

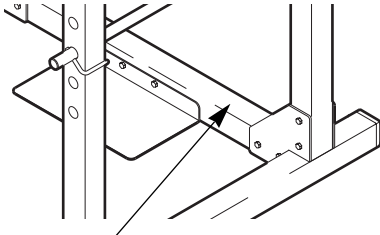


WEIDER[®] 400 PRO

Model No. WEBE14100

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

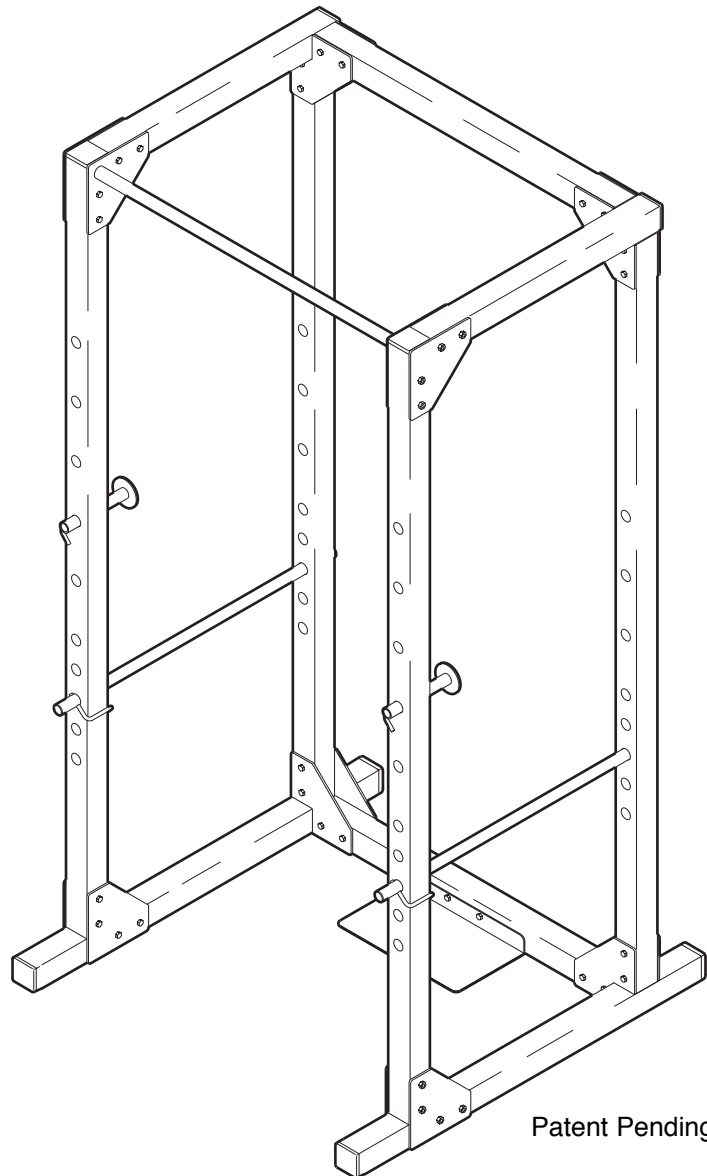
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



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

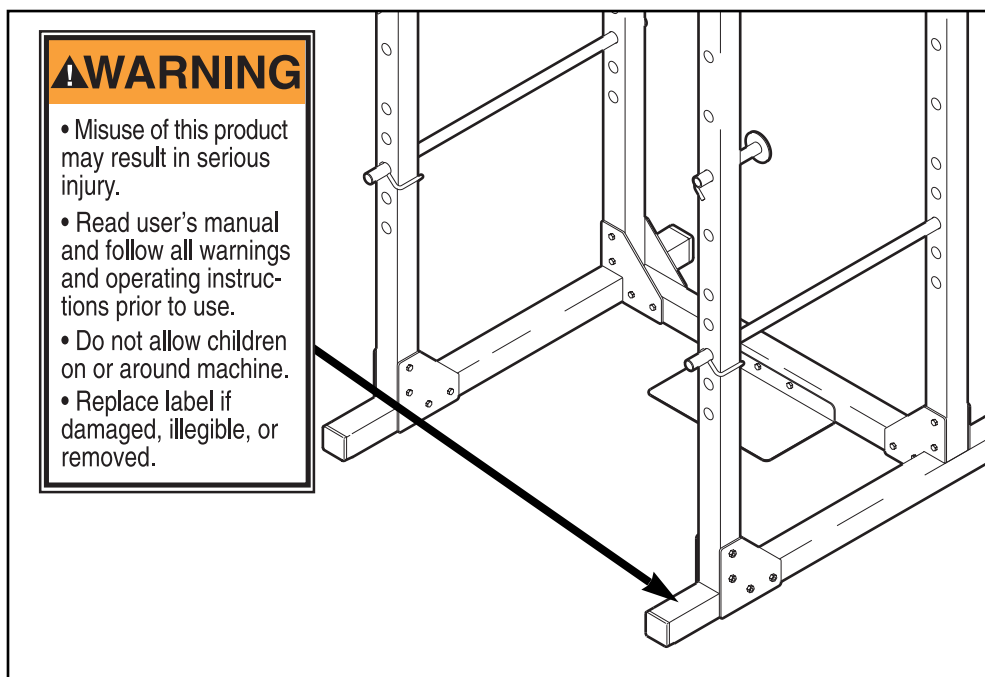
new products, prizes,
fitness tips, and much more!

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Warning Decal Placement

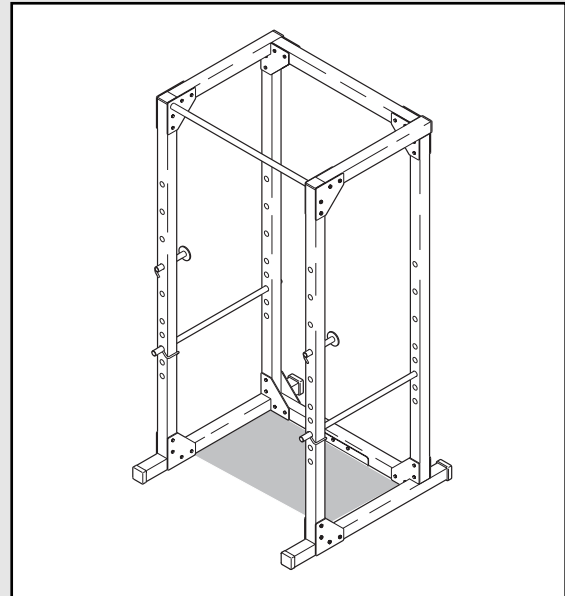
The decal shown here has been placed on the weight rack. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal to the location shown.



Important Precautions

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

1. Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
3. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
4. Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor or carpet.
5. Inspect and tighten all parts each time you use the weight rack. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight rack at all times.
7. Always exercise with a partner. When you are performing squat exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
8. Always make sure there is an equal amount of weight on each side of your barbell.
9. Do not place more than 210 pounds, including the barbell, on the weight rests.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. When performing standing exercises, stand inside the area that is shaded in the drawing.
12. Always wear athletic shoes for foot protection while exercising.
13. Always set both weight rests at the same height.



⚠ 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.

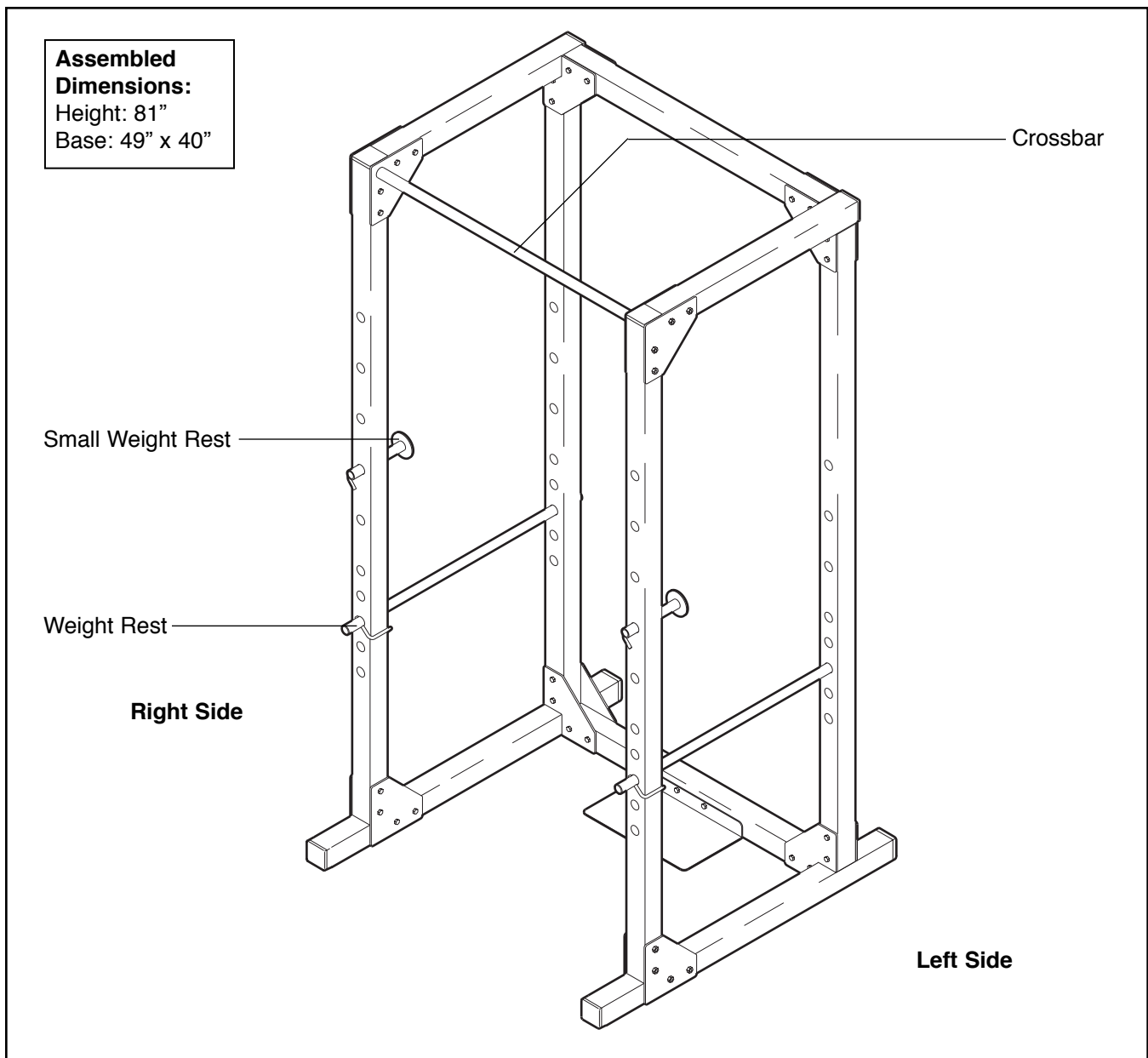
Before You Begin

Thank you for selecting the versatile WEIDER® PRO 400 weight rack. The WEIDER® PRO 400 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 WEIDER® PRO 400 will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the weight rack. 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 WEBE14100. The serial number can be found on a decal attached to the weight rack (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

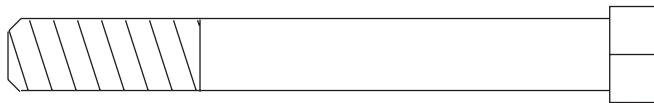
Before beginning assembly, carefully read the following information and instructions:

- 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 rack, make sure all parts are oriented as shown in the drawings.

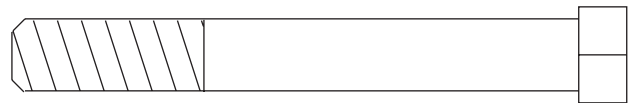
The following tools (not included) may be required for assembly:

- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 

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.



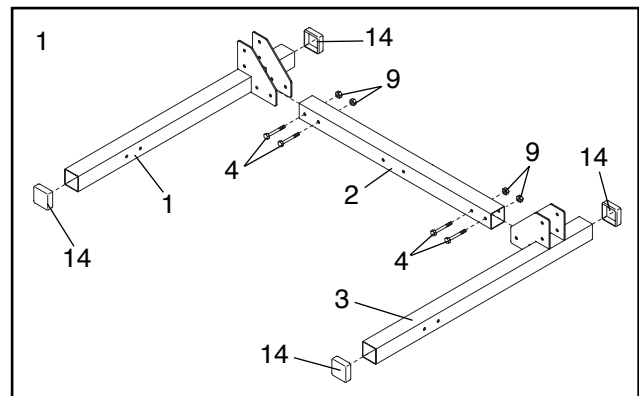
M10 x 80mm Bolt (4)-32



M10 x 75mm Bolt (15)-2

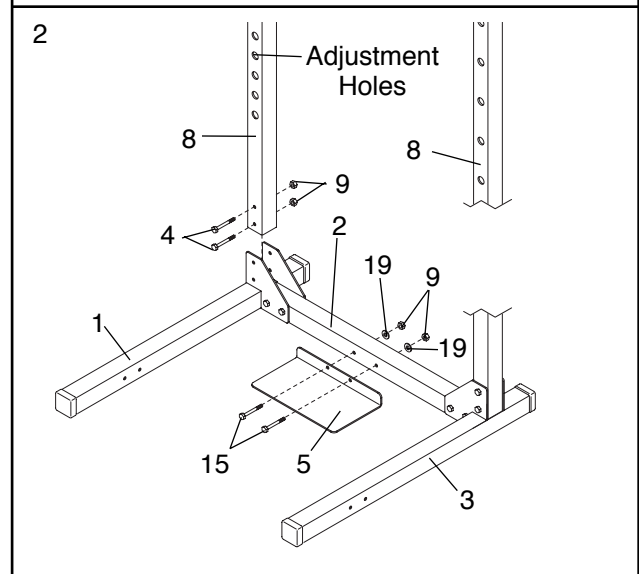
1. Press 60mm Square Inner Caps (14) onto the ends of the Right and Left Bases (1, 3).

Attach the Right and Left Bases (1, 3) to the Center Base (2) using four M10 x 80mm Bolts (4) and four M10 Nylon Locknuts (9). **Do not tighten the Nylon Locknuts yet.**



2. Identify the two Rear Uprights (8), which are slightly shorter than the Front Uprights (not shown).

Attach the Rear Uprights (8) to the Left and Right Bases (1, 3) using M10 x 80mm Bolts (4) and four M10 Nylon Locknuts (9). **Do not tighten the Nylon Locknuts yet. Make sure the Uprights are oriented exactly as shown, with the adjustment holes on the indicated side near the bottom.**

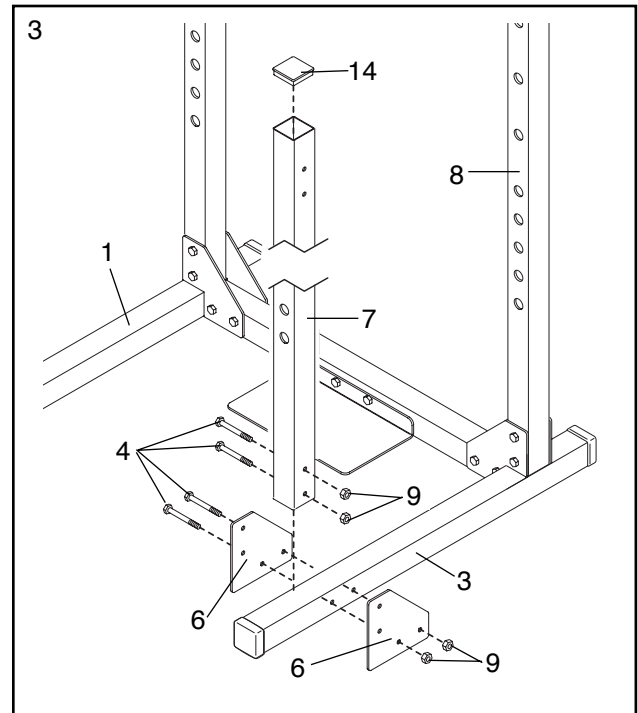


Attach the Foot Plate (5) to the Center Base (2) using two M10 x 75mm Bolts (15), two M10 Washers (19), and two M10 Nylon Locknuts (9). **Do not tighten the Nylon Locknuts yet.**

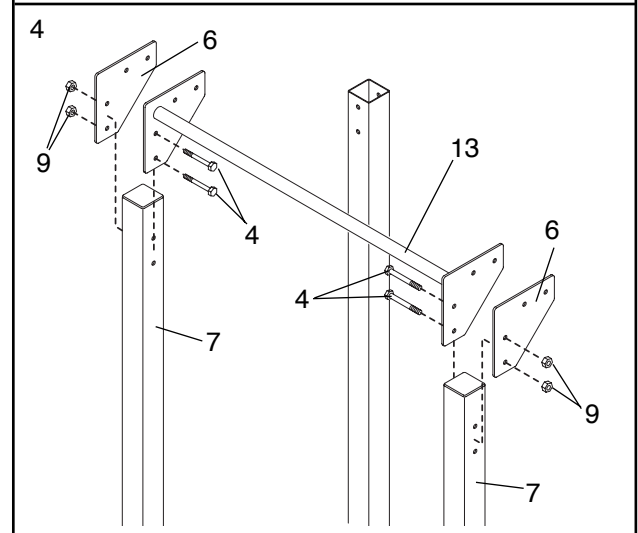
- Attach one of the Front Uprights (7) and two Joint Plates (6) to the Left Base (3) using four M10 x 80mm Bolts (4) and four M10 Nylon Locknuts (9). **Make sure the Front Upright is oriented so that the holes on the bottom of the Front Upright and the holes in the Joint Plates line up. If they do not line up, turn the Front Upright upside-down. Do not tighten the Nylon Locknuts yet. Make sure the Front Upright is turned so the adjustment holes are facing the Rear Upright (8).**

Attach the other Front Upright (7, not shown) and two Joint Plates (6, not shown) to the Right Base (1) in the same manner.

Tap a 60mm Square Inner Cap (14) into each of the Front Uprights (7).



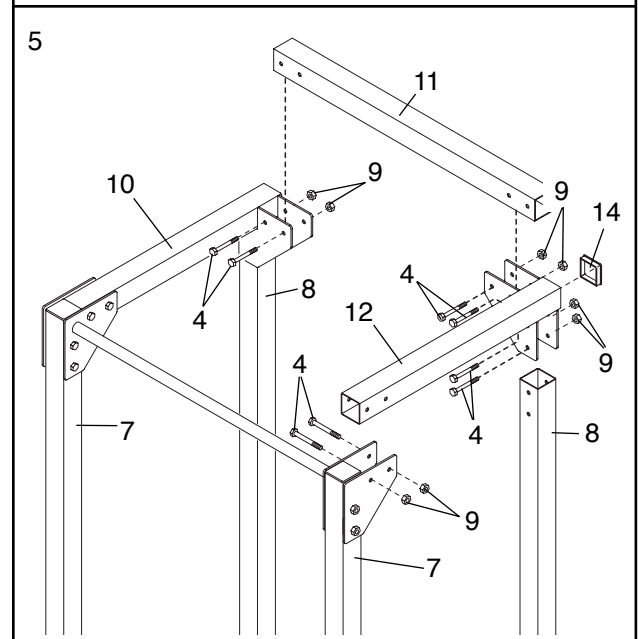
- Attach the Chin-up Bar (13) and two Joint Plates (6) to the Front Uprights (7) using four M10 x 80mm Bolts (4) and four M10 Nylon Locknuts (9). **Do not tighten the Nylon Locknuts yet.**



- Press a 60mm Square Inner Cap (14) into the Left Frame (12). Attach the Left Frame to the left Uprights (7, 8) using four M10 x 80mm Bolts (4) and four M10 Nylon Locknuts (9). **Do not tighten the Nylon Locknuts yet.**

Assemble the Right Frame (10) to the right Uprights (7, 8) in the same manner.

Attach the Center Frame (11) to the Left Frame (12) and the Right Frame (10) using four M10 x 80mm Bolts (4) and four M10 Nylon Locknuts (9).

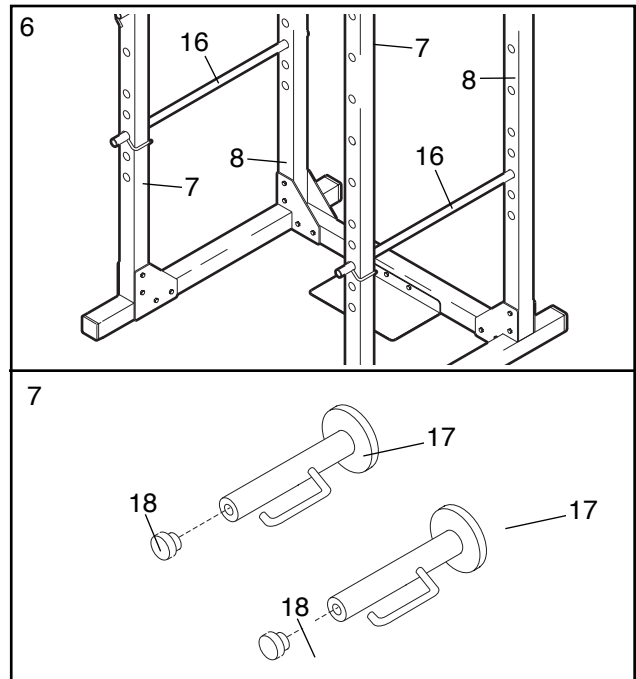


6. Insert the Weight Rests (16) into a set of holes in the Uprights (7, 8).

Tighten all nylon locknuts used in steps 1–5.

7. Insert the 25mm Round Inner Caps (18) into the ends of the Small Weight Rests (17).

8. **Make sure all parts are properly tightened before you use the weight rack. The use of all remaining parts will be explained in Adjusting the Weight Bench.**



Adjusting the Weight Bench

This section explains how to adjust the weight rack. See the EXERCISE GUIDELINES on page 8 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 rack. Replace any worn parts immediately. The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

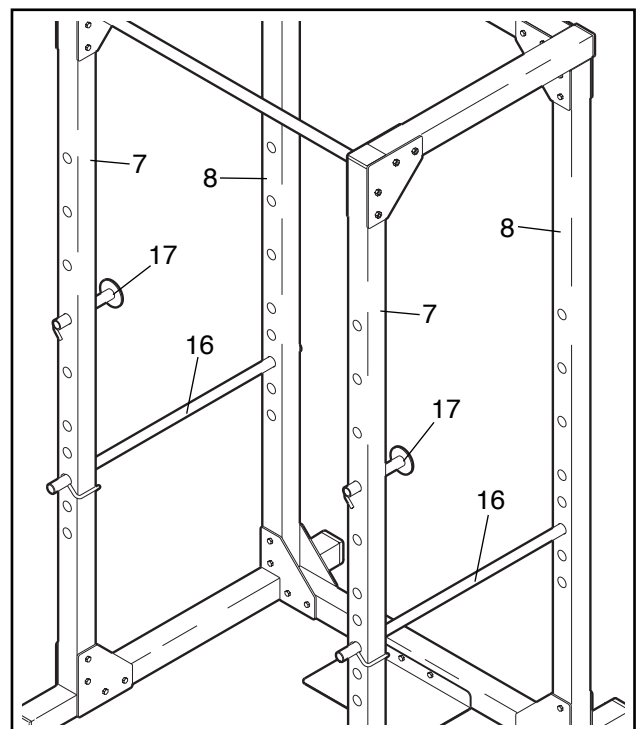
USING THE WEIGHT RESTS

Before beginning an exercise, insert the Weight Rests (16) or the Small Weight Rests (17) into the set of holes in the Uprights (7, 8) that is best suited for that exercise. The selected holes should represent the lowest point to which you want your barbell to go during the exercise. Perform the exercise as shown in the accompanying EXERCISE GUIDE. **Note: Make sure the locking clips on the Weight Rests snap into place around the Uprights.**

⚠ WARNING: Always set both Weight Rests (16) at the same height.

SETTING UP THE BENCH FOR SQUAT EXERCISES

When performing squat exercises, place the Small Weight Rests (17) into one set of adjustment holes in the two Rear Uprights (8).



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 balanced fitness program. Cross training is an 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, 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 on page 9 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.

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

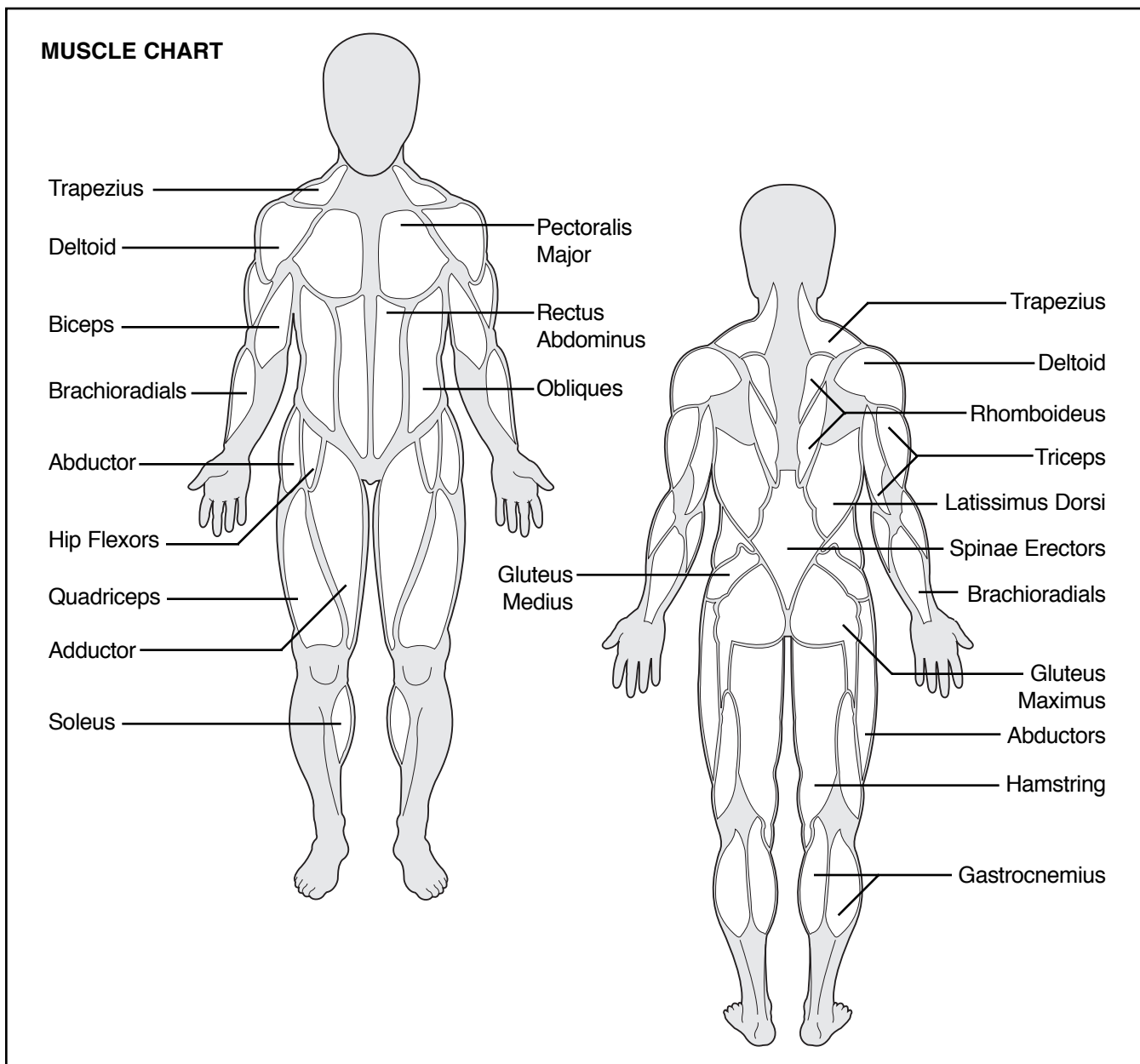
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into

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.

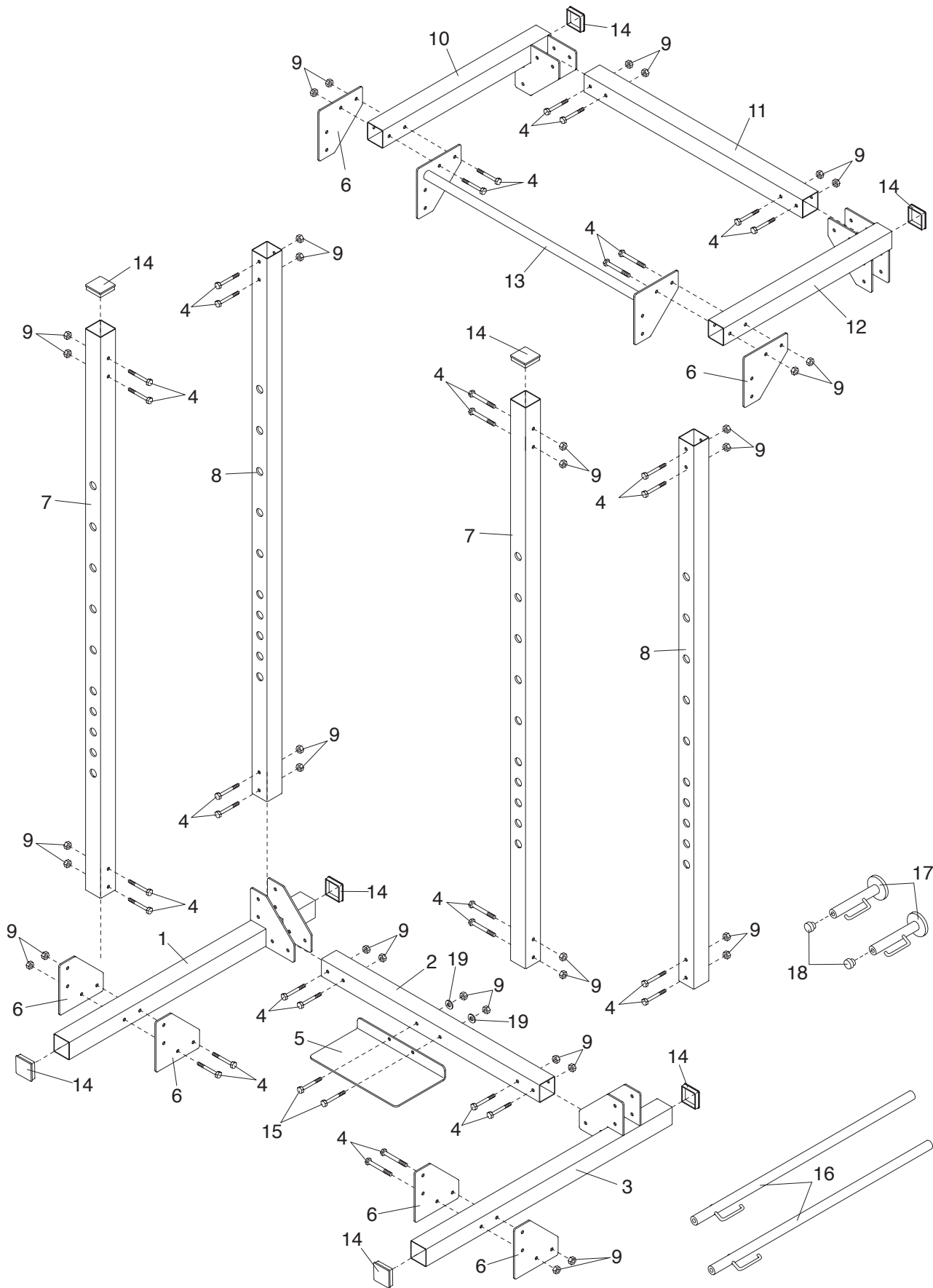


Part List—Model No. WEBE14100

R1000A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	12	1	Left Frame
2	1	Center Base	13	1	Chin-up Bar
3	1	Left Base	14	8	60mm Square Inner Cap
4	32	M10 x 80mm Bolt	15	2	M10 x 75mm Bolt
5	1	Foot Plate	16	2	Weight Rest
6	6	Joint Plate	17	2	Small Weight Rest
7	2	Front Upright	18	2	25mm Round Inner Cap
8	2	Rear Upright	19	2	M10 Washer
9	34	M10 Nylon Locknut	#	1	User's Manual
10	1	Right Frame	#	1	Exercise Chart
11	1	Center Frame			

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.



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 (WEBE14100)
2. The NAME of the product (WEIDER® PRO 400 weight rack)
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 and the EXPLODED DRAWING at the center 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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