



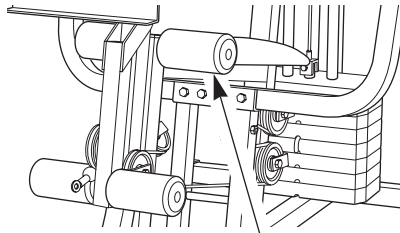
# WEIDER **8620**

PATENT PENDING

Model No. WESY85290

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

Write the serial number in the space above for reference.



Serial Number Decal

## QUESTIONS?

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

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

**CUSTOMER HOT LINE:**

**1-800-999-3756**

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

Visit our website at:

[www.weiderfitness.com](http://www.weiderfitness.com)

## CAUTION

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



## USER'S MANUAL

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

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

## 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**

# Important Precautions

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

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

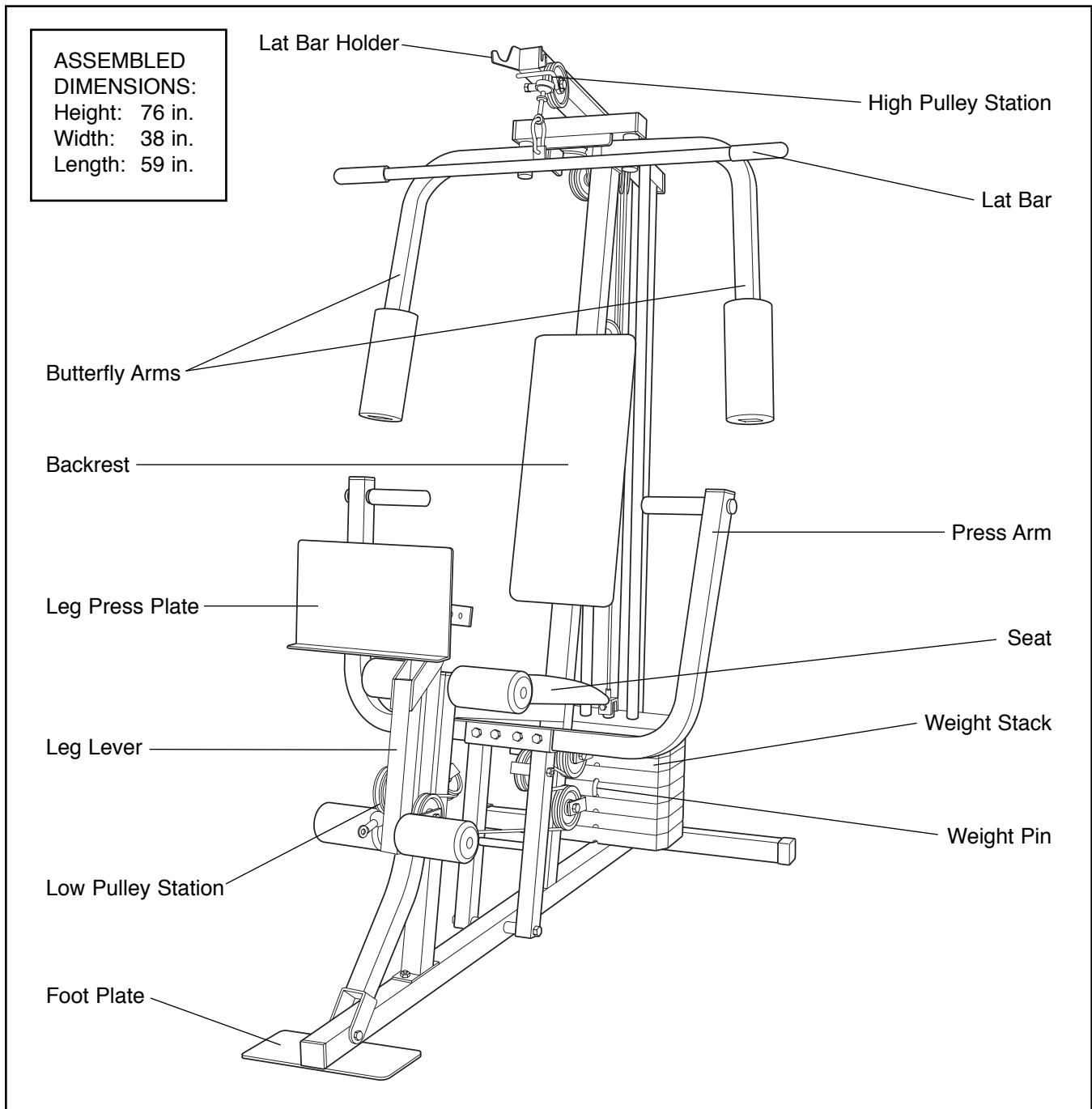
# Before You Begin

Thank you for selecting the versatile WEIDER® 8620 Home Gym System. The WEIDER® 8620 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 WEIDER® 8620 will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® 8620 Home Gym 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 WESY85290. The serial number can be found on a decal attached to the WEIDER® 8620 (see the front cover of this manual).

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






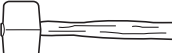
# Assembly

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

- Place all parts of the home gym system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is divided into four stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open that parts bag.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART** located in the center of this manual. 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.

- As you assemble the home gym system, be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

## THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **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 will also be needed.**

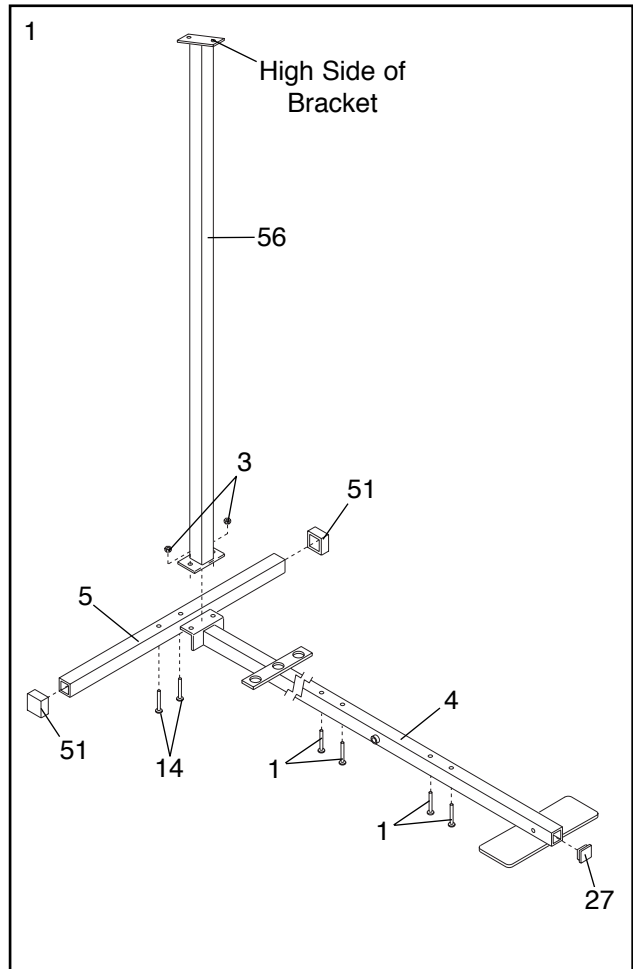
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 2" Square Outer Cap (51) onto each end of the Stabilizer (5). Press a 2" Square Inner Cap (27) into the end of the Base (4).

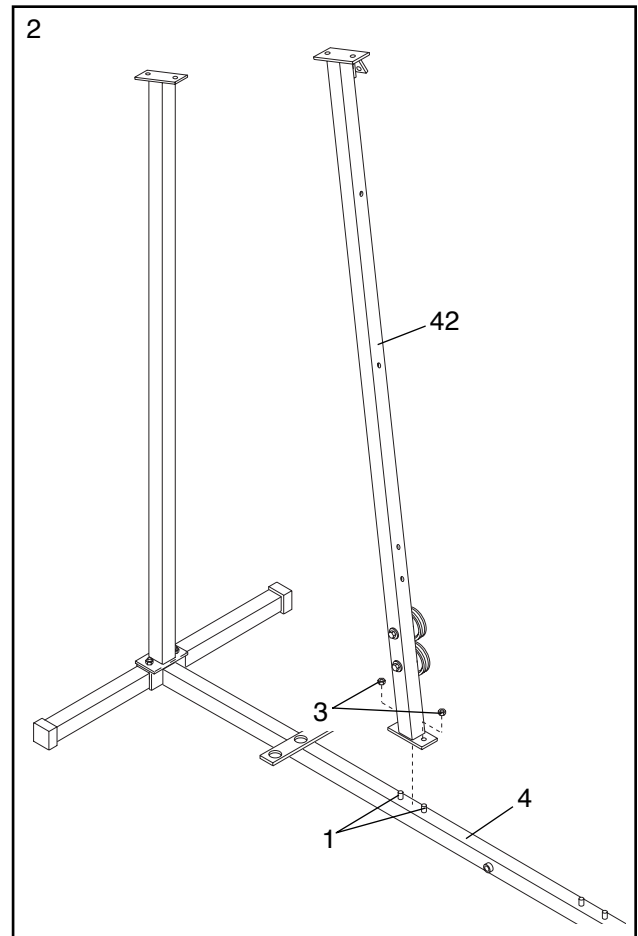
Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabilizer (5). Insert four 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

Slide the indicated end of the Base (4) onto the 5/16" x 2 3/4" Carriage Bolts (14) in the Stabilizer (5). Slide the Rear Upright (56) onto the Carriage Bolts. Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **The high side of the bracket on the Rear Upright must be on the side shown. Do not tighten the Nylon Locknuts yet.**



## FRAME ASSEMBLY

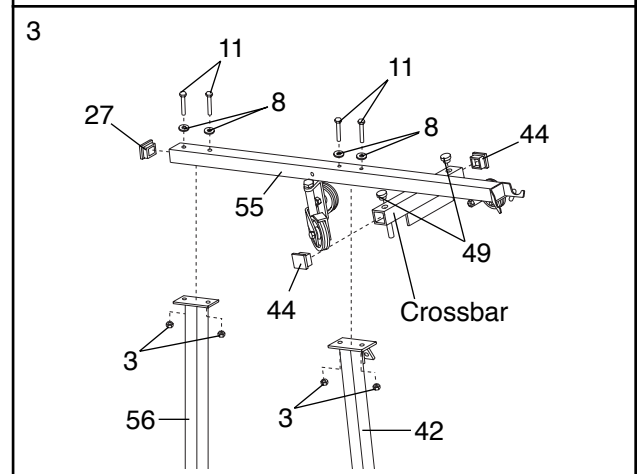
- Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



- Press a 2" Square Inner Cap (27) into the open end of the Top Frame (55). Press a 1 3/4" Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two 1" Round Inner Caps (49) into the top of the crossbar.

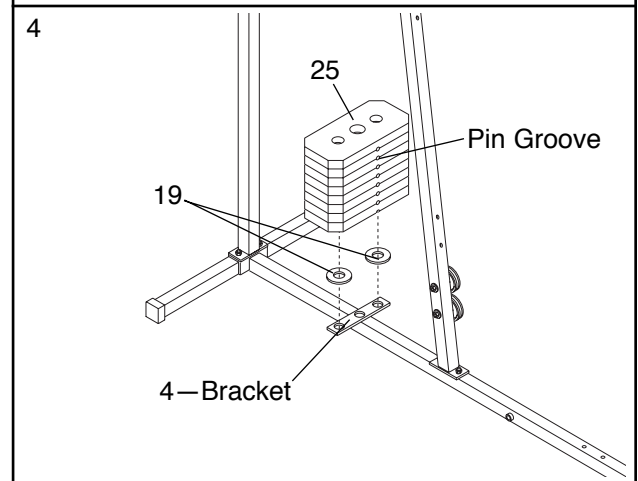
Attach the Top Frame (55) to the Front Upright (42) and the Rear Upright (56) with four 5/16" x 2 3/4" Bolts (11), four 5/16" Flat Washers (8), and four 5/16" Nylon Locknuts (3).

**Tighten all Nylon Locknuts used in steps 1 through 3.**



- Set two Weight Bumpers (19) onto the bracket on the Base (4) as shown.

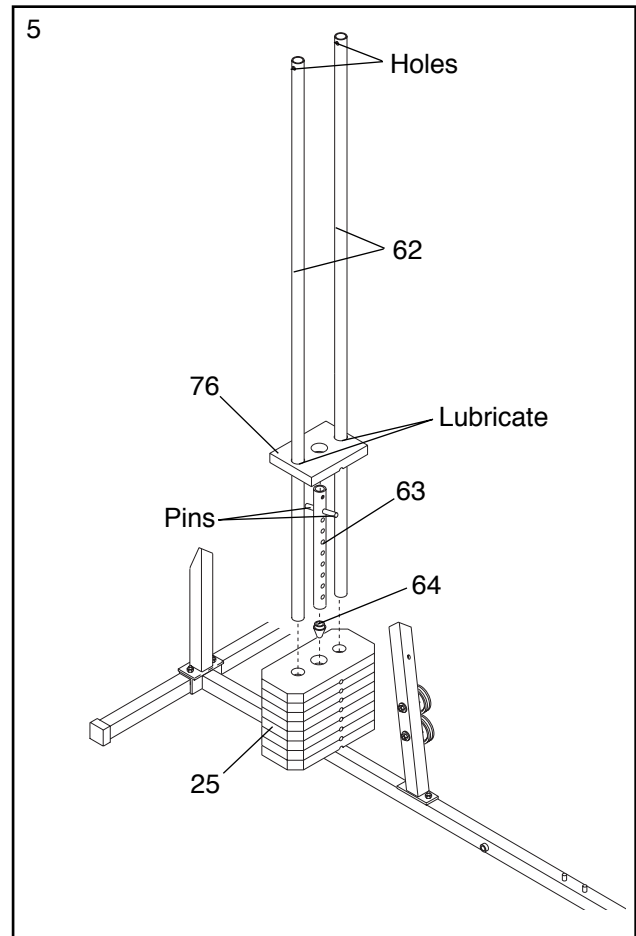
Stack eight Weights (25) on the Weight Bumpers (19). Be sure that all of the Weights are turned so the pin grooves are on the same side.



5. Press the Weight Tube Bumper (64) into the end of the Weight Tube (63). Insert the Weight Tube into the stack of Weights (25). Be sure that the pins on the Weight Tube are resting in the pin grooves in the upper Weight.

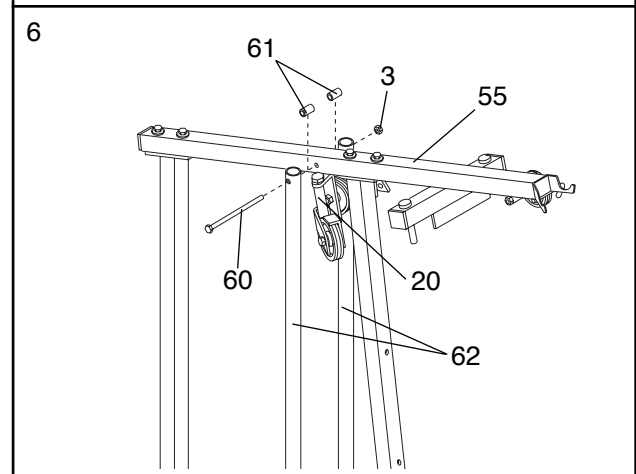
Lubricate the insides of the holes in the Top Weight (76). Set the Top Weight onto the stack of Weights (25).

Insert both Weight Guides (62) into the stack of Weights (25). **Be sure that the holes in the Weight Guides are at the top, as shown.**



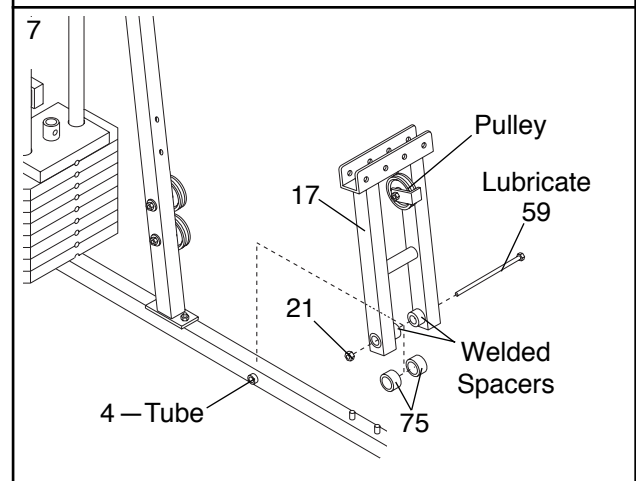
6. Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with the 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).

**Be sure that the Pulley Bracket (20) is in front of the Weight Guide (62) as shown.**



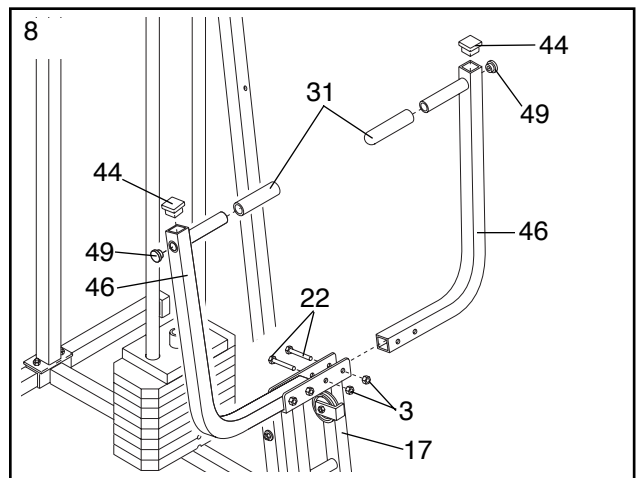
7. Press a 1" x 7/8" Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the indicated tube in the Base. Be sure that the pulley is on the indicated side.**

Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the 3/8" x 8" Bolt and a 3/8" Nylon Locknut (21).



- Press a 1 3/4" Square Inner Cap (44) into the top of a Press Arm (46). Wet the handle on the Press Arm with soapy water. Slide a Handgrip (31) onto the handle. Press a 1" Round Inner Cap (49) into the other end of the handle. Attach the Press Arm to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

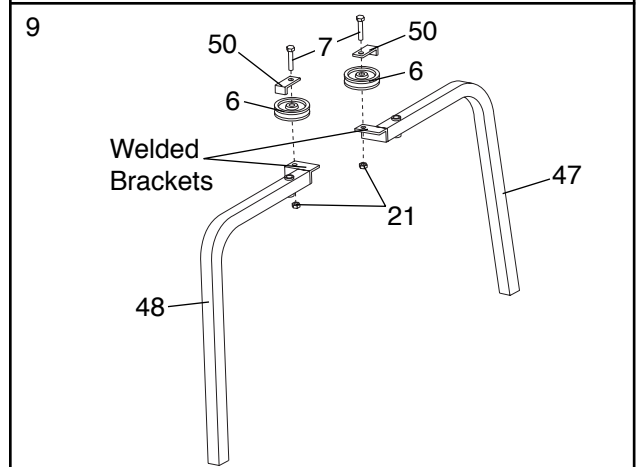
Assemble the other Press Arm (46) in the same manner.



- Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded brackets on each Arm. **Arm identification is very important for step 10.**

Attach a "V"-Pulley (6) and a Long Cable Trap (50) to the Right Arm (48) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21).

Attach a "V"-Pulley (6) and a Long Cable Trap (50) to the Left Arm (47) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21).



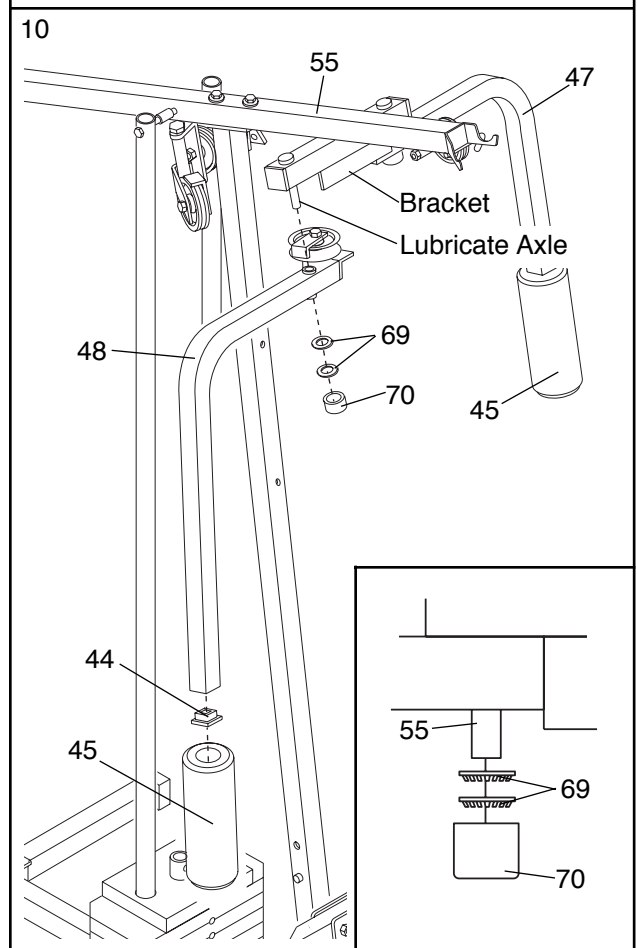
- Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 9 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the right axle. **Be sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the inset drawing.**

Attach the Left Arm (47) in the same manner.

Press 1 3/4" Square Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10" Pad (45) onto the lower end of each Arm.



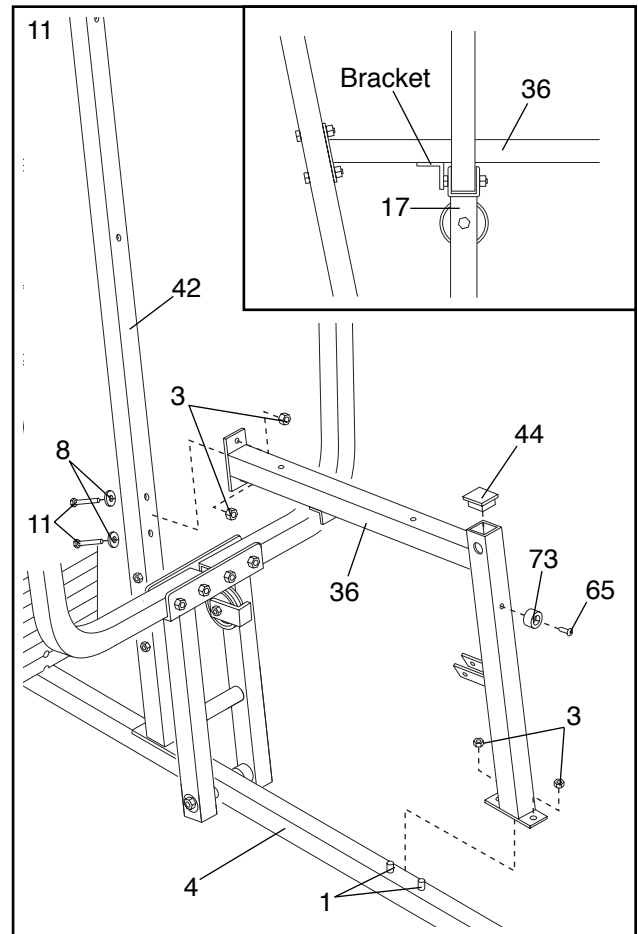


11. Press a 1 3/4" Square Inner Cap (44) into the Seat Frame (36). Attach a Bumper (73) to the Seat Frame with a 1/2" Tap Screw (65).

Slide the Seat Frame (36) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). **See the inset drawing. The bracket on the Seat Frame must be behind the Press Frame (17).** Hand-tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts until the end of this assembly step.**

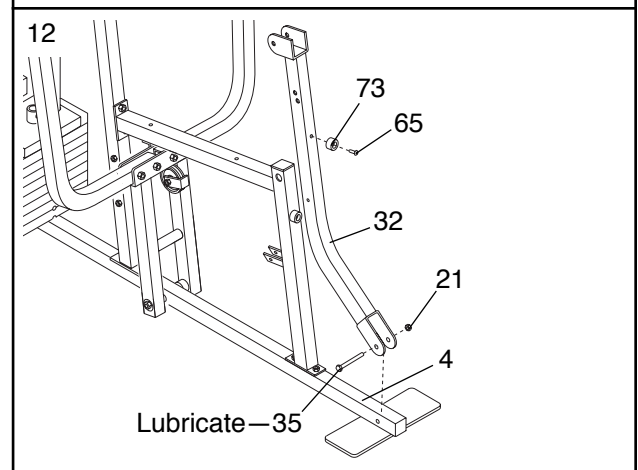
Attach the Seat Frame (36) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3).

**Tighten all Nylon Locknuts used in this step now.**



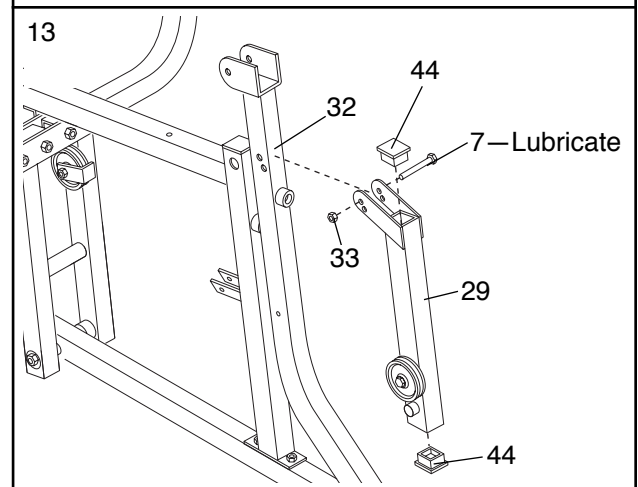
12. Attach a Bumper (73) to the Rocker Arm (32) with a 1/2" Tap Screw (65).

Lubricate a 3/8" x 3 1/4" Bolt (35). Attach the Rocker arm (32) to the Base (4) with the 3/8" x 3 1/4" Bolt and a 3/8" Nylon Locknut (21).



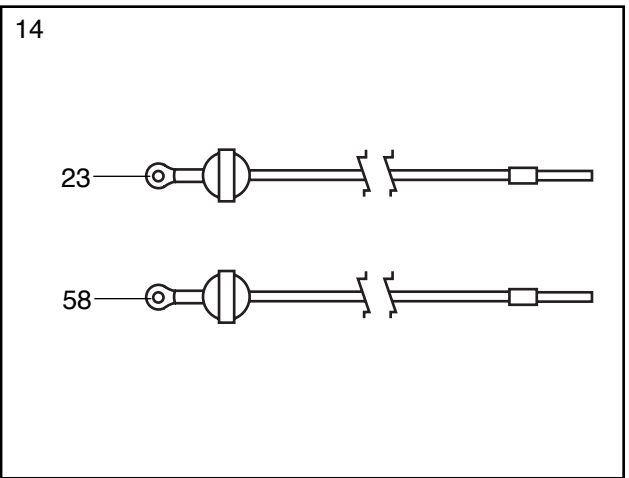
13. Lubricate a 3/8" x 2 1/2" Bolt (7). Attach the Leg Lever (29) to the Rocker Arm (32) with the 3/8" x 2 1/2" Bolt and a 3/8" Nylon Jam Nut (33).

Press a 1 3/4" Square Inner Cap (44) into each end of the Leg Lever (29).

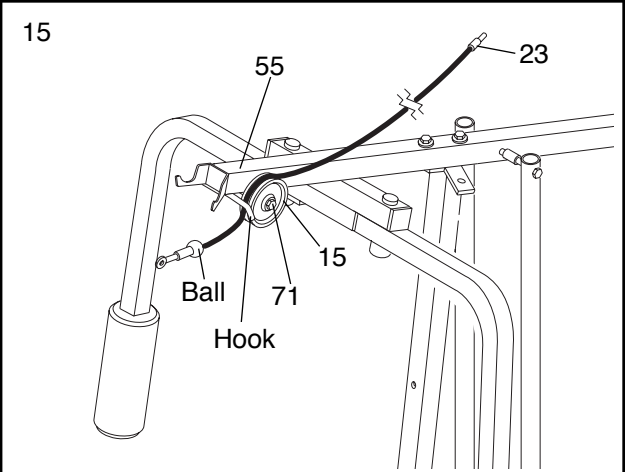


14. During steps 15 through 29, refer to the CABLE DIAGRAM on page 19 of this manual to verify proper cable routing. Before beginning this section, identify the Long Cable (23) and the Short Cable (58) by comparing the lengths of the cables.

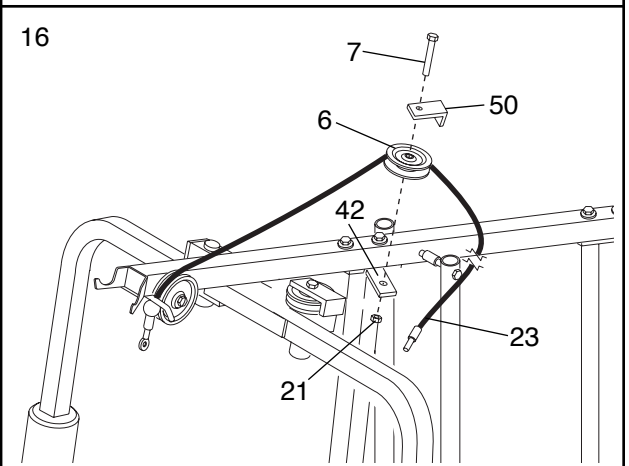
**IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts securing the pulleys. The pulleys must be able to turn freely.**



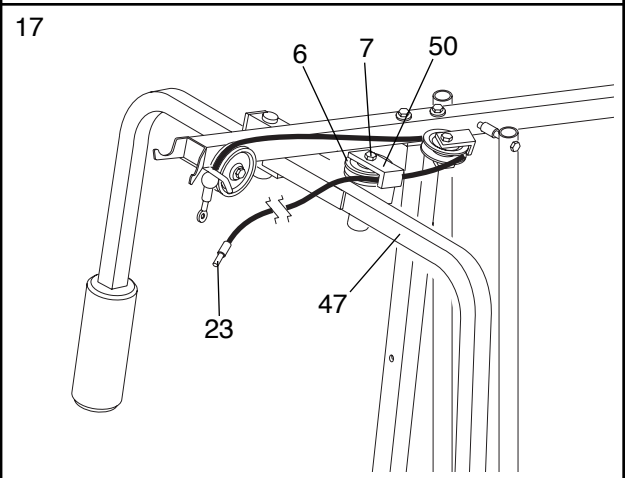
15. **Locate the Long Cable (23).** Route the Long Cable around the indicated 3 1/2" Pulley (15) attached to the Top Frame (55). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.** Tighten the 3/8" x 3 3/4" Bolt (71) and the 3/8" Nylon Locknut (not shown).



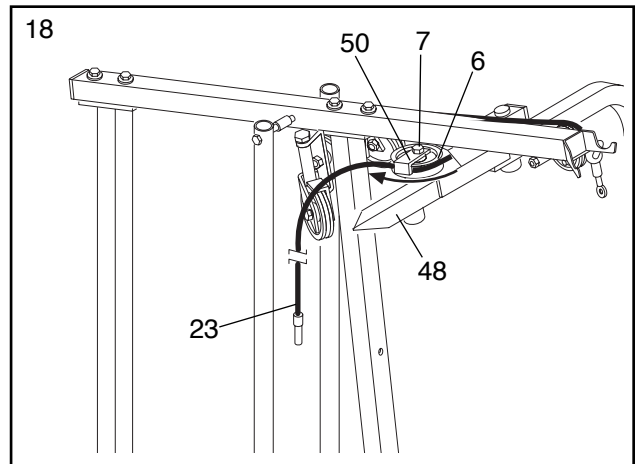
16. Wrap the Long Cable (23) around a "V"-Pulley (6). Attach the "V"-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**



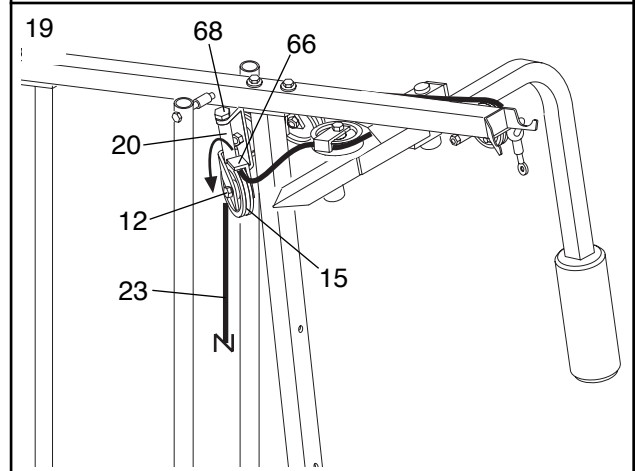
17. Route the Long Cable (23) around the "V"-Pulley (6) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is positioned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).



18. Route the Long Cable (23) around the “V”-Pulley (6) on the Right Arm (48). **Be sure that the Cable is in the groove of the “V”-Pulley and that the Long Cable Trap (50) is turned to hold the Cable in place.** Tighten the 3/8” x 2 1/2” Bolt (7) and the 3/8” Nylon Locknut (not shown).

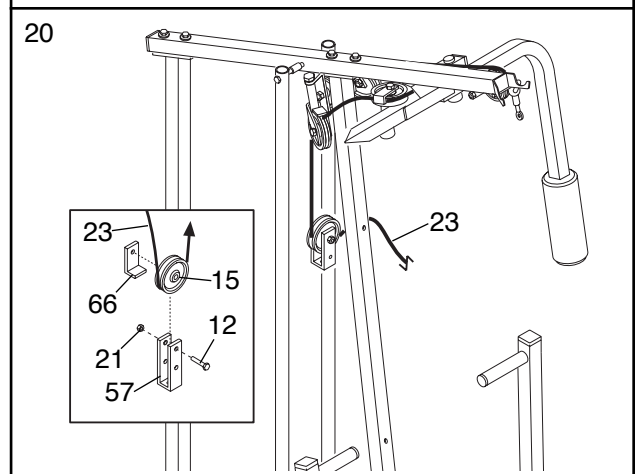


19. Route the Long Cable (23) around the 3 1/2” Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Tighten the 3/8” x 2” Bolt (12) and the 3/8” Nylon Locknut (not shown).



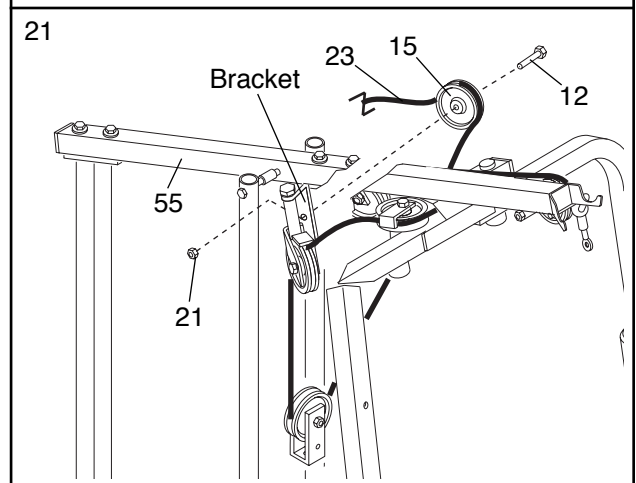
Be sure that the 5/16” x 5” Bolt (68) is properly tightened and that the Pulley Bracket (20) can move freely.

20. See the inset drawing. Attach a 3 1/2” Pulley (15) and a Cable Trap (66) to the indicated hole in the Long “U”-Bracket (57) with a 3/8” x 2” Bolt (12) and a 3/8” Nylon Locknut (21). **Be sure that the Cable Trap is inside the “U”-Bracket. Note: This may come pre-assembled.**



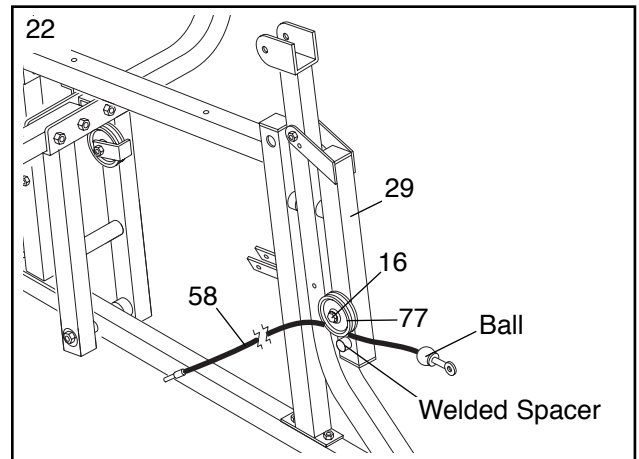
Route the Long Cable (23) around the 3 1/2” Pulley (15) and through the Long “U”-Bracket (57). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

21. **Note: The 3 1/2” Pulley (15) labeled in this step is pre-attached. It is shown removed for easy part identification.**

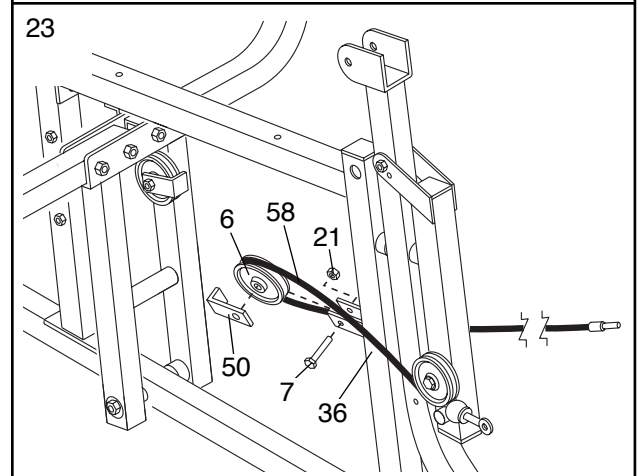


Route the Long Cable (23) around the 3 1/2” Pulley (15) attached to the bracket on the Top Frame (55). Tighten the 3/8” x 2” Bolt (12) and the 3/8” Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

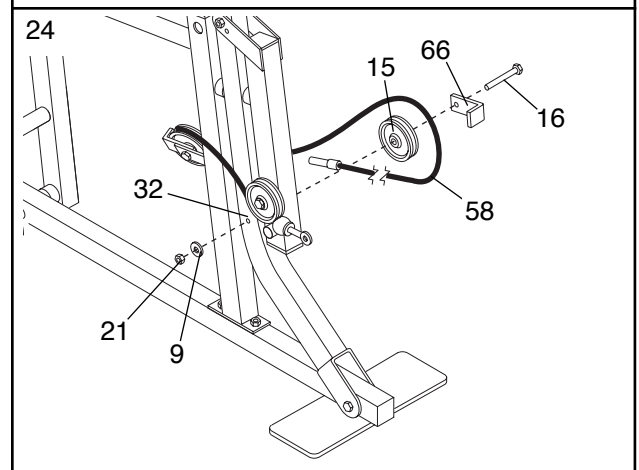
22. **Locate the Short Cable (58).** Route the Short Cable under the 3 1/2" Low Pulley (77). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the welded spacer on the Leg Lever (29).** Tighten the 3/8" x 3 1/2" Bolt (16) and the 3/8" Nylon Locknut (not shown).



23. Wrap the Short Cable (58) around a "V"-Pulley (6). Attach the Pulley and a Long Cable Trap (50) inside the bracket on the Seat Frame (36) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**

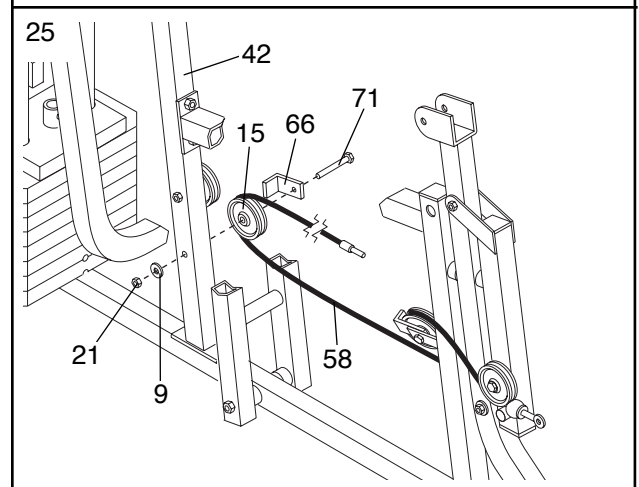


24. Wrap the Short Cable (58) around a 3 1/2" Pulley (15). Attach the Pulley to the Rocker Arm (32) with a 3/8" x 3 1/2" Bolt (16), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



25. **Note: The 3 1/2" Pulley (15) labeled in this step is pre-attached. It is shown removed for easy part identification.**

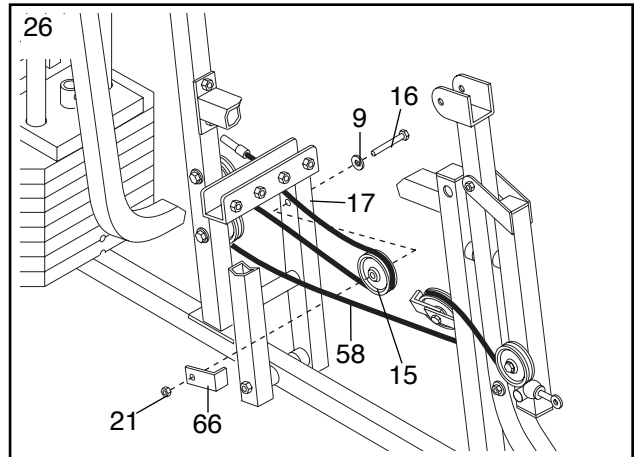
Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the lower hole in the Front Upright (42). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).



26. **Note: The 3 1/2" Pulley (15) labeled in this step is pre-attached. It is shown removed for easy part identification.**

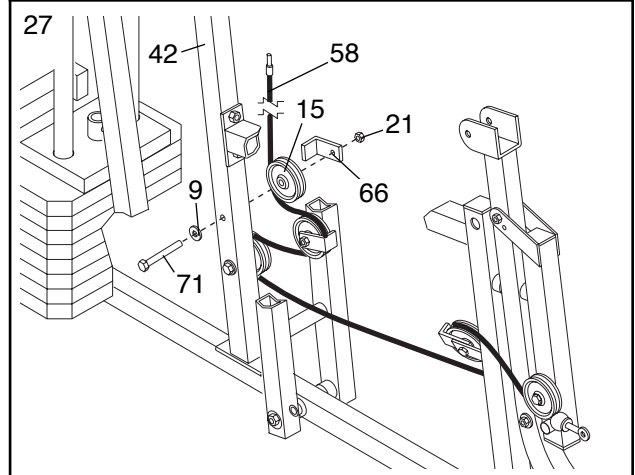
Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable is routed around the Pulley as shown.**

Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 1/2" Bolt (16).

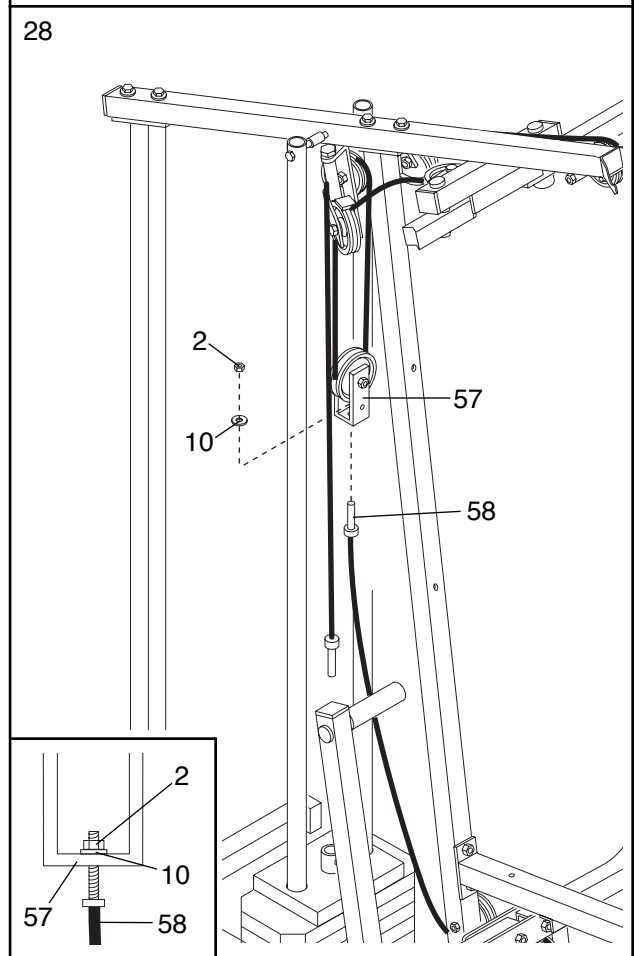


27. **Note: The 3 1/2" Pulley (15) labeled in this step is pre-attached. It is shown removed for easy part identification.**

Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the upper hole in the Front Upright (42). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).

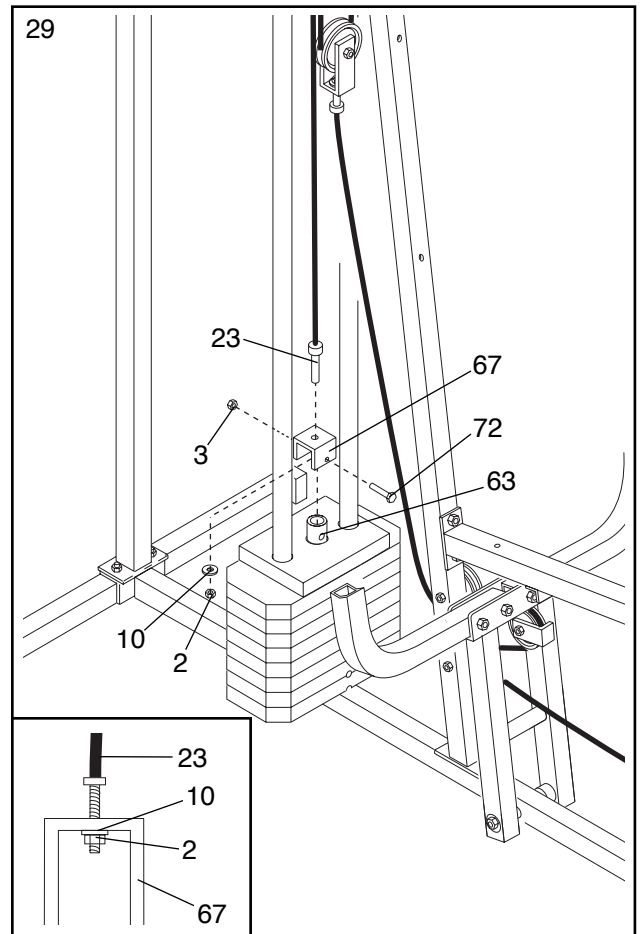


28. Attach the end of the Short Cable (58) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the nut, as shown in the inset drawing.**

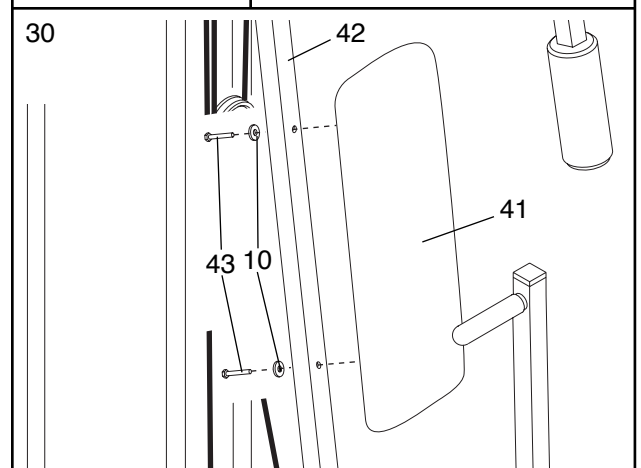


29. Attach the Long Cable (23) to the Small "U"-Bracket (67) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

Attach the Small "U"-Bracket (67) to the Weight Tube (63) with the 5/16" x 1 3/4" Bolt (72) and a 5/16" Nylon Locknut (3).



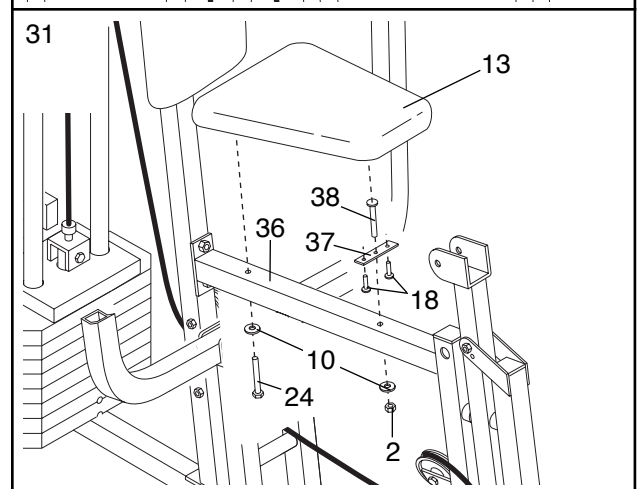
30. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10).



31. Insert the 1/4" x 2 1/2" 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 (18).

Insert the 1/4" x 2 1/2" Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt.

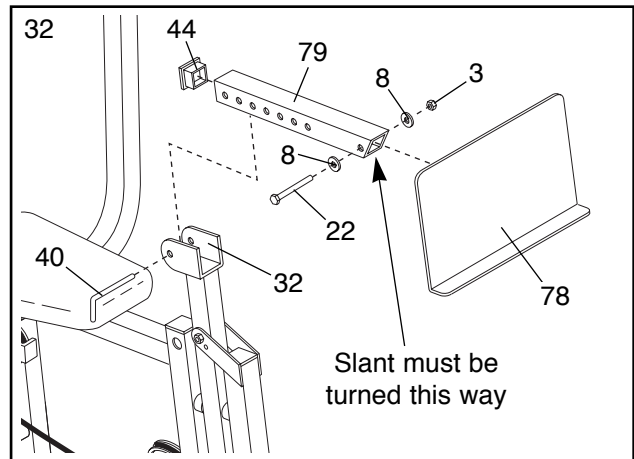
Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Flat Washer (10) and the 1/4" x 2 1/4" Screw (24).



32. Press a 1 3/4" Square Inner Cap (44) into the Press Adjustment Tube (79).

Align one set of holes in the Press Adjustment Tube (79) with the holes in the Rocker Arm (32). Insert the "L"-Pin (40) through the holes. **Be sure that the Press Adjustment Tube is oriented as shown.**

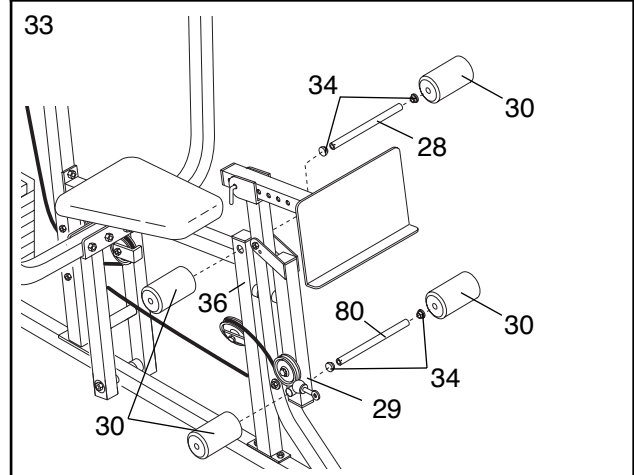
Attach the Press Plate (78) to the Press Adjustment Tube (79) with a 5/16" x 2 1/2" Bolt (22), two 5/16" Flat Washers (8), and a 5/16" Nylon Locknut (3).



33. Press a 3/4" Round Inner Cap (34) into each end of the Short Pad Tube (28). Press a 3/4" Round Inner Cap into each end of the Long Pad Tube (80).

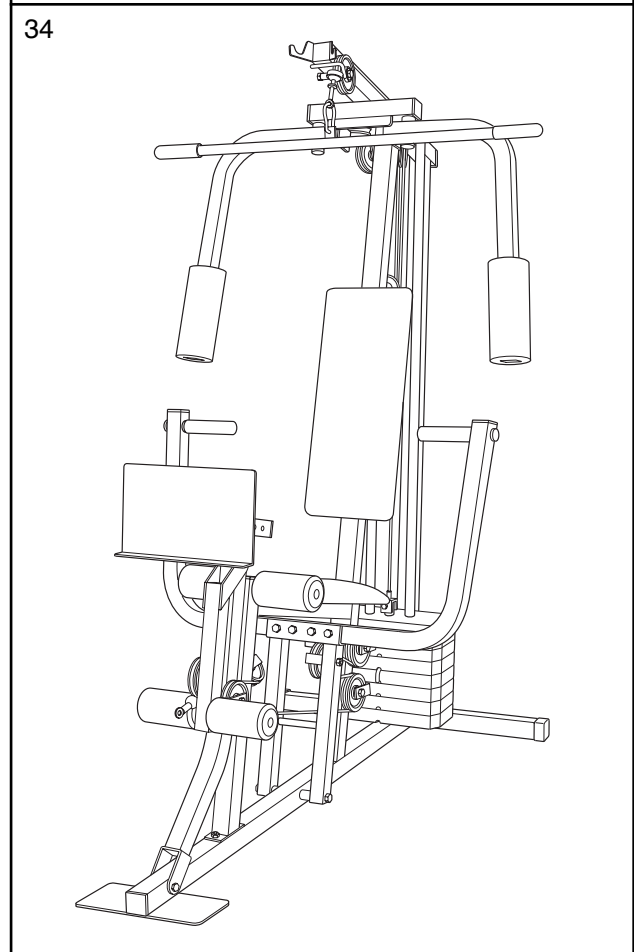
Insert the Short Pad Tube (28) into the Seat Frame (36). Slide a 5 1/2" Pad (30) onto each end of the Short Pad Tube.

Insert the Long Pad Tube (80) into the Leg Lever (29). Slide a 5 1/2" Pad (30) onto each end of the Long Pad Tube.



34. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 16 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. See the CABLE DIAGRAM on page 19 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 18.**



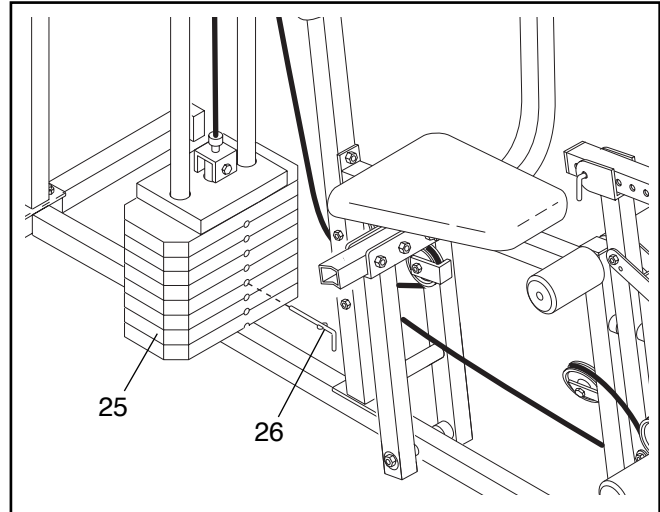
# Adjustment

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

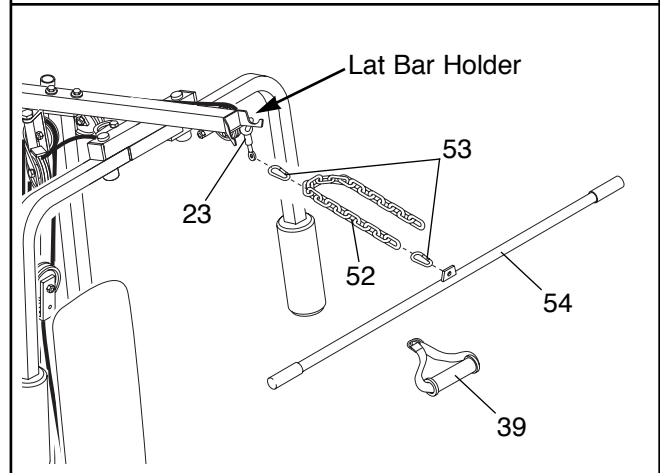
To change the weight setting of the weight stack, insert a Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 pounds to 106.5 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 17 to find the approximate amount of resistance at each weight station.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the Long Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) 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.

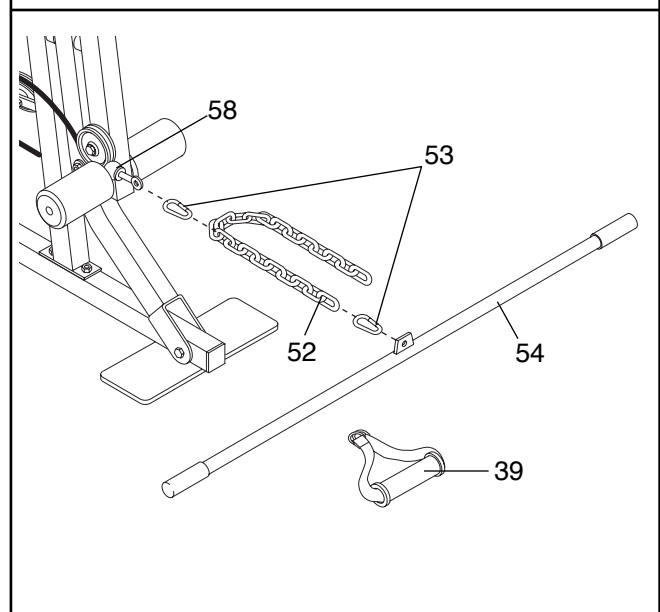
The Nylon Strap (39) can be attached in the same manner.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Short Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Pulley 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 Nylon Strap (39) can be attached in the same manner.



**Always remove the leg press plate and lock the leg lever before using the low pulley station (see ADJUSTING AND REMOVING THE LEG PRESS PLATE AND ADJUSTMENT TUBE and LOCKING THE LEG LEVER on page 17).**



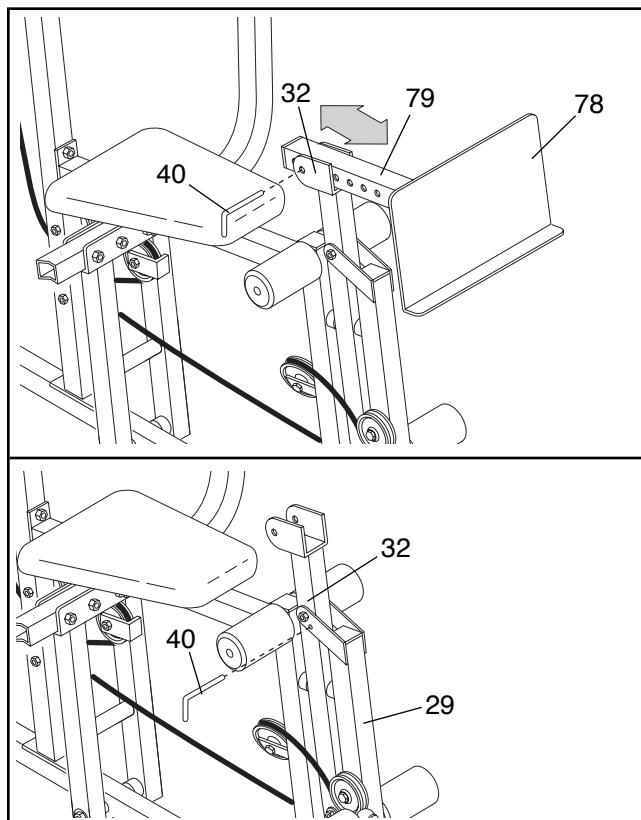
## ADJUSTING AND REMOVING THE LEG PRESS PLATE AND ADJUSTMENT TUBE

To adjust the position of the Leg Press Plate (78), remove the “L”-Pin (40) from the Press Adjustment Tube (79) and the Rocker Arm (32). Align a different set of holes in the Press Adjustment Tube with the set of holes in the Rocker Arm. Re-insert the “L”-Pin.

For some exercises, the Press Adjustment Tube (79) must be removed. Remove the “L”-Pin (40). Lift the Press Adjustment Tube off the bracket on the Rocker Arm (32).

## LOCKING THE LEG LEVER

When the low pulley station is in use, the Leg Lever (29) must be locked in place. Insert the “L”-Pin (40) through the hole in the Leg Lever and the hole in the Rocker Arm (32).



## Weight Resistance Chart

This chart shows the approximate weight resistance at each station. “Top” refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG PRESS (lbs.)
Top	13	9	27	14	32	30
1	36	23	52	30	52	65
2	57	32	81	44	93	97
3	73	46	115	58	121	130
4	99	58	142	69	144	170
5	118	74	171	88	178	215
6	132	88	201	101	217	247
7	151	112	217	114	230	319
8	165	131	264	131	262	347

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.

# 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.

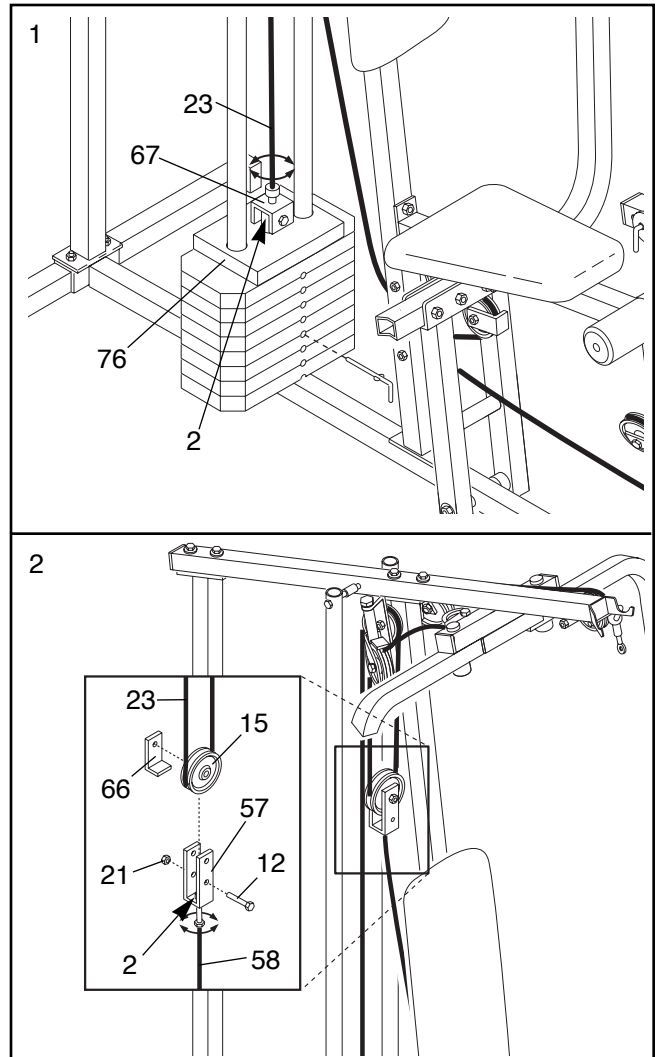
## TIGHTENING THE CABLES

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. Slack can be removed from the cables by tightening the 1/4" Nylon Locknuts (2) at the end of the Long Cable (23) (see drawing 1) and at the end of the Short Cable (58) (see drawing 2). To do this you may need to remove the Small "U"-Bracket (67) from the Weight Tube (not shown) or remove the 3 1/2" Pulley (15) from the Long "U"-Bracket (57). Make sure that the cables are not too tight or the Top Weight (76) will be lifted off the weight stack.

Additional slack can be removed by moving the 3 1/2" Pulley (15) to the other hole in the Long "U"-Bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Cable Trap (66), Pulley, and "U"-Bracket. Re-attach the Pulley and Cable Trap. Be sure that the Cable trap is in the proper position and that the Cable and Pulley move smoothly.

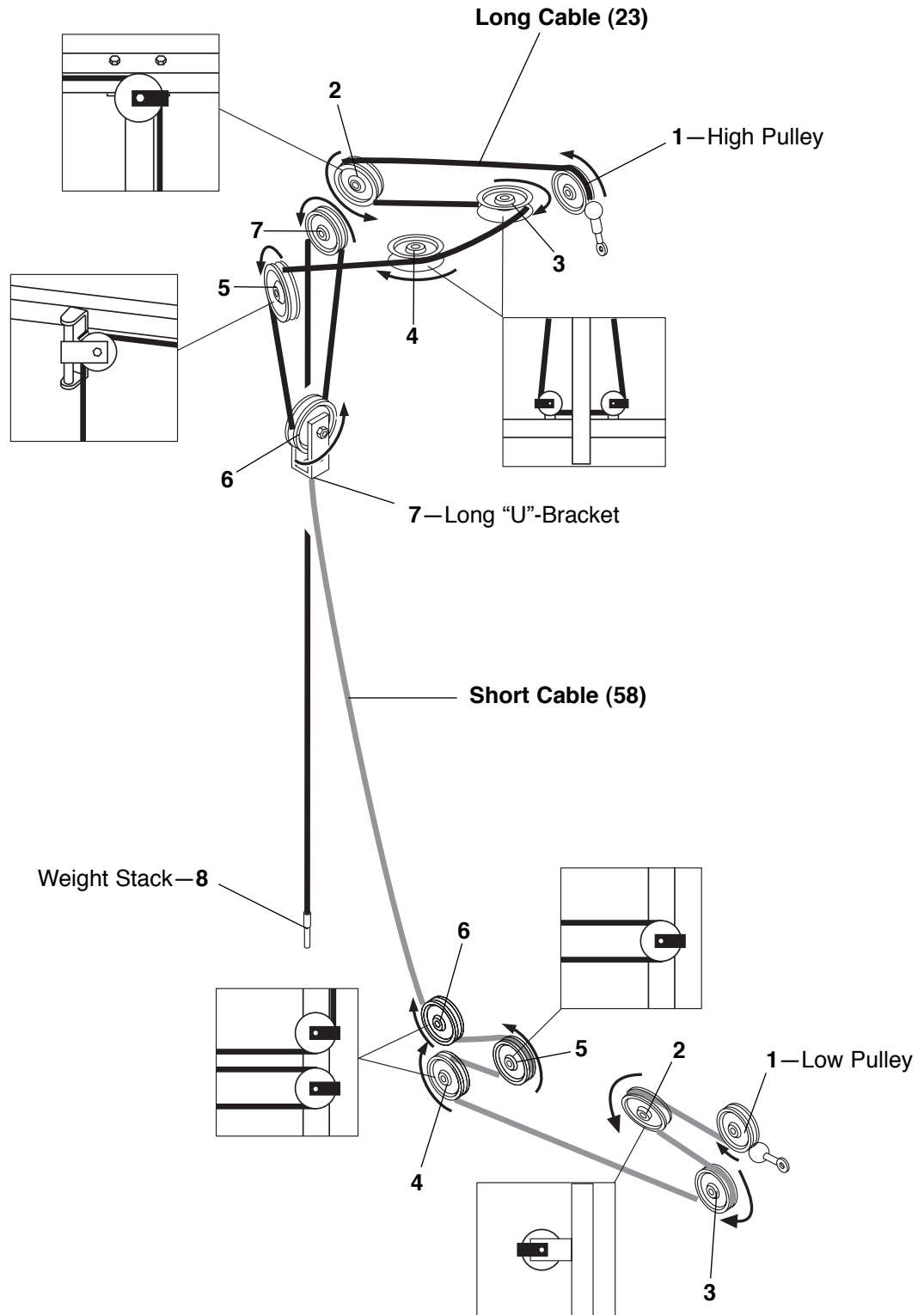
**Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.**

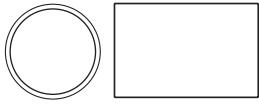
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



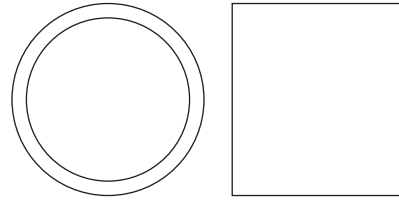
# Cable Diagram

The cable diagram below shows the proper routing of the Short Cable (58) and the Long Cable (23). Use the diagram to be sure that the two cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the home gym system will not function properly and damage may occur. The numbers show the correct route for each cable. The starting and ending points of each cable are labeled. **Be sure that the cable traps do not touch or bind the cables.**

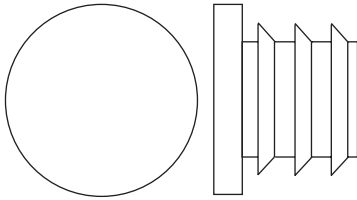




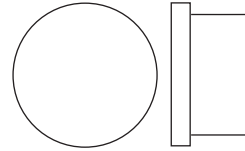
1/2" x 3/4" Spacer (61)



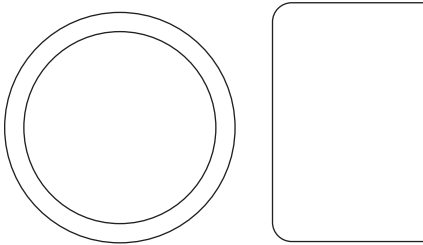
1" x 7/8" Plastic Bushing (75)



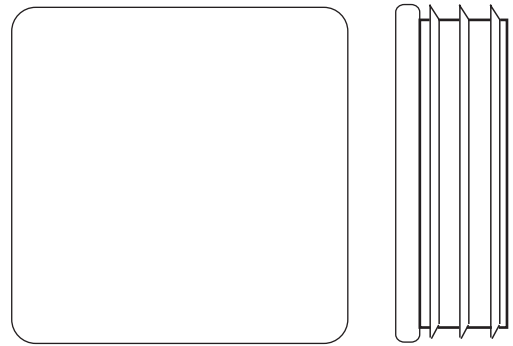
1" Round Inner Cap (49)



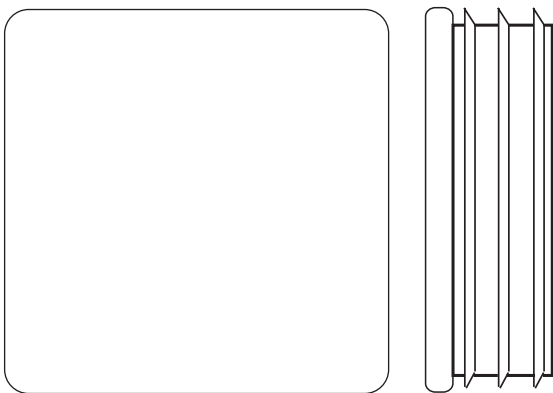
3/4" Round Inner Cap (34)



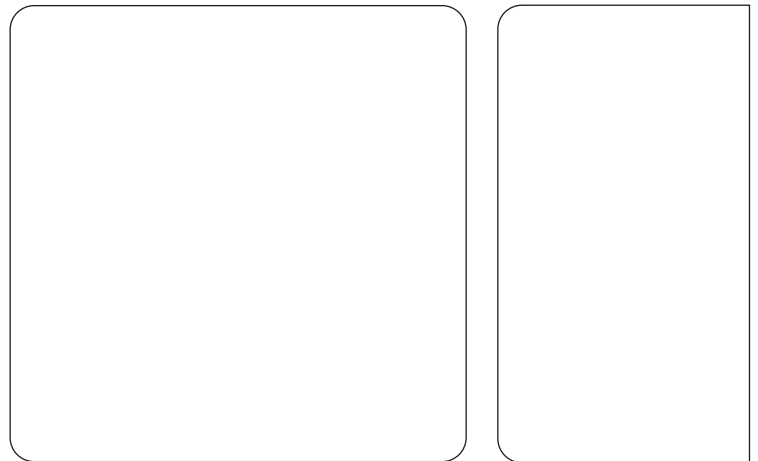
1" Round Cover Cap (70)



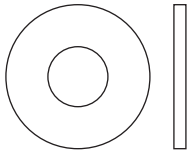
1 3/4" Square Inner Cap (44)



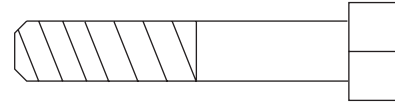
2" Square Inner Cap (27)



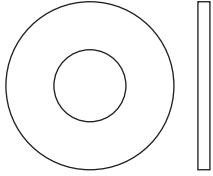
2" Square Outer Cap (51)



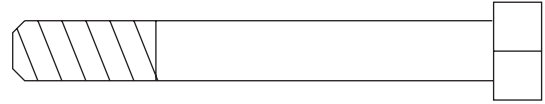
1/4" Flat Washer (10)



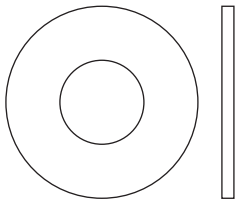
5/16" x 1 3/4" Bolt (72)



5/16" Flat Washer (8)



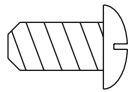
5/16" x 2 1/2" Bolt (22)



3/8" Flat Washer (9)



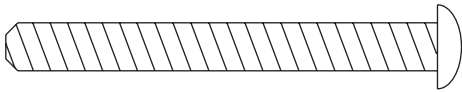
5/16" x 2 3/4" Bolt (11)



1/4" x 1/2" Screw (18)



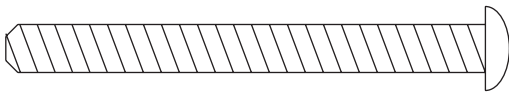
5/16" x 2 1/2" Carriage Bolt (1)



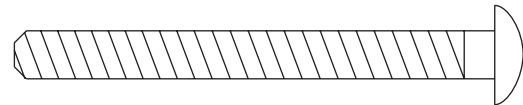
1/4" x 2 1/4" Screw (24)



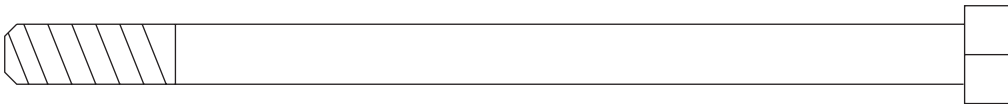
5/16" x 2 3/4" Carriage Bolt (14)



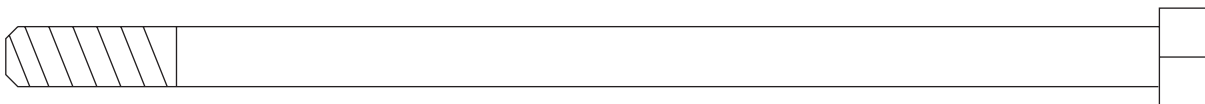
1/4" x 2 1/2" Screw (43)



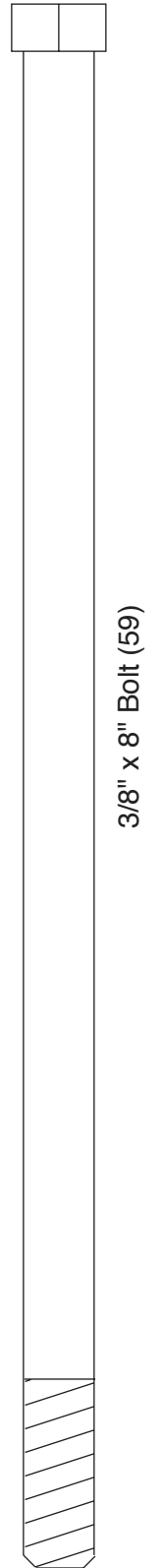
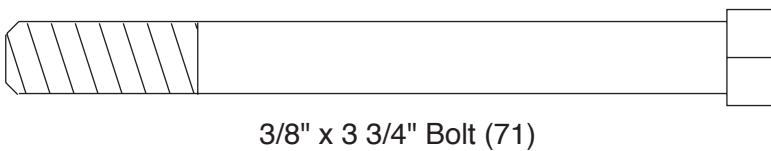
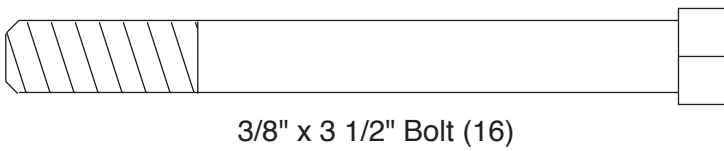
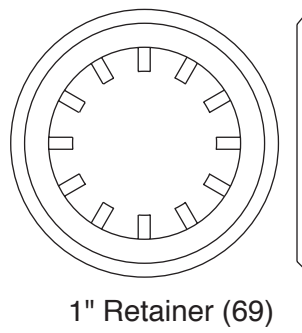
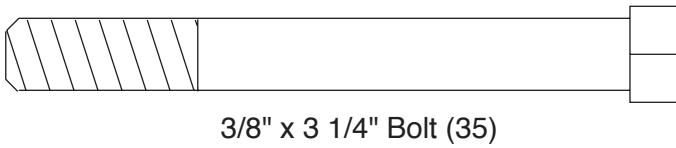
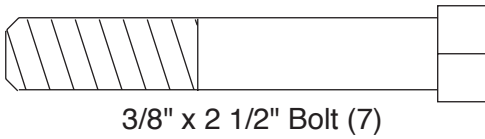
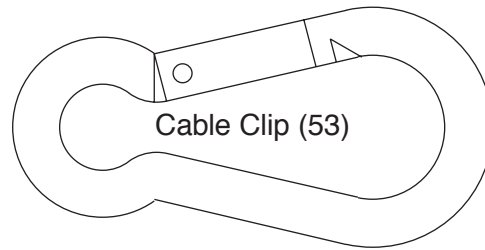
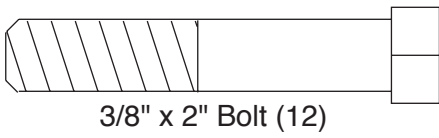
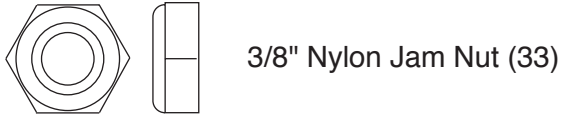
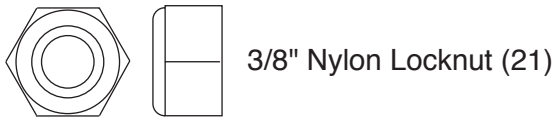
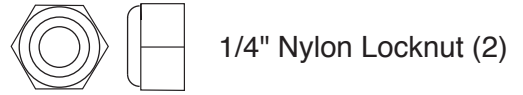
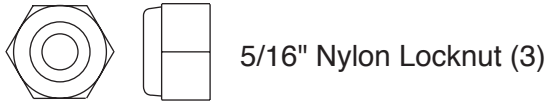
1/4" x 2 1/2" Carriage Bolt (38)



5/16" x 5" Bolt (68)



5/16" x 6" Bolt (60)



# Part List—Model No. WESY85290

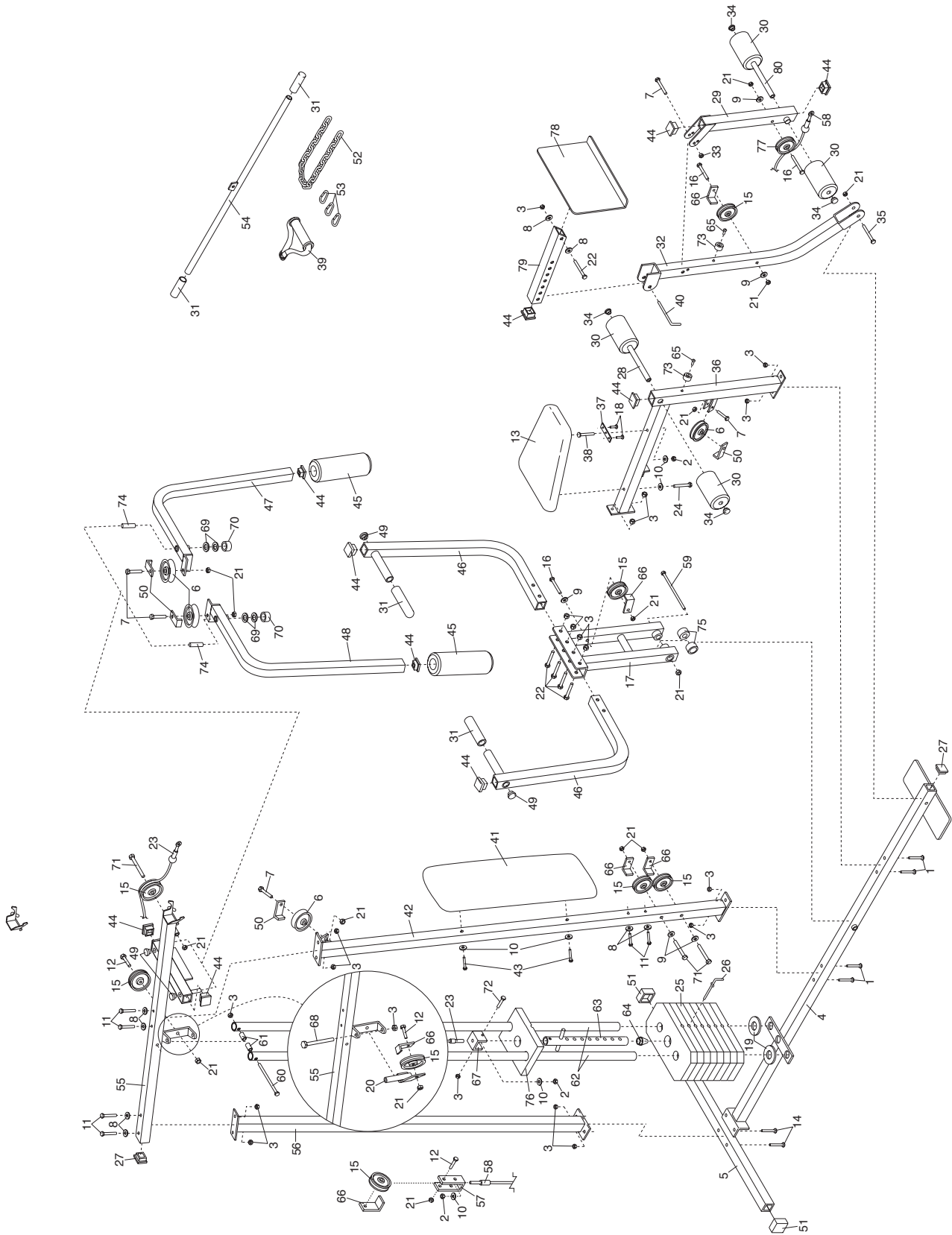
R0699A

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

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

# Exploded Drawing—Model No. WESY85290

R0699A





# 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 (WESY85290).
2. The NAME of the product (WEIDER® 8620 Home Gym 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 at the center of this manual).

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