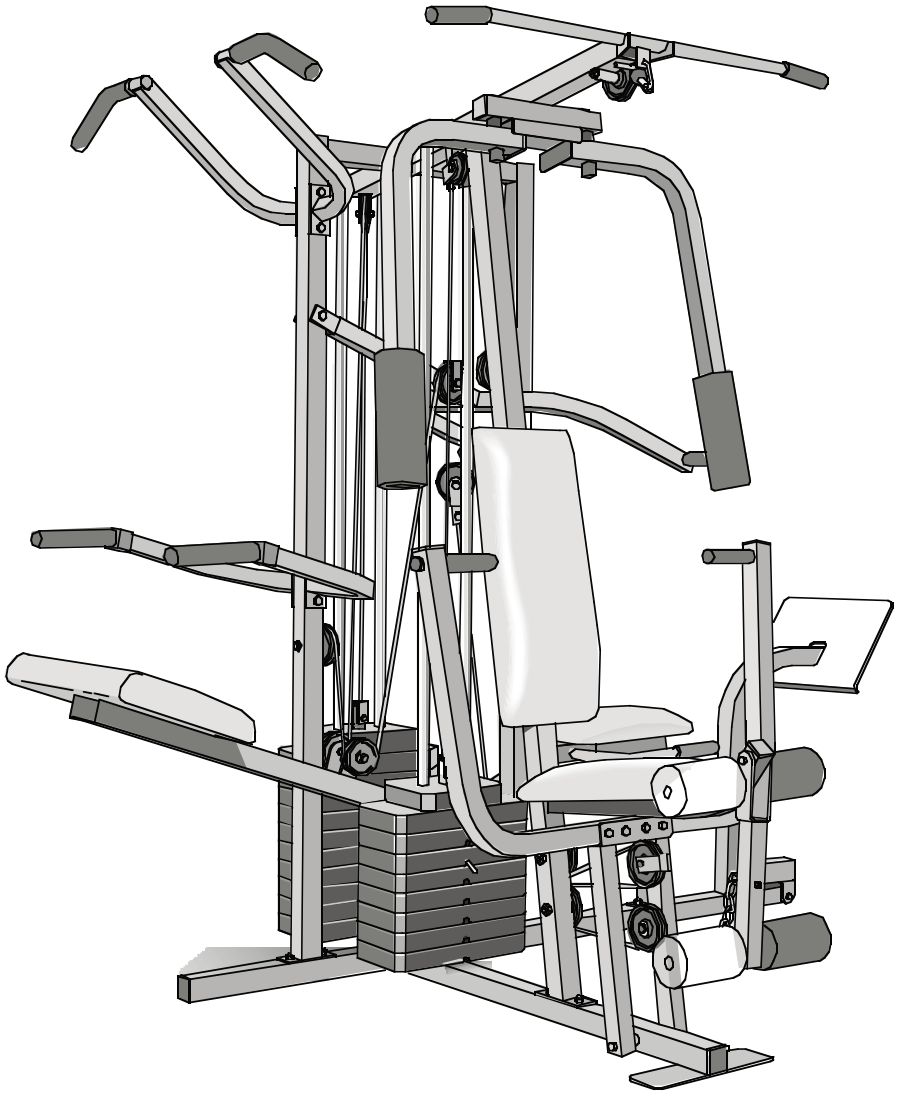
Model No. 831.159380
Serial No. _____

EXERCISE EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879



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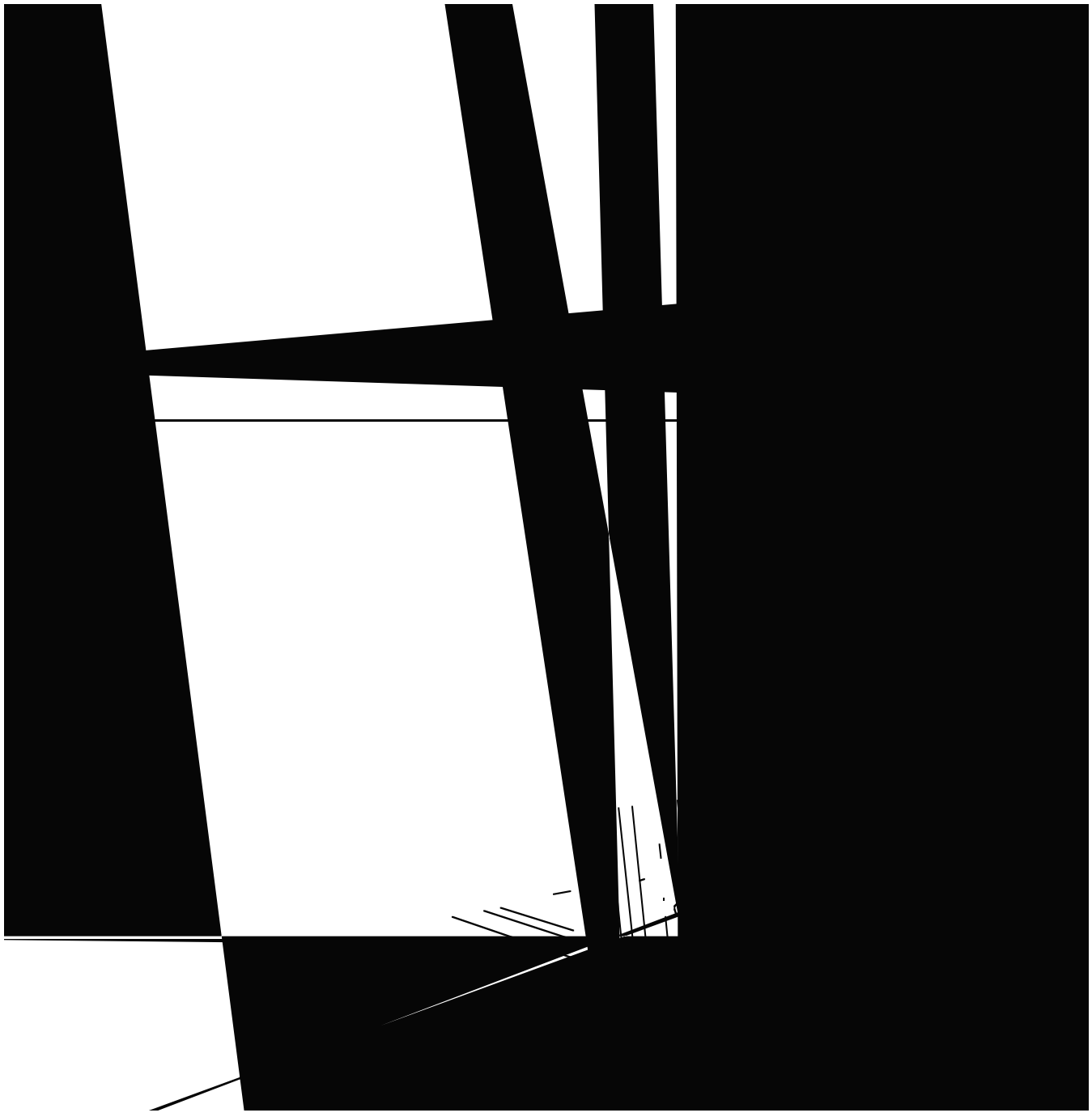
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the center of this manual. Remove them before beginning assembly.

IMPORTANT PRECAUTIONS

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

1. **It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.**
2. **The home gym system is intended for home use only. Do not use the home gym system in any commercial, rental, or institutional setting.**
3. **Read all instructions in this manual and in the accompanying literature before using the home gym system.**
4. **Use the home gym system only on a level surface. Cover the floor beneath the home gym system for protection.**
5. **Inspect and tighten all parts often. Replace any worn parts immediately.**
6. **Keep small children and pets away from the home gym system at all times.**
7. **Always stand on a foot plate when performing an exercise that could cause the home gym system to tip.**
8. **Keep your hands away from the leg press upright when the military press arm is being used. Your hand could become pinched between the leg press upright and the military press arm.**
9. **Never release the press arm, butterfly arms, military press arm, leg lever, leg press plate, lat bar or nylon strap when weights are raised. The weights will fall with great force.**
10. **Keep hands and feet away from moving parts. Always wear athletic shoes for foot protection.**
11. **Keep your hands away from the assist upright when the assist arm is being used. Your hand could become pinched between the assist upright and the assist arm.**
12. **Always be sure that your body weight is fully supported by the dip arms or the pull-up arms before kneeling on the assist arm. The assist arm can drop quickly when your body weight is placed on it.**
13. **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.**
14. **Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.**
15. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.



ASSEMBLY

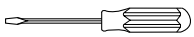
Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the PRO 9645 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is broken into four stages: 1) frame assembly, 2) arm assembly, 3) cable and pulley assembly, and 4) seat and backrest 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.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the center of this manual.** Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- As you assemble the PRO 9645 be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

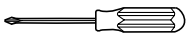
THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches**

- **One (1) standard screwdriver**



- **One (1) phillips screwdriver**



- **One (1) rubber mallet**

- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

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

FRAME ASSEMBLY

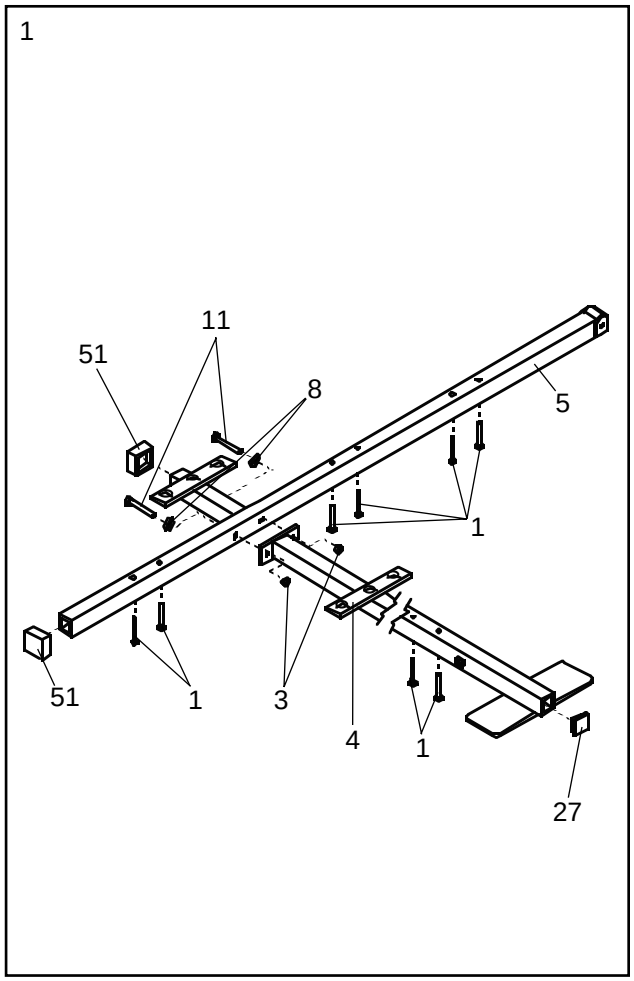
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

   Locate and open the parts bag labeled "FRAME ASSEMBLY."

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

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

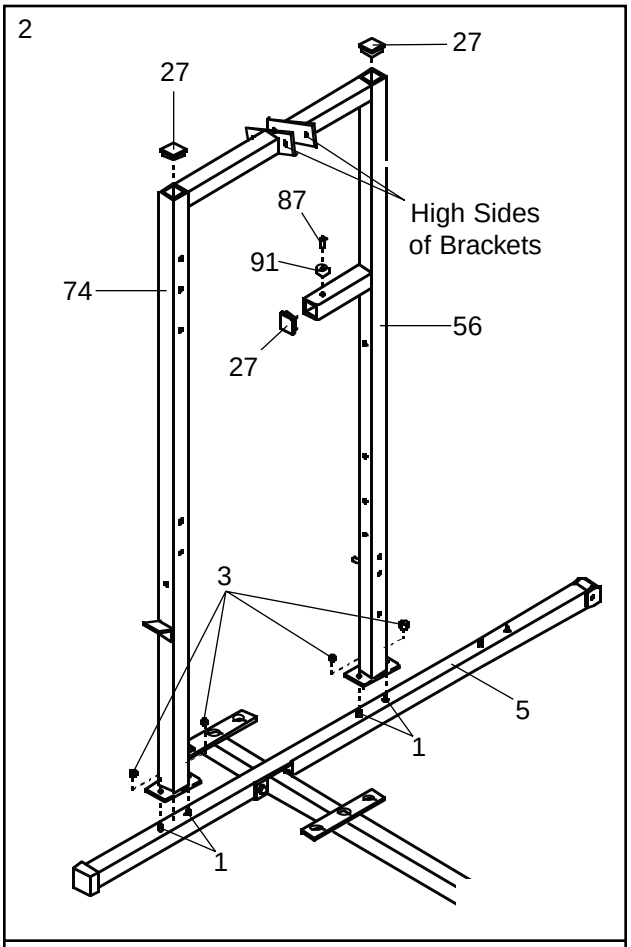
   Attach the Base (4) to the Stabilizer (5) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**



2. Slide the Assist Upright (74) and the Leg Press Upright (56) onto the indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Stabilizer (5). **The high side of the brackets on the Assist Upright and Leg Press Upright should be on the side shown.** Hand-tighten four 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

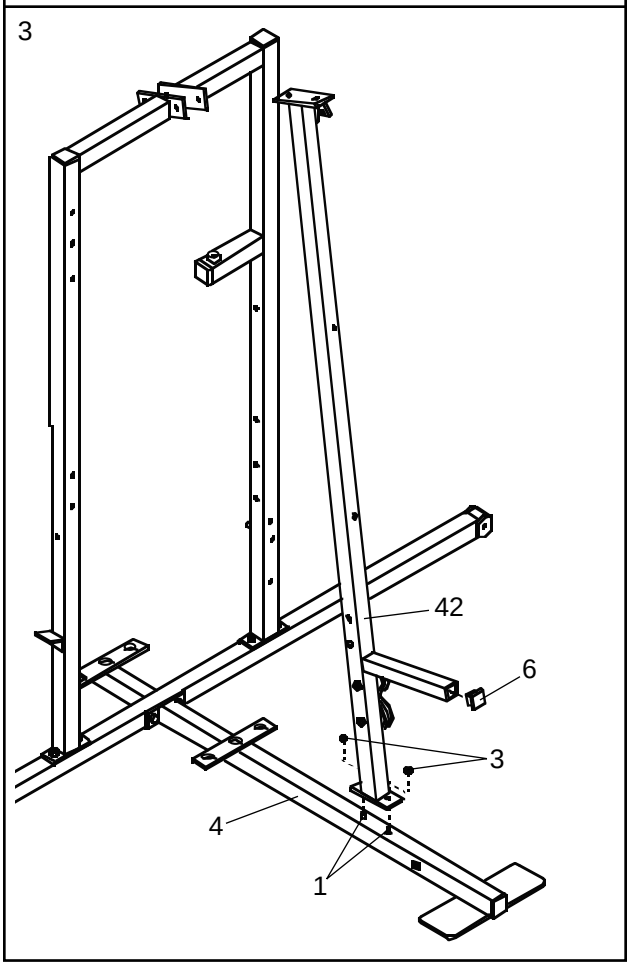
   Press two 2" Square Inner Caps (27) into the Leg Press Upright (56). Press a 2" Square Inner Cap into the Assist Upright (74).

   Attach the Rubber Bumper (91) to the Leg Press Upright (56) with the #8 x 1/2" Self-tapping Screw (87).



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

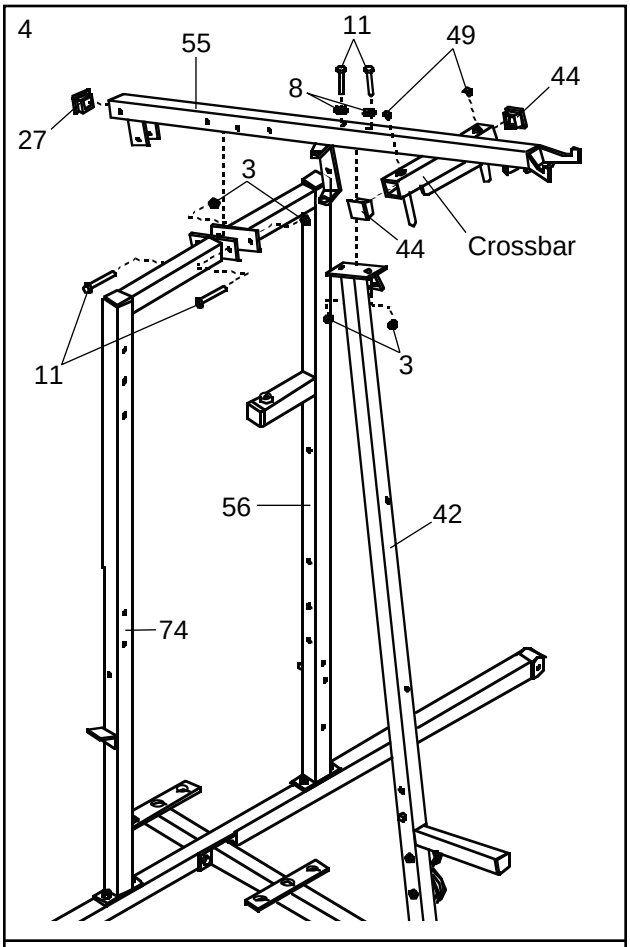
   Press a 1" Square Inner Cap (6) into the Front Upright (42).



4. Press a 2” Square Inner Cap (27) into the end of the Top Frame (55). Press a 1 3/4” Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two 1” Round Inner Caps (49) into the top of the crossbar.

   Attach the Top Frame (55) to the Assist Upright (74) and the Leg Press Upright (56) with two 5/16” x 2 3/4” Bolts (11) and two 5/16” Nylon Locknuts (3).

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

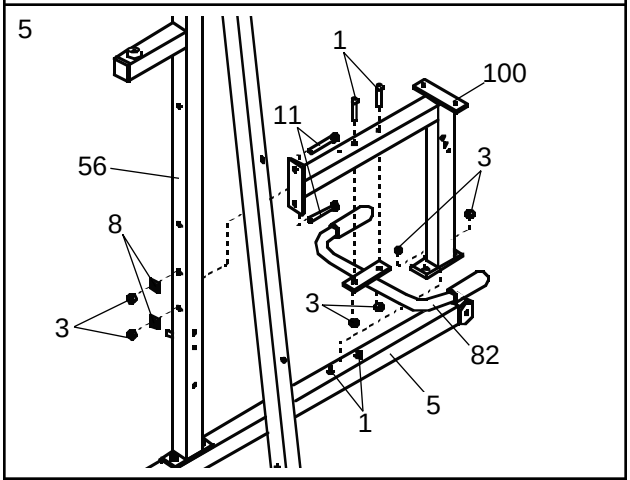


5. Slide the Rear Seat Frame (100) onto the indicated 5/16” x 2 1/2” Carriage Bolts (1) in the Stabilizer (5). Hand-tighten two 5/16” Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

   Attach the other end of the Rear Seat Frame (100) to the Leg Press Upright (56) with two 5/16” x 2 3/4” Bolts (11), two 5/16” Flat Washers (8), and two 5/16” Nylon Locknuts (3).

   Attach the Handle (82) to the Rear Seat Frame (100) with two 5/16” x 2 1/2” Carriage Bolts (1) and two 5/16” Nylon Locknuts (3).

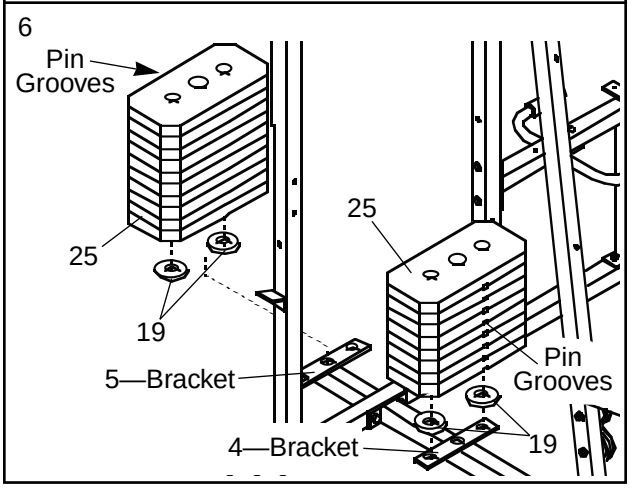
   Tighten all Nylon Locknuts used in steps 1–5.



6. Set two Weight Bumpers (19) on the bracket on the Base (4) as shown. Set two Weight Bumpers (19) on the bracket on the Stabilizer (5).

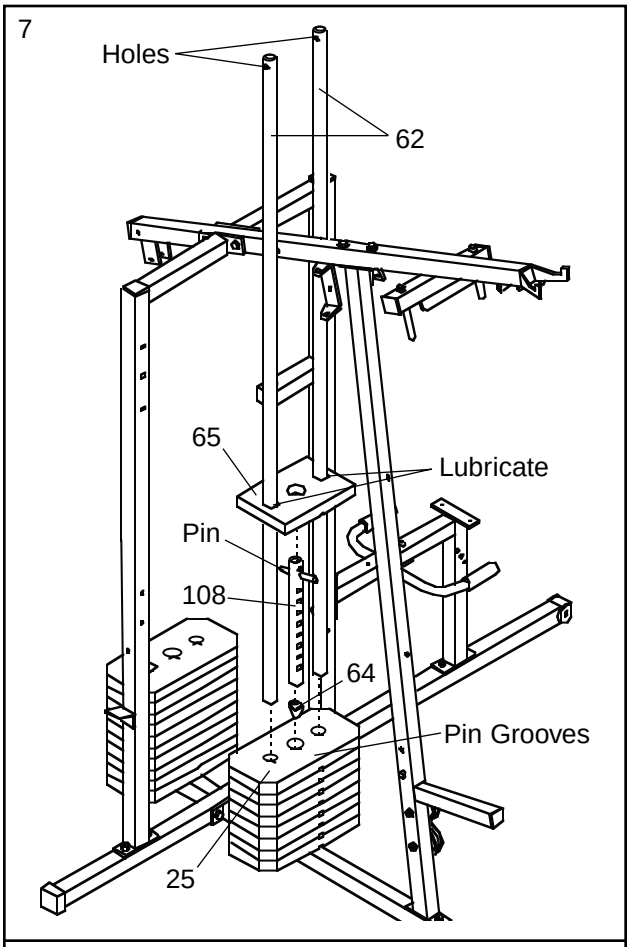
   Stack ten Weights (25) onto the bracket on the Stabilizer (5). Stack eight Weights onto the bracket on the Base (4). **Be sure that the pin grooves are all on the same side of each stack of Weights.**

   Be careful not to tip either stack of Weights (25) until step 8 is complete.



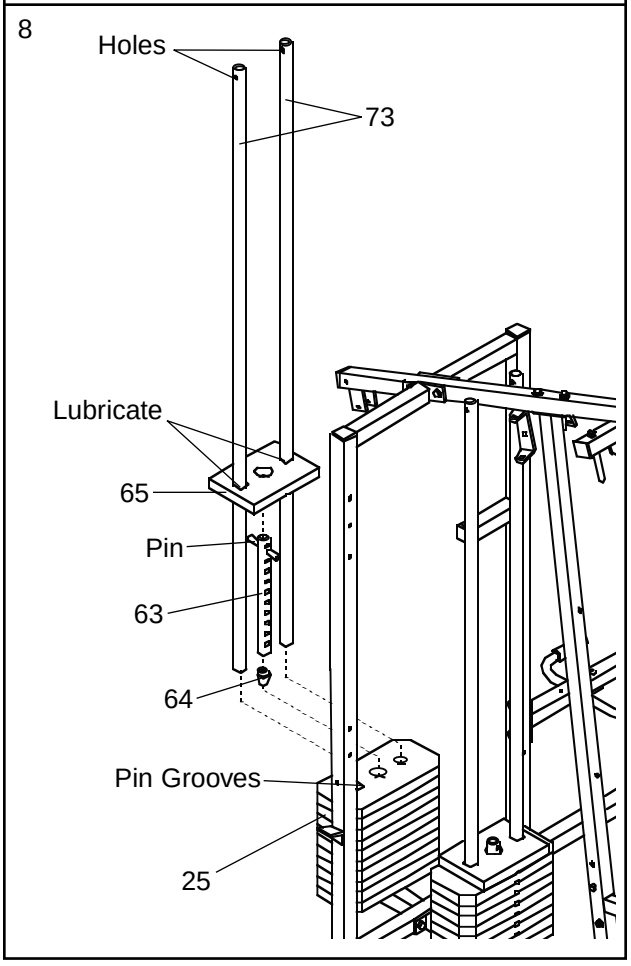
7. Press a Weight Tube Bumper (64) into the end of the Short Weight Tube (108). Insert the Weight Tube into the front stack of Weights (25). **Be sure that the pin on the Weight Tube is sitting in the pin grooves in the top Weight.**

   Lubricate the inside of the holes in a Top Weight (65). Set the Top Weight onto the front stack of Weights (25). Insert both Long Weight Guides (62) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



8. Press a Weight Tube Bumper (64) into the end of the Long Weight Tube (63). Insert the Weight Tube into the rear stack of Weights (25). **Be sure that the pin on the Weight Tube is sitting in the pin grooves in the top Weight.**

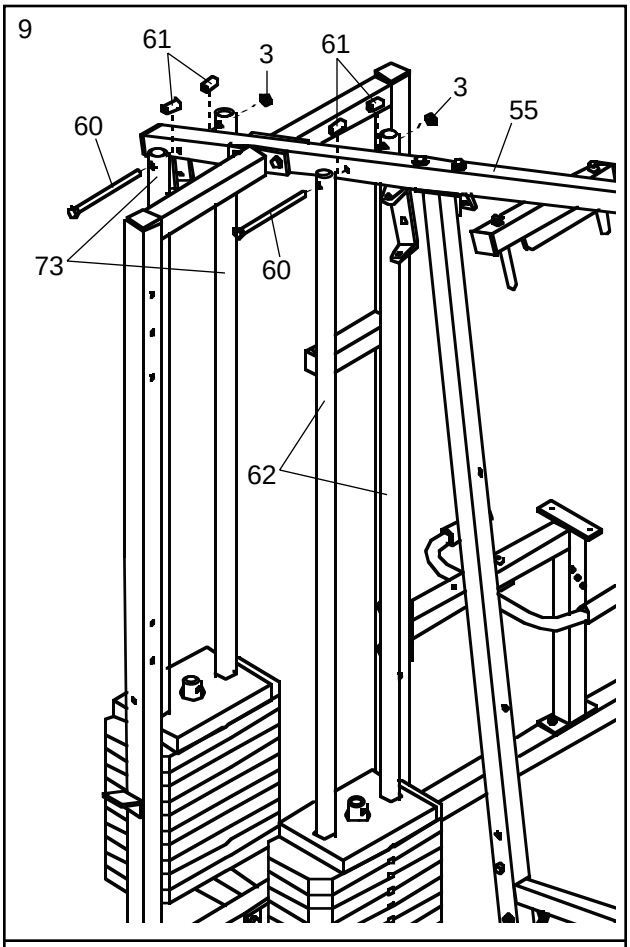
   Lubricate the inside of the holes in the other Top Weight (65). Set the Top Weight onto the rear stack of Weights (25). Insert both Short Weight Guides (73) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



FRAME ASSEMBLY

9. Attach the upper ends of the Short Weight Guides (73) to the Top Frame (55) with a 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).

   Attach the upper ends of the Long Weight Guides (62) to the Top Frame (55) in the same manner.



ARM ASSEMBLY

10. **Locate and open the parts bag labeled "ARM ASSEMBLY."**

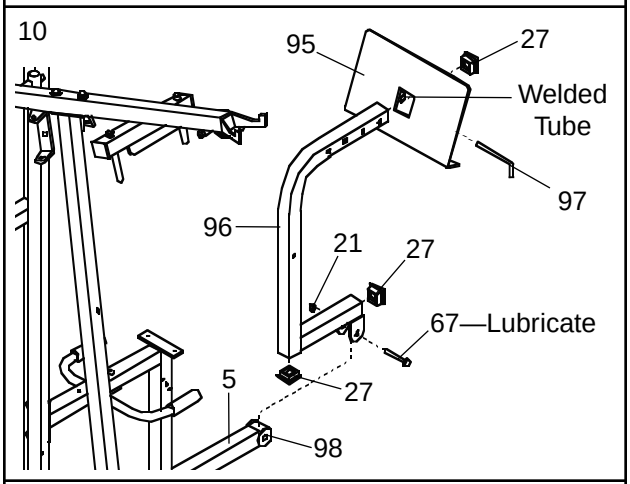
    Be sure there is a Bushing (98) in each side of the Stabilizer (5). Press a 2" Square Inner Cap (27) into each end of the Leg Press Arm (96).

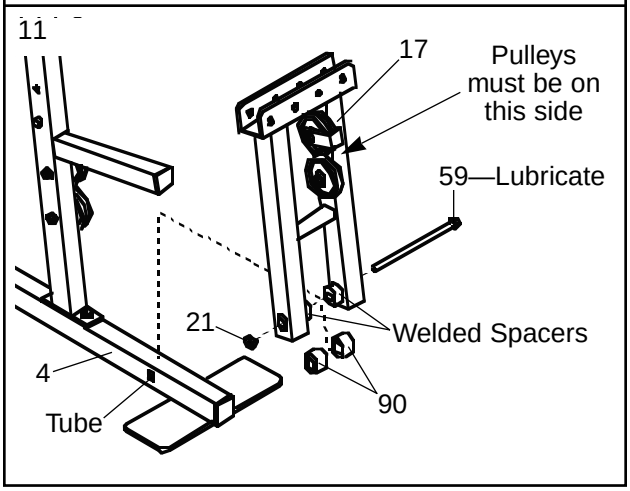
    Lubricate a 3/8" x 3 1/4" Bolt (67). Attach the Leg Press Arm (96) to the Stabilizer (5) with the Bolt and a 3/8" Nylon Locknut (21). **Do not overtighten the Nylon Locknut. The Leg Press Arm must be able to pivot freely.**

    Align the welded tubes on the Leg Press Plate (95) with one set of holes in the Leg Press Arm (96). Attach the Leg Press Plate to the Leg Press Arm with the Press Pin (97).

11. Press a 1" x 7/8" Plastic Bushing (90) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place onto the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit on each end of the indicated tube in the Base. Make sure that the pulleys are on the side shown.**

    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).





ARM ASSEMBLY

12. Press a 1” Round Inner Cap (49) into one of the Press Arms (46). Press a 1 3/4” Square Inner Cap (44) into 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.

13. 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 14.**

    Attach a “V”-Pulley (50) and a Long Cable Trap (31) to the Right Arm (48) with a 3/8” x 2 1/2” Bolt (86) and a 3/8” Nylon Locknut (21). **Do not tighten the Nylon Locknut yet.**

    Attach a “V”-Pulley (50) and a Long Cable Trap (31) to the Left Arm (47) in the same manner.

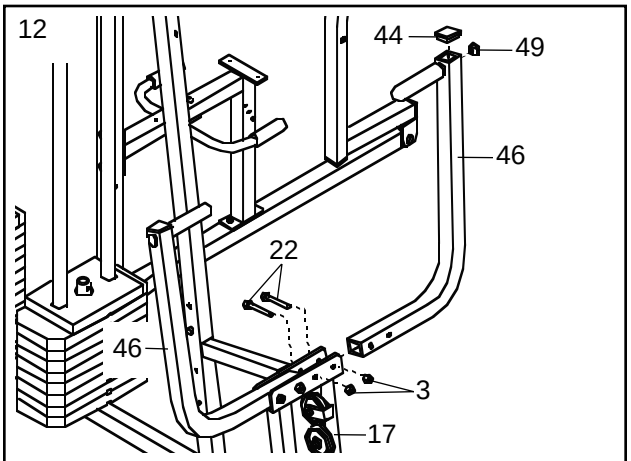
14. Lubricate both axles on the Top Frame (55).

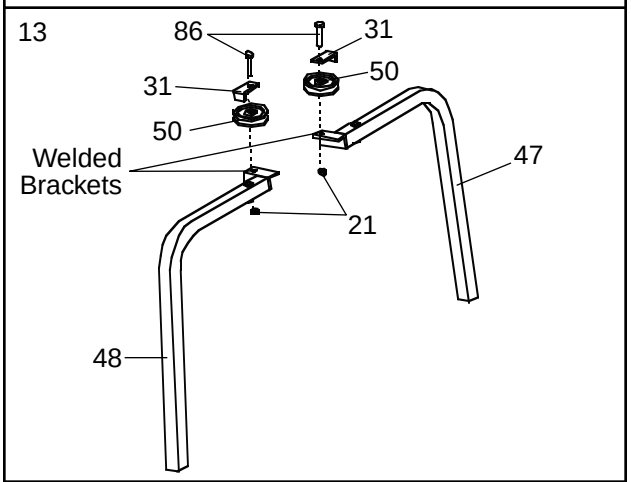
    Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 13 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

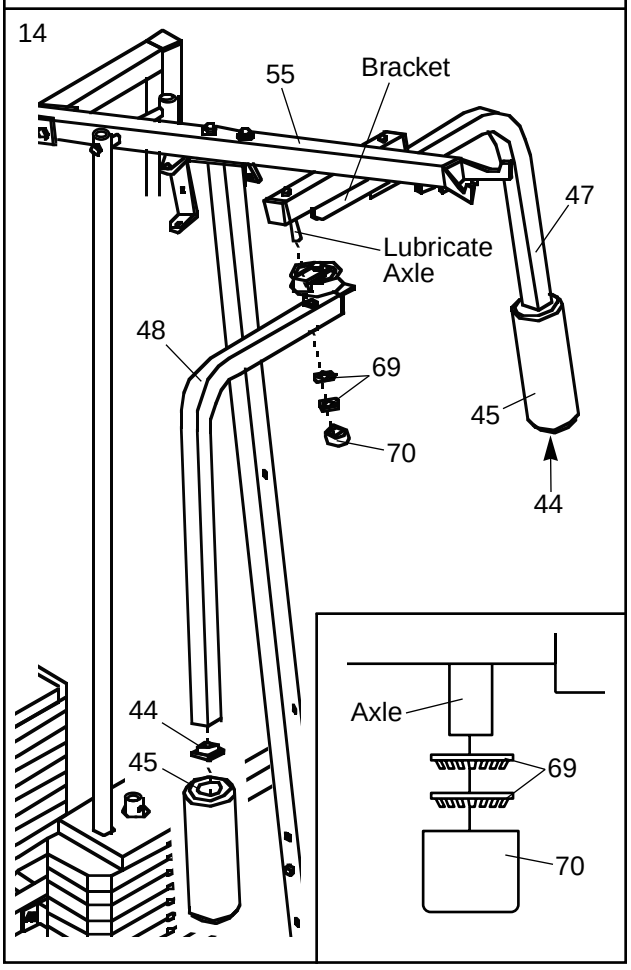
    Tap two 1” Retainers (69) and a 1” Round Cover Cap (70) onto the axle. **Be sure that the teeth on the Retainers bend toward the Round Cover Cap, as shown in the inset drawing.**

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

    Press 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.







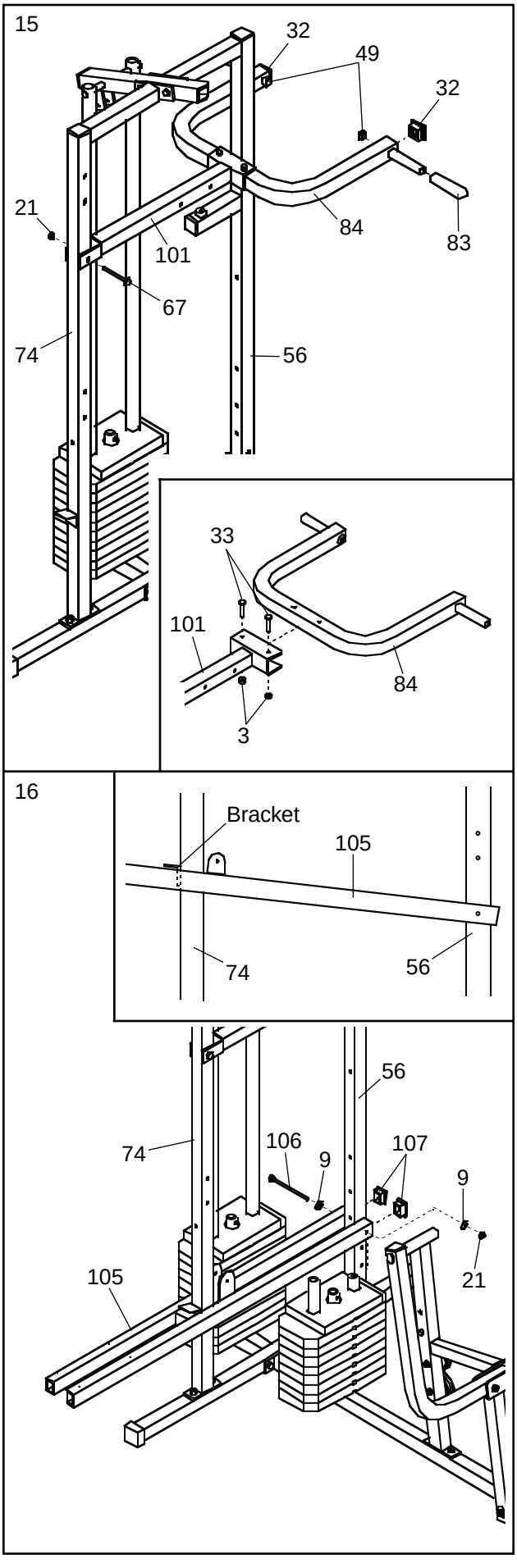
15. See the inset drawing. Attach the Military Press Arm (84) to the Pivot Arm (101) with two 5/16" x 2 1/4" Bolts (33) and two 5/16" Nylon Locknuts (3).

    Press two 1 1/2" Square Inner Caps (32) into the Military Press Arm (84). Press two 1" Round Inner Caps (49) into the Military Press Arm. Slide two 5" Plastic Handgrips (83) onto the Military Press Arm.

    Attach the Pivot Arm (101) to the Assist Upright (74) with a 3/8" x 3 1/4" Bolt (67) and a 3/8" Nylon Locknut (21).

16. Press two 1" x 2" Inner Caps (107) into the Assist Arm (105).

    Attach the Assist Arm (105) to the Leg Press Upright (56) with a 3/8" x 6" Bolt (106), two 3/8" Flat Washers (9), and a 3/8" Nylon Locknut (21). **See the inset drawing. The Assist Arm must be attached to the lowest hole in the Leg Press Upright (56). The Assist Arm must also be below the welded bracket on the Assist Upright (74).**

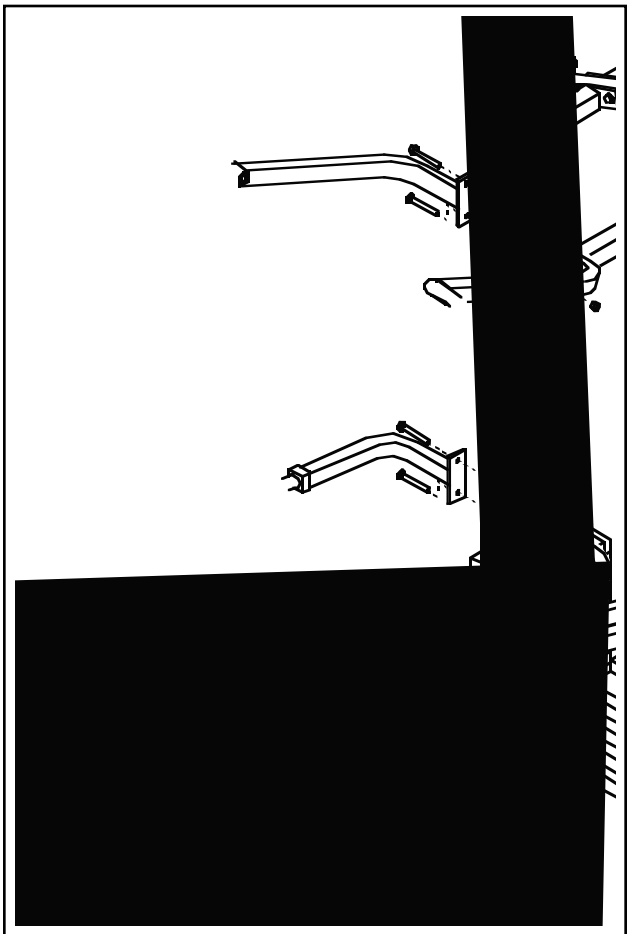


17. Attach the Left Pull-up Arm (75) and the Right Pull-up Arm (77) to the Assist Upright (74) with two 5/16” x 2 3/4” Bolts (11) and two 5/16” Nylon Locknuts (3).

    Attach the Left Dip Arm (78) and the Right Dip Arm (79) to the Assist Upright (74) with two 5/16” x 2 3/4” Bolts (11) and two 5/16” Nylon Locknuts (3).

    Wet the ends of the Left and Right Pull-up Arms (75, 77) with soapy water. Slide a Long Foam Handgrip (113) onto each Pull-up Arm. Press two 1 1/4” Round Inner Caps (109) into each Pull-up Arm.

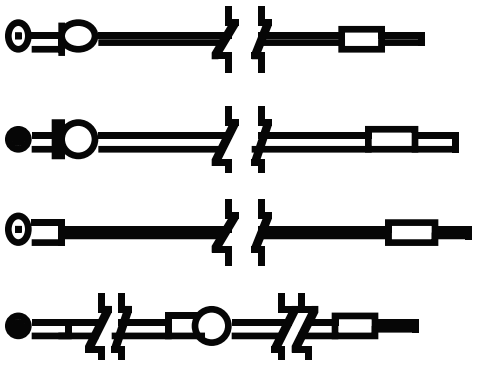
    Wet the ends of the Left and Right Dip Arms (78, 79) with soapy water. Slide a Short Handgrip (80) onto each Dip Arm. Press a 1 1/4” Round Inner Cap (109) into each Dip Arm.



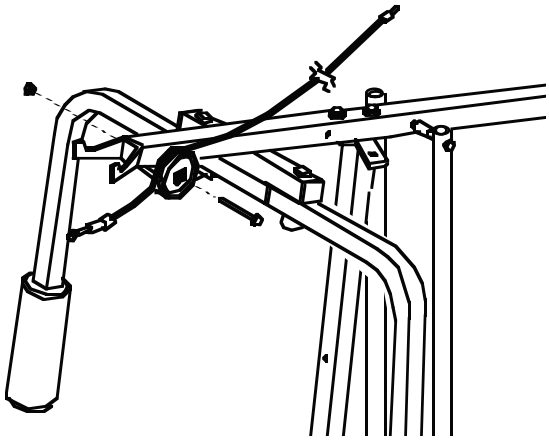
18. **Locate and open the parts bags labeled “CABLE ASSEMBLY” and “PULLEYS.”**

    During steps 19 through 39, refer to the CABLE DIAGRAMS on pages 26–27 of this manual to verify proper cable routing. Before beginning this section, fully unwind the four Cables. Identify the four Cables by comparing the lengths and ends of the Cables. The approximate length of each Cable is listed (in inches) after the key number in the drawing.

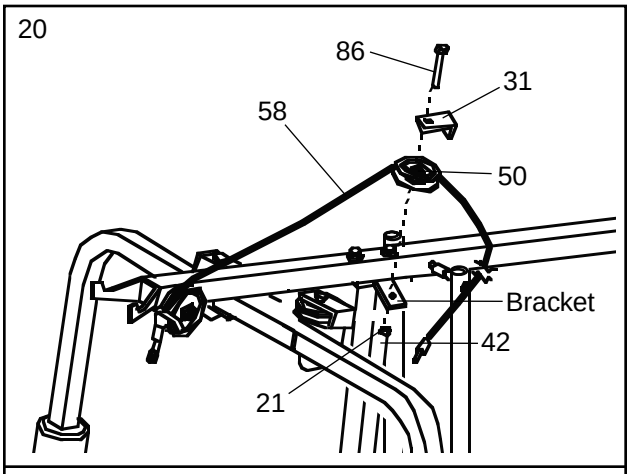
    IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely.



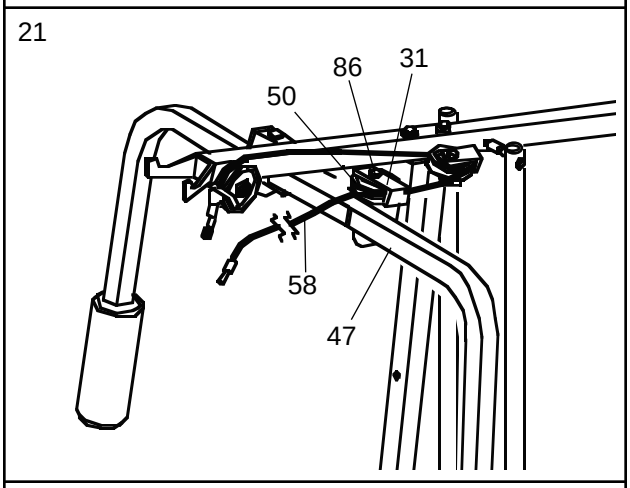
19. **Locate the High Cable (58).** Wrap the High Cable around a 3 1/2” Pulley (15). Attach the Pulley to the Top Frame (55) with a 3/8” x 3 3/4” Bolt (88) and a 3/8” Nylon Locknut (21). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.**



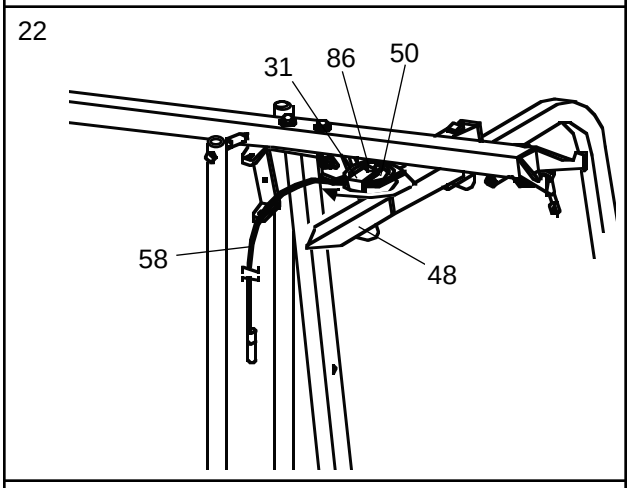
20. Wrap the High Cable (58) around a “V”-Pulley (50). Attach the “V”-Pulley and a Long Cable Trap (31) to the indicated bracket on the Front Upright (42) with a 3/8” x 2 1/2” Bolt (86) and a 3/8” Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**



21. Route the High Cable (58) around the “V”-Pulley (50) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (31) is positioned to hold the Cable in place.** Tighten the 3/8” x 2 1/2” Bolt (86) and the 3/8” Nylon Locknut (not shown).

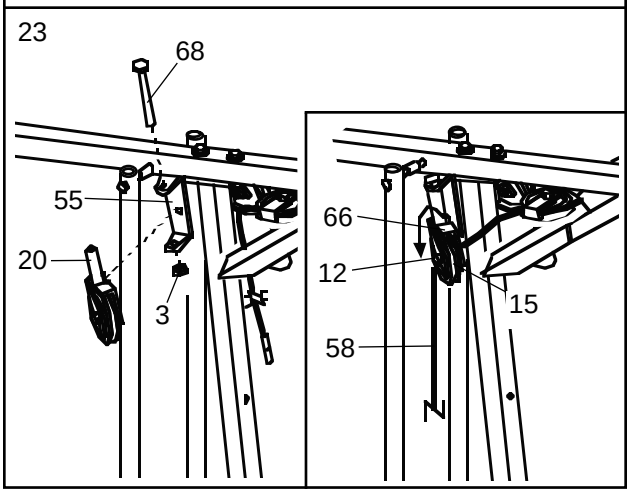


22. Route the High Cable (58) around the “V”-Pulley (50) on the Right Arm (48). **Be sure that the Cable is in the groove of the “V”-Pulley and that the Long Cable Trap (31) is turned to hold the Cable in place.** Tighten the 3/8” x 2 1/2” Bolt (86) and the 3/8” Nylon Locknut (not shown).



23. Attach the Pulley Bracket (20) to the Top Frame (55) with the 5/16” x 5” Bolt (68) and a 5/16” Nylon Locknut (3). **Do not overtighten the Nylon Locknut; the Pulley Bracket must be able to move freely.**

    See the inset drawing. Route the High Cable (58) around the 3 1/2” Pulley (15) attached to the Pulley Bracket (20). Tighten the 3/8” x 2” Bolt (12) and a 3/8” Nylon Locknut (not shown). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.**



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

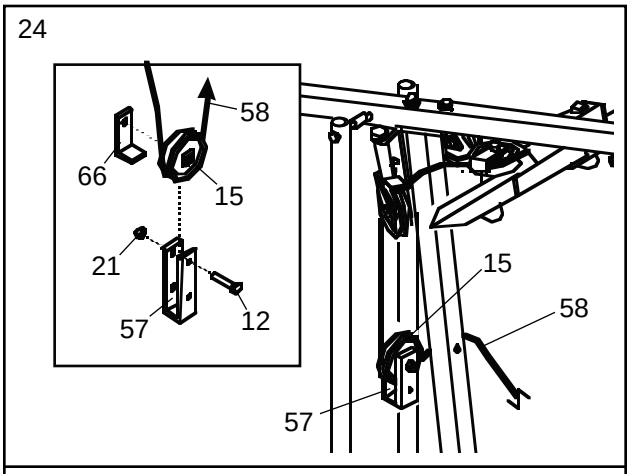
    Route the High Cable (58) through the Long "U"-Bracket (57) and the 3 1/2" Pulley (15) shown in the inset drawing. **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

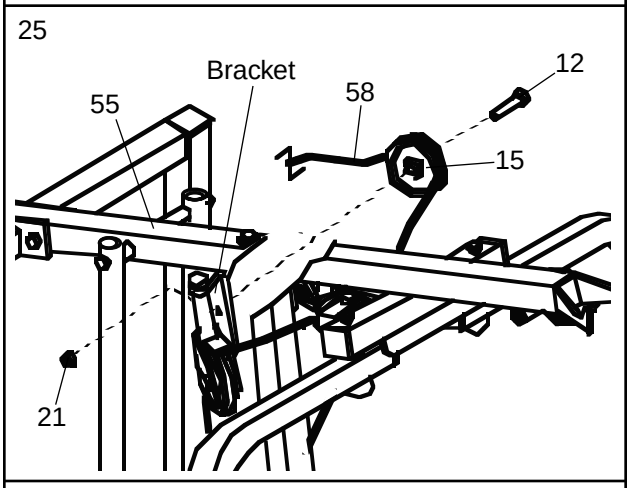
25. Wrap the High Cable (58) around a 3 1/2" Pulley (15). Attach the Pulley to the bracket on the Top Frame (55) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

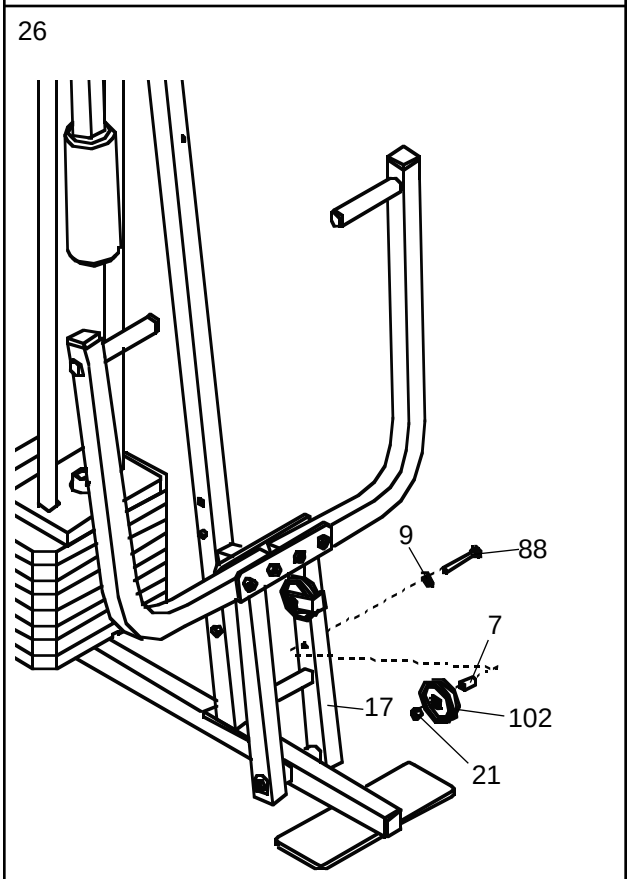
26. **Note: This assembly step shows how to complete the assembly of several pre-attached parts.**

    The 5/8" x 9/16" Spacer (7) has been pre-attached on the outside of the 3 1/2" Low Pulley (102) for shipping purposes. Remove the 3/8" Nylon Locknut (21), the Spacer, and the Pulley from the 3/8" x 3 3/4" Bolt (88). **Do not remove the Bolt. The Bolt has been shown removed for part identification.**

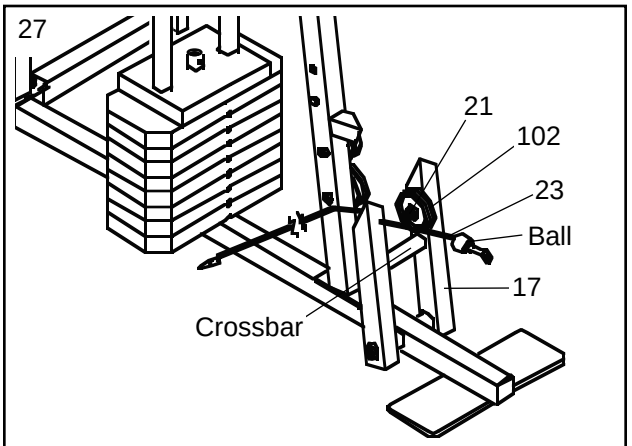
    Reattach the 3 1/2" Low Pulley (102), with the 5/8" x 9/16" Spacer (7) between the Pulley and the Press Frame (17). **Do not tighten the 3/8" Nylon Locknut (21) yet. Be sure that the 3/8" x 3 3/4" Bolt (88), the 3/8" Flat Washer (9), the 5/8" x 9/16" Spacer (7), the 3 1/2" Low Pulley (102), and the 3/8" Nylon Locknut (21) are oriented as shown.**



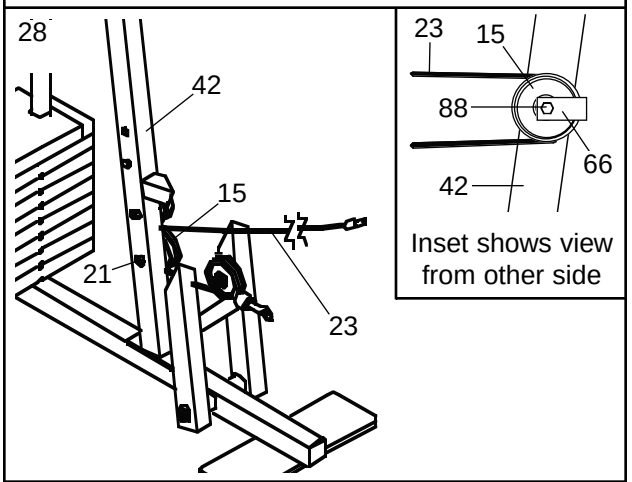




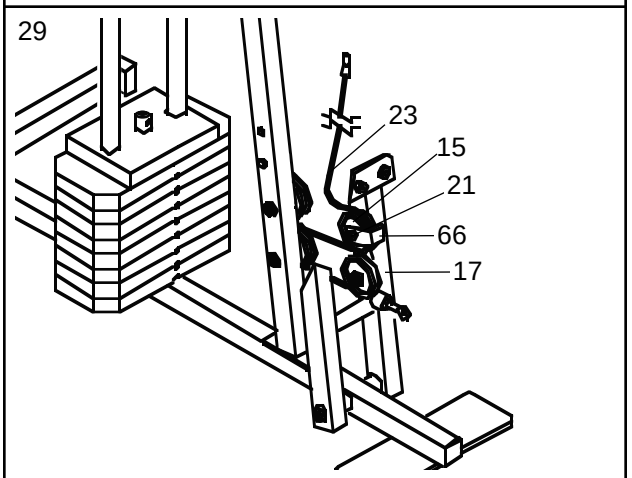
27. **Locate the Low Cable (23).** Route the Low Cable under the 3 1/2” Low Pulley (102). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame (17) and that the Cable is between the Pulley and the crossbar on the Press Frame.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 3/4” Bolt (not shown).



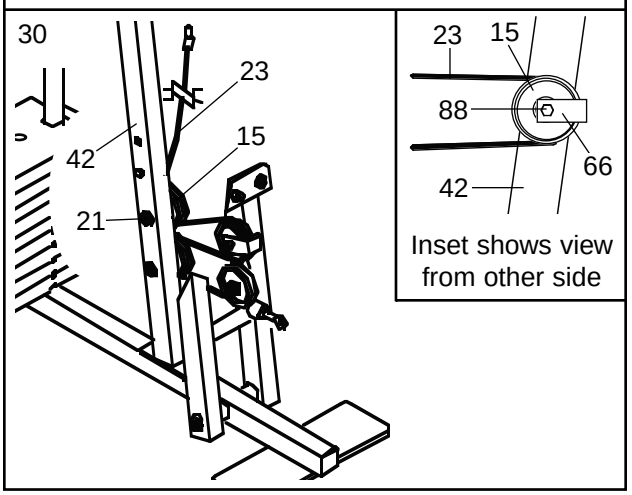
28. Route the Low Cable (23) around the 3 1/2” Pulley (15) attached to the lower hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 3/4” Bolt (88).



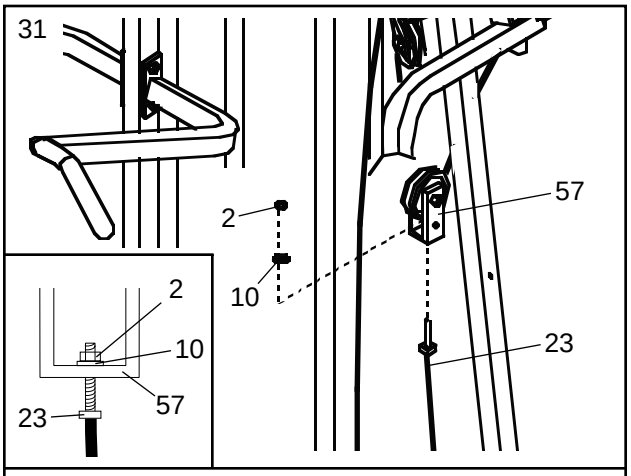
29. Route the Low Cable (23) around the 3 1/2” Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 1/2” Bolt (not shown).



30. Route the Low Cable (23) around the 3 1/2” Pulley (15) attached to the upper hole in the Front Upright (42). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 3/4” Bolt (88).

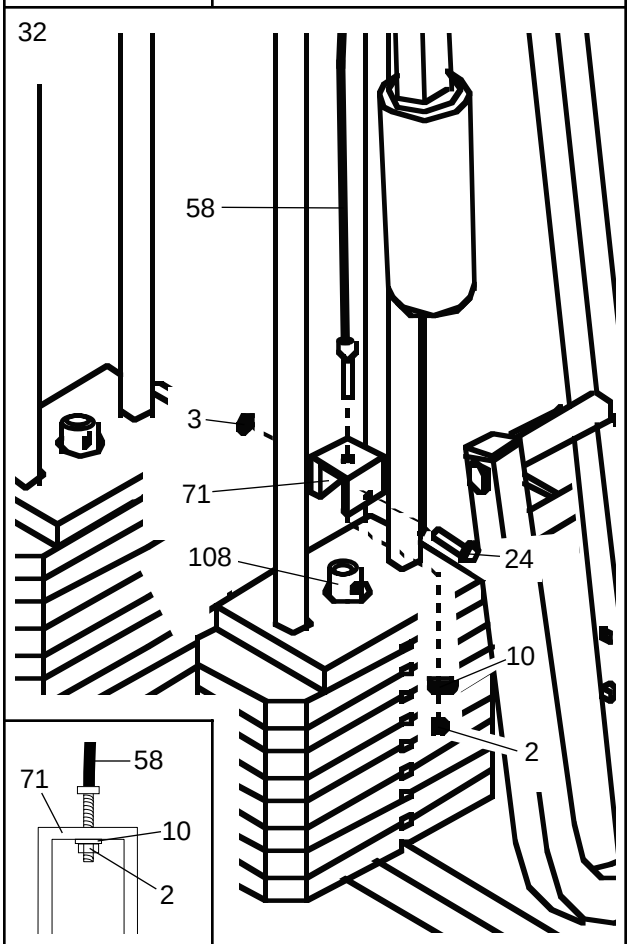


31. Attach the end of the Low Cable (23) to the Long “U”-Bracket (57) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.**



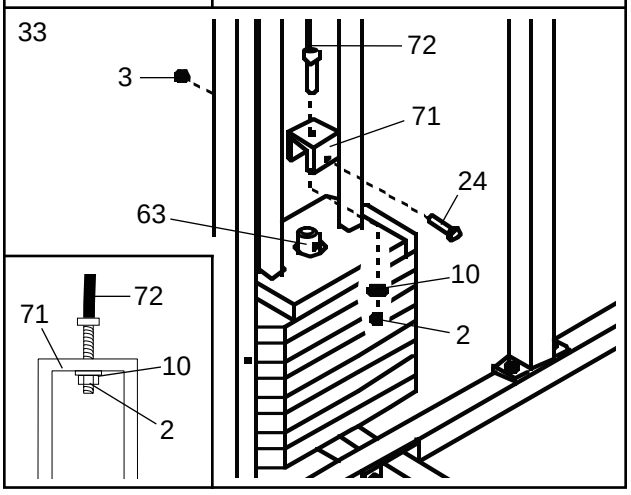
32. Attach the High Cable (58) to a Small “U”-Bracket (71) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

    Attach the Small “U”-Bracket (71) to the Short Weight Tube (108) with a 5/16” x 1 3/4” Bolt (24) and a 5/16” Nylon Locknut (3).



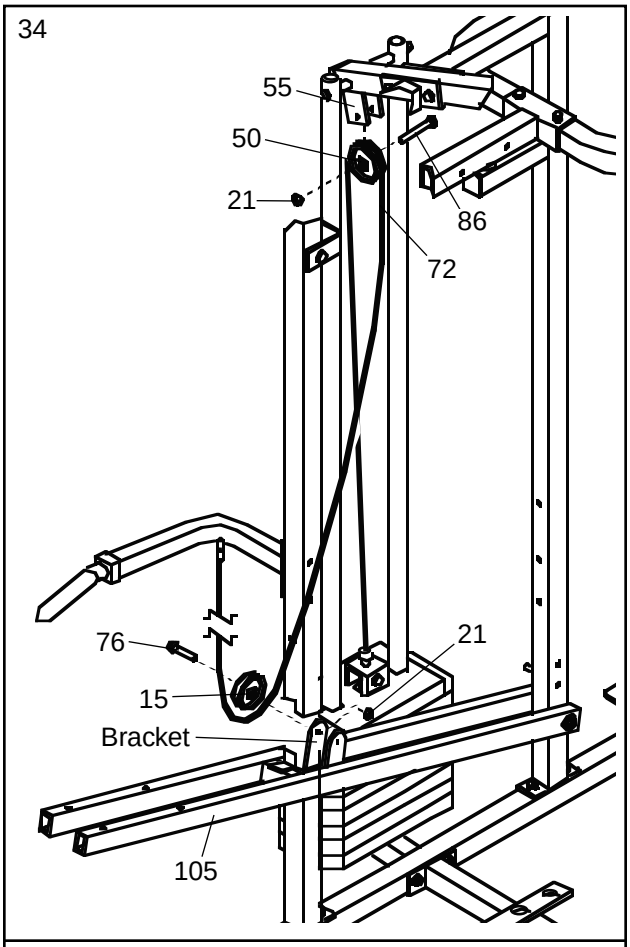
33. **Locate the Military Press Cable (72).** Attach the Military Press Cable to the other Small “U”-Bracket (71) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

    Attach the Small “U”-Bracket (71) to the Long Weight Tube (63) with a 5/16” x 1 3/4” Bolt (24) and a 5/16” Nylon Locknut (3).



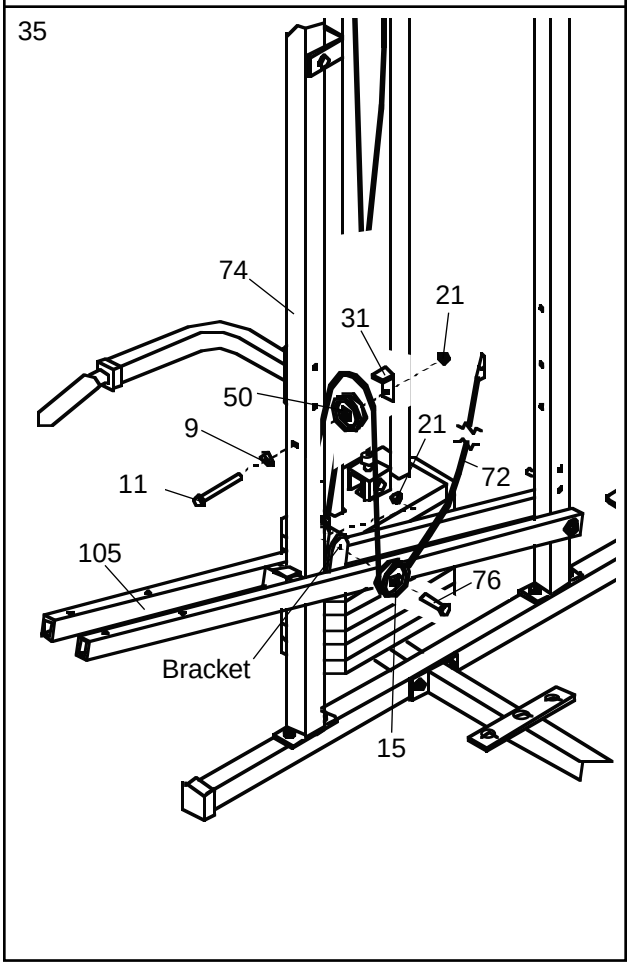
34. Wrap the Military Press Cable (72) around a "V"-Pulley (50). Attach the "V"-Pulley to the Top Frame (55) with a 3/8" x 2 1/2" Bolt (86) and a 3/8" Nylon Locknut (21).

    Wrap the Military Press Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley to the indicated bracket on the Assist Arm (105) with a 3/8" x 1 3/4" Bolt (76) and a 3/8" Nylon Locknut (21). **Be sure that the Cable is between the Pulley and the Assist Arm and that the Cable and Pulley move smoothly.**



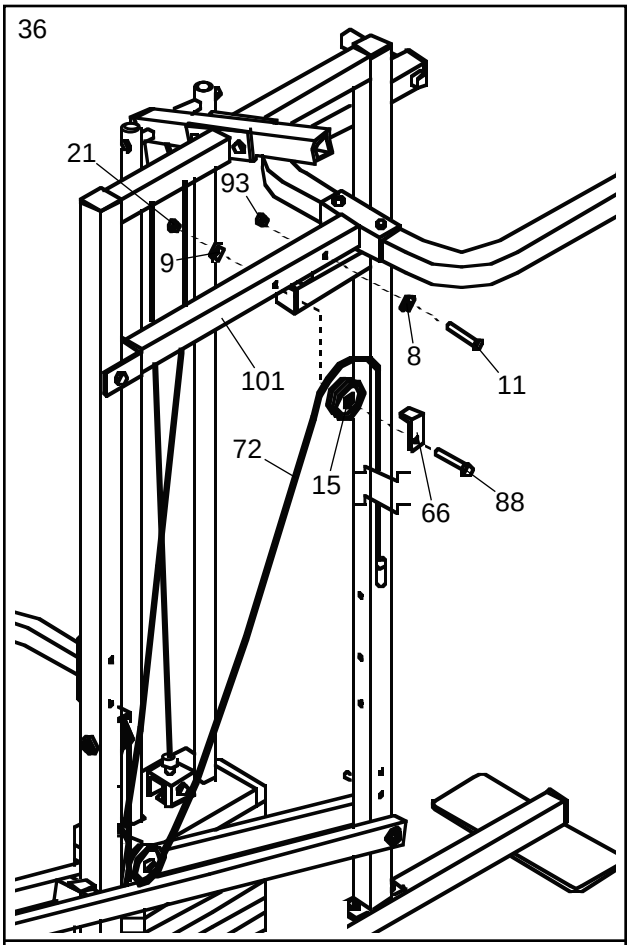
35. Wrap the Military Press Cable (72) around a "V"-Pulley (50). Attach the "V"-Pulley and a Long Cable Trap (31) to the Assist Upright (74) with a 3/8" x 4 1/2" Bolt (112), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**

    Wrap the Military Press Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley to the other bracket on the Assist Arm (105) with a 3/8" x 1 3/4" Bolt (76) and a 3/8" Nylon Locknut (21). **Be sure that the Cable is between the Pulley and the Assist Arm and that the Cable and Pulley move smoothly.**



36. Slide a 5/16” Flat Washer (8) onto a 5/16” x 2 3/4” Bolt (11). Insert the Bolt through the indicated hole in the Pivot Arm (101). **The Bolt must be inserted from the side shown.** Fully tighten a 5/16” Nylon Jam Nut (93) onto the Bolt.

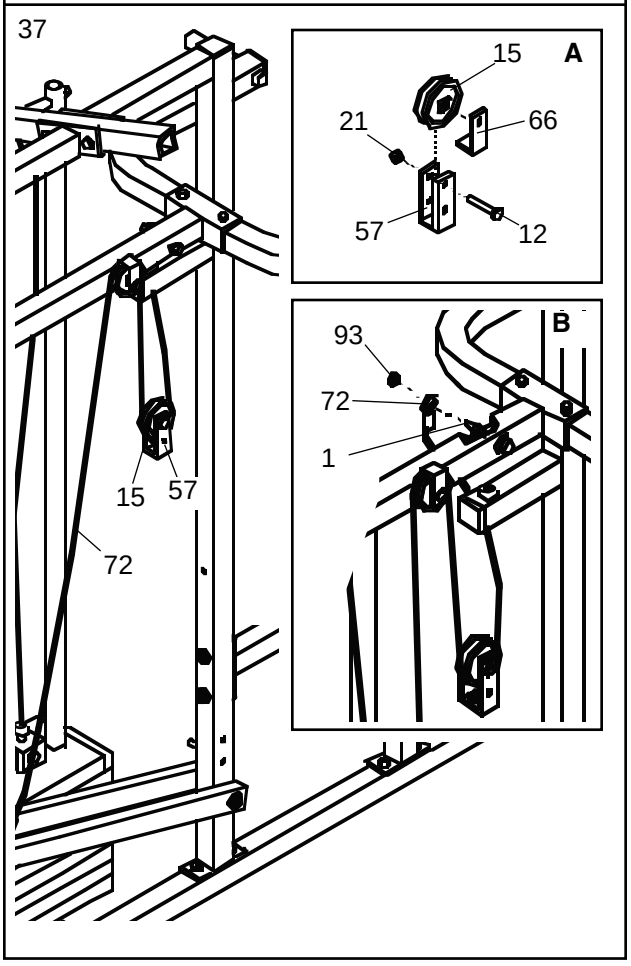
    Wrap the Military Press Cable (72) around a 3 1/2” Pulley (15). Attach the Pulley and a Cable Trap (66) to the Pivot Arm (101) with the 3/8” x 3 3/4” Bolt (88), a 3/8” Flat Washer (9), and a 3/8” Nylon Locknut (21). **Be sure that the Pulley is on the side shown and that the Cable Trap is positioned to hold the Cable in place.**



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

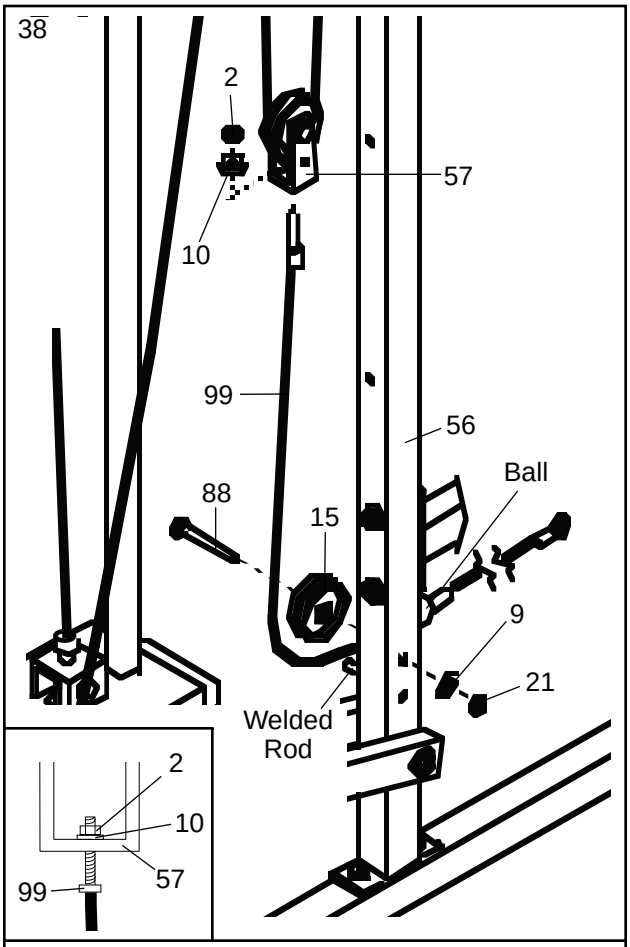
    Route the Military Press Cable (72) through the Long “U”-Bracket (57) and the 3 1/2” Pulley (15). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

    See inset drawing B. Slide the end of the Military Press Cable (72) onto the end of the 5/16” x 2 3/4 Bolt (11). Thread another 5/16” Nylon Jam Nut (93) onto the Bolt. **Do not fully tighten the second Jam Nut. There must be room between the two Jam Nuts for the end of the Cable to pivot.**



38. **Locate the Leg Press Cable (99).** Attach the end of the Leg Press Cable to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **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.**

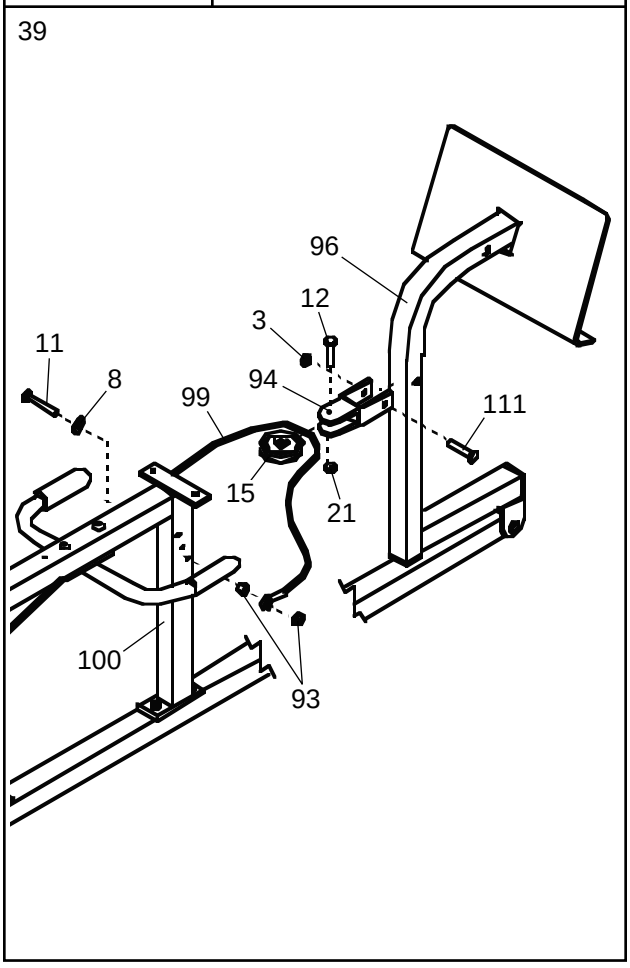
    Wrap the Leg Press Cable (99) around a 3 1/2" Pulley (15). Attach the Pulley to the Leg Press Upright (56) with the 3/8" x 3 3/4" Bolt (88), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **The ball on the Cable must be on the indicated side of the Pulley. Be sure that the Cable and Pulley move smoothly and that the Cable is between the Pulley and the welded rod.**



39. Attach the Press Bracket (94) to the Leg Press Arm (96) with a 5/16" x 3" Bolt (111) and a 5/16" Nylon Locknut (3).

    Wrap the Leg Press Cable (99) around a 3 1/2" Pulley (15). Attach the Pulley to the Press Bracket (94) with the 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21).

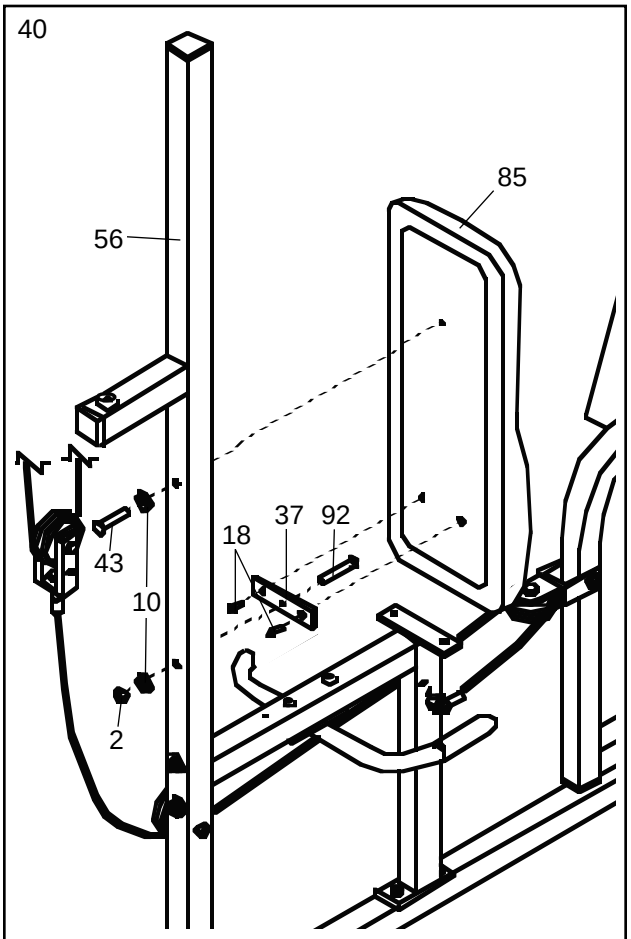
    Slide a 5/16" Flat Washer (8) onto a 5/16" x 2 3/4" Bolt (11). Insert the Bolt through the lowest hole in the Rear Seat Frame (100) from the indicated side. (Note: The three holes are for cable adjustment.) Tighten a 5/16" Nylon Jam Nut (93) onto the Bolt. Slide the end of the Leg Press Cable (99) onto the end of the Bolt. Thread another 5/16" Nylon Jam Nut onto the Bolt. **Do not fully tighten the second Jam Nut. There must be room between the two Jam Nuts for the end of the Cable to pivot.**



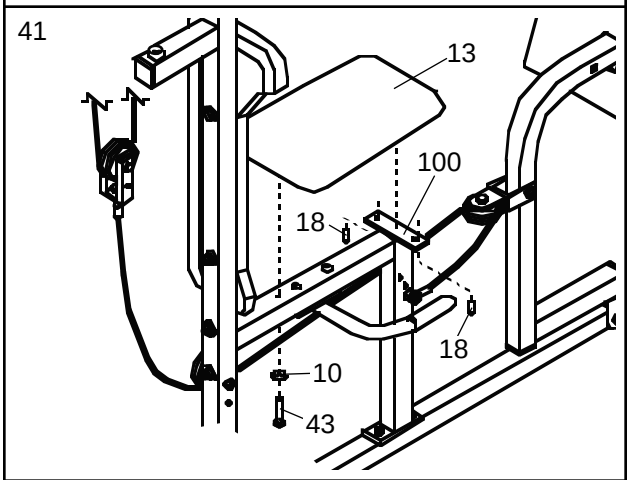
40. **Locate and open the parts bag labeled "SEAT ASSEMBLY."**

    Insert a 1/4" x 2 1/2" Carriage Bolt (92) through the center hole in a Seat Plate (37). Attach the Seat Plate to the Rear Backrest (85) with two 1/4" x 1/2" Screws (18).

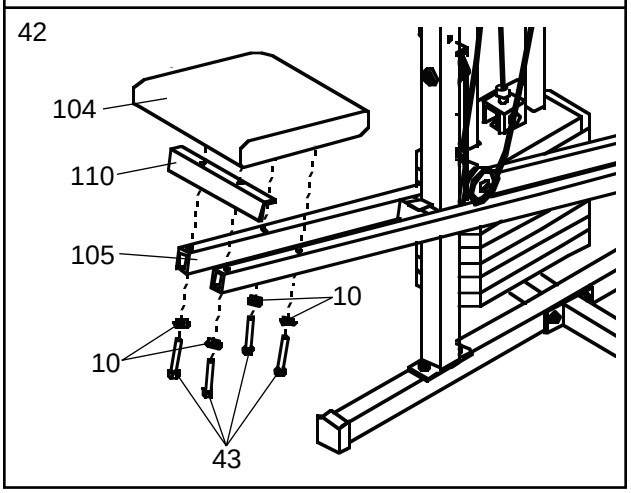
    Insert the 1/4" x 2 1/2" Carriage Bolt (92) through the indicated hole in the Leg Press Upright (56). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt. Attach the top of the Rear Backrest (85) to the Leg Press Upright with a 1/4" x 2 1/2" Screw (43) and a 1/4" Flat Washer (10).



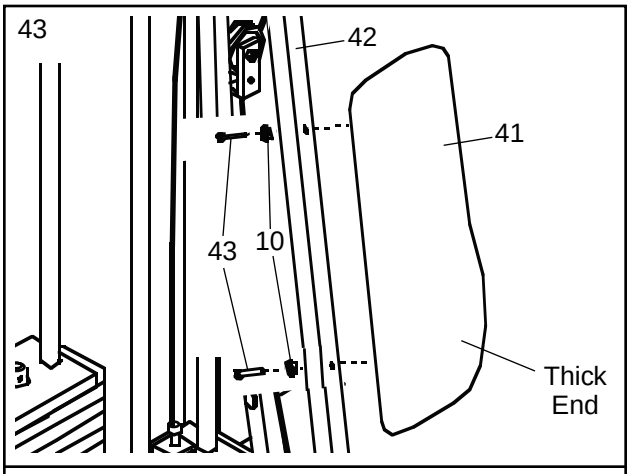
41. Attach one end of a Seat (13) to the Rear Seat Frame (100) with two 1/4" x 1/2" Screws (18). Attach the other end of the Seat to the Rear Seat Frame with a 1/4" Flat Washer (10) and a 1/4" x 2 1/2" Screw (43).



42. Attach the Assist Seat (104) and the Angle Bracket (110) to the Assist Arm (105) with four 1/4" Flat Washers (10) and four 1/4" x 2 1/2" Screws (43).



43. Attach the Front Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10). The Backrest must be oriented as shown.

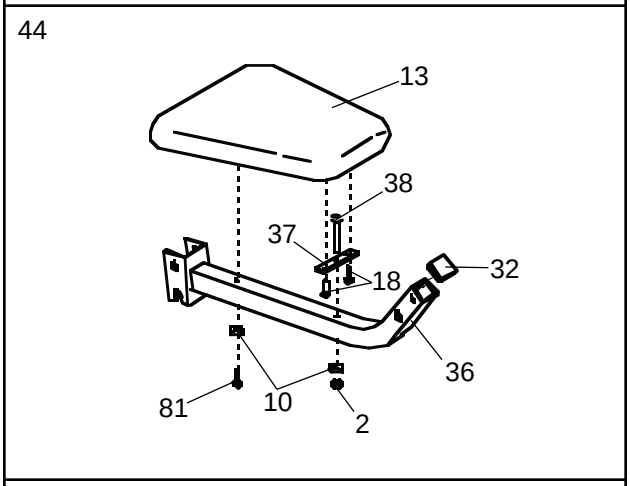


44. Press a 1 1/2" Square Inner Cap (32) into the Front Seat Frame (36).

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

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

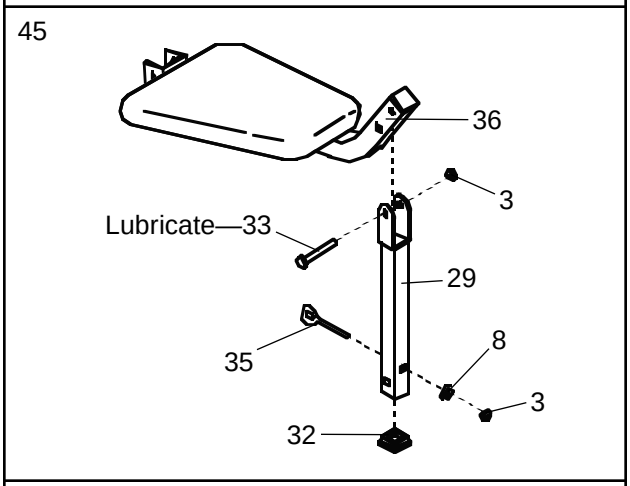
    Attach the other end of the Seat (13) to the Front Seat Frame (36) with a 1/4" Flat Washer (10) and a 1/4" x 2" Machine Screw (81).



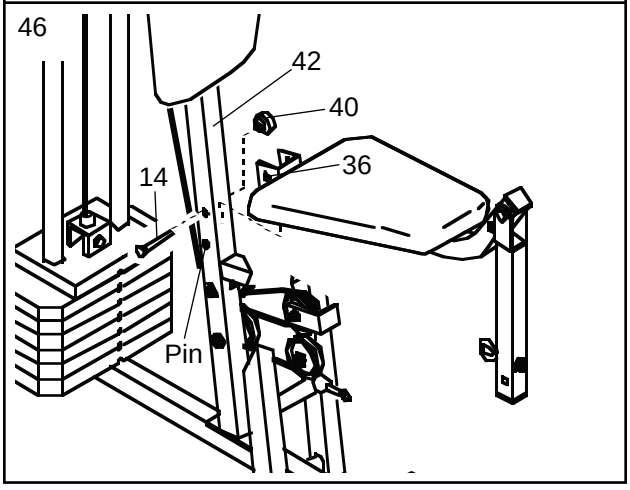
45. Press a 1 1/2" Square Inner Cap (32) into the Leg Lever (29).

    Lubricate the 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Front Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3).

    Insert the 5/16" x 2" Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 5/16" Nylon Locknut (3) with a 5/16" Flat Washer (8) onto the Eyebolt.



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



SEAT ASSEMBLY

47. Press two 3/4” Round Inner Caps (34) into each Pad Tube (28).

    Insert a Pad Tube (28) into the Front Seat Frame (36). Slide a Foam Pad (30) onto each end of the Pad Tube.

    Insert the other Pad Tube (28) into the Leg Lever (29). Slide a Foam Foam Pad (30) onto each end of the Pad Tube.

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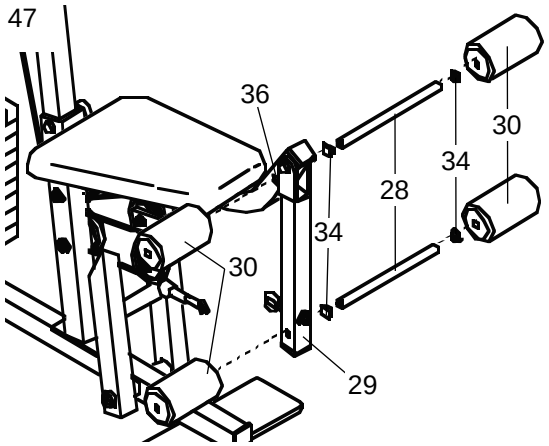

DECAL

48. Remove the backing from the PRO 9645 decal and apply it to the home gym system as shown.

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

    Before using the home gym 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 it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 25.**

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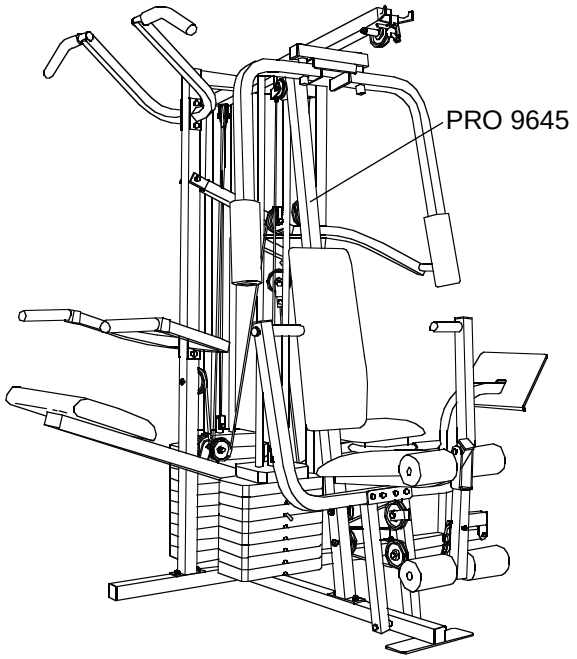


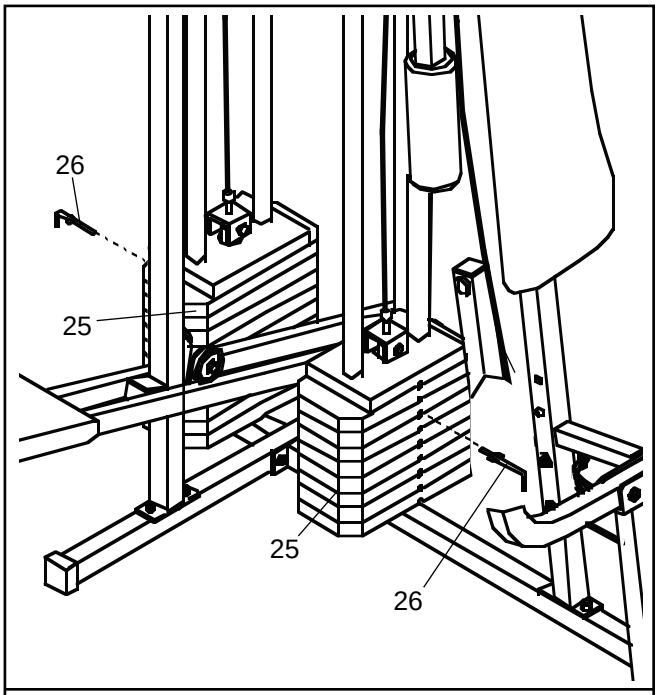
HOW TO USE THE HOME GYM SYSTEM

The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise poster accompanying this manual to see how the home gym 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 PRO 9645 features two weight stacks. The front weight stack is connected to the upper and lower pulleys, the press arm, and the butterfly arms. The rear weight stack is connected to the military press arm, assist arm, and leg press.

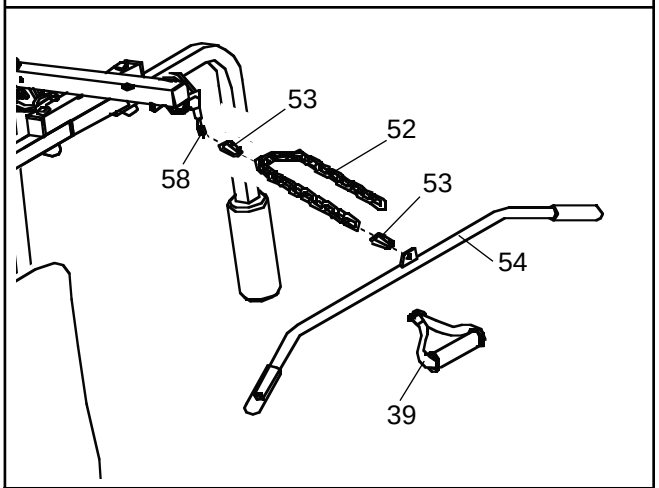
To change the weight setting of either weight stack, insert a Weight Pin (26) under the desired Weight (25). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 6.5 pounds to 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 (54) to the High Cable (58) 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 the Lat Bar is in the correct starting position for the exercise to be performed.**

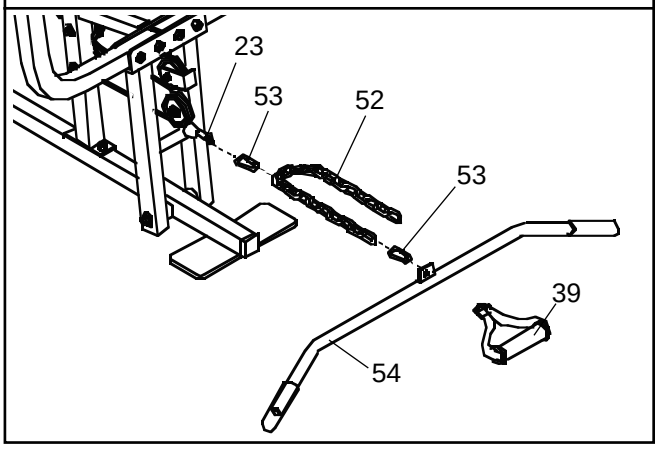
The Nylon Strap (39) can be attached in the same manner.



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

Attach the Lat Bar (54) to the Low Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) 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 (39) can be attached in the same manner.



ATTACHING AND REMOVING THE SEAT

To attach the Seat (13), set the bracket on the Front Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Front Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

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

ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

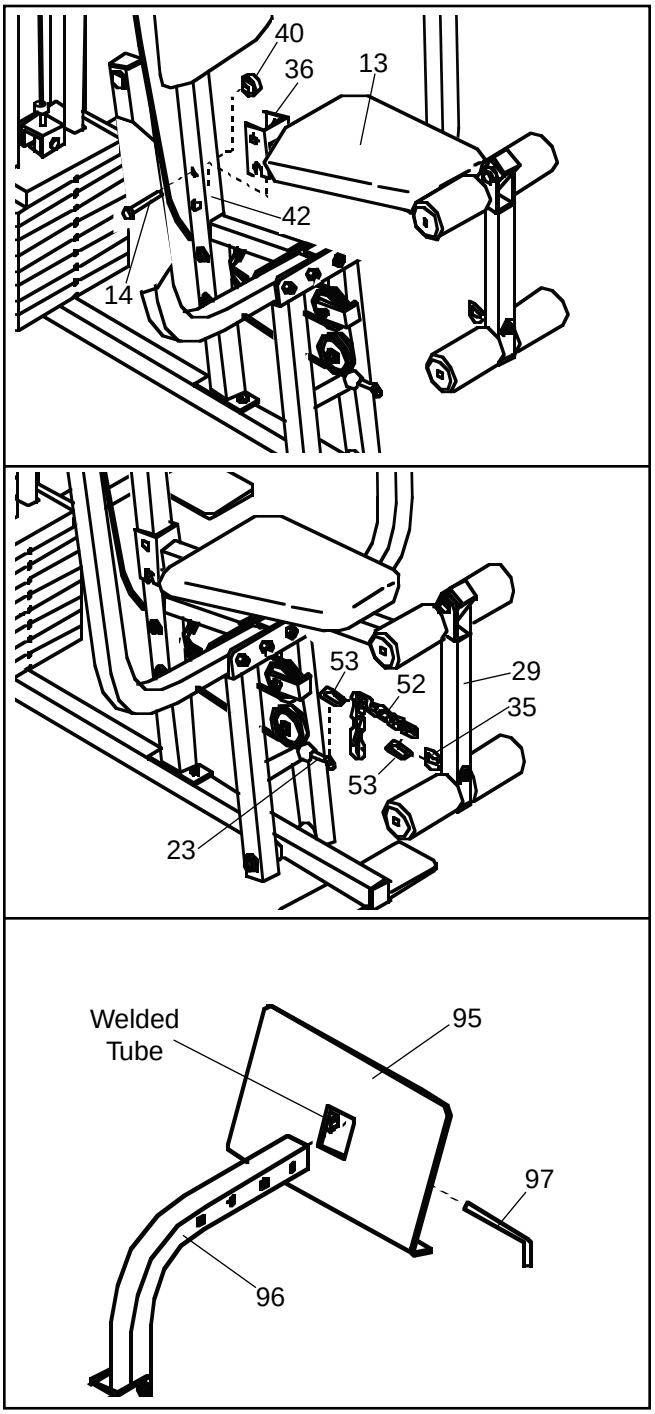
To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

Attach one end of the Chain (52) to the Short Cable (23) with a Cable Clip (53). Attach the other end of the Chain to the Eyebolt (35) with a Cable Clip.

ADJUSTING THE LEG PRESS PLATE

Remove the Press Pin (97) from the Leg Press Plate (95) and the Leg Press Arm (96).

Align the welded tubes on the Leg Press Plate (95) with the desired set of holes in the Leg Press Arm (96). Re-insert the Press Pin (97) through the welded tubes on Leg Press Plate and the holes in the Leg Press Arm.



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.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	MILITARY PRESS ARM (lbs.)	LEG PRESS (lbs.)	ASSIST ARM (lbs.)
Top	31	17	25	23	36	30	36	11
1	59	35	50	36	67	51	78	38
2	81	40	71	54	95	74	123	66
3	104	70	97	70	123	97	171	95
4	132	80	111	88	155	115	219	117
5	154	110	131	98	191	135	265	142
6	196	115	156	120	220	164	299	186
7	206	130	172	135	252	183	333	213
8	227	140	184	144	273	194	387	232
9	–	–	–	–	–	218	440	256
10	–	–	–	–	–	246	455	293

The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym 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 home gym 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 front weight stack, both the High Cable (58) and the Low Cable (23) will need to be tightened. If any slack is felt when using the rear weight stack, both the Military Press Cable (72) and the Leg Press Cable (99) will need to be tightened.

To tighten the cables, 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 (2) that connects the end of the Low Cable (23) to the Long "U"-Bracket (57).

  The Leg Press Cable (99) can be tightened in the same manner.

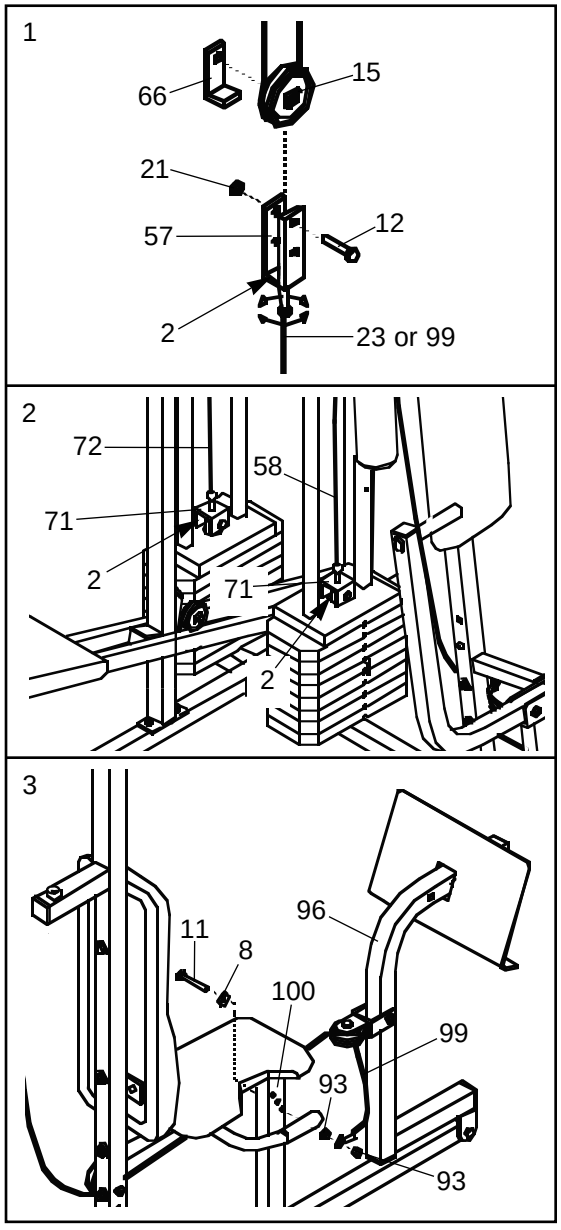
- See drawing 1. Move the 3 1/2" Pulley (15) to the other hole in one of the Long "U"-Brackets (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Cable Trap (66), Pulley, and Long "U"-Bracket. Re-attach the Pulley and Cable Trap. Be sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.

  The other Long "U"-Bracket (57) can be adjusted in the same manner.

- See drawing 2. Tighten the 1/4" Nylon Locknut (2) that connects the end of the High Cable (58) to the Small "U"-Bracket (71).

  The Military Press Cable (72) can be tightened in the same manner.

- See Drawing 3. If additional slack is felt while using the Leg Press Arm (96), then the end of the Leg Press Cable (99) must be moved to the next hole in the Rear Seat Frame (100). Remove the 5/16" x 2 3/4" Bolt (11), the 5/16" Washer (8), the end of the Cable, and both 5/16" Nylon Jam Nuts (93) from the Rear Seat Frame. Re-attach the Bolt, the Washer, the end of the Cable, and both Nylon Jam Nuts to the next hole in the Rear Seat Frame.



Do not overtighten the cables; the top weight will be lifted off the weight stack.

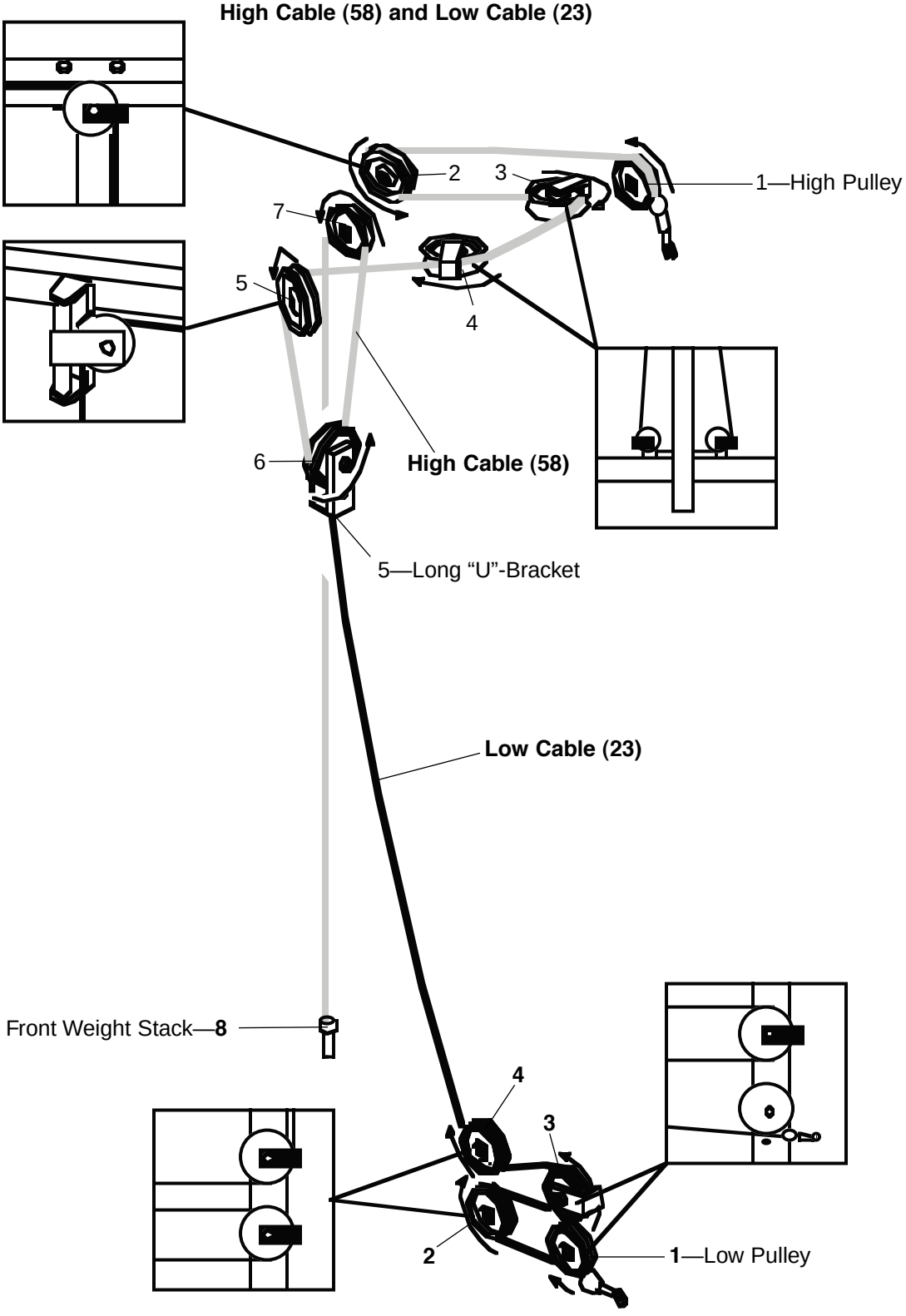
If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.

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

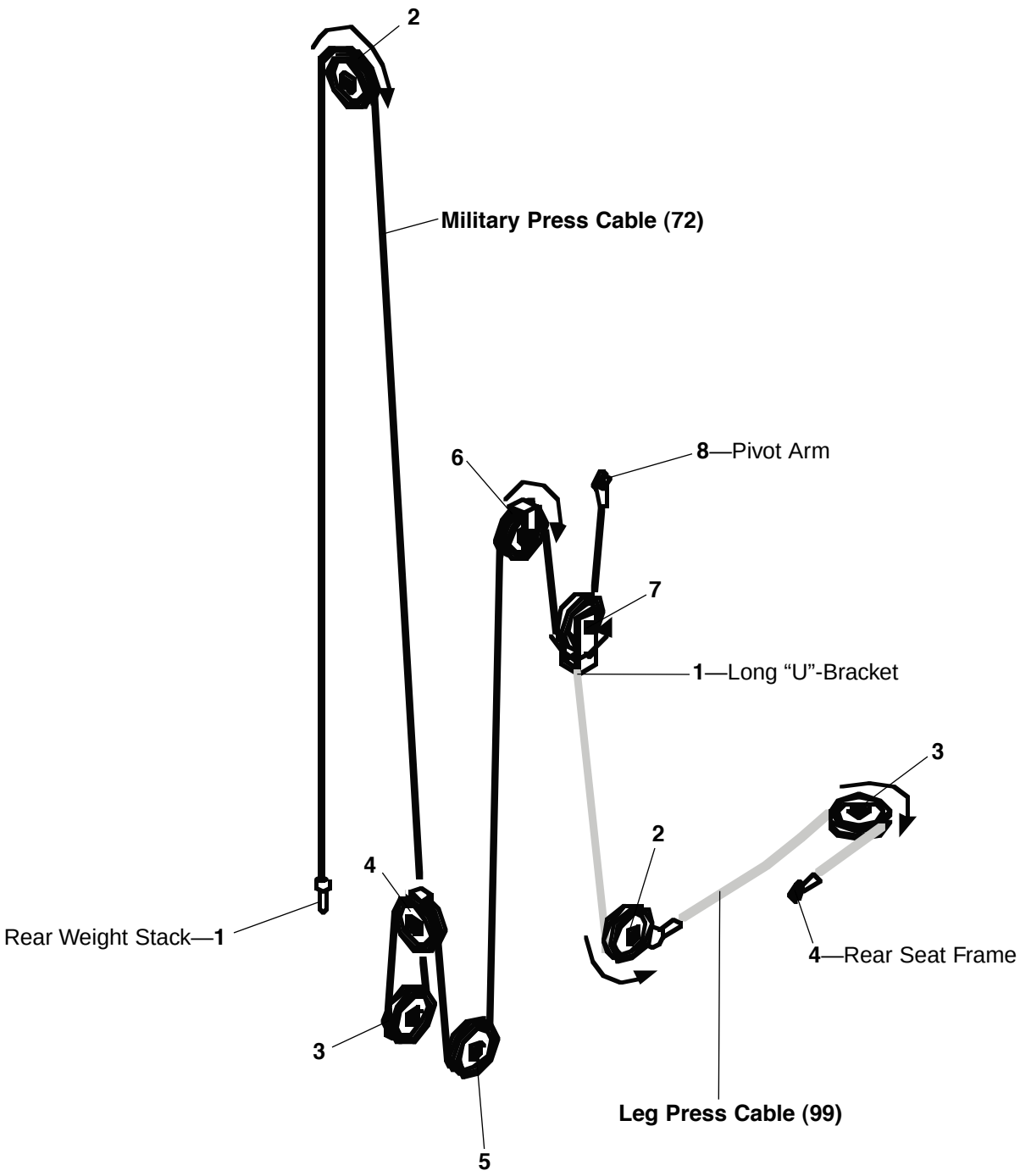
CABLE DIAGRAMS

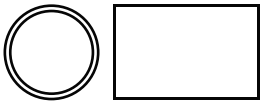
The cable diagrams on these pages show the proper routing of the High Cable (58), the Low Cable (23), the Military Press Cable (72), and the Leg Press Cable (99). Use the diagrams to be sure that the four cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the home gym system will not function properly and damage may occur. The insets show the proper positioning of the cable traps. The cable traps should be positioned so that the cables will not come off the pulleys. **Be sure that the cable traps do not touch or bind the cables.**

High Cable (58) and Low Cable (23)

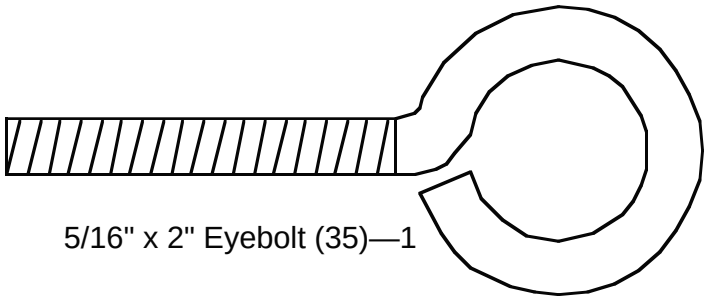


Military Press Cable (72) and Leg Press Cable (99)

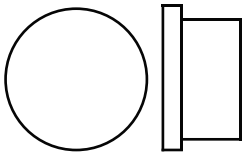




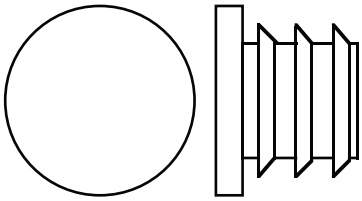
1/2" x 3/4" Spacer (61)–4



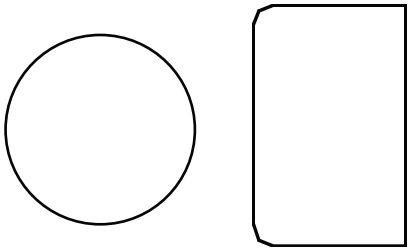
5/16" x 2" Eyebolt (35)—1



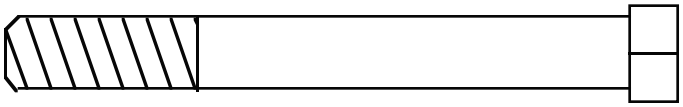
3/4" Round Inner Cap (34)–4



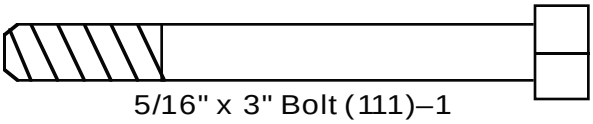
1" Round Inner Cap (49)–6



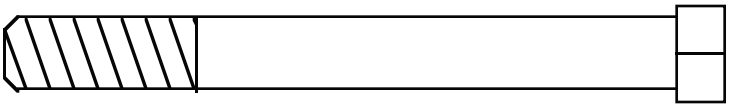
1" Round Cover Cap (70)–2



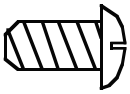
3/8" x 3 1/4" Bolt (67)–2



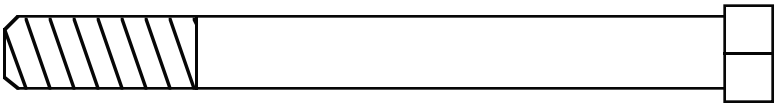
5/16" x 3" Bolt (111)–1



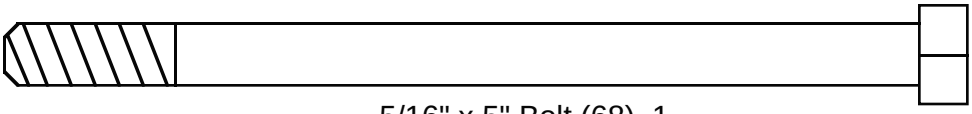
3/8" x 3 1/2" Bolt (16)–1



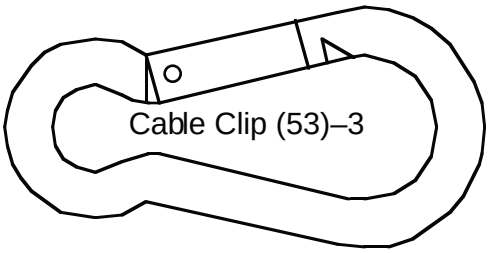
1/4" x 1/2" Screw (18)–6



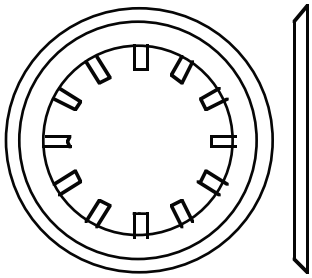
3/8" x 3 3/4" Bolt (88)–6



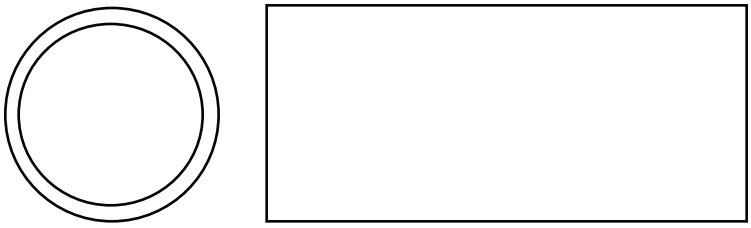
5/16" x 5" Bolt (68)–1



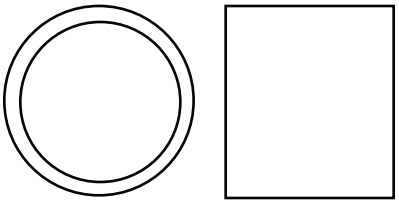
Cable Clip (53)–3



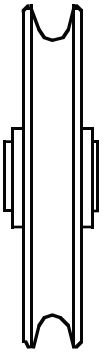
1" Retainer (69)–4



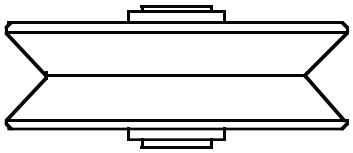
1 1/8" x 2 1/2" Plastic Bushing (89)–2



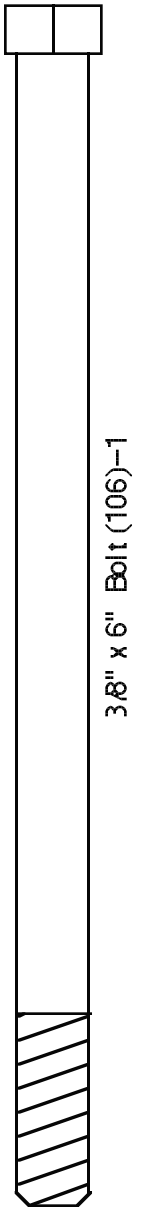
1" x 7/8" Plastic Bushing (90)–2



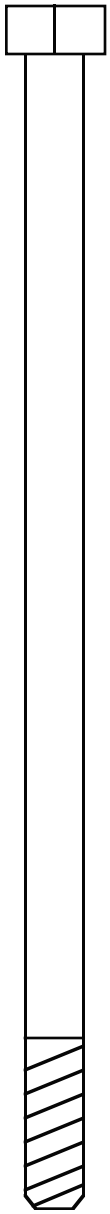
3 1/2" Pulley (15)–13
(Not shown to scale)



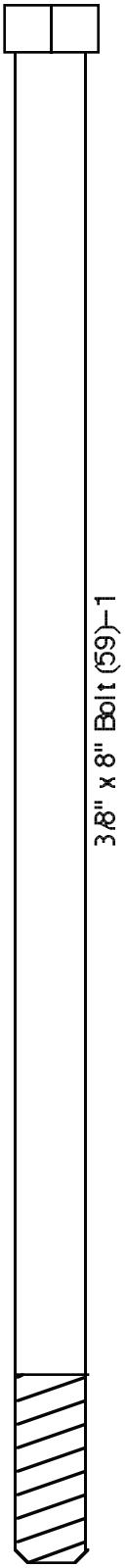
"V"-Pulley (50)–5
(Not shown to scale)



3/8" x 6" Bolt (106)–1



5/16" x 6" Bolt (60)–2



3/8" x 8" Bolt (59)–1

PART LIST—Model No. 831.159380

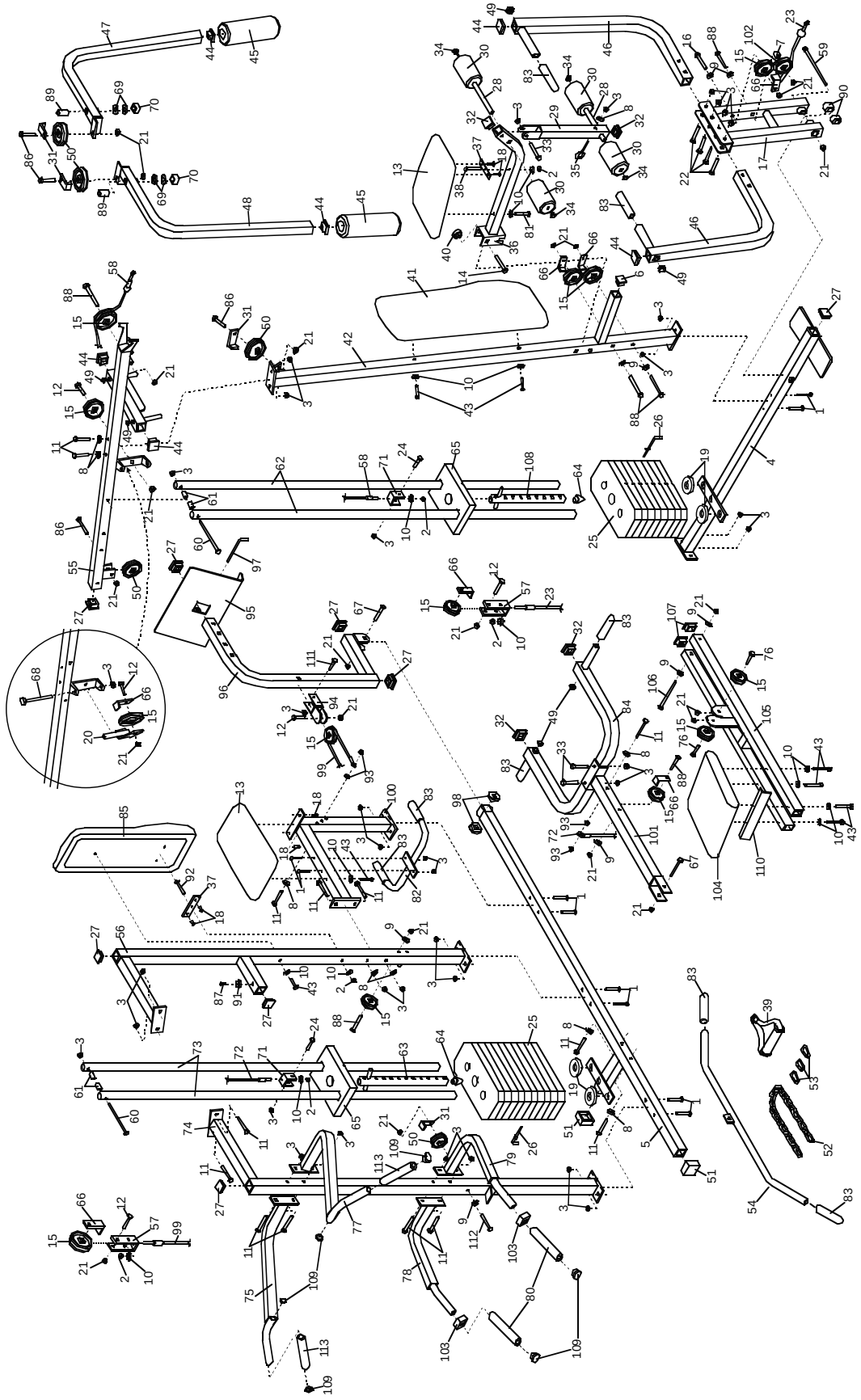
R1096A

Key No.	Part No.	Qty.	Description
1	100291	10	5/16” x 2 1/2” Carriage Bolt
2	012139	6	1/4” Nylon Locknut
3	012056	36	5/16” Nylon Locknut
4	133351	1	Base
5	133352	1	Stabilizer
6	120696	1	1” Square Inner Cap
7	121845	1	5/8” x 9/16” Spacer
8	014073	9	5/16” Flat Washer
9	014132	9	3/8” Flat Washer
10	014063	15	1/4” Flat Washer
11	119377	14	5/16” x 2 3/4” Bolt
12	013601	5	3/8” x 2” Bolt
13	133379	2	Seat
14	123385	1	5/16” x 2 3/4” Carriage Bolt
15	134031	13	3 1/2” Pulley
16	120003	1	3/8” x 3 1/2” Bolt
17	133360	1	Press Frame
18	123148	6	1/4” x 1/2” Screw
19	115644	4	Weight Bumper
20	133359	1	Pulley Bracket
21	012149	23	3/8” Nylon Locknut
22	127948	4	5/16” x 2 1/2” Bolt
23	133395	1	Low Cable
24	102073	2	5/16” x 1 3/4” Bolt
25	120294	18	Weight
26	122693	2	Weight Pin
27	108874	8	2” Square Inner Cap
28	133373	2	Pad Tube
29	133358	1	Leg Lever
30	103805	4	Foam Pad
31	133361	4	Long Cable Trap
32	103833	4	1 1/2” Square Inner Cap
33	121421	3	5/16” x 2 1/4” Bolt
34	119170	4	3/4” Round Inner Cap
35	129051	1	5/16” x 2” Eyebolt
36	133380	1	Front Seat Frame
37	133362	2	Seat Plate
38	128281	1	1/4” x 2” Carriage Bolt
39	115177	1	Nylon Strap
40	119192	1	Seat Knob
41	133357	1	Front Backrest
42	133356	1	Front Upright
43	128283	8	1/4” x 2 1/2” Screw
44	113666	6	1 3/4” Square Inner Cap
45	120596	2	10” Pad
46	133355	2	Press Arm
47	133364	1	Left Arm
48	133366	1	Right Arm
49	120733	6	1” Round Inner Cap
50	115164	5	“V”-Pulley
51	120822	2	2” Square Outer Cap
52	116868	1	Chain
53	103087	3	Cable Clip
54	133367	1	Lat Bar
55	133368	1	Top Frame
56	133370	1	Leg Press Upright
57	133375	2	Long “U”-Bracket
58	133396	1	High Cable
59	128292	1	3/8” x 8” Bolt
60	128293	2	5/16” x 6” Bolt
61	131516	4	1/2” x 3/4” Spacer
62	130361	2	Long Weight Guide
63	133376	1	Long Weight Tube
64	122691	2	Weight Tube Bumper
65	126866	2	Top Weight
66	133381	7	Cable Trap
67	120354	2	3/8” x 3 1/4” Bolt
68	128297	1	5/16” x 5” Bolt
69	108778	4	1” Retainer
70	120808	2	1” Round Cover Cap
71	133371	2	Small “U”-Bracket
72	133397	1	Military Press Cable
73	131911	2	Short Weight Guide
74	133377	1	Assist Upright
75	133383	1	Left Pull-up Arm
76	013399	2	3/8” x 1 3/4” Bolt
77	133382	1	Right Pull-up Arm
78	133384	1	Left Dip Arm
79	133385	1	Right Dip Arm
80	133369	2	Short Handgrip
81	128276	1	1/4” x 2” Machine Screw
82	133378	1	Handle
83	119702	8	5” Plastic Handgrip
84	133386	1	Military Press Arm
85	133372	1	Rear Backrest
86	013581	4	3/8” x 2 1/2” Bolt
87	102308	1	#8 x 1/2” Self-tapping Screw
88	118471	6	3/8” x 3 3/4” Bolt
89	126891	2	1 1/8” x 2 1/2” Plastic Bushing
90	126808	2	1” x 7/8” Plastic Bushing
91	122950	1	Rubber Bumper
92	121422	1	1/4” x 2 1/2” Carriage Bolt
93	100427	4	5/16” Nylon Jam Nut
94	133387	1	Press Bracket
95	133388	1	Leg Press Plate
96	133389	1	Leg Press Arm
97	131522	1	Press Pin
98	131910	2	Bushing
99	133398	1	Leg Press Cable
100	133354	1	Rear Seat Frame
101	133353	1	Pivot Arm
102	124590	1	3 1/2” Low Pulley
103	133390	2	Handle Cap
104	133391	1	Assist Seat
105	133392	1	Assist Arm
106	118522	1	3/8” x 6” Bolt
107	127231	2	1” x 2” Inner Cap
108	133394	1	Short Weight Tube
109	124819	6	1 1/4” Round Inner Cap
110	133231	1	Angle Bracket
111	126145	1	5/16” x 3” Bolt
112	013485	1	3/8” x 4 1/2” Bolt
113	134434	2	Long Handgrip
#	133393	1	User’s Manual
#	125056	1	Exercise Poster

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

EXPLODED DRAWING—Model No. 831.159380

R1096A



SEARS

Model No. 831.159380

QUESTIONS?

If you find that:

- **you need help assembling or operating the WEIDER® PRO 9645**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART

(1-800-366-7278)

The model number and serial number of your WEIDER® PRO 9645 are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.159380).
- The NAME of the product (WEIDER® PRO 9645 Home Gym System).
- The PART NUMBER of the PART (see the PART LIST and the EXPLODED DRAWING at the center of this manual).
- The DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT SYSTEM EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM EXERCISER is used commercially or for rental purposes.

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

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Part No. 133393 R1096A

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