

ORDERING REPLACEMENT PARTS

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, LS118JG
UK

Tel:

08457 089 009

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

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

- the MODEL NUMBER of the product (WLEMBE71201)
- The NAME of the product (WESLO® BENCH 200 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 page 14 in this manual)

WESLO®

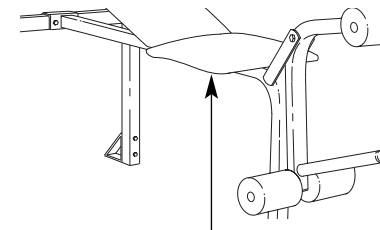
bench200

USER'S MANUAL

Model No. WLEMBE71201

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

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

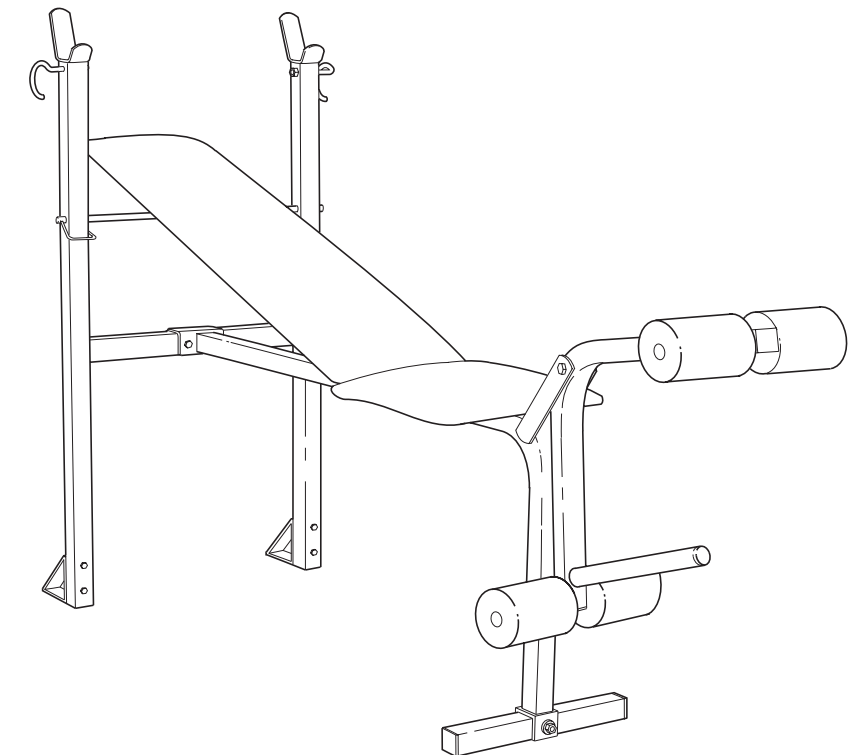
Or write:

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

email: csuk@iconeurope.com

⚠ CAUTION

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



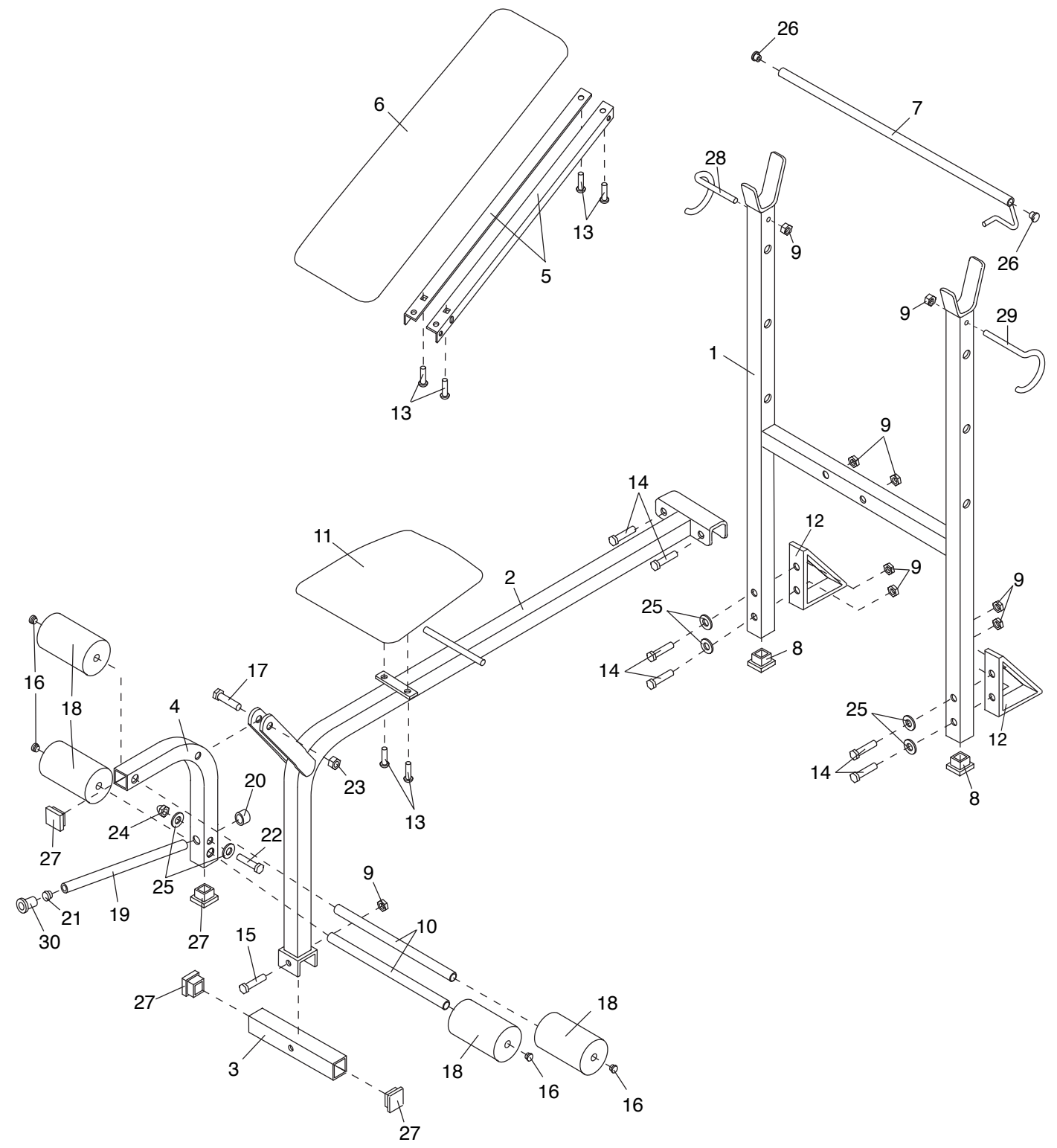
Visit our website at

www.iconeurope.com



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PART LIST—Model No. WLEMBE71201

R0703A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	"H"-Frame	17	1	M10 x 55mm Bolt
2	1	Main Frame	18	4	Foam Pad
3	1	Stabiliser	19	1	Weight Tube
4	1	Leg Lever	20	1	25mm Angled Cap
5	2	Backrest Bracket	21	1	25mm Round Inner Cap
6	1	Backrest	22	1	M8 x 42mm Bolt
7	1	Support Rod	23	1	M10 Nylon Locknut
8	2	38mm Square Inner Cap	24	1	M8 Acorn Nut
9	9	M8 Nylon Locknut	25	6	M8 Washer
10	2	Pad Tube	26	2	16mm Round Inner Cap
11	1	Seat	27	4	30mm Square Inner Cap
12	2	Upright Support Bracket	28	1	Right Barbell Hook
13	6	M6 x 16mm Screw	29	1	Left Barbell Hook
14	6	M8 x 55mm Bolt	30	1	Weight Stop
15	1	M8 x 47mm Bolt	#	1	User's Manual
16	4	19mm Round Inner Cap	#	1	Grease Pack

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

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all warnings and precautions.
3. The weight bench is intended for in-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 or carpet.
5. Inspect and properly tighten all parts each time you use the weight bench. 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 whilst exercising.
9. The weight bench is designed to support a maximum of 135 kg (300 lbs.), including the user, a barbell, and weights. Do not place more than 50 kg (110 lbs.), including a barbell and weights, on the barbell rests. Do not place more than 23 kg (50 lbs.) on the leg lever. Note: A barbell and weights are not included.
10. When the leg lever is used, a barbell with the same amount of weight should be placed on the barbell rests to balance the bench.
11. Do not use a barbell that is longer than 1.5 m (5 ft.).
12. When using a barbell, make sure there is an equal amount of weight on each end of the barbell, and that the weights are secured to the barbell with weight collars.
13. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.

⚠ 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.

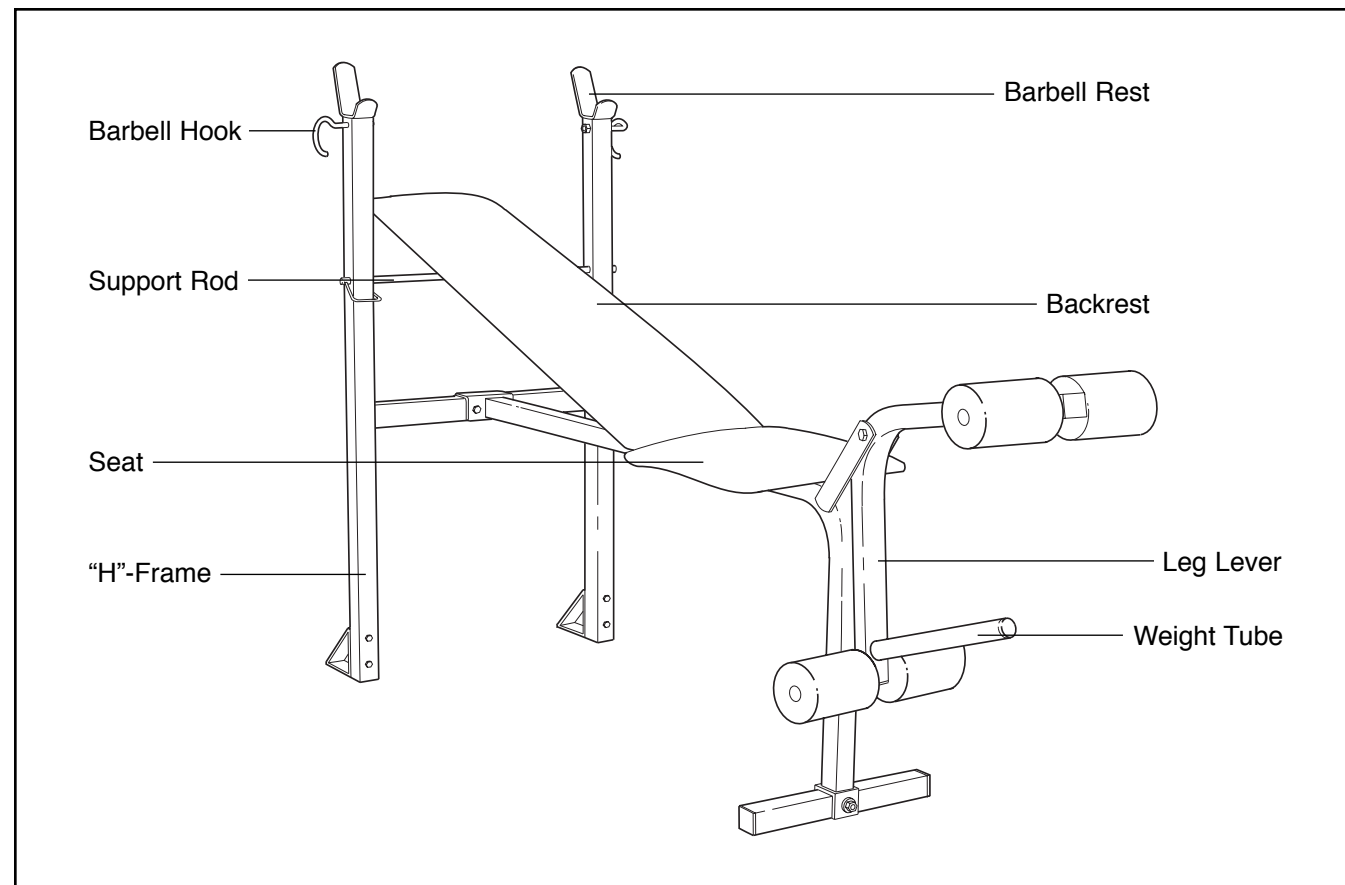
BEFORE YOU BEGIN

Thank you for selecting the versatile WESLO® BENCH 200 weight bench. The BENCH 200 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 BENCH 200 will help you to achieve the specific results you want.

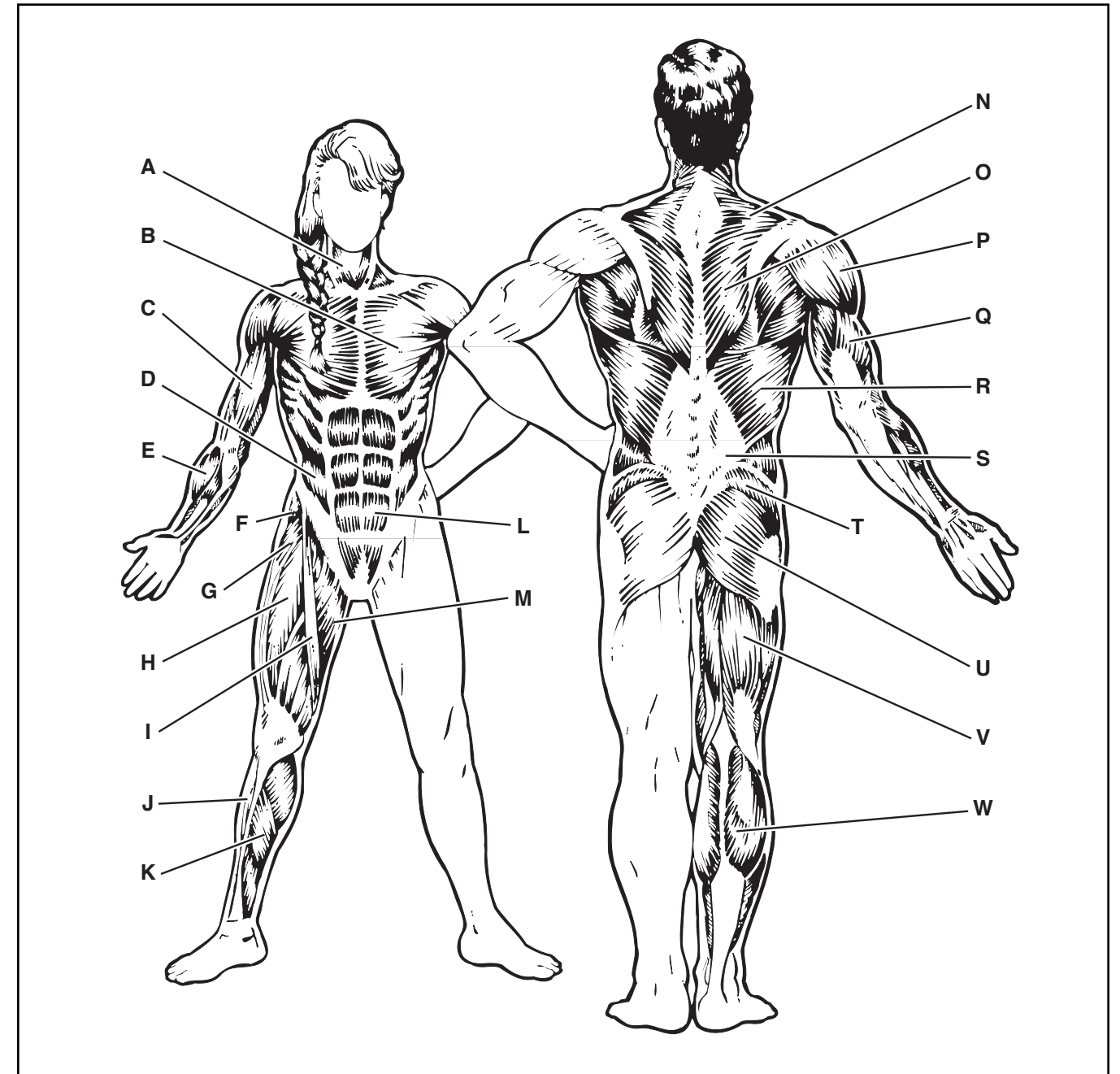
For your benefit, read this manual carefully before using the weight bench. If you have questions after

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 WLEMBE71201. 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.



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)

9 INCLINE FRONT RAISE

Place the desired amount of weight on the barbell. Raise the backrest to the desired incline level. Lie on the bench, hold the barbell with an overhand grip, and extend your arms, as shown. Slowly raise your arms until they are even with your head. Return to the starting position.

Muscles affected: anterior deltoids

10 WRIST CURL

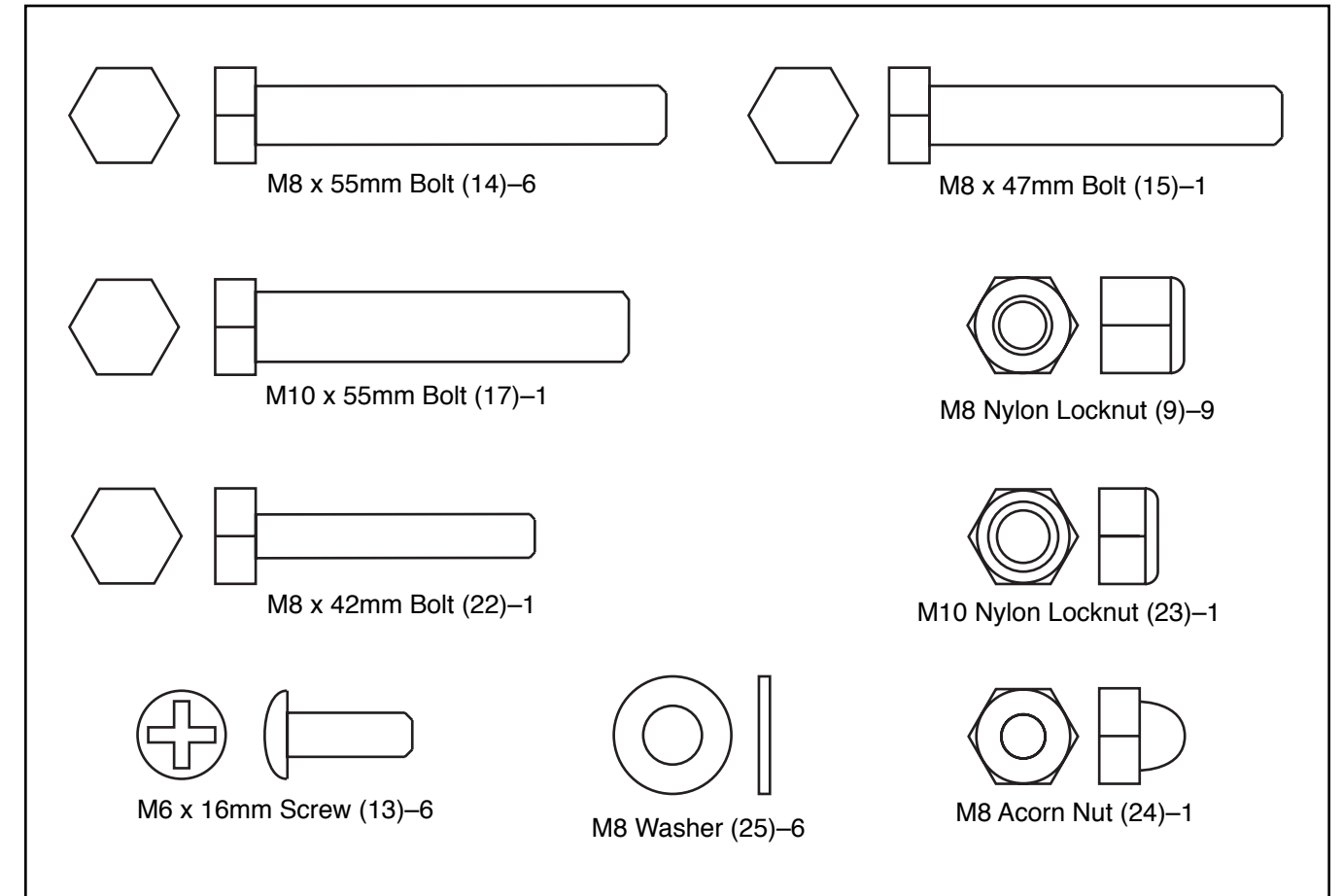
Place the desired amount of weight on the barbell. Position your arms on the bench, as shown. Hold the barbell with an underhand grip. Curl your hands upward as far as possible. Return to the starting position.

Muscles affected: forearms



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The number after the key number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not found in the parts bag, check to see if it has been pre-attached.**



ASSEMBLY




Before you begin, make sure you have carefully read and fully understand the following information and instructions:

- Assembly requires two people.
- Place all parts of the weight bench in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read through each assembly step before beginning.
- For help identifying the small parts used in assembly, refer to the **PART IDENTIFICATION CHART on page 5**. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not found in the parts bag, check to see if it has been pre-attached.
- As you assemble the weight bench, make sure

that all parts are oriented exactly as shown in the drawings.

- Tighten all parts as you assemble them, unless instructed to do otherwise.

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

- **two adjustable spanners** 
- **one Phillips screwdriver** 
- **one rubber mallet** 

Lubricant, such as grease or petroleum jelly, and soapy water are also needed.

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

If further assistance is needed, please call our Customer Service Department at 08457 089 009.

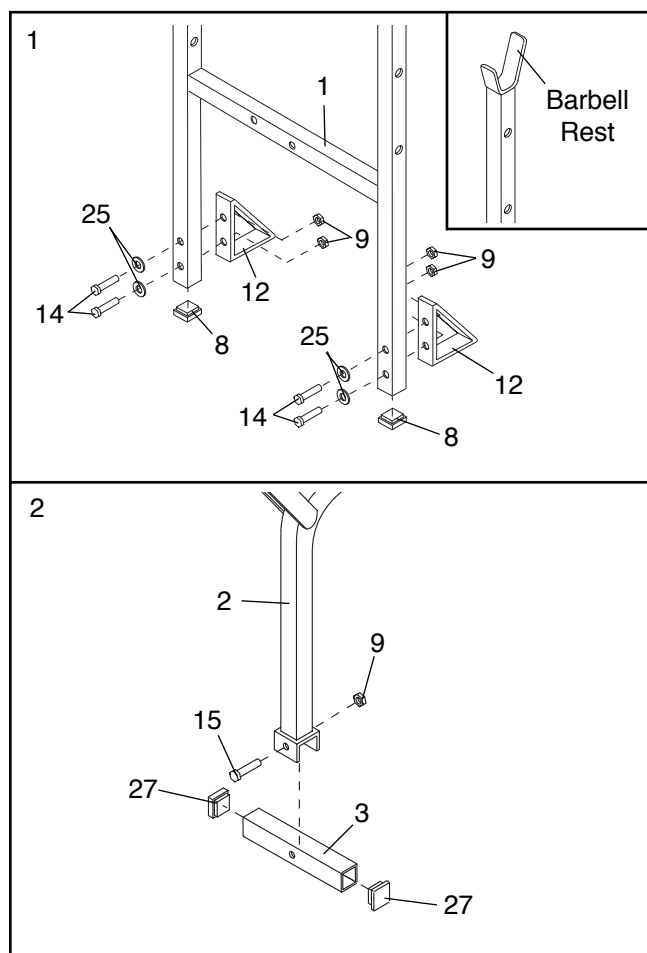
1. Before you begin, make sure you have read the instructions at the top of this page.

Press the two 38mm Square Inner Caps (8) into the bottom of the "H"-Frame (1).

Attach the two Upright Support Brackets (12) to the "H"-Frame (1) with four M8 x 55mm Bolts (14), four M8 Washers (25), and four M8 Nylon Locknuts (9) as shown. **Make sure that the Upright Support Brackets are on the same side of the "H"-Frame as the highest part of the barbell rests (see the inset drawing).**

2. Press a 30mm Square Inner Cap (27) into each end of the Stabiliser (3).

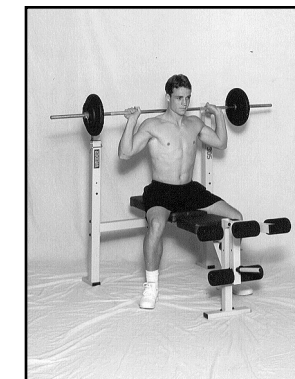
Attach the Stabiliser (3) to the Main Frame (2) with the M8 x 47mm Bolt (15) and an M8 Nylon Locknut (9). **Do not tighten the Locknut yet.**



4 MILITARY PRESS

Place the desired amount of weight on the barbell. Sit on the bench and hold the barbell behind your head, as shown. Slowly straighten your arms until the barbell is above your head. Return to the starting position.

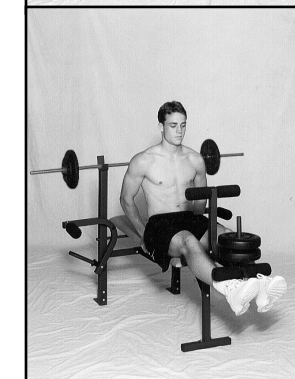
Muscles affected: deltoids, pectorals, triceps



5 LEG EXTENSION

Place the desired amount of weight on the leg lever. Place a barbell with the same amount of weight on the barbell rests to counter-balance the bench. Sit on the bench, with your feet under the lower pads of the leg lever. Lift your legs, as shown. Return to the starting position.

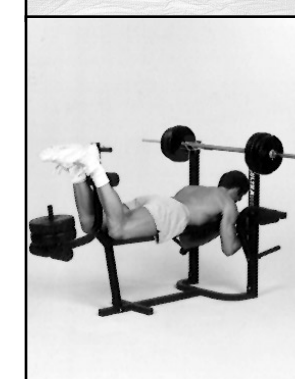
Muscles affected: quadriceps



6 LEG CURL

Place the desired amount of weight on the leg lever. Place a barbell with the same amount of weight on the barbell rests to counter-balance the bench. Lie prone on the bench, with your ankles under the upper pads of the leg lever. Bend your legs, as shown. Return to the starting position.

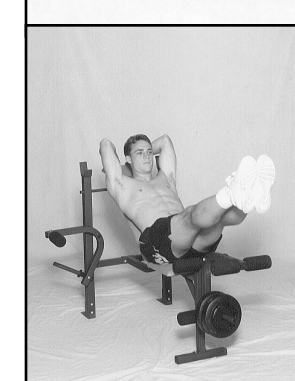
Muscles affected: hamstring, gastrocnemius



7 LEG RAISE

Raise the backrest to the desired incline level. Lie on the bench and fully extend your legs. Hold the backrest. Slowly lift your legs as far as possible. Return to the starting position.

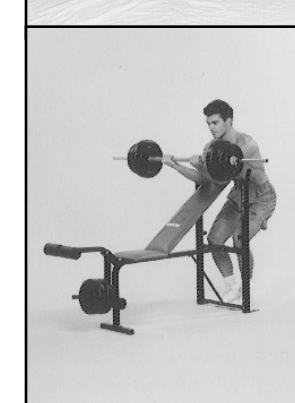
Muscles affected: hip flexors, rectus abdominus



8 PREACHER CURL

Place the desired amount of weight on the barbell. Raise the backrest to the highest incline level. Rest your upper arms on the backrest. Hold the barbell with an underhand grip. Slowly curl the barbell toward your chest. Return to the starting position.

Muscles affected: biceps, brachioradials



EXERCISE GUIDELINES

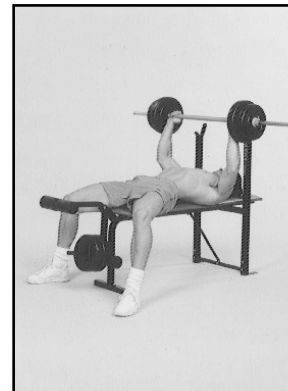
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight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

IMPORTANT: These photographs show a selection of exercises that can be performed using the weight bench. Although several different weight benches are shown, the exercises are performed in basically the same way. For muscle locations, refer to the muscle chart on page 13.

1 BENCH PRESS

Place the desired amount of weight on the barbell, and set the barbell on the barbell rests on the bench. Lie on the bench. Lift the barbell and extend your arms fully. Lower the barbell to your chest. Return your arms to the fully extended position.

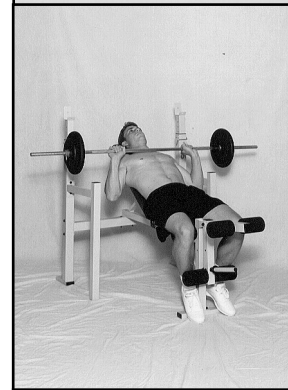
Muscles affected: pectoralis major and minor, anterior deltoids, triceps



2 INCLINE BENCH PRESS

Set the bench to an inclined position. Lie on the bench. Lift the barbell and extend your arms fully. Lower the barbell to your chest. Return your arms to the fully extended position.

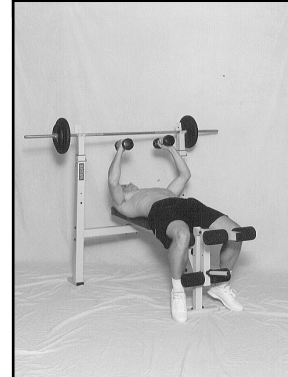
Muscles affected: pectoralis major and minor, anterior deltoids, triceps



3 DUMBBELL FLYES

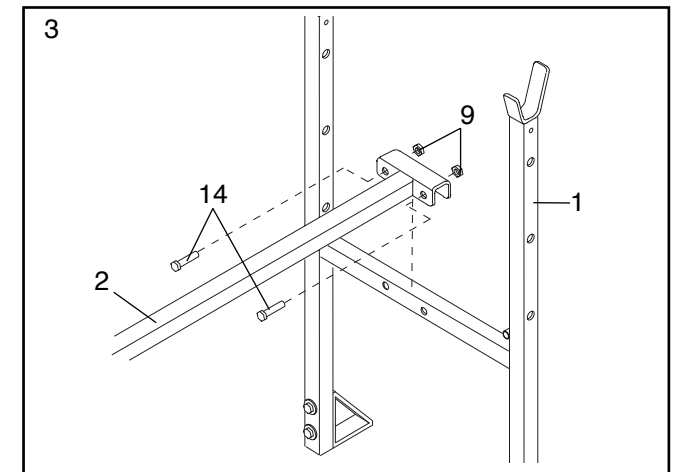
Lie on the bench. Position your arms as shown, with a dumbbell in each hand. Raise your arms until the dumbbells touch. Return to the starting position.

Muscles affected: pectoralis major and minor, deltoids



- Attach the Main Frame (2) to the "H"-Frame (1) with two M8 x 55mm Bolts (14) and two M8 Nylon Locknuts (9).

Tighten the Locknut used in step 2.

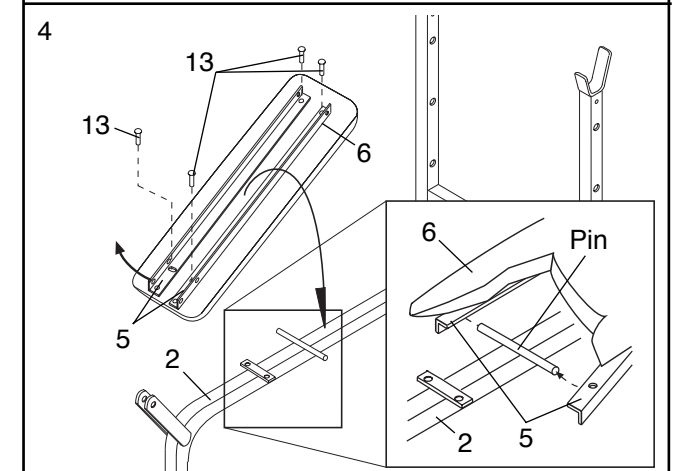


- Attach a Backrest Bracket (5) to the Backrest (6) with two M6 x 16mm Screws (13). **Note: The holes in the Backrest are closer to the bottom of the Backrest.**

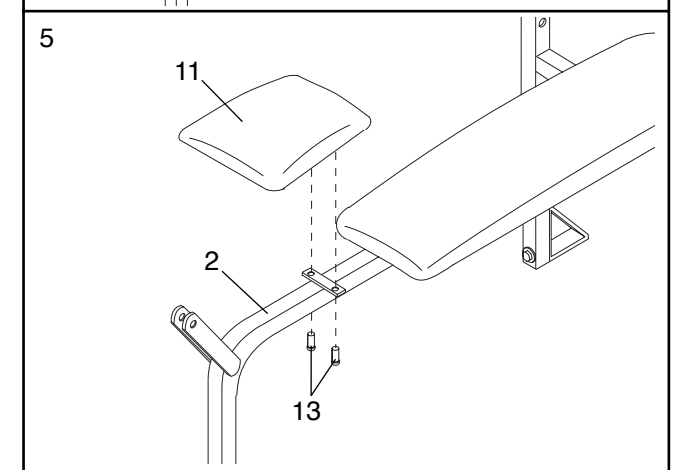
Attach the other Backrest Bracket (5) to the Backrest (6) with **one** M6 x 16mm Screw. **Do not tighten the Screw yet.**

Slide the ends of both Backrest Brackets (5) onto the pin on the Main Frame (2) (see the inset drawing).

Attach the free end of the Backrest Bracket (5) to the Backrest (6) with an M6 x 16mm Screw (13). **Tighten all four Screws used in this step.**



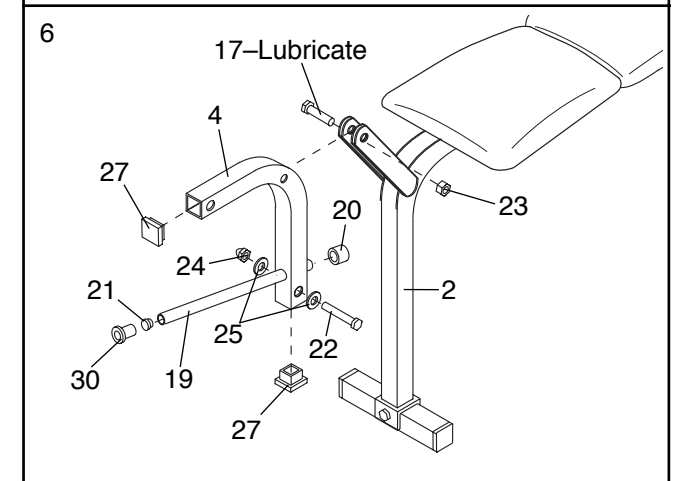
- Attach the Seat (11) to the brackets on the Main Frame (2) with two M6 x 16mm Screws (13). (Note: The Screws may be pre-attached to the Seat.)



- Attach the Weight Tube (19) to the Leg Lever (4) with the M8 x 42mm Bolt (22), two M8 Washers (25), and the M8 Acorn Nut (24).

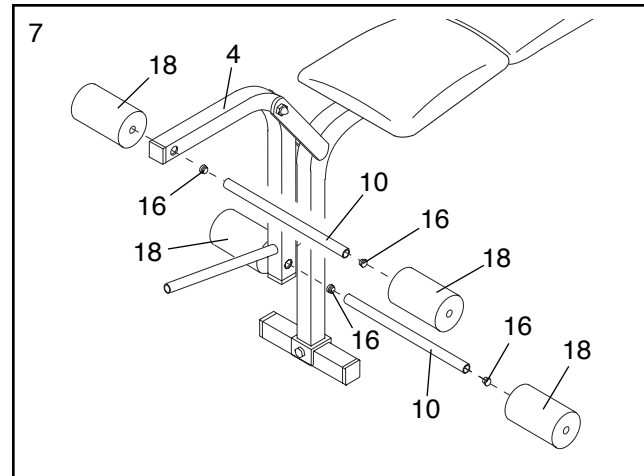
Press a 25mm Round Inner Cap (21) into the indicated end of the Weight Tube (19). Press the 25mm Angled Cap (20) onto the other end of the Weight Tube. Slide the Weight Stop (30) onto the Weight Tube. Press a 30mm Square Inner Cap (27) into each end of the Leg Lever (4).

Lubricate the M10 x 55mm Bolt (17). Attach the Leg Lever (4) to the Main Frame (2) with the Bolt and the M10 Nylon Locknut (23). **Do not over-tighten the Nylon Locknut; the Leg Lever must pivot freely.**

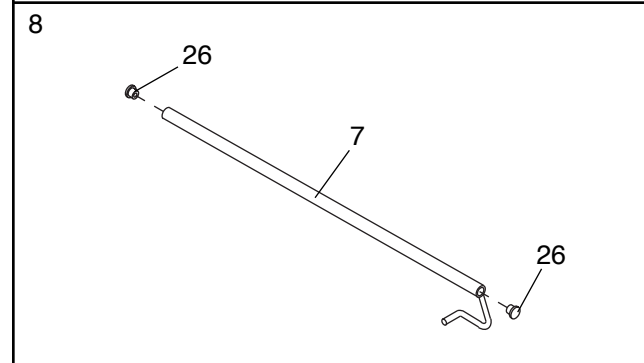


- Press two 19mm Round Inner Caps (16) into each of the Pad Tubes (10).

Insert the Pad Tubes (10) into the holes in the Leg Lever (4). Slide two Foam Pads (18) onto each Pad Tube.



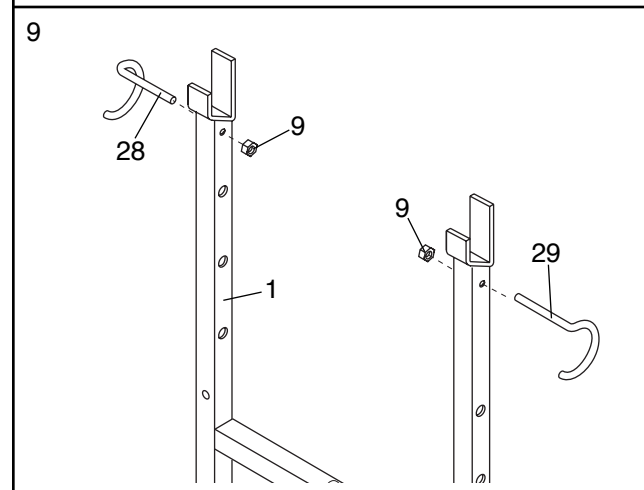
- Press two 16mm Round Inner Caps (26) into the Support Rod (7).



- Attach the Right Barbell Hook (28) to the right side of the "H"-Frame (1) with an M8 Nylon Locknut (9).

Attach the Left Barbell Hook (29) to the left side with an M8 Nylon Locknut (9).

Do not overtighten the M8 Locknuts (9); the Barbell Hooks (28, 29) must be able to pivot easily.



- Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in USING THE WEIGHT BENCH on page 9.

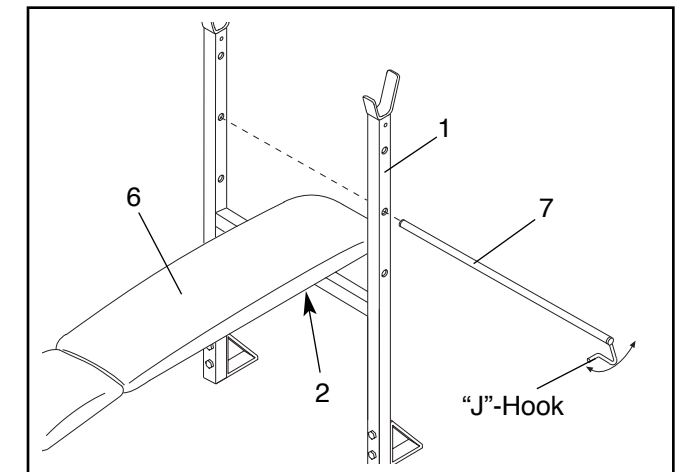
USING THE WEIGHT BENCH

The instructions below describe how the weight bench can be adjusted. Inspect and tighten all parts regularly. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

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

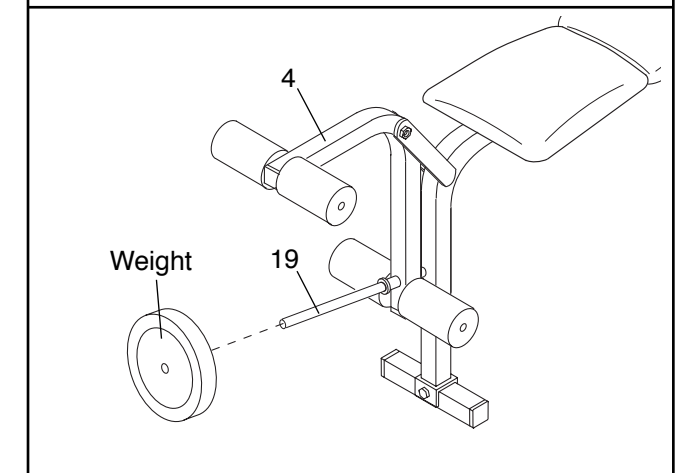
To use the Backrest (6) in an inclined position, first lift the Backrest. Insert the Support Rod (7) through one of the three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the "J"-Hook around one side of the "H"-Frame. Lay the Backrest on the Support Rod.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (4), first slide the desired amount of weights (not included) onto the Weight Tube (19).

⚠ WARNING: Do not place more than 23 kg (50 lbs.) on the Leg Lever (4). Before using the Leg Lever, place a barbell with the same amount of weight on the barbell rests to balance the bench.



LOCKING THE BARBELL

To change weights whilst your barbell (not included) is on the uprights, secure your barbell with the Barbell Hooks (28, 29). This will reduce the possibility of the barbell tipping whilst you are changing weights. Always place the same amount of weight on both sides of the barbell.

