

Model No. WEMC07730

QUESTIONS?

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

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

CUSTOMER HOT LINE:

1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MST

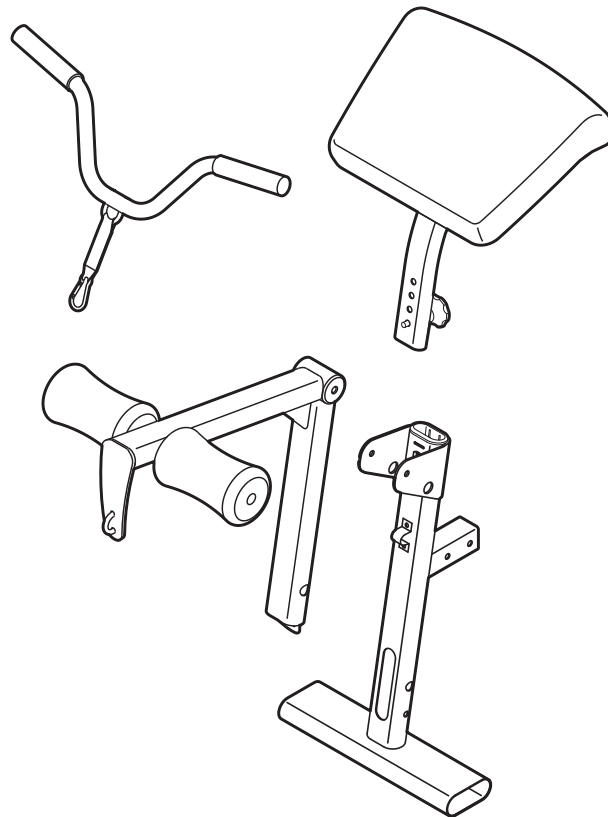
CAUTION

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

W E I D E R®

PLATINUM

USER'S MANUAL



Visit our website at

www.weiderplatinum.com

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the resistance system accessory. Use the resistance system accessory only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the resistance system accessory are adequately informed of all precautions.
3. The resistance system accessory is intended for home use only. Do not use the resistance system accessory in any commercial, rental, or institutional setting.
4. Always wear athletic shoes for foot protection while exercising.
5. Make sure that all parts are properly tightened each time the resistance system accessory is used. Replace any worn parts immediately.
6. The resistance system accessory is designed to be used with the WEIDER PLATINUM resistance system.
7. Make sure the curl knob is in place and fully tightened each time the curl pad is used.
8. If you feel pain or dizziness 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.

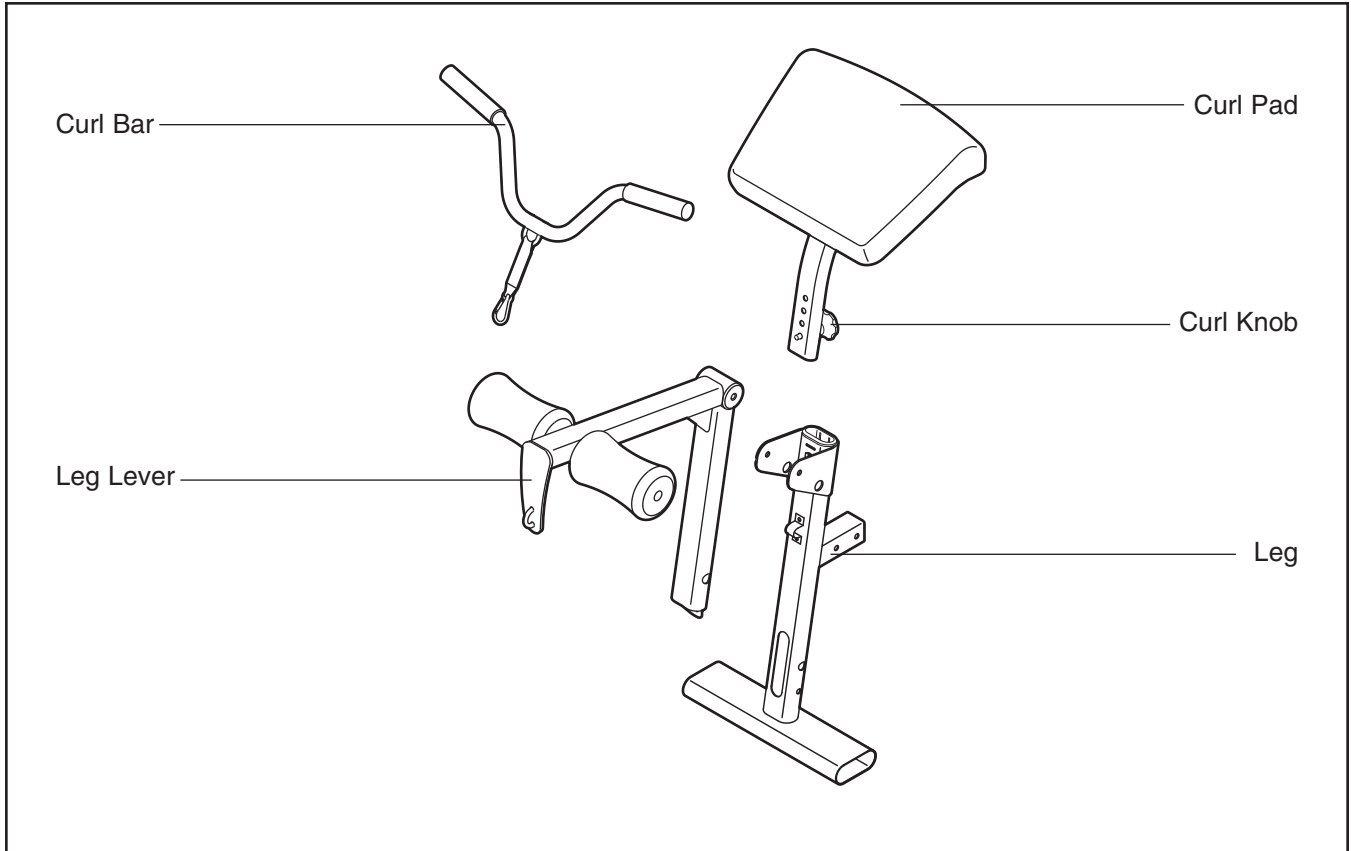
BEFORE YOU BEGIN

Thank you for selecting the innovative WEIDER® PLATINUM resistance system accessory. The resistance system accessory is designed to be used with the WEIDER® PLATINUM to develop the muscle groups of the arms and legs.

For your benefit, read this manual carefully before using the resistance system accessory. If you have questions after reading this manual, please call our

Customer Service Department toll-free at 1-877-992-5999, 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 before calling. The model number is WEMC07730.

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



ASSEMBLY

Make Things Easier for Yourself




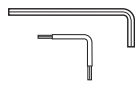
This manual is designed to ensure that the resistance system accessory can be assembled successfully by most people.

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

- Assembly requires two persons.
- 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.

- As you assemble the resistance system accessory, make sure that all parts are oriented as shown in the drawings.

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

- One adjustable wrench 
- One rubber mallet 
- One Phillips screwdriver 
- Two Allen wrenches (included with the resistance system) 

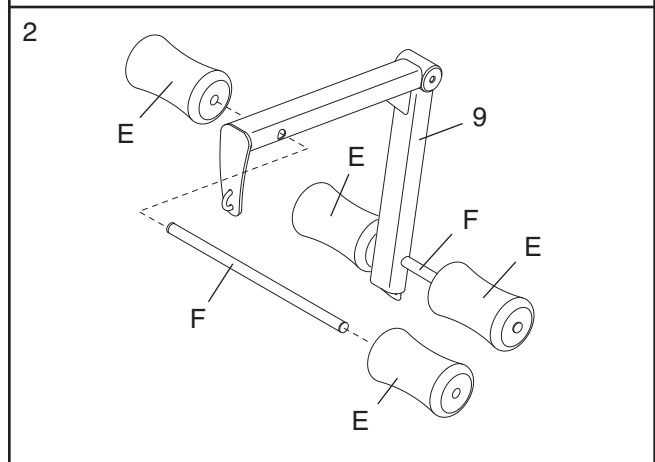
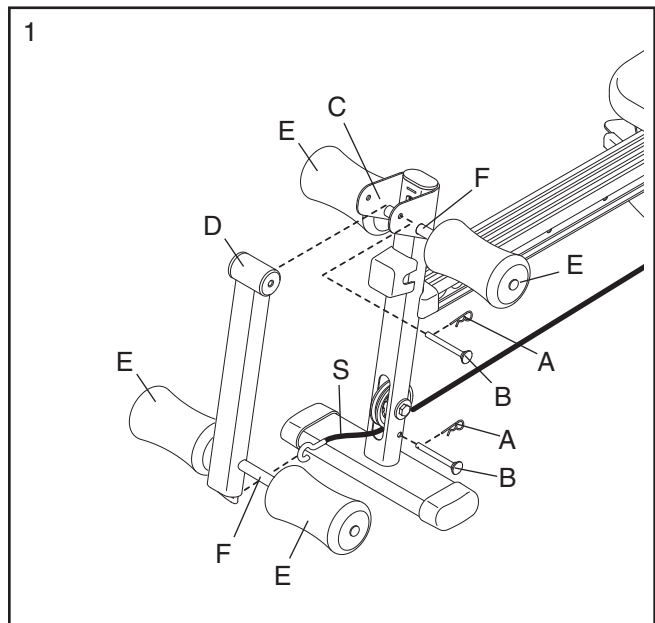
1. Remove the Cotter Pin (A) from the lower Leg Station Pin (B). Remove the Leg Station Pin from the original Leg (C). Remove the Cable (S) from the original Leg Lever (D).

Remove the Cotter Pin (A) from the upper Leg Station Pin (B). Remove the Leg Station Pin from the Leg (C) and the Leg Lever (D).

Remove the two Large Foam Pads (E) and the Pad Tube (F) from the Leg Lever (D). Set the Leg Lever aside.

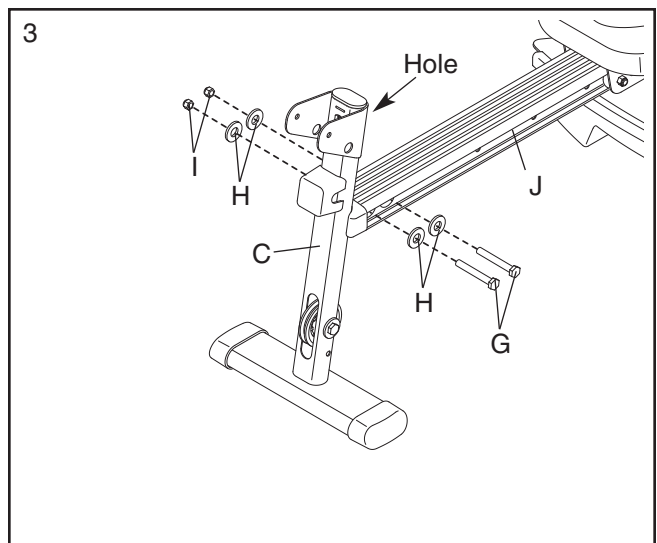
Remove the two Large Foam Pads (E) and the Pad Tube (F) from the Leg (C).

2. Slide the two Pad Tubes (F) removed in step 1 into the new Leg Lever (9). Slide the four Large Foam Pads (E) onto the Pad Tubes.

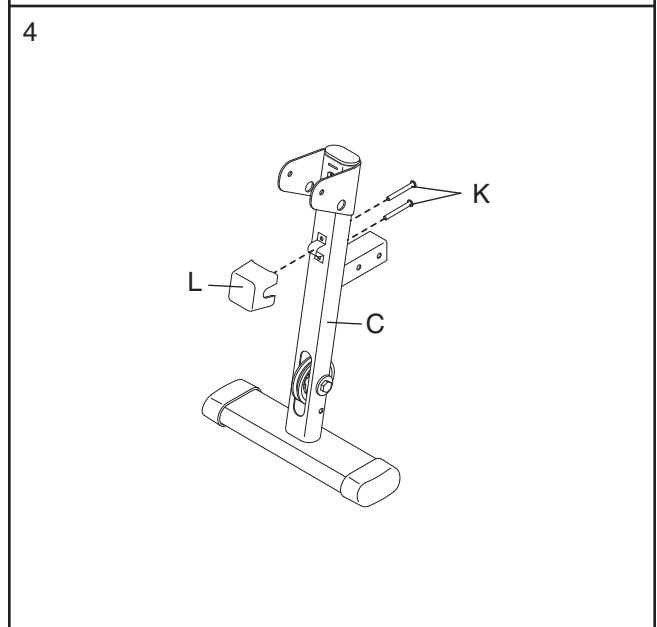


3. **Note: If your Leg (C) has a hole for the Curl Knob (not shown) in the indicated position, skip to step 11.**

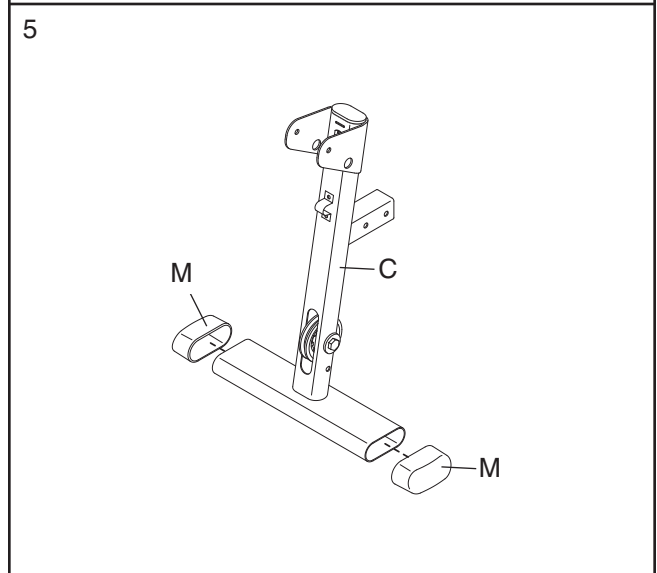
Remove the two Bolts (G), the four Washers (H), and the two Nylon Locknuts (I) attaching the Leg (C) to the Rail (J).



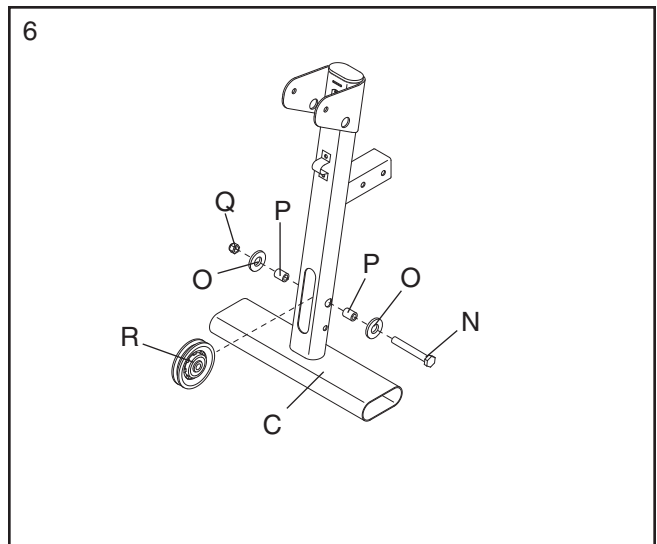
4. Remove the two Screws (K) used to attach the Leg Lever Bumper (L) to the Leg (C).



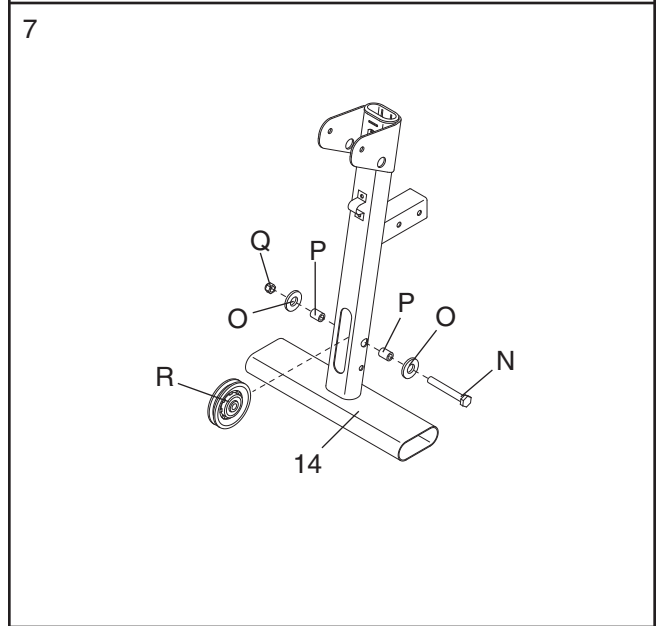
5. Remove the two Leg Outer Caps (M) from the Leg (C).



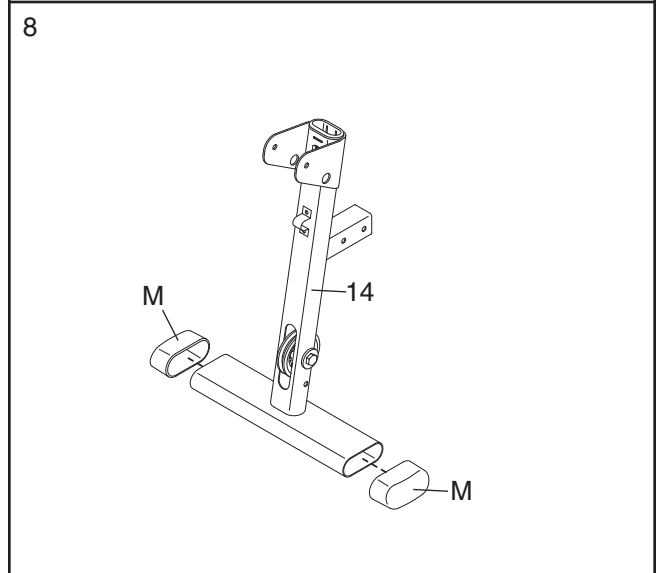
- Remove the Bolt (N), the two Washers (O), the two Spacers (P), the Nylon Locknut (Q), and the Pulley (R) from the Leg (C).



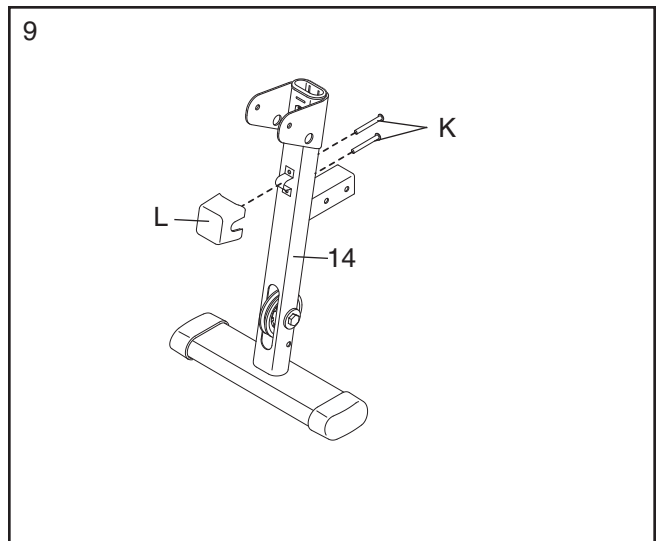
- Attach Pulley (R) removed in step 6 inside of the new Leg (14) with the Bolt (N), the two Washers (O), the two Spacers (P), and the Nylon Locknut (Q) removed in step 6.



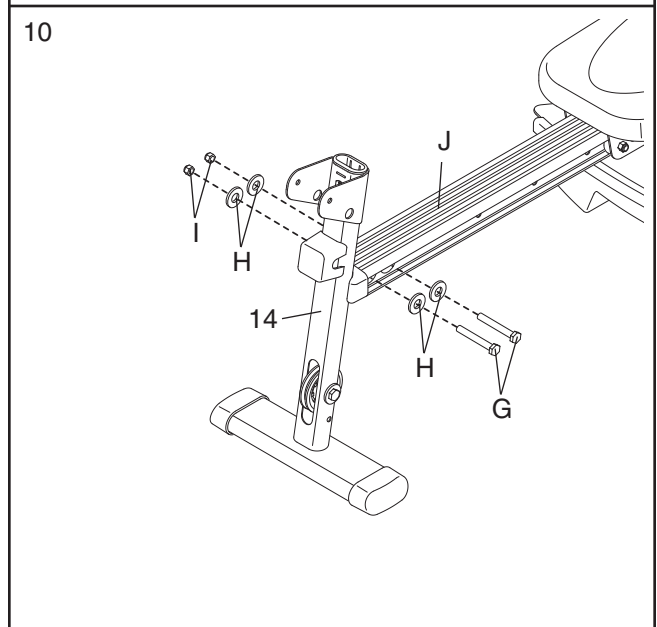
- Press the two Leg Outer Caps (M) removed in step 5 onto the Leg (14).



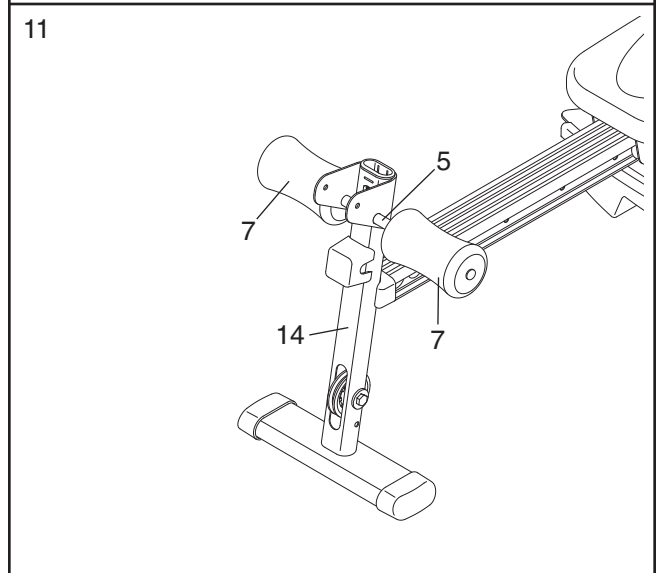
9. Attach the Leg Lever Bumper (L) to the Leg (14) with the two Screws (K) removed in step 4.



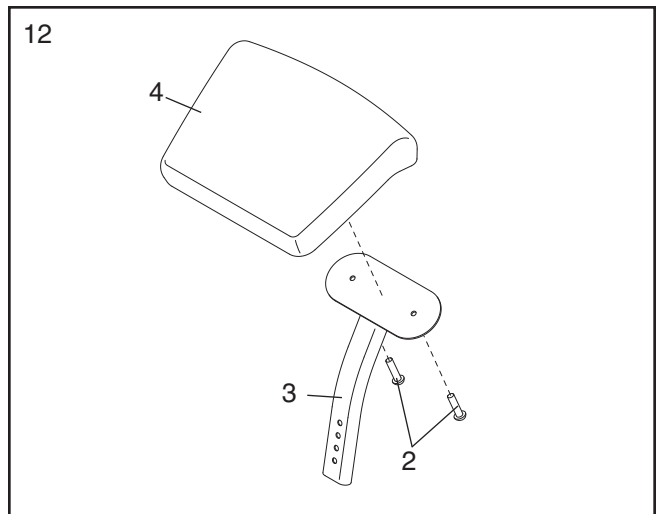
10. Attach the Leg (14) to the Rail (J) with the two Bolts (G), the four Washers (H), and the two Nylon Locknuts (I) removed in step 3.



11. Slide the Pad Tube (5) into the Leg (14). Slide the two Large Foam Pads (7) onto the Pad Tube.



12. Attach the Curl Pad (4) to the Curl Post (3) with two M6 x 16mm Screws (2).



ADJUSTMENTS

This section explains how to adjust the resistance system accessory. Make sure all parts are properly tightened each time the resistance system accessory is used. Replace worn parts immediately. The resistance system accessory can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

USING THE LEG LEVER

To use the Leg Lever (9), attach it to the Leg (14) with a Leg Station Pin (B). Slide a Cotter Pin (A) onto the Leg Station Pin.

Route the hook end of the Leg Lever Cable (S) under the Pulley (R) in the Leg (14), and attach it to the Leg Lever (9). **Make sure the hook is oriented as shown when attaching it to the Leg Lever.** Insert a Leg Station Pin (B) into the Leg, under the Cable. Slide a Cotter Pin (A) onto the Leg Station Pin.

See the inset drawing. Attach a long end of the Leg Lever Cable (S) to one end of the lower cable (T) with a Cable Clip (U). **Attach the other long end of the Leg Lever Cable to the other end of the low cable in the same manner.**

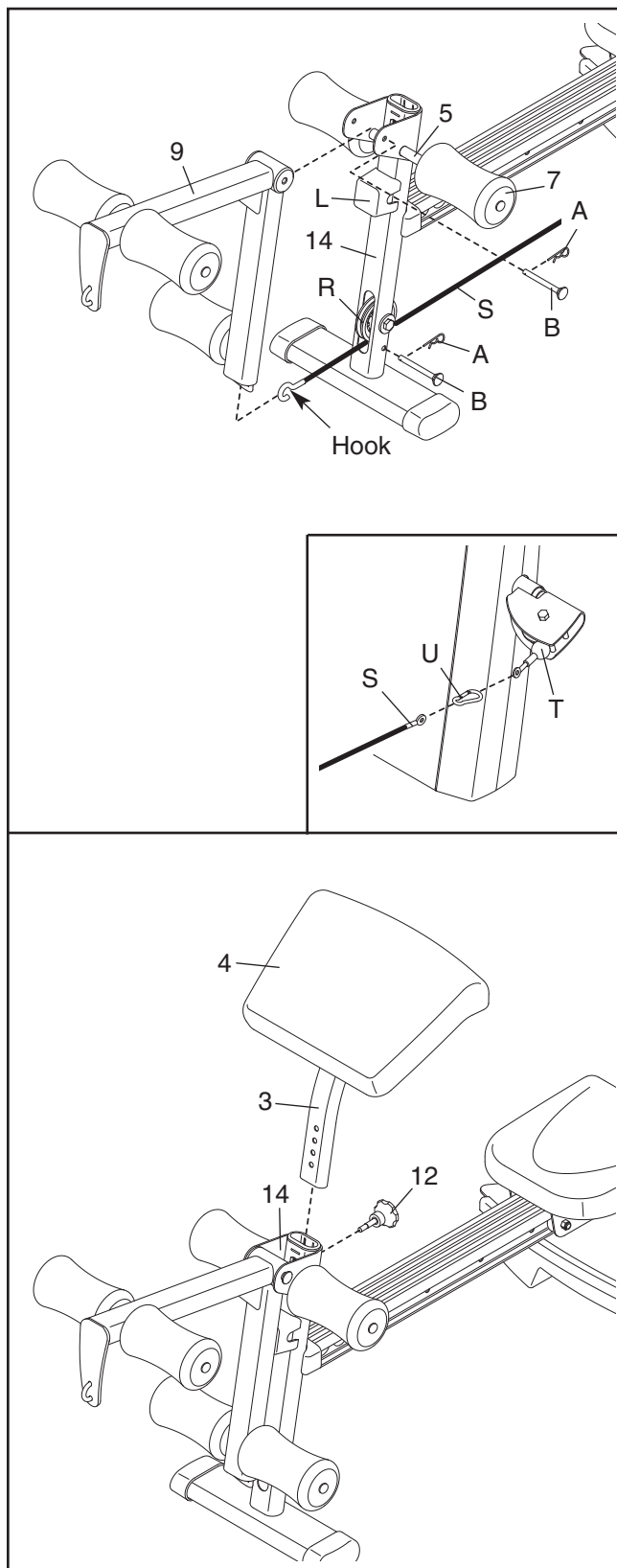
To perform the leg extension exercise, the indicated Pad Tube (5) should be inserted through the Leg (14) as shown.

To perform the leg curl exercise, remove a Large Foam Pad (7) from the Pad Tube (5). Remove the Pad Tube and insert it through the hole in the Leg Lever Bumper (L). Slide the Large Foam Pad back onto the Pad Tube.

ATTACHING THE CURL PAD

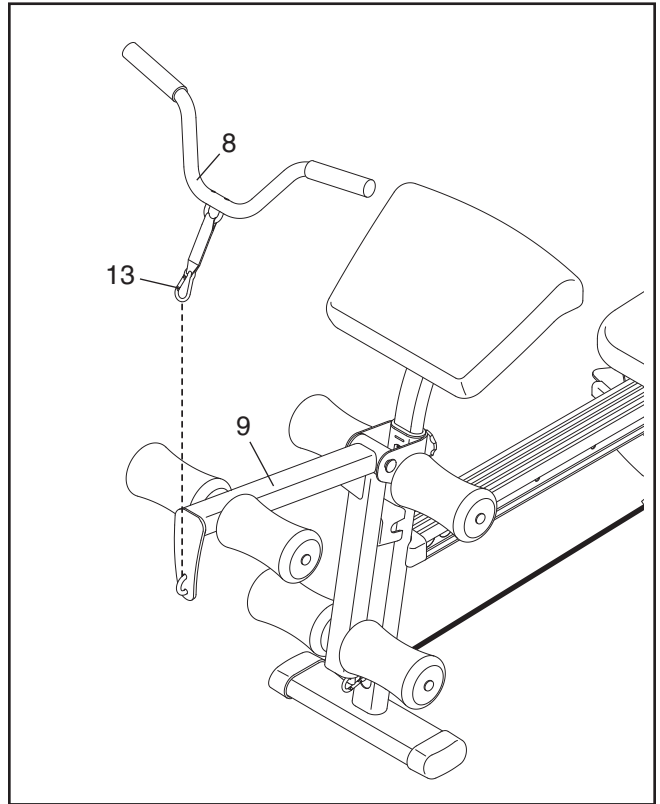
To attach the Curl Pad (4), insert the Curl Post (3) into the Leg (14). Secure the Curl Post with the Curl Knob (12).

Remove the Curl Pad (3) from the resistance system when performing an exercise that does not require it.



ATTACHING THE CURL BAR

To use the Curl Bar (8), first attach the leg lever to the leg (see USING THE LEG LEVER on page 9). Attach the Curl Bar to the hook on the Leg Lever (9) with a Cable Clip (13).



PART LIST—Model No. WEMC07730

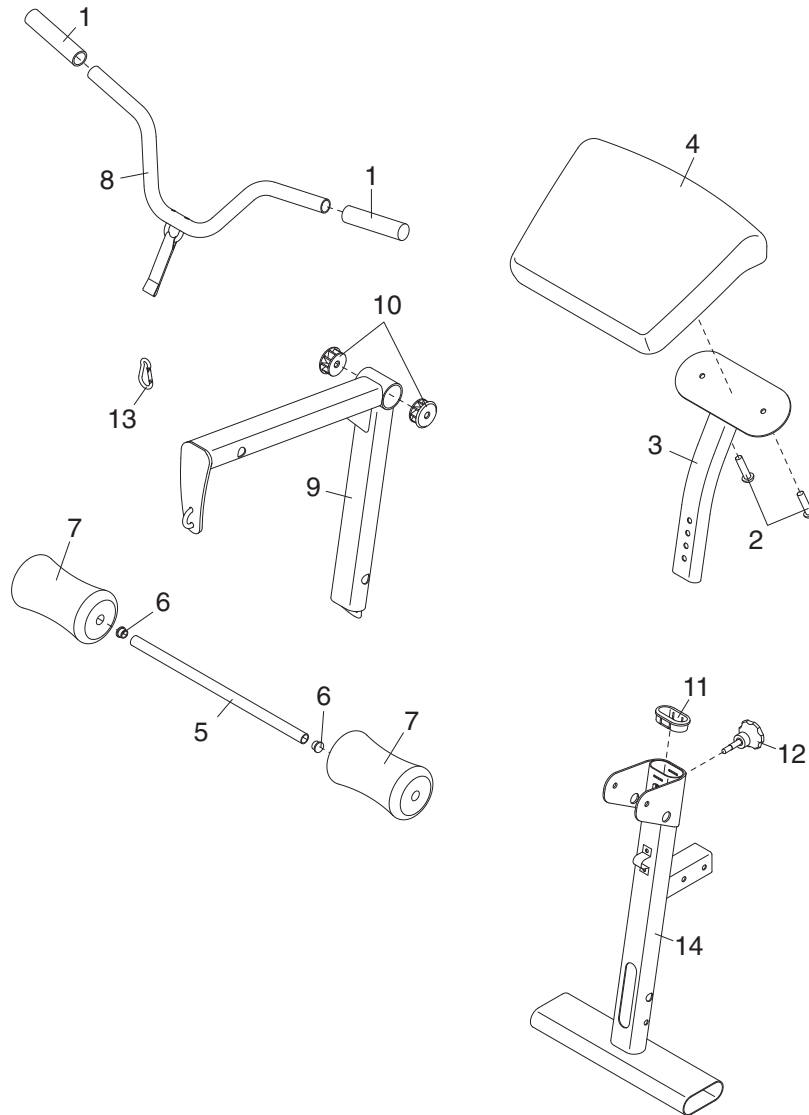
R0204A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Short Handgrip	9	1	Leg Lever
2	2	M6 x 16mm Screw	10	2	Leg Lever Bushing
3	1	Curl Post	11	1	Leg Station Bushing
4	1	Curl Pad	12	1	Curl Knob
5	1	Pad Tube	13	1	Cable Clip
6	2	19mm Round Inner Cap	14	1	Leg
7	2	Large Foam Pad	#	1	User's Manual
8	1	Curl Bar			

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

EXPLODED DRAWING—Model No. WEMC07730

R0204A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-877-992-5999, 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:

- The MODEL NUMBER of the product (WEMC07730)
- The NAME of the product (WEIDER® PLATINUM resistance system accessory)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on page 11 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 ten (10) years from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

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