

ORDERING REPLACEMENT PARTS

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

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

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

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

- The MODEL NUMBER of the product (WEEVBE70200)
- The NAME of the product (WEIDER® PRO 120 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 7 of this manual).

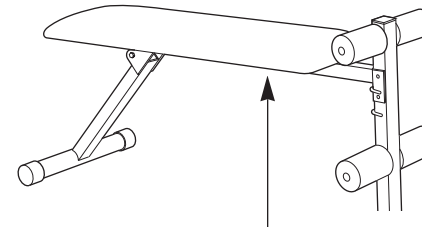
WEIDER® PRO 120

USER'S MANUAL

Model No. WEEVBE70200

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



Serial Number Decal (under bench)

QUESTIONS?

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

Please CALL:

0345-089009

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

⚠ CAUTION

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

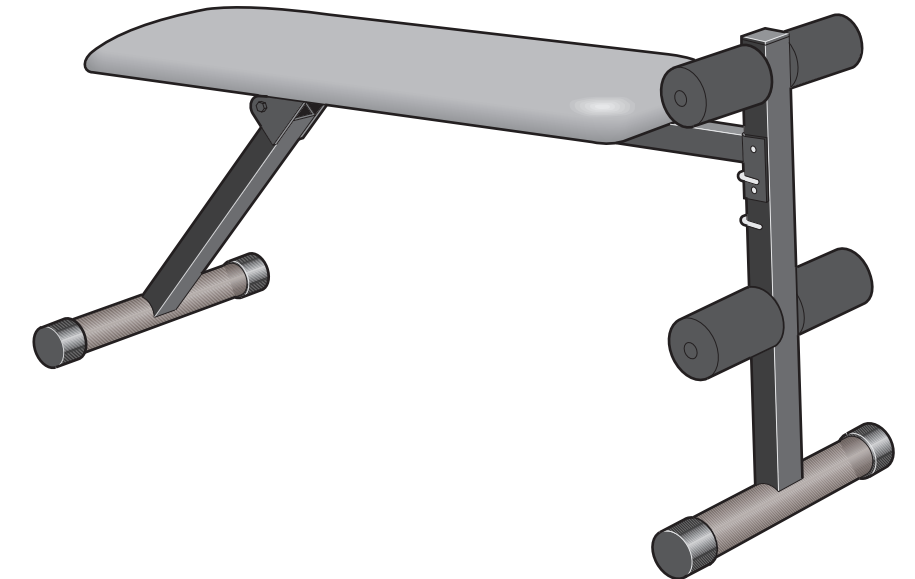


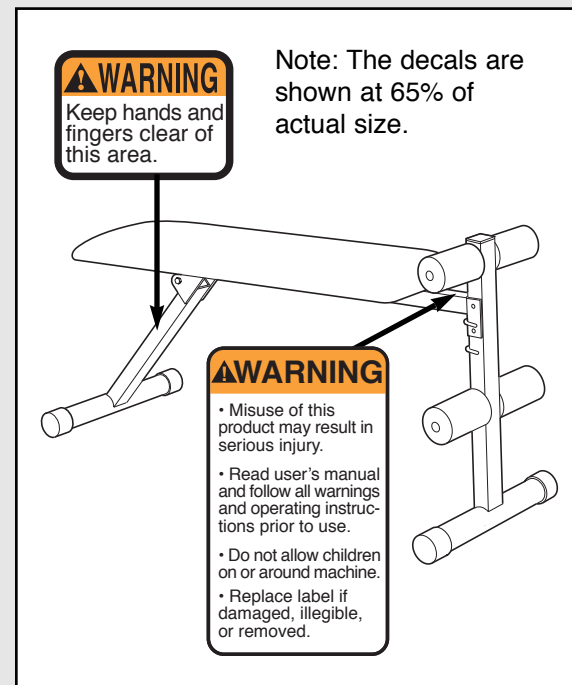
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IMPORTANT PRECAUTIONS

⚠ 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 regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the weight bench at all times.
6. Always wear athletic shoes for foot protection whilst exercising.
7. The weight bench does not include weights. The weight bench is designed to support a maximum of 300 pounds (135 kg), including the user and weights.
8. When using the weight bench, make sure that the lock pins are fully inserted and are turned to the locked position.
9. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
10. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
11. The decals shown below have been placed on the weight bench. If the decals are missing or illegible, please call our Customer Service Department at 0345-089009 to order a free replacement decal. Apply the replacement decal in the location shown.

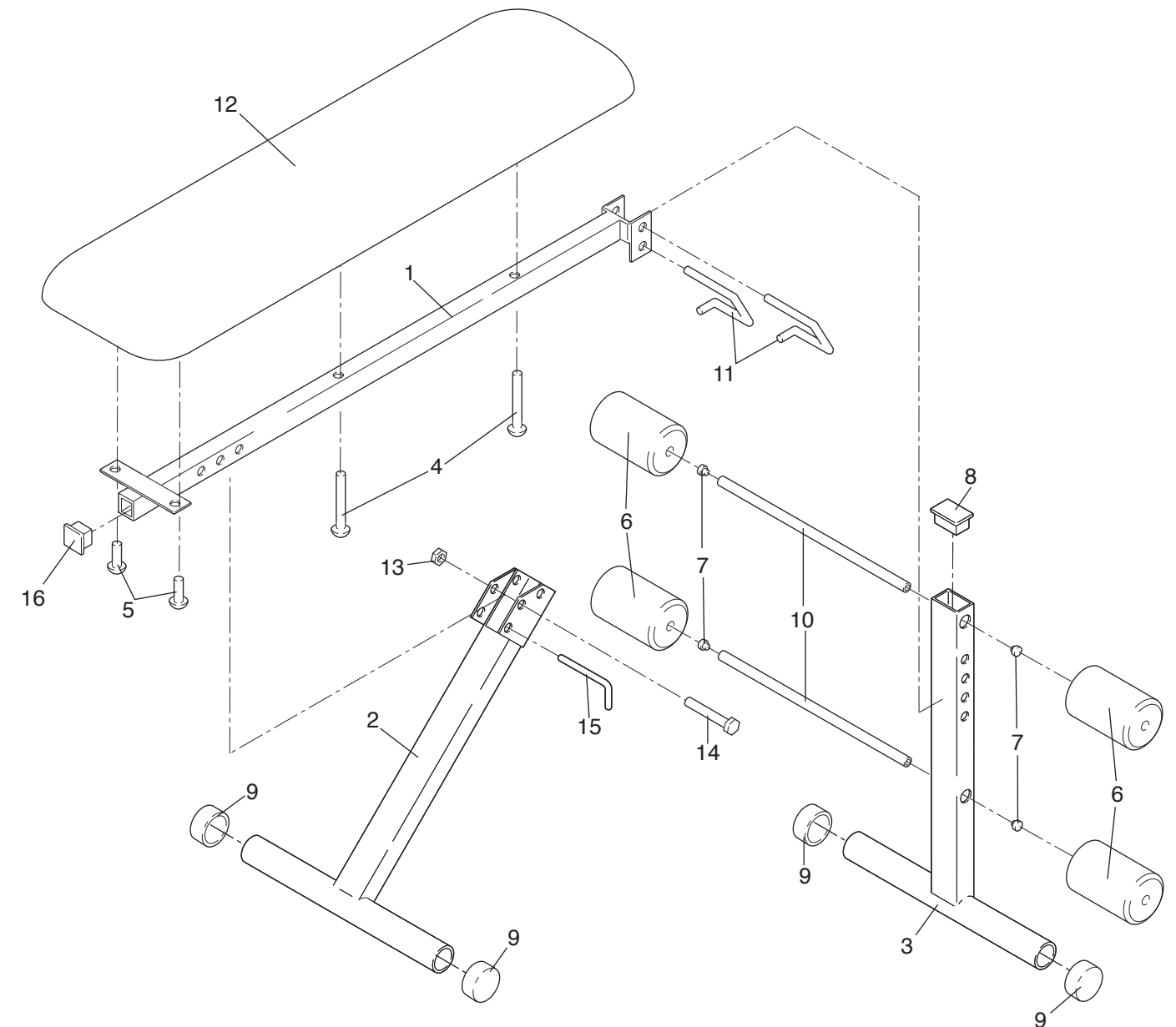


⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained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

PART LIST and EXPLODED DRAWING—Model No. WEEVBE70200

R1200A

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-----------------------|---------|------|-----------------------|
| 1 | 1 | Frame | 10 | 2 | Pad Tube |
| 2 | 1 | Pivot Leg | 11 | 2 | Lock Pin |
| 3 | 1 | Adjustment Leg | 12 | 1 | Bench |
| 4 | 2 | M6 x 50mm Screw | 13 | 1 | M10 Nylon Locknut |
| 5 | 2 | M6 x 16mm Screw | 14 | 1 | M10 x 70mm Bolt |
| 6 | 4 | Foam Pad | 15 | 1 | “L” Pin |
| 7 | 4 | 3/4” Round Inner Cap | 16 | 1 | 38mm x 38mm Inner Cap |
| 8 | 1 | 38mm x 50mm Inner Cap | # | 1 | User’s Manual |
| 9 | 4 | 50mm Round Outer Cap | | | |



Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

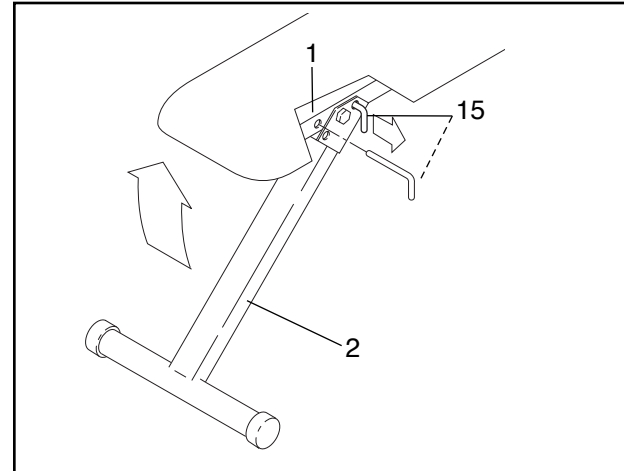
ADJUSTING THE WEIGHT BENCH

The weight bench is designed to be used with your own weights (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise poster for exercise information.

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

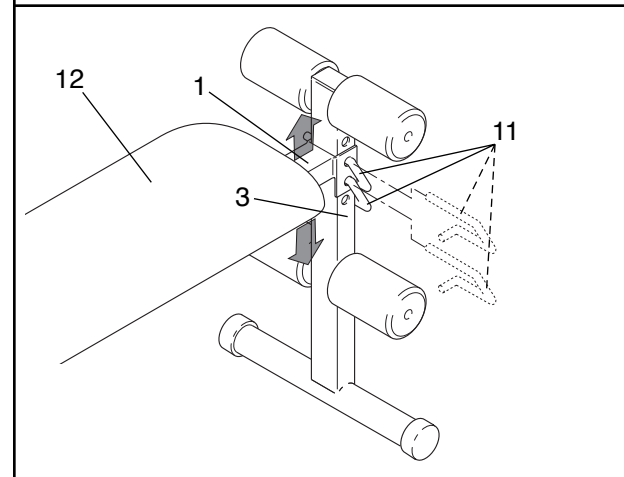
ADJUSTING THE PIVOT LEG

To change the position of the Pivot Leg (2), remove the "L" Pin (15). Align the other set of holes in the Pivot Leg and the Frame (1). Re-insert the "L" Pin.



ADJUSTING THE LEVEL OF THE BENCH

To change the level of the Bench (12), remove both Lock Pins (11) from the Frame (1) and Adjustment Leg (3). Align the set of holes in the Frame with another set of holes in the Adjustment Leg. Re-insert the Lock Pins. **Always use both Lock Pins.**



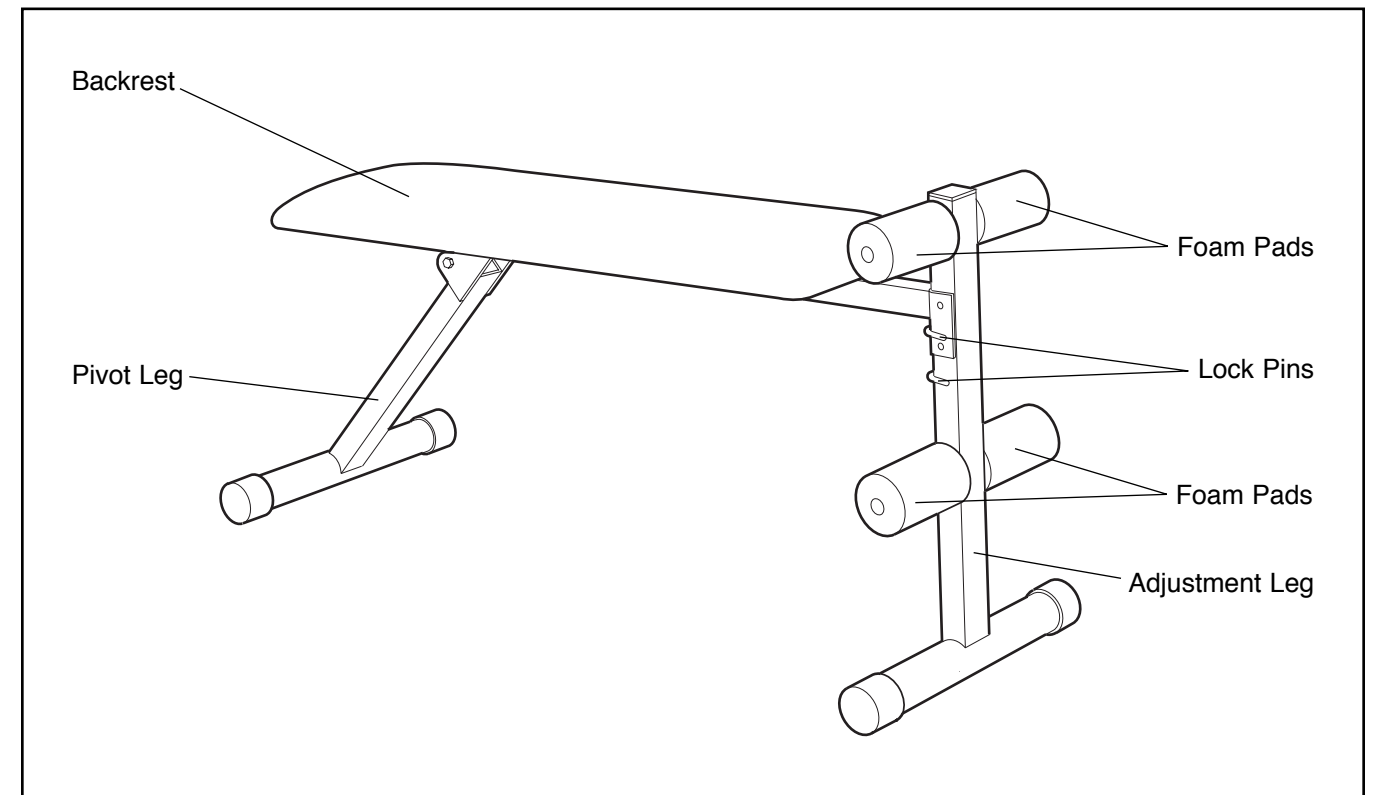
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 120 weight bench. The PRO 120 weight bench is designed to be used with your own weights (not included) to develop several muscle groups. Whether your goal is a shape-ly figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 120 weight bench will help you to achieve the specific results you want.

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

tions, please call our Customer Service Department. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVBE70200. 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 review the drawing below and familiarise yourself with the parts that are labelled.





ASSEMBLY

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

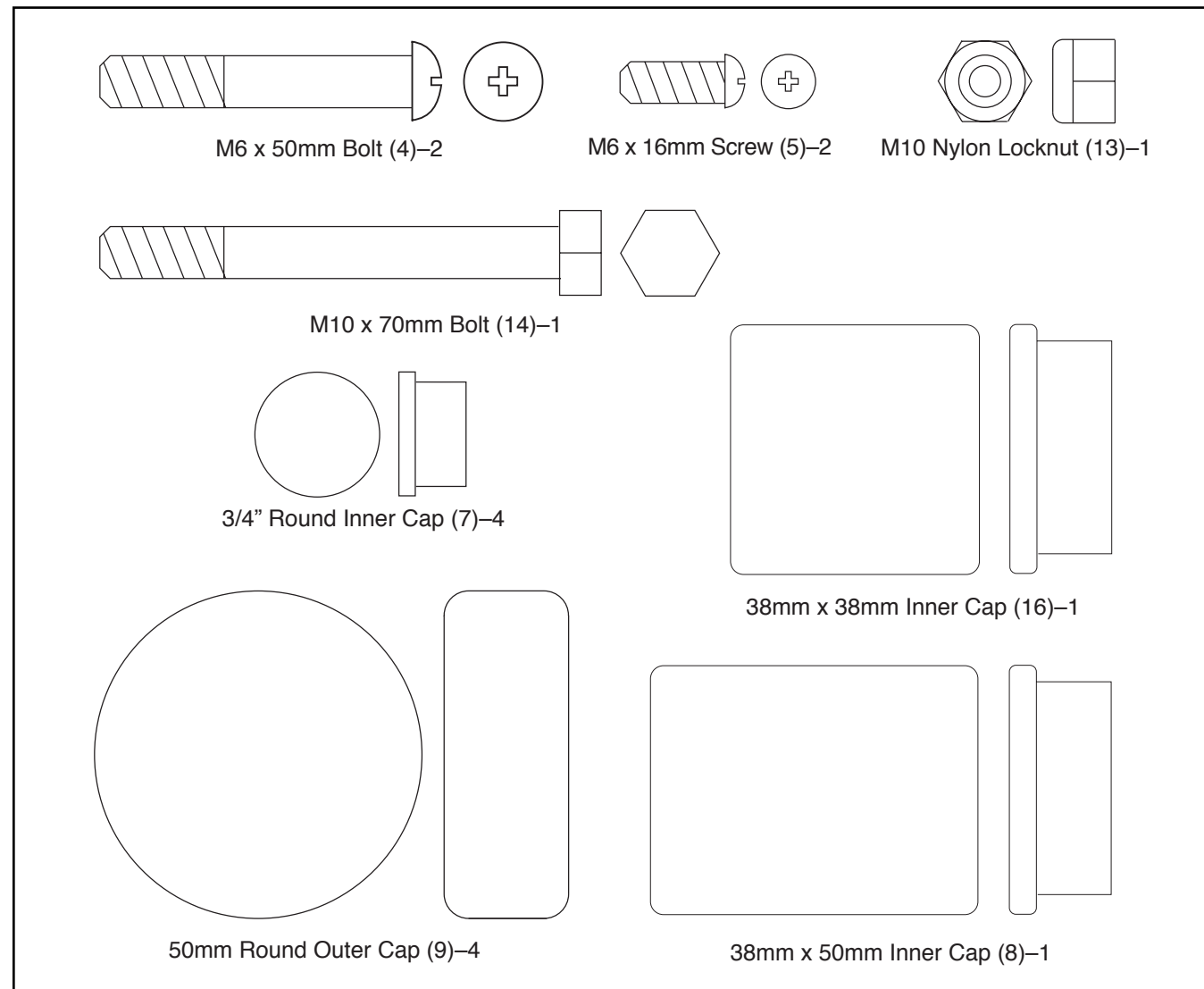
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, **use the part identification chart below.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. 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.
- During assembly, make sure that all parts are oriented as shown in the drawings.

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

- **Two adjustable spanners** 
- **One Phillips screwdriver** 

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



1. **Before beginning assembly, be sure that you have read and understand the information on the previous page.**

Press the 38mm x 38mm Inner Cap (16) into the end of the Frame (1). Press two 50mm Round Outer Caps (9) onto the Adjustment Leg (3). Press the 38mm x 50mm Inner Cap (8) into the Adjustment Leg.

Align the indicated holes in the Frame (1) and the Adjustment Leg (3). Attach the Adjustment Leg to the Frame with two Lock Pins (11).

2. Align the indicated holes. Attach the Pivot Leg (2) to the Frame (1) with the M10 x 70mm Bolt (14) and the M10 Nylon Locknut (13).

Secure the Pivot Leg (2) by inserting the "L" Pin (15) through the indicated hole in the Pivot Leg and the corresponding hole in the Frame (1).

Press two 50mm Round Outer Caps (9) onto the Pivot Leg (2).

3. Press 3/4" Round Inner Caps (7) into the ends of both Pad Tubes (10).

Insert the Pad Tubes (10) into the Adjustment Leg (3).

Slide Foam Pads (6) onto the ends of both Pad Tubes (10).

4. Attach the Bench (12) to the Frame (1) with two M6 x 50mm Screws (4) and two M6 x 16mm Screws (5).

