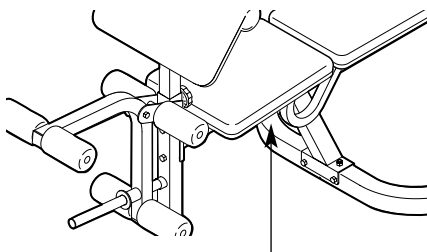


# WEIDER® 320

Model No. WEBE09310

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

## USER'S MANUAL

### QUESTIONS?

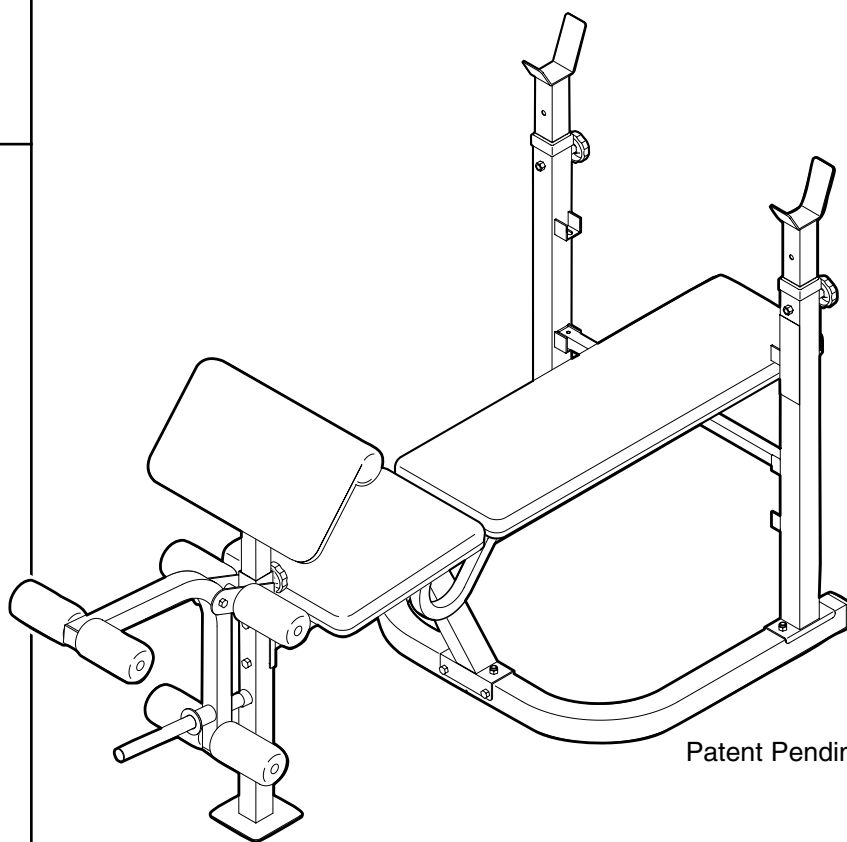
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



Patent Pending

### **⚠ 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](http://www.weiderfitness.com)

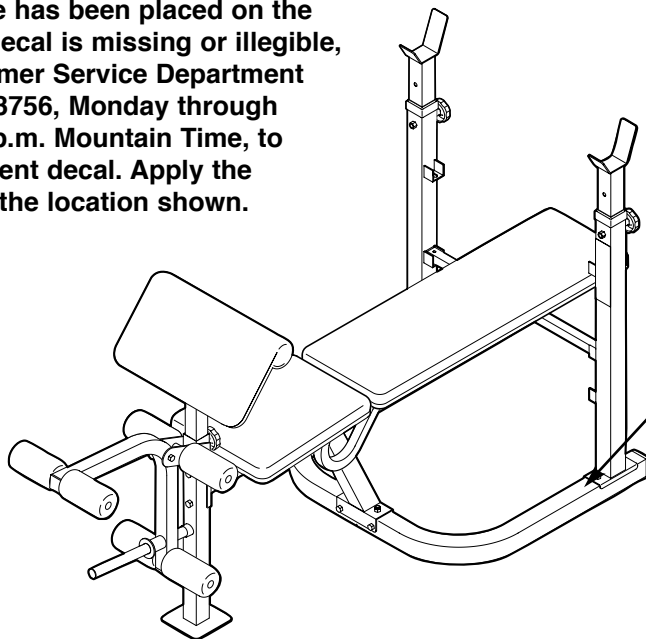
new products, prizes,  
fitness tips, and much more!

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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 1-800-999-3756, 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.



### **▲ WARNING**

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

# 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. Keep children under the age of 12 and pets away from the weight bench at all times.
5. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
6. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
7. Always wear athletic shoes for foot protection while exercising.
8. Make sure that the adjustment knobs are inserted completely and tightened into the uprights before beginning any exercise.
9. When adjusting the backrest, make sure the adjustment tube is securely seated in the adjustment brackets.
10. Always remove the curl post from the front leg before performing leg curls with the leg lever.
11. Do not use a barbell that is longer than six feet with the weight bench. Note: The weight bench does not include weights or a barbell.
12. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
13. Always keep an equal amount of weight on both ends of your barbell 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.
14. Keep hands and feet away from moving parts.
15. The weight bench is designed to support a maximum of 460 pounds, including the user, a weight bar, and weights. Do not place more than 210 pounds, including a weight bar and weights, on the weight rests. Do not place more than 130 pounds on the leg lever.
16. 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.
17. 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.

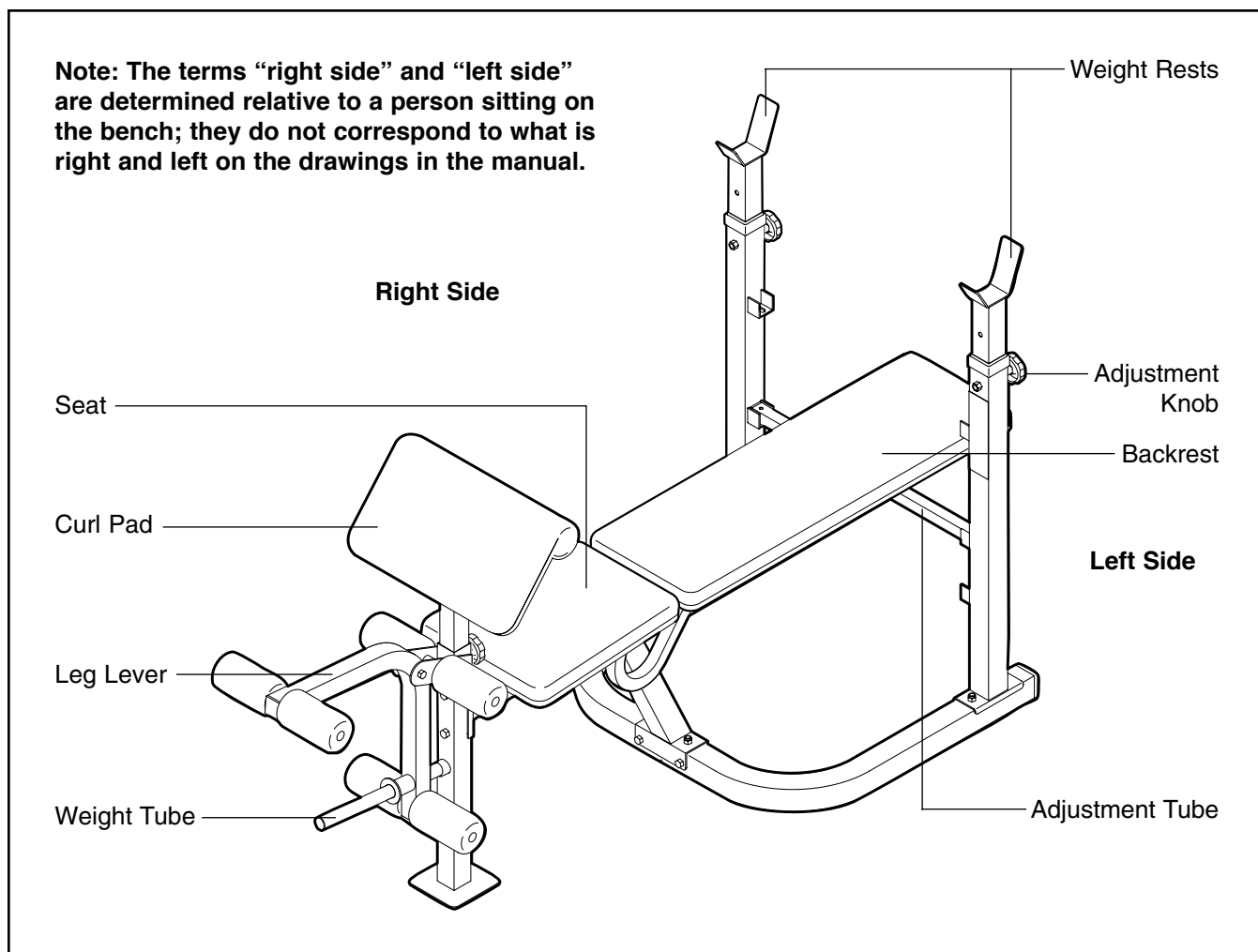
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 320 weight bench. The WEIDER® 320 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® 320 will help you achieve the specific results you want.

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

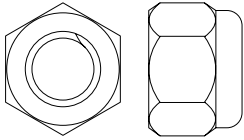
toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE09310. The serial number can be found on a decal attached to the weight bench (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.

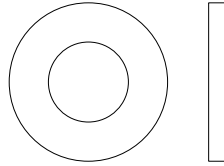


# PART IDENTIFICATION CHART

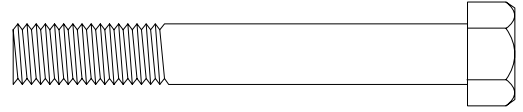
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 14 of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



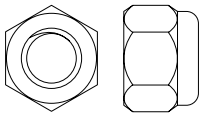
M10 Nylon Locknut (11)



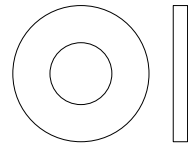
M10 Flat Washer (29)



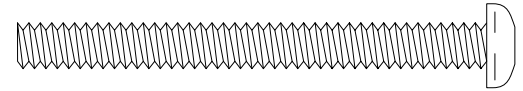
M8 x 60mm Bolt (30)



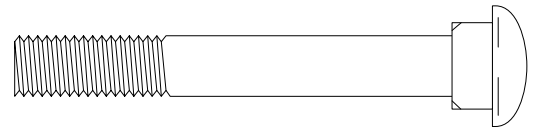
M8 Nylon Locknut (25)



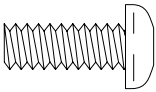
M8 Flat Washer (10)



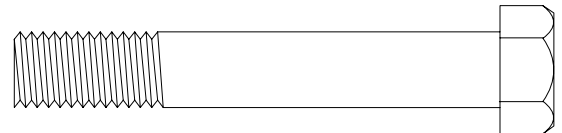
M6 x 62mm Screw (38)



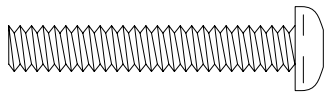
M8 x 58mm Carriage Bolt (36)



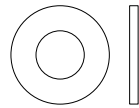
M6 x 16mm Screw (31)



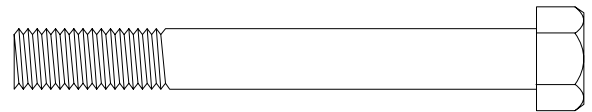
M10 x 64mm Bolt (12)



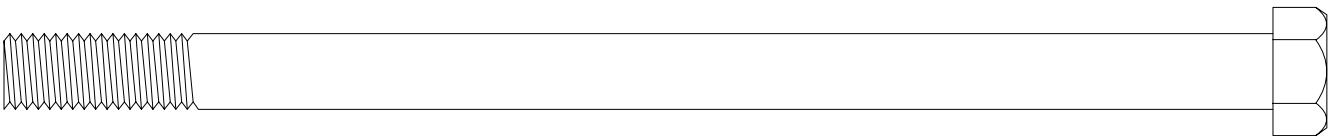
M6 x 38mm Screw (14)



M6 Flat Washer (26)



M8 x 68mm Bolt (22)



M10 x 168mm Bolt (8)

# ASSEMBLY

## Make Things Easier for Yourself




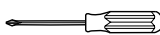
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly 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, 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.

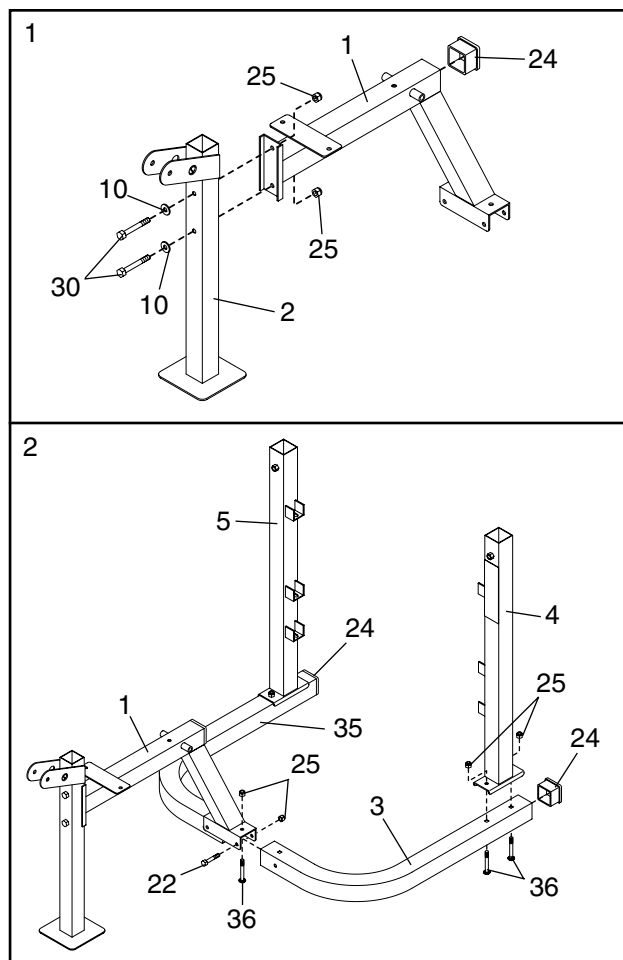
1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

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

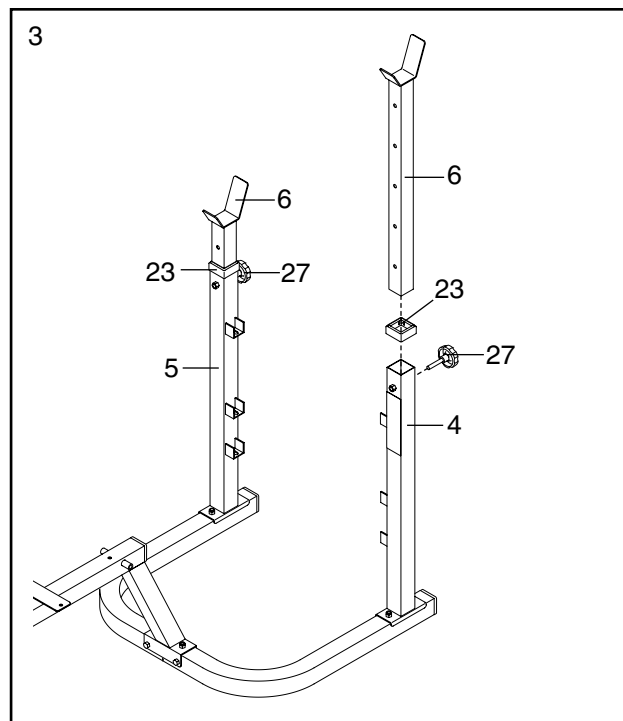
Attach the Bench Frame (1) to the Front Leg (2) using two M8 x 60mm Bolts (30), two M8 Flat Washers (10), and two M8 Nylon Locknuts (25).

2. Insert a 50mm Square Inner Cap (24) into the Left Base Frame (3). Attach the Left Base Frame to the Bench Frame (1) using an M8 x 58mm Carriage Bolt (36), an M8 x 68mm Bolt (22), and two M8 Nylon Locknuts (25). Attach the Right Base Frame (35) in the same manner.

Attach the Left Upright (4) to the Left Base Frame (3) with two M8 x 58mm Carriage Bolts (36) and two M8 Nylon Locknuts (25). Attach the Right Upright (5) to the Right Base Frame (35) in the same manner.

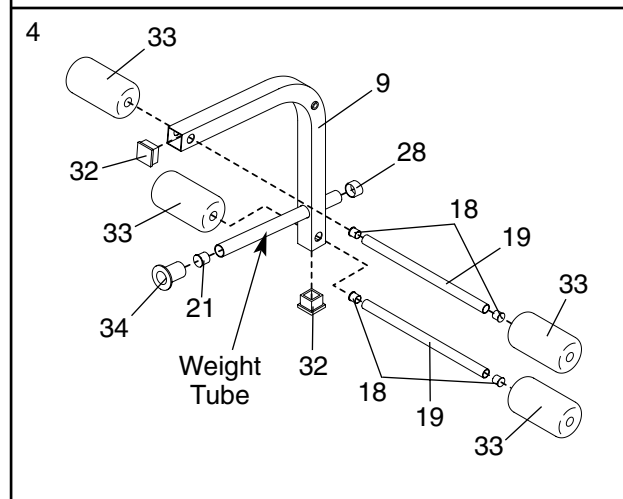


- Press 2 1/2" Square Bushings (23) onto the Left and Right Uprights (4, 5). Slide the Weight Rests (6) into the Uprights and secure them at the desired height with two Adjustment Knobs (27). **Both Weight Rests should be set at the same height.**



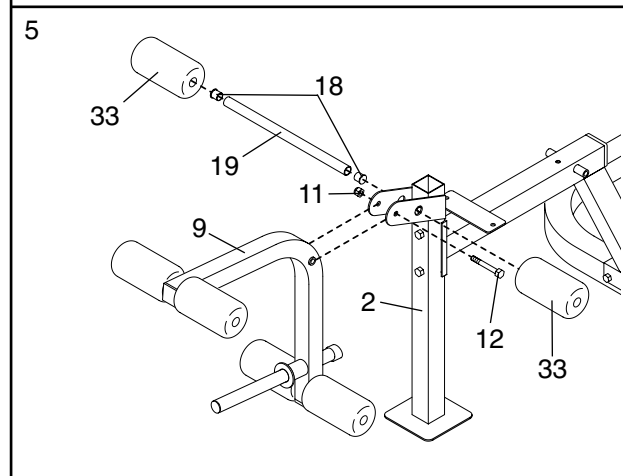
- Press two 38mm Square Inner Caps (32) into the ends of the Leg Lever (9). Press a 1" Round Inner Cap (21) into the indicated end of the weight tube. Slide a Weight Stop (34) over the weight tube. Press a 1" Round Angle Cap (28) onto the opposite end of the weight tube.

Insert 3/4" Round Inner Caps (18) into the ends of two Pad Tubes (19). Slide the Pad Tubes into the holes at the ends of the Leg Lever (9). Slide four Foam Pads (33) onto the ends of the Pad Tubes.



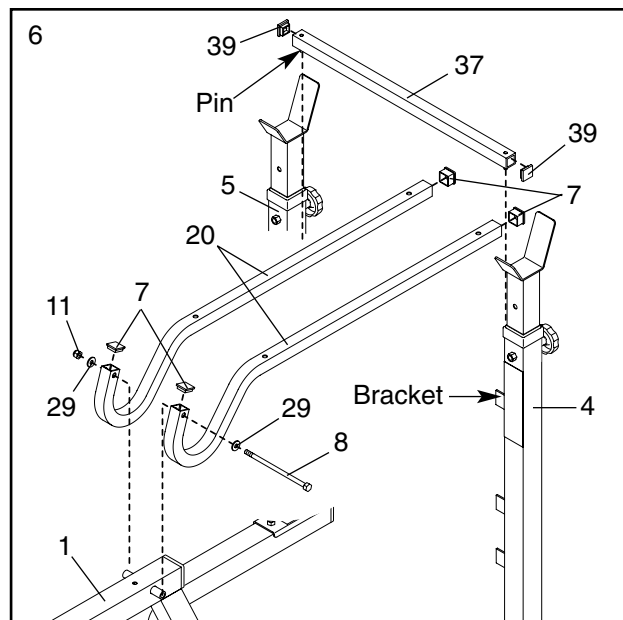
- Press two 3/4" Round Inner Caps (18) into the ends of a Pad Tube (19). Slide the Pad Tube into the large hole in the Front Leg (2) as shown. Slide a Foam Pad (33) onto each end of the Pad Tube.

Attach the Leg Lever (9) to the Front Leg (2) using an M10 x 64mm Bolt (12) and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

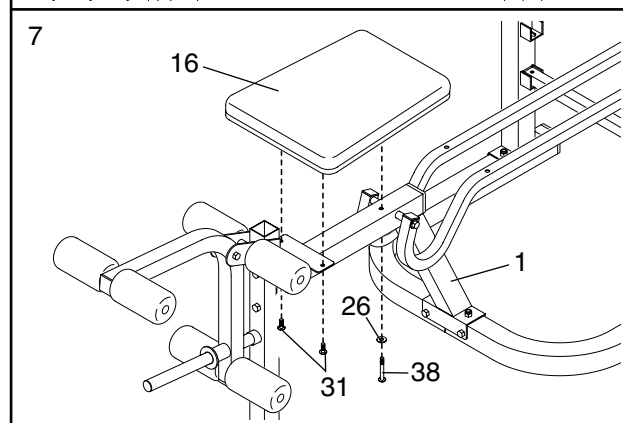


- Press 1" Square Inner Caps (7) into the ends of both Backrest Tubes (20). Lubricate the M10 x 168mm Bolt (8). Attach the Backrest Tubes to the Bench Frame (1) with the Bolt, two M10 Flat Washers (29), and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Backrest Tubes must be able to pivot freely.**

Press two 25.4mm x 38.1mm Square Inner Caps (39) into the Adjustment Tube (37). Slide the Adjustment Tube into the adjustment brackets on the Uprights (4, 5) with the pins on the Adjustment Tube facing downward.

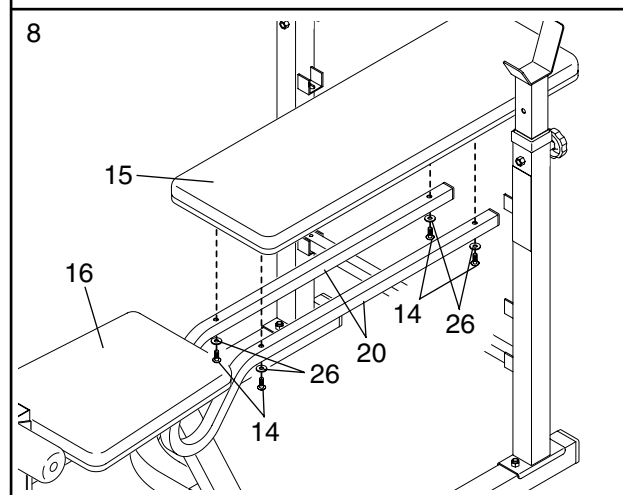


- Attach the Seat (16) to the Bench Frame (1) using two M6 x 16mm Screws (31), an M6 x 62mm Screw (38), and an M6 Flat Washer (26).

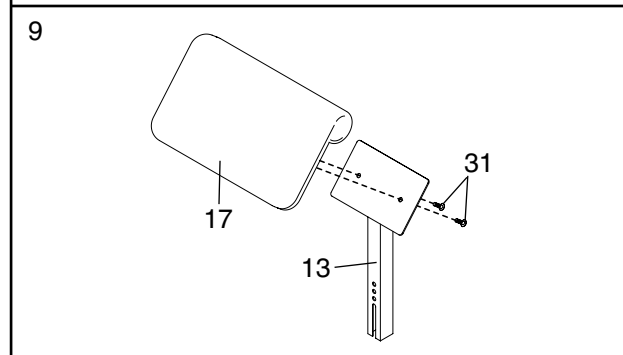


- Attach the Backrest (15) to the Backrest Tubes (20) using four M6 x 38mm Screws (14) and four M6 Flat Washers (26).

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



- Attach the Curl Pad (17) to the Curl Post (13) using two M6 x 16mm Screws (31).



- 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

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 11 for important exercise information and refer to the accompanying exercise guide to see the correct form for each exercise.

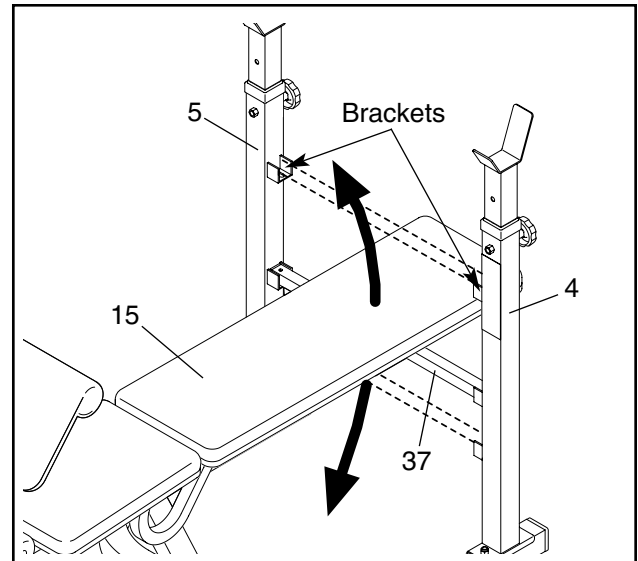
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## 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 that the Adjustment Tube (37) is securely seated in the adjustment brackets.**



## FOLDING THE BACKREST

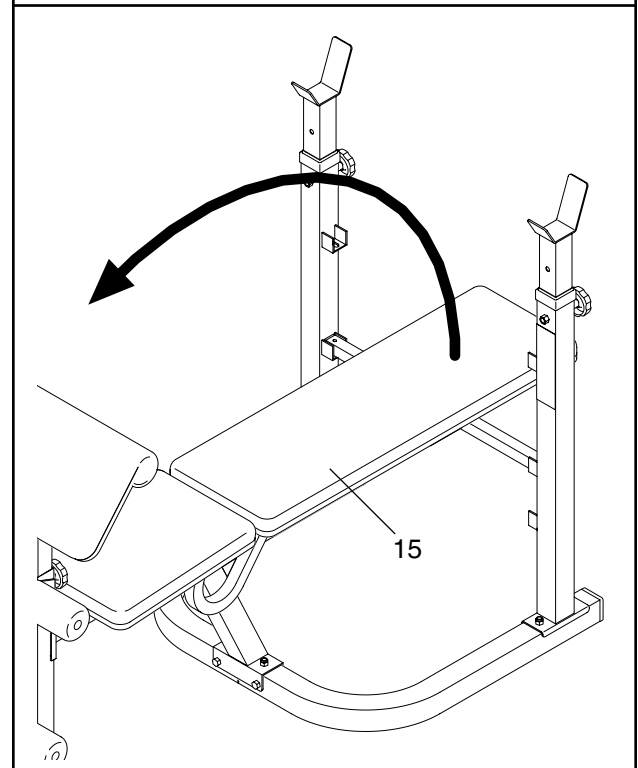
To perform squat exercises, you will need to fold the Backrest (15) to the upright position.

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 (15) 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 to balance the bench when performing squat exercises.

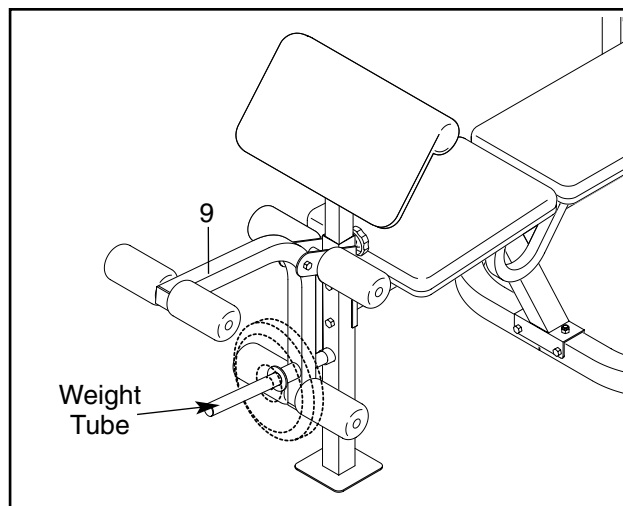
Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell when you finish the exercise.



## ATTACHING WEIGHTS TO THE LEG LEVER

To use the the Leg Lever (9), slide the desired amount of weight (not included) onto the weight tube on the Leg Lever.

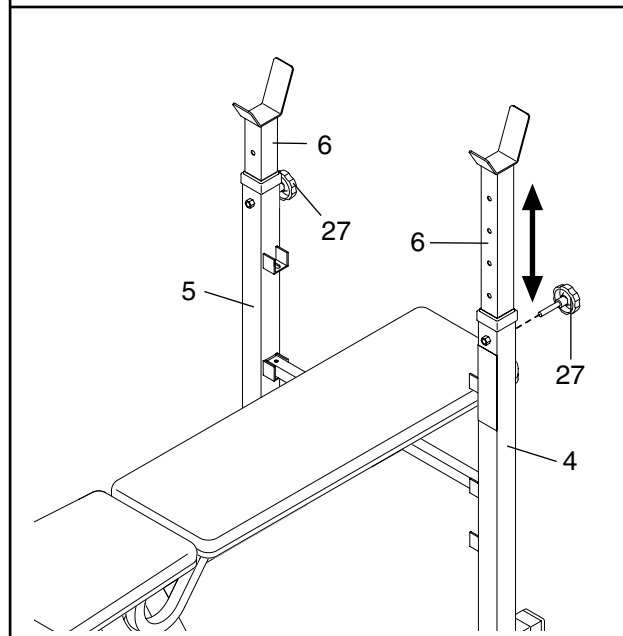
**⚠ WARNING:** Do not place more than 50 pounds on the Leg Lever (9).



## ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (6), **remove your barbell from the Weight Rests**. Then, remove the Adjustment Knobs (27) from both Uprights (4, 5). Position the Weight Rests at the desired height, so that the holes in the Weight Rests and the Uprights are aligned. Fully tighten the Adjustment Knobs into the Weight Rests and the Uprights.

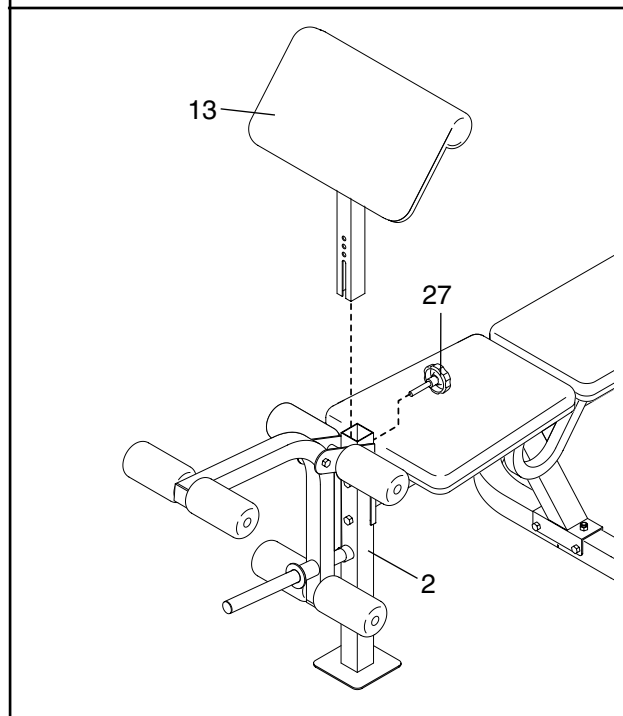
**⚠ WARNING:** Always set both Weight Rests (6) at the same height. The Adjustment Knobs (27) must be inserted through the Weight Rests and the Uprights (4, 5) and be firmly tightened. Never tighten an Adjustment Knob into an Upright before inserting the Weight Rest.



## ATTACHING THE CURL POST

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 an Adjustment Knob (27). **Make sure that you fully tighten the Adjustment Knob.**



---

# 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

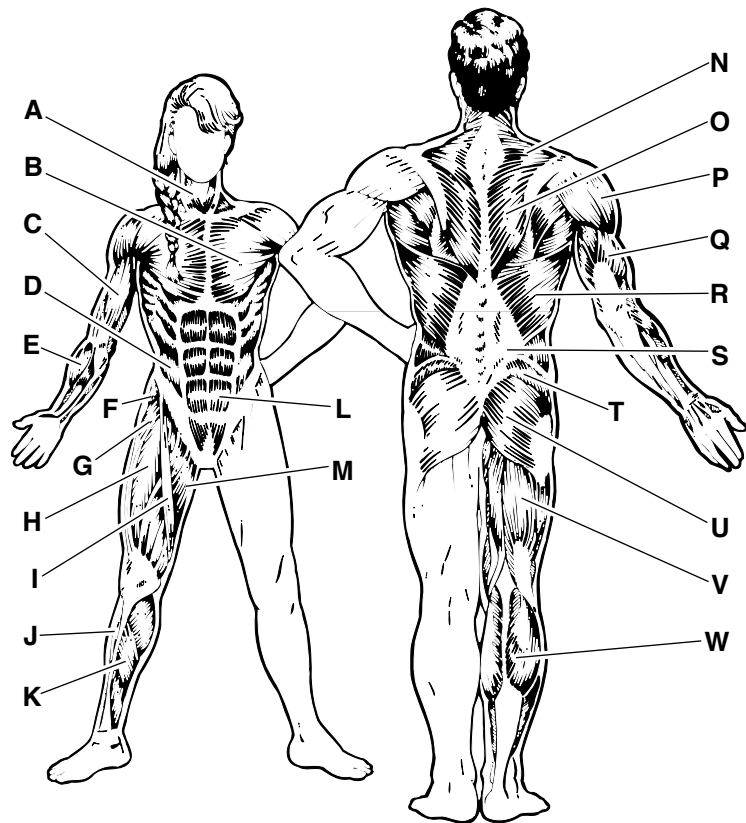
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### 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. 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)



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

**TUESDAY AEROBIC EXERCISE**

Date: / /

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

**THURSDAY AEROBIC EXERCISE**

Date: / /

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

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

# PART LIST—Model No. WEBE09310

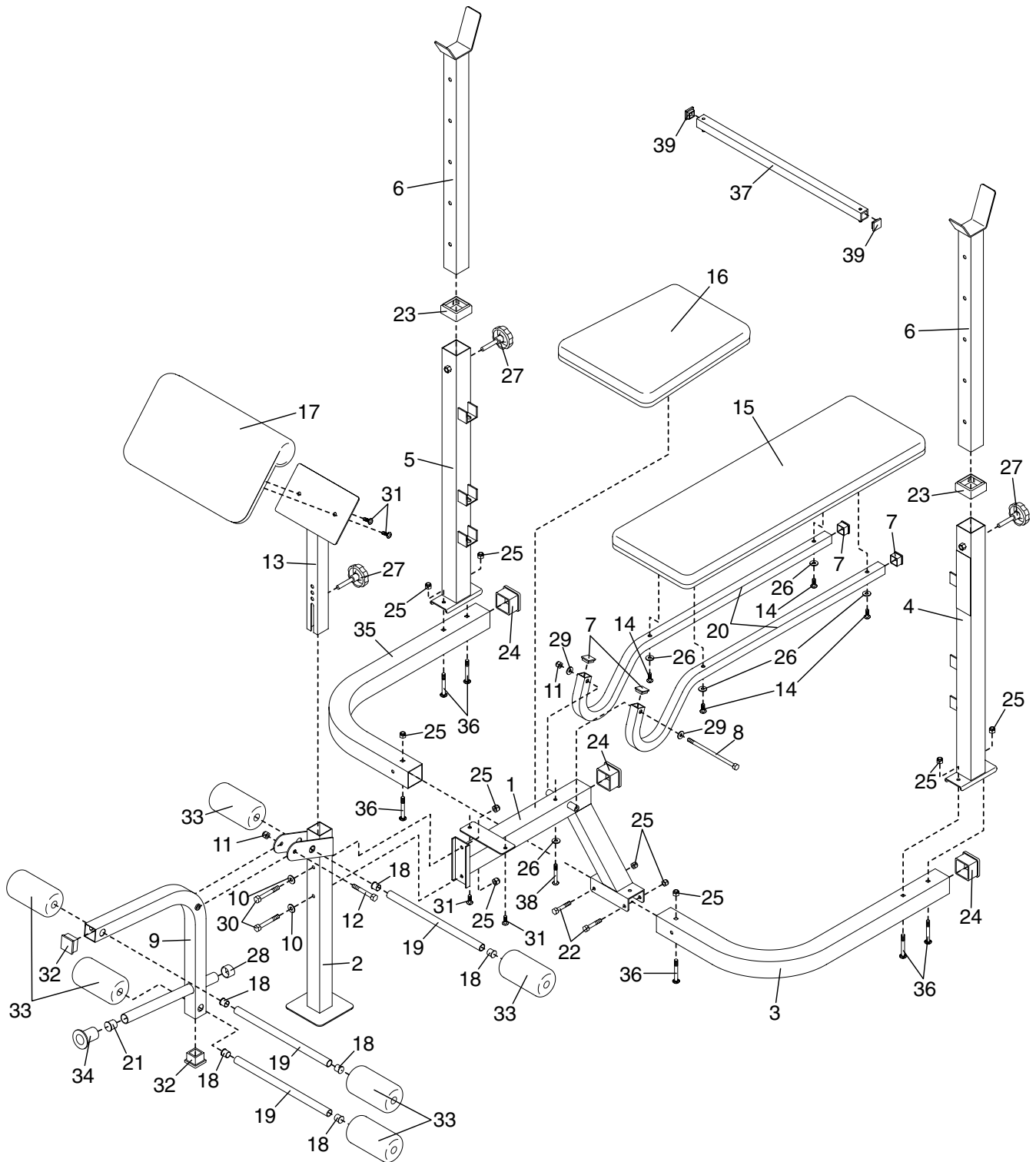
R1001A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	22	2	M8 x 68mm Bolt
2	1	Front Leg	23	2	2 1/2" Square Bushing
3	1	Left Base Frame	24	3	50mm Square Inner Cap
4	1	Left Upright	25	10	M8 Nylon Locknut
5	1	Right Upright	26	5	M6 Flat Washer
6	2	Weight Rest	27	3	Adjustment Knob
7	4	1" Square Inner Cap	28	1	1" Round Angle Cap
8	1	M10 x 168mm Bolt	29	2	M10 Flat Washer
9	1	Leg Lever	30	2	M8 x 60mm Bolt
10	2	M8 Flat Washer	31	4	M6 x 16mm Screw
11	2	M10 Nylon Locknut	32	2	38mm Square Inner Cap
12	1	M10 x 64mm Bolt	33	6	Foam Pad
13	1	Curl Post	34	1	Weight Stop
14	4	M6 x 38mm Screw	35	1	Right Base Frame
15	1	Backrest	36	6	M8 x 58mm Carriage Bolt
16	1	Seat	37	1	Adjustment Tube
17	1	Curl Pad	38	1	M6 x 62mm Screw
18	6	3/4" Round Inner Cap	39	2	25.4mm x 38.1mm Square Inner Cap
19	3	Pad Tube			
20	2	Backrest Tube	#	1	User's Manual
21	1	1" Round Inner Cap	#	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. WEBE09310

R1001A



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# 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 (WEBE09310)
- The NAME of the product (WEIDER® 320 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).

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## 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.

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