

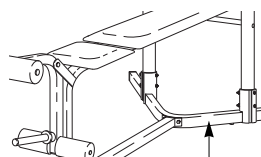


WEIDER

TRAINING SYSTEM

Model No. WEBE11880
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

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.

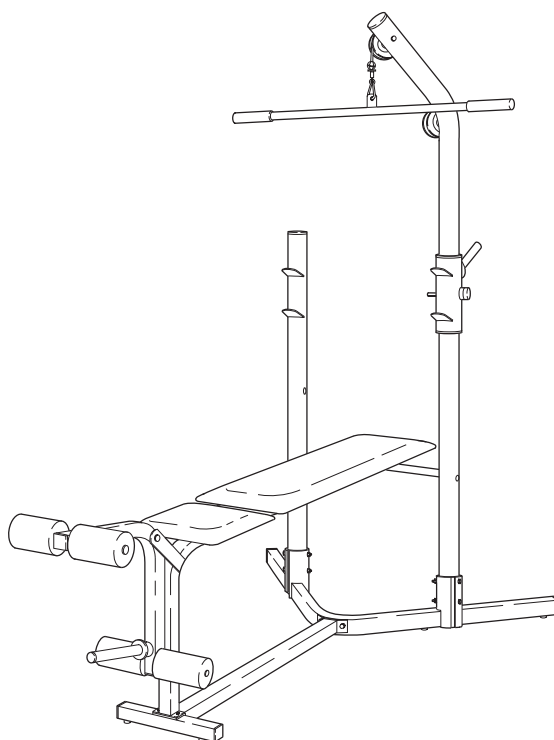
TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

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.

T28



USER'S MANUAL

PATENT PENDING

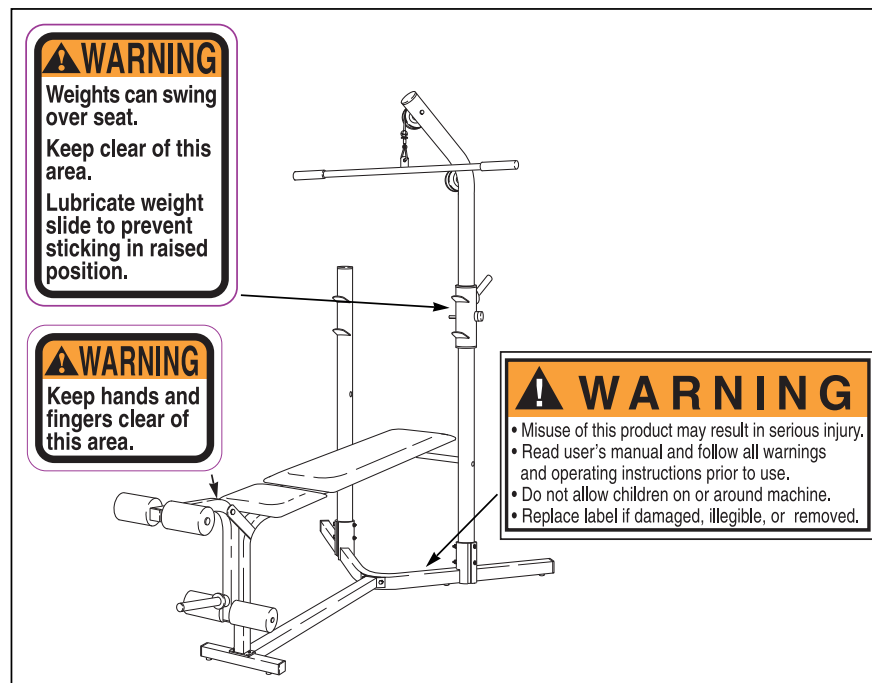
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Limited Warranty	Back Cover

Note: A Part List, Exploded Drawing and Part Identification Chart is attached to the center of this manual.
Remove these four pages before beginning assembly.

Warning Decal Placement

The decals shown below have been placed on the weight bench. If a decal is missing, or if it is 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 (excluding holidays), to order a replacement decal. Apply the replacement decal to the location shown.



Important Precautions

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

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Always use an equal amount of weight on each side of the barbell (not included).
8. Do not use a barbell (not included) that is longer than five feet with the weight bench.
9. When you are using the leg lever, place a barbell (not included) with the same amount of weight on the weight rests to balance the bench.
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts.
12. The weight bench is designed to support a maximum of 360 pounds, including the user, a weight bar, and weights. Do not place more than 110 pounds, including a barbell and weights, on the weight rests; do not place more than 50 pounds on the leg lever for normal use.
13. When using the backrest in an inclined position, make sure that the support rod is fully inserted into the uprights and that the locking hook is in place.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
16. When you are using the lat bar, always stand clear of the lat upright since the weight carriage will swing around the upright as it is raised.
17. Always disconnect the lat bar from the weight bench when you are performing an exercise that does not use the lat bar.
18. Never let go of the lat bar when you have weights raised. The weight carriage will fall with great force that may cause injury or damage the weight bench.

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.

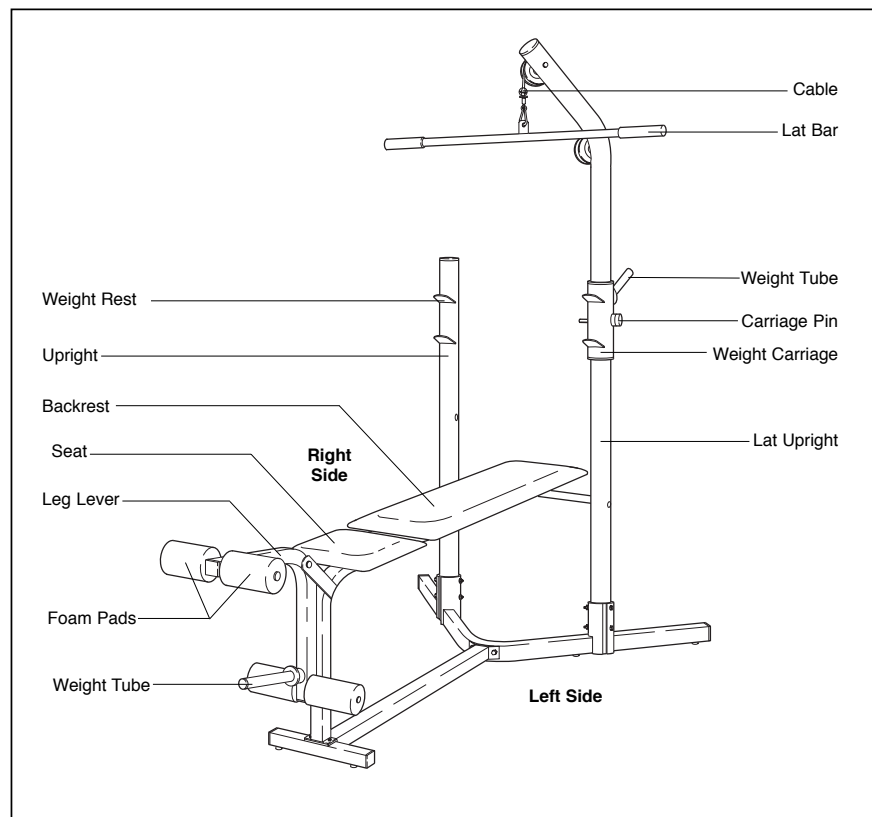
Before You Begin

Thank you for selecting the versatile WEIDER® T28 Weight Bench. The WEIDER® T28 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the T28 Weight Bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® T28 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 WEBE11880. The serial number can be found on a decal attached to the WEIDER® T28 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.



Assembly

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

Make Things Easier for Yourself!



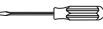

Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts and consequently, the assembly process will take time. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- 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.

- For help identifying the small parts, use the PART IDENTIFICATION CHART on page 5.

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

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

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

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

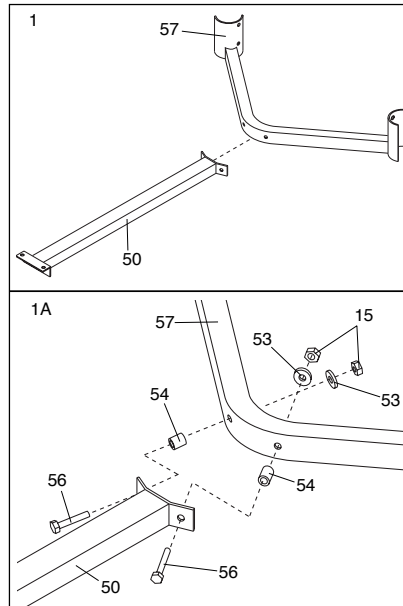
1. **Before assembling this product, make sure you have read and understand the information in the box above.**

Place the Seat Base (50) on the floor next to the Tower Base (57), as shown in drawing 1.

See drawing 1A. Slide two 5/16" x 1 1/2" Bolts (56) through the holes in the indicated bracket on the Seat Base (50). Slide a 1/2" Spacer (54) onto each Bolt.

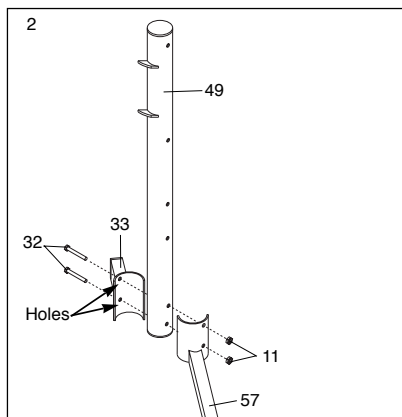
Slide the Seat Base (50) up next to the Tower Base (57), and slide the two 5/16" x 1 1/2" Bolts (56) through the indicated holes in the Tower Base.

Slide a 5/16" Washer (53) onto each of the 5/16" x 1 1/2" Bolts (56) and secure the Bolts with two 5/16" Nylon Locknuts (15). **Do not tighten the Nylon Locknuts yet.**



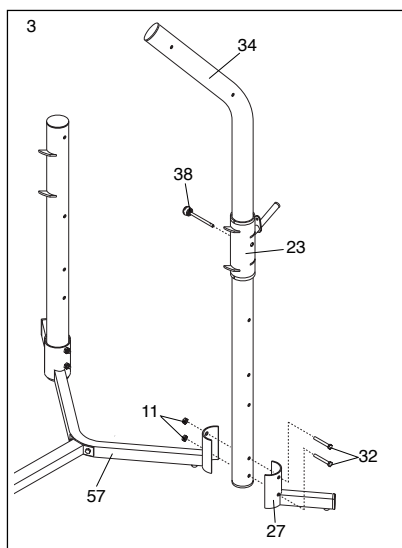
2. Identify the Right Base Extension (33) by looking at the indicated holes. Orient the Base Extension as shown in the drawing. **Note: See the drawing on page 4 to identify the right and left side of the bench.**

Attach the Upright (49) and the Right Base Extension (33) to the indicated bracket on the Tower Base (57) with two 3/8" x 3 1/4" Bolts (32) and two 3/8" Jamnuts (11). **Do not tighten the Jamnuts yet.**



3. Lubricate the inside of the Weight Carriage (23). Slide the Weight Carriage onto the Lat Upright (34) and lock it in the indicated position with the Carriage Pin (38).

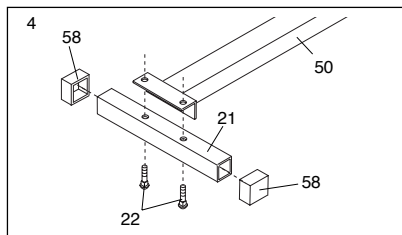
Attach the Lat Upright (34) and the Left Base Extension (27) to the indicated bracket on the Tower Base (57) with two 3/8" x 3 1/4" Bolts (32) and two 3/8" Jamnuts (11). **Do not tighten the Jamnuts yet.**



4. Press a 1 1/2" x 1 1/2" Outer Cap (58) onto each end of the Stabilizer (21).

Insert two 5/16" x 2" Carriage Bolts (22) up through the Stabilizer (21). **Note: The rubber bumpers on the Stabilizer must be facing the floor.**

Place the Stabilizer (21) on the floor next to the Seat Base (50). Gently lift up the end of the Seat Base and place the bracket over the 5/16" x 2" Carriage Bolts (22) in the Stabilizer.



5. Press a 1 1/2" x 1 1/2" Inner Cap (7) into the end of the Bench Frame (5). Place the bracket on the Bench Frame over the 5/16" x 2" Carriage Bolts (22) in the Stabilizer. Hand tighten two 5/16" Nylon Locknuts (15) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

See drawing 5A. Have one person hold up the end of the Bench Frame (5) while the second person slides the Bench Rod (8) through the indicated hole in the Lat Upright (34) until the end of the Rod barely sticks through the Upright.

Line up a Bench Spacer (4) with the Bench Rod (8) and slide the Rod through the Spacer. Slide the Bench Rod through the pre-assembled Bench Frame Bushings (6) on the Bench Frame. Slide the Bench Rod through the second Bench Spacer (4) and then into the Upright (49).

Secure the end of the Bench Rod (8) going into the Upright (49) with a 1" Washer (51), a 5/16" Washer (53) and a Bench Rod Bolt (41).

Secure the end of the Bench Rod (8) going through the Lat Upright (34) with a 1" Washer (51), a 5/16" Washer (53) and a Bench Rod Bolt (41).

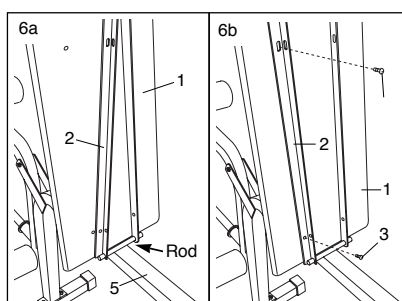
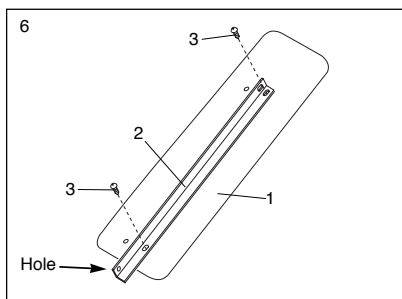
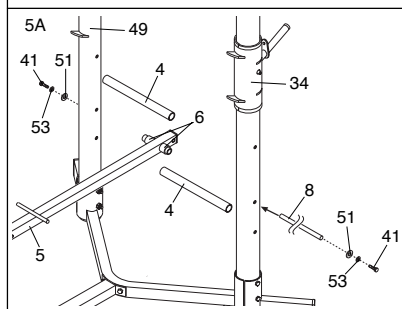
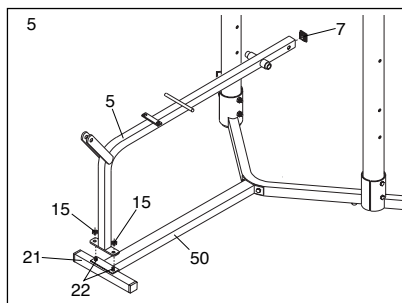
Go back and tighten all Locknuts and Jamnuts

6. Attach a Backrest Bracket (2) to the Backrest (1) with two 1/4" x 1/2" Screws (3). **Make sure the Backrest Bracket is oriented as shown (note the position of the indicated hole). Do not tighten the Screws yet.**

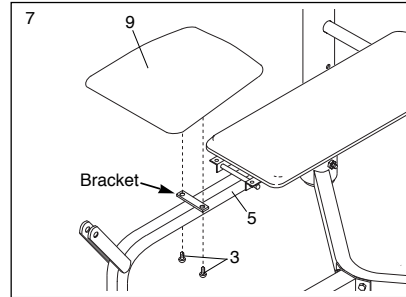
- 6a. Refer to drawing 6a. Hold the Backrest (1) in a vertical position as shown and slide the end of the attached Backrest Bracket (2) onto the welded rod on the Bench Frame (5). Hold the other Backrest Bracket (2) at an angle as shown and slide it onto the rod.

Refer to drawing 6b. Attach the Backrest Bracket (2) to the Backrest (1) with two 1/4" x 1/2" Screws (3). **Note: The Screw nearest the rod should be attached first.**

Fully tighten all four 1/4" x 1/2" Screws (3) used in steps 6 and 6a.



7. Attach the Seat (9) to the indicated bracket on the Bench Frame (5) with two 1/4" x 1/2" Screws (3).

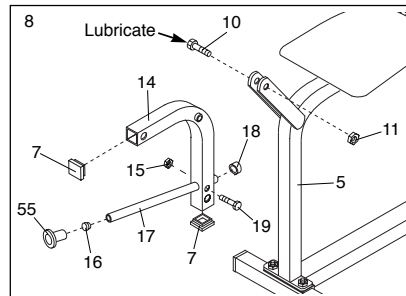


8. Press a 1 1/2" x 1 1/2" Inner Cap (7) into each end of the Leg Lever (14).

Slide the Weight Tube (17) into the Leg Lever (14) and secure it with a 5/16" x 2" Bolt (19) and a 5/16" Nylon Locknut (15). **Do not overtighten the Nylon Locknut.**

Press a 1" Outer Cap (18) onto the indicated end of the Weight Tube. Press a 1" Inner Cap (16) into the indicated end of the Weight Tube. Slide a Weight Stop (55) onto the Weight Tube.

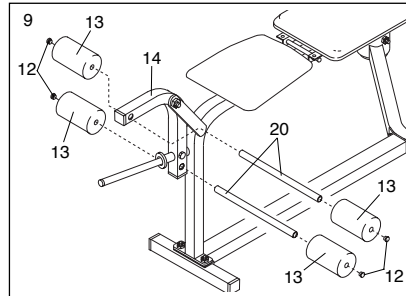
Lubricate the 3/8" x 2 1/4" Bolt (10). Attach the Leg Lever (14) to the bracket on the Bench Frame (5) with the Bolt and a 3/8" Jamnut (11). **Do not overtighten the Nylon Locknut, it must be easy to pivot the Leg Lever.**



9. Press a 3/4" Inner Cap (12) into each end of the two Pad Tubes (20).

Slide the Pad Tubes (20) into the indicated holes in the Leg Lever (14).

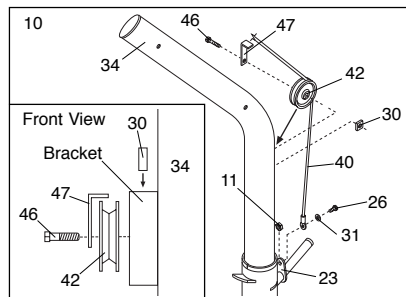
Slide a Foam Pad (13) onto each end of both Pad Tubes (20).



10. Locate the Cable (40). Note that one end of the Cable has a ball and the other a closed loop.

Attach the closed loop on the Cable (40) to the bracket on the Weight Carriage (23) with a 3/8" x 1" Lat Bolt (26), a 3/8" Washer (31) and a 3/8" Jamnut (11).

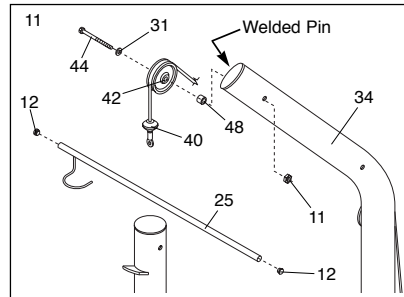
Wrap the Cable (40) around a Pulley (42) in the direction shown. Attach the Pulley and a Cable Trap (47) to the bracket on the Lat Upright (34) with a 3/8" x 1 1/2" Pulley Bolt (46), and a Square Nut (30). **Note: The Square Nut fits into the bracket on the Lat Upright. It will be easier to hold the Nut with a pair of needle nose pliers while threading the Bolt into it. Make sure the Cable Trap is oriented as shown.**



11. Wrap the Cable (40) around a Pulley (42) in the direction shown. Attach the Pulley to the Lat Upright (34) with a 3/8" x 4 1/2" Pulley Bolt (44), a 3/8" Washer (31), a Pulley Spacer (48) and a 3/8" Jamnut (11).
Note: Make sure the Cable is between the Pulley and the welded pin on the Lat Upright.

Press a 3/4" Inner Cap (12) into each end of the Support Rod (25)

Make sure all parts are properly tightened before using the weight bench. The use of all remaining parts will be explained in Adjusting the Weight Bench beginning below.



Adjusting the Weight Bench

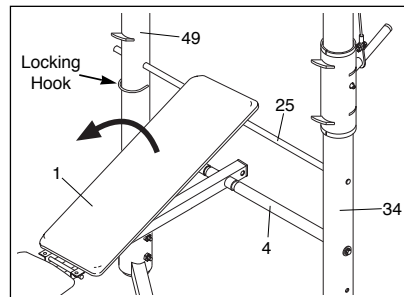
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

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

ADJUSTING THE BACKREST

The Backrest (1) can be used in a level position or an inclined position. To use the Backrest in a level position, let the Backrest Brackets (2, not shown) rest on the Bench Spacers (4).

To use the Backrest (1) in an inclined position, lift one end of the Backrest. Insert the Support Rod (25) into the holes in the Uprights (49, 34). Rotate the Support Rod until the welded hook locks into place around the Upright (49). Rest the Backrest Brackets (2, not shown) on the Support Rod.

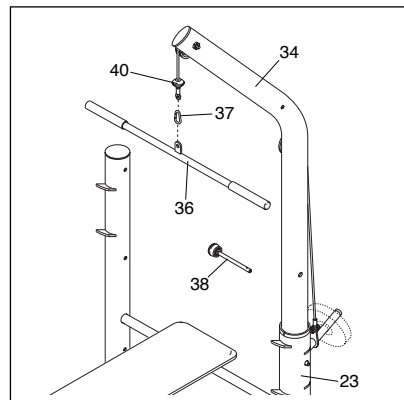


USING THE LAT BAR

To use the Lat Bar (36), first remove the Support Rod (25) and lower the Backrest (1) to the horizontal position. Remove the Carriage Pin (38) and lower the Weight Carriage (23) to the lowest position. Slide the desired weights (not included) onto the weight tube on the Weight Carriage. Attach the Lat Bar (36) to the Cable (40) with a Cable Clip (37).

WARNING: Do not place more than 50 pounds on the weight carriage. When you are using the lat bar, always stand clear of the lat upright since the weight carriage will swing around the upright as it is raised. Always lower the lat bar slowly, or the weight carriage will fall with great force.

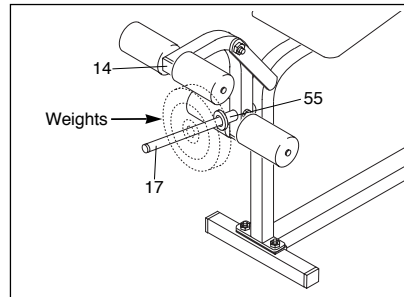
Always disconnect the lat bar from the weight bench when you are performing an exercise that does not use the lat bar.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (14), slide the desired weights (not included) onto the Weight Tube (17). **Make sure the Weight Stop (55) is mounted on the Weight Tube.**

WARNING: Do not place more than 50 pounds on the leg lever for normal use.



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

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

- by changing the amount of weight used
- by changing the number of repetitions or sets performed (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions).

The proper amount of weight for each exercise obviously depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Many people desire a complete and well-balanced fit-

ness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling, running 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

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group with emphasis on the areas that you want to develop

the most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart below to find the locations of the muscles.

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

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

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

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

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

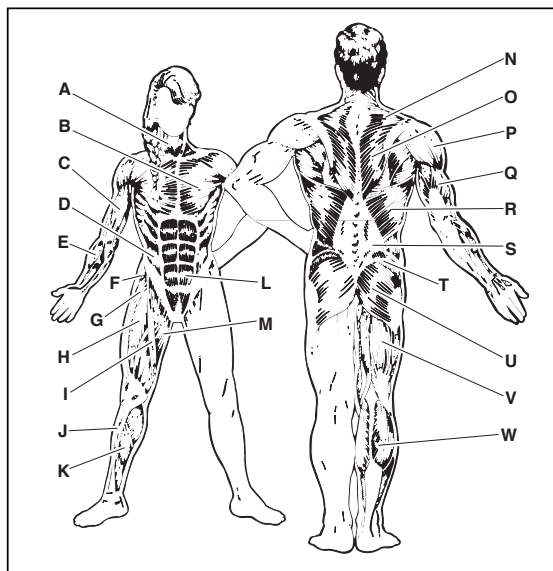
STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

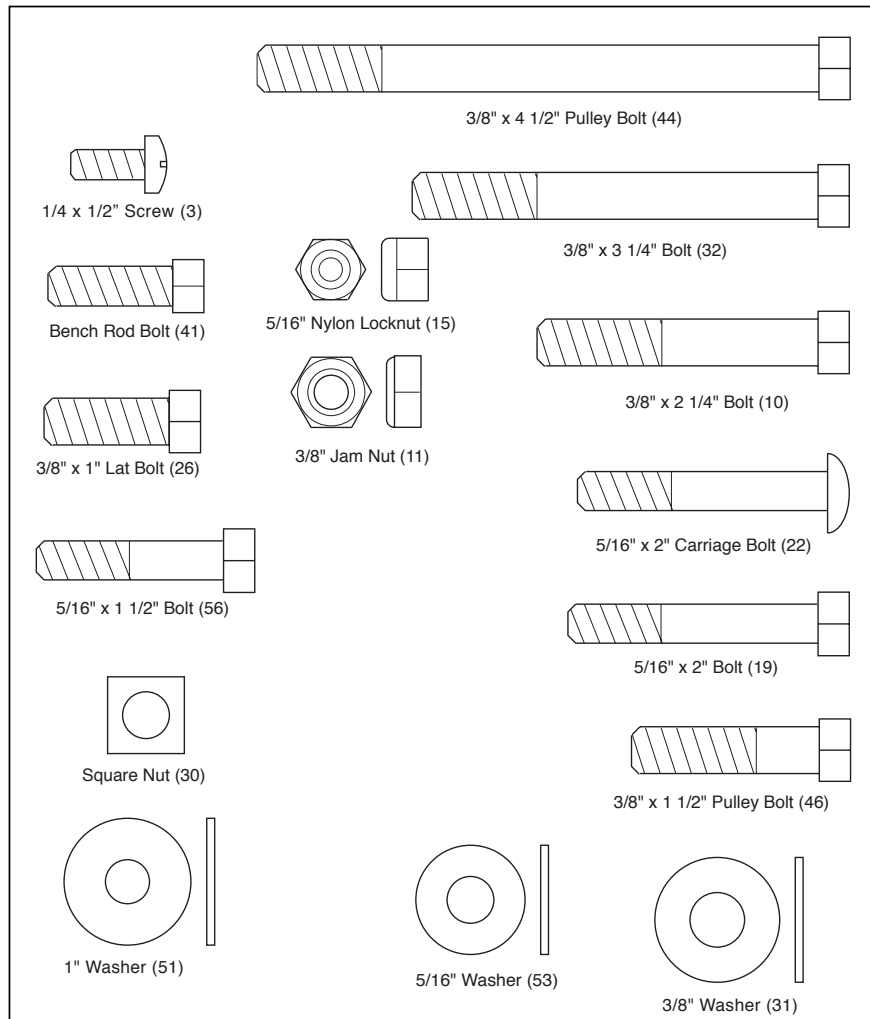
Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (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)



Part Identification Chart - Model No. WEBE11880 R0699A



Part List - Model No. WEBE11880

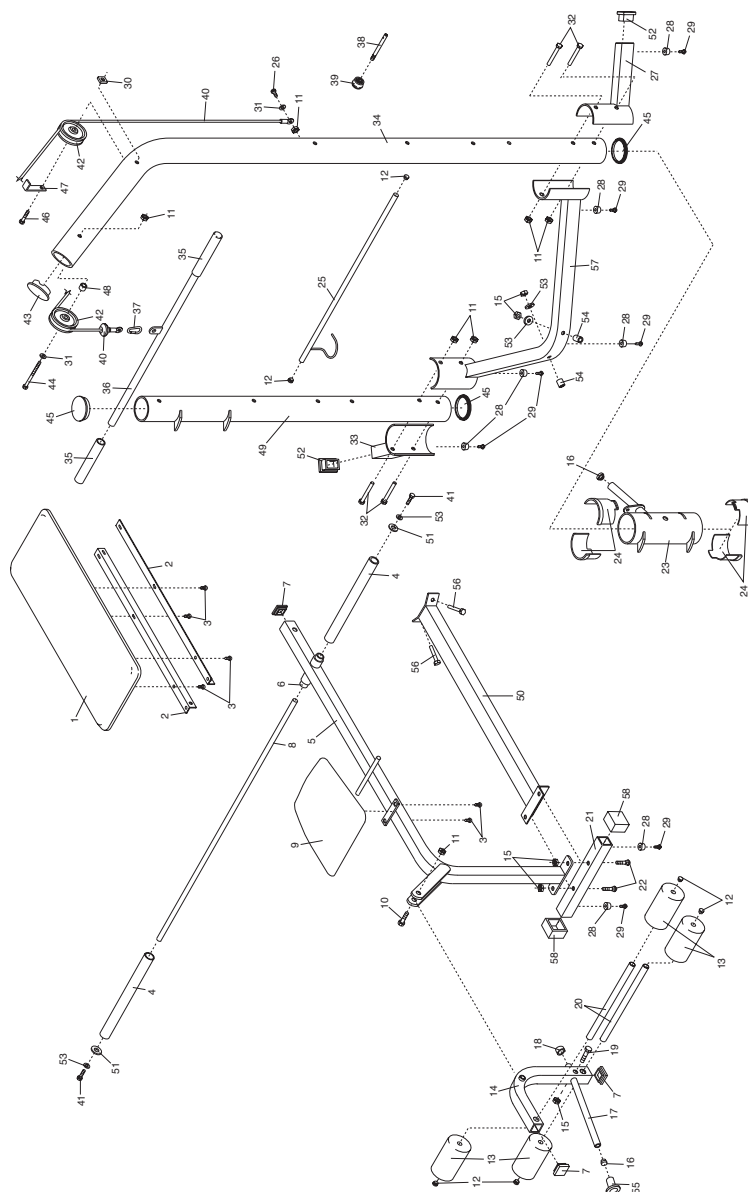
R0699A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest	31	2	3/8" Washer
2	2	Backrest Bracket	32	4	3/8" x 3 1/4" Bolt
3	6	1/4" x 1/2" Screw	33	1	Right Base Extension
4	2	Bench Spacer	34	1	Lat Upright
5	1	Bench Frame	35	2	Handgrip
6	1	Bench Frame Bushing	36	1	Lat Bar
7	3	1 1/2" x 1 1/2" Inner Cap	37	1	Cable Clip
8	1	Bench Rod	38	1	Carriage Pin
9	1	Seat	39	1	Carriage Pin Knob
10	1	3/8" x 2 1/4" Bolt	40	1	Cable
11	7	3/8" Jamnut	41	2	Bench Rod Bolt
12	6	3/4" Inner Cap	42	2	Pulley
13	4	Foam Pad	43	1	Lat Tower Endcap
14	1	Leg Lever	44	1	3/8" x 4 1/2" Pulley Bolt
15	5	5/16" Nylon Locknut	45	3	Upright Endcap
16	2	1" Inner Cap	46	1	3/8" x 1 1/2" Pulley Bolt
17	1	Weight Tube	47	1	Cable Trap
18	1	1" Outer Cap	48	1	Pulley Spacer
19	1	5/16" x 2" Bolt	49	1	Upright
20	2	Pad Tube	50	1	Seat Base
21	1	Stabilizer	51	2	1" washer
22	2	5/16" x 2" Carriage Bolt	52	2	1 1/2" x 2" Inner Cap
23	1	Weight Carriage	53	4	5/16" Washer
24	4	Carriage Sleeve	54	2	1/2" Spacer
25	1	Support Rod	55	1	Weight Stop
26	1	3/8" x 1" Lat Bolt	56	2	5/16" x 1 1/2" Bolt
27	1	Left Base Extension	57	1	Tower Base
28	7	Base Bumper	58	2	1 1/2" x 1 1/2" Outer Cap
29	7	Bumper Screw	#	1	User's Manual
30	1	Square Nut	#	1	Exercise Poster

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. WEBE11880

R0699A



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:

1. The MODEL NUMBER of the product (WEBE11880).
2. The NAME of the product (WEIDER® T28 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST on page 18 and the EXPLODED DRAWING on page 19 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.

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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.

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