

WEIDER®

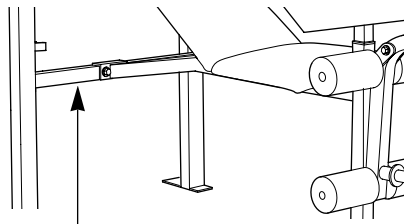
145

PATENT PENDING

Model No. 831.150850

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879



CAUTION

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

USER'S MANUAL

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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Full 90 Day Warranty

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT BENCH EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT BENCH EXERCISER, free of charge.

This warranty does not apply when the WEIGHT BENCH EXERCISER is used commercially or for rental purposes.

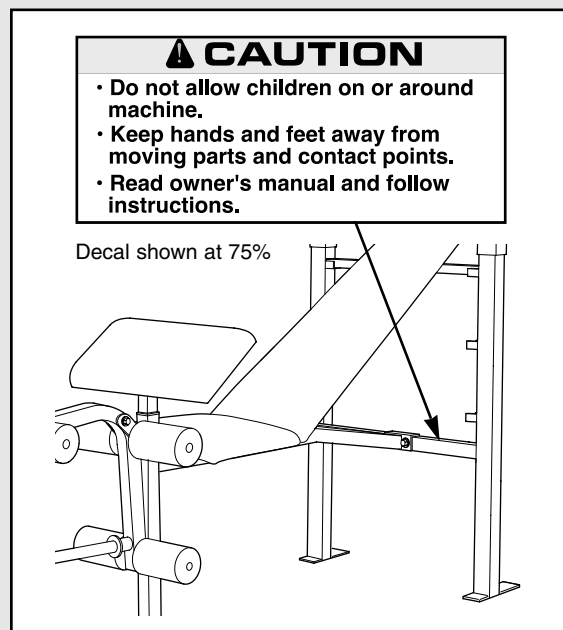
This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Important Precautions

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

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Always use an equal amount of weight on each side of your barbell (not included).
8. Do not use a barbell that is longer than five feet with the weight bench.
9. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts.
12. The weight bench is designed to support a maximum of 360 pounds, including the user, a weight bar, and weights. Do not place more than 110 pounds, including a weight bar and weights, on the weight rests; do not place more than 50 pounds on the leg lever for normal use; the leg lever can support 100 pounds when stationary.
13. When using the backrest in an inclined position, make sure that the support tube is fully seated in the adjustment brackets on the uprights.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
16. **WARNING DECAL PLACEMENT:** The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time, to order a replacement decal. Apply the replacement 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.

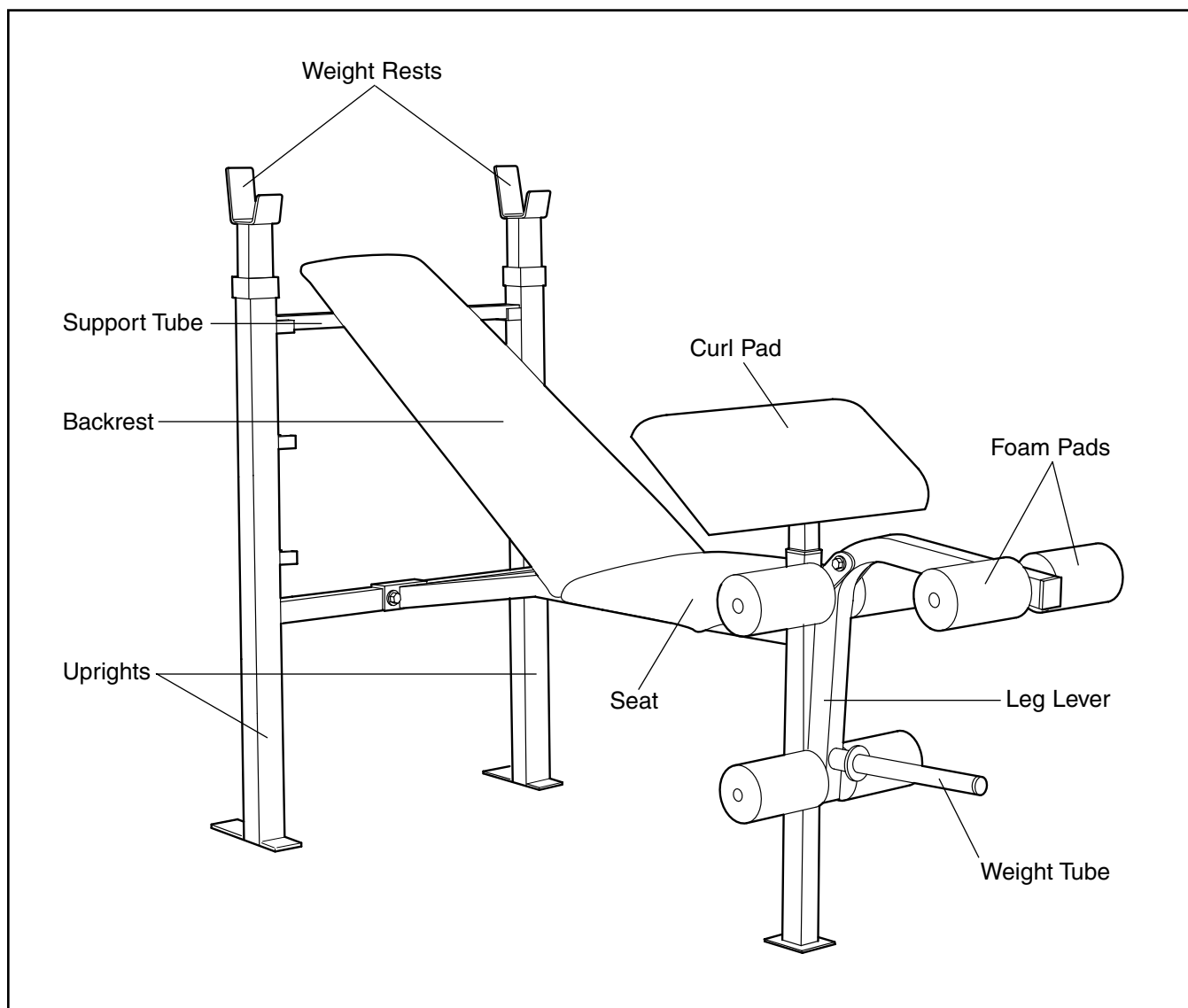
Before You Begin

Thank you for selecting the versatile WEIDER® 145 Weight Bench. The WEIDER® 145 Weight Bench is designed to let you 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 WEIDER® 145 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® 145 Weight Bench. If you have additional questions, please call our Customer HELPLINE toll-free at 1-800-736-6879, Monday

through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.150850. The serial number can be found on a decal attached to the WEIDER® 145 Weight Bench (see the front cover of this manual).

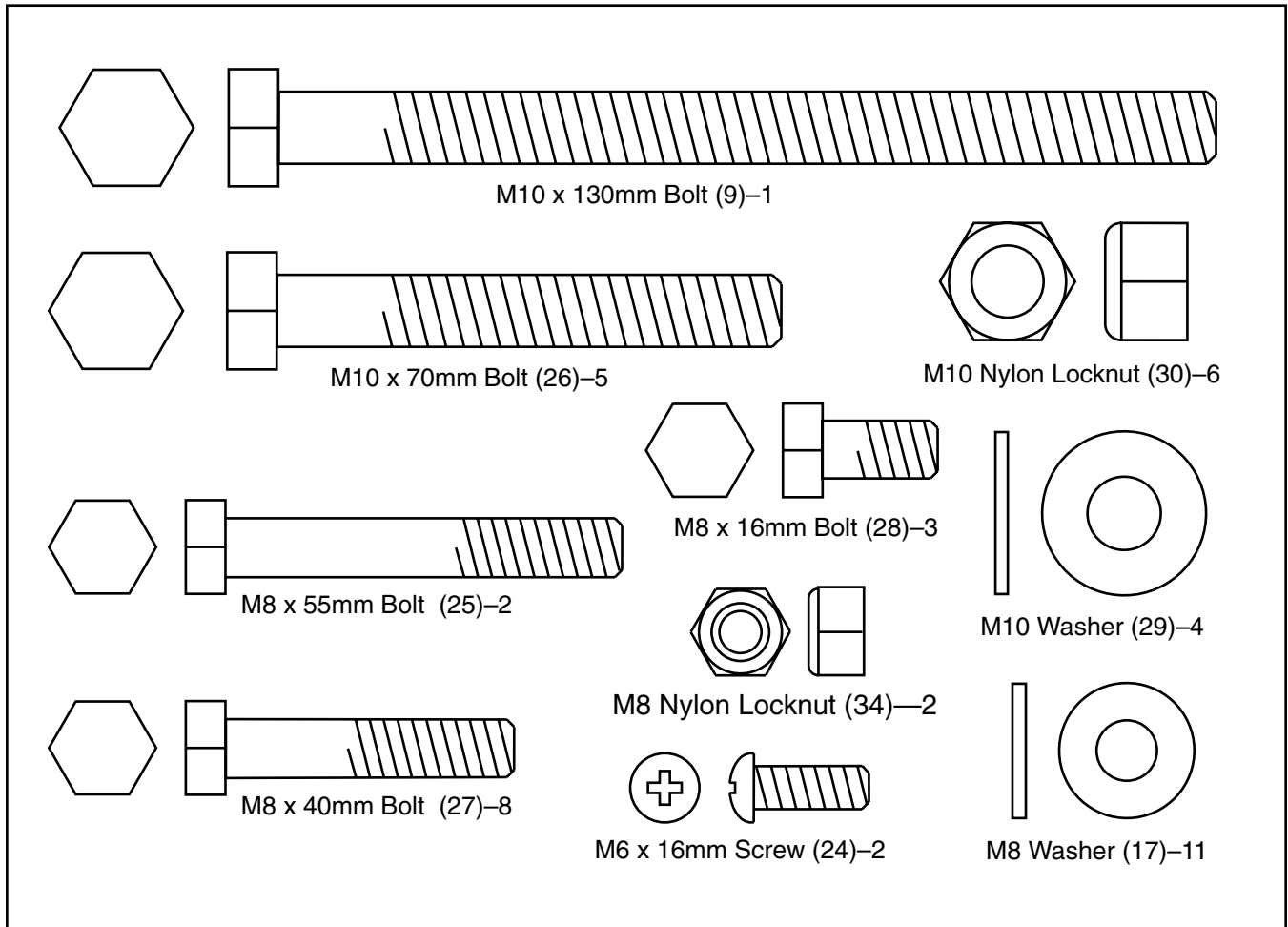
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



Part Identification Chart

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.



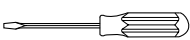


Assembly

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

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART on the page 5.
- As you assemble the weight bench, be sure that all parts are oriented as shown in the drawings.

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

- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **Lubricant, such as grease or petroleum jelly plus soapy water.**

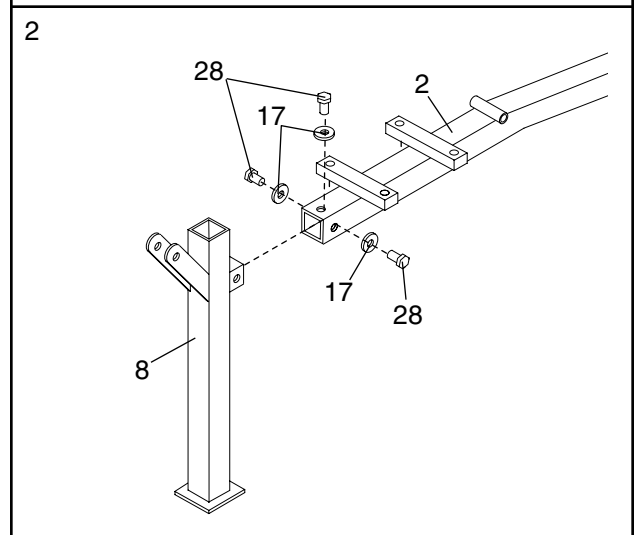
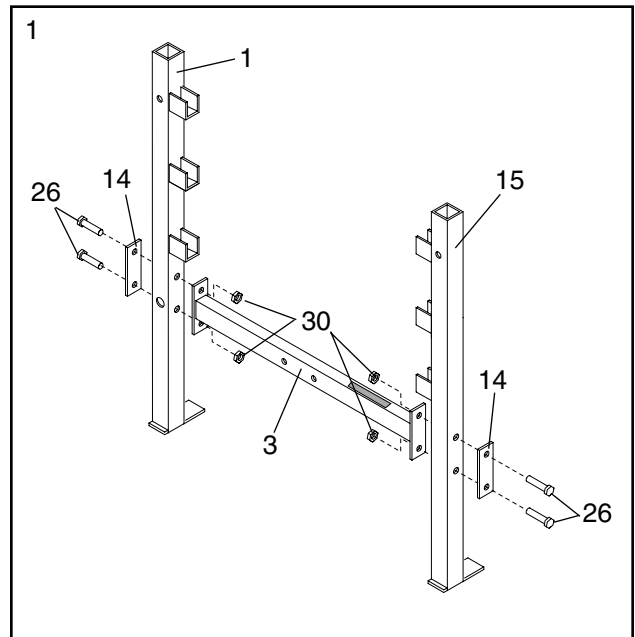
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

1. **Before assembling this product, be sure that you have read and understand the information in the box above.**

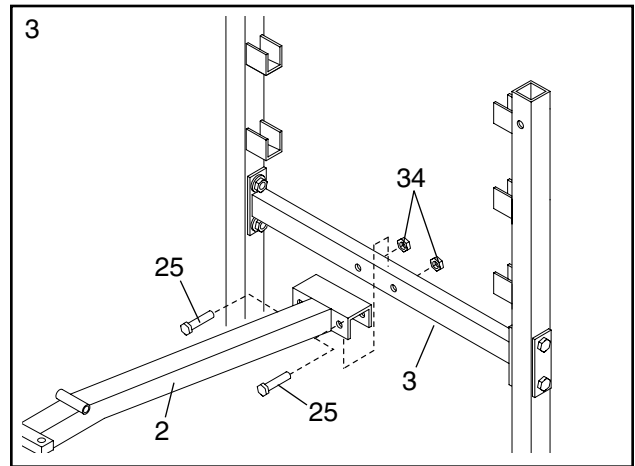
Position the Crossbar with the warning decal facing up as shown. Attach the Crossbar (3) to Upright A (1) with two M10 x 70mm Bolts (26), a Support Plate (14) and two M10 Nylon Locknuts (30). **The Upright must be oriented as shown.**

Attach the Crossbar (3) to Upright B (15) in the same manner.

2. Attach the Front Leg (8) to the Frame (2) with three M8 x 16mm Bolts (28) and three M8 Washers (17).



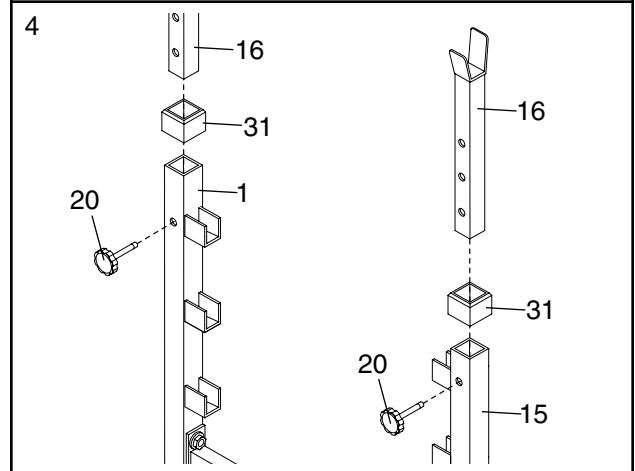
- Attach the Frame (2) to the Crossbar (3) with two M8 x 55mm Bolts (25) and two M8 Nylon Locknuts (34).



- Press a 50mm Square Bushing (31) onto each Upright (1, 15) and tap them in place with a rubber mallet.

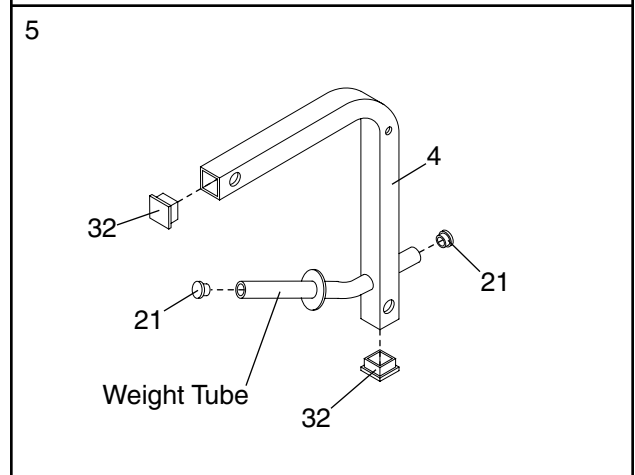
Slide a Weight Rest (16) into Upright A (1). Align one of the adjustment holes in the Weight Rest with the adjustment hole in the Upright. Tighten the Large Threaded Knob (20) into the adjustment hole in the Upright.

Attach the other Weight Rest (16) to Upright B (15) in the same manner.

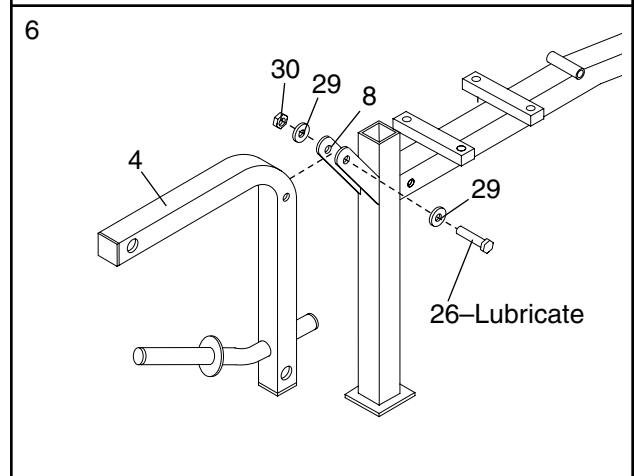


- Tap a 38mm Square Inner Cap (32) into each end of the Leg Lever (4).

Tap a 25.4mm Round Inner Cap (21) into each end of the weight tube.



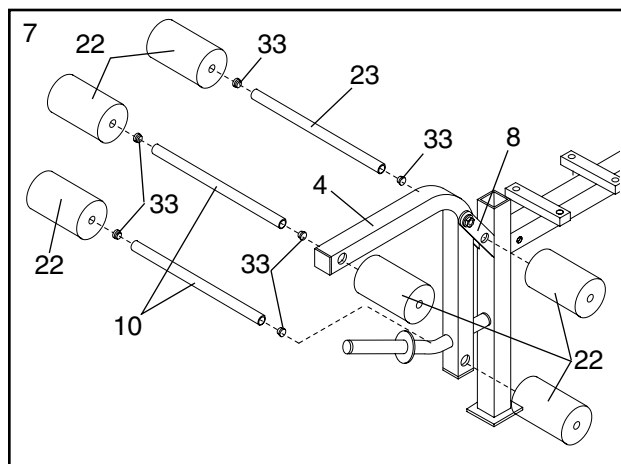
- Lubricate the M10 x 70mm Bolt (26). Attach the Leg Lever (4) to the Front Leg (8) with the Bolt, two M10 Washers (29) and the M10 Nylon Locknut (30).



- Press two 19mm Round Inner Caps (33) into each Short Pad Tube (10). Press two 19mm Round Inner Caps into the Long Pad Tube (23).

Insert the Short Pad Tubes (10) into the holes in the Leg Lever (4). Slide two Foam Pads (22) onto each Pad Tube.

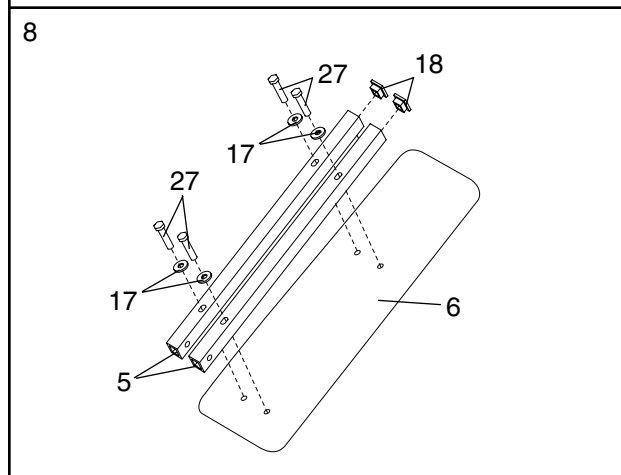
Insert the Long Pad Tube (23) into the holes in the bracket on the Front Leg (8). Slide a Foam Pad (22) onto each end of the Long Pad Tube.



- Press a 1" Square Inner Cap (18) into the indicated end of each Backrest Tube (5).

Attach each Backrest Tube (5) to the Backrest (6) with two M8 x 40mm Bolts (27) and two M8 Washers (17). **The Backrest Tubes must be oriented as shown.**

Do not tighten the four Bolts yet.

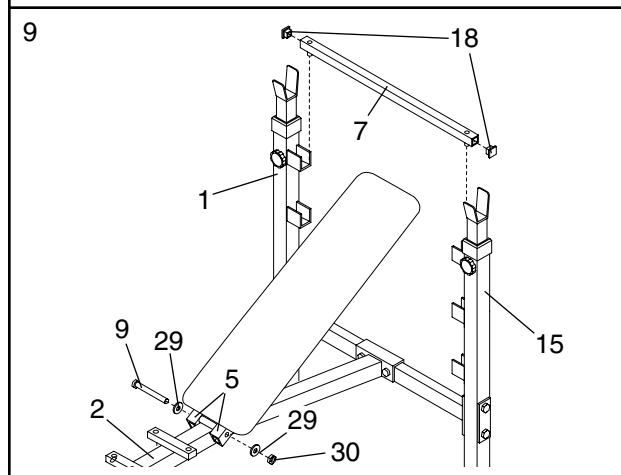


- Press a 1" Square Inner Cap (18) into each end of the Support Tube (7). Set the Support Tube into the highest set of adjustment brackets on the Uprights (1, 15).

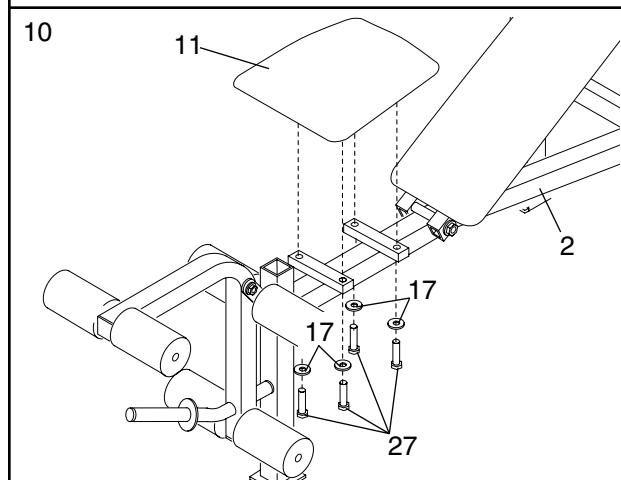
Lubricate the M10 x 130mm Bolt (9). Attach the Backrest Tubes (5) to the Frame (2) with the Bolt, two M10 Washers (29) and an M10 Nylon Locknut (30). **Do not overtighten the Nylon Locknut.**

Rest the Backrest (6) on the Support Tube (7).

Tighten the four M8 x 40mm Bolts (27) securing the support tubes to the seat (see Step 8).



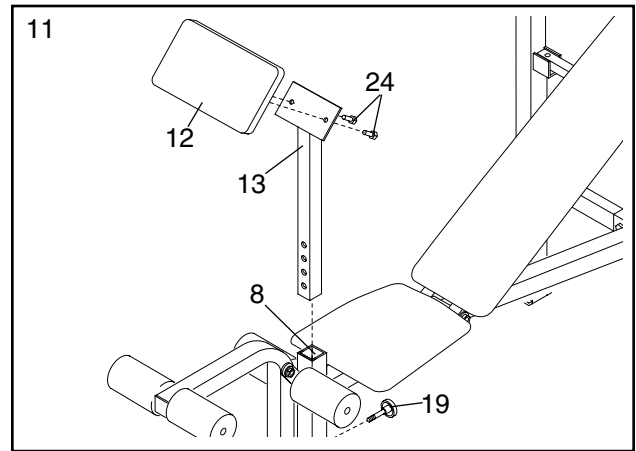
- Attach the Seat (11) to the seat support brackets on the Frame (2) with four M8 x 40mm Bolts (27) and four M8 Washers (17).



11. Attach the Curl Pad (12) to the Curl Upright (13) with two M6 x 16mm Screws (24).

Slide the Curl Upright (13) into the Front Leg (8). Align one of the adjustment holes in the Curl Upright with the adjustment hole in the Front Leg. Tighten the Small Threaded Knob (19) into the adjustment hole in the Front Leg.

12. **Make sure that all parts are properly tightened before you use the weight bench.**



Using the Weight Bench

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 11 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

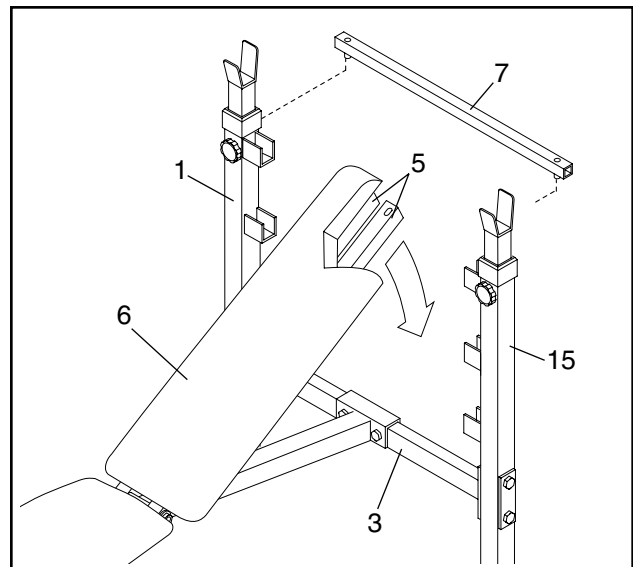
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a level position, two incline positions or a decline position. To use the Backrest in a level position, first lift the Backrest. Insert the Support Tube (7) into the lowest set of adjustment brackets in the Uprights (1, 15). Lay the Backrest Tubes (5) on the Support Tube.

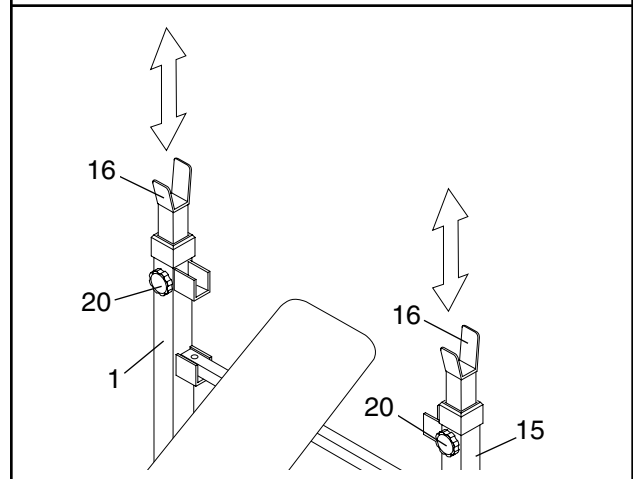
To use the Backrest (6) in an incline position, first lift the Backrest. Insert the Support Tube (7) into one of the two upper sets of adjustment brackets in the Uprights (1, 15). Lay the Backrest Tubes (5) on the Support Tube.

To use the Backrest (6) in a decline position, lift the Backrest and remove the Support Tube. Lay the Backrest Tubes (5) on the Crossbar (3).



ADJUSTING THE WEIGHT RESTS

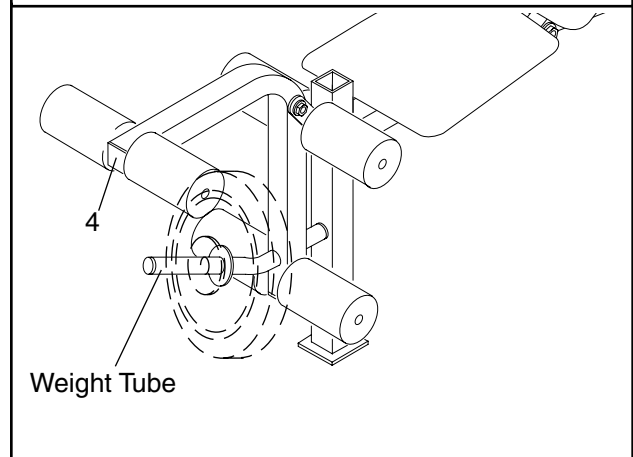
To adjust the Weight Rests (16), remove the Large Threaded Knobs (20) from the Uprights (1, 15). Move the Weight Rests to the desired height. Replace the Large Threaded Knobs. **The Weight Rests must be set to the same heights.**



ATTACHING WEIGHTS TO THE WEIGHT BENCH

Note: Remove the Curl Upright before using the Leg lever (see Assembly, step 11 on page 9).

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube.



WARNING: Do not place more than 50 pounds on the Leg Lever for normal use.

Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles continue to adapt and grow. Each exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

• Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

• Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

• Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 12 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale

during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

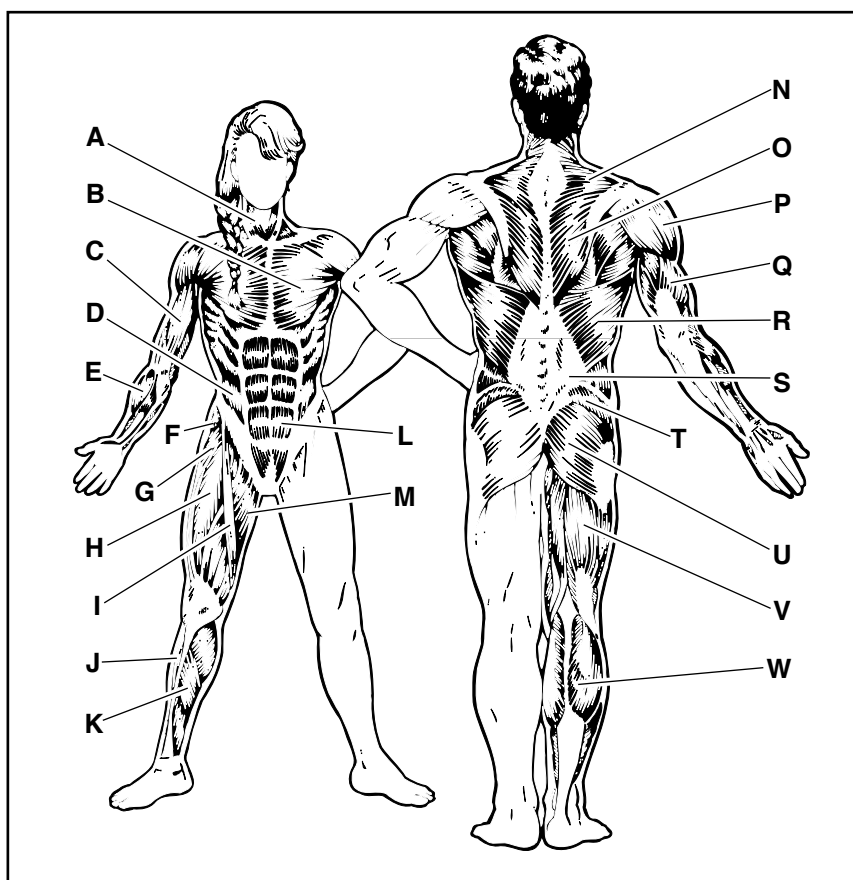
MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 13 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY AEROBIC EXERCISE

Date: _____
 / /

WEDNESDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY AEROBIC EXERCISE

Date: _____
 / /

FRIDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

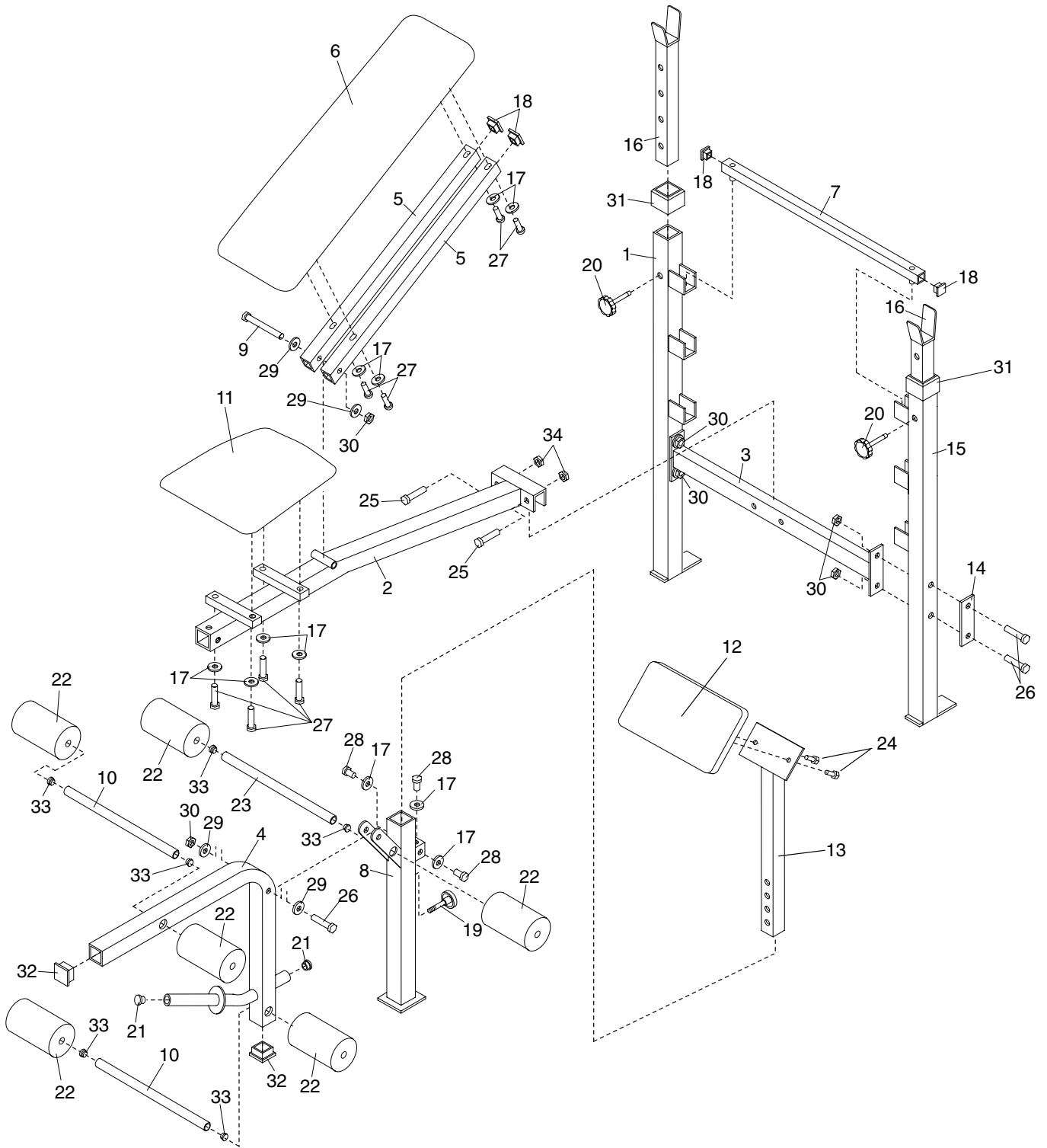
Make photocopies of this page for scheduling and recording your workouts.

Part List—Model No. 831.150850

R1099B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Upright A	19	1	Small Threaded Knob
2	1	Frame	20	2	Large Threaded Knob
3	1	Crossbar	21	2	25.4mm Round Inner Cap
4	1	Leg Lever	22	6	Foam Pad
5	2	Backrest Tube	23	1	Long Pad Tube
6	1	Backrest	24	2	M6 x 16mm Screw
7	1	Support Tube	25	2	M8 x 55mm Bolt
8	1	Front Leg	26	5	M10 x 70mm Bolt
9	1	M10 x 130mm Bolt	27	8	M8 x 40mm Bolt
10	2	Short Pad Tube	28	3	M8 x 16mm Bolt
11	1	Seat	29	4	M10 Washer
12	1	Curl Pad	30	6	M10 Nylon Locknut
13	1	Curl Upright	31	2	50mm Square Bushing
14	2	Support Plate	32	2	38mm Square Inner Cap
15	1	Upright B	33	6	19mm Round Inner Cap
16	2	Weight Rest	34	2	M8 Nylon Locknut
17	11	M8 Washer	#	1	User's Manual
18	4	1" Square Inner Cap	#	1	Exercise Poster

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



Model No. 831.150850

QUESTIONS?

If you find that:

- you need help assembling or operating the WEIDER® 145
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your WEIDER® 145 are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.150850)
- The NAME of the product (WEIDER® 145 Weight Bench)
- The PART NUMBER of the PART (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual)
- The DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual).

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179