

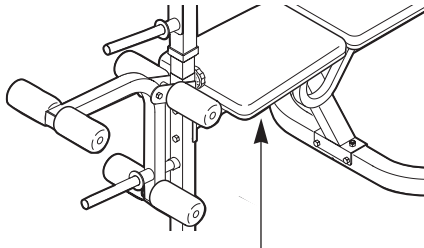


WEIDER 215

Model No. WEBE08900

Serial No. _____

Write the serial number in the space above for 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:

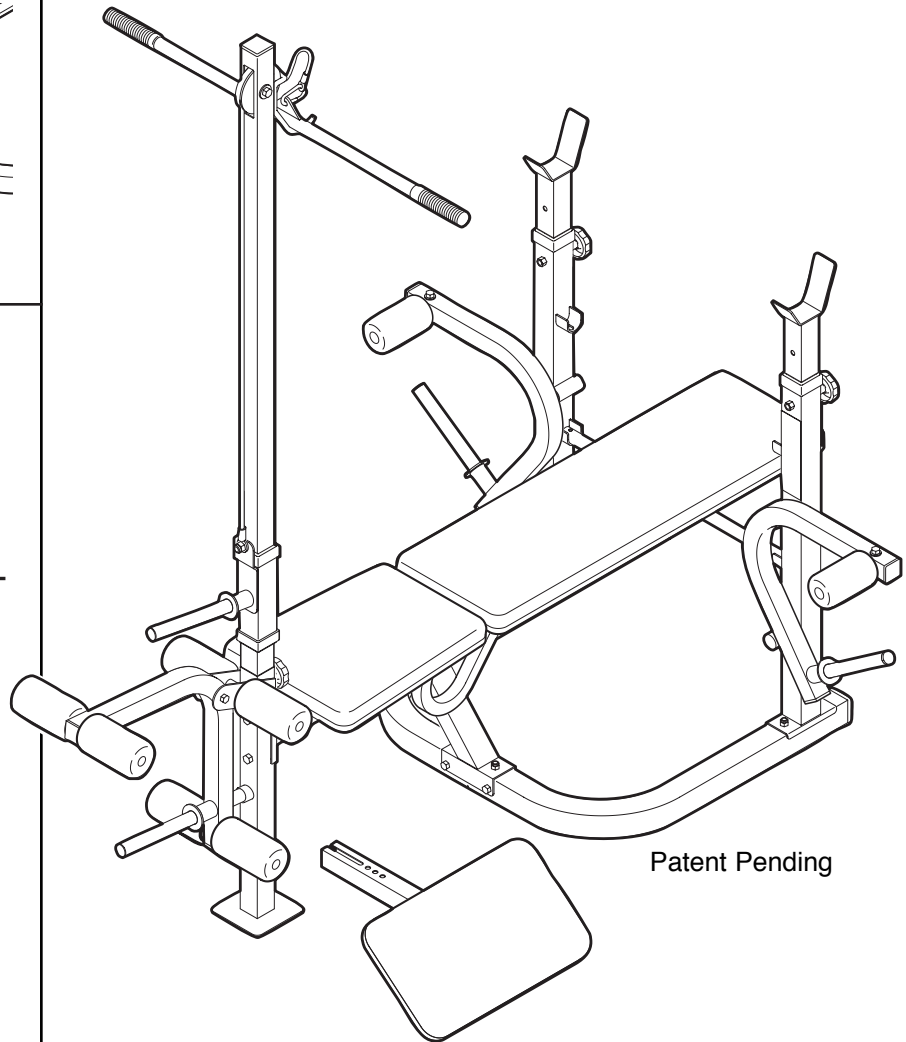
1-800-999-3756

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

CAUTION

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

USER'S MANUAL



Visit our website at

www.weiderfitness.com

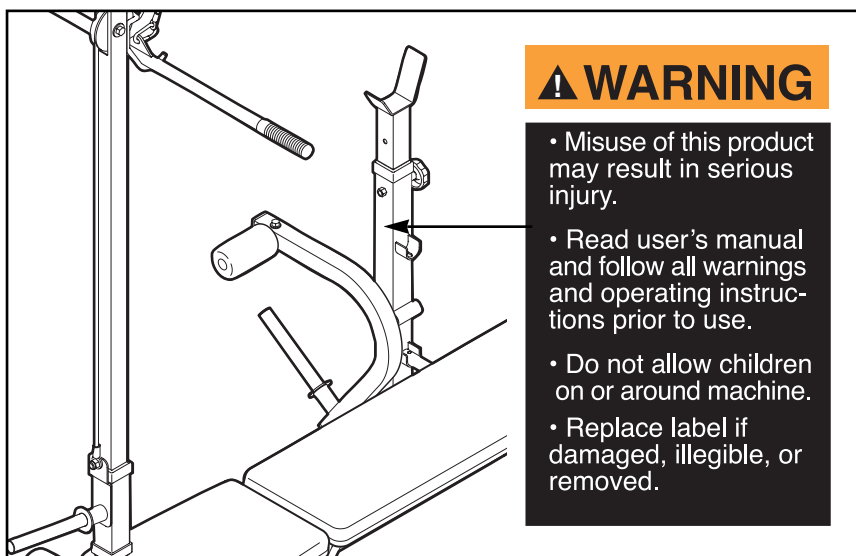
new products, prizes,
fitness tips, and much more!

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Limited Warranty	Back Cover

Warning Decal Placement

The decal shown at the right has been placed on the weight bench. 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 replacement decal in the location shown.



Important Precautions

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

1. Read all instructions in this manual before using the weight bench.
2. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. Use the weight bench only as described in this manual.
5. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
6. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the weight bench at all times.
8. Always keep an equal amount of weight on both ends of your barbell (not included) when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping.
9. Do not use a barbell that is longer than six feet with the weight bench.
10. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
11. Keep hands and feet away from moving parts.
12. Always wear athletic shoes for foot protection while exercising.
13. The weight bench does not include weights. The weight bench is designed to support a maximum of 360 pounds, including the user, a weight bar, and weights. Do not place more than 110 pounds, including a weight bar and weights, on the weight rests. Do not place more than 50 pounds on the leg lever. Do not place more than 110 pounds on the lat tower or more than 30 pounds on either fly arm.
14. Make sure that the adjustment knobs are inserted completely and tightened into the uprights before beginning any exercise.
15. When adjusting the position of the backrest, make sure the adjustment tube is securely seated in the adjustment brackets (see page 10).
16. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
17. Always remove the curl post from the front leg before performing leg curls with the leg lever.
18. 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.

⚠️ 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.

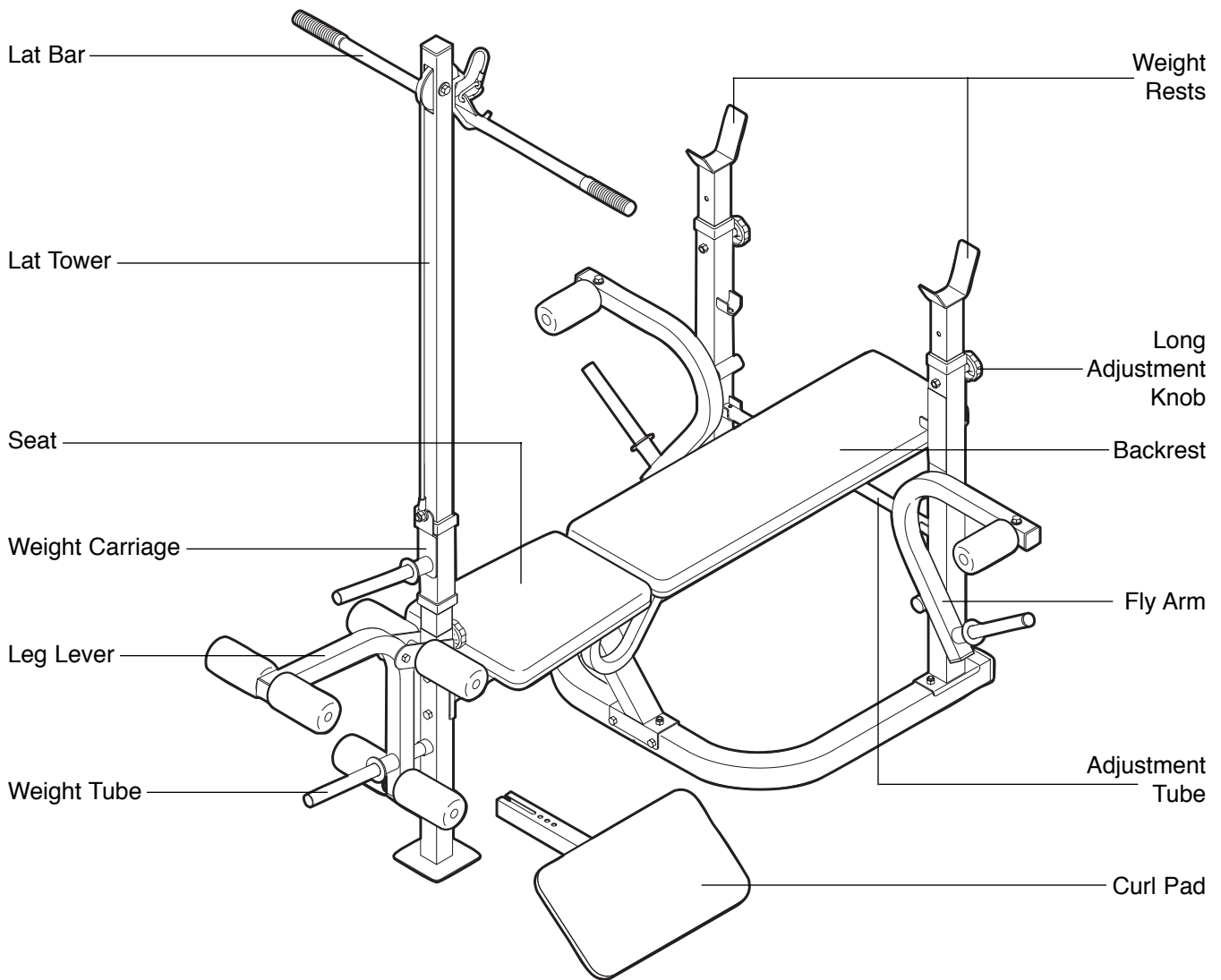
Before You Begin

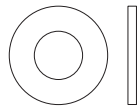
Thank you for selecting the versatile WEIDER® 215 weight bench. The WEIDER® 215 is designed to be used with your own weight set (not included) to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the WEIDER® 215 will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® 215 weight bench. If you have additional questions, please call our Customer Service

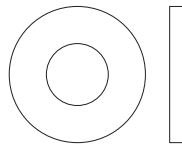
Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE08900. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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

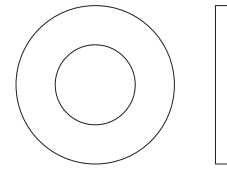




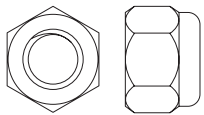
M6 Flat Washer (51)-5



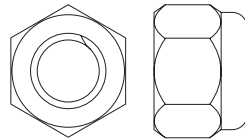
M8 Flat Washer (41)-6



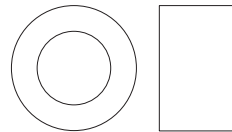
M10 Flat Washer (54)-4



M8 Nylon Locknut (50)-12



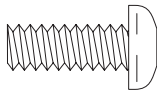
M10 Nylon Locknut (45)-4



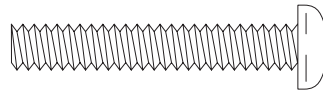
M10 Spacer (42)-2



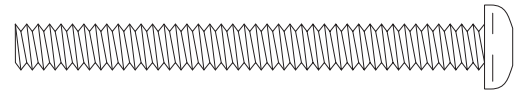
M8 Spacer (43)-2



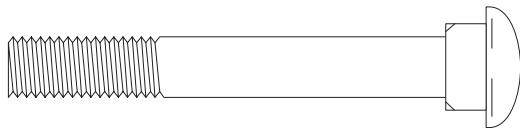
M6 x 16mm Screw
(56)-4



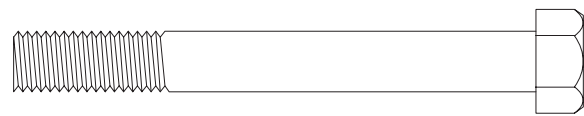
M6 x 38mm Screw
(14)-4



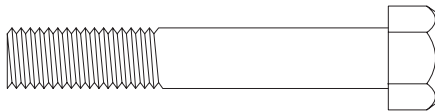
M6 x 62mm Screw (38)-1



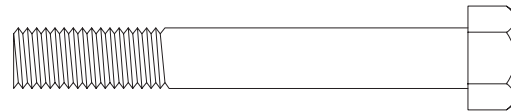
M8 x 58mm Carriage Bolt (36)-6



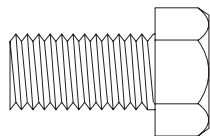
M8 x 68mm Bolt (49)-2



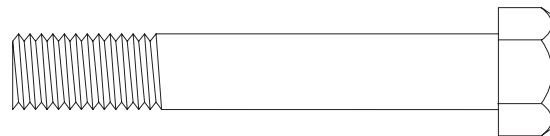
M8 x 50mm Bolt (52)-2



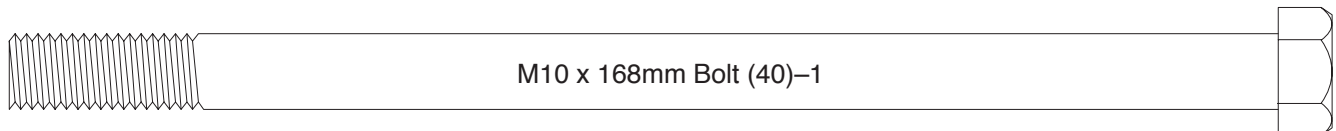
M8 x 60mm Bolt (55)-2



M10 x 19mm Bolt (44)-1



M10 x 64mm Bolt (46)-2



M10 x 168mm Bolt (40)-1




Assembly

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

- Place all parts of the weight bench in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART on page 5. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure that all parts are oriented as shown in the drawings.

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

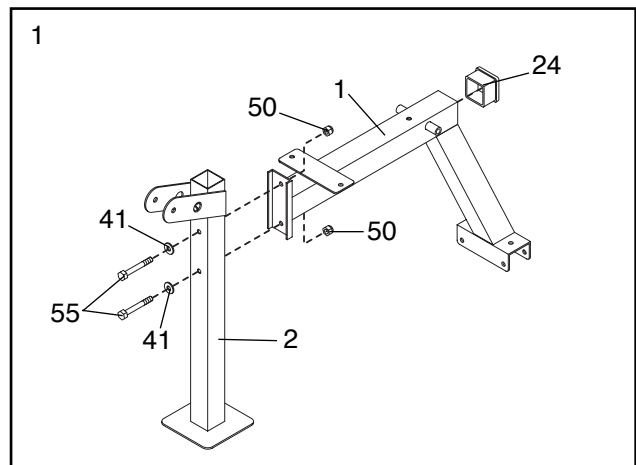
- **Two (2) adjustable wrenches** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water are also needed.**

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 you have read and understand the information in the box above.**

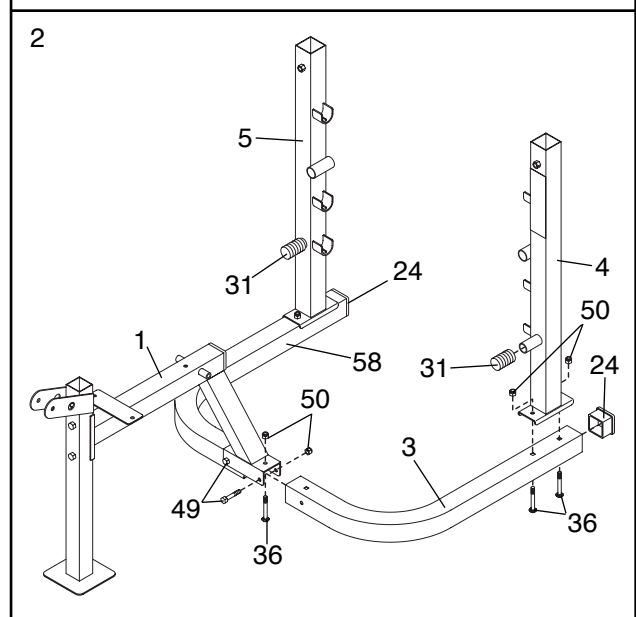
Press a 50mm Square Inner Cap (24) into the end of the Bench Frame (1).

Attach the Bench Frame (1) to the Front Leg (2) using two M8 x 60mm Bolts (55), two M8 Flat Washers (41), and two M8 Nylon Locknuts (50).

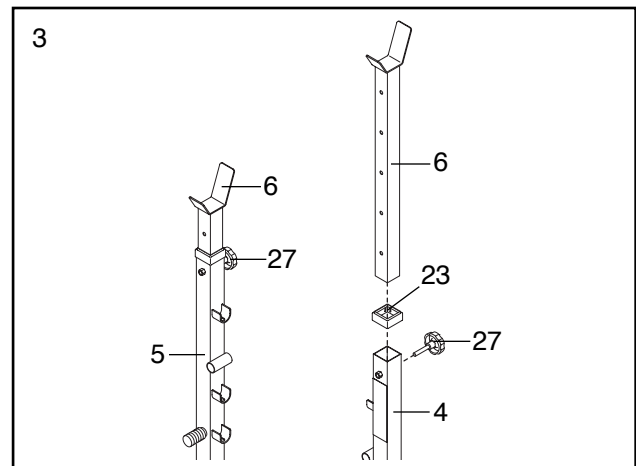


2. Insert a 2 1/2" Square Inner Cap (24) into the Left Base Frame (3) and the Right Base Frame (58). Attach the Base Frames to the Bench Frame (1) using two M8 x 58mm Carriage Bolts (36), two M8 x 68mm Carriage Bolts (49), and four M8 Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**

Press a Fly Arm Bumper (31) onto both the Right Upright (5) and the Left Upright (4). Attach the Left Upright (4) to the left Base Frame (3) with two M8 x 58mm Carriage Bolts (36) and two M8 Nylon Locknuts (50). Attach the Right Upright (5) in the same manner. **Do not tighten the Nylon Locknuts yet.**

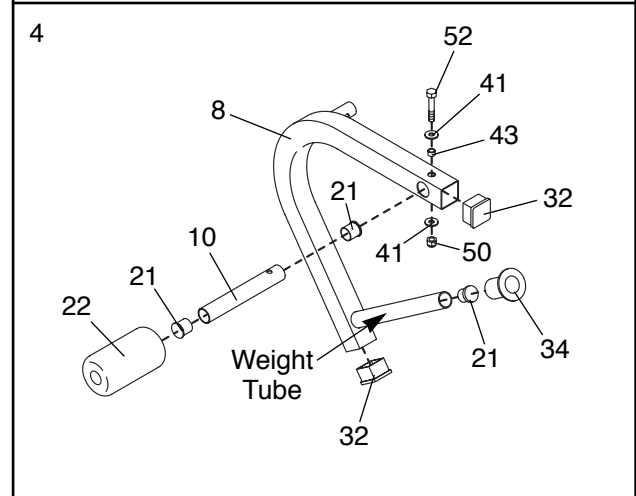


- Press a 2 1/2" Square Bushing (23) onto both the Right Upright (5) and the Left Upright (4). Slide the Weight Rests (6) into the Uprights and secure them at the desired height with two Adjustment Knobs (27). **Both Weight Rests should be set at the same height.**



- Press two 38mm Square Inner Caps (32) into the ends of the Left Fly Arm (8). Press a 1" Round Inner Cap (21) into the end of the weight tube of the Fly Arm. Slide a Weight Stop (34) over the weight tube.

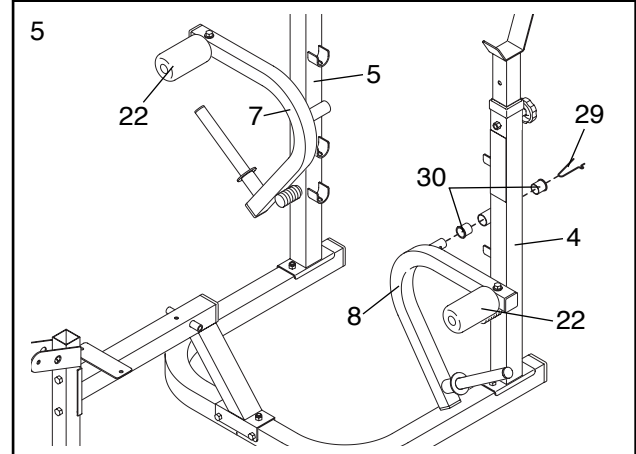
Press two 1" Round Inner Caps (21) into a Fly Arm Pad Tube (10). Attach the Fly Arm Pad Tube to the Left Fly Arm (8) using an M8 x 50mm Bolt (52), two M8 Flat Washers (41), an M8 Spacer (43), and an M8 Nylon Locknut (50). **The Spacer should fit snugly into the Left Fly Arm.** Slide a Small Foam Pad (22) onto the Fly Arm Pad Tube.



Assemble the Right Fly Arm (7, not shown) in the same manner.

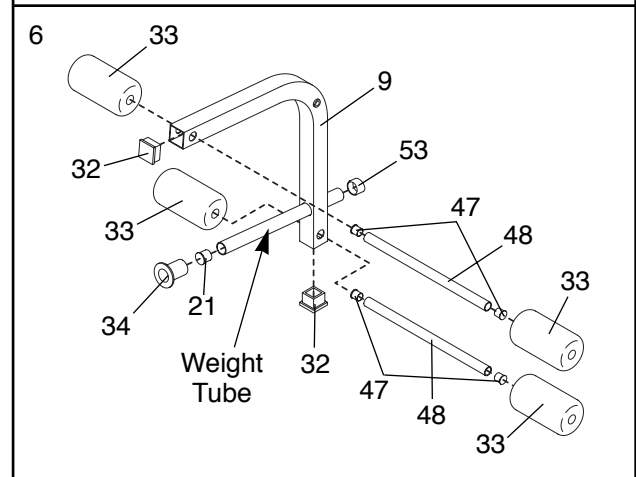
- Attach the Left Fly Arm (8) to the Left Upright (4) using two Nylon Bushings (30) and a Spring Clip (29).

Attach the Right Fly Arm (7) to the Right Upright (5) in the same manner.



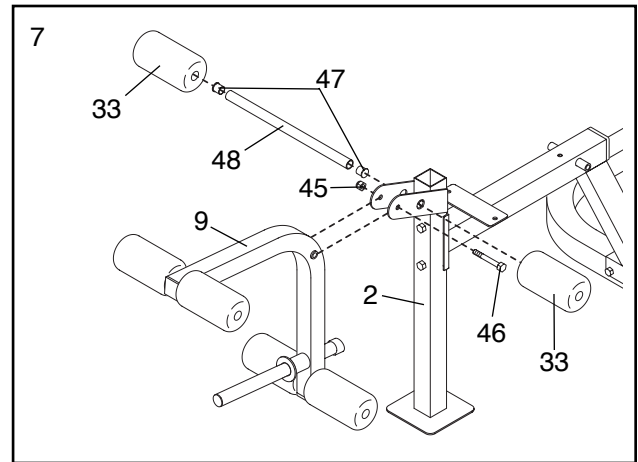
- Press two 38mm Square Inner Caps (32) into the ends of the Leg Lever (9). Press a 1" Round Inner Cap (21) into the indicated end of the weight tube. Slide a Weight Stop (34) over the weight tube. Press a 1" Round Angle Cap (53) onto the opposite end of the weight tube.

Insert 3/4" Round Inner Caps (47) into the ends of two Pad Tubes (48). Slide the Pad Tubes into the holes at the ends of the Leg Lever (9). Slide Large Foam Pads (33) onto the ends of the Pad Tubes.



- Press two 3/4" Round Inner Caps (47) into the ends of a Pad Tube (48). Slide the Pad Tube through the large hole in the Front Leg (2) as shown. Slide a Large Foam Pad (33) onto each end of the Pad Tube.

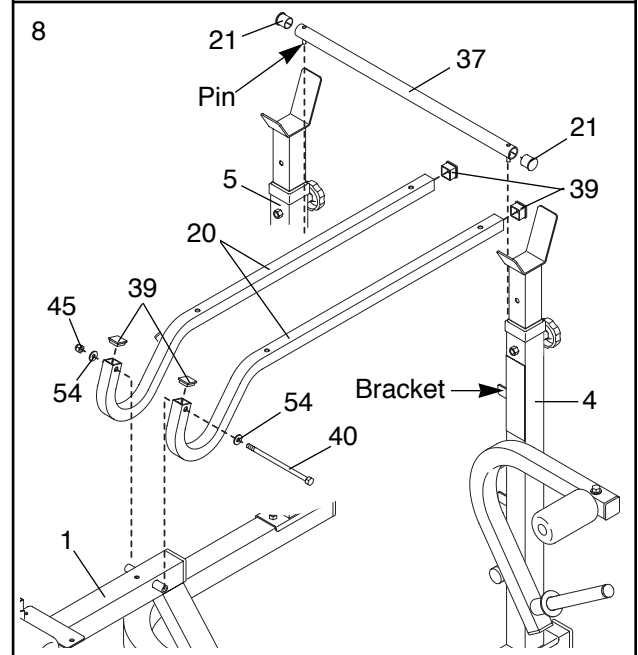
Attach the Leg Lever (9) to the Front Leg (2) using an M10 x 64mm Bolt (46) and an M10 Nylon Locknut (45).



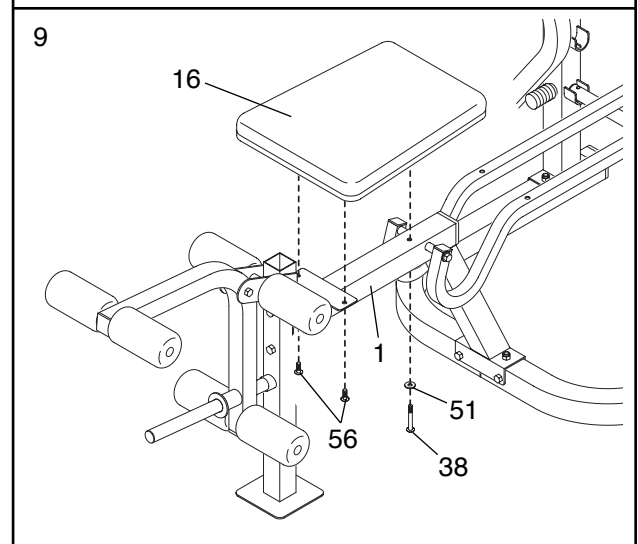
- Press 1" Square Inner Caps (39) into the ends of both Backrest Tubes (20). Lubricate an M10 x 168mm Bolt (40). Attach the Backrest Tubes to the Bench Frame (1) with the lubricated Bolt, two M10 Flat Washers (54), and an M10 Nylon Locknut (45). **Do not overtighten the Locknut. You must be able to freely pivot the Backrest Tubes (20).**

Press two 1" Round Inner Caps (21) into the Adjustment Tube (37). With the pins on the Adjustment Tube facing downward, slide the Adjustment Tube into the adjustment brackets on the Uprights (4,5).

Tighten the Nylon Locknuts used in step 2.

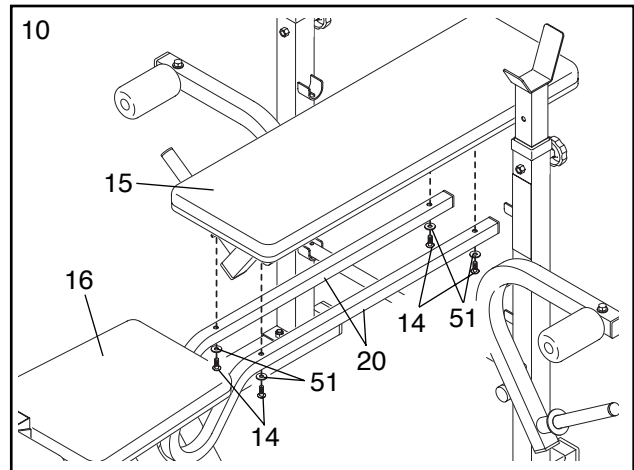


- Attach the Seat (16) to the Bench Frame (1) using two M6 x 16mm Screws (56), one M6 x 62mm Screw (38), and one M6 Flat Washer (51).



10. Attach the Backrest (15) to the Backrest Tubes (20) using four M6 x 38mm Screws (14) and four M6 Flat Washers (51).

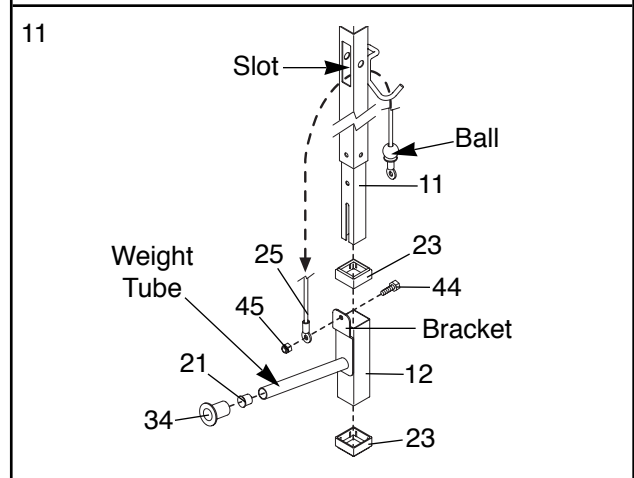
Make sure that the Backrest (15) is oriented so that there is a gap between the Backrest and the Seat (16).



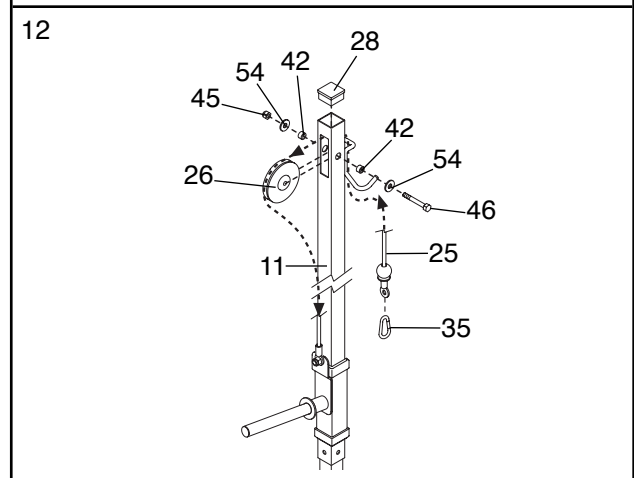
11. Press a 1" Round Inner Cap (21) into the weight tube of the Weight Carriage (12). Slide a Weight Stop (34) onto the weight tube. Press a 2 1/2" Square Bushing (23) onto each end of the Weight Carriage (12).

Slide an M10 x 19mm Bolt (44) into the bracket on the Weight Carriage (12). Slide the Weight Carriage onto the Lat Tower (11).

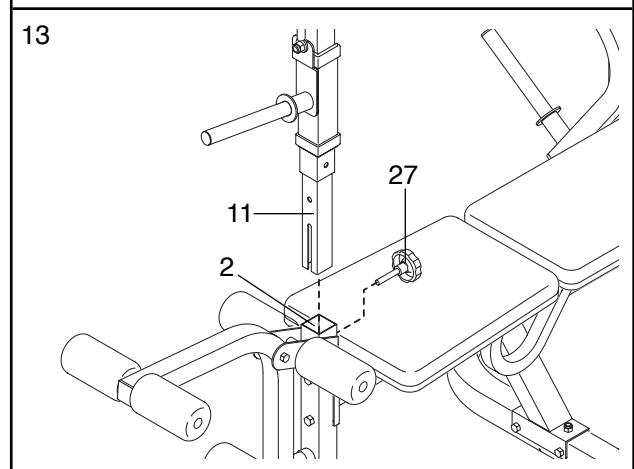
Thread the Cable (25) through the slot of the Lat Tower (11) in the direction indicated. Connect the end of the Cable without the ball to the Weight Carriage (12) using the M10 x 19mm Bolt (44) and an M10 Nylon Locknut (45).



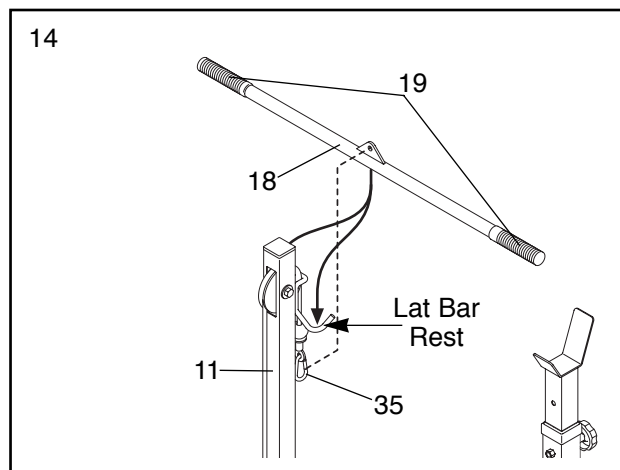
12. Press a 45mm Square Inner Cap (28) into the top of the Lat Tower (11). Route the Cable (25) around the Pulley (26) as indicated. Slide the Pulley into the slot of the Lat Tower and attach it with an M10 x 64mm Bolt (46), two M10 Flat Washers (54), two M10 Spacers (42), and an M10 Nylon Locknut (45). **Do not overtighten the Nylon Locknut. The Pulley must be able to turn freely.** Attach the Cable Clip (35) to the end of the Cable.



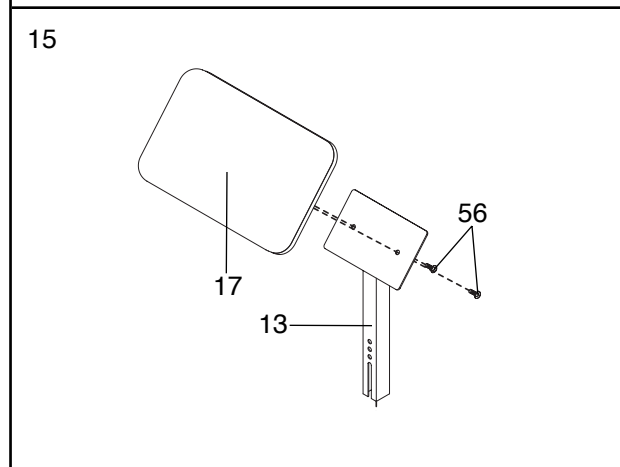
13. Slide the Lat Tower (11) into the Front Leg (2). Tighten it in place with the Short Adjustment Knob (27).



14. Slide a Handgrip (19) onto each end of the Lat Bar (18). Attach the Lat Bar to the Cable Clip (35) and place it in the Lat Bar Rest on the Lat Tower (11).



15. Attach the Curl Pad (17) to the Curl Post (13) using two M6 x 16mm Screws (56). **The Curl Post and the Lat Tower attach to the weight bench in the same place. Instructions for switching between the Curl Post and the Lat Tower can be found in the following section.**



16. **Make sure all parts are properly tightened before you use the weight bench.**

Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 14 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

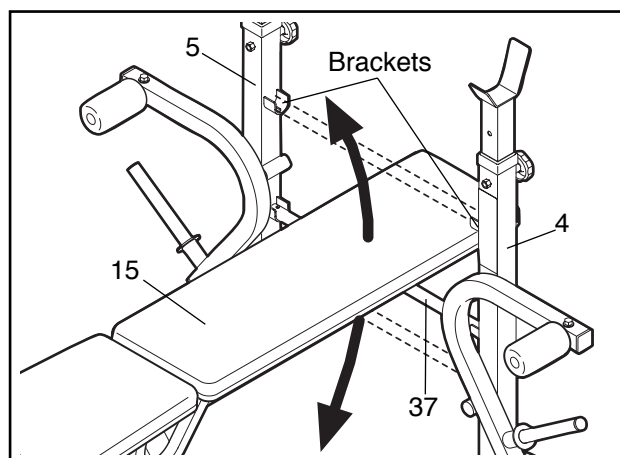
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (15) can be set to three different positions: a level position, a decline position, and an incline position.

To change the position of the Backrest (15), move the Adjustment Tube (37) to a different set of adjustment brackets on the Uprights (4,5).

Make sure the Adjustment Tube (37) is securely seated in the adjustment brackets.



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE, LEG LEVER, AND FLY ARMS

To use the Lat Tower (11), the Leg Lever (9), or the Fly Arms (7, 8), slide the desired amount of weight (not included) onto the weight tubes of the Weight Carriage (12), the Leg Lever, or the Fly Arms.

! WARNING: Do not place more than 50 pounds on the leg lever. Do not place more than 110 pounds on the lat tower or more than 30 pounds on either of the fly arms.

ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (6), **first remove your barbell from the Weight Rests**. Then remove the Long Adjustment Knobs (27) from both Uprights. Position the Weight Rests at the desired height. Align the holes in the Weight Rests and the Uprights. Secure the Weight Rests with the Long Adjustment Knobs. **Make sure that you fully tighten the Long Adjustment Knobs.**

! WARNING: Always set both weight rests at the same height. The long adjustment knob must always be inserted through both the weight rest and the upright and be firmly tightened. Never tighten a long adjustment knob into an upright before inserting the weight rest.

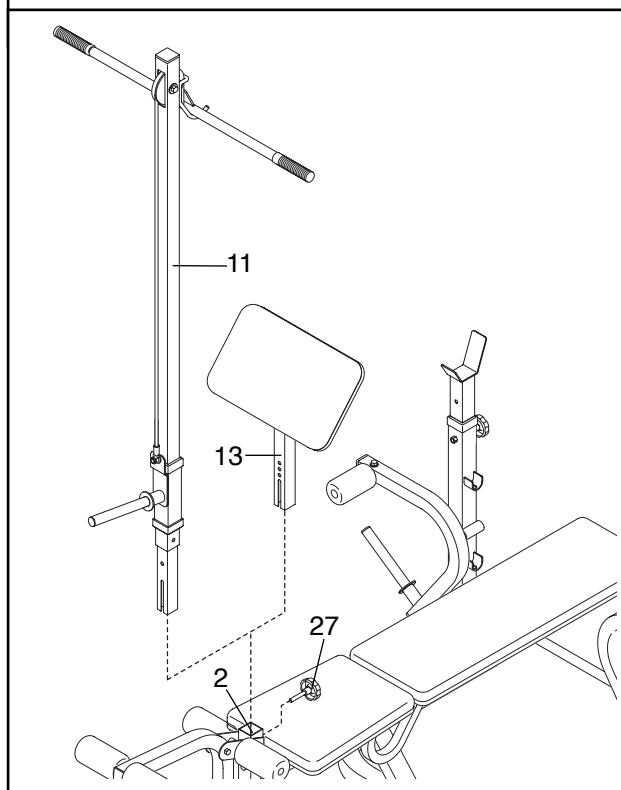
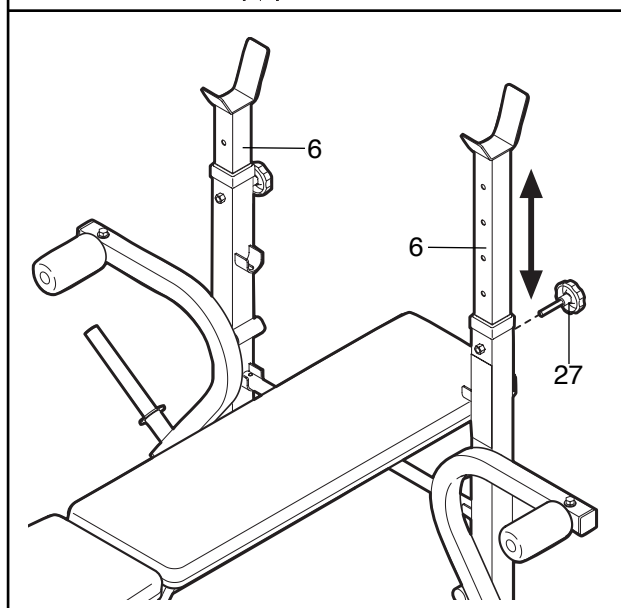
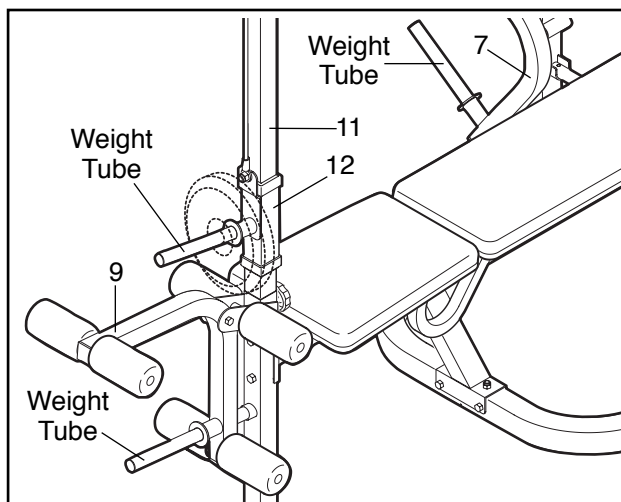
ATTACHING THE CURL POST OR LAT TOWER

For some exercises, the Curl Post (13) must be attached to the weight bench.

Insert the Curl Post (13) into the indicated hole in the Front Leg (2). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Short Adjustment Knob (27). **Make sure that you fully tighten the Short Adjustment Knob.**

For other exercises, the Lat Tower (11) must be attached to the weight bench.

Insert the Lat Tower (11) into the indicated hole in the Front Leg (2). Align the holes in the Front Leg and the Lat Tower. Secure the Lat Tower with the Short Adjustment Knob (27). **Make sure that you fully tighten the Short Adjustment Knob.**



FOLDING THE BACKREST

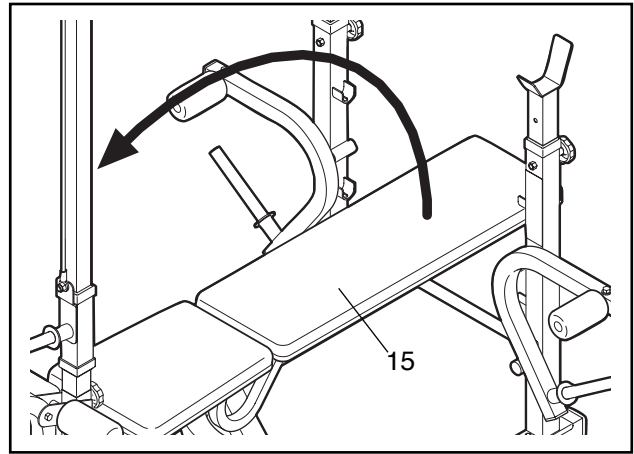
To perform squat exercises, you will need to fold the Backrest (15) to the upright position.

To fold the Backrest (15), lift and pull it forward as far as it will go. It will be held in place by its own weight.

⚠ WARNING: Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.

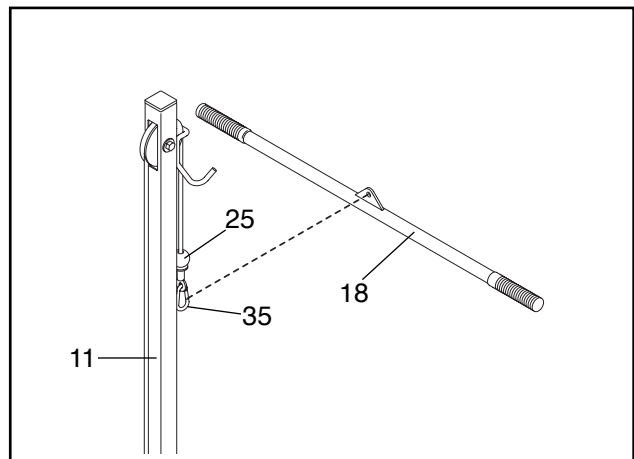
Always place 50 pounds on the leg lever when performing squat exercises to balance the bench.

Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell when you finish the exercise.



ATTACHING THE LAT BAR TO THE LAT TOWER

To use the Lat Tower (11), attach the Lat Bar (18) to the Cable (25) with a Cable Clip (35).



NOTES

Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level 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 obviously 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

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One 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 and develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very 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 with emphasis on the areas that you want to develop the 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

You will gain the greatest benefits from exercising by maintaining proper form. 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 poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 15 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 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 very effective for increasing flexibility.

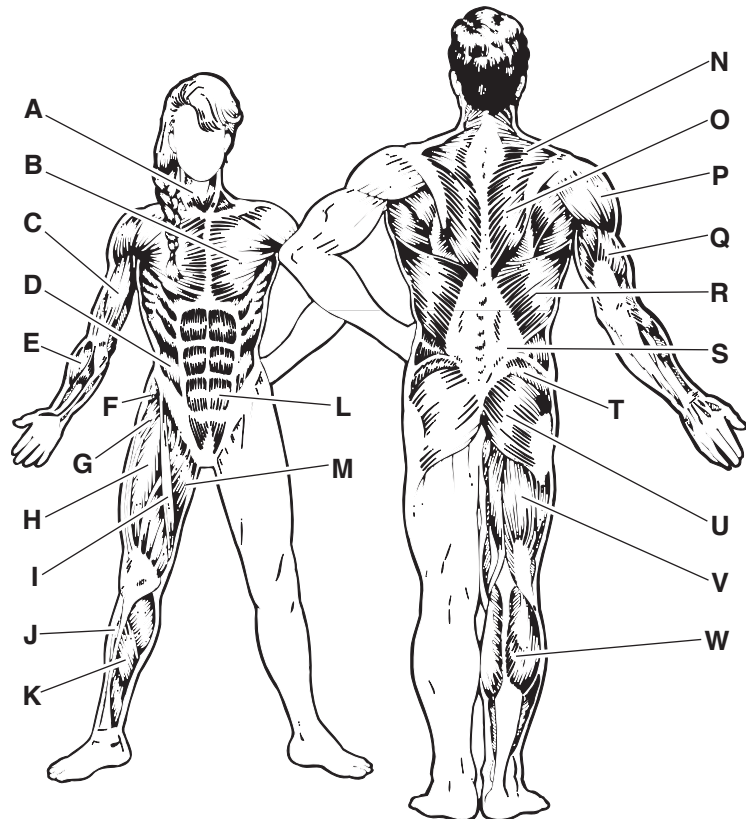
STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 16 and 17 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus 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)



MONDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
 Date: _____
 / /

WEDNESDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
 Date: _____
 / /

FRIDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

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

MONDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
 Date: _____
 / /

WEDNESDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
 Date: _____
 / /

FRIDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

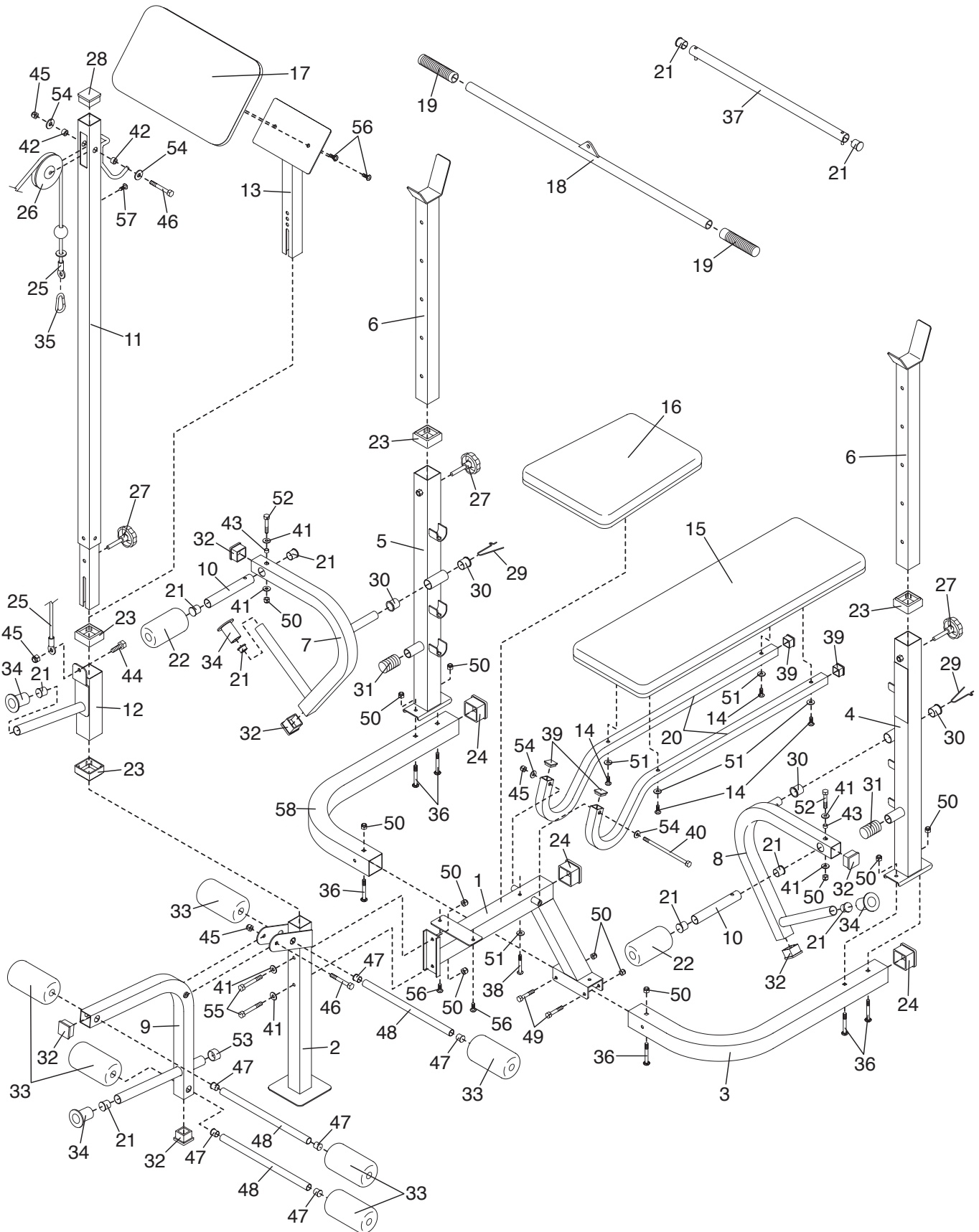
Make photocopies of this page for scheduling and recording your workouts.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	31	2	Fly Arm Bumper
2	1	Front Leg	32	6	38mm Square Inner Cap
3	1	Left Base Frame	33	6	Large Foam Pad
4	1	Left Upright	34	4	Weight Stop
5	1	Right Upright	35	1	Cable Clip
6	2	Weight Rest	36	6	M8 x 58mm Carriage Bolt
7	1	Right Fly Arm	37	1	Adjustment Tube
8	1	Left Fly Arm	38	1	M6 x 62mm Screw
9	1	Leg Lever	39	4	1" Square Inner Cap
10	2	Fly Arm Pad Tube	40	1	M10 x 168mm Bolt
11	1	Lat Tower	41	6	M8 Flat Washer
12	1	Weight Carriage	42	2	M10 Spacer
13	1	Curl Post	43	2	M8 Spacer
14	4	M6 x 38mm Screw	44	1	M10 x 19mm Bolt
15	1	Backrest	45	4	M10 Nylon Locknut
16	1	Seat	46	2	M10 x 64mm Bolt
17	1	Curl Pad	47	6	3/4" Round Inner Cap
18	1	Lat Bar	48	3	Pad Tube
19	2	Handgrip	49	2	M8 x 68mm Bolt
20	2	Backrest Tube	50	12	M8 Nylon Locknut
21	10	1" Round Inner Cap	51	5	M6 Flat Washer
22	2	Small Foam Pad	52	2	M8 x 50mm Bolt
23	4	2 1/2" Square Bushing	53	1	1" Round Angle Cap
24	3	50mm Square Inner Cap	54	4	M10 Flat Washer
25	1	Cable	55	2	M8 x 60mm Bolt
26	1	Pulley	56	4	M6 x 16 mm Screw
27	3	Adjustment Knob	57	1	M5 x 16mm Stop Screw
28	1	45mm Square Inner Cap	58	1	Right Base Frame
29	2	Spring Clip	#	1	User's Manual
30	4	Nylon Bushing	#	1	Exercise Chart

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

Exploded Drawing—Model No. WEBE08900

R0600A



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 when calling:

- The MODEL NUMBER of the product (WEBE08900)
- The NAME of the product (WEIDER® 215 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 18 and 19 of this manual).

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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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns 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.

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