



WEIDER[®]PRO

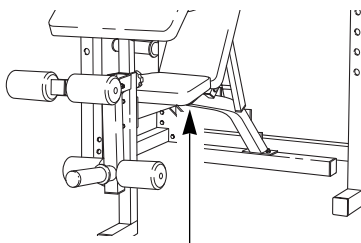
USER'S MANUAL

OLC

Model No. WEBE96491

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

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

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

CUSTOMER HOT LINE:

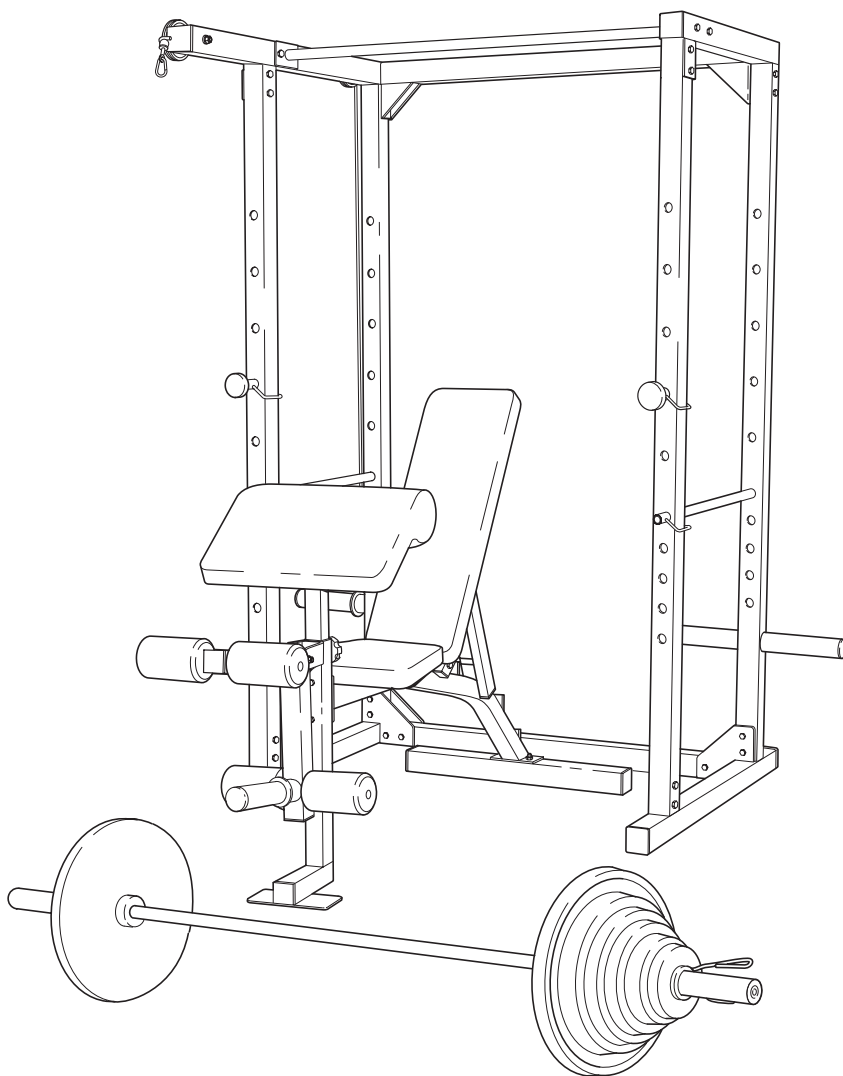
1-800-999-3756

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

PATENT PENDING

CAUTION

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



Visit our website at

www.weiderfitness.com

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

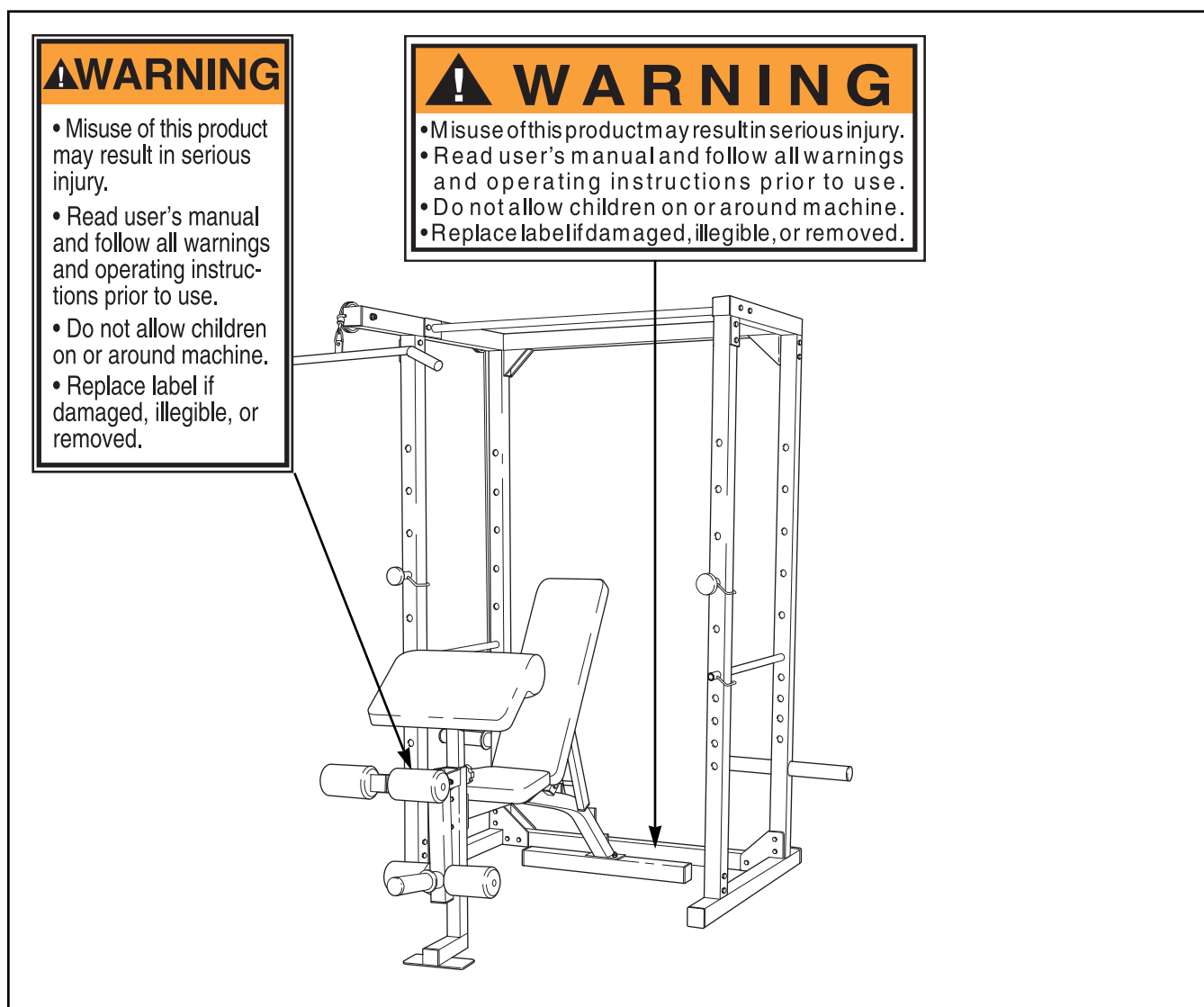
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Note: A Part List/Exploded Drawing is attached to the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Warning Decal Placement

The decals shown below have been placed on the weight bench. If a 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 replacement decal. Apply the replacement decal to the location shown.

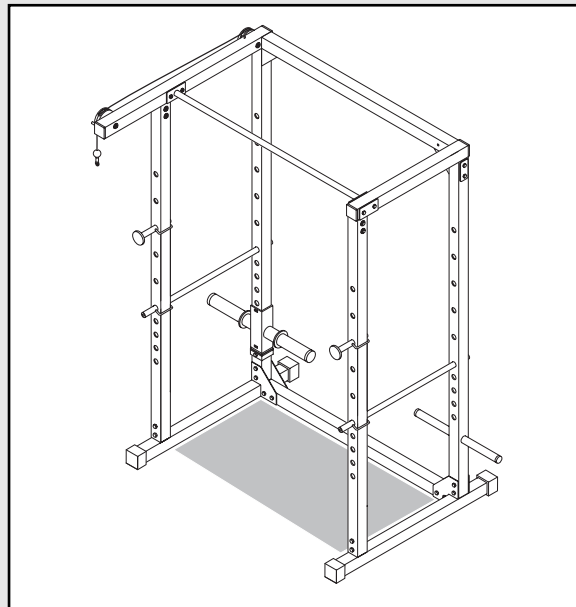


Important Precautions

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

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always make sure there is an equal amount of weight on each side of your barbell.
10. Always move the bench out of the way when performing squat exercises.
11. The weight bench is designed to support a maximum of 560 pounds, including the user, a barbell and weights. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage. Do not place more than 150 pounds on the leg lever for normal use.
12. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys.
13. When performing standing exercises, stand

inside the area that is shaded in the drawing.



14. Always set both weight rests at the same height.
15. Always exercise with a partner. When you are performing bench press exercises, squat exercises or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
16. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
17. Always disconnect the lat bar from the weight bench when performing an exercise that does not use the lat bar.
18. Always secure the weights with the weight clips when you have mounted them on the barbell, leg lever, weight carriage or storage tubes.
19. When using the pulley station, always place 50 pounds on the storage tubes (on the left rear upright) to balance the cage.

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.

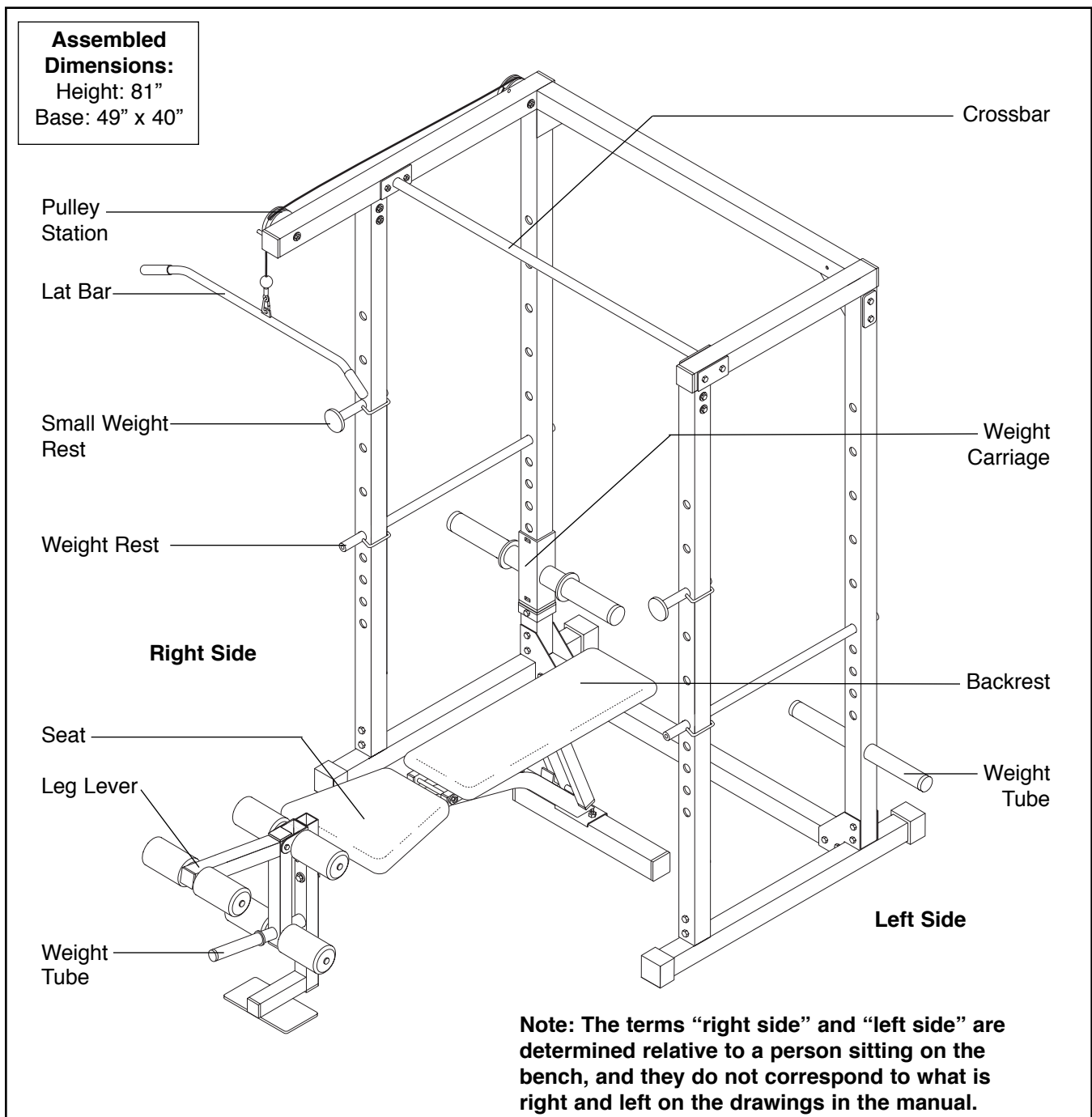
Before You Begin

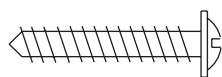
Thank you for selecting the versatile WEIDER® PRO OLC Weight Bench. The WEIDER® PRO OLC is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the OLC Weight Bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO OLC Weight Bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756,

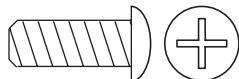
Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE96491. The serial number can be found on a decal attached to the WEIDER® PRO OLC Weight Bench (see the front cover of this manual).

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

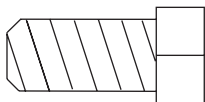




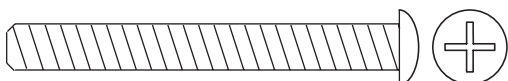
M4 x 25mm Screw (45)



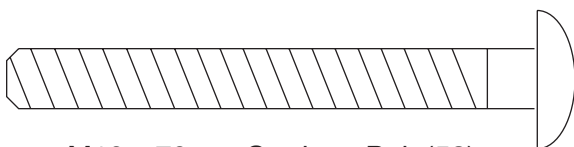
M6 x 16mm Screw (3)



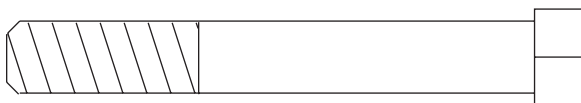
M10 x 19mm Bolt (56)



M6 x 52mm Screw (4)



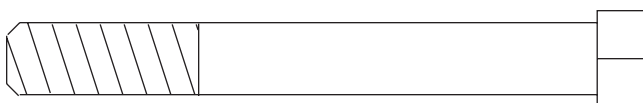
M10 x 70mm Carriage Bolt (52)



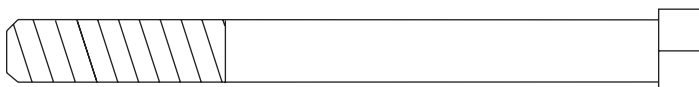
M10 x 70mm Bolt (48)



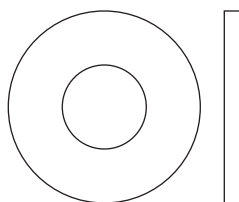
M10 x 75mm Bolt (53)



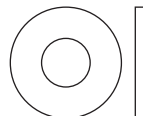
M10 x 78mm Bolt (33)



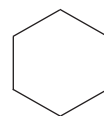
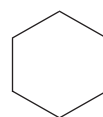
M8 x 86mm Bolt (58)



M10 Washer (6)



M6 Washer (30)



M10 x 123mm Bolt (43)-1

M10 x 193mm Bolt (22)-2



M10 Nylon Locknut (11)



M8 Nylon Locknut (34)

Assembly

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

Make Things Easier for Yourself!



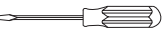

Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts and consequently, the assembly process will take time. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

• For help identifying the small parts, use the **PART IDENTIFICATION CHART** on page 5.

• As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

The following tools (not included) are required for assembly:

- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly plus soapy water.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above.**
Note: Some of the parts described in the assembly steps may come pre-assembled.

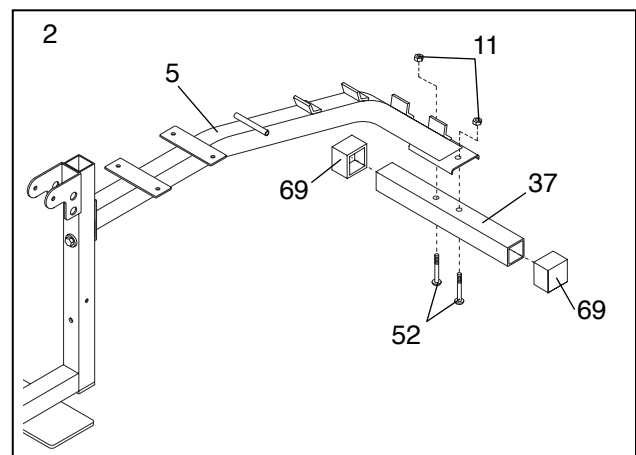
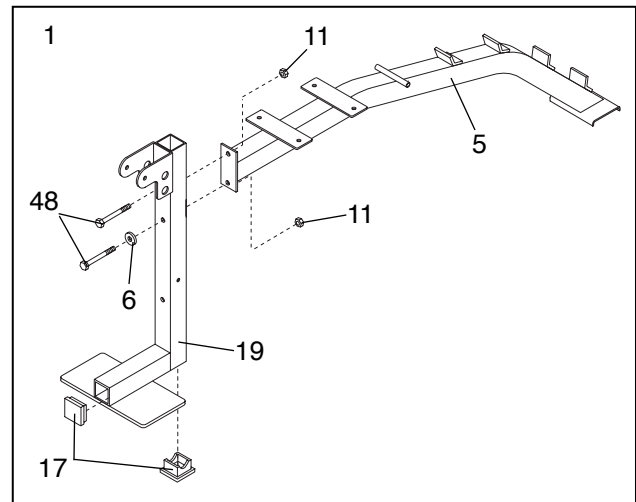
Press a 50mm x 50mm Square Inner Cap (17) into the indicated ends of the Front Leg (19).

Insert an M10 x 70mm Bolt (48) with an M10 Washer (6) through the lower of the two holes in the Front Leg (19). Insert an M10 x 70mm Bolt **with no Washer** through the upper of the two holes in the Front Leg.

Slide the bracket on the Bench Frame (5) over the two M10 x 70mm Bolts (48) and secure it with two M10 Nylon Locknuts (11).

2. Press a Base Outer Cap (69) onto each end of the Stabilizer (37). Insert two M10 x 70mm Carriage Bolts (52) through the holes in the Stabilizer. **Note that on one side of the Stabilizer there is an indentation around the holes. Push the Bolts in from this side, and then turn the bolt heads towards the floor.**

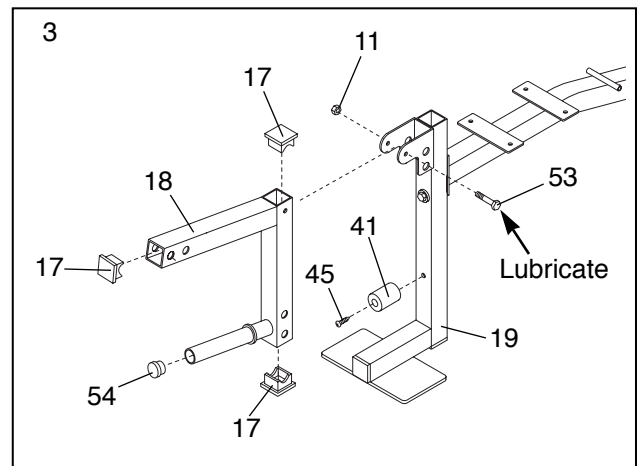
Slide the bracket on the Bench Frame (5) over the two M10 x 70mm Carriage Bolts (52) in the Stabilizer (37) and secure it with two M10 Nylon Locknuts (11).



3. Attach the Bumper (41) to the Front Leg (19) with an M4 x 25mm Screw (45).

Press a 50mm x 50mm Square inner Cap (17) into each open end of the Leg Lever (18). Press a 48mm Round Inner Cap (54) into the weight tube on the Leg Lever.

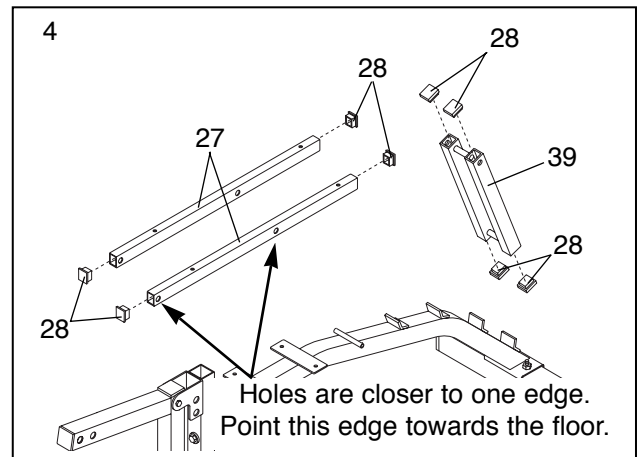
Lubricate the M10 x 75mm Bolt (53). Attach the Leg Lever (18) to the bracket on the Front Leg (19) with the Bolt and an M10 Nylon Locknut (11).



4. Press a 25.4mm x 38mm Inner Cap (28) into each end of both Backrest Tubes (27).

Press a 25.4mm x 38mm Inner Cap (28) into each open end of the tubes on the Backrest Adjustment Bracket (39).

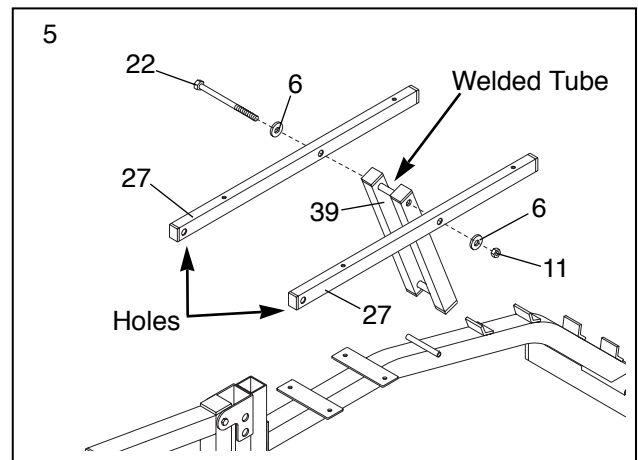
Important: Before performing step 5, make sure the Backrest Tubes are oriented correctly. The holes marked in the drawing are not centered on the Tube; they are closer to one edge. This edge must be pointed towards the floor.



5. Slide an M10 Washer (6) onto an M10 x 193mm Bolt (22) and then slide the Bolt through the indicated hole in one Backrest Tube (27).

Make sure the Backrest Tube (27) is oriented as shown in the drawing. Slide the M10 x 193mm Bolt (22) through the welded tube at the upper end of the Backrest Adjustment Bracket (39).

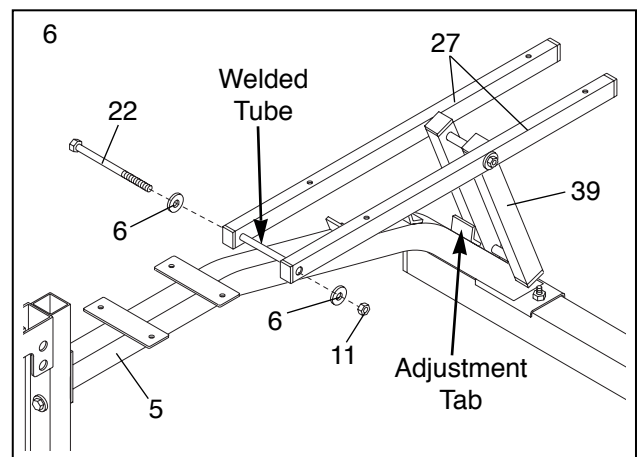
Slide the second Backrest Tube (27) onto the M10 x 193mm Bolt (22). Secure the Backrest Tubes with an M10 Washer (6) and an M10 Nylon Locknut (11).



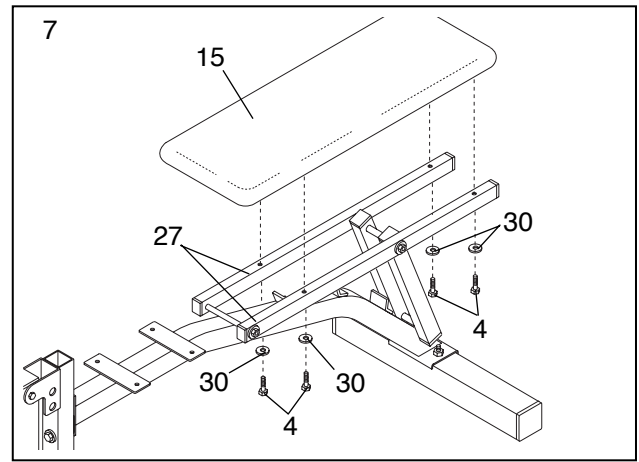
6. Slide an M10 Washer (6) onto an M10 x 193mm Bolt (22).

Place the backrest tube assembly onto the Bench Frame (5), so the lower end of the Backrest Adjustment Bracket (39) rests on one of the adjustment tabs.

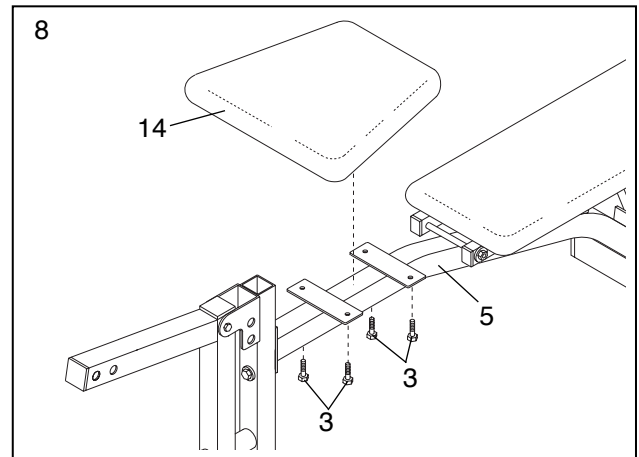
Slide the M10 x 193mm Bolt (22) through the indicated hole in one Backrest Tube (27), then through the welded tube on the Bench Frame (5) and finally through the other Backrest Tube. Secure the Bolt with an M10 Washer (6) and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; it must be easy to pivot the Backrest Tubes.**



7. Attach the Backrest (15) to the Backrest Tubes (27) with four M6 x 52mm Screws (4) and four M6 Washers (30).



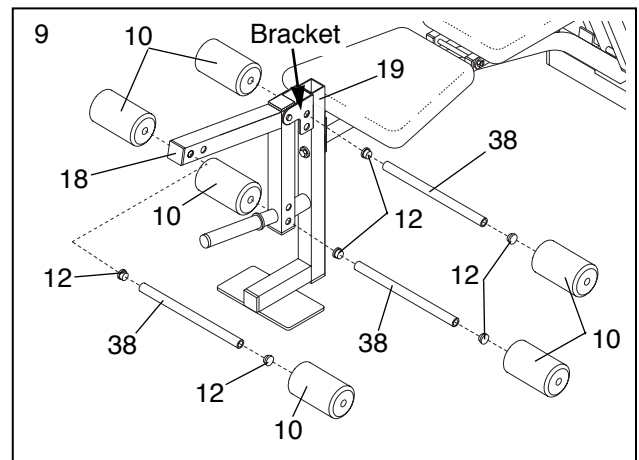
8. Attach the Seat (14) to the indicated brackets on the Bench Frame (5) with four M6 x 16mm Screws (3).



9. Press a 3/4" Round Inner Cap (12) into each end of the three Pad Tubes (38).

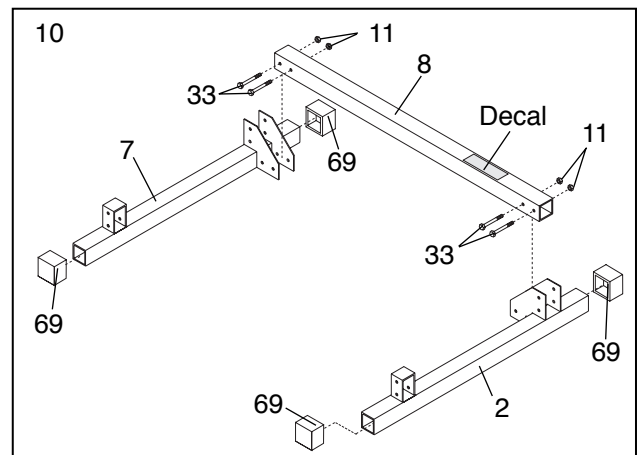
Slide a Foam Pad (10) onto one end of each Pad Tube (38).

Slide the Pad Tubes (38) into the indicated holes in the Leg Lever (18) and the bracket on the Front Leg (19). Slide another Foam Pad (10) onto the other end of each Pad Tube.



10. Press a Base Outer Cap (69) onto each end of the Left Base (2) and the Right Base (7). Place both bases on the floor and orient them as shown in the drawing.

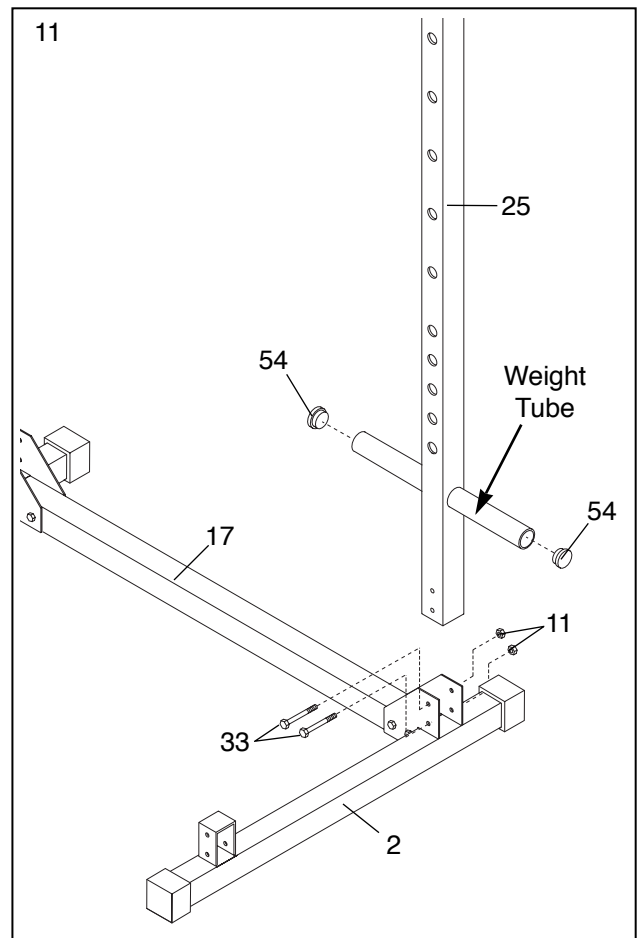
Orient the Rear Base (8) as shown and insert the ends into the brackets on the Left Base (2) and the Right Base (7). Secure the Rear Base with four M10 x 78mm Bolts (33) and four M10 Nylon Locknuts (11).
Note: Do not tighten the Nylon Locknuts yet.



11. Identify the Left Rear Upright (25) which is the only Upright with weight tubes on it.

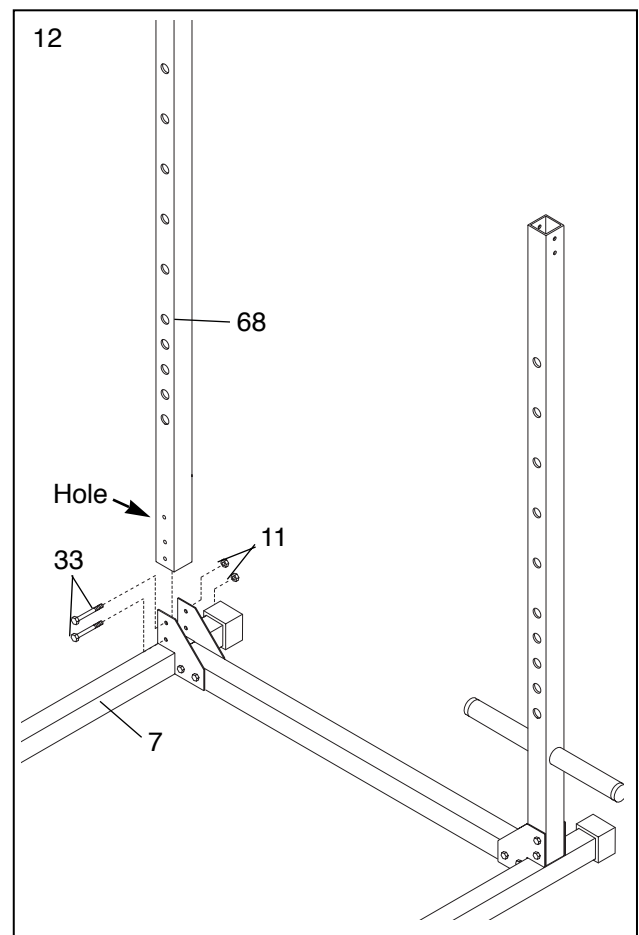
Press a 48mm Round Inner Cap (54) into the end of each weight tube.

Place the lower end of the Left Rear Upright (25) inside the bracket on the Left Base (2) and secure it with two M10 x 78mm Bolts (33) and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet.**



12. Identify the Right Rear Upright (68) which is the only Upright with the indicated hole on the lower end.

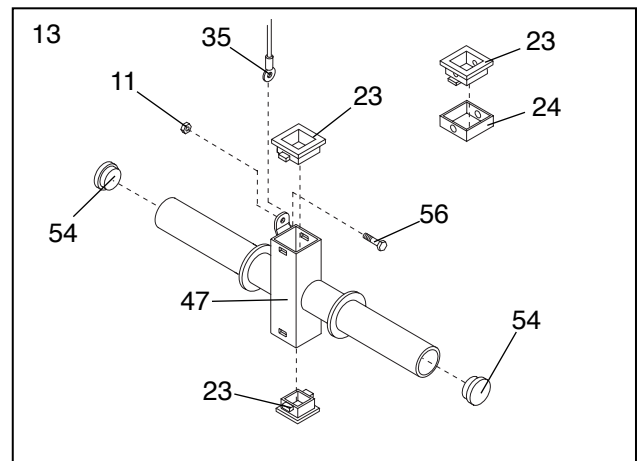
Place the lower end of the Right Rear Upright (68) inside the bracket on the Right Base (7) and secure it with two M10 x 78mm Bolts (33) and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet.**



13. Press a Carriage Bushing (23) into each end of the Weight Carriage (47). Press a Carriage Bushing into the Carriage Stop (24).

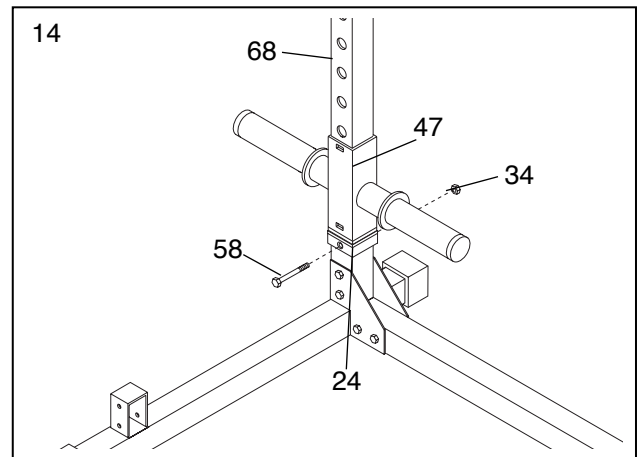
Press a 48mm Round Inner Cap (54) into each weight tube on the Weight Carriage (47).

Attach the closed loop on the Cable (35) to the bracket on the Weight Carriage (47) with an M10 x 19mm Bolt (56) and an M10 Nylon Locknut (11).



14. Slide the Carriage Stop (24) onto the Right Rear Upright (68) and secure it with an M8 x 86mm Bolt (58) and an M8 Nylon Locknut (34).

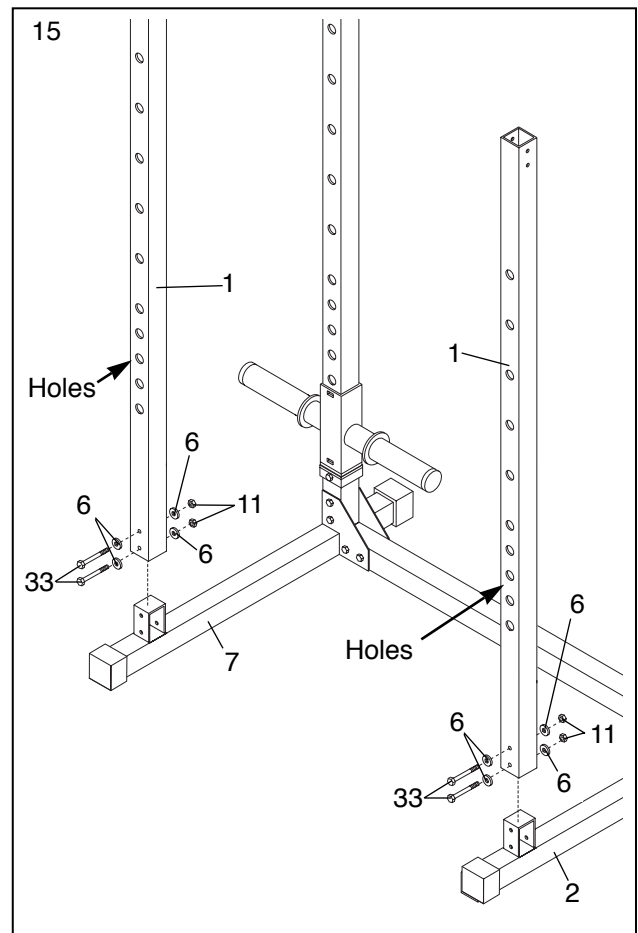
Slide the Weight Carriage (47) onto the Right Rear Upright (68).



15. Locate the two Front Uprights (1) and identify the lower end by looking at the group of five holes with the smallest space between them.

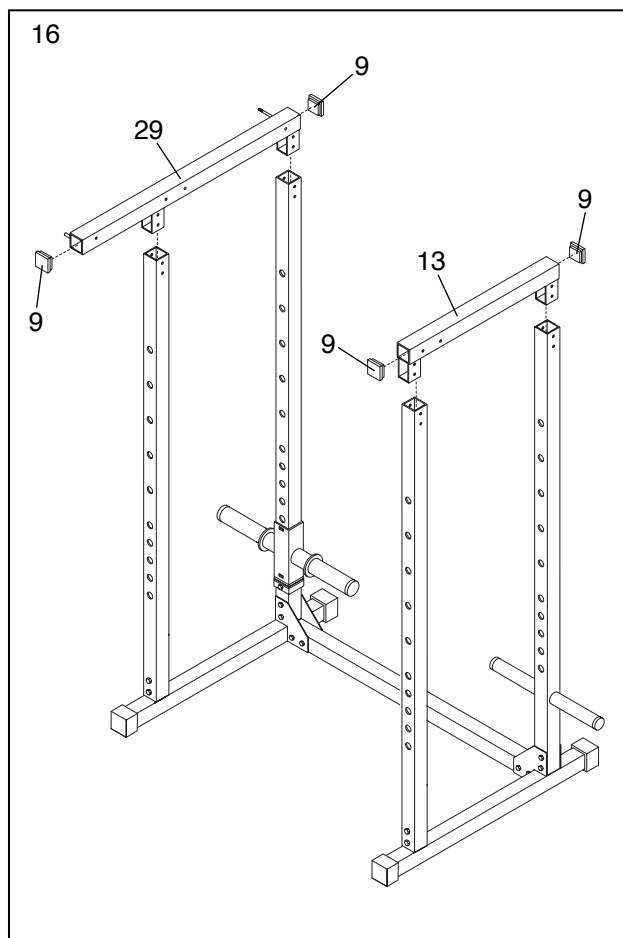
Place the lower end of one Front Upright (1) over the bracket on the Left Base (2) and secure it with two M10 x 78mm Bolts (33), four M10 Washers (6) and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet.**

Place the lower end of the other Front Upright (1) over the bracket on the Right Base (7) and secure it with two M10 x 78mm Bolts (33), four M10 Washers (6) and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet.**



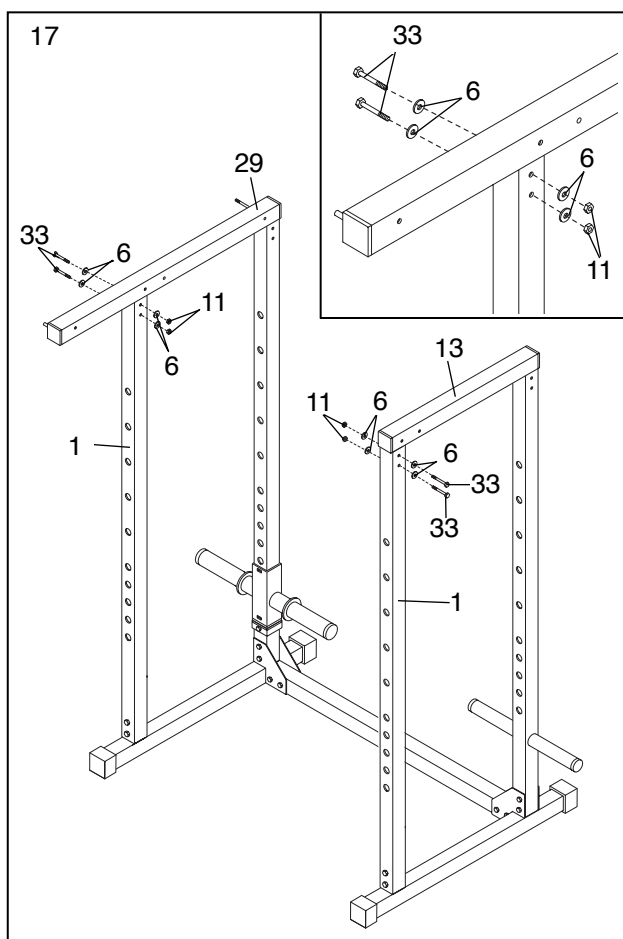
16. Press a 60mm x 60mm Square Inner Cap (9) into each end of the Left Top Frame (13). Place the Left Top frame onto the Uprights on the left side of the cage, so the welded brackets on the Top Frame fit inside the Uprights.

Press a 60mm x 60mm Square Inner Cap (9) into each end of the Right Top Frame (29). Place the Right Top Frame onto the Uprights on the right side of the cage, so the welded brackets on the Top Frame fit inside the Uprights.



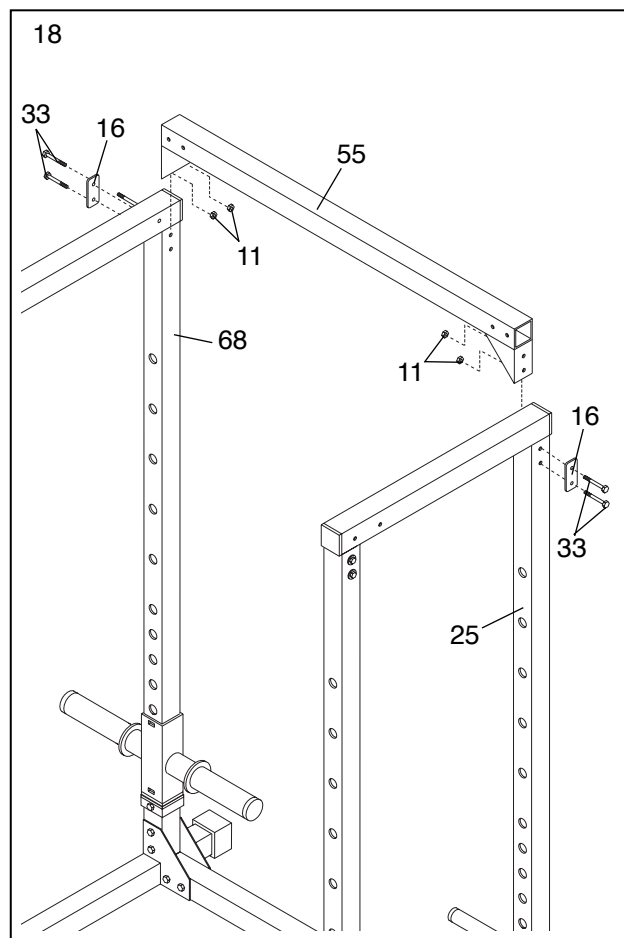
17. Attach the Left Top Frame (13) to the left Front Upright (1) with two M10 x 78mm Bolts (33), four M10 Washers (6) and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet.**

Attach the Right Top Frame (29) to the right Front Upright (1) with two M10 x 78mm Bolts (33), four M10 Washers (6) and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet.**



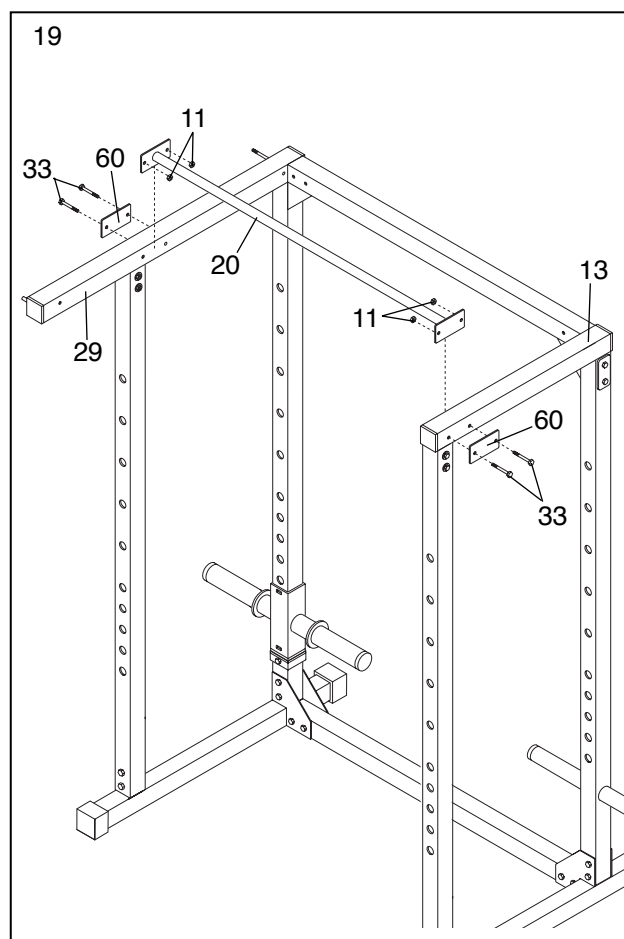
18. While a second person is holding the Rear Top Frame (55) in position, secure it to the Left Rear Upright (25) with two M10 x 78mm Bolts (33), a **Small Support Plate (16)** and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet.**

Secure the Rear Top Frame (55) to the Right Rear Upright (68) with two M10 x 78mm Bolts (33), a Small Support Plate (16) and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet.**



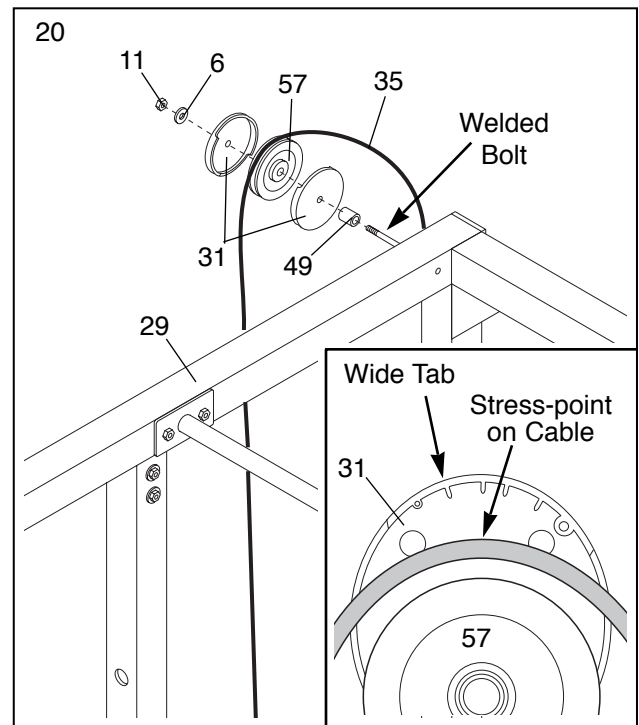
19. While a second person is holding the Crossbar (20) in position, secure it to the Left Top Frame (13) with two M10 x 78mm Bolts (33), a Large Support Plate (70) and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet.**

Secure the Crossbar (20) to the Right Top Frame (29) with two M10 x 78mm Bolts (33), a Large Support Plate (60) and two M10 Nylon Locknuts (11). **Go back and tighten all Nylon Locknuts (11) used to assemble the cage (steps 10 through 19).**

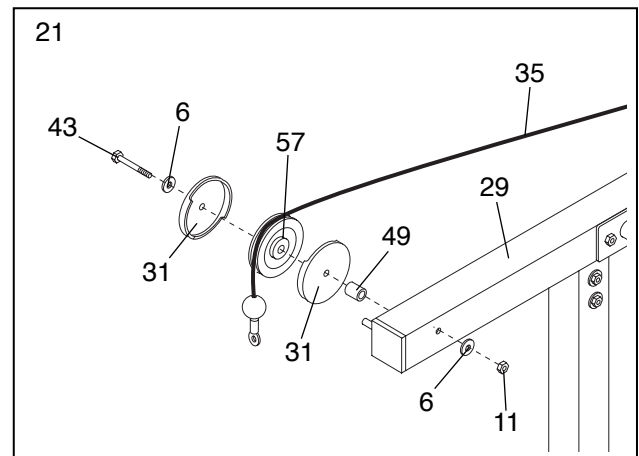


20. Slide a Pulley Spacer (49) onto the welded bolt on the Right Top Frame (29).

Wrap the Cable (35) around a 3 1/2" Pulley (57) in the direction shown. Attach the Pulley and two Pulley Covers (31) to the welded bolt on the Right Top Frame (29) with an M10 Washer (6) and an M10 Nylon Locknut (11). **The Pulley Covers must be oriented as shown in the inset drawing. Note that the wide tab is over the stress-point, where the Cable wraps around the Pulley. Use this orientation of the Pulley Covers in the following assembly step as well.**

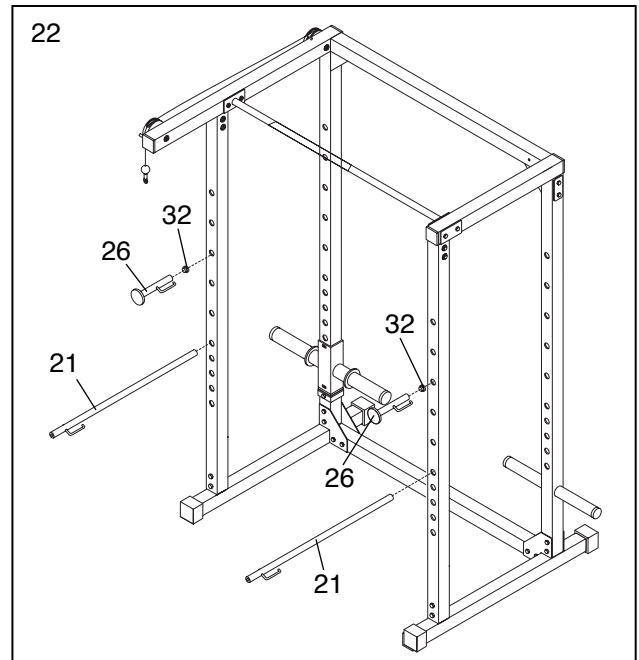


21. Wrap the Cable (35) around a 3 1/2" Pulley (57) in the direction shown. Attach the Pulley and two Pulley Covers (31) to the indicated hole in the Right Top Frame (29) with an M10 x 123mm Bolt (43), a Pulley Spacer (49), two M10 Washers (6) and an M10 Nylon Locknut (11).

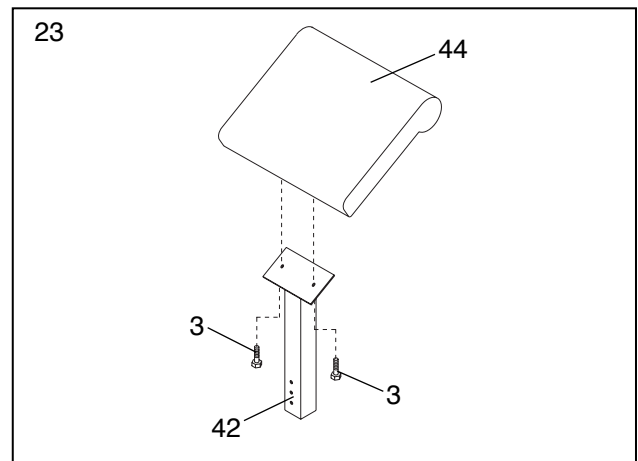


22. Press a 25mm Round Inner Cap (32) into the end of each Small Weight Rest (26). Insert the Small Weight Rests into one set of holes in the Uprights and turn them, so the locking clips snap into place around the Uprights.

Insert the Weight Rests (21) into the appropriate holes in the Uprights and turn them, so the locking clips snap into place around the Uprights.



23. Attach the Curl Pad (44) to the Curl Post (42) with two M6 x 16mm Screws (3).



24. **Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in Adjusting the Weight Bench starting below.**

Adjusting the Weight Bench

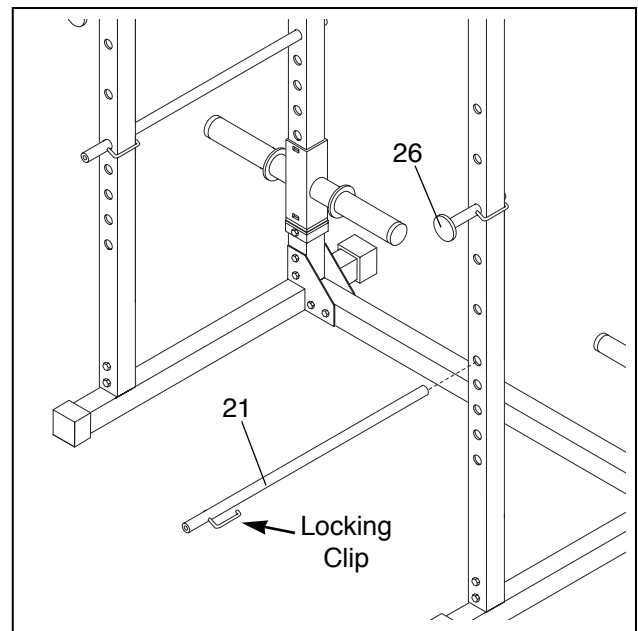
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 17 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

USING THE WEIGHT RESTS

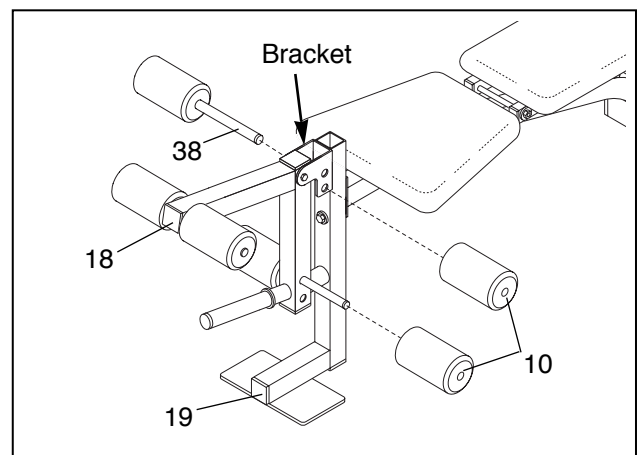
Before beginning an exercise, move the Weight Rests (21) or the Small Weight Rests (26) to a set of holes in the Uprights that is best suited for that exercise. The selected holes should represent the lowest point to which you want your barbell to go during the exercise. Perform the exercise as shown in the accompanying EXERCISE GUIDE. **Note: Make sure the locking clips on the Weight Rests snap into place around the Uprights.**

WARNING: Always set both Weight Rests at the same height.



ADJUSTING THE FOAM PADS

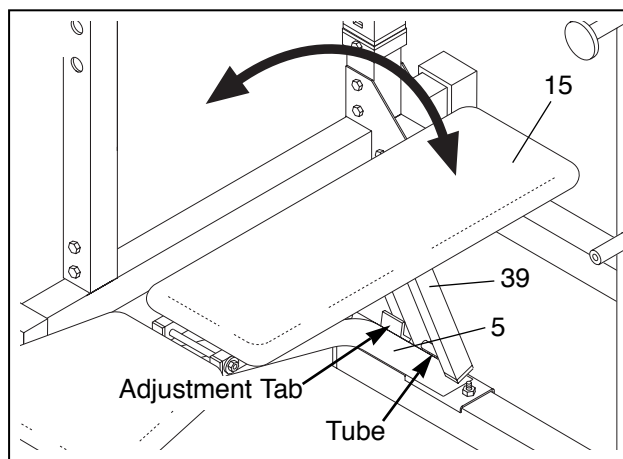
The Foam Pads (10) on both the Leg Lever (18) and the Front Leg (19) can be adjusted to two different positions. To do this, pull one Foam Pad off the Pad Tube (38). Move the Pad Tube to the other hole in the bracket on the Front Leg or in the Leg Lever. Push the Foam Pad back onto the Pad Tube.



ADJUSTING THE BACKREST

The Backrest (15) can be adjusted to a level position, several inclined positions and a declined position.

To increase the incline of the Backrest (15), simply pull up on the Backrest until the lower tube on the Backrest Adjustment Bracket (39) locks into the desired tab on the Bench Frame (5). To decrease the incline, pull up slightly on the Backrest, swing out the Backrest Adjustment Bracket and then lower the Backrest until the Adjustment Bracket locks into the desired tab on the Frame. **Note: When the Backrest is in the declined position, it is the upper tube on the Backrest Adjustment Bracket that locks into a tab on the Bench Frame.**

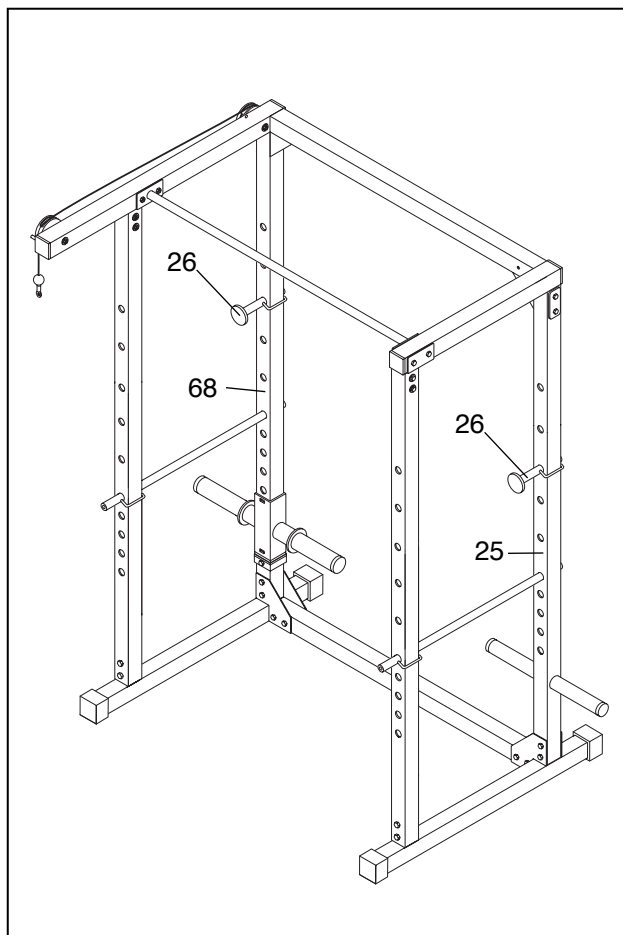


WARNING: Always make sure one of the tubes on the Backrest Adjustment Bracket is securely locked into one of the adjustment tabs on the Bench Frame before putting any weight on the Backrest.

SETTING UP THE BENCH FOR SQUAT EXERCISES

When performing squat exercises, place the Small Weight Rests (26) into one set of adjustment holes on the two rear Uprights (25 and 68).

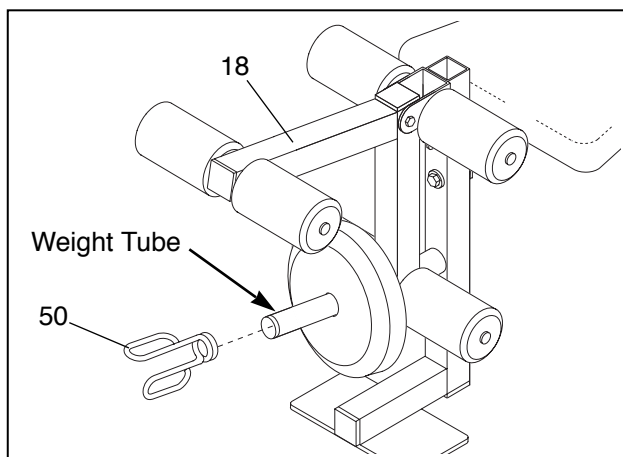
WARNING: Always move the bench when you are performing standing exercises in the cage.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (18), slide the desired amount of weight onto the weight tube.

WARNING: Do not place more than 150 pounds on the Leg Lever. Always secure the weights with a weight clip (50) when you have mounted them on the leg lever.

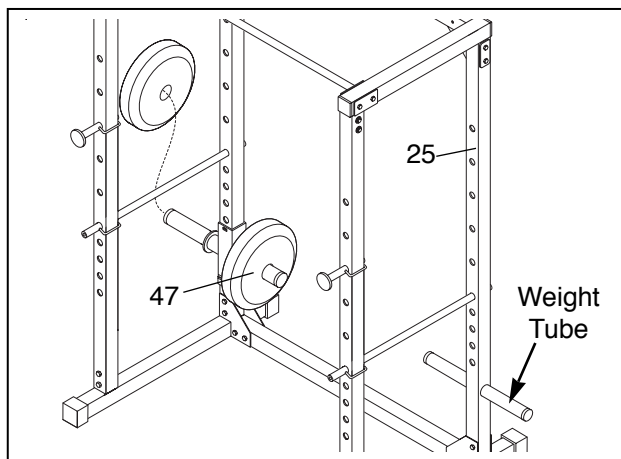


ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the pulley station, slide the desired amount of weight onto the weight tube of the Weight Carriage (47).

Note: The weight tubes on the Left Rear Upright (25) allow you to store weights, you are not using.

WARNING: Do not place more than 150 pounds on the Weight Carriage. Always place the same amount of weight on each side of the Weight Carriage. Always secure the weights with the spring clips (50, not shown) when you have mounted them on the weight carriage.

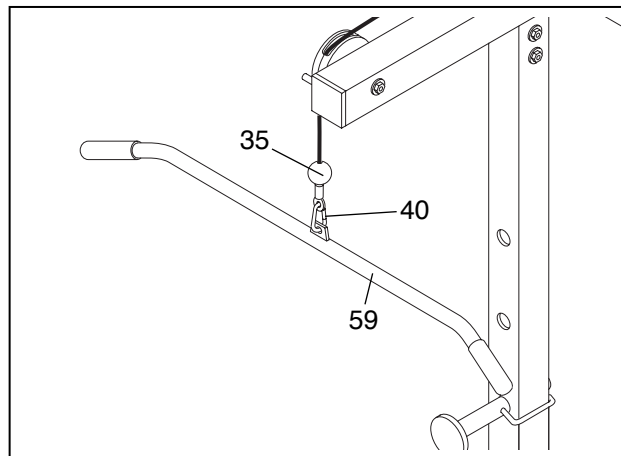


ATTACHING THE LAT BAR TO THE PULLEY STATION

To use the pulley station, weight must first be placed on the Weight Carriage (see ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE above).

The Lat Bar (59) can be attached to the Cable (35) with the Cable Clip (40) as shown.

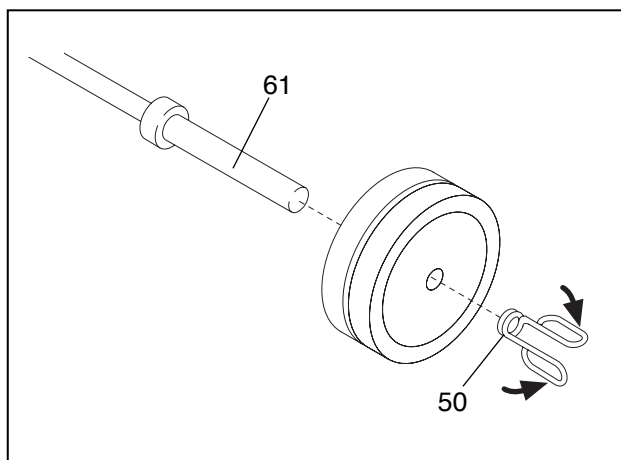
WARNING: Always disconnect the Lat Bar from the weight bench when performing an exercise that does not use the lat bar. When using the pulley station, always place 50 pounds on the storage tubes (on the left rear upright) to balance the cage.



SECURING WEIGHTS WITH THE SPRING CLIPS

When you have attached weights to the Barbell (61), Weight Carriage (47, not shown) or Leg Lever (18, not shown), always secure them with a Spring Clip (50).

WARNING: Always secure the weights with the spring clips when you have mounted them on the barbell, leg lever or weight carriage.

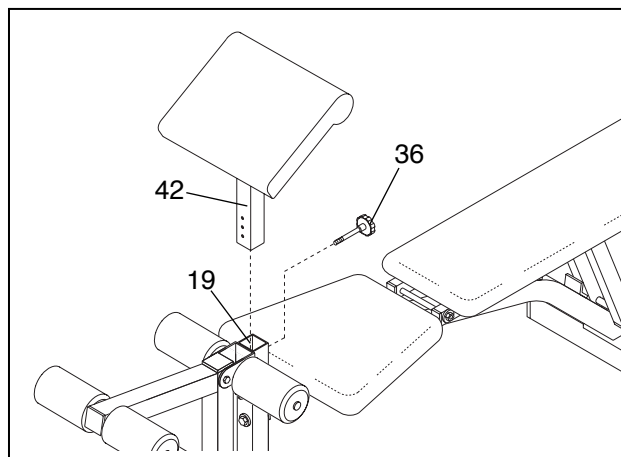


ATTACHING THE CURL POST

For some exercises, the Curl Post (42) must be attached to the weight bench.

Insert the Curl Post (42) into the indicated hole in the Front Leg (19). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Adjustment Knob (36). **Make sure that you fully tighten the Adjustment Knob.**

WARNING: When the Curl Post is not in use, store it away from the bench, so it will not interfere with the next exercise you perform.



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level 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 obviously 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

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One 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, running 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

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very 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 with emphasis on the areas that you want to develop the 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

You will gain the greatest benefits from exercising by maintaining proper form. 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 poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 18 to find the locations 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!

You should rest for a short period of time after each set. The ideal resting periods are:

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 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

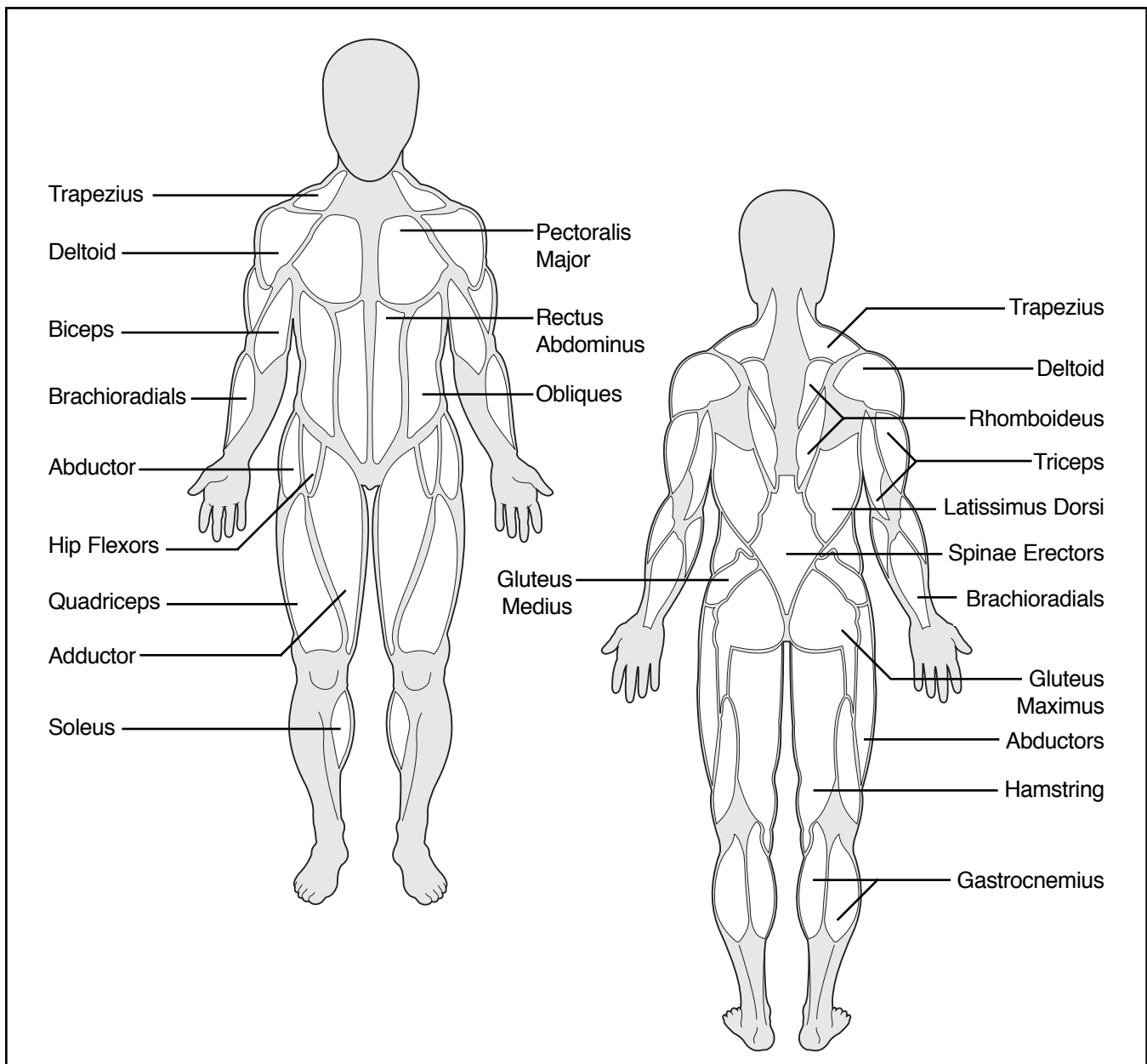
without strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus 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



MONDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

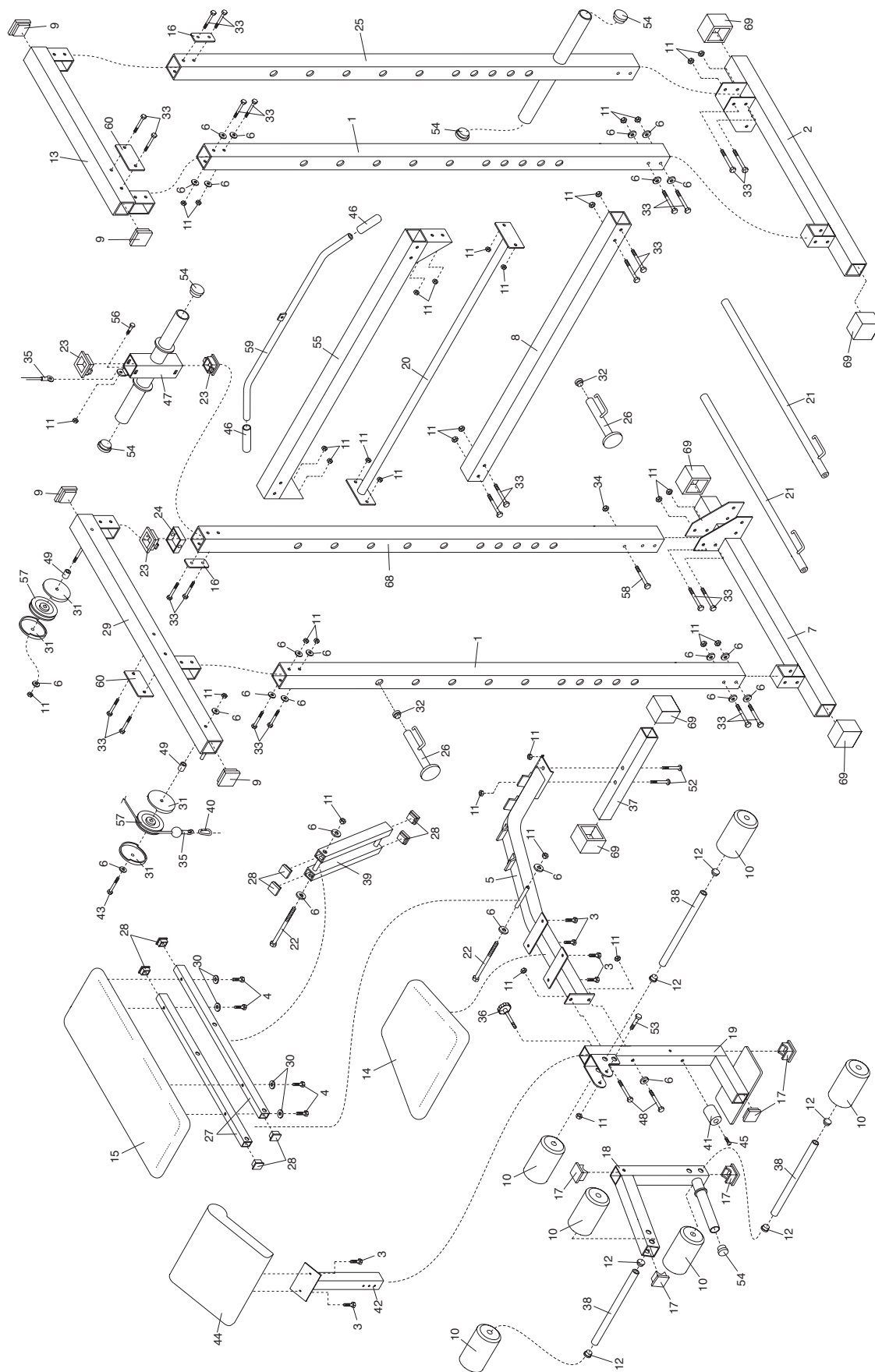
Make photocopies of this page for scheduling and recording your workouts.

Part List - Model No. WEBE96491

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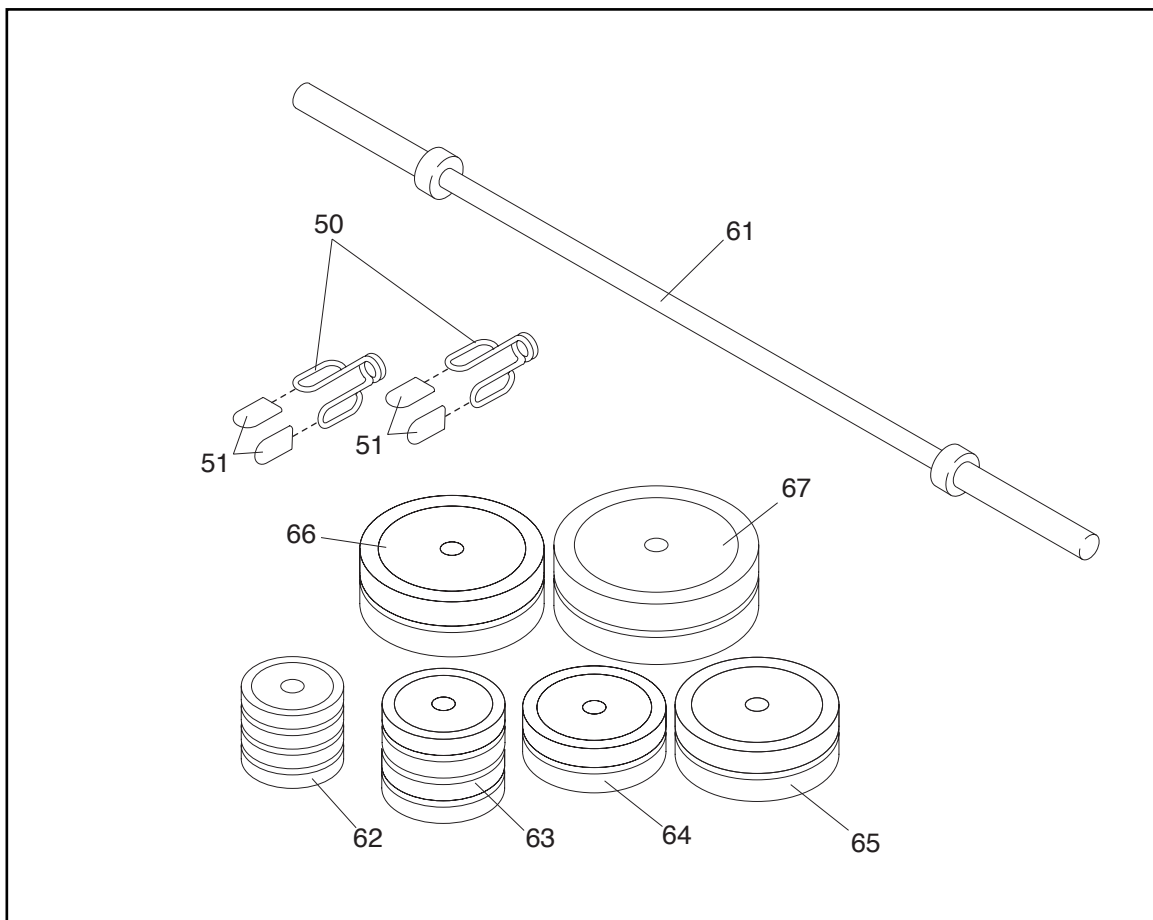
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Front Upright	37	1	Stabilizer
2	1	Left Base	38	3	Pad Tube
3	6	M6 x 16mm Screw	39	1	Backrest Adjustment Bracket
4	4	M6 x 52mm Screw	40	1	Cable Clip
5	1	Bench Frame	41	1	Bumper
6	24	M10 Washer	42	1	Curl Post
7	1	Right Base	43	1	M10 x 123mm Bolt
8	1	Rear Base	44	1	Curl Pad
9	4	60mm x 60mm Square Inner Cap	45	1	M4 x 25mm Screw
10	6	Foam Pad	46	2	Grip
11	34	M10 Nylon Locknut	47	1	Weight Carriage
12	6	3/4" Round Inner cap	48	2	M10 x 70mm Bolt
13	1	Left Top Frame	49	2	Pulley Spacer
14	1	Seat	50	2	Weight Clip
15	1	Backrest	51	4	Weight Clip Cover
16	2	Small Support Plate	52	2	M10 x 70mm Carriage Bolt
17	5	50mm x 50mm Square Inner Cap	53	1	M10 x 75mm Bolt
18	1	Leg Lever	54	5	48mm Round Inner Cap
19	1	Front Leg	55	1	Rear Top Frame
20	1	Crossbar	56	1	M10 x 19mm Bolt
21	2	Weight Rest	57	2	Pulley
22	2	M10 x 193mm Bolt	58	1	M8 x 86mm Bolt
23	3	Carriage Bushing	59	1	Lat Bar
24	1	Carriage Stop	60	2	Large Support Plate
25	1	Left Rear Upright	61	1	Olympic Barbell
26	2	Small Weight Rest	62	4	2 3/4 lb Weight Plate
27	2	Backrest Tube	63	4	5 1/2 lb Weight Plate
28	8	25.4mm x 38mm Inner Cap	64	2	11 lb Weight Plate
29	1	Right Top Frame	65	2	22 lb Weight Plate
30	4	M6 Washer	66	2	33 lb Weight Plate
31	4	Pulley Cover	67	2	44 lb Weight Plate
32	2	25mm Round Inner Cap	68	1	Rear Right Upright
33	24	M10 x 78mm Bolt	69	6	Base Outer Cap
34	1	M8 Nylon Locknut	#	1	User's Manual
35	1	Cable	#	1	Exercise Guide
36	1	Adjustment Knob			

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.

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REMOVE THIS PART LIST/EXPLODED DRAWING FROM THE MANUAL

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



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:

1. The MODEL NUMBER of the product (WEBE96491)
2. The NAME of the product (WEIDER® PRO OLC Weight Bench)
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 at the center of this manual).

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product 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.

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