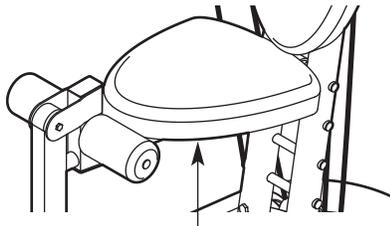


Model No. WESY2966.0

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

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



Serial Number Decal (Under Seat)

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

**1-877-992-5999**

Mon.–Fri., 6 a.m.–6 p.m. MST

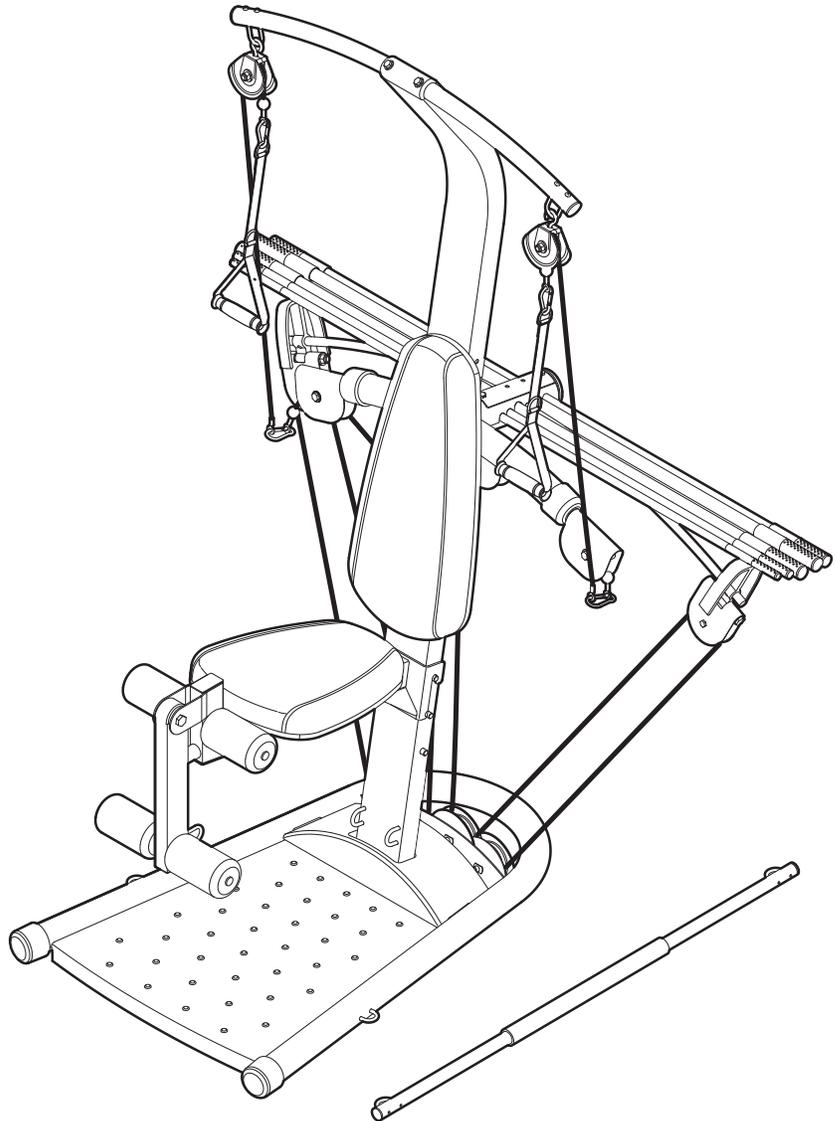
ON THE WEB:

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

# MAX

by **WEIDER**™

## USER'S MANUAL



## CAUTION

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



Visit our website at

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

new products, prizes,  
fitness tips, and much more!

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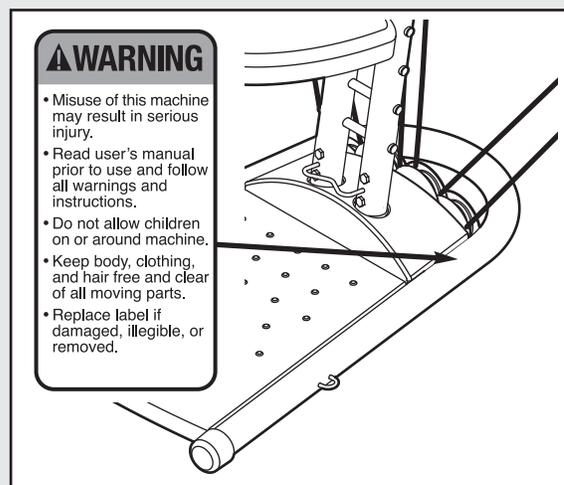
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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the resistance system before using the resistance system. Use the resistance system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the resistance system are adequately informed of all precautions.
3. The resistance system is intended for home use only. Do not use the resistance system in any commercial, rental, or institutional setting.
4. Keep the resistance system indoors, away from moisture and dust. Place the resistance system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the resistance system to mount, dismount, and use the resistance system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the resistance system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The resistance system is designed to support a maximum user weight of 300 pounds.
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. Replace all cables at least every two years.
11. The resistance system is designed to be used with the included resistance, and the resistance included with a PPMC0825 100 pound Max Pack. Do not use the resistance system with dumbbells or any other type of resistance.
12. When adding resistance, both ends of the resistance bars must rest under the two “U”-channels. Add and remove resistance bars from the “U”-channels one resistance bar at a time.
13. Keep clear of the area around the “U”-channels while the resistance system is in use. Do not add or remove resistance bars from the “U”-channels while the end of the long cable is pulled out.
14. Pull on the cables only while sitting on the bench or standing on the base plate.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. The decal shown here has been placed on the resistance system. If the decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# BEFORE YOU BEGIN

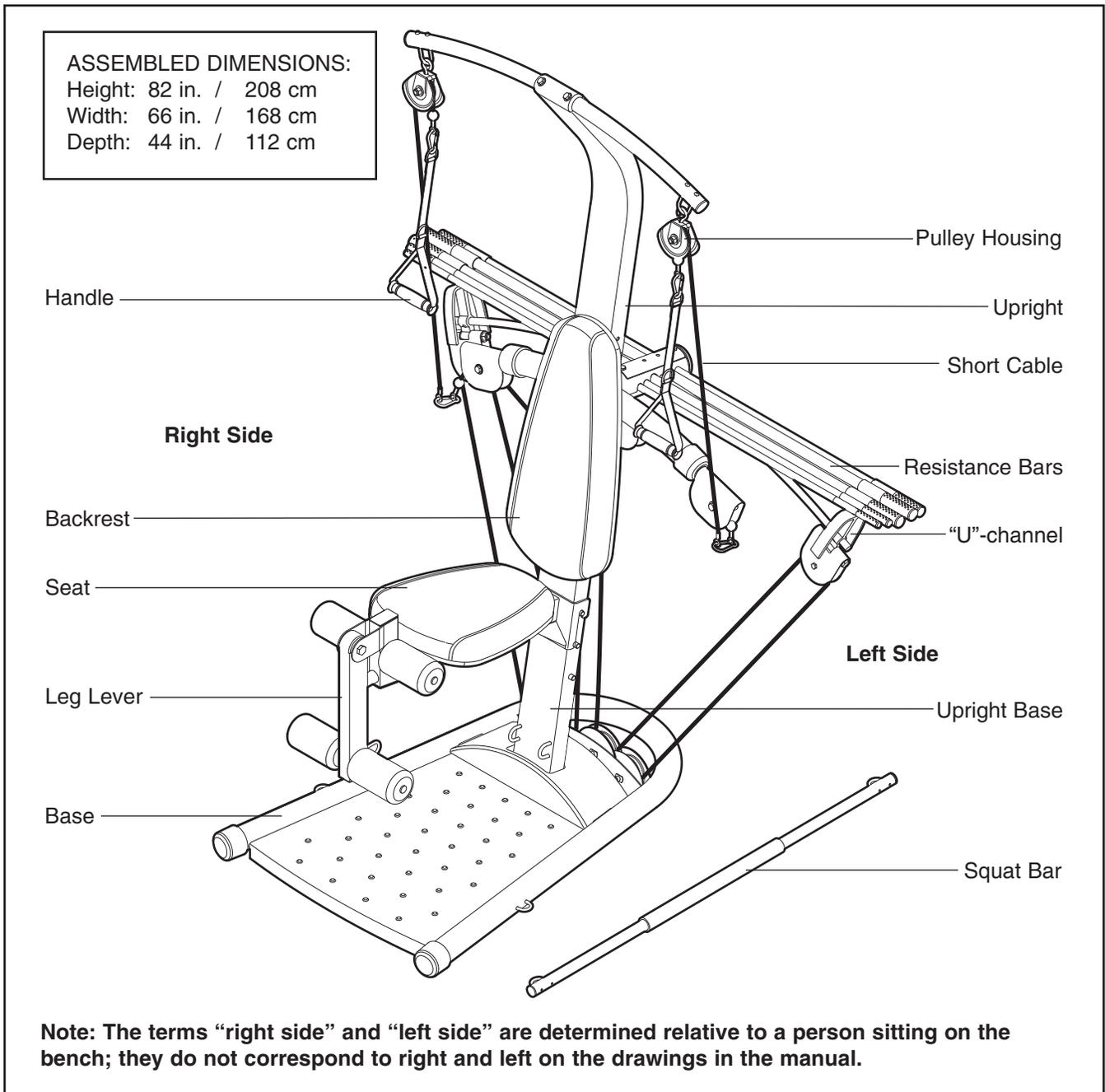
Thank you for selecting the innovative MAX by WEIDER™ resistance system. The resistance system offers a selection of stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the resistance system will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the resistance system.** If you have questions after reading this manual, see the front cover of this

manual. To help us assist you, please note the product model number and serial number before calling. The model number is WESY2966.0. The serial number can be found on a decal attached to the resistance system (see the front cover of this manual).

**To avoid a registration fee for any service needed under warranty, you must register the resistance system at [www.weiderservice.com/registration](http://www.weiderservice.com/registration).**

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



# 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 on page 17 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.**



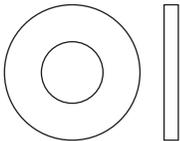
M4 x 12mm Flat Head Screw (58)



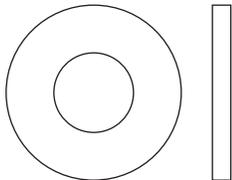
M4 x 16mm Screw (61)



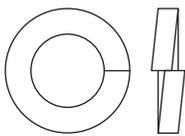
M6 Washer (60)



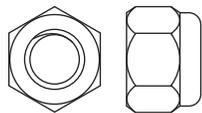
M8 Washer (54)



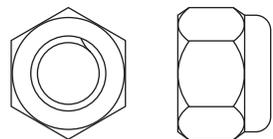
M10 Washer (59)



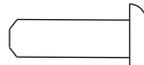
M10 Split Washer (88)



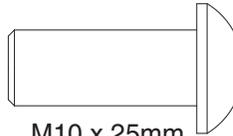
M8 Nylon Locknut (57)



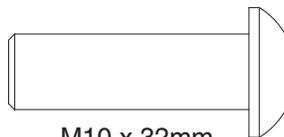
M10 Nylon Locknut (56)



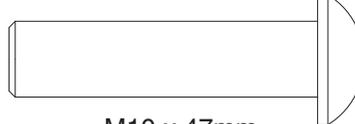
M5 x 16mm Screw (78)



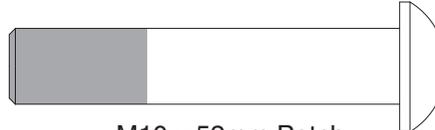
M10 x 25mm Button Screw (64)



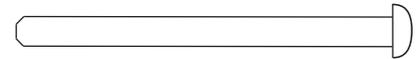
M10 x 32mm Button Screw (68)



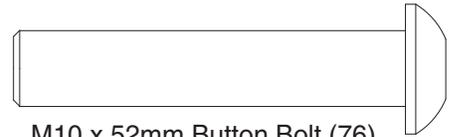
M10 x 47mm Button Screw (76)



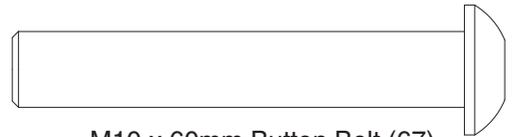
M10 x 52mm Patch Screw (89)



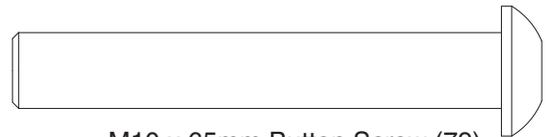
M4 x 50mm Screw (66)



M10 x 52mm Button Bolt (76)



M10 x 60mm Button Bolt (67)



M10 x 65mm Button Screw (79)



M10 x 70mm Button Bolt (69)



M10 x 51mm Bolt Set (75)



M6 x 76mm Screw (87)



M6 x 87mm Screw (73)



M8 x 100mm Button Bolt (70)



M10 x 102mm Button Bolt (65)



M10 x 132mm Button Bolt (72)

# ASSEMBLY

## Make Things Easier for Yourself

Everything in this manual is designed to ensure that the resistance system can be assembled successfully by almost anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

**To hire an authorized service technician to assemble the resistance system, call toll-free 1-800-445-2480.**

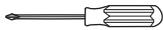
**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two people.
- Because of its weight and size, the resistance system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the resistance system as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

• **For help identifying small parts, use the PART IDENTIFICATION CHART.**

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

The included hex key(s)  and grease, and the following tools (not included) may be required for assembly:

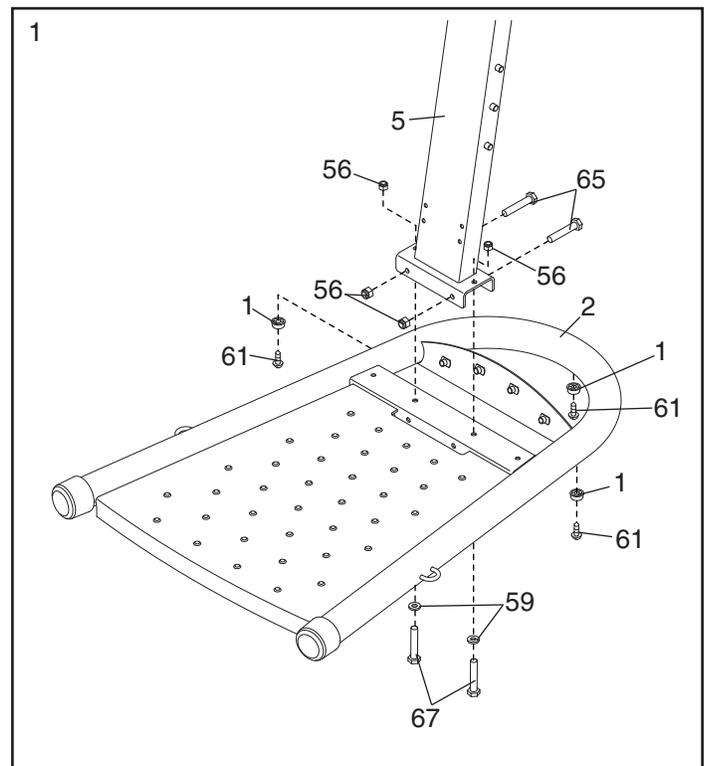
- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape, and soapy water.

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.

1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.**

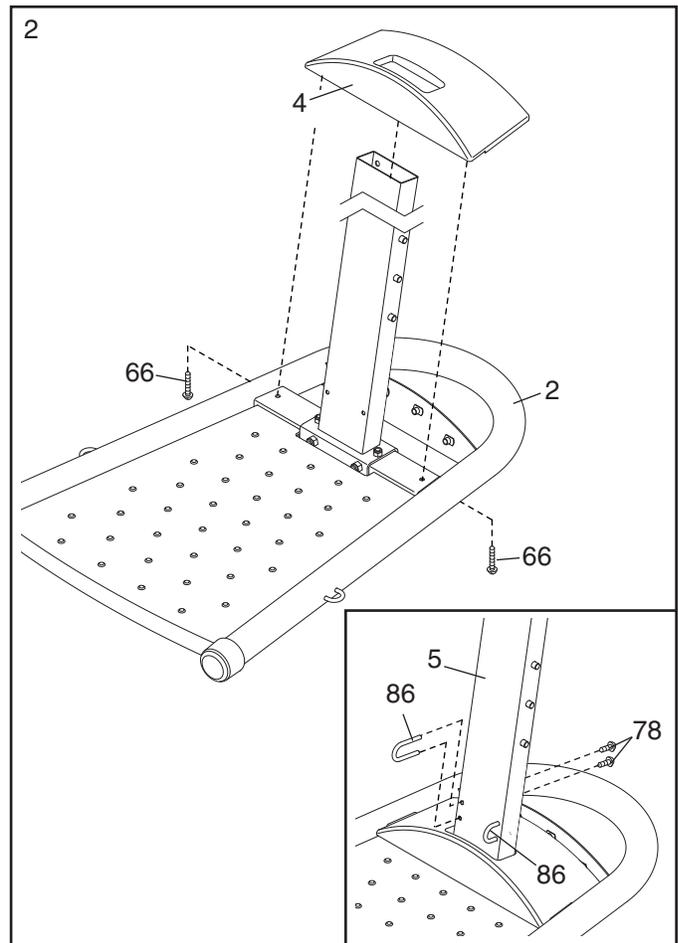
Attach three Plastic Feet (1) to the Base (2) with three M4 x 16mm Screws (61).

Attach the Upright Base (5) to the Base (2) with two M10 x 60mm Button Bolts (67), two M10 Washers (59), two M10 x 102mm Button Bolts (65), and four M10 Nylon Locknuts (56).



- Attach the Base Cover (4) to the Base (2) with two M4 x 50mm Screws (66). **Do not overtighten the Screws (66). If you overtighten the Screws, you will damage the Base Cover.**

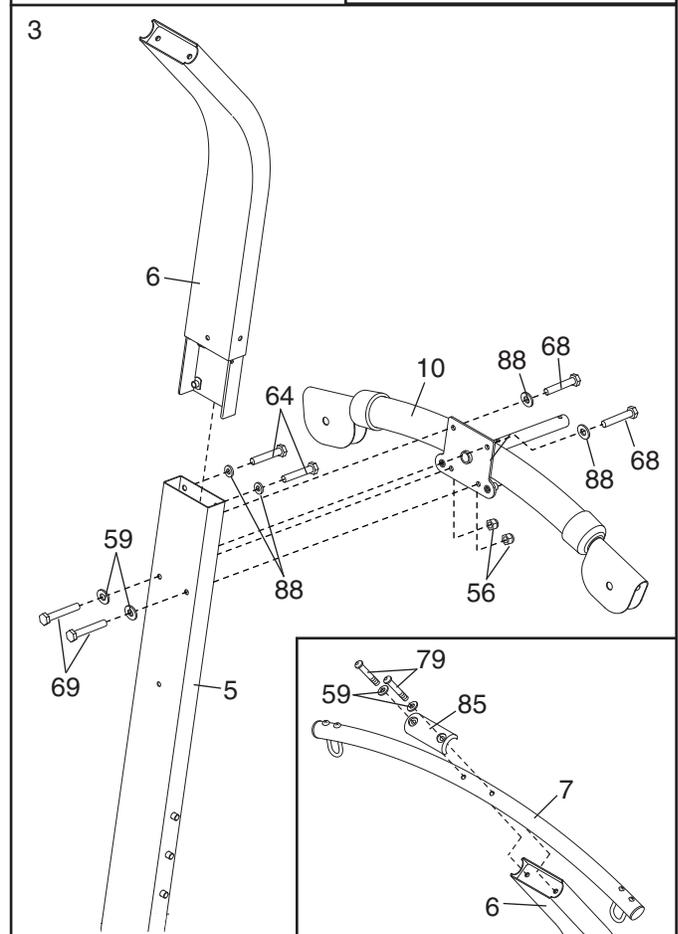
**See the inset drawing.** Attach a Cable Clip Hook (86) to the Upright Base (5) with two M5 x 16mm Screws (78). Attach the other Cable Clip Hook in the same manner.



- Attach the Upright (6) to the Upright Base (5) with two M10 x 25mm Button Screws (64) and two M10 Split Washers (88). **Do not tighten the Button Screws yet.**

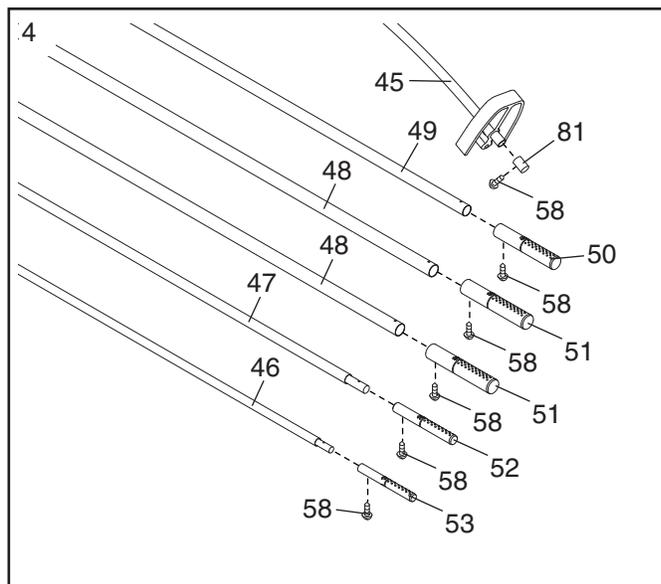
Attach the Rear Frame (10) to the Upright Base (5) with two M10 x 32mm Button Screws (68), two M10 Split Washers (88), two M10 x 70mm Bolts (69), two M10 Washers (59), and two M10 Nylon Locknuts (56). Tighten the M10 x 25mm Button Screws (64).

**See the inset drawing.** Attach the Crossbar (7) to the Upright (6) with the Crossbar Cap (85), two M10 x 65mm Button Screws (79), and two M10 Washers (59).



- Attach the two 10-pound Short Caps (81) to the 10-pound Center Bar (45) with two M4 x 12mm Flat Head Screws (58).

Using ten M4 x 12mm Flat Head Screws (58), attach the two 10-pound Caps (53) to the 10-pound Bar (46), the two 20-pound Caps (52) to the 20-pound Bar (47), the four 80-pound Caps (51) to the two 80-pound Bars (48), and the two 40-pound Caps (50) to the 40-pound Bar (49).

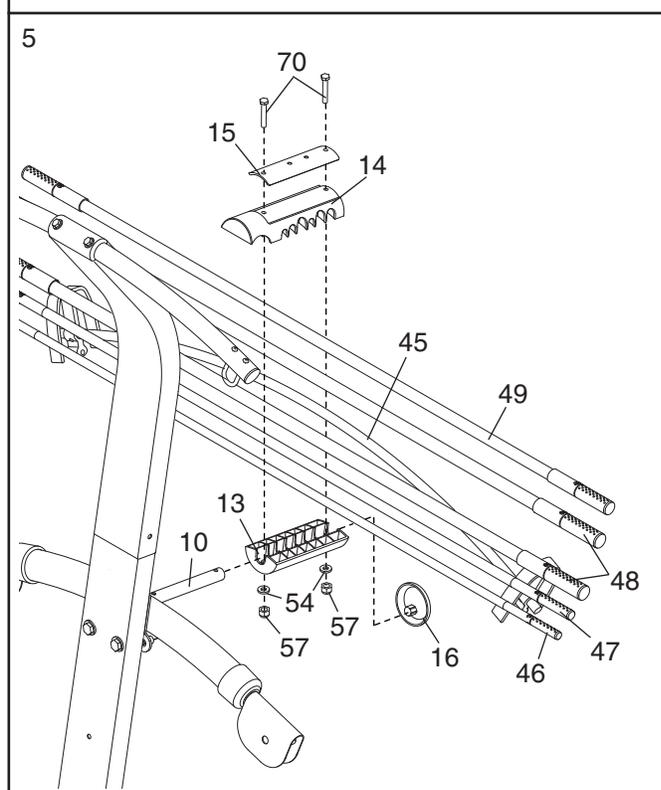


- Turn the Top Tray (14) upside-down. Set the resistance bars into the Tray in the following order: 10-pound Bar (46), 20-pound Bar (47), 80-pound Bar (48), 10-pound Center Bar (45), 80-pound Bar (48), and 40-pound Bar (49). **Make sure that the resistance bars are centered in the Tray.**

Set the Bottom Tray (13) on top of the Top Tray (14) to hold the resistance bars in place. Turn the Trays over and slide them onto the Rear Frame (10). **Make sure that the Trays and the resistance bars are oriented as shown.**

Have a second person attach the Trays (13, 14) to the Rear Frame (10) with the Tray Cover (15), two M8 x 100mm Button Bolts (70), two M8 Washers (54), and two M8 Nylon Locknuts (57).

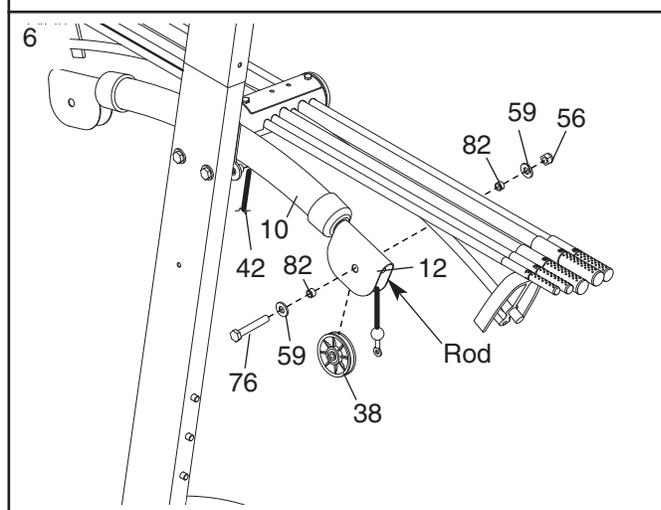
Press the Tray Cap (16) into the Rear Frame (10).



- Refer to the **CABLE DIAGRAM** on page 15 while cabling the resistance system to ensure correct cable routing. Do not overtighten the bolts attaching the pulleys; the pulleys must be able to turn easily.

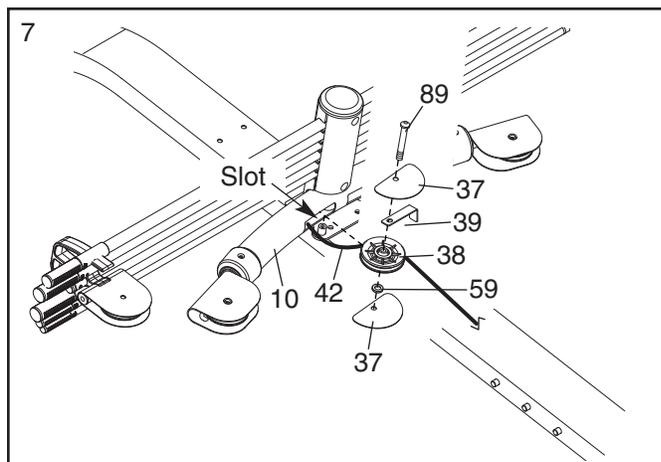
Insert the Long Cable (42) into the indicated Swivel Arm (12) and the Rear Frame (10). **Make sure that the Cable is below the rod in the Swivel Arm.**

Attach a 90mm Pulley (38) inside the Swivel Arm (12) with an M10 x 52mm Button Bolt (76), two M10 Washers (59), two 5mm Spacers (82), and an M10 Nylon Locknut (56).

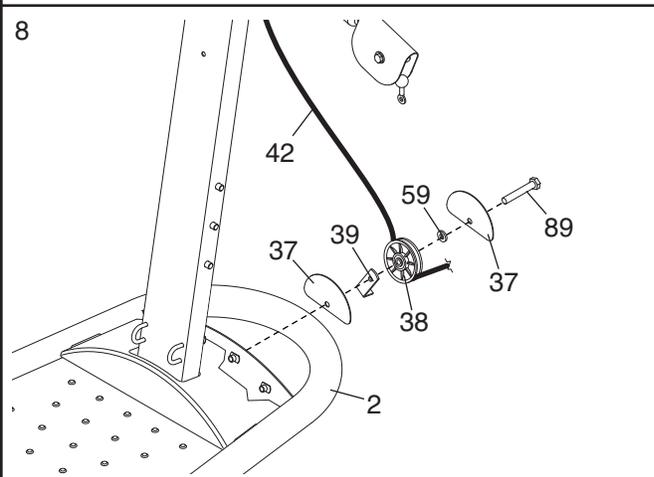


7. **Note: This step may be easier if the resistance system is tipped forward as shown.**

Route the Long Cable (42) around a 90mm Pulley (38). Attach the Pulley, a Half Guard (37), a Cable Trap (39), an M10 Washer (59), and another Half Guard to the Rear Frame (10) with an M10 x 52mm Patch Screw (89). **Do not fully tighten the Button Bolt. Make sure the 90mm Pulley is inserted into the indicated slot in the Rear Frame. Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

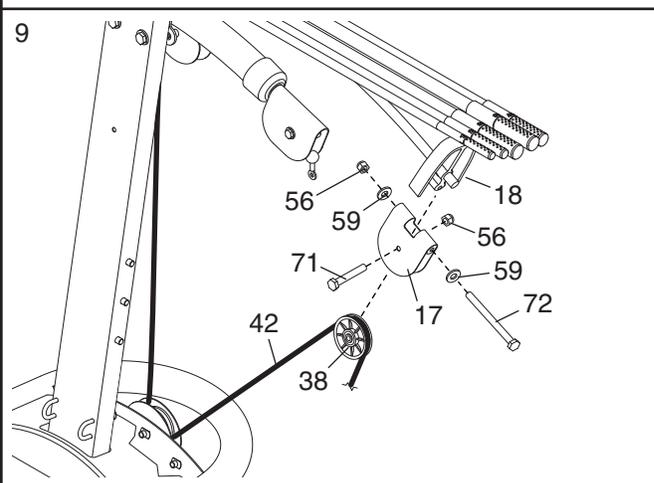


8. Wrap the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Half Guards (37) to the Base (2) with an M10 x 52mm Patch Screw (89) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



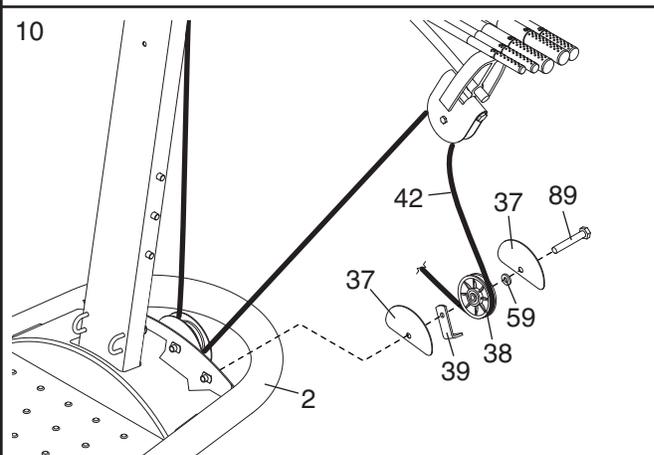
9. Attach a Pulley Bracket (17) to the indicated "U"-channel (18) with an M10 x 132mm Button Bolt (72), two M10 Washers (59), and an M10 Nylon Locknut (56).

Wrap the Long Cable (42) over a 90mm Pulley (38). Attach the Pulley inside the Pulley Bracket (17) with an M10 x 42mm Button Bolt (71) and an M10 Nylon Locknut (56).

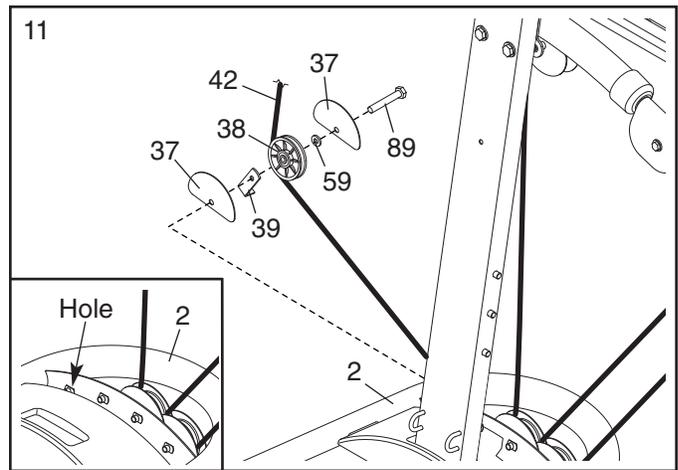


10. Wrap the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Half Guards (37) to the Base (2) with an M10 x 52mm Patch Screw (89) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

**Note: The Half Guards (37) attached in this step will overlap the Half Guards attached in step 8.**

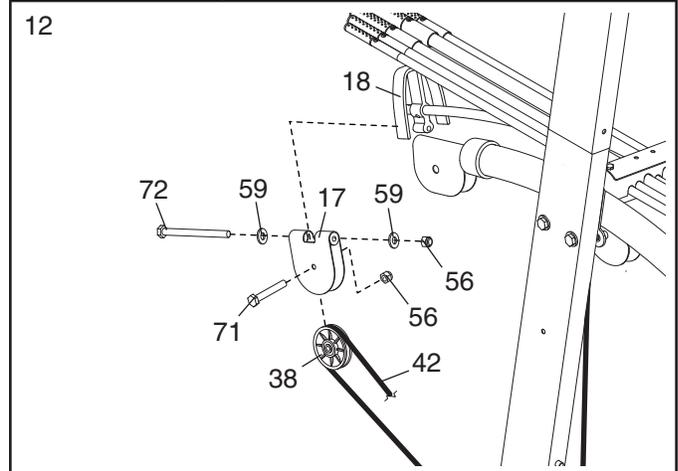


11. Route the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Half Guards (37) to the indicated hole in the Base (2) (see the inset drawing) with an M10 x 52mm patch Screw (76) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



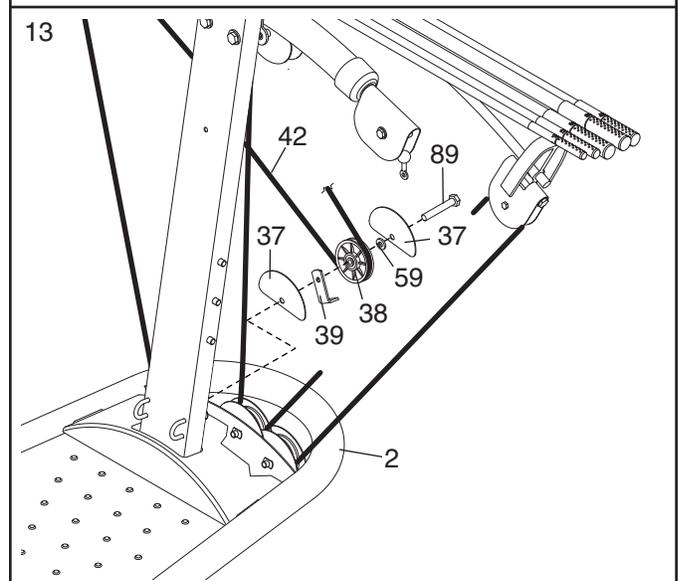
12. Attach a Pulley Bracket (17) to the indicated "U"-channel (18) with an M10 x 132mm Button Bolt (72), two M10 Washers (59), and an M10 Nylon Locknut (56).

Wrap the Long Cable (42) over a 90mm Pulley (38). Attach the Pulley inside the Pulley Bracket (17) with an M10 x 42mm Button Bolt (71) and an M10 Nylon Locknut (56).



13. Wrap the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Half Guards (37) to the Base (2) with an M10 x 52mm Patch Screw (89) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

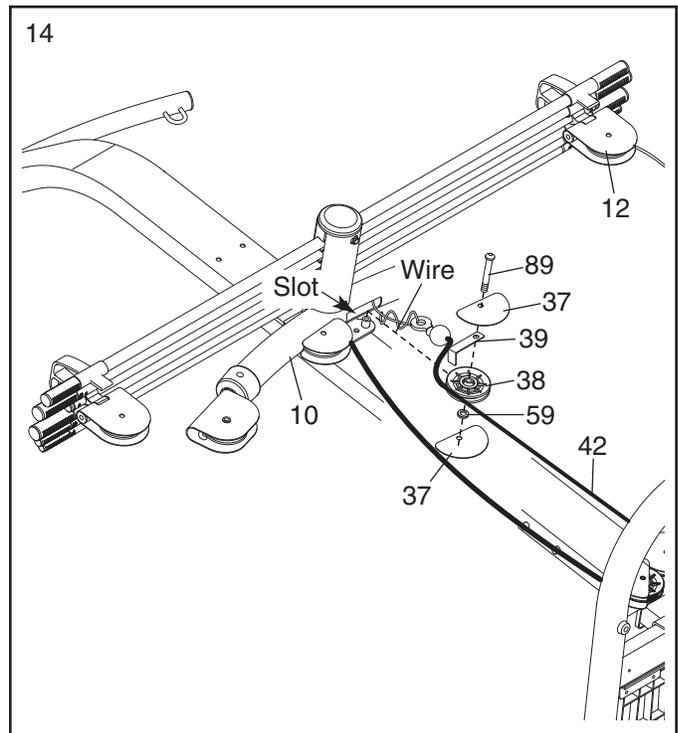
**Note: The Half Guards (37) attached in this step will overlap the Half Guards attached in steps 8 and 11.**



14. **Note: This step may be easier if the resistance system is tipped forward as shown.**

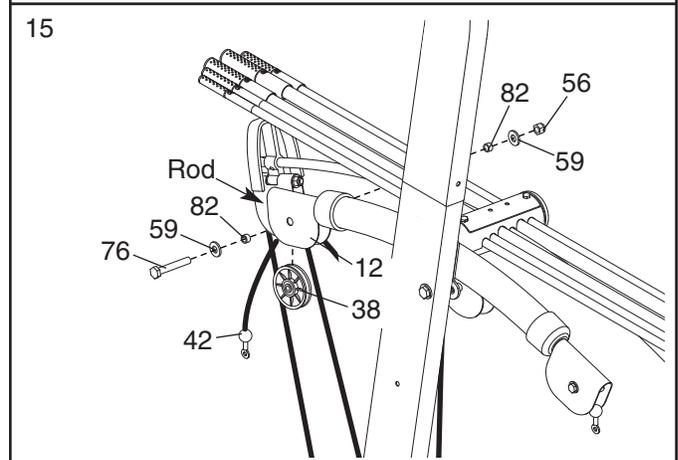
Wrap the wire found inside the in the Rear Frame (10) around the end of the Long Cable (42). Pull the Long Cable through the Rear Frame and out of the Swivel Arm (12). **Have a second person hold the cable end until step 15 is completed.** Discard the wire.

Route the Long Cable (42) around a 90mm Pulley (38). Attach the Pulley, a Half Guard (37), a Cable Trap (39), an M10 Washer (59), and another Half Guard to the Rear Frame (10) with an M10 x 52mm Patch Screw (89). **Make sure the Pulley is inserted into the indicated slot in the Rear Frame. Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley. Tighten the M10 x 52mm Patch Screw (89) used in step 7.**

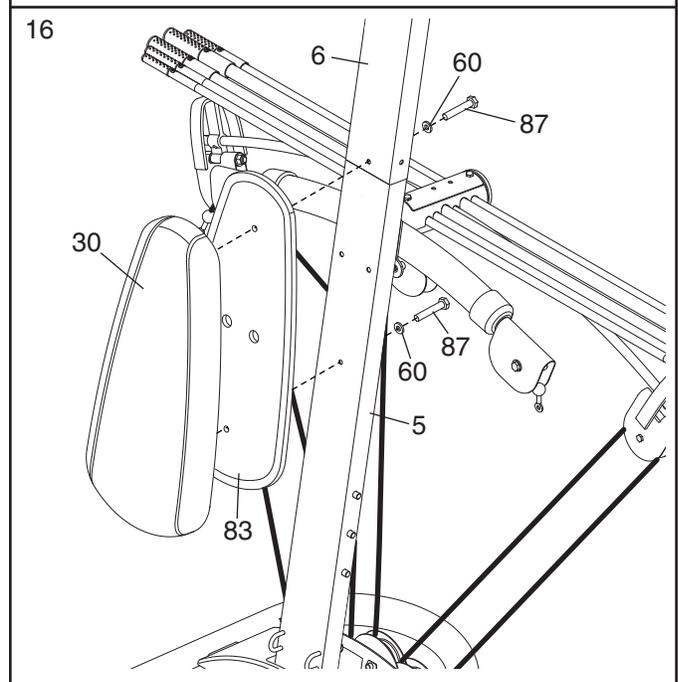


15. **Make sure that the Long Cable (42) is below the rod in the Swivel Arm (12).**

Attach a 90mm Pulley (38) inside the Swivel Arm (12), under the Long Cable (42), with an M10 x 52mm Button Bolt (76), two M10 Washers (59), two 5mm Spacers (82), and an M10 Nylon Locknut (56).



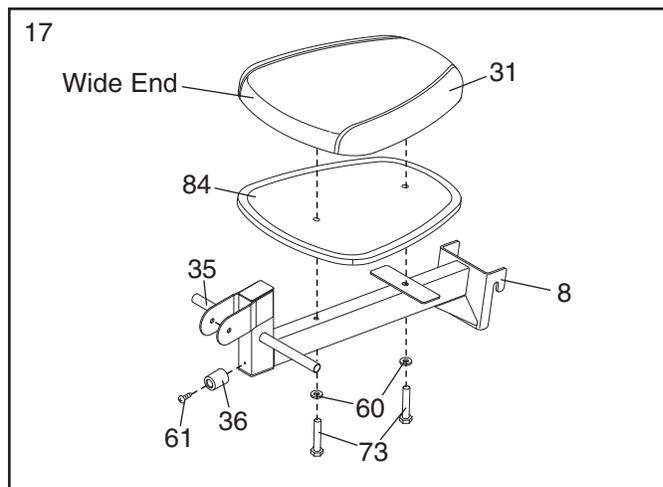
16. Attach the Backrest (30) and the Backrest Plate (83) to the Upright Base (5) and the Upright (6) with two M6 x 76mm Screws (87) and two M6 Washers (60).



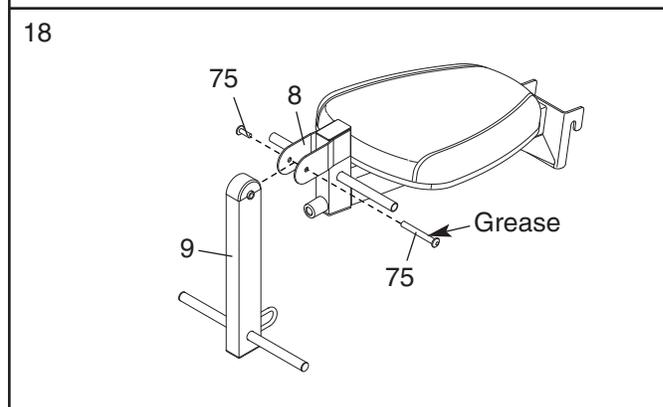
- Attach the Seat (31) and the Seat Plate (84) to the Seat Frame (8) with two M6 x 87mm Screws (73) and two M6 Washers (60).

Attach the Bumper (36) to the Seat Frame (8) with an M4 x 16mm Screw (61).

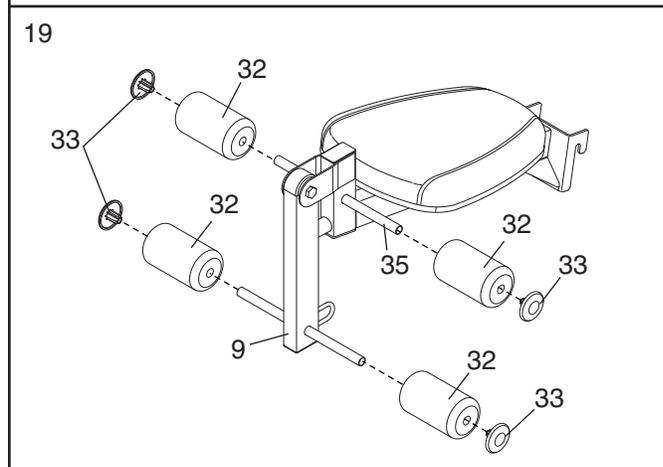
Slide the Pad Tube (35) into the Seat Frame (8).



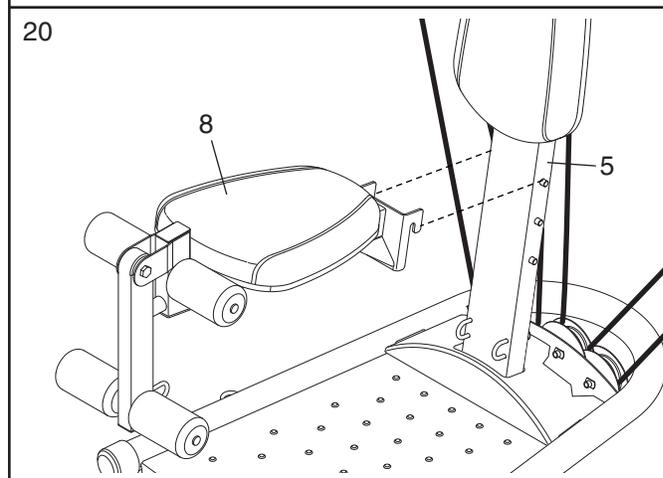
- Grease the barrel of an M10 x 51mm Bolt Set (75). Attach the Leg Lever (9) with the Bolt Set. **Do not overtighten the Bolt Set; the Leg Lever must be able to pivot easily.**



- Slide four Foam Pads (32) onto the Pad Tube (35) and the Leg Lever (9). Press a 19mm Round Inner Cap (33) into each Foam Pad.



- Set the Seat Frame (8) onto the Upright Base (5) as shown.



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

# ADJUSTMENTS

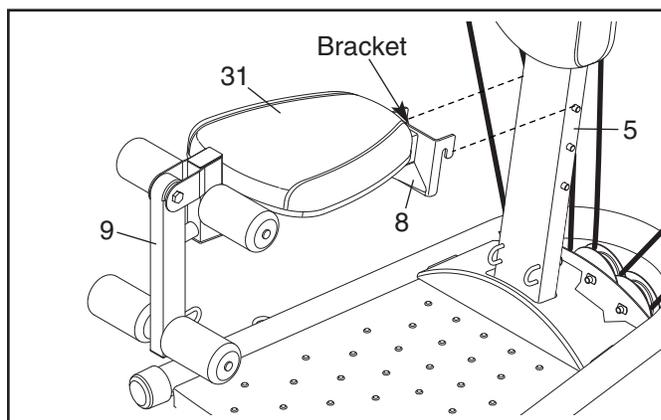
This section explains how to adjust the resistance system. See the EXERCISE GUIDELINES on page 16 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

## ADJUSTING THE SEAT

To use the Seat (31), first hold the Seat Frame (8) at a declined angle and set the bracket onto a bar on the Upright Base (5). Then, pivot the Seat Frame down.

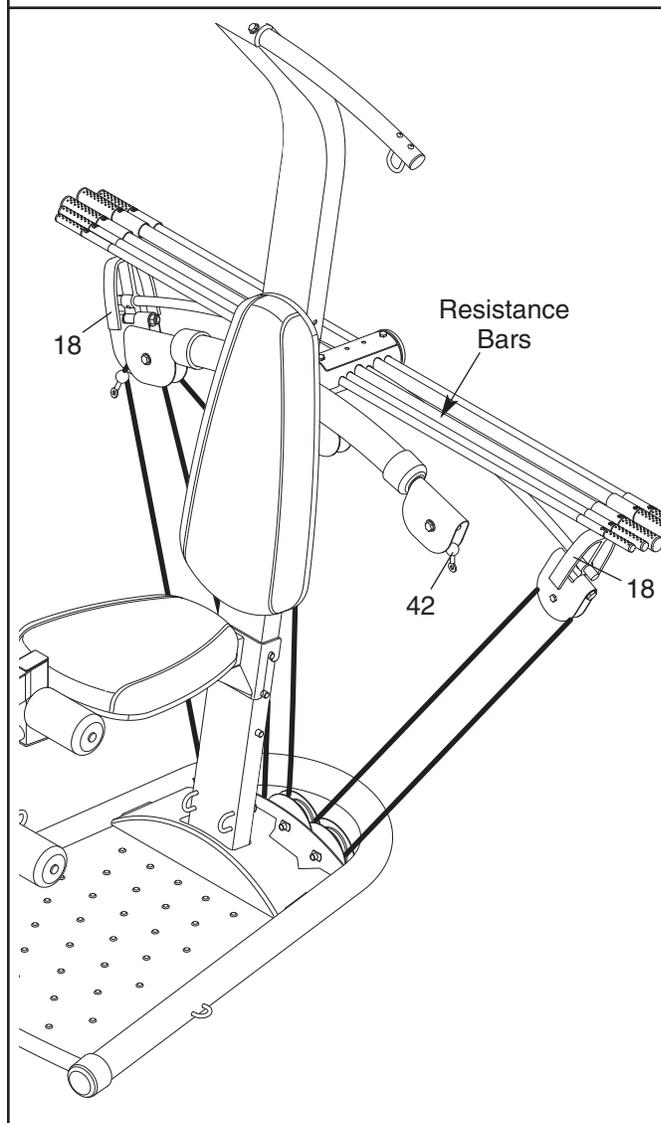
To remove the Seat (31), first make sure that the Short Cable (not shown) is not attached to the Leg Lever (9). Then, lift the Seat Frame (8) off the Upright Base (5). Set the Seat aside while performing an exercise that does not require it.



## ADJUSTING THE RESISTANCE

To add resistance, hold a “U”-channel (18) firmly and push the end of a resistance bar under it. Repeat with the other end of the resistance bar. If more resistance is needed, add one resistance bar at a time.

Note: When adding resistance, always start with the heaviest resistance bar to be used, and finish with the lightest resistance bar. When removing resistance bars from the “U”-channels (18), start with the



**WARNING:** When adding resistance, make sure that both ends of the resistance bar rest under the two “U”-channels (18). Do not add or remove resistance bars from the “U”-channels while an end of the Long Cable (42) is pulled out.

lightest resistance bar and finish with the heaviest. Note: The resistance system uses progressive resistance. As the resistance bars begin to bend, the amount of resistance will increase gradually. As the resistance bars bend further, the resistance will increase rapidly.

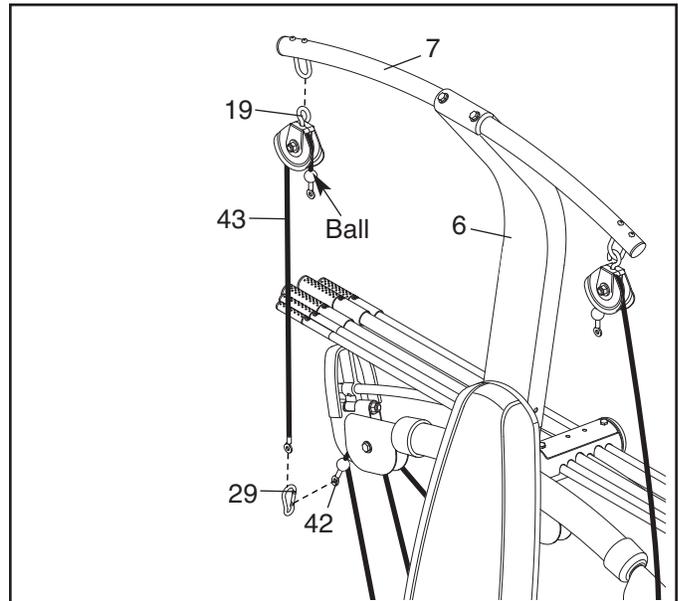
**Additional resistance can be added to the resistance system.** To purchase more resistance, call our Customer Service Department toll-free at the number of on the front cover of this manual and ask for model number **PFMC0825** (100-pound Max Pack).

## ATTACHING THE PULLEY HOUSINGS

To use a high pulley station, slide the hook on the High Pulley Housing (19) onto the bracket on the Crossbar (7). Attach the end of the Short Cable (43) without the ball to the end of the Long Cable (42) with a Clip (29). **Attach the other high pulley in the same manner.**

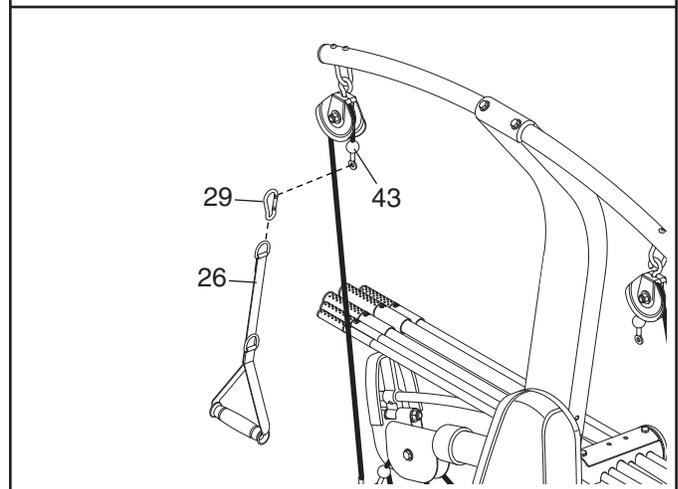
To use a squat station, attach the Pulley Housings (19) to the brackets on the Base (not shown).

To use the low pulley station, attach the two Pulley Housings (19) to the bracket on the Upright Base (not shown).



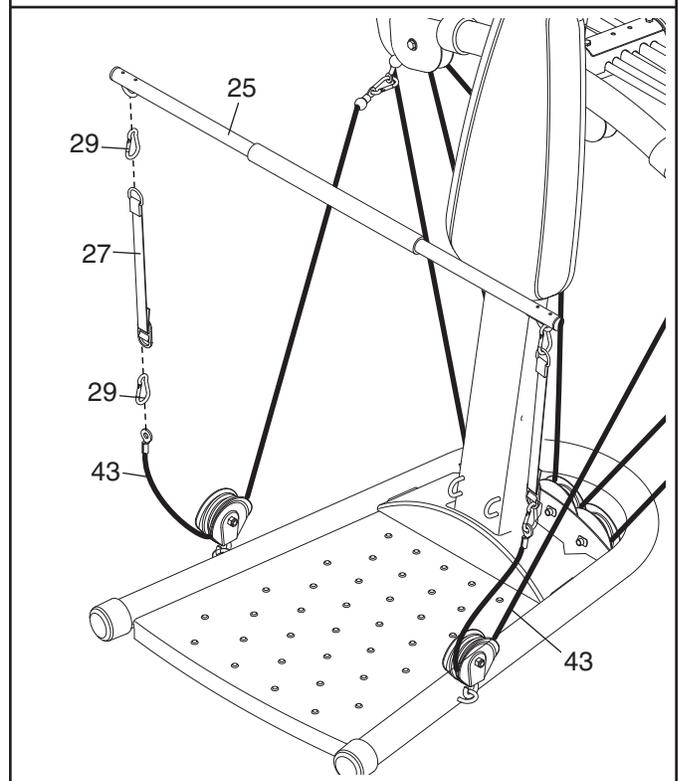
## ATTACHING THE HANDLES

A Handle (26) or the Ankle Strap (not shown) can be attached to a Short Cable (43) at the high pulley or a squat station (see ATTACHING THE PULLEY HOUSINGS above), or to the Long Cable (not shown), with a Cable Clip (29).



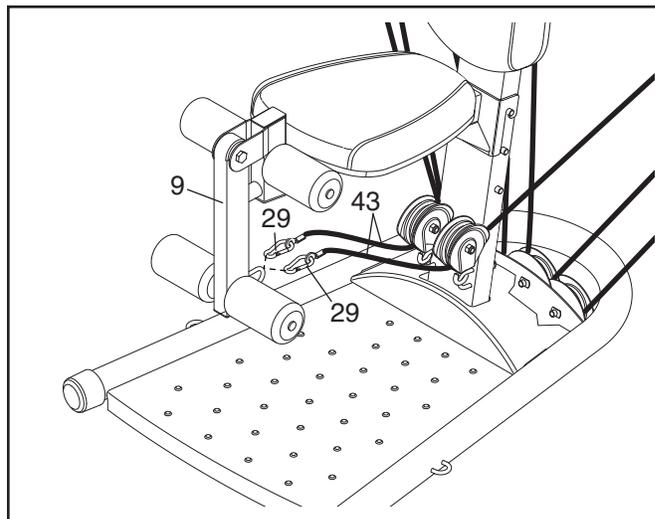
## ATTACHING THE SQUAT BAR

The Squat Bar (25) can be attached to the Short Cables (43) at the squat stations (see ATTACHING THE PULLEY HOUSINGS above) with the two Extension Straps (27) and four Clips (29). Adjust the length of the Extension Straps as necessary.



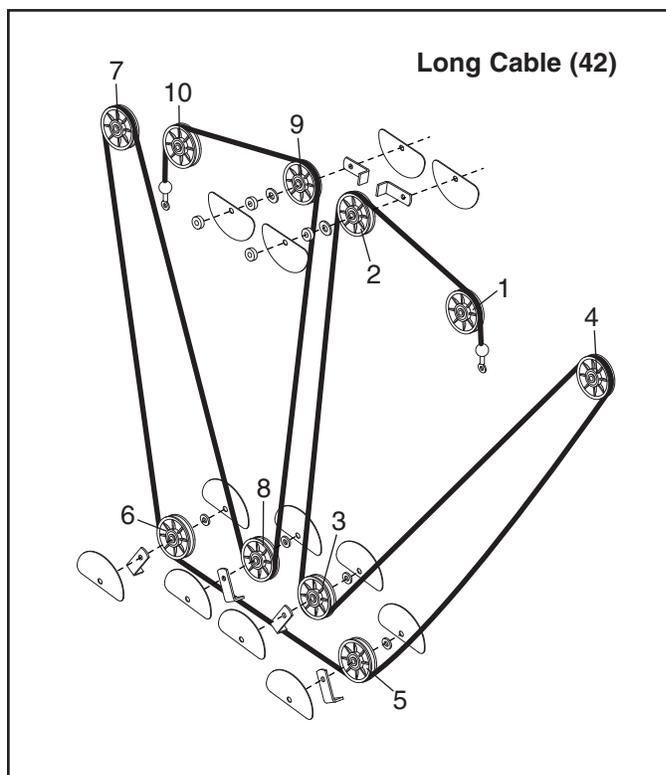
## ATTACHING THE LEG LEVER

To use the Leg Lever (9), first attach the seat to the resistance system (see ADJUSTING THE SEAT on page 13). Then, attach the pulley housings to the low pulley station (see ATTACHING THE PULLEY HOUSINGS on the previous page). Finally, attach the Short Cables (43) to the Leg Lever with two Clips (29).



## CABLE DIAGRAM

The cable diagram shows the proper routing of the Long Cable (42). Use the diagram to make sure that the cable has been assembled correctly. If the cable has not been correctly routed, the resistance system will not function properly and damage may occur. The numbers show the correct route for the cable.



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

**Muscle Building**—To increase muscle size, use a high amount of resistance. Your muscles will adapt and grow as you progressively increase the intensity of your exercise by:

- changing the level of resistance
- 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. 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. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance. Rest for 3 minutes after each set.

**Toning**—Tone your muscles by using a moderate amount of resistance and increasing the number of repetitions in each set. Complete as many sets of 15–20 repetitions as possible without discomfort. Rest for 1 minute after each set.

**Weight Loss**—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20–30 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:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20–30 minutes of aerobic exercise, such as riding an exercise cycle or running on a treadmill, 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.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the right length of time for each workout, as well as the number of repetitions and 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 5–10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by raising your body temperature, increasing circulation, and delivering more oxygen to your muscles.

**Working Out**—Each workout should include 6–10 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 right schedule 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. The exercise guide shows the correct form for several exercises and describes how to perform the exercise.

The repetitions in each set should be performed smoothly and without pausing. A repetition’s exertion stage should last about half as long as the return stroke. 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 time depends on which type of workout you are performing (see THE FOUR BASIC TYPES OF WORKOUTS).

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 5–10 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. 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.

# PART LIST—Model No. WESY2966.0

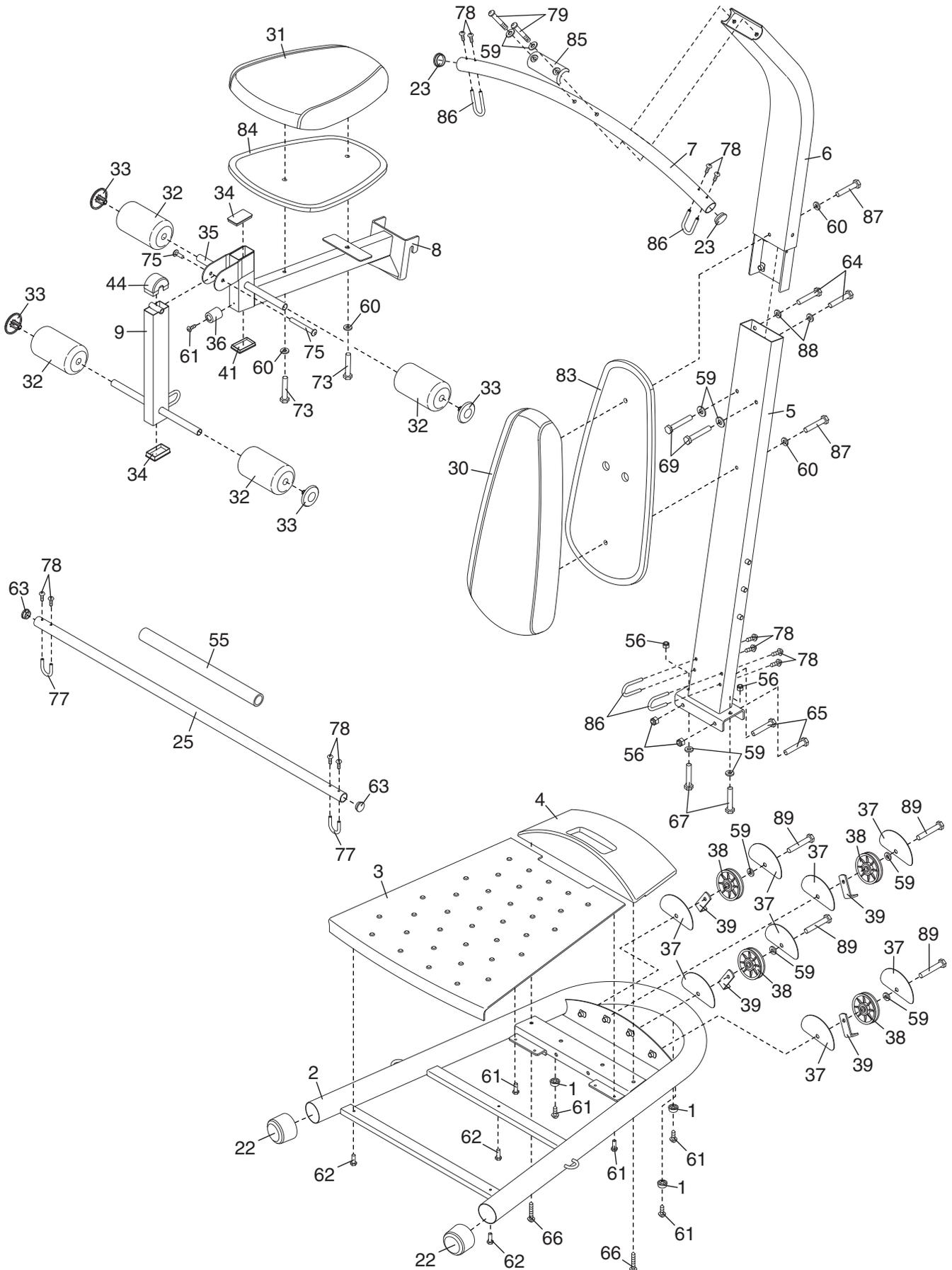
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	3	Plastic Foot	48	2	80-pound Bar
2	1	Base	49	1	40-pound Bar
3	1	Base Plate	50	2	40-pound Cap
4	1	Base Cover	51	4	80-pound Cap
5	1	Upright Base	52	2	20-pound Cap
6	1	Upright	53	2	10-pound Cap
7	1	Crossbar	54	2	M8 Washer
8	1	Seat Frame	55	1	Squat Pad
9	1	Leg Lever	56	12	M10 Nylon Locknut
10	1	Rear Frame	57	2	M8 Nylon Locknut
11	4	Bracket Bushing	58	12	M4 x 12mm Flat Head Screw
12	2	Swivel Arm	59	20	M10 Washer
13	1	Bottom Tray	60	4	M6 Washer
14	1	Top Tray	61	6	M4 x 16mm Screw
15	1	Tray Cover	62	3	M4 x 32mm Screw
16	1	Tray Cap	63	2	29mm Round Cap
17	2	Pulley Bracket	64	2	M10 x 25mm Button Screw
18	2	“U”-channel	65	2	M10 x 102mm Button Bolt
19	2	Pulley Housing	66	2	M4 x 50mm Screw
20	4	Pulley Guard	67	2	M10 x 60mm Button Bolt
21	2	M6 x 12mm Flat Head Screw	68	2	M10 x 32mm Button Screw
22	2	Base Cap	69	2	M10 x 70mm Button Bolt
23	2	38mm Round Inner Cap	70	2	M8 x 100mm Button Bolt
24	2	Rear Frame Round Outer Cap	71	2	M10 x 42mm Button Bolt
25	1	Squat Bar	72	2	M10 x 132mm Button Bolt
26	2	Handle	73	2	M6 x 87mm Screw
27	2	Extension Strap	74	2	#8-32 x 29mm Screw
28	1	Ankle Strap	75	1	M10 x 51mm Bolt Set
29	6	Cable Clip	76	4	M10 x 52mm Button Bolt
30	1	Backrest	77	2	Squat Bar Hook
31	1	Seat	78	12	M5 x 16mm Screw
32	4	Foam Pad	79	2	M10 x 65mm Button Screw
33	4	19mm Round Inner Cap	80	2	Retainer Ring
34	2	38mm x 64mm Cap	81	2	10-pound Short Cap
35	1	Pad Tube	82	4	5mm Spacer
36	1	Bumper	83	1	Backrest Plate
37	12	Half Guard	84	1	Seat Plate
38	10	90mm Pulley	85	1	Crossbar Cap
39	6	Cable Trap	86	4	Cable Clip Hook
40	2	Small Pulley	87	2	M6 x 76mm Screw
41	1	Angled Cap	88	4	M10 Split Washer
42	1	Long Cable	89	6	M10 x 52mm Patch Screw
43	2	Short Cable	#	1	User’s Manual
44	1	Leg Lever Cap	#	1	Exercise Guide
45	1	10-pound Center Bar	#	1	Grease Packet
46	1	10-pound Bar	#	2	Hex Key
47	1	20-pound Bar	#	1	Exercise DVD

Note: “#” 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.

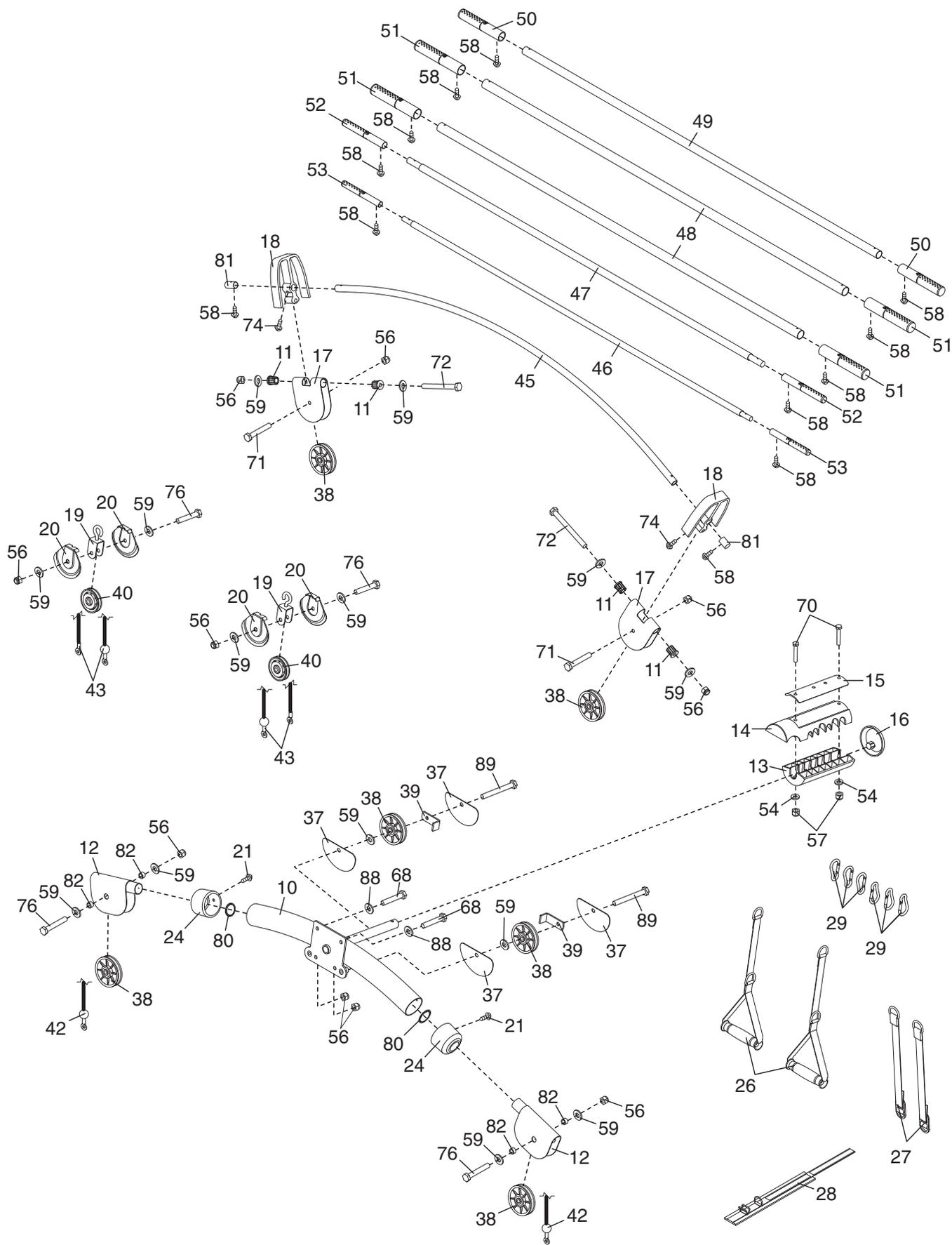
# EXPLODED DRAWING A—Model No. WESY2966.0

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# EXPLODED DRAWING B—Model No. WESY2966.0

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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WESY2966.0)
- the NAME of the product (MAX BY WEIDER resistance system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 17, 18, and 19)

## 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 five (5) years from the date of purchase. ICON warrants the resistance bars for the lifetime of the product. Shipping of the resistance bars is not covered. Labor is covered for one year. 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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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**