

ORDERING REPLACEMENT PARTS

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

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

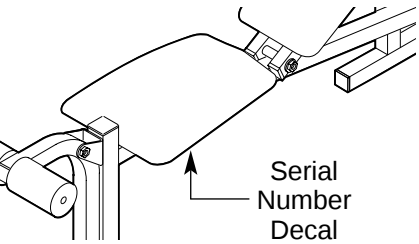
- the MODEL NUMBER of the product (WEEVBE35220)
- the NAME of the product (WEIDER® 214 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

WEIDER® 214

USER'S MANUAL

Model No. WEEVBE35220
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, please call:

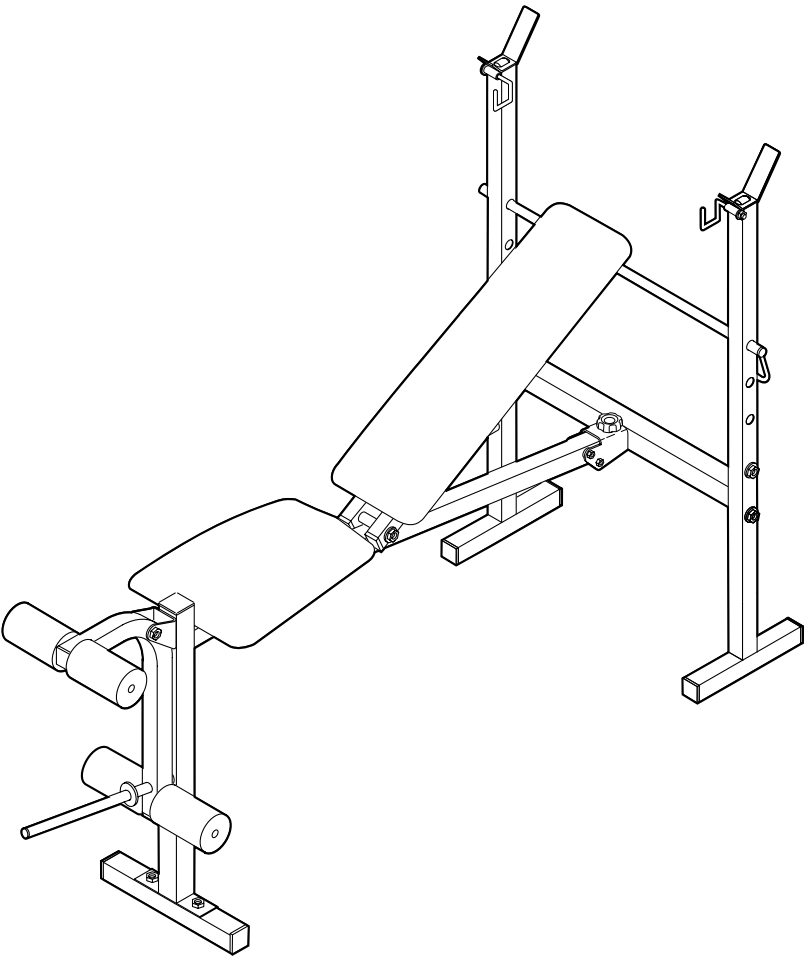
08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

csuk@iconeurope.com

⚠ CAUTION

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



Visit our website at
www.iconeurope.com

WEIDER® 214

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

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 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

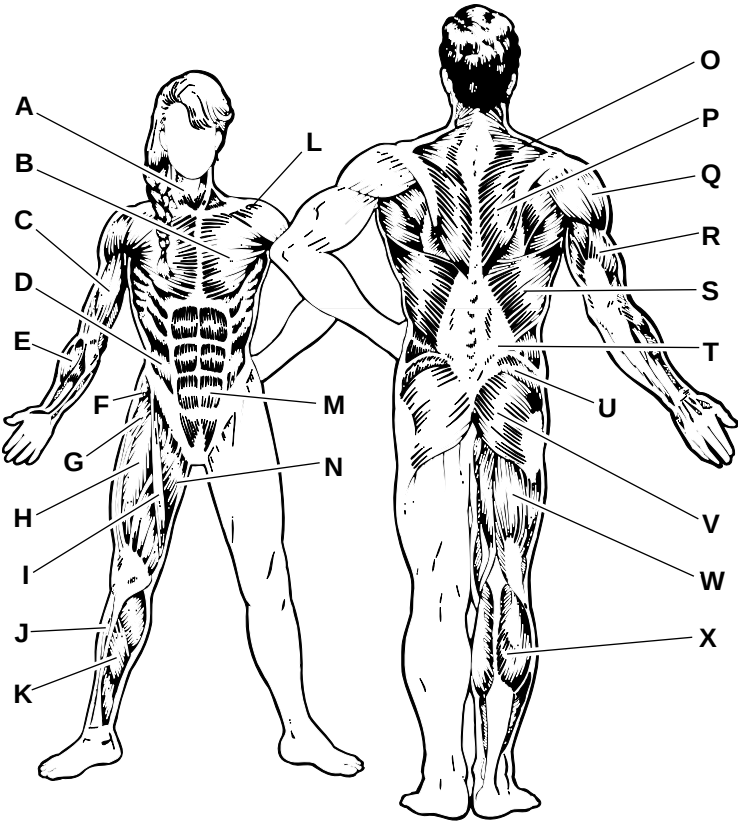
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight 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.

MUSCLE CHART

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



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 weight 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 weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight 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 weight.

Toning

You can tone your muscles by pushing them 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

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

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

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

PERSONALISING 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, emphasising 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 page 11 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.

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. Use the weight bench only as described in this manual.

2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.

3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.

4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.

5. Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.

6. Keep children under the age of 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 bench is designed to support a maximum user weight of 135 kg (300 lbs.) and a maximum total weight of 185 kg (410 lbs.). Do not place more than 50 kg (110 lbs.), including a barbell and weights, on the weight rests. Do not place more than 22 kg (50 lbs.) on the leg lever. Note: The weight bench does not include a barbell or weights.

10. Always make sure there is an equal amount of weight on each side of your barbell when you are using it.

11. Do not use a barbell that is longer than 1,5m (5 ft.) with the weight bench.
12. When adding or removing weights, always keep some weight on both ends of the barbell and secure the barbell with the barbell hooks to prevent the barbell from tipping.

13. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.

14. When using the backrest in an inclined or level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.

15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

16. The decals shown below have been placed on the weight bench in the locations shown on page 4. If a decal is missing or illegible, call our Customer Service Department to order a free replacement decal (see the back cover of this manual). Apply the replacement decal in the location shown.



Decal 1



Decal 2

⚠ 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.

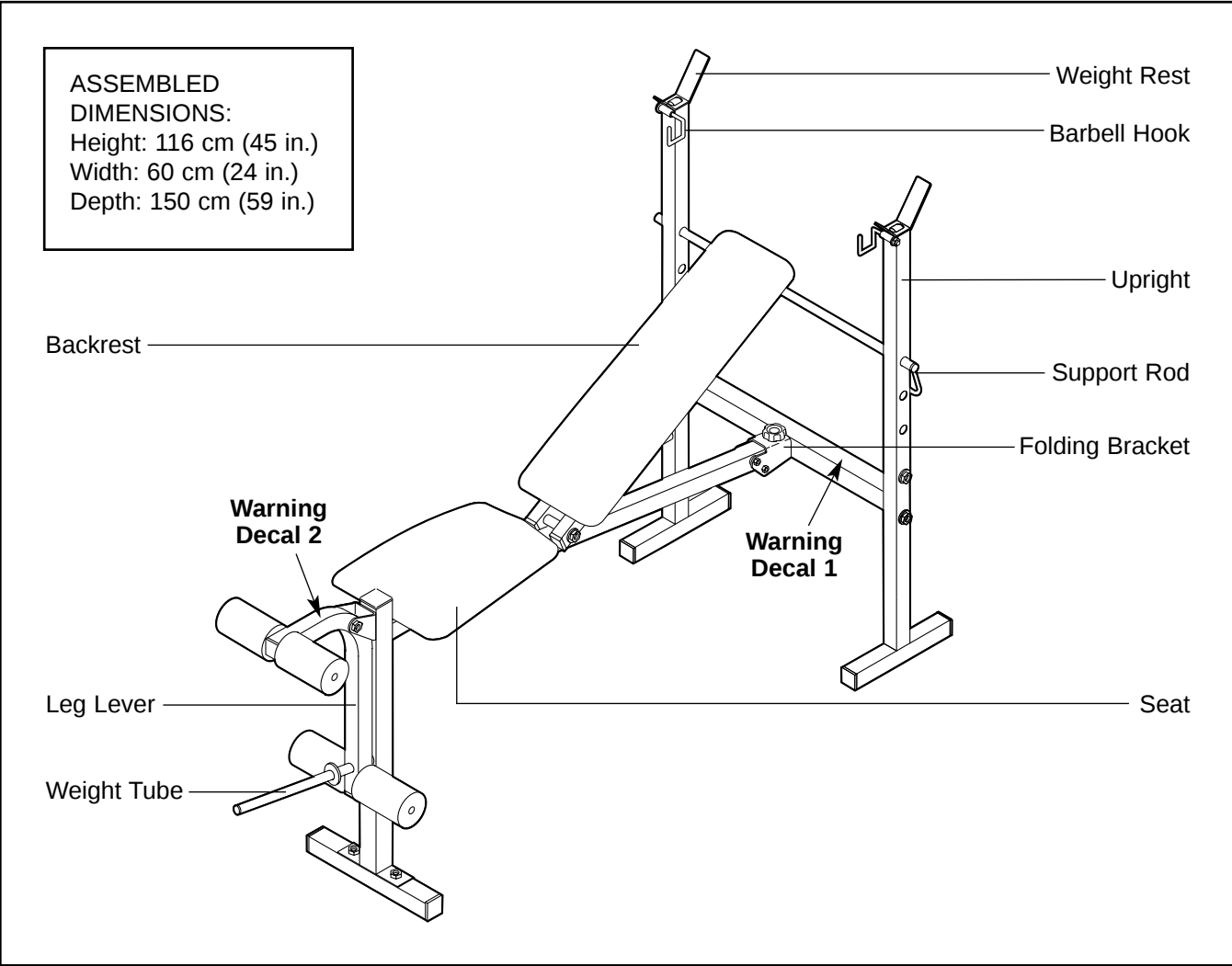
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 214 weight bench. The versatile WEIDER® 214 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® 214 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 questions after

reading this manual, please call our Customer Service Department at 08457 089 009. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVBE35220. 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.

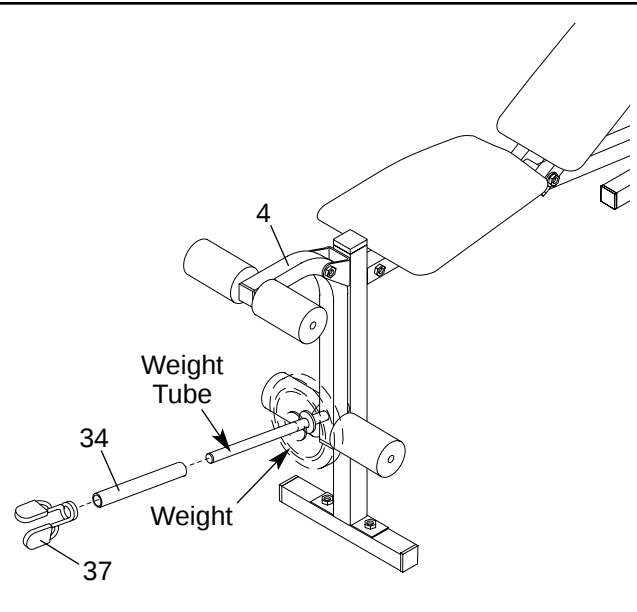


ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights onto the weight tube on the Leg Lever. Secure the weights with a Weight Clip (37). **Do not place more than 22 kg (50 lbs.) on the Leg Lever.**

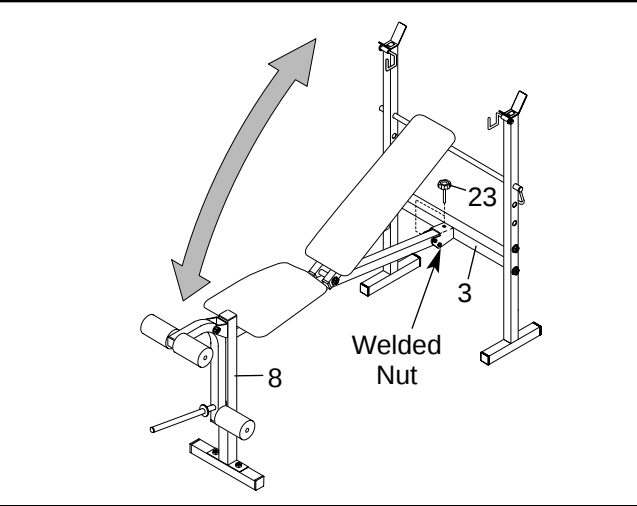
To use some weights, the Weight Adapter (34) will need to be slid onto the weight tube.

⚠ WARNING: When using the Leg Lever (4), place a barbell with the same amount of weight on the weight rests to balance the bench.



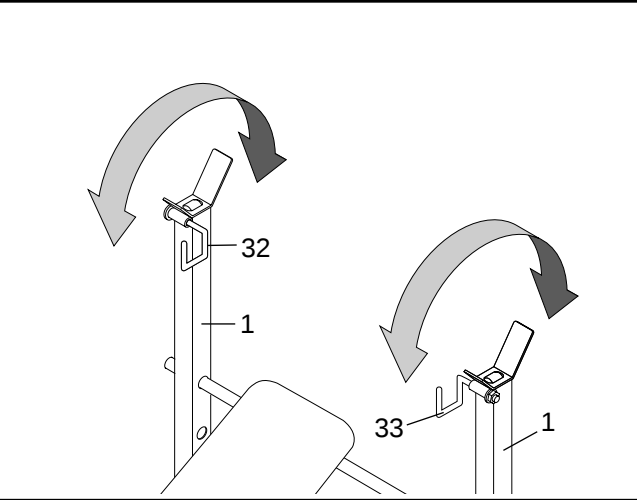
STORING THE WEIGHT BENCH

To store your weight bench, remove the Adjustment Knob (23) from the bracket on the Crossbar (3). Lift the Front Leg (8) as far as it will go. Reinsert the Adjustment Knob into the lower set of holes in the bracket on the Crossbar, and tighten the Knob into the welded nut on the bracket. The Adjustment Knob will prevent the bench from unfolding.

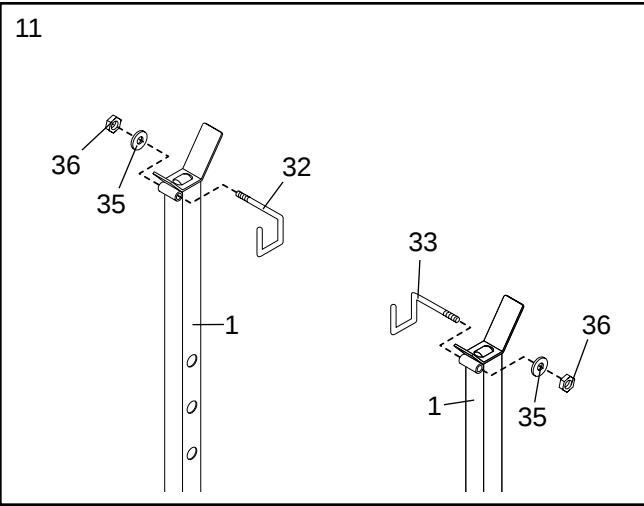


USING THE BARBELL HOOKS

To change weights whilst your barbell (not included) is on the Uprights (1), secure the barbell by rotating the Barbell Hooks (32, 33) over the barbell. This will reduce the possibility of the barbell tipping whilst you are changing weights.



11. Attach the Right Barbell Hook (32) to the right Upright (1) with an M8 Zinc Washer (35) and an M8 Zinc Nylon Locknut (36).
- Attach the Left Barbell Hook (33) to the left Upright (1) with an M8 Zinc Washer (35) and an M8 Zinc Nylon Locknut (36).
12. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting on the next page.**



ADJUSTMENTS

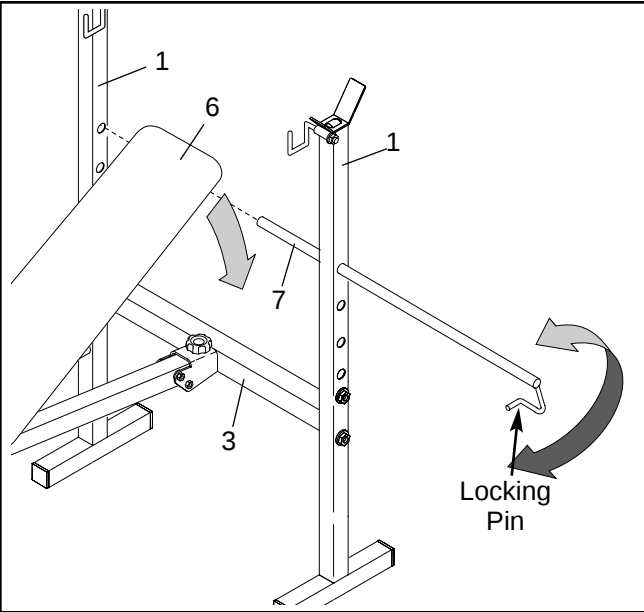
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened each time the weight bench is used. 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 declined position, a level position, or three inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, so the locking pin is wrapped around the Upright. Rest the Backrest on the Support Rod.



ASSEMBLY

Make Things Easier for Yourself

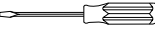
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- **For help identifying small parts, refer to the PART IDENTIFICATION CHART.**
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

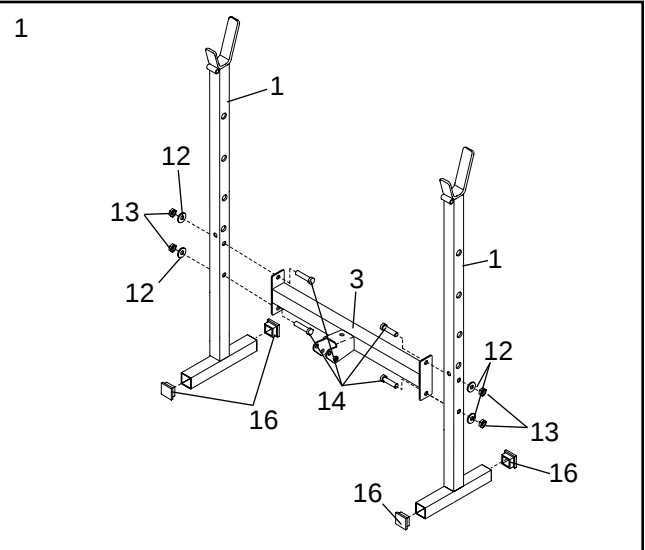
- Two adjustable spanners 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Lubricant, such as grease or petroleum jelly, and soapy water.

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

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

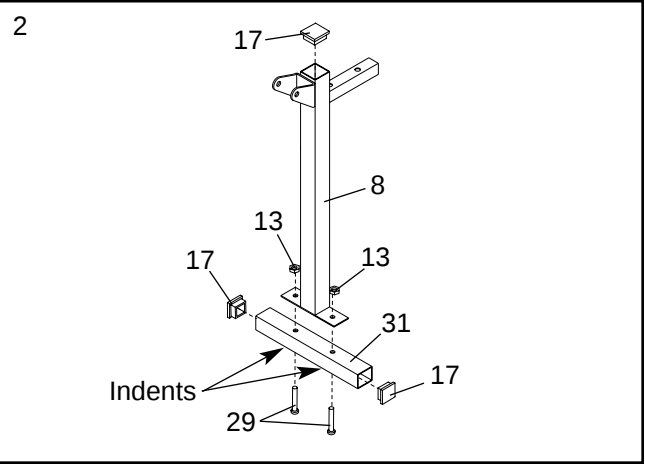
Tap two 38mm Square Inner Caps (16) into the bottom of each Upright (1).

Attach the Crossbar (3) to the two Uprights (1) with four M8 x 55mm Bolts (14), four M8 Washers (12), and four M8 Nylon Locknuts (13). **Do not tighten the Locknuts yet.**



2. Tap three 30mm Square Inner Caps (17) into the Front Leg (8) and the Stabiliser (31).

Attach the Front Leg (8) to the Stabiliser (31) with two M8 x 40mm Carriage Bolts (29) and two M8 Nylon Locknuts (13). **Note: The indents around the holes on one side of the Stabiliser must be on the bottom. Do not tighten the Locknuts yet.**



3. Attach the Front Leg (8) to the Frame (2) with two M8 x 40mm Carriage Bolts (29), two M8 Washers (12), and two M8 Nylon Locknuts (13). **Do not tighten the Locknuts yet.**

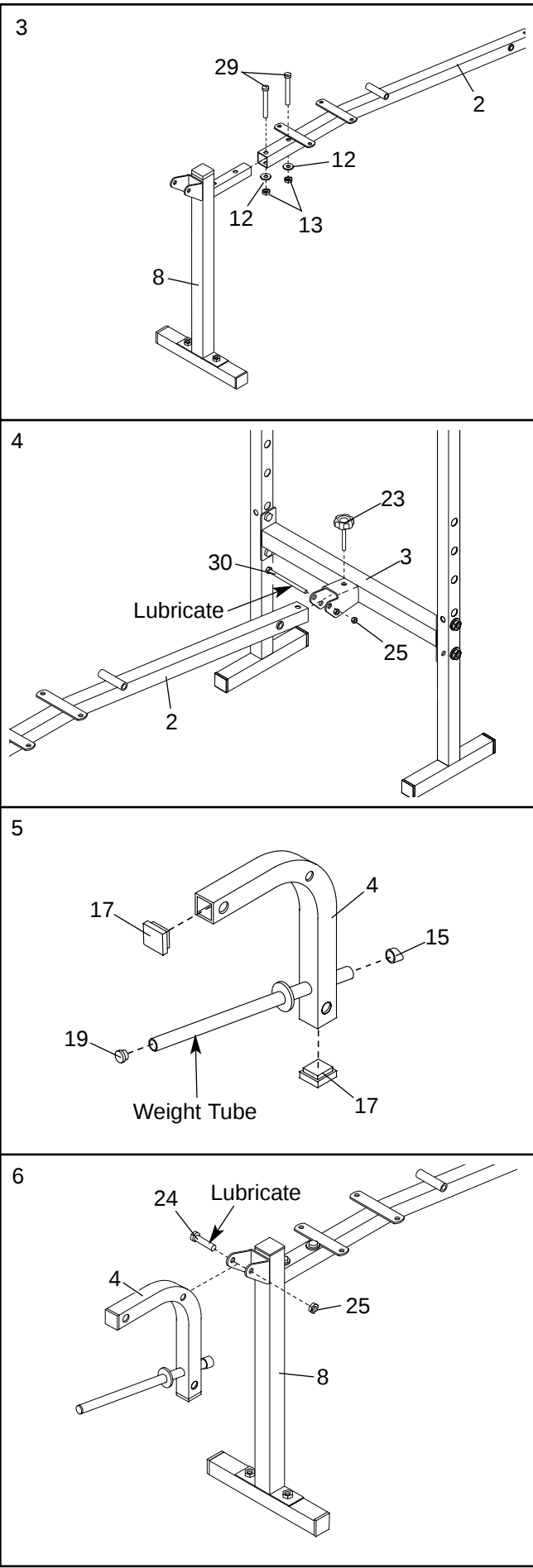
4. Lubricate an M10 x 55mm Bolt (30) with grease. Attach the Frame (2) to the upper set of holes in the bracket on the Crossbar (3) with the Bolt and an M10 Nylon Locknut (25). **Do not overtighten the Locknut; the Frame must be able to pivot easily.**

Tighten the Adjustment Knob (23) into the Crossbar (3) and the Frame (2).

5. Tap two 30mm Square Inner Caps (17) into the ends of the Leg Lever (4).

Tap a 25mm Round Inner Cap (19) into the indicated end of the weight tube on the Leg Lever (4). Tap the 25mm Round Angled Cap (15) onto the other end of the weight tube.

6. Lubricate the M10 x 63mm Bolt (24) with grease. Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the Bolt and an M10 Nylon Locknut (25). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



7. Tap two 19mm Round Inner Caps (9) into each Pad Tube (10). Slide the Pad Tubes into the holes in the Leg Lever (4). Slide two Foam Pads (18) onto each Pad Tube.

8. Tap two 25mm Square Inner Caps (27) into each Backrest Tube (5).

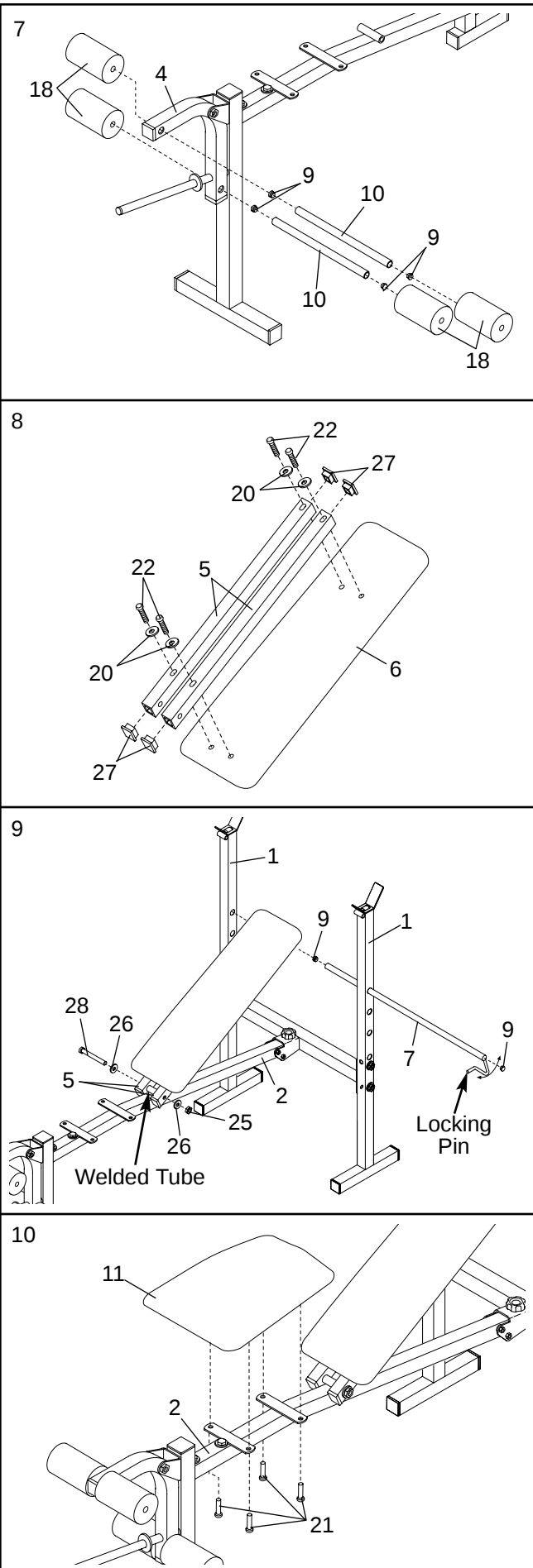
Attach each Backrest Tube (5) to the Backrest (6) with two M6 x 38mm Screws (22) and two M6 Washers (20). **Do not tighten the Screws yet.**

9. Tap a 19mm Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod through a set of holes in the Uprights (1). **Make sure that the locking pin is on the side shown.** Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright.

Lubricate the M10 x 137mm Bolt (28) with grease. Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (26), and an M10 Nylon Locknut (25). **Do not overtighten the Locknut; the Backrest Tubes must be able to pivot easily.**

Tighten the M6 x 38mm Screws (22) used in step 8 and the Nylon Locknuts (13) used in steps 1-3.

10. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (21).



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 in the centre of this manual. **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.

M10 x 137mm Bolt (28)

M10 x 63mm Bolt (24)

M8 x 55mm Bolt (14)

M10 x 55mm Bolt (30)

M8 x 40mm Carriage Bolt (29)

M6 x 38mm Screw (22)

M6 x 16mm Screw (21)

M6 Washer (20)

M8 Washer (12, 35)

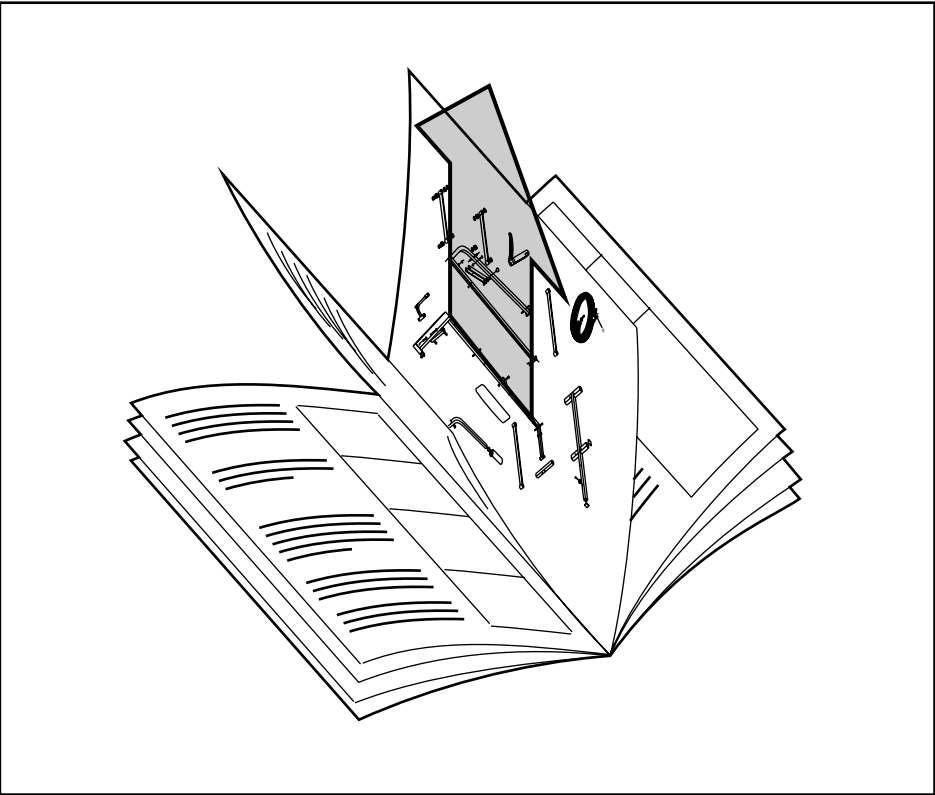
M10 Washer (26)

M8 Nylon Locknut (13, 36)

M10 Nylon Locknut (25)

REMOVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING

SAVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



PART LIST—Model No. WEEVBE35220

R0903A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	21	4	M6 x 16mm Screw
2	1	Frame	22	4	M6 x 38mm Screw
3	1	Crossbar	23	1	Adjustment Knob
4	1	Leg Lever	24	1	M10 x 63mm Bolt
5	2	Backrest Tube	25	3	M10 Nylon Locknut
6	1	Backrest	26	2	M10 Washer
7	1	Support Rod	27	4	25mm Square Inner Cap
8	1	Front Leg	28	1	M10 x 137mm Bolt
9	6	19mm Round Inner Cap	29	4	M8 x 40mm Carriage Bolt
10	2	Pad Tube	30	1	M10 x 55mm Bolt
11	1	Seat	31	1	Stabiliser
12	6	M8 Washer	32	1	Right Barbell Hook
13	8	M8 Nylon Locknut	33	1	Left Barbell Hook
14	4	M8 x 55mm Bolt	34	1	Weight Adapter
15	1	25mm Round Angled Cap	35	2	M8 Zinc Washer
16	4	38mm Square Inner Cap	36	2	M8 Zinc Nylon Locknut
17	5	30mm Square Inner Cap	37	1	Weight Clip
18	4	Foam Pad	#	1	User's Manual
19	1	25mm Round Inner Cap	#	1	Exercise Guide
20	4	M6 Washer	#	1	Grease Pack

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

EXPLODED DRAWING—Model No. WEEVBE35220

R0903A

