

ORDERING REPLACEMENT PARTS

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

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

Tel: Country Code:

08457-089009

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:

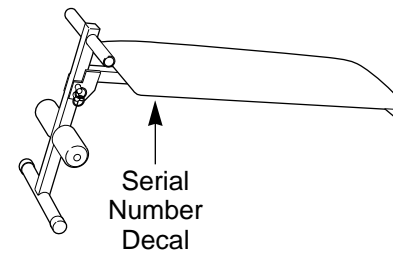
- The MODEL NUMBER OF THE PRODUCT (WEEVBE32410)
- The NAME OF THE PRODUCT (WEIDER® 110 slant board)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on page 7)

WEIDER® 110

USER'S MANUAL

Model: WEEVBE32410

Serial No. _____



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:

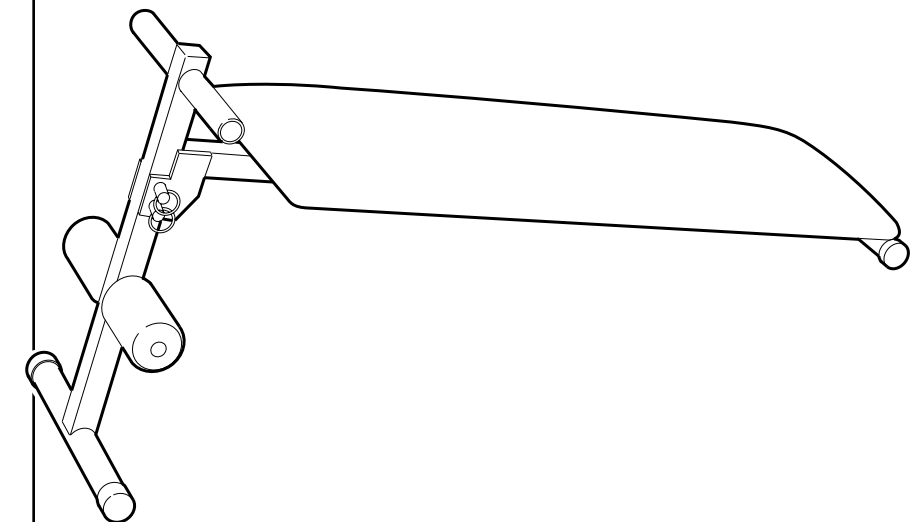
08457-089009

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.weiderfitness.com

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PART LIST and EXPLODED DRAWING—Model WEEVBE32410

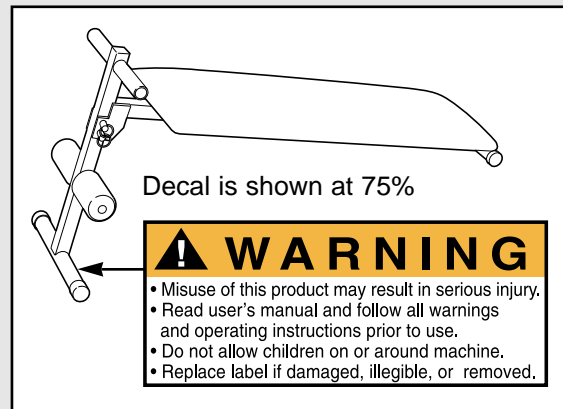
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	8	2	Lock Pin
2	1	Adjustment Leg	9	4	2" Round Outer Cap
3	1	Backrest	10	2	2" Square Inner Cap
4	2	1" Pad Bar	11	4	1" Round Inner Cap
5	4	M6 x 17mm Screw	#	1	User's Manual
6	2	Small Foam Pad	#	1	Exercise Guide
7	2	Large Foam Pad			

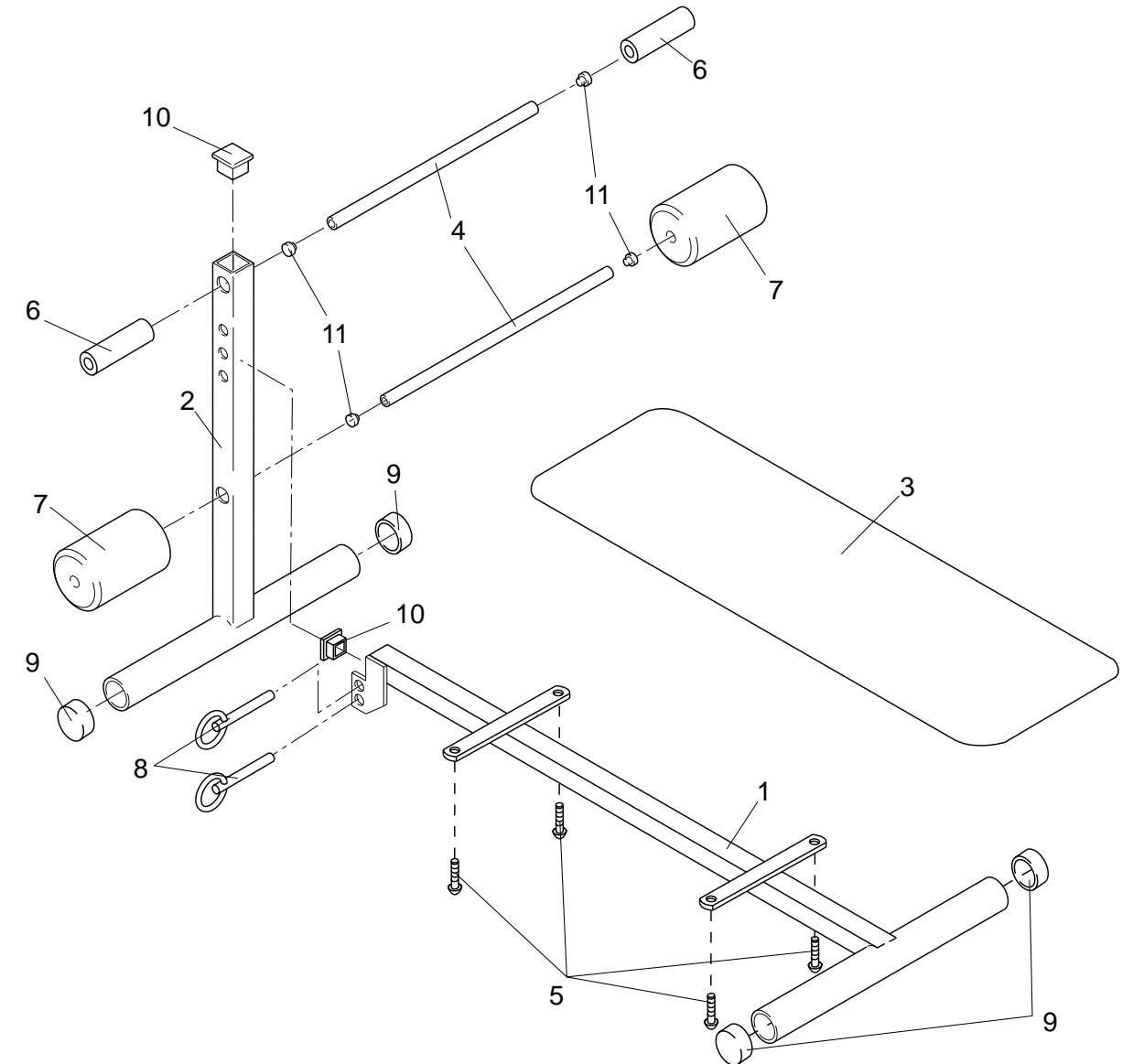
IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the slant board. Use the slant board only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the slant board are adequately informed of all precautions.
3. The slant board is intended for home use only. Do not use the slant board in a commercial, rental or institutional setting.
4. Use the slant board only on a level surface. Cover the floor beneath the slant board to protect the floor.
5. Inspect and tighten all parts each time you use the slant board. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the slant board at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. When using the slant board, make sure that the lock pins are fully inserted.
9. The slant board is designed to support a maximum of 127 kg (280 lbs.).
10. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
11. The decal shown below has been placed on the slant board in the indicated location. If the decal is missing or illegible, please call our Customer Service Department at 08457-089009 to order a free replacement decal. Apply the replacement decal in the location shown.



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



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

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.

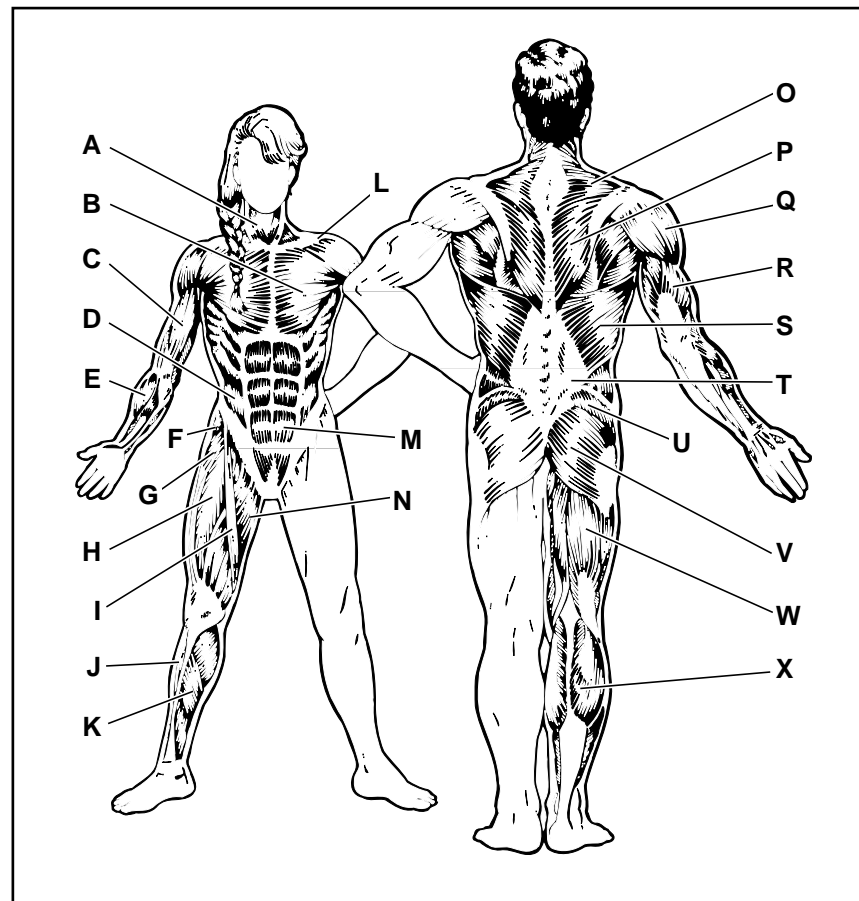
Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

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. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)



BEFORE YOU BEGIN

Thank you for selecting the innovative WEIDER® 110 slant board. The WEIDER® 110 is designed to help you develop your upper and lower abdominal muscles, to give you a firm, flat stomach, in only minutes a day.

For your benefit, read this manual carefully before using the WEIDER® 110 slant board. If you have

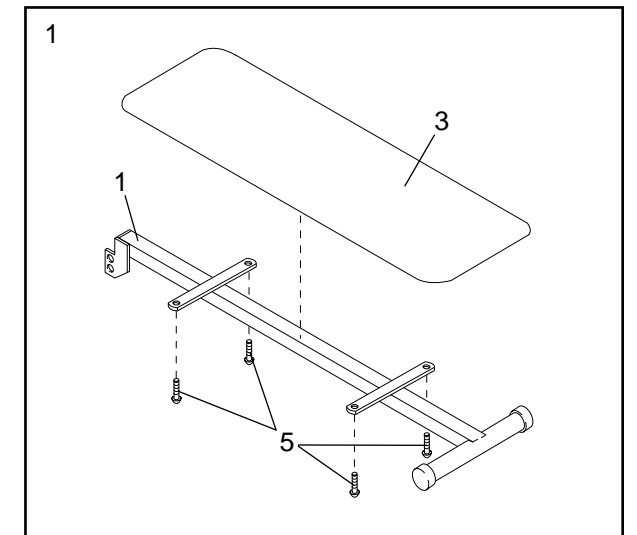
additional questions, please call our Customer Service Department at 08457-089009. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVBE32410. The serial number can be found on a decal attached to the slant board (see the front cover of this manual).

ASSEMBLY

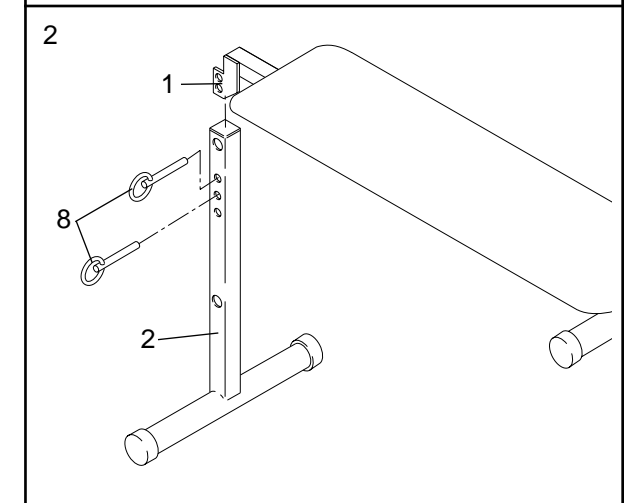
Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. Read each assembly step before you begin. During assembly, make sure that all parts are oriented as shown in the drawings. **A Phillips screwdriver (not included) is required for assembly.**

1. **Before beginning assembly, be sure you understand the information above.**

Attach the Backrest (3) to the Frame (1) with the four M6 x 17mm Screws (5).

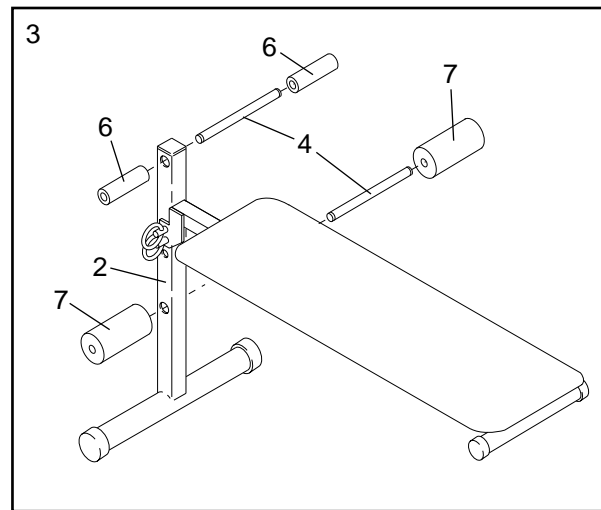


2. Align the holes in the Frame (1) with the indicated holes in the Adjustment Leg (2). Attach the Adjustment Leg to the Frame with the two Lock Pins (8).



- Slide a 1" Pad Bar (4) into the upper hole in the Adjustment Leg (2). Slide a Small Foam Pad (6) onto each end of the Pad Bar.

Slide the other 1" Pad Bar (4) into the lower hole in the Adjustment Leg (2). Slide a Large Foam Pad (7) onto each end of the Pad Bar.



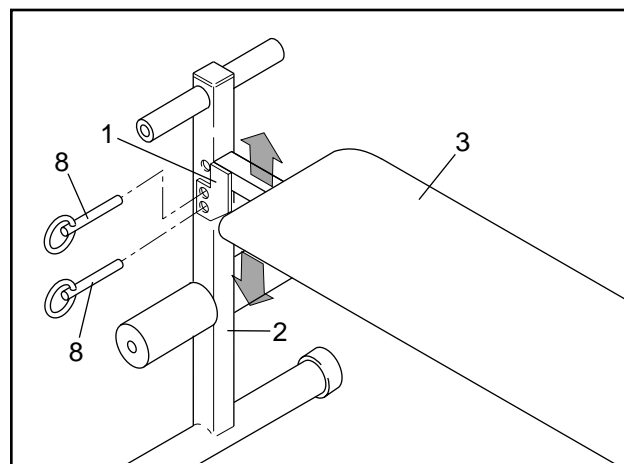
ADJUSTING THE SLANT BOARD

The steps below explain how the slant board can be adjusted and folded for storage. Refer to the accompanying exercise guide to see the correct form for several exercises.

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

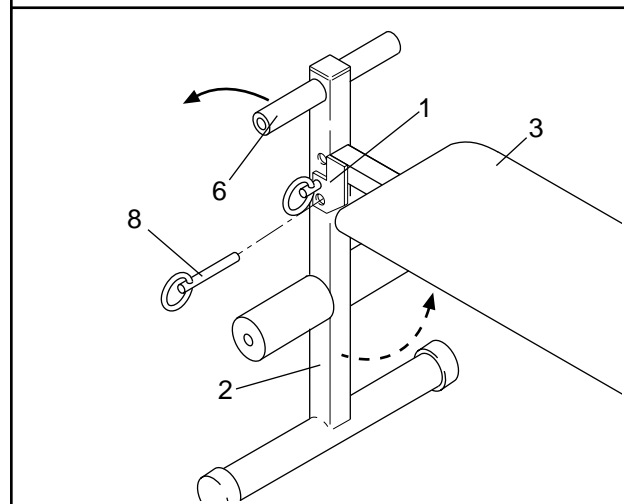
ADJUSTING THE LEVEL OF THE BACKREST

To lower the Backrest (3), remove the two Lock Pins (8) from the Frame (1) and the Adjustment Leg (2). Align the upper hole in the Frame with the middle hole in the Adjustment Leg. Re-attach the Adjustment Leg to the Frame with the Lock Pins.



STORING THE SLANT BOARD

To store the slant board, remove the lower Lock Pin (8) from the Frame (1) and the Adjustment Leg (2). Push forward on the Small Foam Pad (6) to fold the Adjustment Leg under the Backrest (3). Re-insert the Lock Pin into the Adjustment Leg for safekeeping.



CAUTION: To prevent your fingers from being pinched, hold the Small Foam Pads (6) when folding the slant board.

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level 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

Many people desire a complete and well-balanced fitness program, and cross training is an efficient way to accomplish this. One 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.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very 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 with emphasis on the areas that you want to develop the 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

You will gain the greatest benefits from exercising by maintaining proper form. 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 6 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.