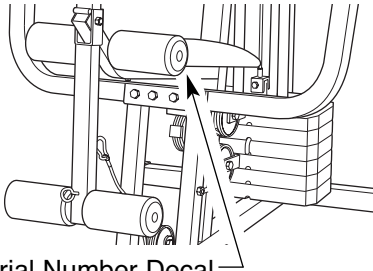


WEIDER® 8525

Model No. WESY19510

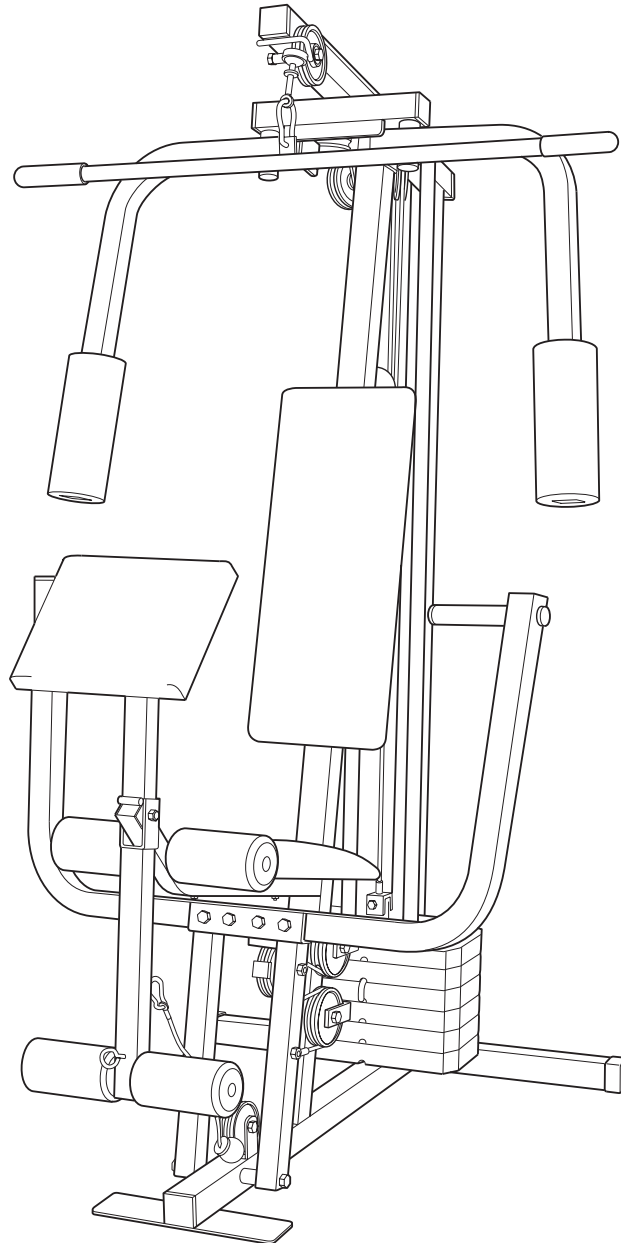
Serial No. _____

(Write the serial number in the space above for reference.)



Serial Number Decal

USER'S MANUAL



QUESTIONS?

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

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

CUSTOMER HOT LINE:

1-800-999-3756

Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

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



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www.weiderfitness.com

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fitness tips, and much more!

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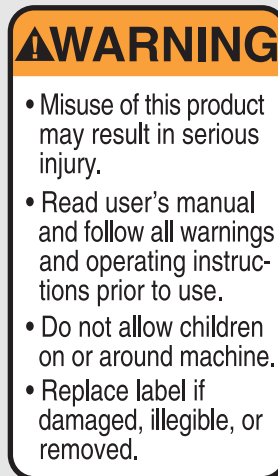
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Note: a PART IDENTIFICATION CHART is attached to the center of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

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 and in the accompanying literature before using the weight system.
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.
9. Always stand on a foot plate when performing an exercise that could cause the weight system to tip.
10. 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.
11. 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.
12. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
14. The decals shown below have been placed on the weight system in the location shown on page 4. If a decal is missing or illegible, call our toll-free Customer Hot Line at 1-800-999-3756 and order a free replacement



Decal 1



Decal 2

decal. Apply the decal in the location shown.

⚠ 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.

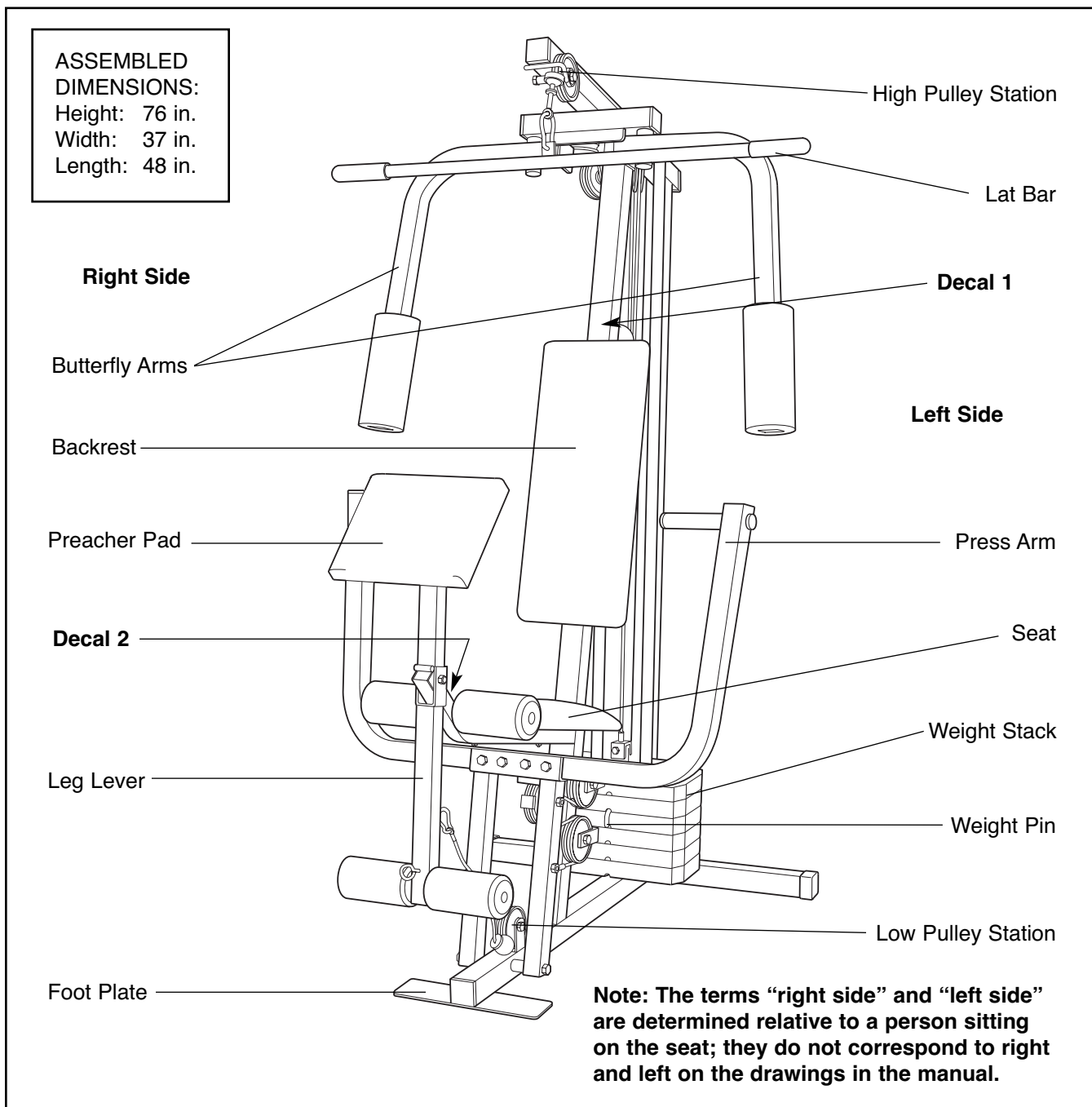
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8525 weight system. The WEIDER® 8525 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® 8525 will help you to achieve the specific results you want.

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 WESY19510. The serial number can be found on a decal attached to the weight system (see the front cover of this owner's manual).

For your benefit, read this manual carefully before using the WEIDER® 8525 weight system. If you have additional questions, please call our Customer Service

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



ASSEMBLY



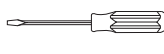
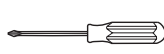
Make Things Easier for Yourself

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 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.

- 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 at the center of this 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.

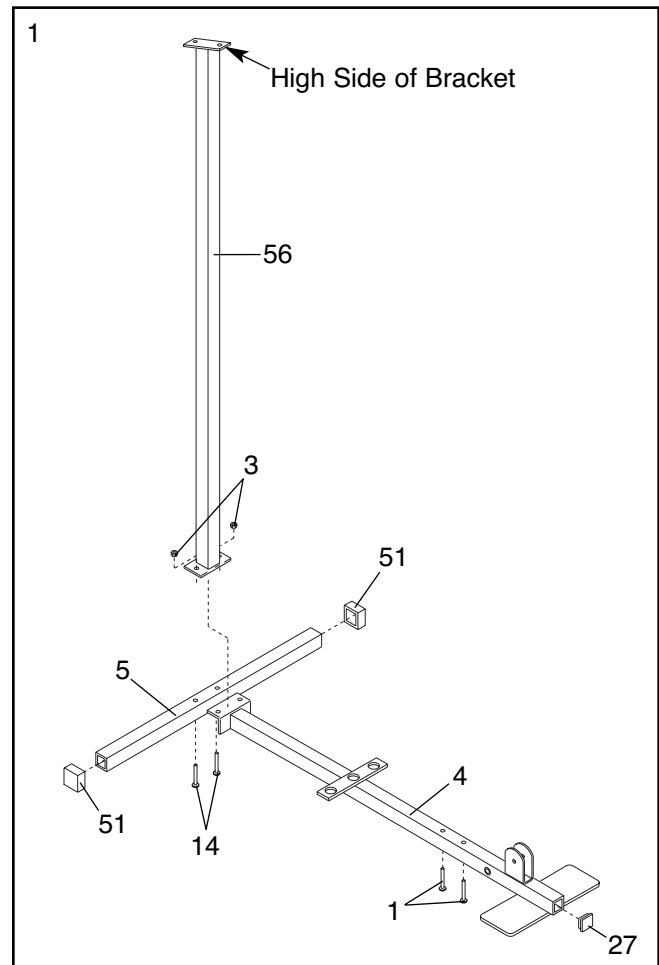
Frame Assembly

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 2" Square Outer Cap (51) onto each end of the Stabilizer (5). Press a 2" Square Inner Cap (27) into the end of the Base (4).

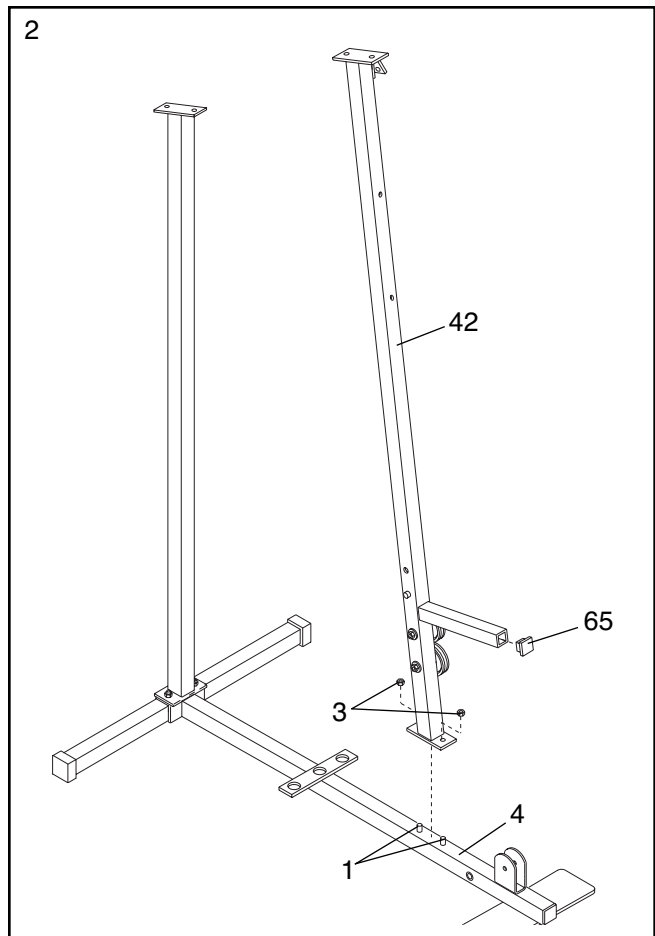
Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabilizer (5). Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

Slide the indicated end of the Base (4) onto the 5/16" x 2 3/4" Carriage Bolts (14) in the Stabilizer (5). Slide the Rear Upright (56) onto the Carriage Bolts. Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **The high side of the bracket on the Rear Upright must be on the side shown. Do not tighten the Nylon Locknuts yet.**



- Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

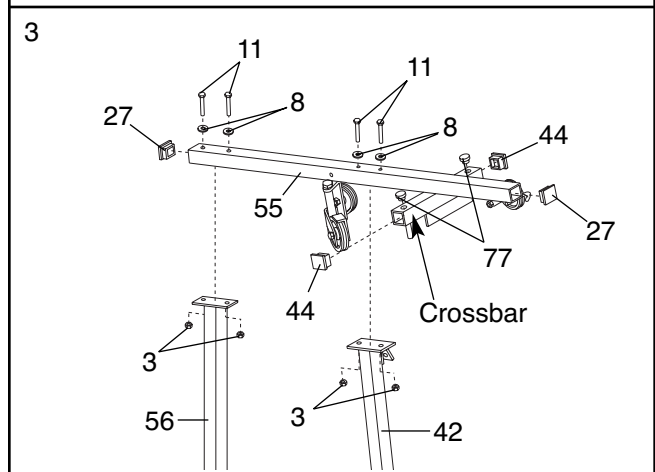
Press a 1" Square Inner Cap (65) into the Front Upright (42).



- Press a 2" Square Inner Cap (27) into each end of the Top Frame (55). Press a 1 3/4" Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two Round Inner Caps (77) into the top of the crossbar.

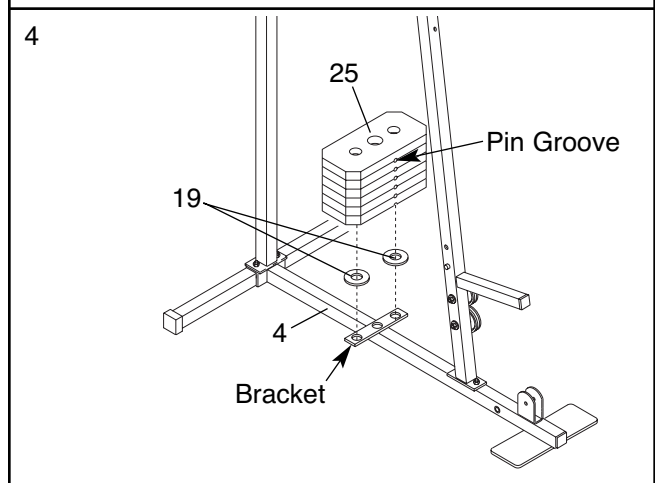
Attach the Top Frame (55) to the Front Upright (42) and the Rear Upright (56) with four 5/16" x 2 3/4" Bolts (11), four 5/16" Flat Washers (8), and four 5/16" Nylon Locknuts (3).

Tighten the Nylon Locknuts used in steps 1–3.



- Set two Weight Bumpers (19) onto the bracket on the Base (4) as shown.

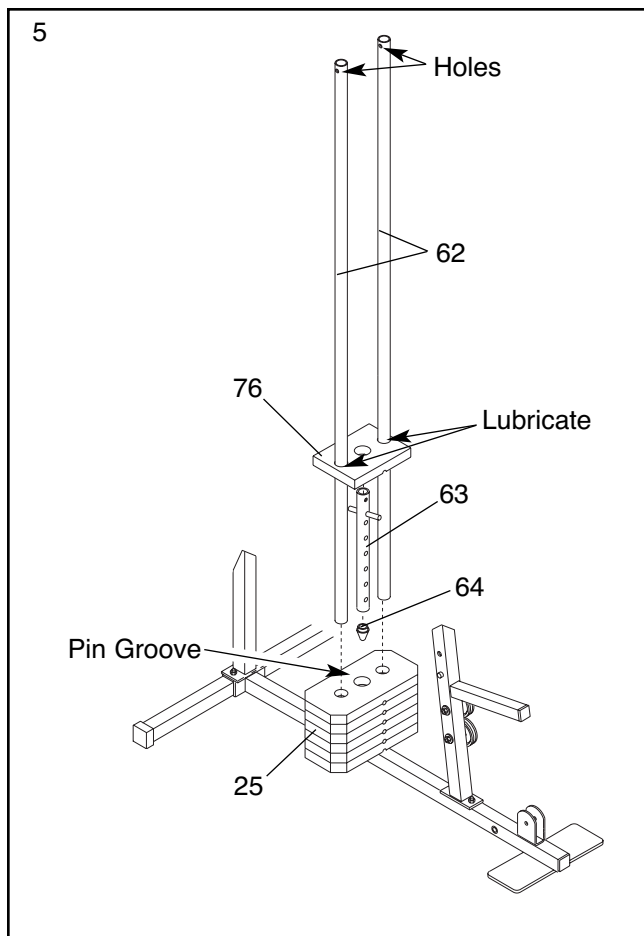
Stack the six Weights (25) on the Weight Bumpers (19). Be sure that all of the Weights are turned so the large pin grooves are on the bottom of the Weights and on the same side of the weight stack. **Be careful not to tip the stack of Weights.**



- Press the Weight Tube Bumper (64) into the end of the Weight Tube (63). Insert the Weight Tube into the stack of Weights (25). Be sure that the pins on the Weight Tube are resting in the pin grooves in the upper Weight.

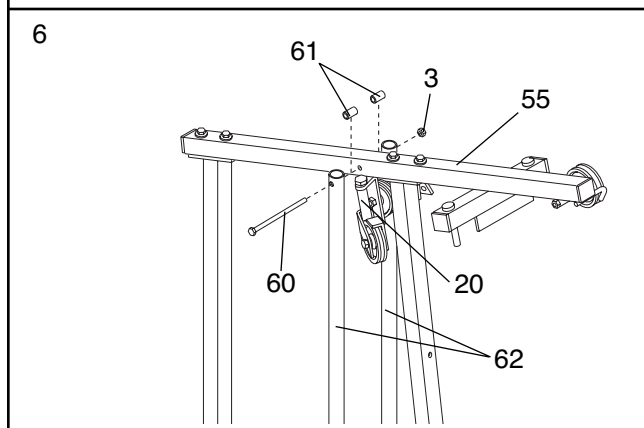
Lubricate the insides of the holes in the Top Weight (76). Set the Top Weight onto the stack of Weights (25).

Insert both Weight Guides (62) into the stack of Weights (25). **Be sure that the holes in the Weight Guides are at the top, as shown.**



- Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with the 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).

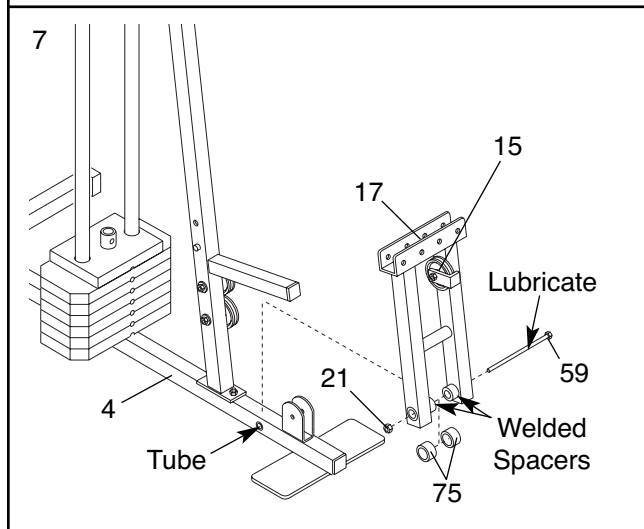
Be sure that the Pulley Bracket (20) is in front of the right Weight Guide (62) as shown.



Arm Assembly

- Press a 1" x 7/8" Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the indicated tube in the Base. Be sure that the 3 1/2" Pulley (15) is on the indicated side.**

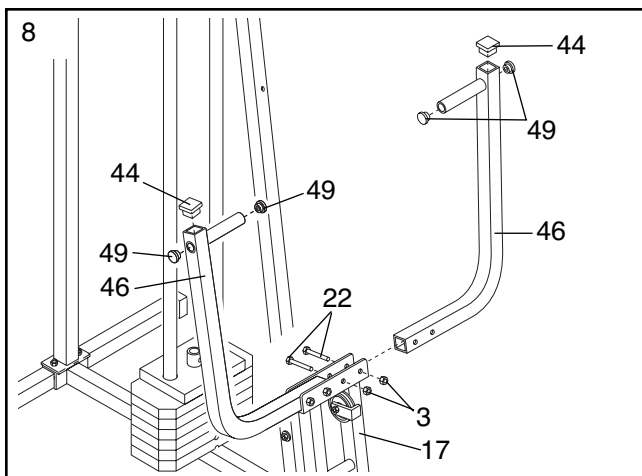
Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the Bolt and a 3/8" Nylon Locknut (21). **Do not overtighten the Locknut; the Press Frame must be able to pivot freely.**



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

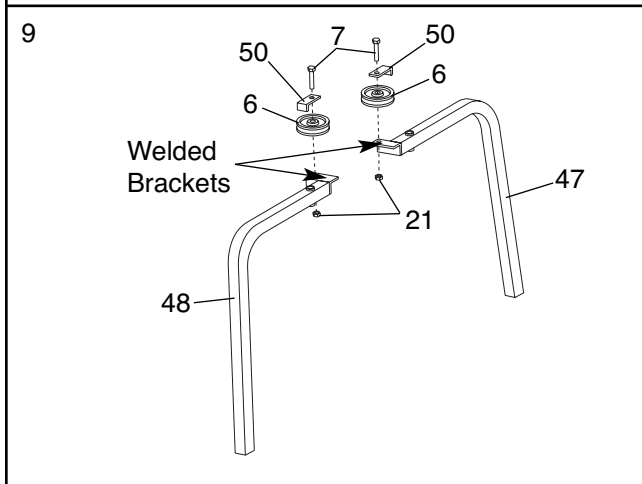
Attach the Press Arm (46) to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

Assemble the other Press Arm (46) in the same manner.



- Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for step 10.**

Note: The "V"-Pulleys (6), Long Cable Traps (50), 3/8" x 2 1/2" Bolts (7), and 3/8" Nylon Locknuts (21) are pre-attached. These have been shown disassembled for easy part identification.



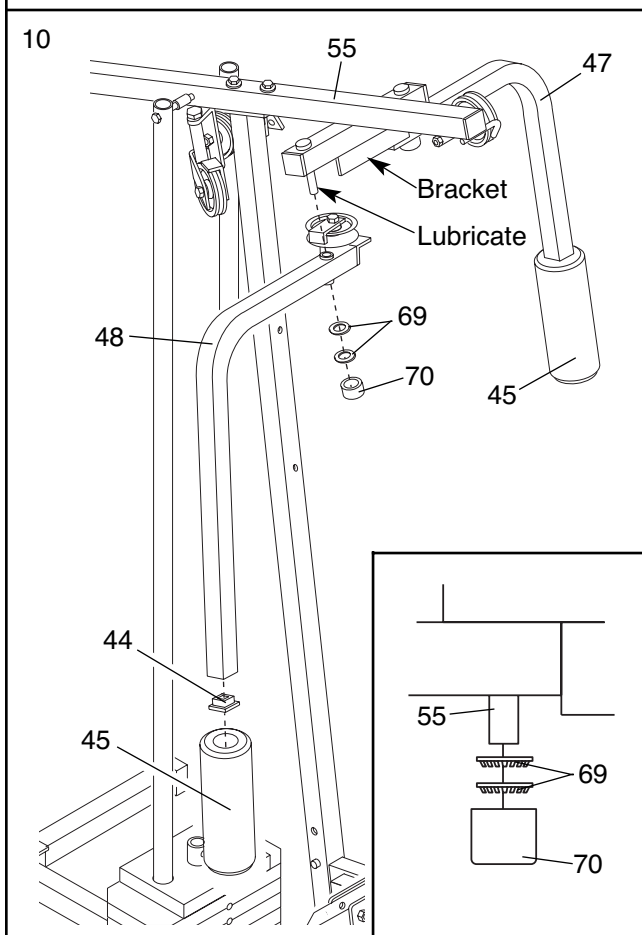
- Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle on the Top Frame (55). **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 9 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame.**

Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the right axle. **Be sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the inset drawing.**

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

Press a 1 3/4" Square Inner Cap (44) into the lower ends of the Right and Left Arms (47, 48). Wet the end of each Arm with soapy water, and slide a 10" Pad (45) onto the Arm.



Cable Assembly

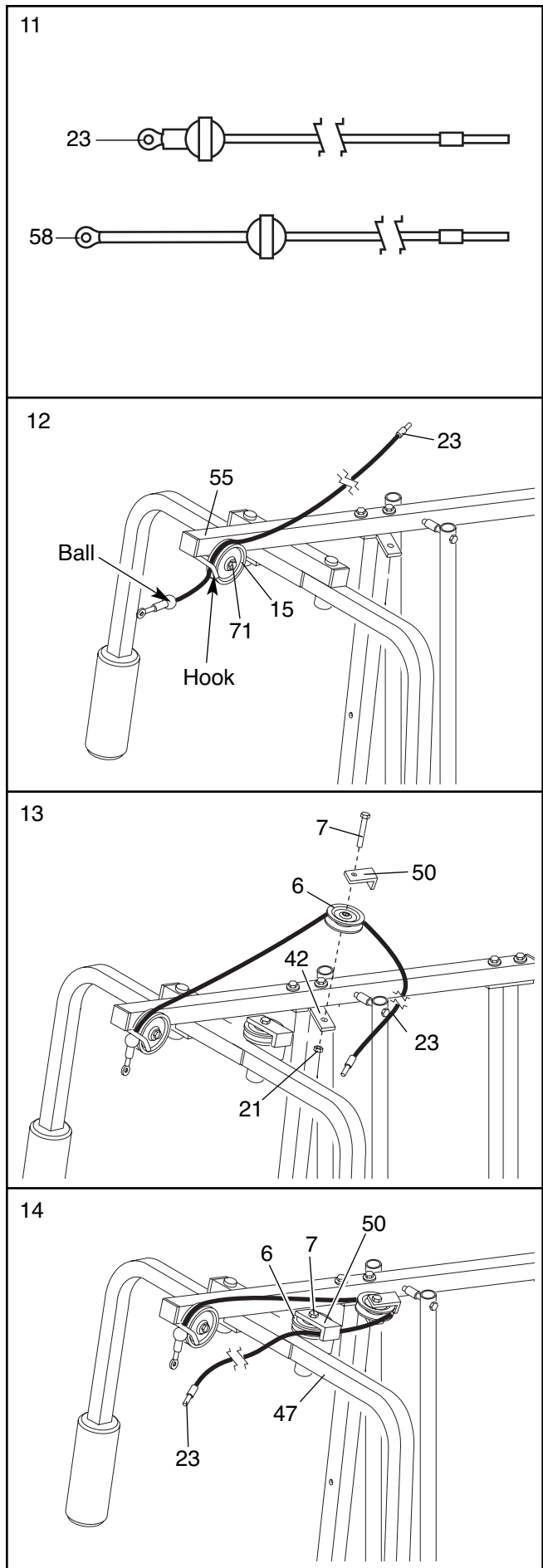
11. During steps 11 through 24, refer to the CABLE DIAGRAM on page 20 of this manual to verify proper cable routing. Before beginning this section, identify the Long Cable (23) and the Short Cable (58) by comparing the lengths of the cables.

IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts securing the pulleys. The pulleys must be able to turn freely.

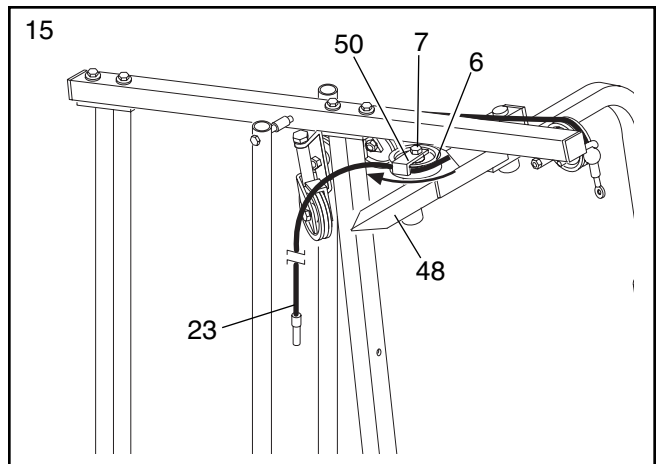
12. **Locate the Long Cable (23).** Route the Long Cable around the indicated 3 1/2" Pulley (15) attached to the Top Frame (55). **Be sure that the Cable is between the Pulley and the hook and that the end of the Cable with the ball is on the indicated side of the hook.** Tighten the 3/8" x 3 3/4" Bolt (71) and the 3/8" Nylon Locknut (not shown).

13. Wrap the Long Cable (23) around a "V"-Pulley (6). Attach the "V"-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**

14. Route the Long Cable (23) around the "V"-Pulley (6) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is positioned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).

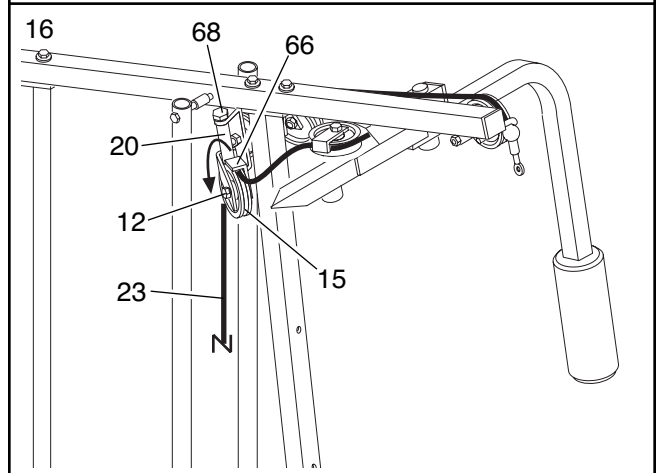


15. Route the Long Cable (23) around the “V”-Pulley (6) on the Right Arm (48). **Be sure that the Cable is in the groove of the “V”-Pulley and that the Long Cable Trap (50) is turned to hold the Cable in place.** Tighten the 3/8” x 2 1/2” Bolt (7) and the 3/8” Nylon Locknut (not shown).



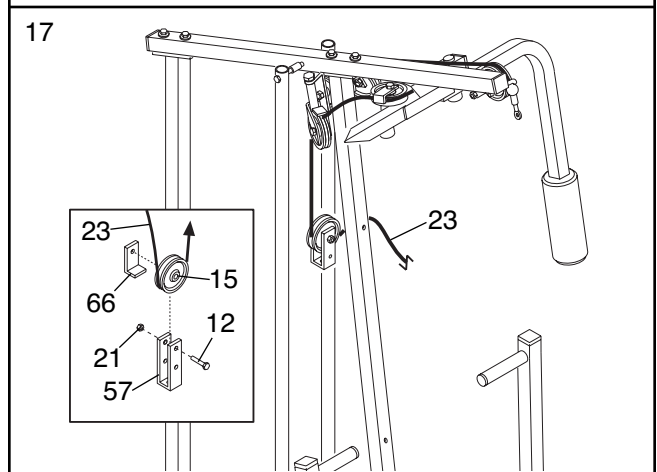
16. Route the Long Cable (23) around the 3 1/2” Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Tighten the 3/8” x 2” Bolt (12) and the 3/8” Nylon Locknut (not shown).

Be sure that the 5/16” x 5” Bolt (68) is properly tightened and that the Pulley Bracket (20) can move freely.



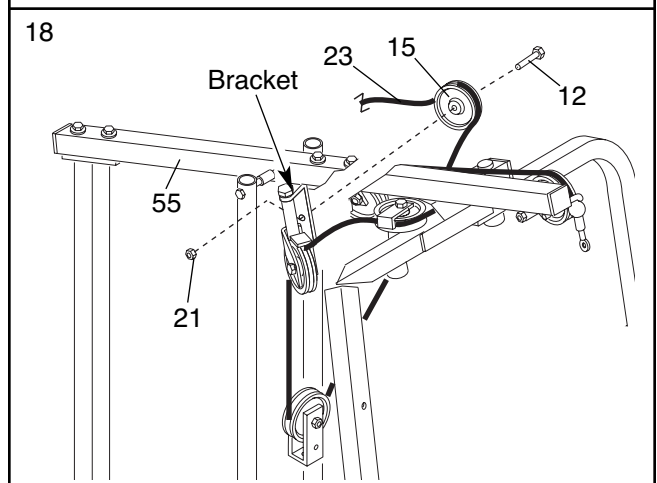
17. See the inset drawing. Attach a 3 1/2” Pulley (15) and a Cable Trap (66) to the indicated hole in the Long “U”-Bracket (57) with a 3/8” x 2” Bolt (12) and a 3/8” Nylon Locknut (21). **Be sure that the Cable Trap is inside the “U”-Bracket. Note: This may come pre-assembled.**

Route the Long Cable (23) between the 3 1/2” Pulley (15) and the Cable Trap (66). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

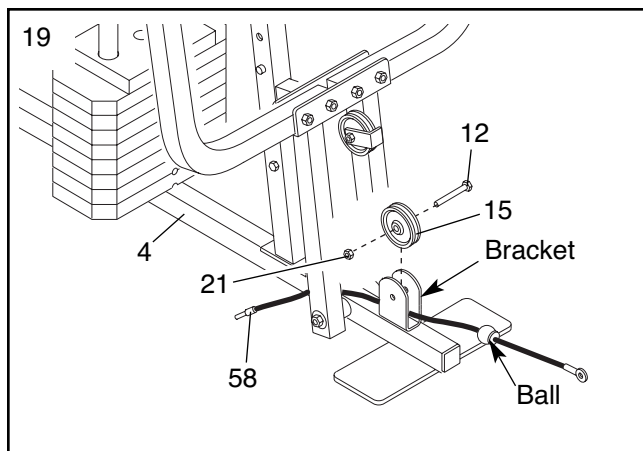


18. **Note: The 3 1/2” Pulley (15) in this drawing is pre-assembled. It is shown disassembled for easy part identification.**

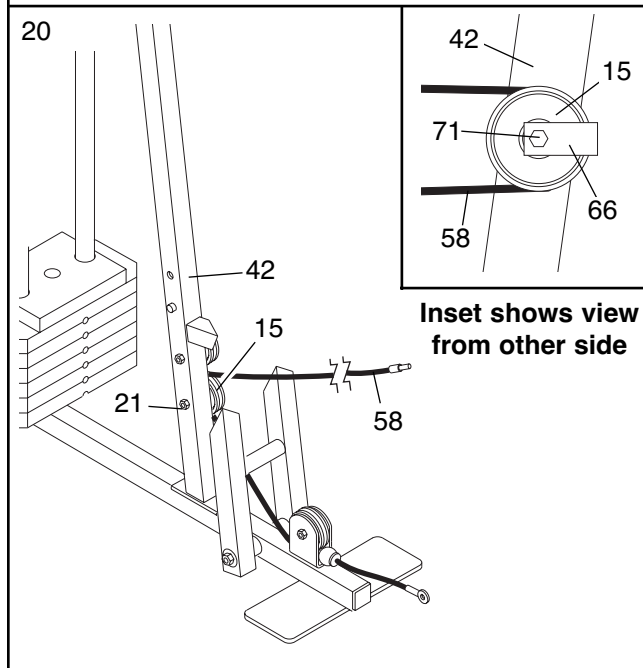
Route the Long Cable (23) around the 3 1/2” Pulley (15) attached to the bracket on the Top Frame (55). Tighten the 3/8” x 2” Bolt (12) and the 3/8” Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



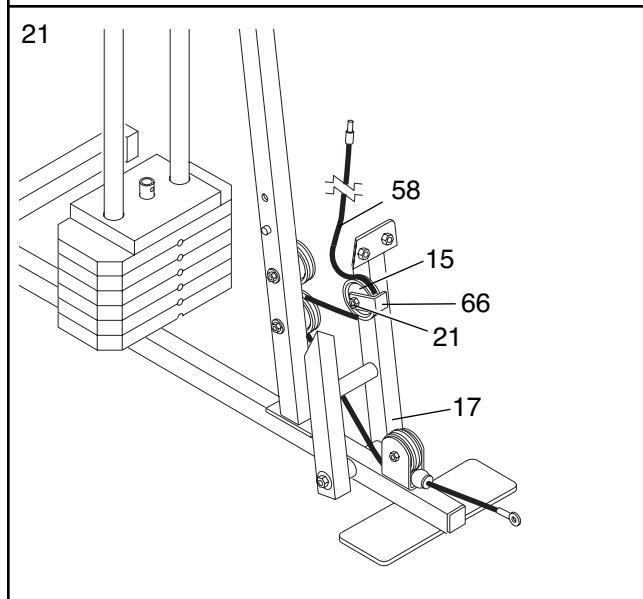
19. **Locate the Short Cable (58).** Lay the Short Cable in the bracket on the Base (4). Attach the 3 1/2" Pulley (15) to the bracket with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the end of the Cable with the ball is on the indicated side of the bracket.**



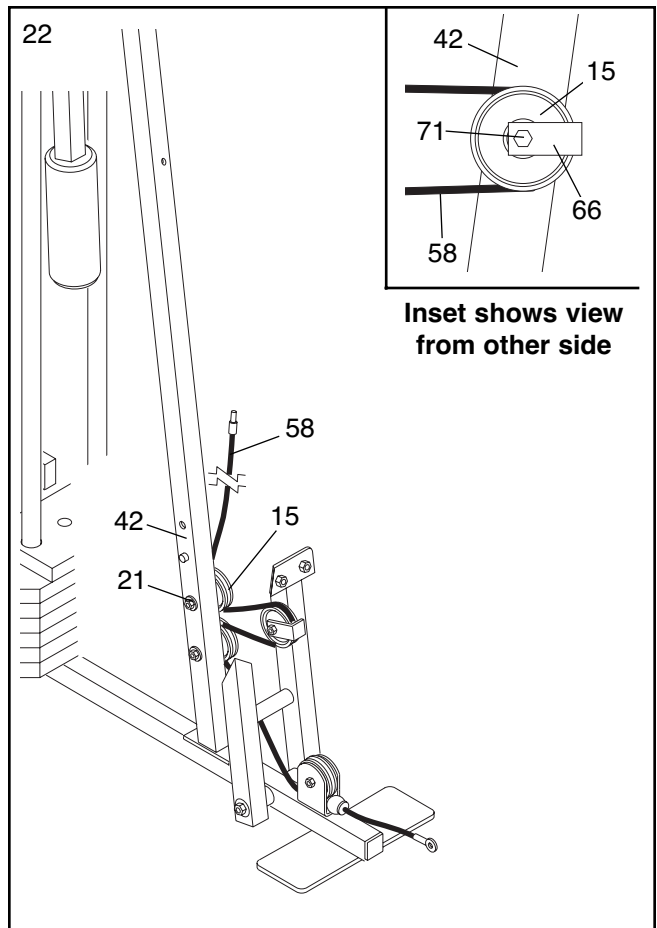
20. Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the lower hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).



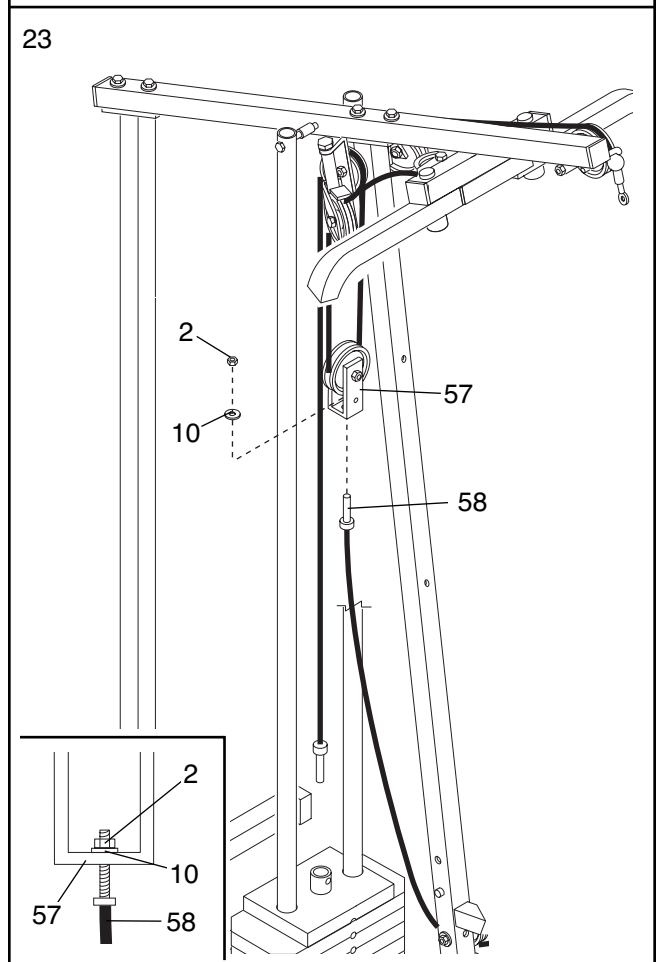
21. Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the Press Frame (17). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 1/2" Bolt (not shown).



22. Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the upper hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).

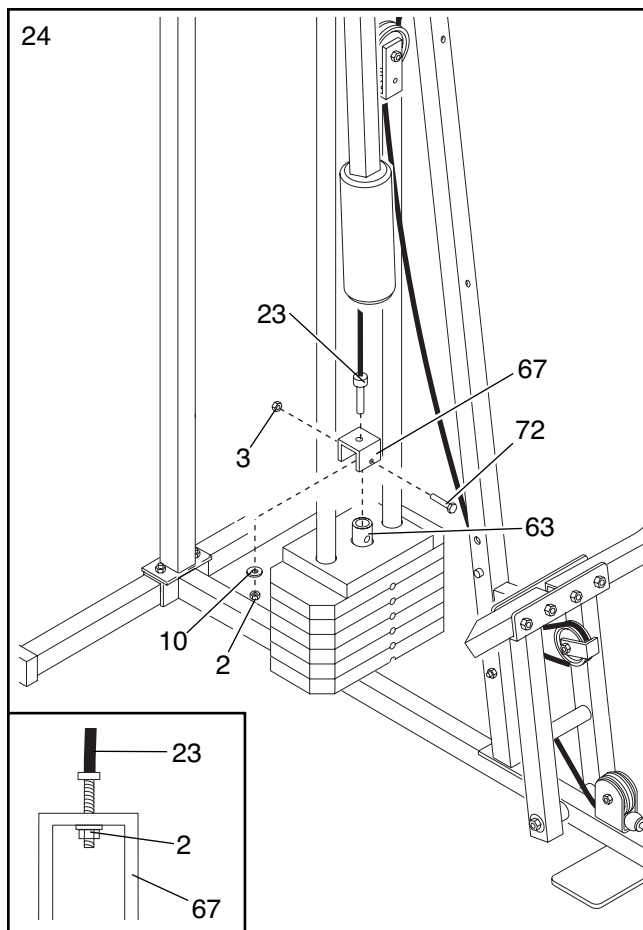


23. Attach the end of the Short Cable (58) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **See the inset drawing. Do not overtighten the Nylon Locknut; it should be threaded onto the end of the Cable so only a couple of threads are showing above the nut.**



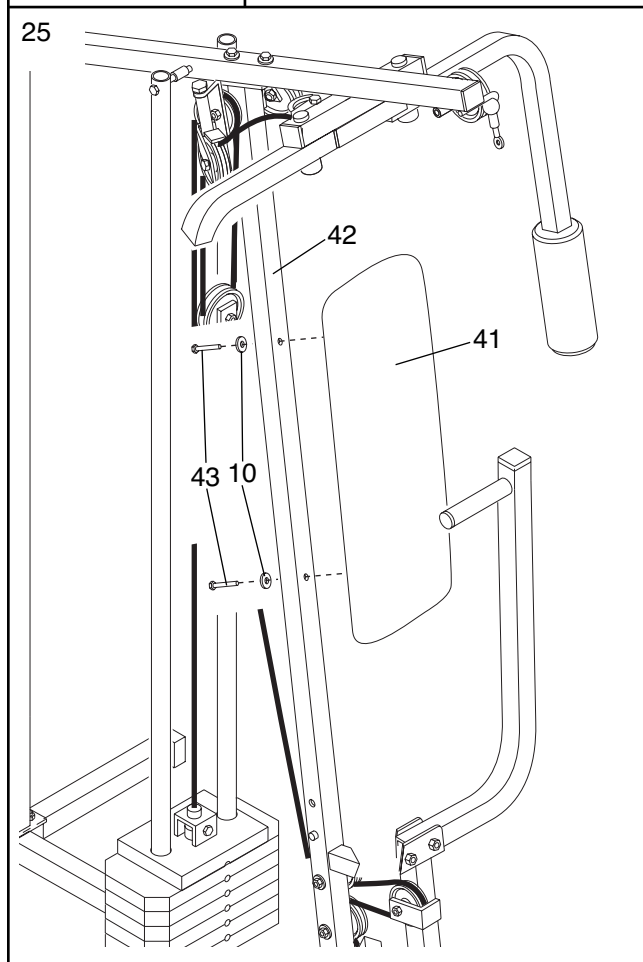
24. Attach the Long Cable (23) to the Small “U”-Bracket (67) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10). **See the inset drawing. Do not overtighten the Nylon Locknut; it should be threaded onto the end of the Cable only a couple of turns, as shown.**

Attach the Small “U”-Bracket (67) to the Weight Tube (63) with the 5/16” x 1 3/4” Bolt (72) and a 5/16” Nylon Locknut (3).



Seat Assembly

25. Attach the Backrest (41) to the Front Upright (42) with two 1/4” x 2 1/2” Screws (43) and two 1/4” Flat Washers (10).



26. Press a 1 1/2" Square Inner Cap (32) into the Seat Frame (36).

Insert the 1/4" x 2" Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (18).

Insert the 1/4" x 2" Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt.

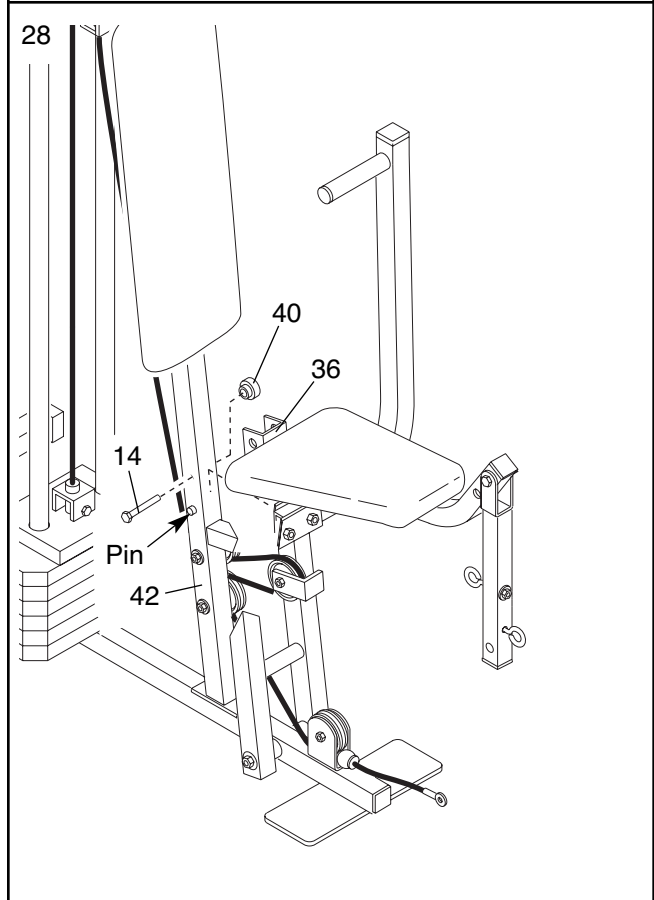
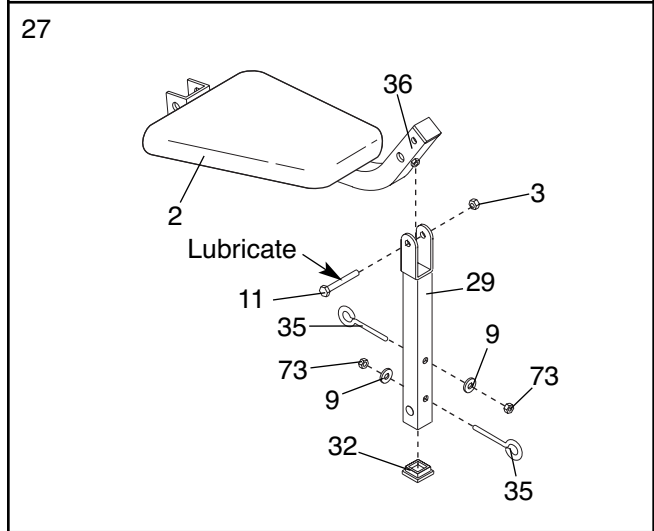
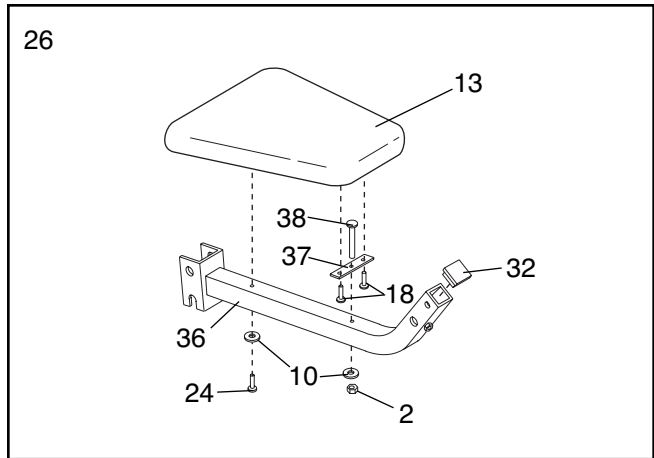
Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Flat Washer (10) and the 1/4" x 2" Screw (24).

27. Press a 1 1/2" Square Inner Cap (32) into the Leg Lever (29).

Lubricate the 5/16" x 2 3/4" Bolt (11). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3). **Do not over-tighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

Insert two 3/8" x 2" Eyebolts (35) into the Leg Lever (29) from the directions shown. Tighten a 3/8" Nylon Locknut (73) and a 3/8" Flat Washer (9) onto each Eyebolt.

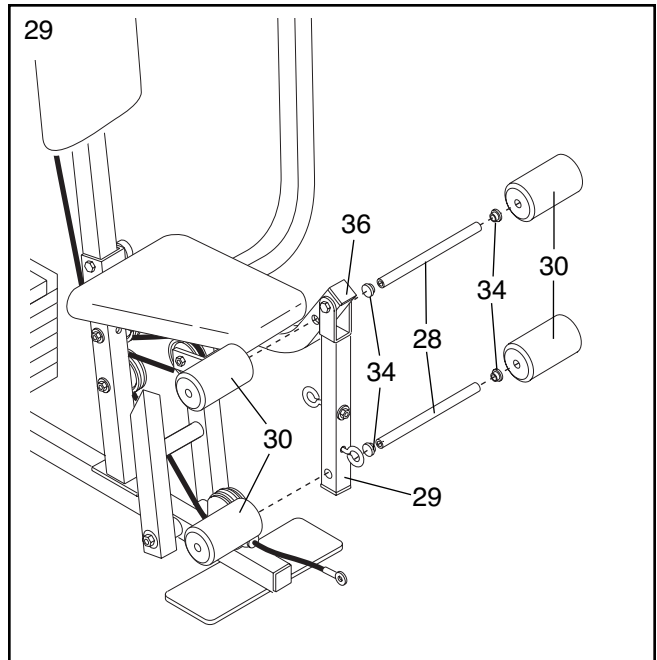
28. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).



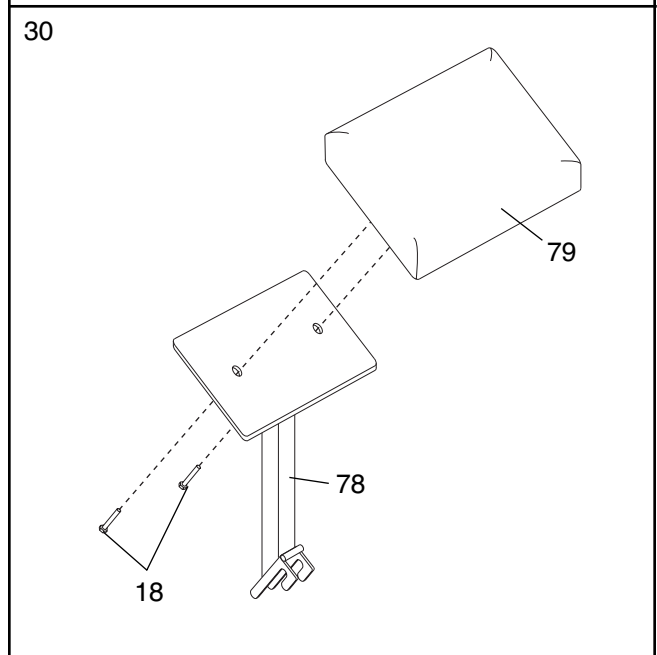
29. Press a 3/4" Round Inner Cap (34) into each end of both 12 1/2" Pad Tubes (28).

Insert one 12 1/2" Pad Tube (28) into the Seat Frame (36). Slide a 5 1/2" Pad (30) onto each end of the Pad Tube.

Insert the other 12 1/2" Pad Tube (28) into the Leg Lever (29). Slide a 5 1/2" Pad (30) onto each end of the Pad Tube.



30. Attach the Preacher Pad (79) to the Preacher Post (78) with two 1/4" x 3/4" Screws (18).



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

Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 20 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 19.**

ADJUSTMENTS

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up 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 81.5 pounds, in increments of 12.5 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 18 to find the actual amount of resistance at each weight station.**

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

Attach the Lat Bar (54) to the Long Cable (23) or Short Cable (58) 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.

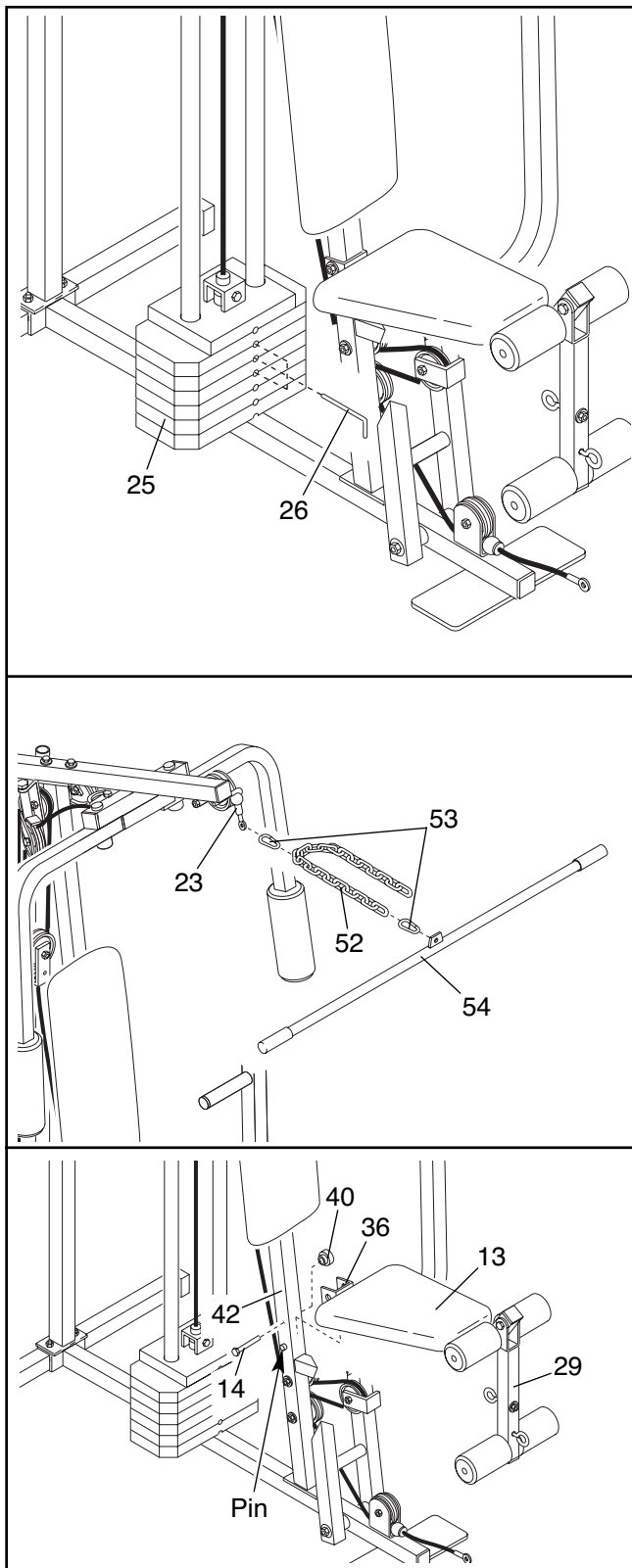
Note: The seat frame must be removed from the front upright before the Short Cable (not shown) is used. (See ATTACHING AND REMOVING THE SEAT, below.)

The Nylon Strap (39) (not shown) can be attached in the same manner.

ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) onto the indicated pin on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

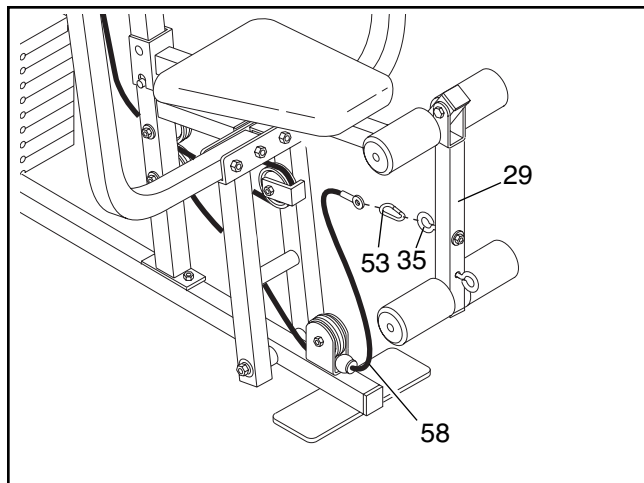
For some exercises, the Seat (13) must be removed. First, be sure that the Chain (not shown) is not attached to the Leg Lever (29). Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off of the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

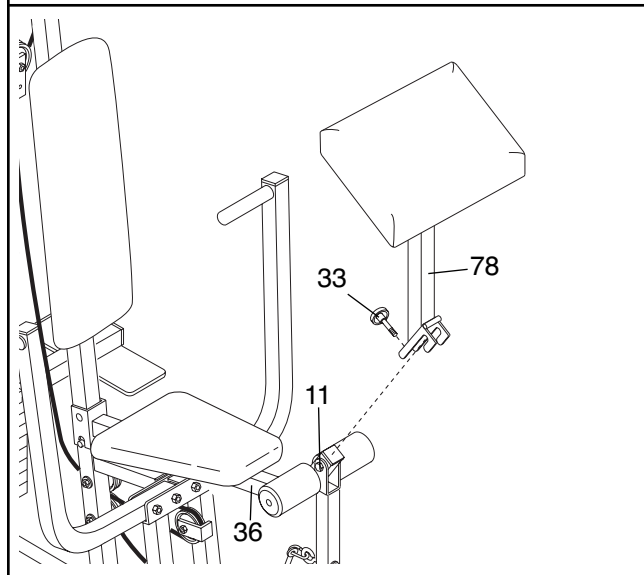
To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT, on page 16).

Attach the Short Cable (58) to the indicated 3/8" x 2" Eyebolt (35) with a Cable Clip (53).



ATTACHING THE PREACHER PAD TO THE SEAT FRAME

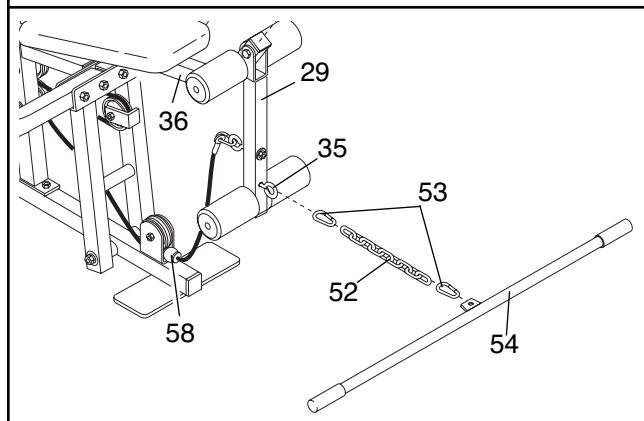
Set the hooks on the bottom of the Preacher Post (78) around the 5/16" x 2 3/4" Bolt (11) in the Seat Frame (36). Secure the Preacher Post to the Seat Frame with the Preacher Knob (33).



ATTACHING THE LAT BAR TO THE LEG LEVER

To use the Lat Bar (54) to do curl exercises, attach the Leg Lever (29) to the the the Short Cable (58), and the Preacher Pad (not shown) to the Seat Frame (36) (see ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION and ATTACHING THE PREACHER PAD TO THE SEAT FRAME, above).

Attach one end of a Chain (52) to the Lat Bar (54) with a Cable Clip (53). Attach the other end of the Chain to the indicated 3/8" x 2" Eyebolt (35) on the Leg Lever (29) with a Cable Clip.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)
Top	20	10	15	14	24
1	45	22	36	28	54
2	70	33	54	44	82
3	99	42	75	60	115
4	128	48	96	72	147
5	153	60	115	90	175
6	184	69	137	103	209

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.

TROUBLE-SHOOTING AND MAINTENANCE

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

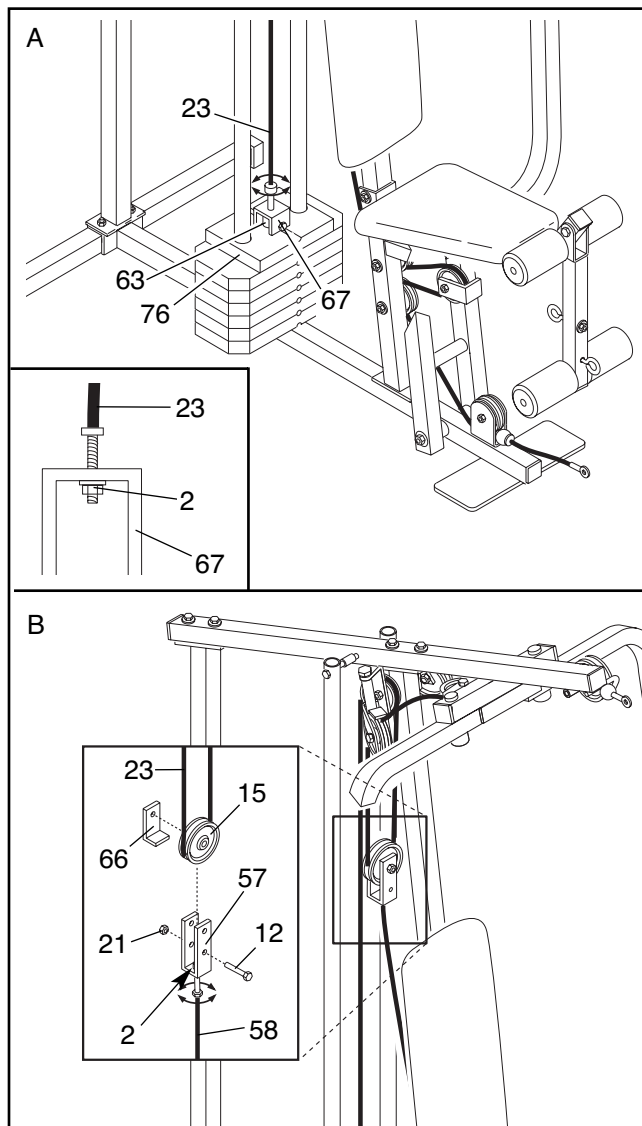
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Slack can be removed from the cables by tightening the 1/4" Nylon Locknuts (2) at the end of the Long Cable (23) (see A, inset drawing) and at the end of the Short Cable (58) (see B, inset drawing). To do this you may need to remove the Small "U"-Bracket (67) from the Weight Tube (63) or remove the 3 1/2" Pulley (15) from the Long "U"-Bracket (57). Make sure that the cables are not too tight, or the Top Weight (76) will be lifted off the weight stack.

Additional slack can be removed by moving the 3 1/2" Pulley (15) to the lower hole in the Long "U"-Bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Cable Trap (66), Pulley, and "U"-Bracket. Re-attach the Pulley and Cable Trap. Be sure that the Cable Trap is positioned to hold the Cable in place, and that the Cable and Pulley move smoothly.

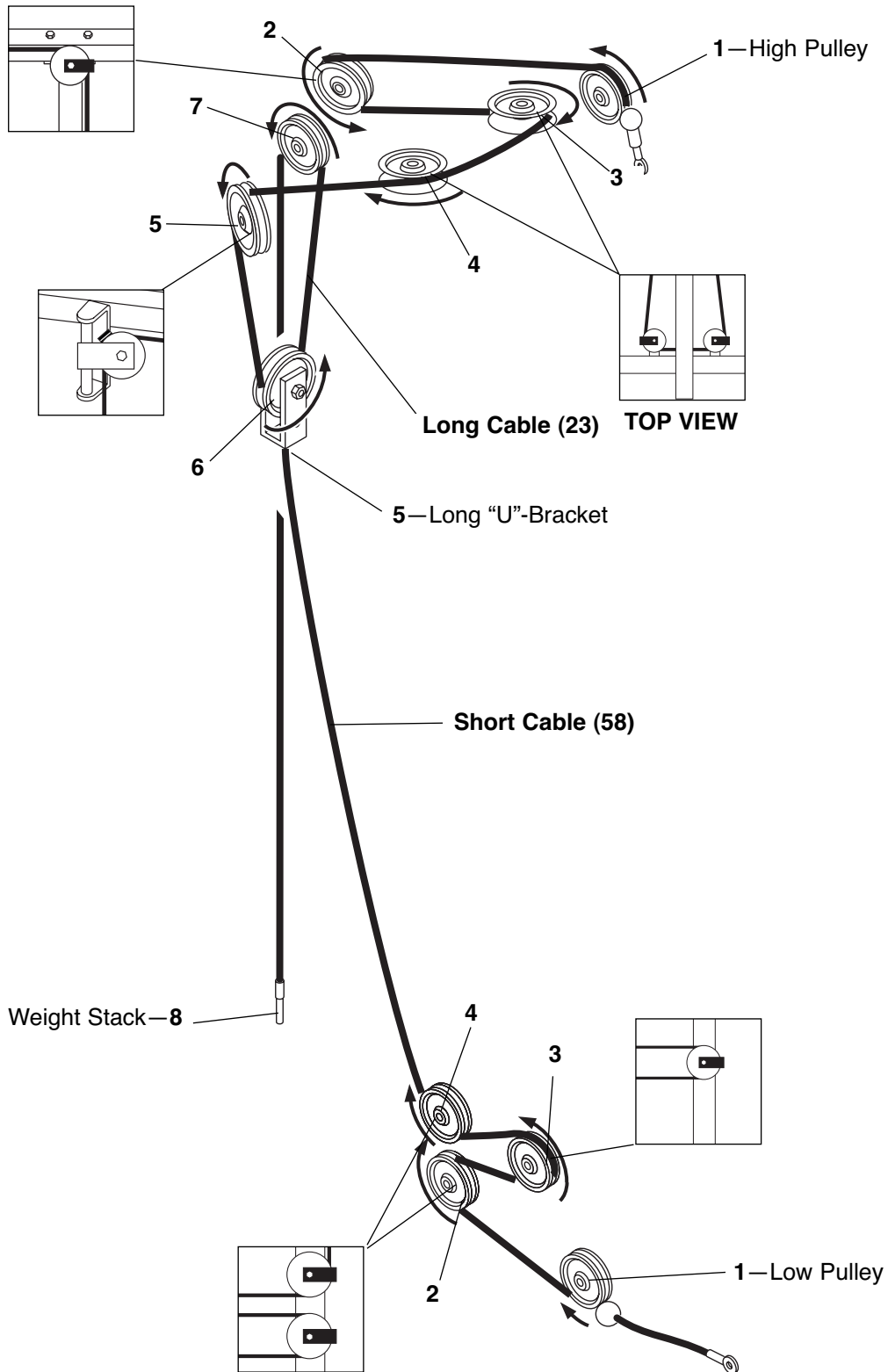
Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (58) and the Long Cable (23). Use the diagram to be sure that the two cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. The starting and ending points of each cable are labeled. **Be sure that the cable traps do not touch or bind the cables.**



NOTES

PART LIST—Model No. WESY19510

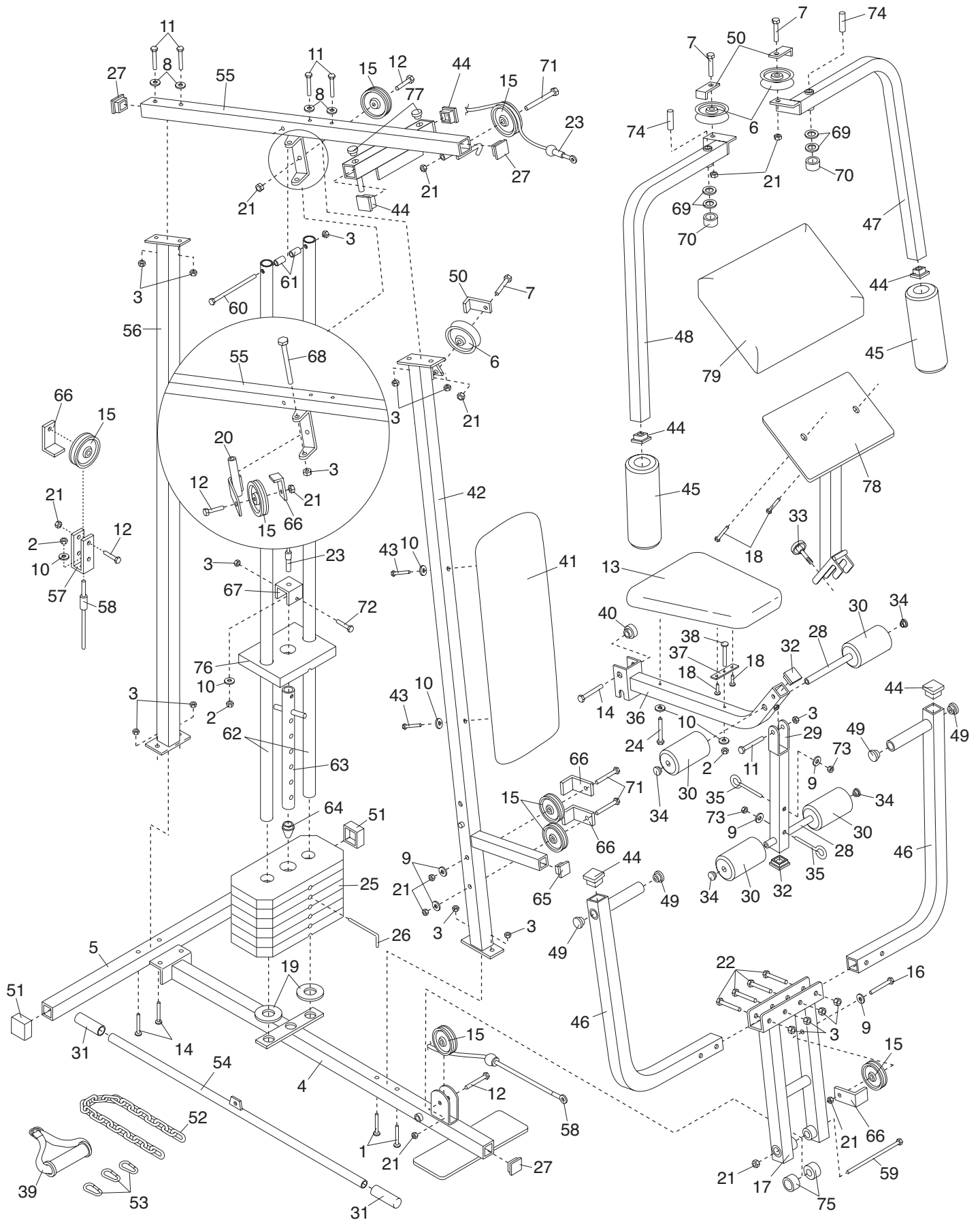
R1101A

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

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

EXPLODED DRAWING—Model No. WESY19510

R1101A



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 (WESY19510).
2. The NAME of the product (WEIDER® 8525 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 on page 22 of this manual).

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center or for products used for commercial or rental purposes. 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.

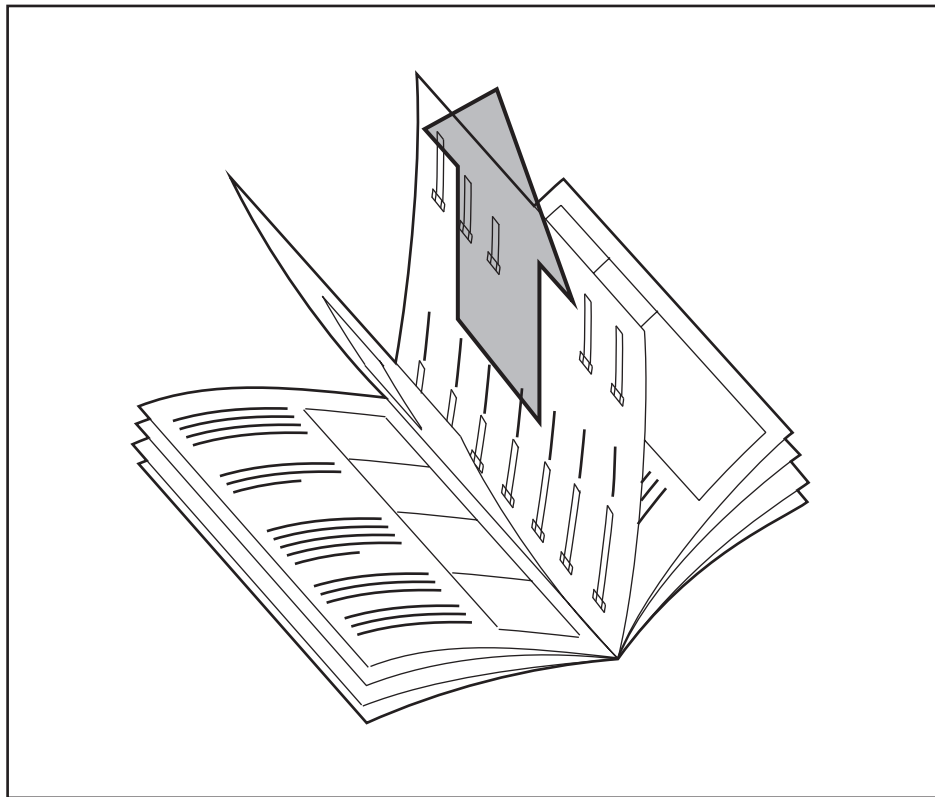
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts.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

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

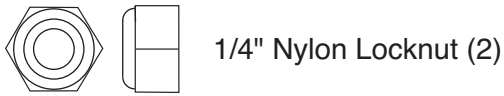
REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

This chart is provided to help you identify the small parts used in assembly. **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.**

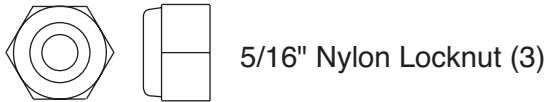


Please Note: The assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, and 4) seat assembly. The hardware for each stage is packaged separately. Wait until you begin each assembly stage to open that parts bag.

PART IDENTIFICATION CHART—Model No. WESY19510 R1101A



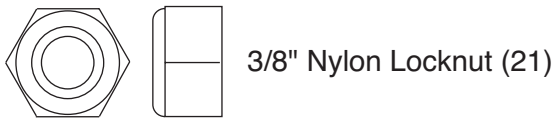
1/4" Nylon Locknut (2)



5/16" Nylon Locknut (3)



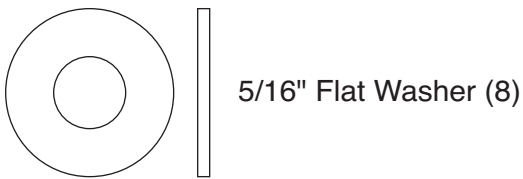
3/8" Nylon Jamnut (73)



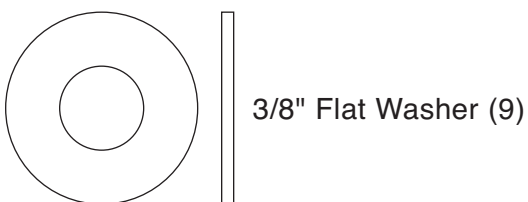
3/8" Nylon Locknut (21)



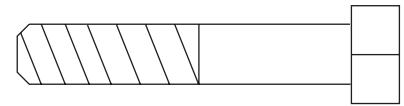
1/4" Flat Washer (10)



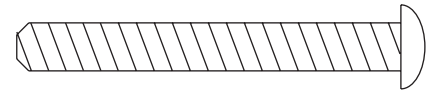
5/16" Flat Washer (8)



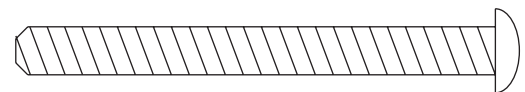
3/8" Flat Washer (9)



5/16" x 1 3/4" Bolt (72)



1/4" x 2" Screw (24)



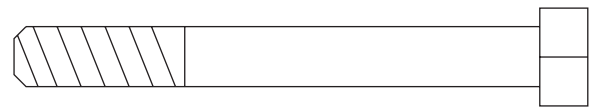
1/4" x 2 1/2" Screw (43)



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



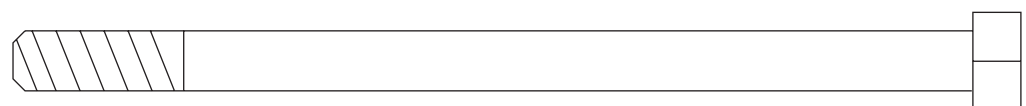
5/16" x 2 1/2" Carriage Bolt (1)



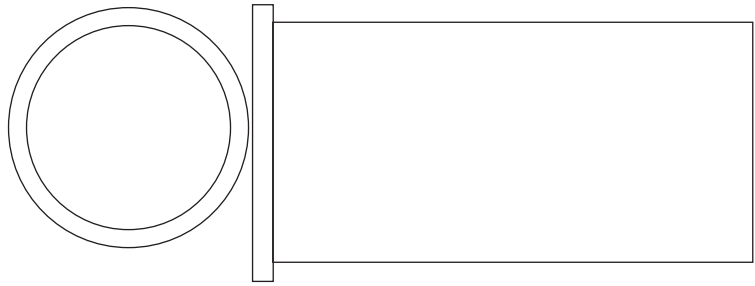
5/16" x 2 3/4" Bolt (11)



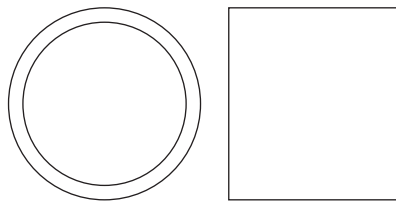
5/16" x 2 3/4" Carriage Bolt (14)



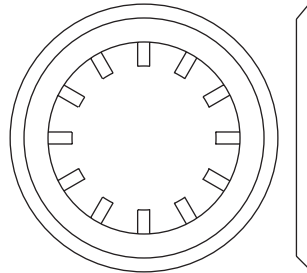
5/16" x 5" Bolt (68)



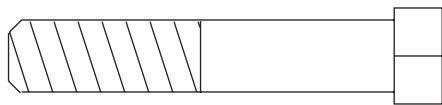
1 1/8" x 2 1/2" Plastic Bushing (74)



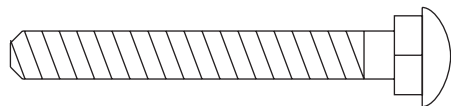
1" x 7/8" Plastic Bushing (75)



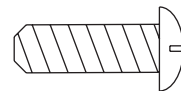
1" Retainer (69)



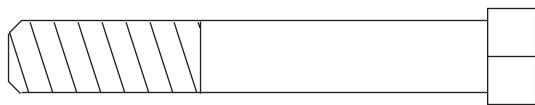
3/8" x 2" Bolt (12)



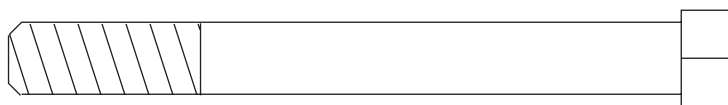
1/4" x 2" Carriage Bolt (38)



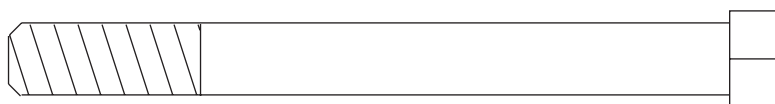
1/4" x 3/4" Screw (18)



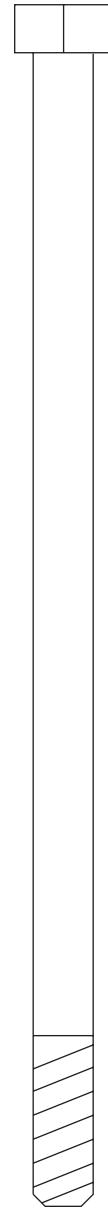
3/8" x 2 1/2" Bolt (7)



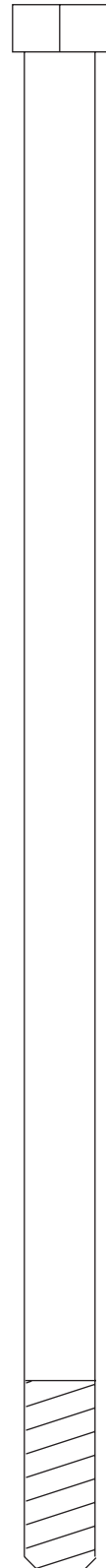
3/8" x 3 1/2" Bolt (16)



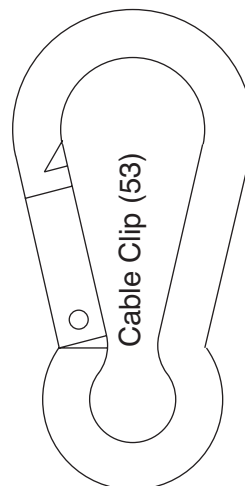
3/8" x 3 3/4" Bolt (71)



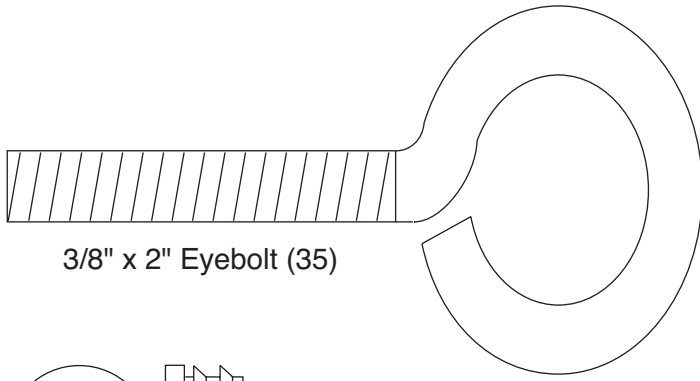
5/16" x 6" Bolt (60)



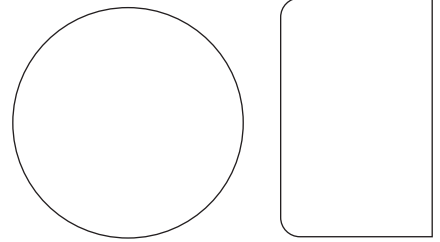
3/8" x 8" Bolt (59)



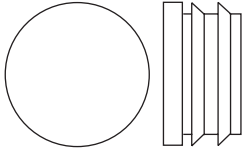
Cable Clip (53)



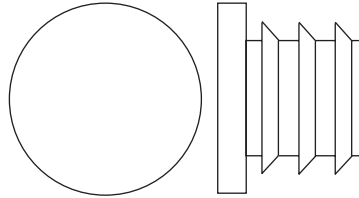
3/8" x 2" Eyebolt (35)



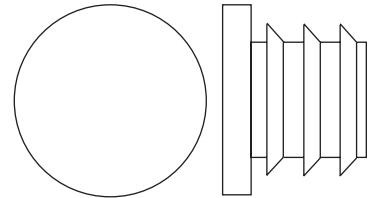
1" Round Cover Cap (70)



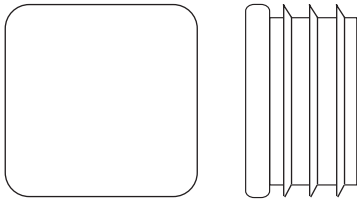
3/4" Round Inner Cap (34)



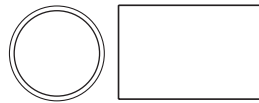
Round Inner Cap (77)



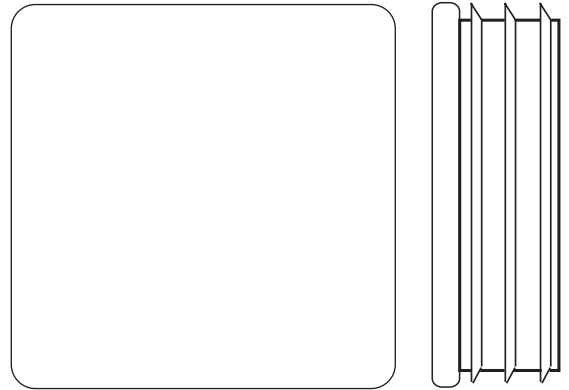
1" Round Inner Cap (49)



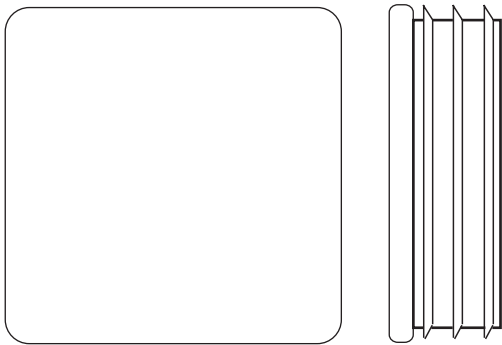
1" Square Inner Cap (65)



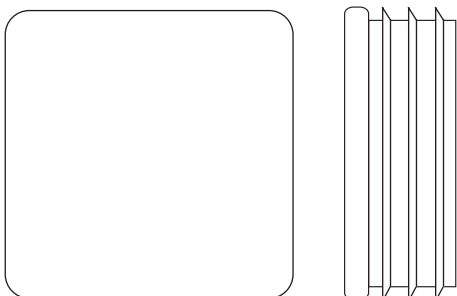
1/2" x 3/4" Spacer (61)



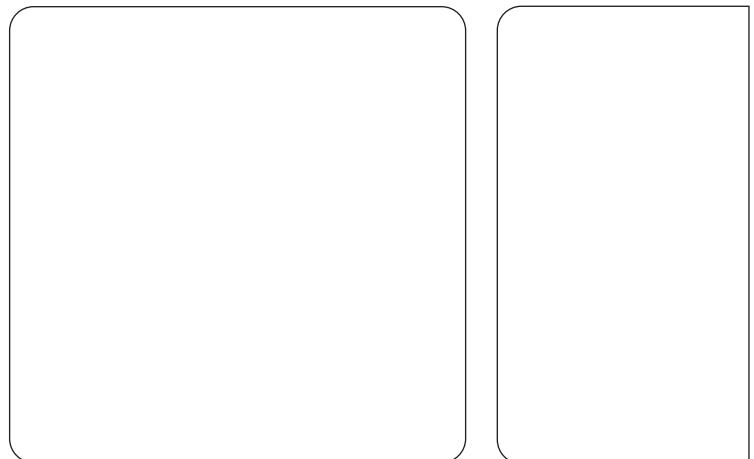
2" Square Inner Cap (27)



1 3/4" Square Inner Cap (44)



1 1/2" Square Inner Cap (32)



2" Square Outer Cap (51)