

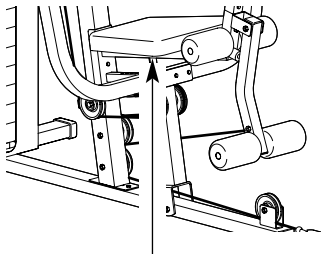
WEIDER® 245

TRAINING SYSTEM

Model No. WESY19001

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 if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

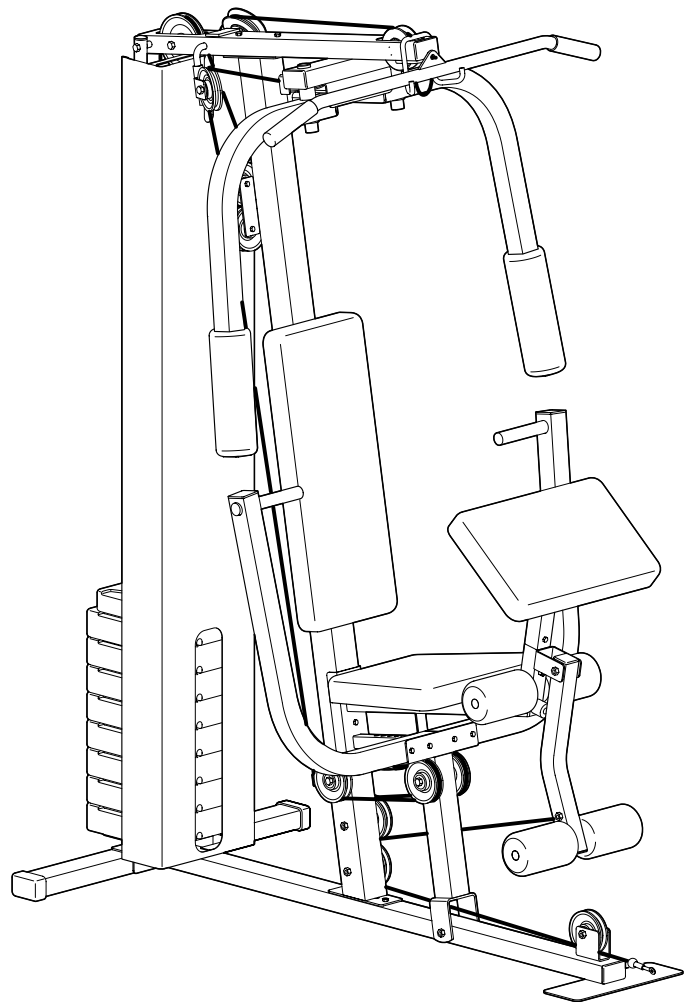
1-800-999-3756

Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

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

USER'S MANUAL



Visit our website at

www.weiderfitness.com

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

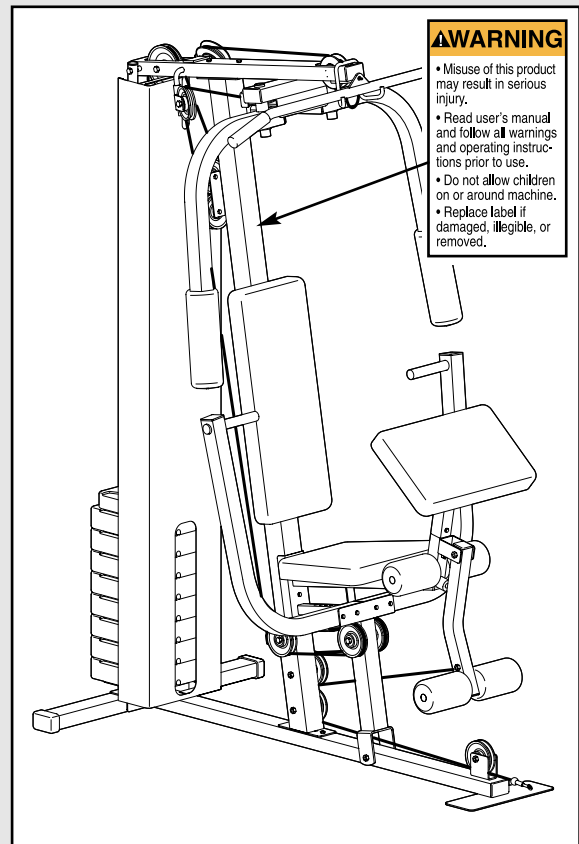
TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	7
ADJUSTMENT	18
WEIGHT RESISTANCE CHART	19
TROUBLE-SHOOTING AND MAINTENANCE	20
CABLE DIAGRAM	21
PART LIST	22
EXPLODED DRAWING	23
ORDERING REPLACEMENT PARTSBack Cover
LIMITED WARRANTYBack Cover

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and in the accompanying literature before using the training system.
2. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the training system only on a level surface. Place a mat beneath the training system to protect the floor or carpet.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. The training system is designed to be used by only one person at a time.
7. Keep children under the age of 12 and pets away from the training system at all times.
8. Keep hands and feet away from moving parts.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
10. Always stand on the foot plate when performing an exercise that could cause the training system to tip.
11. Never release the press arm, butterfly arms, leg lever, lat bar, or nylon strap while weights are raised. The weights will fall with great force.
12. Always wear athletic shoes for foot protection.
13. Always disconnect the lat bar from the training system when performing an exercise that does not use the lat bar.
14. Important: The warning decal shown below has been attached to the training system in the indicated location. If the decal is missing or illegible, please call our customer hotline at the number on the front cover of this manual to order a free replacement decal. Apply the new decal in the indicated location.



⚠ 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.

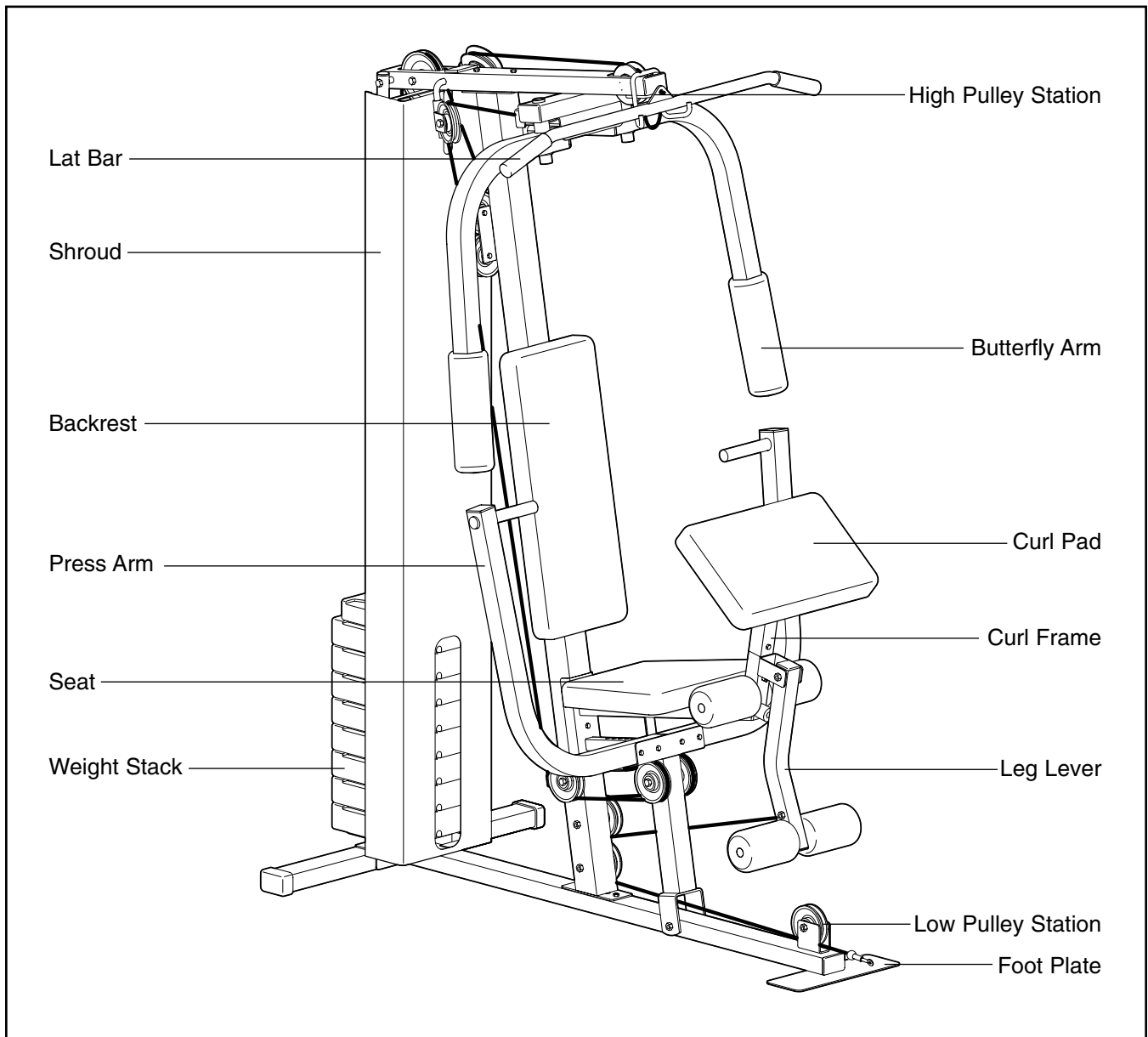
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 245 training system. The WEIDER® 245 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 WEIDER® 245 will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® 245 training system. 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 WESY19001. The serial number can be found on a decal attached to the training system (see the front cover of this manual).

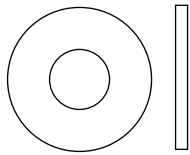
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



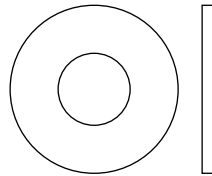
PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 22. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**

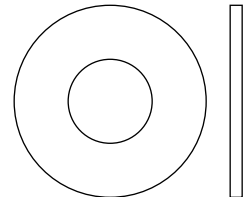
Note: Assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, and 4) seat assembly. The hardware for each stage is packaged separately. Unless otherwise directed, wait until you begin each assembly stage to open that parts bag.



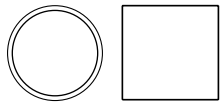
1/4" Flat Washer (78)



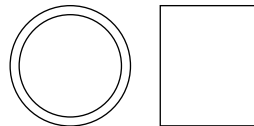
5/16" Flat Washer (70)



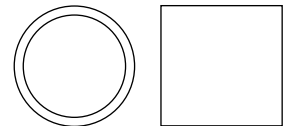
3/8" Flat Washer (9)



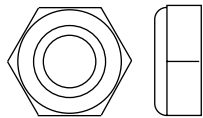
1/2" x 1/2" Spacer (61)



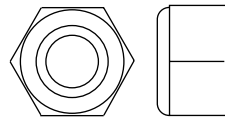
5/8" x 1/2" Spacer (82)



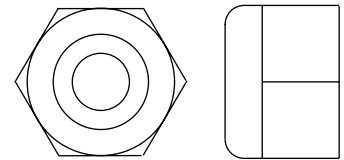
5/8" x 3/4" Spacer (40)



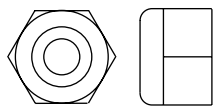
3/8" Nylon Jamnut (67)



3/8" Nylon Locknut (21)



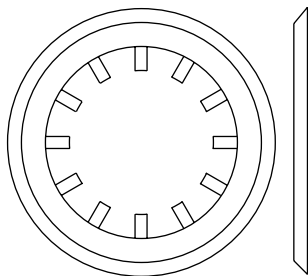
1/2" Nylon Locknut (81)



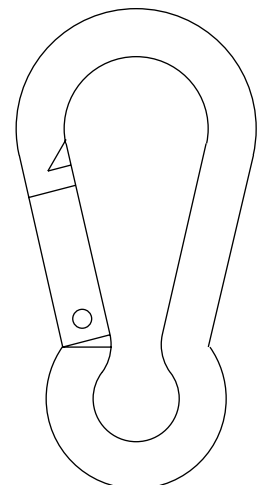
5/16" Nylon Locknut (3)



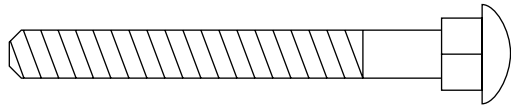
1/4" Nylon Locknut (2)



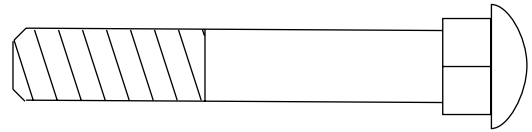
1" Retainer (68)



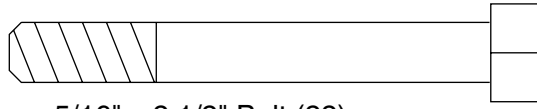
Cable Clip (53)



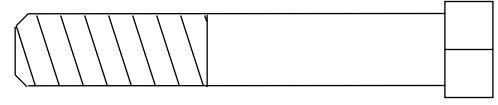
1/4" x 2 1/4" Carriage Bolt (38)



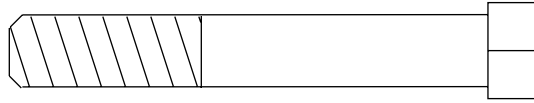
3/8" x 2 1/4" Carriage Bolt (1)



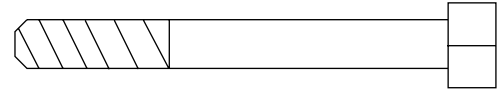
5/16" x 2 1/2" Bolt (22)



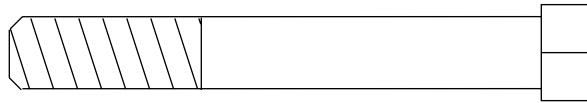
3/8" x 2 1/4" Bolt (76)



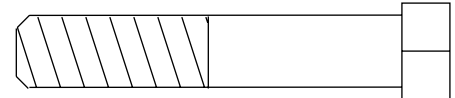
3/8" x 2 1/2" Bolt (7)



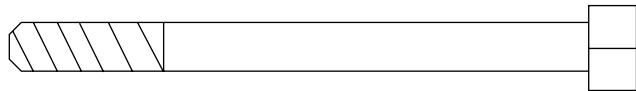
1/4" x 2 1/4" Bolt (33)



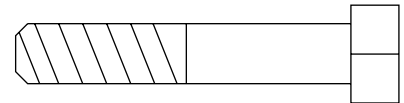
3/8" x 2 3/4" Bolt (85)



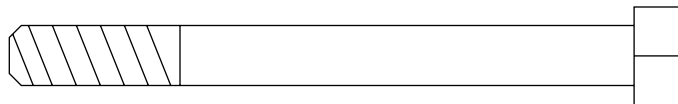
3/8" x 2" Bolt (12)



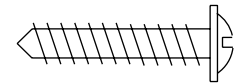
1/4" x 3" Bolt (43)



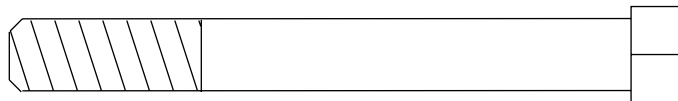
5/16" x 1 3/4" Bolt (86)



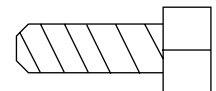
5/16" x 3 1/4" Bolt (14)



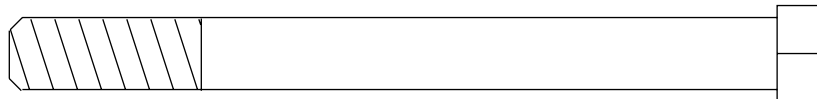
#10 x 1" Screw (80)



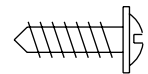
3/8" x 3 1/4" Bolt (8)



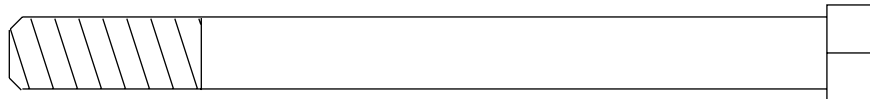
1/4" x 3/4" Bolt (18)



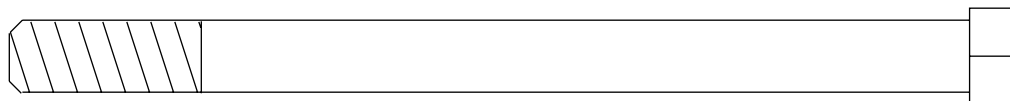
3/8" x 4" Bolt (16)



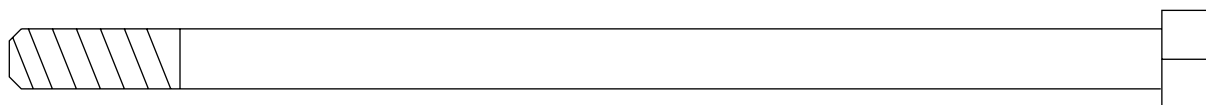
#8 x 1/2" Screw (79)



3/8" x 4 1/4" Bolt (64)



3/8" x 5" Bolt (75)



5/16" x 6" Bolt (60)

ASSEMBLY

Make Assembly Easier for Yourself

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

Assembly Requires Two Persons

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

Set Aside Enough Time

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


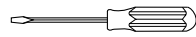
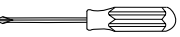

Select a Location for the Training System

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

How to Unpack the Box

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

Make sure you have the following tools:

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

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

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART on pages 5 and 6 of this manual. Refer to it to easily identify parts during each assembly step. **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.**

How to Orient Parts

As you assemble the training system, be sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

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

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

The Four Stages of the Assembly Process

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

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

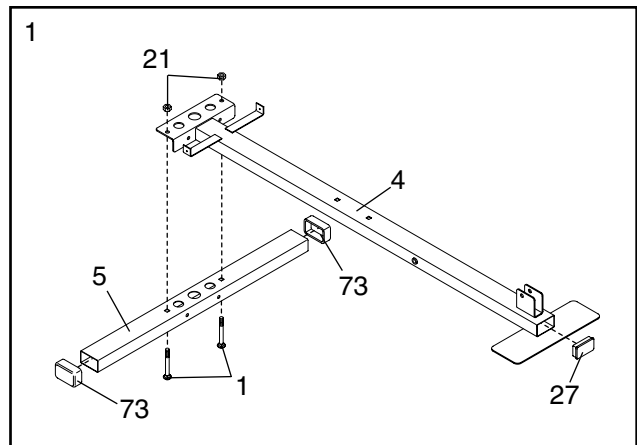
Cable Assembly—During this stage you will attach the cables and pulleys.

Seat Assembly—During the final stage you will assemble the seat, backrest, and miscellaneous parts.

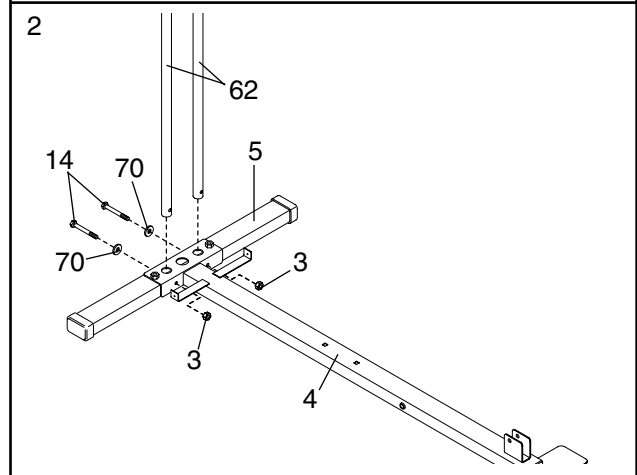
FRAME ASSEMBLY

1. Press a 1 1/2" x 2 1/2" Outer Cap (73) onto each end of the Stabilizer (5). Press a 1 1/2" x 2 1/2" Inner Cap (27) into the indicated end of the Base (4).

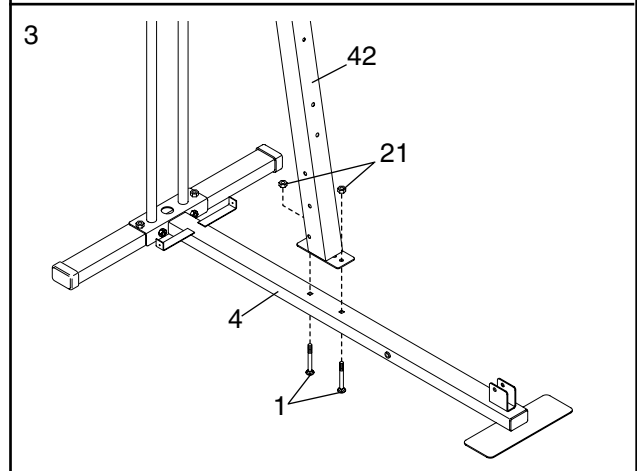
Attach the Base (4) to the Stabilizer (5) using two 3/8" x 2 1/4" Carriage Bolts (1) and two 3/8" Nylon Locknuts (21). **Make sure that the Base is oriented exactly as shown.**



2. Insert the Weight Guides (62) into the indicated holes in the Base (4) and the Stabilizer (5). Attach the Weight Guides to the Base and the Stabilizer using two 5/16" x 3 1/4" Bolts (14), two 5/16" Flat Washers (70), and two 5/16" Nylon Locknuts (3).

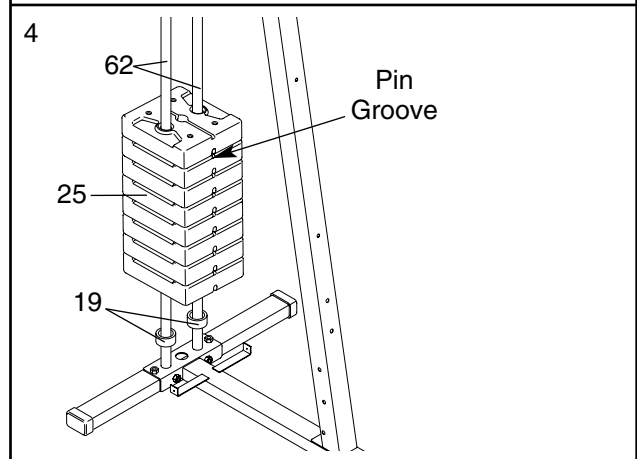


3. Attach the Front Upright (42) to the Base (4) using two 3/8" x 2 1/4" Bolts (1) and two 3/8" Nylon Locknuts (21). **Do not tighten the Nylon Locknuts yet.**



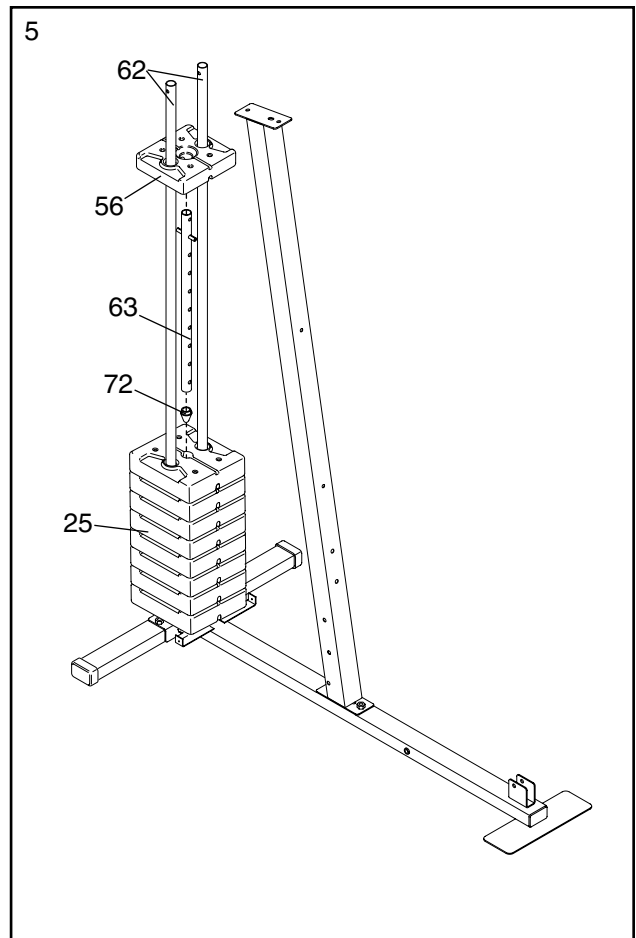
4. Slide a Weight Bumper (19) down over each Weight Guide (62).

Slide the Weights (25) onto the Weight Guides (62). **Make sure all of the Weights are oriented exactly as shown, with the deep pin grooves on the bottom.**

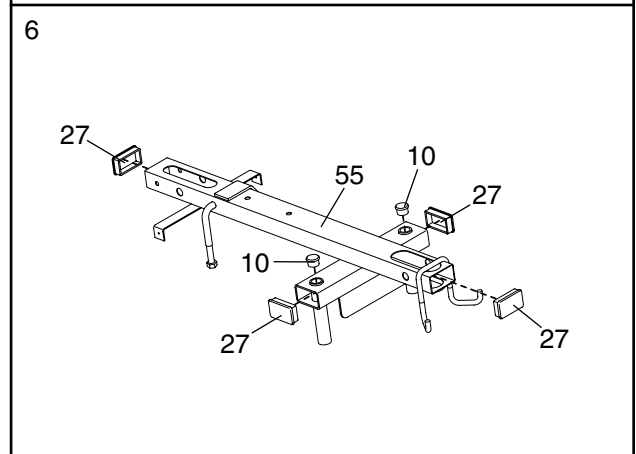


FRAME ASSEMBLY

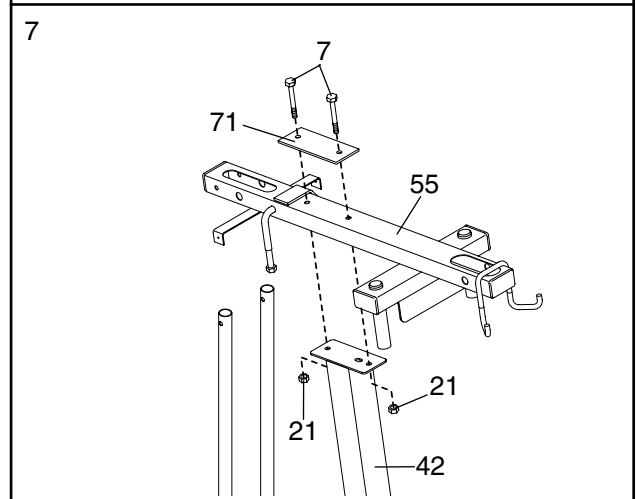
5. Insert the Weight Tube Cap (72) into the indicated end of the Weight Tube (63). Slide the Weight Tube into the center holes in the Weights (25). Slide the Top Weight (56) down onto the Weight Guides (62) as shown.



6. Press four 1 1/2" x 2 1/2" Inner Caps (27) into the Top Frame (55). Press two 1" Inner Caps (10) into the small holes in the Top Frame.

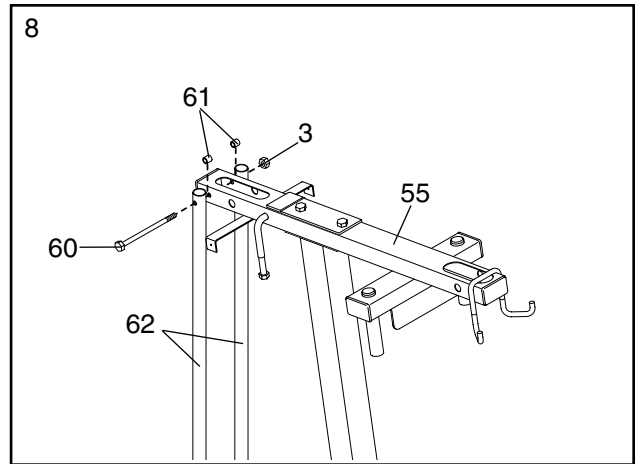


7. Attach the Top Frame (55) to the Front Upright (42) using two 3/8" x 2 1/2" Bolts (7), a Back Plate (71), and two 3/8" Nylon Locknuts (21). **Do not tighten the Nylon Locknuts yet.**

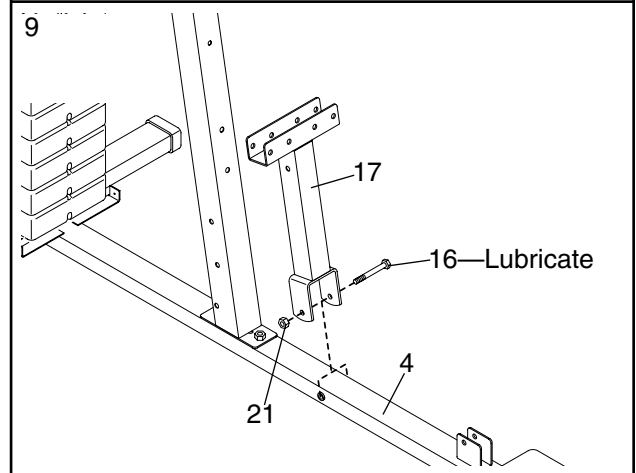


- Attach the Top Frame (55) to the Weight Guides (62) using a 5/16" x 6" Bolt (60), two 1/2" x 1/2" Spacers (61), and a 5/16" Nylon Locknut (3) as shown.

Tighten all Nylon Locknuts used in steps 3 through 8.

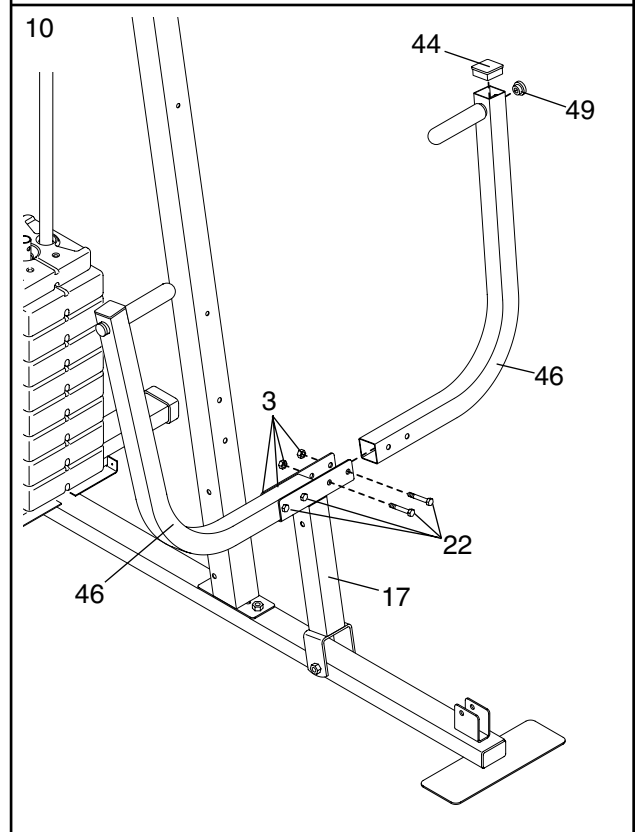


- Lubricate a 3/8" x 4" Bolt (16). Attach the Press Frame (17) to the Base (4) using the Bolt and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut; the Press Frame must be able to pivot freely.**

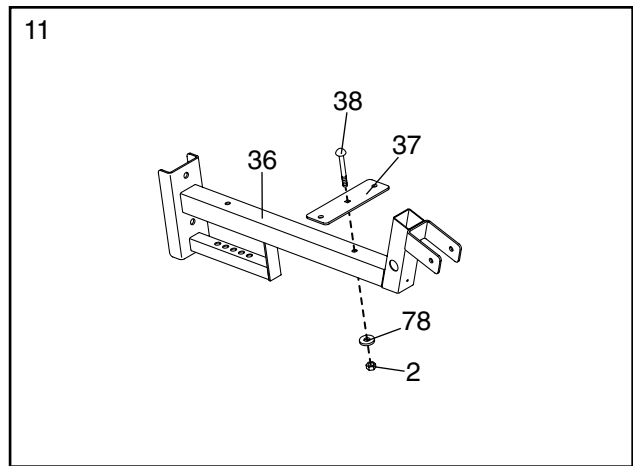


- Press a 1 3/4" Square Inner Cap (44) and a 1" Round Inner Cap (49) into the indicated end of each Press Arm (46).

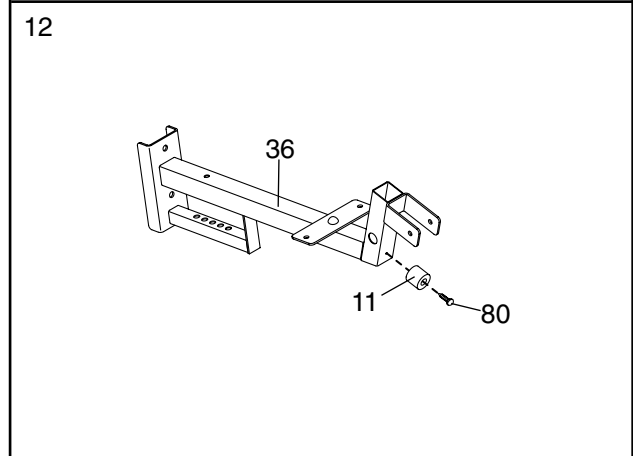
Attach the Press Arms (46) to the Press Frame (17) using four 5/16" x 2 1/2" Bolts (22) and four 5/16" Nylon Locknuts (3).



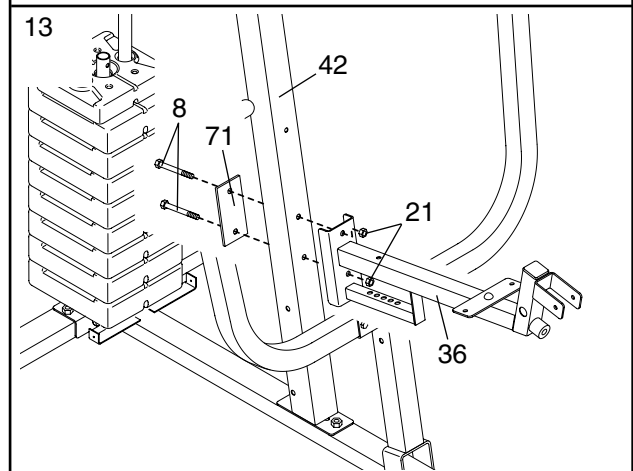
- Attach the Seat Plate (37) to the Seat Frame (36) using a 1/4" x 2 1/4" Carriage Bolt (38), a 1/4" Flat Washer (78), and a 1/4" Nylon Locknut (2).



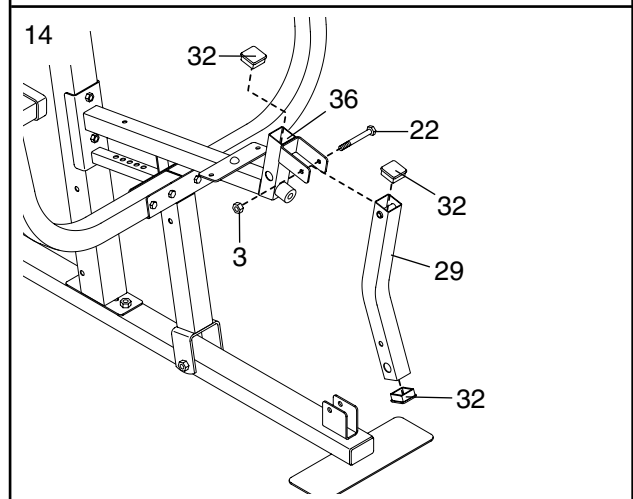
- Attach a Bumper (11) to the Seat Frame (36) using a #10 x 1" Screw (80).



- Attach the Seat Frame (36) to the Front Upright (42) using two 3/8" x 3 1/4" Bolts (8), a Back Plate (71), and two 3/8" Nylon Locknuts (21).



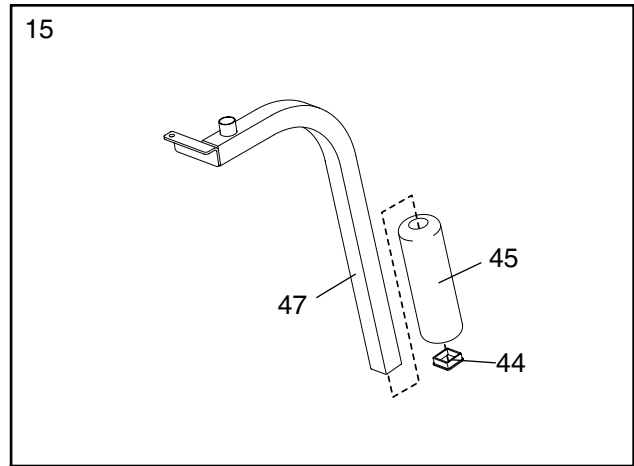
- Press a 1 1/2" Square Inner Cap (32) into each end of the Leg Lever (29) and the indicated end of the Seat Frame (36).



Lubricate a 5/16" x 2 1/2" Bolt (22). Attach the Leg Lever (29) to the Seat Frame (36) using the Bolt and a 5/16" Nylon Locknut (3). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

15. Press a 1 3/4" Square Inner Cap (44) into the lower end of the Left Arm (47). Using a small amount of soapy water, slide a Foam Arm Pad (45) onto the Left Arm.

Assemble the Right Arm (48, not shown) in the same manner.

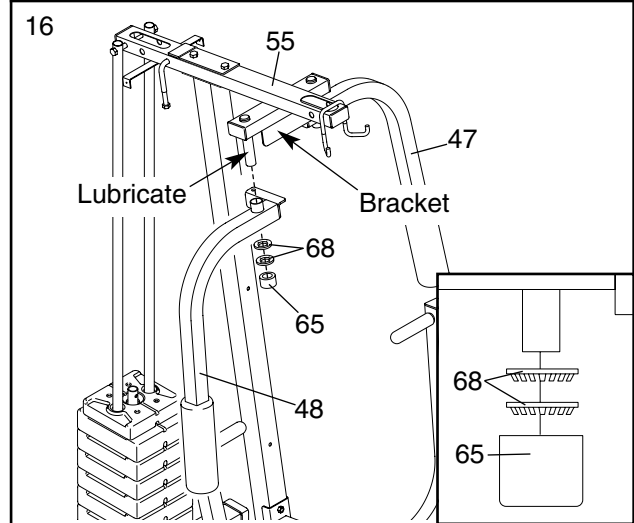


16. Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47). Make sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

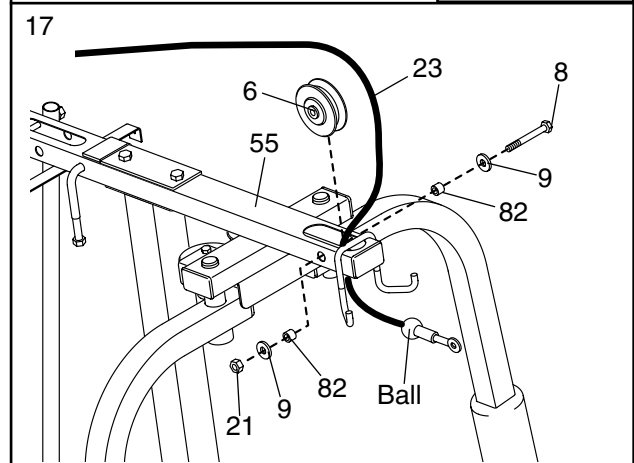
Tap two 1" Retainers (68) and a 1" Round Outer Cap (65) onto the right axle. **Make sure the teeth on the Retainers bend toward the Round Outer Cap, as shown in the inset drawing.**

Attach the Left Arm (47) in the same manner.



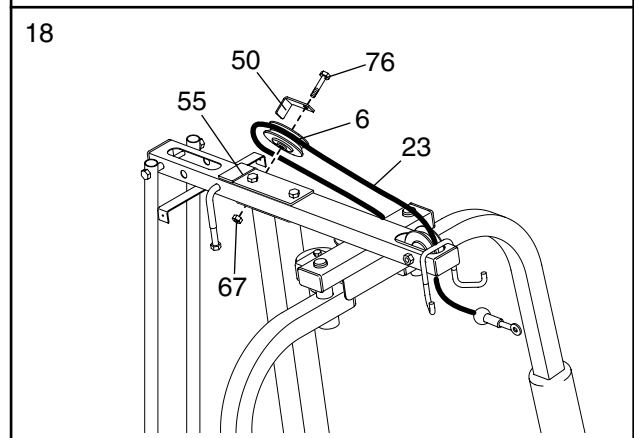
17. **Important: As you assemble the Short Cable (23) in steps 17–22, refer to the CABLE DIAGRAM on page 21.**

Route the Short Cable (23) up through the hole in the Top Frame (55) as shown. Make sure the ball is on the indicated side. Attach a "V"-Pulley (6) to the hole in the Top Frame using a 3/8" x 3 1/4" Bolt (8), two 3/8" Flat Washers (9), two 5/8" x 1/2" Spacers (82), and a 3/8" Nylon Locknut (21) as shown. **Do not overtighten the Nylon Locknut. The Pulley must be able to turn freely.**

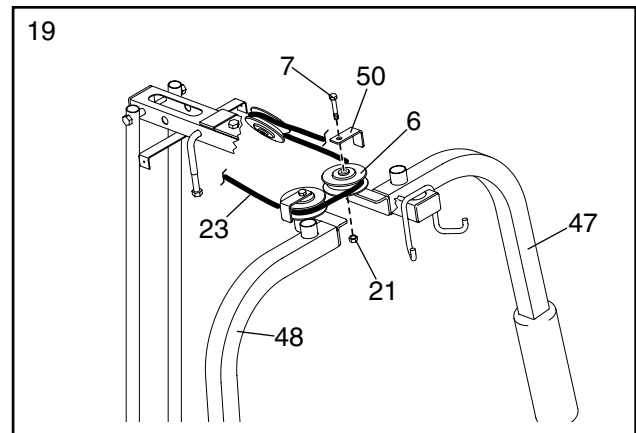


18. Route the Short Cable (23) around another "V"-Pulley (6). Hold a Long Cable Trap (50) against the Pulley so that it secures the Short Cable in the groove of the Pulley.

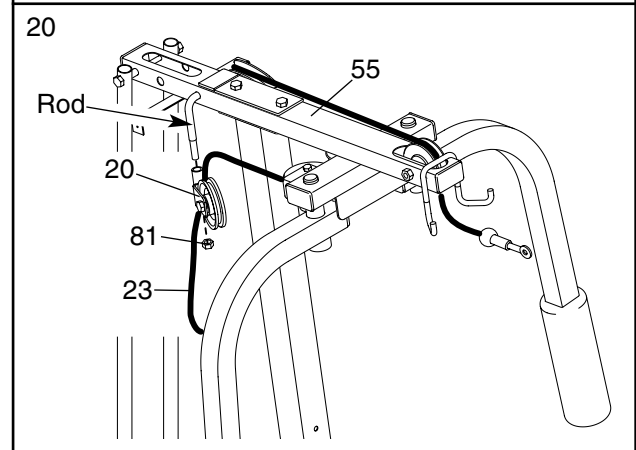
Attach the "V"-Pulley (6) and the Long Cable Trap (50) to the bracket (not shown) on the Top Frame (55) using a 3/8" x 2 1/4" Bolt (76) and a 3/8" Nylon Jamnut (67). **Do not overtighten the Nylon Jamnut. The Pulley must be able to turn freely.**



19. Route the Short Cable (23) around two “V”-Pulleys (6). Attach the “V”-Pulleys and two Long Cable Traps (50) to the Left Arm (47) and the Right Arm (48) as shown, using two 3/8” x 2 1/2” Bolts (7) and two 3/8” Nylon Locknuts (21). **Do not overtighten the Nylon Locknuts. The Pulleys must be able to turn freely.**

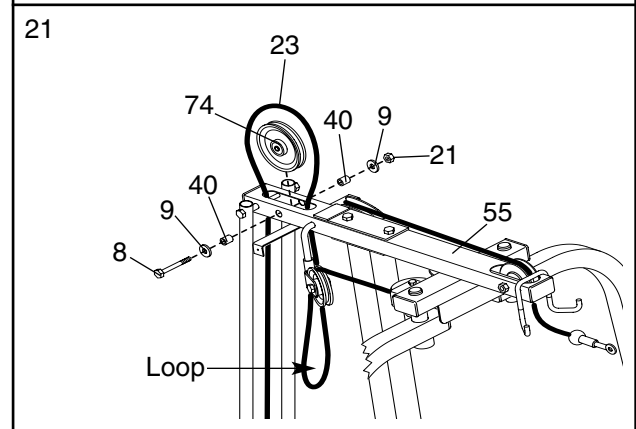


20. Remove the 1/2” Nylon Locknut (81) from the rod on the Top Frame (55). Attach the Pulley Bracket (20) to the rod on the Top Frame with the 1/2” Nylon Locknut. Route the Short Cable (23) through the Pulley Bracket as shown. **Do not overtighten the Nylon Locknut. The Pulley Bracket must be able to pivot freely.**



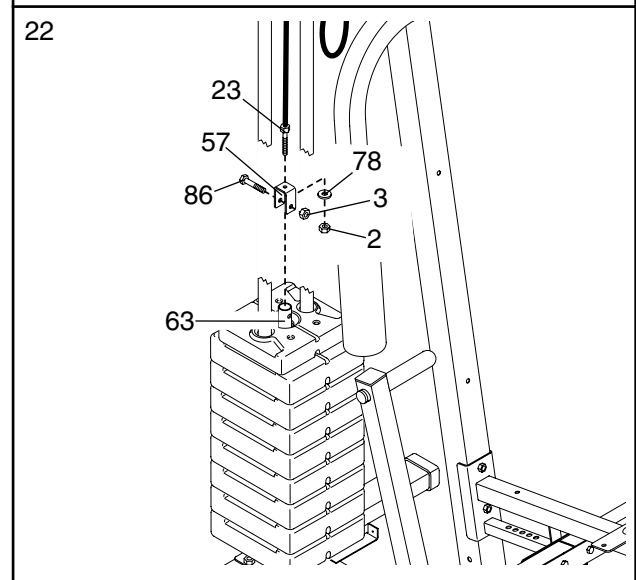
21. Loop the Short Cable (23) as shown. Route the Short Cable up through the hole in the Top Frame (55).

Open the bag marked “Pro-Pulley”. Remove the 4 1/2” Pulley (74). Route the Short Cable (23) over the Pulley and insert the Pulley into the hole in the Top Frame (55). Attach the Pulley using a 3/8” x 3 1/4” Bolt (8), two 3/8” Flat Washers (9), two 5/8” x 3/4” Spacers (40), and a 3/8” Nylon Locknut (21) as shown. **Do not overtighten the Nylon Locknut. The Pulley must be able to turn freely.**



22. Attach the indicated end of the Short Cable (23) to the “U” Bracket (57) with a 1/4” Flat Washer (78) and a 1/4” Nylon Locknut (2).

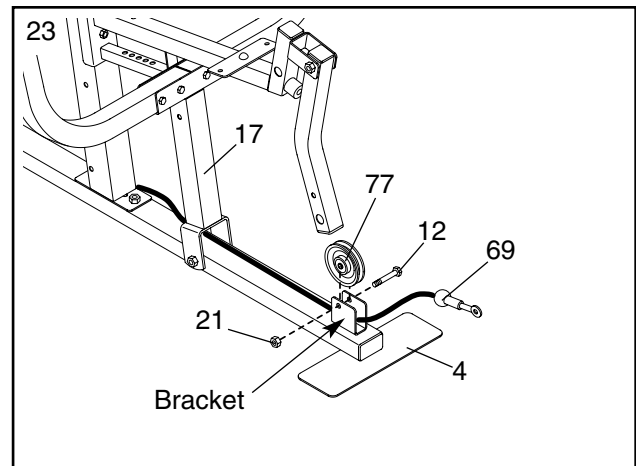
Attach the “U” Bracket (57) to the Weight Tube (63) using a 5/16” x 1 3/4” Bolt (86) and a 5/16” Nylon Locknut (3).



23. **Important: As you assemble the Long Cable (69) in steps 23–30, refer to the Cable Diagram on page 21.**

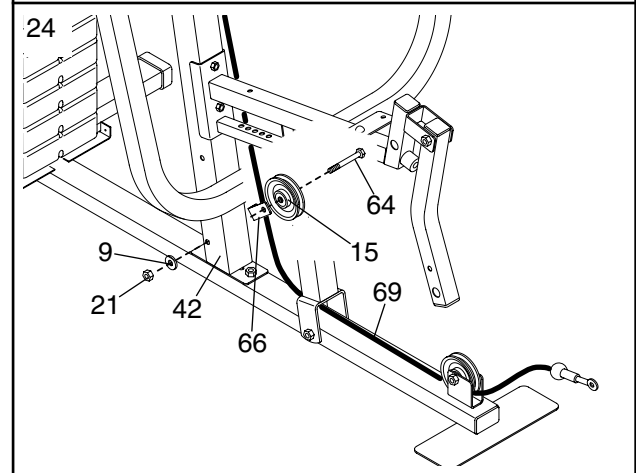
Route the Long Cable (69) between the Base (4) and the Press Frame (17) as shown. Lay the Long Cable in the bracket on the Base.

Attach the Pro-Pulley (77) to the bracket using a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut. The Pulley must be able to turn freely.**



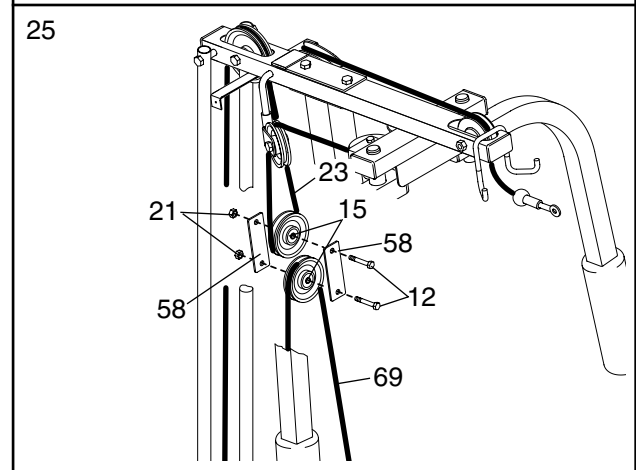
24. Hold the Long Cable (69) against a 3 1/2" Pulley (15). Hold a Cable Trap (66) against the Pulley to hold the Cable in place.

Attach the 3 1/2" Pulley (15) and the Cable Trap (66) to the Front Upright (42) using a 3/8" x 4 1/4" Bolt (64), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut. The Pulley must be able to turn freely.**



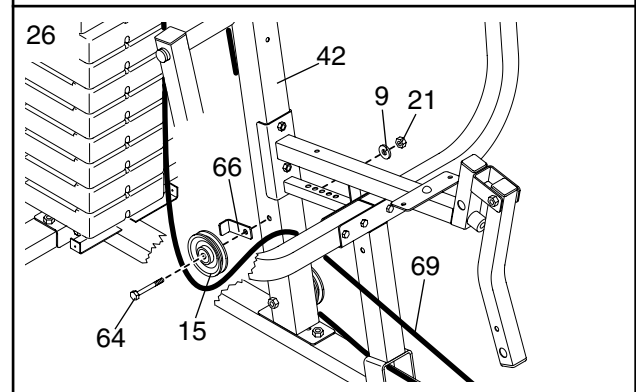
25. Remove the pre-assembled 3 1/2" Pulleys (15) from the Pulley Plates (58). Route the Short Cable (23) around one of the Pulleys. Reattach a Pulley Plate to each side of the Pulley with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Do not tighten the Nylon Locknut yet.**

Route the Long Cable (69) around the other 3 1/2" Pulley (15). Attach the Pulley to the bottom set of holes in the Pulley Plates (58) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknuts; the Pulleys must be able to turn freely.**



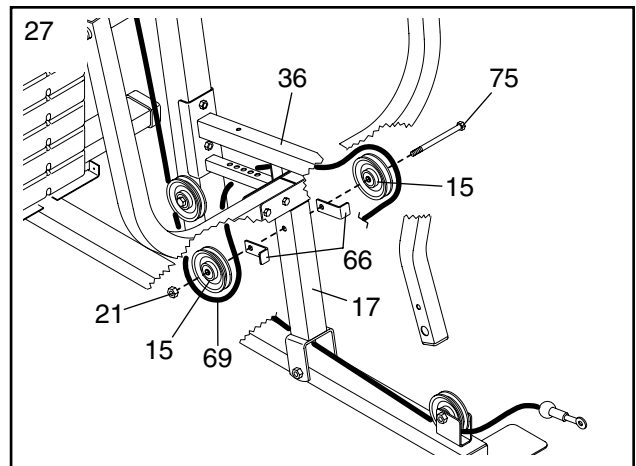
26. Route the Long Cable (69) around a 3 1/2" Pulley (15) as shown. Hold a Cable Trap (66) against the Pulley so that the Cable is held securely in the groove.

Attach the 3 1/2" Pulley (15) and the Cable Trap (66) to the Front Upright (42) using a 3/8" x 4 1/4" Bolt (64), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut. The Pulley must be able to turn freely.**



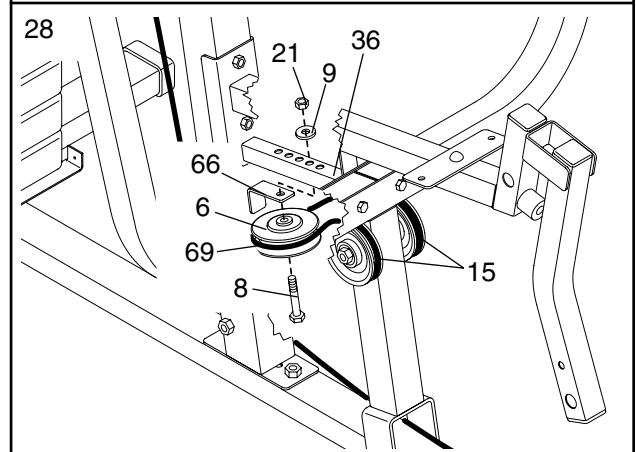
27. Route the Long Cable (69) behind the Press Frame (17) and under the Seat Frame (36) as shown. Route the Long Cable (69) around two 3 1/2" Pulleys (15).

Slide the 3/8" x 5" Bolt (75) through the 3 1/2" Pulleys (15), two Cable Traps (66), and the Press Frame (17) as shown. Tighten a 3/8" Nylon Locknut (21) onto the Bolt. **Do not overtighten the Nylon Locknut; the Pulleys must be able to pivot freely.**



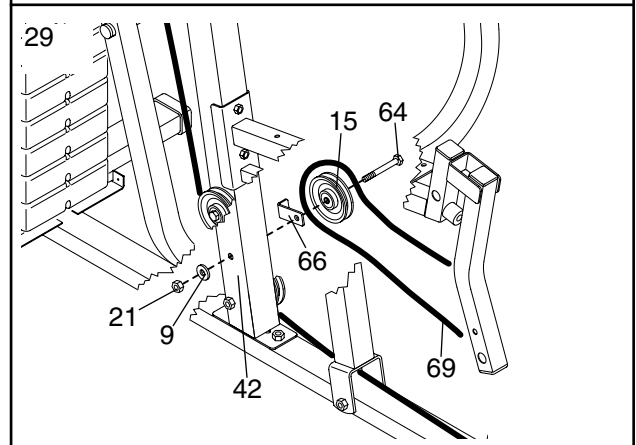
28. Locate the section of the Long Cable (69) between the two 3 1/2" Pulleys (15) attached in step 27. Route this section of the Long Cable around a "V"-Pulley (6). Hold a Cable Trap (66) against the "V"-Pulley to keep the Cable in the groove of the Pulley.

Attach the "V"-Pulley (6) and the Cable Trap (66) to the second hole from the front of the Seat Frame (36) using a 3/8" x 3 1/4" Bolt (8), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**

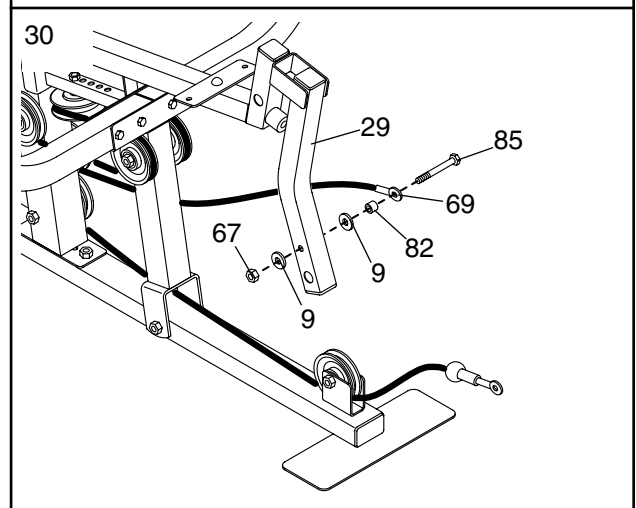


29. Route the Long Cable (69) around a 3 1/2" Pulley (15). Hold a Cable Trap (66) against the Pulley to hold the Long Cable in place.

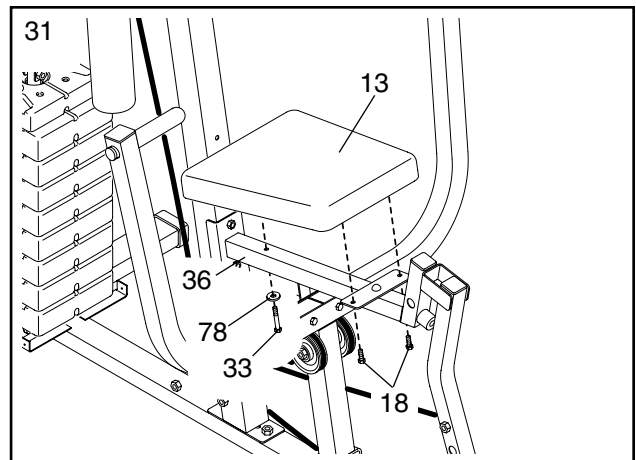
Attach the 3 1/2" Pulley (15) and the Cable Trap (66) to the Front Upright (42) using a 3/8" x 4 1/4" Bolt (64), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



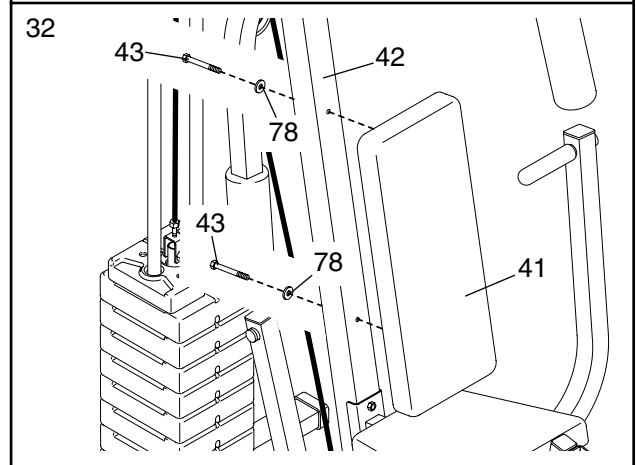
30. Attach the end of the Long Cable (69) to the Leg Lever (29) using a 3/8" x 2 3/4" Bolt (85), a 5/8" x 1/2" Spacer (82), two 3/8" Flat Washers (9), and a 3/8" Nylon Jamnut (67).



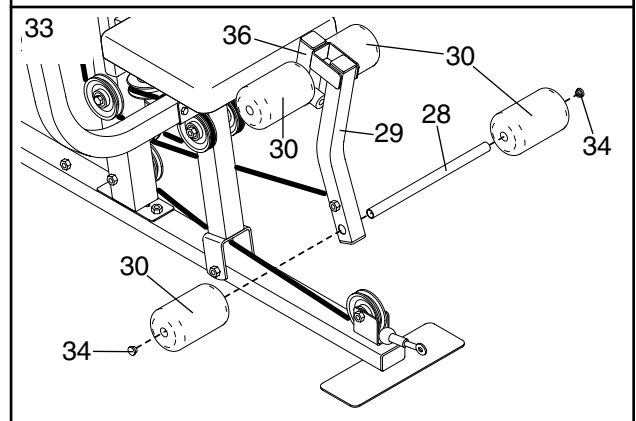
31. Attach the Seat (13) to the Seat Frame (36) using two 1/4" x 3/4" Bolts (18), a 1/4" x 2 1/4" Bolt (33), and a 1/4" Flat Washer (78).



32. Attach the Backrest (41) to the Front Upright (42) using two 1/4" x 3" Bolts (43) and two 1/4" Flat Washers (78).



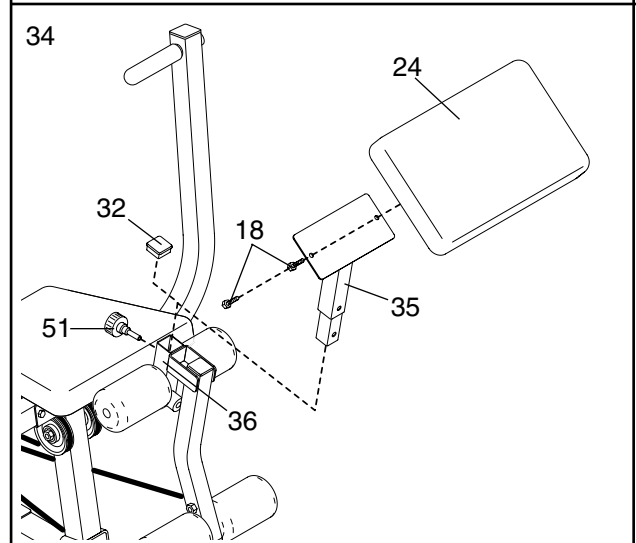
33. Insert 3/4" Round Inner Caps (34) into both end of two Pad Tubes (28). Slide the Pad Tubes into the holes in the Leg Lever (29) and the Seat Frame (36). Slide Foam Pads (30) onto both ends of the Pad Tubes.



34. Attach the Curl Pad (24) to the Curl Post (35) with two 1/4" x 3/4" Bolts (18).

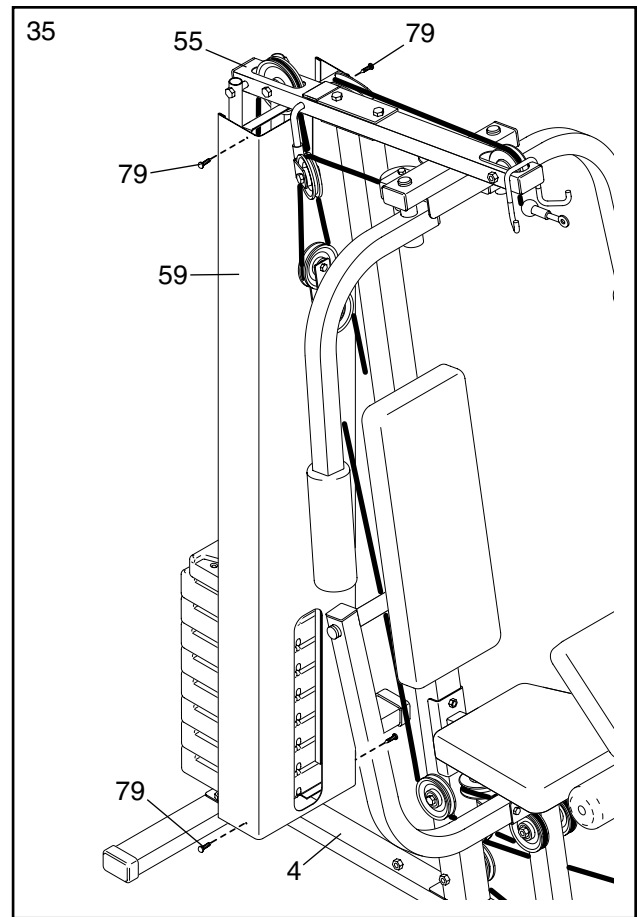
To attach the Curl Post (35) to the training system, remove the 1 1/2" Square Inner Cap (32) from the Seat Frame (36). Insert the Curl Post into the Seat Frame and tighten the Knob (51) into the Seat Frame and the Curl Post.

Note: When the Curl Post (35) is not in use, replace the 1 1/2" Square Inner Cap (32).



35. Attach the Shroud (59) to the brackets on the Top Frame (55) and the Base (4) using four #8 x 1/2" Screws (79).
36. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 18 of this manual.

Before using the training system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 21 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 20.**

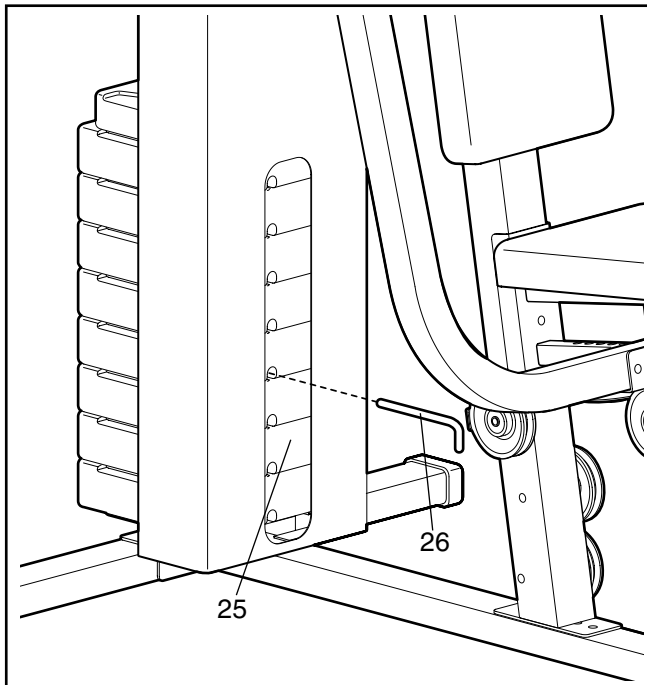


ADJUSTMENT

The instructions below describe how each part of the training system can be adjusted. Refer to the exercise guide accompanying this manual to see how the training system should be used for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

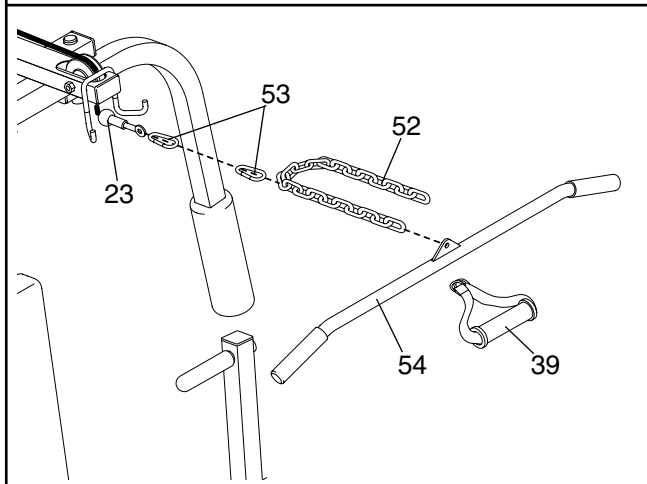
CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 pounds to 86.5 pounds, in increments of 10 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 19 to find the actual amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION OR THE LOW PULLEY STATION

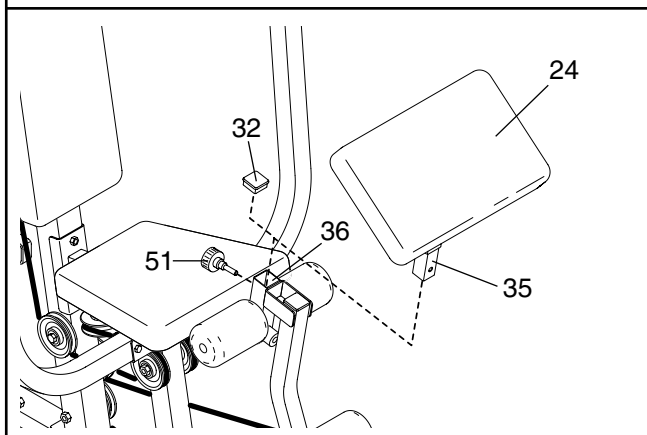
Attach the Lat Bar (54) to the Short Cable (23) or the Long Cable (69, not shown) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**



The Nylon Strap (39) can be attached in the same manner.

ATTACHING AND REMOVING THE CURL PAD

For some exercises, the Curl Pad (24) must be attached to the training system. Remove the 1 1/2" Square Inner Cap (32) from the Seat Frame (36). Insert the Curl Post (35) into the Seat Frame, and tighten the Knob (51) into the Seat Frame and the Curl Post.



To remove the Curl Post (35) from the Seat Frame (36), first remove the Knob (51). Lift the Curl Post off the Seat Frame and insert the 1 1/2" Square Inner Cap (32).

WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each exercise station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 10 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm. **The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

WEIGHT PLATES	High Pulley (lbs.)	Arm Press (lbs.)	Butterfly (lbs.)	Leg Raise (lbs.)	Low Pulley (lbs.)
Top	22	22	20	18	15
1	38	42	39	32	31
2	53	62	58	47	47
3	69	82	77	62	62
4	84	102	98	77	78
5	100	122	114	91	94
6	115	142	133	106	110
7	131	162	152	121	125
8	146	182	171	136	141

TROUBLE-SHOOTING AND MAINTENANCE

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

TIGHTENING THE CABLES

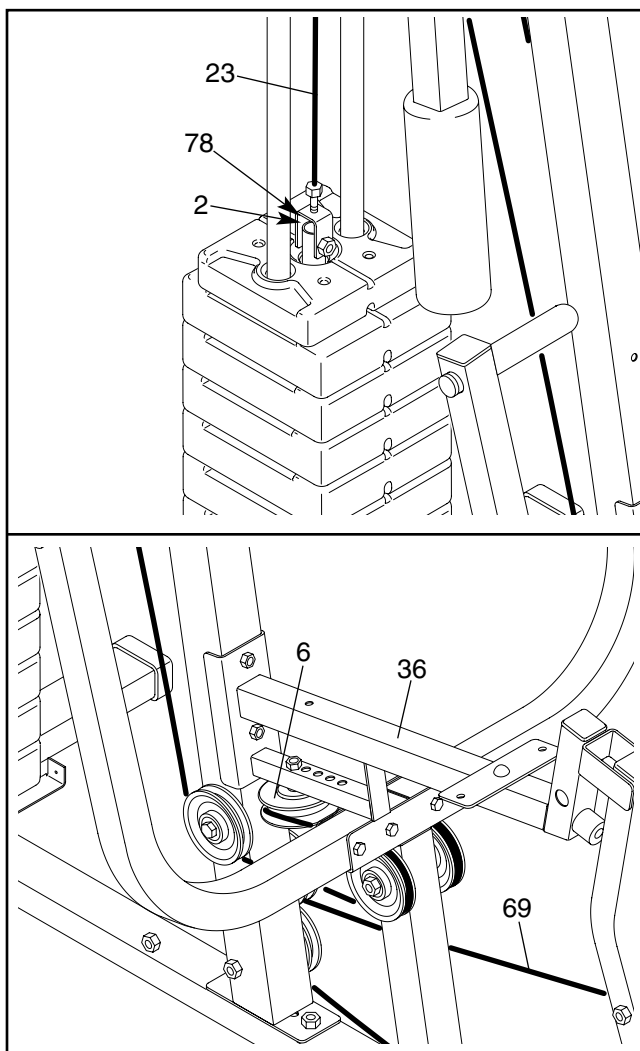
Woven cable, the type of cable used on the training system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Slack can be removed from the cables by tightening the Short Cable (23). To tighten the Short Cable, first loosen the 1/4" Nylon Locknut (2) on the end of the Short Cable. Next, tighten the end of the Short Cable further into the "U" Bracket. Retighten the 1/4" Nylon Locknut against the 1/4" Flat Washer (78).

To remove slack from the Long Cable (69), remove the "V" Pulley (6) and the Cable Trap (not shown) from the Seat Frame (36). Reattach the Pulley and the Cable Trap to a hole further back in the Seat Frame.

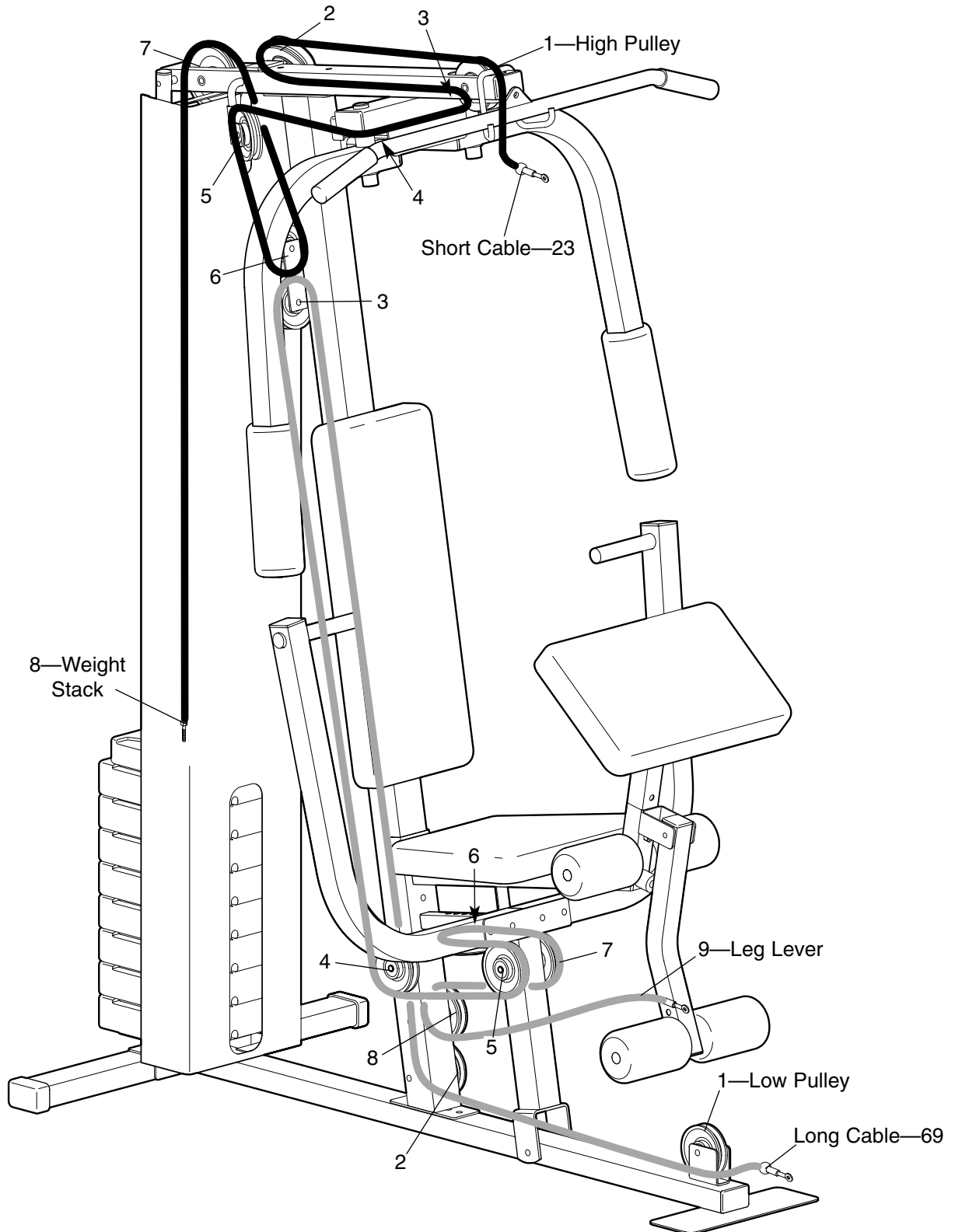
Make sure that the cables are not too tight, or the top weight will be lifted off the weight stack.

If the cables need to be replaced, see the back cover of this manual.



CABLE DIAGRAM

The diagram below shows the proper routing of the Short Cable (23) and the Long Cable (69). Use the diagram to be sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the training system will not function properly and damage may occur. The cable traps should be positioned so that the cables will not come off the pulleys. **Be sure that the cable traps do not touch or bind the cables.**



PART LIST—Model No. WESY19001

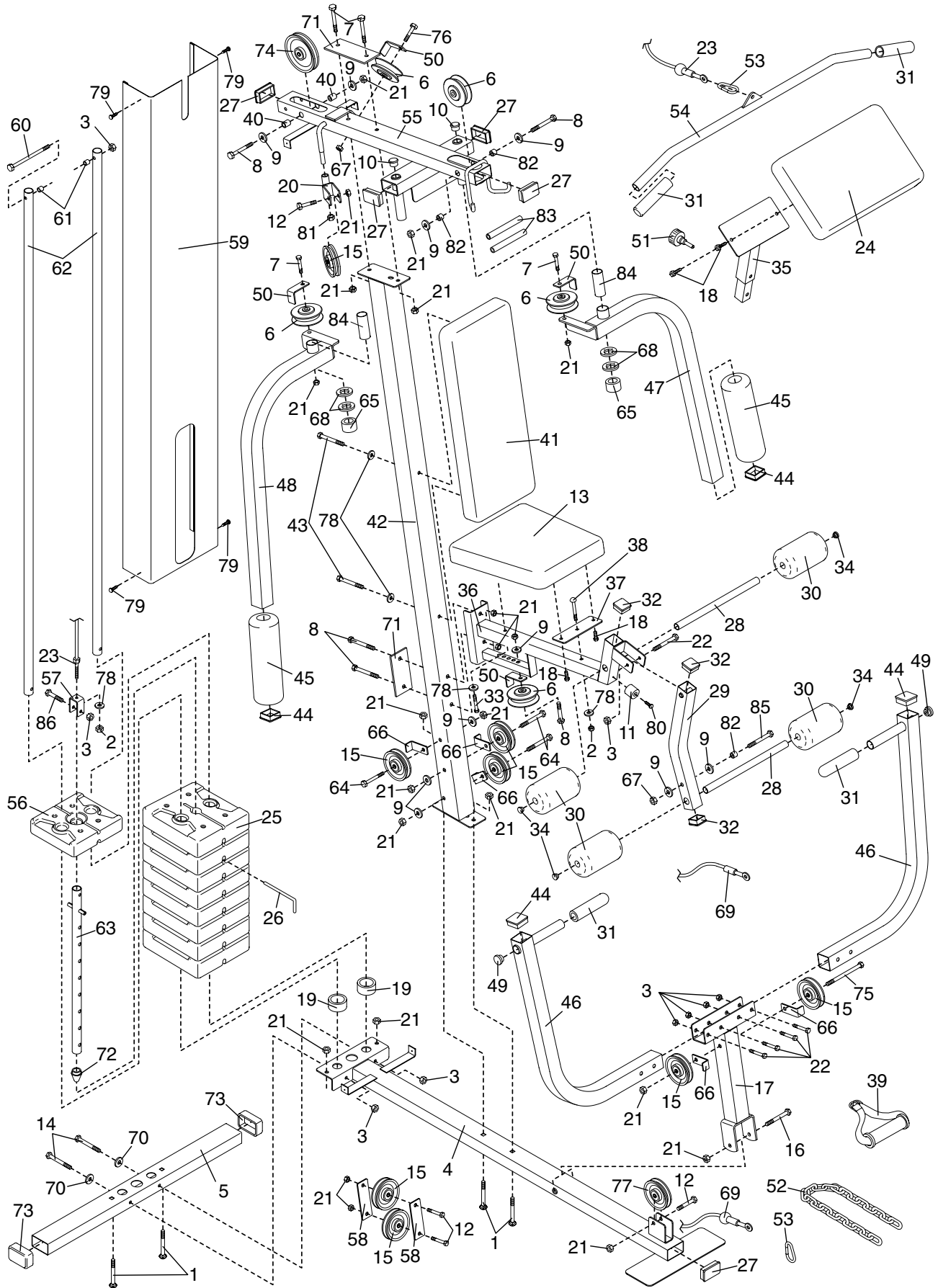
R0201A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	3/8" x 2 1/4" Carriage Bolt	46	2	Press Arm
2	2	1/4" Nylon Locknut	47	1	Left Arm
3	9	5/16" Nylon Locknut	48	1	Right Arm
4	1	Base	49	2	1" Round Inner Cap
5	1	Stabilizer	50	4	Long Cable Trap
6	5	"V"-Pulley	51	1	Knob
7	4	3/8" x 2 1/2" Bolt	52	1	Chain
8	5	3/8" x 3 1/4" Bolt	53	2	Cable Clip
9	10	3/8" Flat Washer	54	1	Lat Bar
10	2	1" Inner Cap	55	1	Top Frame
11	1	Bumper	56	1	Top Weight
12	4	3/8" x 2" Bolt	57	1	"U"-Bracket
13	1	Seat	58	2	Pulley Plate
14	2	5/16" x 3 1/4" Bolt	59	1	Shroud
15	8	3 1/2" Pulley	60	1	5/16" x 6" Bolt
16	1	3/8" x 4" Bolt	61	2	1/2" x 1/2" Spacer
17	1	Press Frame	62	2	Weight Guide
18	4	1/4" x 3/4" Bolt	63	1	Weight Tube
19	2	Weight Bumper	64	3	3/8" x 4 1/4" Bolt
20	1	Pulley Bracket	65	2	1" Round Outer Cap
21	22	3/8" Nylon Locknut	66	5	Cable Trap
22	5	5/16" x 2 1/2" Bolt	67	2	3/8" Nylon Jamnut
23	1	Short Cable	68	4	1" Retainer
24	1	Curl Pad	69	1	Long Cable
25	8	Weight	70	2	5/16" Flat Washer
26	1	Weight Pin	71	2	Back Plate
27	5	1 1/2" x 2 1/2" Inner Cap	72	1	Weight Tube Cap
28	2	Pad Tube	73	2	1 1/2" x 2 1/2" Outer Cap
29	1	Leg Lever	74	1	4 1/2" Pulley
30	4	Foam Pad	75	1	3/8" x 5" Bolt
31	4	Hand Grip	76	1	3/8" x 2 1/4" Bolt
32	3	1 1/2" Square Inner Cap	77	1	Pro-Pulley
33	1	1/4" x 2 1/4" Bolt	78	5	1/4" Flat Washer
34	4	3/4" Round Inner Cap	79	4	#8 x 1/2" Screw
35	1	Curl Post	80	1	#10 x 1" Screw
36	1	Seat Frame	81	1	1/2" Nylon Locknut
37	1	Seat Plate	82	3	5/8" x 1/2" Spacer
38	1	1/4" x 2 1/4" Carriage Bolt	83	2	Lat Bar Holder Sleeve
39	1	Nylon Strap	84	2	1 1/4" x 2 1/2" Plastic Bushing
40	2	5/8" x 3/4" Spacer	85	1	3/8" x 2 3/4" Bolt
41	1	Backrest	86	1	5/16" x 1 3/4" Bolt
42	1	Front Upright	#	1	User's Manual
43	2	1/4" x 3" Bolt	#	1	Exercise Poster
44	4	1 3/4" Square Inner Cap	#	1	Exercise Chart Decal
45	2	Foam Arm Pad			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WESY19001

R0201A



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:

- The MODEL NUMBER of the product (WESY19001)
- The NAME of the product (WEIDER® 245 training system)
- 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 the EXPLODED DRAWING on pages 22 and 23).

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, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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