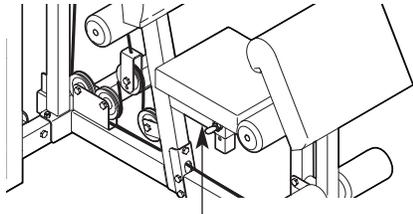


# WEIDER<sup>®</sup> CLUB C4800

Model No. WESY47330

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

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

## USER'S MANUAL

### QUESTIONS?

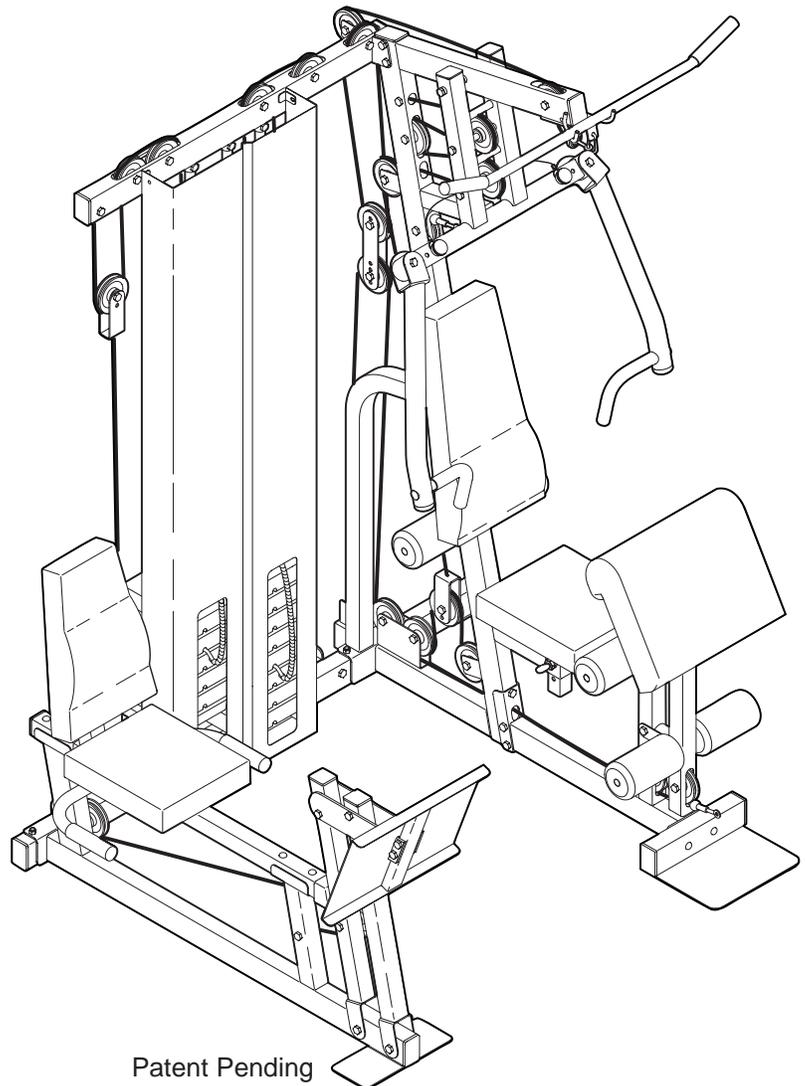
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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.

CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST



Patent Pending

### CAUTION

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



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# WEIDER<sup>®</sup> CLUB

## C4800

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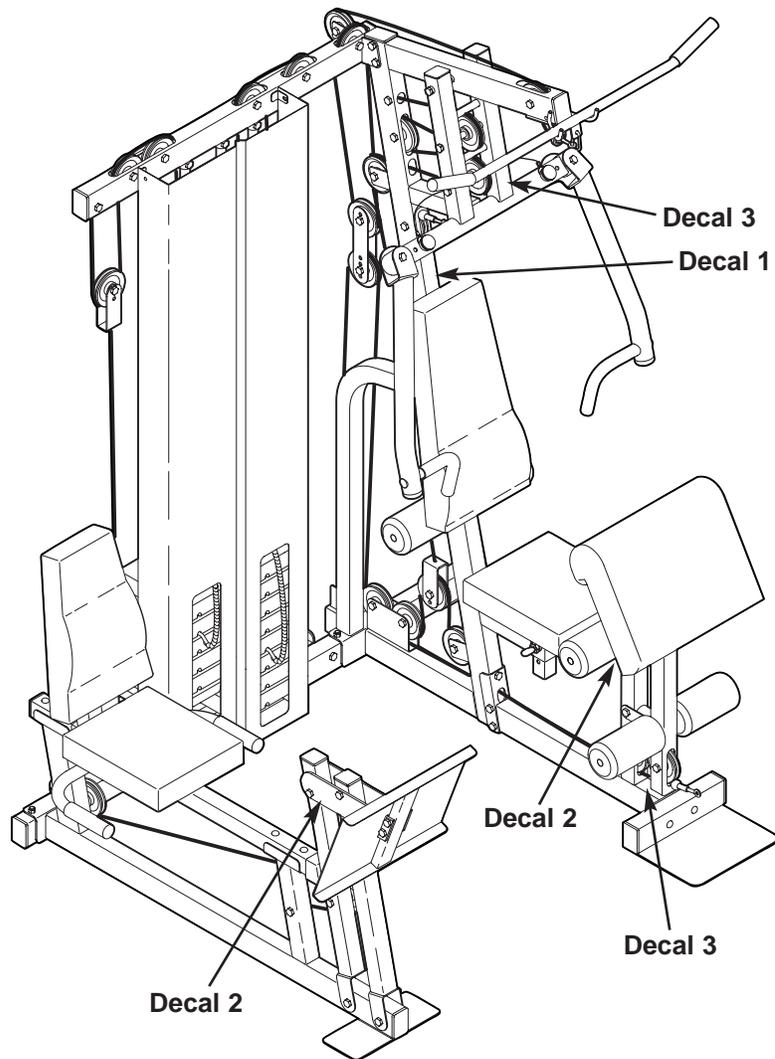
### TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	3
IMPORTANT PRECAUTIONS .....	4
BEFORE YOU BEGIN .....	5
ASSEMBLY .....	6
ADJUSTMENTS .....	26
WEIGHT RESISTANCE CHART .....	28
CABLE DIAGRAMS .....	29
TROUBLE SHOOTING .....	31
EXERCISE GUIDELINES .....	32
ORDERING REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover

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

# WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight system. If a decal is missing or illegible, 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, to order a free replacement decal. Apply the decal in the location shown.



## **⚠ WARNING**

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

Decal 1

## **⚠ WARNING**

Keep hands and fingers clear of this area.

Decal 2

## **⚠ WARNING**

- Keep clear of this area.

Decal 3

# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight system is designed to support a maximum user weight of 300 pounds. The weight system is designed to be used by only one person at a time.
10. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
11. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
12. Never release the butterfly arms, leg lever, lat bar, leg press, or accessories while weights are raised; the weights will fall with great force.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not use it.*
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠ 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.

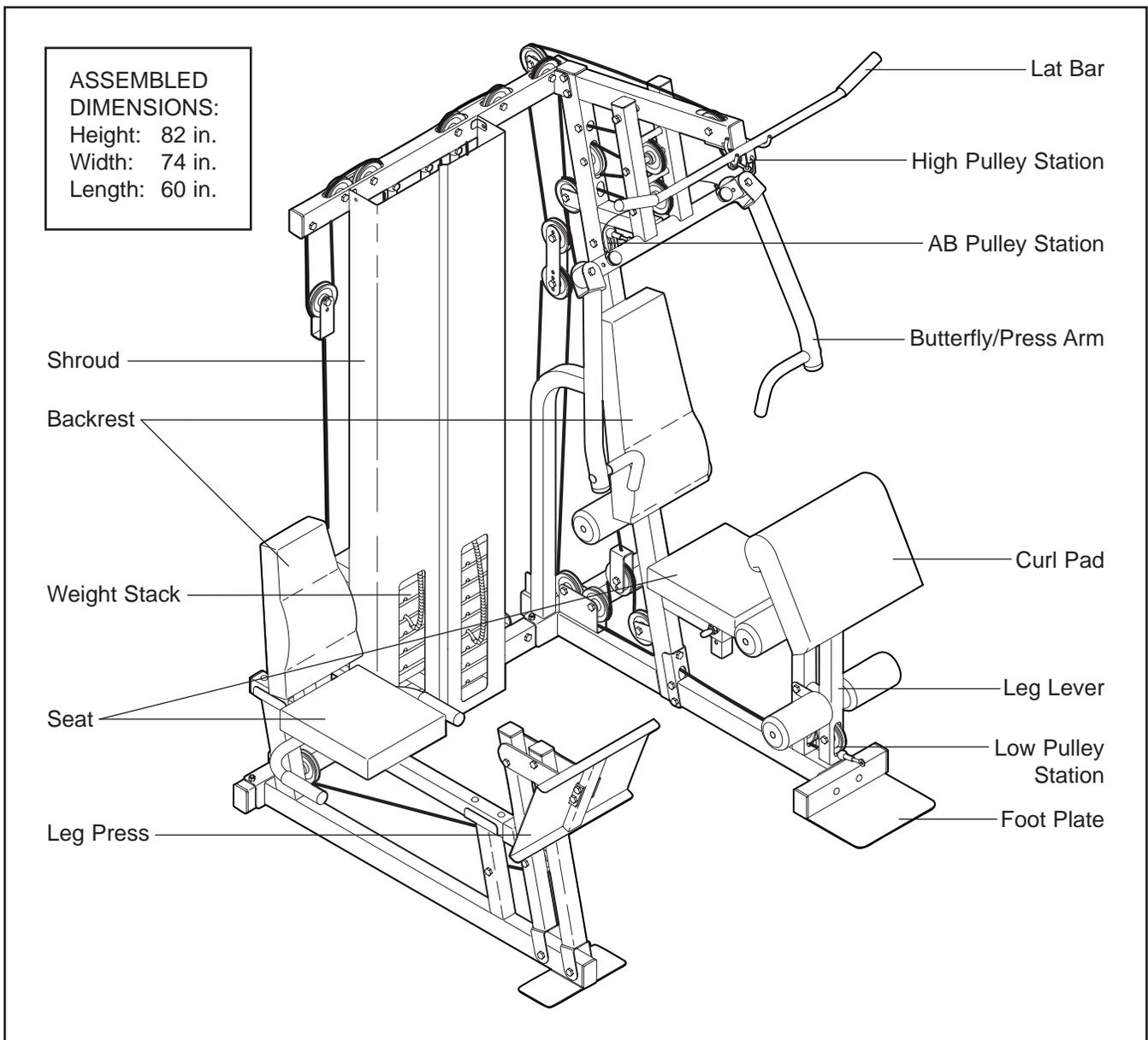
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® CLUB C4800 weight system. The weight system 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 weight system will help you to achieve the specific results you want.

tions, 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 WESY47330. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

**For your benefit, read this manual carefully before using the weight system.** If you have additional ques-

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



# ASSEMBLY

## Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

## Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

## Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.

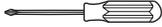
## Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

## How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

## Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

## How to Identify Parts

To help you identify the small parts used in assembly, we have included a **PART IDENTIFICATION CHART** in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly 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.**

## How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

## Tightening Parts

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

## Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-800-999-3756**.

## The Four Stages of the Assembly Process

**Frame Assembly**—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

**Arm Assembly**—During this stage you will assemble the arms and the leg lever.

**Cable Assembly**—During this stage you will attach the cables and pulleys that connect the arms to the weights.

**Seat Assembly**—During the final stage you will assemble the seats and the backrests.

# Frame Assembly

1. **Before beginning assembly, make sure you understand the information in the box on page 6. Refer to the *PART IDENTIFICATION CHART* in the center of this manual for help identifying small parts.**

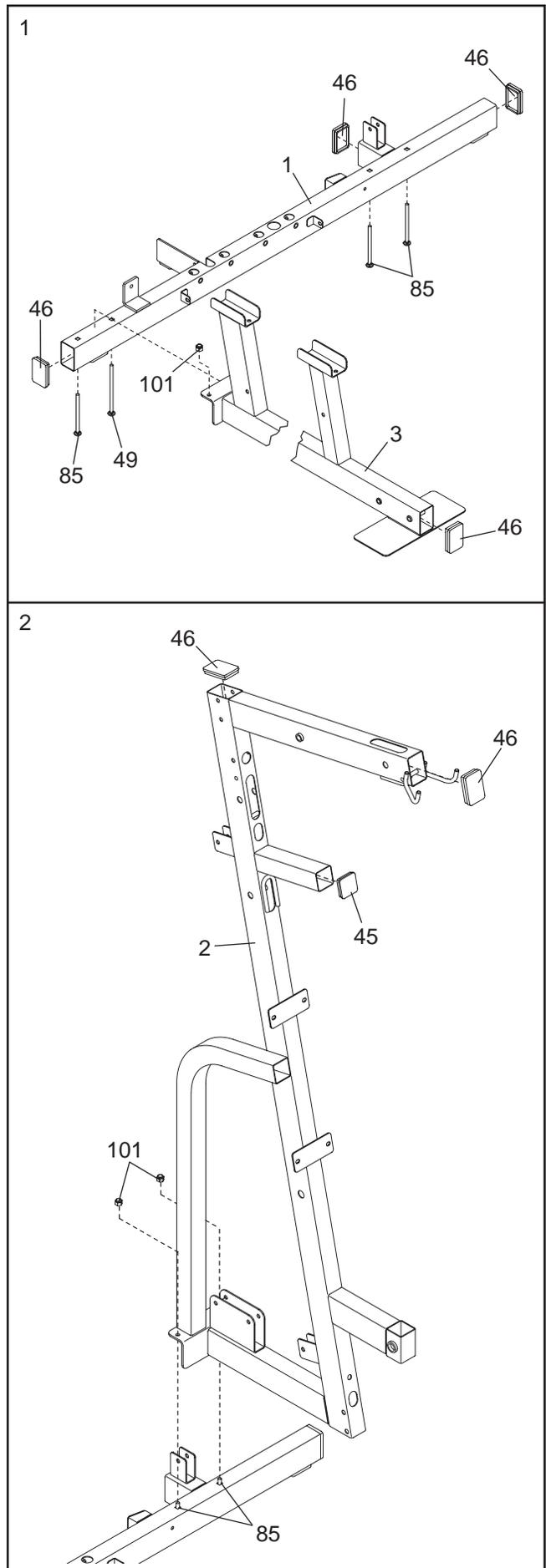
Press four 50mm x 75mm Inner Caps (46) into the Base (1) and the Leg Press Base (3).

Insert three M10 x 92mm Carriage Bolts (85) and an M10 x 121mm Carriage Bolt (49) up into the Base (1).

Slide the Leg Press Base (3) onto the indicated M10 x 92mm Carriage Bolt (85) and the M10 x 121mm Carriage Bolt (49). Thread an M10 Nylon Locknut (101) onto the M10 x 92mm Carriage Bolt. **Do not tighten the Locknut yet.**

2. Press two 50mm x 75mm Inner Caps (46) and a 50mm Square Inner Cap (45) into the Butterfly Upright (2).

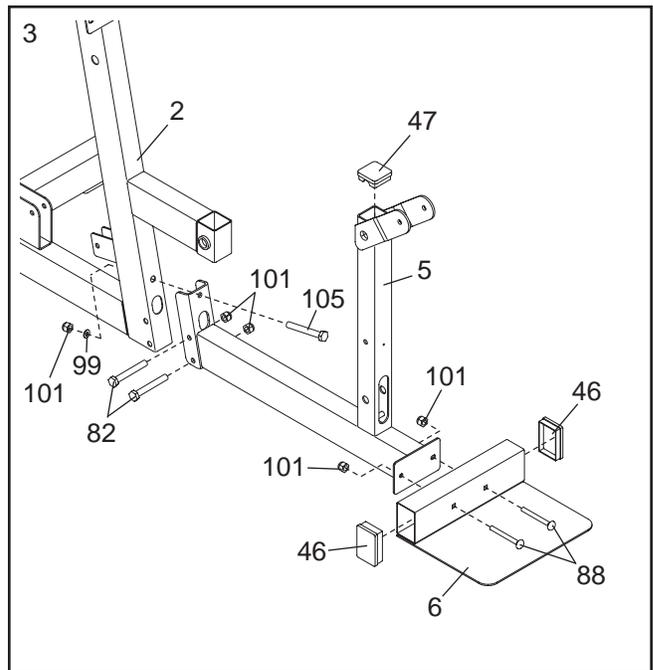
Slide the Butterfly Upright (2) on the indicated M10 x 92mm Carriage Bolts (85) and thread two M10 Nylon Locknuts (101) onto the Bolts. **Do not tighten the Locknuts yet.**



- Press a 50mm Thick Square Inner Cap (47) into the Leg Lever Base (5). Press two 50mm x 75mm Inner Caps (46) into the Foot Plate (6).

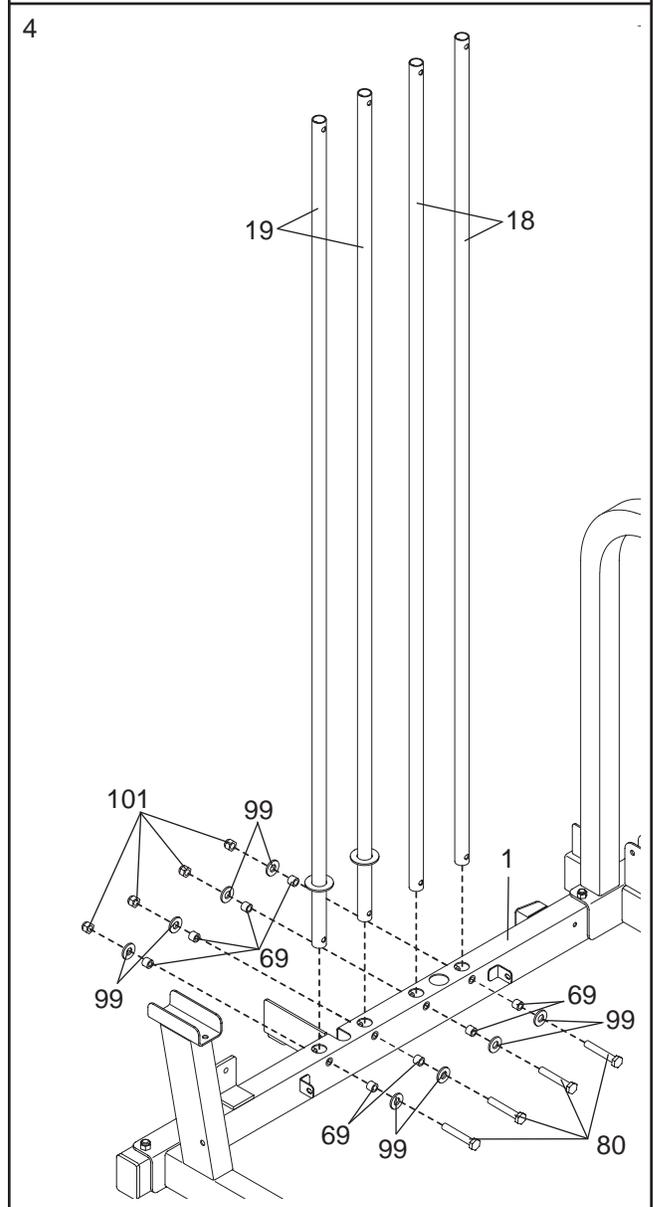
Attach the Leg Lever Base (5) to the Butterfly Upright (2) with two M10 x 75mm Bolts (82), an M10 x 95mm Bolt (105), an M10 Washer (99), and three M10 Nylon Locknuts (101). **Do not tighten the Locknuts yet.**

Attach the Foot Plate (6) to the Leg Lever Base (5) with two M10 x 65mm Carriage Bolts (88) and two M10 Nylon Locknuts (101). **Do not tighten the Locknuts yet.**



- Insert the two Weight Guides with Rings (19) into the indicated holes in the Base (1). Attach the Weight Guides with Rings to the Base with two M10 x 65mm Bolts (80), four M10 Washers (99), four 12.5mm Spacers (69), and two M10 Nylon Locknuts (101).

Insert the two Weight Guides (18) into the indicated holes in the Base (1). Attach the Weight Guides to the Base with two M10 x 65mm Bolts (80), four M10 Washers (99), four 12.5mm Spacers (69), and two M10 Nylon Locknuts (101).

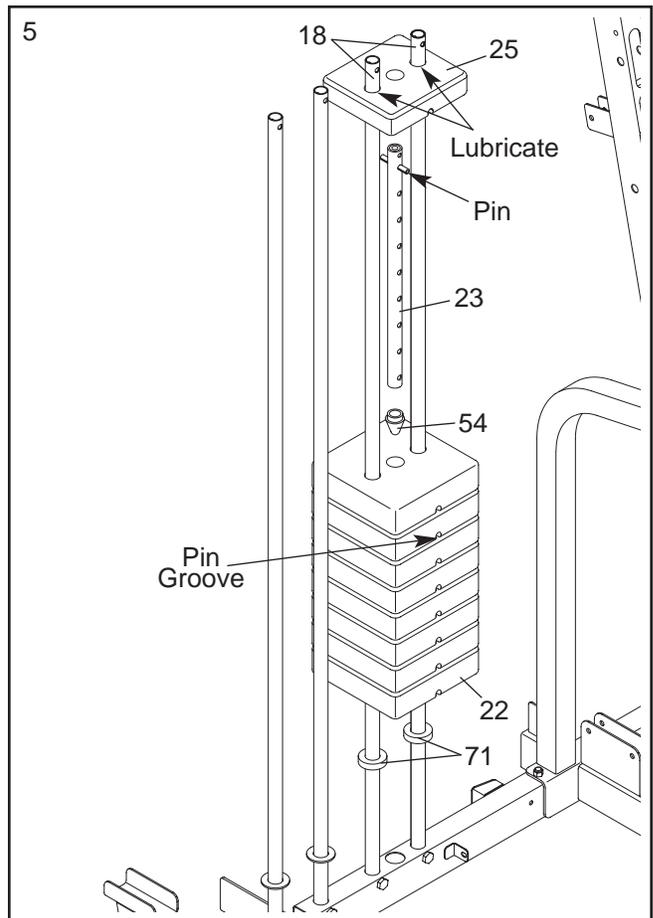


5. Slide two Weight Bumpers (71) onto the Weight Guides (18).

Slide eight Weights (22) onto the Weight Guides (18). **Make sure the Weights are oriented with the pin grooves on the side shown.**

Press a Weight Tube Bumper (54) into the Long Weight Tube (23). Insert the Long Weight Tube into the Weights (22).

Lubricate the indicated holes in a Top Weight (25) with grease. Slide the Top Weight onto the Weight Guides (18). **Make sure the pin on the Long Weight Tube (23) rests in the grooves in the bottom of the Top Weight.**



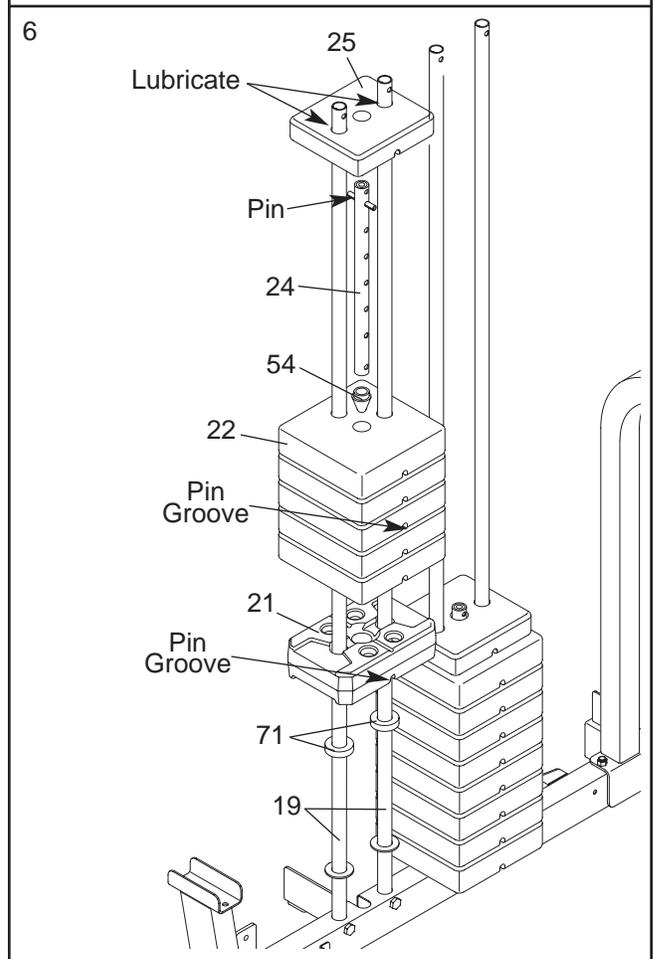
6. Slide two Weight Bumpers (71) onto the Weight Guides with Rings (19).

Slide the Bottom Weight (21) onto the Weight Guides with Rings (19). **Make sure the Weight is oriented with the pin groove on the side shown.**

Slide five Weights (22) onto the Weight Guides with Rings (19). **Make sure the Weights are oriented with the pin grooves on the side shown.**

Press a Weight Tube Bumper (54) into the Short Weight Tube (24). Slide the Short Weight Tube into the Weights (22).

Lubricate the indicated holes in the other Top Weight (25) with grease. Slide the Top Weight onto the Weight Guides with Rings (19). **Make sure the pin on the Short Weight Tube (24) rests in the grooves in the bottom of the Top Weight.**

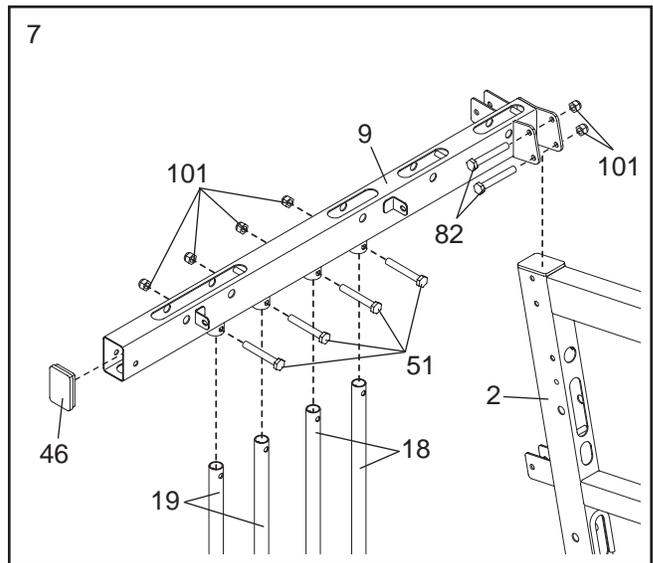


7. Press a 50mm x 75mm Inner Cap (46) into the Top Frame (9).

Slide the welded tubes on the Top Frame (9) over the upper ends of the Weight Guides (18, 19).

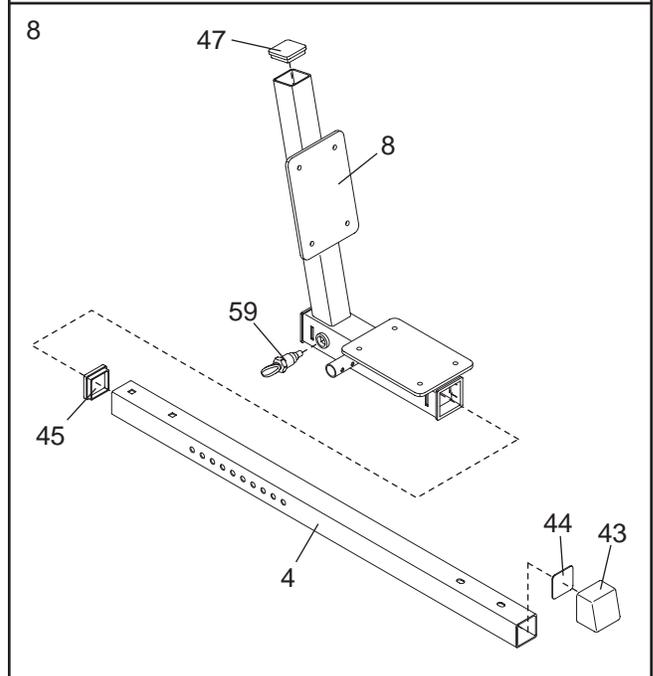
Attach the Top Frame (9) to the Butterfly Upright (2) with two M10 x 75mm Bolts (82) and two M10 Nylon Locknuts (101). **Do not tighten the Locknuts yet.**

Attach the Top Frame (9) to the Weight Guides (18, 19) with four M10 x 45mm Bolts (51) and four M10 Nylon Locknuts (101). **Do not tighten the Locknuts yet.**



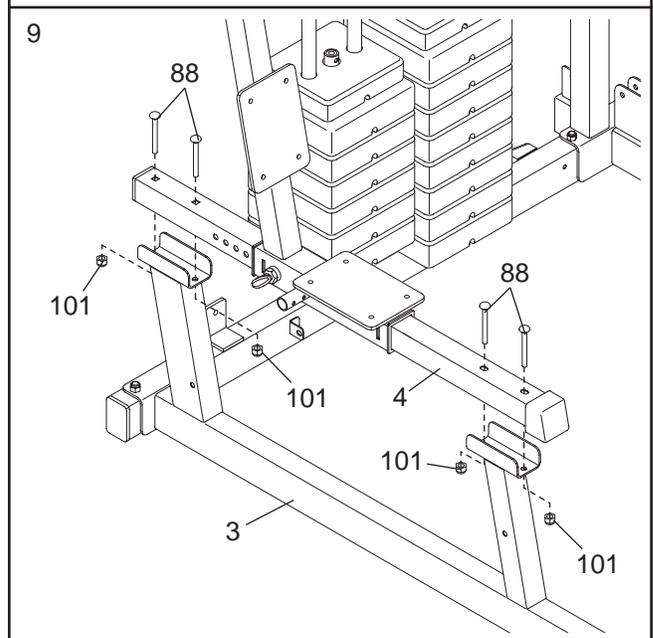
8. Press a 50mm Thick Square Inner Cap (47) into the Sliding Seat Frame (8). Press a 50mm Square Inner Cap (45) into the indicated end of the Seat Adjustment Frame (4). Press the Metal Plate (44) and the 50mm Angled Outer Cap (43) onto the other end of the Seat Adjustment Frame.

Tighten a "T"-handle (59) into the Sliding Seat Frame (8). Turn the "T"-handle counterclockwise to loosen it. Pull out the handle as far as possible and slide the Seat Adjustment Frame (4) into the Sliding Seat Frame. Release the handle and let it engage one of the adjustment holes in the Seat Adjustment Frame. Then, tighten the handle.



9. Attach the Seat Adjustment Frame (4) to the Leg Press Base (3) with four M10 x 65mm Carriage Bolts (88) and four M10 Nylon Locknuts (101).

**Tighten the M10 Nylon Locknuts (101) used in steps 1–3 and 7–9.**

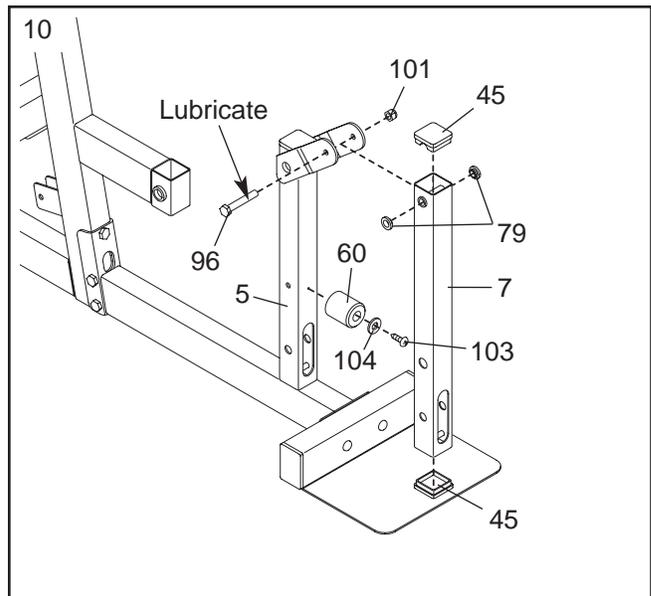


## Arm Assembly

10. Attach the Leg Lever Bumper (60) to the Leg Lever Base (5) with an M4 x 25mm Self-tapping Screw (103) and an M4 Washer (104).

Press two 50mm Square Inner Caps (45) and two M10 Round Bushings (79) into the Leg Lever (7).

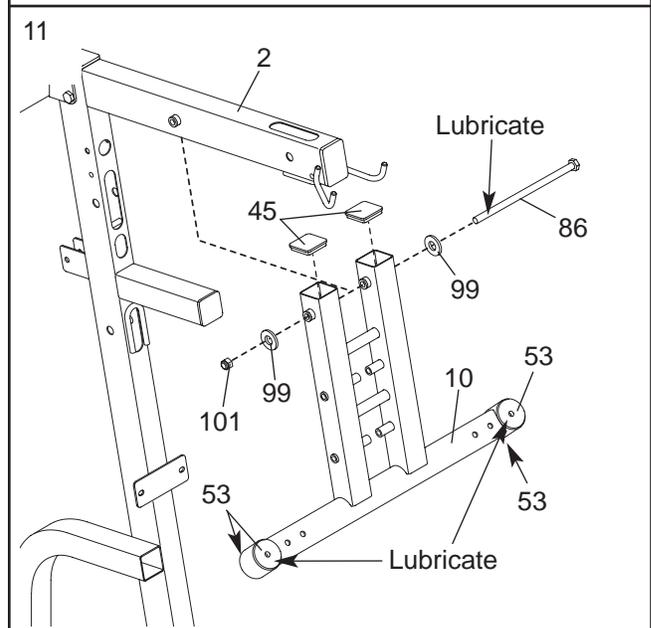
Lubricate an M10 x 85mm Bolt (96) with grease. Attach the Leg Lever (7) to the Leg Lever Base (5) with the Bolt and an M10 Nylon Locknut (101). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



11. Press two 50mm Square Inner Caps (45) into the Butterfly Frame (10).

Lubricate an M10 x 225mm Bolt (86) with grease. Attach the Butterfly Frame (10) to the Butterfly Upright (2) with the Bolt, two M10 Washers (99), and an M10 Nylon Locknut (101). **Do not overtighten the Locknut; the Butterfly Frame must be able to pivot easily.**

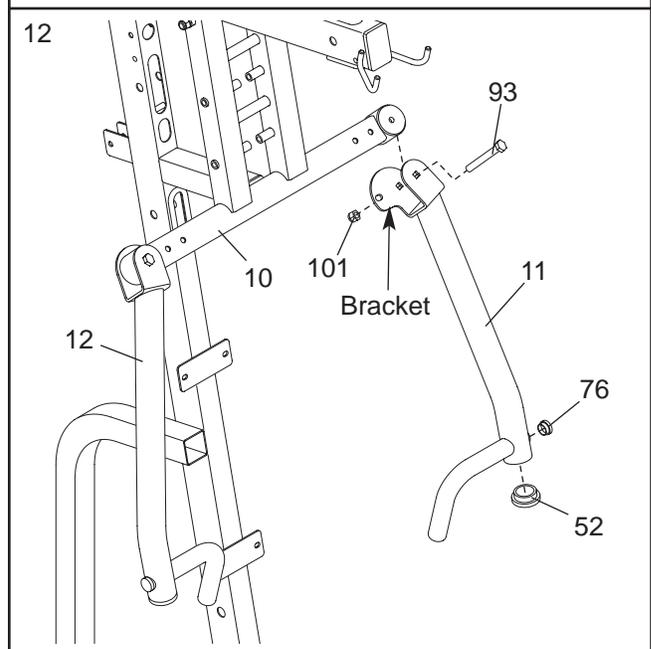
**Lubricate the four 56mm Round Bushings (53) with grease.**



12. Identify the Left Butterfly Arm (11) by the position of the indicated bracket. Press a 50mm Round Inner Cap (52) and a 25mm Round Inner Cap (76) into the Butterfly Arm.

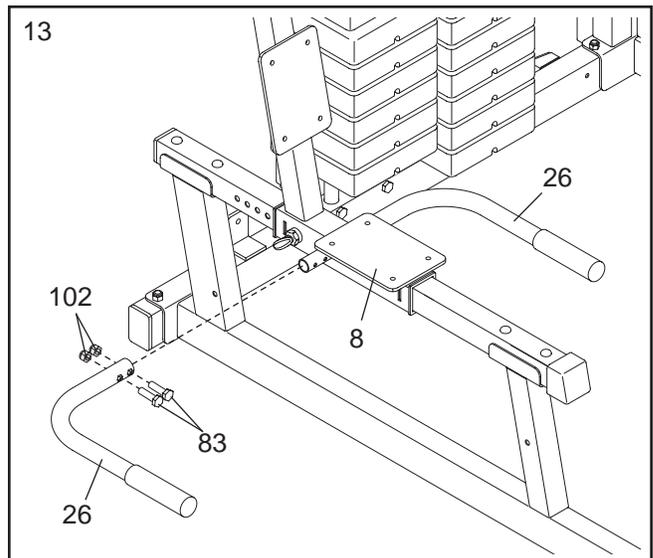
Attach the Left Butterfly Arm (11) to the Butterfly Frame (10) with an M10 x 82mm Carriage Bolt (93) and an M10 Nylon Locknut (101). **Do not overtighten the Locknut; the Butterfly Arm must be able to pivot easily.**

**Repeat this step with the Right Butterfly Arm (12).**



13. Attach a Seat Arm (26) to the Sliding Seat Frame (8) with two M6 x 35mm Bolts (83) and two M6 Nylon Locknuts (102).

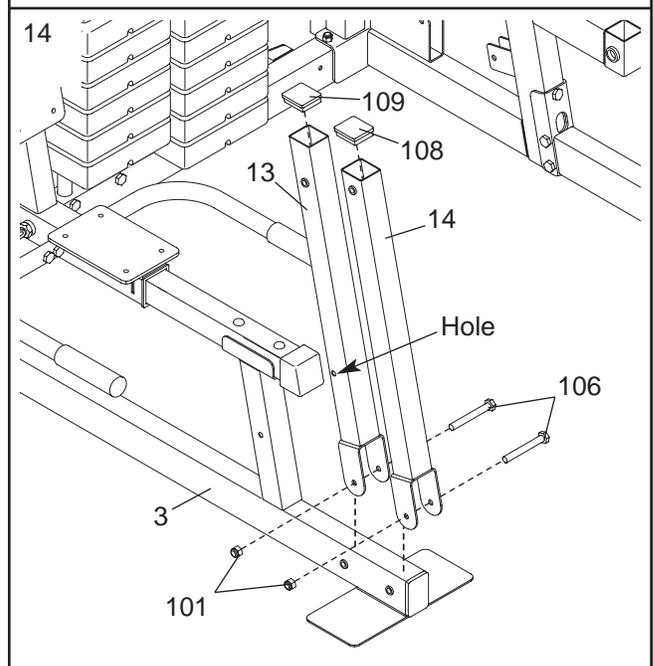
**Repeat with the other Seat Arm (26).**



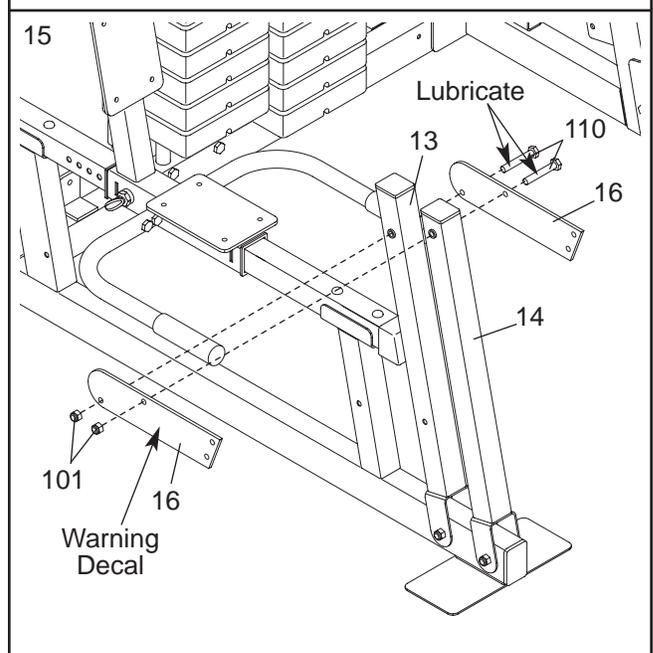
14. Press a 50mm Thick Angled Cap (109) into the top of the Rear Press Arm (13). Press a 50mm Angled Cap (108) into the top of the Front Press Arm (14).

Lubricate an M10 x 77mm Bolt (106) with grease. Attach the Rear Press Arm (13), which has a hole in the lower area, to the Leg Press Base (3) with the Bolt and an M10 Nylon Locknut (101). **Do not overtighten the Locknut; the Press Arm must be able to pivot easily.**

**Attach the Front Press Arm (14) to the Leg Press Base (3) in the same manner.**



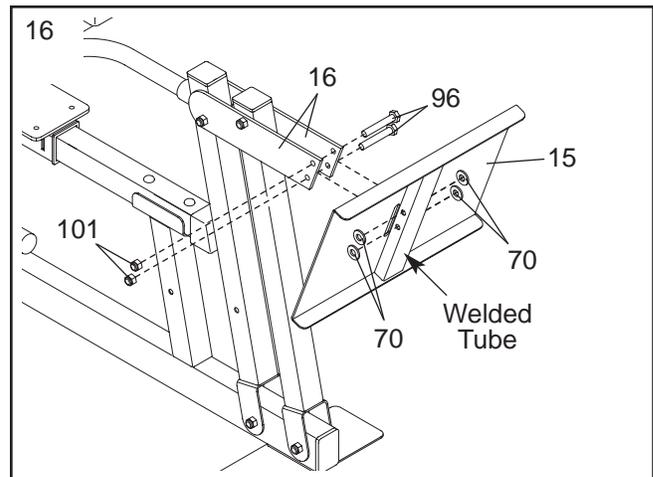
15. Lubricate two M10 x 80mm Bolts (110) with grease. Attach the two Leg Press Brackets (16) to the Press Arms (13, 14) with the Bolts and two M10 Nylon Locknuts (101). **Do not tighten the Locknuts yet. Make sure the warning decal is in the location shown.**



16. Attach the Leg Press Plate (15) to the Leg Press Brackets (16) with two M10 x 85mm Bolts (96), four M10 Thick Spacers (70), and two M10 Nylon Locknuts (101).

**Note: The four M10 Thick Spacers (70) must be between the Leg Press Brackets (16) and the welded tube on the Leg Press Plate (15). The two holes in the welded tube must be closer to the top of the Leg Press Plate.**

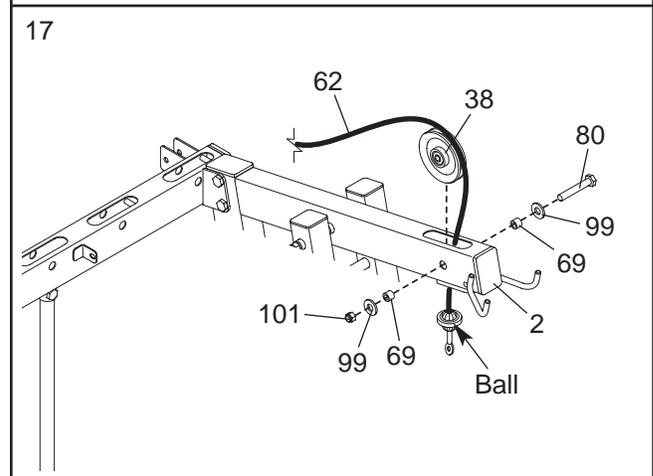
**Tighten the M10 Nylon Locknuts (101) used in step 15. Do not overtighten the Locknuts; the leg press arms must be able to pivot easily.**



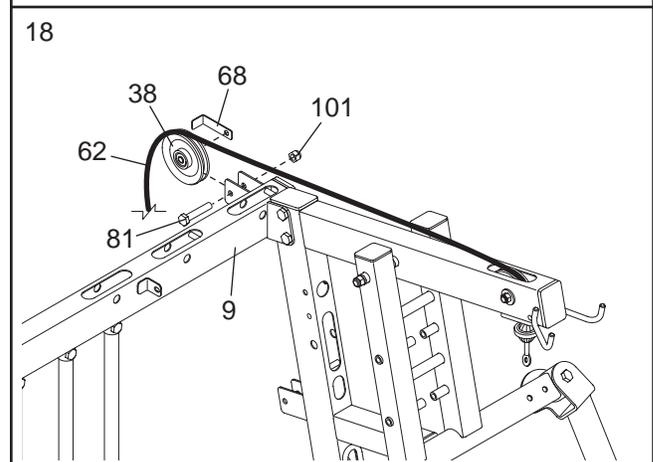
## Cable Assembly

17. Refer to the **CABLE DIAGRAMS** on pages 29 and 30 as you assemble the cables and to identify the cables.

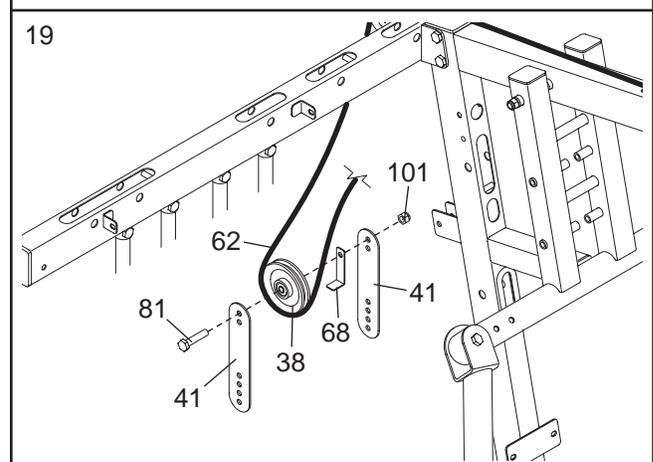
**Identify the Lat Cable (62).** Route the Cable up through the Butterfly Upright (2), so that the ball is in the indicated location, and around a 100mm Pulley (38). Attach the Pulley inside the Upright with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101).



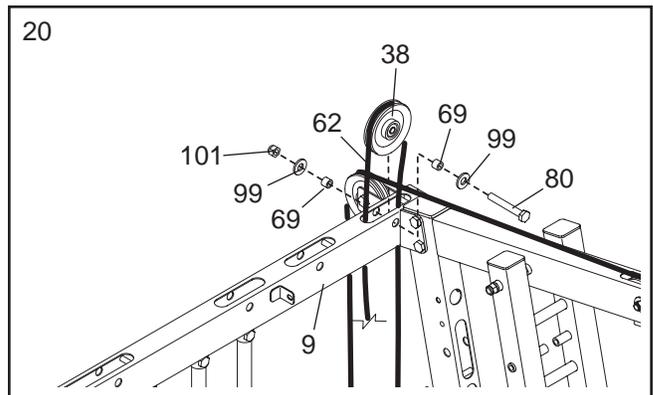
18. Wrap the Lat Cable (62) over a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the Top Frame (9) with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



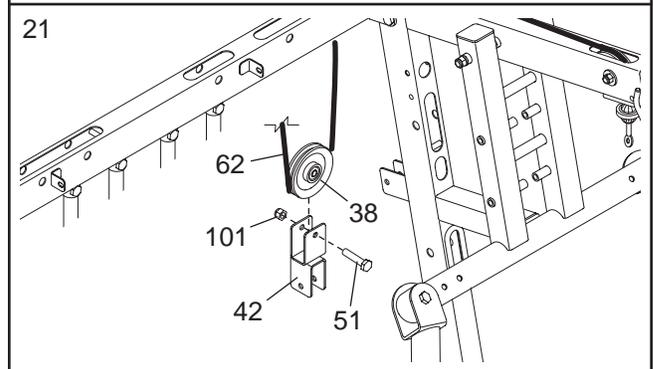
19. Wrap the Lat Cable (62) under a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the top set of holes in the indicated end of the two Pulley Plates (41) with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



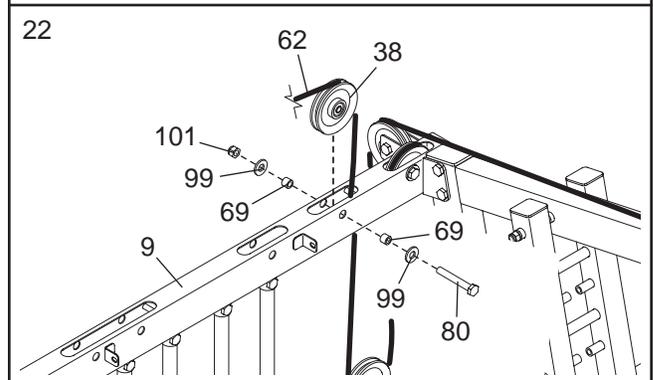
20. Route the Lat Cable (62) up through the Top Frame (9), over a 100mm Pulley (38), and back down through the Top Frame. Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101).



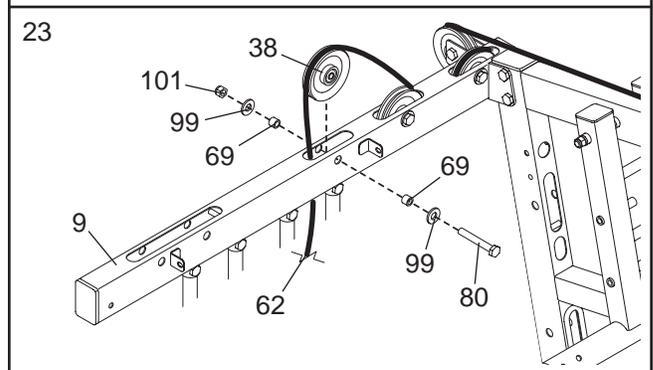
21. Wrap the Lat Cable (62) under a 100mm Pulley (38). Attach the Pulley to the Double "U"-bracket (42) with an M10 x 45mm Bolt (51) and an M10 Nylon Locknut (101).



22. Route the Lat Cable (62) up through the Top Frame (9) and over a 100mm Pulley (38). Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101).

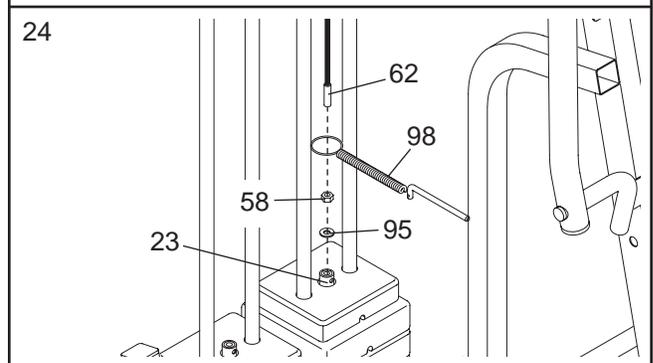


23. Route the Lat Cable (62) over a 100mm Pulley (38) and down through the Top Frame (9). Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101).



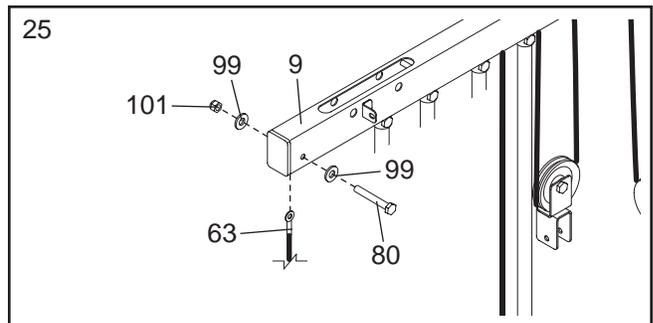
24. Set the tether on a Weight Pin (98) over the Long Weight Tube (23). Set a 50mm Washer (95) on the Weight Tube.

Thread an M12 Nut (58) all the way onto the Lat Cable (62). Screw the Cable partway into the Long Weight Tube (23). Tighten the Nut against the 50mm Washer (95).

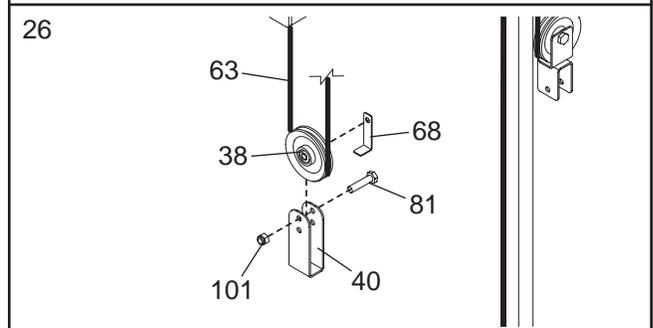


25. **Identify the Upper Short Stack Cable (63).**

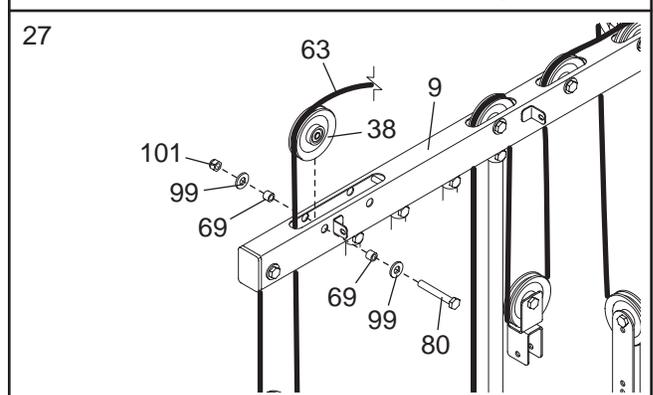
Attach the Cable inside the Top Frame (9) with an M10 x 65mm Bolt (80), two M10 Washers (99), and an M10 Nylon Locknut (101).



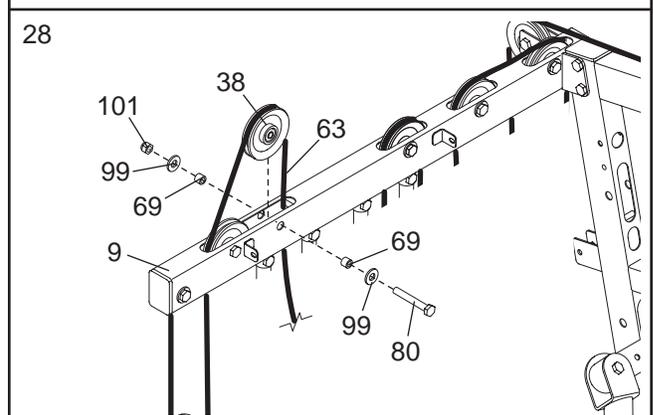
26. Wrap the Upper Short Stack Cable (63) under a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the indicated hole in a "U"-bracket (40) with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



27. Route the Upper Short Stack Cable (63) up through the Top Frame (9) and over a 100mm Pulley (38). Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101).

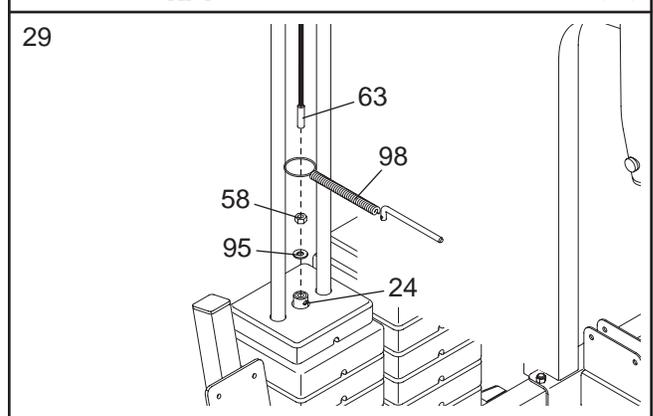


28. Route the Upper Short Stack Cable (63) over a 100mm Pulley (38) and down through the Top Frame (9). Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101).

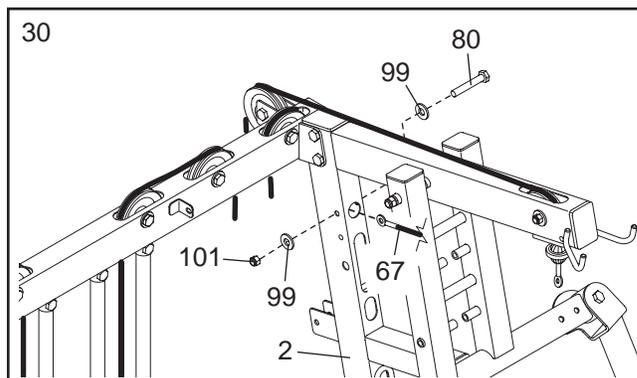


29. Set the tether on the other Weight Pin (98) over the Short Weight Tube (24). Set a 50mm Washer (95) on the Weight Tube.

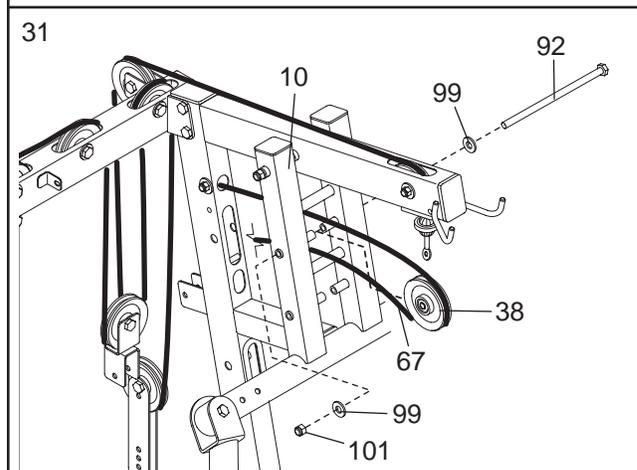
Thread an M12 Nut (58) all the way onto the Upper Short Stack Cable (63). Screw the Cable partway into the Short Weight Tube (24). Tighten the Nut against the 50mm Washer (95).



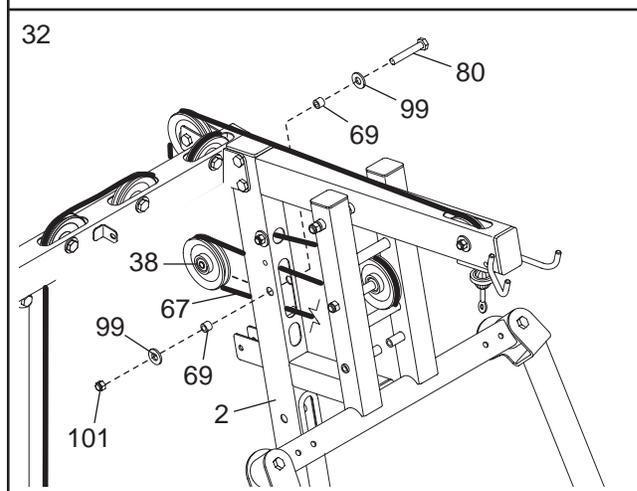
30. **Identify the Butterfly Cable (67).** Attach the Cable inside the Butterfly Upright (2) with an M10 x 65mm Bolt (80), two M10 Washers (99), and an M10 Nylon Locknut (101).



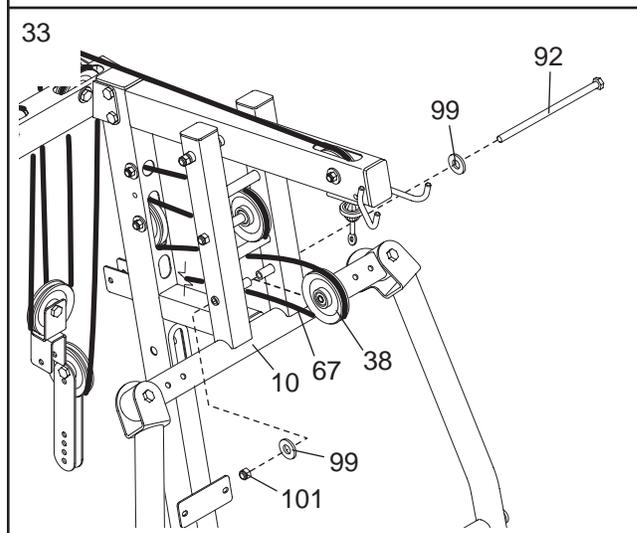
31. Wrap the Butterfly Cable (67) around a 100mm Pulley (38). Attach the Pulley to the Butterfly Frame (10) with an M10 x 213mm Bolt (92), two M10 Washers (99), and an M10 Nylon Locknut (101).



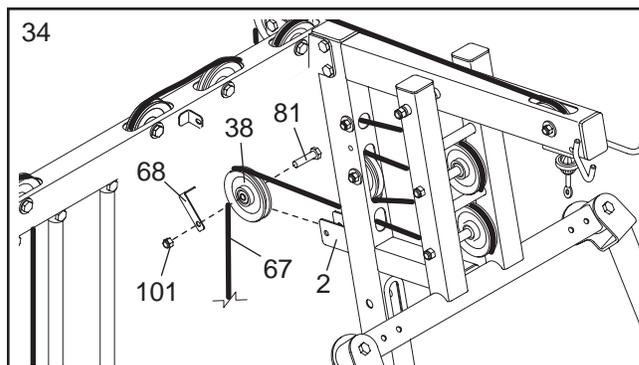
32. Wrap the Butterfly Cable (67) around a 100mm Pulley (38). Attach the Pulley to the Butterfly Upright (2) with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101).



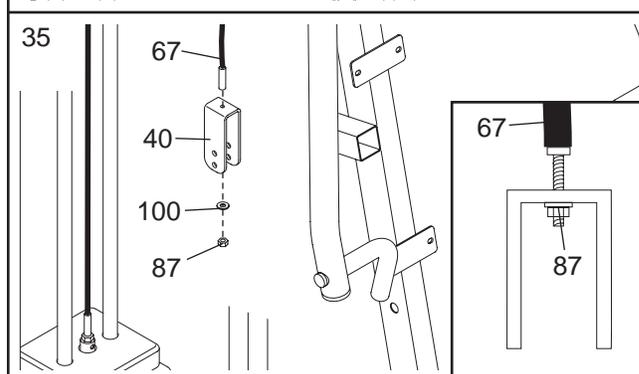
33. Wrap the Butterfly Cable (67) around a 100mm Pulley (38). Attach the Pulley to the Butterfly Frame (10) with an M10 x 213mm Bolt (92), two M10 Washers (99), and an M10 Nylon Locknut (101).



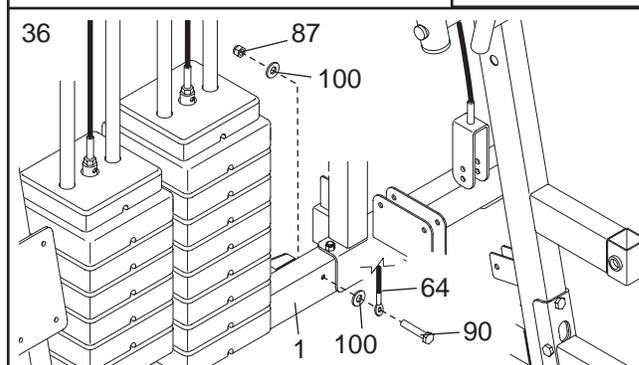
34. Route the Butterfly Cable (67) through the Butterfly Upright (2) and over a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the Butterfly Upright with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



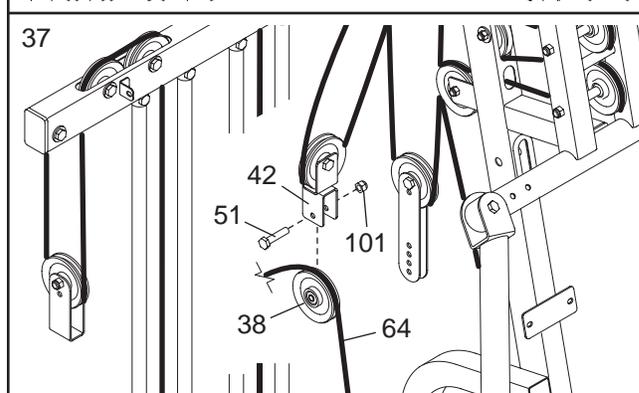
35. Attach the end of the Butterfly Cable (67) to the "U"-bracket (40) with an M8 Washer (100) and an M8 Nylon Locknut (87). **Note: Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**



36. **Identify the Lower Short Stack Cable (64).** Attach the Cable to the Base (1) with an M8 x 67mm Shoulder Bolt (90), two M8 Washers (100), and an M8 Nylon Locknut (87).

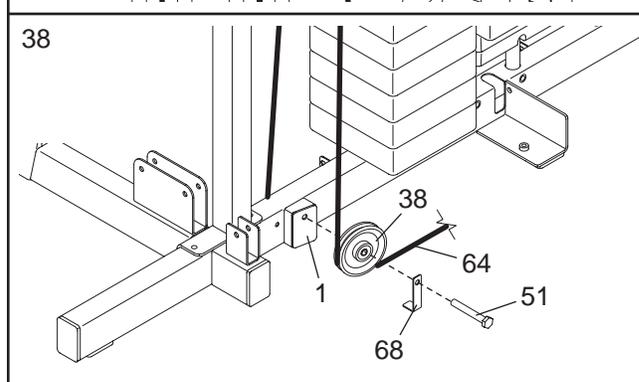


37. Wrap the Lower Short Stack Cable (64) over a 100mm Pulley (38). Attach the Pulley to the Double "U"-bracket (42) with an M10 x 45mm Bolt (51) and an M10 Nylon Locknut (101).

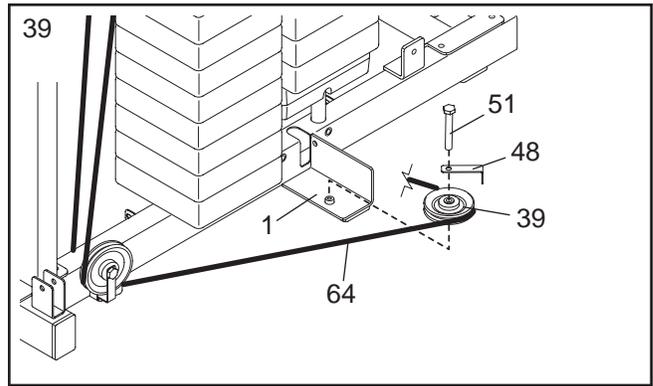


38. **Note: The following steps are shown from the back of the weight system.**

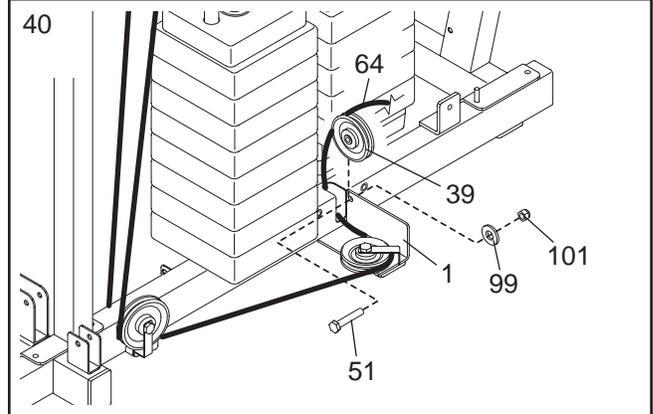
Wrap the Lower Short Stack Cable (64) under a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the Base (1) with an M10 x 45mm Bolt (51). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



39. Wrap the Lower Short Stack Cable (64) around a 90mm Pulley (39). Attach the Pulley and a Short Cable Trap (48) to the Base (1) with an M10 x 45mm Bolt (51). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

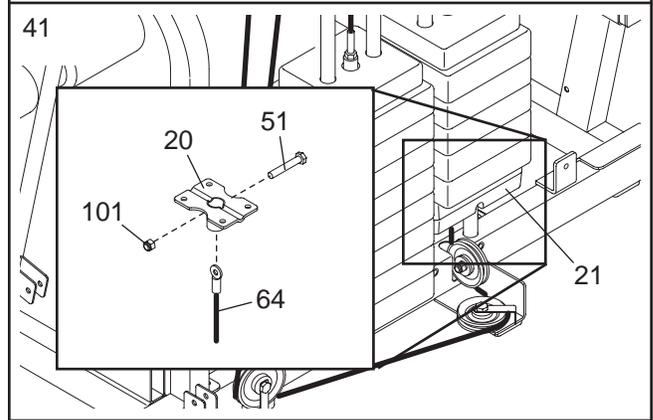


40. Wrap the Lower Short Stack Cable (64) under a 90mm Pulley (39). Attach the Pulley to the Base (1) with an M10 x 45mm Bolt (51), an M10 Washer (99), and an M10 Nylon Locknut (101).

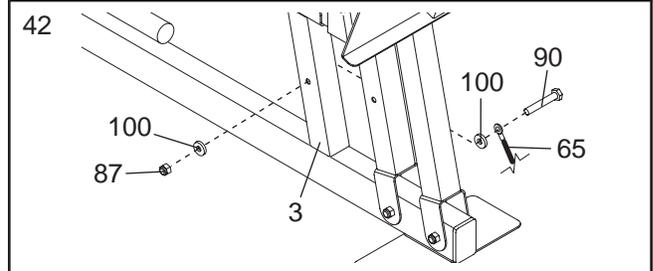


41. **Locate the Weight Plate (20) that is attached to the bottom of the Bottom Weight (21).**

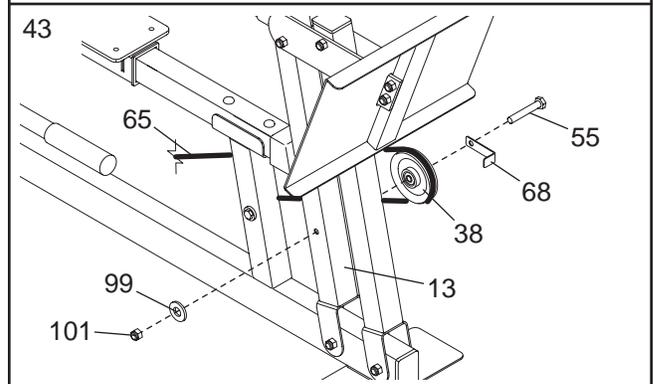
**See the inset drawing.** Attach the end of the Lower Short Stack Cable (64) to the Weight Plate (20) with an M10 x 45mm Bolt (51) and an M10 Nylon Locknut (101).



42. **Identify the Leg Press Cable (65).** Attach the Cable to the Leg Press Base (3) with an M8 x 67mm Shoulder Bolt (90), two M8 Washers (100), and an M8 Nylon Locknut (87).

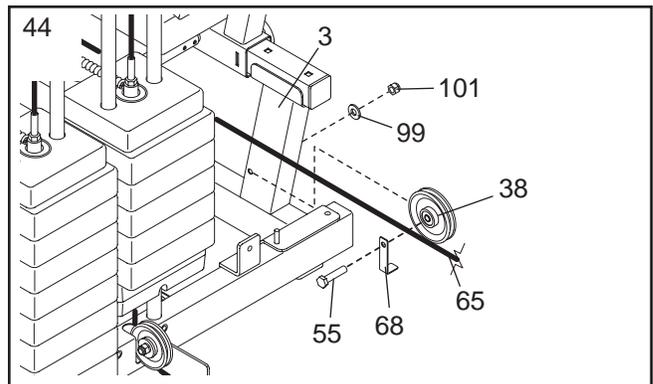


43. Wrap the Leg Press Cable (65) around a 100mm Pulley (38). Attach the Pulley and a Large Cable Trap (68) to the Rear Press Arm (13) with an M10 x 92mm Bolt (55), an M10 Washer (99), and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

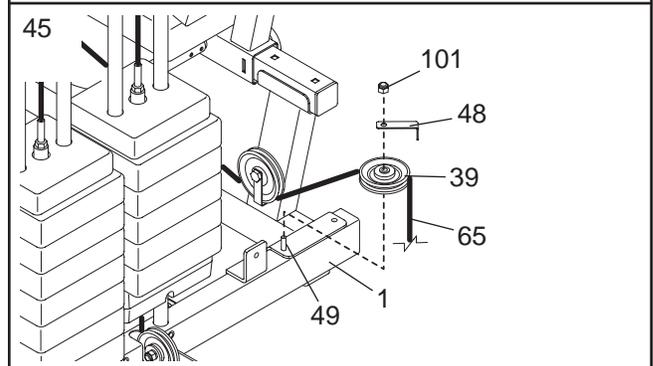


44. **Note: The following steps are shown from the back of the weight system.**

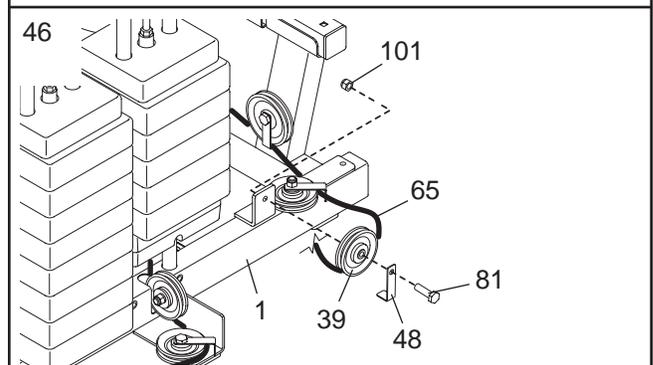
Route the Leg Press Cable (65) under a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the Leg Press Base (3) with an M10 x 92mm Bolt (55), an M10 Washer (99), and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



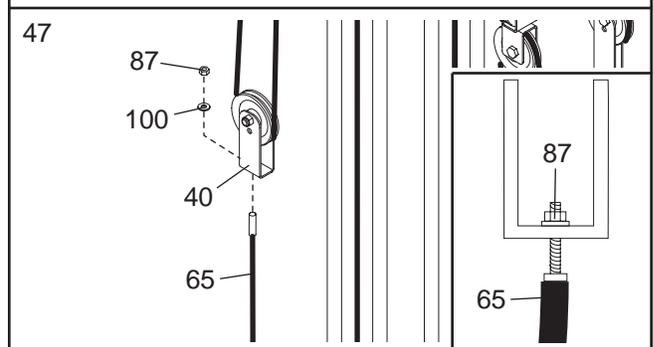
45. Wrap the Leg Press Cable (65) around a 90mm Pulley (39). Attach the Pulley and a Short Cable Trap (48) to the M10 x 121mm Carriage Bolt (49) in the Base (1) with an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



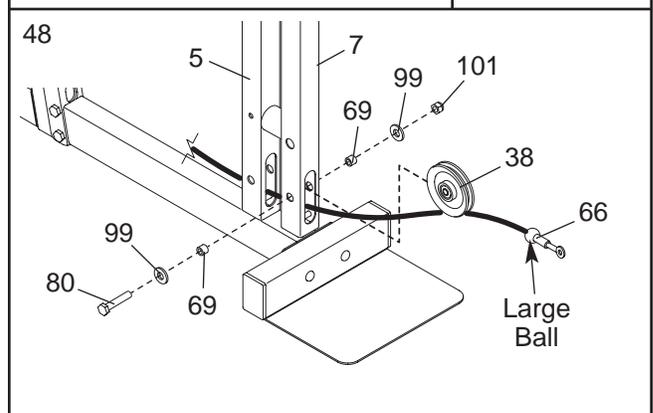
46. Wrap the Leg Press Cable (65) under a 90mm Pulley (39). Attach the Pulley and a Short Cable Trap (48) to the Base (1) with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



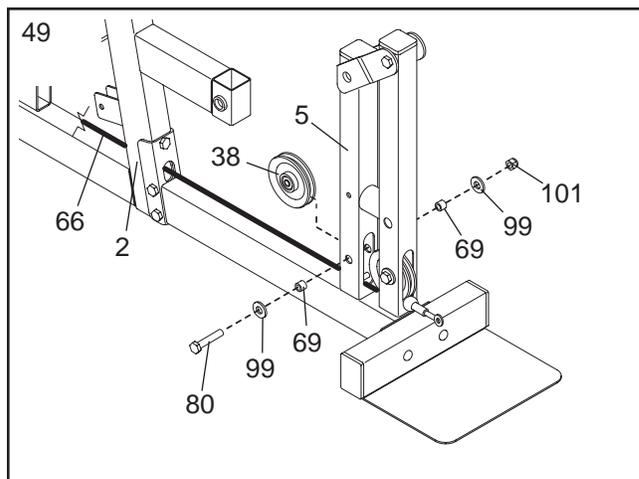
47. Attach the end of the Leg Press Cable (65) to the "U"-bracket (40) with an M8 Washer (100) and an M8 Nylon Locknut (87). **Note: Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**



48. **Identify the Ab Cable (66).** Route the Cable under a 100mm Pulley (38) and through the Leg Lever (7) and the Leg Lever Base (5). Attach the Pulley inside the Leg Lever with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101). **Make sure the large ball on the Cable is in the position shown.**



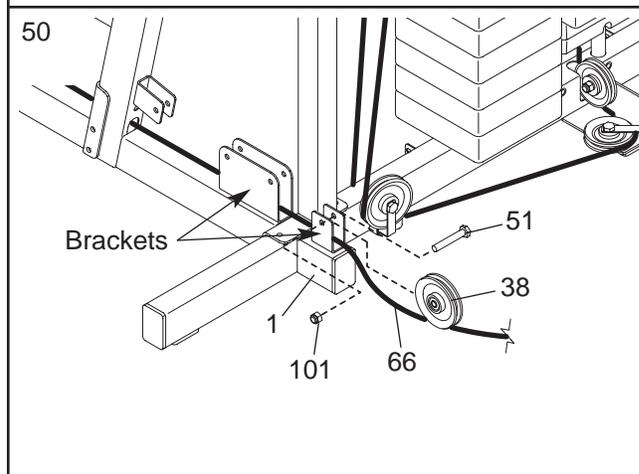
49. Route the Ab Cable (66) through the Butterfly Upright (2). Attach a 100mm Pulley (38) inside the Leg Lever Base (5) with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101).



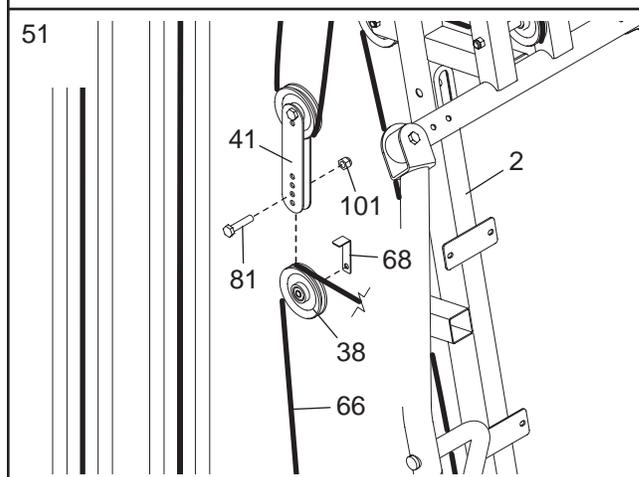
50. **Note: This step is shown from the back of the weight system.**

Lay the Ab Cable (66) in the indicated brackets.

Attach a 100mm Pulley (38) inside the bracket on the Base (1) with an M10 x 45mm Bolt (51) and an M10 Nylon Locknut (101).

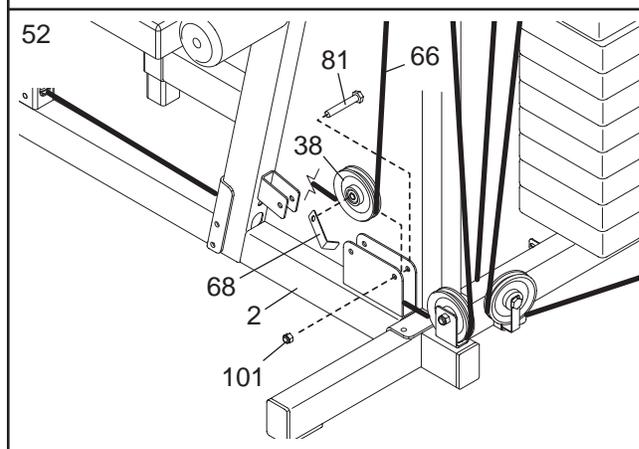


51. Wrap the Ab Cable (66) over a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the second set of holes from the bottom of the two Pulley Plates (41) with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley. Make sure the Cable is routed over the Pulley toward the front of the Butterfly Upright (2).**

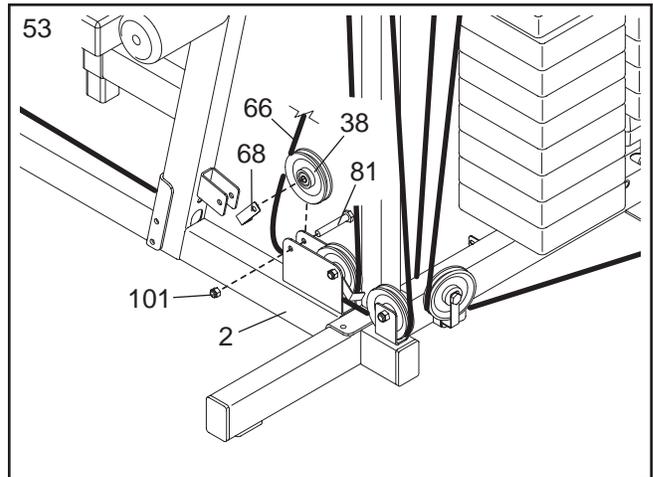


52. **Note: The following steps are shown from the back of the weight system.**

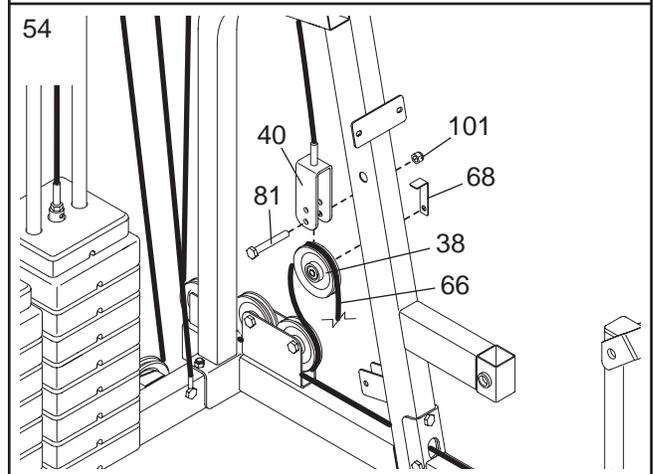
Wrap the Ab Cable (66) under a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the Butterfly Upright (2) with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



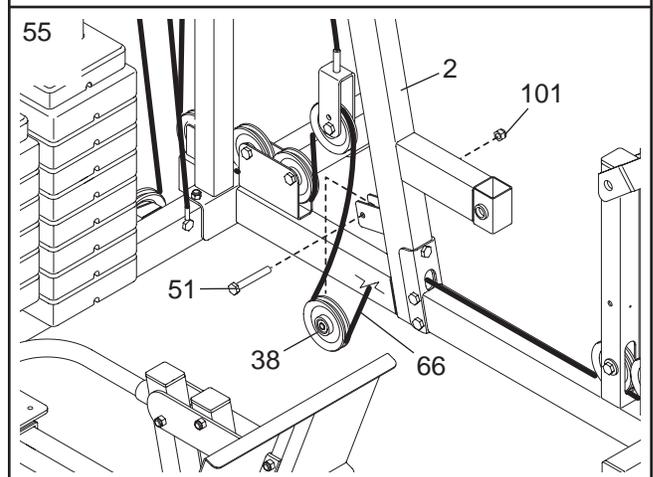
53. Wrap the Ab Cable (66) under a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the Butterfly Upright (2) with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



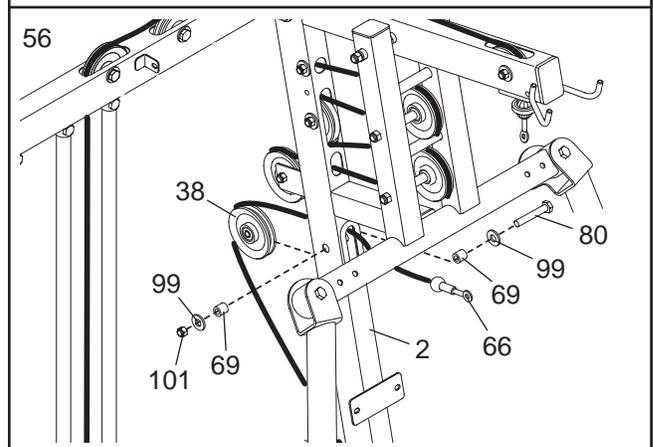
54. Wrap the Ab Cable (66) over a 100mm Pulley (38). Attach the Pulley and a Long Cable Trap (68) to the indicated hole in the indicated "U"-bracket (40) with an M10 x 50mm Bolt (81) and an M10 Nylon Locknut (101). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



55. Wrap the Ab Cable (66) under a 100mm Pulley (38). Attach the Pulley to the Butterfly Upright (2) with an M10 x 45mm Bolt (51) and an M10 Nylon Locknut (101).

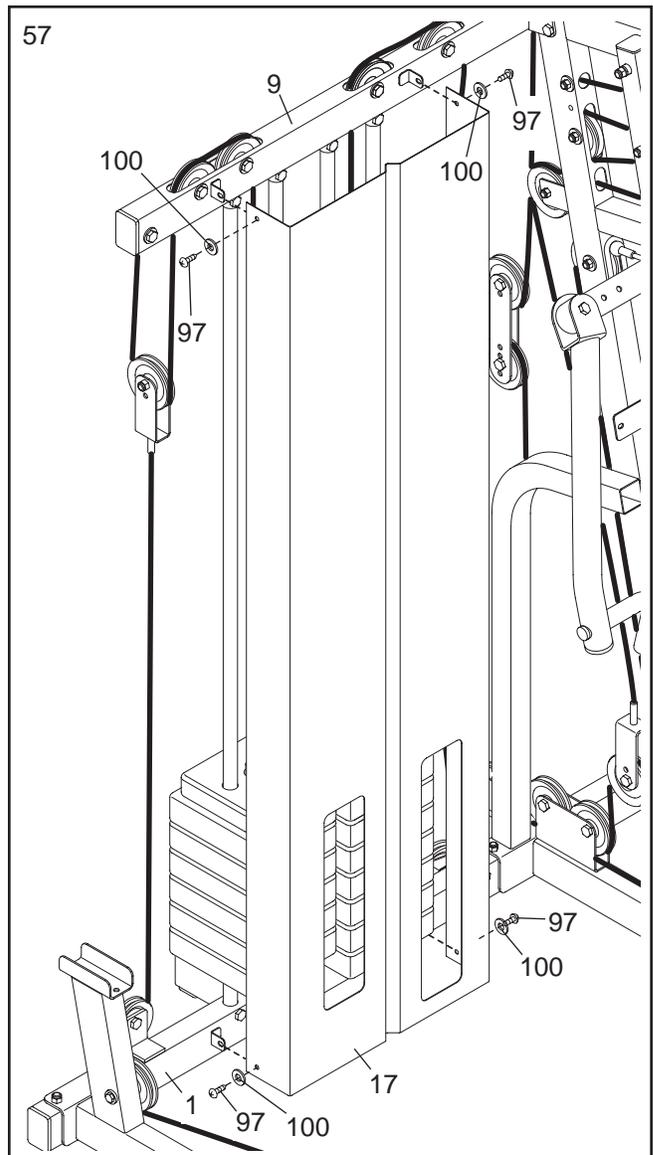


56. Route the Ab Cable (66) over a 100mm Pulley (38) and through the Butterfly Upright (2). Attach the Pulley inside the Upright with an M10 x 65mm Bolt (80), two M10 Washers (99), two 12.5mm Spacers (69), and an M10 Nylon Locknut (101).

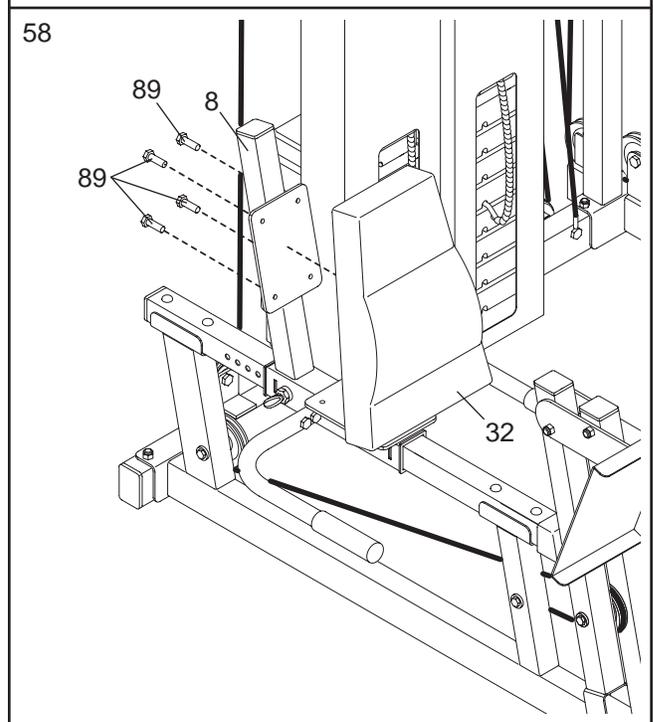


## Seat Assembly

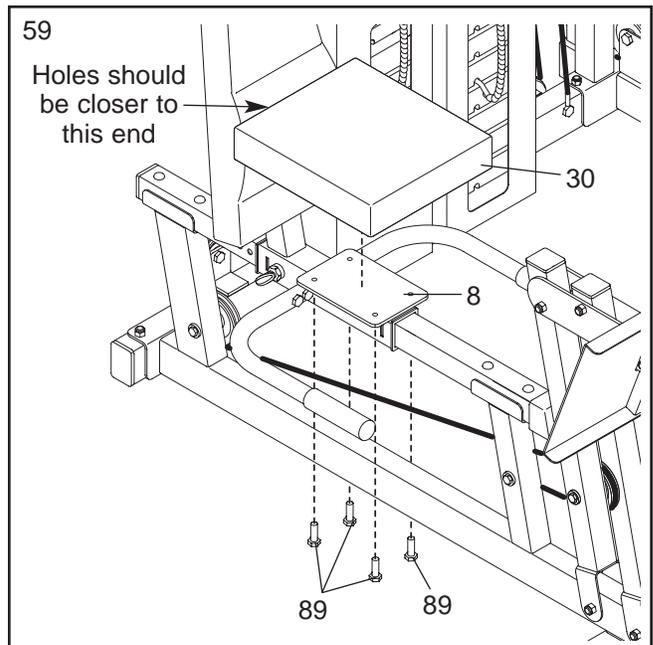
57. Attach the Shroud (17) to the Top Frame (9) and the Base (1) with four M8 x 15mm Bolts (97) and four M8 Washers (100).



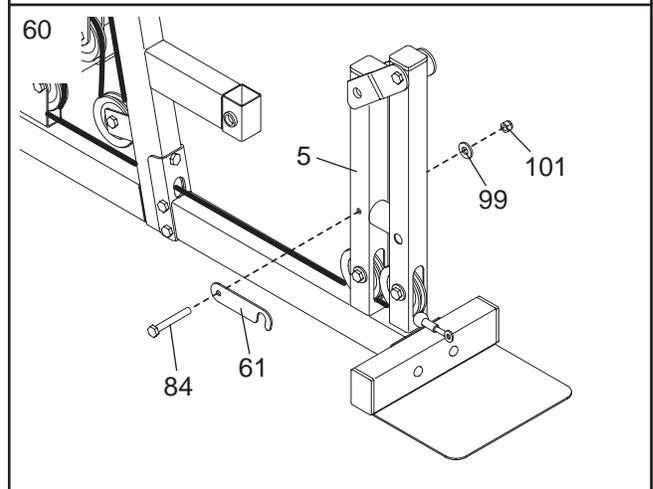
58. Attach the Backrest (32) to the Sliding Seat Frame (8) with four M6 x 16mm Bolts (89).



59. Attach a Seat (30) to the Sliding Seat Frame (8) with four M6 x 16mm Bolts (89). **Note: The holes in the Seat are not centered; orient the Seat so that the holes are closer to the indicated end.**

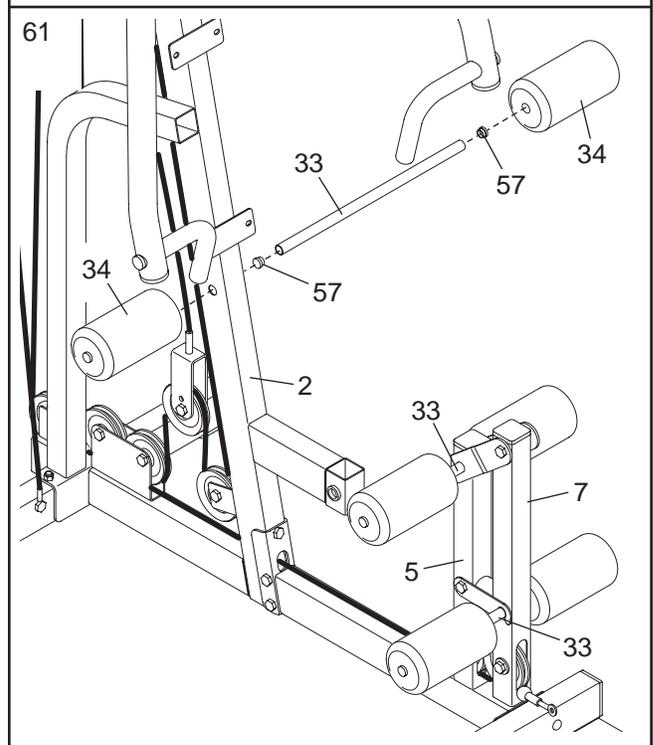


60. Attach the Leg Lever Lock (61) to the Leg Lever Base (5) with an M10 x 68mm Bolt (84), an M10 Washer (99), and an M10 Nylon Locknut (101). **Do not overtighten the Locknut; the Leg Lever Lock must be able to pivot easily.**

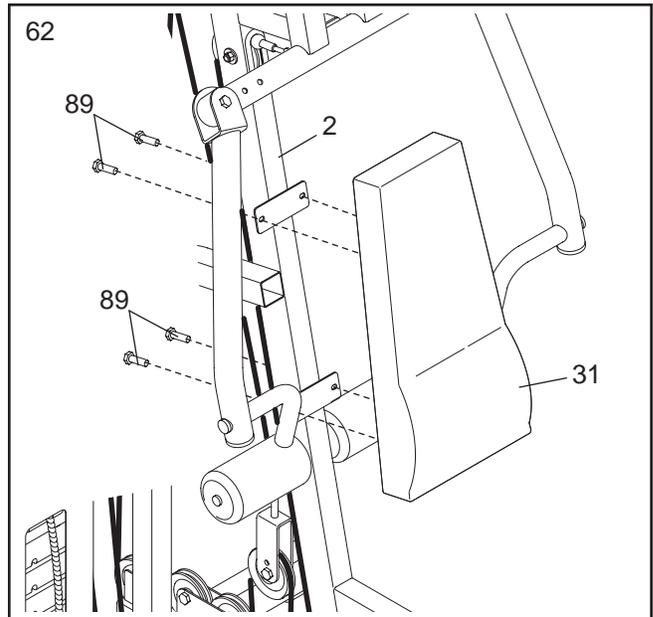


61. Press two 19mm Round Inner Caps (57) into a Pad Tube (33). Insert the Pad Tube into the Butterfly Upright (2). Slide two Round Pads (34) onto the Pad Tube.

**Repeat this step with the other two Pad Tubes (33), the Leg Lever Base (5), and the Leg Lever (7).**

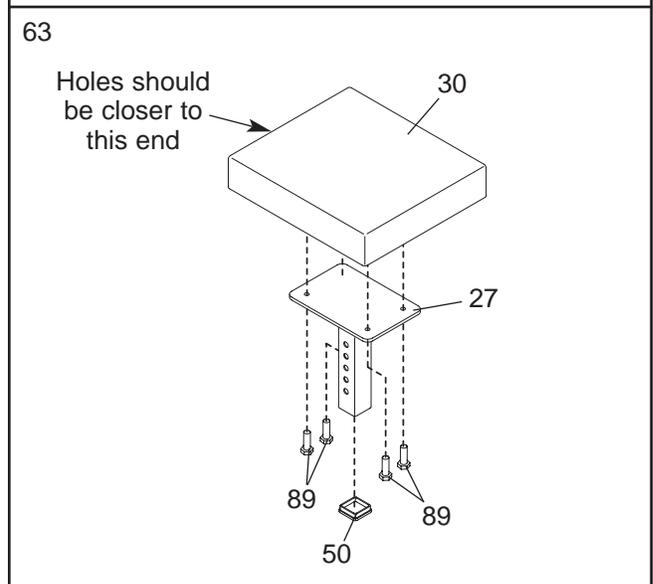


62. Attach the Butterfly Backrest (31) to the Butterfly Upright (2) with four M6 x 16mm Bolts (89).



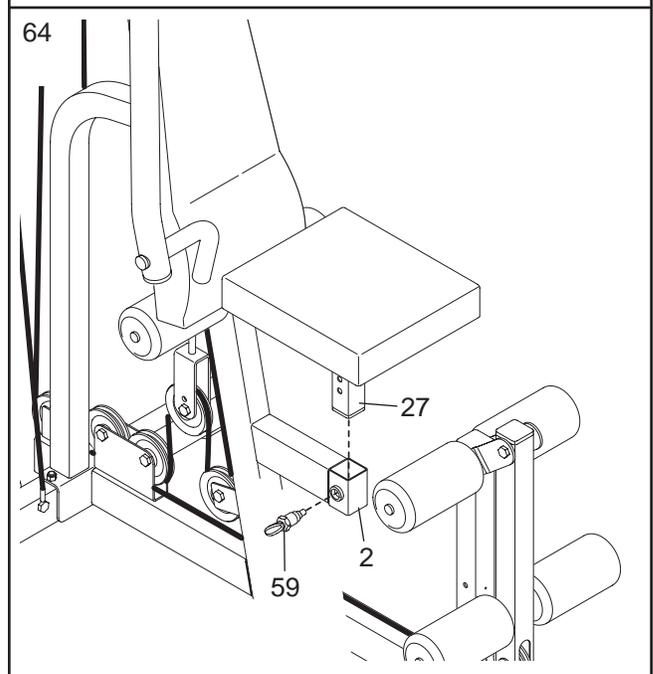
63. Press a 45mm Square Inner Cap (50) into the Seat Post (27).

Attach the other Seat (30) to the Seat Post (27) with four M6 x 16mm Bolts (89). **Note: The holes in the Seat are not centered; orient the Seat so that the holes are closer to the indicated end.**



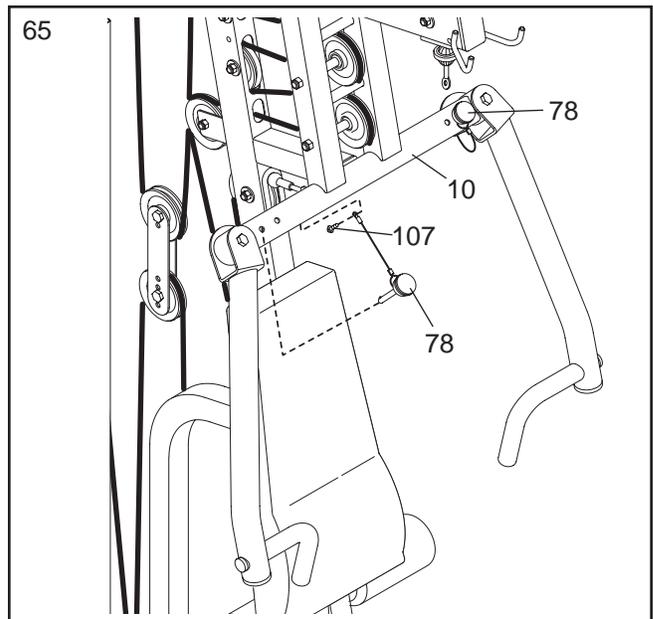
64. Attach a "T"-handle (59) to the Butterfly Upright (2).

Pull the "T"-handle (59) out as far as it will go and slide the Seat Post (27) into the Butterfly Upright (2). Engage the "T"-handle into the Seat Post.

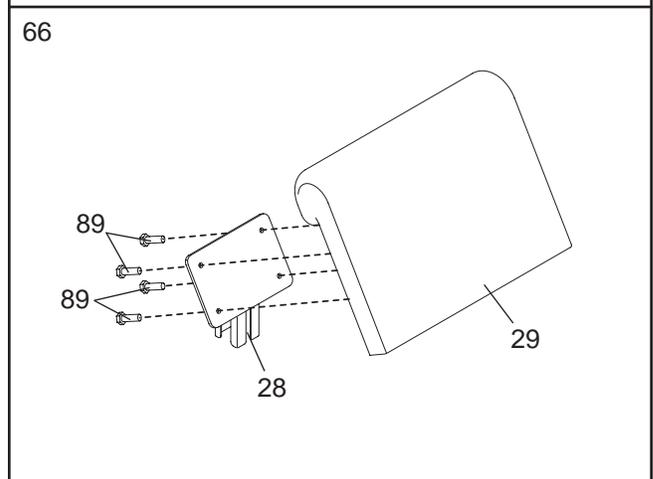


65. Attach the tether on a Butterfly Pin (78) to the Butterfly Frame (10) with an M4 x 15mm Self-tapping Screw (107).

**Repeat this step with the other Butterfly Pin (78).**



66. Attach the Curl Pad (29) to the Curl Post (28) with four M6 x 16mm Bolts (89).



67. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

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. See the CABLE DIAGRAMS on pages 29 and 30 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLESHOOTING AND MAINTENANCE on page 31.**

# ADJUSTMENTS

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 32 for important information about how to get the most benefit from your exercise program.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## CHANGING THE WEIGHT SETTING

To change the setting of a weight stack, insert a Weight Pin (98) under the desired Weight (22). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down.

To use the Bottom Weight (21) with the leg press, insert the Weight Pin (98) under the Bottom Weight. Remove the other Weight Pin from the left weight stack.

To use the left weight stack with the leg press, insert a Weight Pin (98) under the Bottom Weight (21). Then, insert the other Weight Pin under the desired Weight (22) in the right weight stack.

**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 28 to find the approximate amount of resistance at each weight station.**

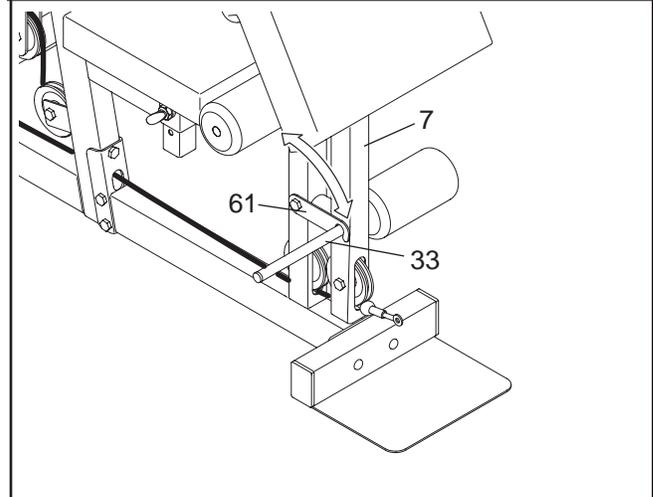
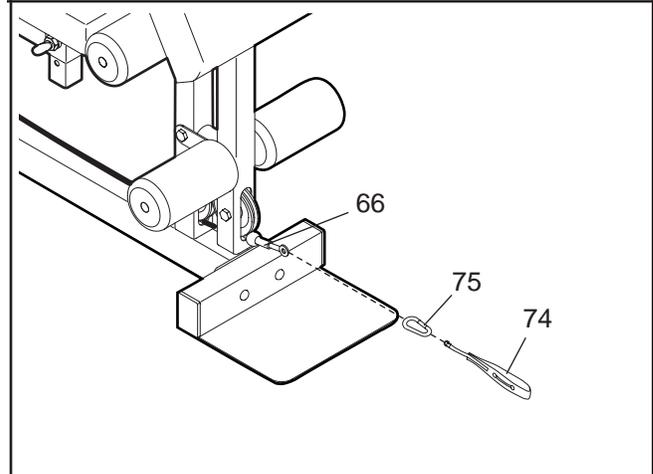
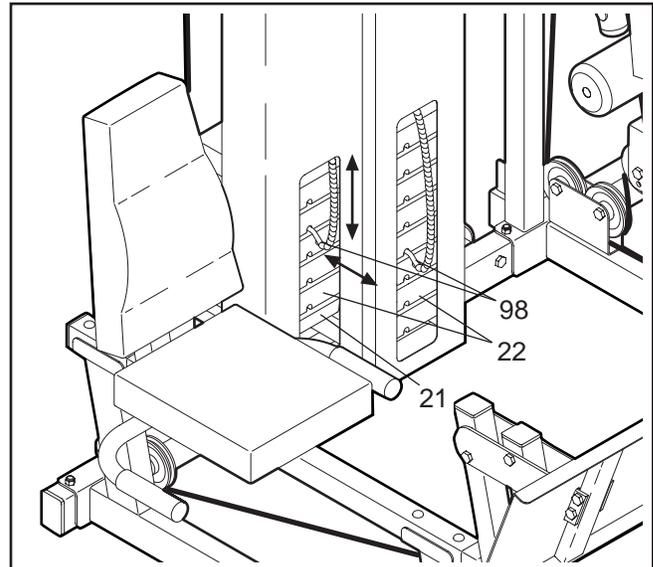
## ATTACHING THE ACCESSORIES TO A PULLEY STATION

Attach the Ankle Strap (74) to the Ab Cable (66) at the low pulley station with a Spring Clip (75). The other accessories can be attached at any pulley station in the same manner.

For some exercises, the 16" Chain (73) should be attached between the accessory and the cable with two Spring Clips (75). **Adjust the length of the Chain between the accessory and the cable so the accessory is in the correct starting position for the exercise to be performed.**

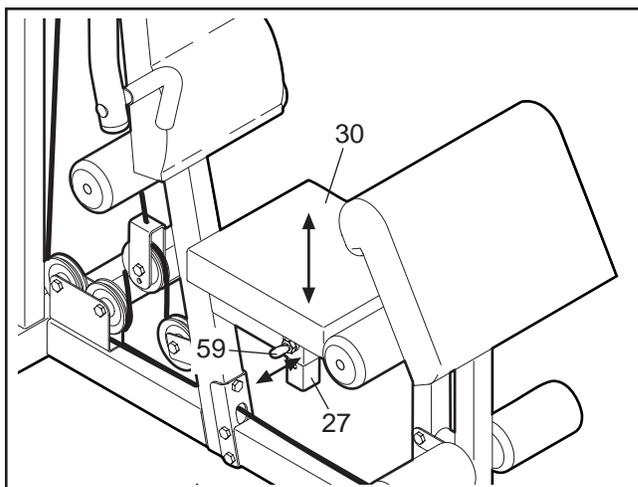
## USING THE LEG LEVER LOCK

Some exercises, such as the preacher curl, can be performed more comfortably with the Leg Lever (7) locked in position. To lock the Leg Lever, turn the Leg Lever Lock (61) until it engages the Pad Tube (33) in the Leg Lever.



## ADJUSTING THE SEAT

To adjust the height of the Seat (30), loosen the "T"-handle (59) and pull it out as far as it will go. Move the Seat to the desired height and reengage the "T"-handle into the Seat Post (27). Fully tighten the "T"-handle.

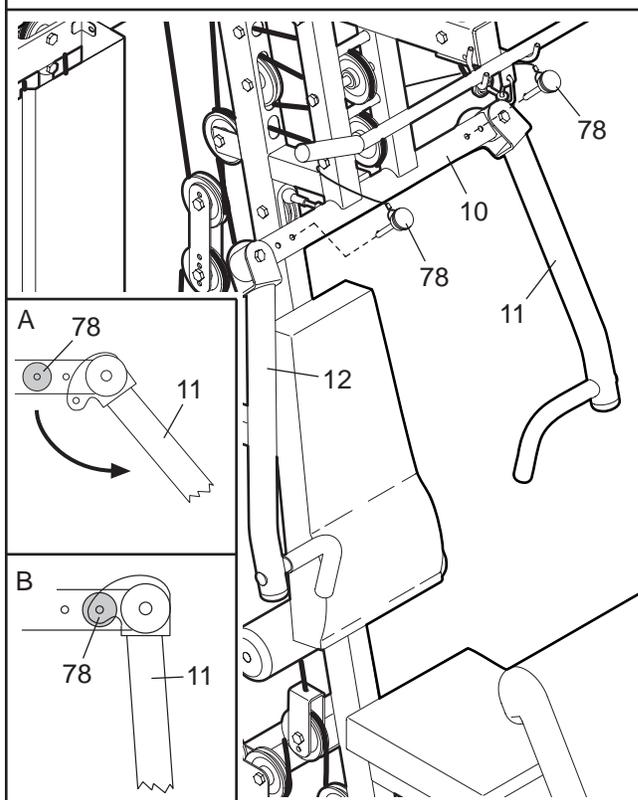


## CONVERTING THE BUTTERFLY ARMS

To use the Butterfly Arms (11, 12) as fly arms, insert the Butterfly Pins (78) into the inner holes in the Butterfly Frame (10) (see inset drawing A).

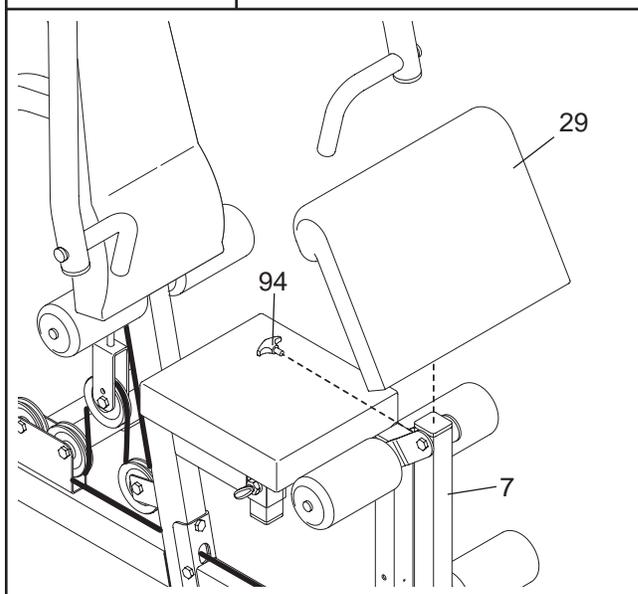
To use the Butterfly Arms (11, 12) as press arms, insert the Butterfly Pins (78) into the outer holes in the Butterfly Frame (10) and the tabs on the Butterfly Arms (see inset drawing B).

**Make sure that the Butterfly Pins (78) are fully inserted into the same holes on both sides of the Butterfly Frame (10) before performing any exercises.**



## ATTACHING THE CURL PAD

To use the Curl Pad (29), first engage the leg lever lock (see USING THE LEG LEVER LOCK on the previous page.) Slide the Curl Post (not shown) onto the Leg Lever (7). Tighten the Curl Post "T"-handle (94) into the Curl Post and the Leg Lever.



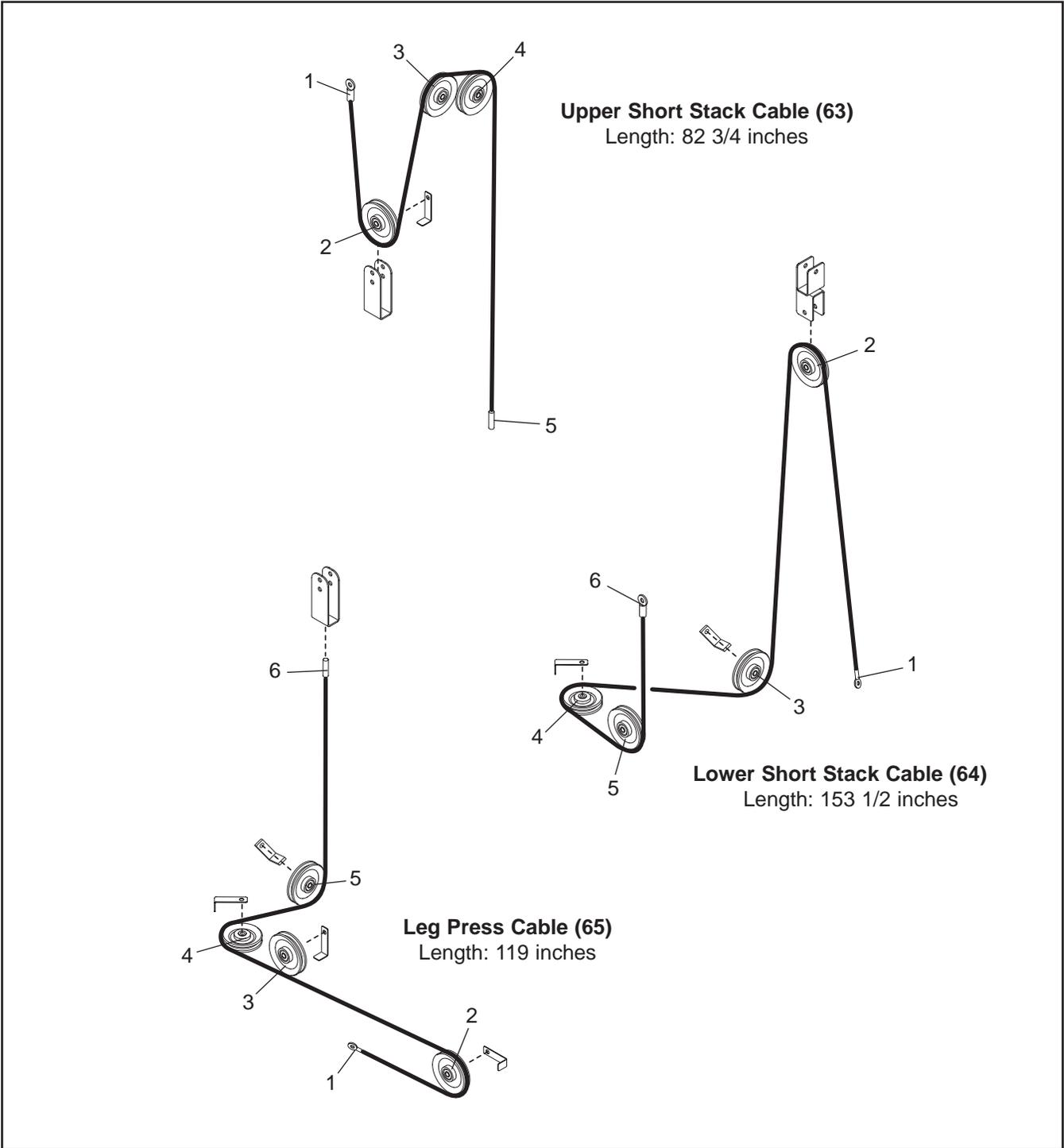
# WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. “Left Top” and “Right Top” refer to the 6 lb. top weights. “Bottom” refers to the 12.5 lb. bottom 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. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

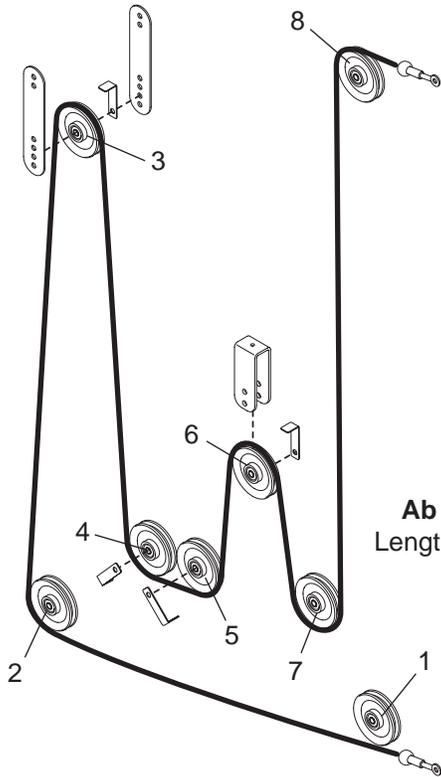
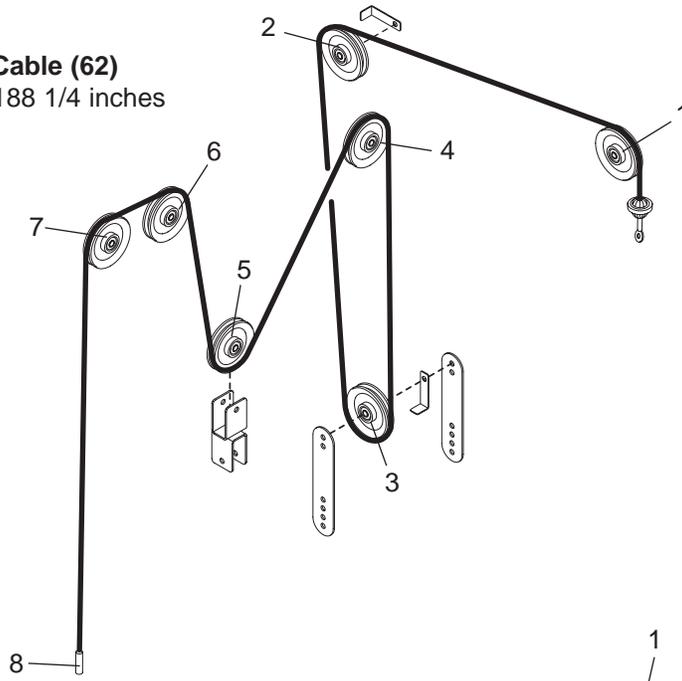
WEIGHT	LEG PRESS (lbs.)	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	AB PULLEY (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)
<b>Left Top</b>	29	-	-	-	-	-	-
<b>1</b>	57	-	-	-	-	-	-
<b>2</b>	81	-	-	-	-	-	-
<b>3</b>	112	-	-	-	-	-	-
<b>4</b>	140	-	-	-	-	-	-
<b>5</b>	168	-	-	-	-	-	-
<b>Bottom</b>	232	-	-	-	-	-	-
<b>Right Top</b>	-	21	27	53	26	25	19
<b>1</b>	275	36	41	82	38	45	33
<b>2</b>	303	51	54	107	55	66	47
<b>3</b>	331	63	68	135	67	84	63
<b>4</b>	365	78	81	162	81	104	77
<b>5</b>	400	85	95	189	94	124	90
<b>6</b>	435	102	109	217	110	144	102
<b>7</b>	455	117	122	245	124	165	116
<b>8</b>	495	136	134	269	137	185	130

# CABLE DIAGRAMS

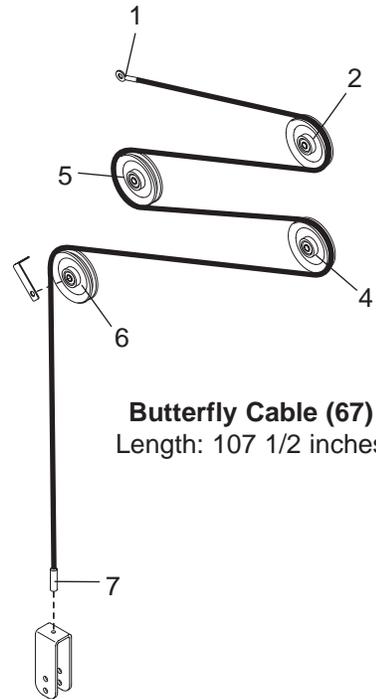
The cable diagrams show the approximate lengths and the proper routing of the Lat Cable (62), Upper Short Stack Cable (63), Lower Short Stack Cable (64), Leg Press Cable (65), Ab Cable (66), and Butterfly Cable (67). Use the diagrams to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



**Lat Cable (62)**  
Length: 188 1/4 inches



**Ab Cable (66)**  
Length: 217 inches



**Butterfly Cable (67)**  
Length: 107 1/2 inches

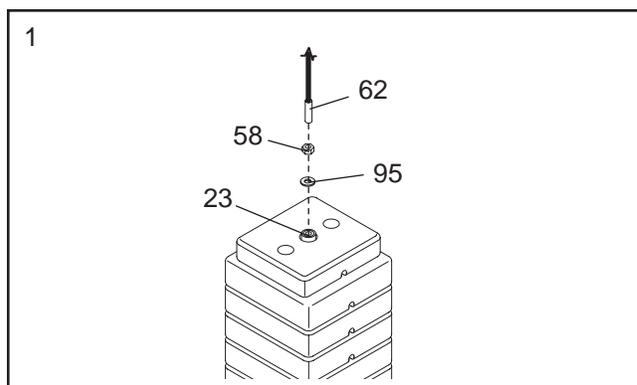
# TROUBLESHOOTING

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

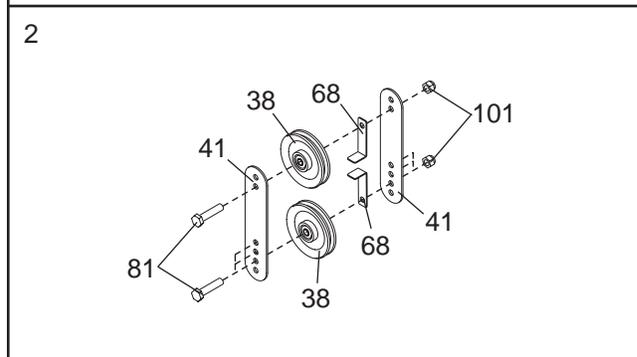
## TIGHTENING THE CABLES

Woven cable, the type of cable used on the 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. To tighten the cables, first insert the weight pins into the centers of the weight stacks. Slack can be removed from the cables in several ways:

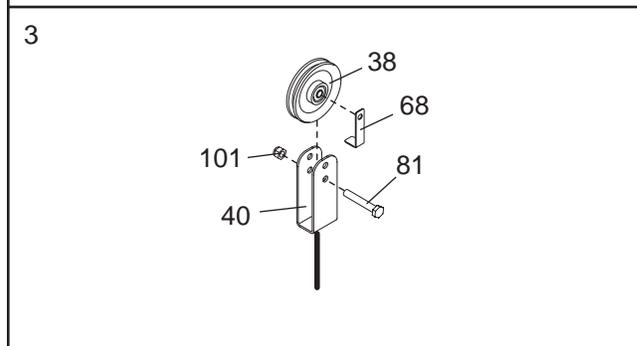
**See drawing 1.** To tighten the Lat Cable (62) or the Upper Short Stack Cable (not shown), first loosen the M12 Nut (58) on the end of the Cable away from the 50mm Washer (95). Screw the end of the Cable farther into the Long Weight Tube (23) or the Short Weight Tube (not shown). Finally, retighten the Locknut against the Washer.



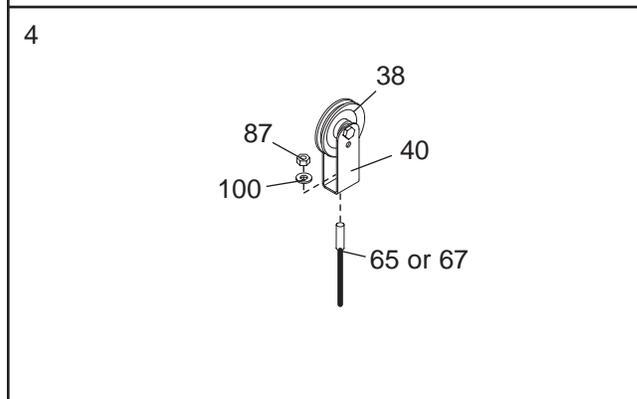
**See drawing 2.** Slack can be removed from the cables by moving a 100mm Pulley (38) in the Pulley Plates (41). First, remove the upper or lower M10 Nylon Locknut (101), M10 x 50mm Bolt (81), Pulley, and Long Cable Trap (68) from the Pulley Plates. Reattach the Pulley and the Cable Trap between a set of holes closer to the center of the Pulley Plates with the Bolt and Locknut. **Make sure the Cable Trap is oriented to hold the cable in the groove of the Pulley.**



**See drawing 3.** To remove additional slack, remove the M10 Nylon Locknut (101), M10 x 50mm Bolt (81), 100mm Pulley (38), and Long Cable Trap (68) from either "U"-bracket (40). Reattach the Pulley and the Cable Trap between the indicated set of holes in the "U"-bracket with the Bolt and Locknut.



**See drawing 4.** Slack can also be removed from the cables by tightening the M8 Nylon Locknut (87) at the end of the Leg Press Cable (65) or the Butterfly Cable (67). To do this you may need to remove the 100mm Pulley (38) from the "U"-bracket (40).



**Do not overtighten the cables. If the cables are overtightened, the top weights will be lifted off the weight stacks.**

**If a cable slips off the pulleys repeatedly, it 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.

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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing 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.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance 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 resistance.

### Weight Loss

To lose weight, use a low amount of resistance 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

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### Warming Up

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous 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, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

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

Maintaining proper form is an essential part of an effective exercise program. This requires 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 guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names 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 a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for 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.

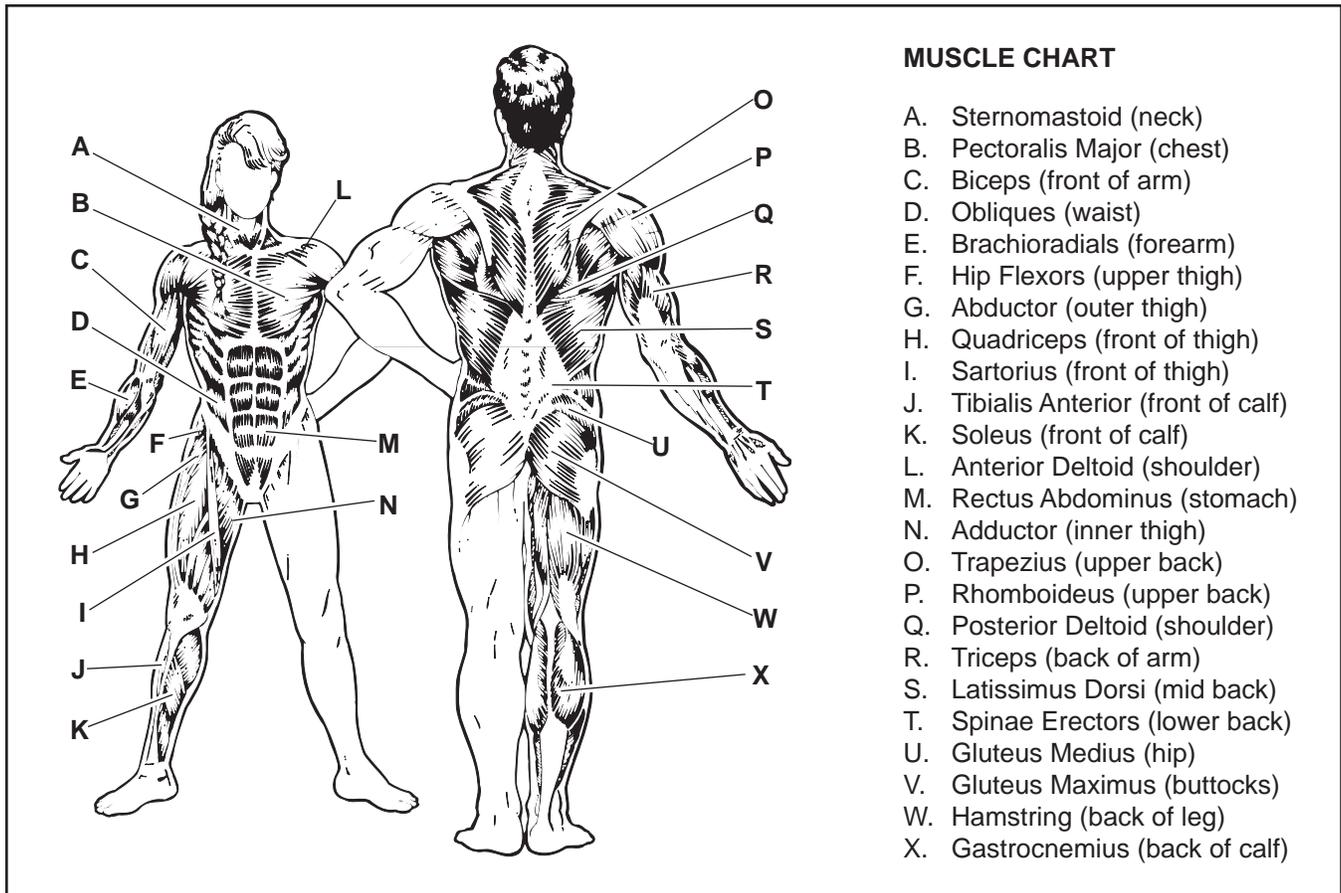
### Cooling Down

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and 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 an effective way to increase flexibility.

### Staying Motivated

For motivation, keep a record of each workout. The chart on pages 34 and 35 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the 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.



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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

<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

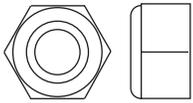
Make photocopies of this page for scheduling and recording your workouts.

# PART IDENTIFICATION CHART

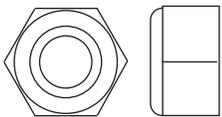
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



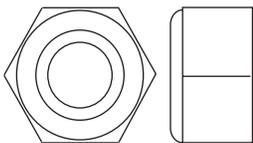
M6 Nylon Locknut (102)



M8 Nylon Locknut (87)



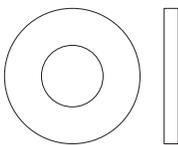
M10 Nylon Locknut (101)



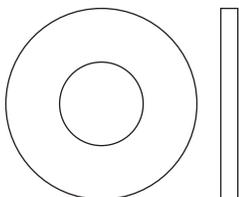
M12 Nut (58)



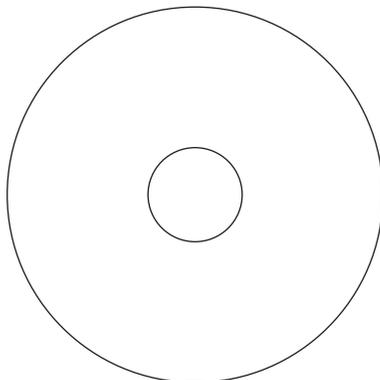
M4 Washer (104)



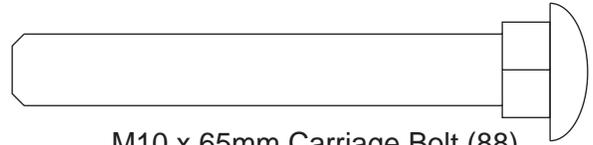
M8 Washer (100)



M10 Washer (99)



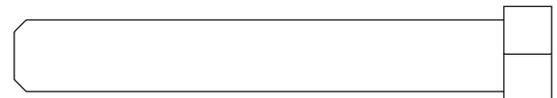
50mm Washer (95)



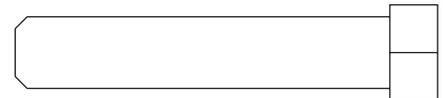
M10 x 65mm Carriage Bolt (88)



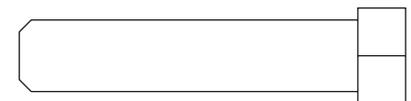
M10 x 68mm Bolt (84)



M10 x 65mm Bolt (80)



M10 x 50mm Bolt (81)



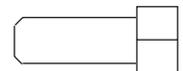
M10 x 45mm Bolt (51)



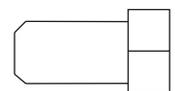
M6 x 35mm Bolt (83)



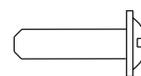
M4 x 25mm Self-tapping Screw (103)



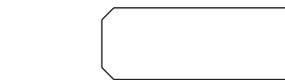
M6 x 16mm Bolt (89)



M8 x 15mm Bolt (97)



M4 x 15mm Self-tapping Screw (107)





M8 x 67mm Shoulder Bolt (90)



M10 x 75mm Bolt (82)



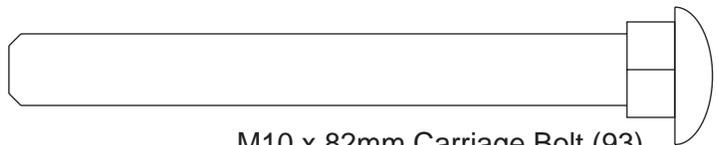
M10 x 77mm Bolt (106)



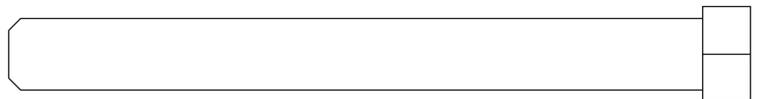
M10 x 80mm Bolt (110)



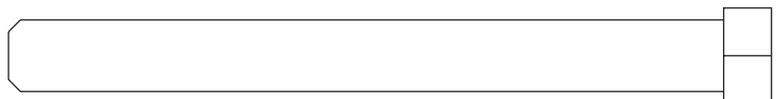
M10 x 85mm Bolt (96)



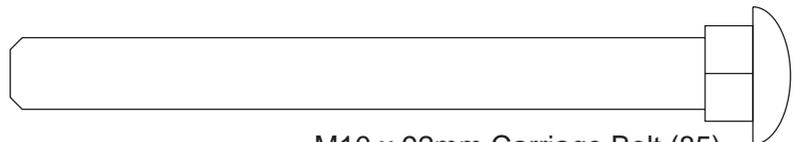
M10 x 82mm Carriage Bolt (93)



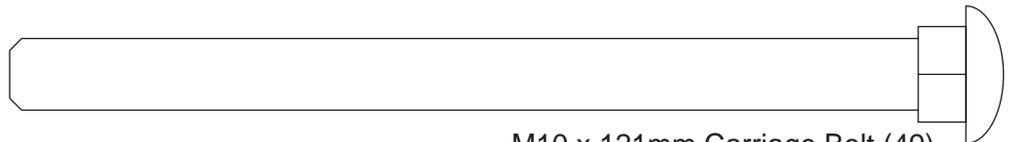
M10 x 92mm Bolt (55)



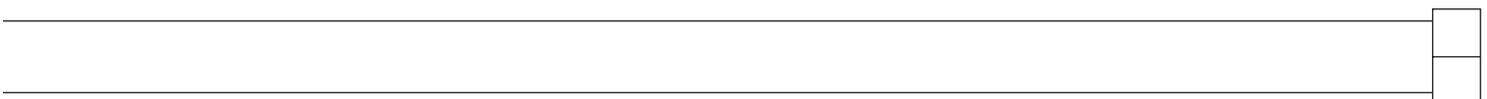
M10 x 95mm Bolt (105)



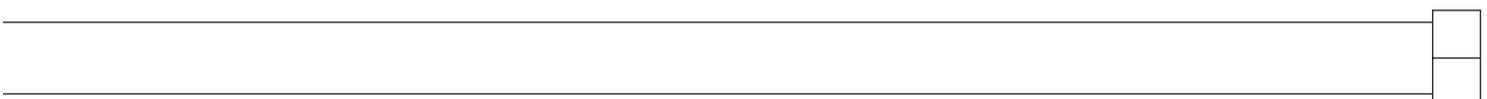
M10 x 92mm Carriage Bolt (85)



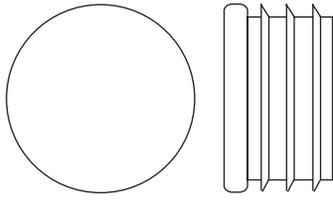
M10 x 121mm Carriage Bolt (49)



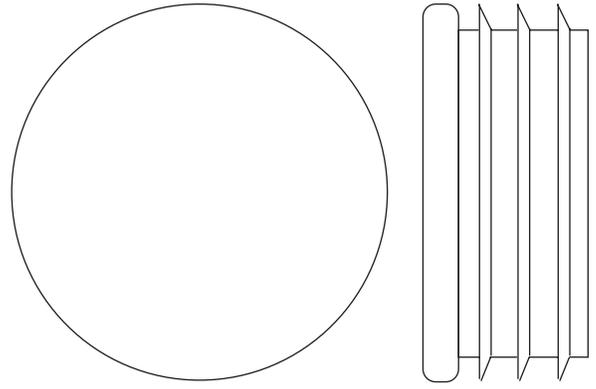
M10 x 213mm Bolt (92)



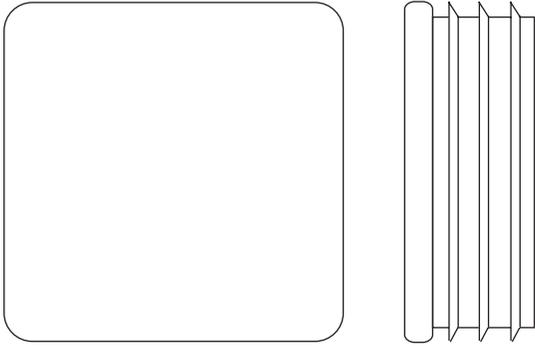
M10 x 225mm Bolt (86)



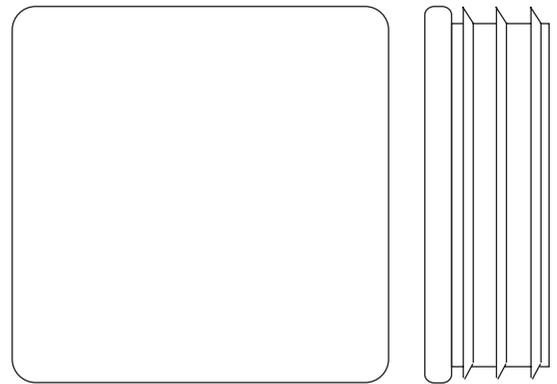
25mm Round Inner Cap (76)



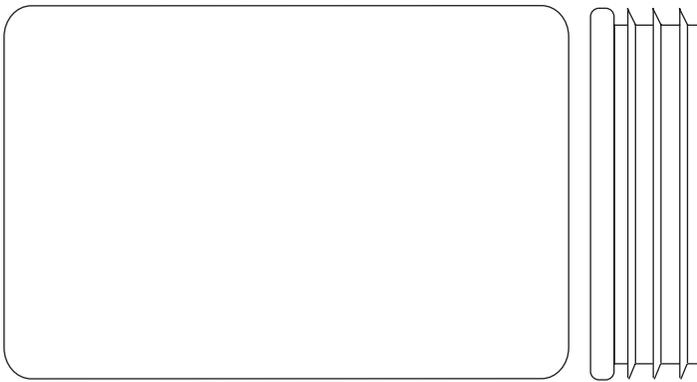
50mm Round Inner Cap (52)



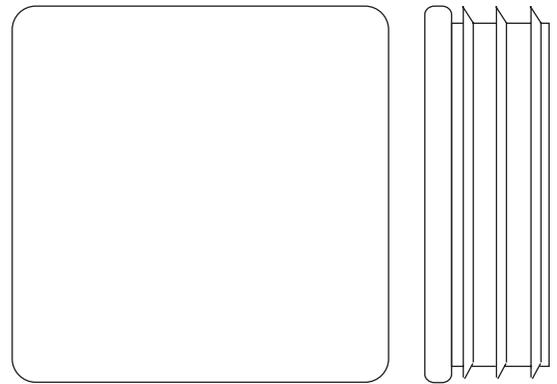
45mm Square Inner Cap (50)



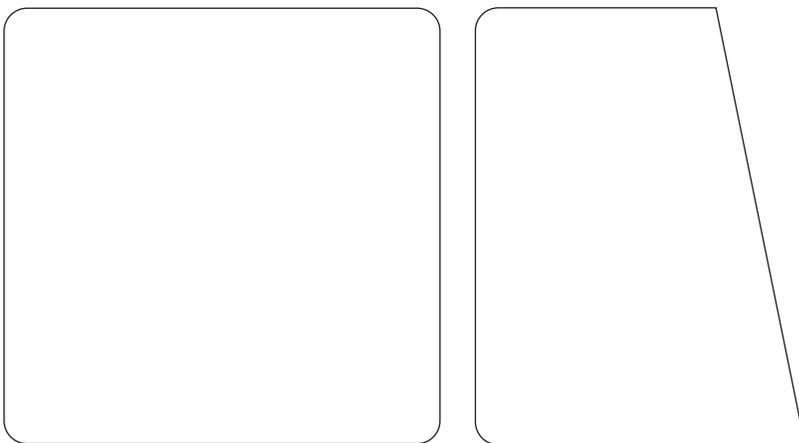
50mm Square Inner Cap (45)



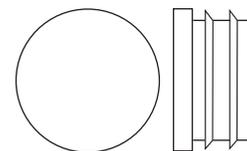
50mm x 75mm Inner Cap (46)



50mm Thick Square Inner Cap (47)



50mm Angled Outer Cap (43)



19mm Round Inner Cap (57)

# PART LIST—Model No. WESY47330

R1003B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	57	6	19mm Round Inner Cap
2	1	Butterfly Upright	58	2	M12 Nut
3	1	Leg Press Base	59	2	"T"-handle
4	1	Seat Adjustment Frame	60	1	Leg Lever Bumper
5	1	Leg Lever Base	61	1	Leg Lever Lock
6	1	Foot Plate	62	1	Lat Cable
7	1	Leg Lever	63	1	Upper Short Stack Cable
8	1	Sliding Seat Frame	64	1	Lower Short Stack Cable
9	1	Top Frame	65	1	Leg Press Cable
10	1	Butterfly Frame	66	1	Ab Cable
11	1	Left Butterfly Arm	67	1	Butterfly Cable
12	1	Right Butterfly Arm	68	11	Long Cable Trap
13	1	Rear Press Arm	69	28	12.5mm Spacer
14	1	Front Press Arm	70	8	M10 Thick Spacer
15	1	Leg Press Plate	71	4	Weight Bumper
16	2	Leg Press Bracket	72	1	Ab Strap
17	1	Shroud	73	1	16" Chain
18	2	Weight Guide	74	1	Ankle Strap
19	2	Weight Guide with Ring	75	3	Spring Clip
20	1	Weight Plate	76	2	25mm Round Inner Cap
21	1	Bottom Weight	77	1	Lat Bar
22	13	Weight	78	2	Butterfly Pin
23	1	Long Weight Tube	79	8	M10 Round Bushing
24	1	Short Weight Tube	80	16	M10 x 65mm Bolt
25	2	Top Weight	81	9	M10 x 50mm Bolt
26	2	Seat Arm	82	4	M10 x 75mm Bolt
27	1	Seat Post	83	4	M6 x 35mm Bolt
28	1	Curl Post	84	1	M10 x 68mm Bolt
29	1	Curl Pad	85	3	M10 x 92mm Carriage Bolt
30	2	Seat	86	1	M10 x 225mm Bolt
31	1	Butterfly Backrest	87	4	M8 Nylon Locknut
32	1	Backrest	88	6	M10 x 65mm Carriage Bolt
33	3	Pad Tube	89	20	M6 x 16mm Bolt
34	6	Round Pad	90	2	M8 x 67mm Shoulder Bolt
35	2	Handgrip	91	2	Plastic Grip
36	2	Butterfly Arm Grip	92	2	M10 x 213mm Bolt
37	2	Lat Bar Grip	93	2	M10 x 82mm Carriage Bolt
38	27	100mm Pulley	94	1	Curl Post "T"-handle
39	4	90mm Pulley	95	2	50mm Washer
40	2	"U"-bracket	96	3	M10 x 85mm Bolt
41	2	Pulley Plate	97	4	M8 x 15mm Bolt
42	1	Double "U"-bracket	98	2	Weight Pin
43	1	50mm Angled Outer Cap	99	43	M10 Washer
44	1	Metal Plate	100	10	M8 Washer
45	6	50mm Square Inner Cap	101	69	M10 Nylon Locknut
46	9	50mm x 75mm Inner Cap	102	4	M6 Nylon Locknut
47	2	50mm Thick Square Inner Cap	103	1	M4 x 25mm Self-tapping Screw
48	3	Short Cable Trap	104	1	M4 Washer
49	1	M10 x 121mm Carriage Bolt	105	1	M10 x 95mm Bolt
50	1	45mm Square Inner Cap	106	6	M10 x 77mm Bolt
51	12	M10 x 45mm Bolt	107	2	M4 x 15mm Self-Tapping Screw
52	2	50mm Round Inner Cap	108	1	50mm Angled Cap
53	4	56mm Round Bushing	109	1	50mm Thick Angled Cap
54	2	Weight Tube Bumper	110	2	M10 x 80mm Bolt
55	2	M10 x 92mm Bolt	#	1	User's Manual
56	2	Square Bushing	#	1	Grease Pack

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.



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# 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 (WESY47330)
2. The NAME of the product (WEIDER® CLUB C4800 weight 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 in the center of this manual)

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## 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 or 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**