

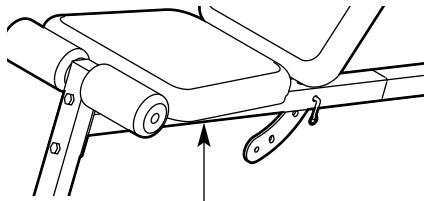
WEIDER® **BASICS**

DUMBBELL BENCH SLANT BOARD

Model No. WEBE03320

Serial No. _____

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



Serial Number Decal (Under Seat)

QUESTIONS?

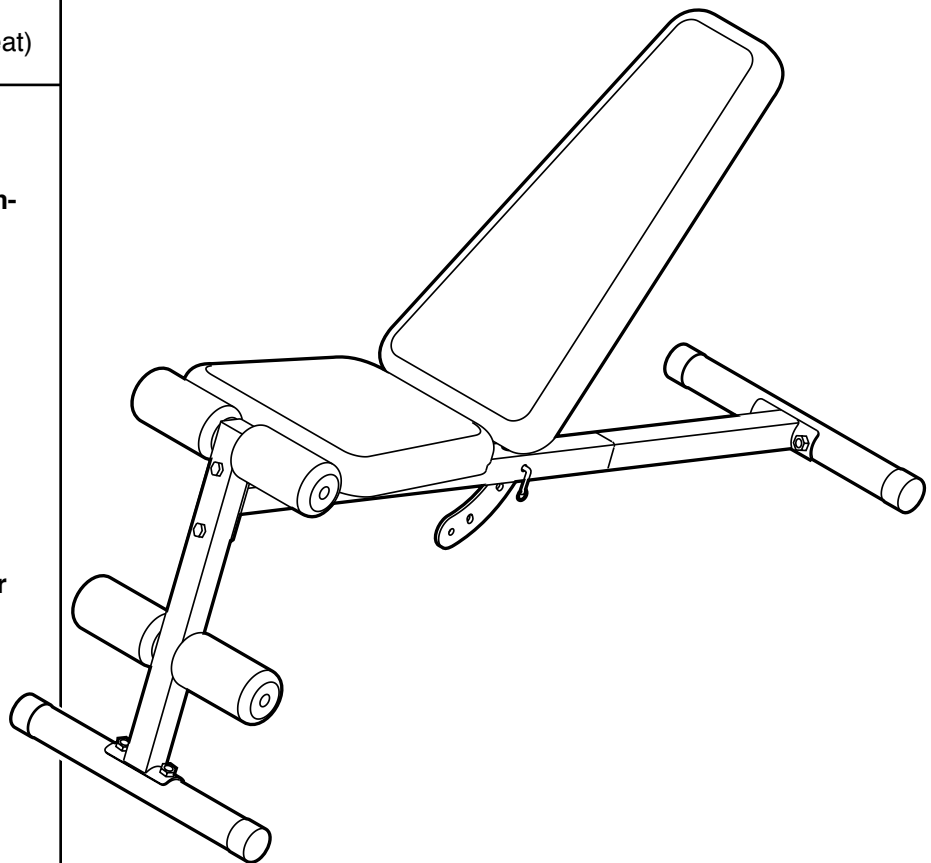
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



USER'S MANUAL

⚠ CAUTION

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



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www.weiderfitness.com

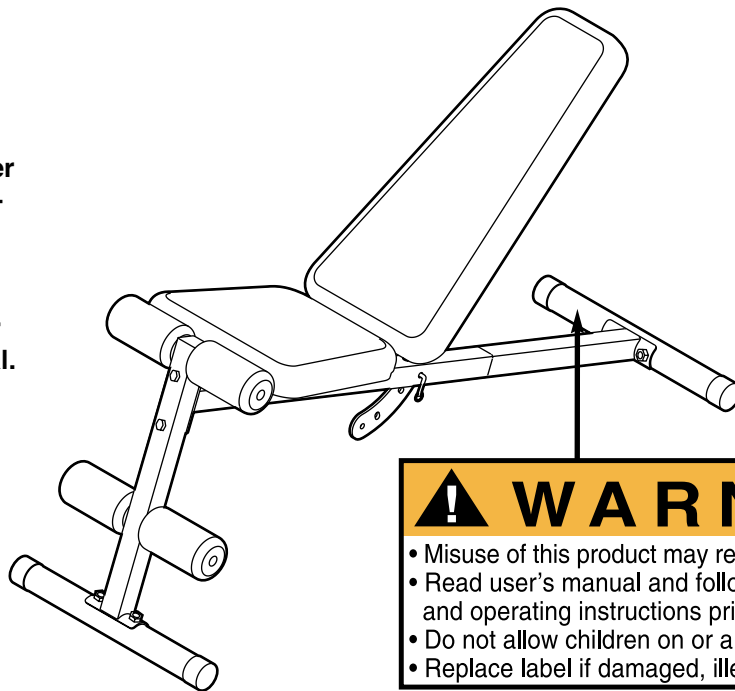
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WARNING DECAL PLACEMENT

The decal shown here has been placed on the slant board. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the slant board. Use the slant board only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the slant board are adequately informed of all precautions.
3. The slant board is intended for home use only. Do not use the slant board in any commercial, rental, or institutional setting.
4. Use the slant board only on a level surface. Cover the floor beneath the slant board to protect the floor.
5. Make sure all parts are properly tightened each time you use the slant board. Replace any worn parts immediately.
6. Keep hands and feet away from moving parts.
7. Keep children under 12 and pets away from the slant board at all times.
8. Always wear athletic shoes for foot protection while exercising.
9. The slant board is designed to support a maximum user weight of 300 pounds. Do not use more than 100 pounds of weight with the weight bench. Note: The weight bench does not include weights.
10. Always make sure that the locking pin is fully inserted into the pivot bracket and the frame before exercising.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

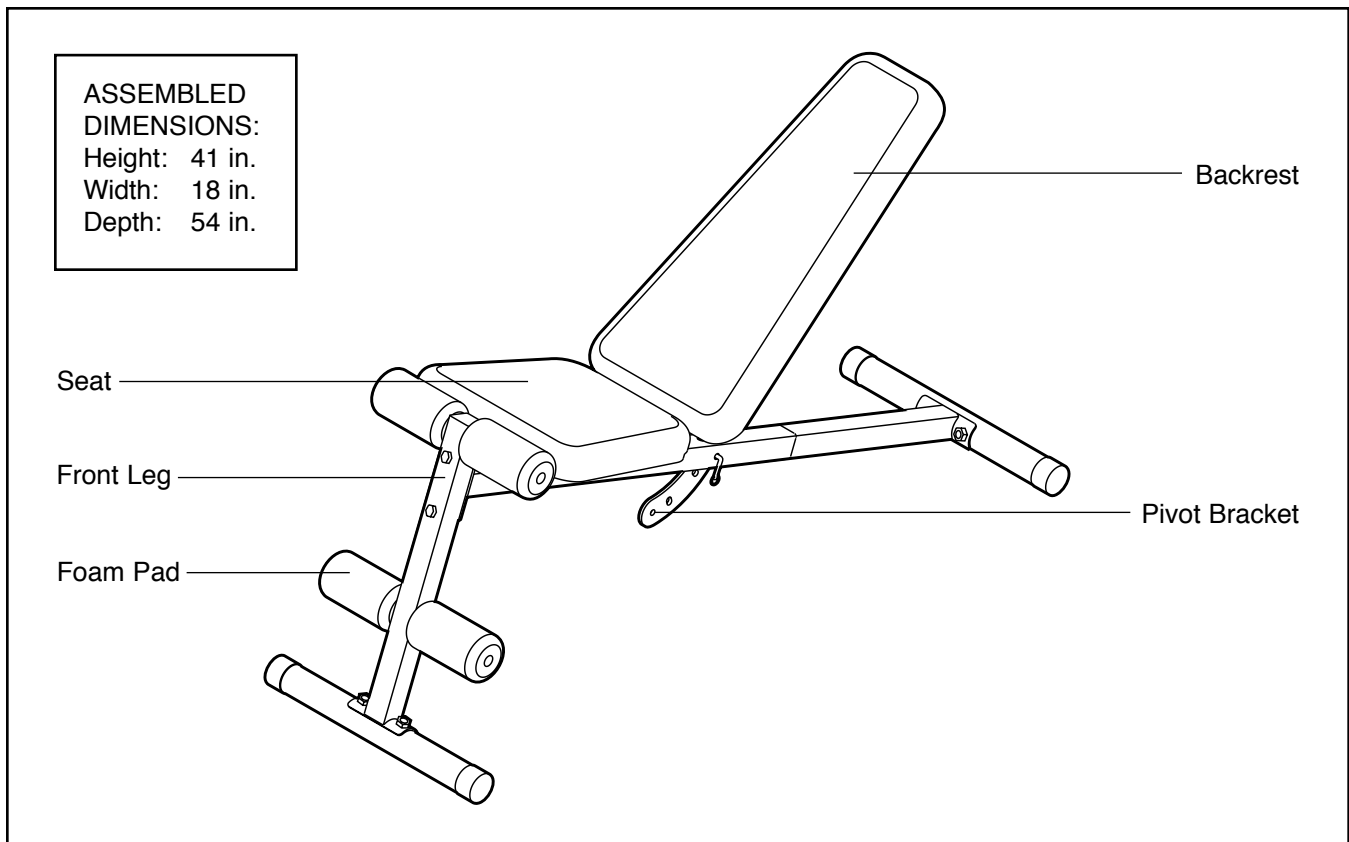
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® BASICS slant board. The WEIDER® BASICS slant board is designed to help develop the major muscle groups of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® BASICS slant board will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the slant board. If you have additional questions, please call our Customer Service Department

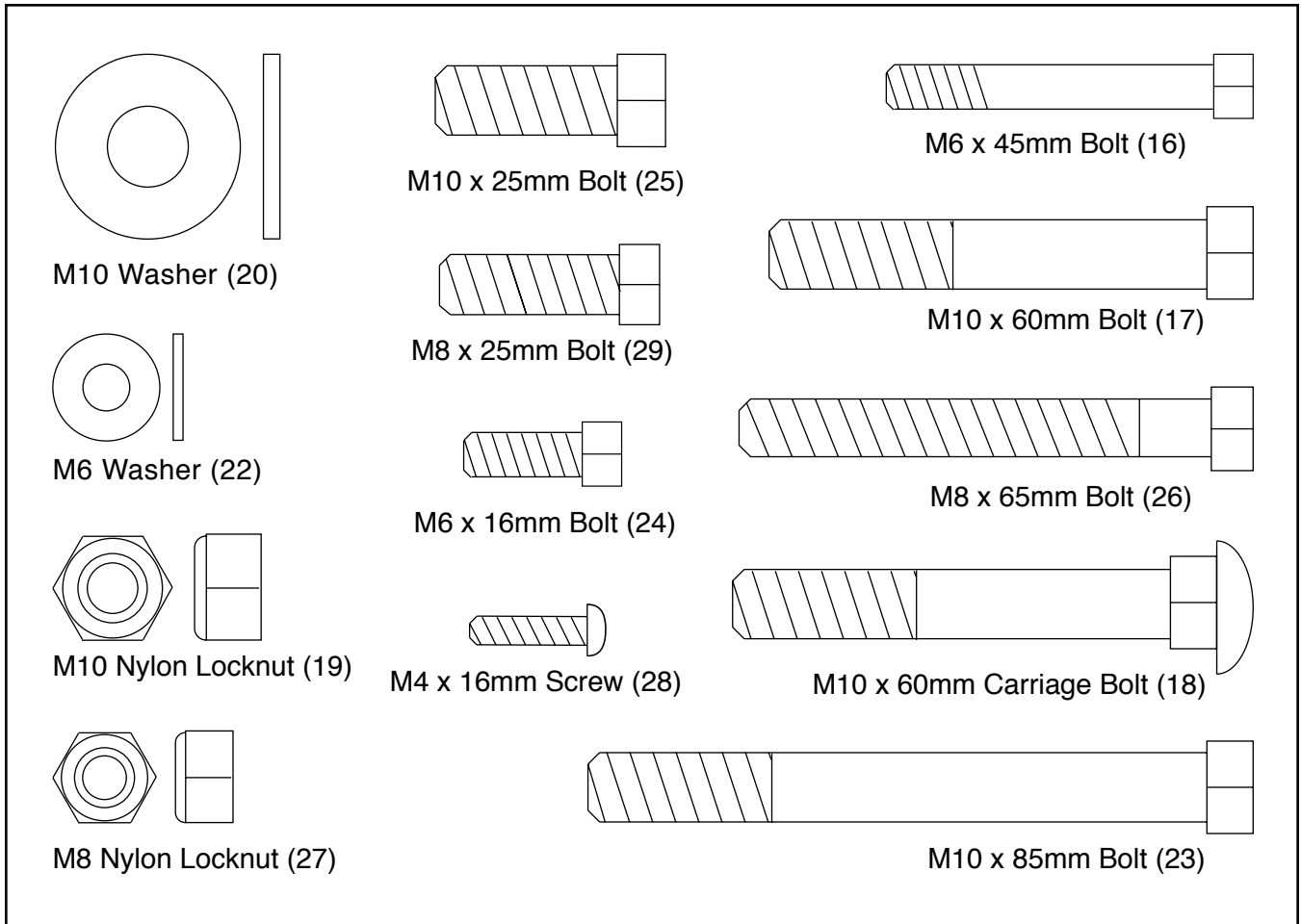
toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE03320. The serial number can be found on a decal attached to the slant board (see the front cover of this manual).

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



PART IDENTIFICATION CHART

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 11 of this manual. **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.**



ASSEMBLY

Make Things Easier for Yourself



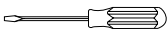
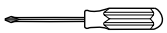
This manual is designed to ensure that the slant board can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the slant board, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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.

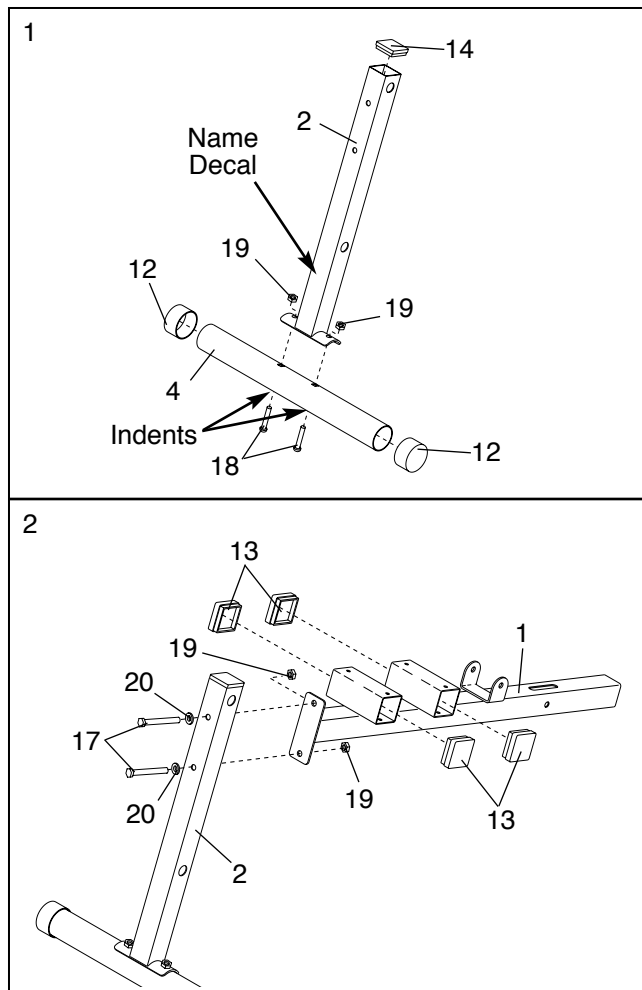
1. **Before assembling this product, make sure that you understand the information in the box above.**

Press a 45mm Square Inner Cap (14) into the top of the Front Leg (2). Press two 50mm Round Outer Caps (12) onto the ends of a Stabilizer (4).

Attach the Stabilizer (4) to the Front Leg (2) with two M10 x 60mm Carriage Bolts (18) and two M10 Nylon Locknuts (19). **Be sure the indents in the Stabilizer and the decal on the Front Leg are in the positions shown. Do not tighten the Locknuts yet.**

2. Press four 32mm Square Inner Caps (13) into the tubes on the Frame (1).

Attach the Frame (1) to the Front Leg (2) with two M10 x 60mm Bolts (17), two M10 Washers (20), and two M10 Nylon Locknuts (19). **Do not tighten the Locknuts yet.**



- Press two 50mm Round Outer Caps (12) onto the ends of the other Stabilizer (4).

Attach the Stabilizer (4) to the Rear Leg (3) with two M10 x 60mm Carriage Bolts (18) and two M10 Nylon Locknuts (19). **Be sure the indents and the decal on the Stabilizer are oriented as shown. Do not tighten the Locknuts yet.**

Attach the Rear Leg (3) to the Frame (1) with two M10 x 25mm Bolts (25) and two M10 Washers (20).

Tighten the M10 Nylon Locknuts (19) used in steps 1–3.

- Press the 25mm x 50mm Inner Cap (15) into the end of the Backrest Frame (5).

Attach the Pivot Bracket (6) to the Backrest Frame (5) with two M8 x 65mm Bolts (26) and two M8 Nylon Locknuts (27). **Be sure the Pivot Bracket is oriented as shown.**

Attach the Backrest (7) to the Backrest Frame (5) with four M6 x 16mm Bolts (24). **Be sure the Backrest is oriented as shown.**

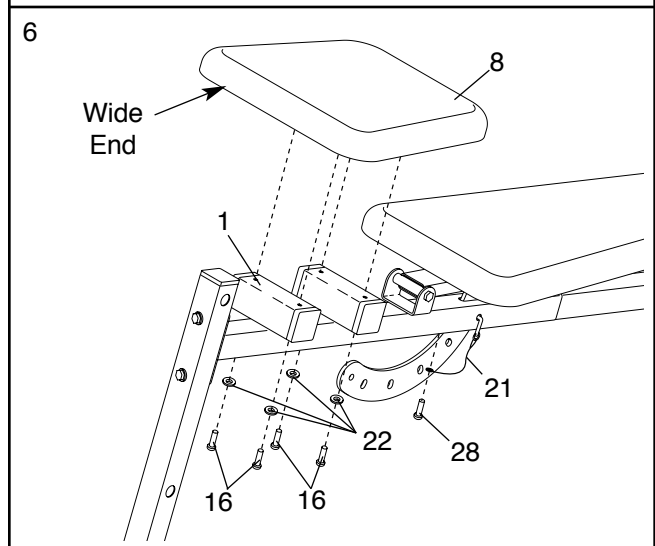
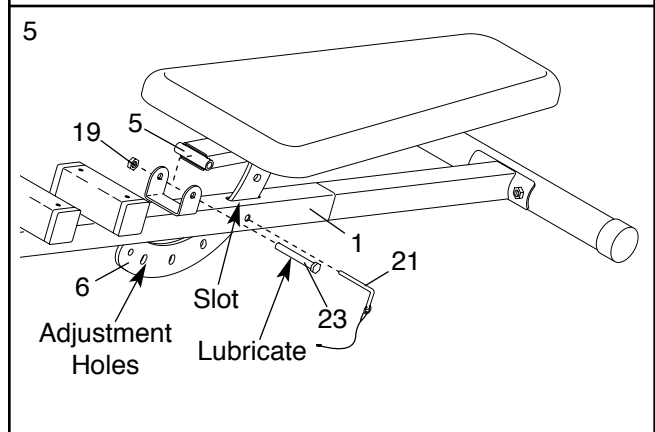
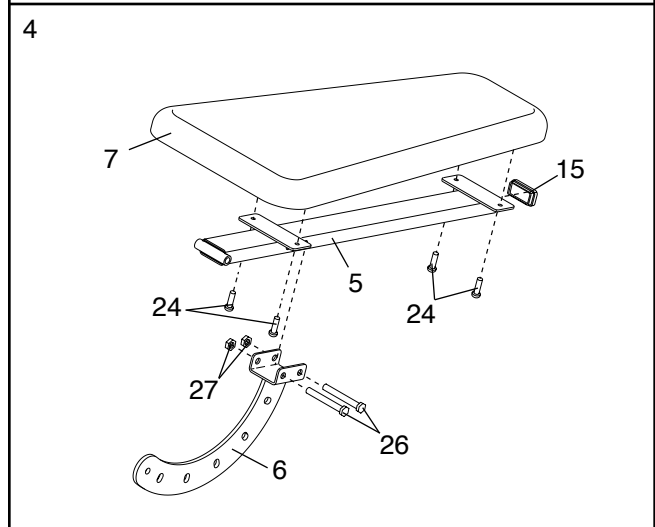
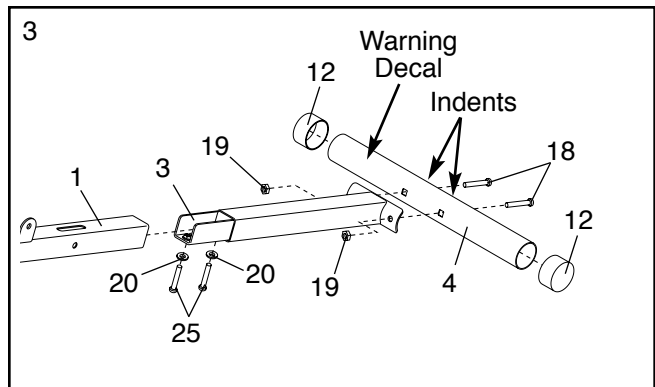
- Slide the Pivot Bracket (6) through the slot in the Frame (1).

Lubricate the M10 x 85mm Bolt (23). Attach the Backrest Frame (5) to the Frame (1) with the Bolt and an M10 Nylon Locknut (19). **Do not overtighten the Locknut; the Backrest Frame must be able to pivot easily.**

Insert the Locking Pin (21) into the Frame (1) and through an adjustment hole in the Pivot Bracket (6).

- Attach the tether on the Locking Pin (21) to the bottom of the Frame (1) with the M4 x 16mm Screw (28).

Attach the Seat (8) to the Frame (1) with four M6 x 45mm Bolts (16) and four M6 Washers (22). **Be sure the wide end of the Seat is on the side shown.**

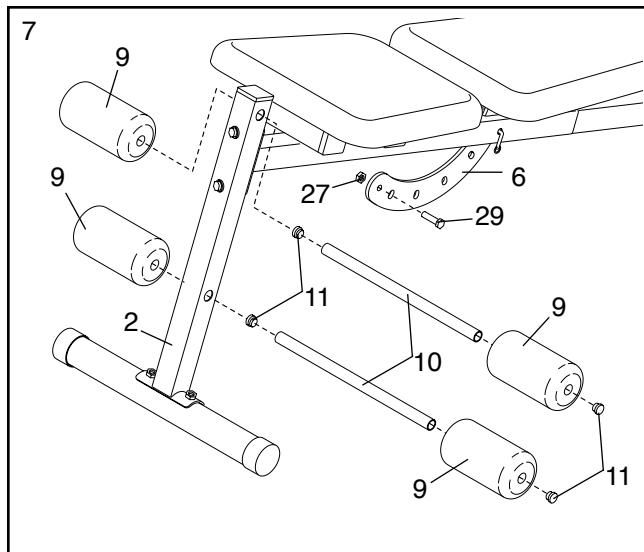


7. Attach an M8 x 25mm Bolt (29) to the the last hole in the Pivot Bracket (6) with an M8 Nylon Locknut (27).

Press four 19mm Round Inner Caps (11) into the two Pad Tubes (10).

Slide the two Pad Tubes (10) into the Front Leg (2). Slide four Foam Pads (9) onto the ends of the Pad Tubes.

8. **Make sure all parts are properly tightened before you use the slant board.**



ADJUSTMENTS

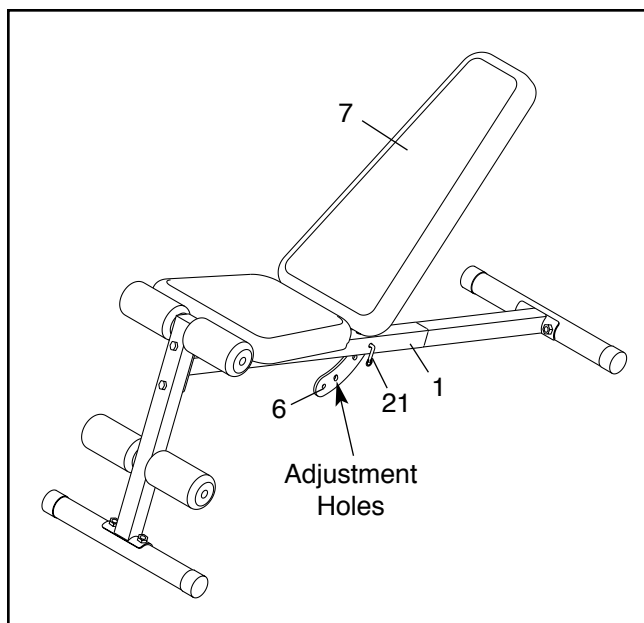
This section explains how to adjust the slant board. See the EXERCISE GUIDELINES on page 9 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

ADJUSTING THE BACKREST

The Backrest (7) can be used in a declined, a level, or any of three inclined positions. To adjust the Backrest, remove the Locking Pin (21) from the Frame (1). Move the Backrest to the desired position and reinsert the Locking Pin into the Frame and an adjustment hole in the Pivot Bracket (6).

⚠ WARNING: Always make sure the Locking Pin (21) is fully inserted through the Frame (1) and the Pivot Bracket (6).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

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

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

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

Toning

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

Weight Loss

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

Cross Training

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

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

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

PERSONALIZING YOUR EXERCISE PROGRAM

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

WARMING UP

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

WORKING OUT

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

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

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 10 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

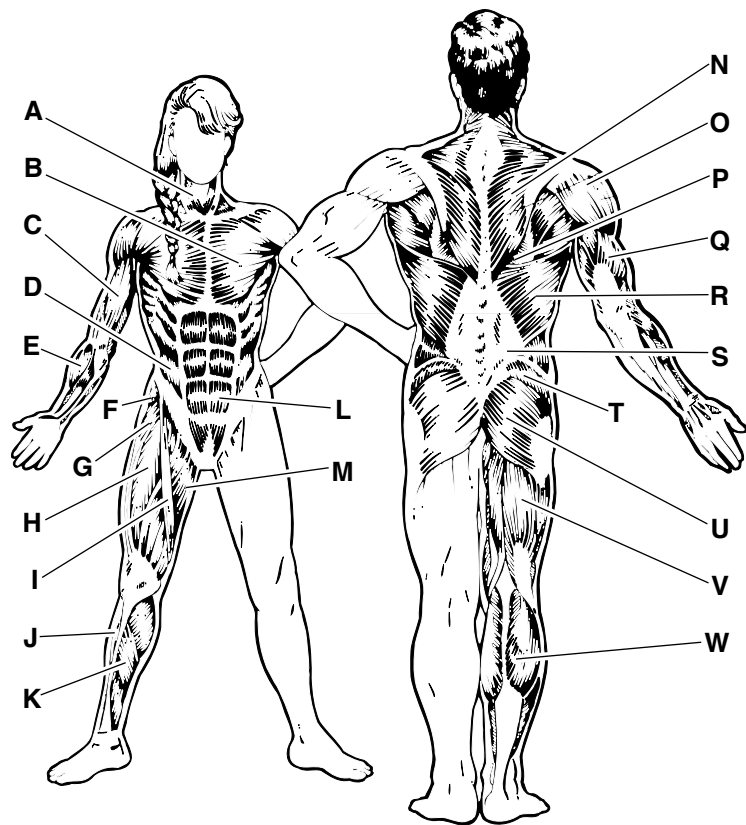
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

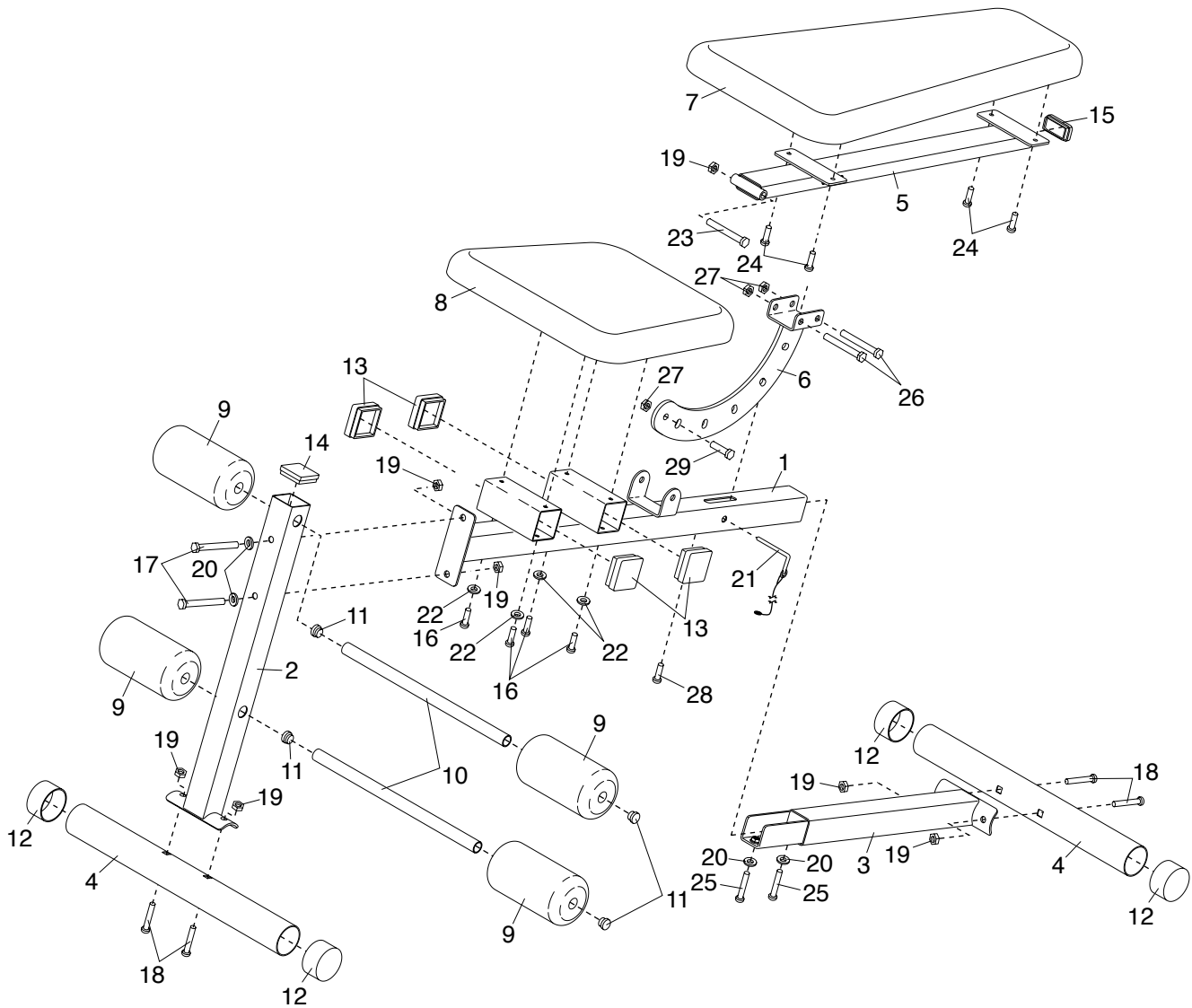
STAYING MOTIVATED

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

MUSCLE CHART

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





Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	17	2	M10 x 60mm Bolt
2	1	Front Leg	18	4	M10 x 60mm Carriage Bolt
3	1	Rear Leg	19	7	M10 Nylon Locknut
4	2	Stabilizer	20	4	M10 Washer
5	1	Backrest Frame	21	1	Locking Pin
6	1	Pivot Bracket	22	4	M6 Washer
7	1	Backrest	23	1	M10 x 85mm Bolt
8	1	Seat	24	4	M6 x 16mm Bolt
9	4	Foam Pad	25	2	M10 x 25mm Bolt
10	2	Pad Tube	26	2	M8 x 65mm Bolt
11	4	19mm Round Inner Cap	27	3	M8 Nylon Locknut
12	4	50mm Round Outer Cap	28	1	M4 x 16mm Screw
13	4	32mm Square Inner Cap	29	1	M8 x 25mm Bolt
14	1	45mm Square Inner Cap	#	1	User's Manual
15	1	25mm x 50mm Inner Cap	#	1	Exercise Guide
16	4	M6 x 45mm Bolt			

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

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WEBE03320)
2. The NAME of the product (WEIDER® BASICS slant board)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on page 11 of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

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