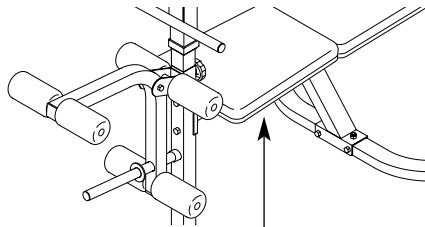


# WEIDER® 160

Model No. WEBE08920

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

## USER'S MANUAL

### QUESTIONS?

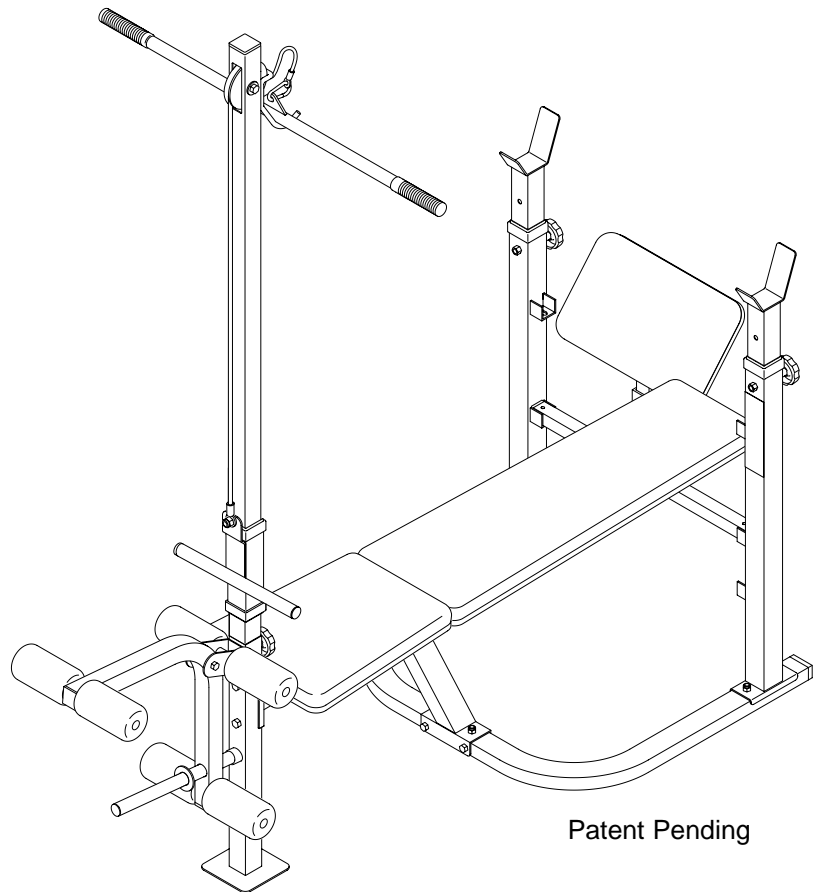
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

**CUSTOMER HOT LINE:**

**1-800-999-3756**

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



### CAUTION

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



Visit our website at

[www.weiderfitness.com](http://www.weiderfitness.com)

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

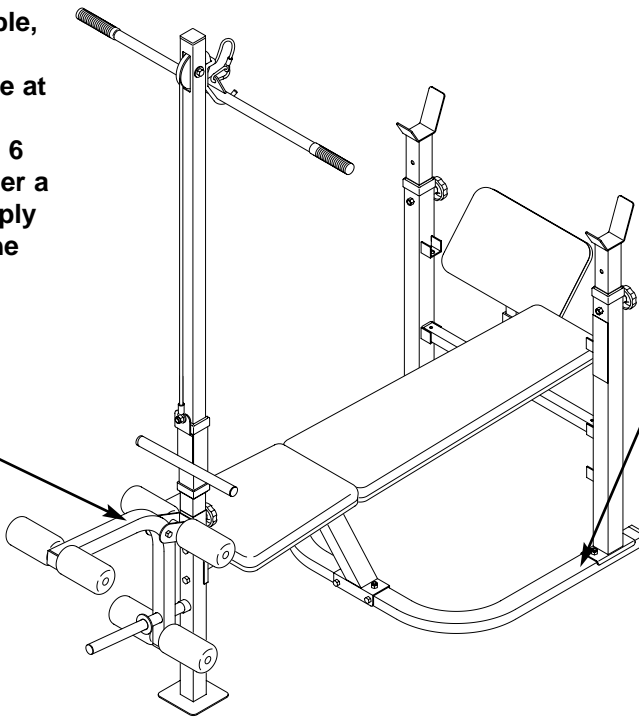
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight bench in the locations shown. If a decal is missing or illegible, 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, to order a free replacement decal. Apply the replacement decal in the location shown.



**WARNING**  
Keep hands and fingers clear of this area.

**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 to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 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. The weight bench is designed to support a maximum user weight of 300 pounds. Do not place more than 110 pounds, including the barbell, on the weight rests. Do not place more than 110 pounds on the lat tower. Do not place more than 50 pounds on the leg lever. Note: The weight bench does not include a barbell or weights.
10. Always keep an equal amount of weight on both ends of your barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping.
11. Do not use a barbell that is longer than six feet with the weight bench.
12. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
13. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
14. Always set both weight rests at the same height. Make sure that the adjustment knobs are inserted completely and tightened into the uprights before beginning any exercise.
15. When adjusting the position of the backrest, make sure the adjustment tube is securely seated in the adjustment brackets.
16. Always remove the curl post and lat tower from the front leg before performing leg curls with the leg lever.
17. 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

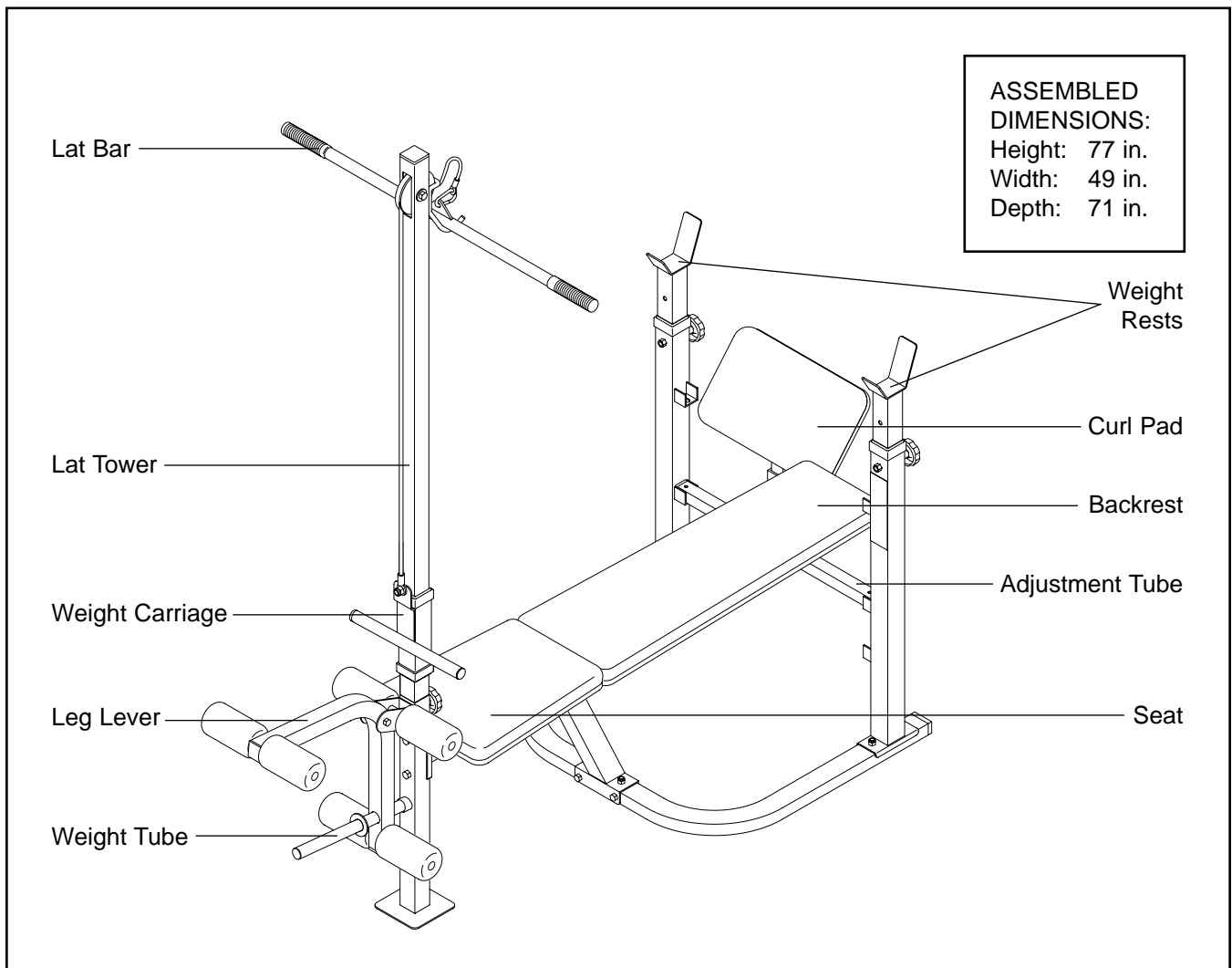
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 160 weight bench. The WEIDER® 160 weight bench is designed to be used with your own weight set (not included) to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the WEIDER® 160 will help you achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** 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 note the product model number and serial number before calling. The model number is WEBE08920. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



# ASSEMBLY

## Make Things Easier for Yourself



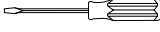
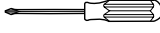
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- For help identifying small parts, refer to the PART IDENTIFICATION CHART.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**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.

1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

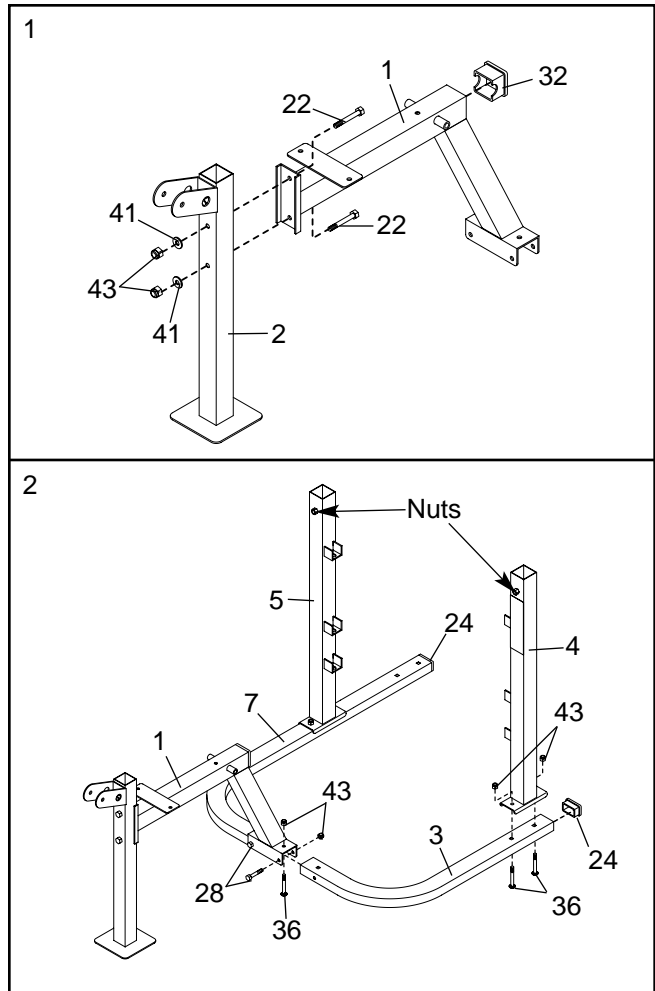
Press a 38mm Square Inner Cap (32) into the end of the Bench Frame (1).

Attach the Bench Frame (1) to the Front Leg (2) using two M8 x 55mm Bolts (22), two M8 Washers (41), and two M8 Nylon Locknuts (43). **Do not tighten the Locknuts yet.**

2. Insert a 25mm x 50mm Inner Cap (24) into the Left Base (3). Attach the Left Base to the Bench Frame (1) using an M8 x 35mm Carriage Bolt (36), an M8 x 68mm Bolt (28), and two M8 Nylon Locknuts (43). **Do not tighten the Nylon Locknuts yet.**

Attach the Left Upright (4) to the Left Base (3) with two M8 x 35mm Carriage Bolts (36) and two M8 Nylon Locknuts (43). **Be sure the indicated nuts are oriented as shown. Do not tighten the Nylon Locknuts yet.**

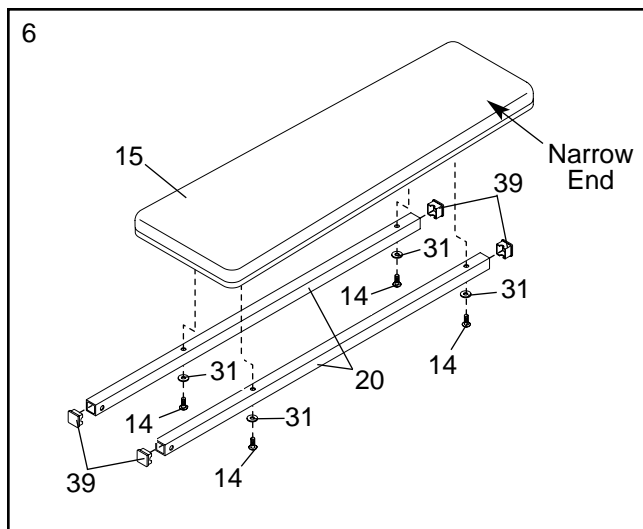
**Repeat this step with the Right Base (7) and the Right Upright (5).**





- Press four 25mm Square Inner Caps (39) into the ends of the Backrest Tubes (20). **Be sure the Caps are oriented as shown.**

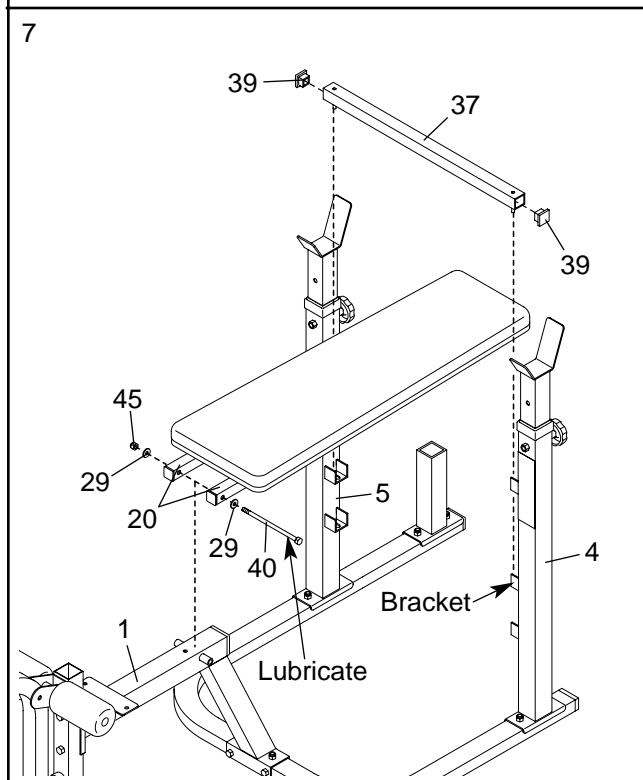
Attach the Backrest (15) to the Backrest Tubes (20) using four M6 x 38mm Screws (14) and four M6 Washers (31). **Be sure the narrow end of the Backrest is on the end shown. Do not tighten the Screws yet.**



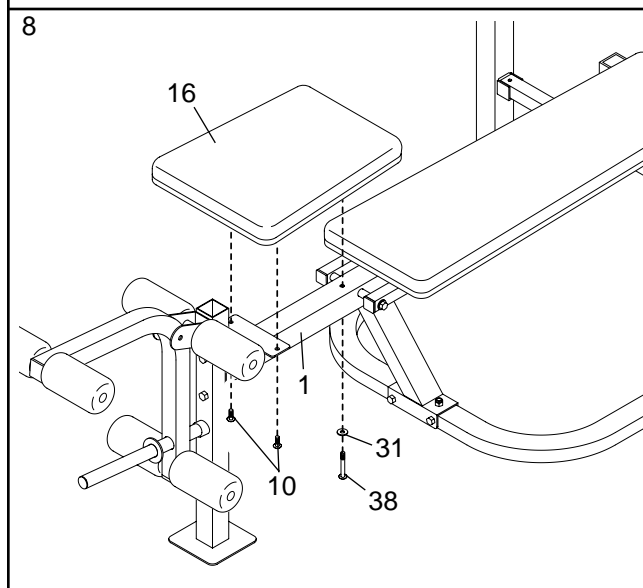
- Press two 25mm Square Inner Caps (39) into the Adjustment Tube (37). With the pins on the Adjustment Tube facing downward, slide the Adjustment Tube into a set of adjustment brackets on the Uprights (4, 5).

Lubricate an M10 x 168mm Bolt (40). Attach the Backrest Tubes (20) to the Bench Frame (1) with the Bolt, two M10 Washers (29), and an M10 Nylon Locknut (45). **Do not overtighten the Nylon Locknut; the Backrest Tubes must be able to pivot freely.**

**Tighten the M8 Nylon Locknuts (43) used in step 2, and the four M6 x 38mm Screws (14) used in step 6.**



- Attach the Seat (16) to the Bench Frame (1) using two M6 x 16mm Screws (10), an M6 x 50mm Screw (38), and an M6 Washer (31).



- Press two 25mm Round Inner Caps (21) into the weight tube of the Weight Carriage (12). Press two 45mm x 38mm Outer Bushings (23) onto the top and bottom of the Weight Carriage.

Insert an M8 x 16mm Bolt (44) into the bracket on the Weight Carriage (12). Slide the Weight Carriage onto the Lat Tower (11) as shown.

Route the Cable (25) through the slot of the Lat Tower (11) in the indicated direction. Connect the eyelet on the Cable to the Weight Carriage (12) using the M8 x 16mm Bolt (44) and an M8 Nylon Locknut (43).

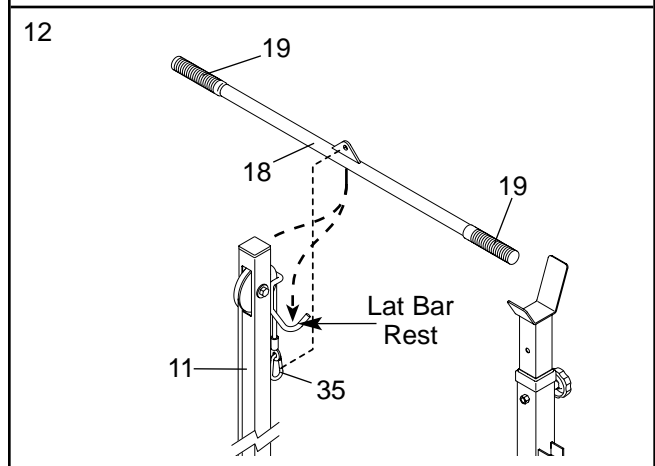
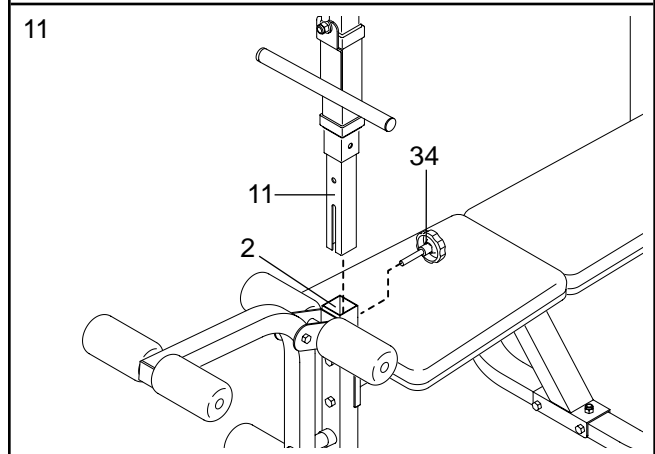
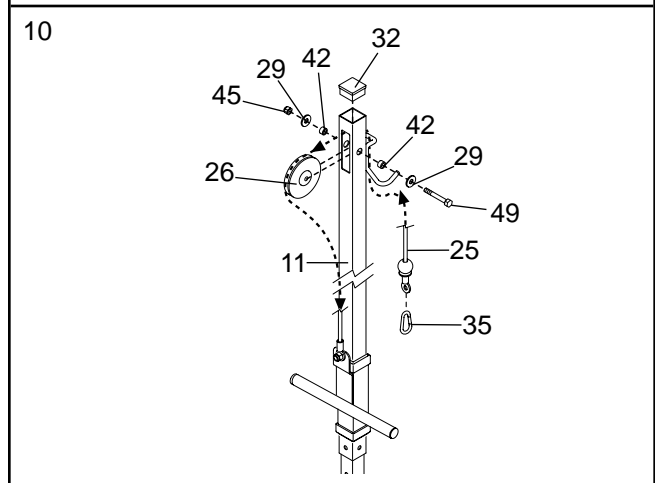
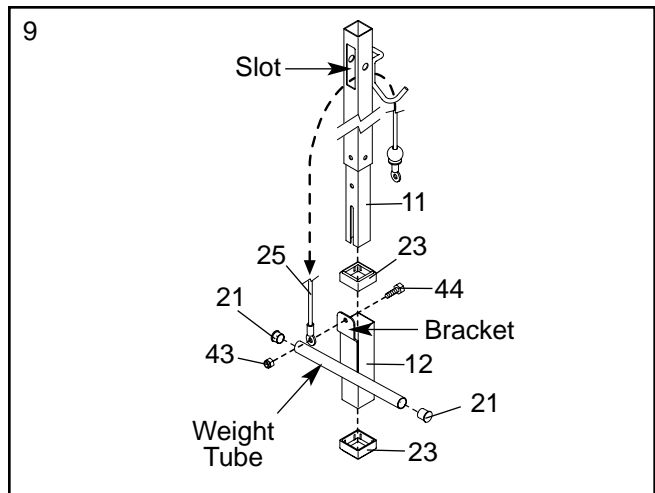
- Press a 38mm Square Inner Cap (32) into the top of the Lat Tower (11).

Route the Cable (25) around the Pulley (26) as indicated. Attach the Pulley inside the slot in the Lat Tower (11) with an M10 x 55mm Bolt (49), two M10 Washers (29), two M10 Spacers (42), and an M10 Nylon Locknut (45). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**

Attach the Cable Clip (35) to the end of the Cable (25).

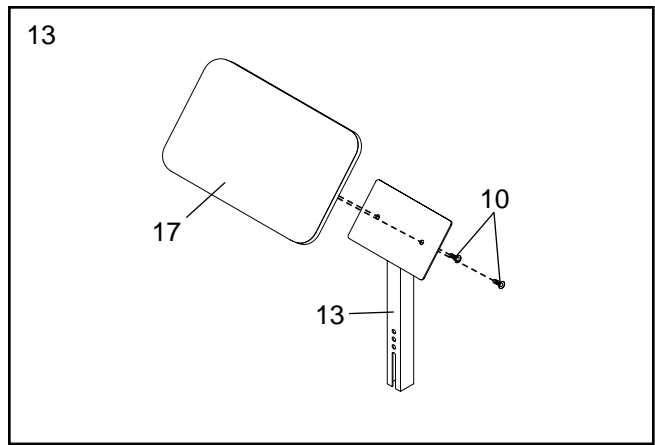
- Slide the Lat Tower (11) into the Front Leg (2). Tighten it in place with the 44mm Adjustment Knob (34).

- Wet the ends of the Lat Bar (18) with soapy water. Slide a Handgrip (19) onto each end of the Lat Bar. Attach the Lat Bar to the Cable Clip (35) and place it in the lat bar rest on the Lat Tower (11).





13. Attach the Curl Pad (17) to the Curl Post (13) using two M6 x 16mm Screws (10). **The Curl Post and the Lat Tower attach to the weight bench in the same place. Instructions for switching between the Curl Post and the Lat Tower can be found in the following section.**



14. **Make sure all parts are properly tightened before you use the weight bench.**

## ADJUSTMENTS

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

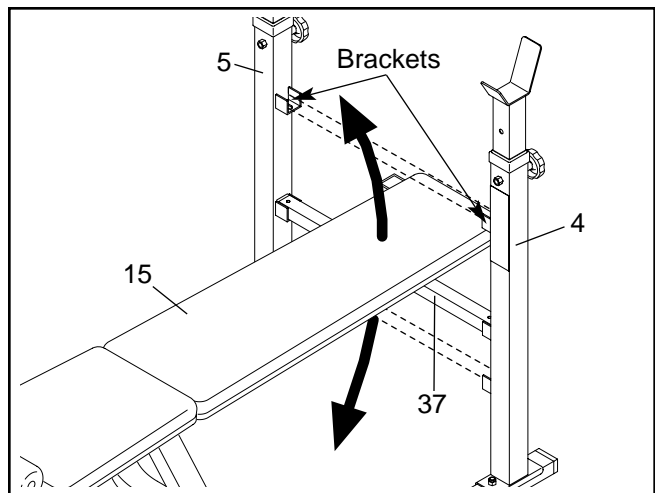
Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

### ADJUSTING THE BACKREST

The Backrest (15) can be set to three different positions: a level position, a decline position, and an incline position.

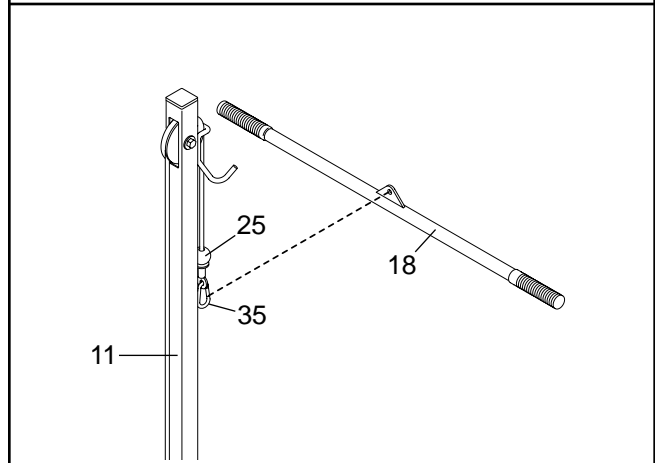
To change the position of the Backrest (15), move the Adjustment Tube (37) to a different set of adjustment brackets on the Uprights (4, 5).

**Make sure the Adjustment Tube (37) is securely seated in the adjustment brackets.**



### ATTACHING THE LAT BAR TO THE LAT TOWER

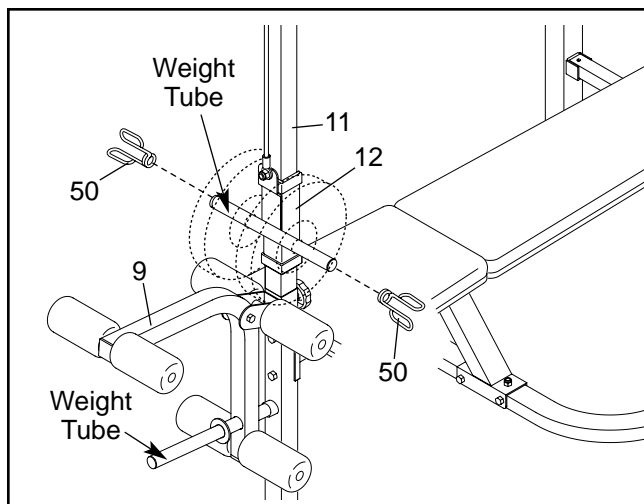
To use the Lat Tower (11), attach the Lat Bar (18) to the Cable (25) with a Cable Clip (35).



## ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE AND LEG LEVER

To use the Lat Tower (11) or the Leg Lever (9), slide the desired amount of weight (not included) onto the indicated weight tubes. Secure the weights onto the Weight Carriage (12) with the two Weight Clips (50).

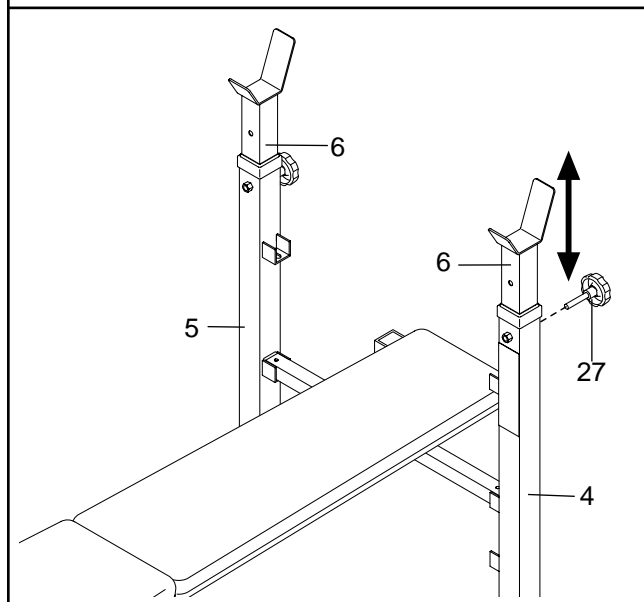
**⚠ WARNING:** Do not place more than 50 pounds on the Leg Lever (9), or more than 110 pounds on the Weight Carriage (12).



## ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (6), first remove your barbell (not included) from the Weight Rests. Remove the 54mm Adjustment Knobs (27) from both Uprights (4, 5). Position the Weight Rests at the desired height and align the holes in the Weight Rests and the Uprights. Secure the Weight Rests with the Adjustment Knobs. **Make sure that you fully tighten the Adjustment Knobs.**

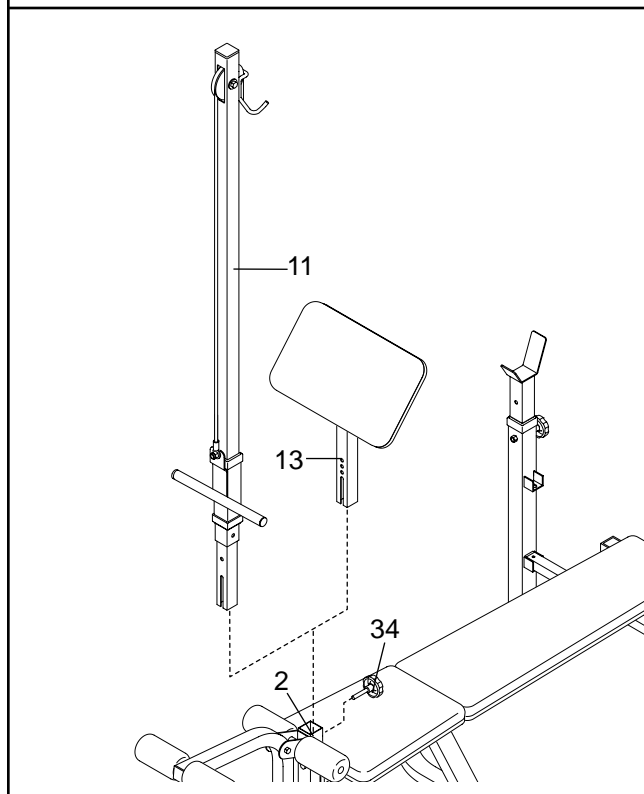
**⚠ WARNING:** The Adjustment Knob (27) must be inserted through both the Weight Rest (6) and the Upright (4, 5), and be firmly tightened. Always set both Weight Rests at the same height. Never tighten a Knob into an Upright before inserting the Weight Rest.



## ATTACHING THE CURL POST OR LAT TOWER

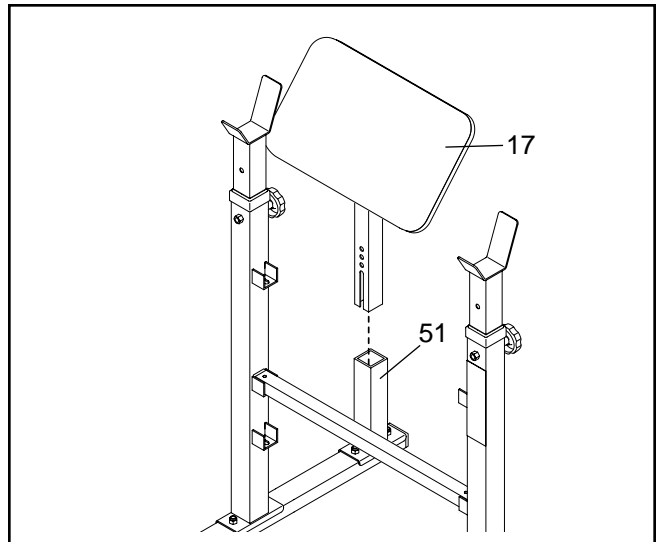
For some exercises, the Curl Post (13) must be attached to the weight bench. Insert the Curl Post into the Front Leg (2). Align the holes in the Front Leg and the Curl Post and secure the Curl Post with the 44mm Adjustment Knob (34). **Make sure that you fully tighten the Knob.**

For other exercises, the Lat Tower (11) must be attached to the weight bench. Insert the Lat Tower into the Front Leg (2). Align the holes in the Front Leg and the Lat Tower and secure the Lat Tower with the 44mm Adjustment Knob (34). **Make sure that you fully tighten the Adjustment Knob.**



## STORING THE CURL PAD

When the Curl Pad (17) is not in use, it can be stored in the Storage Tube (51). However, for some exercises, the Curl Pad should be stored away from the weight bench so it does not interfere with the exercise.



## FOLDING THE BACKREST

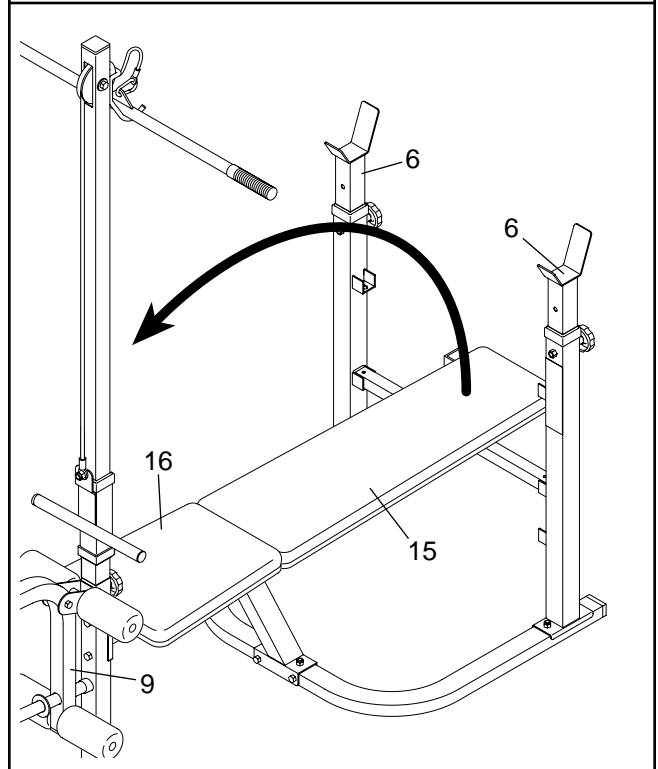
To perform squat exercises, you will need to fold the Backrest (15) to the upright position.

To fold the Backrest (15), 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 (15) out of the way when performing squat exercises. Do not sit on the Seat (16) when the Backrest is folded.

Always place 50 pounds on the Leg Lever (9) to balance the weight bench when performing squat exercises.

Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the Weight Rests (6) while exercising so that you can safely return the barbell when you finish the exercise.



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# 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 13 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

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

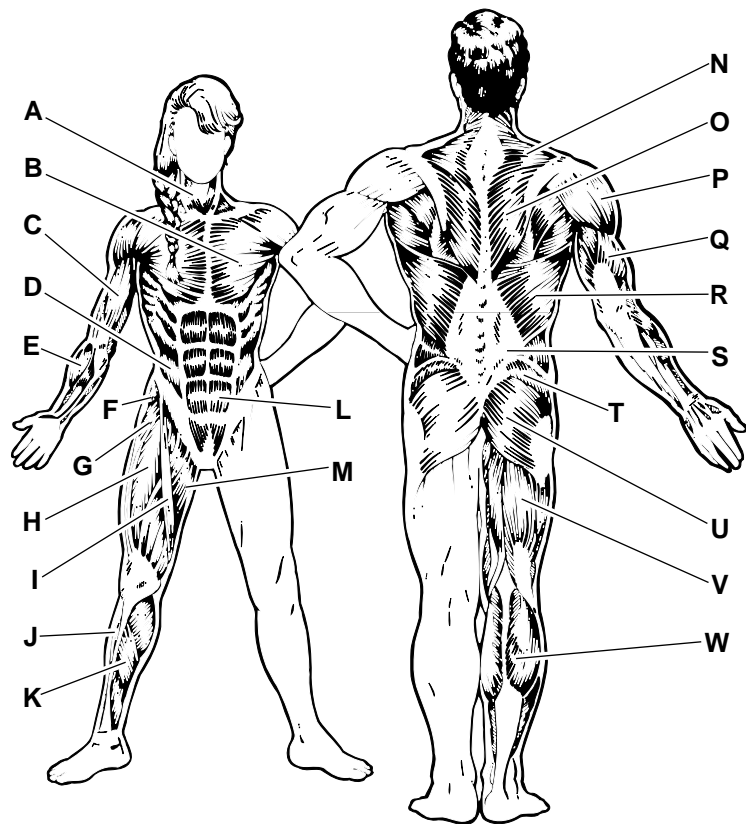
each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on pages 14 and 15 of this manual can be photocopied and used to schedule and record your workouts. 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)



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

---

**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

---

**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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

<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

---

**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

---

**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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

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## 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 (WEBE08920)
- The NAME of the product (WEIDER® 160 weight bench)
- 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 in the center of this manual)

---

## 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 through one of its authorized service centers. All repairs for which warranty claims are made 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 or 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.

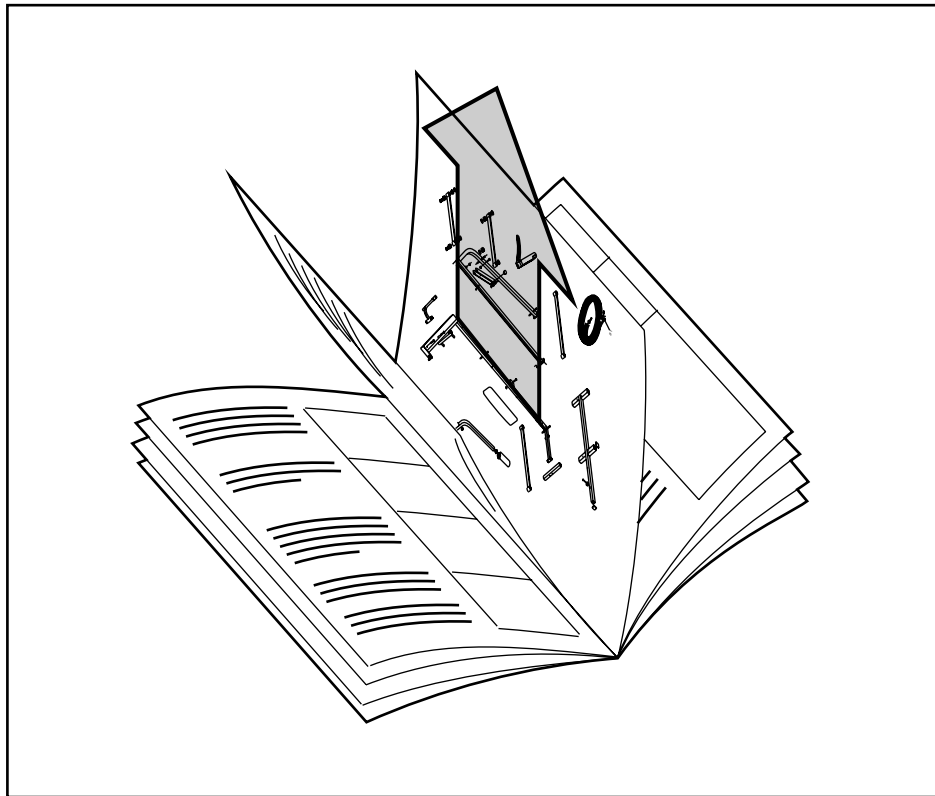
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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



**REMOVE THIS PART IDENTIFICATION CHART  
PART LIST/EXPLODED DRAWING**

**SAVE THIS PART IDENTIFICATION CHART  
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE**



# PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

<p>M10 Washer (29)</p>	<p>M10 Spacer (42)</p>	<p>M10 Nylon Locknut (45)</p>	<p>M10 x 168mm Bolt (40)</p>
<p>M8 Washer (41)</p>	<p>M6 Washer (31)</p>	<p>M8 Nylon Locknut (43)</p>	
<p>M6 x 16mm Screw (10)</p>	<p>M6 x 50mm Screw (38)</p>		
<p>M8 x 16mm Bolt (44)</p>	<p>M8 x 55mm Bolt (22)</p>		
<p>M6 x 38mm Screw (14)</p>	<p>M10 x 55mm Bolt (49)</p>		
<p>M8 x 35mm Carriage Bolt (36)</p>	<p>M10 x 67mm Bolt (46)</p>		
	<p>M8 x 68mm Bolt (28)</p>		

# PART LIST—Model No. WEBE08920

R0702B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	27	2	54mm Adjustment Knob
2	1	Front Leg	28	2	M8 x 68mm Bolt
3	1	Left Base	29	4	M10 Washer
4	1	Left Upright	30	1	Storage Tube
5	1	Right Upright	31	5	M6 Washer
6	2	Weight Rest	32	4	38mm Square Inner Cap
7	1	Right Base	33	6	Foam Pad
8	2	50mm x 45mm Outer Bushing	34	1	44mm Adjustment Knob
9	1	Leg Lever	35	1	Cable Clip
10	4	M6 x 16mm Screw	36	8	M8 x 35mm Carriage Bolt
11	1	Lat Tower	37	1	Adjustment Tube
12	1	Weight Carriage	38	1	M6 x 50mm Screw
13	1	Curl Post	39	6	25mm Square Inner Cap
14	4	M6 x 38mm Screw	40	1	M10 x 168mm Bolt
15	1	Backrest	41	2	M8 Washer
16	1	Seat	42	2	M10 Spacer
17	1	Curl Pad	43	13	M8 Nylon Locknut
18	1	Lat Bar	44	1	M8 x 16mm Bolt
19	2	Handgrip	45	3	M10 Nylon Locknut
20	2	Backrest Tube	46	1	M10 x 67mm Bolt
21	4	25mm Round Inner Cap	47	6	19mm Round Inner Cap
22	2	M8 x 55mm Bolt	48	3	Pad Tube
23	2	45mm x 38mm Outer Bushing	49	1	M10 x 55mm Bolt
24	2	25mm x 50mm Inner Cap	50	2	Weight Clip
25	1	Cable	#	1	User's Manual
26	1	Pulley	#	1	Exercise Guide

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

# EXPLODED DRAWING—Model No. WEBE08920

R0702B

