

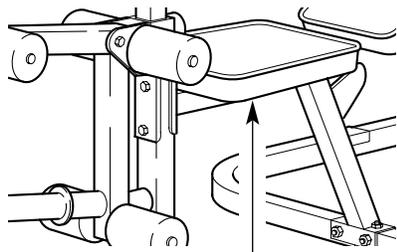


WEIDER PRO

Model No. WEBE21080

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

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

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

CUSTOMER HOT LINE:

1-800-999-3756

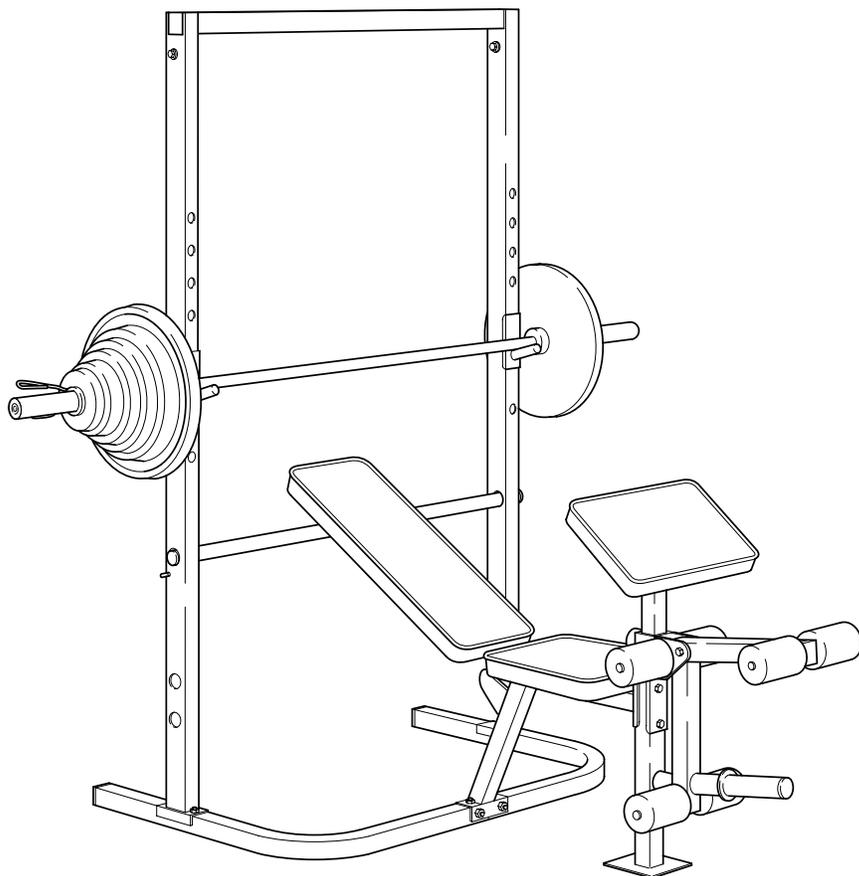
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

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

408

USER'S MANUAL



PATENT PENDING

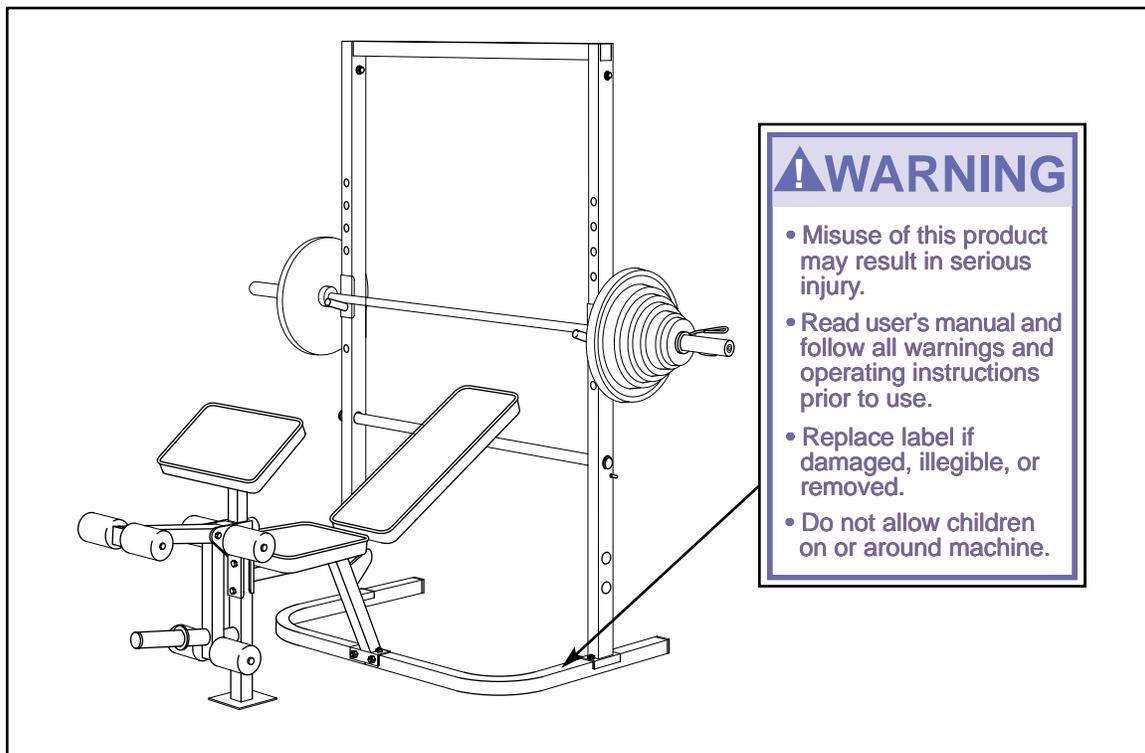
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Limited Warranty	Back Cover

Note: A Part List/Exploded Drawing is attached to the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Warning Decal Placement

The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a replacement decal. Apply the replacement decal to the location shown.



Important Precautions

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

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Do not use a barbell longer than seven feet with this weight bench (7' olympic bar included).
10. Always make sure there is an equal amount of weight on each side of the olympic bar (included) when you are using it.
11. The weight bench is designed to support a maximum of 560 pounds, including the user, a barbell and weights. Do not place more than 310 pounds, including a barbell and weights on the weight rests. Do not place more than 150 pounds on the leg lever for normal use.
12. Always place 50 pounds on the leg lever when performing squat exercises to balance the bench (see page 11).
13. Always fold the backrest out of the way when performing squat exercises (see page 11). Do not sit on the seat when the backrest is folded.
14. Do not stand with your back to the weight bench when performing squat exercises (see page 11). You should be able to see the weight rests while exercising so that you can safely return the barbell to the weight rests when you finish the exercise.
15. When using the backrest, make sure the adjustment tube is fully inserted into the adjustment holes in the uprights and that the locking clip has snapped into place around the upright.
16. Always remove the curl post from the front leg before performing leg curl or leg extension exercises with the leg lever (see page 12).
17. Always set both weight rests at the same height.
18. Always exercise with a partner. When you are performing bench press exercises, squat exercises or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
19. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
20. Always use the weight collars to hold the weights in place on the olympic bar. Push the weight collars in as far as they will go.

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.

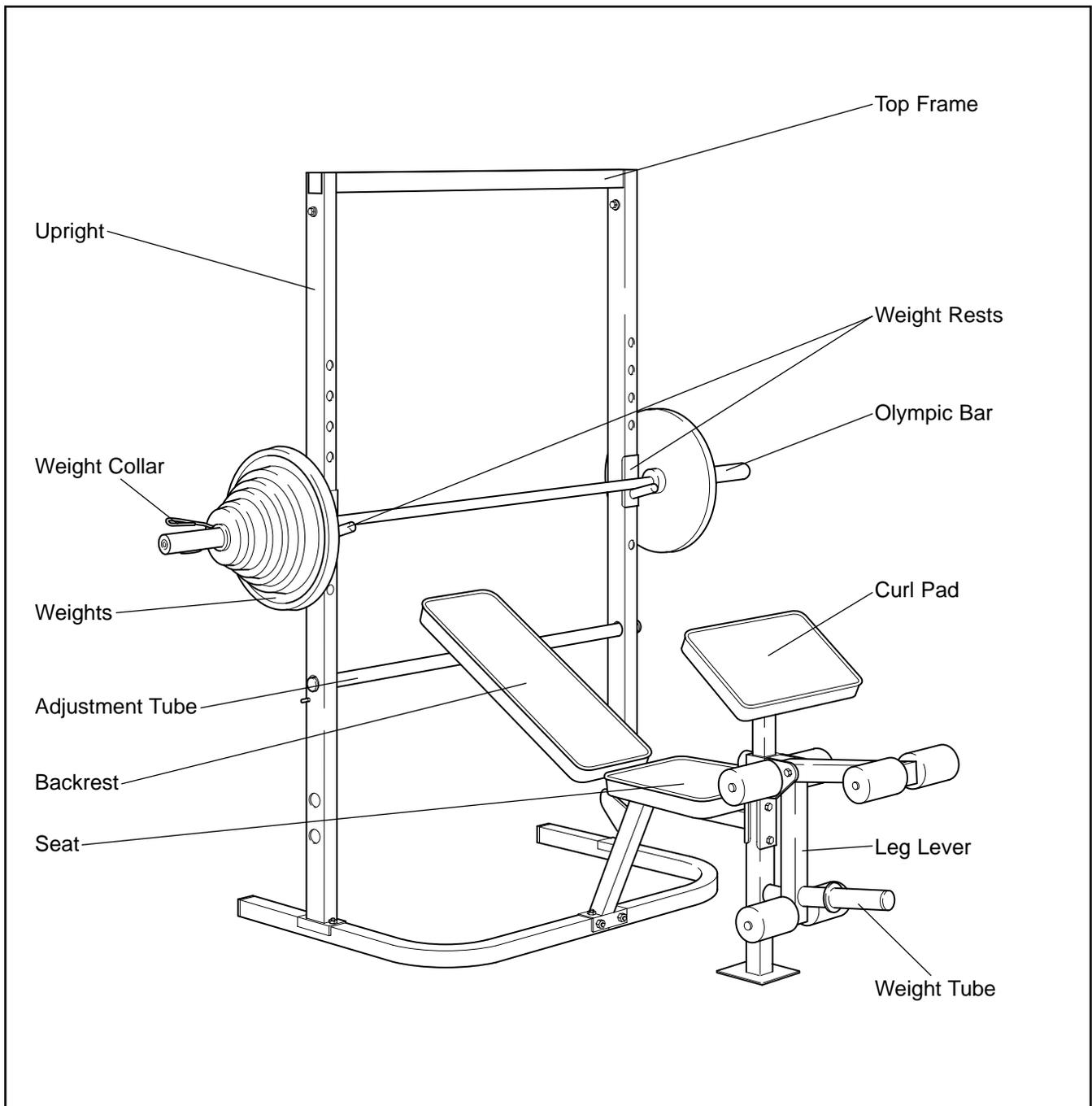
Before You Begin

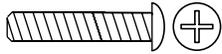
Thank you for selecting the versatile WEIDER® PRO 408 Weight Bench. The PRO 408 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the PRO 408 Weight Bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 408 Weight Bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756,

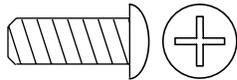
Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE21080. The serial number can be found on a decal attached to the PRO 408 Weight Bench (see the front cover of this manual).

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

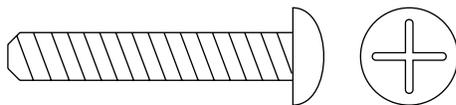




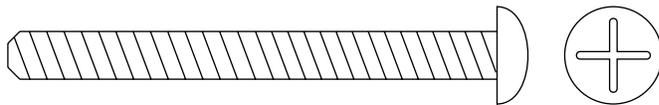
M4 x 19mm Screw (34)



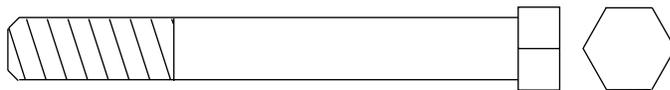
M6 x 16mm Screw (33)



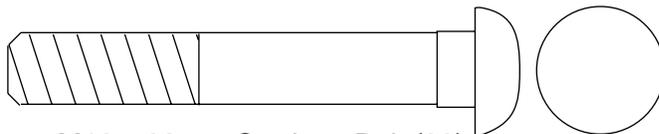
M6 x 38mm Screw (35)



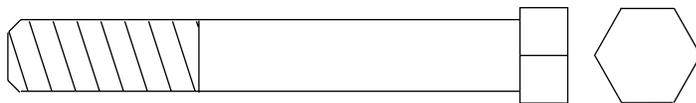
M6 x 65mm Screw (32)



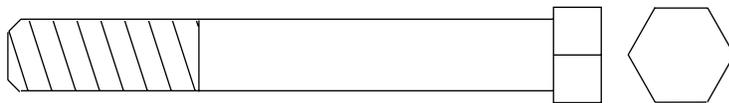
M8 x 68mm Bolt (28)



M10 x 62mm Carriage Bolt (30)



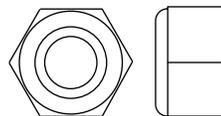
M10 x 68mm Bolt (31)



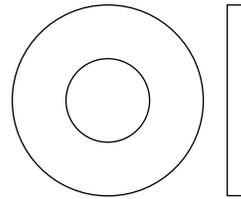
M10 x 72mm Bolt (27)



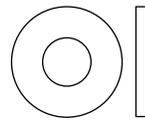
M8 Nylon Locknut (36)



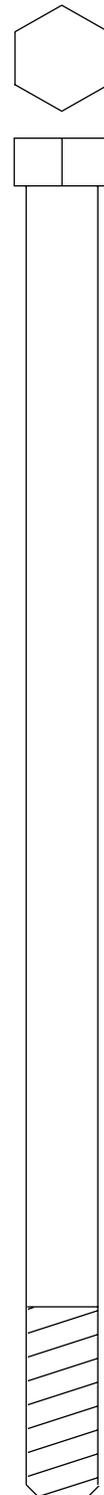
M10 Nylon Locknut (37)



M10 Washer (38)



M6 Washer (39)



M10 x 175mm Bolt (29)

Assembly

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

Make Things Easier for Yourself!

Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts, and the assembly process will take time. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- For help identifying the small parts, use the PART IDENTIFICATION CHART on page 5 of the manual.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

The following tools (not included) are required for assembly:

- Two (2) adjustable wrenches



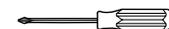
- One (1) rubber mallet



- One (1) standard screwdriver



- One (1) phillips screwdriver



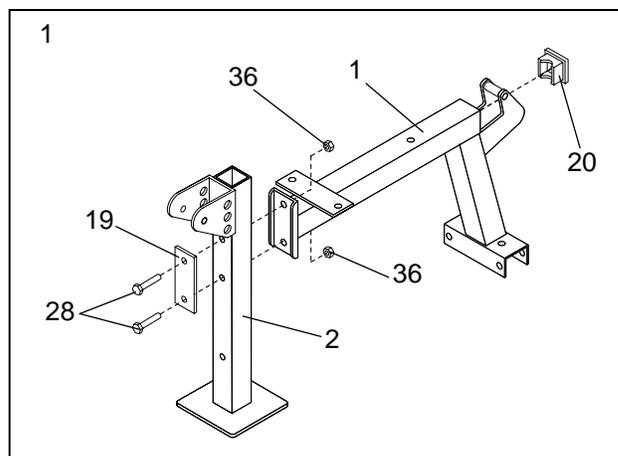
- Lubricant, such as grease or petroleum jelly plus soapy water.

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.

1. Before assembling this product, make sure you have read and understand the information in the box above.

Insert a 50 x 50mm Square Cap (20) into the Bench Frame (1).

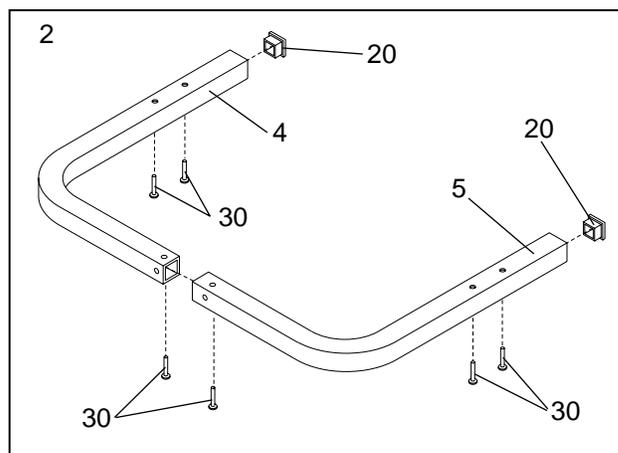
Attach the Bench Frame (1) to the Front Leg (2) with two M8 x 68mm Bolts (28), the Support Plate (19) and two M8 Nylon Locknuts (36). **Do not fully tighten the Nylon Locknuts.**



2. Insert a 50 x 50mm Square Cap (20) into the Right and Left Base (5) and (4).

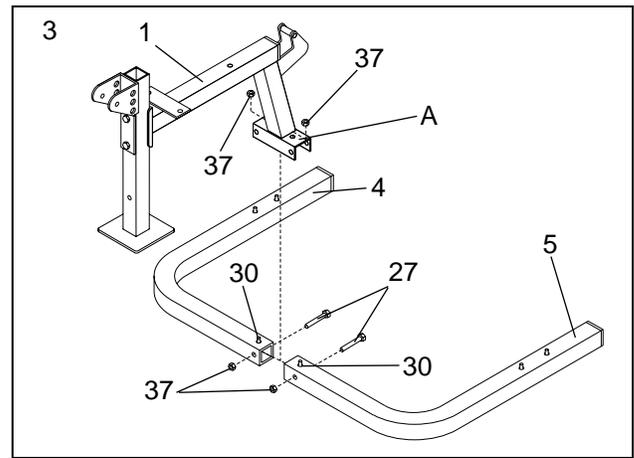
Note that the holes for the Carriage Bolts (30) are recessed on one side of each Base. Make sure the recessed holes are turned towards the floor.

Insert two M10 x 62mm Carriage Bolts (30) through the rear holes in the Right Base (5) and place it flat on the floor. Insert an M10 x 62mm Carriage Bolt (30) through the front hole of the Base. Do the same for the Left Base (4).



- Slide the mounting bracket (A) on the Bench Frame (1) onto the Carriage Bolts (30) in the Base and secure it with two M10 Nylon Locknuts (37). **Do not tighten the Nylon Locknuts yet.**

Fasten the mounting bracket on the Frame (1) to the Right and Left Base (5, 4) with two M10 x 72mm Bolts (27) and two M10 Nylon Locknuts (37). **Do not tighten the Nylon Locknuts yet.**

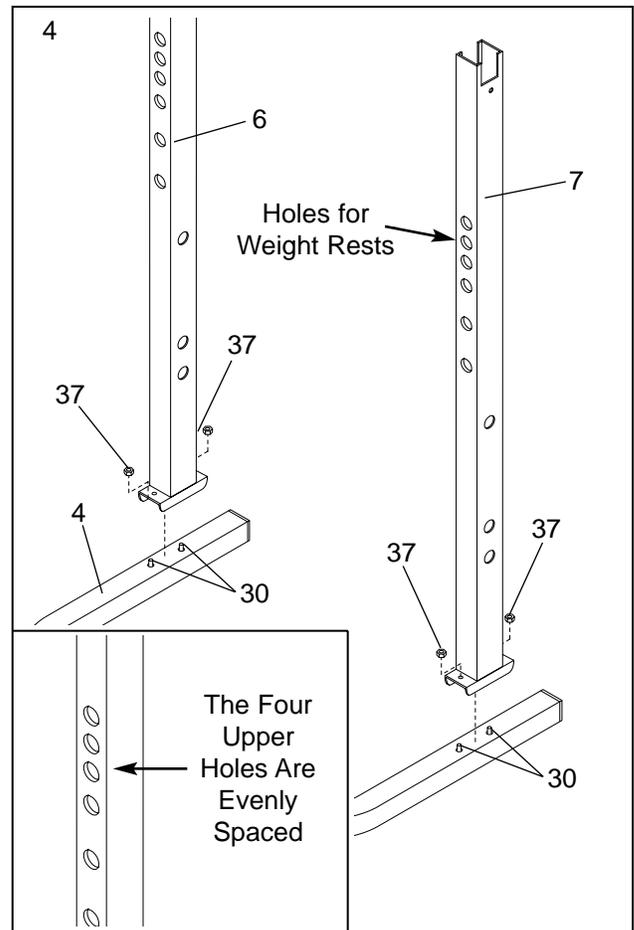


- Slide the Left Upright (6) over the Bolts (30) in the Left Base (4) and secure it with two M10 Nylon Locknuts (37).

Do not tighten the Nylon Locknuts yet.

Mount the Right Upright (7) in the same way.

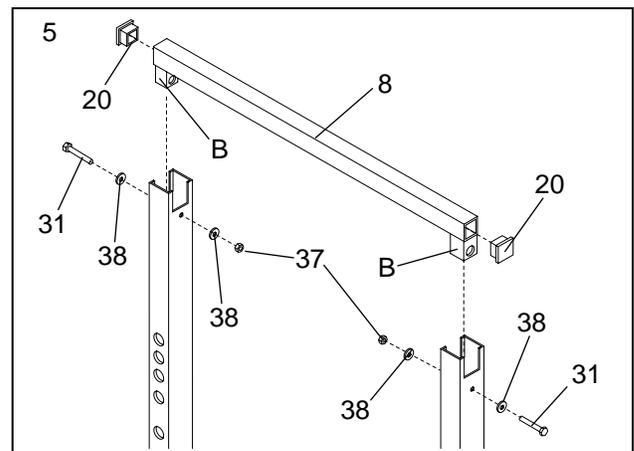
Caution: Make sure both Uprights are oriented correctly. To do this, look at the upper four holes for the Weight Rests. On one side the four holes are spaced evenly, and on the other there is a greater distance between the two lower of the four holes. The side with the even spacing must be facing the seat of the bench on both Uprights (see inset drawing).



- Press a 50 x 50mm Square Cap (20) into each end of the Top Frame (8).

Place the Top Frame (8) on top of the Uprights and slide the mounting brackets (B) down into the Uprights. Secure the Top Frame with two M10 x 68mm Bolts (31), four M10 Washers (38) and two M10 Nylon Locknuts (37).

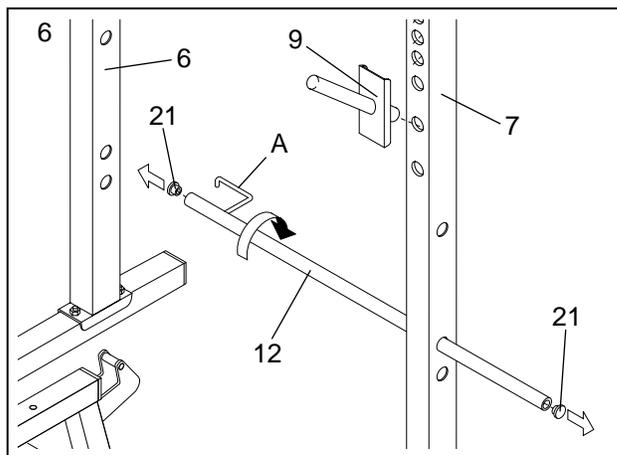
Tighten the Nylon Locknuts used in steps 1–5 now.



6. Insert a Weight Rest (9) into one of the holes on each Upright (6, 7).

Press a 1 1/2" Round Cap (21) into each end of the Adjustment Tube (12). To mount the Adjustment Tube, slide the end without the locking clip (A) through the Right Upright (7) from the inside. Then slide the end with the locking clip into the Left Upright (6) and rotate the locking clip into place.

When moving the Adjustment Tube (12), always make sure the locking clip has snapped into place around the Left Upright.

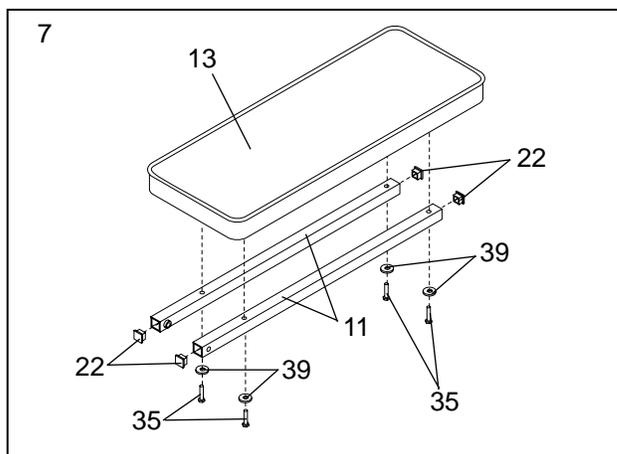


7. Insert four 25 x 25mm Square Caps (22) into the ends of the Backrest Tubes (11).

Attach the Backrest (13) to the Backrest Tubes (11) with four M6 x 38mm Screws (35) and four M6 Washers (39).

Make sure the Backrest Tubes are oriented as shown.

Do not tighten the Screws yet.

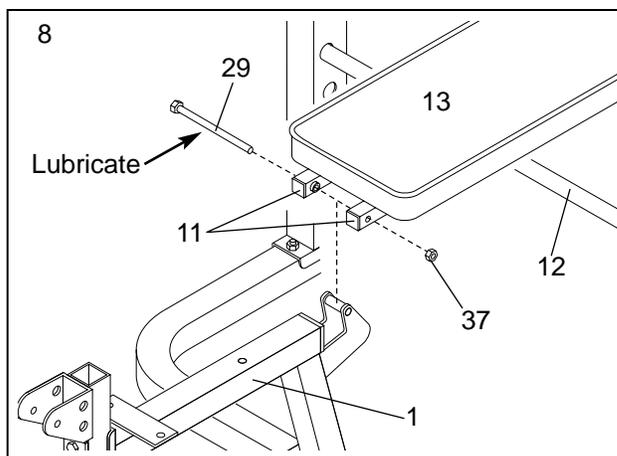


8. Lubricate an M10 x 175mm Bolt (29). Attach the Backrest Tubes (11) to the Bench Frame (1) with the Bolt and an M10 Nylon Locknut (37).

Do not overtighten the Nylon Locknut; the Backrest must be able to move freely.

Tighten the four Screws (35) from the previous step.

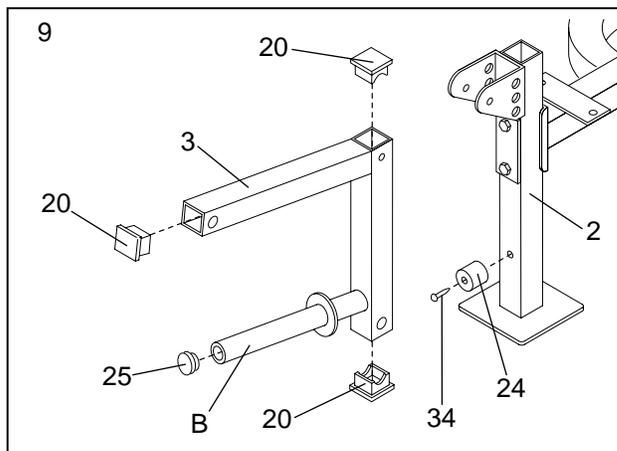
Lower the Backrest (13) onto the Adjustment Tube (12).



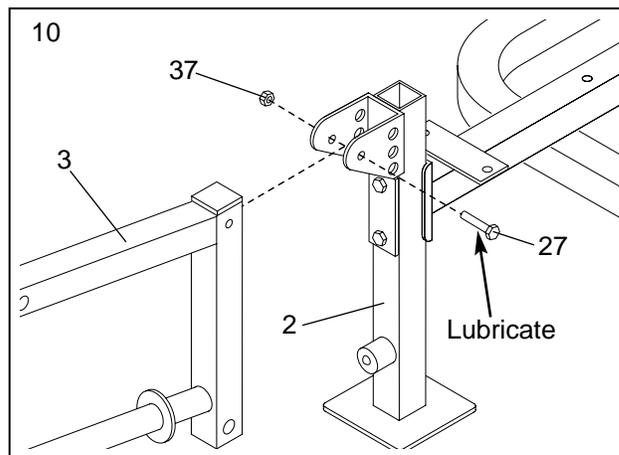
9. Press a 2" Round Cap (25) into the weight tube (B).

Press a 50 x 50mm Square Cap (20) into each end of the Leg Lever (3).

Attach the Bumper (24) to the Front Leg (2) with an M4 x 19mm Screw (34).

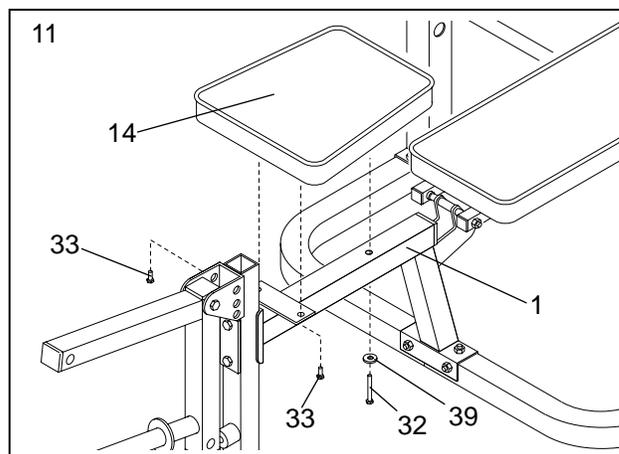


10. Lubricate an M10 x 72mm Bolt (27). Attach the Leg Lever (3) to the Front Leg (2) with the Bolt and an M10 Nylon Locknut (37).



11. Attach one end of the Seat (14) to the Bench Frame (1) with the M6 x 65mm Screw (32) and an M6 Washer (39).

Attach the other end of the Seat (14) with two M6 x 16mm Screws (33).

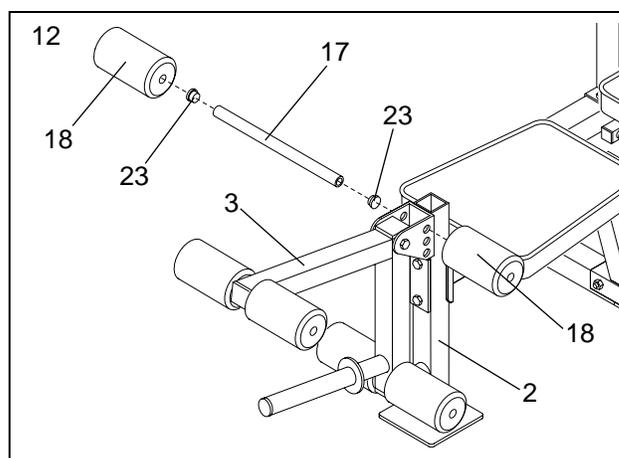


12. Press 19mm Round Caps (23) into the ends of each of the three Pad Tubes (17).

Insert a Pad Tube (17) through each of the holes in the Leg Lever (3).

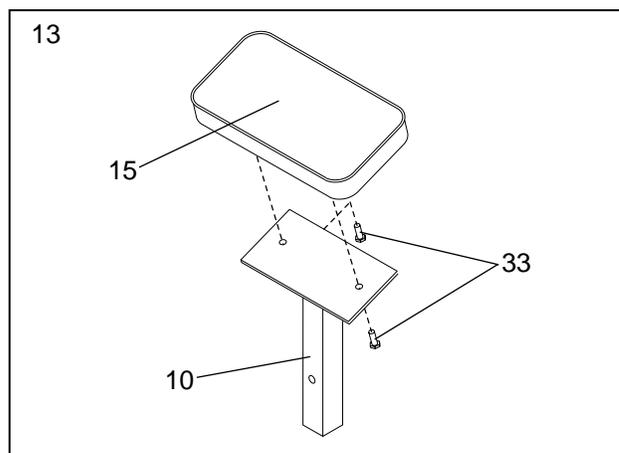
Insert the remaining Pad Tube through one of the three sets of holes in the bracket on the Front Leg (2).

Slide two Foam Pads (18) onto each Pad Tube (17).



13. Attach the Curl Pad (15) to the Curl Post (10) with two M6 x 16mm Screws (33).

Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in Adjusting the Weight Bench beginning on the next page.



Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 13 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

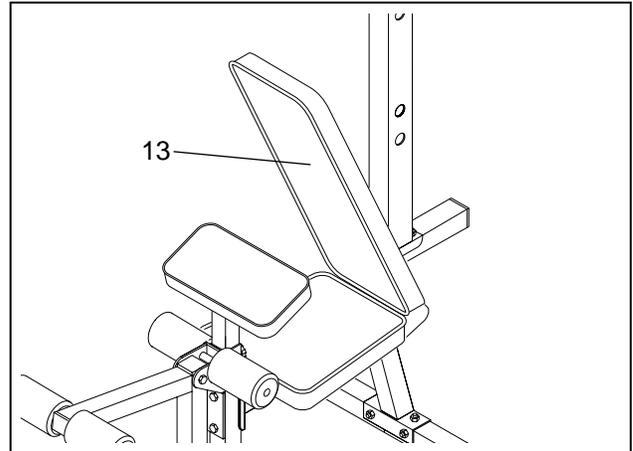
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

FOLDING THE BACKREST

To perform squat exercises, you will need to fold the Backrest (13) to the upright position.

To fold the Backrest (13), lift and pull it forward as far as it will go. It will be held in place by its own weight.

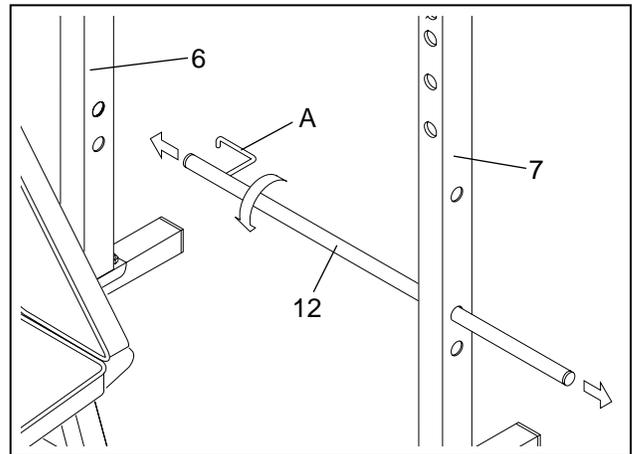
WARNING: Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.



MOVING THE ADJUSTMENT TUBE

Remove the Adjustment Tube (12) by first rotating it until the locking clip (A) disengages the Left Upright (6). Then push the Adjustment Tube through the Right Upright (7), turn it at an angle and pull it out completely.

Insert the Adjustment Tube (12) by first pushing the end without the locking clip (A) into the Right Upright (7). Then push the other end into the Left Upright (6) as far as it will go. Rotate the Adjustment Tube until the locking clip locks into place around the Left Upright.

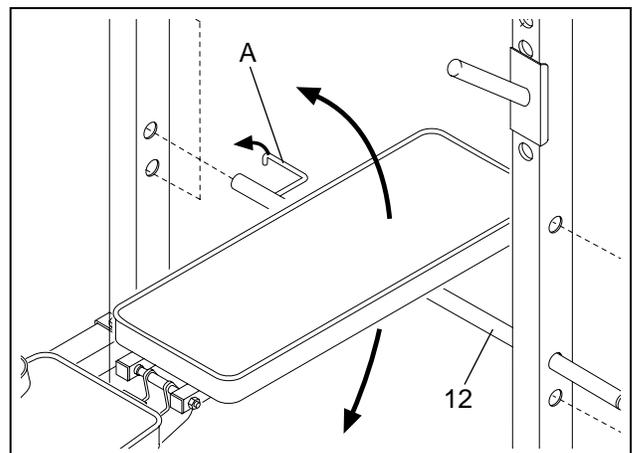


ADJUSTING THE BACKREST

The Backrest (13) can be set to three different positions: a level position, a decline position and an incline position.

To change the position of the Backrest (13), move the Adjustment Tube (12) to a different set of adjustment holes in the Uprights.

When moving the Adjustment Tube (12), always make sure the locking clip (A) has snapped into place around the Upright.



ADJUSTING THE WEIGHT BENCH FOR SQUAT EXERCISES

To perform squat or toe raise exercises, fold the Backrest (13) to the upright position as described earlier in this section).

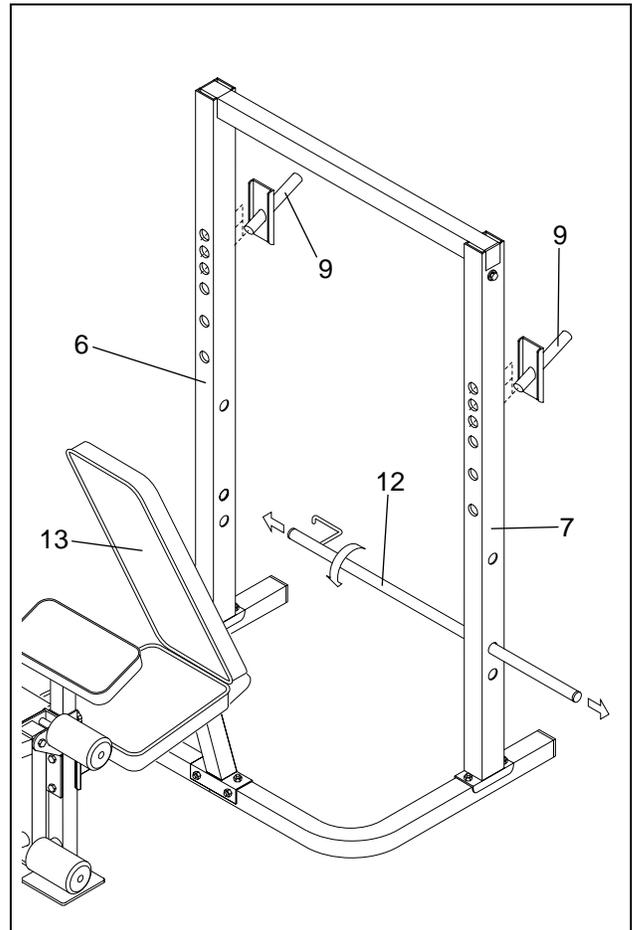
Remove the Adjustment Tube (12) as described earlier in this section.

Move the Weight Rests (9) to any of the three upper holes in the Uprights (see ADJUSTING THE WEIGHT RESTS later in this section). Note that for squat exercises the Weight Rests (9) must be mounted on the back side of the Uprights (6,7).

WARNING: Always place 50 pounds on the leg lever when performing squat exercises to balance the bench.

WARNING: Always fold the backrest out of the way when performing squat exercises.

WARNING: Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the Olympic Bar when you finish the exercise.

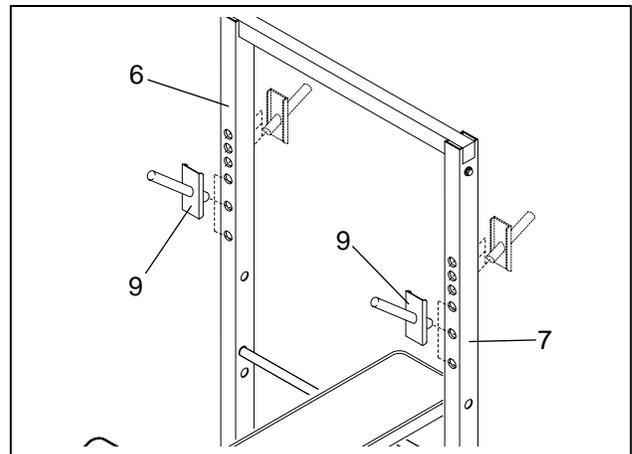


ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (9), first remove the Olympic Bar (not shown) from the Weight Rests.

Pull a Weight Rest out of the Upright, move it to the desired position and slide it into the hole in the Upright. Position the other Weight Rest in the same manner. Note that for squat exercises the Weight Rests (9) must be mounted on the back side of the Uprights (6,7).

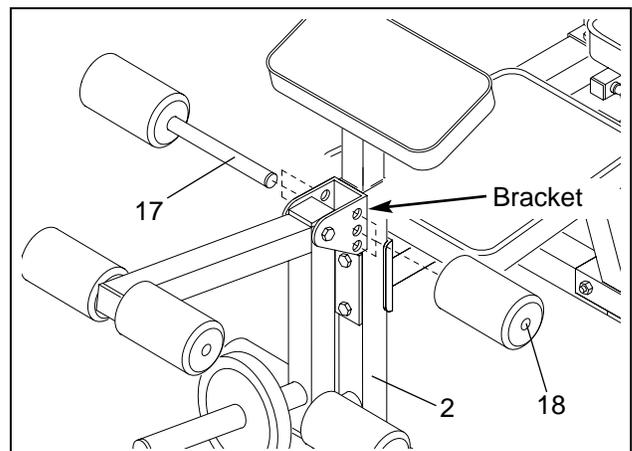
WARNING: Always set both weight rests at the same height.



ADJUSTING THE LEG SUPPORT PADS

One of the Pad Tubes (17) with Foam Pads (18) is mounted in the bracket on the Front Leg (2). It can be placed in three different positions.

To move the leg support, pull off one of the Foam Pads (18). Pull the Pad Tube (17) with the remaining Foam Pad out of the bracket. Insert the Pad Tube in another hole and re-mount the Foam Pad.



ATTACHING AND REMOVING WEIGHTS

To attach Weights (42-47) to the Olympic Bar (40), first slide the desired Weights onto the Bar. Hold the Weight Collar (41) with one hand and squeeze the two handles together. Slide the Collar over the end of the Bar and release it.

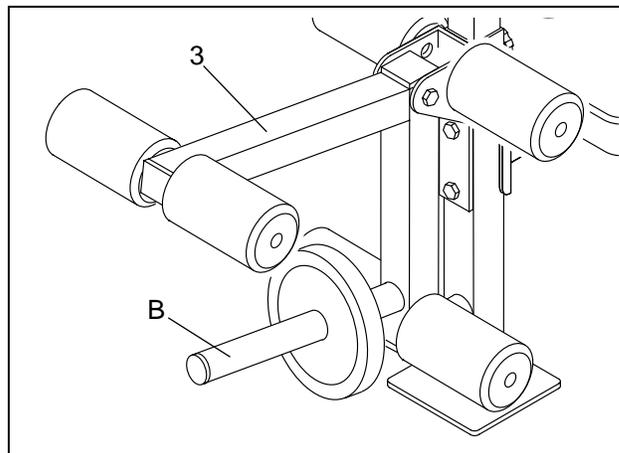
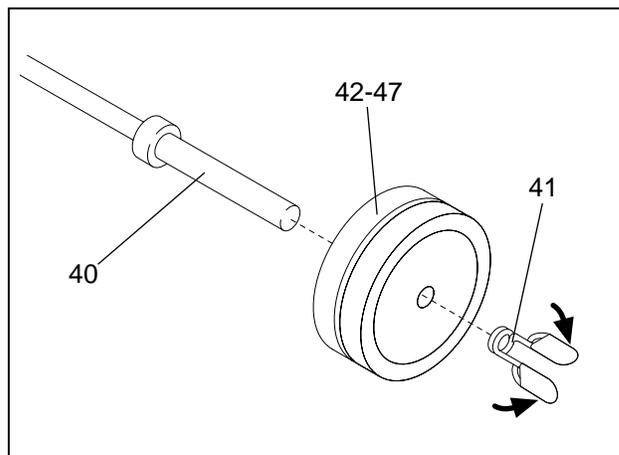
To remove Weights (42-47), hold the Weight Collar (41) with one hand and squeeze the two handles together. Pull the Collar off the Olympic Bar (40) and put it aside. Then remove the Weights (42-47) from the Bar.

WARNING: Always use the weight collars to hold the weights in place on the olympic bar. Push the weight collars in as far as they will go.

ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (3), slide the desired amount of weight onto the Weight Tube (B).

WARNING: Do not place more than 150 pounds on the leg lever.

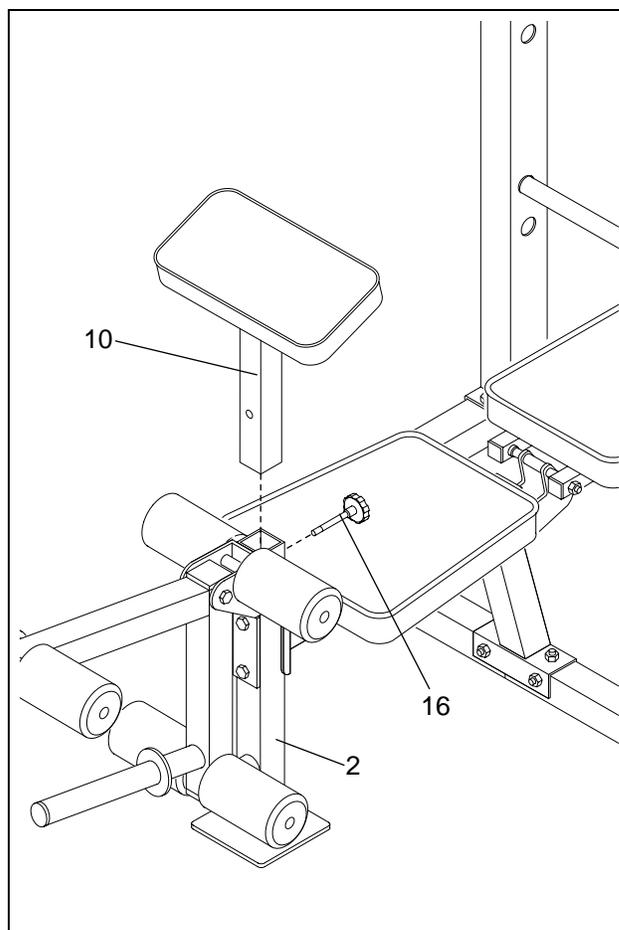


ATTACHING THE CURL POST

For some exercises, the Curl Post (10) must be attached to the weight bench.

Insert the Curl Post (10) into the indicated hole in the Front Leg (2). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Adjustment Knob (16).

Make sure that you fully tighten the Adjustment Knob.



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions).

The proper amount of weight for each exercise obviously depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 18 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath!

You should rest for a short period of time after each set. The ideal resting periods are:

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 30 seconds after each set for a weight loss workout

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

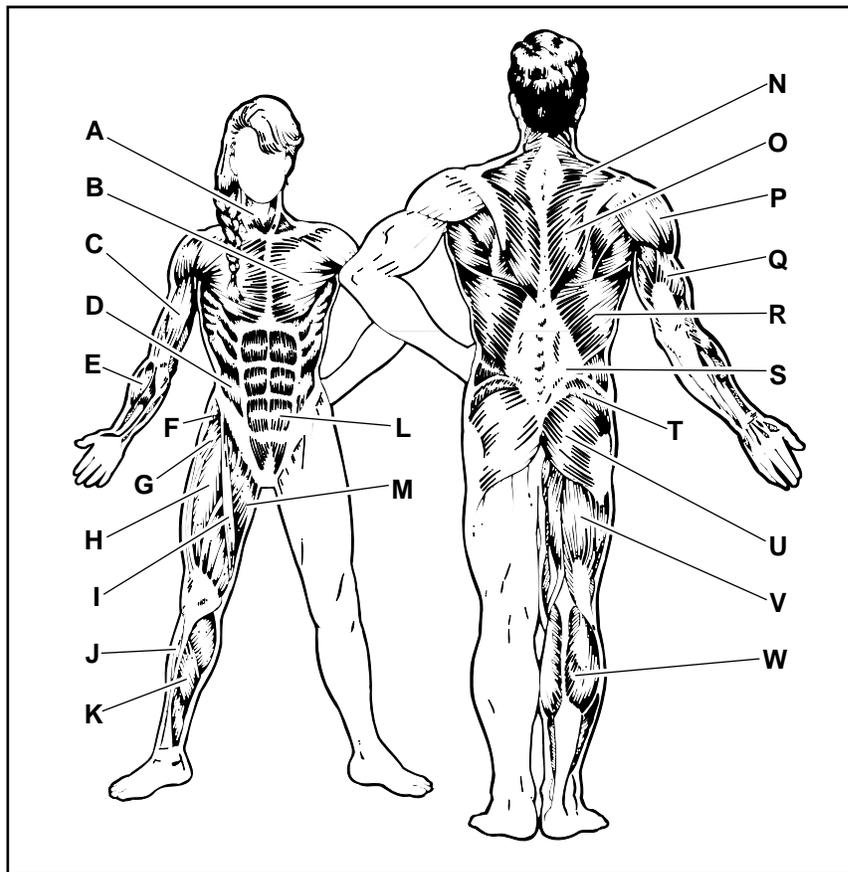
STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 15 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

THURSDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE21080).
2. The NAME of the product (WEIDER® PRO 408 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

Limited Warranty

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

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

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

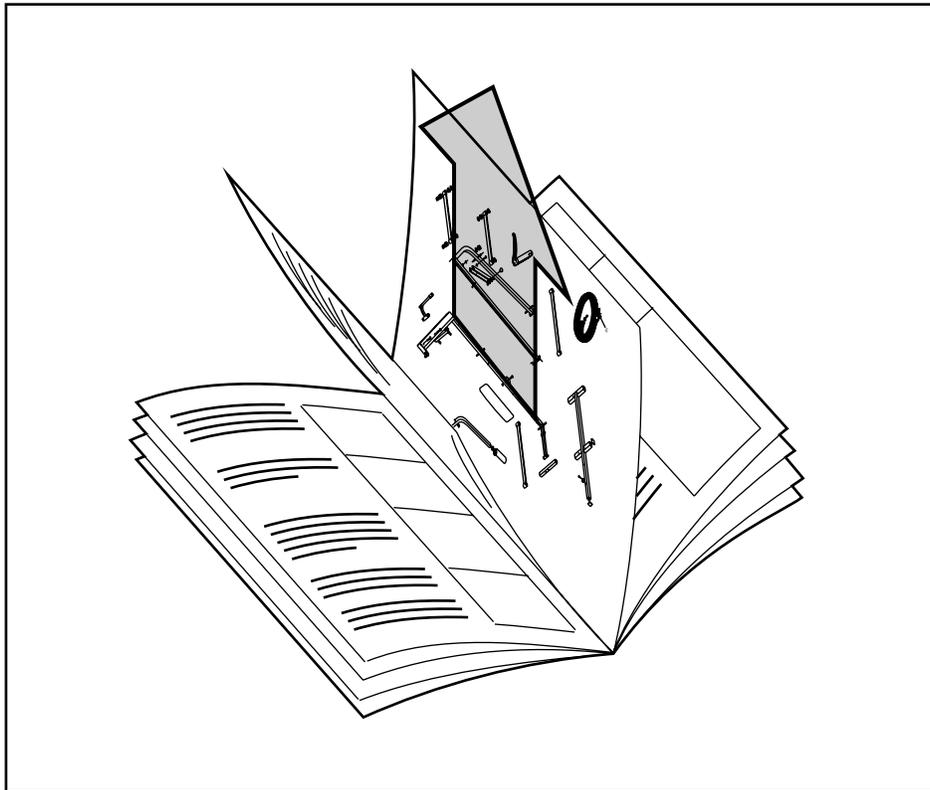
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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

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**REMOVE THIS PART LIST/EXPLODED
DRAWING FROM THE MANUAL**

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



Part List - Model No. WEBE21080

R0798A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	25	1	2" Round Cap
2	1	Front Leg	26	4	Collar Grip
3	1	Leg Lever	27	3	M10 x 72mm Bolt
4	1	Left Base	28	2	M8 x 68mm Bolt
5	1	Right Base	29	1	M10 x 175mm Bolt
6	1	Left Upright	30	6	M10 x 62mm Carriage Bolt
7	1	Right Upright	31	2	M10 x 68mm Bolt
8	1	Top Frame	32	1	M6 x 65mm Screw
9	2	Weight Rest	33	4	M6 x 16mm Screw
10	1	Curl Post	34	1	M4 x 19mm Screw
11	2	Backrest Tube	35	4	M6 x 38mm Screw
12	1	Adjustment Tube	36	2	M8 Nylon Locknut
13	1	Backrest	37	12	M10 Nylon Locknut
14	1	Seat	38	4	M10 Washer
15	1	Curl Pad	39	5	M6 Washer
16	1	Adjustment Knob	40	1	7' Olympic Bar
17	3	Pad Tube	41	2	Weight Collar
18	6	Foam Pad	42	4	2 3/4 lb Weight Plate
19	1	Support Plate	43	2	5 1/2 lb Weight Plate
20	8	50 x 50mm Square Cap	44	2	11 lb Weight Plate
21	2	1 1/2" Round Cap	45	2	22 lb Weight Plate
22	4	25 x 25mm Square Cap	46	2	33 lb Weight Plate
23	6	19mm Round Cap	47	2	44 lb Weight Plate
24	1	Bumper			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

