

WEIDER® PRO

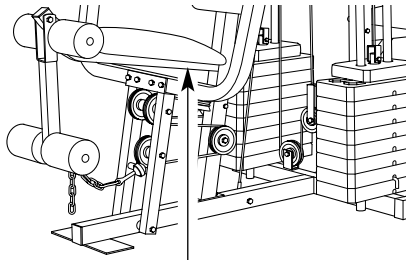
9730

PATENT PENDING

Model No. WESY97300

Serial No. _____

(Write the serial number in the space above for reference.)



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or 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

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 through one of its authorized service centers. All repairs for which warranty claims are made 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.

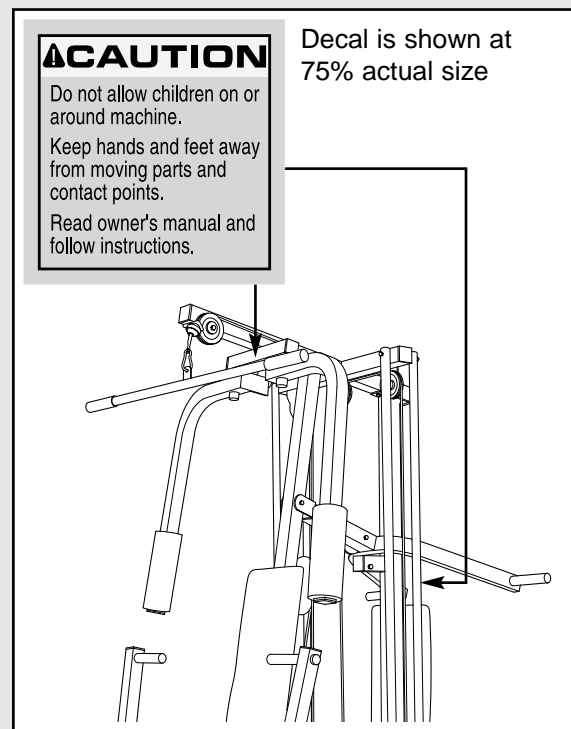
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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. Replace all cables every two years.
6. Keep children under 12 years of age and pets away from the home gym system at all times.
7. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection when exercising.
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, squat arm, leg lever, lat bar, 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 a commercial, rental, or institutional setting.
15. **CAUTION DECAL PLACEMENT:** The decal shown below has been placed on the home gym system in two locations. If either decal is missing, or if either decal is not legible, 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 order a replacement decal. Apply the replacement decal to 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.

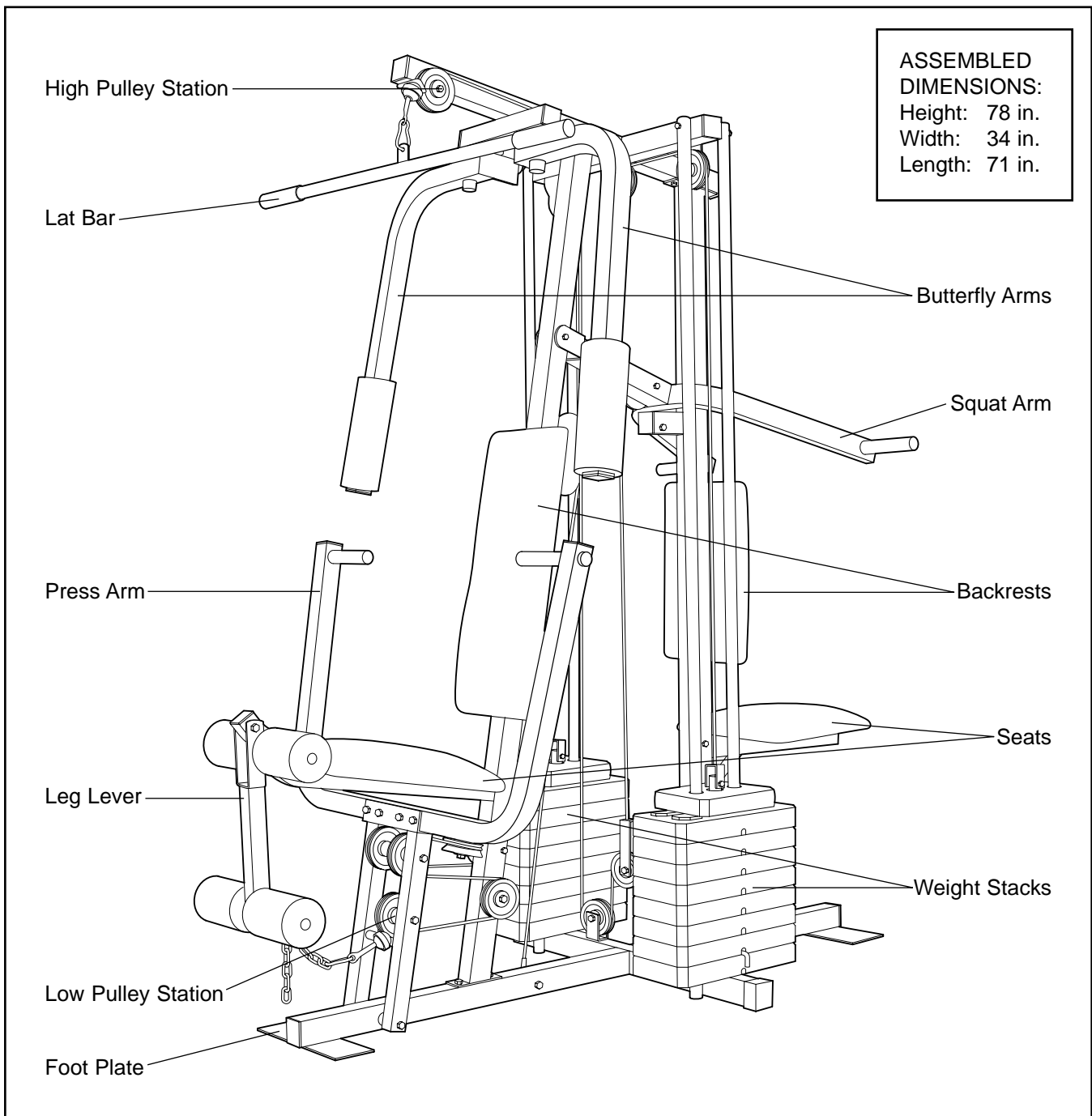
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 9730 Home Gym System. The versatile PRO 9730 is designed to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 9730 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 9730 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 WESY97300. The serial number can be found on a decal attached to the WEIDER® PRO 9730 (see the front cover of this manual).

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




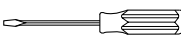
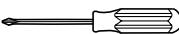

ASSEMBLY

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, squat, 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.

FRAME ASSEMBLY

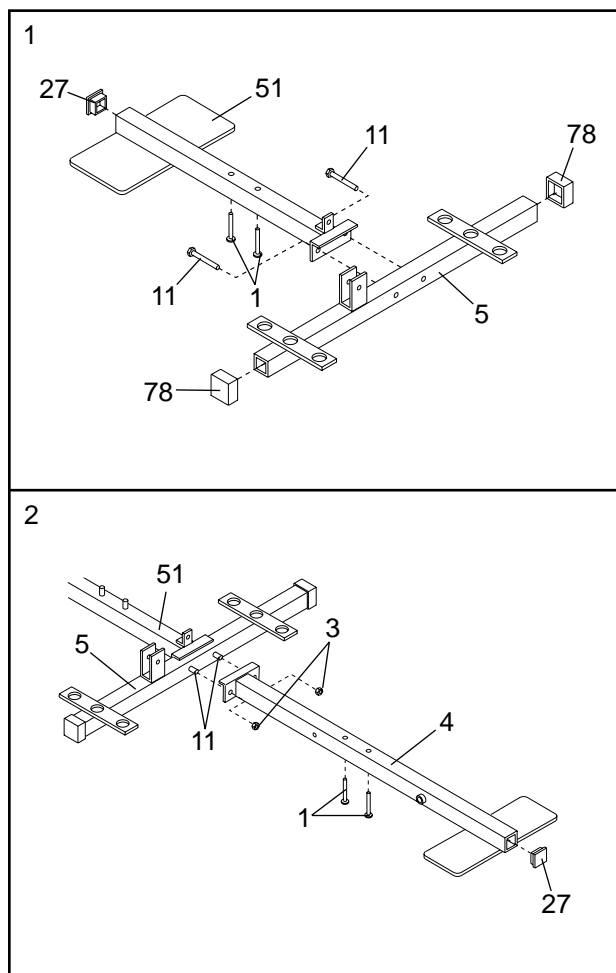
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 2" Square Inner Cap (27) into the end of the Rear Base (51). Press a 2" Square Cover Cap (78) onto each end of the Stabilizer (5).

Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Rear Base (51). Insert two 5/16" x 2 3/4" Bolts (11) through the Rear Base and Stabilizer (5) as shown.

2. Press a 2" Square Inner Cap (27) into the end of the Front Base (4).

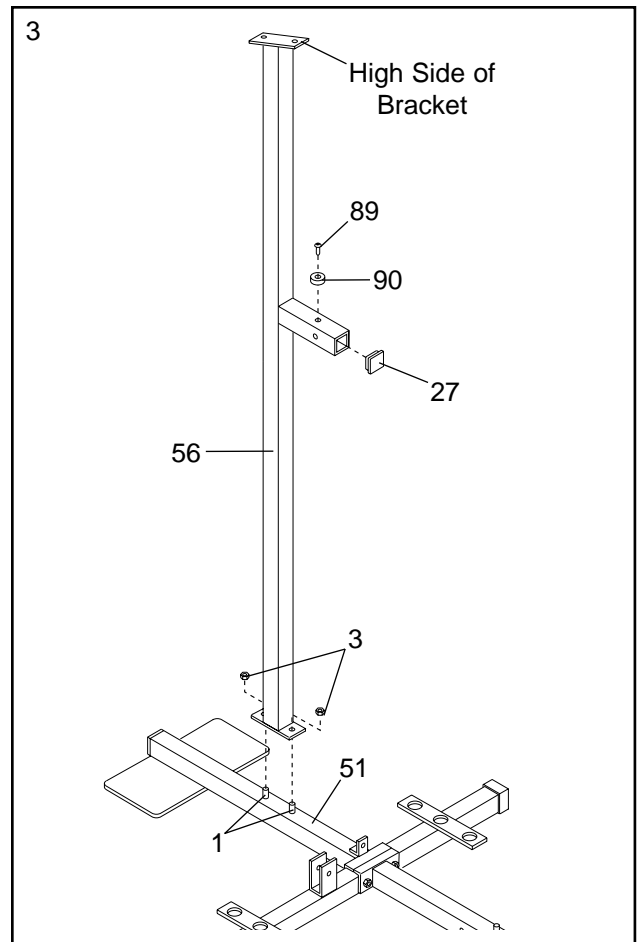
Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Front Base (4). Slide the Front Base onto the two 5/16" x 2 3/4" Bolts (11) in the Rear Base (51) and Stabilizer (5). Fully tighten two 5/16" Nylon Locknuts (3) onto the Carriage Bolts.



3. Press a 2" Square Inner Cap (27) into the Rear Upright (56).

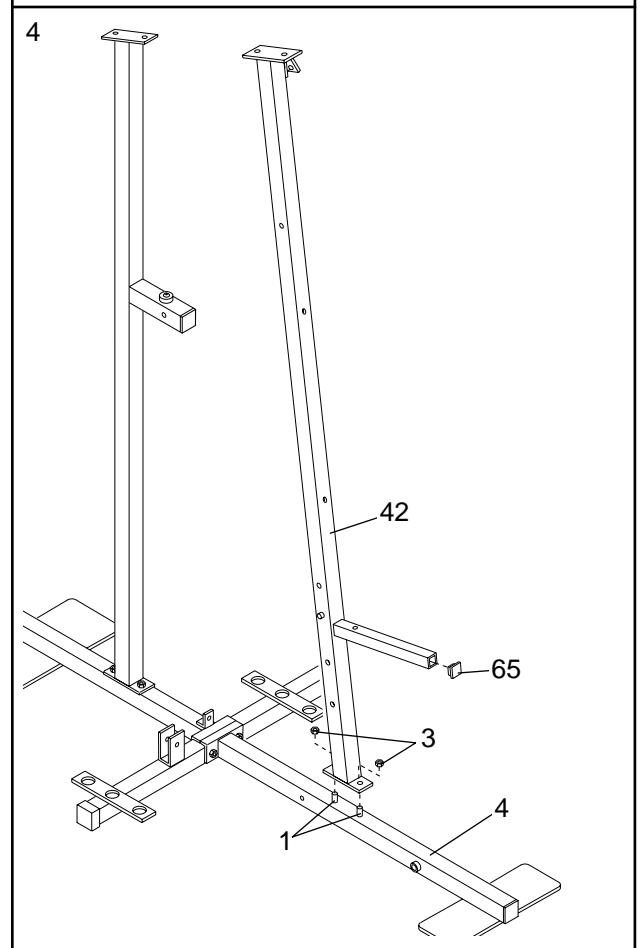
Attach a Rubber Bumper (90) to the Rear Upright (56) with a #8 x 1/2" Tap Screw (89).

Slide the Rear Upright (56) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Rear Base (51). 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.**



4. Press a 1" Square Inner Cap (65) into the Front Upright (42).

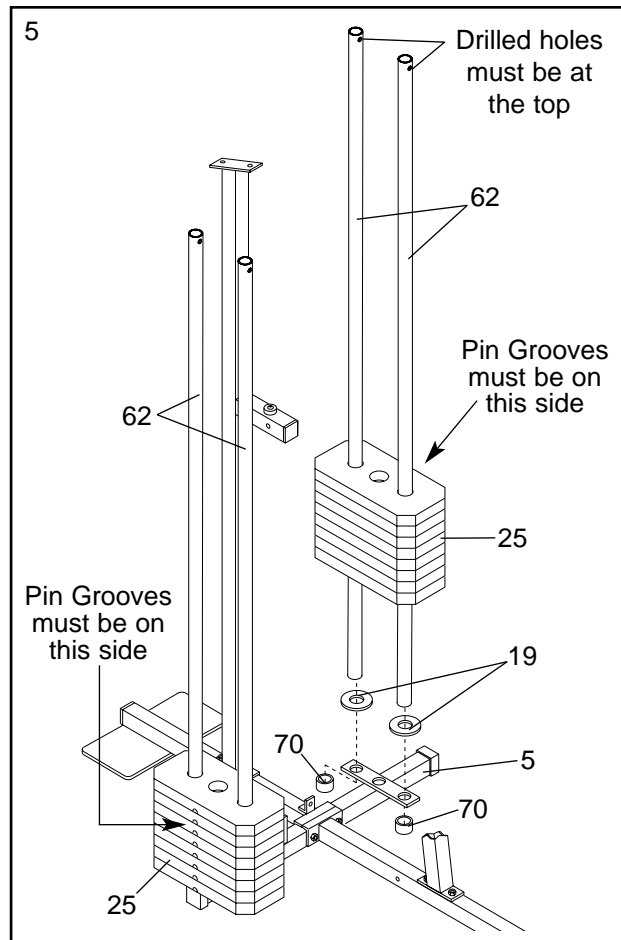
Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Front Base (4). Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



- Set two Weight Bumpers (19) onto one of the brackets on the Stabilizer (5). Insert two Weight Guides (62) through the Weight Bumpers and the bracket on the Stabilizer. **Be sure that the drilled holes in the Weight Guides are at the top, as shown.** Press a 1" Round Cover Cap (70) onto the bottom of each Weight Guide.

Slide eight Weights (25) onto the Weight Guides (62). **Be sure that all of the Weights are turned so the pin grooves are on the same side.**

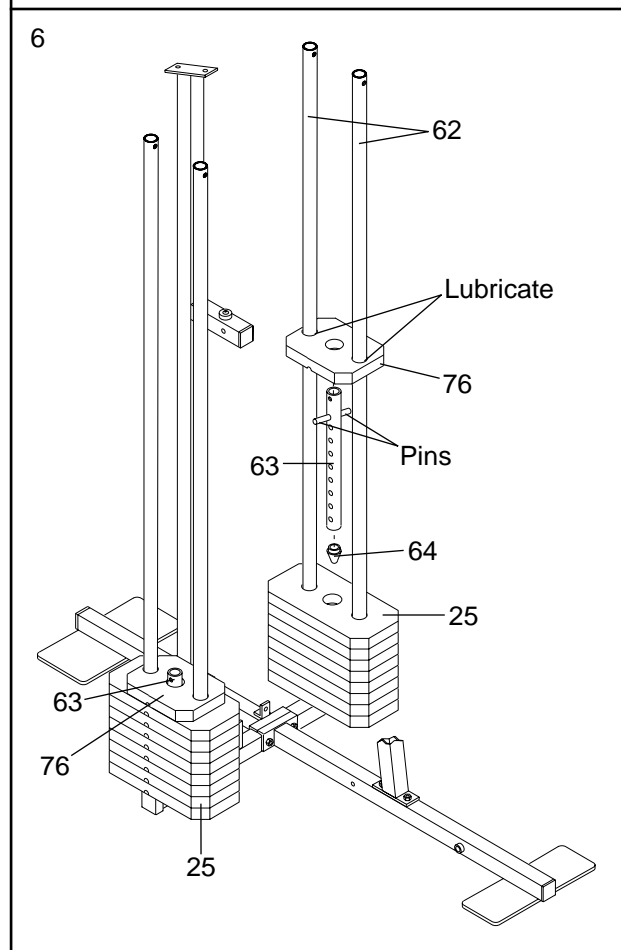
Assemble the other stack of Weights (25) in the same manner.



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

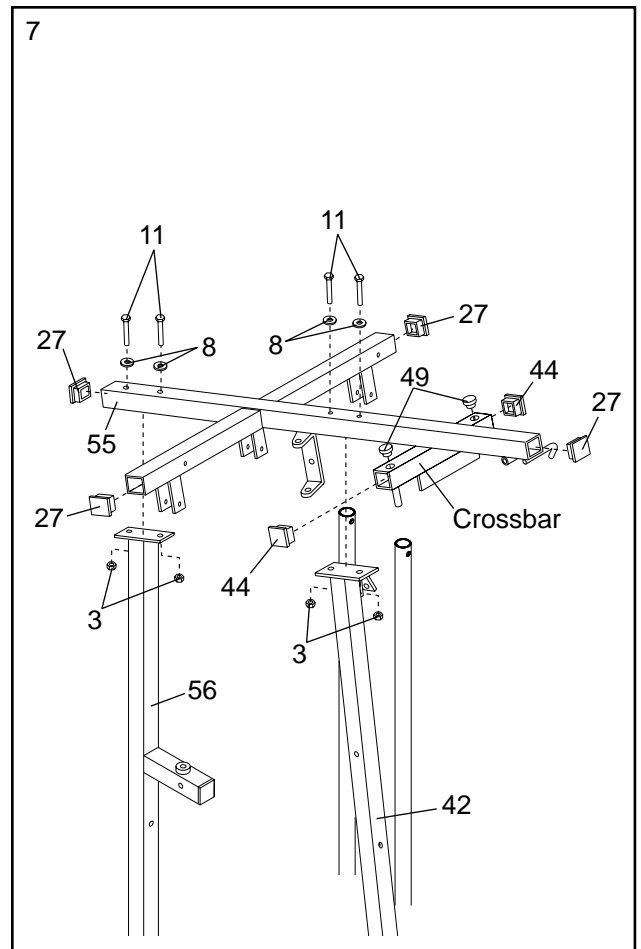
Lubricate the insides of the holes in a Top Weight (76). Slide the Top Weight onto the Weight Guides (62) and set it on the stack of Weights (25).

Assemble the other Weight Tube (63) and Top Weight (76) in the same manner.



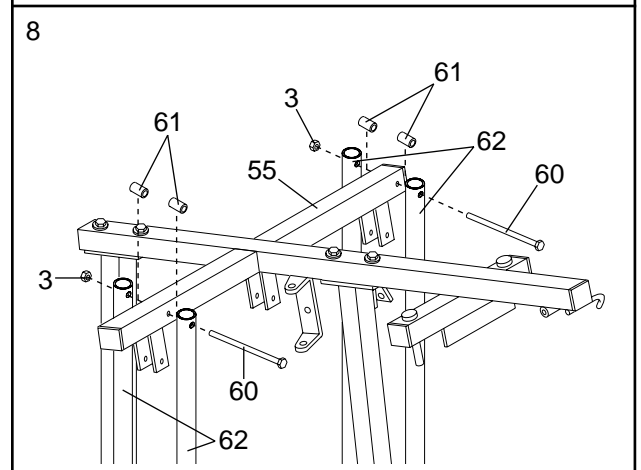
- Press a 2" Square Inner Cap (27) into each end of the Top Frame (55). Press a 1 3/4" Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two 1" Round Inner Caps (49) into the top of the crossbar.

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" Washers (8), and four 5/16" Nylon Locknuts (3).



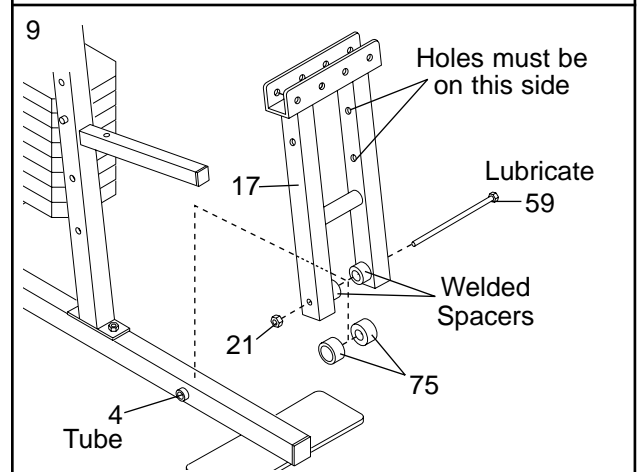
- Attach the each set of the Weight Guides (62) to the Top Frame (55) with a 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).

Tighten all Nylon Locknuts used in steps 3 through 8.



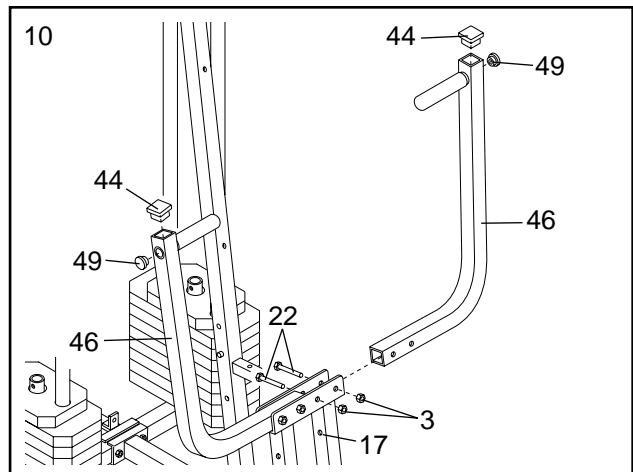
- Press a 1" x 7/8" Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Front Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the indicated tube in the Base. Be sure that the indicated holes are on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

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



10. Press a 1 3/4" Square Inner Cap (44) into the top of a Press Arm (46). Press a 1" Round Inner Cap (49) into the side of the Press Arm. 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).

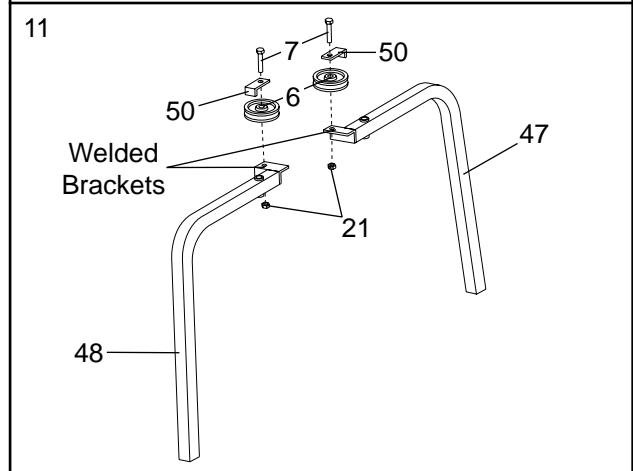
Assemble the other Press Arm (46) in the same manner.



11. Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for step 12.**

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).



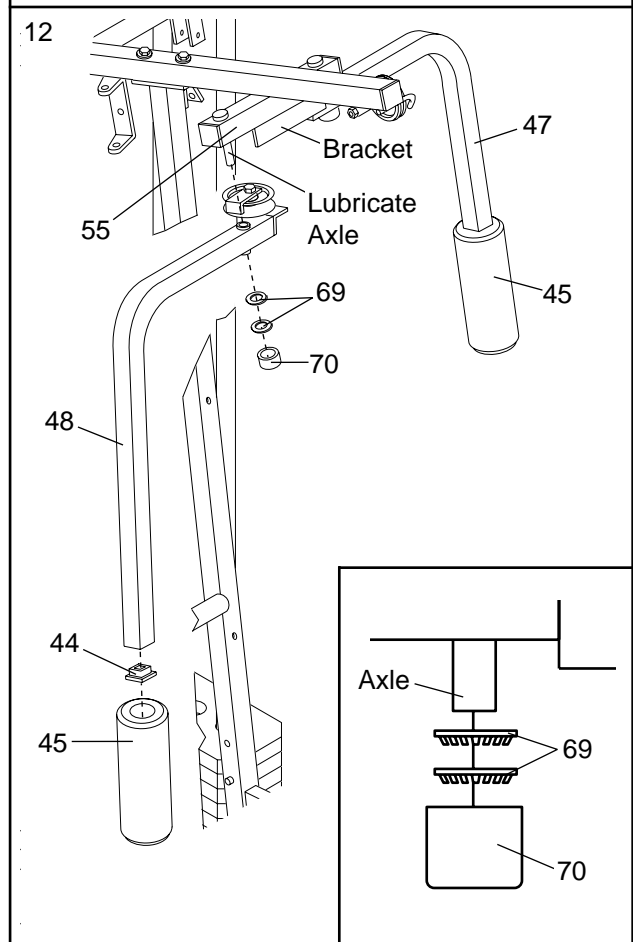
12. Lubricate both axles on the Top Frame (55).

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 11 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.

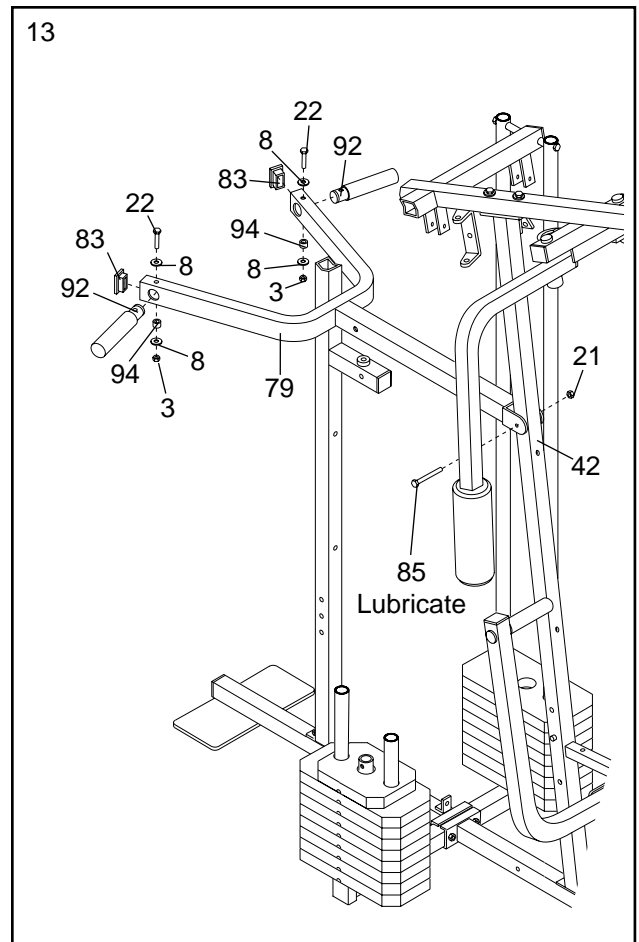


13. Press two 1" x 2" Inner Caps (83) into the indicated end of the Squat Arm (79).

Lubricate a 3/8" x 3 1/4" Bolt (85). Attach the Squat Arm (79) to the Front Upright (42) with the Bolt and a 3/8" Nylon Locknut (21).

Attach a Handle (92) to one side of the Squat Arm (79) with a 5/16" x 2 1/2" Bolt (22), two 5/16" Washers (8), a 1/2" x 17/32" Spacer (94), and a 5/16" Nylon Locknut (3).

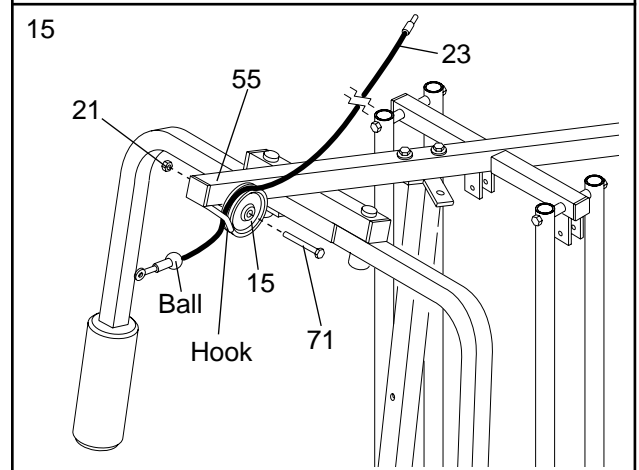
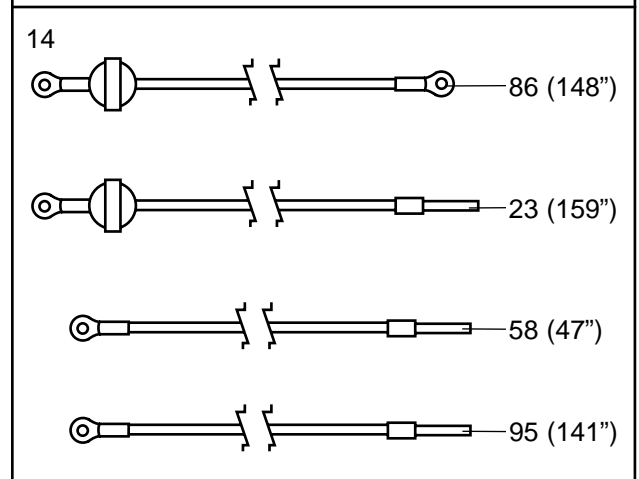
Attach the other Handle (92) to the other side of the Squat Arm (79) in the same manner.



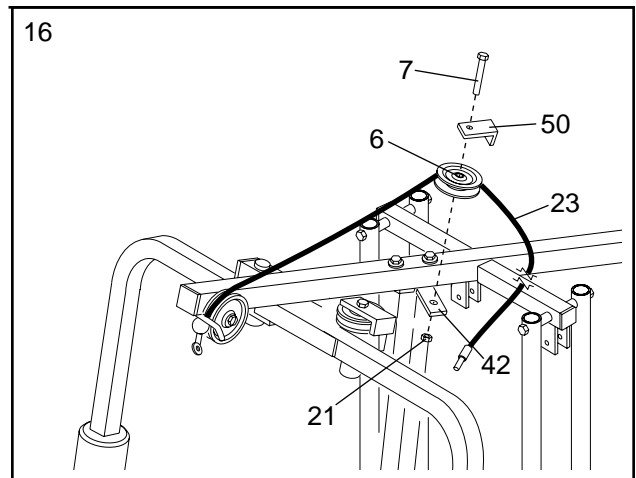
14. During steps 15 through 39, refer to the CABLE DIAGRAMS on pages 26 and 27 of this manual to verify proper cable routing. Before beginning this section, identify the High Cable (23), the Low Cable (86), the Rear Cable (95), and the Press Cable (58) by comparing the lengths and ends of the cables.

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

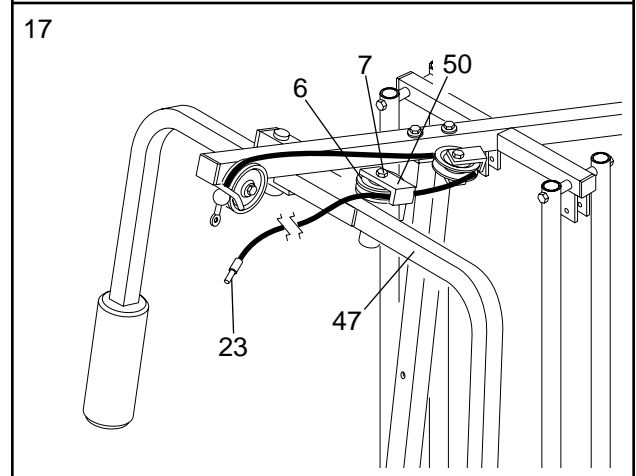
15. **Locate the High Cable (23).** Wrap the High Cable around a 3 1/2" Pulley (15). Attach the Pulley to the Top Frame (55) with a 3/8" x 3 3/4" Bolt (71) and a 3/8" Nylon Locknut (21). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.**



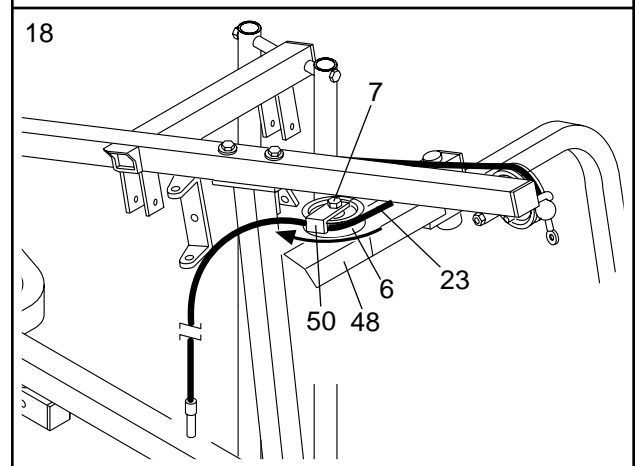
16. Wrap the High Cable (23) around a “V”-Pulley (6). Attach the “V”-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8” x 2 1/2” Bolt (7) and a 3/8” Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**



17. Route the High 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).

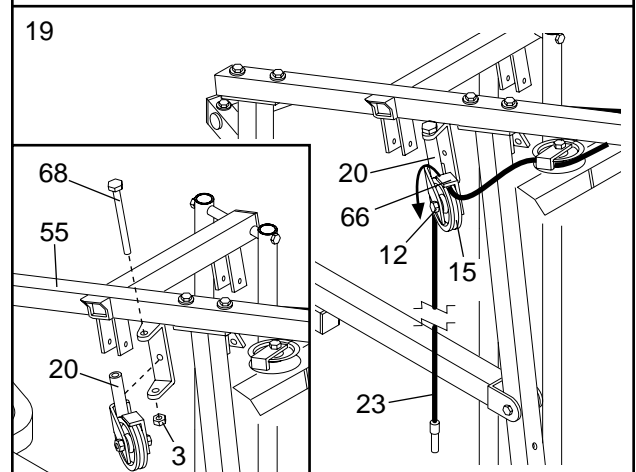


18. Route the High Cable (23) around the “V”-Pulley (6) on the Right Arm (48). **Be sure that the Cable is in the groove of the “V”-Pulley and that the Long Cable Trap (50) is turned to hold the Cable in place.** Tighten the 3/8” x 2 1/2” Bolt (7) and the 3/8” Nylon Locknut (not shown).

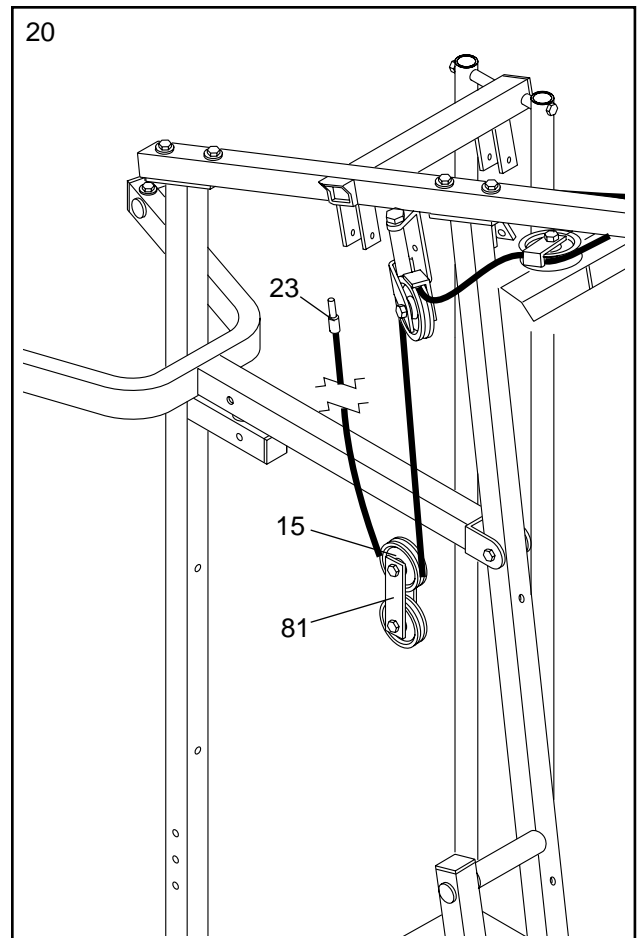


19. See the inset drawing. Lubricate the 5/16” x 5” Bolt (68). Attach the Pulley Bracket (20) to the Top Frame (55) with the Bolt and a 5/16” Nylon Locknut (3). **The Pulley Bracket must be oriented as shown.**

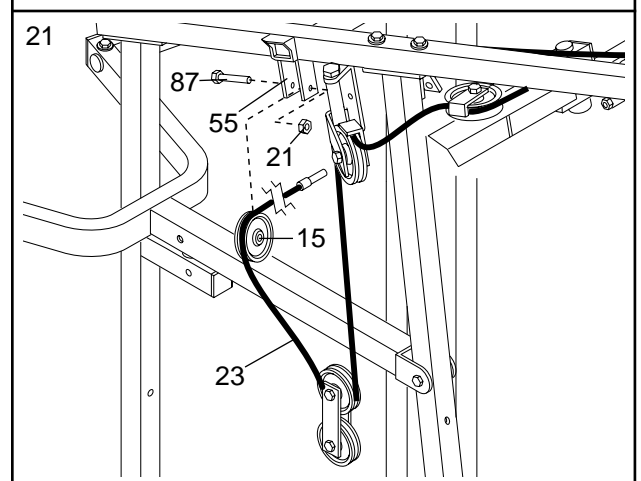
Route the High Cable (23) around the 3 1/2” Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Tighten the 3/8” x 2” Bolt (12) and the 3/8” Nylon Locknut (not shown).



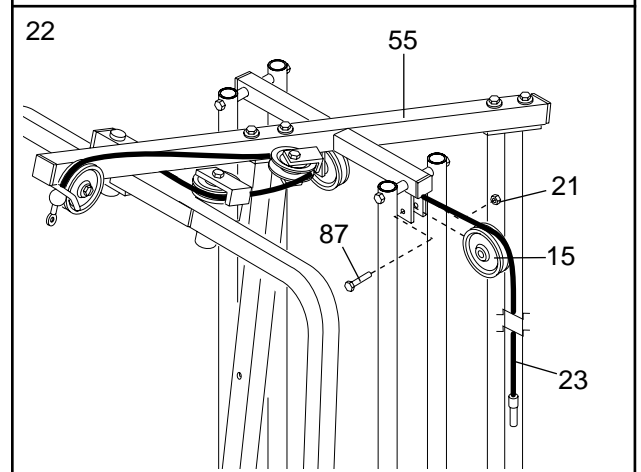
20. Route the High Cable (23) around one of the 3 1/2" Pulleys (15) attached to the "I" Plates (81). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



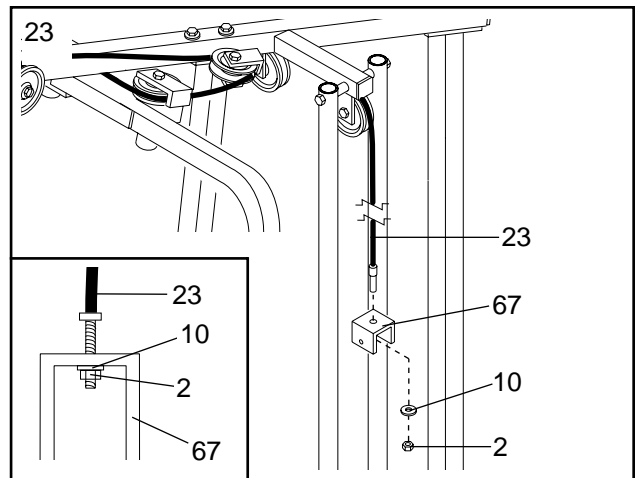
21. Wrap the High Cable (23) around a 3 1/2" Pulley (15). Attach the Pulley to the Top Frame (55) with a 3/8" x 1 3/4" Bolt (87) and a 3/8" Nylon Locknut (21).



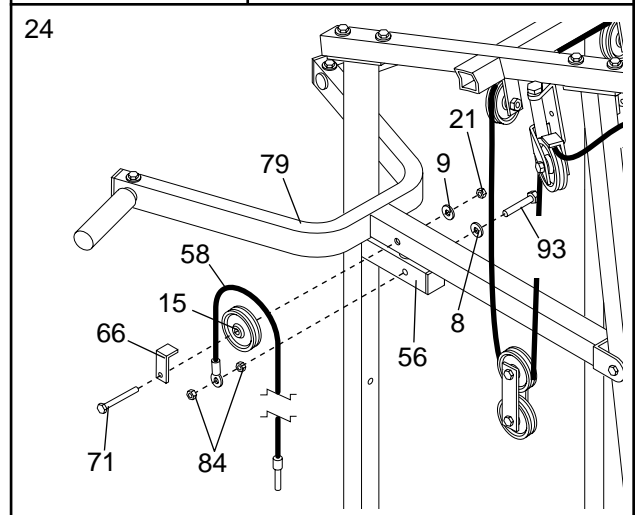
22. Wrap the High Cable (23) around a 3 1/2" Pulley (15). Attach the Pulley to the Top Frame (55) with a 3/8" x 1 3/4" Bolt (87) and a 3/8" Nylon Locknut (21).



23. Attach the High Cable (23) to a Small "U"-Bracket (67) with a 1/4" Nylon Locknut (2) and a 1/4" 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.**

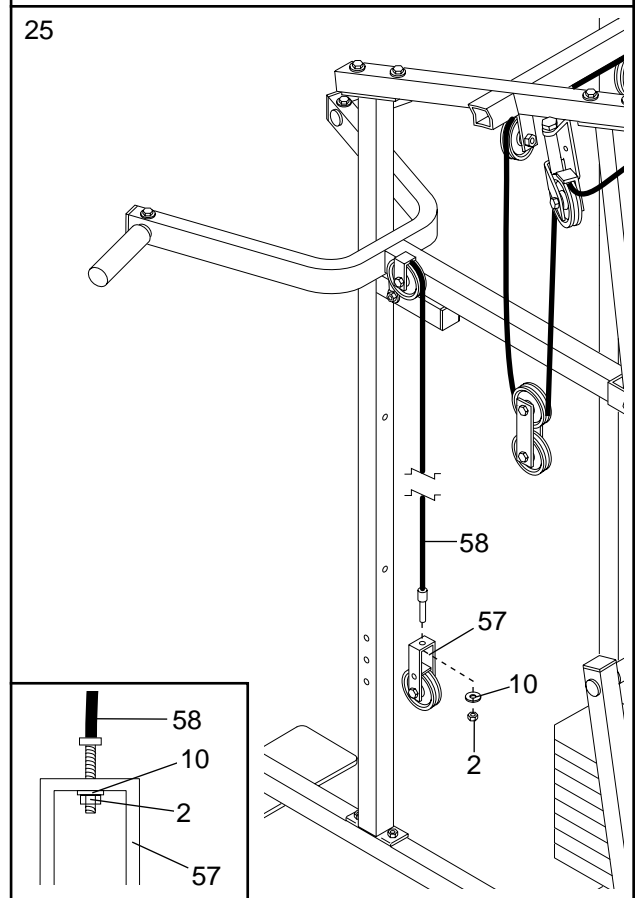


24. **Locate the Press Cable (58).** Attach the Press Cable to the Rear Upright (56) with a 5/16" x 3" Bolt (93), a 5/16" Washer (8), and two 5/16" Nylon Jam Nuts (84). **The end of the Cable must be between the two Nylon Jam Nuts and there must be enough room between the Nylon Jam Nuts for the end of the Cable to pivot.**

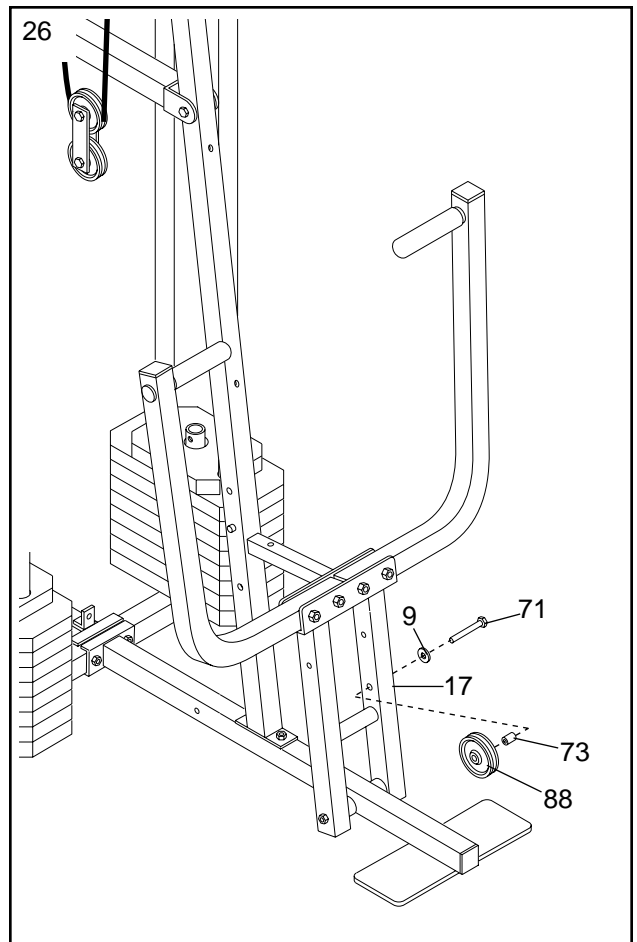


Wrap the Press Cable (58) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the Squat Arm (79) with a 3/8" x 3 3/4" Bolt (71), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **The Cable Trap must be turned to hold the Cable in place.**

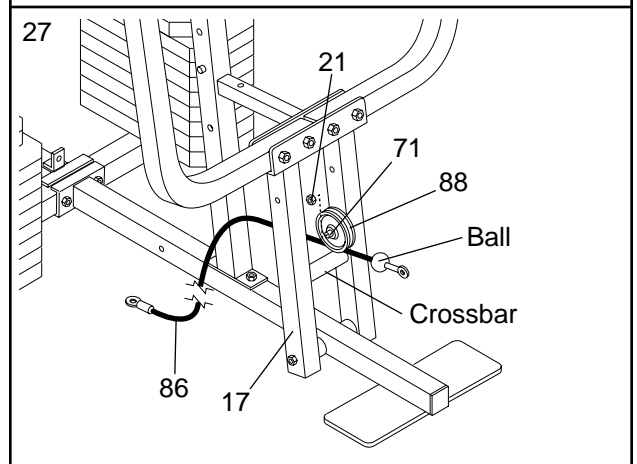
25. Attach the end of the Press Cable (58) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the nut, as shown in the inset drawing.**



26. Attach the 3 1/2" Low Pulley (88) and the 5/8" x 9/16" Spacer (73) to the indicated hole in the Press Frame (17) with a 3/8" x 3 3/4" Bolt (71), and a 3/8" Washer (9). **Be sure that the 3/8" x 3 3/4" Bolt (71), the 3/8" Washer (9), the 5/8" x 9/16" Spacer (73), the 3 1/2" Low Pulley (88), and the 3/8" Nylon Locknut (21) are oriented as shown.**

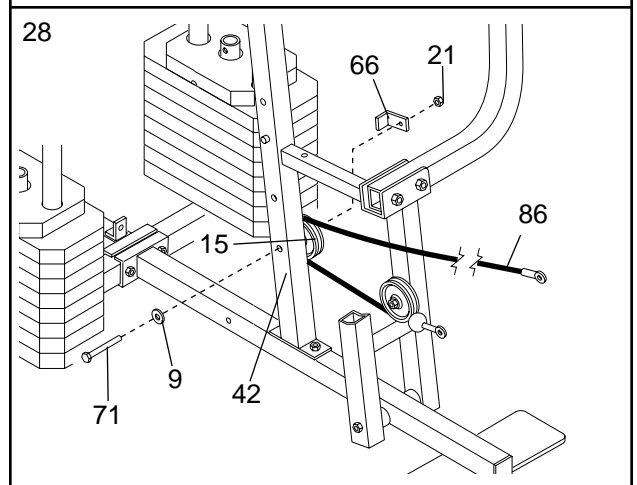


27. **Locate the Low Cable (86).** Slide the Low Cable into place under the 3 1/2" Low Pulley (88). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame (17) and that the Cable is between the Pulley and the crossbar on the Press Frame.** Fully tighten a 3/8" Nylon Locknut (21) onto the 3/8" x 3 3/4" Bolt (71).

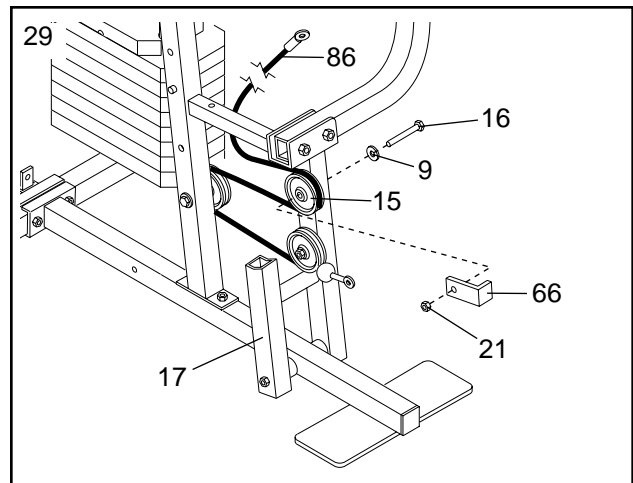


Note: You may need to remove the 3 1/2" Low Pulley (88) from the 3/8" x 3 3/4" Bolt (71) to properly route the Low Cable (86).

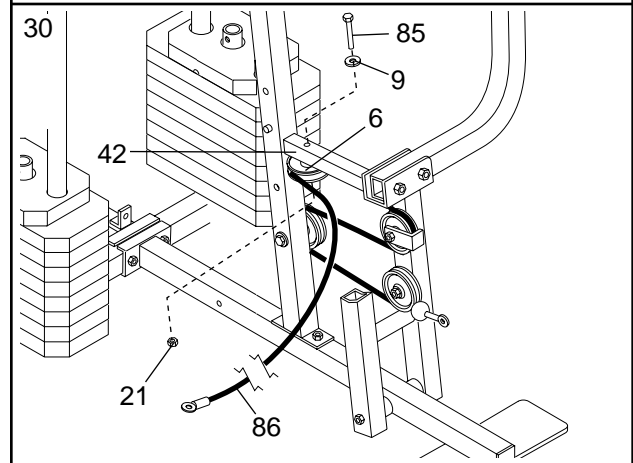
28. Wrap the Low Cable (86) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the lower hole in the Front Upright (42) with a 3/8" x 3 3/4" Bolt (71), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



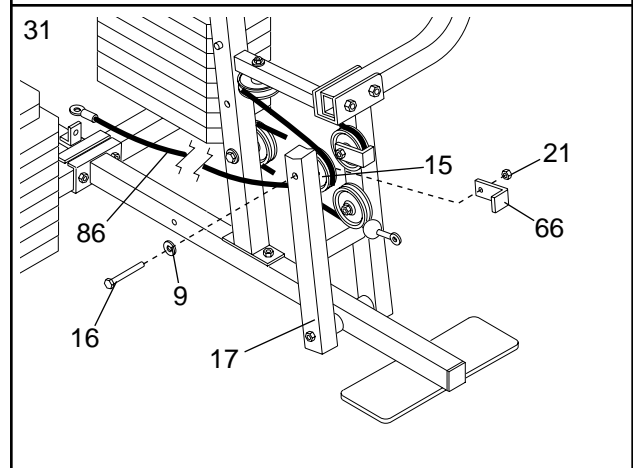
29. Wrap the Low Cable (86) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the Press Frame (17) with a 3/8" x 3 1/2" Bolt (16), a 3/8" Washer (9) and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



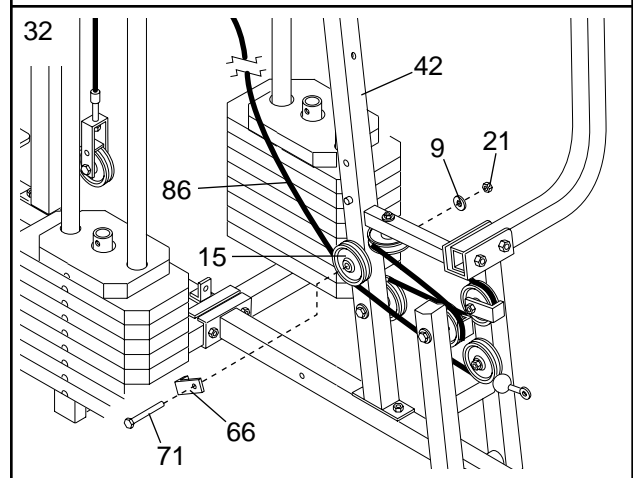
30. Wrap the Low Cable (86) around a "V"-Pulley (6). Attach the "V"-Pulley to the indicated hole in the Front Upright (42) with a 3/8" x 3 1/4" Bolt (85), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **Be sure that the Cable is in the groove of the "V"-Pulley and that the Cable is routed around the "V"-Pulley as shown.**



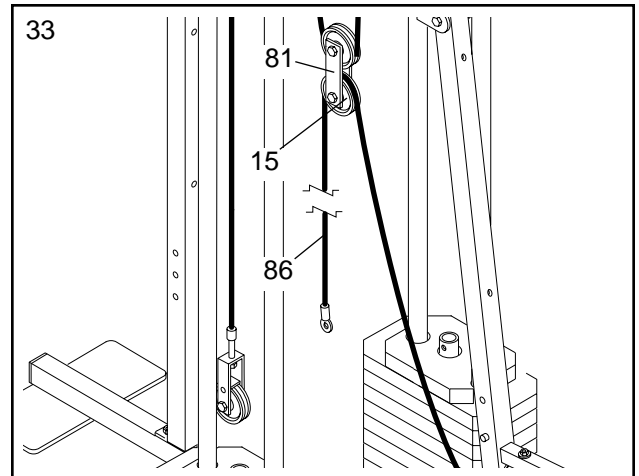
31. Wrap the Low Cable (86) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the Press Frame (17) with a 3/8" x 3 1/2" Bolt (16), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



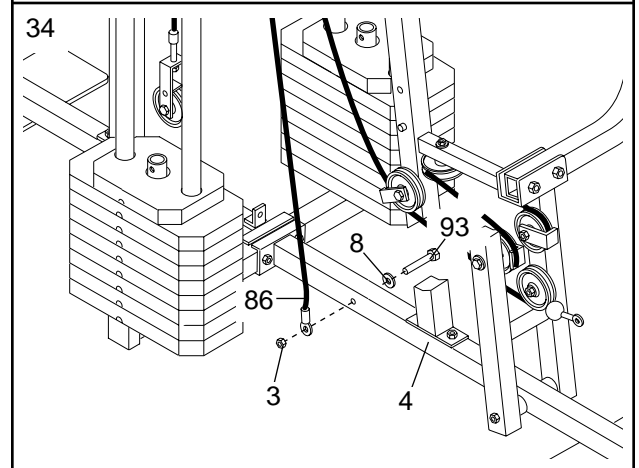
32. Wrap the Low Cable (86) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the indicated hole in the Front Upright (42) with a 3/8" x 3 3/4" Bolt (71), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



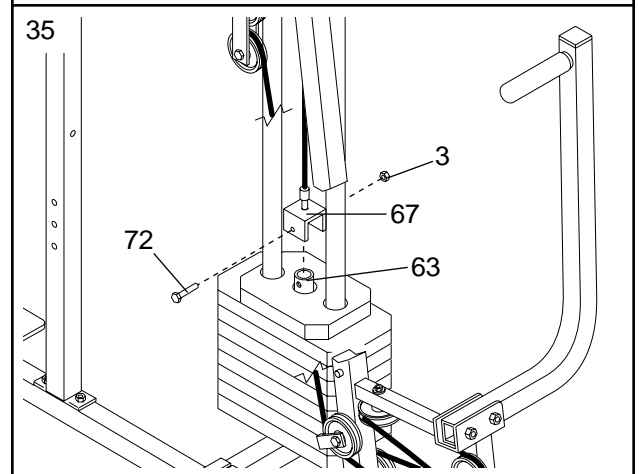
33. Route the Low Cable (86) over the lower 3 1/2" Pulley (15) attached to the "I"-Plates (81). The Cable must be routed from the direction shown.



34. Slide a 5/16" Washer (8) onto a 5/16" x 3" Bolt (93). Insert the Bolt into the Front Base (4). Slide the end of the Press Cable (88) onto the Bolt. Fully tighten a 5/16" Nylon Locknut (3) onto the Bolt. **Do not overtighten the Nylon Locknut.**

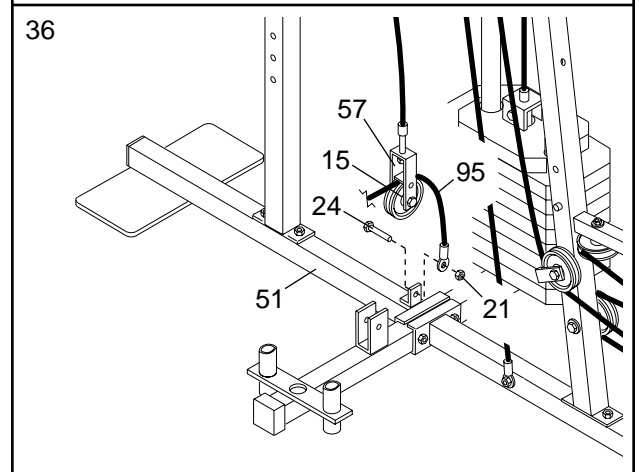


35. Attach the Small "U"-Bracket (67) to the indicated Weight Tube (63) with the 5/16" x 1 3/4" Bolt (72) and a 5/16" Nylon Locknut (3).

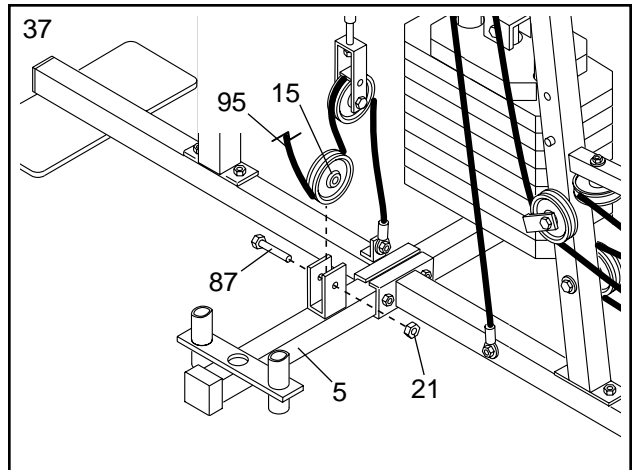


36. **Locate the Rear Cable (95).** Attach the Rear Cable to the Rear Base (51) with the 3/8" x 3/4" Bolt (24) and a 3/8" Nylon Locknut (21).

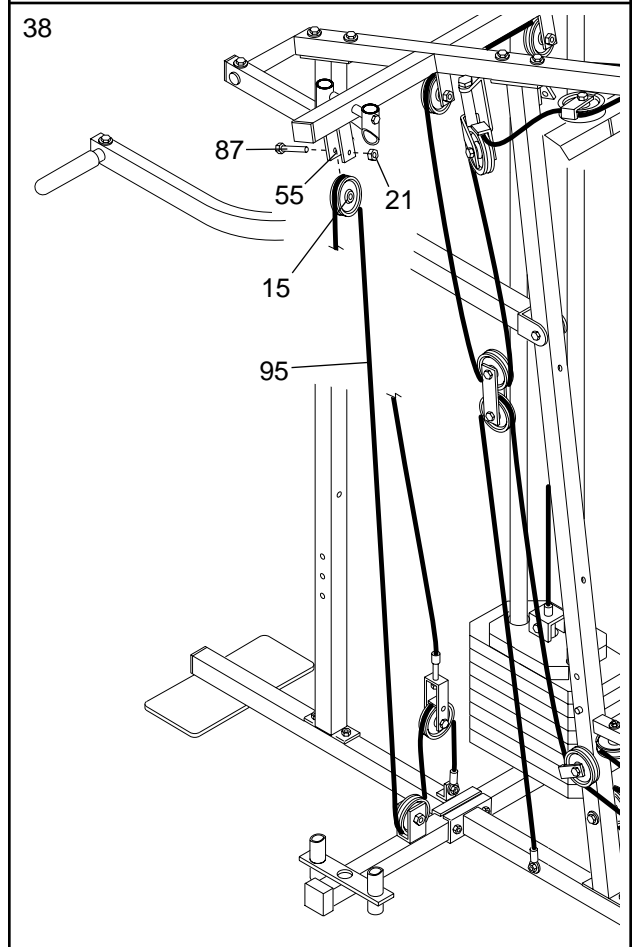
Route the Rear Cable (95) over the 3 1/2" Pulley (15) attached to the Long "U"-Bracket (57).



37. Wrap the Rear Cable (95) around a 3 1/2" Pulley (15). Attach the Pulley to the bracket on the Stabilizer (5) with a 3/8" x 1 3/4" Bolt (87) and a 3/8" Nylon Locknut (21).

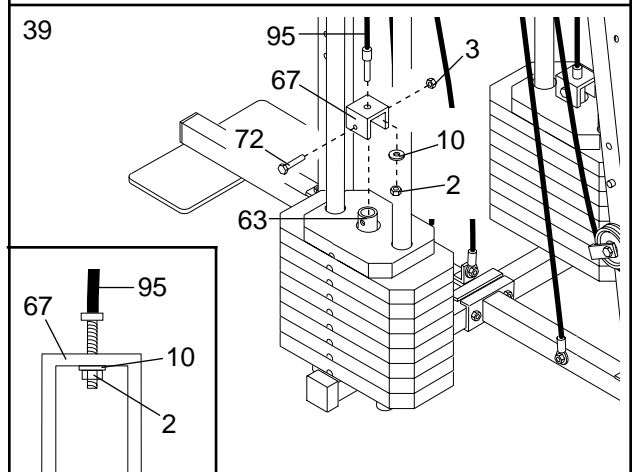


38. Wrap the Rear Cable (95) around a 3 1/2" Pulley (15). Attach the Pulley to the indicated bracket on the Top Frame (55) with a 3/8" x 1 3/4" Bolt (87) and a 3/8" Nylon Locknut (21). **The Cable must be routed from the direction shown.**

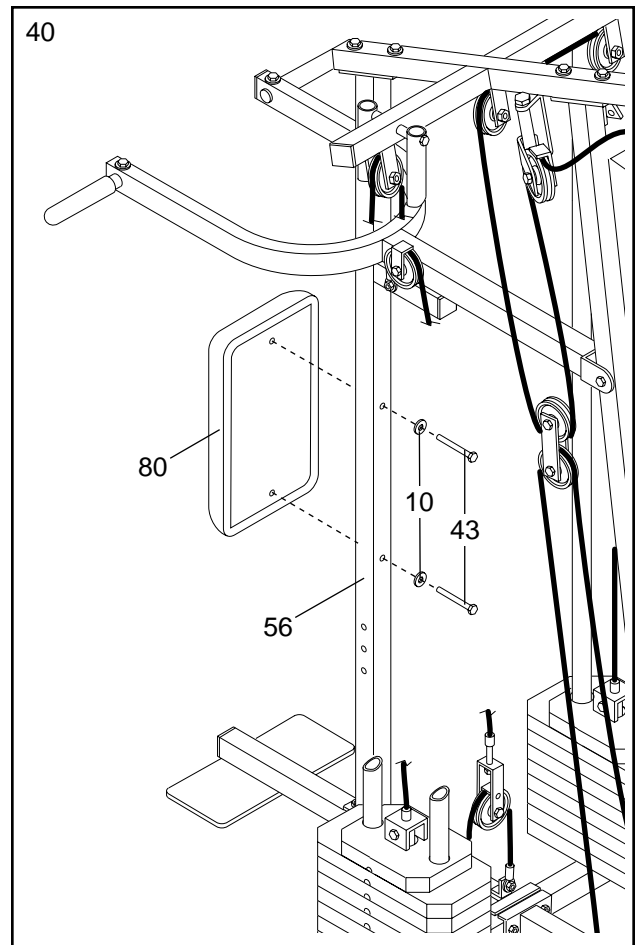


39. Attach the Rear Cable (95) to a Small "U" Bracket (67) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

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



40. Attach the Small Backrest (80) to the Rear Upright (56) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Washers (10).

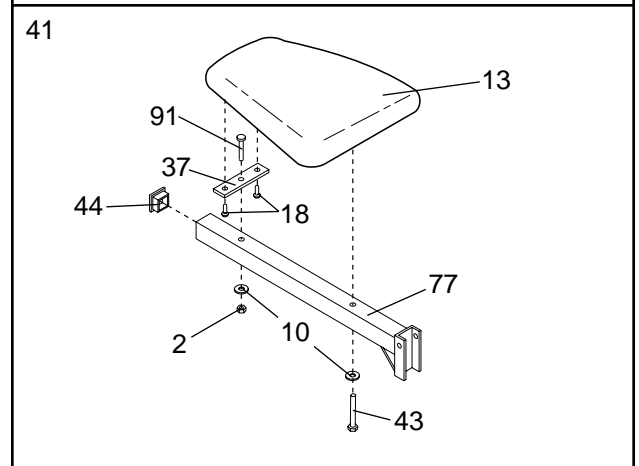


41. Press a 1 3/4" Square Inner Cap (44) into the Rear Seat Frame (77).

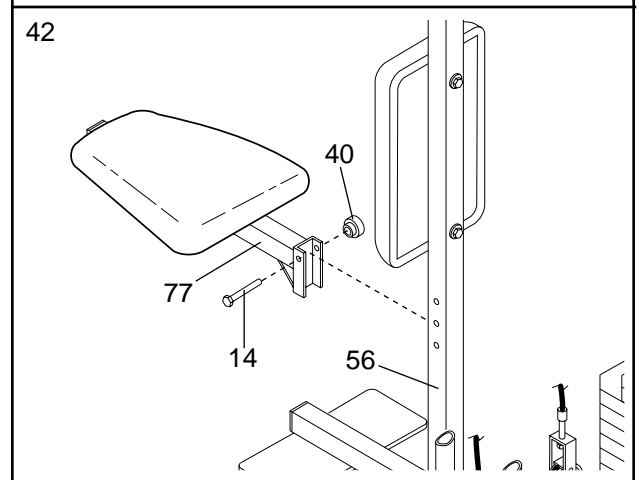
Insert the 1/4" x 2 1/2" Carriage Bolt (91) into the center hole in a Seat Plate (37). Attach the Seat Plate to a Seat (13) with two 1/4" x 3/4" Screws (18).

Insert the 1/4" x 2 1/2" Carriage Bolt (91) into the indicated hole in the Rear Seat Frame (77). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Washer (10) onto the Carriage Bolt.

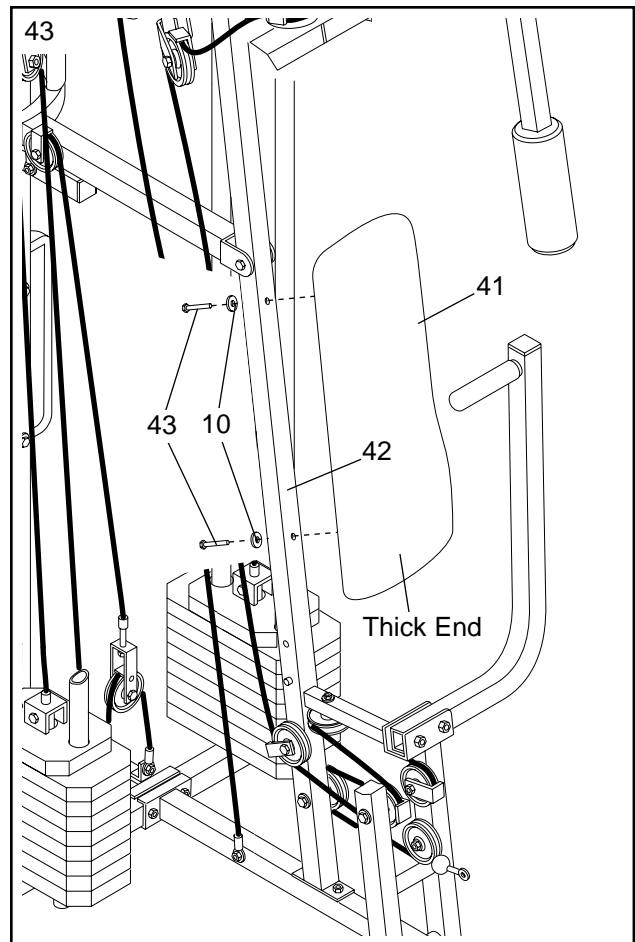
Attach the other end of the Seat (13) to the Rear Seat Frame (77) with a 1/4" Washer (10) and a 1/4" x 2 1/2" Screw (43).



42. Align the holes in the Rear Seat Frame (77) with one set of holes in the Rear Upright (56). Attach the Rear Seat Frame to the Rear Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and a Seat Knob (40).



43. Attach the Large Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Washers (10). **The Backrest must be oriented as shown.**



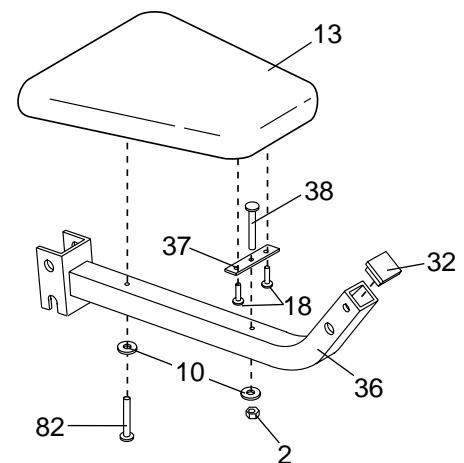
44. Press a 1 1/2" Square Inner Cap (32) into the Front Seat Frame (36).

Insert the 1/4" x 2 1/4" Carriage Bolt (38) into the center hole in a Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (18).

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

Attach the other end of the Seat (13) to the Front Seat Frame (36) with a 1/4" Washer (10) and the 1/4" x 2 1/4" Screw (82).

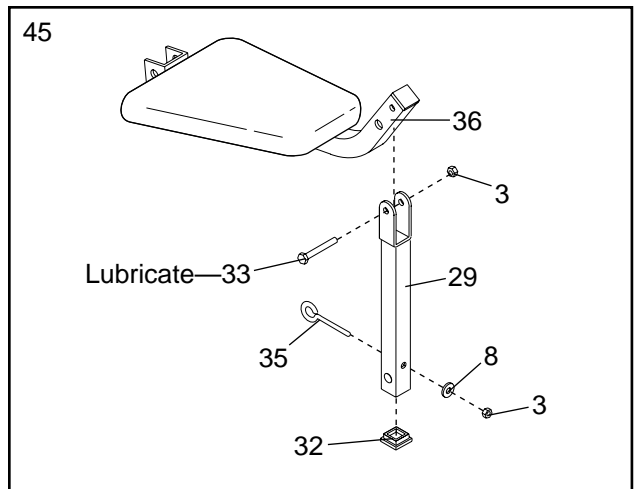
44



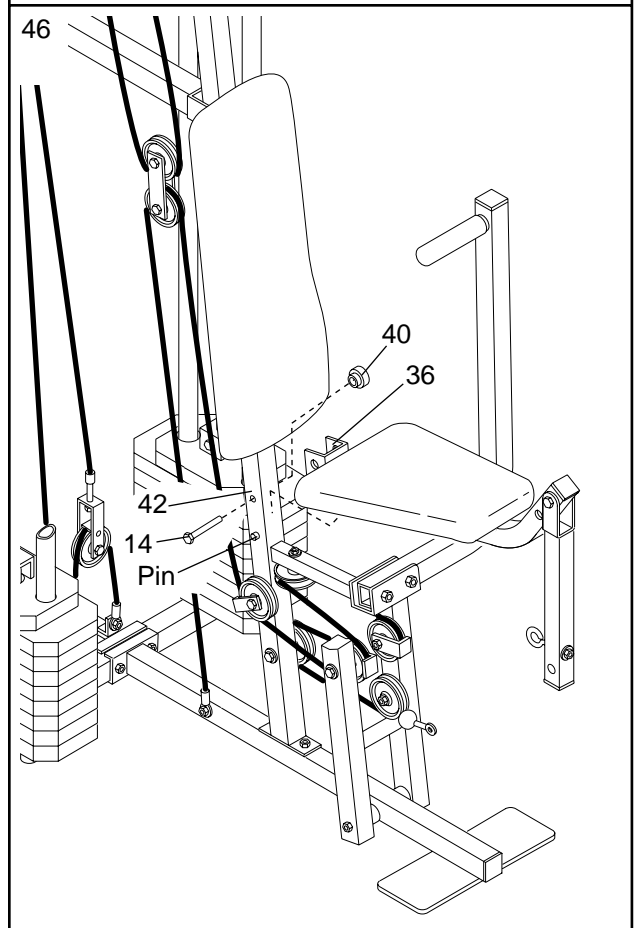
45. Press a 1 1/2" Square Inner Cap (32) into the Leg Lever (29).

Lubricate the 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3). **Do not overtighten the Nylon Locknut. The Leg Lever must be able to pivot freely.**

Insert the 5/16" x 2" Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 5/16" Nylon Locknut (3) with a 5/16" Washer (8) onto the Eyebolt.



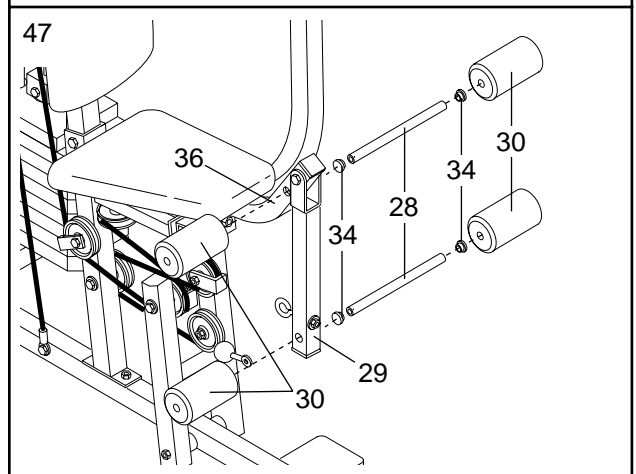
46. Rest the Front Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Front Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).



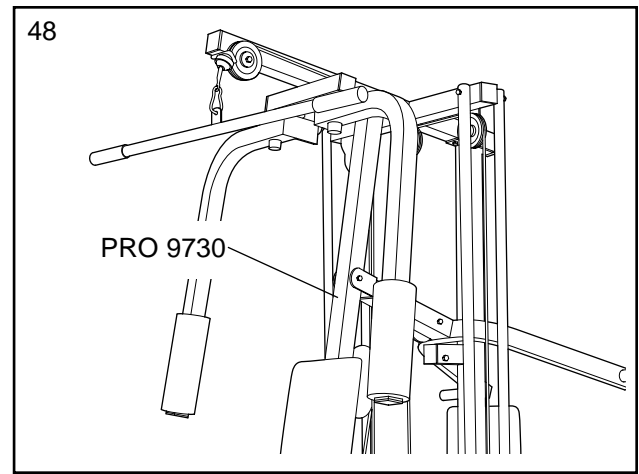
47. Press 3/4" Round Inner Caps (34) into the ends of both Pad Tubes (28).

Insert one Pad Tube (28) into the Front 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.



48. Remove the backing from the PRO 9730 decal and apply it to the home gym system as shown.



49. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 22 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 DIAGRAMS on page 26 and 27 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 25.**

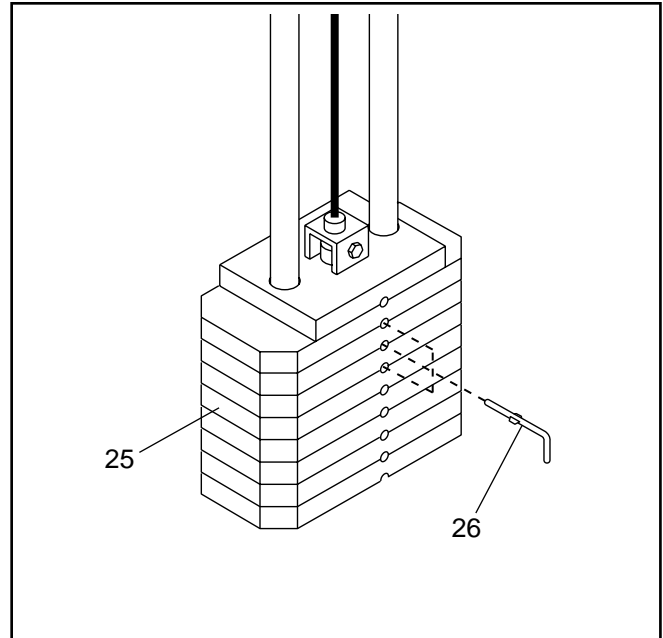
ADJUSTMENT

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

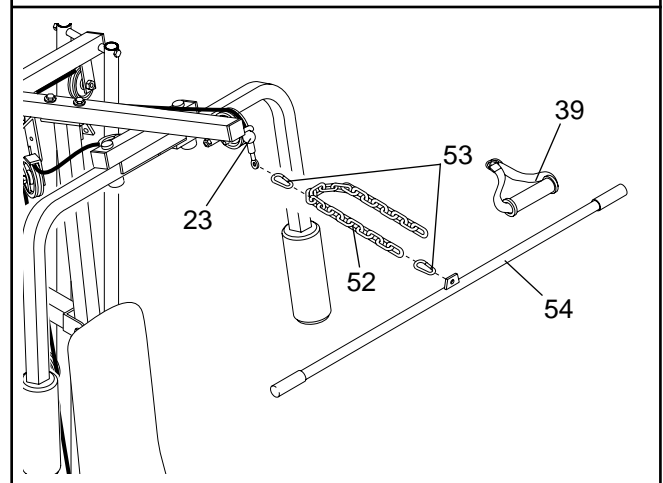
To change the weight setting of either weight stack, insert a Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 pounds 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 24 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 High Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

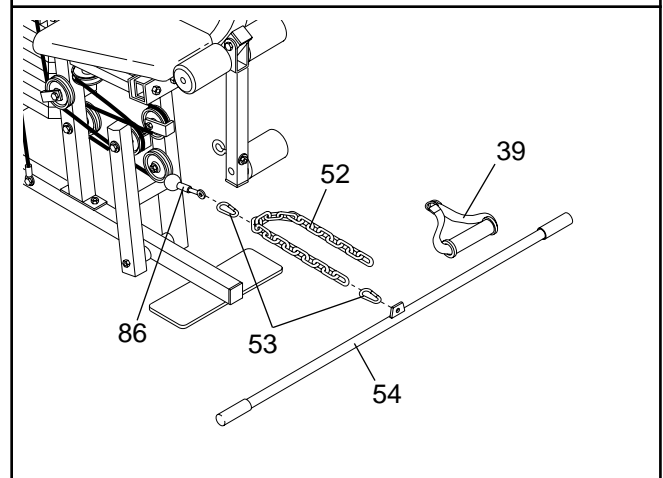
The Nylon Strap (39) can be attached in the same manner.



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

Attach the Lat Bar (54) to the Low Cable (86) with a Cable Clip (53). For some exercises, the Chain (52) 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 Low 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.

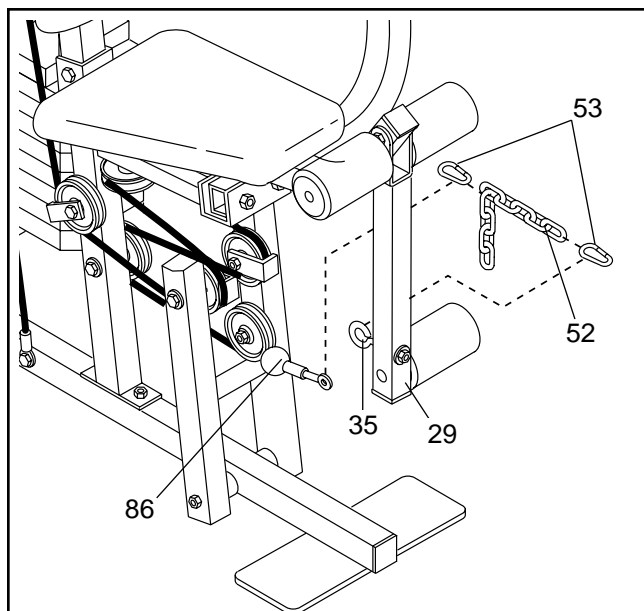


ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEATS below).

Attach one end of the Chain (52) to the Low Cable (86) with a Cable Clip (53). Attach the other end of the Chain to the Eyebolt (35) with a Cable Clip.

Always remove the Chain (52) from the Eyebolt (35) before removing the seat.



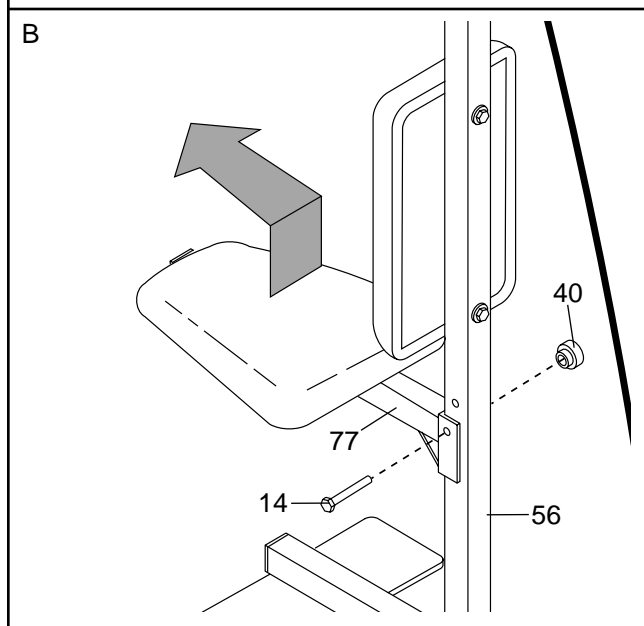
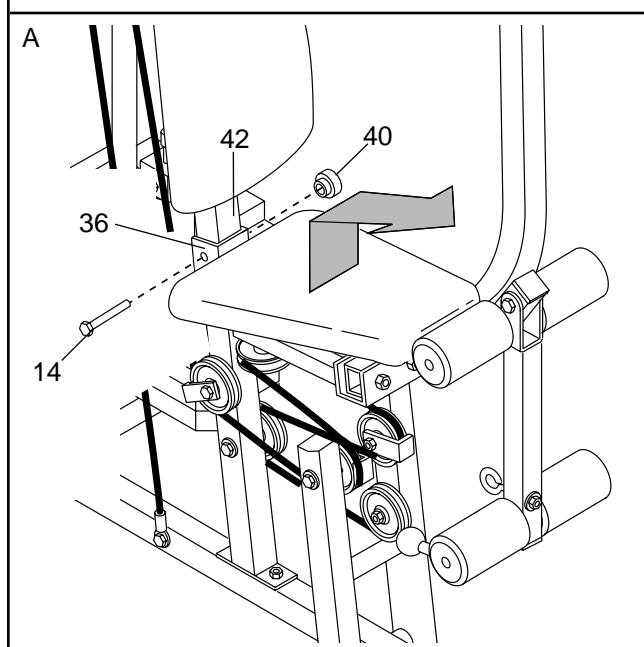
ATTACHING AND REMOVING THE SEATS

See drawing A. Set the bracket on the Front Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Front Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

For some exercises, the Front Seat Frame (36) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Front Seat Frame. Lift the Front Seat Frame off the Front Upright (42).

See drawing B. Align the holes in the Rear Seat Frame (77) with one set of holes in the Rear Upright (56). Attach the Rear Seat Frame to the Rear Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

For some exercises, the Rear Seat Frame (77) must be removed. Remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Rear Seat Frame. Lift the Seat Frame off the Rear Upright (56).



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.)	SQUAT ARM (lbs.)
Top	24	14	21	15	19	31
1	45	21	41	30	34	58
2	69	42	60	43	52	77
3	98	51	76	58	68	102
4	117	65	87	74	82	143
5	142	86	101	92	98	169
6	162	94	116	106	117	196
7	191	118	140	121	128	204
8	210	126	169	134	147	215

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.

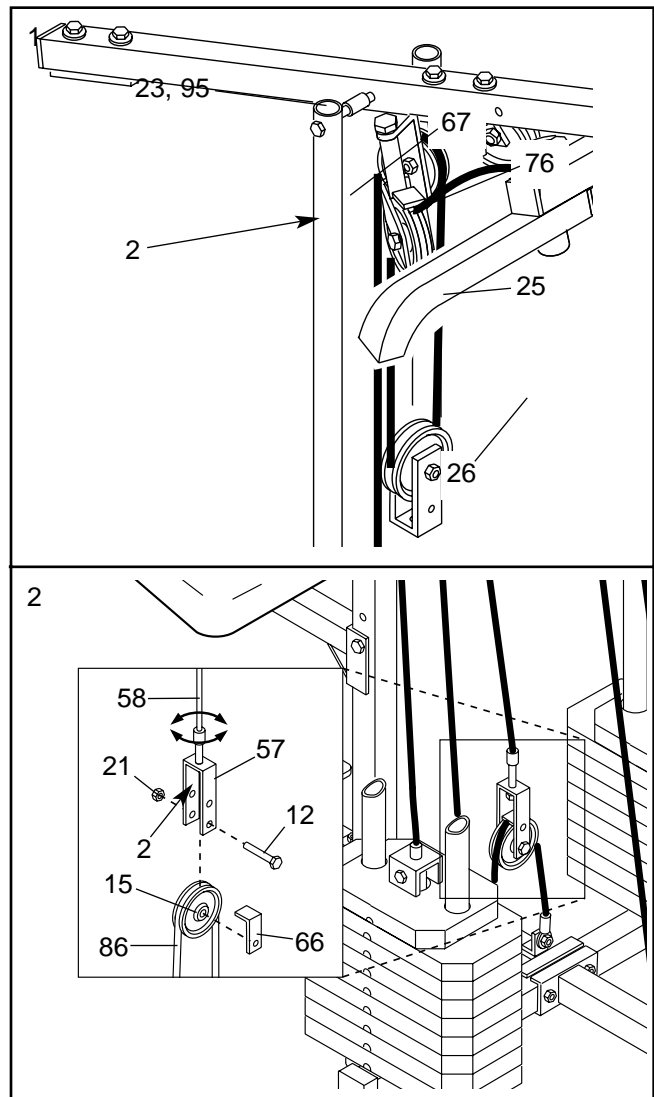
TIGHTENING THE CABLES

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. Insert the Weight Pin (26) under one of the indicated Weights (25). Slack can be removed from the cables by tightening the 1/4" Nylon Locknuts (2) at the end of the High Cable (23) or Rear Cable (95) (see drawing 1) and at the end of the Press 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.

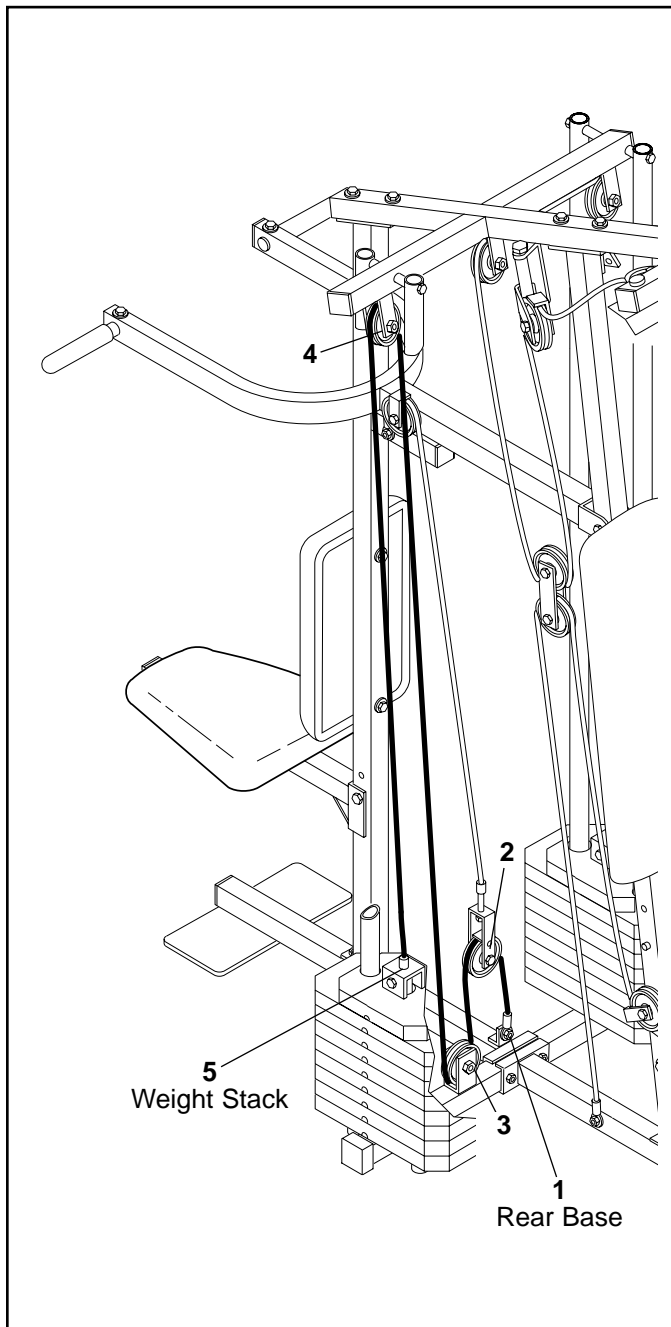
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



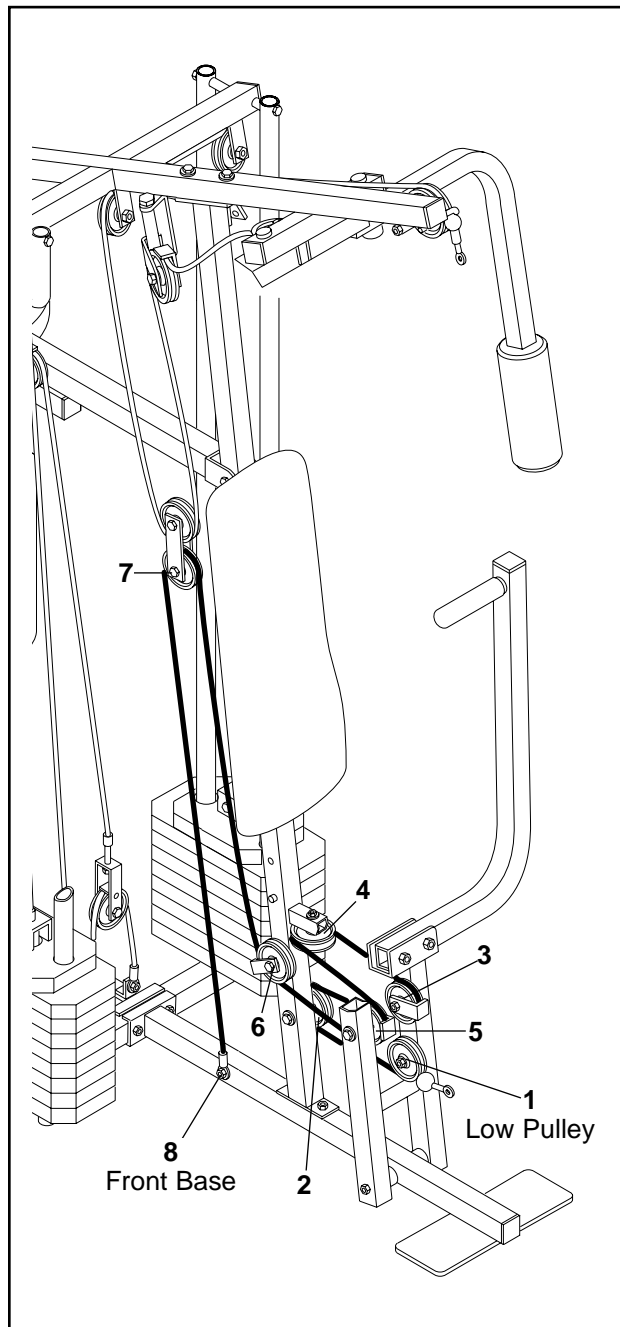
CABLE DIAGRAMS

The cable diagrams on this page and the next page show the proper routing of the High Cable (23), the Low Cable (86), the Rear Cable (95), and the Press Cable (58). Use the diagrams to be sure that the Cables have been assembled correctly. The starting and ending points of each Cable have been labeled. The numbers show the proper route for each Cable. **IMPORTANT: If the Cables have not been correctly routed, the WEIDER PRO 9730 will not function properly and damage may occur.**

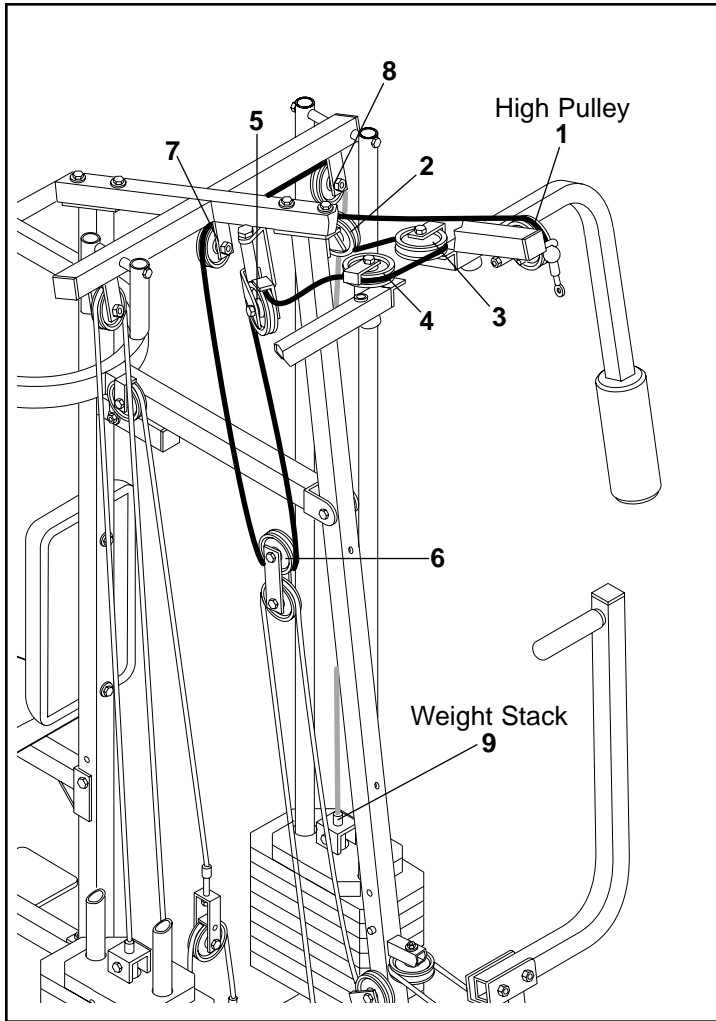
Rear Cable (95)



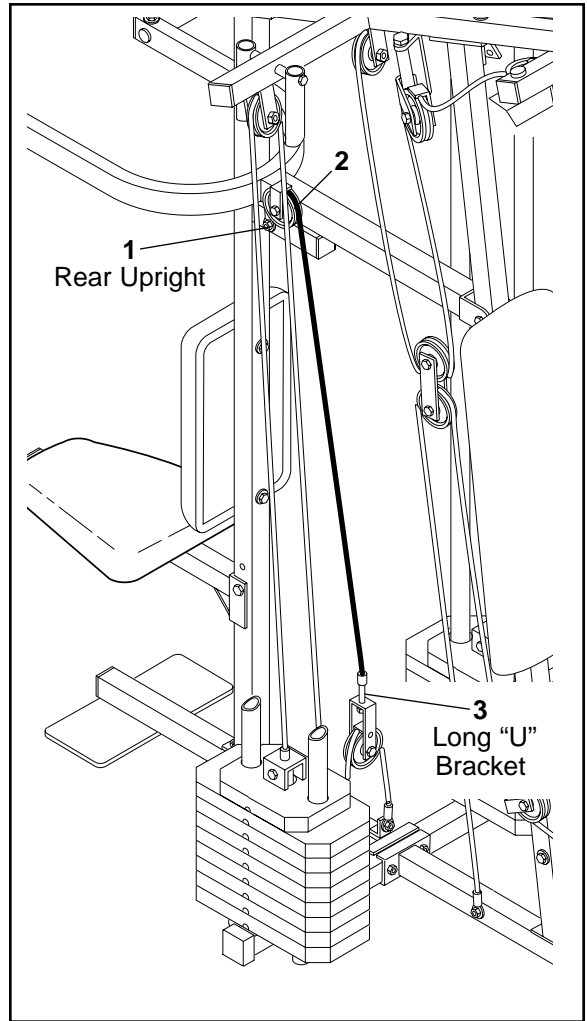
Low Cable (86)



High Cable (23)



Press Cable (58)



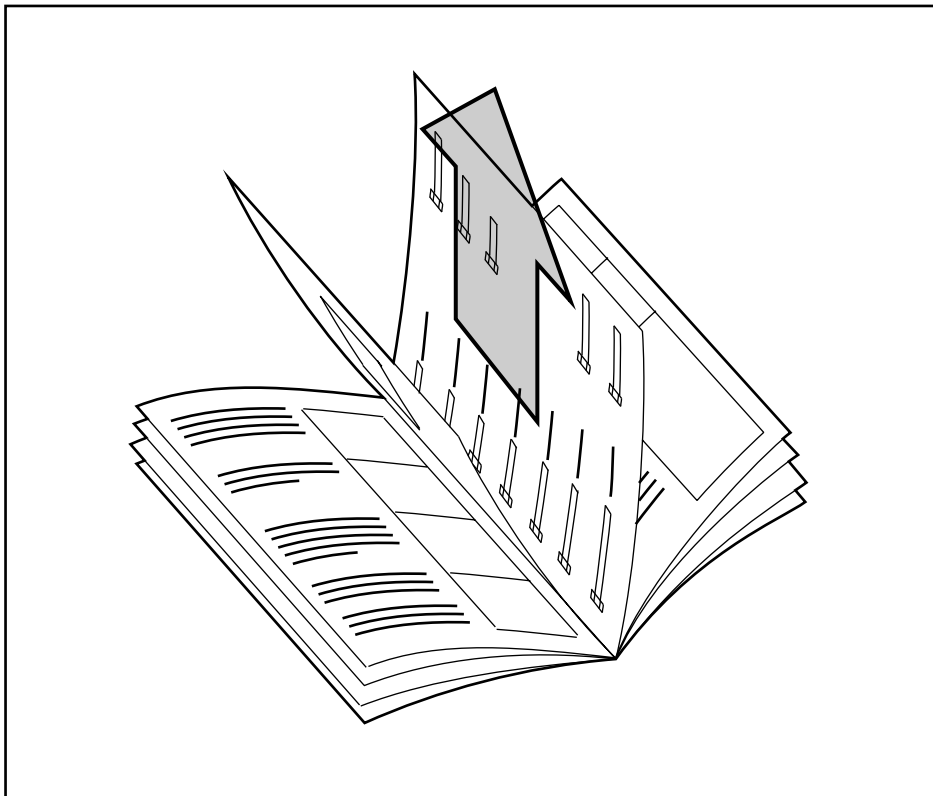
ORDERING REPLACEMENT PARTS

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:

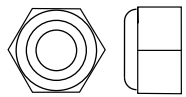
1. The MODEL NUMBER of the product (WESY97300).
2. The NAME of the product (WEIDER® 9730 Home Gym System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual).

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

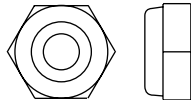
This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.



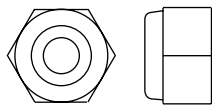
Please Note: The assembly is divided into four stages: 1) frame assembly, 2) press, squat, and butterfly arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately. Wait until you begin each assembly stage to open that parts bag.



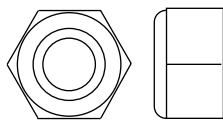
1/4" Nylon Locknut (2)-5



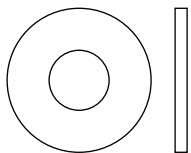
5/16" Nylon Jam Nut (84)-2



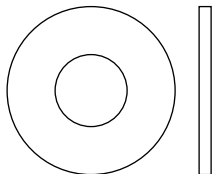
5/16" Nylon Locknut (3)-24



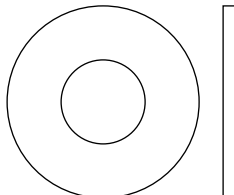
3/8" Nylon Locknut (21)-22



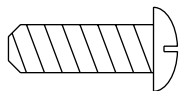
1/4" Washer (10)-11



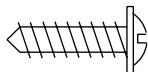
5/16" Washer (8)-11



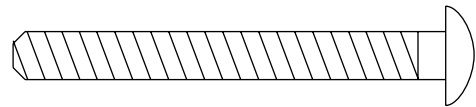
3/8" Washer (9)-7



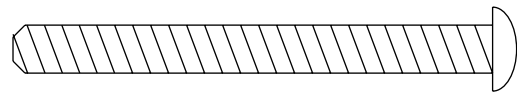
1/4" x 3/4" Screw (18)-4



#8 x 1/2" Tap Screw (89)-1



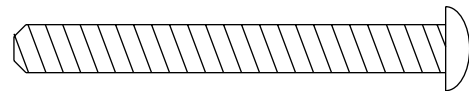
1/4" x 2 1/4" Carriage Bolt (38)-1



1/4" x 2 1/2" Screw (43)-5



1/4" x 2 1/2" Carriage Bolt (91)-1



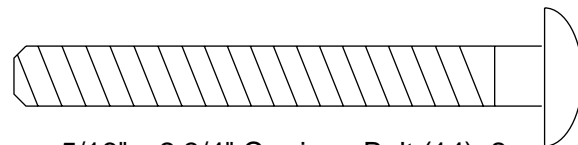
1/4" x 2 1/4" Screw (82)-1



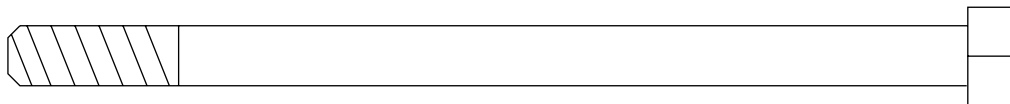
5/16" x 2 3/4" Bolt (11)-6



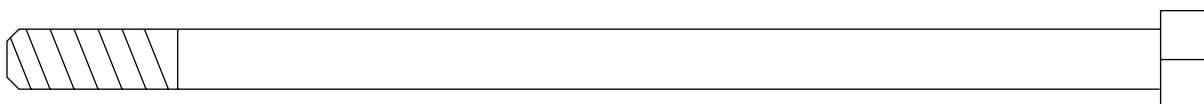
5/16" x 2 1/2" Carriage Bolt (1)-4



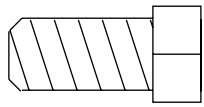
5/16" x 2 3/4" Carriage Bolt (14)-2



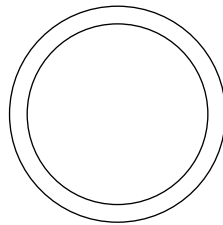
5/16" x 5" Bolt (68)-1



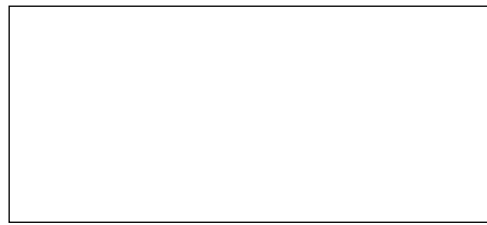
5/16" x 6" Bolt (60)-2



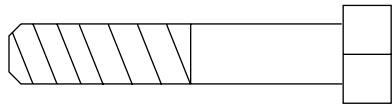
3/8" x 3/4" Bolt (24)-4



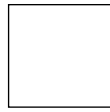
1 1/8" x 2 1/2" Plastic Bushing (74)-2



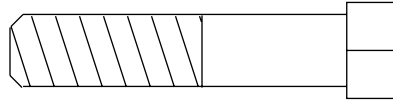
5/8" x 9/16" Spacer (73)-1



5/16" x 1 3/4" Bolt (72)-2



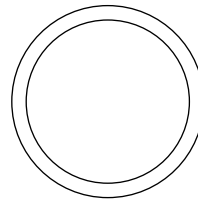
1/2" x 17/32" Spacer (94)-2



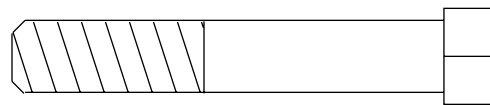
3/8" x 1 3/4" Bolt (87)-4



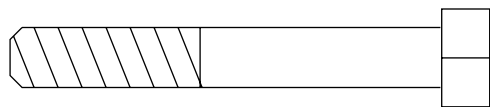
3/8" x 2" Bolt (12)-4



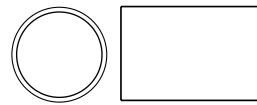
1" x 7/8" Plastic Bushing (75)-2



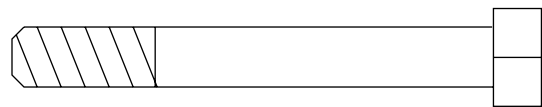
3/8" x 2 1/2" Bolt (7)-3



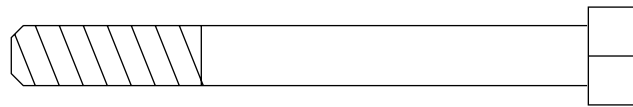
5/16" x 2 1/4" Bolt (33)-1



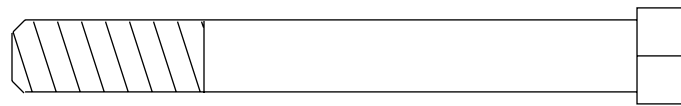
1/2" x 3/4" Spacer (61)-4



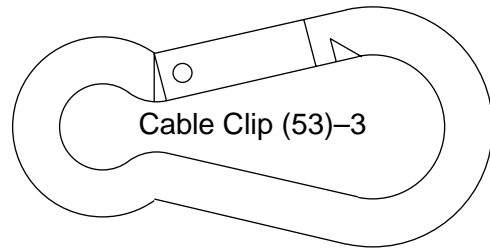
5/16" x 2 1/2" Bolt (22)-6



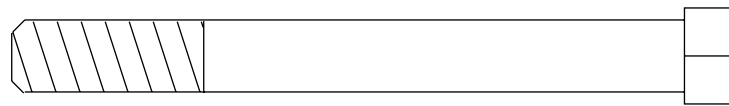
5/16" x 3" Bolt (93)-2



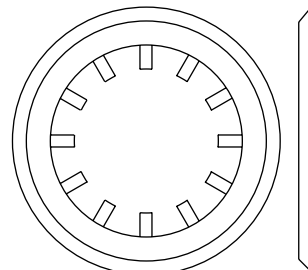
3/8" x 3 1/4" Bolt (85)-2



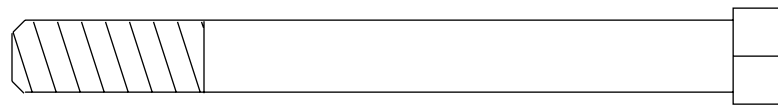
Cable Clip (53)-3



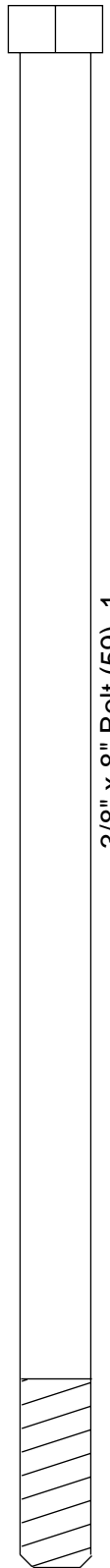
3/8" x 3 1/2" Bolt (16)-2



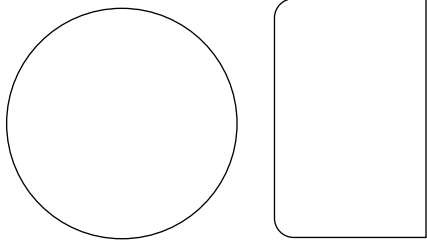
1" Retainer (69)-4



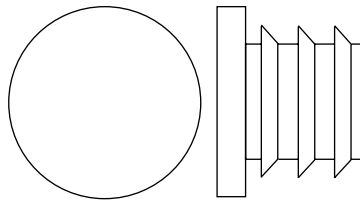
3/8" x 3 3/4" Bolt (71)-5



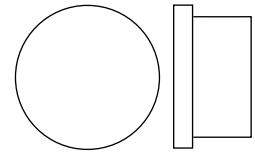
3/8" x 8" Bolt (59)-1



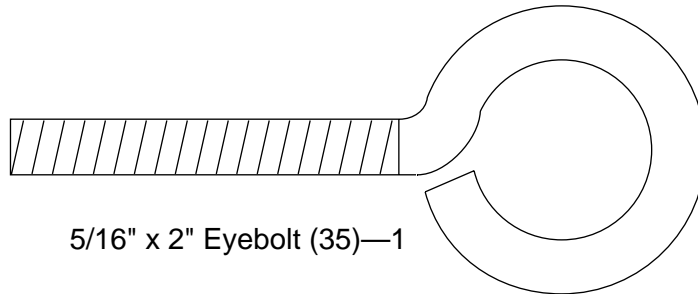
1" Round Cover Cap (70)-6



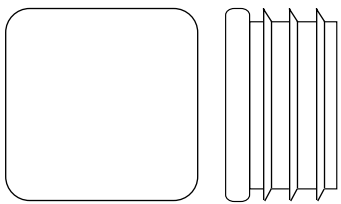
1" Round Inner Cap (49)-6



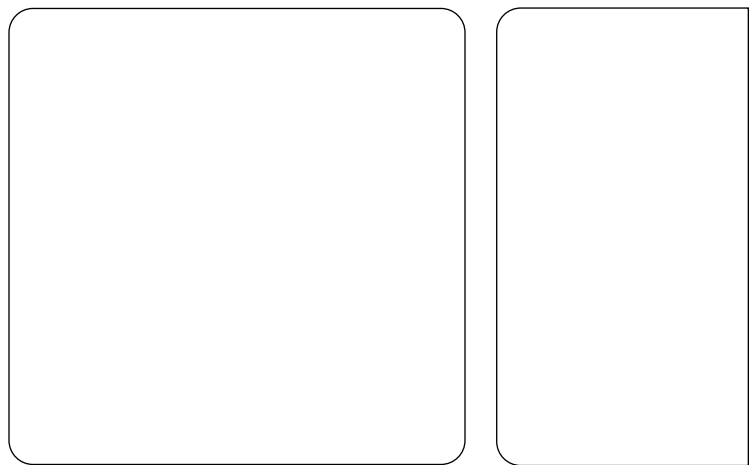
3/4" Round Inner Cap (34)-4



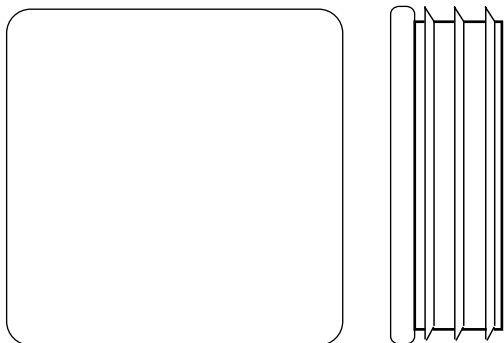
5/16" x 2" Eyebolt (35)-1



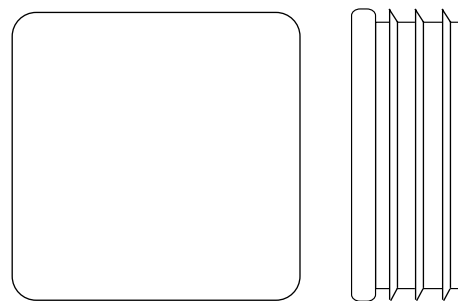
1" Square Inner Cap (65)-1



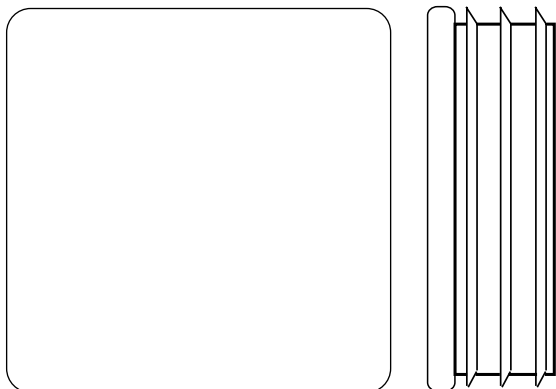
2" Square Cover Cap (78)-2



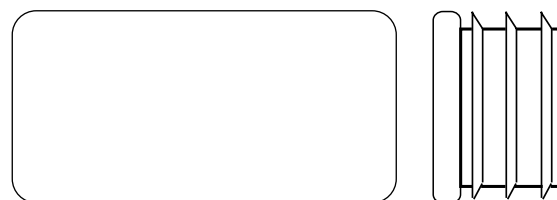
1 3/4" Square Inner Cap (44)-7



1 1/2" Square Inner Cap (32)-2

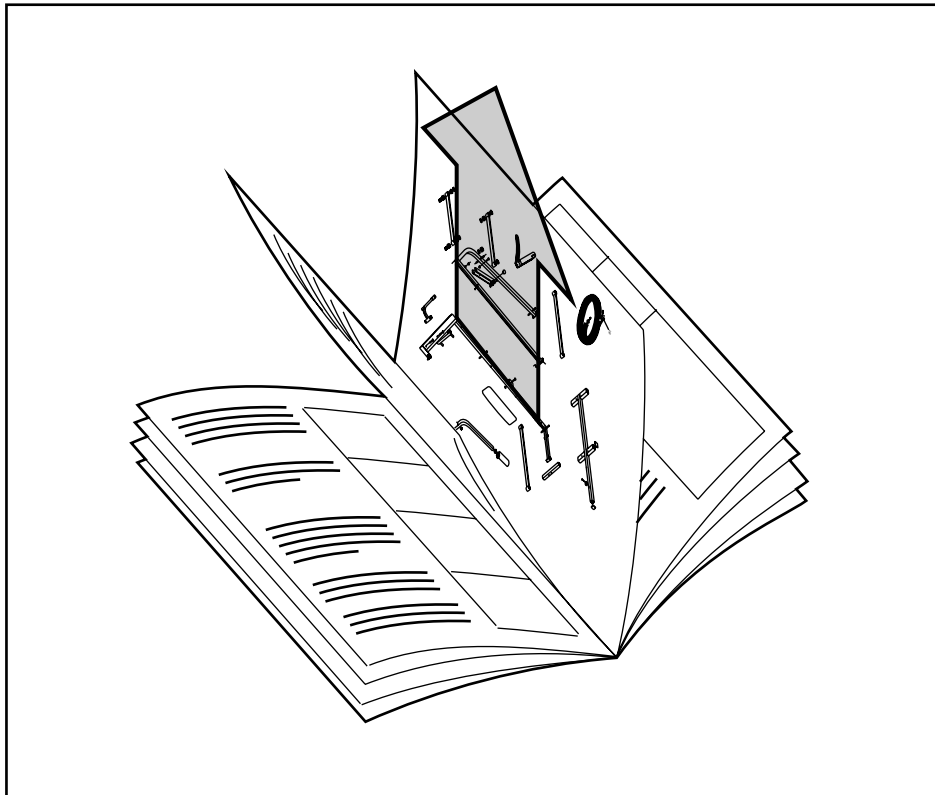


2" Square Inner Cap (27)-6



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

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PART LIST—Model No. WESY97300

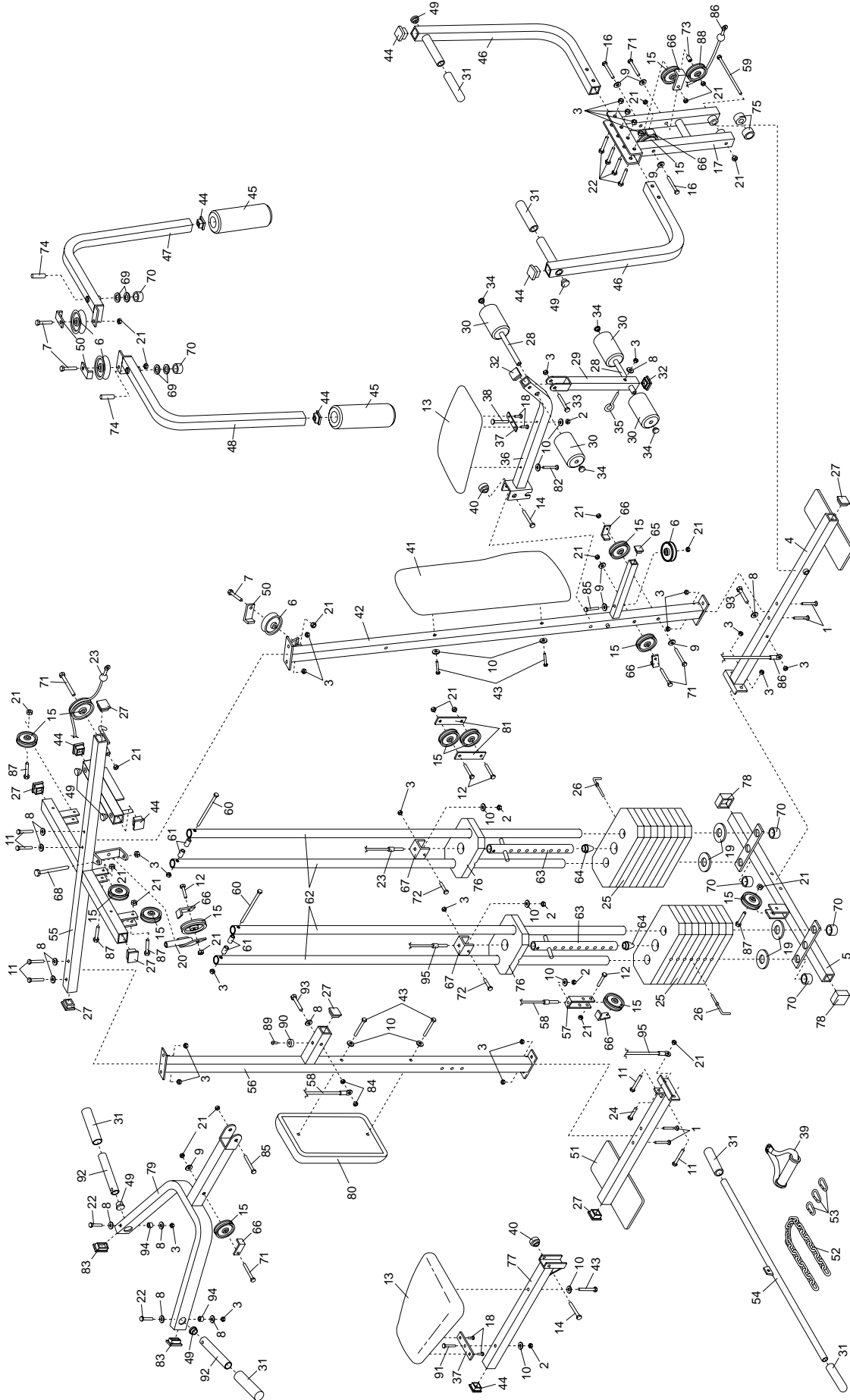
R1097A

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

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

EXPLODED DRAWING—Model No. WESY97300

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