

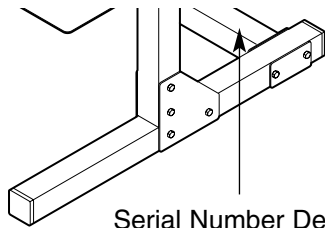
WEIDER® PRO 525

USER'S MANUAL

Model No. WEBE19510

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

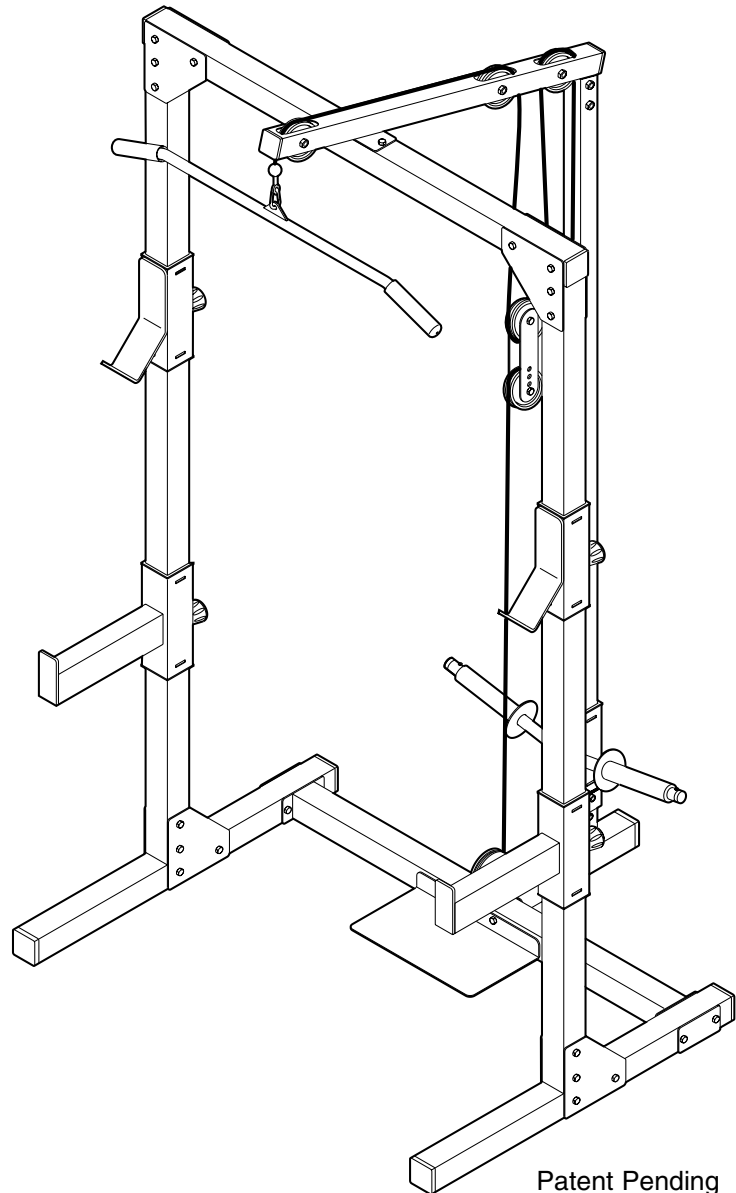
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



CAUTION

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



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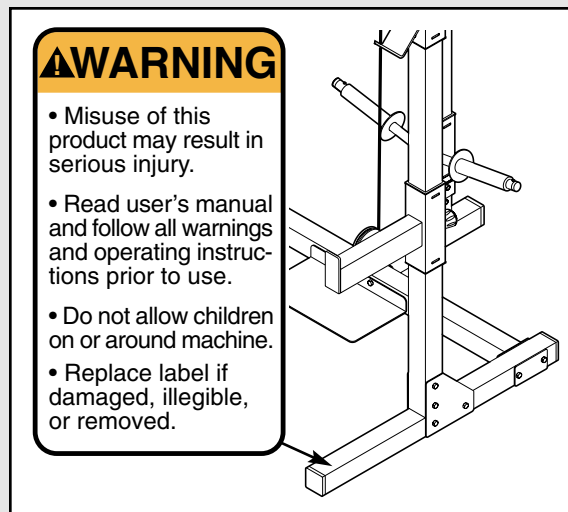
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
3. The weight rack is intended for home use only. Do not use the weight rack in a commercial, rental, or institutional setting.
4. Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor.
5. Make sure that all parts are properly tightened each time you use the weight rack. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight rack 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 rack is designed to support a maximum of 300 pounds, including a barbell and weights. Do not place more than 300 pounds, including a barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage. Note: The weight rack does not include a barbell or weights.
10. Always make sure that there is an equal amount of weight on each side of the weight carriage.
11. Always set both weight rests and both safety spotters at the same height.
12. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.
13. Always lower the weight carriage in a controlled manner; never let the weight carriage drop.
14. Always move your bench out of the way when performing an exercise that does not use the bench.
15. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
16. The decal shown below has been placed on the weight rack. If the 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 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.

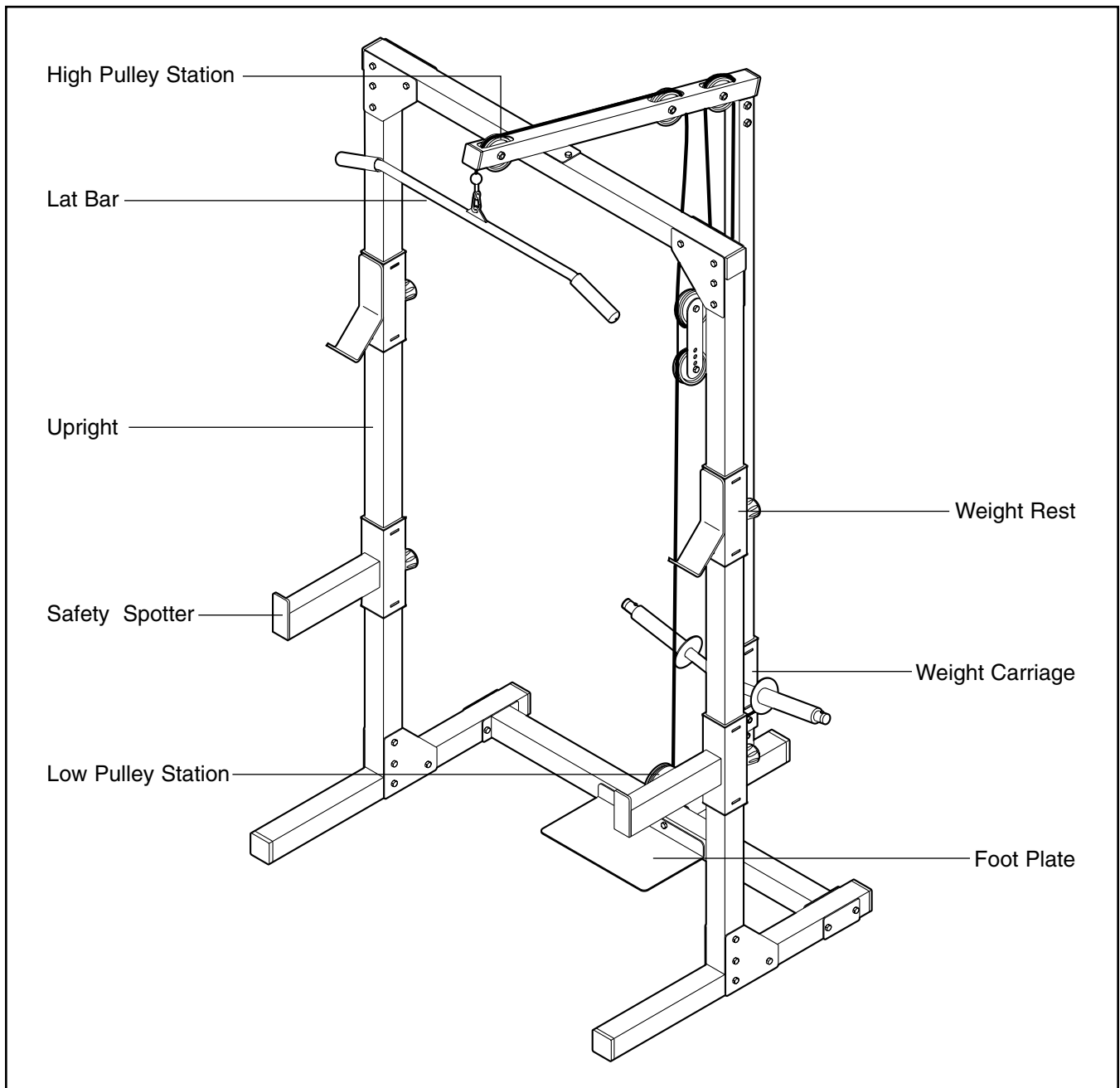
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 525 weight rack. The PRO 525 is designed 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 PRO 525 will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the weight rack. If you have additional questions, please call our Customer Service Department

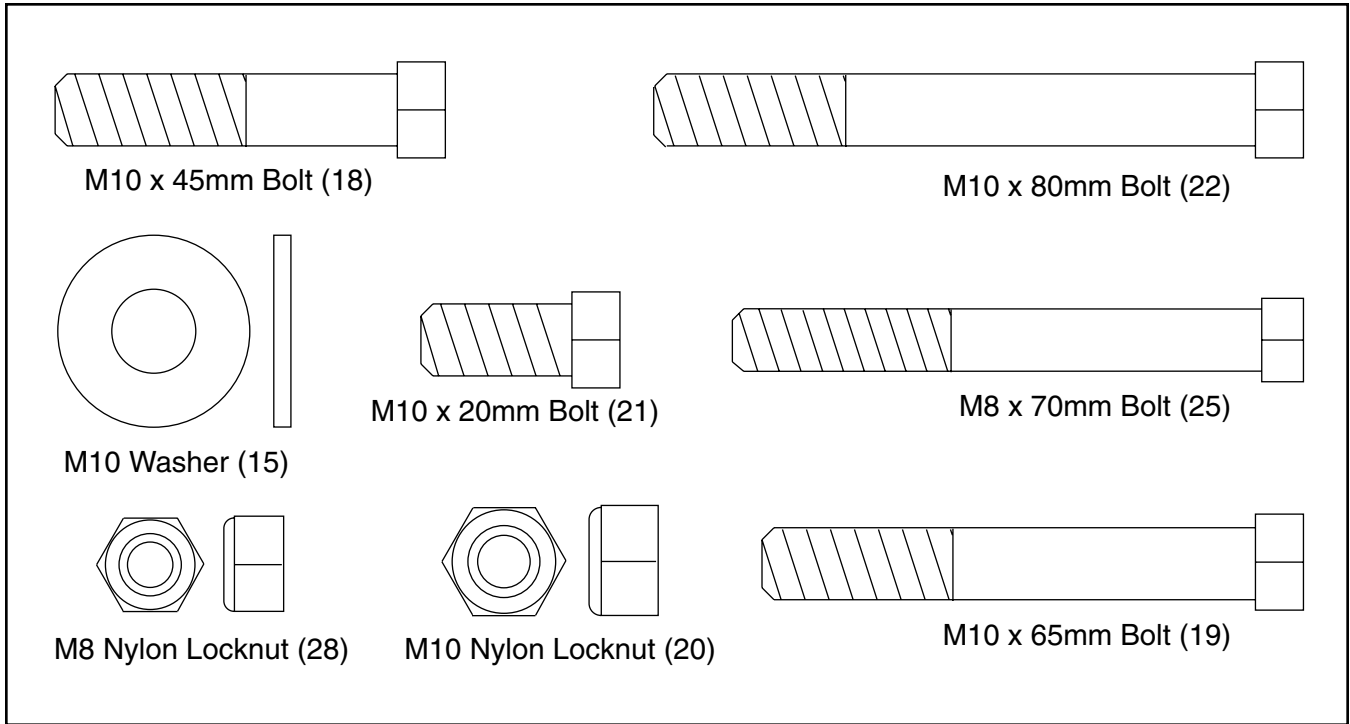
toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE19510. The serial number can be found on a decal attached to the weight rack (see the front cover of this manual).

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



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 on page 18 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.**



ASSEMBLY

Make Things Easier for Yourself



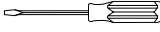
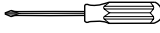
This manual is designed to ensure that the weight rack can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight rack, 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 beginning, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be pre-assembled.**

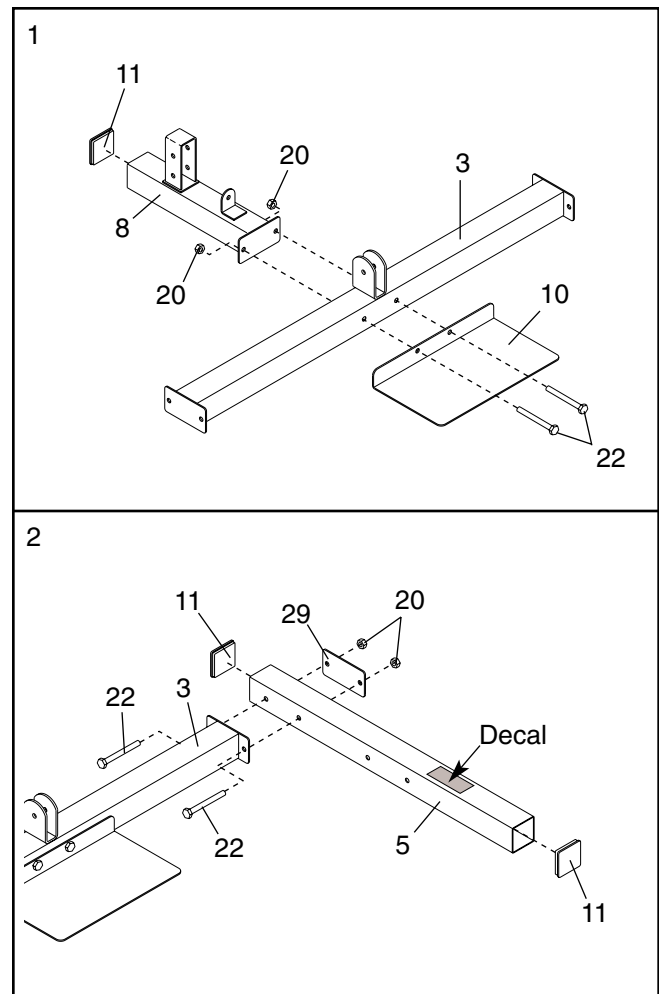
Press a 60mm Square Inner Cap (11) into the end of the Rear Base (8).

Attach the Rear Base (8) and the Foot Plate (10) to the Base (3) with two M10 x 80mm Bolts (22) and two M10 Nylon Locknuts (20). **Do not tighten the Nylon Locknuts yet.**

2. Press two 60mm Square Inner Caps (11) into the ends of each Stabilizer (5).

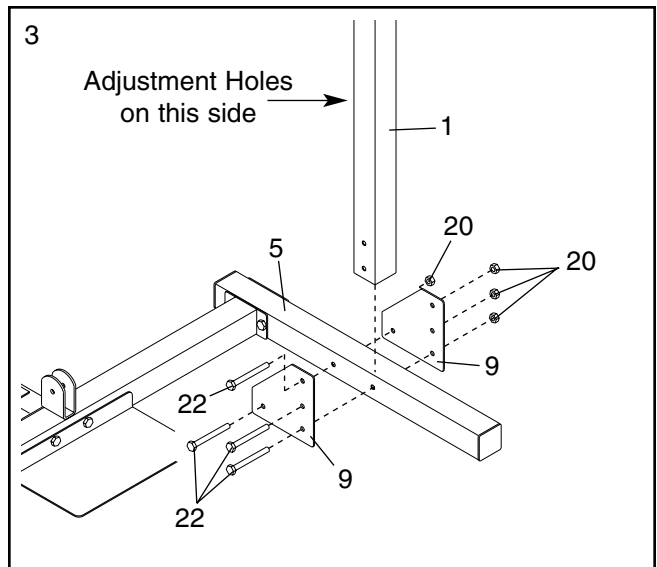
Attach the Stabilizer (5) to one end of the Base (3) with two M10 x 80mm Bolts (22), a Support Plate (29), and two M10 Nylon Locknuts (20). **Do not tighten the Nylon Locknuts yet.**

Assemble the other Stabilizer (5) in the same manner. **Note: There is a warning decal on one of the Stabilizers; make sure it is in the position shown.**



- Attach an Upright (1) to a Stabilizer (5) with four M10 x 80mm Bolts (22), two Joint Plates (9), and four M10 Nylon Locknuts (20). **Make sure that the Uprights are oriented with the adjustment holes on the side indicated. Do not tighten the Nylon Locknuts yet.**

Repeat this step with the other Upright (1).

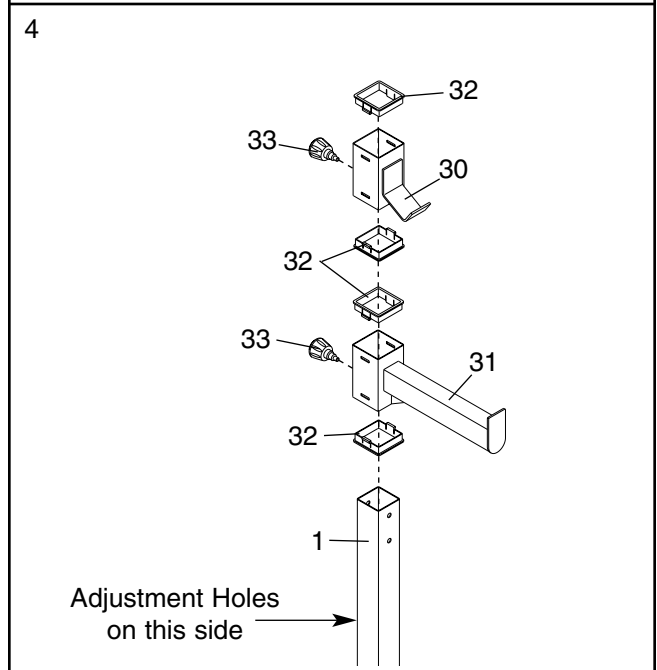


- Press 75mm x 65mm Bushings (32) into the top and bottom of a Weight Rest (30) and a Safety Spotter (31). Screw Adjustment Knobs (33) into the Weight Rest and the Safety Spotter.

Pull the Adjustment Knob (33) on the Safety Spotter (31) out as far as it will go. Slide the Safety Spotter over an Upright (1). Snap the Knob into one of the lower adjustment holes in the Upright. Turn the Knob clockwise until it is tight. Attach a Weight Rest (30) to the Upright in the same manner. **Be sure the Adjustment Knobs are on the same side of the Uprights as the adjustment holes.**

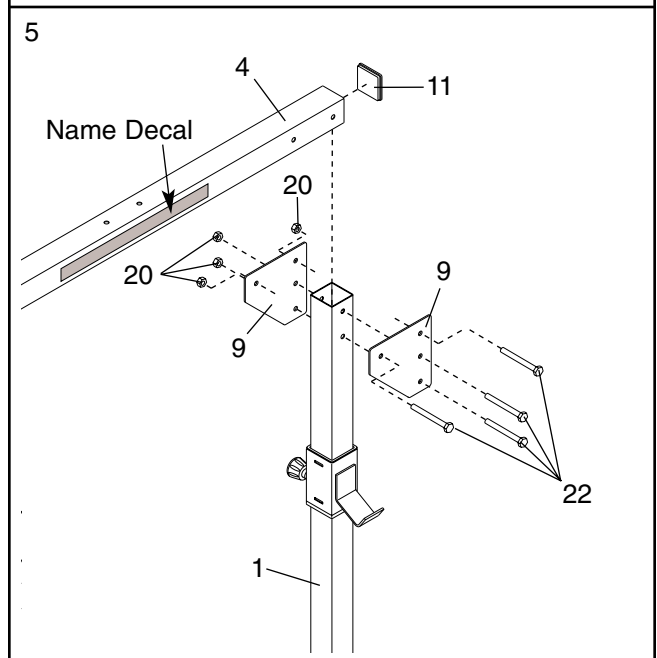
Repeat this step with the other Upright (1).

Note: Make sure that both Weight Rests (30) and both Safety Spotters (31) are at the same height.



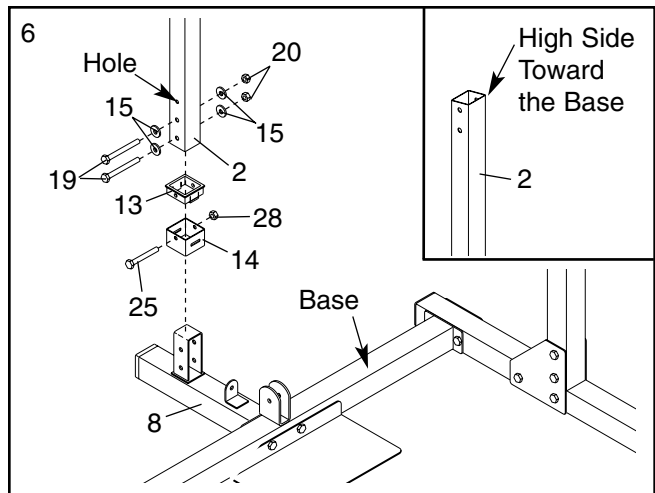
- Press a 60mm Square Inner Cap (11) into each end of the Crossbar (4).

Attach the Crossbar (4) to each Upright (1) with four M10 x 80mm Bolts (22), two Joint Plates (9), and four M10 Nylon Locknuts (20). **Do not tighten the Nylon Locknuts yet. Be sure the name decal is on the side shown.**



- Press a 60mm x 50mm Bushing (13) into the top of the Carriage Stop (14). Slide the Carriage Stop onto the lower end of the Rear Upright (2). Attach the Carriage Stop to the indicated hole in the Rear Upright with an M8 x 70mm Bolt (25) and an M8 Nylon Locknut (28).

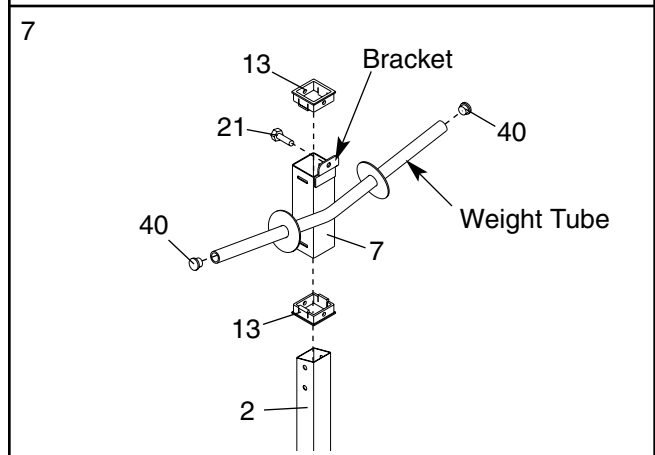
Orient the angled top of the Rear Upright (2) as shown in the inset drawing. Slide the Rear Upright onto the bracket on the Rear Base (8). Attach the Rear Upright to the Rear Base using two M10 x 65mm Bolts (19), four M10 Washers (15), and two M10 Nylon Locknuts (20). **Do not tighten the Nylon Locknuts yet.**



- Press 60mm x 50mm Bushings (13) into the top and bottom of the Weight Carriage (7). Press 25mm Round Inner Caps (40) into the ends of the weight tube on the Weight Carriage.

Insert an M10 x 20mm Bolt (21) into the bracket on the Weight Carriage (7).

Slide the Weight Carriage (7) onto the Rear Upright (2) as shown. **Be sure the Weight Carriage is turned so that the bracket is at the top on the side shown.**

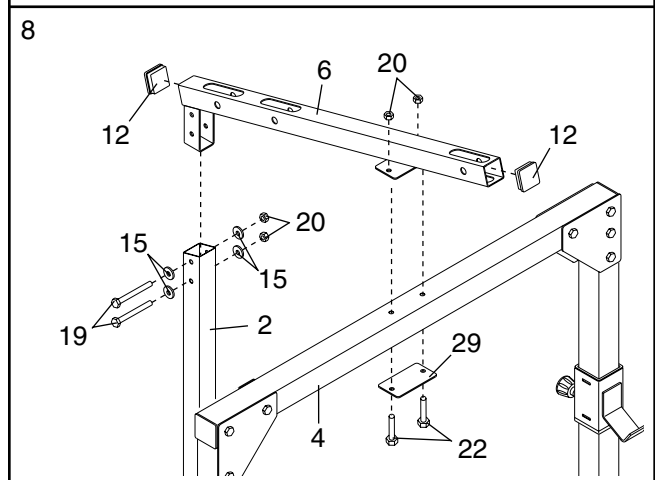


- Press two 50mm Square Inner Caps (12) into the ends of the Top Frame (6).

Slide the bracket on the Top Frame (6) into the Rear Upright (2) as shown. Attach the Top Frame to the Rear Upright with two M10 x 65mm Bolts (19), four M10 Washers (15), and two M10 Nylon Locknuts (20).

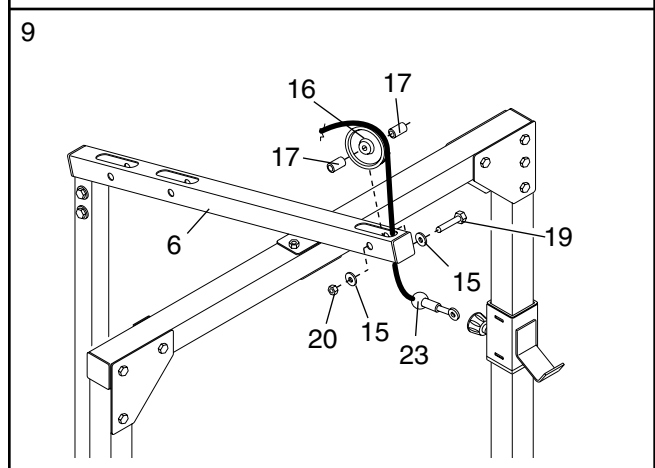
Attach the Top Frame (6) to the Crossbar (4) with two M10 x 80mm Bolts (22), a Support Plate (29), and two M10 Nylon Locknuts (20).

Tighten all of the M10 Nylon Locknuts (20) used in steps 1–8.

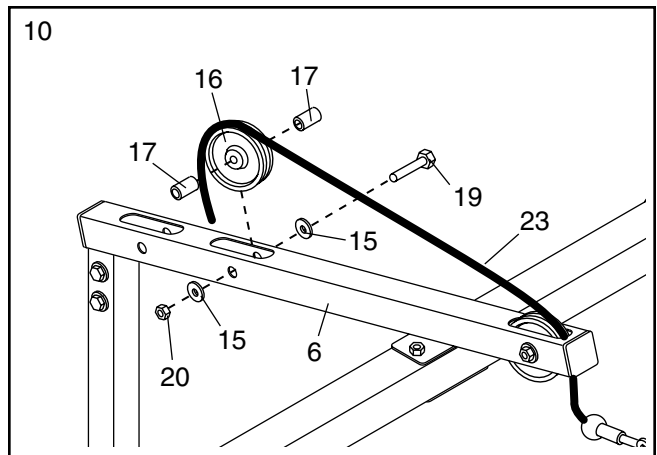


- Locate the High Cable (23), which is the shorter of the two cables. Route the metal-sleeve end of the High Cable up through the indicated slot in the Top Frame (6).

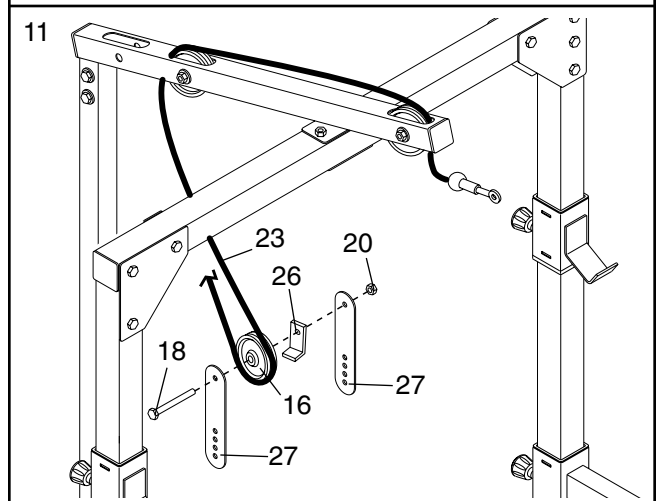
Wrap the High Cable (23) around a 3 1/2" Pulley (16) as shown. Attach the Pulley inside the slot in the Top Frame (6) with an M10 x 65mm Bolt (19), two M10 Washers (15), two 15mm x 10.5mm Spacers (17), and an M10 Nylon Locknut (20). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



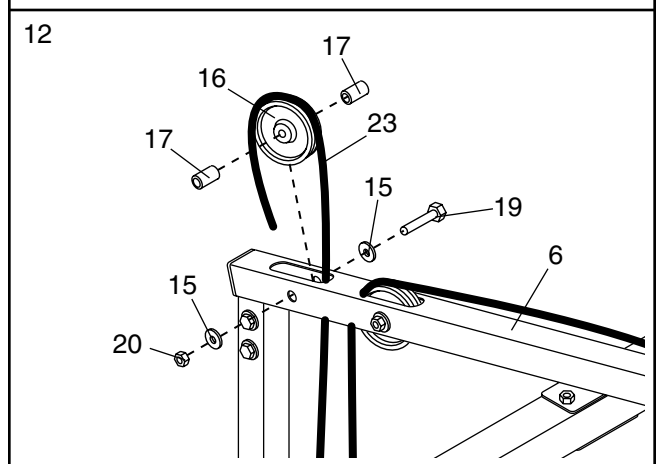
10. Route the High Cable (23) around a 3 1/2" Pulley (16) and through the indicated slot in the Top Frame (6). Attach the Pulley inside the slot using an M10 x 65mm Bolt (19), two M10 Washers (15), two 15mm x 10.5mm Spacers (17), and an M10 Nylon Locknut (20). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



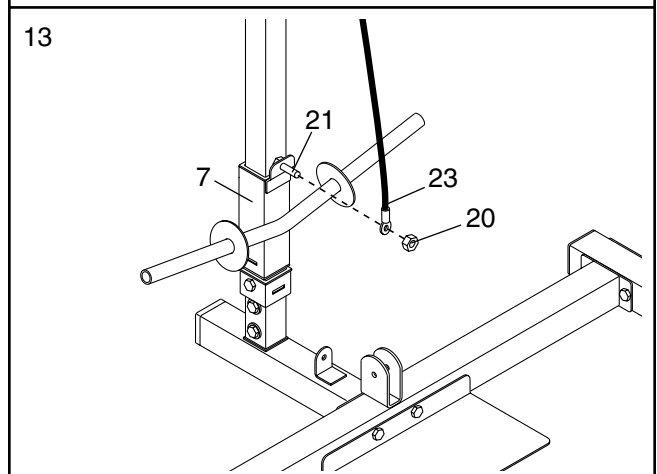
11. Orient the Pulley Plates (27) as shown. Wrap the High Cable (23) around a 3 1/2" Pulley (16). Attach the Pulley and a Cable Trap (26) to the top set of holes in the Pulley Plates with an M10 x 45mm Bolt (18) and an M10 Nylon Locknut (20). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley. Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



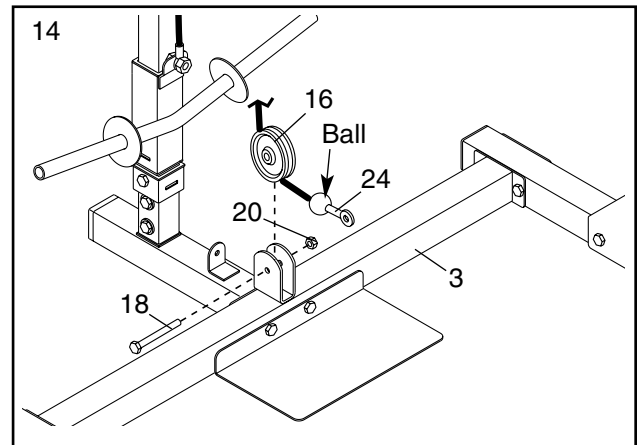
12. Route the High Cable (23) up through the Top Frame (6), around a 3 1/2" Pulley (16), and back through the Top Frame. Attach the Pulley inside the slot in the Top Frame with an M10 x 65mm Bolt (19), two M10 Washers (15), two 15mm x 10.5mm Spacers (17), and an M10 Nylon Locknut (20). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



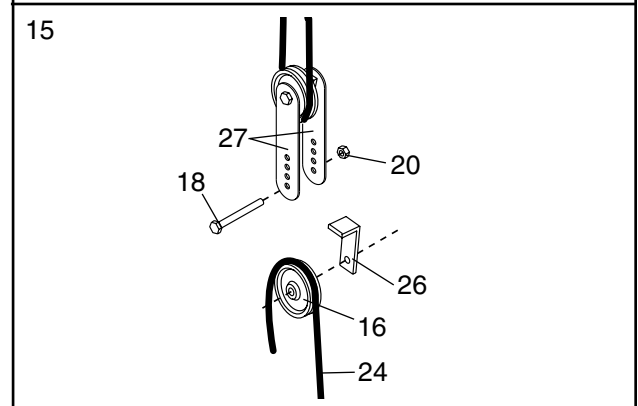
13. Attach the end of the High Cable (23) to the M10 x 20mm Bolt (21) in the Weight Carriage (7) with an M10 Nylon Locknut (20) onto the Bolt.



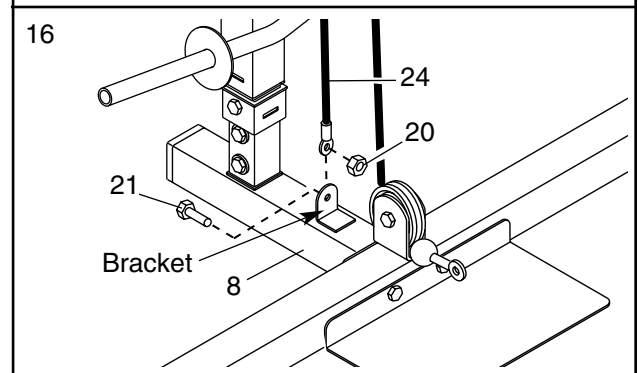
14. Locate the Low Cable (24). Lay the Low Cable in the bracket on the Base (3) so that the ball is on the indicated side. Attach a 3 1/2" Pulley (16) to the bracket with an M10 x 45mm Bolt (18) and an M10 Nylon Locknut (20). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



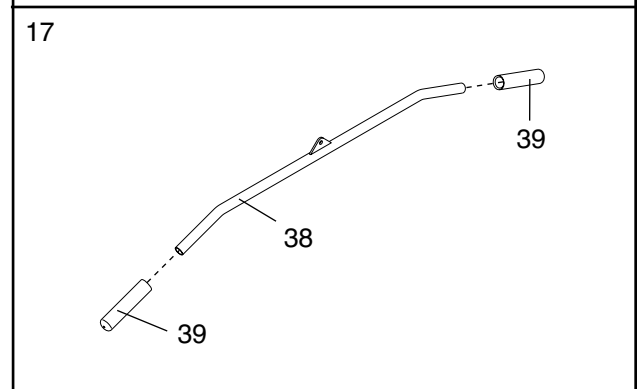
15. Wrap the Low Cable (24) around a 3 1/2" Pulley (16). Attach the Pulley and a Cable Trap (26) to the bottom set of holes in the Pulley Plates (27) with an M10 x 45mm Bolt (18) and an M10 Nylon Locknut (20). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley. Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



16. Attach the Low Cable (24) to the bracket on the Rear Base (8) with an M10 x 20mm Bolt (21) and an M10 Nylon Locknut (20).



17. Wet the ends of the Lat Bar (38) with soapy water. Slide a Handgrip (39) onto each end of the Lat Bar.



18. **Make sure all parts are properly tightened before you use the weight rack.** The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

ADJUSTMENTS

This section explains how the weight rack can be adjusted. Make sure all parts are properly tightened each time you use the weight rack. Replace any worn parts immediately. The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

USING THE WEIGHT RESTS AND SAFETY SPOTTERS

Before beginning an exercise, move the Weight Rests (30) and the Safety Spotters (31) to sets of holes in the Uprights (1) that are best suited for that exercise. Turn the Adjustment Knob (33) counter-clockwise, and pull it out as far as it will go. Slide the Weight Rest or Safety Spotter to the desired height. Snap the Knob into an adjustment hole in the Upright. Turn the Knob clockwise until tight.

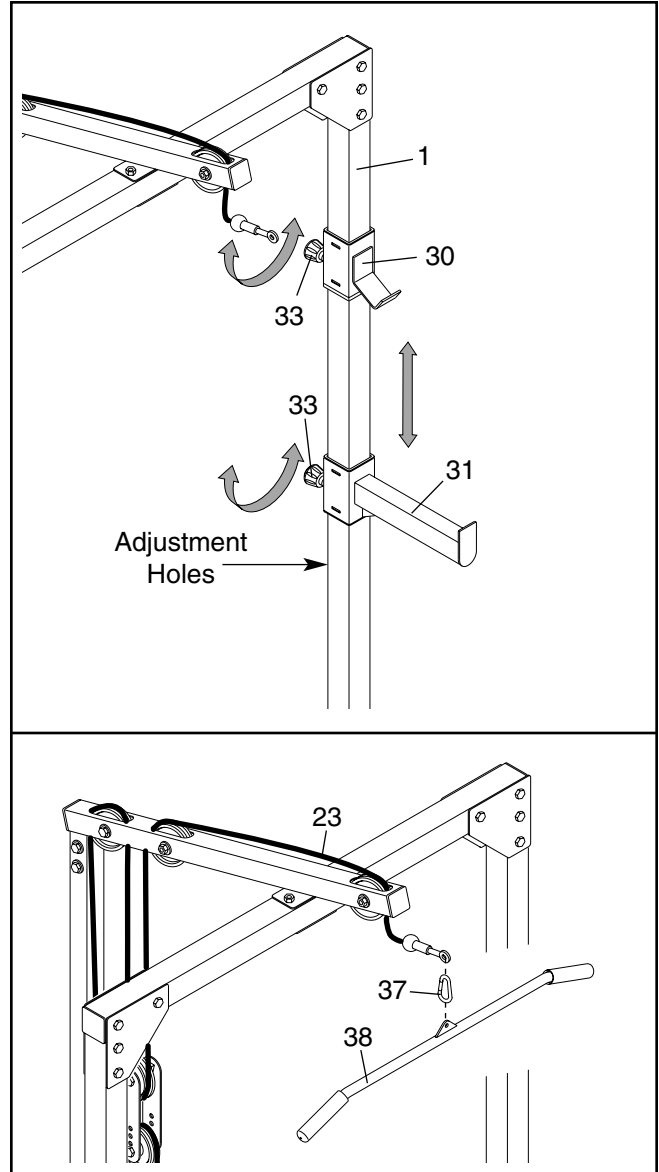
The selected holes for the Safety Spotters (31) should represent the lowest point to which you want the barbell to go during the exercise. The selected holes for the Weight Rests (30) should be at a comfortable height for lifting and replacing the barbell.

⚠ WARNING: Always set both Weight Rests (30) and both Safety Spotters (31) at the same height.

ATTACHING THE LAT BAR TO THE HIGH PULLEY STATION OR THE LOW PULLEY STATION

To use the high or low pulley station, attach the Lat Bar (38) to the High Cable (23) or the Low Cable (not shown) using a Cable Clip (37).

⚠ WARNING: Always remove the Lat Bar (38) when performing an exercise that does not require the use of the Lat Bar.



TIGHTENING THE CABLES

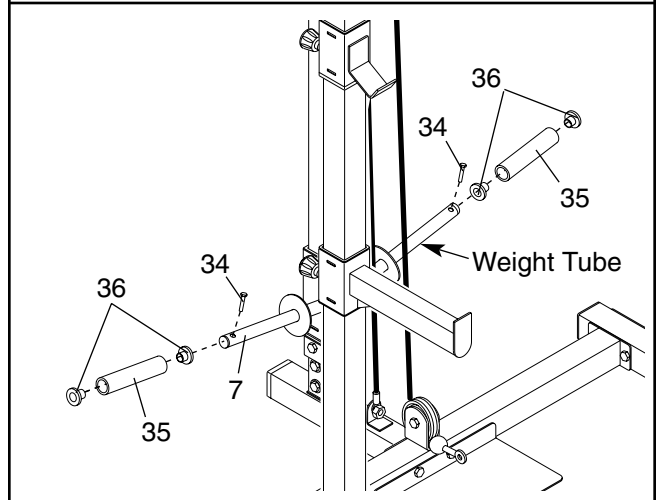
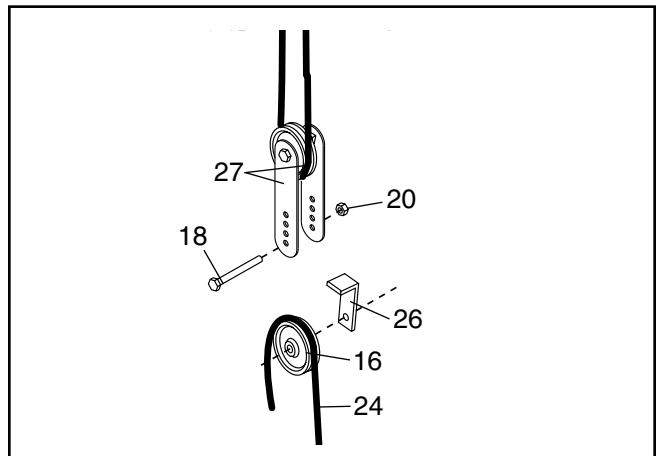
Woven cable, the type of cable used on the weight rack, can stretch slightly when it is first used. If the cables need to be tightened, remove the M10 Nylon Locknut (20) and the M10 x 45mm Bolt (18) from the lower ends of the Pulley Plates (27). Reattach the 3 1/2" Pulley (16) and Cable Trap (26) to the next higher set of holes in the Pulley Plates. Make sure the Cable Trap holds the Low Cable (24) in the groove of the Pulley. Continue to move the Pulley up until the Cable is tight. **Do not overtighten the Nylon Locknut. The Pulley must be able to turn freely.**

ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the Weight Carriage (7), slide the desired amount of weight (not included) onto each side of the weight tube on the Weight Carriage.

⚠ WARNING: Do not place more than 150 pounds on the Weight Carriage (7). Always place the same amount of weight on each side of the Weight Carriage.

To use Olympic weights, press two Weight Adapter Bushings (36) into the ends of each Weight Adapter (35). Slide a Weight Adapter onto each side of the weight tube on the Weight Carriage (7). Insert the two Lock Pins (34) into the weight tube.



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 14 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

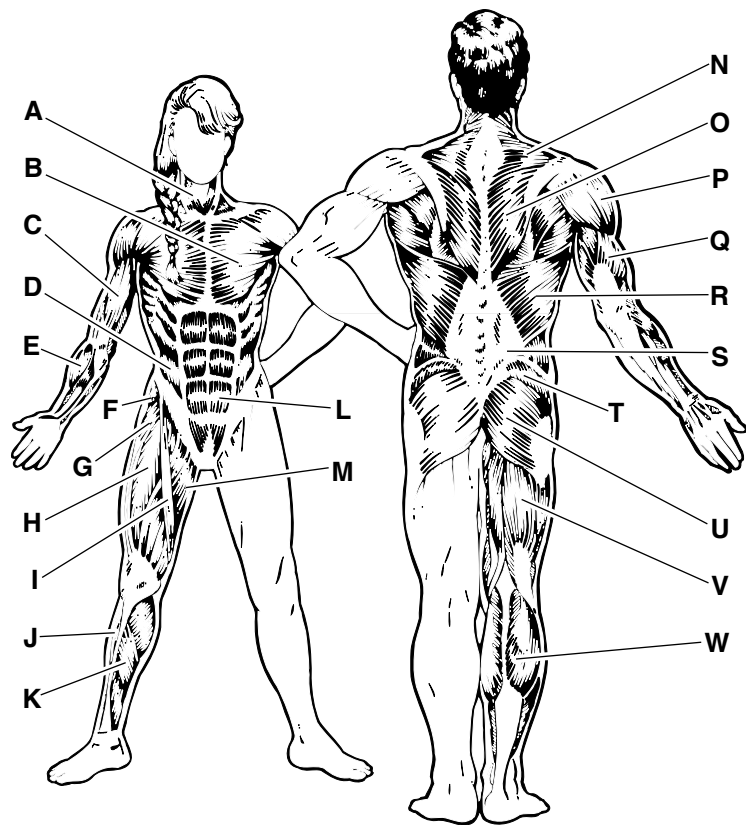
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 15 and 16 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)



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

THURSDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

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

NOTES

PART LIST—Model No. WEBE19510

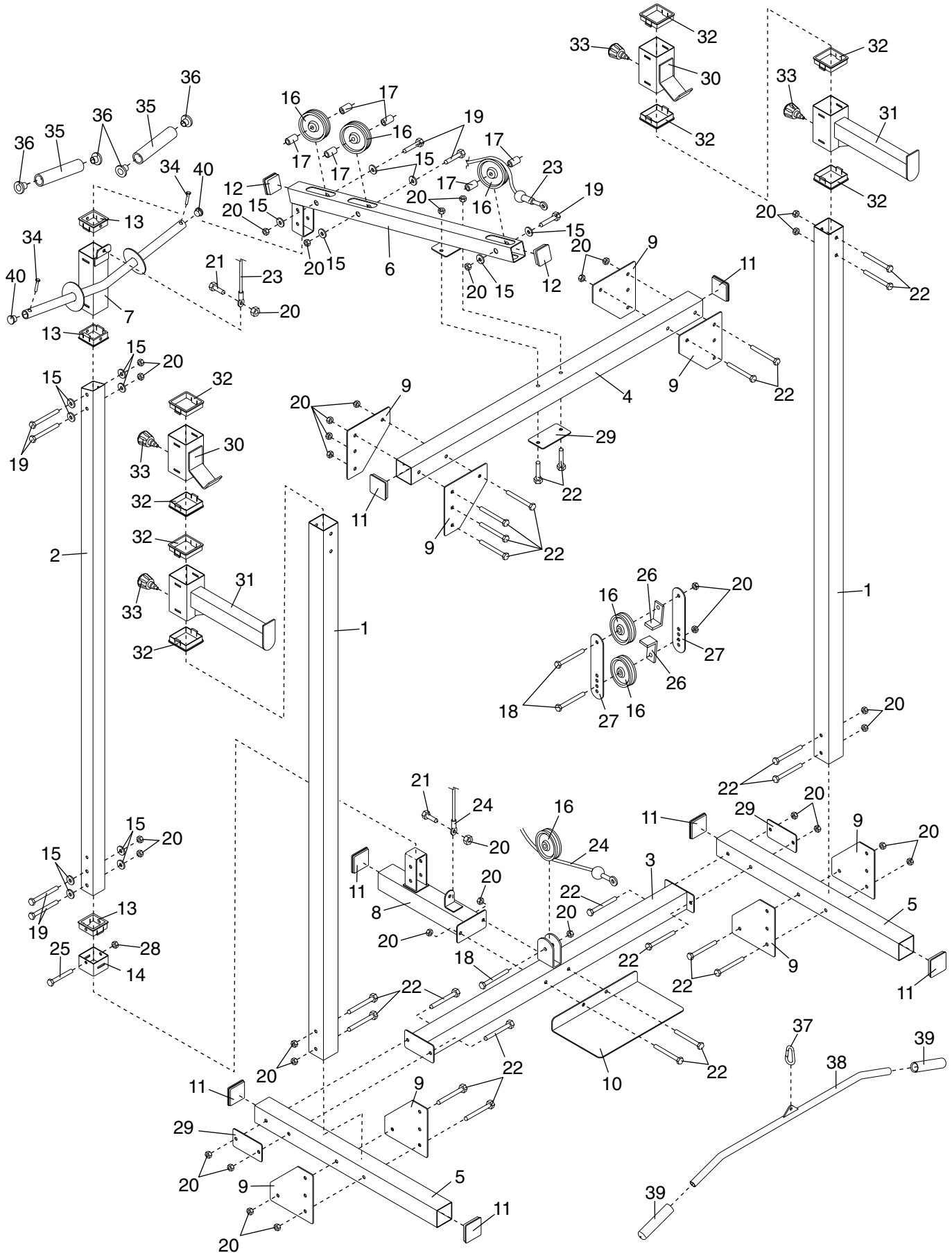
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	22	24	M10 x 80mm Bolt
2	1	Rear Upright	23	1	High Cable
3	1	Base	24	1	Low Cable
4	1	Crossbar	25	1	M8 x 70mm Bolt
5	2	Stabilizer	26	2	Cable Trap
6	1	Top Frame	27	2	Pulley Plate
7	1	Weight Carriage	28	1	M8 Nylon Locknut
8	1	Rear Base	29	3	Support Plate
9	8	Joint Plate	30	2	Weight Rest
10	1	Foot Plate	31	2	Safety Spotter
11	7	60mm Square Inner Cap	32	8	75mm x 65mm Bushing
12	2	50mm Square Inner Cap	33	4	Adjustment Knob
13	3	60mm x 50mm Bushing	34	2	Lock Pin
14	1	Carriage Stop	35	2	Weight Adapter
15	14	M10 Washer	36	4	Weight Adapter Bushing
16	6	3 1/2" Pulley	37	1	Cable Clip
17	6	15mm x 10.5mm Spacer	38	1	Lat Bar
18	3	M10 x 45mm Bolt	39	2	Handgrip
19	7	M10 x 65mm Bolt	40	2	25mm Round Inner Cap
20	36	M10 Nylon Locknut	#	1	User's Manual
21	2	M10 x 20mm Bolt	#	1	Exercise Guide

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

EXPLODED DRAWING—Model No. WEBE19510

R0901A



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 (WEBE19510)
- The NAME of the product (WEIDER PRO 525 weight rack)
- 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 18 and 19).

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.

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