

Ordering Replacement Parts

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

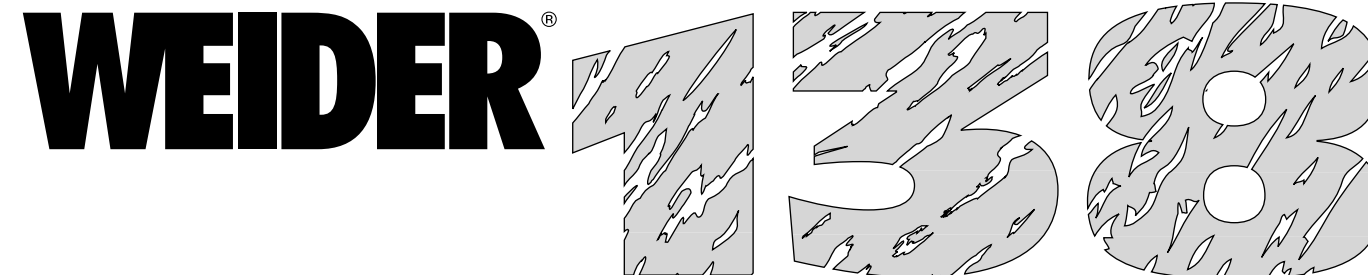
Tel: Country Code:

0345-089009

Fax: 0113-2411120

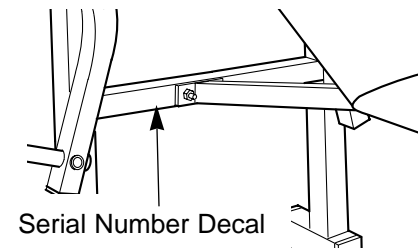
To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WEEMBE71300)
2. The NAME of the product (WEIDER® 138 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 14).



Model No. WEEMBE71300
Serial No. _____

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



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 our Customer Service Department.

Please CALL:

0345-089009

Or WRITE:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

CAUTION

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

USER'S MANUAL



Visit our website at

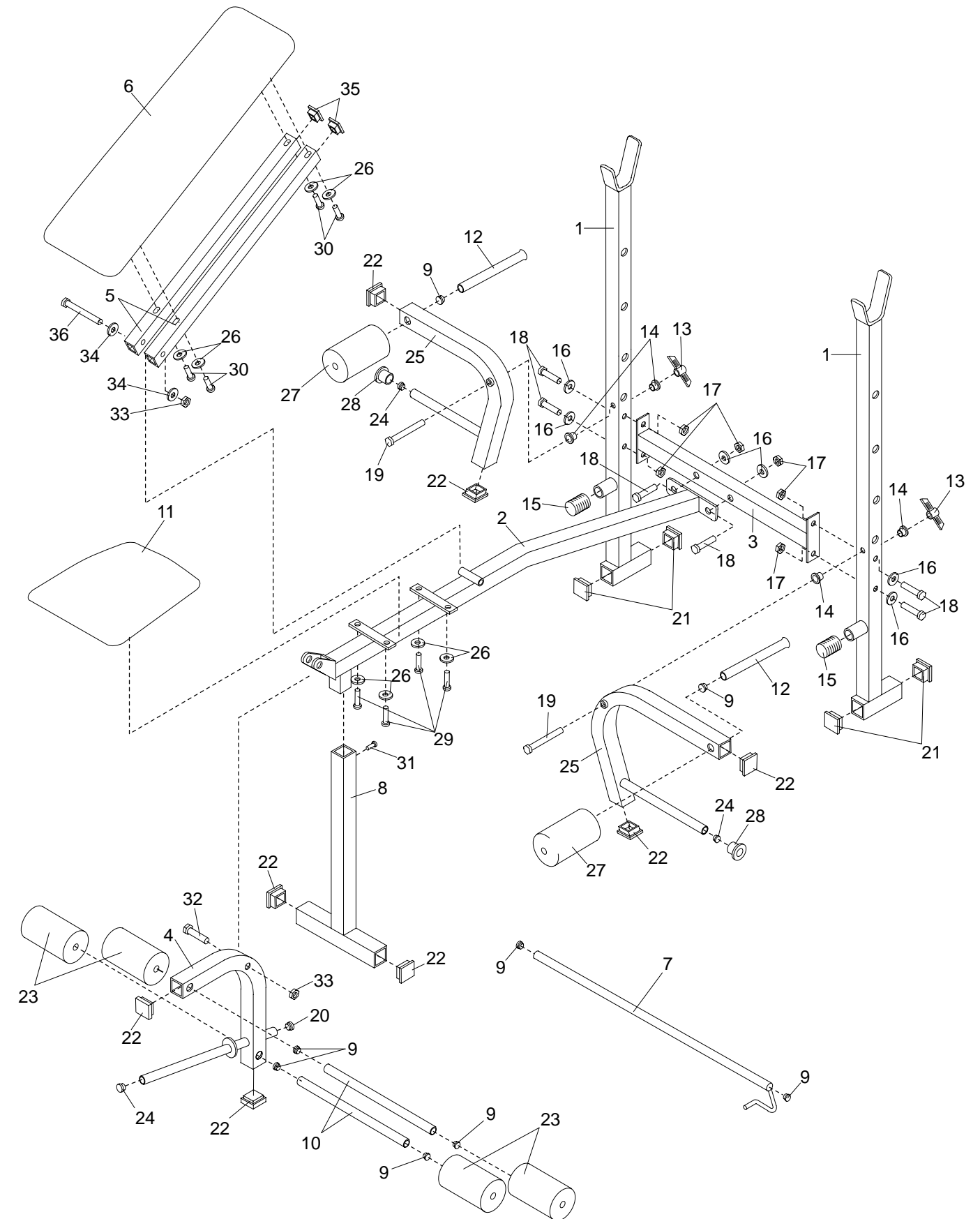
www.weiderfitness.com

Table of Contents

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
ADJUSTING THE WEIGHT BENCH	10
EXERCISE GUIDELINES	11
PART LIST	14
EXPLODED DRAWING	15
ORDERING REPLACEMENT PARTSBack Cover

Exploded Drawing—Model No. WEEMBE71300

R0301A



WEIDER is a registered trademark of ICON Health & Fitness, Inc.

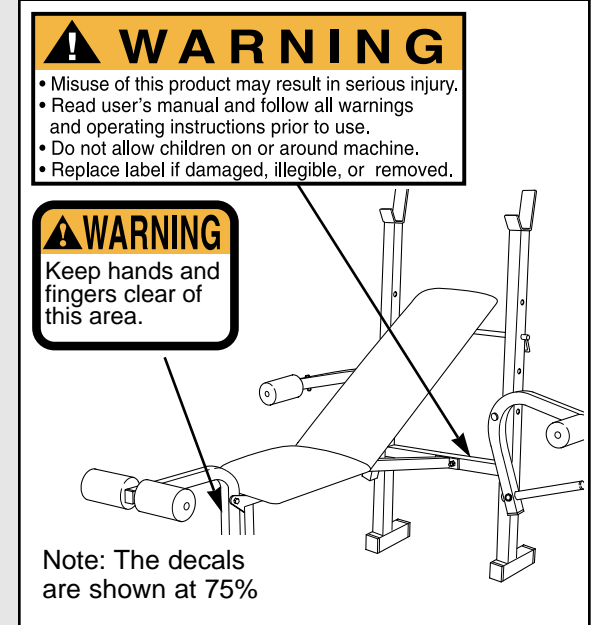
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	20	1	1" Angled Round Cap
2	1	Frame	21	4	38mm Square Inner Cap
3	1	Crossbar	22	8	30mm Square Inner Cap
4	1	Leg Lever	23	4	Long Foam Pad
5	2	Backrest Tube	24	3	1" Round Inner Cap
6	1	Backrest	25	2	Fly Arm
7	1	Support Rod	26	8	M6 Washer
8	1	Front Leg	27	2	Short Foam Pad
9	8	3/4" Round Inner Cap	28	2	Weight Stop
10	2	Long Pad Tube	29	4	M6 x 16mm Screw
11	1	Seat	30	4	M6 x 38mm Screw
12	2	Short Pad Tube	31	1	M10 x 19mm Bolt
13	2	Butterfly Knob	32	1	M10 x 58mm Bolt
14	4	Plastic Bushing	33	2	M10 Nylon Locknut
15	2	Fly Arm Stop	34	2	M10 Washer
16	6	M8 Washer	35	2	1" Square Inner Cap
17	6	M8 Nylon Locknut	36	1	M10 x 135mm Bolt
18	6	M8 x 57mm Bolt	#	1	User's Manual
19	2	M10 x 114mm Bolt			

"#" 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.

Important Precautions

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

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
5. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor or carpet.
6. Inspect and tighten all parts regularly; replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the weight bench at all times.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection whilst exercising.
10. When using the backrest in an inclined position, make sure that the support rod is inserted fully into both uprights, and that the support rod is turned to the locked position.
11. The weight bench is designed to support a maximum of 163 kg, including the user, a barbell, and weights (a barbell and weights are not included). Do not place more than 50 kg, including a barbell and weights, on the weight rests; do not place more than 14 kg on each fly arm; do not place more than 23 kg on the leg lever.
12. Do not use a barbell that is longer than 1,5 m with the weight bench.
13. Always make sure there is an equal amount of weight on each side of your barbell when you are using it.
14. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
15. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
16. The decals shown below have been placed on the weight bench. If a decal is missing, or if it is not legible, please call our Customer Service Department at 0345-089009 to order a free replacement decal. Apply the decal in the location shown.



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

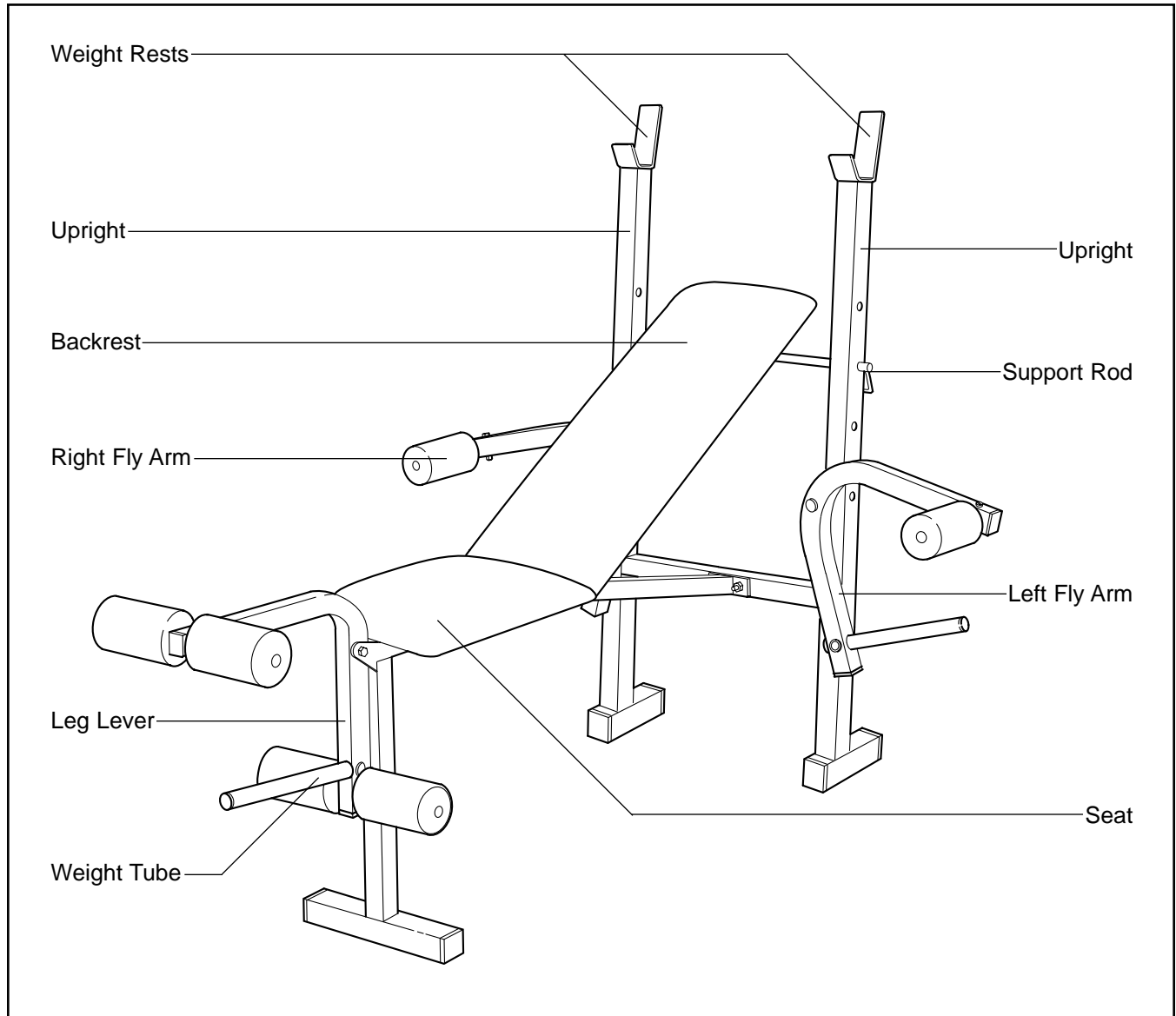
Before You Begin

Thank you for selecting the WEIDER® 138 weight bench. The versatile WEIDER® 138 weight bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 138 weight bench will help you to achieve the specific results you want.

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

tions, please call our Customer Service Department at 0345-089009. To help us assist you, please note the product model number and serial number before calling. The model number is WEEMBE71300. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labelled.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY	AEROBIC EXERCISE			
Date: / /				

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY	AEROBIC EXERCISE			
Date: / /				

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

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

couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

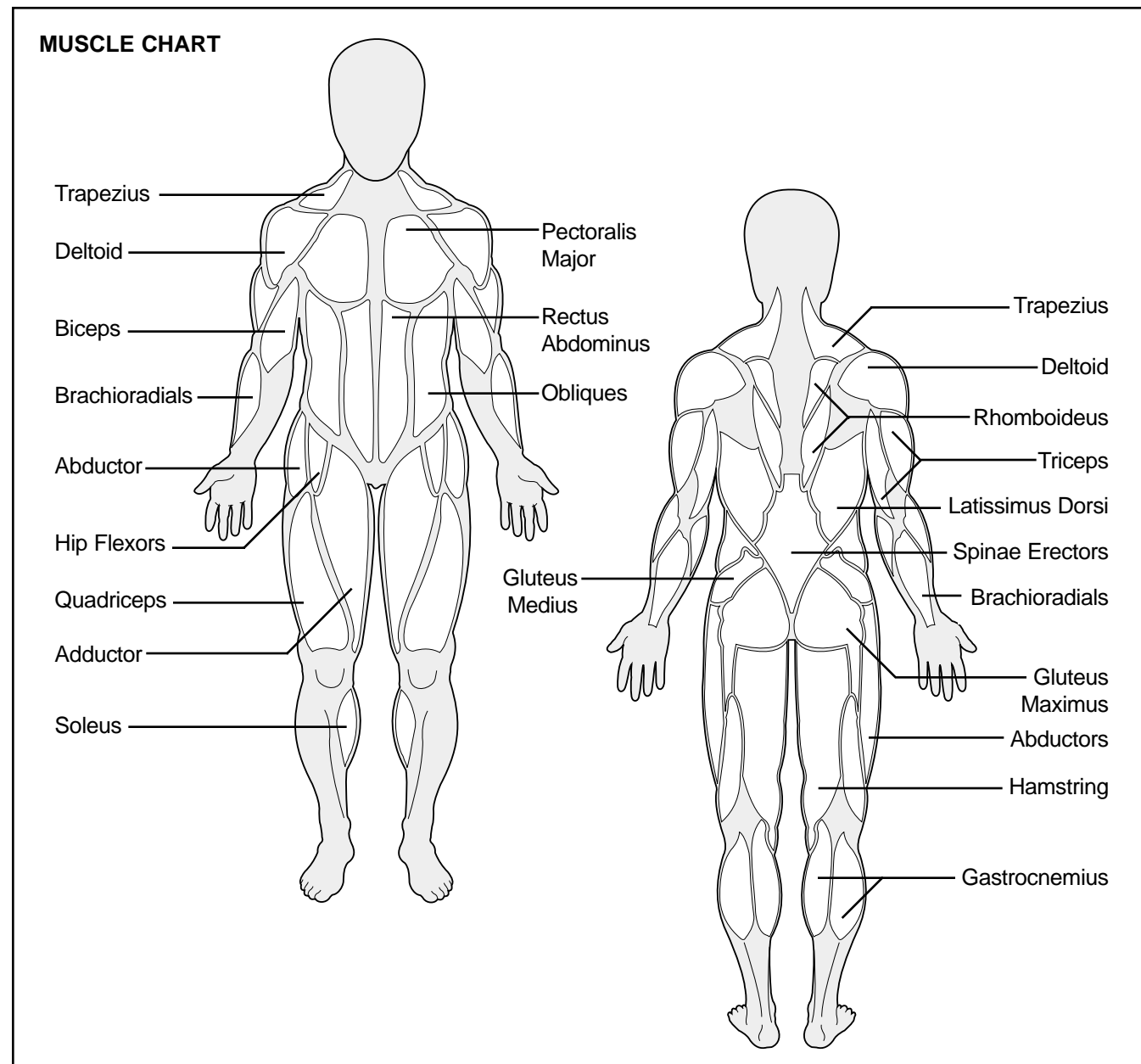
COOLING DOWN

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

STAYING MOTIVATED

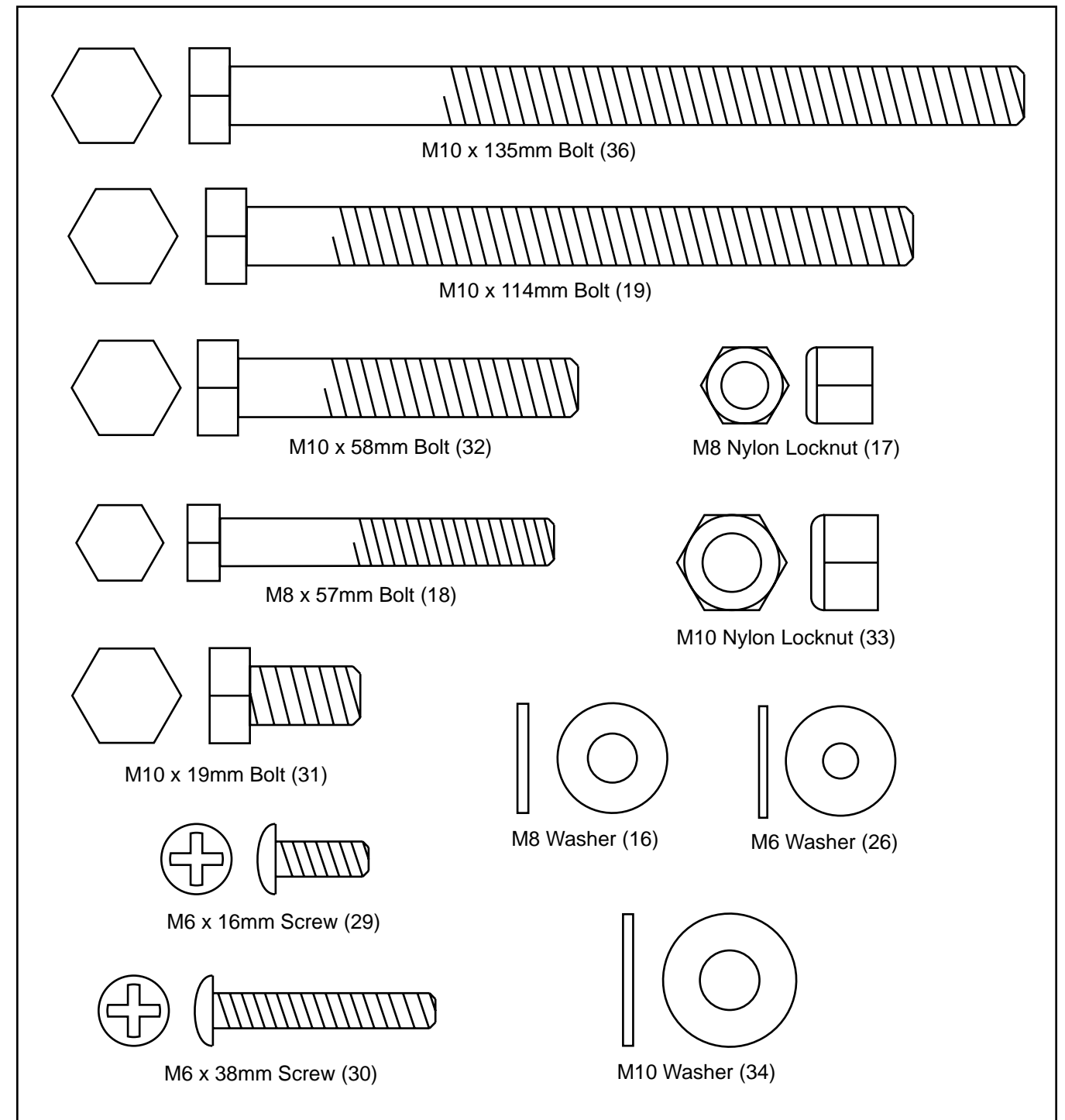
For motivation, keep a record of each workout. The chart on page 13 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every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

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



Part Identification Chart

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 14. **Important: Some parts may have been pre-assembled for shipping. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**




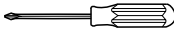

Assembly

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

- Place all parts of the weight bench in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART on page 5**. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

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

THE FOLLOWING (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- two adjustable wrenches 
- one phillips screwdriver 
- one rubber mallet 
- lubricant, such as grease or petroleum jelly, and soapy water.

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

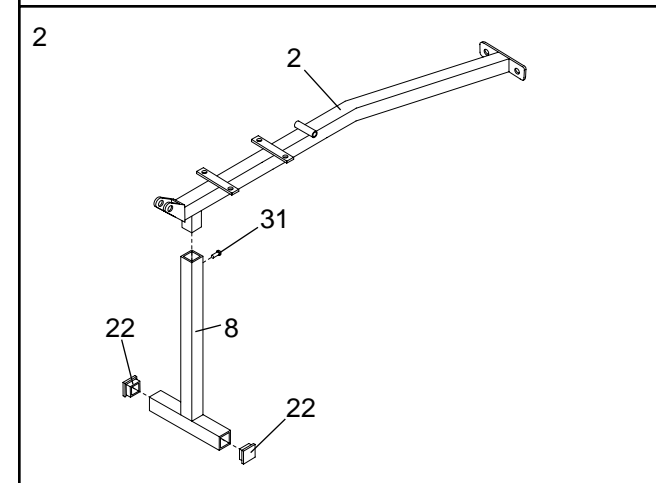
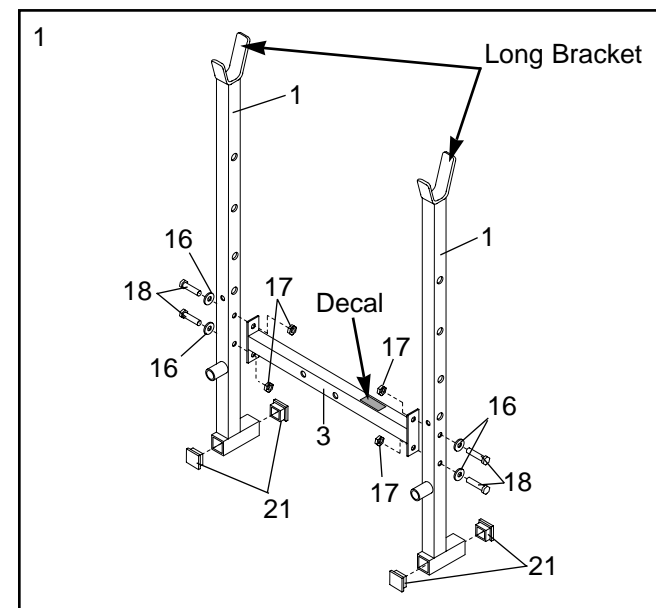
- Before assembling the weight bench, make sure that you have read and understand the information in the box above.

Tap two 38mm Square Inner Caps (21) into each Upright (1).

Attach the Crossbar (3) to the Uprights (1) with four M8 x 57mm Bolts (18), four M8 Washers (16), and four M8 Nylon Locknuts (17). **Make sure that the Crossbar (3) and the Uprights (1) are oriented as shown. The decal on the Crossbar must be facing up and the long brackets on the weight rests must be on the indicated side.**

- Tap two 30mm Square Inner Caps (22) into the indicated ends of the Front Leg (8).

Attach the Front Leg (8) to the Frame (2) with the M10 x 19mm Bolt (31).



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

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

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

• Toning

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

• Weight Loss

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

• Cross Training

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

PERSONALIZING YOUR EXERCISE PROGRAM

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

WARMING UP

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

WORKING OUT

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

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

EXERCISE FORM

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

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first

Adjusting the Weight Bench

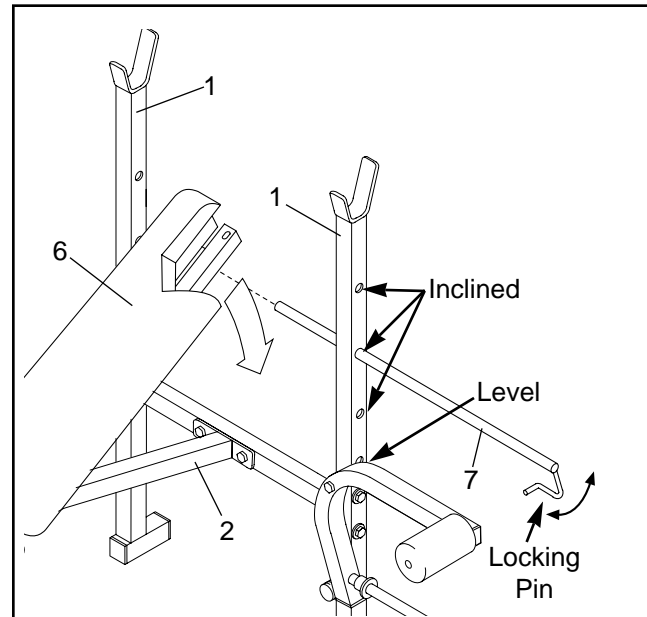
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 11 for important exercise information.

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

ADJUSTING THE BACKREST

The Backrest (6) can be used in a level position, three inclined positions, or a declined position. To use the Backrest in a **declined position**, remove the Support Rod (7) and lay the Backrest on the Frame (2).

To use the Backrest (6) in an **inclined or level position**, lift the Backrest and insert the Support Rod (7) through one of the four sets of holes in the Uprights (1). Rotate the Support Rod to the locked position, so the locking pin is wrapped around the Upright. Lay the Backrest on the Support Rod.

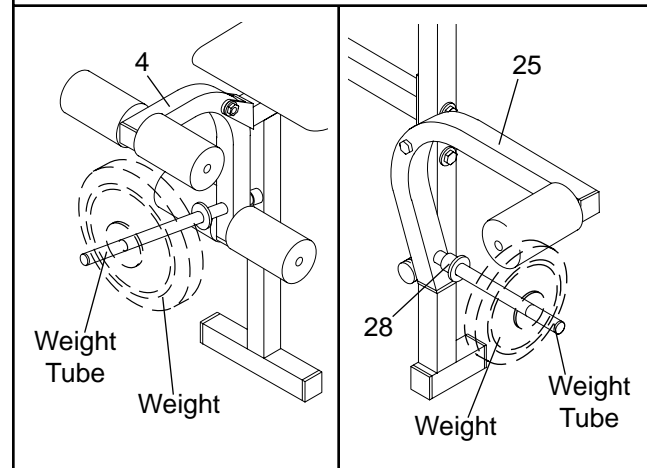


ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube. **Do not place more than 23kgs on the Leg Lever.**

CAUTION: When you are using the leg lever, place a barbell (not included) with the same amount of weight on the weight rests to balance the bench.

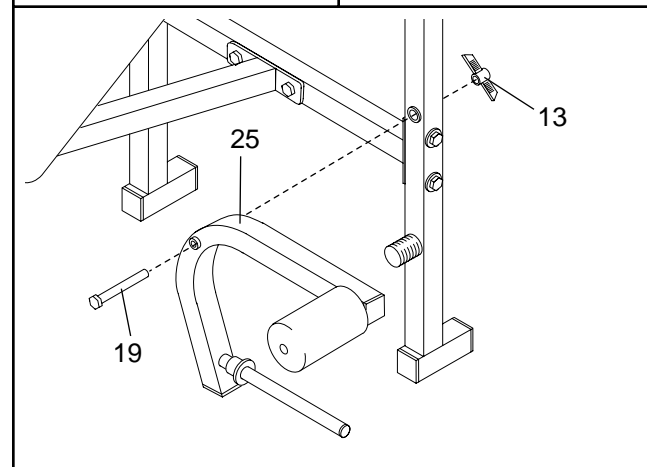
To use the Fly Arms (25), make sure there is a Weight Stop (28) on each weight tube. Next, slide the desired weights onto the weight tubes. **Do not place more than 14 kgs on each Fly Arm.**



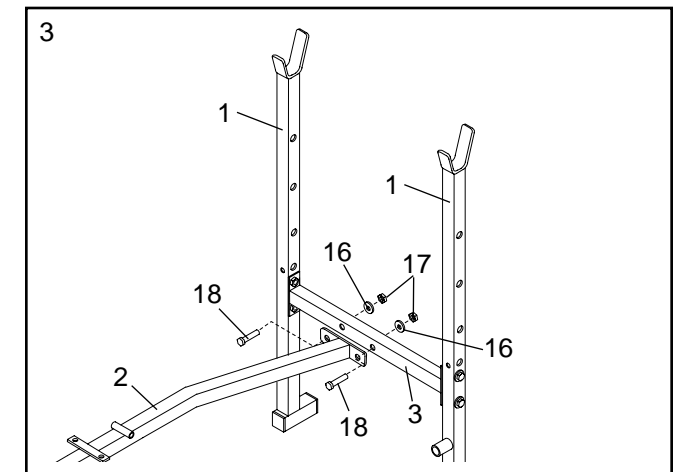
REMOVING AND ATTACHING THE FLY ARMS

Some exercises are easier to perform if the Fly Arms (25) are removed from the weight bench. To remove the Fly Arms, remove the Butterfly Knob (13) and the M10 x 114mm Bolt (19) from each Fly Arm and Upright (1). Place the Fly Arms in a safe place.

To reattach the Fly Arms (25), align the holes in the Fly Arms with the holes in the Uprights (1). Insert the M10 x 114mm Bolts (19) through the Fly Arms and Uprights. Tighten the Butterfly Knobs (13) onto the Bolts.

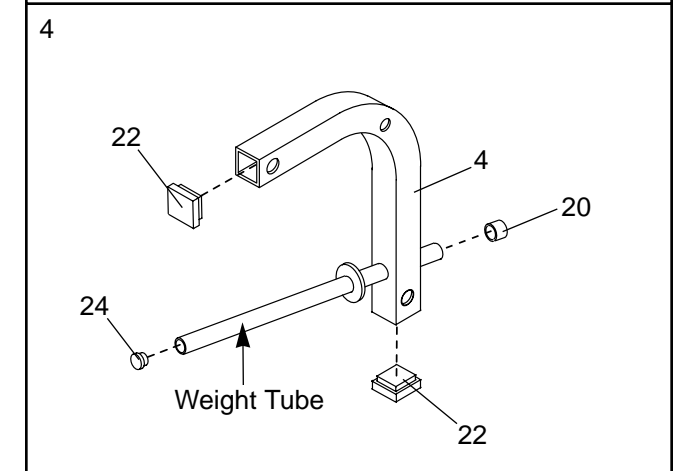


3. Attach the Frame (2) to the Crossbar (3) with two M8 x 57mm Bolts (18), two M8 Washers (16), and two M8 Nylon Locknuts (17).

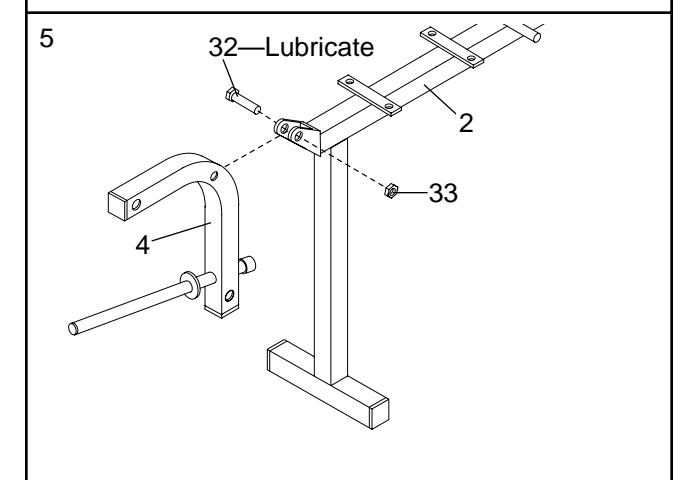


4. Tap a 30mm Square Inner Cap (22) into each end of the Leg Lever (4).

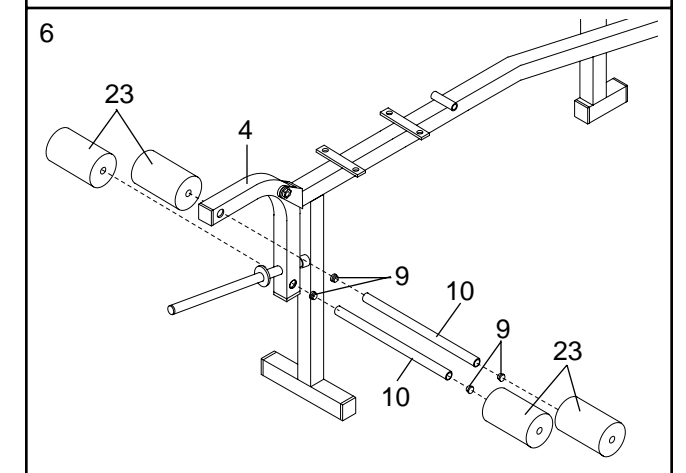
Tap a 1" Round Inner Cap (24) into the indicated end of the weight tube. Tap the 1" Angled Round Cap (20) onto the other end of the weight tube.



5. Lubricate the M10 x 58mm Bolt (32). Attach the Leg Lever (4) to the bracket on the Frame (2) with the Bolt and an M10 Nylon Locknut (33).

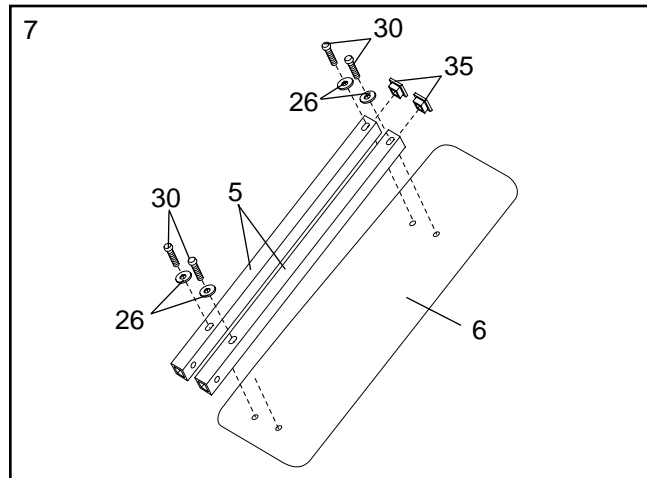


6. Tap two 3/4" Round Inner Caps (9) into each Long Pad Tube (10). Insert the Pad Tubes into the holes in the Leg Lever (4). Slide two Long Foam Pads (23) onto each Pad Tube.



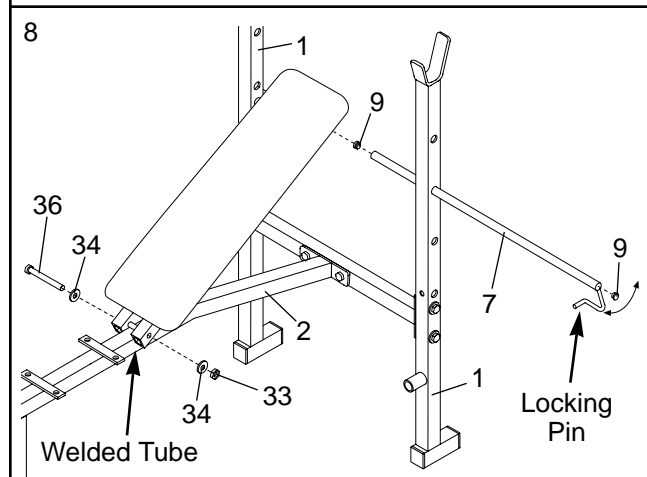
7. Tap a 1" Square Inner Cap (35) into the indicated end of each Backrest Tube (5).

Attach the Backrest Tubes (5) to the Backrest (6) with four M6 x 38mm Screws (30) and four M6 Washers (26). **Do not tighten the Screws yet. Make sure that the Backrest Tubes are oriented as shown.**

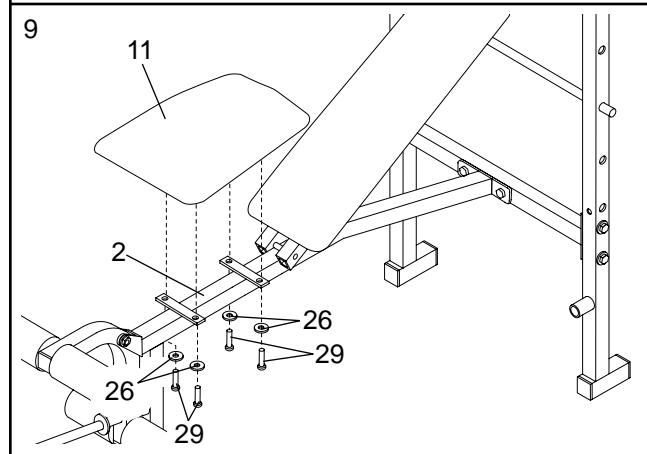


8. Tap a 3/4" Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod into one of the three upper sets of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright.

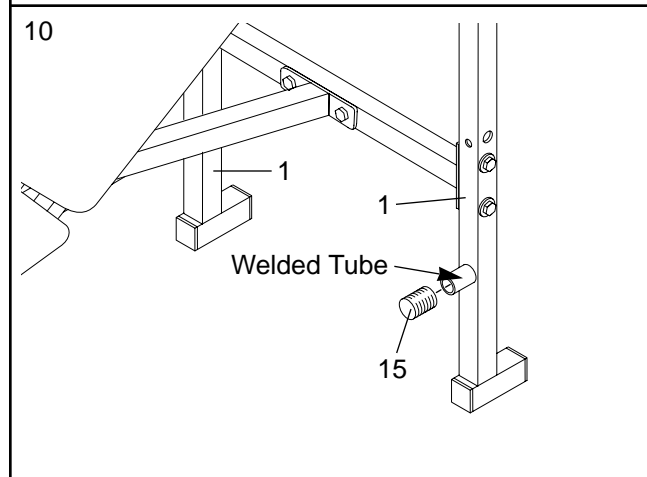
Lubricate the M10 x 135mm Bolt (36). Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Nylon Locknut (33). **Tighten the four M6 x 38mm Screws (30) used in step 7.**



9. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (29) and four M6 Washers (26).

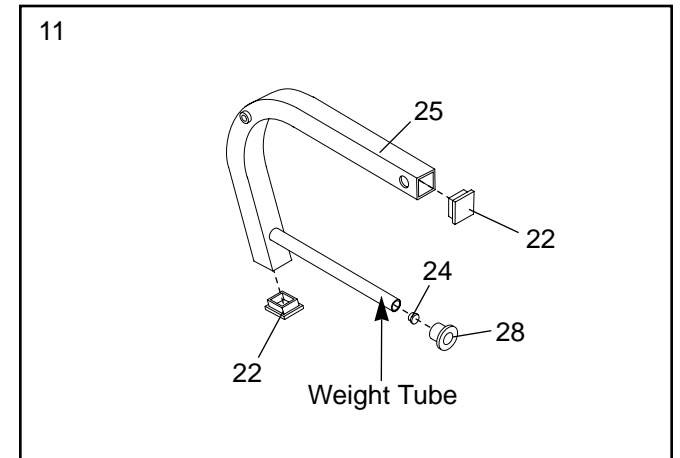


10. Tap a Fly Arm Stop (15) onto the welded tube on each Upright (1).



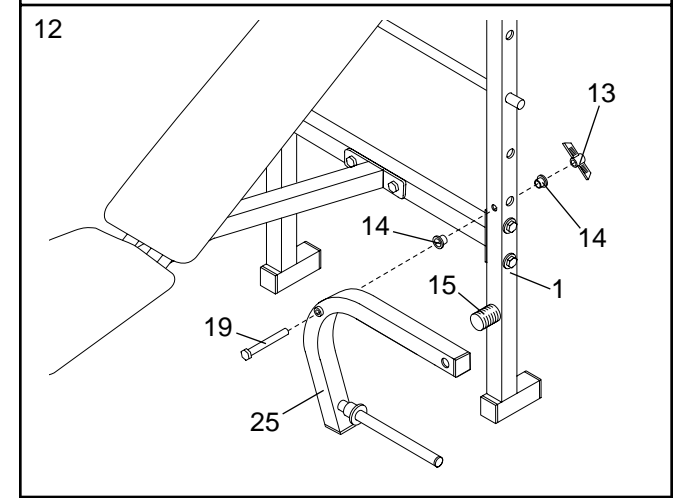
11. Tap two 30mm Square Inner Caps (22) into the ends of a Fly Arm (25). Press a 1" Round Inner Cap (24) into the end of the weight tube. Slide a Weight Stop (28) onto the weight tube.

Assemble the other Fly Arm (not shown) in the same way.



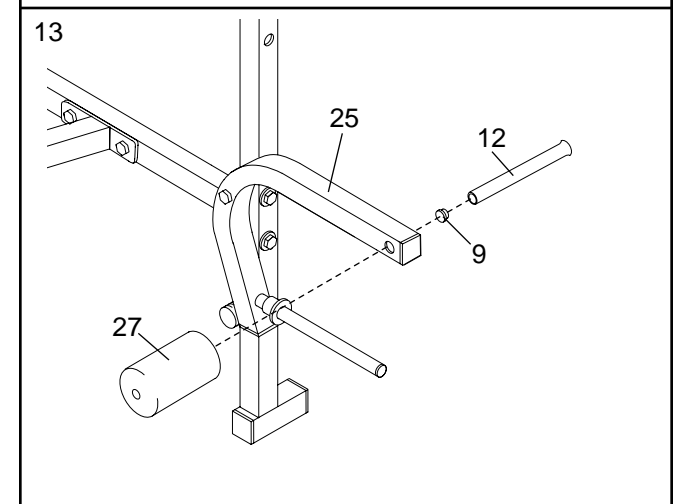
12. Press two Plastic Bushings (14) into the indicated holes in the left Upright (1). Attach a Fly Arm (25) to the Upright using an M10 x 114mm Bolt (19) and a Butterfly Knob (13). **Make sure that the Fly Arm is on the outside of the Fly Arm Stop (15).**

Attach the other Fly Arm (not shown) to the right Upright (not shown) in the same way.



13. Press a 3/4" Round Inner Cap (9) into the end of a Short Pad Tube (12). Insert the Short Pad Tube into the indicated hole in the left Fly Arm (25) from the side shown. Slide a Short Foam Pad (27) onto the Short Pad Tube.

Repeat this step with the right Fly Arm (not shown).



14. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTING THE WEIGHT BENCH beginning on page 10.**