



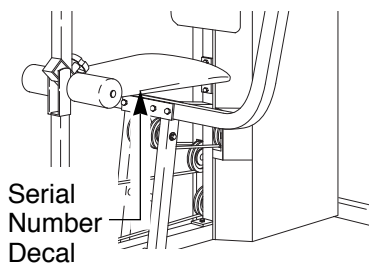
WEIDER®

T R A I N I N G S Y S T E M

Model No. WESY81081

Serial No. _____

The serial number is found in the location shown below. Write the serial number in the space above.



QUESTIONS?

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

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

CUSTOMER HOT LINE:

1-800-999-3756

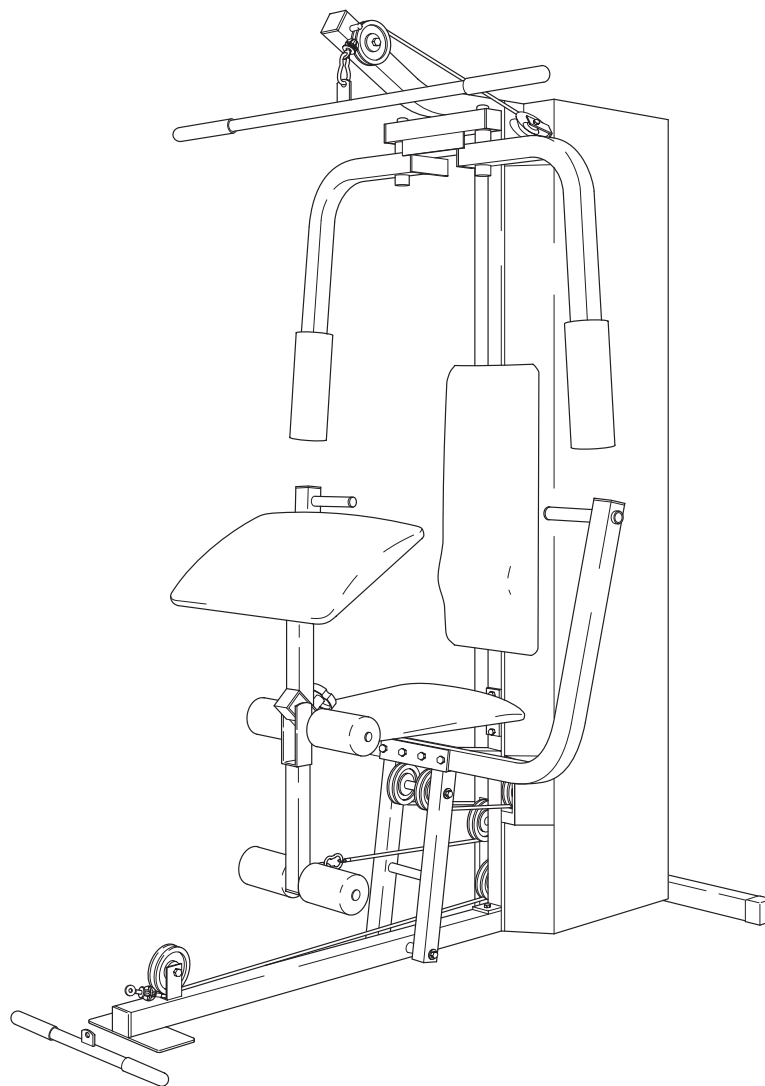
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

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

XP23

USER'S MANUAL



PATENT PENDING

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

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

Important Precautions

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

1. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the training system.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the training system only on a level surface. Cover the floor or carpet beneath the training system for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Make sure the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure the cables are on all of the pulleys.
7. Always stand on the foot plate when performing an exercise that could cause the training system to tip.
8. Keep children under the age of 12 and pets away from the training system at all times.
9. Keep hands and feet away from moving parts.
10. The training system is designed to be used by only one person at a time.
11. Always wear athletic shoes for foot protection when exercising.
12. Never release the press arm, butterfly arms, leg lever, lat bar, row bar or handle while weights are raised. The weights will fall with great force.
13. Always disconnect the lat bar or row bar from the training system when performing an exercise that does not use them.
14. The training system is intended for home use only. Do not use the training system in a commercial, rental or institutional setting.

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.

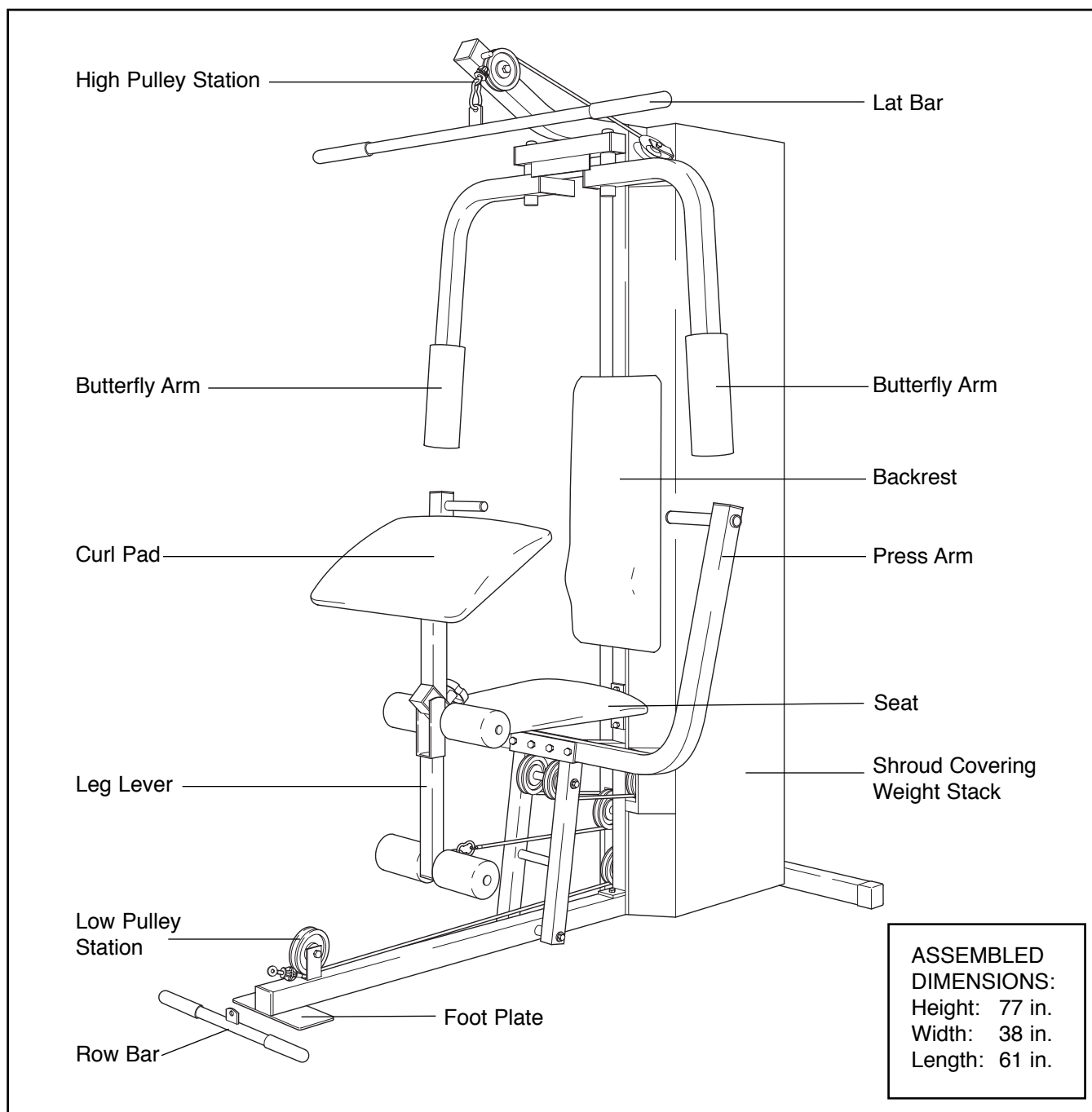
Before You Begin

Thank you for selecting the versatile WEIDER® XP23 Training System. The XP23 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 XP23 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the WEIDER® XP23 Training System. If you have additional questions, please call our Customer

Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY81081. The serial number can be found on a decal attached to the WEIDER® XP23 Training System (see the front cover of this manual).

Please use the drawing below to familiarize yourself with the major parts and how they fit together.



Assembly

Note: This introduction will save you more time than it takes to read it!

Making Things Easier for Yourself

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

Giving Yourself a Good Start

Before you begin the assembly process itself, take the time to complete the steps outlined here.

Clearing the Workspace

Clear a workspace that is large enough to hold all parts and allow you to walk all the way around the assembled equipment.

Unpacking the Box

To make the assembly process as smooth as possible, we have broken it into separate stages. All parts used in each stage are found in individual packages in the shipping box. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Important: Wait until you begin each assembly stage to open the parts bag labeled for that assembly stage.

Identifying Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART located in the center of this manual. Place the chart on the floor or work table and use it to quickly identify different parts as you open the packages for each step.

Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

Orienting Parts





As you assemble this product, be sure that all parts are oriented as shown in the drawings.

Tightening of Parts

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

Lining Up the Tools

Assembly requires the following tools (not included):

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water
- Tape, such as clear tape or masking tape

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.

The Four Stages of the Assembly Process

Frame Assembly

You will begin by assembling the base and the upright frames that serve as the skeleton of the equipment. The seats and all moving parts will be attached to the frame.

Arm Assembly

Completes the press and butterfly arms that you operate while you are exercising.

Cable Assembly

Completes the cables and pulleys that connect the moving arms with each other and with the weights. This ties the different parts together and makes the equipment function as a unit

Seat Assembly

Completes the seats and backrests that support your body while you are exercising.

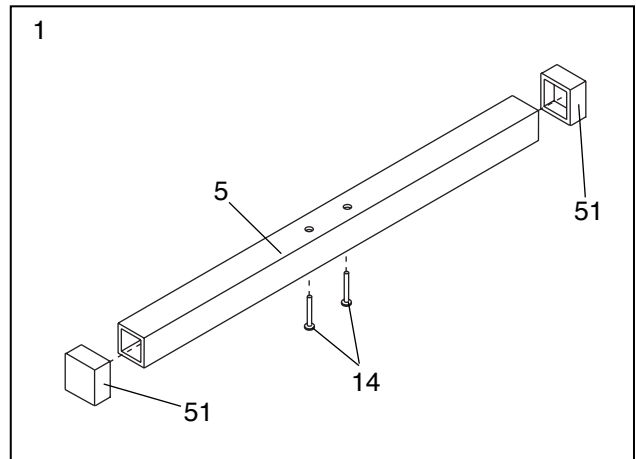
Frame Assembly

1. Before beginning assembly, make sure you have read and understood the information on page 5.

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

Press a 2" Square Outer Cap (51) onto each end of the Stabilizer (5).

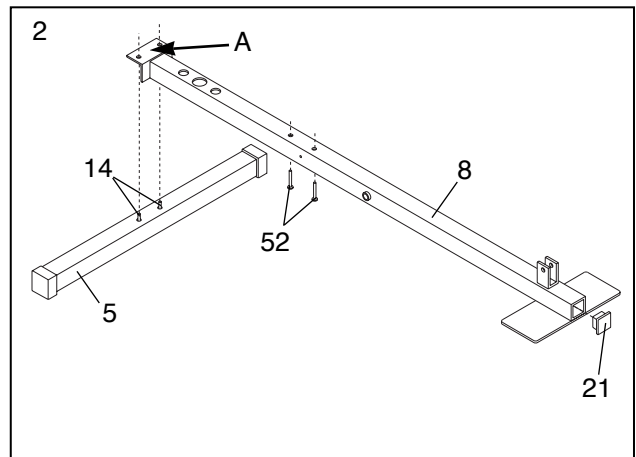
Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabilizer (5) and place it flat on the floor.



2. Press a 2" Square Inner Cap (21) into the end of the Base (8).

Insert two 5/16" x 2 1/2" Carriage Bolts (52) up through the Base (8).

Place the Base (8) on the floor with the holes in the mounting bracket (A) over the Carriage Bolts (14) in the Stabilizer (5).



3. Press a 1" x 2" Inner Cap (11) into the top of the Rear Upright (18).

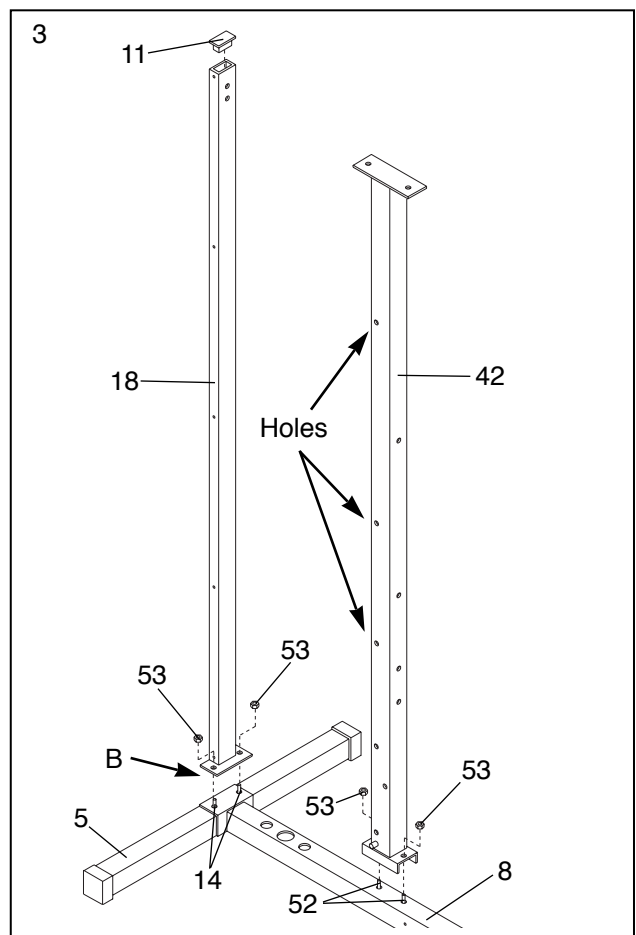
Slide the Rear Upright (18) onto the 5/16" x 2 3/4" Carriage Bolts (14) in the Stabilizer (5). Hand tighten a 5/16" Nylon Locknut (53) onto each Carriage Bolt.

Do not tighten the Nylon Locknuts yet. Make sure the Upright is oriented as shown. The wide side of the bracket (B) on the lower end of the Upright (18) must be facing the front of the unit.

Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (52) in the Base (8). Hand tighten a 5/16" Nylon Locknut (53) onto each Carriage Bolt.

CAUTION: Make sure the Upright is oriented as shown. The indicated holes must be closer to the rear of the unit.

Do not tighten the Nylon Locknuts yet.

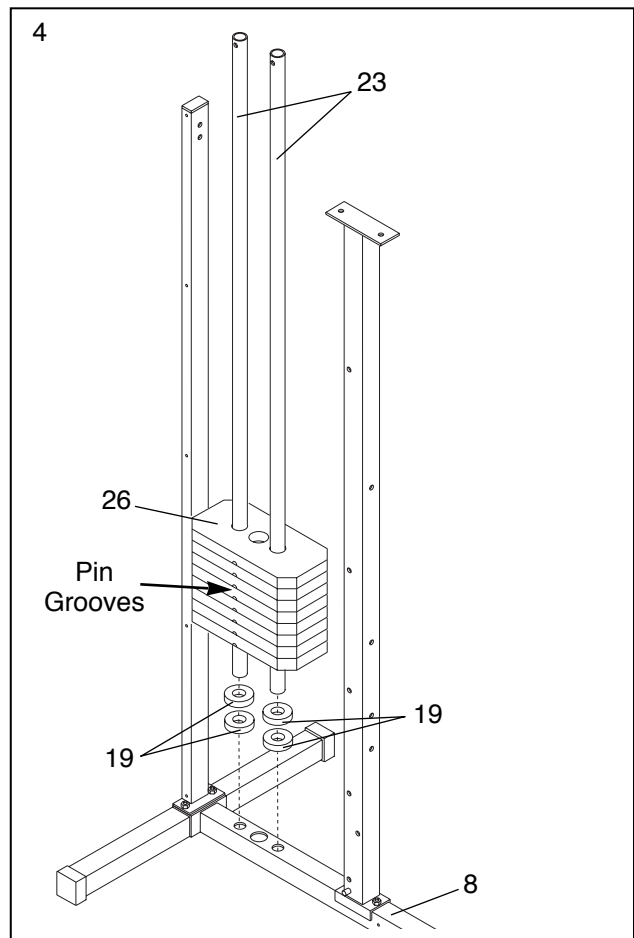


4. Set four Weight Bumpers (19) onto the Base (8) and align them with the indicated holes.

Insert both Weight Guides (23) through the Weight Bumpers (19) and the holes in the Base (8).

Slide eight Weights (26) onto the Weight Guides (23).

Make sure all of the Weights are turned so the pin grooves are on the same side and are oriented as shown on the drawing.

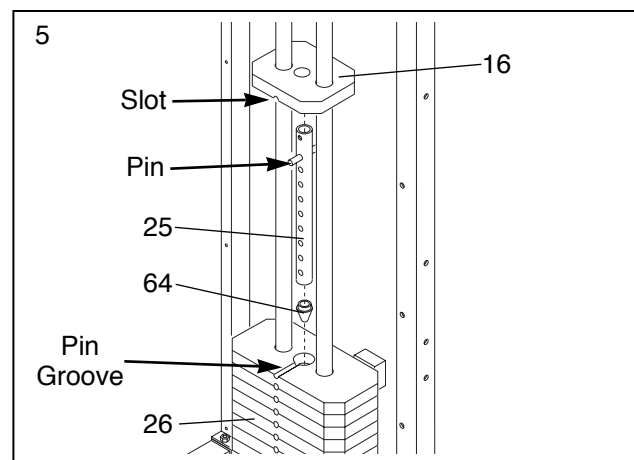


5. Press the Weight Tube Bumper (64) into the end of the Weight Tube (25).

Insert the Weight Tube (25) into the stack of Weights (26). **Make sure the pin on the Weight Tube is resting in the pin groove in the upper Weight.**

Lubricate the insides of the holes in the Top Weight (16).

With the slot facing down, slide the Top Weight (16) onto the Weight Guides and set it on the stack of Weights (26).

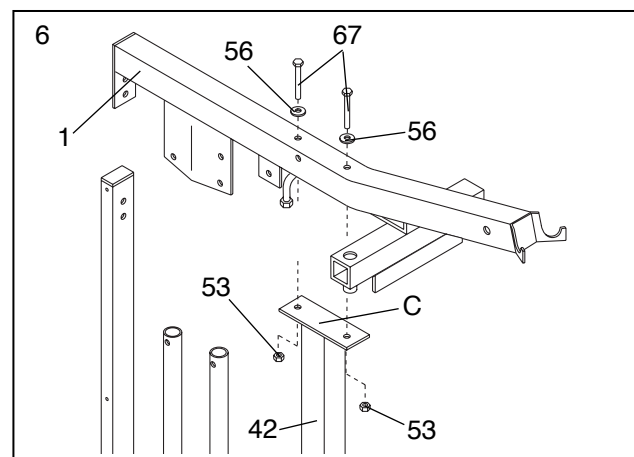


6. Slide two 5/16" Flat Washers (56) onto two 5/16" x 2 3/4" Bolts (67).

Place the Top Frame (1) on top of the Front Upright (42) and align the indicated holes with the holes in the bracket (C) on the Upright.

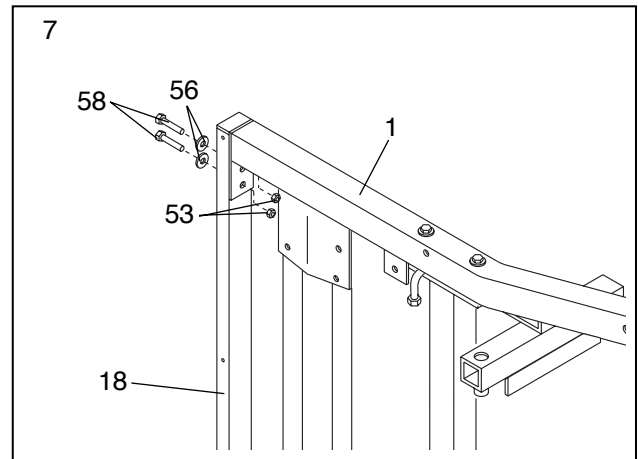
Insert the 5/16" x 2 3/4" Bolts (67) through the Top Frame (1) and the bracket (C) on the Front Upright (42). Hand tighten a 5/16" Nylon Locknut (53) onto each Bolt.

Do not tighten the Locknuts yet.

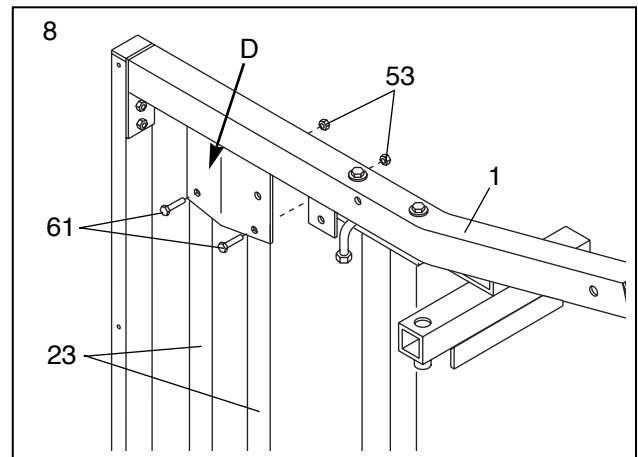


- Slide two 5/16" Flat Washers (56) onto two 5/16" x 1 3/4" Bolts (58).

Align the holes in the bracket on the Top Frame (1) with the holes in the Rear Upright (18). Insert the 5/16" x 1 3/4" Bolts (58) and hand tighten two 5/16" Nylon Locknuts (53) onto them.



- Attach the upper ends of the Weight Guides (23) to the bracket (D) on the Top Frame (1) with two 5/16" x 1 1/2" Bolts (61) and two 5/16" Nylon Locknuts (53). Tighten the Nylon Locknuts, but be careful not to overtighten them since this may damage the weight guides.

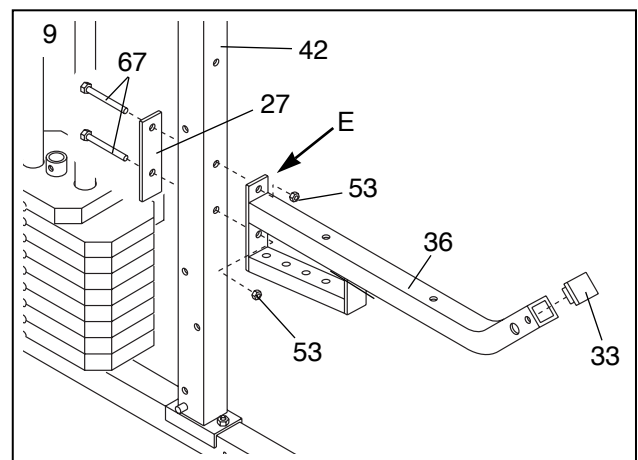


- Press a 1 1/2" Square Inner Cap (33) into the end of the Seat Frame (36).

Insert two 5/16" x 2 3/4" Bolts (67) through the Support Plate (27) and the indicated holes in the Front Upright (42). Place the mounting bracket (E) on the Seat Frame (36) over the two Bolts. Tighten a 5/16" Nylon Locknut (53) onto each Bolt.

Make sure the Support Plate (27) is oriented as shown in the drawing.

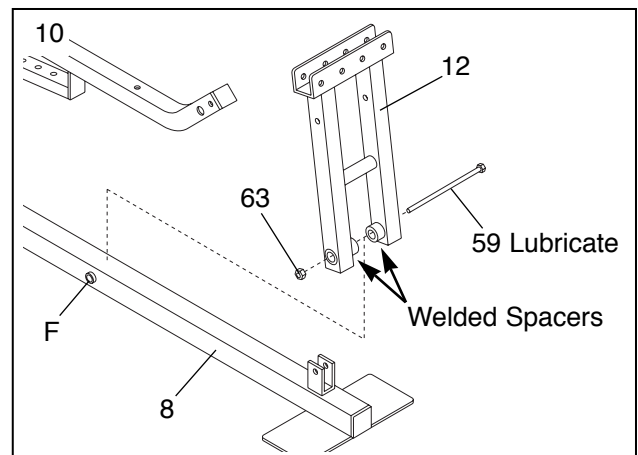
Tighten all Nylon Locknuts used in steps 3 through 9.



Arm Assembly

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

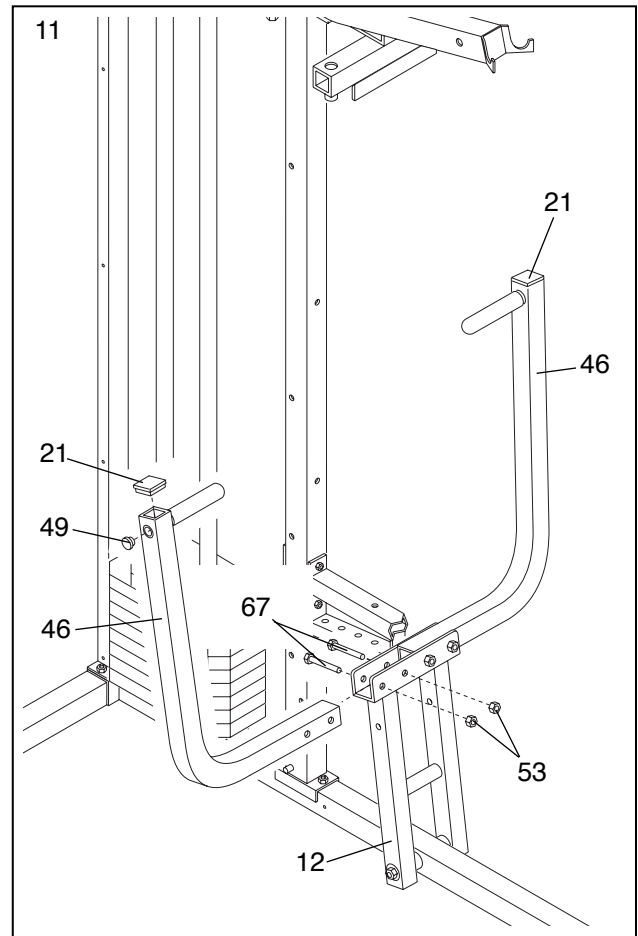
Press Arm Assembly. Align the welded spacers on the Press Frame (12) with the tube (F) on the Base (8). Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame to the Base with the Bolt and a 3/8" Nylon Locknut (63).



11. Press a 2" Square Inner Cap (21) into the top end of each Press Arm (46).

Press a 1" Round Inner Cap (49) into the indicated hole on each Press Arm (46).

Attach each Press Arm (46) to the Press Frame (12) with two 5/16" x 2 3/4" Bolts (67) and two 5/16" Nylon Locknuts (53).



12. **Butterfly Arm Assembly.** Identify the Right Arm (48) and the Left Arm (47) by imagining yourself sitting on the seat. Note the position of the welded bracket (G) on each Arm. **Arm identification is very important for this step.**

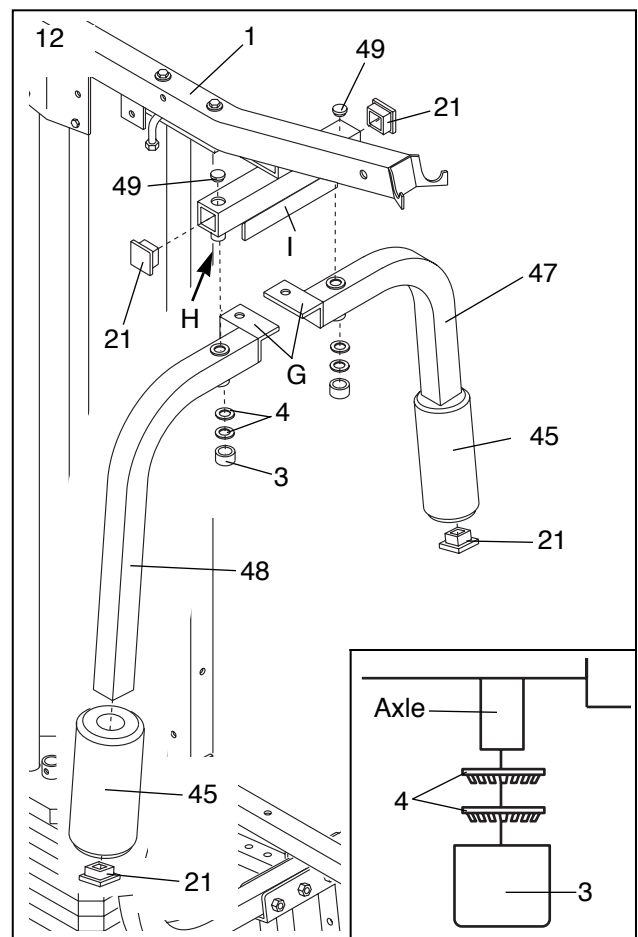
Lubricate both axles (H) on the Top Frame (1). Slide the Right Butterfly Arm (48) onto the right axle. **Note: Be careful not to confuse the Right and Left Butterfly Arm. Make sure the upper end of the Right Butterfly Arm is behind the indicated bracket (I) on the Top Frame.**

Tap two 1" Retainers (4) and a 1" Round Cover Cap (3) onto the Right Axle. To do this, place the two retainers on top of the Cover Cap and tap on the Cover Cap with a rubber mallet. **Make sure the teeth on the Retainers (4) bend towards the Cover Cap (3), as shown in the inset drawing.**

Attach the Left Butterfly Arm (47) in the same manner. Press a 2" Square Inner Cap (21) into each end of the crossbar on the Top Frame (1). Press a 2" Square Inner Cap (21) into the lower end of each Butterfly Arm (47, 48).

Lubricate the lower end of each Butterfly Arm with soapy water and slide a Foam Pad (45) onto each Arm.

Press two 1" Round Inner Caps (49) into the indicated holes in the crossbar on the Top Frame (1).

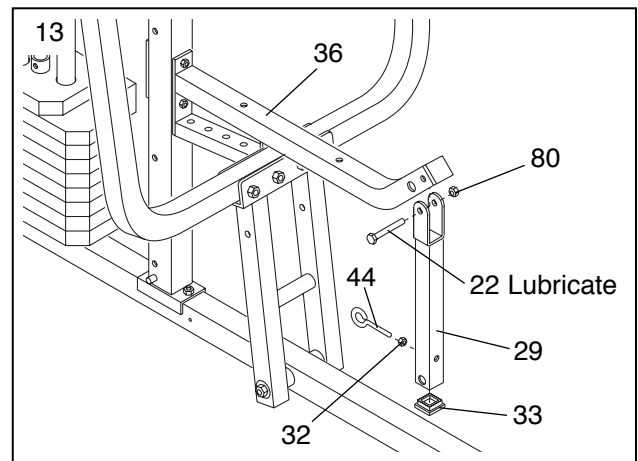


13. Press a 1 1/2" Square Inner Cap (33) into the Leg Lever (29).

Lubricate a 5/16" x 2 1/2" Bolt (22). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Jamnut (80). **Do not overtighten the Nylon Jamnut. The Leg Lever should pivot freely.**

Thread a 5/16" Plain Nut (32) one half inch onto the 5/16" x 2" Eyebolt (44). Thread the Eyebolt into the Leg Lever (29). Tighten the Plain Nut to prevent the Eyebolt from turning.

Note: The use of remaining parts from the ARM ASSEMBLY parts bag will be explained in step 31.



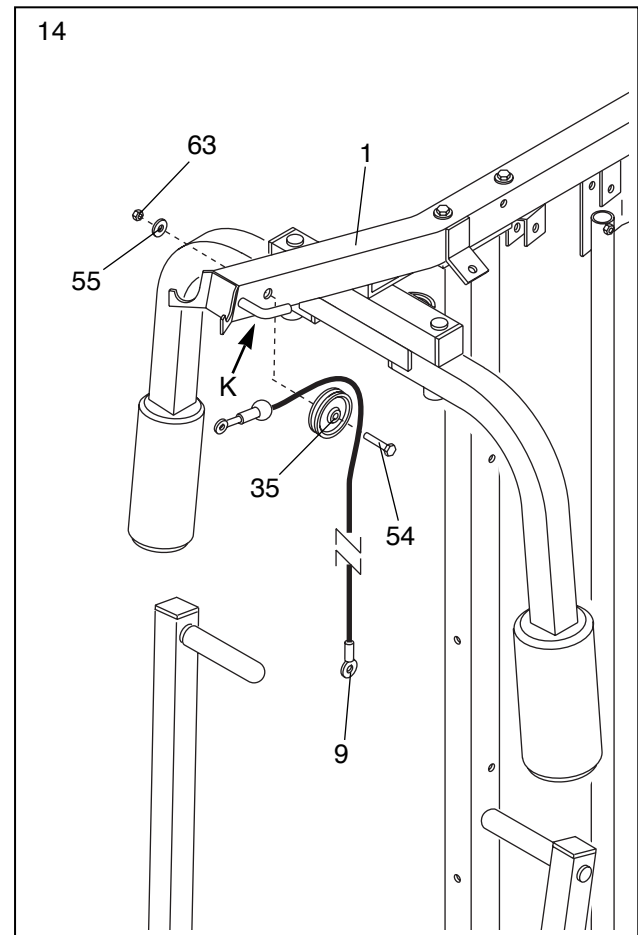
Cable Assembly

14. Locate and open the parts bag labeled "CABLE ASSEMBLY AND PULLEYS." For Cable identification and routing during steps 14–28, refer to the Cable Diagram and Cable ID Chart on page 16.

Locate the Short Cable (9). It is approximately 127" long. Wrap the end with the ball around a 3 1/2" Pulley (35) in the direction shown.

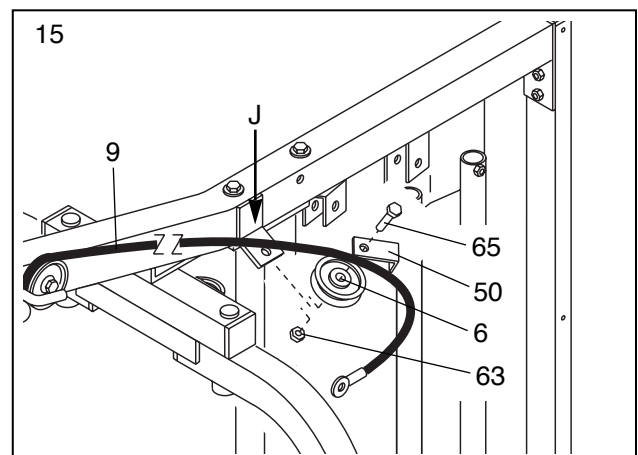
Attach the 3 1/2" Pulley to the Top Frame (1) with a 3/8" x 3 1/2" Bolt (54), a 3/8" Flat Washer (55) and a 3/8" Nylon Locknut (63).

Make sure the Short Cable (9) is between the Pulley (35) and the welded hook (K) on the Top Frame (1).



15. Wrap the Short Cable (9) around a "V"-Pulley (6) in the direction shown.

Attach the "V"-Pulley (6) and a Long Cable Trap (50) to the indicated bracket (J) with a 3/8" x 2 1/4" Bolt (65) and a 3/8" Nylon Locknut (63). **Make sure the Long Cable Trap is positioned as shown, so it will hold the Cable in place.**

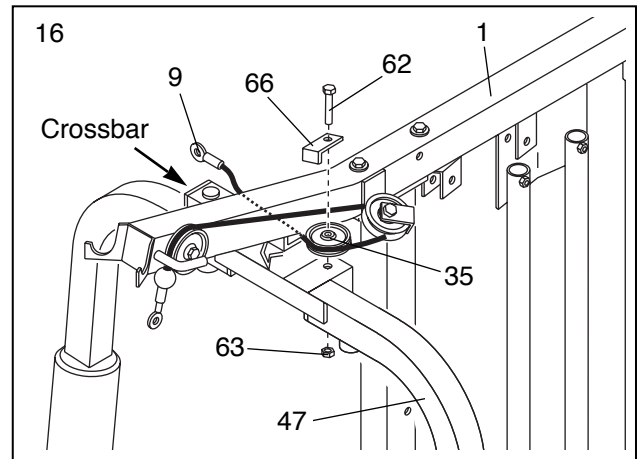


16. Wrap the Short Cable (9) around a 3 1/2" Pulley (35) in the direction shown.

Attach the 3 1/2" Pulley (35) and a Cable Trap (66) to the Left Butterfly Arm (47) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (63).

Make sure the Cable Trap (66) is positioned as shown.

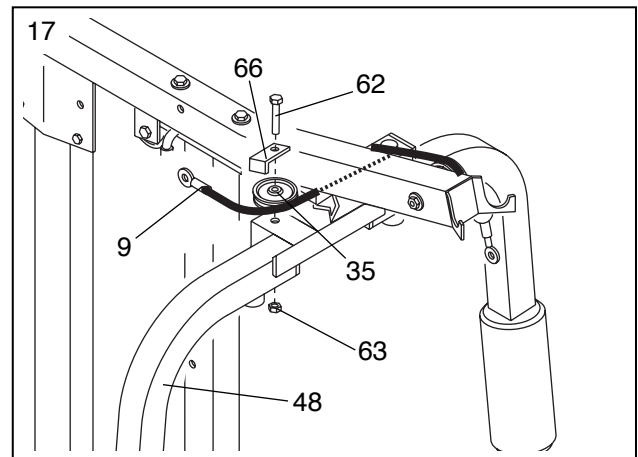
Route the Short Cable (9) under the Top Frame (1) between the Pulley (35) and the crossbar.



17. Move to the other side of the unit. Wrap the Short Cable (9) around a 3 1/2" Pulley (35) in the direction shown.

Attach the 3 1/2" Pulley (35) and a Cable Trap (66) to the Right Butterfly Arm (48) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (63).

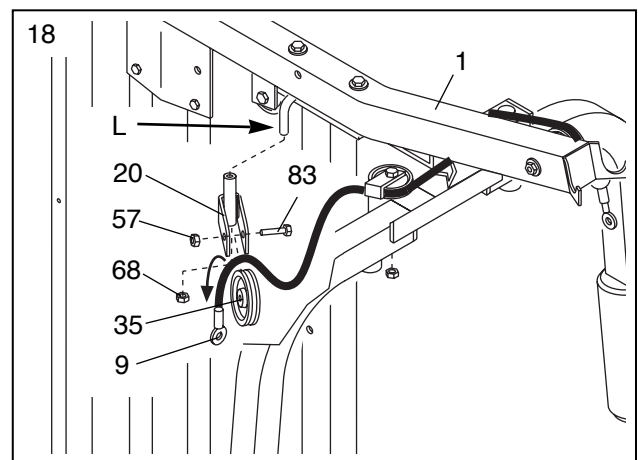
Make sure the Cable Trap (66) is positioned as shown.



18. Remove the 1/2" Nylon Locknut (68) from the welded bolt (L) on the Top Frame (1). Slide the Pulley Bracket (20) onto the bolt and secure it with the Nylon Locknut. Tighten the Locknut, but make sure the Pulley Bracket can pivot freely.

Remove the 3 1/2" Pulley (35) from the Pulley Bracket (20). Wrap the Short Cable (9) around the Pulley in the direction shown.

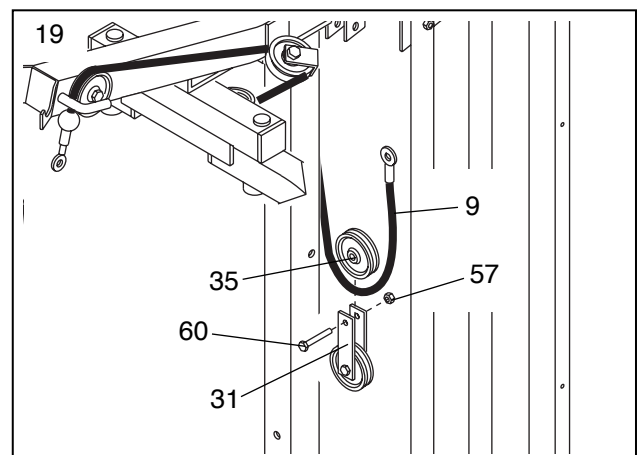
Re-attach the 3 1/2" Pulley (35) to the Pulley Bracket (20) with the 3/8" x 1 3/4" Bolt (83) and the 3/8" Nylon Jamnut (57).



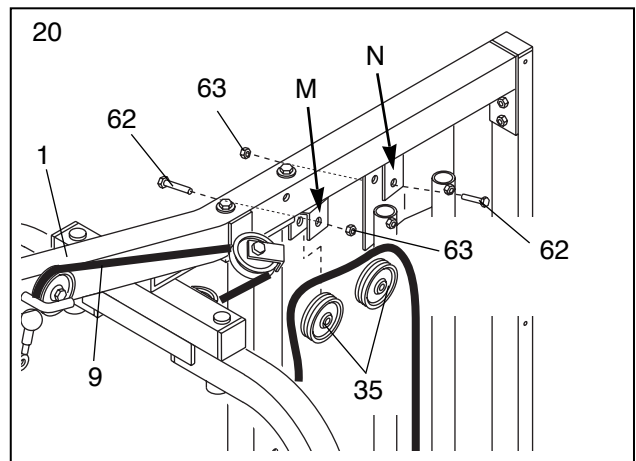
19. Move to the other side of the unit. Remove the 3 1/2" Pulley (35) attached to the Pulley Plates (31).

Wrap the Short Cable (9) around the 3 1/2" Pulley (35) in the direction shown.

Re-attach the Pulley (35) to the Pulley Plates (31) with the 3/8" x 1 1/2" Bolt (60) and the 3/8" Nylon Jamnut (57).



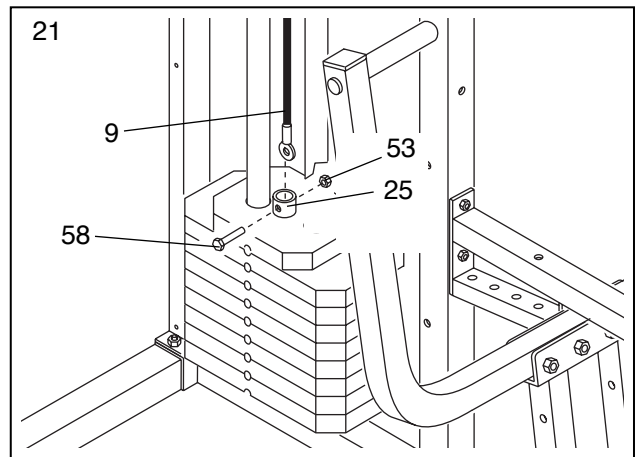
20. Wrap the Short Cable (9) around a 3 1/2" Pulley (35) in the direction shown. Attach the 3 1/2" Pulley (35) to the front bracket (M) underneath the Top Frame (1) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (63). Make sure the Bolt (62) is inserted from the direction shown on the drawing.



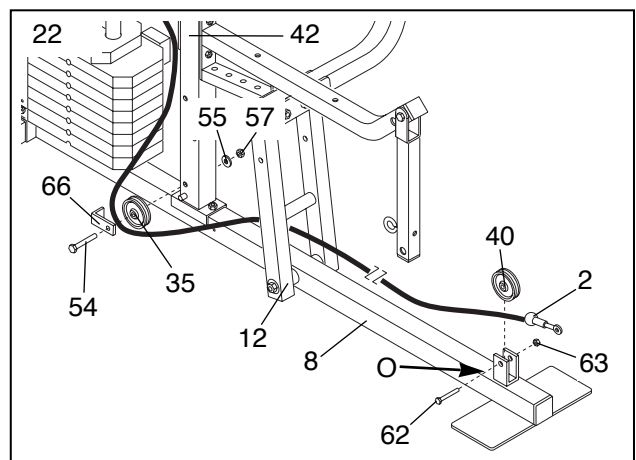
Wrap the Short Cable (9) around a 3 1/2" Pulley (35) in the direction shown. Attach the 3 1/2" Pulley (35) to the rear bracket (N) underneath the Top Frame (1) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (63). Make sure the Bolt (62) is inserted from the direction shown on the drawing.

21. **Make sure the Short Cable (9) is in the groove of all Pulleys and that the Cable and the Pulleys move smoothly.**

Attach the closed loop on the end of the Short Cable (9) to the Weight Tube (25) with the 5/16" x 1 3/4" Bolt (58) and a 5/16" Nylon Locknut (53). It will be necessary to lift the Weight Tube and the Top Weight to insert the Bolt through the Weight Tube and the loop on the Cable.

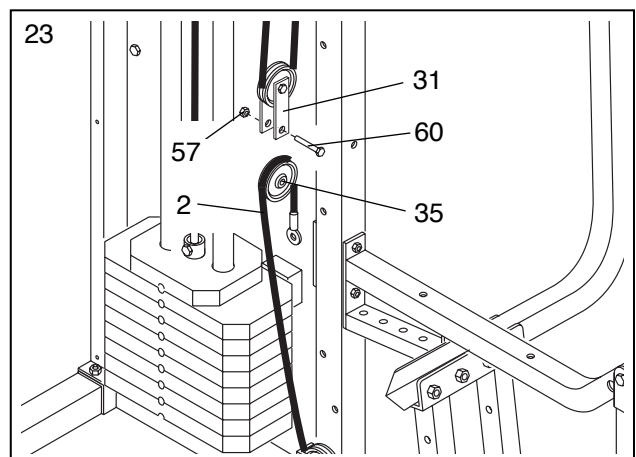


22. Locate the Long cable (2). It is approximately 215" long. Wrap the end with the ball around the Low Pulley (40) in the direction shown. Attach the Pulley to the bracket (O) on the Base (8) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (63).



Thread the Long Cable (2) through the Press Frame (12). Wrap the Long Cable around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley to the Front Upright (42) with a 3/8" x 3 1/2" Bolt (54), a Cable Trap (66), a 3/8" Flat Washer (55) and a 3/8" Nylon Jamnut (57).

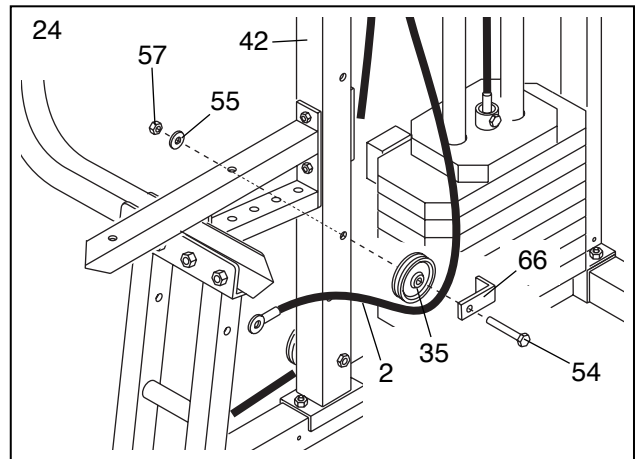
23. Remove the free Pulley (35) attached to the Pulley Plates (31). Wrap the Long Cable (2) around the Pulley in the direction shown.



Re-attach the Pulley (35) to the Pulley Plates (31) with the 3/8" x 1 1/2" Bolt (60) and the 3/8" Nylon Jamnut (57).

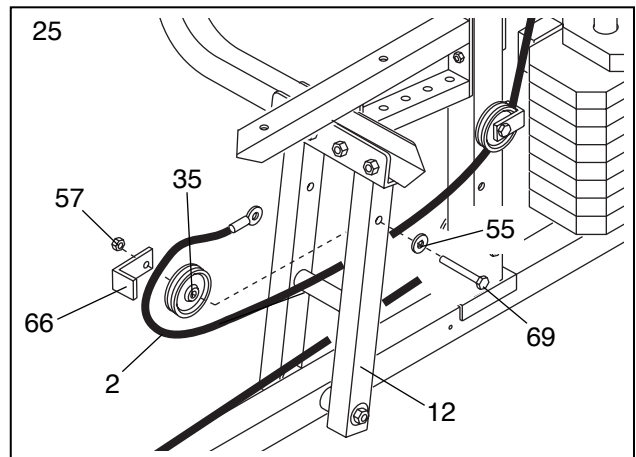
24. Move to the other side of the unit. Wrap the Long Cable (2) around a 3 1/2" Pulley (35) in the direction shown.

Attach the Pulley to the Front Upright (42) with a 3/8" x 3 1/2" Bolt (54), a Cable Trap (66), a 3/8" Flat Washer (55) and a 3/8" Nylon Jamnut (57).



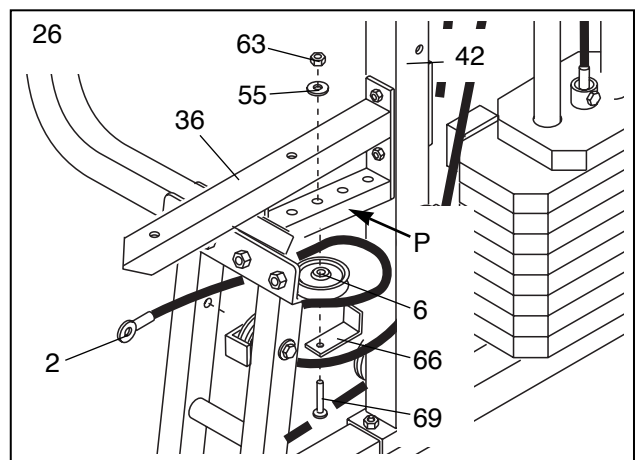
25. Thread the Long Cable (2) through the Press Frame (12). Wrap the Long Cable around a 3 1/2" Pulley (35) in the direction shown.

Attach the Pulley to the Press Frame with a 3/8" x 3 1/4" Bolt (69), a Cable Trap (66), a 3/8" Flat Washer (55) and a 3/8" Nylon Jamnut (57).

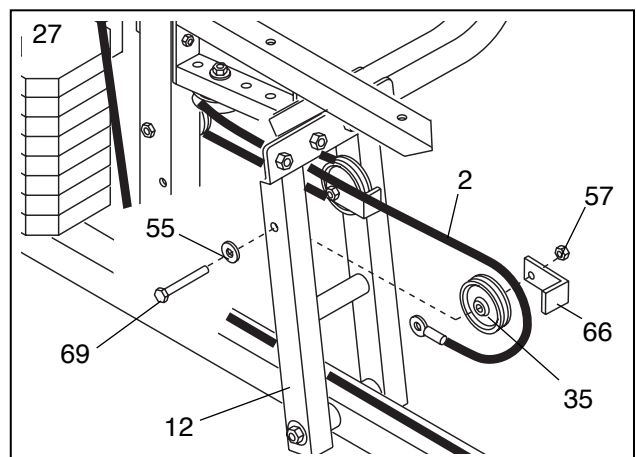


26. Wrap the Long Cable (2) around a "V"-Pulley (6) in the direction shown. Attach the "V"-Pulley to the bracket (P) on the Seat Frame (36) with a 3/8" x 3 1/4" Bolt (69), a Cable Trap (66), a 3/8" Flat Washer (55) and a 3/8" Nylon Locknut (63).

Note: The "V"-Pulley (6) should be attached to the third hole, counting from the Front Upright (42).

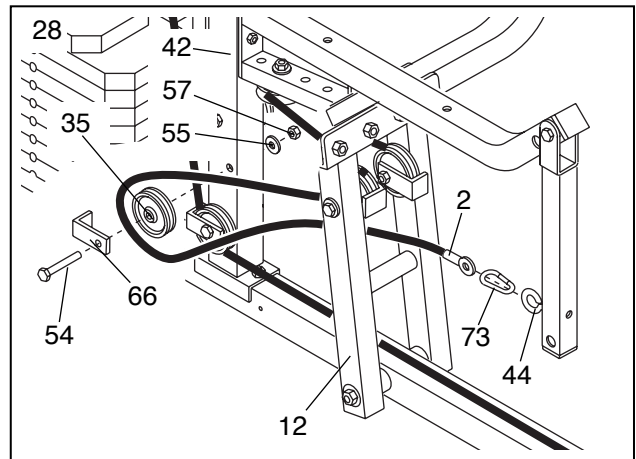


27. Wrap the Long Cable (2) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley to the Press Frame (12) with a 3/8" x 3 1/4" Bolt (69), a Cable Trap (66), a 3/8" Flat Washer (55) and a 3/8" Nylon Jamnut (57).



28. Wrap the Long Cable (2) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley to the Front Upright (42) with a 3/8" x 3 1/2" Bolt (54), a Cable Trap (66), a 3/8" Flat Washer (55) and a 3/8" Nylon Jamnut (57).

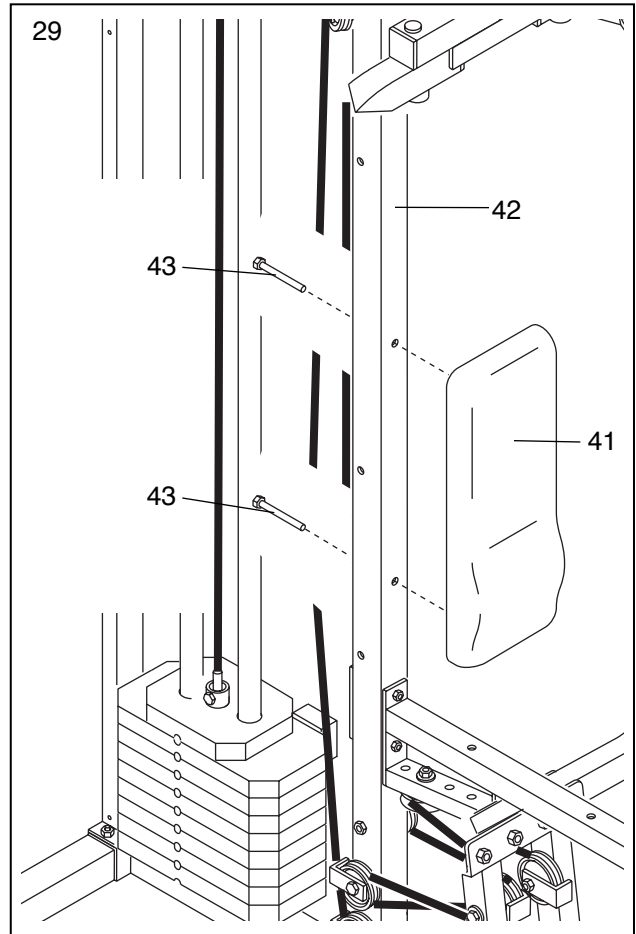
Attach the closed loop on the end of the Long Cable (2) onto the Eyebolt (44) with a Cable Clip (73). Note: Cable Clips are located in the parts bag labeled "SEAT ASSEMBLY."



Seat Assembly

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

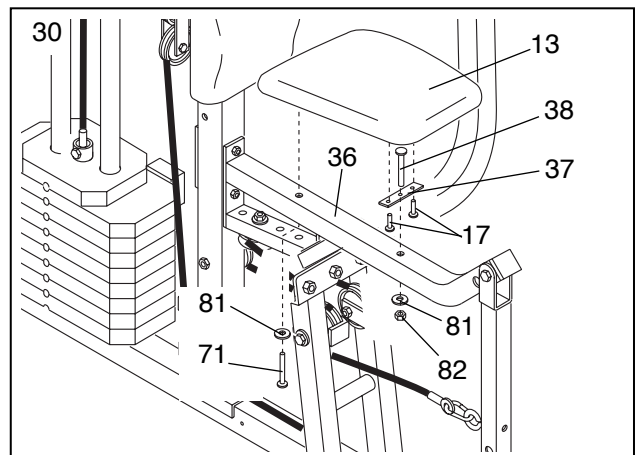
Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43).



30. Insert the 1/4" x 2" Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 1/2" Screws (17).

Insert the 1/4" x 2" Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (82) with a 1/4" Flat Washer (81) onto the Carriage Bolt.

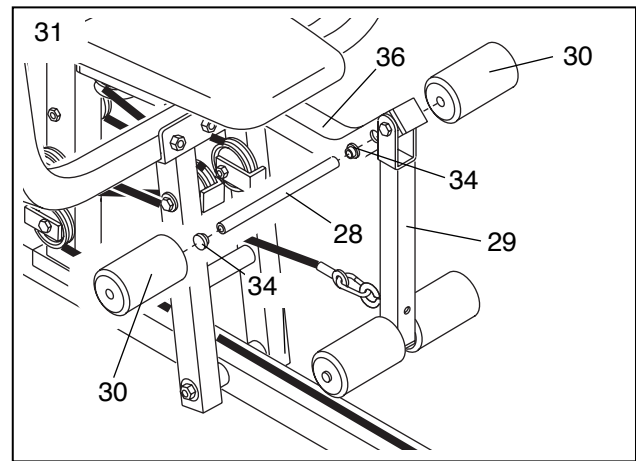
Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Flat Washer (81) and a 1/4" x 2" Bolt (71).



31. Press two 3/4" Round Inner Caps (34) into each Pad Tube (28).

Insert one Pad Tube into the Seat Frame (36). Slide a Foam Pad (30) onto each end of the Pad Tube.

Insert the other Pad Tube into the Leg Lever (29). Slide a Foam Pad (30) onto each end of the Pad Tube.

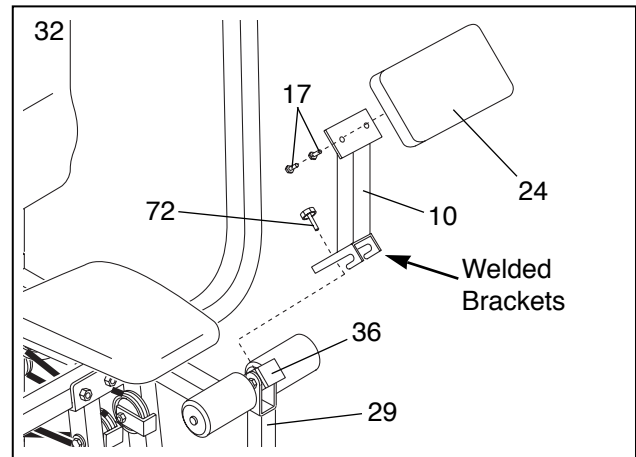


Miscellaneous Assembly

32. Attach the Curl Pad (24) to the Curl Post (10) with two 1/4" x 1/2" Screws (17).

Slide the Curl Post (10) onto the Seat Frame (36) so each of the welded brackets are between the Seat Frame and the bracket on the Leg lever (29). Secure the Curl Post with the 5/16" x 2" Knob (72).

Make sure the Leg Lever (29) can be turned freely after the Curl Post (10) is mounted.



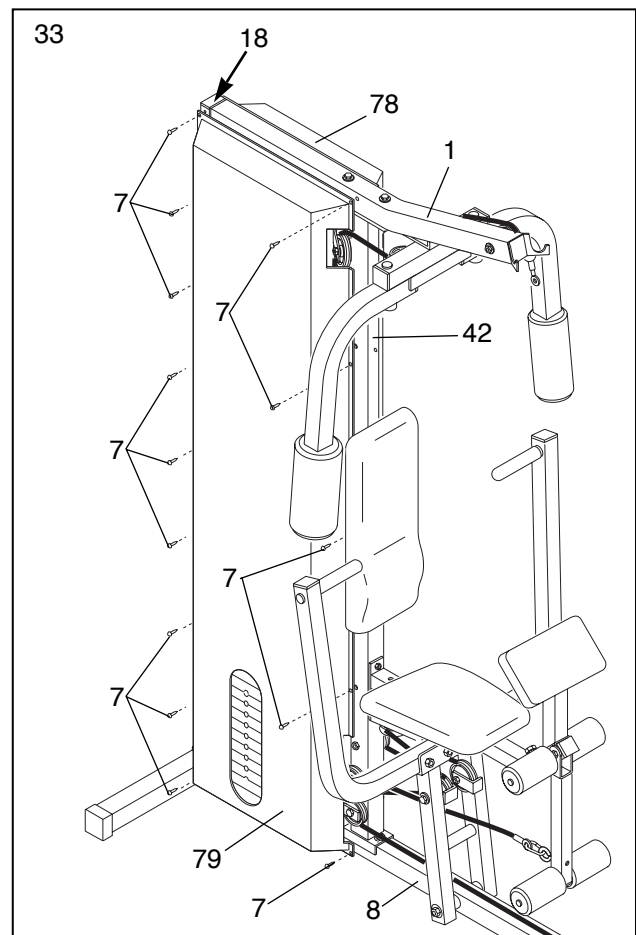
33. Align the Left Shroud (78) with the holes in the Top Frame (1), Base (8) and the two Uprights (18, 42) and attach it with 14 of the #8 x 1/2" Tap Screws (7).

Move to the other side of the unit and attach the Right Shroud (79) which is the one with the opening for adjusting the Weights. Align the Right Shroud with the holes in the Top Frame (1), Base (8) and the two Uprights (18, 42) and attach it with 14 of the #8 x 1/2" Tap Screws (7).

34. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

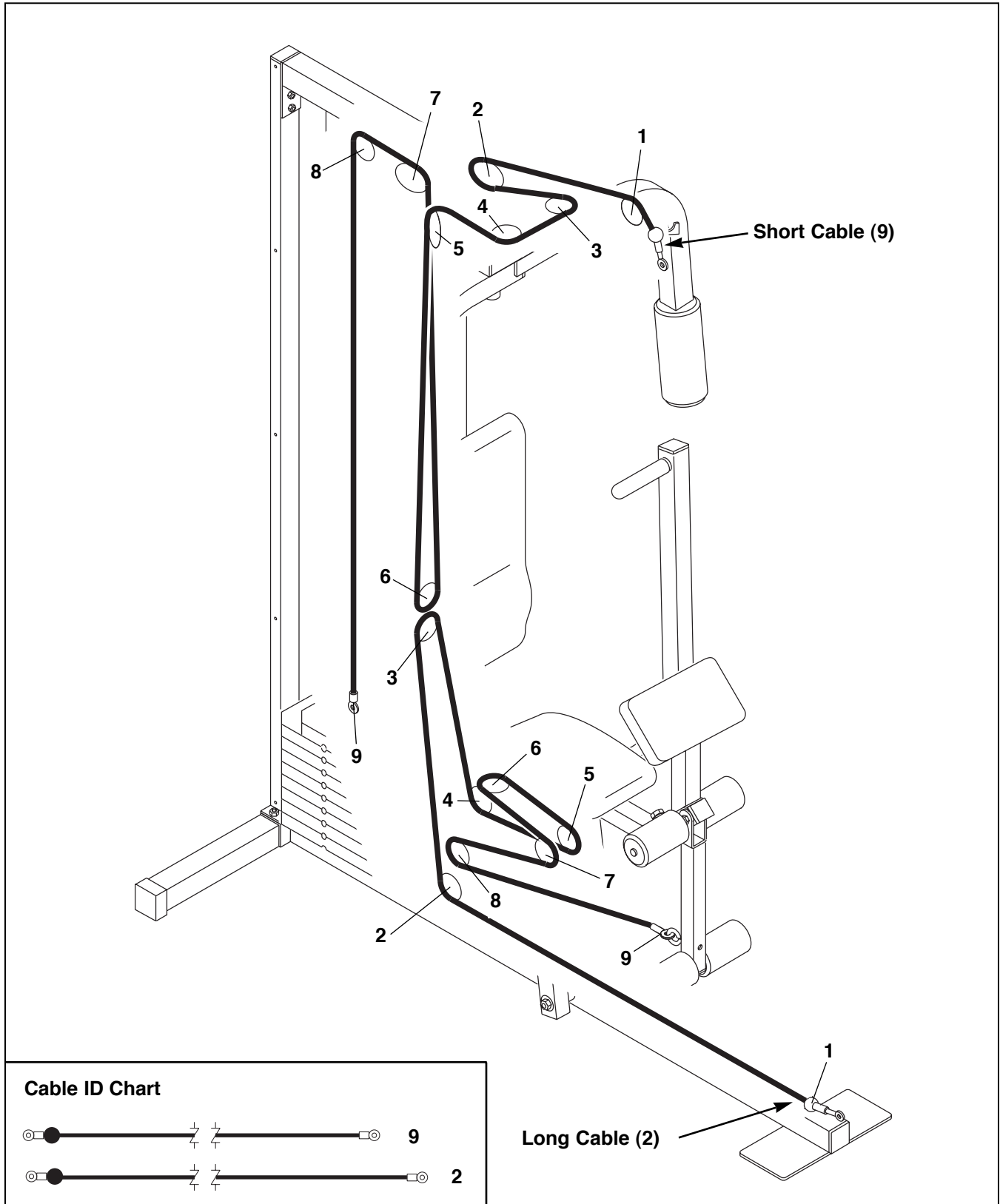
Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem.

IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 19.



Cable Diagram

The Cable Diagram below shows the proper routing of the Short Cable (9) and the Long Cable (2). The numbers show the correct route for each Cable. **Make sure the Cables are routed correctly, that the Pulleys move smoothly and that the Cable Traps do not touch or bind the Cables. Incorrect cable routing can damage the weight system.**



Adjustment

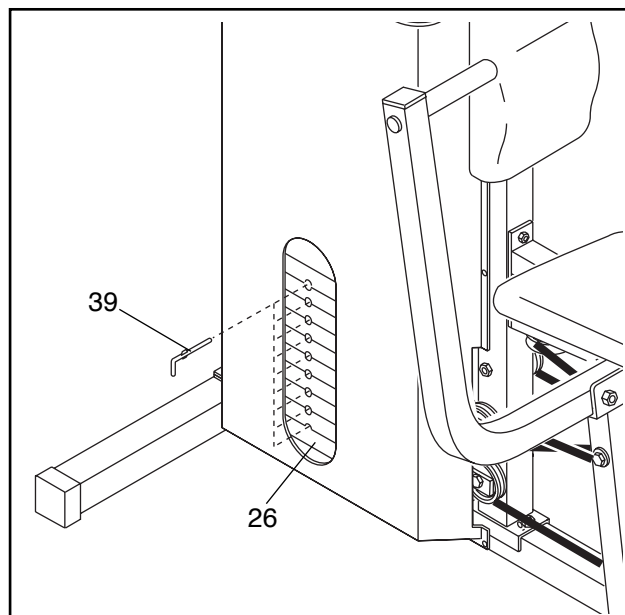
The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise poster accompanying this manual to see how the home gym system should be set up for each exercise.

IMPORTANT: When attaching the lat bar 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 setting of the weight stack, insert a Weight Pin (39) under the desired Weight (26). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights. Then turn the bent end downward. The setting of the weight stack can be changed from 6 pounds to 106 pounds, in increments of 12.5 pounds.

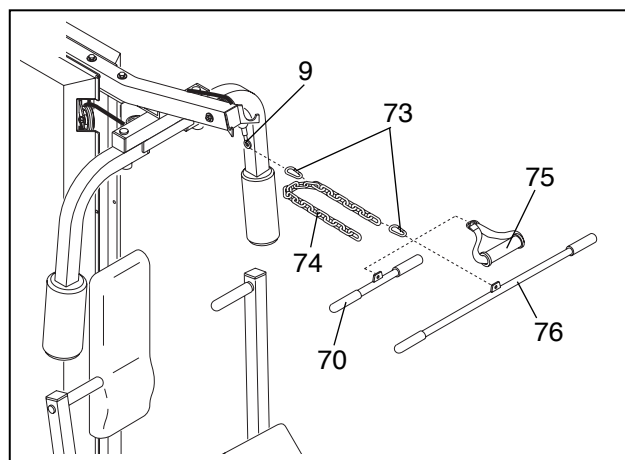
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 18 to find the approximate amount of resistance at each weight station.



Attaching the Lat Bar, Row Bar or Handle to the High Pulley Station

Attach the Lat Bar (76) to the Short Cable (9) with a Cable Clip (73). For some exercises, the Chain (74) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

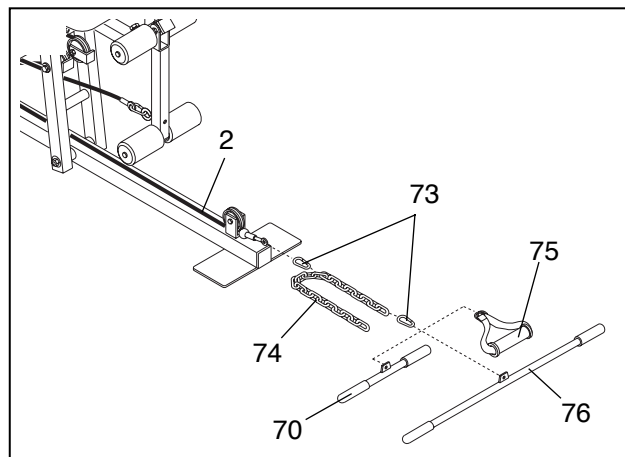
The Row Bar (70) or Handle (75) can be attached in the same manner.



Attaching the Lat Bar, Row Bar or Handle to the Low Pulley Station

Attach the Lat Bar (76) to the Long Cable (2) with a Cable Clip (73). For some exercises, the Chain (74) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Row Bar (70) or Handle (75) can be attached in the same manner.



Weight Resistance Chart

This chart shows the approximate weight resistance at each station. “Top” refers to the 6 lbs. top weight. The other numbers refer to the 12.5 lbs. weight plates. 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.)	High Pulley (lbs.)	Leg Lever (lbs.)	Low Pulley (lbs.)
Top	12	46	19	21	15
1	40	70	33	37	33
2	62	97	49	54	45
3	86	110	68	68	59
4	94	141	81	88	72
5	127	162	96	100	87
6	150	180	110	109	102
7	160	199	128	120	113
8	193	212	142	140	131

Trouble-shooting and Maintenance

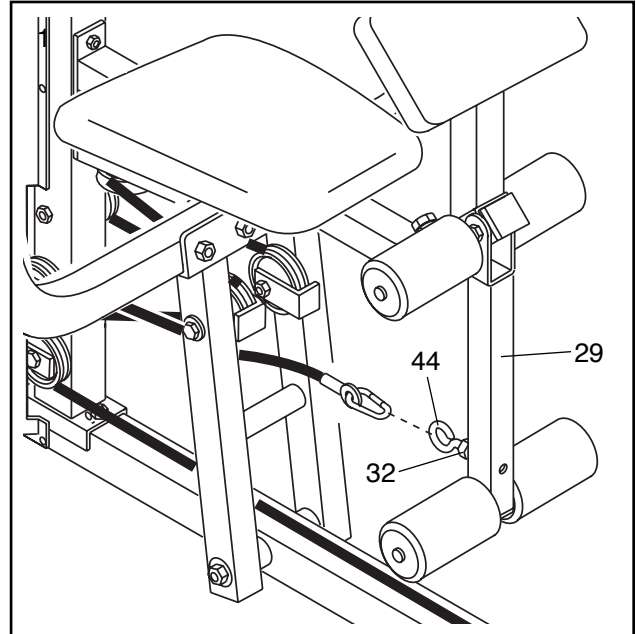
Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

Tightening the Cables

Woven cable, the type of cable used on the home gym 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, insert the Weight Pin (39, not shown) between the third and the fourth Weight, counting from the top. See “Changing the Weight Setting” on page 17 for instructions on moving the Weight Pin.

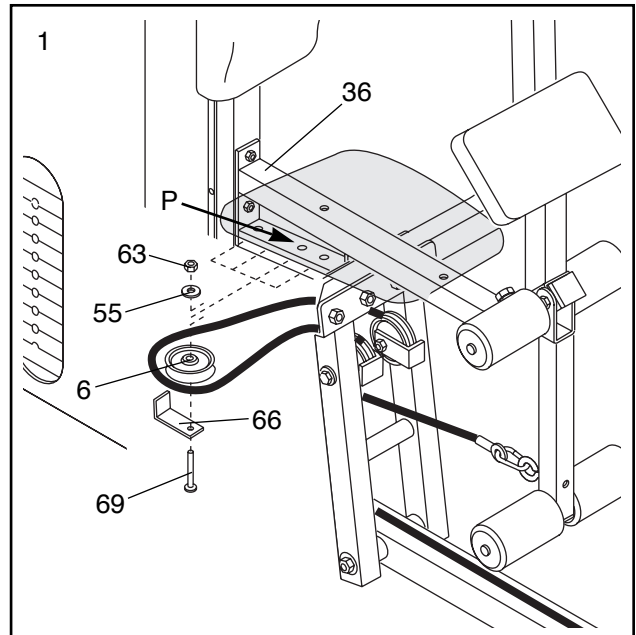
Loosen the 5/16” Plain Nut (32) holding the Eyebolt (44) to the Leg Lever (29). Tighten the Eyebolt a couple of turns until the Cables feel tighter. Tighten the Plain Nut to prevent the Eyebolt from turning.



Additional slack can be removed by moving the “V”-Pulley (6) to one of the other holes in the bracket (P) on the Seat Frame (36). To do this, remove the 3/8” x 3 1/4” Bolt (69), Cable Trap (66), 3/8” Flat Washer (55) and 3/8” Nylon Locknut (63). Move the “V”-Pulley and re-attach it with the Bolt, Washer, Cable Trap and Locknut.

Note: If a Cable tends to slip off the Pulleys often, the Cable 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.

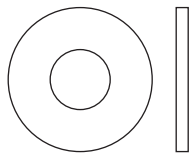


Part List—Model No. WESY81081

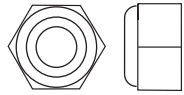
R0998A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	44	1	5/16" x 2" Eyebolt
2	1	Long Cable	45	2	10" Pad
3	2	1" Round Cover Cap	46	2	Press Arm
4	4	1" Retainer	47	1	Left Butterfly Arm
5	1	Stabilizer	48	1	Right Butterfly Arm
6	2	"V"-Pulley	49	4	1" Round Inner Cap
7	28	#8 x 1/2" Tap Screw	50	2	Long Cable Trap
8	1	Base	51	2	2" Square Outer Cap
9	1	Short Cable	52	2	5/16" x 2 1/2" Carriage Bolt
10	1	Curl Post	53	17	5/16" Nylon Locknut
11	1	1" x 2" Inner Cap	54	4	3/8" x 3 1/2" Bolt
12	1	Press Frame	55	7	3/8" Flat Washer
13	1	Seat	56	4	5/16" Flat Washer
14	2	5/16" x 2 3/4" Carriage Bolt	57	8	3/8" Nylon Jamnut
15	2	Plastic Bushing	58	3	5/16" x 1 3/4" Bolt
16	1	Top Weight	59	1	3/8" x 8" Bolt
17	4	1/4" x 1/2" Screw	60	2	3/8" x 1 1/2" Bolt
18	1	Rear Upright	61	2	5/16" x 1 1/2" Bolt
19	4	Weight Bumper	62	5	3/8" x 2" Bolt
20	1	Pulley Bracket	63	9	3/8" Nylon Locknut
21	7	2" Square Inner Cap	64	1	Weight Tube Bumper
22	1	5/16" x 2 1/2" Bolt	65	1	3/8" x 2 1/4" Bolt
23	2	Weight Guide	66	7	Cable Trap
24	1	Curl Pad	67	8	5/16" x 2 3/4" Bolt
25	1	Weight Tube	68	1	1/2" Nylon Locknut
26	8	Weight	69	3	3/8" x 3 1/4" Bolt
27	1	Support Plate	70	1	Row Bar
28	2	Pad Tube	71	1	1/4" x 2" Bolt
29	1	Leg Lever	72	1	5/16" x 2" Knob
30	4	Foam Roller	73	3	Cable Clip
31	2	Pulley Plate	74	1	Chain
32	1	5/16" Plain Nut	75	1	Handle
33	2	1 1/2" Square Inner Cap	76	1	Lat Bar
34	4	3/4" Round Inner Cap	77	6	Grip
35	13	3 1/2" Pulley	78	1	Left Shroud
36	1	Seat Frame	79	1	Right Shroud
37	1	Seat Plate	80	1	5/16" Nylon Jamnut
38	1	1/4" x 2" Carriage Bolt	81	2	1/4" Flat Washer
39	1	Weight Pin	82	1	1/4" Nylon Locknut
40	1	Low Pulley	83	1	3/8" x 1 3/4" Bolt
41	1	Backrest	#	1	User's Manual
42	1	Front Upright	#	1	Exercise Poster
43	2	1/4" x 2 1/2" Screw			

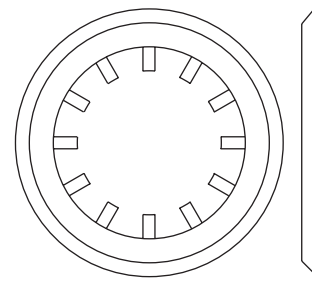
Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.



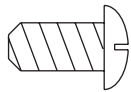
1/4" Flat Washer (81)



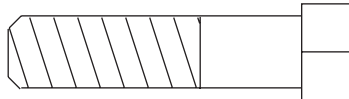
1/4" Nylon Locknut (82)



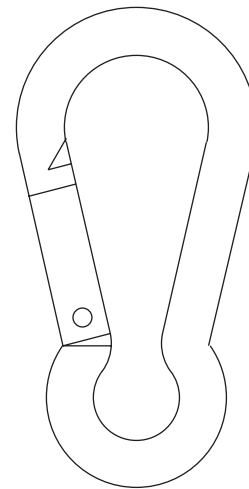
1" Retainer (4)



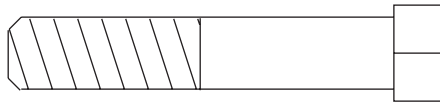
1/4" x 1/2" Screw (17)



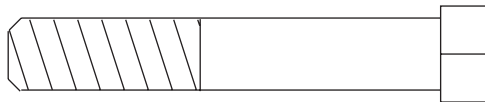
3/8" x 1 1/2" Bolt (60)



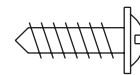
Cable Clip (73)



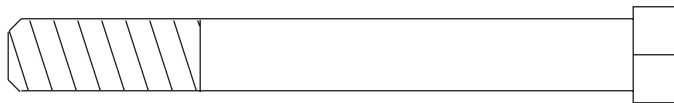
3/8" x 2" Bolt (62)



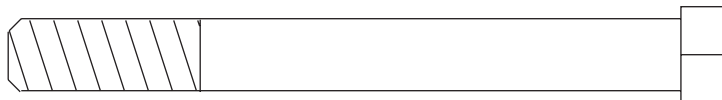
3/8" x 2 1/4" Bolt (65)



#8 x 1/2" Tap Screw (7)



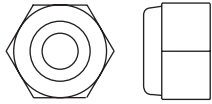
3/8" x 3 1/4" Bolt (69)



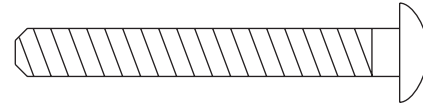
3/8" x 3 1/2" Bolt (54)

Part Identification Chart—WESY81081

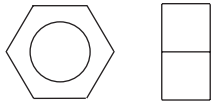
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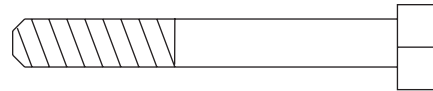
5/16" Nylon Locknut (53)



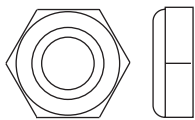
1/4" x 2" Carriage Bolt (38)



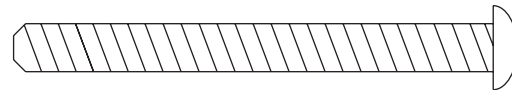
5/16" Plain Nut (32)



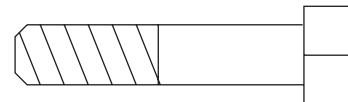
1/4" x 2" Bolt (71)



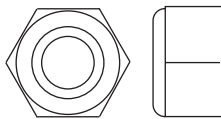
3/8" Nylon Jam Nut (57)



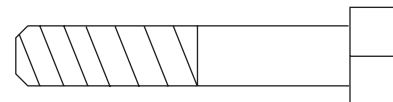
1/4" x 2 1/2" Screw (43)



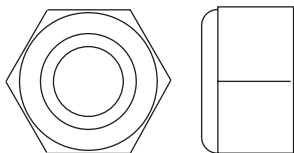
5/16" x 1 1/2" Bolt (61)



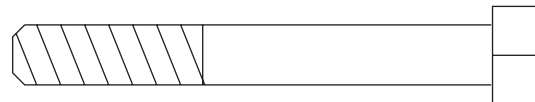
3/8" Nylon Locknut (63)



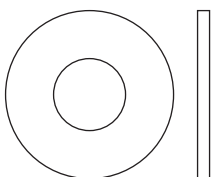
5/16" x 1 3/4" Bolt (58)



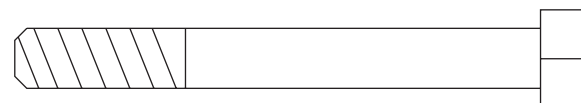
1/2" Nylon Locknut (68)



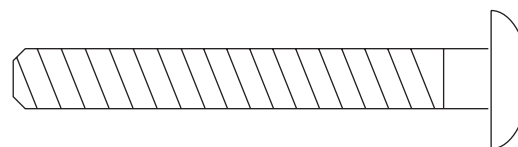
5/16" x 2 1/2" Bolt (22)



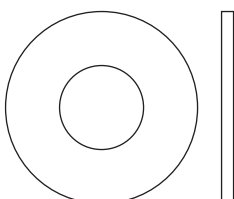
5/16" Flat Washer (56)



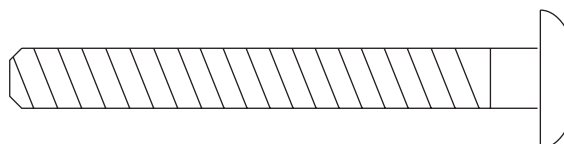
5/16" x 2 3/4" Bolt (67)



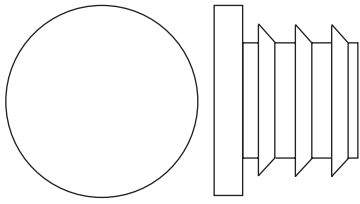
5/16" x 2 1/2" Carriage Bolt (52)



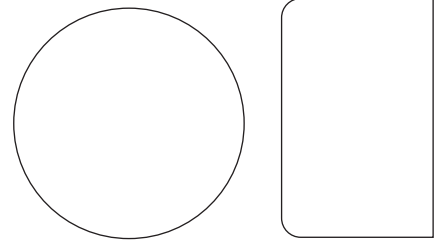
3/8" Flat Washer (55)



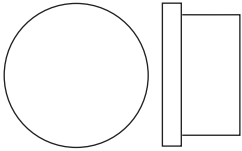
5/16" x 2 3/4" Carriage Bolt (14)



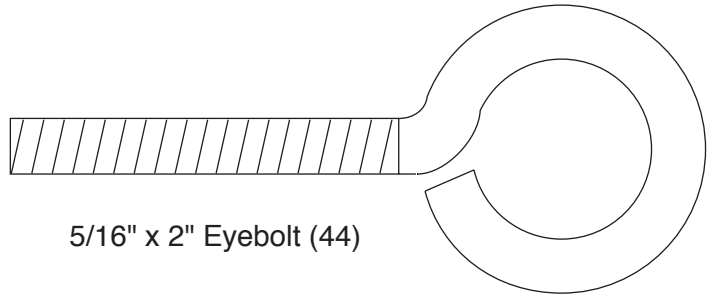
1" Round Inner Cap (49)



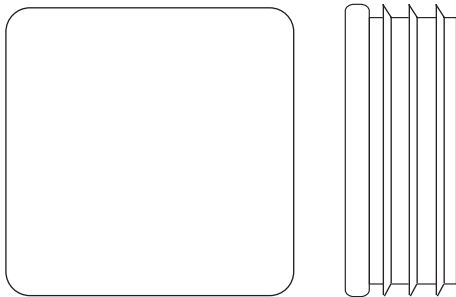
1" Round Cover Cap (3)



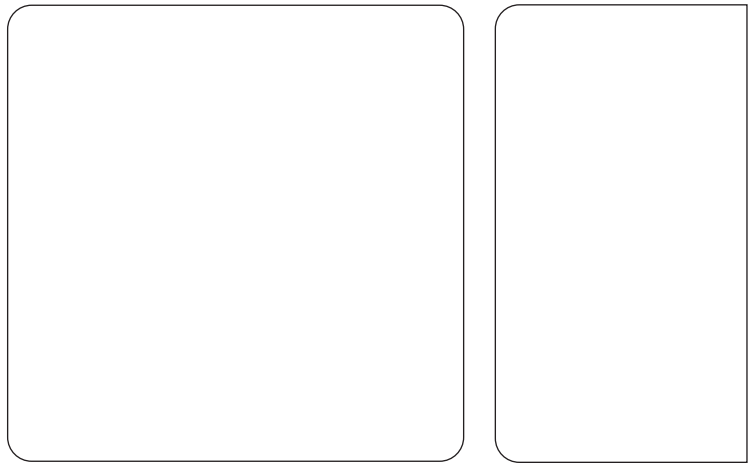
3/4" Round Inner Cap (34)



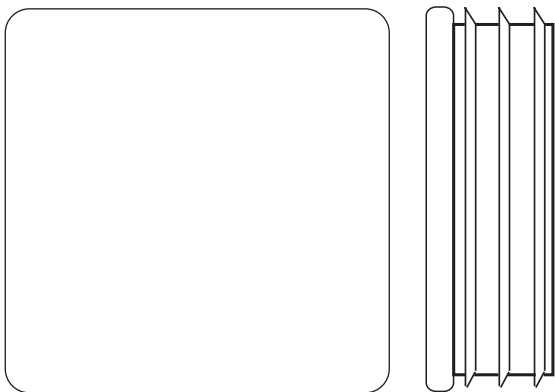
5/16" x 2" Eyebolt (44)



1 1/2" Square Inner Cap (33)



2" Square Outer Cap (51)



2" Square Inner Cap (21)



1" x 2" Inner Cap (11)

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:

1. The MODEL NUMBER of the product (WESY81081).
2. The NAME of the product (WEIDER® XP23 Training System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. 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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