

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:

08457 089 009

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 (WLEMBE73201)
- the NAME of the product (WESLO® 400 weight bench)
- the SERIAL NUMBER of the product
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15).

WESLO®

bench400

USER'S MANUAL

Model No. WLEMBE73201
Serial No. _____

The serial number is found on a decal on the weight bench. Write the serial number in the space above for reference.

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:

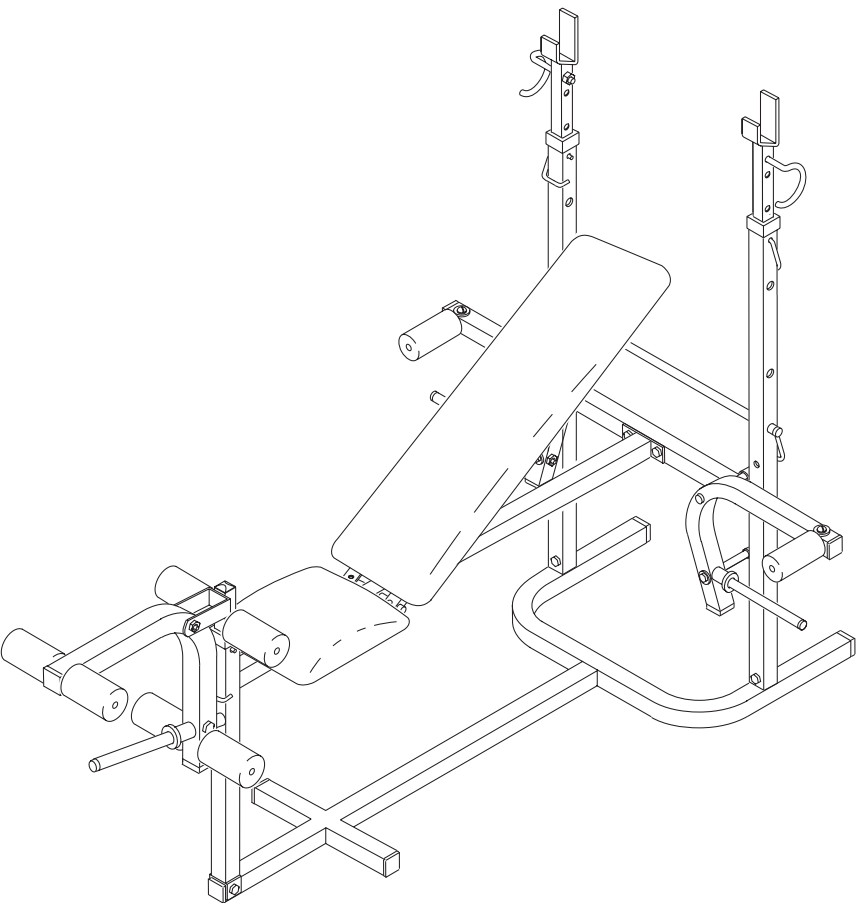
08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, 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

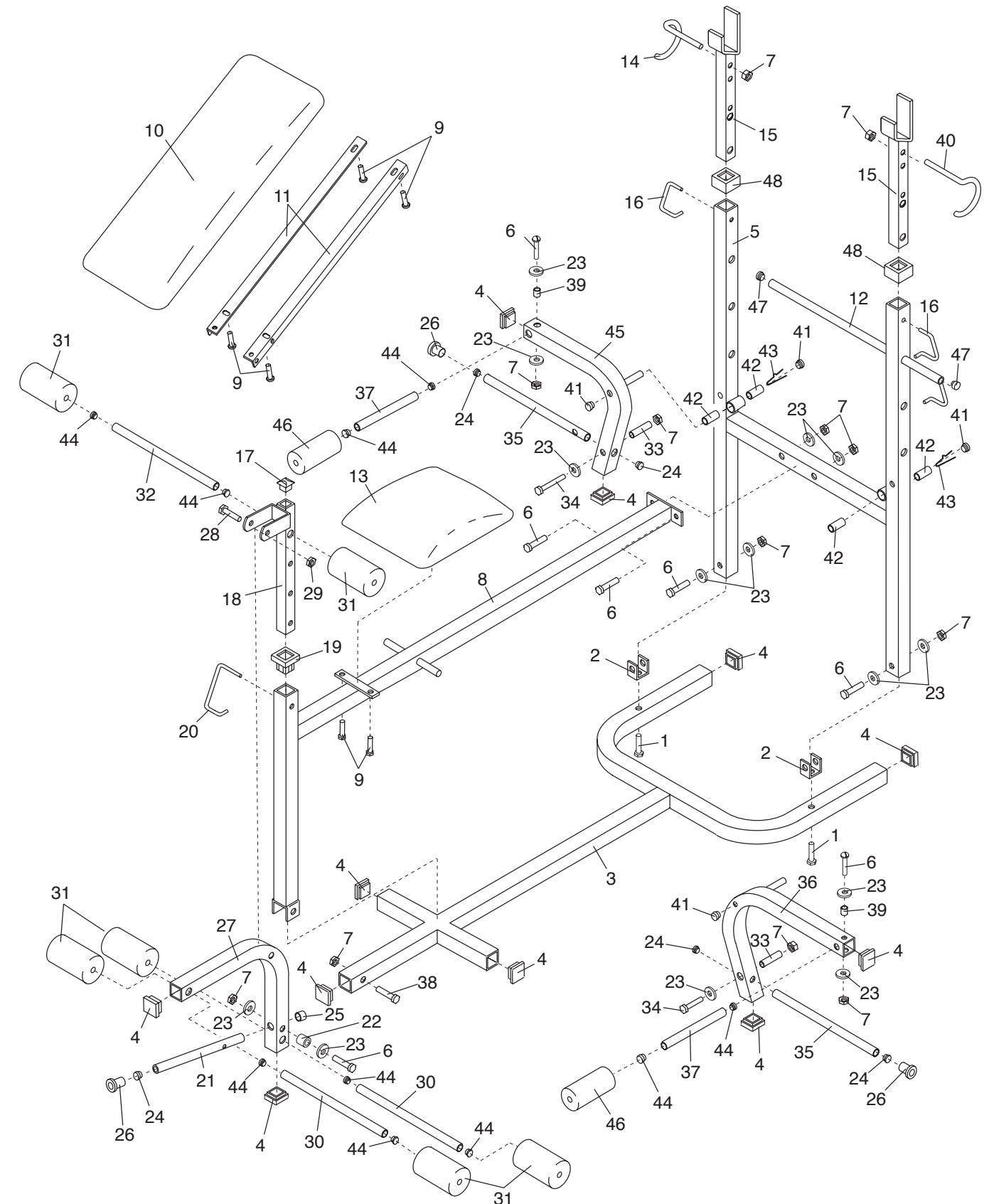
www.iconeurope.com

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Exploded Drawing—Model No. WLEMBE73201 **R0703A**

R0703A



Part List—Model No. WLEMBE73201

R0703A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	5	M8 x 45mm Bolt	27	1	Leg Lever
2	2	“U”-bracket	28	1	M10 x 63mm Bolt
3	1	Base	29	1	M10 Nylon Locknut
4	11	38mm Square Inner Cap	30	2	Short Pad Tube
5	1	“H”-frame	31	6	Large Foam Pad
6	7	M8 x 52mm Bolt	32	1	Long Pad Tube
7	12	M8 Nylon Locknut	33	2	14.5mm x 72mm Plastic Spacer
8	1	Bench Frame	34	2	M8 x 116mm Bolt
9	6	M6 x 16mm Screw	35	2	Butterfly Weight Tube
10	1	Backrest	36	1	Left Butterfly Arm
11	2	Backrest Bracket	37	2	Butterfly Pad Tube
12	1	Adjustment Tube	38	1	M8 x 55mm Bolt
13	1	Seat	39	2	13mm x 10mm Spacer
14	1	Right Barbell Hook	40	1	Left Barbell Hook
15	2	Weight Rest	41	4	22mm Round Inner Cap
16	2	Adjustment Clip	42	4	29mm Bushing
17	1	25mm Square Inner Cap	43	2	Spring Clip
18	1	Leg Lever Tube	44	10	19mm Round Inner Cap
19	1	Leg Lever Bushing	45	1	Right Butterfly Arm
20	1	Large Adjustment Clip	46	2	Small Foam Pad
21	1	Weight Tube	47	2	16mm Round Inner Cap
22	1	13mm x 7mm Spacer	48	2	Upright Bushing
23	14	M8 Washer	#	1	User’s Manual
24	5	25mm Round Inner Cap	#	1	Exercise Guide
25	1	25mm Round Angle Cap	#	1	Grease Pack
26	3	Weight Stop			

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.

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 in this manual.

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

3. The weight bench is intended for 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.

5. Inspect and properly tighten all parts each time the weight bench is used. Replace any worn parts immediately.

6. Keep children under the age of 12 and pets away from the weight bench at all times.

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

8. Keep hands and feet away from moving parts.

9. When you are using a barbell, make sure that there is an equal amount of weight on each side. Note: The weight bench does not include a barbell or weights.

10. Do not use a barbell that is longer than 1.5 m (5 ft.) with the weight bench.

11. The weight bench is designed to support a maximum user weight of 136 kg (300 lbs.), and a maximum total weight of 186 kg (410 lbs.). Do not place more than 50 kg (110 lbs.), including a barbell and weights, on the weight rests. Do not place more than 23 kg (50 lbs.) on the leg lever. Do not place more than 14 kg (30 lbs.) on each butterfly arm.
12. When using the backrest in an inclined position, make sure the adjustment tube is fully inserted into the uprights and that the locking pin is in position around the upright.

13. Always set both weight rests at the same height. The adjustment clip must always be inserted through both the upright and the weight rest.

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

15. When adding or removing weights, always keep some weight on both ends of the barbell and secure the barbell with the barbell hooks to prevent the barbell from tipping.

16. The decal shown below has been placed on the weight bench. If the decal is missing or illegible, please call our Customer Service Department at 08457 089 009 to order a free replacement decal. Apply the replacement decal in the location shown.
- ⚠ WARNING

- Misuse of this product may result in serious injury.
 - Read user’s manual and follow all warnings and operating instructions prior to use.
 - Do not allow children on or around machine.
 - Replace label if damaged, illegible, or removed.

⚠ 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.

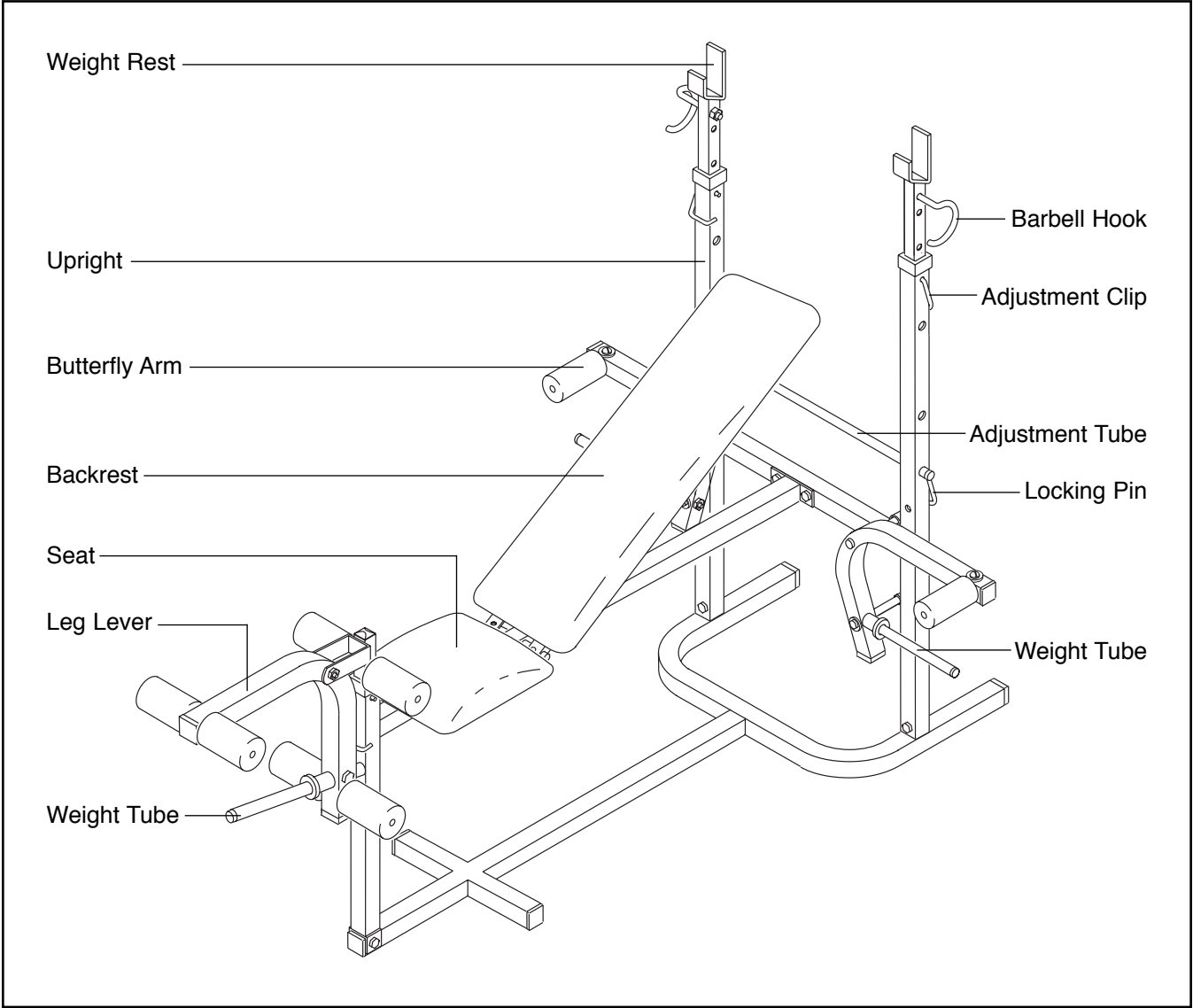
Before You Begin

Thank you for selecting the versatile WESLO® BENCH 400 weight bench. The weight bench is designed to help you 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 weight bench will help you to achieve the 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 at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WLEMBE73201. The serial number can be found on a decal attached to the weight bench.

Before reading further, please review the drawing below to familiarise yourself with the parts that are labelled.



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

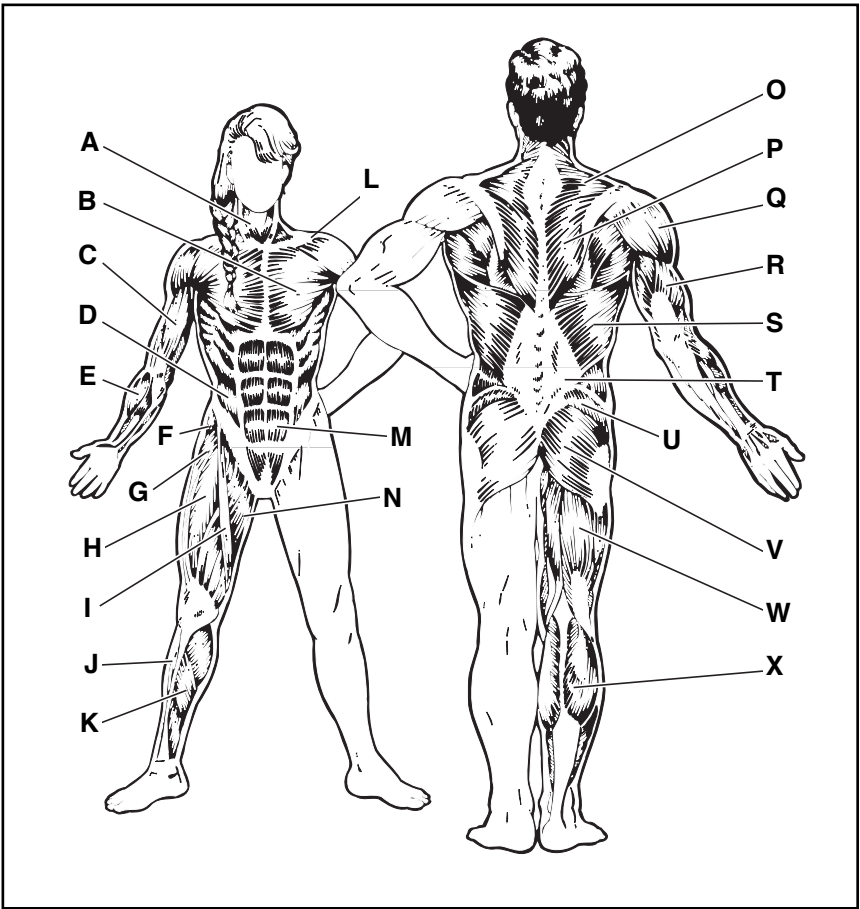
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

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)
- X. Gastrocnemius (back of calf)



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise 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

Cross training is an efficient way to get a complete and well-balanced fitness program. An 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.

PERSONALISING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is 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 whilst 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, emphasising areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

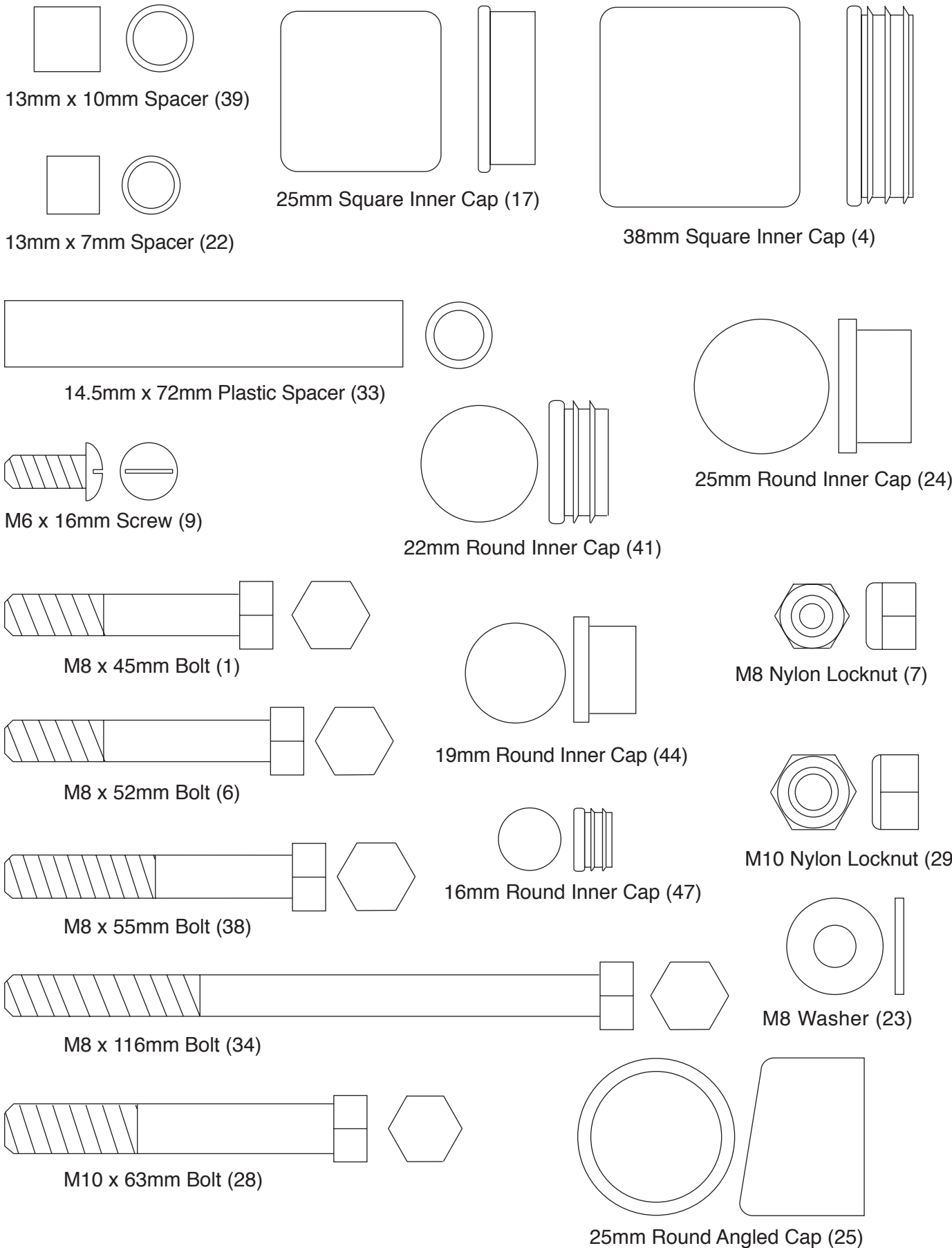
Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. 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 13 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.

Part Identification Chart



Assembly

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



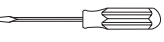
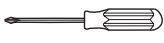
Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying the small parts, use the **PART IDENTIFICATION CHART** on page 5.

• As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

The following tools (not included) are required for assembly:

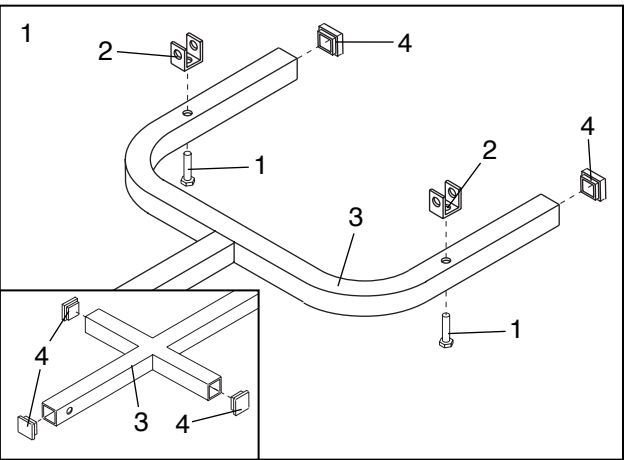
- **two adjustable spanners** 
- **one rubber mallet** 
- **one standard screwdriver** 
- **one phillips screwdriver** 
- **lubricant, such as grease or petroleum jelly, and soapy water.**

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 assembling this product, make sure that you have read and understand the information in the box above.**

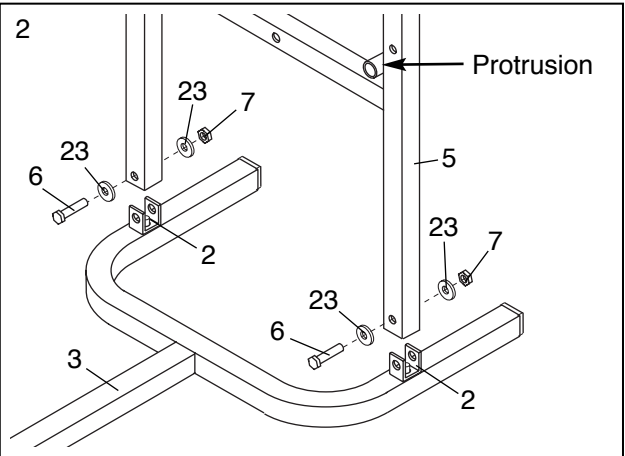
Press five 38mm Square Inner Caps (4) into the Base (3) as shown.

Unscrew the M8 x 45mm Bolts (1) from the “U”-brackets (2). Insert the Bolts up through the indicated holes in the Base (3). Place a “U”-bracket on each Bolt and hand tighten the Bolts. **Do not fully tighten the Bolts yet. Make sure the “U”-brackets are oriented as shown in the drawing.**



2. Place the “H”-frame (5) over the two “U”-brackets (2) on the Base (3). **Make sure that the “H”-frame is oriented correctly. The indicated round tubes must protrude on the side shown.**

Attach the “H”-frame (5) to the “U”-brackets (2) with two M8 x 52mm Bolts (6), four M8 Washers (23), and two M8 Nylon Locknuts (7). **Do not fully tighten the Nylon Locknuts yet.**

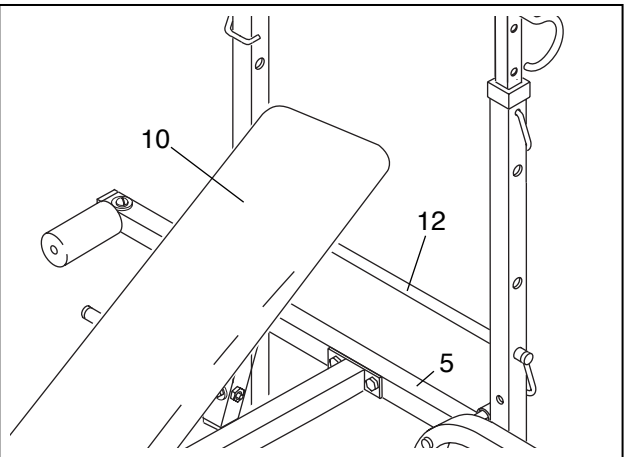


ADJUSTING THE BACKREST

The Backrest (10) can be set to four different positions: a level position and three inclined positions.

To change the position of the Backrest (10), move the Adjustment Tube (12) to a different set of adjustment holes in the uprights. Rotate the Adjustment Tube to the locked position, with the locking pin wrapped around the “H”-frame (5).

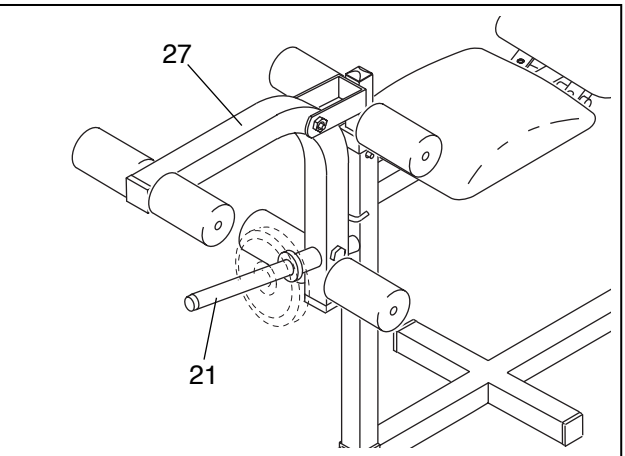
To set the Backrest (10) to a level position, remove the Adjustment Tube (12) and rest the Backrest on the “H”-frame (5).



ATTACHING WEIGHTS TO THE LEG LEVER

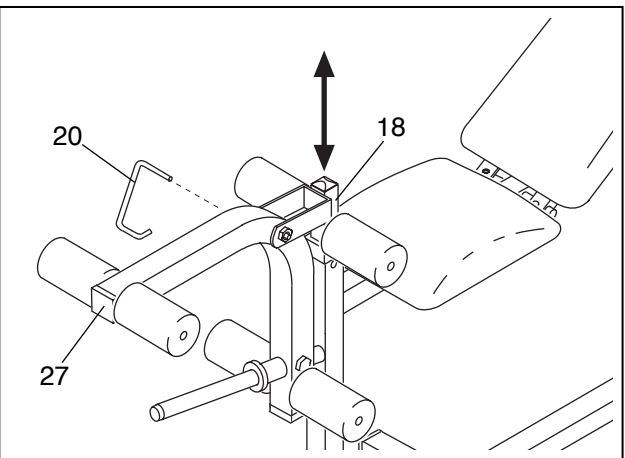
To use the Leg Lever (27), slide the desired amount of weight (not included) onto the Weight Tube (21).

WARNING: Do not place more than 23 kg (50 lbs.) on the Leg Lever (27).



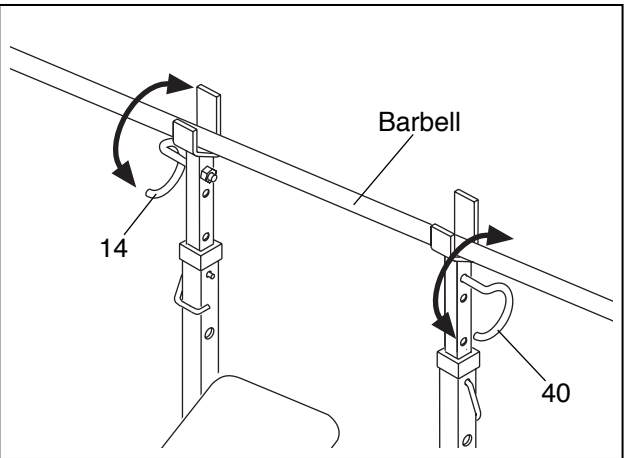
ADJUSTING THE HEIGHT OF THE LEG LEVER

To adjust the height of the Leg Lever (27), remove the Large Adjustment Clip (20). Slide the Leg Lever Tube (18) to the desired position and re-insert the Large Adjustment Clip.



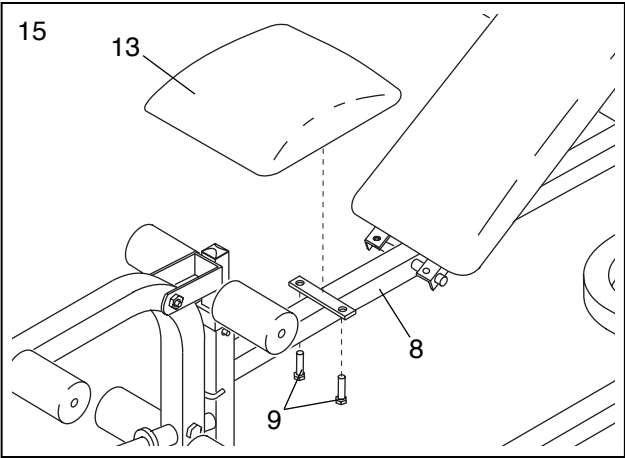
LOCKING THE BARBELL

To change weights whilst your barbell (not included) is on the uprights, secure your barbell with the Barbell Hooks (14, 40). 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.

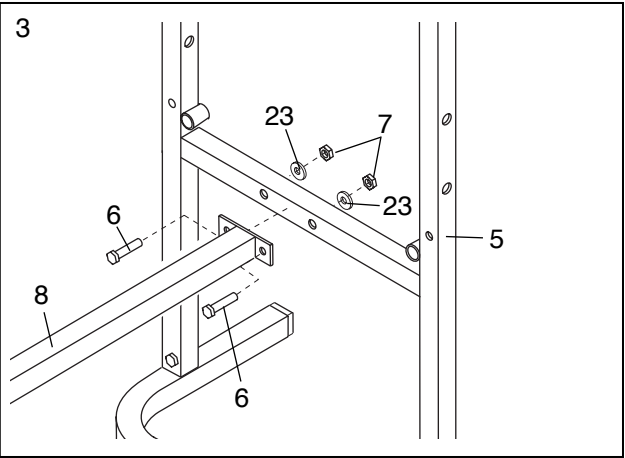


15. Attach the Seat (13) to the bracket on the Bench Frame (8) with two M6 x 16mm Screws (9).

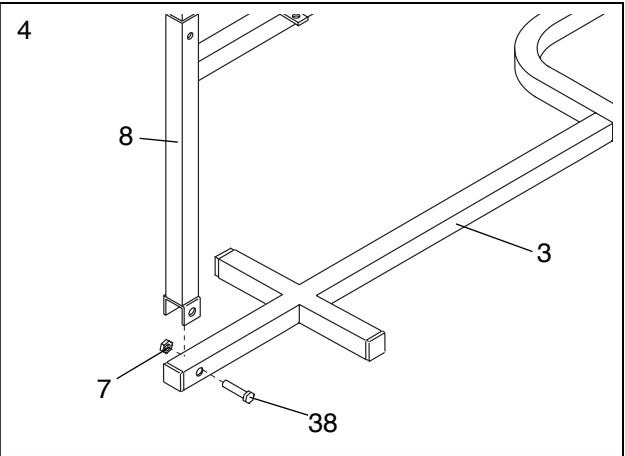
16. Make sure all parts are properly tightened before the weight bench is used. The use of all remaining parts will be explained in Adjustments below.



3. Attach the Bench Frame (8) to the “H”-frame (5) with two M8 x 52mm Bolts (6), two M8 Washers (23), and two M8 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**



4. Attach the Bench Frame (8) to the Base (3) with an M8 x 55mm Bolt (38) and an M8 Nylon Locknut (7). **Tighten the Bolts and Locknuts used in steps 1 to 4.**



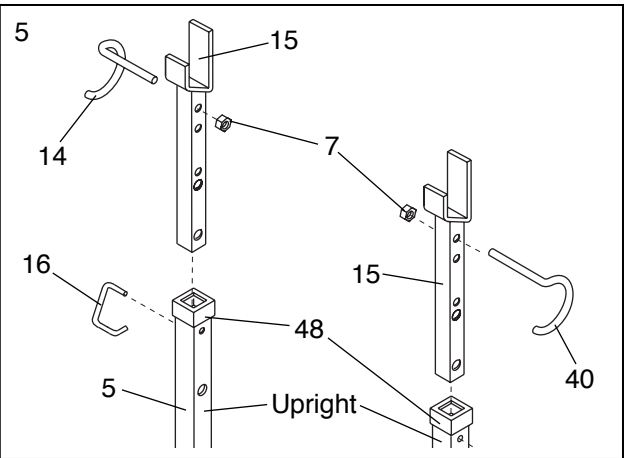
5. Attach the Right Barbell Hook (14) to a Weight Rest (15) with an M8 Nylon Locknut (7).

Attach the Left Barbell Hook (40) to the other Weight Rest (15) with an M8 Nylon Locknut (7).

Press two Upright Bushings (48) onto the top of the “H”-frame (5).

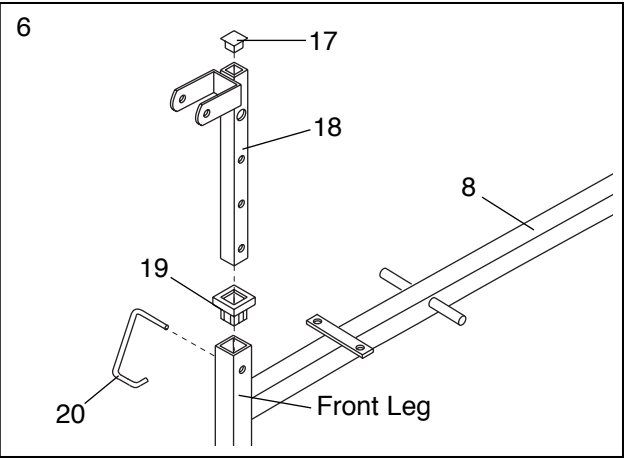
Insert a Weight Rest (15) into each of the uprights on the “H”-frame (5). Secure each Weight Rest with an Adjustment Clip (16).

Make sure that the Weight Rests (15) are at the same height.



6. Insert a 25mm Square Inner Cap (17) into the top of the Leg Lever Tube (18).

Press a Leg Lever Bushing (19) into the top of the front leg on the Bench Frame (8). Insert the Leg Lever Tube (18) into the front leg and secure it with the Large Adjustment Clip (20).



Adjustments

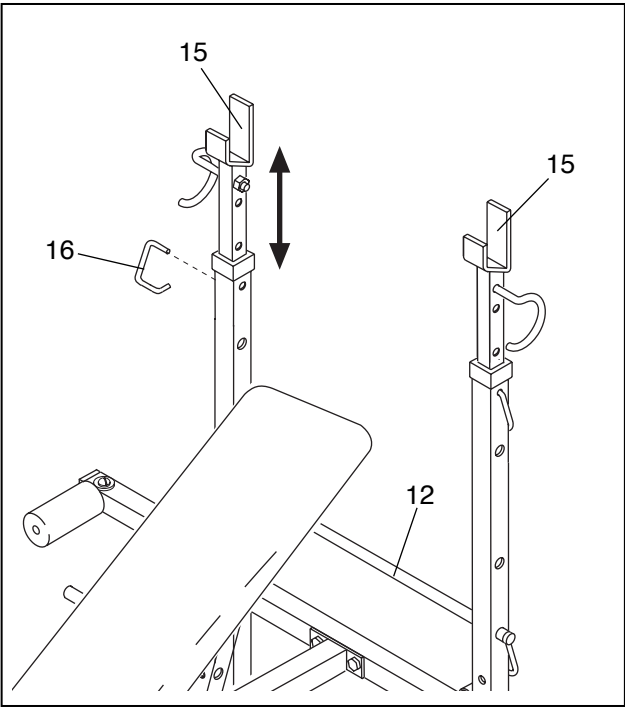
This section explains how to adjust the weight bench. See the Exercise Guidelines on page 12 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Inspect and tighten all parts each time the weight bench is used. 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 WEIGHT RESTS

To change the height of the Weight Rests (15), **first remove your Barbell (not shown) from the Weight Rests**. If the Adjustment Tube (12) is inserted in one of the two upper sets of adjustment holes, you will need to remove it to adjust the Weight Rests.

Whilst holding one of the Weight Rests (15) with one hand, remove the Adjustment Clip (16) from the upright. Slide the Weight Rest to the desired position. Insert the Adjustment Clip through both the Upright and the Weight Rest. Adjust the other Weight Rest in the same manner.

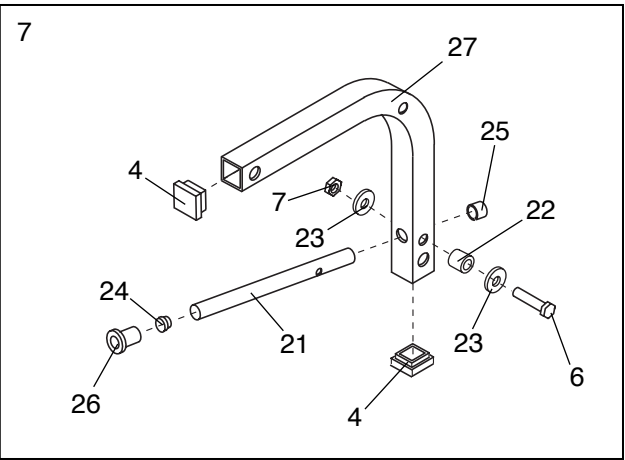


⚠ WARNING: Always set both Weight Rests (15) at the same height. The Adjustment Clips (16) must always be inserted through both the Uprights and the Weight Rests.

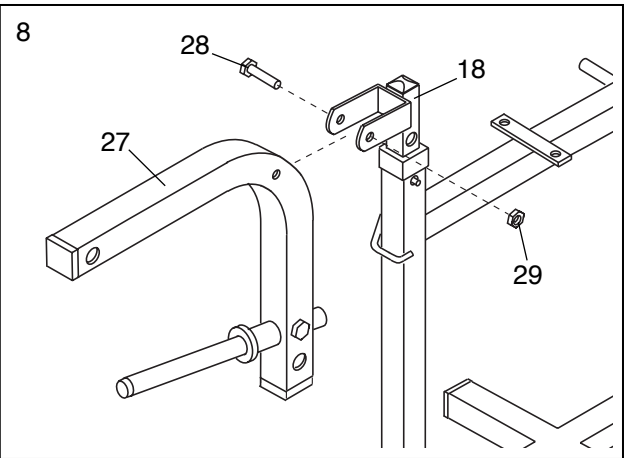
7. Attach the Weight Tube (21) to the Leg Lever (27) with an M8 x 52mm Bolt (6), a 13mm x 7mm Spacer (22), two M8 Washers (23), and an M8 Nylon Locknut (7).

Press a 25mm Round Inner Cap (24) into the indicated end of the Weight Tube (21). Press a 25mm Round Angle Cap (25) onto the other end of the Weight Tube. Slide a Weight Stop (26) onto the Weight Tube.

Press a 38mm Square Inner Cap (4) into each end of the Leg Lever (27).



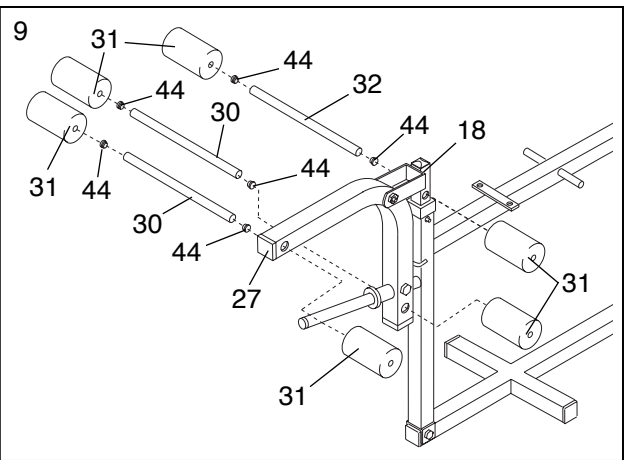
8. Lubricate the M10 x 63mm Bolt (28) with petroleum jelly or another type of grease. Attach the Leg Lever (27) to the bracket on the Leg Lever Tube (18) with the Bolt and the M10 Nylon Locknut (29).



9. Press a 19mm Round Inner Cap (44) into each end of the two Short Pad Tubes (30) and the Long Pad Tube (32).

Insert the two Short Pad Tubes (30) into the holes in the Leg Lever (27). Slide two Large Foam Pads (31) onto each Short Pad Tube.

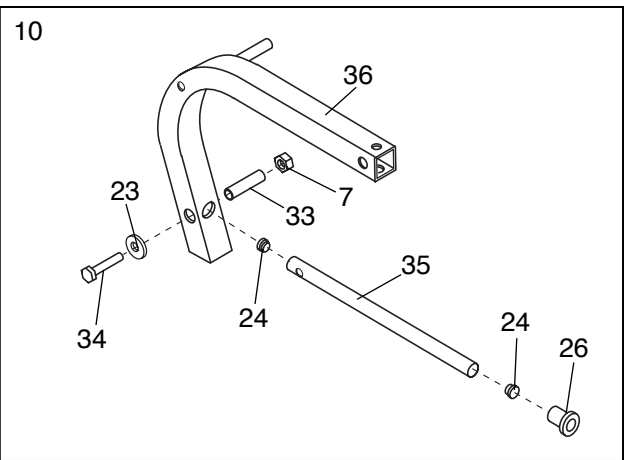
Insert the Long Pad Tube (32) into the hole in the Leg Lever Tube (18) as shown. Slide two Large Foam Pads (31) onto the Long Pad Tube.



10. Press a 25mm Round Inner Cap (24) into each end of a Butterfly Weight Tube (35).

Attach the Butterfly Weight Tube (35) to the Left Butterfly Arm (36) with an M8 x 116mm Bolt (34), an M8 Washer (23), a 14.5mm x 72mm Plastic Spacer (33), and an M8 Nylon Locknut (7).

Slide a Weight Stop (26) onto the Butterfly Weight Tube (35).

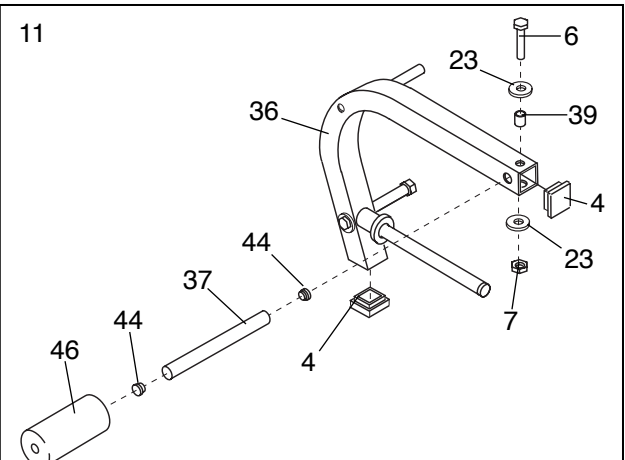


11. Press a 19mm Round Inner Cap (44) into each end of the Butterfly Pad Tube (37).

Slide the Butterfly Pad Tube (37) into the indicated hole in the Left Butterfly Arm (36). Secure the Pad Tube with an M8 x 52mm Bolt (6), a 13mm x 10mm Spacer (39), two M8 Washers (23), and an M8 Nylon Locknut (7).

Slide a Small Foam Pad (46) onto the Butterfly Pad Tube (37).

Press a 38mm Square Inner Cap (4) into each end of the Left Butterfly Arm (36).

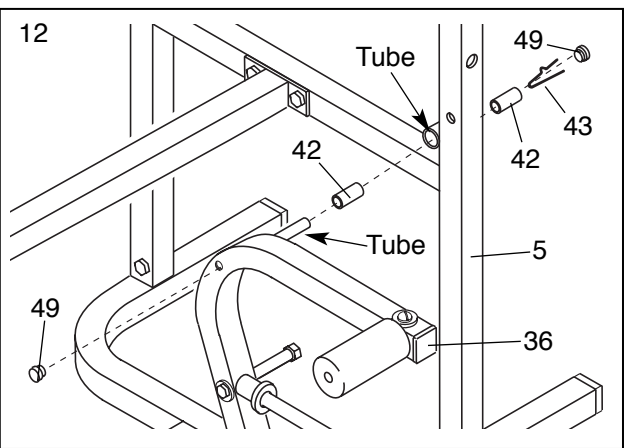


12. Press two 29mm Bushings (42) into the indicated welded tube on the "H"-frame (5). Slide the tube on the Left Butterfly Arm (36) into the Bushing.

Insert a Spring Clip (43) into the end of the tube on the Left Butterfly Arm (36) until the button on the Spring Clip snaps into the hole in the tube.

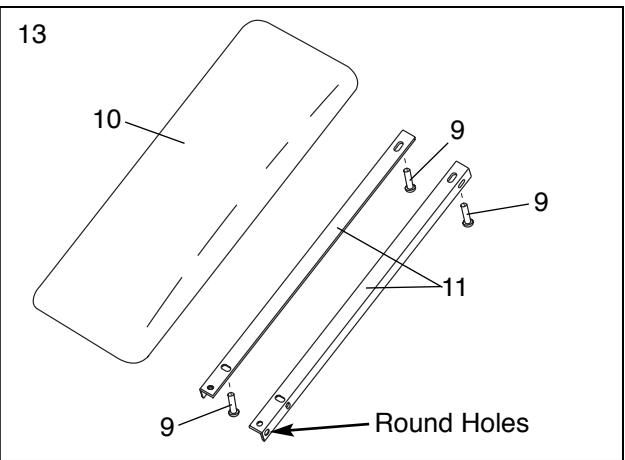
Press a 22mm Round Inner Cap (41) into each end of the tube on the Left Butterfly Arm (36).

Repeat steps 10 through 12 for the Right Butterfly Arm (45, not shown).



13. Unscrew the four M6 x 16mm Screws (9) from the Backrest (10). Attach the Backrest Brackets (11) to the Backrest with three of the Screws. **Do not tighten the Screws yet.**

Make sure that the Backrest Brackets (11) are oriented exactly as shown in the drawing. Note that the threaded nuts in the Backrest (10) are closer to one end of the Backrest. The round holes in the Backrest Brackets must be pointed towards this end of the Backrest, so that they extend beyond the Backrest.



14. Insert the Adjustment Tube (12) into the centre set of adjustment holes in the "H"-frame (5). Rotate the Adjustment Tube to the locked position, with the locking pin wrapped around the "H"-frame.

Rest one end of the Backrest (10) on the Adjustment Tube (12). Slide the Backrest Bracket (11) that is attached with two screws onto the welded pin on the Bench Frame (8). Then, pivot the other Backrest Bracket over the welded pin. Fasten the Backrest Bracket to the Backrest with the remaining M6 x 16mm Screw (9). **Tighten all four Screws in the Backrest Brackets.**

