

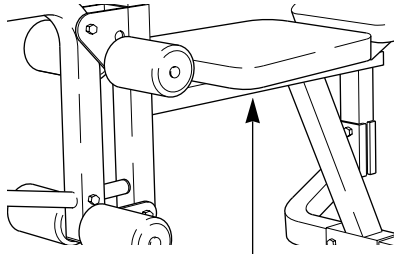


WEIDER PRO

Model No. 831.150860

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

208

USER'S MANUAL

EXERCISE EQUIPMENT

QUESTIONS

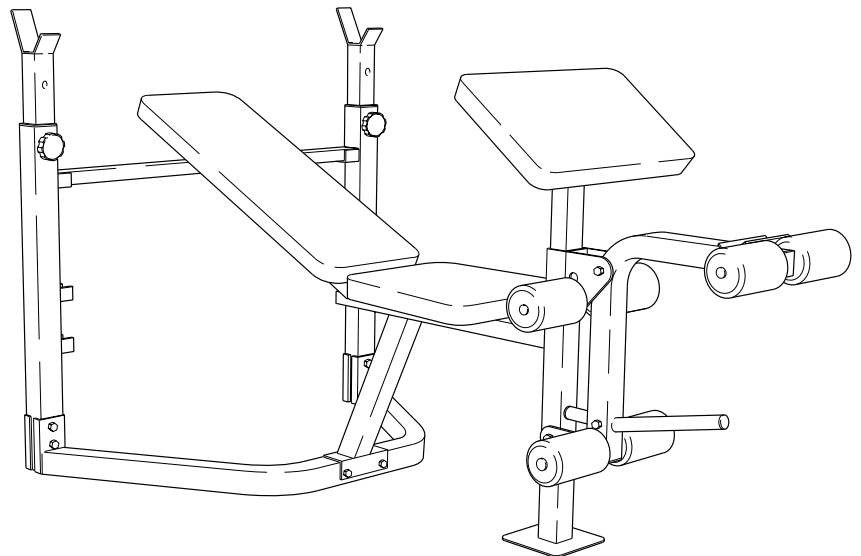
HELPLINE!

1-800-736-6879

PATENT PENDING

CAUTION

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



SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

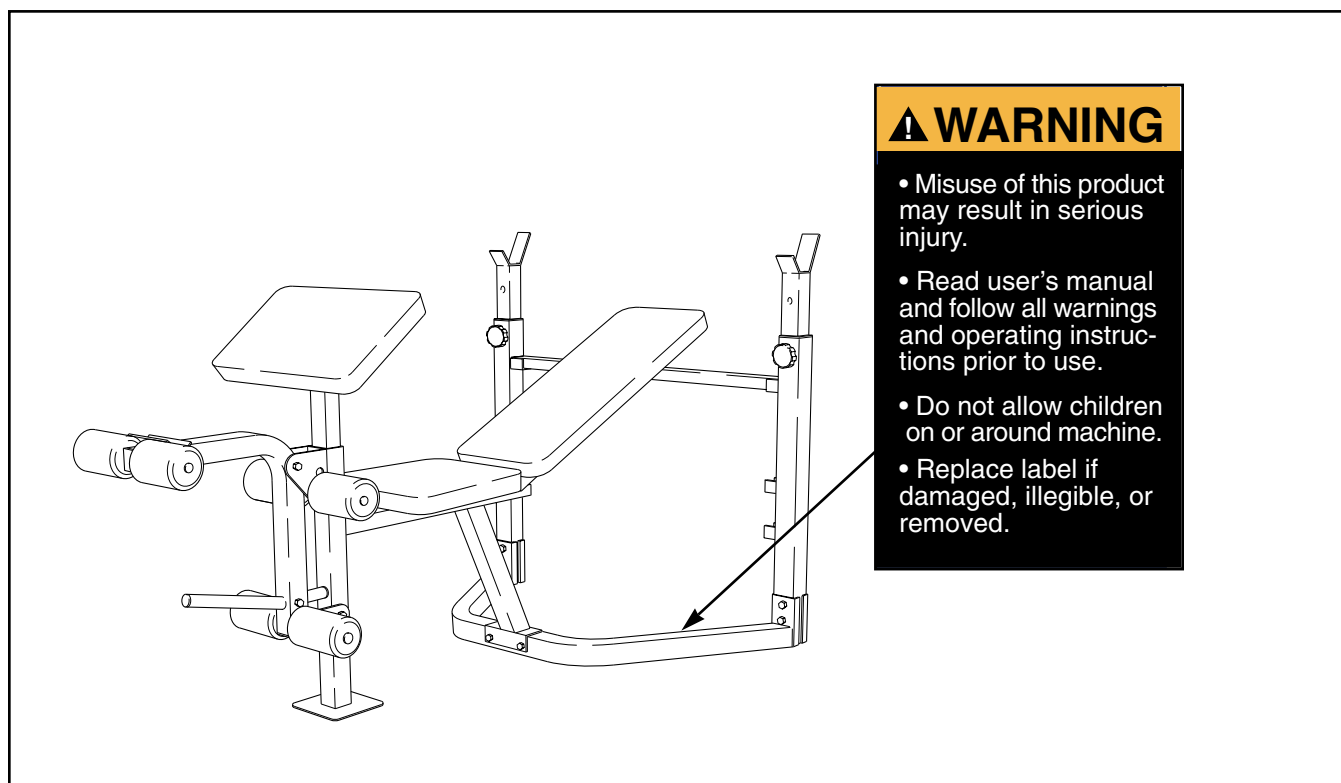
Table of Contents

Warning Decal Placement	2
Important Precautions	3
Before You Begin	4
Part Identification Chart	5
Assembly	6
Adjusting the Weight Bench	10
Exercise Guidelines	13
Ordering Replacement Parts	Back Cover
Full 90 Day Warranty	Back Cover

Note: A Part List/Exploded Drawing is attached to the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Warning Decal Placement

The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time, to order a replacement decal. Apply the replacement decal to 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.

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 for protection.
5. Inspect and 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 while exercising.
9. Do not use a barbell (not included) longer than six feet with this weight bench.
10. When you are using a barbell (not included), always make sure there is an equal amount of weight on each side.
11. The weight bench is designed to support a maximum of 460 pounds, including the user, a barbell and weights. Do not place more than 210 pounds, including a barbell and weights on the weight rests. Do not place more than 130 pounds on the leg lever for normal use.
12. Always place 50 pounds on the leg lever to balance the bench when performing squat exercises (see page 11).
13. Always fold the backrest out of the way when performing squat exercises (see page 11). Do not sit on the seat when the backrest is folded.
14. Do not stand with your back to the weight bench when performing squat exercises (see page 11). You should be able to see the weight rests while exercising so that you can safely return the barbell to the weight rests when you finish the exercise.
15. When using the backrest, make sure the adjustment tube is fully inserted into the adjustment brackets in the uprights.
16. Always remove the curl post from the front leg before performing leg curl or leg extension exercises with the leg lever (see page 12).
17. Always set both weight rests at the same height. The M10 adjustment knob must always be inserted through both the upright and the weight rest and firmly tightened into the welded nut. Never tighten the M10 adjustment knob into an upright and then set the weight rest in the upright on top of the adjustment knob.
18. Always exercise with a partner. When you are performing bench press exercises, squat exercises or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
19. If you feel pain or dizziness at any time while 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. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

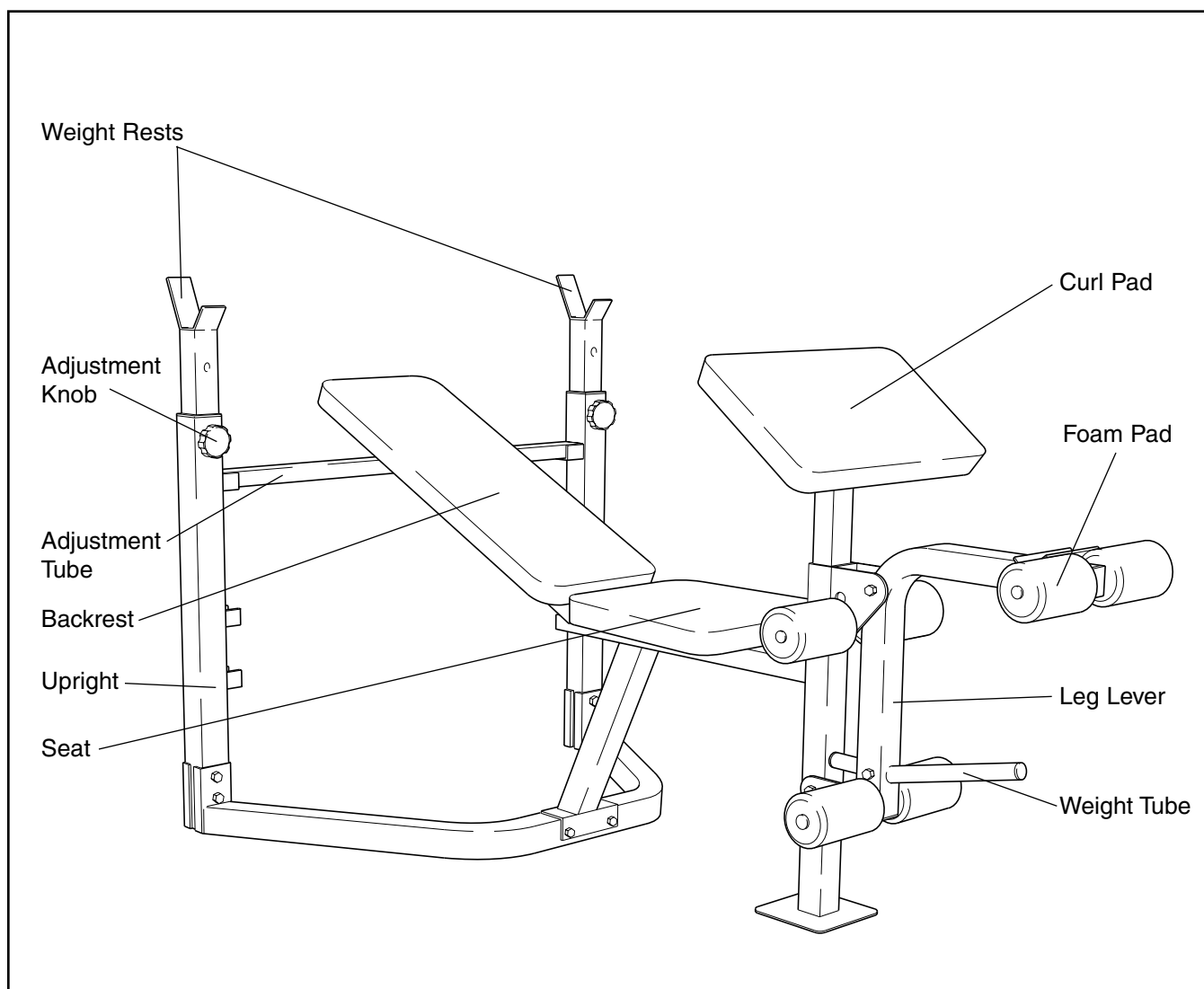
Before You Begin

Thank you for selecting the versatile WEIDER® PRO 208 Weight Bench. The PRO 208 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 PRO 208 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 208 Weight Bench. If you have additional questions, please call our toll-free

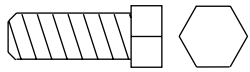
HELPLINE at **1-800-736-6879**, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is **831.150860**. The serial number can be found on a decal attached to the WEIDER® PRO 208 Weight Bench (see the front cover of this manual).

Please use the drawing below to familiarize yourself with the major parts and how they fit together.

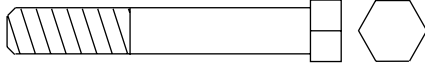


Part Identification Chart - Model No. 831.150860

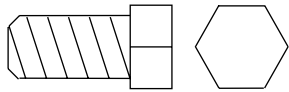
R0999A



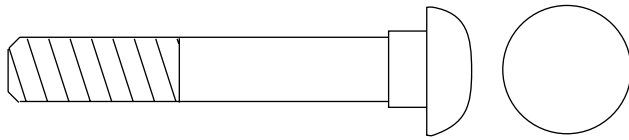
M6 x 16mm Screw (45)



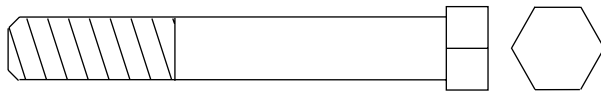
M6 x 40mm Bolt (44)



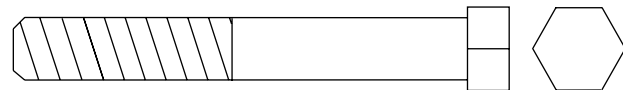
M8 x 16mm Bolt (39)



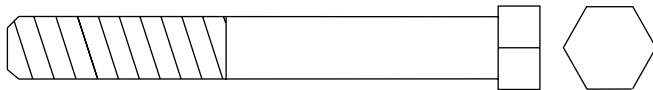
M8 x 55mm Carriage Bolt (47)



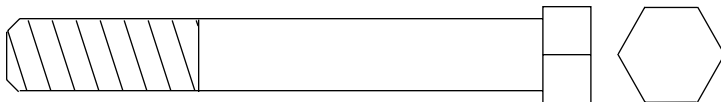
M8 x 58mm Bolt (38)



M8 x 60mm Bolt (48)



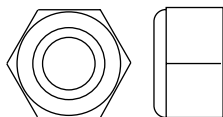
M8 x 65mm Bolt (42)



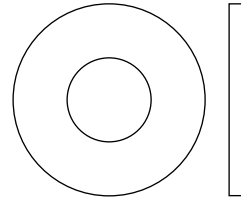
M10 x 70mm Bolt (41)



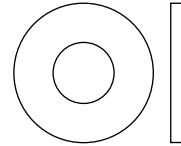
M8 Nylon Locknut (40)



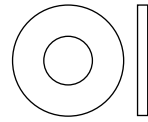
M10 Nylon Locknut (49)



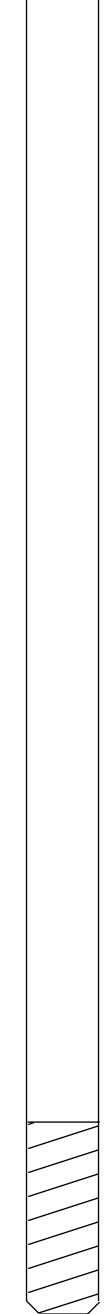
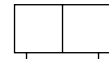
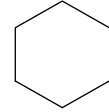
M10 Washer (37)



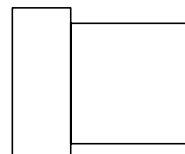
M8 Washer (21)



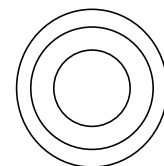
M6 Washer (36)



M10 x 175mm Bolt (43)



10mm Plastic Bushing (35)



Assembly

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



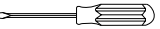
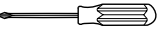
Make Things Easier for Yourself!

Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts and consequently, the assembly process will take time. 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 of the manual.
- 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 (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly plus soapy water.**

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.

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

Insert a 1 3/4" Slotted Square Inner Cap (50) into the Bench Frame (5).

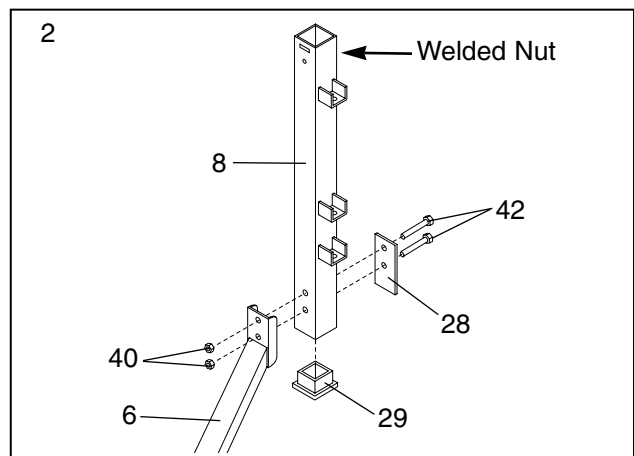
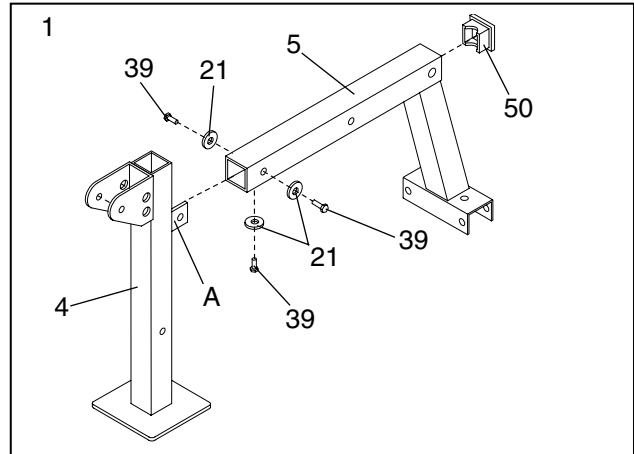
Place the Bench Frame (5) in the bracket (A) on the Front Leg (4) and attach it with three M8 x 16mm Bolts (39) and three M8 Washers (21). **Do not fully tighten the Bolts.**

Note: The Caps mentioned in all assembly steps may come pre-assembled from the factory.

2. Press a 2" Square Inner Cap (29) into the lower end of the Left Upright (8).

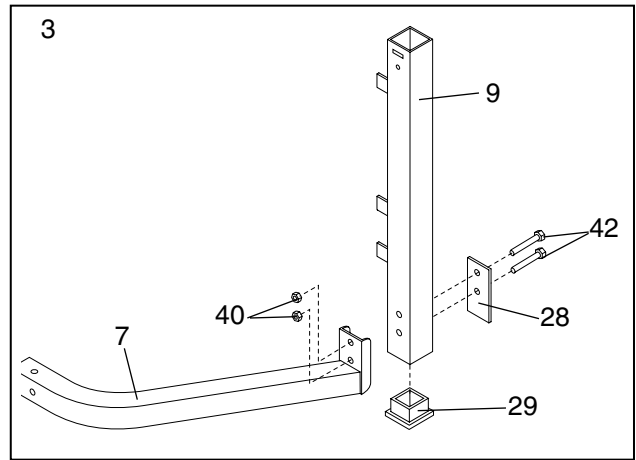
Attach the Left Upright (8) to the Left Base (6) with a Support Plate (28), two M8 x 65mm Bolts (42) and two M8 Nylon Locknuts (40). **Do not confuse the Left and Right Upright. Locate the welded nut to identify each Upright.**

Do not tighten the Nylon Locknuts yet.



3. Press a 2" Square Inner Cap (29) into the lower end of the Right Upright (9).

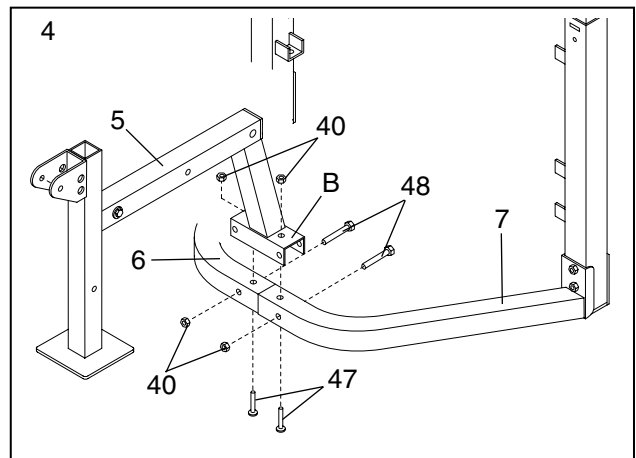
Attach the Right Upright (9) to the Right Base (7) with a Support Plate (28), two M8 x 65mm Bolts (42) and two M8 Nylon Locknuts (40).



4. Insert an M8 x 55mm Carriage Bolt (47) through the front hole in each Base (6, 7). Slide the mounting bracket (B) on the Bench Frame (5) onto the Carriage Bolts. Partially tighten an M8 Nylon Locknut (40) onto each Carriage Bolt.

Do not tighten the Nylon Locknuts yet.

Insert two M8 x 60mm Bolts (48) through the mounting bracket (B) on the Bench Frame (5) and the Left and Right Base (6, 7). Tighten an M8 Nylon Locknut (40) onto each Bolt. **Tighten the Bolts (39) and Locknuts (40) used in steps 1–4 now.**

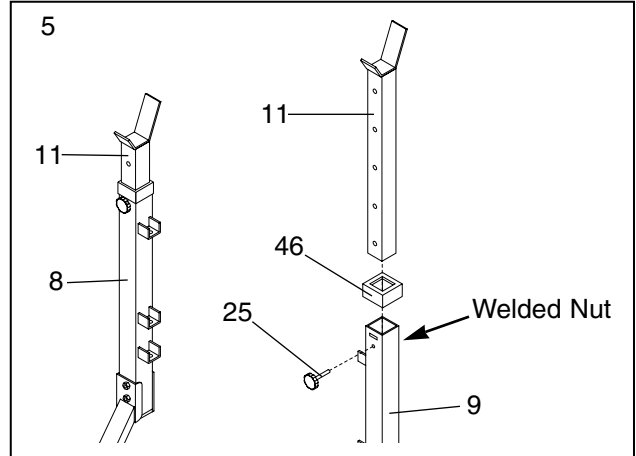


5. Press an Outer Upright Bushing (46) onto the top end of each Upright (8, 9).

Slide a Weight Rest (11) into the Right Upright (9). Align one of the holes in the Weight Rest with the hole in the Upright. Insert an M10 Adjustment Knob (25) through the Upright and the Weight Rest. Tighten the Knob into the welded nut.

Insert the other Weight Rest into the Left Upright (8) in the same manner.

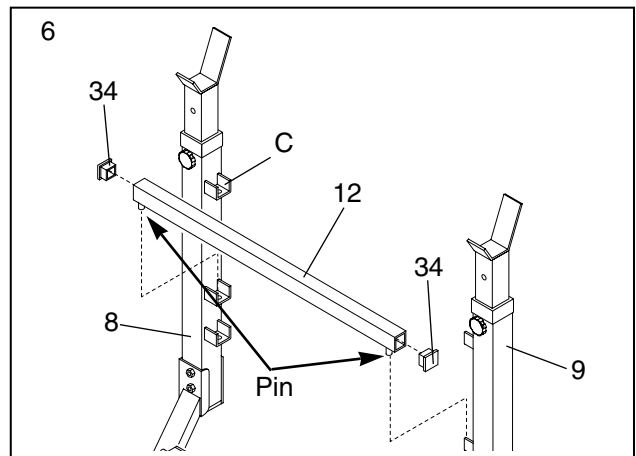
Both Weight Rests must be set at the same height.



6. Press a 1 1/4" Square Inner Cap (34) into each end of the Adjustment Tube (12).

Insert the Adjustment Tube into one set of adjustment brackets (C) on the Uprights (8, 9).

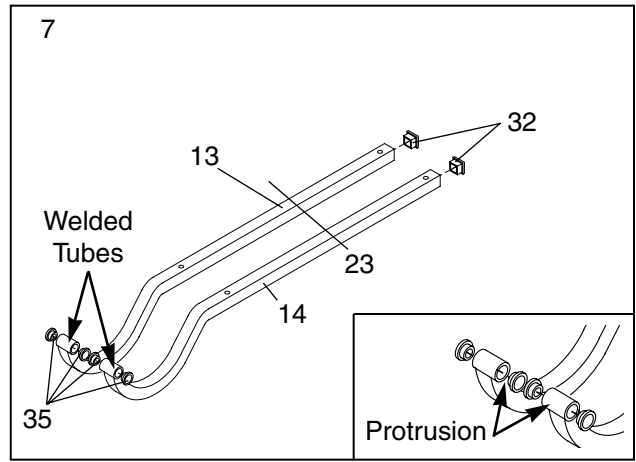
Make sure the Adjustment Tube (12) is oriented as shown and that the pins on the Tube are fully inserted into the slots in the adjustment brackets (C).



7. Insert a 1" Square Inner Cap (32) into the open end of each Backrest Tube (13, 14).

Insert a 10mm Plastic Bushing (35) into each end of the welded tubes on the Backrest Tubes (13, 14) as shown in the inset drawing.

Identify the Left (13) and Right (14) Backrest Tube. The welded tube on the front end extends on one side. This protrusion must be pointed towards the center of the bench as shown in the inset drawing.



8. Refer to the inset drawing for this step.

Lubricate an M10 x 175mm Bolt (43) and slide an M10 Washer (37) onto it. Push the Bolt through the welded tube on the Left Backrest Tube (13).

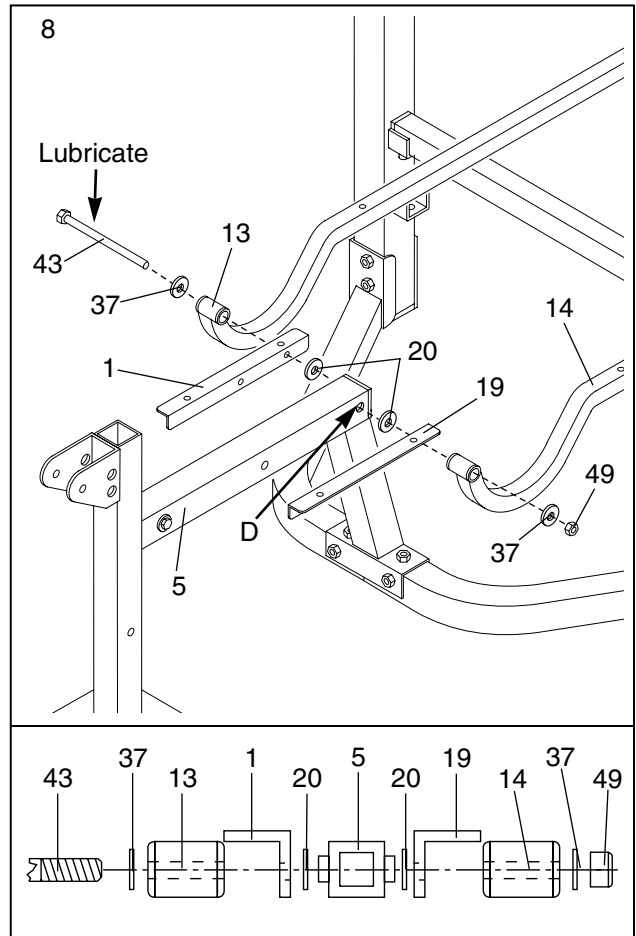
Insert the Bolt through the indicated hole in the Left Seat Bracket (1). **Make sure you have identified the Left Seat Bracket and that it is oriented as shown in the drawing.**

Slide a Plastic Spacer (20) onto the M10 x 175mm Bolt (43). Push the Bolt through the holes (D) in the Bench Frame. Slide another Plastic Spacer (20) onto the Bolt.

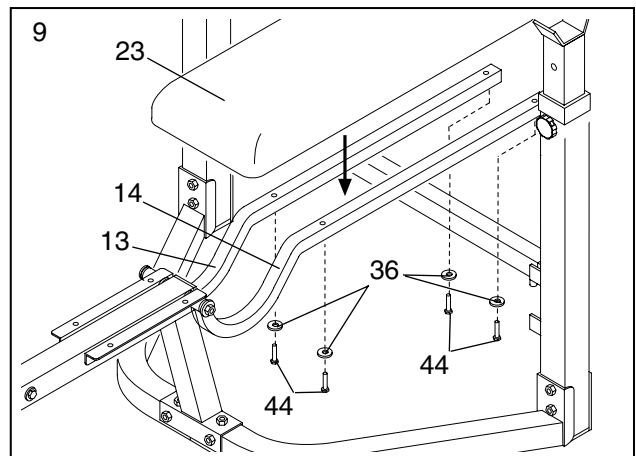
Insert the M10 x 175mm Bolt (43) through the indicated hole in the Right Seat Bracket (19). **Make sure you have identified the Right Seat Bracket and that it is oriented as shown in the drawing.**

Push the M10 x 175mm Bolt (43) through the welded tube on the Right Backrest Tube (14). Secure it with an M10 Washer (37) and an M10 Nylon Locknut (49).

Do not overtighten the Nylon Locknut. You must be able to freely pivot the Backrest Tubes (13, 14) and Seat Brackets (1, 19).



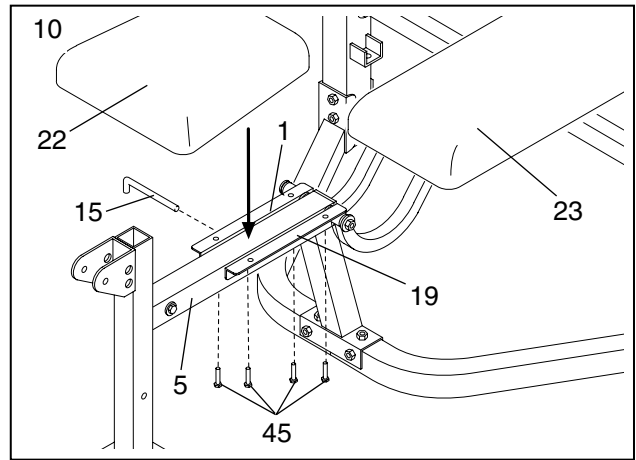
9. Attach the Backrest (23) to the Left Backrest Tube (13) and the Right Backrest Tube (14) with four M6 x 40mm Bolts (44) and four M6 Washers (36).



10. Attach the Seat (22) to the Left Seat Bracket (1) and the Right Seat Bracket (19) with four M6 x 16mm Screws (45).

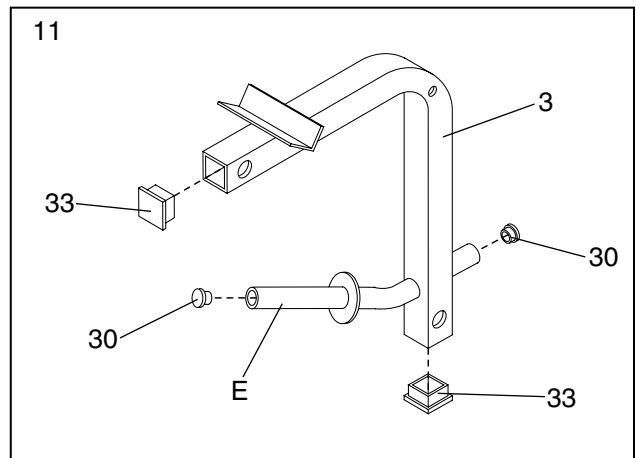
Insert the Seat Pin (15) through the holes in the center of the Seat Brackets and the holes in the Bench Frame (5).

Make sure the narrow end of the Seat (22) is pointing towards the Backrest (23).



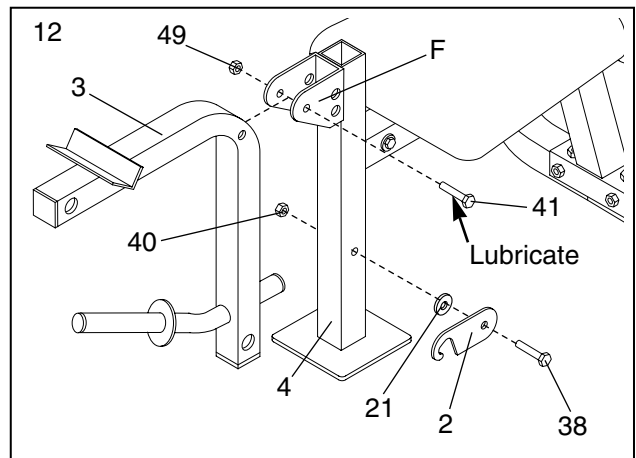
11. Press a 1" Round Inner Cap (30) into each end of the weight tube (E) on the Leg Lever (3).

Press a 1 1/2" Square Inner Cap (33) into each end of the Leg Lever (3).



12. Lubricate an M10 x 70mm Bolt (41). Attach the Leg Lever (3) to the bracket (F) on the Front Leg (4) with the Bolt and an M10 Nylon Locknut (49).

Attach the Leg Lever Lock (2) to the Front Leg (4) with an M8 x 58mm Bolt (38), an M8 Washer (21) and an M8 Nylon Locknut (40). **Do not overtighten the Nylon Locknut. The Leg Lever Lock must be easy to turn.**

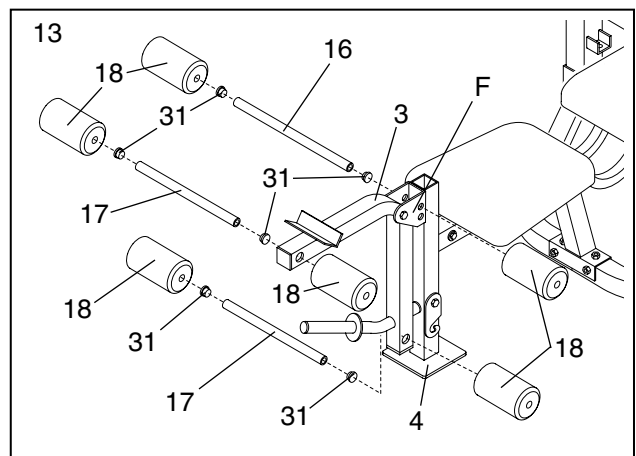


13. Press six 3/4" Round Inner Caps (31) into the ends of the three Pad Tubes (16, 17).

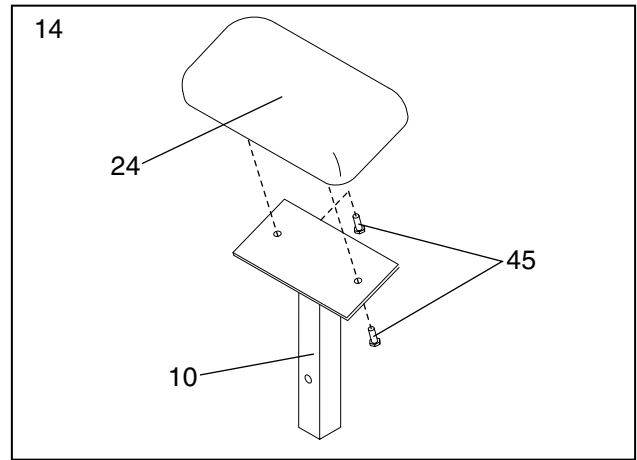
Insert a Short Pad Tube (17) through each of the holes in the Leg Lever (3).

Insert the Long Pad Tube (16) through one of the two sets of holes in the bracket (F) on the Front Leg (4).

Slide two Foam Pads (18) onto each Pad Tube (16, 17).



14. Attach the Curl Pad (24) to the Curl Post (10) with two M6 x 16mm Screws (45).



15. Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in Adjusting the Weight Bench starting below.

Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 13 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

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

ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (11), first remove your Barbell (not shown) from the Weight Rests.

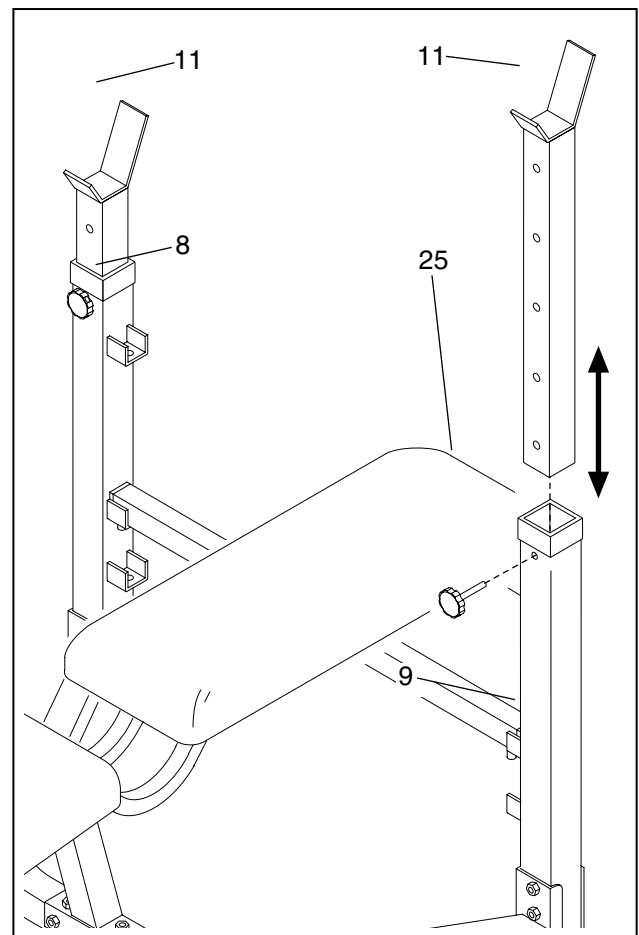
While holding a Weight Rest (11) with one hand, remove the M10 Adjustment Knob (25) from one Upright (8 or 9). Slide the Weight Rest to the desired position. Insert the M10 Adjustment Knob through both the Upright and the Weight Rest and tighten it into the welded nut. Position the other Weight Rest in the same manner.

Make sure that you fully tighten the M10 Adjustment

WARNING: Always set both weight rests at the same height. The M10 adjustment knob must always be inserted through both the upright and the weight rest and firmly tightened into the welded nut. Never tighten the M10 adjustment knob into an upright and then set the weight rest in the upright on top of the adjustment knob.

Knob (25).

Note that for squat exercises the Weight Rests (11) must be turned around in the Uprights (8, 9).

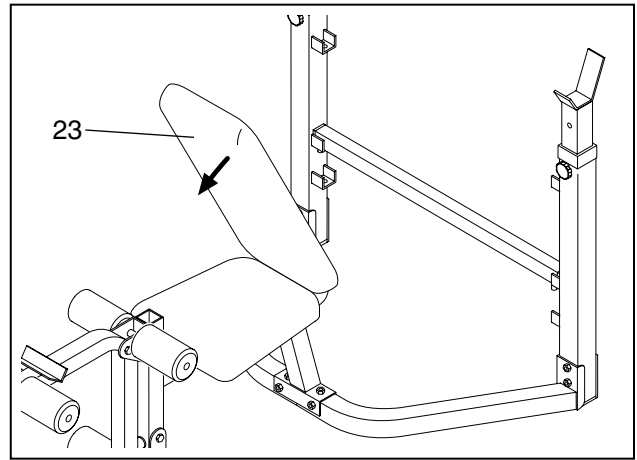


FOLDING THE BACKREST

To perform squat exercises, you will need to fold the Backrest (23) to the upright position.

To fold the Backrest (23), lift and pull it forward as far as it will go. It will be held in place by its own weight.

WARNING: Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.



ADJUSTING THE WEIGHT BENCH FOR SQUAT EXERCISES

To perform squat or toe raise exercises, fold the Backrest (23) to the upright position as described above.

Remove the Adjustment Tube (12).

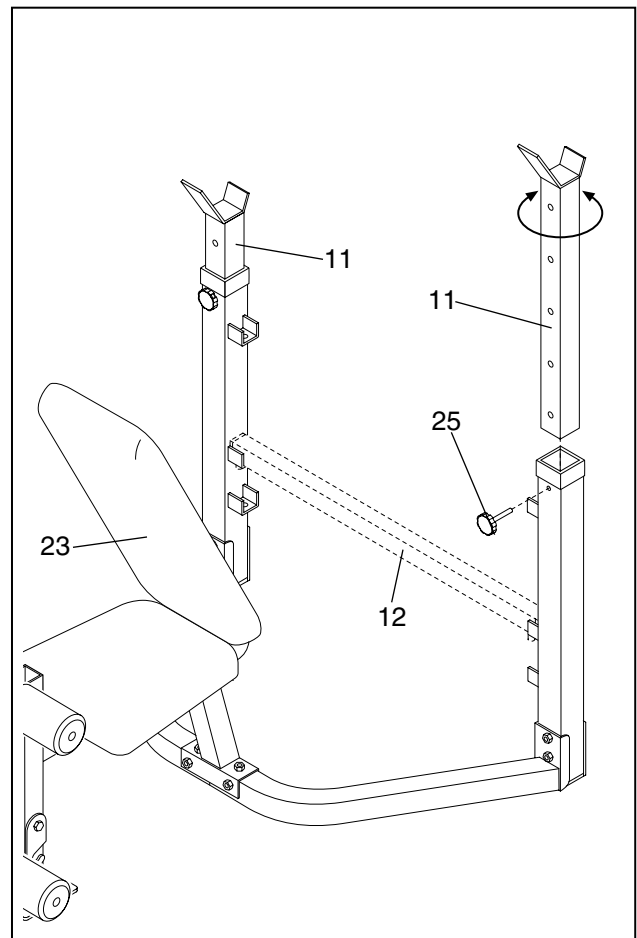
Move the Weight Rests (11) to one of the highest positions (see ADJUSTING THE WEIGHT RESTS earlier in this section).

Make sure the Weight Rests have been turned around as shown.

WARNING: Always place 50 pounds on the leg lever to balance the bench when performing squat exercises.

WARNING: Always fold the backrest out of the way when performing squat exercises.

WARNING: Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the Barbell (not included) when you finish the exercise.

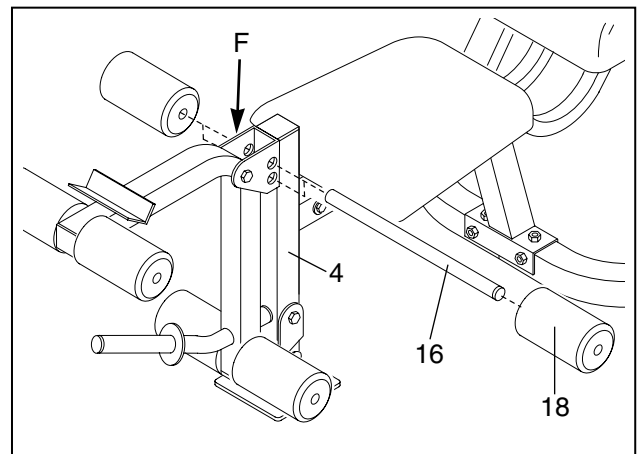


ADJUSTING THE LEG SUPPORT PADS

The Long Pad Tube (16) with Foam Pads (18) is mounted in the bracket (F) on the Front Leg (4). It can be placed in two different positions.

To move the leg support, pull off one of the Foam Pads (18). Pull the Pad Tube (16) with the remaining Foam Pad out of the bracket. Insert the Pad Tube in the other hole and press the Foam Pad back into place.

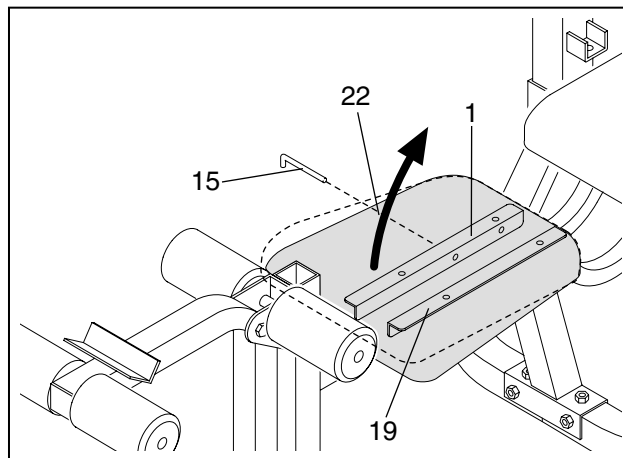
Note: The bracket (F) on the Front Leg (4) may have three adjustment holes on your particular weight bench.



ADJUSTING THE SEAT INCLINE

Some exercises can be performed more comfortably when the Seat (22) has a slight incline. To give the Seat an incline, pull out the Seat Pin (15). Lift up the wide end of the Seat and insert the Seat Pin (15) through the holes in the Seat Brackets (1, 19), but not through the holes in the Bench Frame (not shown). Then lower the Seat again.

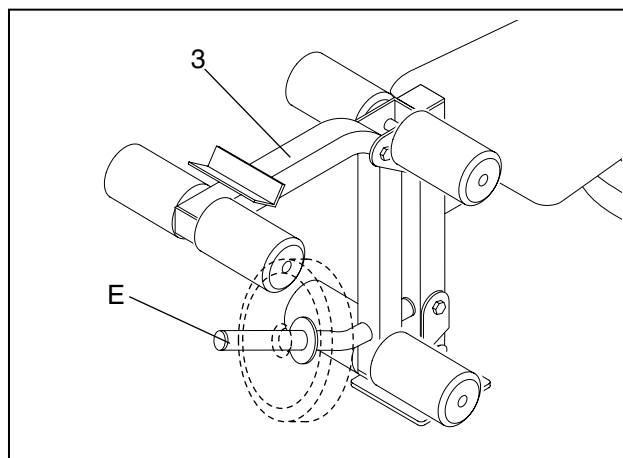
To remove the incline, pull out the Seat Pin (15), lower the Seat (22) and re-insert the pin through the holes in both the Seat Brackets (1, 19) and the Bench Frame.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (3), slide the desired amount of weight (not included) onto the Weight Tube (E).

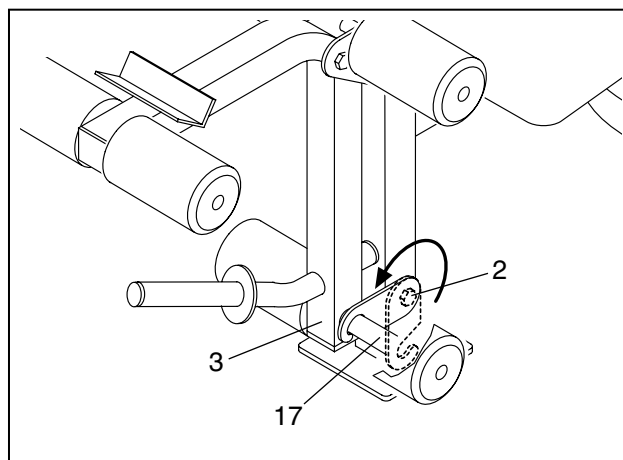
WARNING: Do not place more than 130 pounds on the leg lever.



LOCKING THE LEG LEVER

Some exercises, such as sit-ups, can be performed more comfortably with the Leg Lever (3) locked.

To lock the Leg Lever (3), turn the Leg Lever Lock (2) until it engages the Short Pad Tube (17).



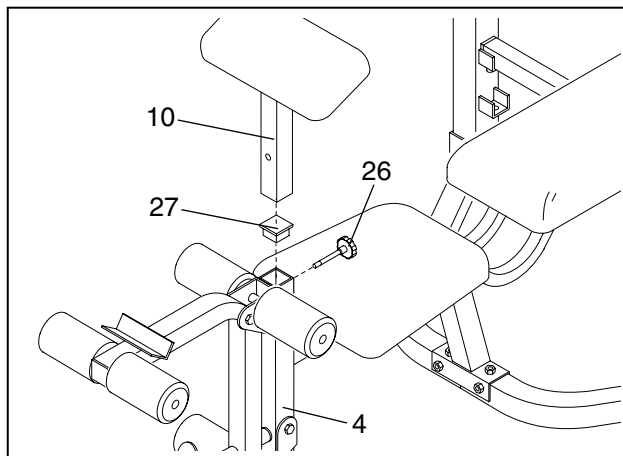
ATTACHING THE CURL POST

For some exercises, the Curl Post (10) must be attached to the weight bench.

Insert the Curl Post (10) into the indicated hole in the Front Leg (4). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the M8 Adjustment Knob (26). **Make sure that you fully tighten the Adjustment Knob (26).**

When the Curl Post (10) is not in use, insert the Front Leg Endcap (27) halfway into the top of the Front Leg (4).

When the Curl Post (10) is not in use, store it away from the weight bench so that it does not interfere with your exercise program.

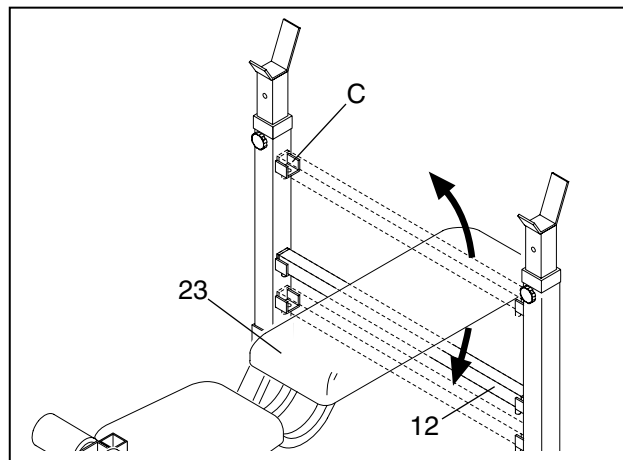


ADJUSTING THE BACKREST

The Backrest (23) can be set to three different positions: a level position, a decline position and an incline position.

To change the position of the Backrest (23), move the Adjustment Tube (12) to a different set of adjustment brackets (C) in the Uprights.

When moving the Adjustment Tube (12), always make sure the pins on it are seated in the slots in the adjustment brackets (C).



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level 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 obviously 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

Many people desire a complete and well-balanced fit-

ness program, and cross training is a very efficient way to accomplish this. One 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, running 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.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very 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 while 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 with emphasis on the areas that you want to develop the

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

You will gain the greatest benefits from exercising by maintaining proper form. 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 poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart below to find the locations 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!

You should rest for a short period of time after each set. The ideal resting periods are:

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 30 seconds after each set for a weight loss workout

Plan to spend the first couple of weeks familiarizing 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 very effective for increasing flexibility.

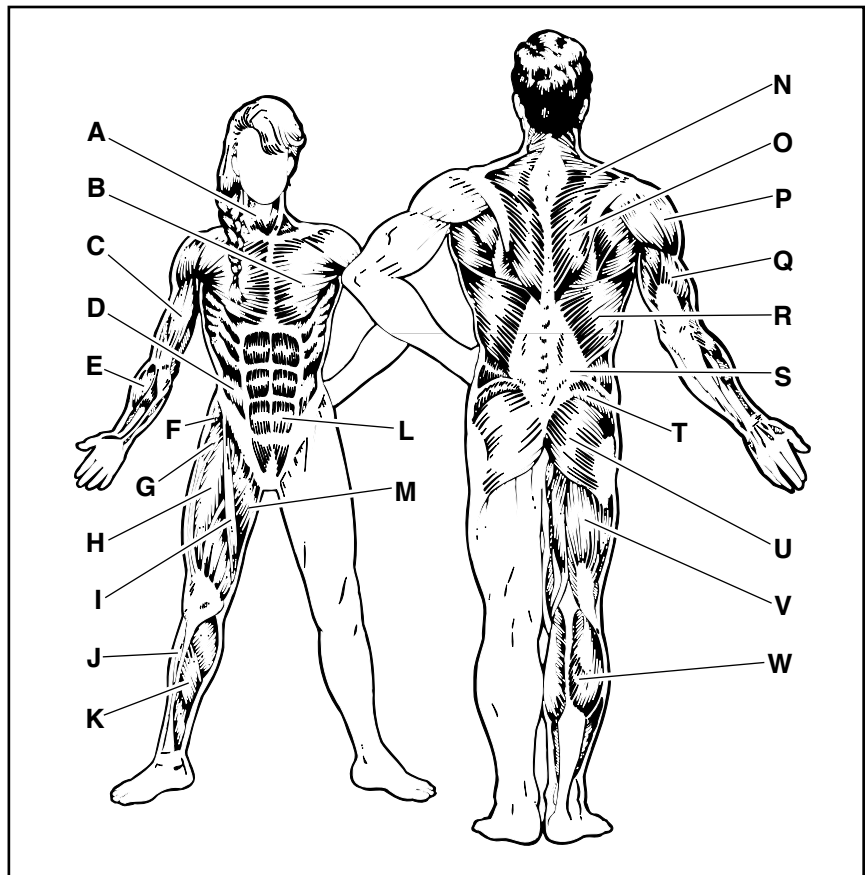
STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 17 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus 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. 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)



MONDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
 Date: _____
 / /

WEDNESDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
 Date: _____
 / /

FRIDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

Part List - Model No. 831.150860

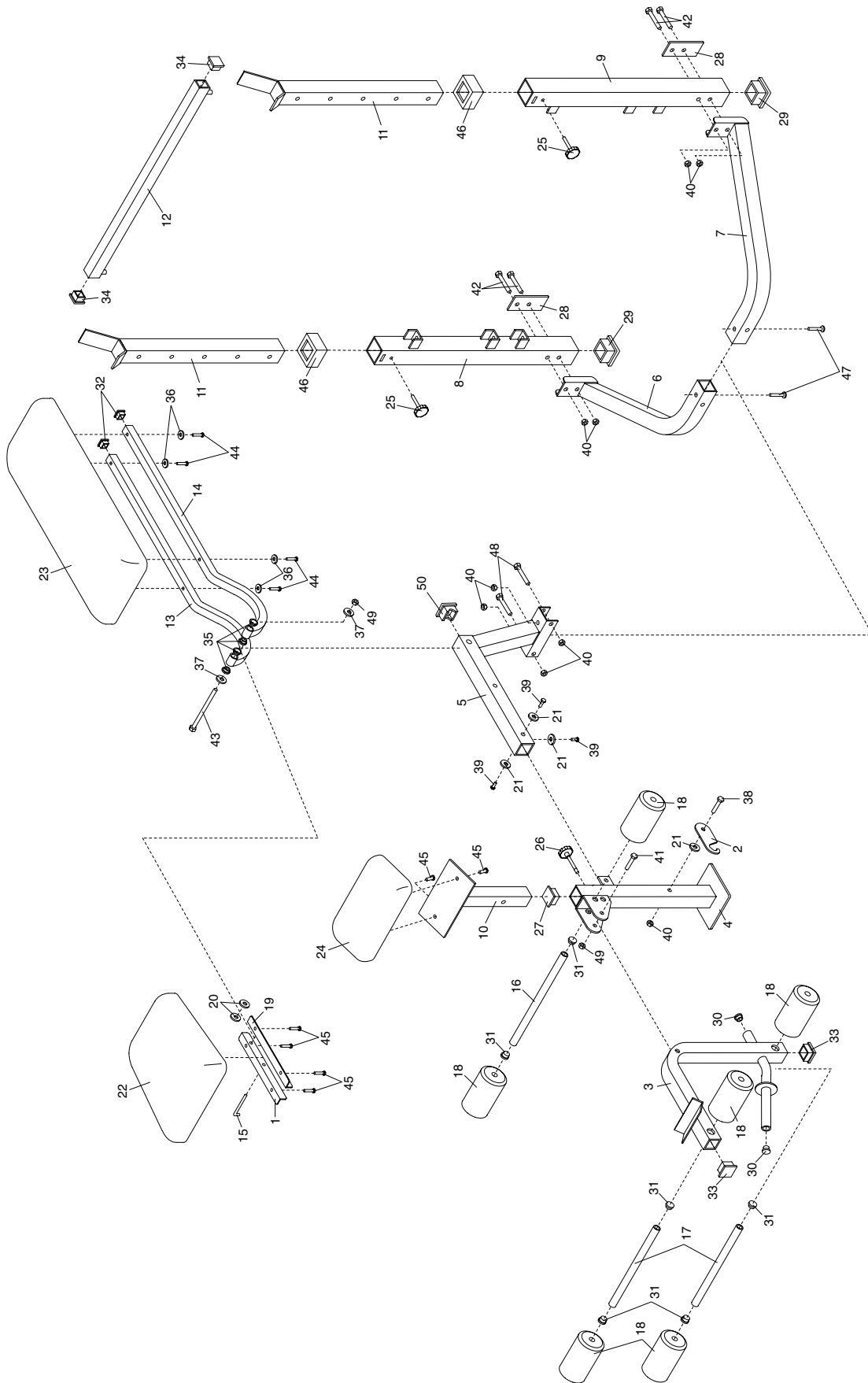
R0999A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat Bracket A	27	1	Front Leg Endcap
2	1	Leg Lever Lock	28	2	Support Plate
3	1	Leg Lever	29	2	2" Square Inner Cap
4	1	Front Leg	30	2	1" Round Inner Cap
5	1	Bench Frame	31	6	3/4" Round Inner Cap
6	1	Left Base	32	2	1" Square Inner Cap
7	1	Right Base	33	2	1 1/2" Square Inner Cap
8	1	Left Upright	34	2	1 1/4" Square Inner Cap
9	1	Right Upright	35	4	10mm Plastic Bushing
10	1	Curl Post	36	4	M6 Washer
11	2	Weight Rest	37	2	M10 Washer
12	1	Adjustment Tube	38	1	M8 x 58mm Bolt
13	1	Backrest Tube A	39	3	M8 x 16mm Bolt
14	1	Backrest Tube B	40	9	M8 Nylon Locknut
15	1	Seat Pin	41	1	M10 x 70mm Bolt
16	1	Long Pad Tube	42	4	M8 x 65mm Bolt
17	2	Short Pad Tube	43	1	M10 x 175mm Bolt
18	6	Foam Pad	44	4	M6 x 40mm Bolt
19	1	Seat Bracket B	45	6	M6 x 16mm Screw
20	2	Plastic Washers	46	2	Outer Upright Bushing
21	4	M8 Washer	47	2	M8 x 55mm Carriage Bolt
22	1	Seat	48	2	M8 x 60mm Bolt
23	1	Backrest	49	2	M10 Nylon Locknut
24	1	Curl Pad	50	1	1 3/4" Slotted Square Inner Cap
25	2	M10 Adjustment Knob	#	1	User's Manual
26	1	M8 Adjustment Knob	#	1	Exercise Chart

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.

Exploded Drawing - Model No. 831.150860

R0999A



Ordering Replacement Parts



QUESTIONS?

If you find that:

- you need help assembling or operating the WEIDER® PRO 208 Weight Bench
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your WEIDER® PRO 208 Weight Bench are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.150860).
- The NAME of the product (WEIDER® PRO 208 Weight Bench).
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST/EXPLODED DRAWING at the center of this manual).

Full 90 Day Warranty

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT BENCH EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT BENCH EXERCISER, free of charge.

This warranty does not apply when the WEIGHT BENCH EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

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