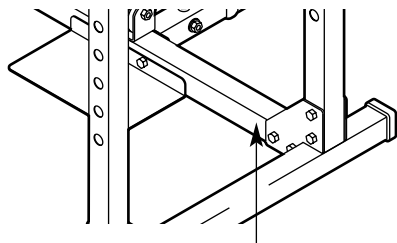


CLUB WEIDER[®] 540

Model No. WEBE19710

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

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:

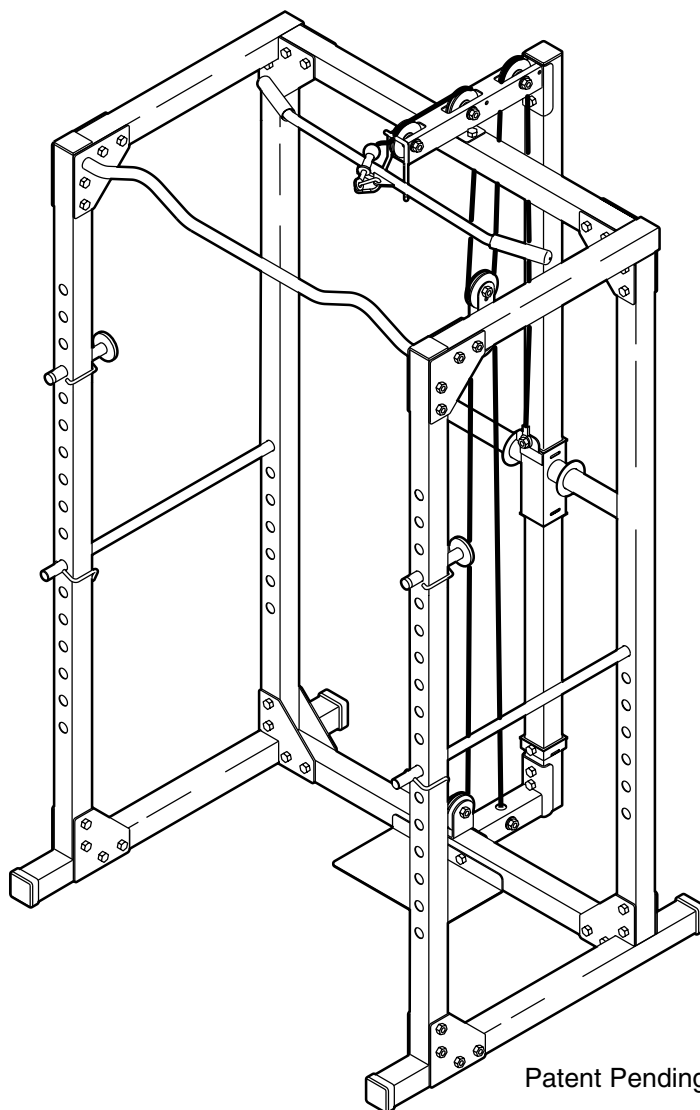
1-800-999-3756

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.

USER'S MANUAL



Patent Pending



Visit our website at

www.weiderfitness.com

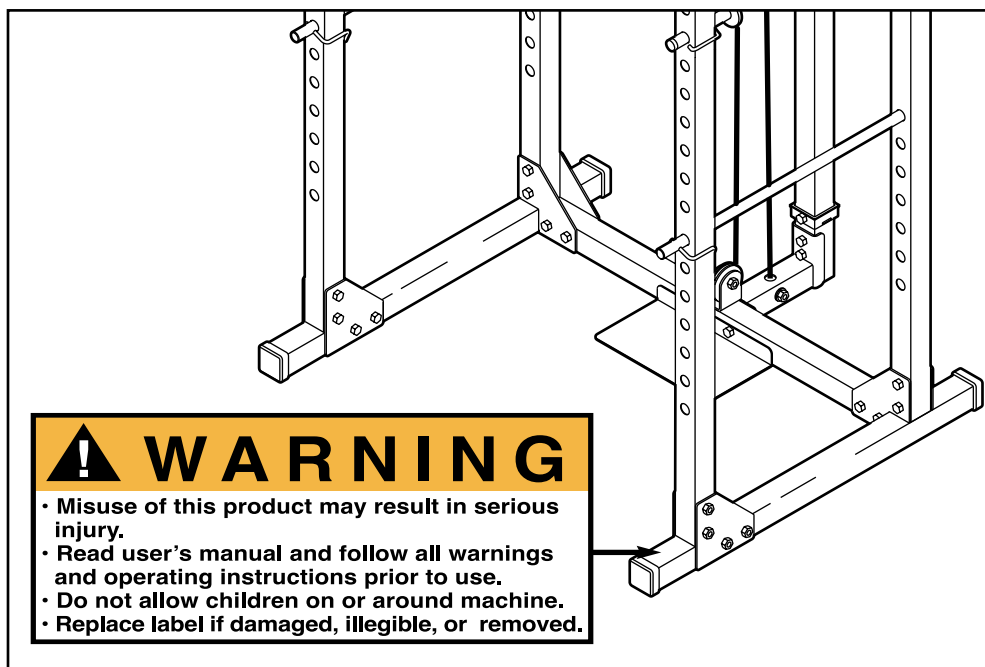
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

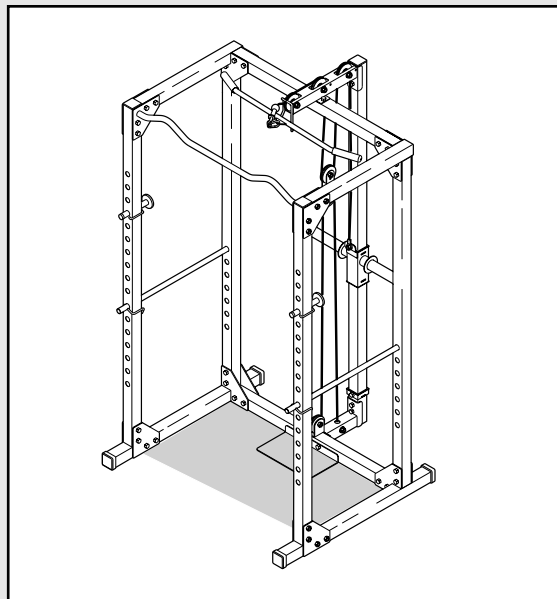
The decal shown here has been placed on the weight rack. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



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 any 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 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. Always wear athletic shoes for foot protection while exercising.
8. Always make sure there is an equal amount of weight on each side of your barbell. Note: The weight rack does not include a barbell or weights.
9. Do not place more than 210 pounds, including the barbell, on the weight rests. Do not place more than 130 pounds on the weight carriage. Always place the same amount of weight on each side of the weight carriage.
10. Always exercise with a partner. Your partner should be ready catch the barbell if you cannot complete a repetition.
11. Always set both safety spotters and both weight rests at the same height.
12. Always disconnect the lat bar from the weight rack when performing an exercise that does not require the lat bar.
13. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
14. When performing standing exercises, stand inside the area that is shaded in the drawing below.
15. 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.

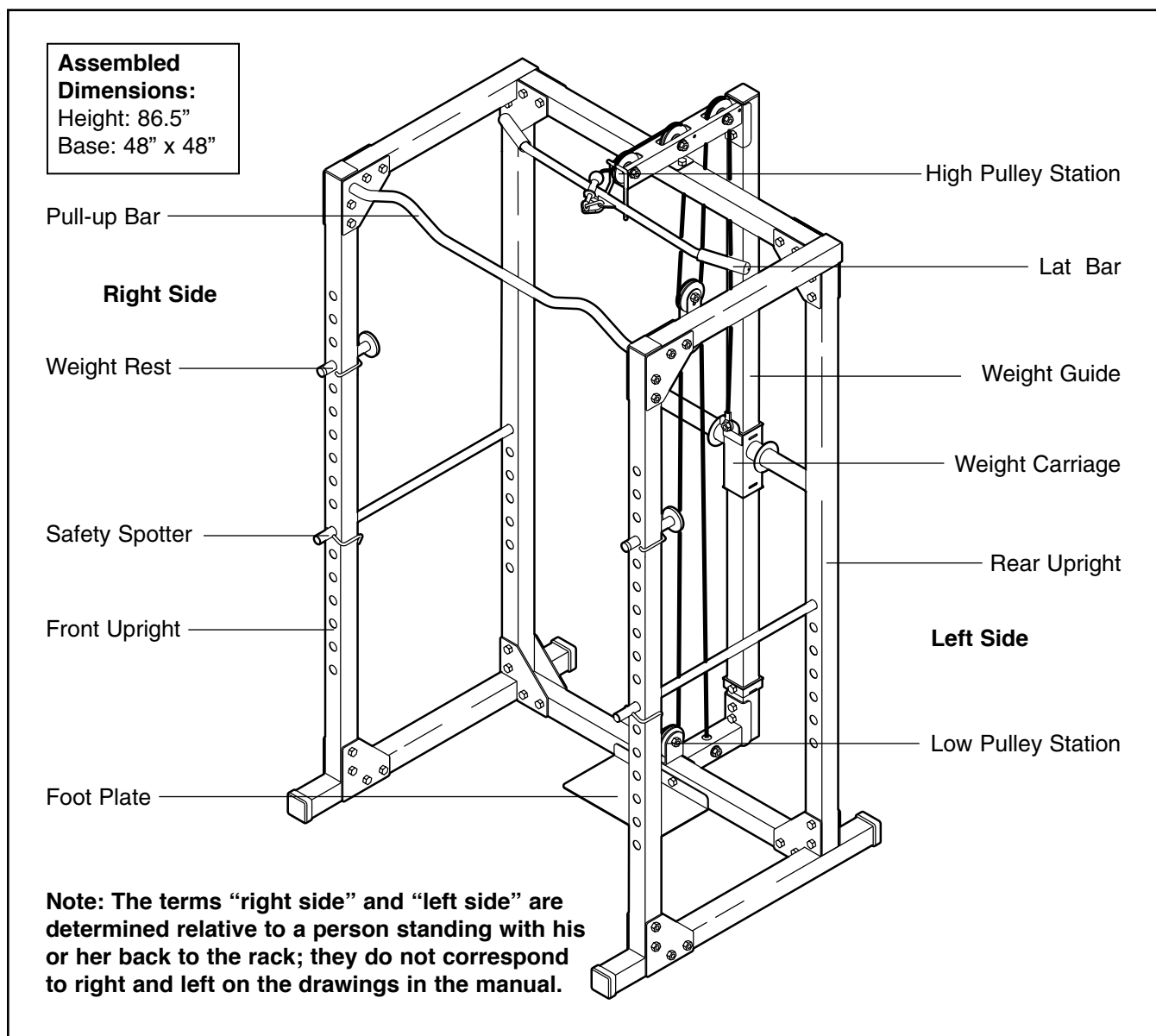
BEFORE YOU BEGIN

Thank you for selecting the versatile CLUB WEIDER® 540 weight rack. The CLUB WEIDER® 540 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the CLUB WEIDER® 540 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 WEBE19710. 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.



ASSEMBLY

Make Things Easier for Yourself



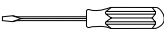
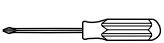
This manual is designed to ensure that the weight rack can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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 14.
- 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:

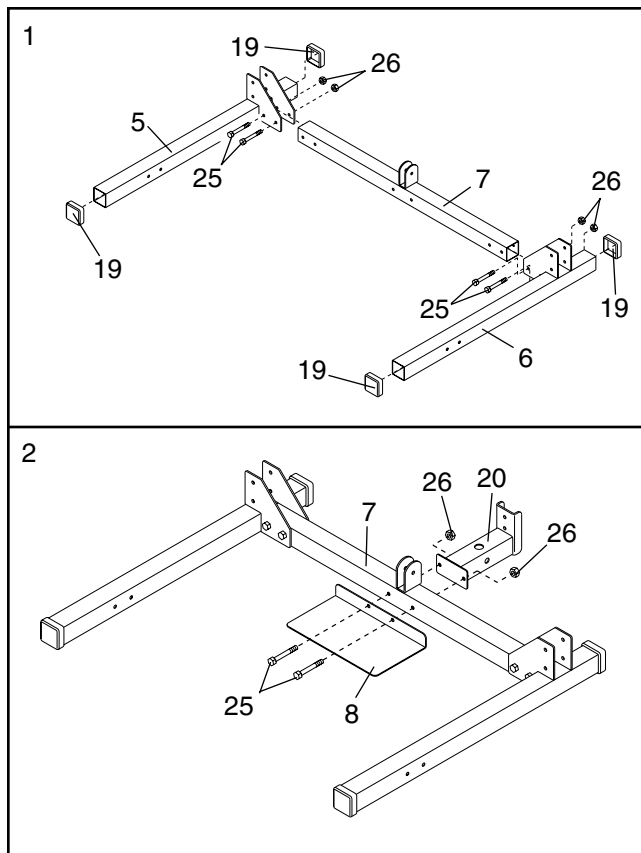
- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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. Press 60mm Square Outer Caps (19) onto the ends of the Right and Left Bases (5, 6).

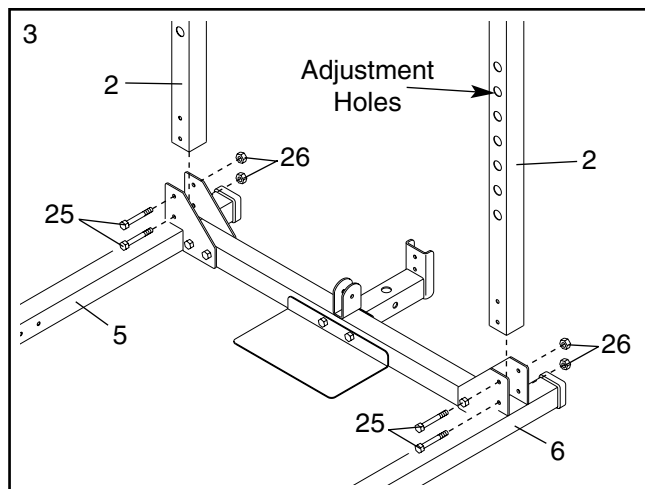
Attach the Right and Left Bases (5, 6) to the Center Base (7) using four M10 x 78mm Bolts (25) and four M10 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet.**

2. Attach the Foot Plate (8) and the Weight Base (20) to the Center Base (7) using two M10 x 78mm Bolts (25) and two M10 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet.**



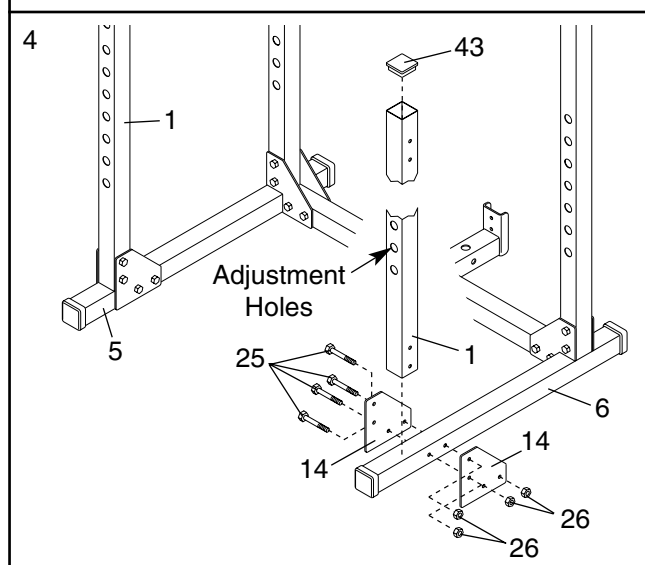
3. Identify the two Rear Uprights (2), which are slightly shorter and have less holes than the Front Uprights (not shown).

Attach the Rear Uprights (2) to the Left and Right Bases (5, 6) using four M10 x 78mm Bolts (25) and four M10 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet. Make sure the Uprights are oriented as shown, with the adjustment holes on the indicated side near the bottom.**



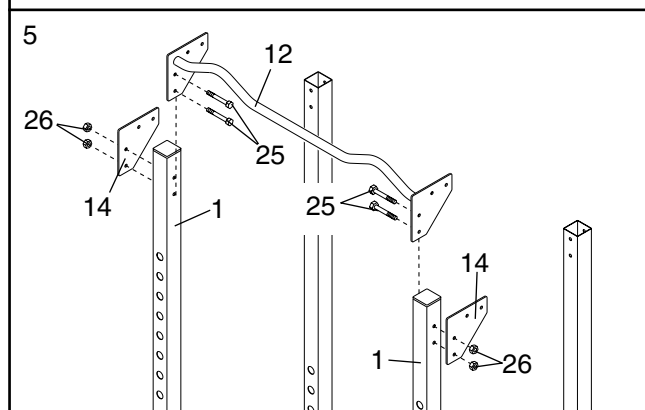
4. Tap a 2mm Thick 60mm Square Inner Cap (43) into the top of each Front Upright (1).

Attach a Front Upright (1) and two Joint Plates (14) to the Left Base (6) using four M10 x 78mm Bolts (25) and four M10 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet. Make sure that the Front Upright is oriented so the holes near the bottom of the Front Upright and the holes in the Joint Plates line up. If they do not line up, turn the Front Upright upside-down. Make sure the Front Upright is turned so the adjustment holes are facing the Rear Upright (2).**



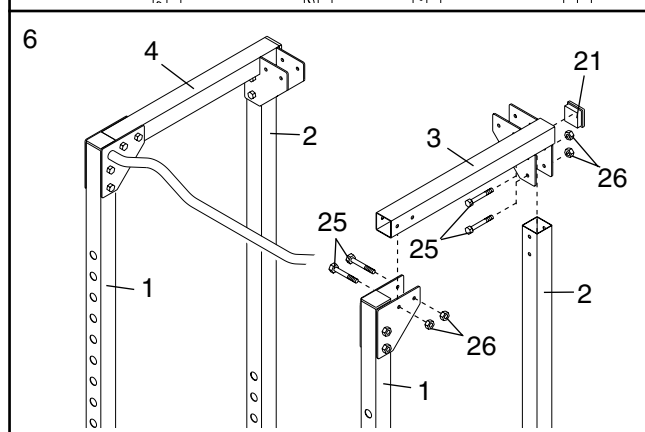
Attach the other Front Upright (1) to the Right Base (5) in the same manner.

5. Attach the Chin-up Bar (12) and two Joint Plates (14) to the Front Uprights (1) using four M10 x 78mm Bolts (25) and four M10 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet.**

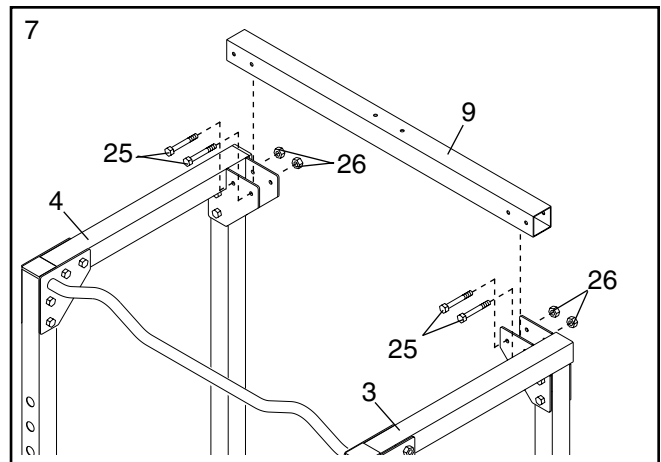


6. Press a 1.5mm Thick 60mm Square Inner Cap (21) into the Left Frame (3). Attach the Left Frame to the left Uprights (1, 2) using four M10 x 78mm Bolts (25) and four M10 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet.**

Assemble the Right Frame (4) to the right Uprights (1, 2) in the same manner.



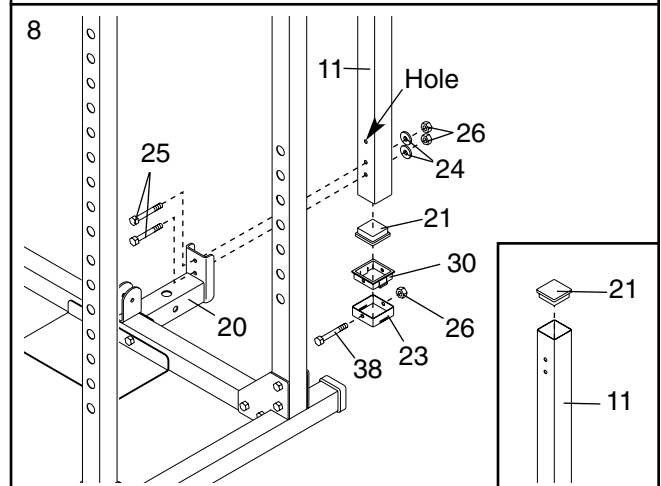
7. Attach the Center Frame (9) to the Left and Right Frames (3, 4) with four M10 x 78mm Bolts (25) and four M10 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet.**



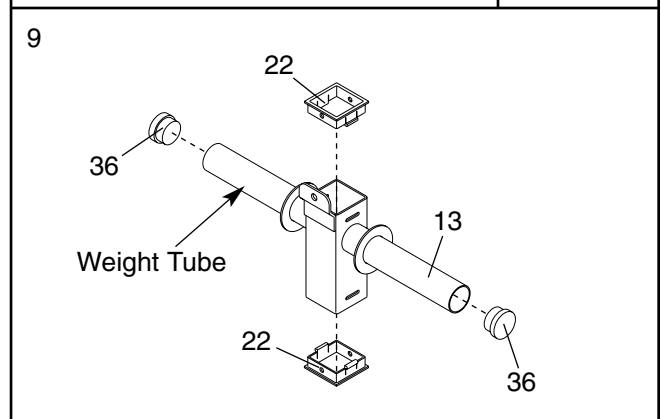
8. Press a Weight Stop Bushing (30) into the top of the Carriage Stop (23). Attach the Carriage Stop to the indicated hole in the Weight Guide (11) with an M10 x 86mm Bolt (38) and an M10 Nylon Locknut (26).

Press a 1.5mm Thick 60mm Square Inner Cap (21) into each end of the Weight Guide (11) (see the inset drawing).

Attach the Weight Guide (11) to the Weight Base (20) with two M10 x 78mm Bolts (25), two M10 Washers (24), and two M10 Nylon Locknuts (26). **Do not tighten the Nylon Locknuts yet.**



9. Press Weight Carriage Bushings (22) into the top and bottom of the Weight Carriage (13). Press a 2" Round Inner Cap (36) into each end of the weight tube on the Weight Carriage.

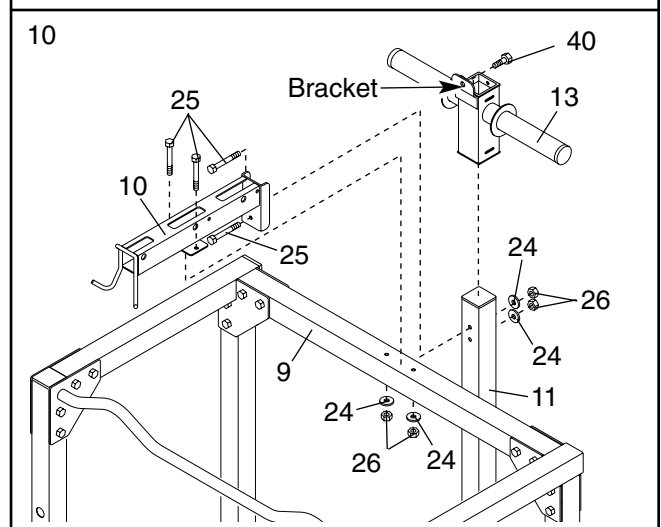


10. Insert the M10 x 19mm Bolt (40) into the bracket on the Weight Carriage (13). Slide the Weight Carriage onto the Weight Guide (11). **Be sure the Weight Carriage is turned so that the bracket is at the top on the side shown.**

Attach the Weight Frame (10) to the Weight Guide (11) with two M10 x 78mm Bolts (25), two M10 Washers (24), and two M10 Nylon Locknuts (26).

Attach the Weight Frame (10) to the Center Frame (9) with two M10 x 78mm Bolts (25), two M10 Washers (24), and two M10 Nylon Locknuts (26).

Do not tighten the M10 Nylon Locknuts (26) yet.



11. Insert the two Safety Spotters (16) into a set of adjustment holes in the left and right Uprights (1, 2). Wrap the locking pins around the Front Uprights.

Insert a 1" Round Inner Cap (35) into the end of each Weight Rest (15).

Insert the two Weight Rests (15) into a set of adjustment holes in the Front Uprights (1). Wrap the locking pins around the Front Uprights.

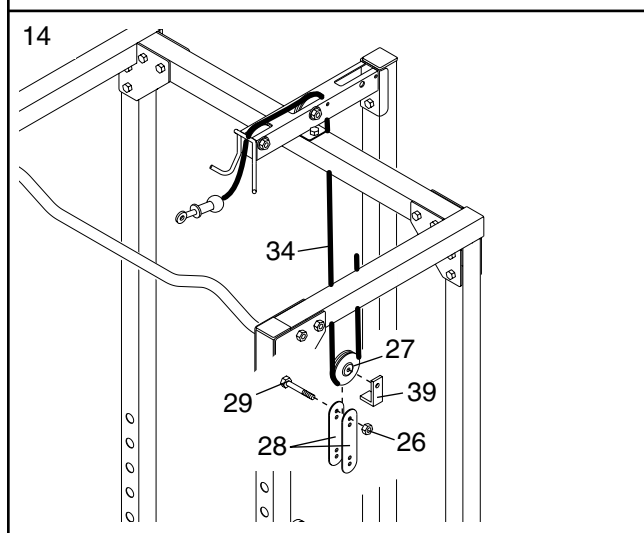
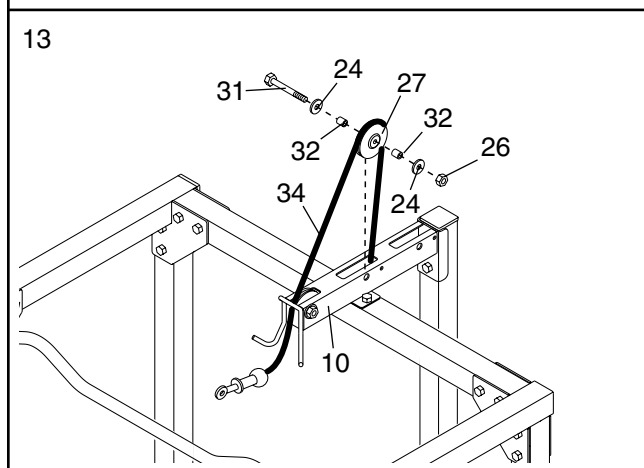
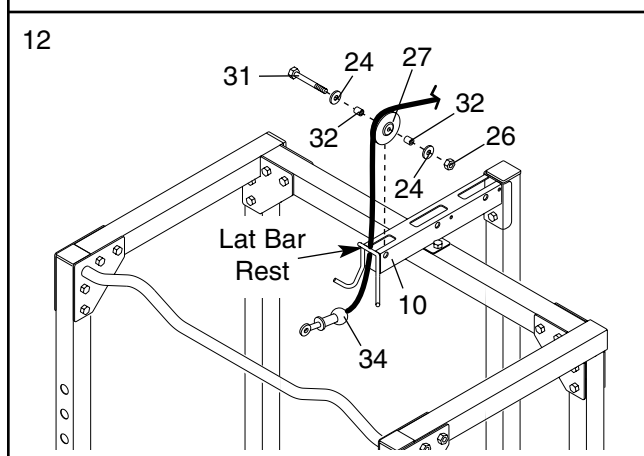
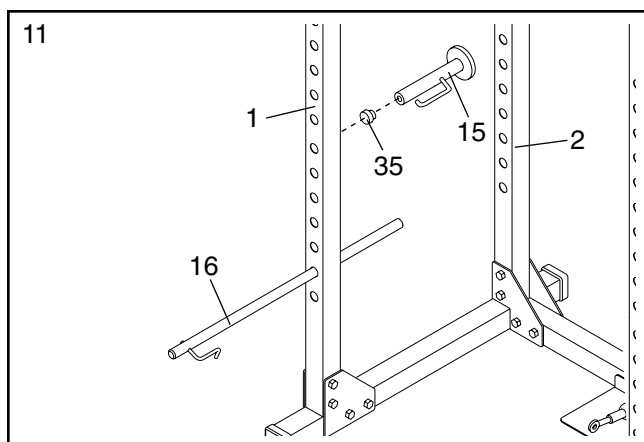
Tighten all of the M10 Nylon Locknuts (26) used in steps 1–10.

12. Locate the Long Cable (34); note that there is a single ball on one end of the Long Cable and a metal sleeve on the other end.

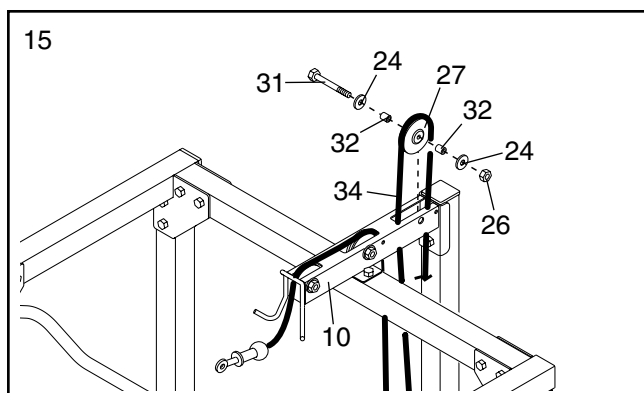
Route the metal-sleeve end of the Long Cable (34) up under the lat bar rest on the Weight Frame (10) and over a 3 1/2" Pulley (27). Attach the Pulley to the Weight Frame with an M10 x 75mm Bolt (31), two Short Spacers (32), two M10 Washers (24), and an M10 Nylon Locknut (26).

13. Route the Long Cable (34) over a 3 1/2" Pulley (27) and down through the Weight Frame (10). Attach the Pulley to the Weight Frame with an M10 x 75mm Bolt (31), two Short Spacers (32), two M10 Washers (24), and an M10 Nylon Locknut (26).

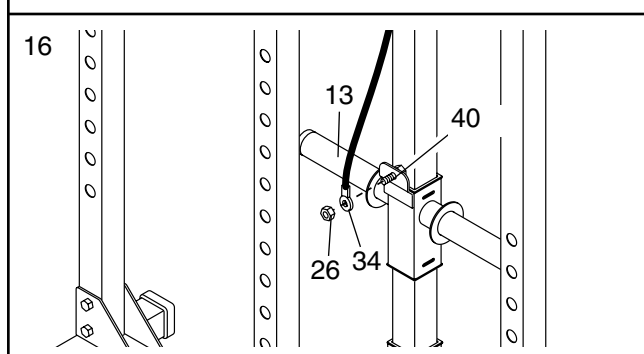
14. Wrap the Long Cable (34) around a 3 1/2" Pulley (27) as shown. Attach the Pulley and a Cable Trap (39) to the Pulley Plates (28) with an M10 x 45mm Bolt (29) and an M10 Nylon Locknut (26).



15. Route the Long Cable (34) up through the Weight Frame (10), over a 3 1/2" Pulley (27), and back down through the Weight Frame. Attach the Pulley to the Weight Frame with an M10 x 75mm Bolt (31), two Short Spacers (32), two M10 Washers (24), and an M10 Nylon Locknut (26).

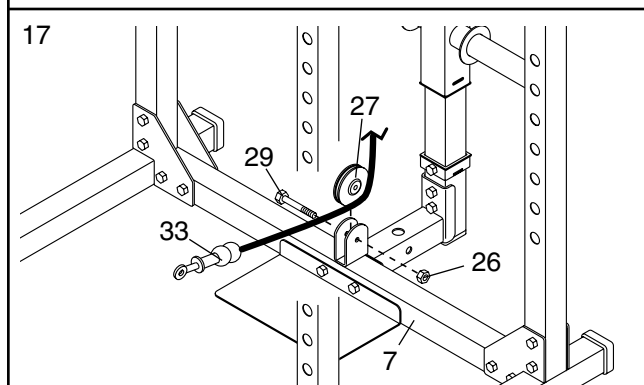


16. Attach the metal-sleeve end of the Long Cable (34) to the M10 x 19mm Bolt (40) on the Weight Carriage (13) with an M10 Nylon Locknut (26). **Do not overtighten the Nylon Locknut; the Cable must be able to pivot freely.**

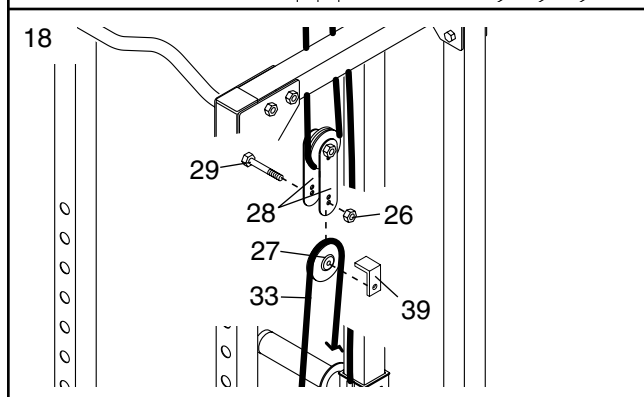


17. Locate the Short Cable (33); note that there are two balls on one end of the Short Cable and a metal sleeve on the other end.

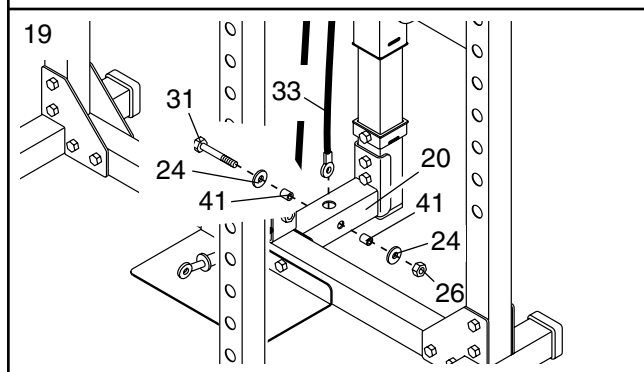
Lay the ball-end of the Short Cable (33) inside the bracket on the Center Base (7). Attach a 3 1/2" Pulley (27) inside the bracket using an M10 x 45mm Bolt (29) and an M10 Nylon Locknut (26).



18. Wrap the Short Cable (33) around a 3 1/2" Pulley (27) as shown. Attach the Pulley and a Cable Trap (39) to the Pulley Plates (28) with an M10 x 45mm Bolt (29) and an M10 Nylon Locknut (26).

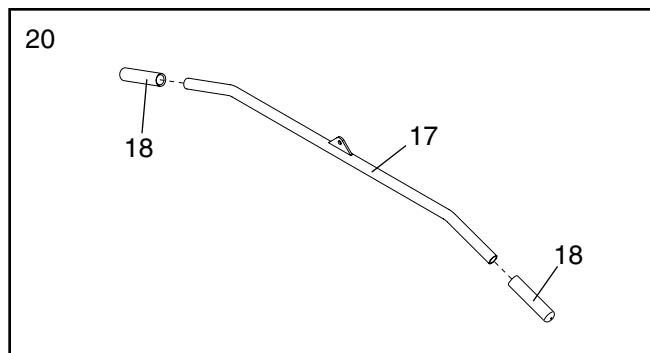


19. Attach the Short Cable (33) to the Weight Base (20) with an M10 x 75mm Bolt (31), two M10 Washers (24), two Long Spacers (41), and an M10 Nylon Locknut (26).



20. Wet the ends of the Lat Bar (17) with a small amount of soapy water. Slide the Handgrips (18) onto the ends of the Lat Bar.

21. **Make sure all parts are properly tightened before you use the weight rack. The use of all remaining parts will be explained in ADJUSTMENTS below.**



ADJUSTMENTS

This section explains how to adjust the weight rack. 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 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 SAFETY SPOTTERS AND WEIGHT RESTS

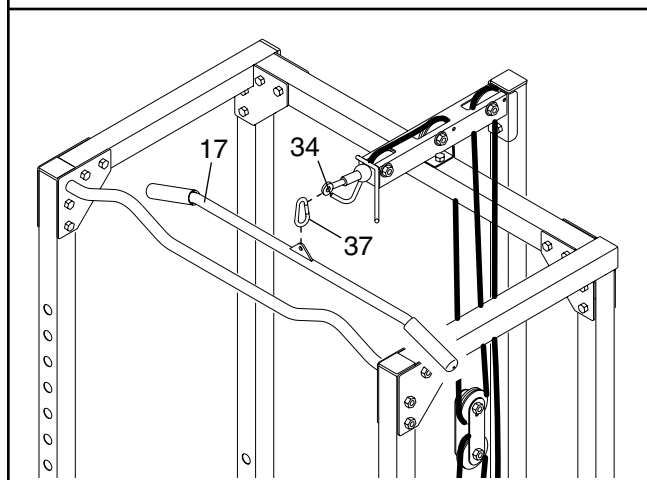
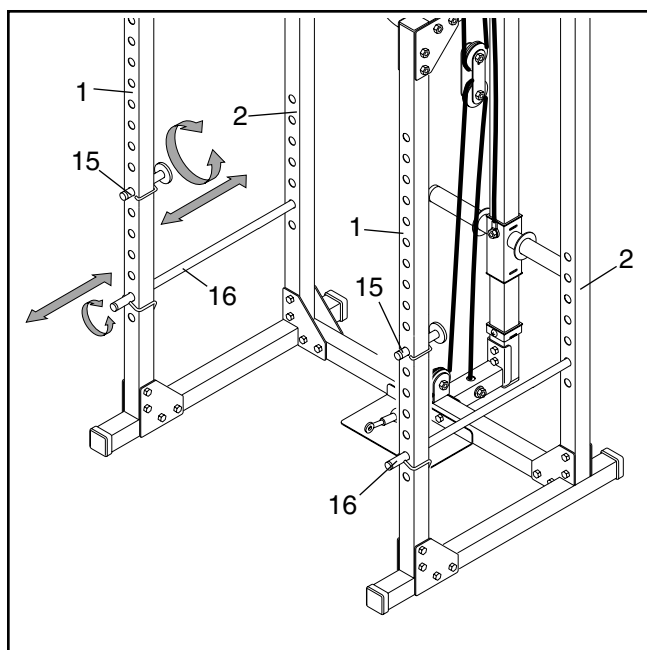
Before beginning an exercise, insert the Safety Spotters (16) and the Weight Rests (15) into the sets of holes in the Uprights (1, 2) that are best suited for that exercise. The selected holes for the Safety Spotters should represent the lowest point to which you want the barbell to go during the exercise. The selected holes for the Weight Rests should be at a comfortable height for lifting and replacing the barbell. Perform the exercise as shown in the accompanying exercise guide. **Note: Make sure the locking clips on the Safety Spotters and Weight Rests are wrapped around the Uprights.**

⚠ WARNING: Always set both Safety Spotters (16) and both Weight Rests (15) at the same height.

ATTACHING THE LAT BAR OR WEIGHT STRAP TO A PULLEY STATION

To use either pulley station, first place the desired weights on the Weight Carriage (see ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE, on page 11). Next, attach the Lat Bar (17) or Weight Strap (not shown) to the High Cable (34) or the Low Cable (not shown) with a Cable Clip (37).

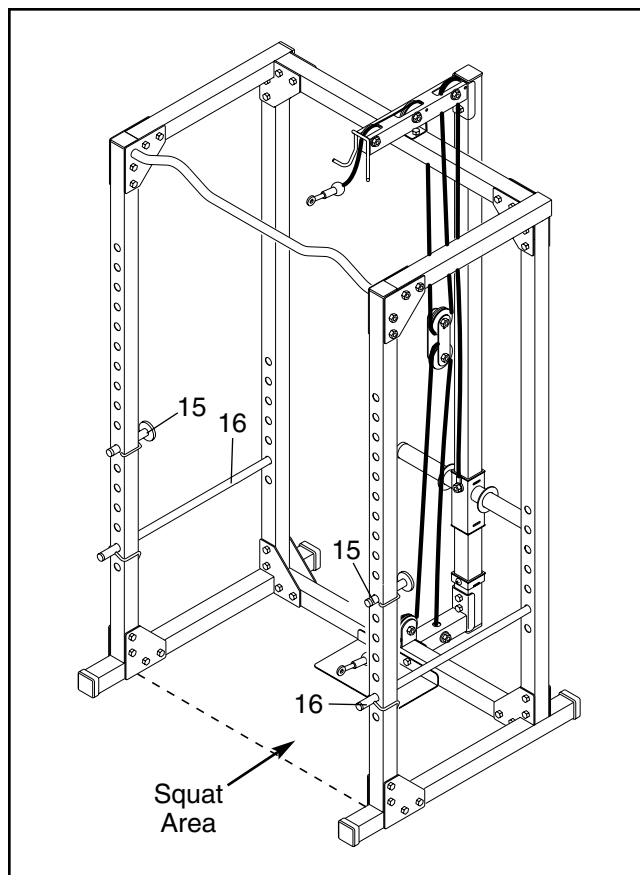
⚠ WARNING: Always disconnect the Lat Bar (17) when performing an exercise that does not require using the Lat Bar.



SETTING UP THE RACK FOR SQUAT EXERCISES

Squat exercises should be performed inside the rack (behind the dotted line in the picture). When performing squat exercises, set the Safety Spotters (16) and the Weight Rests (15) at a comfortable height.

⚠ WARNING: Always move the bench (not included) when you are performing squat exercises inside the rack.

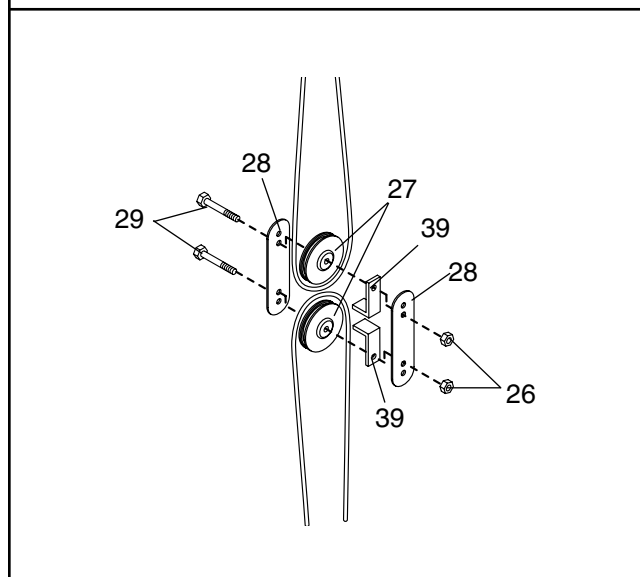


TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight rack, can stretch slightly after it is first used. If there is slack in the cables, tighten them as described below.

Remove the M10 x 45mm Bolt (29) and the M10 Nylon Locknut (26) attaching the lower 3 1/2" Pulley (27) and Cable Trap (39) to the two Pulley Plates (28). Reattach the Pulley and Cable Trap to the higher set of holes in the Pulley Plates using the Bolt and Nylon Locknut.

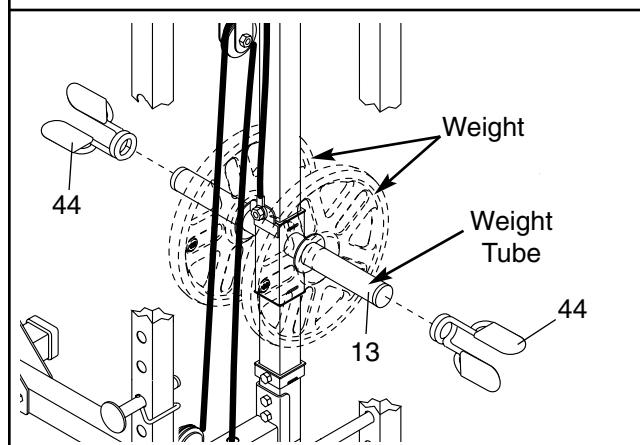
If moving just the lower 3 1/2" Pulley (27) does not sufficiently tighten the cables, you can also move the upper 3 1/2" Pulley down one set of holes in the Pulley Plates (28).



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the high or low pulley station, slide the desired amount of weight onto the weight tube on the Weight Carriage (13) and secure it with the Weight Clips (44).

⚠ WARNING: Do not place more than 130 pounds on the Weight Carriage (13). Always place the same amount of weight on each side of the Weight Carriage. Always secure the weights with the Weight Clips (44).



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

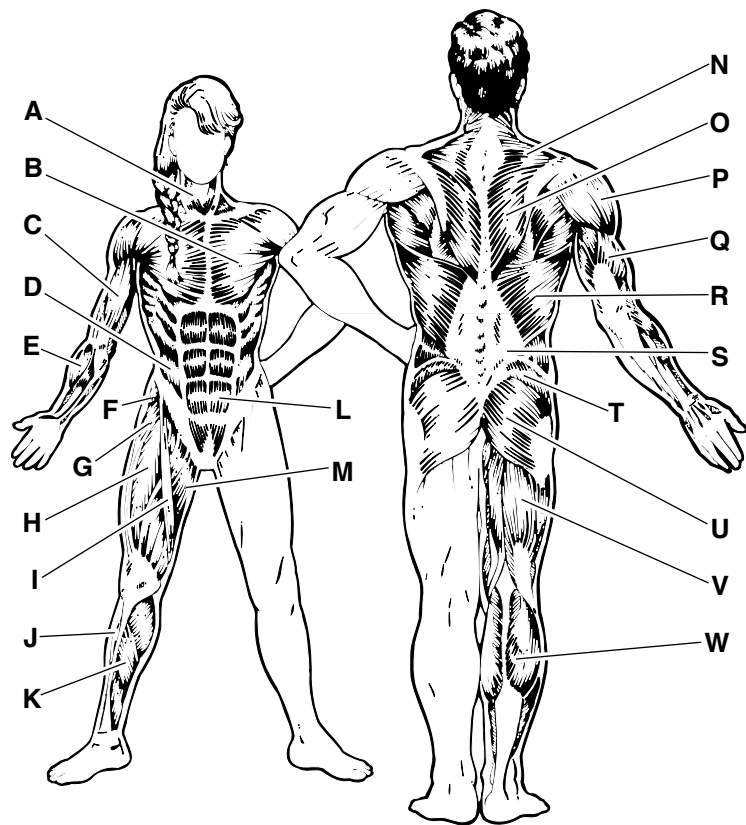
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. 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 LIST—Model No. WEBE19710

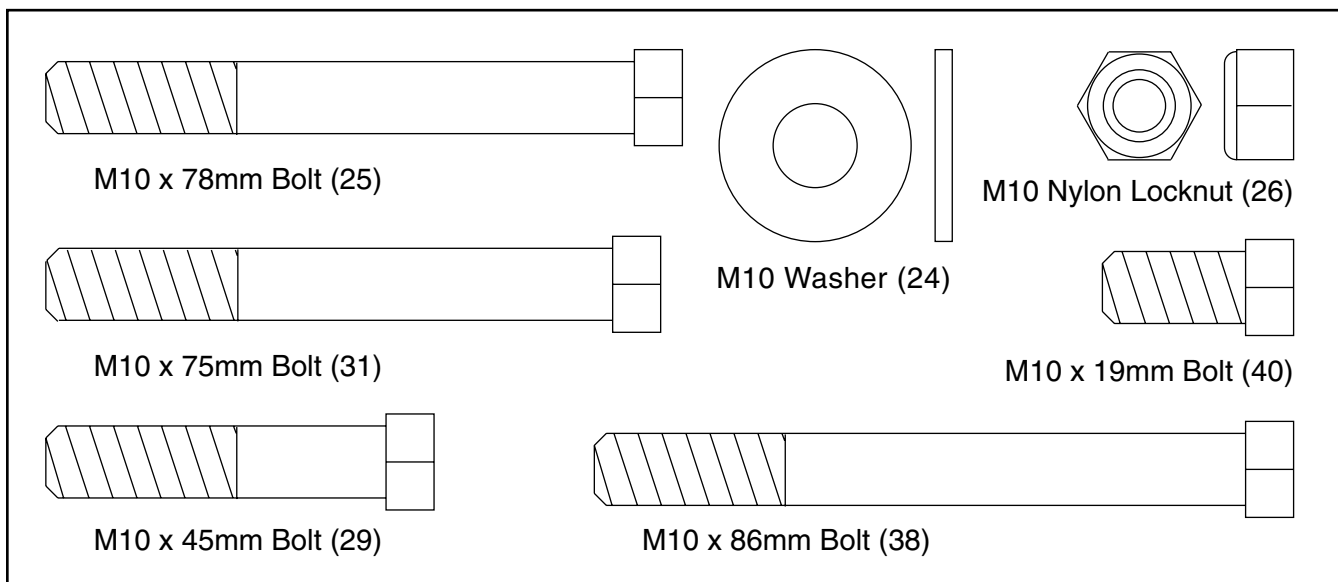
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Front Upright	25	40	M10 x 78mm Bolt
2	2	Rear Upright	26	49	M10 Nylon Locknut
3	1	Left Frame	27	6	3 1/2" Pulley
4	1	Right Frame	28	2	Pulley Plate
5	1	Right Base	29	3	M10 x 45mm Bolt
6	1	Left Base	30	1	Weight Stop Bushing
7	1	Center Base	31	4	M10 x 75mm Bolt
8	1	Foot Plate	32	6	Short Spacer
9	1	Center Frame	33	1	Short Cable
10	1	Weight Frame	34	1	Long Cable
11	1	Weight Guide	35	2	1" Round Inner Cap
12	1	Chin-up Bar	36	2	2" Round Inner Cap
13	1	Weight Carriage	37	2	Cable Clip
14	6	Joint Plate	38	1	M10 x 86mm Bolt
15	2	Weight Rest	39	2	Cable Trap
16	2	Safety Spotter	40	1	M10 x 19mm Bolt
17	1	Lat Bar	41	2	Long Spacer
18	2	Handgrip	42	1	Weight Strap
19	4	60mm Square Outer Cap	43	2	2mm Thick 60mm Square Inner Cap
20	1	Weight Base	44	2	Weight Clip
21	4	1.5mm Thick 60mm Square Inner Cap	45	4	Weight Clip Sleeve
22	2	Weight Carriage Bushing	#	1	User's Manual
23	1	Carriage Stop	#	1	Exercise Guide
24	14	M10 Washer			

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.

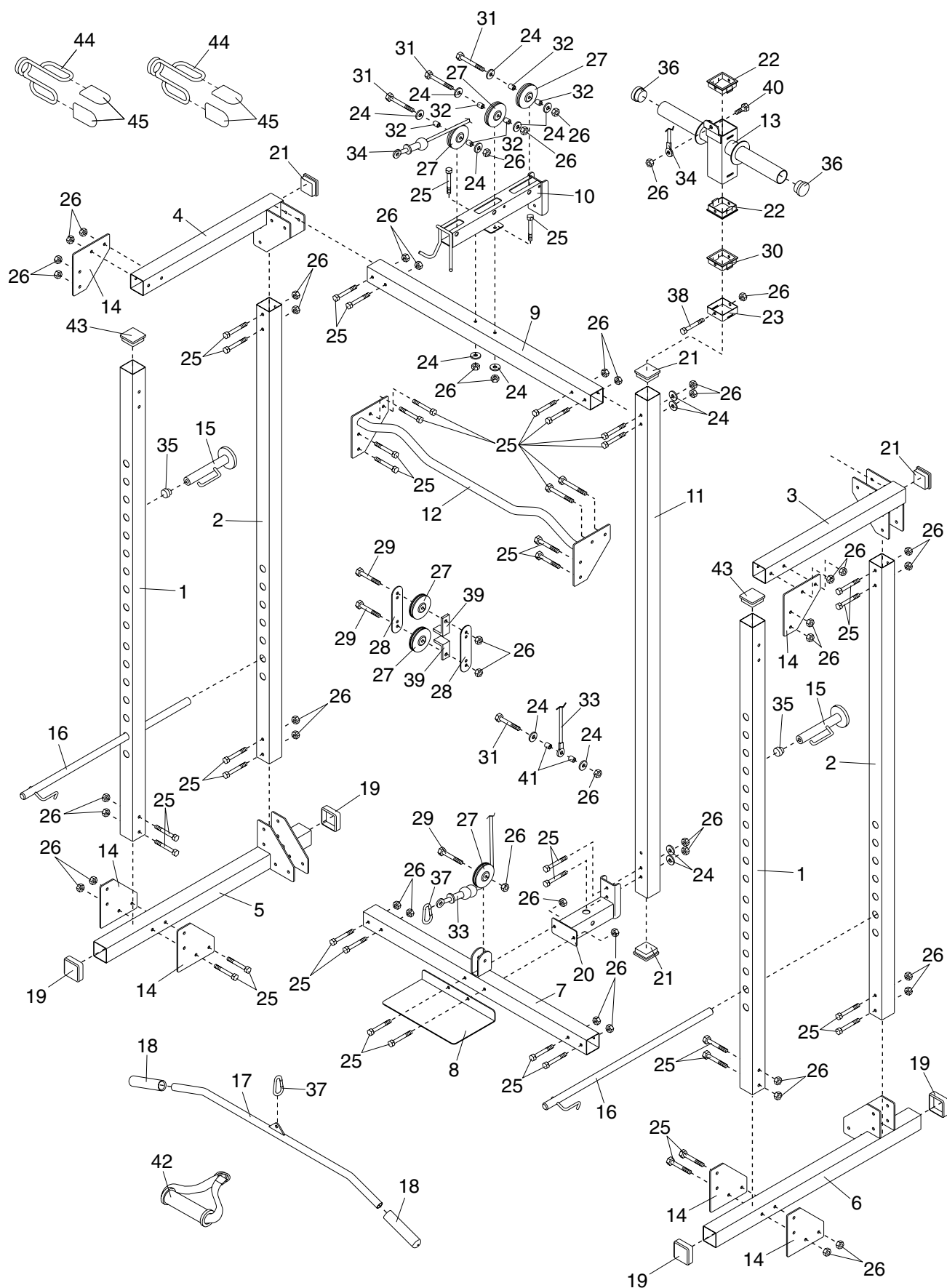
PART IDENTIFICATION CHART

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. **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.**



EXPLODED DRAWING—Model No. WEBE19710

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ORDERING REPLACEMENT PARTS

To order replacement parts, 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:

1. The MODEL NUMBER of the product (WEBE19710)
2. The NAME of the product (CLUB WEIDER® 540 weight rack)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 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 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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