts (78), and the two indicated M8 x 75mm Carriage Bolts (83).

Tighten all the M10 and M8 Nylon Locknuts (77, 78) used in steps 3–14.



Arm Assembly

15. Attach the Butterfly Frame Brace (6) to the Right Upright (2) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**

Attach the Butterfly Frame (5) to the Right Top Frame (4) and the Butterfly Frame Brace (6) with two M8 x 80mm Bolts (100), an M10 x 75mm Button Screw (118), two M8 Washers (103), and two M8 Nylon Locknuts (78).

Tighten the M8 Nylon Locknuts (78) used in this step.

16. Apply grease to the locations shown and attach the Left Butterfly Bracket (28) to the Butterfly Frame (5) with an M10 x 82mm Bolt (84) and an M10 Nylon Locknut (77).

Repeat this step for the Right Butterfly Bracket (29).

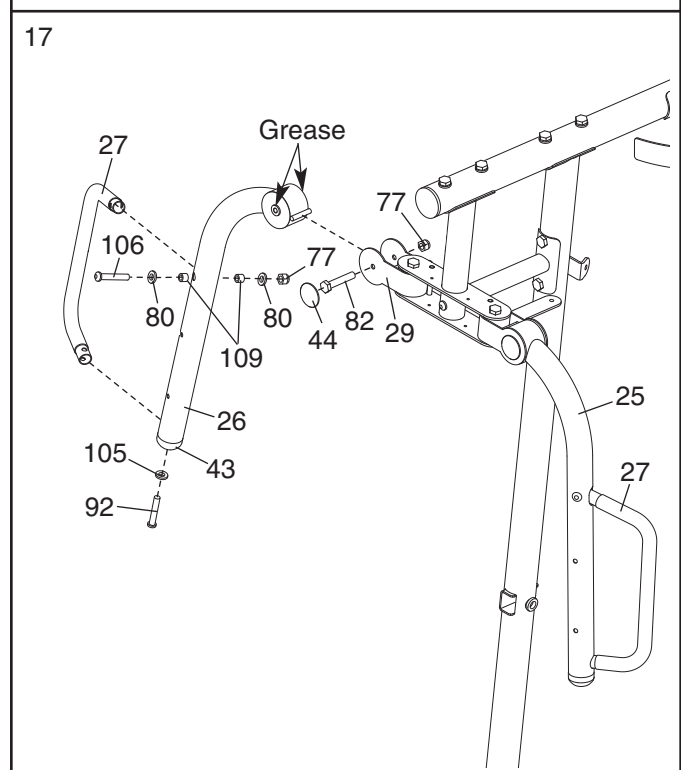
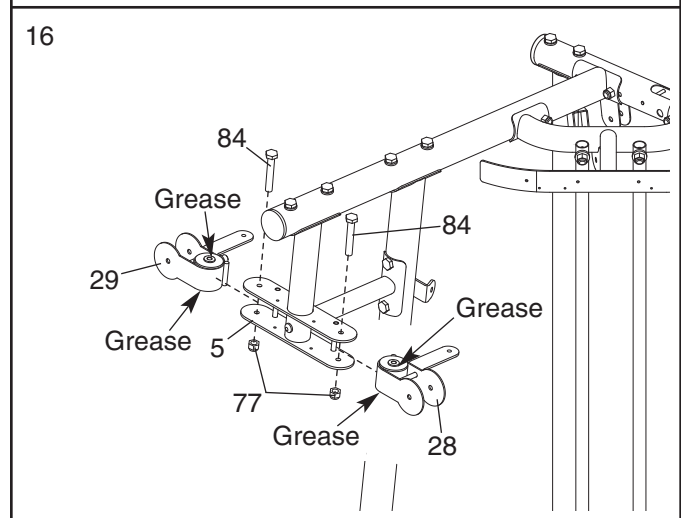
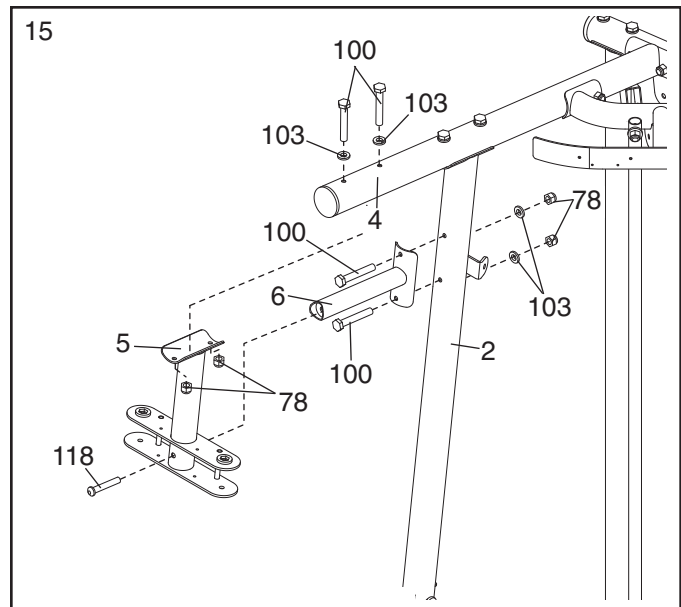
17. Remove the indicated Butterfly Arm Cap (43) from the Right Butterfly Arm (26). Attach a Butterfly Handle (27) to the Butterfly Arm with an M10 x 65mm Button Bolt (106), two M10 Washers (80), two 13mm Steel Spacers (109), and an M10 Nylon Locknut (77).

Attach the Butterfly Arm Cap (43) to the Right Butterfly Arm (26) with an M10 x 82mm Button Screw (92) and an M10 Large Washer (105).

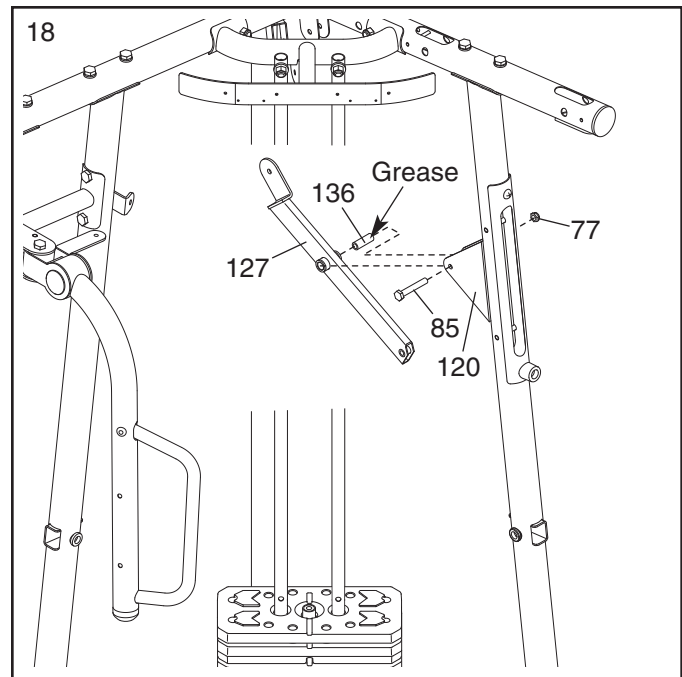
Repeat this step for the Left Butterfly Arm and Butterfly Handle (25, 27).

Apply grease in the locations shown and attach the Right Butterfly Arm (26) to the Right Butterfly Bracket (29) with an M10 x 75mm Bolt (82) and an M10 Nylon Locknut (77). Press a Bolt Cap (44) onto the end of the Bolt. **Do not overtighten the Bolt; the Butterfly Arm must be able to pivot freely.**

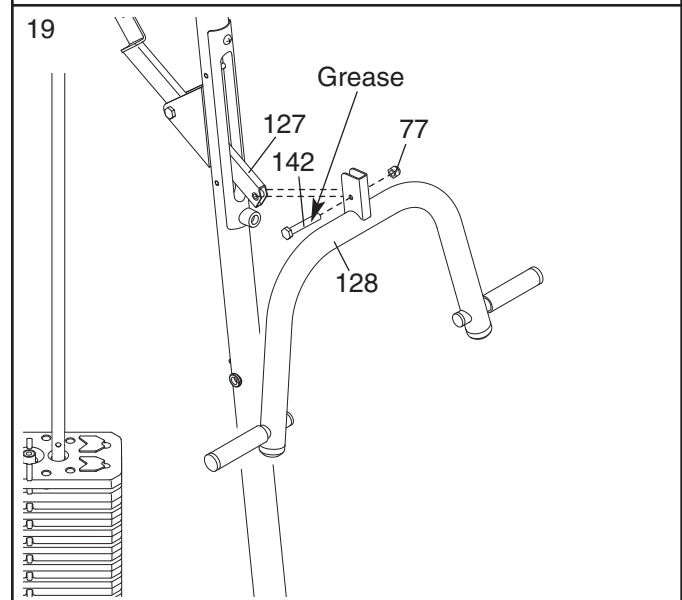
Repeat this step for the Left Butterfly Arm (25).



18. Apply grease to the 44mm Bushing (136) and an M10 x 68mm Bolt (85). Then, insert the Bushing into the Military Press Frame (127). Attach the Military Press Frame inside the Left Upright (120) with the Bolt (85) and an M10 Nylon Locknut (77). **Do not overtighten the Nylon Locknut; the Military Press Frame must pivot freely.**

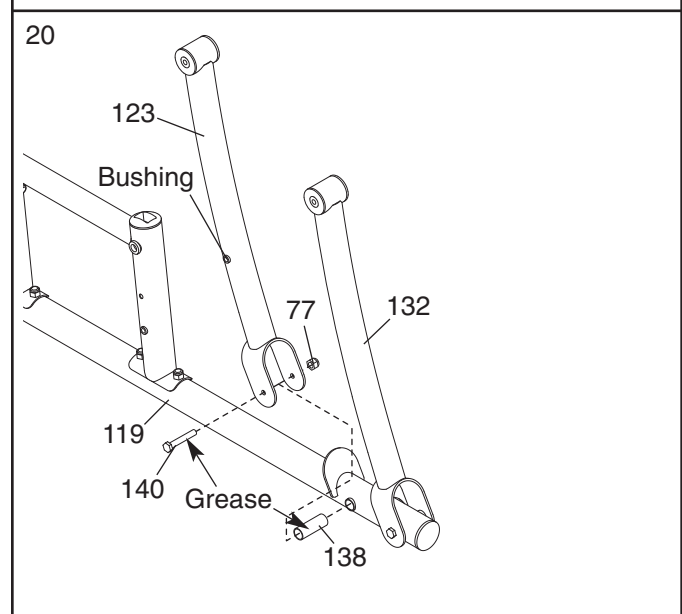


19. Apply grease to an M10 x 40mm Bolt (142). Attach the Military Press Arm (128) to the Military Press Frame (127) with the Bolt and an M10 Nylon Locknut (77). **Do not overtighten the Nylon Locknut; the Military Press Arm must pivot freely.**

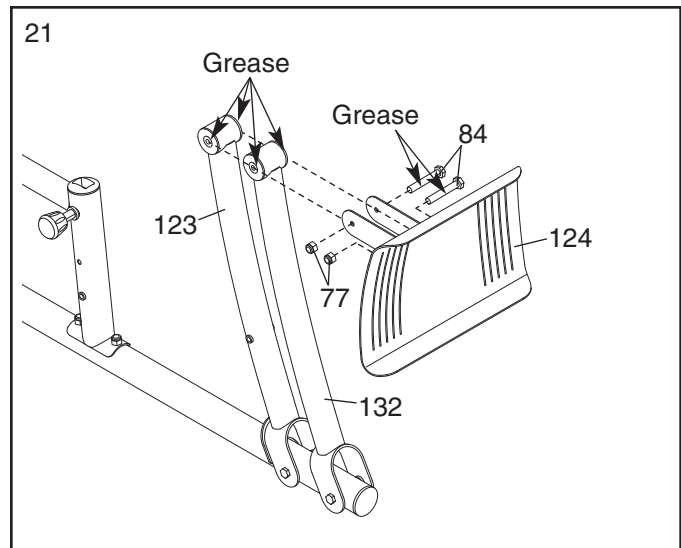


20. Apply grease to a 77mm Bushing (138) and to an M10 x 100mm Bolt (140). Attach the Leg Press Frame (123) to the Left Base (119) with the Bushing, the Bolt, and an M10 Nylon Locknut (77). **Make sure the bushing is on the indicated side.**

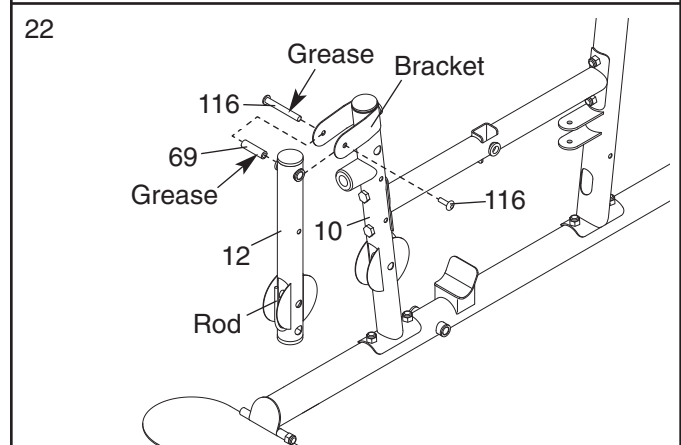
Repeat this step with the Front Leg Press Frame (132). Do not overtighten the Nylon Locknuts (77); the Leg Press Frames must pivot freely.



21. Apply grease to two M10 x 82mm Bolts (84) and to the indicated locations on the Leg Press Frame (123) and the Front Leg Press (132). Attach the Leg Press (124) to the Leg Press Frame and the Front Leg Press Frame (123, 132) with the two Bolts (84) and two M10 Nylon Locknuts (77).

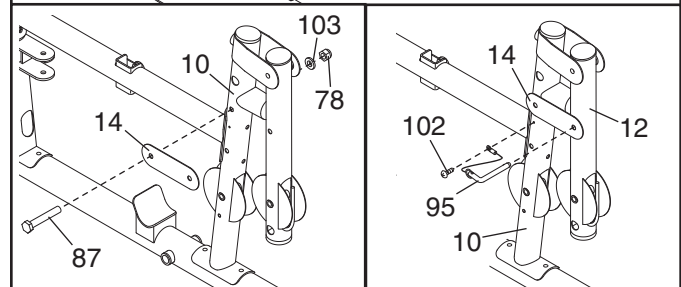


22. Apply grease in the locations shown. Insert a 57mm Spacer (69) into the indicated hole in the Leg Lever (12). Attach the Leg Lever to the Front Leg (10) with an M10 x 60mm Bolt Set (116). **Make sure the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg. Make sure the indicated rod is oriented as shown.**

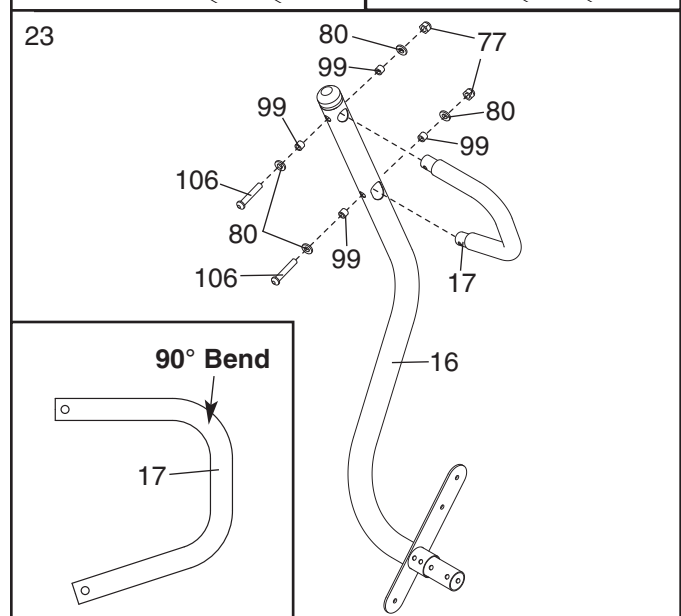


See the left inset drawing. Attach the Lock Plate (14) to the Front Leg (10) with the M8 x 69mm Shoulder Bolt (87), an M8 Washer (103), and an M8 Nylon Locknut (78).

See the right inset drawing. Insert the Lock Plate Pin (95) through the Lock Plate (14) and the Leg Lever (12). Attach the tether on the Lock Plate Pin to the Front Leg (10) with an M4 x 12mm Self-tapping Screw (102).



23. Orient a Press Arm Handle (17) with the 90° bend at the top as shown in the inset drawing. Attach the Press Arm Handle to the Right Press Arm (16) with two M10 x 65mm Button Bolts (106), four M10 Washers (80), four 11mm Spacers (99), and two M10 Nylon Locknuts (77).



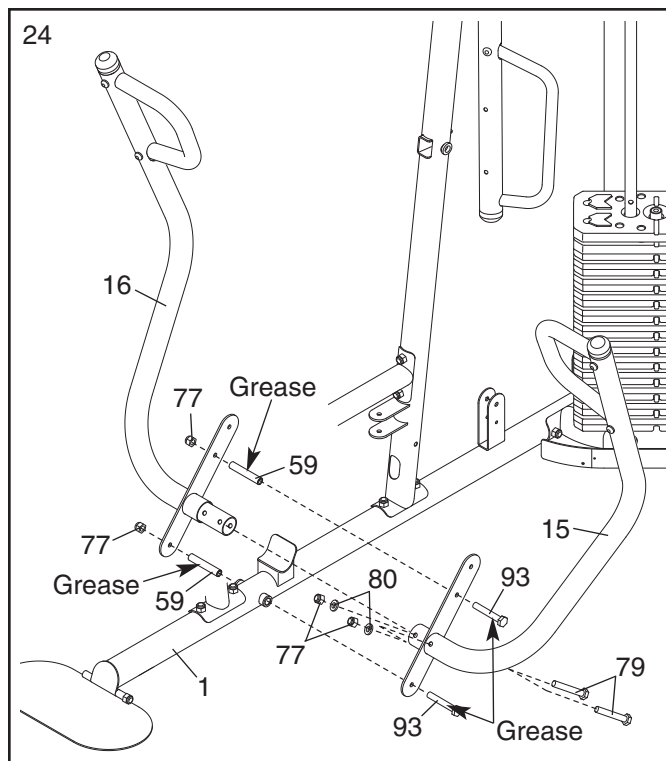
Repeat this step for the Left Press Arm (not shown).

24. Apply grease to an M10 x 110mm Bolt (93) and a 90mm Spacer (59). Attach the Left Press Arm (15) to the Right Press Arm (16) with the Bolt, the Spacer, and an M10 Nylon Locknut (77).

Finish attaching the Press Arms (15, 16) with two M10 x 63mm Bolts (79), two M10 Washers (80), and two M10 Nylon Locknuts (77). **Do not tighten the Nylon Locknuts yet.**

Apply grease to an M10 x 110mm Bolt (93) and a 90mm Spacer (59). Attach the Left and Right Press Arms (15, 16) to the Right Base (1) with the Bolt, the Spacer, and an M10 Nylon Locknut (77). **Do not over tighten the Nylon Locknut; the Press Arms must pivot freely.**

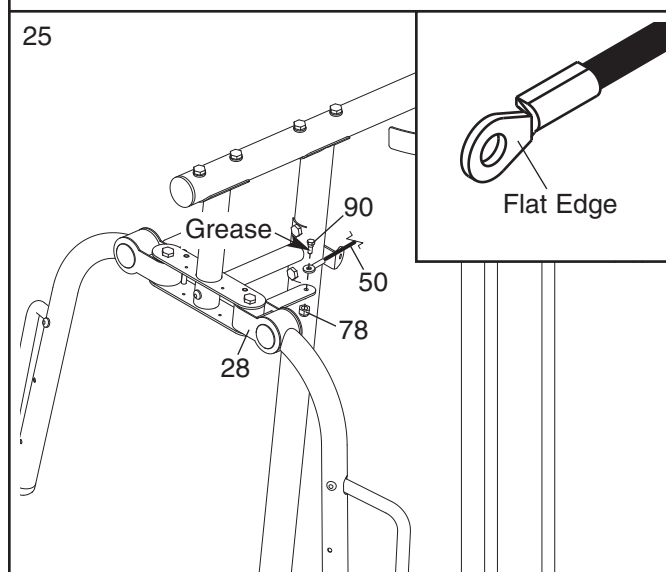
Tighten the Nylon Locknuts (77) used in this step.



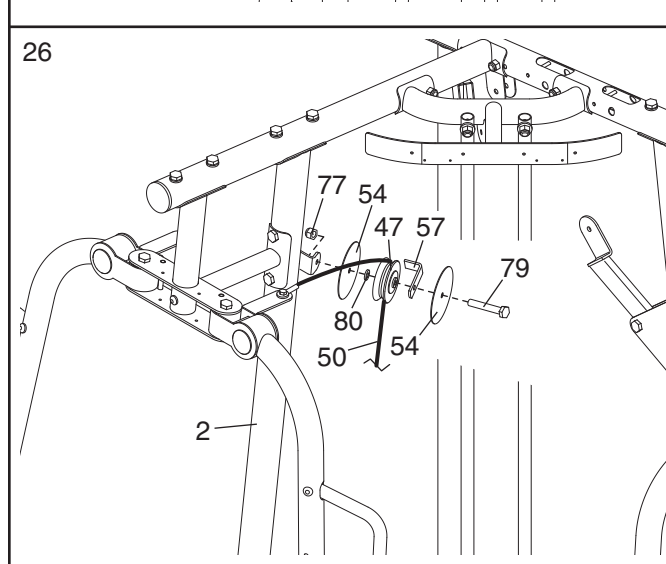
Cable Assembly

25. See the **CABLE DIAGRAMS** on page 32 and 33 to identify the cables as you assemble them.

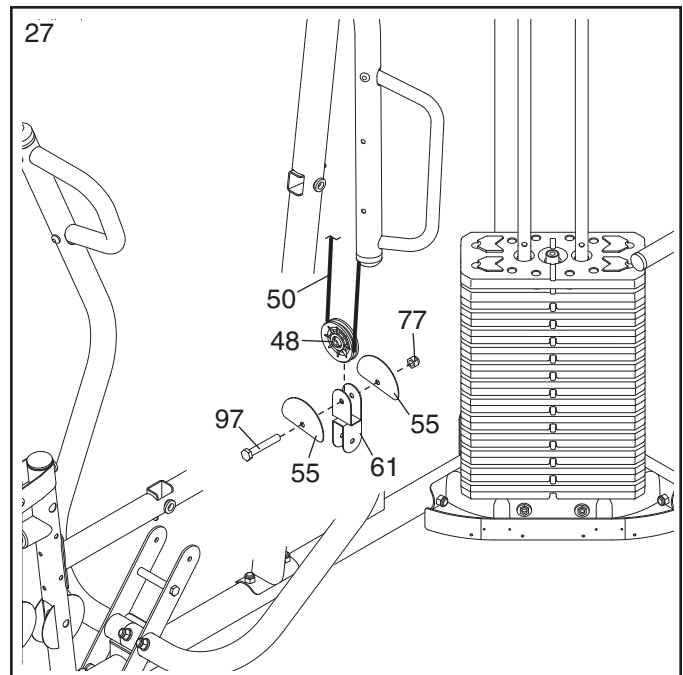
Identify the Butterfly Cable (50). Grease an M8 x 22mm Shoulder Bolt (90). Attach the Cable to the Left Butterfly Bracket (28) with the Shoulder Bolt and an M8 Nylon Locknut (78). **Make sure the flat edge of the Cable is against the Left Butterfly Bracket. Do not overtighten the Shoulder Bolt; the Cable must be able to pivot freely.**



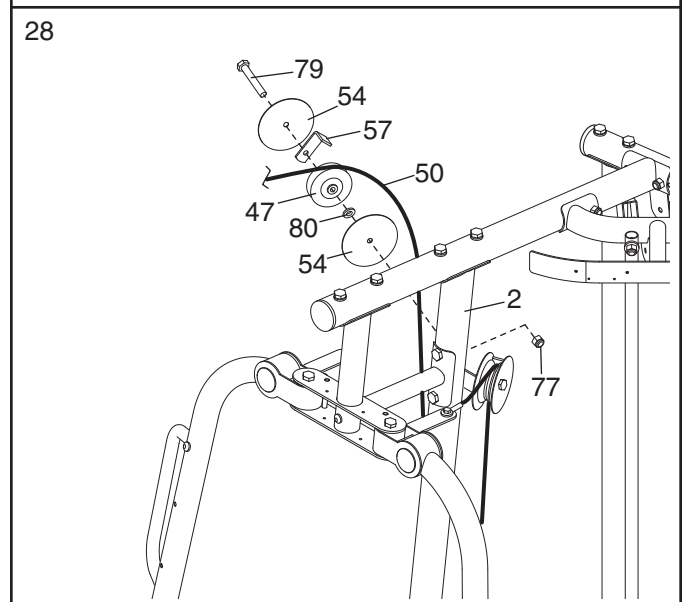
26. Wrap the Butterfly Cable (50) over a "V"-pulley (47). Attach the "V"-pulley, a Long Cable Trap (57), an M10 Washer (80), and two Guards (54) to the Right Upright (2) with an M10 x 63mm Bolt (79) and an M10 Nylon Locknut (77).



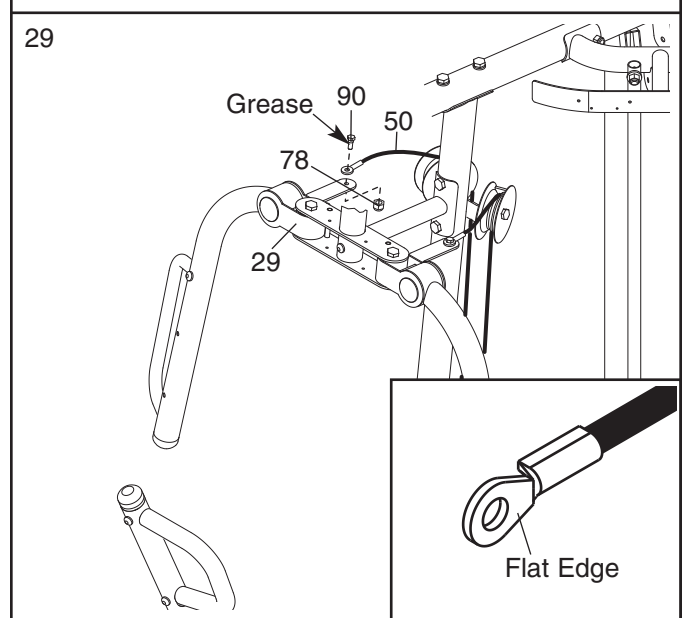
27. Wrap the Butterfly Cable (50) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (55) to the Double "U"-bracket (61) with an M10 x 50mm Bolt (97) and an M10 Nylon Locknut (77). **Make sure the Half Guards are oriented as shown.**



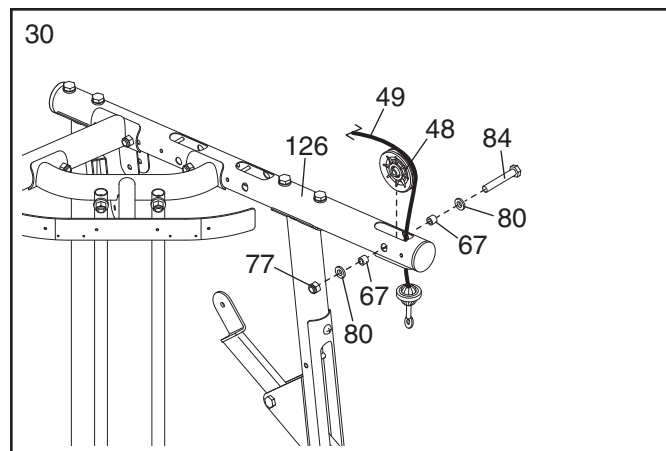
28. Wrap the Butterfly Cable (50) over a "V"-pulley (47). Attach the "V"-pulley, a Long Cable Trap (54), an M10 Washer (80), and two Guards (54) to the Right Upright (2) with an M10 x 63mm Bolt (79) and an M10 Nylon Locknut (77).



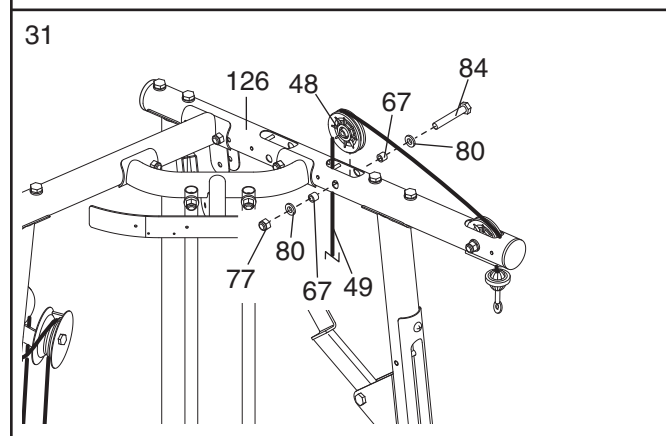
29. Grease an M8 x 22mm Shoulder Bolt (90). Attach the Butterfly Cable (50) to the Right Butterfly Bracket (29) with the Shoulder Bolt and an M8 Nylon Locknut (78). **Make sure the flat edge of the Cable is against the Butterfly Bracket.**



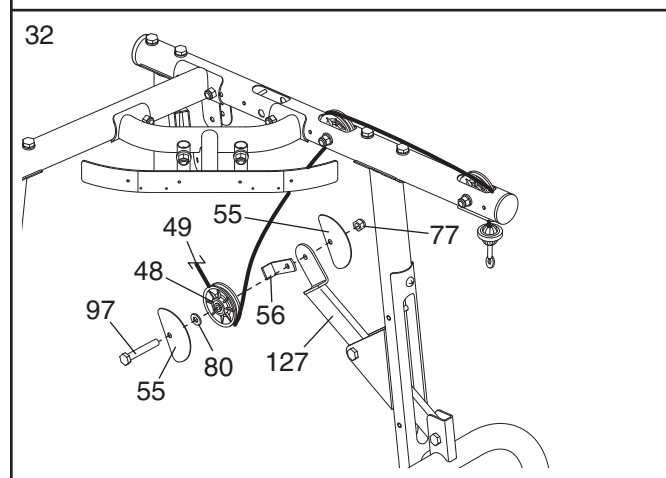
30. **Identify the Lat Cable (49).** Route the Cable up through the Left Top Frame (126) and over a 90mm Pulley (48). Attach the Pulley inside the Left Top Frame with an M10 x 82mm Bolt (84), two M10 Washers (80), two 19mm Spacers (67), and an M10 Nylon Locknut (77).



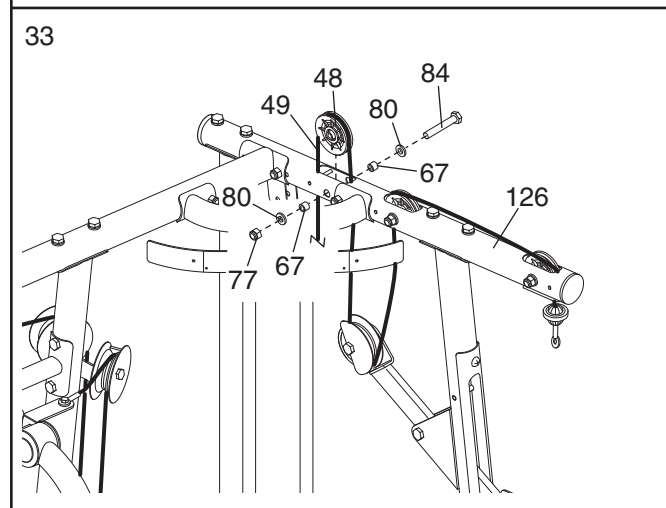
31. Route the Lat Cable (49) over a 90mm Pulley (48) and down through the Left Top Frame (126). Attach the Pulley inside the Left Top Frame with an M10 x 82mm Bolt (84), two M10 Washers (80), two 19mm Spacers (67), and an M10 Nylon Locknut (77).



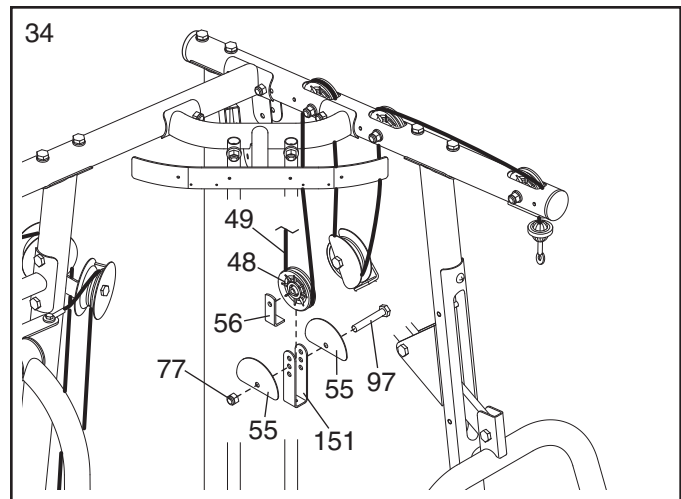
32. Wrap the Lat Cable (49) under a 90mm Pulley (48). Attach the Pulley, a Cable Trap (56), and two Half Guards (55) to the Military Press Frame (127) with an M10 x 50mm Bolt (97), an M10 Washer (80), and an M10 Nylon Locknut (77). **Make sure the Cable Trap and the Half Guards are oriented as shown.**



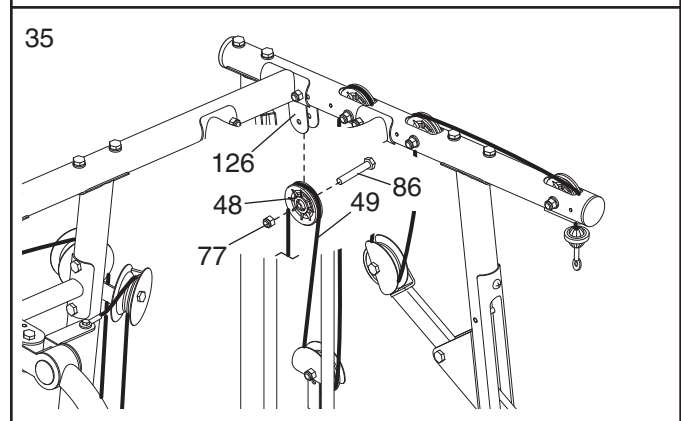
33. Route the Lat Cable (49) up through the Left Top Frame (126) and over a 90mm Pulley (48). Attach the Pulley inside the Left Top Frame with an M10 x 82mm Bolt (84), two M10 Washers (80), two 19mm Spacers (67), and an M10 Nylon Locknut (77).



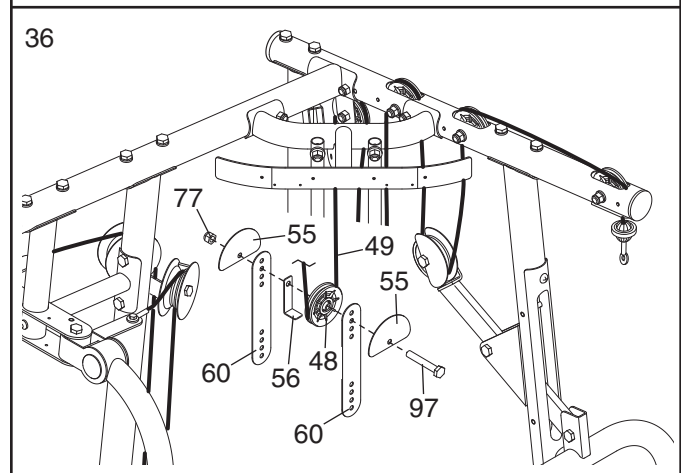
34. Wrap the Lat Cable (49) under a 90mm Pulley (48). Attach the Pulley and a Cable Trap (56) to the second hole in the "U"-bracket (151) with an M10 x 50mm Bolt (97), two Half Guards (55), and an M10 Nylon Locknut (77). **Make sure the Cable Trap and Half Guards are oriented as shown.**



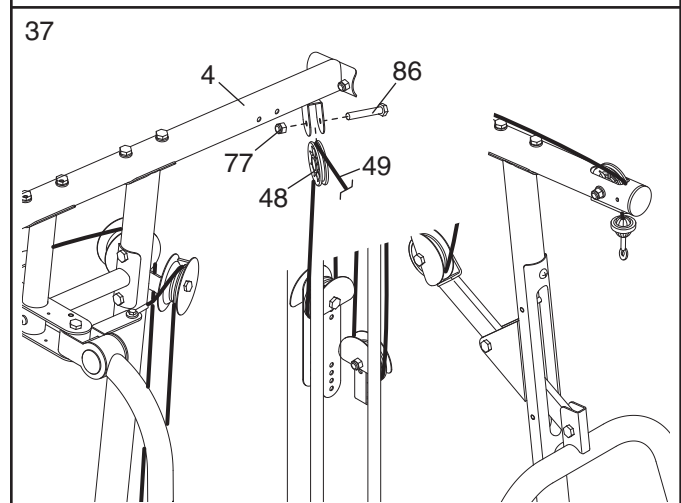
35. Wrap the Lat Cable (49) over a 90mm Pulley (48). Attach the Pulley to the Left Top Frame (126) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (77).



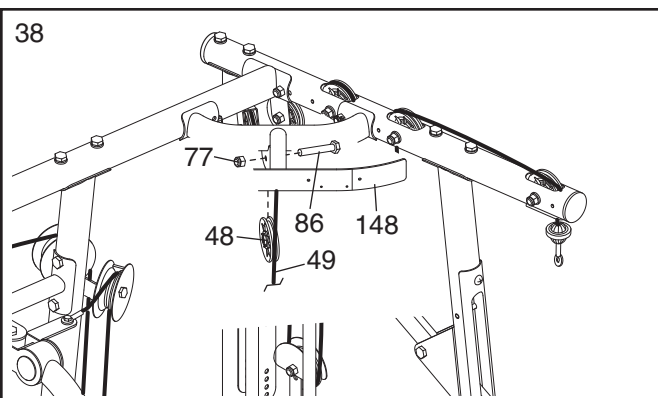
36. Wrap the Lat Cable (49) under a 90mm Pulley (48). Attach the Pulley, a Cable Trap (56), and two Half Guards (55) at the second hole from the top of the two Pulley Plates (60) with an M10 x 50mm Bolt (97) and an M10 Nylon Locknut (77). **Make sure the Cable Trap and Half Guards are oriented as shown.**



37. Wrap the Lat Cable (49) over a 90mm Pulley (48). Attach the Pulley to the Right Top Frame (4) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (77).

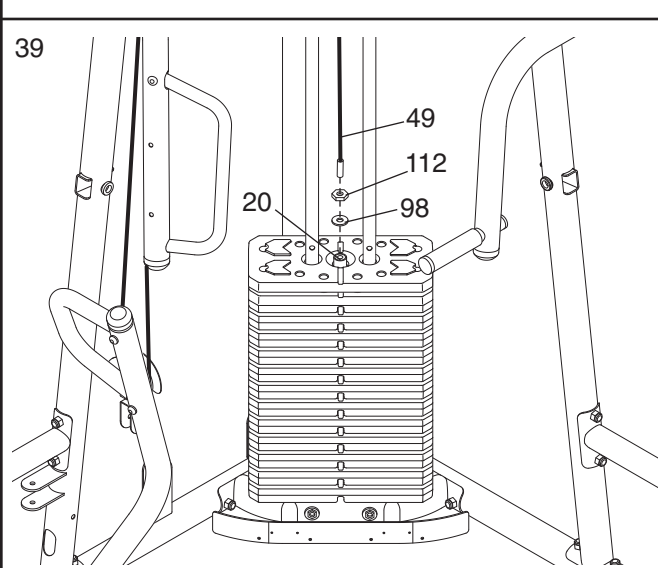


38. Wrap the Lat Cable (49) over a 90mm Pulley (48). Attach the Pulley to the Top Center Frame (148) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (77).

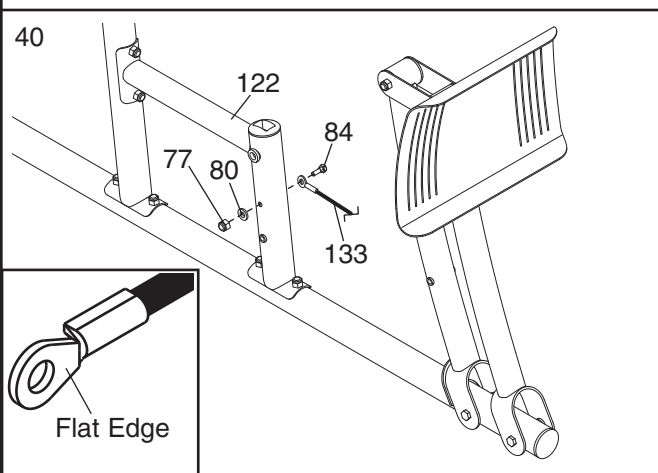


39. Set an M12 Large Washer (98) on top of the Weight Tube (20). Thread the M12 Nut (112) all the way onto the Lat Cable (49).

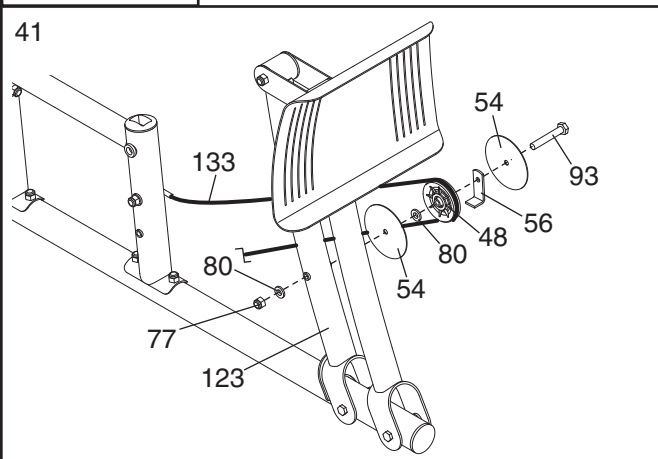
Thread the Lat Cable (49) into the Weight Tube (20) **two turns**. Tighten the M12 Nut (112) against the M12 Large Washer (98).



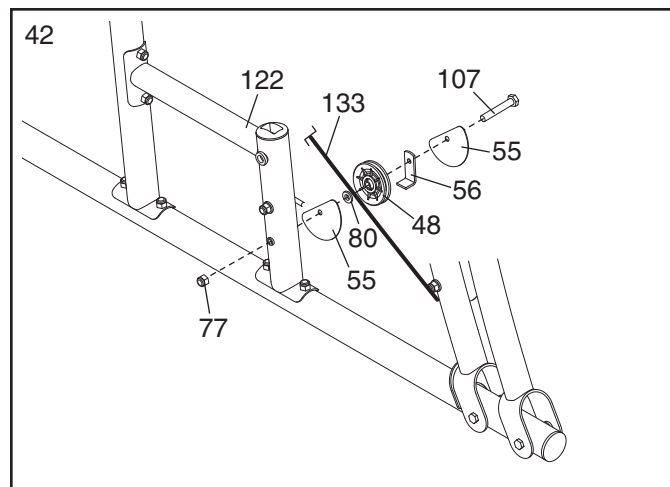
40. **Identify the Press Cable (133).** Attach the Cable to the Left Frame (122) with an M10 x 82mm Bolt (84), an M10 Washer (80), and an M10 Nylon Locknut (77). **Make sure the flat edge of the Cable is against the Left Frame.**



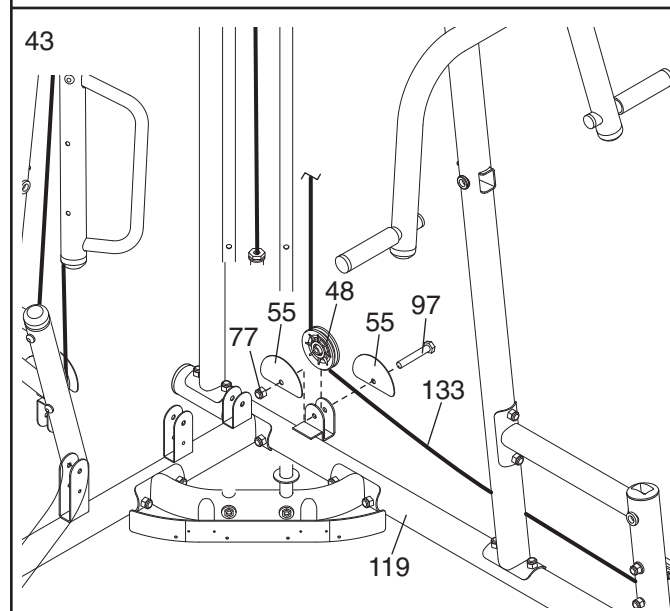
41. Wrap the Press Cable (133) over a 90mm Pulley (48). Attach the Pulley and a Cable Trap (56) to the Leg Press Frame (123) with an M10 x 110mm Bolt (93), two Guards (54), two M10 Washers (80), and an M10 Nylon Locknut (77). **Make sure the Cable Trap is oriented as shown.**



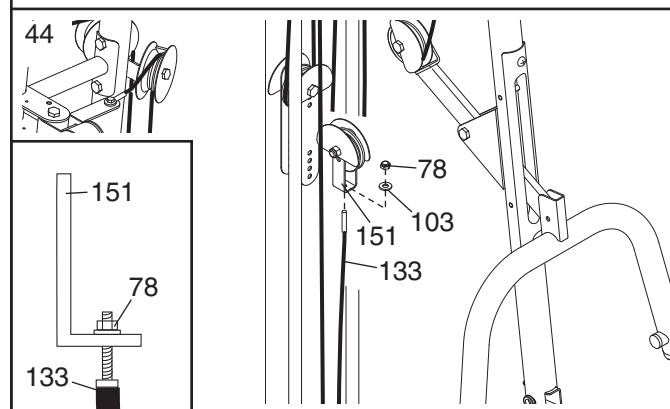
42. Route the Press Cable (133) under a 90mm Pulley (48). Attach the Pulley and a Cable Trap (56) to the Left Frame (122) with an M10 x 116mm Bolt (107), two Half Guards (55), an M10 Washer (80), and an M10 Nylon Locknut (77). **Make sure the Cable Trap and the Half Guards are oriented as shown.**



43. Route the Press Cable (133) under a 90mm Pulley (48). Attach the Pulley to the Left Base (119) with an M10 x 50mm Bolt (97), two Half Guards (55), and an M10 Nylon Locknut (77). **Make sure the Half Guards are oriented as shown.**

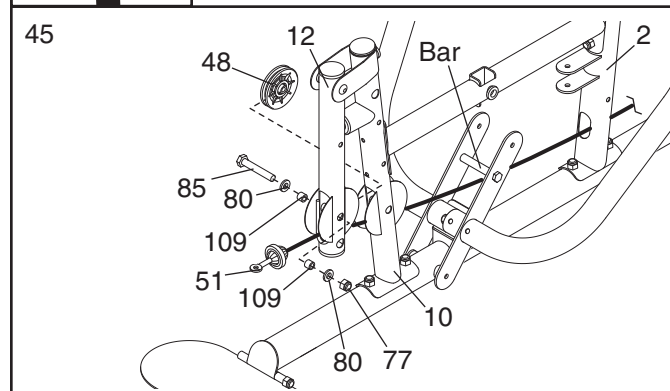


44. Attach the Press Cable (133) to the "U"-bracket (151) with an M8 Washer (103) and an M8 Nylon Locknut (78). **See the inset drawing. Do not completely tighten the Nylon Locknut; it should be tightened so that only two threads of the Cable show past the Nylon Locknut.**

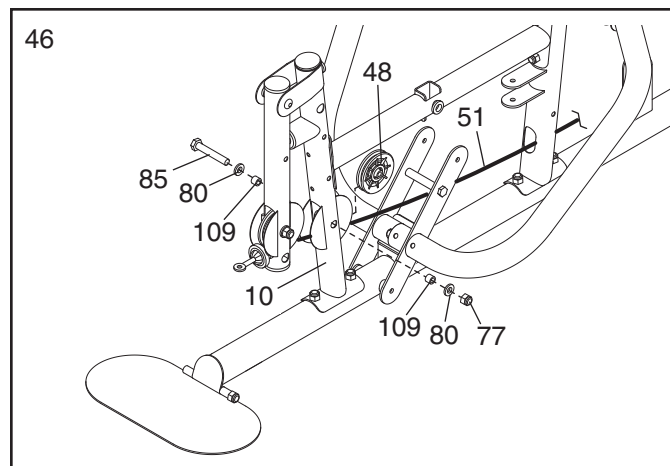


45. **Identify the Leg Lever Cable (51).** Route the Cable through the Leg Lever (12) and the Front Leg (10), under the indicated bar, and through the Right Upright (2).

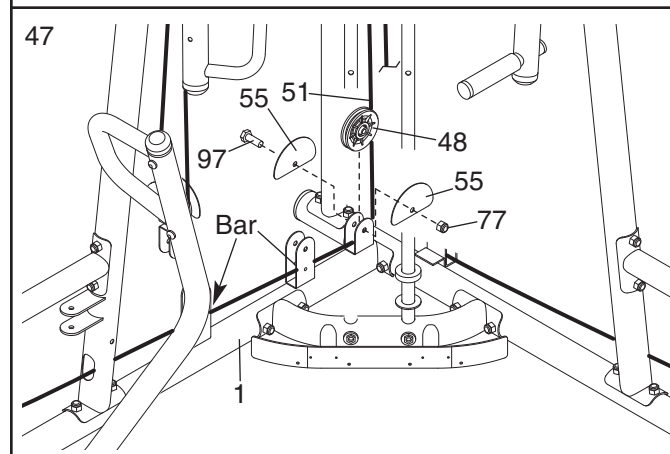
Insert a 90mm Pulley (48) into the Leg Lever (12) from the indicated direction. Attach the Pulley to the Leg Lever with an M10 x 68mm Bolt (85), two M10 Washers (80), two 13mm Steel Spacers (109), and an M10 Nylon Locknut (77).



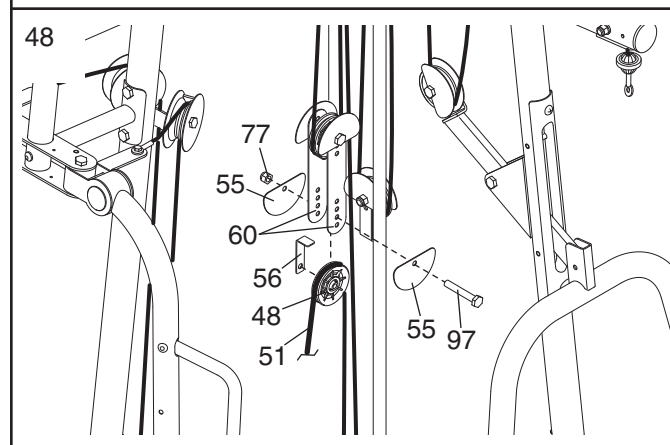
46. Insert a 90mm Pulley (48) into the Front Leg (10) from the indicated direction. Attach the Pulley to the Front Leg with an M10 x 68mm Bolt (85), two M10 Washers (80), two 13mm Steel Spacers (109) and an M10 Nylon Locknut (77).



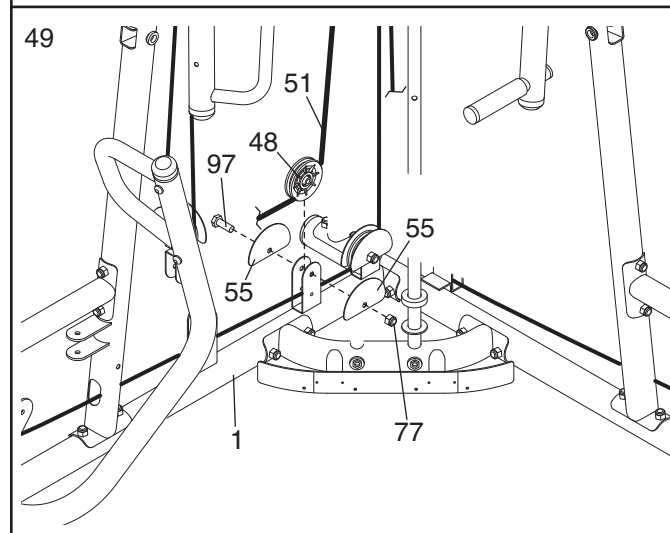
47. Route the Leg Lever Cable (51) under the indicated bars on the Right Base (1). Then, wrap the Cable under a 90mm Pulley (48). Attach the Pulley to the Right Base with an M10 x 50mm Bolt (97), two Half Guards (55), and an M10 Nylon Locknut (77). **Make sure the Half Guards are oriented as shown.**



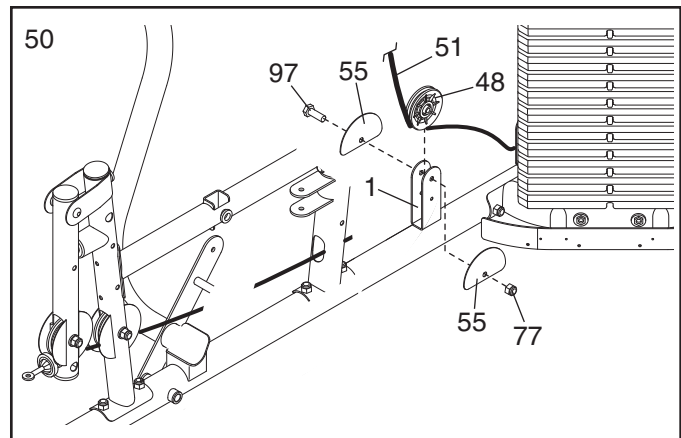
48. Wrap the Leg Lever Cable (51) over a 90mm Pulley (48). Attach the Pulley, a Cable Trap (56), and two Half Guards (55) to the second hole from the bottom of the Pulley Plates (60) with an M10 x 50mm Bolt (97) and an M10 Nylon Locknut (77). **Make sure the Cable Trap and the Half Guards are oriented as shown.**



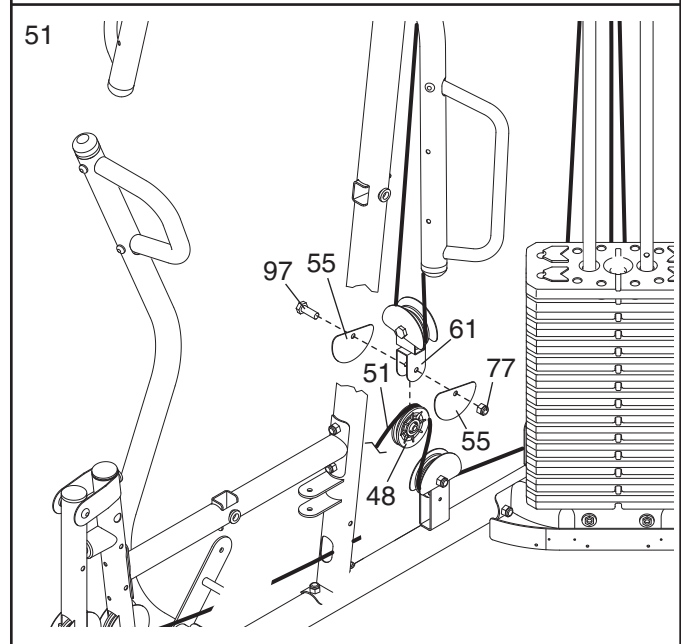
49. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley to the Right Base (1) with an M10 x 50mm Bolt (97), two Half Guards (55), and an M10 Nylon Locknut (77). **Make sure the Half Guards are oriented as shown.**



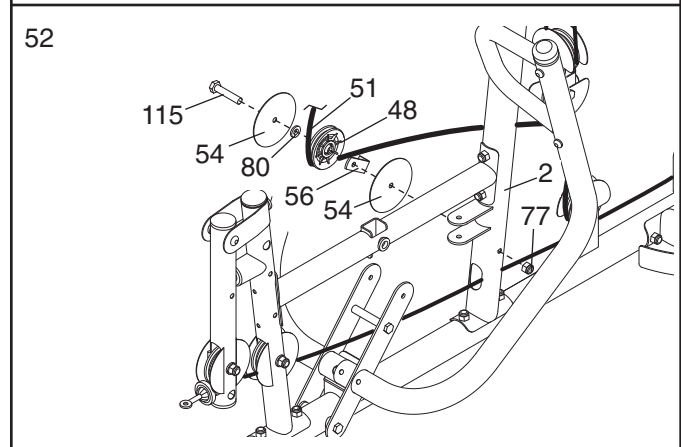
50. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley to the Right Base (1) with an M10 x 50mm Bolt (97), two Half Guards (55), and an M10 Nylon Locknut (77). **Make sure the Half Guards are oriented as shown.**



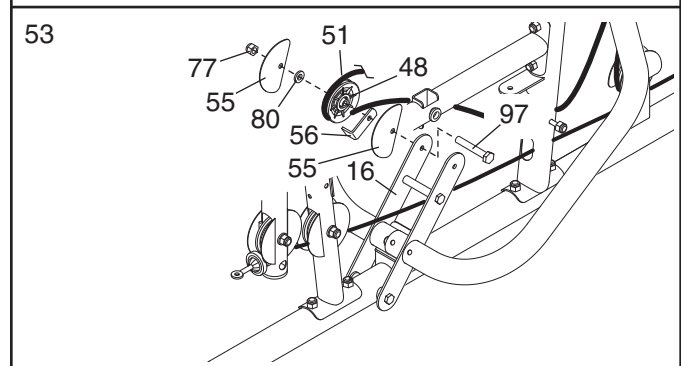
51. Wrap the Leg Lever Cable (51) over a 90mm Pulley (48). Attach the Pulley to the Double "U"-bracket (61) with an M10 x 50mm Bolt (97), two Half Guards (55), and an M10 Nylon Locknut (77). **Make sure the Half Guards are oriented as shown.**



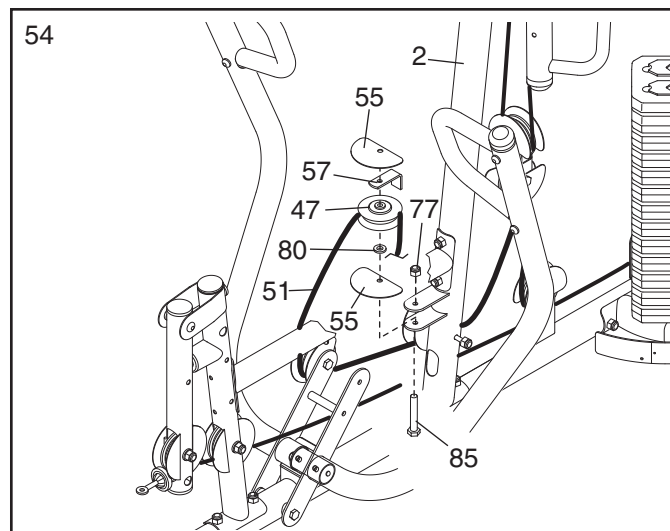
52. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley and a Cable Trap (56) to the Right Upright (2) with an M10 x 120mm Bolt (115), two Guards (54), an M10 Washer (80), and an M10 Nylon Locknut (77). **Only tighten the Nylon Locknut two turns. Make sure the Cable Trap is oriented as shown.**



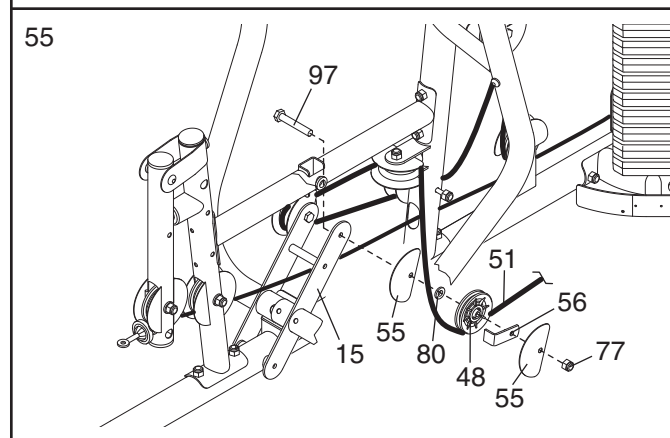
53. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley and a Cable Trap (56) to the Right Press Arm (16) with an M10 x 50mm Bolt (97), two Half Guards (55), an M10 Washer (80), and an M10 Nylon Locknut (77). **Make sure the Cable Trap is oriented as shown.**



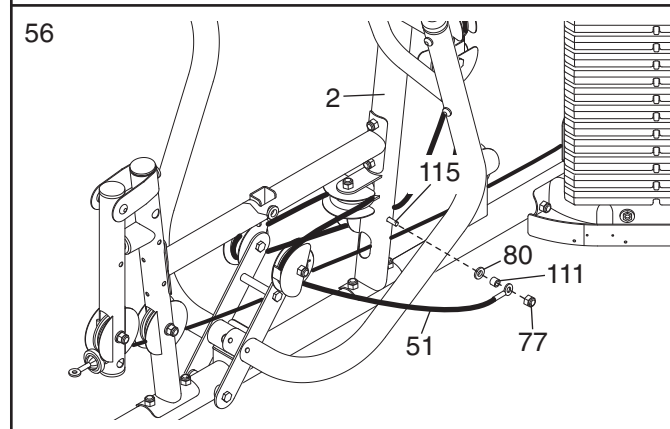
54. Wrap the Leg Lever Cable (51) around a “V”-pulley (47). Attach the Pulley to the Right Upright (2) with an M10 x 68mm Bolt (85), two Half Guards (55), an M10 Washer (80), a Long Cable Trap (57), and an M10 Nylon Locknut (77). **Make sure the Cable Trap and Half Guards are oriented as shown.**



55. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley and a Cable Trap (56) to the Left Press Arm (15) with an M10 x 50mm Bolt (97), two Half Guards (55), an M10 Washer (80), and an M10 Nylon Locknut (77). **Make sure the Cable Trap and Half Guards are oriented as shown.**



56. Remove the indicated M10 Nylon Locknut (77). Attach the Leg Lever Cable (51) to the Right Upright (2) with the M10 x 120mm Bolt (115), an M10 Washer (80), a 7mm Spacer (111), and the M10 Nylon Locknut.

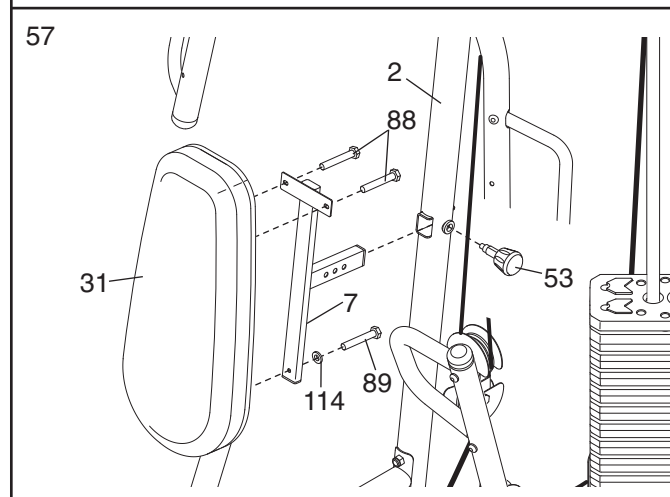


Seat Assembly

57. Attach a Backrest (31) to the Right Backrest Frame (7) with two M6 x 16mm Screws (88), an M6 x 32mm Screw (89), and an M6 Washer (114).

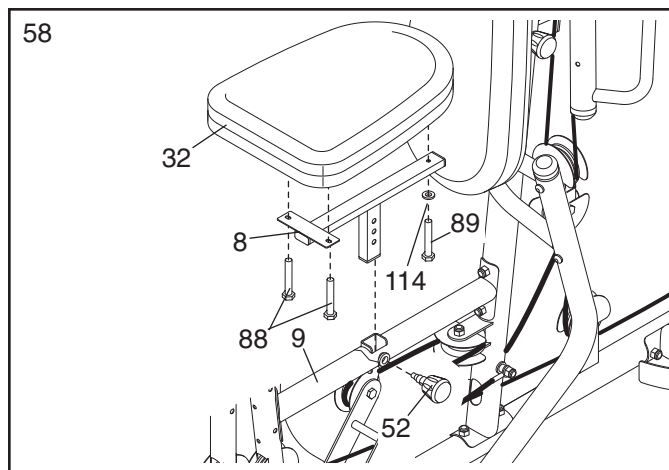
Insert the Right Backrest Frame (7) into the Right Upright (2) and tighten a Backrest Adjustment Knob (53) into the Upright. **Make sure the Adjustment Knob passes through one of the holes in the Backrest Frame.**

Repeat this step for the Left Backrest Frame (3, not shown).



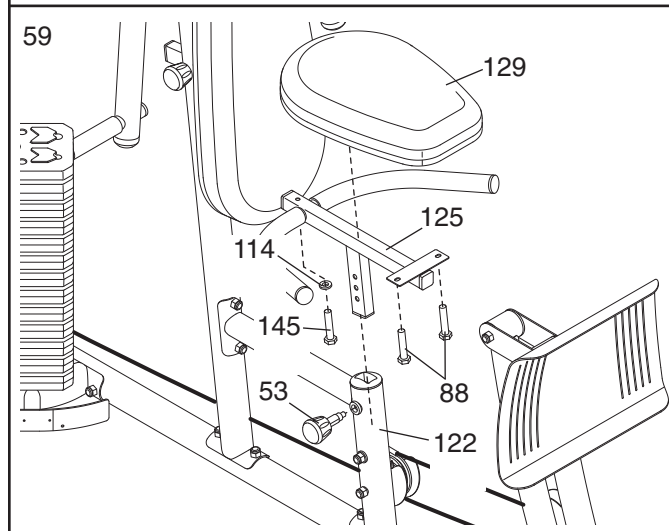
58. Attach the Right Seat (32) to the Right Seat Frame (8) with two M6 x 16mm Screws (88), an M6 x 32mm Screw (89), and an M6 Washer (114).

Insert the Right Seat Frame (8) into the Right Frame (9). Tighten the Seat Adjustment Knob (52) into the Right Frame and the Right Seat Frame. **Make sure the Adjustment Knob passes through one of the holes in the Right Seat Frame.**



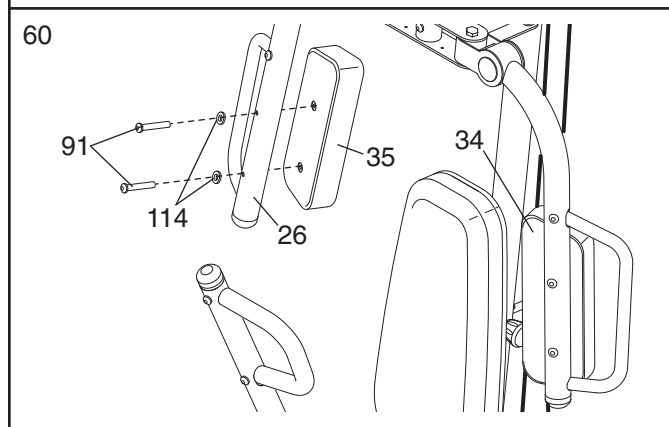
59. Attach the Left Seat (129) to the Left Seat Frame (125) with two M6 x 16mm Screws (88), an M6 x 45mm Screw (145), and an M6 Washer (114).

Insert the Left Seat Frame (125) into the Left Frame (122). Tighten a Backrest Adjustment Knob (53) into the Left Frame and the Left Seat Frame. **Make sure the Adjustment Knob passes through one of the holes in the Left Seat Frame.**



60. Attach the Right Butterfly Pad (35) to the Right Butterfly Arm (26) with two M6 x 60mm Button Screws (91) and two M6 Washers (114).

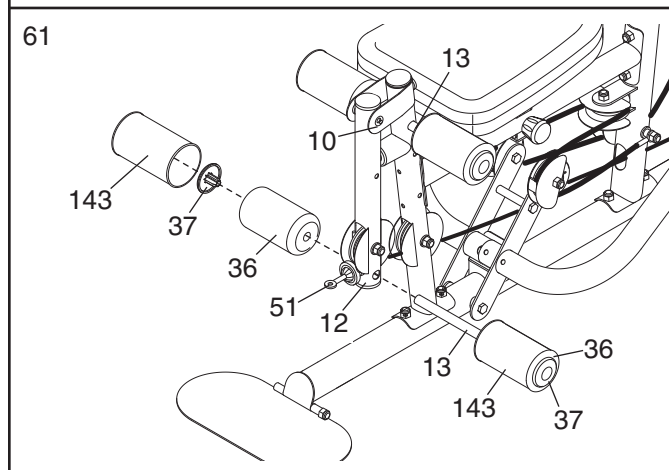
Repeat this step for the Left Butterfly Pad (34).



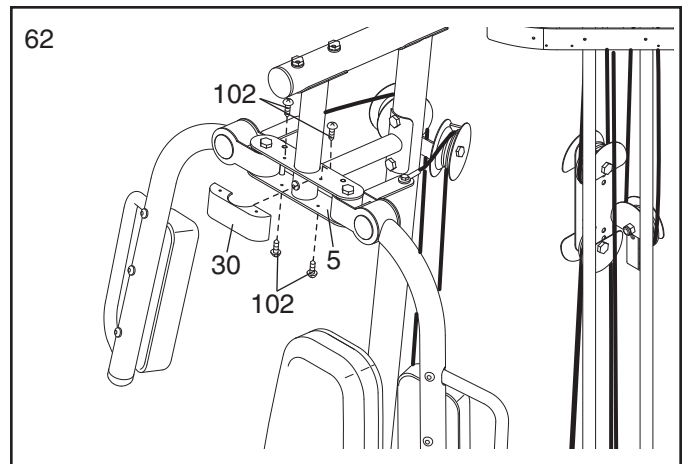
61. Insert a Pad Tube (13) through the indicated hole in the Leg Lever (12). Slide a Foam Pad (36) onto each end of the Pad Tube. **Note: Lift the Leg Lever Cable (51) when inserting a Pad Tube through the hole in the bottom of the Leg Lever.**

Press a Pad Cap (37) into an end of each Foam Pad (36) and slide a Foam Cover (143) onto each Foam Pad.

Repeat this step for the other Pad Tube (13) and the Front Leg (10).



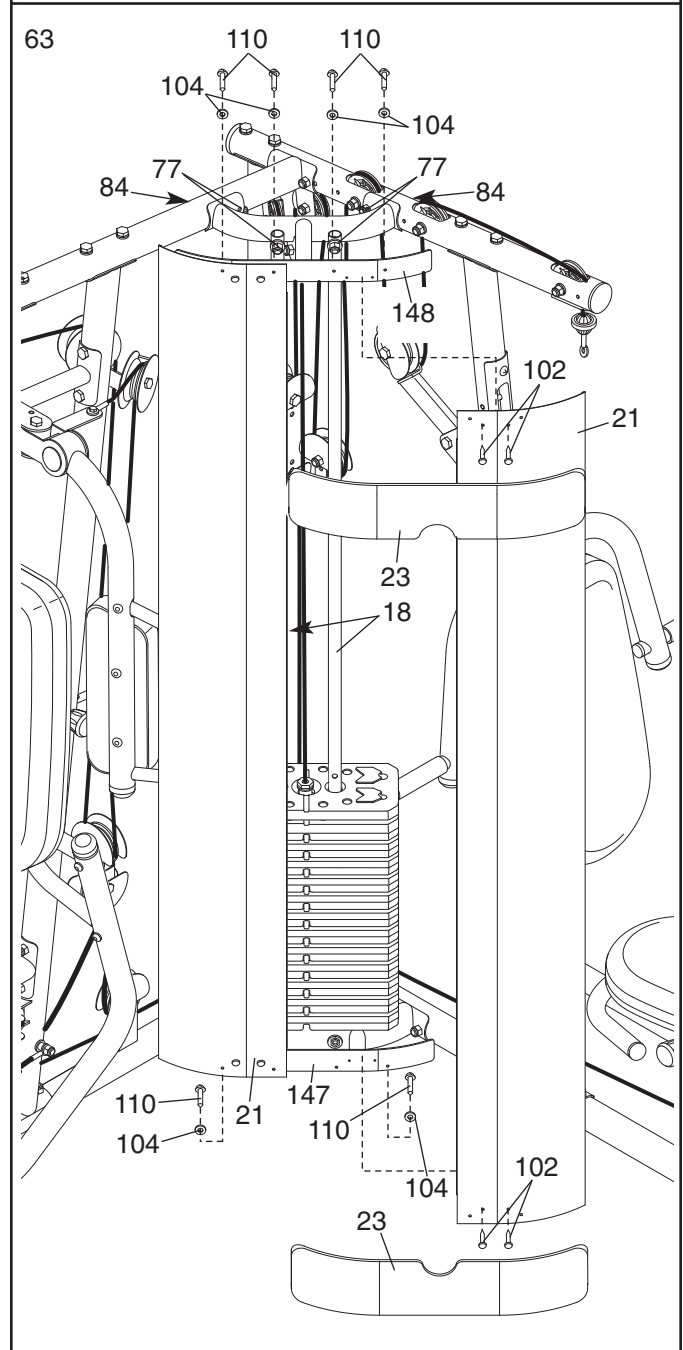
62. Attach the Butterfly Cover (30) to the Butterfly Frame (5) with four M4 x 12mm Self-tapping Screws (102).



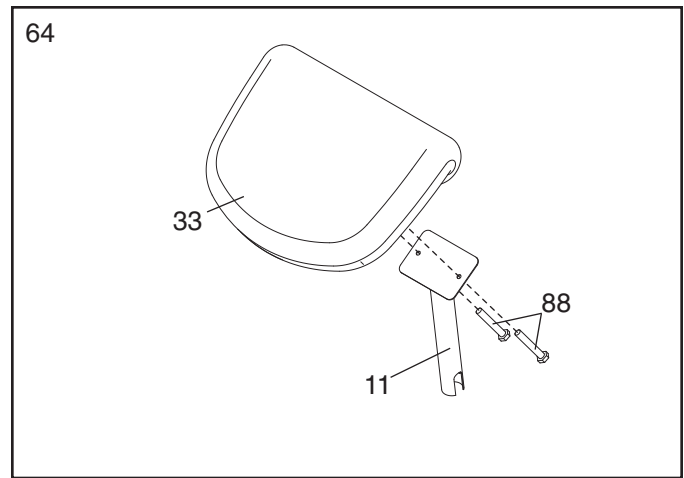
63. Attach a Shroud (21) to the Top Center Frame and Bottom Center Base (148, 147) with four M4 x 12mm Self-tapping Screws (102). **Note: It may be necessary to loosen the M10 Nylon Locknuts (77) and the two indicated M10 x 82mm Bolts (84) securing the Top Center Frame and the Weight Guides (18).**

Attach the other Shroud (21) in the same manner.

Attach the Shroud Covers (23) to the Shrouds (21) with six M4 x 16mm Self-tapping Screws (110) and six M4 Washers (104). **Tighten any M10 Nylon Locknuts (77) and M10 x 82mm Bolts (84) that were loosened.**



64. Attach the Curl Pad (33) to the Curl Post (11) with two M6 x 16mm Screws (88).



65. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 32 and 33 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 34.**

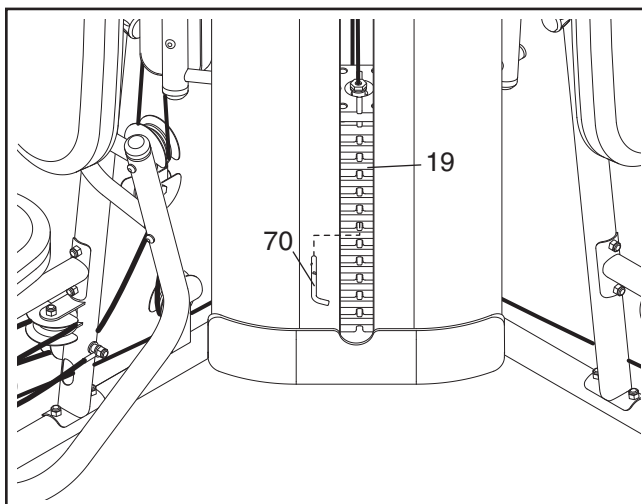
ADJUSTMENTS

This section explains how to adjust the weight system. Refer to the accompanying exercise guide to see the correct form for each exercise.

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

CHANGING THE WEIGHT SETTING

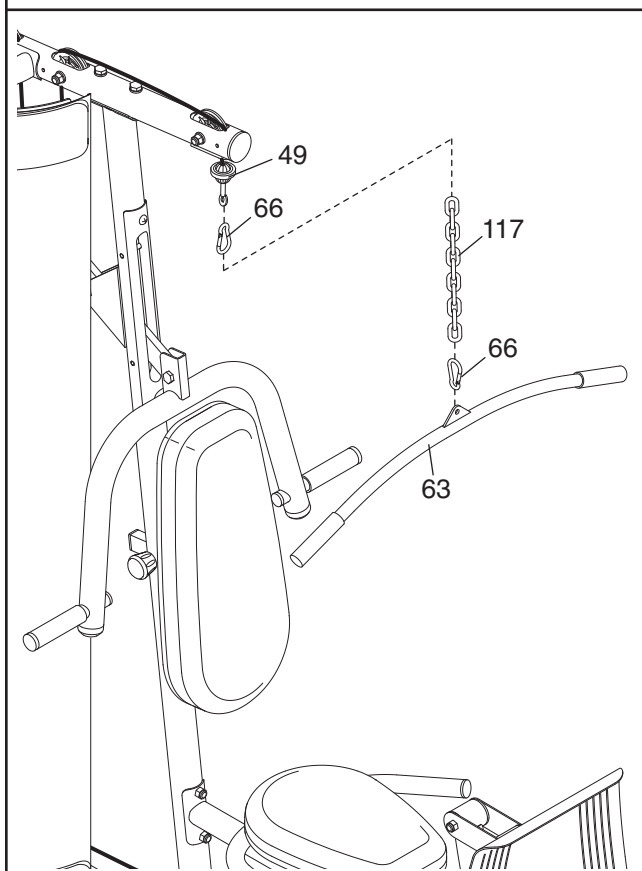
To change the weight setting of the weight stack, insert the Weight Pin (70) under the desired Weight (19). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end upward. **Note: The weight system works best when at least two Weights are used.**



ATTACHING THE ACCESSORIES

To attach the Lat Bar (63) to the Lat Cable (49), attach a Weight Clip (66) to the Lat Cable and the Lat Bar. **Note: For some exercises, you will need to attach the Chain (117) to the Weight Clip, and use another Weight Clip to attach the Chain to the Lat Bar.**

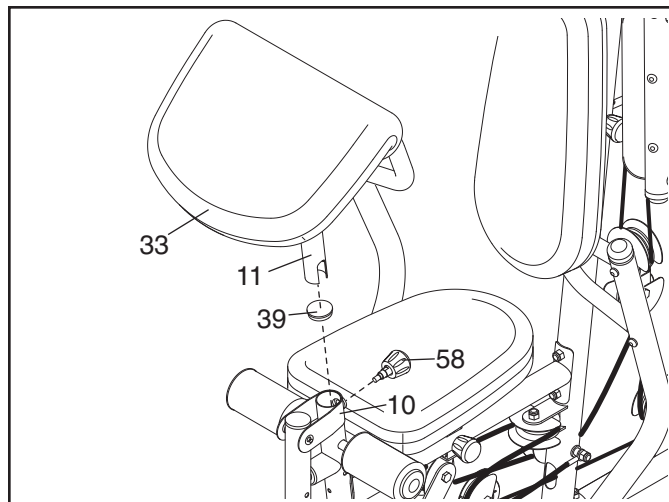
Attach the other accessories to the weight system in the same manner.



USING THE CURL PAD

To use the Curl Pad (33), remove the indicated 50mm Round Inner Cap (39) and insert the Curl Post (11) into the Front Leg (10). Tighten the Curl Adjustment Knob (58) into the Front Leg. Make sure the Curl Adjustment Knob passes through a hole in the Curl Post.

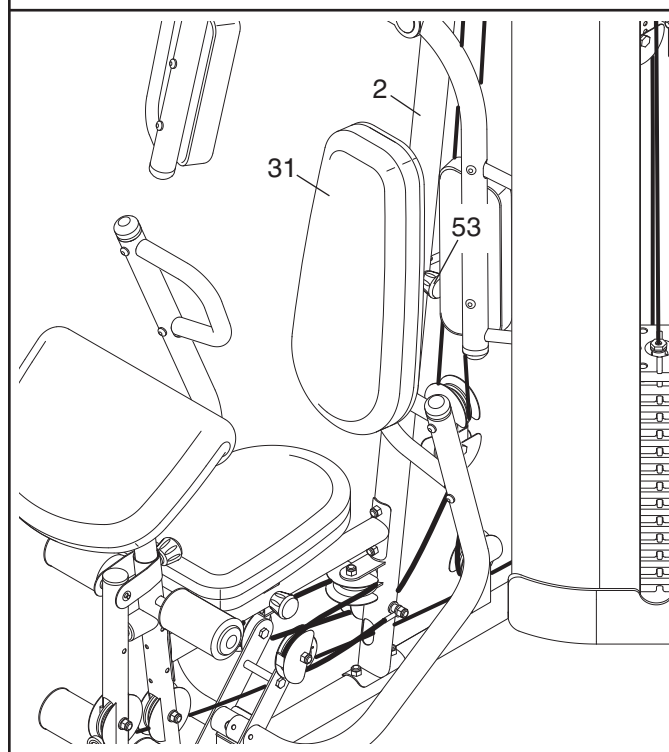
When you are performing exercises that do not require the Curl Pad (33), remove the Curl Pad and reinsert the 50mm Round Inner Cap (39) into the Front Leg (10). **Note: You must remove the Curl Pad to use the press arms.**



ADJUSTING THE BACKREST

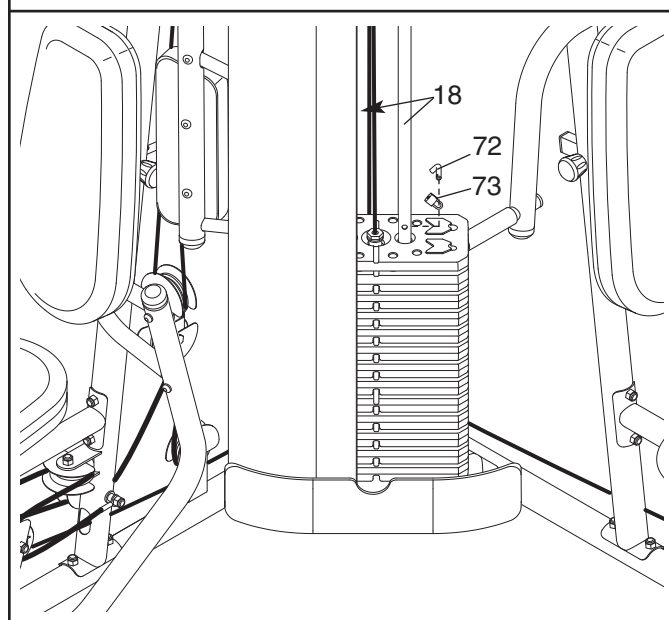
The Backrest (31) can be adjusted to provide the correct position for each exercise. To adjust the Backrest, loosen, but do not remove, the Backrest Adjustment Knob (53) and pull it out. Move the Backrest into or out of the Right Upright (2). Insert the Backrest Adjustment Knob into the Upright and through the Backrest Frame (not shown). Tighten the Backrest Adjustment Knob.

The Seats and the other Backrest (not shown) can be adjusted in the same manner.



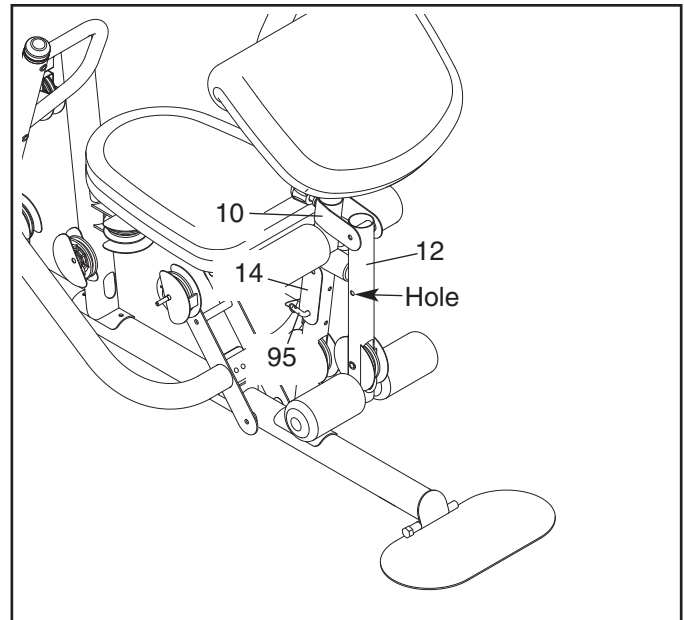
LOCKING THE WEIGHT STACK

To lock the weight stack, insert the Locking Pin (72) through one of the holes in the Weight Guides (18) and secure the Locking Pin with the Lock (73).



LOCKING THE LEG LEVER

To lock or unlock the Leg Lever (12), remove the Lock Plate Pin (95) from the Lock Plate (14). Move the Lock Plate to either the position shown on the Front Leg (10), or the indicated hole in the Leg Lever. Insert the Lock Pin back through the Lock Plate.



WEIGHT RESISTANCE CHART

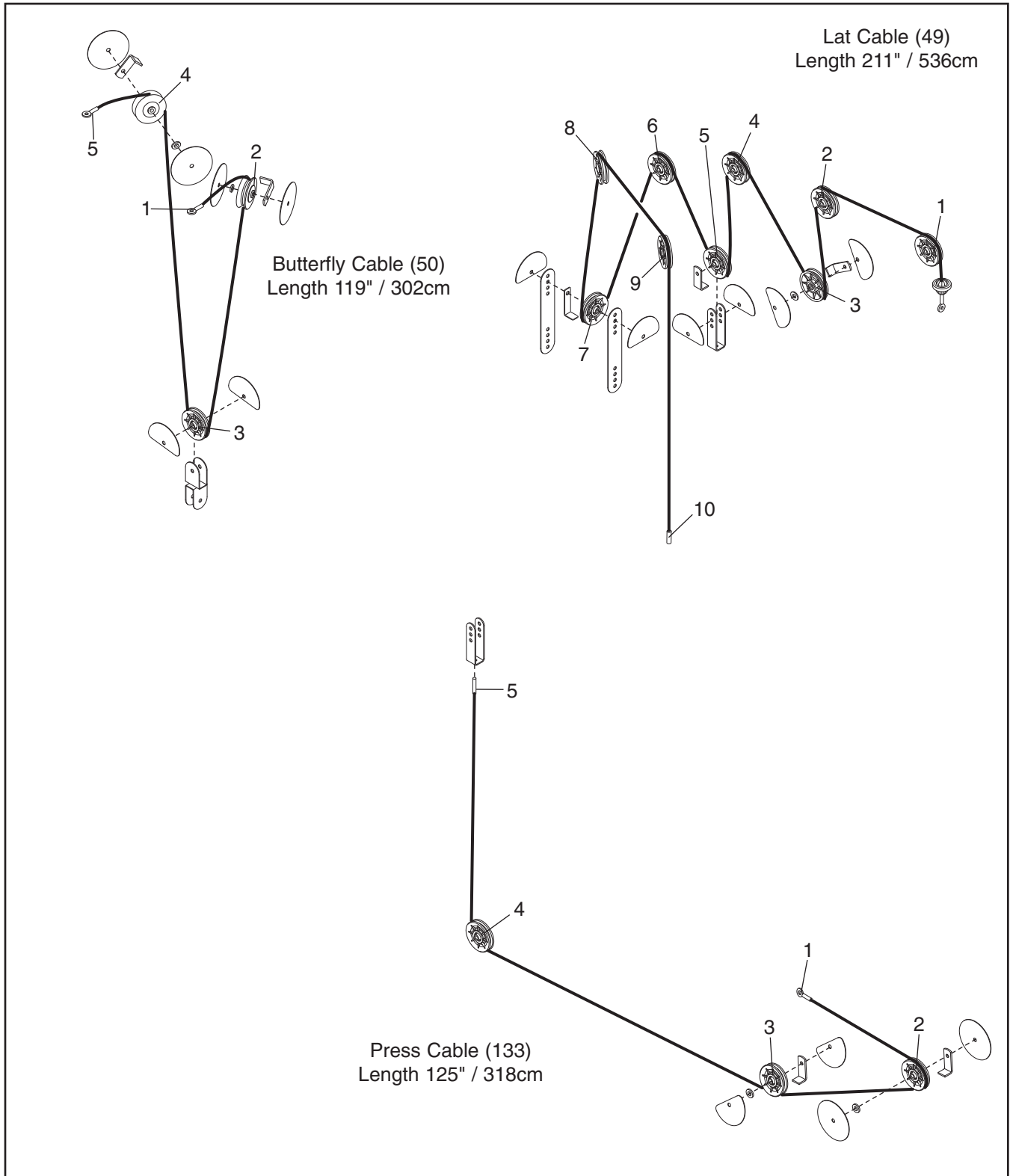
The chart below shows the approximate weight resistance at each exercise station. Weight resistance shown for the butterfly arm station is for each arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides. The maximum number of plates when performing exercises with the Butterfly Arms (25, 26) is 10.**

WEIGHT	HIGH PULLEY (lbs.)	BUTTER-FLY ARM (lbs.)	PRESS ARM (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)	MILITARY PRESS (lbs.)	LEG PRESS (lbs.)
1	45	19	49	34	29	40	69
2	64	22	61	47	41	47	93
3	76	28	76	62	54	57	115
4	95	36	90	74	67	66	140
5	103	42	106	88	80	81	160
6	117	51	123	98	97	94	185
7	136	57	144	112	110	107	210
8	150	64	157	127	124	113	224
9	173	70	176	143	137	125	256
10	190	75	190	151	155	133	288
11	210	80	212	164	169	149	315
12	222	89	227	183	188	165	338

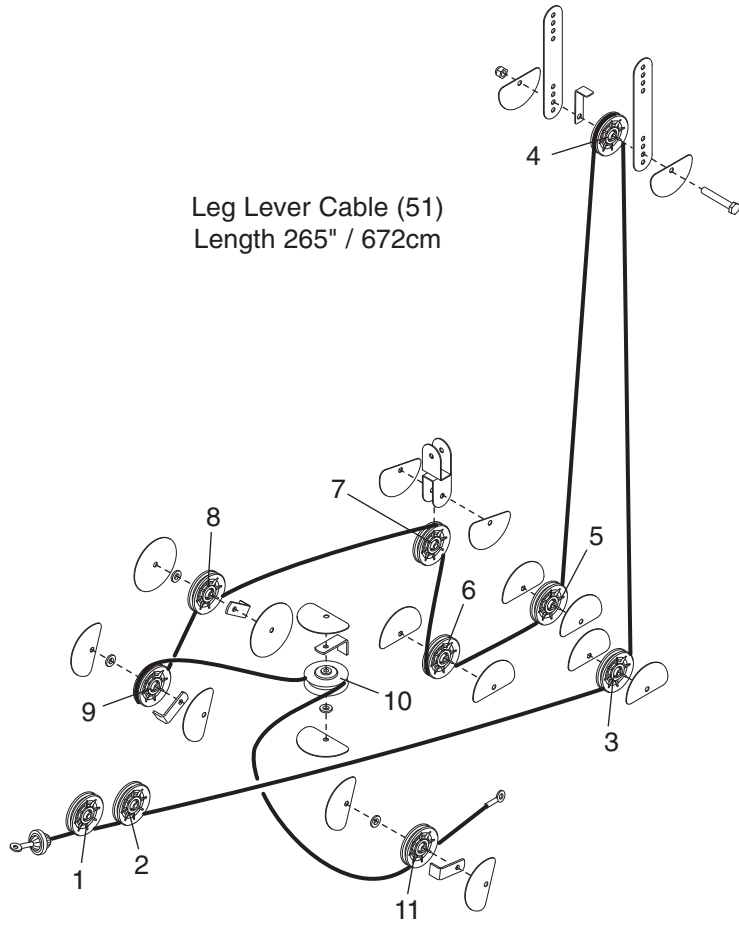
Note: 1 lb. equals .454 kg.

CABLE DIAGRAM

The cable diagram shows the proper routing of the cables (49, 50, 133, 51). Use the diagram to make sure that the cable and the cable traps have been assembled correctly. If the cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the cable. **Make sure that the cable traps do not touch or bind the cable.**



Leg Lever Cable (51)
Length 265" / 672cm



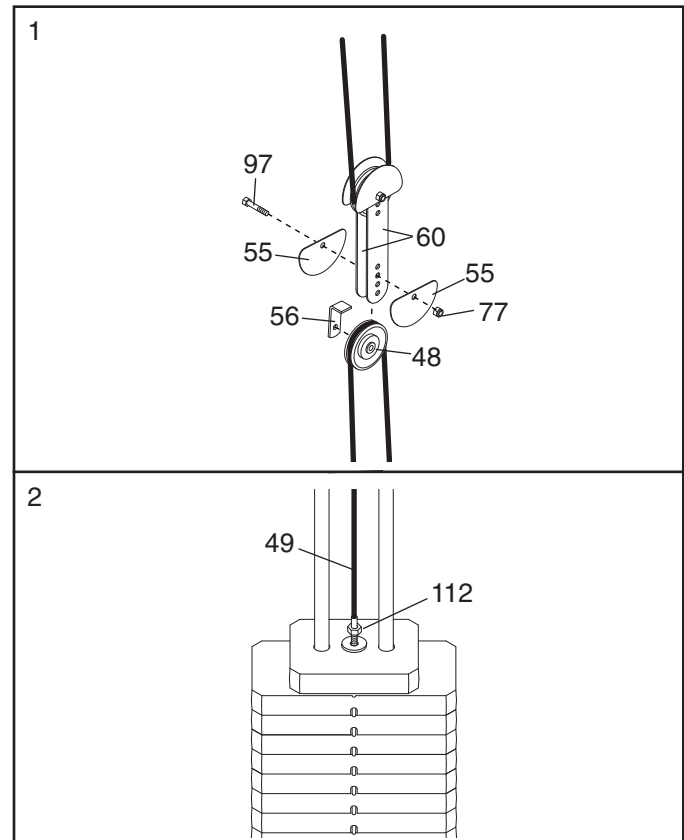
MAINTENANCE

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

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

- **See drawing 1.** Remove the M10 Nylon Locknut (77) and the M10 x 50mm Bolt (97) from the Cable Trap (56), the 90mm Pulley (48), the two Half Guards (55), and the two Pulley Plates (60). Reattach the Pulley, Cable Trap, and Half Guards to the next closer hole to the center of the Pulley Plates. **Make sure that the Cable Trap is oriented to hold the cable in the groove of the Pulley, that the Half Guards are oriented as shown, and that the Cable and Pulley move smoothly.**
- **See drawing 2.** Loosen the M12 Nut (112) on the Lat Cable (49). Tighten the Cable into the Weight Tube (not shown) until the slack is removed from the Cable. Retighten the M12 Nut against the M12 Washer (98).



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see the part ordering information on the back cover of this manual.

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for three minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for one minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight 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

Cross training is an efficient way to implement a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overexerting yourself during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. 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. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

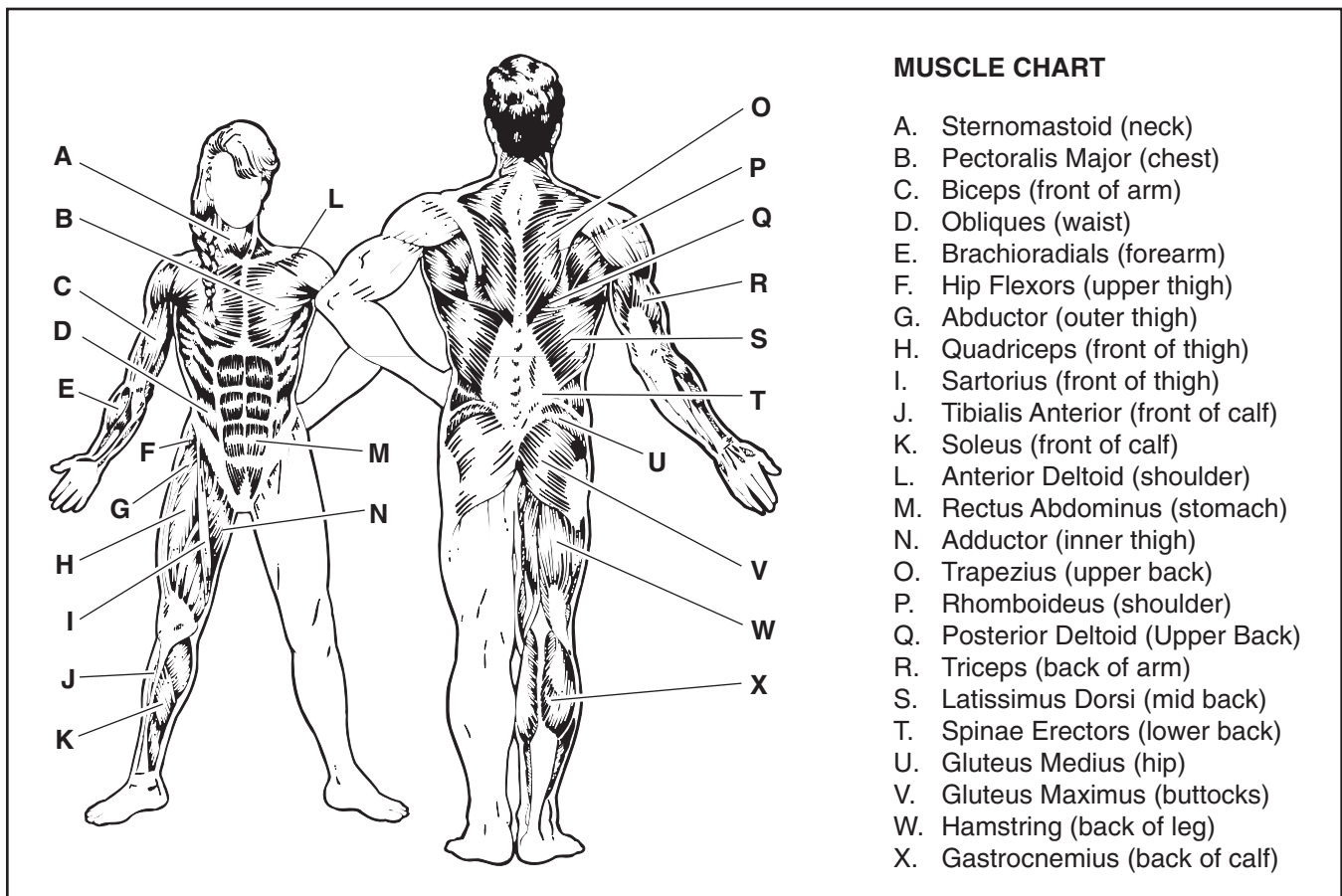
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on pages 37, 38 can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
 Date: _____ / ____ / ____

WEDNESDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
 Date: _____ / ____ / ____

FRIDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

MONDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
 Date: _____ / ____ / ____

WEDNESDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
 Date: _____ / ____ / ____

FRIDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. 831.14623.0

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	55	28	Half Guard
2	1	Right Upright	56	9	Cable Trap
3	1	Left Backrest Frame	57	3	Long Cable Trap
4	1	Right Top Frame	58	1	Curl Adjustment Knob
5	1	Butterfly Frame	59	2	90mm Spacer
6	1	Butterfly Frame Brace	60	2	Pulley Plate
7	1	Right Backrest Frame	61	1	Double "U"-bracket
8	1	Right Seat Frame	62	1	Ankle Strap
9	1	Right Frame	63	1	Lat Bar
10	1	Front Leg	64	2	Hand Grip
11	1	Curl Post	65	1	Handle
12	1	Leg Lever	66	2	Weight Clip
13	2	Pad Tube	67	6	19mm Spacer
14	1	Lock Plate	68	10	25mm Bushing
15	1	Left Press Arm	69	1	57mm Spacer
16	1	Right Press Arm	70	1	Weight Pin
17	2	Press Arm Handle	71	2	Weight Bumper
18	2	Weight Guide	72	1	Lock Pin
19	12	Weight	73	1	Lock
20	1	Weight Tube	74	12	16mm Bushing
21	2	Shroud	75	1	Leg Lever Bumper
22	2	Butterfly Handgrip	76	1	Weight Tube Cap
23	2	Shroud Cover	77	54	M10 Nylon Locknut
24	1	Upright Cover	78	38	M8 Nylon Locknut
25	1	Left Butterfly Arm	79	4	M10 x 63mm Bolt
26	1	Right Butterfly Arm	80	44	M10 Washer
27	2	Butterfly Handle	81	2	M10 x 90mm Bolt
28	1	Left Butterfly Bracket	82	2	M10 x 75mm Bolt
29	1	Right Butterfly Bracket	83	10	M8 x 75mm Carriage Bolt
30	1	Butterfly Cover	84	14	M10 x 82mm Bolt
31	2	Backrest	85	4	M10 x 68mm Bolt
32	1	Right Seat	86	3	M10 x 45mm Bolt
33	1	Curl Pad	87	1	M8 x 69mm Shoulder Bolt
34	1	Left Butterfly Pad	88	10	M6 x 16mm Screw
35	1	Right Butterfly Pad	89	3	M6 x 32mm Screw
36	4	Foam Pad	90	2	M8 x 22mm Shoulder Bolt
37	4	Pad Cap	91	4	M6 x 60mm Button Screw
38	5	64mm Round Inner Cap	92	2	M10 x 82mm Button Screw
39	3	50mm Round Inner Cap	93	3	M10 x 110mm Bolt
40	4	Press Arm Cap	94	1	Military Arm Bumper
41	4	40mm x 20mm x 1mm Inner Cap	95	1	Lock Plate Pin
42	2	40mm x 25mm x 1mm Inner Cap	96	1	M4 x 25mm Self-tapping Screw
43	2	Butterfly Arm Cap	97	12	M10 x 50mm Bolt
44	2	Bolt Cap	98	1	M12 Large Washer
45	4	Butterfly Arm Bushing	99	8	11mm Spacer
46	8	Bracket Bushing	100	22	M8 x 80mm Bolt
47	3	"V"-pulley	101	2	M8 x 65mm Bolt
48	23	90mm Pulley	102	14	M4 x 12mm Self-tapping Screw
49	1	Lat Cable	103	26	M8 Washer
50	1	Butterfly Cable	104	8	M4 Washer
51	1	Leg Lever Cable	105	2	M10 Large Washer
52	1	Seat Adjustment Knob	106	6	M10 x 65mm Button Bolt
53	3	Backrest Adjustment Knob			
54	8	Guard			

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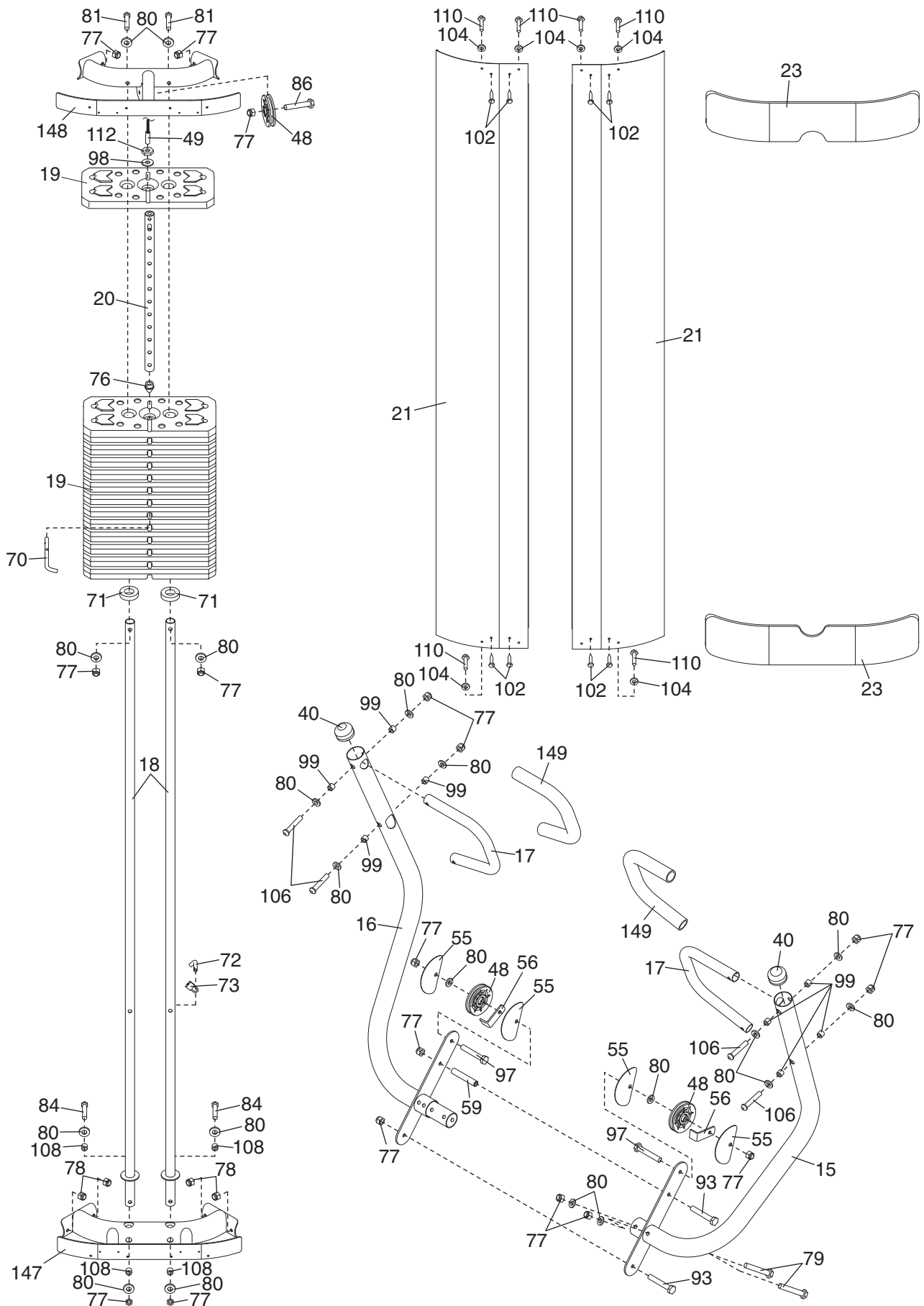
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Key No.	Qty.	Description	Key No.	Qty.	Description
107	1	M10 x 116mm Bolt	132	1	Front Leg Press Frame
108	4	20mm Steel Spacer	133	1	Press Cable
109	8	13mm Steel Spacer	134	2	32mm Square Inner Cap
110	7	M4 x 16mm Self-tapping Screw	135	1	Left Frame Cap
111	1	7mm Spacer	136	1	44mm Bushing
112	1	M12 Nut	137	2	Top Frame Plate
113	2	40mm x 20mm x 2mm Inner Cap	138	2	77mm Bushing
114	8	M6 Washer	139	2	40mm x 25mm x 2mm Inner Cap
115	1	M10 x 120mm Bolt	140	2	M10 x 100mm Bolt
116	1	M10 x 60mm Bolt Set	141	1	M10 x 141mm Bolt
117	1	Chain	142	1	M10 x 40mm Bolt
118	1	M10 x 75mm Button Screw	143	4	Foam Cover
119	1	Left Base	144	2	28mm Round Inner Cap
120	1	Left Upright	145	1	M6 x 45mm Screw
121	1	Rear Upright	146	1	Foot Plate
122	1	Left Frame	147	1	Bottom Center Base
123	1	Leg Press Frame	148	1	Top Center Frame
124	1	Leg Press	149	2	Press Arm Handgrip
125	1	Left Seat Frame	150	4	34mm Round Inner Cap
126	1	Left Top Frame	151	1	“U”-bracket
127	1	Military Press Frame	#	1	User’s Manual
128	1	Military Press Arm	#	1	Exercise Guide
129	1	Left Seat	#	5	Hex Key
130	2	Long Handgrip	#	3	Grease Pack
131	2	Short Handgrip			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

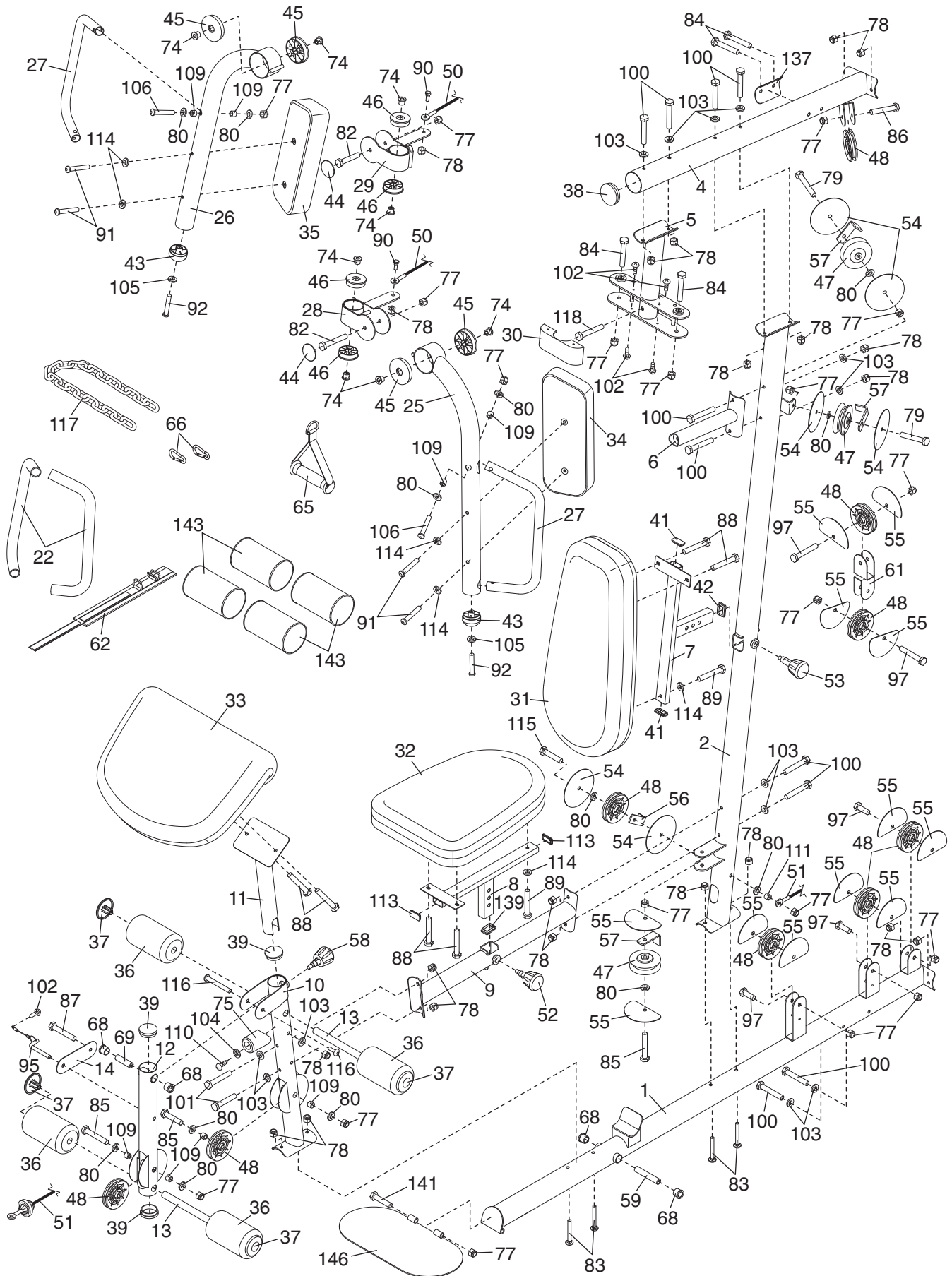
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If this Sears WEIGHT SYSTEM EXERCISER fails due to a defect in material or workmanship within 90 days of the date of purchase, call 1-800-4-MY-HOME® (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible).

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