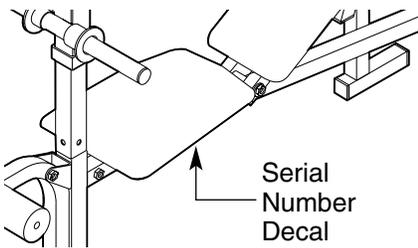


# WEIDER® 140

Model No. WEBE13810

Serial No. \_\_\_\_\_

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



## USER'S MANUAL

### QUESTIONS?

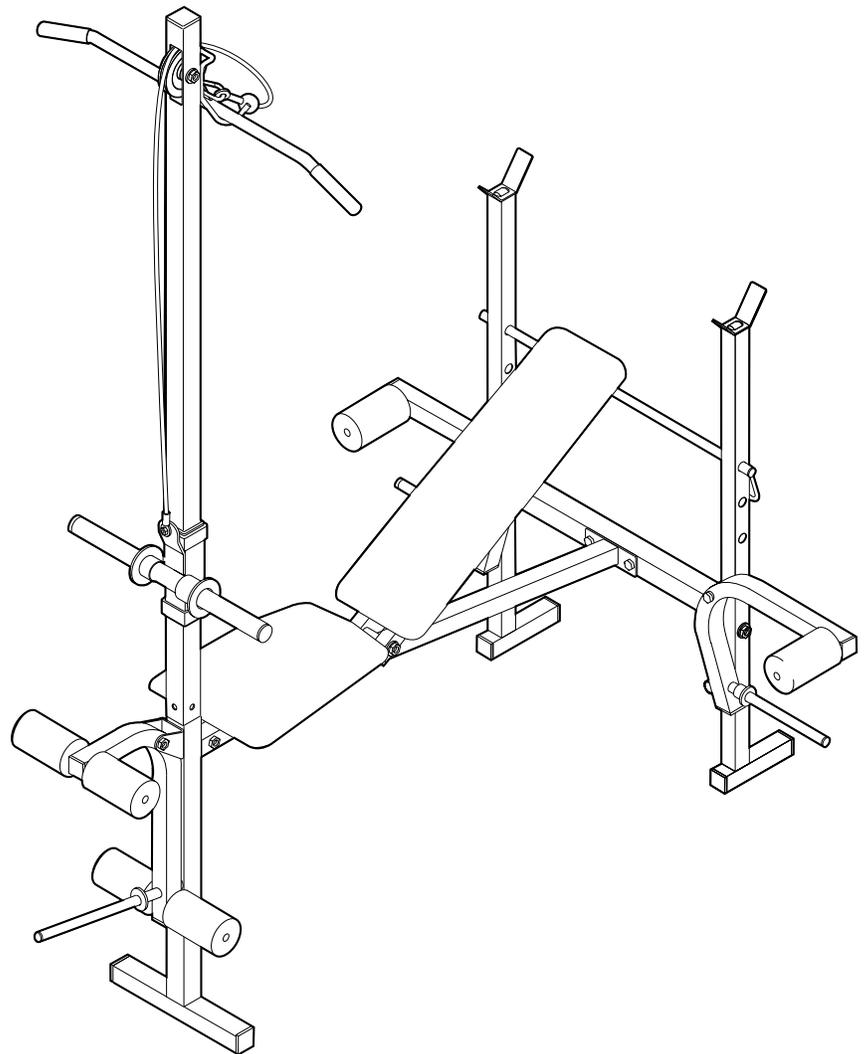
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**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



### ⚠ CAUTION

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



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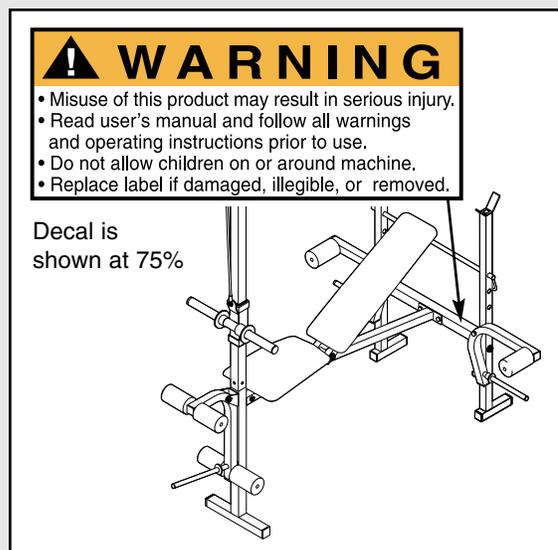
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# IMPORTANT PRECAUTIONS

**⚠ 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 children under the age of 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum of 360 pounds, including the user, a barbell, and weights. Do not place more than 110 pounds, including a barbell and weights, on the weight rests. Do not place more than 30 pounds on each fly arm. Do not place more than 50 pounds on the leg lever. Do not place more than 50 pounds on the lat tower. Note: The weight bench does not include a barbell and weights.
10. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
11. Do not use a barbell that is longer than five feet with the weight bench.
12. Always make sure there is an equal amount of weight on each side of your barbell when you are using it.
13. When using the backrest in an inclined or level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal to the location shown.



**⚠ 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.

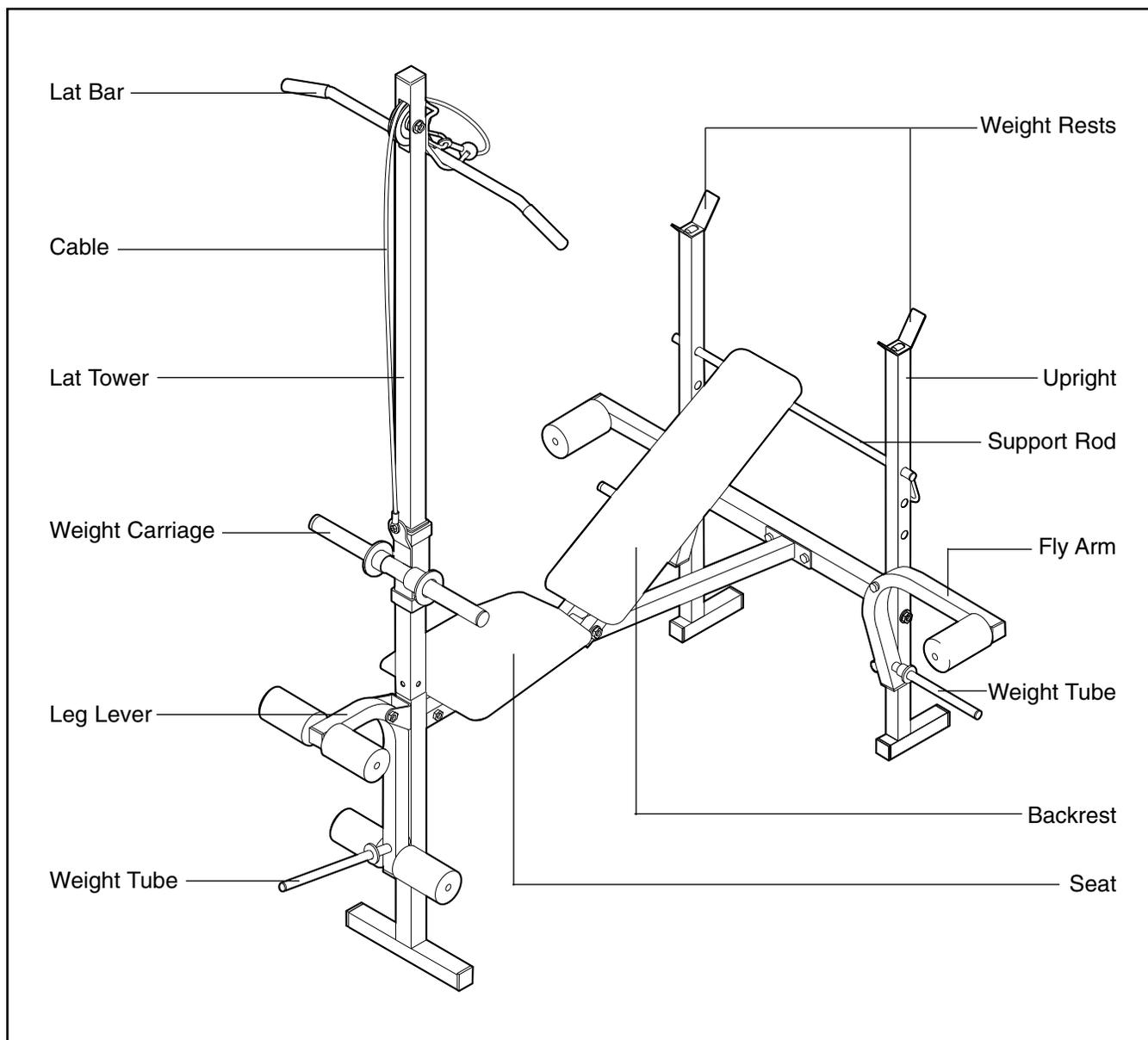
# BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 140 weight bench. The versatile WEIDER® 140 weight bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 140 weight bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® 140 weight bench.** If you have additional questions, please call our Customer Service

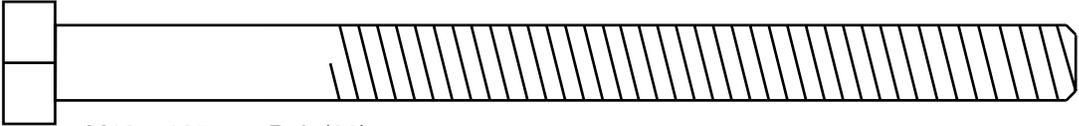
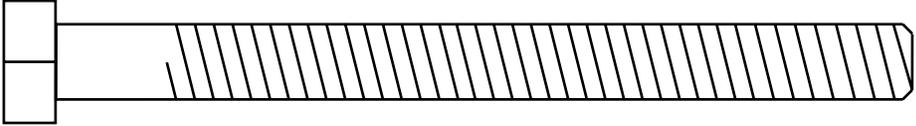
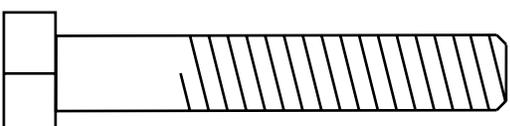
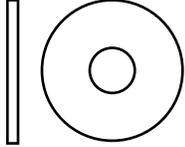
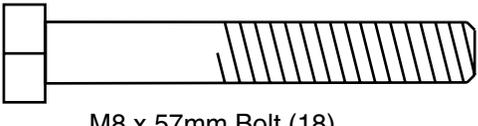
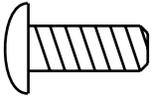
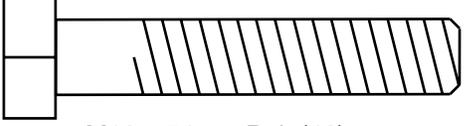
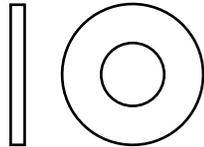
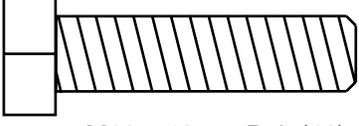
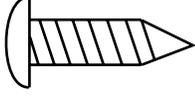
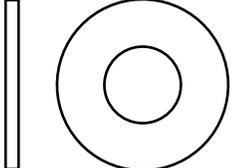
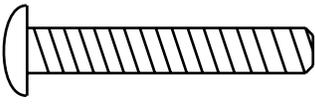
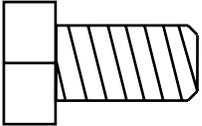
Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE13810. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



# PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST on page 14. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**

		
M10 x 135 mm Bolt (36)		
		
M10 x 114mm Bolt (19)		
		
M10 x 60mm Bolt (32)	M6 Washer (26)	
		
M8 x 57mm Bolt (18)	M6 x 16mm Screw (29)	
		
M10 x 54mm Bolt (42)	M8 Washer (16)	
		
M10 x 40mm Bolt (46)	M5 x 16mm Round Head Screw (49)	M10 Washer (34)
		
M6 x 38mm Screw (30)		
		
M10 x 19mm Screw (45)	M8 Nylon Locknut (17)	M10 Nylon Locknut (33)

# 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.

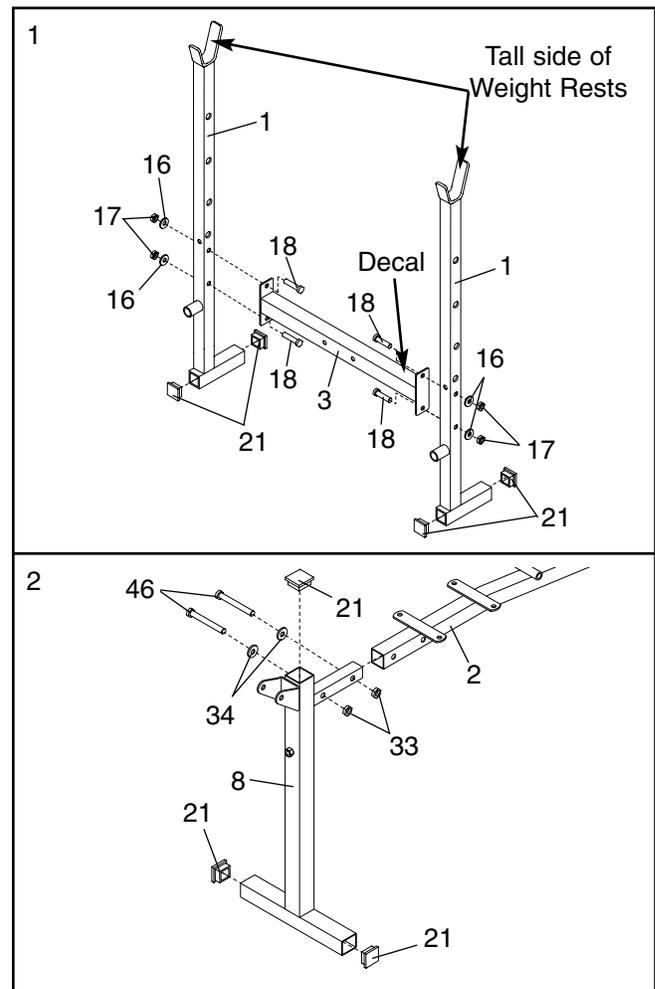
1. **Before assembling this product, make sure you have read and understand the information in the box above.**

Tap two 38mm Square Inner Caps (21) into the bottom of each Upright (1).

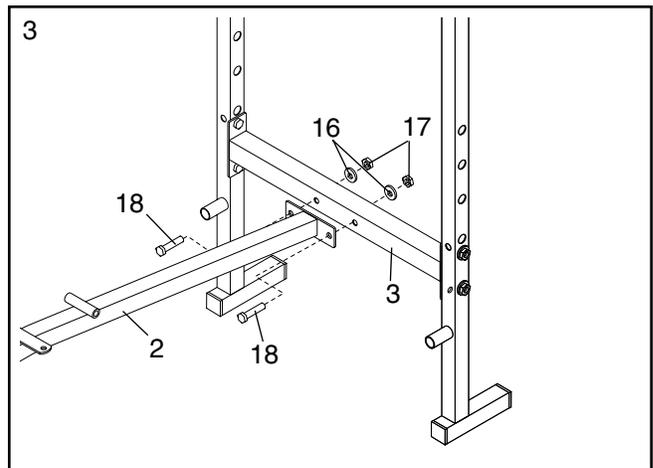
Attach the Crossbar (3) to the two Uprights (1) with four M8 x 57mm Bolts (18), four M8 Washers (16), and four M8 Nylon Locknuts (17). **Note: The decal on the Crossbar, and the tall side of the weight rest on the Uprights, must be oriented as shown. Do not tighten the Nylon Locknuts yet.**

2. Tap three 38mm Square Inner Caps (21) into the Front Leg (8).

Attach the Front Leg (8) to the Frame (2) with two M10 x 40mm Bolts (46), two M10 Washers (34), and two M10 Nylon Locknuts (33). **Note: Do not tighten the Nylon Locknuts yet.**

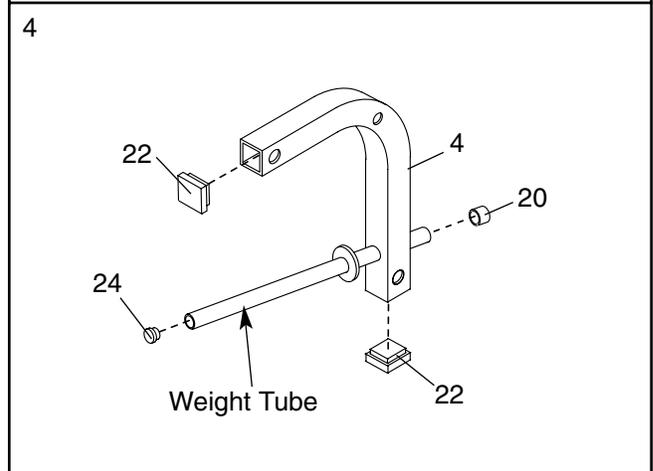


- Attach the Frame (2) to the Crossbar (3) with two M8 x 57mm Bolts (18), two M8 Washers (16), and two M8 Nylon Locknuts (17). **Note: Do not tighten the Nylon Locknuts yet.**

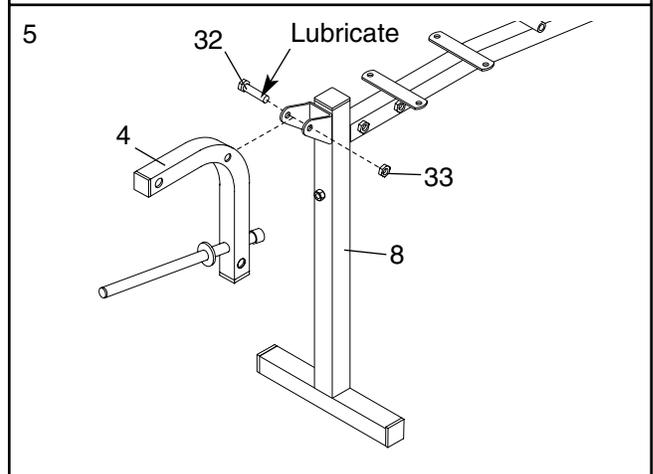


- Tap a 30mm Square Inner Cap (22) into each end of the Leg Lever (4).

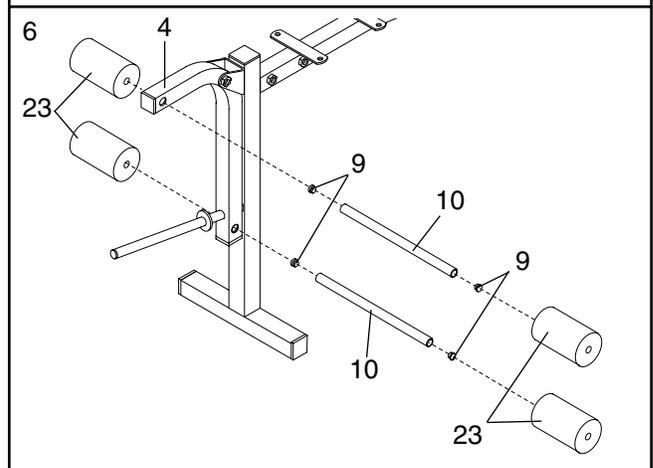
Tap a 1" Round Inner Cap (24) into the indicated end of the weight tube on the Leg Lever (4). Tap the 1" Round Angled Cap (20) onto the other end of the weight tube.



- Lubricate the M10 x 60mm Bolt (32). Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the Bolt and an M10 Nylon Locknut (33).

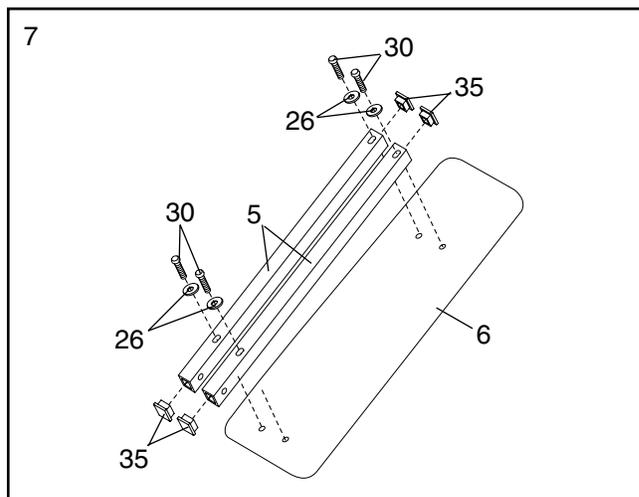


- Tap two 3/4" Round Inner Caps (9) into each Long Pad Tube (10). Insert the Pad Tubes through the holes in the Leg Lever (4). Slide two Long Foam Pads (23) onto each Pad Tube.



- Tap two 1" Square Inner Caps (35) into each of the two Backrest Tubes (5).

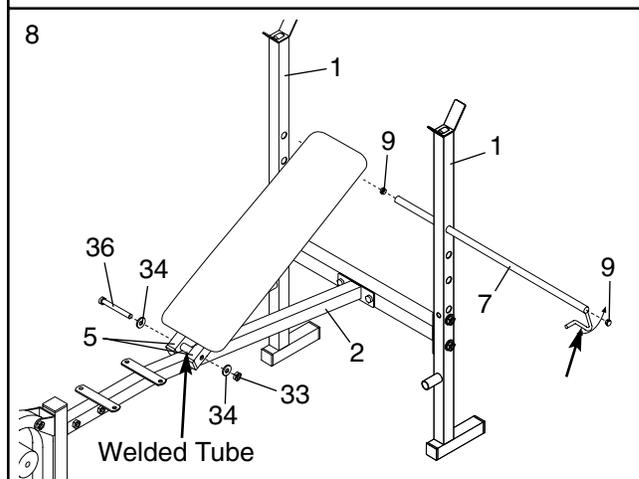
Attach each Backrest Tube (5) to the Backrest (6) with two M6 x 38mm Screws (30) and two M6 Washers (26). **Note: Do not tighten the Screws yet.**



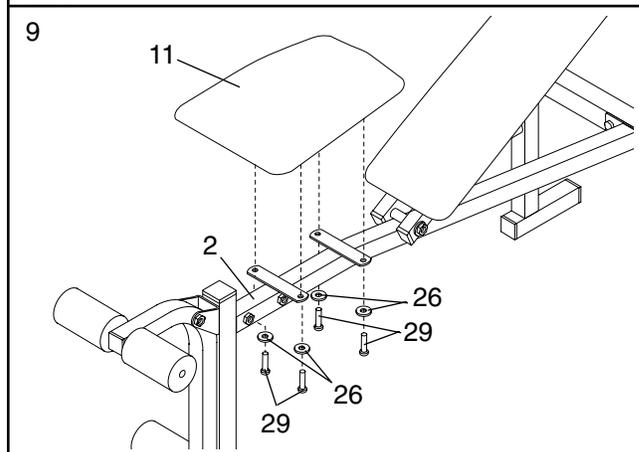
- Tap a 3/4" Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod through one of the three upper sets of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright.

Lubricate the M10 x 135mm Bolt (36). Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Nylon Locknut (33).

**Tighten the M6 x 38mm Screws (30) used in step 7, and the Nylon Locknuts (17, 33) used in steps 1–3.**

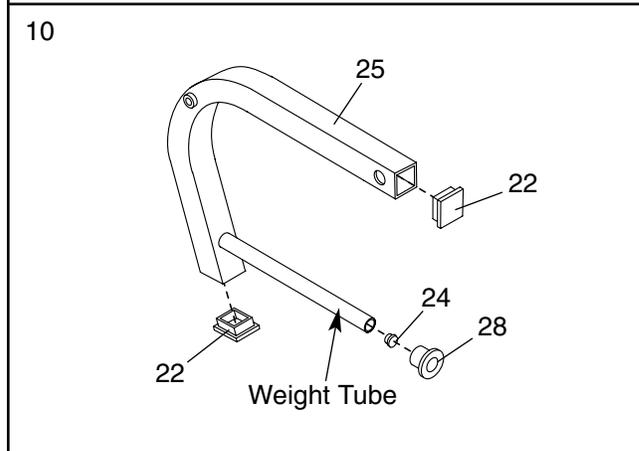


- Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (29) and four M6 Washers (26).



- Tap a 30mm Square Inner Cap (22) into each end of a Fly Arm (25). Push a 1" Round Inner Cap (24) into the end of the weight tube. Slide a Weight Stop (28) onto the weight tube.

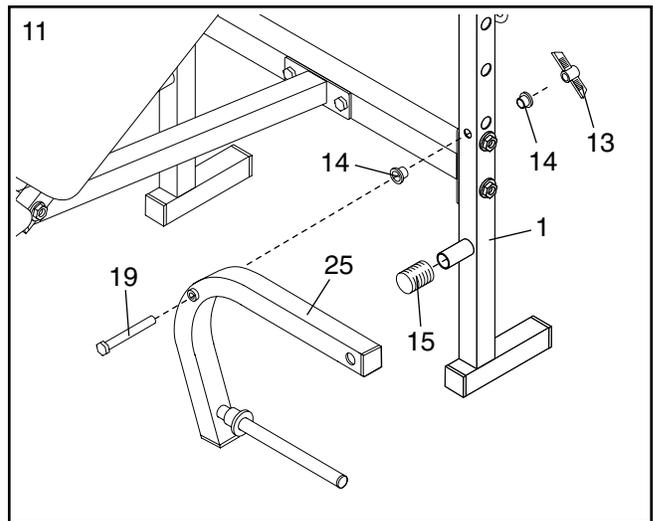
Assemble the other Fly Arm (not shown) in the same manner.



11. Tap a Fly Arm Stop (15) onto the welded tube on each Upright (1).

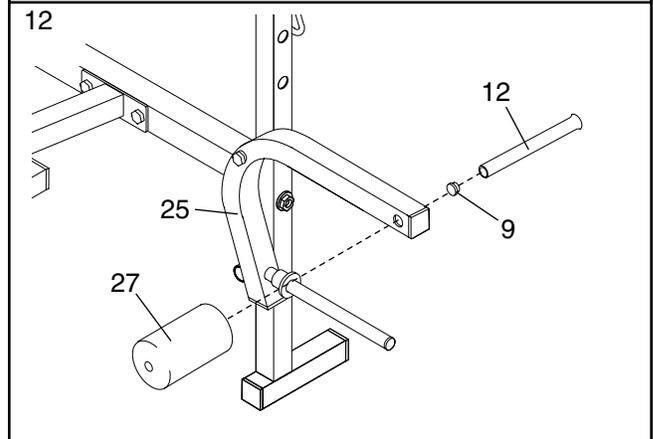
Press two Plastic Bushings (14) into the indicated holes in an Upright (1). Attach a Fly Arm (25) to the Upright using an M10 x 114mm Bolt (19) and a Butterfly Knob (13). Make sure the Fly Arm is on the outside of the Fly Arm Stop (15).

Attach the other Fly Arm (not shown) to the other Upright (not shown) in the same manner.



12. Push a 3/4" Round Inner Cap (9) into the end of a Short Pad Tube (12). Slide the Short Pad Tube into the indicated hole in the a Fly Arm (25), as shown. Push a Short Foam Pad (27) onto the Pad Tube.

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



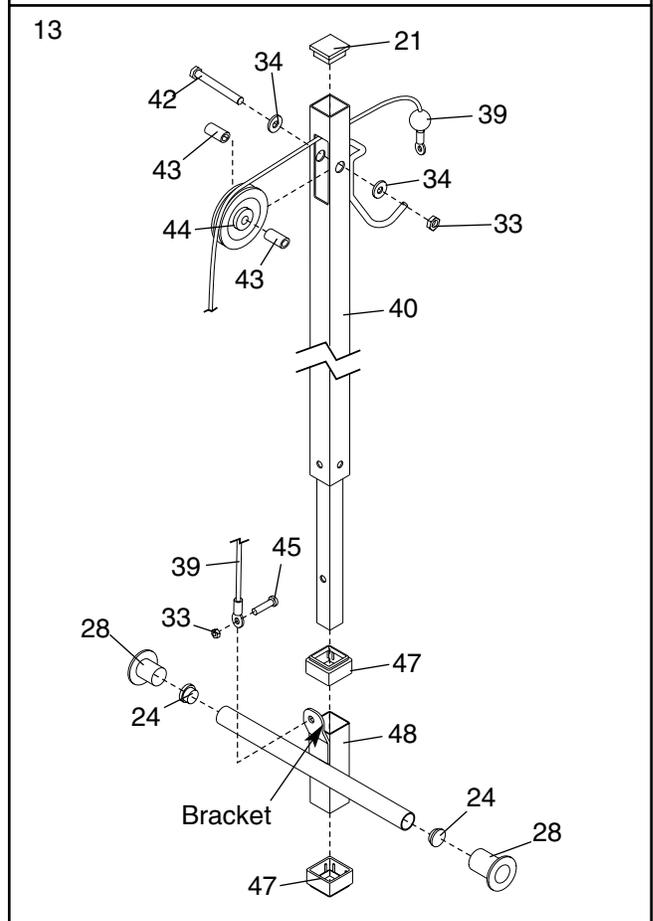
13. Insert the loop end of the Cable (39) through the hole in the Lat Tower (40) and over the Pulley (44). Attach the Pulley, two Spacers (43), and two M10 Washers (34) to the Lat Tower with an M10 x 54mm Bolt (42) and an M10 Nylon Locknut (33).

Press a 38mm Square Inner Cap (21) into the top of the Lat Tower (40).

Press a 1" Round Inner Cap (24) into each end of the weight tube on the Weight Carriage (48). Slide a Weight Stop (28) onto each side of the Weight Carriage. Press Square Bushings (47) into the top and bottom of the Weight Carriage.

Slide an M10 x 19mm Screw (45) into the bracket on the Weight Carriage (48).

Slide the Weight Carriage (48) onto the Lat Tower (40). Attach the Cable (39) to the M10 x 19mm Screw (45) with an M10 Nylon Locknut (33). **Do not overtighten the Nylon Locknut; the Cable must be able to pivot freely.**



14. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**

# ADJUSTMENTS

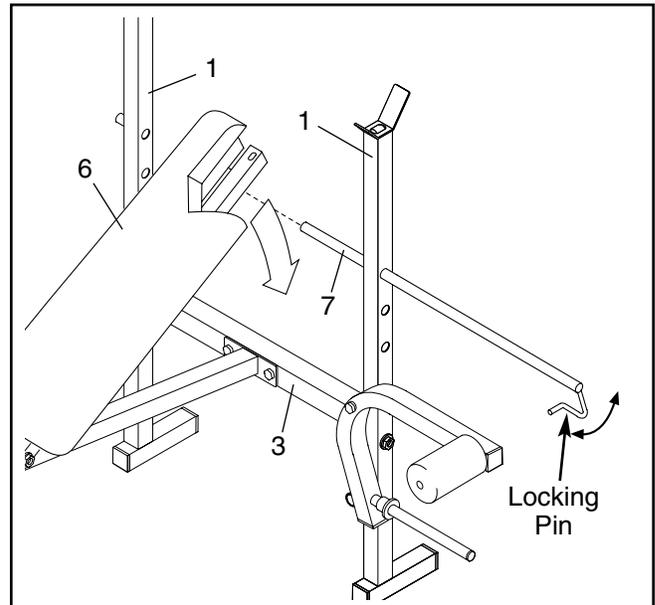
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 12 for important exercise information and refer to the accompanying exercise guide to see the correct form for several exercises.

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 (6) can be used in a declined position, a level position, or three inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, so the locking pin is wrapped around the Upright. Lay the Backrest on the Support Rod.

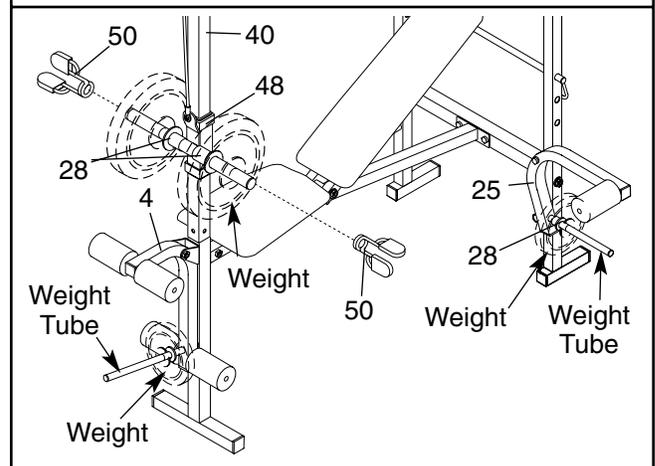


## ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube on the Leg Lever. **Do not place more than 50 pounds on the Leg Lever.**

**⚠ WARNING:** When you are using the Leg Lever (4), place a barbell (not included) with the same amount of weight on the weight rests to balance the bench.

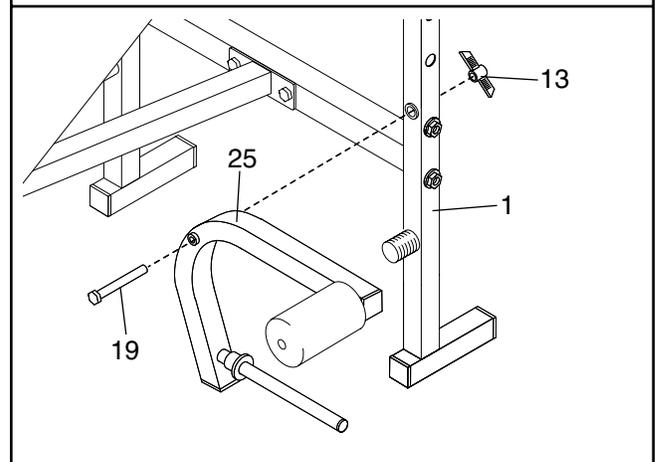
To use the Fly Arms (25) or the Lat Tower (40), make sure there is a Weight Stop (28) on each weight tube or the Weight Carriage (48). Next, slide the desired weights (not included) onto the weight tubes or the Weight Carriage. Secure the weights on the Weight Carriage with two Weight Clips (50). **Do not place more than 30 pounds on each Arm. Do not place more than 50 pounds on the Weight Carriage.**



## REMOVING AND ATTACHING THE FLY ARMS

Some exercises are easier to perform if the Fly Arms (25) are removed from the weight bench. To remove the Fly Arms, remove the Butterfly Knob (13) and the M10 x 114mm Bolt (19) from each Fly Arm and Upright (1). Place the Fly Arms in a safe place.

To re-attach the Fly Arms (25), align the holes in the Fly Arms with the holes in the Uprights (1). Insert the M10 x 114mm Bolts (19) through the Fly Arms and Uprights. Tighten the Butterfly Knobs (13) onto the Bolts.

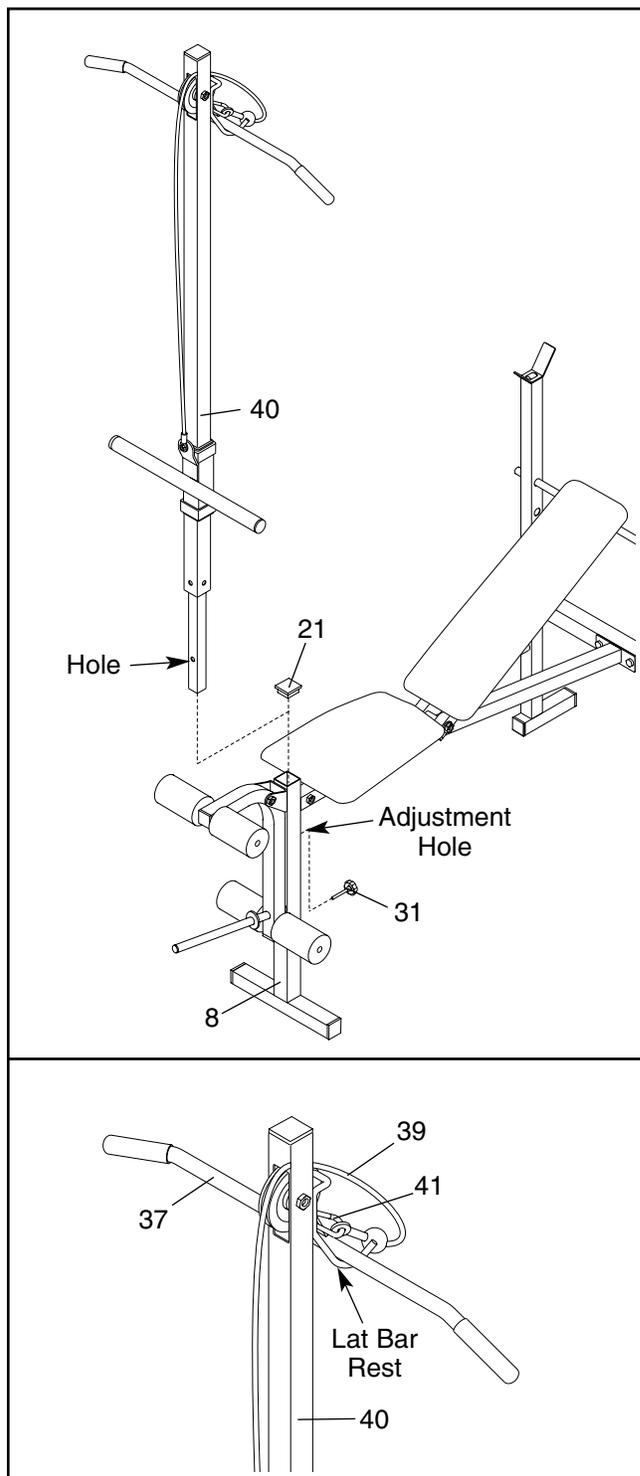


## ATTACHING THE LAT TOWER

For some exercises, the Lat Tower (40) needs to be attached to the weight bench. To do this, remove the 38mm Square Inner Cap (21) from the Front Leg (8). Insert the Lat Tower into the Front Leg and align the indicated hole in the Lat Tower with the adjustment hole in the Front Leg. Secure the Lat Tower with the Adjustment Knob (31).

**Note:** When the Lat Tower (40) is not being used, it should be stored away from the weight bench, and the 38mm Square Inner Cap (21) should be inserted into the Front Leg (8).

**⚠ WARNING:** When you are using the Lat Tower (40), place a barbell (not included) with the same amount of weight on the weight rests to balance the bench.



## ATTACHING THE LAT BAR

Attach the Lat Bar (37) to the Cable (39) with a Cable Clip (41). Rest the Lat Bar on the lat bar rest on the Lat Tower (40).

---

# 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 13 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

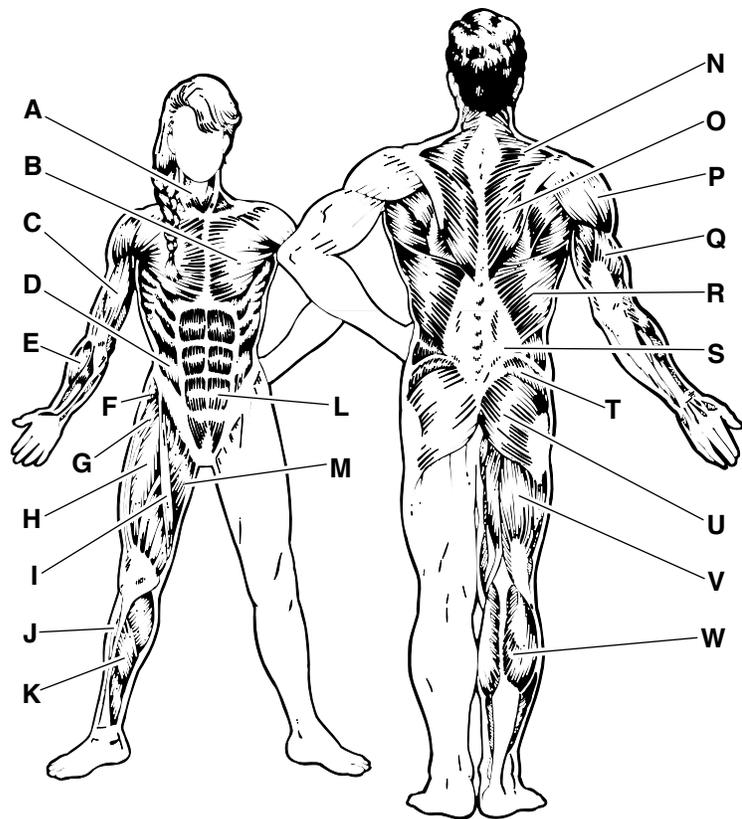
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. 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)



# PART LIST—Model No. WEBE13810

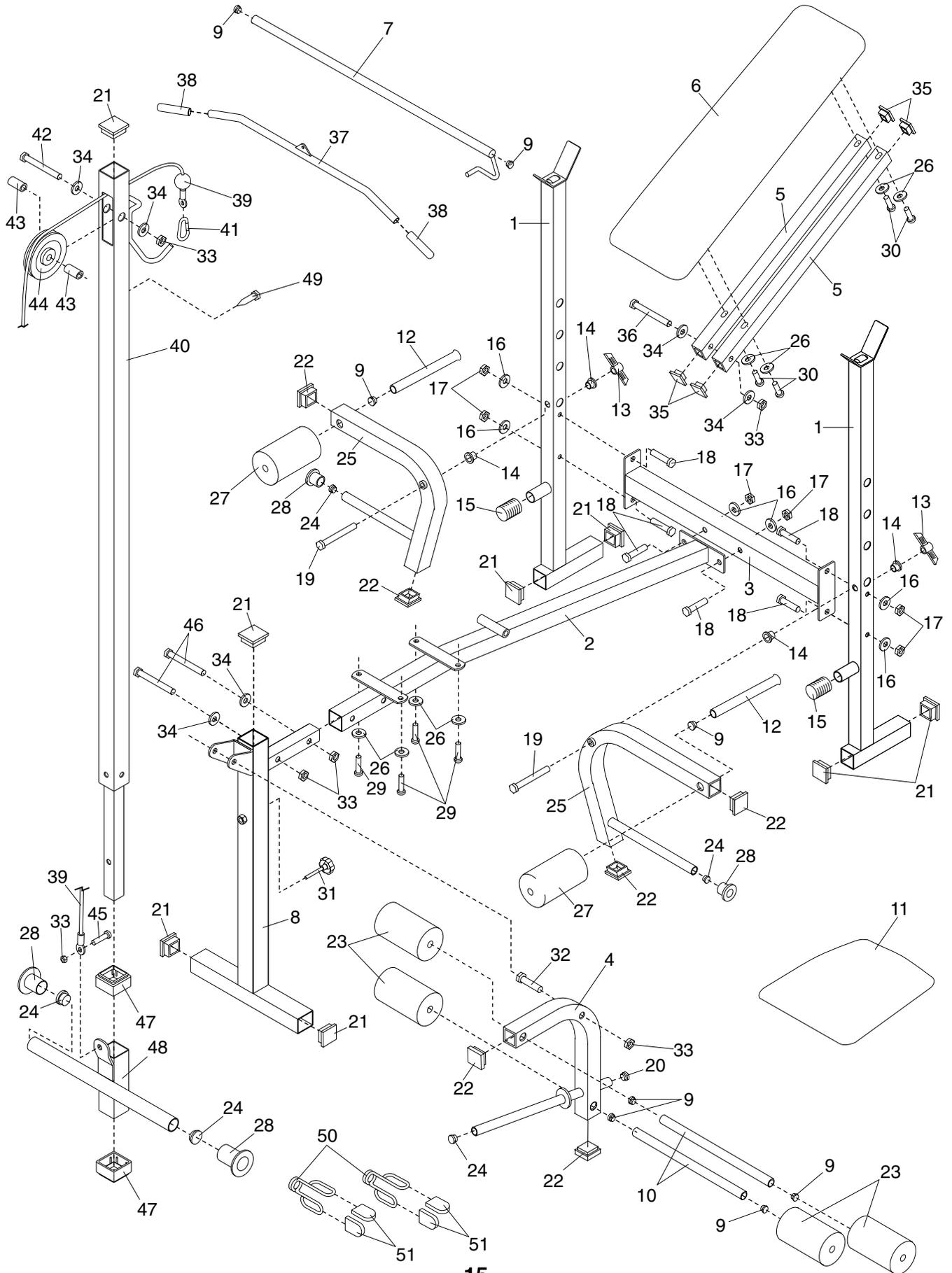
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	28	4	Weight Stop
2	1	Frame	29	4	M6 x 16mm Screw
3	1	Crossbar	30	4	M6 x 38mm Screw
4	1	Leg Lever	31	1	Adjustment Knob
5	2	Backrest Tube	32	1	M10 x 60mm Bolt
6	1	Backrest	33	6	M10 Nylon Locknut
7	1	Support Rod	34	6	M10 Washer
8	1	Front Leg	35	4	1" Square Inner Cap
9	8	3/4" Round Inner Cap	36	1	M10 x 135mm Bolt
10	2	Long Pad Tube	37	1	Lat Bar
11	1	Seat	38	2	Handgrip
12	2	Short Pad Tube	39	1	Cable
13	2	Butterfly Knob	40	1	Lat Tower
14	4	Plastic Bushing	41	1	Cable Clip
15	2	Fly Arm Stop	42	1	M10 x 54mm Bolt
16	6	M8 Washer	43	2	Spacer
17	6	M8 Nylon Locknut	44	1	Pulley
18	6	M8 x 57mm Bolt	45	1	M10 x 19mm Screw
19	2	M10 x 114mm Bolt	46	2	M10 x 40mm Bolt
20	1	1" Round Angled Cap	47	2	Square Bushing
21	8	38mm Square Inner Cap	48	1	Weight Carriage
22	6	30mm Square Inner Cap	49	1	M5 x 16mm Round Head Screw
23	4	Long Foam Pad	50	2	Weight Clip
24	5	1" Round Inner Cap	51	4	Weight Clip Sleeve
25	2	Fly Arm	#	1	User's Manual
26	8	M6 Washer	#	1	Exercise Guide
27	2	Short Foam Pad			

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

# EXPLODED DRAWING—Model No. WEBE13810

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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 (WEBE13810)
- The NAME of the product (WEIDER® 140 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 on page 14 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.

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