

If you encounter any problems with this product or if you need to order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

Tel: Country Code: 0345-089009

Fax: 0113-2411120

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

- The **MODEL** of the product (WLSI71500)
- The **NAME** of the product (WESLO® BODY FLEX weight system)
- 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** on page 18 of this owner's manual).

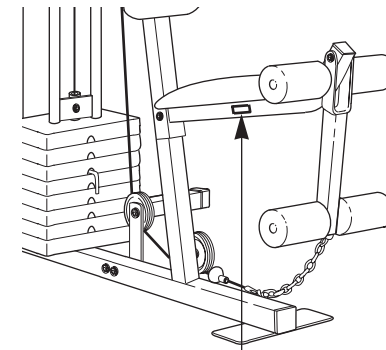
WESLO is a registered trademark of ICON Health & Fitness, Inc.

Part No. 172311 R1200A Printed in USA

© 2000 ICON Health & Fitness, Inc.

Model No. WLSI71500

Serial No. _____



Serial Number Decal

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:

Or WRITE:
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS118JG

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



USER'S MANUAL

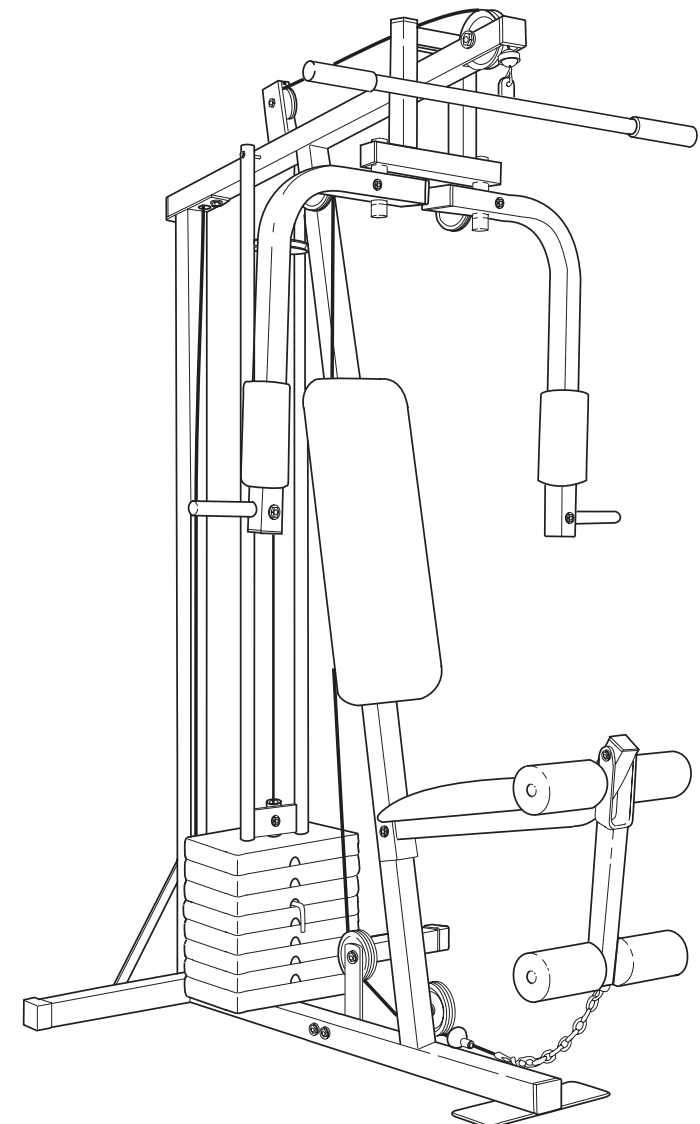


TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS2

BEFORE YOU BEGIN3

ASSEMBLY4

ADJUSTMENT13

TROUBLE-SHOOTING AND MAINTENANCE15

CABLE DIAGRAM16

NOTES17

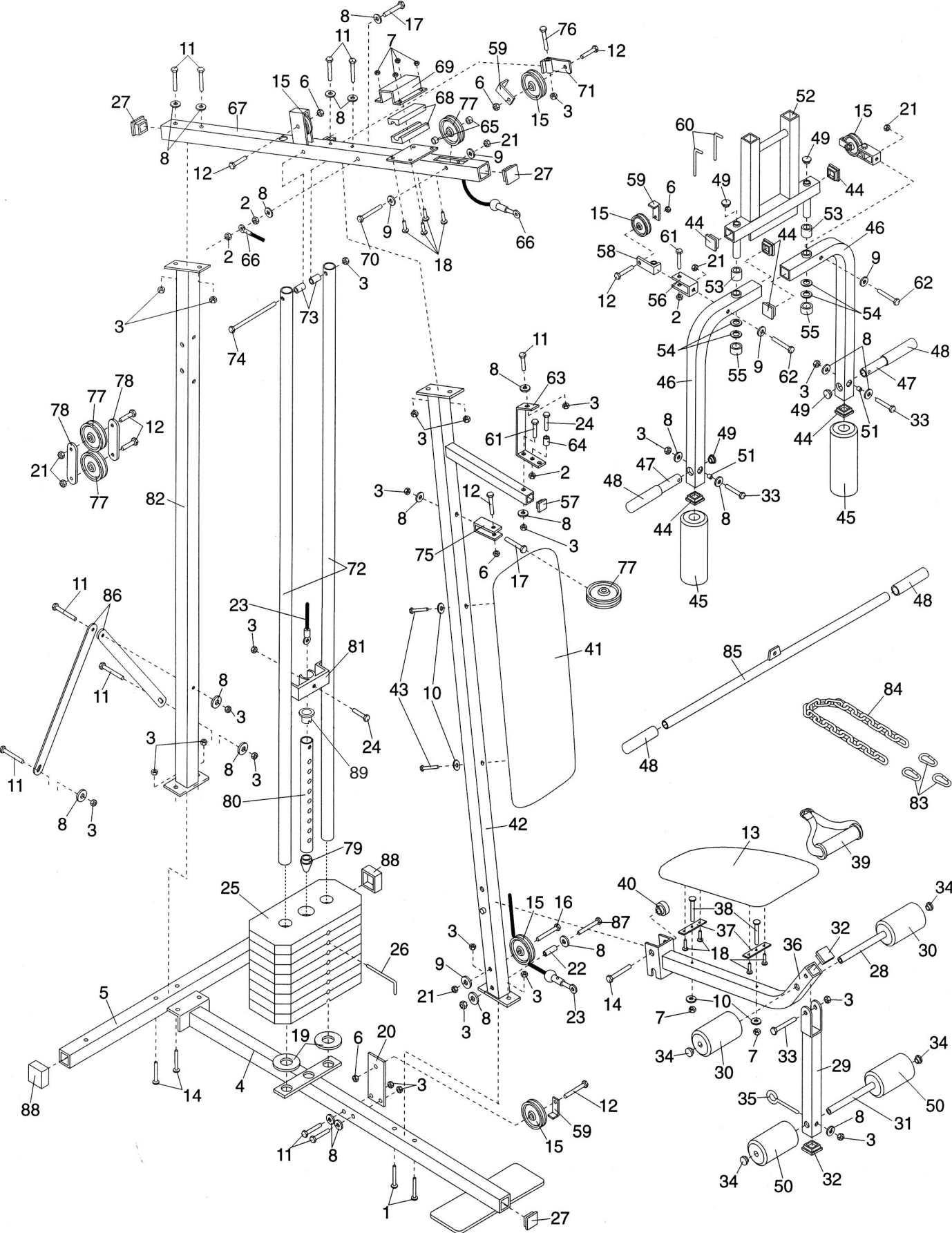
PART LIST18

EXPLODED DRAWING19

ORDERING REPLACEMENT PARTSBack Cover

EXPLODED DRAWING—Model No. WLSI71500

R1200A



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 user's manual and in the accompanying literature before using the weight system. Use the weight system only as described.
2. Use the weight system only on a level surface. Cover the floor under the weight system for protection of the floor.
3. Inspect and tighten all parts each time you use the weight system. Replace any worn parts immediately.
4. Keep hands and feet away from moving parts.
5. Always wear athletic shoes for foot protection.
6. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
7. Keep children under 12 away from the weight system at all times.
8. Never release the arms, leg lever, lat bar, or nylon strap whilst weights are raised; the weights will fall with great force.
9. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
10. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
11. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
12. The weight system is intended for home use only. Do not use the weight system 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. WESLO 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	2	5/16" x 2 1/2" Carriage Bolt	47	2	7" Handle
2	6	5/16" Jam Nut	48	4	Handgrip
3	23	5/16" Nylon Lock Nut	49	4	1" Round Inner Cap
4	1	Base	50	2	5 3/4" Pad
5	1	Stabiliser	51	2	1/2" x 3/8" Spacer
6	6	3/8" Jam Nut	52	1	Arm Frame
7	6	1/4" Nylon Lock Nut	53	2	Plastic Bushing
8	21	5/16" Flat Washer	54	4	1" Retainer
9	5	3/8" Flat Washer	55	2	1" Round Cover Cap
10	4	1/4" Flat Washer	56	2	Large "U" Bracket
11	10	5/16" x 2 3/4" Bolt	57	1	1 1/4" Inner Cap
12	8	3/8" x 1 3/4" Bolt	58	2	Narrow Swivel Bracket
13	1	Seat	59	4	Cable Trap
14	3	5/16" x 2 3/4" Carriage Bolt	60	2	4 1/2" "L" Pin
15	6	3 1/2" Pulley	61	3	5/16" x 2" Bolt
16	1	3/8" X 3 1/2" Bolt	62	2	3/8" x 2 1/2" Bolt
17	1	5/16" x 3" Bolt	63	1	Stop Bracket
18	8	1/4" x 3/4" Screw	64	1	1" Plastic Stop
19	2	Weight Bumper	65	2	1/2" x 1/2" Spacer
20	1	Pulley Plate	66	1	Long Cable
21	6	3/8" Nylon Lock Nut	67	1	Top Frame
22	1	1" Metal Spacer	68	2	Arm Frame Bushing
23	1	Short Cable	69	1	Arm Frame Bracket
24	2	5/16" x 1 1/2" Bolt	70	1	3/8" x 2 3/4" Bolt
25	8	Weight	71	1	Wide Swivel Bracket
26	1	5" Weight Pin	72	2	Weight Guide
27	3	2" Inner Cap	73	2	Weight Guide Spacer
28	1	13 1/2" Pad Tube	74	1	5/16" x 6" Bolt
29	1	Leg Lever	75	1	Adjustment "U" Bracket
30	2	6" Pad	76	2	5/16" x 3 1/4" Bolt
31	1	13" Pad Tube	77	4	4 1/2" Pulley
32	2	1 1/2" Inner Cap	78	2	"I"-Plate
33	3	5/16" x 2 1/4" Bolt	79	1	Weight Tube Bumper
34	4	3/4" Round Inner Cap	80	1	Weight Tube
35	1	5/16" x 2" Eyebolt	81	1	Weight Guide Bracket
36	1	Seat Frame	82	1	Rear Upright
37	2	Seat Plate	83	3	Cable Clip
38	2	1/4" x 2" Carriage Bolt	84	1	Chain
39	1	Nylon Strap	85	1	Lat Bar
40	1	Seat Knob	86	2	Brace
41	1	Backrest	87	1	5/16" x 3 1/2" Bolt
42	1	Front Upright	88	2	2" Outer Cap
43	2	1/4" x 2 1/2" Screw	89	1	Slotted Flange Bushing
44	6	1 3/4" Inner Cap	#	1	User's Manual
45	2	10" Pad	#	1	Exercise Poster
46	2	Arm			

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

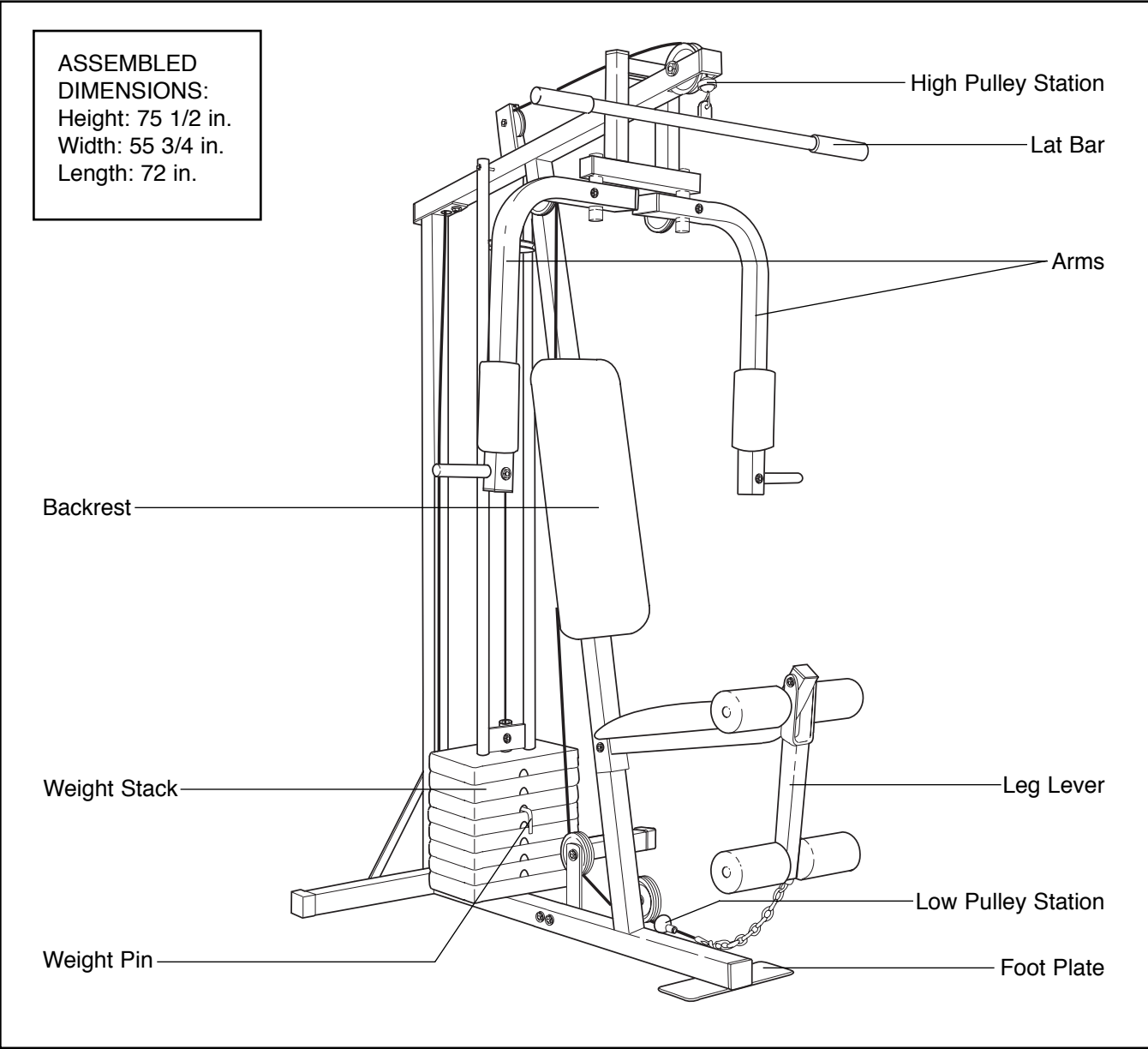
BEFORE YOU BEGIN

Thank you for selecting the versatile WESLO® BODY FLEX weight system. The BODY FLEX offers an impressive array 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 BODY FLEX will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the BODY FLEX weight system.

If you have additional questions, please call our Customer Service Department toll-free at 0345-089009. To help us assist you, please note the product model number and serial number before calling. The model number is WLSI71500. The serial number can be found on a decal attached to the weight system (see the front cover of this user's manual).

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



ASSEMBLY

Assembly requires two people. Due to the size and weight of the weight system, assemble it in the location where it will be used.

- Place all parts of the weight system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Before beginning, read each assembly step and look at each drawing carefully.
- For help identifying small parts used in assembly, refer to the **PART CHART** attached to the centre of this user's manual.
- As you assemble the weight system, be sure that all parts are oriented as shown in the drawings.

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

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

- **Two (2) adjustable spanners**
- **One (1) phillips screwdriver**
- **One (1) rubber mallet**
- **Lubricant, such as grease or petroleum jelly, and soapy water are also required.**

To simplify assembly, the following tools are recommended: A socket set, open or closed spanners, or ratchet spanners.

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

Press a 2" Inner Cap (27) into the Base (4).

Attach the Pulley Plate (20) to the Base (4) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8) and two 5/16" Nylon Lock Nuts (3).

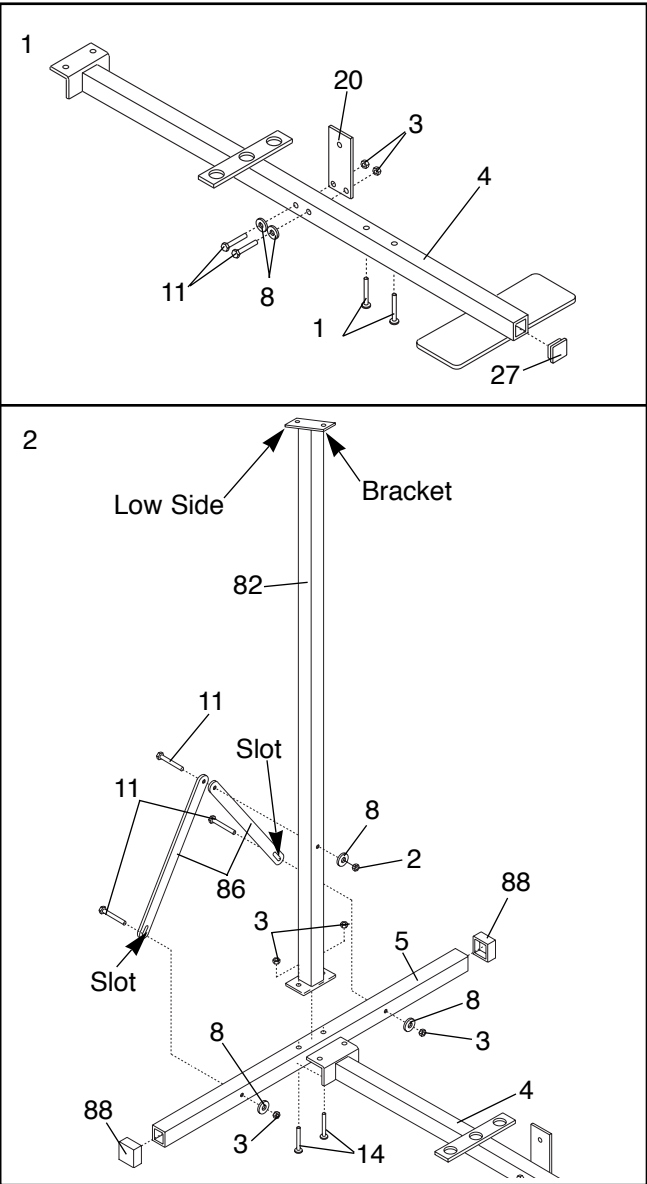
Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

2. Press the two 2" Outer Caps (88) onto the stabiliser (5).

Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabiliser (5). Slide the bracket on the end of the Base (4) onto the Carriage Bolts. Slide the Rear Upright (82) onto the Carriage Bolts. Thread two 5/16" Nylon Lock Nuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Lock Nuts yet.**

Attach the two Braces (86) to the Rear Upright (82) with a 5/16" x 2 3/4" Bolt (11), 5/16" Flat Washer (8) and 5/16" Jam Nut (2). **Do not tighten the Jam Nut yet.**

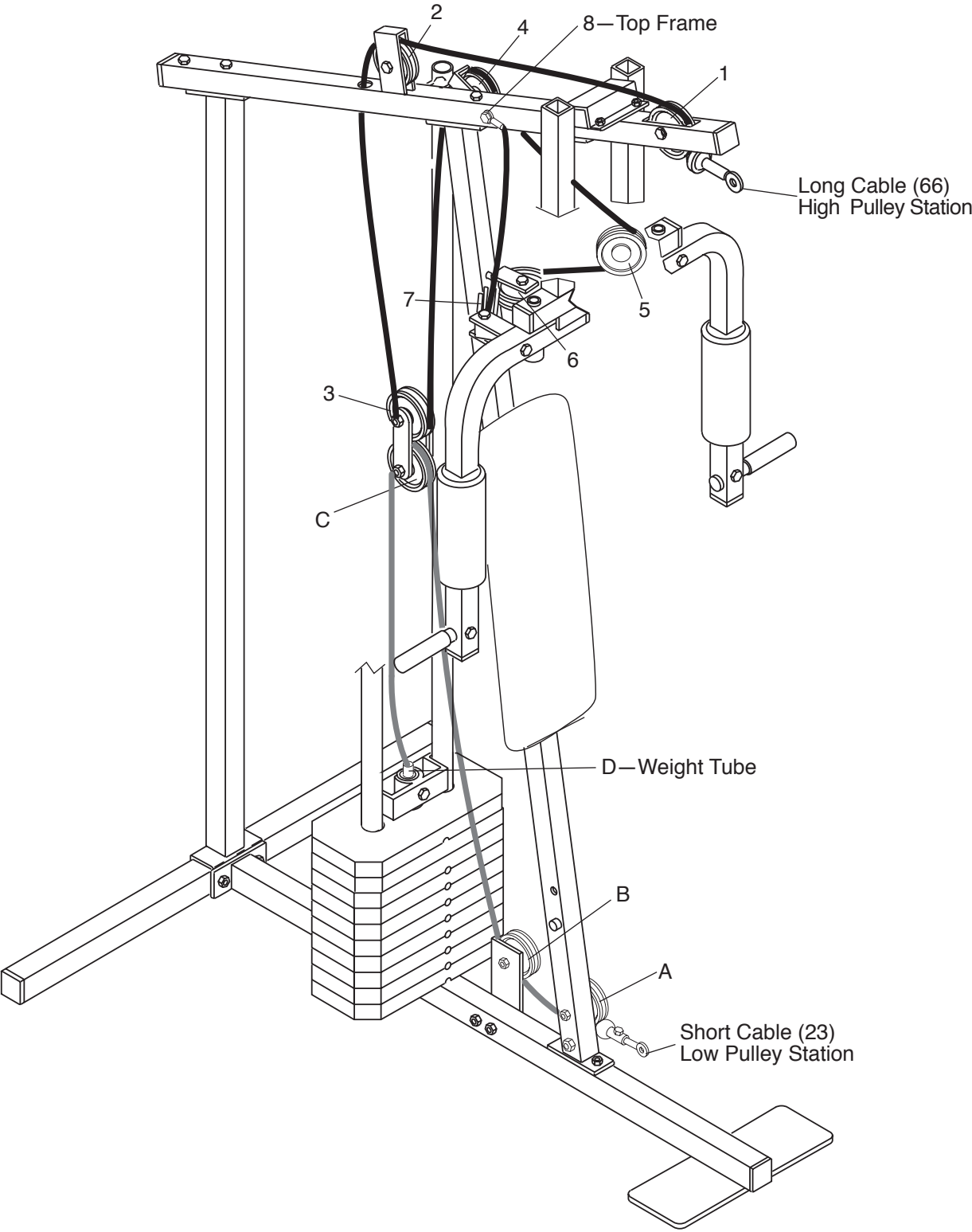
Attach the other ends of the Braces (86) to the Stabiliser (5) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8) and two 5/16" Nylon Lock Nuts (3). **Do not tighten the Nylon Lock Nuts yet.**



NOTES

CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (23) and the Long Cable (66). Use the diagram to make sure that the two cables are assembled correctly. The letters show the routing of the Short Cable (23); the numbers show the routing of the Long Cable (66).



3. Press the 1 1/4" Inner Cap (57) into the Front Upright (42).

Attach the 1" Plastic Stop (64) to the centre hole in the Stop Bracket (63) with a 5/16" x 1 1/2" Bolt (24) and a 5/16" Jam Nut (2).

Attach the Stop Bracket (63) to the Front Upright (42) with the 5/16" x 2" Bolt (61), a 5/16" Flat Washer (8) and a 5/16" Nylon Lock Nut (3).

Slide the Front Upright (42) onto the two 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Attach the Front Upright to the Base with two 5/16" Nylon Lock Nuts (3). **Do not tighten the Nylon Lock Nuts yet.**

4. Press two 2" Inner Caps (27) into the Top Frame (67).

Attach the Top Frame (67) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8) and two 5/16" Nylon Lock Nuts (3). **Do not tighten the Nylon Lock Nuts yet.**

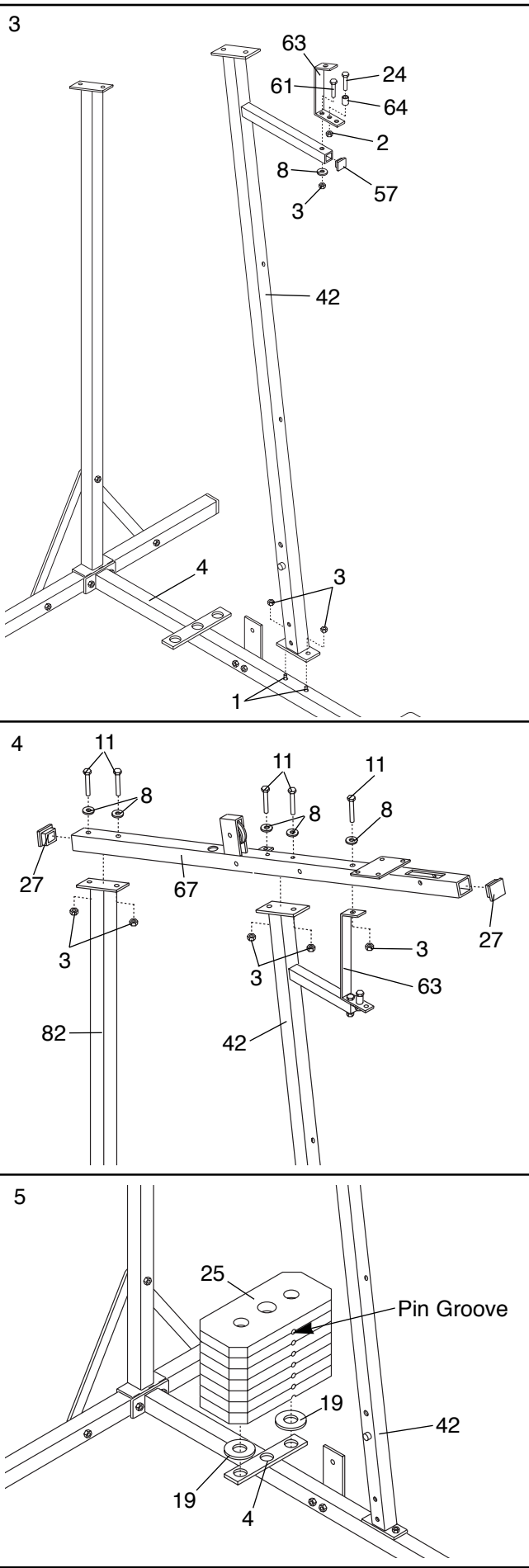
Attach the Top Frame (67) to the Stop Bracket (63) with a 5/16" x 2 3/4" Bolt (11), a 5/16" Flat Washer (8) and a 5/16" Nylon Lock Nut (3). **Do not tighten the Nylon Lock Nut yet.**

Attach the Top Frame (67) to the Rear Upright (82) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8) and two 5/16" Nylon Lock Nuts (3).

Tighten all Nuts used in steps 2 through 4.

5. Set the two Weight Bumpers (19) on the indicated plate on the Base (4). Align the holes in the Weight Bumpers with the holes in the plate.

Stack seven Weights (25) on the Weight Bumpers (19). Each Weight must be turned so the pin groove is facing the Front Upright (42). The holes in the Weights must be aligned with the holes in the Weight Bumpers. **CAUTION: Be careful to avoid tipping the stack of Weights until step 6 is completed.**



6. Press the Weight Tube Bumper (79) into the lower end of the Weight Tube (80).

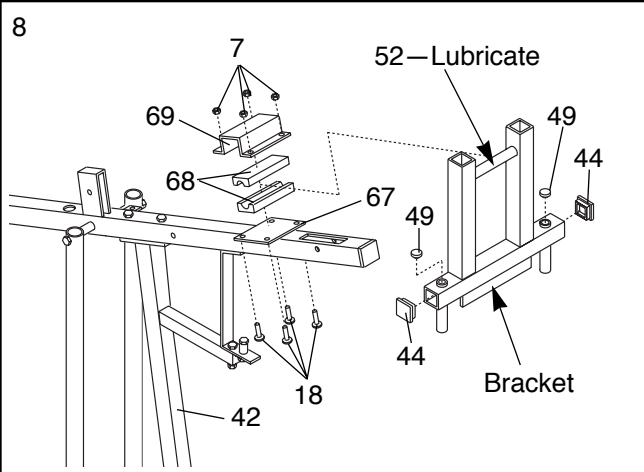
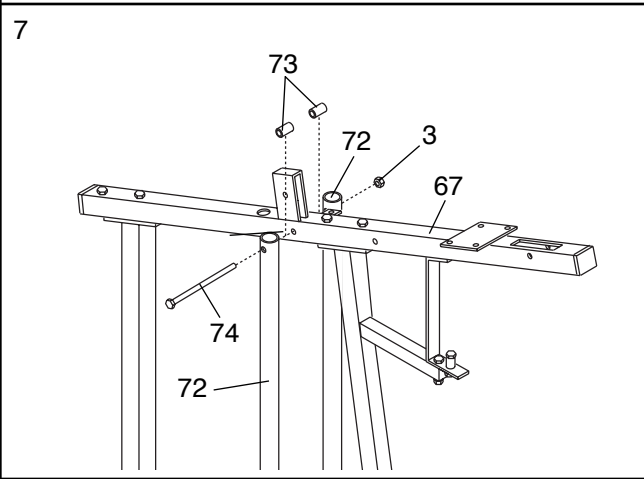
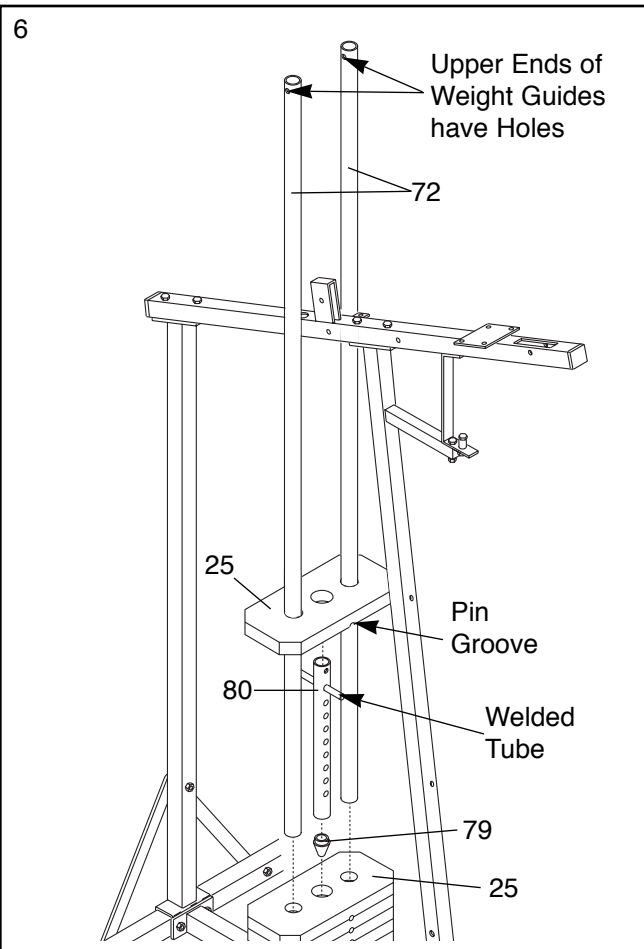
Insert the Weight Tube (80) into the stack of Weights (25). Slide the eighth Weight onto the upper end of the Weight Tube. The Weight Tube must be turned so the welded pin is in the pin groove in the Weight.

Locate the lower ends of the Weight Guides (72)—there are holes near the upper ends. Insert the lower ends of the Weight Guides into the eight Weights (25).

7. Attach the upper ends of the Weight Guides (72) to the Top Frame (67) with the 5/16" x 6" Bolt (74), the two Weight Guide Spacers (73) and a 5/16" Nylon Lock Nut (3).

8. Press two 1 3/4" Inner Caps (44) and two 1" Round Inner Caps (49) into the Arm Frame (52).

Apply lubricant to the upper axle on the Arm Frame (52). Hold the axle between the two Arm Frame Bushings (68). Set the Arm Frame Bushings and the Arm Frame on the plate welded to the top of the Top Frame (67). The Arm Frame must be turned so the bracket is facing away from the Front Upright (42). Place the Arm Frame Bracket (69) over the Arm Frame Bushings. Attach the Arm Frame Bracket to the Top Frame with four 1/4" x 3/4" Screws (18) and four 1/4" Nylon Lock Nuts (7).

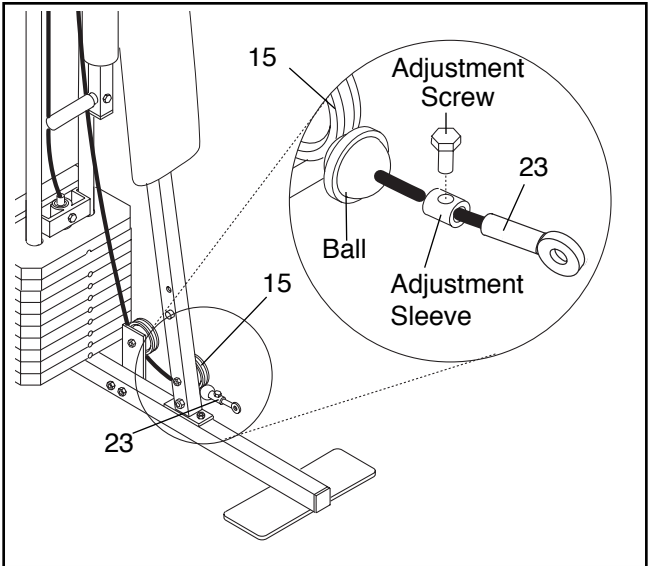


TROUBLE-SHOOTING AND MAINTENANCE

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

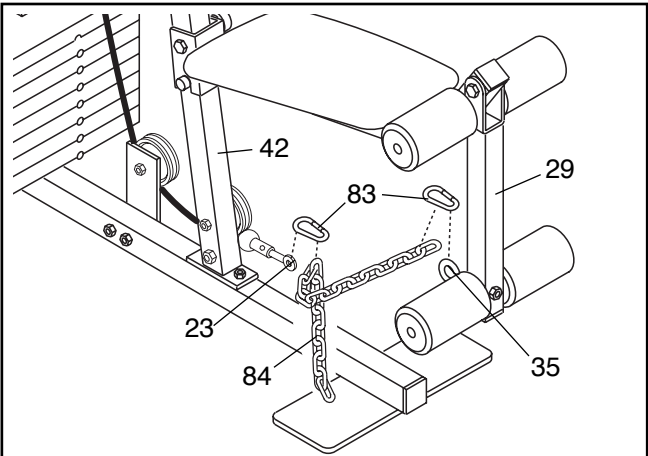
TIGHTENING THE CABLES

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. Locate the adjustment sleeve and adjustment screw near the lower end of the Short Cable (23). Loosen the adjustment screw. Pull the end of the Short Cable until there is no slack. Slide the adjustment sleeve and the ball against the indicated 3 1/2" Pulley (15). Retighten the adjustment screw. Make sure that the cables are not too tight, or the top weight will be lifted off the weight stack.



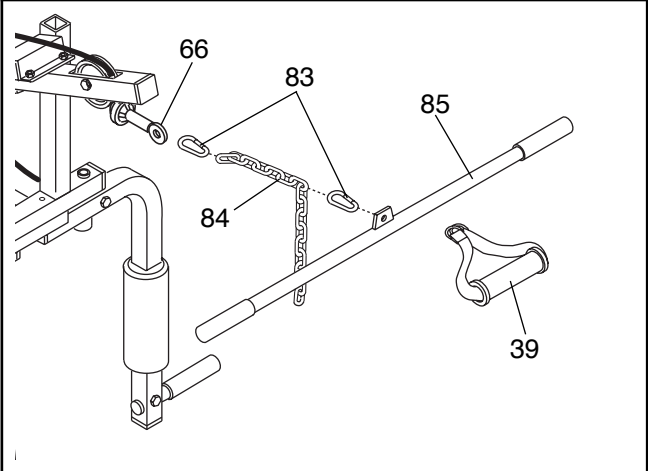
ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the Front Upright (42), (see ATTACHING AND REMOVING THE SEAT on page 13). Attach the Chain (84) between the Short Cable (23) and the 5/16" x 2" Eyebolt (35) on the Leg Lever with two Cable Clips (83).



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

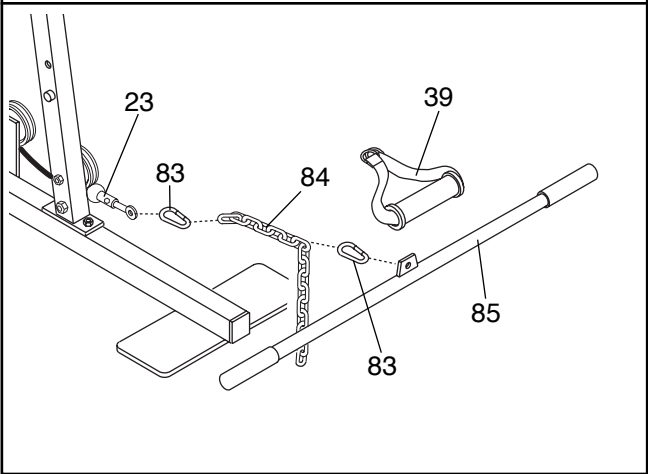
Attach the Lat Bar (85) to the Long Cable (66) with a Cable Clip (83). For some exercises, the Chain (84) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**



The Nylon Strap (39) can be attached in the same manner.

ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (85) to the Short Cable (23) with a Cable Clip (83). For some exercises, the Chain (84) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

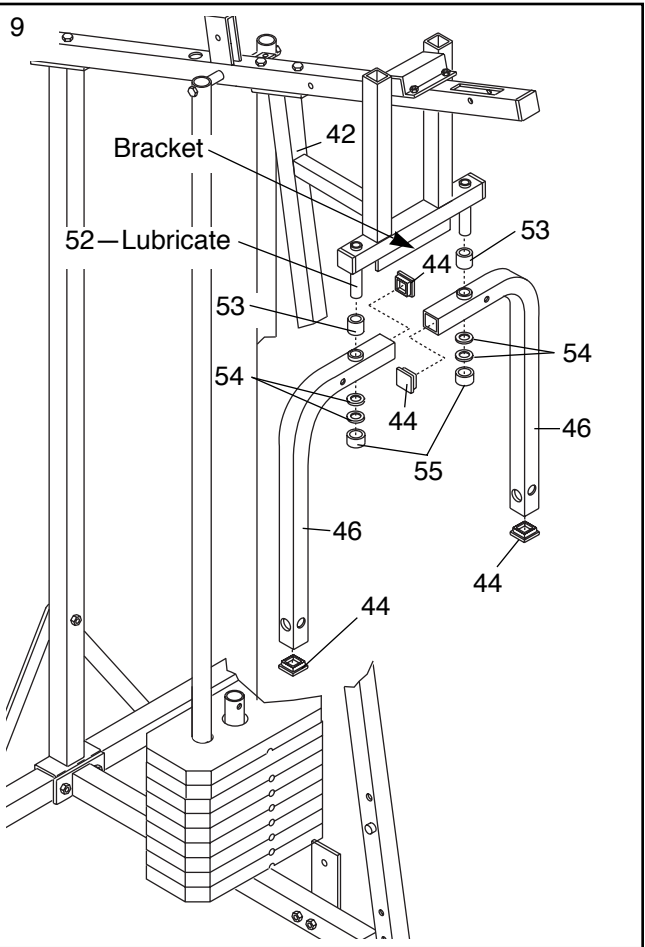


The Nylon Strap (39) can be attached in the same manner.

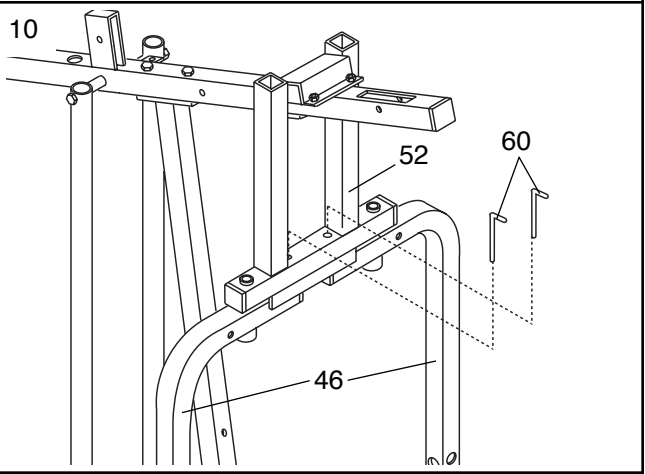
9. Press two 1 3/4" Inner Caps (44) into each of the Arms (46).

Apply lubricant to the lower axles on the Arm Frame (52). Slide a Plastic Bushing (53) and an Arm (46) onto one of the axles. The upper end of the Arm must be between the Front Upright (42) and the bracket on the Arm Frame. Hold two 1" Retainers (54) and a 1" Round Cover Cap (55) against the lower end of the axle. The teeth on the Retainers must bend toward the Round Cover Cap. Tap the Retainers and Round Cover Cap onto the axle.

Attach the other Arm (46) to the Arm Frame (52) in the same manner.



10. Insert the two 4 1/2" "L" Pins (60) down through the indicated holes in the Arm Frame (52) and the Arms (46).

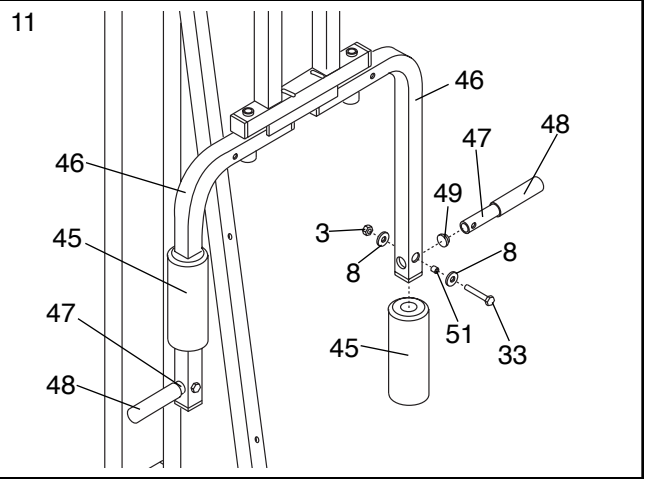


11. Wet the lower ends of the Arms (46) and the insides of the two 10" Pads (45) with soapy water. Slide a Pad about halfway up each Arm.

Insert a 7" Handle (47) with a Handgrip (48) into one of the Arms (46). Attach the Handle with a 5/16" x 2 1/4" Bolt (33), two 5/16" Flat Washers (8), a 1/2" x 3/8" Spacer (51) and a 5/16" Nylon Lock Nut (3).

Attach a 7" Handle (47) with a Handgrip (48) to the other Arm (46).

Press a 1" Round Inner Cap (49) into each 7" Handle (47).



12. Attach a Large “U” Bracket (56) to one of the Arms (46) with a 3/8” x 2 1/2” Bolt (62), a 3/8” Flat Washer (9) and a 3/8” Nylon Lock Nut (21).

Lubricate a 5/16” x 2” Bolt (61). Attach a Narrow Swivel Bracket (58) to the Large “U” Bracket (56) with the Bolt and a 5/16” Jam Nut (2). **Do not overtighten the Jam Nut; the Narrow Swivel Bracket must be able to swivel freely.**

Attach a Large “U” Bracket (56) and Narrow Swivel Bracket (58) to the other Arm (46) in the same manner.

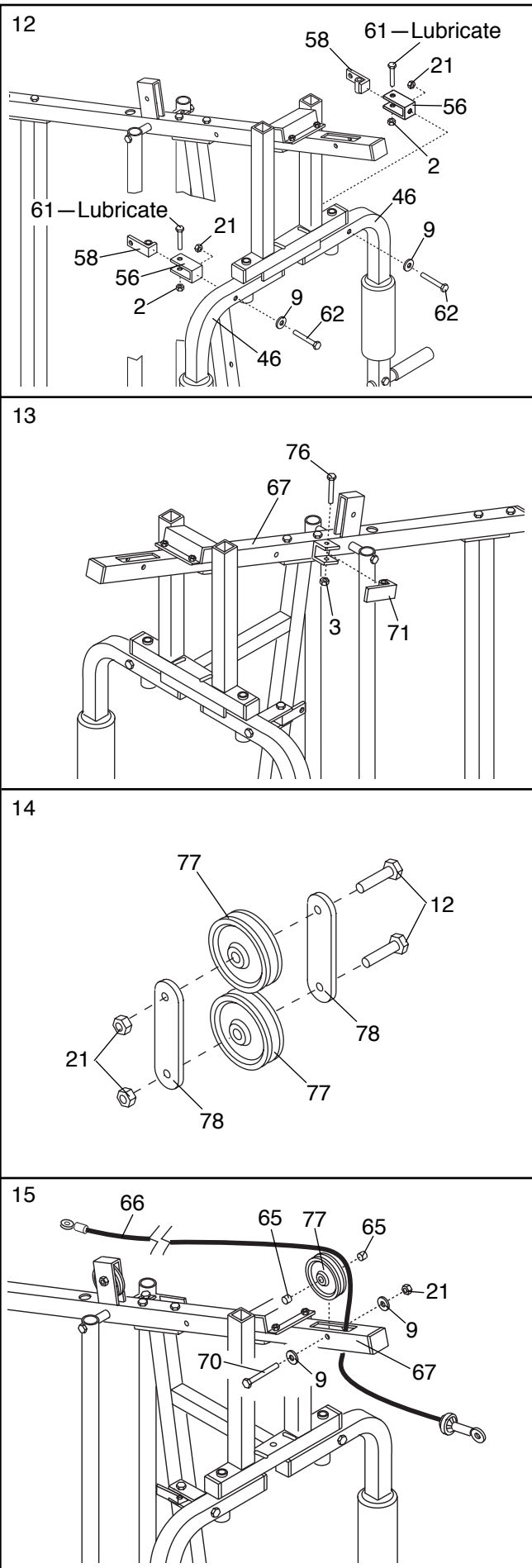
13. Attach the Wide Swivel Bracket (71) to the bracket on the side of the Top Frame (67) with the 5/16” x 3 1/4” Bolt (76) and a 5/16” Nylon Lock Nut (3). **Do not overtighten the Nylon Lock Nut; the Wide Swivel Bracket must be able to swivel freely.**

14. Insert two 3/8” x 1 3/4” Bolts (12) through the two “I” Plates (78) and two 4 1/2” Pulleys (77) as shown. Finger tighten two 3/8” Nylon Lock Nuts (21) onto the ends of the Bolts. **Do not thread the Nylon Lock Nuts all the way onto the Bolts until after assembly step 22 is completed.**

15. **IMPORTANT: As you assemble the Long Cable (66) and the Short Cable (not shown), refer to the CABLE DIAGRAM on page 16 of this user’s manual to make sure that the Cables are properly routed.**

Find the end of the Long Cable (66) that has a metal eyelet without a rubber ball. Insert that end of the Long Cable up through the indicated opening in the Top Frame (67).

Lay the Long Cable (66) over a 4 1/2” Pulley (77). Attach the Pulley inside the Top Frame (67) with a 3/8” x 2 3/4” Bolt (70), two 3/8” Flat Washers (9), two 1/2” x 1/2” Spacers (65) and a 3/8” Nylon Lock Nut (21).

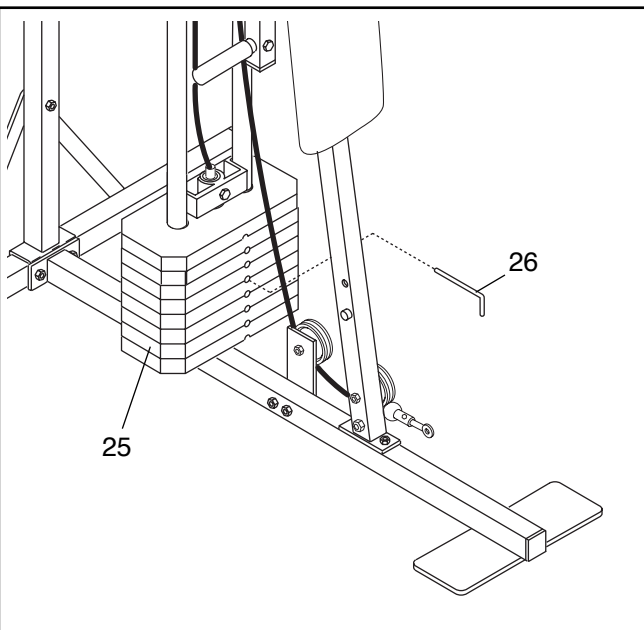


ADJUSTMENT

The instructions below describe how each part of the weight system can be adjusted. Refer to the EXERCISE GUIDE accompanying this user's manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

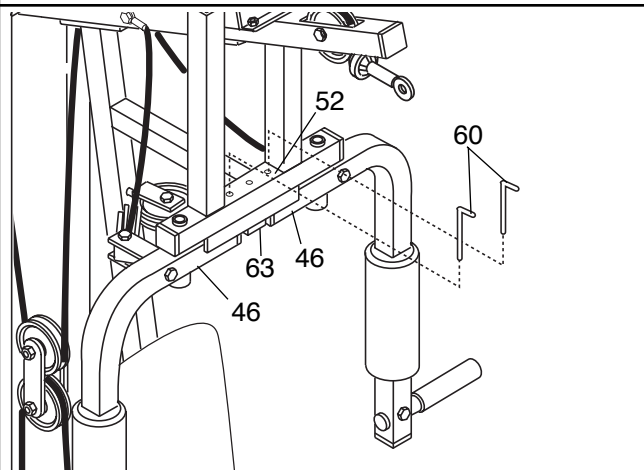
To change the weight setting, insert the 5” Weight Pin (26) under one of the Weights (25). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and to turn the bent end downward. The weight setting can be changed from 12.5 pounds to 100 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station will vary from the weight setting.**



SWITCHING THE ARMS TO THE PRESS MODE OR THE BUTTERFLY MODE

To perform the BENCH PRESS exercise, switch the Arms (46) to the press mode by inserting the two 4 1/2” “L” Pins (60) down through the indicated holes in the Arm Frame (52) and the Arms.

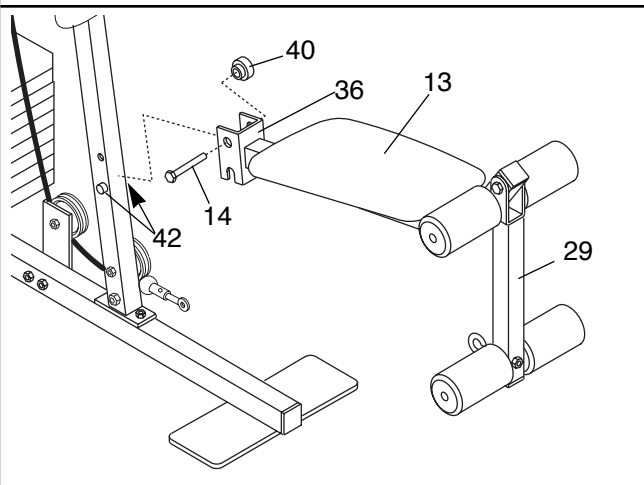
To perform the BUTTERFLY exercise, switch the Arms (46) to the butterfly mode by inserting one of the 4 1/2” “L” Pins (60) down through the hole in the centre of the Arm Frame (52) and the Stop Bracket (63). Set the other “L” Pin aside.



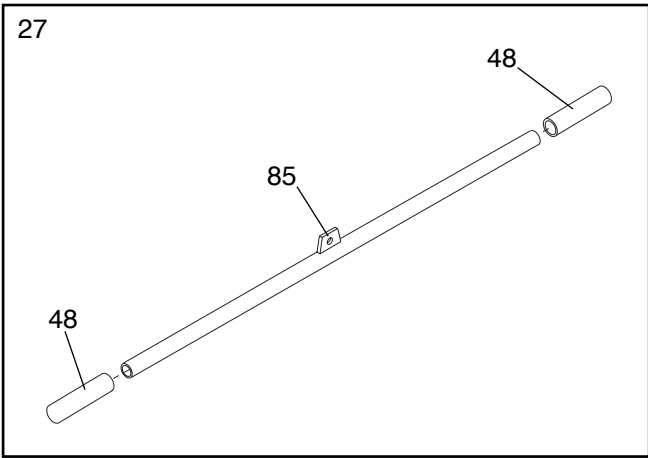
ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) on the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16” x 2 3/4” Carriage Bolt (14) and Seat Knob (40).

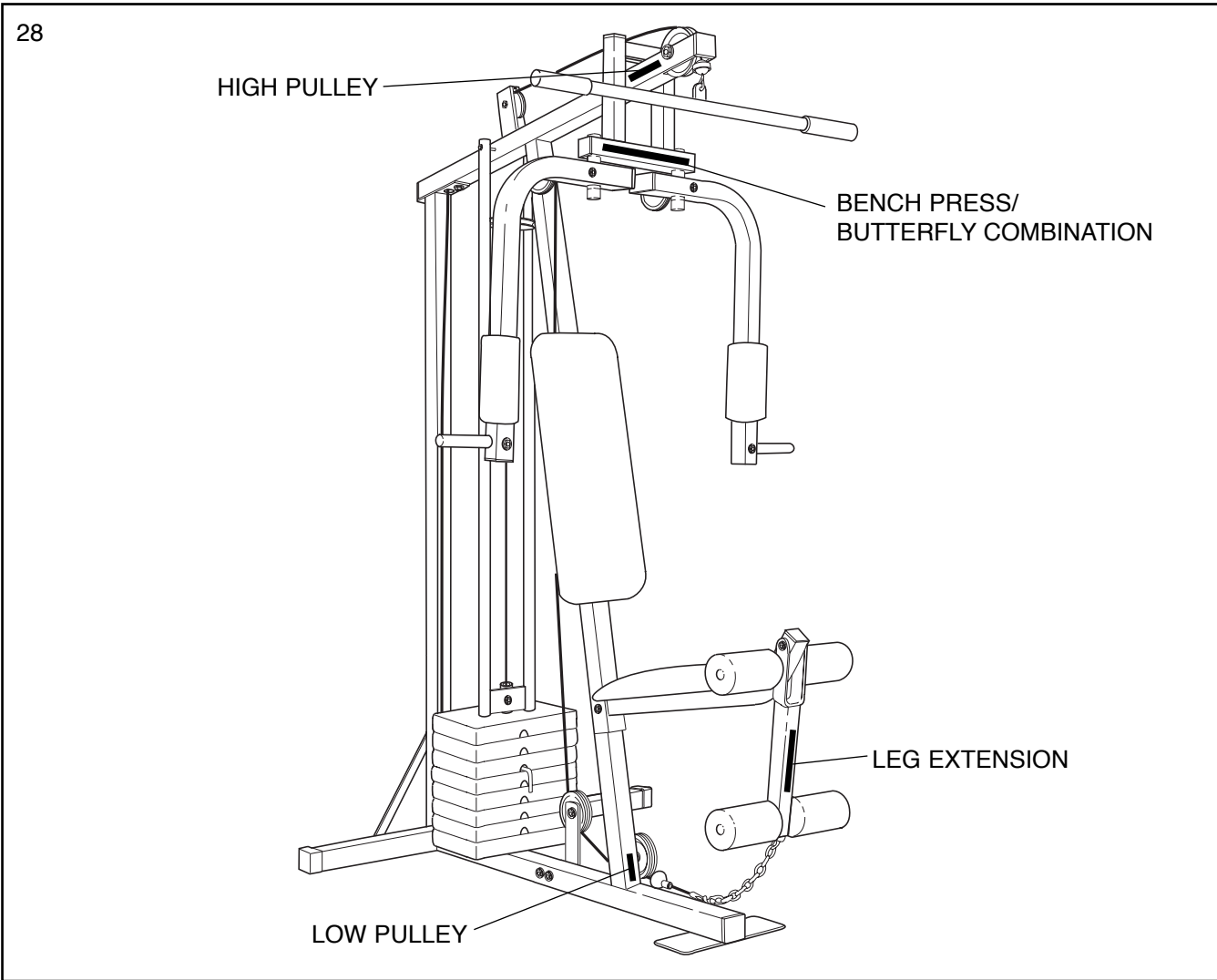
For some exercises, the Seat (13) must be removed. First, make sure that the Chain (not shown) is not attached to the Leg Lever (29). Next, remove the Seat Knob (40) and 5/16” x 2 3/4” Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



27. Wet the ends of the Lat Bar (85) and insides of the two remaining Handgrips (48) with soapy water. Slide the Handgrips onto the ends of the Lat Bar.



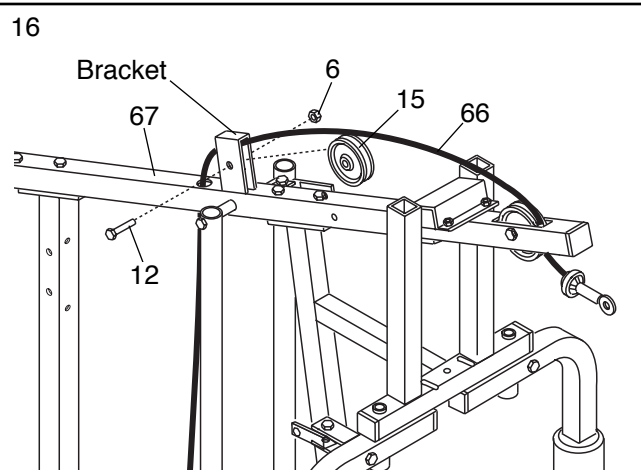
28. Remove the decals from the Decal Sheet (not shown), and apply them to the weight system in the locations shown in the drawing below.



29. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 13 of this user's manual. Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, locate and correct the problem before using the weight system. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 16 of this user's manual.**

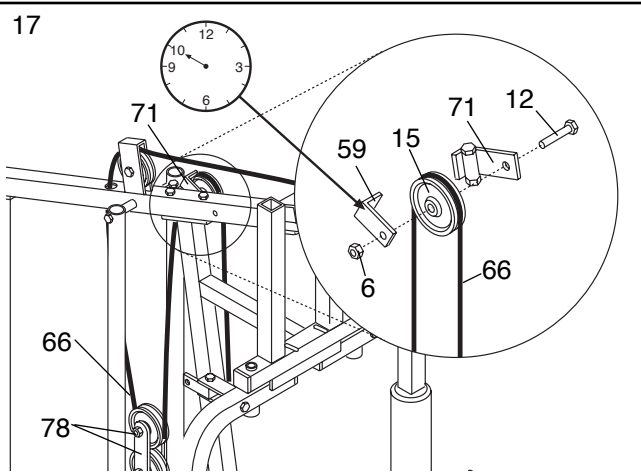
16. Insert the end of the Long Cable (66) through the indicated bracket on the Top Frame (67), and down through the indicated hole in the Top Frame.

Hold a 3 1/2" Pulley (15) inside the bracket on the Top Frame (67). The Long Cable (66) must be between the Pulley and the top of the bracket. Attach the Pulley to the bracket with a 3/8" x 1 3/4" Bolt (12) and 3/8" Jam Nut (6).

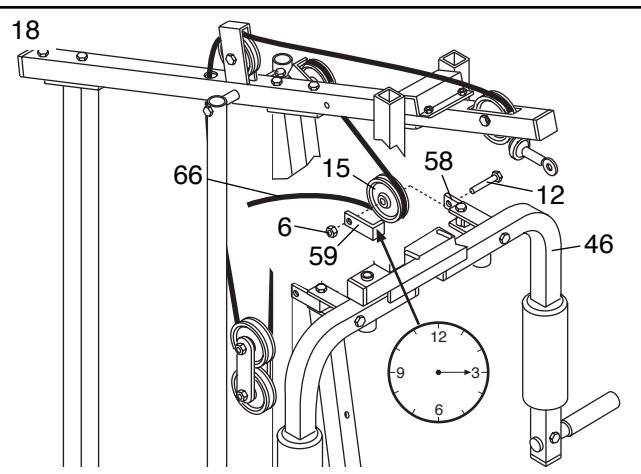


17. Insert the Long Cable (66) between the "I" Plates (78).

Lay the Long Cable (66) over a 3 1/2" Pulley (15) (see the inset drawing). Attach the Pulley and a Cable Trap (59) to the Wide Swivel Bracket (71) with a 3/8" x 1 3/4" Bolt (12) and 3/8" Jam Nut (6). The Cable Trap must be turned to the "10 o'clock" position.

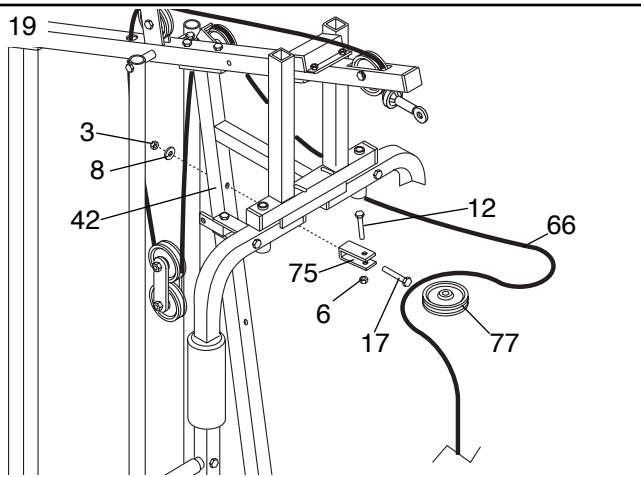


18. Wrap the Long Cable (66) down around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (59) to the Narrow Swivel Bracket (58) on the left Arm (46) with a 3/8" x 1 3/4" Bolt (12) and 3/8" Jam Nut (6). The Cable Trap must be turned to the "3 o'clock" position.



19. Attach the Adjustment "U" Bracket (75) to the Front Upright (42) with a 5/16" x 3" Bolt (17), a 5/16" Flat Washer (8) and a 5/16" Nylon Lock Nut (3). **Note: This Bracket is used to adjust the tension of the Long Cable. Thread the Nylon Lock Nut onto the Bolt only two complete turns.**

Wrap the Long Cable (66) around a 4 1/2" Pulley (77). Attach the Pulley to the Adjustment "U" Bracket (75) with a 3/8" x 1 3/4" Bolt (12) and 3/8" Jam Nut (6).



20. Wrap the Long Cable (66) up around a 3 1/2" Pulley (15) (see inset drawing). Attach the Pulley and a Cable Trap (59) to the Narrow Swivel Bracket (58) on the right Arm (46) with a 3/8" x 1 3/4" Bolt (12) and a 3/8" Jam Nut (6). The Cable Trap must be turned to the "3 o'clock" position.

Attach a 5/16" x 3" Bolt (17), two 5/16" Flat Washers (8) and a 5/16" Jam Nut (2) to the indicated hole in the Top Frame (67).

Slide the end of the Long Cable (66) onto the end of the 5/16" x 3" Bolt (17). Tighten another 5/16" Jam Nut (2) onto the Bolt. **Do not overtighten the Jam Nut.**

21. Attach the 5/16" x 3 1/2" Bolt (87), two 5/16" Flat Washers (8), the 1" Metal Spacer (22) and a 5/16" Nylon Lock Nut (3) to the lower hole in the Front Upright (42) as shown.

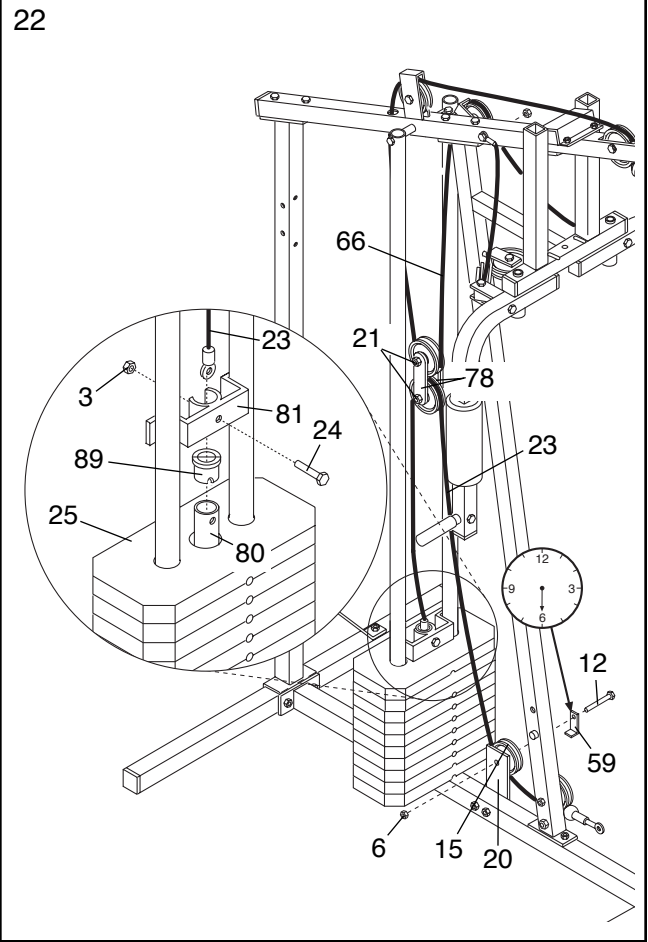
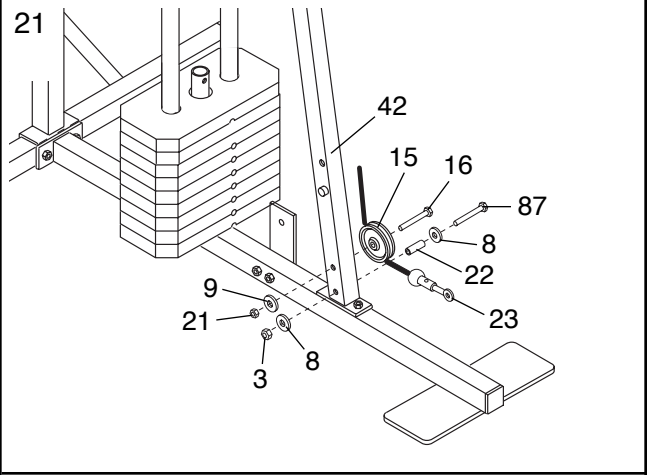
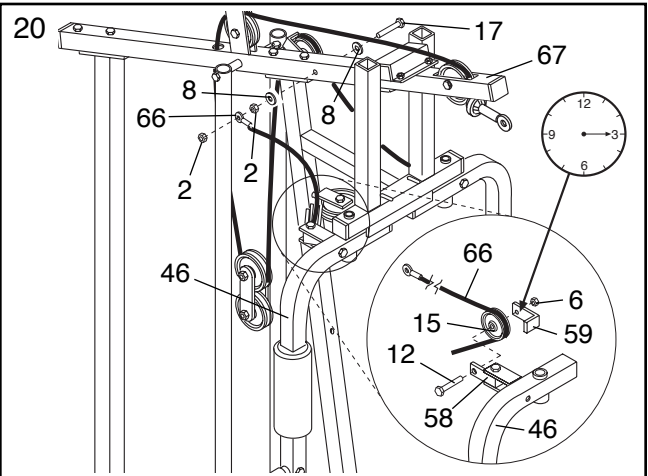
Wrap the indicated end of the Short Cable (23) under a 3 1/2" Pulley (15). Attach the Pulley to the Front Upright (42) with a 3/8" x 3 1/2" Bolt (16), a 3/8" Flat Washer (9) and a 3/8" Nylon Lock Nut (21). The Short Cable must be between the Pulley and the Metal Spacer (22).

22. Wrap the Short Cable (23) under a 3 1/2" Pulley (15). Attach the Pulley and the Cable Trap (59) to the Pulley Plate (20) with a 3/8" x 1 3/4" Bolt (12) and 3/8" Jam Nut (6). The Cable Trap must be turned to the "6 o'clock" position.

Insert the Short Cable (23) between the "I" Plates (78). **Tighten the two 3/8" Nylon Lock Nuts (21) attaching the "I" Plates.**

Slide the Slotted Flange Bushing (89) over the Weight Tube (80) (see inset drawing). Make sure the Slotted Flange Bushing is oriented as shown. Insert the end of the Short Cable (23) into the upper end of the Weight Tube. Slide the Weight Guide Bracket (81) onto the top of the Weight Tube as shown. Insert a 5/16" x 1 1/2" Bolt (24) through the Weight Guide Bracket, the Weight Tube and the end of the Short Cable. Tighten a 5/16" Nylon Lock Nut (3) onto the Bolt.

IMPORTANT: The Short and Long Cables (23, 66) must be properly routed on the Pulleys, and the Cables must be properly tightened. To tighten the Cables, refer to TROUBLE-SHOOTING AND MAINTENANCE on page 15 of this user's manual.



23. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and 1/4" Flat Washers (10).

24. Press a 1 1/2" Inner Cap (32) into the Seat Frame (36).

Insert a 1/4" x 2" Carriage Bolt (38) into the centre of each Seat Plate (37). Attach the Seat Plates to the Seat (13) with four 1/4" x 3/4" Screws (18).

Insert the two 1/4" x 2" Carriage Bolts (38) into the Seat Frame (36). Make sure that the Seat (13) is turned so the wide end is towards the 1 1/2" Inner Cap (32). Tighten two 1/4" Nylon Locknuts (7) with two 1/4" Flat Washers (10) onto the Carriage Bolts.

25. Press a 1 1/2" Inner Cap (32) into the Leg Lever (29).

Lubricate a 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Lock Nut (3). **Do not overtighten the Nylon Lock Nut; the Leg Lever must be able to pivot freely.**

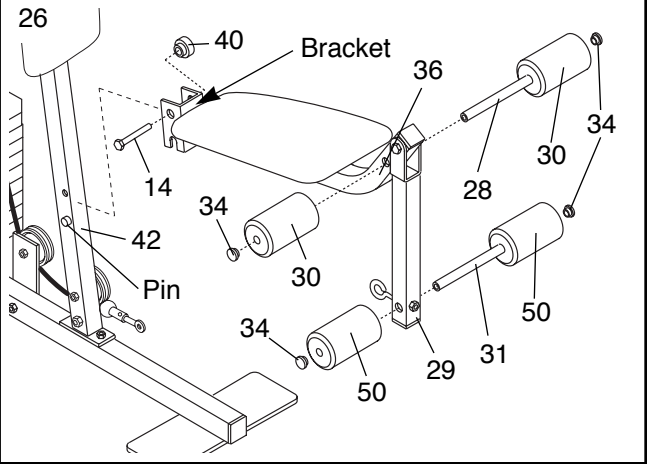
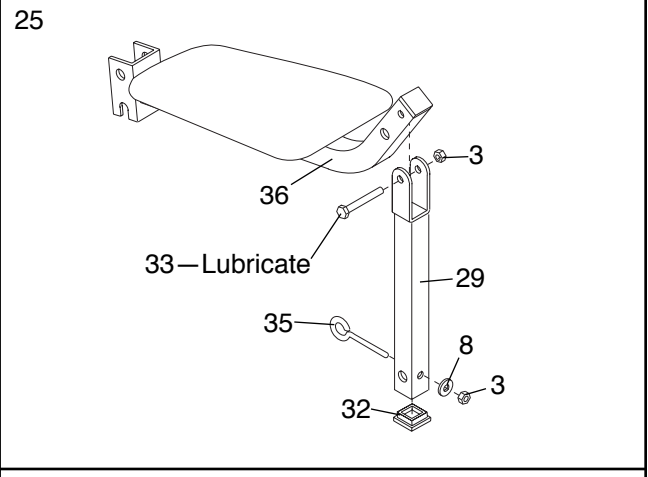
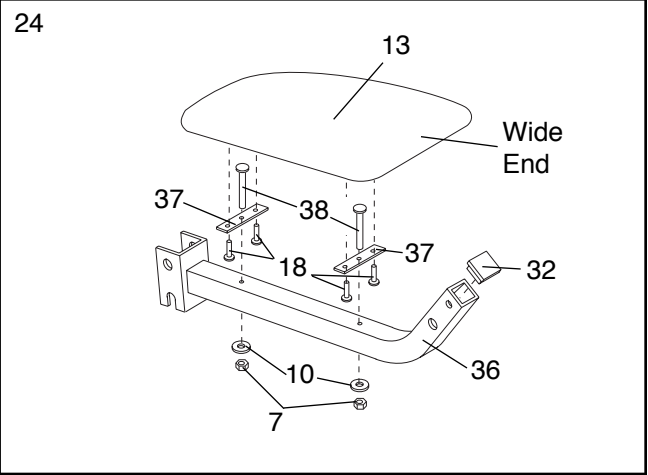
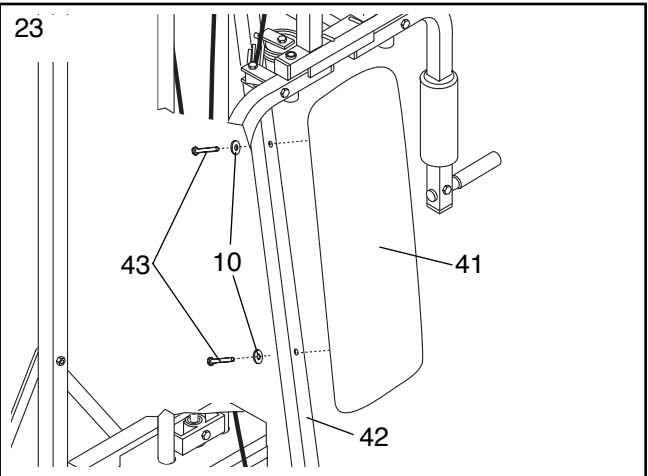
Insert the 5/16" x 2" Eyebolt (35) through the Leg Lever (29) from the indicated side. Slide a 5/16" Flat Washer (8) onto the Eyebolt and tighten a 5/16" Nylon Lock Nut (3) onto the Eyebolt.

26. Set the bracket on the Seat Frame (36) on the indicated pins on the Front Upright (42). Attach the Seat Frame with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

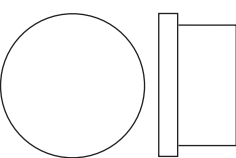
Press four 3/4" Round Inner Caps (34) into the ends of the 13 1/2" Pad Tube (28) and the 13" Pad Tube (31).

Insert the 13 1/2" Pad Tube (28) into the Seat Frame (36). Slide a 6" Pad (30) onto each end of the Pad Tube.

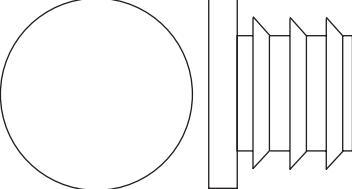
Insert the 13" Pad Tube (31) into the Leg Lever (29). Slide a 5 3/4" Pad (50) onto each end of the Pad Tube.



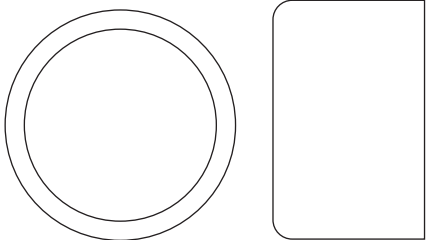
REMOVE THIS PART IDENTIFICATION SHEET FROM THE MANUAL!



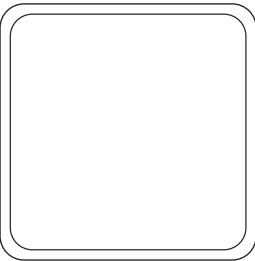
3/4" Inner Cap (34)—4



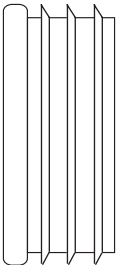
1" Round Cap (49)—4



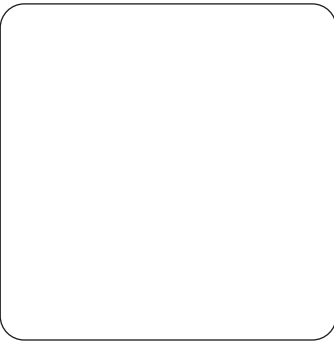
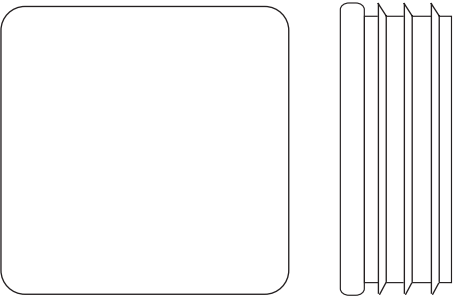
1" Cover Cap (55)—2



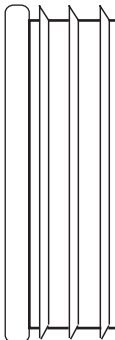
1 1/4" Inner Cap (57)—1



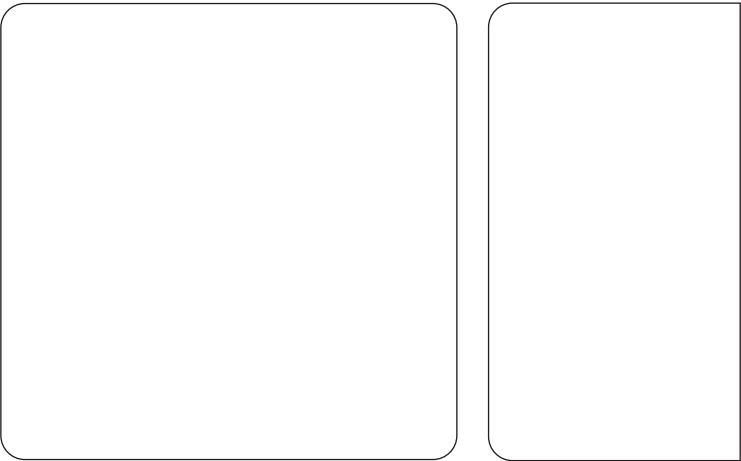
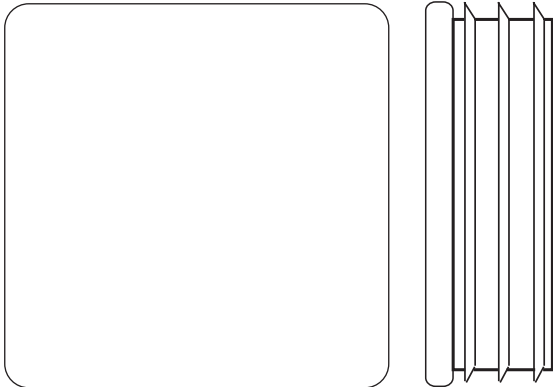
1 1/2" Inner Cap (32)—2



1 3/4" Inner Cap (44)—6

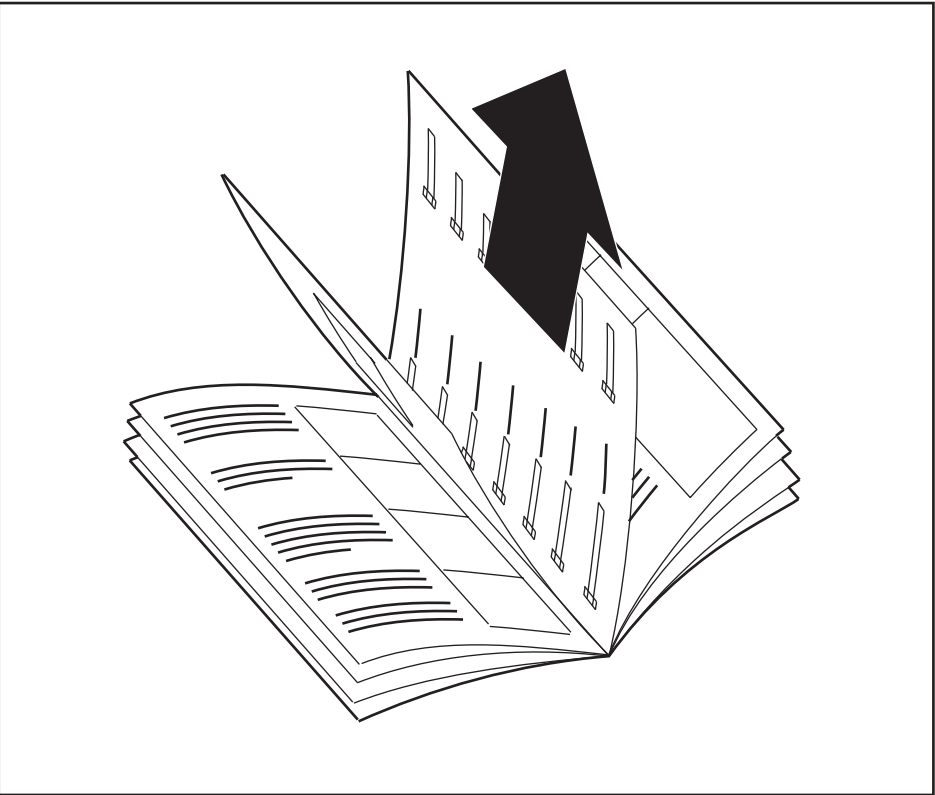


2" Inner Cap (27)—3



2" Outer Cap (88)—2

This chart is provided to help identify the small parts used in assembly. Some parts come pre-assembled for shipping purposes; if a part cannot be found in the parts bags, check the system frame to make sure it hasn't come pre-assembled. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity used in assembly. This side of the chart shows all of the nuts, washers and bolts used in assembly. See the opposite side of this chart for all other parts.





1/4" Nylon Lock Nut (7)—6



5/16" Jam Nut (2)—6



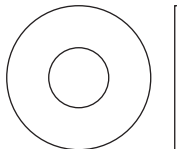
5/16" Nylon Lock Nut (3)—23



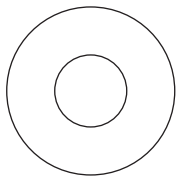
3/8" Jam Nut (6)—6



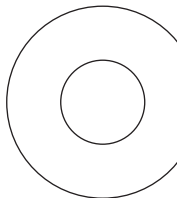
3/8" Nylon Lock Nut (21)—6



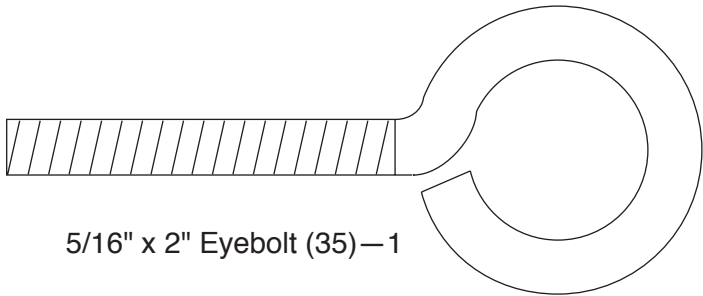
1/4" Flat Washer (10)—4



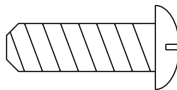
5/16" Flat Washer (8)—21



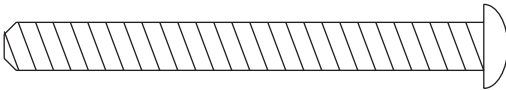
3/8" Flat Washer (9)—5



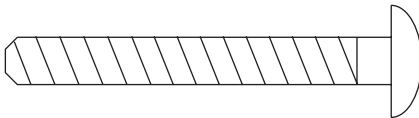
5/16" x 2" Eyebolt (35)—1



1/4" x 3/4" Screw (18)—8



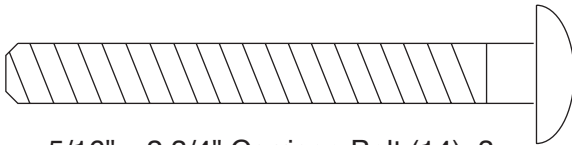
1/4" x 2 1/2" Screw (43)—2



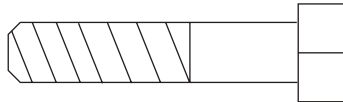
1/4" x 2" Carriage Bolt (38)—2



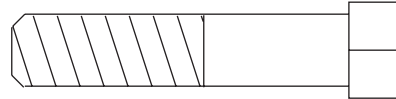
5/16" x 2 1/2" Carriage Bolt (1)—2



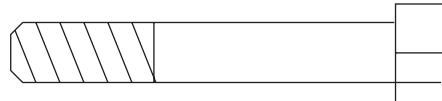
5/16" x 2 3/4" Carriage Bolt (14)—3



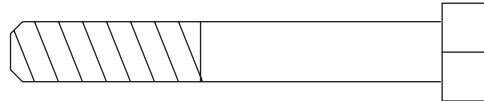
5/16" x 1 1/2" Bolt (24)—2



3/8" x 1 3/4" Bolt (12)—8



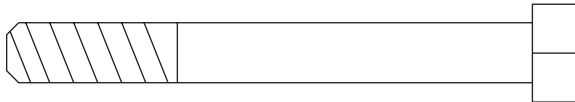
5/16" x 2" Bolt (61)—3



5/16" x 2 1/4" Bolt (33)—3



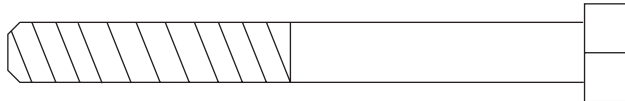
3/8" x 2 1/2" Bolt (62)—2



5/16" x 2 3/4" Bolt (11)—10



3/8" x 2 3/4" Bolt (70)—1



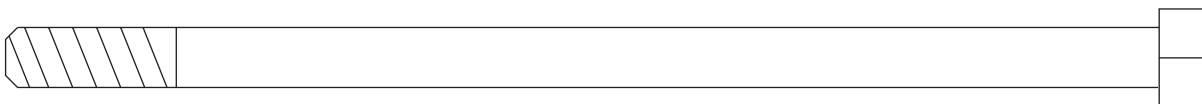
5/16" x 3" Bolt (17)—1



5/16" x 3 1/4" Bolt (76)—2



5/16" x 3 1/2" Bolt (87)—1



5/16" x 6" Bolt (74)—1



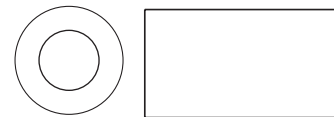
1/2" x 1/2" Spacer (65)—2



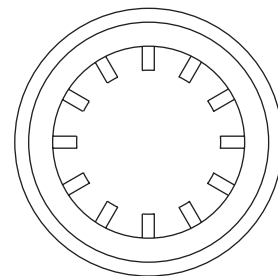
1/2" x 3/8" Spacer (51)—2



1" Spacer (22)—1



1" Plastic Stop (64)—1



1" Retainer (54)—4