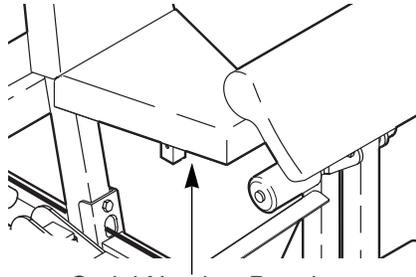


CLUB WEIDER® 16.8ST

Model No. WESY69100

Serial No. _____

The serial number is found in the location shown below. Write the serial number in the space above.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

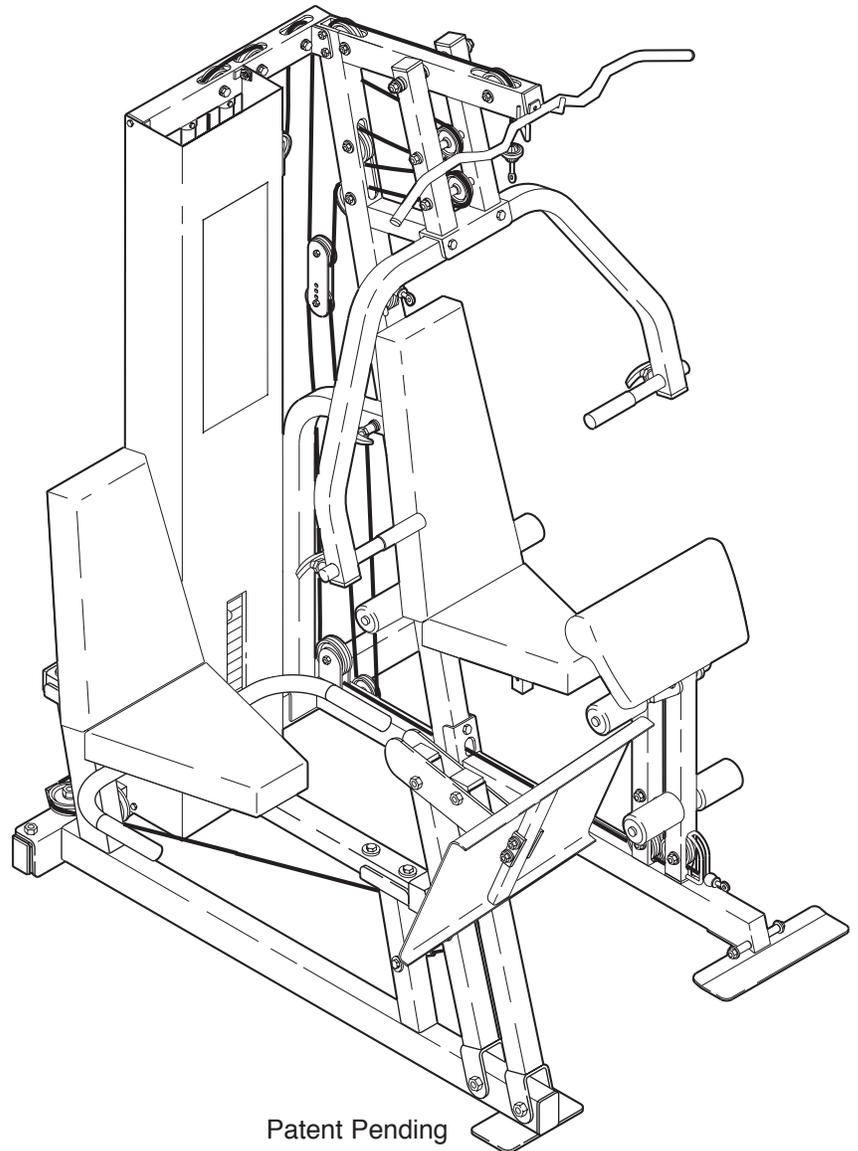
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



Patent Pending

⚠ CAUTION

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



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fitness tips, and much more!

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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached in the center of this manual.

Limited Warranty

WHAT IS COVERED—The entire CLUB WEIDER 16.8ST Training System (“Product”) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. (“ICON”), warrants the product for one year after the date of purchase. Labor is covered for one year.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”).

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER’S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

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.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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

Important Precautions

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

1. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the training system.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the training system only on a level surface. Cover the floor or carpet beneath the training system to protect the floor or carpet.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. The training system is designed to be used by only one person at a time.
7. Always stand on the foot plate when performing an exercise that could cause the training system to tip.
8. Keep children under the age of 12 and pets away from the training system at all times.
9. Keep hands and feet away from moving parts.
10. Make sure the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure the cables are on all of the pulleys.
11. Always wear athletic shoes for foot protection when exercising.
12. Never release the press arm, leg lever, lat bar, leg press, ab strap, or ankle strap while weights are raised. The weights will fall with great force.
13. Always disconnect the lat bar from the training system when performing an exercise that does not use it.
14. The training system is intended for home use only. Do not use the training system in a commercial, rental or institutional setting.

⚠ 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.

The warning decals shown at the right have been placed on the training system in the locations shown on page 4. Note that decal number 1 has been placed in two locations. If a decal is missing or illegible, please call our Customer Service Department at 1-800-999-3756 and order a free replacement decal. Place the decal on the training system in the location shown.

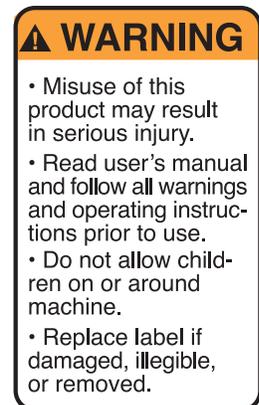
Warning Decal No. 1



Warning Decal No. 2



Warning Decal No. 3



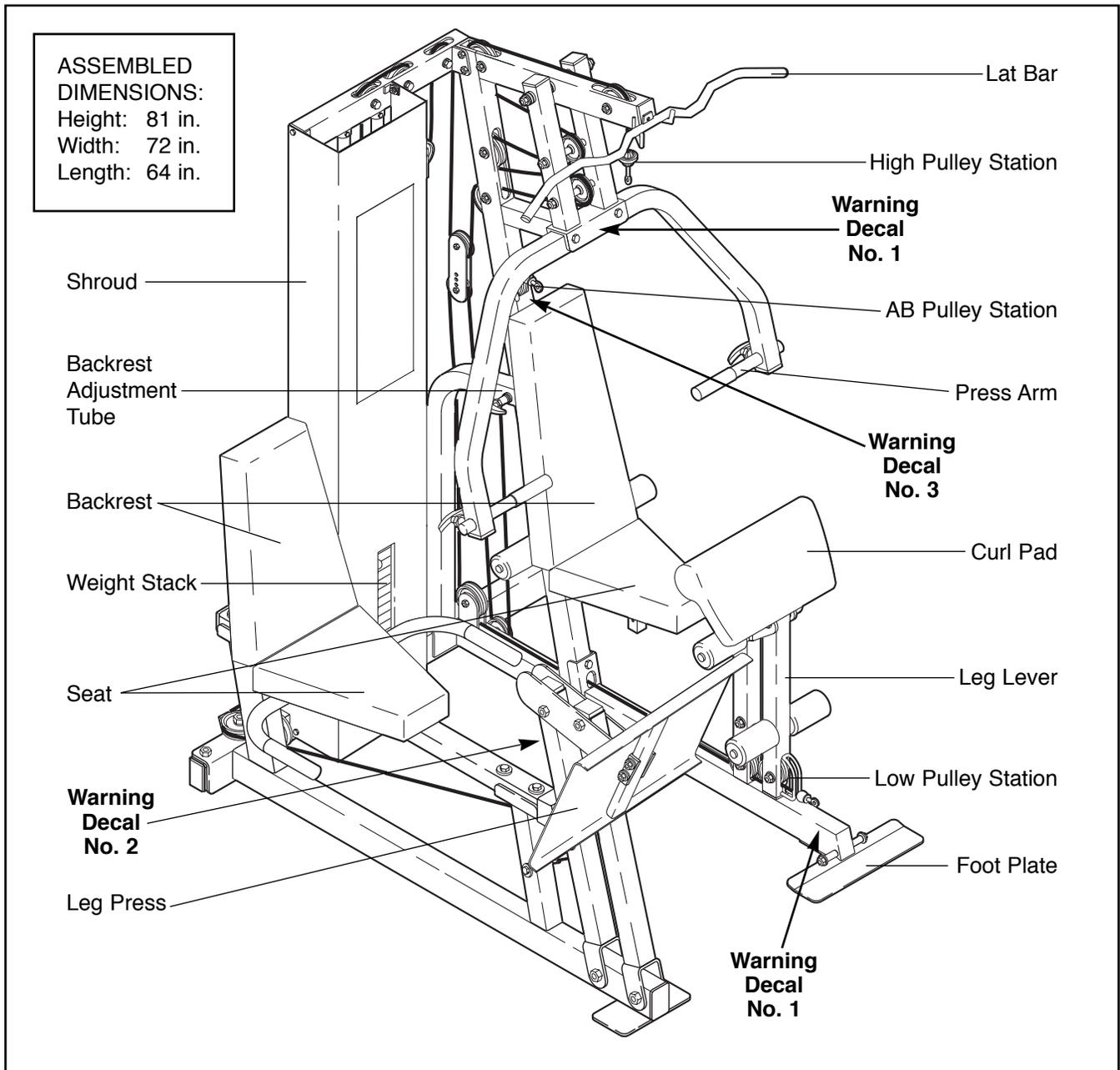
Before You Begin

Thank you for selecting the versatile CLUB WEIDER® 16.8ST training system. The CLUB WEIDER 16.8ST offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the CLUB WEIDER 16.8ST will help you to achieve the results you want.

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 WESY69100. The serial number can be found on a decal attached to the training system (see the front cover of this manual).

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

Please refer to the drawing below and familiarize yourself with the major parts of the training system.



Assembly

Make Assembly Easier for Yourself!

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

Assembly Requires Two Persons

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

Set Aside Enough Time

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

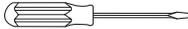
Select a Location for the Training System

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

How to Unpack the Box

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

Make sure you have the following tools:

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

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

How to Identify Parts

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

How to Orient Parts

As you assemble the training system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department toll-free at **1-800-999-3756** Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

The Four Stages of the Assembly Process

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

Arm Assembly—During this stage you will assemble the press arm and the leg lever, handles, leg press, and other miscellaneous parts.

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

Seat Assembly—During this stage you will assemble the seats, the backrests, the curl pad, the shroud, and other miscellaneous parts.

Frame Assembly

1.

Before beginning assembly, make sure you have read and understood the information on page 5. This brief introduction will save you much more time than it takes to read it!

Open the parts bag labeled "FRAME ASSEMBLY."

Press a 2" x 3" Inner Cap (24) into the Main Upright (3) in the indicated location.

Press a 2" x 3" Inner Cap (24) into each end of the Stabilizer (5).

Inset three 3/8" x 3 3/4" Carriage Bolts (52) and a 3/8" x 5" Carriage Bolt (82) into the indicated holes in the Stabilizer (5).

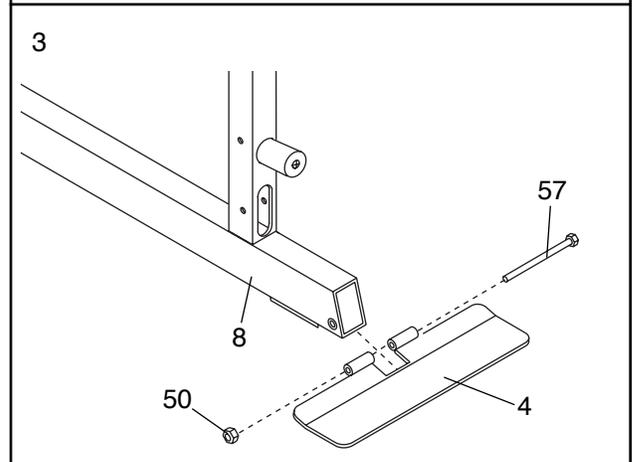
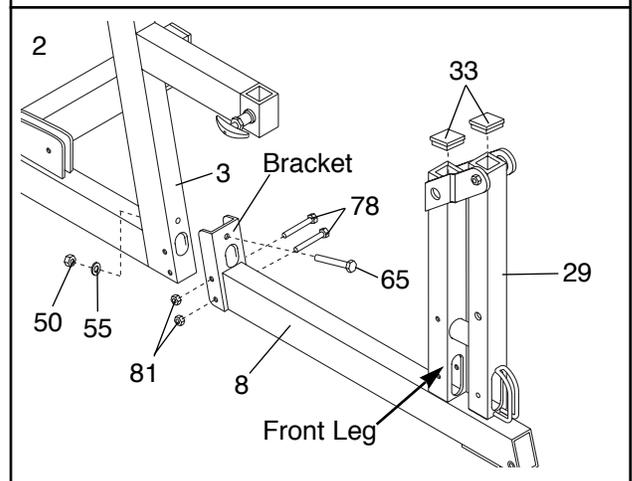
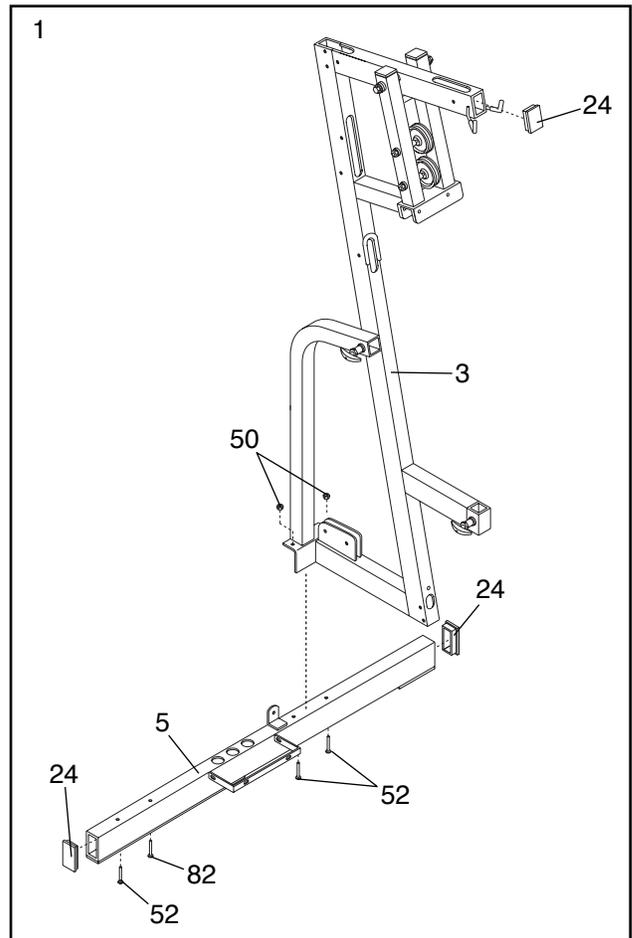
Attach the Main Upright (3) to the Stabilizer (5) with the two indicated 3/8" x 3 3/4" Carriage Bolts (52) and two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**

2. Press 2" Square Inner Caps (33) into the Leg Lever (29) and the front leg on the Base (8) as shown. **Note: Do not insert the 2" Square Inner Cap fully into the Base; it will need to be removed later to attach the Curl Post (not shown).**

Align the bracket on the Base (8) with the holes in the Main Upright (3). Attach the Base with a 3/8" x 4" Bolt (65), a 3/8" Flat Washer (55), and a 3/8" Nylon Locknut (50). **The Bolt must be inserted from the side shown. Do not tighten the Nylon Locknut yet.**

Next, insert two 5/16" x 3" Bolts (78) into the Base (8) and the Main Upright (3) and finger tighten a 5/16" Nylon Locknut (81) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**

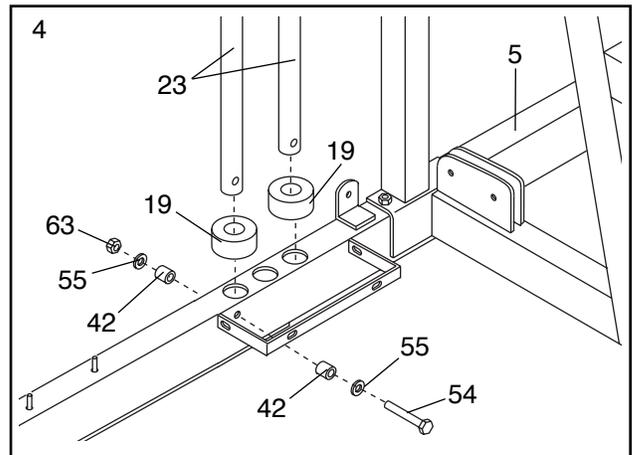
3. Attach the Foot Plate (4) to the Base (8) with a 3/8" x 5 1/2" Bolt (57) and a 3/8" Nylon Locknut (50).



- Place two Weight Bumpers (19) over the indicated holes in the Stabilizer (5).

Insert the two Weight Guides (23) into the Weight Bumpers (19) and the Stabilizer (5).

Attach the indicated Weight Guide (23) to the Stabilizer (5) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).



- See the inset drawing. Open the parts bag labeled "Weight Inserts". Press two Weight Inserts (77) into the indicated holes in each Weight (26). **Make sure the large pin groove is oriented as shown.**

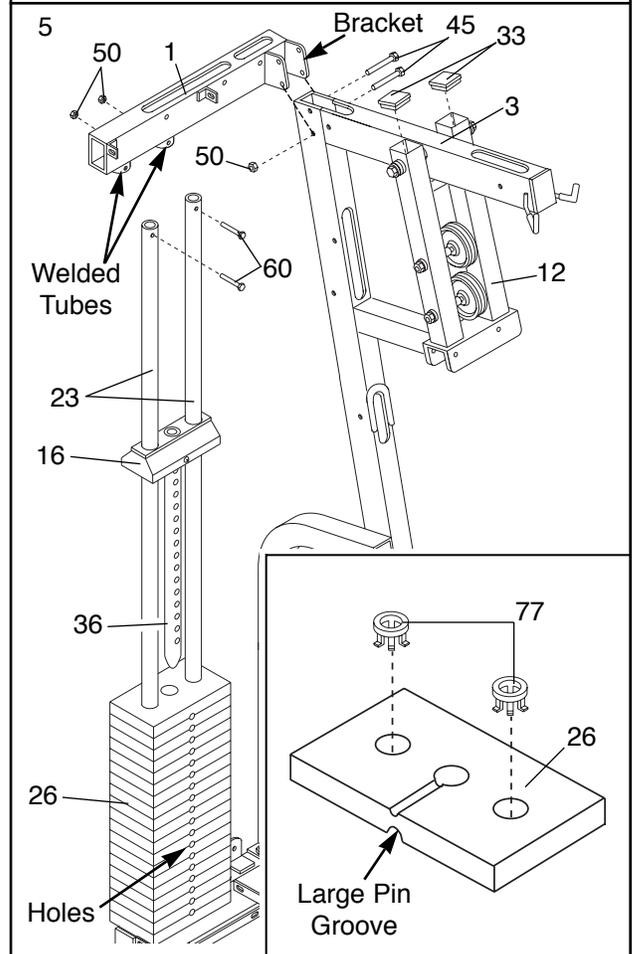
Slide all nineteen Weights (26) onto the Weight Guides (23). **Make sure the Weights are oriented correctly. The holes must be on the side shown.**

Slide the Top Weight (16) and the Weight Tube (36) onto the Weight Guides (23). Insert the Weight Tube into the Weights (26).

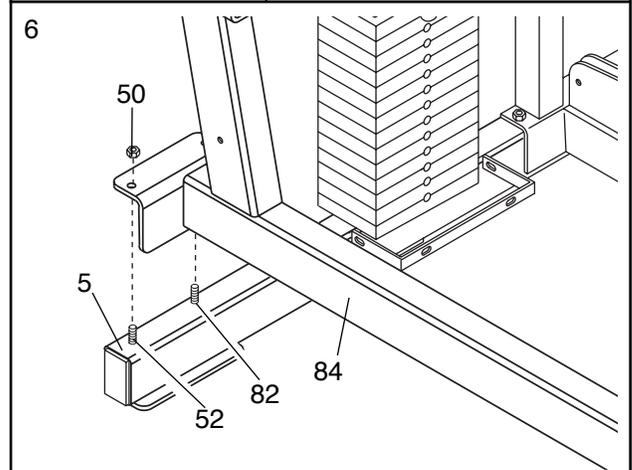
Slide the welded tubes on the Top Frame (1) over the upper ends of the Weight Guides (23). Align the bracket on the Top Frame with the indicated holes in the Main Upright (3). Insert two 3/8" x 3" Bolts (45) into the holes. Thread a 3/8" Nylon Locknut (50) onto the lower Bolt. **Do not thread a Locknut onto the upper Bolt yet.**

Attach the Weight Guides (23) to the Top Frame (1) with two 3/8" x 1 3/4" Bolts (60) and two 3/8" Nylon Locknuts (50).

Press two 2" Square Inner Caps (33) into the Press Frame (12).

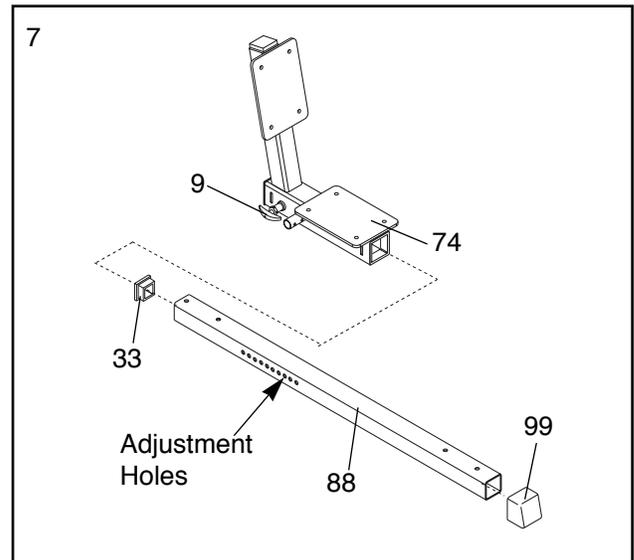


- Slide the Leg Press Base (84) onto the 3/8" x 3 3/4" Carriage Bolt (52) and the 3/8" x 5" Carriage Bolt (82) in the end of the Stabilizer (5). Tighten a 3/8" Nylon Locknut (50) onto the 3/8" x 3 3/4" Carriage Bolt. **Do not place a Nylon Locknut on the 3/8" x 5" Carriage Bolt yet.**

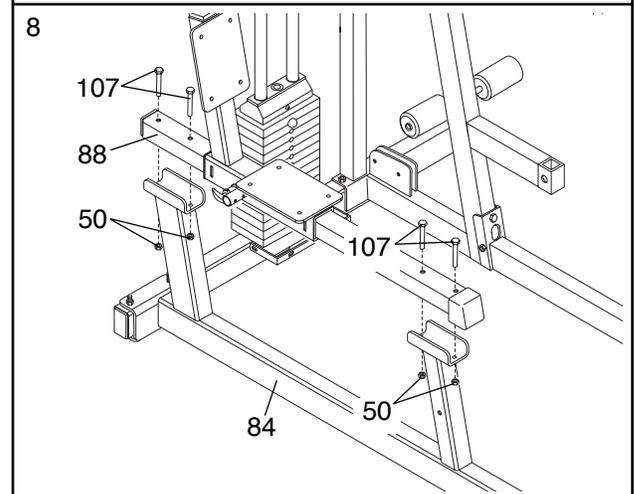


7. Turn the Adjustment Knob (9) counterclockwise to loosen it. Pull out the Knob as far as possible and slide the Seat Frame Channel (88) into the Sliding Seat Frame (74). Release the Knob and let it snap into one of the adjustment holes in the Seat Frame Channel. Tighten the Knob fully.

Press a 2" Square Inner Cap (33) and an Angle Cap (99) onto the indicated ends of the Seat Frame Channel (88).



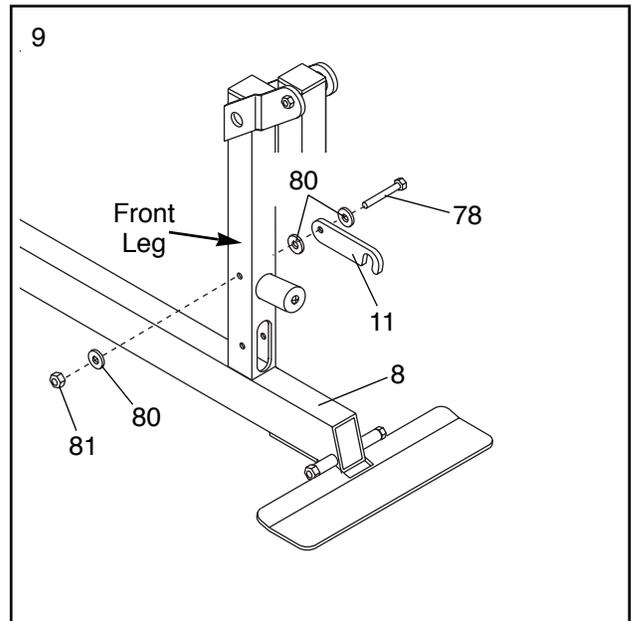
8. Attach the Seat Frame Channel (88) to the Leg Press Base (84) with four 3/8" x 3" Carriage Bolts (107) and four 3/8" Nylon Locknuts (50).



Arm Assembly

9. Open the parts bags labeled "ARM ASSEMBLY".

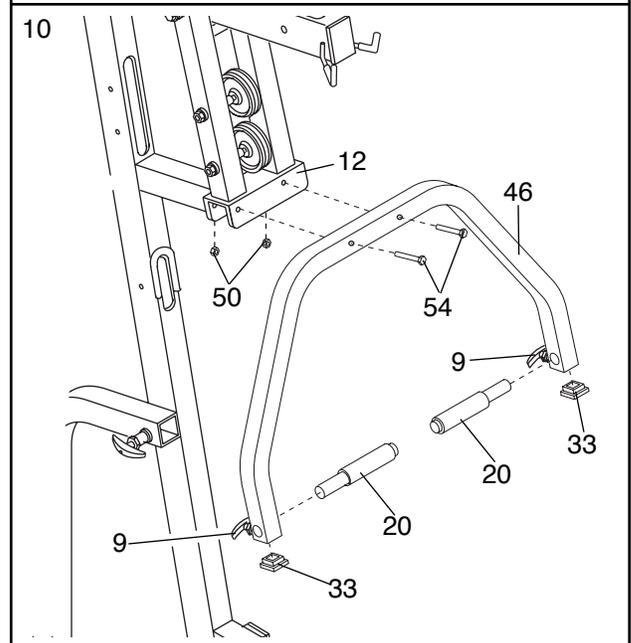
Attach the Leg Lever Lock (11) to the front leg of the Base (8) with a 5/16" x 3" Bolt (78), three 5/16" Flat Washers (80), and a 5/16" Nylon Locknut (81). **Do not overtighten the Nylon Locknut; the Leg Lever Lock must pivot easily.**



10. Attach the Press Arm (46) to the Press Frame (12) with two 3/8" x 2 1/2" Bolts (54) and two 3/8" Nylon Locknuts (50).

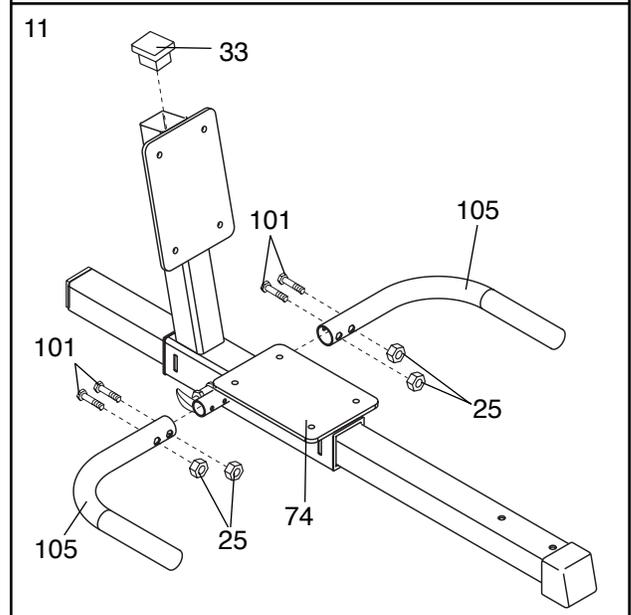
Insert a 2" Square Inner Cap (33) into each end of the Press Arm (46).

Turn one of the Adjustment Knobs (9) counterclockwise to loosen it. Pull out the Knob as far as possible and slide a Handle (20) into the Press Arm (46). Release the Knob and let it snap into one of the adjustment holes in the Handle. Tighten the Knob fully. Repeat for the other Handle.



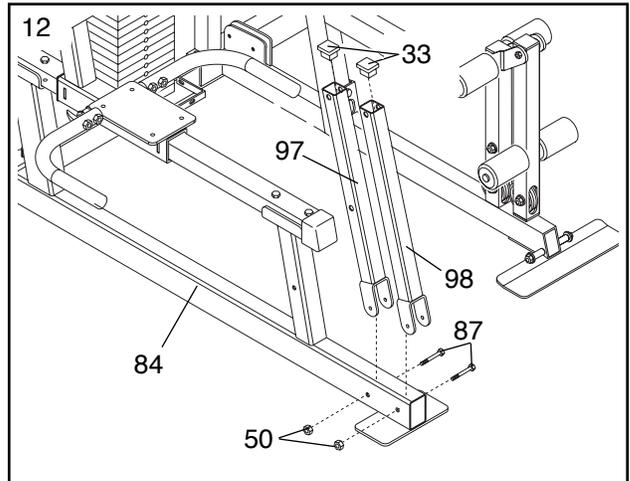
11. Attach the Handles (105) to the Sliding Seat Frame (74) with four 1/4" x 1 1/2" Bolts (101) and four 1/4" Nylon Locknuts (25).

Press a 2" Square Inner Cap (33) into the indicated end of the Sliding Seat Frame (74).

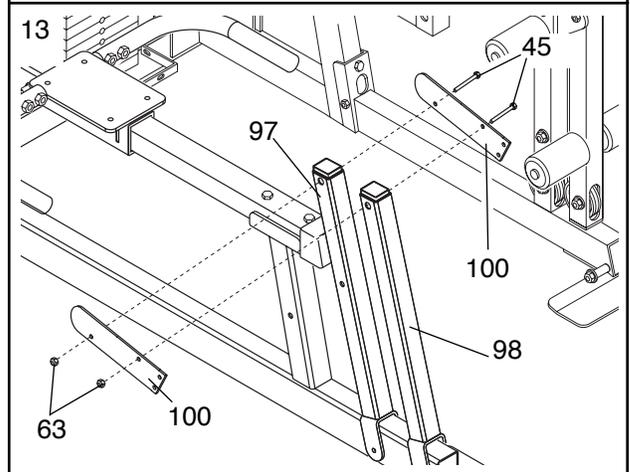


12. Attach the Rear and Forward Leg Press Uprights (97, 98) to the Leg Press Base (84) with two 3/8" x 3 1/4" Bolts (87) and two 3/8" Nylon Locknuts (50). **Note: The Rear Leg Press Upright (97) has an extra hole in it.**

Press two 2" Square Inner Caps (33) into the Rear and Forward Leg Press Uprights (97, 98).

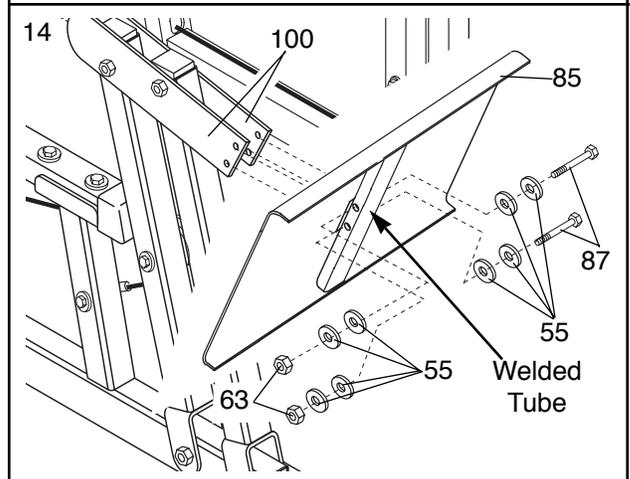


13. Attach the Leg Press Attachments (100) to the Rear and Forward Leg Press Uprights (97, 98) with two 3/8" x 3" Bolts (45) and two 3/8" Nylon Jam Nuts (63).



14. Attach the Leg Press Plate (85) to the Leg Press Attachments (100) with two 3/8" x 3 1/4" Bolts (87), eight 3/8" Flat Washers (55), and two 3/8" Nylon Jam Nuts (63).

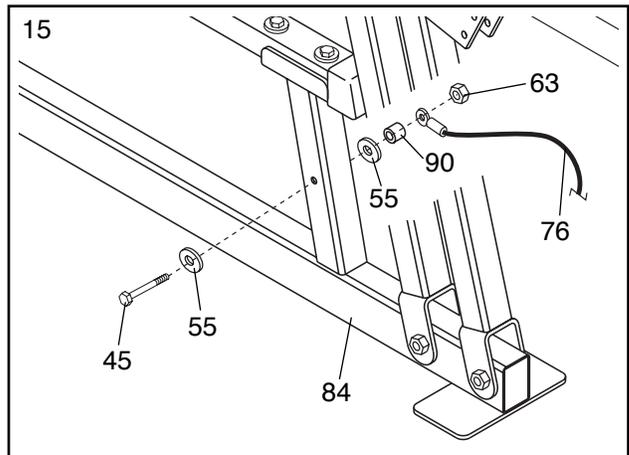
Note: All of the eight 3/8" Flat Washers (55) must be between the Leg Press Attachments (100) and the welded tube on the Leg Press Plate (85).



Cable Assembly

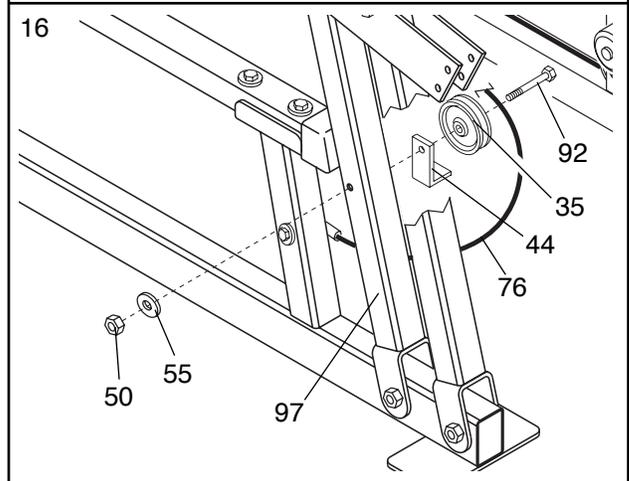
15. Open the parts bags labeled “CABLE ASSEMBLY” and “4 PULLEYS.” Refer to the Cable Diagram on page 21 as you assemble the cables.

Identify the Leg Press Cable (76) by referring to page 21. Attach the Leg Press Cable to the indicated hole in the Leg Press Base (84) with a 3/8" x 3" Bolt (45), two 3/8" Flat Washers (55), a 5/8" x 1/4" Bushing (90), and a 3/8" Nylon Jam Nut (63).



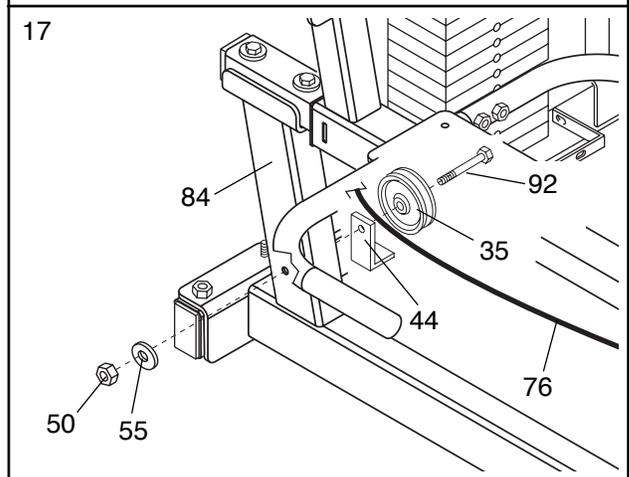
16. Wrap the Leg Press Cable (76) up around a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the Rear Press Upright (97) with a 3/8" x 3 3/4" Bolt (92), a 3/8" Flat Washer (55), and a 3/8" Nylon Locknut (50).

Be sure that the Cable (76) is routed in the direction shown, and that the Cable Trap (44) is positioned to hold the Cable in the pulley groove.



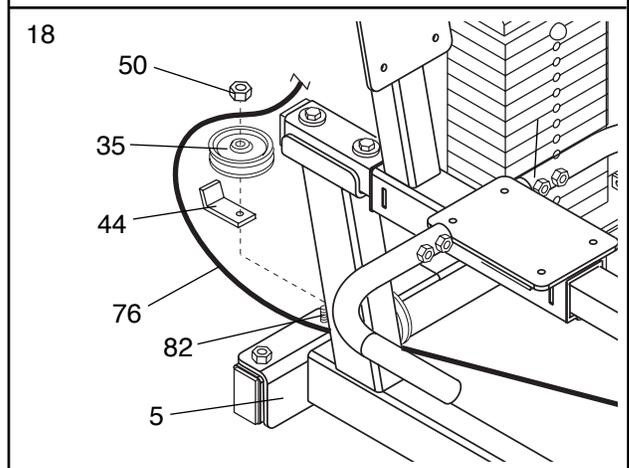
17. Wrap the Leg Press Cable (76) under a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the Leg Press Base (84) with a 3/8" x 3 3/4" Bolt (92), a 3/8" Flat Washer (55), and a 3/8" Nylon Locknut (50).

Be sure that the Cable (76) is routed in the direction shown, and that the Cable Trap (44) is positioned to hold the Cable in the pulley groove.

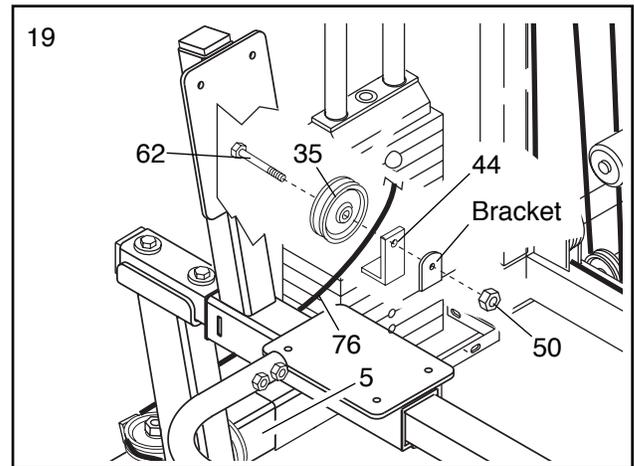


18. Wrap the Leg Press Cable (76) around a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the 3/8" x 5" Carriage Bolt (82) in the Stabilizer (5) with a 3/8" Nylon Locknut (50).

Be sure that the Cable (76) is routed in the direction shown, and that the Cable Trap (44) is positioned to hold the Cable in the pulley groove.



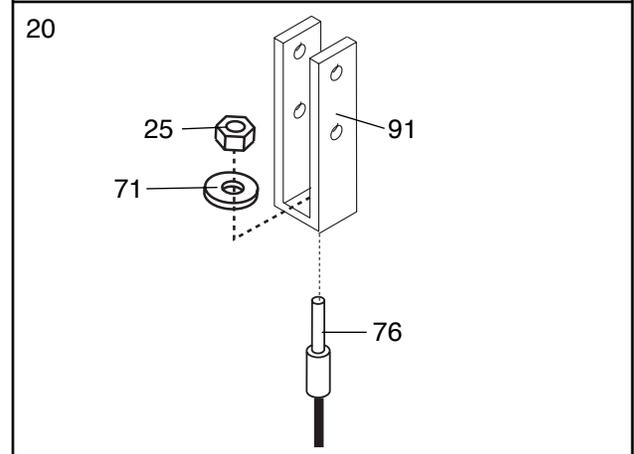
19. Wrap the Leg Press Cable (76) around a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the welded bracket on the Stabilizer (5) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).



20. Remove the pre-assembled 4" Pulley (not shown) from the Pulley Bracket (91).

Attach the end of the Leg Press Cable (76) to the Pulley Bracket (91) with a 1/4" Flat Washer (71) and a 1/4" Nylon Locknut (25).

Lay the Pulley Bracket (91) and the Leg Press Cable (76) aside; they will be attached in step 28.



21. **Identify the High Cable (73), which has a ball on one end and a bolt on the other end.**

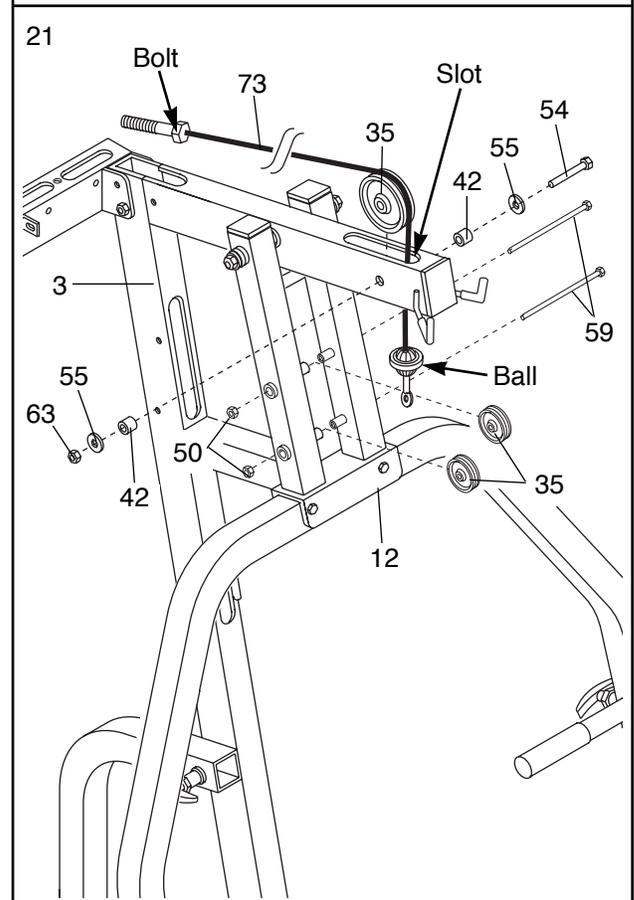
Feed the end of the High Cable (73) with the bolt up through the indicated slot in the Main Upright (3). Feed almost all of the Cable through the slot.

Slide a 3/8" Flat Washer (55) and a 5/8" x 1/2" Pulley Bushing (42) onto a 3/8" x 2 1/2" Bolt (54).

Wrap the High Cable (73) around a 4" Pulley (35). Hold the Pulley inside the indicated slot in the Main Upright (3). Insert the 3/8" x 2 1/2" Bolt (54) through the Main Upright and the Pulley.

Slide another 5/8" x 1/2" Pulley Bushing (42) and 3/8" Flat Washer (55) onto the 3/8" x 2 1/2" Bolt (54). Tighten a 3/8" Nylon Jam Nut (63) onto the Bolt.

Remove the pre-assembled 4" Pulleys (35) from the Press Frame (12), and set them aside.

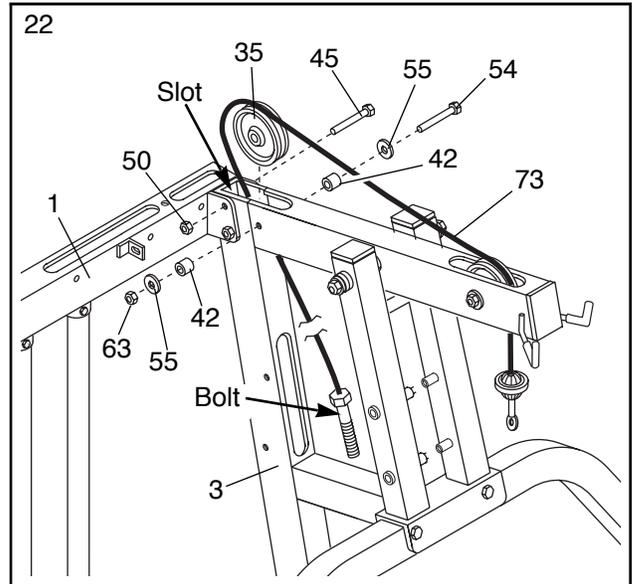


22. Remove the upper 3/8" x 3" Bolt (45) from the Top Frame (1) and the Main Upright (3).

Feed the bolt on the High Cable (73) down through the indicated slot in the Main Upright (3) in the direction shown.

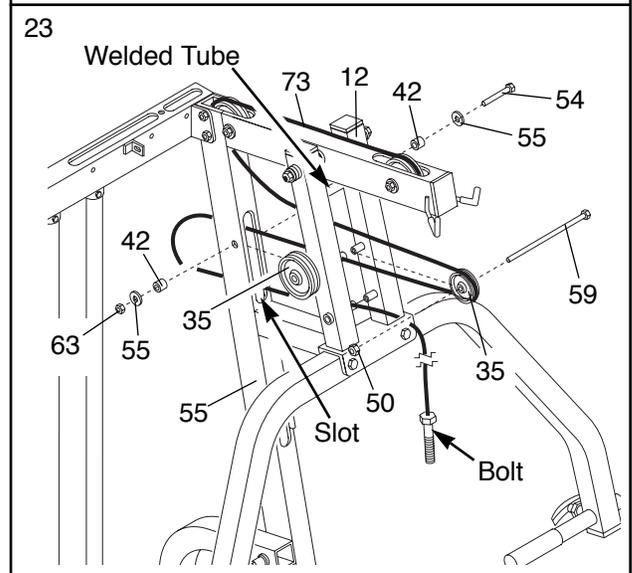
Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley inside the slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).

Re-insert the 3/8" x 3" Bolt (45) and secure it with a 3/8" Nylon Locknut (50). **Note: The Cable (73) must be seated in the groove of the Pulley (35) before the Bolt is attached.**

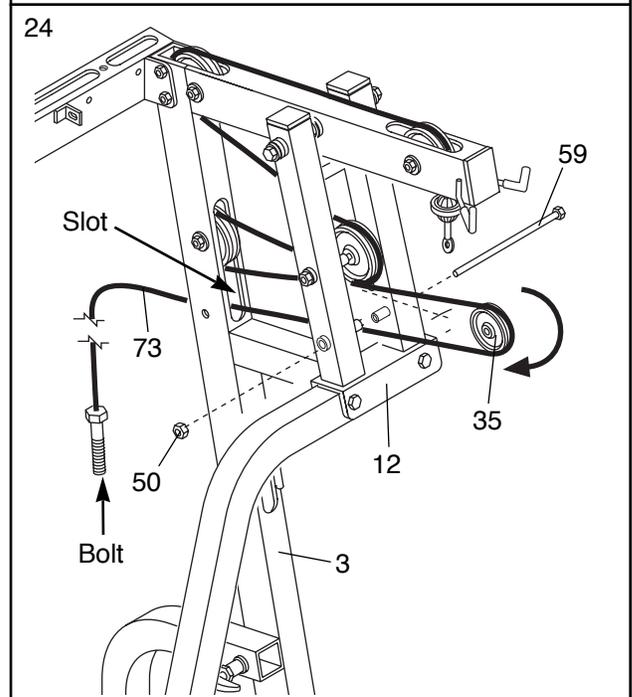


23. Feed the bolt on the High Cable (73) under the welded tube on the Press Frame (12) as shown. Wrap the High Cable down around a 4" Pulley (35) in the direction shown. Attach the Pulley to the Press Frame (12) with a 3/8" x 8 1/2" Bolt (59) and a 3/8" Nylon Locknut (50).

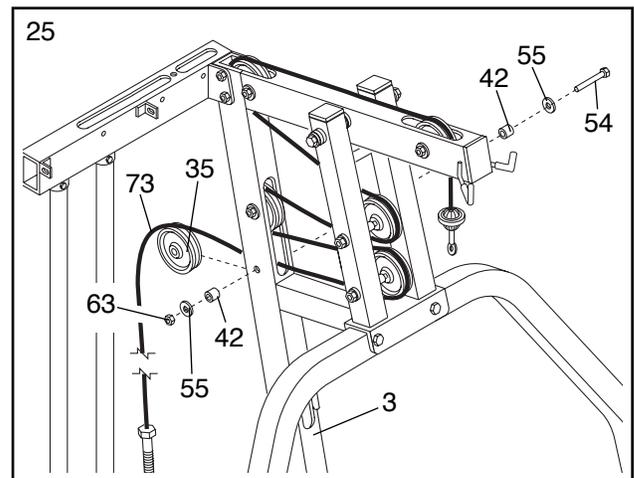
Wrap the High Cable (73) down around another 4" Pulley (35). Attach the Pulley inside the indicated slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).



24. Wrap the High Cable (73) down around a 4" Pulley (35) in the direction shown. Feed the bolt on the High Cable (73) back through the slot in the Main Upright (3) as shown. Attach the Pulley to the Press Frame (12) with a 3/8" x 8 1/2" Bolt (59) and a 3/8" Nylon Locknut (50).

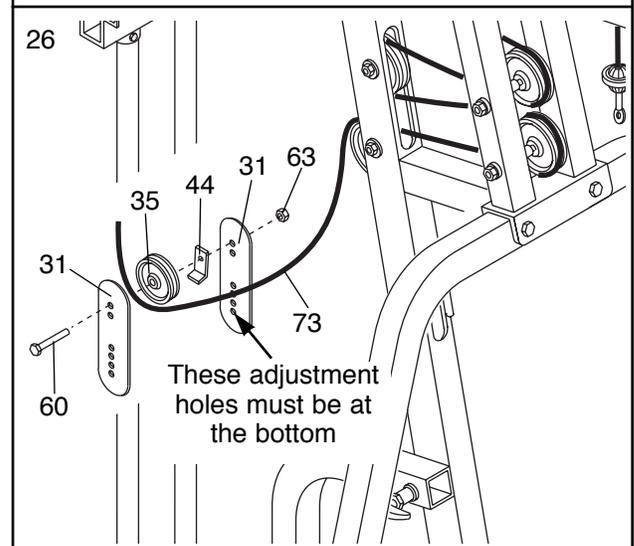


25. Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley inside the slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).



26. Disassemble the pre-assembled Pulley Plates (31).

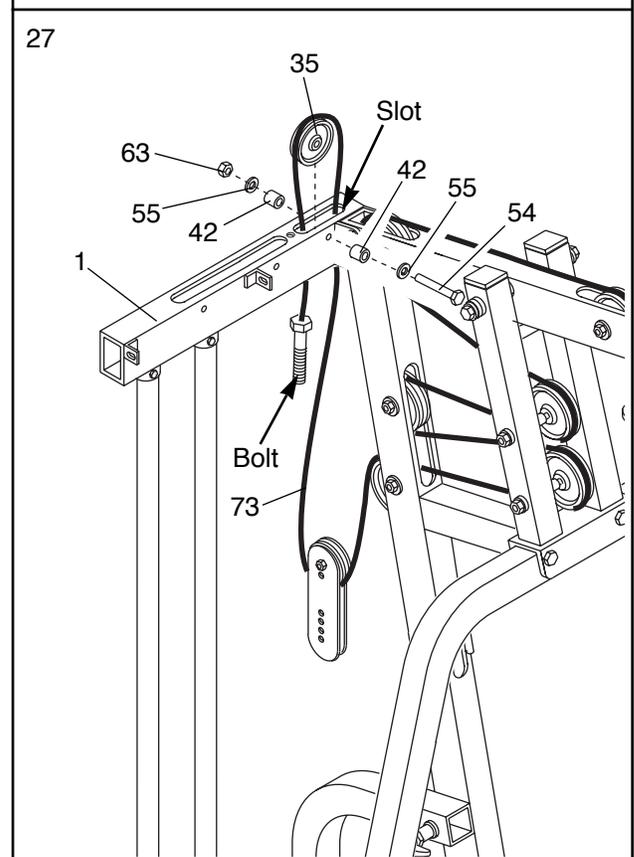
Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (44) to the upper holes in the indicated ends of the Pulley Plates (31) with a 3/8" x 1 3/4" Bolt (60) and a 3/8" Nylon Jam Nut (63). **Make sure the Cable is in the groove of the Pulley and that the Cable Trap is oriented so it holds the Cable in place.**



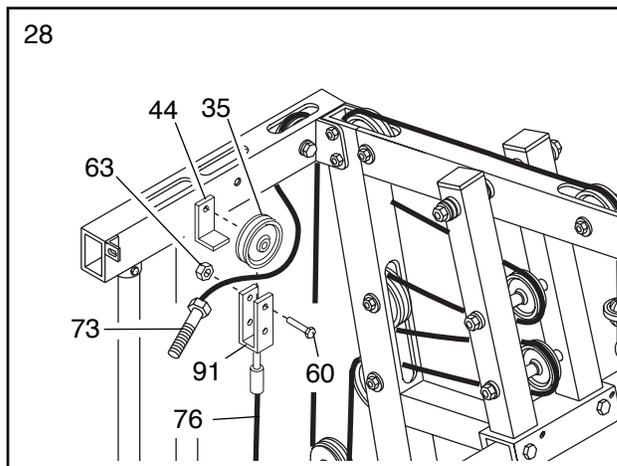
27. Feed the bolt on the High Cable (73) up through the indicated slot in the Top Frame (1).

Wrap the High Cable (73) over a 4" Pulley (35). Feed the bolt on the High Cable back down through the slot in the Top Frame (1).

Attach the 4" Pulley (35) inside the slot in the Top Frame (1) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).

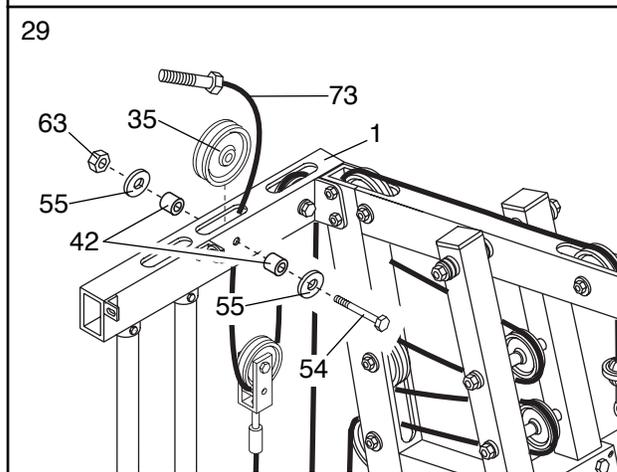


28. Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the top hole in the Pulley Bracket (91) attached to the Leg Press Cable (76), with a 3/8" x 1 3/4" Bolt (60) and a 3/8" Nylon Jam Nut (63).



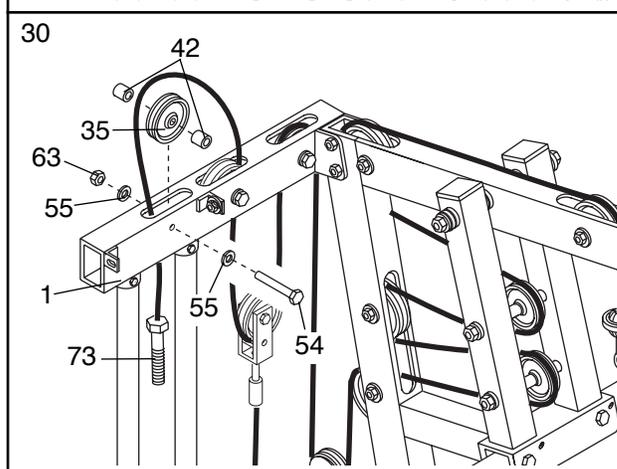
29. Feed the bolt on the High Cable (73) up through the next slot in the Top Frame (1).

Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown and attach the Pulley to the Top Frame (1) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).



30. Feed the bolt on the High Cable (73) down through the next slot in the Top Frame (1).

Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley to the Top Frame (1) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).

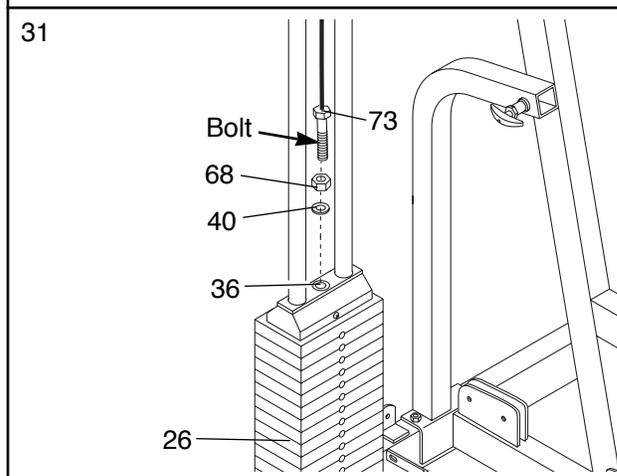


31. **IMPORTANT: Follow both Cables (73, 76 [not shown]) from end to end; make sure that they are in the grooves of the pulleys, and that the Cables and pulleys move smoothly.**

Thread the 1/2" Plain Nut (68) part way onto the bolt at the end of the High Cable (73).

Place the 1 1/2" Flat Washer (40) on top of the Weight Tube (36). Tighten the bolt at the end of the High Cable (73) into the threaded hole in the Weight Tube until the Cables (73, 76 [not shown]) are tight.

Tighten the 1/2" Plain Nut (68) against the 1 1/2" Flat Washer (40).



32. Locate the Low Cable (72), which is the only remaining Cable. Note that it has a large ball on one end and a small ball on the other.

Route the small ball on the Low Cable (72) through the indicated slots in the Leg Lever (29) and the front leg on the Base (8).

Attach a 4" Pulley (35) inside the slot in the front leg of the Base (8) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).

33. Attach a 4" Pulley (35) inside the slot in the Leg Lever (29) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).

Attach the 1/2" x 1 3/4" Bushing (94) inside the bottom of the Leg Lever (29) with a 5/16" x 2 1/2" Bolt (96), two 5/16" Flat Washers (80), and a 5/16" Nylon Jam Nut (79).

Refer to the inset drawing. Press the Tab (93) onto the cage as shown. Secure the Tab with a 1/4" x 1" Bolt (95), a Large Washer (104), and a 1/4" Nylon Locknut (25). **Make sure that the Low Cable (72) is on top of the Tab and the 1/2" x 1 3/4" Bushing (94).**

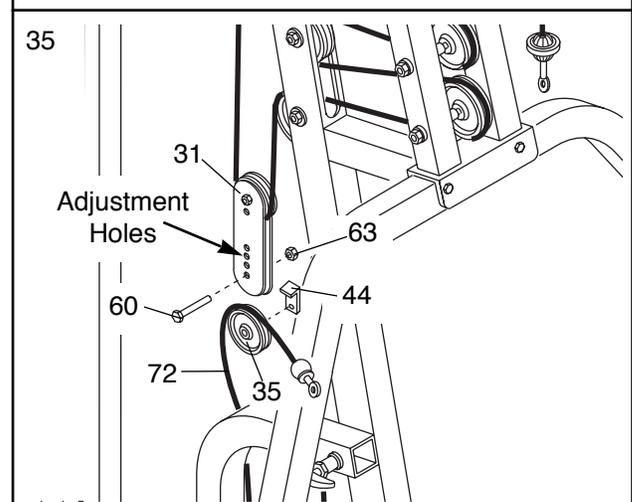
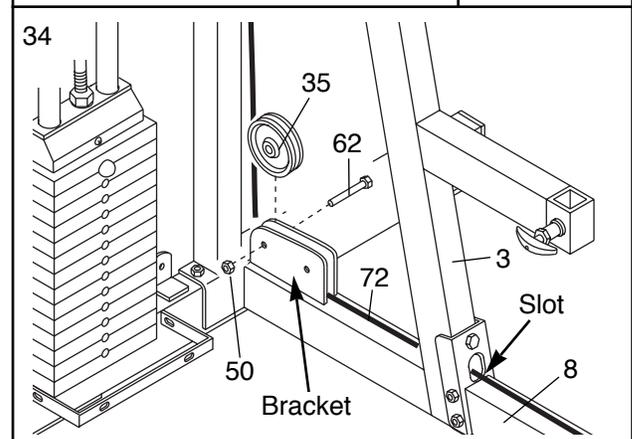
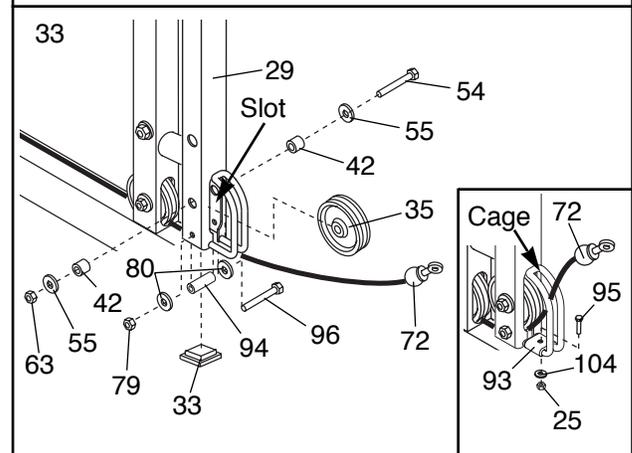
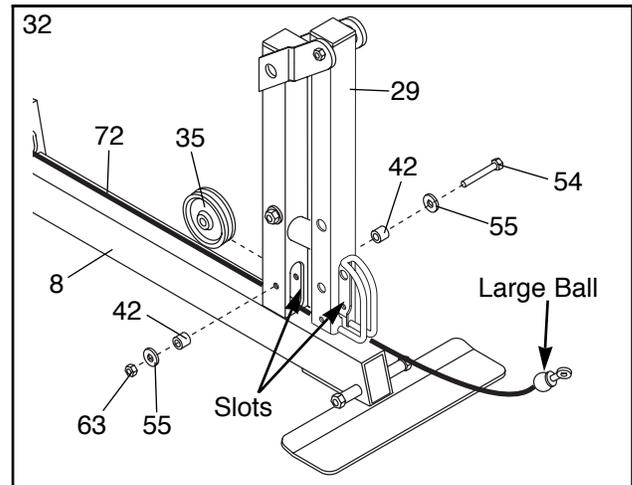
Press a 2" Square Inner Cap (33) into the bottom of the Leg Lever (29). **Note: It may be easier to attach the 2" Square Inner Cap and the 1/2" x 1 3/4" Bushing (94) if you pivot the Leg Lever upward.**

34. Route the Low Cable (72) through the indicated slot in the Main Upright (3) and the Base (8).

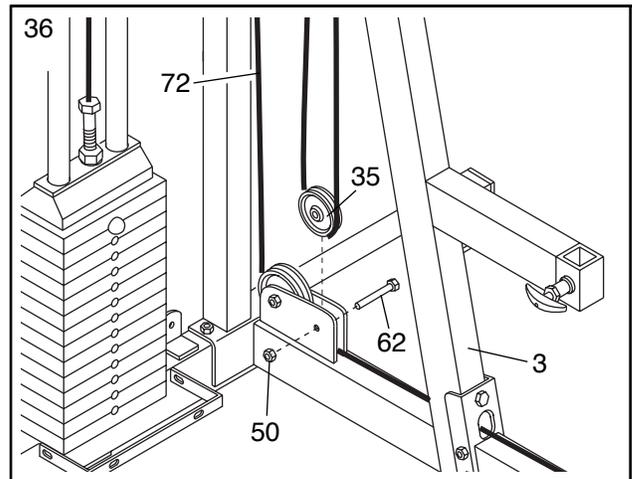
Wrap the Low Cable (72) around a 4" Pulley (35) in the direction shown. Attach the Pulley inside the welded bracket on the Main Upright (3) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50) as shown.

35. Wrap the Low Cable (72) over a 4" Pulley (35). Slide the Pulley and a Cable Trap (44) between the two Pulley Plates (31). **Make sure the Cable is in the groove of the Pulley and that the Cable Trap is oriented so it will hold the Cable in place.**

Attach the 4" Pulley (35) and the Cable Trap (44) to the lowest holes in the Pulley Plates (31) with a 3/8" x 1 3/4" Bolt (60) and a 3/8" Nylon Jam Nut (63).



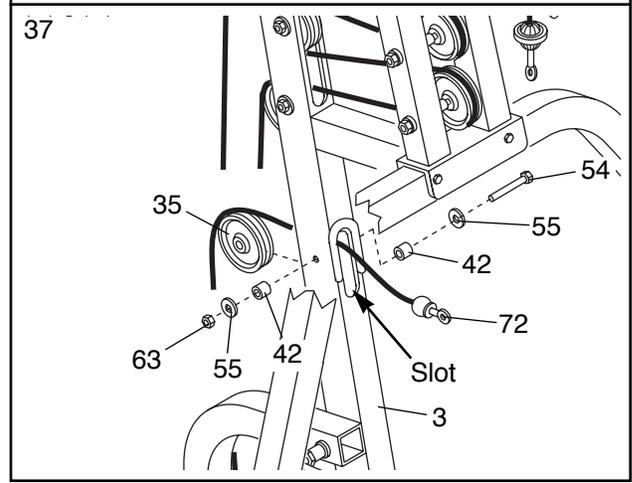
36. Wrap the Low Cable (72) around a 4" Pulley (35). Attach the Pulley to the front hole in the welded bracket on the Main Upright (3) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).



37. **Note: The top weight (not shown) may need to be lifted to complete this step.**

Feed the end of the Low Cable (72) through the indicated slot in the Main Upright (3).

Wrap the Low Cable (72) around a 4" Pulley (35). Attach the Pulley inside the slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jam Nut (63).

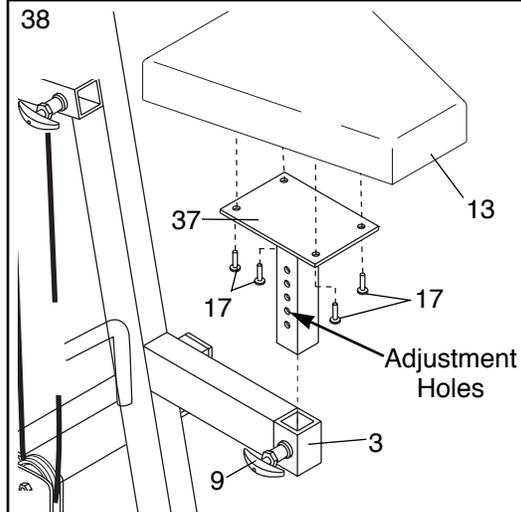


Seat Assembly

38. Open the parts bag labeled "ARM AND SEAT ASSEMBLY."

Attach a Seat (13) to the Seat Upright (37) with four 1/4" x 3/4" Bolts (17).

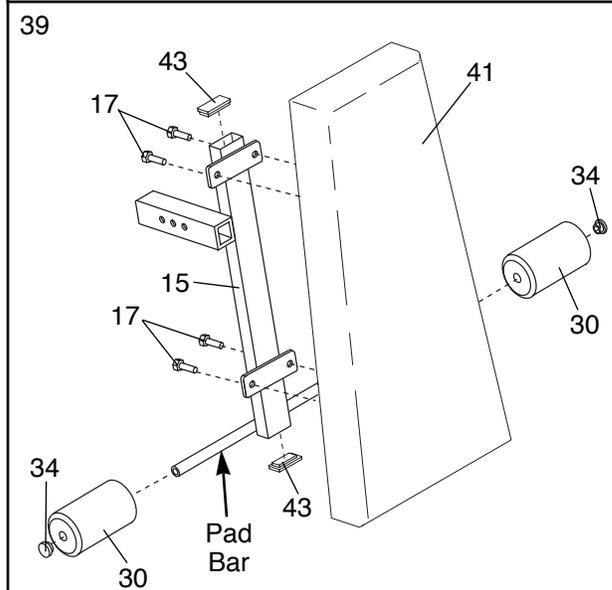
Turn the Adjustment Knob (9) counterclockwise to loosen it. Pull out the Knob as far as possible and slide the Seat Upright (37) into the seat frame on the Main Upright (3). Release the Knob and let it snap into one of the adjustment holes in the Seat Upright. Tighten the Knob fully.



39. Attach the Backrest (41) to the Backrest Frame (15) with four 1/4" x 3/4" Bolts (17).

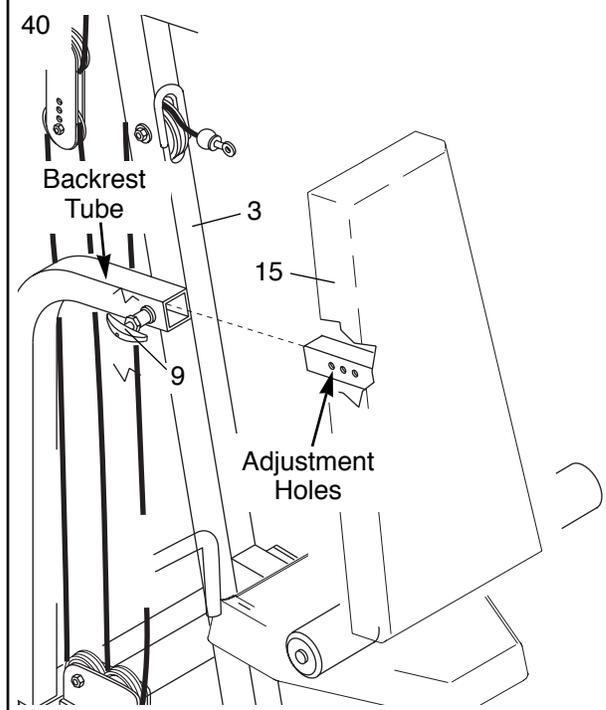
Press a 3/4" Round Inner Cap (34) into each end of the pad bar on the Backrest Frame (15). Slide a Foam Pad (30) onto each end of the pad bar.

Press 1" x 2" Inner Caps (43) into the top and bottom of the Backrest Frame (15).

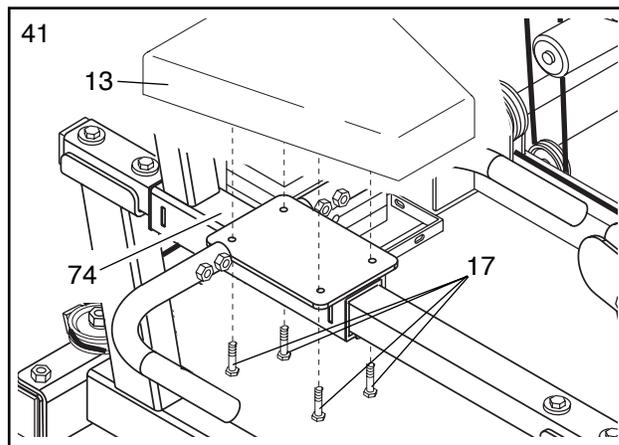


40. Locate the Adjustment Knob (9) on the backrest tube of the Main Upright (3). Turn the Knob counterclockwise to loosen it. Pull out the Knob as far as possible and slide the Backrest Frame (15) into the backrest tube.

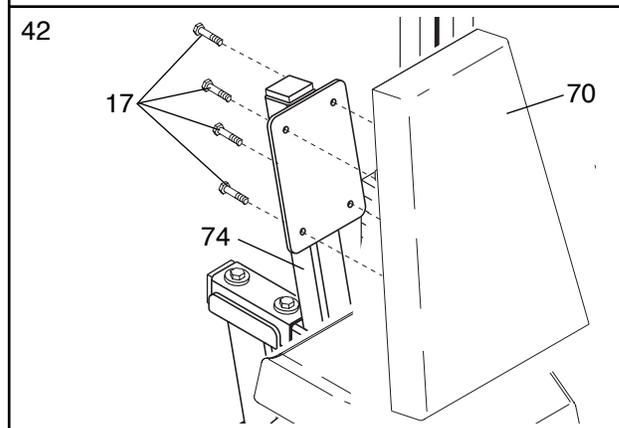
Release the Adjustment Knob (9) and let the Knob snap into one of the adjustment holes on the Backrest Frame (15). Tighten the Knob fully.



41. Attach the remaining Seat (13) to the Sliding Seat Frame (74) with four 1/4" x 3/4" Bolts (17).



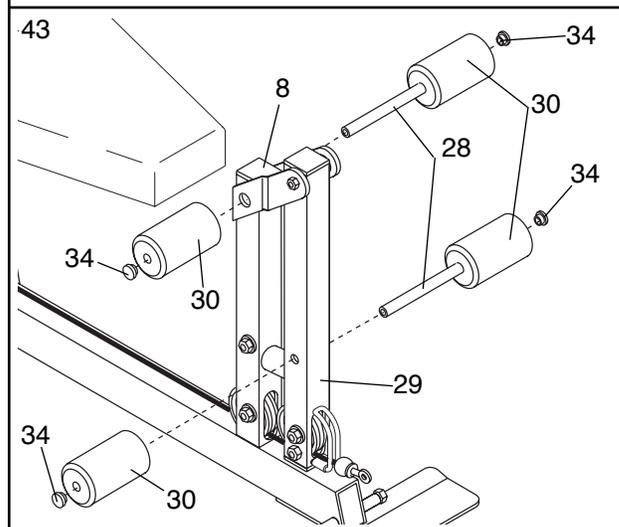
42. Attach the Leg Press Backrest (70) to the Sliding Seat Frame (74) with four 1/4" x 3/4" Bolts (17).



43. Press 3/4" Round Inner Caps (34) into the ends of the two Pad Tubes (28).

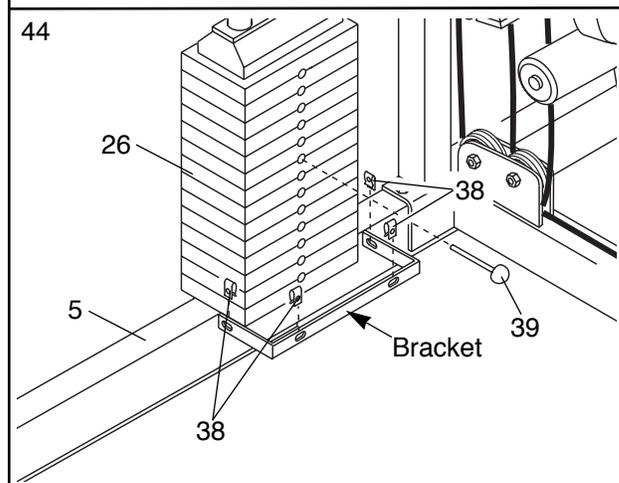
Slide one Pad Tube (28) into the hole in the front leg on the Base (8). Slide a Foam Pad (30) onto each end of the Pad Tube.

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

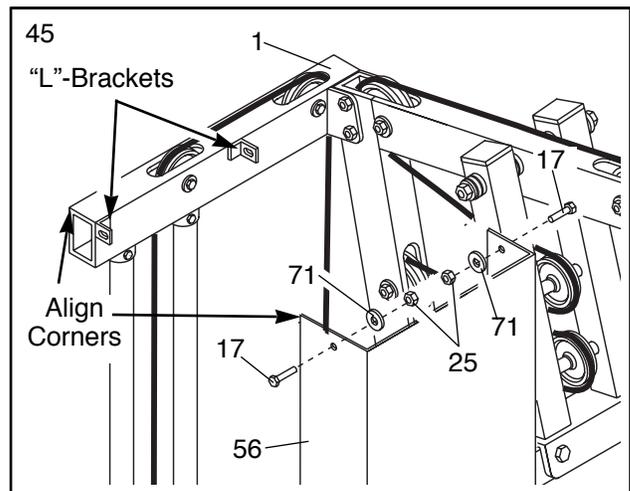


44. Slide the four Tinnerman Clips (38) down over the slots in the bracket on the Stabilizer (5).

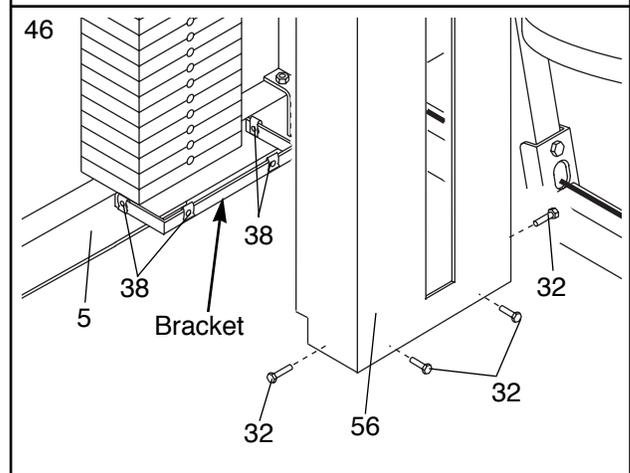
Insert the Weight Pin (39) under one of the Weights (26).



45. Attach the upper end of the Shroud (56) to the two “L”-brackets on the Top Frame (1) with two 1/4” x 3/4” Bolts (17), two 1/4” Flat Washers (71), and two 1/4” Nylon Locknuts (25). **Make sure that the indicated corner of the Shroud is lined up with the indicated corner of the Top Frame. The Bolts must be inserted through the square holes in the Shroud. Do not tighten the Bolts yet.**

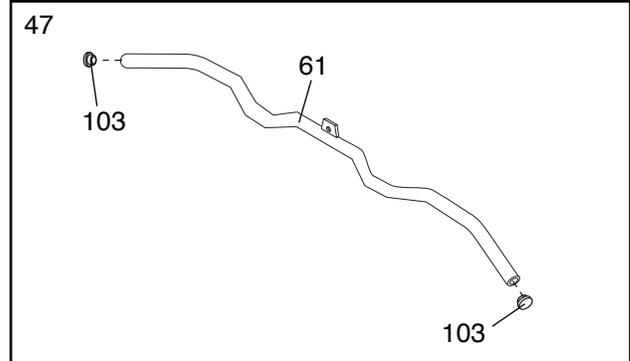


46. Attach the lower end of the Shroud (56) to the bracket on the Stabilizer (5) with four #8 x 3/4” Screws (32). The Screws must be inserted through the square holes in the Shroud and into the Tinnerman Clips (38).

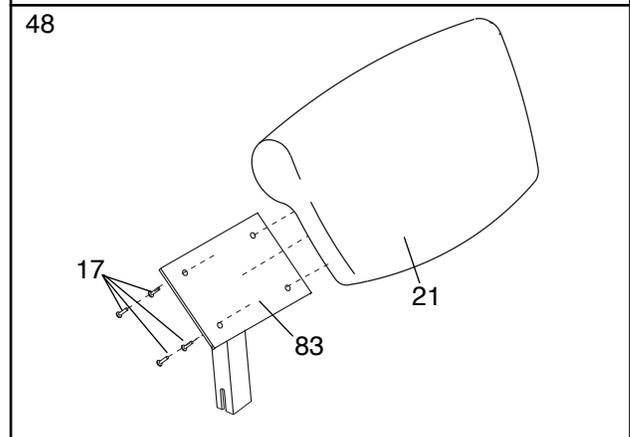


Tighten the bolts used in step 45.

47. Insert a 1” Round Inner Cap (103) into each end of the Lat Bar (61).



48. Attach the Curl Pad (21) to the Curl Post (83) with four 1/4” x 3/4” Bolts (17).



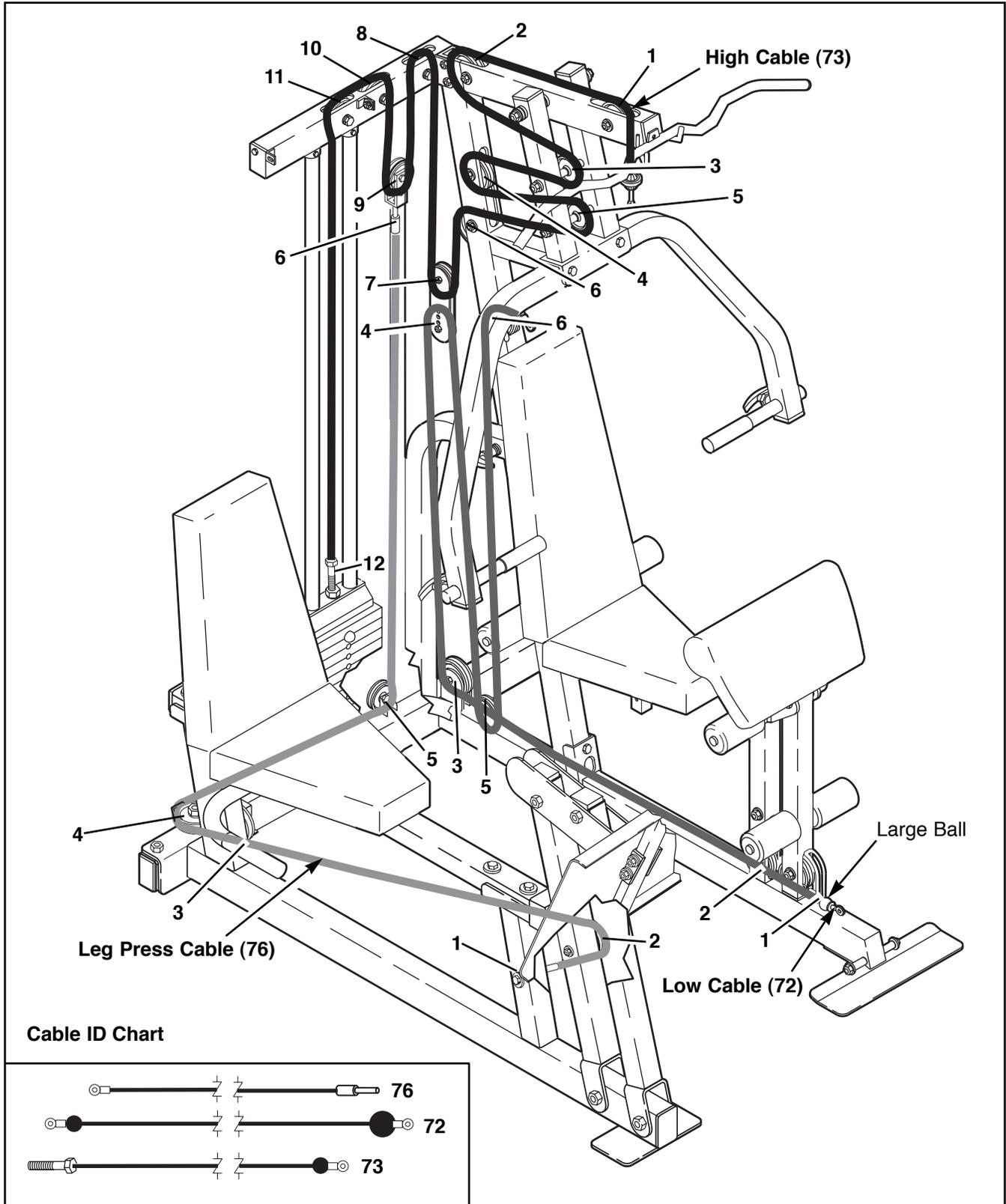
49. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 22 of this manual.

Before using the training system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem.

IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 24.

Cable Diagram

The diagram below shows the proper routing of the Low Cable (72), the High Cable (73), and the Leg Press Cable (76). The numbers show the correct route for each Cable. **Make sure that the Cables are routed correctly, that the pulleys move smoothly, and that the cable traps do not touch or bind the Cables.** Incorrect Cable routing can damage the training system.



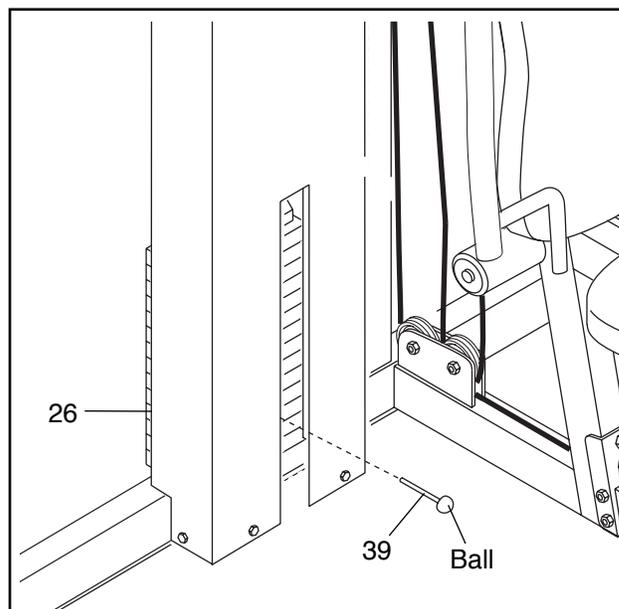
Adjustment

The instructions below describe how each part of the training system can be adjusted. Refer to the exercise poster accompanying this manual to see how the training system should be set up for each exercise. **IMPORTANT: When attaching the lat bar, ankle strap, or ab strap, make sure that the accessories are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

Changing the Weight Setting

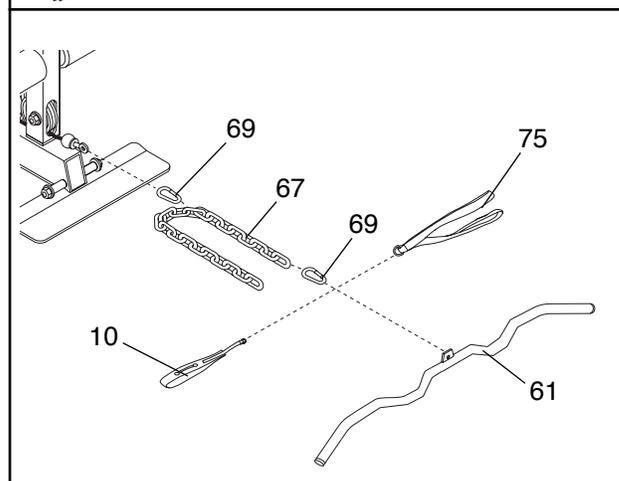
To change the setting of the weight stack, insert the Weight Pin (39) under the desired Weight (26). Be sure to insert the Weight Pin until the ball is touching the Weights. The setting of the weight stack can be changed from 10 pounds to 200 pounds, in increments of 10 pounds.

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 25 of this manual to find the approximate amount of resistance at each weight station.



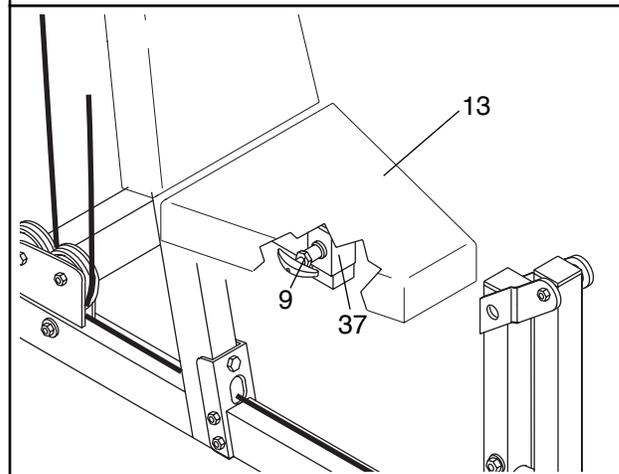
Attaching the Lat Bar, Ankle Strap, or Ab Strap

The Lat Bar (61), Ankle Strap (10), and Ab Strap (75) can be attached to the cable at the desired pulley station with a Cable Clip (69). For some exercises, the Chain (67) should be connected between the attachment and the cable with two Cable Clips. **Adjust the length of the Chain between the accessory and the cable so the accessory is in the correct starting position for the exercise to be performed.**



Adjusting the Height of the Seat

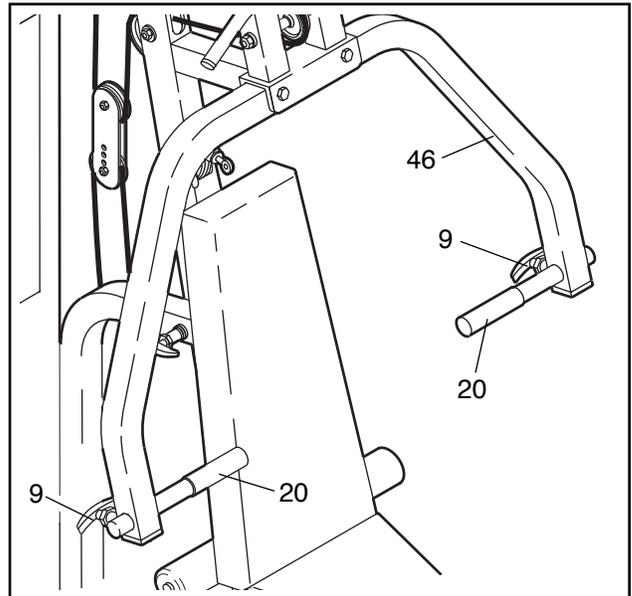
To adjust the height of the Seat (13), loosen the indicated Adjustment Knob (9). Pull out the Knob as far as possible and slide the Seat Upright (37) to the desired position. Release the Knob so that it snaps into one of the adjustment holes in the Seat Upright. Fully retighten the Knob.



Adjusting the Position of the Press Arm Handles

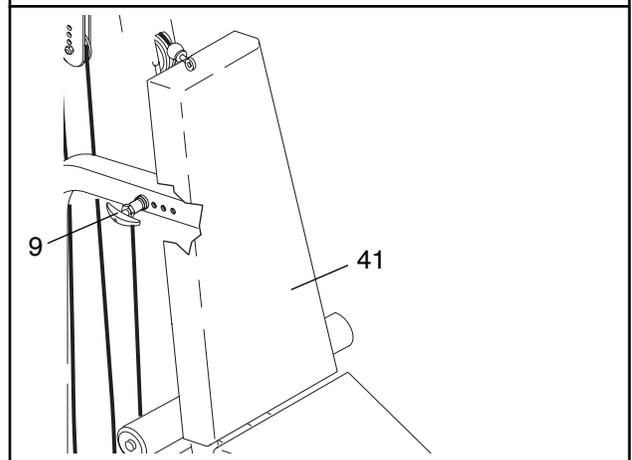
To adjust the position of a Handle (20) on the Press Arm (46), unscrew the Adjustment Knob (9) until it is loose. Pull out the Adjustment Knob as far as possible and slide the Handle to the desired position. Snap the Adjustment Knob into one of the adjustment holes in the Handle. Tighten the Adjustment Knob.

Note: Both Handles (20) should always be adjusted to the same position.



Adjusting the Position of the Backrest

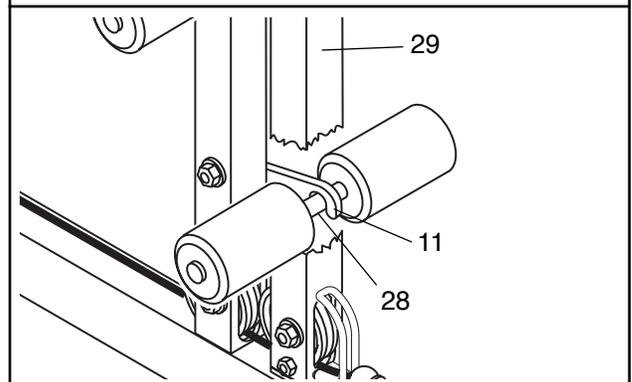
To adjust the position of the Backrest (41), first loosen the Adjustment Knob (9). Pull the Knob out as far as possible and slide the Backrest Frame (not shown) to the desired position. Release the Knob so that it snaps into one of the adjustment holes on the Backrest Frame. Fully retighten the Knob.



Using the Leg Lever Lock

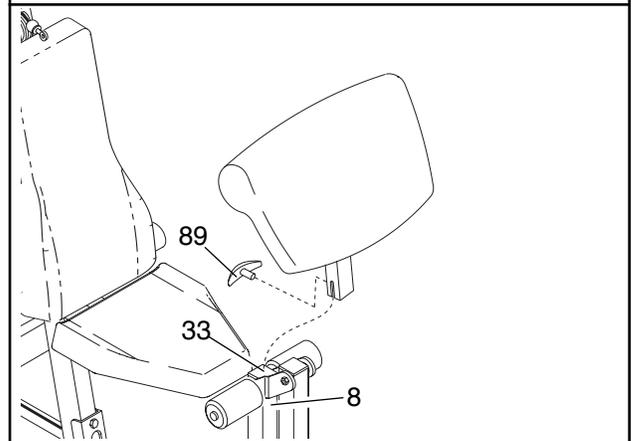
Some exercises, such as the preacher curl, can be performed more comfortably with the Leg Lever (29) locked.

To lock the Leg Lever (29), turn the Leg Lever Lock (11) until it engages the Pad Tube (28) on the Leg Lever.



Attaching the Curl Pad

Remove the 2" Square Inner Cap (33) from the front leg on the Base (8). Slide the Curl Post (83) onto the front leg on the Base and secure it with the Curl Knob (89).



Trouble-shooting and Maintenance

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

Tightening the Cables

Woven cable, the type of cable used on the training system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

To tighten the cables, insert the Weight Pin (39) under the third Weight (26) from the top. Next, loosen the 1/2" Plain Nut (68) securing the bolt at the end of the High Cable (73). Tighten the bolt two turns into the Weight Tube (36) until the cables feel tighter. Tighten the Plain Nut to prevent the bolt from turning.

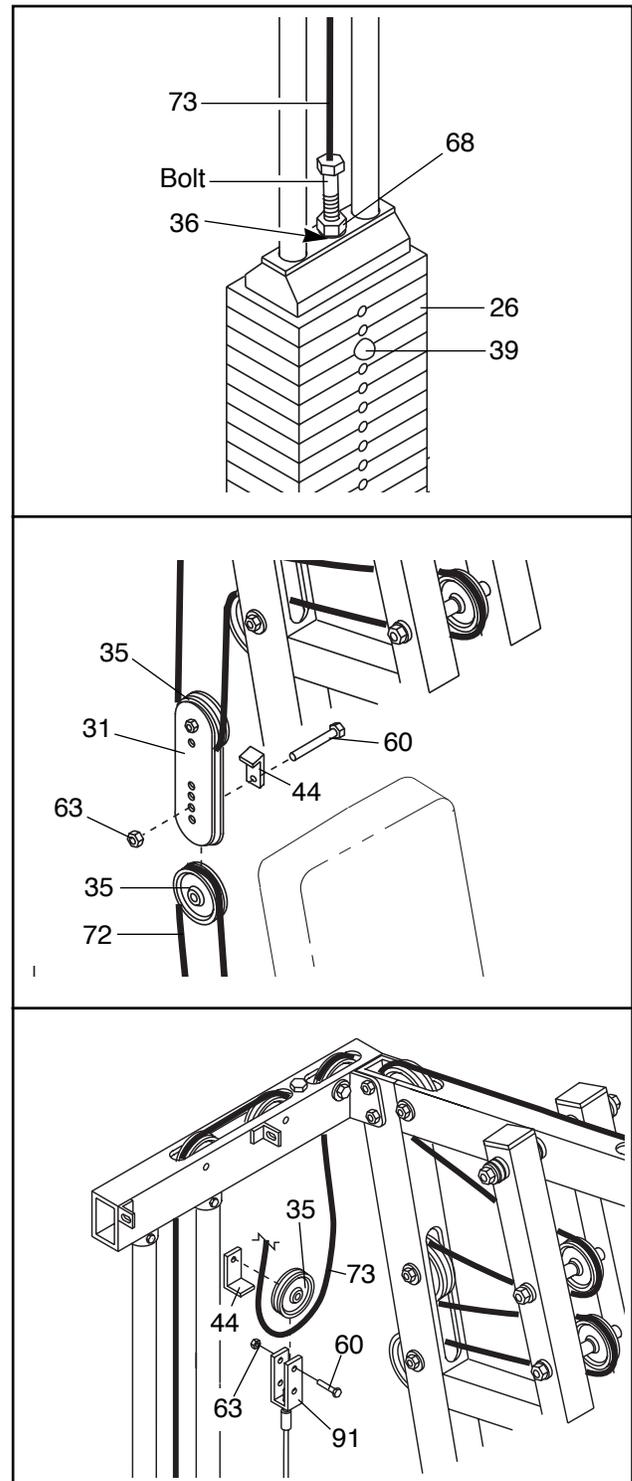
Note: For clarity, the drawing shows the shroud removed; it is not necessary to remove the shroud.

Additional slack can be removed by moving the indicated 4" Pulleys (35) to different holes in the Pulley Plates (31). To do this, remove the 3/8" x 1 3/4" Bolt (60), the Cable Trap (44), and the 3/8" Nylon Jam Nut (63) from the lower Pulley. Move the Pulley to a higher hole and re-attach it with the Bolt, Cable Trap, and Nylon Jam Nut. **Make sure that the Low Cable (72) is in the groove of the Pulley and that the Cable Trap is turned as shown. The upper pulley can be adjusted in the same way.**

Slack can also be removed by moving the indicated 4" Pulley (35) to the lower hole in the Pulley Bracket (91). To do this, remove the 3/8" x 1 3/4" Bolt (60), the Cable Trap (44), and the 3/8" Nylon Jam Nut (63) from the Pulley. Move the Pulley to the lower hole and re-attach it with the Bolt, Cable Trap, and Nylon Jam Nut. **Make sure that the High Cable (73) is in the groove of the Pulley and that the Cable Trap is turned as shown.**

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

If a cable needs to be replaced, refer to the back cover of this manual.



Weight Resistance Chart

This chart shows the approximate weight resistance at each weight station. “Top” refers to the 10 lb. top weight. The other numbers refer to the 10 lb. weight plates. Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.

Weight Plates	Arm Press (lbs.)	Lower Pulley (lbs.)	Upper Pulley (lbs.)	AB Pulley (lbs.)	Leg Lever (lbs.)	Leg Press (lbs.)
Top	24	11	13	13	11	28
1	35	22	25	24	22	51
2	46	34	36	35	34	74
3	57	46	48	46	46	97
4	68	57	60	57	57	120
5	79	69	72	68	69	143
6	90	80	83	79	80	167
7	102	92	95	90	92	190
8	113	104	107	102	104	213
9	124	115	119	113	115	236
10	135	127	130	124	127	259
11	146	138	142	135	138	282
12	157	150	154	146	150	305
13	168	162	166	157	162	328
14	179	173	177	168	173	351
15	190	185	189	179	185	374
16	201	196	201	190	196	397
17	213	208	213	201	208	420
18	224	219	224	213	219	443
19	235	231	236	224	231	466

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 each individual exercise to the proper intensity level in two ways:

- by changing the amount of resistance 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 resistance for each exercise depends upon the individual user; you must gauge your limits and select the amount of resistance 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 resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance 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 resistance.

Weight Loss

To lose weight, use a low amount of resistance 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

For a complete and well-balanced fitness program, cross training is a very effective. 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 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 and 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 27 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.

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.

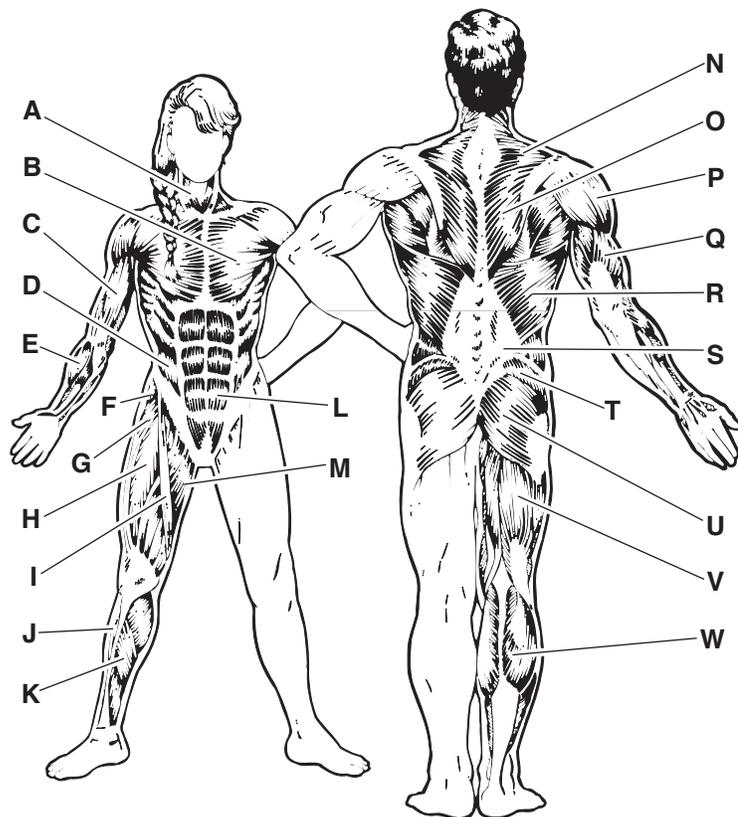
STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance, 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.

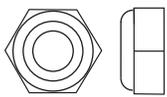
MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (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)

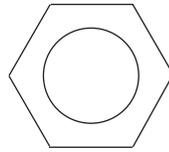


Part Identification Chart—WESY69100

R1000A



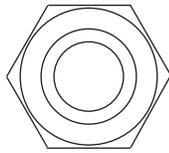
1/4" Nylon Jam Nut (51)



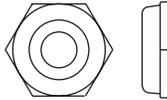
1/2" Plain Nut (68)



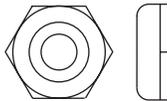
1/4" Nylon Locknut (25)



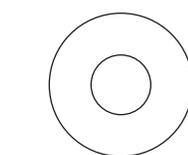
1/2" Nylon Jam Nut (48)



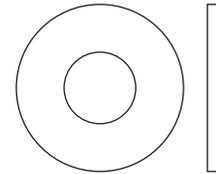
5/16" Nylon Locknut (81)



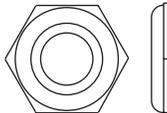
5/16" Nylon Jam Nut (79)



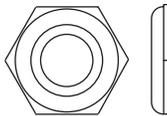
1/4" Flat Washer (71)



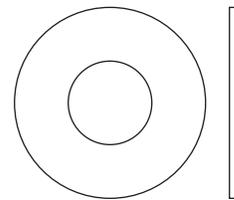
5/16" Flat Washer (80)



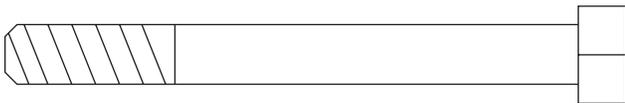
3/8" Nylon Jam Nut (63)



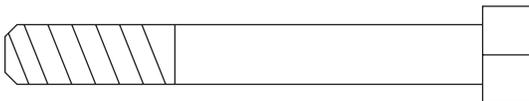
3/8" Nylon Locknut (50)



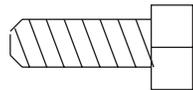
3/8" Flat Washer (55)



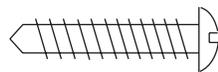
5/16" x 3" Bolt (78)



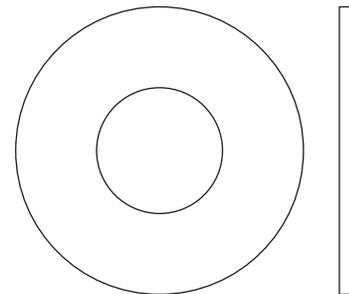
5/16" x 2 1/2" Bolt (96)



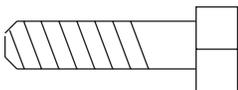
1/4" x 3/4" Bolt (17)



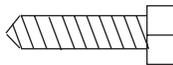
#10 x 1" Tap Screw (7)



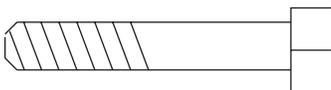
1 1/2" Flat Washer (40)



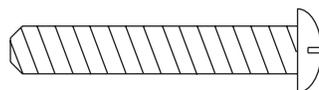
1/4" x 1" Bolt (95)



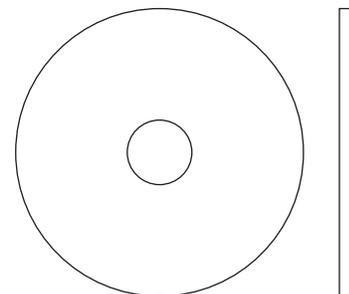
#8 x 3/4" Screw (32)



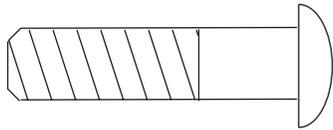
1/4" x 1 1/2" Bolt (101)



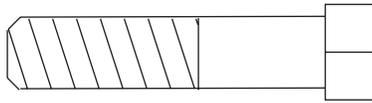
1/4" x 1 1/2" Screw (49)



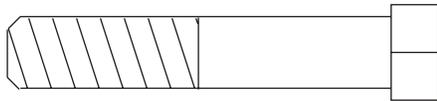
Large Washer (104)



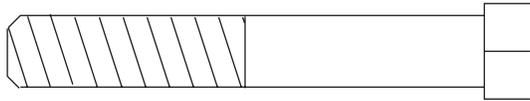
3/8" x 1 1/2" Button Cap Screw (2)



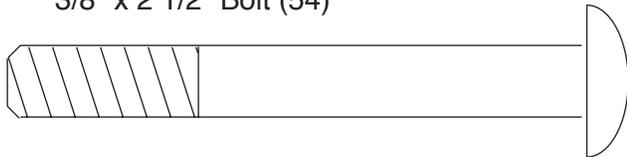
3/8" x 1 3/4" Bolt (60)



3/8" x 2" Bolt (62)



3/8" x 2 1/2" Bolt (54)



3/8" x 3" Carriage Bolt (107)



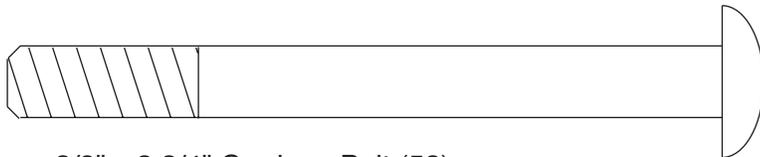
3/8" x 3" Bolt (45)



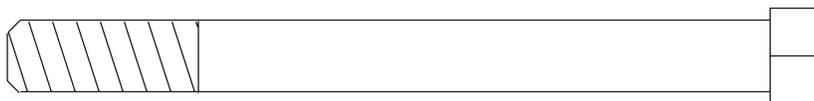
3/8" x 3 1/4" Bolt (87)



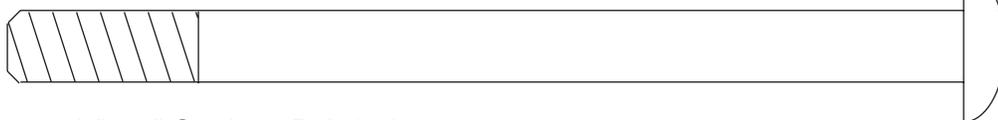
3/8" x 3 3/4" Bolt (92)



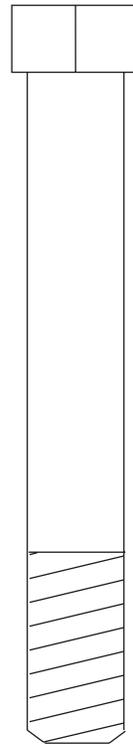
3/8" x 3 3/4" Carriage Bolt (52)



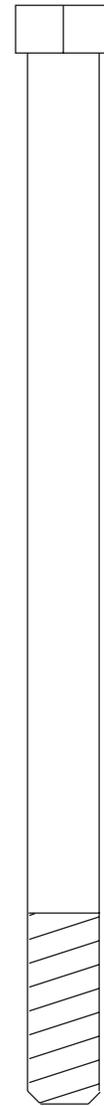
3/8" x 4" Bolt (65)



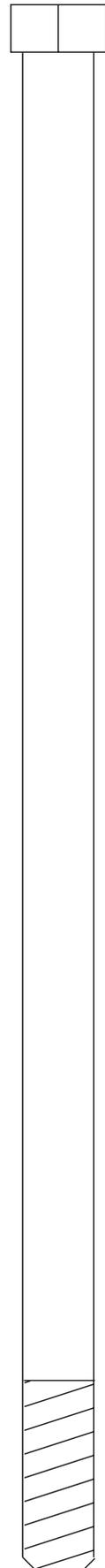
3/8" x 5" Carriage Bolt (82)



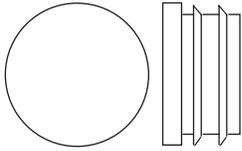
1/2" x 3 1/2" Bolt (22)



3/8" x 5 1/2" Bolt (57)



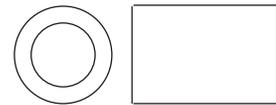
3/8" x 8 1/2" Bolt (59)



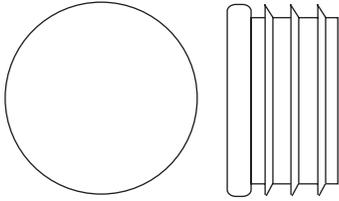
3/4" Round Inner Cap (34)



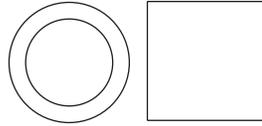
1/2" x 1 3/4" Bushing (94)



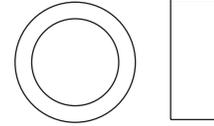
1/2" x 3/4" Long Bushing (106)



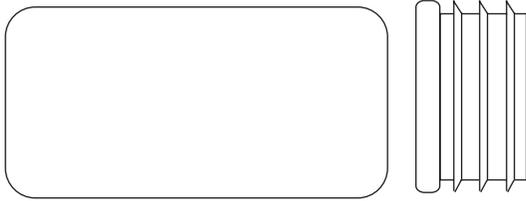
1" Round Inner Cap (103)



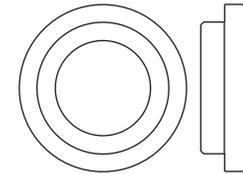
5/8" x 1/2" Pulley Bushing (42)



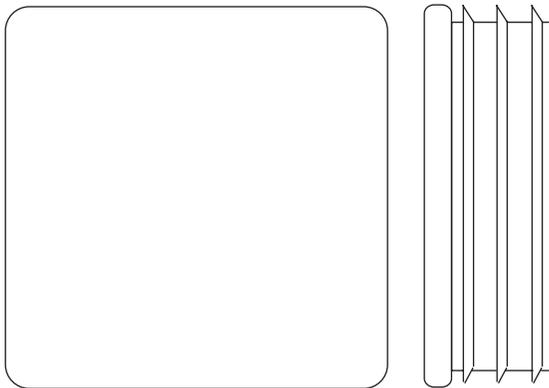
5/8" x 1/4" Bushing (90)



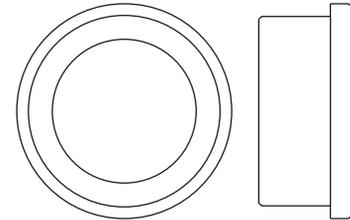
1" x 2" Inner Cap (43)



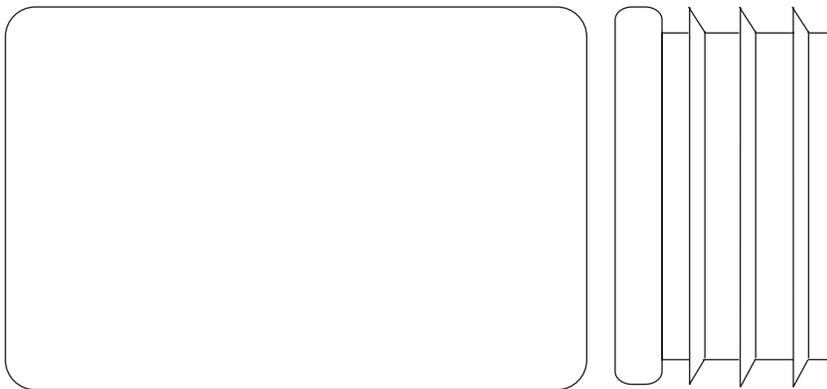
1/4" x 7/8" Flange Bushing (47)



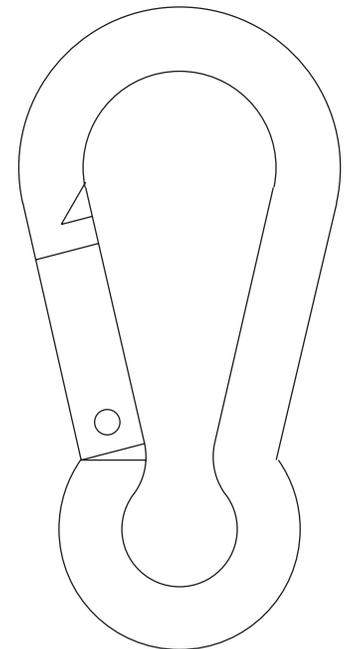
2" Square Inner Cap (33)



1 1/8" x 1/2" Flange Bushing (18)



2" x 3" Inner Cap (24)



Cable Clip (69)

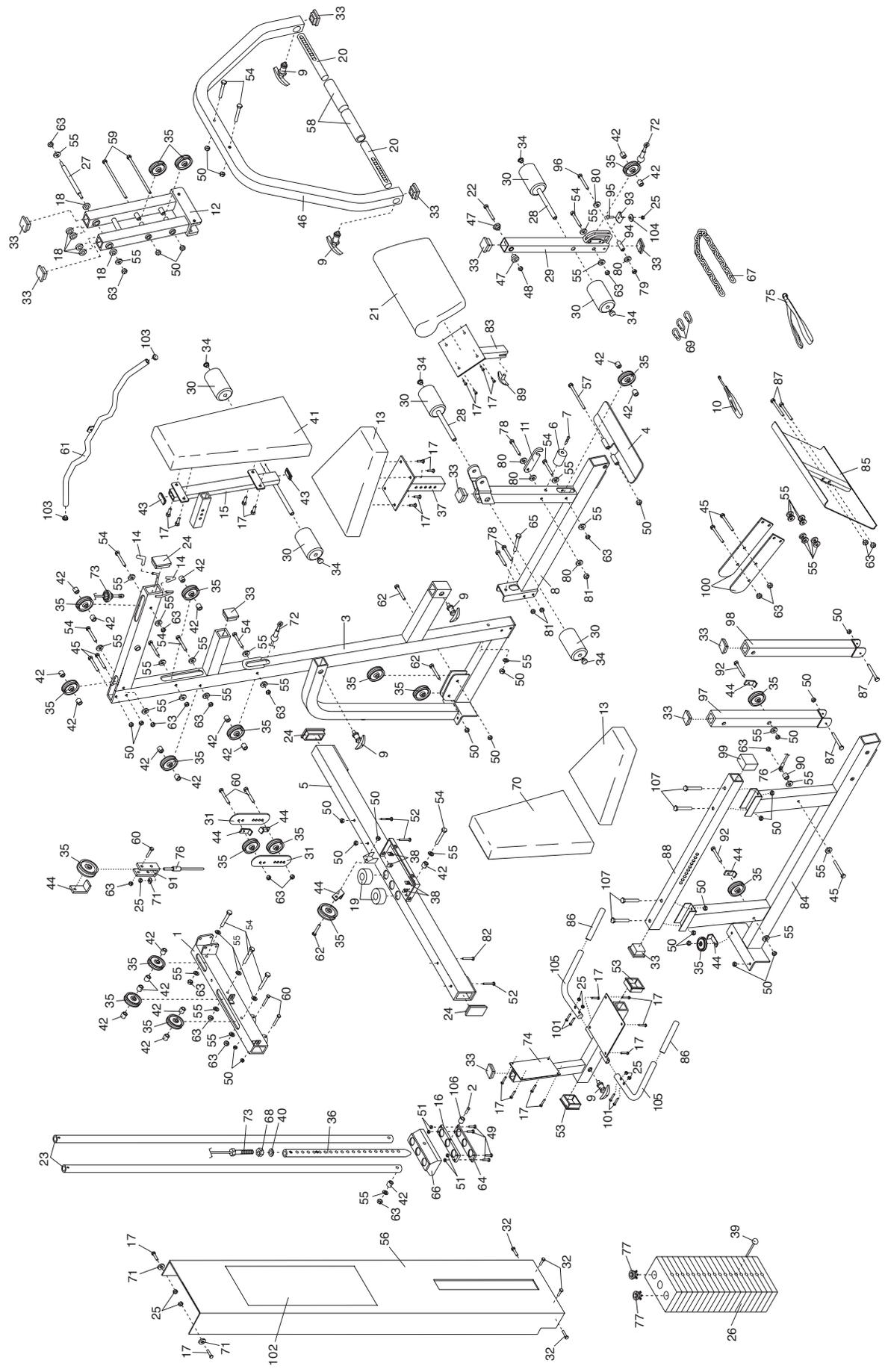
Part List—Model No. WESY69100

R1000A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	55	37	3/8" Flat Washer
2	1	3/8" x 1 1/2" Button Cap Screw	56	1	Shroud
3	1	Main Upright	57	1	3/8" x 5 1/2" Bolt
4	1	Foot Plate	58	2	Grip
5	1	Stabilizer	59	2	3/8" x 8 1/2" Bolt
6	1	Leg Lever Bumper	60	5	3/8" x 1 3/4" Bolt
7	1	#10 x 1" Tap Screw	61	1	Lat Bar
8	1	Base	62	3	3/8" x 2" Bolt
9	5	Adjustment Knob	63	21	3/8" Nylon Jam Nut
10	1	Ankle Strap	64	1	Weight Support
11	1	Leg Lever Lock	65	1	3/8" x 4" Bolt
12	1	Press Frame	66	1	Weight Cover
13	2	Seat	67	1	Chain
14	2	Plastic Sleeve	68	1	1/2" Plain Nut
15	1	Backrest Frame	69	3	Cable Clip
16	1	Top Weight	70	1	Leg Press Backrest
17	22	1/4" x 3/4" Bolt	71	3	1/4" Flat Washer
18	6	1 1/8" x 1/2" Flange Bushing	72	1	Low Cable
19	2	Weight Bumper	73	1	High Cable
20	2	Handle	74	1	Sliding Seat Frame
21	1	Curl Pad	75	1	Ab Strap
22	1	1/2" x 3 1/2" Bolt	76	1	Leg Press Cable
23	2	Weight Guide	77	38	Weight Insert
24	3	2" x 3" Inner Cap	78	3	5/16" x 3" Bolt
25	8	1/4" Nylon Locknut	79	1	5/16" Nylon Jam Nut
26	19	Weight	80	5	5/16" Flat Washer
27	1	Pivot Rod	81	3	5/16" Nylon Locknut
28	2	Pad Tube	82	1	3/8" x 5" Carriage Bolt
29	1	Leg Lever	83	1	Curl Post
30	6	Foam Pad	84	1	Leg Press Base
31	2	Pulley Plate	85	1	Leg Press Plate
32	4	#8 x 3/4" Screw	86	2	Hand Grip
33	12	2" Square Inner Cap	87	4	3/8" x 3 1/4" Bolt
34	6	3/4" Round Inner Cap	88	1	Seat Frame Channel
35	21	4" Pulley	89	1	Curl Knob
36	1	Weight Tube	90	1	5/8" x 1/4" Bushing
37	1	Seat Upright	91	1	Pulley Bracket
38	4	Tinnerman Clip	92	2	3/8" x 3 3/4" Bolt
39	1	Weight Pin	93	1	Tab
40	1	1 1/2" Flat Washer	94	1	1/2" x 1 3/4" Bushing
41	1	Backrest	95	1	1/4" x 1" Bolt
42	22	5/8" x 1/2" Pulley Bushing	96	1	5/16" x 2 1/2" Bolt
43	2	1" x 2" Inner Cap	97	1	Rear Leg Press Upright
44	7	Cable Trap	98	1	Forward Leg Press Upright
45	5	3/8" x 3" Bolt	99	1	Angle Cap
46	1	Press Arm	100	2	Leg Press Attachment
47	2	1/4" x 7/8" Flange Bushing	101	4	1/4" x 1 1/2" Bolt
48	1	1/2" Nylon Jam Nut	102	1	Chart Decal
49	4	1/4" x 1 1/2" Screw	103	2	1" Round Inner Cap
50	25	3/8" Nylon Locknut	104	1	Large Washer
51	4	1/4" Nylon Jam Nut	105	2	Handle
52	3	3/8" x 3 3/4" Carriage Bolt	106	1	1/2" x 3/4" Long Bushing
53	2	Plastic Sleeve Bushing	107	4	3/8" x 3" Carriage Bolt
54	12	3/8" x 2 1/2" Bolt	#	1	User's Manual (not illustrated)

Exploded Drawing—Model No. WESY69100

R1000A



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:

- The MODEL NUMBER of the product (WESY69100)
- The NAME of the product (CLUB WEIDER® 16.8ST training system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached in the center of this manual).

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