

ORDERING REPLACEMENT PARTS

If you encounter any difficulties or problems with this product, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 0113-2411120

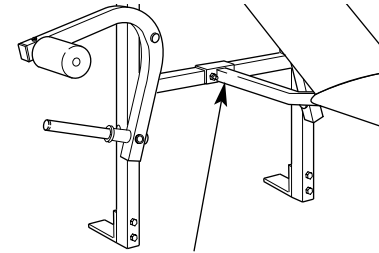
To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WEBE14060).
2. The NAME of the product (WEIDER® 140 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 of this manual).

WEIDER® 140

Model No. WEBE14060
Serial No. _____

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



Serial Number Decal

QUESTIONS?

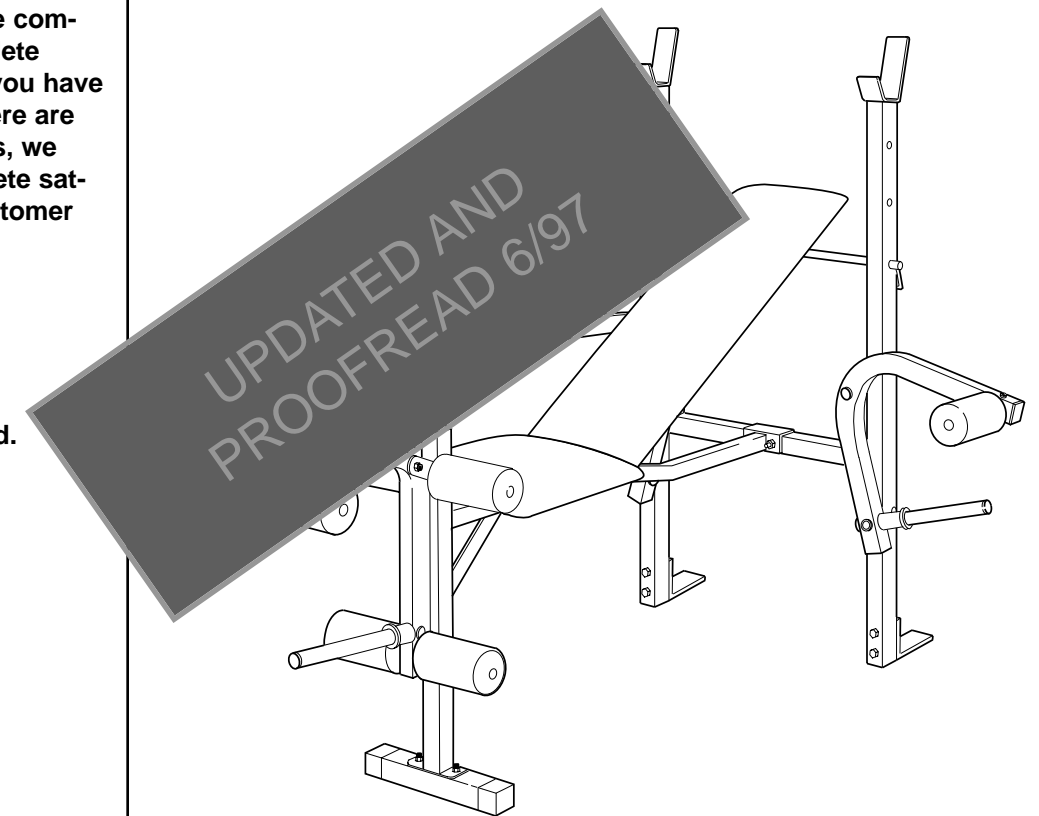
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

CAUTION

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



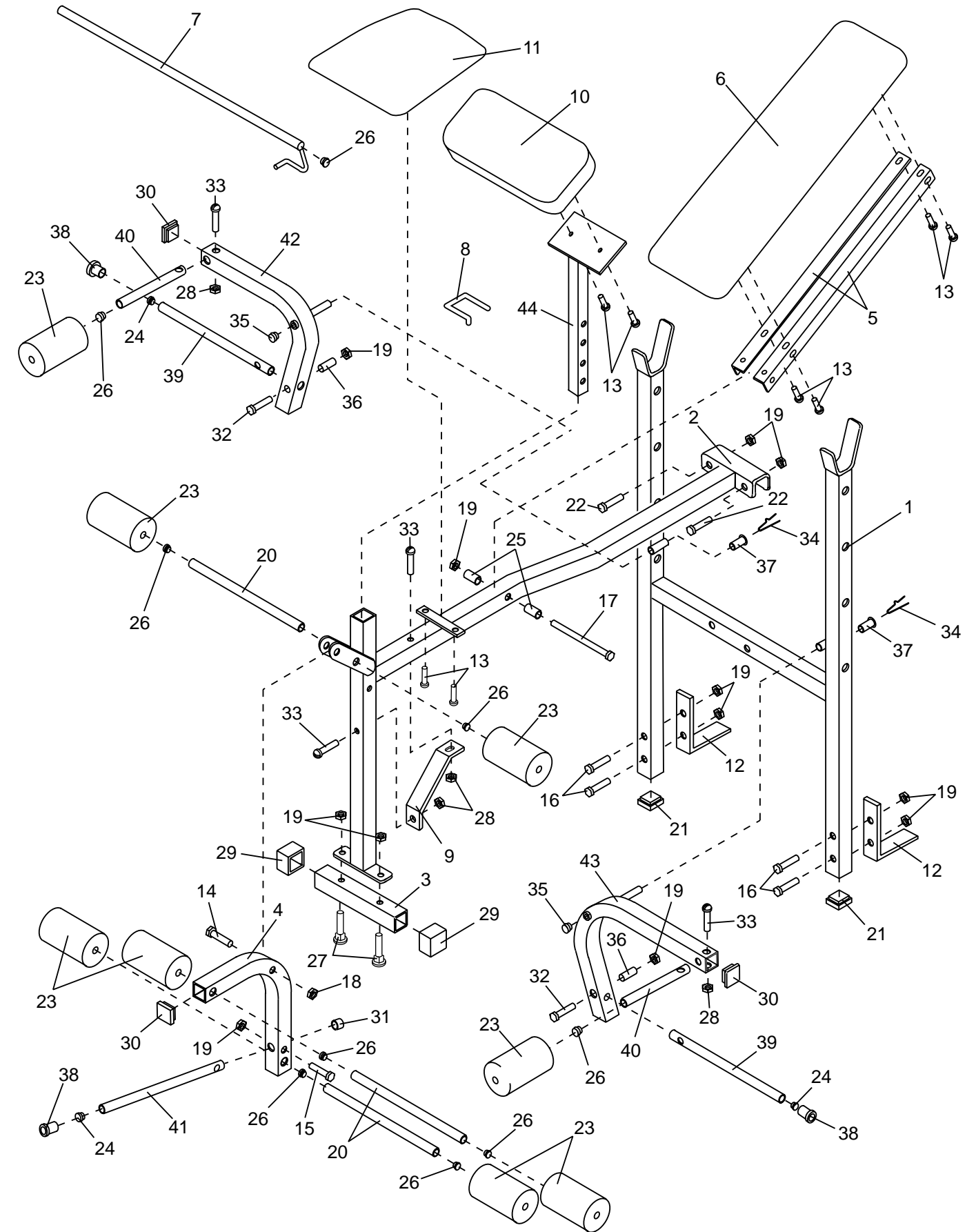
USER'S MANUAL

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EXPLODED DRAWING—Model No. WEBE14060

R0697A



PART LIST—Model No. WEBE14060

R0697A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	"H"-Frame	24	3	1" Round Inner Cap
2	1	Frame	25	2	1/2" x 7/8" Metal Spacer
3	1	Stabiliser	26	9	3/4" Round Inner Cap
4	1	Leg Lever	27	2	5/16" x 2" Carriage Bolt
5	2	Backrest Bracket	28	4	1/4" Nylon Locknut
6	1	Backrest	29	2	1 1/2" Square Outer Cap
7	1	Support Rod	30	3	1 1/2" Square Inner Cap
8	1	Locking Pin	31	1	1" Angled Round Cap
9	1	Angle Bracket	32	2	5/16" x 5" Bolt
10	1	Curl Pad	33	4	1/4" x 2" Screw
11	1	Seat	34	2	Spring Clip
12	2	"L"-Bracket	35	2	7/8" Round Inner Cap
13	8	1/4" x 1/2" Screw	36	2	1/2" x 3" Plastic Spacer
14	1	3/8" x 2 1/4" Bolt	37	2	Flanged Plastic Sleeve
15	1	5/16" x 2" Bolt	38	3	Weight Stop
16	4	5/16" x 2 3/4" Bolt	39	2	11" Weight Tube
17	1	5/16" x 4" Bolt	40	2	9" Pad Tube
18	1	3/8" Nylon Jam Nut	41	1	13 3/4" Weight Tube
19	12	5/16" Nylon Locknut	42	1	Right Arm
20	3	Pad Tube	43	1	Left Arm
21	2	2" Square Inner Cap	44	1	Curl Post
22	2	5/16" x 2 1/4" Bolt	#	1	User's Manual
23	8	Foam Pad			

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on 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. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
4. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
5. Keep children under 12 and pets away from the treadmill at all times.
6. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.
7. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
8. Always wear athletic shoes for foot protection whilst exercising.
9. Keep hands and feet away from moving parts.
10. Do not use a barbell longer than five feet with the weight bench.
11. The weight bench does not include weights. The weight bench is designed to support a maximum of 300 pounds, including the user, a weight bar and weights. Do not place more than 110 pounds, including a weight bar and weights, on the weight rests. Do not place more than 125 pounds on the leg lever. Do not place more than 30 pounds on each arm.
12. When using the backrest in the level position or in an inclined position, make sure that the support rod is inserted completely through both sides of the "H"-frame, and that the support rod is turned to the locked position.
13. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
14. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.

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.

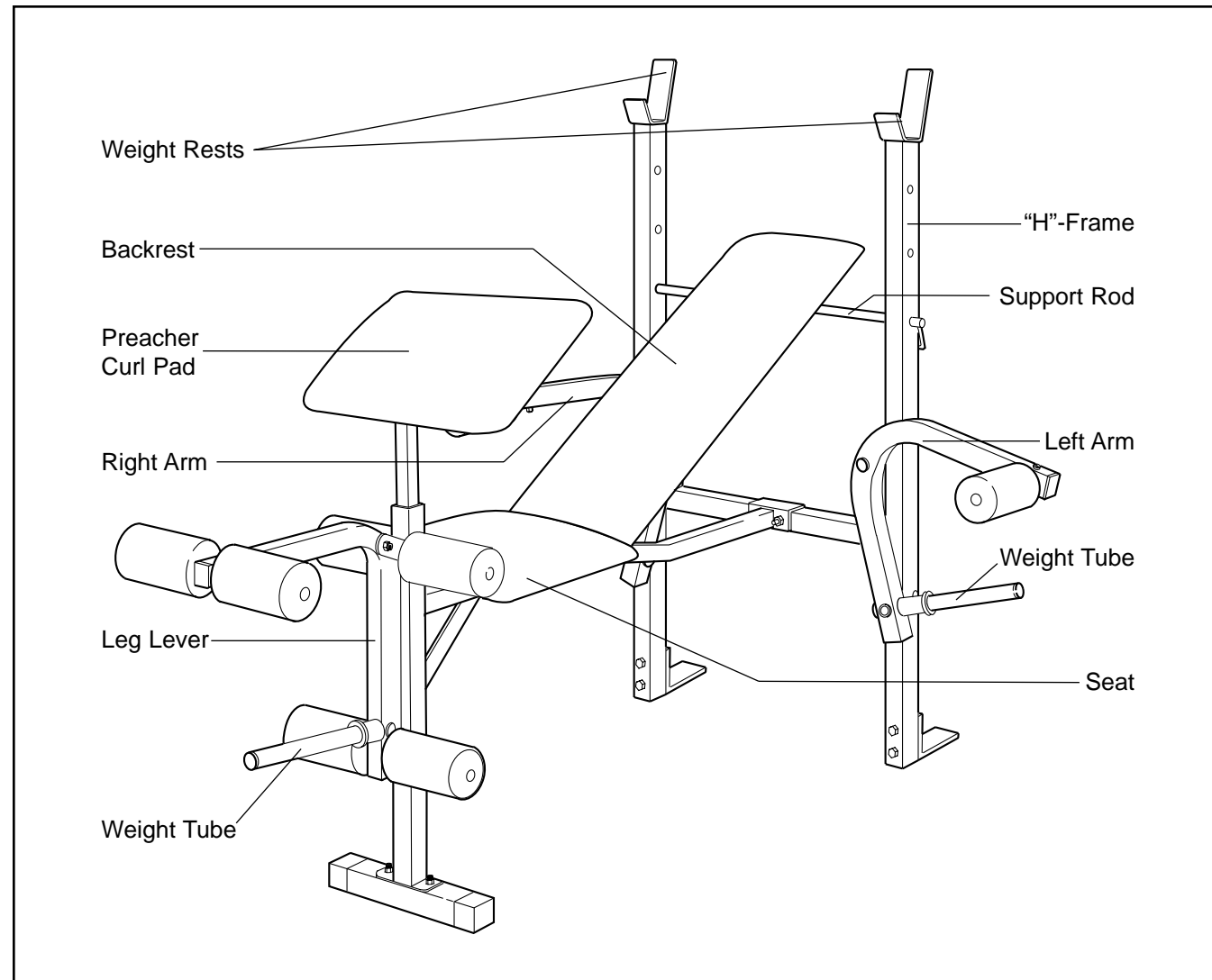
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 140 Weight Bench. The versatile WEIDER® 140 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® 140 Weight Bench will help you to achieve the specific results you want.

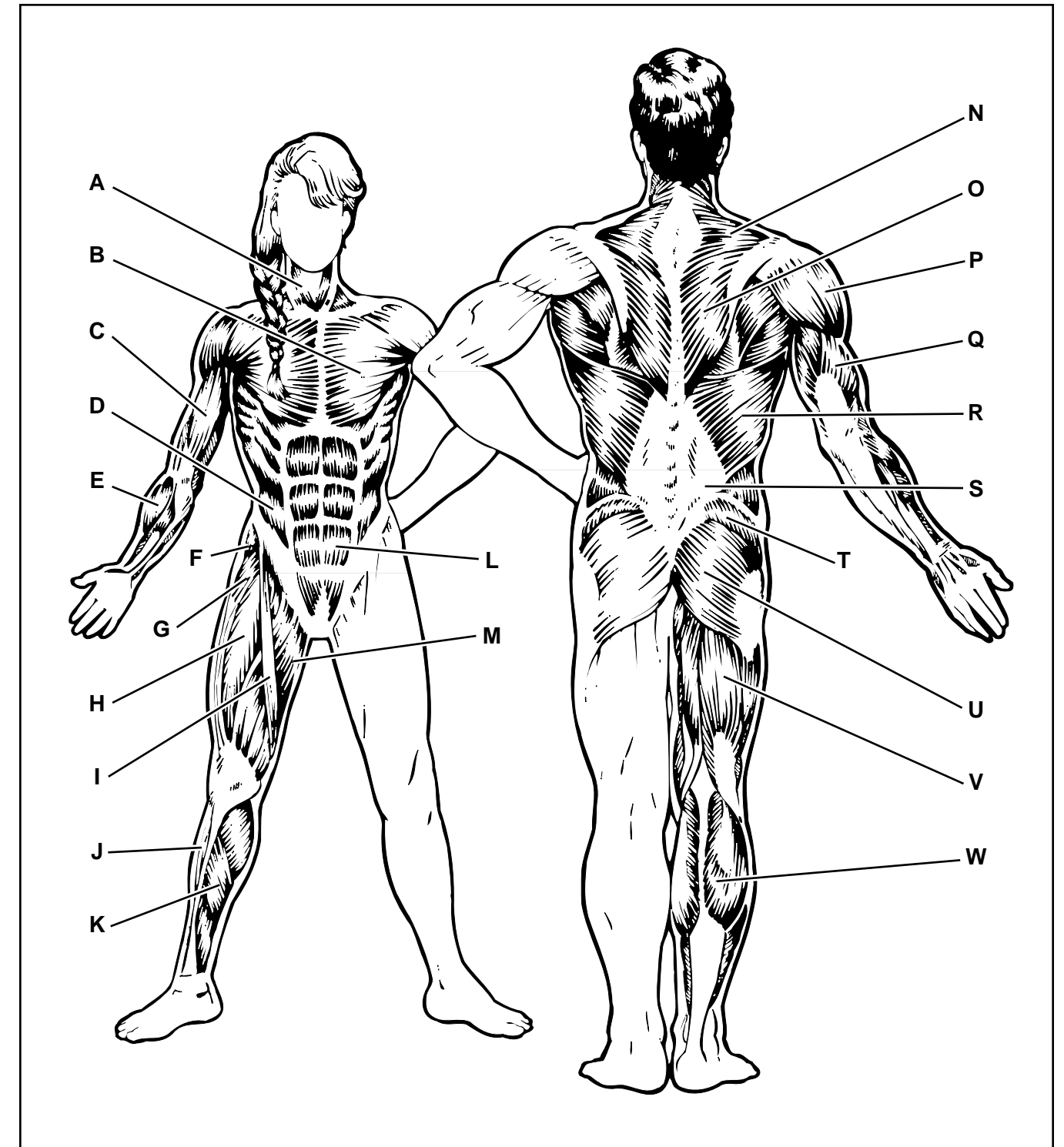
For your benefit, read this manual carefully before using the WEIDER® 140 Weight Bench. If you have

additional questions, 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 WEBE14060. The serial number can be found on a decal attached to the WEIDER® 140 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.



MUSCLE CHART



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

are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks 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

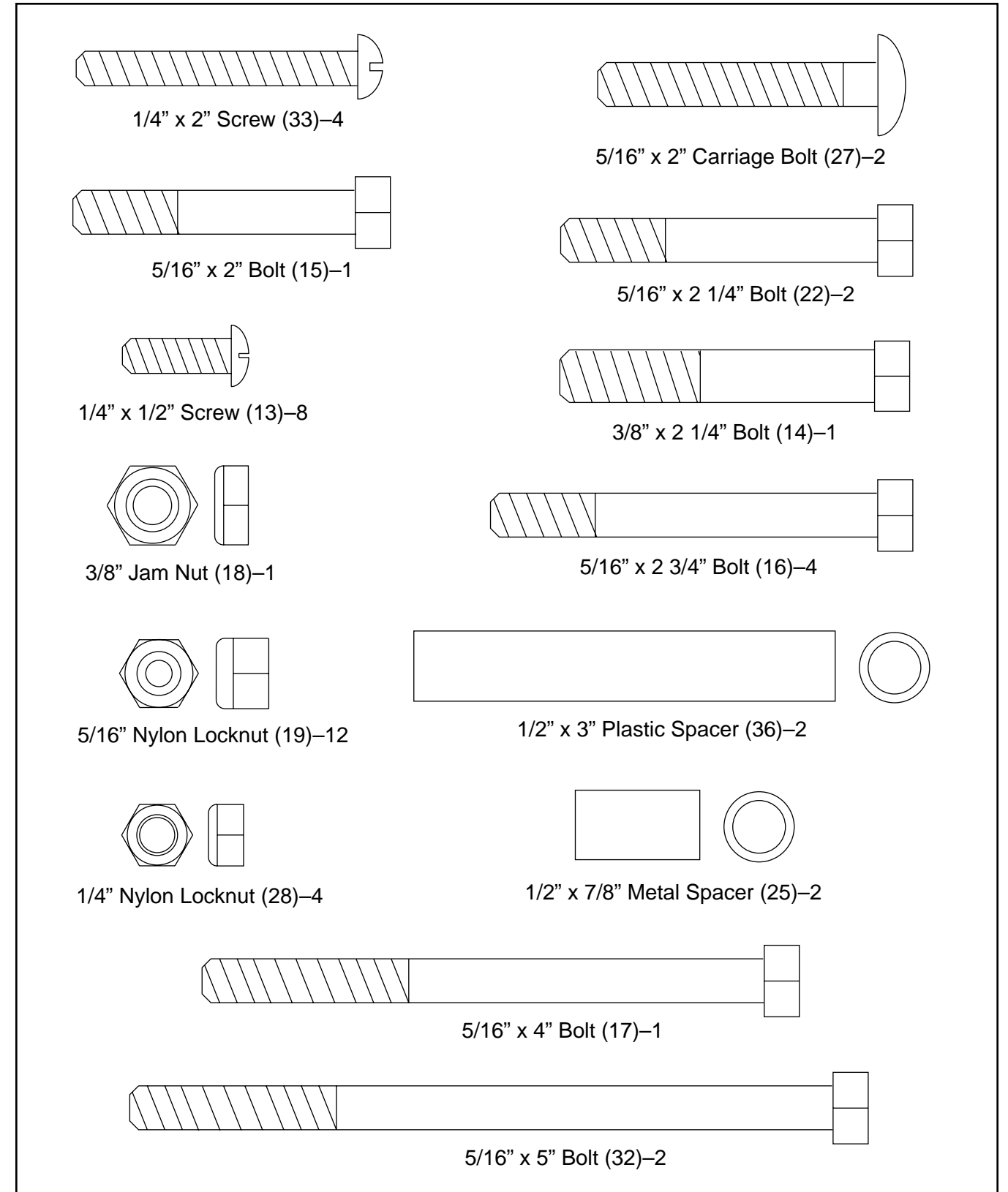
strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, exercises performed, resistance selected, and numbers of repetitions and sets 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. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**




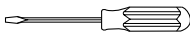

ASSEMBLY

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

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART on the previous page**. 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 WEIDER® 140, make sure that all parts are oriented as shown in the drawings.

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

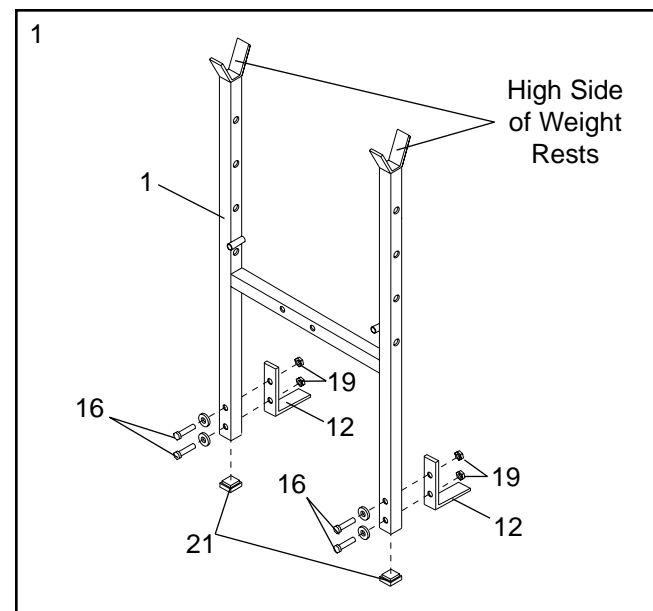
- Two (2) adjustable spanner 
- One (1) standard screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

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

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

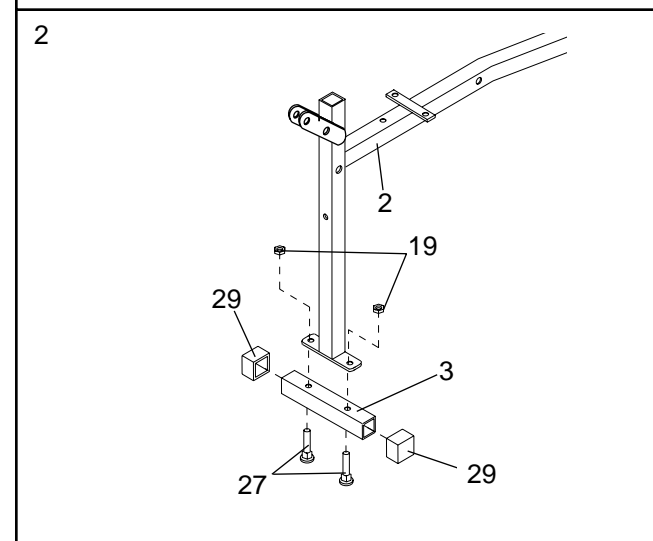
Tap the two 2" Square Inner Caps (21) into the "H"-Frame (1).

Be sure that the "H"-Frame (1) is oriented as shown. The high side of the weight rests must be on the side indicated. Attach an "L"-Bracket (12) to each side of the "H"-Frame with two 5/16" x 2 3/4" Bolts (16) and two 5/16" Nylon Locknuts (19).



- Tap a 1 1/2" Square Outer Cap (29) onto each end of the Stabiliser (3).

Attach the Stabiliser (3) to the Frame (2) with the two 5/16" x 2" Carriage Bolts (27) and two 5/16" Nylon Locknuts (19).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual 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.

PERSONALISING 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. On the exercise poster accompanying this manual, you will find photographs showing the correct form for each exercise. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 13 to find the locations of the muscles.

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

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 and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

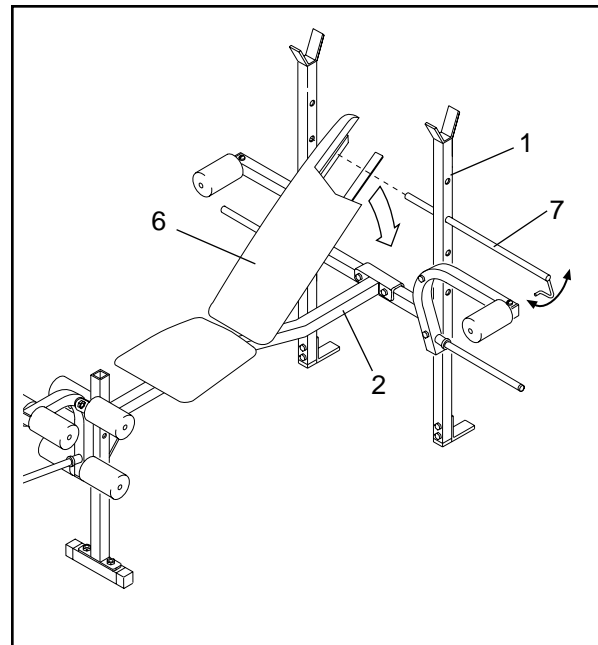
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

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

To use the Backrest in the level position, first lift the Backrest (6). Insert the Support Rod (7) through lowest set of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.

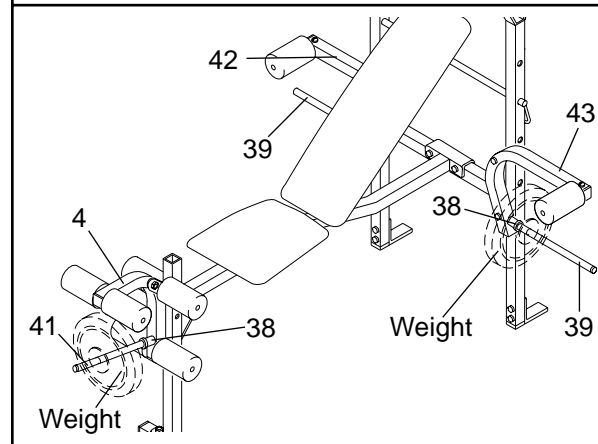
To use the Backrest in an inclined position, first lift the Backrest (6). Insert the Support Rod (7) through one of the upper three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.



ATTACHING WEIGHTS

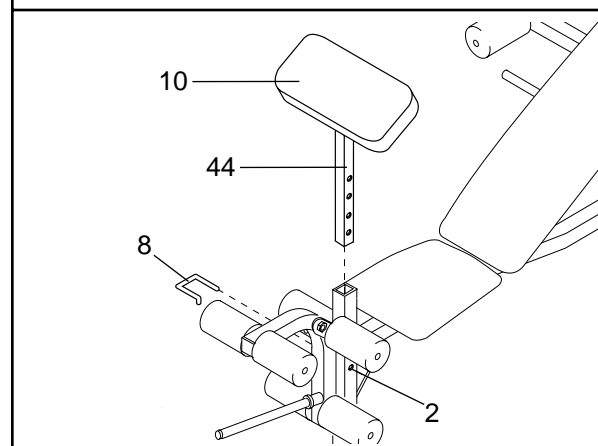
To use the Leg Lever (4), be sure there is a Weight Stop (38) on the Weight Tube (41). Next, slide the desired weights (not included) onto the Weight Tube. **WARNING: Do not place more than 125 pounds on the Leg Lever.**

To use the Arms (42, 43), be sure there is a Weight Stop (38) on each Weight Tube (39). Next, slide the desired weights (not included) onto the Weight Tubes. **WARNING: Do not place more than 30 pounds on each Arm.**



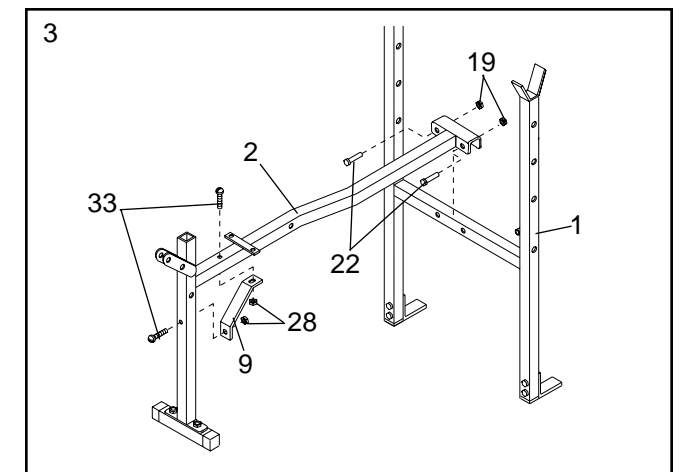
USING THE CURL PAD

To use the Curl Pad (10), insert the Curl Tube (44) into the Frame (2). Raise the Curl Tube to the desired height, and align one of the holes in the Curl Tube with the hole in the Frame. Insert the Locking Pin (8) through the Frame and the Curl Tube. Rotate the Locking Pin to the locked position, with the Locking Pin clipped onto the Frame.



3. Be sure that the "H"-Frame (1) is oriented as shown. Attach the Frame (2) to the "H"-Frame (1) with the two 5/16" x 2 1/4" Bolts (22) and two 5/16" Nylon Locknuts (19).

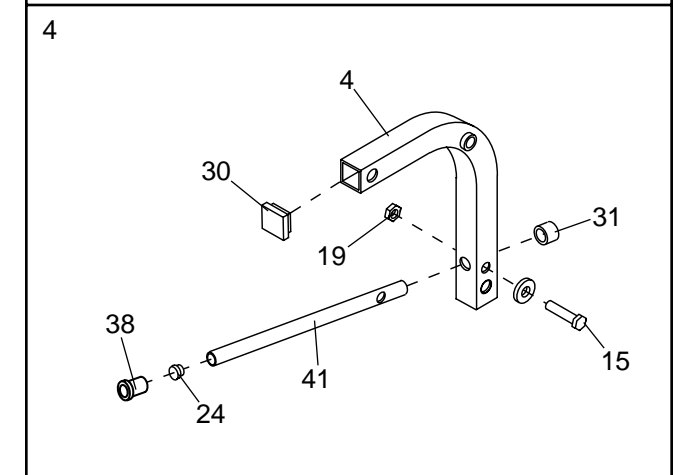
Attach the Angle Bracket (9) to the Frame (2) with two 1/4" x 2" Screws (33) and two 1/4" Nylon Locknuts (28). **Insert both Screws before tightening the Nylon Locknuts.**



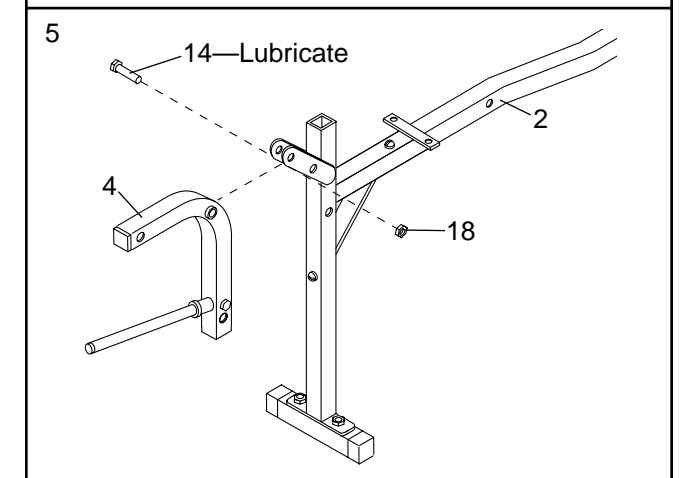
4. Tap a 1 1/2" Square Inner Cap (30) into the indicated end of the Leg Lever (4).

Attach the 13 3/4" Weight Tube (41) to the Leg Lever (4) with the 5/16" x 2" Bolt (15) and a 5/16" Nylon Locknut (19) as shown.

Tap a 1" Round Inner Cap (24) into the indicated end of the 13 3/4" Weight Tube (41). Tap the 1" Angled Round Cap (31) onto the other end of the Weight Tube. Slide a Weight Stop (38) onto the Weight Tube.



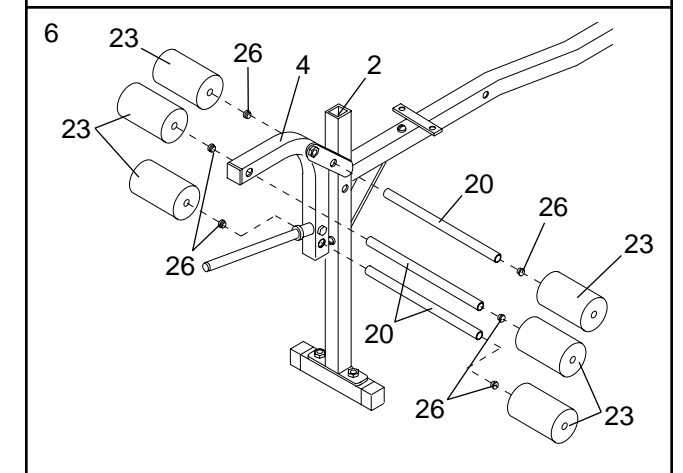
5. Lubricate the 3/8" x 2 1/4" Bolt (14). Attach the Leg Lever (4) to the Frame (2) with the Bolt and the 3/8" Nylon Jam Nut (18).



6. Tap 3/4" Round Inner Caps (26) into each end of the three Pad Tubes (20).

Insert a Pad Tube (20) through the indicated hole in the Frame (2). Insert the remaining Pad Tubes through the holes in the Leg Lever (4).

Slide two Foam Pads (23) onto each Pad Tube (20).

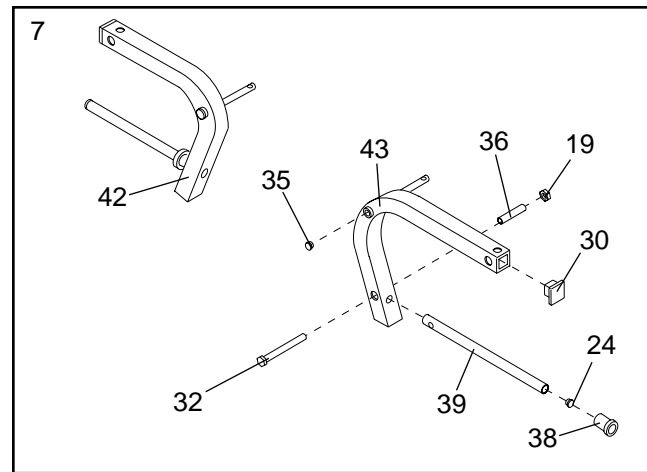


7. Tap a 1 1/2" Square Inner Cap (30) into the indicated end of the Left Arm (43). Tap a 7/8" Round Inner Cap (35) into the indicated hole in the Left Arm.

Attach an 11" Weight Tube (39) to the Left Arm (43) with a 5/16" x 5" Bolt (32), a 1/2" x 3" Plastic Spacer (36) and a 5/16" Nylon Locknut (19).

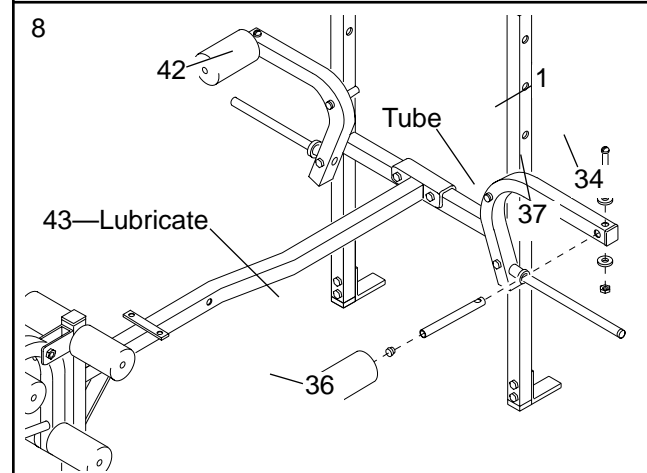
Tap a 1" Round Inner Cap (24) into the indicated end of the 11" Weight Tube (39). Slide a Weight Stop (38) onto the Weight Tube.

Assemble the Right Arm (42) in the same manner.



8. Tap a Flanged Plastic Sleeve (37) into the tube on the indicated side of the "H"-Frame (1). Lubricate the axle on the Left Arm (43). Insert the axle through the tube and the Flanged Plastic Sleeve. **Make sure that the 1/2" x 3" Plastic Spacer (36) is resting against the outside of the "H"-Frame (1).** Insert a Spring Clip (34) into the axle. Make sure that the Spring Clip snaps into the hole near the end of the axle.

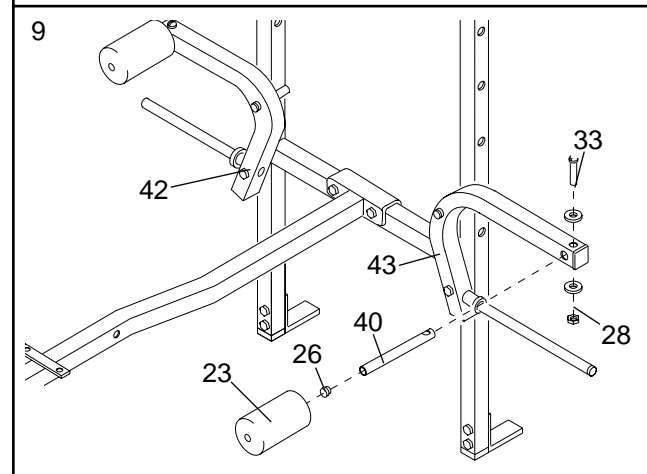
Attach the Right Arm (42) in the same manner.



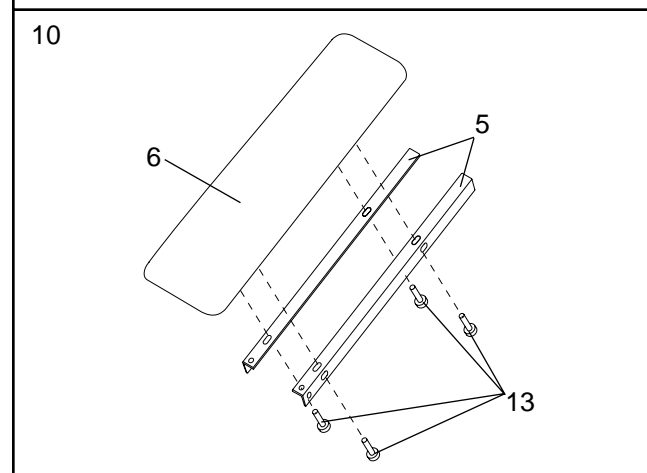
9. Attach a 9" Pad Tube (40) to the Left Arm (43) with a 1/4" x 2" Screw (33) and a 1/4" Nylon Locknut (28). Tap a 3/4" Round Inner Cap (26) into the indicated end of the 9" Pad Tube.

Slide a Foam Pad (23) onto the 9" Pad Tube (40).

Repeat this step for the Right Arm (42).



10. Attach the two Backrest Brackets (5) to the Backrest (6) with four 1/4" x 1/2" Screws (13). Make sure that the Backrest Brackets and the Backrest are oriented as shown.



11. Press a 3/4" Round Inner Cap (26) into the indicated end of the Support Rod (7). Insert the Support Rod through one of the four sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame.

Attach the Backrest Brackets (5) to the Frame (2) with the 5/16" x 4" Bolt (17), the two 1/2" x 7/8" Metal Spacers (25), and a 5/16" Nylon Locknut (19). Rest the Backrest (6) on the Support Rod (7).

12. Attach the Seat (11) to the bracket on the Frame (2) with two 1/4" x 1/2" Screws (13).

13. Attach the Curl Pad (10) to the Curl Post (44) with two 1/4" x 1/2" Screws (13).

14. Insert the Curl Post (44) into the Frame (2) as shown. Align one set of holes in the Curl Post with the holes in the Frame. Insert the Locking Pin (8) through the Frame and the Curl Post. Rotate the Locking Pin to the locked position, with the Locking Pin clipped onto the Frame.

