

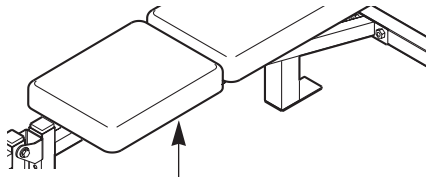


WEIDER[®] 400

Model No. 831.150720

Serial No. _____

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



Serial Number Decal (Under Seat)

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

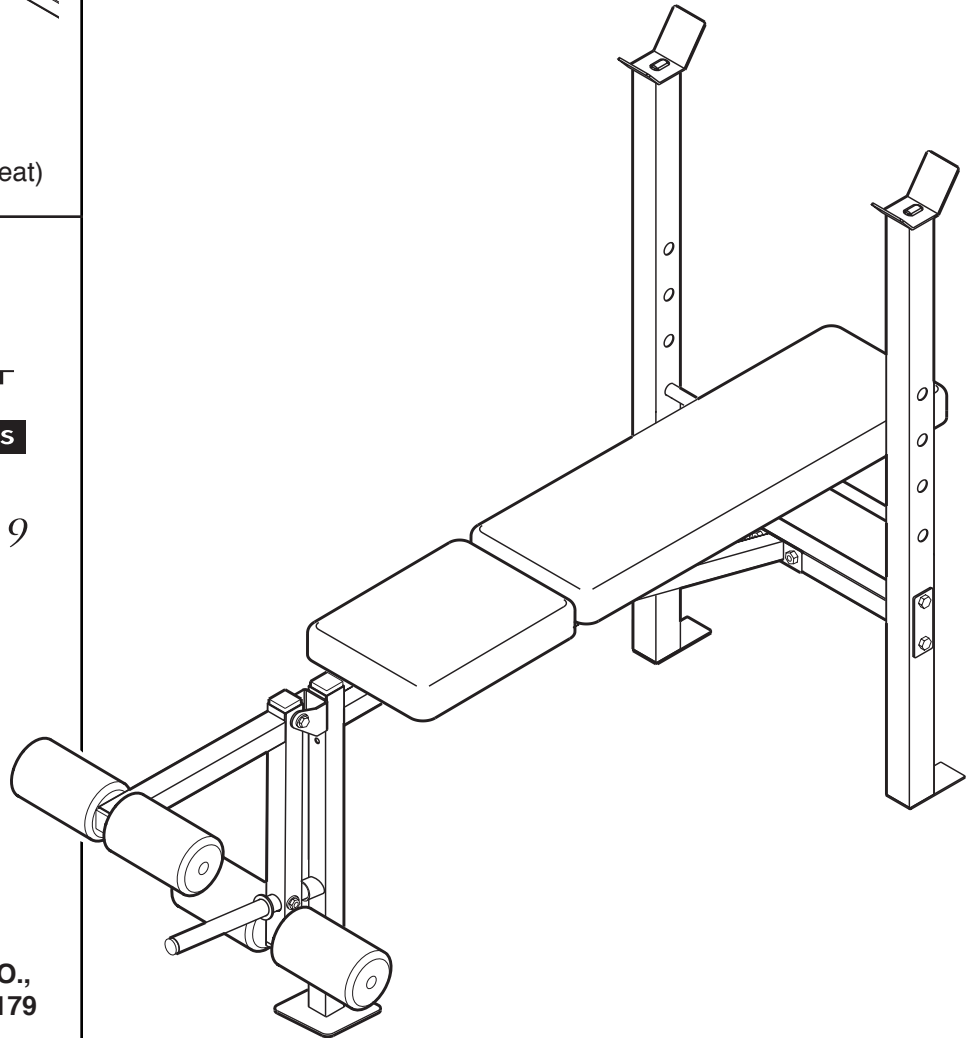
1-800-736-6879

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

CAUTION

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

USER'S MANUAL



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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.

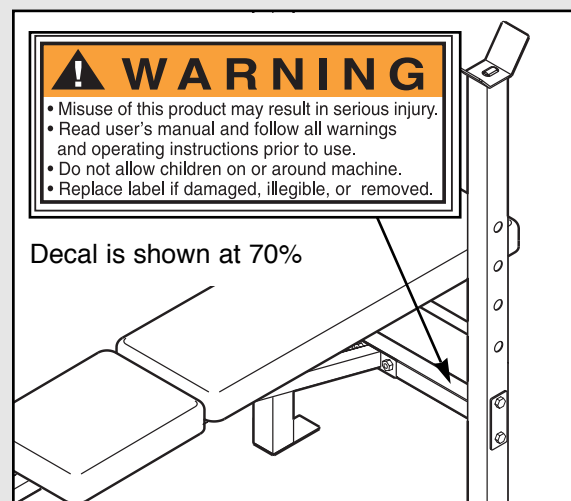
This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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

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. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. Use the weight bench only as described in this manual.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell and prevent the barbell from tipping.
8. Do not use a barbell that is longer than six feet with the weight bench.
9. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
10. Keep hands and feet away from moving parts. Always wear athletic shoes for foot protection while exercising.
11. The weight bench does not include weights. The weight bench is designed to support a maximum of 410 pounds, including the user, a weight bar, and weights. Do not place more than 160 pounds, including a weight bar and weights, on the weight rests. Do not place more than 50 pounds on the leg lever.
12. When using the backrest in an inclined position, make sure that the support rod is inserted completely through both uprights, and that the support rod is turned to the locked position.
13. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
14. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
15. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
16. **WARNING DECAL PLACEMENT:** The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time, to order a free replacement decal. Apply the replacement 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.

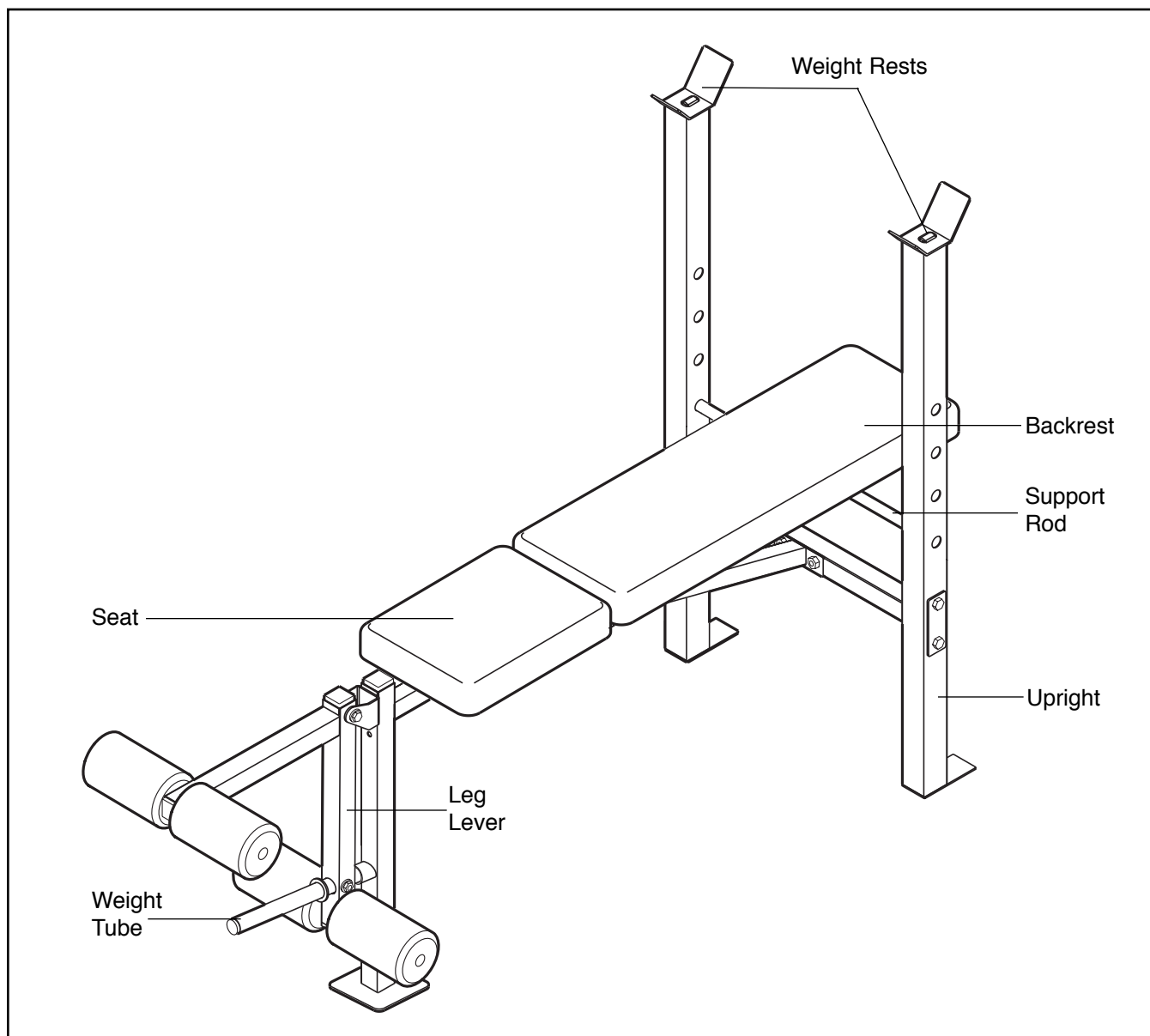
Before You Begin

Thank you for selecting the WEIDER® 400 Weight Bench. The versatile WEIDER® 400 Weight Bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 400 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® 400 Weight Bench. If you have additional questions, please call our toll-free HELPLINE

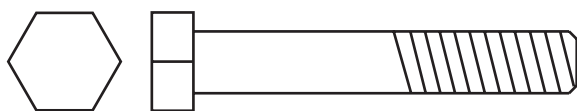
at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.150720. The serial number can be found on a decal attached to the weight bench (see 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

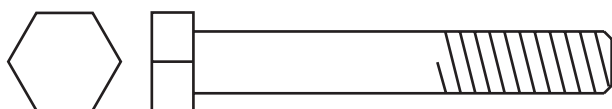
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



M8 x 50mm Bolt (17)—1



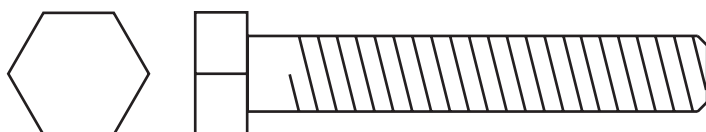
7mm Spacer (24)—1



M8 x 55mm Bolt (27)—2



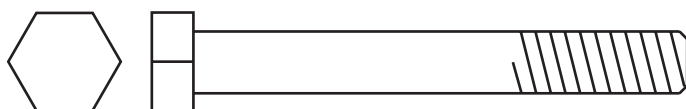
M6 Washer (25)—4



M10 x 60mm Bolt (18)—1



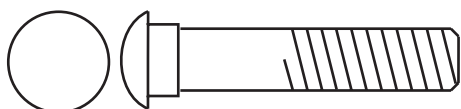
M8 Washer (29)—4



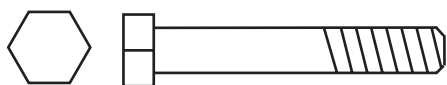
M8 x 65mm Bolt (14)—4



M8 Nylon Locknut (13)—9



M8 x 40mm Carriage Bolt (26)—2



M6 x 38mm Screw (16)—4



M10 Nylon Locknut (19)—1



M6 x 16mm Screw (15)—4


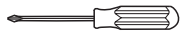

Assembly

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

- Place all parts of the weight bench 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 on the previous page**. 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.

- As you assemble the weight bench, 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** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

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.

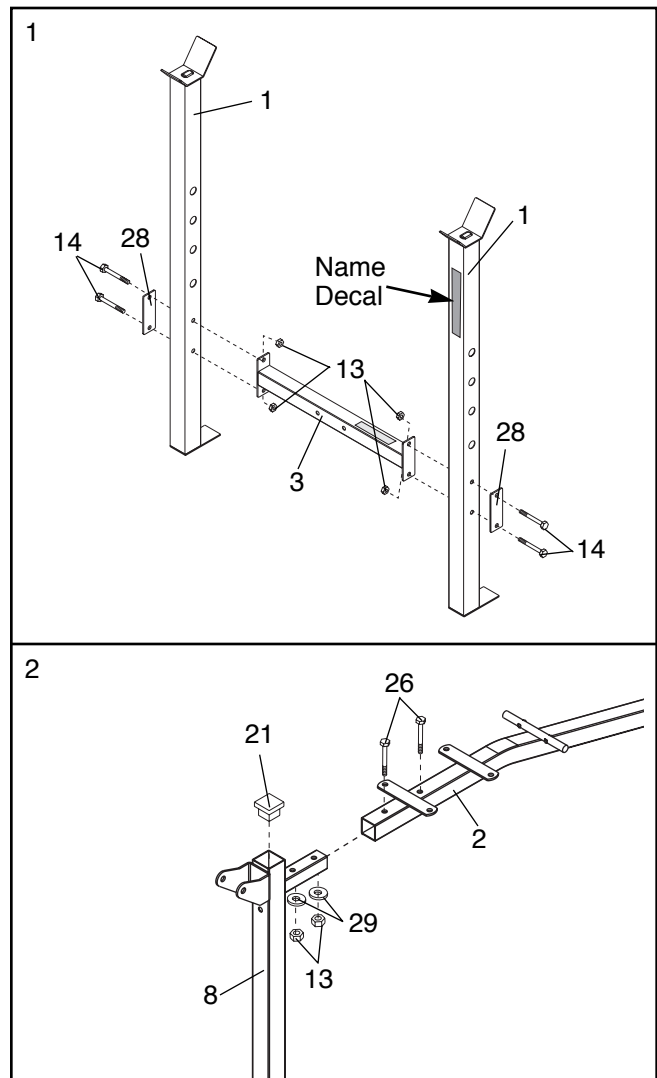
1. **Before assembling this product, be sure that you have read and understand the information in the box above.**

Position the Crossbar (3) with the warning decal facing up as shown. Attach the Crossbar to the Uprights (1) with four M8 x 65mm Bolts (14), two Support Plates (28), and four hand-tightened M8 Nylon Locknuts (13). **Note the position of the name decal and make sure the Uprights are oriented as shown.**

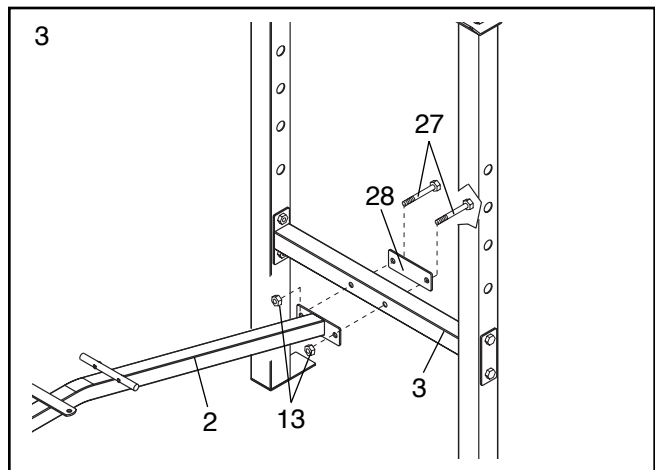
Do not tighten the Nylon Locknuts (13) yet.

2. Insert a 38mm Square Inner Cap (21) into the Front Leg (8).

Slide the welded tube on the Front Leg (8) into the indicated hole in the Frame (2). Secure the Front Leg with two M8 x 40mm Carriage Bolts (26), two M8 Washers (29), and two M8 Nylon Locknuts (13).



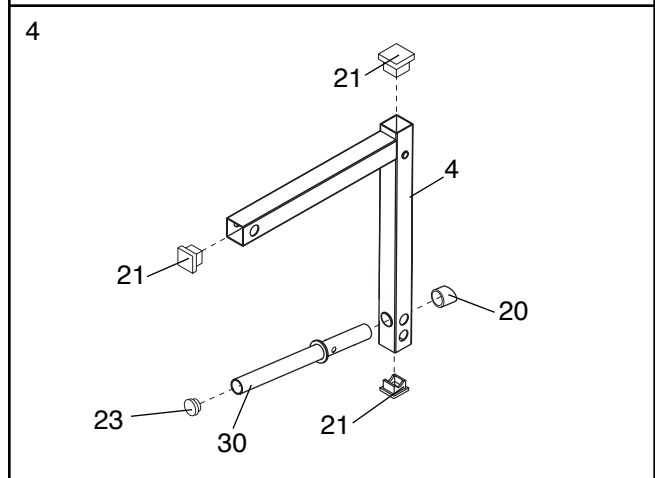
- Attach the Frame (2) and a Support Plate (28) to the Crossbar (3) with two M8 x 55mm Bolts (27) and two M8 Nylon Locknuts (13).



- Press a 25.4mm Round Inner Cap (23) into the end of the Weight Tube (30).

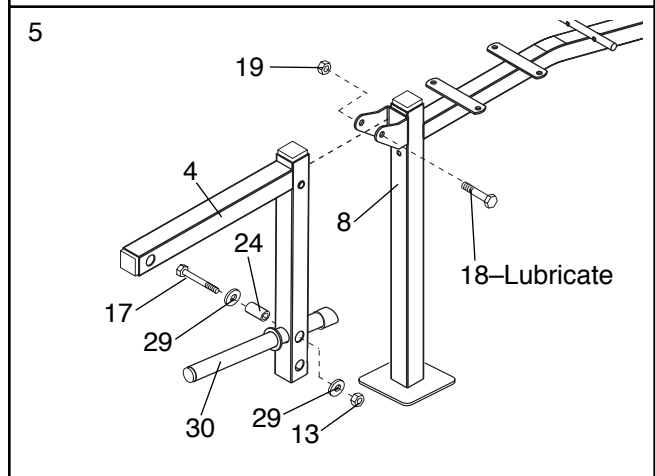
Tap 38mm Square Inner Caps (21) into the Leg Lever (4) as shown.

Insert the Weight Tube (30) into the indicated hole in the Leg Lever (4). Press a 25.4mm Angle Cap (20) onto the indicated end of the Weight Tube.

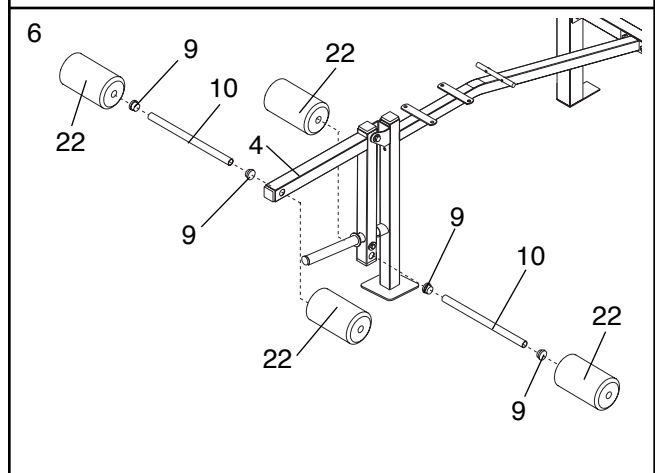


- Attach the Weight Tube (30) to the Leg Lever (4) with an M8 x 50mm Bolt (17), two M8 Washers (29), a 7mm Spacer (24), and an M8 Nylon Locknut (13). **Note: The 7mm Spacer will fit tightly inside of the Leg Lever.**

Lubricate the M10 x 60mm Bolt (18). Attach the Leg Lever (4) to the Front Leg (8) with the Bolt and an M10 Nylon Locknut (19). **Do not overtighten the Nylon Locknut. You must be able to freely pivot the Leg Lever.**



- Tap two 19mm Round Inner Caps (9) into each Pad Tube (10). Insert the Pad Tubes into the holes in the Leg Lever (4). Slide two Foam Pads (22) onto each Pad Tube.



7. Press two 25.4mm Square Inner Caps (12) into each Backrest Tube (5).

With the help of a second person, slide the indicated ends of the Backrest Tubes (5) onto the welded axle on the Frame (2). Attach each Backrest Tube to the Backrest (6) with two M6 x 38mm Screws (16) and two M6 Washers (25).

The Backrest Tubes must be oriented on the outside of the welded axle as shown.

Do not tighten the four Screws (16) yet.

8. Lift the Backrest (6) and insert the end of the Support Rod (7) without the locking clip through the Uprights (1). Rotate the locking clip into place around the right Upright.

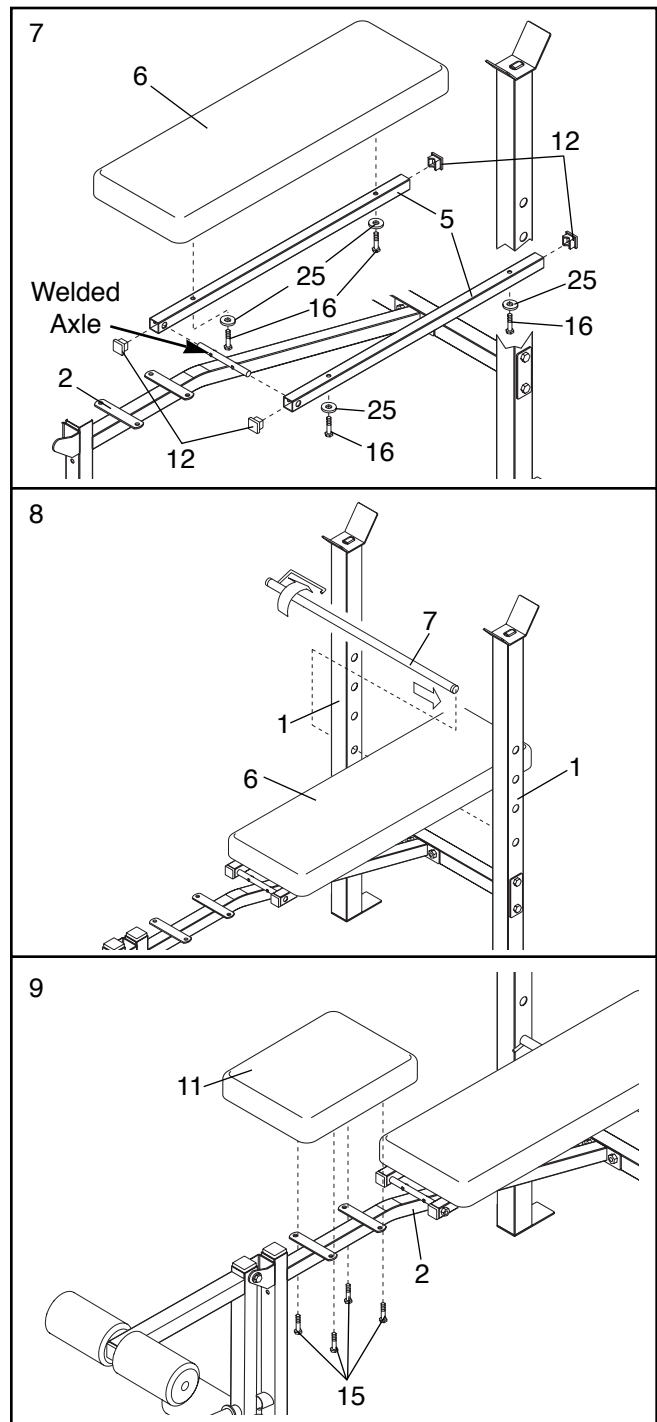
When moving the Support Rod (7), always make sure that the locking clip is in place around the right Upright (1).

Rest the Backrest (6) on the Support Rod (7).

See step 7. **Tighten the four M6 x 38mm Screws (16) securing the Backrest Tubes (5) to the Backrest (6).**

Tighten the Nylon Locknuts (13) used in step 1.

9. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (15).



10. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in USING THE WEIGHT BENCH, beginning on the next page.

Using the Weight Bench

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 10 for important exercise information and refer to the accompanying exercise poster to see the correct form for several exercises. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

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 BACKREST

The Backrest (6) can be used in a decline position, three incline positions, or a flat position. To use the Backrest in the decline position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

To use the Backrest (6) in an incline position, lift the Backrest (6) and insert the end of the Support Rod (7) without the locking clip through one of the top three sets of holes in the Uprights (1). Rotate the locking clip into place around the right Upright.

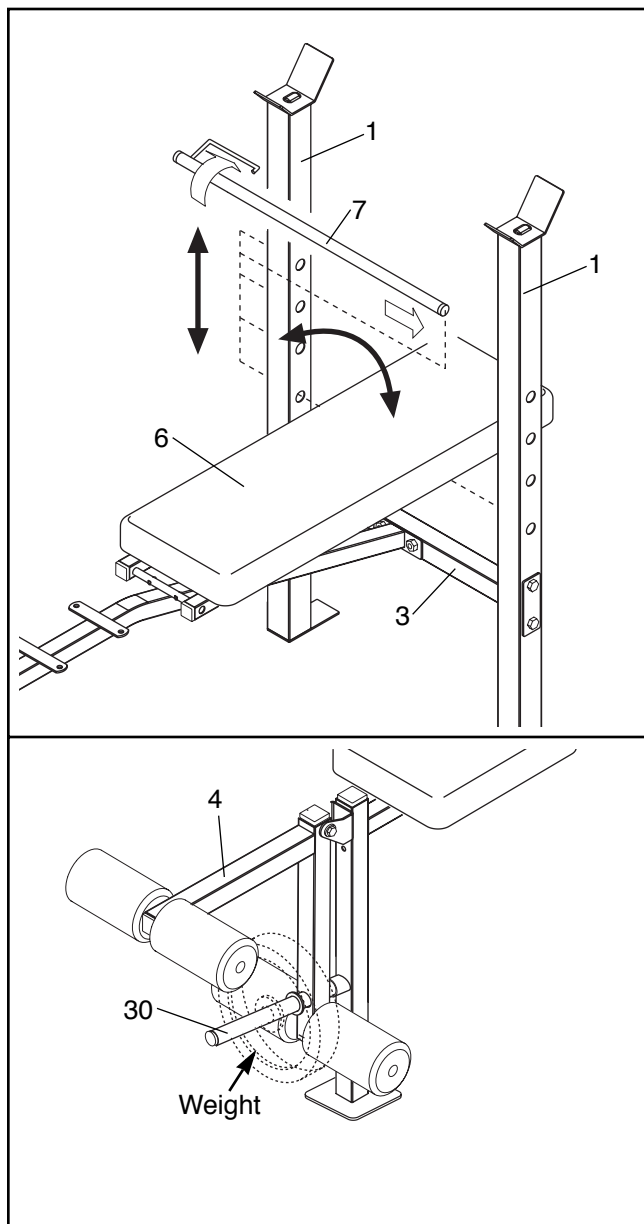
To use the Backrest (6) in the flat position, lift the Backrest (6) and insert the end of the Support Rod (7) without the locking clip through the bottom set of holes in the Uprights (1). Rotate the locking clip into place around the right Upright.

WARNING: When using the backrest in an inclined position, make sure that the support rod is inserted completely through both uprights, and that the support rod is turned to the locked position.

ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights (not included) onto the Weight Tube (30).

WARNING: Do not place more than 50 pounds on the Leg Lever.



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or 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 performed consecutively.)

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

• Toning

To tone your muscles, you must push your muscles 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 1 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

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for 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, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

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

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means 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 poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 11 to find the locations 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 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing 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—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 very effective for increasing flexibility.

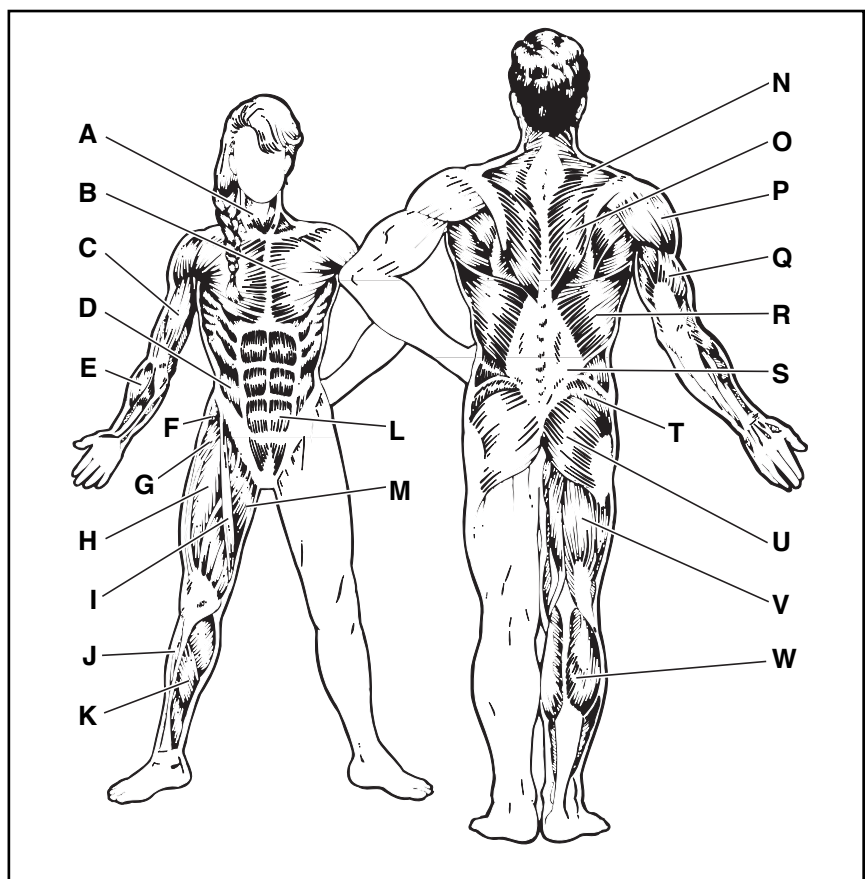
STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 12 and 13 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and 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.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



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	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

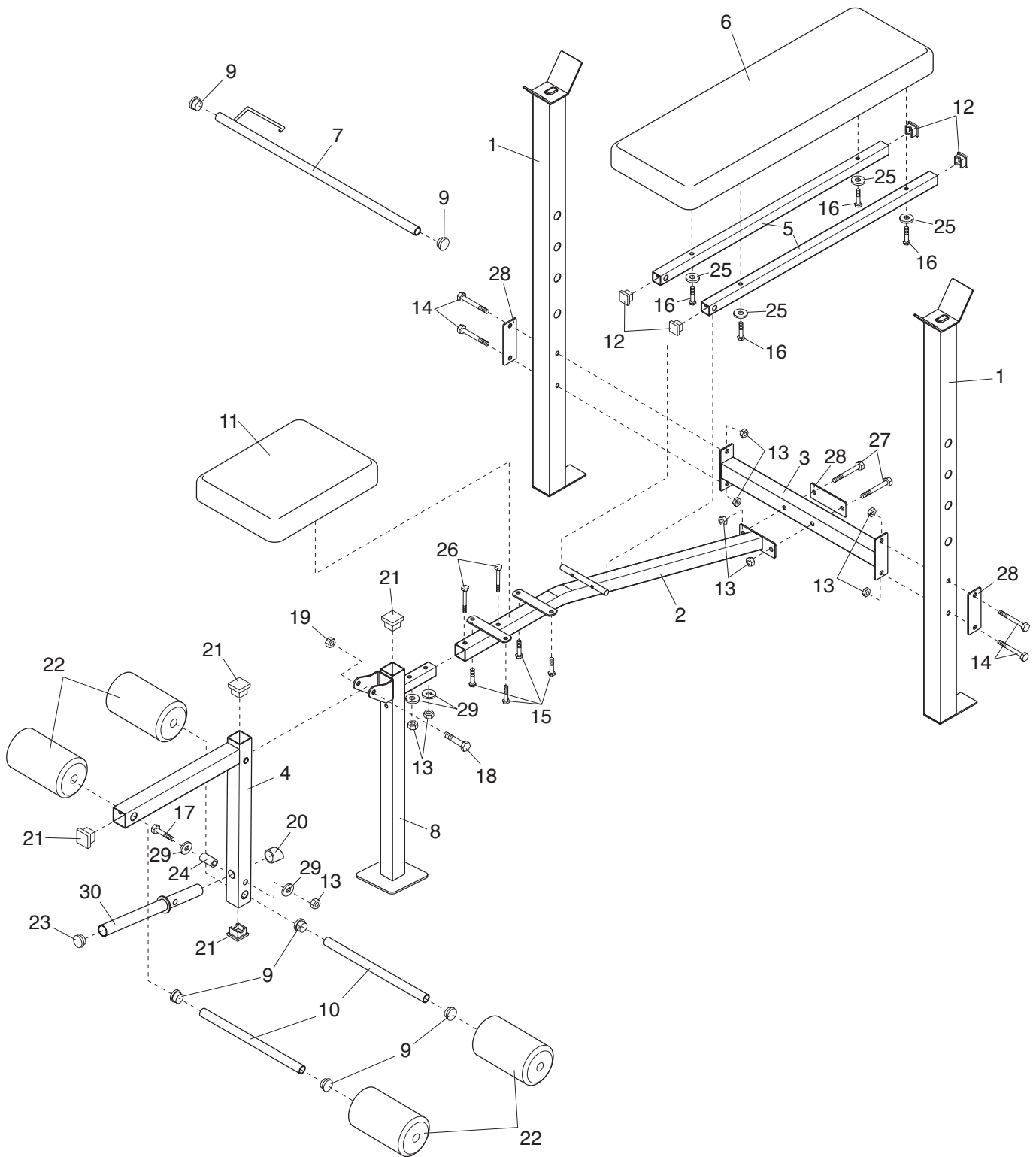
Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	17	1	M8 x 50mm Bolt
2	1	Frame	18	1	M10 x 60mm Bolt
3	1	Crossbar	19	1	M10 Nylon Locknut
4	1	Leg Lever	20	1	25.4mm Angle Cap
5	2	Backrest Tube	21	4	38mm Square Inner Cap
6	1	Backrest	22	4	Foam Pad
7	1	Support Rod	23	1	25.4mm Round Inner Cap
8	1	Front Leg	24	1	7mm Spacer
9	6	19mm Round Inner Cap	25	4	M6 Washer
10	2	Pad Tube	26	2	M8 x 40mm Carriage Bolt
11	1	Seat	27	2	M8 x 55mm Bolt
12	4	25.4mm Square Inner Cap	28	3	Support Plate
13	9	M8 Nylon Locknut	29	4	M8 Washer
14	4	M8 x 65mm Bolt	30	1	Weight Tube
15	4	M6 x 16mm Screw	#	1	User's Manual
16	4	M6 x 38mm Screw	#	1	Exercise Poster

“#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.



Model No. 831.150720

QUESTIONS?

If you find that:

- you need help assembling or operating the WEIDER® 400
- 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® 400 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 (831.150720)
- The NAME of the product (WEIDER® 400 Weight Bench)
- The PART NUMBER of the PART (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual)
- The DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual).

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

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