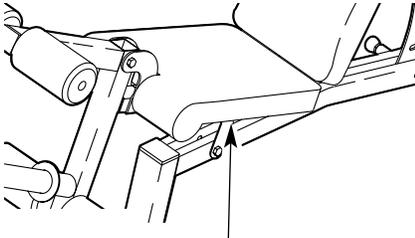


# WEIDER<sup>®</sup> PRO XT 10

Model No. WEBE09010

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 if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

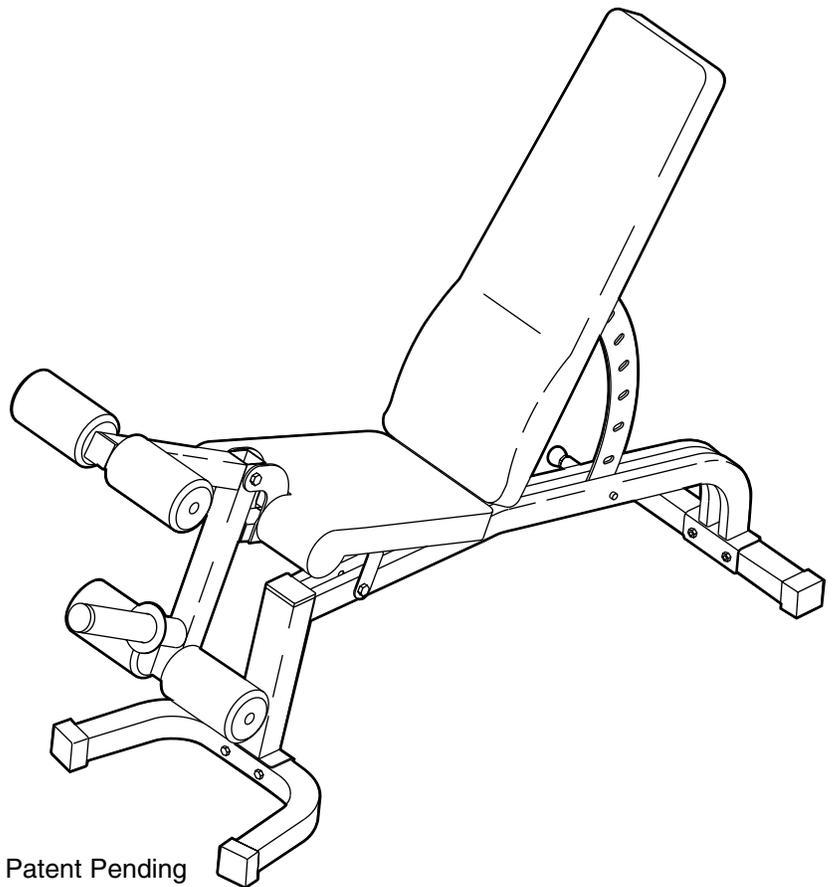
**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**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.

## USER'S MANUAL



Patent Pending



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[www.weiderfitness.com](http://www.weiderfitness.com)

new products, prizes,  
fitness tips, and much more!

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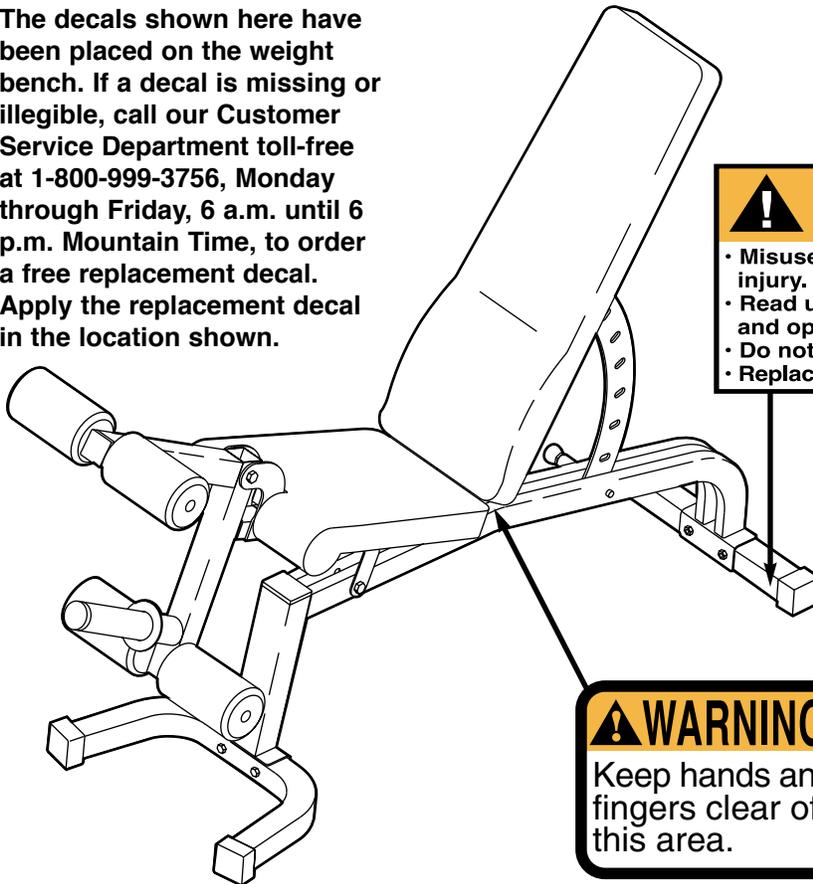
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## WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight bench. If a decal is missing or illegible, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



**! WARNING**

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

**! WARNING**

Keep hands and fingers clear of this area.

**Note:** This decal is placed on the plastic plate, on both sides of the weight bench.

---

# 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 to protect the floor.
5. Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep hands and feet away from moving parts.
7. Keep children under 12 and pets away from the weight bench at all times.
8. Always wear athletic shoes for foot protection while exercising.
9. Always make sure the backrest adjustment knob is fully inserted through the backrest bracket before using the weight bench.
10. The weight bench is designed to support a maximum of 550 pounds, including the user and weights. Do not place more than 150 pounds on the leg lever for normal use. Note: The weight bench does not include weights.
11. 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

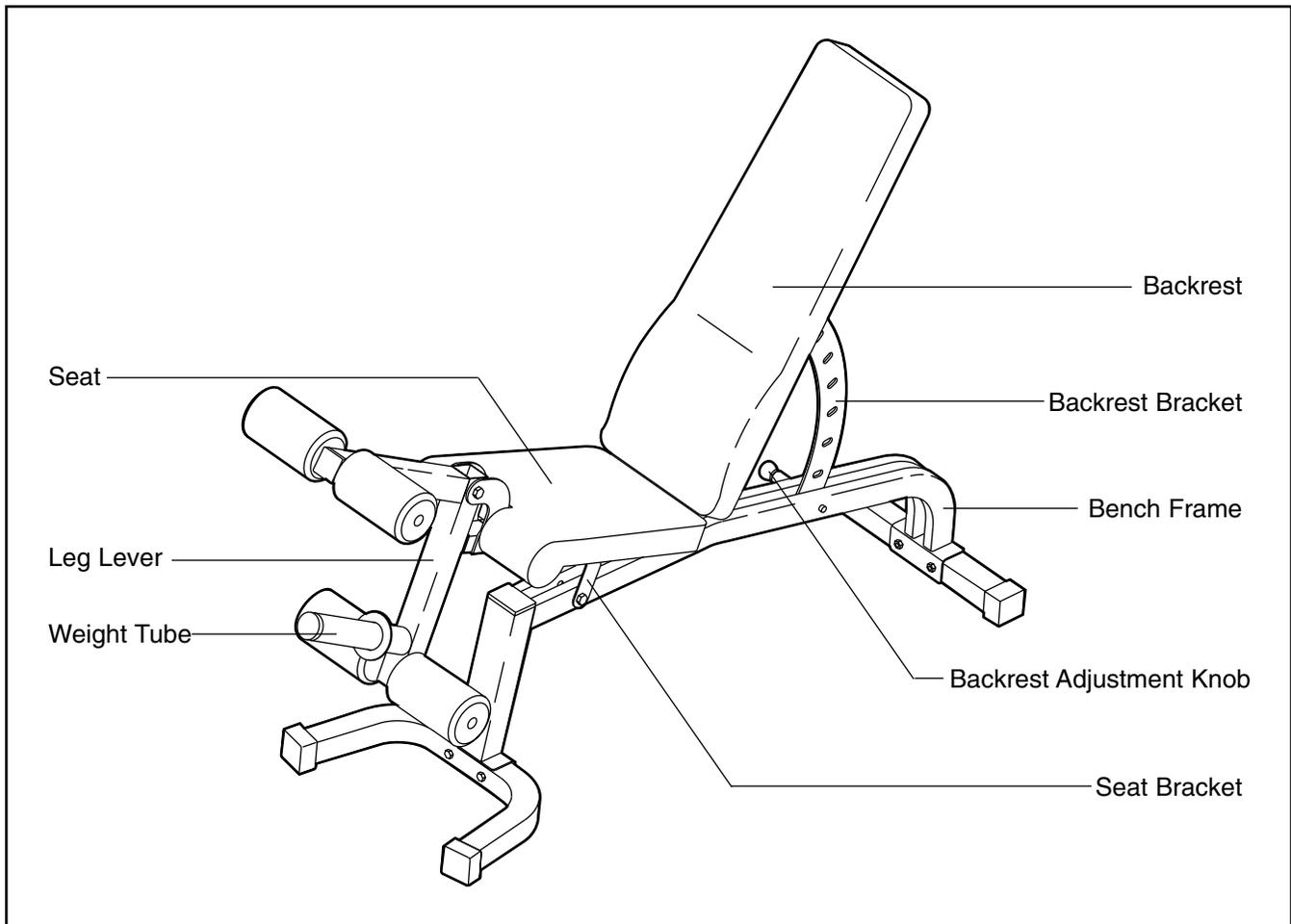
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO XT10 weight bench. The WEIDER® PRO XT10 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the WEIDER® PRO XT10 will help you achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® PRO XT10 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 WEBE09010. The serial number can be found on a decal attached to the 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.



# PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 14 of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

A drawing of a bolt with a hexagonal head and a threaded shank.	A drawing of a nylon locknut, showing a hexagonal top and a hexagonal bottom with a locking feature.	A drawing of a washer, showing a circular top and a rectangular side view.
A drawing of a carriage bolt with a hexagonal head and a threaded shank.	A drawing of a nylon locknut, showing a hexagonal top and a hexagonal bottom with a locking feature.	A drawing of a washer, showing a circular top and a rectangular side view.
A drawing of a bolt with a hexagonal head and a threaded shank.	A drawing of a small bolt with a hexagonal head and a threaded shank.	
A drawing of a bolt with a hexagonal head and a threaded shank.		
A drawing of a bolt with a hexagonal head and a threaded shank.		
A drawing of a bolt with a hexagonal head and a threaded shank.	A drawing of a spacer, showing a circular top and a rectangular side view.	
A drawing of a long bolt with a hexagonal head and a threaded shank.		

# ASSEMBLY

## Make Things Easier for Yourself

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

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

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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

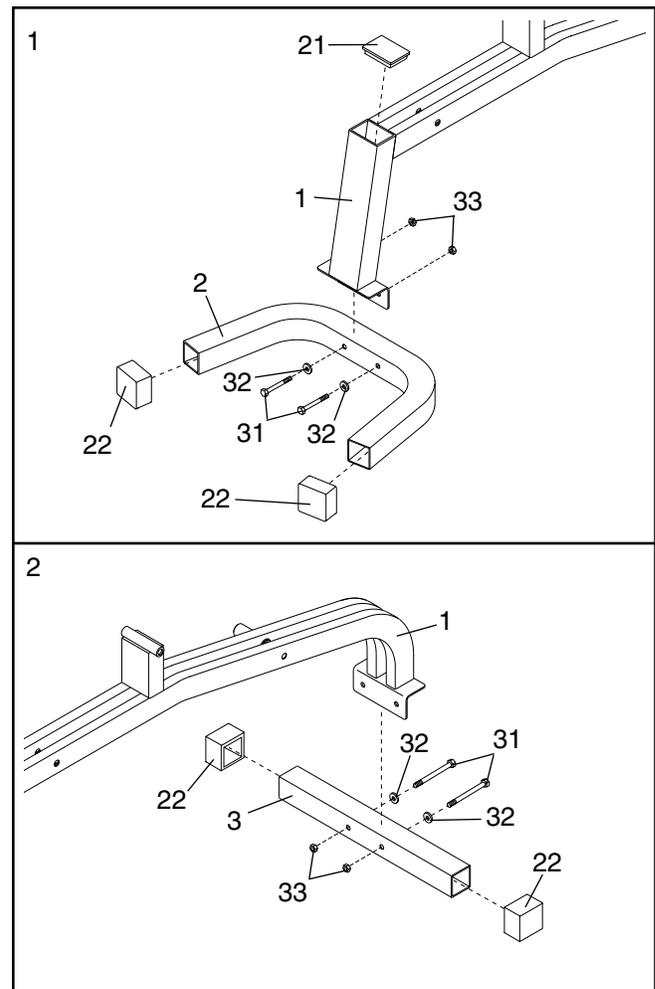
1. **Before beginning assembly, make sure you understand the information in the box above. Important: Some of the parts described in the assembly steps may be pre-assembled.**

Press a 50mm Square Outer Cap (22) onto each end of the Front Stabilizer (2). Press a 50mm x 75mm Inner Cap (21) into the Bench Frame (1).

Attach the Front Stabilizer (2) to the Bench Frame (1) with two M10 x 65mm Bolts (31), two M10 Washers (32), and two M10 Nylon Locknuts (33).

2. Press a 50mm Square Outer Cap (22) onto each end of the Rear Stabilizer (3).

Attach the Rear Stabilizer (3) to the Bench Frame (1) with two M10 x 65mm Bolts (31), two M10 Washers (32), and two M10 Nylon Locknuts (33).



- Press a 40mm x 50mm Inner Cap (20) into the indicated end of the Seat Frame (5). Press 8mm Bushings (14) into the indicated holes in the Seat Frame and the Bench Frame (1).

Attach the Leg Lever Bracket (7) to the Seat Frame (5) with the M10 x 45mm Adjustment Knob (28).

Attach the Seat Bracket (6) to the Seat Frame (5) with the M10 x 75mm Bolt (27) and an M10 Nylon Locknut (33).

Attach the Seat Bracket (6) to the Bench Frame (1) with the M10 x 100mm Bolt (30) and an M10 Nylon Locknut (33).

**Do not overtighten the M10 Nylon Locknuts (33); the Seat Bracket (6) must be able to pivot easily.**

- Press the four 20mm x 40mm Inner Caps (12) into the ends of the Backrest Frames (8). **Orient the Backrest Frames as shown. Note: The indents in the Backrest Frames must be on the indicated side.**

Attach the Backrest Bracket (9) to the Backrest Frames (8) with four M8 x 55mm Carriage Bolts (24) and four M8 Nylon Locknuts (25).

Attach the Backrest (10) to the Backrest Frames (8) with four M6 x 50mm Bolts (23) and four M6 Washers (34). **The Backrest must be oriented as shown.**

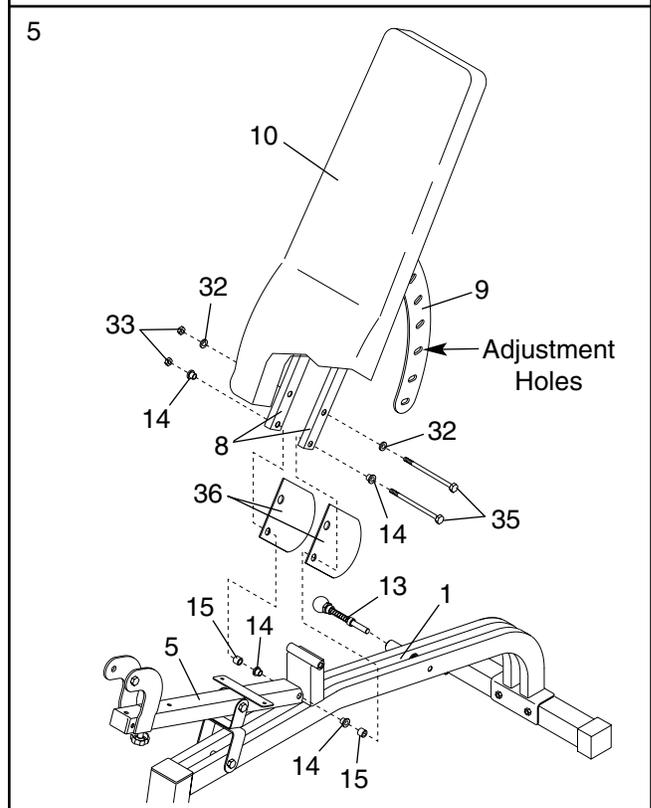
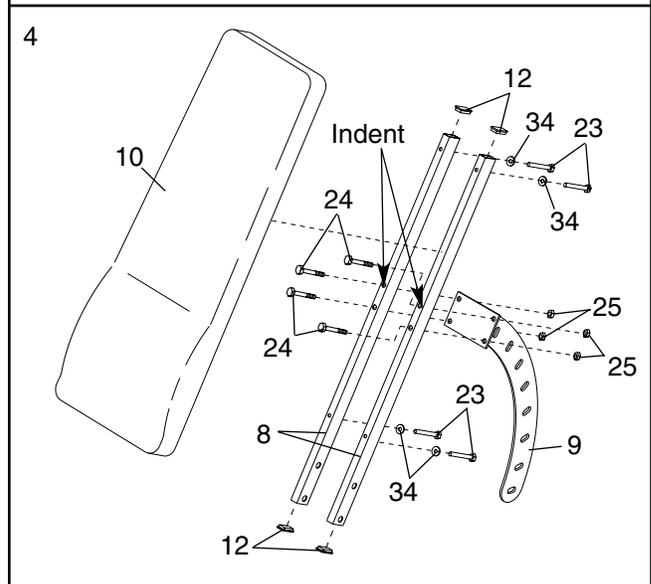
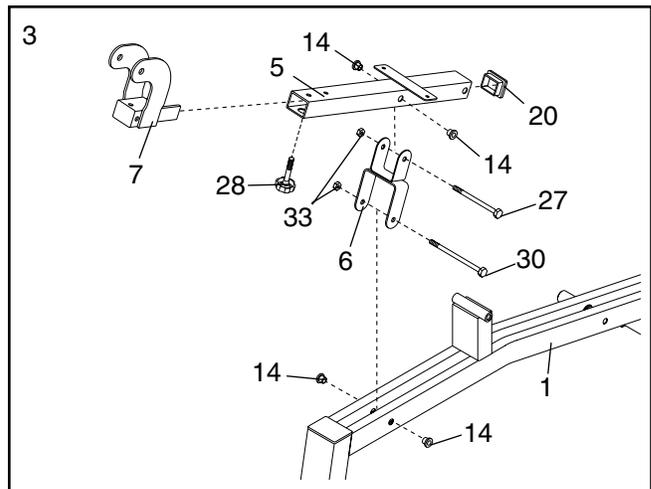
- Press two 8mm Bushings (14) into the bottom holes in the Backrest Frames (8). Press two 8mm Bushings (14) into the holes in the Seat Frame (5).

Screw the Backrest Adjustment Knob (13) into the Bench Frame (1). Pull the Knob out as far as it will go, and lower the Backrest Bracket (9) between the two tubes on the Bench Frame. Snap the Knob into an adjustment hole in the Backrest Bracket.

Lubricate an M10 x 140mm Bolt (35). Attach the bottom holes in both the Backrest Frames (8) and the two Plastic Plates (36) to the Seat Frame (5) with the Bolt, two 12.5mm Spacers (15), and an M10 Nylon Locknut (33) as shown.

Lubricate the other M10 x 140mm Bolt (35). Attach the top holes in both the Backrest Frames (8) and the two Plastic Plates (36) to the Bench Frame (1) with the Bolt, two M10 Washers (32), and an M10 Nylon Locknut (33).

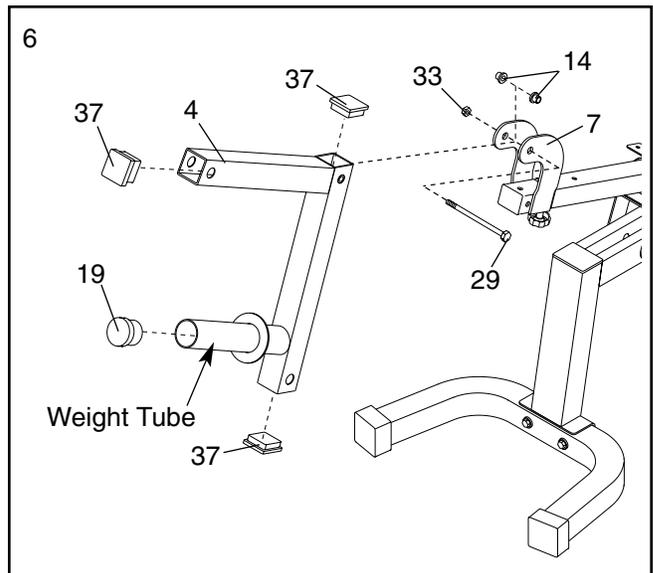
**Do not overtighten the M10 Nylon Locknuts (33); the Backrest (10) must be able to pivot easily.**



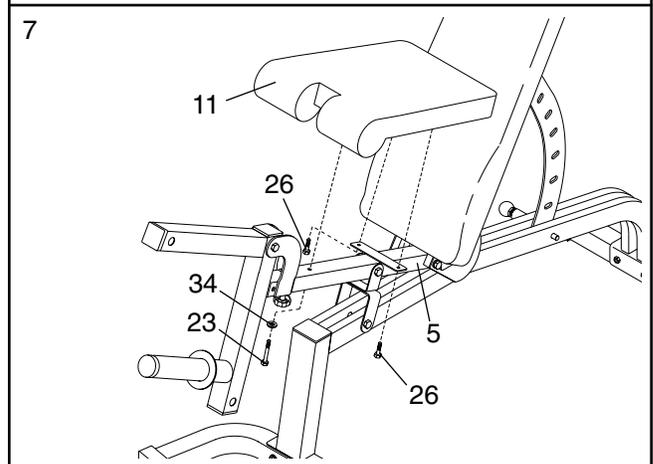
6. Press three 50mm Square Inner Caps (37) into the Leg Lever (4). Press a 50mm Round Inner Cap (19) into the weight tube.

Press two 8mm Bushings (14) into the Leg Lever Bracket (7).

Lubricate the M10 x 78mm Bolt (29). Attach the Leg Lever (4) to the Leg Lever Bracket (7) with the Bolt and an M10 Nylon Locknut (33). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot freely.**



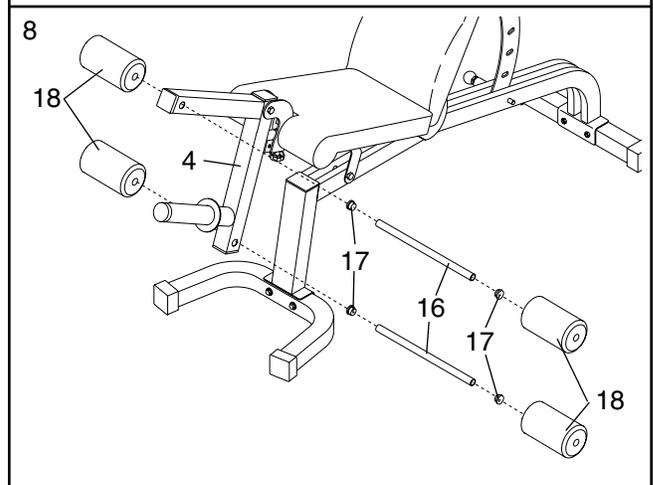
7. Attach the Seat (11) to the brackets on the Seat Frame (5) using two M6 x 16mm Bolts (26). Attach the other end of the Seat to the Seat Frame with an M6 Washer (34) and an M6 x 50mm Bolt (23).



8. Press four 19mm Round Inner Caps (17) into the ends of the two Pad Tubes (16).

Insert the Pad Tubes (16) into the holes in the Leg Lever (4). Slide two Foam Pads (18) onto each Pad Tube.

9. **Make sure that all parts of the weight bench are properly tightened.**



# ADJUSTMENTS

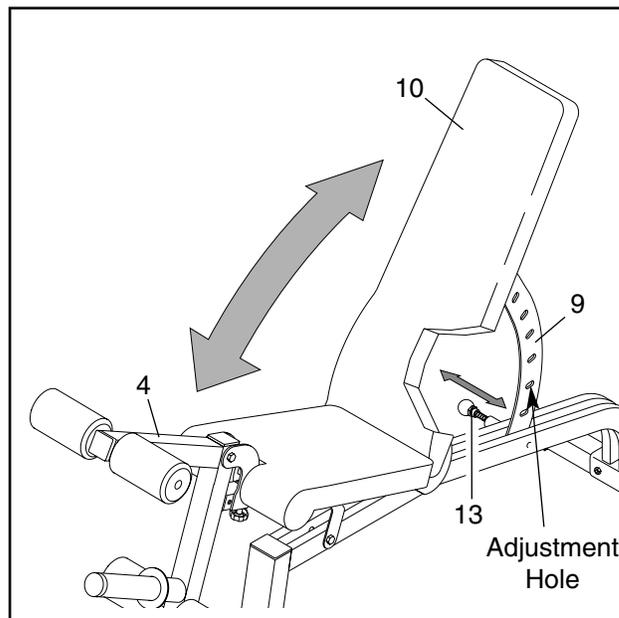
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened 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.

## ADJUSTING THE BACKREST

The Backrest (10) can be used in eight different positions. To adjust the Backrest, hold the Backrest up and pull the Backrest Adjustment Knob (13) out as far as it will go. Move the Backrest to the desired position and insert the Knob into an adjustment hole in the Backrest Bracket (9).

**⚠ WARNING:** When adjusting the position of the Backrest (10), first remove all weight from the weight tube on the Leg Lever (4). Make sure that the Backrest Adjustment Knob (13) is fully inserted through the Backrest Bracket (9).



---

# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise 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 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

Cross training is an efficient way to get a complete and well-balanced fitness program. An 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 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

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is 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, emphasizing areas that you want to develop 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

Maintaining proper form is an essential part of an effective exercise program. 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 guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 11 to find the names 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.

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

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 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

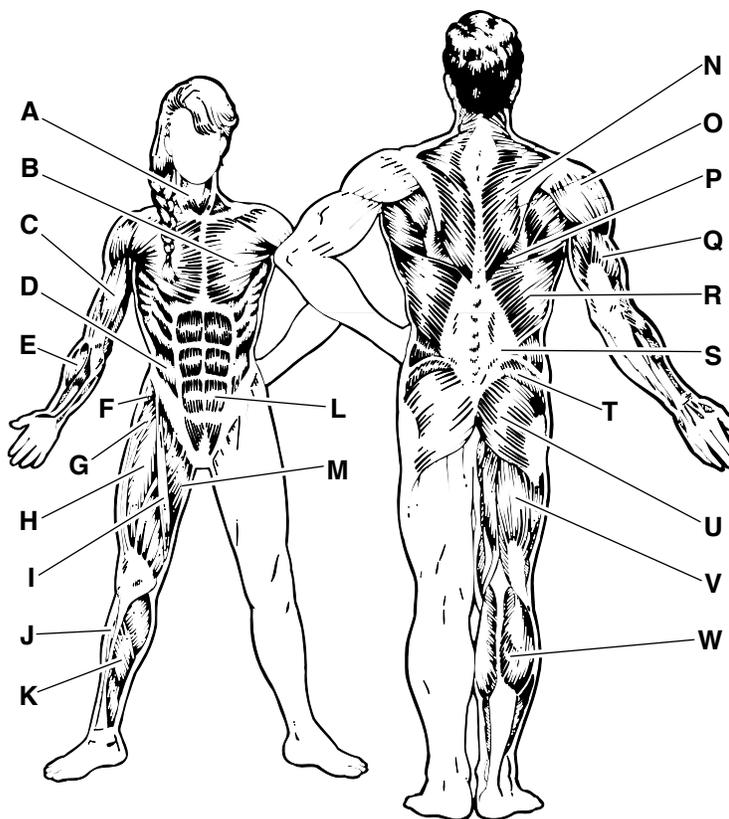
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 12 and 13 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and 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)



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: /    /				

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**TUESDAY      AEROBIC EXERCISE**

Date:  
    /    /

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: /    /				

---

**THURSDAY      AEROBIC EXERCISE**

Date:  
    /    /

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: /    /				

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

<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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

# PART LIST—Model No. WEBE09010

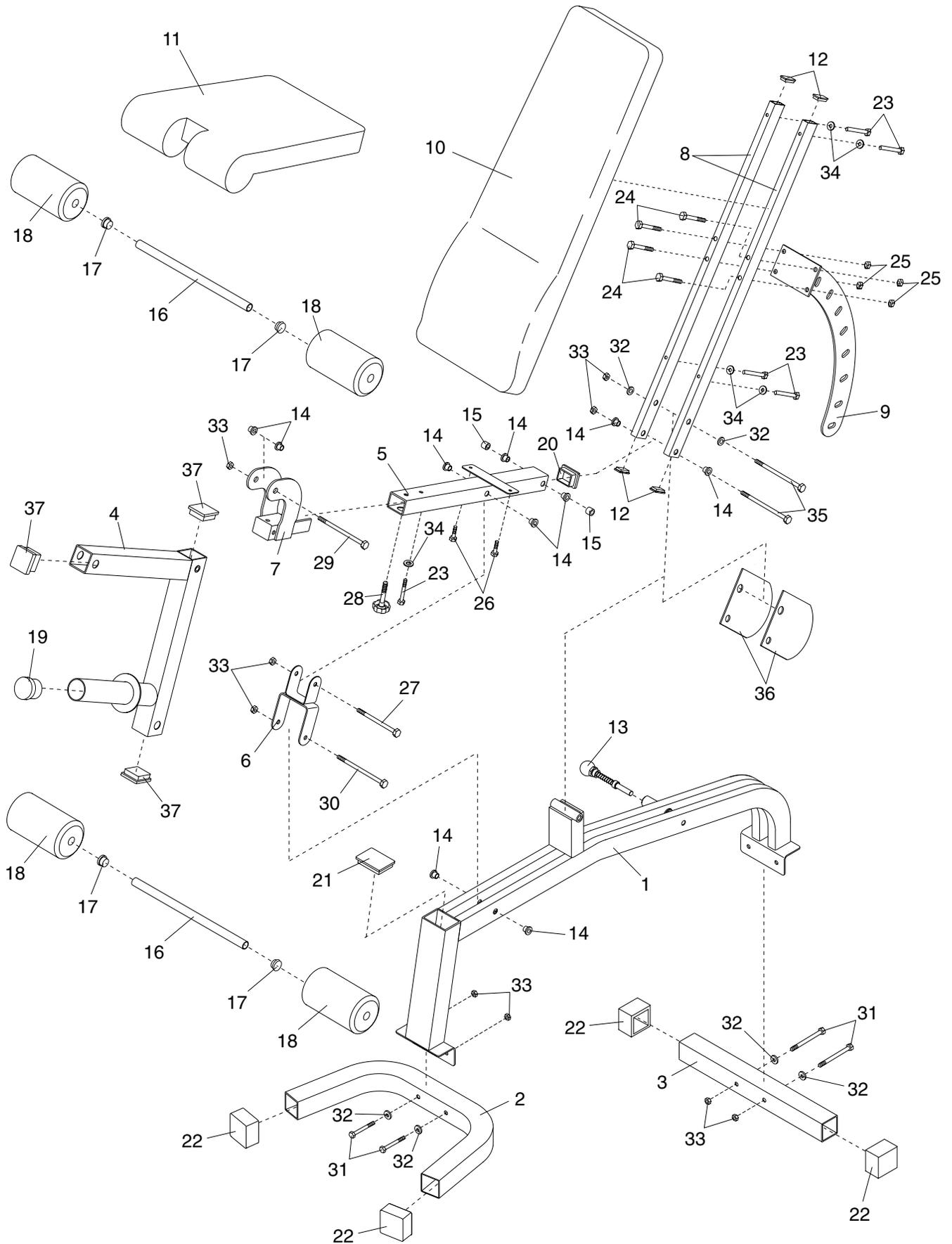
R0901C

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	21	1	50mm x 75mm Inner Cap
2	1	Front Stabilizer	22	4	50mm Square Outer Cap
3	1	Rear Stabilizer	23	5	M6 x 50mm Bolt
4	1	Leg Lever	24	4	M8 x 55mm Carriage Bolt
5	1	Seat Frame	25	4	M8 Nylon Locknut
6	1	Seat Bracket	26	2	M6 x 16mm Bolt
7	1	Leg Lever Bracket	27	1	M10 x 75mm Bolt
8	2	Backrest Frame	28	1	M10 x 45mm Adjustment Knob
9	1	Backrest Bracket	29	1	M10 x 78mm Bolt
10	1	Backrest	30	1	M10 x 100mm Bolt
11	1	Seat	31	4	M10 x 65mm Bolt
12	4	20mm x 40mm Inner Cap	32	6	M10 Washer
13	1	Backrest Adjustment Knob	33	9	M10 Nylon Locknut
14	10	8mm Bushing	34	5	M6 Washer
15	2	12.5mm Spacer	35	2	M10 x 140mm Bolt
16	2	Pad Tube	36	2	Plastic Plate
17	4	19mm Round Inner Cap	37	3	50mm Square Inner Cap
18	4	Foam Pad	#	1	User's Manual
19	1	50mm Round Inner Cap	#	1	Exercise Guide
20	1	40mm x 50mm Inner Cap			

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.

# EXPLODED DRAWING—Model No. WEBE09010

R0901C



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## ORDERING REPLACEMENT PARTS

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

- The MODEL NUMBER of the product (WEBE09010)
- The NAME of the product (WEIDER® PRO XT10 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual).

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## LIMITED WARRANTY

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

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

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

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

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