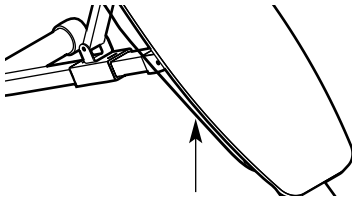


# WEIDER®

**Model No. WEBE14010**

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

Write the serial number in the space above for future reference.



Serial Number Decal

## 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 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**

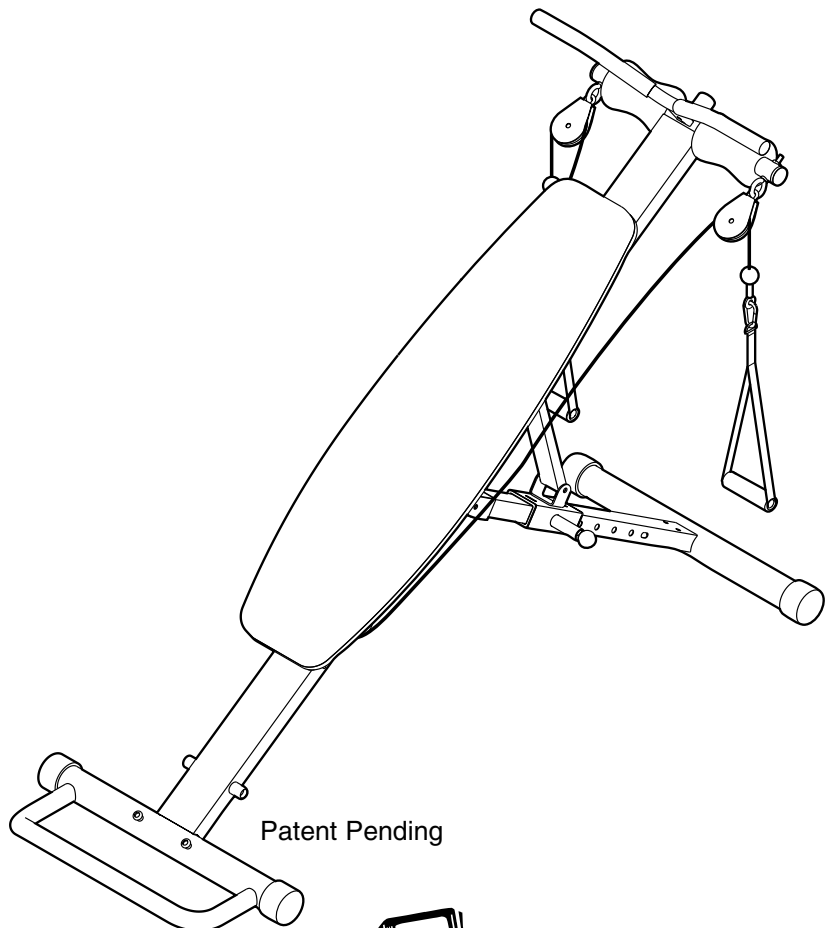
Mon.–Fri., 6 a.m.–6 p.m. MST

## CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

# BODY WORKS PRO

## USER'S MANUAL



Patent Pending



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fitness tips, and much more!

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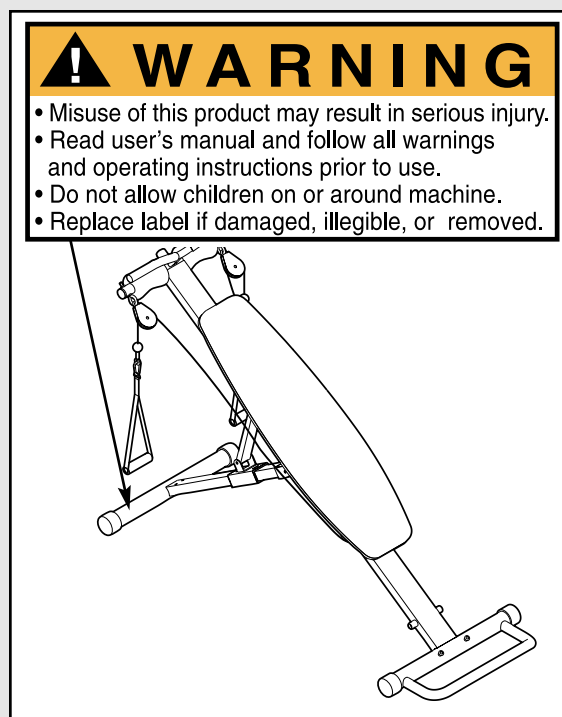
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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight training system.
2. It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
3. Use the weight training system only as described in this manual.
4. Use the weight training system only on a level surface. Cover the floor beneath the weight training system to protect the floor.
5. Inspect and tighten all parts each time you use the weight training system. Replace any worn parts immediately.
6. Keep hands and feet away from moving parts.
7. Always tie back long hair to prevent it from becoming caught.
8. Keep children under 12 years old and pets away from the weight training system at all times.
9. The weight training system should not be used by persons weighing more than 250 pounds.
10. Always wear athletic shoes for foot protection while exercising.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. The weight training system is intended for home use only. Do not use the weight training system in any commercial, rental, or institutional setting.
13. The decal shown below has been placed on the weight training system in the indicated location. 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:** 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.

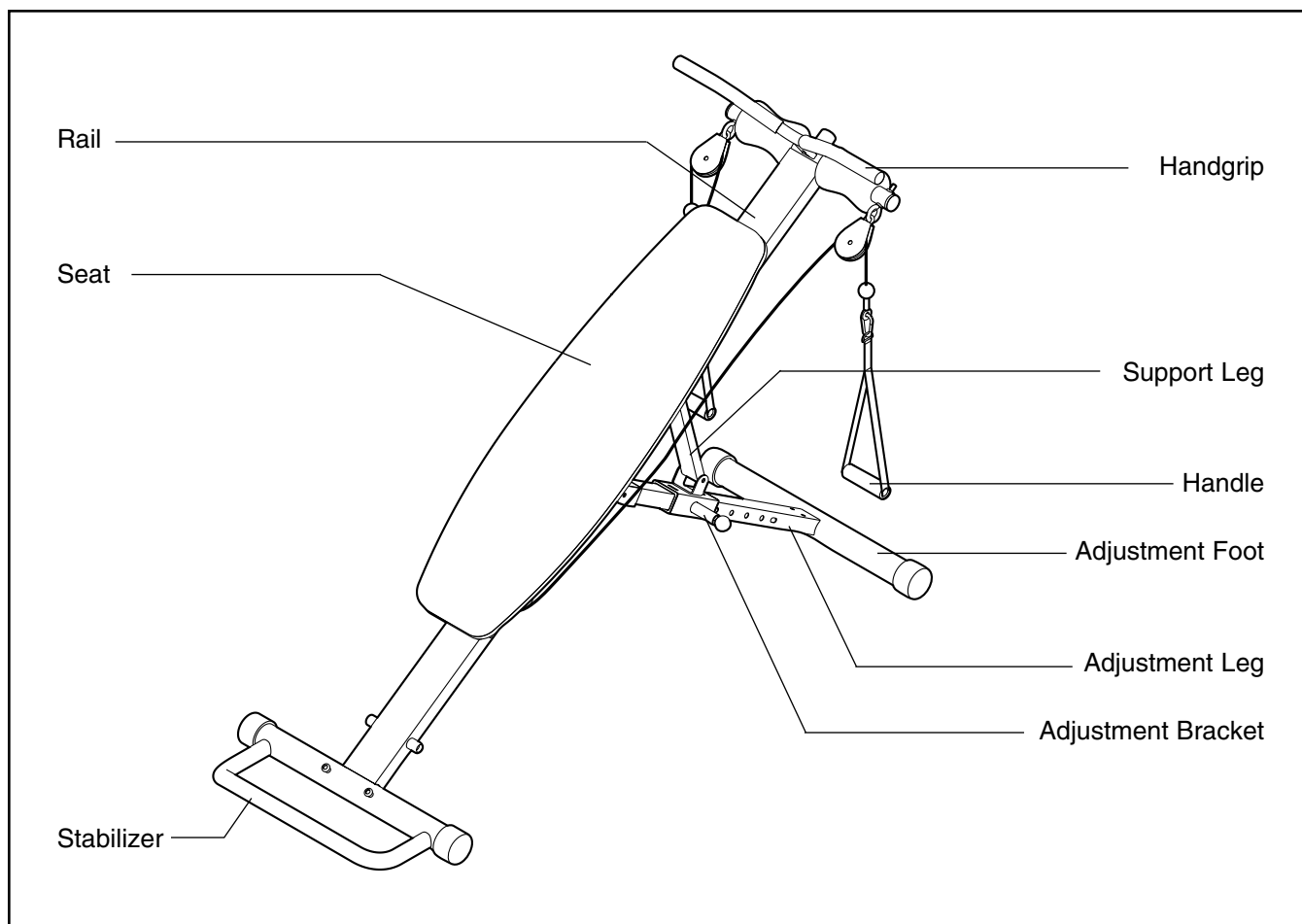
# BEFORE YOU BEGIN

Thank you for selecting the WEIDER® BODY WORKS PRO weight training system. The versatile BODY WORKS PRO 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 BODY WORKS PRO weight training system will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® BODY WORKS PRO weight training system.** If you have additional questions,

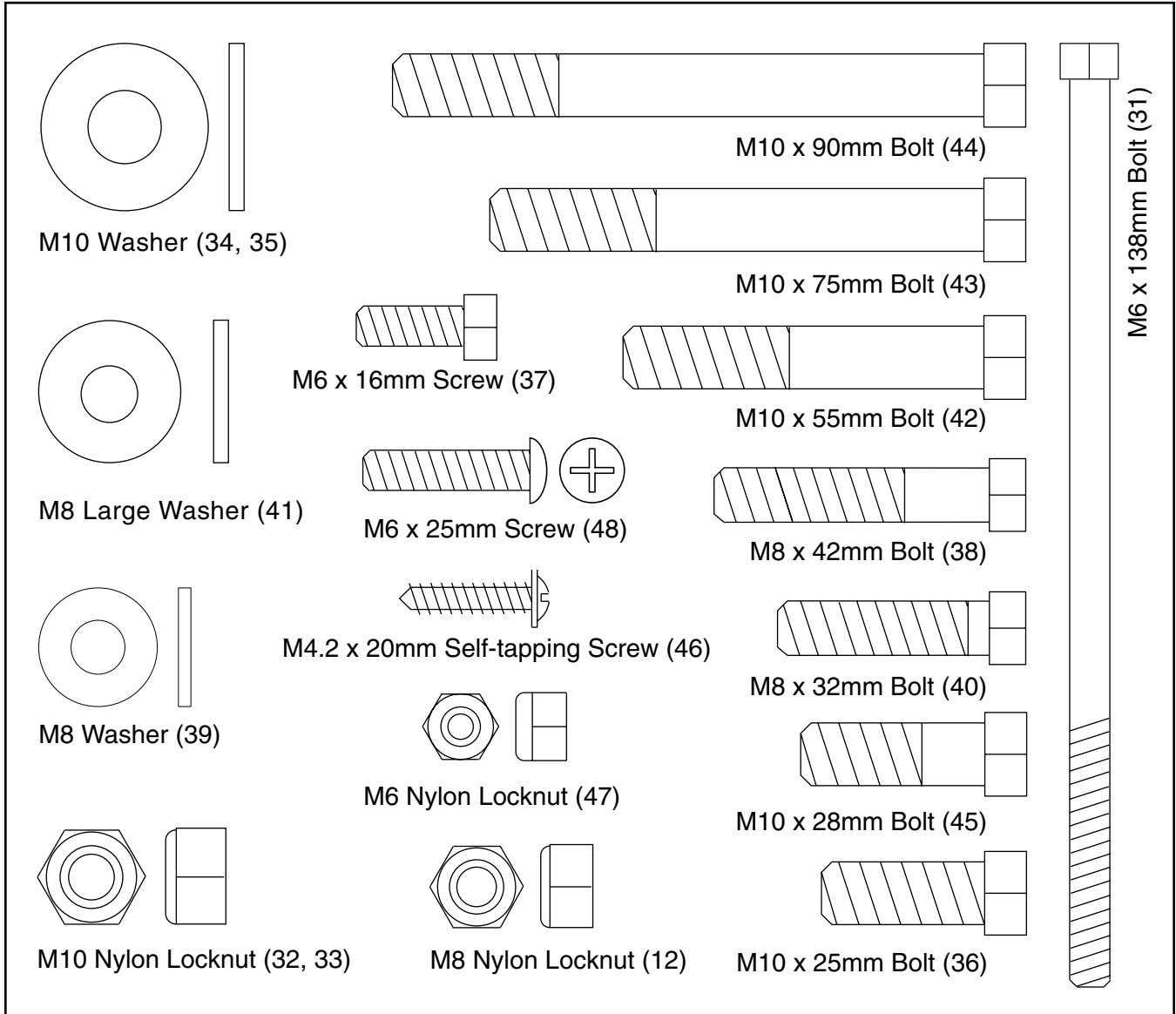
please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE14010. The serial number can be found on a decal attached to the weight training system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part from the Part List on page 10. **Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**



# ASSEMBLY

## Make Things Easier for Yourself!



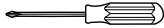
Everything in this manual is designed to ensure that the weight training system can be assembled successfully by anyone. However, it is important to realize that the versatile weight training system has many parts and that the assembly process will take time. Most people find that by setting aside plenty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

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

- 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.

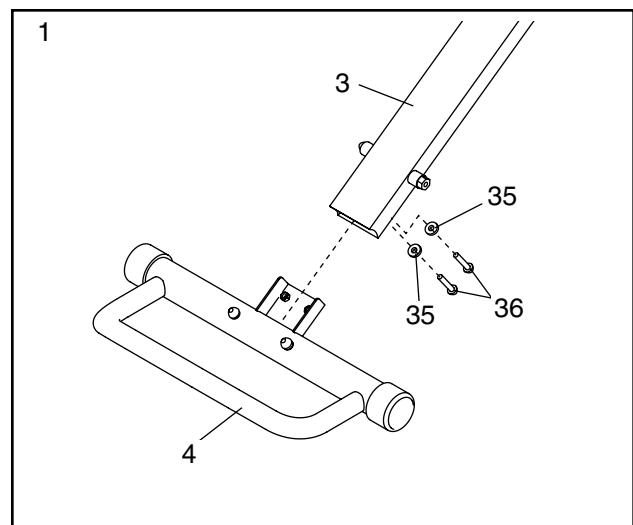
- As you assemble the weight training system, make sure all parts are oriented as shown in the drawings.
- Assembly requires two people.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

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

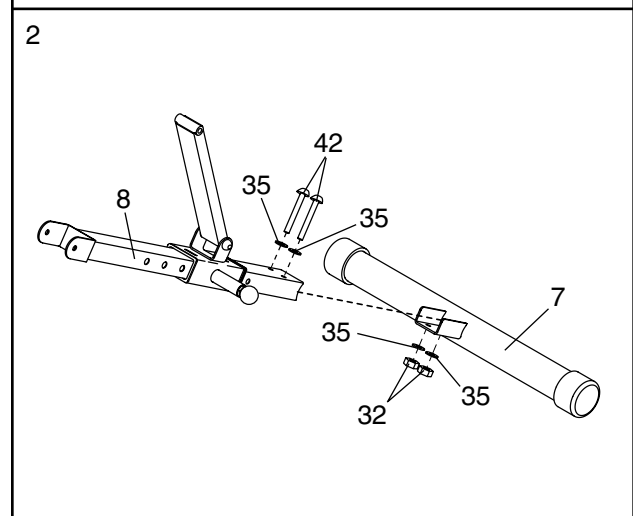
- **Two adjustable wrenches** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 

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. Attach the Stabilizer (4) to Rail (3) with two M10 Washers (35) and two M10 x 25mm Bolts (36).



2. Attach the Adjustment Foot (7) to the Adjustment Leg (8) with two M10 x 55mm Bolts (42), four M10 Washers (35), and two M10 Nylon Locknuts (32).



3. **Note: The following steps require two people.**

Attach the Adjustment Leg (8) to the Rail (3) with an M10 x 90mm Bolt (44) and an M10 Nylon Locknut (32).

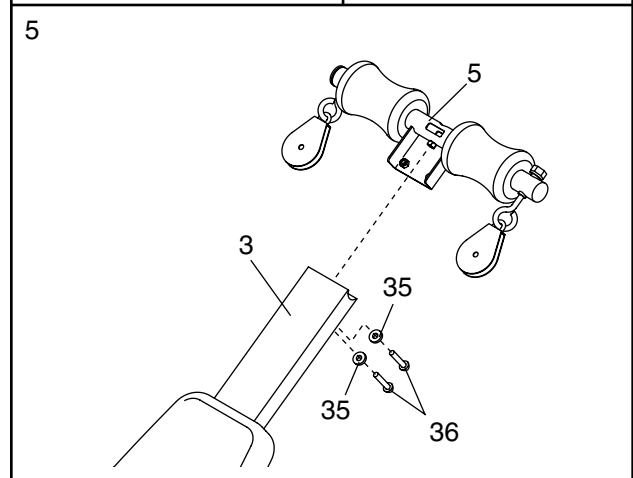
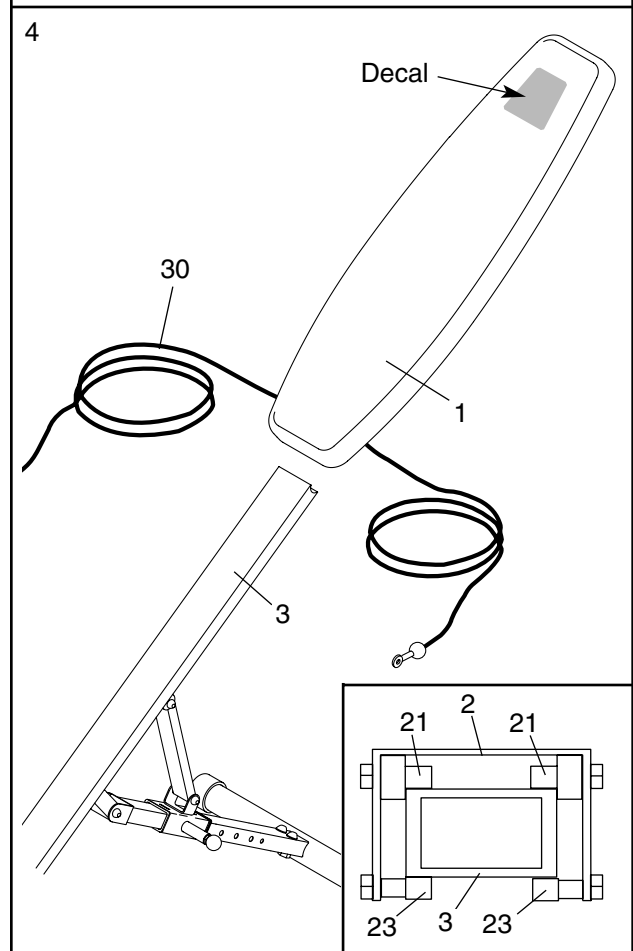
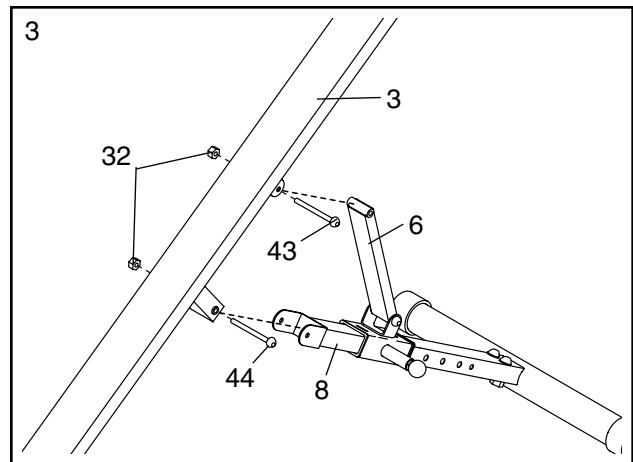
Attach the Support Leg (6) to the Rail (3) with an M10 x 75mm Bolt (43) and an M10 Nylon Locknut (32).

**Note: Do not overtighten the Locknuts (32); the Adjustment Leg (8) and Support Leg (6) must pivot easily.**

4. Have a second person hold the Cord (30) above the Seat (1). **See the inset drawing.** Slide the Seat Bracket (2) onto the Rail (3). **Be sure that the Wheels (21) are on top of the Rail and that the Large Bushings (23) are below the Rail.**

**Note: Be sure the Seat (1) is oriented as shown in the drawing.**

5. Attach the Upper Bar (5) to the Rail (3) with two M10 Washers (35) and two M10 x 25mm Bolts (36).

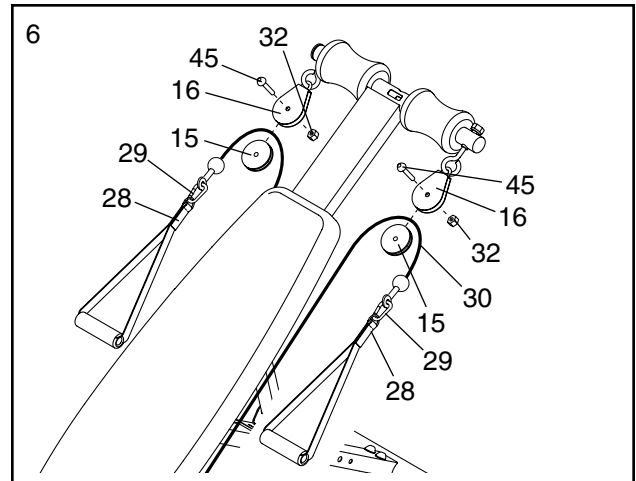


6. Remove the Large Pulley (15) from a Pulley Housing (16).

Wrap one end of the Cord (30) around the Large Pulley (15). Reattach the Large Pulley inside the Pulley Housing (16) with an M10 x 28mm Bolt (45) and an M10 Nylon Locknut (32). **Note: Do not over tighten the Bolts; the Pulley should be able to turn easily.**

Repeat this step with the other Pulley Housing (16).

Attach the Handles (28) to the ends of the Cord (30) with the two Clips (29).



7. **Make sure all parts are properly tightened before you use the weight training system. The use of the remaining parts will be explained in ADJUSTING THE WEIGHT TRAINING SYSTEM, on page 9.**



# ADJUSTING THE WEIGHT TRAINING SYSTEM

The weight training system is designed to use your own body weight as resistance. The steps below explain how the weight training system can be adjusted and folded for storage. Refer to the accompanying exercise poster to see the correct form for each exercise.

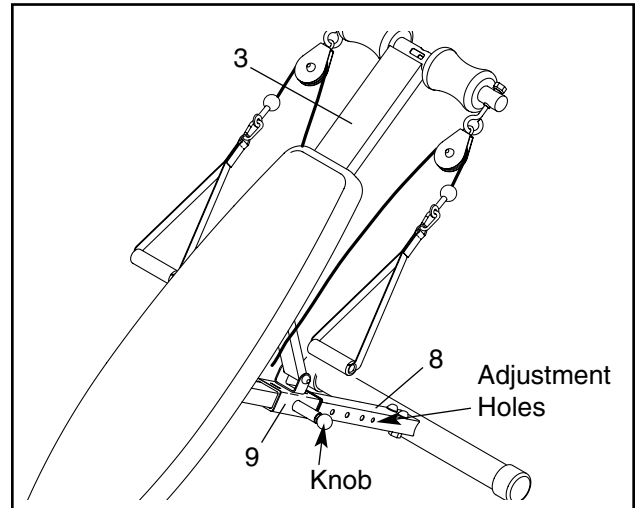
Inspect and tighten all parts each time you use the weight training system. Replace any worn parts immediately. The weight training system can be cleaned with a damp cloth and mild, non-abrasive detergent; never use solvents.

## ADJUSTING THE INCLINE

The incline of the weight training system can be adjusted to change the resistance level of your workout.

To adjust the incline, lift the Rail (3) until the knob on the Adjustment Bracket (9) can be removed from the adjustment hole in the Adjustment Leg (8). Raise or lower the Frame to the desired incline and insert the knob into an adjustment hole in the Adjustment Leg.

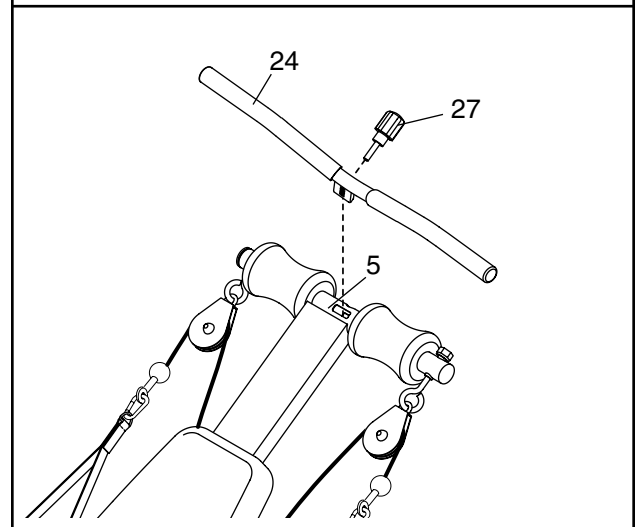
**Note: Be sure that the knob on the Adjustment Bracket is fully inserted into an adjustment hole in the Adjustment Leg.**



## ATTACHING THE HANDLEBAR

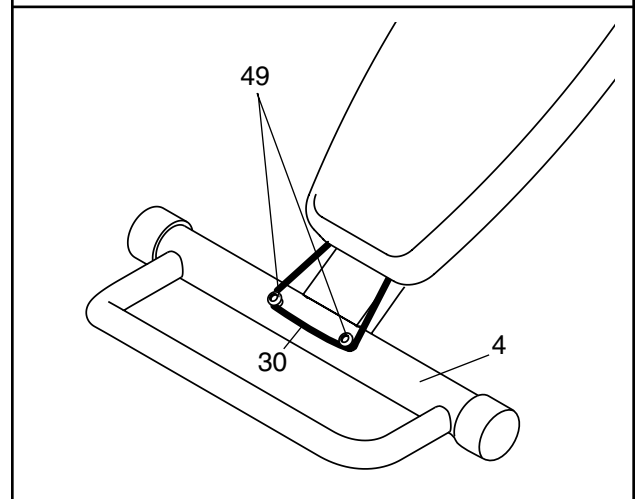
For some exercises, the Handlebar (24) will need to be attached to the weight training system. Slide the Handlebar into the Upper Bar (5) and secure it with the Knob (27). Turn the Knob clockwise until tight.

**Caution:** Remove the Handlebar (24) if performing an exercise that does not require it.



## SECURING THE CORD

When storing the weight training system, or performing exercises that do not require the use of the Handles (not shown), secure the Cord (30) by wrapping it around the Plastic Knobs (49) on the Stabilizer (4).



# PART LIST—Model No. WEBE14010

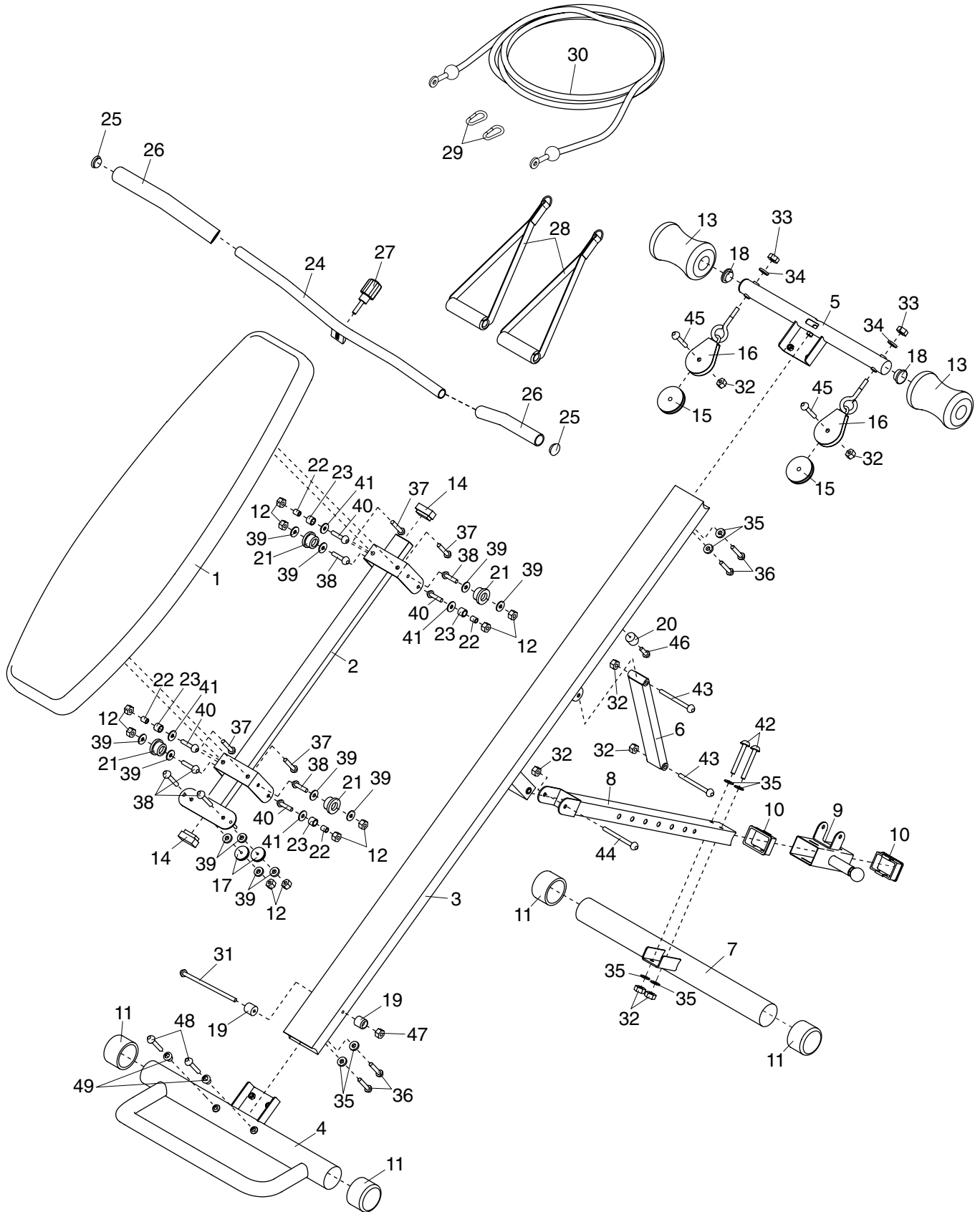
R0401A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	27	1	Knob
2	1	Seat Bracket	28	2	Handle
3	1	Rail	29	2	Clip
4	1	Stabilizer	30	1	Cord
5	1	Upper Bar	31	1	M6 x 138mm Bolt
6	1	Support Leg	32	7	M10 Nylon Locknut
7	1	Adjustment Foot	33	2	M10 Nylon Locknut (Bright Zinc)
8	1	Adjustment Leg	34	2	M10 Washer (Bright Zinc)
9	1	Adjustment Bracket	35	8	M10 Washer
10	2	Adjustment Bushing	36	4	M10 x 25mm Bolt
11	4	60mm Round Outer Cap	37	4	M6 x 16mm Screw
12	10	M8 Nylon Locknut	38	6	M8 x 42mm Bolt
13	2	Foam Pad	39	12	M8 Washer
14	2	25mm x 50mm Inner Cap	40	4	M8 x 32mm Bolt
15	2	Large Pulley	41	4	M8 Large Washer
16	2	Pulley Housing	42	2	M10 x 55mm Bolt
17	2	Small Pulley	43	2	M10 x 75mm Bolt
18	2	Round End Cap	44	1	M10 x 90mm Bolt
19	2	Bumper	45	2	M10 x 28mm Bolt
20	1	Support Leg Isolator	46	1	M4.2 x 20mm Self-tapping Screw
21	4	Wheel	47	1	M6 Nylon Locknut
22	4	Small Bushing	48	2	M6 x 25mm Screw
23	4	Large Bushing	49	2	Plastic Knob
24	1	Handlebar	#	1	User's Manual
25	2	Inner Cap	#	1	Exercise Poster
26	2	Handgrip With Cap			

Note: “#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

# EXPLODED DRAWING—Model No. WEBE14010

R0401A



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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:

1. The MODEL NUMBER of the product (WEBE14010)
2. The NAME of the product (WEIDER® BODY WORKS PRO weight training system)
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 pages 10 and 11 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 through one of its authorized service centers. All repairs for which warranty claims are made 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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