

# ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, please call or write the ICON Health & Fitness, Ltd. office.

ICON Health & Fitness Ltd.  
Revie Road Industrial Estate  
Revie Road  
Leeds  
LS11 8JG

Tel: Country Code:

**0345-089009**

Fax: 0113-2411120

When calling or writing, please provide the following information:

1. The MODEL NUMBER of the product (WEEVSY52000)
2. The NAME of the product (WEIDER® 8630 training system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the centre of this manual).

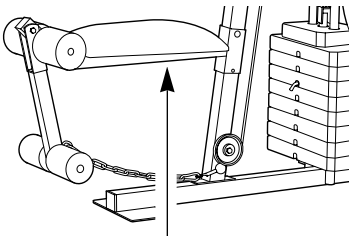


# WEIDER® 8630 TRAINING SYSTEM

## USER'S MANUAL

Model No. WEEVSY52000  
Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

### QUESTIONS?

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

Please CALL:

**0345-089009**

Or WRITE:  
ICON Health & Fitness Ltd.  
Revie Road Industrial Estate  
Revie Road  
Leeds  
LS11 8JG

### ⚠ CAUTION

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



Visit our website at  
[www.weiderfitness.com](http://www.weiderfitness.com)

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS..... 3

BEFORE YOU BEGIN ..... 4

ASSEMBLY ..... 5

HOW TO USE THE TRAINING SYSTEM ..... 22

WEIGHT RESISTANCE CHART ..... 24

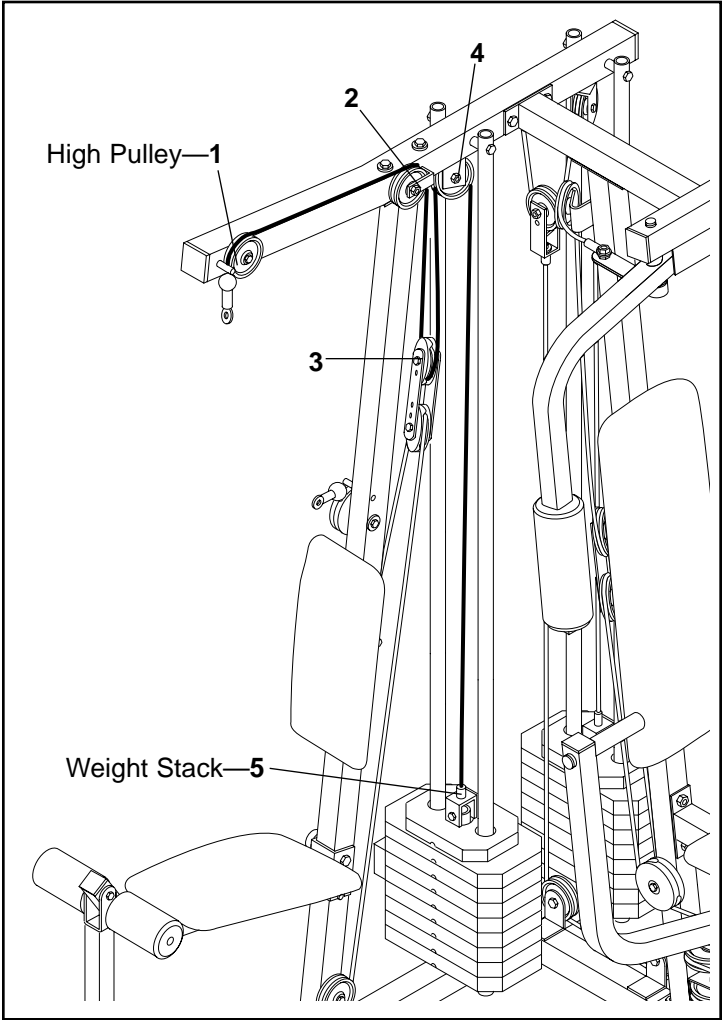
TROUBLE-SHOOTING AND MAINTENANCE..... 25

CABLE DIAGRAMS ..... 26

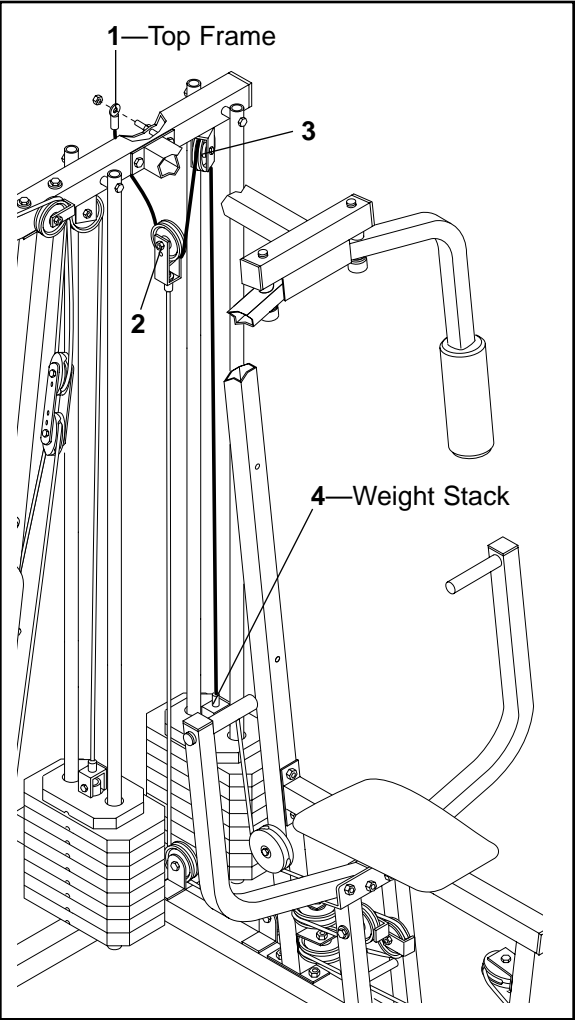
ORDERING REPLACEMENT PARTS..... Back Cover

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

High Cable (85)



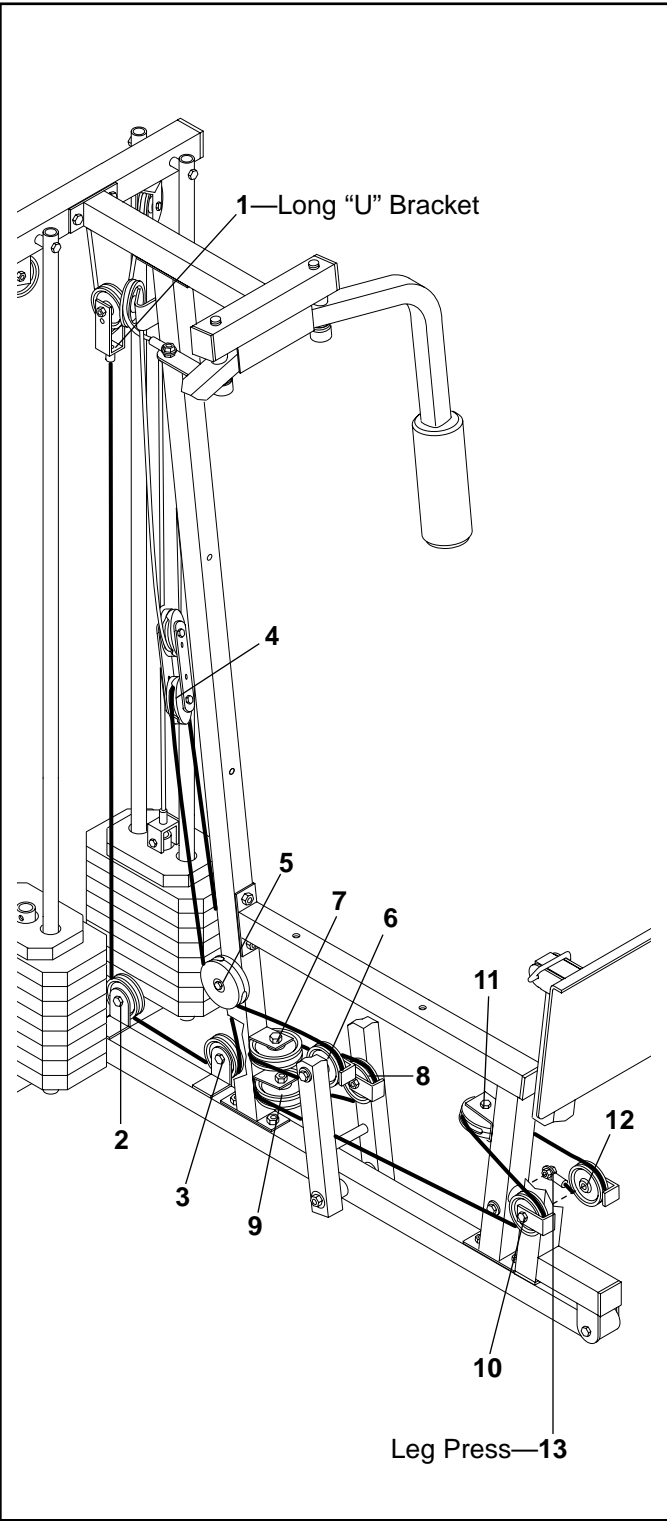
Rear Cable (87)



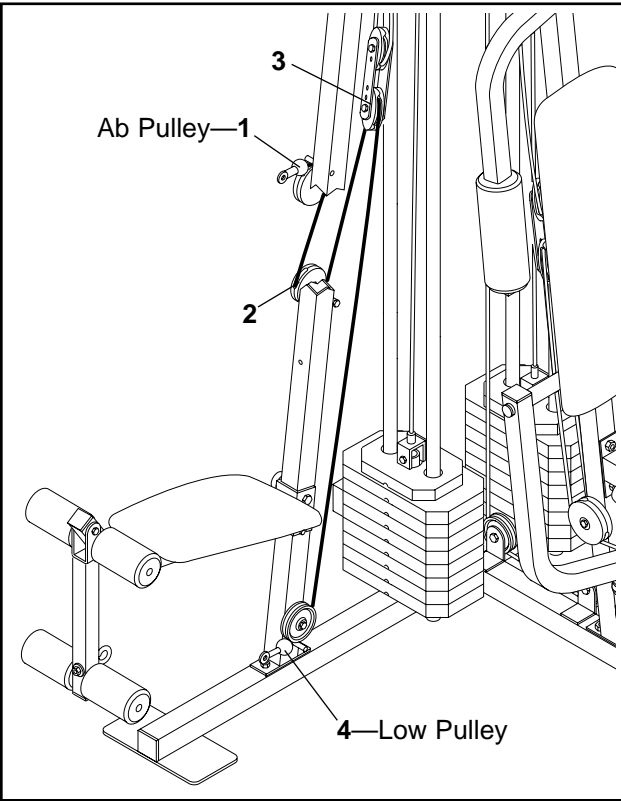
# CABLE DIAGRAMS

The cable diagrams on this page and the next page show the proper routing of the High Cable (85), the Low Cable (86), the Rear Cable (87), the Press Cable (88), and the Butterfly Cable (89). Use the diagrams to be sure that the Cables have been assembled correctly. The starting and ending points of each Cable have been labeled. The numbers show the proper route for each Cable. **IMPORTANT: If the Cables have not been correctly routed, the WEIDER 8630 will not function properly and damage may occur.**

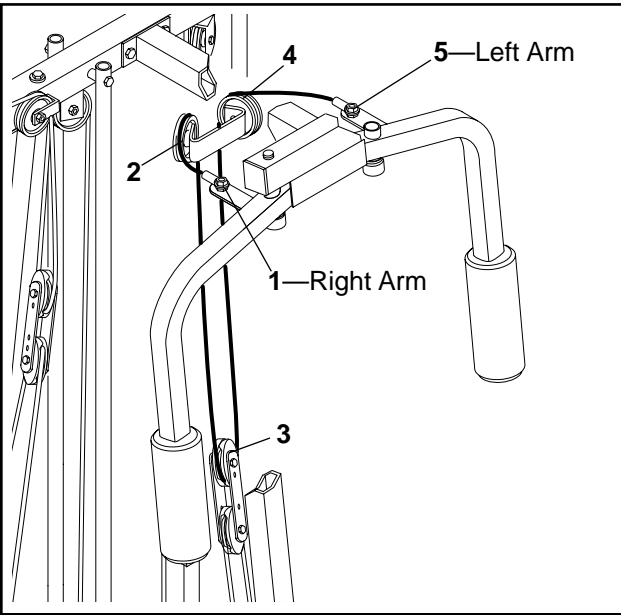
Press Cable (88)



Low Cable (86)



Butterfly Cable (89)



# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
2. Read all instructions in this manual literature before using the training system.
3. The training system is intended for home use only. Do not use the training system in any commercial, rental, or institutional setting.
4. Use the training system only on a level surface. Place a mat beneath the training system to protect the floor or carpet.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Always wear athletic shoes for foot protection.
7. Keep hands and feet away from moving parts.
8. Keep children under the age of 12 and pets away from the training system at all times.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
10. Never release the press arm, butterfly arms, leg lever, leg press plate, lat bar, ab strap, or nylon strap while weights are raised. The weights will fall with great force.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. When using the leg press station, always be sure that the lock pin is fully inserted and that the lock pin is clipped in place on the adjustment tube (see page 23).
13. Always stand on the foot plate when performing an exercise that could cause the training system to tip.
14. Always disconnect the lat bar from the training system when performing an exercise that does not use the lat bar.
15. The decals shown at the right (1) and below (2) have been attached to the training system in the locations shown on page 4. If a decal is missing or illegible, please call 0345-089009 to order a free replacement decal.

**⚠ WARNING**  
Keep hands and fingers clear of this area.

**⚠ WARNING**

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around
- Replace label if damaged, illegible, or removed.
- This equipment is not to be used by more than one person at a time.



Max. user weight/ Max. Körpergewicht  
250 lbs. / 113 kgs.

**⚠ 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.

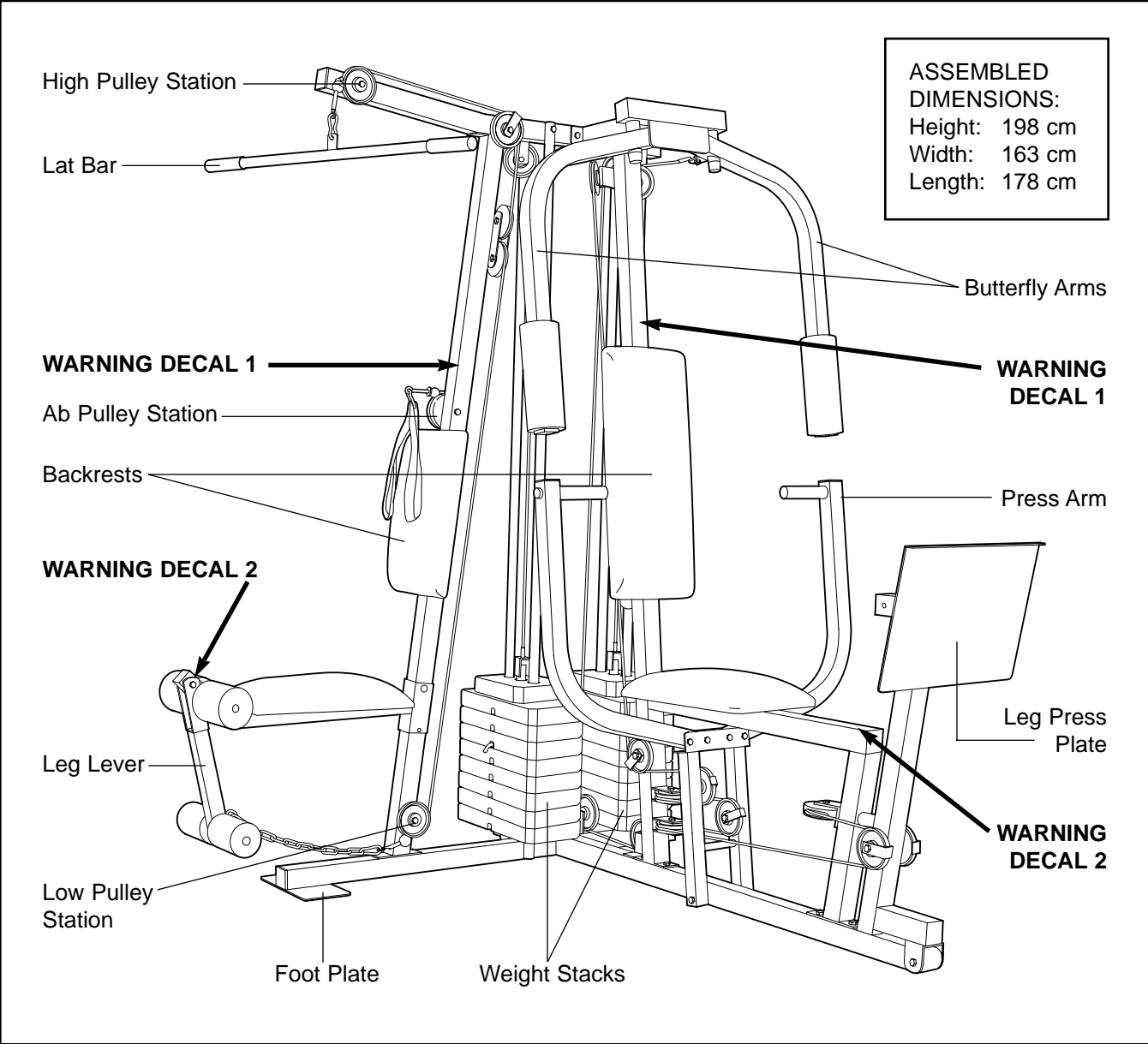
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8630 training system. The WEIDER® 8630 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® 8630 will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the training system.** If you have additional

questions, please call our Customer Service Department Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVS52000. The serial number can be found on a decal attached to the training system (see the front cover of this manual).

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



# TROUBLE-SHOOTING AND MAINTENANCE

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

## TIGHTENING THE CABLES

Woven cable, the type of cable used on the training system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. If any slack is felt when using the weight stack closest to the ab upright, both the High Cable (85) and the Low Cable (86) will need to be tightened. If any slack is felt when using the other weight stack, the Rear Cable (87), the Press Cable (88), and the Butterfly Cable (89) will need to be tightened.

To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

- See drawing 1. Tighten the 1/4" Nylon Locknut (44) that connects the end of the Press Cable (88) to the Large "U" Bracket (84).
- See drawing 1. Remove the 3/8" Nylon Locknut (42) and the 3/8" x 2" Bolt (50) from the Cable Trap (80), 3 1/2" Pulley (82), and Large "U" Bracket (84). Reattach the Pulley and Cable Trap to the lower hole in the Large "U" Bracket. Be sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.

- See drawing 2. Tighten the 1/4" Nylon Locknut (44) that connects the end of the High Cable (85) to the Small "U" Bracket (32).

The Rear Cable (87) can be tightened in the same manner.

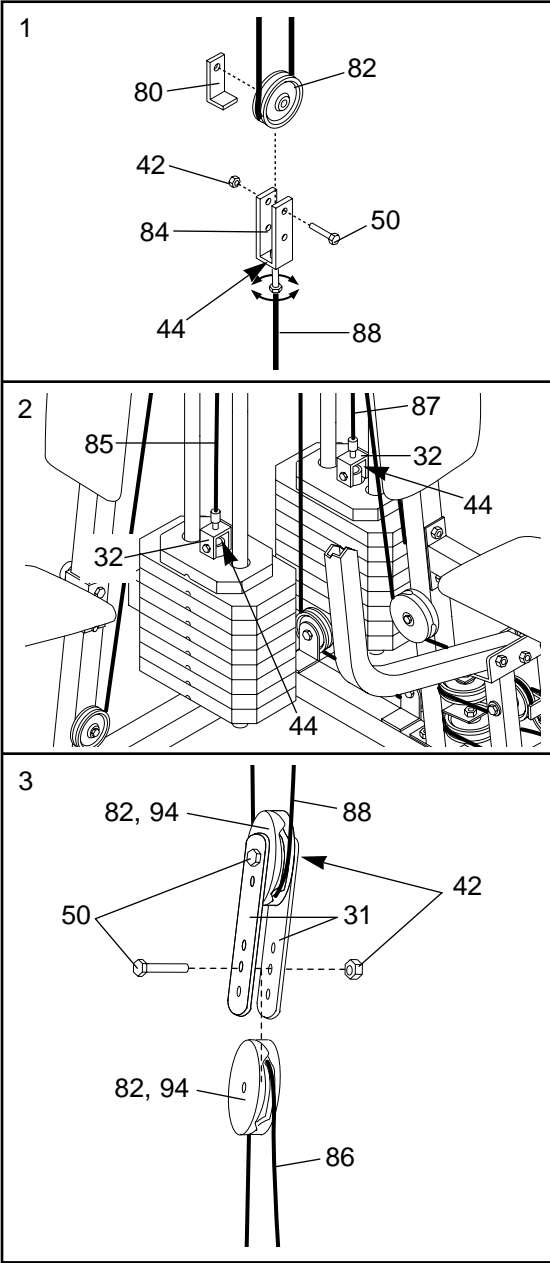
- See Drawing 3. If you feel additional slack while using the training system, the Low Cable (86) and the Press Cable (88) can be tightened further.

Remove the 3/8" x 2" Bolt (50) and the 3/8" Nylon Locknut (42) from the lower 3 1/2" Pulley (82), Pulley Covers (94) and the Pulley Plates (31). Reattach the Pulley and Pulley Covers to a higher set of holes in the Pulley Plates with the Bolt and Locknut. Be sure that the Cable and Pulley move smoothly.

**Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack.**

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

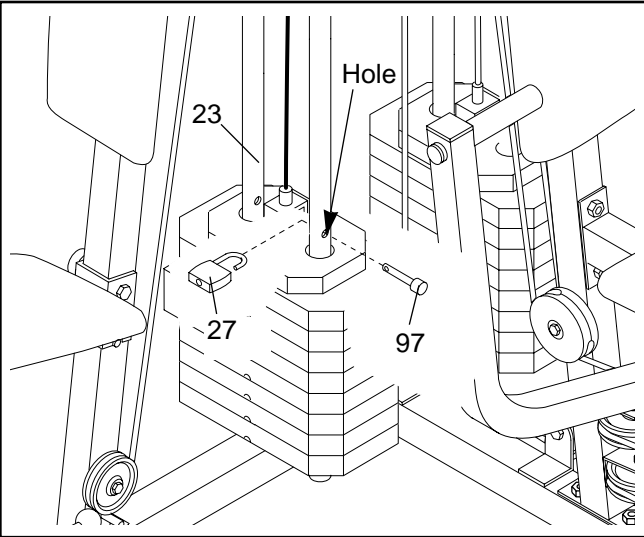
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



LOCKING THE WEIGHT STACK

To prevent unauthorised use of the training system, insert a Locking Bar (97) into the indicated hole in one of the Weight Guides (23) and secure the Locking Bar with a Lock (27).

Remove the Lock (27) to use the training system again.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. “Top” refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm. **Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG PRESS (lbs.)	AB PULLEY (lbs.)
Top	27	20	9	10	10	52	10
1	53	37	18	24	24	94	25
2	79	50	33	40	41	141	40
3	101	65	38	53	53	180	53
4	125	83	48	66	63	228	68
5	148	103	58	80	80	263	83
6	175	120	68	96	91	310	96
7	205	143	76	107	101	358	110
8	240	173	90	123	120	410	124

Note: 1 lb = .454 kg

ASSEMBLY

Make Assembly Easier for Yourself!

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

Assembly Requires Two Persons

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

Set Aside Enough Time

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



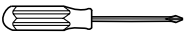

Select a Location for the Training System

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

How to Unpack the Box

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

Make sure you have the following tools:

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

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

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the centre of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the training system, 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 Customer Service Department at **0345-089009**.

The Four Stages of the Assembly Process

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

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

**Cable Assembly**—During this stage you will attach the cables and pulleys that connect the arms to the weights.

**Seat Assembly**—During the final stage you will assemble the seats and the backrests.

1. Before you begin this step, make sure that you have read all of the information on page 5. This brief introduction will save you much more time than it takes to read it.

Locate and open the parts bags labeled “FRAME ASSEMBLY BAG ONE” and “FRAME ASSEMBLY BAG TWO.”

Press two 2” Square Outer Caps (58) onto the Weight Base (14) in the indicated locations. Press a 2” Square Inner Cap (56) into the end of the Weight Base.

Insert four 5/16” x 2 1/2” Carriage Bolts (49) up through the Press Base (13). Insert two 5/16” x 2 1/2” Carriage Bolts up through the Weight Base (14).

Attach the Press Base (13) to the Weight Base (14) with two 5/16” x 2 3/4” Bolts (55), two 5/16” Washers (20), and two 5/16” Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

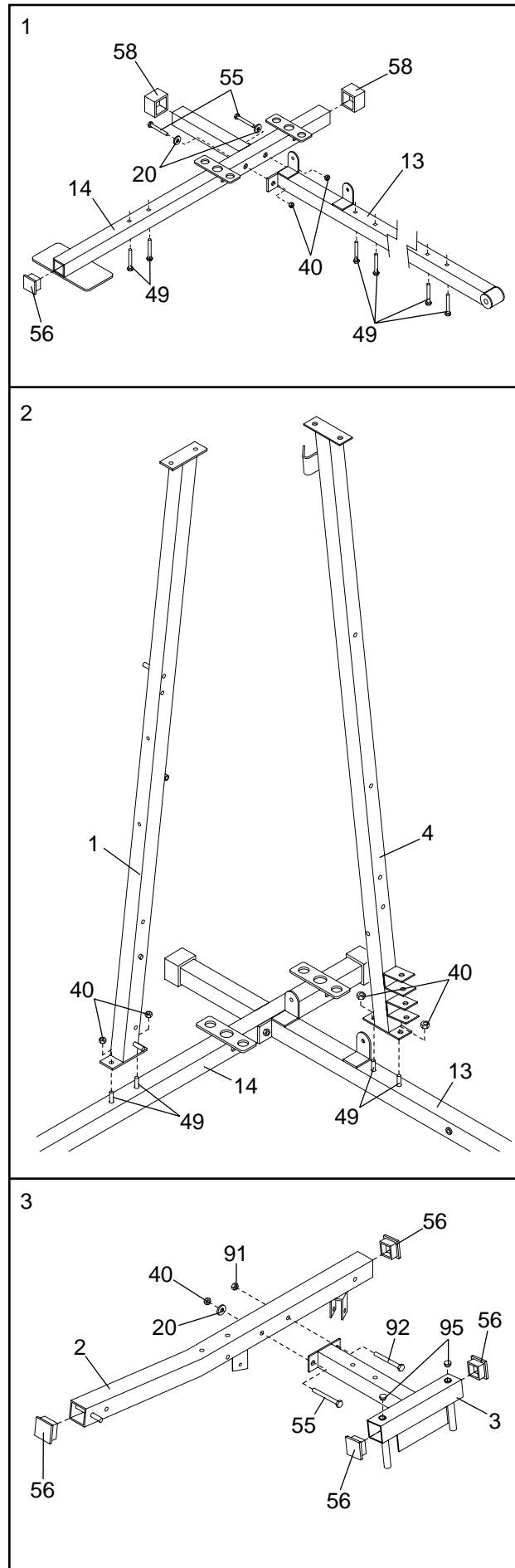
2. Slide the Ab Upright (1) onto the indicated 5/16” x 2 1/2” Carriage Bolts (49) in the Weight Base (14). Hand tighten two 5/16” Nylon Locknuts (40) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

Slide the Leg Press Upright (4) onto the indicated 5/16” x 2 1/2” Carriage Bolts (49) in the Press Base (13). Hand tighten two 5/16” Nylon Locknuts (40) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

3. Press a 2” Square Inner Cap (56) into each end of the Top Frame (2). Press a 2” Square Inner Cap into each side of the Butterfly Frame (3). Press two 1” Inner Caps (95) into the top of the Butterfly Frame.

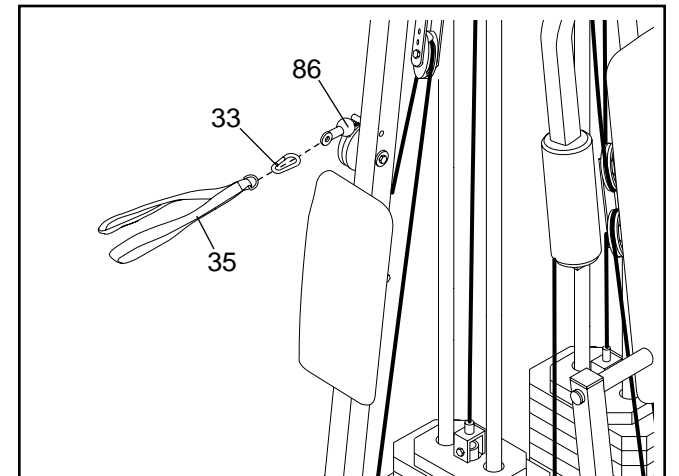
Attach the Butterfly Frame (3) to the Top Frame (2) with a 5/16” x 3” Bolt (92) and a 5/16” Nylon Jam Nut (91). **Be sure that the Bolt is on the side shown.**

Finish attaching the Butterfly Frame (3) to the Top Frame (2) with a 5/16” x 2 3/4” Bolt (55), a 5/16” Washer (20), and a 5/16” Nylon Locknut (40).



## ATTACHING THE AB STRAP TO THE AB PULLEY STATION

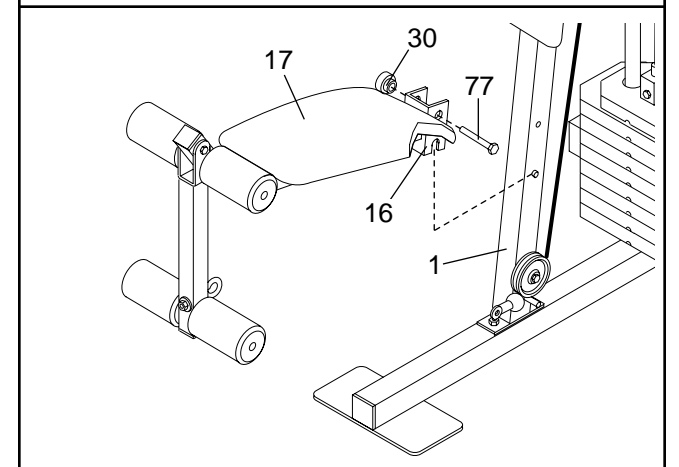
Attach the Ab Strap (35) to the Low Cable (86) at the ab pulley station with a Cable Clip (33).



## ATTACHING AND REMOVING THE SEAT

To attach the Seat (17), set the bracket on the Rear Seat Frame (16) onto the posts on the Ab Upright (1). Attach the Rear Seat Frame to the Ab Upright with the 5/16” x 2 3/4” Carriage Bolt (77) and the Seat Knob (30).

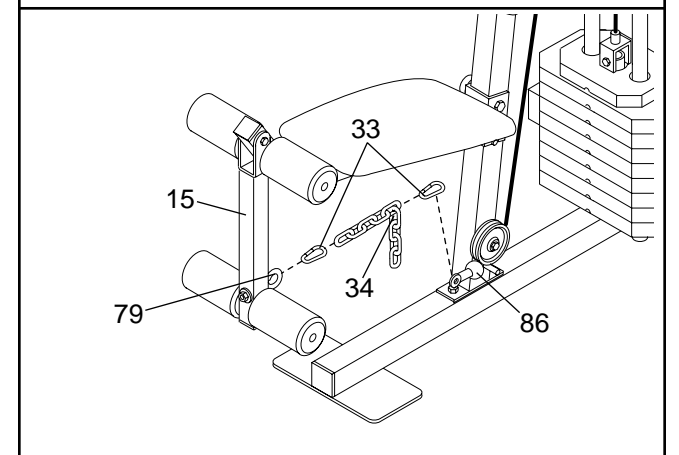
For some exercises, the Seat (17) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (30) and the 5/16” x 2 3/4” Carriage Bolt (77) from the Rear Seat Frame (16). Lift the Rear Seat Frame off the Ab Upright (1).



## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (15), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

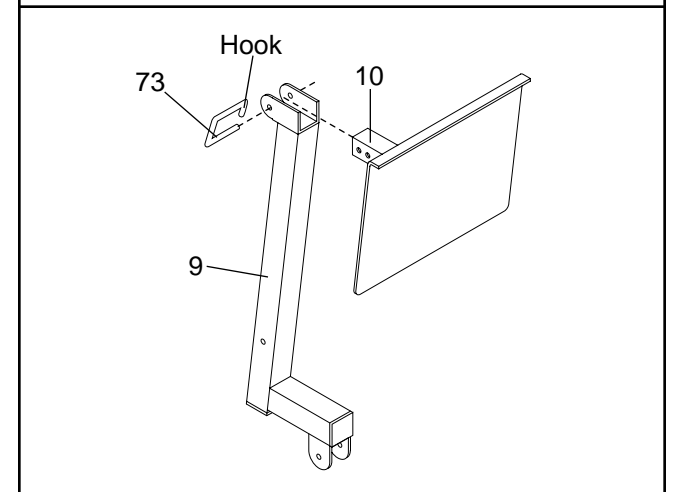
Attach one end of the Chain (34) to the Low Cable (86) with a Cable Clip (33). Attach the other end of the Chain to the Eyebolt (79) with a Cable Clip.



## ADJUSTING THE LEG PRESS PLATE

Remove the Lock Pin (73) from the Adjustment Tube (10).

Align the holes in the Leg Press Arm (9) with the desired set of holes in the Adjustment Tube (10). Re-insert the Lock Pin (73) through the holes in the Leg Press Arm and the holes in the Adjustment Tube. **Be sure that the hook on the Lock Pin is clipped in place on the Adjustment Tube.**





# HOW TO USE THE TRAINING SYSTEM

The instructions below describe how each part of the training system can be adjusted. Refer to the exercise poster accompanying this manual to see how the training 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

The training system features two weight stacks. The one weight stack is connected to the ab, upper, and lower pulley stations. The other weight stack is connected to the fly and press arms and the leg press.

To change the weight setting of either weight stack, insert a Weight Pin (93) under the desired Weight (90). 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 either weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 24 to find the approximate amount of resistance at each weight station.**

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

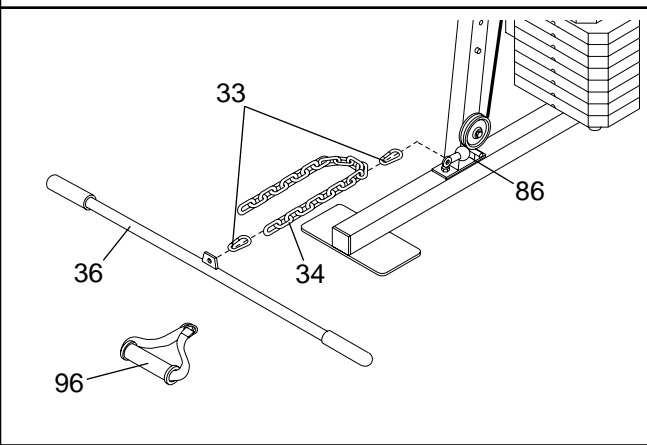
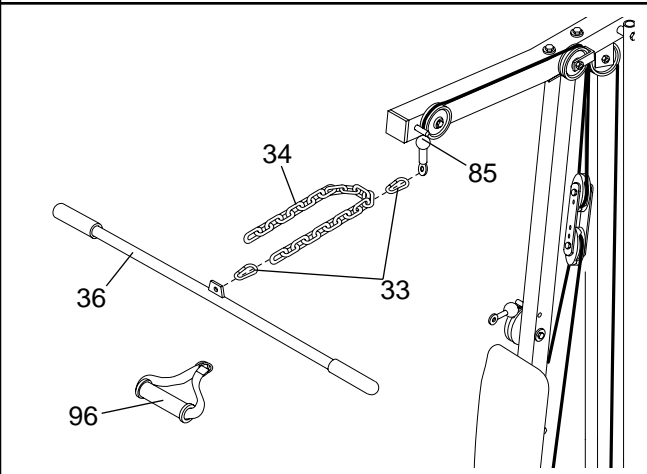
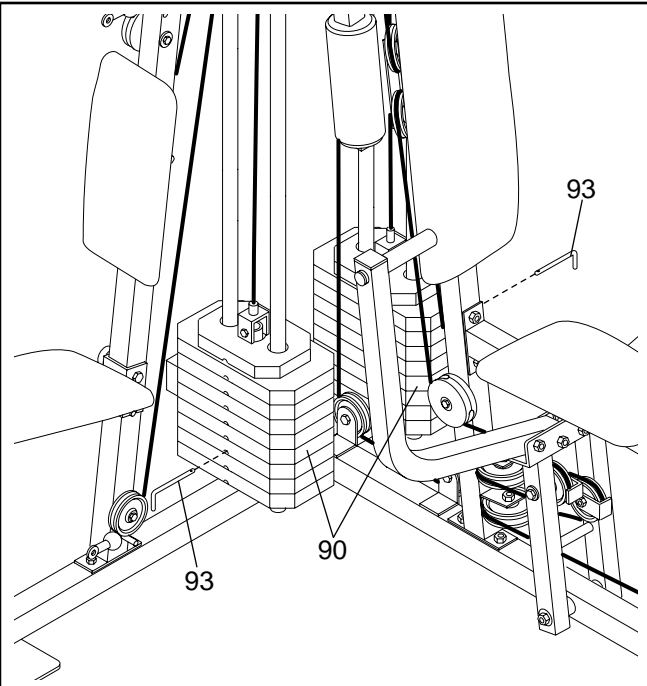
Attach the Lat Bar (36) to the High Cable (85) with a Cable Clip (33). For some exercises, the Chain (34) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (96) can be attached in the same manner.

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

Attach the Lat Bar (36) to the Low Cable (86) with a Cable Clip (33). For some exercises, the Chain (34) should be attached between the Lat Bar and the Low Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Low Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (96) can be attached in the same manner.



## FRAME ASSEMBLY

4. Slide the Front Seat Frame (8) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Press Base (13). Hand tighten two 5/16" Nylon Locknuts (40) onto the Carriage Bolts.

Attach the other end of the Front Seat Frame (8) to the Leg Press Upright (4) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20), and two 5/16" Nylon Locknuts (40).

Press a 2" Square Inner Cap (56) into the Front Seat Frame (8).

5. Insert two Weight Guides (23) into one of the brackets on the Weight Base (14). Attach the lower ends of the Weight Guides with a 5/16" x 6" Bolt (67), two 1/2" x 3/4" Spacers (69), and a 5/16" Nylon Locknut (40). **Do not over-tighten the Nylon Locknut.**

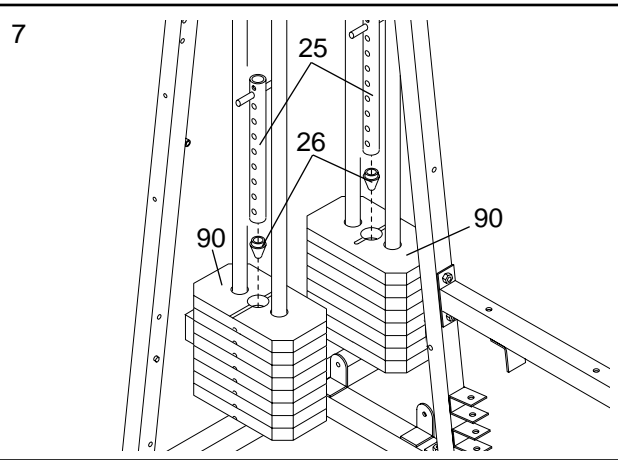
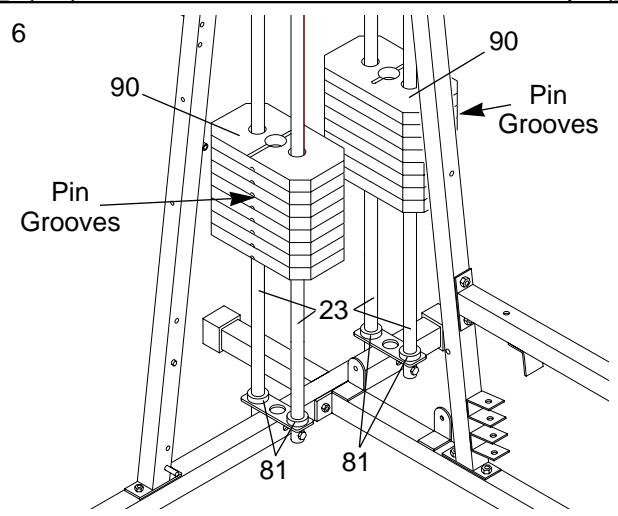
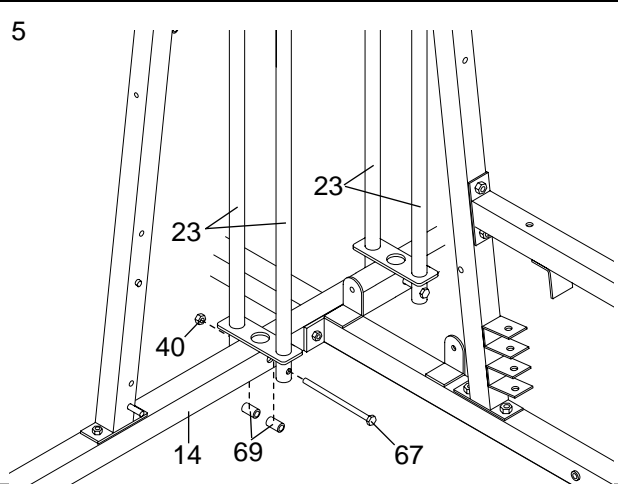
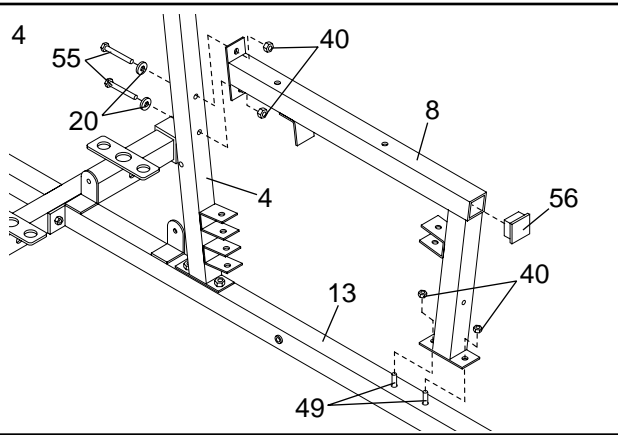
Attach the other Weight Guides (23) in the same manner.

6. Slide a Weight Bumper (81) onto each of the Weight Guides (23).

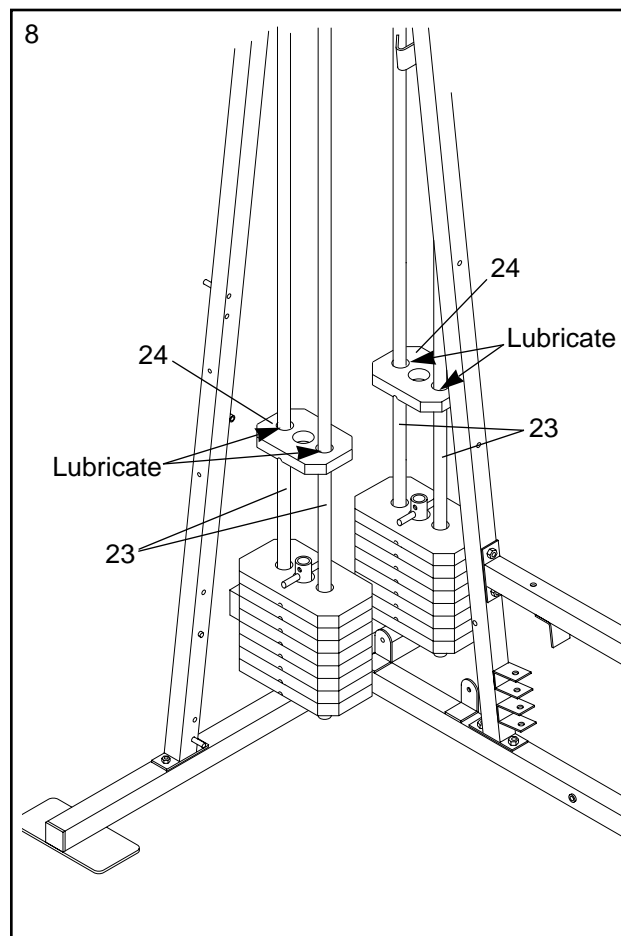
Slide eight Weights (90) onto each set of Weight Guides (23). **Be sure that the pin grooves are on the indicated side of each stack of Weights.**

7. Press a Weight Tube Bumper (26) into each Weight Tube (25).

Insert a Weight Tube (25) into each stack of Weights (90). **Be sure that the pins on the Weight Tubes are in the pin grooves in the upper Weights.**

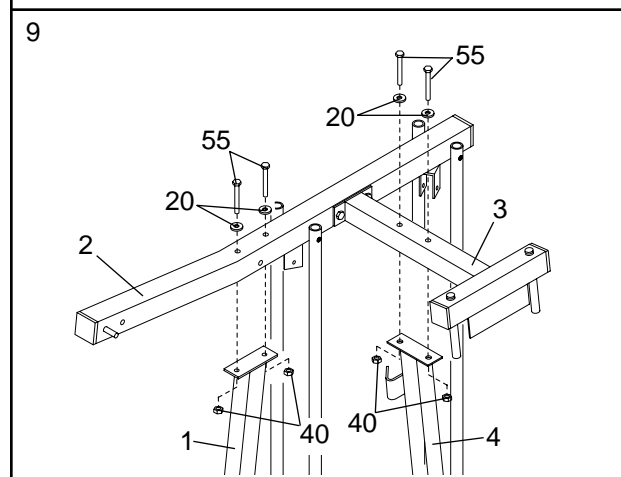


8. Lubricate the insides of the holes in the Top Weights (24) as shown. Slide a Top Weight onto each set of Weight Guides (23).



9. Attach the Top Frame (2) to the Ab Upright (1) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20), and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

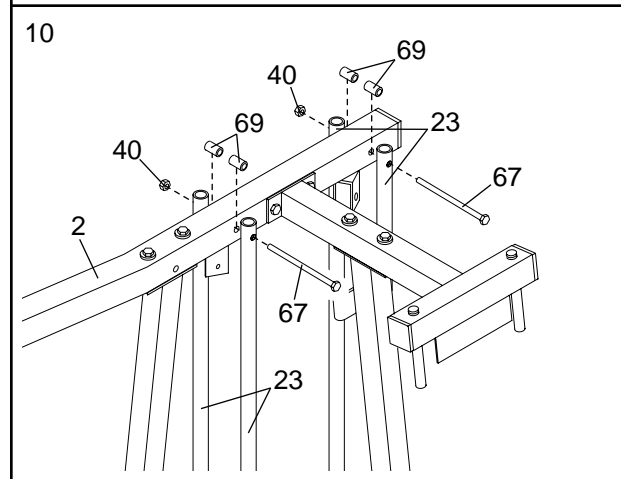
Attach the Butterfly Frame (3) to the Leg Press Upright (4) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20), and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**



10. Attach the upper ends of one set of Weight Guides (23) to the Top Frame (2) with a 5/16" x 6" Bolt (67), two 1/2" x 3/4" Spacers (69), and a 5/16" Nylon Locknut (40).

Attach the upper ends of the other set of Weight Guides (23) in the same manner.

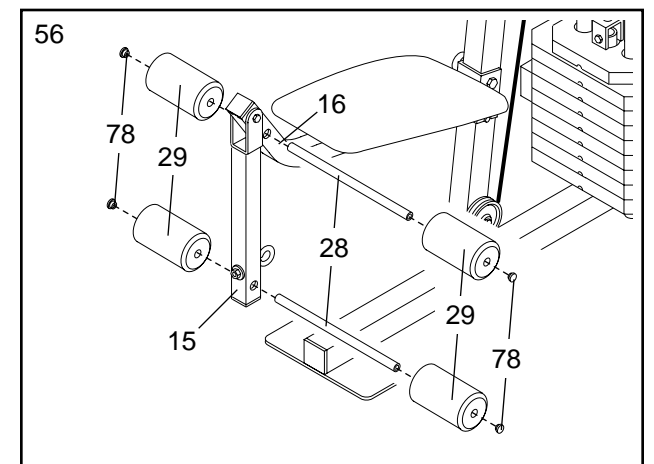
**Before continuing, firmly tighten all nylon locknuts used in steps 1 through 10.**



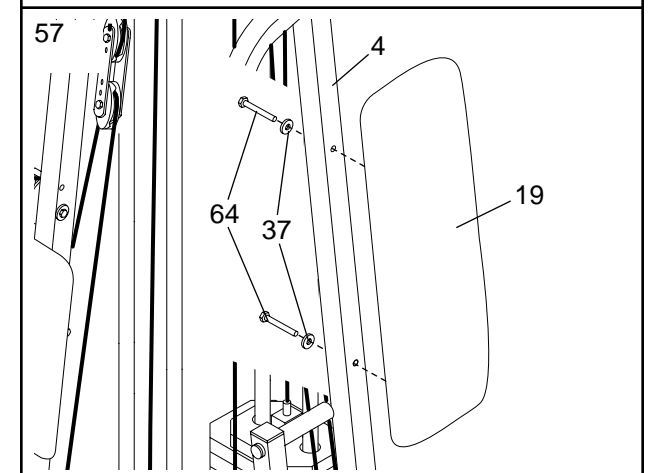
56. Press two 3/4" Round Inner Caps (78) into each Pad Tube (28).

Insert a Pad Tube (28) into the Rear Seat Frame (16). Slide a Foam Pad (29) onto each end of the Pad Tube.

Insert the other Pad Tube (28) into the Leg Lever (15). Slide a Foam Pad (29) onto each end of the Pad Tube.



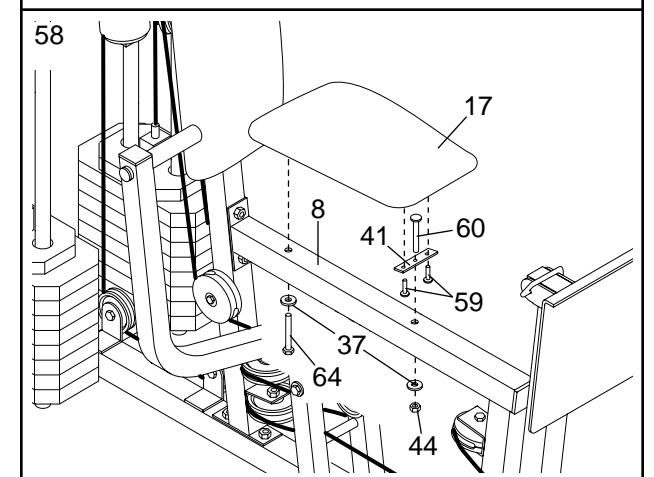
57. Attach the Large Backrest (19) to the Leg Press Upright (4) with two 1/4" x 2 1/2" Machine Screws (64) and two 1/4" Washers (37).



58. Insert a 1/4" x 2 1/2" Carriage Bolt (60) through the centre hole in a Seat Plate (41). Attach the Seat Plate to a Seat (17) with two 1/4" x 3/4" Screws (59).

Insert the 1/4" x 2 1/2" Carriage Bolt (60) through the indicated hole in the Front Seat Frame (8). Tighten a 1/4" Nylon Locknut (44) with a 1/4" Washer (37) onto the Carriage Bolt.

Attach the other end of the Seat (17) to the Front Seat Frame (8) with a 1/4" Washer (37) and a 1/4" x 2 1/2" Machine Screw (64).



59. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in HOW TO USE THE TRAINING SYSTEM, beginning on page 22 of this manual.

Before using the training system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 26 and 27 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 25.**



52. **Locate and open the parts bag labeled “SEAT ASSEMBLY.”**

Attach the Small Backrest (18) to the Ab Upright (1) with two 1/4" x 2 1/2" Machine Screws (64) and two 1/4" Washers (37).

53. Press a 1 1/2" Square Inner Cap (57) into the Rear Seat Frame (16).

Insert a 1/4" x 2" Carriage Bolt (61) through the centre hole in a Seat Plate (41). Attach the Seat Plate to a Seat (17) with two 1/4" x 3/4" Screws (59).

Insert the 1/4" x 2" Carriage Bolt (61) through the indicated hole in the Rear Seat Frame (16). Tighten a 1/4" Nylon Locknut (44) with a 1/4" Washer (37) onto the Carriage Bolt.

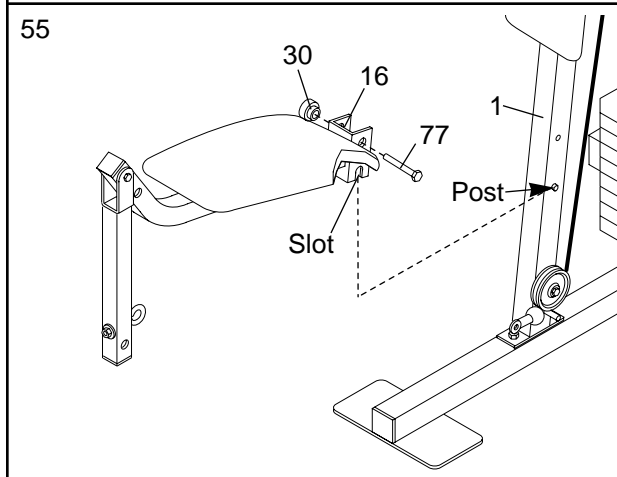
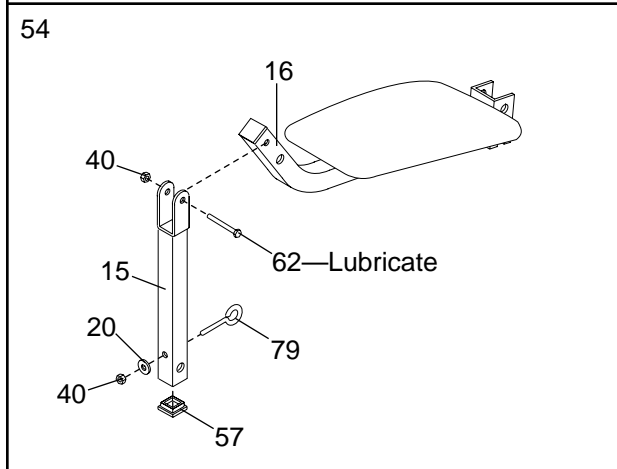
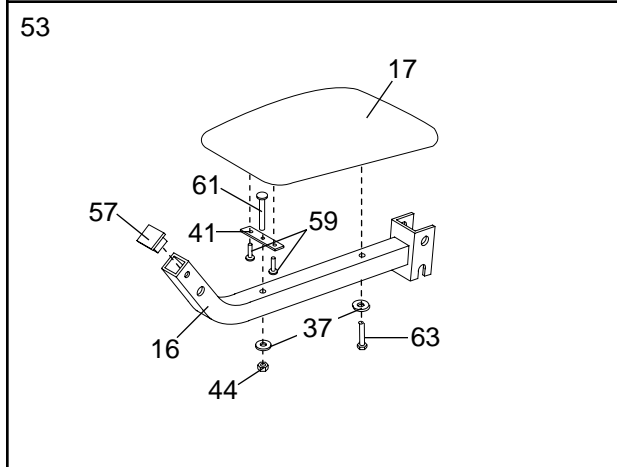
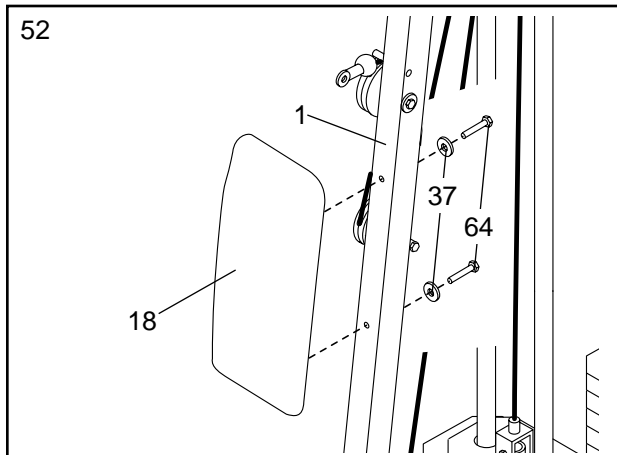
Attach the other end of the Seat (17) to the Rear Seat Frame (16) with a 1/4" Washer (37) and a 1/4" x 2" Machine Screw (63).

54. Press a 1 1/2" Square Inner Cap (57) into the Leg Lever (15).

Lubricate the 5/16" x 2 1/4" Bolt (62). Attach the Leg Lever (15) to the Rear Seat Frame (16) with the Bolt and a 5/16" Nylon Locknut (40). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot freely.**

Insert the 5/16" x 2" Eyebolt (79) into the Leg Lever (15) from the direction shown. Tighten a 5/16" Nylon Locknut (40) with a 5/16" Washer (20) onto the Eyebolt.

55. Rest the slot in the Rear Seat Frame (16) on the indicated post in the Ab Upright (1). Attach the Rear Seat Frame to the Ab Upright with a 5/16" x 2 3/4" Carriage Bolt (77) and the Seat Knob (30).

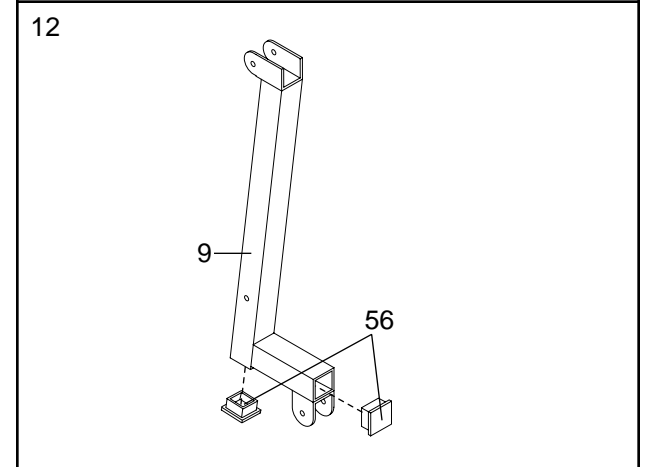
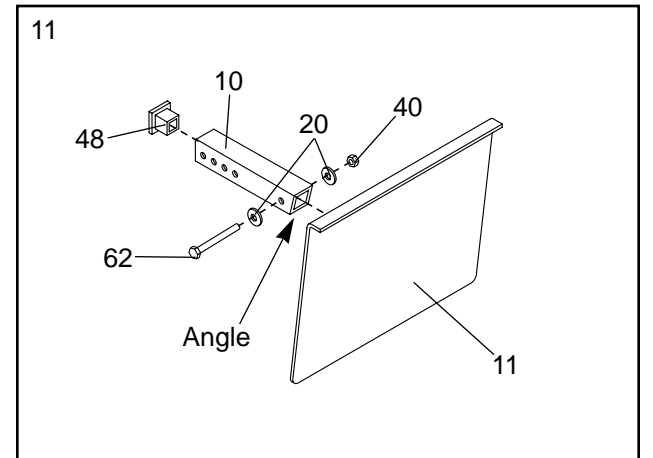


## FRAME ASSEMBLY

11. Attach the Leg Press Plate (11) to the Adjustment Tube (10) with a 5/16" x 2 1/4" Bolt (62), two 5/16" Washers (20), and a 5/16" Nylon Locknut (40). **Be sure that the Leg Press Plate and Adjustment Tube are oriented as shown.**

Press a 1 3/4" Square Inner Cap (48) into the Adjustment Tube (10).

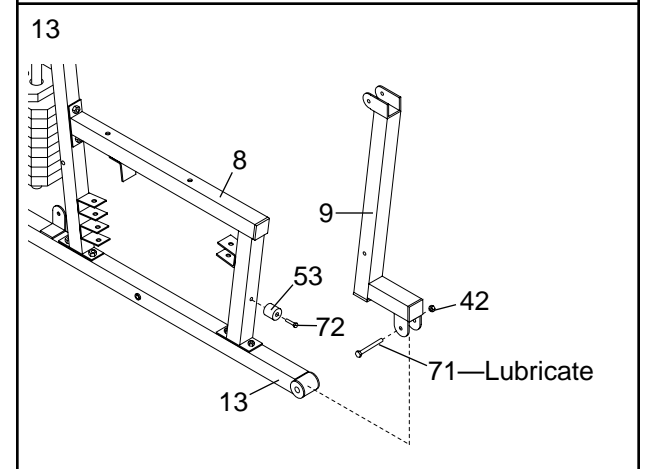
12. Press two 2" Square Inner Caps (56) into the Leg Press Arm (9).



13. **Locate and open the parts bag labeled “ARM ASSEMBLY.”**

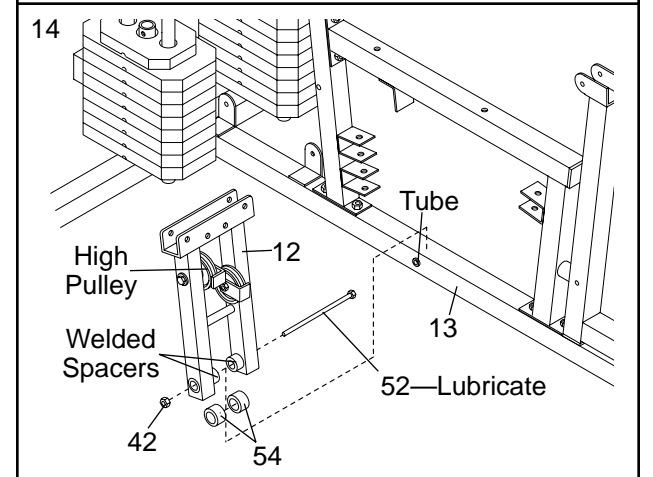
Attach the Leg Press Bumper (53) to the Front Seat Frame (8) with the 1" Tap Screw (72).

Lubricate the 3/8" x 3 1/4" Bolt (71). Attach the Leg Press Arm (9) to the Press Base (13) with the Bolt and a 3/8" Nylon Locknut (42).



14. Press a 1" x 7/8" Plastic Bushing (54) onto each welded spacer on the Press Frame (12). Slide the Press Frame onto the Press Base (13) so that the Plastic Bushings are aligned with the indicated tube. **Note: This will be a tight fit. Make sure that the high pulley is on the side shown.**

Lubricate the 3/8" x 8" Bolt (52). Attach the Press Frame (12) to the Press Base (13) with the Bolt and a 3/8" Nylon Locknut (42).



15. Attach a Press Arm (7) to one side of the Press Frame (12) with two 5/16" x 2 1/2" Bolts (39) and two 5/16" Nylon Locknuts (40).

Attach the other Press Arm (7) to the Press Frame (12) in the same manner.

16. Press a 1" Round Inner Cap (70) into one of the Press Arms (7). Press a 1 3/4" Square Inner Cap (48) into the Press Arm.

Repeat this step for the other Press Arm (not shown).

17. Lubricate both axles on the Butterfly Frame (3).

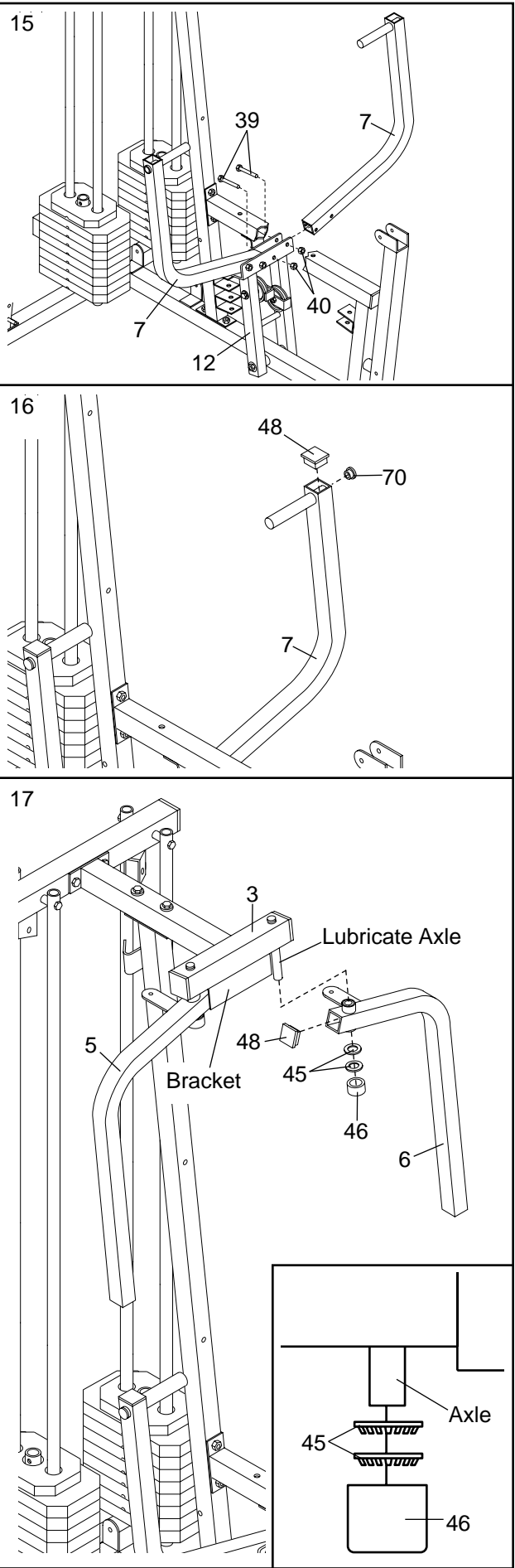
Refer to the drawing to identify the Right Butterfly Arm (5) and the Left Butterfly Arm (6).

Press a 1 3/4" Square Inner Cap (48) into the upper end of the Left Butterfly Arm (6). Slide the Left Fly Arm onto the indicated axle. **Note: Be careful not to confuse the Left Butterfly Arm with the Right Butterfly Arm (5). Be sure that the upper end of the Left Butterfly Arm is behind the indicated bracket on the Butterfly Frame (3).**

**IMPORTANT NOTE:** Before assembling the 1" Retainers (45) used in this step, be sure that you thoroughly understand the step. The Retainers can be assembled only once. If they must be removed, you will need to order new Retainers.

Tap two 1" Retainers (45) and a 1" Round Outer Cap (46) onto the axle. **Be sure that the teeth on the Retainers bend toward the Round Outer Cap, as shown in the inset drawing.**

Attach the Right Butterfly Arm (5) in the same way.

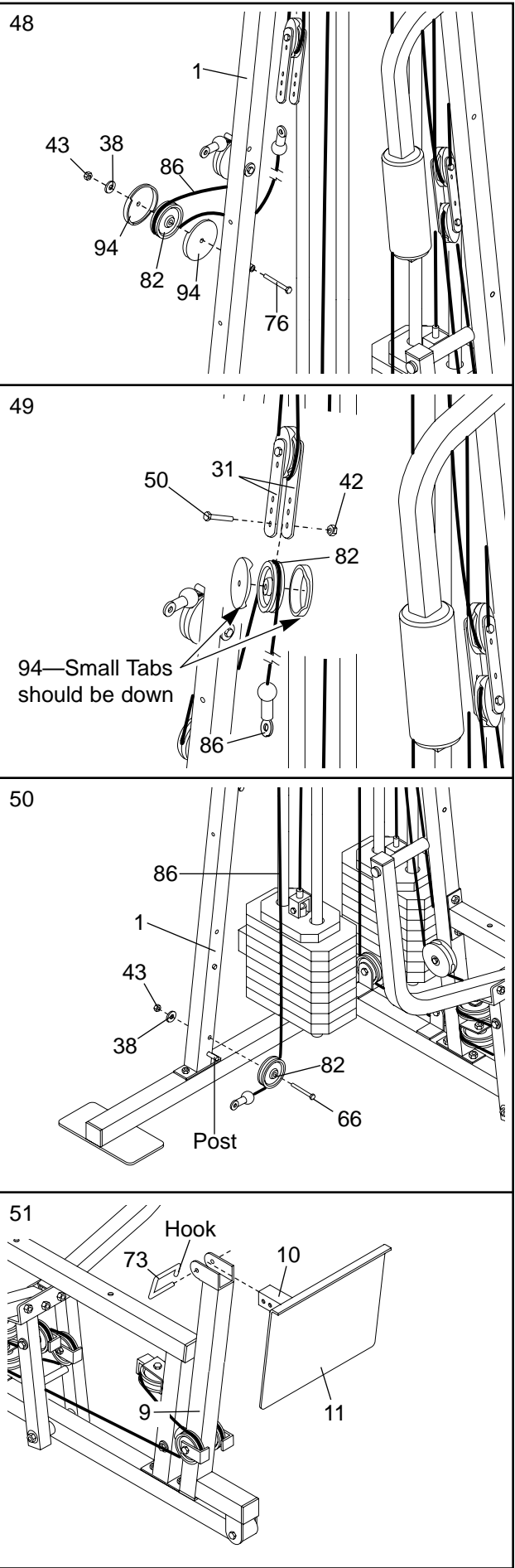


48. Wrap the Low Cable (86) around a 3 1/2" Pulley (82). Attach the Pulley, a set of Pulley Covers (94), and a 3/8" Washer (38) to the Ab Upright (1) with the 3/8" x 3 3/4" Bolt (76) and a 3/8" Nylon Jam Nut (43). **Be sure that the Cable Trap is in the indicated position.**

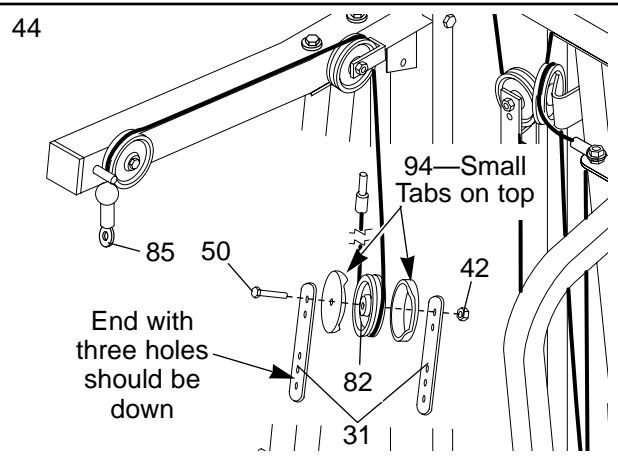
49. Wrap the Low Cable (86) around a 3 1/2" Pulley (82). Attach the Pulley and a set of Pulley Covers (94) to the lowest holes in the Pulley Plates (31) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42).

50. Wrap the Low Cable (86) around a 3 1/2" Pulley (82). Attach the Pulley to the Ab Upright (1) with the 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38), and a 3/8" Nylon Jam Nut (43). **The ball on the Cable must be on the indicated side of the Pulley. Be sure that the Cable and Pulley move smoothly and that the Cable is between the Pulley and the post.**

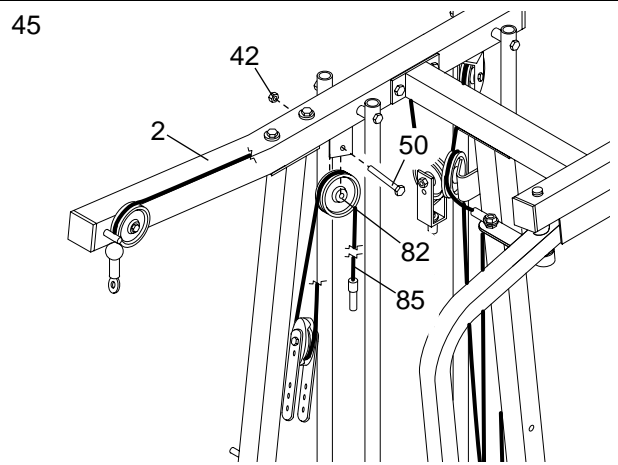
51. Attach the Adjustment Tube (10) to the Leg Press Arm (9) with the Lock Pin (73). **Be sure the Leg Press Plate (11) is oriented as shown.**



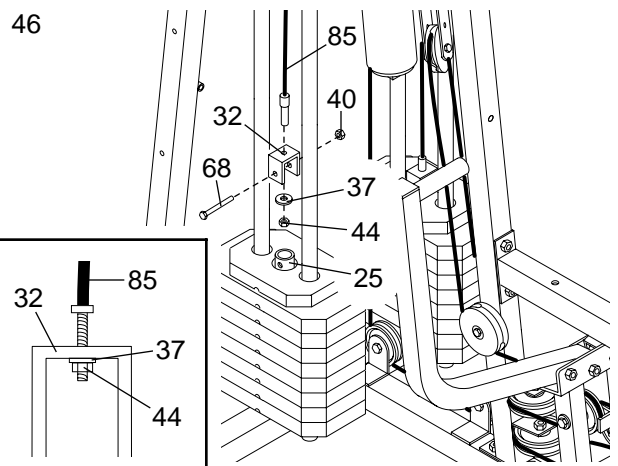
44. Route the High Cable (85) around a 3 1/2" Pulley (82). Using a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42), attach the Pulley and a set of Pulley Covers (94) to the top of the Pulley Plates (31). **Note: The small tab on the Pulley Covers should be facing up. The end of the Pulley Plates with three holes should be down.**



45. Wrap the High Cable (85) around a 3 1/2" Pulley (82). Attach the Pulley to the Top Frame (2) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable must be routed from the direction shown.**

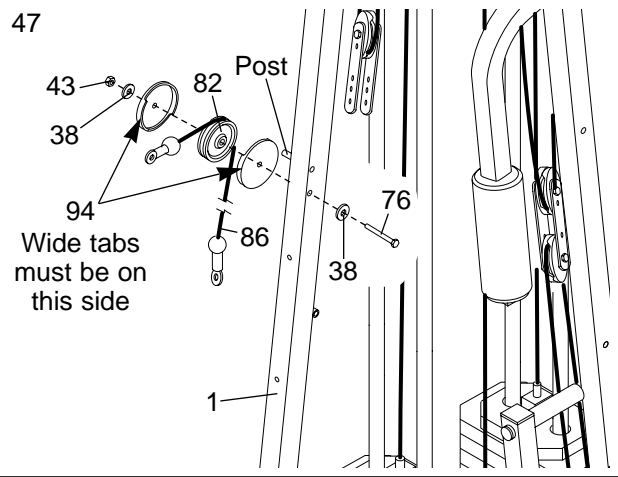


46. Attach the High Cable (85) to a Small "U" Bracket (32) with a 1/4" Nylon Locknut (44) and a 1/4" Washer (37). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**



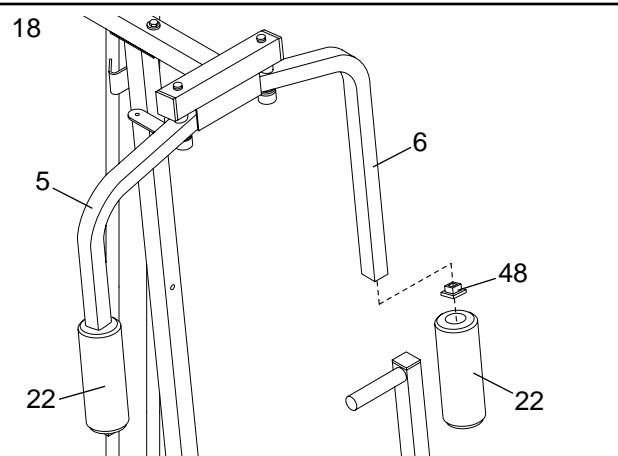
Attach the Small "U" Bracket (32) to the indicated Weight Tube (25) with a 5/16" x 1 3/4" Bolt (68) and a 5/16" Nylon Locknut (40).

47. Lay the Low Cable (86) over a 3 1/2" Pulley (82). Attach the Pulley and two Pulley Covers (94) to the Ab Upright (1) with the 3/8" x 3 3/4" Bolt (76), two 3/8" Washers (38), and a 3/8" Nylon Jam Nut (43). **Do not overtighten the Nylon Locknut; the Pulley should turn easily. Make sure that the Cable is between the Pulley and the post, and that the Pulley Covers are turned so the wide tabs are on the indicated side.**



18. Press a 1 3/4" Square Inner Cap (48) into the lower end of the Left Butterfly Arm (6). Wet the lower end of the Left Butterfly Arm with soapy water and slide a 10" Pad (22) onto it.

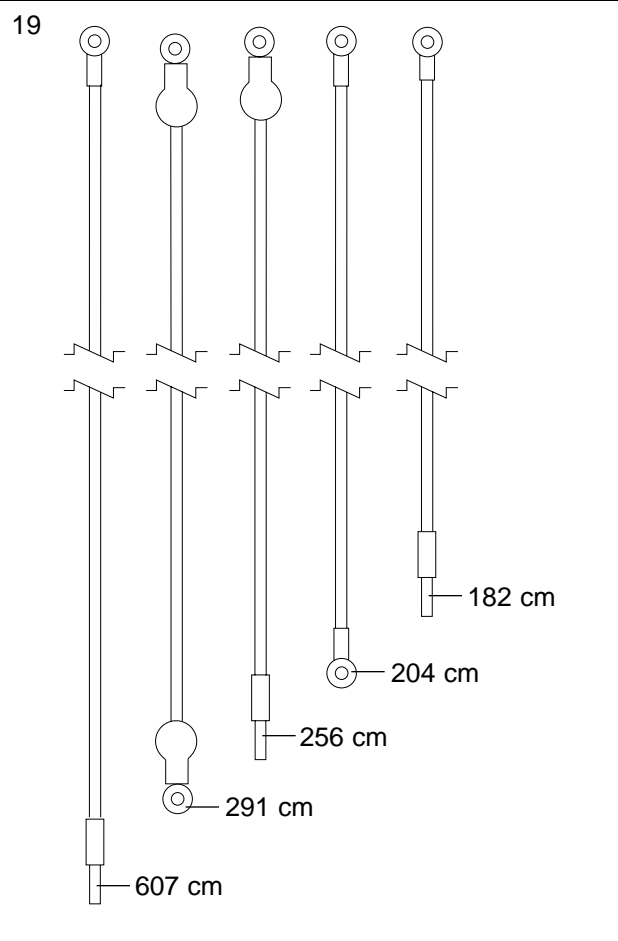
Repeat this step with the Right Butterfly Arm (5).



19. **Locate and open the parts bags labeled "CABLE ASSEMBLY" and "PULLEYS."**

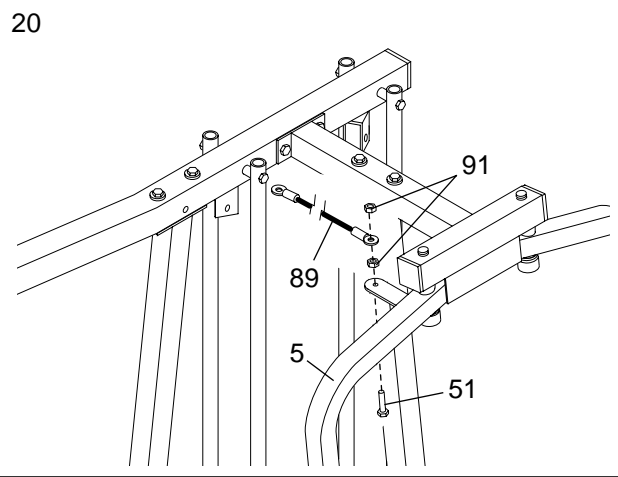
During steps 19 through 50, refer to the CABLE DIAGRAMS on pages 26 and 27 of this manual to verify proper cable routing. Before beginning this section, fully unwind the five cables and identify the cables by comparing the lengths and the ends. The approximate length of each cable, in inches, is listed after the key number in the drawing.

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

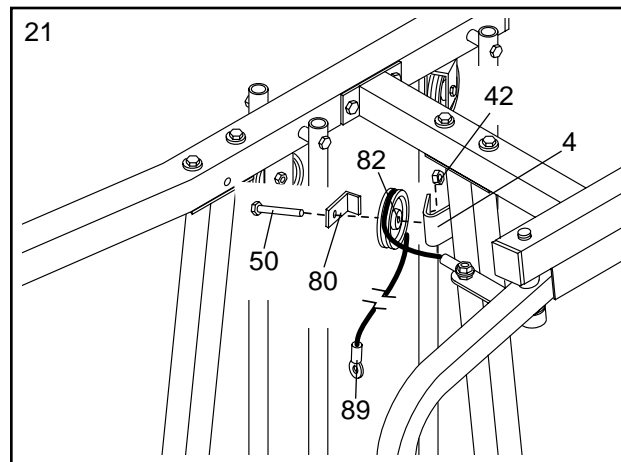


20. Insert a 5/16" x 1" Bolt (51) through the bracket on the Right Fly Arm (5). Tighten a 5/16" Nylon Jam Nut (91) onto the Bolt.

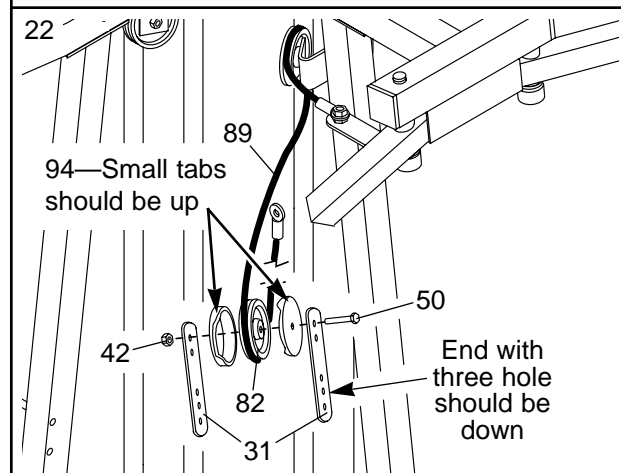
**Identify the Butterfly Cable (89)—this is the second shortest Cable.** Slide one end of the Butterfly Cable onto the 5/16" x 1" Bolt (51). Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, **but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.**



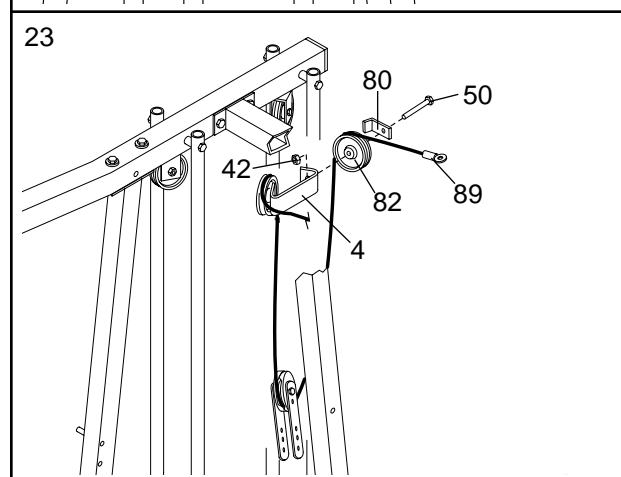
21. Wrap the Butterfly Cable (89) around a 3 1/2" Pulley (82) as shown. Attach the Pulley and a Cable Trap (80) to the bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable Trap must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley.**



22. Route the Butterfly Cable (89) around a 3 1/2" Pulley (82). Using a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42), attach the Pulley and a set of Pulley Covers (94) to the top of the Pulley Plates (31). **Note: Be sure that the small tab on the Pulley Covers is facing up and that the end of the Pulley Plates with three holes is down.**

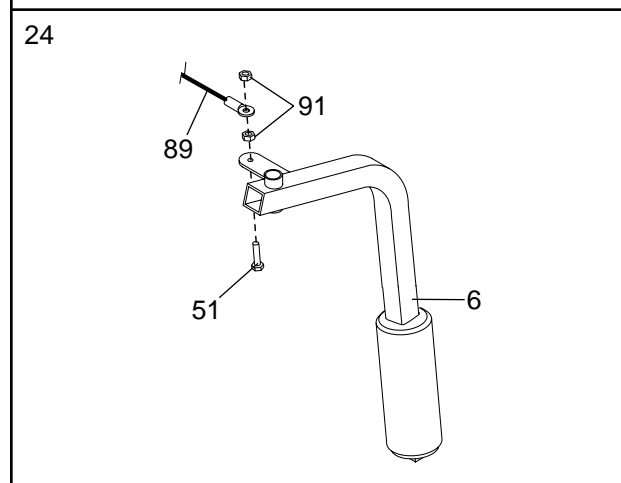


23. Wrap the Butterfly Cable (89) around a 3 1/2" Pulley (82) as shown. Attach the Pulley and a Cable Trap (80) to the other side of the bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable Trap must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley.**



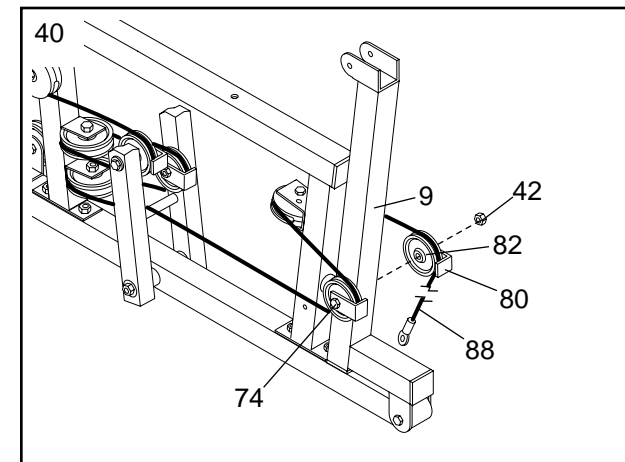
24. **Note: The Left Butterfly Arm (6) is shown removed for easier part identification.** Insert a 5/16" x 1" Bolt (51) through the bracket on the Left Fly Arm. Fully tighten a 5/16" Nylon Jam Nut (91) onto the Bolt.

Slide the free end of the Butterfly Cable (89) onto the 5/16" x 1" Bolt (51). Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, **but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.**

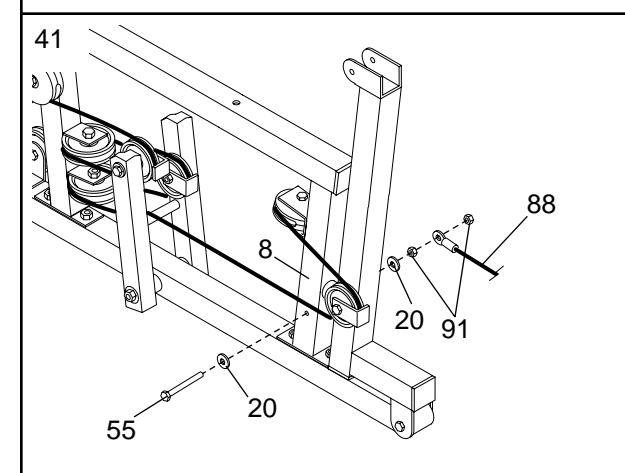


40. **Note: The 3 1/2" Pulley (82) used in this step was attached in step 38. It is shown removed for easier part identification.**

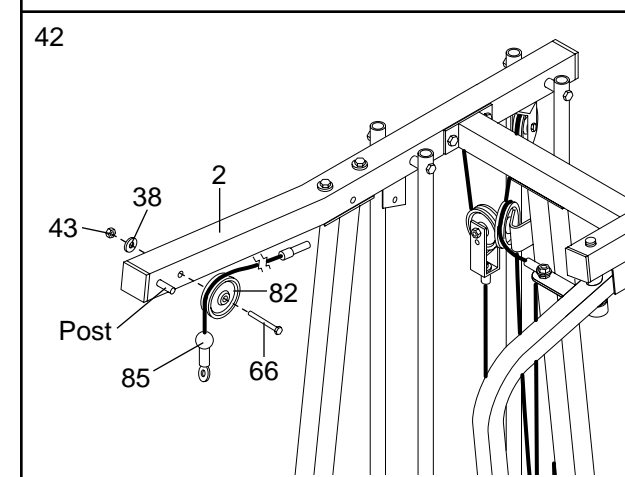
Route the Press Cable (88) around the 3 1/2" Pulley (82). **Be sure that the Cable Trap (80) is turned to hold the Cable in place and that the Cable is routed as shown.** Tighten the 3/8" x 5" Bolt (74) and the 3/8" Nylon Locknut (42).



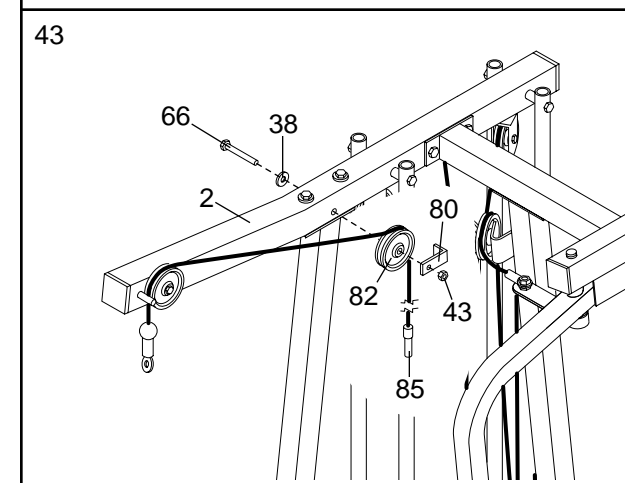
41. Slide a 5/16" Washer (20) onto a 5/16" x 2 3/4" Bolt (55). Insert the Bolt into the Front Seat Frame (8). Slide another 5/16" Washer onto the Bolt. Fully tighten a 5/16" Nylon Jam Nut (91) onto the Bolt. Slide the end of the Press Cable (88) onto the Bolt. Thread another 5/16" Nylon Jam Nut onto the Bolt, **but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.**



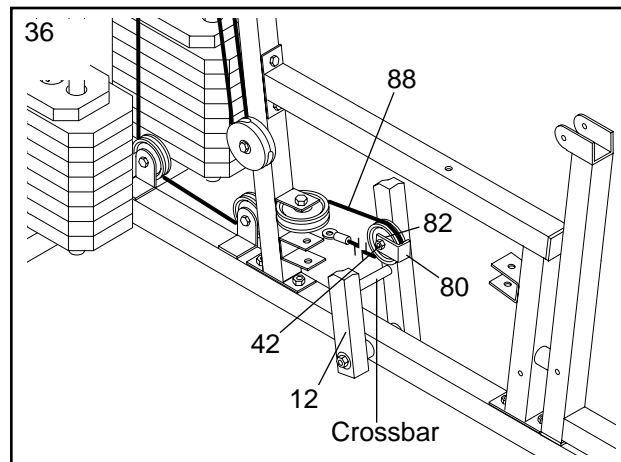
42. **Identify the High Cable (85)—this is the shortest remaining cable.** Wrap the High Cable around a 3 1/2" Pulley (82). Attach the Pulley to the Top Frame (2) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38), and a 3/8" Nylon Jam Nut (43). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the post.**



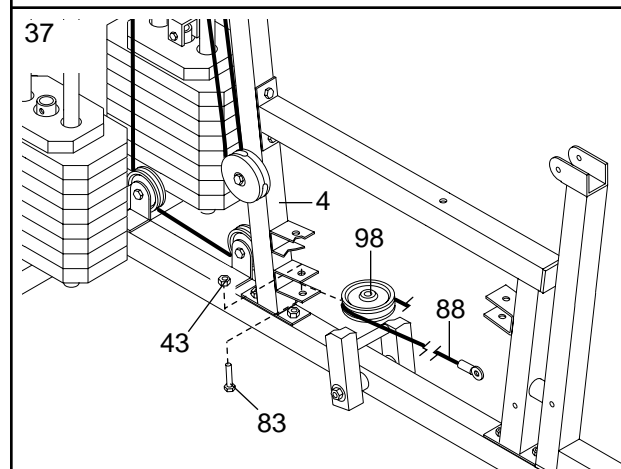
43. Wrap the High Cable (85) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Top Frame (2) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38), and a 3/8" Nylon Jam Nut (43). **Be sure that the Cable Trap is positioned to hold the Cable in place.**



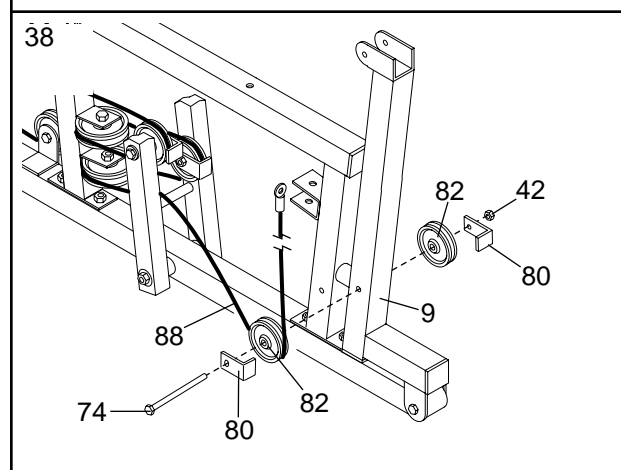
36. Route the Press Cable (88) over the indicated 3 1/2" Pulley (82) attached to the Press Frame (12). **Be sure that the Cable Trap (80) is turned to hold the Cable in place and that the Cable is between the Pulley and the crossbar on the Press Frame.** Tighten the 3/8" Nylon Locknut (42) and the 3/8" x 3 1/2" Bolt (not shown).



37. Wrap the Press Cable (88) around a V-Pulley (98). Attach the V-Pulley to the lower bracket on the Leg Press Upright (4) with a 3/8" x 2 1/4" Bolt (83) and a 3/8" Nylon Jam Nut (43).

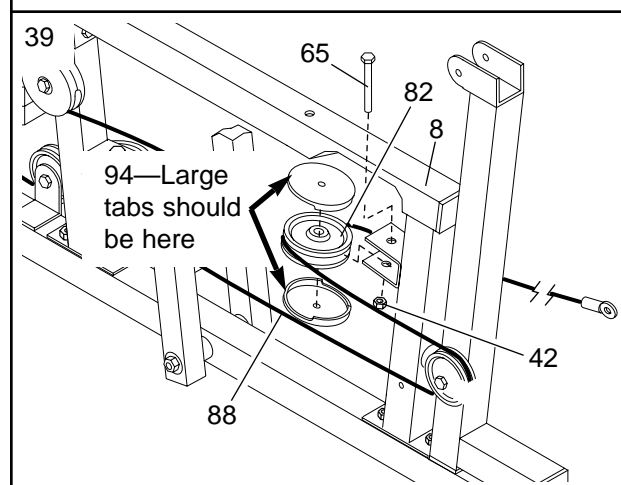


38. Wrap the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Leg Press Arm (9) with the 3/8" x 5" Bolt (74).

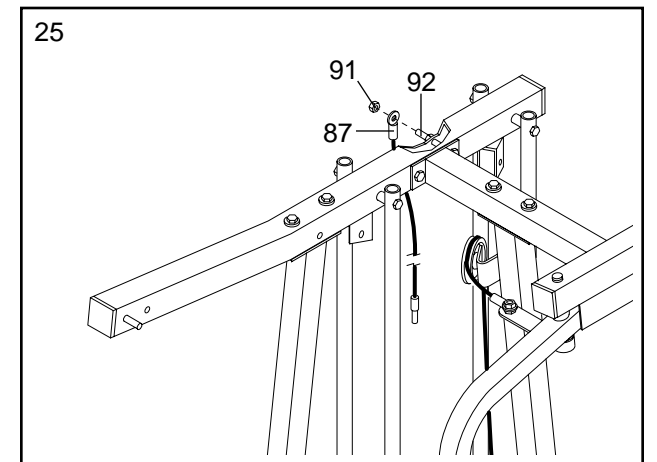


Slide another 3 1/2" Pulley (82) with a Cable Trap (80) onto the 3/8" x 5" Bolt (74). Hand tighten a 3/8" Nylon Locknut (42) onto the Bolt. **Do not tighten the Nylon Locknut until step 40.**

39. Wrap the Press Cable (88) around a 3 1/2" Pulley (82). Attach the 3 1/2" Pulley and a set of Pulley Covers (94) to the bracket on the Front Seat Frame (8) with a 3/8" x 2 1/2" Bolt (65) and a 3/8" Nylon Locknut (42). **Be sure that the large tab on the Pulley Covers is in the position shown and that the Cable and Pulley move smoothly.**

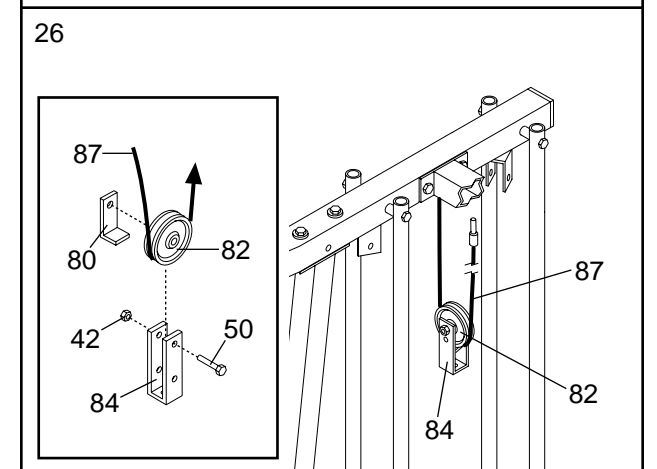


25. **Identify the Rear Cable (87)—this is the shortest Cable.** Slide one end of the Rear Cable onto the 5/16" x 3" Bolt (92). Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.

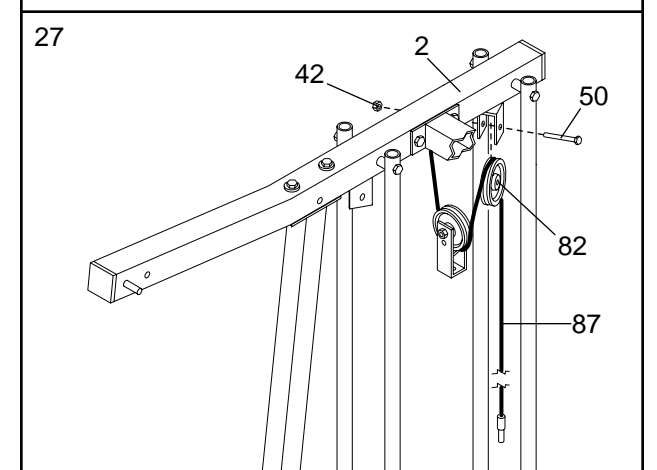


26. See the inset drawing. Attach a 3 1/2" Pulley (82) and a Cable Trap (80) to the upper hole in a Large "U" Bracket (84) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **Be sure that the Cable Trap is inside the Large "U" Bracket. Note: This may come pre-assembled.**

Route the Rear Cable (87) between the Cable Trap (80) and the 3 1/2" Pulley (82) in the Large "U" Bracket (84). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

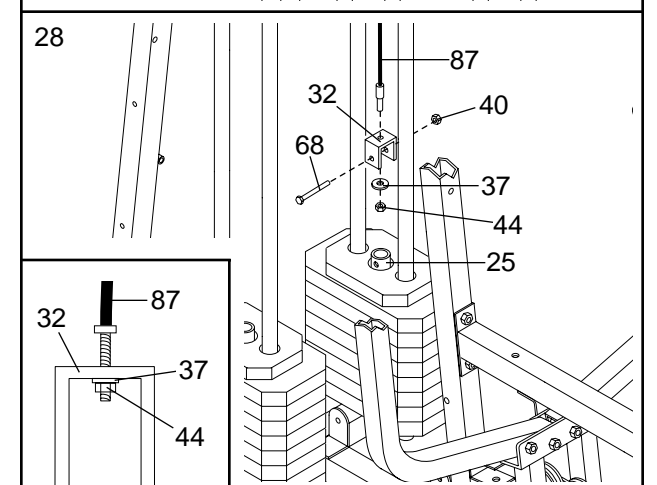


27. Wrap the Rear Cable (87) around a 3 1/2" Pulley (82). Attach the Pulley to the Top Frame (2) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable must be routed from the direction shown.**



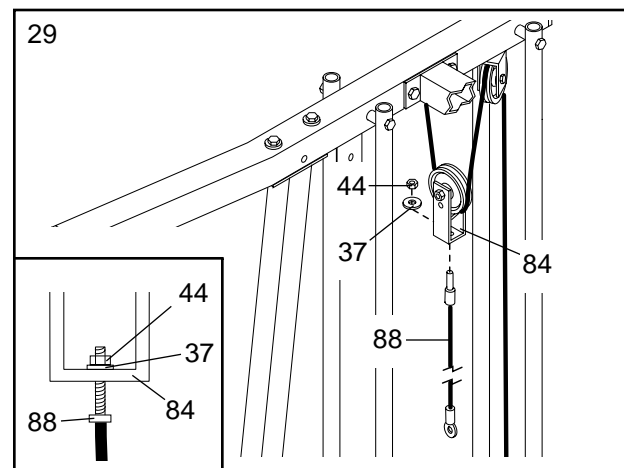
28. Attach the Rear Cable (87) to a Small "U" Bracket (32) with a 1/4" Nylon Locknut (44) and a 1/4" Washer (37). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

Attach the Small "U" Bracket (32) to the indicated Weight Tube (25) with a 5/16" x 1 3/4" Bolt (68) and a 5/16" Nylon Locknut (40).

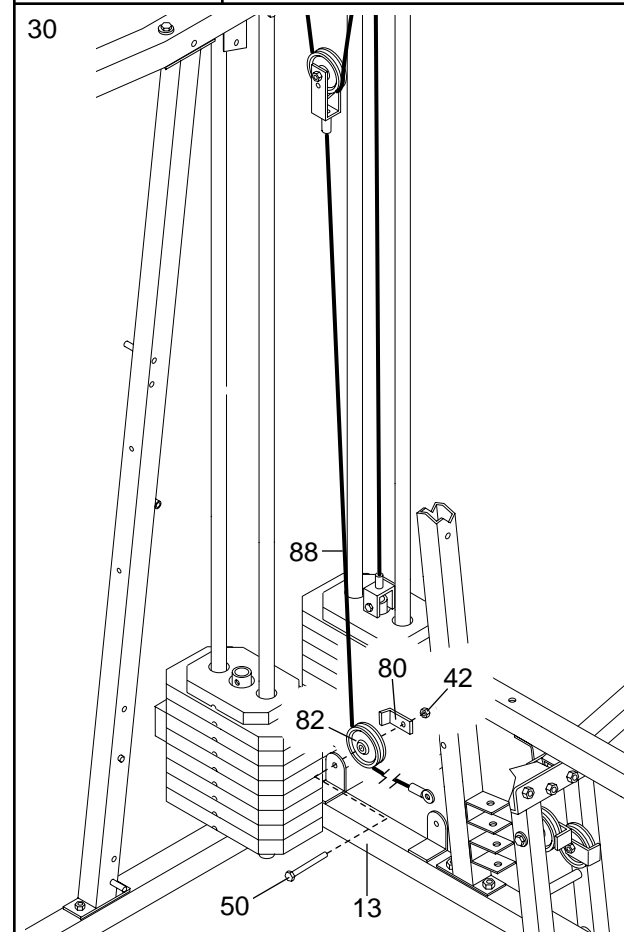




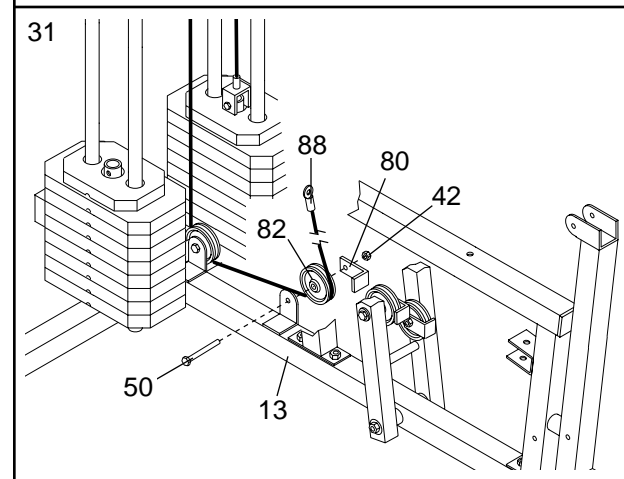
29. **Identify the Press Cable (88)—this is the longest Cable.** Attach the end of the Press Cable to the Large “U” Bracket (84) with a 1/4” Nylon Locknut (44) and a 1/4” Washer (37). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.**



30. Wrap the Press Cable (88) around a 3 1/2” Pulley (82). Attach the Pulley and a Cable Trap (80) to the indicated bracket on the Press Base (13) with a 3/8” x 2” Bolt (50) and a 3/8” Nylon Locknut (42). **Be sure that the Cable Trap is turned to hold the Cable in place.**

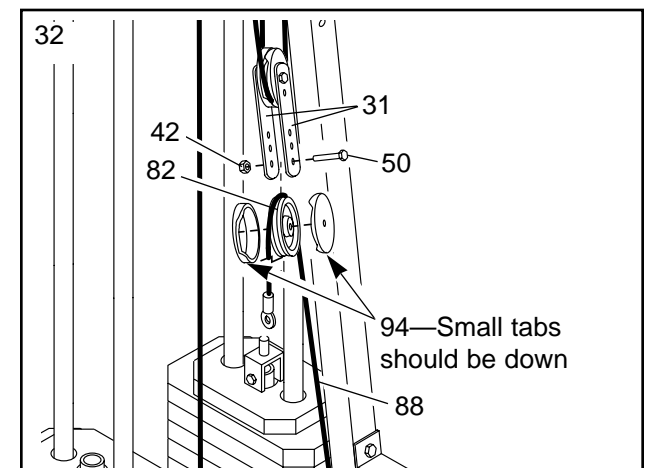


31. Wrap the Press Cable (88) around a 3 1/2” Pulley (82). Attach the Pulley and a Cable Trap (80) to the other bracket on the Press Base (13) with a 3/8” x 2” Bolt (50) and a 3/8” Nylon Locknut (42). **Be sure that the Cable Trap is turned to hold the Cable in place.**

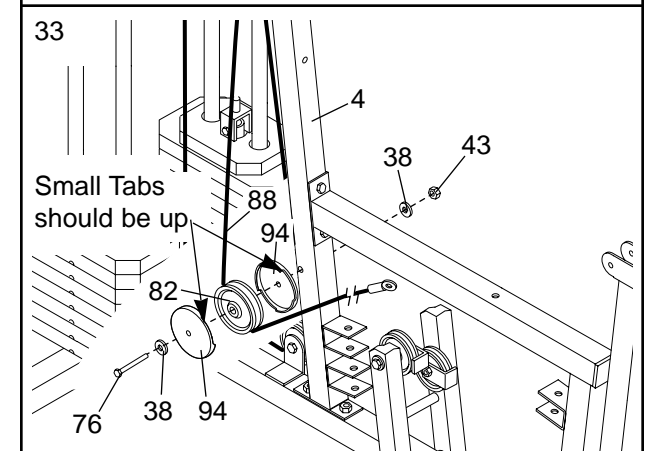


32. Route the Press Cable (88) around a 3 1/2” Pulley (82). Attache the Pulley and a set of Pulley Covers (94) to the lowest set of holes in the Pulley Plates (31) with a 3/8” x 2” Bolt (50) and a 3/8” Nylon Locknut (42). **The Cable must be routed from the direction shown. Be sure that the small tabs on the Pulley Covers are facing down.**

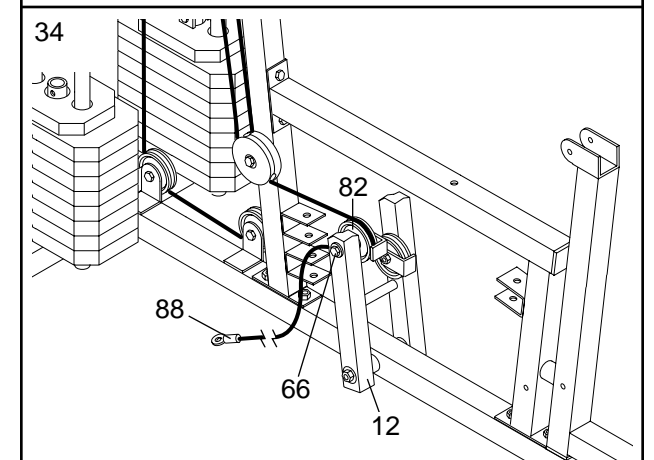
Tighten the 3/8” x 2” Bolt (50) and the 3/8” Nylon Locknut (42).



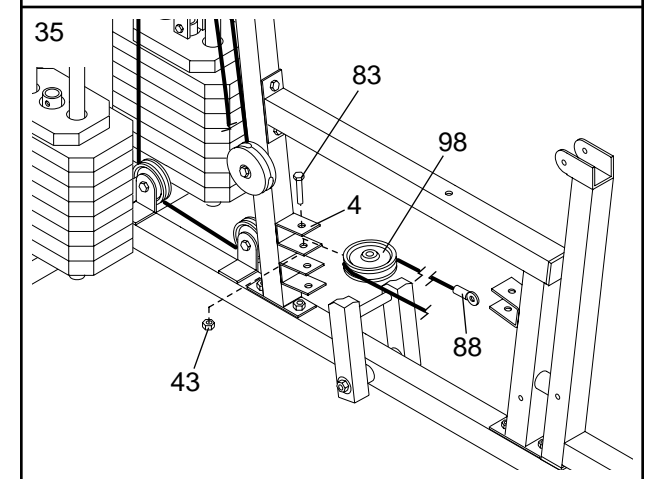
33. Route the Press Cable (88) around a 3 1/2” Pulley (82). Attach the Pulley and a set of Pulley Covers (94) to the Leg Press Upright (4) with a 3/8” x 3 3/4” Bolt (76), two 3/8” Washers (38) and a 3/8” Nylon Jam Nut (43). **The Cable must be routed from the direction shown. Be sure that the small tabs on the Pulley Covers are facing up.**

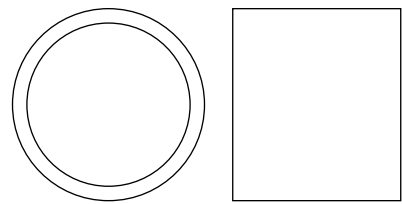


34. Route the Press Cable (88) over the indicated 3 1/2” Pulley (82) attached to the Press Frame (12). Tighten the 3/8” x 3 1/2” Bolt (66) and the 3/8” Nylon Locknut (not shown).

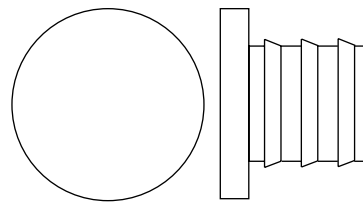


35. Wrap the Press Cable (88) around a V-Pulley (98). Attach the V-Pulley to the **upper** bracket on the Leg Press Upright (4) with a 3/8” x 2 1/4” Bolt (83) and a 3/8” Nylon Jam Nut (43).

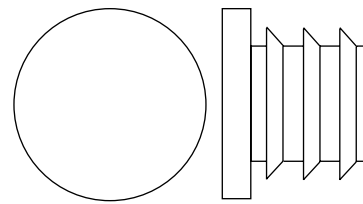




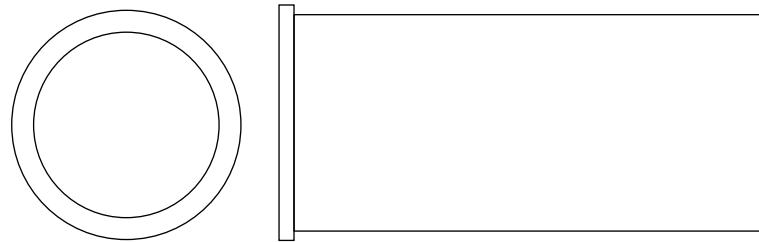
1" x 7/8" Plastic Bushing (54)



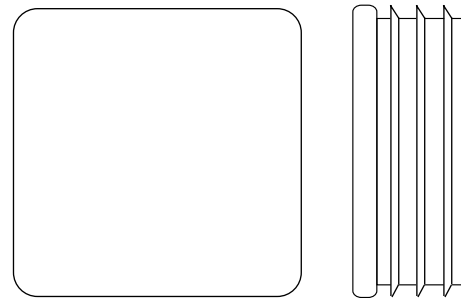
1" Inner Cap (95)



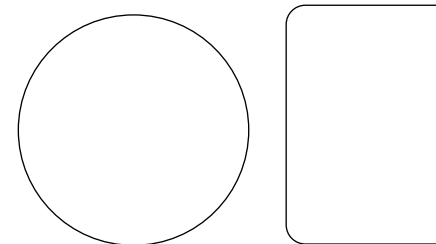
1" Round Inner Cap (70)



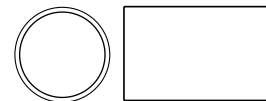
1 1/8" x 2 1/2" Plastic Bushing (47)



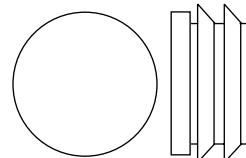
1 1/2" Square Inner Cap (57)



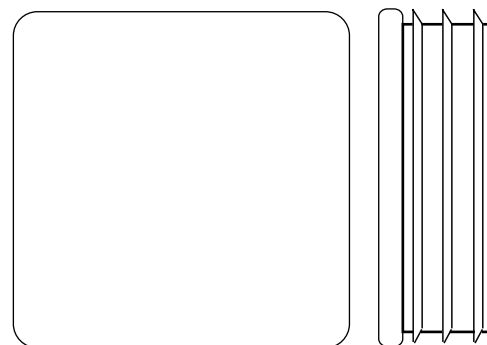
1" Round Outer Cap (46)



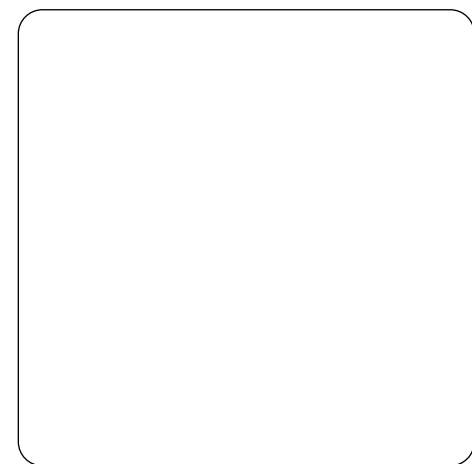
1/2" x 3/4" Spacer (69)



3/4" Round Inner Cap (78)



1 3/4" Square Inner Cap (48)



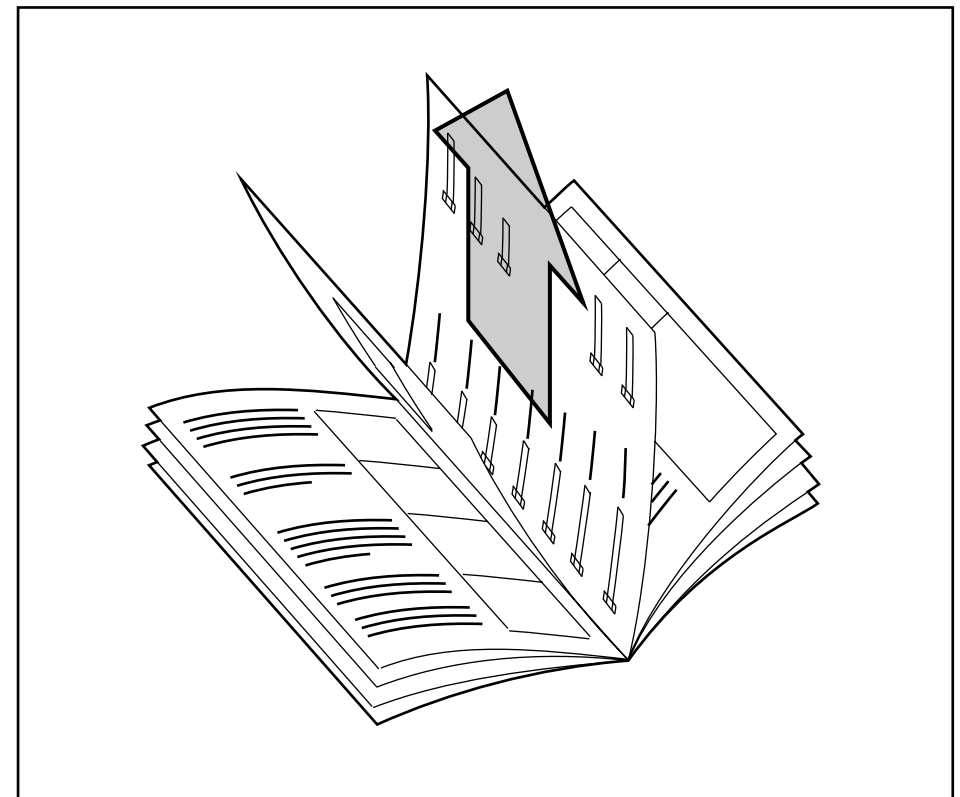
2" Square Outer Cap (58)



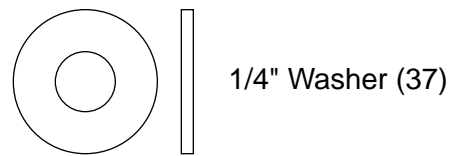
2" Square Inner Cap (56)

## REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

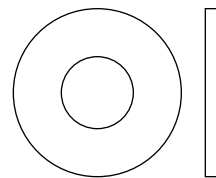
This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis following each part description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



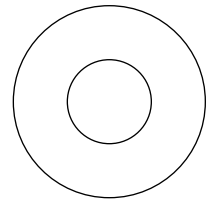
**Note: Assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, and 4) seat assembly. The hardware for each stage is packaged separately. WAIT UNTIL YOU BEGIN EACH ASSEMBLY STAGE TO OPEN THE PARTS BAG LABELED FOR THAT ASSEMBLY STAGE.**



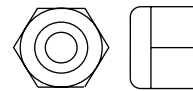
1/4" Washer (37)



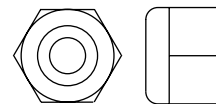
5/16" Washer (20)



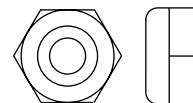
3/8" Washer (38)



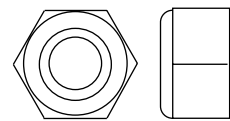
1/4" Nylon Locknut (44)



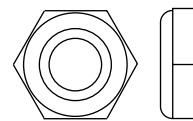
5/16" Nylon Locknut (40)



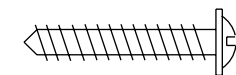
5/16" Nylon Jam Nut (91)



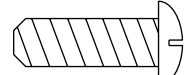
3/8" Nylon Locknut(42)



3/8" Nylon Jam Nut(43)



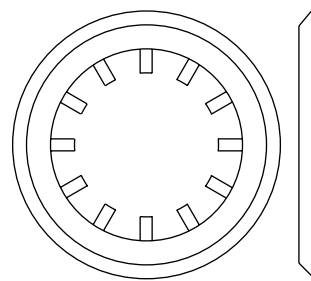
1" Tap Screw (72)



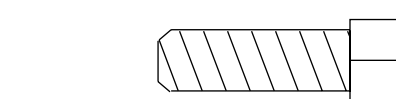
1/4" x 3/4" Screw (59)



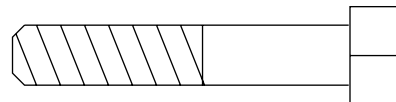
3/8" x 2 1/4" Bolt (83)



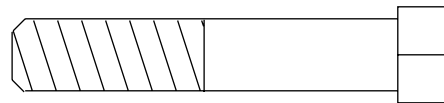
1" Retainer (45)



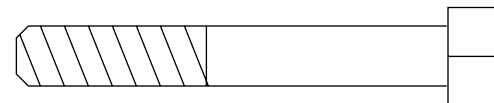
5/16" x 1" Bolt (51)



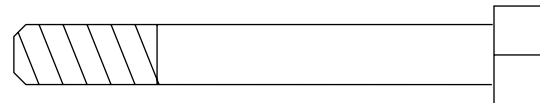
5/16" x 1 3/4" Bolt (68)



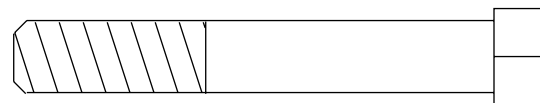
3/8" x 2" Bolt (50)



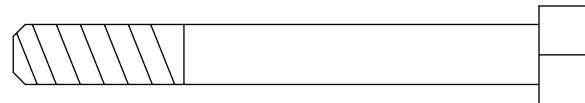
5/16" x 2 1/4" Bolt (62)



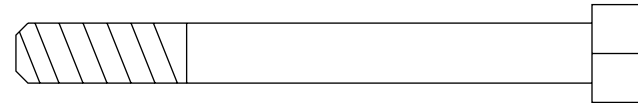
5/16" x 2 1/2" Bolt (39)



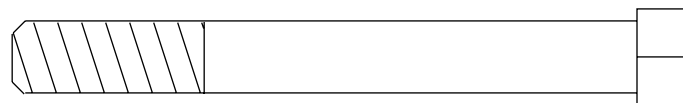
3/8" x 2 1/2" Bolt (65)–1



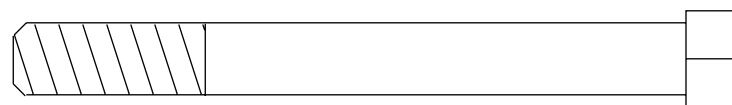
5/16" x 2 3/4" Bolt (55)



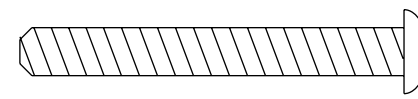
5/16" x 3" Bolt (92)



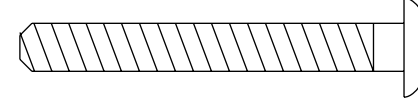
3/8" x 3 1/4" Bolt (71)



3/8" x 3 1/2" Bolt (66)



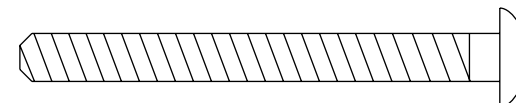
1/4" x 2" Machine Screw (63)



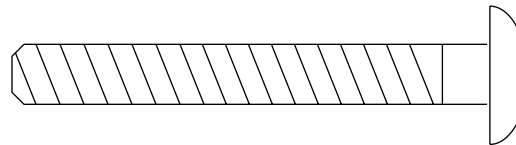
1/4" x 2" Carriage Bolt (61)



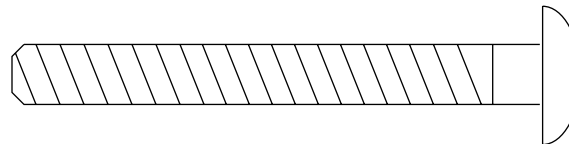
1/4" x 2 1/2" Machine Screw (64)



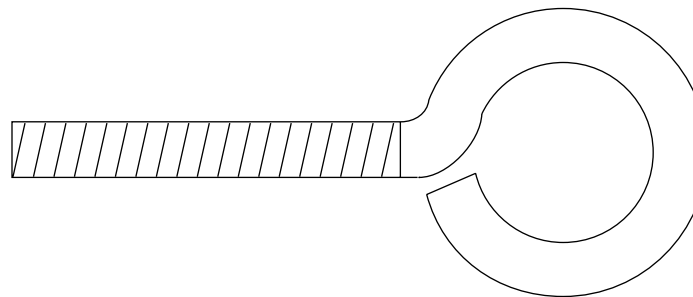
1/4" x 2 1/2" Carriage Bolt (60)



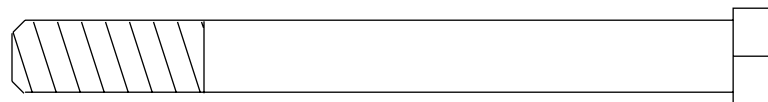
5/16" x 2 1/2" Carriage Bolt (49)



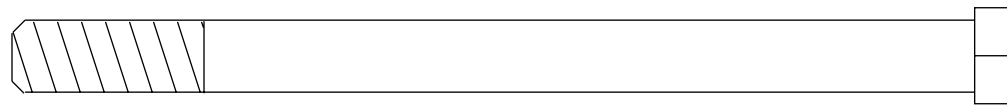
5/16" x 2 3/4" Carriage Bolt (77)



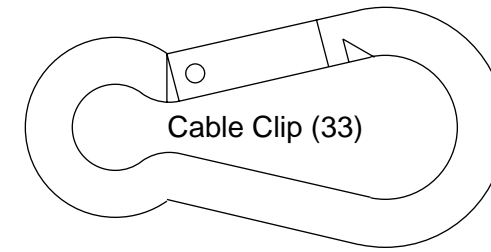
5/16" x 2" Carriage Bolt (79)



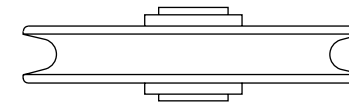
3/8" x 3 3/4" Carriage Bolt (76)



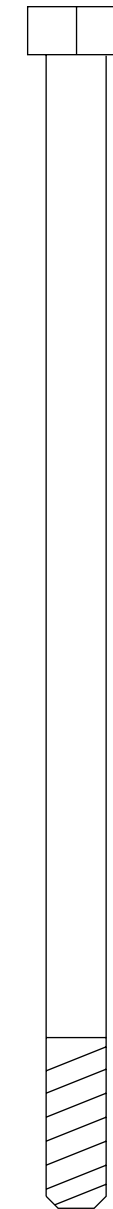
3/8" x 5" Carriage Bolt (74)



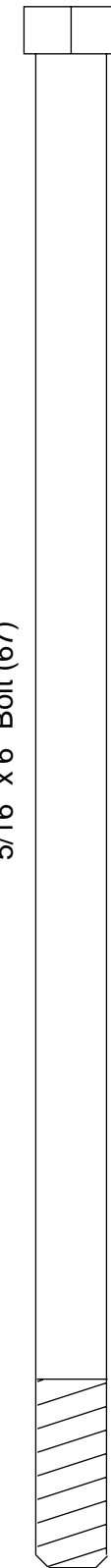
Cable Clip (33)



3 1/2" Pulley (82)  
(Not shown to scale)



5/16" x 6" Bolt (67)



3/8" x 8" Bolt (52)

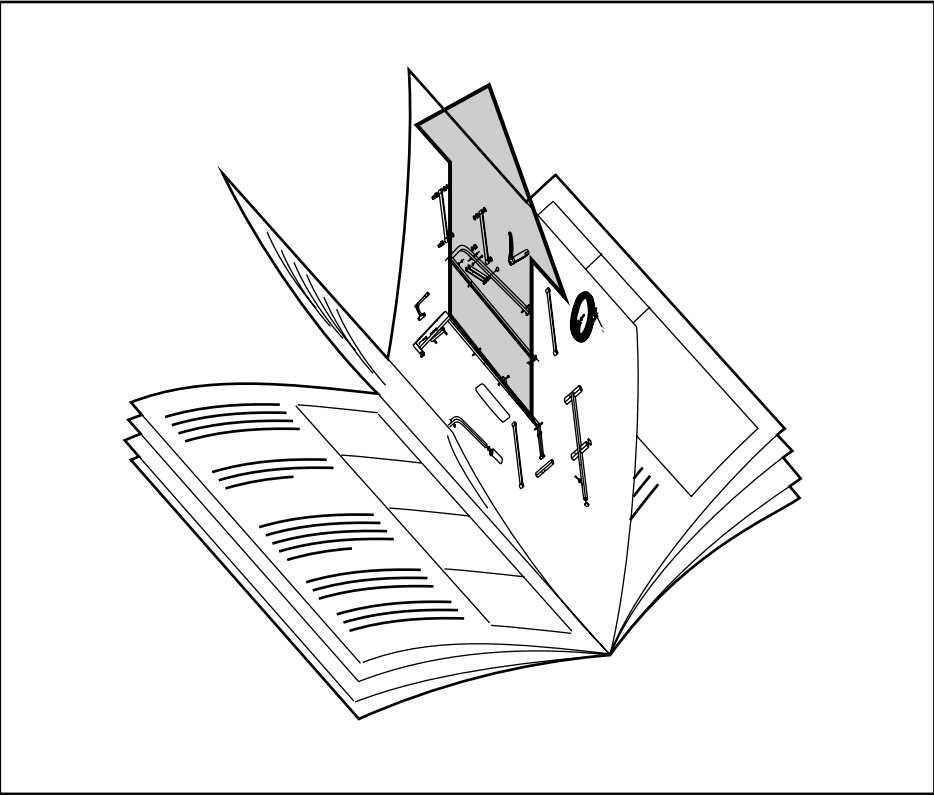
PART LIST—Model No. WEEVSY52000

R0101A

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

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

REMOVE THIS PART LIST/EXPLODED  
DRAWING FROM THE MANUAL. SAVE  
THE PART LIST/EXPLODED DRAWING  
FOR FUTURE REFERENCE.



EXPLODED DRAWING—Model No. WEEVSY52000 R0101A

