

ORDERING REPLACEMENT PARTS

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

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

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

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

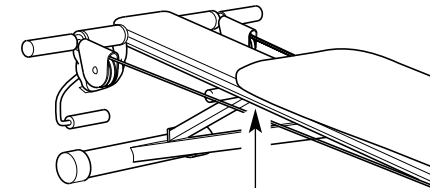
- The MODEL NUMBER of the product (WEMC14570).
- The NAME of the product (WIEDER BODY WORKS).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 6 of this manual.

BODY WORKS
THE COMPLETE WORKOUT

USER’S MANUAL

Model No. WEMC14570
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under frame)

QUESTIONS?

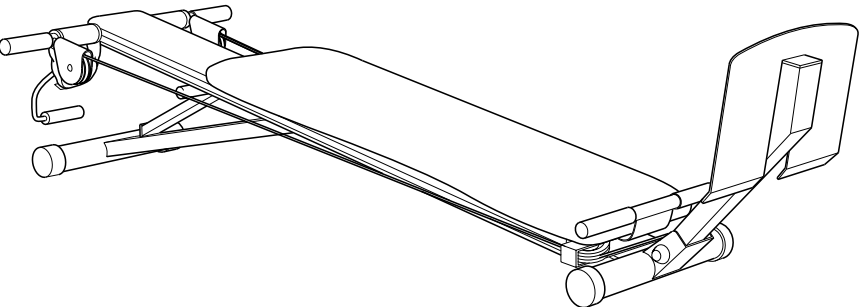
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

CAUTION

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



WEIDER®

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS2

BEFORE YOU BEGIN3

ASSEMBLY4

ADJUSTING THE BODY WORKS GYM5

PART LIST6

EXPLODED DRAWING7

ORDERING REPLACEMENT PARTSBack Cover

EXPLODED DRAWING—Model No. WEMC14570

R0398A

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the gym.

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

3. Use the gym only as described in this manual.

4. Use the gym only on a level surface. Cover the floor beneath the gym for protection.

5. Inspect and tighten all parts each time you use the gym. Replace any worn parts immediately.

6. Keep hands and feet away from moving parts.

7. Always tie back long hair to prevent it from becoming caught.
8. Keep children under 12 years old and pets away from the gym at all times.

9. The gym should not be used by persons weighing more that 250 pounds.

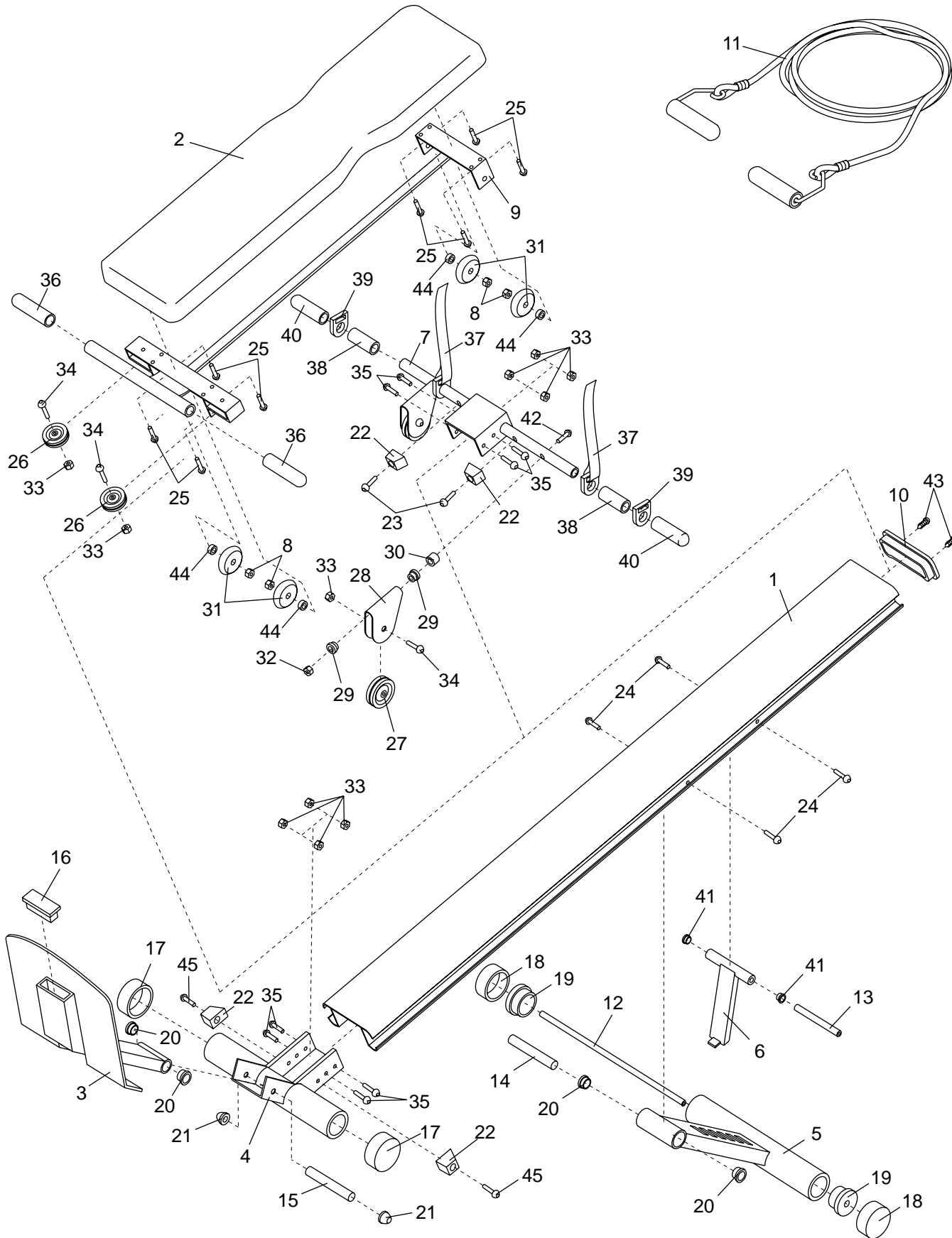
10. Always wear athletic shoes for foot protection whilst exercising.

11. Always be sure that the tab on the adjust-ment leg is inserted completely into the incline leg before using the gym.

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

13. The gym is intended for home use only. Do not use the gym in any commercial, rental, or institutional setting.

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.



Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Rail	24	4	5/16" x 3/4" Screw
2	1	Seat	25	8	1/4" x 1" Screw
3	1	Foot Plate	26	2	Small Pulley
4	1	Stabiliser	27	2	Large Pulley
5	1	Incline Leg	28	2	Pulley Housing
6	1	Adjustment Leg	29	4	Housing Bushing
7	1	Upper Bar	30	2	Housing Spacer
8	4	1/4" Nylon Half Nut	31	4	Wheel
9	1	Seat Bracket	32	2	3/8" Nylon Half Nut
10	1	Rail Cap	33	12	3/8" Nylon Locknut
11	1	Cord/Handle	34	4	3/8" x 1 3/4" Bolt
12	1	Roller Axle	35	8	3/8" x 3/4" Button Head Bolt
13	1	Adjustment Axle	36	2	6" Grip
14	1	Incline Axle	37	2	Foot Strap
15	1	Foot Plate Axle	38	2	Grip Spacer
16	1	Foot Plate Cap	39	2	Strap Ring
17	2	Round Cap	40	2	5" Grip
18	2	Roller	41	2	Support Bushing
19	2	Roller Bushing	42	2	3/8" x 3.17 Button Head Bolt
20	4	3/4" Bushing	43	2	Tree Fastener
21	2	Dome Cap	44	4	Spacer
22	4	Bumper	45	2	Self-tapping Screw
23	2	#8 x 3/4" Button Head Bolt	#	1	User's Manual

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

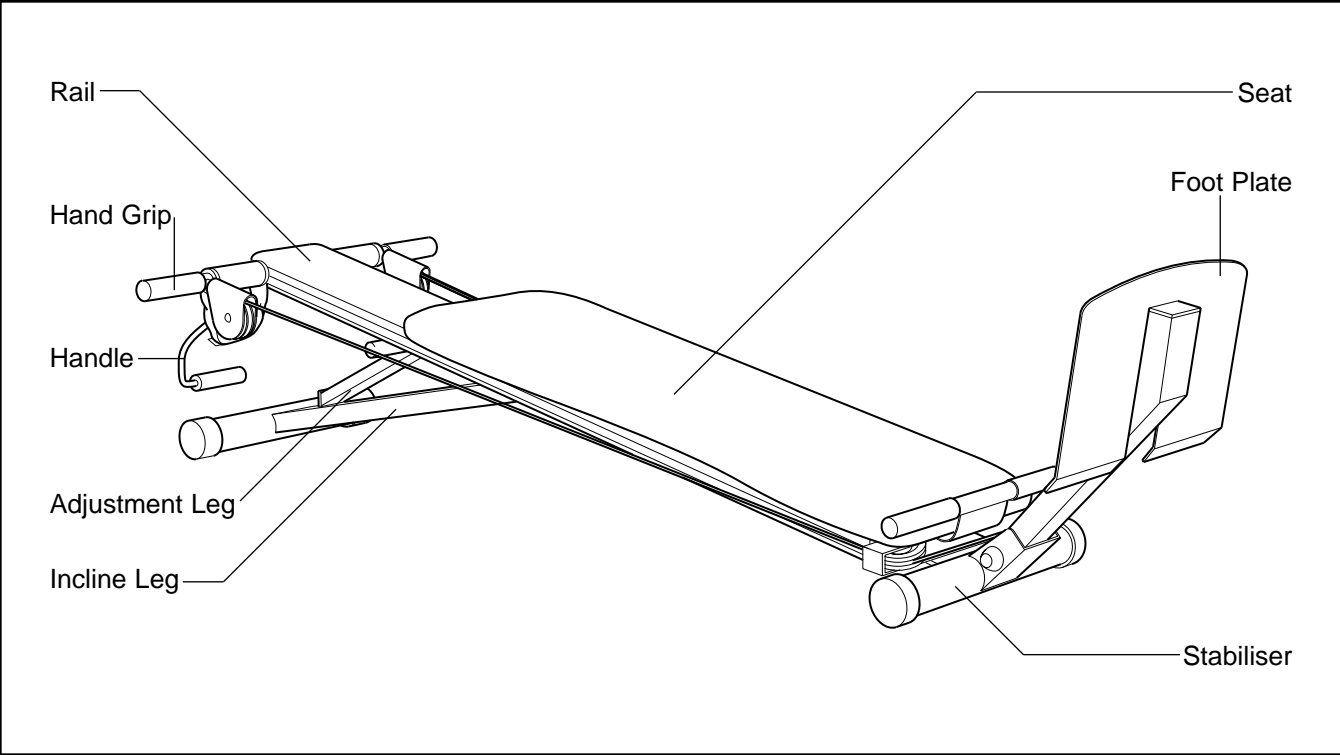
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® BODY WORKS gym. The versatile BODY WORKS gym is designed to help you 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 BODY WORKS gym will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® BODY WORKS gym. If you have additional questions, please call our Customer Service

Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEMC14570. The serial number can be found on a decal attached to the WEIDER® BODY WORKS gym (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:

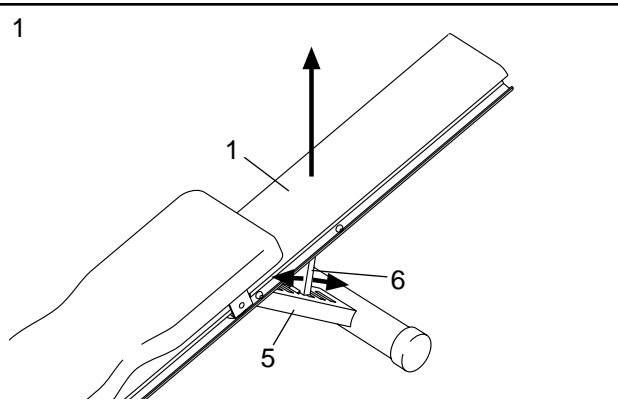
- Place all parts of the BODY WORKS gym in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.

- As you assemble this product, make sure that all parts are oriented as shown in the drawings.

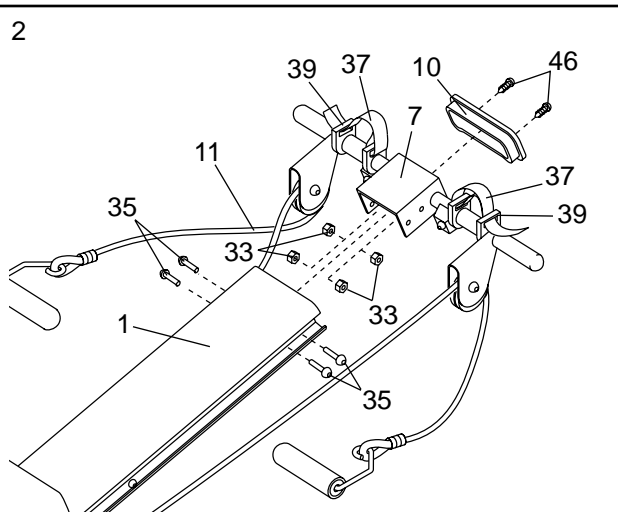
Assembly requires the following tools:

- The included allen wrench. 
- Your own adjustable spanner. 

1. Lift the Rail (1) until the tab on the Adjustment Leg (6) can be inserted into a slot in the Incline Leg (5). **Be sure that the tab on the Adjustment Leg is fully inserted into the slot in the Incline Leg.**



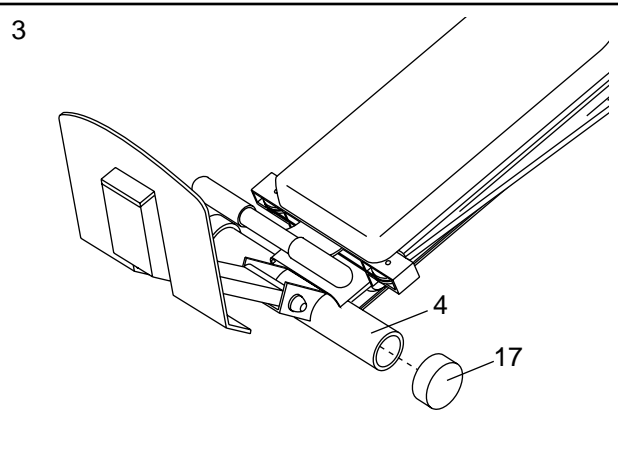
2. Slide the Upper Bar (7) into the Rail (1). Using the included allen wrench and an adjustable spanner, attach the Upper Bar to the Rail with four 3/8" x 3/4" Button Head Bolts (35) and four 3/8" Nylon Locknuts (33). **Be sure that the Cord (11) is correctly routed around all pulleys and that the pulleys and Cord move smoothly.**



Press the Rail Cap (10) into the Rail (1). Press two Tree Fasteners (46) into the Rail Cap.

Insert the ends of the Foot Straps (37) through the Strap Rings (39). Press the fastener strips on the ends of the Foot Straps onto the other fastener strips.

3. Press a Round Cap (17) onto each side of the Stabiliser (4).



ADJUSTING THE BODY WORKS GYM

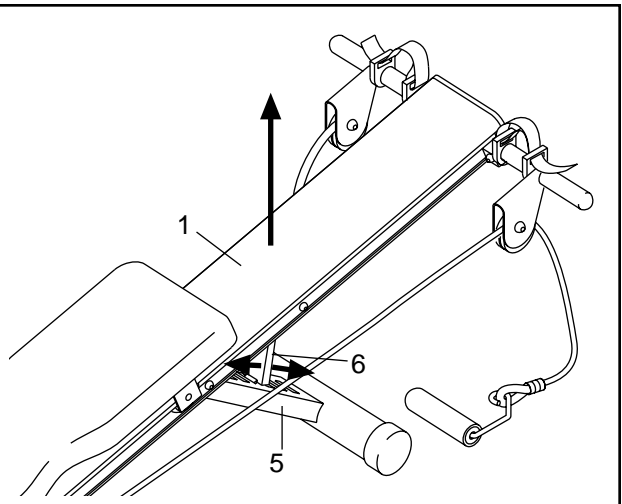
The BODY WORKS gym is designed to use your own body weight as resistance. The steps below explain how the gym can be adjusted and folded for storage.

Inspect and tighten all parts each time you use the gym. Replace any worn parts immediately. The gym can be cleaned with a damp cloth and mild, non-abrasive detergent; never use solvents.

ADJUSTING THE INCLINE

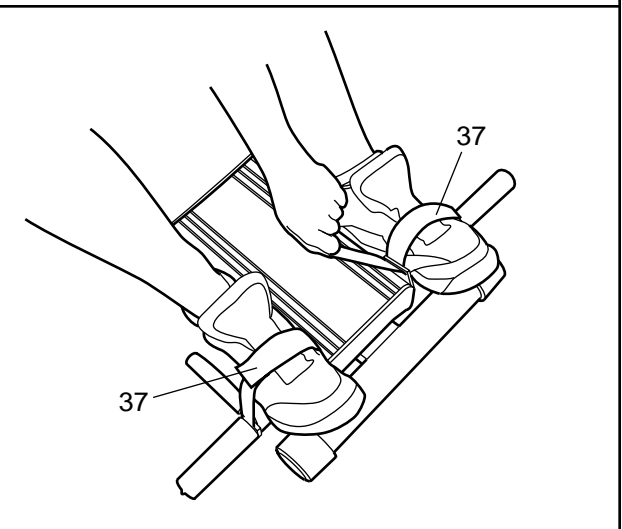
The incline of the BODY WORKS gym can be adjusted to change the resistance level of your workout.

To adjust the incline, lift the Rail (1) until the tab on the Adjustment Leg (6) can be removed from the slot in the Incline Leg (5). Raise or lower the Frame to the desired incline and insert the tab on the Adjustment Leg into the desired slot in the Incline Leg. **Be sure that the tab on the Adjustment Leg is fully inserted into the slot in the Incline Leg.**



ADJUSTING THE FOOT STRAPS

To adjust the Foot Straps (37), first slide your feet into the Foot Straps as shown. Pull each Foot Strap with your hand until it is tight over your foot without being uncomfortable. Press the fastener strip on the end of the Foot Strap onto the other fastener strip. **Be sure that the fastener strips are correctly fastened.**



STORING THE BODY WORKS GYM

The BODY WORKS gym can be folded flat for easy storage in a closet or under a bed.

Slide the Seat (2) up toward the Upper Bar (7) and fold the Foot Plate (3) down onto the Rail (1). Slide the Seat back down until it rests on the Foot Plate.

Lift the Rail (1) until the tab on the Adjustment Leg (6) can be removed from the slot in the Incline Leg (5). Pivot the Adjustment Leg up against the Rail and lay the BODY WORKS gym flat on the floor. Pull the Cord (11) tight and hang the handles on the Upper Bar (7).

