

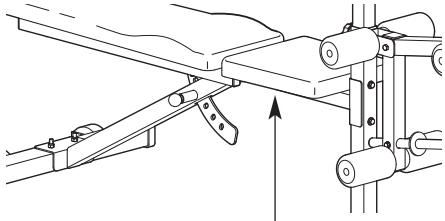
WEIDER[®] PRO XT20

USER'S MANUAL

Model No. WEBE09101

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

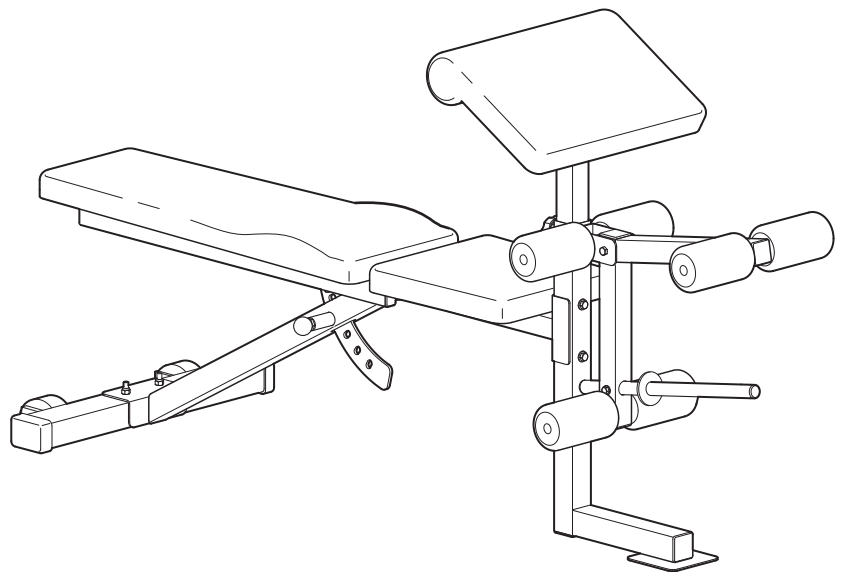
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

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 to you.

CUSTOMER HOT LINE:

1-877-992-5999

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.



Visit our website at

www.weiderfitness.com

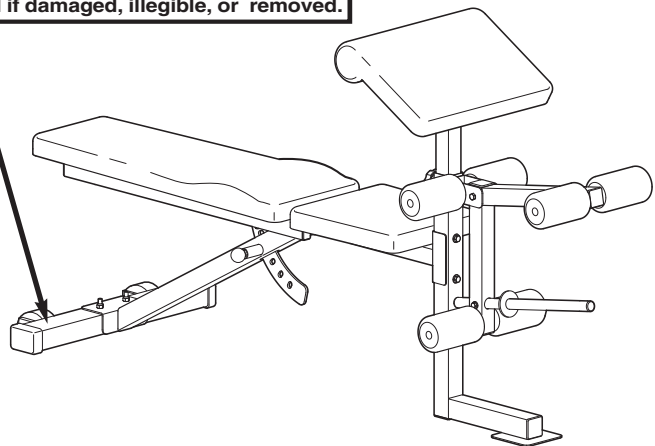
*new products, prizes,
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WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-877-992-5999, 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 weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Keep hands and feet away from moving parts.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Inspect and tighten all parts each time the weight bench is used. Replace any worn parts immediately.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum of 560 pounds, including a maximum user weight of 250 pounds and a maximum of 310 pounds of weights. Do not place more than 150 pounds on the leg lever.
10. Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench in a garage or covered patio, or near water.
11. If you feel pain or dizziness 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.

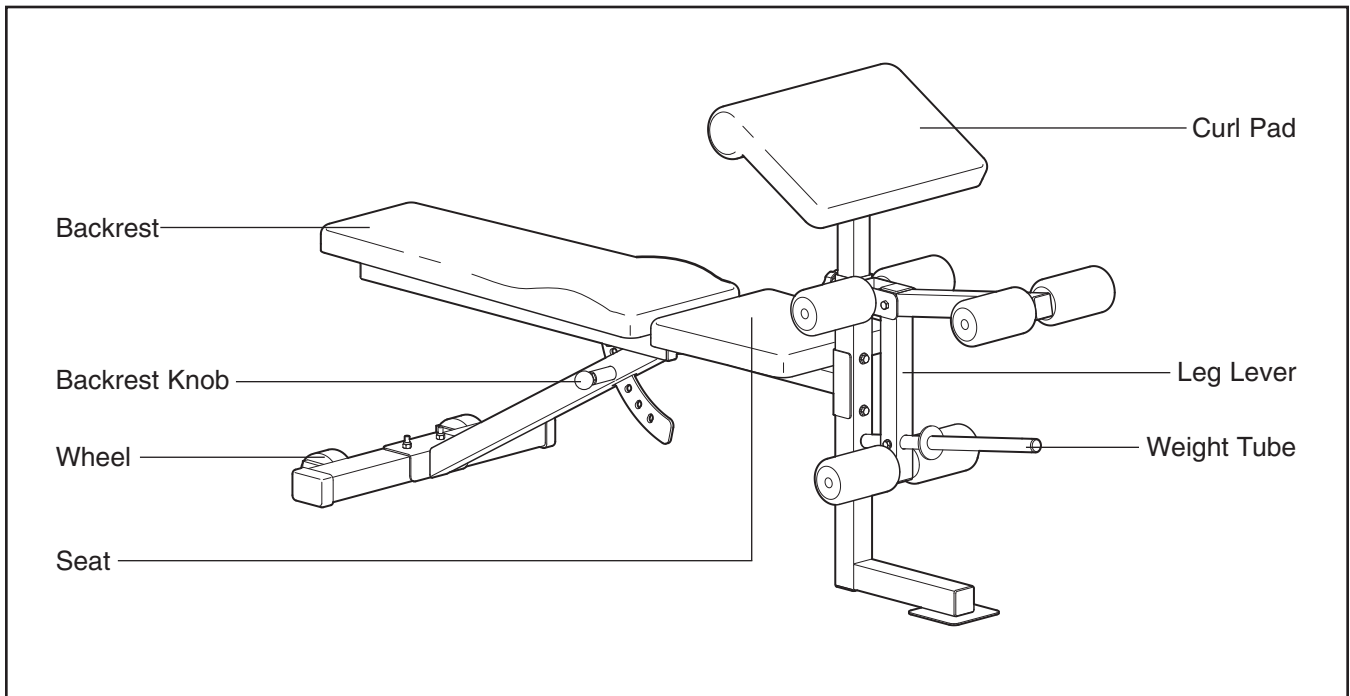
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO XT20 weight bench. The weight bench is designed to be used with your 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 weight bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please call our Customer Service

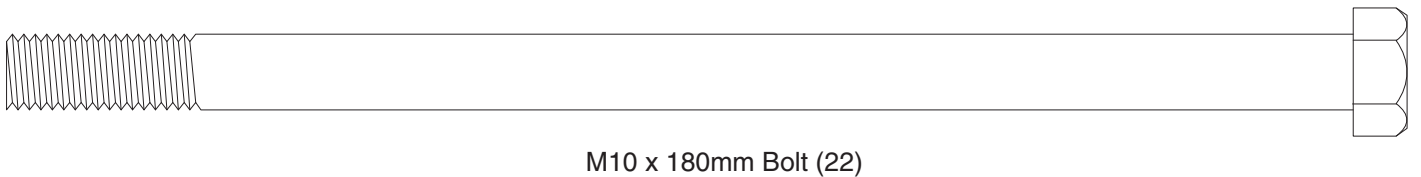
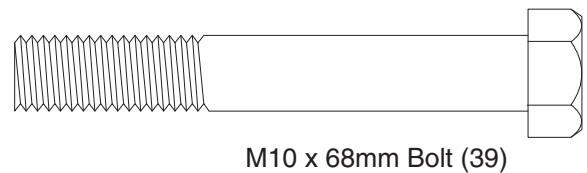
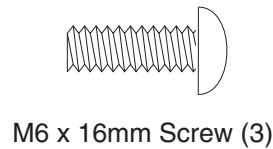
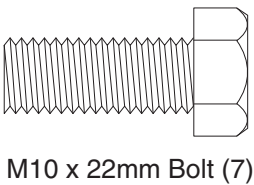
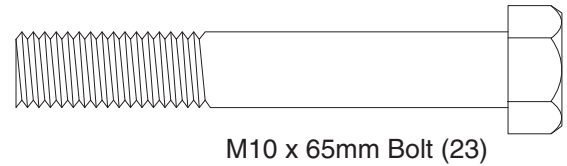
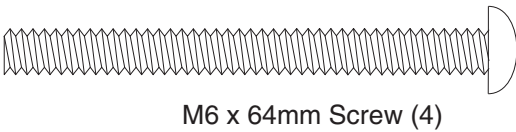
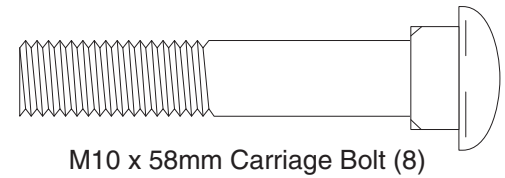
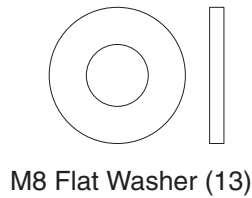
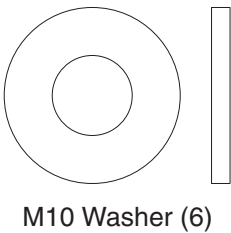
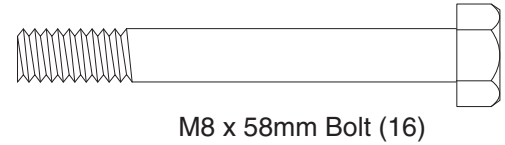
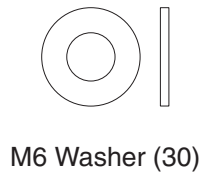
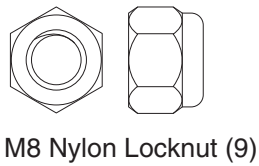
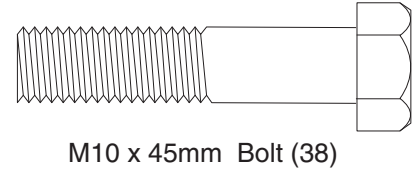
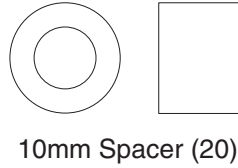
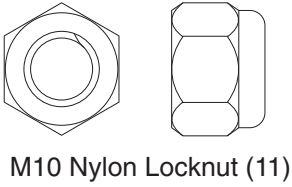
Department toll-free at 1-877-992-5999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE09101. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please 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 below each drawing is the key number of the part, from the PART LIST on page 14. **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




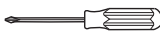
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

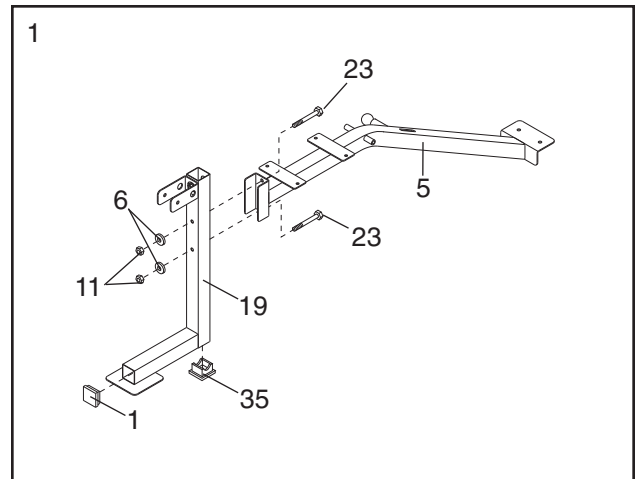
The following tools (not included) are required for assembly:

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

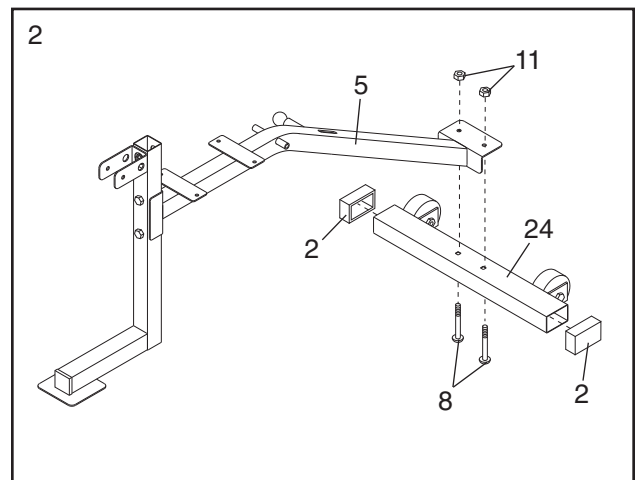
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Press a 50mm Square Inner Cap (1) into the indicated end of the Front Leg (19). Insert a 50mm Thick Inner Cap (35) into the bottom of the Front Leg.

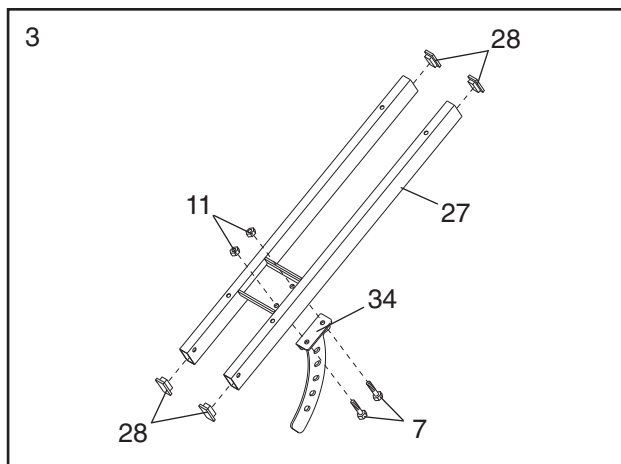
Attach the Front Leg (19) to the Bench Frame (5) using two M10 x 65mm Bolts (23), two M10 Washers (6), and two M10 Nylon Locknuts (11).



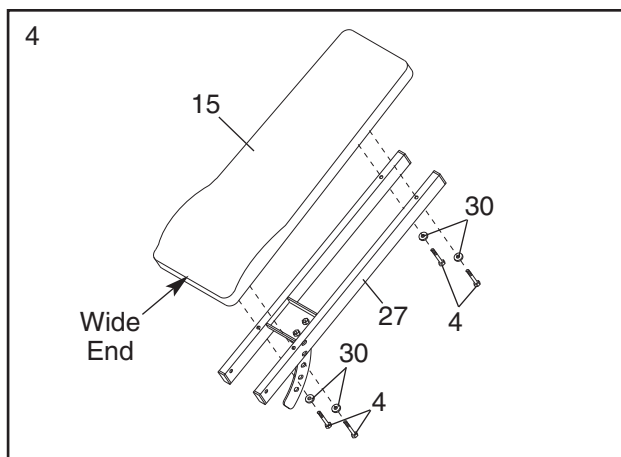
2. Press a 51mm x 76mm Outer Cap (2) onto each end of the Stabilizer (24). Attach the Stabilizer to the Bench Frame (5) using two M10 x 58mm Carriage Bolts (8) and two M10 Nylon Locknuts (11).



- Press four 25mm x 51mm Inner Caps (28) into the ends of the Backrest Frame (27). Attach the Backrest Bracket (34) to the Backrest Frame using two M10 x 22mm Bolts (7) and two M10 Nylon Locknuts (11).

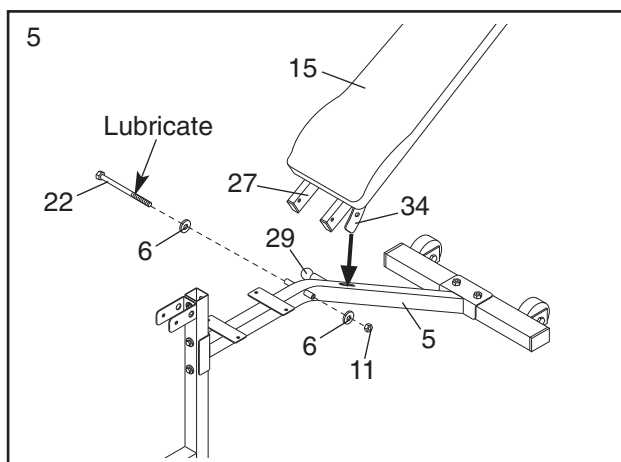


- Attach the Backrest (15) to the Backrest Frame (27) with four M6 x 64mm Screws (4) and four M6 Washers (30). **Make sure that the Backrest is oriented as shown.**

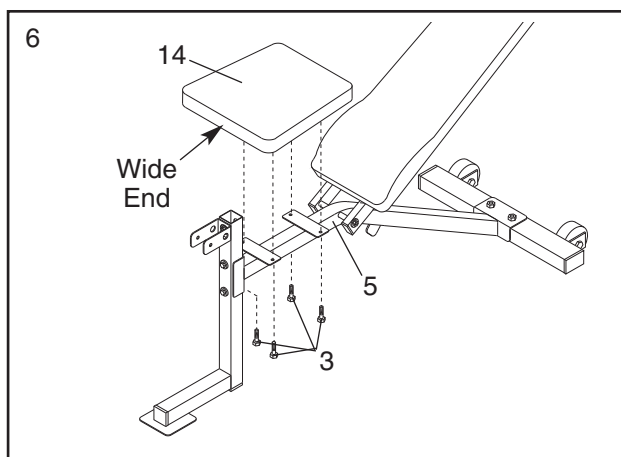


- Lubricate an M10 x 180mm Bolt (22). Attach the Backrest Frame (27) to the Bench Frame (5) using the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). Slide the Backrest Bracket (34) into the indicated slot in the Bench Frame. **Do not over-tighten the Nylon Locknut; the Backrest must be able to pivot freely.**

To adjust the position of the Backrest (15), pull the Backrest Knob (29) outward and move the Backrest up or down. Slowly release the Backrest Knob, making sure that the pin on the Backrest Knob is inserted through one of the holes in the Backrest Bracket (34).

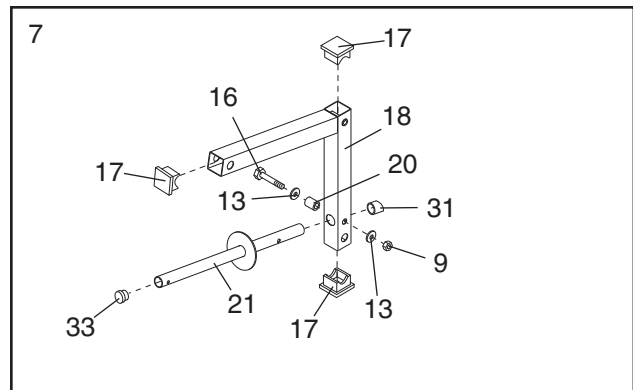


- Attach the Seat (14) to the Bench Frame (5) with four M6 x 16mm Screws (3). **Make sure that the Seat is turned as shown.**

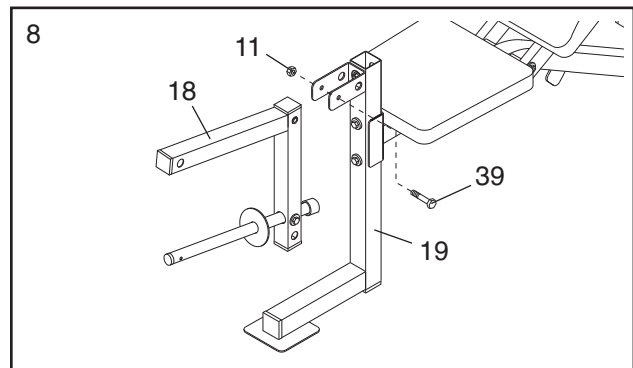


- Press three 45mm Square Inner Caps (17) into the Leg Lever (18). Press a 25mm Round Inner Cap (33) into the indicated end of the Weight Tube (21).

Attach the Weight Tube (21) to the Leg Lever (18) with an M8 x 58mm Bolt (16), two M8 Flat Washers (13), a 10mm Spacer (20), and an M8 Nylon Locknut (9). Press an Angled Outer Cap (31) onto the back end of the Weight Tube.

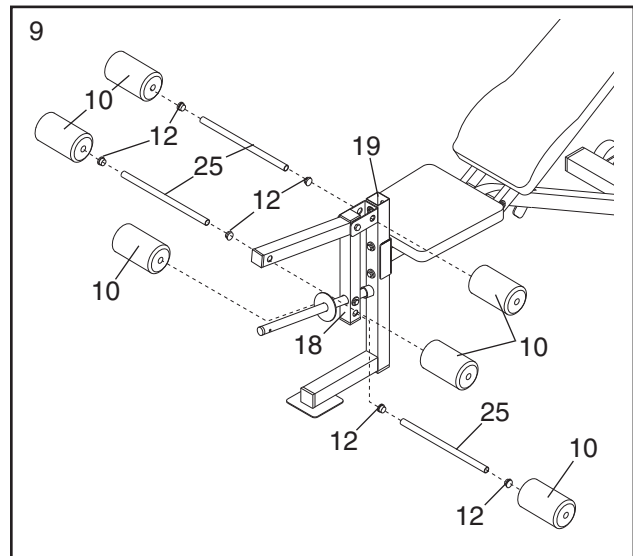


- Lubricate an M10 x 68mm Bolt (39). Attach the Leg Lever (18) to the Front Leg (19) with the Bolt and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

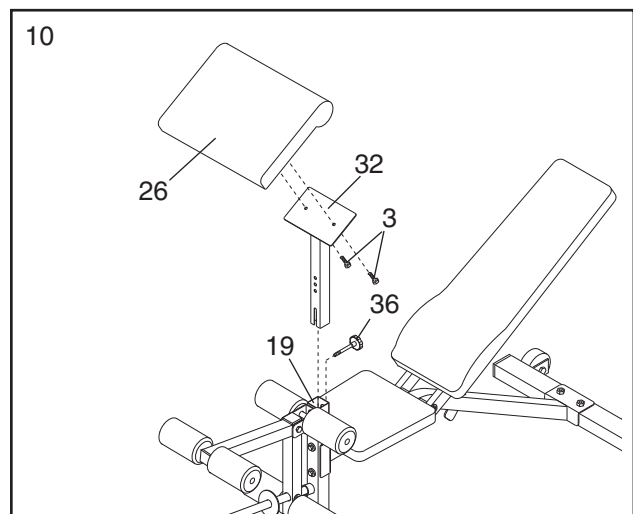


- Press two 3/4" Round Inner Caps (12) into each of the three Pad Tubes (25). Slide the Pad Tubes into the indicated holes in the Front Leg (19) and the Leg Lever (18).

Slide two Foam Pads (10) onto each Pad Tube (25).



- Attach the Curl Pad (26) to the Curl Post (32) with two M6 x 16mm Screws (3). Insert the Curl Post into the Front Leg (19) and secure it with the Curl Post Knob (36).



- Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting on page 9.**

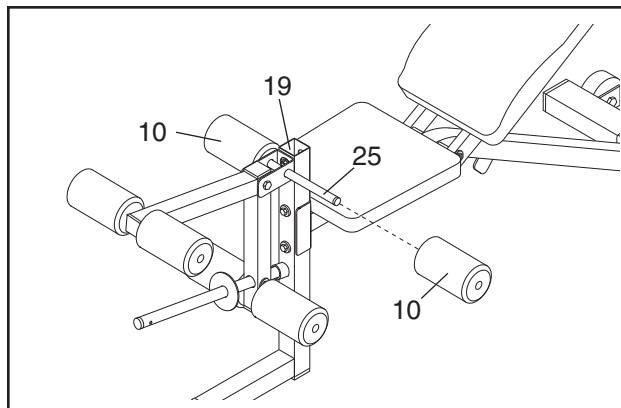
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 11 for important information on 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.

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

REMOVING THE FOAM PADS

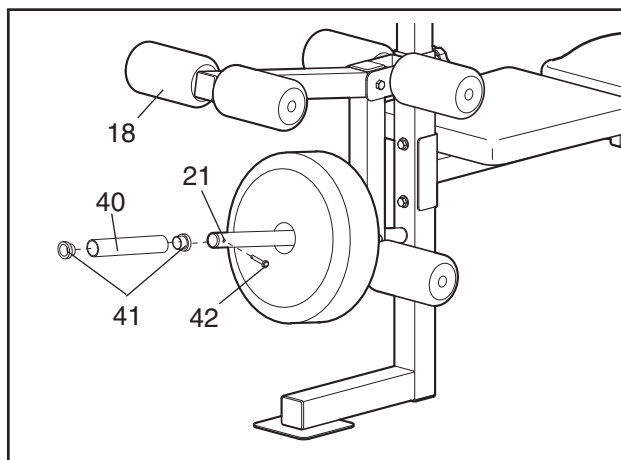
For some exercises, the indicated Foam Pads (10) and Pad Tube (25) should be removed from the Front Leg (19). To do this, slide one of the Foam Pads off the Pad Tube, and then remove the Pad Tube.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (18), slide the desired amount of weight (not included) onto the Weight Tube (21).

To use Olympic weights, slide the Weight Adapter (40) onto the Weight Tube (21). Insert the Weight Adapter Pin (42) into the Weight Tube.

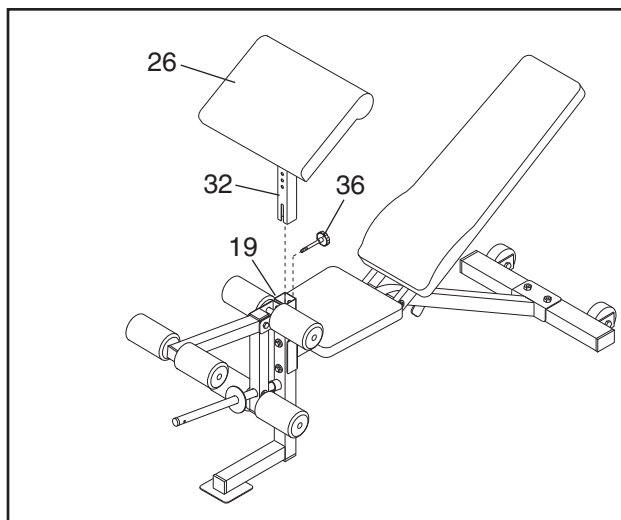


⚠ WARNING: Do not place more than 150 pounds on the Weight Tube (21).

ATTACHING THE CURL PAD

For some exercises, the Curl Pad (26) must be attached to the weight bench.

Insert the Curl Post (32) into the indicated hole in the Front Leg (19). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Curl Post Knob (36). **Make sure that you fully tighten the Curl Post Knob.**

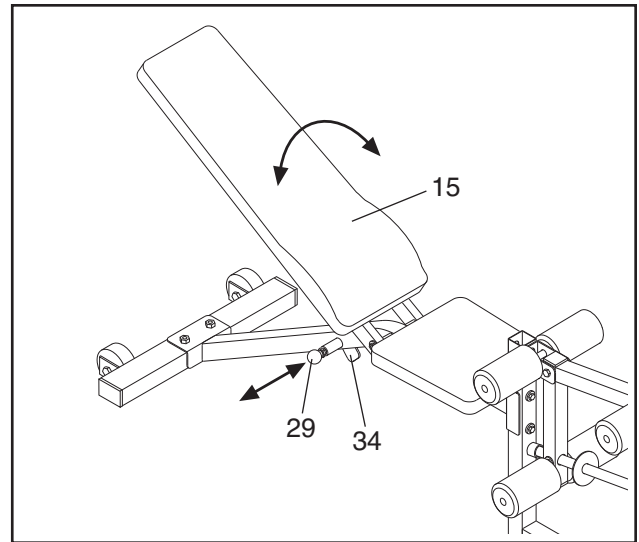


⚠ WARNING: When the Curl Pad (26) is not in use, store it away from the bench so it will not interfere with other exercises.

ADJUSTING THE BACKREST

The Backrest (15) can be adjusted to any of five positions. To adjust the Backrest, pull the Backrest Knob (29) outward and move the Backrest up or down. Slowly release the Backrest Knob, making sure the pin on the Backrest Knob is inserted through one of the holes in the Backrest Bracket (34).

⚠ WARNING: Make sure the Backrest Knob (29) is securely inserted into one of the holes in the Backrest Bracket (34) before putting any weight on the Backrest (15).



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 12 to find the names of the muscles.

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

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

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

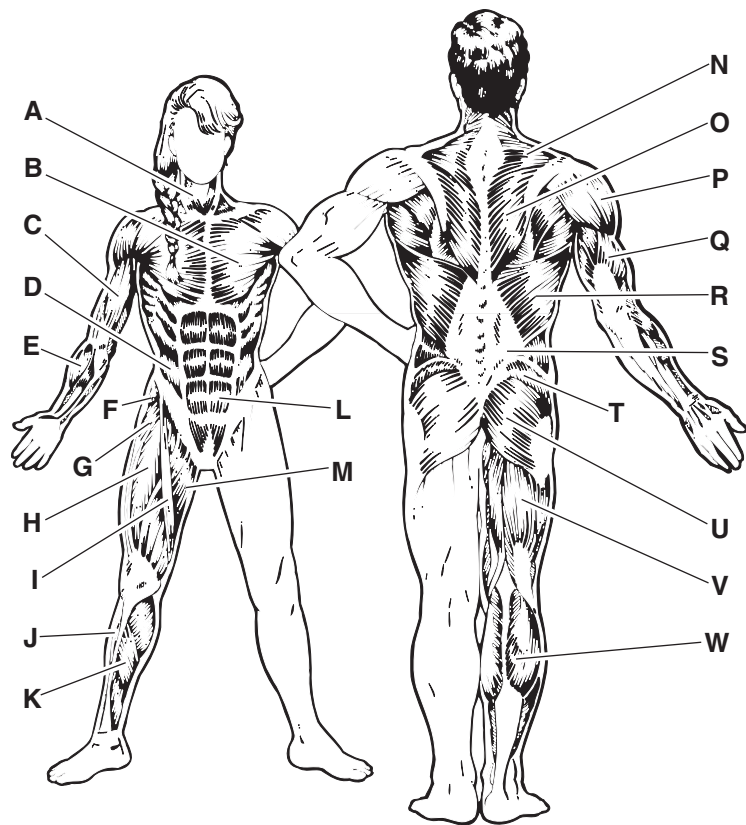
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 13 of this manual can be photocopied and used to schedule and record your workouts. 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)



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

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

PART LIST—Model No. WEBE09101

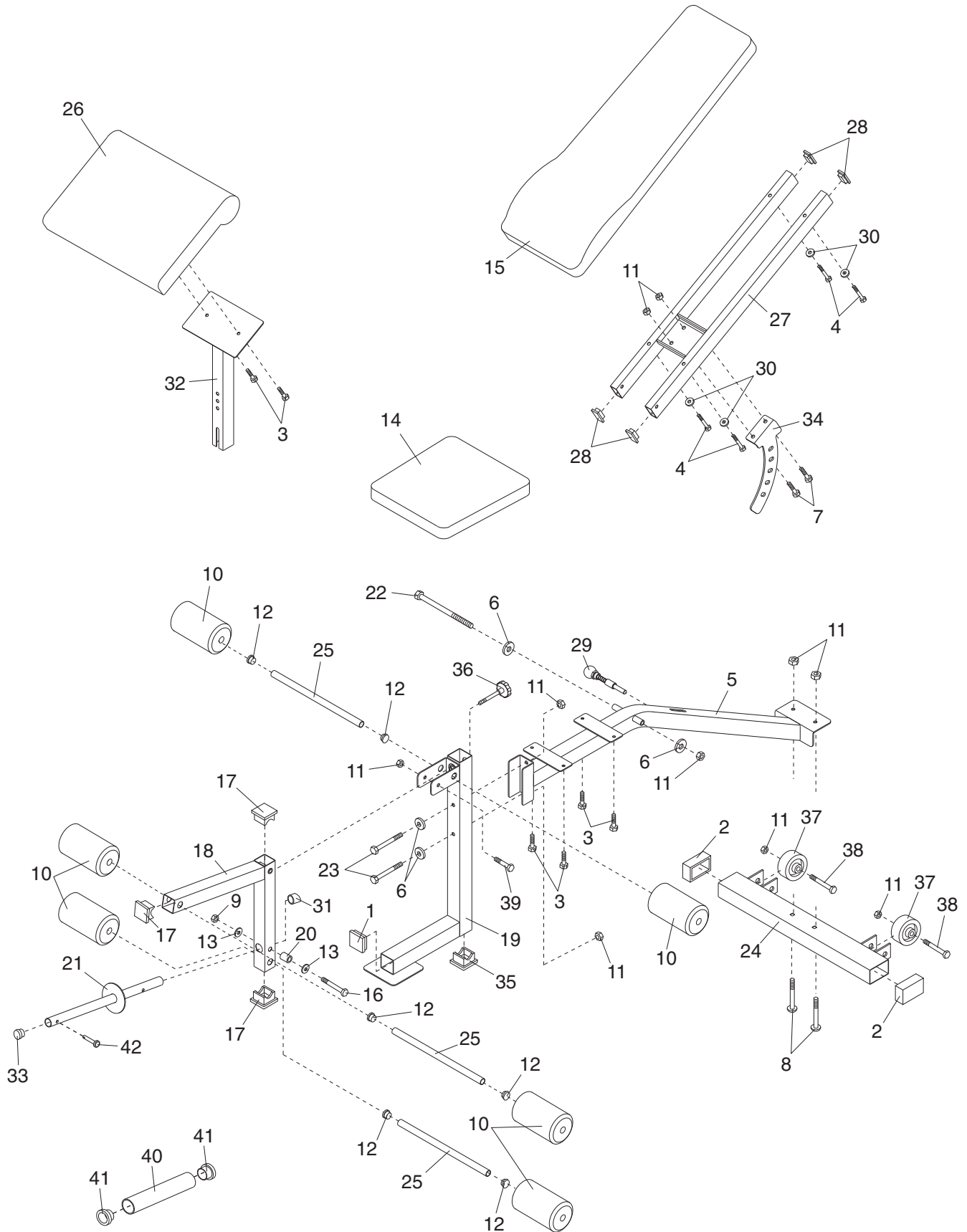
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	50mm Square Inner Cap	23	2	M10 x 65mm Bolt
2	2	51mm x 76mm Outer Cap	24	1	Stabilizer
3	6	M6 x 16mm Screw	25	3	Pad Tube
4	4	M6 x 64mm Screw	26	1	Curl Pad
5	1	Bench Frame	27	1	Backrest Frame
6	4	M10 Washer	28	4	25mm x 51mm Inner Cap
7	2	M10 x 22mm Bolt	29	1	Backrest Knob
8	2	M10 x 58mm Carriage Bolt	30	4	M6 Washer
9	1	M8 Nylon Locknut	31	1	Angled Outer Cap
10	6	Foam Pad	32	1	Curl Post
11	10	M10 Nylon Locknut	33	1	25mm Round Inner Cap
12	6	3/4" Round Inner Cap	34	1	Backrest Bracket
13	2	M8 Flat Washer	35	1	50mm Thick Inner Cap
14	1	Seat	36	1	Curl Post Knob
15	1	Backrest	37	2	Wheel
16	1	M8 x 58mm Bolt	38	2	M10 x 45mm Bolt
17	3	45mm Square Inner Cap	39	1	M10 x 68mm Bolt
18	1	Leg Lever	40	1	Weight Adapter
19	1	Front Leg	41	2	Weight Adapter Bushing
20	1	10mm Spacer	42	1	Weight Adapter Pin
21	1	Weight Tube	#	1	User's Manual
22	1	M10 x 180mm Bolt	#	1	Exercise Guide

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. WEBE09101

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ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-877-992-5999, 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 (WEBE09101)
- The NAME of the product (WEIDER PRO XT20 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 EXPLODED DRAWING on pages 14 and 15 of this manual)

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