

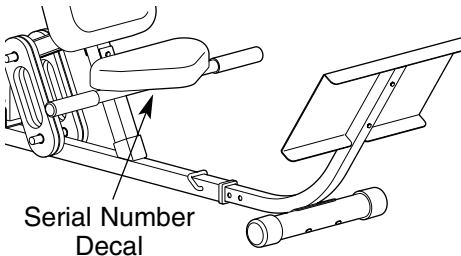
# WEIDER®

# TWO TONE Body Toning System

Model No. WEBE09913

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

Write the serial number in the space above for reference.



## 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:**

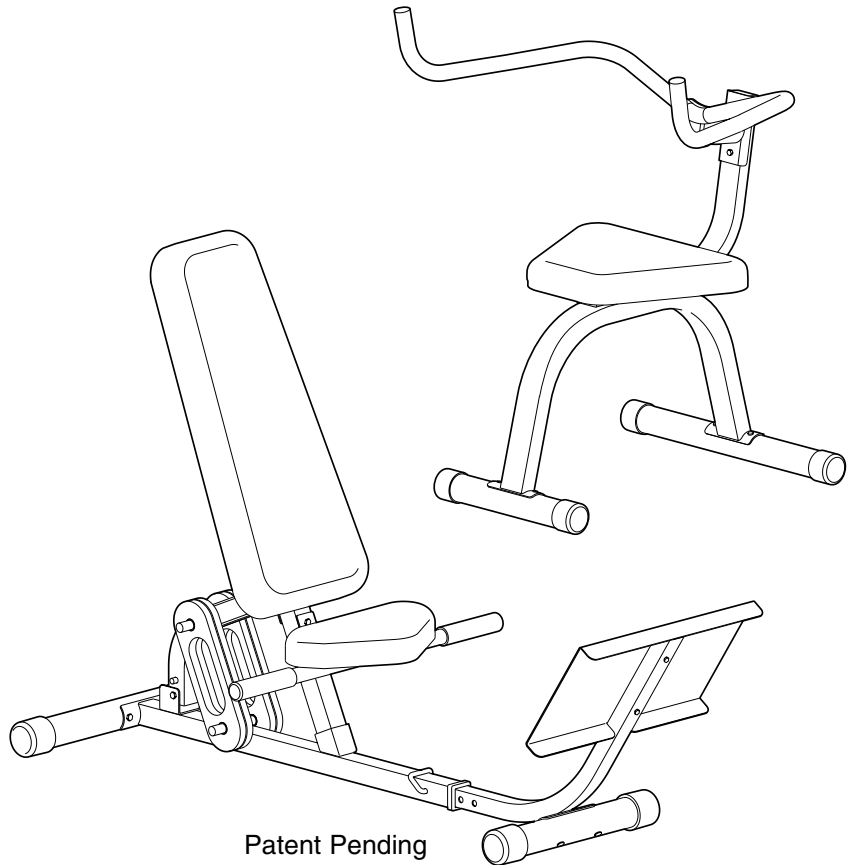
**1-800-999-3756**

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.

## USER'S MANUAL



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## Important Precautions

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the body toning system.

1. Read all instructions in this manual before using the body toning system. Use the body toning system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the body toning system are adequately informed of all precautions.
3. The body toning system is intended for home use only. Do not use the body toning system in a commercial, rental or institutional setting.
4. The body toning system is designed to support a maximum of 250 pounds.
5. Always make sure there is an equal amount of resistance on each side of the body toning system. Only use the included bands; do not add additional bands.
6. Keep children under 12 and pets away from the body toning system at all times.
7. Use the body toning system only on a level surface. Cover the floor beneath the body toning system to protect the floor.
8. Inspect and tighten all parts each time you use the body toning system. Replace any worn parts immediately.
9. Always wear athletic shoes for foot protection while exercising.
10. Keep hands and feet away from moving parts.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

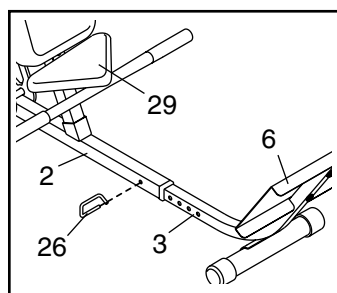
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## Adjusting The Body Toning System

This section explains how the body toning system can be adjusted. Inspect and tighten all parts each time you use the body toning system. Replace any worn parts immediately. The body toning system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

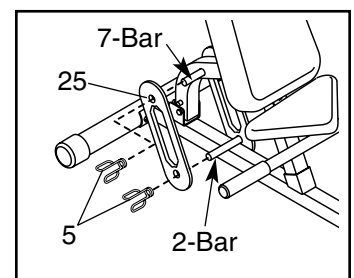
### Adjusting the Press Plate

To adjust the distance between the Small Seat (29) and the Press Plate (6), remove the Adjustment Pin (26) from the Base (2). Slide the Adjustment Frame (3) into or out of the Base until the Press Plate is in the correct position. Insert the Adjustment Pin into the indicated hole in the Base and a hole in the Adjustment Frame.



### Adjusting the Resistance

To change the amount of resistance, remove the four Spring Clips (5) from the bench. Attach the 25-lb. Bands (25) to the bars on the Base (2) and the Pivot Frame (7). Secure the Bands with the four Spring Clips.



The 10-lb. Bands (28) can be attached in the same manner. Attach both sets of Bands for maximum resistance.

**⚠ WARNING:** Always place an equal amount of resistance on each side of the body toning system.

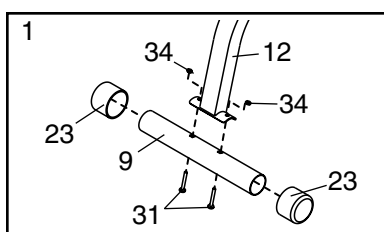
## Before You Begin

Thank you for selecting the versatile WEIDER® TWO TONE body toning system. The TWO TONE body toning system 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 TWO TONE body toning system will help you achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® TWO TONE body toning system.** 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 mention the product model number (WEBE09913) and the serial number found on a decal attached to the body toning system (see the front cover of this manual).

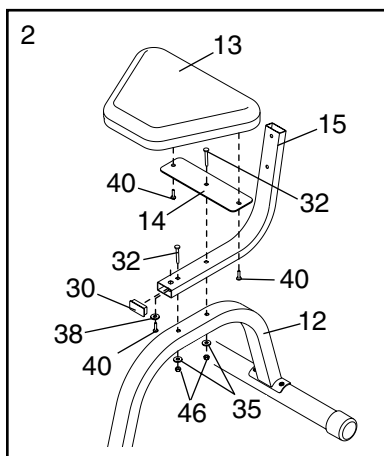
## Assembly—Ab—Tilt & Tone

1. Press two 2" Round Outer Caps (23) onto each of the two Front Stabilizers (9) and the two Rear Stabilizers (not shown). **Note: The Front Stabilizers are shorter than the Rear Stabilizers.**



Attach a Front Stabilizer (9) to the Ab Leg (12) with two 5/16" x 2 1/2" Carriage Bolts (31) and two 5/16" Nylon Locknuts (34). Attach a Rear Stabilizer (not shown) to the other end of the Ab Leg in the same manner.

2. Insert a 5/16" x 3" Carriage Bolt (32) into the center hole in the Large Support Plate (14). Attach the Large Support Plate to the Large Seat (13) with two 1/4" x 3/4" Screws (40).

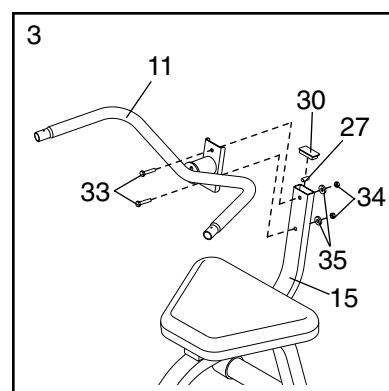


Insert a 5/16" x 3" Carriage Bolt (32) into the indicated hole in the Seat Frame (15). Insert the 5/16" x 3" Carriage Bolt in the Large Support Plate (14) through the rear hole in the Seat Frame.

Hold a 1/4" Washer (38) and a 1/4" x 3/4" Screw (40) inside the Seat Frame (15), and use them to attach the Large Seat (13) to the Seat Frame. Press a 1" x 2" Inner Cap (30) into the lower end of the Seat Frame.

Secure the two 5/16" x 3" Carriage Bolts (32) to the Ab Leg (12) with two 5/16" Washers (35) and two 5/16" Nylon Jamnuts (46).

3. Hold the Metal Bushing (27) inside the Seat Frame (15). Slide a 5/16" x 1 3/4" Bolt (33) into the upper hole in the Ab Frame (11), the Seat Frame, and the Metal Bushing.

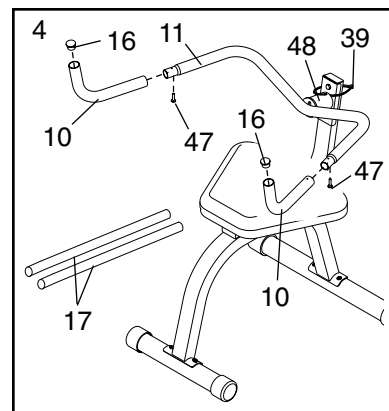


Slide another 5/16" x 1 3/4" Bolt (33) into the lower hole in the Ab Frame (11) and the Seat Frame (15).

Secure the two 5/16" x 1 3/4" Bolts (33) with two 5/16" Washers (35) and two 5/16" Nylon Locknuts (34).

Press a 1" x 2" Inner Cap (30) into the upper end of the Seat Frame (15).

4. Remove the 1/4" x 1/2" Type 23 Screws (47) from the Ab Frame (11). Attach the Ab Handlebars (10) to the Ab Frame with the two 1/4" x 1/2" Type 23 Screws.



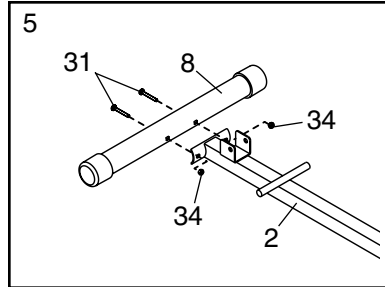
Press a 1 1/8" Round Inner Cap (16) into each Ab Handlebar (10).

Wet the Ab Handlebars (10) and the Ab Frame (11) with soapy water. Slide a Cover Sleeve (17) onto each Ab Handlebar.

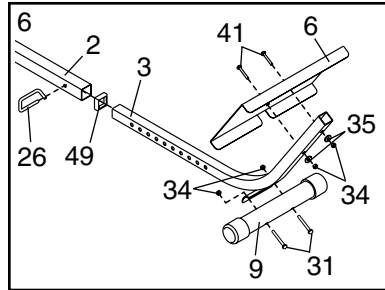
Insert the Tie Wrap (39) through the hole in the Spring Cover (48), and secure it around the Seat Frame (15). Cut the excess Tie Wrap.

# Assembly—Rock & Tone

5. Attach a Rear Stabilizer (8) to the Base (2) with two 5/16" x 2 1/2" Carriage Bolts (31) and two 5/16" Nylon Locknuts (34).



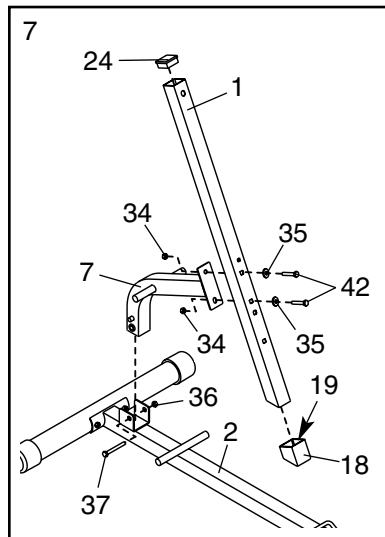
6. Attach a Front Stabilizer (9) to the Adjustment Frame (3) with two 5/16" x 2 1/2" Carriage Bolts (31) and two 5/16" Nylon Locknuts (34).



Slide the Adjustment Frame (3) through the Slider Bushing (49) and into the Base (2). Insert the Adjustment Pin (26) into the indicated hole in the Base and a hole in the Adjustment Frame.

Attach the Press Plate (6) to the Adjustment Frame (3) with two 5/16" x 1 3/4" Carriage Bolts (41), two 5/16" Washers (35), and two 5/16" Nylon Locknuts (34).

7. Make sure the End Plate (19) is inside the Angled Cap (18). Press the Angled Cap onto the bottom end of the Backrest Frame (1). Press a 1 1/2" Square Inner Cap (24) into the top of the Backrest Frame.

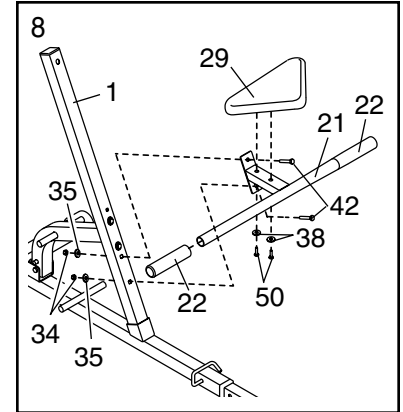


Attach the Pivot Frame (7) to the Backrest Frame (1) with two 5/16" x 2" Bolts (42), two 5/16" Washers (35), and two 5/16" Nylon Locknuts (34).

Attach the Pivot Frame (7) to the Base (2) with a 3/8" x 2 3/4" Bolt (37) and a 3/8" Nylon Locknut (36). **Do not over tighten the Locknut; the Pivot Frame must be able to pivot easily.**

8. Slide a Grip (22) onto each end of the Handlebar (21).

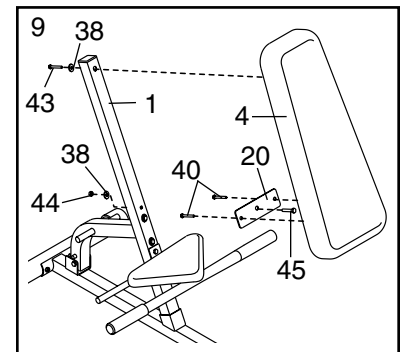
Attach the Handlebar (21) to the Backrest Frame (1) with two 5/16" x 2" Bolts (42), two 5/16" Washers (35), and two 5/16" Nylon Locknuts (34).



Attach the Small Seat (29) to the Handlebar (21) with two 1/4" x 1 1/2" Screws (50) and two 1/4" Washers (38).

9. Insert a 1/4" x 2" Carriage Bolt (45) into the center hole of the Support Plate (20).

Attach the Support Plate (20) to the Backrest (4) with two 1/4" x 3/4" Screws (40).



Attach the Backrest (4) to the the Backrest Frame (1) with the 1/4" x 2" Carriage Bolt (45), a 1/4" Washer (38), and a 1/4" Nylon Locknut (44).

Secure the Backrest (4) with a 1/4" x 2" Screw (43) and a 1/4" Washer (38).

**The use of the remaining parts will be explained in Adjusting The Body Toning System.**

# Exercise Guide

**Ab Crunch**



**Back Extension**



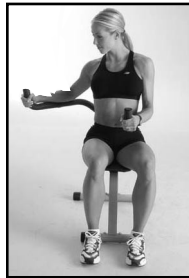
**Leg Press**



**Side To Side\***



**Twist**



**Calf Raise**



**One Leg Squat**



**Cross Over\*\***



**Criss Cross**



**One Leg Side Squat**



**Lower Ab Crunch**



**Crunch With Knee Lift**



**One Leg Squat with Leg Extension**



**One Leg Side Squat with Leg Extension**



**Circulate**



Included with the TWO TONE body toning system is an exercise video. This video will motivate and guide you through a 30-minute workout, helping you get the maximum benefit from the body toning system. The personal trainer will demonstrate the correct form for each of the exercises that can be performed with the AB-TILT & TONE and the ROCK & TONE.

\*This exercise can be performed leaning forward, upright, or leaning back.

\*\*From the starting position, lean back (see Back Extension), and then to the finishing position.

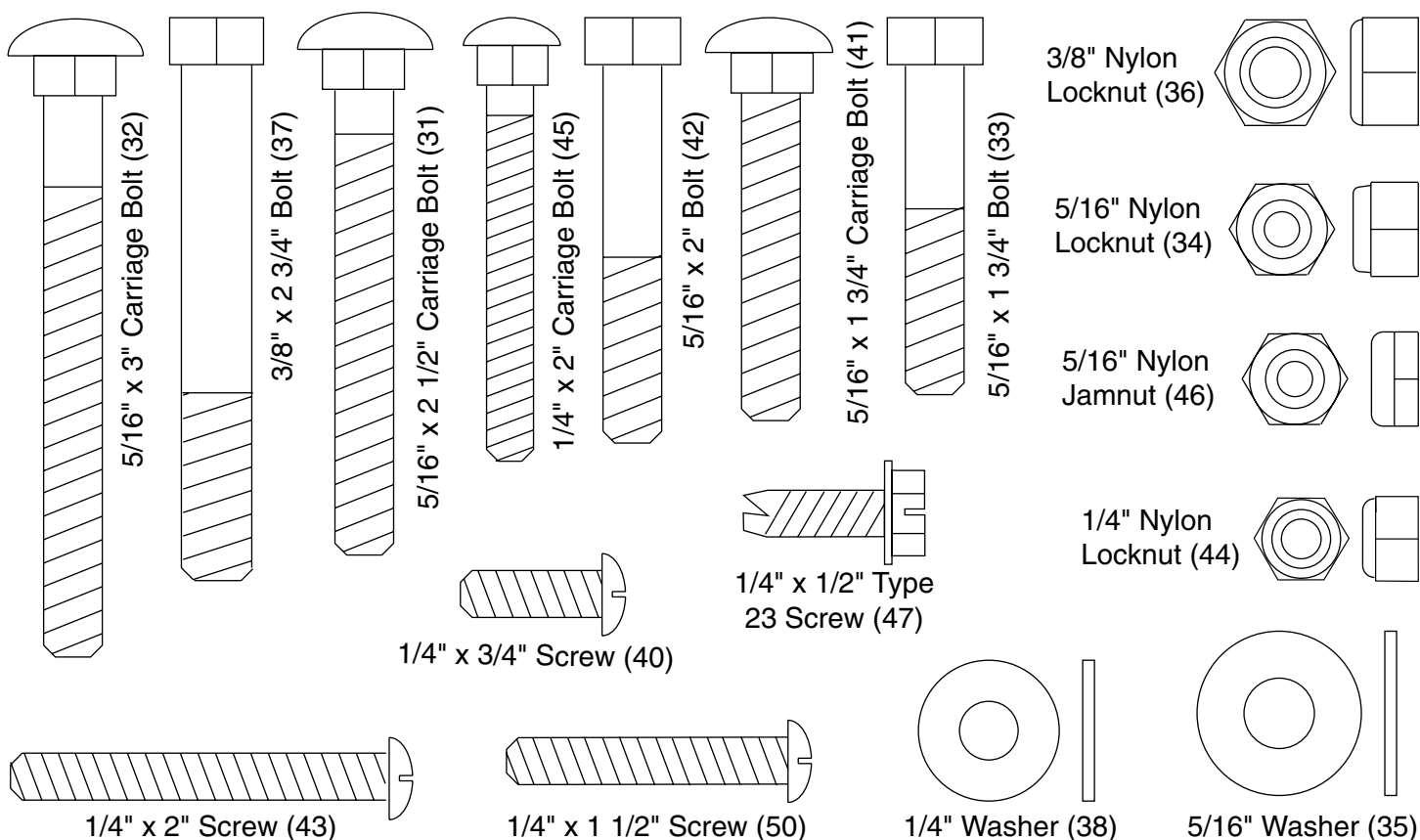
# Part List—Model No. WEBE09913

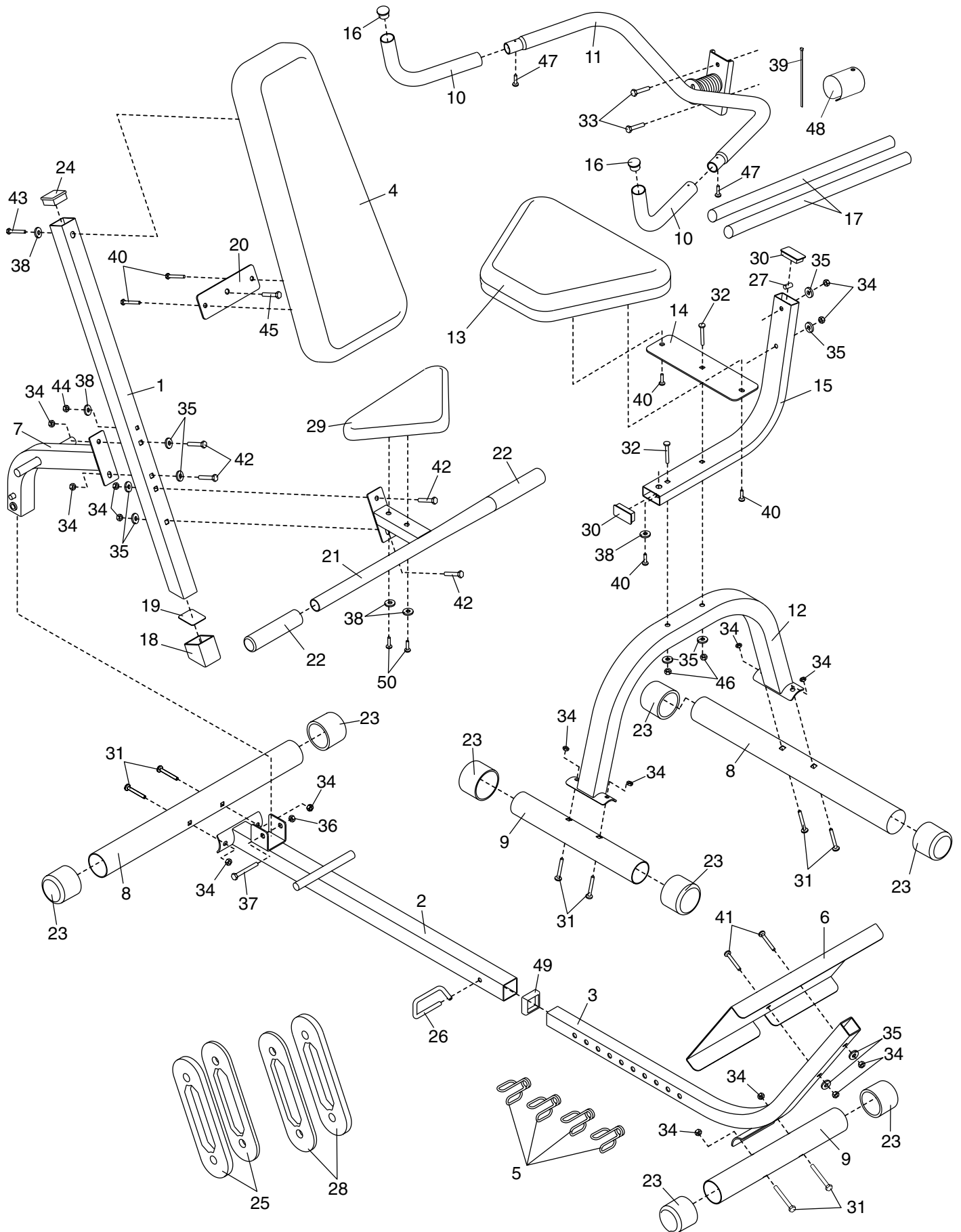
R0601A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest Frame	20	1	Support Plate	36	1	3/8" Nylon Locknut
2	1	Base	21	1	Handlebar	37	1	3/8" x 2 3/4" Bolt
3	1	Adjustment Frame	22	2	Grip	38	5	1/4" Washer
4	1	Backrest	23	8	2" Round Outer Cap	39	1	Tie Wrap
5	4	Spring Clip	24	1	1 1/2" Square Inner Cap	40	5	1/4" x 3/4" Screw
6	1	Press Plate	25	2	25-lb. Band	41	2	5/16" x 1 3/4" Carriage Bolt
7	1	Pivot Frame	26	1	Adjustment Pin	42	4	5/16" x 2" Bolt
8	2	Rear Stabilizer	27	1	Metal Bushing	43	1	1/4" x 2" Screw
9	2	Front Stabilizer	28	2	10-lb. Band	44	1	1/4" Nylon Locknut
10	2	Ab Handlebar	29	1	Small Seat	45	1	1/4" x 2" Carriage Bolt
11	1	Ab Frame	30	2	1" x 2" Inner Cap	46	2	5/16" Nylon Jamnut
12	1	Ab Leg	31	8	5/16" x 2 1/2" Carriage Bolt	47	2	1/4" x 1/2" Type 23 Screw
13	1	Large Seat	32	2	5/16" x 3" Carriage Bolt	48	1	Spring Cover
14	1	Large Support Plate	33	2	5/16" x 1 3/4" Bolt	49	1	Slider Bushing
15	1	Seat Frame	34	16	5/16" Nylon Locknut	50	2	1/4" x 1 1/2" Screw
16	2	1 1/8" Round Inner Cap	35	10	5/16" Washer	#	1	User's Manual
17	2	Cover Sleeve				#	1	Exercise Video
18	1	Angled Cap						
19	1	End Plate						

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.

## Part Identification Chart





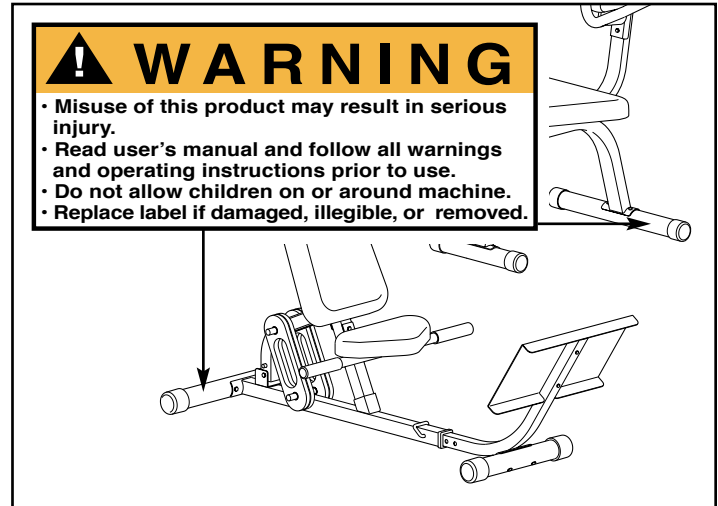
## Ordering Replacement Parts

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 (WEBE09913)
- The NAME of the product (WEIDER® TWO TONE body toning system)
- 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 inside of this manual).

## Warning Decal

The decal shown below has been placed on the body toning system in the locations shown. If a decal is missing, or not legible, 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 to the location shown.



## 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.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**



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