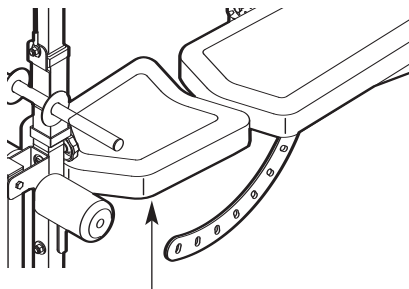


WEIDER[®] PRO 265

Model No. 831.15711.0

Serial No. _____

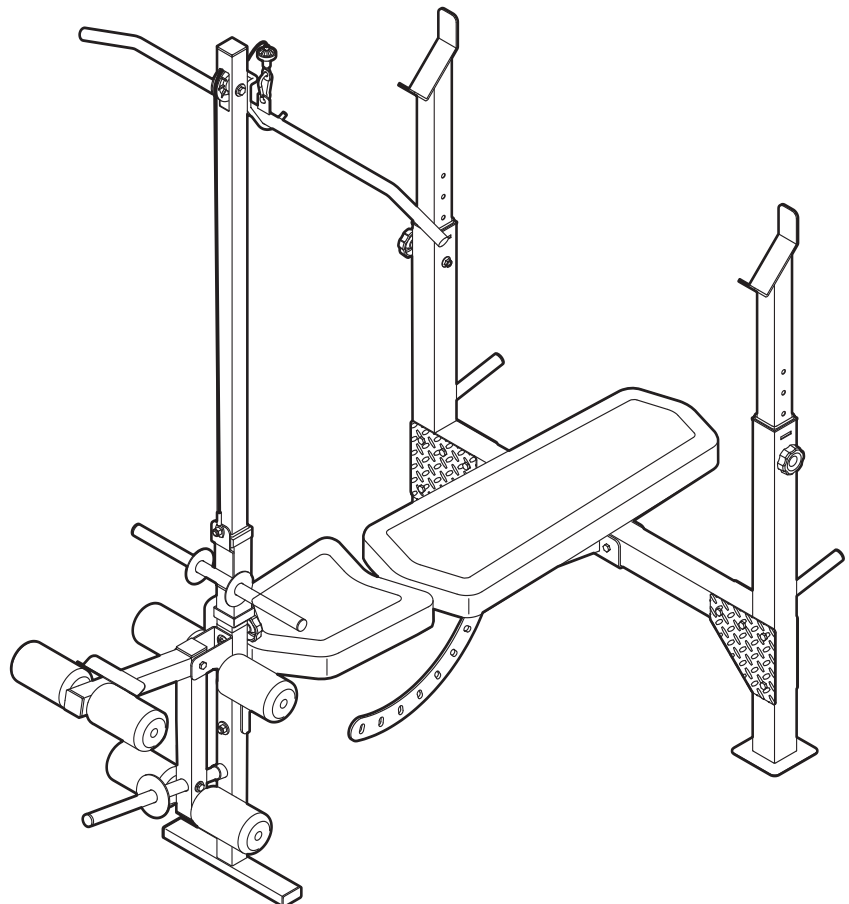
Write the serial number in the space above for reference.



Serial Number Decal (under seat)

WEIGHT BENCH EXERCISER User's Manual

- Assembly
- Adjustment
- Part List and Drawing



⚠ CAUTION

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

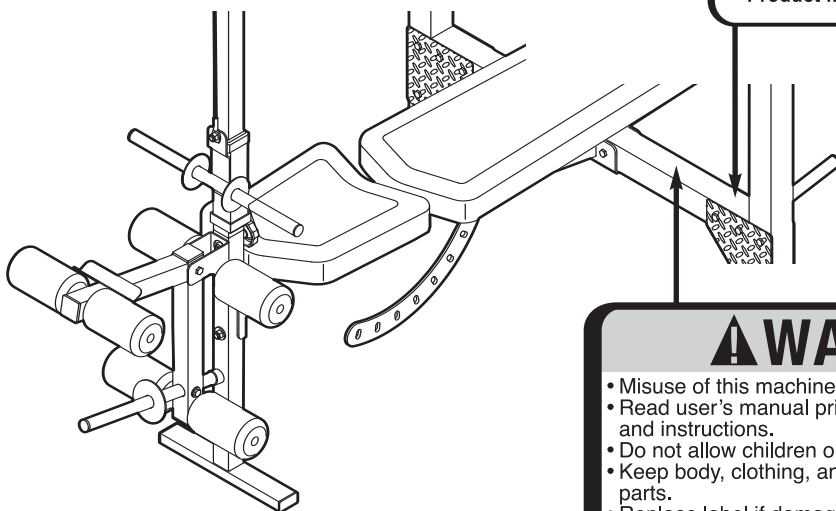
Sears, Roebuck and Co., Hoffman Estates, IL 60179

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WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight bench. If a decal is missing or illegible, call 1-877-992-5999, and order a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown at actual size.



⚠ WARNING

User Weight: Max 300 LBS
Weight Crutch: Max 210 LBS
Leg Developer: Max 130 LBS
Weight Carriage: Max 130 LBS
Chest Fly Per Arm: Max 40 LBS

Product may not offer all listed exercises.

⚠ WARNING

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

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. 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.
10. Do not sit on the top end of the backrest; this will cause the weight bench to tip.
11. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 510 lbs. (231 kg). Do not place more than 210 lbs. (95 kg), including a barbell and weights, on the weight rests. Do not place more than 130 lbs. (59 kg) on the leg lever or the weight carriage. Note: The weight bench does not include a barbell or weights.
12. Always make sure that there is an equal amount of weight on each side of the barbell when you are using it. Always keep some weight on both ends of the barbell when adding or removing weights to prevent the barbell from tipping.
13. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the weight bench.
14. When you put weight on the weight rests, make sure that you put at least 10 lbs. (5 kg) on the leg lever to balance the weight bench.
15. Make sure that the adjustment pin and the weight rest knobs are inserted completely and tightened into the uprights before beginning any exercise.
16. Always remove the curl post and the lat tower from the front leg before using the leg lever.
17. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.

⚠ 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.

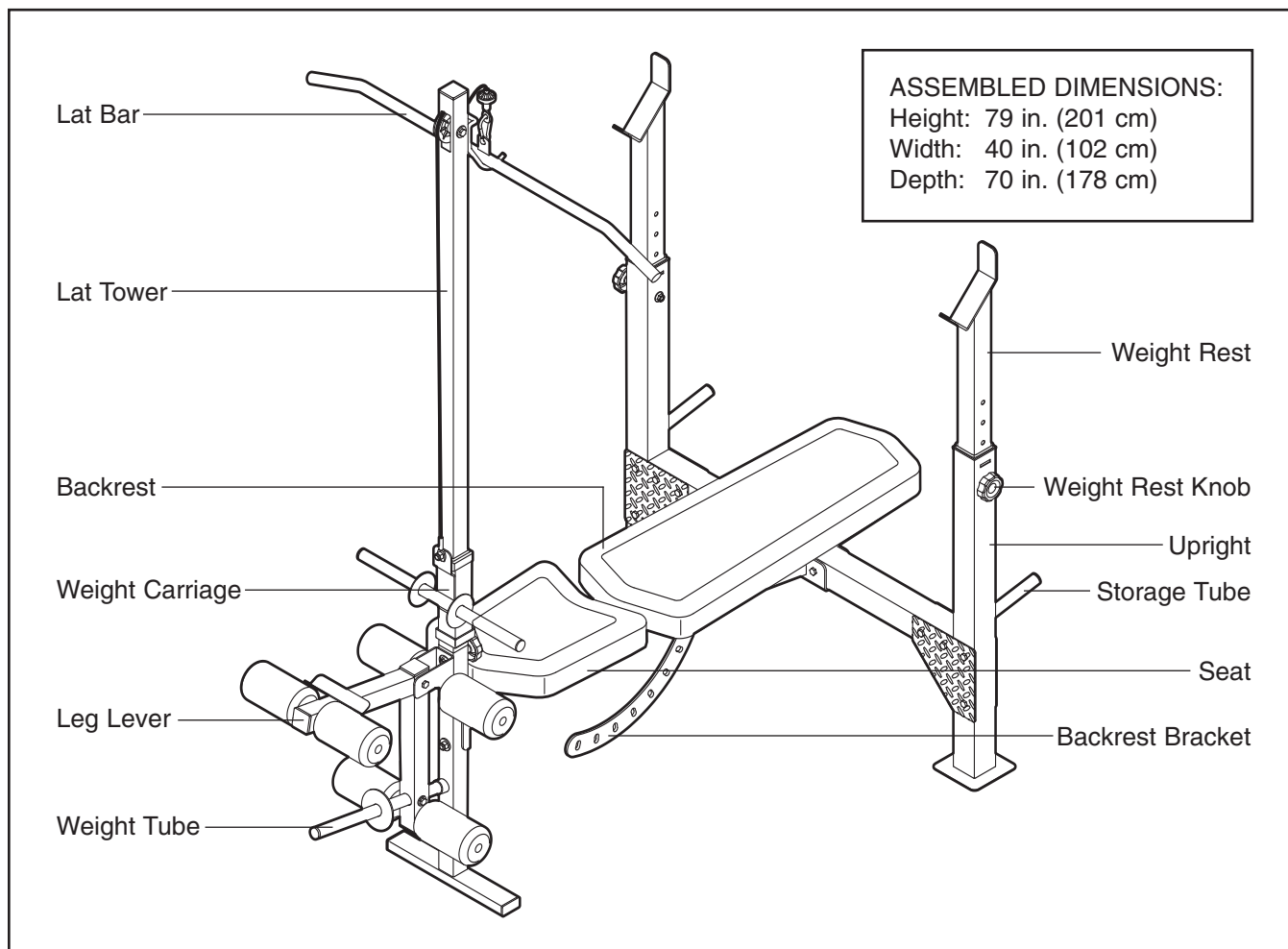
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 265 weight bench. The weight bench offers an impressive array 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 bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after

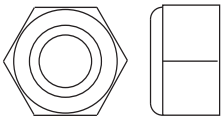
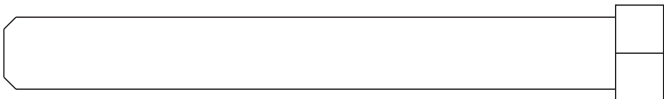





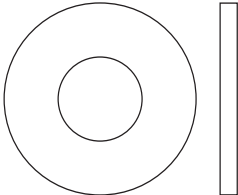
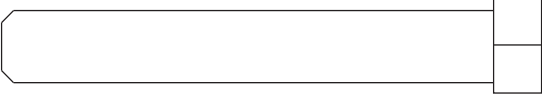
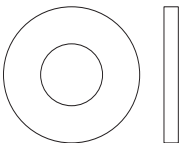

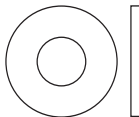

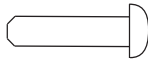

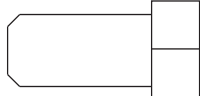

reading this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number is 831.15711.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual for the location of the decal).

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



PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 18. **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. If a part is missing, call 1-877-992-5999.**

		
M10 Nylon Locknut (43)	M10 x 81mm Bolt (41)	
		
M8 Nylon Locknut (55)	M10 x 75mm Bolt (42)	
		
M6 Nylon Locknut (51)	M10 x 68mm Bolt (54)	
		
M10 Washer (44)	M10 x 65mm Bolt (40)	
		
M8 Washer (56)	M10 x 60mm Bolt (47)	
		
M6 Washer (48)	M8 x 58mm Bolt (52)	
		
M4 x 16mm Screw (45)	M6 x 40mm Bolt (49)	
		
	M10 x 19mm Bolt (53)	
		
	M6 x 16mm Screw (39)	

ASSEMBLY

Make Assembly Easier





Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. However, the weight bench has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.

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

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

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the Part Identification Chart.

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

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 

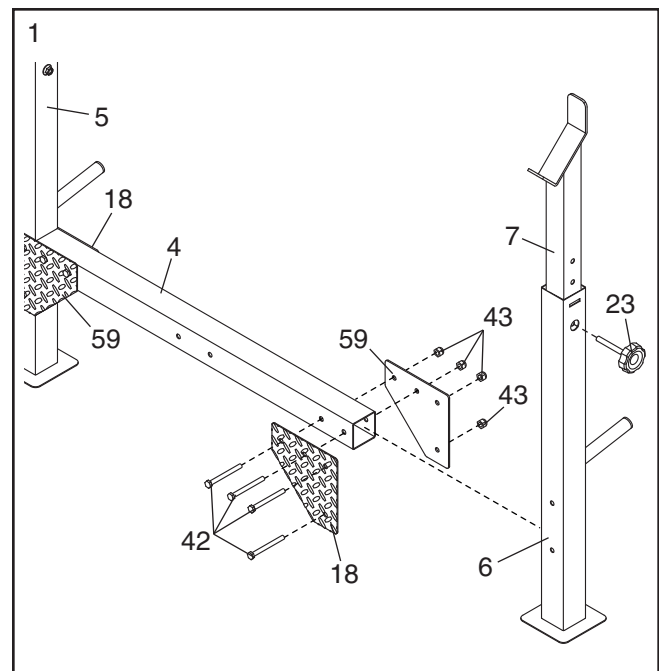
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling the weight bench, make sure that that you have read and understand the information in the box above.**

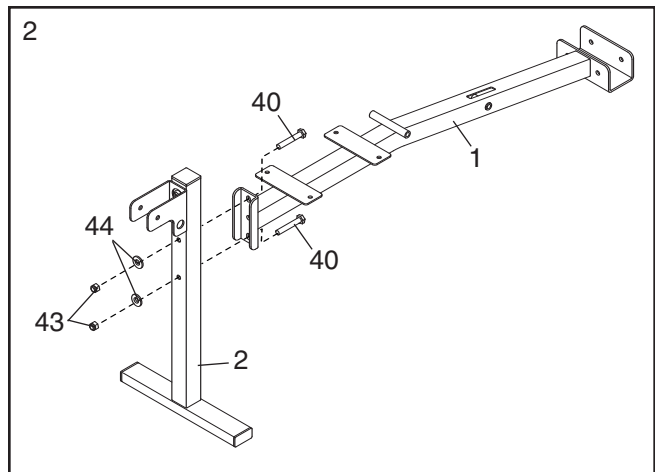
Lift the Weight Rest (7) in the Left Upright (6) and secure it with a Weight Rest Knob (23).

Attach the Crossbar (4) to the Left Upright (6) with a Right Joint Plate (18), a Left Joint Plate (59), four M10 x 75mm Bolts (42), and four M10 Nylon Locknuts (43). **Do not tighten the Nylon Locknuts yet.**

Attach the Crossbar (4) to the Right Upright (5) in the same manner.

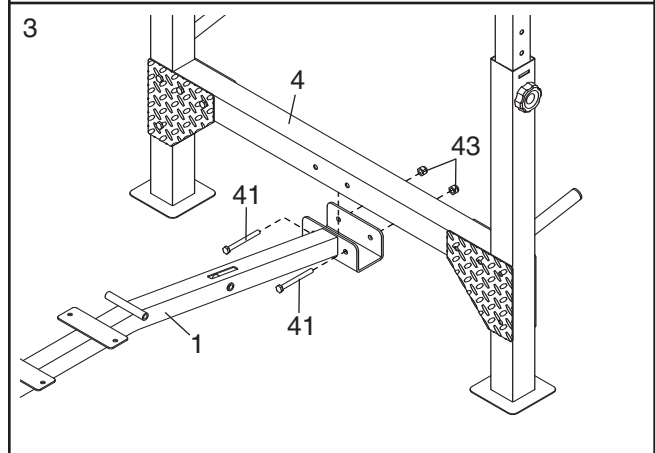


- Attach the Bench Frame (1) to the Front Leg (2) with two M10 x 65mm Bolts (40), two M10 Washers (44), and two M10 Nylon Locknuts (43). **Do not tighten the Nylon Locknuts yet.**



- Attach the Bench Frame (1) to the Crossbar (4) with two M10 x 81mm Bolts (41) and two M10 Nylon Locknuts (43).

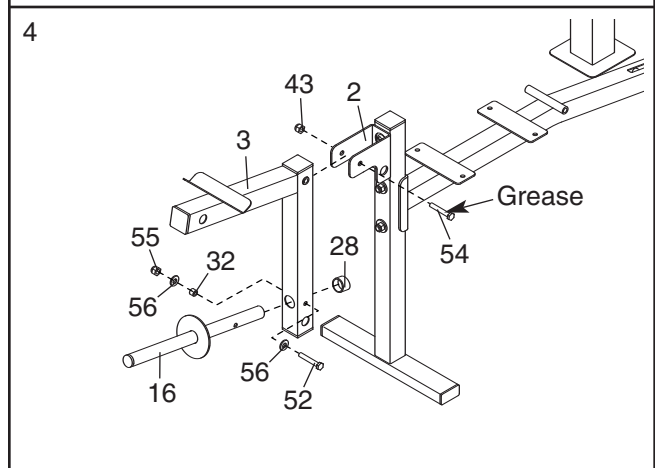
Tighten the M10 Nylon Locknuts (43) used in steps 1 through 3.



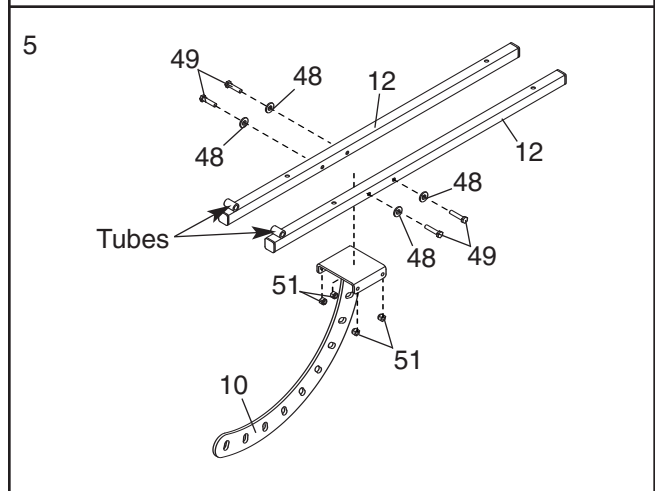
- Attach the Weight Tube (16) inside the Leg Lever (3) with an M8 x 58mm Bolt (52), two M8 Washers (56), a 10mm Spacer (32), and an M8 Nylon Locknut (55).

Press the 25mm Round Angled Cap (28) onto the Weight Tube (16).

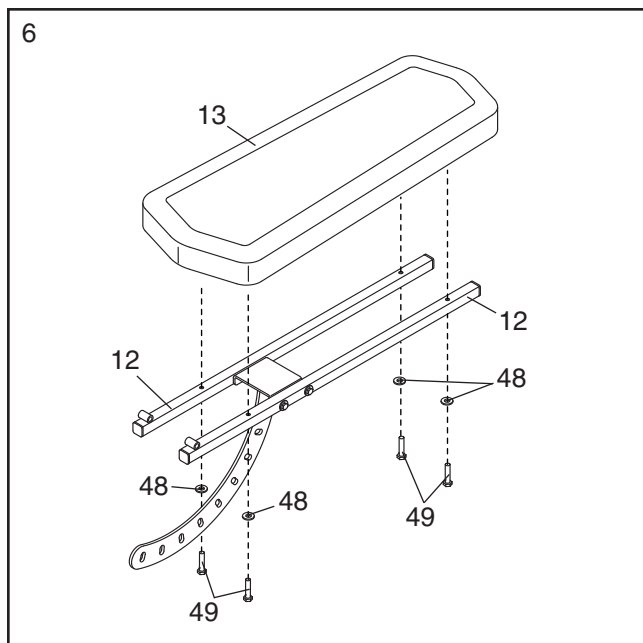
Grease an M10 x 68mm Bolt (54). Attach the Leg Lever (3) with the Bolt and an M10 Nylon Locknut (43). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot easily.**



- Orient the Backrest Frames (12) with the indicated tubes in the position shown. Attach the Backrest Frames to the Backrest Bracket (10) with four M6 x 40mm Bolts (49), four M6 Washers (48), and four M6 Nylon Locknuts (51). **Do not tighten the Nylon Locknuts yet.**



6. Attach the Backrest (13) to the Backrest Frames (12) with four M6 x 40mm Bolts (49) and four M6 Washers (48). **Do not tighten the Bolts yet.**

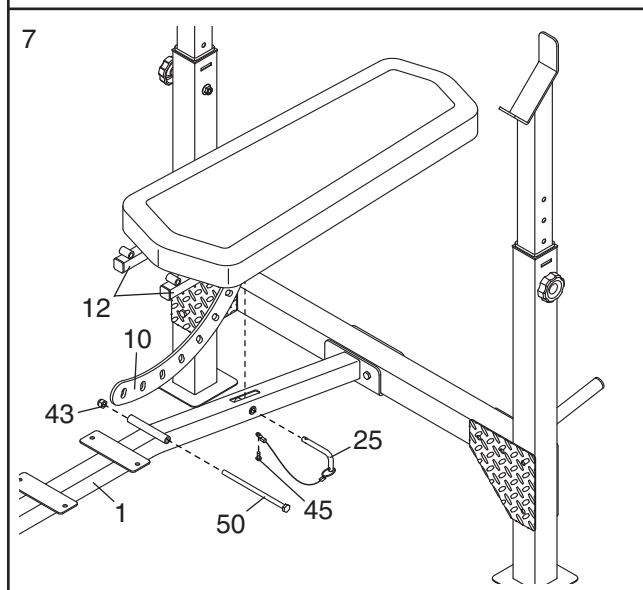


7. Insert the Backrest Bracket (10) through the Bench Frame (1).

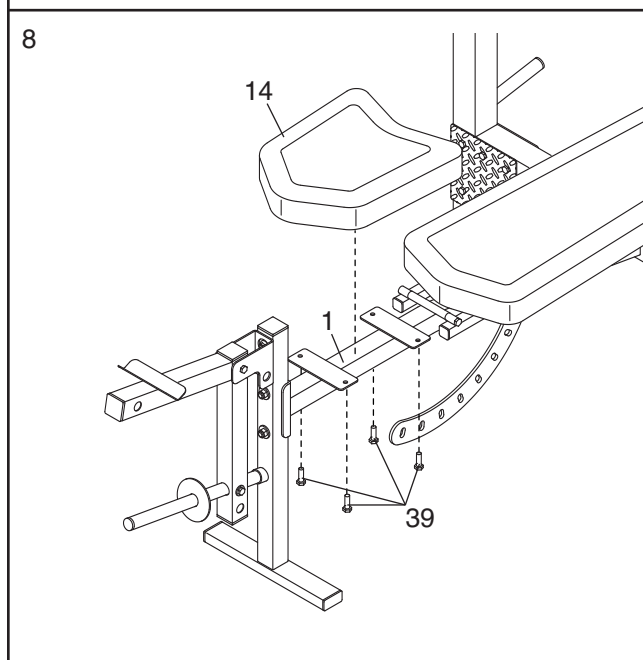
Grease an M10 x 168mm Bolt (50). Attach the Backrest Frames (12) to the Bench Frame (1) with the Bolt and an M10 Nylon Locknut (43). **Do not overtighten the Nylon Locknut; the Backrest Frames must pivot easily.**

Attach the Adjustment Pin (25) to the Bench Frame (1) with an M4 x 16mm Screw (45). Engage the Pin into the Bench Frame and the Backrest Bracket (10).

Tighten the M6 x 40mm Bolts (49) and M6 Nylon Locknuts (51) used in steps 5 and 6.



8. Attach the Seat (14) to the Bench Frame (1) with four M6 x 16mm Screws (39).



9. Insert a Pad Tube (19) into the Leg Lever (3). Slide two Foam Pads (20) onto the Pad Tube.

Repeat this step with the other two Pad Tubes (19) and the Leg Lever (3) and Front Leg (2).

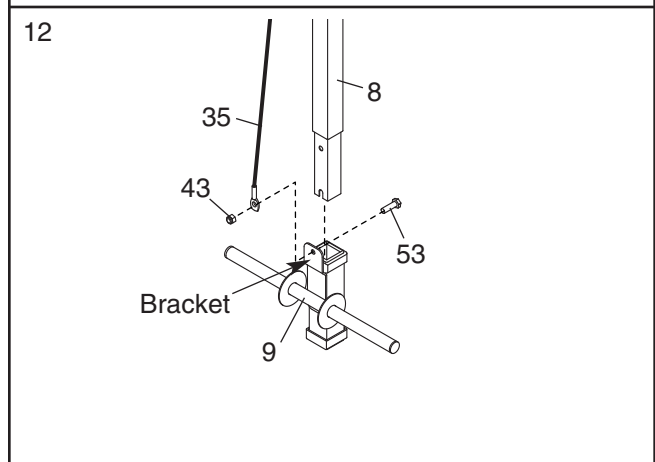
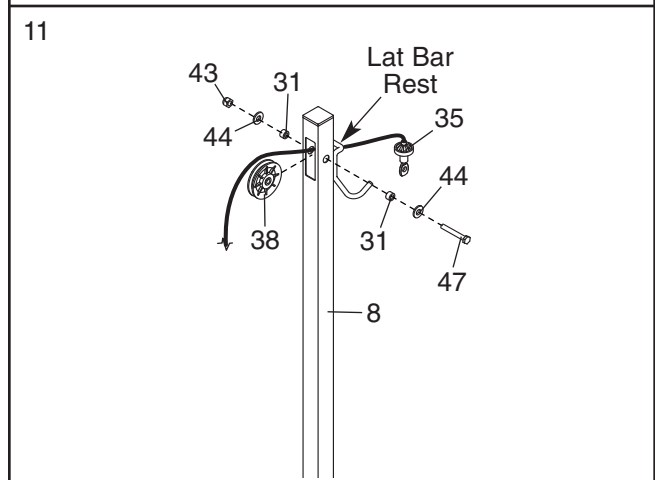
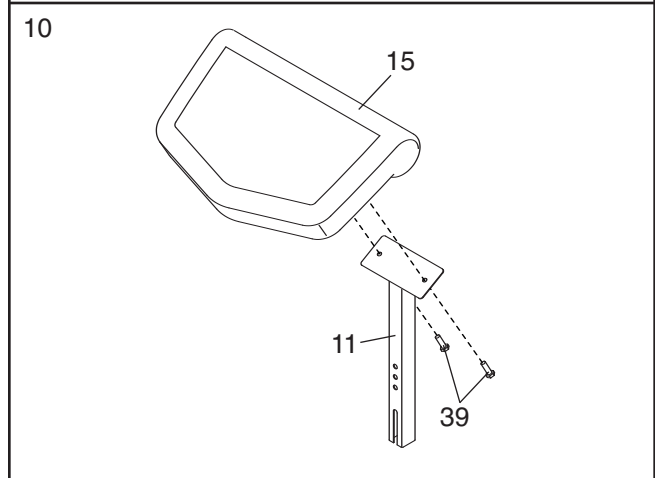
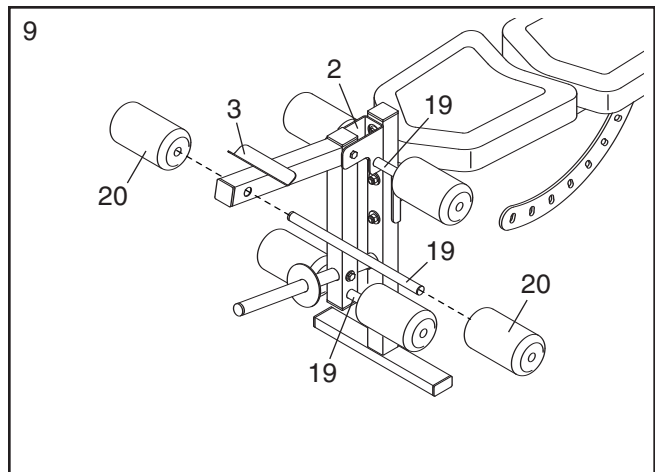
10. Attach the Curl Pad (15) to the Curl Post (11) with two M6 x 16mm Screws (39).

11. Route the Lat Cable (35) through the Lat Tower (8) and over the Pulley (38). **Make sure that the Cable is under the lat bar rest.** Attach the Pulley inside the Lat Tower with an M10 x 60mm Bolt (47), two M10 Washers (44), two 10mm Large Spacers (31), and an M10 Nylon Locknut (43).

12. Insert an M10 x 19mm Bolt (53) into the bracket on the Weight Carriage (9).

Slide the Weight Carriage (9) onto the Lat Tower (8). **Make sure that the bracket on the Weight Carriage and the lat bar rest on the Lat Tower (see step 11) are on opposite sides of the Lat Tower.** Attach the Lat Cable (35) to the M10 x 19mm Bolt (53) with an M10 Nylon Locknut (43).

13. **Make sure that all parts are properly tightened before the weight bench is used.** The use of all remaining parts will be explained in ADJUSTMENT on page 10.



ADJUSTMENT

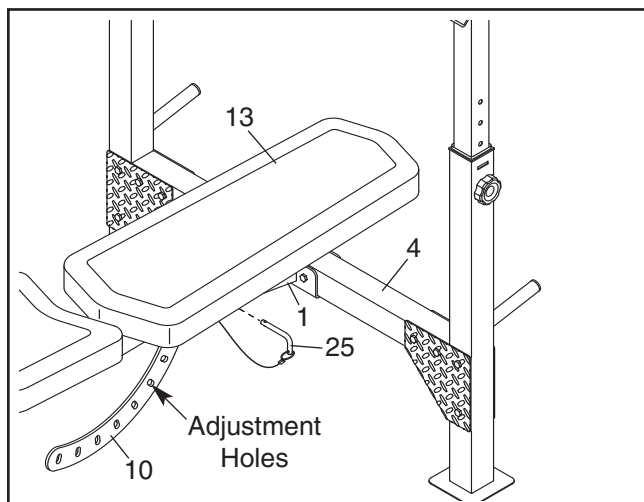
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 12 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. 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 (13) can be used in a decline position, a level position, or an incline position. To use the Backrest in the decline position, remove the Adjustment Pin (25) and lay the Backrest on the Crossbar (4).

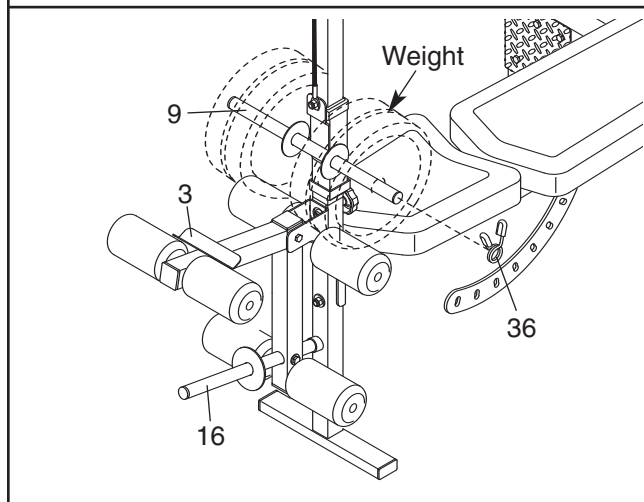
To use the Backrest (13) in the level or inclined position, lift the Backrest and insert the Adjustment Pin (25) through the Bench Frame (1) and a hole in the Backrest Bracket (10).



ADDING WEIGHT

To use the Weight Carriage (9) or the Leg Lever (3), slide the desired weights (not included) onto the Weight Carriage or the Weight Tube (16). Secure the weights on the Weight Carriage with the Spring Clips (36). Unused weights can be stored on the tubes on the Uprights (not shown).

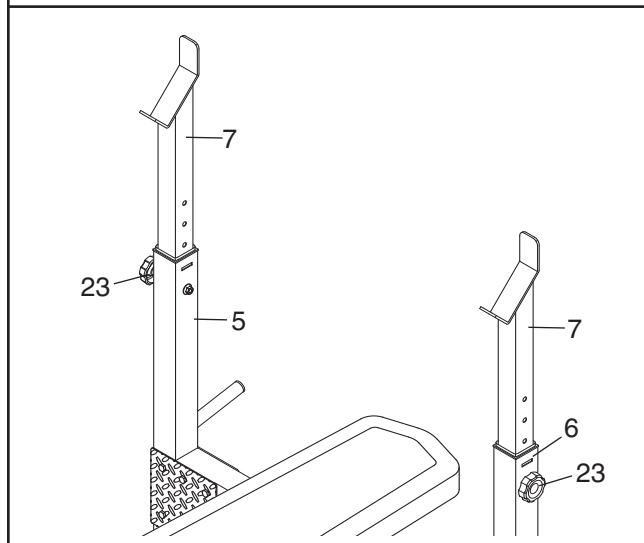
⚠ WARNING: Do not place more than 130 lbs. (59 kg) on the Weight Carriage (9) or Weight Tube (16).



ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (7), remove the Weight Rest Knobs (23). Position the Weight Rests to the desired height in the Uprights (5, 6) and secure them with the Weight Rest Knobs.

⚠ WARNING: Always set both Weight Rests (7) at the same height. Make sure that the Weight Rest Knobs (23) are inserted into both the Uprights (5, 6) and the Weight Rests.



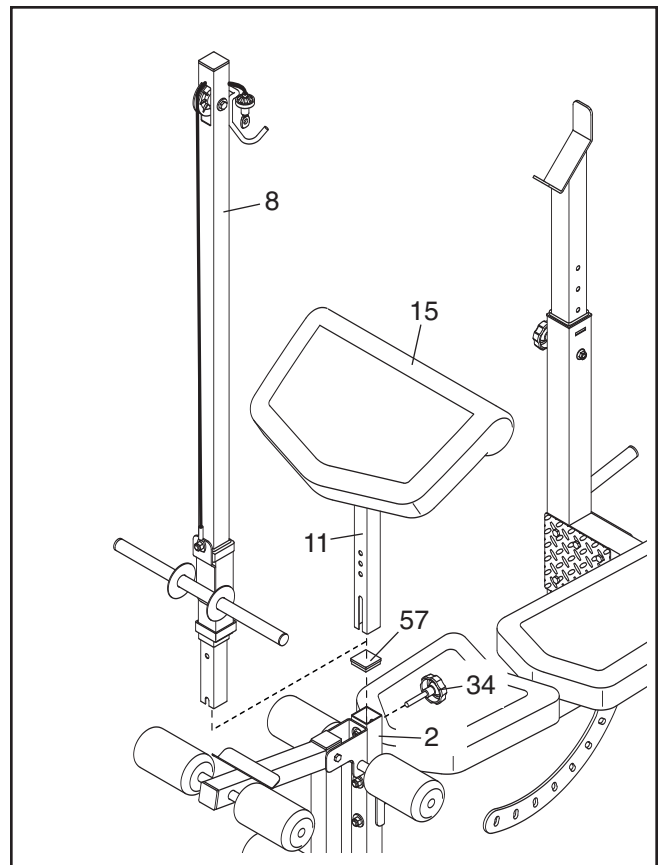
ATTACHING THE CURL PAD

For some exercises, the Curl Pad (15) must be attached to the weight bench. Remove the 45mm Thick Square Inner Cap (57) from the Front Leg (2).

Insert the Curl Post (11) into the Front Leg (2). Align one of the adjustment holes in the Curl Post with the adjustment hole in the Front Leg. Fully tighten the Curl Knob (34) into the Front Leg.

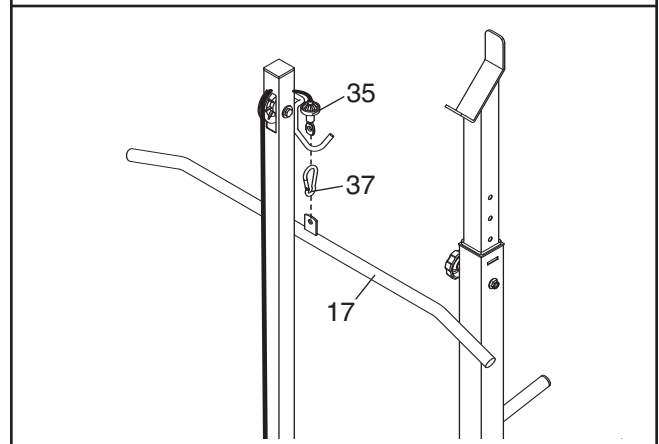
The Lat Tower (8) can be attached in the same way.

Note: When the Curl Pad (15) or Lat Tower (8) is not in use, the 45mm Thick Square Inner Cap (57) should be inserted into the Front Leg (2).



ATTACHING THE LAT BAR

Attach the Lat Bar (17) to the Lat Cable (35) with a Cable Clip (37). Remove the Lat Bar when performing an exercise that does not require it.



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

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

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

- 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 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 appropriate length of time for each workout, and the number of repetitions or sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program.

Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool 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 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

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. Refer to 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 are:

- 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.

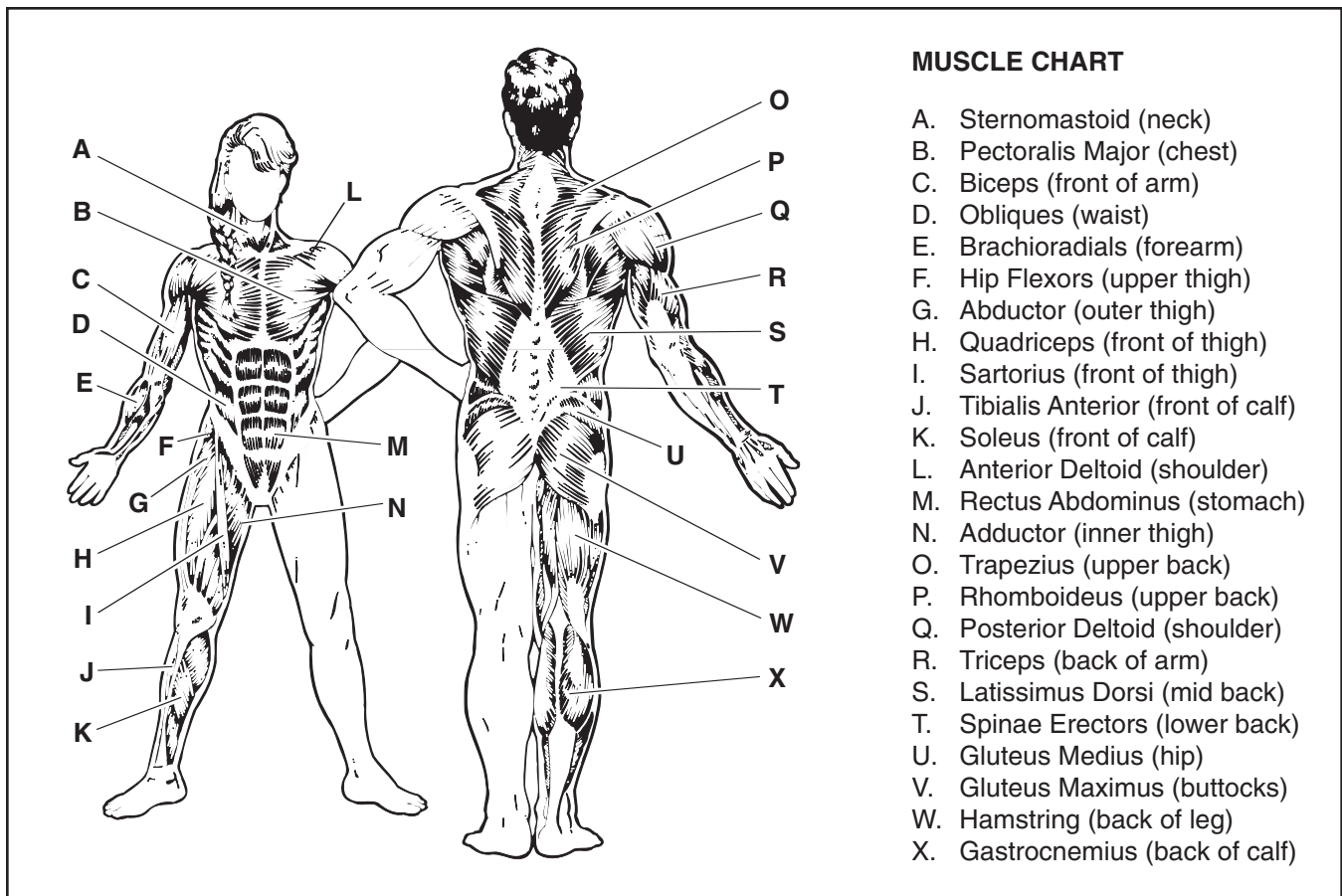
COOLING DOWN

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 14 and 15 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance 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	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.

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.

NOTES

NOTES

PART LIST—Model No. 831.15711.0

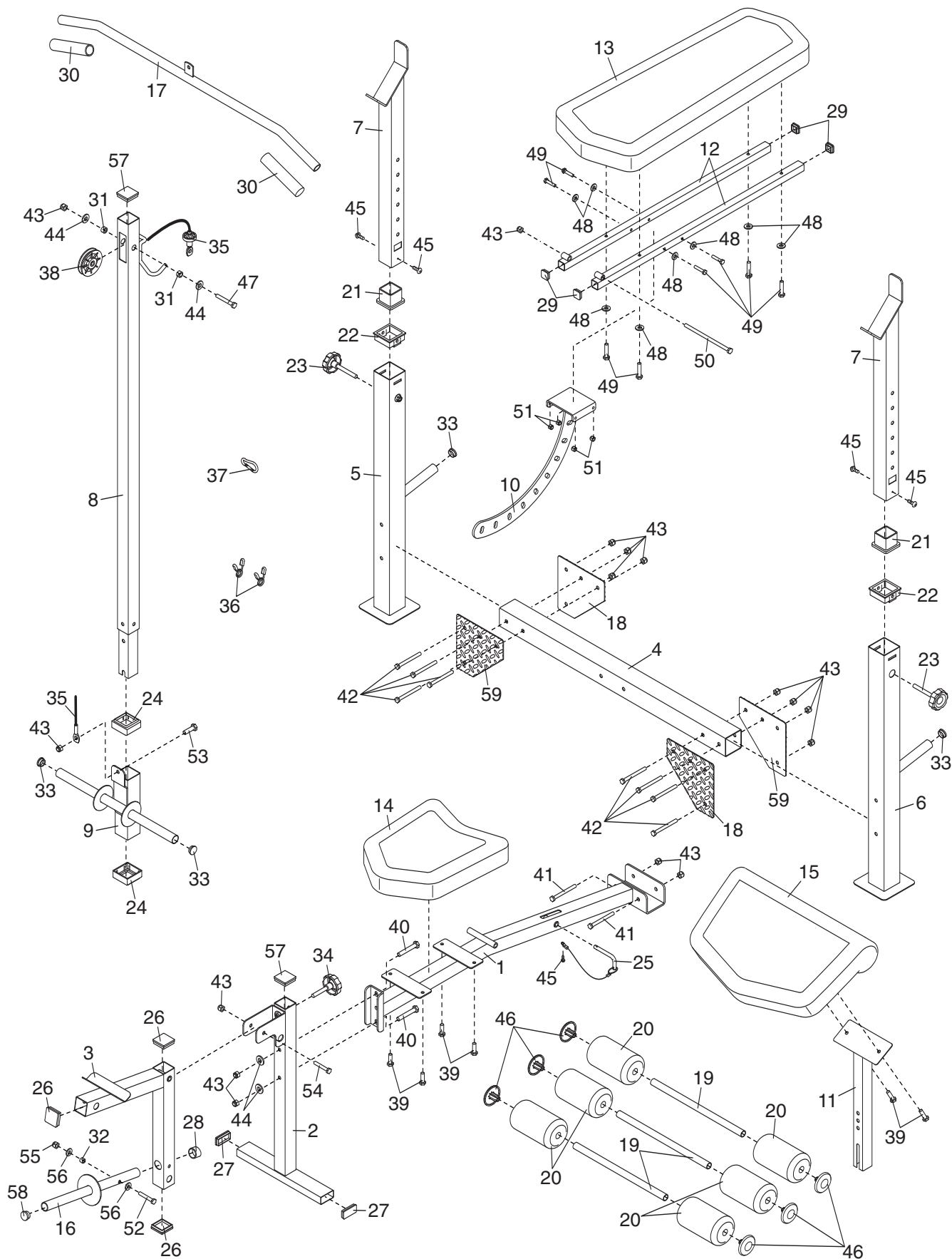
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	32	1	10mm Spacer
2	1	Front Leg	33	4	25mm Round Inner Cap
3	1	Leg Lever	34	1	Curl Knob
4	1	Crossbar	35	1	Lat Cable
5	1	Right Upright	36	2	Spring Clip
6	1	Left Upright	37	1	Cable Clip
7	2	Weight Rest	38	1	Pulley
8	1	Lat Tower	39	6	M6 x 16mm Screw
9	1	Weight Carriage	40	2	M10 x 65mm Bolt
10	1	Backrest Bracket	41	2	M10 x 81mm Bolt
11	1	Curl Post	42	8	M10 x 75mm Bolt
12	2	Backrest Frame	43	16	M10 Nylon Locknut
13	1	Backrest	44	4	M10 Washer
14	1	Seat	45	5	M4 x 16mm Screw
15	1	Curl Pad	46	6	19mm Round Inner Cap
16	1	Weight Tube	47	1	M10 x 60mm Bolt
17	1	Lat Bar	48	8	M6 Washer
18	2	Right Joint Plate	49	8	M6 x 40mm Bolt
19	3	Pad Tube	50	1	M10 x 168mm Bolt
20	6	Foam Pad	51	4	M6 Nylon Locknut
21	2	Weight Rest Cap	52	1	M8 x 58mm Bolt
22	2	Square Bushing	53	1	M10 x 19mm Bolt
23	2	Weight Rest Knob	54	1	M10 x 68mm Bolt
24	2	Lat Tower Bushing	55	1	M8 Nylon Locknut
25	1	Adjustment Pin	56	2	M8 Washer
26	3	45mm Square Inner Cap	57	2	45mm Thick Square Inner Cap
27	2	25mm x 51mm Inner Cap	58	1	25mm Thin Round Inner Cap
28	1	25mm Round Angled Cap	59	2	Left Joint Plate
29	4	25mm Square Inner Cap	*	-	User's Manual
30	2	Lat Handgrip	*	-	Exercise Guide
31	2	10mm Large Spacer	*	-	Grease Packet

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. If a part is missing, call 1-877-992-5999. *These parts are not illustrated.

EXPLODED DRAWING—Model No. 831.15711.0

R0407A



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