

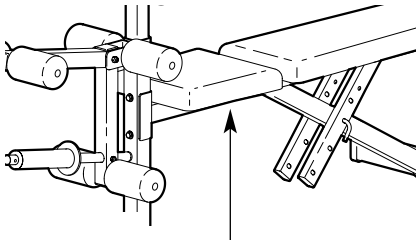


WEIDER[®] PRO 180

Model No. WEBE09200

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

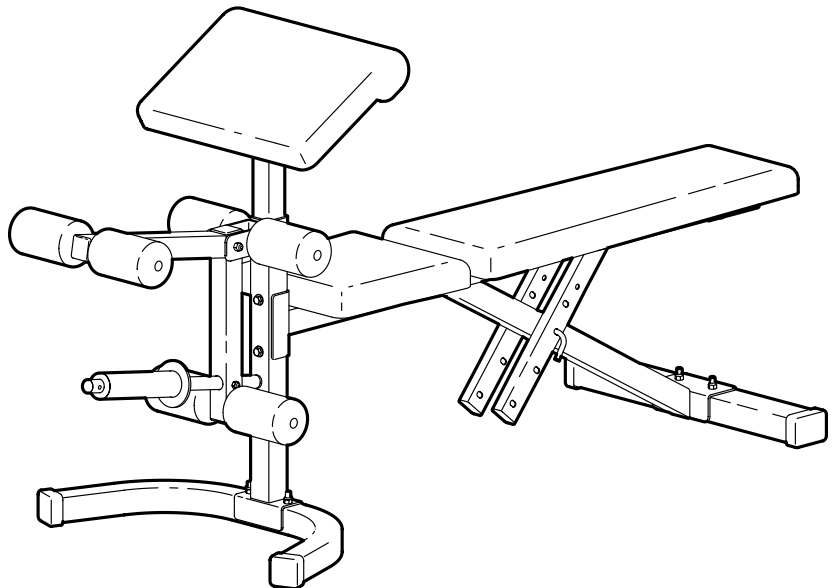
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY 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:

1-800-999-3756

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.



Visit our website at

www.weiderfitness.com

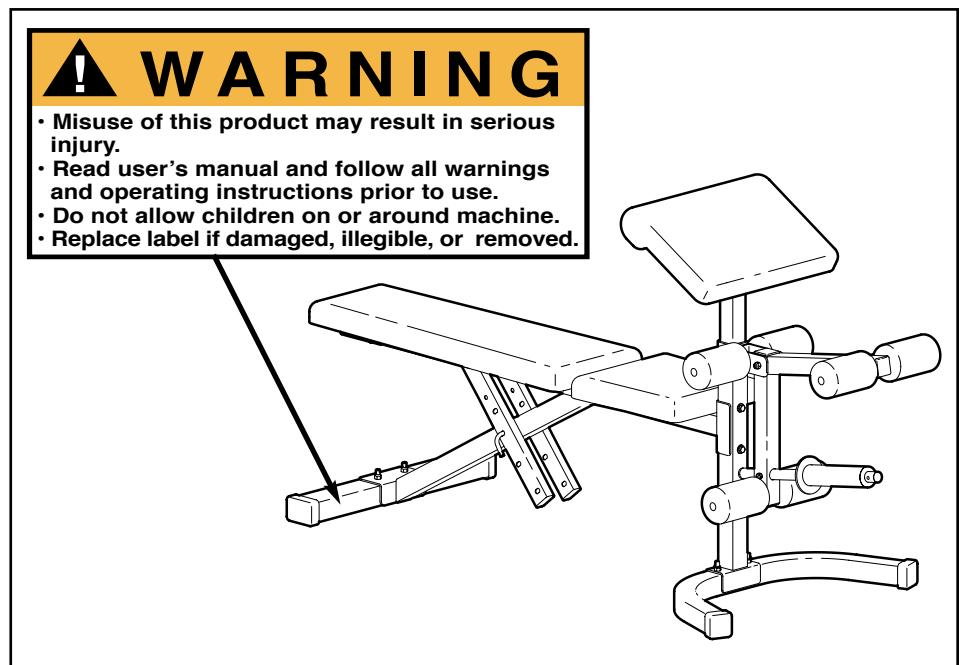
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The decal shown at the right has been placed on the weight bench. If the decal is missing or illegible, 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. 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. Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum of 550 pounds, including the user and weights. Do not place more than 150 pounds on the leg lever for normal use. Note: The weight bench does not include a barbell or weights.
10. 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.

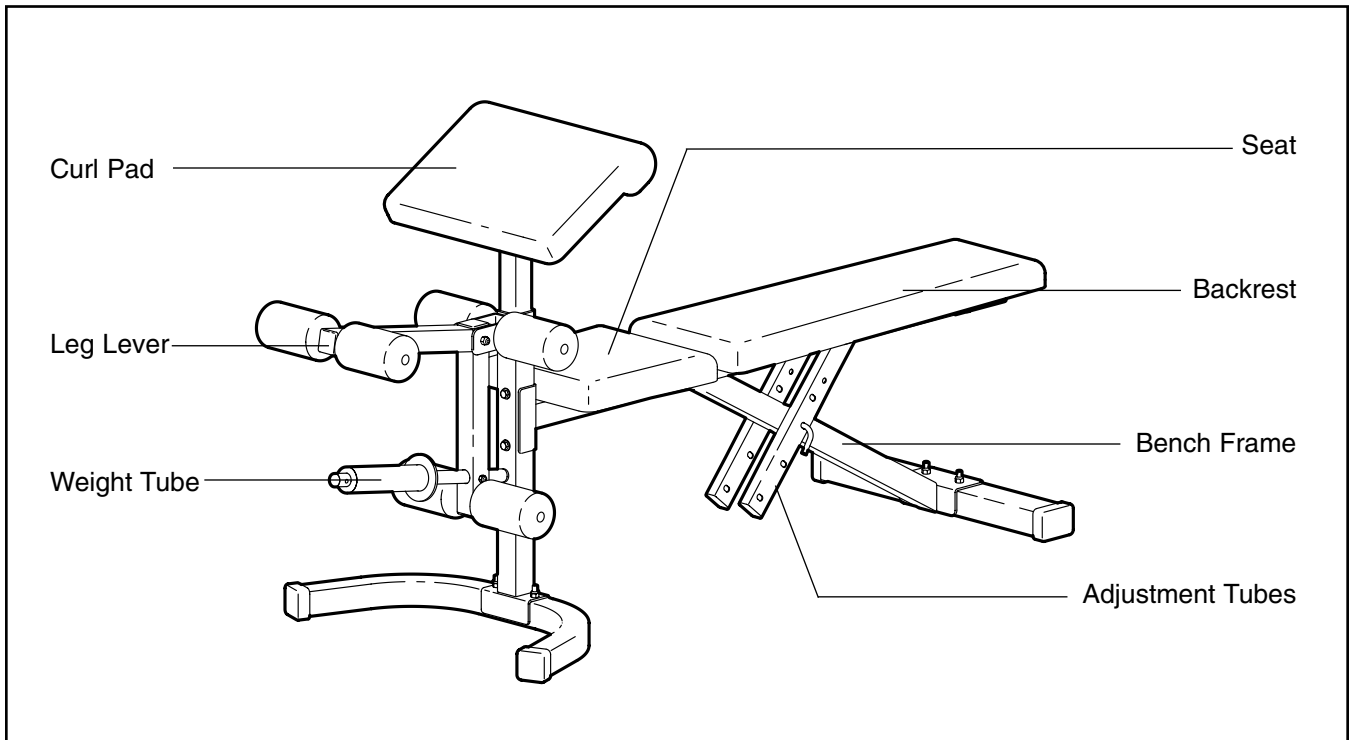
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 180 weight bench. The WEIDER® PRO 180 is designed 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® PRO 180 will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 180 weight bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756,

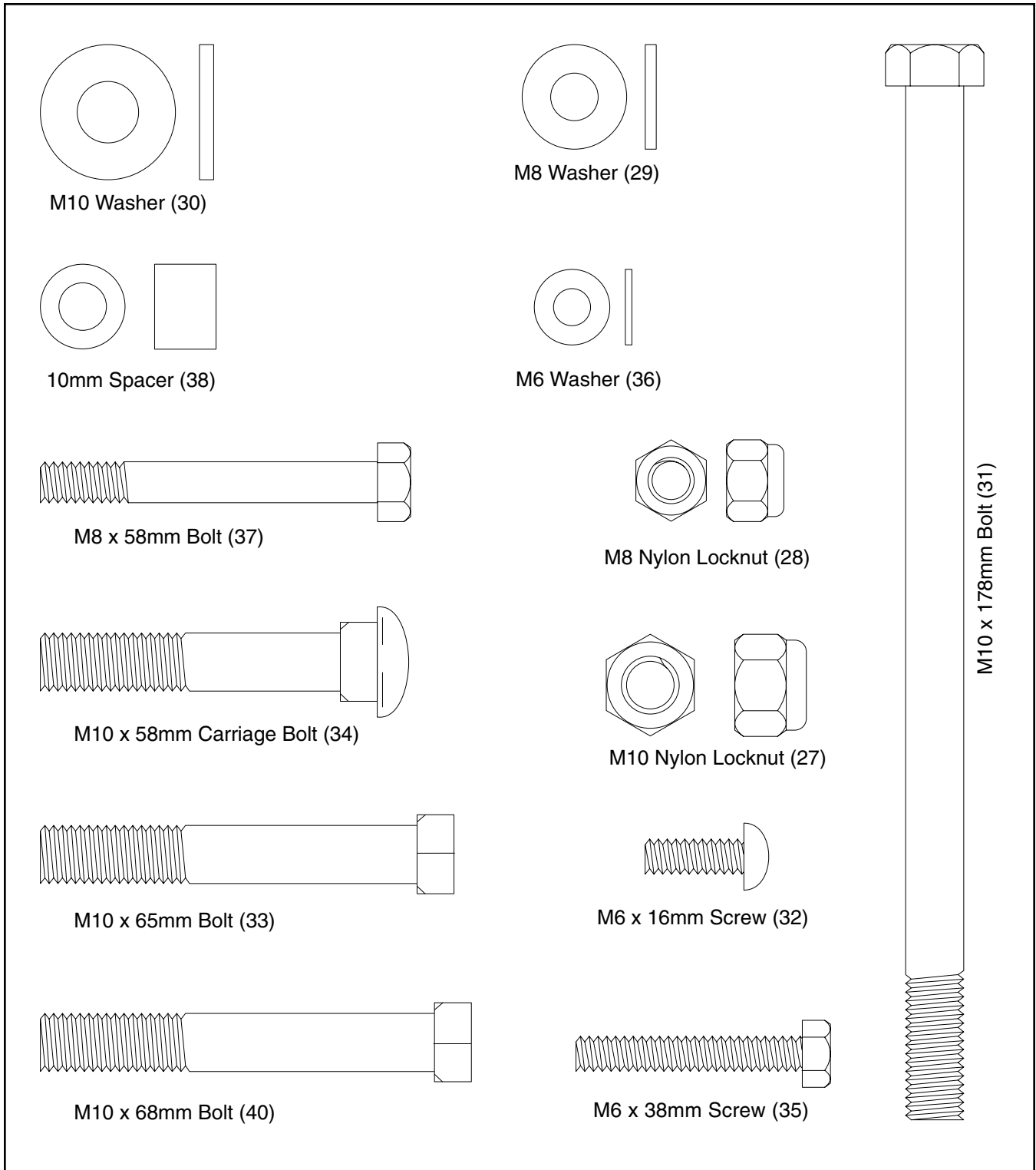
Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE09200. The serial number can be found on a decal attached to the weight bench (see the front cover of this 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 by each drawing is the key number of the part, from the PART LIST on page 14 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



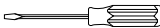
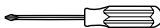
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- 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 weight bench, 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:

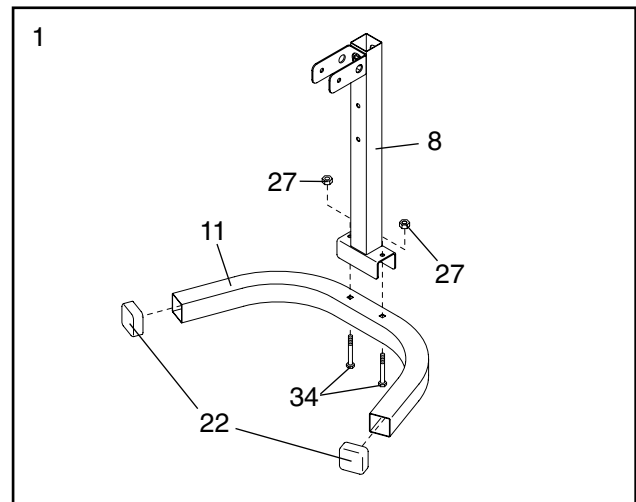
- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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.

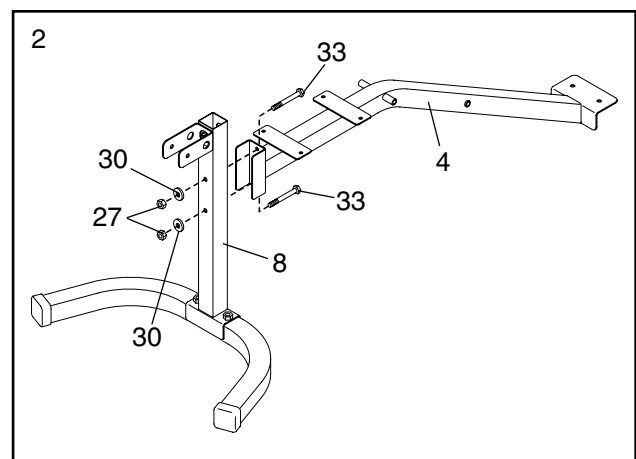
1. **Before beginning assembly, make sure you understand the information in the box above. Important: Some of the parts described in the assembly steps may be pre-assembled.**

Press a 50mm Square Outer Cap (22) onto each end of the "U" Base (11).

Attach the Bench Leg (8) to the "U" Base (11) using two M10 x 58mm Carriage Bolts (34) and two M10 Nylon Locknuts (27).

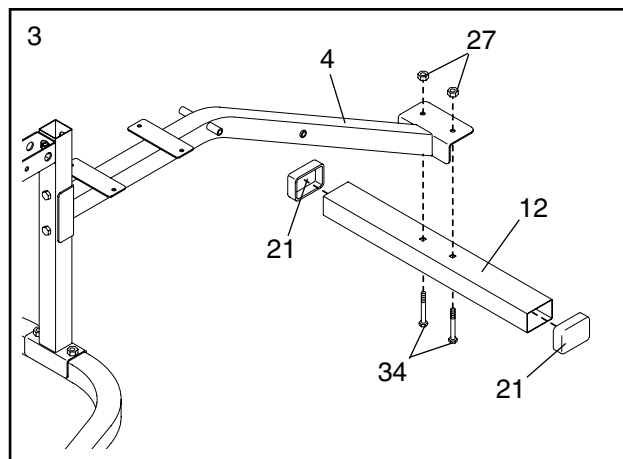


2. Attach the Bench Frame (4) to the Bench Leg (8) using two M10 x 65mm Bolts (33), two M10 Washers (30), and two M10 Nylon Locknuts (27).



3. Press a 51mm x 76mm Outer Cap (21) onto each end of the Bench Base (12).

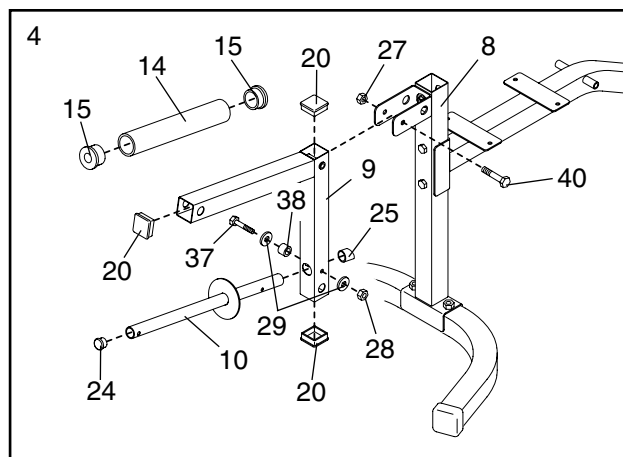
Attach the Bench Base (12) to the Bench Frame (4) using two M10 x 58mm Carriage Bolts (34) and two M10 Nylon Locknuts (27).



4. Press two Weight Adapter Bushings (15) into the ends of the Weight Adapter (14).

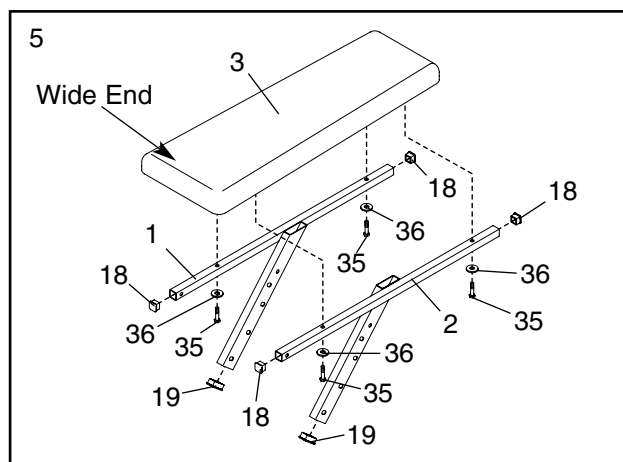
Press three 45mm Square Inner Caps (20) into the Leg Lever (9). Press a 1" Round Inner Cap (24) into the indicated end of the Weight Tube (10). Insert the Weight Tube into the Leg Lever and press an Angled Cap (25) onto the other end of the Weight Tube. Secure the Weight Tube using an M8 x 58mm Bolt (37), two M8 Washers (29), a 10mm Spacer (38), and an M8 Nylon Locknut (28).

Lubricate an M10 x 68mm Bolt (40). Attach the Leg Lever (9) to the bracket on the Bench Leg (8) with the Bolt and an M10 Nylon Locknut (27). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot freely.**



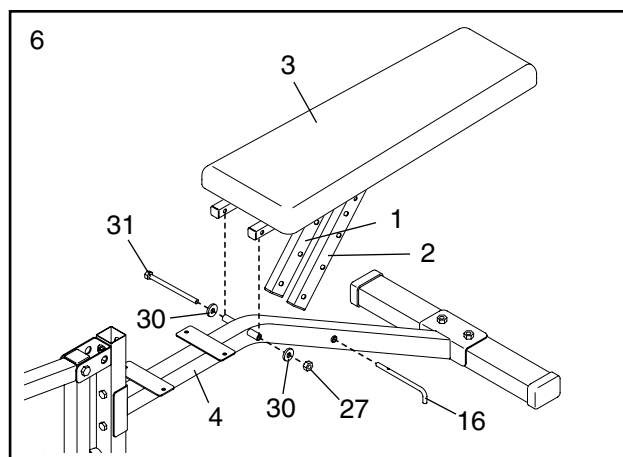
5. Press the four 1" Square Inner Caps (18) into the ends of the Right and Left Backrest Frames (1, 2). Press the two 1" x 2" Inner Caps (19) into the adjustment tubes of the Backrest Frames.

Attach the Backrest (3) to the Backrest Frames (1, 2) with four M6 x 38mm Screws (35) and four M6 Washers (36). **The Backrest Frames and the Backrest must be oriented as shown.**

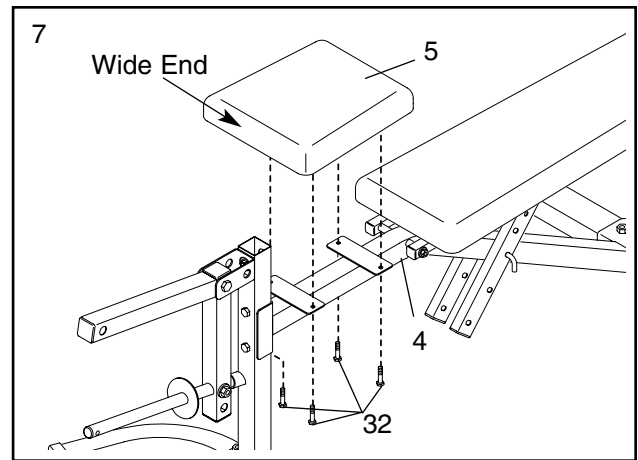


6. Lubricate the M10 x 178mm Bolt (31). Attach the Backrest Frames (1, 2) to the Bench Frame (4) with the Bolt, two M10 Washers (30), and an M10 Nylon Locknut (27).

Secure the Backrest (3) in place by inserting the Backrest Pin (16) through one of the sets of holes in the Backrest Frames (1, 2) and through the hole in the Bench Frame (4). **Make sure the Backrest Pin is completely inserted through both Backrest Frames.**

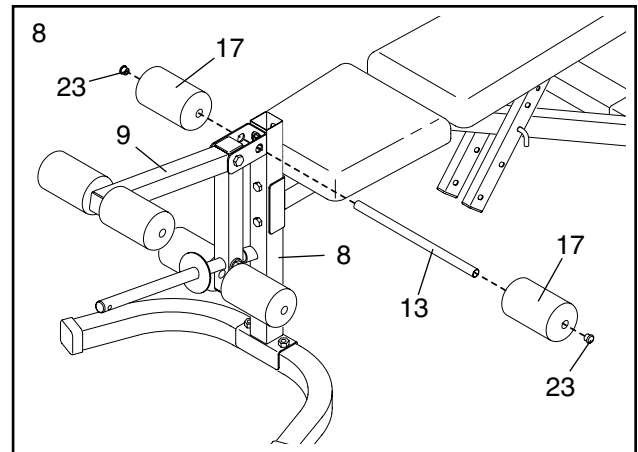


7. With the wide end of the Seat (5) positioned as shown, attach the Seat to the brackets on the Bench Frame (4) using four M6 x 16mm Screws (32).



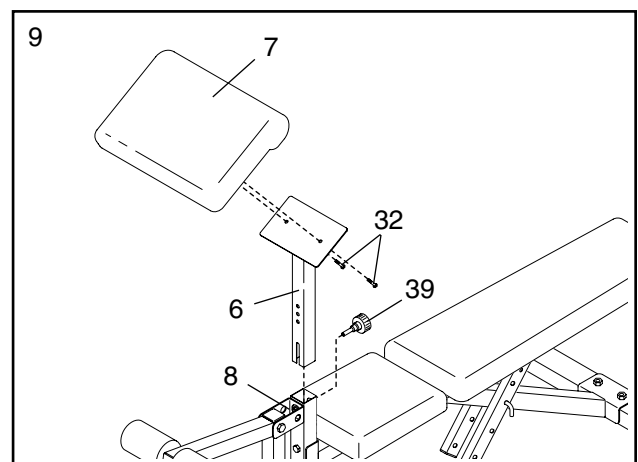
8. Tap the six 3/4" Round Inner Caps (23) into the ends of the three Pad Tubes (13).

Insert the Pad Tubes (13) into the indicated holes in the Leg Lever (9) and the Bench Leg (8). Slide two Foam Pads (17) onto each Pad Tube.



9. Attach the Curl Pad (7) to the Curl Post (6) with two M6 x 16mm Screws (32).

Slide the Curl Post (6) into the Bench Leg (8). Align one of the adjustment holes in the Curl Post with the adjustment hole in the Bench Leg. Tighten the Adjustment Knob (39) into the holes in the Curl Post and the Bench Leg. **Make sure you fully tighten the Adjustment Knob.**



10. **Make sure all parts of the weight bench are properly tightened.** The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 11 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 several exercises.

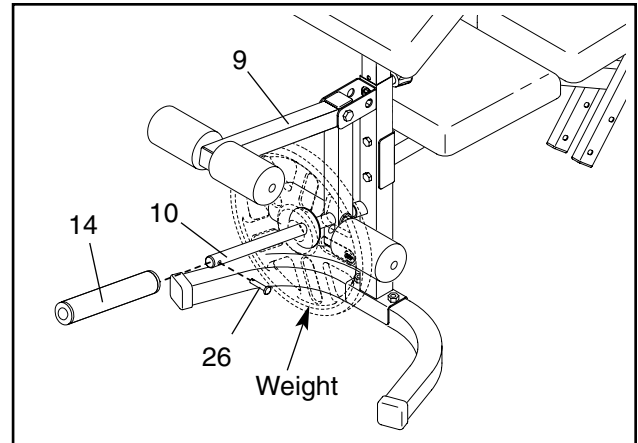
Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (9), slide the desired amount of weight (not included) onto the Weight Tube (10).

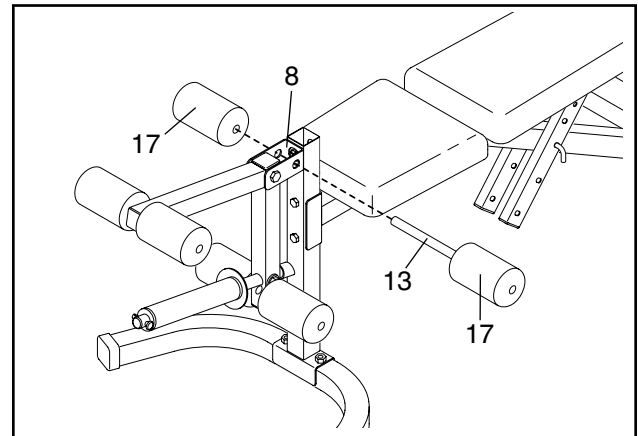
To use Olympic weights, slide the Weight Adapter (14) onto the Weight Tube (10) and secure it with the Weight Adapter Pin (26).

⚠ WARNING: Do not place more than 150 pounds on the Leg Lever (9).



REMOVING THE PAD TUBE

For certain exercises, the indicated Pad Tube (13) and Foam Pads (17) must be removed. To do this, slide one of the Foam Pads off the Pad Tube, and then pull the Pad Tube out of the indicated hole in the Bench Leg (8).



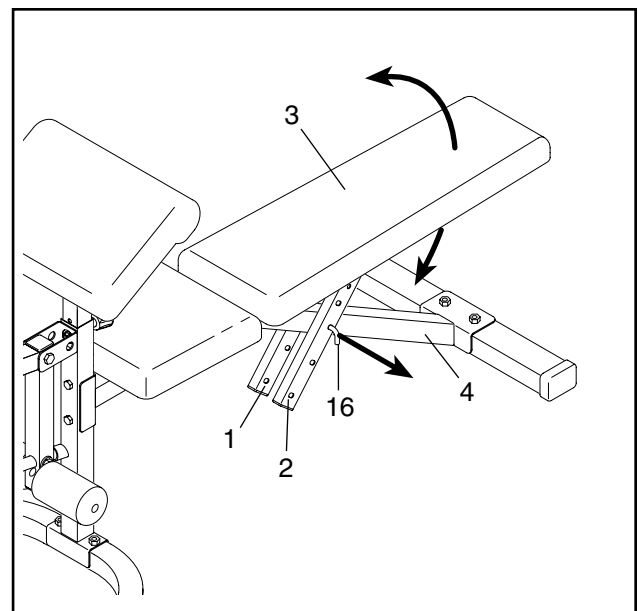
ADJUSTING THE BACKREST

The Backrest (3) can be used in a decline position, a level position, or either of two incline positions. To adjust the Backrest to the decline position, remove the Backrest Pin (16) and insert it through the top set of holes in the Backrest Frames (1, 2) and the Bench Frame (4).

To adjust the Backrest (3) to the level position, insert the Backrest Pin (16) through the next set of holes in the Backrest Frames (1, 2) and the Bench Frame (4).

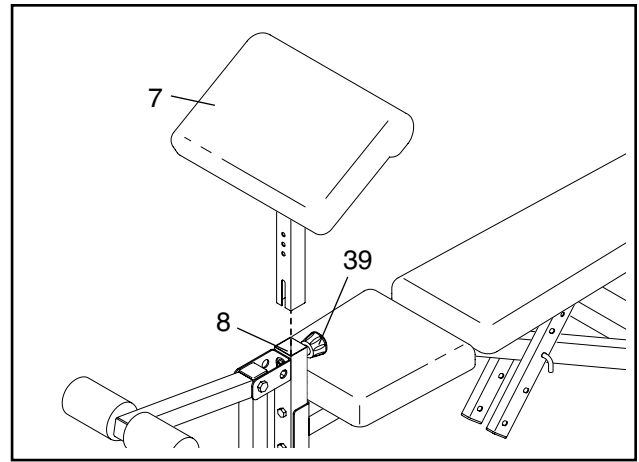
To adjust the Backrest (3) to an incline position, insert the Backrest Pin (16) through one of the lower two sets of holes in the Backrest Frames (1, 2) and the Bench Frame (4).

⚠ WARNING: When adjusting the position of the Backrest (3), make sure that the Backrest Pin (16) is fully inserted through both Backrest Frames (1, 2) and the hole in the Bench Frame (4).



REMOVING THE CURL POST

When the Curl Pad (7) is not in use, it should be stored away from the weight bench so that it will not interfere with other exercises. To remove the Curl Pad, loosen the Adjustment Knob (39) and slide the Curl Pad out of the Bench Leg (8).



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

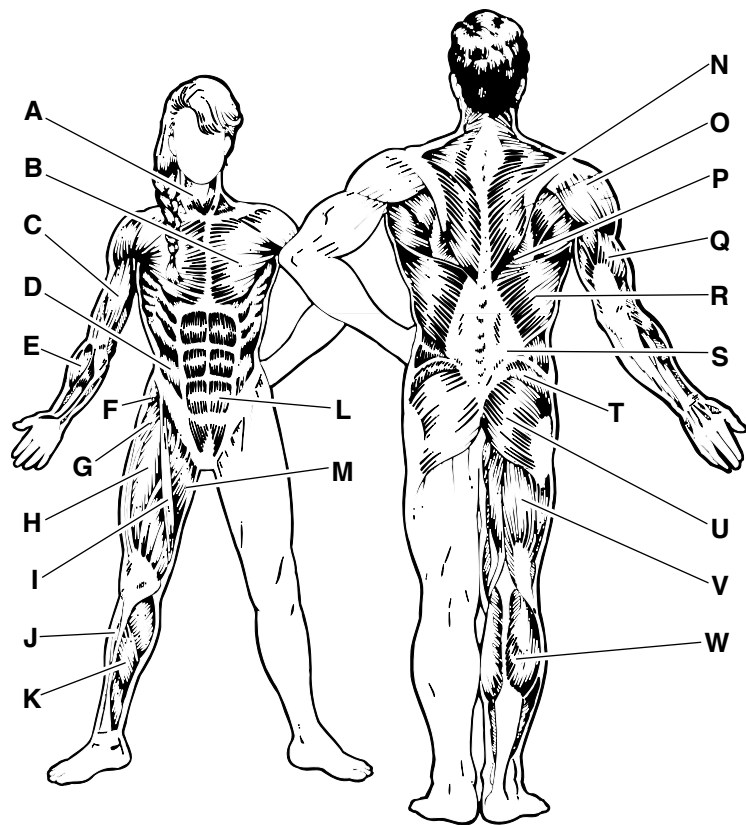
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

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. WEBE09200

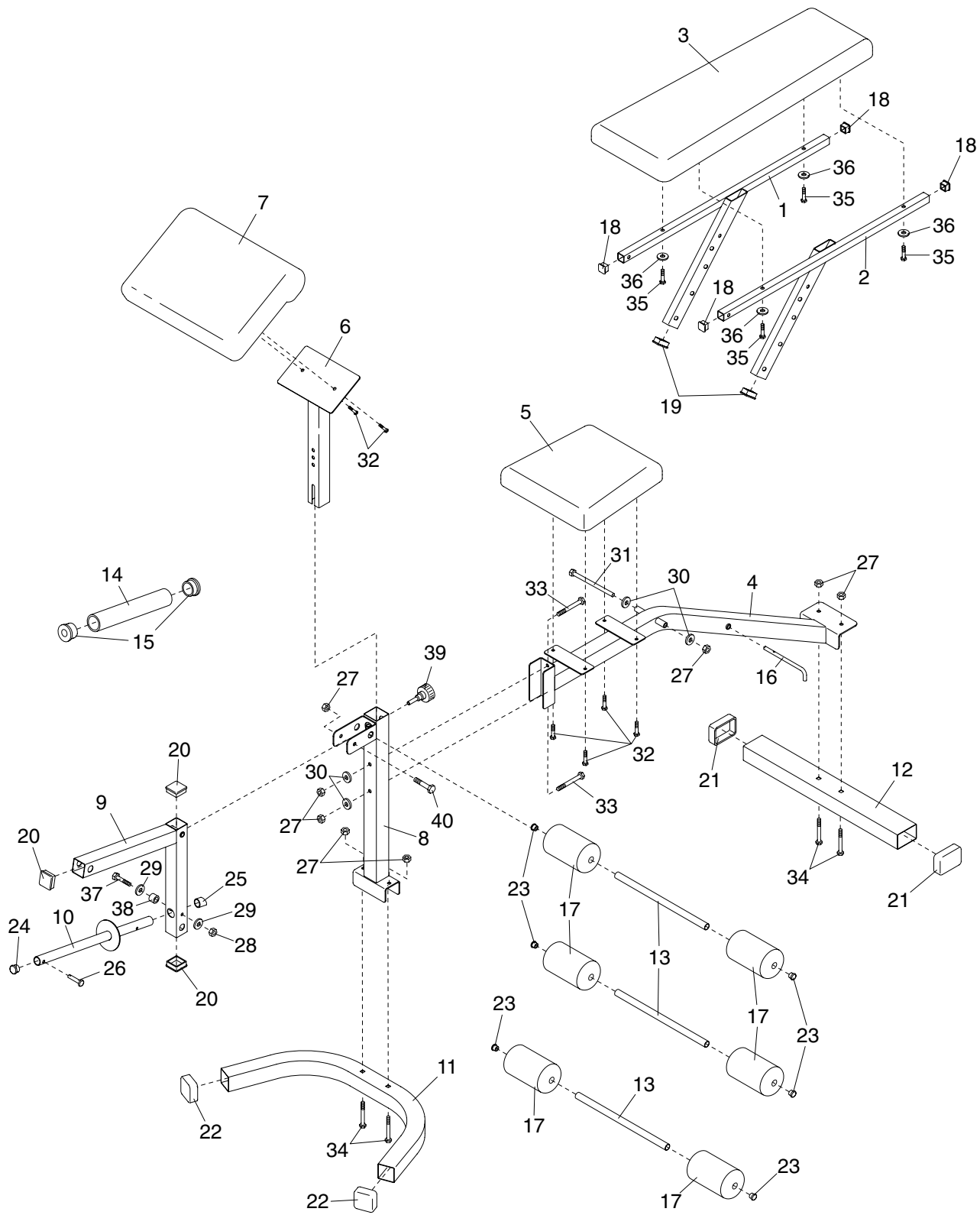
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Backrest Frame	22	2	50mm Square Outer Cap
2	1	Left Backrest Frame	23	6	3/4" Round Inner Cap
3	1	Backrest	24	1	1" Round Inner Cap
4	1	Bench Frame	25	1	Angled Cap
5	1	Seat	26	1	Weight Adapter Pin
6	1	Curl Post	27	8	M10 Nylon Locknut
7	1	Curl Pad	28	1	M8 Nylon Locknut
8	1	Bench Leg	29	2	M8 Washer
9	1	Leg Lever	30	4	M10 Washer
10	1	Weight Tube	31	1	M10 x 178mm Bolt
11	1	"U" Base	32	6	M6 x 16mm Screw
12	1	Bench Base	33	2	M10 x 65mm Bolt
13	3	Pad Tube	34	4	M10 x 58mm Carriage Bolt
14	1	Weight Adapter	35	4	M6 x 38mm Screw
15	2	Weight Adapter Bushing	36	4	M6 Washer
16	1	Backrest Pin	37	1	M8 x 58mm Bolt
17	6	Foam Pad	38	1	10mm Spacer
18	4	1" Square Inner Cap	39	1	Adjustment Knob
19	2	1" x 2" Inner Cap	40	1	M10 x 68mm Bolt
20	3	45mm Square Inner Cap	#	1	User's Manual
21	2	51mm x 76mm Outer Cap	#	1	Exercise Guide

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.

EXPLODED DRAWING—Model No. WEBE09200

R0801A



ORDERING REPLACEMENT PARTS

To order replacement parts, 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 (WEBE09200)
- The NAME of the product (WEIDER® PRO 180 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 14 and 15 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 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.

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, 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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