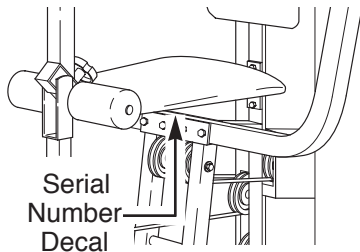


WEIDER® E2000

Model No. WESY92190

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 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:

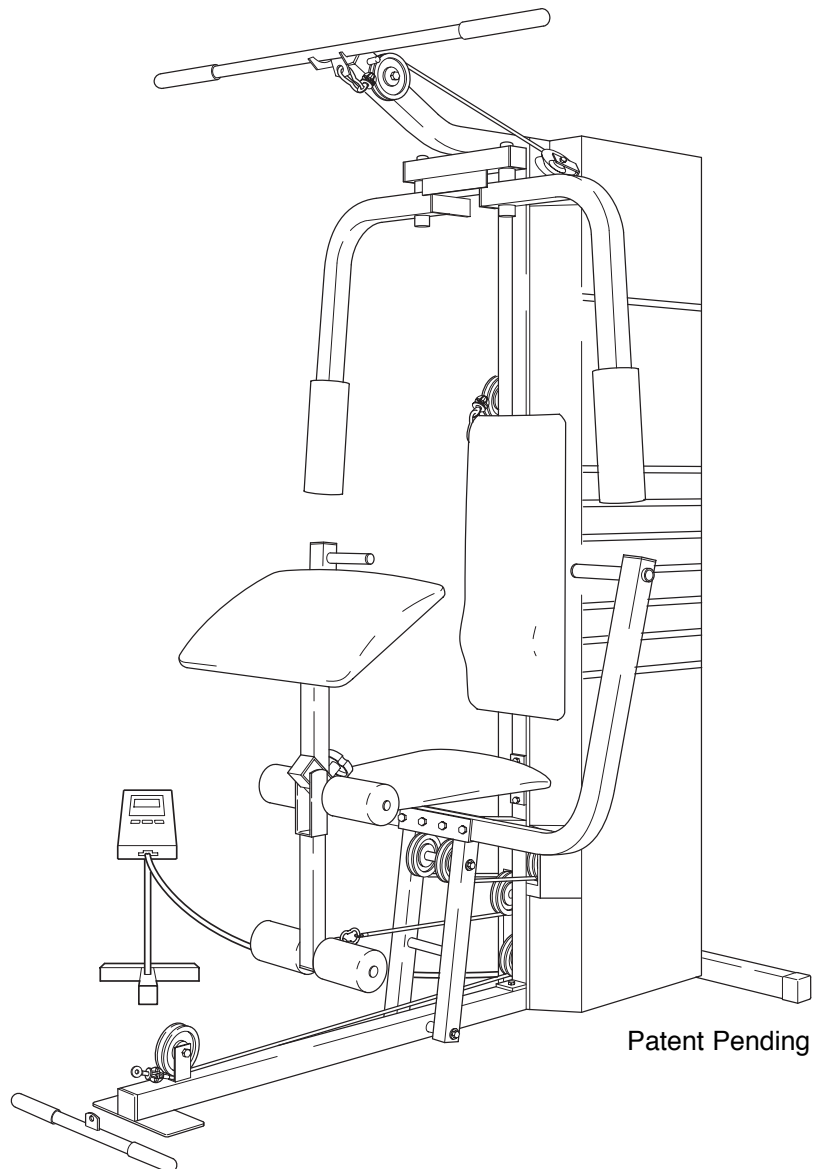
1-800-999-3756

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.

USER'S MANUAL



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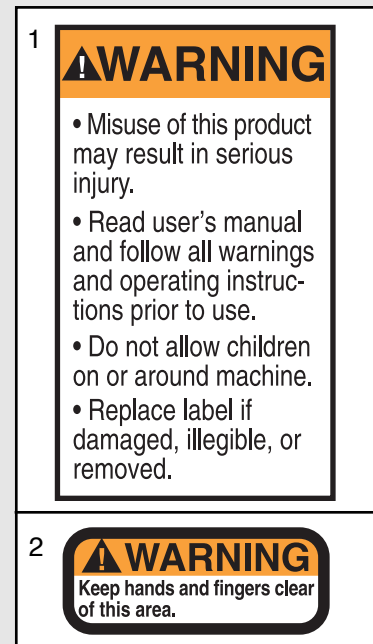
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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached to the center of this manual. Remove the PART LIST/EXPLODED DRAWING and the PART IDENTIFICATION CHART before beginning assembly.

Important Precautions

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

1. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the weight system.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the weight system only on a level surface. Cover the floor or carpet beneath the weight 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 weight system to tip.
8. Keep children under the age of 12 and pets away from the weight system at all times.
9. Keep hands and feet away from moving parts.
10. The weight system is designed to be used by only one person at a time.
11. Always wear athletic shoes for foot protection when exercising.
12. Always disconnect the lat bar or row bar from the weight system when performing an exercise that does not use them.
13. Keep the power cord away from heated surfaces.
14. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
15. The decals shown at the right have been placed on the weight system in the five locations shown on page 4. If a decal is missing or illegible, please call the customer hot line listed on the front cover of this manual to order a free replacement decal. Apply the decal in the location shown.



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.

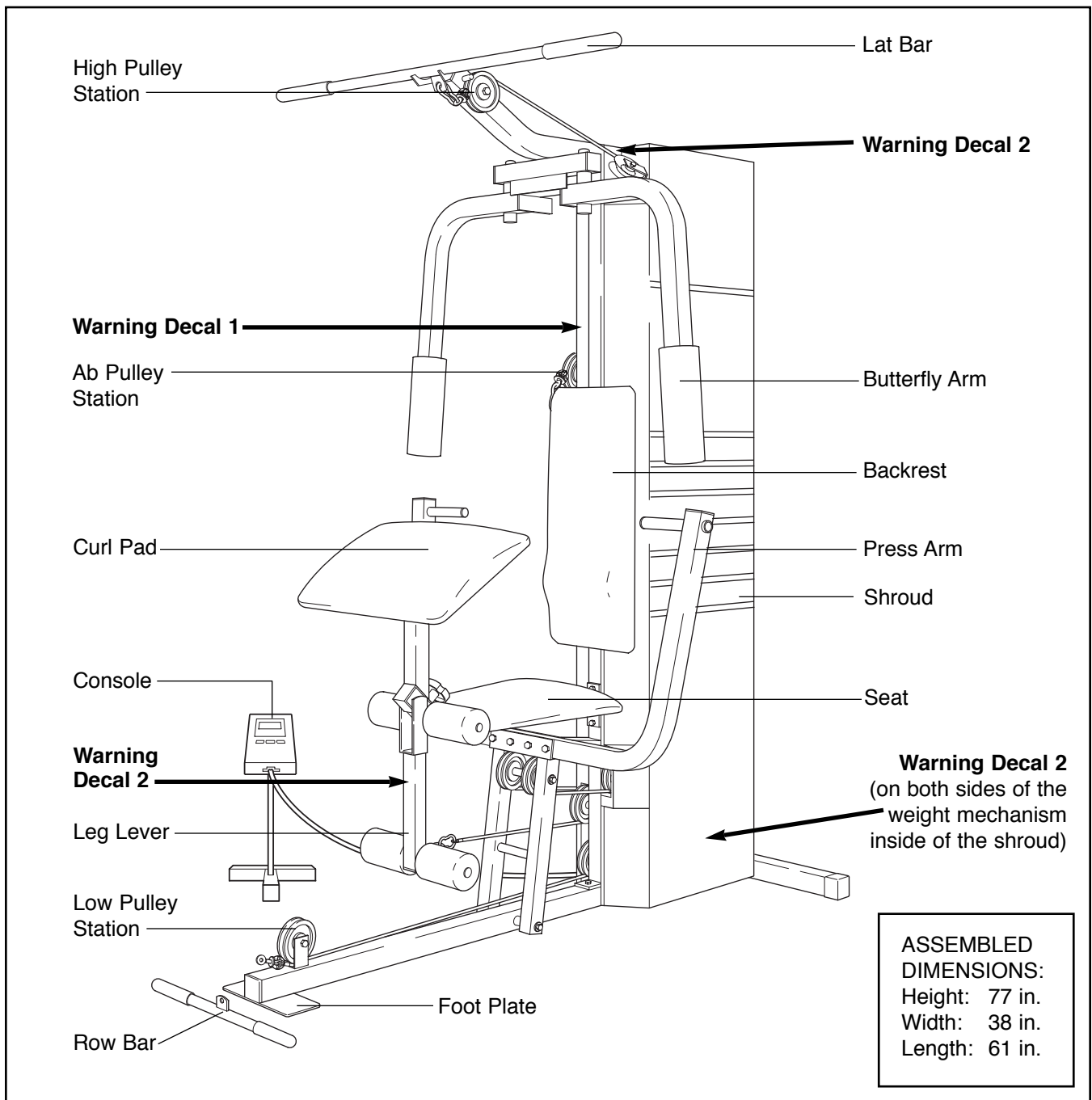
Before You Begin

Thank you for selecting the versatile WEIDER® E2000. The E2000 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 E2000 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the WEIDER® E2000. 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 WESY92190. The serial number can be found on a decal attached to the E2000 (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 weight system can be assembled successfully by anyone. However, it is important to recognize that the weight system is a sophisticated product with many small parts. The assembly process will take time—possibly several hours. 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, 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 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. If a part is not in the parts bag, check to see if it has been pre-attached.

Orienting Parts


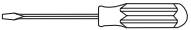


As you assemble this product, be sure that all parts are oriented as shown in the drawings.

Tightening Parts

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

Required 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.

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 weight mechanism.

Seat Assembly

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

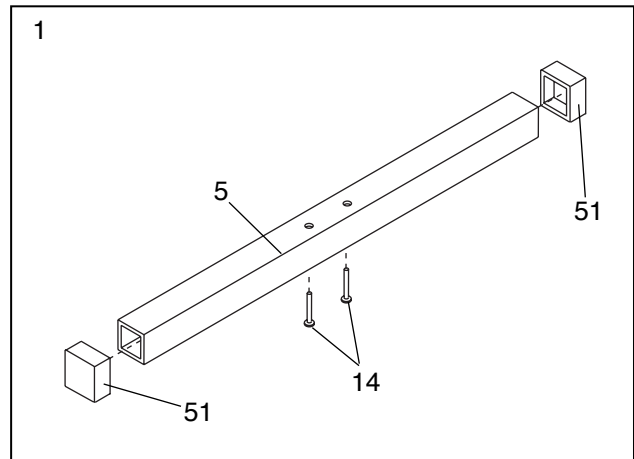
Frame Assembly

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

Open the parts bag labeled "FRAME ASSEMBLY."

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

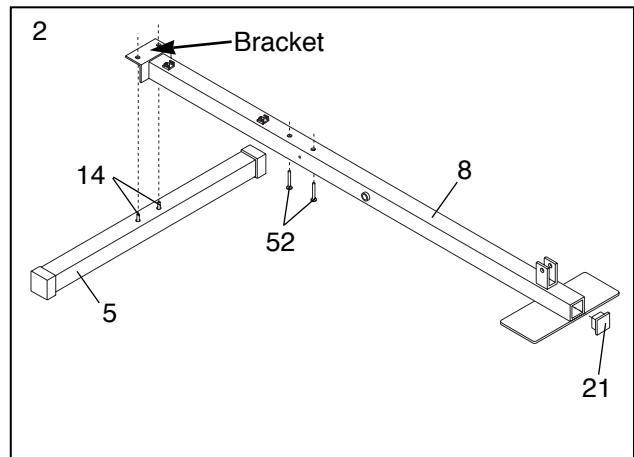
Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabilizer (5) and place it flat on the floor.



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 over the Carriage Bolts (14) in the Stabilizer (5).



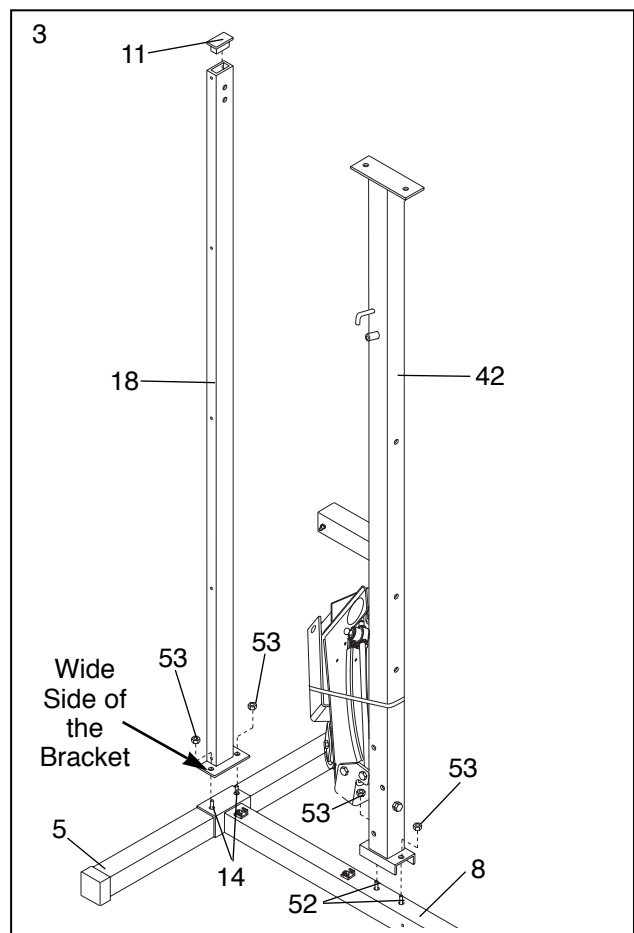
3. Press a 1" x 2" Inner Cap (11) into the top of the Rear Upright (18).

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.

Make sure the Rear Upright (18) is oriented as shown. The wide side of the bracket on the lower end must be on the side shown.

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.

Do not tighten the Nylon Locknuts yet.

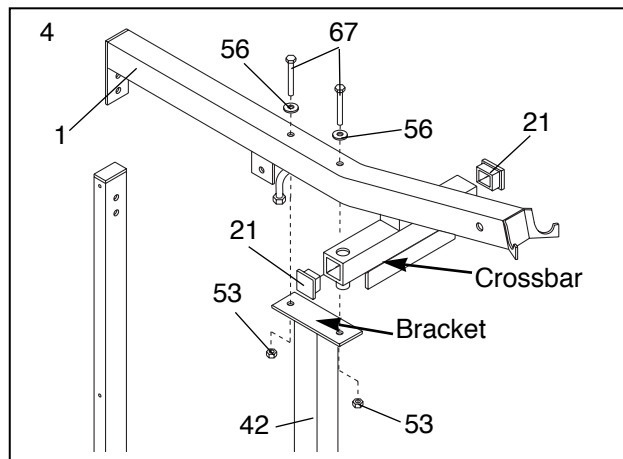


4. Press a 2" Square Inner Cap (21) into each end of the crossbar on the Top Frame (1).

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 on the Front Upright.

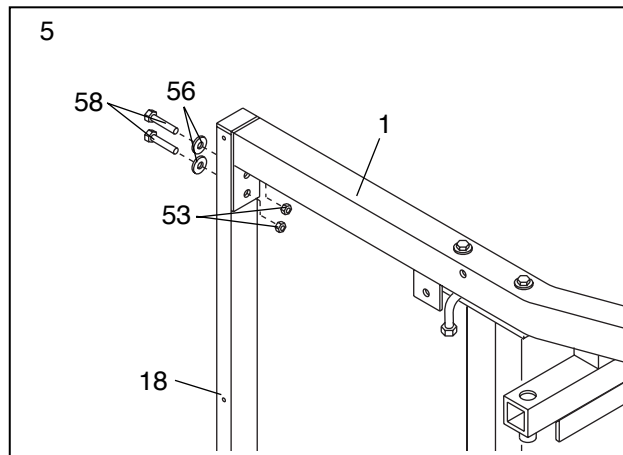
Insert the 5/16" x 2 3/4" Bolts (67) through the Top Frame (1) and the bracket on the Front Upright (42). Hand tighten a 5/16" Nylon Locknut (53) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



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

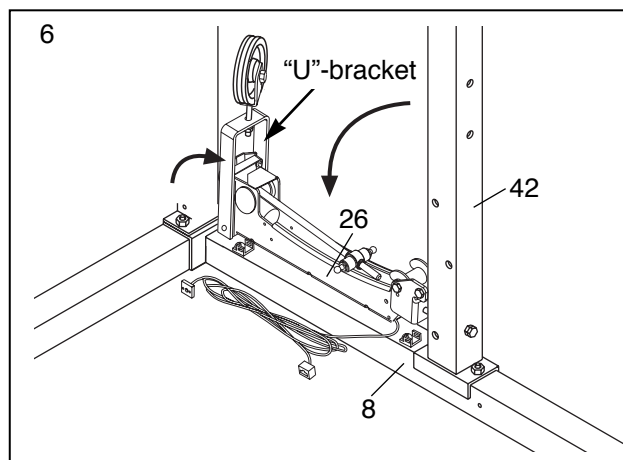
Align the holes in the bracket on the Top Frame (1) with the holes in the Rear Upright (18). Insert the 5/16" x 1 3/4" Bolts (58) and hand tighten two 5/16" Nylon Locknuts (53) onto them.

Tighten all of the Nylon Locknuts used in steps 3 to 5.

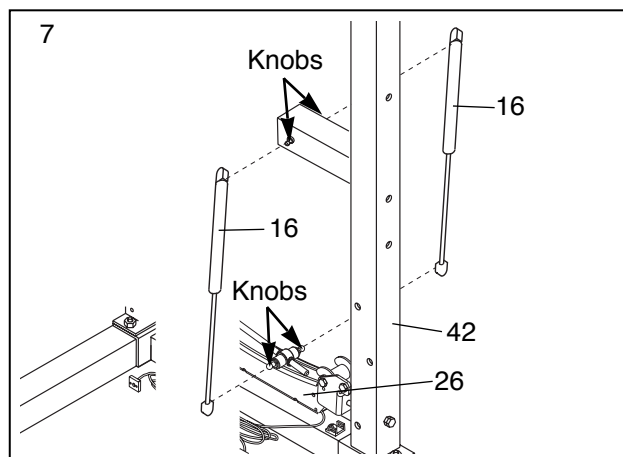


6. **Note: Make sure that you do not cut the wires while cutting the tie that is holding the Weight Mechanism (26).**

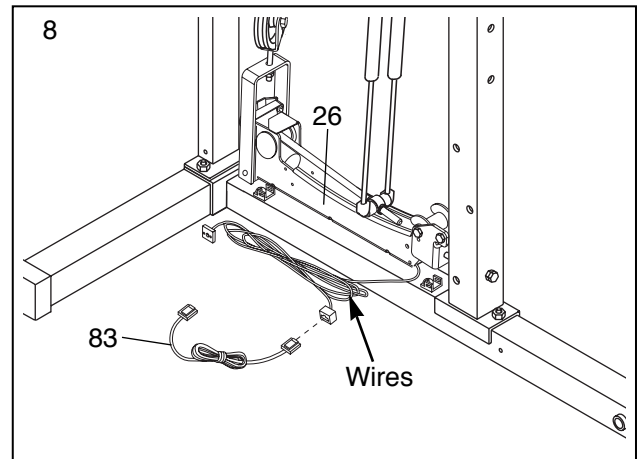
Cut the Weight Mechanism (26) away from the Front Upright (42). **Carefully** lower the Mechanism onto the Base (8), positioning the "U"-bracket as shown.



7. Snap the Shocks (16) onto the indicated knobs on the Front Upright (42) and the Weight Mechanism (26).

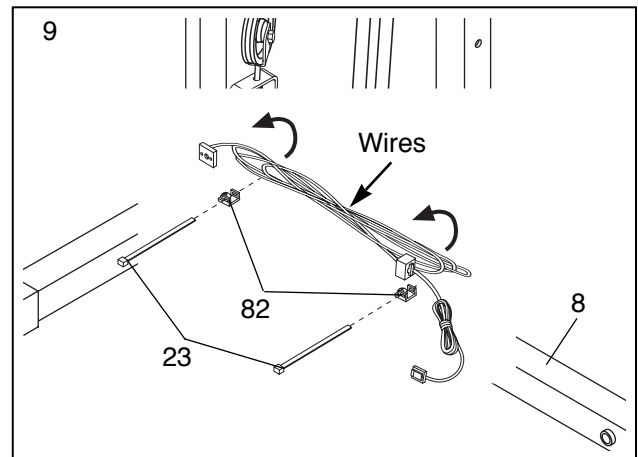


8. Attach the indicated end of the Console Cord (83) to the indicated end of the wire bundle. **Make sure that the Console Cord is attached exactly as shown.**



9. Feed both Wire Ties (23) into the Wire Tie Blocks (82) that are pre-assembled to the Base (8). Carefully position the wire bundle over the Wire Tie Blocks and secure the wires to the Base with the Wire Ties.

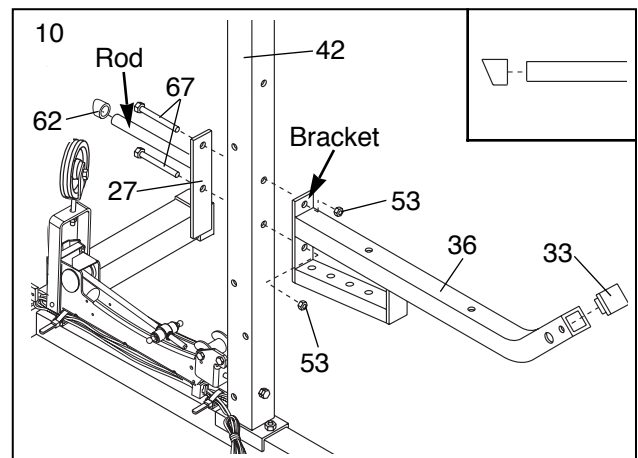
Note: The other end of the wire bundle will be attached to a shroud in a later step. **Make sure that some slack is left between the wires and the Weight Mechanism (26, not shown) for this purpose.**



10. 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 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.**

Press the Angle Cap (62) onto the end of the rod on the Support Plate (27). **Make sure that the Angle Cap is angled as shown in the inset drawing.**

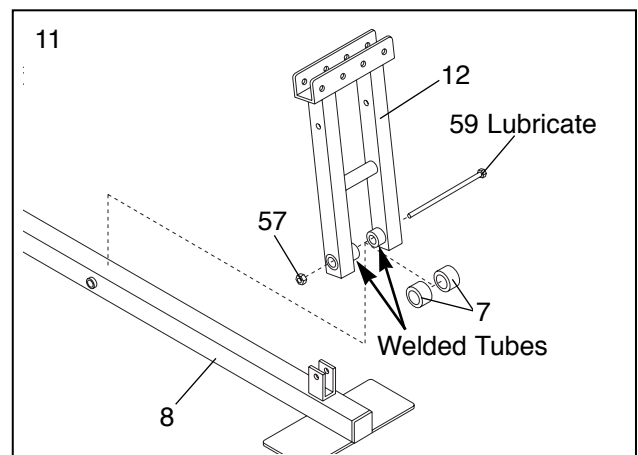


Arm Assembly

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

Press a Plastic Bushing (7) onto each welded tube on the Press Frame (12).

Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (12) to the Base (8) with the Bolt and a 3/8" Nylon Locknut (57).

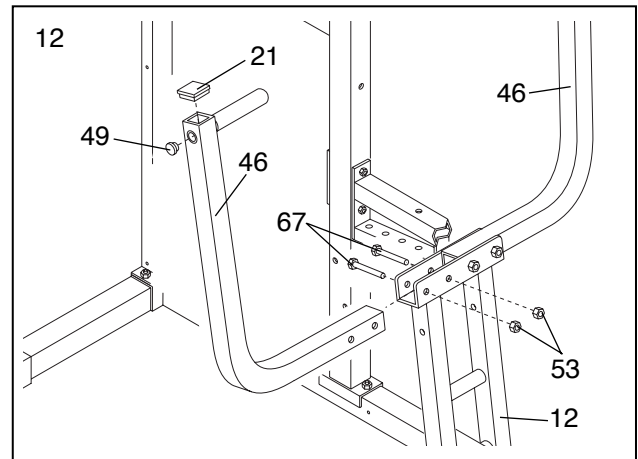


12. Note: In the following steps, some parts are not shown for clarity.

Press a 2" Square Inner Cap (21) into the top of a Press Arm (46). Press a 1" Round Inner Cap (49) into the indicated hole in the Press Arm (46).

Attach the 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).

Attach the other Press Arm (46) in the same way.



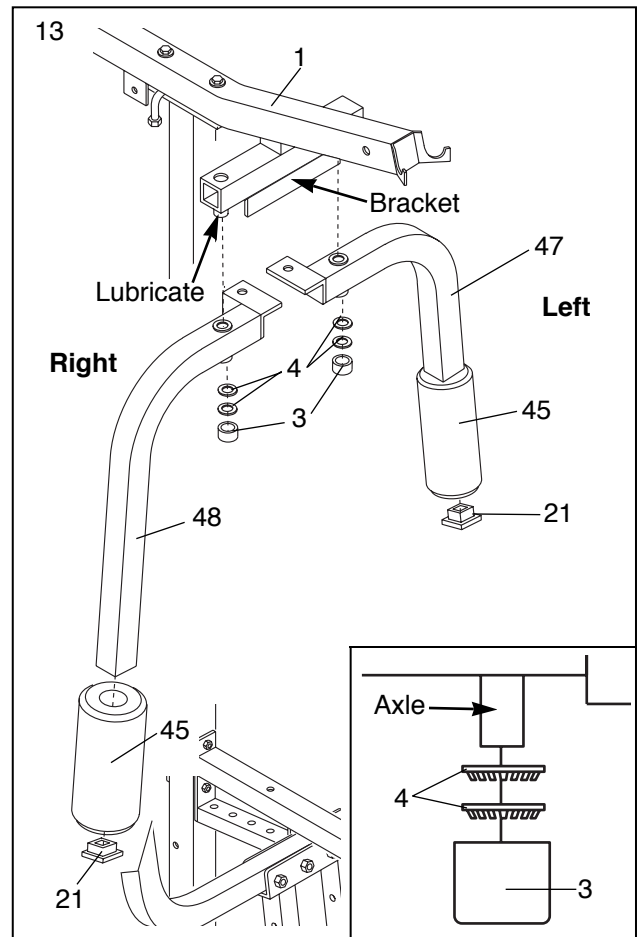
13. Identify the Right Butterfly Arm (48) and the Left Butterfly Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for this step.**

Lubricate both axles 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 Arms. Make sure the upper end of the Right Butterfly Arm is behind the indicated bracket 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. **Make sure the teeth on the Retainers (4) bend towards the Cover Cap (3), as shown in the inset drawing.** Tap on the Cover Cap with a rubber mallet.

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

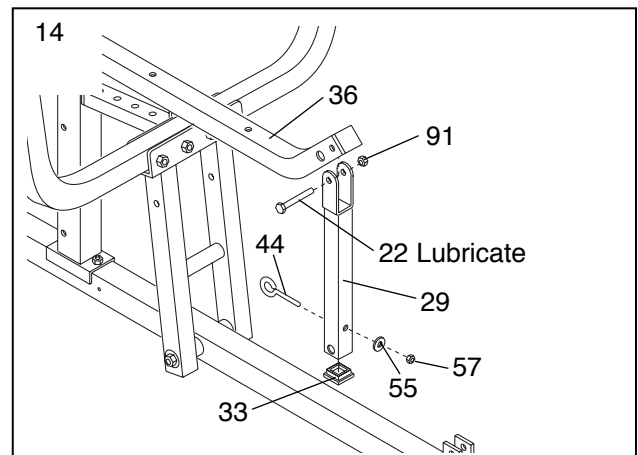
Lubricate the lower end of each Butterfly Arm (47, 48) with soapy water and slide a Foam Pad (45) onto each Arm.



14. 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 (91). **Do not overtighten the Nylon Jamnut. The Leg Lever should pivot freely.**

Attach the 3/8" x 2 1/4" Eyebolt (44) into the indicated hole in the Leg Lever (29) with a 3/8" Flat Washer (55) and a 3/8" Nylon Locknut (57).



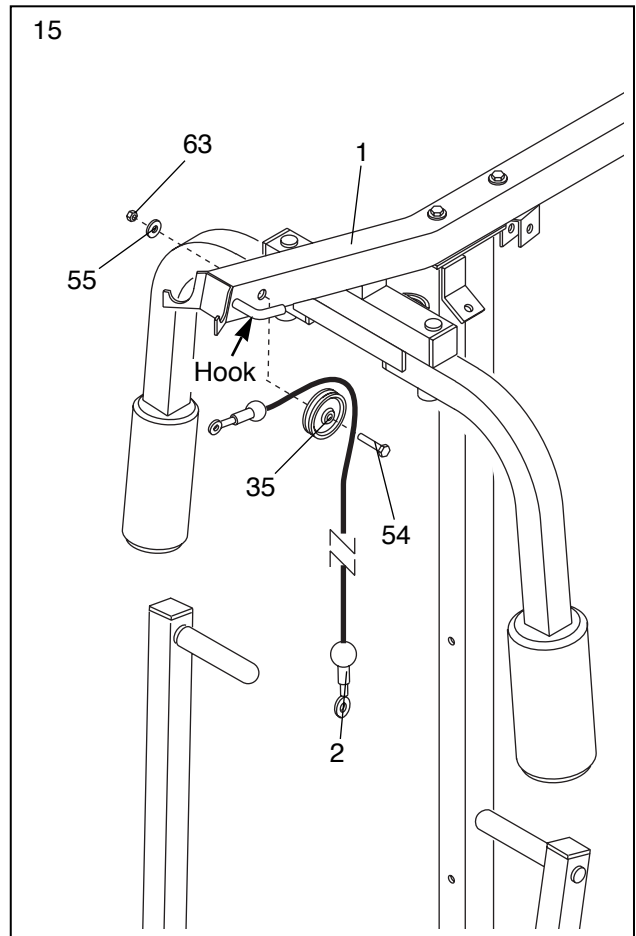
Cable Assembly

15. Open the parts bag labeled “CABLE ASSEMBLY AND PULLEYS.” For Cable identification and routing during steps 15–30, refer to the Cable Diagram and Cable ID Chart on page 19.

Identify the High Cable (2). It is approximately 163 1/2” long. It is the shortest cable and it has a ball on each end. Wrap the end with the small ball around a 3 1/2” Pulley (35) in the direction shown.

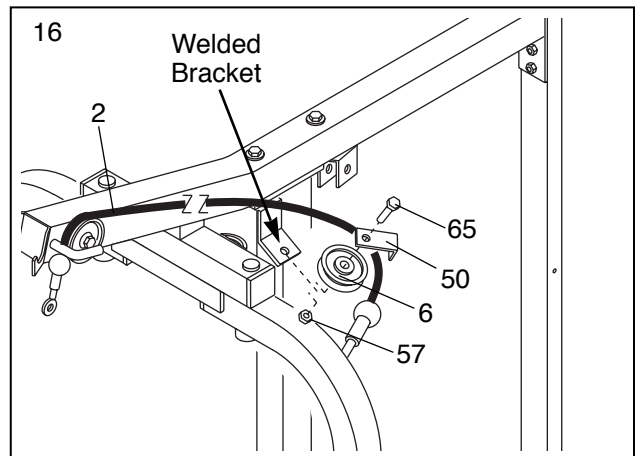
Attach the Pulley (35) to the Top Frame (1) with a 3/8” x 3 1/2” Bolt (54), a 3/8” Flat Washer (55) and a 3/8” Nylon Jamnut (63).

Make sure the High Cable (2) is between the Pulley (35) and the welded hook on the Top Frame (1).



16. Wrap the High Cable (2) around a “V”-Pulley (6) in the direction shown.

Attach the “V”-Pulley (6) and a Long Cable Trap (50) to the indicated bracket with a 3/8” x 2 1/4” Bolt (65) and a 3/8” Nylon Locknut (57). **Make sure the Long Cable Trap is positioned as shown, so it will hold the Cable in place.**

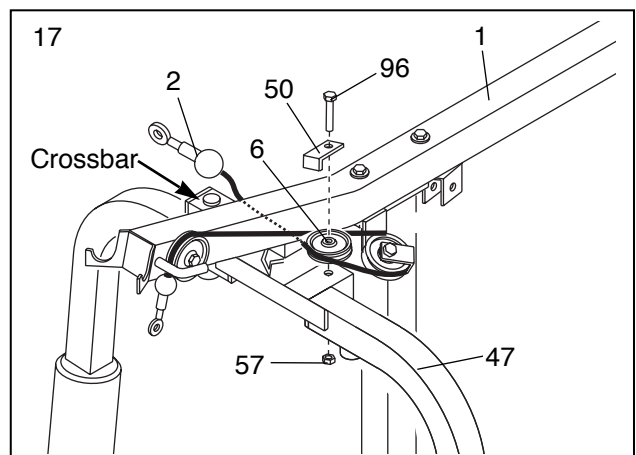


17. Wrap the High Cable (2) around a “V”-Pulley (6) in the direction shown.

Attach the “V”-Pulley (6) and a Long Cable Trap (50) to the Left Butterfly Arm (47) with a 3/8” x 2 1/2” Bolt (96) and a 3/8” Nylon Locknut (57).

Make sure the Long Cable Trap (50) is positioned as shown. It may be helpful to take the Butterfly Arm (47) through one full range of motion to ensure that the Cable Trap does not rub on the cable.

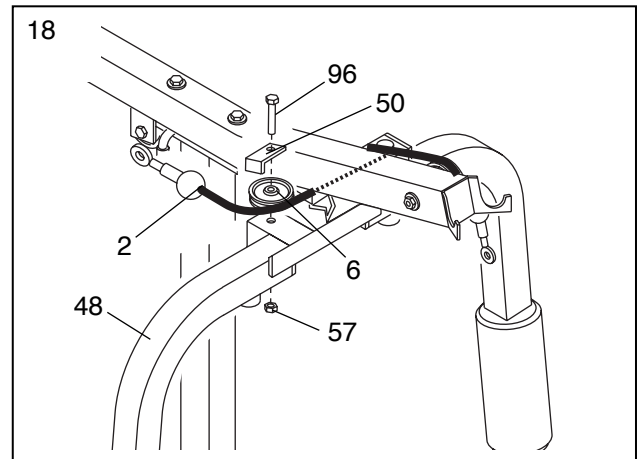
Route the High Cable (2) under the Top Frame (1) between the “V”-Pulley (6) and the crossbar.



18. Move to the other side of the unit. Wrap the High Cable (2) around a "V"-Pulley (6) in the direction shown.

Attach the "V"-Pulley (6) and a Long Cable Trap (50) to the Right Butterfly Arm (48) with a 3/8" x 2 1/2" Bolt (96) and a 3/8" Nylon Locknut (57).

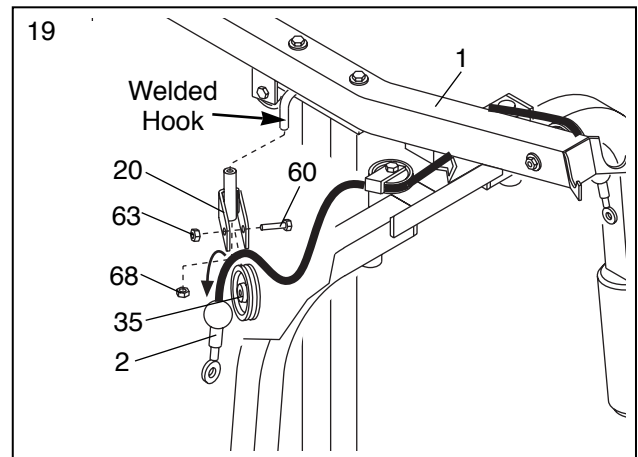
Make sure the Long Cable Trap (50) is positioned as shown. It may be helpful to take the Butterfly Arm (48) through one full range of motion to ensure that the Cable Trap does not rub on the cable.



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

Remove the Pulley (35) from the Pulley Bracket (20). Wrap the High Cable (2) around the Pulley in the direction shown.

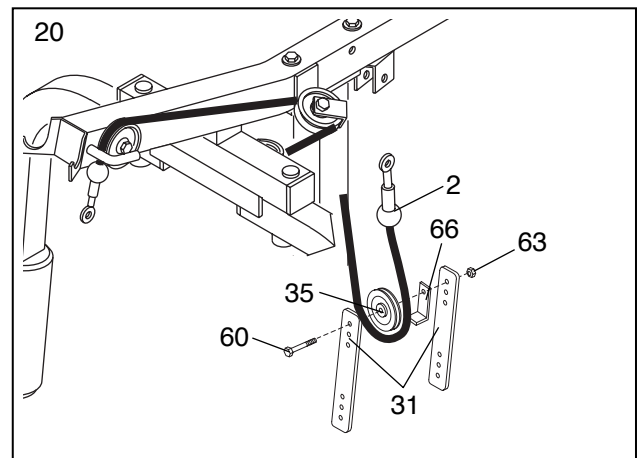
Re-attach the Pulley (35) to the Pulley Bracket (20) with the 3/8" x 1 1/2" Bolt (60) and the 3/8" Nylon Jamnut (63).



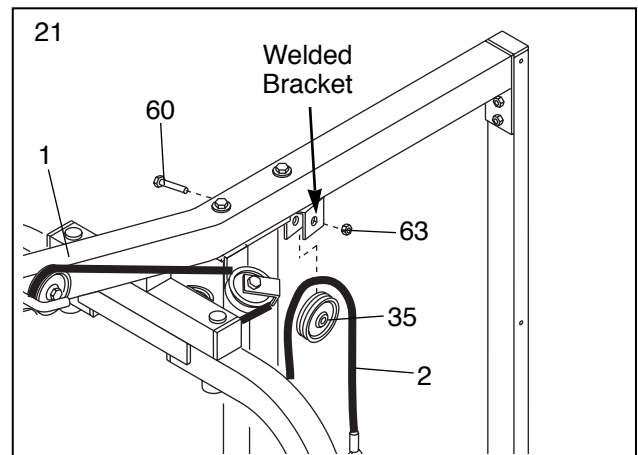
20. Move to the other side of the unit. Remove the pre-assembled 3 1/2" Pulleys (35) attached to the Pulley Plates (31).

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

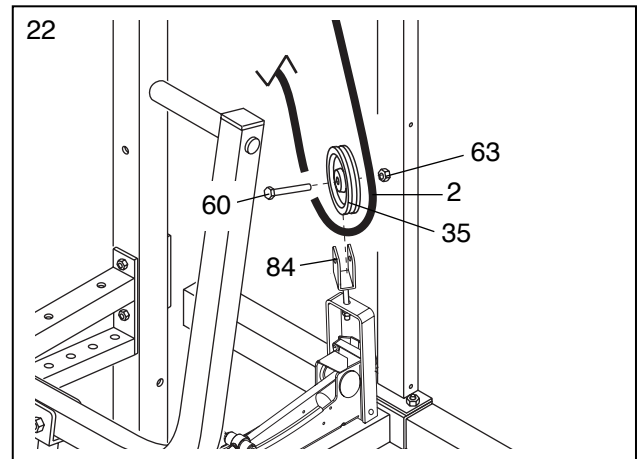
Re-attach the Pulley (35) and a Cable Trap (66) to the indicated holes in the Pulley Plates (31) with the 3/8" x 1 1/2" Bolt (60) and the 3/8" Nylon Jamnut (63).



21. Wrap the High Cable (2) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley to the bracket underneath the Top Frame (1) with a 3/8" x 1 1/2" Bolt (60) and a 3/8" Nylon Jamnut (63). **Make sure the Bolt is inserted from the direction shown.**

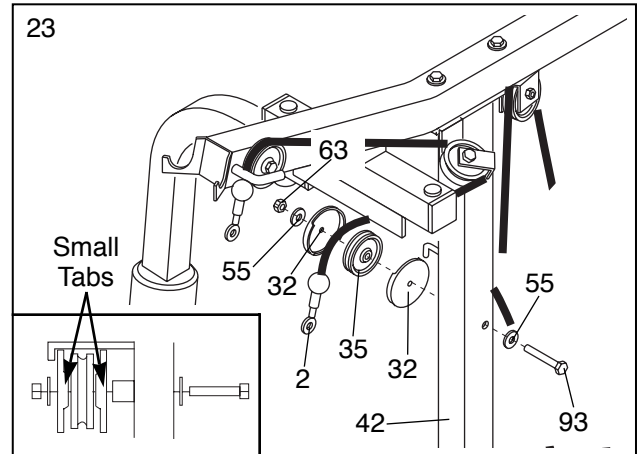


22. Remove the 3 1/2" Pulley (35) from the pre-assembled Adjustment Bracket (84). Wrap the High Cable (2) around the Pulley in the direction shown. Attach the Pulley to the Bracket with a 3/8" x 1 1/2" Bolt (60) and a 3/8" Nylon Jamnut (63).



23. Wrap the High Cable (2) around a 3 1/2" Pulley (35) Pulley in the direction shown.

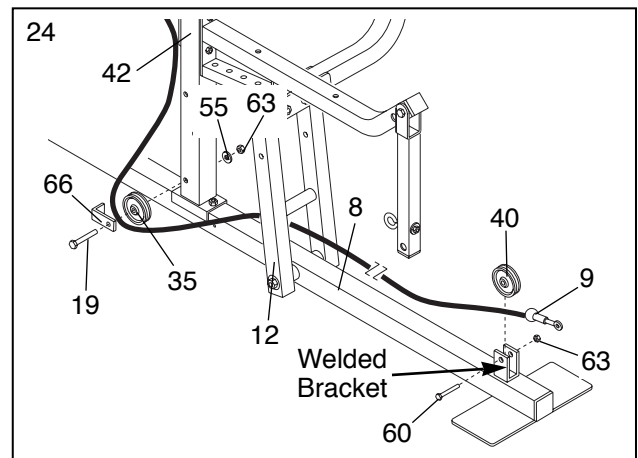
Attach the Pulley (35) and two Pulley Covers (32) to the bushing **below** the welded hook on the Front Upright (42) with a 3/8" x 4 1/2" Bolt (93), two 3/8" Flat Washers (55), and a 3/8" Nylon Jamnut (63). **Make sure the parts are assembled exactly as shown in the inset drawing.**



24. Locate the Low Cable (9). Wrap the end with the ball around the Low Pulley (40) in the direction shown. Attach the Low Pulley to the welded bracket on the Base (8) with a 3/8" x 1 1/2" Bolt (60) and a 3/8" Nylon Jamnut (63).

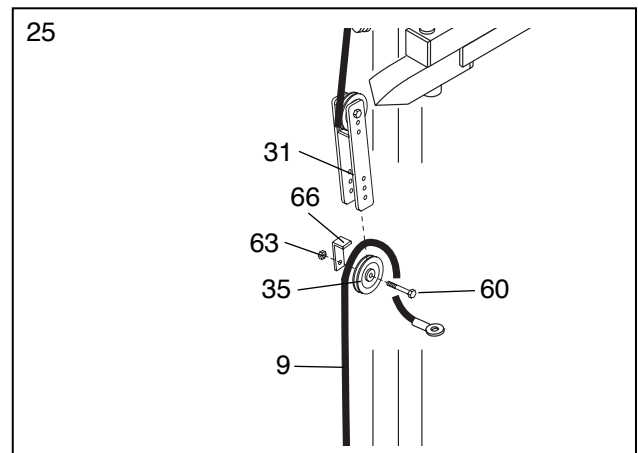
Thread the Low Cable (9) through the Press Frame (12). Wrap the Low Cable around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley to the Front Upright (42) with a 3/8" x 3 3/4" Bolt (19), a Cable Trap (66), a 3/8" Flat Washer (55), and a 3/8" Nylon Jamnut (63).

Make sure the Cable Trap (66) is positioned as shown and that the Pulley (35) is not rubbing on the Cable Trap.



25. Remove the pre-assembled 3 1/2" Pulley (35) attached to the Pulley Plates (31). Wrap the Low Cable (9) around the Pulley in the direction shown.

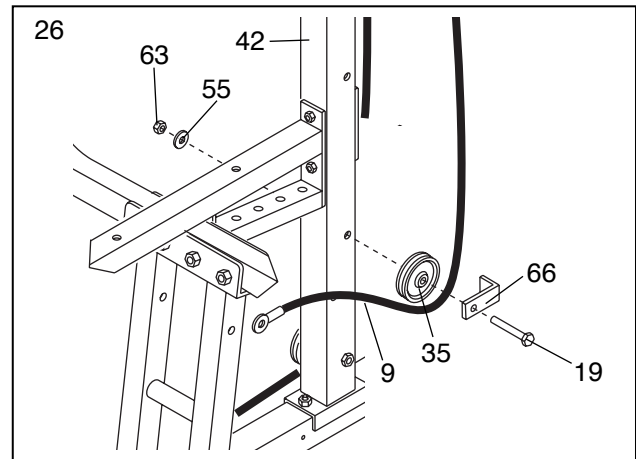
Re-attach the Pulley (35) and a Cable Trap (66) to the lowest holes in the Pulley Plates (31) with a 3/8" x 1 1/2" Bolt (60) and the 3/8" Nylon Jamnut (63).



26. Move to the other side of the unit. Wrap the Low Cable (9) 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 3/4" Bolt (19), a Cable Trap (66), a 3/8" Flat Washer (55) and a 3/8" Nylon Jamnut (63).

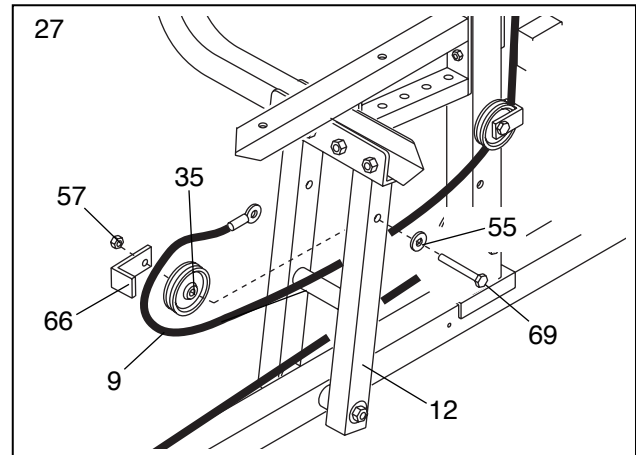
Make sure the Cable Trap (66) is positioned as shown and that the Pulley (35) is not rubbing on the Cable Trap.



27. Thread the Low Cable (9) through the Press Frame (12). Wrap the Low Cable around a 3 1/2" Pulley (35) in the direction shown.

Attach the Pulley (35) to the Press Frame (12) with a 3/8" x 3 1/4" Bolt (69), a 3/8" Flat Washer (55), a Cable Trap (66) and a 3/8" Nylon Locknut (57).

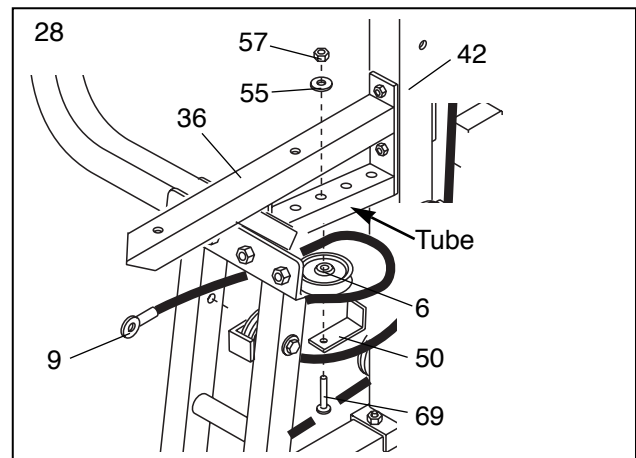
Make sure the Cable Trap (66) is positioned as shown and that the Pulley (35) is not rubbing on the Cable Trap.



28. Wrap the Low Cable (9) around a "V"- Pulley (6) in the direction shown. Attach the "V"-Pulley to the tube on the Seat Frame (36) with a 3/8" x 3 1/4" Bolt (69), a Long Cable Trap (50), a 3/8" Flat Washer (55), and a 3/8" Nylon Locknut (57).

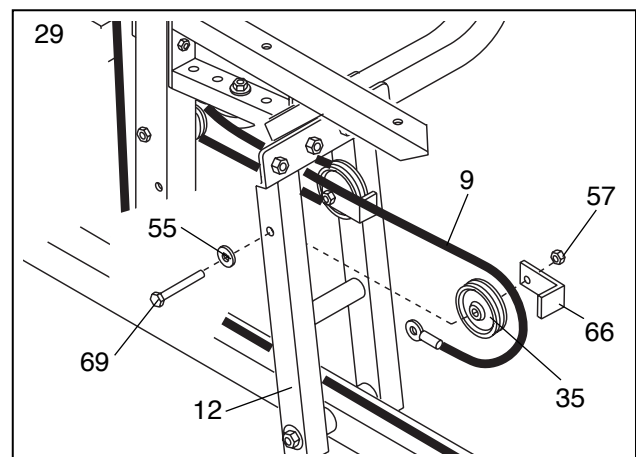
Note: The "V"-Pulley (6) should be attached to the third hole, counting from the Front Upright (42).

Make sure the Cable Trap (50) is positioned as shown and that the "V"-Pulley (6) is not rubbing on the Cable Trap.



29. Wrap the Low Cable (9) 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 3/8" Flat Washer (55), a Cable Trap (66) and a 3/8" Nylon Locknut (57).

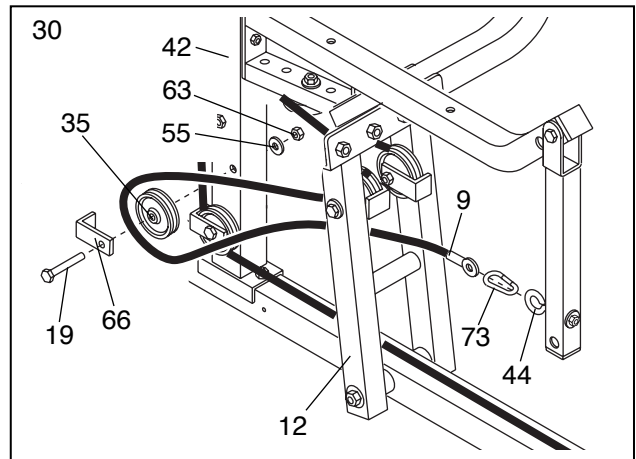
Make sure the Cable Trap (66) is positioned as shown and that the Pulley (35) is not rubbing on the Cable Trap.



30. Wrap the Low Cable (9) 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 3/4" Bolt (19), a Cable Trap (66), a 3/8" Flat Washer (55), and a 3/8" Nylon Jamnut (63).

Make sure the Cable Trap (66) is positioned as shown and that the Pulley (35) is not rubbing on the Cable Trap.

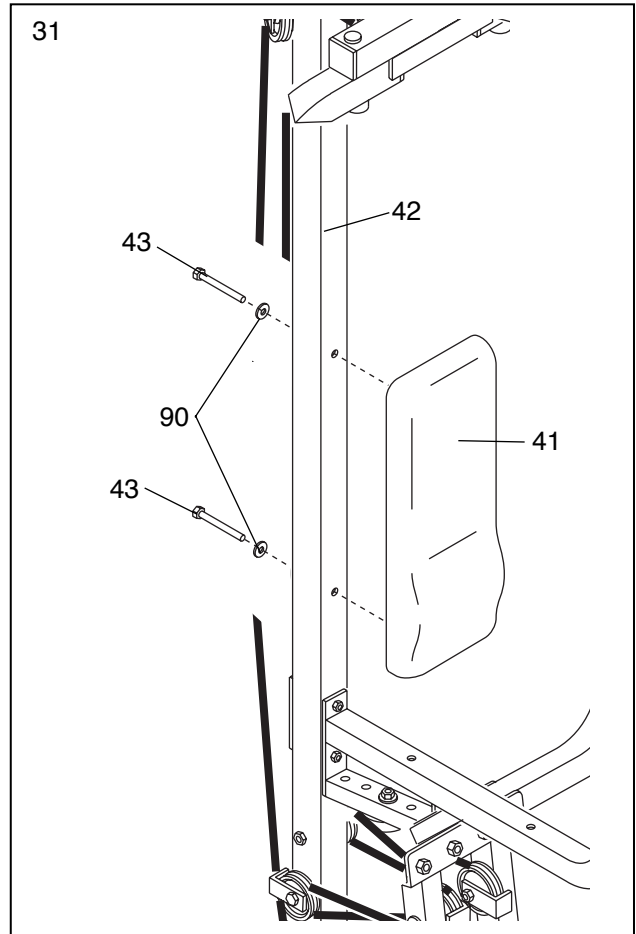
Attach the loop on the end of the Low Cable (9) to the 3/8" x 2 1/4" Eyebolt (44) with a Cable Clip (73).
Note: Cable Clips are located in the parts bag labeled "SEAT ASSEMBLY."



Seat Assembly

31. Open the parts bag labeled "SEAT ASSEMBLY."

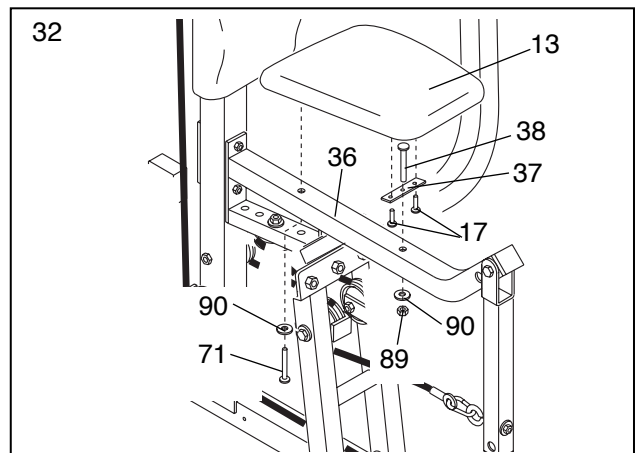
Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (90).



32. 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 3/4" 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 (89) with a 1/4" Flat Washer (90) onto the Carriage Bolt.

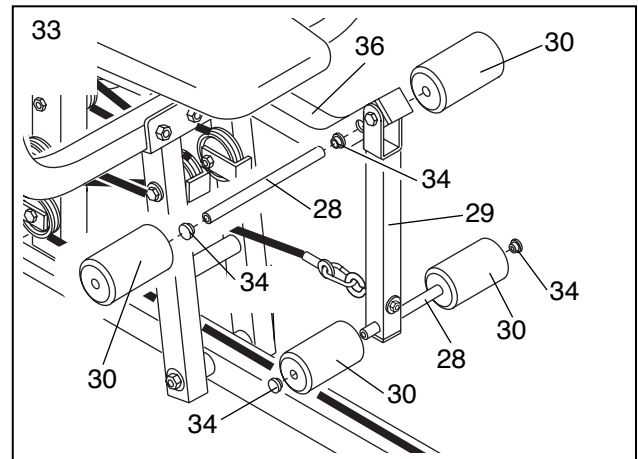
Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Flat Washer (90) and a 1/4" x 2" Bolt (71).



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

Insert one Pad Tube (28) into the Seat Frame (36). Slide a Foam Pad (30) onto each end of the Pad Tube.

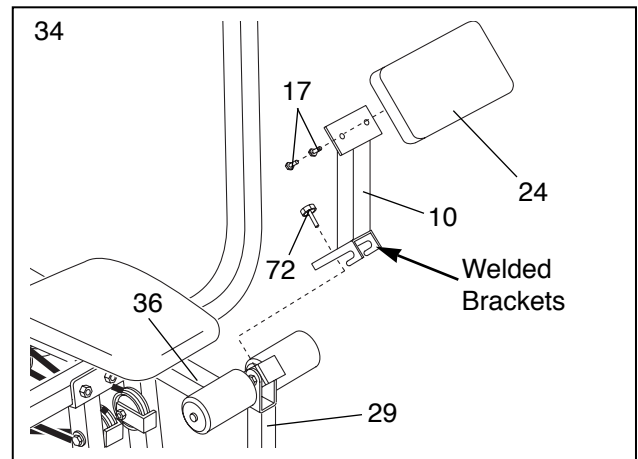
Insert the other Pad Tube (28) into the Leg Lever (29). Slide a Foam Pad (30) onto each end of the Pad Tube.



34. Attach the Curl Pad (24) to the Curl Post (10) with two 1/4" x 3/4" Screws (17).

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

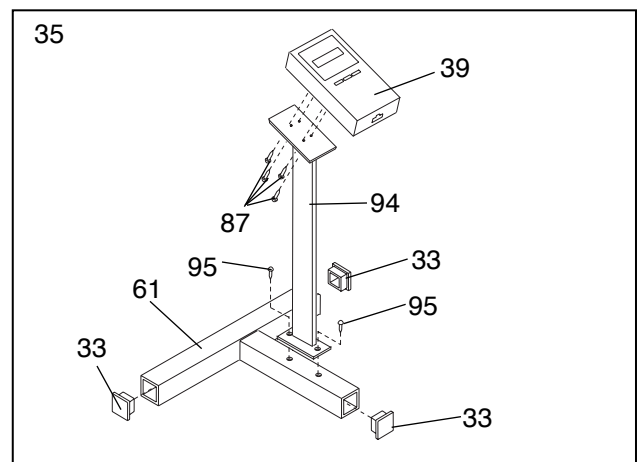
Make sure the Leg Lever (29) can be turned freely after the Curl Post (10) is mounted.



35. Insert the three 1 1/2" Square Inner Caps (33) into the Console Base (61).

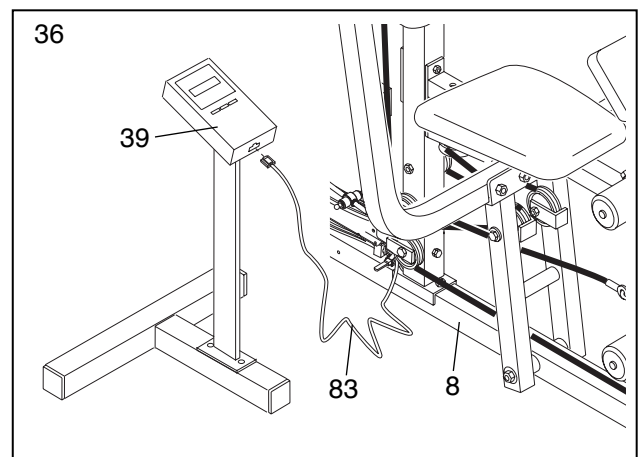
Attach the Console Upright (94) to the Console Base (61) with two 1/4" x 5/8" Screws (95).

Attach the Console (39) to the Console Upright (94) with four #8 x 1/2" Screws (87).



36. Plug the end of the Console Cord (83) into the Console (39).

Note: When the Shroud (not shown) is attached in step 39, the Console Cord (83) should be pressed between the bottom of the Shroud and the Base (8).



37. Plug one end of the Power Adapter Cord (64) into the indicated end of the wire bundle. Plug the other end into an outlet.

WARNING: Keep hands and fingers clear of moving parts.

38a. The following instructions are critical to the correct operation of your weight system. If the adjustment is incorrect, it can damage the motor. Make sure that you read and understand these instructions before attempting to adjust the Weight Mechanism (26).

See page 20 for instructions on how to operate the console. Set the console to the maximum weight reading (H250) as shown in the inset drawing. If the motor binds or hesitates, **stop running the console** and loosen the locknut shown in step 38c until the console reaches the maximum weight reading.

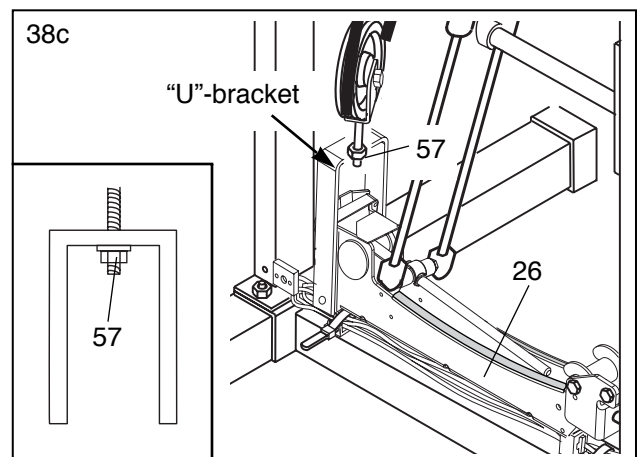
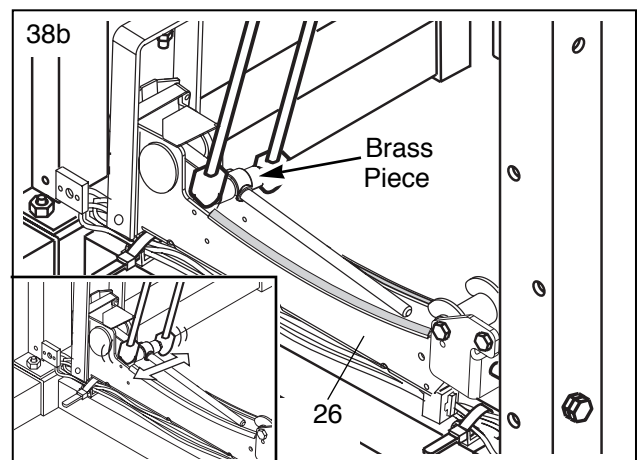
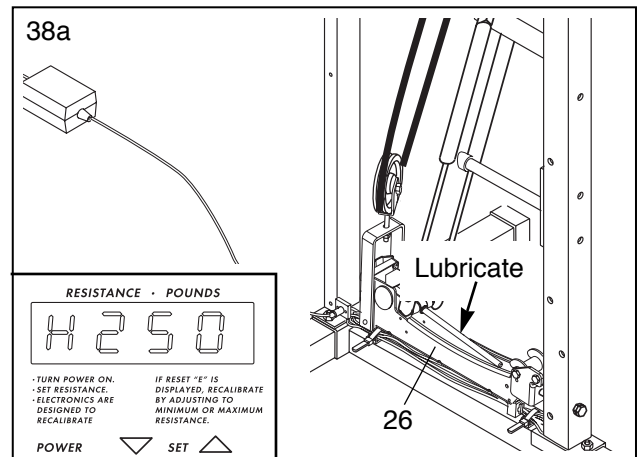
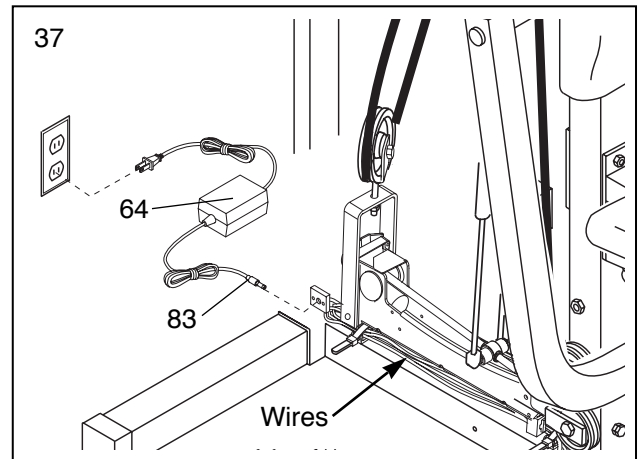
Next, apply lubricant to the indicated screw.

38b. Check the brass piece that is pictured at the right. It should barely be touching the shaded area on the Weight Mechanism (26) and should move slightly from side to side.

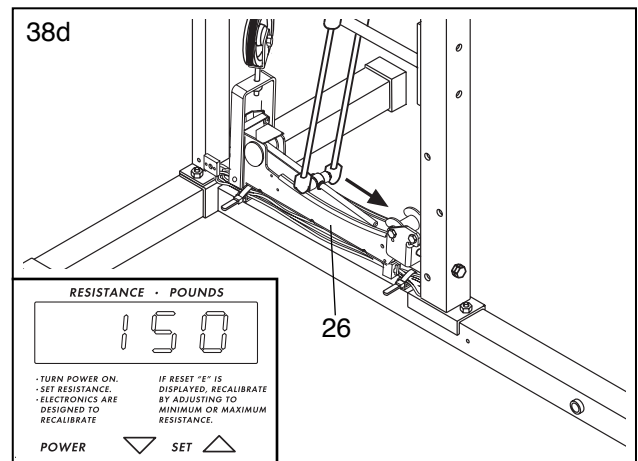
If the brass piece is too loose, there will be a noticeable time lapse between the time an exercise is started and the time resistance is felt. If the brass piece is too tight, the Weight Mechanism (26) will have difficulty moving and may become jammed so that no movement can occur.

38c. To adjust the Weight Mechanism (26), begin with the "U"-bracket found on one end of the Mechanism. If the brass piece is too loose, tighten the indicated 3/8" Nylon Locknut (57) 1/4 turn. If the brass piece is too tight, loosen the Locknut 1/4 turn.

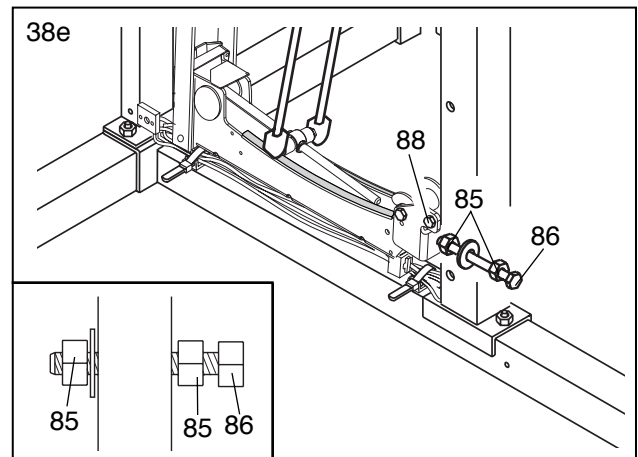
Re-check the clearance between the brass piece and the Weight Mechanism (26) after each adjustment until the brass piece is barely touching the shaded area on the Mechanism. It should move slightly from side to side.



38d. Set the console to 150 pounds as shown in the inset drawing. This will begin to move the Weight Mechanism (26) down.

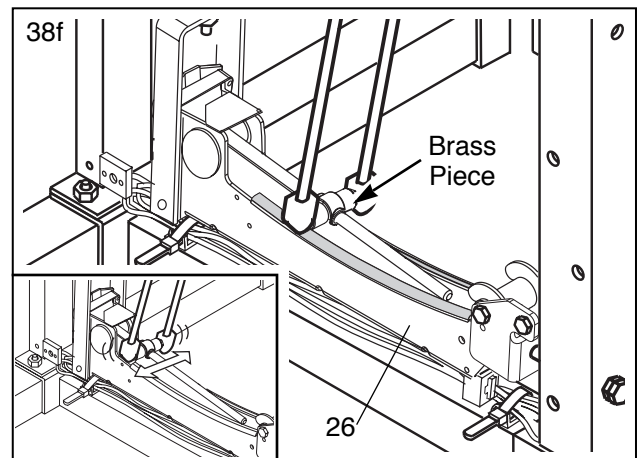


38e. See the inset drawing. Loosen the 3/8" Plain Nuts (85), and the 3/8" x 3" Bolt (88) so that the 3/8" x 4" Tap Screw (86) can rotate freely. **Note: The Tap Screw must pivot freely.**



38f. Check the brass piece that is pictured in drawing 38f. It should barely be touching the shaded area on the Weight Mechanism (26) and should move slightly from side to side.

If the brass piece is too loose, there will be a noticeable time lapse between the time an exercise is started and the time resistance is felt. If the brass piece is too tight, the Weight Mechanism (26) will have difficulty moving and may become jammed so that no movement can occur.

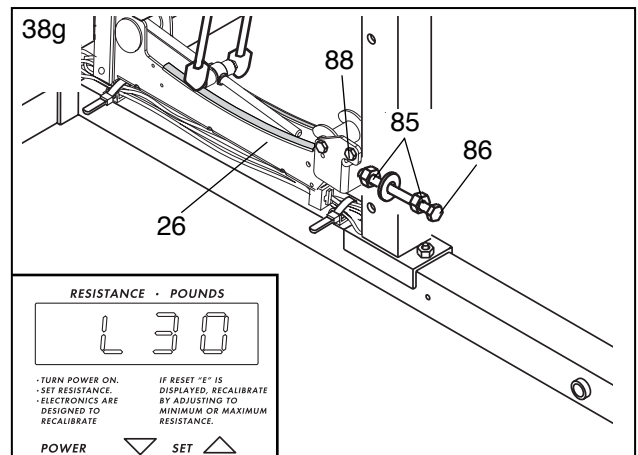


38g. If the brass piece is too loose, tighten the 3/8" Tap Screw (86) 1/4 turn. If the brass piece is too tight, loosen the Screw 1/4 turn.

Re-check the clearance between the brass piece and the Weight Mechanism (26) after each adjustment until the brass piece is barely touching the shaded area on the Mechanism. It should move slightly from side to side.

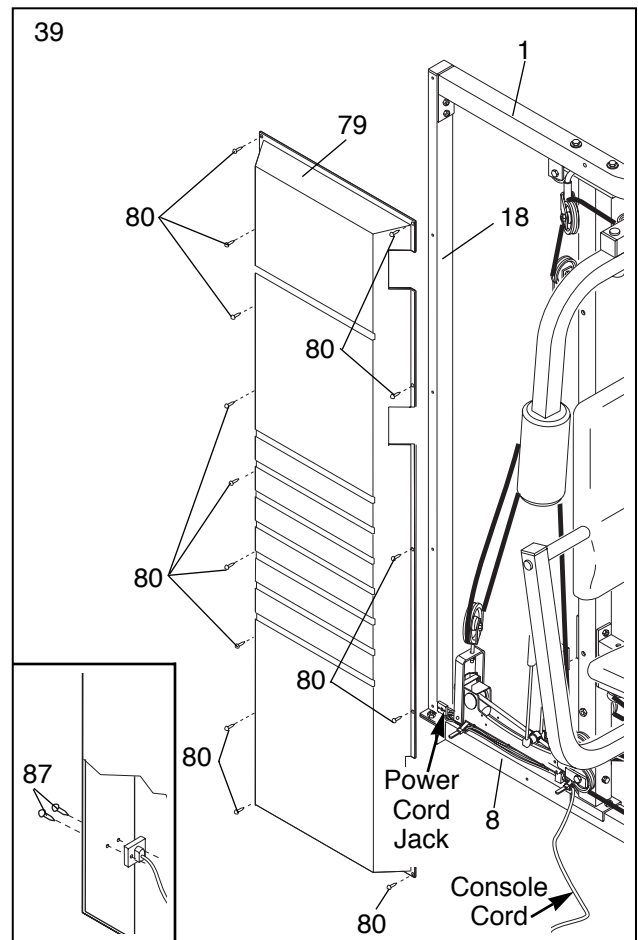
Begin decreasing the resistance on the console. If the motor stalls or hesitates, loosen the 3/8" Tap Screw (86) 1/4 turn. Continue to decrease the resistance until the console is at its lowest weight reading (L30) and the brass piece moves slightly from side to side. When the lowest setting is reached, leave the 3/8" Tap Screw (86) stationary and tighten the 3/8" Plain Nuts (85) and the 3/8" x 3" Bolt (88).

Disconnect the Power Adapter Cord (connected in step 37) from the wire bundle.



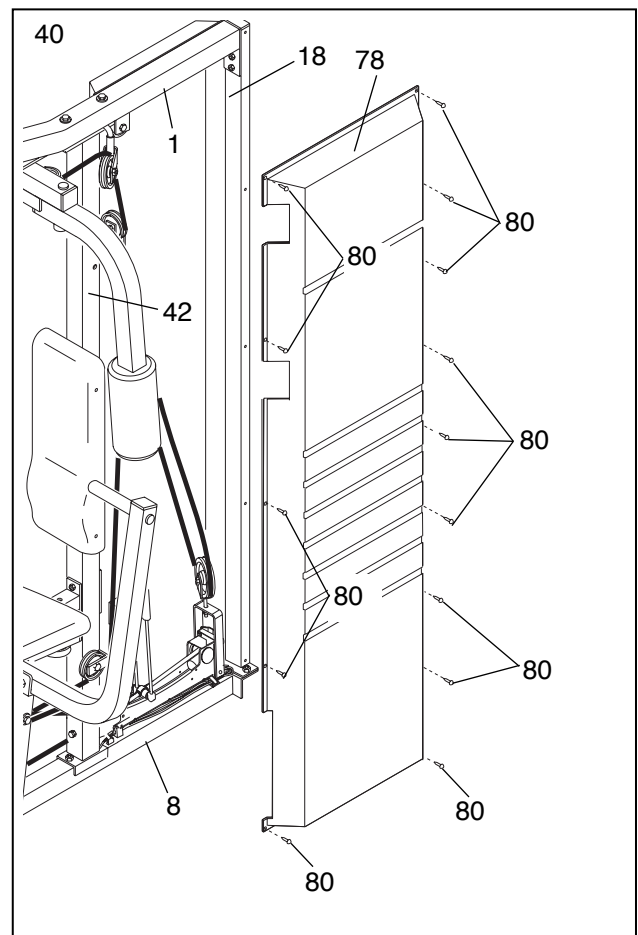
39. Note: The console cord should be positioned between the two bottom screws on the Shroud. Align the Right Shroud (79) with the holes in the Top Frame (1), the Base (8), and the two Uprights (18, 42 [not shown]) and attach it with 14 #8 x 3/4" Tap Screws (80).

See the inset drawing. Attach the power cord jack to the inside of the Right Shroud (79) with two #8 x 1/2" Screws (87).



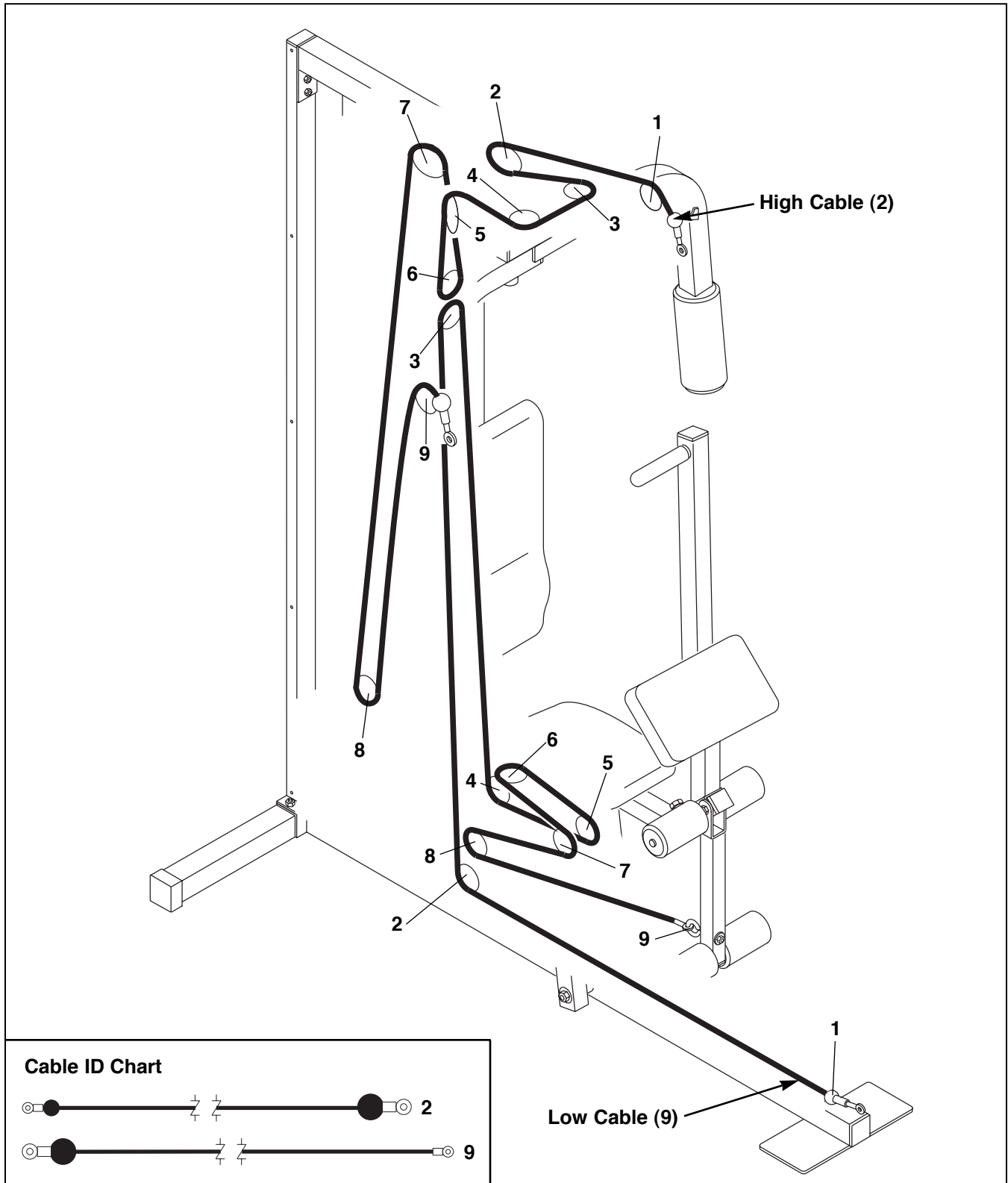
40. Align the Left Shroud (78) with the holes in the Top Frame (1), the Base (8), and the two Uprights (18, 42) and attach it with 14 #8 x 3/4" Tap Screws (80).
41. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in HOW TO USE THE WEIGHT SYSTEM, beginning on page 20 of this manual.

Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. 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 21.**



Cable Diagram

The Cable Diagram below shows the proper routing of the High Cable (2) and the Low Cable (9). The numbers show the correct route for each Cable. **Make sure that 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.**



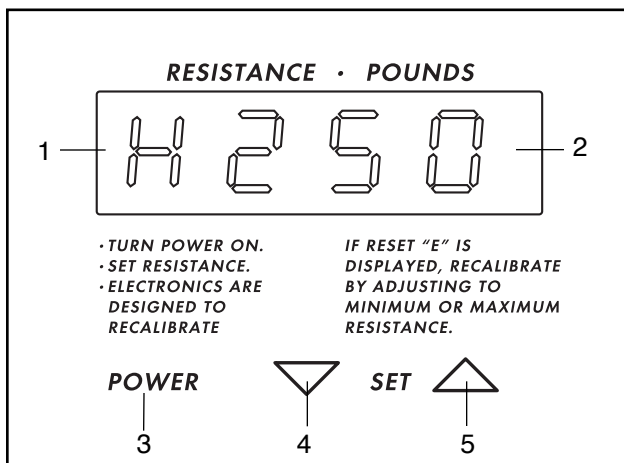
How to Use the Weight System

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise posterS on the shroud and accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or ankle 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.**

PLUGGING IN THE POWER CORD

Plug in the power cord to a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the weight system, or the weight system could be damaged. When you are finished using the weight system, always unplug the power cord. **IMPORTANT: To prevent damage to the weight system, do not put any tension on the system while changing the weight. Do not push on the press arm, butterfly arms, or leg lever while adjusting the weight. If the lat or row bar is attached to the weight system, it may be helpful to support the weight of the bar with one hand while adjusting the weight. If at any time during console adjustment the motor binds or hesitates, stop running the console and refer to steps 38a to 38g on pages 16 and 17 to adjust the weight mechanism.**

DIAGRAM OF THE CONSOLE



1. Low/High Range Indicator—Shows when the weight system is set at minimum or maximum weight for the press station.

2. Weight Display—Displays the current weight setting.
3. Power Button—Turns the power on or off.
4. Weight Decrease Button—Decreases the weight.
5. Weight Increase Button—Increases the weight.

TURNING ON THE POWER AND RESETTING THE WEIGHT SYSTEM

Press the power button. **IMPORTANT:** Each time the power is turned on, the console must be reset before the weight can be changed. The weight display will read "E---." To reset the weight system, press the weight increase or decrease buttons until the display reads "H250" (maximum weight) or "L30" (minimum weight). See adjustment steps 38a to 38g on pages 16 and 17 if the motor binds or hesitates while resetting the console.

CHANGING THE WEIGHT SETTING

The weight can be changed from a minimum of 30 pounds, to a maximum of 250 pounds, in increments of 1 pound. To increase the weight, press the weight increase button. To decrease the weight, press the weight decrease button. The buttons can be held down to change the weight quickly.

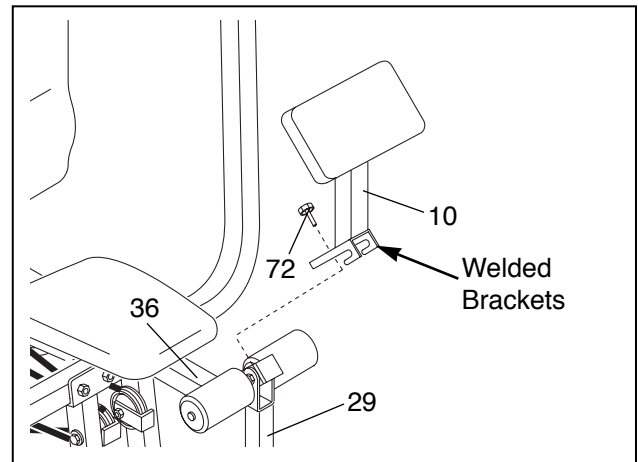
Note: The resistance has been maximized on the arm press and butterfly stations. The resistance shown on the console approximates the resistance in pounds. However, the ab station, low and high pulleys, and leg lever readings must be estimated by dividing the console reading in half to give you a reading in pounds.

USING THE CURL POST

Some exercises require that the Curl Post (10) be removed. To remove the Curl Post, loosen the 5/16" x 2" Knob (72). Slide the Curl Post off of the Seat Frame (36).

To reattach the Curl Post (10), slide the Curl Post onto the Seat Frame (36) so each of the welded brackets is 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.

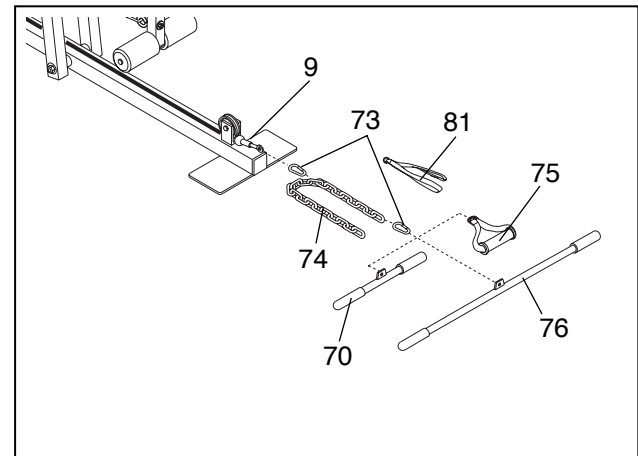


ATTACHING THE LAT BAR, ROW BAR, AB STRAP OR HANDLE TO THE LOW, HIGH OR AB PULLEY STATION

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

The Row Bar (70), Handle (75) or Ab Strap (81) can be attached in the same manner.

Use the same method for attaching any of the attachments to the high pulley station or the ab station. (See page 4.)



Trouble-shooting and Maintenance

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

Note: If any of the following adjustments are made to the weight system, the weight mechanism must also be adjusted. Please refer to steps 38a to 38g on pages 16 and 17 to perform these adjustments.

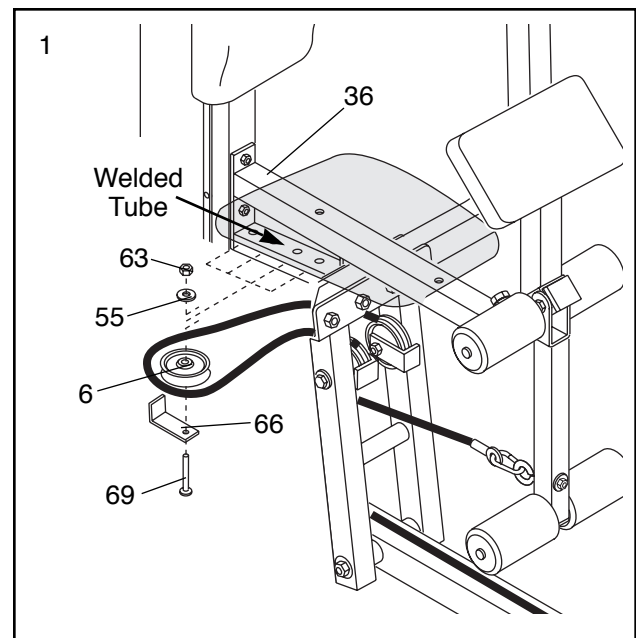
TIGHTENING THE CABLES

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. Slack can be removed from the cables in several different ways:

Slack can be removed by moving the "V"-Pulley (6) to one of the other holes in the welded tube 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.

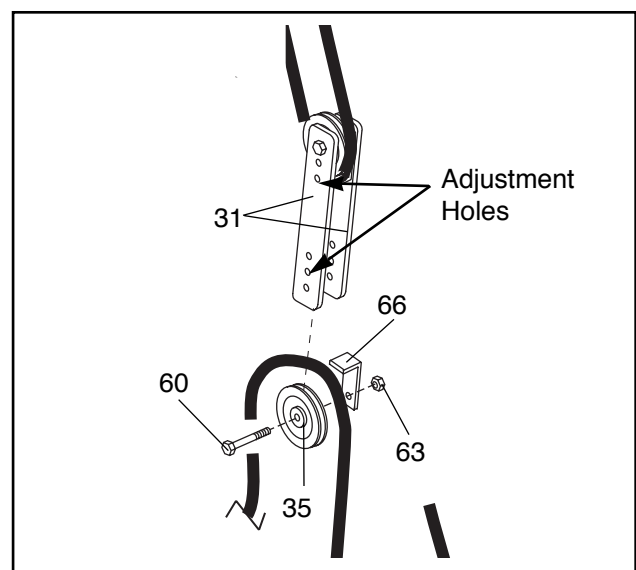
Note: If a Cable tends to slip off the Pulleys often, the Cable may have become twisted. Remove the Cable and re-install it.

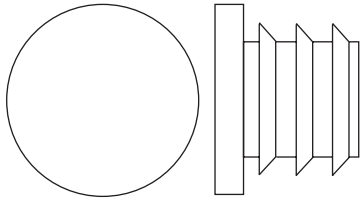
If the Cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



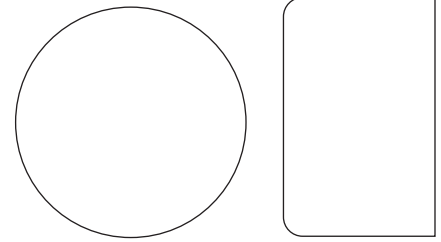
Additional slack can be removed by using the Pulley Plates (31). The Pulley Plates have several sets of adjustment holes. By moving one or both pulleys to a different set of holes, the cables will be tightened.

To move a Pulley, remove the 3/8" Nylon Jamnut (63) and the 3/8" x 1 1/2" Bolt (60). Remove the Cable Trap (66) and the Pulley (35) from the Pulley Plates (31). Re-attach the Pulley and the Cable Trap to the appropriate hole in the Pulley Plates. **Note: Begin by moving one Pulley to the second adjustment hole. If the Cables are still too loose, move the same Pulley to the third hole. If additional adjustment is needed, move the second Pulley until the Cables are tight.**

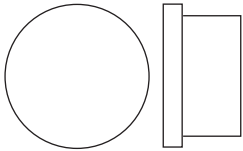




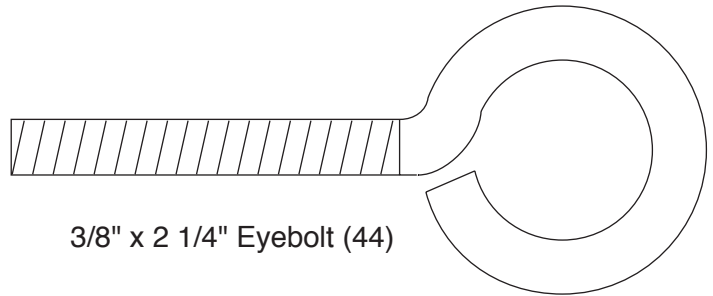
1" Round Inner Cap (49)



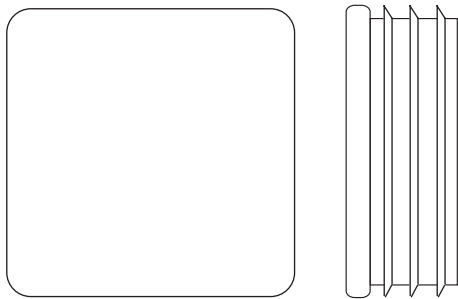
1" Round Cover Cap (3)



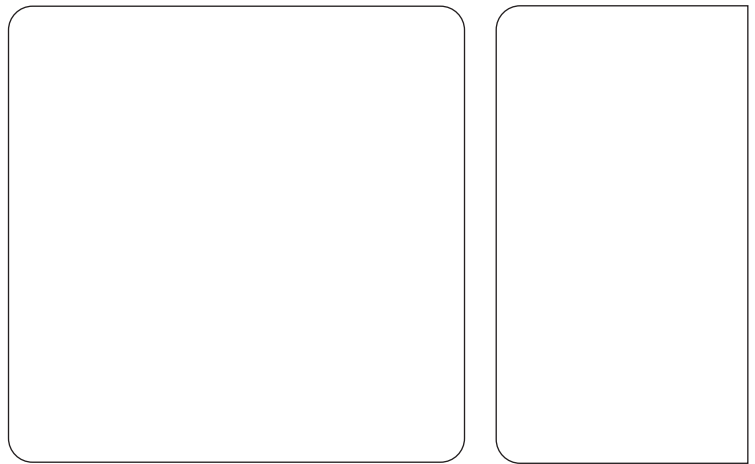
3/4" Round Inner Cap (34)



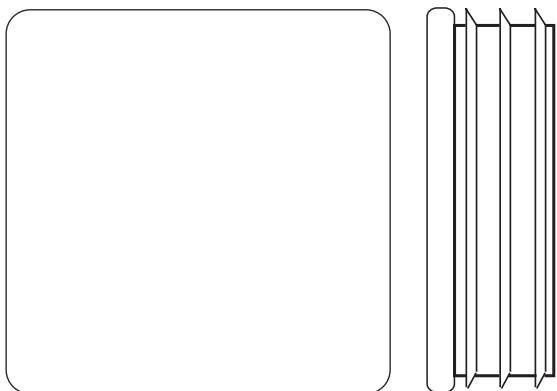
3/8" x 2 1/4" Eyebolt (44)



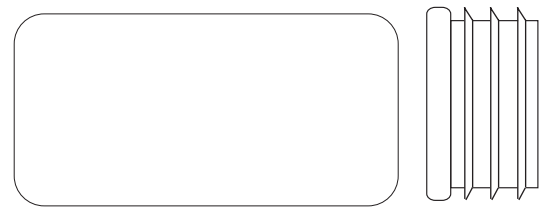
1 1/2" Square Inner Cap (33)



2" Square Outer Cap (51)



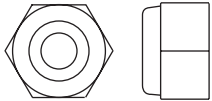
2" Square Inner Cap (21)



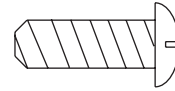
1" x 2" Inner Cap (11)

Part Identification Chart—WESY92190

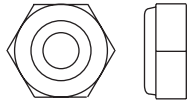
R1299A



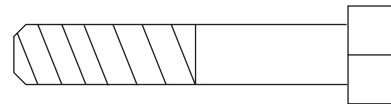
5/16" Nylon Locknut (53)



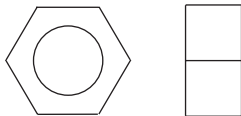
1/4" x 3/4" Screw (17)



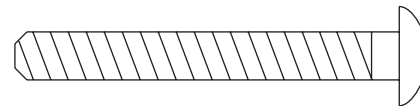
5/16" Nylon Jamnut (91)



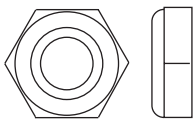
5/16" x 1 3/4" Bolt (58)



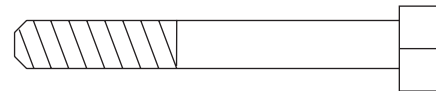
3/8" Plain Nut (85)



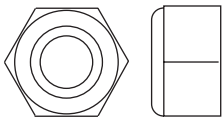
1/4" x 2" Carriage Bolt (38)



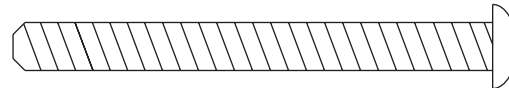
3/8" Nylon Jamnut (63)



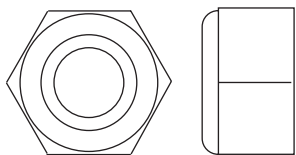
1/4" x 2" Bolt (71)



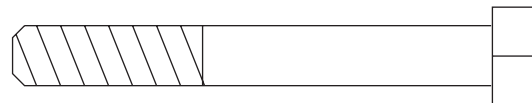
3/8" Nylon Locknut (57)



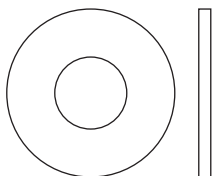
1/4" x 2 1/2" Screw (43)



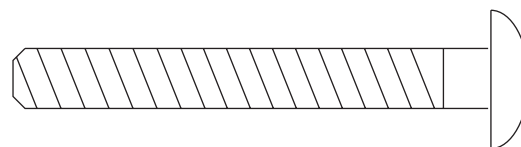
1/2" Nylon Locknut (68)



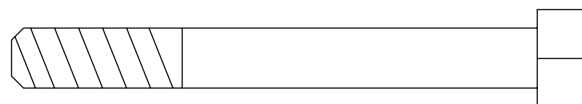
5/16" x 2 1/2" Bolt (22)



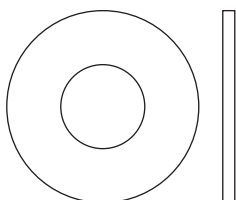
5/16" Flat Washer (56)



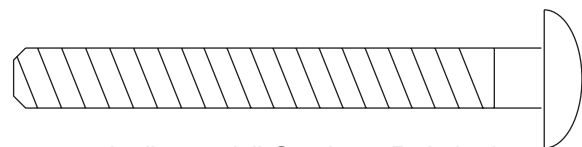
5/16" x 2 1/2" Carriage Bolt (52)



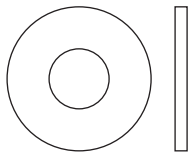
5/16" x 2 3/4" Bolt (67)



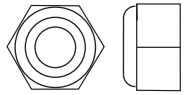
3/8" Flat Washer (55)



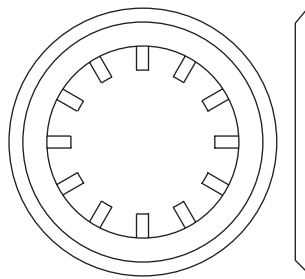
5/16" x 2 3/4" Carriage Bolt (14)



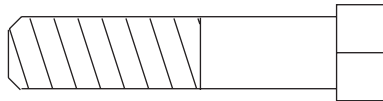
1/4" Flat Washer (90)



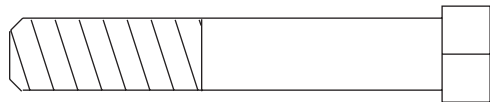
1/4" Nylon Locknut (89)



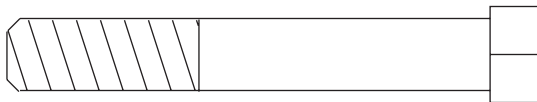
1" Retainer (4)



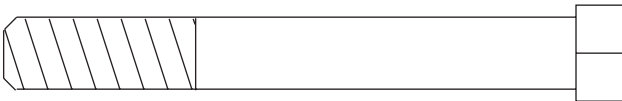
3/8" x 1 3/4" Bolt (60)



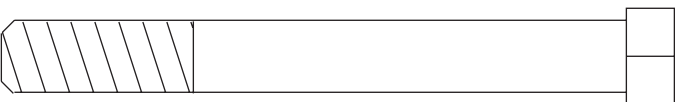
3/8" x 2 1/4" Bolt (65)



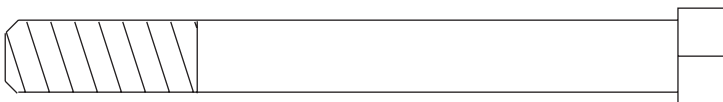
3/8" x 2 1/2" Bolt (96)



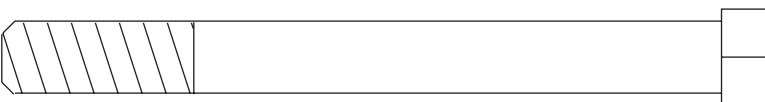
3/8" x 3" Bolt (88)



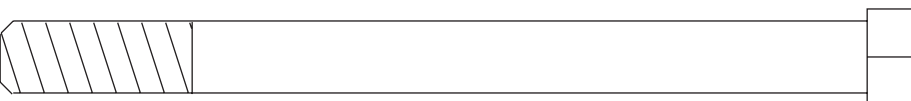
3/8" x 3 1/4" Bolt (69)



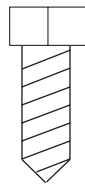
3/8" x 3 1/2" Bolt (54)



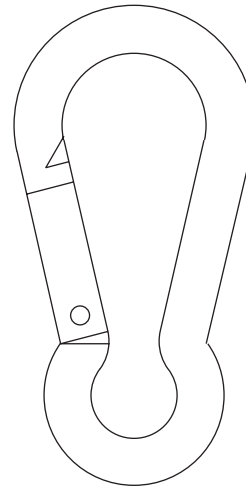
3/8" x 3 3/4" Bolt (19)



3/8" x 4 1/2" Bolt (93)



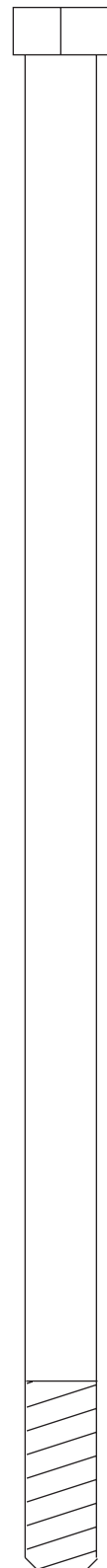
1/4" x 5/8" Screw (95)



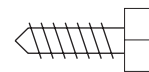
Cable Clip (73)



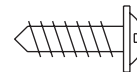
3/8" x 4" Tap Screw (86)



3/8" x 8" Bolt (59)



#8 x 1/2" Head Screw (92)



#8 x 1/2" Screw (87)



#8 x 3/4" Tap Screw (7)

Part List—Model No. WESY92190

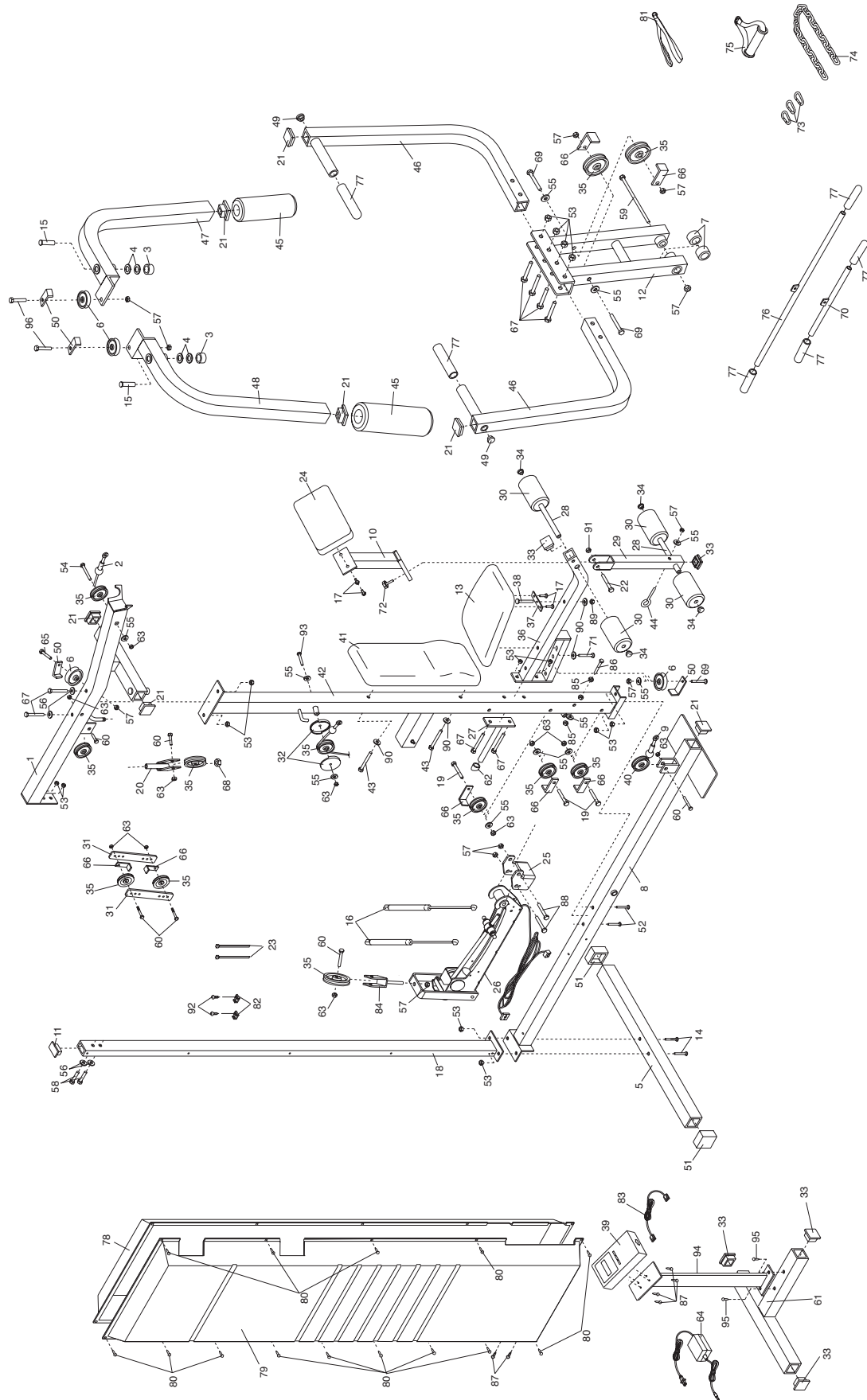
R1299A

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

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

Exploded Drawing – Model No. WESY92190

R1299A



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 (WESY92190)
2. The NAME of the product (WEIDER® E2000)
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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