



120

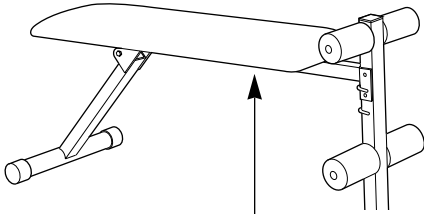
PATENT PENDING

WEIDER®

Model No. 831.150460

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



Serial Number Decal (under

EXERCISE
EQUIPMENT

QUESTIONS

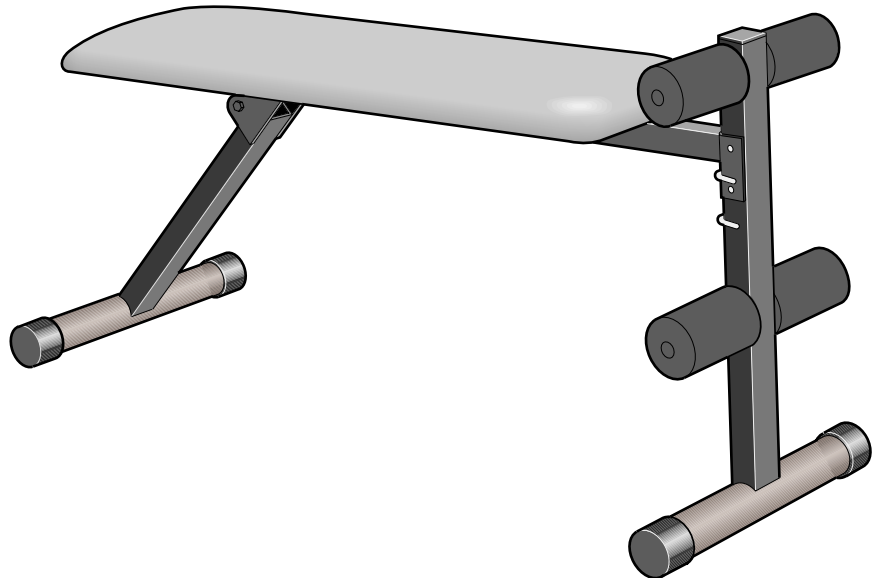
HELPLINE!

1-800-736-6879

CAUTION

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

USER'S MANUAL



SEARS

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS2
BEFORE YOU BEGIN3
ASSEMBLY4
ADJUSTING THE WEIDER PRO 1206
PART LIST7
EXPLODED DRAWING7
FULL 90 DAY WARRANTYBack Cover
ORDERING REPLACEMENT PARTSBack Cover

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep small children and pets away from the weight bench at all times.
6. Always wear athletic shoes for foot protection while exercising.
7. The weight bench does not include weights. The weight bench is designed to support a maximum of 250 pounds, including the user and weights.
8. When using the weight bench, make sure that the lock pins are fully inserted and are turned to the locked position.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
10. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.

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.

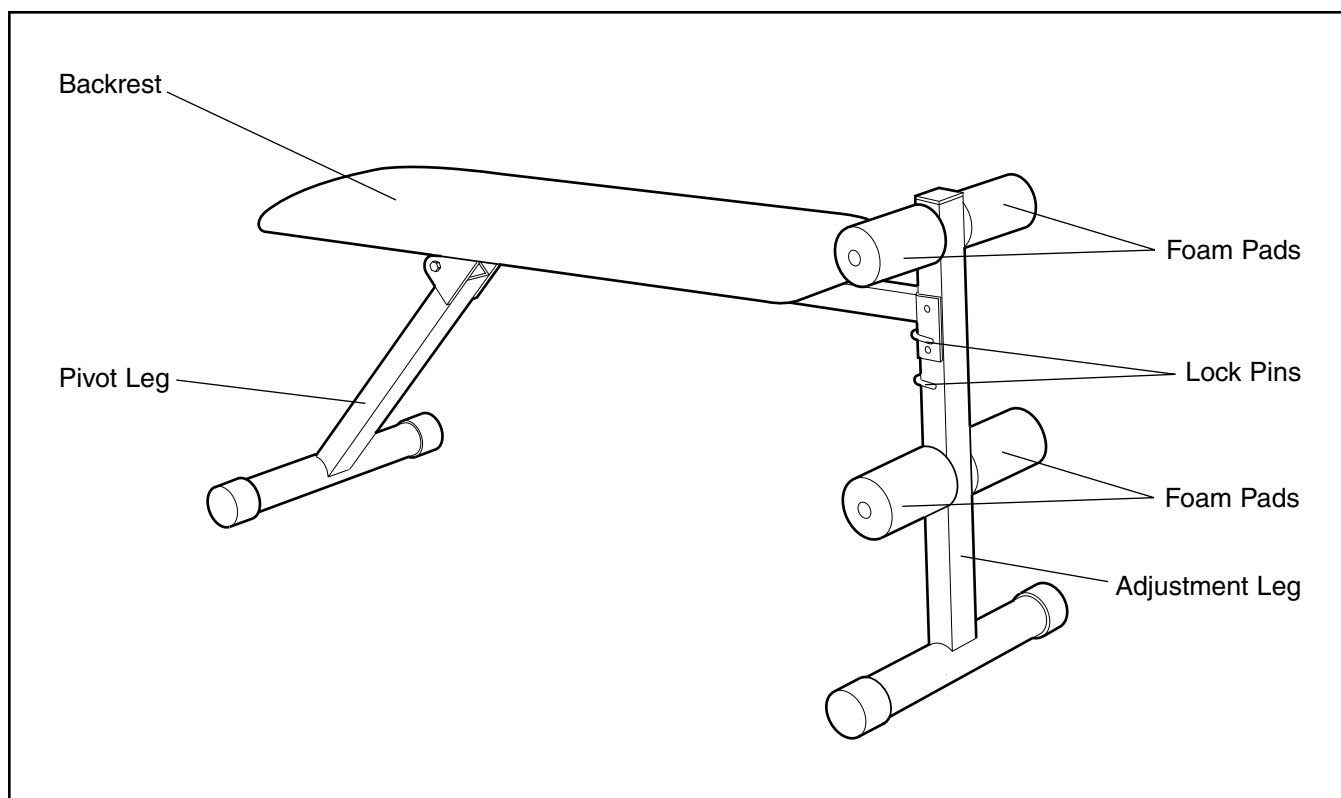
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 120 Weight Bench. The PRO 120 Weight Bench is designed to be used with your own weights (not included) to develop several muscle groups. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 120 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 120 Weight Bench. If you have additional questions, please call our toll-free

HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.150460. The serial number can be found on a decal attached to the PRO 120 Weight Bench (see the front cover of this manual).

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



ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

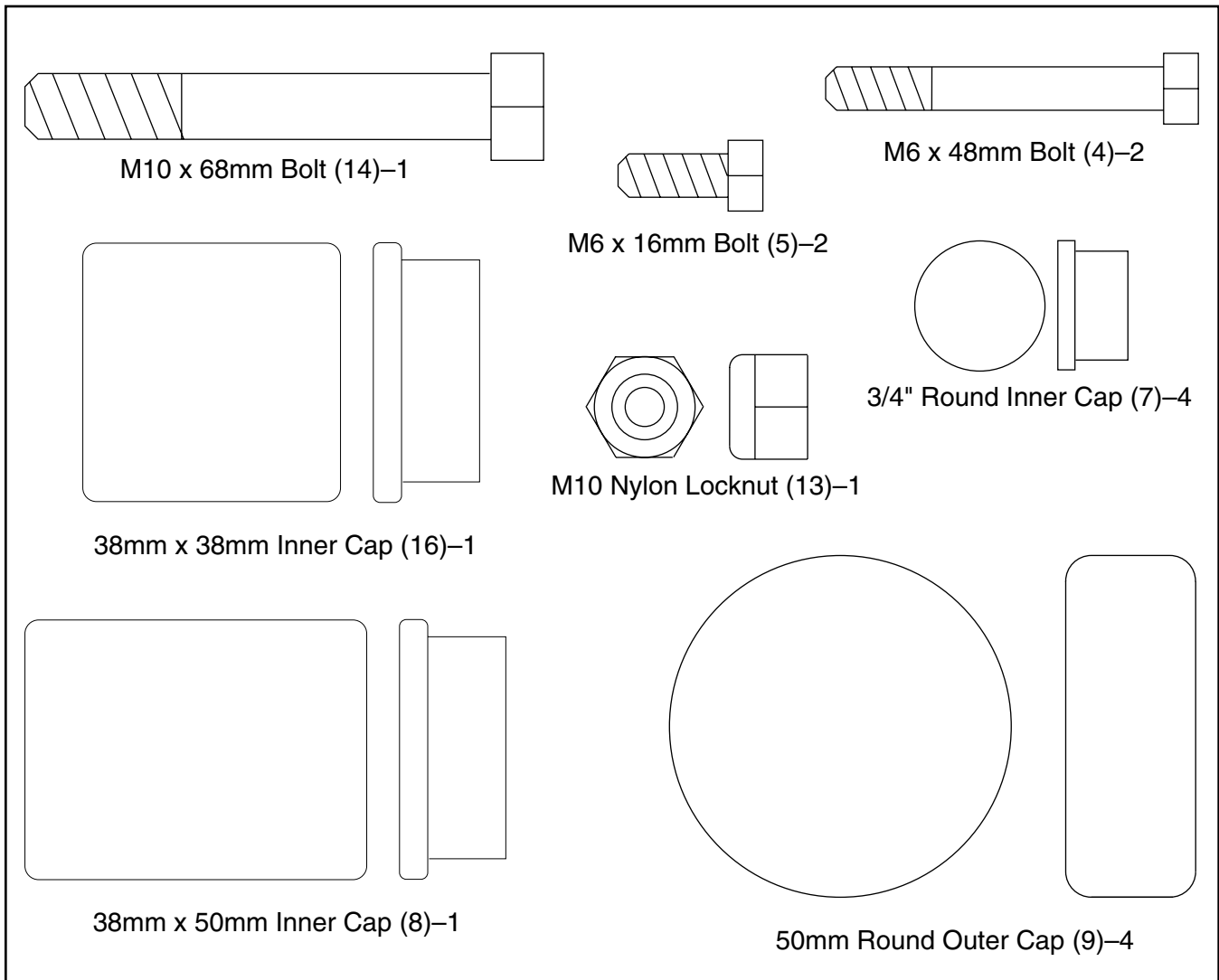
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, **use the part identification chart below**. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- During assembly, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches** 

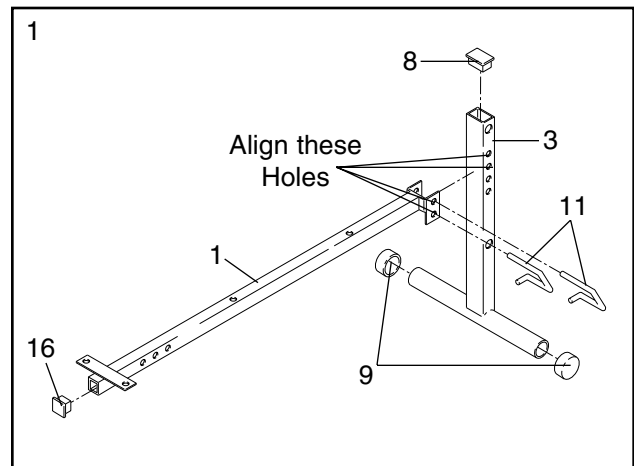
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.



1. **Before beginning assembly, be sure that you have read and understand the information on the previous page.**

Press a 38mm x 38mm Inner Cap (16) into the end of the Frame (1). Press Two 50mm Round Outer Caps (9) onto the Adjustment Leg (3). Press a 38mm x 50mm Inner Cap (8) into the end of the Adjustment Leg.

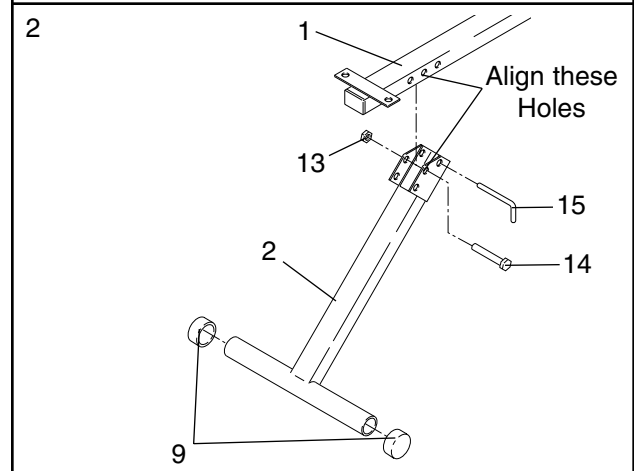
Align the indicated holes in the Frame (1) and the Adjustment Leg (3). Attach the Adjustment Leg to the Frame with two Lock Pins (11).



2. Align the indicated holes. Attach the Pivot Leg (2) to the Frame (1) with the M10 x 68mm Bolt (14) and the M10 Nylon Locknut (13).

Secure the Pivot Leg (2) by inserting the "L" Pin (15) through the indicated hole in the Pivot Leg and the corresponding hole in the Frame (1).

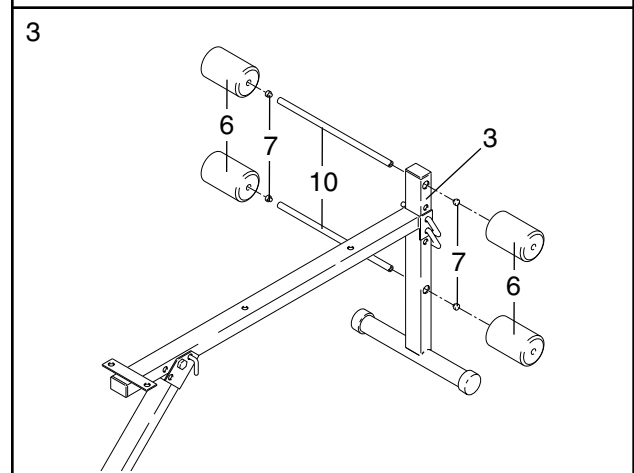
Press Two 50mm Round Outer Caps (9) onto the Pivot Leg (2).



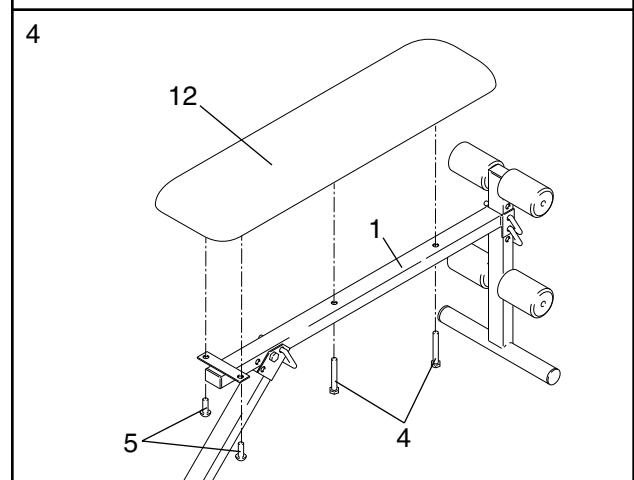
3. Press 3/4" Round Inner Caps (7) into the ends of both Pad Tubes (10).

Insert the Pad Tubes (10) through the Adjustment Leg (3).

Slide Foam Pads (6) onto the ends of both Pad Tubes (10).



4. Attach the Bench (12) to the Frame (1) with two M6 x 48mm Bolts (4) and two M6 x 16mm Bolts (5).



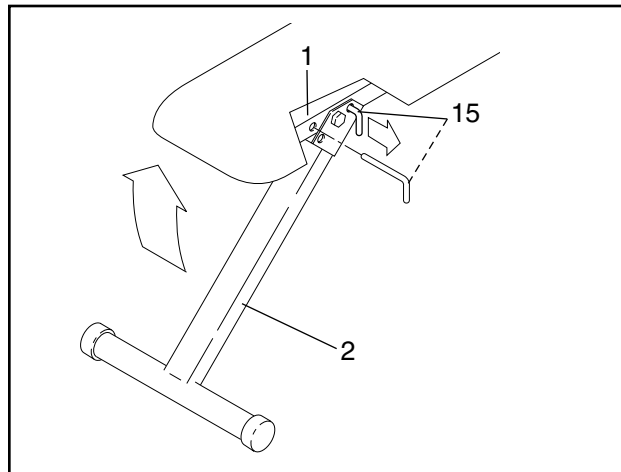
ADJUSTING THE WEIDER PRO 120

The weight bench is designed to be used with your own weights (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise poster for exercise information.

Inspect and tighten all parts 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.

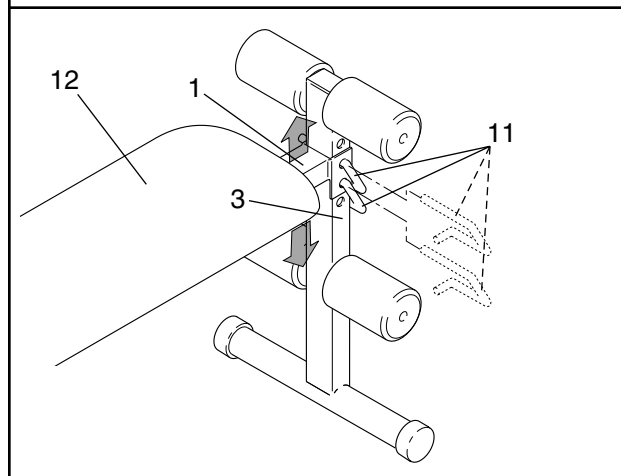
ADJUSTING THE PIVOT LEG

To change the position of the Pivot Leg (2), remove the "L" Pin (15). Align the other set of holes in the Pivot Leg and the Frame (1). Re-insert the "L" Pin.



ADJUSTING THE LEVEL OF THE BENCH

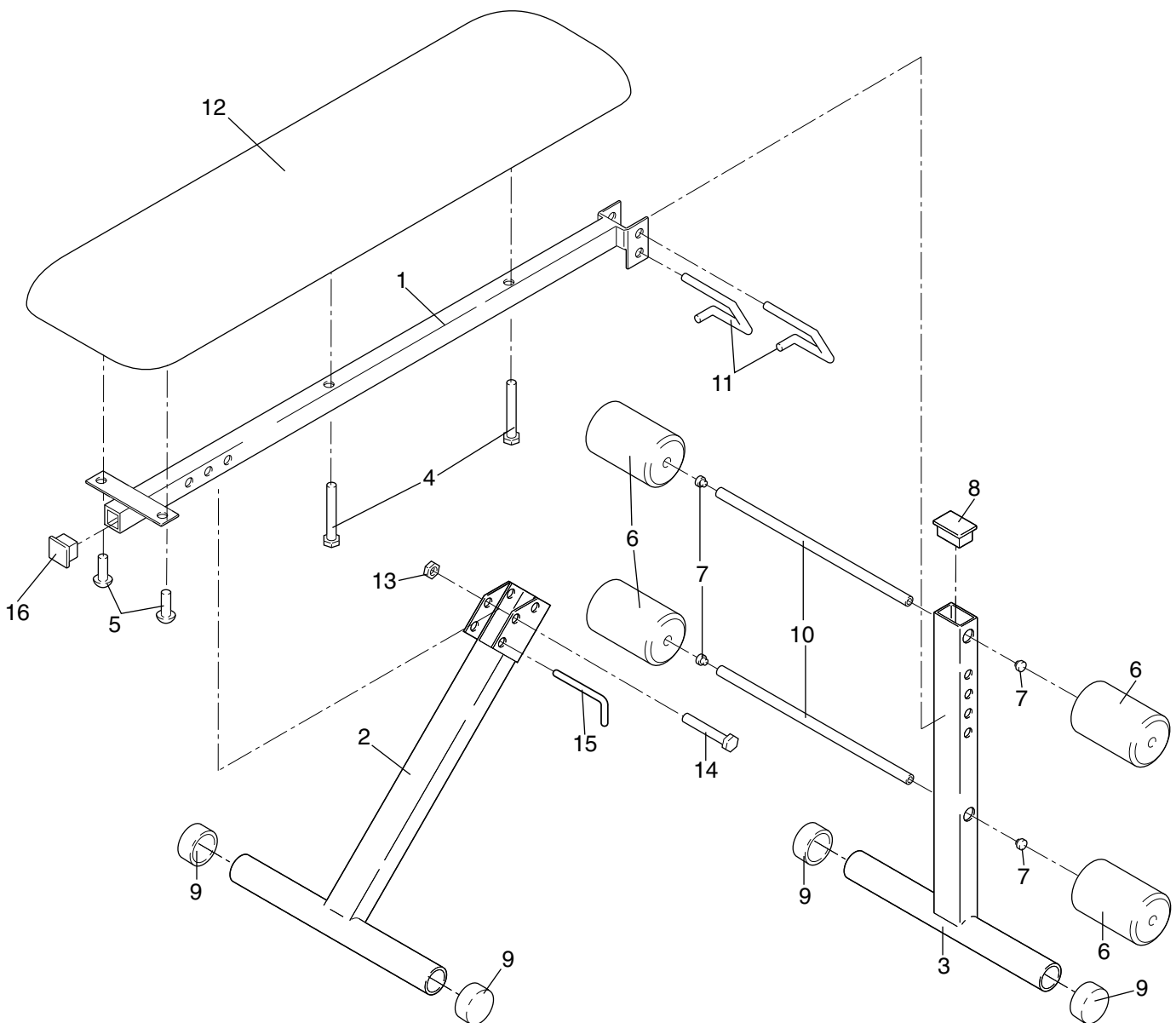
To change the level of the Bench (12), remove both Lock Pins (11) from the Frame (1) and Adjustment Leg (3). Align the set of holes in the Frame with another set of holes in the Adjustment Leg. Re-insert the Lock Pins. **Always use both Lock Pins.**



PART LIST and EXPLODED DRAWING—Model No. 831.150460

R0996A

Key No.	Qty.	Part No.	Description	Key No.	Qty.	Part No.	Description
1	1	132209	Frame	10	2	132148	Pad Tube
2	1	132504	Pivot Leg	11	2	132505	Lock Pin
3	1	132506	Adjustment Leg	12	1	132210	Bench
4	2	111855	M6 x 48mm Bolt	13	1	012033	M10 Nylon Locknut
5	2	132137	M6 x 16mm Bolt	14	1	111084	M10 x 68mm Bolt
6	4	103805	Foam Pad	15	1	105977	"L" Pin
7	4	112402	3/4" Round Inner Cap	16	1	103833	38mm x 38mm Inner Cap
8	2	132142	38mm x 50mm Inner Cap	#	1	132207	User's Manual
9	4	100290	50mm Round Outer Cap	#	1	132208	Exercise Poster



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.



Model No. 831.150460

QUESTIONS?

If you find that:

- you need help assembling or operating the WEIDER® PRO 120
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART
(1-800-366-7278)**

The model number and serial number of your WEIDER® PRO 120 are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.150460).
- The NAME of the product (WEIDER® PRO 120).
- The PART NUMBER of the PART (see the PART LIST and the EXPLODED DRAWING on page 7 of this manual).
- The DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING on page 7 of this manual).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT BENCH EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT BENCH EXERCISER, free of charge.

This warranty does not apply when the WEIGHT BENCH EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>