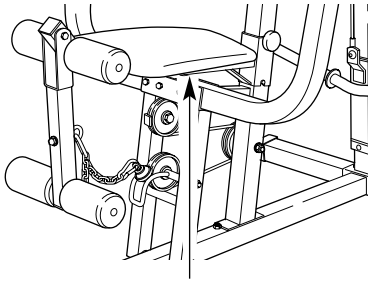
WEIDER® 8920

Model No. 831.159711
Serial No. _____

(Write the serial number in the space above for reference.)



Serial Number Decal (under seat)

EXERCISE EQUIPMENT

QUESTIONS

HELPLINE!

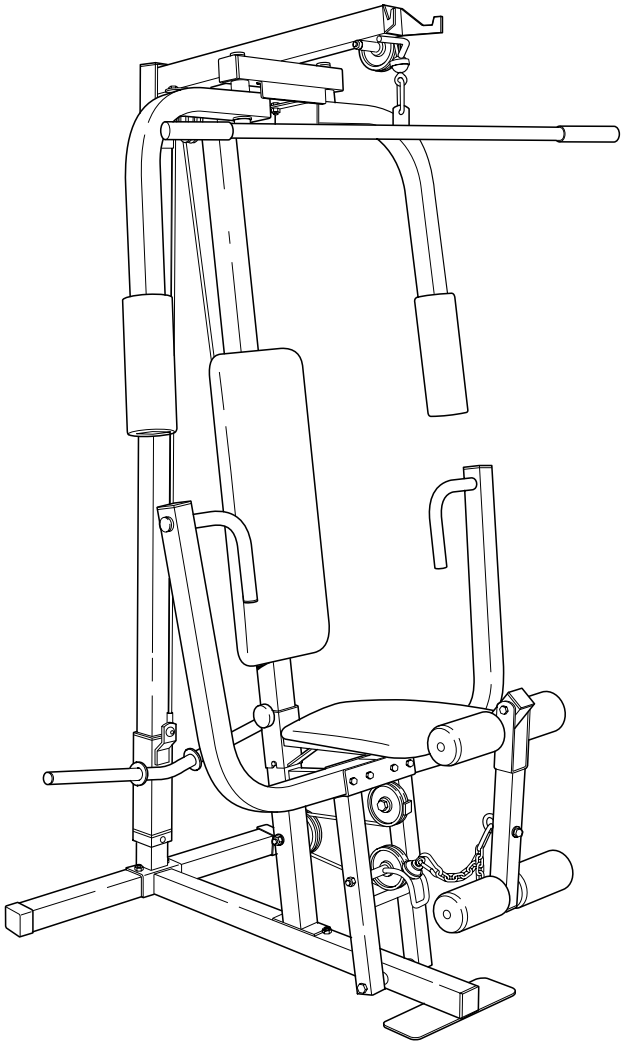
1-800-736-6879

SEARS, ROEBUCK AND CO.
HOFFMAN ESTATES, IL 60179

⚠ CAUTION

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

USER'S MANUAL



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www.weiderfitness.com

new products, prizes, fitness tips, and much more!

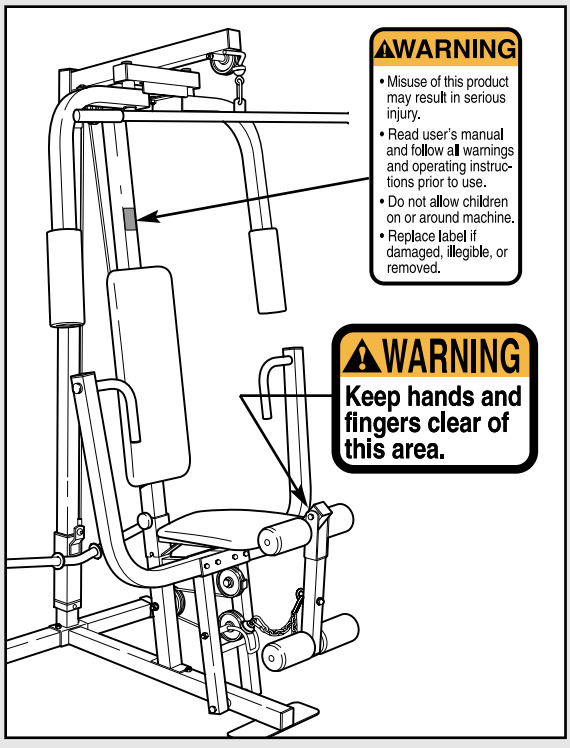
TABLE OF CONTENTS

Note: A PART IDENTIFICATION CHART is attached in the center of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

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 manual and in the accompanying literature before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor or carpet beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection when using the weight system.
9. The weight system is designed to support a maximum user weight of 250 pounds. Do not place more than 125 pounds on the weight carriage.
10. Never release the press arm, butterfly arms, leg lever, lat bar, or nylon strap while weights are raised; the weights will fall with great force.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
12. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
13. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The decals shown below have been applied to the weight system. If either decal is missing, or if they are not legible, please call 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m, Central Time, to order a replacement decal. Apply the replacement decals in the locations shown.



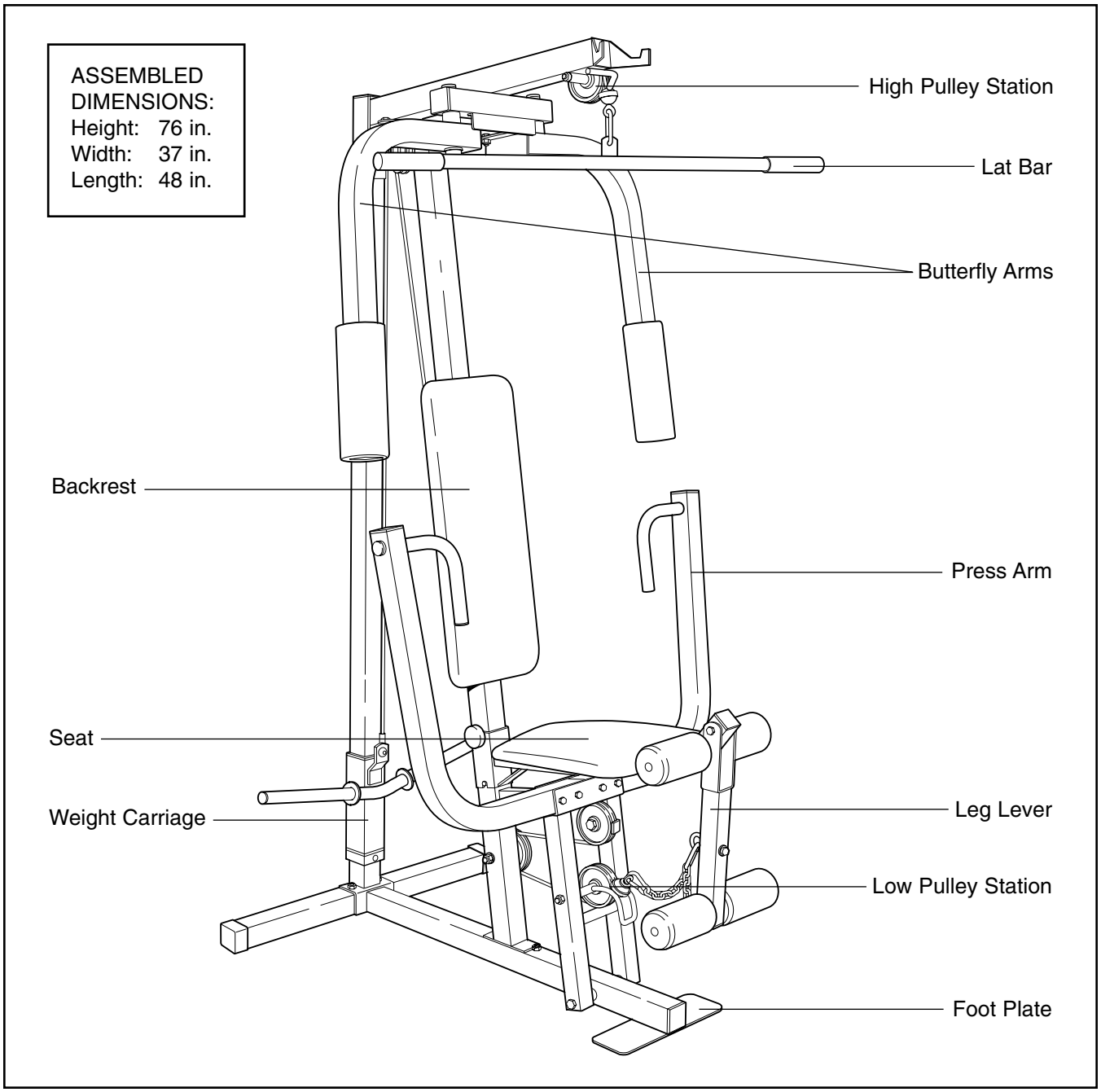
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8920 weight system. The WEIDER® 8920 offers a selection 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 8920 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® 8920 weight system. 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 831.159711. The serial number can be found on a decal attached to the weight system (see the front cover of this owner's manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself

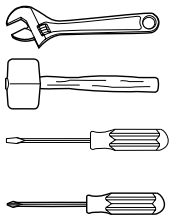
Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realize that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- 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.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART in the center of this manual.

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

- **two adjustable wrenches**
- **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 a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

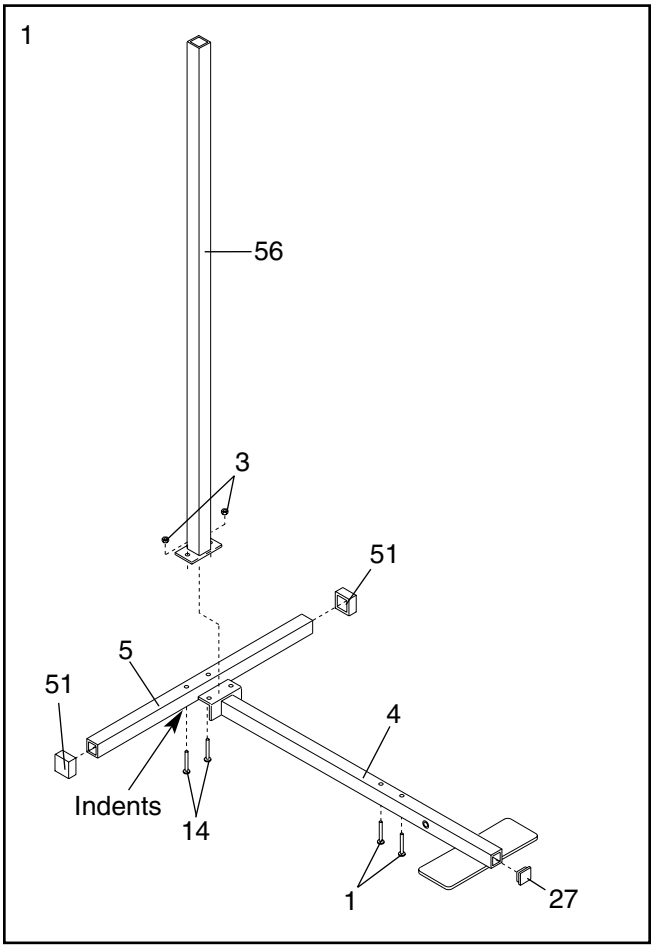
FRAME ASSEMBLY

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

   Press a 50mm Square Inner Cap (27) into the end of the Base (4). Press a 50mm Square Outer Cap (51) onto each end of the Stabilizer (5).

   Insert two M8 x 63mm Carriage Bolts (1) up through the Base (4). Insert two M8 x 67mm Carriage Bolts (14) up through the Stabilizer (5). **Note: Be sure the indents around holes in the Stabilizer are on the bottom.**

   Slide the bracket end of the Base (4) onto the M8 x 67mm Carriage Bolts (14) in the Stabilizer (5). Slide the Rear Upright (56) onto the Carriage Bolts. Hand tighten an M8 Nylon Locknut (3) onto each Carriage Bolt.



2. **Refer to drawing 2a.** Press a 25mm Round Inner Cap (49) into each end of the weight tube on the Weight Carriage (19). **Note: Make sure the Square Slider Bushings (70) are assembled to the Weight Carriage and Weight Stop (67).**

   Turn the Weight Stop (67) so that the indicated hole is on the side shown and the Square Slider Bushing (70) is on top. Slide the Weight Stop onto the Rear Upright (56).

   Refer to drawing 2b. Attach the Weight Stop (67) to the Rear Upright (56) with an M8 x 70mm Bolt (11) and an M8 Nylon Locknut (3).

   Orient the Weight Carriage (19) as shown. Slide the Weight Carriage onto the Rear Upright (56).

   Press a 25mm Square Inner Cap (65) into the Front Upright (42). Slide the Front Upright onto the M8 x 63mm Carriage Bolts (1) in the Base (4). Hand tighten an M8 Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

3. Press a 50mm Square Inner Cap (27) into the top of the Rear Upright (56). Press a 45mm Square Inner Cap (44) into each end of the crossbar on the Top Frame (55). Press two 25mm Round Inner Caps (49) into the top of the crossbar.

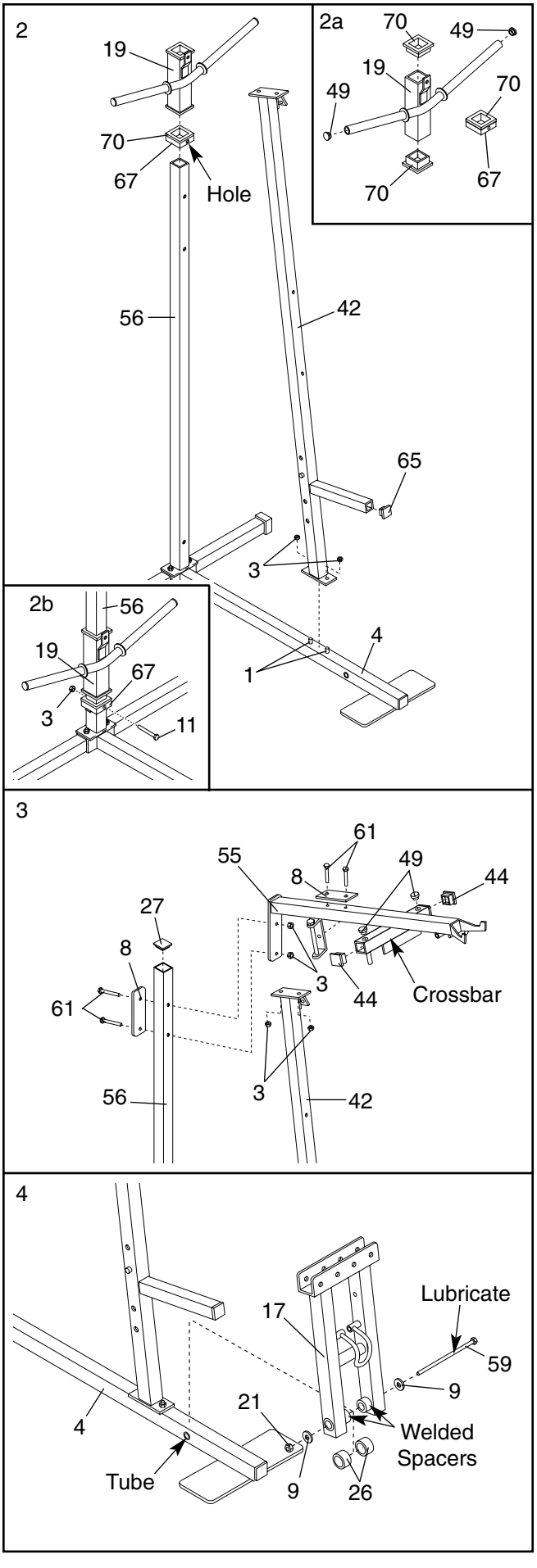
   Attach the Top Frame (55) to the Front Upright (42) with two M8 x 67mm Bolts (61), a Support Plate (8), and two M8 Nylon Locknuts (3). Attach the Top Frame to the Rear Upright (56) in the same manner.

   Tighten the Nylon Locknuts used in steps 1–3.

ARM ASSEMBLY

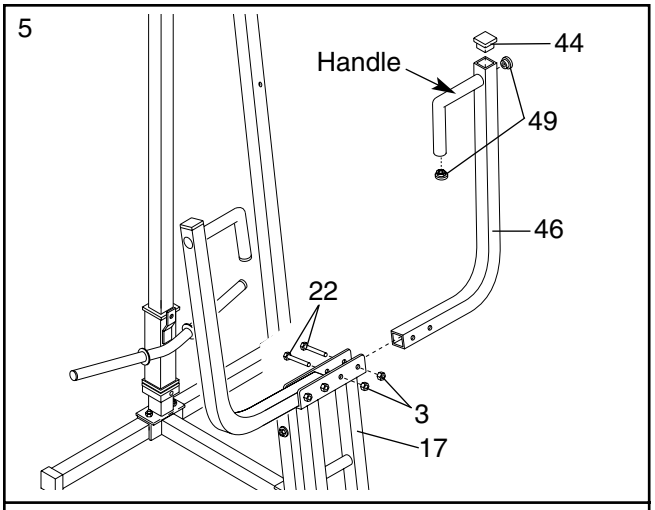
4. Press a 25mm Plastic Bushing (26) onto each welded spacer on the Press Frame (17). Slide the Press Frame onto the Base (4) so the Plastic Bushings are aligned with the indicated tube in the base. **Note: This will be a tight fit; the Plastic Bushings should fit over the ends of the tube in the Base.**

   Lubricate an M10 x 198mm Bolt (59). Attach the Press Frame (17) to the Base (4) with the Bolt, two M10 Washers (9), and an M10 Nylon Locknut (21). **Note: Do not overtighten the Nylon Locknut; the Press Frame must be able to pivot easily.**

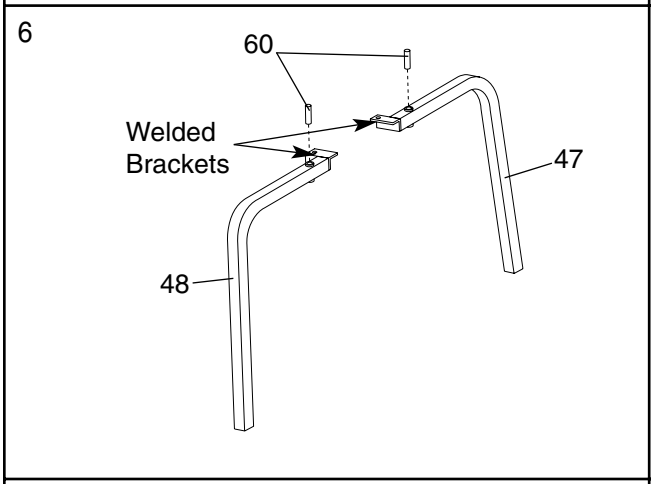


5. Press a 45mm Square Inner Cap (44) into the top of one of the Press Arms (46). Press a 25mm Round Inner Cap (49) into each end of the handle on the Press Arm. Attach the Press Arm to one side of the Press Frame (17) with two M8 x 63mm Bolts (22) and two M8 Nylon Locknuts (3).

   Assemble the other Press Arm (46) in the same manner.



6. Identify the the Left Arm (47) and Right Arm (48). Note the position of the welded bracket on each Arm. **Arm identification is important for step 7.** Press a Butterfly Arm Bushing (60) into each Arm.



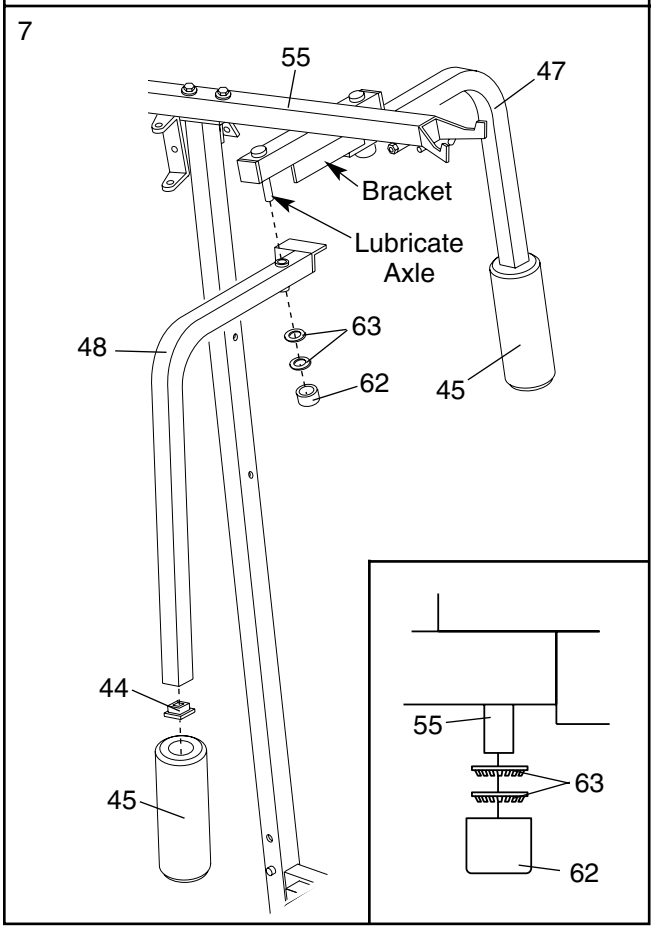
7. Lubricate both axles on the Top Frame (55).

   Slide the Right Arm (48) onto the right axle of the Top Frame (55). **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 6 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame.**

   Tap two 25mm Retainers (63) and a 25mm Round Cover Cap (62) onto the right axle of the Top Frame (55). **Be sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the inset drawing.**

   Attach the Left Arm (47) in the same manner.

   Press two 45mm Square Inner Caps (44) into the lower ends of the Left and Right Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a Large Foam Pad (45) onto the lower end of each Arm.



CABLE ASSEMBLY

8. **During steps 9 through 22, refer to the CABLE DIAGRAM on page 19 of this manual to verify proper cable routing.** Before beginning this section, identify the Short Cable (23) and the Long Cable (58) by comparing the ends of the cables.

   IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts securing the pulleys. The pulleys must turn freely.

9. **Locate the Long Cable (58).** Route the Long Cable around a 90mm Pulley (15). Attach the Pulley to the Top Frame (55) with an M10 x 90mm Bolt (16) and an M10 Nylon Locknut (21). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook on the Top Frame.**

10. Wrap the Long Cable (58) around a "V"-Pulley (6). Attach the Pulley and a Long Cable Trap (50) to the bracket on the Front Upright (42) with an M10 x 60mm Bolt (7) and an M10 Nylon Locknut (21). **Be sure that the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

11. Route the Long Cable (58) around a "V"-Pulley (6). Attach the Pulley and a Long Cable Trap (50) to the Left Arm (47) with an M10 x 60mm Bolt (7) and an M10 Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley, and that the Cable Trap is positioned to hold the Cable in place.**

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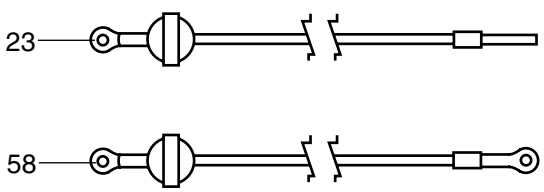

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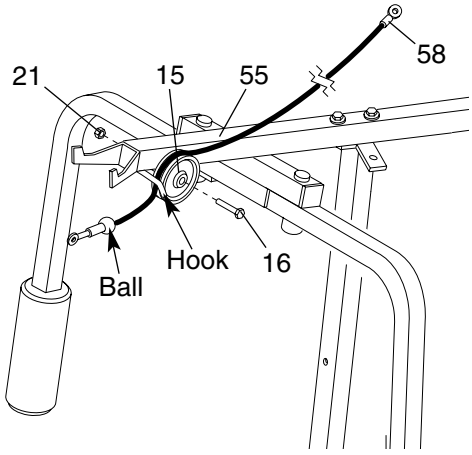

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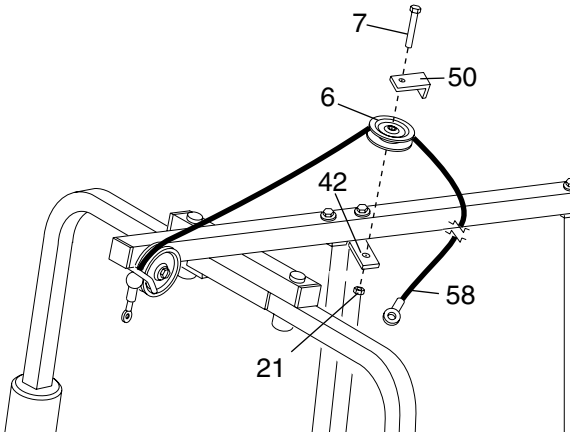

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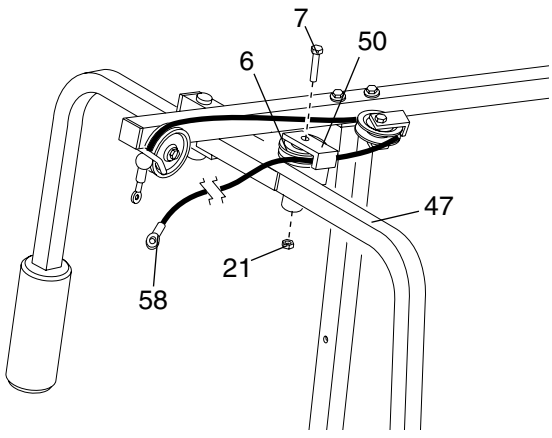


12. Route the Long Cable (58) around a “V”-Pulley (6). Attach the Pulley and the Long Cable Trap (50) to the Right Arm (48) with an M10 x 60mm Bolt (7) and an M10 Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that a Long Cable Trap (50) is turned to hold the Cable in place.**

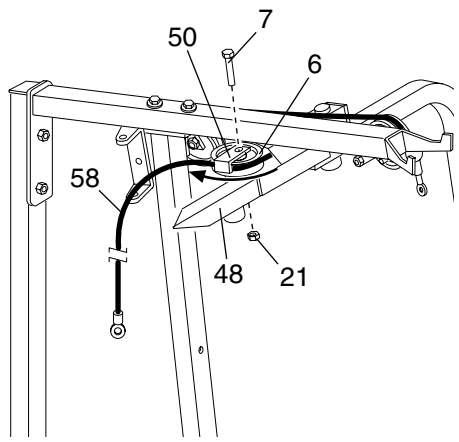
13. **Refer to the inset drawing.** Attach the Pulley Bracket (20) to the bracket on the Top Frame (55) with an M8 x 115mm Bolt (64) and an M8 Nylon Locknut (3). **Note: The Pulley Bracket is pre-assembled with a 90mm Pulley (15) and a Cable Trap (66).**

    Route the Long Cable (58) around the 90mm Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Make sure that the M10 x 45mm Bolt (12), securing the Pulley and Cable Trap to the Pulley Bracket, is properly tightened and that the Pulley Bracket can pivot freely.

14. Locate the Long “U”-Bracket (57). Route the Long Cable (58) between the 90mm Pulley (15) and the Cable Trap (not shown) attached to the Long “U”-Bracket with an M10 x 45mm Bolt (12) and an M10 Nylon Locknut (not shown). **Be sure that the Cable is in the groove of the Pulley, that the Cable Trap is turned to hold the Cable in place, and that the Cable and Pulley move smoothly.**

15. Route the Long Cable (58) around a 90mm Pulley (15). Attach the Pulley to the bracket on the Top Frame (55) with an M10 x 45mm Bolt (12) and an M10 Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

12



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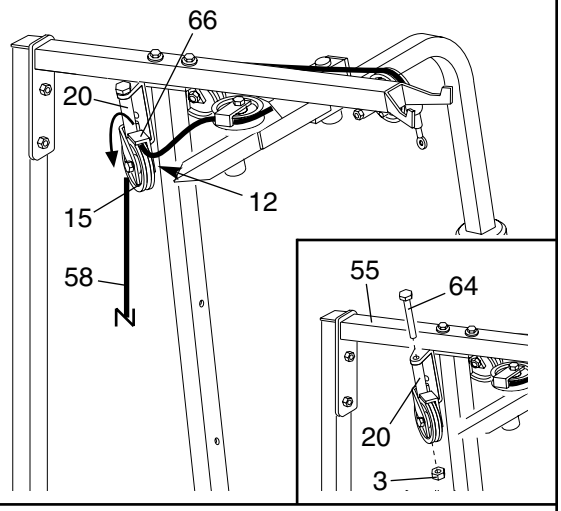

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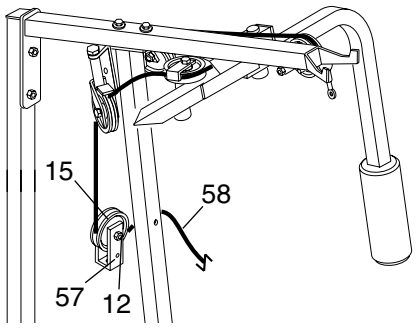

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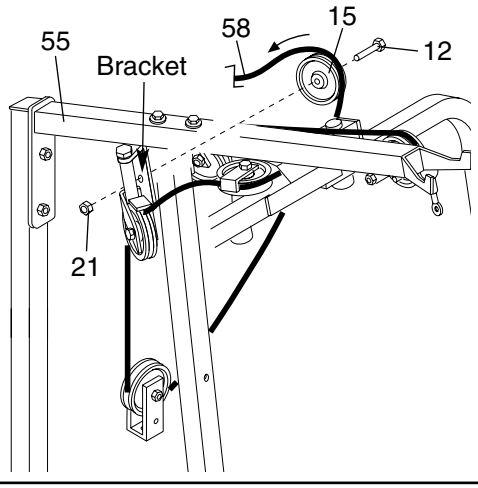
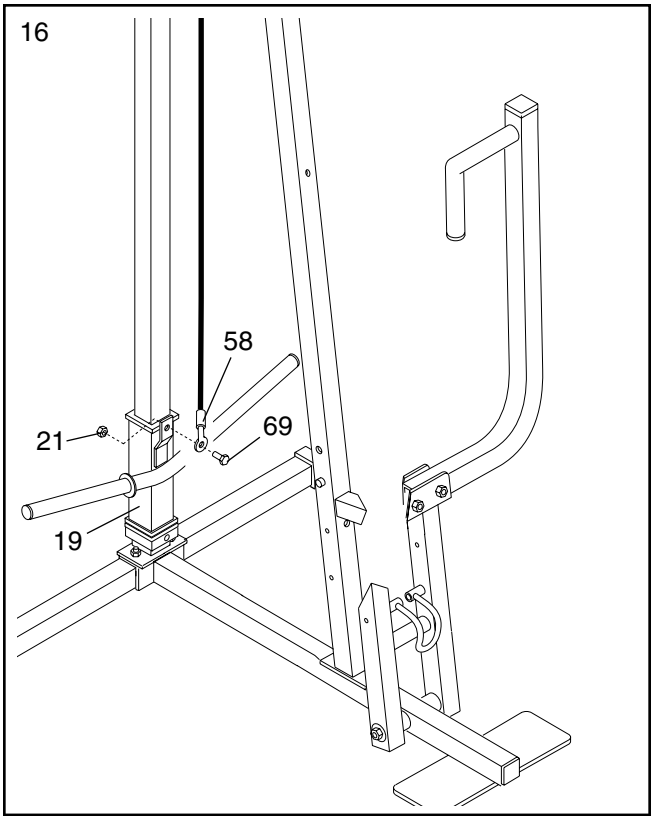
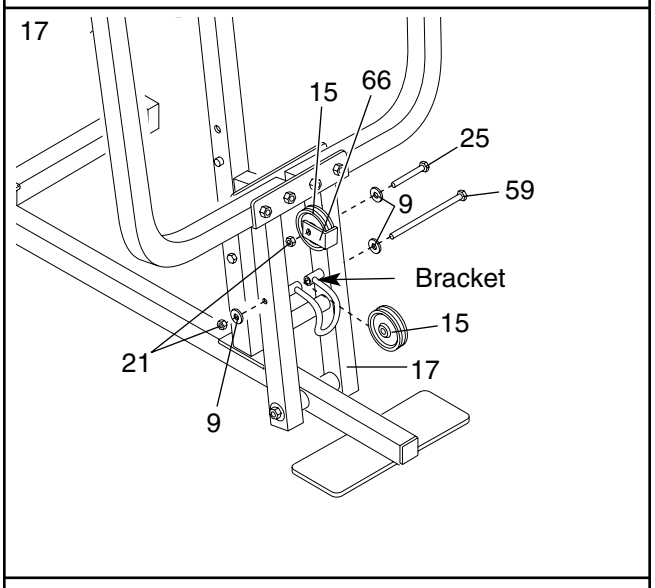


16. Attach the Long Cable (58) to the Weight Carriage (19) with an M10 x 20mm Bolt (69) and an M10 Nylon Locknut (21).

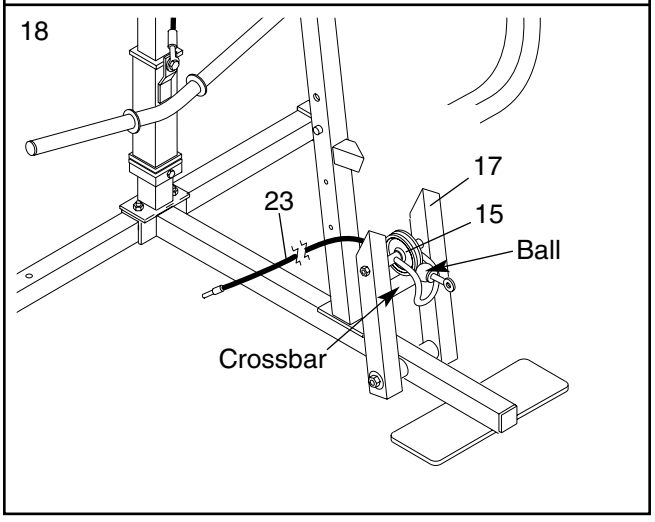


17. Attach a 90mm Pulley (15) and a Cable Trap (66) to the upper hole in the Press Frame (17) with an M10 x 80mm Bolt (25), an M10 Washer (9), and an M10 Nylon Locknut (21). **Make sure that the Cable Trap and the Pulley are oriented as shown. Do not tighten the Nylon Locknut yet.**

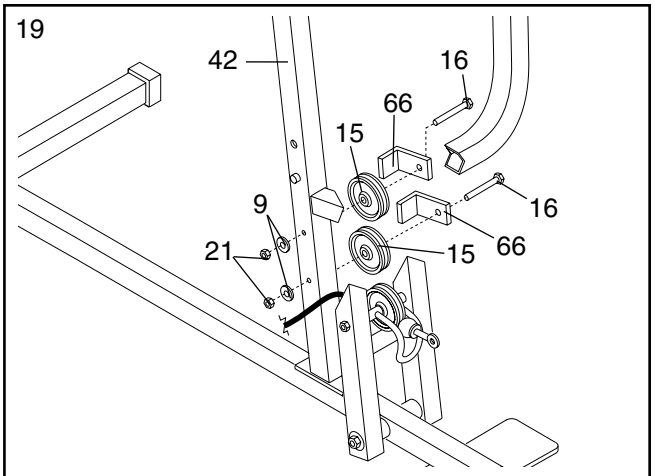
    Hold a 90mm Pulley (15) inside the bracket on the Press Frame (17). Attach the Pulley to the Press Frame with an M10 x 198mm Bolt (59), two M10 Washers (9), and an M10 Nylon Locknut (21).



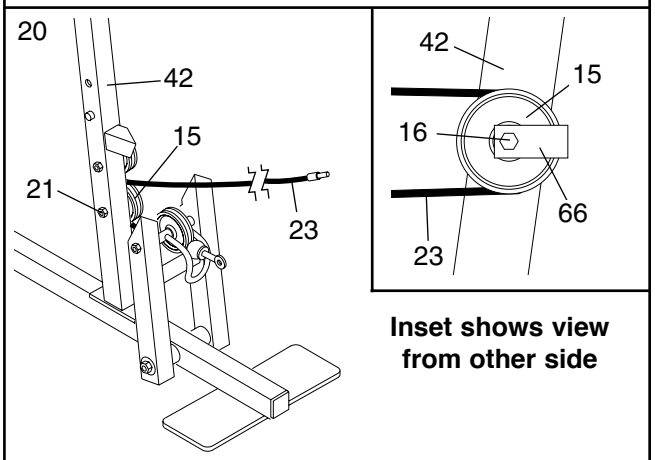
18. **Locate the Short Cable (23).** Route the Short Cable under the indicated 90mm Pulley (15) as shown. **Be sure that the Cable is between the Pulley and the crossbar on the Press Frame (17).**



19. Slide two Cable Traps (66) and two 90mm Pulleys (15) onto two M10 x 90mm Bolts (16). Insert the Bolts into the Front Upright (42) from the direction shown. Hand tighten an M10 Nylon Locknut (21) with an M10 Washer (9) onto each Bolt. **Be sure that all parts are oriented as shown. Do not tighten the Nylon Locknuts yet.**



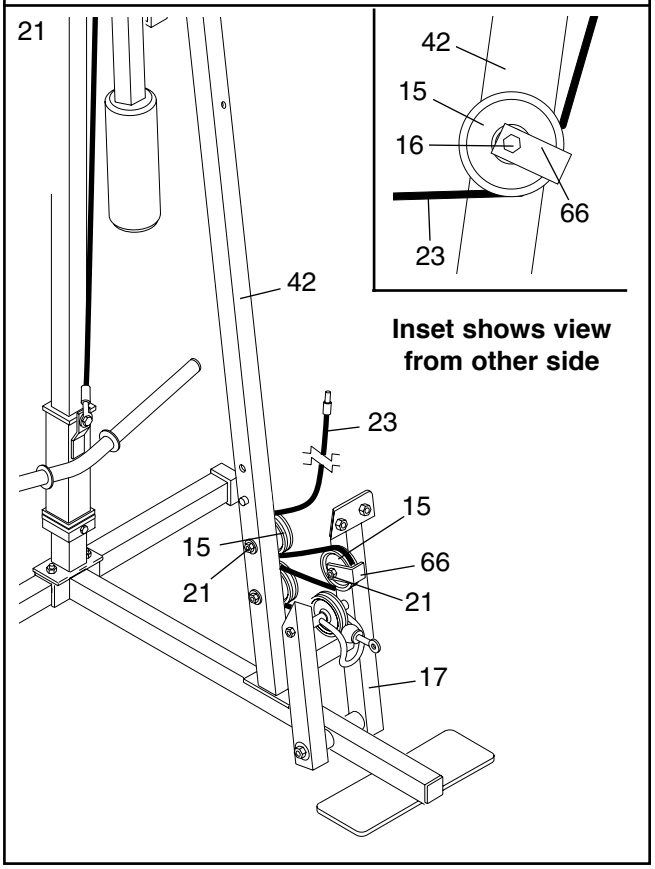
20. Route the Short Cable (23) around the 90mm Pulley (15) attached to the lower hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place.** Properly tighten the M10 Nylon Locknut (21) and the M10 x 90mm Bolt (16).



Inset shows view from other side

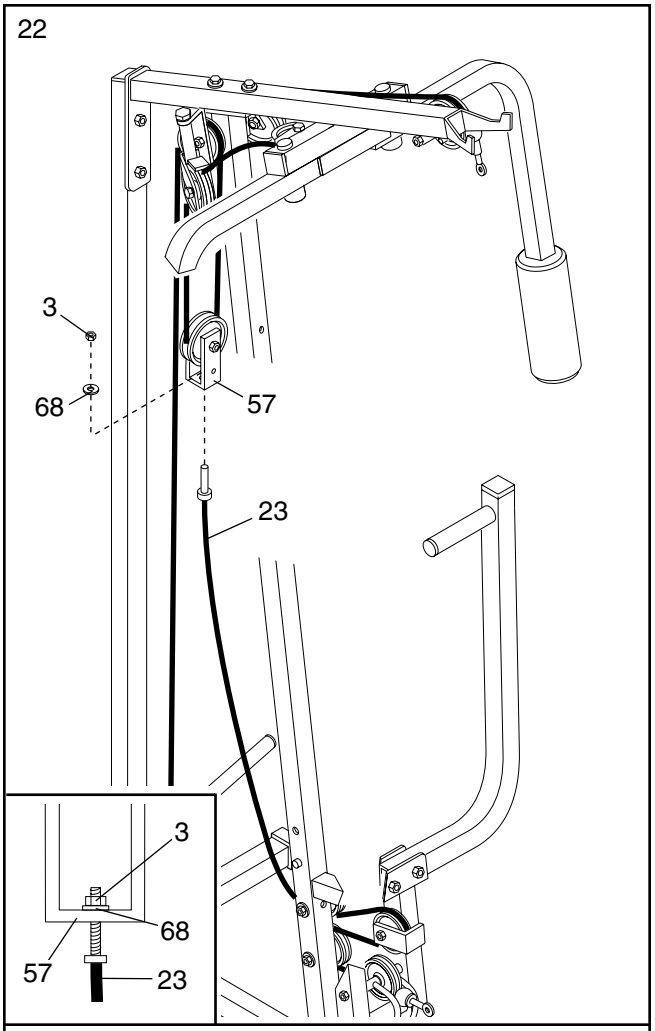
21. Route the Short Cable (23) around the 90mm Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable Trap (66) is turned to hold the Cable in place.** Properly tighten the M10 Nylon Locknut (21)

    Route the Short Cable (23) around the 90mm Pulley (15) attached to the upper hole in the Front Upright (42). **Refer to the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place.** Properly tighten the M10 Nylon Locknut (21) and the M10 x 90mm Bolt (16).



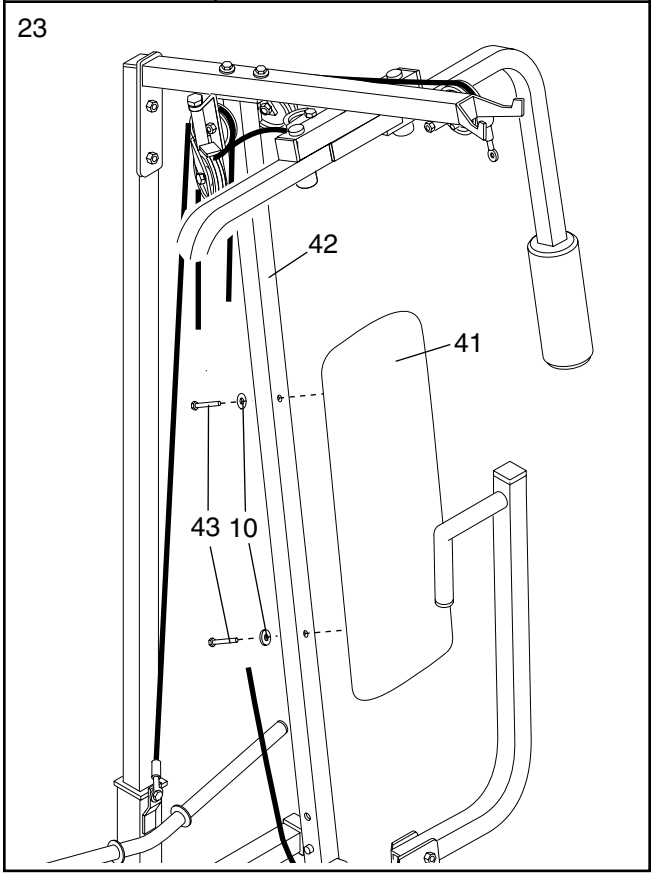
Inset shows view from other side

22. Attach the end of the Short Cable (23) to the Long “U”-Bracket (57) with an M8 Nylon Locknut (3) and an M8 Washer (68). **Do not completely tighten the Nylon Locknut; it should be threaded onto the end of the Cable until two threads are showing above the Nylon Locknut, as shown in the inset drawing.**



SEAT ASSEMBLY

23. Attach the Backrest (41) to the Front Upright (42) with two M6 x 63mm Screws (43) and two M6 Washers (10).



24. Press a 38mm Square Inner Cap (32) into the Seat Frame (36).

    Insert the M6 x 50mm Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two M6 x 16mm Screws (18).

    Insert the M6 x 50mm Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten an M6 Nylon Locknut (2) with an M6 Washer (10) onto the Carriage Bolt.

    Attach the other end of the Seat (13) to the Seat Frame (36) with an M6 Washer (10) and the M6 x 50mm Screw (24).

25. Press a 38mm Square Inner Cap (32) into the Leg Lever (29).

    Lubricate the M8 x 57mm Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and an M8 Nylon Locknut (3). **Do not over-tighten the Nylon Locknut; the Leg Lever must pivot freely.**

    Insert the M10 x 63mm Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten an M10 Nylon Locknut (21) with an M10 Washer (9) onto the Eyebolt. **Note: Be sure the Eyebolt is positioned vertically on the Leg Lever.**

26. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with an M8 x 67mm Carriage Bolt (14) and the Seat Knob (40).

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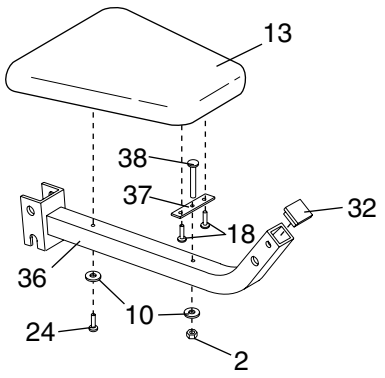

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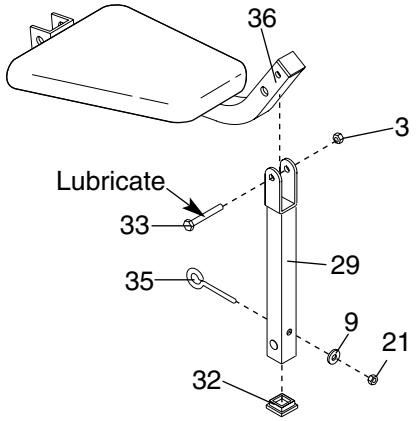

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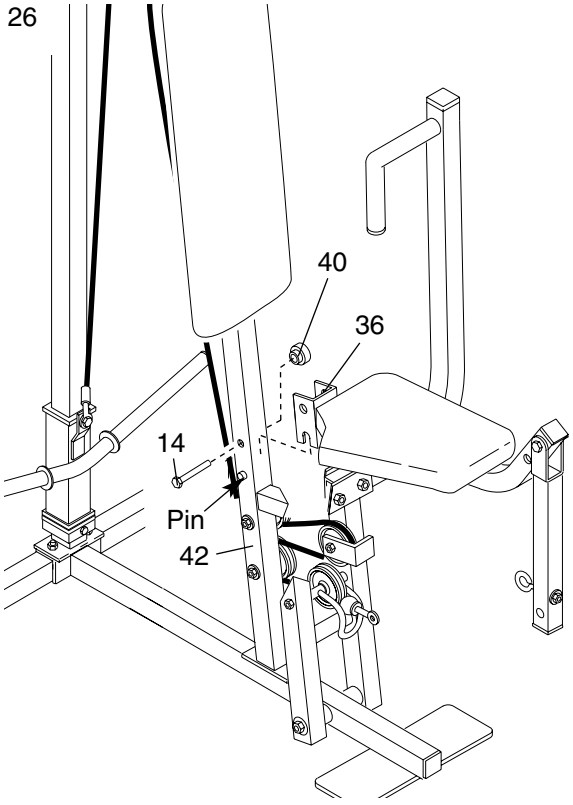
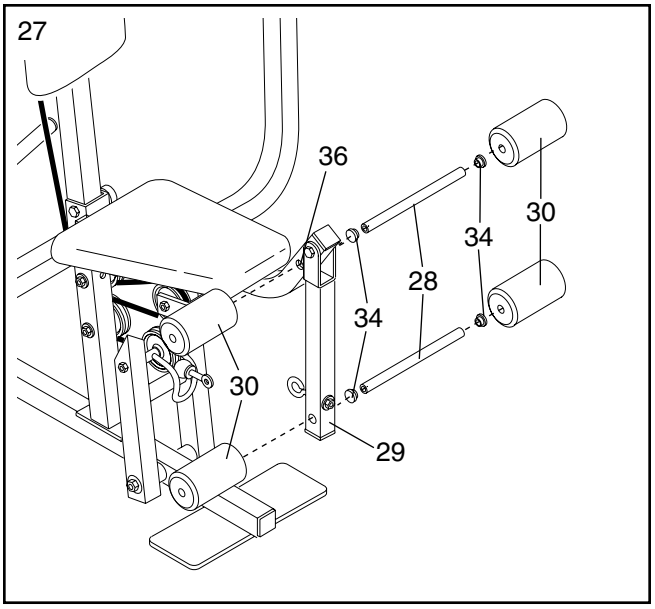


27. Press two 19mm Round Inner Caps (34) into the ends of both Pad Tubes (28).

    Insert one Pad Tube (28) into the Seat Frame (36). Slide a Foam Pad (30) onto each end of the Pad Tube.

    Insert the other Pad Tube (28) into the Leg Lever (29). Slide a Foam Pad (30) onto each end of the Pad Tube.



28. Make sure that all parts have been properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 15 of this 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, find and correct the problem. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 19 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLE-SHOOTING AND MAINTENANCE on page 18.**

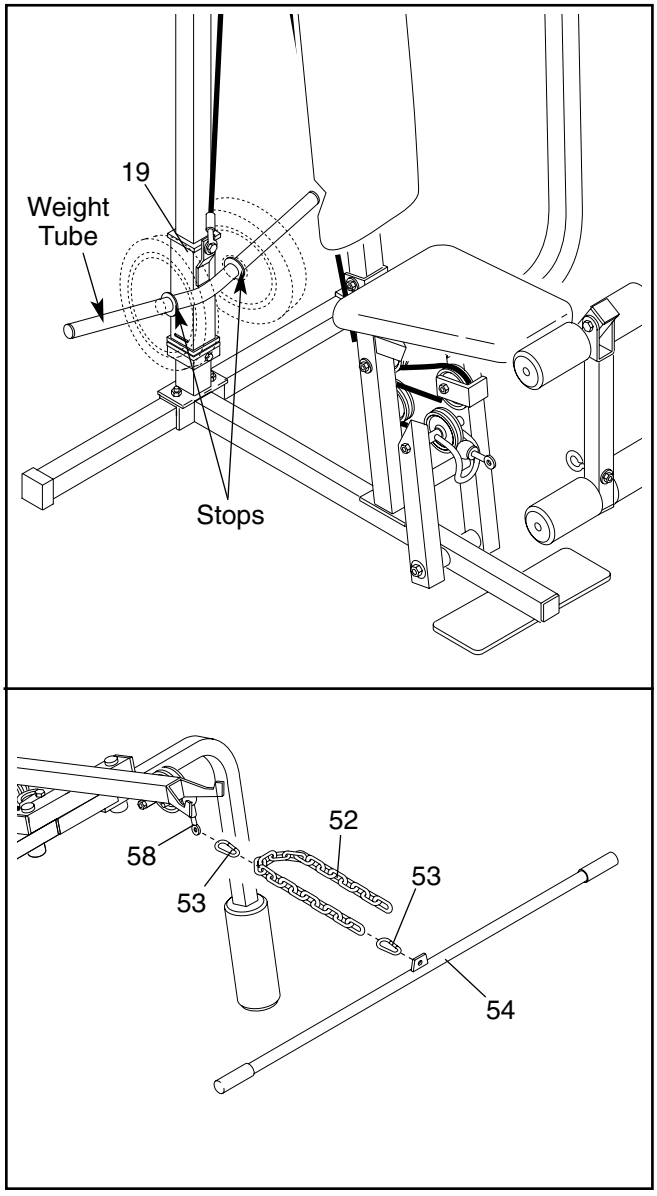
ADJUSTMENT

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this 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 cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

ADDING WEIGHTS TO THE WEIGHT CARRIAGE

To add resistance to your workout, slide an equal amount of weight (not included) onto each side of the weight tube on the Weight Carriage (19). Make sure that the weights are pushed against the stops. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the amount of weight used. Use the WEIGHT RESISTANCE CHART on page 17 to find the actual amount of resistance at each weight station.**

⚠ WARNING: Do not place more than 125 pounds on the weight carriage.



ATTACHING THE LAT BAR OR NYLON STRAP TO A PULLEY STATION

Attach the Lat Bar (54) to the Long Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) 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.**

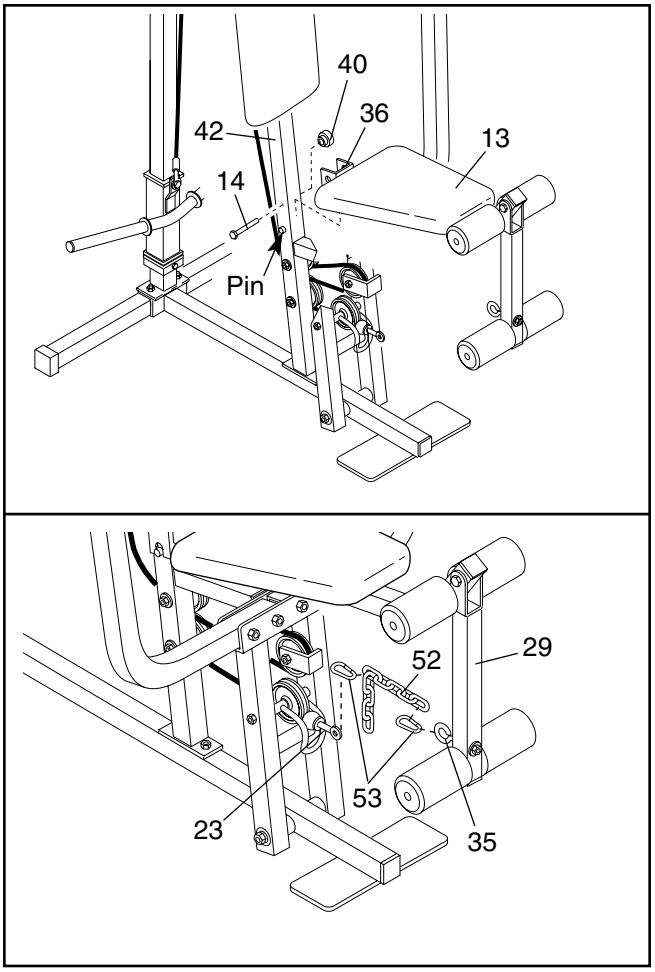
The Nylon Strap (not shown) can be attached in the same manner.

The accessories can be attached to the Short Cable (not shown) in the same manner.

ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) onto the pin on the Front Upright (42). Attach the Seat Frame to the Front Upright with the M8 x 67mm Carriage Bolt (14) and the Seat Knob (40).

For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the M8 x 67mm Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

Attach one end of the Chain (52) to the M10 x 63mm Eyebolt (35) with a Cable Clip (53). Attach the other end of the Chain to the Short Cable (23) with a Cable Clip. **Note: Be sure the Eyebolt is positioned vertically on the Leg Lever.**

WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. The column labeled “WEIGHT” refers to the amount of weight, in pounds, placed on the weight carriage. The weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to friction between the cables, pulleys, and weight carriage.**

WEIGHT	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LOW PULLEY/ LEG LEVER (lbs.)	HIGH PULLEY (lbs.)
0	12	7	10	10
5	22	11	18	16
10	31	15	25	21
15	40	20	32	26
20	50	24	39	32
25	59	29	46	37
30	68	33	53	42
35	78	38	61	47
40	87	42	68	53
45	97	47	75	58
50	106	51	82	63
55	115	56	89	68
60	125	60	96	74
65	134	64	103	79
70	144	69	111	84
75	153	73	118	89
80	162	78	125	95
85	172	82	132	100
90	181	87	139	105
95	190	91	146	110
100	200	96	153	116
105	210	100	160	121
110	219	104	168	126
115	228	109	175	131
120	237	113	182	137
125	247	118	189	142

TROUBLE-SHOOTING AND MAINTENANCE

Make sure all parts are properly tightened 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.

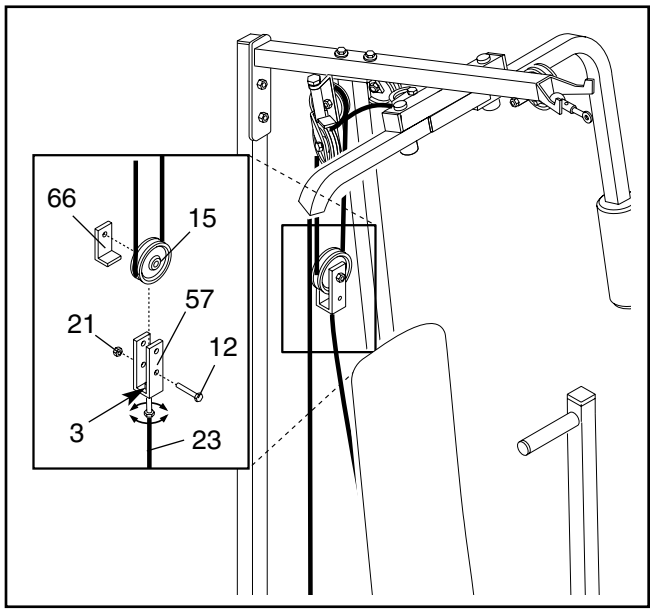
TIGHTENING THE CABLES

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.

Slack can be removed from the Short Cable (23) by by tightening the M8 Nylon Locknut (3) at the end of the Cable.

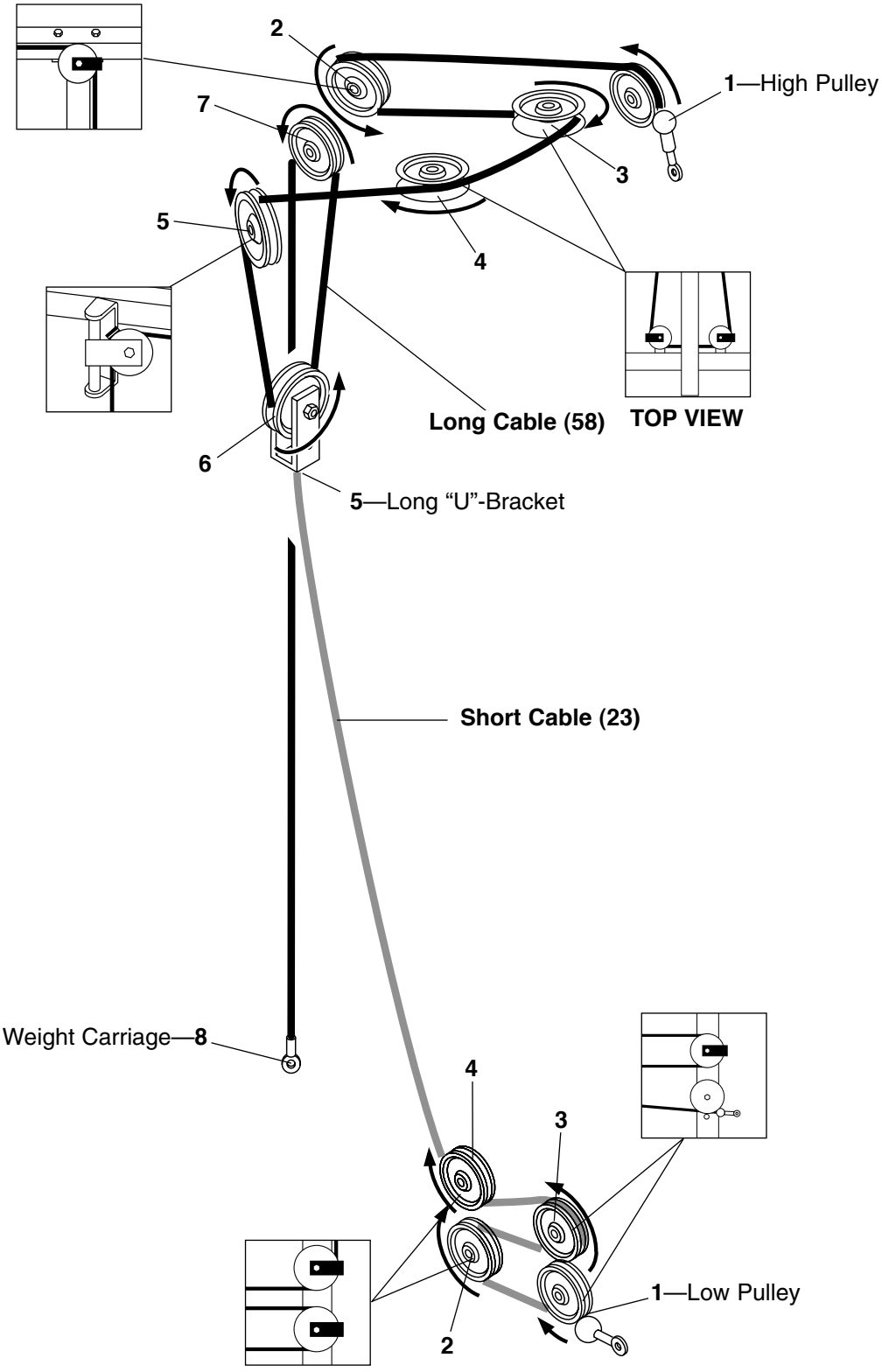
Additional slack can be removed by moving the 90mm Pulley (15) to the other hole in the Long "U"-Bracket (57). Remove the M10 Nylon Locknut (21) and the M10 x 45mm Bolt (12) from the Cable Trap (66), the Pulley, and the "U"-Bracket. Re-attach the Pulley and the Cable Trap to the other hole in the "U"-Bracket with the Bolt and Nylon Locknut. **Make sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.**

Note: If a cable tends to slip off the pulleys, the cable may have become twisted. Remove the cable and re-install it. If a cable needs to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (23) and the Long Cable (58). Use the diagram to be sure that the two cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. The starting and ending points of each cable are labeled. The small drawings show the correct position of each cable trap. **Make sure that the cable traps do not touch or bind the cables.**



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.

PERSONALIZING 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 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, emphasizing 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 21 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.

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 familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

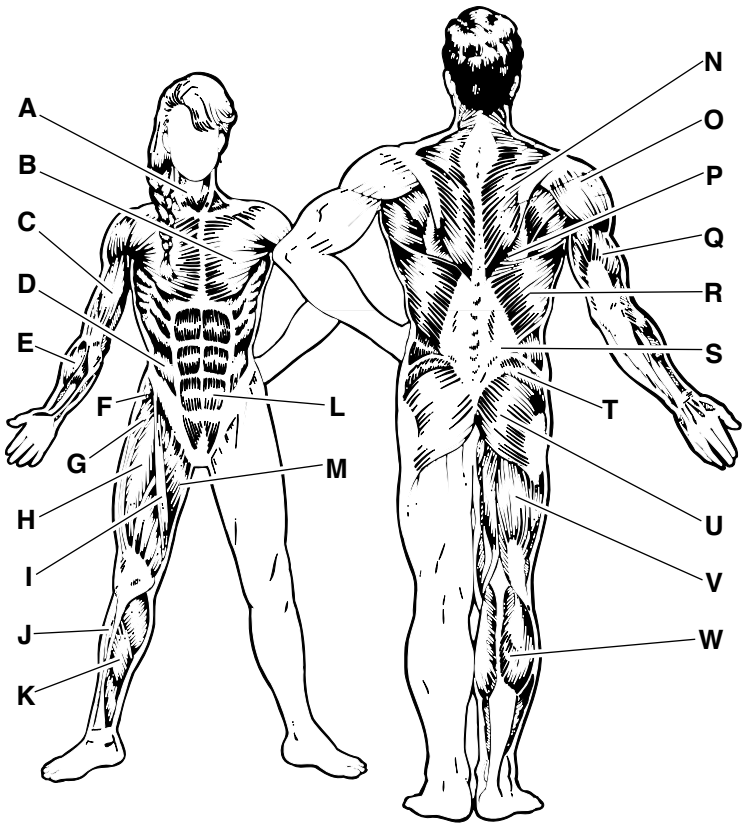
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

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.

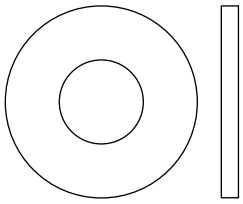
MUSCLE CHART

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. 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)

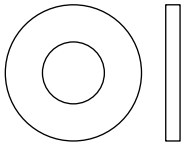


PART IDENTIFICATION CHART—Model No. 831.159711

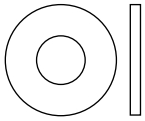
R0102A



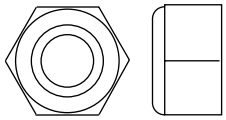
M10 Washer (9)



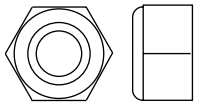
M8 Washer (68)



M6 Washer (10)

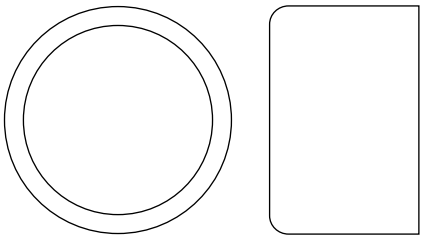


M10 Nylon Locknut (21)

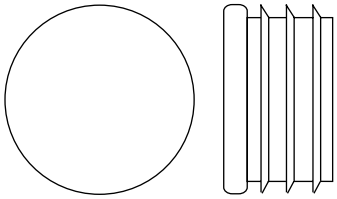


M8 Nylon Locknut (3)

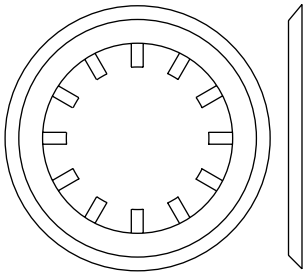
M6 Nylon Locknut (2)



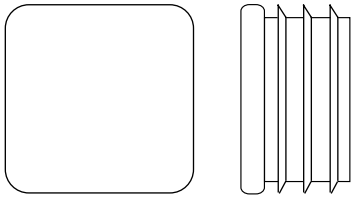
25mm Round Cover Cap (62)



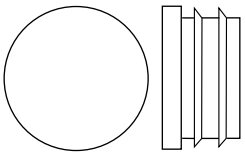
25mm Round Inner Cap (49)



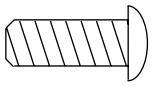
25mm Retainer (63)



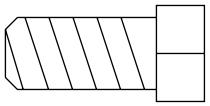
25mm Square Inner Cap (65)



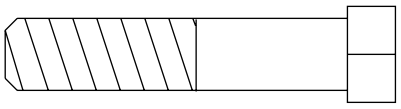
19mm Round Inner Cap (34)



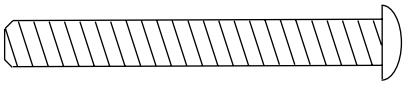
M6 x 16mm Screw (18)



M10 x 20mm Bolt (69)

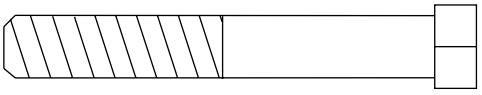


M10 x 45mm Bolt (12)

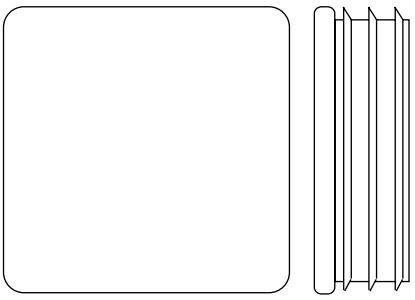


M6 x 50mm Screw (24)

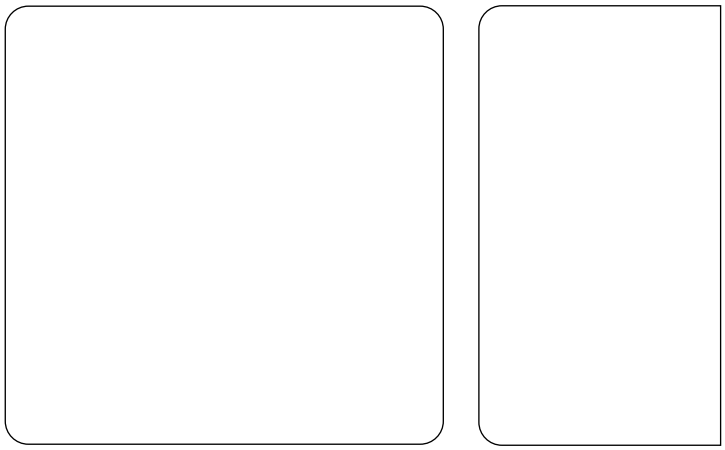
M6 x 50mm Carriage Bolt (38)



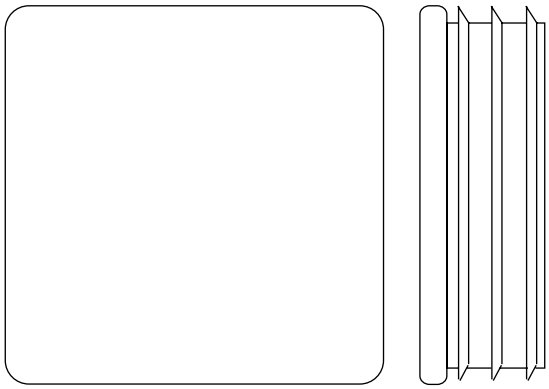
M8 x 57mm Bolt (33)



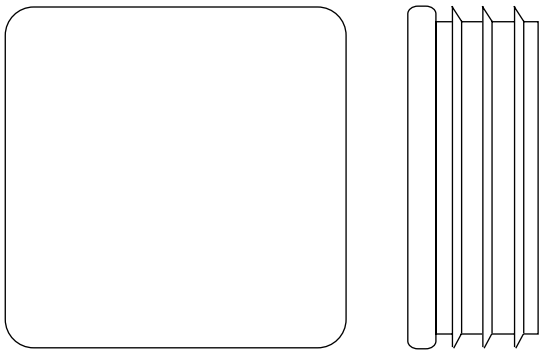
38mm Square Inner Cap (32)



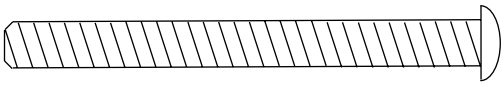
50mm Square Outer Cap (51)



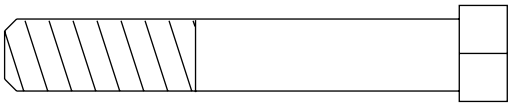
50mm Square Inner Cap (27)



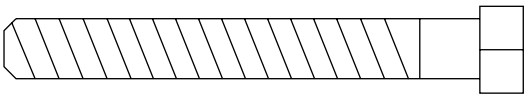
45mm Square Inner Cap (44)



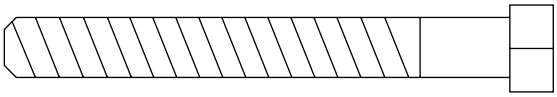
M6 x 63mm Screw (43)



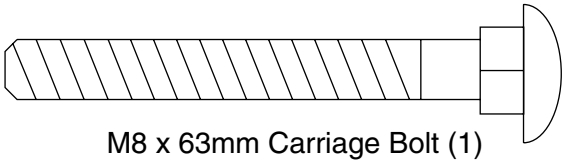
M10 x 60mm Bolt (7)



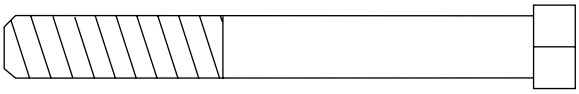
M8 x 63mm Bolt (22)



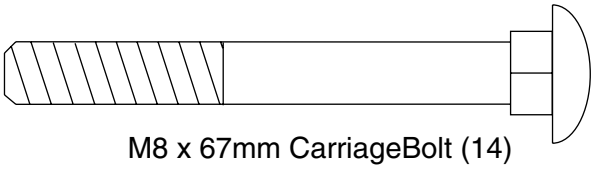
M8 x 67mm Bolt (61)



M8 x 63mm Carriage Bolt (1)

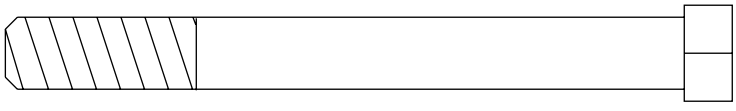


M8 x 70mm Bolt (11)

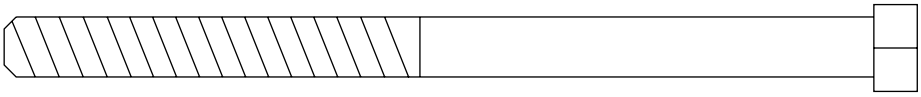


M8 x 67mm CarriageBolt (14)

M10 x 80mm Bolt (25)

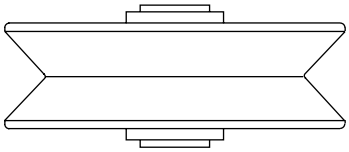


M10 x 90mm Bolt (16)

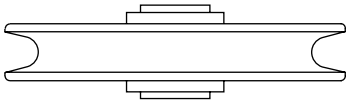


M8 x 115mm Bolt (64)

M10 x 198mm Bolt (59)



"V"-Pulley (6)
(Not shown to scale)



90mm Pulley (15)
(Not shown to scale)

PART LIST—Model No. 831.159711

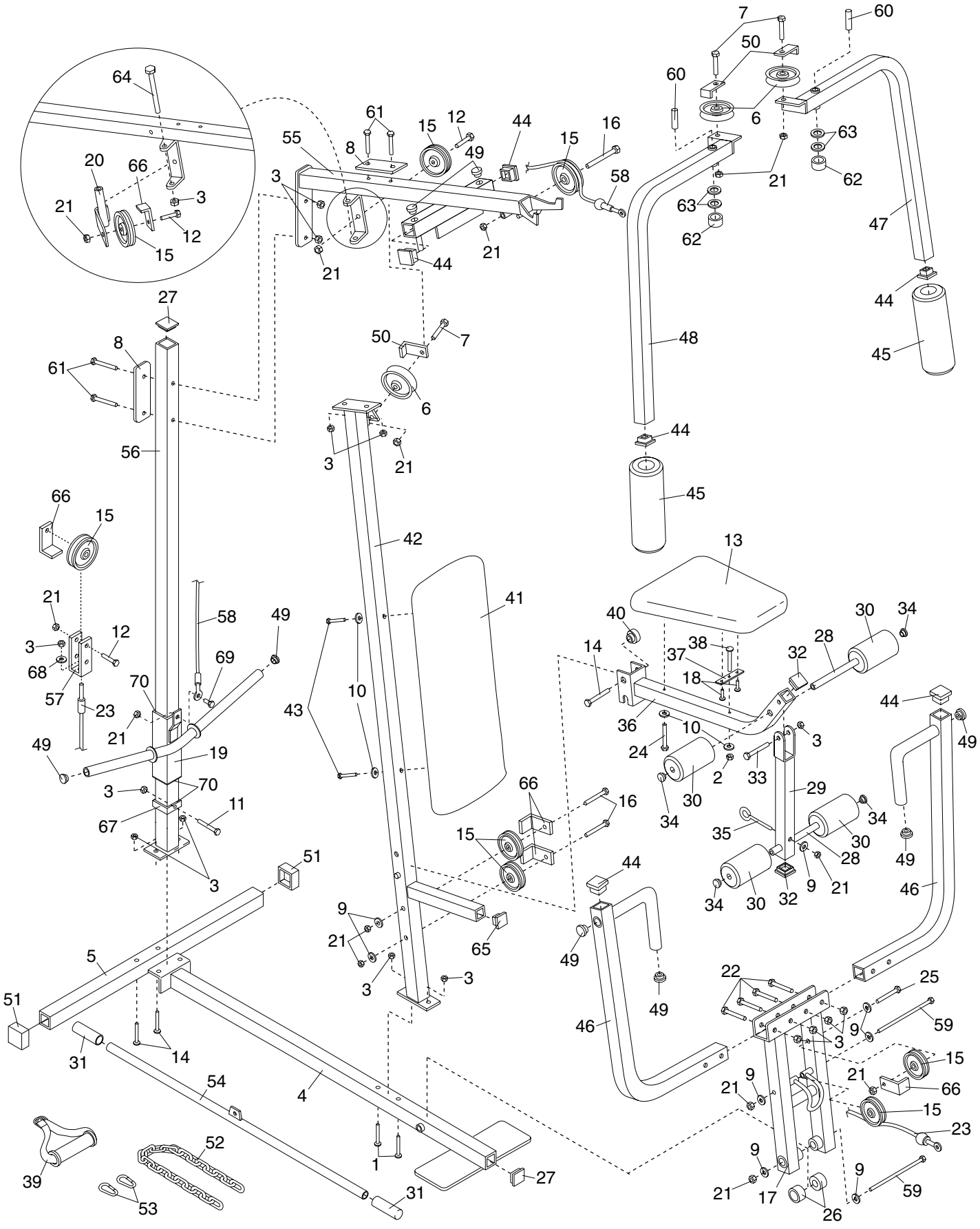
R0102A

Key No.	Qty.	Description
1	2	M8 x 63mm Carriage Bolt
2	1	M6 Nylon Locknut
3	16	M8 Nylon Locknut
4	1	Base
5	1	Stabilizer
6	3	“V”-Pulley
7	3	M10 x 60mm Bolt
8	2	Support Plate
9	8	M10 Washer
10	4	M6 Washer
11	1	M8 x 70mm Bolt
12	3	M10 x 45mm Bolt
13	1	Seat
14	3	M8 x 67mm Carriage Bolt
15	8	90mm Pulley
16	3	M10 x 90mm Bolt
17	1	Press Frame
18	2	M6 x 16mm Screw
19	1	Weight Carriage
20	1	Pulley Bracket
21	14	M10 Nylon Locknut
22	4	M8 x 63mm Bolt
23	1	Short Cable
24	1	M6 x 50mm Screw
25	1	M10 x 80mm Bolt
26	2	25mm Plastic Bushing
27	2	50mm Square Inner Cap
28	2	Pad Tube
29	1	Leg Lever
30	4	Foam Pad
31	2	Handgrip
32	2	38mm Square Inner Cap
33	1	M8 x 57mm Bolt
34	4	19mm Round Inner Cap
35	1	M10 x 63mm Eyebolt
36	1	Seat Frame
37	1	Seat Plate
38	1	M6 x 50mm Carriage Bolt
39	1	Nylon Strap
40	1	Seat Knob
41	1	Backrest
42	1	Front Upright
43	2	M6 x 63mm Screw
44	6	45mm Square Inner Cap
45	2	Large Foam Pad
46	2	Press Arm
47	1	Left Arm
48	1	Right Arm
49	8	25mm Round Inner Cap
50	3	Long Cable Trap
51	2	50mm Square Outer Cap
52	1	Chain
53	2	Cable Clip
54	1	Lat Bar
55	1	Top Frame
56	1	Rear Upright
57	1	Long “U”-Bracket
58	1	Long Cable
59	2	M10 x 198mm Bolt
60	2	Butterfly Arm Bushing
61	4	M8 x 67mm Bolt
62	2	25mm Round Cover Cap
63	4	25mm Retainer
64	1	M8 x 115mm Bolt
65	1	25mm Square Inner Cap
66	5	Cable Trap
67	1	Weight Stop
68	1	M8 Washer
69	1	M10 x 20mm Bolt
70	3	Square Slider Bushing
#	1	User’s Manual
#	1	Exercise Guide

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. 831.159711

R0102A



SEARS

Model No. 831.159711

QUESTIONS?

If you find that:

- **you need help assembling or operating the WEIDER® 8920 weight system**
- **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® 8920 weight system 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 (831.159711)
- The NAME of the product (WEIDER® 8920 weight system)
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST and EXPLODED DRAWING on pages 22 and 23 of this manual).

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

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 SYSTEM EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM 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

Part No. 180576 R0102A