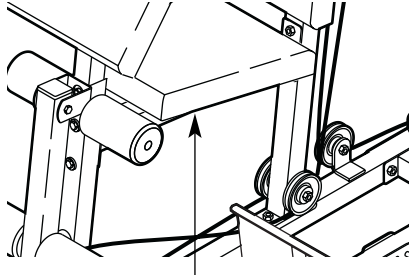


WEIDER[®] PRO POWER STACK

Model No. 831.159833

Serial No. _____

Write the serial number in the space above for reference.



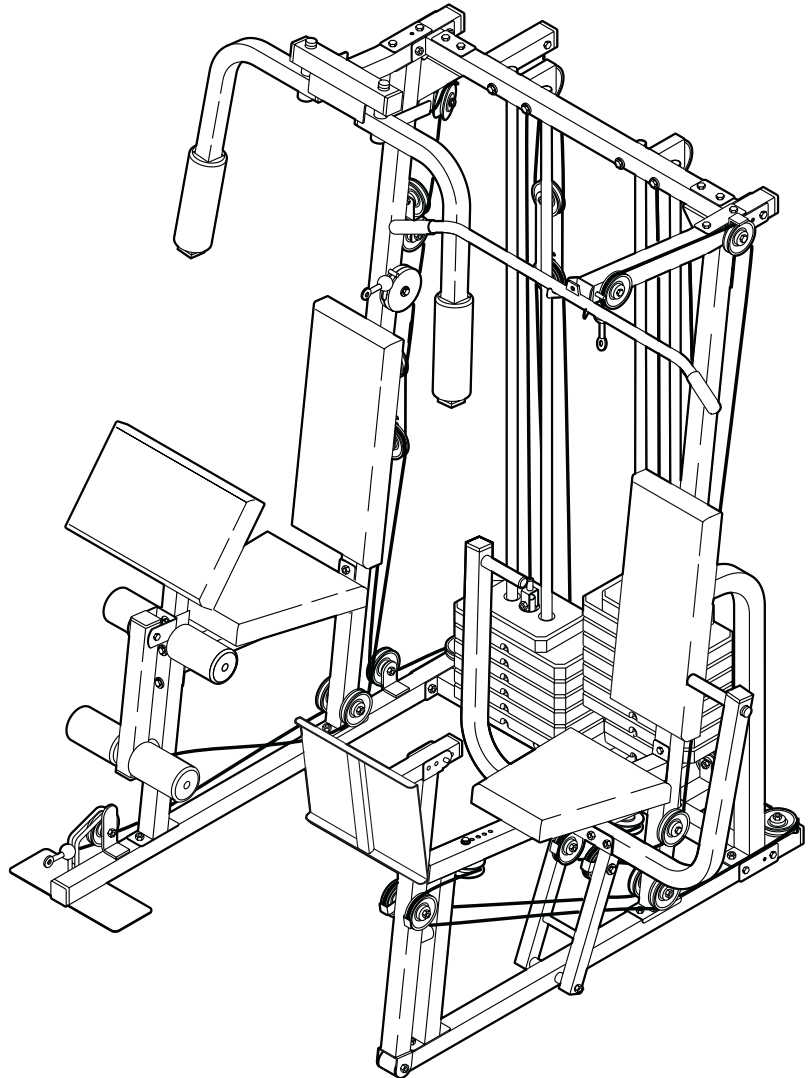
Serial Number Decal (under seat)

- 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.

WEIGHT SYSTEM EXERCISER User's Manual



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

WEIDER[®] PRO POWER STACK

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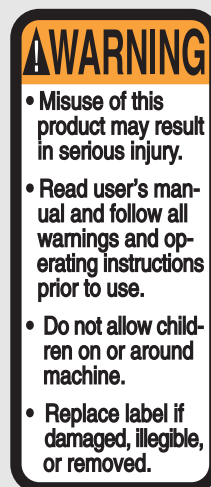
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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached in the center of this manual. Remove the PART LIST/EXPLODED DRAWING and the PART IDENTIFICATION CHART before beginning assembly.

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 in the accompanying literature before using the weight system.
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. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection.
9. The weight system is designed to support a maximum user weight of 250 pounds.
10. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
11. Never release the press arm, butterfly arms, leg lever, leg press plate, lat bar, ab strap, or nylon strap while weights are raised; the weights will fall with great force.
12. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
13. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The warning decal shown here has been placed on the weight system in the location shown on page 4. If a decal is missing or illegible, please call toll-free 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Place the decal on the weight system 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.

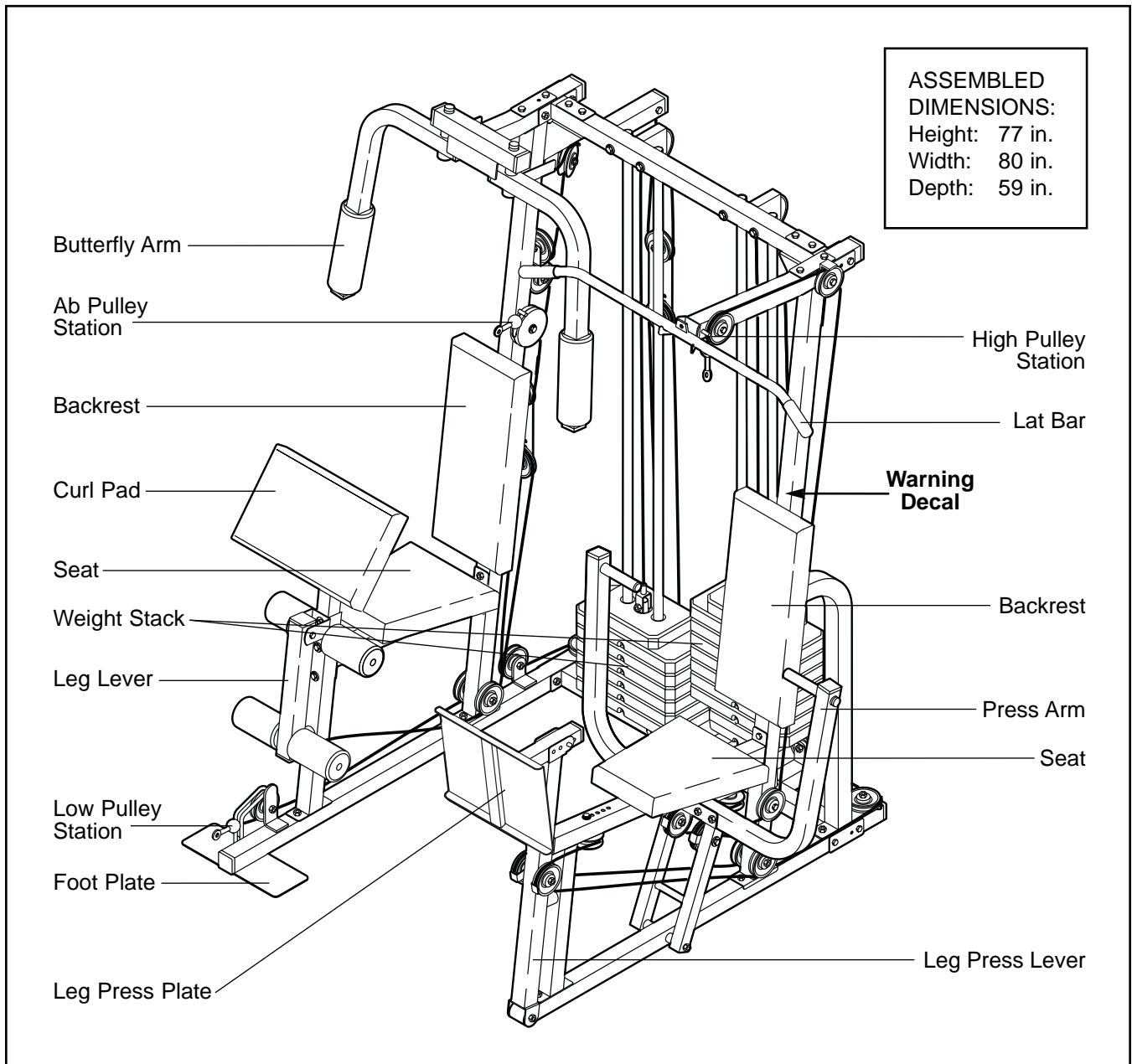
BEFORE YOU BEGIN

Thank you for selecting the innovative and versatile WEIDER® PRO POWER STACK weight system. The weight system offers a unique 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 results you want.

For your benefit, read this manual carefully before using the weight system. 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 831.159833. The serial number can be found on a decal attached to the weight system (see the front cover of this manual for the location of the decal).

Please use the drawing below to familiarize yourself with the major parts and how they fit together.



ASSEMBLY

Make Assembly Easier

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.

Select a Location for the Weight System


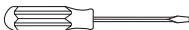


Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly easier, we have divided the assembly process into four stages. The small hardware needed for each stage is packaged in separate bags. **Important: Wait until you begin each stage to open the parts bag(s) 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 that 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 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, a **PART IDENTIFICATION CHART** is included in the center of this manual. Lay 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 that 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 the 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 weight stations to the weight stacks.

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

Frame Assembly

1. Before beginning, be sure that you have read and understood the information on page 5.

Locate and open the parts bag labeled "FRAME ASSEMBLY."

Press a 50mm Square Inner Cap (67) into each end of the Butterfly Base (1).

Insert four M8 x 61mm Carriage Bolts (75) and an M10 x 89mm Carriage Bolt (95) up through the indicated holes in the Butterfly Base (1). Place the Butterfly Base flat on the floor. **Note: If the Bolts fall out, secure them by putting a small piece of tape over the head of each Bolt.**

2. Press three 50mm Square Inner Caps (67) into the Center Base (2). Insert an M10 x 89mm Carriage Bolt (95) up through the indicated hole in the Center Base.

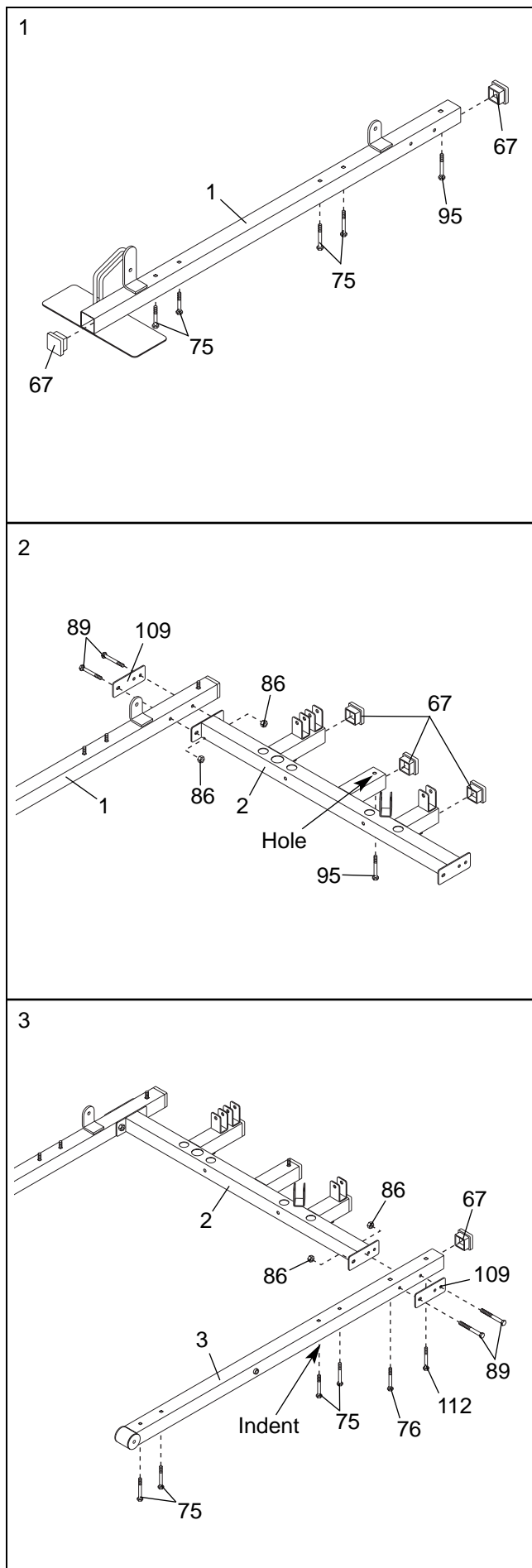
Note: There are three kinds of support plates. The main difference between them is the distance between the holes. When you need a support plate, find the kind with holes that will fit over the bolts you are using.

Attach the Center Base (2) to the Butterfly Base (1) with two M8 x 66mm Bolts (89), a Medium Support Plate (109), and two M8 Nylon Locknuts (86). **Do not tighten the Locknuts yet.**

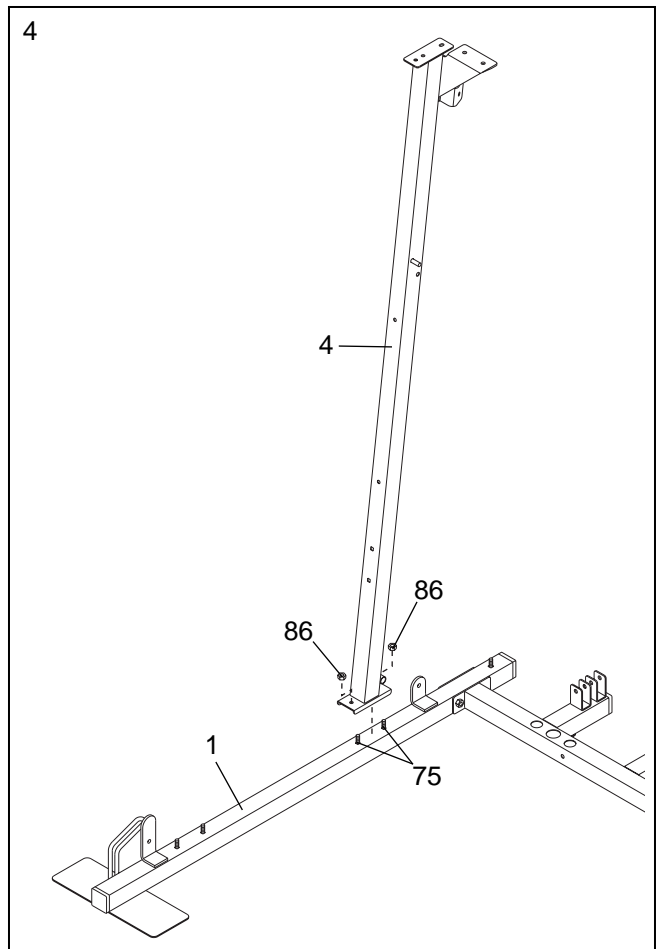
3. Press a 50mm Square Inner Cap (67) into the end of the Press Base (3).

Insert four M8 x 61mm Carriage Bolts (75), an M10 x 63mm Carriage Bolt (76), and an M10 x 92mm Carriage Bolt (112) up through the indicated holes in the Press Base (3).

Orient the Press Base (3) with the indents around the indicated holes on the bottom. Attach the Press Base to the Center Base (2) with two M8 x 66mm Bolts (89), a Medium Support Plate (109), and two M8 Nylon Locknuts (86). **Do not tighten the Locknuts yet.**

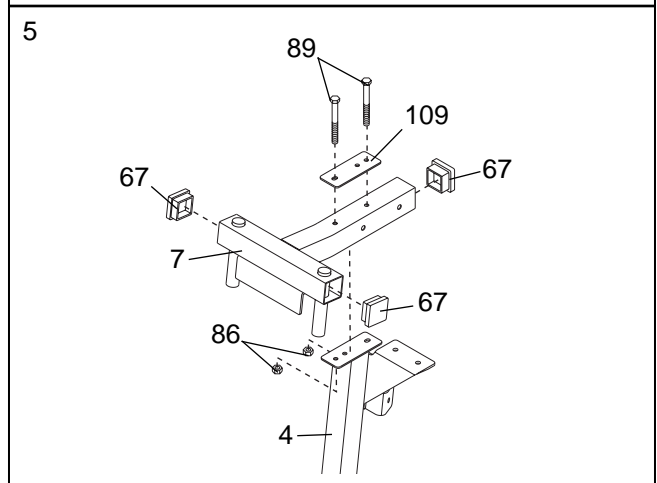


- Slide the Butterfly Upright (4) over the indicated M8 x 61mm Carriage Bolts (75) in the Butterfly Base (1). Hand tighten two M8 Nylon Locknuts (86) onto the Bolts. **Do not tighten the Locknuts yet.**



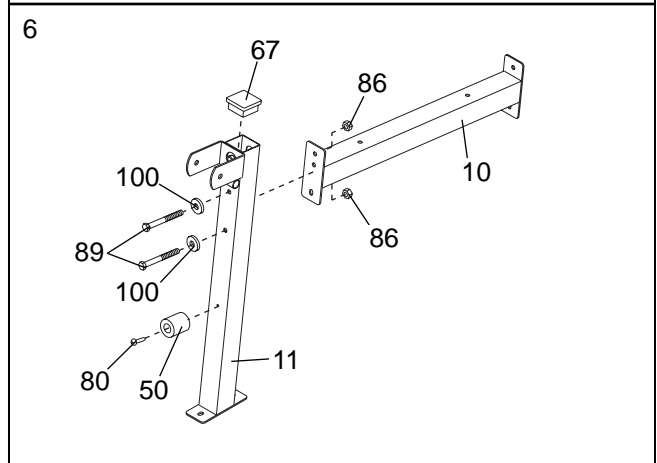
- Press three 50mm Square Inner Caps (67) into the Butterfly Top Frame (7).

Attach the Butterfly Top Frame (7) to the indicated bracket at the top of the Butterfly Upright (4) with two M8 x 66mm Bolts (89), a Medium Support Plate (109), and two M8 Nylon Locknuts (86). **Do not tighten the Locknuts yet.**



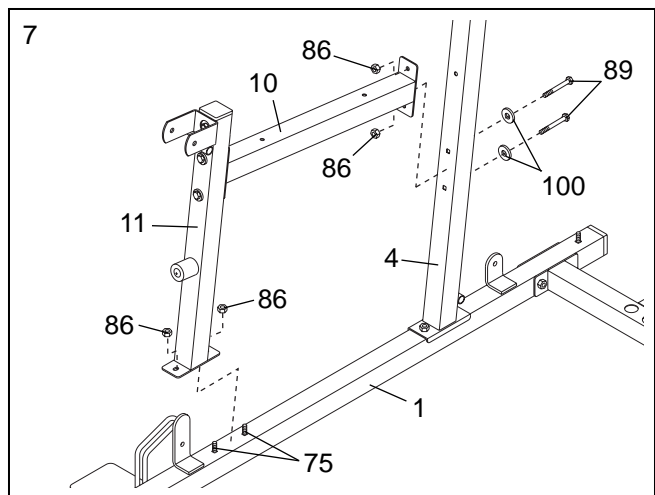
- Press a 50mm Square Inner Cap (67) halfway into the top of the Butterfly Leg (11). Attach a Bumper (50) to the Butterfly Leg with an M4 x 25mm Screw (80).

Attach the Butterfly Seat Frame (10) to the Butterfly Leg (11) with two M8 x 66mm Bolts (89), two M8 Washers (100), and two M8 Nylon Locknuts (86). **Do not tighten the Locknuts yet.**



- Slide the Butterfly Leg (11) onto the two M8 x 61mm Carriage Bolts (75) in the Butterfly Base (1). Hand tighten two M8 Nylon Locknuts (86) onto the Bolts. **Do not tighten the Locknuts yet.**

Attach the Butterfly Seat Frame (10) to the Butterfly Upright (4) with two M8 x 66mm Bolts (89), two M8 Washers (100), and two M8 Nylon Locknuts (86). **Do not tighten the Locknuts yet.**

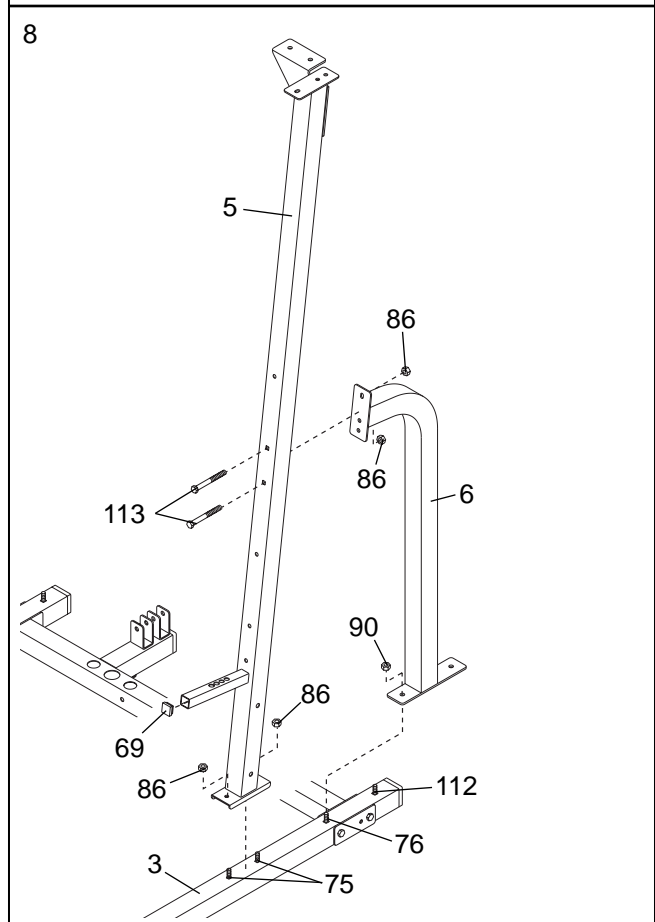


- Press a 25mm Square Inner Cap (69) into the small tube on the Press Upright (5).

Slide the Press Upright (5) over the indicated M8 x 61mm Carriage Bolts (75) in the Press Base (3). Hand tighten two M8 Nylon Locknuts (86) onto the Bolts. **Do not tighten the Locknuts yet.**

Slide the Upright Support (6) over the M10 x 63mm Carriage Bolt (76) and the M10 x 92mm Carriage Bolt (112) in the Press Base (3). Hand tighten an M10 Nylon Locknut (90) onto the M10 x 63mm Carriage Bolt. **Do not tighten the Locknut yet. Note: Do not thread a locknut onto the M10 x 92mm Carriage Bolt yet.**

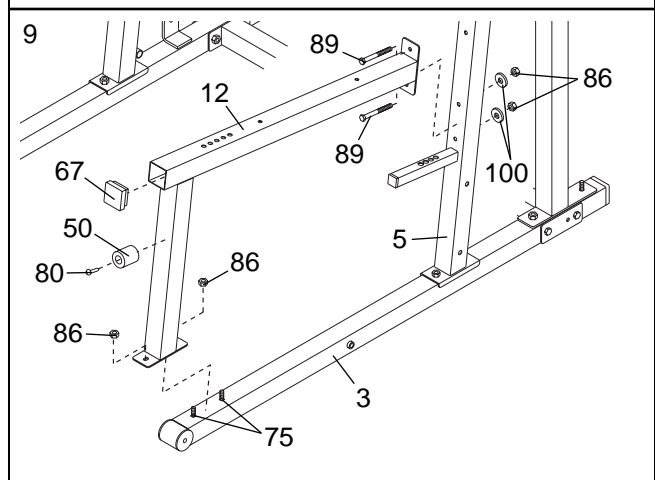
Attach the Upright Support (6) to the Press Upright (5) with two M8 x 63mm Carriage Bolts (113) and two M8 Nylon Locknuts (86). **Do not tighten the Locknuts yet.**



- Press a 50mm Square Inner Cap (67) into the Press Seat Frame (12). Attach a Bumper (50) to the Seat Frame with an M4 x 25mm Screw (80).

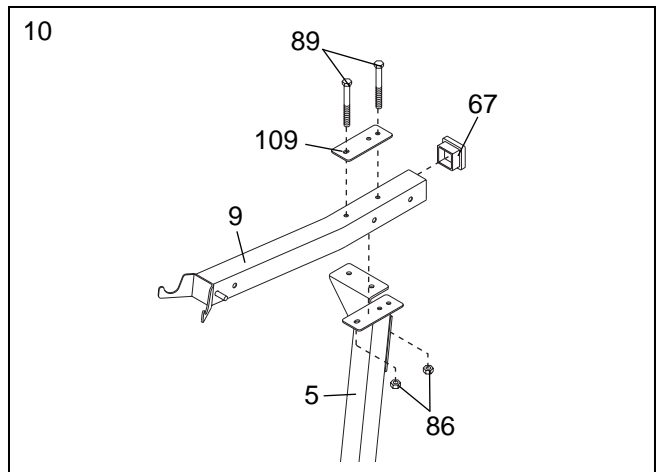
Slide the Press Seat Frame (12) onto the indicated M8 x 61mm Carriage Bolts (75) in the Press Base (3). Hand tighten two M8 Nylon Locknuts (86) onto the Bolts. **Do not tighten the Locknuts yet.**

Attach the Press Seat Frame (12) to the Press Upright (5) with two M8 x 66mm Bolts (89), two M8 Washers (100), and two M8 Nylon Locknuts (86). **Do not tighten the Locknuts yet.**



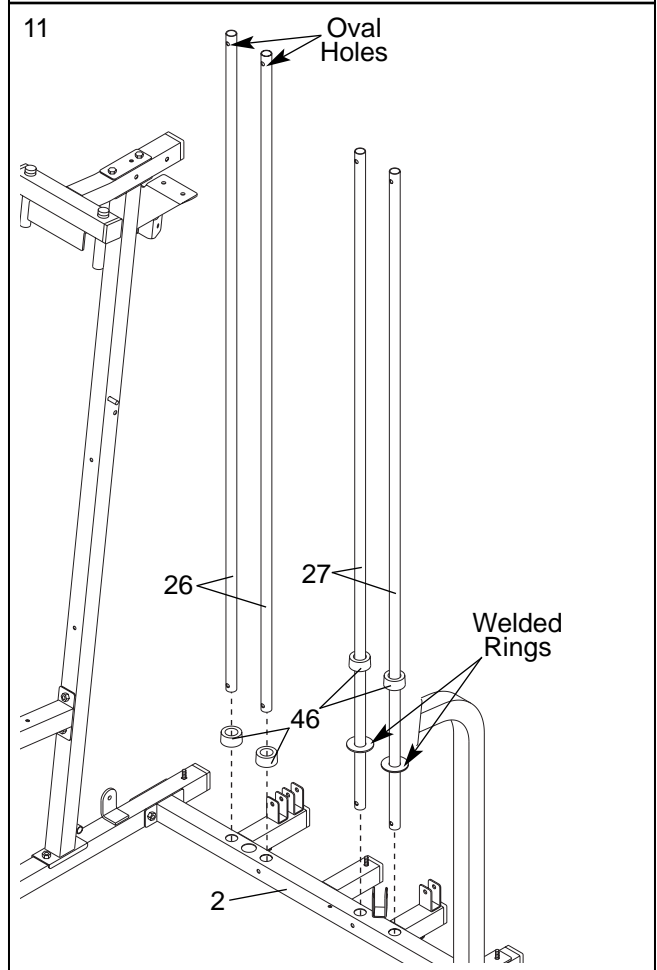
10. Press a 50mm Square Inner Cap (67) into the Press Top Frame (9).

Attach the Press Top Frame (9) to the indicated bracket at the top of the Press Upright (5) with two M8 x 66mm Bolts (89), a Medium Support Plate (109), and two M8 Nylon Locknuts (86). **Do not tighten the Locknuts yet.**

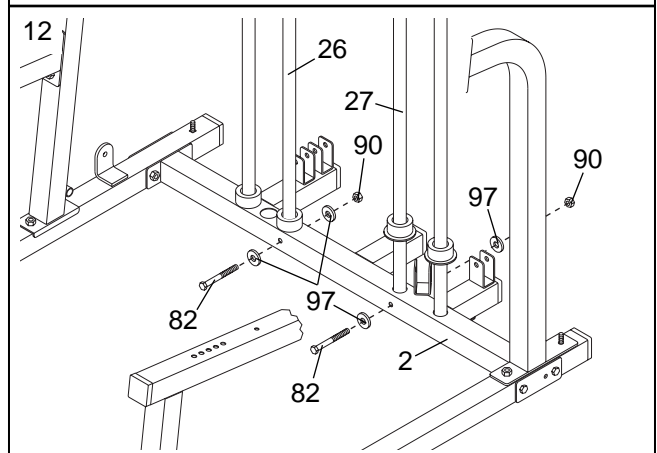


11. Identify the Left Weight Guides (27), which have welded rings near the bottom. Slide two Weight Bumpers (46) onto the Left Weight Guides. Insert the Left Weight Guides into the indicated holes in the Center Base (2).

Set the other two Weight Bumpers (46) over the indicated holes in the Center Base (2). Insert the Right Weight Guides (26) through the Weight Bumpers and into the holes in the Center Base. **Make sure the oval holes on the Right Weight Guides are on the top.**



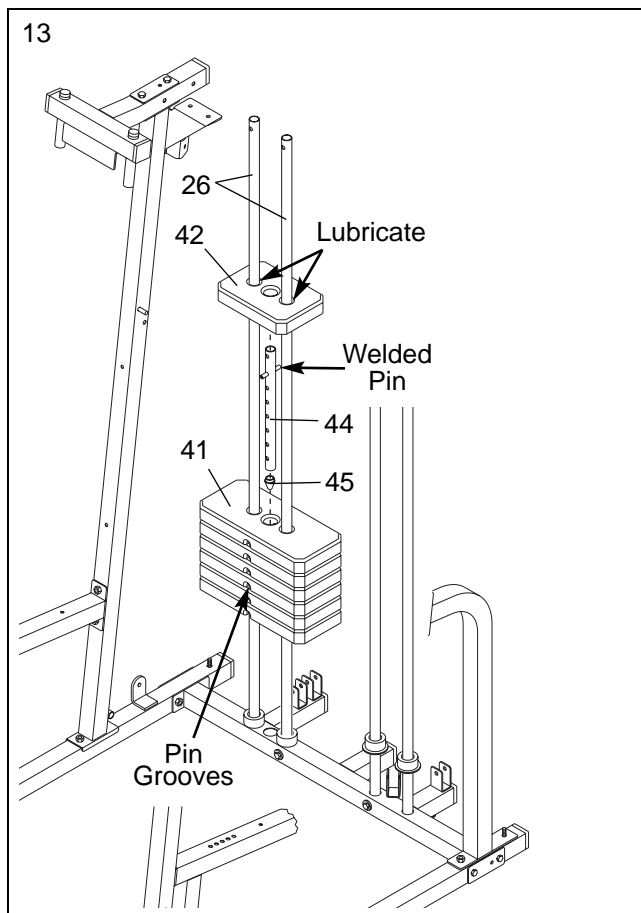
12. Attach the indicated Weight Guides (26, 27) to the Center Base (2) with two M10 x 67mm Bolts (82), four M10 Washers (97), and two M10 Nylon Locknuts (90).



13. Slide six Weights (41) onto the Right Weight Guides (26). **Make sure the Weights are turned so the pin grooves are on the bottom.**

Press a Weight Tube Bumper (45) into the lower end of the **Short Weight Tube (44)**. Slide the Short Weight Tube into the center holes in the Weights (41).

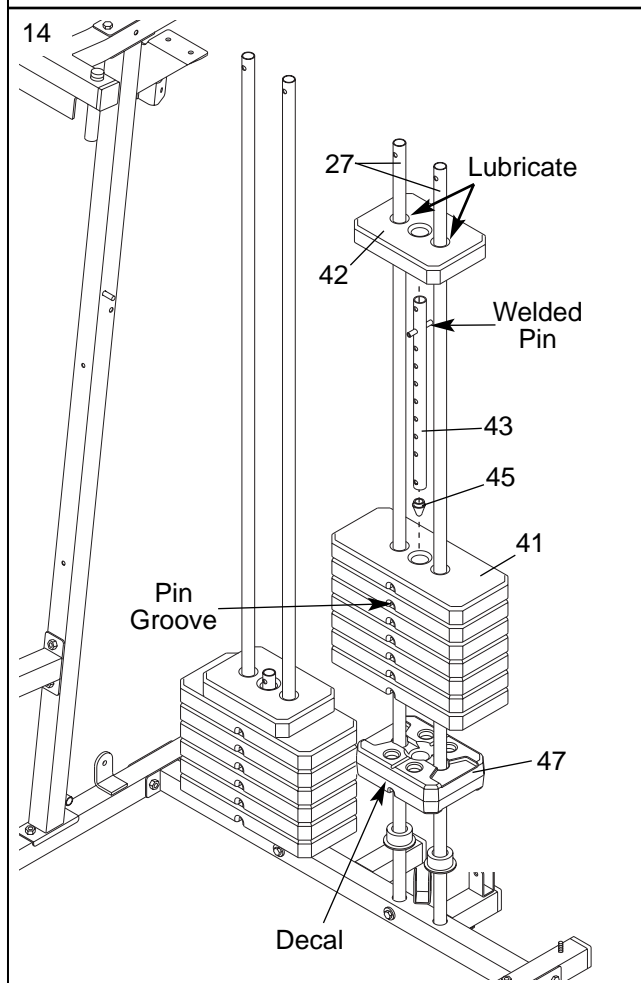
Lubricate the indicated holes in a Top Weight (42) with grease. Slide the Top Weight onto the Right Weight Guides (26). **Note: Make sure the Top Weight is turned so the groove fits over the welded pin on the Short Weight Tube (44).**



14. Slide the Bottom Weight (47) and seven Weights (41) onto the Left Weight Guides (27). **Make sure the decal on the Bottom Weight is in the indicated location and the Weights are oriented with the pin grooves on the bottom.**

Press a Weight Tube Bumper (45) into the lower end of the Long Weight Tube (43). Slide the Long Weight Tube into the center holes in the Weights (41).

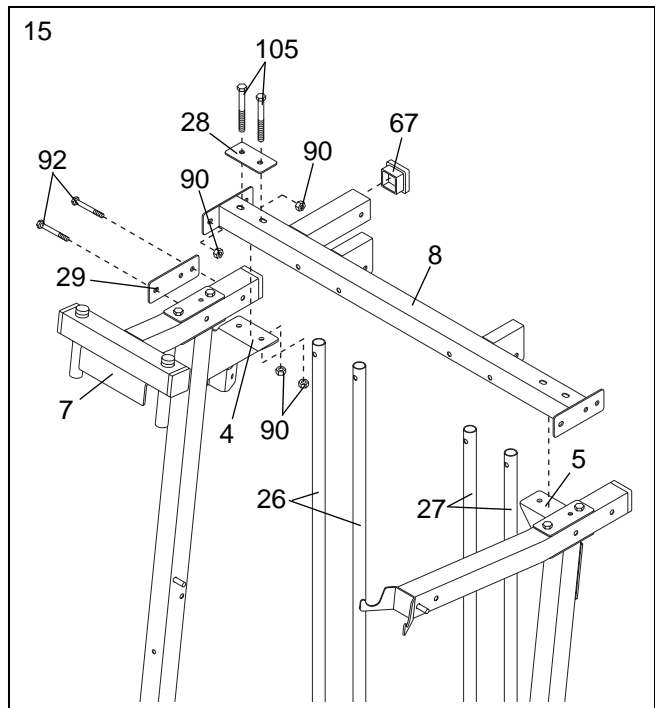
Lubricate the indicated holes in the other Top Weight (42) with grease. Slide the Top Weight onto the Left Weight Guides (27). **Note: Make sure the Top Weight is turned so the groove fits over the welded pin on the Long Weight Tube (43).**



15. Press a 50mm Square Inner Cap (67) into the Center Top Frame (8). Place the Center Top Frame on the indicated brackets on the Uprights (4, 5). **Note: The tops of the four Weight Guides (26, 27) must be behind the Center Top Frame, as shown in step 16.**

Attach the Center Top Frame (8) to the Butterfly Top Frame (7) with two M10 x 69mm Bolts (92), a Large Support Plate (29), and two M10 Nylon Locknuts (90). **Do not tighten the Locknuts yet.**

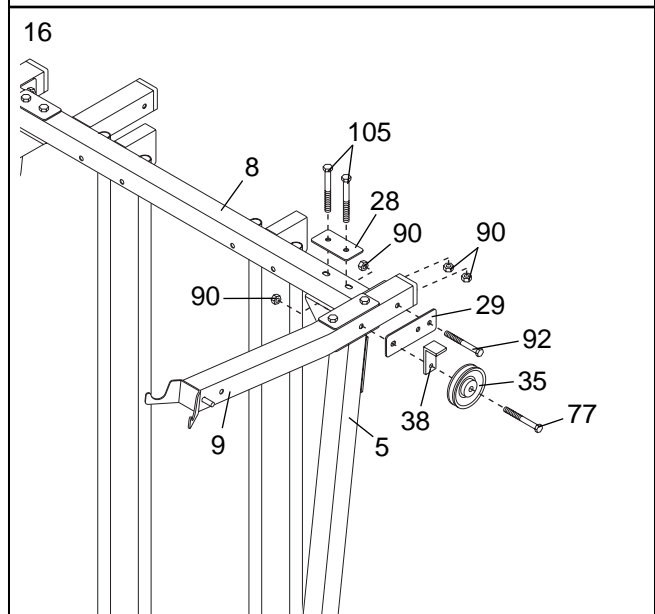
Attach the Center Top Frame (8) to the bracket on the Butterfly Upright (4) with two M10 x 72mm Bolts (105), a Small Support Plate (28), and two M10 Nylon Locknuts (90). **Do not tighten the Locknuts yet.**



16. Attach the the rear hole in Center Top Frame (8) to the Press Top Frame (9) with an M10 x 69mm Bolt (92), a Large Support Plate (29), and an M10 Nylon Locknut (90). **Do not tighten the Locknut yet.**

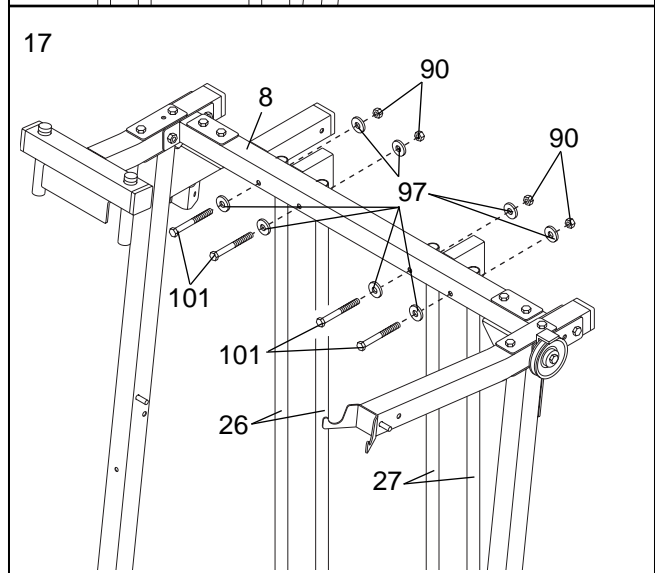
Locate the parts bag labeled “PULLEY BAG 1.” Remove a 90mm Pulley (35) from the bag. Slide the Pulley and a Cable Trap (38) onto an M10 x 97mm Bolt (77). Slide the Bolt through the Large Support Plate (29) and Press Top Frame (9). Hand tighten an M10 Nylon Locknut (90) onto it. **Do not tighten the Locknuts yet.**

Attach the Center Top Frame (8) to the bracket on the Press Upright (5) with two M10 x 72mm Bolts (105), a Small Support Plate (28), and two M10 Nylon Locknuts (90). **Do not tighten the Locknuts yet.**



17. Attach each set of Weight Guides (26, 27) to the Center Top Frame (8) with four M10 x 91mm Bolts (101), eight M10 Washers (97), and four M10 Nylon Locknuts (90).

Tighten the M10 Nylon Locknuts (90) and the M8 Nylon Locknuts (86) used in steps 2–17.



Arm Assembly

18. Locate and open the parts bag labeled "ARM ASSEMBLY."

Press two 50mm Square Inner Caps (67) into the ends of the Leg Lever (13).

Lubricate an M10 x 84mm Bolt (78) with grease. Attach the Leg Lever (13) to the Butterfly Leg (11) with the Bolt and an M10 Nylon Locknut (90). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

19. Lubricate the M10 x 76mm Bolt (88) with grease. Attach the Leg Press Lever (14) to the Press Base (3) with the Bolt and an M10 Nylon Locknut (90). **Do not overtighten the Locknut; the Leg Press Lever must pivot easily.**

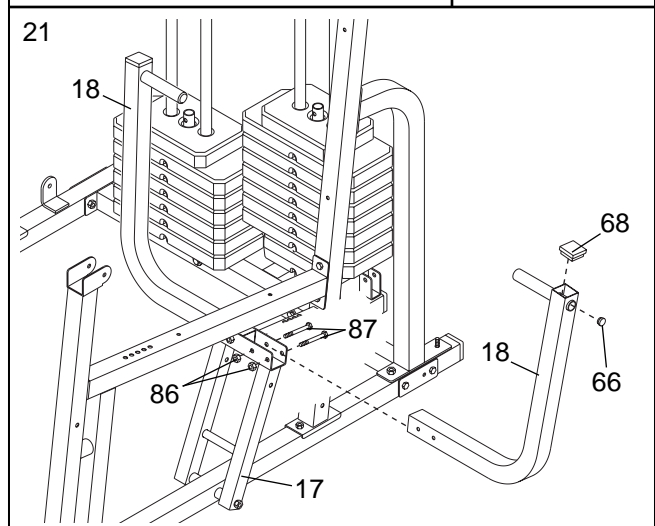
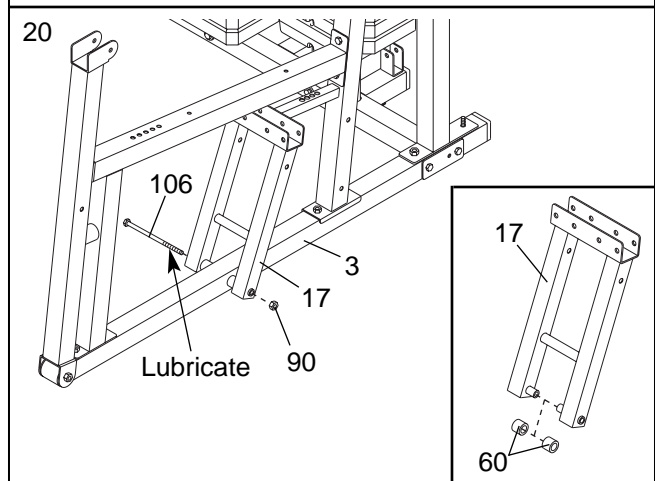
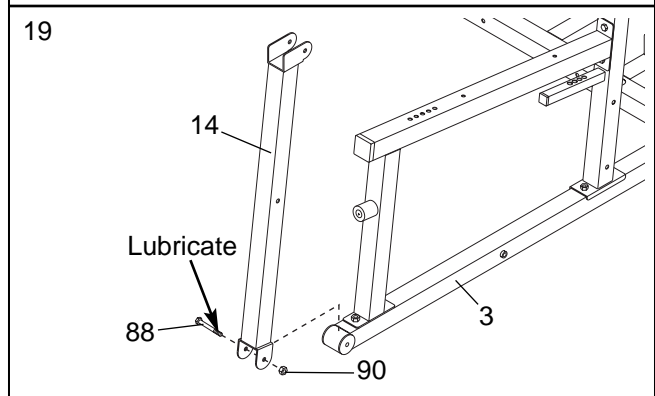
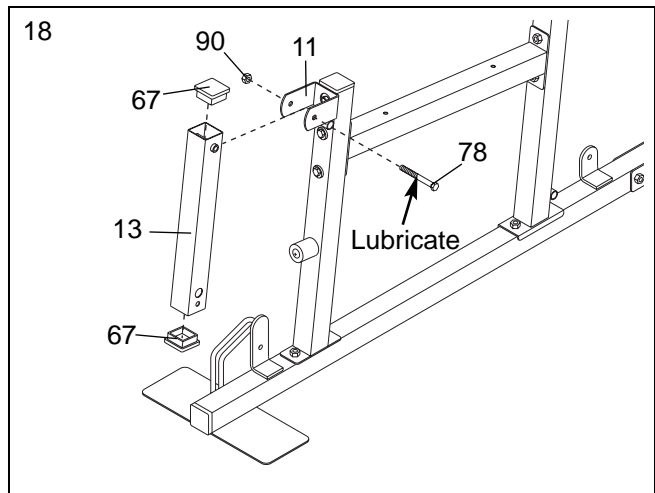
20. See the inset drawing. Press a Plastic Bushing (60) onto each welded tube on the Press Frame (17). Slide the Press Frame into place on the Press Base (3). **Note: This will be a tight fit; the Plastic Bushings should fit onto each end of the welded tubes in the Base.**

Lubricate the M10 x 207mm Bolt (106) with grease. Attach the Press Frame (17) to the Press Base (3) with the Bolt and an M10 Nylon Locknut (90). **Do not overtighten the Locknut; the Press Frame must pivot easily.**

21. Press a 45mm Square Inner Cap (68) into the top of a Press Arm (18). Press a 25mm Round Inner Cap (66) into the Press Arm.

Attach the Press Arm (18) to the Press Frame (17) with two M8 x 62mm Bolts (87) and two M8 Nylon Locknuts (86).

Repeat this step with the other Press Arm (18).



22. Identify the Right and Left Butterfly Arms (19, 20) by the positions of the welded brackets.

Press a 45mm Square Inner Cap (68) into each end of the Right Butterfly Arm (19). Wet the lower end of the Butterfly Arm with soapy water. Slide a Large Foam Pad (53) onto the lower end of the Butterfly Arm.

Lubricate the axles on the Butterfly Top Frame (7) with grease. Orient the Right Butterfly Arm (19) as shown and slide it onto the right axle.

See the inset drawing. Place two 25mm Retainers (54) on top of an inverted 25mm Cover Cap (55). **Make sure the teeth on the Retainers bend toward the Cover Cap, as shown.**

Have a second person gently tap the two 25mm Retainers (54) and the 25mm Cover Cap (55) onto the axle on the Butterfly Top Frame (7).

Repeat this step with the Left Butterfly Arm (20).

Cable Assembly

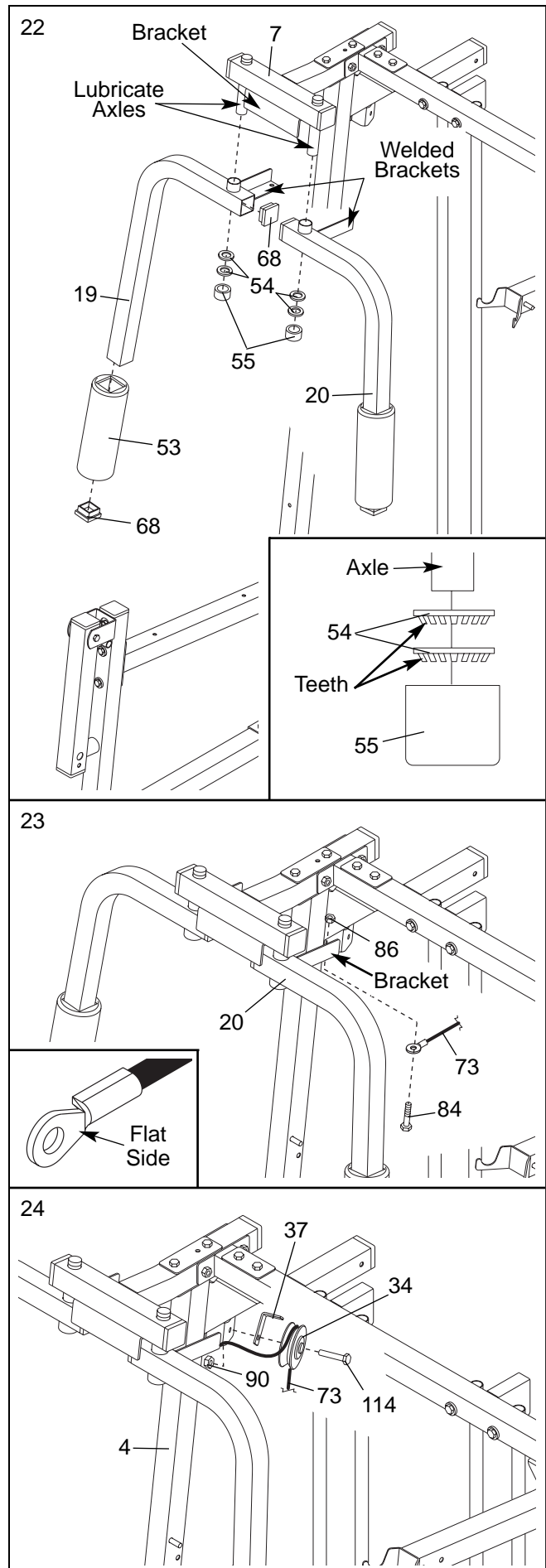
23. Locate and open the parts bag labeled "CABLE ASSEMBLY."

For cable identification and routing during steps 23 to 61, refer to the **CABLE DIAGRAMS** and **CABLE ID CHART** on pages 30 and 31. **Make sure that the cable traps do not touch or bind the cables as you assemble them.**

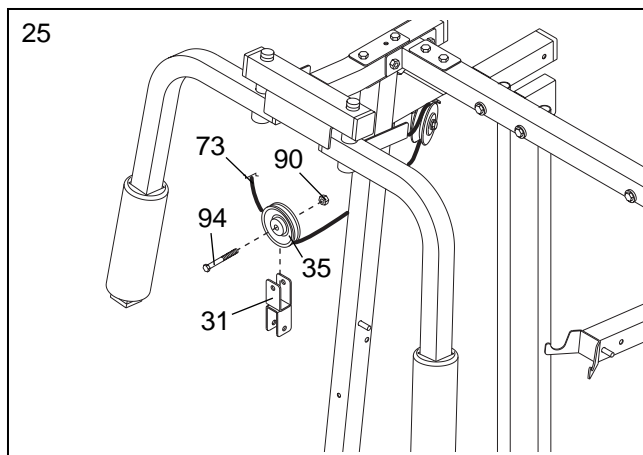
Identify the **Butterfly Cable (73)**. It is approximately 52" long and it has an eyelet on each end. Attach the Butterfly Cable to the bracket on the Left Butterfly Arm (20) with an M8 x 20mm Shoulder Bolt (84) and an M8 Nylon Locknut (86). **Make sure that the flat side of the eyelet on the cable (see the inset drawing) is against the Butterfly Arm.**

24. Locate and open the parts bag labeled "PULLEY BAG 2." Remove one "V"-pulley (34) from the bag.

Wrap the Butterfly Cable (73) over the "V"-pulley (34). Attach the "V"-pulley and a Long Cable Trap (37) to the bracket on the back of the Butterfly Upright (4) with an M10 x 58mm Bolt (114) and an M10 Nylon Locknut (90). **Make sure the Long Cable Trap is oriented to hold the Cable in the groove of the "V"-pulley.**

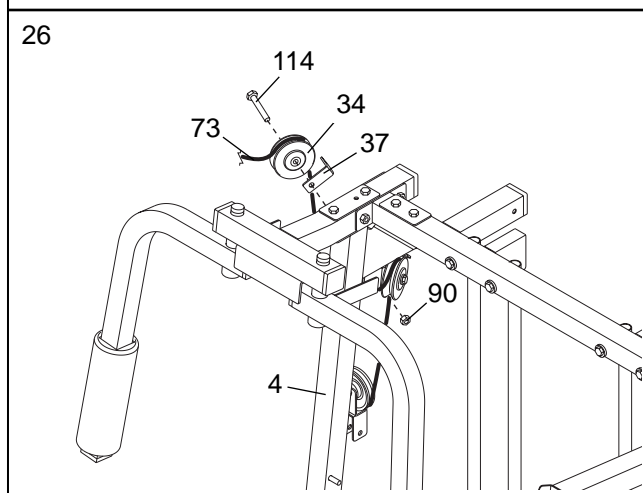


25. Wrap the Butterfly Cable (73) under a 90mm Pulley (35). Attach the Pulley to the Double "U"-bracket (31) with an M10 x 45mm Bolt (94) and an M10 Nylon Locknut (90).

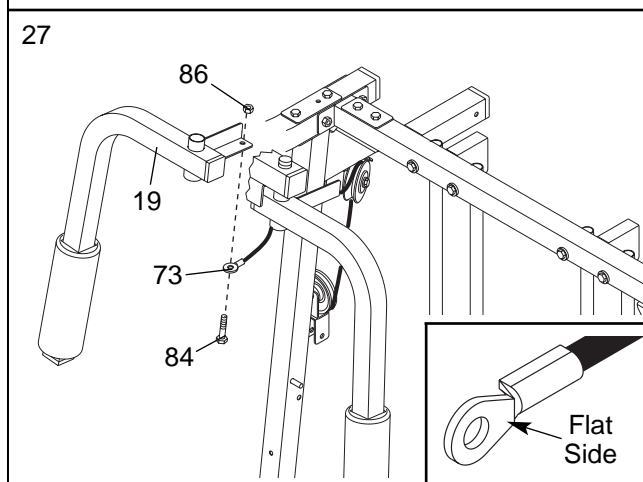


26. Remove another "V"-pulley (34) from the bag labeled "PULLEY BAG 2."

Wrap the Butterfly Cable (73) over the "V"-pulley (34). Attach the "V"-pulley and a Long Cable Trap (37) to the bracket on the back of the Butterfly Upright (4) with an M10 x 58mm Bolt (114) and an M10 Nylon Locknut (90). **Make sure the Long Cable Trap is oriented to hold the Cable in the groove of the "V"-pulley.**

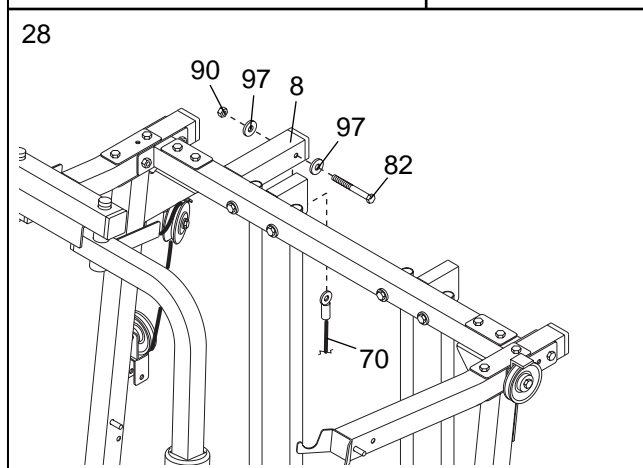


27. Attach the Butterfly Cable (73) to the bracket on the Right Butterfly Arm (19) with an M8 x 20mm Shoulder Bolt (84) and an M8 Nylon Locknut (86). **Make sure that the flat side of the eyelet on the cable (see the inset drawing) is against the Butterfly Arm.**

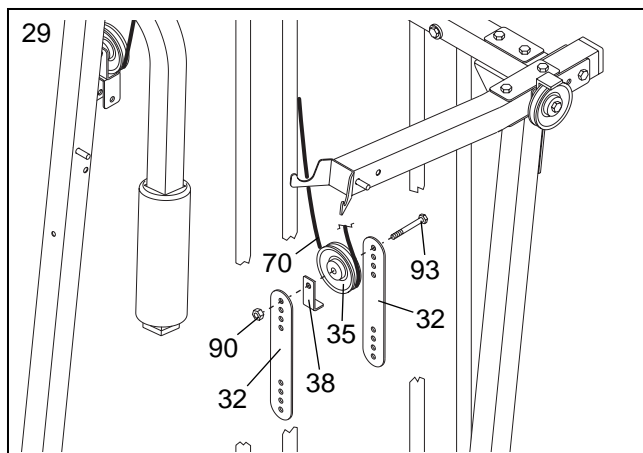


28. **Identify the Rear Cable (70).** It is approximately 95 1/8" long, and it has an eyelet on one end and a threaded shaft on the other.

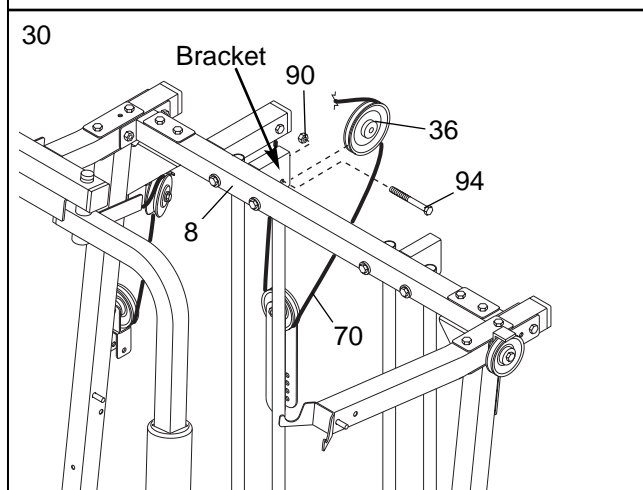
Attach the eyelet on the Rear Cable (70) inside the Center Top Frame (8) with an M10 x 67mm Bolt (82), two M10 Washers (97), and an M10 Nylon Locknut (90).



29. Wrap the Rear Cable (70) under a 90mm Pulley (35). Attach the Pulley and a Cable Trap (38) to the top hole in the pair of Pulley Plates (32) with an M10 x 48mm Bolt (93) and an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

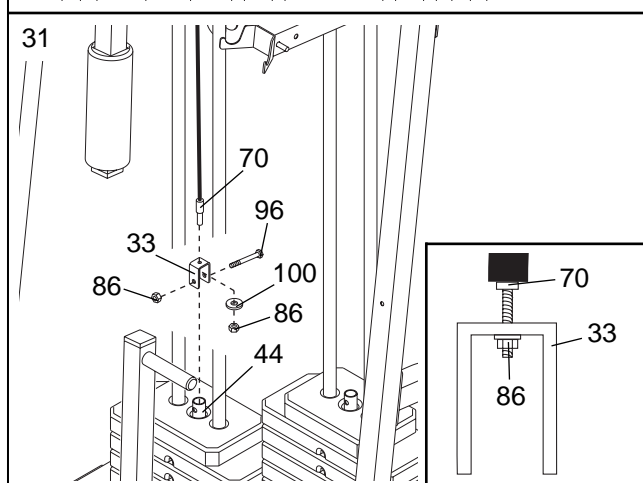


30. Wrap the Rear Cable (70) over a 115mm Pulley (36) in the direction shown. Attach the Pulley inside the indicated bracket on the Center Top Frame (8) with an M10 x 45mm Bolt (94) and an M10 Nylon Locknut (90).



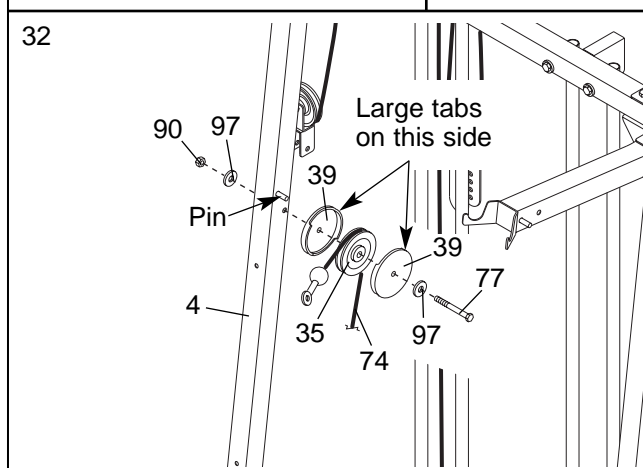
31. Attach the end of the Rear Cable (70) to a "U"-bracket (33) with an M8 Washer (100) and an M8 Nylon Locknut (86). **Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**

Attach the "U"-bracket (33) to the Short Weight Tube (44) with an M8 x 45mm Bolt (96) and an M8 Nylon Locknut (86).

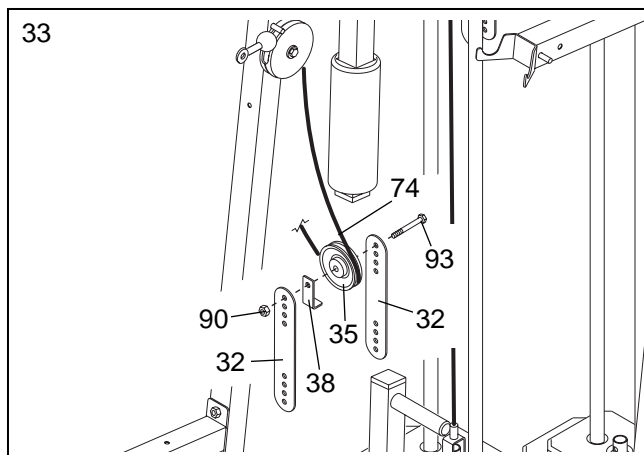


32. **Identify the Ab Cable (74).** It is approximately 226 1/2" long, and it has a ball on one end and an eyelet on the other.

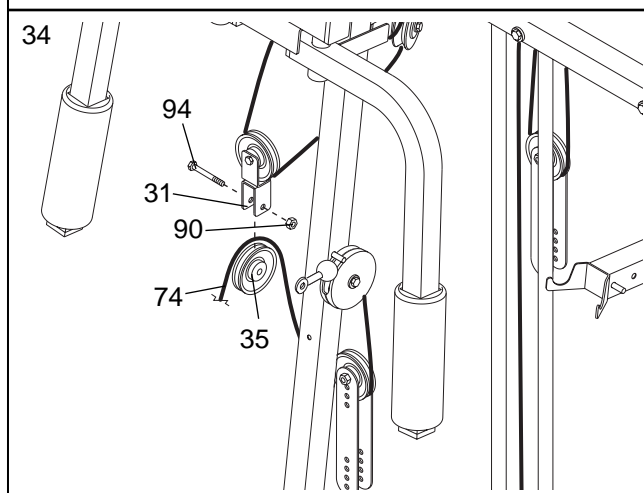
Wrap the Ab Cable (74) over a 90mm Pulley (35) as shown. Place two Pulley Covers (39) over the Pulley, so that the large tabs are on the indicated side. Attach the Pulley and Pulley Covers to the Butterfly Upright (4) with an M10 x 97mm Bolt (77), two M10 Washers (97), and an M10 Nylon Locknut (90). **Make sure the Cable is between the Pulley and the pin on the Upright.**



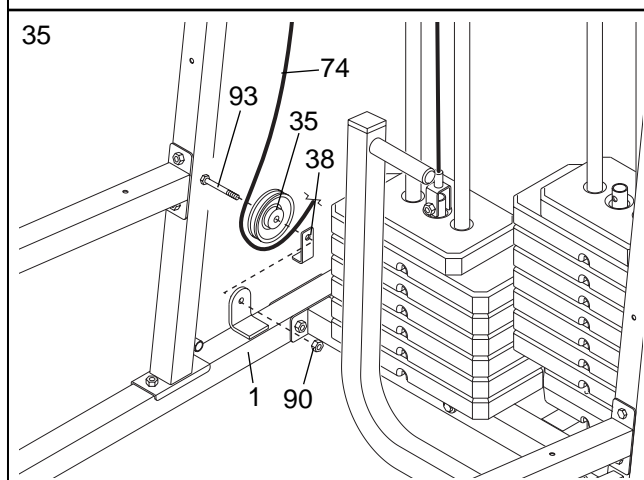
33. Wrap the Ab Cable (74) under a 90mm Pulley (35). Attach the Pulley and a Cable Trap (38) to the top hole in the pair of Pulley Plates (32) with an M10 x 48mm Bolt (93) and an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



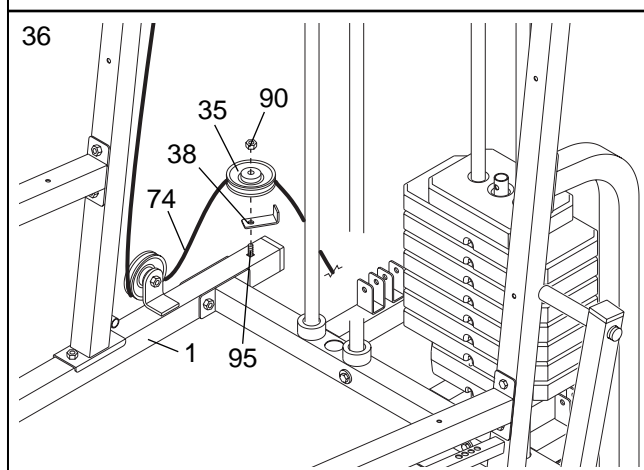
34. Wrap the Ab Cable (74) over a 90mm Pulley (35) in the direction shown. Attach the Pulley to the Double "U"-bracket (31) with an M10 x 45mm Bolt (94) and an M10 Nylon Locknut (90).



35. Wrap the Ab Cable (74) under a 90mm Pulley (35). Attach the Pulley and a Cable Trap (38) to the indicated bracket on the Butterfly Base (1) with an M10 x 48mm Bolt (93) and an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

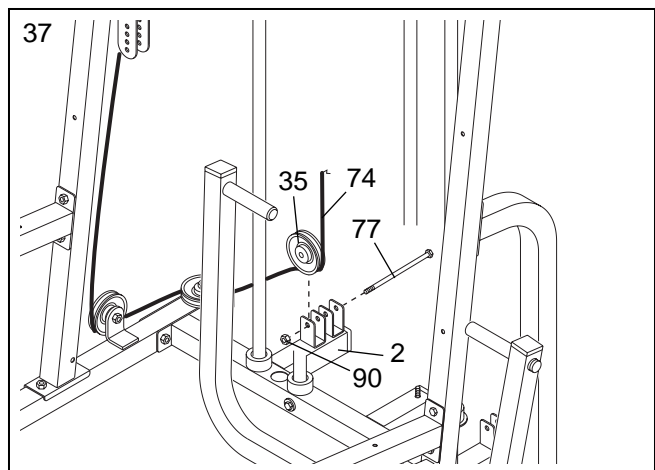


36. Wrap the Ab Cable (74) around a 90mm Pulley (35) in the direction shown. Slide a Cable Trap (38) and the Pulley onto the M10 x 89mm Carriage Bolt (95) in the Butterfly Base (1). Secure the Pulley with an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

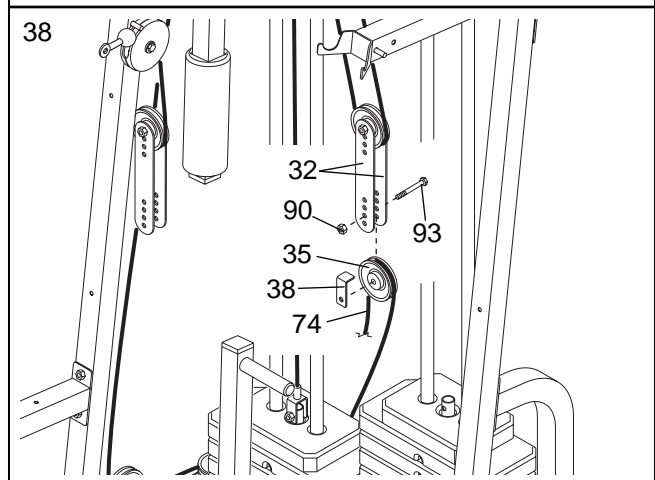


37. Wrap the Ab Cable (74) under a 90mm Pulley (35). Attach the Pulley to the indicated bracket on the Center Base (2) with an M10 x 97mm Bolt (77) and an M10 Nylon Locknut (90).

Note: The M10 x 97mm Bolt (77) must be inserted through both brackets on the Center Frame (2). Tighten the M10 Nylon Locknut (90) only a few turns onto the Bolt; it will need to be removed in step 39.



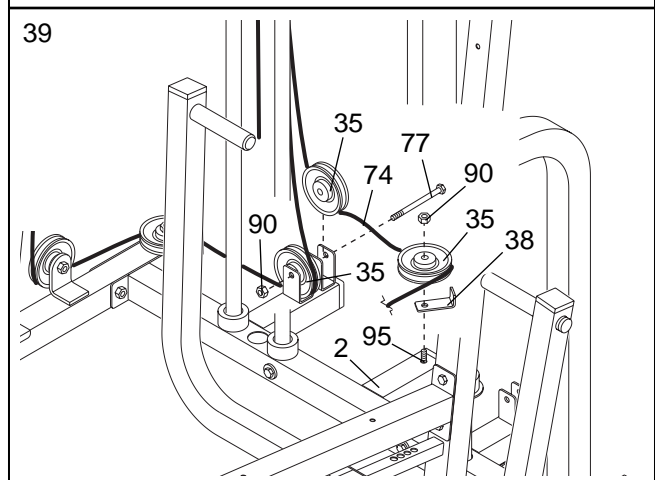
38. Wrap the Ab Cable (74) over a 90mm Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the second set of holes from the bottom in the indicated pair of Pulley Plates (32) with an M10 x 48mm Bolt (93) and an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



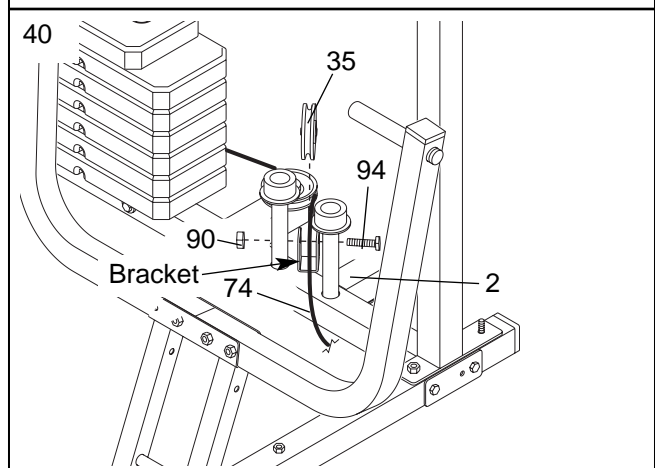
39. **Remove the M10 x 97mm Bolt (77) and the M10 Nylon Locknut (90) used in step 37.**

Wrap the Ab Cable (74) under a 90mm Pulley (35) as shown. Attach the Pulley to the indicated bracket on the Center Base (2), and the 90mm Pulley (35) used in step 37 to its bracket, with the M10 x 97mm Bolt (77) and the M10 Nylon Locknut (90). **Note: Make sure the Pulley used in step 37 is attached as shown.**

Wrap the Ab Cable (74) around a 90mm Pulley (35) as shown. Slide the Pulley and a Cable Trap (38) onto the M10 x 89mm Carriage Bolt (95) in the Center Base (2). Secure the Pulley with an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

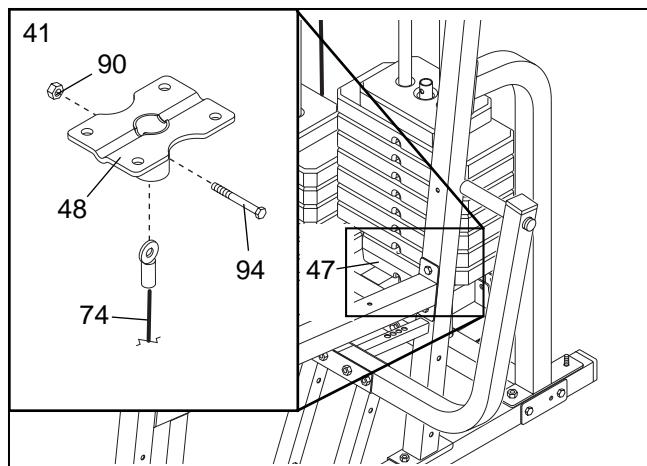


40. Lay the Ab Cable (74) inside the indicated bracket on the Center Base (2). Attach a 90mm Pulley (35) inside the bracket with an M10 x 45mm Bolt (94) and an M10 Nylon Locknut (90).



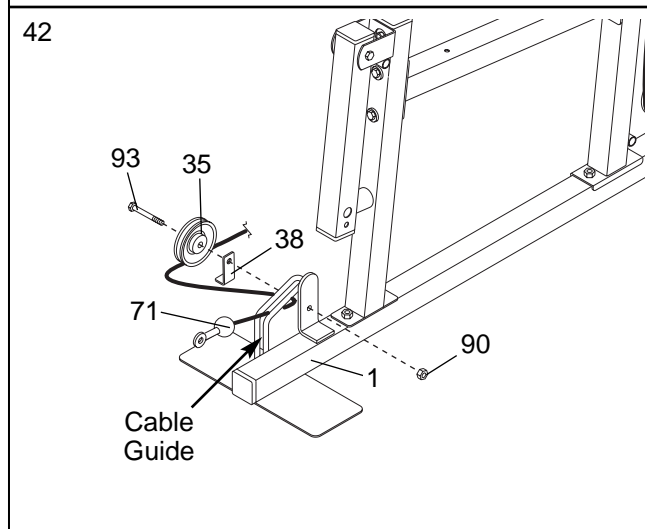
41. **Locate the Weight Plate (48) that is attached to the bottom of the Bottom Weight (47).**

See the inset drawing. Attach the end of the Ab Cable (74) to the bottom of the Weight Plate (48) with an M10 x 45mm Bolt (94) and an M10 Nylon Locknut (90).

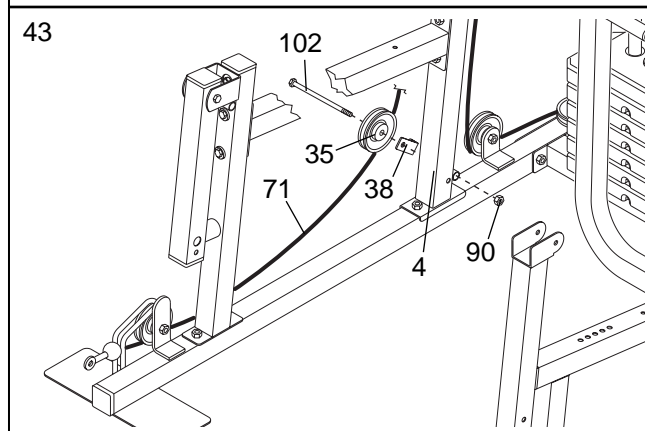


42. **Identify the Low Cable (71).** It is approximately 135" long and it has a ball on one end and an eyelet on the other. Route the eyelet end through the slot in the cable guide on the Butterfly Base (1).

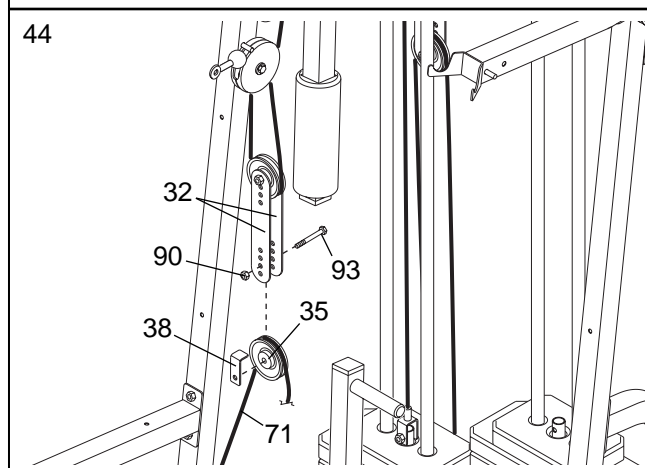
Route the Low Cable (71) under a 90mm Pulley (35). Attach the Pulley and a Cable Trap (38) to the bracket on the Butterfly Base (1) with an M10 x 48mm Bolt (93) and an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



43. Wrap the Low Cable (71) under a 90mm Pulley (35). Attach the Pulley and a Cable Trap (38) to the welded tube on the Butterfly Upright (4) with an M10 x 121mm Bolt (102) and an M10 Nylon Locknut (90). **Note: Thread the Locknut only two turns onto the Bolt, another Pulley will be attached to the Bolt in step 45. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

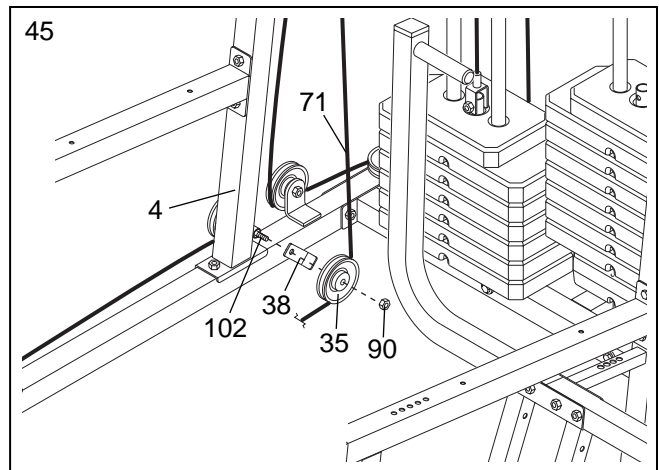


44. Wrap the Low Cable (71) over a 90mm Pulley (35). Attach the Pulley and a Cable Trap (38) to the second set of holes from the bottom in the Pulley Plates (32) with an M10 x 48mm Bolt (93) and an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

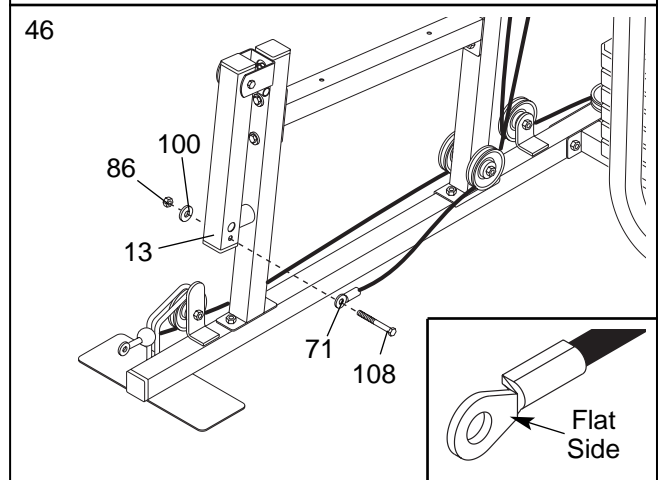


45. Remove the M10 Nylon Locknut (90) used in step 43.

Wrap the Low Cable (71) under a 90mm Pulley (35). Attach the Pulley and a Cable Trap (38) to the M10 x 121mm Bolt (102) used in step 43 with the M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

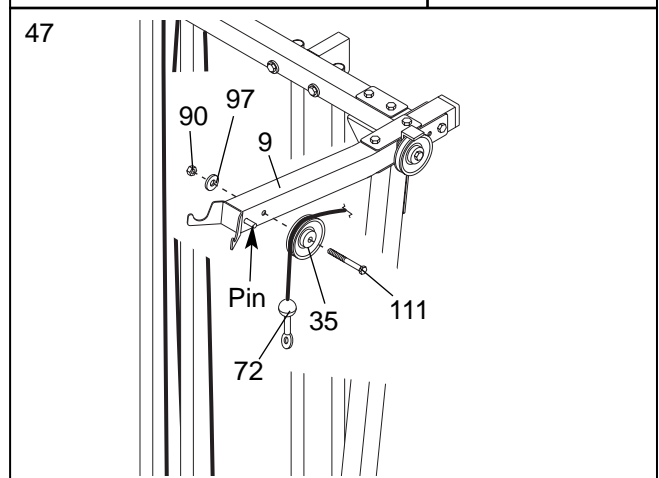


46. Attach the Low Cable (71) to the Leg Lever (13) with an M8 x 68mm Shoulder Bolt (108), an M8 Washer (100), and an M8 Nylon Locknut (86). **Make sure that the flat side of the eyelet on the cable (see the inset drawing) is against the leg lever.**

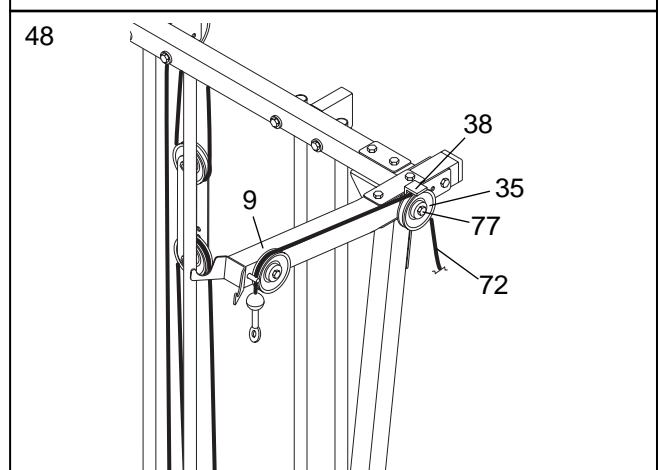


47. **Identify the Press Cable (72).** It is approximately 387 5/8" long and it has a ball on one end and a threaded shaft on the other.

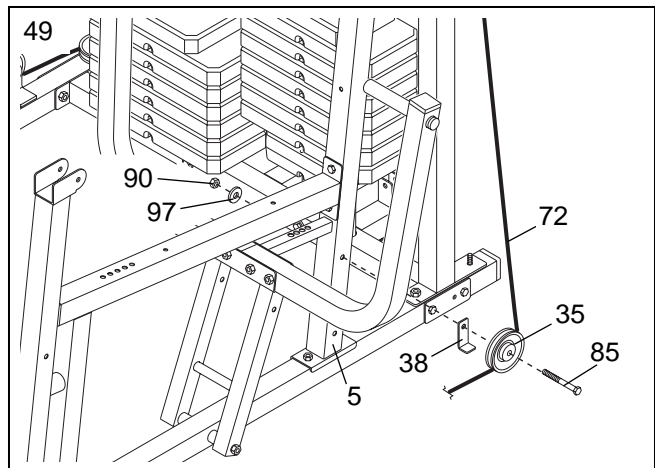
Wrap the Press Cable (72) over a 90mm Pulley (35). Attach the Pulley to the Press Top Frame (9) with an M10 x 89mm Bolt (111), an M10 Washer (97), and an M10 Nylon Locknut (90). **Make sure the Cable is between the Pulley and the pin on the Press Top Frame.**



48. Route the Press Cable (72) over the 90mm Pulley (35) that was attached to the Press Top Frame (9) in step 16. **Make sure the Cable Trap (38) is positioned to hold the Cable in the groove of the Pulley.** Properly tighten the M10 Nylon Locknut (not shown) attached to the M10 x 97mm Bolt (77).

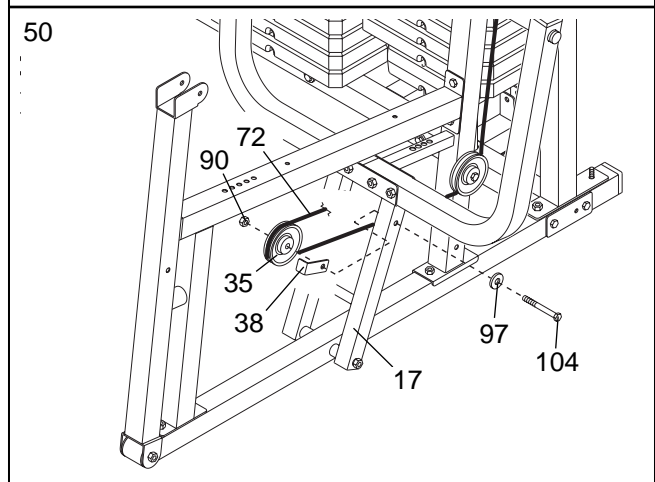


49. Wrap the Press Cable (72) under a 90mm Pulley (35). Attach the Pulley and a Cable Trap (38) to the indicated hole in the Press Upright (5) with an M10 x 93mm Bolt (85), an M10 Washer (97) and an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

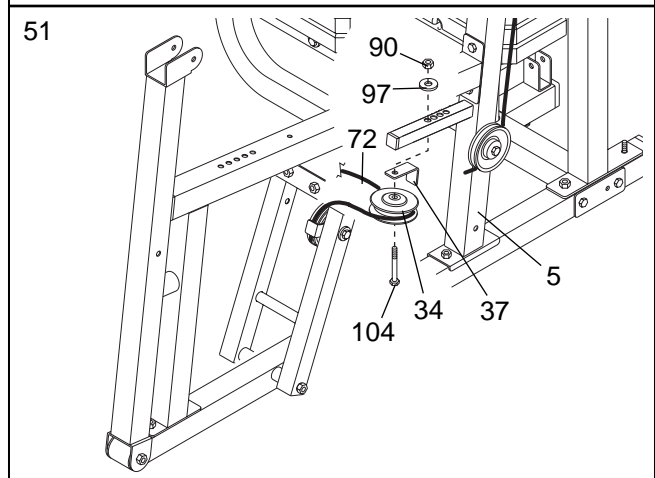


50. Route the Press Cable (72) through the opening in the Press Frame (17) and wrap the Cable around a 90mm Pulley (35) in the direction shown.

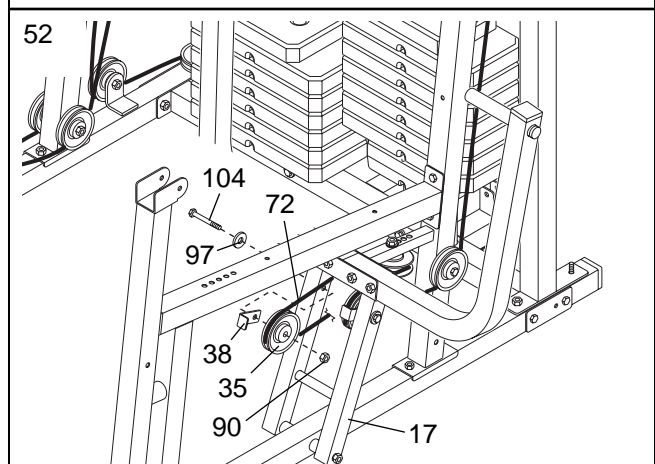
Attach the 90mm Pulley (35) and a Cable Trap (38) to the indicated hole in the Press Frame (17) with an M10 x 81mm Bolt (104), an M10 Washer (97) and an M10 Nylon Locknut (90). **Make sure the Pulley is attached on the inside of the Press Frame. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



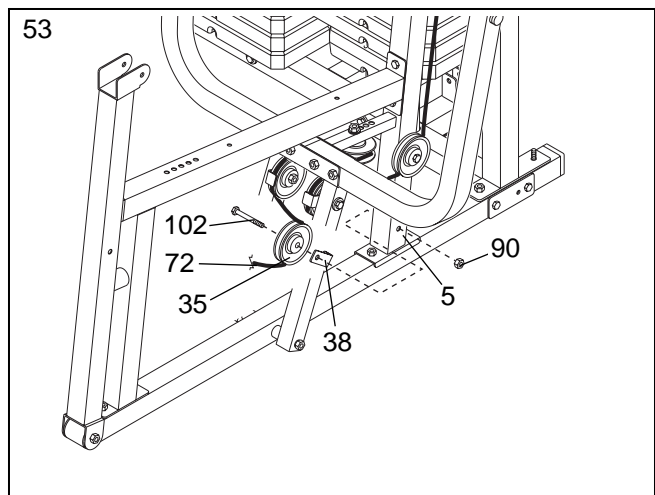
51. Wrap the Press Cable (72) around a “V”-pulley (34) in the direction shown. Attach the “V”-pulley and a Long Cable Trap (37) to the small tube on the Press Upright (5) with an M10 x 81mm Bolt (104), an M10 Washer (97) and an M10 Nylon Locknut (90). **Note: The small tube has four adjustment holes. The “V”-pulley must be attached at the hole farthest from the Upright. Make sure the Cable Trap is oriented as shown.**



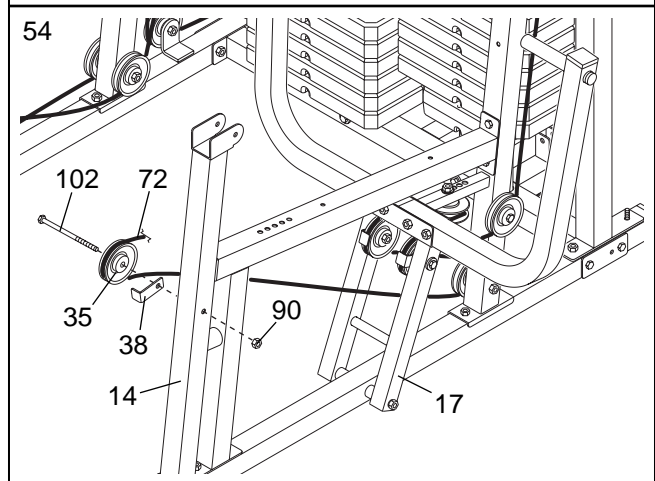
52. Wrap the Press Cable (72) around a 90mm Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) at the indicated hole in the Press Frame (17) with an M10 x 81mm Bolt (104), an M10 Washer (97), and an M10 Nylon Locknut (90). **Make sure the Pulley is attached on the inside of the Press Frame. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



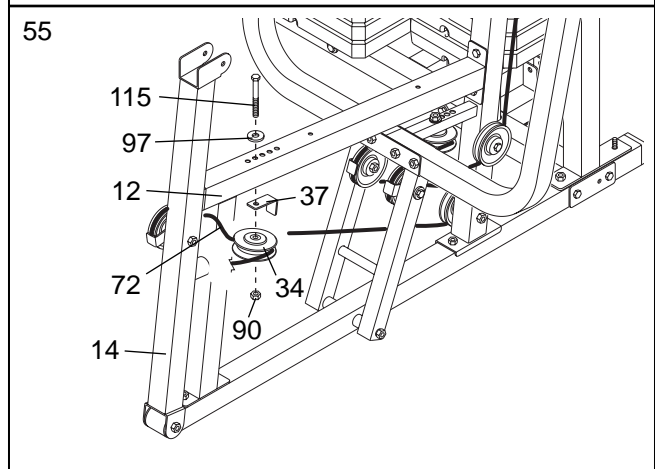
53. Wrap the Press Cable (72) around a 90mm Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the indicated hole **on the right side** of the Press Upright (5) with an M10 x 121mm Bolt (102) and an M10 Nylon Locknut (90). **Note: Thread the Locknut only two turns onto the Bolt; another Pulley will be attached to the Bolt in step 57. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



54. Route the Press Cable (72) through the Press Frame (17) and around a 90mm Pulley (35) as shown. Attach the Pulley and a Cable Trap (38) to the indicated hole **on the right side** of the Leg Press Lever (14) with an M10 x 121mm Bolt (102) and an M10 Nylon Locknut (90). **Note: Thread the Locknut only two turns onto the Bolt; another Pulley will be attached to the Bolt in step 56. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

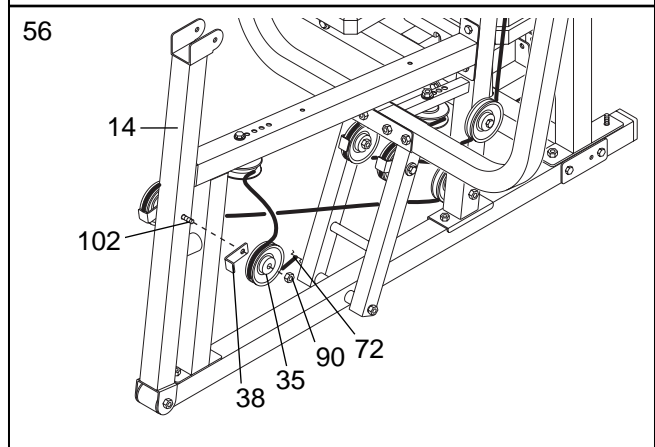


55. Wrap the Press Cable (72) around a "V"-pulley (34) in the direction shown. Attach the "V"-pulley and a Long Cable Trap (37) underneath the Press Seat Frame (12) with an M10 x 100mm Bolt (115), an M10 Washer (97), and an M10 Nylon Locknut (90). **Note: the Press Seat Frame has five adjustment holes. The Pulley must be attached at the second hole from the Leg Press Lever (14). Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



56. **Remove the M10 Nylon Locknut (90) used in step 54.**

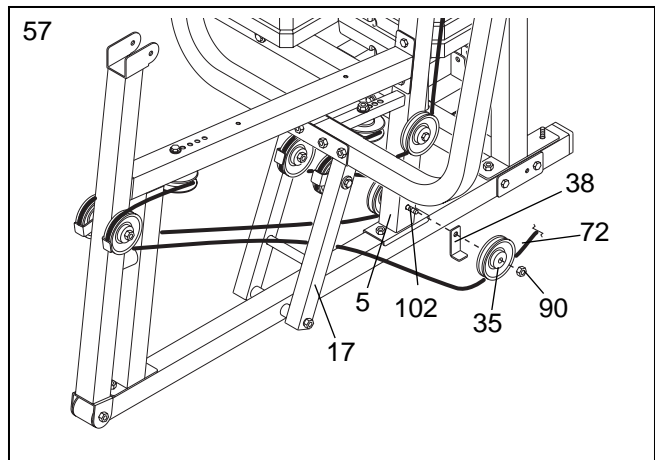
Wrap the Press Cable (72) around a 90mm Pulley (35) as shown. Slide a Cable Trap (38) and the Pulley onto the M10 x 121mm Bolt (102) in the Leg Press Lever (14). Properly tighten the M10 Nylon Locknut (90) onto the Bolt. **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



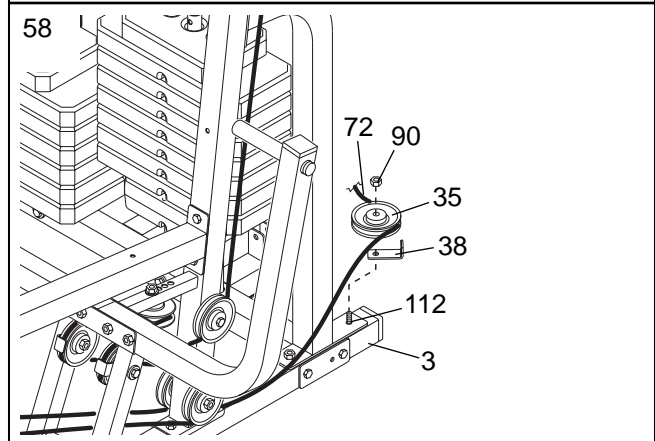
57. Remove the M10 Nylon Locknut (90) used in step 53.

Route the Press Cable (72) through the Press Frame (17).

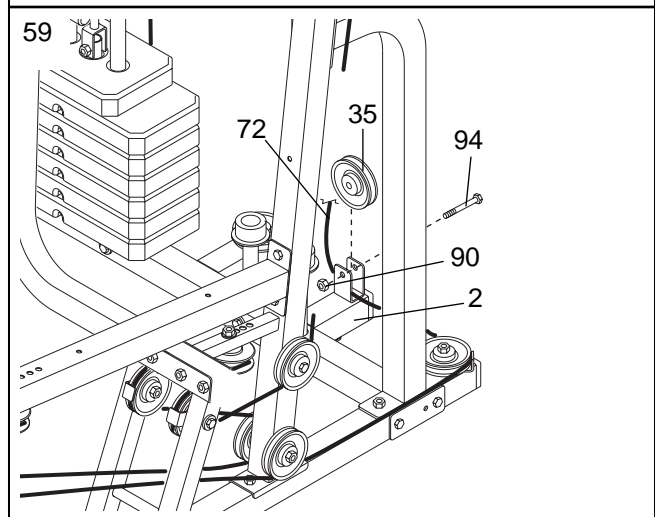
Wrap the Press Cable (72) under a 90mm Pulley (35). Slide a Cable Trap (38) and the Pulley onto the M10 x 121mm Bolt (102) in the bottom of the Press Upright (5). Properly tighten the M10 Nylon Locknut (90) onto the Bolt. **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



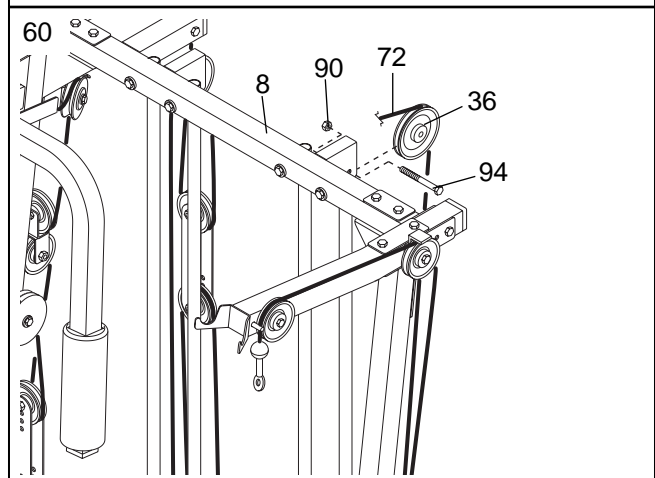
58. Wrap the Press Cable (72) around a 90mm Pulley (35) as shown. Slide a Cable Trap (38) and the Pulley onto the M10 x 92mm Carriage Bolt (112) in the Press Base (3). Secure the Pulley with an M10 Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



59. Lay the Press Cable (72) in the bracket on the Center Base (2). Attach a 90mm Pulley (35) inside the bracket with an M10 x 45mm Bolt (94) and an M10 Nylon Locknut (90).



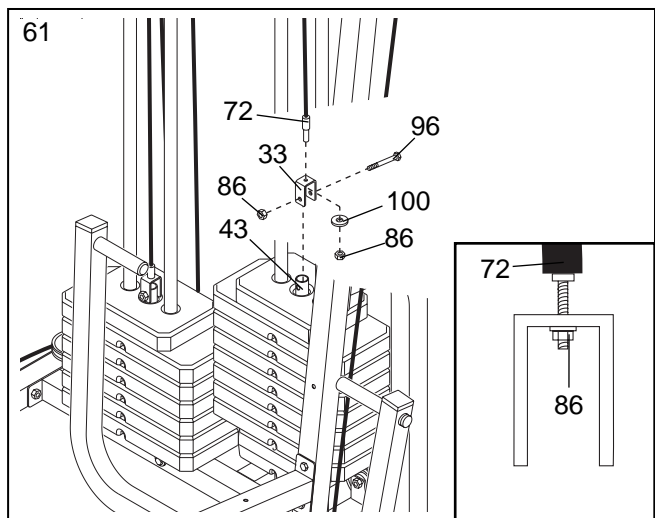
60. Wrap the Press Cable (72) over a 115mm Pulley (36). Attach the Pulley inside the indicated bracket on the Center Top Frame (8) with an M10 x 45mm Bolt (94) and an M10 Nylon Locknut (90).



61. Attach the Press Cable (72) to the remaining "U"-bracket (33) with an M8 Washer (100) and an M8 Nylon Locknut (86). **Note: Do not completely tighten the Locknut; it should be threaded onto the Cable so that only two threads show past the Locknut (see the inset drawing).**

Attach the "U"-bracket (33) to the Long Weight Tube (43) with an M8 x 45mm Bolt (96) and an M8 Nylon Locknut (86).

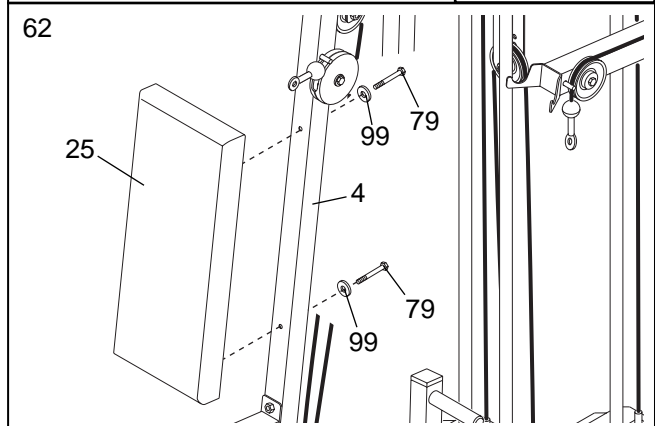
Important: Follow all five cables from end to end and make sure that they rest in the grooves of all of the pulleys and that the cables and the pulleys move smoothly.



Seat Assembly

62. Locate and open the parts bag labeled "SEAT ASSEMBLY."

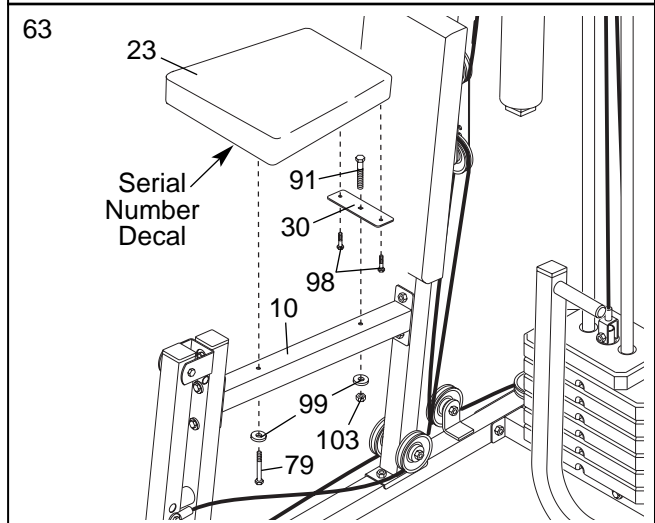
Attach the Butterfly Backrest (25) to the Butterfly Upright (4) with two M6 x 65mm Bolts (79) and two M6 Washers (99).



63. Insert an M6 x 62mm Carriage Bolt (91) through the center hole in a Seat Plate (30). Using two M6 x 16mm Bolt (98), attach the Seat Plate to the Seat (23) with the serial number decal.

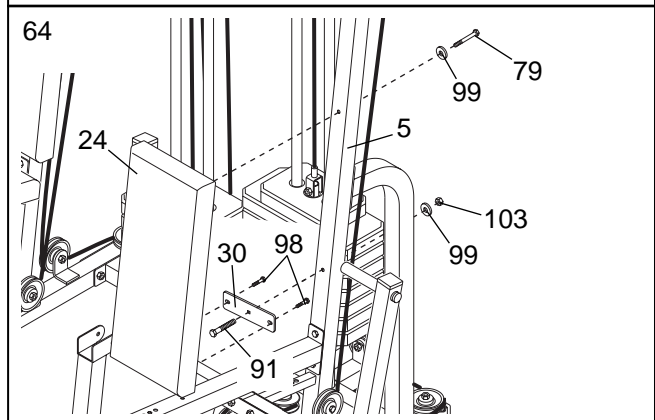
Insert the M6 x 62mm Carriage Bolt (91) into the indicated hole in the Butterfly Seat Frame (10). Secure the other end of the Seat (23) to the Seat Frame with an M6 x 65mm Bolt (79) and an M6 Washer. Secure the M6 x 62mm Carriage Bolt with another M6 Washer (99) and an M6 Nylon Locknut (103).

Attach the other Seat (23) to the Press Seat Frame (12, not shown) in the same manner.



64. Insert an M6 x 62mm Carriage Bolt (91) through the center hole in a Seat Plate (30). Attach the Seat Plate to the Press Backrest (24) with two M6 x 16mm Bolt (98).

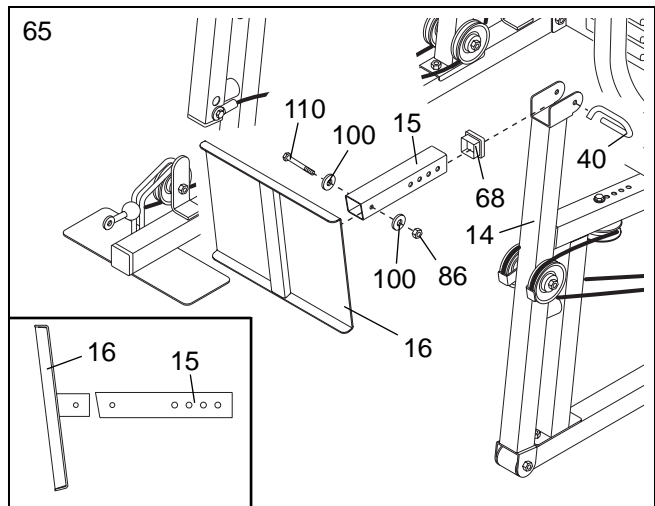
Insert the M6 x 62mm Carriage Bolt (91) into the indicated hole in the Press Upright (5). Secure the other end of the Press Backrest (24) with an M6 x 65mm Bolt (79) and an M6 Washer. Secure the M6 x 62mm Carriage Bolt with an M6 Washer (99) and an M6 Nylon Locknut (103).



65. Press a 45mm Square Inner Cap (68) into the indicated end of the Adjustment Tube (15).

Orient the Leg Press Plate (16) and Adjustment Tube (15) as shown in the inset drawing. Attach the Adjustment Tube to the Leg Press Plate (16) with an M8 x 58mm Bolt (110), two M8 Washers (100), and an M8 Nylon Locknut (86).

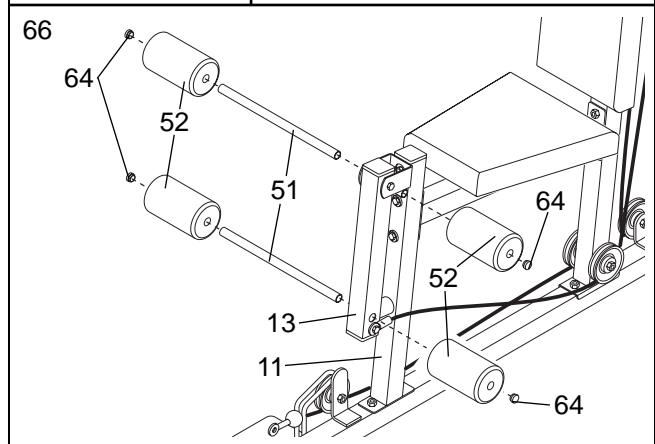
Place the Adjustment Tube (15) in the bracket on top of the Leg Press Lever (14) and secure it with the Adjustment Pin (40).



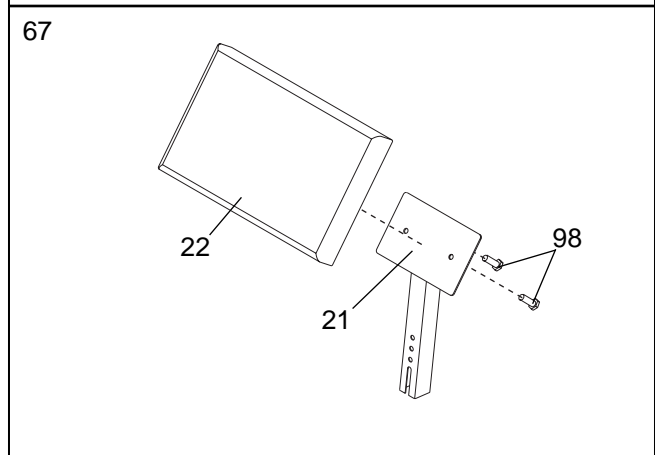
66. Press four 19mm Round Inner Caps (64) into the ends of the two Pad Tubes (51).

Insert a Pad Tube (51) into the indicated hole in the Leg Lever (13). Slide two Foam Pads (52) onto the ends of the Pad Tube.

Insert a Pad Tube (51) into the welded tube on the Butterfly Leg (11). Slide two Foam Pads (52) onto the ends of the Pad Tube.



67. Attach the Curl Pad (22) to the Curl Post (21) with two M6 x 16mm Bolts (98).



68. 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 be 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 30 and 31 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLESHOOTING AND MAINTENANCE on page 28.**

ADJUSTMENTS

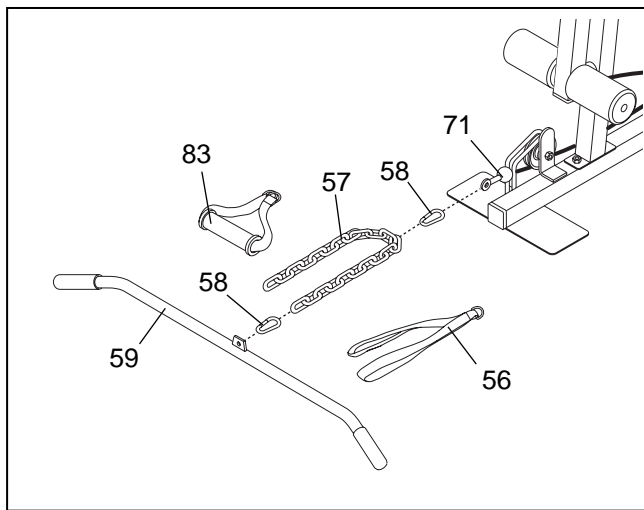
The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When using an accessory, make sure it is in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

ATTACHING THE ACCESSORIES

Attach the Lat Bar (59) to the Low Cable (71) at the low pulley station with a Cable Clip (58). For some exercises, the Chain (57) should be attached between the Lat Bar and the Cable with two Cable Clips.

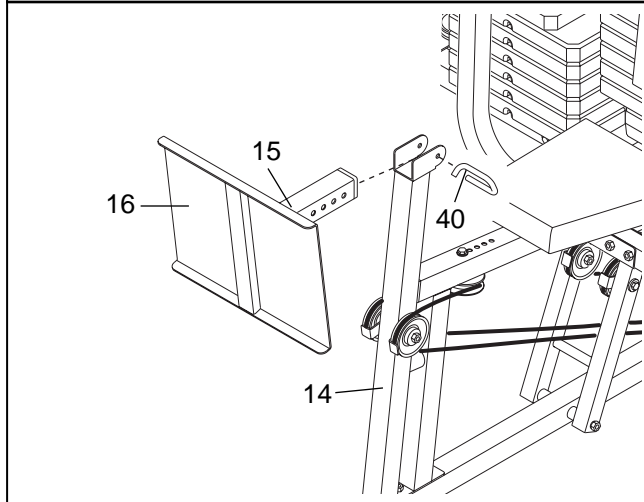
Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

The Nylon Strap (83) or Ab Strap (56) can be attached in the same manner. The accessories can be attached to the ab pulley station or high pulley station in the same manner.



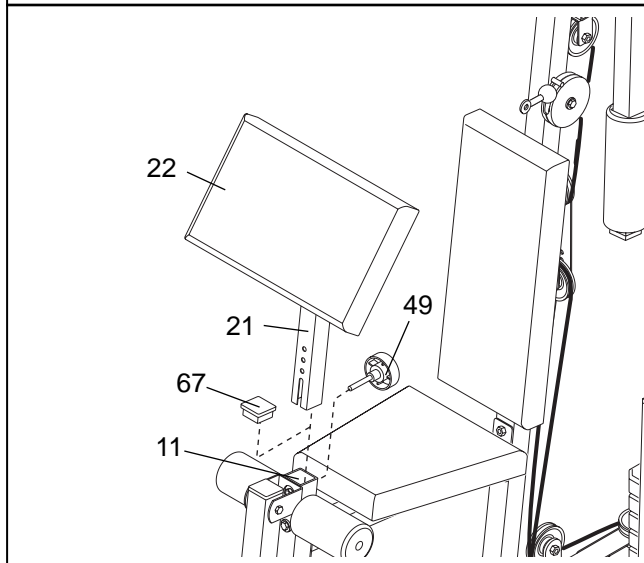
ADJUSTING THE LEG PRESS PLATE

To adjust the position of the Leg Press Plate (16), pull out the Adjustment Pin (40) and slide the Adjustment Tube (15) either backward or forward in the bracket on the Leg Press Lever (14). Line up one of the adjustment holes in the Adjustment Tube with the hole in the bracket and re-insert the Adjustment Pin.



ATTACHING THE CURL PAD

To use the Curl Pad (22), remove the 50mm Square Inner Cap (67) from the Butterfly Leg (11). Slide the Curl Post (21) to the desired height in the Butterfly Leg. Tighten the Curl Knob (49) into the Butterfly Leg and an adjustment hole in the Curl Post.

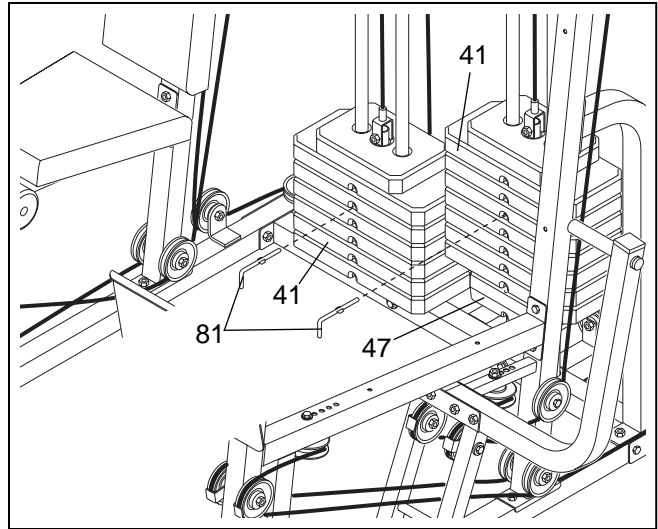


CHANGING THE WEIGHT SETTING

To change the setting of a weight stack, insert a Weight Pin (81) under the desired Weight (41). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down.

To use the Bottom Weight (47) with the press arms or the leg press, insert a Weight Pin (81) under the Bottom Weight. Remove the other Weight Pin from the small weight stack.

To use the small weight stack with the press arms or leg press, insert a Weight Pin (81) under the Bottom Weight (47). Then, insert the other Weight Pin under the desired Weight (41) in the right weight stack.



Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the **WEIGHT RESISTANCE CHART** on page 27 to find the approximate amount of resistance at each weight station.

WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. "Left Top" and "Right Top" refer to the 6 lb. top weights. "Bottom" refers to the 12.5 lb. bottom weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly 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.**

| WEIGHT | HIGH PULLEY (lbs.) | PRESS ARM (lbs.) | LEG PRESS (lbs.) | BUTTER-FLY ARM (lbs.) | AB PULLEY (lbs.) | LEG LEVER (lbs.) | LOW PULLEY (lbs.) |
|------------------|--------------------|------------------|------------------|-----------------------|------------------|------------------|-------------------|
| Left Top | 32 | 35 | 34 | - | - | - | - |
| 1 | 55 | 59 | 70 | - | - | - | - |
| 2 | 67 | 77 | 105 | - | - | - | - |
| 3 | 84 | 104 | 140 | - | - | - | - |
| 4 | 99 | 124 | 172 | - | - | - | - |
| 5 | 118 | 144 | 208 | - | - | - | - |
| 6 | 133 | 164 | 243 | - | - | - | - |
| 7 | 150 | 180 | 278 | - | - | - | - |
| Bottom | 165 | 205 | 307 | - | - | - | - |
| Right Top | 170 | 210 | 315 | 25 | 25 | 30 | 28 |
| 1 | 187 | 230 | 350 | 40 | 41 | 48 | 42 |
| 2 | 205 | 250 | 385 | 55 | 55 | 65 | 63 |
| 3 | 225 | 280 | 425 | 71 | 70 | 84 | 80 |
| 4 | 245 | 320 | 470 | 87 | 85 | 100 | 95 |
| 5 | 260 | 365 | 510 | 103 | 100 | 120 | 113 |
| 6 | 280 | 400 | 550 | 120 | 117 | 138 | 130 |

TROUBLESHOOTING AND 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 using a damp cloth and 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. Slack can be removed from the cables in several different ways.

When you are tightening the cables, note that they are linked into two distinct groups. The Rear Cable (70), the Low Cable (71), the Butterfly Cable (73), and the Ab Cable (74) are all connected to the small weight stack. All three cables will be tightened by tightening the Rear Cable at the small weight stack, or by adjusting the 90mm Pulleys (35) in either set of Pulley Plates (32).

The Press Cable (72) is attached to the large weight stack. The Press Cable can be tightened at the large weight stack or by moving the "V"-pulleys (34) on the Press Upright (5) and the Press Seat Frame (12).

The threaded ends on the Rear Cable (70) and the Press Cable (72) attached to the weight stacks can be used to tighten the cables.

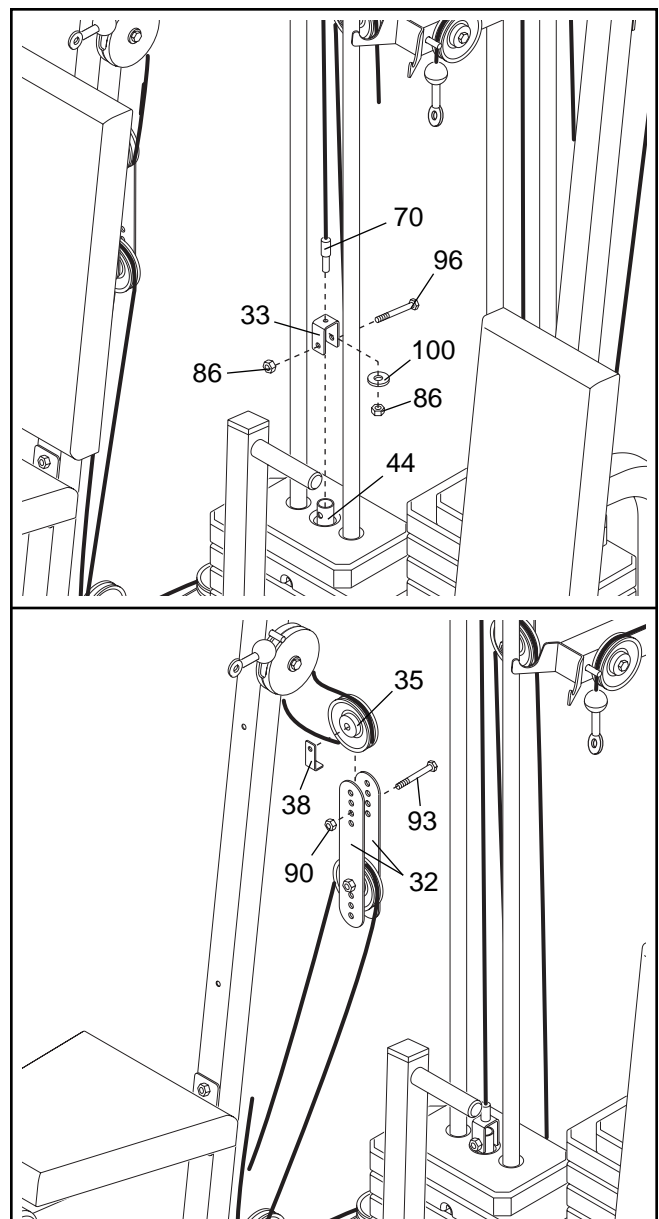
To tighten the Rear Cable (70), remove the M8 x 45mm Bolt (96) and the M8 Nylon Locknut (86) from the "U"-bracket (33) and the Short Weight Tube (44).

Tighten the M8 Nylon Locknut (86) onto the end of the Rear Cable (70) a few turns. Re-attach the "U"-bracket (33) to the Short Weight Tube (44) with the M8 x 45mm Bolt (96) and the M8 Nylon Locknut (86).

The Press Cable (72) can be tightened in the same manner.

The Pulley Plates (32) have four sets of holes for each 90mm Pulley (35). Slack can be removed from the cables by moving one or both Pulleys to a set of holes closer to the center of the Pulley Plates.

To move a 90mm Pulley (35), remove the M10 Nylon Locknut (90) and the M10 x 48mm Bolt (93) from the Pulley Plates (32), the Cable Trap (38), and Pulley. Re-attach the Pulley and Cable Trap to the next set of holes in the Pulley Plates with the Bolt and Locknut.

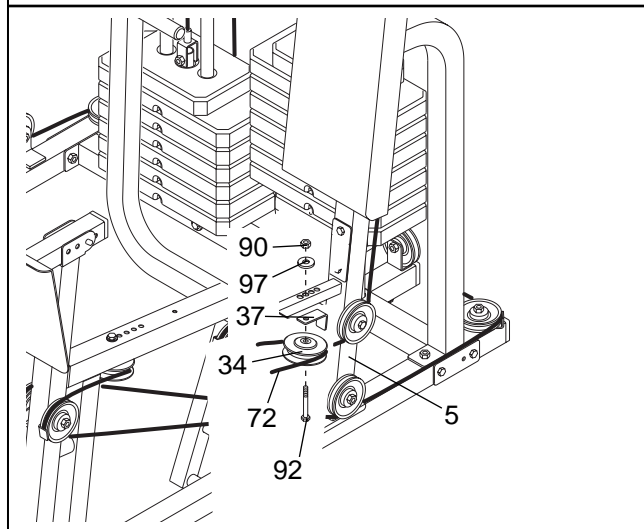
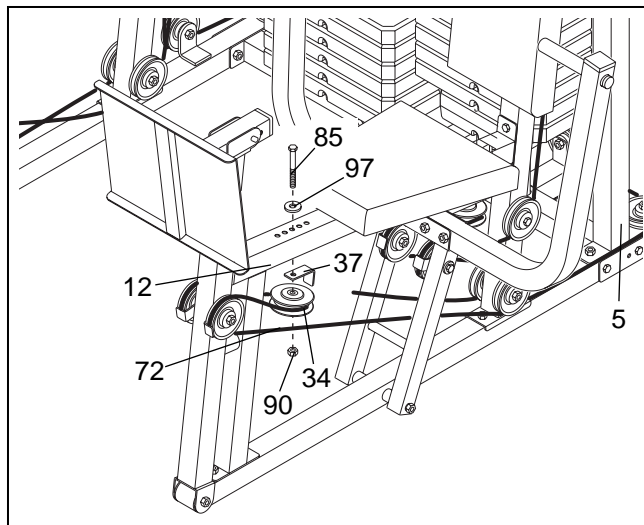


Slack can be removed from the Press Cable (72) by moving the "V"-pulley (34) attached to the Press Seat Frame (12) closer to the Press Upright (5).

Remove the M10 x 93mm Bolt (85), M10 Washer (97), and M10 Nylon Locknut (90) from the Press Seat Frame (12), the "V"-pulley (34), and the Long Cable Trap (37). Move the "V"-pulley to a hole that is closer to the Press Upright (5), one hole at a time, until the slack is removed. Reattach the "V"-pulley and Cable Trap to the hole with the Bolt, Washer, and Locknut.

If there is still slack in the Press Cable (72), move the "V"-pulley (34) attached to the small tube on the Press Upright (5) to a hole that is closer to the Upright.

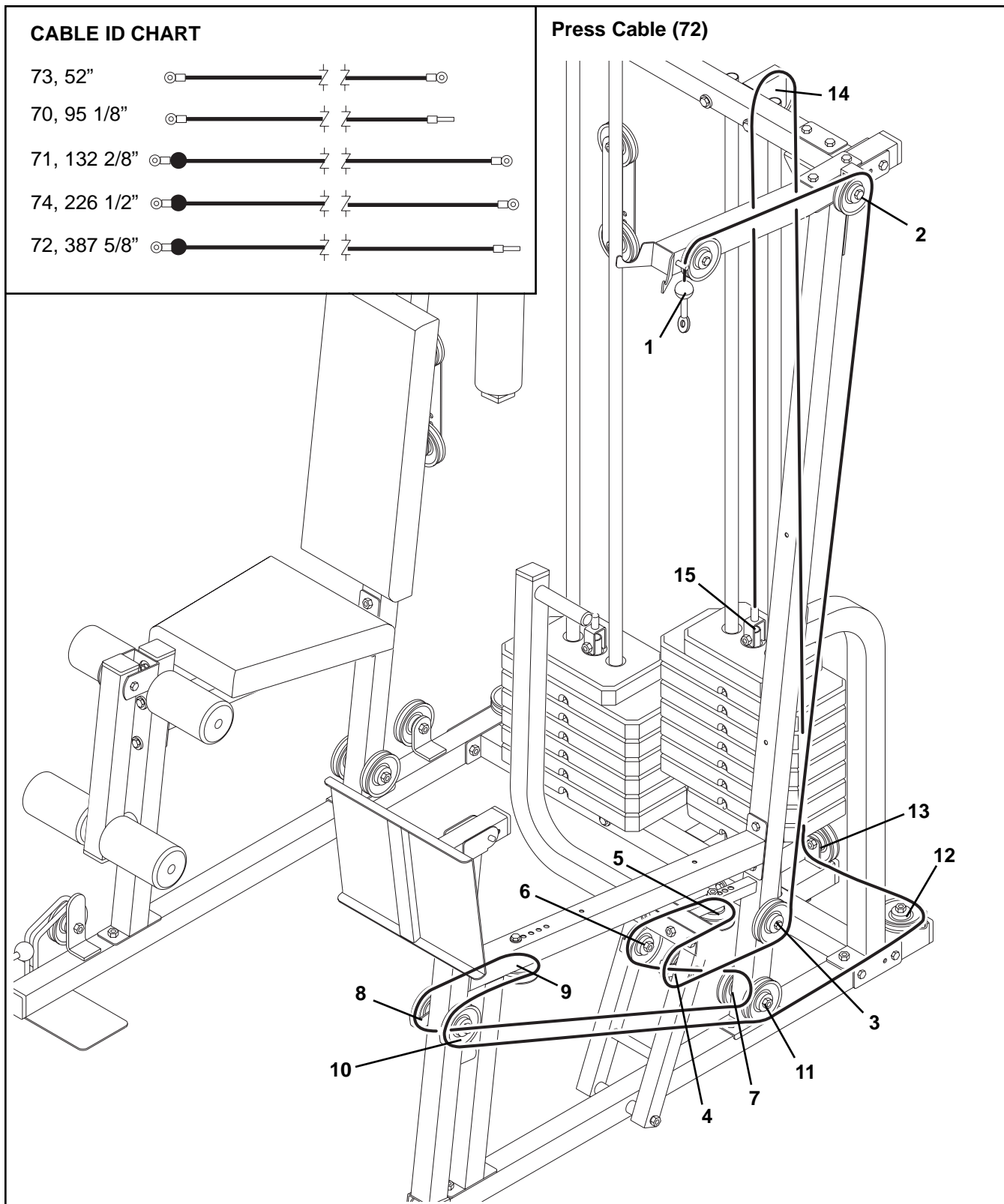
Remove the M10 x 69mm Bolt (92), M10 Washer (97), and M10 Nylon Locknut (90) from the Press Upright (5), the "V"-pulley (34), and the Long Cable Trap (37). Move the "V"-pulley to a hole that is closer to the Press Upright, one hole at a time, until the slack is removed. Reattach the "V"-pulley and Cable Trap to the hole with the Bolt, Washer, and Locknut.

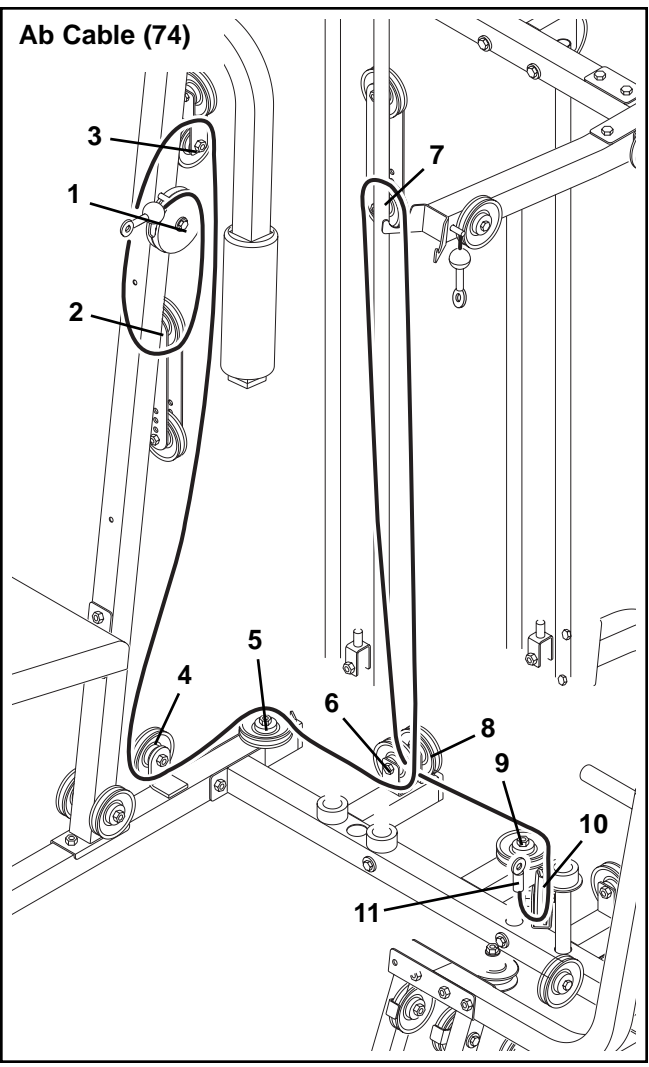
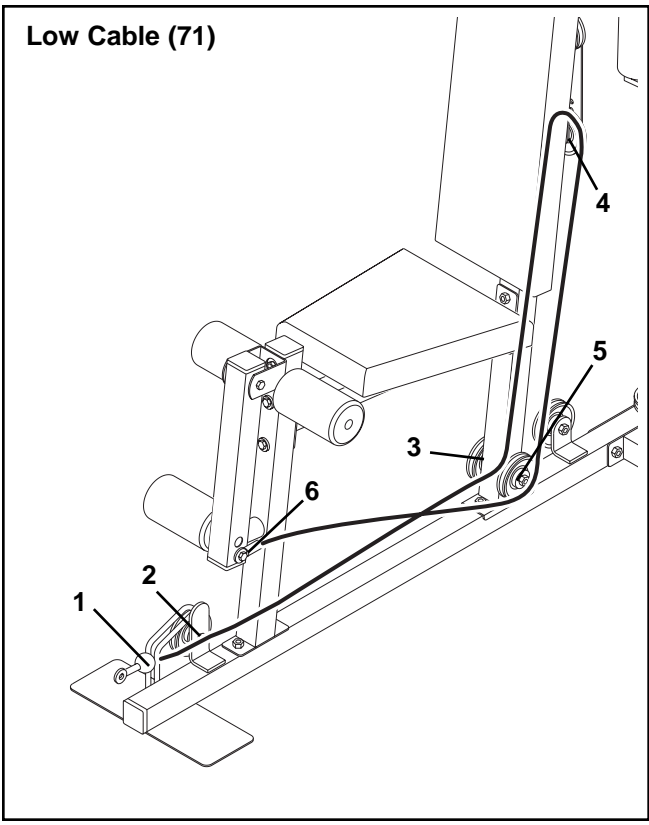
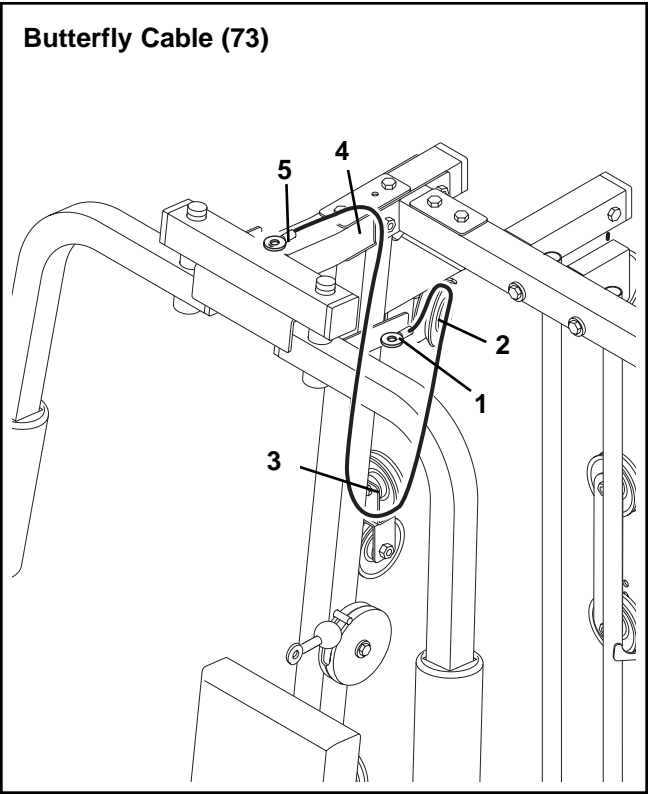
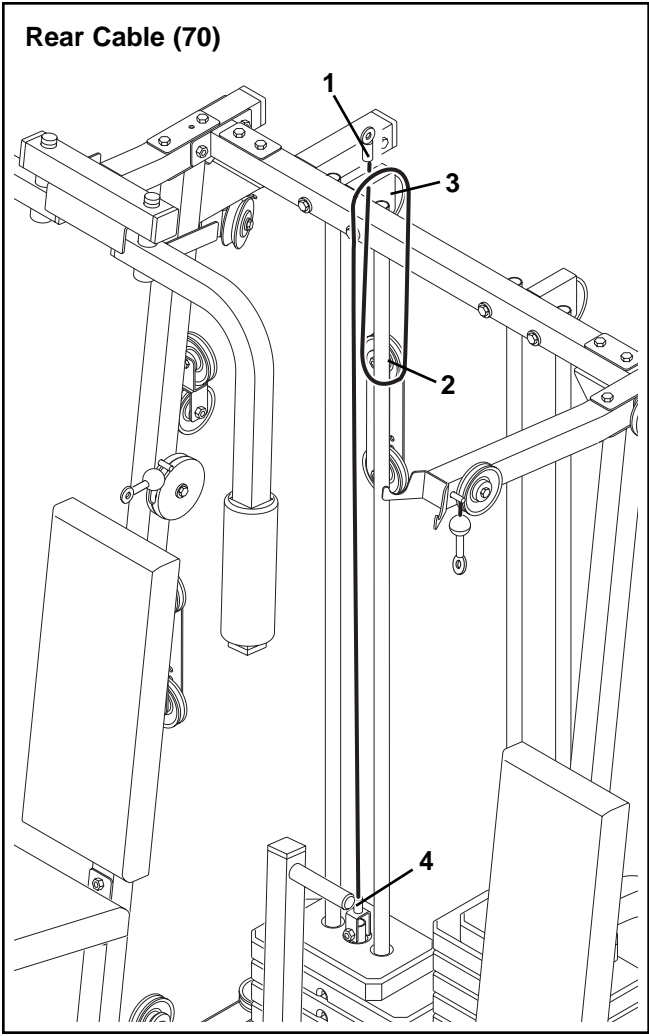


If a cable slips off the pulleys often, the cable may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAMS

The Cable Diagrams below and on the next page show the proper routing of the Rear Cable (70), the Low Cable (71), the Press Cable (72), the Butterfly Cable (73), and the Ab Cable (74). The numbers show the correct route for each Cable. **Make sure that the Cables are routed correctly, that the Pulleys move smoothly, and that the Cable Traps do not touch or bind the Cables. Incorrect cable routing can damage the weight system.**



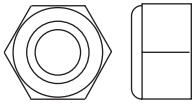


PART IDENTIFICATION CHART—Model No. 831.159833

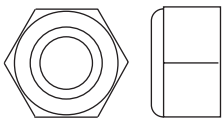
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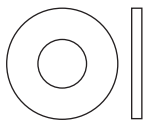
M6 Nylon Locknut (103)



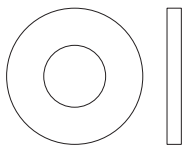
M8 Nylon Locknut (86)



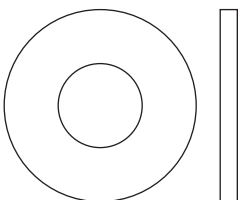
M10 Nylon Locknut (90)



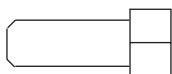
M6 Washer (99)



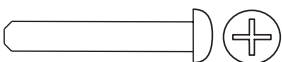
M8 Washer (100)



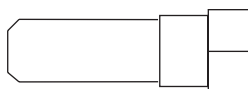
M10 Washer (97)



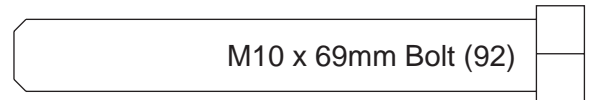
M6 x 16mm Bolt (98)



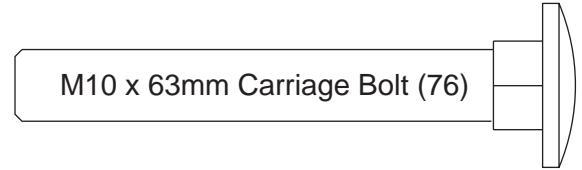
M4 x 25mm Screw (80)



M8 x 20mm Shoulder Bolt (84)



M10 x 69mm Bolt (92)



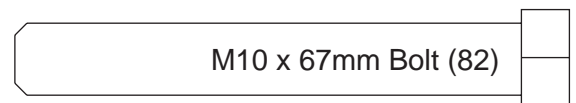
M10 x 63mm Carriage Bolt (76)



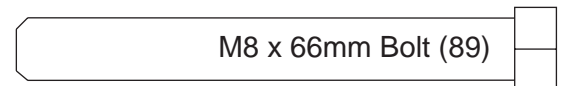
M8 x 63mm Carriage Bolt (113)



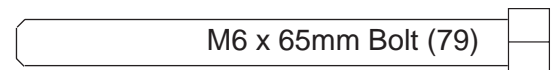
M8 x 61mm Carriage Bolt (75)



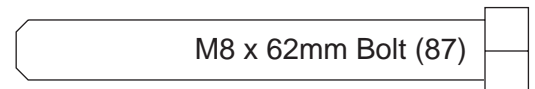
M10 x 67mm Bolt (82)



M8 x 66mm Bolt (89)



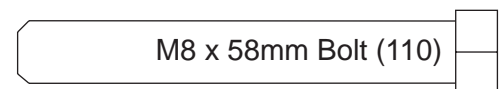
M6 x 65mm Bolt (79)



M8 x 62mm Bolt (87)



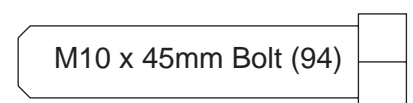
M10 x 58mm Bolt (114)



M8 x 58mm Bolt (110)



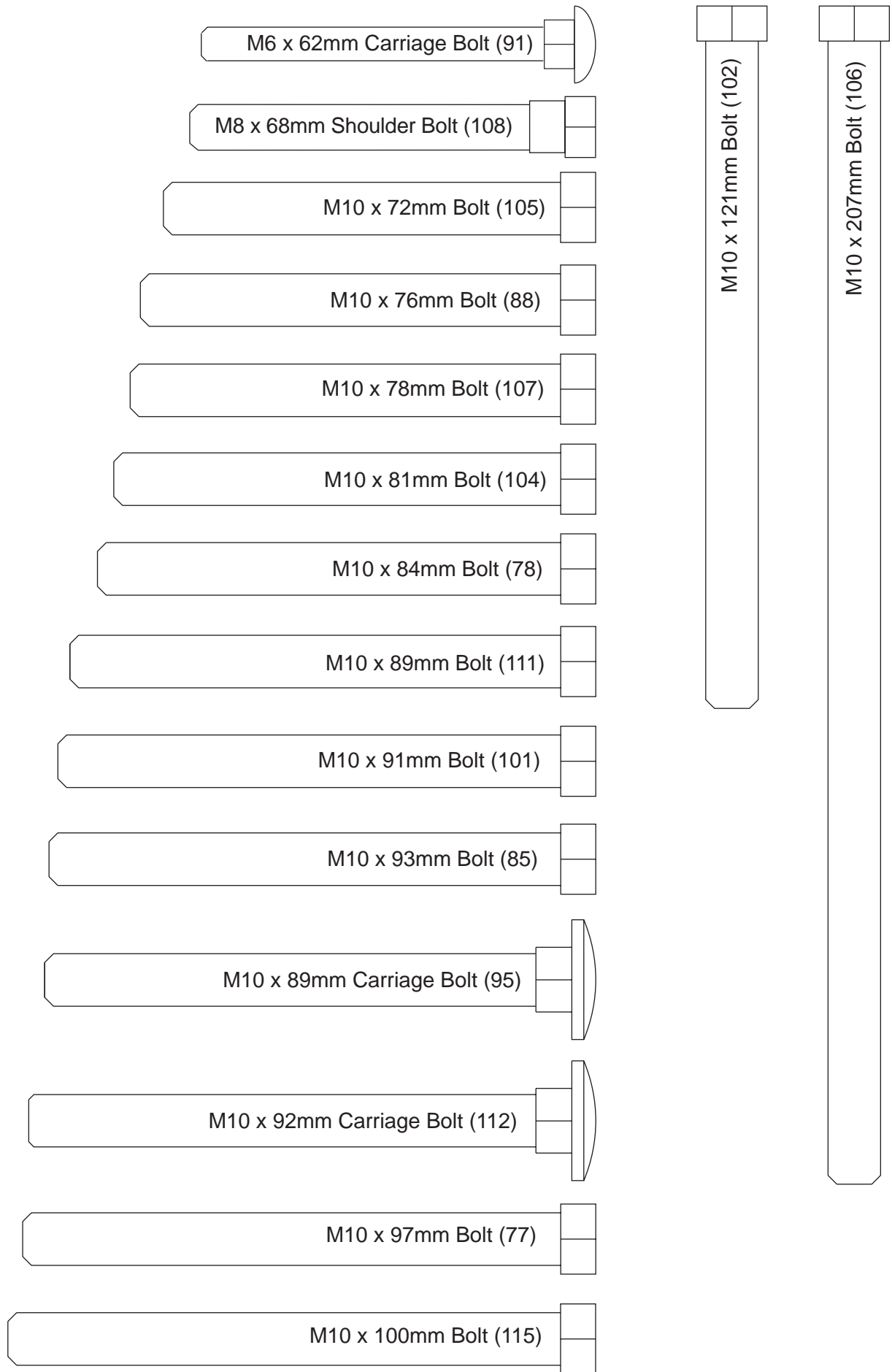
M10 x 48mm Bolt (93)

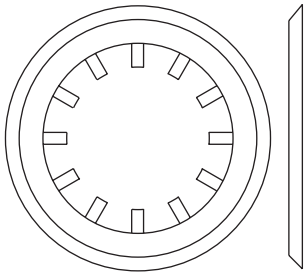


M10 x 45mm Bolt (94)

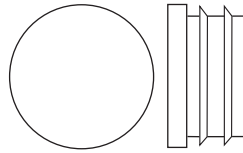


M8 x 45mm Bolt (96)

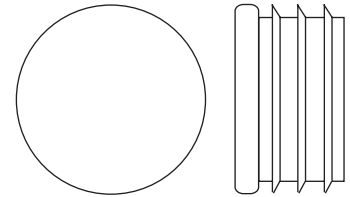




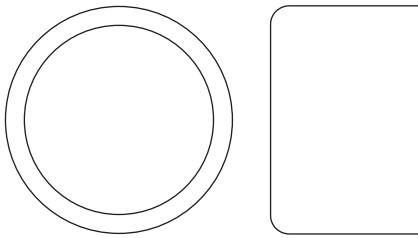
25mm Retainer (54)



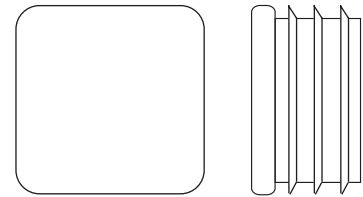
19mm Round Inner Cap (64)



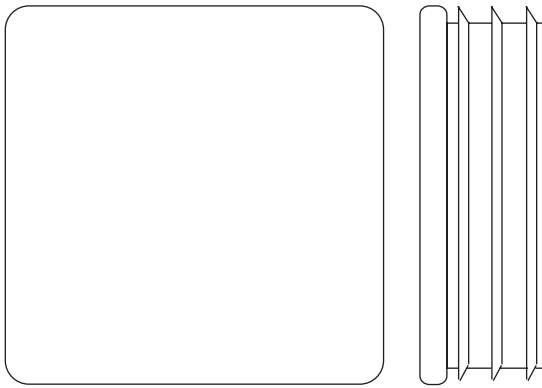
25mm Round Inner Cap (66)



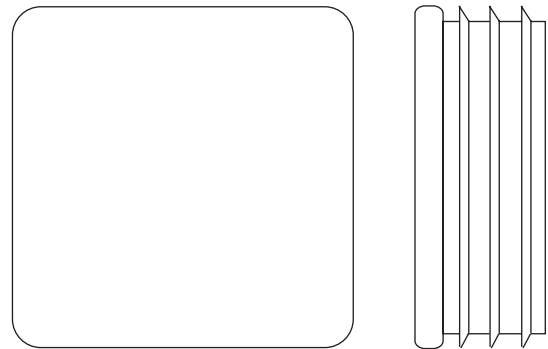
25mm Round Cover Cap (55)



25mm Square Inner Cap (69)



50mm Square Inner Cap (67)



45mm Square Inner Cap (68)

PART LIST—Model No. 831.159833

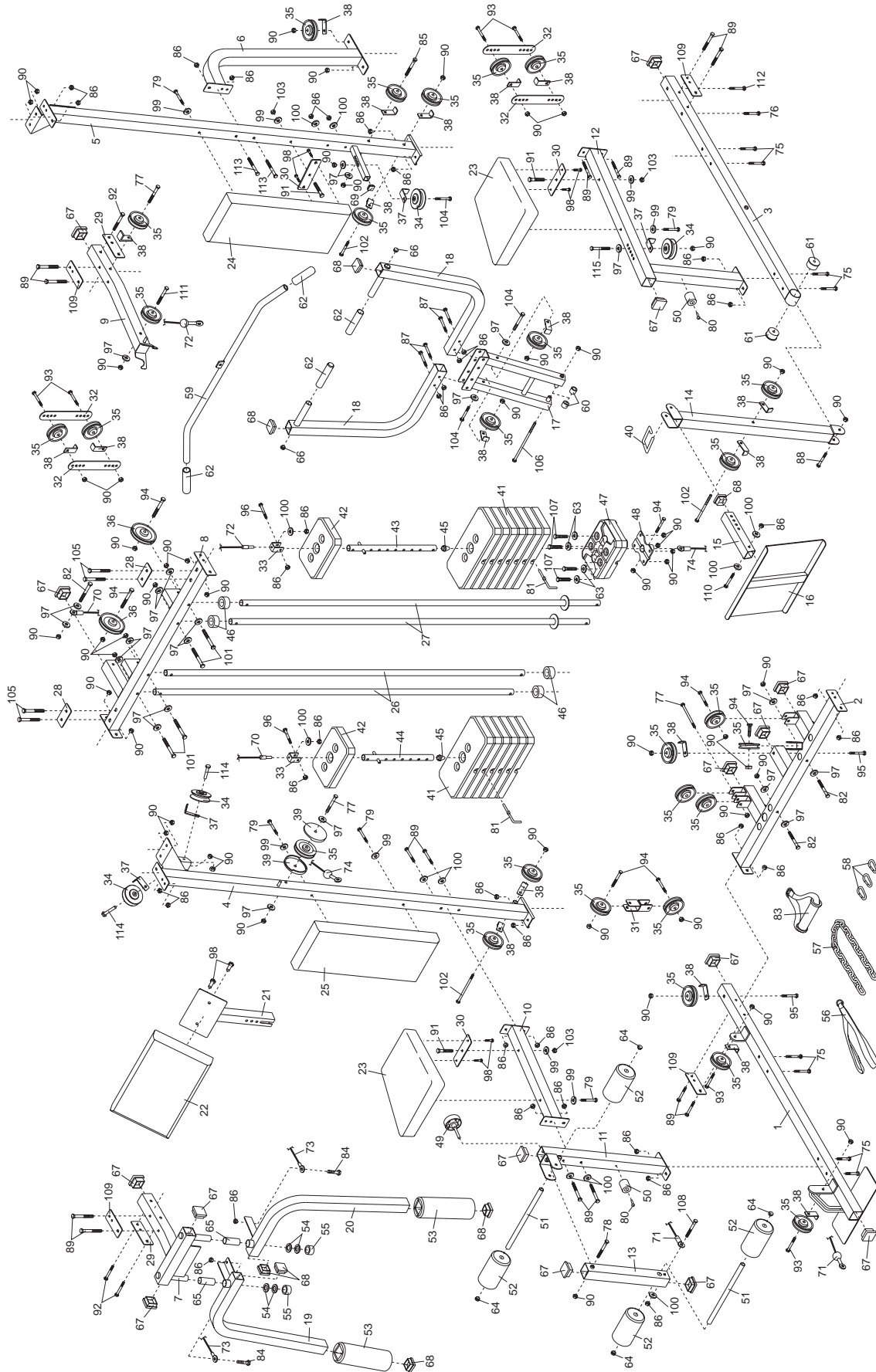
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| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|----------------------|---------|------|--------------------------|
| 1 | 1 | Butterfly Base | 60 | 2 | Plastic Bushing |
| 2 | 1 | Center Base | 61 | 2 | Large Bushing |
| 3 | 1 | Press Base | 62 | 4 | Handgrip |
| 4 | 1 | Butterfly Upright | 63 | 4 | M10 Large Washer |
| 5 | 1 | Press Upright | 64 | 4 | 19mm Round Inner Cap |
| 6 | 1 | Upright Support | 65 | 2 | Butterfly Arm Bushing |
| 7 | 1 | Butterfly Top Frame | 66 | 2 | 25mm Round Inner Cap |
| 8 | 1 | Center Top Frame | 67 | 15 | 50mm Square Inner Cap |
| 9 | 1 | Press Top Frame | 68 | 7 | 45mm Square Inner Cap |
| 10 | 1 | Butterfly Seat Frame | 69 | 1 | 25mm Square Inner Cap |
| 11 | 1 | Butterfly Leg | 70 | 1 | Rear Cable |
| 12 | 1 | Press Seat Frame | 71 | 1 | Low Cable |
| 13 | 1 | Leg Lever | 72 | 1 | Press Cable |
| 14 | 1 | Leg Press Lever | 73 | 1 | Butterfly Cable |
| 15 | 1 | Adjustment Tube | 74 | 1 | Ab Cable |
| 16 | 1 | Leg Press Plate | 75 | 8 | M8 x 61mm Carriage Bolt |
| 17 | 1 | Press Frame | 76 | 1 | M10 x 63mm Carriage Bolt |
| 18 | 2 | Press Arm | 77 | 3 | M10 x 97mm Bolt |
| 19 | 1 | Right Butterfly Arm | 78 | 1 | M10 x 84mm Bolt |
| 20 | 1 | Left Butterfly Arm | 79 | 5 | M6 x 65mm Bolt |
| 21 | 1 | Curl Post | 80 | 2 | M4 x 25mm Screw |
| 22 | 1 | Curl Pad | 81 | 2 | Weight Pin |
| 23 | 2 | Seat | 82 | 3 | M10 x 67mm Bolt |
| 24 | 1 | Press Backrest | 83 | 1 | Nylon Strap |
| 25 | 1 | Butterfly Backrest | 84 | 2 | M8 x 20mm Shoulder Bolt |
| 26 | 2 | Right Weight Guide | 85 | 1 | M10 x 93mm Bolt |
| 27 | 2 | Left Weight Guide | 86 | 36 | M8 Nylon Locknut |
| 28 | 2 | Small Support Plate | 87 | 4 | M8 x 62mm Bolt |
| 29 | 2 | Large Support Plate | 88 | 1 | M10 x 76mm Bolt |
| 30 | 3 | Seat Plate | 89 | 14 | M8 x 66mm Bolt |
| 31 | 1 | Double "U"-bracket | 90 | 52 | M10 Nylon Locknut |
| 32 | 4 | Pulley Plate | 91 | 3 | M6 x 62mm Carriage Bolt |
| 33 | 2 | "U"-bracket | 92 | 4 | M10 x 69mm Bolt |
| 34 | 4 | "V"-pulley | 93 | 6 | M10 x 48mm Bolt |
| 35 | 27 | 90mm Pulley | 94 | 7 | M10 x 45mm Bolt |
| 36 | 2 | 115mm Pulley | 95 | 2 | M10 x 89mm Carriage Bolt |
| 37 | 4 | Long Cable Trap | 96 | 2 | M8 x 45mm Bolt |
| 38 | 19 | Cable Trap | 97 | 22 | M10 Washer |
| 39 | 2 | Pulley Cover | 98 | 8 | M6 x 16mm Bolt |
| 40 | 1 | Adjustment Pin | 99 | 8 | M6 Washer |
| 41 | 13 | Weight | 100 | 11 | M8 Washer |
| 42 | 2 | Top Weight | 101 | 4 | M10 x 91mm Bolt |
| 43 | 1 | Long Weight Tube | 102 | 3 | M10 x 121mm Bolt |
| 44 | 1 | Short Weight Tube | 103 | 3 | M6 Nylon Locknut |
| 45 | 2 | Weight Tube Bumper | 104 | 3 | M10 x 81mm Bolt |
| 46 | 4 | Weight Bumper | 105 | 4 | M10 x 72mm Bolt |
| 47 | 1 | Bottom Weight | 106 | 1 | M10 x 207mm Bolt |
| 48 | 1 | Weight Plate | 107 | 4 | M10 x 78mm Bolt |
| 49 | 1 | Curl Knob | 108 | 1 | M8 x 68mm Shoulder Bolt |
| 50 | 2 | Bumper | 109 | 4 | Medium Support Plate |
| 51 | 2 | Pad Tube | 110 | 1 | M8 x 58mm Bolt |
| 52 | 4 | Foam Pad | 111 | 1 | M10 x 89mm Bolt |
| 53 | 2 | Large Foam Pad | 112 | 1 | M10 x 92mm Carriage Bolt |
| 54 | 4 | 25mm Retainer | 113 | 2 | M8 x 63mm Carriage Bolt |
| 55 | 2 | 25mm Cover Cap | 114 | 2 | M10 x 58mm Bolt |
| 56 | 1 | Ab Strap | 115 | 1 | M10 x 100mm Bolt |
| 57 | 1 | Chain | # | 1 | User's Manual |
| 58 | 3 | Cable Clip | # | 1 | Exercise Guide |
| 59 | 1 | Lat Bar | # | 2 | Grease Packet |

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. 831.159833

R1203A



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