

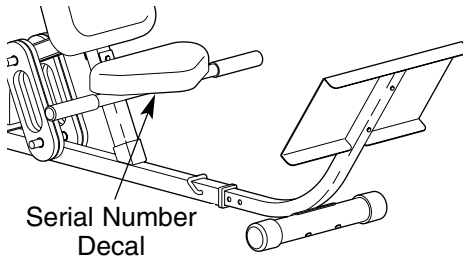
WEIDER®



Model No. WEBE06010

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

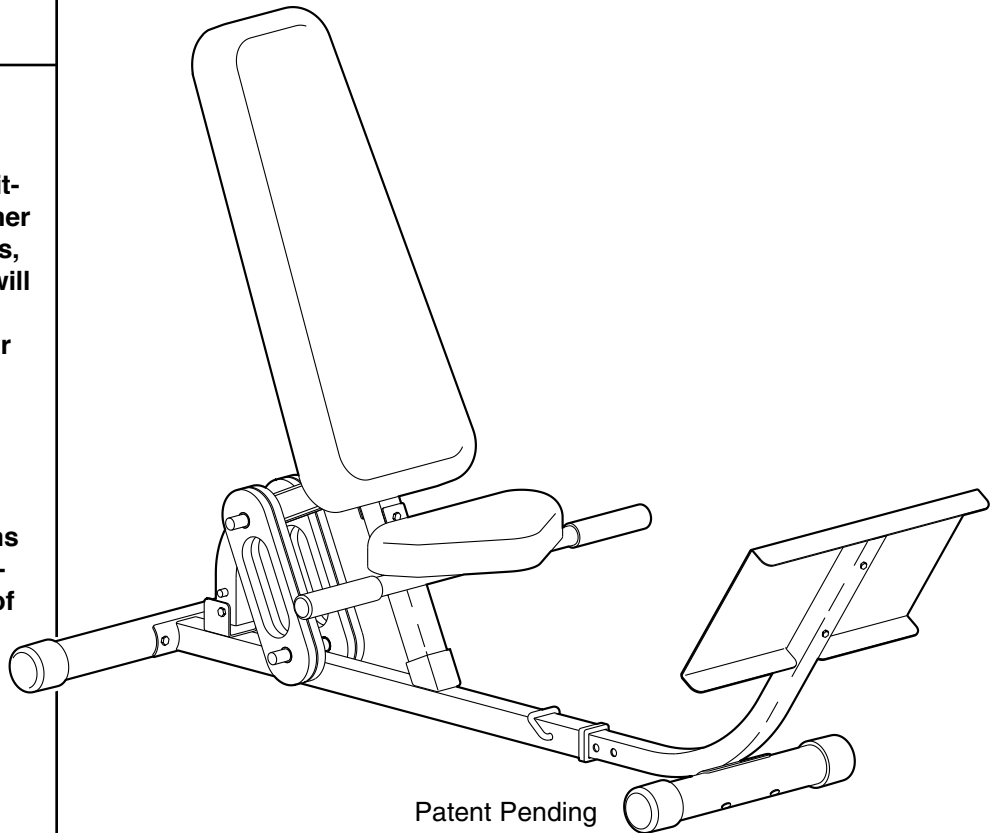
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



Patent Pending

CAUTION

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



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Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the body toning system.

1. Read all instructions in this manual before using the body toning system. Use the body toning system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the body toning system are adequately informed of all precautions.
3. The body toning system is intended for home use only. Do not use the body toning system in a commercial, rental or institutional setting.
4. Use the body toning system only on a level surface. Cover the floor beneath the body toning system to protect the floor.
5. Inspect and tighten all parts each time you use the body toning system. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the body toning system at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. Keep hands and feet away from moving parts.
9. Always make sure there is an equal amount of resistance on each side of the body toning system.
10. The body toning system is designed to support a maximum of 250 pounds.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. The decal shown below has been placed on the body toning system in the location shown. If the decal is missing, or not legible, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before You Begin

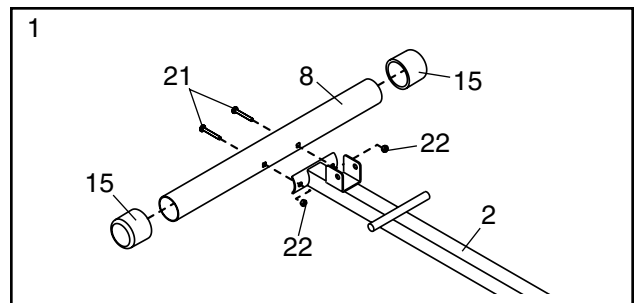
Thank you for selecting the versatile WEIDER® ROCK & TONE body toning system. The ROCK & TONE body toning system is designed to help you develop the muscle groups of the lower body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the ROCK & TONE body toning system will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® ROCK & TONE body toning system. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number (WEBE06010) and the serial number found on a decal attached to the body toning system (see the front cover of this manual).

Assembly

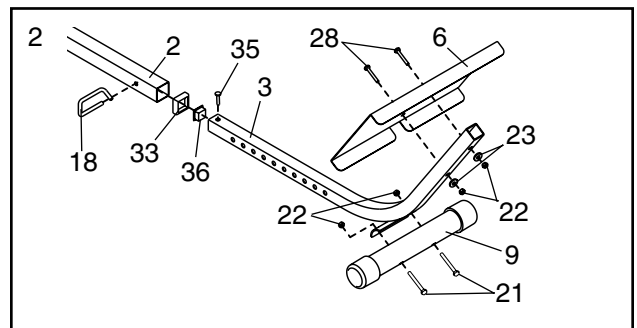
1. Press a 2" Round Outer Cap (15) onto each end of the Rear Stabilizer (8) and the Front Stabilizer (9, not shown). **Note: The Rear Stabilizer is longer than the Front Stabilizer.**

Attach the Rear Stabilizer (8) to the Base (2) with two M8 x 63mm Carriage Bolts (21) and two M8 Nylon Locknuts (22).



2. Attach the Front Stabilizer (9) to the Adjustment Frame (3) with two M8 x 63mm Carriage Bolts (21) and two M8 Nylon Locknuts (22).

Press the 30mm Square Inner Cap (36) into the Adjustment Frame (3) and secure it with the M4 x 12mm Screw (35). Insert the Adjustment Frame through the Slider Bushing (33) and into the Base (2). Insert the Adjustment Pin (18) into the indicated hole in the Base and through a hole in the Adjustment Frame.

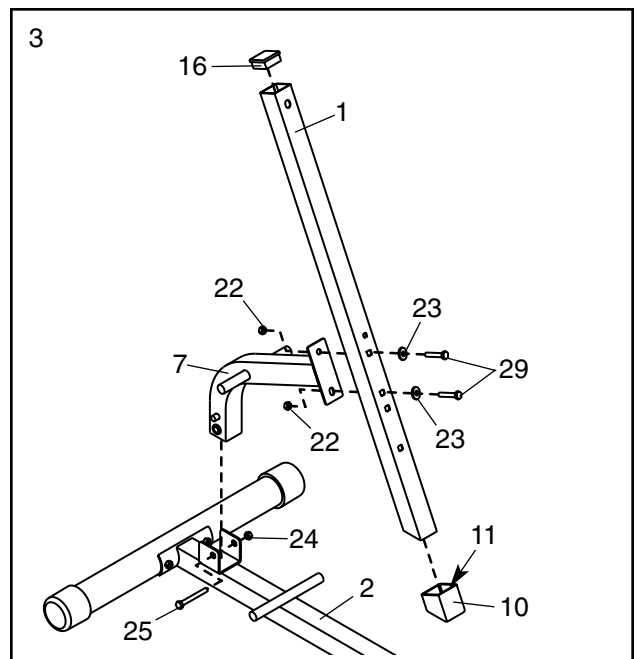


Attach the Press Plate (6) to the Adjustment Frame (3) with two M8 x 43mm Carriage Bolts (28), two 5/16" Washers (23), and two M8 Nylon Locknuts (22).

3. Make sure that the End Plate (11) is inside of the Angled Cap (10). Press the Angled Cap onto the bottom of the Backrest Frame (1). Press a 38mm Square Inner Cap (16) into the top of the Backrest Frame.

Attach the Pivot Frame (7) to the Backrest Frame (1) with two M8 x 52mm Button Bolts (29), two M8 Washers (23), and two M8 Nylon Locknuts (22).

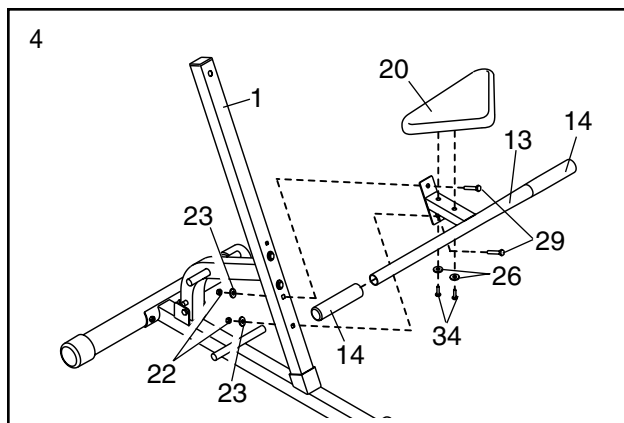
Attach the Pivot Frame (7) to the Base (2) with an M10 x 64mm Button Bolt (25) and an M10 Nylon Locknut (24). **Do not overtighten the Nylon Locknut; the Pivot Frame must be able to pivot easily.**



4. Slide a Grip (14) onto each end of the Handlebar (13).

Attach the Handlebar (13) to the Backrest Frame (1) with two M8 x 52mm Button Bolts (29), two M8 Washers (23), and two M8 Nylon Locknuts (22).

Attach the Small Seat (20) to the Handlebar (13) with two M6 x 42mm Button Screws (34) and two M6 Washers (26).

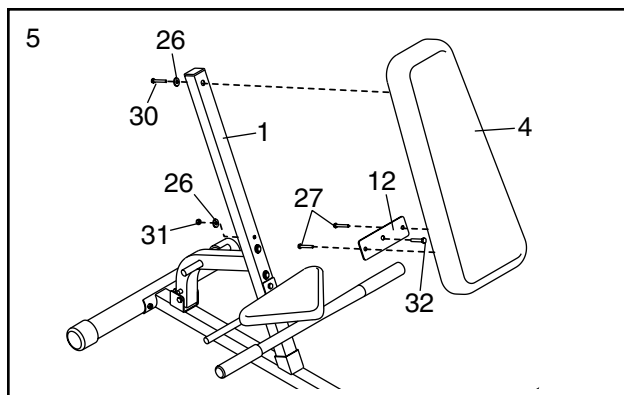


5. Insert an M6 x 50mm Carriage Bolt (32) into the center hole of the Support Plate (12). Attach the Support Plate to the Backrest (4) with two M6 x 16mm Button Screws (27).

Attach the Backrest (4) to the the Backrest Frame (1) with the M6 x 50mm Carriage Bolt (32), an M6 Washer (26), and an M6 Nylon Locknut (31).

Secure the Backrest (4) with an M6 x 55mm Button Screw (30) and an M6 Washer (26).

The use of the remaining parts will be explained below.

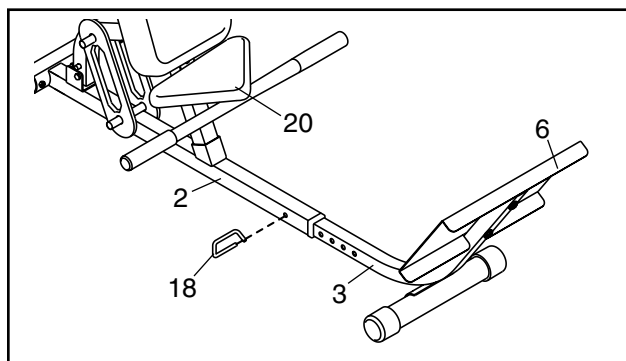


Adjusting The Body Toning System

This section explains how the body toning system can be adjusted. Inspect and tighten all parts each time you use the body toning system. Replace any worn parts immediately. The body toning system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

Adjusting the Press Plate

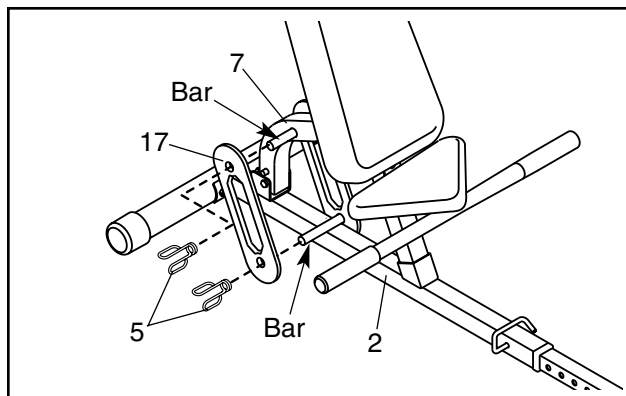
To adjust the distance between the Small Seat (20) and the Press Plate (6), remove the Adjustment Pin (18) from the Base (2). Slide the Adjustment Frame (3) into or out of the Base until the Press Plate is in the correct position. Insert the Adjustment Pin into the indicated hole in the Base and a hole in the Adjustment Frame. **Note: For the correct starting positions, refer to the Exercise Guide on page 5.**



Adjusting the Resistance

To change the amount of resistance, remove the four Spring Clips (5) from the indicated bars on the Base (2) and the Pivot Frame (7). Slide the 25-lb. Bands (17) onto the bars and secure the Bands with the four Spring Clips.

The 10-lb. Bands (not shown) can be attached in the same manner. For maximum resistance, attach both sets of Bands .



⚠ WARNING: Always place an equal amount of resistance on each side of the body toning system.

Exercise Guide

Leg Press



Calf Raise



One Leg Squat



One Leg Squat with Leg Extension



One Leg Side Squat

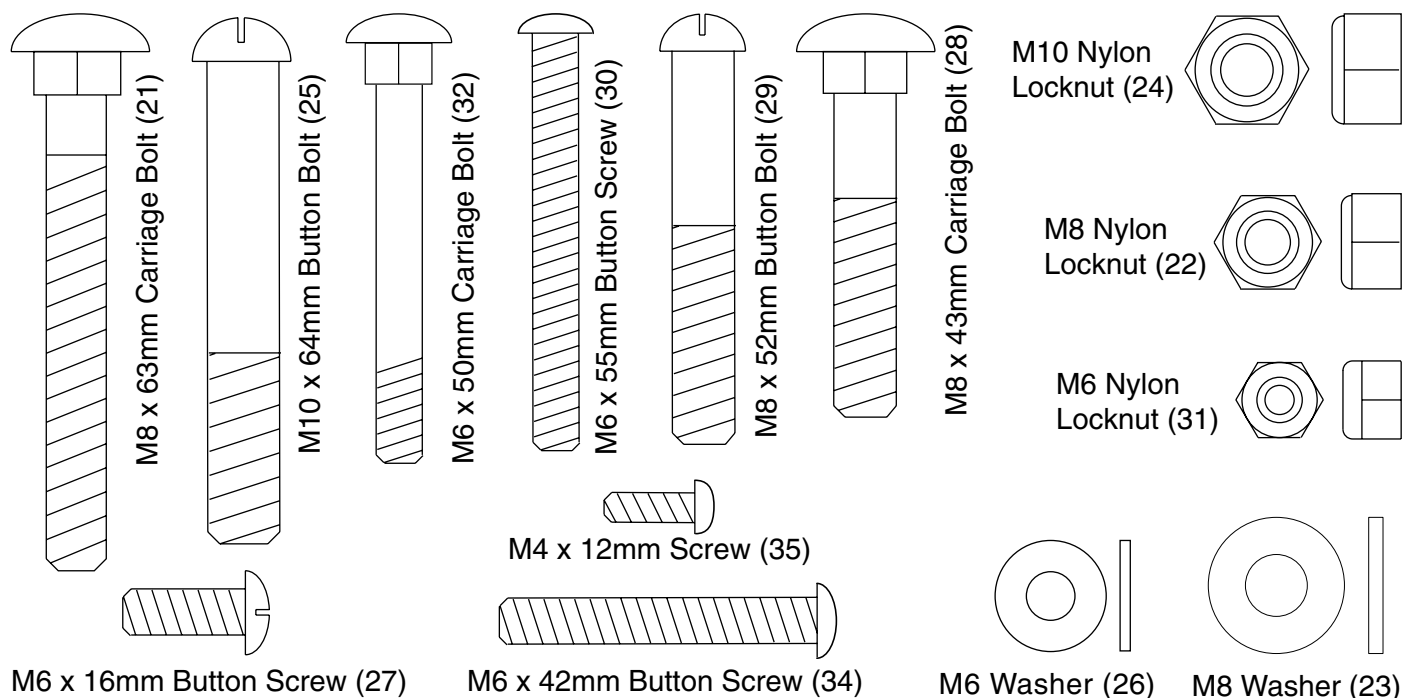


One Leg Side Squat with Leg Extension



Part Identification Chart

Refer to the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part from the Part List. **Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**

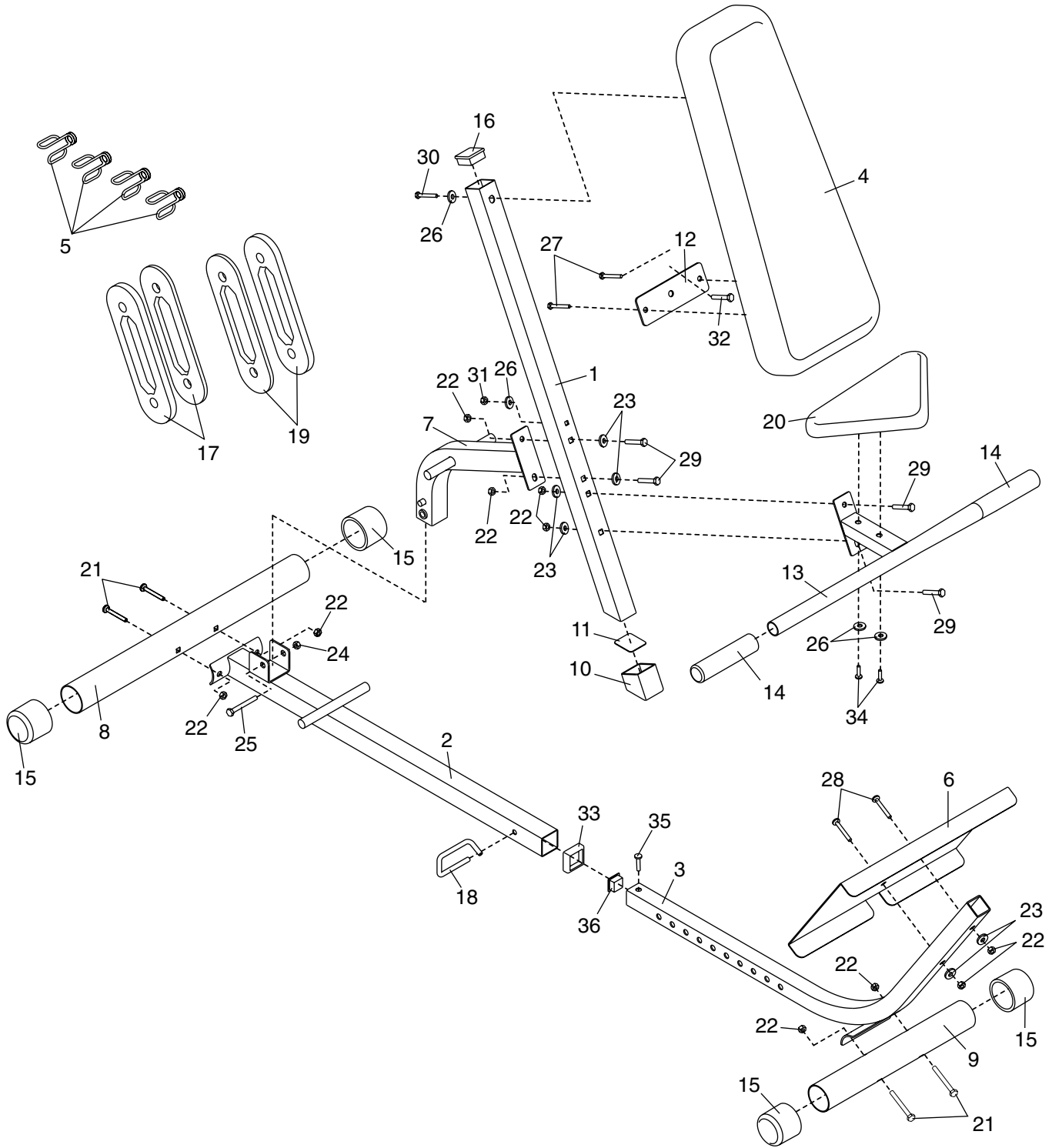


Part List—Model No. WEBE06010

R0501A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest Frame	20	1	Small Seat
2	1	Base	21	4	M8 x 63mm Carriage Bolt
3	1	Adjustment Frame	22	10	M8 Nylon Locknut
4	1	Backrest	23	6	M8 Washer
5	4	Spring Clip	24	1	M10 Nylon Locknut
6	1	Press Plate	25	1	M10 x 64mm Button Bolt
7	1	Pivot Frame	26	4	M6 Washer
8	1	Rear Stabilizer	27	2	M6 x 16mm Button Screw
9	1	Front Stabilizer	28	2	M8 x 43mm Carriage Bolt
10	1	Angled Cap	29	4	M8 x 52mm Button Bolt
11	1	End Plate	30	1	M6 x 55mm Button Screw
12	1	Support Plate	31	1	M6 Nylon Locknut
13	1	Handlebar	32	1	M6 x 50mm Carriage Bolt
14	2	Grip	33	1	Slider Bushing
15	4	2" Round Outer Cap	34	2	M6 x 42mm Button Screw
16	1	38mm Square Inner Cap	35	1	M4 x 12mm Screw
17	2	25-lb. Band	36	1	30mm Square Inner Cap
18	1	Adjustment Pin	#	1	User's Manual
19	2	10-lb. Band	#	1	Exercise Video

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.



Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (WEBE06010)
- The NAME of the product (WEIDER® ROCK & TONE body toning system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 6 and 7 of this manual).

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

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813