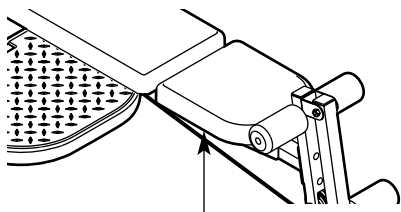


WEIDER® **FLEX CTX** 66

Model No. WESY09320

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 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:

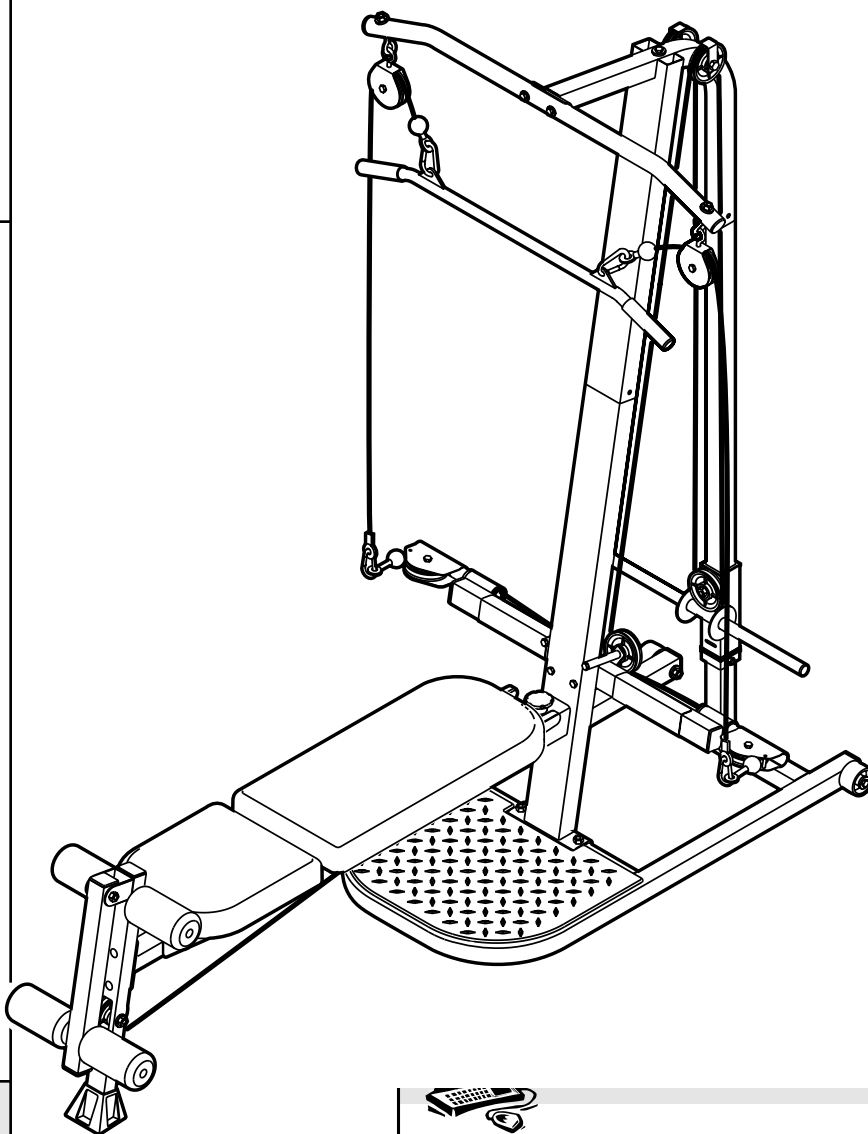
1-800-999-3756

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

⚠ CAUTION

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

USER'S MANUAL



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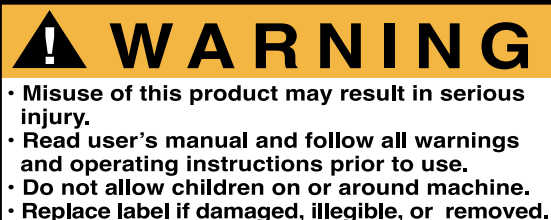
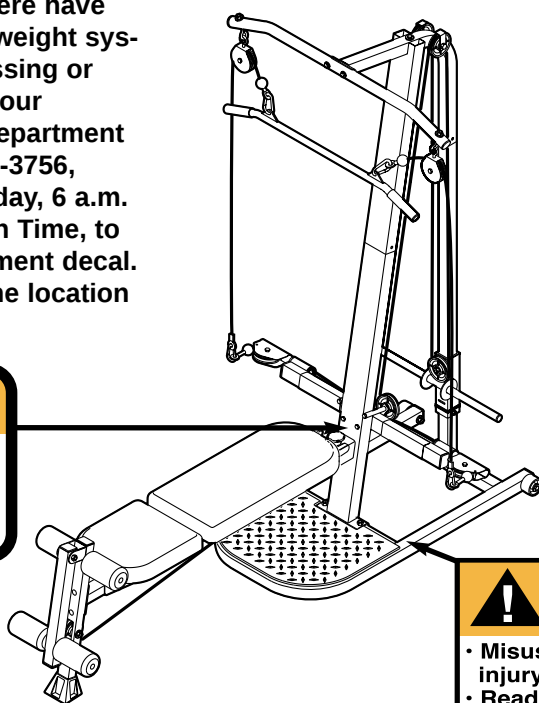
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LIMITED WARRANTY	Back Cover

Note: A PART IDENTIFICATION CHART and 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.

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 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



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 you use the weight system. 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. Pull on the low pulley cable only while sitting on the bench or standing on the base plate. Pull on the high pulley cables only while sitting on the bench, with the seat in one of the three positions closest to the upright base, or while standing on the base plate.
10. The crossbar is not designed to be used for pull-up exercises. Do not hang on the crossbar.
11. The weight system is designed to support a maximum user weight of 250 pounds. Do not place more than 200 pounds on the weight carriage. Note: The weight bench does not include weights.
12. Always place an equal amount of weight on each side of the weight carriage.
13. Always secure the weights with the weight clips when they are mounted on the weight carriage.
14. 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.
15. Always disconnect the lat bar from the high pulley cables when performing an exercise that does not require it.
16. Make sure the storage knob is in place and fully tightened each time you use the weight system.
17. 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.

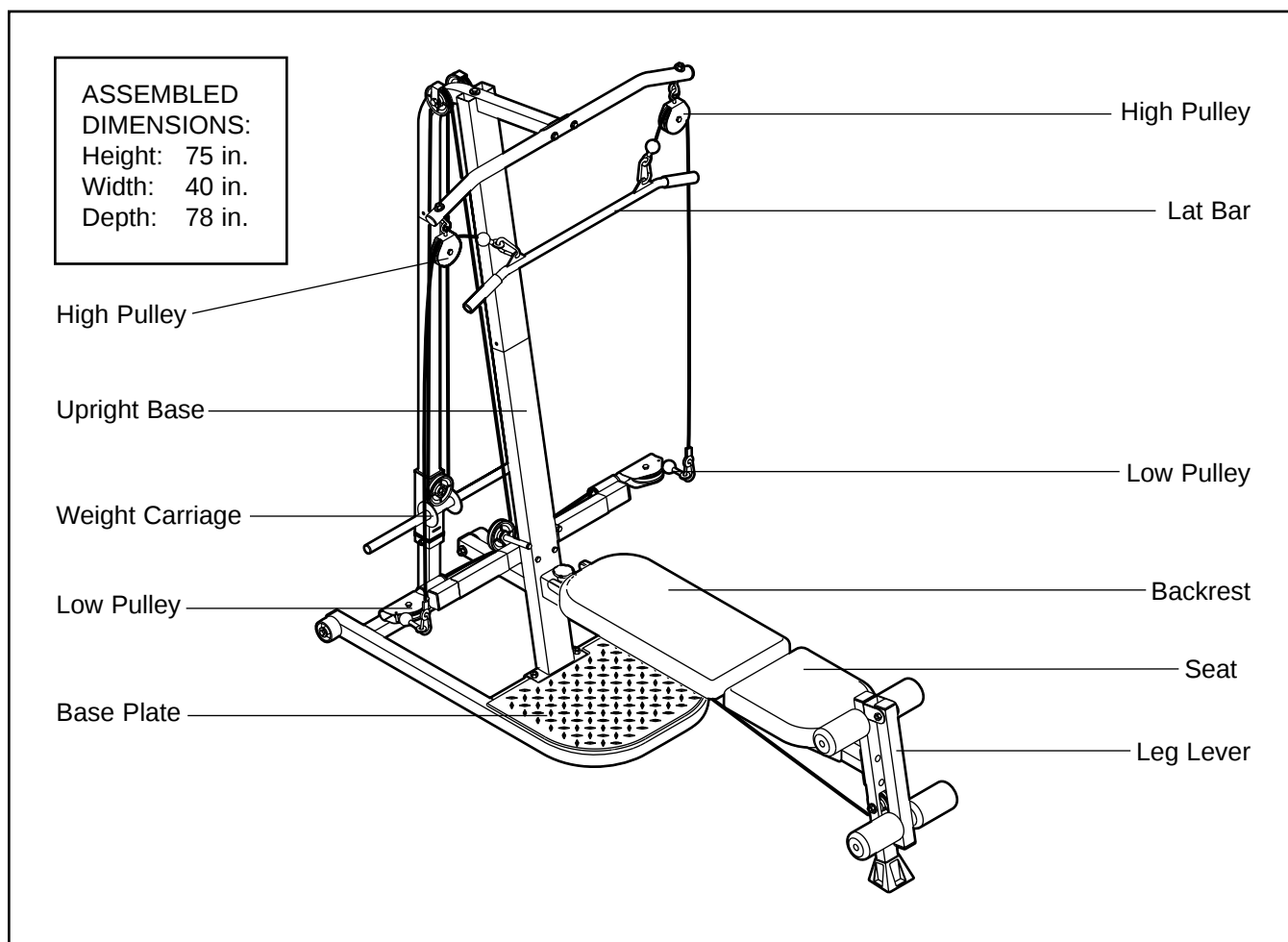
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® FLEX CTX 60 weight system. The FLEX CTX 60 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 FLEX CTX 60 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 ques-

tions, 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 WESY09320. 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 Things Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realize that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

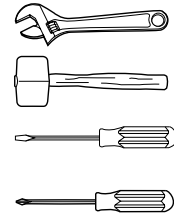
Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- 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 weight system, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART in the center of the manual.

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

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



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

1.

Before beginning assembly, make sure you have read and understood the information in the box above. This brief introduction will save you more time than it takes to read it!

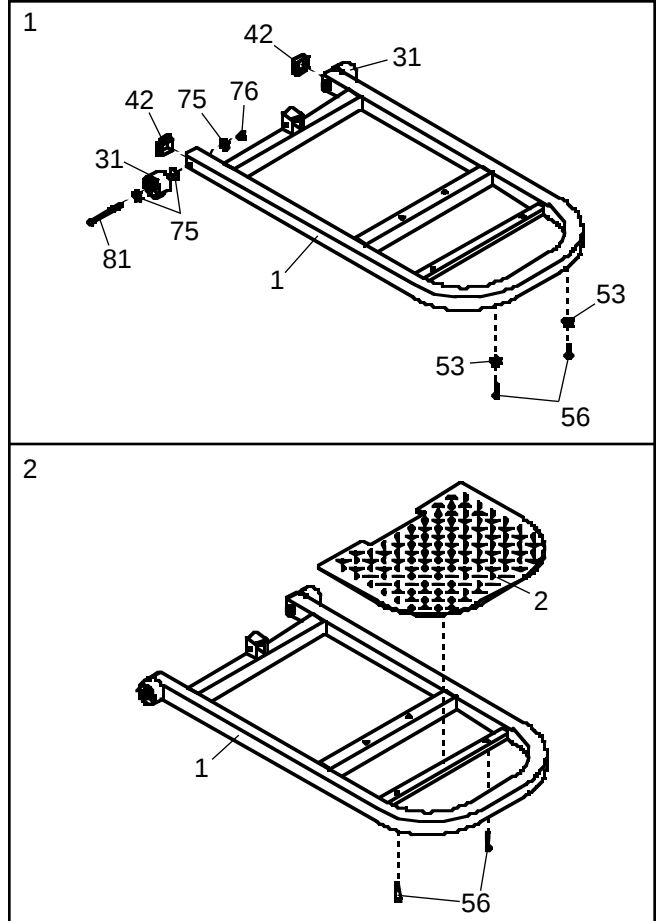
Press two 45mm Square Inner Caps (42) into the ends of the Base (1).

Attach two Plastic Feet (53) to the Base (1) with two M4 x 16mm Screws (56).

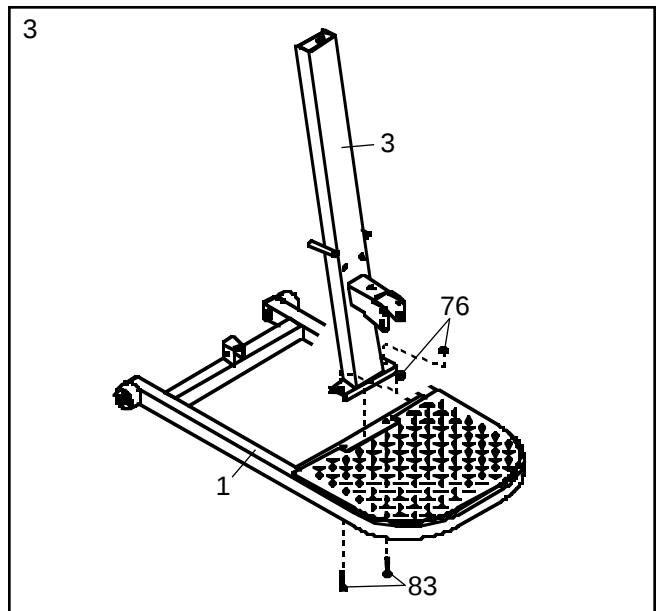
Attach a Wheel (31) to the outside of the Base (1) with an M10 x 103mm Bolt (81), three M10 Washers (75), and an M10 Nylon Locknut (76). **Do not overtighten the Locknut; the Wheel must be able to turn easily.**

Attach the other Wheel in the same manner.

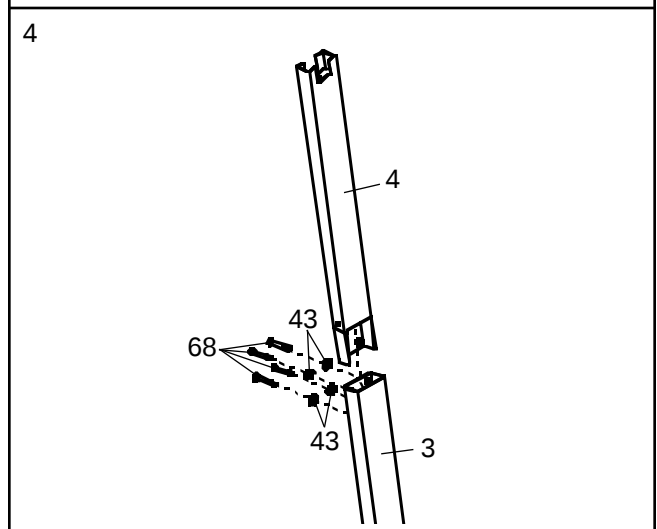
2. Attach the Base Plate (2) to the Base (1) with two M4 x 16mm Screws (56).



3. Insert two M10 x 61mm Carriage Bolts (83) into the bottom of the Base (1). Set the Base flat on the floor. Attach the Upright Base (3) to the Base with the Bolts and two M10 Nylon Locknuts (76).



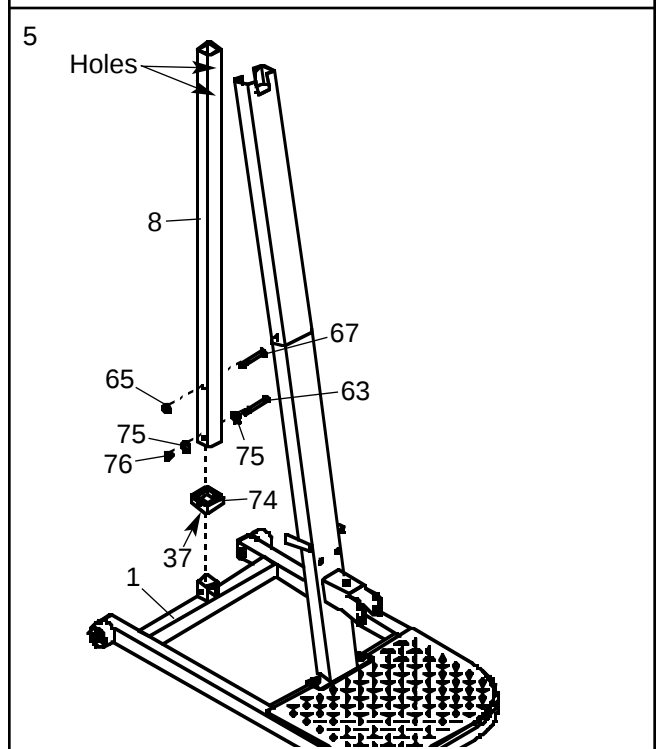
4. Attach the Upright (4) to the Upright Base (3) with four M10 x 25mm Button Bolts (68) and four M10 Split Washers (43).



5. Note: The Carriage Stop (37) has been pre-inserted into the Nylon Outer Bushing (74). Slide the Nylon Outer Bushing onto the Rear Upright (8); make sure that the visible edge of the Carriage Stop (37) is on the bottom.

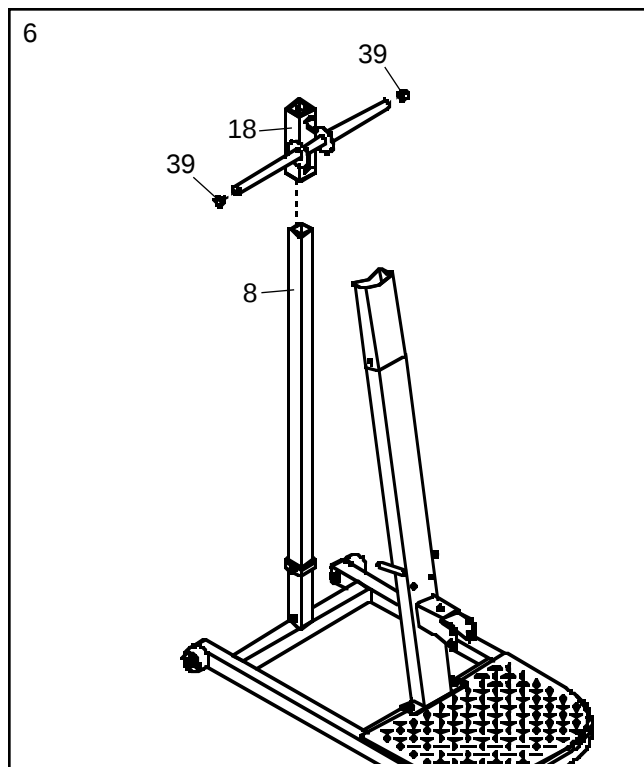
Attach the Nylon Outer Bushing (74) to the Rear Upright (8) at the second hole from the bottom with an M8 x 65mm Bolt (67) and an M8 Nylon Locknut (65).

Attach the Rear Upright (8), with the indicated holes on the front side, to the Base (1) with an M10 x 60mm Bolt (63), two M10 Washers (75), and an M10 Nylon Locknut (76).



6. Press two 25mm Round Inner Caps (39) into the ends of the tube on the Weight Carriage (18).

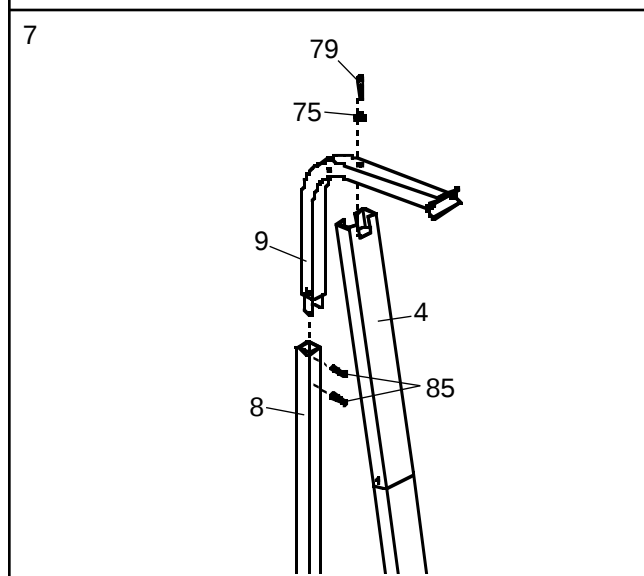
Orient the Weight Carriage (18) as shown. Slide the Weight Carriage onto the Rear Upright (8).



7. Set the Top Frame (9) on the Upright (4) and the Rear Upright (8).

Attach the Top Frame (9) to the Upright (4) with an M10 x 66mm Bolt (79) and an M10 Washer (75).

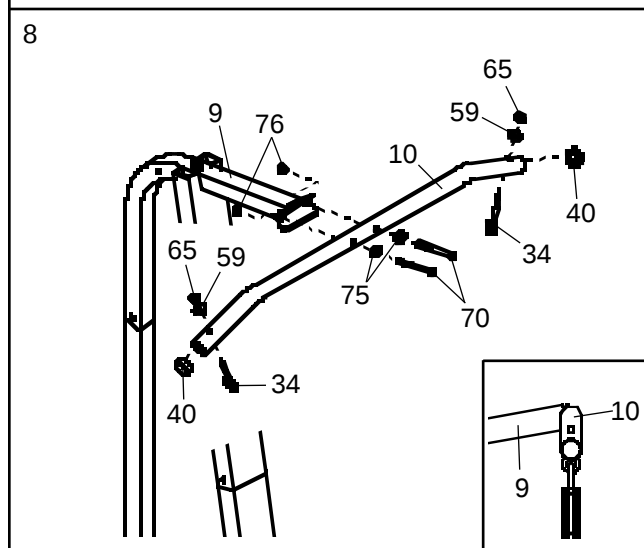
Attach the Top Frame (9) to the Rear Upright (8) with two M10 x 40mm Tapered Screws (85).



8. Press two 38mm Round Inner Caps (40) into the ends of the Crossbar (10).

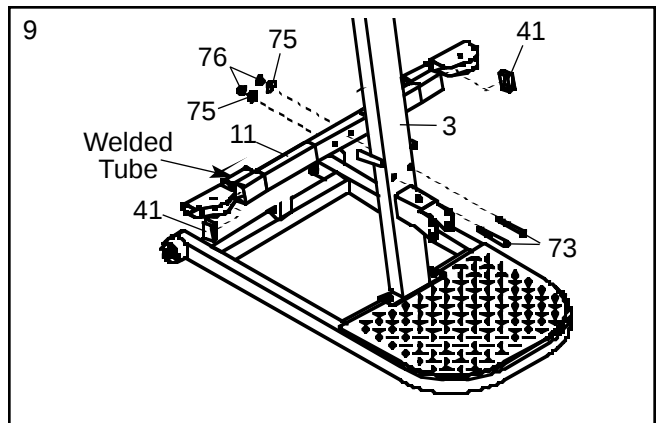
Attach the two Eyebolts (34) to the Crossbar (10) with two M8 Washers (59) and two M8 Nylon Locknuts (65). **Do not overtighten the Locknuts; the Eyebolts must be able to rotate freely.**

Attach the Crossbar (10) to the Top Frame (9) with two M10 x 54mm Bolts (70), two M10 Washers (75), and two M10 Nylon Locknuts (76). **Be sure the Crossbar is attached as shown in the inset drawing. If the ends point away from the Top Frame, turn the Crossbar around and reattach it.**



9. Press two 38mm x 50mm Inner Caps (41) into the ends of the Cross Frame (11).

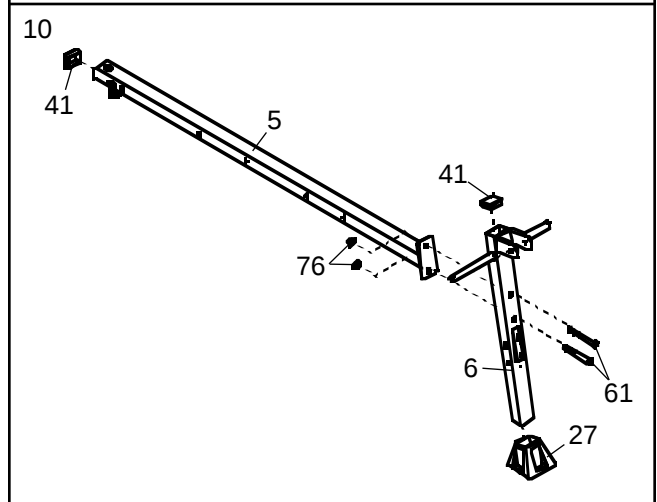
Orient the Cross Frame (11) as shown, with the welded tube near the top. Attach the Cross Frame (11) to the Upright Base (3) with two M10 x 102mm Carriage Bolts (73), two M10 Washers (75), and two M10 Nylon Locknuts (76).



10. Press a 38mm x 50mm Inner Cap (41) into the top of the Front Leg (6). Press the Front Leg Foot (27) onto the bottom of the Front Leg. **Note that the front of the Front Leg Foot slants more than the back.**

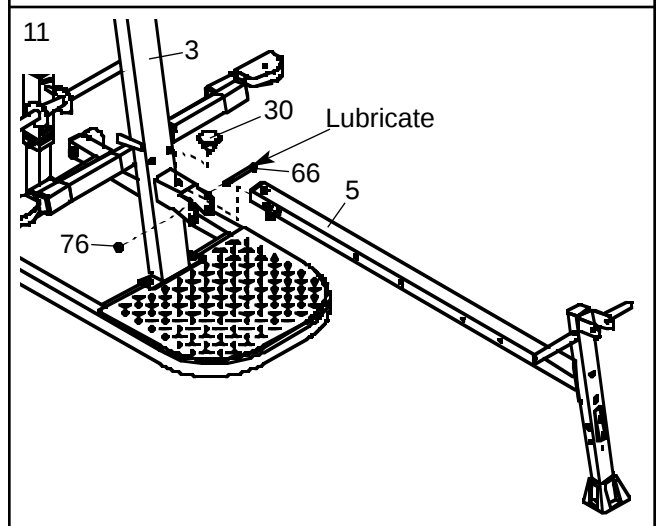
Press a 38mm x 50mm Inner Cap (41) into the end of the Bench Frame (5).

Attach the Bench Frame (5) to the Front Leg (6) with two M10 x 53mm Carriage Bolts (61) and two M10 Nylon Locknuts (76).



11. Lubricate the M10 x 78mm Bolt (66). Attach the Bench Frame (5) to the Upright Base (3) with the Bolt and an M10 Nylon Locknut (76). **Do not overtighten the Locknut; the Bench Frame must be able to pivot easily.**

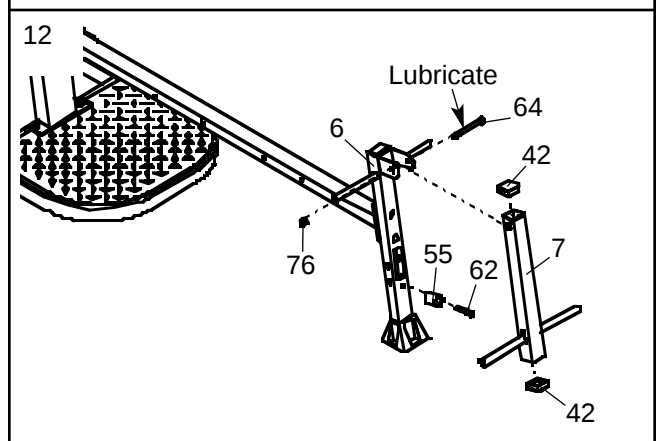
Tighten the Knob (30) into the Upright Base (3) and the Bench Frame (5).



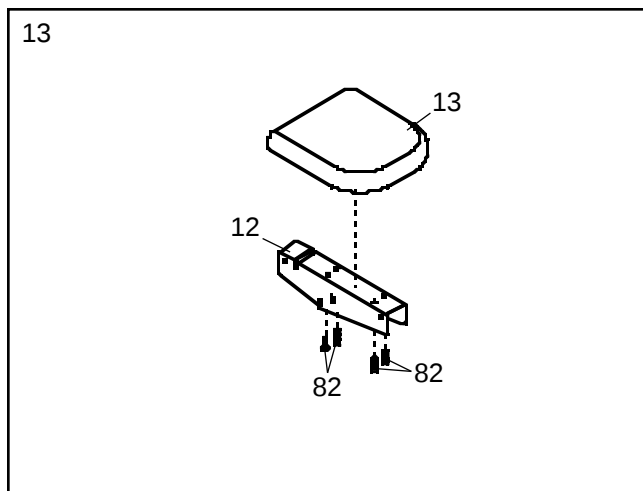
12. Attach the Leg Lever Bumper (55) to the Front Leg (6) with the M4 x 19mm Screw (62).

Press two 45mm Square Inner Caps (42) into the ends of the Leg Lever (7).

Lubricate the M10 x 68mm Bolt (64). Attach the Leg Lever (7) to the Front Leg (6) with the Bolt and an M10 Nylon Locknut (76). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



13. Orient the Seat (13) and the Seat Carriage (12) as shown. Attach the Seat to the Seat Carriage with four M6 x 16mm Screws (82).

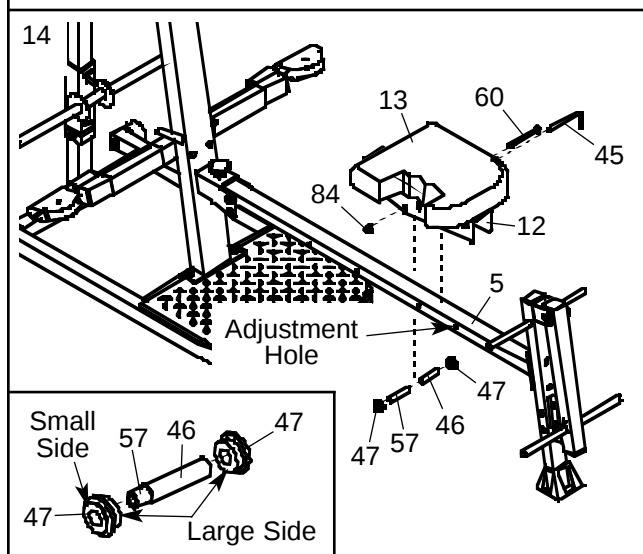


14. Set the Seat Carriage (12) on the Bench Frame (5).

Slide a Steel Tube (57) into a Long Spacer (46). Orient two Small Wheels (47) as shown in the inset drawing, and slide them onto the ends of the Steel Tube.

Have one person press the Seat (13) against the Bench Frame (5). Press the wheel assembly tight against the bottom of the Bench Frame and attach it to the lowest set of holes in the Seat Carriage (12) with an M8 x 79mm Bolt (60) and an M8 Flange Nut (84). **Do not overtighten the Locknut; the Small Wheels must be able to roll easily.**

Slide the Seat Pin (45) through the Seat Carriage (12) and an adjustment hole in the Bench Frame (5).

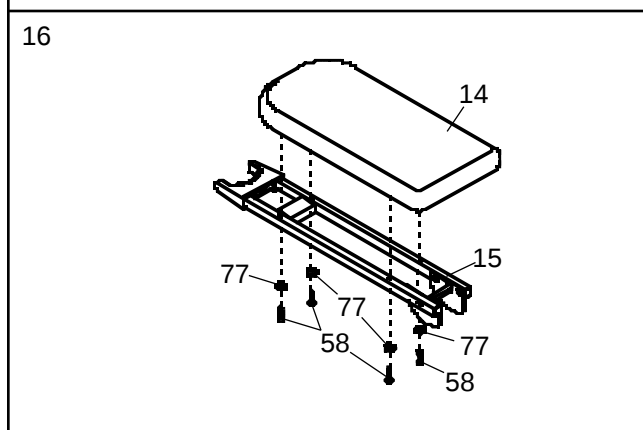
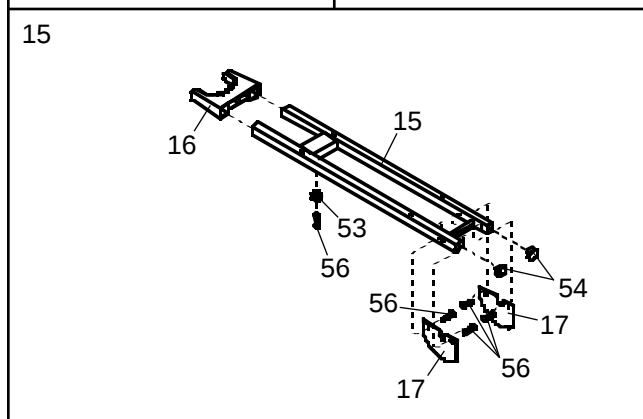


15. Press two 25mm Square Inner Caps (54) into the indicated ends of the Backrest Frame (15). Press the Backrest Cap (16) onto the other end of the Backrest Frame.

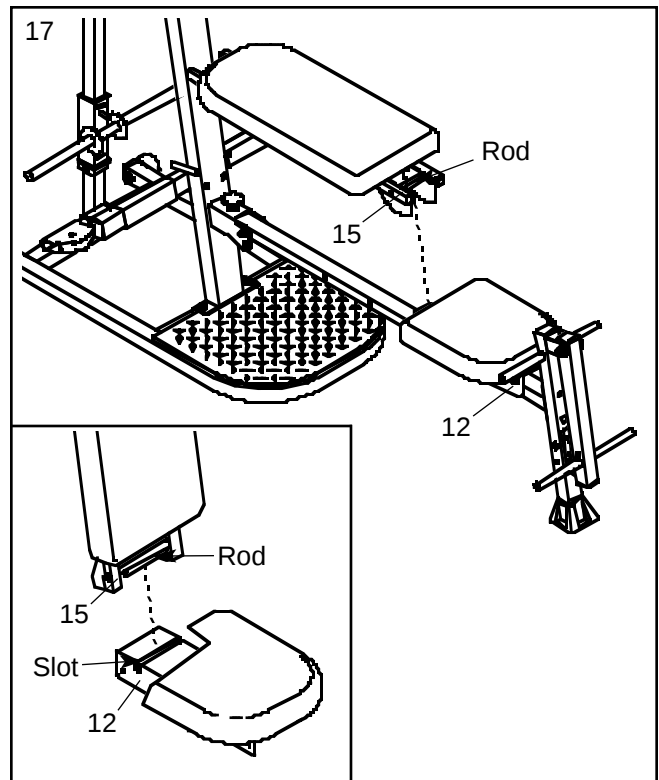
Attach a Plastic Foot (53) to the Backrest Frame (15) with an M4 x 16mm Screw (56).

Attach the two Guard Plates (17) to the inside of the Bench Frame (15) with four M4 x 16mm Screws (56).

16. Orient the Backrest (14) as shown. Attach the Backrest to the Backrest Frame (15) with four M6 x 38mm Screws (58) and four M6 Washers (77).

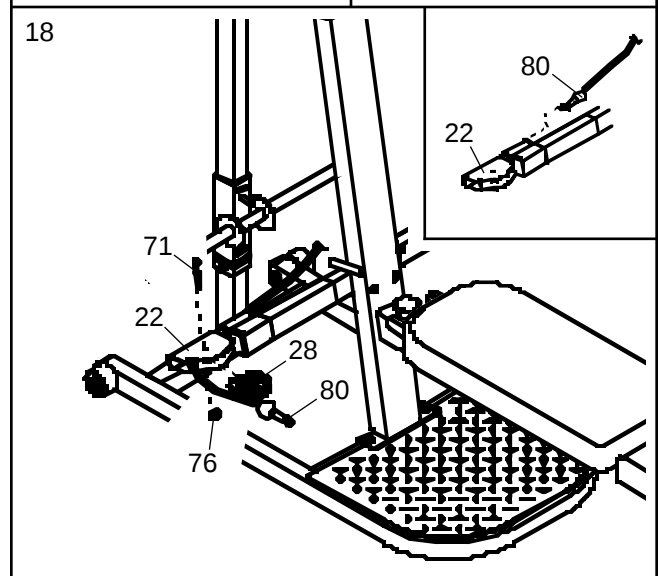


17. Insert the rod on the Backrest Frame (15) into the slot in the Seat Carriage (12). **Hold the Backrest vertically over the Seat Carriage and slide the rod into the slot, as shown in the inset drawing.**

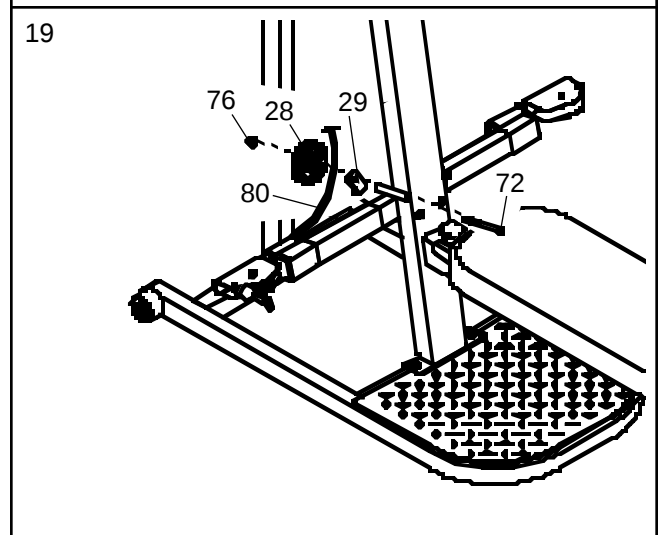


18. **Locate the Long Cable (80).** Slide one end of the Cable through the Pulley Arm (22) as shown in the inset drawing.

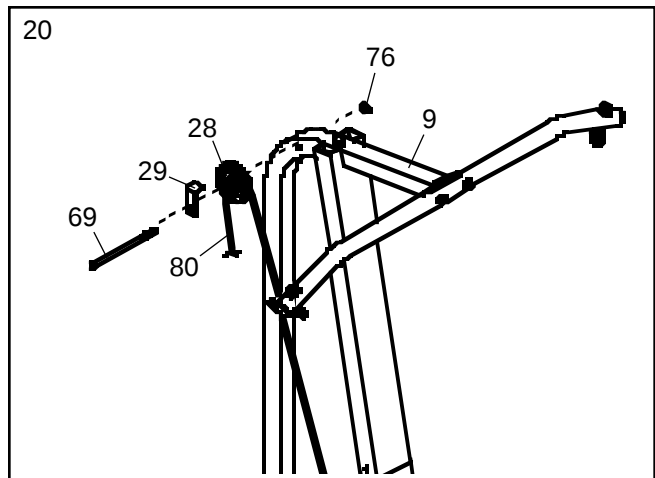
Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley to the Pulley Arm (22) with an M10 x 40mm Bolt (71) and an M10 Nylon Locknut (76).



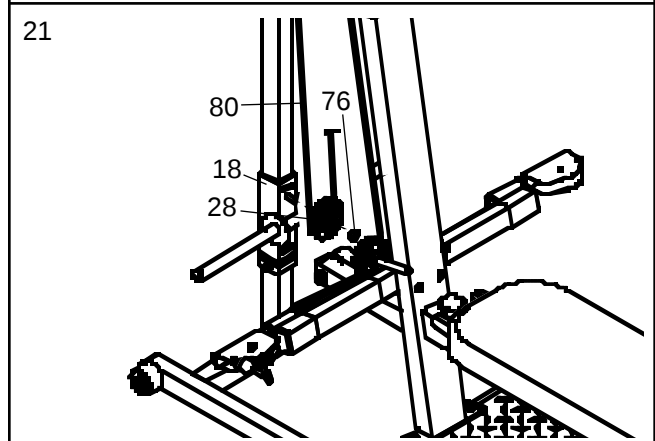
19. Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley and a Cable Trap (29) to the Upright Base (3) with an M10 x 132mm Bolt (72) and an M10 Nylon Locknut (76).



20. Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley and a Cable Trap (29) to the Top Frame (9) with the M10 x 112mm Bolt (69) and an M10 Nylon Locknut (76). **Do not tighten the Locknut yet; another Pulley will be attached to it in step 22.**

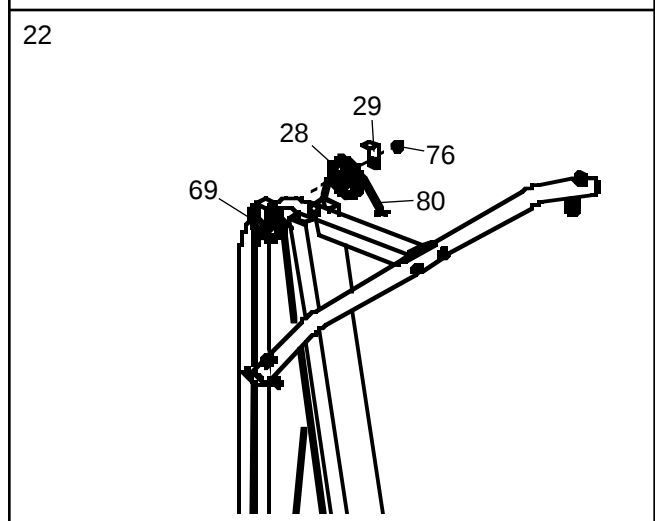


21. Wrap the Long Cable (80) around a 90mm Pulley (28) in the direction shown. Attach the Pulley to the Weight Carriage (18) with an M10 Nylon Locknut (76).

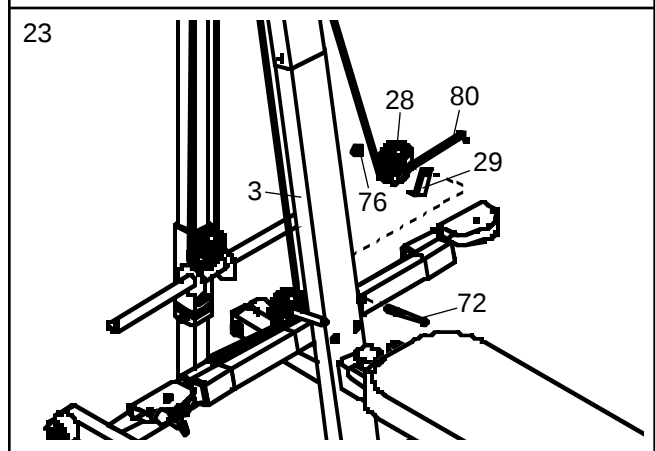


22. Remove the M10 Nylon Locknut (76) used in step 20.

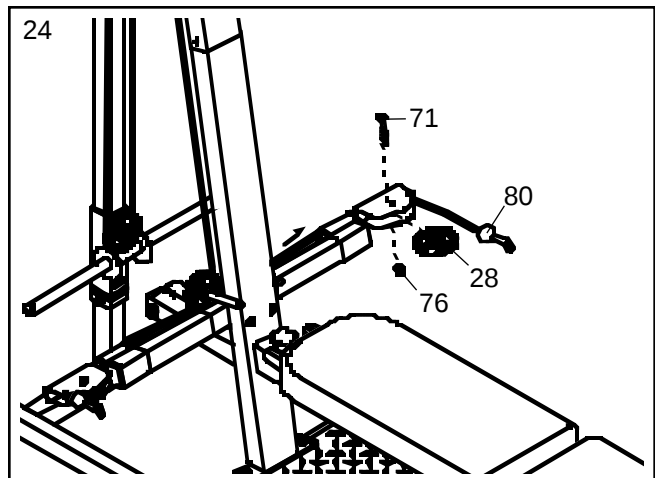
Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley and a Cable Trap (29) to the M10 x 112mm Bolt (69) with the M10 Nylon Locknut (76).



23. Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley and a Cable Trap (29) to the Upright Base (3) with an M10 x 132mm Bolt (72) and an M10 Nylon Locknut (76).

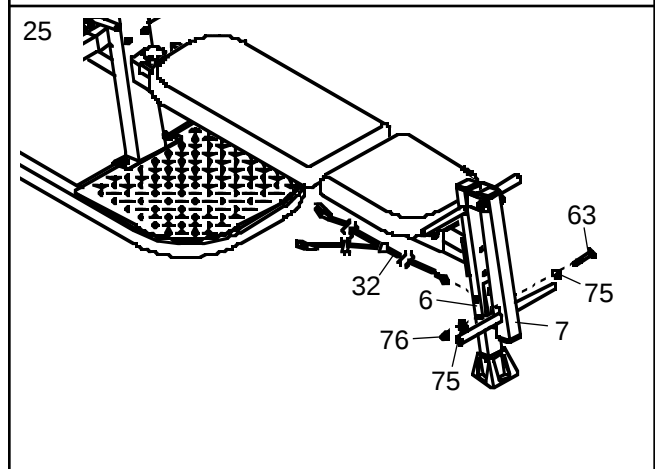


24. Slide an end of the Long Cable (80) through the Pulley Arm (22). Wrap the Cable around a 90mm Pulley (28). Attach the Pulley to the Pulley Arm with an M10 x 40mm Bolt (71) and an M10 Nylon Locknut (76).



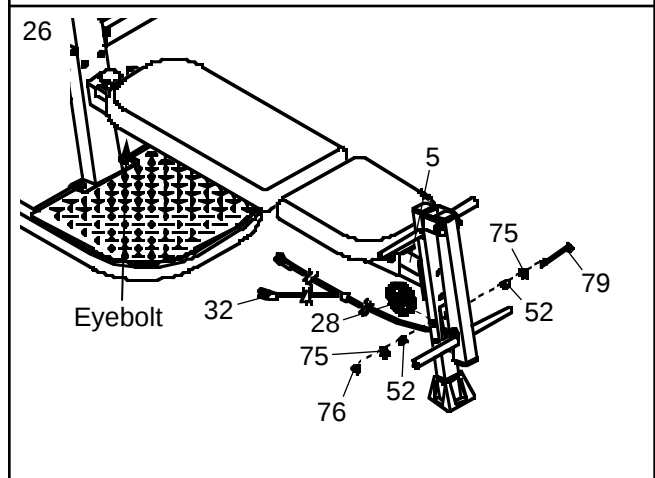
25. **Locate the Bench Cable (32).** It has three ends, two that are the same length, and a third that is longer.

Route the long end of the Bench Cable (32) through the hole in the Front Leg (6), and attach it inside the hole in the Leg Lever (7) with an M10 x 60mm Bolt (63), two M10 Washers (75), and an M10 Nylon Locknut (76).



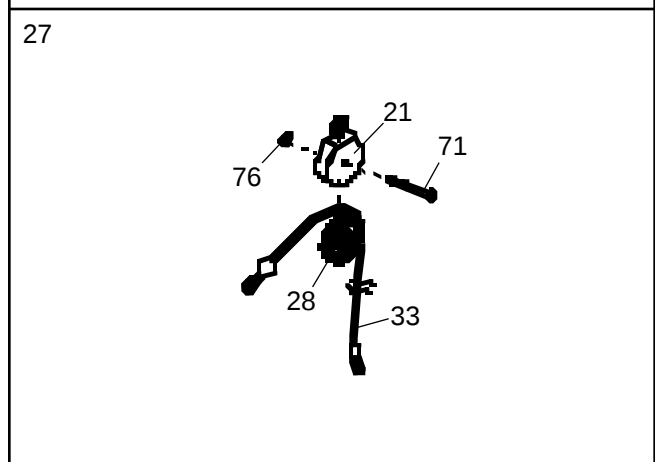
26. Attach a 90mm Pulley (28) inside the hole in the Front Leg (6) with an M10 x 66 mm Bolt (79), two 12.5mm Spacers (52), two M10 Washers (75), and an M10 Nylon Locknut (76). Be sure the Pulley is over the Bench Cable (32).

Slide the two free ends of the Bench Cable (32) onto the eyebolt welded to the bottom of the Bench Frame (5).

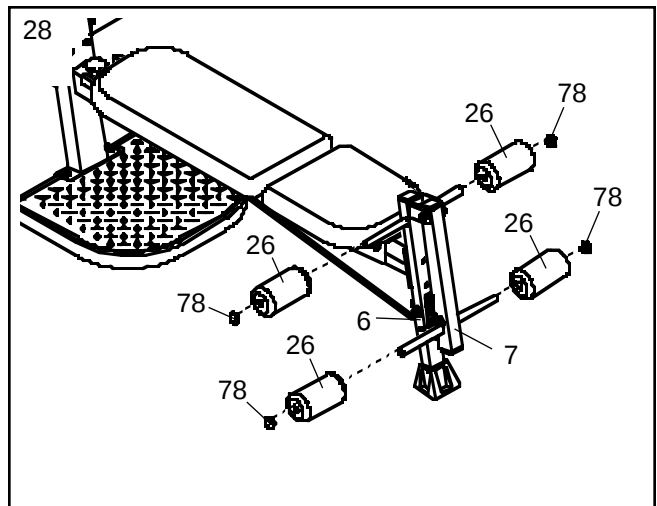


27. **Locate the two Short Cables (33).** Wrap a Short Cable around a 90mm Pulley (28). Attach the Pulley to a Pulley Housing (21) with an M10 x 40mm Bolt (71) and an M10 Nylon Locknut (76).

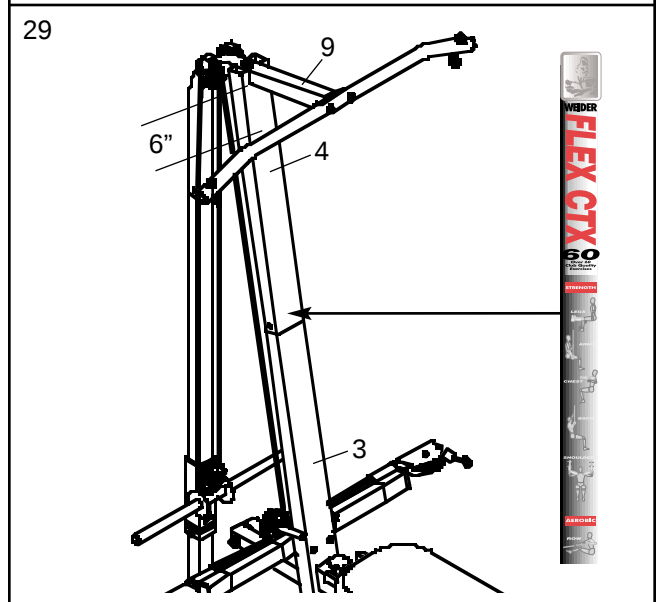
Repeat this step with the other Short Cable (33).



28. Slide the four Foam Pads (26) onto the tubes on the Front Leg (6) and the Leg Lever (7). Press the four 19mm Round Inner Caps (78) into the ends of the tubes.



29. Attach the “FLEX CTX 60” exercise decal to the Upright Base (3) and the Upright (4). **The decal should be centered on the Upright Base and Upright, and the top of the decal should be six inches below the Top Frame (9).** Be careful not to wrinkle the decal.



30. 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 the long cable a few times to be sure that it move smoothly over the pulleys. If the cable 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 DIAGRAM on page 17 for proper cable routing.**

ADJUSTMENTS

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 18 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

ADDING WEIGHTS TO THE WEIGHT CARRIAGE

To add resistance to your workout, slide an equal amount of weight (not included) onto each side of the weight tube on the Weight Carriage (18). To use Olympic weights, slide an Adapter Tube (35) onto each side of the weight tube. Secure the weights with the two Clips (44). **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the amount of weight used. Use the WEIGHT RESISTANCE CHART on page 16 to find the approximate amount of resistance at each weight station.**

⚠ WARNING: Do not place more than 200 pounds on the Weight Carriage (18).

ATTACHING THE HIGH PULLEYS AND LEG LEVER

To attach a high pulley, slide the eyebolt on the Pulley Housing (21) onto the Eyebolt (34). Attach the end of the Short Cable (33) without the ball to the end of the Long Cable (80) with a Cable Clip (51). Attach the other high pulley in the same manner.

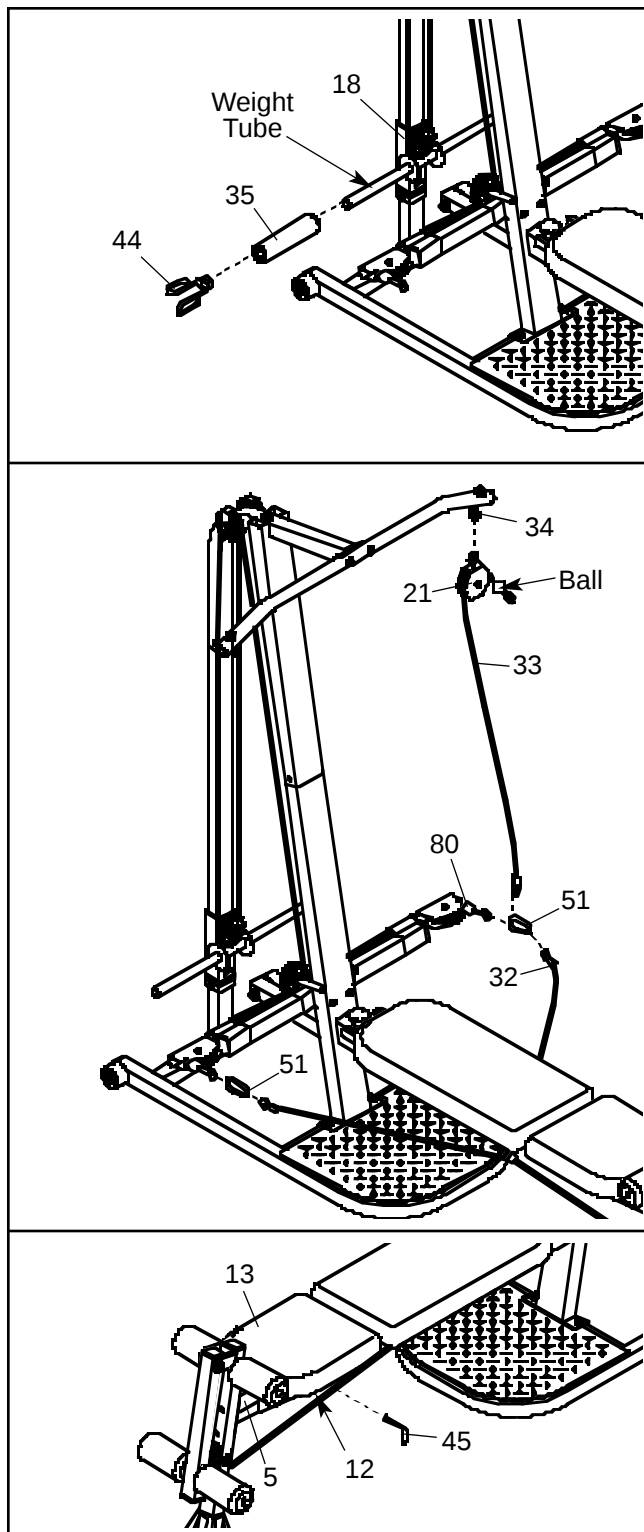
To use the Leg Lever (not shown), attach the ends of the Bench Cable (32) to the ends of the Long Cable (80) with two Cable Clips (51).

Remove the high pulleys, or detach the Bench Cable (32), when not in use.

ADJUSTING THE SEAT

The Seat (13) can be secured to any of four positions on the Bench Frame (5). To move the Seat, remove the Seat Pin (45) and slide the Seat to the desired position. Engage the Seat Frame (12) and an adjustment hole in the Bench Frame with the Seat Pin.

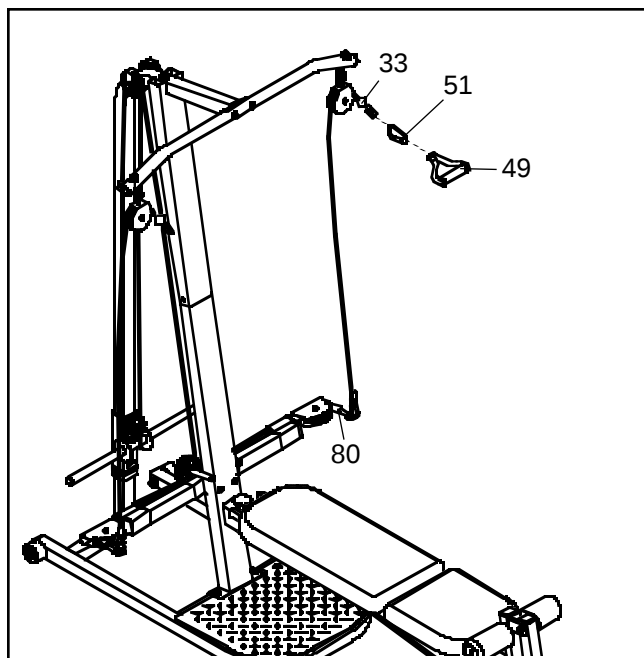
For some exercises the Seat Frame (12) must be able to roll freely on the Bench Frame (5). To allow this to happen, remove the Seat Pin (45) from the Seat Frame.



ATTACHING THE ACCESSORIES

To attach a Handle (49) to the high pulley, first attach the high pulley to the weight system (see ATTACHING THE HIGH PULLEYS on page 14). Then attach the Handle to the Short Cable (33) with a Cable Clip (51). Repeat with the other high pulley.

The Handles (49), or the Ankle Strap (not shown), can be attached to the Long Cable (80) with Cable Clips (51). Attach the Lat Bar (not shown) to both Short Cables, or the Leg Press Strap (not shown) to both ends of the Long Cable, with two Cable Clips.

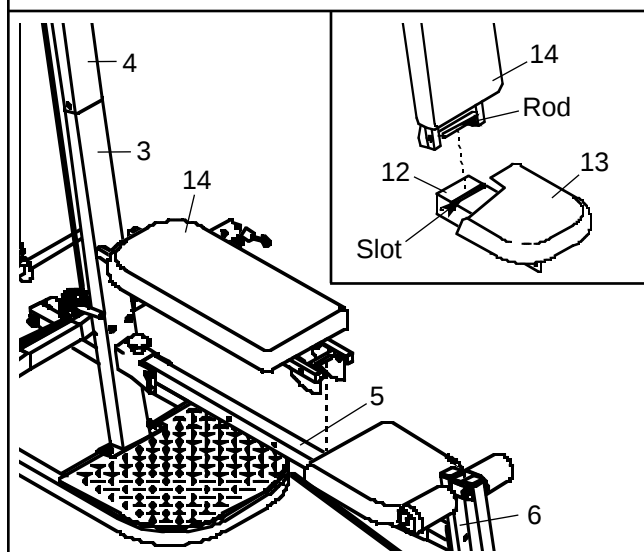


ADJUSTING THE BACKREST

The Backrest (14) can be used in a level position, or one of three inclined positions. To use the Backrest in a level position, secure the Seat Frame (12) to the adjustment hole in the Bench Frame (5) closest to the Front Leg (6) (see ADJUSTING THE SEAT on page 14).

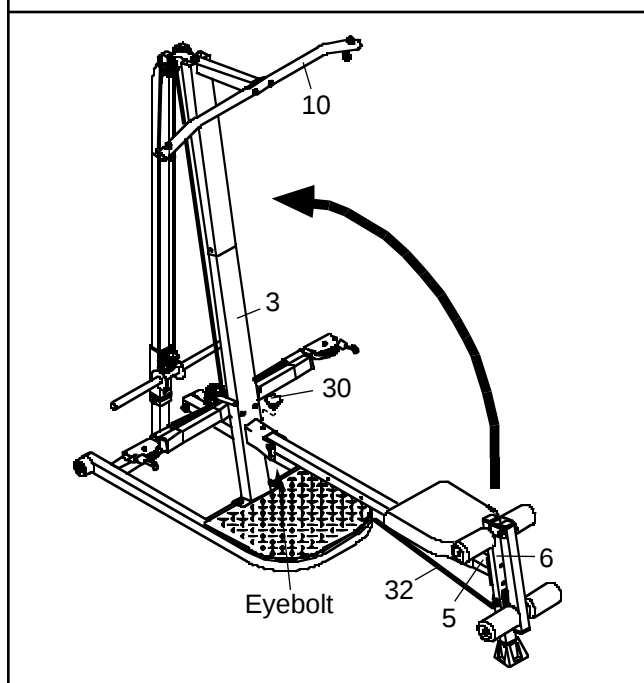
To use the Backrest (14) in an inclined position, secure the Seat Frame (12) to one of the other three adjustment holes in the Bench Frame (5). Rest the Backrest against the Upright Base (3) and Upright (4).

For row exercises, the seat must be able to roll freely (see ADJUSTING THE SEAT on page 14), the leg press strap must be attached (see ATTACHING THE ACCESSORIES, above), and the Backrest (14) must be removed. To remove the Backrest, hold it vertically over the Seat (13) and lift the rod out of the slot in the Seat Frame (12) (see the inset drawing).



STORING THE WEIGHT SYSTEM

To store the weight system, slide the ends of the Bench Cable (32) onto the eyebolt on the bottom of the Bench Frame (5). Then remove the Backrest (14) (see ADJUSTING THE BACKREST, above). Next, remove the Knob (30) from the Upright Base (3). Lift the Front Leg (6) toward the Crossbar (10), and tighten the Knob into the side of the Upright Base and Bench Frame.



⚠ WARNING: Make sure the storage Knob (30) is in place and fully tightened each time you use the weight system.

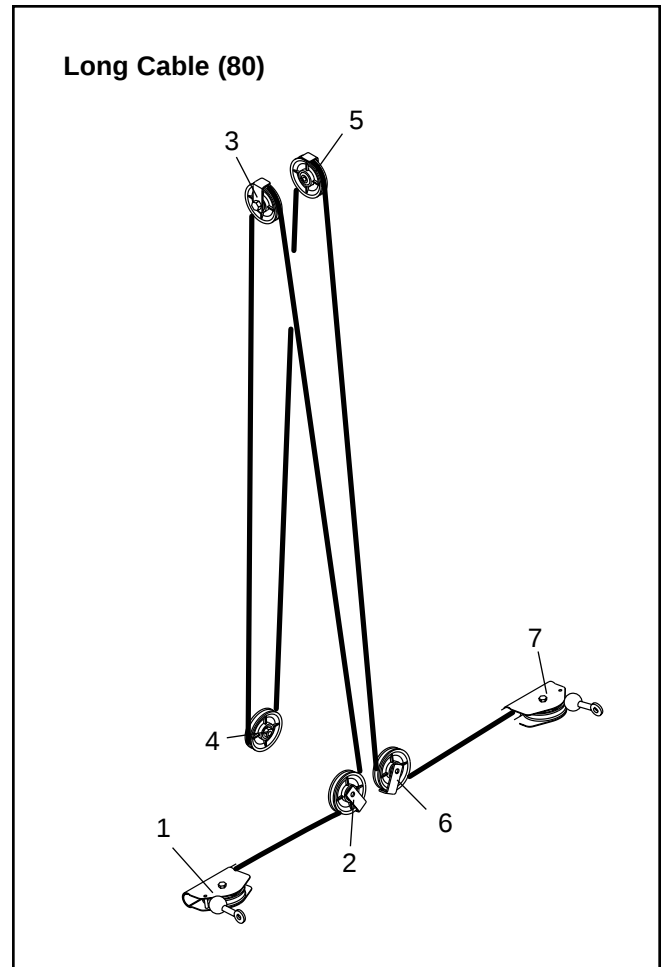
WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. The column labeled "WEIGHT" refers to the amount of weight, in pounds, placed on the weight carriage. The weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to friction between the cables, pulleys, and weight carriage.**

WEIGHT (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG LEVER (lbs.)
10	11	11.3	10.75
20	22	22.6	21.50
30	34	33.9	32.25
40	45	45.2	43.00
50	57	56.5	53.75
60	68	67.8	64.50
70	79	79.1	75.25
80	91	90.4	86.00
90	102	101.7	96.75
100	114	113.0	107.50
110	125	124.3	118.25
120	136	135.6	129.00
130	148	146.9	139.75
140	159	158.2	150.50
150	171	169.5	161.25
160	182	180.8	172.00
170	193	192.1	182.75
180	205	203.0	193.50
190	216	214.0	204.25
200	228	226.0	215.00

CABLE DIAGRAM

The cable diagram shows the proper routing of the Long Cable (80). Use the diagram to make sure that the cable and the cable traps have been assembled correctly. If the cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the cable. **Make sure that the cable traps do not touch or bind the cable.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 19 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

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

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

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

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

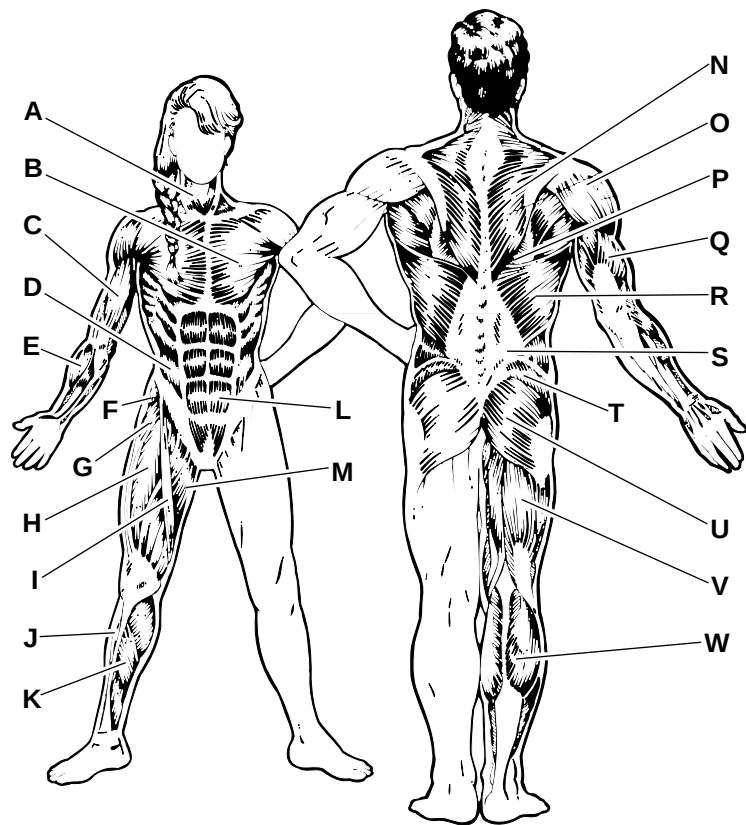
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



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:

1. The MODEL NUMBER of the product (WESY09320)
2. The NAME of the product (WEIDER® FLEX CTX 60 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 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 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.

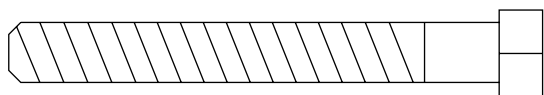
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts.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

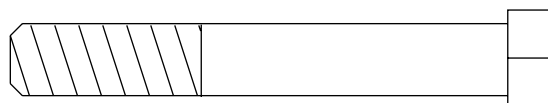
ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



M8 x 65mm Bolt (67)



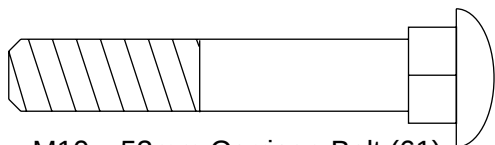
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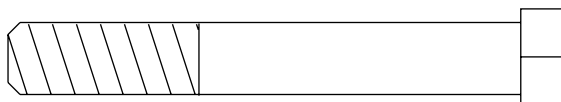
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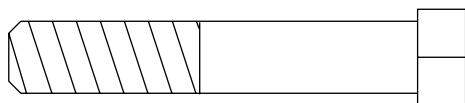
M10 x 61mm Carriage Bolt (83)



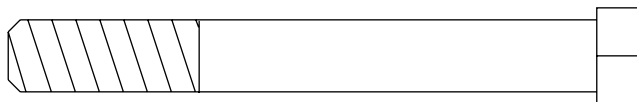
M10 x 53mm Carriage Bolt (61)



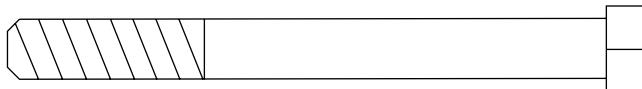
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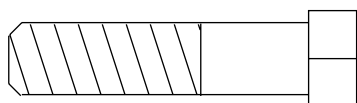
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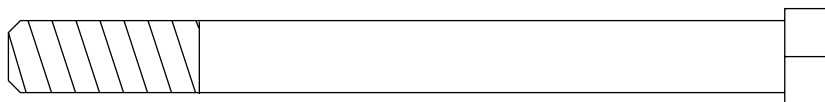
M10 x 78mm Bolt (66)



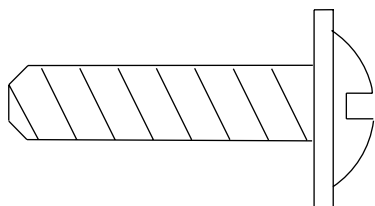
M8 x 79mm Bolt (60)



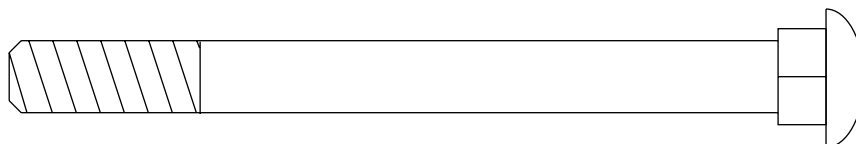
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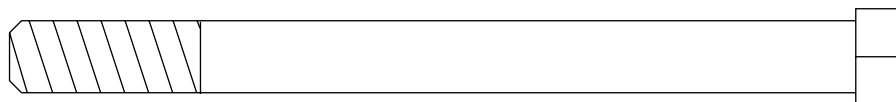
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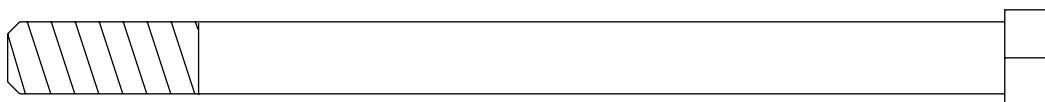
M10 x 40mm Tapered Screw (85)



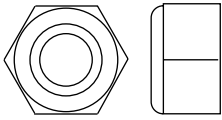
M10 x 102mm Carriage Bolt (73)



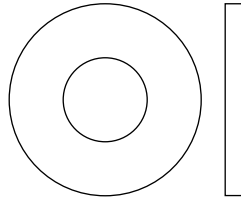
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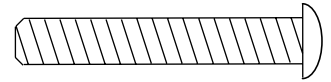
M10 x 132mm Bolt (72)



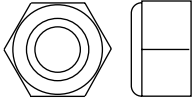
M10 Nylon Locknut (76)



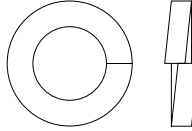
M10 Washer (75)



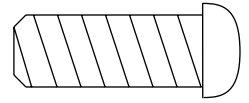
M6 x 38mm Screw (58)



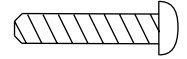
M8 Nylon Locknut (65)



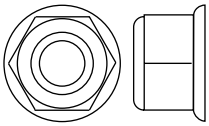
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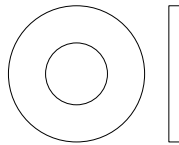
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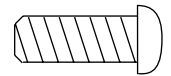
M4 x 19mm Screw (62)



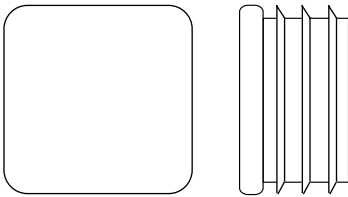
M8 Flange Nut (84)



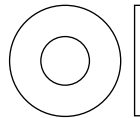
M8 Washer (59)



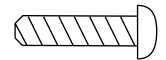
M6 x 16mm Screw (82)



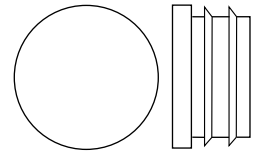
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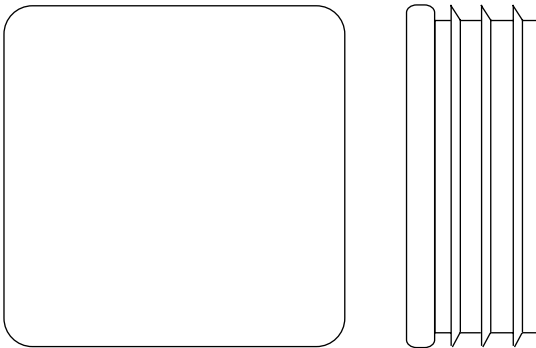
M6 Washer (77)



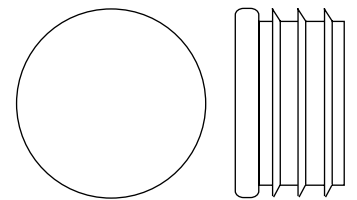
M4 x 16mm Screw (56)



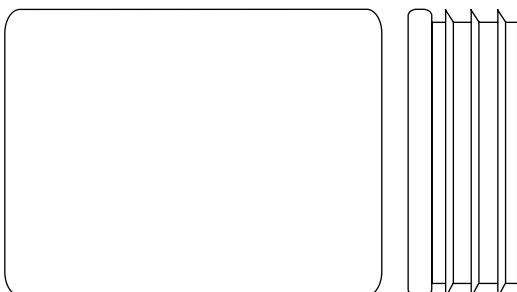
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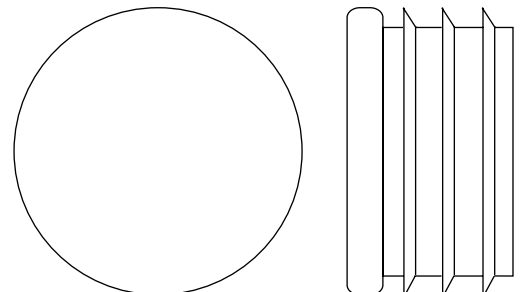
45mm Square Inner Cap (42)



25mm Round Inner Cap (39)



38mm x 50mm Inner Cap (41)



38mm Round Inner Cap (40)

PART LIST—Model No. WESY09320

R0702A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	45	1	Seat Pin
2	1	Base Plate	46	3	Long Spacer
3	1	Upright Base	47	6	Small Wheel
4	1	Upright	48	1	Leg Press Strap
5	1	Bench Frame	49	2	Handle
6	1	Front Leg	50	1	Ankle Strap
7	1	Leg Lever	51	4	Cable Clip
8	1	Rear Upright	52	2	12.5mm Spacer
9	1	Top Frame	53	3	Plastic Foot
10	1	Crossbar	54	2	25mm Square Inner Cap
11	1	Cross Frame	55	1	Leg Lever Bumper
12	1	Seat Carriage	56	9	M4 x 16mm Screw
13	1	Seat	57	3	Steel Tube
14	1	Backrest	58	4	M6 x 38mm Screw
15	1	Backrest Frame	59	2	M8 Washer
16	1	Backrest Cap	60	3	M8 x 79mm Bolt
17	2	Guard Plate	61	2	M10 x 53mm Carriage Bolt
18	1	Weight Carriage	62	1	M4 x 19mm Screw
19	1	Lat Bar	63	2	M10 x 60mm Bolt
20	2	Handgrip	64	1	M10 x 68mm Bolt
21	2	Pulley Housing	65	5	M8 Nylon Locknut
22	2	Pulley Arm	66	1	M10 x 78mm Bolt
23	2	Grip Tape	67	1	M8 x 65mm Bolt
24	2	Retainer Ring	68	4	M10 x 25mm Button Bolt
25	4	Arm Bushing	69	1	M10 x 112mm Bolt
26	4	Foam Pad	70	2	M10 x 54mm Bolt
27	1	Front Leg Foot	71	4	M10 x 40mm Bolt
28	10	90mm Pulley	72	2	M10 x 132mm Bolt
29	4	Cable Trap	73	2	M10 x 102mm Carriage Bolt
30	1	Knob	74	1	Nylon Outer Bushing
31	2	Wheel	75	17	M10 Washer
32	1	Bench Cable	76	23	M10 Nylon Locknut
33	2	Short Cable	77	4	M6 Washer
34	2	Eyebolt	78	4	19mm Round Inner Cap
35	2	Adapter Tube	79	2	M10 x 66mm Bolt
36	4	Adapter Bushing	80	1	Long Cable
37	1	Carriage Stop	81	2	M10 x 103mm Bolt
38	2	Outer Bushing	82	4	M6 X 16mm Screw
39	2	25mm Round Inner Cap	83	2	M10 x 61mm Carriage Bolt
40	2	38mm Round Inner Cap	84	1	M8 Flange Nut
41	4	38mm x 50mm Inner Cap	85	2	M10 x 40mm Tapered Screw
42	4	45mm Square Inner Cap	#	1	User's Manual
43	4	M10 Split Washer	#	1	Exercise Guide
44	2	Clip	#	1	Exercise Decal

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 IDENTIFICATION CHART AND PART LIST/
EXPLODED DRAWING. SAVE THIS PART IDENTIFICATION CHART
AND PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE.**

EXPLODED DRAWING—Model No. WESY09320

R0702A

