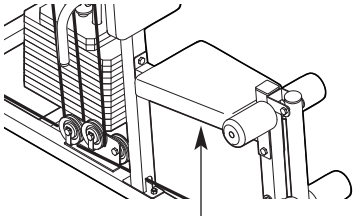
WEIDER 150

Model No. WECCSY24540
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

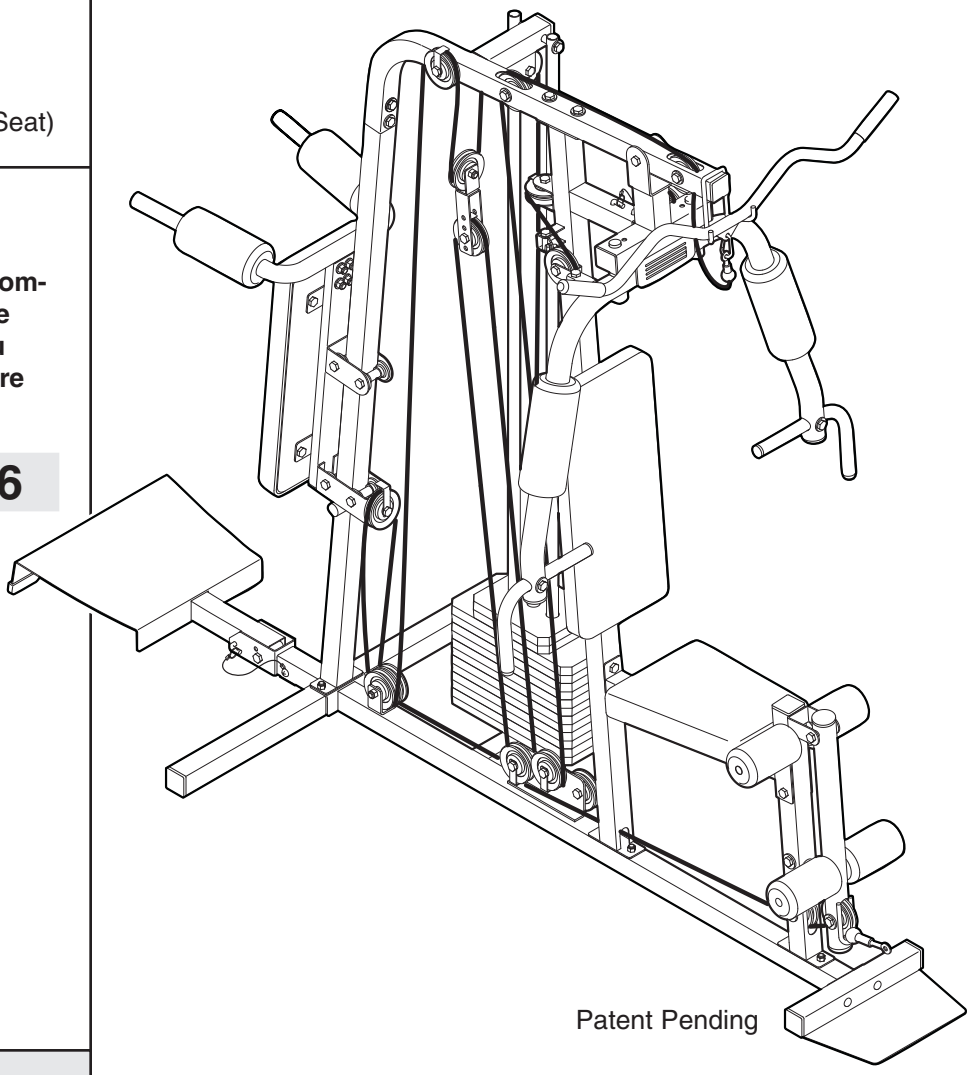
1-888-936-4266

Mon.–Fri. 8h00 until 18h30 EST (excluding holidays).

⚠ 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

WEIDER®

150

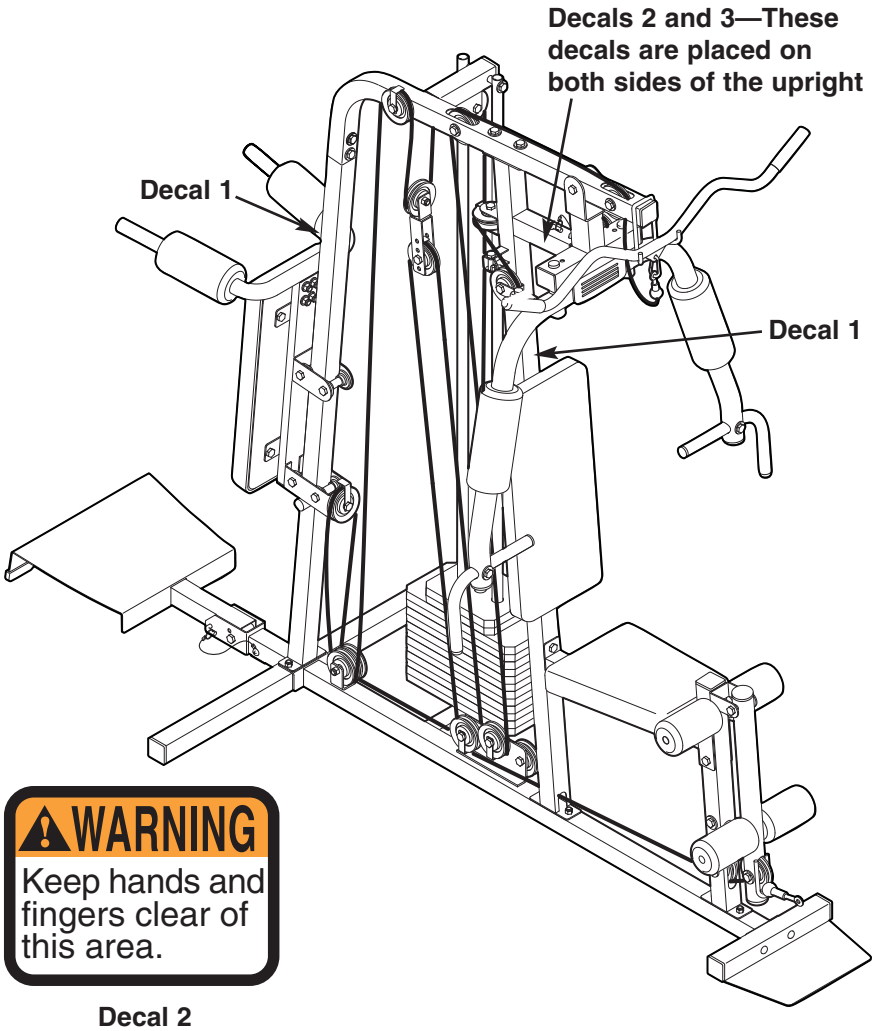
TABLE OF CONTENTS

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.

WEIDER is a registered trademark of ICON IP, Inc.

WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight system. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 18h30 Eastern Time, to order a free replacement decal. Apply the decal in the location shown.



WARNING

Keep hands and fingers clear of this area.

Decal 2

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.

ATTENTION

- Un mauvais usage de ce produit peut causer de sérieuses blessures.
- Lisez le livret d'instructions et suivez les conseils de sécurité importants.
- Gardez les enfants éloignés en tout temps.
- Remplacer l'étiquette si celle-ci est endommagée, illisible ou enlevée.

Decal 1

ATTENTION

Gardez vos mains et doigts éloignés de cet endroit.

Decal 3

IMPORTANT PRECAUTIONS

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

1. **Read all instructions in this manual before using the weight system. Use the weight system only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.**
3. **The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.**
4. **Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.**
5. **Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the weight system at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection while exercising.**
9. **The weight system is designed to support a maximum user weight of 136 kg (300 lbs.). The weight system is designed to be used by only one person at a time.**
10. **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.**
11. **Always stand on the foot plate when performing an exercise that could cause the weight system to tip.**
12. **Never release the butterfly arms, leg lever, lat bar, or accessories while the weights are raised; the weights will fall with great force.**
13. **Always disconnect the lat bar from the weight system when performing an exercise that does not use it.**
14. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

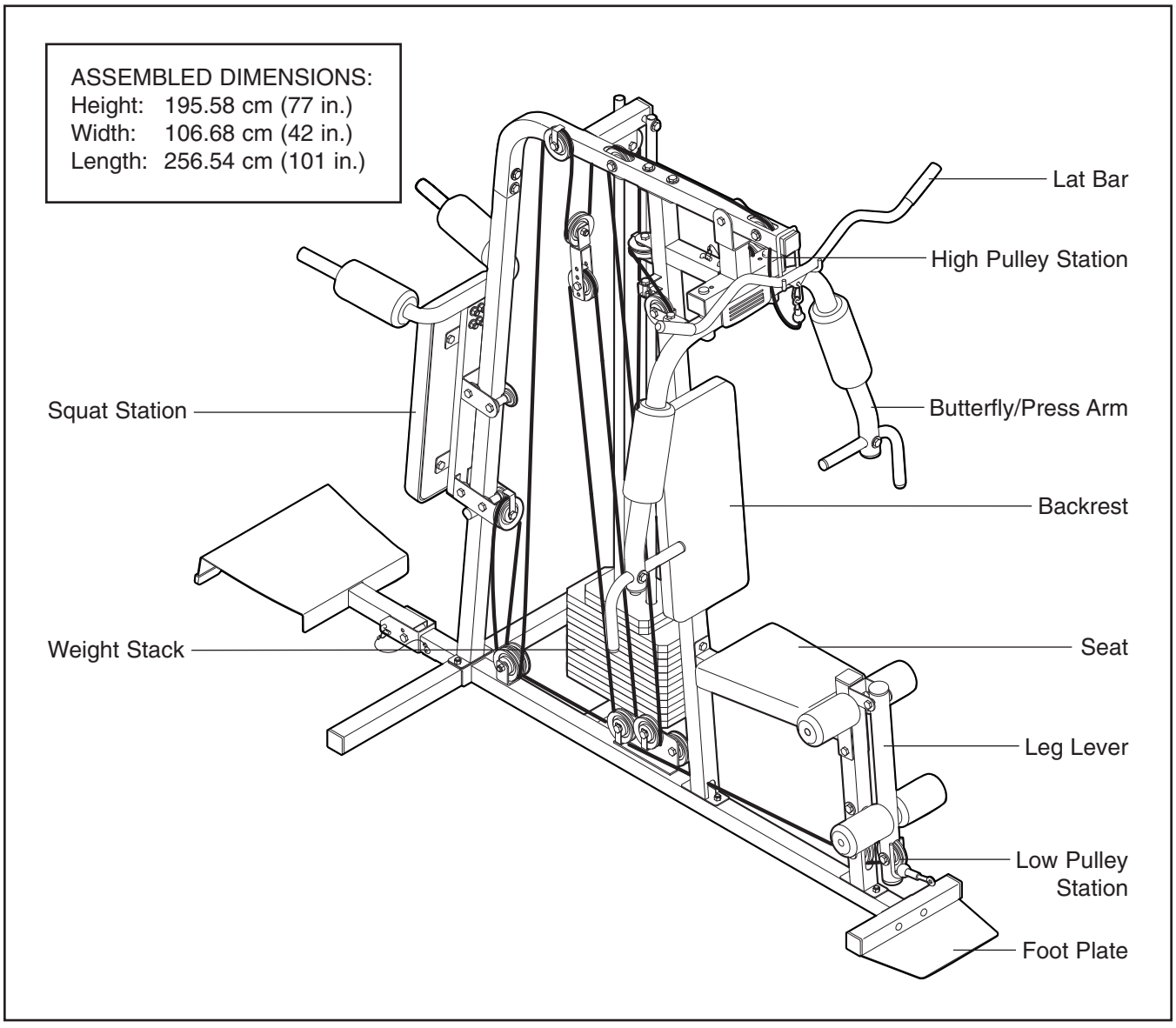
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 1150 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have additional questions, please call our Customer Service Department at **1-888-936-4266**, Monday through Friday 8h00 until 18h30 eastern time (excluding holidays).To help us assist you, please note the product model number and serial number before calling. The model number is WECCSY24540. The serial number can be found on a decal attached to the weight system (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 Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.

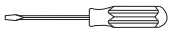
Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- One Allen wrench (included) 
- You will also need grease, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

How to Identify Parts

To help you identify the small parts used in assembly, **we have included a PART IDENTIFICATION CHART in the center of this manual.** Place the chart on the floor and use it to easily identify parts during each assembly step. Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.

How to Orient Parts

As you assemble the product, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-888-936-4266**.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats and the backrests.

Frame Assembly

1. **Before beginning assembly, make sure you understand the information in the box on page 6. For help identifying small parts, see the PART IDENTIFICATION CHART in the center of this manual.**

Press three 50mm Square Inner Caps (30) into the Base (1) and the Stabilizer (2).

Insert two M10 x 68mm Carriage Bolts (60) up into the Stabilizer (2). Insert four M10 x 65mm Carriage Bolts (64) up into the Base (1) (see the inset drawing). **Note: It may be helpful to place pieces of tape over the heads of the Bolts to hold them in place.**

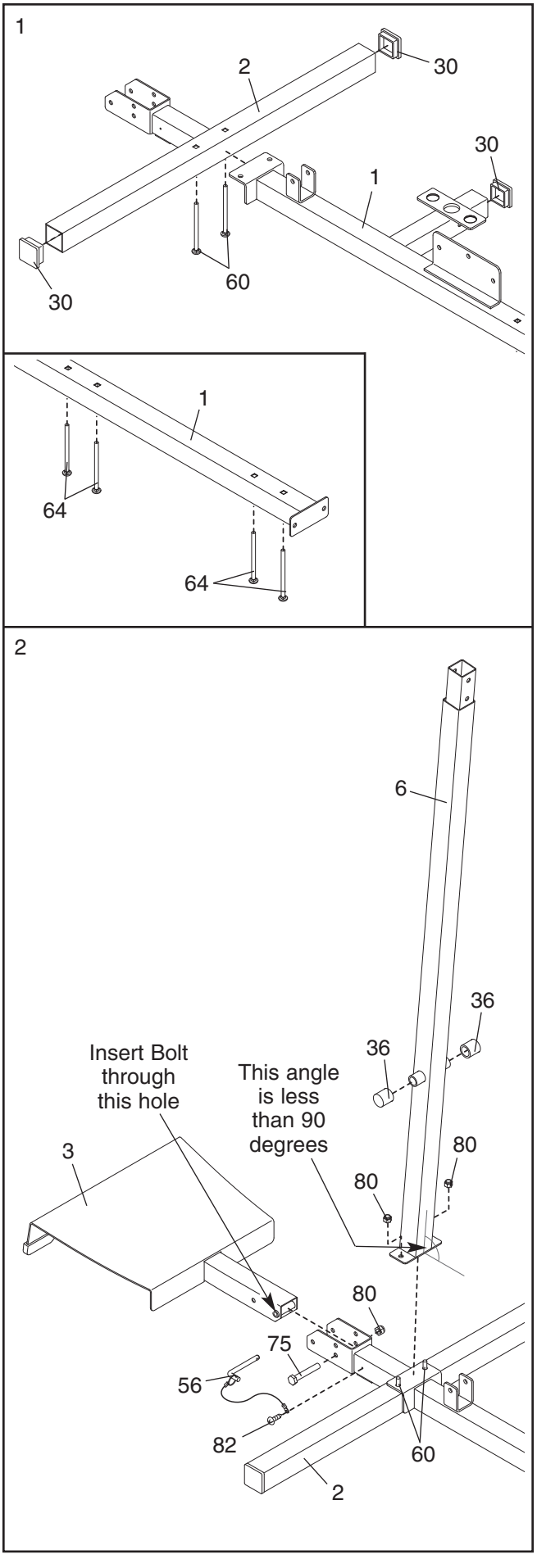
Slide the Base (1) onto the two M10 x 68mm Carriage Bolts (60) in the Stabilizer (2).

2. Using the included grease, lubricate an M10 x 77mm Bolt (75). Attach the Squat Base Plate (3) to the Stabilizer (2) with the Bolt and an M10 Nylon Locknut (80). **Do not overtighten the Locknut; the Squat Base Plate must be able to pivot easily.**

Attach the tether on the Short Pin (56) to the Stabilizer (2) with an M4 x 16mm Self-tapping Screw (82). Insert the Pin through the Stabilizer and the Squat Base Plate (3).

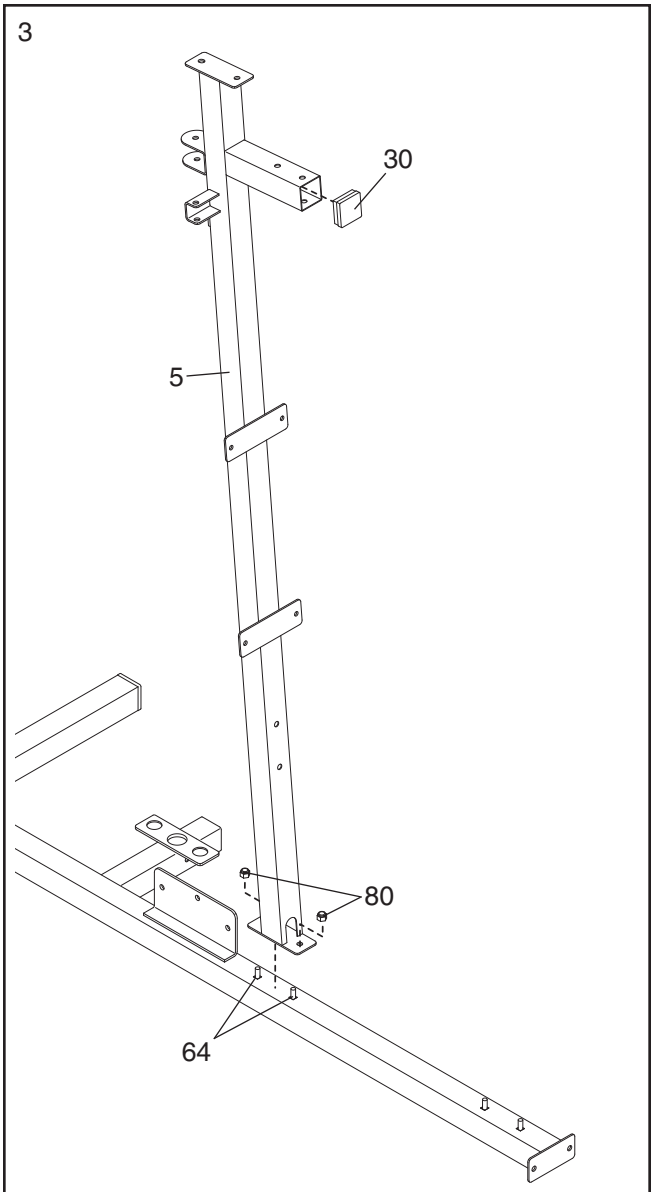
Press two 25mm Round Outer Caps (36) onto the Rear Upright (6).

Orient the Rear Upright (6) as shown. Slide the Rear Upright onto the indicated M10 x 68mm Carriage Bolts (60) and thread two M10 Nylon Locknuts (80) onto the Bolts. **Do not tighten the Locknuts yet.**



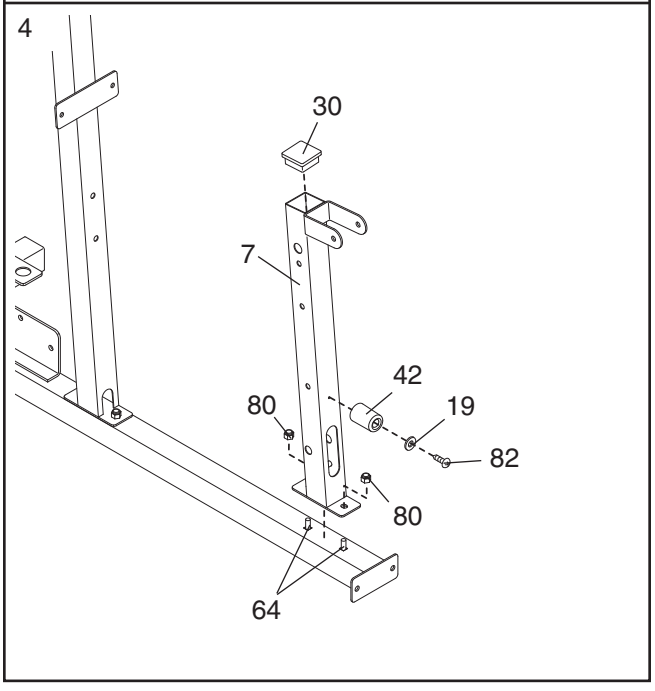
3. Press a 50mm Square Inner Cap (30) into the Front Upright (5).

   Slide the Front Upright (5) onto the indicated M10 x 65mm Carriage Bolts (64) and thread two M10 Nylon Locknuts (80) onto the Bolts. **Do not tighten the Locknuts yet.**



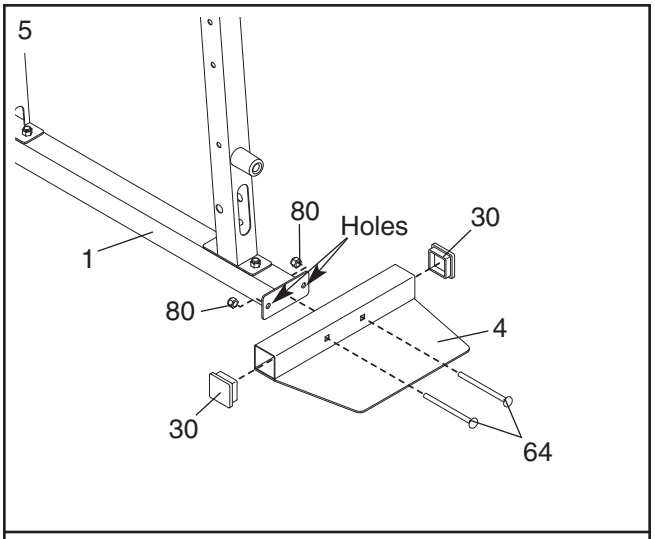
4. Press a 50mm Square Inner Cap (30) into the Front Leg (7). Attach the Leg Lever Bumper (42) to the Front Leg with an M5 Washer (19) and an M4 x 16mm Self-tapping Screw (82).

   Slide the Front Leg (7) onto the indicated M10 x 65mm Carriage Bolts (64) and thread two M10 Nylon Locknuts (80) onto the Bolts. **Do not tighten the Locknuts yet.**



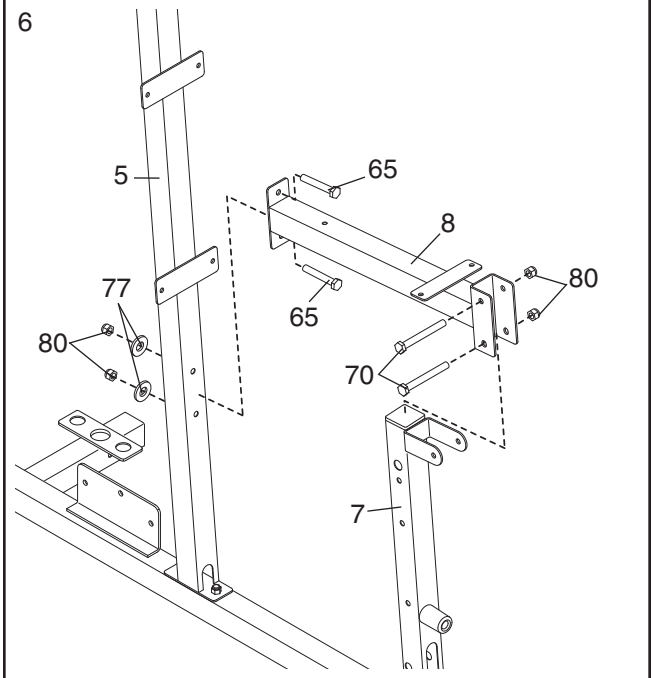
5. Press two 50mm Square Inner Caps (30) into the Foot Plate (4).

   Lift the Base (1) to align the indicated holes with the holes in the Foot Plate (4). Attach the Foot Plate to the Base with two M10 x 65mm Carriage Bolts (64) and two M10 Nylon Locknuts (80). **Do not tighten the Locknuts yet.**



6. Attach the Seat Frame (8) to the Front Upright (5) with two M10 x 67mm Bolts (65), two M10 Washers (77), and two M10 Nylon Locknuts (80). **Do not tighten the Locknuts yet.**

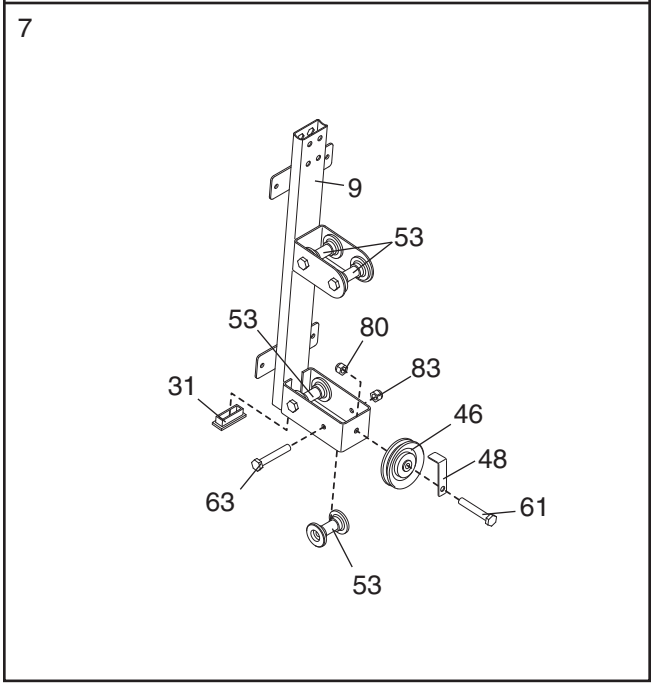
   Attach the Seat Frame (8) to the Front Leg (7) with two M10 x 70mm Bolts (70) and two M10 Nylon Locknuts (80). **Do not tighten the Locknuts yet.**



7. Press a 25mm x 70mm Inner Cap (31) into the bottom of the Squat Frame (9).

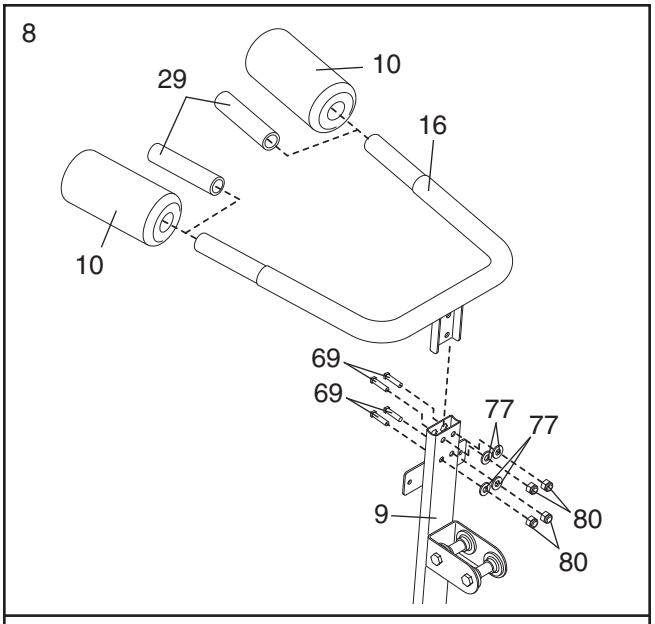
   Attach a 90mm Pulley (46) and a Cable Trap (48) to the Squat Frame (9) with an M10 x 45mm Bolt (61) and an M10 Nylon Locknut (80). **Do not tighten the Locknut yet; it needs to be loose until the High Cable (not shown) is assembled around the Pulley.**

   Attach a Squat Frame Roller (53) to the Squat Frame (9) with an M8 x 85mm Bolt (63) and an M8 Nylon Locknut (83). **Attach the other three Squat Frame Rollers in the same manner.**

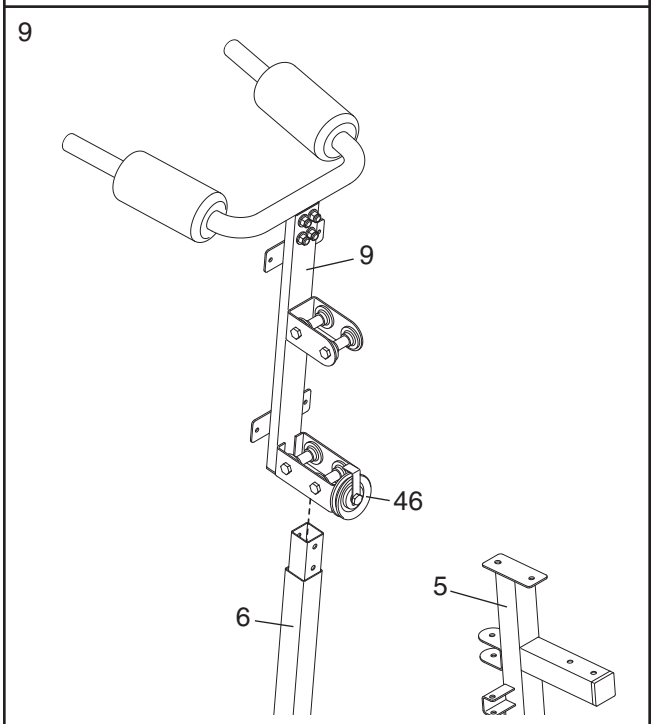


8. Attach the Squat Arm (16) to the Squat Frame (9) with four M10 x 35mm Bolts (69), four M10 Washers (77), and four M10 Nylon Locknuts (80). **Make sure the bolt heads rest inside of the hexagonal holes in the Squat Frame.**

   Wet the Squat Arm (16) with soapy water. Slide two Short Foam Pads (10) and two Handgrips (29) onto the Squat Arm.



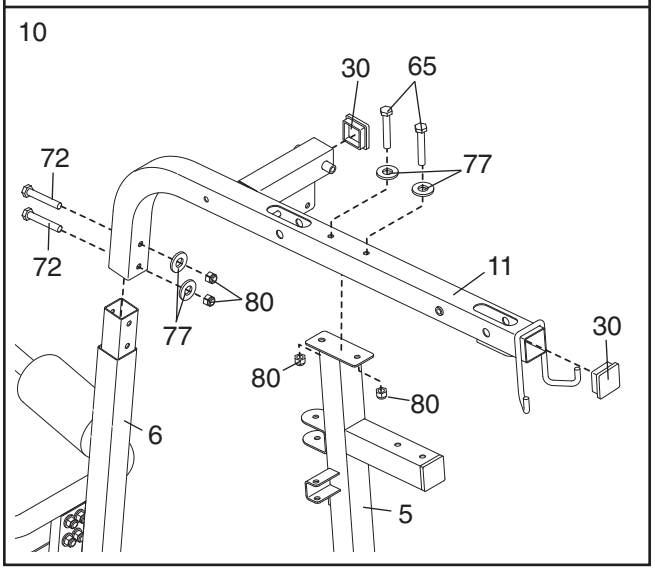
9. Slide the Squat Frame (9) onto the Rear Upright (6) so that the 90mm Pulley (46) is towards the Front Upright (5).



10. Press two 50mm Square Inner Caps (30) into the Top Frame (11).

    Attach the Top Frame (11) to the Rear Upright (6) with two M10 x 60mm Bolts (72), two M10 Washers (77), and two M10 Nylon Locknuts (80). **Make sure the bolt heads rest inside of the hexagonal holes in the Rear Upright. Do not tighten the Locknuts yet.**

    Attach the Top Frame (11) to the Front Upright (5) with two M10 x 67mm Bolts (65), two M10 Washers (77), and two M10 Nylon Locknuts (80). **Do not tighten the Locknuts yet.**



11. Insert two Weight Guides (17) into the indicated holes in the Base (1). While a second person holds the Weight Guides, attach them to the Base with an M10 x 155mm Bolt (66), two M10 Washers (77), and an M10 Nylon Locknut (80). **Make sure the slots in the Weight Guides are on the bottom, as shown. Do not overtighten the Locknut.**

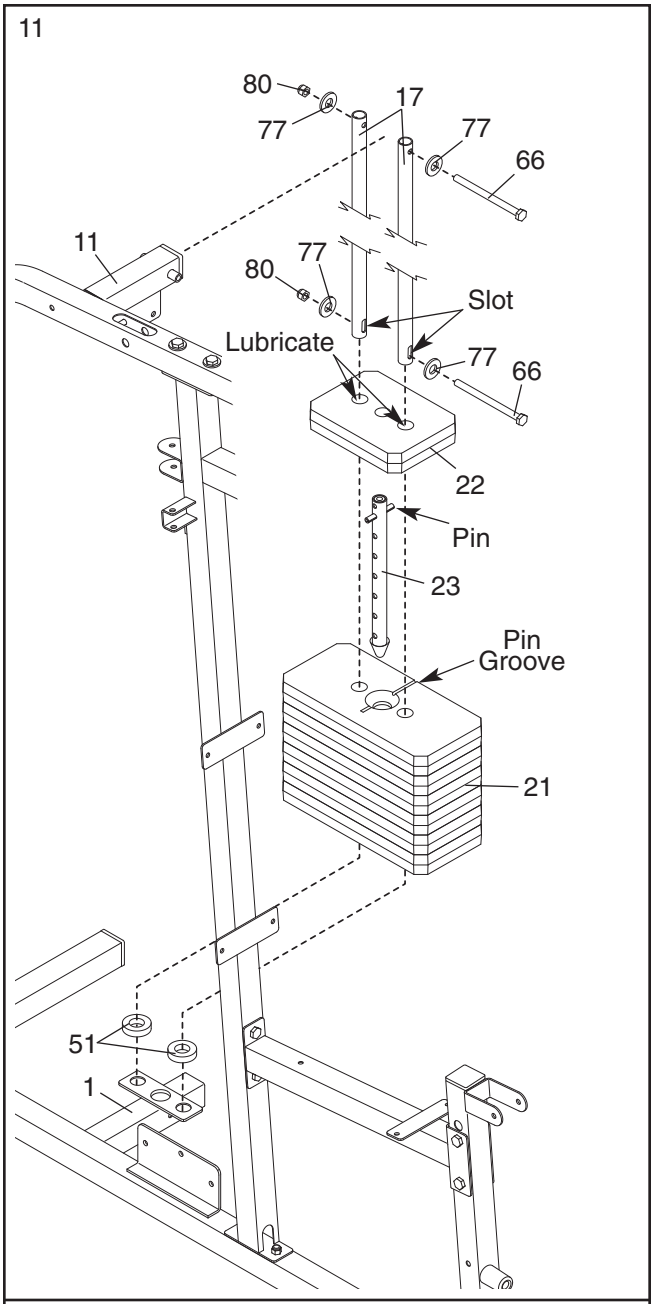
    Slide two Weight Bumpers (51) onto the Weight Guides (17). Slide six Weights (21) onto the Weight Guides. **Make sure the Weights are oriented with the deep pin grooves on the bottom of the Weights and on the indicated side.**

    Insert the Weight Tube (23) into the Weights (21).

    Lubricate the indicated holes in a Top Weight (22) with grease. Slide the Top Weight onto the Weight Guides (17). **Make sure the pin on the Weight Tube (23) rests in the grooves in the bottom of the Top Weight.**

    Attach the Weight Guides (17) to the Top Frame (11) with an M10 x 155mm Bolt (66), two M10 Washers (77), and an M10 Nylon Locknut (80).

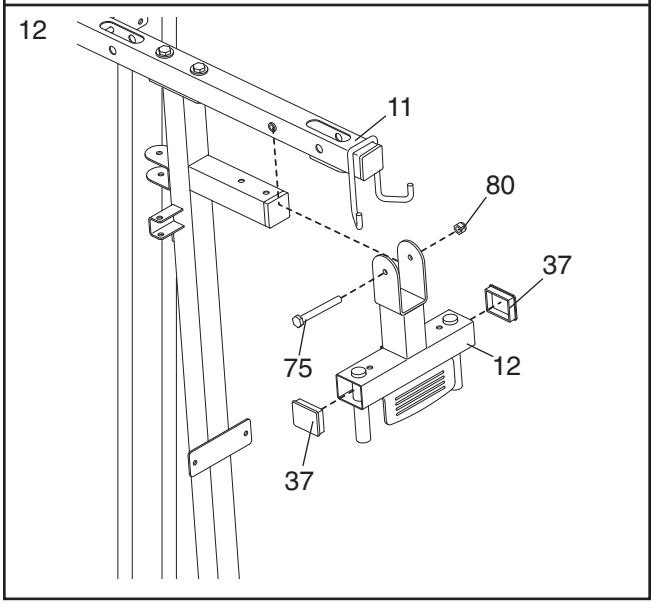
    Tighten the M10 Nylon Locknuts (80) used in steps 1–11.



Arm Assembly

12. Press two 50mm x 70mm Inner Caps (37) into the Butterfly Frame (12).

    Lubricate an M10 x 77mm Bolt (75) with grease. Attach the Butterfly Frame (12) to the Top Frame (11) with the Bolt and an M10 Nylon Locknut (80). **Do not overtighten the Locknut; the Butterfly Frame must be able to pivot easily.**

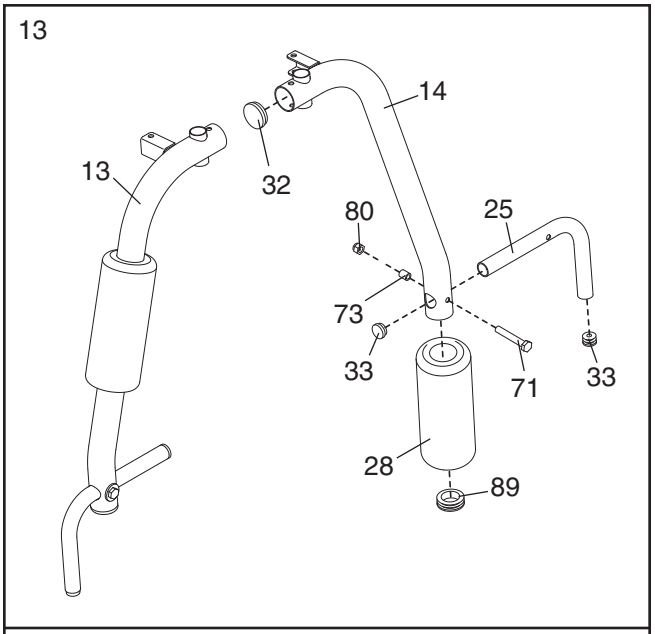


13. Press a 50mm Round Inner Cap (32) and a 50mm Round Butterfly Cap (89) into the Left Butterfly Arm (14). Press two 29mm Round Inner Caps (33) into a Press Handle (25).

Wet the lower end of the Left Butterfly Arm (14) with soapy water. Slide a Long Foam Pad (28) onto the Butterfly Arm.

Attach the Press Handle (25) to the Left Butterfly Arm (14) with an M10 x 65mm Button Head Bolt (71), an 11mm Spacer (73), and an M10 Nylon Locknut (80).

Repeat this step with the Right Butterfly Arm (13).

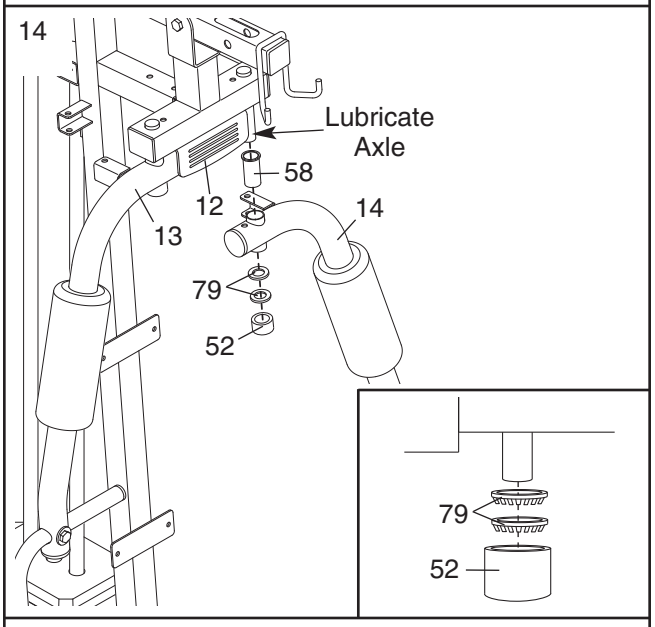


14. Lubricate the axles on the Butterfly Frame (12) with grease.

Insert a Butterfly Arm Bushing (58) into the Left Butterfly Arm (14). Slide the Butterfly Arm onto the indicated axle on the Butterfly Frame (12). **Make sure the Butterfly Arm is behind the bracket on the Butterfly Frame.**

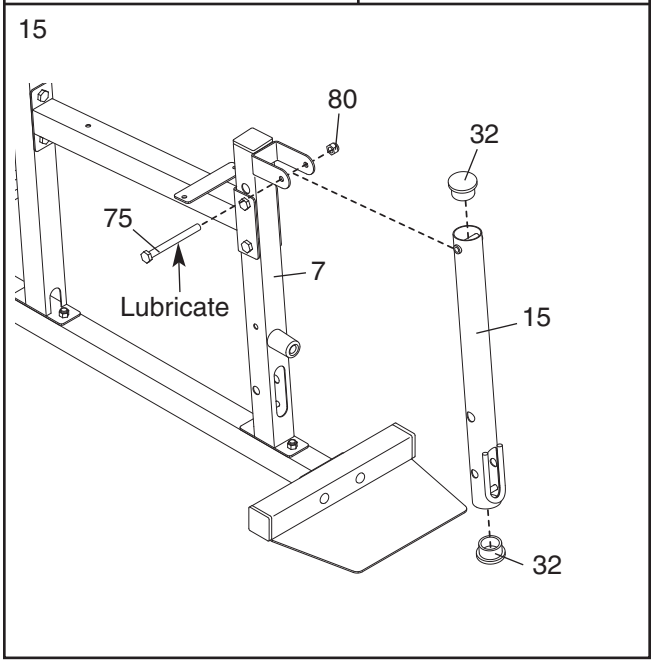
Attach the Left Butterfly Arm (14) to the Butterfly Frame (12) with two 25mm Retainer Rings (79) and a 25mm Round Cover Cap (52). **Make sure the teeth on the Retainer Rings are towards the Cap, as shown in the inset drawing.**

Repeat this step with the Right Butterfly Arm (13).



15. Press two 50mm Round Inner Caps (32) into the Leg Lever (15).

Lubricate an M10 x 77mm Bolt (75) with grease. Attach the Leg Lever (15) to the Front Leg (7) with the Bolt and an M10 Nylon Locknut (80). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



Cable Assembly

16. **See the CABLE DIAGRAMS on page 23 as you assemble the cables and to identify the cables.**

    Attach the Short Swivel Bracket (50) to the Front Upright (5) with an M10 x 48mm Bolt (86) and an M10 Nylon Locknut (80). **Do not overtighten the Locknut; the Swivel Bracket must be able to pivot easily.**

    Locate the Low Cable (55). Attach the eyelet on the Cable to the Short Swivel Bracket (50) with an M8 x 20mm Shoulder Bolt (76) and an M8 Nylon Locknut (83).

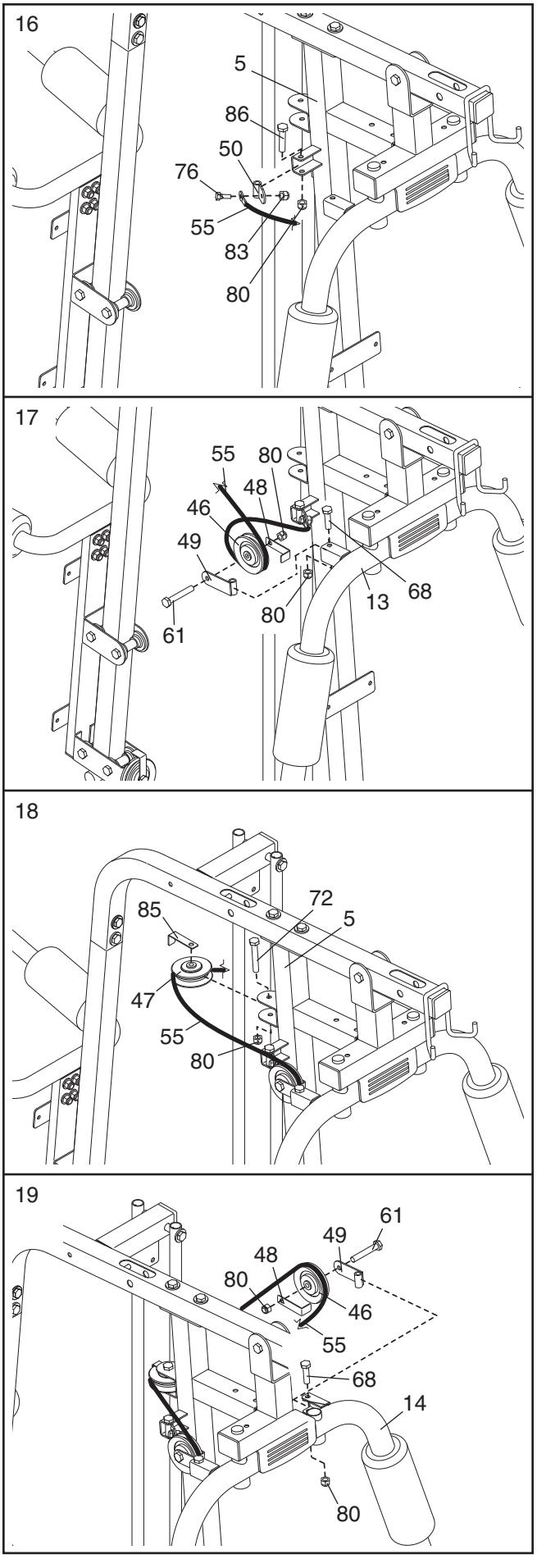
17. Attach a Long Swivel Bracket (49) to the Right Butterfly Arm (13) with an M10 x 52mm Bolt (68) and an M10 Nylon Locknut (80). **Do not overtighten the Locknut; the Swivel Bracket must be able to pivot easily.**

    Wrap the Low Cable (55) under a 90mm Pulley (46). Attach the Pulley and a Cable Trap (48) to the Long Swivel Bracket (49) with an M10 x 45mm Bolt (61) and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

18. Wrap the Low Cable (55) around a "V"-pulley (47). Attach the Pulley and a Long Cable Trap (85) to the Front Upright (5) with an M10 x 60mm Bolt (72) and an M10 Nylon Locknut (80). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

19. Attach another Long Swivel Bracket (49) to the Left Butterfly Arm (14) with an M10 x 52mm Bolt (68) and an M10 Nylon Locknut (80). **Do not overtighten the Locknut; the Swivel Bracket must be able to pivot easily.**

    Wrap the Low Cable (55) over a 90mm Pulley (46). Attach the Pulley and a Cable Trap (48) to the Long Swivel Bracket (49) with an M10 x 45mm Bolt (61) and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



20. **Note: This step is shown from the other side of the weight system.**

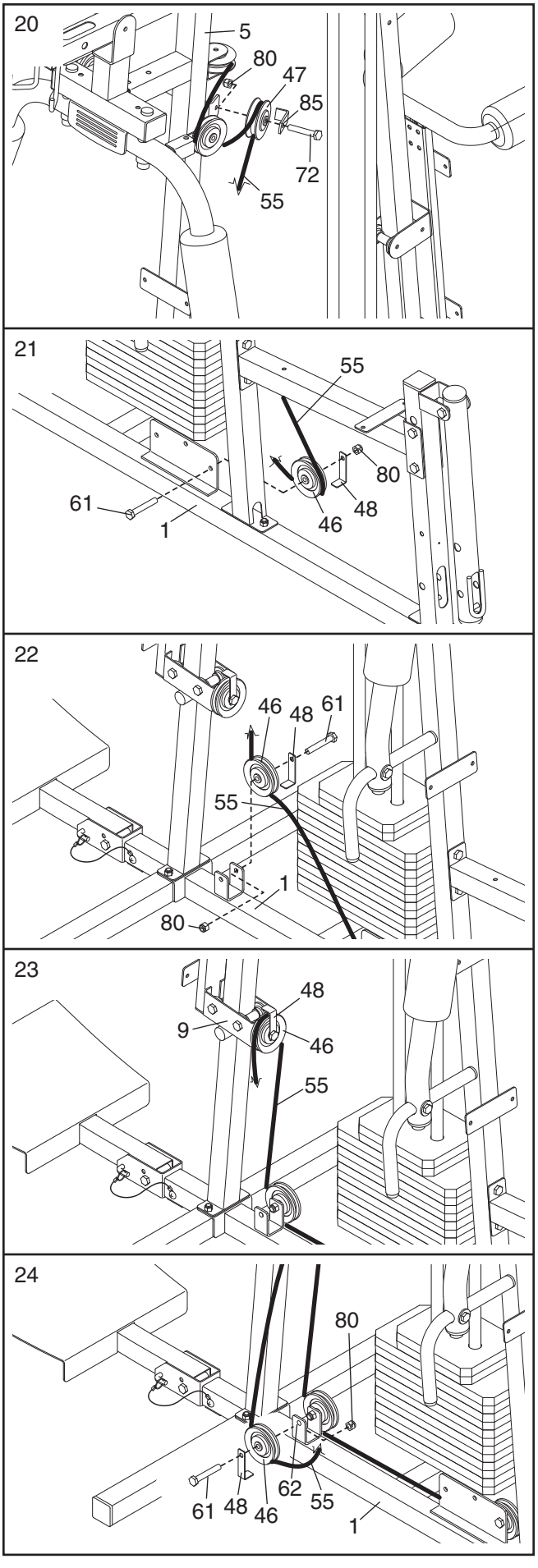
    Wrap the Low Cable (55) over a "V"-pulley (47). Attach the Pulley and a Long Cable Trap (85) to the bracket on the Front Upright (5) with an M10 x 60mm Bolt (72) and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

21. Wrap the Low Cable (55) under a 90mm Pulley (46). Attach the Pulley and a Cable Trap (48) to the indicated side of the bracket on the Base (1) with an M10 x 45mm Bolt (61) and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

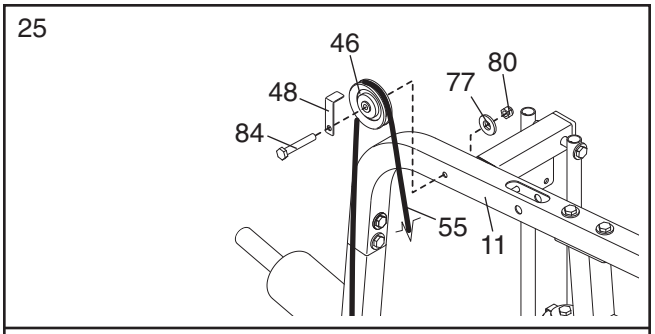
22. Wrap the Low Cable (55) under a 90mm Pulley (46). Attach the Pulley and a Cable Trap (48) to the indicated side of the bracket on the Base (1) with an M10 x 45mm Bolt (61) and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

23. Route the Low Cable (55) over the 90mm Pulley (46) on the Squat Frame (9). **Make sure the Cable Trap (48) is turned to hold the Cable in the groove of the Pulley.** Tighten the M10 Nylon Locknut (not shown) securing the Pulley to the Squat Frame.

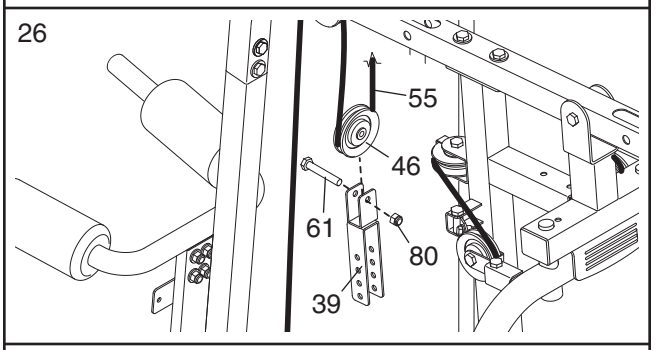
24. Wrap the Low Cable (55) under a 90mm Pulley (46). Attach the Pulley and a Cable Trap (48) to the bracket on the Base (1) with an M10 x 45mm Bolt (61) and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



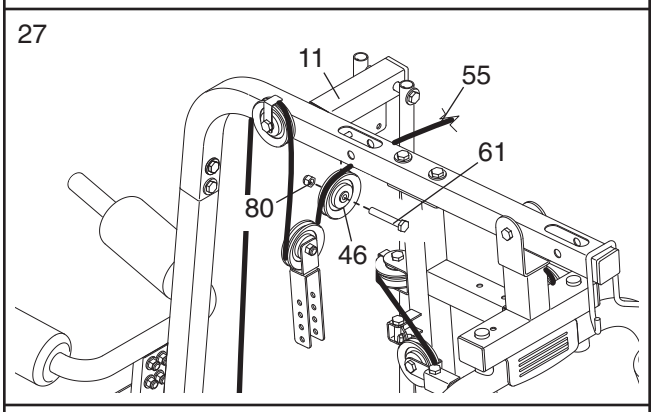
25. Wrap the Low Cable (55) over a 90mm Pulley (46). Attach the Pulley and a Cable Trap (48) to the Top Frame (11) with an M10 x 92mm Bolt (84), an M10 Washer (77), and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



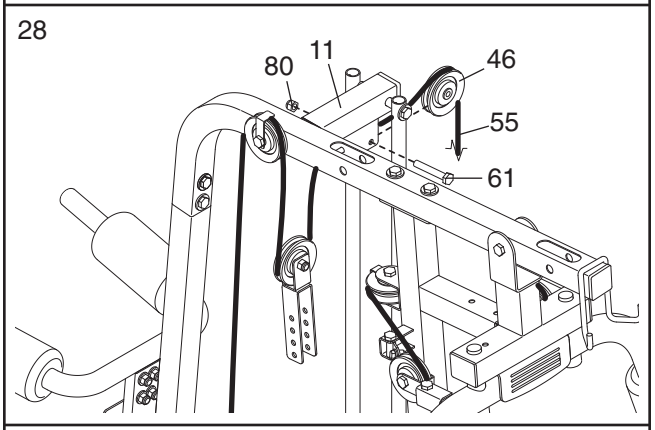
26. Wrap the Low Cable (55) under a 90mm Pulley (46). Attach the Pulley to the indicated end of the "U"-bracket (39) with an M10 x 45mm Bolt (61) and an M10 Nylon Locknut (80).



27. Wrap the Low Cable (55) over a 90mm Pulley (46). Attach the Pulley to the Top Frame (11) with an M10 x 45mm Bolt (61) and an M10 Nylon Locknut (80).

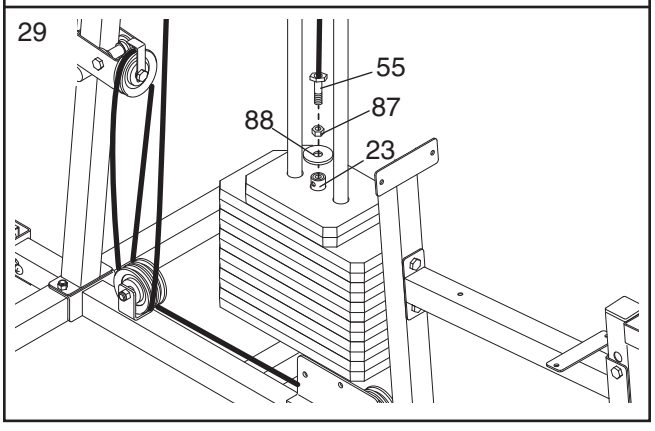


28. Wrap the Low Cable (55) over a 90mm Pulley (46). Attach the Pulley to the Top Frame (11) with an M10 x 45mm Bolt (61) and an M10 Nylon Locknut (80).

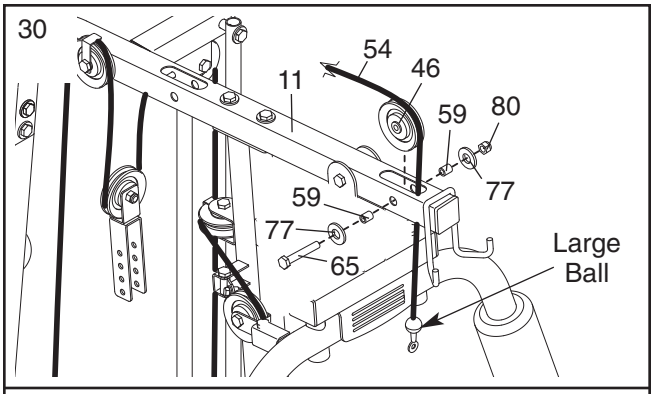


29. Set a 50mm Washer (88) on the Weight Tube (23).

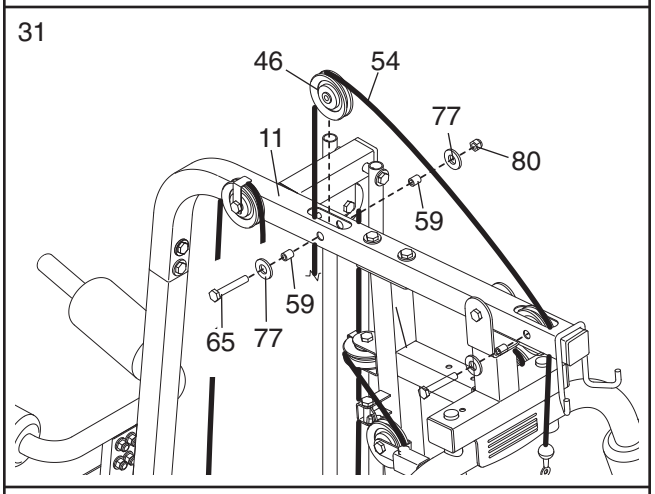
    Thread an M12 Nut (87) all the way onto the Low Cable (55). Screw the Cable partway into the Weight Tube (23). Tighten the Nut against the 50mm Washer (88).



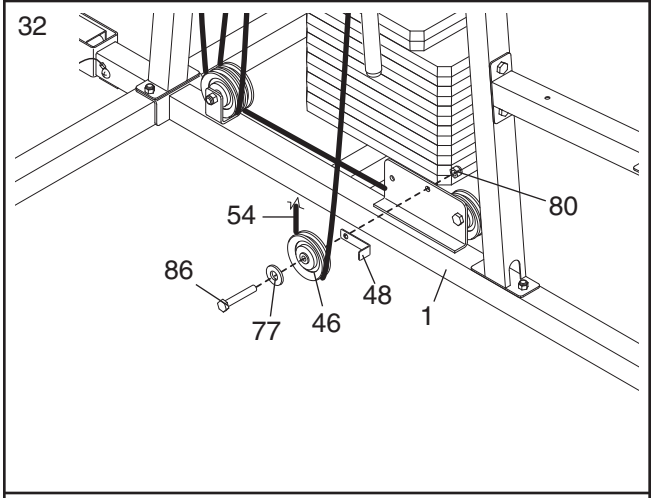
30. **Identify the High Cable (54).** Route the small ball on the Cable up through the Top Frame (11) and over a 90mm Pulley (46). Attach the Pulley inside the Top Frame with an M10 x 67mm Bolt (65), two 12.5mm Spacers (59), two M10 Washers (77), and an M10 Nylon Locknut (80).



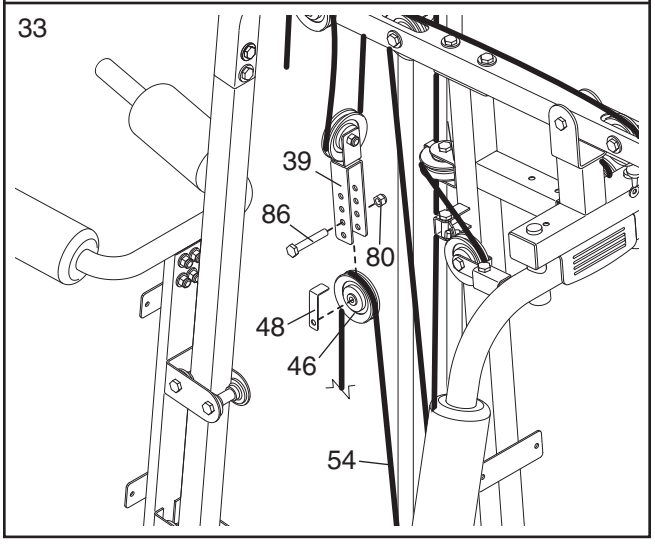
31. Route the High Cable (54) over a 90mm Pulley (46) and down through the Top Frame (11). Attach the Pulley inside the Top Frame with an M10 x 67mm Bolt (65), two 12.5mm Spacers (59), two M10 Washers (77), and an M10 Nylon Locknut (80).



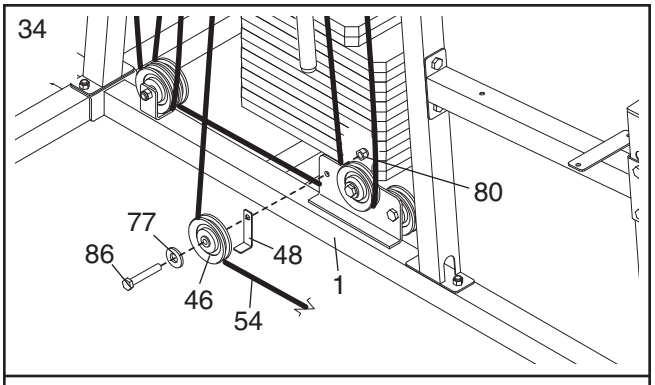
32. Wrap the High Cable (54) under a 90mm Pulley (46). Attach the Pulley and a Cable Trap (48) to the Base (1) with an M10 x 48mm Bolt (86), an M10 Washer (77), and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



33. Wrap the High Cable (54) over a 90mm Pulley (46). Attach the Pulley and a Cable Trap (48) to the second set of holes from the bottom of the "U"-bracket (39) with an M10 x 48mm Bolt (86) and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

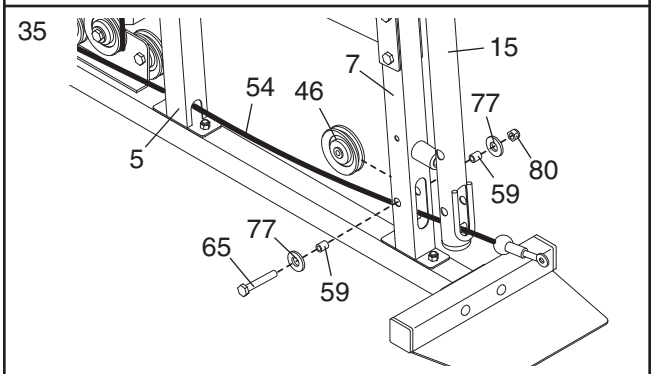


34. Wrap the High Cable (54) under a 90mm Pulley (46). Attach the Pulley and a Cable Trap (48) to the Base (1) with an M10 x 48mm Bolt (86), an M10 Washer (77), and an M10 Nylon Locknut (80). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

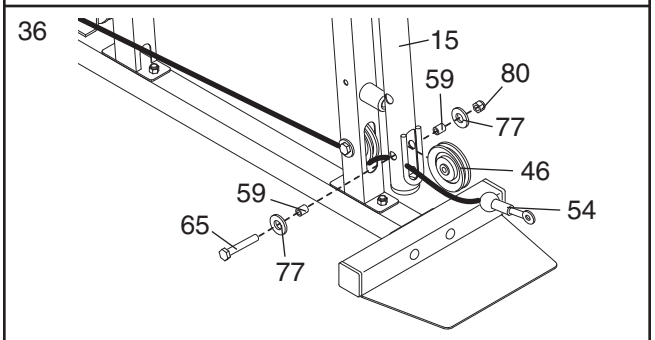


35. Route the High Cable (54) through the Front Upright (5), the Front Leg (7), and the Leg Lever (15).

    Attach a 90mm Pulley (46) inside the Front Leg (7), over the High Cable (54), with an M10 x 67mm Bolt (65), two 12.5mm Spacers (59), two M10 Washers (77), and an M10 Nylon Locknut (80).

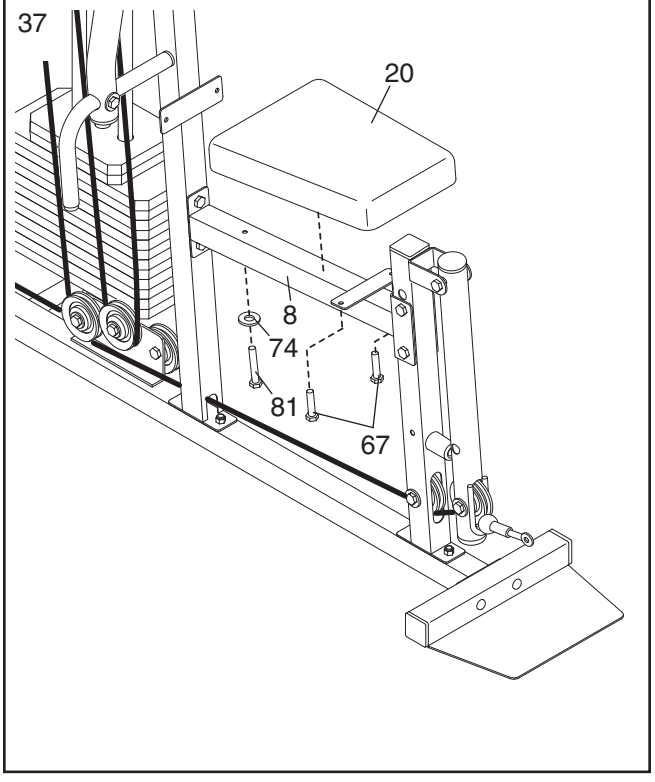


36. Attach a 90mm Pulley (46) inside the Leg Lever (15), over the High Cable (54), with an M10 x 67mm Bolt (65), two 12.5mm Spacers (59), two M10 Washers (77), and an M10 Nylon Locknut (80).

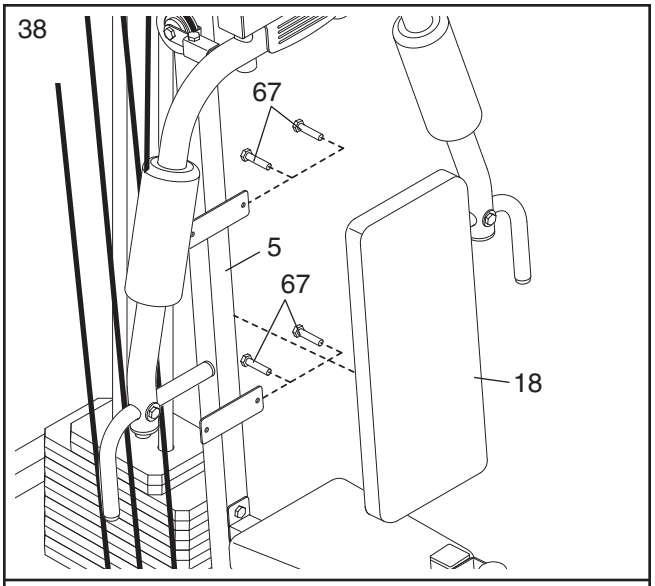


Seat Assembly

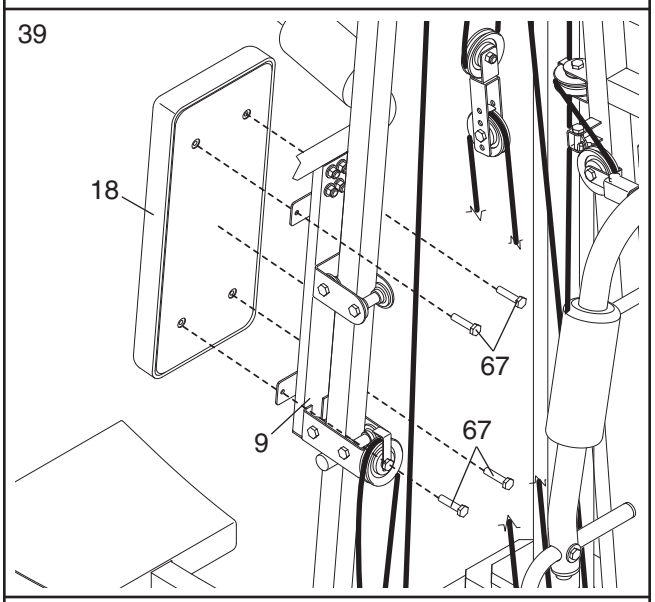
37. Attach a Seat (20) to the Seat Frame (8) with two M6 x 16mm Screws (67), an M6 x 65mm Screw (81), and an M6 Washer (74).



38. Attach a Backrest (18) to the Front Upright (5) with four M6 x 16mm Screws (67).

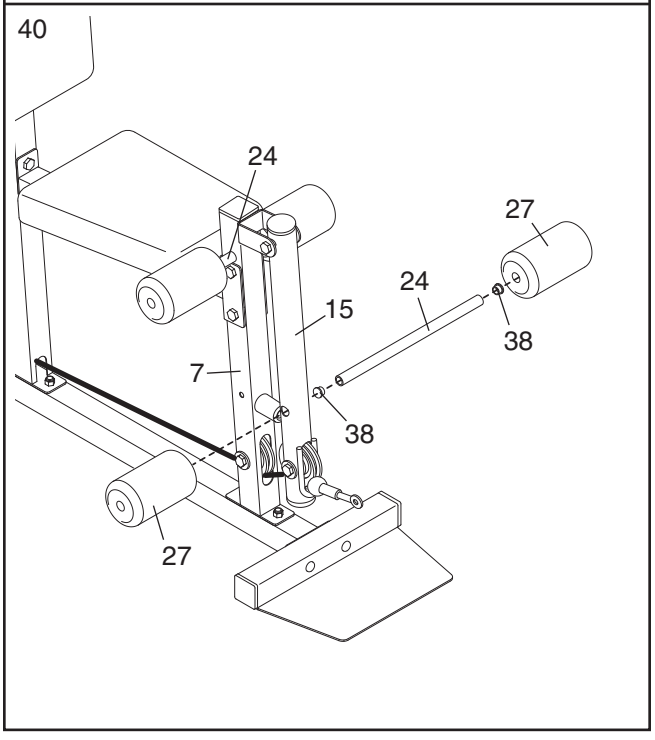


39. Attach another Backrest (18) to the Squat Frame (9) with four M6 x 16mm Screws (67).

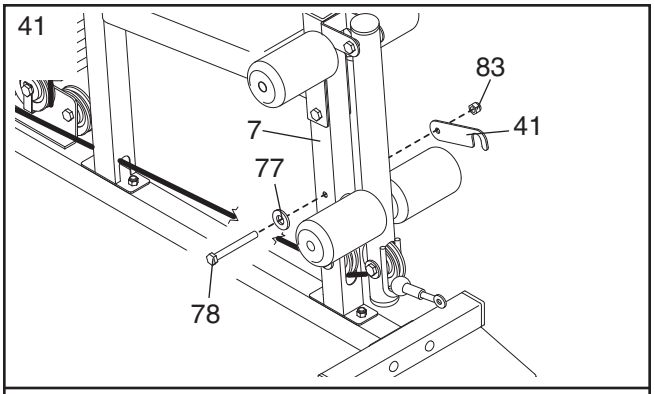


40. Press two 19mm Round Inner Caps (38) into a Pad Tube (24). Insert the Pad Tube into the Leg Lever (15). Slide two Small Foam Pads (27) onto the Pad Tube.

Repeat this step with the other Pad Tube (24), and the Front Leg (7).

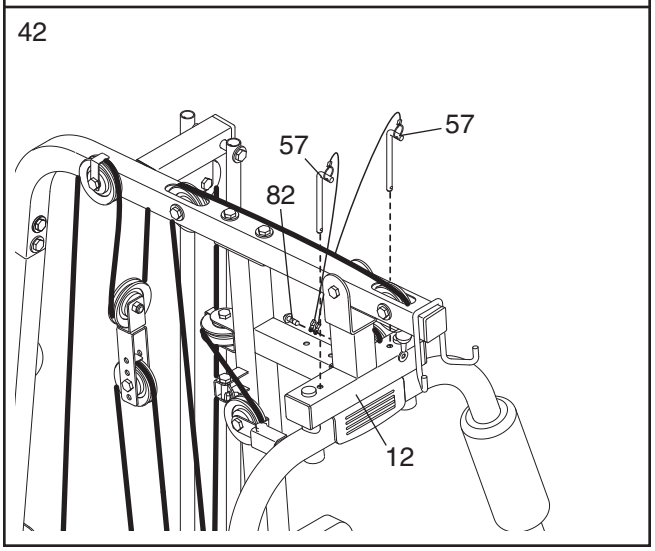


41. Attach the Leg Lever Lock (41) to the Front Leg (7) with an M8 x 69mm Shoulder Bolt (78), an M10 Washer (77), and an M8 Nylon Locknut (83). **Make sure that the shoulder of the Bolt is inserted all the way through the Front Leg.**



42. Attach the tether on the Long Pins (57) to the Butterfly Frame (12) with an M4 x 16mm Self-tapping Screw (82).

    Insert the Long Pins (57) into the Butterfly Frame (12).



43. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

    Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 23 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLESHOOTING AND MAINTENANCE on page 24.**

ADJUSTMENTS

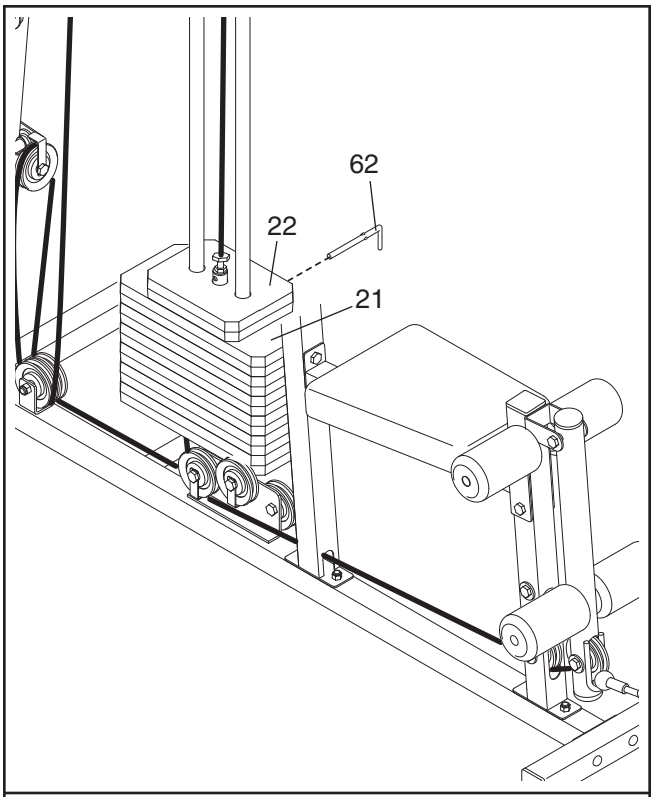
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 25 for important information about how to get the most benefit from your exercise program. Also, see the accompanying exercise guide to see the correct form for each exercise.

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

CHANGING THE WEIGHT SETTING

To change the setting of a weight stack, insert a Weight Pin (62) under the desired Weight (21, 22). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down.

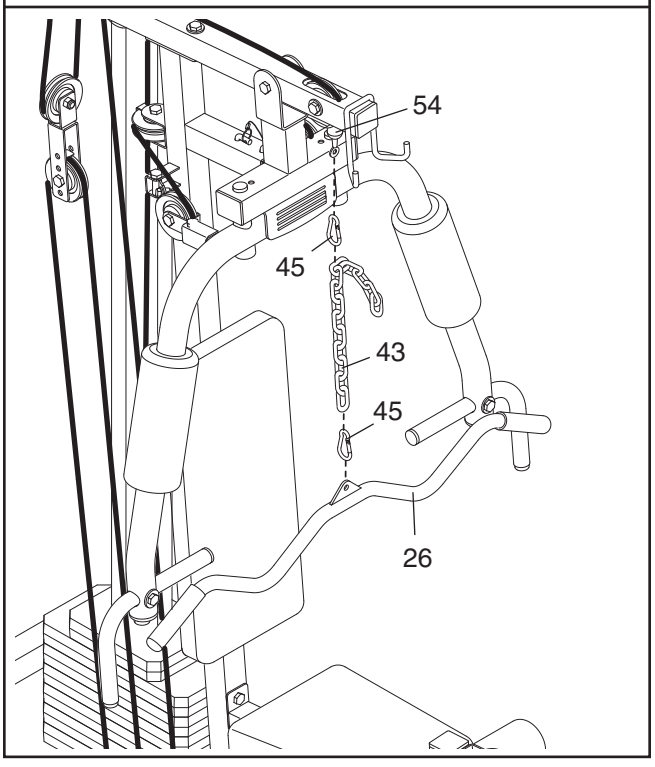
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 22 to find the approximate amount of resistance at each weight station.



ATTACHING THE ACCESSORIES TO A PULLEY STATION

Attach the Lat Bar (26) to the High Cable (54) at the high pulley station with a Weight Clip (45). For some exercises, the 16” Chain (43) should be attached between the Lat Bar and the Cable with two Weight Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

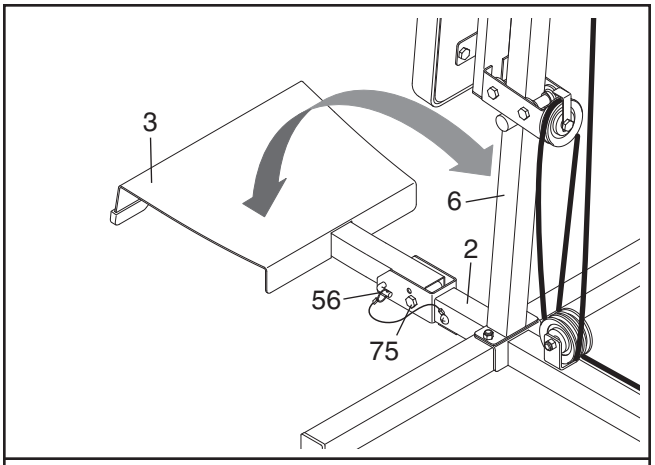
The Lat Bar (26) or the Handle (not shown) can be attached at either pulley station in the same manner.



ADJUSTING THE SQUAT BASE PLATE

To use the Squat Base Plate (3), remove the Short Pin (56) and lower the Base Plate. Reinsert the Short Pin into the hole in the Stabilizer (2) towards the Base Plate, as shown. **Make sure that the Short Pin is fully inserted through the Stabilizer.**

When the Squat Base Plate (3) is not being used, it can be stored by removing the Short Pin (56) and lifting the Base Plate up towards the Rear Upright (6). Secure the Base Plate in the stored position by inserting the Short Pin into the hole in the Stabilizer (2) above the M10 x 77mm Bolt (75).

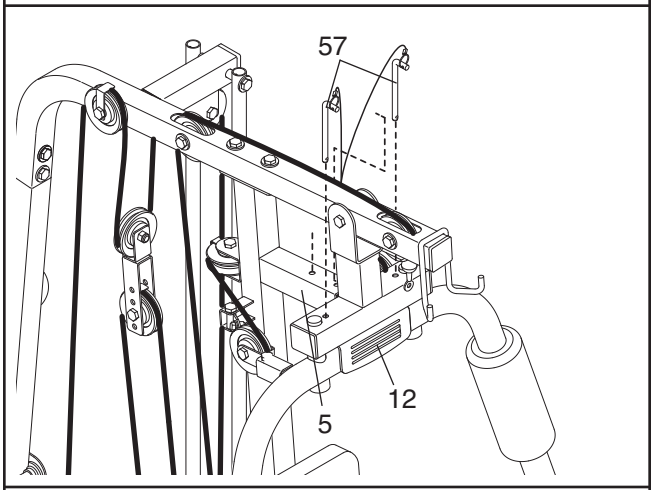


CONVERTING THE BUTTERFLY ARMS

To use the Butterfly Arms (13, 14) as fly arms, insert the Long Pins (57) into the holes in the Front Upright (5).

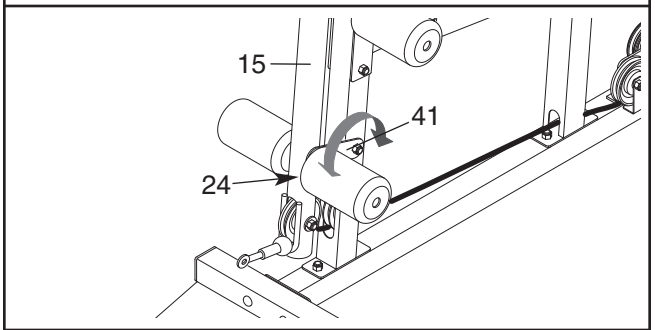
To use the Butterfly Arms (13, 14) as press arms, insert the Long Pins (57) into the holes in the Butterfly Frame (12).

Make sure that the Long Pins (57) are fully inserted into the same set of holes before performing any exercises.



USING THE LEG LEVER LOCK

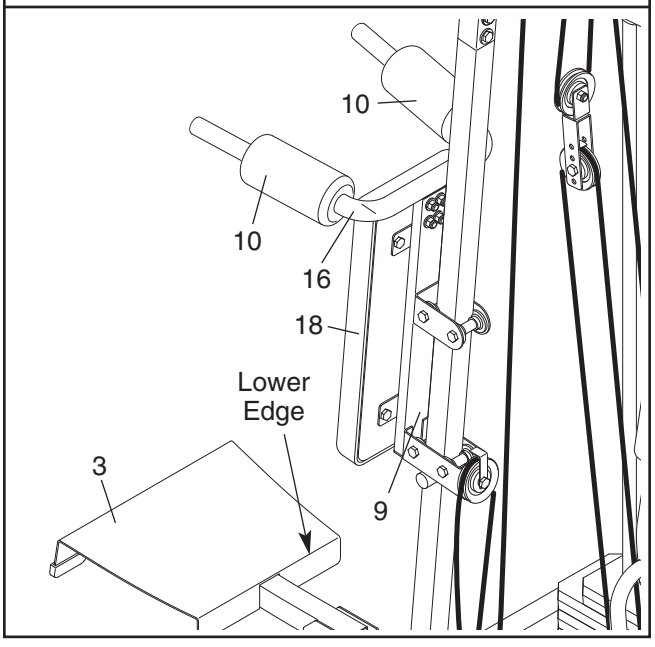
Some exercises can be performed more comfortably with the Leg Lever (15) locked in position. To lock the Leg Lever, turn the Leg Lever Lock (41) until it engages the Pad Tube (24) in the Leg Lever.



USING THE SQUAT STATION

Stand on the Squat Base Plate (3) with your shoulders under the Short Foam Pads (10).

Important: The user's feet should be close enough to the lower edge of the Squat Base Plate (3) that the lower back does not move away from the Backrest (18) as the Squat Frame (9) is lowered. Shorter users should stand closer to the lower edge of the Base Plate than taller users. Improper positioning of the feet will cause discomfort in the lower back.



⚠ WARNING: The Squat Arm (16) is not designed to be used for dip exercises. Do not lower the Squat Frame (9) to a position that causes the lower back to move away from the Backrest (18).

WEIGHT RESISTANCE CHART

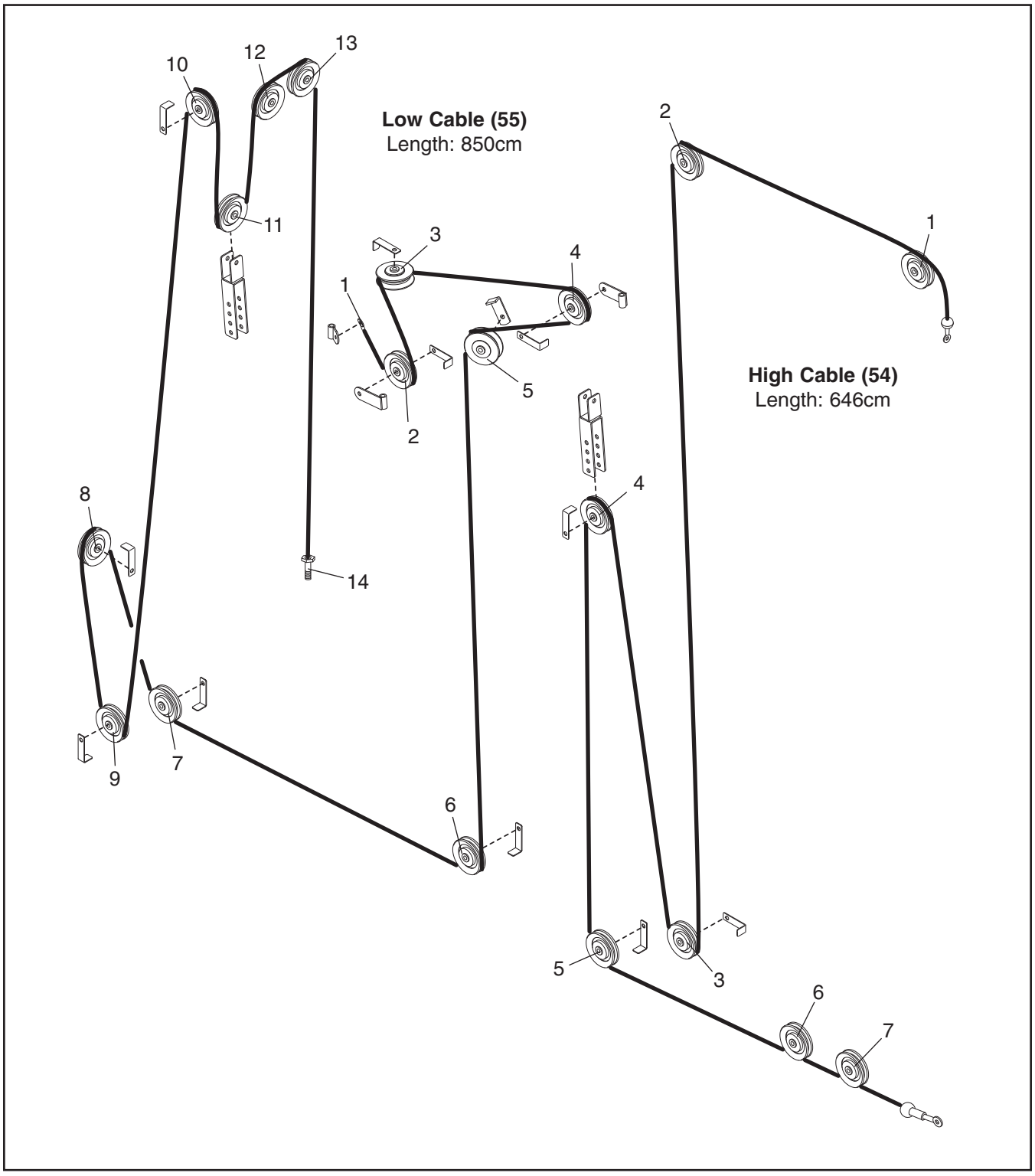
The chart below shows the approximate weight resistance at each exercise station. “Top” and refers to the 6 lb. (2.72 kg) top weight. The other numbers refer to the 12.5 lb. (5.67 kg) weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	LEG PRESS (lbs.)	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	LOW PULLEY (lbs.)	SQUAT (lbs.)
Top	15	11	11	21	12	48
1	36	25	21	42	24	80
2	55	40	33	63	39	116
3	76	56	47	89	55	157
4	97	72	60	115	71	181
5	118	88	72	141	87	210
6	145	110	90	175	112	249

Note: 1 pound = 0.454 kilograms

CABLE DIAGRAMS

The cable diagrams show the approximate lengths and the proper routing of the High Cable (54) and the Low Cable (55). Use the diagrams to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



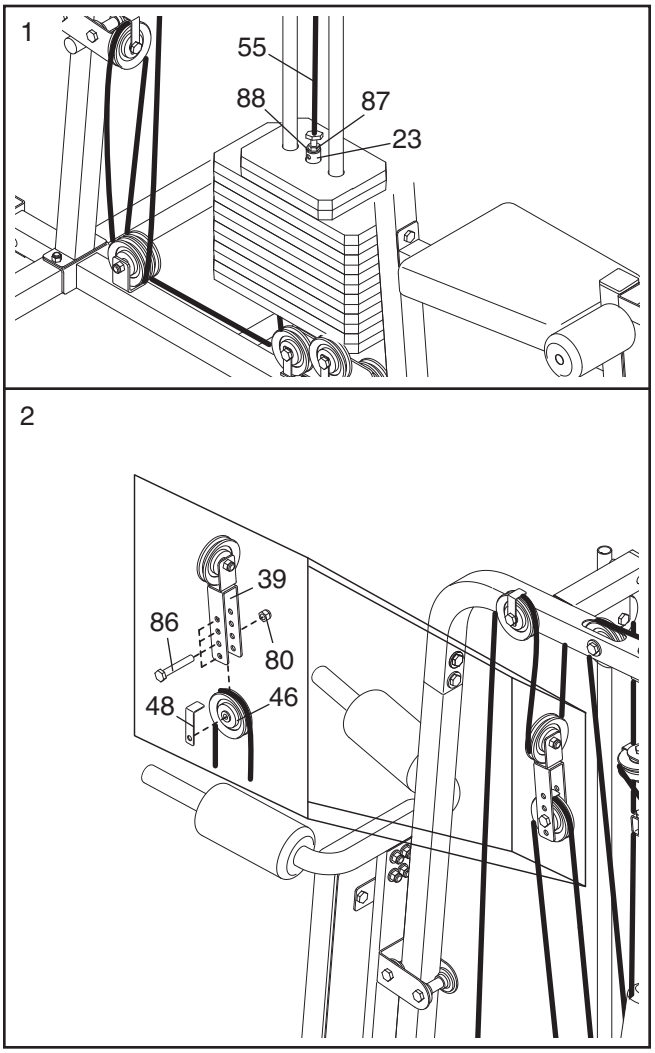
TROUBLESHOOTING

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

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the center of the weight stack. Slack can be removed from the cables in several ways:

See drawing 1. First loosen the M12 Nut (87) on the end of the Low Cable (55) away from the 50mm Washer (88). Screw the end of the Cable farther into the Weight Tube (23). Finally, retighten the Nut against the Washer.



See drawing 2. Slack can be removed from the cables by moving the indicated 90mm Pulley (46) in the "U"-bracket (39). First, remove the M10 Nylon Locknut (80), the M10 x 48mm Bolt (86), the Pulley, and the Cable Trap (48) from the "U"-bracket. Reattach the Pulley and the Cable Trap to a higher set of holes in the "U"-bracket with the Bolt and Locknut. **Make sure the Cable Trap is oriented to hold the cable in the groove of the Pulley.**

Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack.

If a cable slips off the pulleys repeatedly, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

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 resistance 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 resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance 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 resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance 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 resistance.

Weight Loss
To lose weight, use a low amount of resistance 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 strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as exercising on a treadmill, an elliptical exerciser, or an exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength 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. See the muscle chart on the next page 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.

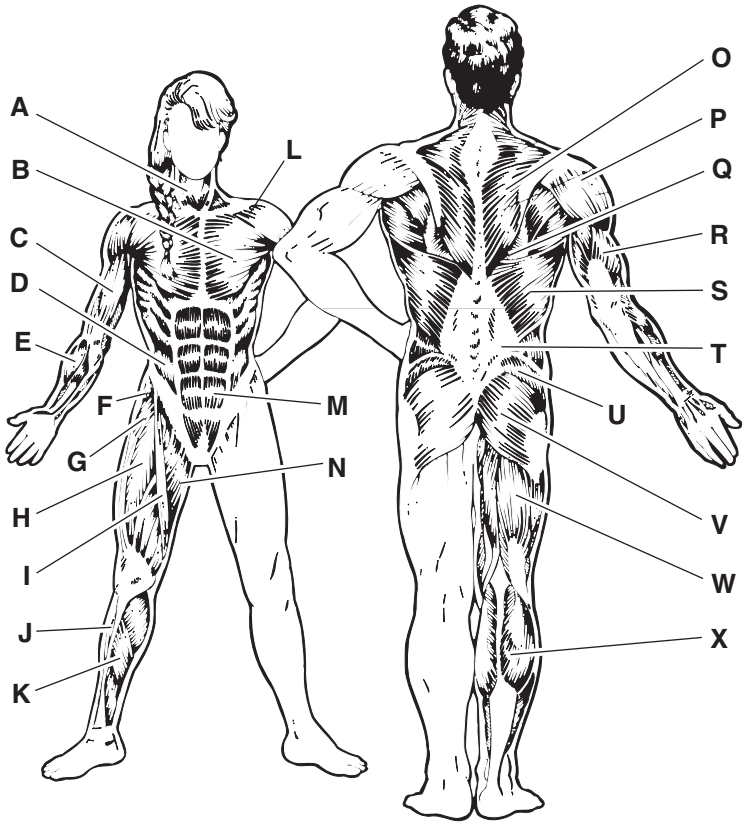
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

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 page 27 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance 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. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

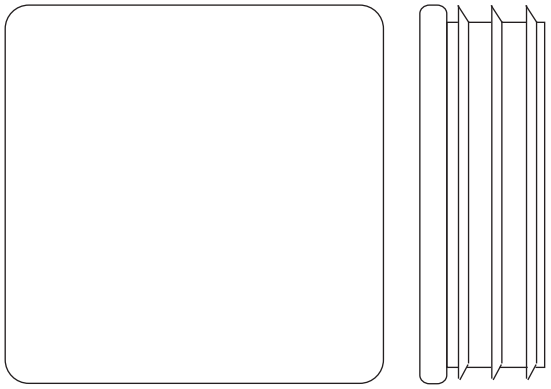
THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

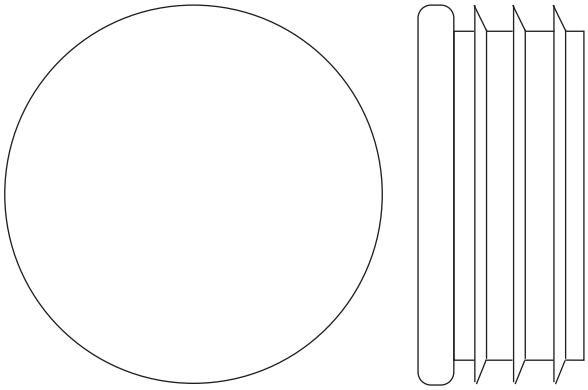
FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

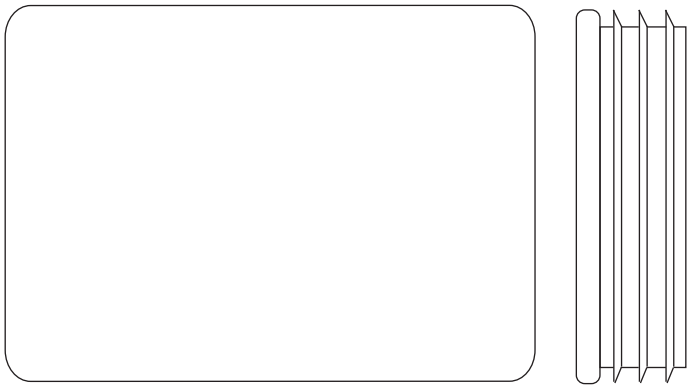
Make photocopies of this page for scheduling and recording your workouts.



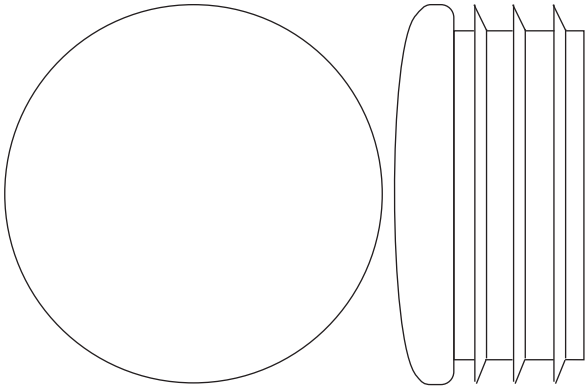
50mm Square Inner Cap (30)



50mm Round Inner Cap (32)

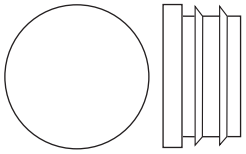


50mm x 70mm Inner Cap (37)

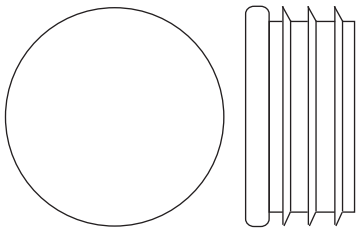


50mm Round Butterfly Cap (89)

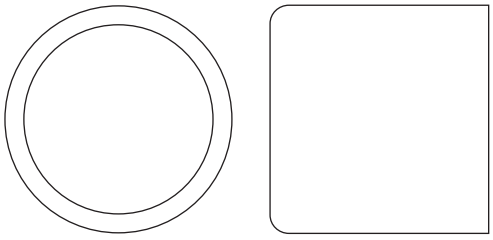
25mm x 70mm Inner Cap (31)



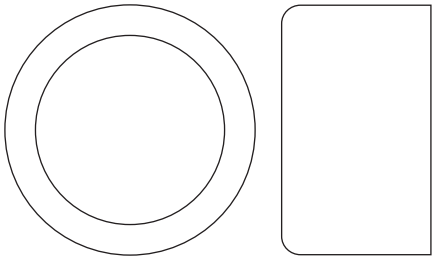
19mm Round Inner Cap (38)



29mm Round Inner Cap (33)

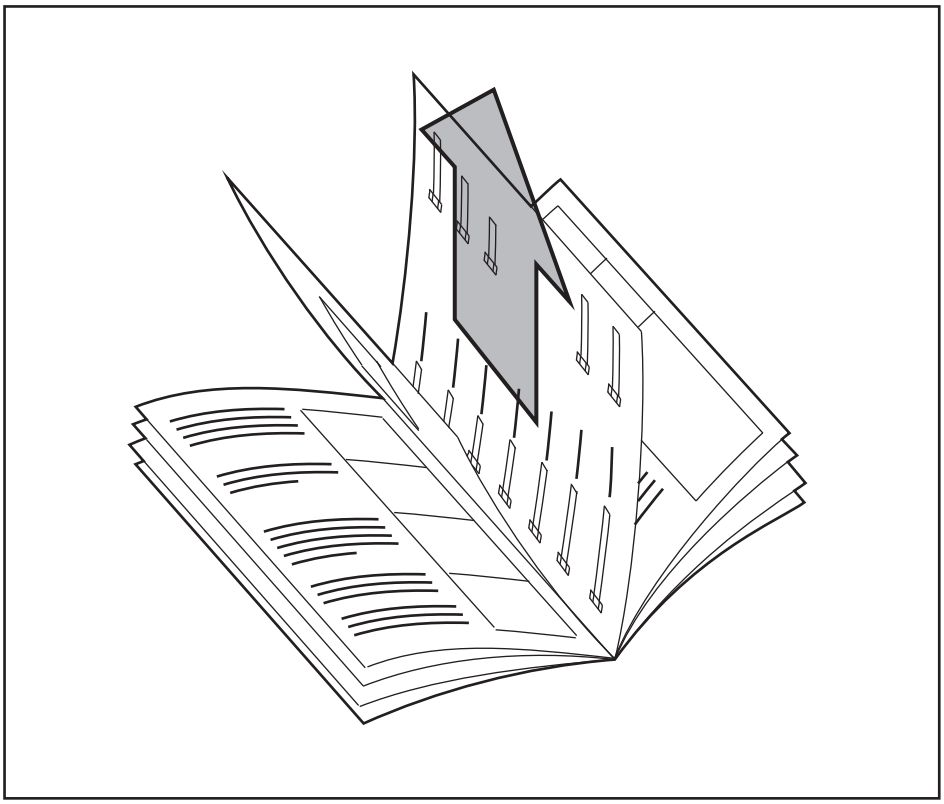


25mm Round Outer Cap (36)



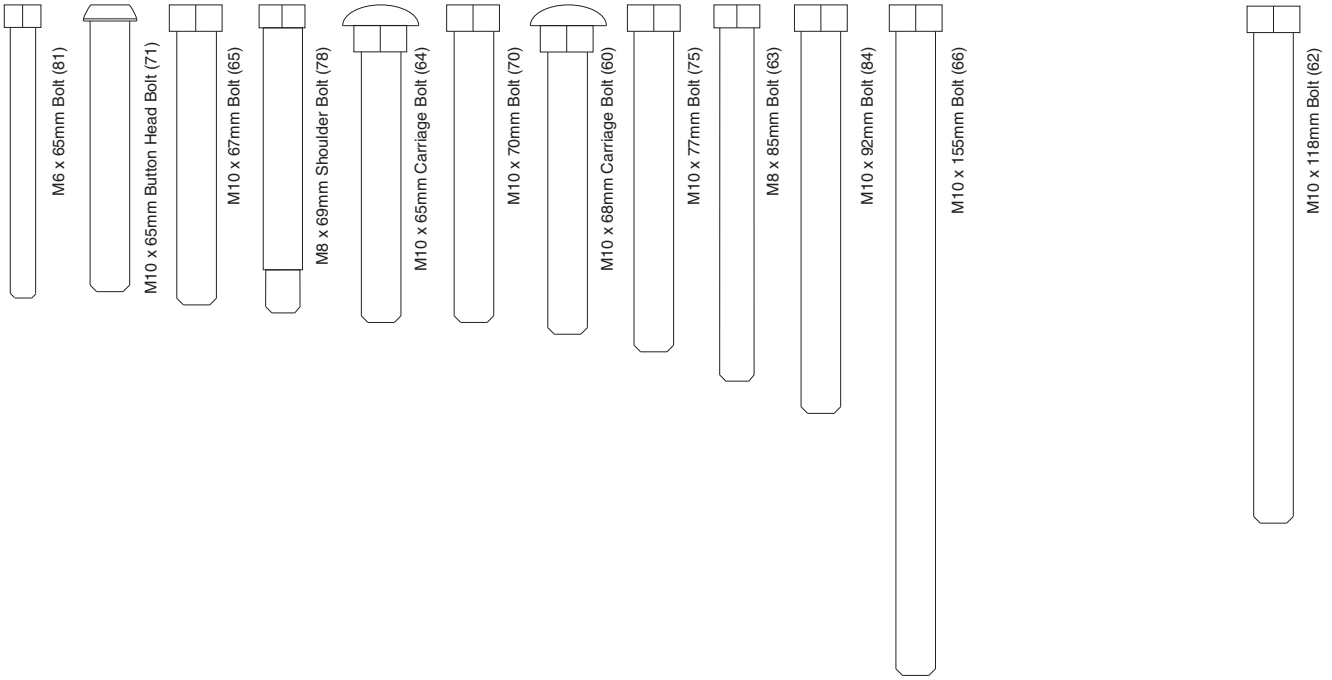
25mm Round Cover Cap (52)

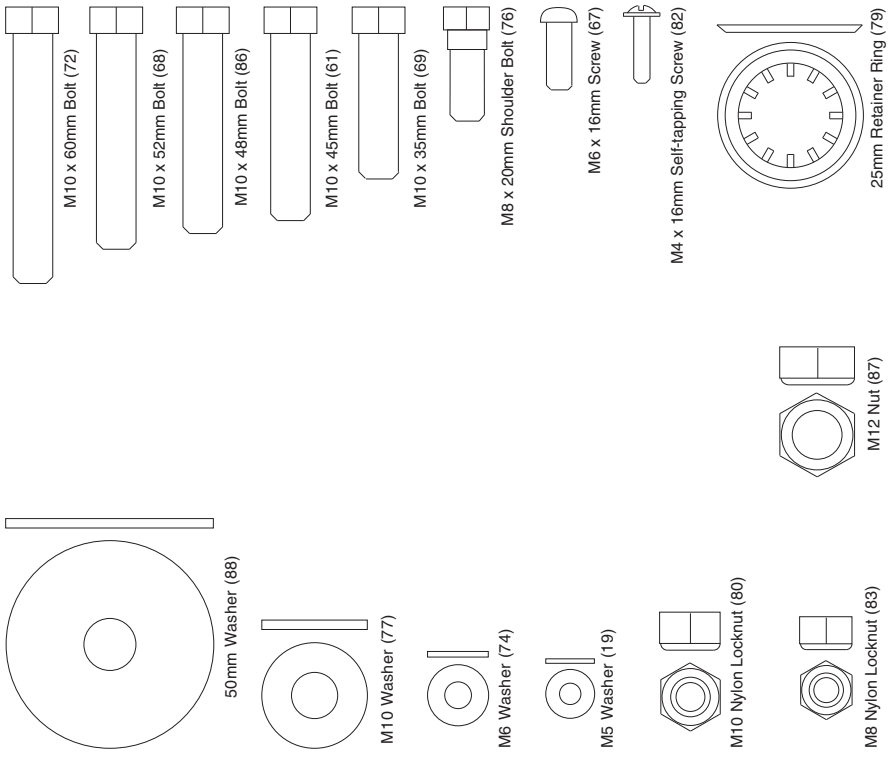
REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL. SAVE THIS PART IDENTIFICATION CHART FOR FUTURE REFERENCE.



PART IDENTIFICATION CHART

See 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 preattached. If a part is not in the parts bag, check to see if it has been preattached.**





PART LIST—Model No. WECCSY24540

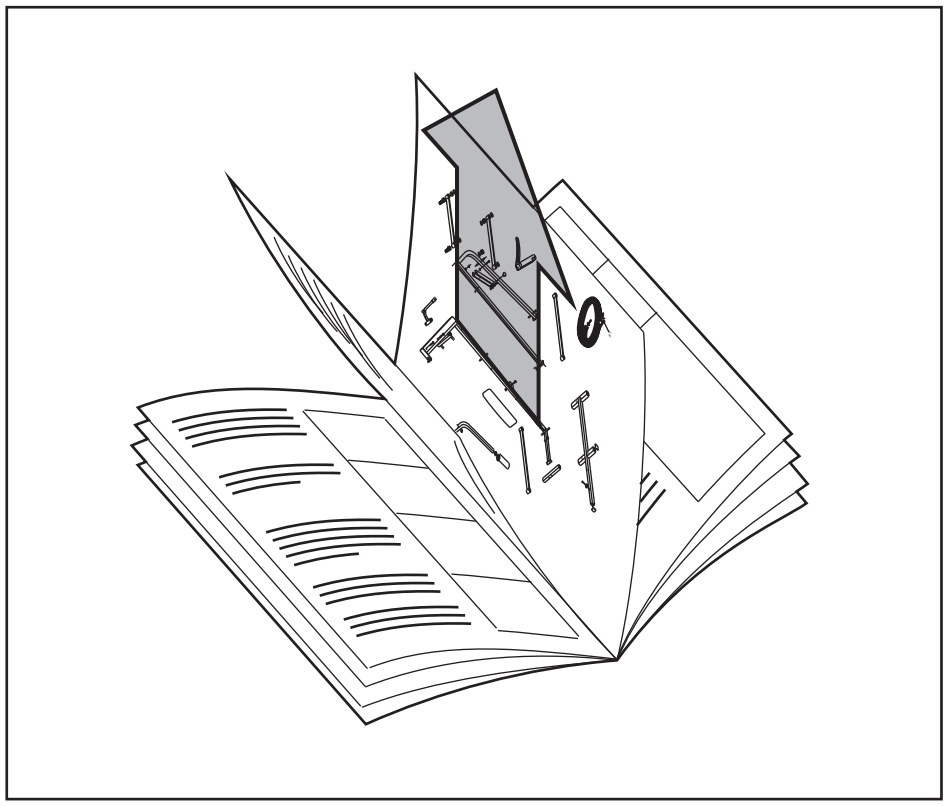
R0704A

Key No.	Qty.	Description
1	1	Base
2	1	Stabilizer
3	1	Squat Base Plate
4	1	Foot Plate
5	1	Front Upright
6	1	Rear Upright
7	1	Front Leg
8	1	Seat Frame
9	1	Squat Frame
10	2	Short Foam Pad
11	1	Top Frame
12	1	Butterfly Frame
13	1	Right Butterfly Arm
14	1	Left Butterfly Arm
15	1	Leg Lever
16	1	Squat Arm
17	2	Weight Guide
18	2	Backrest
19	1	M5 Washer
20	1	Seat
21	6	Weight
22	1	Top Weight
23	1	Weight Tube
24	2	Pad Tube
25	2	Press Handle
26	1	Lat Bar
27	4	Small Foam Pad
28	2	Long Foam Pad
29	4	Handgrip
30	9	50mm Square Inner Cap
31	1	25mm x 70mm Inner Cap
32	4	50mm Round Inner Cap
33	4	29mm Round Inner Cap
34	1	Left Foot
35	1	Right Foot
36	2	25mm Round Outer Cap
37	2	50mm x 70mm Inner Cap
38	4	19mm Round Inner Cap
39	1	“U”-bracket
40	1	Weight Tube Bumper
41	1	Leg Lever Lock
42	1	Leg Lever Bumper
43	1	16” Chain
44	1	Handle
45	2	Weight Clip
46	17	90mm Pulley
47	2	“V”-pulley
48	10	Cable Trap
49	2	Long Swivel Bracket
50	1	Short Swivel Bracket
51	2	Weight Bumper
52	2	25mm Round Cover Cap
53	4	Squat Frame Roller
54	1	High Cable
55	1	Low Cable
56	1	Short Pin
57	2	Long Pin
58	2	Butterfly Arm Bushing
59	8	12.5mm Spacer
60	2	M10 x 68mm Carriage Bolt
61	9	M10 x 45mm Bolt
62	1	Weight Pin
63	4	M8 x 85mm Bolt
64	6	M10 x 65mm Carriage Bolt
65	8	M10 x 67mm Bolt
66	2	M10 x 155mm Bolt
67	10	M6 x 16mm Screw
68	2	M10 x 52mm Bolt
69	4	M10 x 35mm Bolt
70	2	M10 x 70mm Bolt
71	2	M10 x 65mm Button Head Bolt
72	4	M10 x 60mm Bolt
73	2	11mm Spacer
74	1	M6 Washer
75	3	M10 x 77mm Bolt
76	1	M8 x 20mm Shoulder Bolt
77	26	M10 Washer
78	1	M8 x 69mm Shoulder Bolt
79	4	25mm Retainer Ring
80	49	M10 Nylon Locknut
81	1	M6 x 65mm Screw
82	3	M4 x 16mm Self-tapping Screw
83	6	M8 Nylon Locknut
84	1	M10 x 92mm Bolt
85	2	Long Cable Trap
86	4	M10 x 48mm Bolt
87	1	M12 Nut
88	1	50mm Washer
89	2	50mm Round Butterfly Cap
#	1	User’s Manual
#	1	Exercise Guide
#	2	Grease Pack

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.

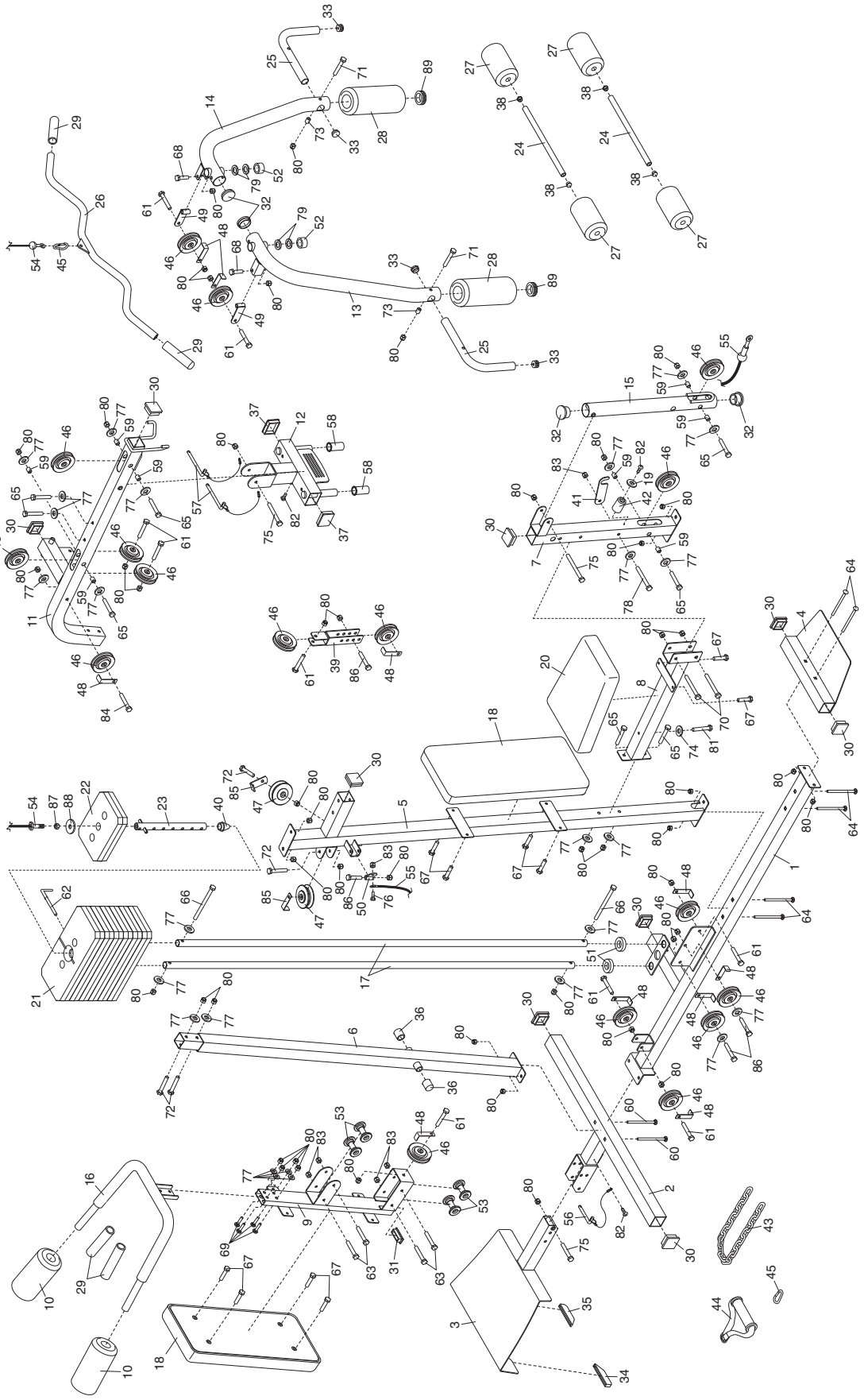
REMOVE THIS PART LIST/EXPLODED DRAWING FROM THE MANUAL.

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



EXPLODED DRAWING—Model No. WECCSY24540

R0704A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 18h30 Eastern Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WECCSY24540)

2. The NAME of the product (WEIDER® 1150 weight system)

3. The SERIAL NUMBER of the product (see the front cover of this manual)

4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year 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 preauthorized 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, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

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