

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

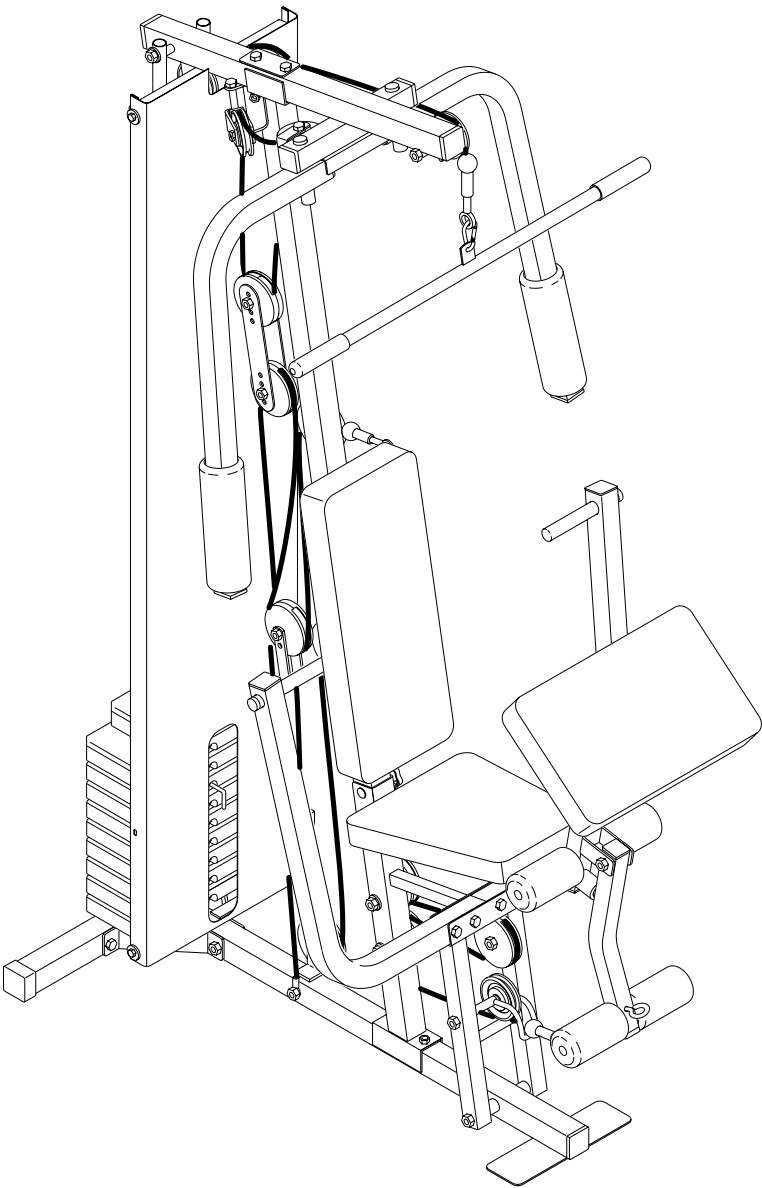
Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

Please provide the following information when ordering replacement parts:

- the MODEL NUMBER of the product (WLEVSY29220)
- the NAME of the product (WESLO® GYM 2500)
- 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 in the centre of this manual)



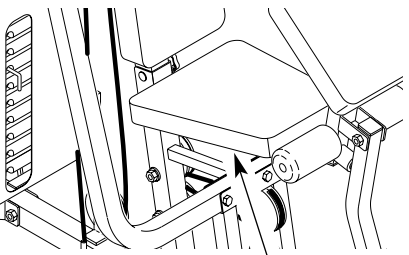
USER'S MANUAL



Model No. WLEVSY29220

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: 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



TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3

BEFORE YOU BEGIN4

ASSEMBLY5

ADJUSTMENTS16

WEIGHT RESISTANCE CHART18

CABLE DIAGRAM19

TROUBLESHOOTING AND MAINTENANCE20

EXERCISE GUIDELINES21

ORDERING REPLACEMENT PARTSBack Cover

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

MONDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

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

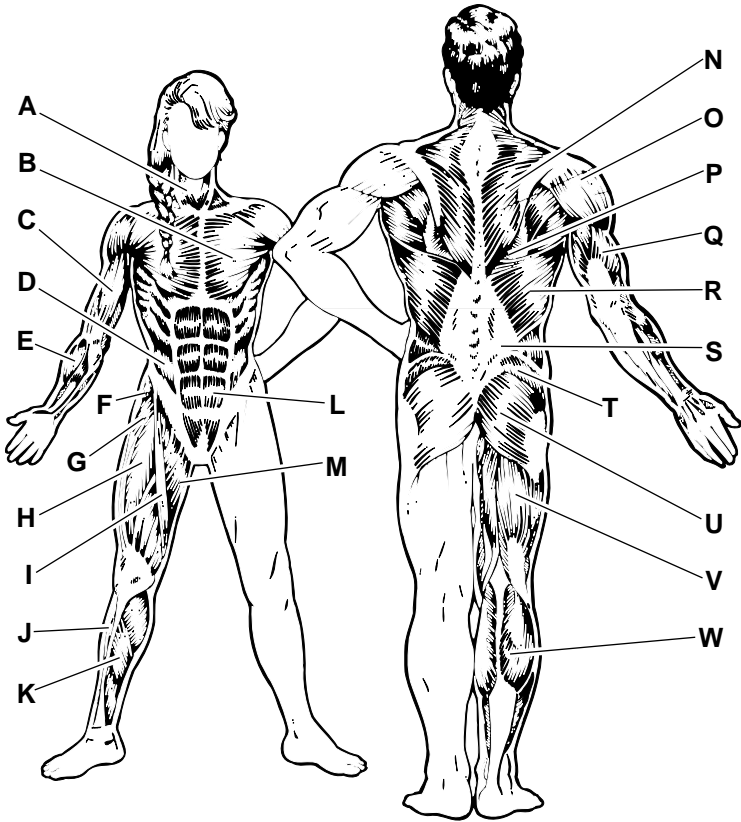
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 23 of this manual can be photocopied and used to schedule and record your workouts. 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)



IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and in the accompanying literature before using the weight system.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure that all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection.
9. The weight system is designed to support a maximum user weight of 300 pounds.
10. Always stand on a foot plate when performing an exercise that could cause the weight system to tip.
11. Never release the press arm, butterfly arms, leg lever, lat bar, handle, or ankle strap whilst weights are raised. The weights will fall with great force.
12. Make sure that the cables remain on the pulleys at all times. If the cables bind whilst you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
13. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
14. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
15. The decal shown here has been placed on the weight system in the location shown on page 4. If the decal is missing or illegible, call our Customer Service Department at 08457 089 009 and order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING

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

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

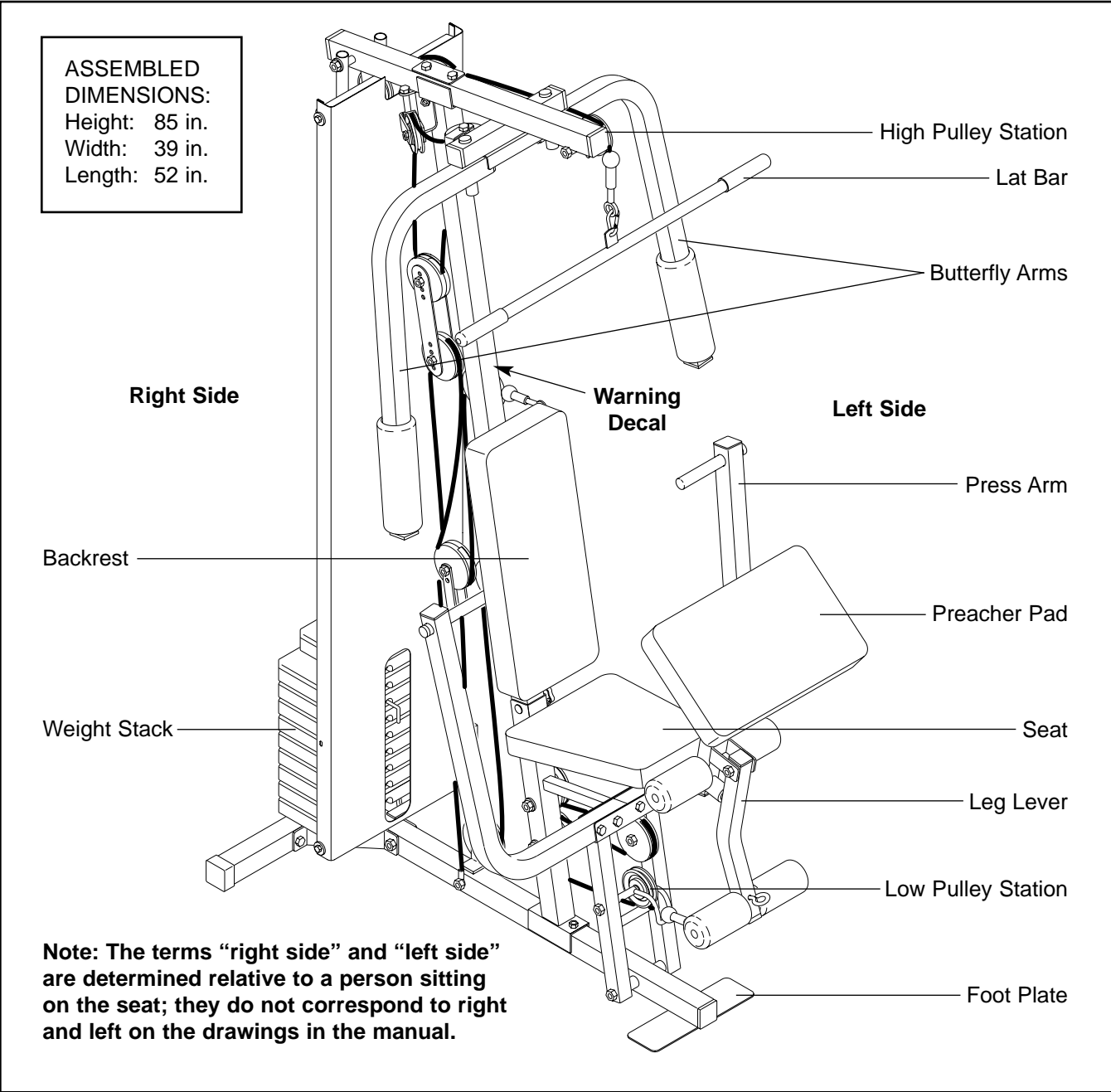
BEFORE YOU BEGIN

Thank you for selecting the versatile WESLO® GYM 2500 weight system. The WESLO® GYM 2500 weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. 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 WLEVSY29220. The serial number can be found on a decal attached to the weight system (see the front cover of this owner's manual).

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



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 whilst 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 22 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.

TROUBLESHOOTING AND MAINTENANCE

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

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

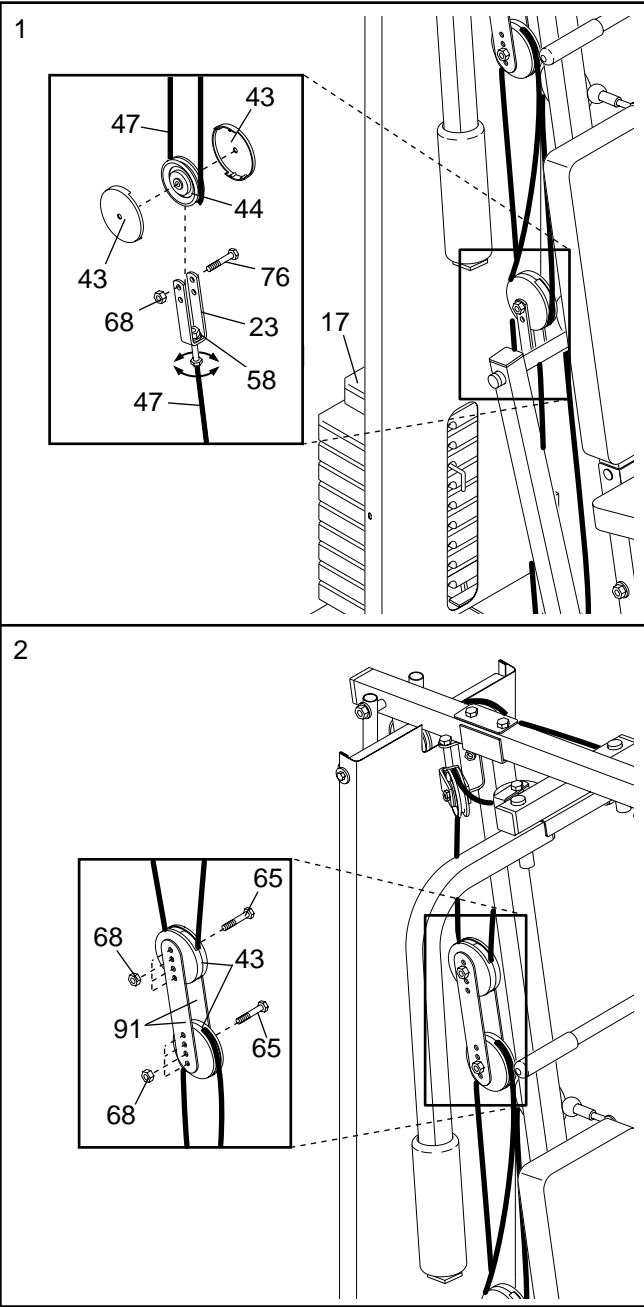
See drawing 1. Slack can be removed from the cables by tightening the M8 Nylon Locknuts (58) at the end of the Long Cable (47) or at the end of the Medium Cable (not shown). To do this you may need to remove the Small “U”-Bracket (not shown) from the Weight Tube (not shown), or remove the 90mm Pulley (44) from the Long “U”-Bracket (23). Make sure that the cables are not too tight or the Top Weight (17) will be lifted off the weight stack.

Additional slack can be removed by moving the 90mm Pulley (44) and Pulley Covers (43) attached to the Long “U”-Bracket (23). Remove the M10 Nylon Locknut (68) and the M10 x 52mm Bolt (65) from the Pulley, Pulley Covers, and “U”-Bracket. Re-attach the Pulley and Pulley Covers to the lower hole in the “U”-Bracket with the Bolt and Nylon Locknut. **Be sure that the Cable and Pulley move smoothly.**

See drawing 2. Remove the M10 x 52mm Bolt (65) and the M10 Nylon Locknut (68) from the lower 90mm Pulley (not shown), the Pulley Covers (43), and the Pulley Plates (91). Reattach the Pulley and the Pulley Covers to a higher set of holes in the Pulley Plates with the Bolt and the Nylon Locknut. Make sure that the cable and Pulley move smoothly. **The upper 90mm Pulley and Pulley Covers can be moved down in the same manner.**

Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realise that the weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.

- For help identifying small parts, use the PART IDENTIFICATION CHART at the centre of this manual.

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 wrenches, or a set of ratchet wrenches.

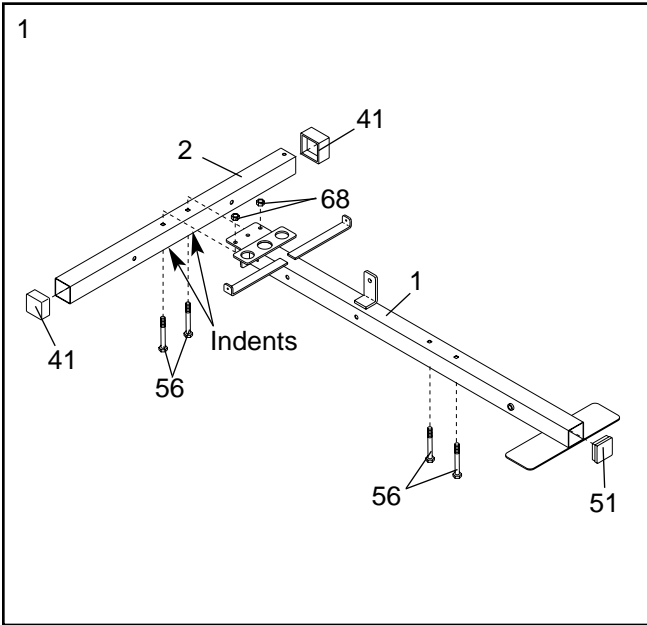
Frame Assembly

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 50mm Square Inner Cap (51) into the end of the Base (1). Press a 50mm Square Outer Cap (41) onto each end of the Stabiliser (2).

Insert four M10 x 65mm Carriage Bolts (56) up through the Base (1) and the Stabiliser (2) as shown.

Slide the bracket on the Base (1) onto the M10 x 65mm Carriage Bolts (56) in the Stabiliser (2). Hand tighten an M10 Nylon Locknut (68) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



- Slide the Upright (3) onto the M10 x 65mm Carriage Bolts (56) in the Base (1). Hand tighten an M10 Nylon Locknut (68) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

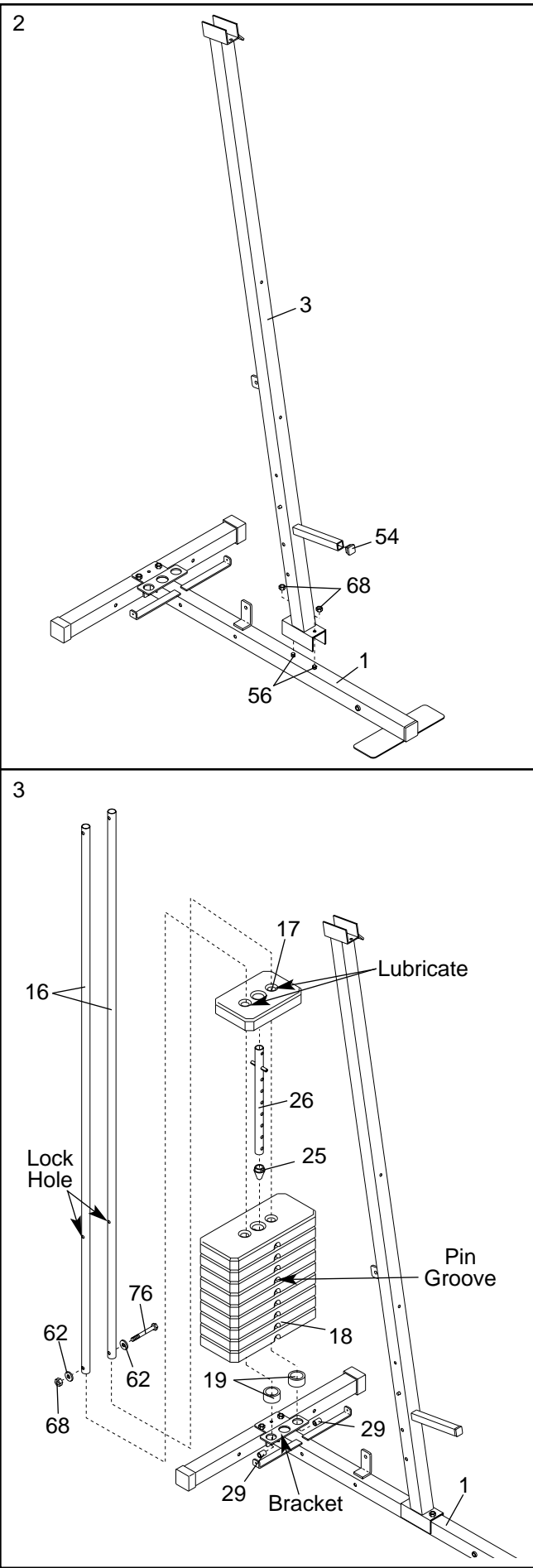
Press a 25mm Square Inner Cap (54) into the Upright (3).

- Place two Weight Bumpers (19) over the indicated holes in the bracket on the Base (1). Insert the two Weight Guides (16) into the holes and attach them to the Base with an M10 x 155mm Bolt (76), two 19mm Spacers (29), two M10 Washers (62), and an M10 Nylon Locknut (68). **Be sure the lock holes in the Weight Guides are closer to the bottom.**

Slide the nine Weights (18) onto the Weight Guides (16). **Be sure the pin grooves are on the side shown.**

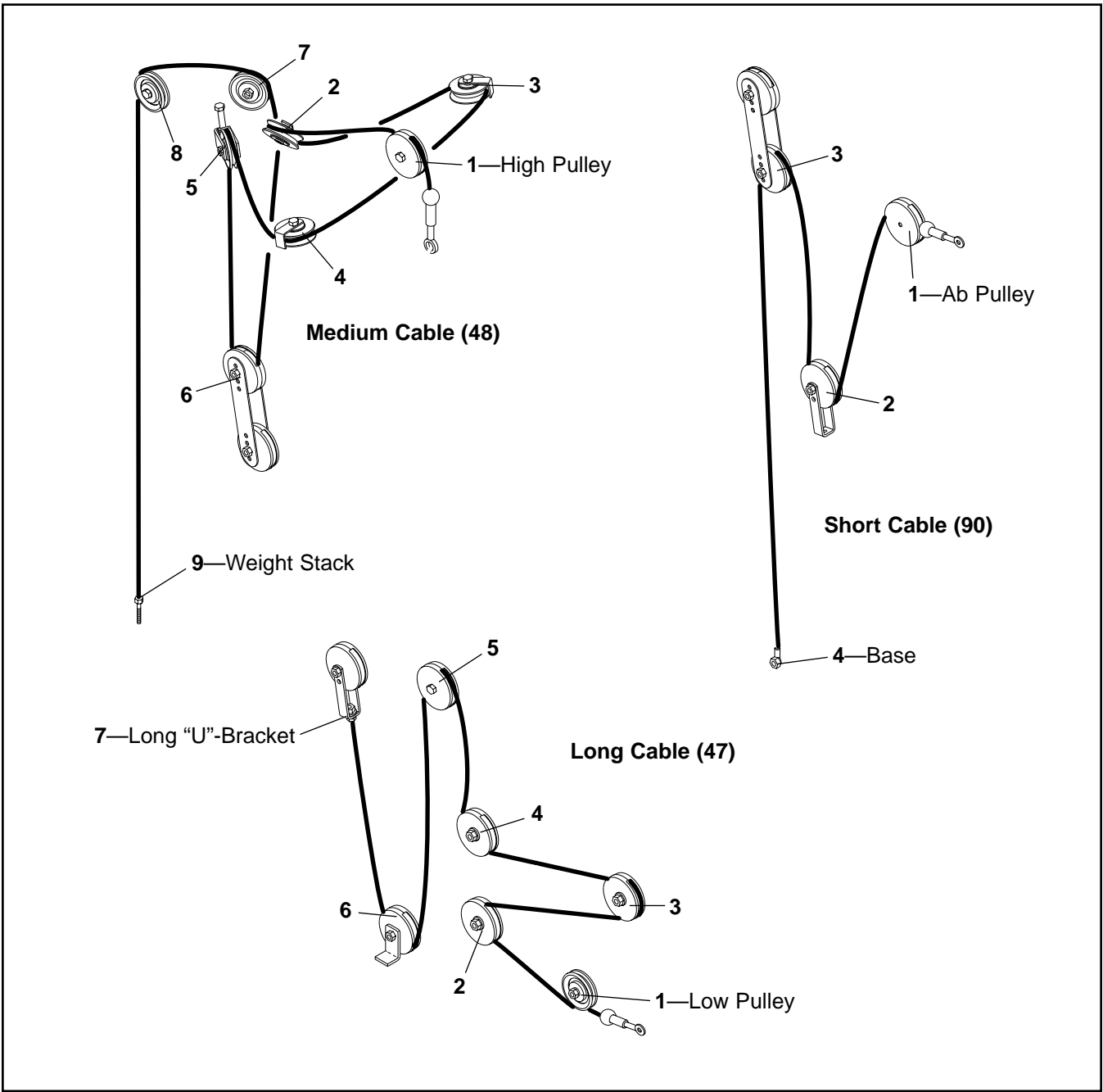
Insert the Weight Tube Bumper (25) into the bottom of the Weight Tube (26). Insert the Weight Tube into the centre hole in the Weights (18).

Lubricate the indicated holes in the Top Weight (17). Slide the Top Weight onto the Weight Guides (16). **Be sure the pin groove in the Top Weight is on the bottom.**



CABLE DIAGRAM

The cable diagram below shows the proper routing of the Long Cable (47), the Medium Cable (48), and the Short Cable (90). Use the diagrams to be sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Be sure that the cable traps do not touch or bind the cables.**



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. “Top” refers to the 6 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides. Note: 1 lb. = .454 kg

WEIGHT	HIGH PULLEY (lbs.)	PRESS ARM (lbs.)	LEG LEVER (lbs.)	BUTTERFLY ARM (lbs.)	AB PULLEY (lbs.)	LOW PULLEY (lbs.)
Top	22	29	28	12	20	36
1	36	53	49	22	33	74
2	52	78	69	33	54	107
3	66	97	110	40	64	136
4	90	132	139	50	86	197
5	105	165	165	62	97	228
6	121	182	184	72	113	262
7	136	207	208	78	127	297
8	153	233	239	88	141	330
9	167	253	257	95	161	362

4. Attach the two Base Supports (22) to the Stabiliser (2) with two M10 x 70mm Bolts (64), two M10 Washers (62), and two M10 Nylon Locknuts (68).
- Attach the Base Supports (22) to the Base (1) with an M10 x 73mm Bolt (80) and an M10 Nylon Locknut (68).

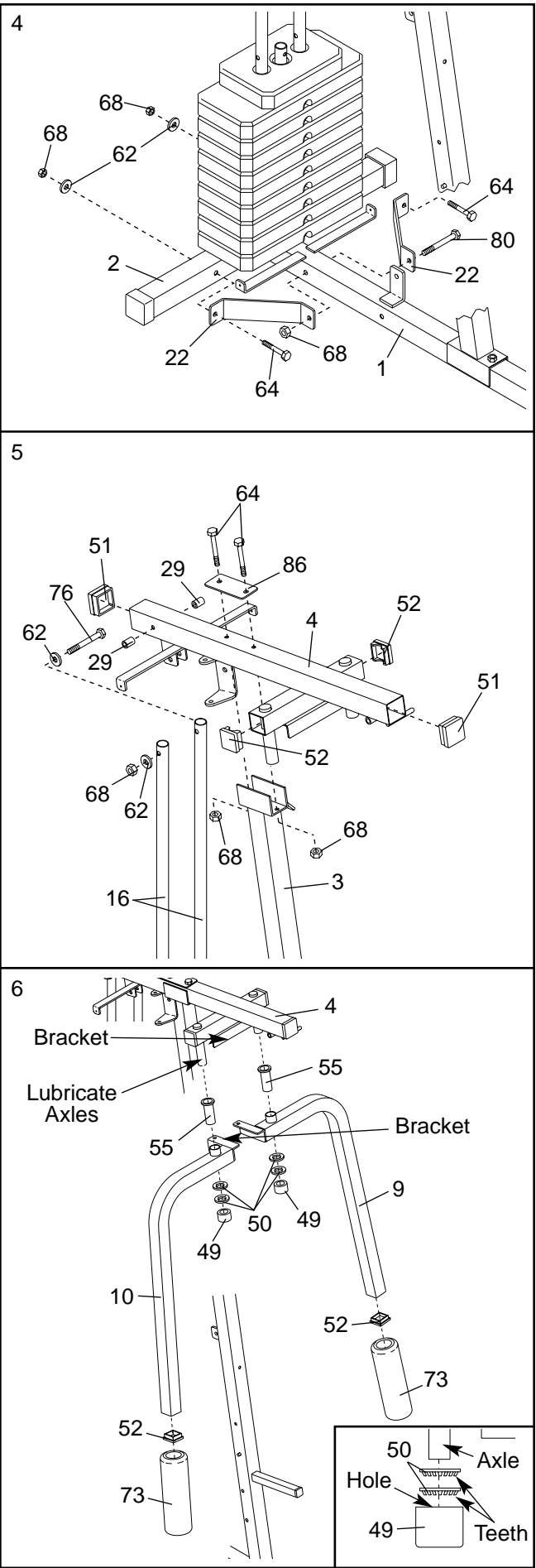
Do not tighten the M10 Nylon Locknuts (68) yet.

5. Press two 50mm Square Inner Caps (51) into the ends of the Top Frame (4). Press two 45mm Square Inner Caps (52) into the crossbar on the Top Frame.
- Attach the Top Frame (4) to the Upright (3) with the Support Plate (86), two M10 x 70mm Bolts (64), and two M10 Nylon Locknuts (68).
- Attach the Top Frame (4) between the Weight Guides (16) with an M10 x 155mm Bolt (76), two M10 Washers (62), two 19mm Spacers (29), and an M10 Nylon Locknut (68).

Tighten the M10 Nylon Locknuts (68) used in steps 1–5.

Arm Assembly

6. Lubricate both axles on the Top Frame (4) with grease. Identify the Right Butterfly Arm (10) by observing the position of the bracket. Press a 27mm x 63mm Plastic Bushing (55) into the Butterfly Arm, and slide the Butterfly Arm onto the right axle on the Top Frame. **Be sure that the upper end of the Butterfly Arm is behind the indicated bracket on the Top Frame.**
- Place two 25mm Retainers (50) on top of a 25mm Cover Cap (49), and **orient them as shown in the inset drawing**. Tap the Retainers and the Cover Cap onto the right axle on the Top Frame (4).
- Attach the Left Butterfly Arm (9) in the same manner.
- Press 45mm Square Inner Caps (52) into the lower ends of the Butterfly Arms (9, 10). Wet the ends of the Butterfly Arms with soapy water, and slide the Large Foam Pads (73) onto them.



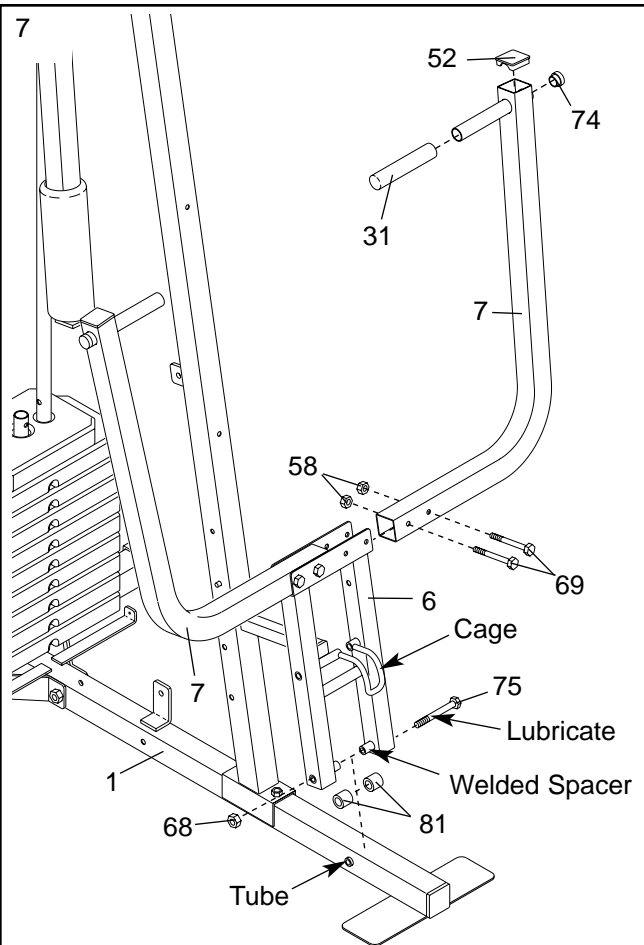
- Press a 25mm x 22mm Plastic Bushing (81) onto each welded spacer on the Press Frame (6). Slide the Press Frame into place on the Base (1). **Note: This will be a tight fit. The Plastic Bushings should fit onto the ends of the indicated tube in the Base. Be sure that the cage is on the side shown.**

Lubricate the M10 x 195mm Bolt (75) with grease. Attach the Press Frame (6) to the Base (1) with the Bolt and an M10 Nylon Locknut (68). **Do not overtighten the Nylon Locknut; the Press Frame must be able to pivot easily.**

Press a 45mm Square Inner Cap (52) into the top of a Press Arm (7). Press a 25mm Round Inner Cap (74) into the outer end of the handle on the Press Arm. Slide a Handgrip (31) onto the handle.

Attach the Press Arm (7) to one side of the Press Frame (6) with two M8 x 63mm Bolts (69) and two M8 Nylon Locknuts (58).

Assemble the other Press Arm (7) in the same manner.

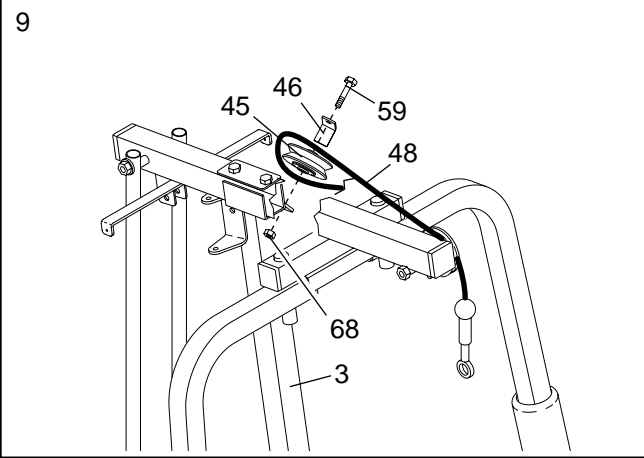
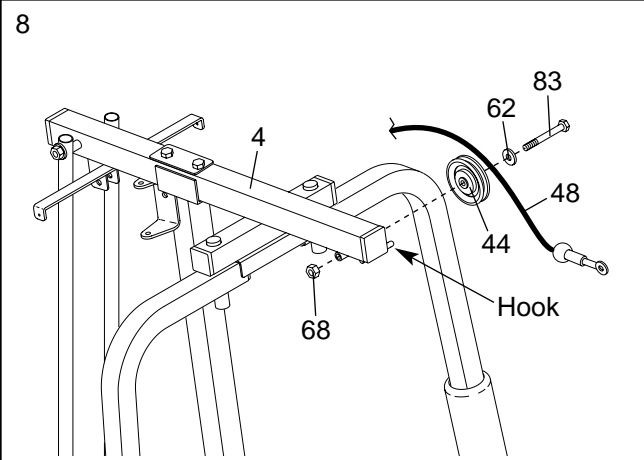


Cable Assembly

- During steps 8 through 26, refer to the CABLE DIAGRAM on page 19 of this manual to verify proper cable routing.

Locate the Medium Cable (48). Wrap the Cable around a 90mm Pulley (44). Attach the Pulley to the Top Frame (4) with an M10 x 90mm Bolt (83), an M10 Washer (62), and an M10 Nylon Locknut (68). **Be sure that the Cable is between the Pulley and the hook, and that the end of the Cable with the ball is on the indicated side of the hook.**

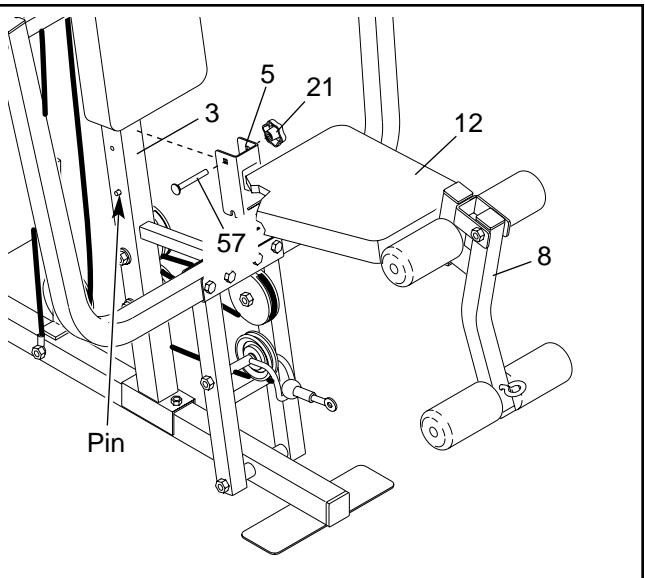
- Wrap the Medium Cable (48) around a "V"-Pulley (45). Attach the Pulley and a Long Cable Trap (46) to the bracket on the side of the Upright (3) with an M10 x 57mm Bolt (59) and an M10 Nylon Locknut (68). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (5) onto the indicated pin on the Upright (3). Attach the Seat Frame to the Upright with the M8 x 65mm Carriage Bolt (57) and the Seat Knob (21).

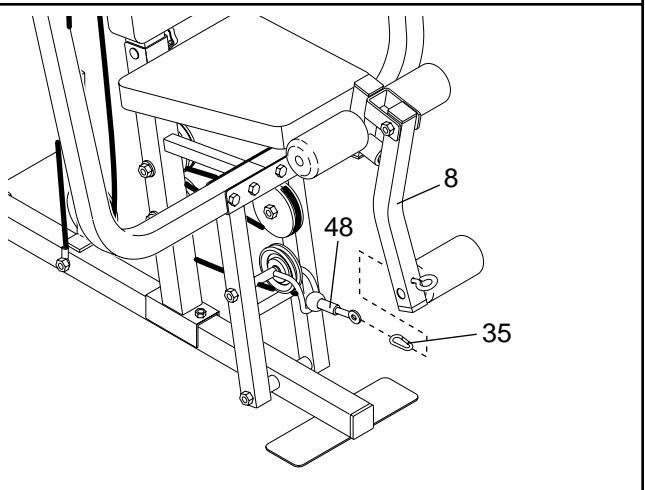
For some exercises, the Seat (12) must be removed. First, be sure that the Chain (not shown) is not attached to the Leg Lever (8). Next, remove the Seat Knob (21) and the M8 x 65mm Carriage Bolt (57) from the Seat Frame (5). Lift the Seat Frame off the Upright (3).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

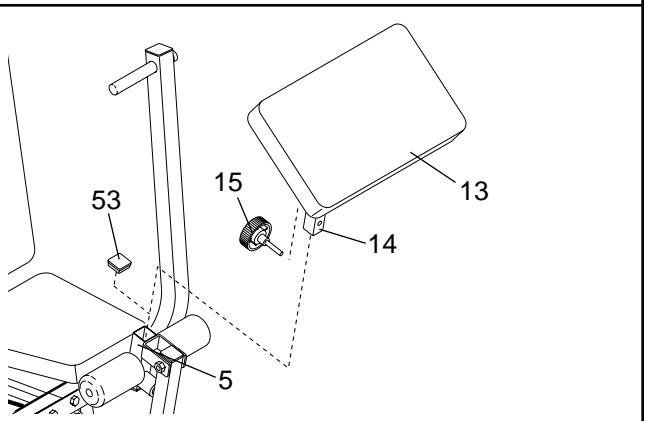
To use the Leg Lever (8), the seat must be attached to the upright (see ATTACHING AND REMOVING THE SEAT, above).

Attach the Short Cable (48) to the bracket on the back of the Leg Lever (8) with a Chain (36) and two Cable Clips (35).



ATTACHING THE PREACHER PAD

To use the Preacher Pad (13) remove the indicated 38mm Square Inner Cap (53) from the Seat Frame (5). Insert the Preacher Post (14) into the Seat Frame and secure it with the Preacher Knob (15).



ADJUSTMENTS

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the accessories, make sure that they are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (30) under the desired Weight (18). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6 pounds to 118.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 18 to find the actual amount of resistance at each weight station.**

LOCKING THE WEIGHT STACK

To prevent unauthorised use of the weight system, insert the Locking Bar (27) into the indicated hole in one of the Weight Guides (16) and secure the Locking Bar with the Lock (28).

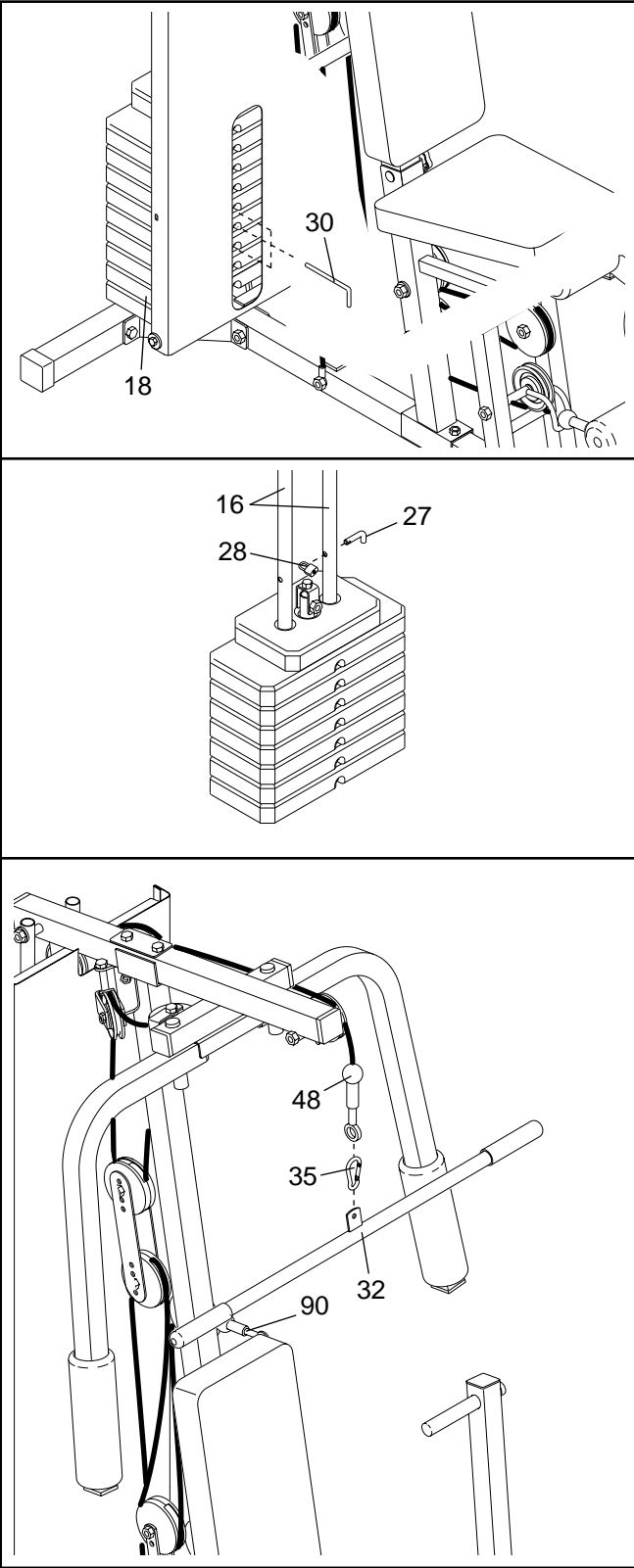
Remove the Lock (28) and Locking Bar (27) to use the weight system again.

ATTACHING THE ACCESSORIES TO THE HIGH OR LOW PULLEY STATION, OR LEG LEVER

Attach the Lat Bar (32) to the Medium Cable (48) with a Cable Clip (35). For some exercises, the Chain (not shown) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

Note: The seat frame must be removed from the front upright before the Short Cable (not shown) is used. (See ATTACHING AND REMOVING THE SEAT on page 17.)

The Ankle Strap (not shown) or Handle (not shown) can be attached to the Medium Cable (not shown), the Long Cable (47), the Short Cable (90), or Leg Lever (not shown) in the same manner.



10. Wrap the Medium Cable (48) around a “V”-Pulley (45). Attach the Pulley and a Long Cable Trap (46) to the bracket on the Left Butterfly Arm (9) with an M10 x 57mm Bolt (59) and an M10 Nylon Locknut (68). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

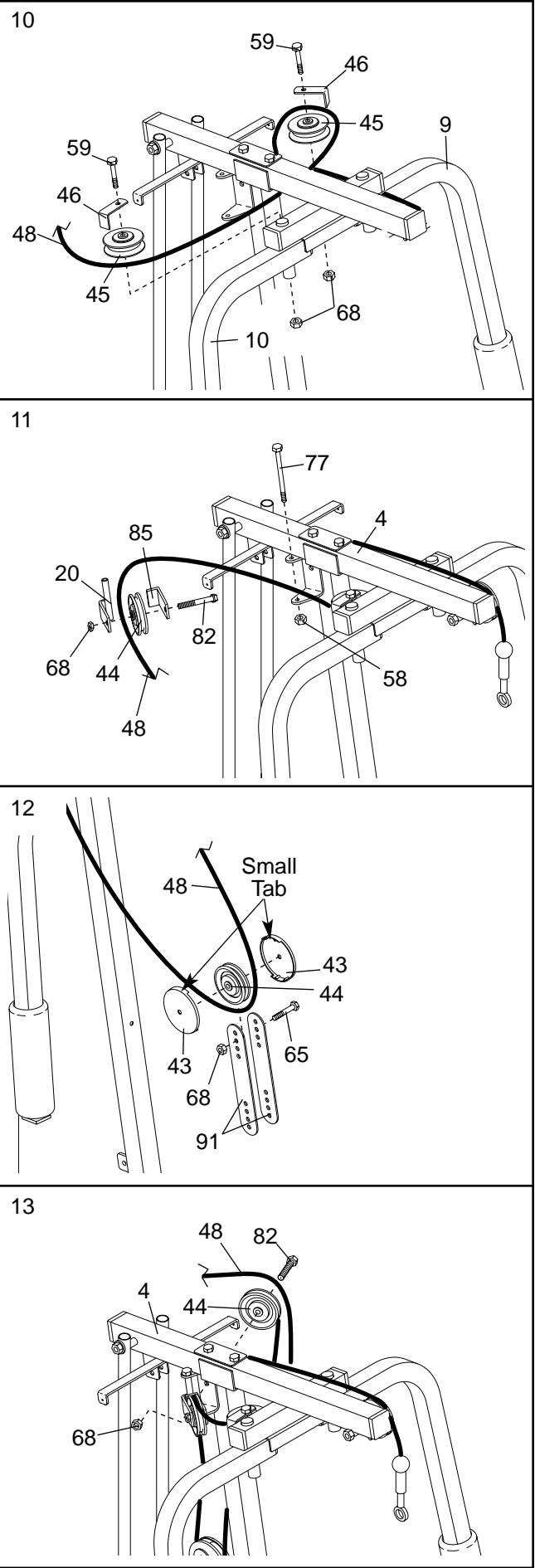
Repeat this step with the Right Butterfly Arm (10).

11. Wrap the Medium Cable (48) around a 90mm Pulley (44). Attach the Pulley and a Cable Trap (85) to the Pulley Bracket (20) with an M10 x 45mm Bolt (82) and an M10 Nylon Locknut (68). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

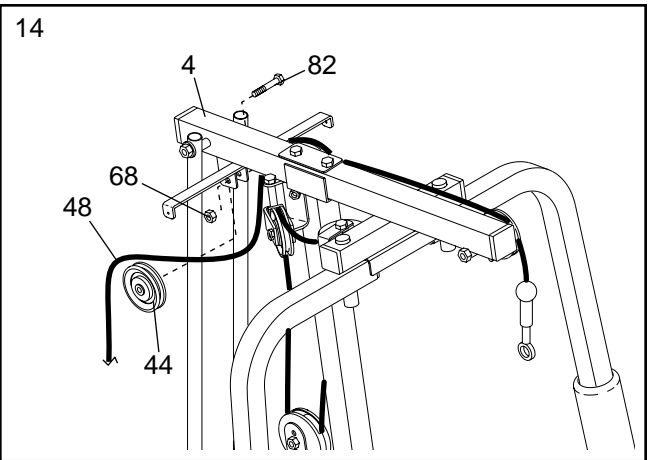
Attach the Pulley Bracket (20) to the Top Frame (4) with an M8 x 117mm Bolt (77) and an M8 Nylon Locknut (58). **Do not overtighten the Nylon Locknut; the Bracket must be able to pivot easily.**

12. Wrap the Medium Cable (48) around a 90mm Pulley (44). Attach the Pulley and two Pulley Covers (43) to the second set of holes from the top of the two Pulley Plates (91) with an M10 x 52mm Bolt (65) and an M10 Nylon Locknut (68). **Be sure the Small Tabs on the Pulley Covers are on top.**

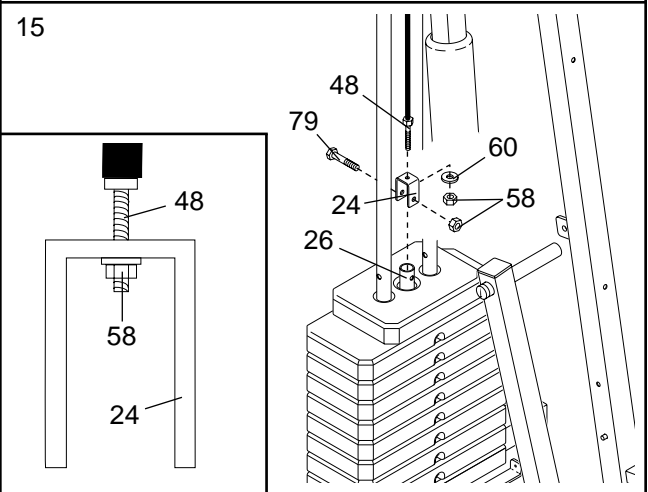
13. Wrap the Medium Cable (48) around a 90mm Pulley (44). Attach the Pulley to the bracket on the Top Frame (4) with an M10 x 45mm Bolt (82) and an M10 Nylon Locknut (68).



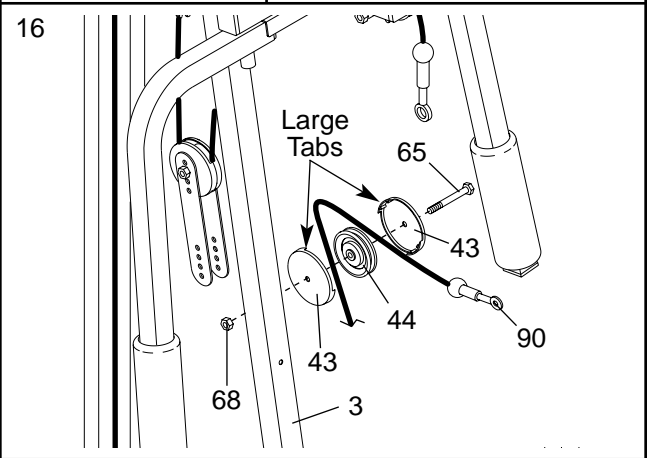
14. Wrap the Medium Cable (48) around a 90mm Pulley (44). Attach the Pulley to the bracket on the Top Frame (4) with an M10 x 45mm Bolt (82) and an M10 Nylon Locknut (68).



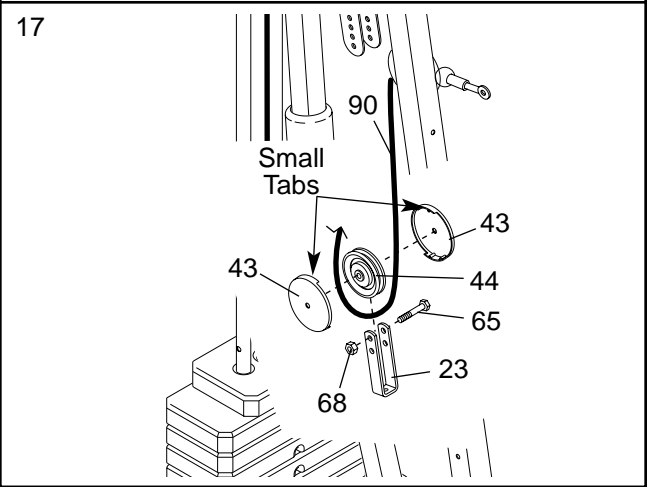
15. Attach the Medium Cable (48) to the Small “U”-Bracket (24) with an M8 Nylon Locknut (58) and an M8 Washer (60). **See the inset drawing. Do not overtighten the Nylon Locknut; it should be threaded onto the end of the Cable only two turns.**



16. **Locate the Short Cable (90).** Wrap the Cable around a 90mm Pulley (44). Attach the Pulley and two Pulley Covers (43) to the bracket on the back of the Upright (3) with an M10 x 52mm Bolt (65) and an M10 Nylon Locknut (68). **Be sure the large tabs on the Pulley Covers are on the side shown, and that the Cable is between the Pulley and the rod on the side of the Upright.**

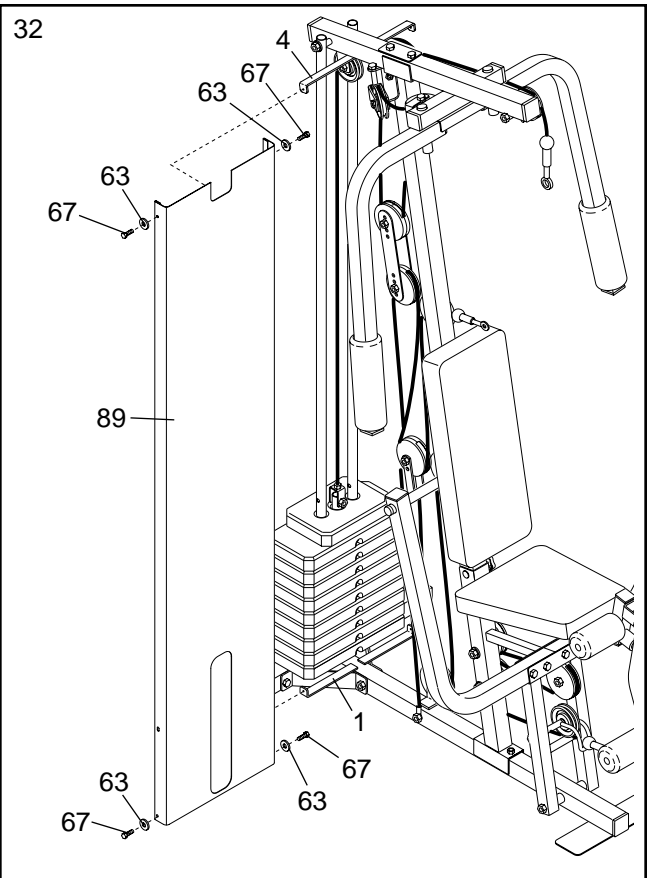


17. Wrap the Short Cable (90) around a 90mm Pulley (44). Attach the Pulley and two Pulley Covers (43) to the upper set of holes in the Long “U”-Bracket (23) with an M10 x 52mm Bolt (65) and an M10 Nylon Locknut (68). **Be sure the small tabs on the Pulley Covers are on the side shown.**

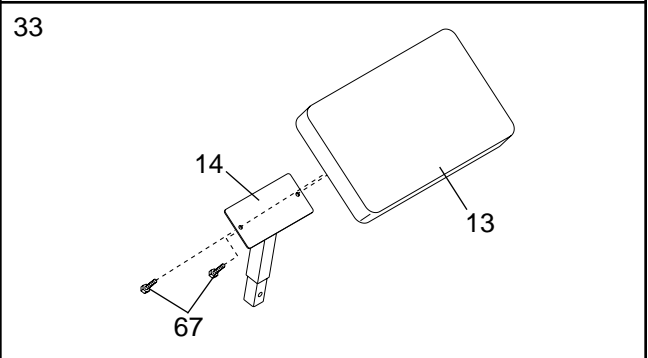


32. Attach the Shroud (89) to the bracket on the Top Frame (4) with two M6 x 16mm Screw (67) and two M6 Washers (63).

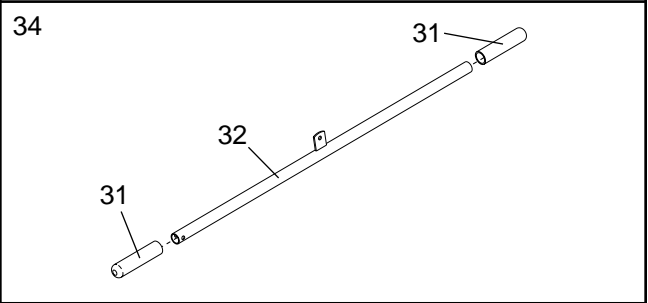
Attach the Shroud (89) to the bracket on the Base (1) with two M6 x 16mm Screws (67) and two M6 Washers (63).



33. Attach the Preacher Pad (13) to the Preacher Post (14) with two M6 x 16mm Screws (67).



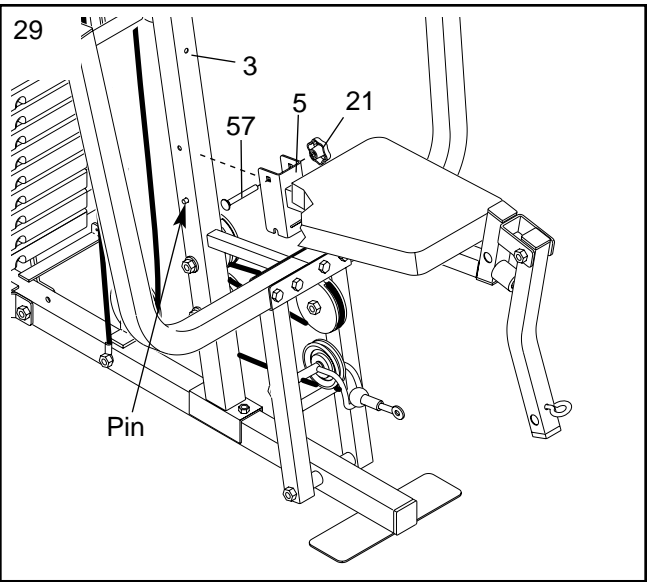
34. Slide two Handgrips (31) onto the ends of the Lat Bar (32).



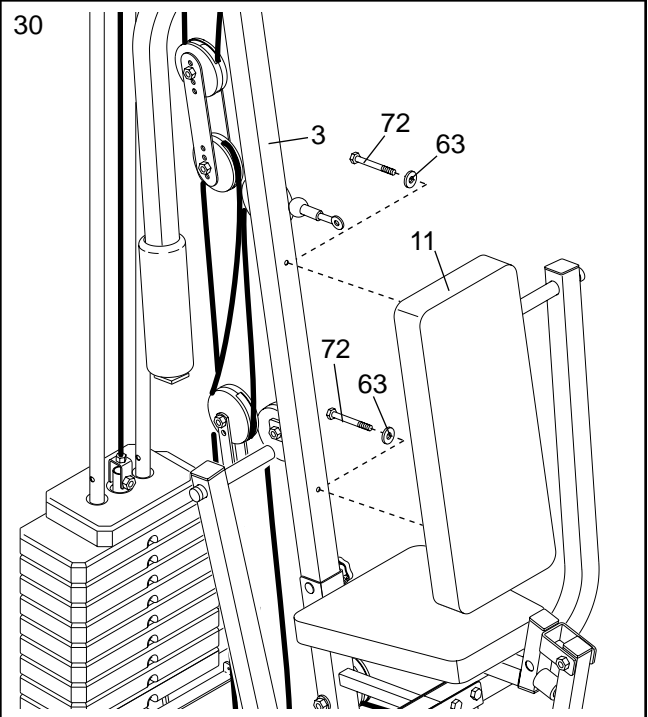
35. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 19 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLESHOOTING AND MAINTENANCE on page 20.**

29. Rest the Seat Frame (5) on the indicated pin in the Upright (3). Attach the Seat Frame to the Upright with an M8 x 65mm Carriage Bolt (57) and the Seat Knob (21).



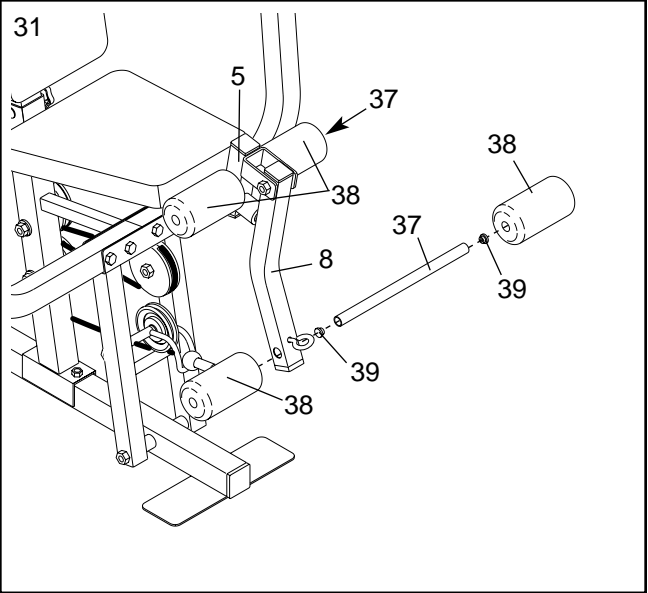
30. Attach the Backrest (11) to the Upright (3) with two M6 x 63mm Screws (72) and two M6 Washers (63).



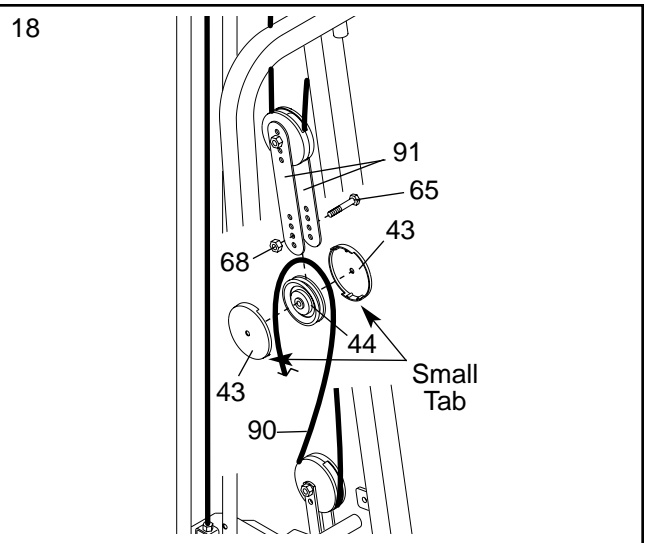
31. Press four 19mm Round Inner Caps (39) into the ends of the two Pad Tubes (37).

Insert one Pad Tube (37) into the Seat Frame (5). Slide two Foam Pads (38) onto the ends of the Pad Tube.

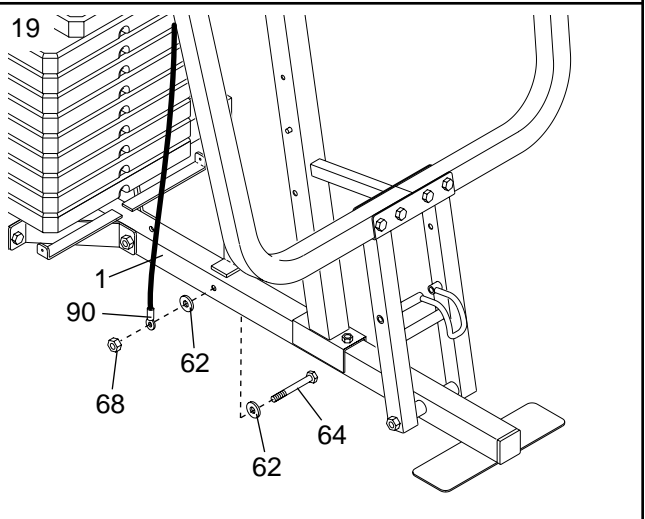
Insert the other Pad Tube (37) into the Leg Lever (8). Slide two Foam Pads (38) onto the ends of the Pad Tube.



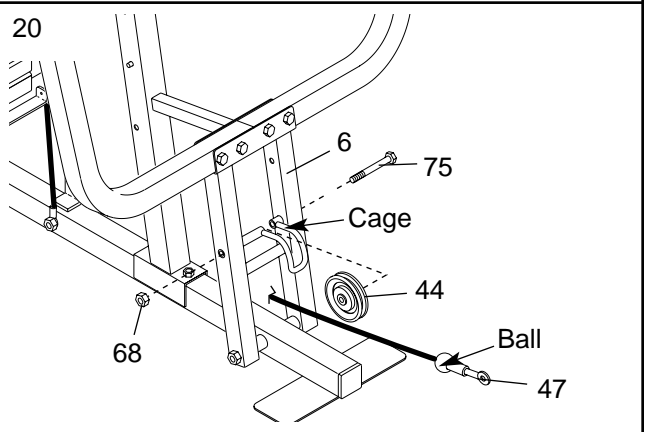
18. Wrap the Short Cable (90) around a 90mm Pulley (44). Attach the Pulley and two Pulley Covers (43) to the second set of holes in the two Pulley Plates (91) with an M10 x 52mm Bolt (65) and an M10 Nylon Locknut (68). **Be sure the small tabs on the Pulley Covers are on the side shown.**



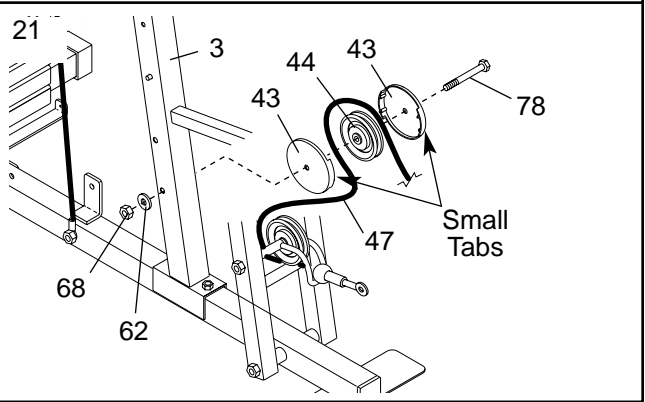
19. Attach the end of the Short Cable (90) to the Base (1) with an M10 x 70mm Bolt (64), two M10 Washers (62), and an M10 Nylon Locknut (68).



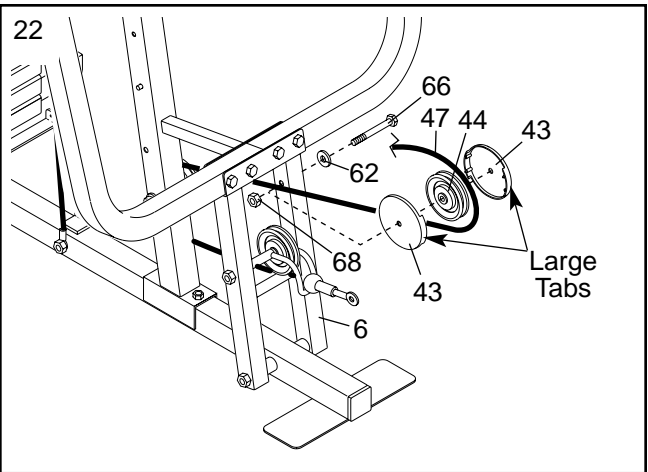
20. **Locate the Long Cable (47).** Route the Cable through the cage on the Press Frame (6). Attach a 90mm Pulley (44) to the Press Frame with an M10 x 195mm Bolt (75) and an M10 Nylon Locknut (68). **Be sure that the end of the Cable with the ball is on the indicated side of the cage.**



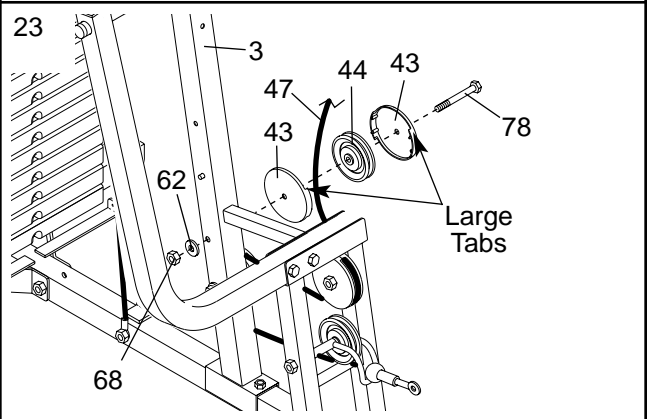
21. Wrap the Long Cable (47) around a 90mm Pulley (44). Attach the Pulley and two Pulley Covers (43) to the lower hole in the Upright (3) with an M10 x 98mm Bolt (78), an M10 Washer (62), and an M10 Nylon Locknut (68). **Be sure the small tabs on the Pulley Covers are on the side shown.**



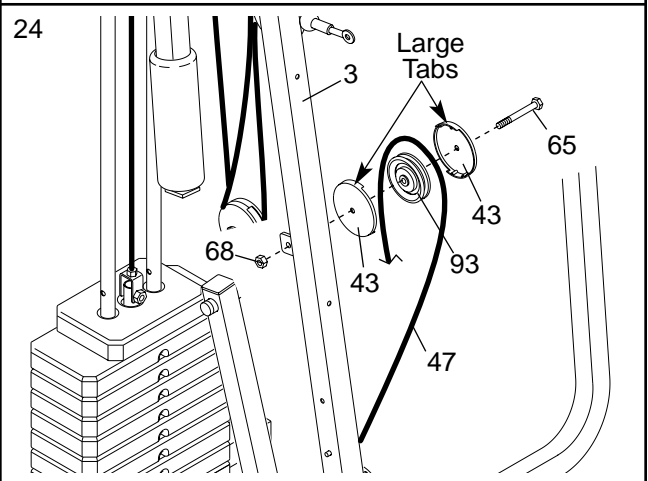
22. Wrap the Long Cable (47) around a 90mm Pulley (44). Attach the Pulley and two Pulley Covers (43) to Press Frame (6) with an M10 x 85mm Bolt (66), an M10 Washer (62), and an M10 Nylon Locknut (68). **Be sure the large tabs on the Pulley Covers are on the side shown.**



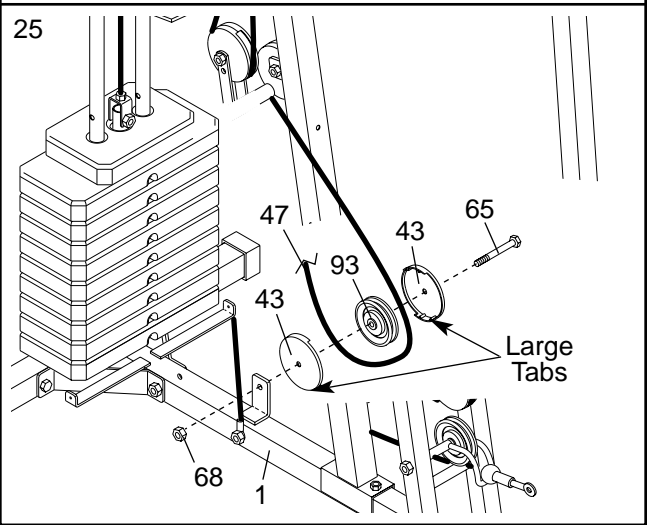
23. Wrap the Long Cable (47) around a 90mm Pulley (44). Attach the Pulley and two Pulley Covers (43) to the indicated hole in the Upright (3) with an M10 x 98mm Bolt (78), an M10 Washer (62), and an M10 Nylon Locknut (68). **Be sure the large tabs on the Pulley Covers are on the side shown.**



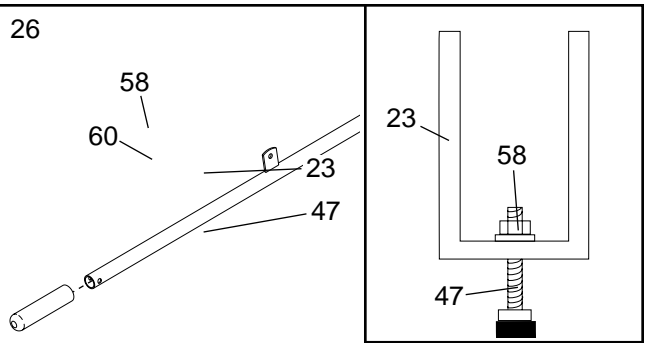
24. Wrap the Long Cable (47) around a 90mm Thick Pulley (93). Attach the Pulley and two Pulley Covers (43) to the bracket on the Upright (3) with an M10 x 52mm Bolt (65) and an M10 Nylon Locknut (68). **Be sure the Large tabs on the Pulley Covers are on the side shown.**



25. Wrap the Long Cable (47) around a 90mm Thick Pulley (93). Attach the Pulley and two Pulley Covers (43) to the bracket on the Base (1) with an M10 x 52mm Bolt (65) and an M10 Nylon Locknut (68). **Be sure the small tabs on the Pulley Covers are on the side shown.**



26. Attach the end of the Long Cable (47) to the Long "U"-Bracket (23) with an M8 Nylon Locknut (58) and an M8 Washer (60). **See the inset drawing. Do not overtighten the Nylon Locknut; it should be threaded onto the end of the Cable so only two threads are showing above the nut.**



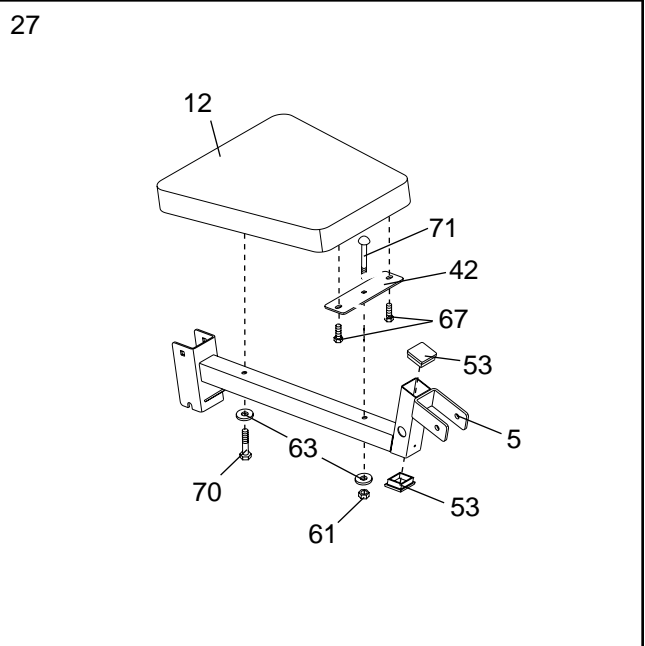
Seat Assembly

27. Press two 38mm Square Inner Cap (53) into the Seat Frame (5).

Insert the M6 x 50mm Carriage Bolt (71) into the centre hole in the Seat Plate (42). Attach the Seat Plate to the Seat (12) with two M6 x 16mm Screws (67).

Insert the M6 x 50mm Carriage Bolt (71) into the indicated hole in the Seat Frame (5). Tighten an M6 Nylon Locknut (61) and an M6 Washer (63) onto the Carriage Bolt.

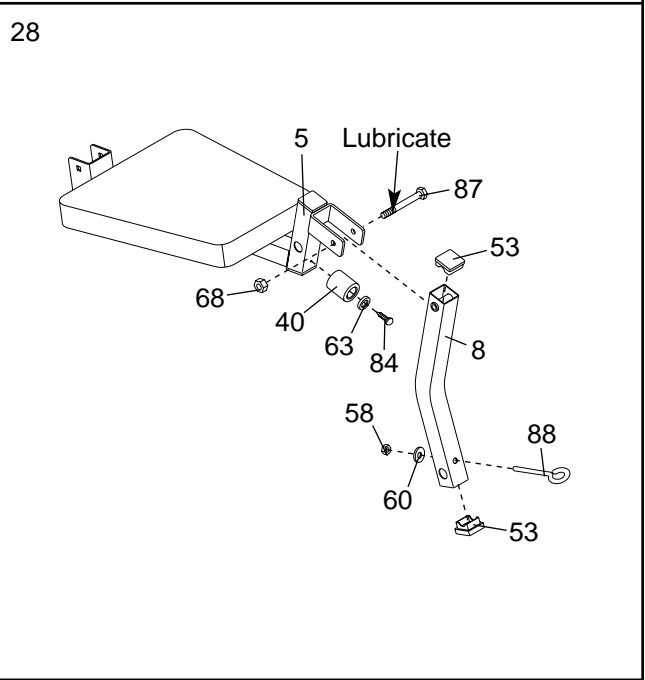
Attach the other end of the Seat (12) to the Seat Frame (5) with an M6 Washer (63) and the M6 x 50mm Screw (70).

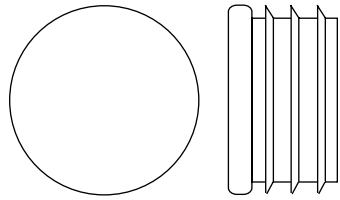


28. Press two 38mm Square Inner Caps (53) into the Leg Lever (8). Attach the Seat Bumper (40) to the Seat Frame (5) with an M4 x 20mm Screw (84) and an M6 Washer (63).

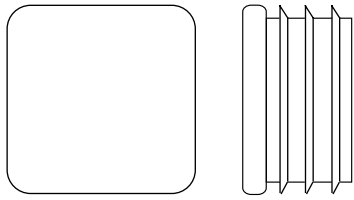
Lubricate the M10 x 62mm Bolt (87) with grease. Attach the Leg Lever (8) to the Seat Frame (5) with the Bolt and an M10 Nylon Locknut (68). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

Attach an Eyebolt (88) to the Leg Lever (8) from the direction shown with an M8 Washer (60) and an M8 Nylon Locknut (58).

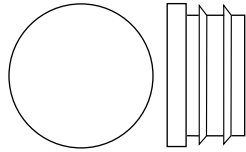




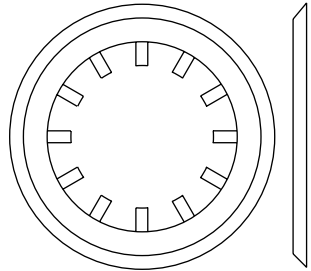
25mm Round Inner Cap (74)



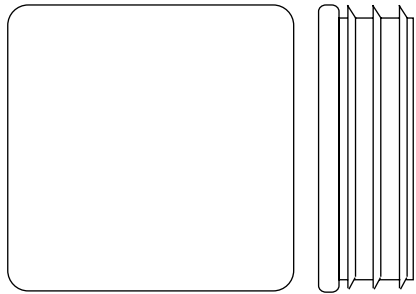
25mm Square Inner Cap (54)



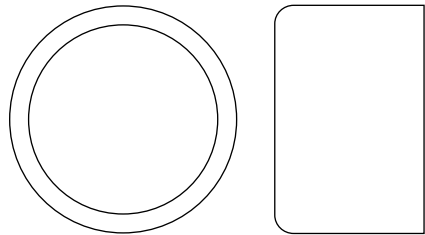
19mm Round Inner Cap (39)



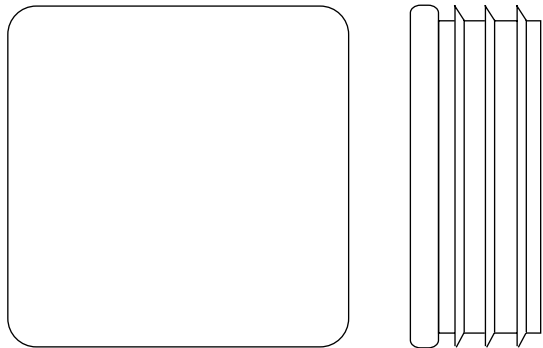
25mm Retainer (50)



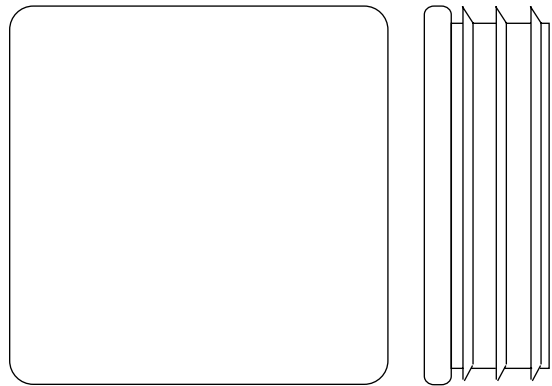
38mm Square Inner Cap (53)



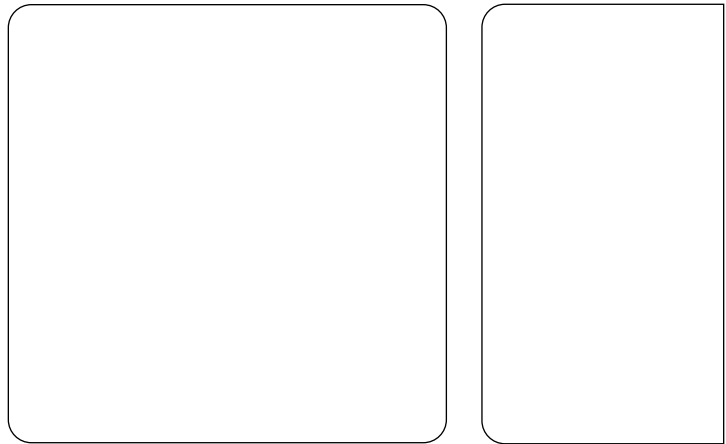
25mm Cover Cap (49)



45mm Square Inner Cap (52)



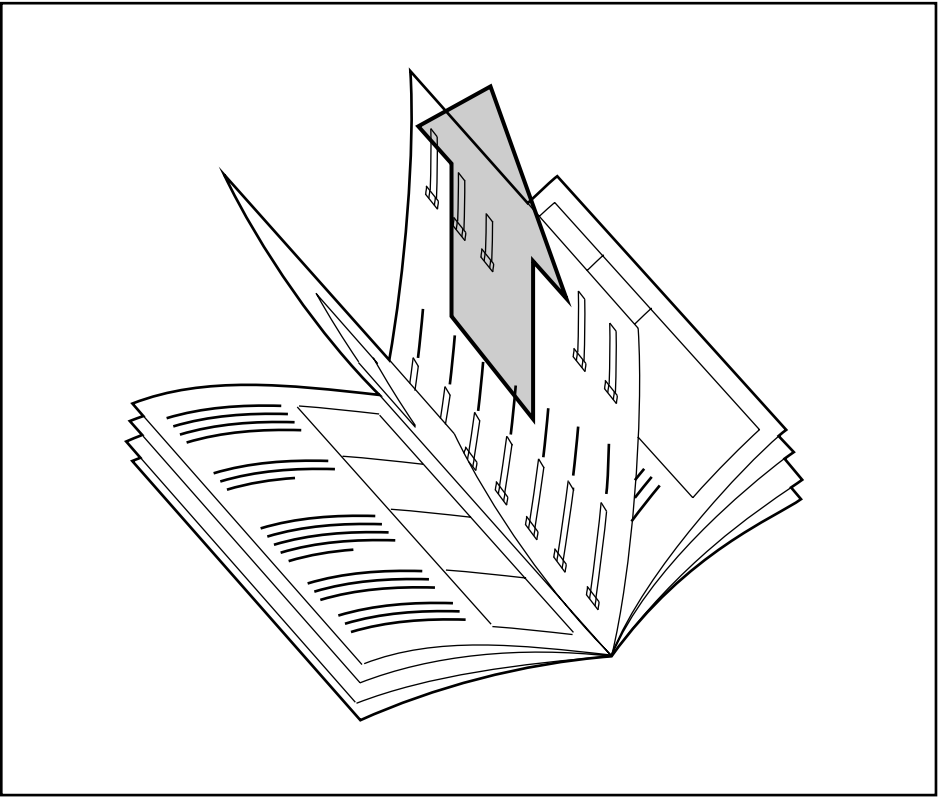
50mm Square Inner Cap (51)



50mm Square Outer Cap (41)

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

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.

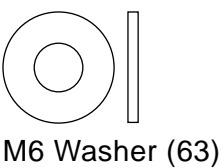


Note: The assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, and 4) seat assembly. The hardware for each stage is packaged separately. Wait until you begin each assembly stage to open that parts bag.

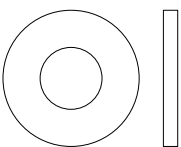
PART IDENTIFICATION CHART

—Model No. WLEVSY29220

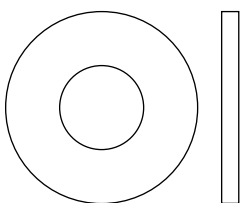
R1203A



M6 Washer (63)



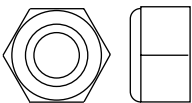
M8 Washer (60)



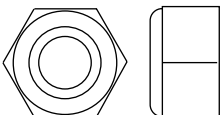
M10 Washer (62)



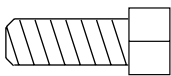
M6 Nylon Locknut (61)



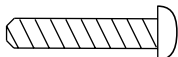
M8 Nylon Locknut (58)



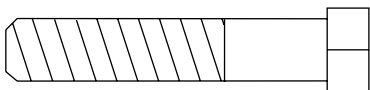
M10 Nylon Locknut (68)



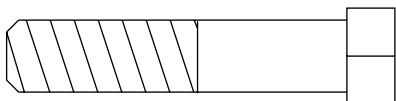
M6 x 16mm Screw (67)



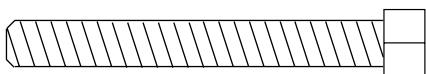
M4 x 20mm Screw (84)



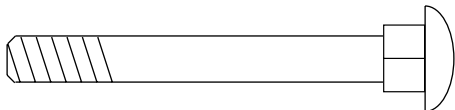
M8 x 42mm Bolt (79)



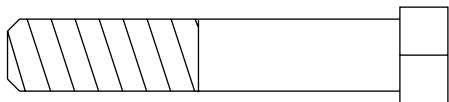
M10 x 45mm Bolt (82)



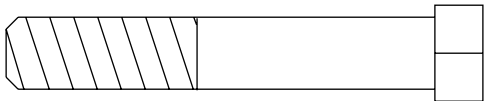
M6 x 50mm Screw (70)



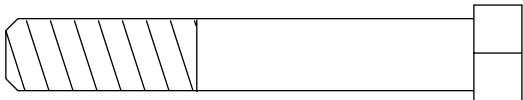
M6 x 50mm Carriage Bolt (71)



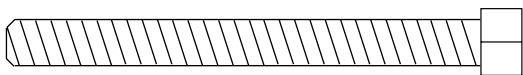
M10 x 52mm Bolt (65)



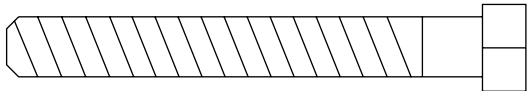
M10 x 57mm Bolt (59)



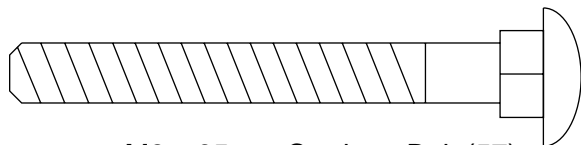
M10 x 62mm Bolt (87)



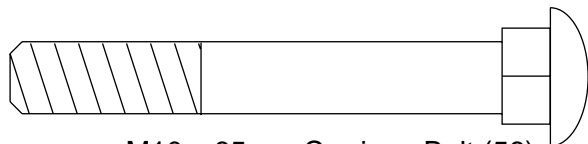
M6 x 63mm Screw (72)



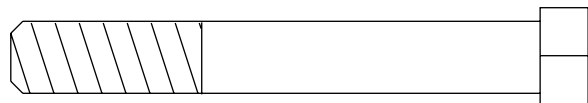
M8 x 63mm Bolt (69)



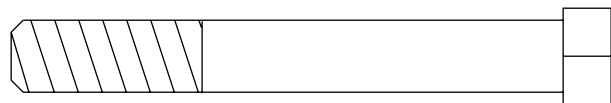
M8 x 65mm Carriage Bolt (57)



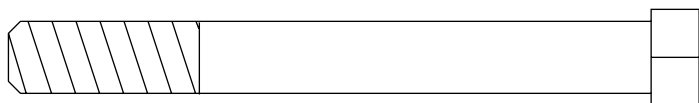
M10 x 65mm Carriage Bolt (56)



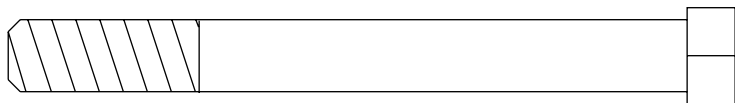
M10 x 70mm Bolt (64)



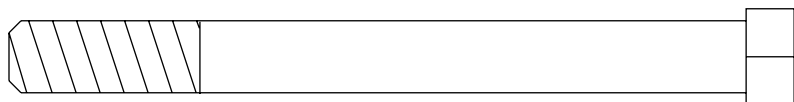
M10 x 73mm Bolt (80)



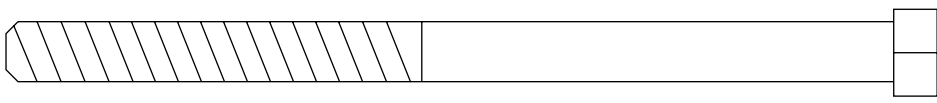
M10 x 85mm Bolt (66)



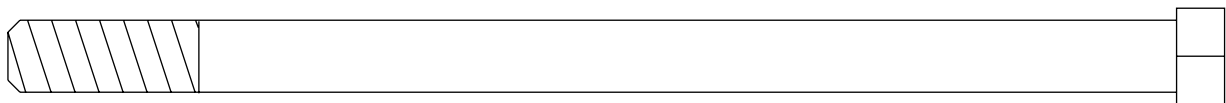
M10 x 90mm Bolt (83)



M10 x 98mm Bolt (78)



M8 x 117mm Bolt (77)



M10 x 155mm Bolt (76)



M10 x 195mm Bolt (75)

PART LIST—Model No. WLEVSY29220

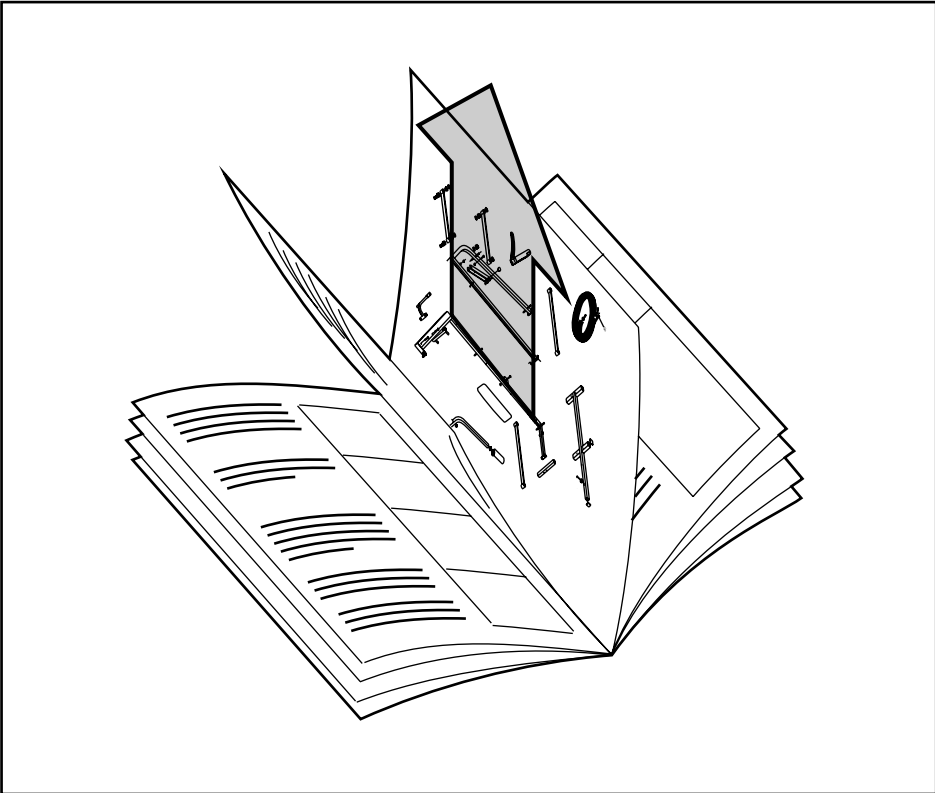
R1203A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	49	2	25mm Cover Cap
2	1	Stabiliser	50	4	25mm Retainer
3	1	Upright	51	3	50mm Square Inner Cap
4	1	Top Frame	52	6	45mm Square Inner Cap
5	1	Seat Frame	53	4	38mm Square Inner Cap
6	1	Press Frame	54	1	25mm Square Inner Cap
7	2	Press Arm	55	2	27mm x 63mm Plastic Bushing
8	1	Leg Lever	56	4	M10 x 65mm Carriage Bolt
9	1	Left Butterfly Arm	57	1	M8 x 65mm Carriage Bolt
10	1	Right Butterfly Arm	58	9	M8 Nylon Locknut
11	1	Backrest	59	3	M10 x 57mm Bolt
12	1	Seat	60	3	M8 Washer
13	1	Preacher Pad	61	1	M6 Nylon Locknut
14	1	Preacher Post	62	12	M10 Washer
15	1	Preacher Knob	63	9	M6 Washer
16	2	Weight Guide	64	5	M10 x 70mm Bolt
17	1	Top Weight	65	8	M10 x 52mm Bolt
18	9	Weight	66	1	M10 x 85mm Bolt
19	2	Weight Bumper	67	8	M6 x 16mm Screw
20	1	Pulley Bracket	68	31	M10 Nylon Locknut
21	1	Seat Knob	69	4	M8 x 63mm Bolt
22	2	Base Supports	70	1	M6 x 50mm Screw
23	1	Long "U"-Bracket	71	1	M6 x 50mm Carriage Bolt
24	1	Small "U"-Bracket	72	2	M6 x 63mm Screw
25	1	Weight Tube Bumper	73	2	Large Foam Pad
26	1	Weight Tube	74	2	25mm Round Inner Cap
27	1	Locking Bar	75	2	M10 x 195mm Bolt
28	1	Lock	76	2	M10 x 155mm Bolt
29	4	19mm Spacer	77	1	M8 x 117mm Bolt
30	1	Weight Pin	78	2	M10 x 98mm Bolt
31	4	Handgrip	79	1	M8 x 42mm Bolt
32	1	Lat Bar	80	1	M10 x 73mm Bolt
33	1	Ankle Strap	81	2	25mm x 22mm Plastic Bushing
34	1	Handle	82	3	M10 x 45mm Bolt
35	4	Cable Clip	83	1	M10 x 90mm Bolt
36	2	Chain	84	1	M4 x 20mm Screw
37	2	Pad Tube	85	1	Cable Trap
38	4	Foam Pad	86	1	Support Plate
39	4	19mm Round Inner Cap	87	1	M10 x 62mm Bolt
40	1	Seat Bumper	88	1	Eyebolt
41	2	50mm Square Outer Cap	89	1	Shroud
42	1	Seat Plate	90	1	Short Cable
43	18	Pulley Cover	91	2	Pulley Plate
44	12	90mm Pulley	92	1	Ab Strap
45	3	"V"-Pulley	93	2	90mm Thick Pulley
46	3	Long Cable Trap	#	1	User's Manual
47	1	Long Cable	#	1	Exercise Guide
48	1	Medium Cable			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

REMOVE THIS PART LIST/EXPLODED DRAWING FROM THE MANUAL.

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



EXPLODED DRAWING—Model No. WLEVSY29220

R1203A

