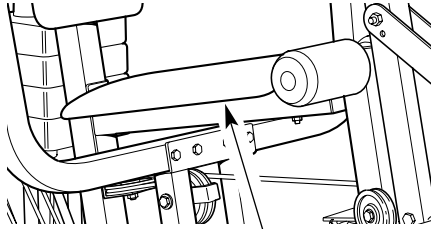


# WEIDER<sup>®</sup> 265

Model No. WESY19610

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal

## USER'S MANUAL

### QUESTIONS?

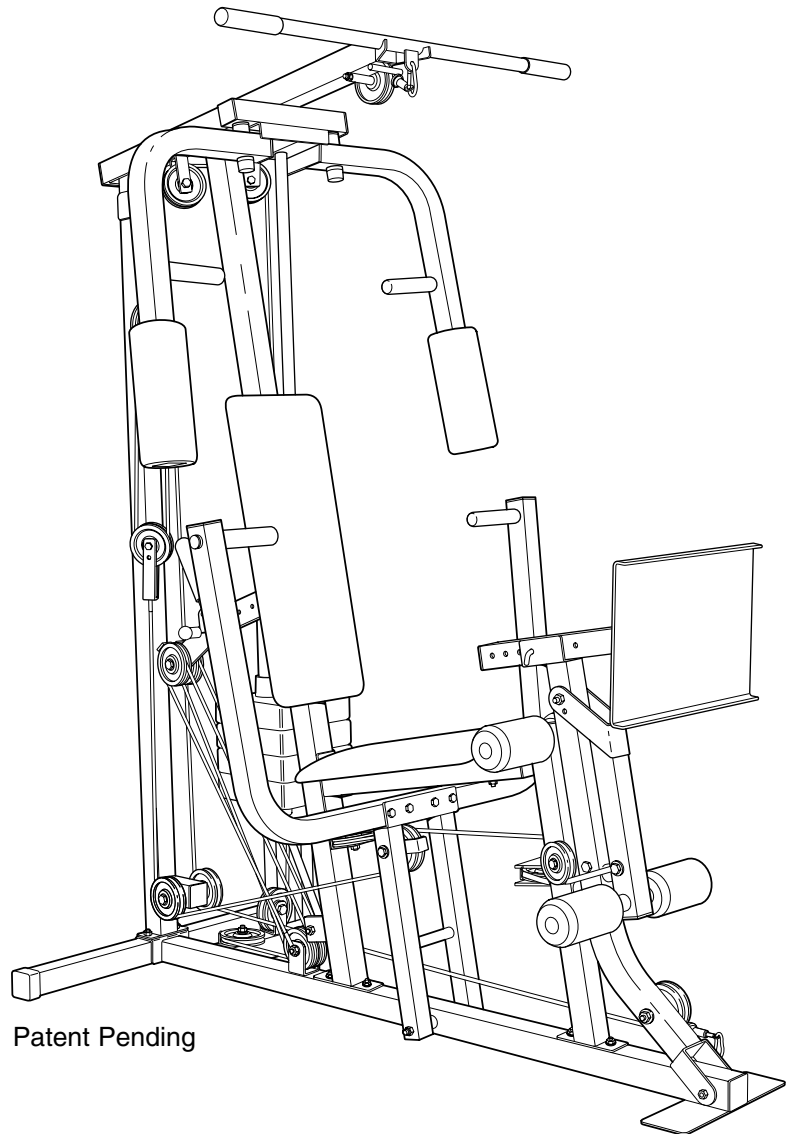
If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**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



Patent Pending

### CAUTION

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



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# WEIDER® 265

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Note: An EXPLODED DRAWING/PART LIST and a PART IDENTIFICATION CHART are attached in the center of this manual. Remove the EXPLODED DRAWING/PART LIST and the PART IDENTIFICATION CHART before beginning assembly.

# IMPORTANT PRECAUTIONS

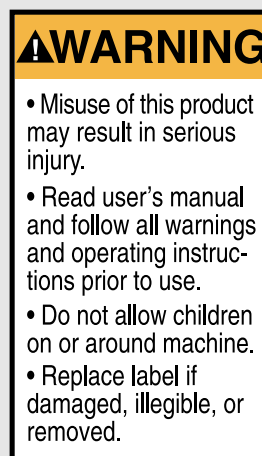
**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual and in the accompanying literature before using the weight system. 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 or carpet beneath the weight system to protect the floor.
5. Make sure that 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. The weight system is designed to be used by only one person at a time.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection.
10. Never release the press arm, butterfly arms, leg lever, lat bar, leg press plate, or nylon strap while weights are raised. The weights will fall with great force.
11. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
12. 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.
13. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
14. When using the press plate, adjust the press adjustment tube using an adjustment hole that corresponds to your height. If you are 6 feet tall or taller, use one of the three adjustment holes farthest away from the press plate. If you are under 6 feet tall, use one of the four adjustment holes closest to the press plate.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. Four warning decals have been placed on the weight system in the locations shown on page 4. 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 replacement decal in the location shown.

Decal 2



Decal 1



Decal 3



Decal 4



**⚠ 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.

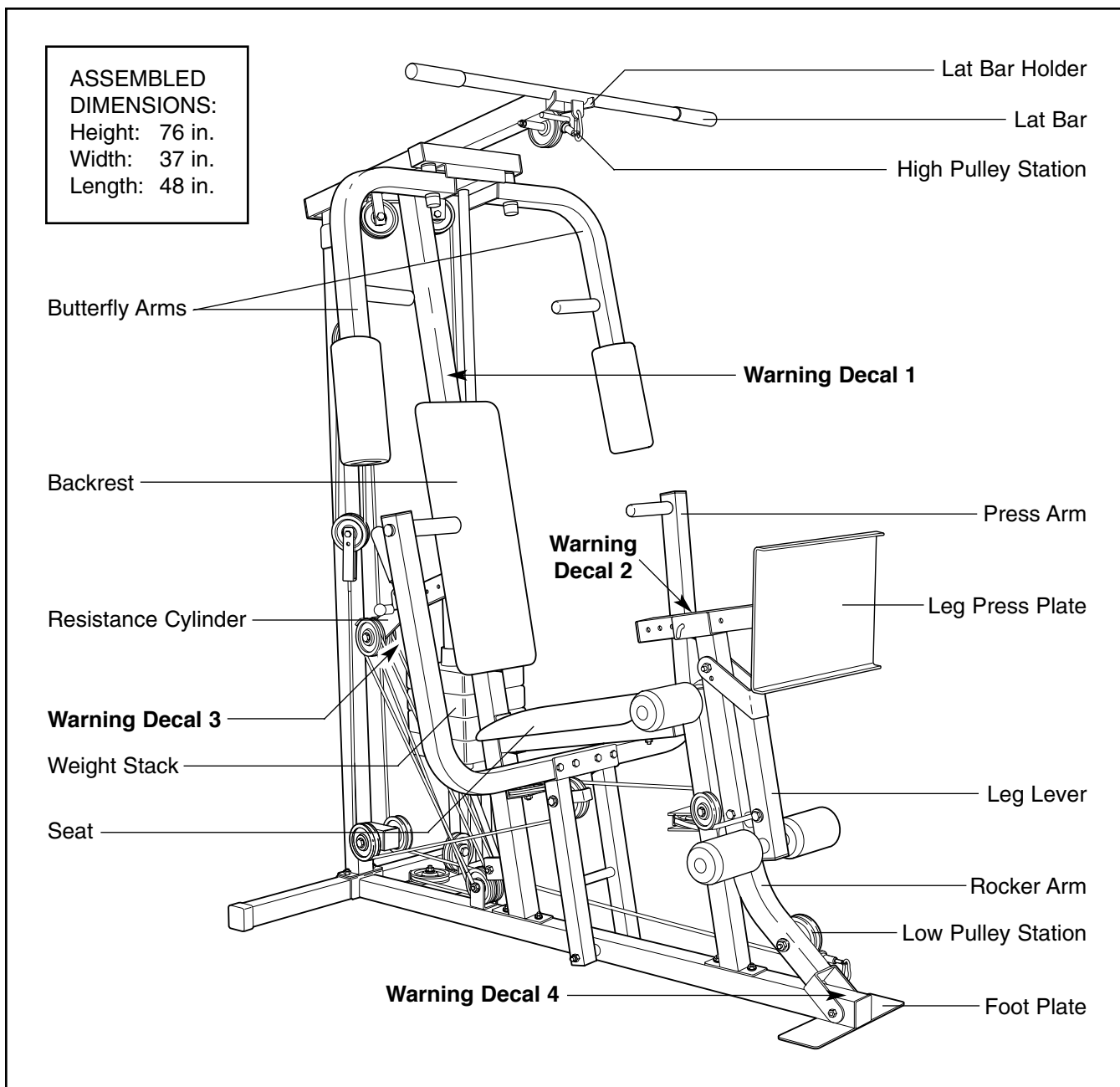
# BEFORE YOU BEGIN

Congratulations for selecting the versatile WEIDER® 265 weight system. The WEIDER® 265 offers a variety 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® 265 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 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 WESY19610. 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 Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight 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 weight system with the help of another person.

## Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several 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 weight system over a couple of evenings.


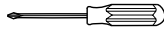
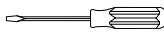

## Select a Location for the Weight System

Because of its size and weight, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight 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 bag for that stage.** Place all parts of the weight 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 adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, and a small amount of soapy water.

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 in the center of this manual. Place the chart on the floor and use it to 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 weight system, make 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 at **1-800-999-3756**.

## 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 weight 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 that connect the arms and the leg lever to the weights.

**Seat Assembly**—During the final stage you will assemble the seat and the backrest.

## FRAME ASSEMBLY

1. **Before beginning assembly, make sure that you have read and understand the information on page 5.**

Press a 2" Square Outer Cap (51) onto each end of the Stabilizer (5). Press a 2" Square Outer Cap (51) onto the Base (4). Press a 2" Square Inner Cap (76) into the Rear Upright (56).

See the inset drawing. Press a 2" Square Inner Cap (76) into the other end of the Base (4). Insert two 5/16" x 2 1/2" Carriage Bolts (1) up into the Base.

Insert two additional 5/16" x 2 1/2" Carriage Bolts (1) and a 3/8" x 3 1/2" Bolt (16) up into the Base (4). Insert two 5/16" x 2 3/4" Carriage Bolts (94) up into the Stabilizer (5).

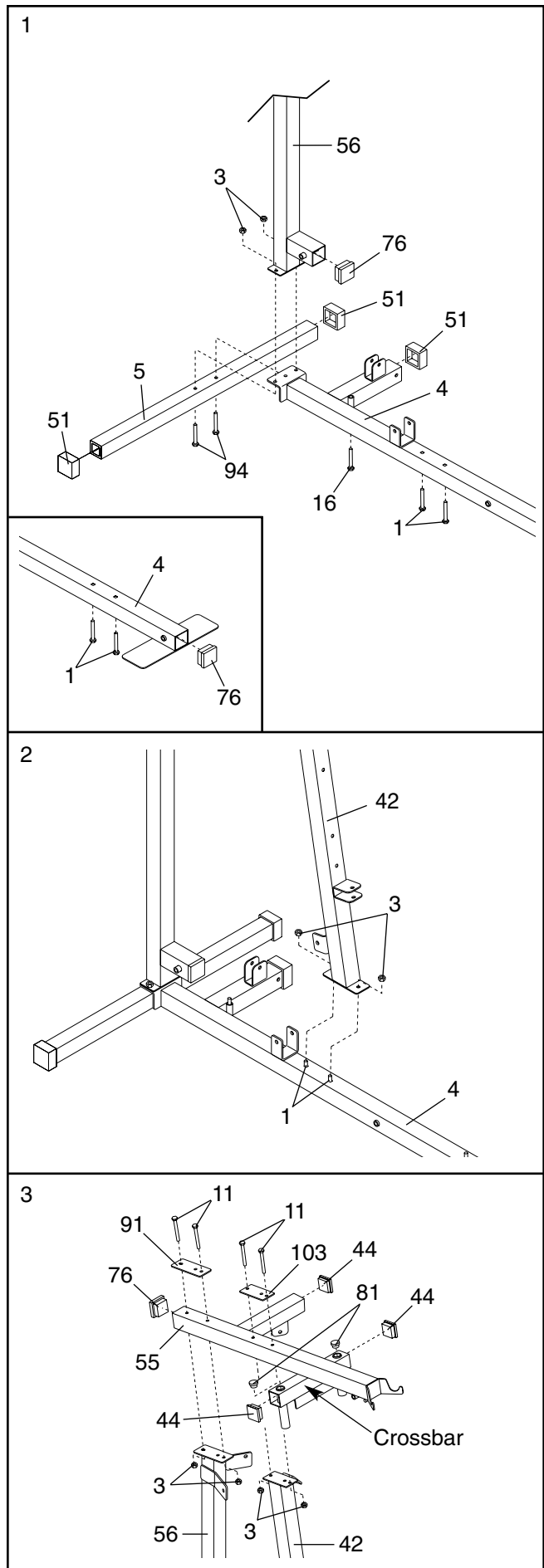
**Place a piece of tape over the head of the seven bolts to hold them in place.**

Slide the indicated end of the Base (4) onto the 5/16" x 2 3/4" Carriage Bolts (94) in the Stabilizer (5). Slide the Rear Upright (56) onto the Carriage Bolts. Hand tighten two 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

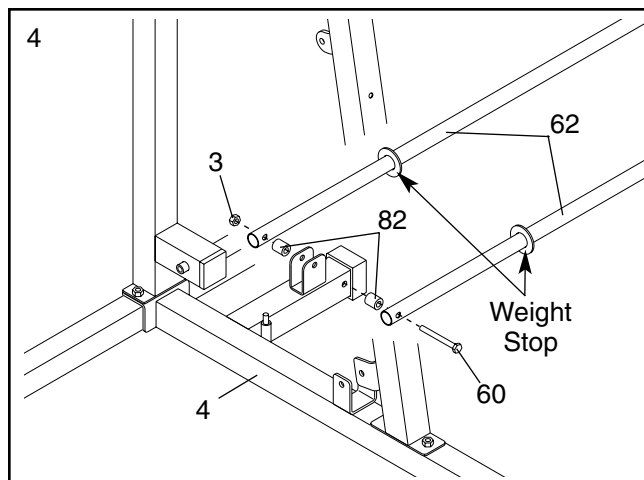
2. Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand tighten two 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**
3. Press a 2" Square Inner Cap (76) into the indicated end of the Top Frame (55). Press three 1 3/4" Square Inner Caps (44) into the Top Frame. Press two 1" Inner Caps (81) into the top of the crossbar on the Top Frame.

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), the Long Support Plate (91), the Short Support Plate (103), and four 5/16" Nylon Locknuts (3) as shown.

**Tighten all of the 5/16" Nylon Locknuts (3) used in steps 1 to 3.**

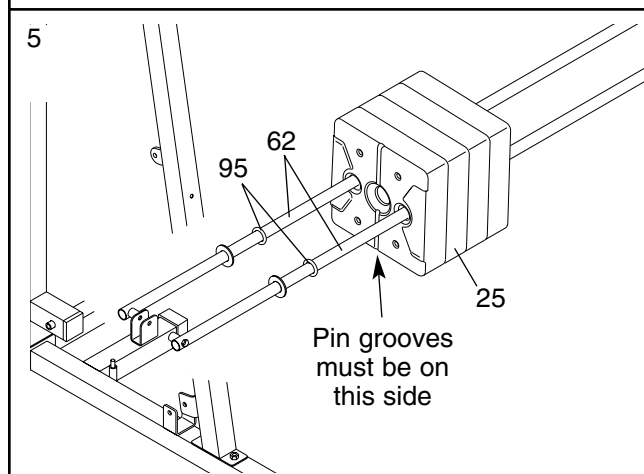


- Attach the two Weight Guides (62) and two 1/2" x 3/4" Spacers (82) to the Base (4) with a 5/16" x 6" Bolt (60) and a 5/16" Nylon Locknut (3). **Make sure that the Weight Guides are oriented so the weight stops are in the indicated positions.**



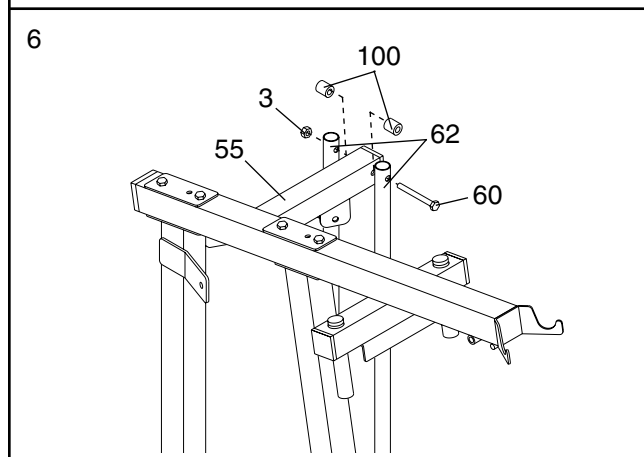
- Slide a Weight Bumper (95) onto each Weight Guide (62).

Lubricate the two outer holes in each of the Weights (25). Slide the Weights onto the Weight Guides (62). **Make sure that the Weights are turned so the pin grooves are on the indicated side.**



- Place a piece of cardboard under each Weight Guide (62) to protect the floor for this step.

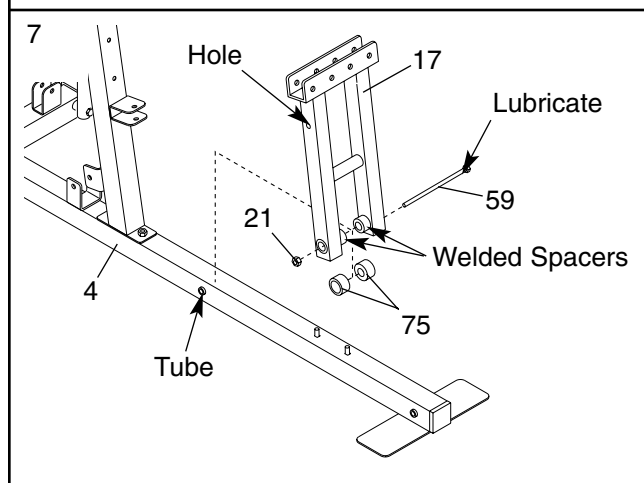
Lift the upper ends of the Weight Guides (62) and attach them to the Top Frame (55) with a 5/16" x 6" Bolt (60), two 1/2" x 7/8" Spacers (100), and a 5/16" Nylon Locknut (3).



## 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. Make sure that the hole in the Press Frame is on the indicated side.**

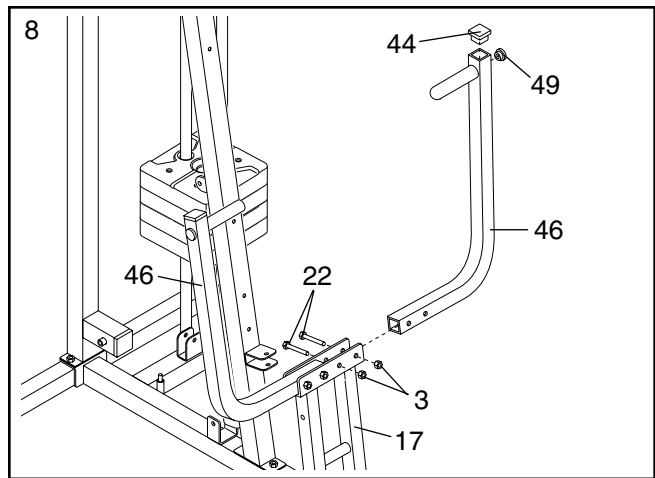
Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the Bolt and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut; the Press Frame must be able to pivot freely.**



- 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 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).

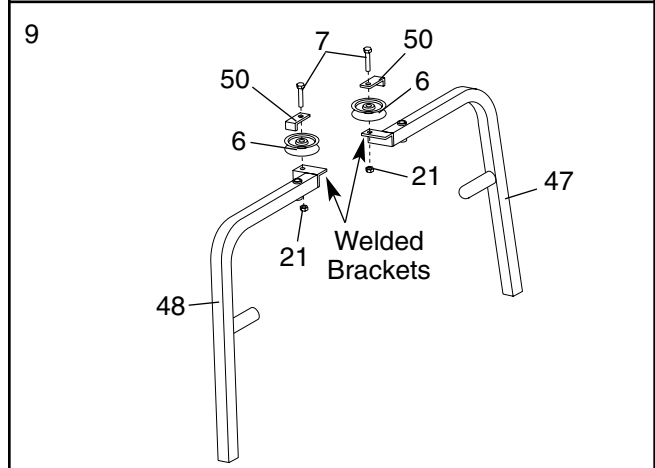
Assemble the other Press Arm (46) in the same manner.



- 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.**

Attach a "V"-Pulley (6) and a Long Cable Trap (50) to the Right Arm (48) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Do not tighten the Nylon Locknut yet.**

Attach a "V"-Pulley (6) and a Long Cable Trap (50) to the Left Arm (47) in the same way.

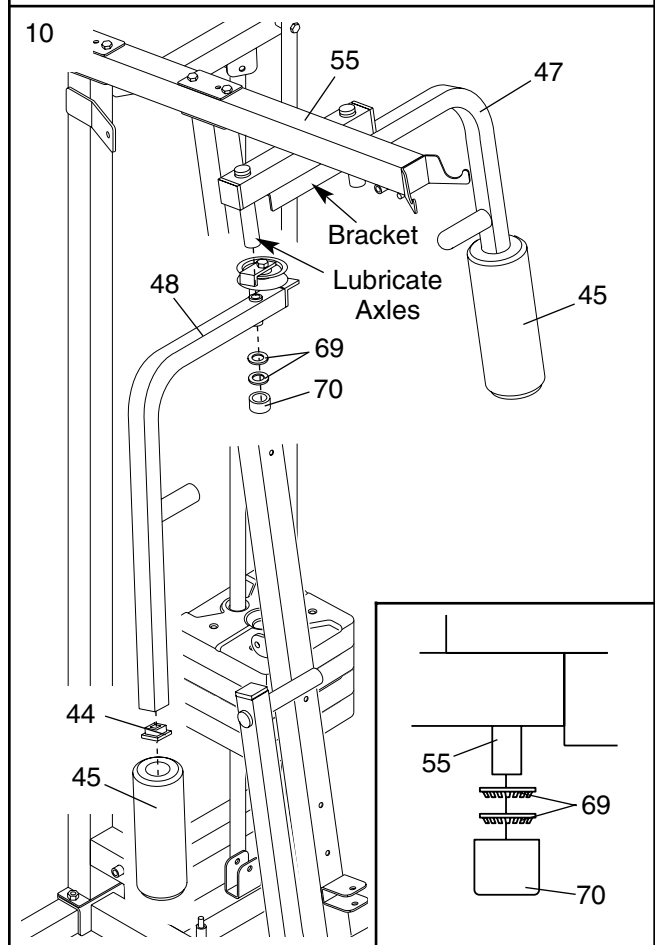


- Lubricate both axles on the Top Frame (55). Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 9 to identify the Right Arm. Make sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame.**

Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the right axle. **Make 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 two 1 3/4" Square Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10" Pad (45) onto the lower end of each Arm.



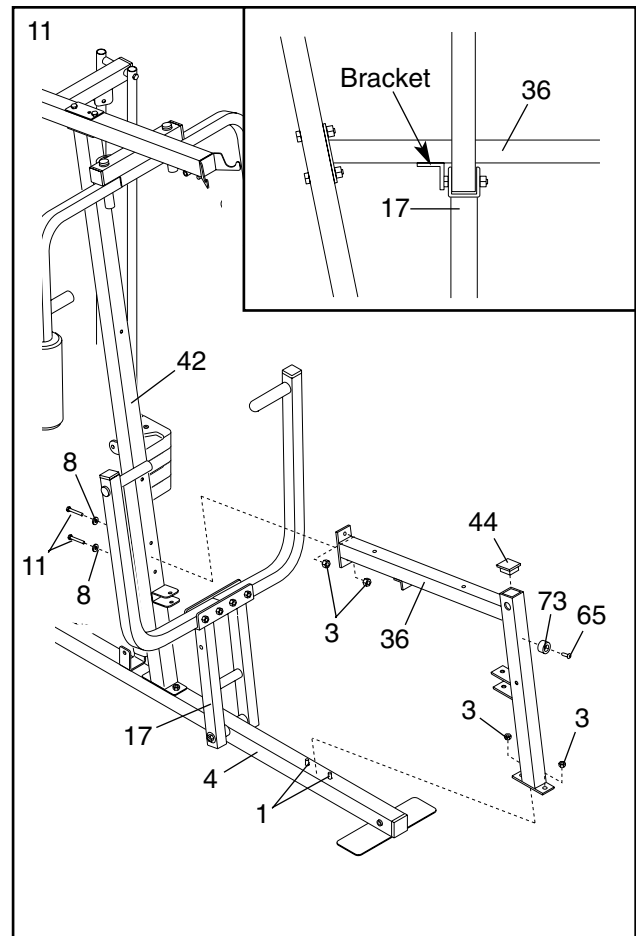


11. Press a 1 3/4" Square Inner Cap (44) into the Seat Frame (36). Attach a Bumper (73) to the Seat Frame with a #8 x 3/4" Tap Screw (65).

Slide the Seat Frame (36) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). **See the inset drawing. The indicated bracket on the Seat Frame must be behind the Press Frame (17).** Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

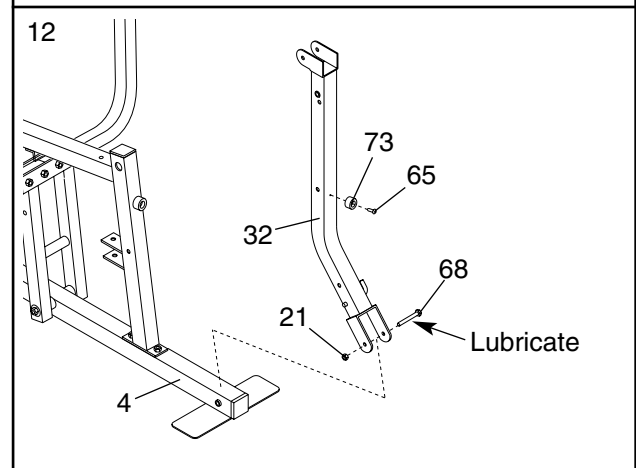
Attach the Seat Frame (36) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Washers (8), and two 5/16" Nylon Locknuts (3).

**Tighten the four 5/16" Nylon Locknuts (3) used in this step.**



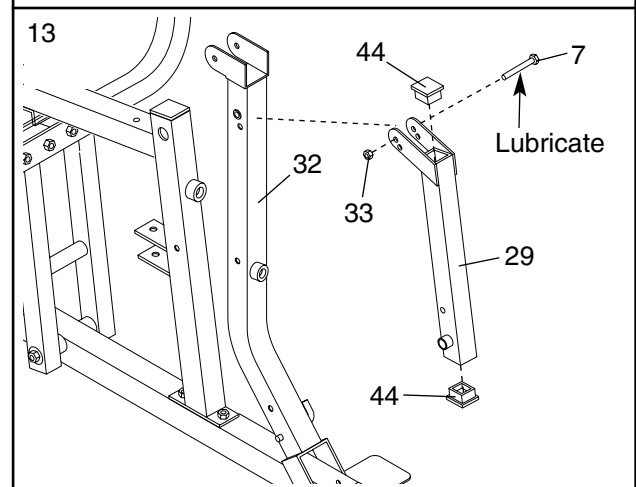
12. Attach a Bumper (73) to the Rocker Arm (32) with a #8 x 3/4" Tap Screw (65).

Lubricate a 3/8" x 3 1/4" Bolt (68). Attach the Rocker Arm (32) to the Base (4) with the Bolt and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut; the Rocker Arm must be able to pivot freely.**



13. Press a 1 3/4" Square Inner Cap (44) into each end of the Leg Lever (29).

Lubricate a 3/8" x 2 1/2" Bolt (7). Attach the Leg Lever (29) to the Rocker Arm (32) with the Bolt and a 3/8" Nylon Jamnut (33). **Do not overtighten the Nylon Jamnut; the Leg Lever must be able to pivot freely.**



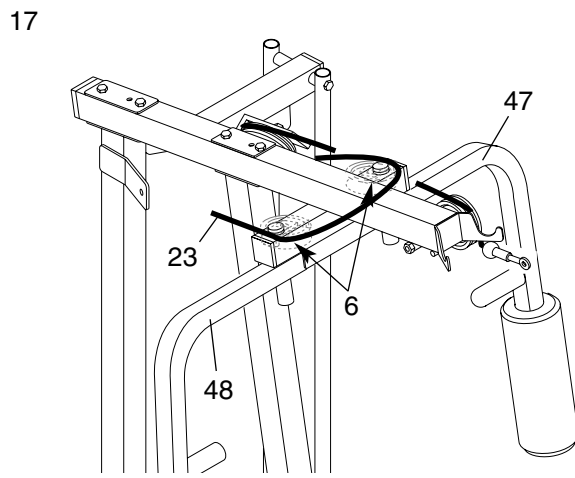
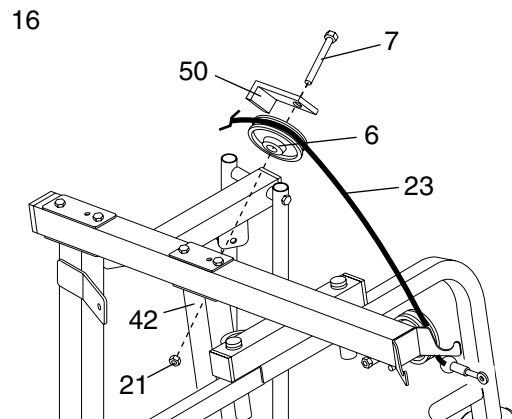
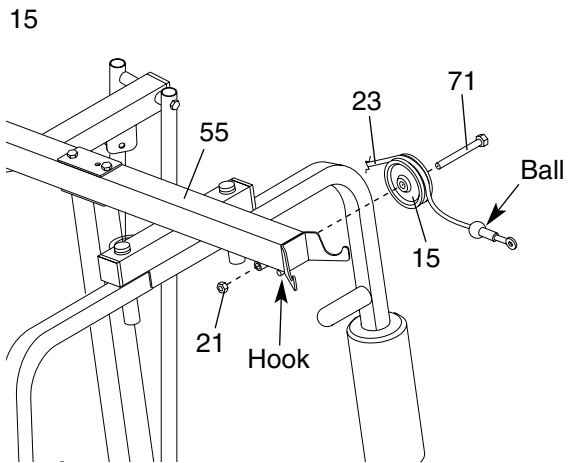
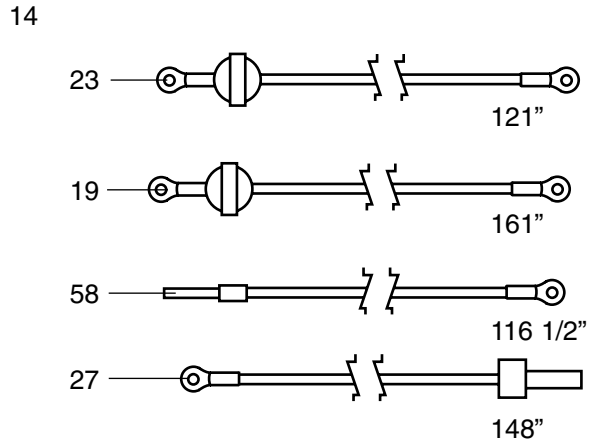
## CABLE ASSEMBLY

14. During steps 15 through 44, refer to the CABLE DIAGRAMS on page 23 of this manual to verify proper cable routing. Before beginning this section, identify the High Cable (23), the Low Cable (19), the Press Cable (58), and the Resistance Cable (27) by comparing the ends and 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.**

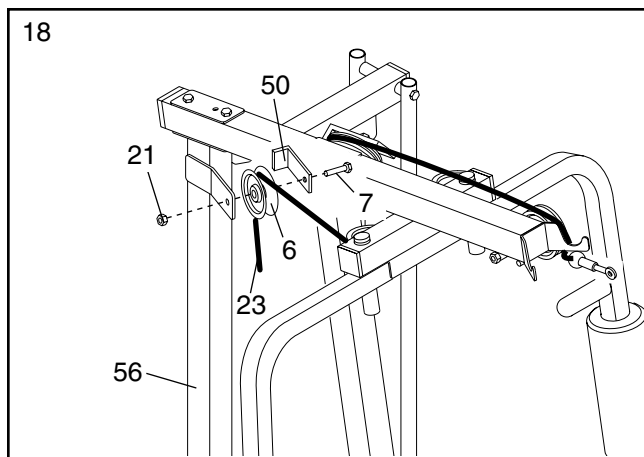
15. **Identify the High Cable (23).** Wrap the High Cable around a 3 1/2" Pulley (15). Attach the Pulley to the Top Frame (55) with a 3/8" x 3 3/4" Bolt (71) and a 3/8" Nylon Locknut (21). **Make sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook (not shown).**

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

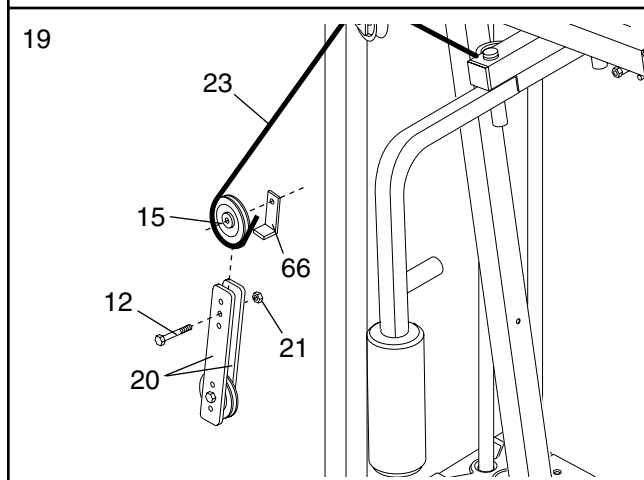
17. Route the High Cable (23) around the "V"-Pulley (6) on the Left Arm (47) and then around the "V"-Pulley on the Right Arm (48). **Make sure that the Cable is in the grooves of the Pulleys and that the Long Cable Traps (not shown) are positioned to hold the Cable in place.** Properly tighten the 3/8" x 2 1/2" Bolts (not shown) and the 3/8" Nylon Locknuts (not shown) attaching the "V"-Pulleys.



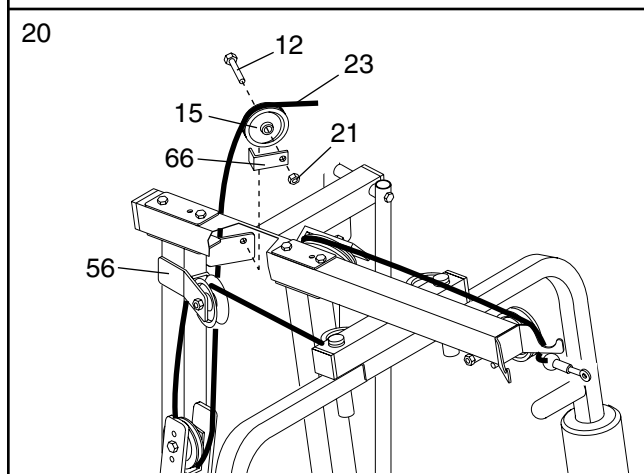
18. Route the High Cable (23) around a “V”- Pulley (6). Attach the Pulley and a Long Cable Trap (50) to the indicated bracket on the Rear Upright (56) with a 3/8” x 2 1/2” Bolt (7) and a 3/8” Nylon Locknut (21). **Do not tighten the Nylon Locknut yet. Make sure that the Cable Trap is turned to hold the Cable in place.**



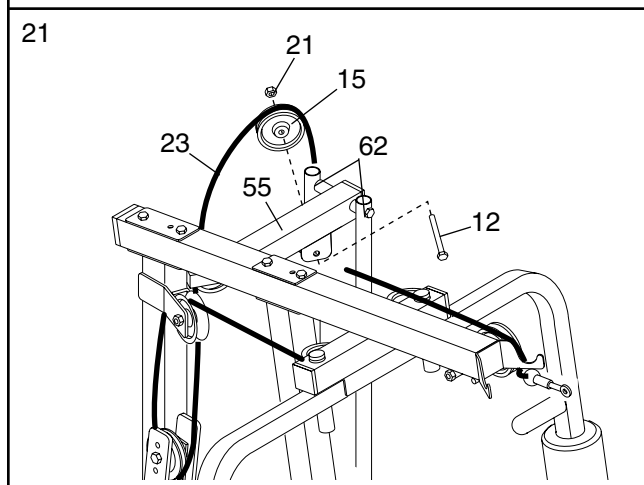
19. Remove the 3/8” x 2” Bolt (12), the 3/8” Nylon Locknut (21), the 3 1/2” Pulley (15), and the Cable Trap (66) from the Pulley Plates (20). Route the High Cable (23) around the Pulley as shown, and then reattach the Pulley and the Cable Trap to the Pulley Plates with the Bolt and the Nylon Locknut. **Make sure that the Bolt is inserted into the indicated holes in the Pulley Plates. In addition, make sure that the Cable is in the groove of the Pulley and that the Cable Trap is turned to hold the Cable in place.**



20. Wrap the High Cable (23) over a 3 1/2” Pulley (15). Attach the Pulley and a Cable Trap (66) to the indicated bracket on the Rear Upright (56) with a 3/8” x 2” Bolt (12) and a 3/8” Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in place.**

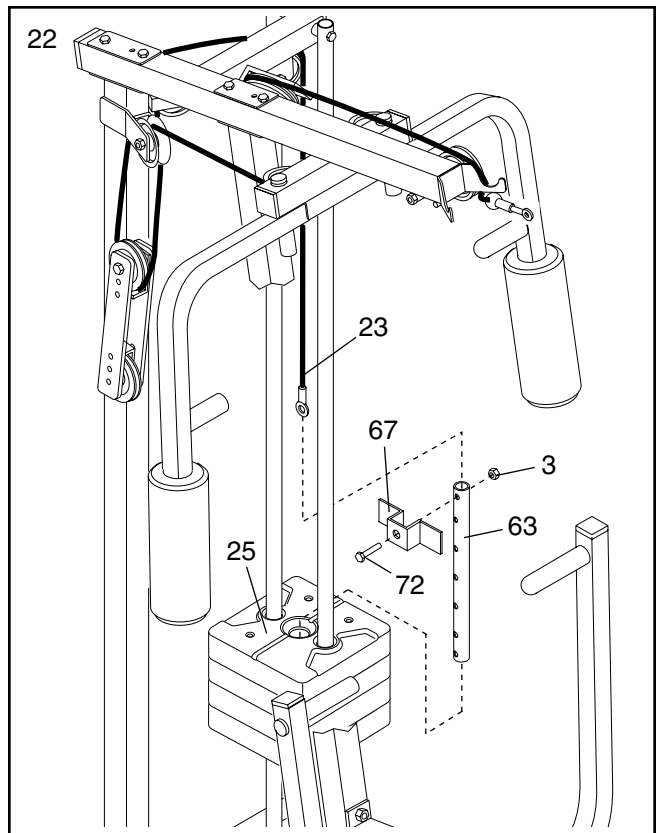


21. Route the High Cable (23) over a 3 1/2” Pulley (15). Attach the Pulley inside of the bracket on the Top Frame (55) that is between the Weight Guides (62) with a 3/8” x 2” Bolt (12) and a 3/8” Nylon Locknut (21).

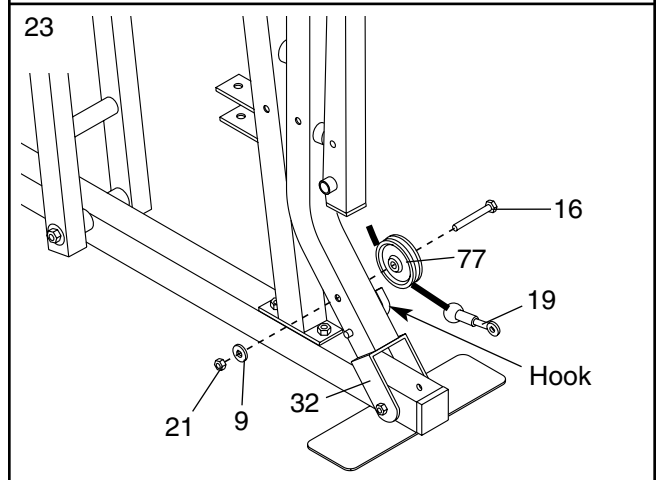


22. Insert the end of the High Cable (23) into the open end of the Weight Tube (63). Slide the Plastic Stabilizer (67) onto a 5/16" x 1 3/4" Bolt (72). Then, insert the Bolt into the hole near the top of the Weight Tube and through the end of the High Cable. Tighten a 5/16" Nylon Locknut (3) onto the Bolt. **Make sure that the Plastic Stabilizer is wrapped around the Weight Tube.**

Insert the Weight Tube (63) into the center holes in the stack of Weights (25).



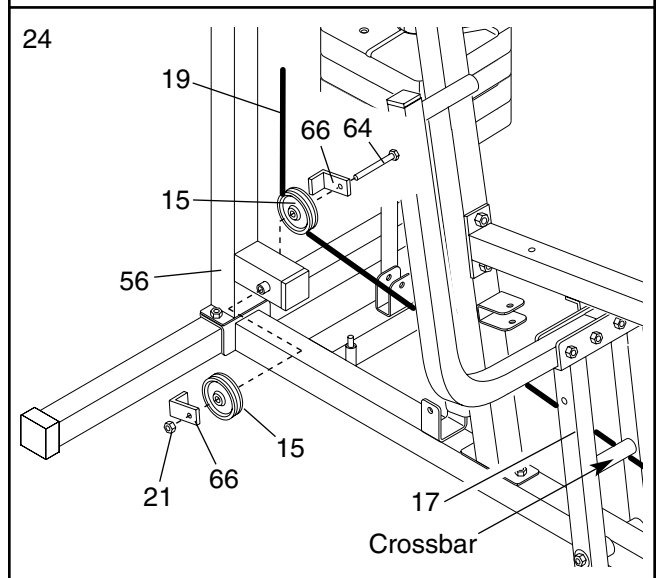
23. **Identify the Low Cable (19).** Wrap the Low Cable under the 3 1/2" Pro Pulley (77). Attach the Pulley to the Rocker Arm (32) with a 3/8" x 3 1/2" Bolt (16), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **Make sure that the end of the Cable with the ball is on the indicated side of the Pro Pulley and that the Cable is between the Pro Pulley and the hook on the Rocker Arm.**



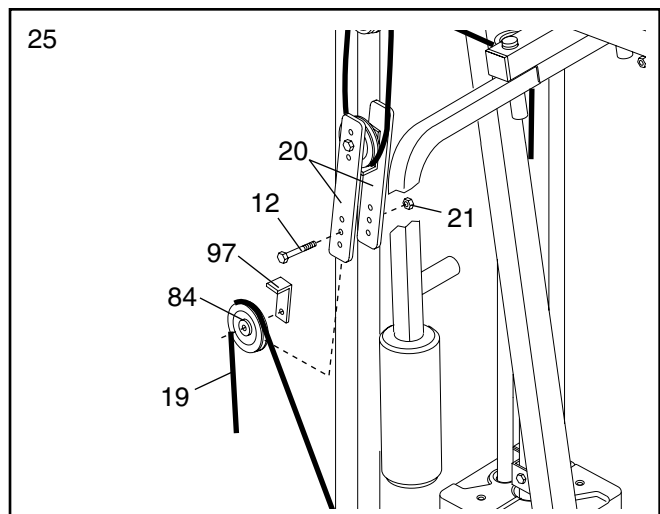
24. Route the Low Cable (19) under the crossbar on the Press Frame (17).

Wrap the Low Cable (19) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the indicated side of the Rear Upright (56) with a 3/8" x 6" Bolt (64). **Make sure that the Cable Trap is turned to hold the Cable in place.**

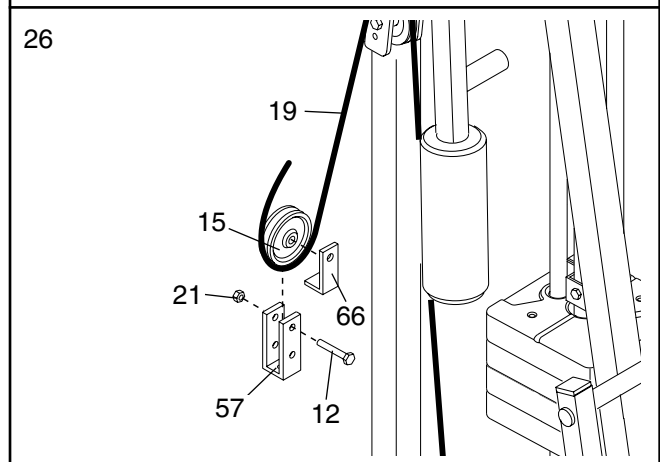
Slide another 3 1/2" Pulley (15) and Cable Trap (66) onto the end of the 3/8" x 6" Bolt (64). Hand tighten a 3/8" Nylon Locknut (21) onto the Bolt.



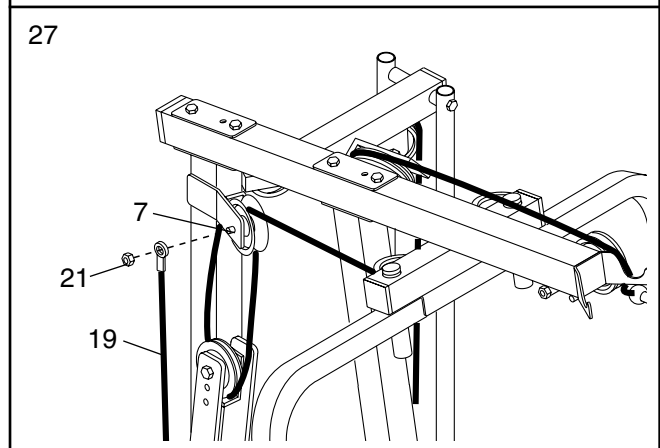
25. Remove the 3/8" x 2" Bolt (12), the 3/8" Nylon Locknut (21), the 4 1/2" Pulley (84), and the Metal Cable Trap (97) from the lower ends of the Pulley Plates (20). Wrap the Low Cable (19) over the Pulley, and reattach the Pulley and the Metal Cable Trap to the Pulley Plates with the Bolt and the Nylon Locknut. **Make sure that the Bolt is inserted into the indicated holes in the Pulley Plates. In addition, make sure that the Cable is in the groove of the Pulley and that the Cable Trap is turned to hold the Cable in place.**



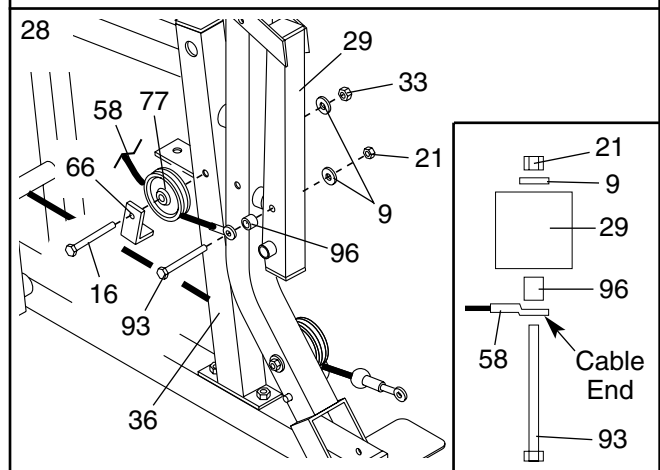
26. Remove the 3/8" x 2" Bolt (12), the 3/8" Nylon Locknut (21), the 3 1/2" Pulley (15), and the Cable Trap (66) from the Long "U"-Bracket (57). Wrap the Low Cable (19) around the Pulley (15) as shown, and reattach the Pulley and the Cable Trap to the Long "U"-Bracket with the Bolt and the Nylon Locknut. **Make sure that the Cable Trap is turned to hold the Cable in place.**



27. Remove the 3/8" Nylon Locknut (21) from the indicated 3/8" x 2 1/2" Bolt (7); **do not remove the Bolt**. Slide the end of the Low Cable (19) onto the end of the Bolt, and retighten the Nylon Locknut onto the Bolt. **Do not overtighten the Nylon Locknut; the Cable must be able to pivot freely.**

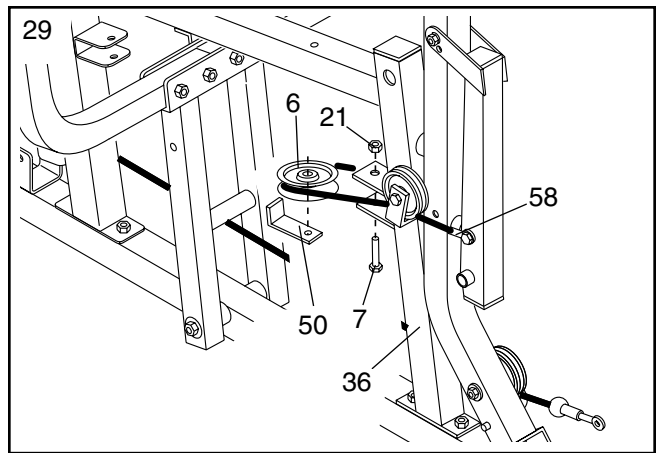


28. **Identify the Press Cable (58).** Attach the loop on the end of the Press Cable to the Leg Lever (29) with a 3/8" x 3" Bolt (93), the 1/2" x 1/2" Bushing (96), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **Make sure that the cable end is oriented as shown in the inset drawing. Do not overtighten the Nylon Locknut; the Cable must be able to pivot freely.**

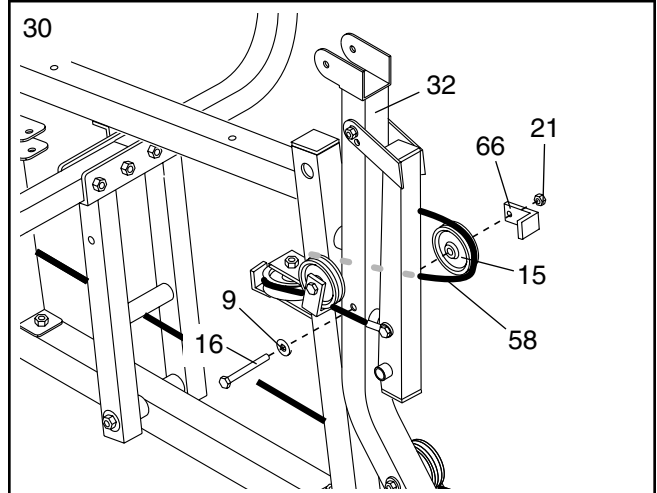


Route the Press Cable (58) under a 3 1/2" Pro Pulley (77). Attach the Pulley and a Cable Trap (66) to the Seat Frame (36) with a 3/8" x 3 1/2" Bolt (16), a 3/8" Washer (9), and a 3/8" Nylon Jamnut (33). **Make sure the Cable is between the Pulley and the Cable Trap, and the Cable Trap is turned to hold the Cable in place.**

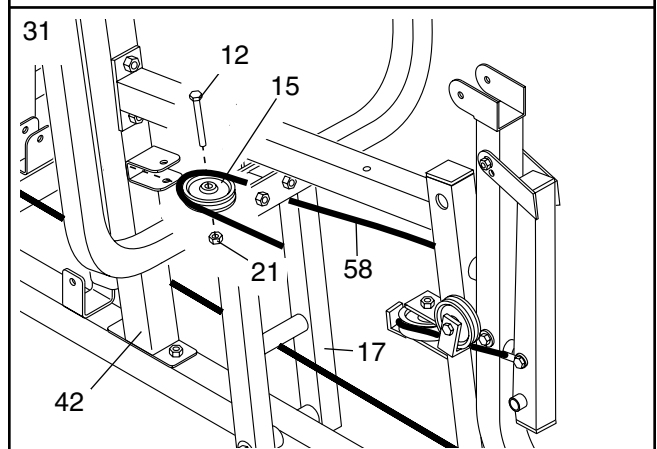
29. Wrap the Press Cable (58) around a “V”-Pulley (6). Attach the “V”-Pulley and a Long Cable Trap (50) inside of the bracket on the Seat Frame (36) with a 3/8” x 2 1/2” Bolt (7) and a 3/8” Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in place.**



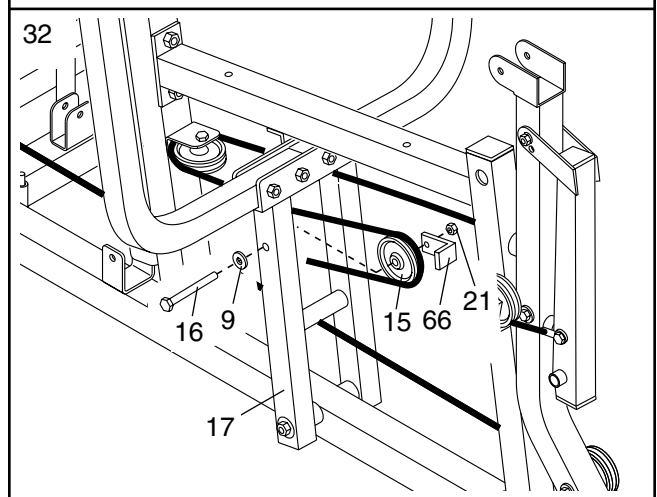
30. Wrap the Press Cable (58) up around a 3 1/2” Pulley (15). Attach the Pulley and a Cable Trap (66) to the Rocker Arm (32) with a 3/8” x 3 1/2” Bolt (16), a 3/8” Washer (9), and a 3/8” Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in place.**



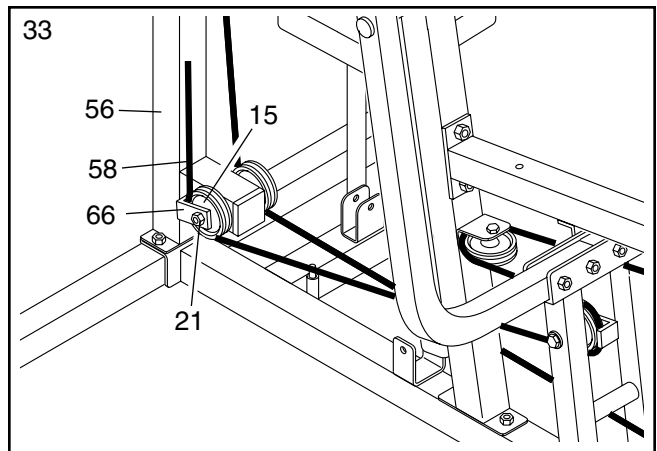
31. Route the Press Cable (58) through the Press Frame (17) and wrap the Cable around a 3 1/2” Pulley (15). Attach the Pulley inside of the bracket on the Front Upright (42) with a 3/8” x 2” Bolt (12) and a 3/8” Nylon Locknut (21).



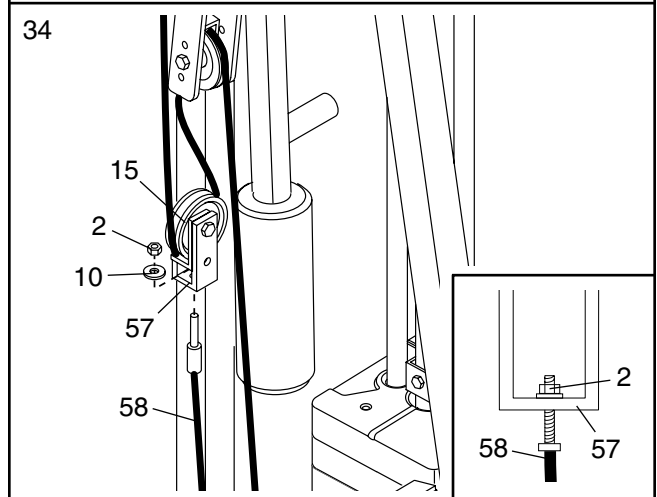
32. Wrap the Press Cable (58) around a 3 1/2” Pulley (15). Attach the Pulley and a Cable Trap (66) to the Press Frame (17) with a 3/8” x 3 1/2” Bolt (16), a 3/8” Washer (9), and a 3/8” Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in place.**



33. Route the Press Cable (58) between the indicated 3 1/2" Pulley (15) and the Cable Trap (66) attached to the Rear Upright (56). **Make sure that the Cable Trap is turned to hold the Cable in place.** Properly tighten the 3/8" Nylon Locknut (21).



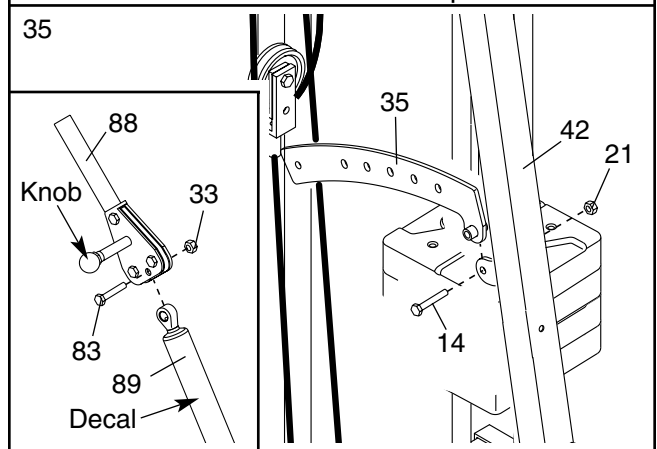
34. Attach the end of the Press Cable (58) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10) (see the inset drawing). **Do not completely tighten the Nylon Locknut; it should be threaded onto the end of the Cable until only two threads are showing above the Nylon Locknut, as shown in the inset drawing. Note: It may be necessary to remove the 3 1/2" Pulley (15) from the Long "U"-Bracket to do this step.**



35. Attach the Resistance Bracket (35) inside of the upper bracket on the Front Upright (42) with a 3/8" x 2 1/4" Bolt (14) and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut; the Bracket must be able to pivot easily.**

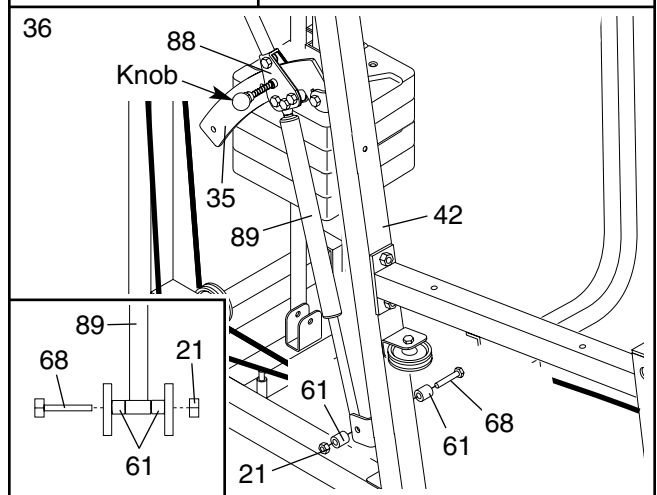
**See the inset drawing.** Remove the indicated 3/8" x 1 1/4" Bolt (83) and 3/8" Nylon Jamnut (33) from the Resistance Handle (88). Attach the Cylinder (89) to the Resistance Handle with the Bolt and the Nylon Jamnut.

**Note: The Cylinder (89) should be turned so that the decal is on the same side as the knob on the Resistance Handle (88).**

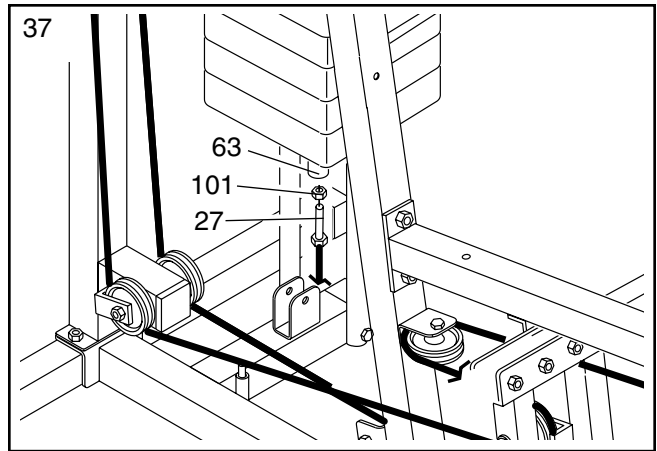


36. Pull out the knob on the Resistance Handle (88) as far as it will go. Slide the Resistance Handle (88) onto the Resistance Bracket (35) and release the knob so that the pin on the knob is inserted into the upper adjustment hole in the Resistance Bracket. Tighten the four Nylon Jamnuts (not shown) on the Handle. **Note: Do not overtighten the Nylon Jamnuts; the Handle must be able to slide across the Bracket easily.**

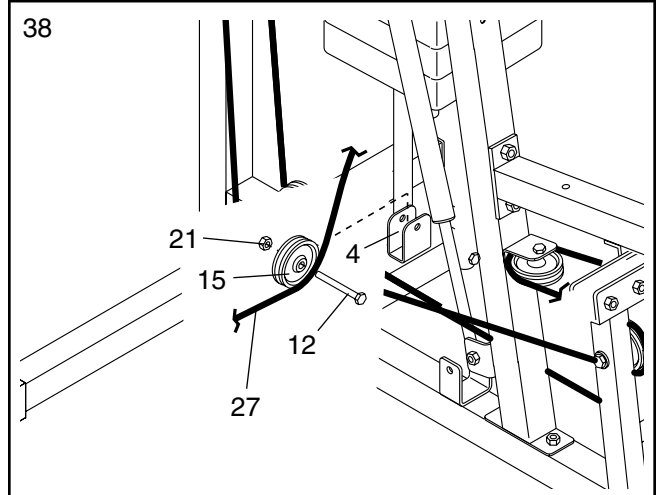
Attach the Cylinder (89) and two 5/8" x 7/8" Spacers (61) inside of the lower bracket on the Front Upright (42) with a 3/8" x 3 1/4" Bolt (68) and a 3/8" Nylon Locknut (21) (refer to the inset drawing).



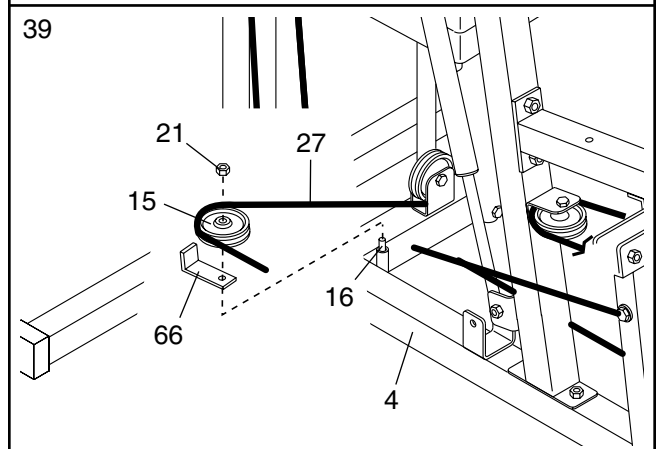
37. **Identify the Resistance Cable (27).** Thread the 1/2" Plain Nut (101) onto the bolt at the end of the Resistance Cable (27). Thread the Resistance Cable part way into the lower end of the Weight Tube (63). Tighten the Plane Nut against the Weight Tube.



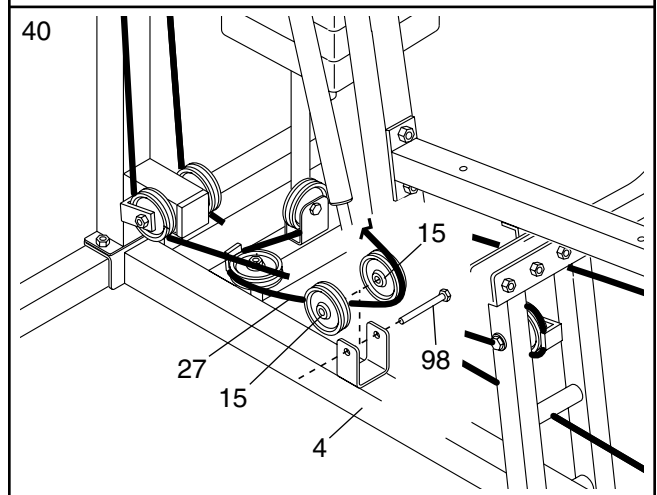
38. Wrap the Resistance Cable (27) around a 3 1/2" Pulley (15). Attach the Pulley inside of the indicated bracket on the Base (4) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21).



39. Wrap the Resistance Cable (27) up around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the 3/8" x 3 1/2" Bolt (16) in the Base (4) with a 3/8" Nylon Locknut (21).



40. Wrap the Resistance Cable (27) around a 3 1/2" Pulley (15). Attach the Pulley and another 3 1/2" Pulley (15) inside of the wide bracket on the Base (4) with a 3/8" x 3" Grade 5 Bolt (98) as shown. **Do not attach a Nylon Jamnut (not shown) yet.**





41. Attach two 3 1/2" Pulleys (15) and two Cable Traps (66) to the end of the Resistance Bracket (35) as shown with a 3/8" x 3" Bolt (93) and a 3/8" Nylon Jamnut (33). **Do not tighten the Nylon Jamnut yet. Make sure the Pulleys and Cable Traps are oriented as shown.**

Route the Resistance Cable (27) over the indicated 3 1/2" Pulley (15). **Make sure that the Cable is between the Pulley and the Cable Trap (66), and that the Cable Trap is turned to hold the Cable in place.**

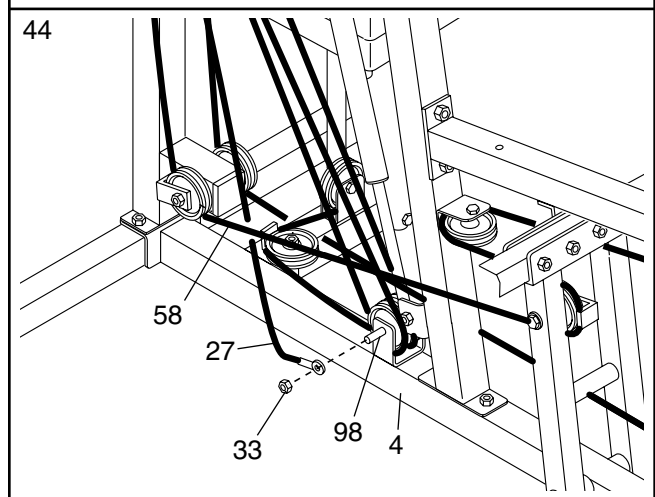
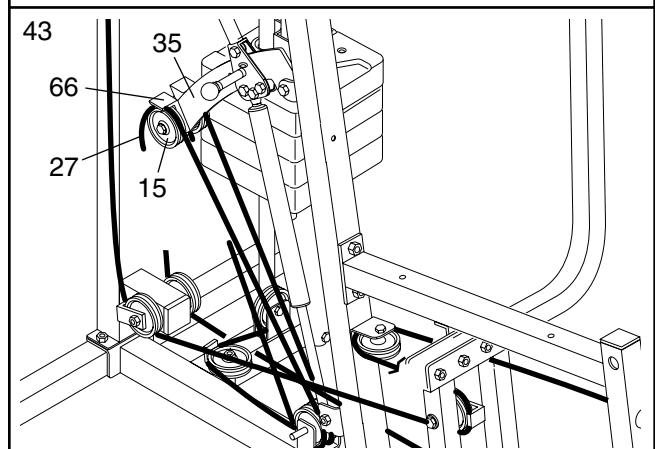
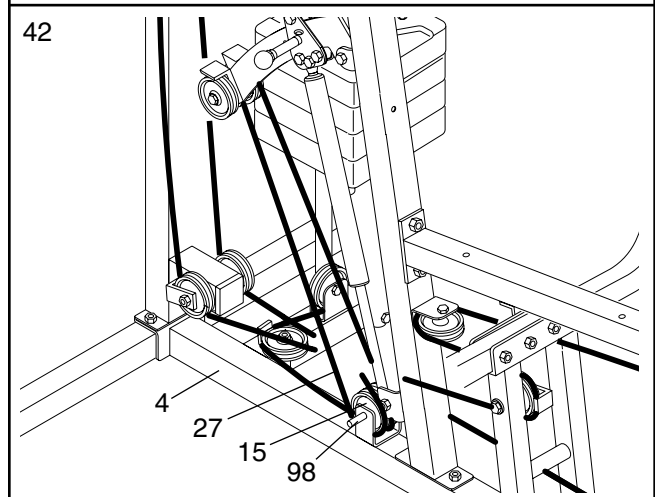
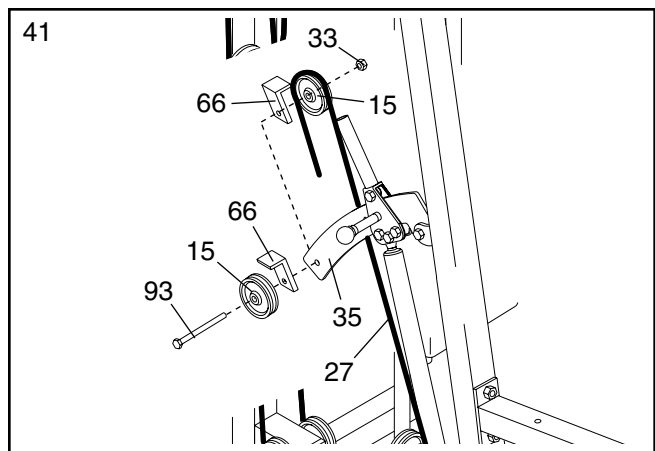
42. Pull the indicated 3/8" x 3" Grade 5 Bolt (98) out of the wide bracket on the Base (4) until you can remove the indicated 3 1/2" Pulley (15). Wrap the Resistance Cable (27) up around the Pulley and then fully reinsert the Bolt.

43. Route the Resistance Cable (27) over the other 3 1/2" Pulley (15) on the Resistance Bracket (35). **Make sure that the Cable is between the Pulley and the Cable Trap (66), and that the Cable Trap is turned to hold the Cable in place.**

Refer to step 41. Tighten the 3/8" Nylon Jamnut (33).

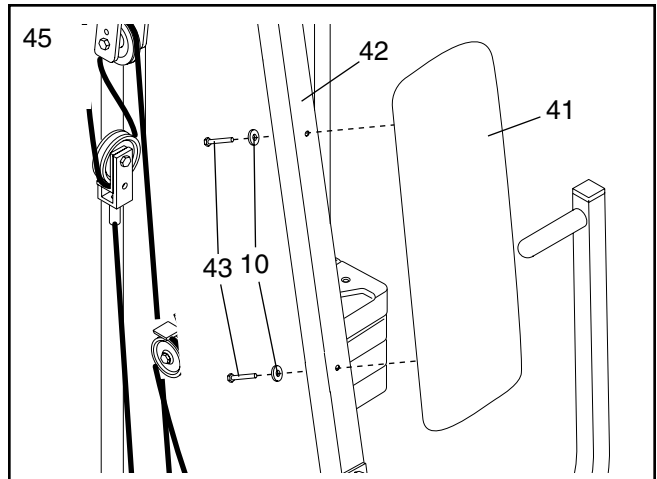
44. Slide the end of the Resistance Cable (27) onto the indicated 3/8" x 3" Grade 5 Bolt (98), on the outside of the wide bracket on the Base (4). **Note: Be sure the Resistance Cable is on the inside of the Press Cable (58).**

Tighten a 3/8" Nylon Jamnut (33) onto the 3/8" x 3" Grade 5 Bolt (98). **Do not overtighten the Nylon Jamnut; the Cable must be able to pivot freely.**

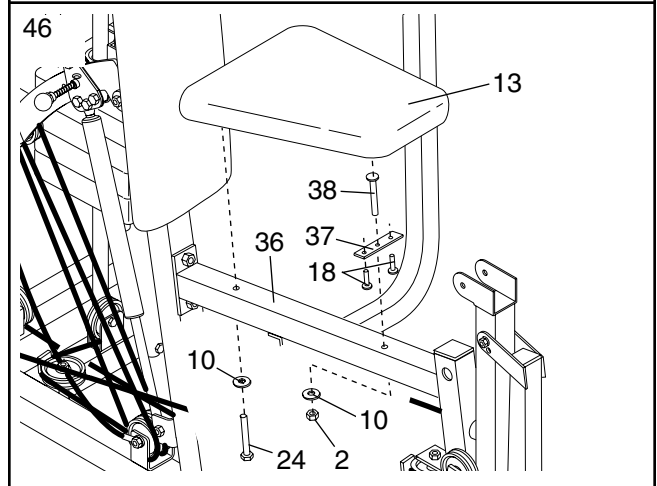


## SEAT ASSEMBLY

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



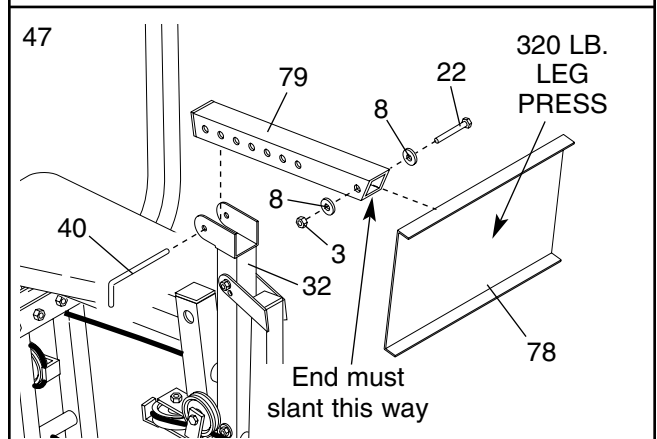
46. Insert the 1/4" x 2 1/2" Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (18).



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

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

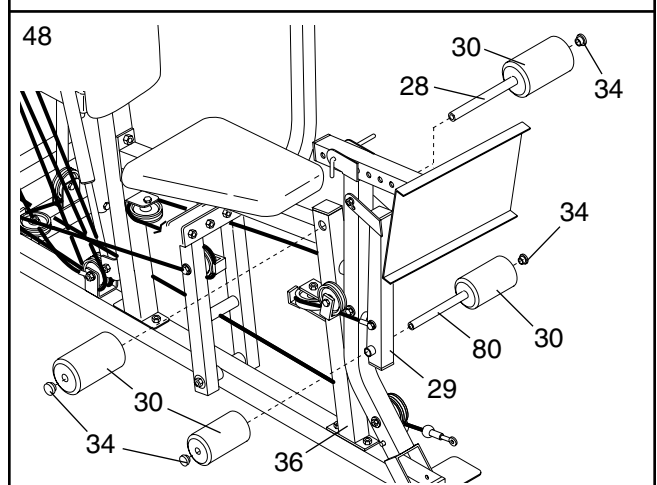
47. Attach the Press Plate (78) to the Press Adjustment Tube (79) with a 5/16" x 2 1/2" Bolt (22), two 5/16" Washers (8), and a 5/16" Nylon Locknut (3).



Align one set of holes in the Press Adjustment Tube (79) with the holes in the Rocker Arm (32). Insert the "L"-Pin (40) into the holes. **Make sure that the Press Adjustment Tube is oriented as shown.**

Apply the "320 LB. LEG PRESS" decal to the center of the Press Plate (78) as shown.

48. Press a 3/4" Round Inner Cap (34) into each end of the Short Pad Tube (28). Press a 3/4" Round Inner Cap into each end of the Long Pad Tube (80).



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

Insert the Long Pad Tube (80) into the Leg Lever (29). Slide a 5 1/2" Pad (30) onto each end of the Long Pad Tube.

49. Make sure that all parts have been properly tightened before using the weight system. The use of the remaining parts will be explained in ADJUSTMENTS, beginning below.

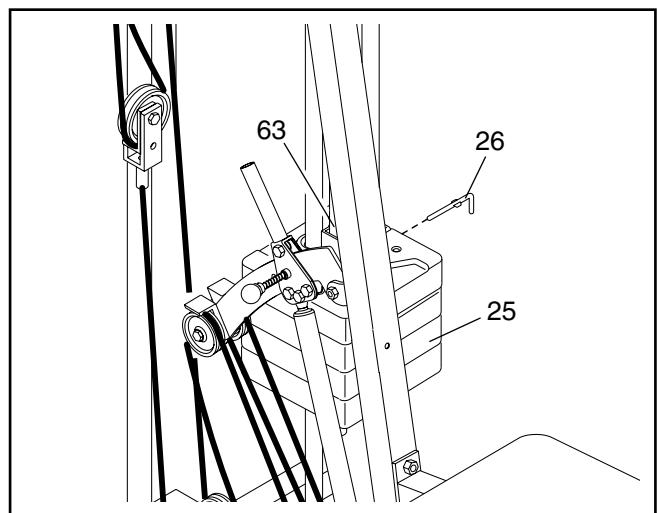
Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 23 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 21.**

## 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.**

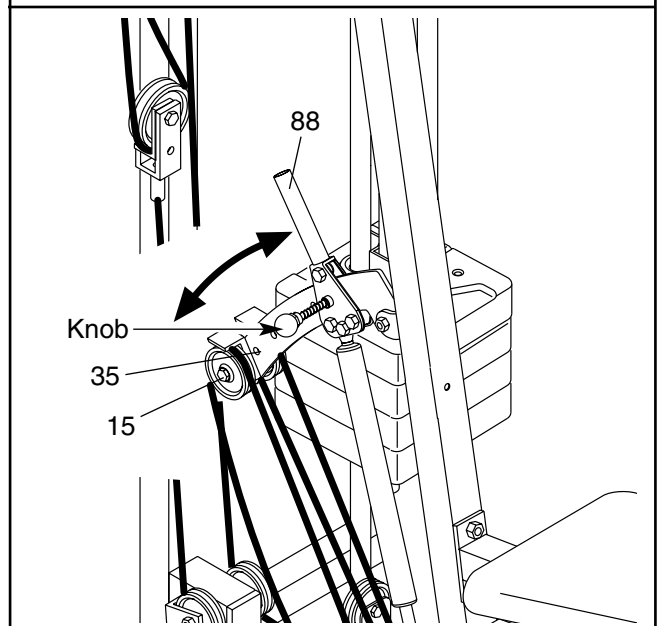
### CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, push the Weight Tube (63) down slightly with your finger. Insert the Weight Pin (26) under the desired Weight (25). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. **Note: Due to the resistance cylinder, the amount of resistance at each exercise station will vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 22 to find the approximate amount of resistance at each exercise station.**



### CHANGING THE RESISTANCE CYLINDER SETTING

To change the resistance setting of the resistance cylinder, first pull out the knob on the Resistance Handle (88) as far as it will go. Move the Resistance Handle along the Resistance Bracket (35), and release the knob so that the pin on the knob is inserted into one of the holes in the Resistance Bracket. **Note: There are five adjustment holes in the Resistance Bracket. To increase the resistance of the resistance cylinder, move the Resistance Handle to an adjustment hole closer to the 3 1/2" Pulleys (15) on the Resistance Bracket. Use the WEIGHT RESISTANCE CHART on page 22 to find the approximate amount of resistance at each exercise station.**



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE PULLEY STATIONS

Attach the Lat Bar (54) to the High Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

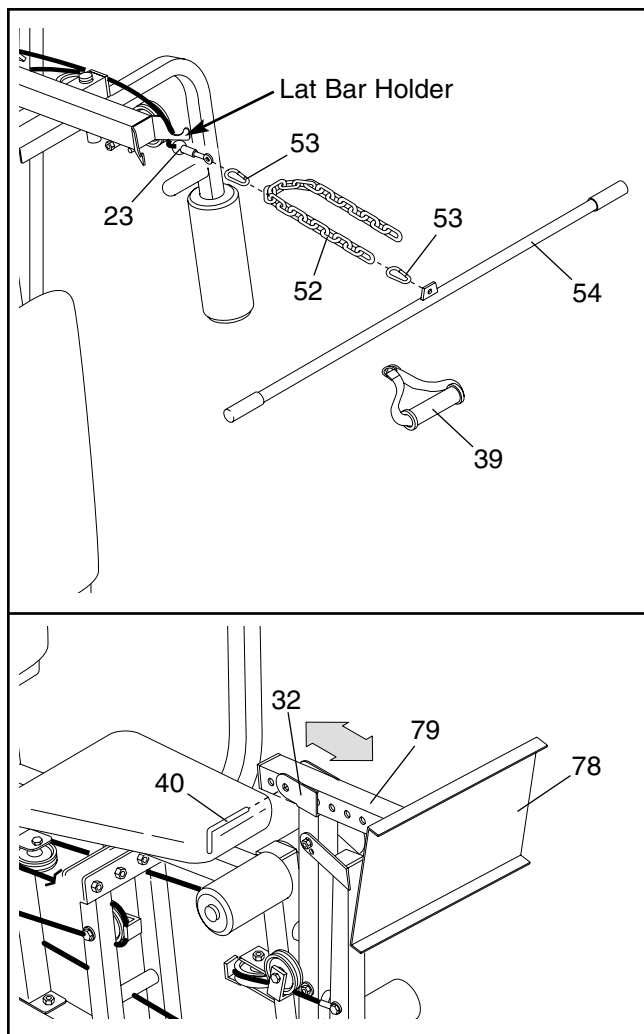
The Lat Bar (54) can be attached to the Short Cable (not shown) in the same way. The Nylon Strap (39) can be attached in the same way.

**Always remove the press plate before using the low pulley station (see ADJUSTING AND REMOVING THE PRESS PLATE below).**

## ADJUSTING AND REMOVING THE PRESS PLATE

To adjust the position of the Press Plate (78), remove the "L"-Pin (40) from the Press Adjustment Tube (79) and the Rocker Arm (32). Align a different set of holes in the Press Adjustment Tube with the holes in the Rocker Arm. Re-insert the "L"-Pin.

For some exercises, the Press Adjustment Tube (79) must be removed. Remove the "L"-Pin (40), and lift the Press Adjustment Tube off the Rocker Arm (32).



**⚠ WARNING:** When using the Press Plate, adjust the Press Adjustment Tube using an adjustment hole that corresponds to your height. If you are over 6 feet tall, use one of the three adjustment holes furthest away from the Press Plate. If you are under 6 feet tall, use one of the four adjustment holes closest to the Press Plate.

# TROUBLE-SHOOTING AND MAINTENANCE

Make sure that all parts are properly tightened 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.

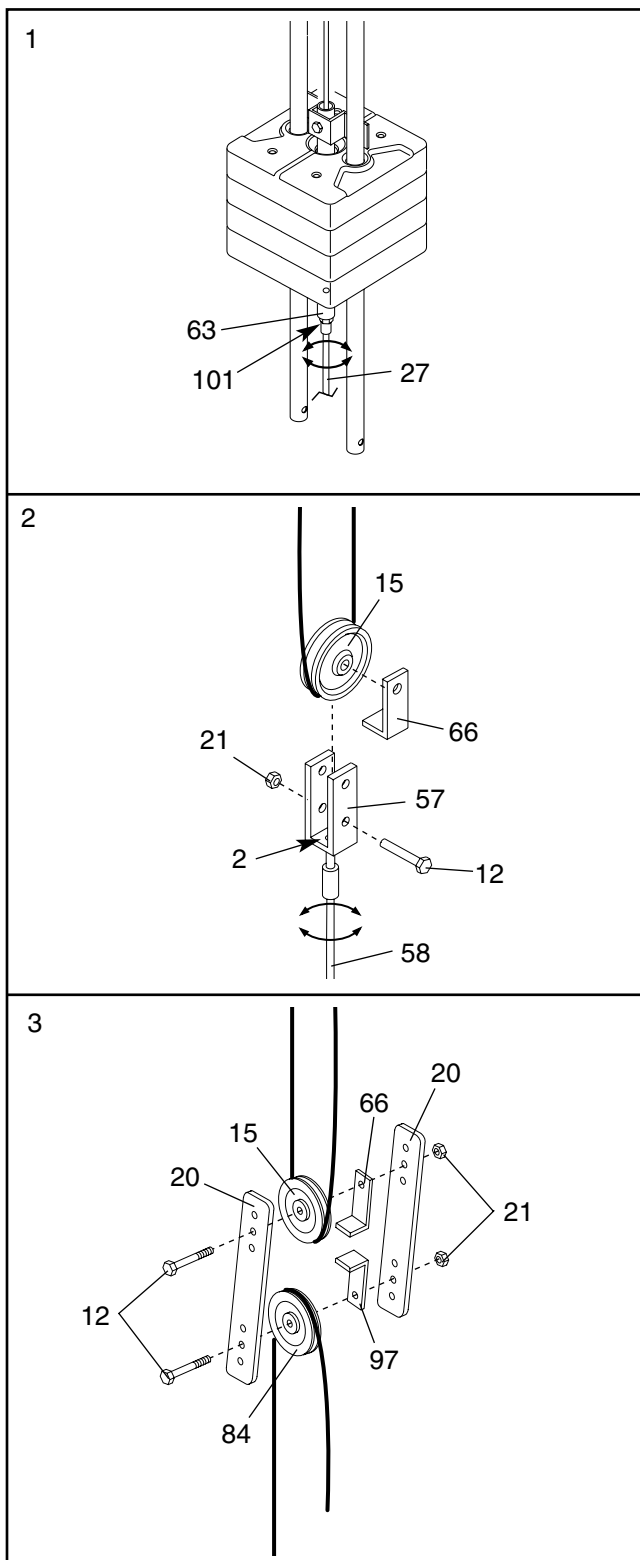
Refer to drawing 1. One way to remove slack from the cables is to tighten the Resistance Cable (27) further into the lower end of the Weight Tube (63). Loosen the 1/2" Plane Nut (101) on the end of the Cable. Tighten the bolt on the end of the Cable further into the Weight Tube. Retighten the Plane Nut against the Weight Tube.

Refer to drawing 2. Additional slack can be removed by moving the indicated 3 1/2" Pulley (15) in the Long "U"-Bracket (57). Remove the 3/8" x 2" Bolt (12), the 3/8" Nylon Locknut (21), the Pulley, and the Cable Trap (66) from the Long "U"-Bracket. Reattach the Pulley and the Cable Trap to the lower holes in the Long "U"-Bracket with the Bolt and the Nylon Locknut. **Make sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.**

Refer to drawing 3. Slack can also be removed by moving the 3 1/2" Pulley (15) and the Cable Trap (66), or the 4 1/2" Pulley (84) and the Metal Cable Trap (97), to a set of holes closer to the center of the Pulley Plates (20). To do this, remove the 3/8" x 2" Bolt (12), the 3/8" Nylon Locknut (21), the Pulley, and the Cable Trap from the Pulley Plates. Re-attach the Pulley and the Cable Trap to a different set of holes with the Bolt and the Nylon Locknut. **Make sure that the Cable Trap is in the proper position 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.**

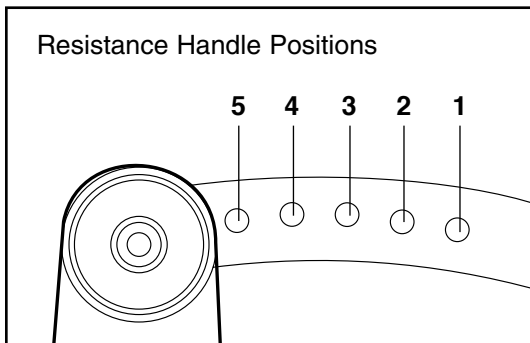
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



# WEIGHT RESISTANCE CHART

The chart at the right shows the approximate weight resistance at each exercise station on the weight system. The left column lists the five positions of the resistance handle (see CHANGING THE RESISTANCE CYLINDER SETTING on page 19). The next column to the right lists the number of weights that can be used (see CHANGING THE WEIGHT SETTING on page 19). The six unshaded columns show the approximate weight resistance, in pounds, at each exercise station.

For example, if the resistance handle is set at position 2 (see the drawing below), if the weight pin is inserted under 3 weights, and if the leg lever is being used, the chart shows that the approximate weight resistance will be 124 pounds.

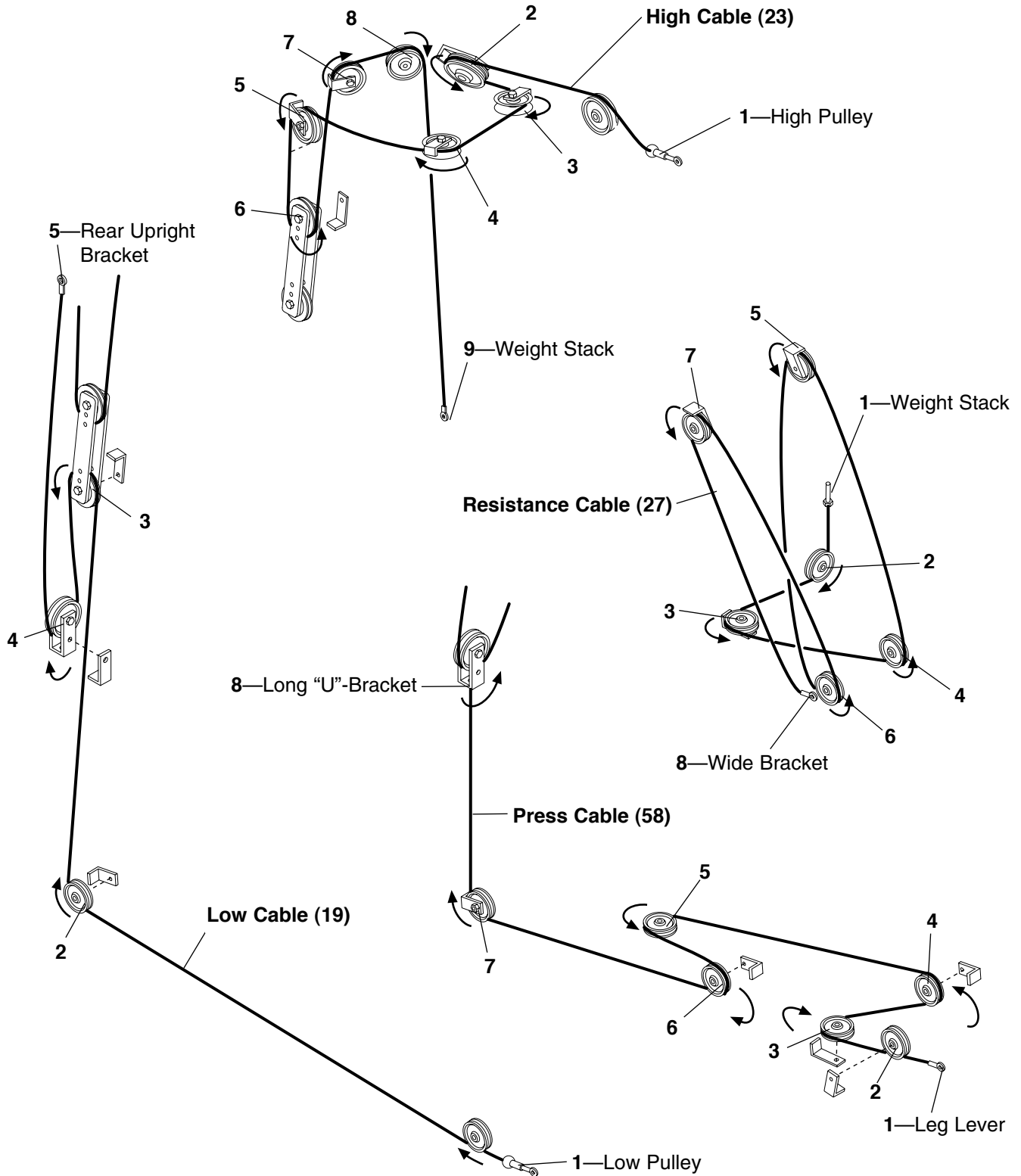


	Handle Position	No. of Weights	Leg Lever	Low Pulley	Leg Press	Arm Press	High Pulley	Butterfly Arms
<b>1</b>	0	*	24	*	*	*	33	
	1	63	38	126	50	44	86	
	2	86	53	180	71	64	96	
	3	107	68	228	93	78	102	
	4	133	83	294	112	94	136	
<b>2</b>	0	56	34	122	49	39	54	
	1	81	48	162	65	55	92	
	2	103	63	217	90	75	106	
	3	124	78	262	106	89	124	
	4	149	93	306	125	108	152	
<b>3</b>	0	79	50	153	59	51	66	
	1	95	59	193	79	68	116	
	2	118	74	253	103	90	122	
	3	138	89	295	123	104	142	
	4	161	102	341	140	121	164	
<b>4</b>	0	87	57	189	74	63	84	
	1	111	70	234	93	78	106	
	2	134	84	286	118	102	138	
	3	157	100	327	136	115	154	
	4	182	113	386	154	131	180	
<b>5</b>	0	103	65	222	86	76	110	
	1	127	79	266	121	92	126	
	2	152	94	318	131	112	152	
	3	172	109	367	151	124	168	
	4	196	125	420	167	144	204	

\*Note: It is not recommended that this exercise station be used when the resistance handle is set at position 1, and no weights are being used.

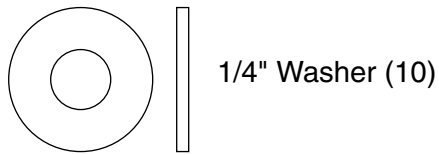
# CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Low Cable (19), the High Cable (23), the Resistance Cable (27), and the Press Cable (58). Use the diagram to make sure that the 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. **Make sure that the cable traps do not touch or bind the cables.**

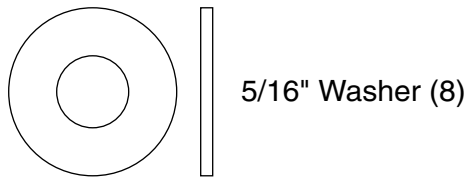


# PART IDENTIFICATION CHART – WESY19610

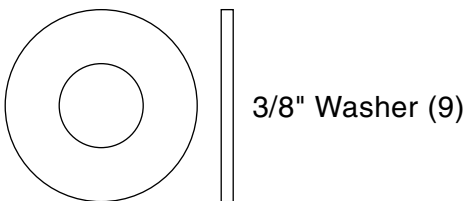
R1001A



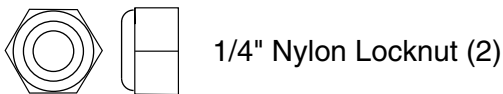
1/4" Washer (10)



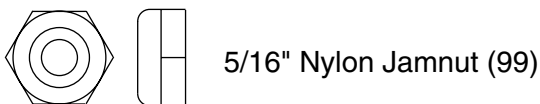
5/16" Washer (8)



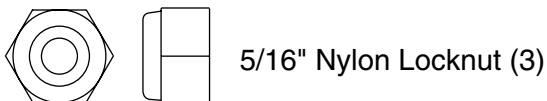
3/8" Washer (9)



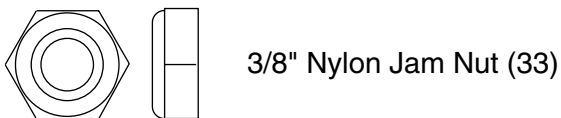
1/4" Nylon Locknut (2)



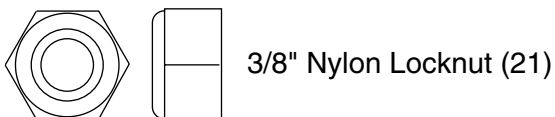
5/16" Nylon Jamnut (99)



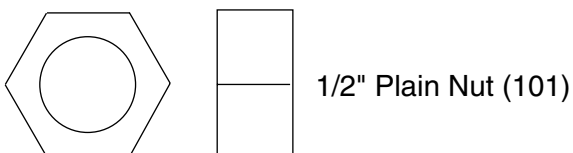
5/16" Nylon Locknut (3)



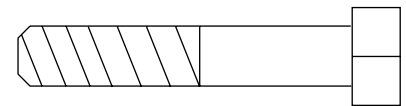
3/8" Nylon Jam Nut (33)



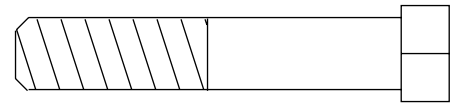
3/8" Nylon Locknut (21)



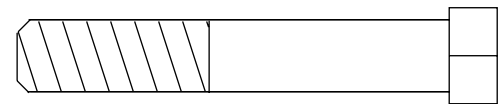
1/2" Plain Nut (101)



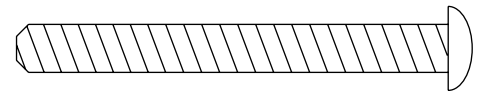
5/16" x 1 3/4" Bolt (72)



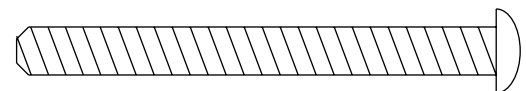
3/8" x 2" Bolt (12)



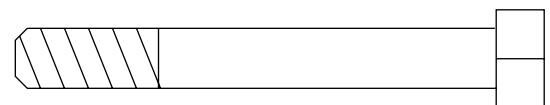
3/8" x 2 1/4" Bolt (14)



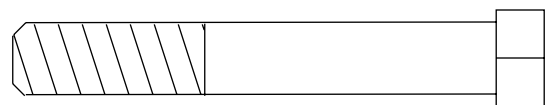
1/4" x 2 1/4" Screw (24)



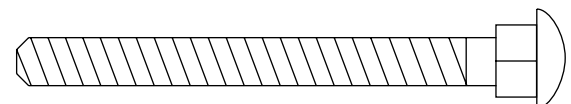
1/4" x 2 1/2" Screw (43)



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



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

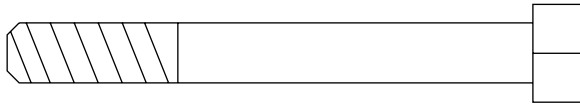


1/4" x 2 1/2" Carriage Bolt (38)

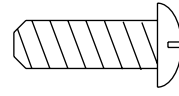


5/16" x 2 1/2" Carriage Bolt (1)

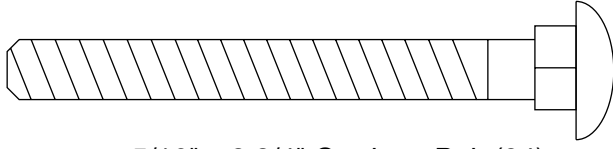




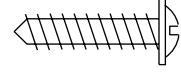
5/16" x 2 3/4" Bolt (11)



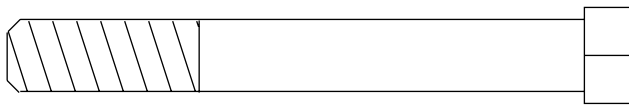
1/4" x 3/4" Screw (18)



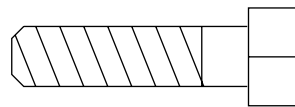
5/16" x 2 3/4" Carriage Bolt (94)



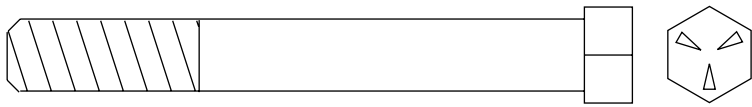
#8 x 3/4" Tap Screw (65)



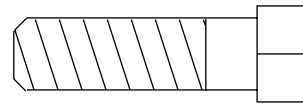
3/8" x 3" Bolt (93)



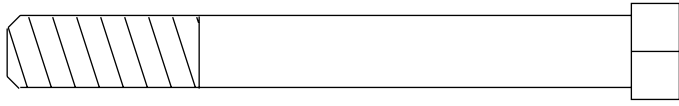
5/16" x 1 1/4" Bolt (92)



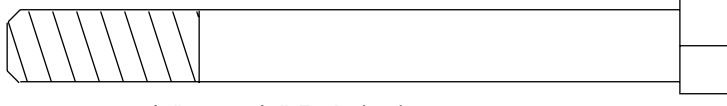
3/8" x 3" Grade 5 Bolt (98)



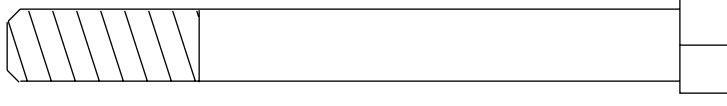
3/8" x 1 1/4" Bolt (83)



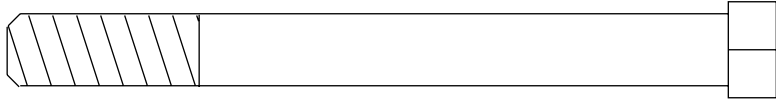
3/8" x 3 1/4" Bolt (68)



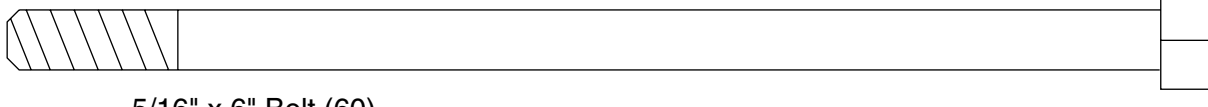
3/8" x 3 1/2" Bolt (16)



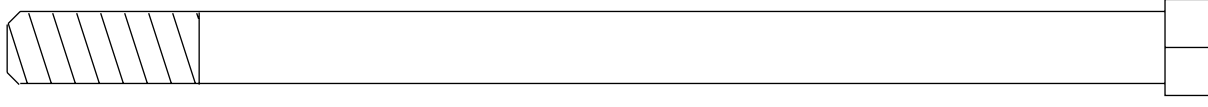
3/8" x 3 1/2" Bolt (16)



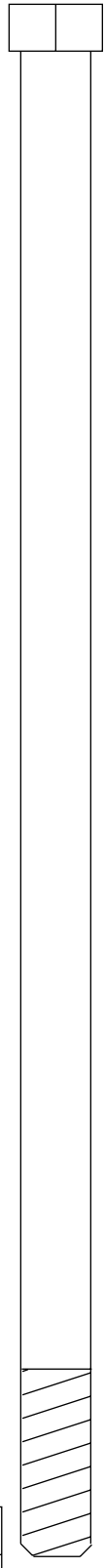
3/8" x 3 3/4" Bolt (71)



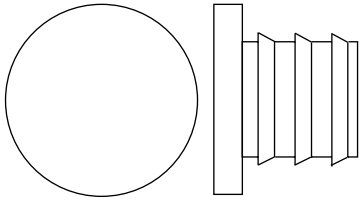
5/16" x 6" Bolt (60)



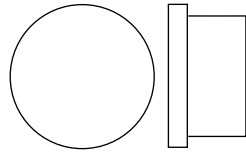
3/8" x 6" Bolt (64)



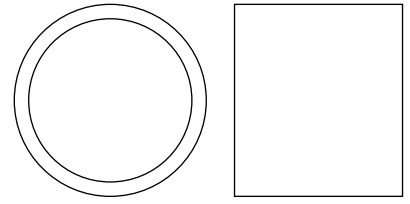
3/8" x 8" Bolt (59)



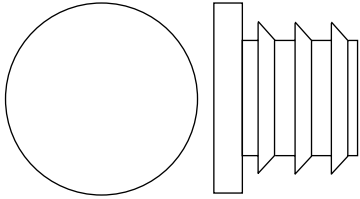
1" Inner Cap (81)



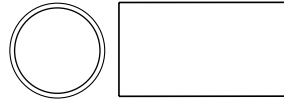
3/4" Round Inner Cap (34)



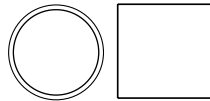
1" x 7/8" Plastic Bushing (75)



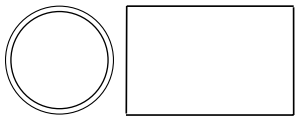
1" Round Inner Cap (49)



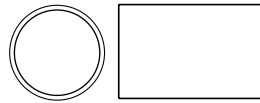
1/2" x 7/8" Spacer (100)



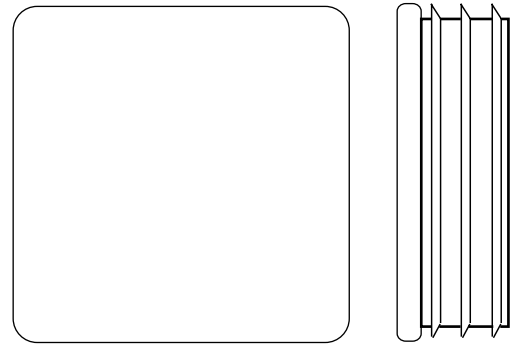
1/2" x 1/2" Spacer (96)



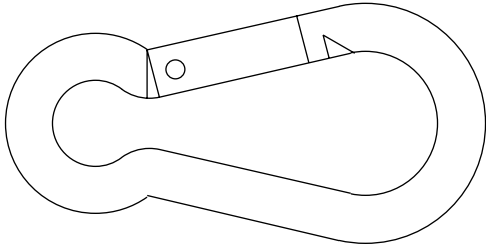
5/8" x 7/8" Spacer (61)



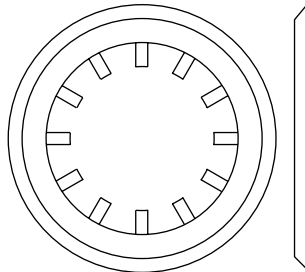
1/2" x 3/4" Spacer (82)



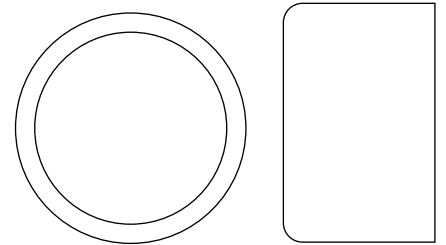
1 3/4" Square Inner Cap (44)



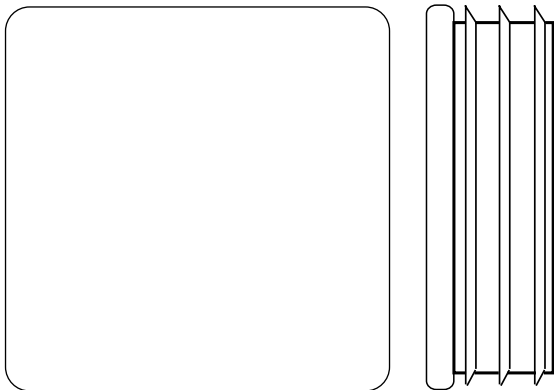
Cable Clip (53)



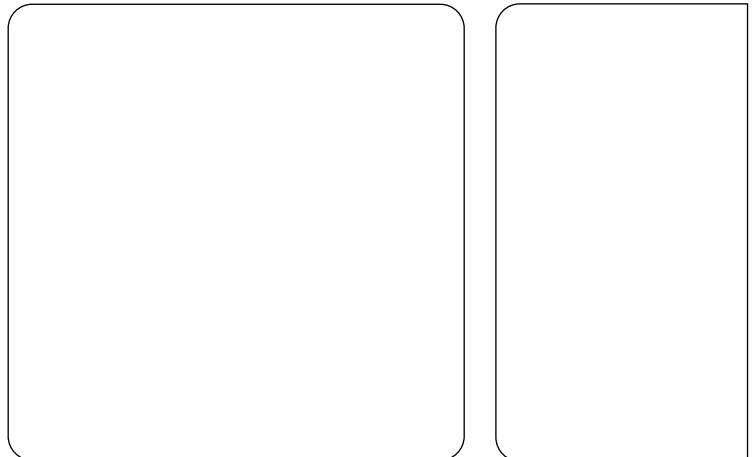
1" Retainer (69)



1" Round Cover Cap (70)



2" Square Inner Cap (76)



2" Square Outer Cap (51)

# PART LIST—Model No. WESY19610

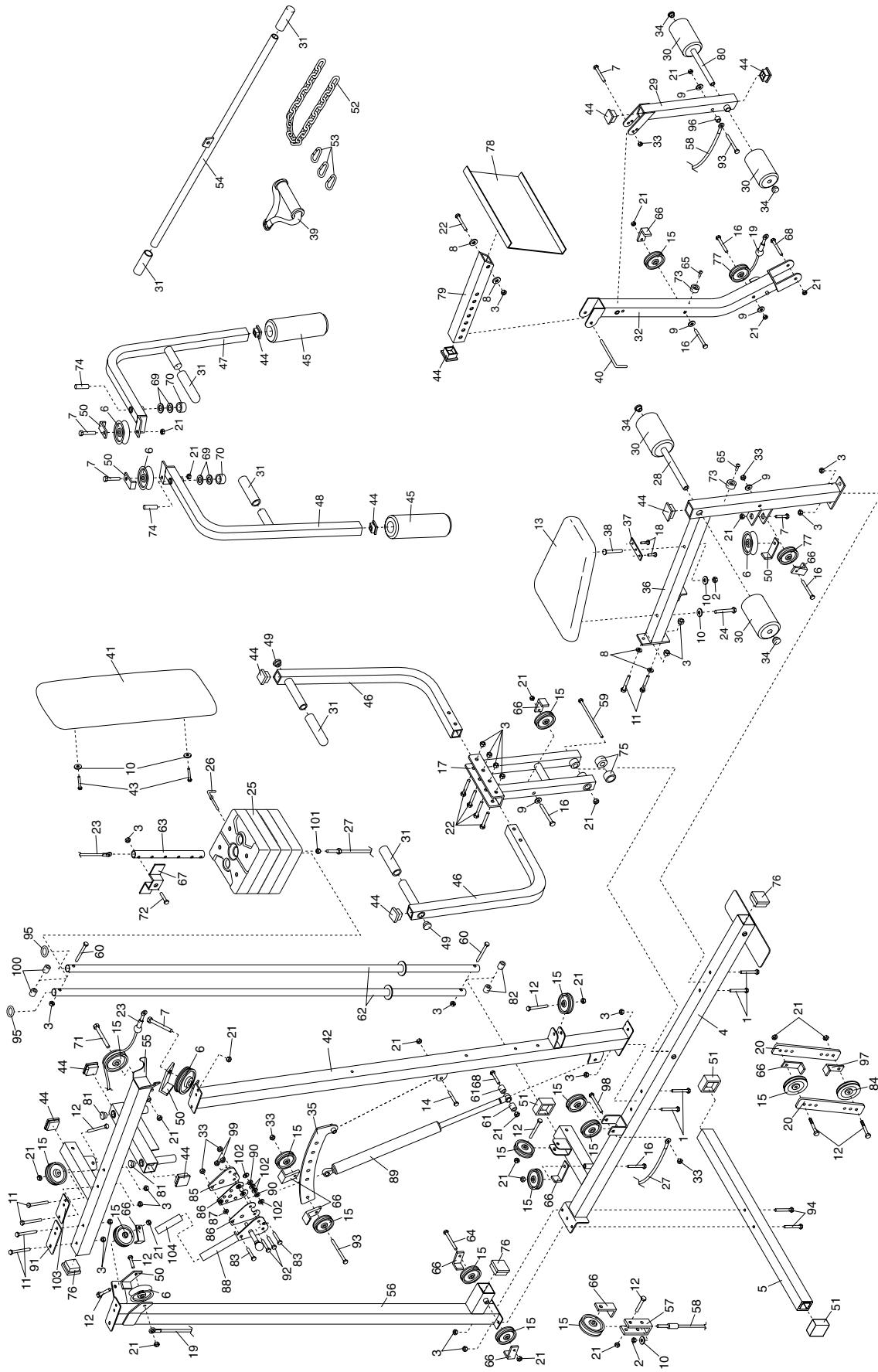
R1001A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	5/16" x 2 1/2" Carriage Bolt	54	1	Lat Bar
2	2	1/4" Nylon Locknut	55	1	Top Frame
3	20	5/16" Nylon Locknut	56	1	Rear Upright
4	1	Base	57	1	Long "U"-Bracket
5	1	Stabilizer	58	1	Press Cable
6	5	"V"-Pulley	59	1	3/8" x 8" Bolt
7	5	3/8" x 2 1/2" Bolt	60	2	5/16" x 6" Bolt
8	4	5/16" Washer	61	2	1/2" x 5/8" Spacer
9	5	3/8" Washer	62	2	Weight Guide
10	5	1/4" Washer	63	1	Weight Tube
11	6	5/16" x 2 3/4" Bolt	64	1	3/8" x 6" Bolt
12	8	3/8" x 2" Bolt	65	2	#8 x 3/4" Tap Screw
13	1	Seat	66	11	Cable Trap
14	1	3/8" x 2 1/4" Bolt	67	1	Plastic Stabilizer
15	16	3 1/2" Pulley	68	2	3/8" x 3 1/4" Bolt
16	5	3/8" x 3 1/2" Bolt	69	4	1" Retainer
17	1	Press Frame	70	2	1" Round Cover Cap
18	2	1/4" x 3/4" Screw	71	1	3/8" x 3 3/4" Bolt
19	1	Low Cable	72	1	5/16" x 1 3/4" Bolt
20	2	Pulley Plate	73	2	Bumper
21	23	3/8" Nylon Locknut	74	2	1 1/8" x 2 1/2" Plastic Bushing
22	5	5/16" x 2 1/2" Bolt	75	2	1" x 7/8" Plastic Bushing
23	1	High Cable	76	3	2" Square Inner Cap
24	1	1/4" x 2 1/4" Screw	77	2	3 1/2" Pro Pulley
25	4	Weight	78	1	Press Plate
26	1	Weight Pin	79	1	Press Adjustment Tube
27	1	Resistance Cable	80	1	Long Pad Tube
28	1	Short Pad Tube	81	2	1" Inner Cap
29	1	Leg Lever	82	2	1/2" x 3/4" Spacer
30	4	5 1/2" Pad	83	2	3/8" 1 1/4" Bolt
31	6	5" Handgrip	84	1	4 1/2" Pulley
32	1	Rocker Arm	85	1	Resistance Plate
33	6	3/8" Nylon Jamnut	86	2	Flat Spacer
34	4	3/4" Round Inner Cap	87	1	.625" x .390" x .843" Spacer
35	1	Resistance Bracket	88	1	Resistance Handle
36	1	Seat Frame	89	1	Cylinder
37	1	Seat Plate	90	2	Bearing
38	1	1/4" x 2 1/2" Carriage Bolt	91	1	Large Support Plate
39	1	Nylon Strap	92	2	5/16" x 1 1/4" Bolt
40	1	"L"-Pin	93	2	3/8" x 3" Bolt
41	1	Backrest	94	2	5/16" x 2 3/4" Carriage Bolt
42	1	Front Upright	95	2	Weight Bumper
43	2	1/4" x 2 1/2" Screw	96	1	Bushing 1/2" x 1/2"
44	11	1 3/4" Square Inner Cap	97	1	Metal Cable Trap
45	2	10" Pad	98	1	3/8" x 3" Grade 5 Bolt
46	2	Press Arm	99	2	5/16" Nylon Jamnut
47	1	Left Arm	100	2	1/2" x 7/8" Spacer
48	1	Right Arm	101	1	1/2" Plane Nut
49	2	1" Round Inner Cap	102	4	Special Washer
50	5	Long Cable Trap	103	1	Small Support Plate
51	3	2" Square Outer Cap	104	1	3" Handgrip
52	1	Chain	#	1	User's Manual
53	3	Cable Clip	#	1	Exercise Guide

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

# EXPLODED DRAWING—Model No. WESY19610

R1001A



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## ORDERING REPLACEMENT PARTS

To order replacement parts, 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 (WESY19610)
- The NAME of the product (WEIDER® 265 weight 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 EXPLODED DRAWING at the center of this manual).

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## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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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