



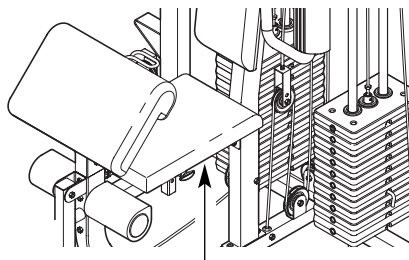
# WEIDER PRO

3550

Model No. WESY38321

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 parts are missing, we will guarantee complete satisfaction through assistance from our factory.

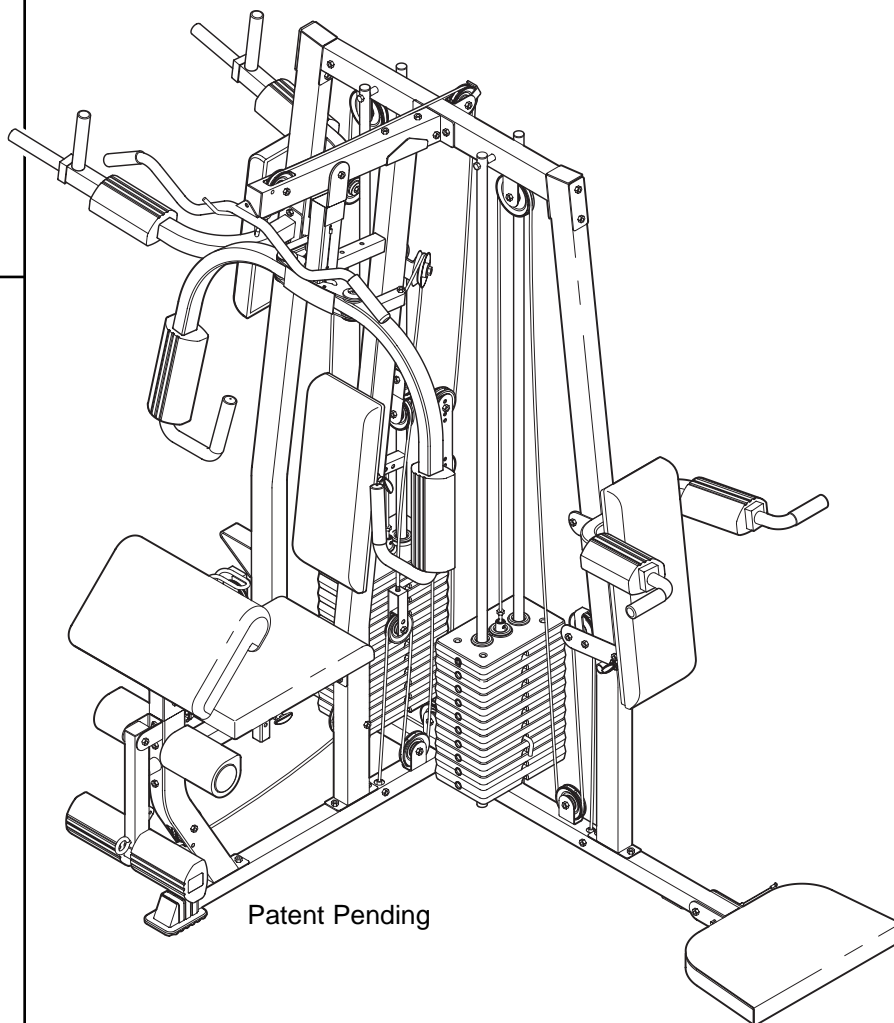
**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The technicians on our customer hot line will provide immediate assistance, free of charge.

**CUSTOMER HOT LINE:**

**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST

## USER'S MANUAL



## CAUTION

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



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# WEIDER PRO

3550

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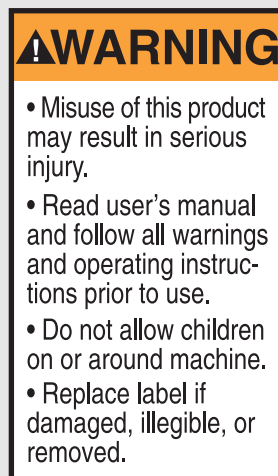
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

# 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.
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 that all parts are properly tightened each time you use the weight system. 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. The weight system is designed to support a maximum user weight of 300 pounds.
10. The weight system should not be used by more than one person at a time.
11. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
12. Never release the butterfly arms, leg lever, squat arm, lat bar, row bar, or handle while weights are raised. The weights will fall with great force.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
14. 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.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. The decals shown below have been placed on the weight system in the locations shown on page 4. If a decal is missing or illegible, call our toll-free Customer Hot Line at 1-800-999-3756 and order a free replacement decal. Apply the decal in the location shown.



Decal 1



Decal 2

**⚠️ 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.

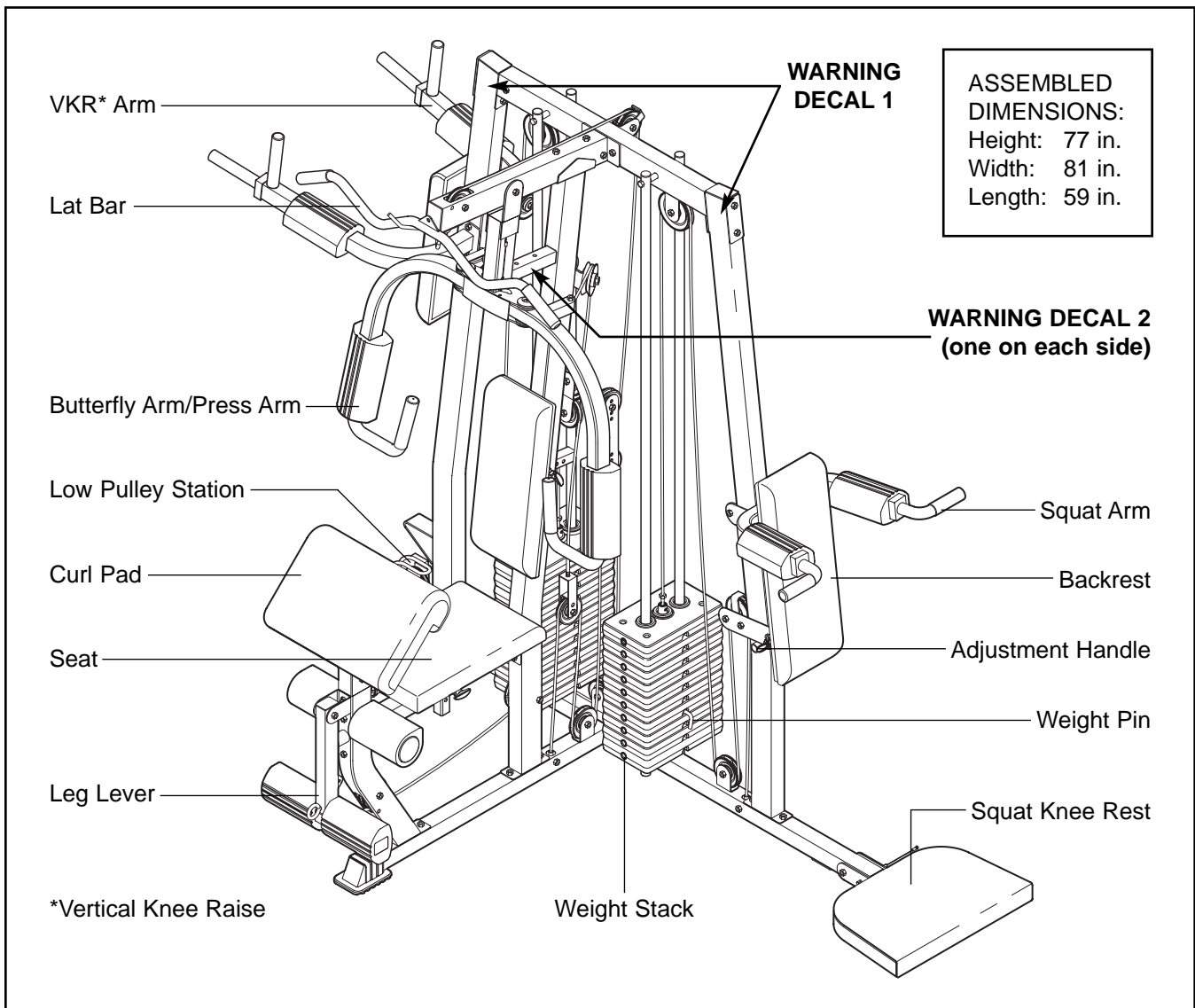
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 3550 weight system. The WEIDER® PRO 3550 weight system offers an impressive array 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 PRO 3550 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 WESY38321. The serial number can be found on a decal attached to the weight system (see the front cover of this manual for the location of the decal).

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 several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly.

## Select a Location for the Weight System


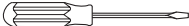


Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

## How to Unpack the Box

To make assembly easier, we have divided the assembly process into four stages. The small hardware needed for each stage is packaged in separate bags. **Important: Wait until you begin each stage to open the parts bag(s) 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 that you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and 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, a PART IDENTIFICATION CHART is included in the center of this manual. Lay 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 lever.

**Cable Assembly**—During this stage, you will attach the cables and pulleys that connect the weight stations to the weight stacks.

**Seat Assembly**—During the final stage, you will assemble the seat and the backrests.

## FRAME ASSEMBLY

1. **Make sure that you understand all of the information on page 5 before you begin assembling the weight system.**

**Locate and open the parts bags labeled “FRAME ASSEMBLY 1” and “FRAME ASSEMBLY 2.”**

Press a 2" Square Inner Cap (105) into the open end of the Long Base (120).

Insert eight 5/16" x 2 1/2" Carriage Bolts (110) up through the Long Base (120) and the Short Base (2) as shown. **Note: It may be helpful to place tape over the heads of the Carriage Bolts to hold them in place.**

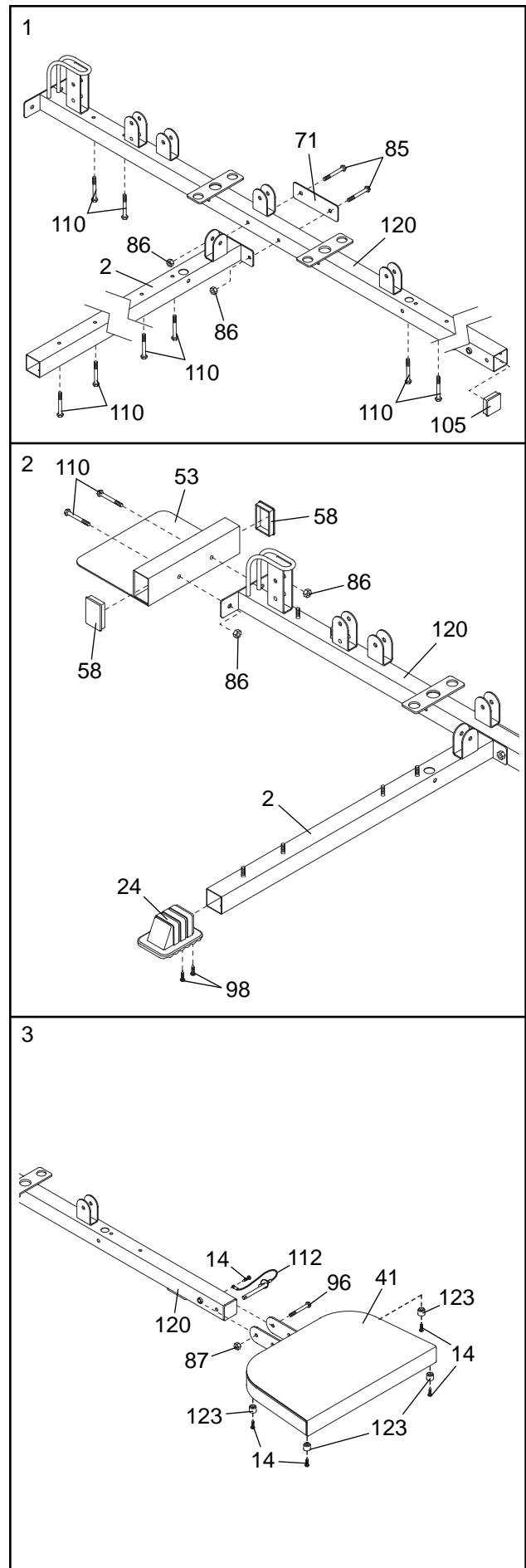
Attach the Short Base (2) to the Long Base (120) with two 5/16" x 2 3/4" Bolts (85), the Long Frame Plate (71), and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**

2. Attach the Outer Cap (24) to the Short Base (2) with two #8 x 3/4" Screws (98).

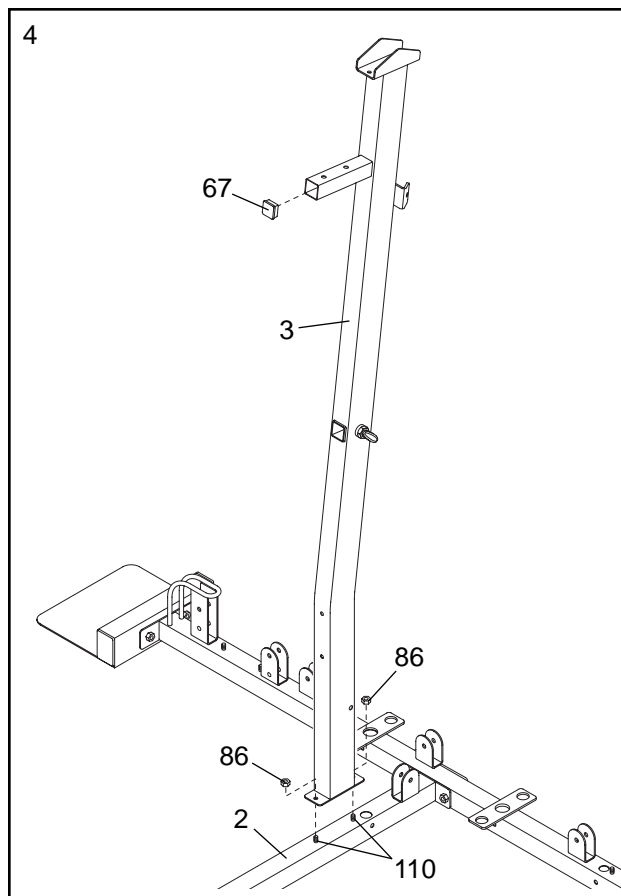
Press two 2" x 3" Inner Caps (58) into the Foot Plate (53). Attach the Foot Plate to the Long Base (120) with two 5/16" x 2 1/2" Carriage Bolts (110) and two 5/16" Nylon Locknuts (86).

3. Attach the tether on the Pin (112) to the Long Base (120) with a #10 x 1" Screw (14).

Attach the four Knee Rest Bumpers (123) to the Squat Knee Rest (41) with four #10 x 1" Screws (14). Attach the Squat Knee Rest to the Long Base (120) with a 3/8" x 3 1/4" Bolt (96) and a 3/8" Nylon Locknut (87). **Do not overtighten the Nylon Locknut; the Squat Knee Rest must be able to pivot.**

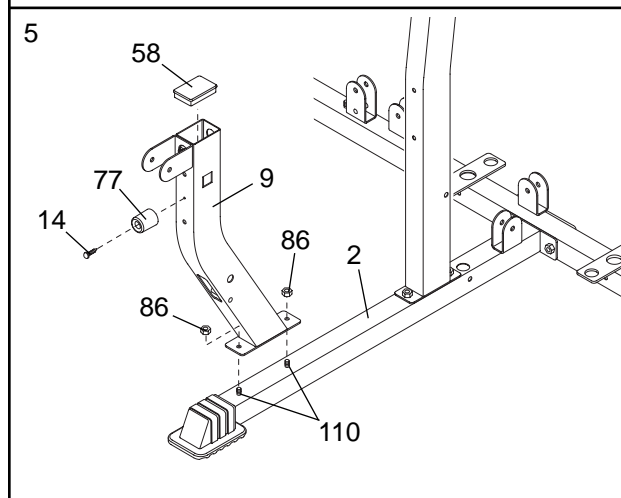


4. Press a 1 1/2" Square Inner Cap (67) into the square tube on the Butterfly Upright (3). Slide the Butterfly Upright onto the two indicated 5/16" x 2 1/2" Carriage Bolts (110) in the Short Base (2). Finger tighten a 5/16" Nylon Locknut (86) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



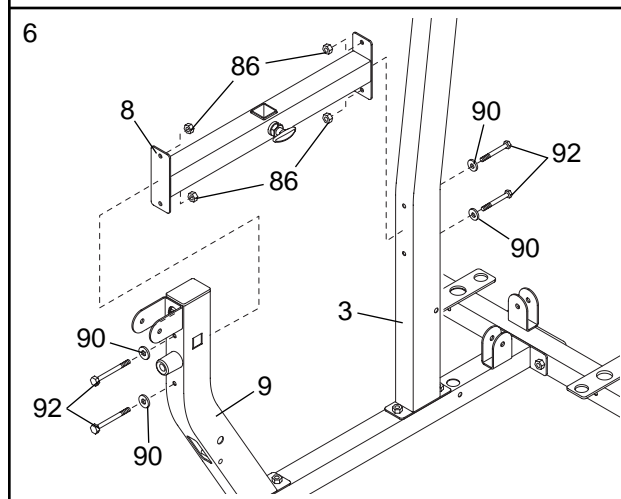
5. Press a 2" x 3" Inner Cap (58) into the top of the Seat Upright (9). Attach the Leg Lever Bumper (77) to the Seat Upright with a #10 x 1" Screw (14).

Slide the Seat Upright (9) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (110) in the Short Base (2). Finger tighten a 5/16" Nylon Locknut (86) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



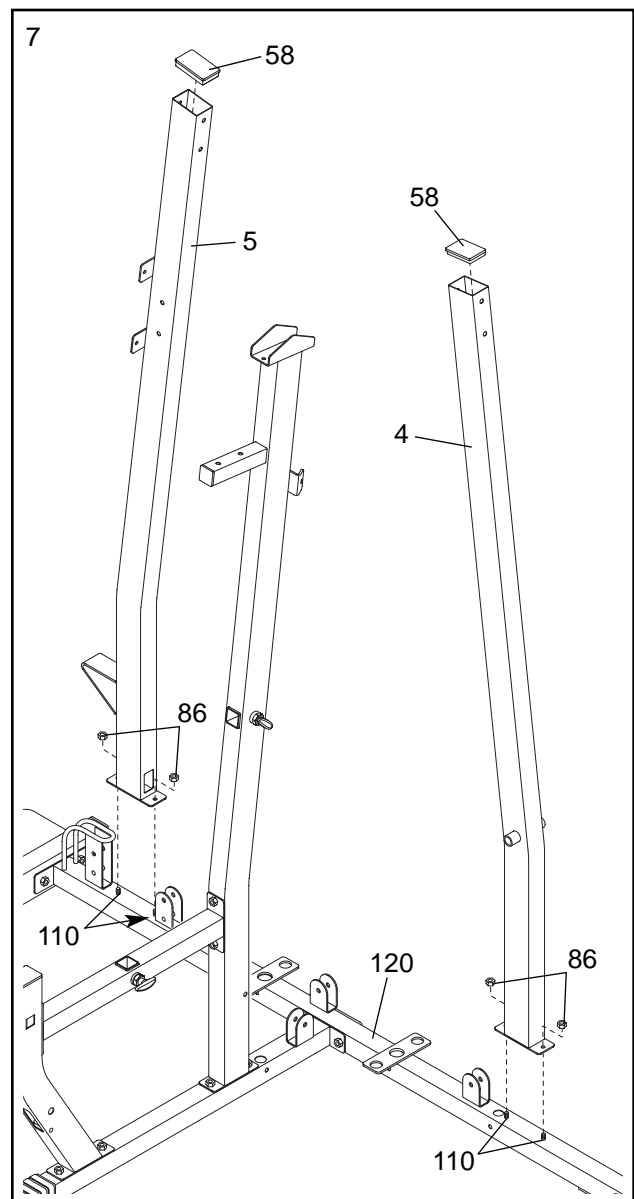
6. Hold the Seat Frame (8) between the Seat Upright (9) and the Butterfly Upright (3). Attach the Seat Frame to the Seat Upright with two 5/16" x 3 3/4" Bolts (92), two 5/16" Washers (90), and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**

Attach the Seat Frame (8) to the Butterfly Upright (3) with two 5/16" x 3 3/4" Bolts (92), two 5/16" Washers (90), and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**



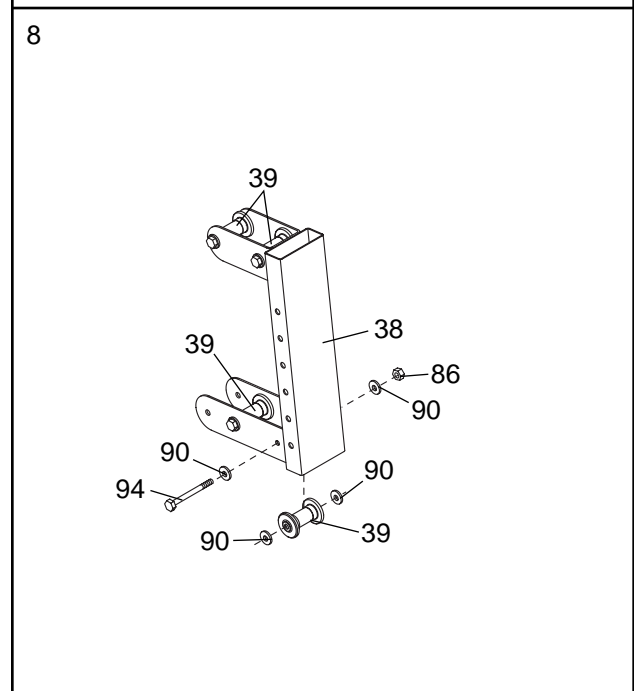
- Press a 2" x 3" Inner Cap (58) into the top of the Squat Upright (4). Slide the Squat Upright onto the two indicated 5/16" x 2 1/2" Carriage Bolts (110) in the Long Base (120). Finger tighten a 5/16" Nylon Locknut (86) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

Press a 2" x 3" Inner Cap (58) into the top of the VKR Upright (5). Slide the VKR Upright onto the two indicated 5/16" x 2 1/2" Carriage Bolts (110) in the Long Base (120). Finger tighten a 5/16" Nylon Locknut (86) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



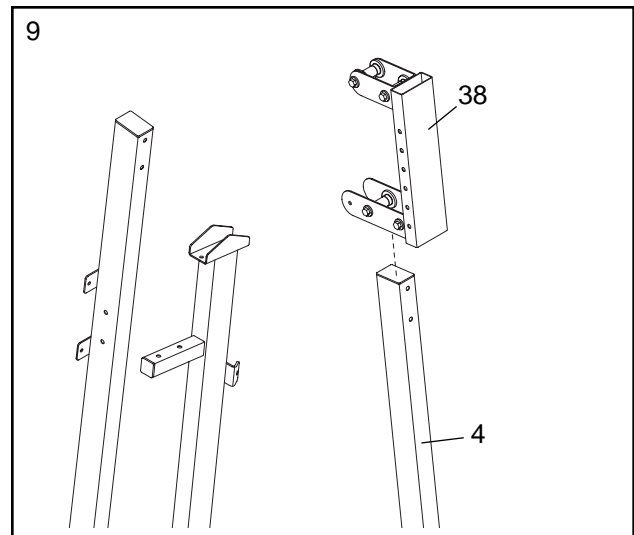
- Attach a Roller (39) and two 5/16" Washers (90) between the indicated set of holes in the Squat Slider (38) with a 5/16" x 3 1/2" Bolt (94), two 5/16" Washers (90), and a 5/16" Nylon Locknut (86) as shown.

**Assemble the other three Rollers (39) to the Squat Slider (38) in the same manner.**





- Slide the Squat Slider (38) down onto the Squat Upright (4).



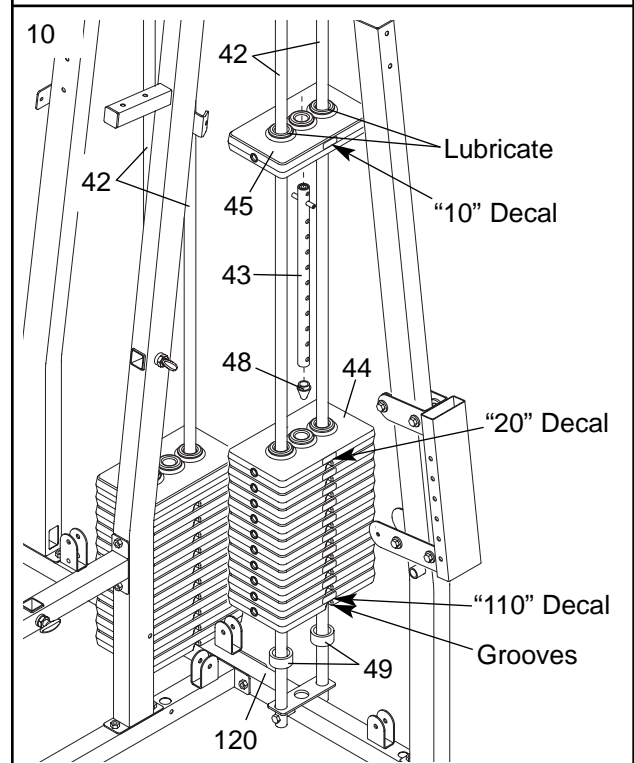
- Insert the ends of two Weight Guides (42) into the indicated bracket on the Long Base (120). Slide two Weight Bumpers (49) onto the Weight Guides. Next, slide ten Weights (44) onto the Weight Guides. **Make sure that the Weights are turned so the grooved sides of the Weights are facing downward.**

Press a Weight Tube Bumper (48) into the lower end of a Weight Tube (43). Insert the Weight Tube into the centers of the Weights (44). **Make sure that the Weight Tube is turned as shown.**

Lubricate the two outer holes in a Top Weight (45). Slide the Top Weight onto the Weight Guides (42). **Make sure that the Top Weight is turned so the grooved side is facing downward.**

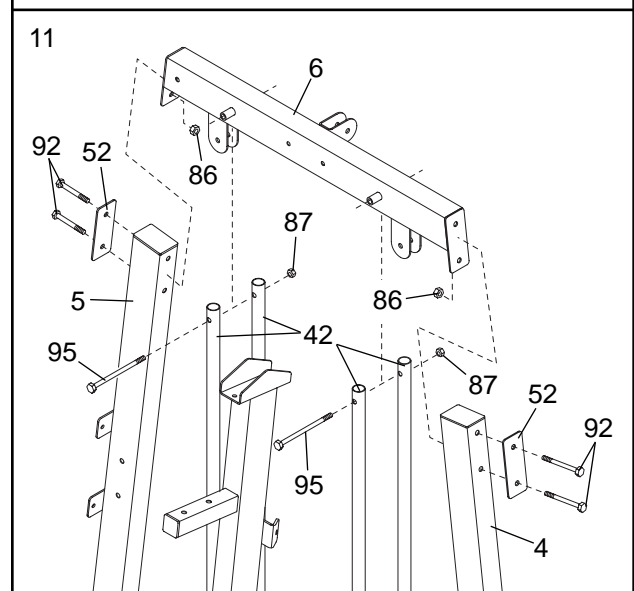
Apply a number "10" decal to the Top Weight (45) in the location shown. Apply decals with the numbers 20 through 110 to the ten Weights (44).

**Assemble the other weight stack in the same way.**



- Attach the Top Frame (6) between the Squat Upright (4) and the VKR Upright (5) with four 5/16" x 3 3/4" Bolts (92), the two Short Frame Plates (52), and two 5/16" Nylon Locknuts (86) as shown. **Do not tighten the Bolts and Nylon Locknuts yet.**

Attach the four Weight Guides (42) to the Top Frame (6) with two 3/8" x 6 1/2" Bolts (95) and two 3/8" Nylon Locknuts (87).



12. Press a 2" x 3" Inner Cap (58) into the Butterfly Top Frame (7). Attach the Butterfly Top Frame to the Top Frame (6) with two 5/16" x 2 3/4" Bolts (85), two 5/16" Washers (90), and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**

Attach the Butterfly Top Frame (7) to the Butterfly Upright (3) with two 5/16" x 3 3/4" Bolts (92), two 5/16" Washers (90), and two 5/16" Nylon Locknuts (86).

**Tighten all of the 5/16" Nylon Locknuts (86) and 3/8" Nylon Locknuts (87) used in steps 1–12.**

## ARM ASSEMBLY

13. Open the parts bag labeled "ARM ASSEMBLY."

Lubricate a 3/8" x 2 1/2" Bolt (18) with grease. Turn the Leg Lever (10) so that the welded tab is on the indicated side, and attach the Leg Lever to the Seat Upright (9) with the Bolt and a 3/8" Nylon Locknut (87). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot easily.**

Press three 1 1/2" x 2" Inner Caps (21) into the Leg Lever (10). Attach the Eyebolt (22) as shown with a 3/8" Washer (91) and a 3/8" Nylon Jamnut (113).

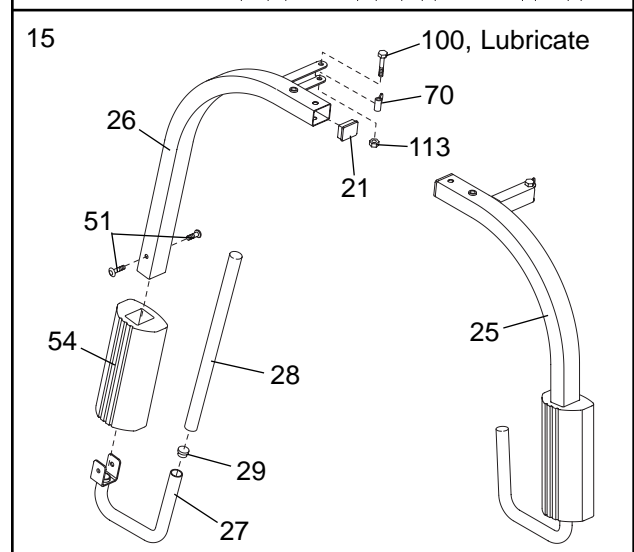
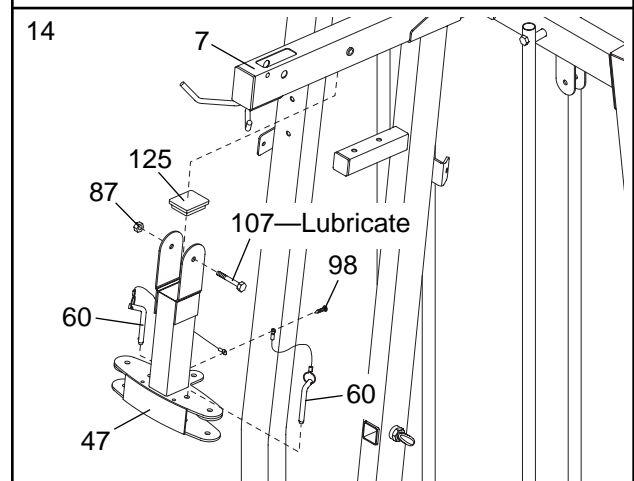
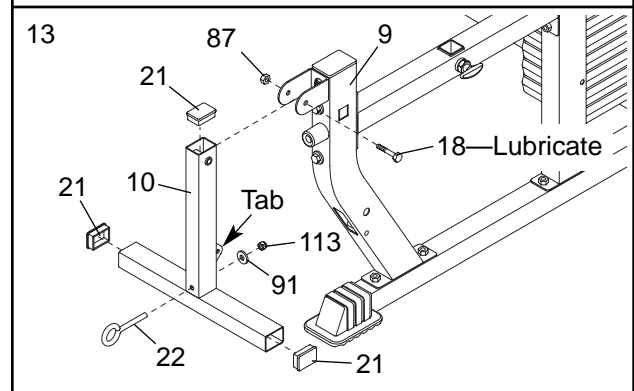
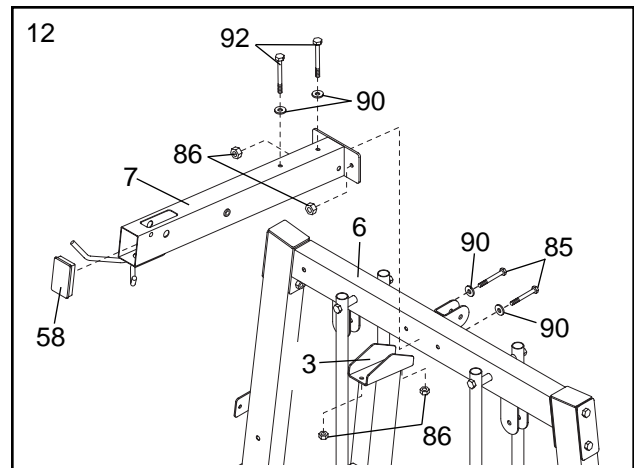
14. Press a 2" x 2 1/2" Inner Cap (125) into the Butterfly Frame (47). Attach the tethers on the two "L"-pins (60) to the Butterfly Frame with a #8 x 3/4" Screw (98).

Lubricate a 3/8" x 3" Bolt (107) with grease. Attach the Butterfly Frame (47) to the Butterfly Top Frame (7) with the Bolt and a 3/8" Nylon Locknut (87). **Do not overtighten the Nylon Locknut; the Butterfly Frame must be able to pivot easily.**

15. Press a 1 1/2" x 2" Inner Cap (21) into the Right Butterfly Arm (26). Wet the lower end of the Arm with soapy water. Slide a Long Pad (54) onto the Arm.

Attach a Press Handle (27) to the Right Butterfly Arm (26) with two 5/16" x 3/4" Button Head Screws (51). Slide the Long Pad (54) down so that the bottom is flush with the lower end of the Arm. Press a 1" Round Inner Cap (29) into the Press Handle. Wet the Press Handle with soapy water. Slide a Long Handgrip (28) onto the Press Handle.

Lubricate a 3/8" x 2" Bolt (100) with grease. Attach a Pivot Bracket (70) to the Right Butterfly Arm (26) with the Bolt and a 3/8" Nylon Jamnut (113). **Do not overtighten the Nylon Jamnut; the Pivot Bracket must be able to pivot easily. Repeat this step with the Left Butterfly Arm (25).**



16. Lubricate a 3/8" x 3" Button Head Bolt (104) and both sides of two Plastic Washers (56) with grease. Attach the Right Butterfly Arm (26) to the Butterfly Frame (47) with the Bolt, the two Plastic Washers, two Butterfly Caps (57), two 3/8" Washers (91), and a 3/8" Nylon Jamnut (113) as shown. **Make sure that the recessed sides of the Plastic Washers are fitted over the welded bushing in the Butterfly Arm. Do not overtighten the Nylon Jamnut; the Butterfly Arm must be able to pivot easily.**

**Repeat this step with the Left Butterfly Arm (25).**

17. Wet the Left VKR Arm (30) with soapy water. Slide a Short Pad (20) onto the VKR Arm. Attach a VKR Handle (66) to the VKR Arm with a 3/8" Washer (91) and a 3/8" Nylon Jamnut (113). Slide an Inner Cap w/Hole (111) onto the end of the VKR Arm.

Wet the VKR Handle (66) and the handle welded to the Left VKR Arm (30) with soapy water. Slide 5" Handgrips (36) onto both handles.

**Repeat this step with the Right VKR Arm (31).**

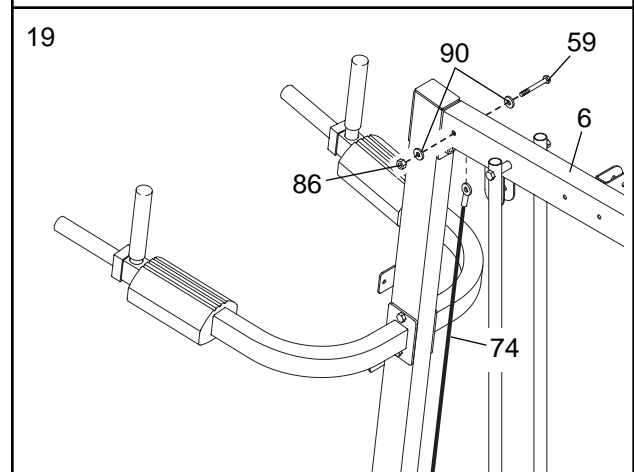
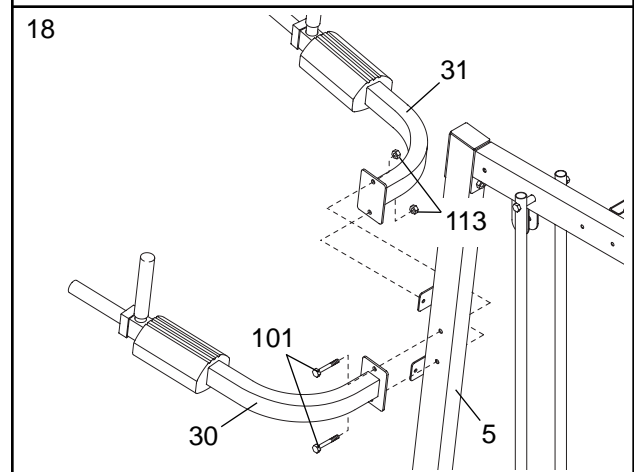
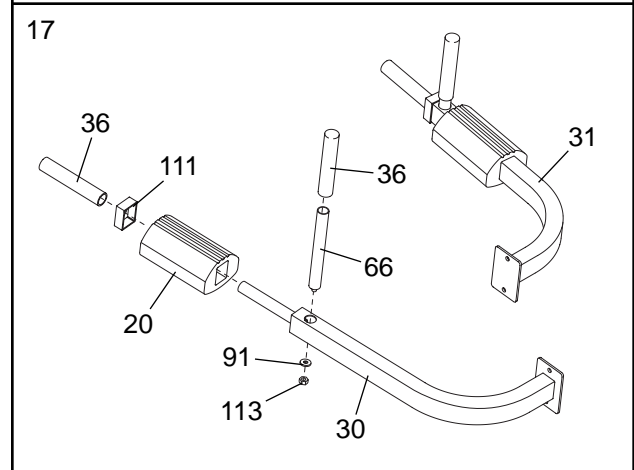
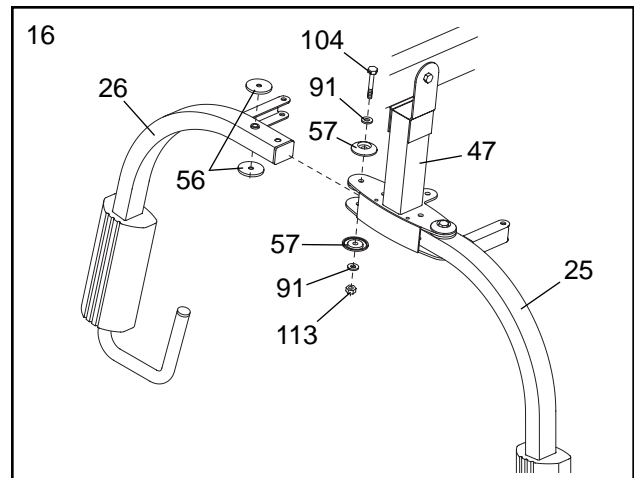
18. Attach the Left and Right VKR Arms (30, 31) to the VKR Upright (5) with two 3/8" x 2 3/4" Bolts (101) and two 3/8" Nylon Jamnuts (113).

## CABLE ASSEMBLY

19. **IMPORTANT: Refer to the Cable Identification Chart on page 26 for help identifying the cables. Do not overtighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely.**

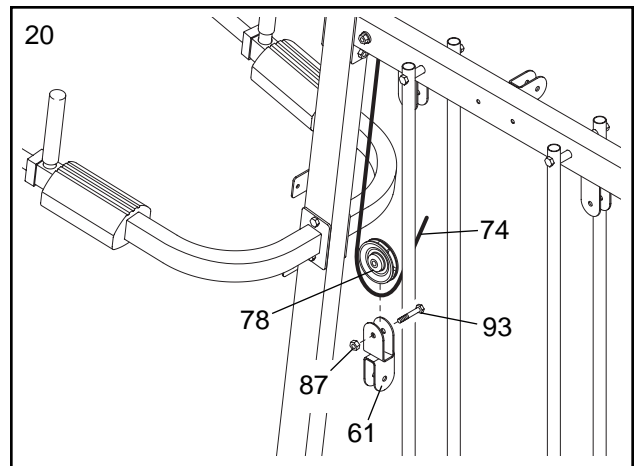
**Locate and open the parts bags labeled "CABLE ASSEMBLY" and "PULLEYS."**

**Locate the VKR High Cable (74), which is 82 1/4" long and has an eyelet on one end and a threaded bolt on the other end.** Attach the eyelet end of the Cable inside of the Top Frame (6) with a 5/16" x 2 1/2" Bolt (59), two 5/16" Washers (90), and a 5/16" Nylon Locknut (86).

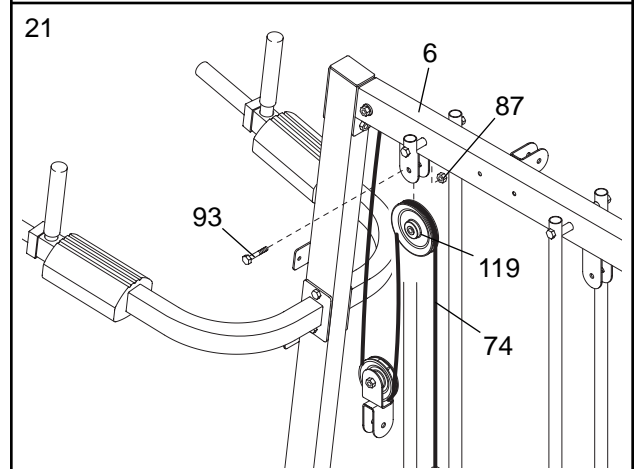


20. Remove the preattached 3 1/2" Pulleys (78 [only one is shown]) from the Offset Double "U"-bracket (61).

Wrap the VKR High Cable (74) under a 3 1/2" Pulley (78). Attach the Pulley to the Offset Double "U"-bracket (61) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).

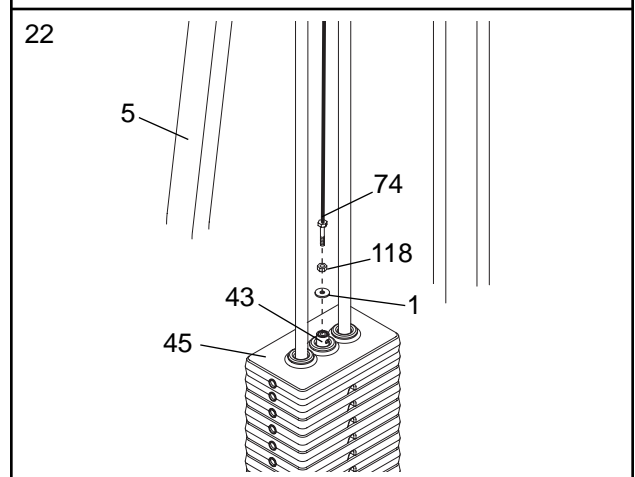


21. Wrap the VKR High Cable (74) over a 4 1/2" Pulley (119). Attach the Pulley inside of the indicated bracket on the Top Frame (6) with 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).

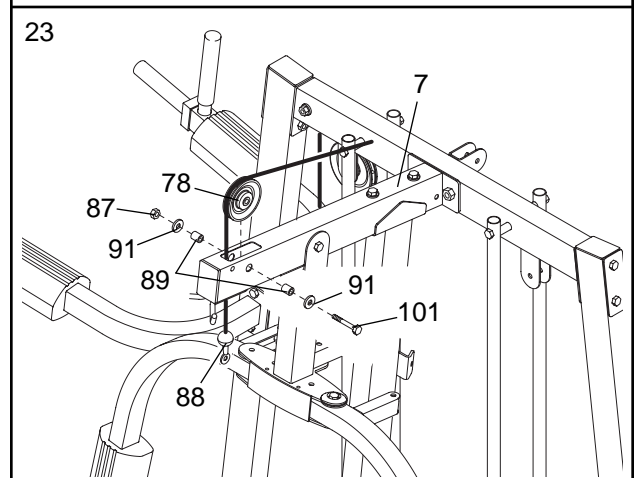


22. Lift the Weight Tube (43) and the Top Weight (45) closest to the VKR Upright (5). Make sure that the small pin on the Weight Tube is inside of the groove under the Top Weight.

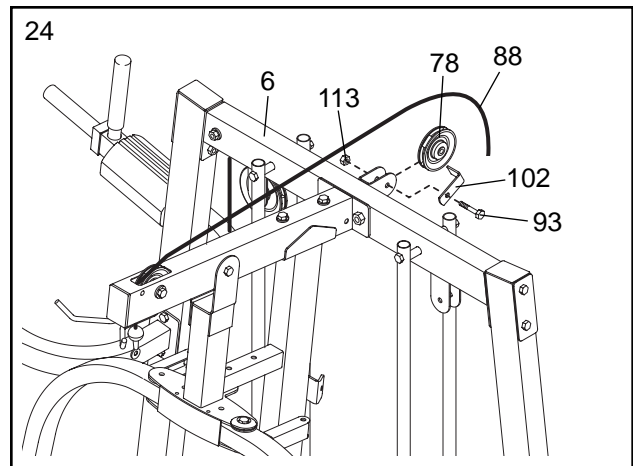
Place a 1/2" Washer (1) on top of the Weight Tube (43). Tighten a 1/2" Nut (118) halfway onto the end of the VKR High Cable (74). Screw the end of the Cable two full turns into the Weight Tube. Then, tighten the Nut against the 1/2" Washer.



23. Locate the Lat Cable (88), which is 89 1/4" long and has an eyelet on one end and a ball on the other end. Route the eyelet end of the Cable up through the Butterfly Top Frame (7) and around a 3 1/2" Pulley (78). Attach the Pulley inside of the Butterfly Top Frame with a 3/8" x 2 3/4" Bolt (101), two 3/8" Washers (91), two 1/2" Spacers (89), and a 3/8" Nylon Locknut (87).

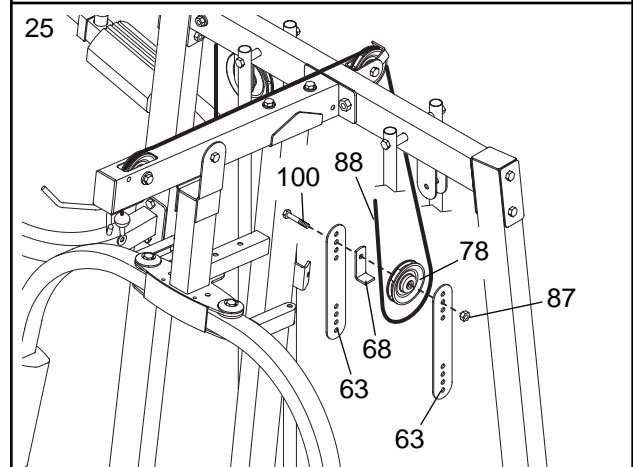


24. Route the Lat Cable (88) over a 3 1/2" Pulley (78). Slide a plastic Long Cable Trap (102) onto a 3/8" x 1 3/4" Bolt (93). Attach the Pulley to the indicated bracket on the Top Frame (6) with the Bolt and a 3/8" Nylon Locknut (113). **Make sure that the Long Cable Trap is turned to hold the Cable in the groove of the Pulley.**

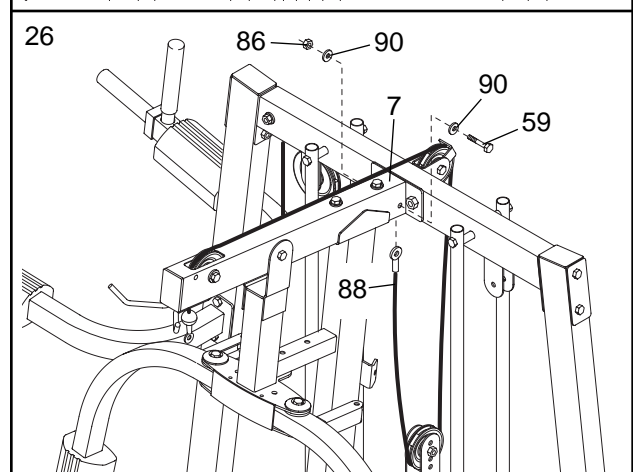


25. Remove the preassembled 3/8" Nylon Locknut (87) and 3/8" x 2" Bolt (100) from the Pulley Plates (63).

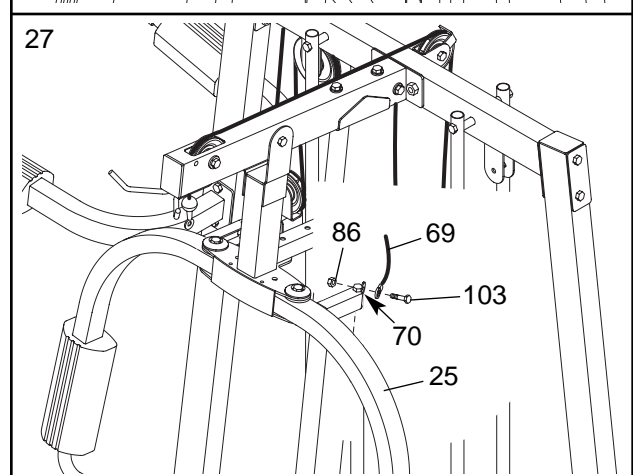
Wrap the Lat Cable (88) under a 3 1/2" Pulley (78). Attach the Pulley and a Cable Trap (68) between the indicated holes in the Pulley Plates (63) with the 3/8" x 2" Bolt (100) and the 3/8" Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in place.**



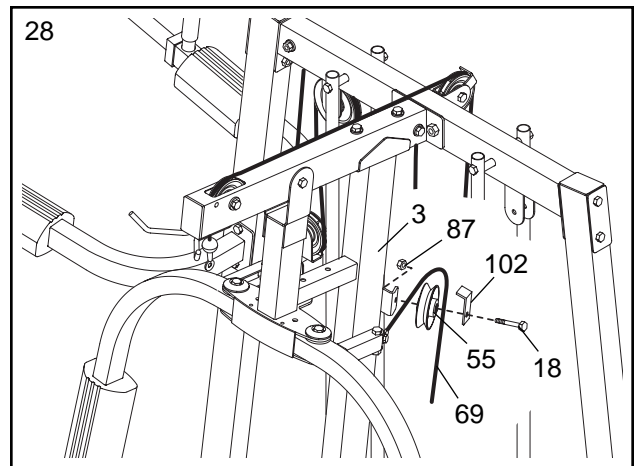
26. Attach the end of the Lat Cable (88) inside of the Butterfly Top Frame (7) with a 5/16" x 2 1/2" Bolt (59), two 5/16" Washers (90), and a 5/16" Nylon Locknut (86).



27. **Locate the Butterfly Cable (69), which is the shortest Cable.** Attach the Cable to the Pivot Bracket (70) on the Left Butterfly Arm (25) with a 5/16" x 1" Shoulder Bolt (103) and a 5/16" Nylon Locknut (86).

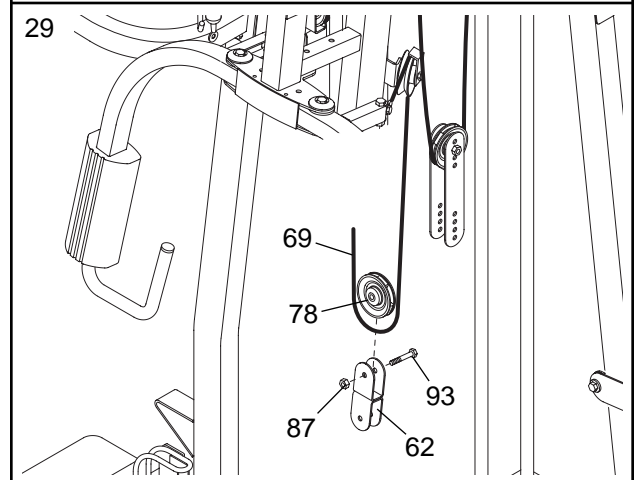


28. Wrap the Butterfly Cable (69) over a "V"-pulley (55). Attach the Pulley and a Long Cable Trap (102) to the indicated bracket on the Butterfly Upright (3) with a 3/8" x 2 1/2" Bolt (18) and a 3/8" Nylon Locknut (87). **Make sure that the Long Cable Trap is turned to hold the Cable in the groove of the Pulley.**

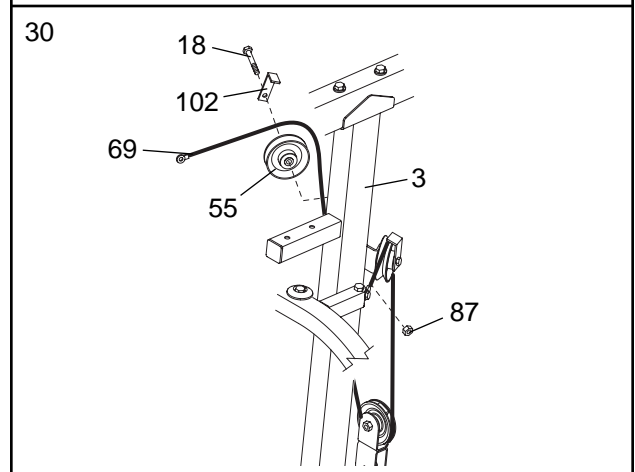


29. Remove the preattached 3 1/2" Pulleys (78) from the Double "U"-bracket (62).

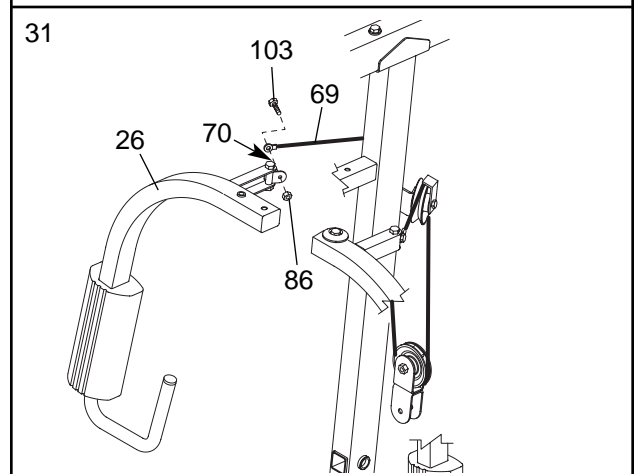
Wrap the Butterfly Cable (69) under a 3 1/2" Pulley (78). Attach the Pulley to the Double "U"-bracket (62) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).



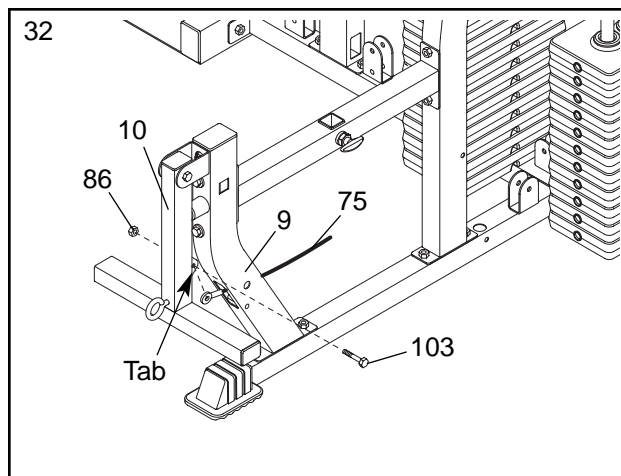
30. Wrap the Butterfly Cable (69) over a "V"-pulley (55). Attach the Pulley and a Long Cable Trap (102) to the other bracket on the Butterfly Upright (3) with a 3/8" x 2 1/2" Bolt (18) and a 3/8" Nylon Locknut (87). **Make sure that the Long Cable Trap is turned to hold the Cable in the groove of the Pulley.**



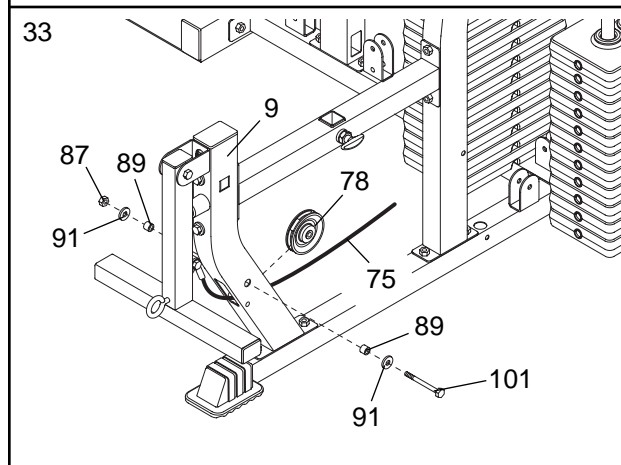
31. Attach the Butterfly Cable (69) to the Pivot Bracket (70) on the Right Butterfly Arm (26) with a 5/16" x 1" Shoulder Bolt (103) and a 5/16" Nylon Locknut (86).



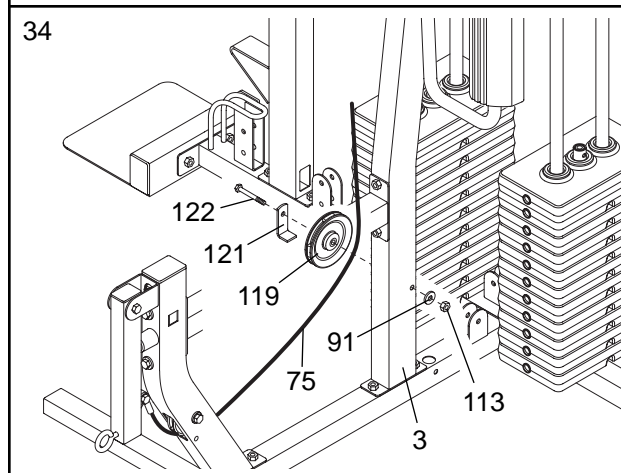
32. Locate the Leg Lever Cable (75), which is 98 1/2" long and has an eyelet on one end and a threaded pin on the other end. Route the eyelet end of the Cable through the Seat Upright (9) and attach it to the tab on the Leg Lever (10) with a 5/16" x 1" Shoulder Bolt (103) and a 5/16" Nylon Locknut (86).



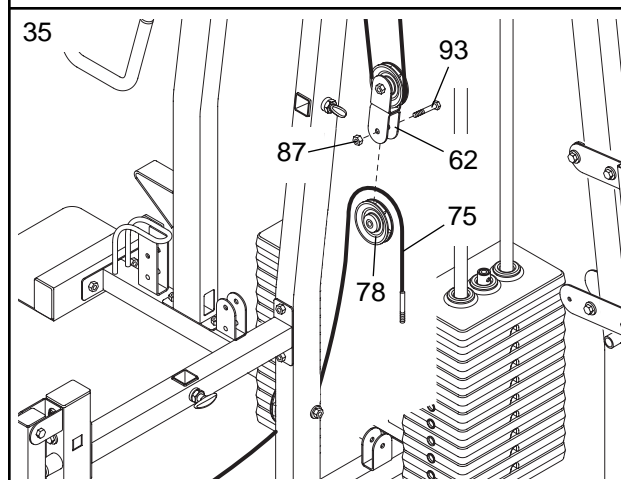
33. Attach a 3 1/2" Pulley (78) inside of the Seat Upright (9) with a 3/8" x 2 3/4" Bolt (101), two 3/8" Washers (91), two 1/2" Spacers (89), and a 3/8" Nylon Locknut (87) as shown.



34. Route the Leg Lever Cable (75) under a 4 1/2" Pulley (119). Attach the Pulley and a Large Cable Trap (121) to the indicated side of the Butterfly Upright (3) with a 3/8" x 3 3/4" Bolt (122), a 3/8" Washer (91), and a 3/8" Nylon Jamnut (113). **Make sure that the Large Cable Trap is turned to hold the Cable in the groove of the Pulley.**

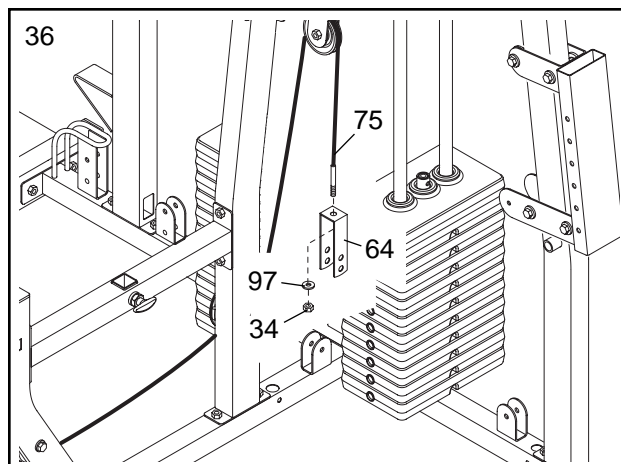


35. Wrap the Leg Lever Cable (75) over a 3 1/2" Pulley (78). Attach the Pulley to the Double "U"-bracket (62) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).



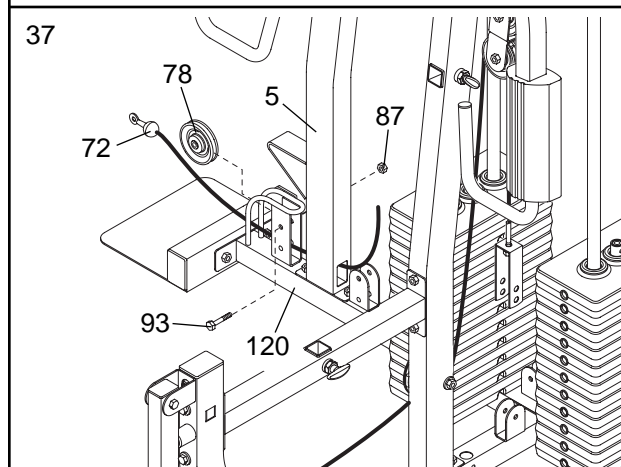
36. Remove the preattached 3 1/2" Pulley (not shown) from the "U"-bracket (64).

Attach the end of the Leg Lever Cable (75) to the "U"-bracket (64) with a 1/4" Washer (97) and a 1/4" Nylon Locknut (34). **Note: Do not completely tighten the Nylon Locknut; it should be threaded only two turns onto the end of the Cable.**

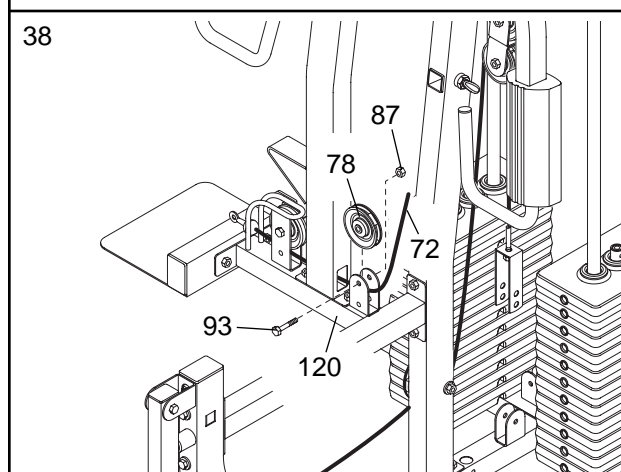


37. Locate the VKR Low Cable (72), which is the only remaining cable that has an eyelet on one end and a ball on the other end. Route the eyelet end of the Cable through the cage on the Long Base (120) and through the VKR Upright (5) as shown.

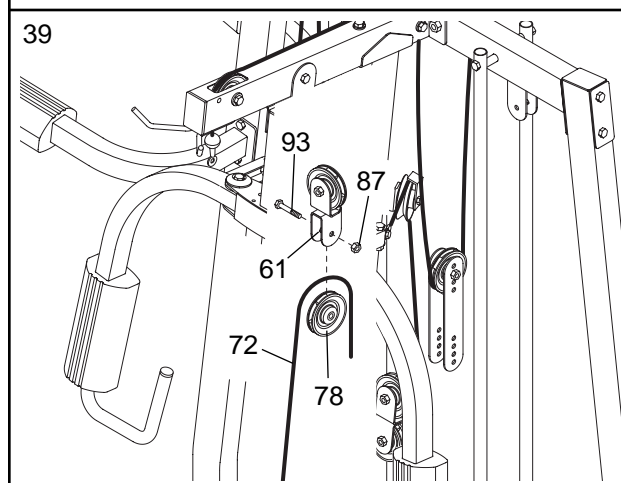
Attach a 3 1/2" Pulley (78) to the indicated bracket on the Long Base (120) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).



38. Wrap the VKR Low Cable (72) under a 3 1/2" Pulley (78). Attach the Pulley to the indicated bracket on the Long Base (120) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).

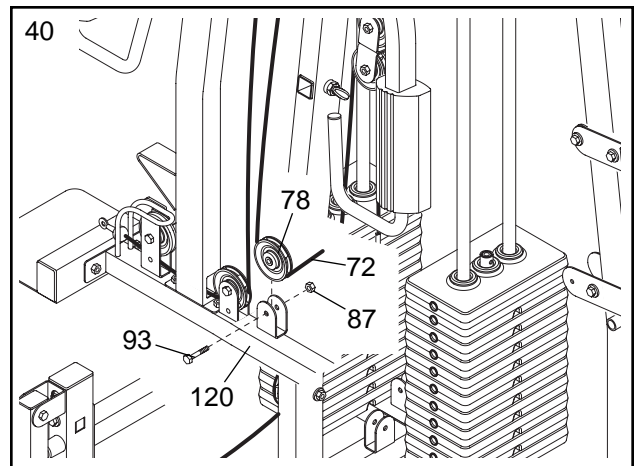


39. Wrap the VKR Low Cable (72) over a 3 1/2" Pulley (78). Attach the Pulley to the Offset Double "U"-bracket (61) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).



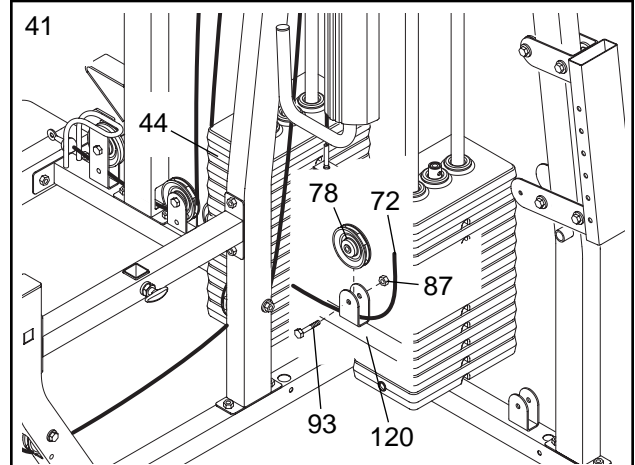


40. Wrap the VKR Low Cable (72) under a 3 1/2" Pulley (78). Attach the Pulley to the indicated bracket on the Long Base (120) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).

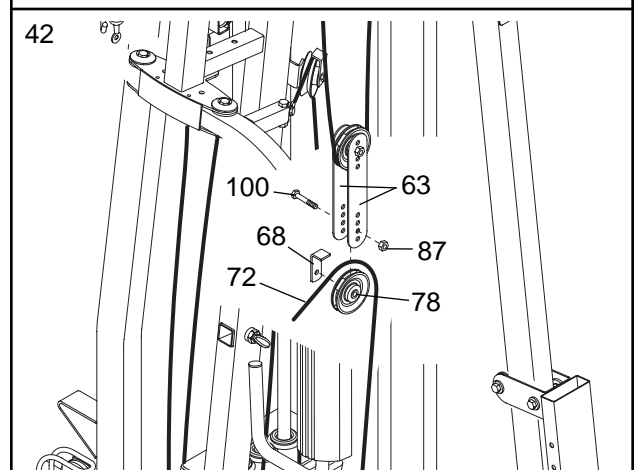


41. Route the VKR Low Cable (72) under the indicated stack of Weights (44).

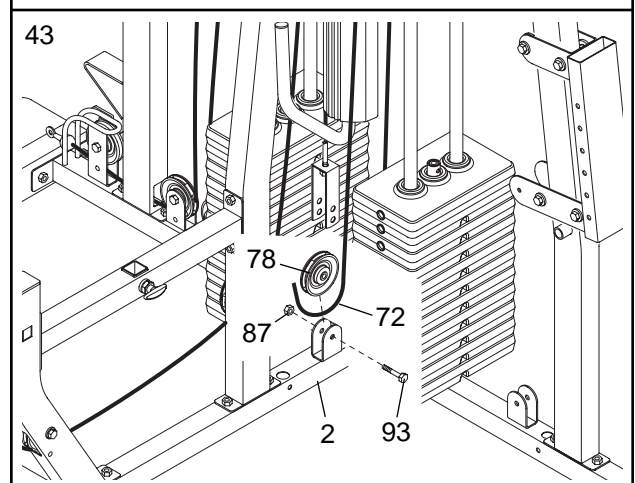
Wrap the VKR Low Cable (72) under a 3 1/2" Pulley (78). Attach the Pulley to the indicated bracket on the Long Base (120) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).



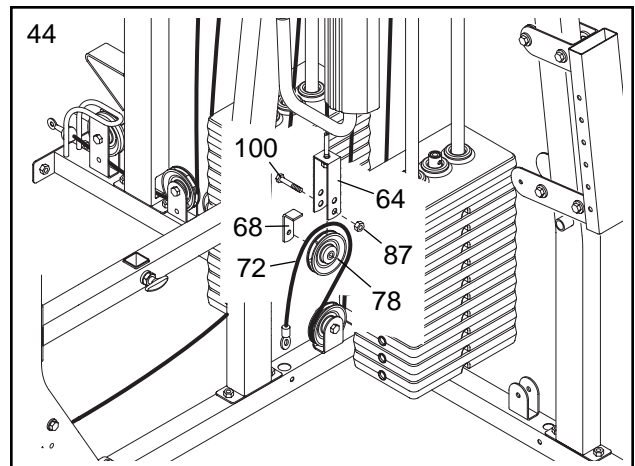
42. Wrap the VKR Low Cable (72) over a 3 1/2" Pulley (78). Attach the Pulley and a Cable Trap (68) between the indicated holes in the Pulley Plates (63) with a 3/8" x 2" Bolt (100) and a 3/8" Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



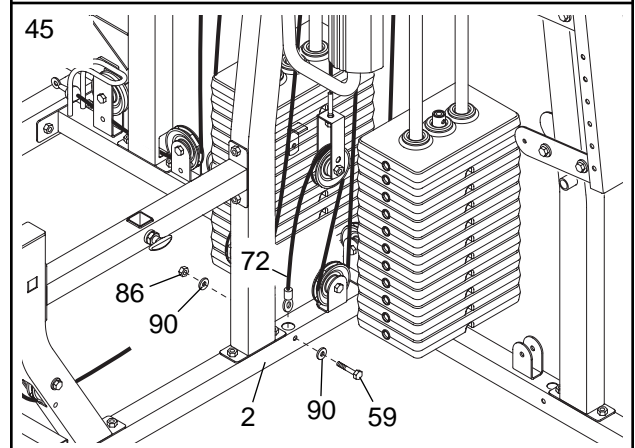
43. Wrap the VKR Low Cable (72) under a 3 1/2" Pulley (78). Attach the Pulley to the indicated bracket on the Short Base (2) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).



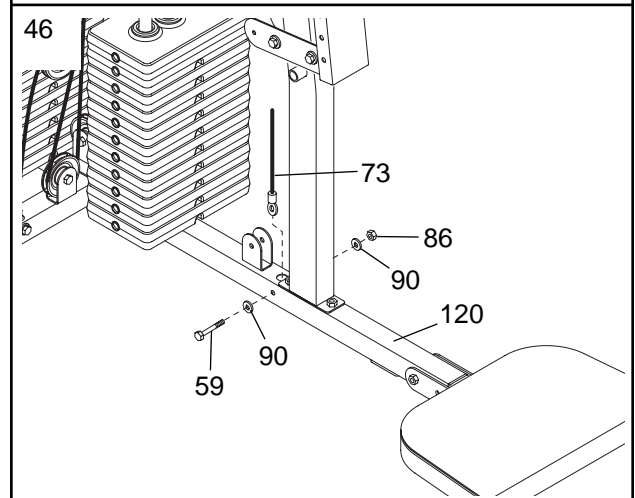
44. Wrap the VKR Low Cable (72) over a 3 1/2" Pulley (78). Attach the Pulley and a Cable Trap (68) between the lower set of holes in the "U"-bracket (64) with a 3/8" x 2" Bolt (100) and a 3/8" Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



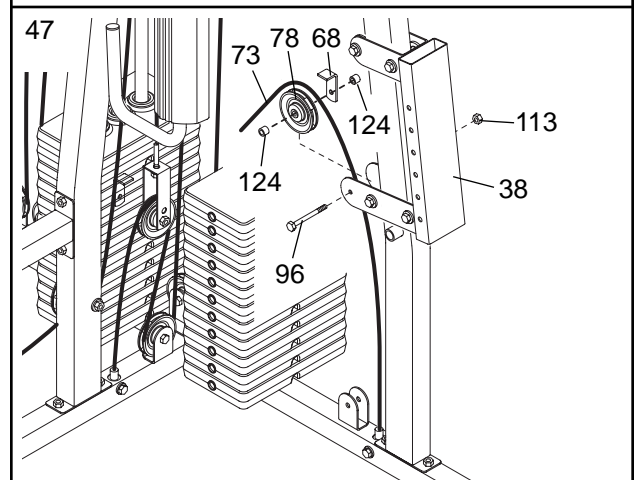
45. Attach the end of the VKR Low Cable (72) inside of the Short Base (2) with a 5/16" x 2 1/2" Bolt (59), two 5/16" Washers (90), and a 5/16" Nylon Locknut (86).



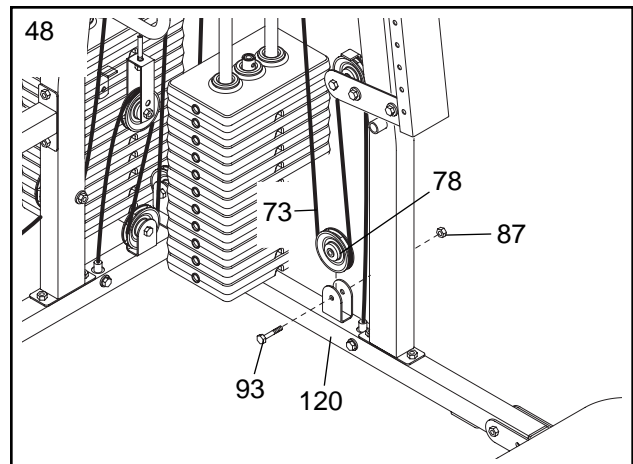
46. **Locate the Squat Cable (73), which is the only remaining cable.** Attach the eyelet end of the Cable inside of the Long Base (120) with a 5/16" x 2 1/2" Bolt (59), two 5/16" Washers (90), and a 5/16" Nylon Locknut (86).



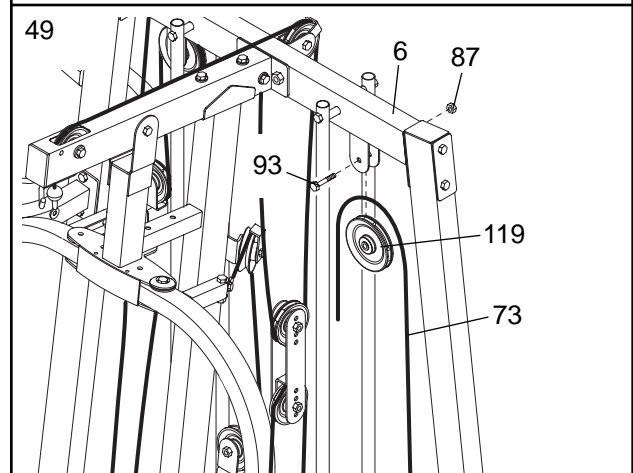
47. Wrap the Squat Cable (73) over a 3 1/2" Pulley (78). Attach the Pulley, a Cable Trap (68), and two 3/4" Spacers (124) between the indicated brackets on the Squat Slider (38) with a 3/8" x 3 1/4" Bolt (96) and a 3/8" Nylon Jamnut (113). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



48. Wrap the Squat Cable (73) under a 3 1/2" Pulley (78). Attach the Pulley to the indicated bracket on the Long Base (120) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).



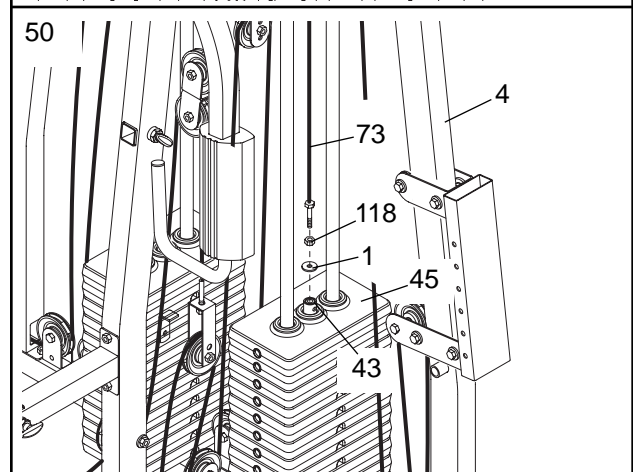
49. Wrap the Squat Cable (73) over a 4 1/2" Pulley (119). Attach the Pulley to the indicated bracket on the Top Frame (6) with a 3/8" x 1 3/4" Bolt (93) and a 3/8" Nylon Locknut (87).



50. Place a 1/2" Washer (1) on top of the Weight Tube (43) closest to the Squat Upright (4). Tighten a 1/2" Nut (118) halfway onto the end of the Squat Cable (73).

Lift the Weight Tube (43) and the Top Weight (45) and make sure that the small pin on the Weight Tube is inside of the groove under the Top Weight.

Hold the Weight Tube (43) and the Top Weight (45) a few inches over the weight stack while you screw the end of the Cable (73) two full turns into the Weight Tube. Then, tighten the Nut against the 1/2" Washer (1).

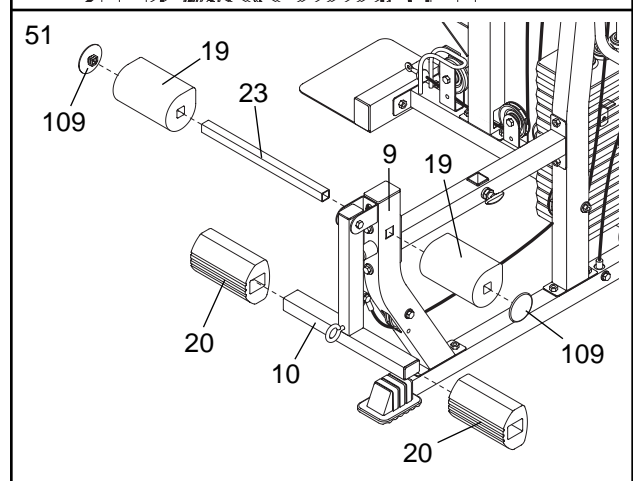


## SEAT ASSEMBLY

51. Locate and open the parts bag labeled "SEAT ASSEMBLY."

Insert the Pad Tube (23) into the square hole in the Seat Upright (9). Slide the two Knee Pads (19) onto the Pad Tube as shown. Press the two Knee Pad Caps (109) into the ends of the Pad Tube.

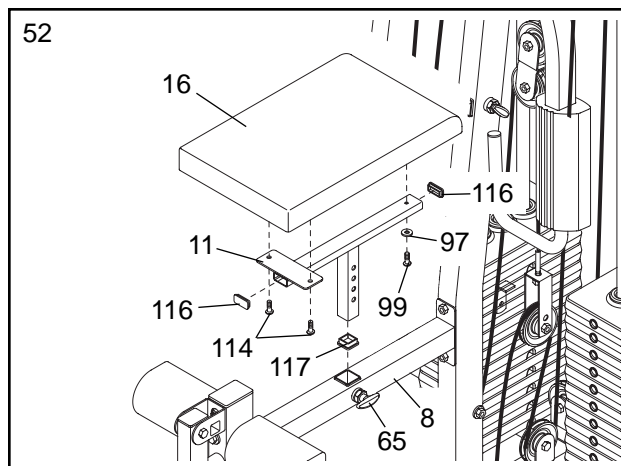
Slide two Short Pads (20) onto the Leg Lever (10).



52. Press two 3/4" x 1 1/2" Inner Caps (116) and a 1 1/4" Square Inner Cap (117) into the Seat Bracket (11).

Attach the Seat (16) to the Seat Bracket (11) with two 1/4" x 3/4" Screws (114), a 1/4" x 1 1/2" Screw (99), and a 1/4" Washer (97).

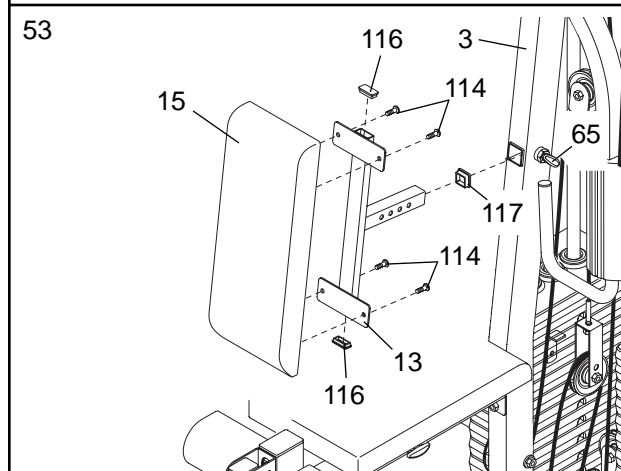
Turn the indicated Adjustment Handle (65) counter-clockwise several turns to loosen it. Next, pull the Handle and insert the Seat Bracket (11) into the Seat Frame (8). Engage the Handle into one of the holes in the Seat Bracket, and then turn the Handle clockwise until it is tight.



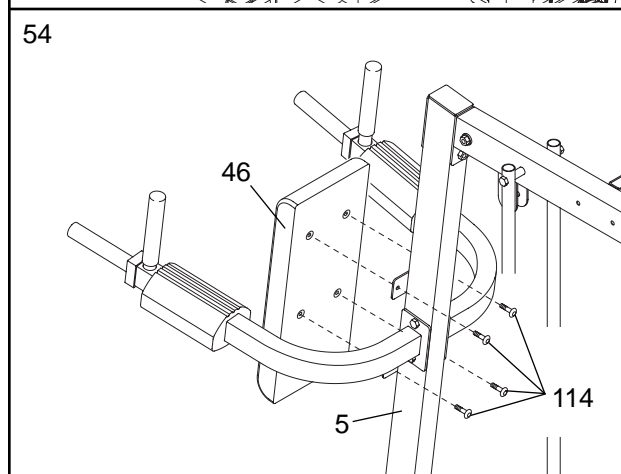
53. Press two 3/4" x 1 1/2" Inner Caps (116) and a 1 1/4" Square Inner Cap (117) into the Backrest Bracket (13).

Attach the Butterfly Backrest (15) to the Backrest Bracket (13) with four 1/4" x 3/4" Screws (114).

Turn the indicated Adjustment Handle (65) counter-clockwise several turns to loosen it. Next, pull the Handle and insert the Backrest Bracket (13) into the Butterfly Upright (3). Engage the Handle into one of the holes in the Backrest Bracket, and then turn the Handle clockwise until it is tight.



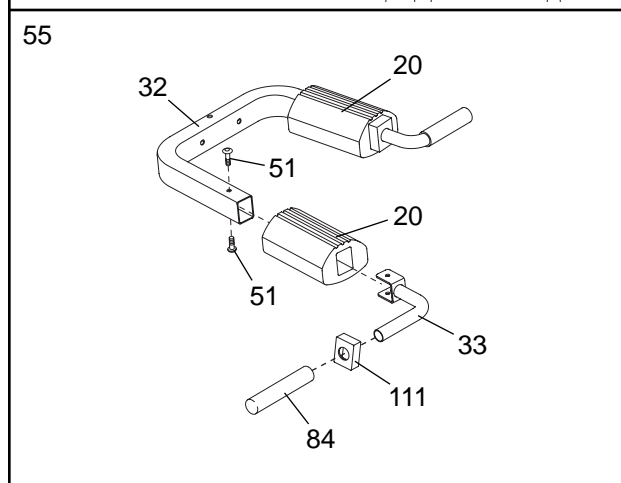
54. Attach the VKR Backrest (46) to the VKR Upright (5) with four 1/4" x 3/4" Screws (114).



55. Wet one end of the Squat Arm (32) with soapy water. Slide a Short Pad (20) onto the Squat Arm as shown.

Attach a Squat Handle (33) to the Squat Arm (32) with two 5/16" x 3/4" Button Head Screws (51). Slide an Inner Cap w/Hole (111) onto the Squat Handle and press it onto the end of the Squat Arm. Wet the Squat Handle with soapy water. Slide an 8" Handgrip (84) onto the Squat Handle.

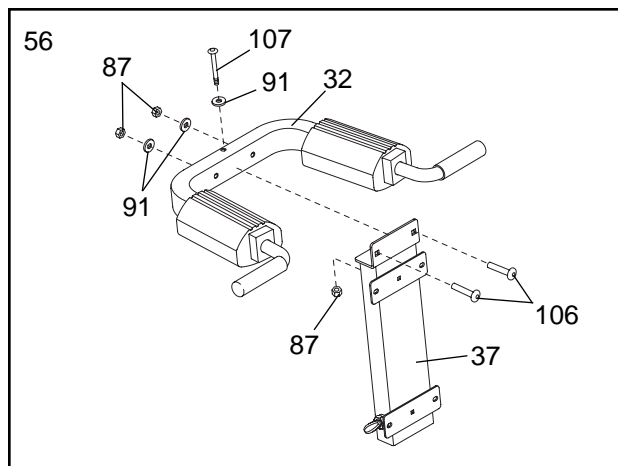
**Repeat this step with the other end of the Squat Arm (32).**



56. Attach the Squat Arm (32) to the Squat Bracket (37) with two 3/8" x 2 1/2" Carriage Bolts (106), two 3/8" Washers (91), and two 3/8" Nylon Locknuts (87).  
**Do not tighten the Nylon Locknuts yet.**

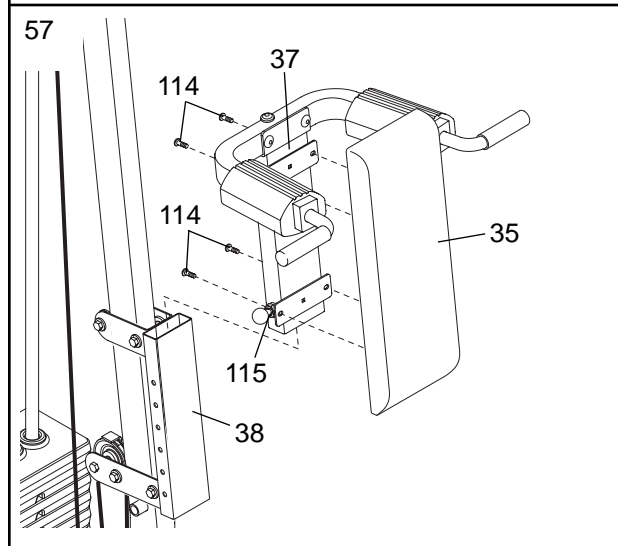
Finish attaching the Squat Arm (32) to the Squat Bracket (37) with a 3/8" x 3" Bolt (107), a 3/8" Washer (91), and a 3/8" Nylon Locknut (87).

**Tighten all of the 3/8" Nylon Locknuts (87) used in this step.**

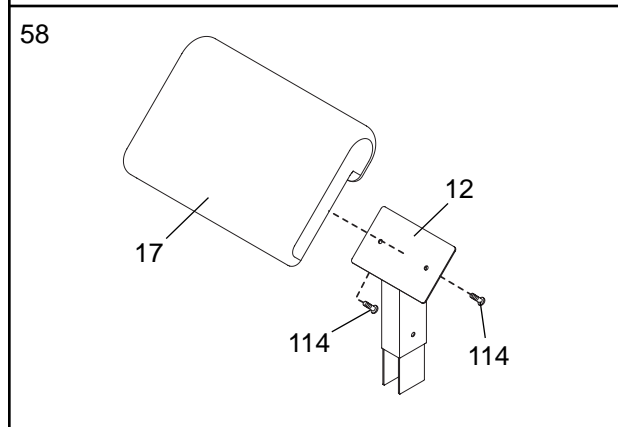


57. Unscrew the Adjustment Knob (115) and remove it from the Squat Bracket (37). Turn the Squat Backrest (35) so that the four screw holes are closer to the bottom of the Squat Backrest than the top. Attach the Squat Backrest to the Squat Bracket with four 1/4" x 3/4" Screws (114). Reattach the Adjustment Knob to the Squat Bracket.

Turn the Adjustment Knob (115) counterclockwise several times to loosen it. Next, pull the Knob and slide the Squat Bracket (37) down onto the Squat Slider (38). Engage the Knob into one of the holes in the Squat Slider, and then turn the Knob clockwise until it is tight.



58. Attach the Curl Pad (17) to the Curl Frame (12) with two 1/4" x 3/4" Screws (114).



59. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on page 22 of this manual.

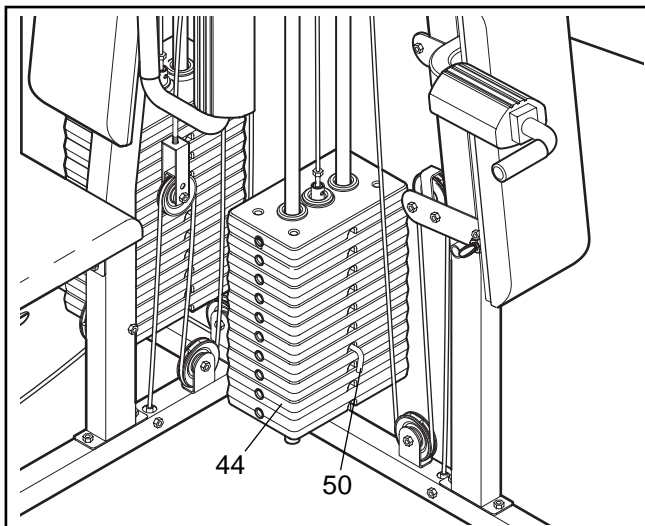
Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 26 and 27 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 25.**

# 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 various exercises. **IMPORTANT: When attaching the lat bar, row bar, or handle, 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 either weight stack, insert a Weight Pin (50) under the desired Weight (44) until the bent end of the Weight Pin is touching the Weights. Turn the bent end downward. The weight setting of each weight stack can be changed from 10 pounds to 110 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 24 to find the approximate amount of resistance at each weight station.**

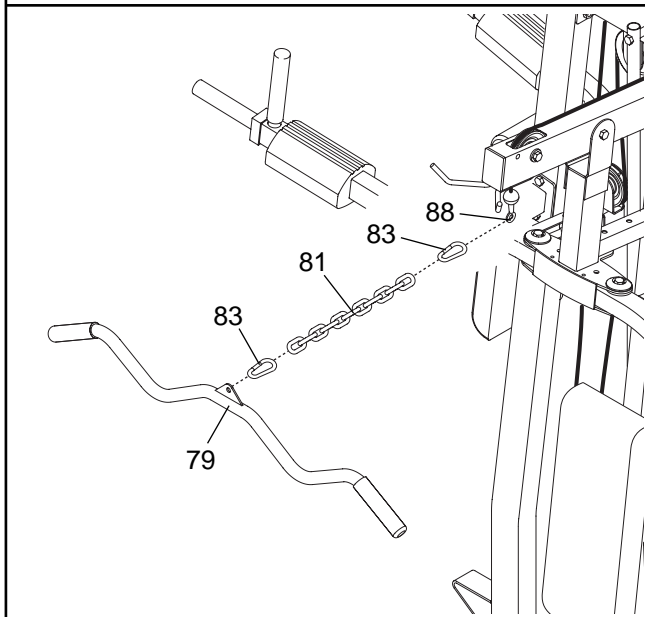


## ATTACHING THE LAT BAR, ROW BAR, OR HANDLE TO THE HIGH PULLEY STATION OR THE LOW PULLEY STATION

Attach the Lat Bar (79) to the Lat Cable (88) with a Cable Clip (83). For some exercises, the Chain (81) should be attached between the Lat Bar and the Lat Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Lat Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

**The Lat Bar (79) can be attached to the VKR Low Cable (not shown) in the same way.**

The Row Bar (not shown) or the Handle (not shown) can be attached to the Lat Cable (88) or the VKR Low Cable (not shown) in the same way.

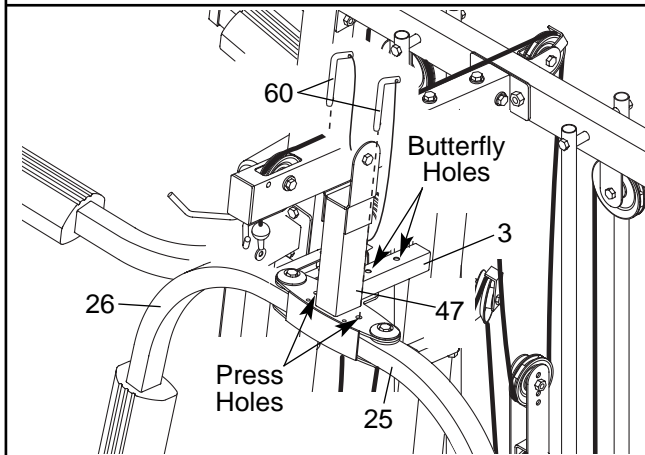


## CONVERTING THE BUTTERFLY ARMS

To use the Butterfly Arms (25, 26) as butterfly arms, insert the "L"-pins w/Tethers (60) into the butterfly holes in the Butterfly Upright (3).

To use the Butterfly Arms (25, 26) as press arms, insert the "L"-pins w/Tethers (60) into the press holes in the Butterfly Frame (47).

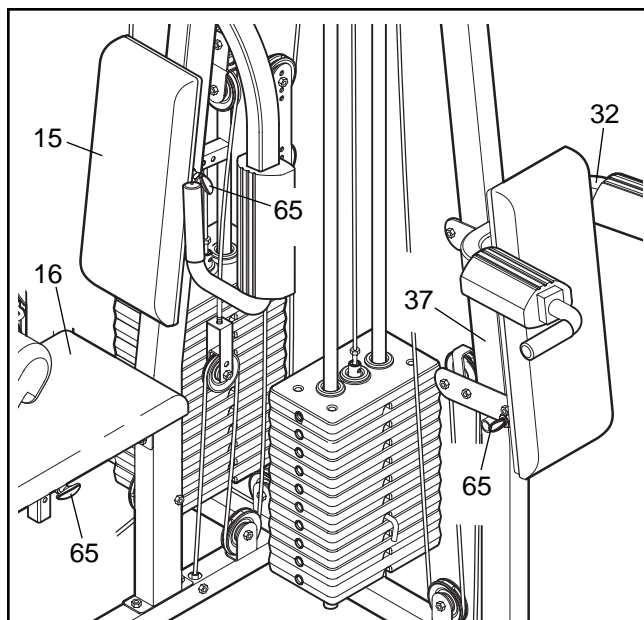
**Make sure that both "L"-pins w/Tethers (60) are fully inserted into the same set of holes before performing any exercise.**



## ADJUSTING THE SQUAT ARM, SEAT, OR BUTTERFLY BACKREST

To adjust the height of the Squat Arm (32), first turn the Adjustment Handle (65) on the Squat Bracket (37) counterclockwise several turns to loosen it. Next, pull the Handle and slide the Squat Bracket up or down to the desired position. Engage the Handle into one of the holes in the Squat Slider (not shown), and then turn the Handle clockwise until it is tight.

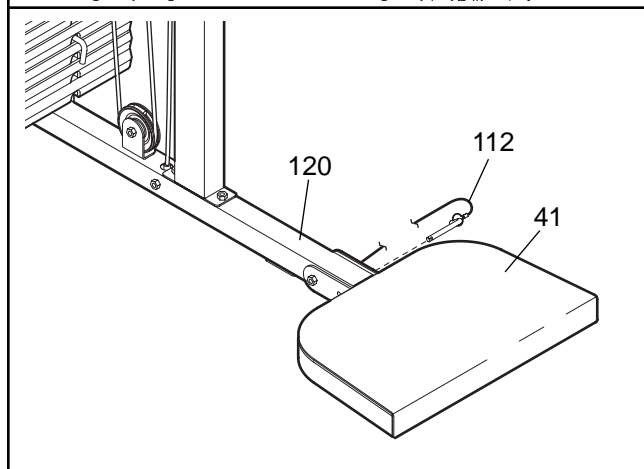
The height of the Seat (16) and the position of the Butterfly Backrest (15) can be adjusted in the same way using the other two Adjustment Handles (65).



## ADJUSTING THE SQUAT KNEE REST

To use the Squat Knee Rest (41), pivot it down to the position shown and insert the Pin w/Tether (112) into the holes in the Squat Knee Rest and the Long Base (120).

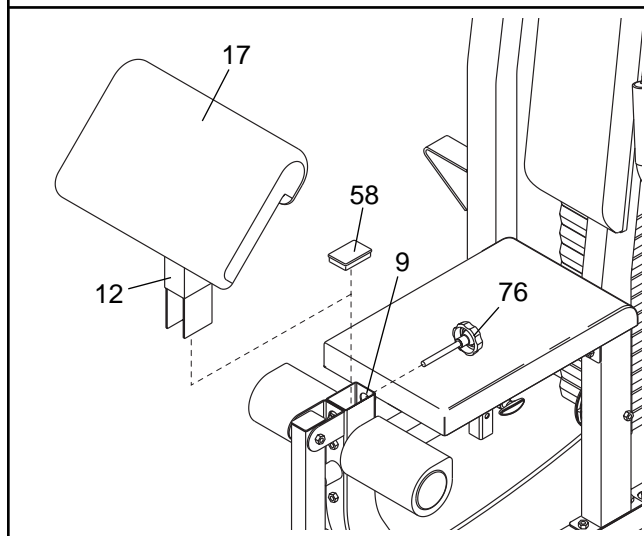
When the Squat Knee Rest (41) is not in use, pivot it up to a vertical position and then insert the Pin w/Tether (112) into the hole in the Long Base (120).



## ADJUSTING THE CURL PAD

To use the Curl Pad (17), first remove the seat from the seat frame (see ADJUSTING THE SQUAT ARM, SEAT, OR BUTTERFLY BACKREST, above). Remove the 2" x 3" Inner Cap (58) from the Seat Upright (9). Insert the Curl Frame (12) into the Seat Upright. Tighten the Curl Frame Knob (76) into the Seat Upright and the Curl Frame. Reinsert the seat into the seat frame.

When the Curl Pad (17) is not in use, remove the Curl Frame Knob (76) and the Curl Frame (12) from the Seat Upright (9). Insert the 2" x 3" Inner Cap (58) into the Seat Upright. **Store the Curl Frame out of the way of the weight system.**



# WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each weight station. "Top" refers to the 10-pound top weight. The other numbers refer to the 10-pound 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	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG LEVER (lbs.)	BUTTERFLY ARMS (lbs.)	SQUAT ARM (lbs.)	PRESS ARM (lbs.)
Top	12	12	25	15	59	21
1	24	25	47	26	87	42
2	35	36	55	39	116	59
3	47	50	90	46	136	78
4	60	61	104	54	170	97
5	72	72	122	67	192	115
6	85	85	144	74	203	132
7	95	95	164	85	223	153
8	107	107	182	96	239	167
9	118	118	208	108	254	180
10	128	128	220	120	270	192



# TROUBLESHOOTING

Make sure all parts are properly tightened 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 pins into the centers of the weight stacks. Slack can be removed from the cables in several ways:

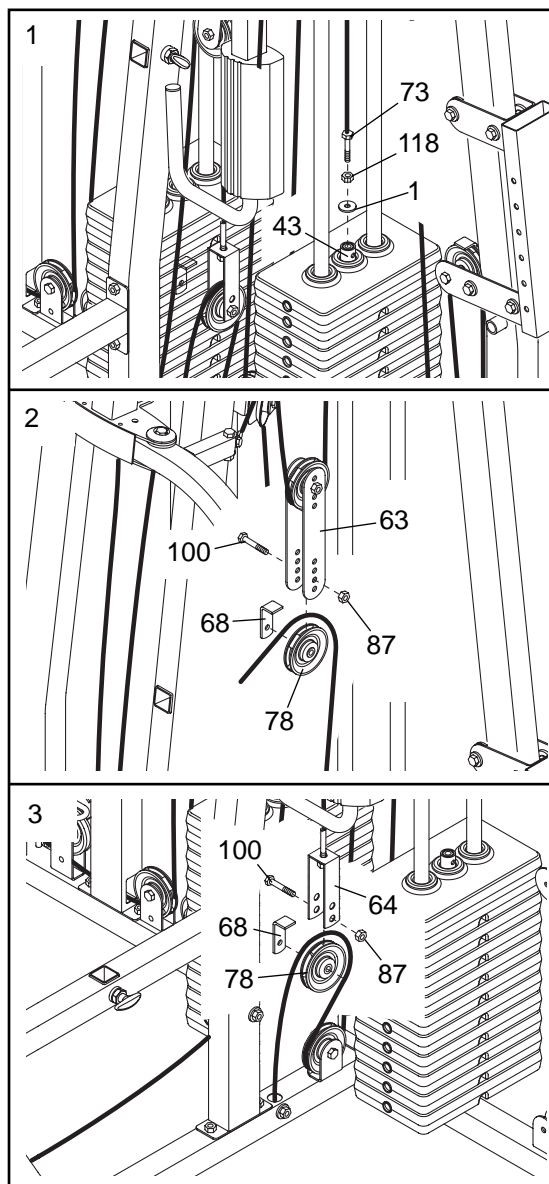
**See drawing 1.** To tighten the Squat Cable (73) or the VKR High Cable (not shown), first loosen the 1/2" Nut (118) on the end of the Cable, away from the 1/2" Washer (1). Screw the end of the Cable farther into the Weight Tube (43). Then, retighten the Nut against the Washer.

**See drawing 2.** To tighten the other five cables, first remove the upper or lower 3/8" Nylon Locknut (87), 3/8" x 2" Bolt (100), 3 1/2" Pulley (78), and Cable Trap (68) from the Pulley Plates (63). Reattach the Pulley and the Cable Trap between a set of holes closer to the center of the Pulley Plates with the Bolt and Nylon Locknut.

**See drawing 3.** To further tighten the other five cables, first remove the 3/8" Nylon Locknut (87), 3/8" x 2" Bolt (100), 3 1/2" Pulley (78), and Cable Trap (68) from the "U"-bracket (64). Reattach the Pulley and the Cable Trap between the higher set of holes in the "U"-bracket with the Bolt and Nylon Locknut.

**Do not overtighten the cables. If the cables are overtightened, the top weights will be lifted off the weight stacks.**

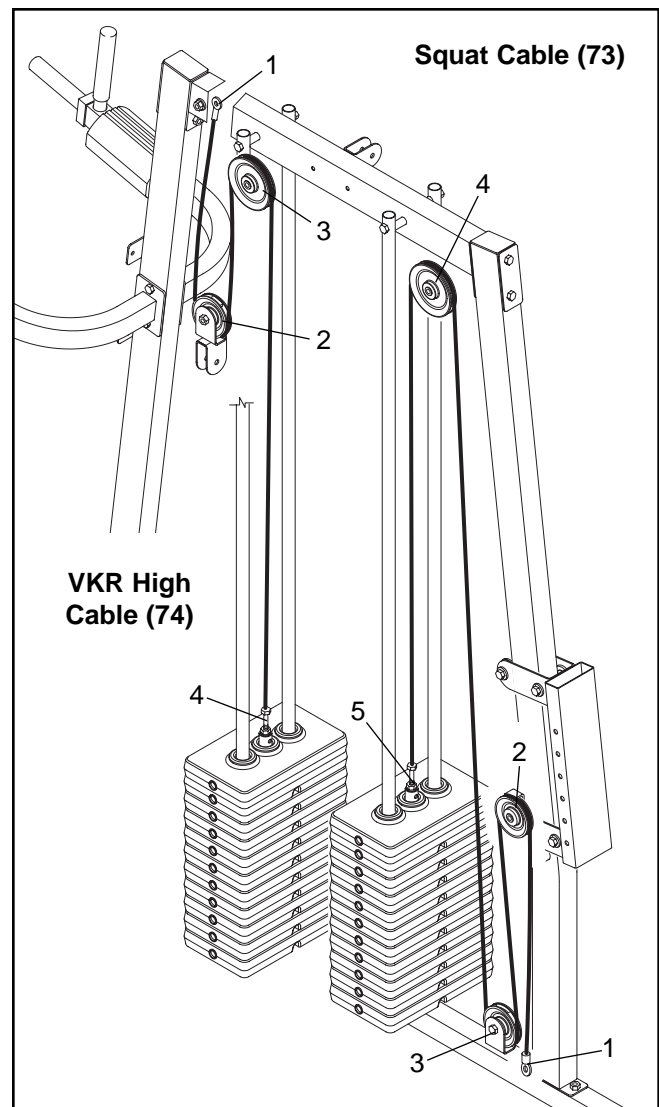
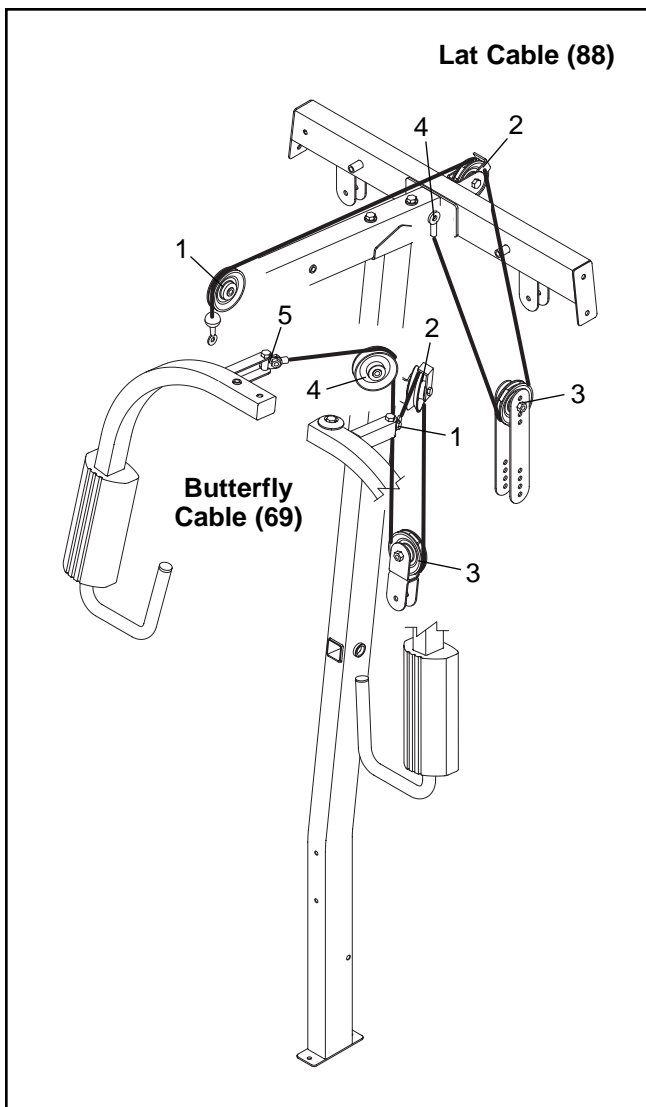
**If a cable slips off the pulleys repeatedly, it may have become twisted. Remove the cable and re-install it.** If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



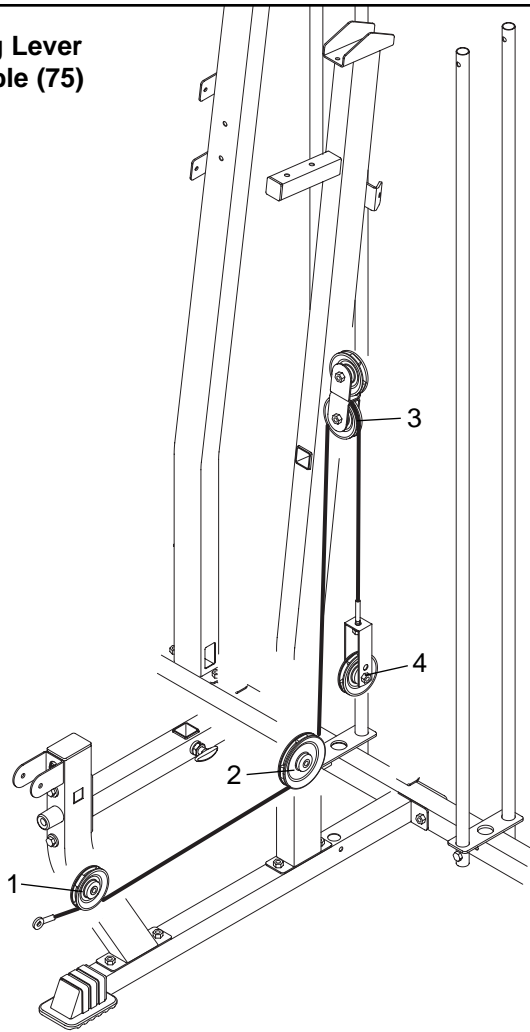
# CABLE DIAGRAMS

The cable identification chart below shows the ends of each cable and the lengths of the cables. The cable diagrams on this page and the following page show the proper routing of the cables. The numbers in the diagrams show the routes of the cables. Use the diagrams to make sure that the cables have been assembled correctly. **IMPORTANT: If the cables have not been correctly routed, the weight system will not function properly and damage may occur.**

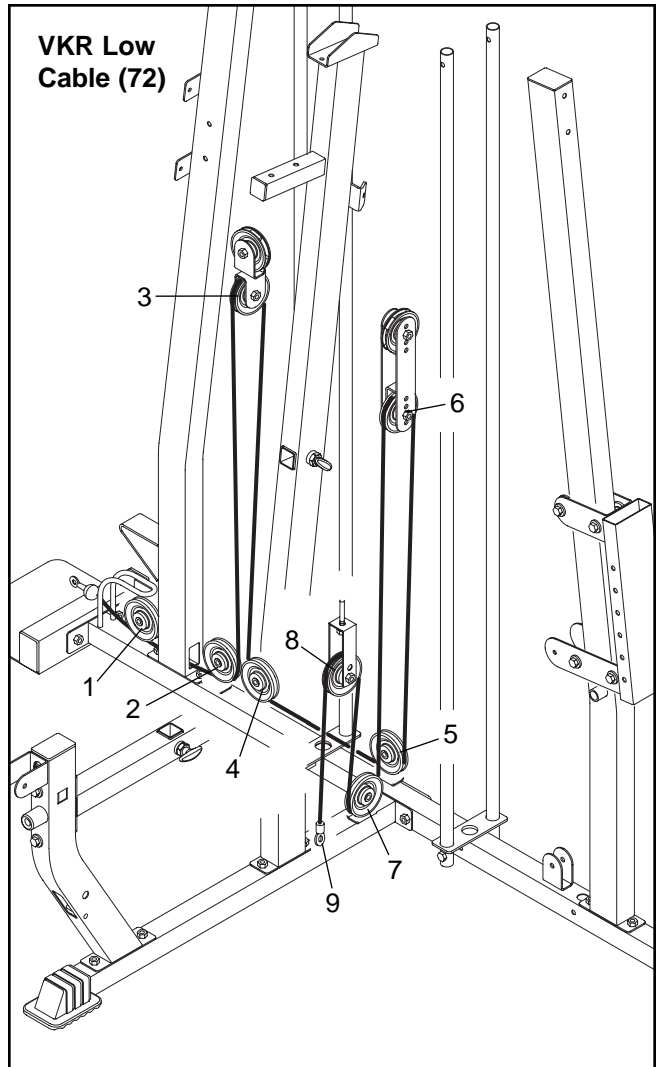
Cable Identification Chart		
		Butterfly Cable (69)—52"
		VKR Low Cable (72)—259 1/2"
		Squat Cable (73)—178"
		VKR High Cable (74)—82 1/4"
		Leg Lever Cable (75)—98 1/2"
		Lat Cable (88)—89 1/4"



**Leg Lever  
Cable (75)**

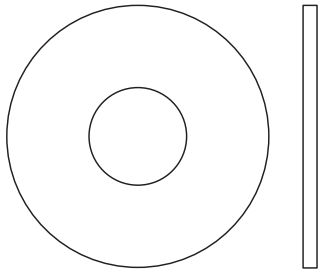


**VKR Low  
Cable (72)**

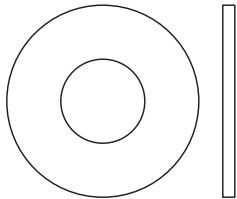


# PART IDENTIFICATION CHART—Model No. WESY38321

R1102A



1/2" Washer (1)



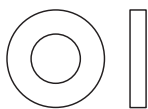
3/8" Washer (91)



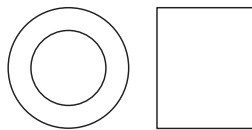
5/16" Washer (90)



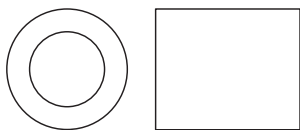
5/16" Lock Washer (115)



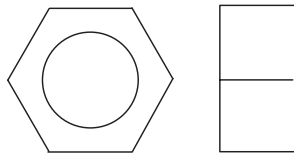
1/4" Washer (97)



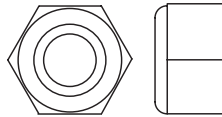
1/2" Spacer (89)



3/4" Spacer (124)



1/2" Nut (118)



3/8" Nylon Locknut (87)



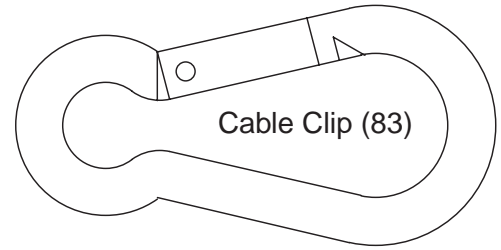
3/8" Nylon Jamnut (113)



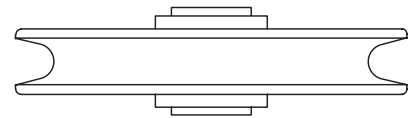
5/16" Nylon Locknut (86)



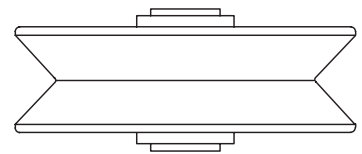
1/4" Nylon Locknut (34)



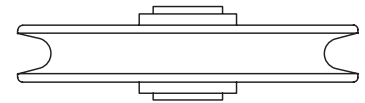
Cable Clip (83)



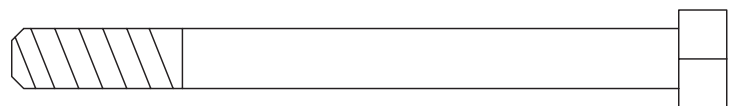
4 1/2" Pulley (119)  
(Not shown to scale)



"V" Pulley (55)  
(Not shown to scale)



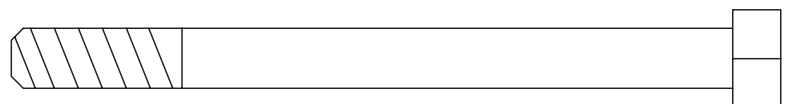
3 1/2" Pulley (78)  
(Not shown to scale)



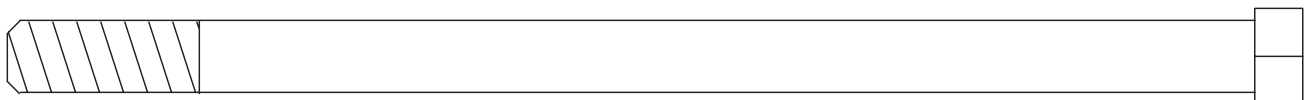
5/16" x 3 1/2" Bolt (94)



3/8" x 3 3/4" Bolt (122)



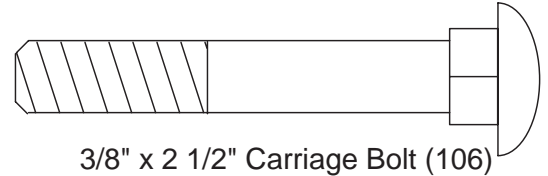
5/16" x 3 3/4" Bolt (92)



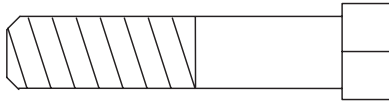
3/8" x 6 1/2" Bolt (95)



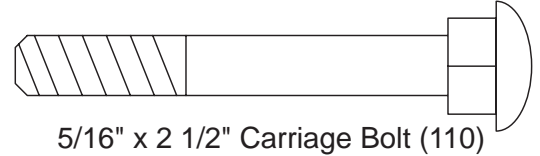
3/8" x 2" Bolt (100)



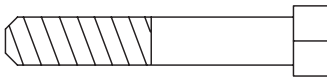
3/8" x 2 1/2" Carriage Bolt (106)



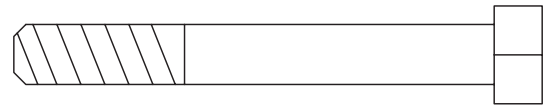
3/8" x 1 3/4" Bolt (93)



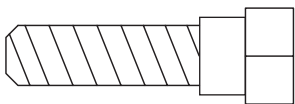
5/16" x 2 1/2" Carriage Bolt (110)



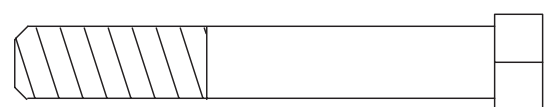
1/4" x 1 1/2" Bolt (99)



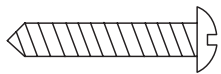
5/16" x 2 1/2" Bolt (59)



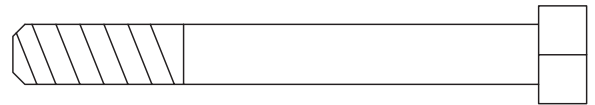
5/16" x 1" Shoulder Bolt (103)



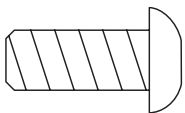
3/8" x 2 1/2" Bolt (18)



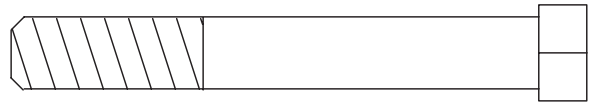
#10 x 1" Screw (14)



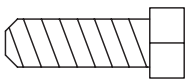
5/16" x 2 3/4" Bolt (85)



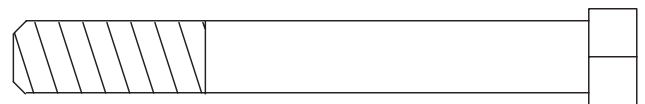
5/16" x 3/4" Button Head Screw (51)



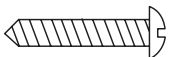
3/8" x 2 3/4" Bolt (101)



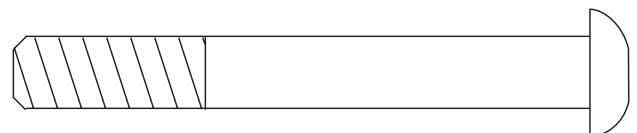
1/4" x 3/4" Screw (114)



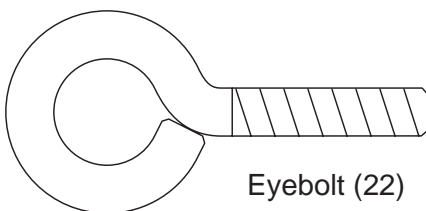
3/8" x 3" Bolt (107)



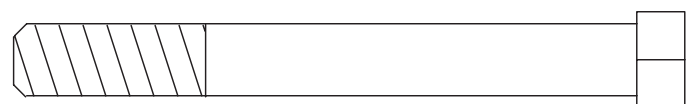
#8 x 3/4" Screw (98)



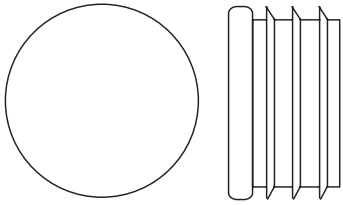
3/8" x 3" Button Head Bolt (104)



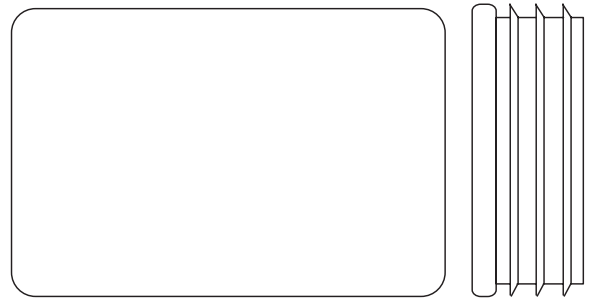
Eyebolt (22)



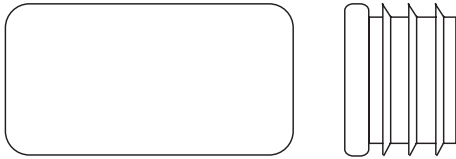
3/8" x 3 1/4" Bolt (96)



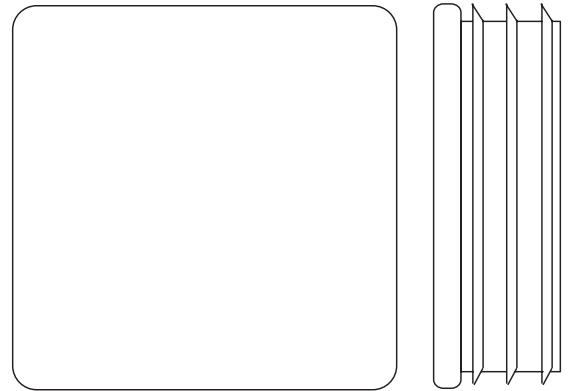
1" Round Inner Cap (29)



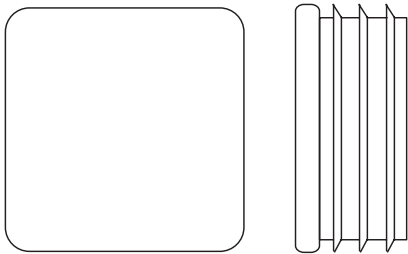
1 1/2" x 2" Inner Cap (21)



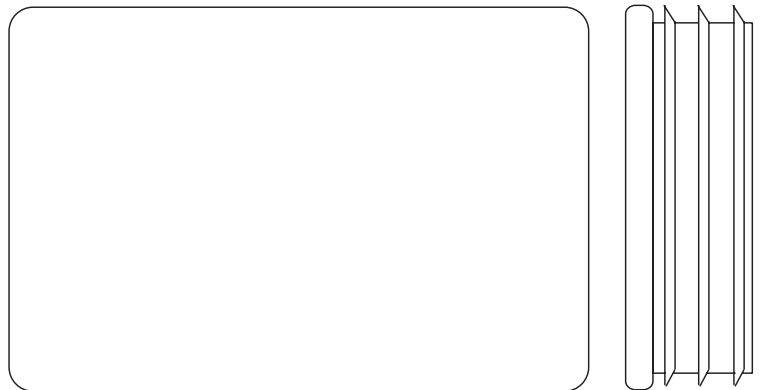
3/4" x 1 1/2" Inner Cap (116)



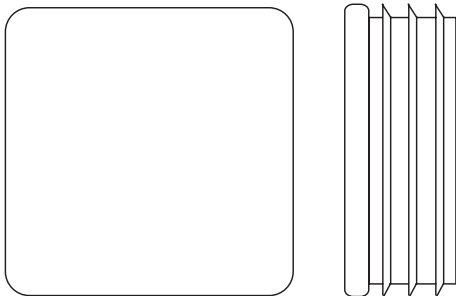
2" Square Inner Cap (105)



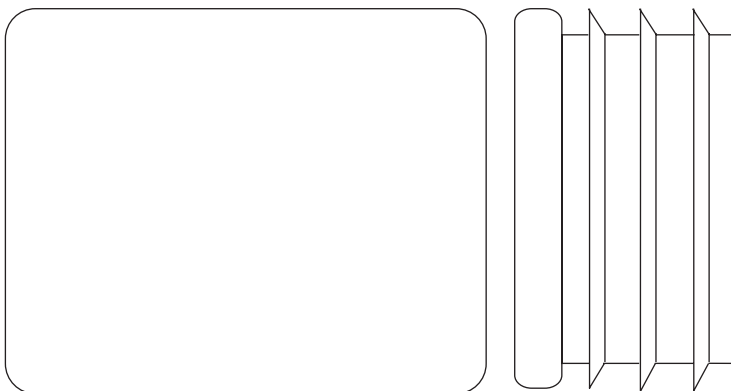
1 1/4" Square Inner Cap (117)



2" x 3" Inner Cap (58)



1 1/2" Square Inner Cap (67)



2" x 2 1/2" Inner Cap (125)

# PART LIST—Model No. WESY38321

R1102A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	1/2" Washer	46	1	VKR Backrest	88	1	Lat Cable
2	1	Short Base	47	1	Butterfly Frame	89	4	1/2" Spacer
3	1	Butterfly Upright	48	2	Weight Tube Bumper	90	32	5/16" Washer
4	1	Squat Upright	49	4	Weight Bumper	91	15	3/8" Washer
5	1	VKR Upright	50	2	Weight Pin	92	10	5/16" x 3 3/4" Bolt
6	1	Top Frame	51	8	5/16" x 3/4" Button	93	13	3/8" x 1 3/4" Bolt
7	1	Butterfly Top Frame			Head Screw	94	4	5/16" x 3 1/2" Bolt
8	1	Seat Frame	52	2	Short Frame Plate	95	2	3/8" x 6 1/2" Bolt
9	1	Seat Upright	53	1	Foot Plate	96	2	3/8" x 3 1/4" Bolt
10	1	Leg Lever	54	2	Long Pad	97	2	1/4" Washer
11	1	Seat Bracket	55	2	"V"-pulley	98	3	#8 x 3/4" Screw
12	1	Curl Frame	56	4	Plastic Washer	99	1	1/4" x 1 1/2" Screw
13	1	Backrest Bracket	57	4	Butterfly Cap	100	5	3/8" x 2" Bolt
14	6	#10 x 1" Screw	58	6	2" x 3" Inner Cap	101	4	3/8" x 2 3/4" Bolt
15	1	Butterfly Backrest	59	4	5/16" x 2 1/2" Bolt	102	3	Long Cable Trap
16	1	Seat	60	2	"L"-pin w/Tether	103	3	5/16" x 1" Shoulder Bolt
17	1	Curl Pad	61	1	Offset Double "U"-bracket	104	2	3/8" x 3" Button Head Bolt
18	3	3/8" x 2 1/2" Bolt			Double "U"-bracket			
19	2	Knee Pad	62	1	Pulley Plate	105	1	2" Square Inner Cap
20	6	Short Pad	63	2	"U"-bracket	106	2	3/8" x 2 1/2" Carriage Bolt
21	5	1 1/2" x 2" Inner Cap	64	1	Adjustment Handle			
22	1	Eyebolt	65	2	VKR Handle	107	2	3/8" x 3" Bolt
23	1	Pad Tube	66	2	1 1/2" Square Inner Cap	108	8	Nut Clip
24	1	Outer Cap	67	1	Cable Trap	109	2	Knee Pad Cap
25	1	Left Butterfly Arm			Butterfly Cable	110	10	5/16" x 2 1/2" Carriage Bolt
26	1	Right Butterfly Arm	68	4	Pivot Bracket	111	4	Inner Cap w/Hole
27	2	Press Handle	69	1	Long Frame Plate	112	1	Pin w/Tether
28	2	Long Handgrip	70	2	VKR Low Cable	113	12	3/8" Nylon Jamnut
29	2	1" Round Inner Cap	71	1	Squat Cable	114	16	1/4" x 3/4" Screw
30	1	Left VKR Arm	72	1	VKR High Cable	115	1	Adjustment Knob
31	1	Right VKR Arm	73	1	Leg Lever Cable	116	4	3/4" x 1 1/2" Inner Cap
32	1	Squat Arm	74	1	Curl Frame Knob	117	2	1 1/4" Square Inner Cap
33	2	Squat Handle	75	1	Leg Lever Bumper			
34	1	1/4" Nylon Locknut	76	1	3 1/2" Pulley	118	2	1/2" Nut
35	1	Squat Backrest	77	1	Lat Bar	119	3	4 1/2" Pulley
36	8	5" Handgrip	78	17	Row Bar	120	1	Long Base
37	1	Squat Bracket	79	1	Chain	121	1	Large Cable Trap
38	1	Squat Slider	80	1	Handle	122	1	3/8" x 3 3/4" Bolt
39	4	Roller	81	1	Cable Clip	123	4	Knee Rest Bumper
40	8	Roller Bearing	82	1	8" Handgrip	124	2	3/4" Spacer
41	1	Squat Knee Rest	83	3	5/16" x 2 3/4" Bolt	125	1	2" x 2 1/2" Inner Cap
42	4	Weight Guide	84	2	5/16" Nylon Locknut	#	1	User's Manual
43	2	Weight Tube	85	4	3/8" Nylon Locknut	#	1	Exercise Guide
44	20	Weight	86	33				
45	2	Top Weight	87	27				

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





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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:

- The MODEL NUMBER of the product (WESY38321)
- The NAME of the product (WEIDER® PRO 3550 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 in the center of this manual)

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