

WEIDER[®] PRO

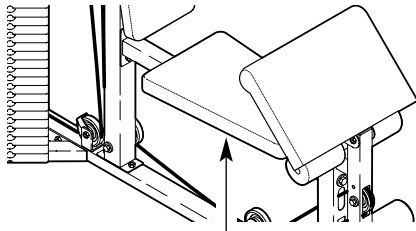
3770

USER'S MANUAL

Model No. WESY37531

Serial No. _____

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



Serial Number Decal (Under Seat)

QUESTIONS?

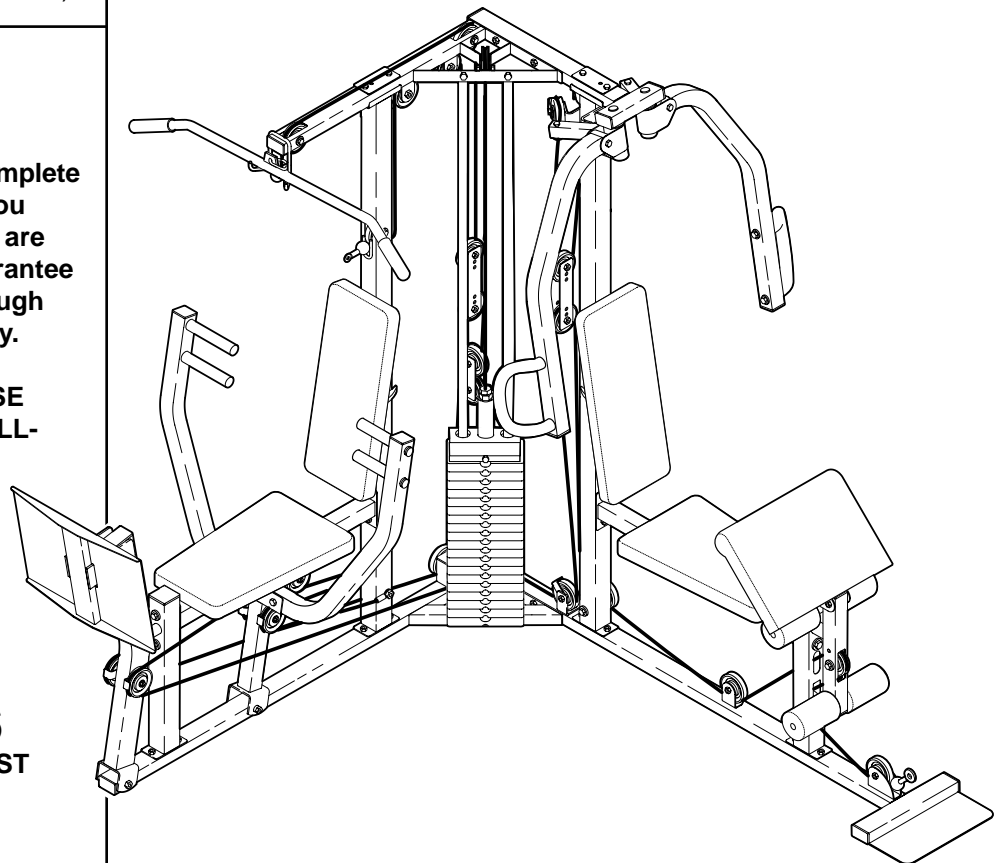
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The 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



⚠ CAUTION

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



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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and in the accompanying literature before using the weight system. Use the weight system only as described in the literature.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection.
9. Never release the press arm, butterfly arms, leg lever, leg press, lat bar, ab strap, or nylon strap while weights are raised. The weights will fall with great force.
10. The weight system is designed to support a maximum user weight of 300 pounds.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
12. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
14. The decal shown here has been placed on the weight system in the location shown on page 4. 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 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.

⚠️ 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.

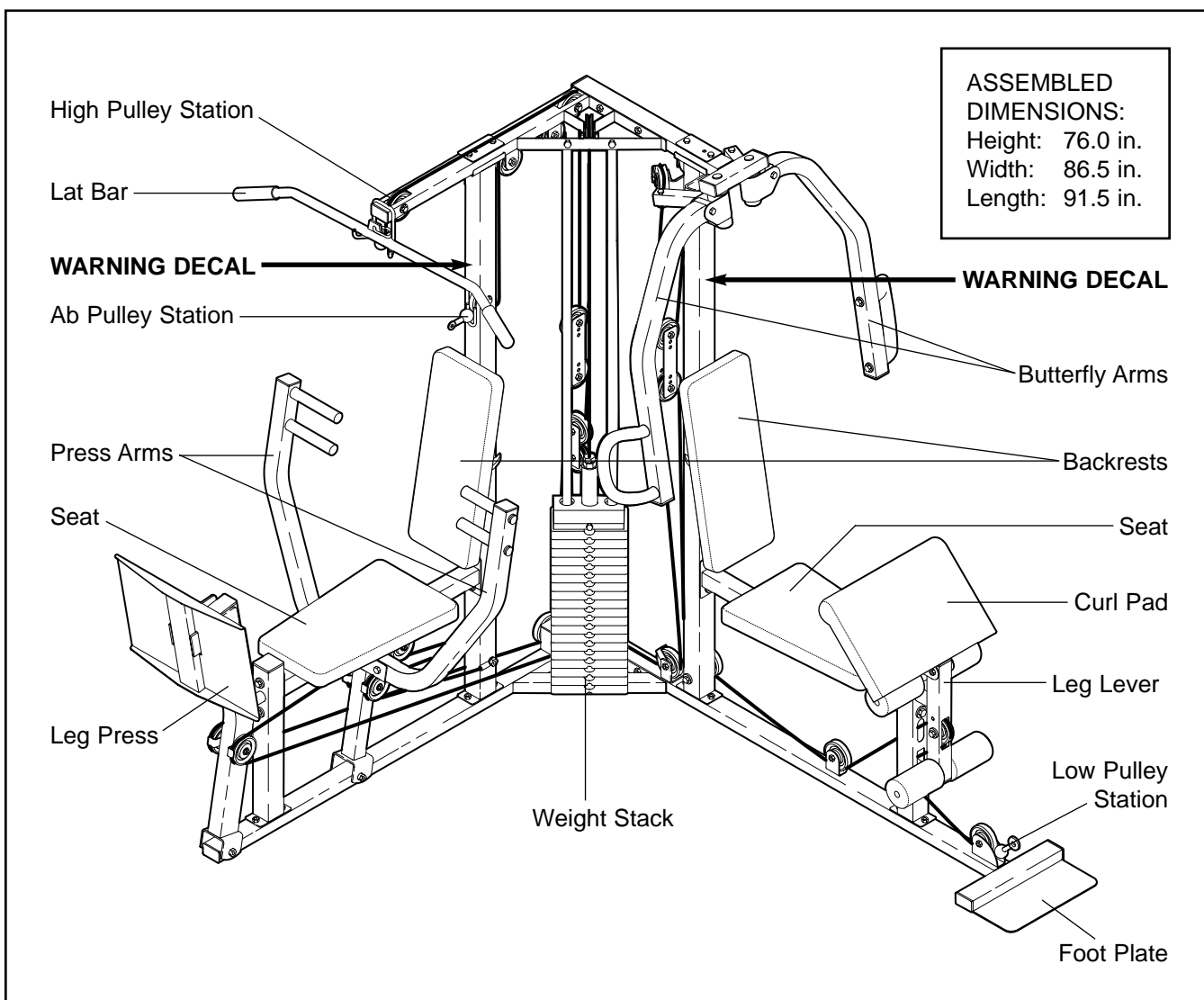
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 3770 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight 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 WESY37531. The serial number can be found on a decal attached to the weight 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.



ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require about six hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.


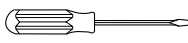
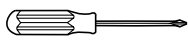

Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **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.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, 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.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg levers.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats and the backrest.

FRAME ASSEMBLY

1. Before you begin this step, make sure that you have read all of the information on page 5. This brief introduction will save you much more time than it takes to read it.

Locate and open the parts bags labeled "FRAME ASSEMBLY."

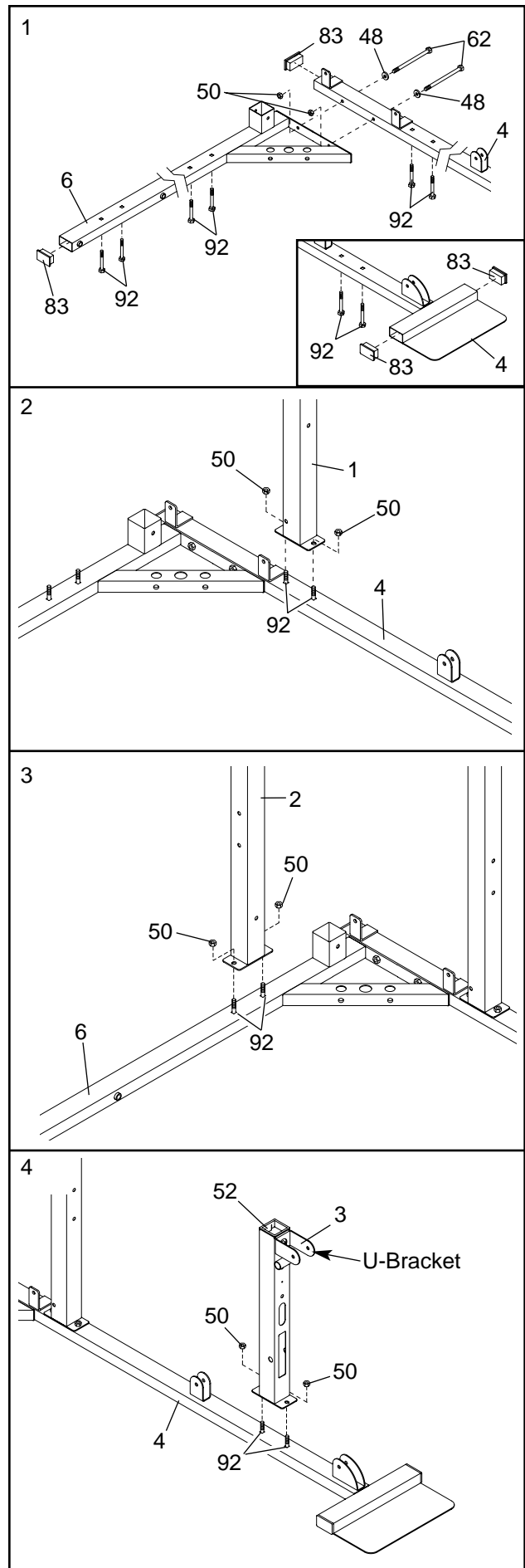
See the inset drawing. Insert two 1 1/2" x 2 1/2" Inner Caps (83) and two 3/8" x 2" Carriage Bolts (92) into the Butterfly Base (4).

Insert two 1 1/2" x 2 1/2" Inner Caps (83) into the indicated ends of the Butterfly Base (4) and the Press Base (6). Insert six 3/8" x 2" Carriage Bolts (92) into the Butterfly Base and the Press Base.

Attach the Butterfly Base (4) to the Press Base (6) with two 3/8" x 3 1/4" Bolts (62), two 3/8" Flat Washers (48), and two 3/8" Nylon Locknuts (50).

2. Attach the Butterfly Upright (1) to the indicated 3/8" x 2" Carriage Bolts (92) on the Butterfly Base (4) with two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**
3. Attach the Press Upright (2) to the indicated 3/8" x 2" Carriage Bolts (92) on the Press Base (6) with two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**
4. Make sure the Plastic Bushing (52) is in the top of the Butterfly Front Leg (3).

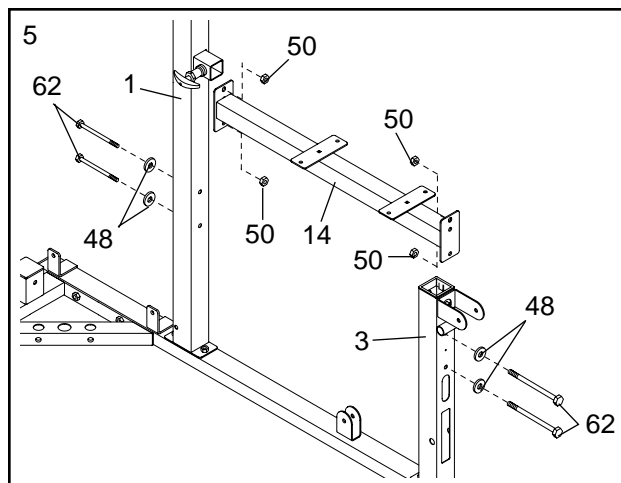
Attach the Butterfly Front Leg (3) to the indicated 3/8" x 2" Carriage Bolts (92) on the Butterfly Base (4) with two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet. Make sure that the Butterfly Front Leg is turned so that the U-Bracket is on the side shown.**



- Attach the Butterfly Seat Frame (14) to the Butterfly Upright (1) with two 3/8" x 3 1/4" Bolts (62), two 3/8" Flat Washers (48), and two 3/8" Nylon Locknuts (50).

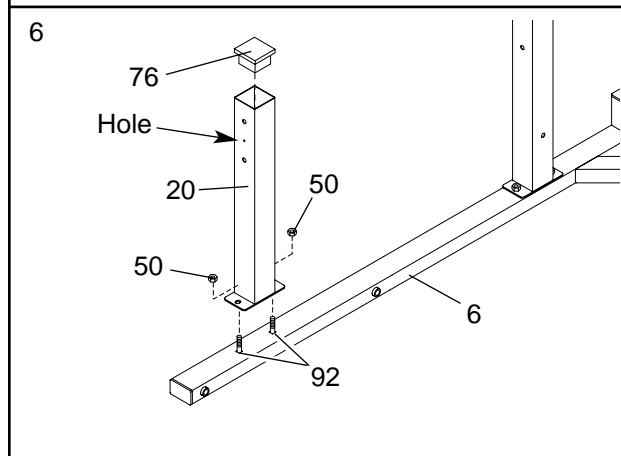
Attach the Butterfly Seat Frame (14) to the Butterfly Front Leg (3) with two 3/8" x 3 1/4" Bolts (62), two 3/8" Flat Washers (48) and two 3/8" Nylon Locknuts (50).

Do not tighten the Nylon Locknuts (50) yet.



- Press a 2 1/2" Square Inner Cap (76) into the Press Front Leg (20).

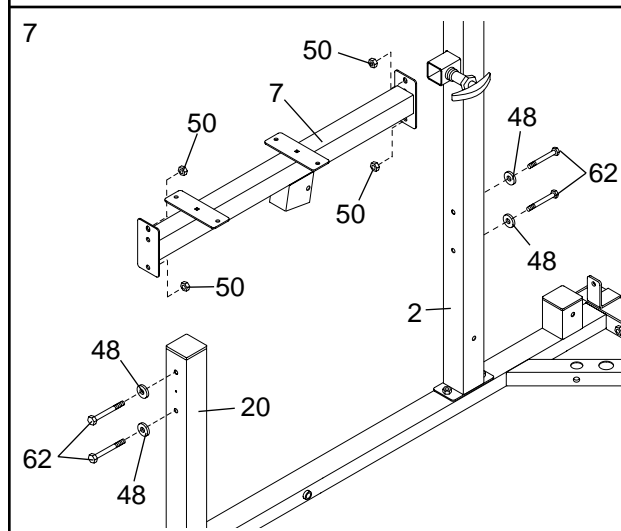
Attach the Press Front Leg (20) to the indicated 3/8" x 2" Carriage Bolts (92) on the Press Base (6) with two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet. Make sure that the Press Front Leg is turned so that the indicated hole is on the side shown.**



- Attach the Press Seat Frame (7) to the Press Upright (2) with two 3/8" x 3 1/4" Bolts (62), two 3/8" Flat Washers (48), and two 3/8" Nylon Locknuts (50).

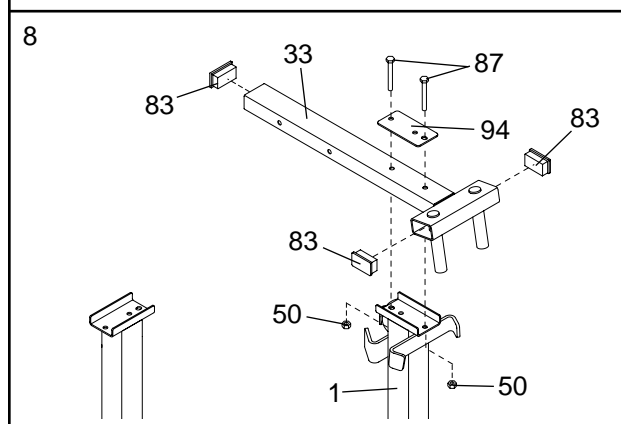
Attach the Press Seat Frame (7) to the Press Front Leg (20) with two 3/8" x 3 1/4" Bolts (62), two 3/8" Flat Washers (48), and two 3/8" Nylon Locknuts (50).

Do not tighten the Nylon Locknuts (50) yet.



- Insert three 1 1/2" x 2 1/2" Inner Caps (83) into the ends of the Butterfly Top Frame (33).

Attach the Butterfly Top Frame (33) to the Butterfly Upright (1) with two 3/8" x 2 1/2" Bolts (87), a Support Plate (94), and two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**



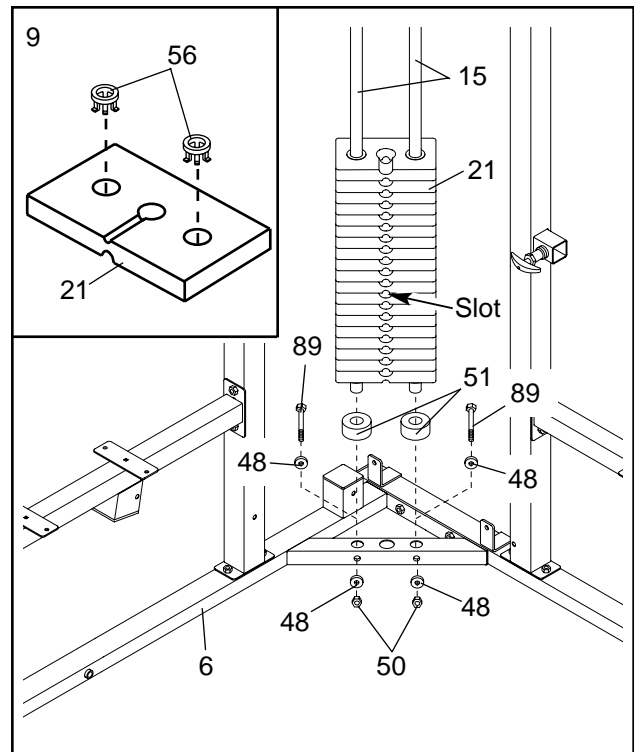
9. **See the inset drawing.** Insert two Weight Inserts (56) into each Weight (21).

Set the two Weight Bumpers (51) over the holes in the corner bar of the Press Base (6).

Slide the Weight Guides (15) through the Weight Bumpers (51) and the holes in the Press Base (6). Secure the Weight Guides to the Press Base with two 3/8" x 2 3/4" Bolts (89), four 3/8" Flat Washers (48), and two 3/8" Nylon Locknuts (50).

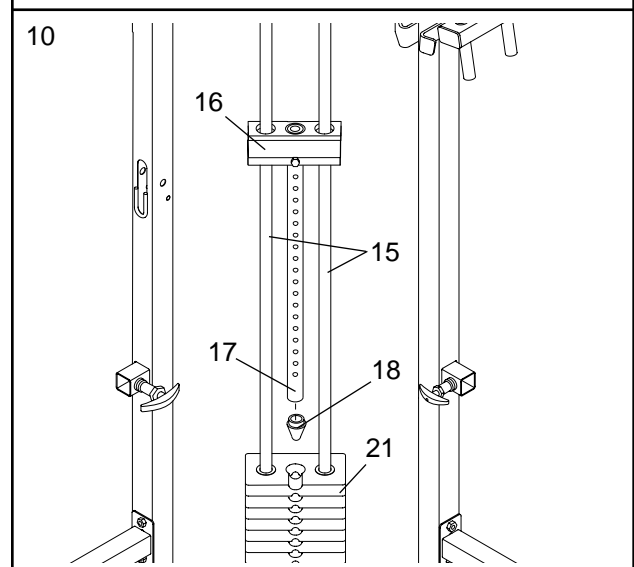
Slide the Weights (21) onto the Weight Guides (15), stacking them on top of the Weight Bumpers (51).

Note: Be sure the Weights are oriented so that the slots in the Weights are toward the front, as shown.



10. Press the Weight Tube Bumper (18) into the Weight Tube (17).

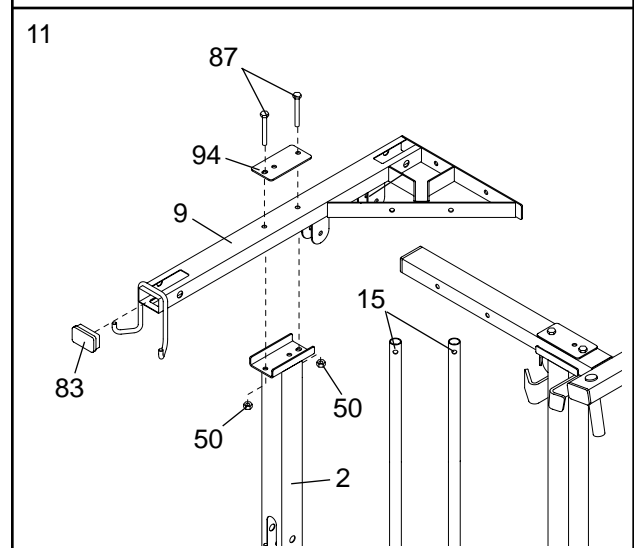
Slide the Top Weight (16) onto the Weight Guides (15), so that the Weight Tube (17) goes into the center hole in the Weights (21).



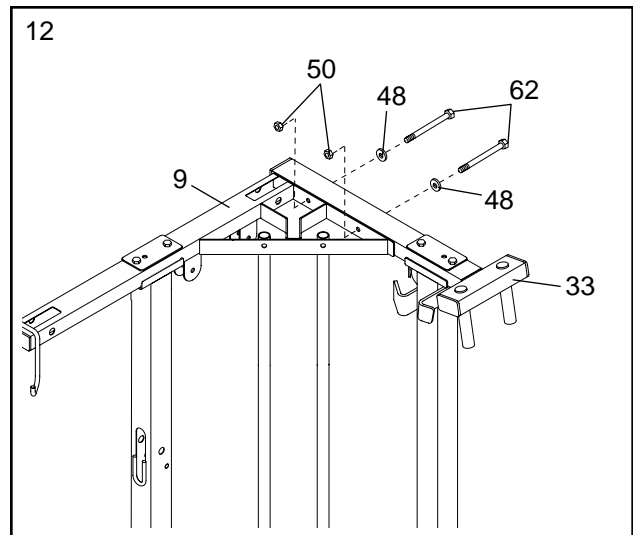
11. Press a 1 1/2" x 2 1/2" Inner Cap (83) into the end of the Press Top Frame (9).

Attach the Press Top Frame (9) and a Support Plate (94) to the Press Upright (2) with two 3/8" x 2 1/2" Bolts (87) and two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**

Note: Be sure that the Weight Guides (15) are properly positioned in relation to the Press Top Frame (9), as shown in drawing 12 on the next page.

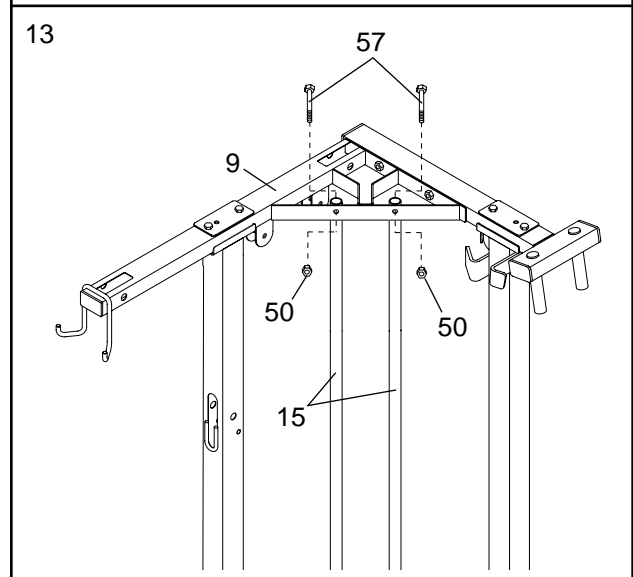


12. Secure the Press Top Frame (9) to the Butterfly Top Frame (33) with two 3/8" x 3 1/4" Bolts (62), two 3/8" Flat Washers (48), and two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**



13. Secure the Weight Guides (15) to the Press Top Frame (9) with two 3/8" x 1 3/4" Bolts (57) and two 3/8" Nylon Locknuts (50).

Tighten the Nylon Locknuts (50) used in steps 2–13.

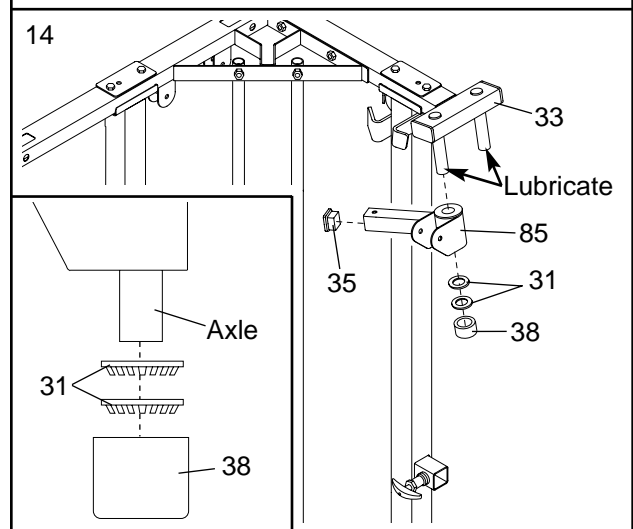


ARM ASSEMBLY

14. Locate and open the parts bag labeled "ARM ASSEMBLY."

Press a 1 1/2" Square Inner Cap (35) into the Right Pivot Arm (85).

Lubricate the axles on the Butterfly Top Frame (33). Secure the Right Pivot Arm (85) to the right axle with two Retainer Rings (31) and a 1" Round Outer Cap (38). **Do not confuse the Right Pivot Arm with the Left Pivot Arm (not shown). The Retainer Rings may break if disassembled.**



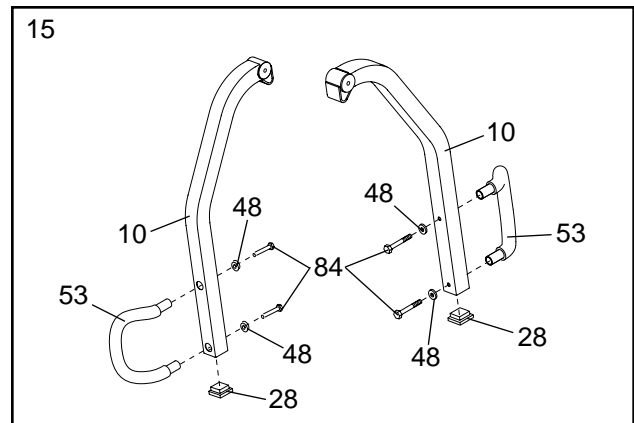
Note: Be sure the Retainer Rings (31) and 1" Round Outer Cap (38) are oriented as shown in the inset drawing.

Repeat this step with the Left Pivot Arm (not shown) and left axle.

15. Insert a 2" Square Inner Cap (28) into the end of the Butterfly Arm (10).

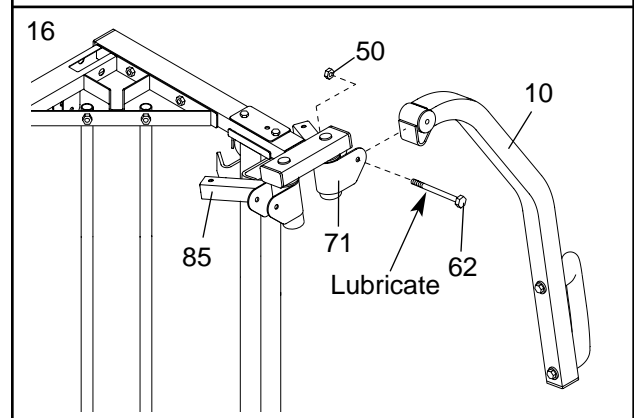
Attach a Butterfly Handle (53) to the Butterfly Arm (10) with two 3/8" x 1" Bolts (84) and two 3/8" Flat Washers (48).

Repeat this step with the other Butterfly Arm (10).

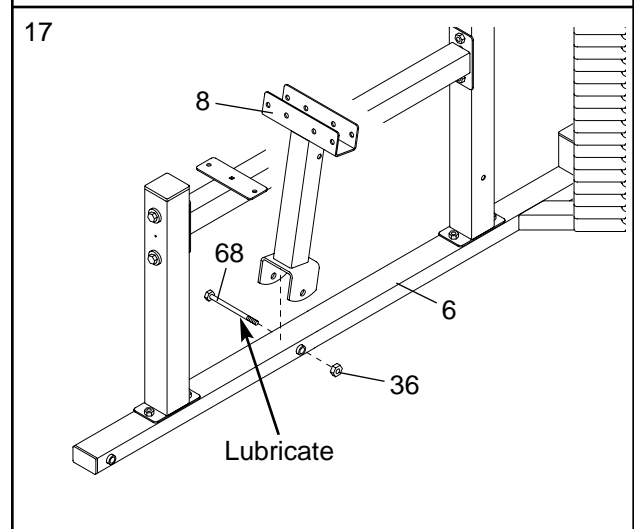


16. Lubricate a 3/8" x 3 1/4" Bolt (62). Attach the left Butterfly Arm (10) to the Left Pivot Arm (71) with the Bolt and a 3/8" Nylon Locknut (50).

Repeat this step with the right Butterfly Arm (not shown) and the Right Pivot Arm (85).



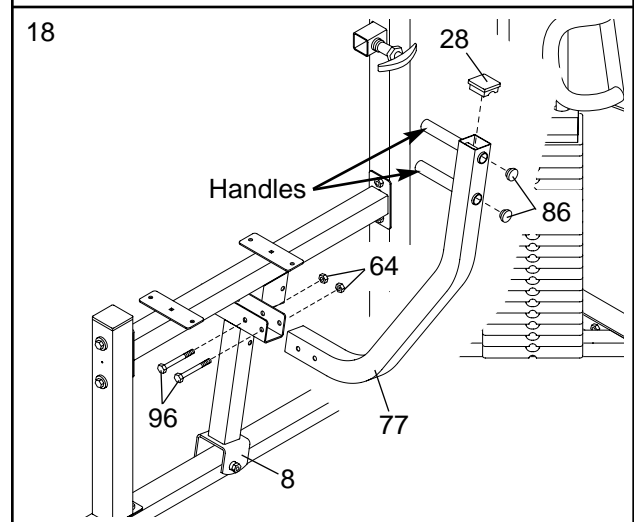
17. Lubricate a 1/2" x 4" Bolt (68). Attach the Press Frame (8) to the Press Base (6) with the Bolt and a 1/2" Nylon Jamnut (36). **Note: Do not over tighten the 1/2" Nylon Jamnut (36); the Press Frame (8) must be able to pivot easily.**



18. Insert a 2" Square Inner Cap (28) into the top of a Press Arm (77). Press two 1" Round Inner Caps (86) into the outside ends of the handles.

Attach the Press Arm (77) to the Press Frame (8) with two 5/16" x 2 3/4" Bolts (96) and two 5/16" Nylon Locknuts (64).

Repeat this step with the other Press Arm (77).



19. Attach a Bumper (40) to the Press Front Leg (20) with a 1" Tap Screw (80).

Press a 2" x 3" Inner Cap (78) into the top of the Press Leg Lever (90).

Lubricate a 1/2" x 4" Bolt (68). Attach the Press Leg Lever (90) to the Press Base (6) with the Bolt and a 1/2" Nylon Jamnut (36). **Note: Do not over tighten the Nylon Jamnut; the Press Leg Lever must be able to pivot easily.**

20. Insert two 2" Square Inner Caps (28) into the Leg Lever (41).

Attach a Bumper (40) to the Butterfly Front Leg (3) with a 1" Tap Screw (80).

Lubricate a 3/8" x 3" Bolt (88). Attach the Leg Lever (41), with the small slot on the side shown, to the Butterfly Front Leg (3) with the Bolt and a 3/8" Nylon Jamnut (63). **Note: Do not over tighten the Nylon Jamnut; the Leg Lever must pivot easily.**

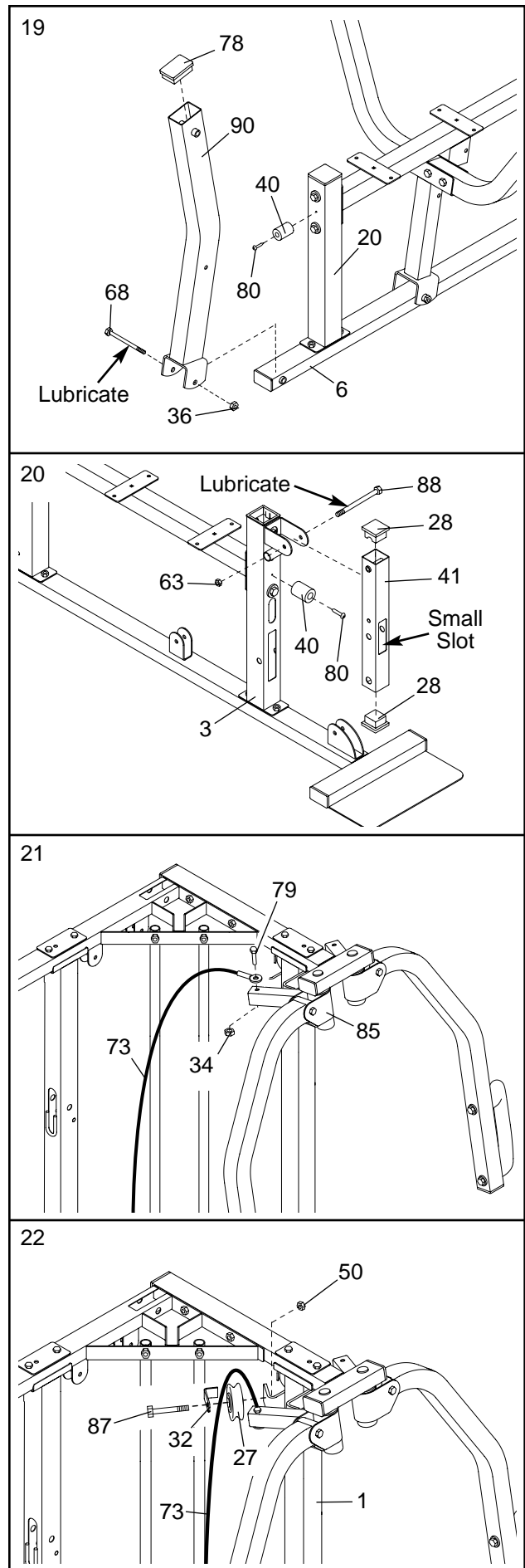
CABLE ASSEMBLY

21. **IMPORTANT: While assembling the cables, do not over tighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely. Refer to the Cable ID Chart on page 26 for help identifying the cables.**

Locate and open the parts bags labeled "CABLE ASSEMBLY" and "PULLEYS."

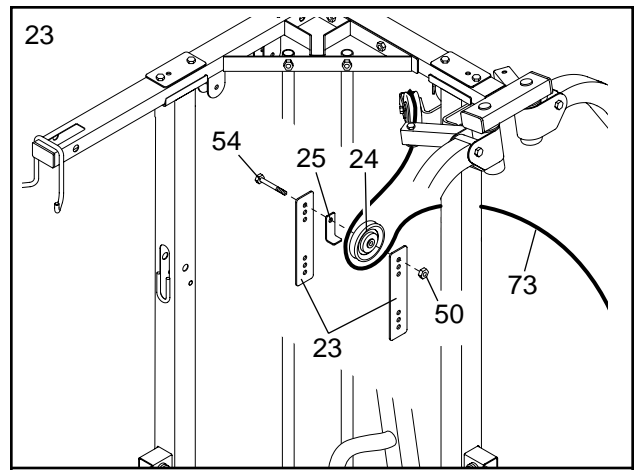
Locate the Butterfly Cable (73), which is the shorter cable of the two that have eyelets on both ends. Attach the Butterfly Cable (73) to the Right Pivot Arm (85) with a 5/16" x 2 1/4" Shoulder Bolt (79) and a 5/16" Nylon Jamnut (34).

22. Wrap the Butterfly Cable (73) over a "V"-Pulley (27). Attach the "V"-Pulley and a Large Cable Trap (32) to the bracket on the Butterfly Upright (1) with a 3/8" x 2 1/2" Bolt (87) and a 3/8" Nylon Locknut (50).

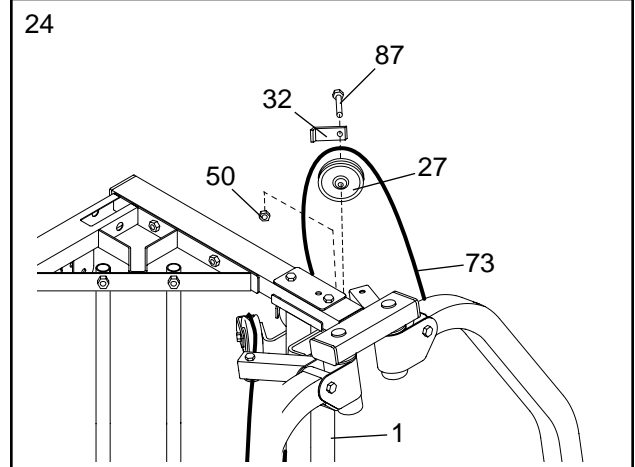


23. Remove the preassembled 3/8" x 2" Bolts (54) from one set of Adjustable Pulley Plates (23).

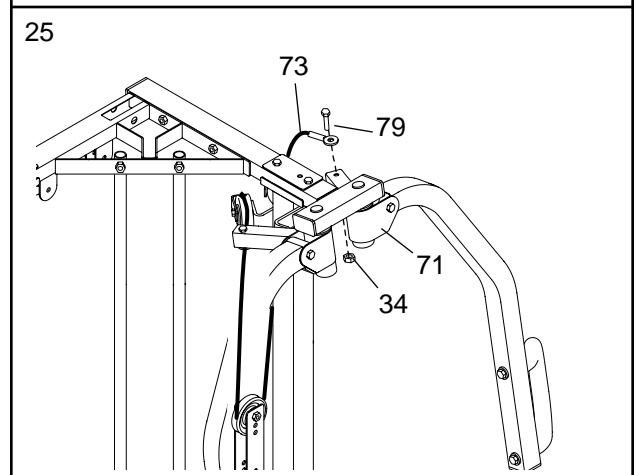
Wrap the Butterfly Cable (73) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) between the top holes of the Adjustable Pulley Plates (23) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Be sure that the Cable Trap is turned to hold the Cable in place.**



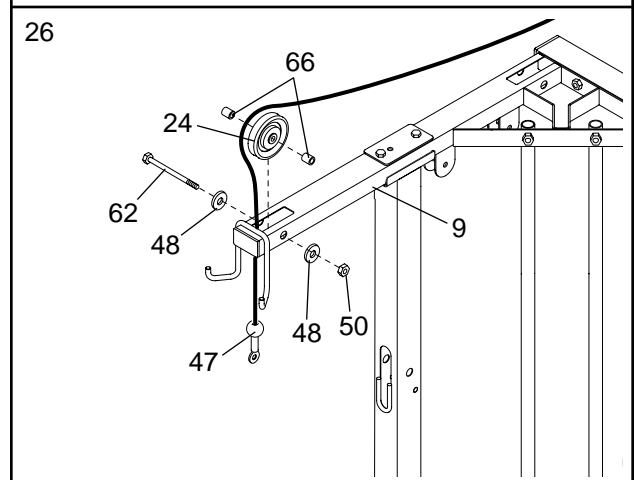
24. Wrap the Butterfly Cable (73) around a "V"-Pulley (27). Attach the "V"-Pulley and a Large Cable Trap (32) to the bracket on the Butterfly Upright (1) with a 3/8" x 2 1/2" Bolt (87) and a 3/8" Nylon Locknut (50). **Be sure that the Cable Trap is turned to hold the Cable in place.**



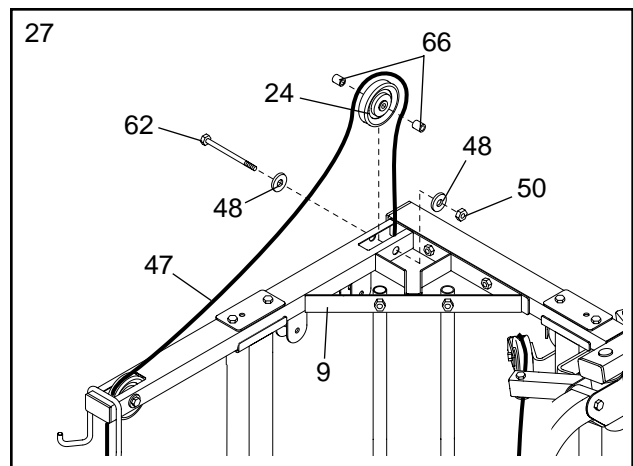
25. Attach the Butterfly Cable (73) to the Left Pivot Arm (71) with a 5/16" x 2 1/4" Shoulder Bolt (79) and a 5/16" Nylon Jamnut (34).



26. **Locate the Ab Cable (47).** Insert the Ab Cable up through the Press Top Frame (9) and wrap it around a 3 1/2" Pulley (24). Attach a 3/8" Flat Washer (48) and a 5/8" x 3/4" Bushing (66) to a 3/8" x 3 1/4" Bolt (62). Slide the Bolt through the Press Top Frame and the 3 1/2" Pulley. Secure another 5/8" x 3/4" Bushing and 3/8" Flat Washer to the Bolt with a 3/8" Nylon Locknut (50).

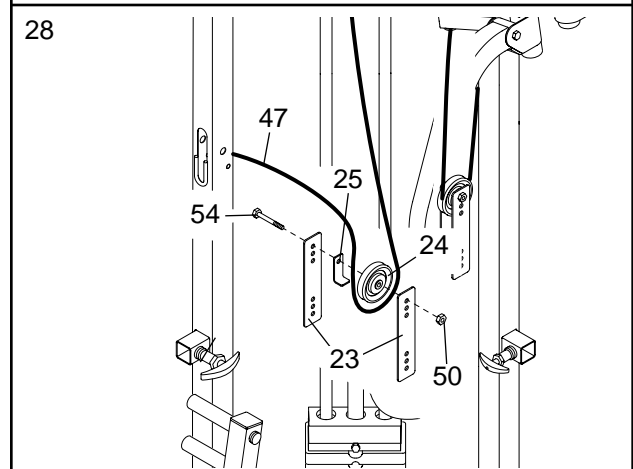


27. Wrap the Ab Cable (47) around a 3 1/2" Pulley (24). Insert the Ab Cable down through the Press Top Frame (9). Attach a 3/8" Flat Washer (48) and a 5/8" x 3/4" Bushing (66) to a 3/8" x 3 1/4" Bolt (62). Slide the Bolt through the Press Top Frame and the 3 1/2" Pulley. Secure another 5/8" x 3/4" Bushing and 3/8" Flat Washer to the Bolt with a 3/8" Nylon Locknut (50).



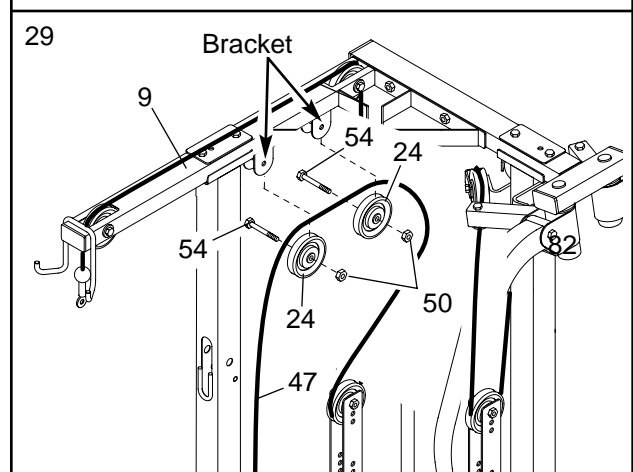
28. Remove the preassembled 3/8" x 2" Bolts (54) from the other Adjustable Pulley Plates (23).

Wrap the Ab Cable (47) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) between the top holes in the Adjustable Pulley Plates (23) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Be sure that the Cable Trap is turned to hold the Cable in place.**

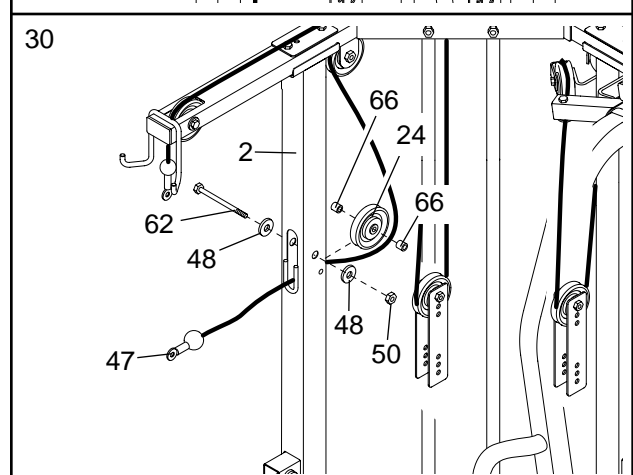


29. Wrap the Ab Cable (47) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley to the rear bracket on the Press Top Frame (9) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Be sure the Ab Cable is routed in the direction shown.**

Wrap the Ab Pulley (47) around another 3 1/2" Pulley (24). Attach the 3 1/2" Pulley to the forward bracket on the Press Top Frame (9) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50).

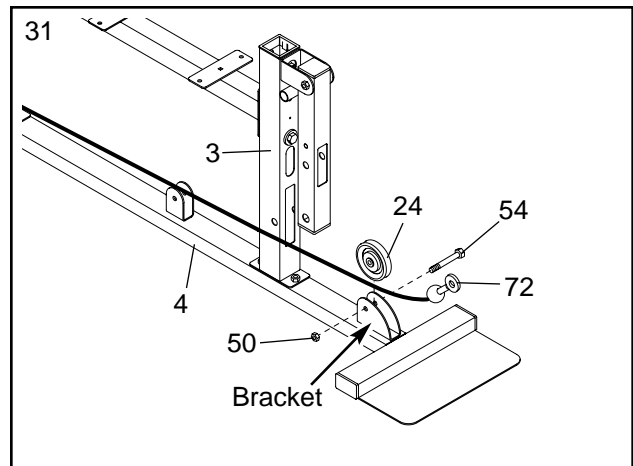


30. Wrap the Ab Cable (47) around a 3 1/2" Pulley (24) and slide the Ab Cable through the hole in the Press Upright (2). Attach a 3/8" Flat Washer (48) and a 5/8" x 3/4" Bushing (66) to a 3/8" x 3 1/4" Bolt (62). Slide the Bolt through the Press Upright and the 3 1/2" Pulley. Secure another 5/8" x 3/4" Bushing and 3/8" Flat Washer to the Bolt with a 3/8" Nylon Locknut (50).

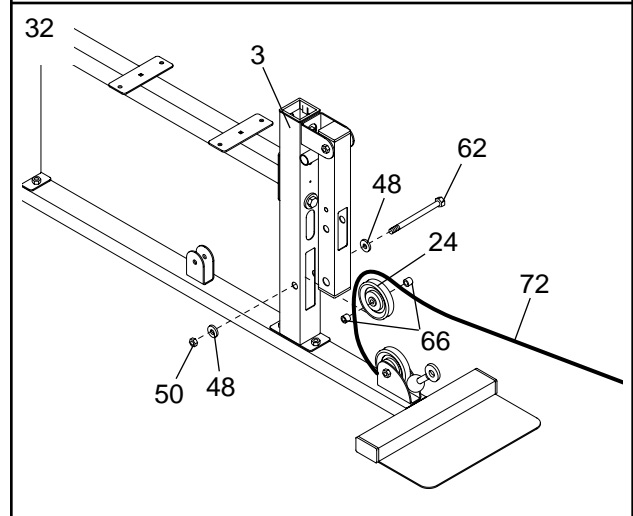


31. **Locate the Weight Cable (72). Note that one end of the Weight Cable has a bolt, and the other end has a ball on it.**

Lay the Weight Cable (72) inside the bracket on the Butterfly Base (4) in the manner shown. Attach a 3 1/2" Pulley (24) to the bracket with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Be sure the Weight Cable is in the groove of the 3 1/2" Pulley.**

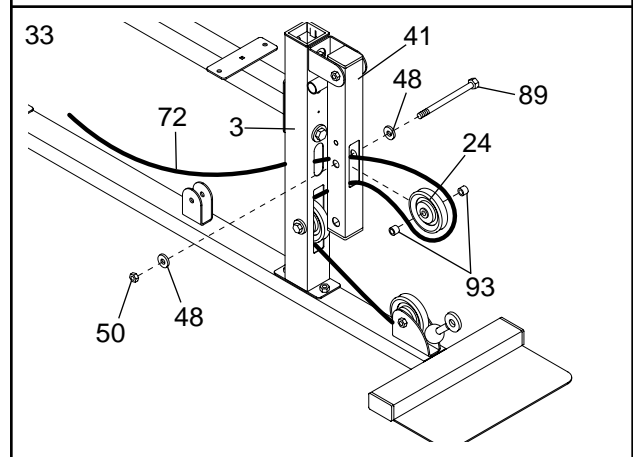


32. Wrap the Weight Cable (72) around a 3 1/2" Pulley (24). Attach a 3/8" Flat Washer (48) and a 5/8" x 3/4" Bushing (66) to a 3/8" x 3 1/4" Bolt (62). Slide the Bolt through the Butterfly Front Leg (3) and the 3 1/2" Pulley. Secure another 5/8" x 3/4" Bushing and 3/8" Flat Washer to the Bolt with a 3/8" Nylon Locknut (50).

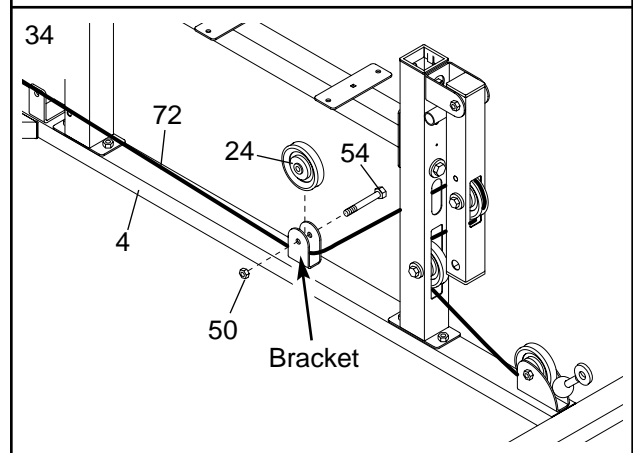


33. Insert the Weight Cable (72) through the hole in the Leg Lever (41), up around a 3 1/2" Pulley (24), back through the hole in the Leg Lever, and through the upper hole in the Butterfly Front Leg (3).

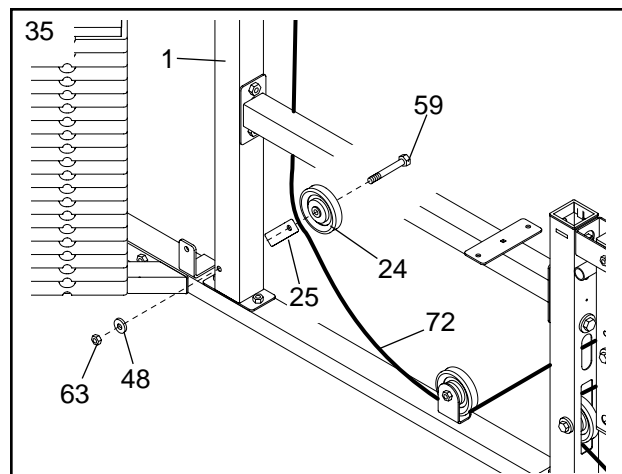
Attach the 3 1/2" Pulley (24) and two 5/8" x 1/2" Bushings (93) to the Leg Lever (41) with a 3/8" x 2 3/4" Bolt (89), two 3/8" Flat Washers (48), and a 3/8" Nylon Locknut (50).



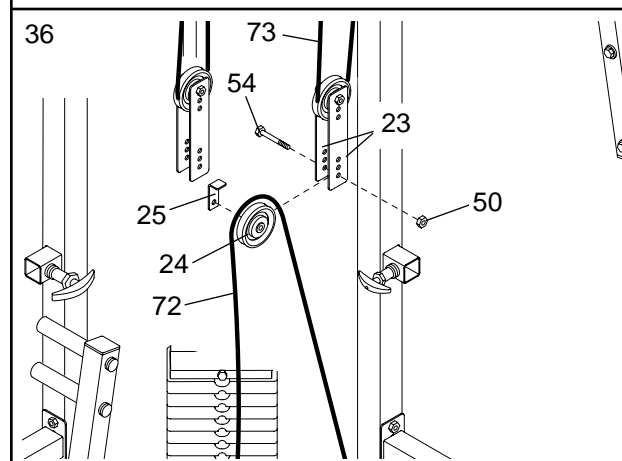
34. Lay the Weight Cable (72) under a 3 1/2" Pulley (24) as shown. Attach the 3 1/2" Pulley to the bracket on the Butterfly Base (4) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50).



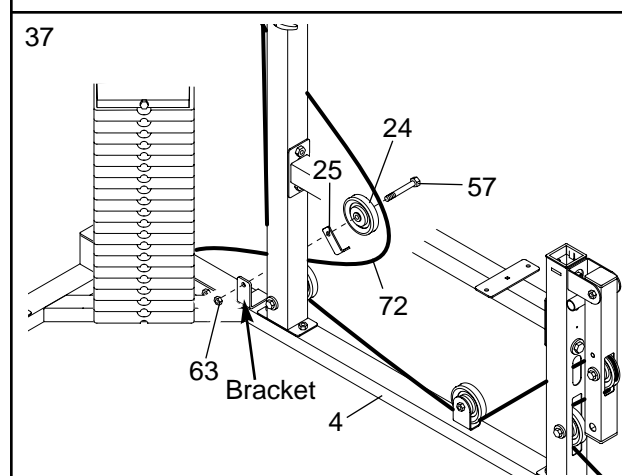
35. Wrap the Weight Cable (72) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) to the Butterfly Upright (1) with a 3/8" x 4" Bolt (59), a 3/8" Flat Washer (48), and a 3/8" Nylon Jamnut (63). **Be sure that the Cable Trap is turned to hold the Cable in place.**



36. Wrap the Weight Cable (72) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) between the lowest holes of the Adjustable Pulley Plates (23) hanging from the Butterfly Cable (73) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50) that was removed in step 23. **Be sure that the Cable Trap is turned to hold the Cable in place.**

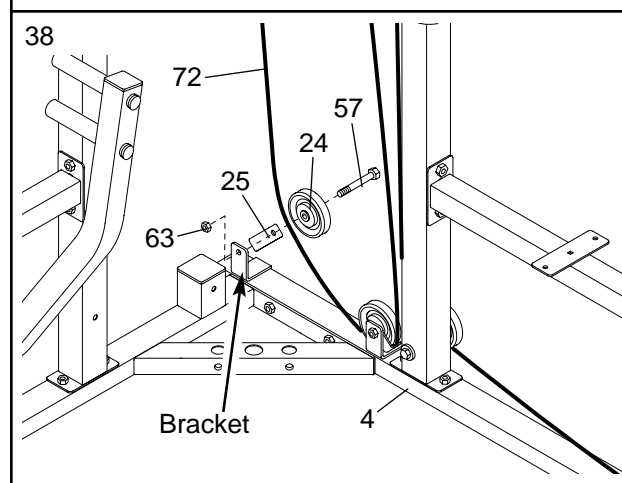


37. Wrap the Weight Cable (72) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) to the bracket on the Butterfly Base (4) with a 3/8" x 1 3/4" Bolt (57) and a 3/8" Nylon Jamnut (63). **Be sure that the Cable Trap is turned to hold the Cable in place.**

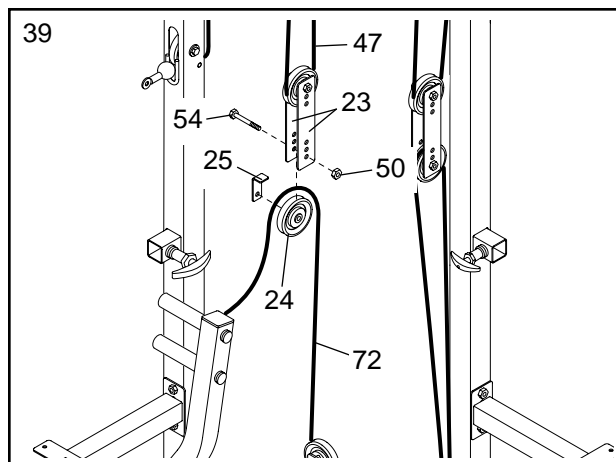


38. **Note: For convenience, the weights assembled in step 9 are not shown in the following drawings.**

Wrap the Weight Cable (72) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) to the bracket on the Butterfly Base (4) with a 3/8" x 1 3/4" Bolt (57) and a 3/8" Nylon Jamnut (63). **Be sure that the Cable Trap is turned to hold the Cable in place.**

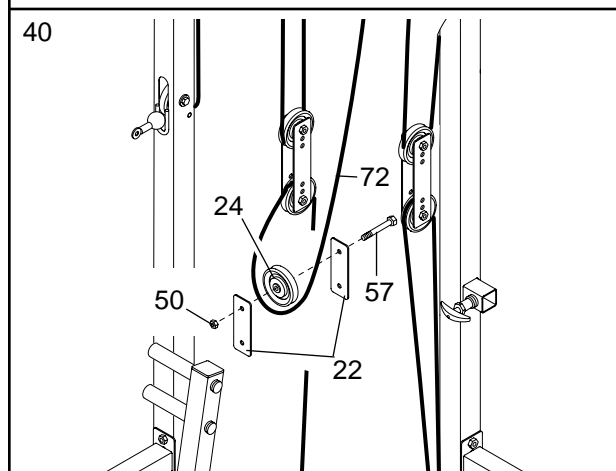


39. Wrap the Weight Cable (72) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) between the lowest holes in the Adjustable Pulley Plates (23) hanging from the Ab Cable (47) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50) that was removed in step 28. **Be sure that the Cable Trap is turned to hold the Cable in place.**

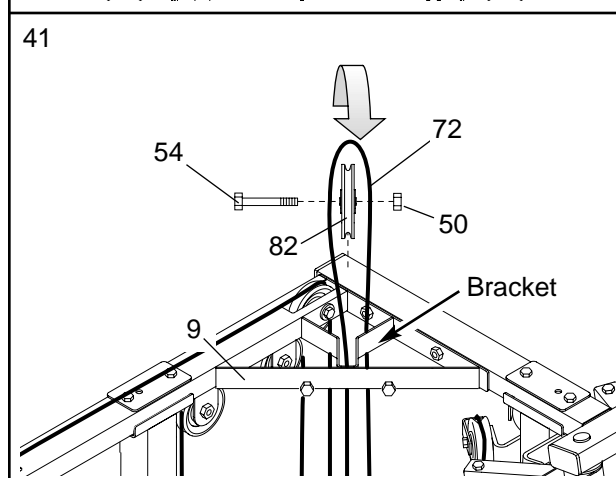


40. Remove the preassembled 3/8" x 1 3/4" Bolts (57) from the Small Pulley Plates (22).

Wrap the Weight Cable (72) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley between two Small Pulley Plates (22) with a 3/8" x 1 3/4" Bolt (57) and a 3/8" Nylon Locknut (50).



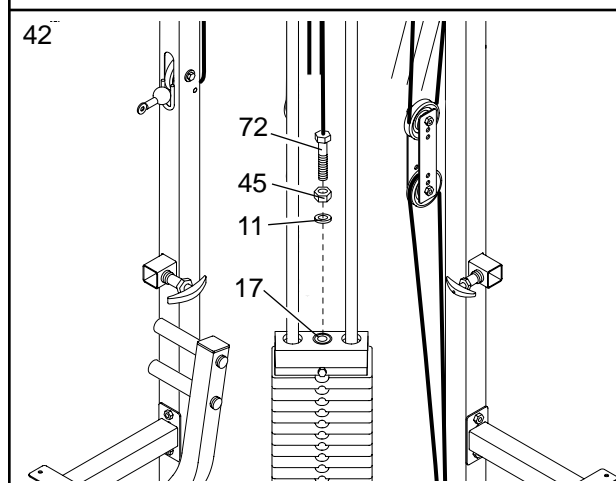
41. Wrap the Weight Cable (72) around a 4 1/2" Pulley (82). Attach the 4 1/2" Pulley to the bracket on the Press Top Frame (9) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50).



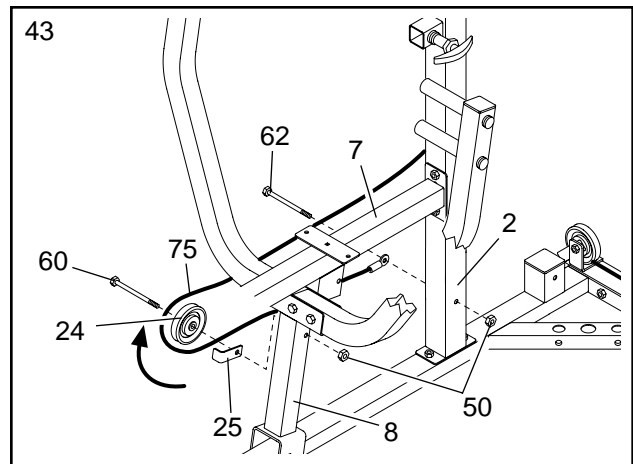
42. Place a 1/2" Flat Washer (11) on top of the Weight Tube (17).

Thread a 1/2" Plain Nut (45) halfway onto the bolt on the Weight Cable (72). Screw the bolt on the Weight Cable into the Weight Tube (17) a couple of turns.

Tighten the 1/2" Plain Nut (45) down onto the 1/2" Flat Washer (11).

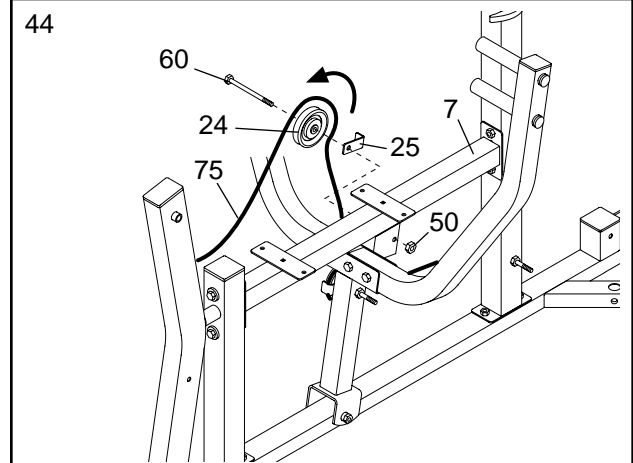


43. Locate the Leg Press Cable (75). Attach the Leg Press Cable to the indicated side of the Press Upright (2) with a 3/8" x 3 1/4" Bolt (62) and a 3/8" Nylon Locknut (50). **Do not tighten the Nylon Locknut yet.**

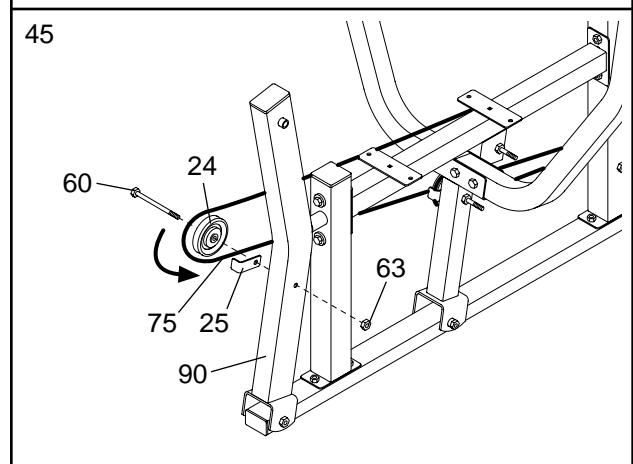


Wrap the Leg Press Cable (75) up around a 3 1/2" Pulley (24) in the direction shown. Attach the 3 1/2" Pulley and a Cable Trap (25) to the indicated side of the Press Frame (8) with a 3/8" x 4 3/4" Bolt (60) and a 3/8" Nylon Locknut (50). **Do not tighten the Nylon Locknut yet. Be sure that the Cable Trap is turned to hold the Cable in place.**

44. Wrap the Leg Press Cable (75) around a 3 1/2" Pulley (24) in the direction shown. Attach the 3 1/2" Pulley and a Cable Trap (25) to the indicated side of the Press Seat Frame (7) with a 3/8" x 4 3/4" Bolt (60) and a 3/8" Nylon Locknut (50). **Do not tighten the Nylon Locknut yet. Be sure that the Cable Trap is turned to hold the Cable in place.**

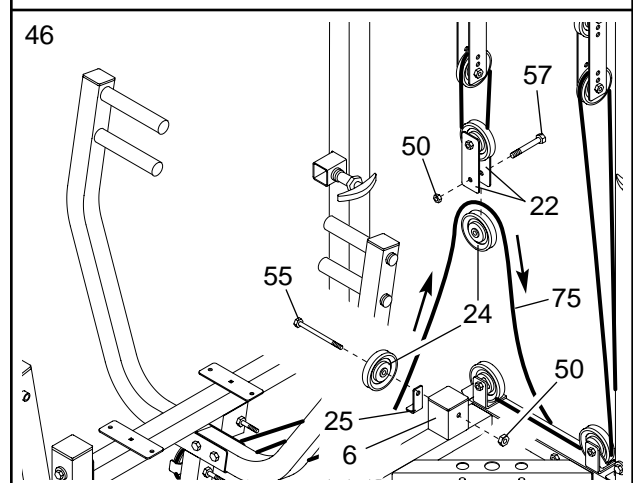


45. Wrap the Leg Press Cable (75) around a 3 1/2" Pulley (24) in the direction shown. Attach the 3 1/2" Pulley and a Cable Trap (25) to the indicated side of the Press Leg Lever (90) with a 3/8" x 4 3/4" Bolt (60) and a 3/8" Nylon Jamnut (63). **Do not tighten the Nylon Locknut yet. Be sure that the Cable Trap is turned to hold the Cable in place.**



46. Wrap the Leg Press Cable (75) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) to the indicated side of the Press Base (6) with a 3/8" x 5 1/2" Bolt (55) and a 3/8" Nylon Locknut (50). **Do not tighten the Nylon Locknut yet. Be sure that the Cable Trap is turned to hold the Cable in place.**

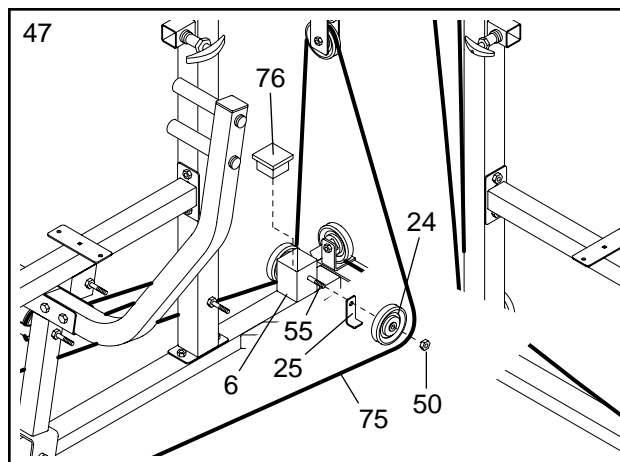
Wrap the Leg Press Cable (75) around another 3 1/2" Pulley (24). Attach the 3 1/2" Pulley between the Small Pulley Plates (22) with a 3/8" x 1 3/4" Bolt (57) and a 3/8" Nylon Locknut (50) that was removed in step 40. **Be sure the Leg Press Cable is routed so that it crosses from one side of the Press Base (6) to the other.**



47. Remove the 3/8" Nylon Locknut (50) from the indicated 3/8" x 5 1/2" Bolt (55).

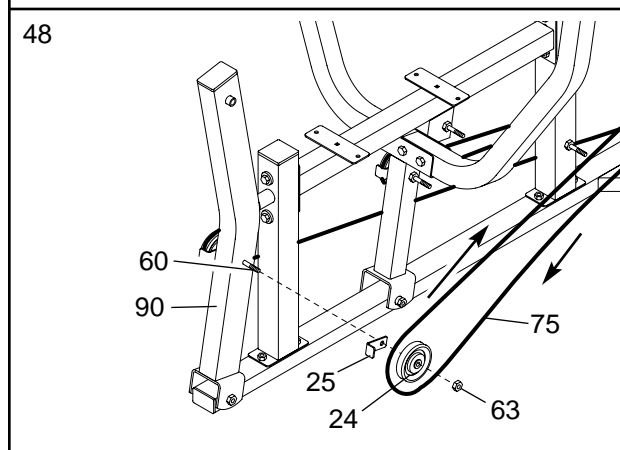
Wrap the Leg Press Cable (75) around a 3 1/2" Pulley (24). Secure the 3 1/2" Pulley and a Cable Trap (25) to the 3/8" x 5 1/2" Bolt (55) on the indicated side of the Press Base (6) with the 3/8" Nylon Locknut (50). **Be sure the Cable Trap is oriented to hold the Cable in place.**

Press a 2 1/2" Square Inner Cap (76) into the Press Base (6).



48. Remove the 3/8" Nylon Jamnut (63) from the indicated 3/8" x 4 3/4" Bolt (60).

Wrap the Leg Press Cable (75) around a 3 1/2" Pulley (24) in the direction shown. Secure the 3 1/2" Pulley and a Cable Trap (25) to the 3/8" x 4 3/4" Bolt (60) on the indicated side of the Press Leg Lever (90) with the 3/8" Nylon Jamnut (63). **Be sure the Cable Trap is oriented to hold the Cable in place.**

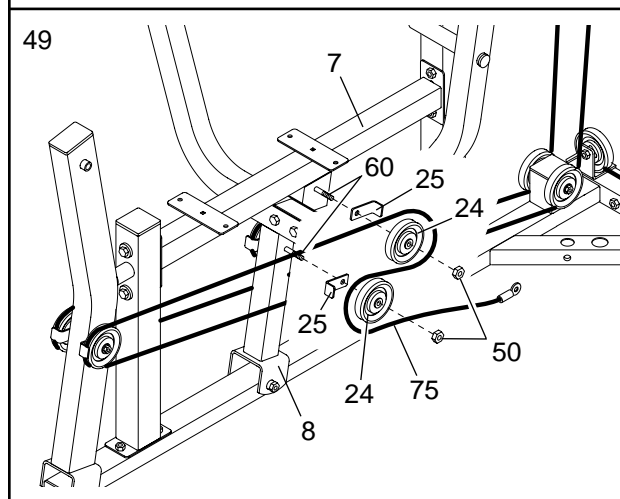


49. Remove the indicated 3/8" Nylon Locknuts (50).

Wrap the Leg Press Cable (75) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) to the 3/8" x 4 3/4" Bolt (60) on the indicated side of the Press Seat Frame (7) with the first 3/8" Nylon Locknut (50).

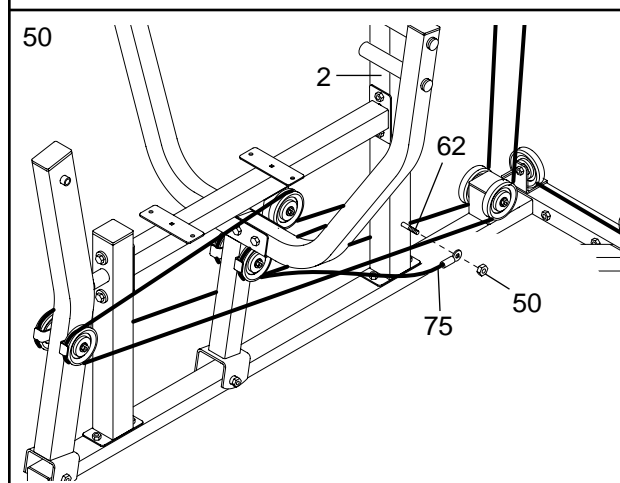
Wrap the Leg Press Cable (75) around a 3 1/2" Pulley (24). Attach the 3 1/2" Pulley and a Cable Trap (25) to the 3/8" x 4 3/4" Bolt (60) on the indicated side of the Press Frame (8) with a 3/8" Nylon Locknut (50).

Be sure the Cable Traps (25) are oriented to hold the Cable (75) in place.



50. Remove the indicated 3/8" Nylon Locknut (50).

Attach the Leg Press Cable (75) to the 3/8" x 3 1/4" Bolt (62) on the indicated side of the Press Upright (2) with the 3/8" Nylon Locknut (50).



SEAT ASSEMBLY

51. **Locate and open the parts bag labeled “SEAT ASSEMBLY.”**

Attach a Seat (13) to the brackets on the Butterfly Seat Frame (14) using four 1/4" x 3/4" Bolts (49).

Repeat this step with the other Seat (not shown) and the Press Seat Frame (not shown).

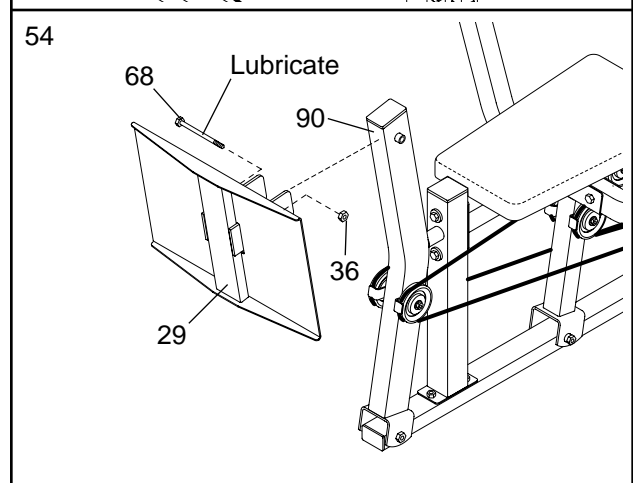
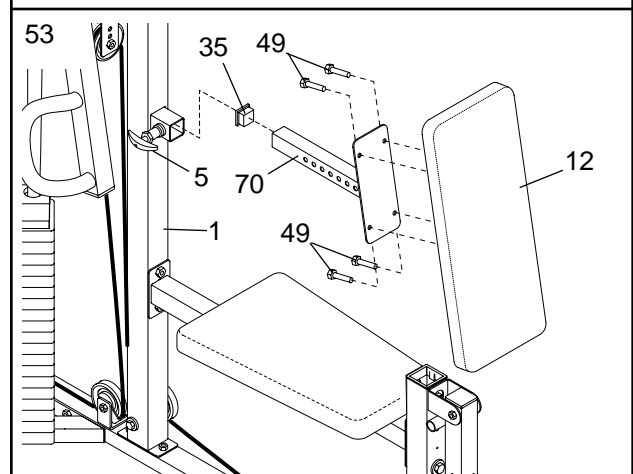
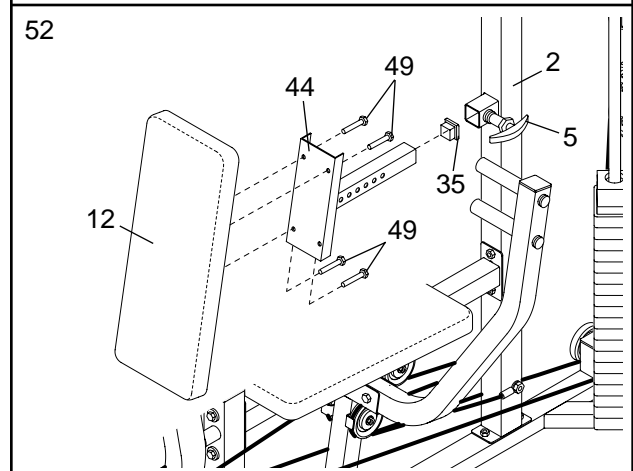
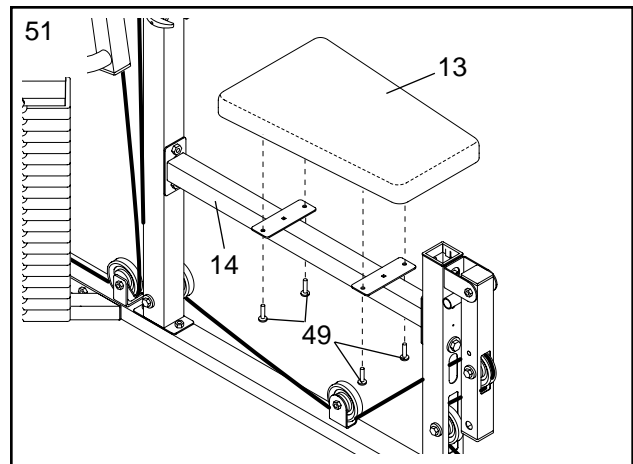
52. Press a 1 1/2" Square Inner Cap (35) into the end of the Press Backrest Frame (44). Attach a Backrest (12) to the Press Backrest Frame with four 1/4" x 3/4" Bolts (49).

Pull out the Adjustment Knob (5) on the Press Upright (2) as far as it can go. Slide the Press Backrest Frame (44) into the Press Upright and snap the Adjustment Knob into a hole in the Press Backrest Frame. Turn the Adjustment Knob clockwise until tight.

53. Press a 1 1/2" Square Inner Cap (35) into the end of the Butterfly Backrest Frame (70). Attach the other Backrest (12) to the Butterfly Backrest Frame with four 1/4" x 3/4" Bolts (49).

Pull out the Adjustment Knob (5) on the Butterfly Upright (1) as far as it can go. Slide the Butterfly Backrest Frame (70) into the Butterfly Upright and snap the Adjustment Knob into a hole in the Butterfly Backrest Frame. Turn the Adjustment Knob clockwise until tight.

54. Lubricate a 1/2" x 4" Bolt (68). Attach the Foot Press Plate (29) to the Press Leg Lever (90) with the Bolt and a 1/2" Nylon Jamnut (36).



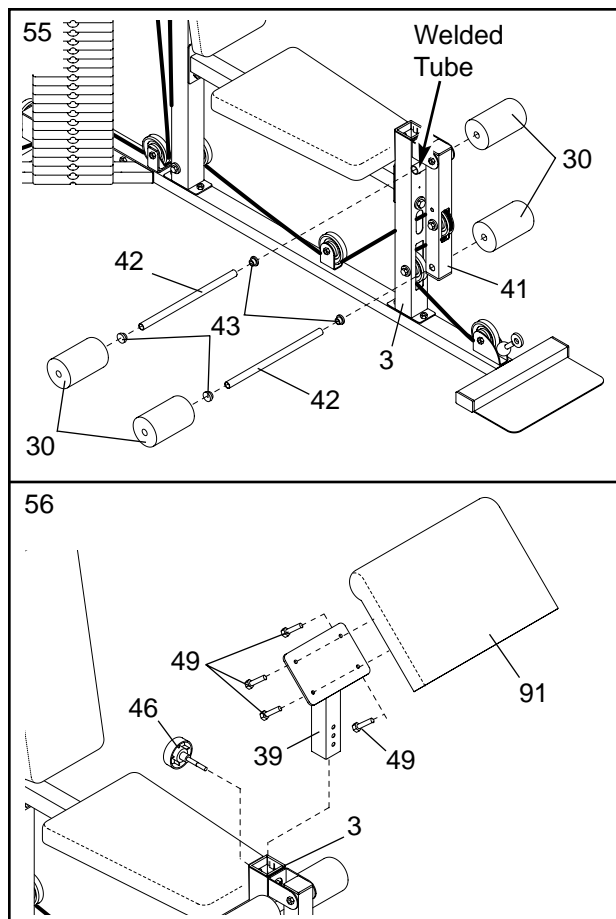
55. Press two 3/4" Round Inner Caps (43) into each of the two Pad Tubes (42).

Slide a Foam Pad (30) onto one side of a Pad Tube (42). Slide the Pad Tube through the hole in the Leg Lever (41). Slide another Foam Pad onto the other side of the Pad Tube.

Slide a Foam Pad (30) onto one side of the other Pad Tube (42). Insert the Pad Tube through the welded tube on the Butterfly Front Leg (3). Slide another Foam Pad onto the other side of the Pad Tube.

56. Attach the Curl Pad (91) to the Preacher Post (39) with four 1/4" x 3/4" Bolts (49).

Slide the Preacher Post (39) into the Butterfly Front Leg (3) and secure it by inserting the Large Adjustment Knob (46) and turning it clockwise until tight.



57. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on page 21 of this manual.

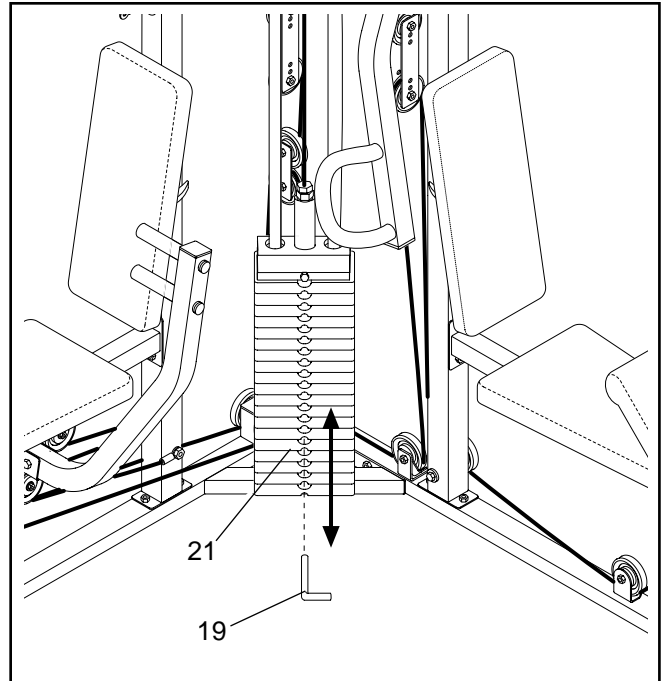
Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 25 and 26 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLESHOOTING on page 24.**

ADJUSTMENTS

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar, ab strap, or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

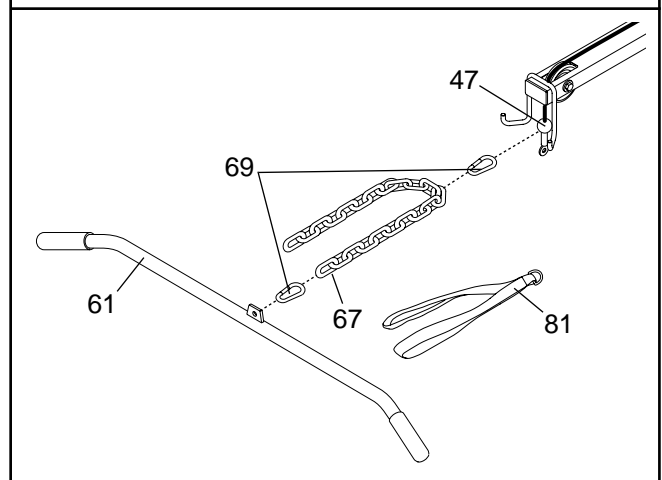
CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (19) under the desired Weight (21) until the bent end of the Weight Pin is touching the Weights. Turn the bent end downward. The weight setting can be changed from 10 pounds to 200 pounds, in 10 pound increments. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 23 to find the approximate amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR AB STRAP TO THE HIGH PULLEY STATION

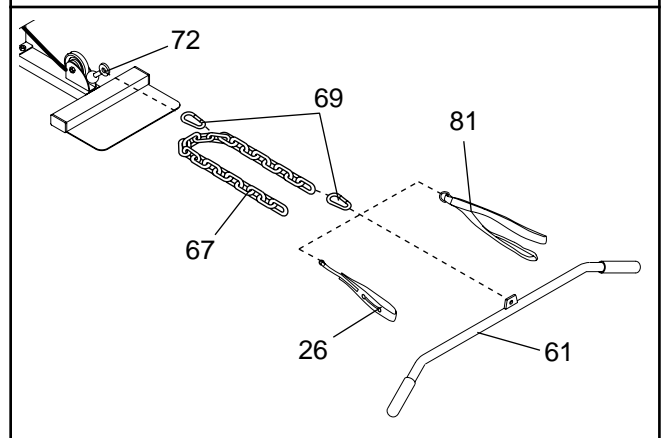
Attach the Lat Bar (61) to the Ab Cable (47) with a Cable Clip (69). For some exercises, the Chain (67) should be attached between the Lat Bar and the Ab Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Ab Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**



The Ab Strap (81) can be attached in the same manner.

ATTACHING THE LAT BAR, AB STRAP, OR NYLON STRAP TO THE LOW PULLEY STATION

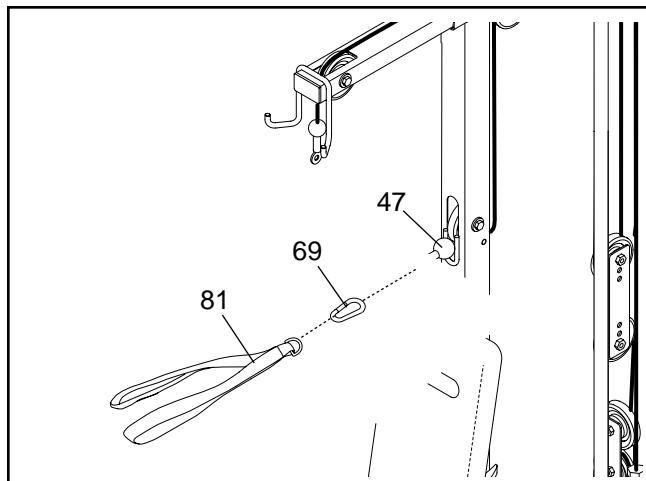
Attach the Lat Bar (61) to the Weight Cable (72) with a Cable Clip (69). For some exercises, the Chain (67) should be attached between the Lat Bar and the Weight Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Weight Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**



The Ab Strap (81) or Nylon Strap (26) can be attached in the same manner.

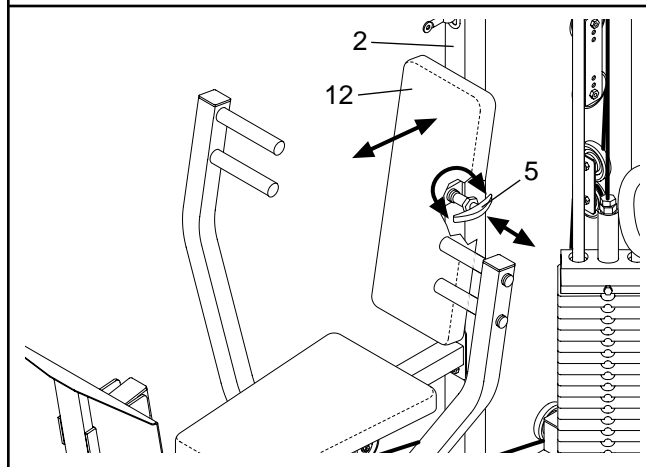
ATTACHING THE AB STRAP TO THE AB PULLEY STATION

Attach the Ab Strap (81) to the Ab Cable (47) at the ab pulley station with a Cable Clip (69).



ADJUSTING THE BACKREST

To adjust a Backrest (12), loosen the Adjustment Knob (5) on the Press Upright (2) or the Butterfly Upright (not shown) by turning it counterclockwise and pulling it out as far as possible. Slide the Backrest forward or backward to the desired position, and snap the Adjustment Knob into a hole in the Backrest Frame (not shown). Secure the Backrest by turning the Adjustment Knob clockwise until tight.

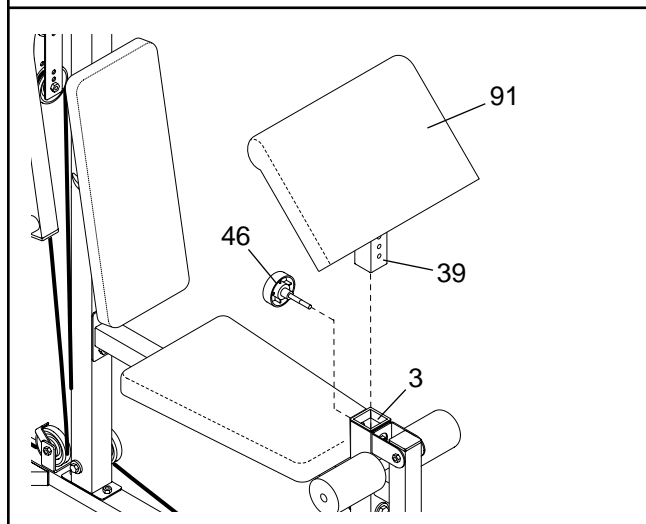


ADJUSTING THE CURL PAD

Remove the Large Adjustment Knob (46) from the Butterfly Front Leg (3).

Align the holes in the Butterfly Front Leg (3) with the desired set of holes in the Preacher Post (39). Re-insert the Large Adjustment Knob (46) through the holes in the Butterfly Front Leg and the holes in the Preacher Post. Turn the Large Adjustment Knob clockwise until tight.

Note: When not using the Curl Pad (91), store it away from the weight system.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. "Top" refers to the 10 lb. top weight. The other numbers refer to the 10 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm. **Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	AB PULLEY (lbs.)	LEG PRESS (lbs.)
Top	15	14	18	12	22	14	18
1	28	21	31	23	33	25	38
2	40	28	44	34	44	36	58
3	52	36	57	45	55	47	78
4	65	43	70	56	67	59	98
5	77	50	82	67	78	70	118
6	90	57	95	78	89	81	138
7	102	64	108	89	101	92	158
8	114	72	121	100	112	103	178
9	127	79	133	111	123	115	198
10	139	86	146	121	134	126	218
11	152	93	159	132	146	137	239
12	164	100	172	143	157	148	259
13	176	108	185	154	168	159	279
14	189	115	197	165	180	171	299
15	201	122	210	176	191	182	319
16	214	129	223	187	202	193	339
17	226	137	236	198	213	204	359
18	238	144	248	209	225	215	379
19	251	151	261	220	236	227	399

TROUBLESHOOTING

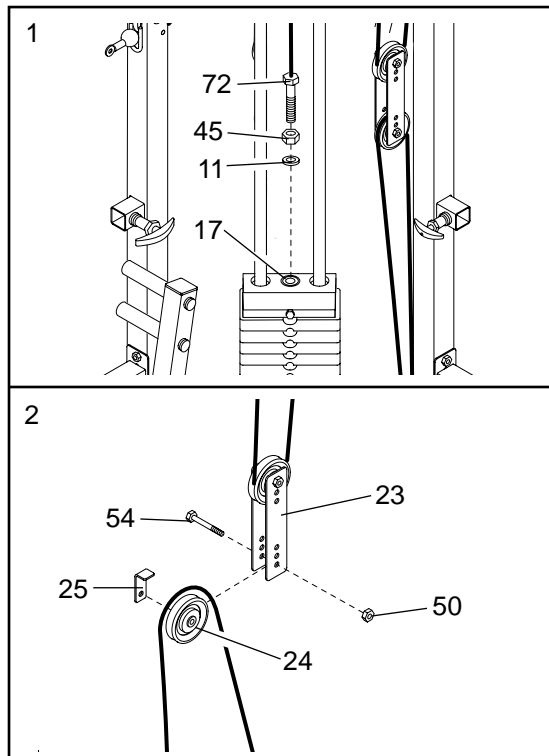
Inspect and tighten all parts each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

See drawing 1. Loosen the 1/2" Plain Nut (45) on the Weight Cable (72) bolt, away from the 1/2" Flat Washer (11). Screw the bolt a few turns into the Weight Tube (17). Retighten the 1/2" Plain Nut down onto the 1/2" Flat Washer.



See drawing 2. Remove either the upper or lower 3/8" Nylon Locknut (50) and 3/8" x 2" Bolt (54) from the Adjustable Pulley Plates (23). Remove the 3 1/2" Pulley (24) and the Cable Trap (25). Reattach the 3 1/2" Pulley and the Cable Trap to a hole closer to the center of the Adjustable Pulley Plates with the 3/8" x 2" Bolt and 3/8" Nylon Locknut.

Either set of Adjustable Pulley Plates (23) can be adjusted in this manner.

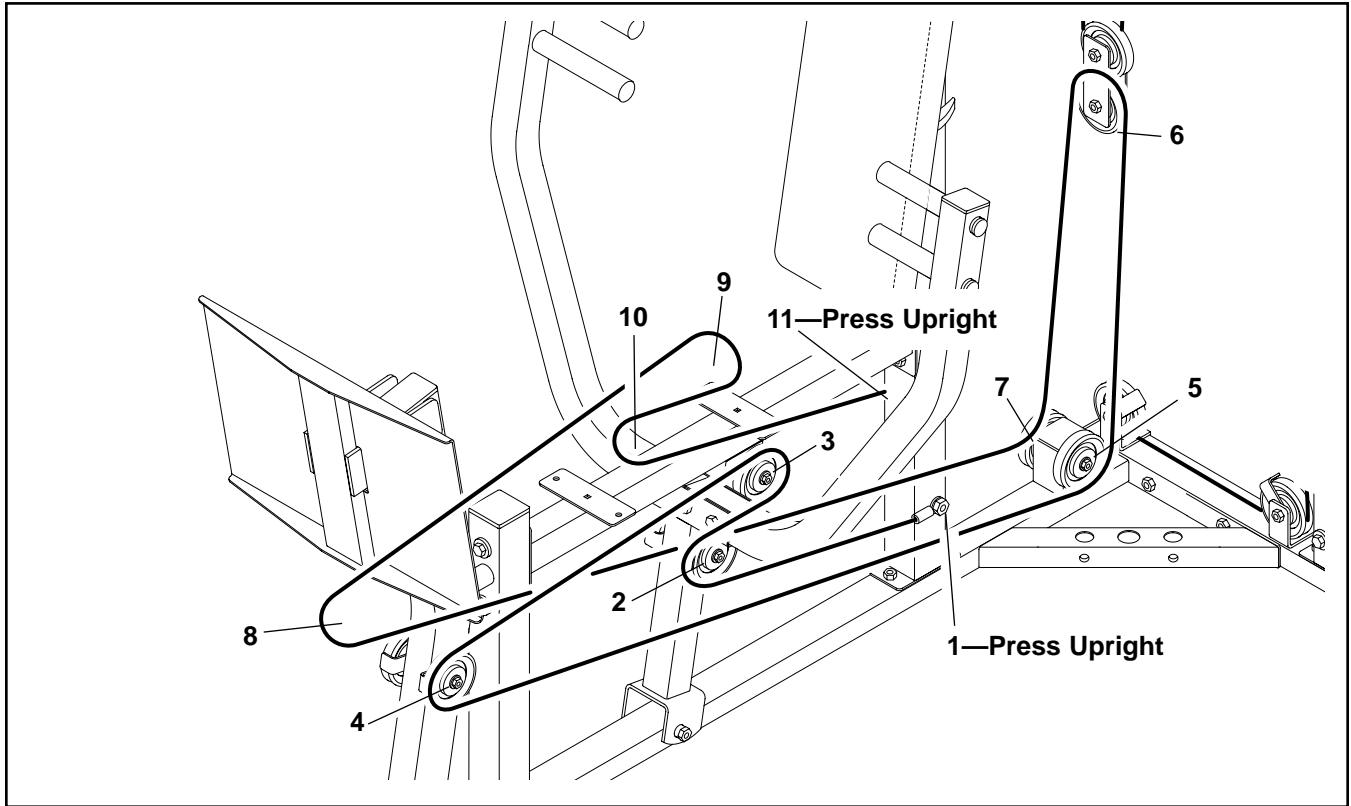
Do not overtighten the cables. If the cables are over tightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

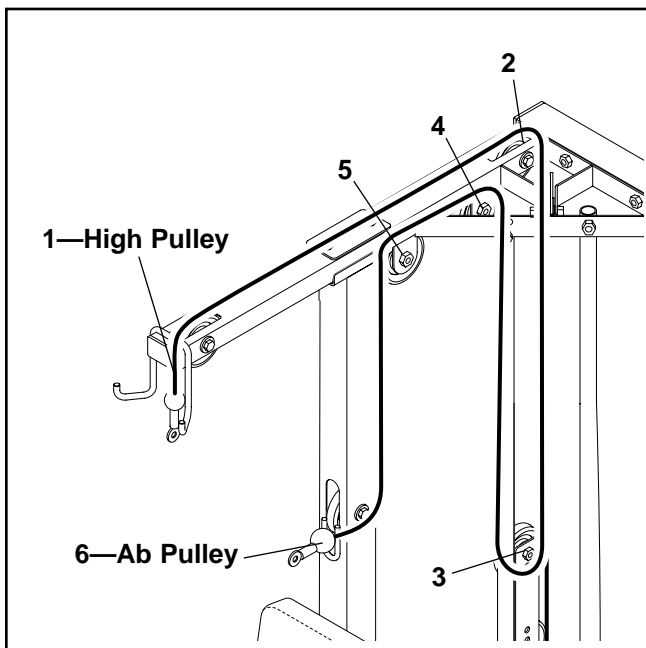
CABLE DIAGRAMS

The cable diagrams on this page and the next page show the proper routing of the Leg Press Cable (75), the Ab Cable (47), the Butterfly Cable (73), and the Weight Cable (72). Use the diagrams to be sure that the Cables have been assembled correctly. The starting and ending points of each Cable have been labeled. The numbers show the proper route for each Cable. **IMPORTANT: If the Cables have not been correctly routed, the weight system will not function properly and damage may occur.**

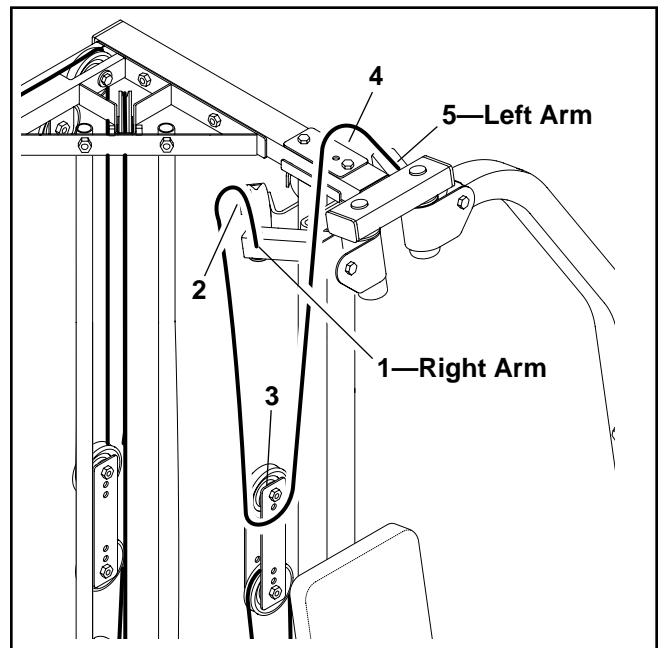
Leg Press Cable (75)



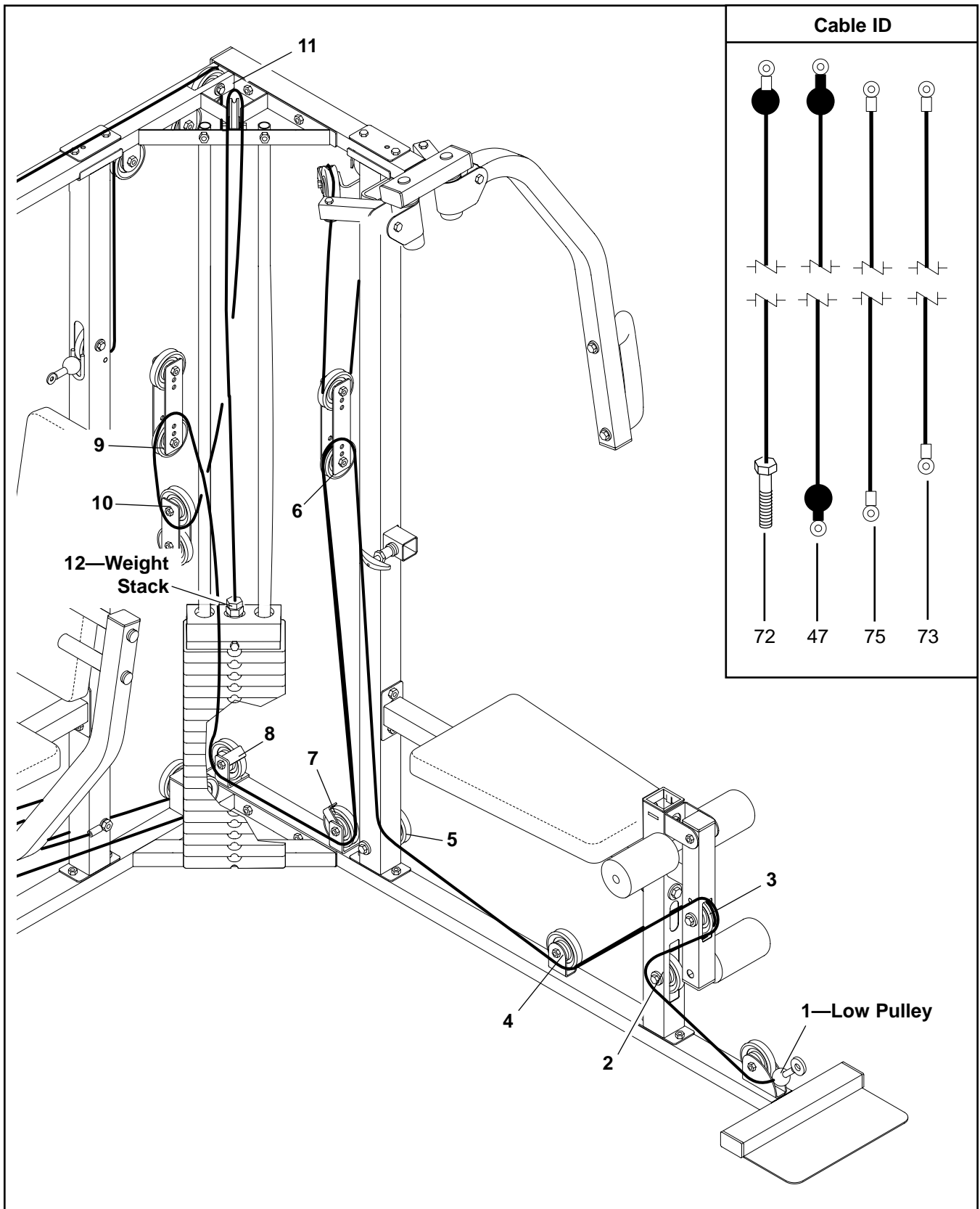
Ab Cable (47)



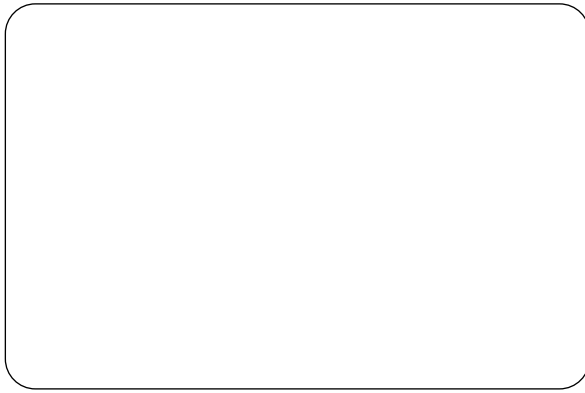
Butterfly Cable (73)



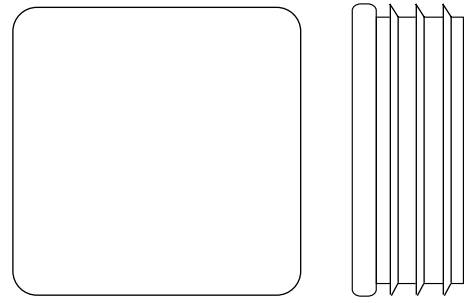
Weight Cable (72)



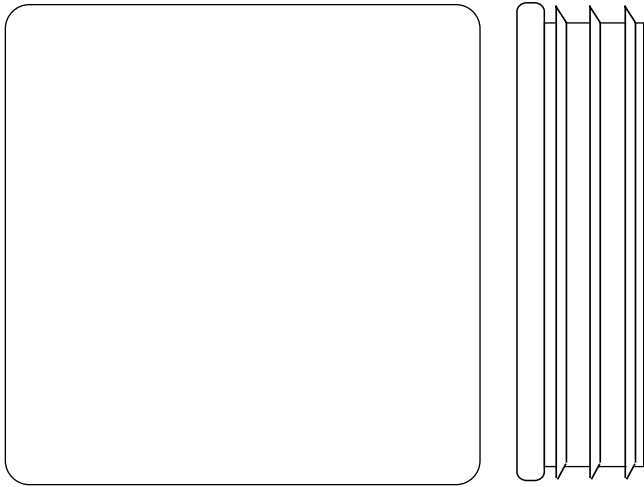
NOTES



2" x 3" Inner Cap (78)



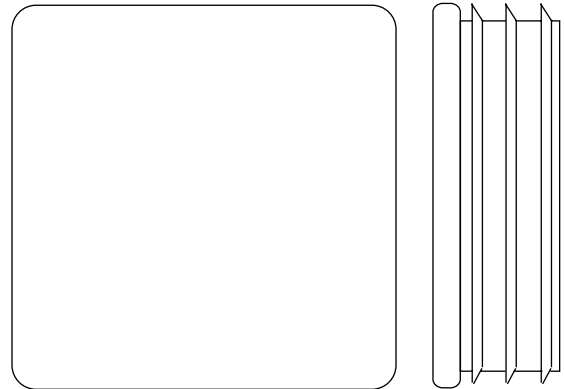
1 1/2" Square Inner Cap (35)



2 1/2" Square Inner Cap (76)



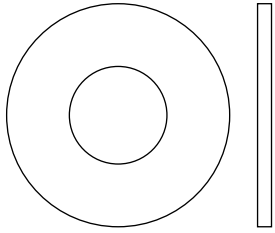
1 1/2" x 2 1/2" Inner Cap (83)



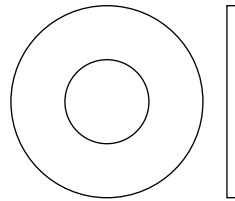
2" Square Inner Cap (28)

PART IDENTIFICATION CHART—Model No. WESY37531

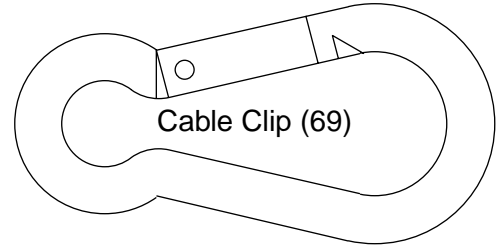
R1003A



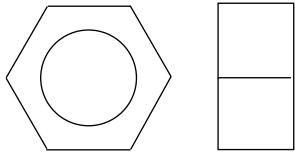
1/2" Flat Washer (11)



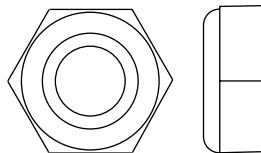
3/8" Flat Washer (48)



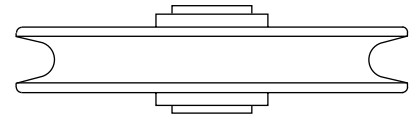
Cable Clip (69)



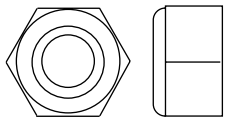
1/2" Plain Nut (45)



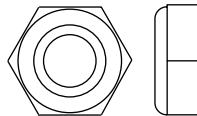
1/2" Nylon Jamnut (36)



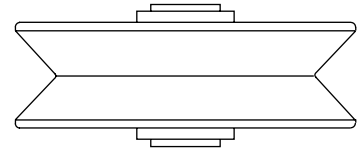
4 1/2" Pulley (82)
(Not shown to scale)



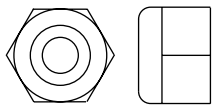
3/8" Nylon Locknut (50)



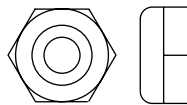
3/8" Nylon Jamnut (63)



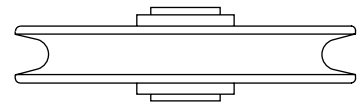
"V" Pulley (27)
(Not shown to scale)



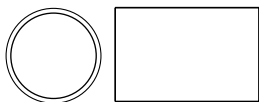
5/16" Nylon Locknut (64)



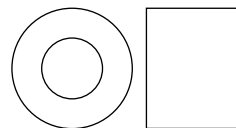
5/16" Nylon Jamnut (34)



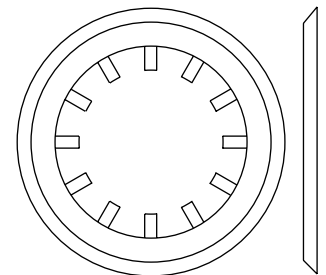
3 1/2" Pulley (24)
(Not shown to scale)



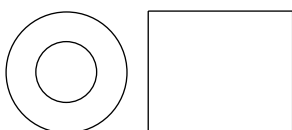
1/2" x 3/4" Spacer (97)



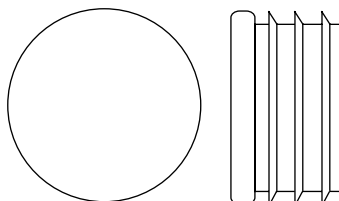
5/8" x 1/2" Spacer (93)



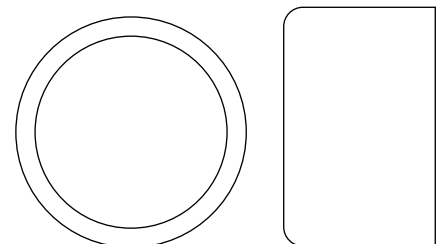
Retainer Ring (31)



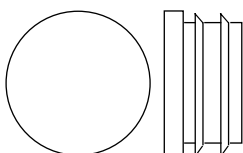
5/8" x 3/4" Bushing (66)



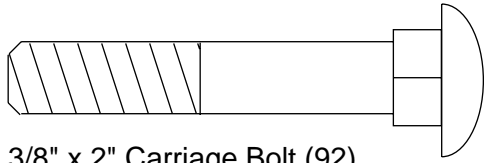
1" Round Inner Cap (86)



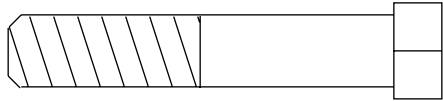
1" Round Outer Cap (38)



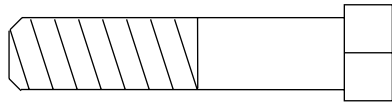
3/4" Round Inner Cap (43)



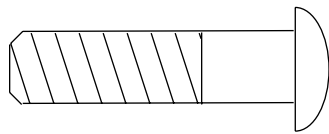
3/8" x 2" Carriage Bolt (92)



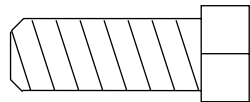
3/8" x 2" Bolt (54)



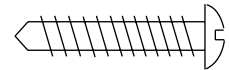
3/8" x 1 3/4" Bolt (57)



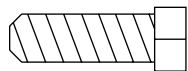
3/8" x 1 1/2" Button Head Bolt (98)



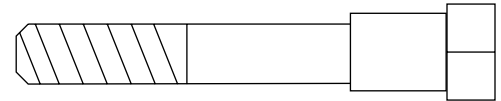
3/8" x 1" Bolt (84)



1" Tap Screw (80)



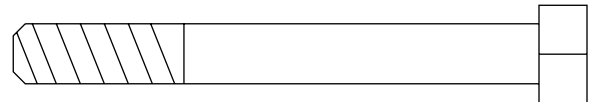
1/4" x 3/4" Bolt (49)



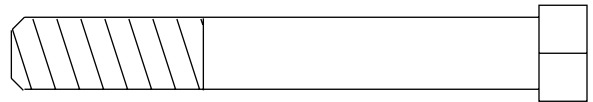
5/16" x 2 1/4" Shoulder Bolt (79)



3/8" x 2 1/2" Bolt (87)



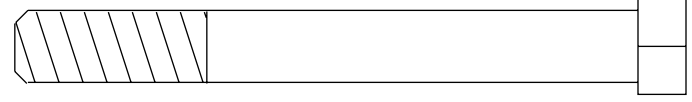
5/16" x 2 3/4" Bolt (96)



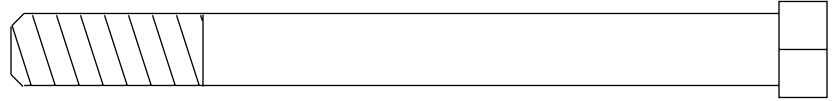
3/8" x 2 3/4" Bolt (89)



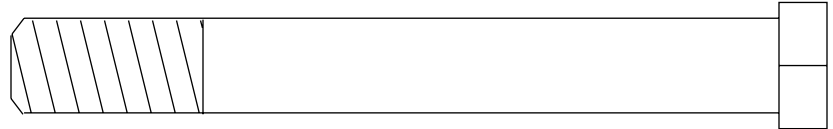
3/8" x 3" Bolt (88)



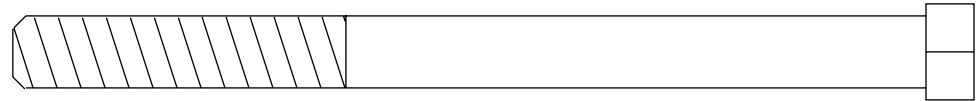
3/8" x 3 1/4" Bolt (62)



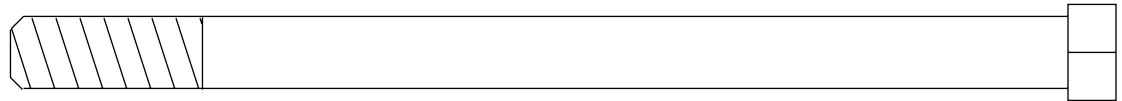
3/8" x 4" Bolt (59)



1/2" x 4" Bolt (68)



3/8" x 4 3/4" Bolt (60)



3/8" x 5 1/2" Bolt (55)

PART LIST—Model No. WESY37531

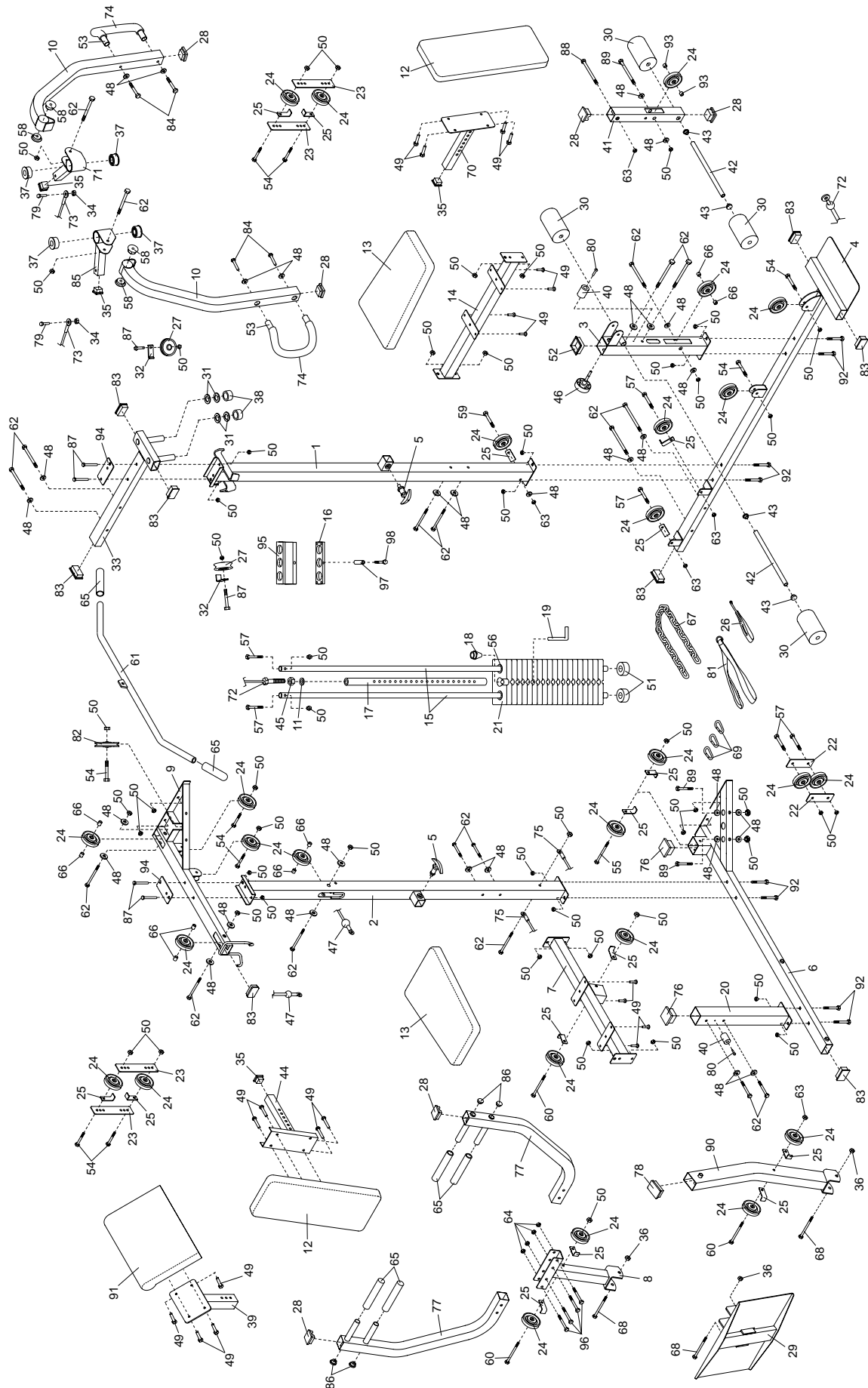
R1003A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Butterfly Upright	51	2	Weight Bumper
2	1	Press Upright	52	1	Plastic Bushing
3	1	Butterfly Front Leg	53	2	Butterfly Handle
4	1	Butterfly Base	54	9	3/8" x 2" Bolt
5	2	Adjustment Knob	55	1	3/8" x 5 1/2" Bolt
6	1	Press Base	56	38	Weight Insert
7	1	Press Seat Frame	57	6	3/8" x 1 3/4" Bolt
8	1	Press Frame	58	4	Butterfly Arm Bushing
9	1	Press Top Frame	59	1	3/8" x 4" Bolt
10	2	Butterfly Arm	60	3	3/8" x 4 3/4" Bolt
11	1	1/2" Flat Washer	61	1	Lat Bar
12	2	Backrest	62	19	3/8" x 3 1/4" Bolt
13	2	Seat	63	5	3/8" Nylon Jamnut
14	1	Butterfly Seat Frame	64	4	5/16" Nylon Locknut
15	2	Weight Guide	65	6	Press Grip
16	1	Top Weight	66	8	5/8" x 3/4" Bushing
17	1	Weight Tube	67	1	Chain
18	1	Weight Tube Bumper	68	3	1/2" x 4" Bolt
19	1	Weight Pin	69	3	Cable Clip
20	1	Press Front Leg	70	1	Butterfly Backrest Frame
21	19	Weight	71	1	Left Pivot Arm
22	2	Small Pulley Plate	72	1	Weight Cable
23	4	Adjustable Pulley Plate	73	1	Butterfly Cable
24	26	3 1/2" Pulley	74	2	Butterfly Grip
25	15	Cable Trap	75	1	Leg Press Cable
26	1	Ankle Strap	76	2	2 1/2" Square Inner Cap
27	2	"V"-Pulley	77	2	Press Arm
28	6	2" Square Inner Cap	78	1	2" x 3" Inner Cap
29	1	Foot Press Plate	79	2	5/16" x 2 1/4" Shoulder Bolt
30	4	Foam Pad	80	2	1" Tap Screw
31	4	Retainer Ring	81	1	Ab Strap
32	2	Large Cable Trap	82	1	4 1/2" Pulley
33	1	Butterfly Top Frame	83	8	1 1/2" x 2 1/2" Inner Cap
34	2	5/16" Nylon Jamnut	84	4	3/8" x 1" Bolt
35	4	1 1/2" Square Inner Cap	85	1	Right Pivot Arm
36	3	1/2" Nylon Jamnut	86	4	1" Round Inner Cap
37	4	Pivot Arm Bushing	87	6	3/8" x 2 1/2" Bolt
38	2	1" Round Outer Cap	88	1	3/8" x 3" Bolt
39	1	Preacher Post	89	3	3/8" x 2 3/4" Bolt
40	2	Bumper	90	1	Press Leg Lever
41	1	Leg Lever	91	1	Curl Pad
42	2	Pad Tube	92	8	3/8" x 2" Carriage Bolt
43	4	3/4" Round Inner Cap	93	2	5/8" x 1/2" Spacer
44	1	Press Backrest Frame	94	2	Support Plate
45	1	1/2" Plain Nut	95	1	Plastic Weight Cover
46	1	Large Adjustment Knob	96	4	5/16" x 2 3/4" Bolt
47	1	Ab Cable	97	1	1/2" x 3/4" Spacer
48	31	3/8" Flat Washer	98	1	3/8" x 1 1/2" Button Head Bolt
49	20	1/4" x 3/4" Bolt	#	1	User's Manual
50	52	3/8" Nylon Locknut	#	1	Exercise Guide

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WESY37531

R1003A



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:

- The MODEL NUMBER of the product (WESY37531)
- The NAME of the product (WEIDER® PRO 3770 weight system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the center of this manual)

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