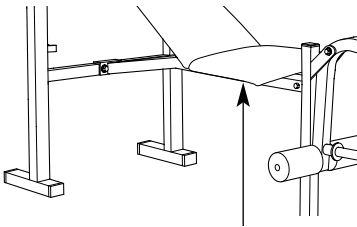


WEIDER® 145

Model No. WEBE06110

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

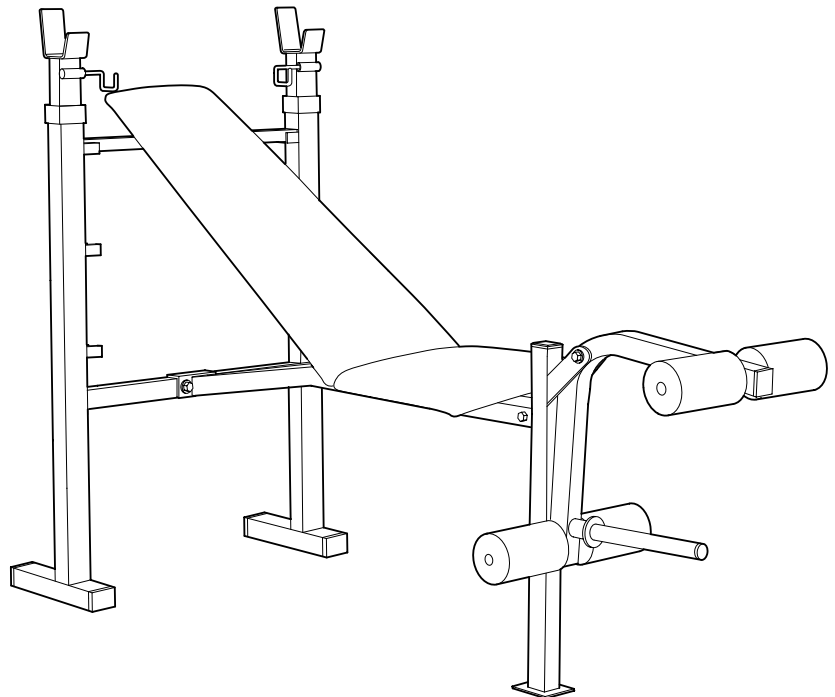
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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.



Visit our website at

www.weiderfitness.com

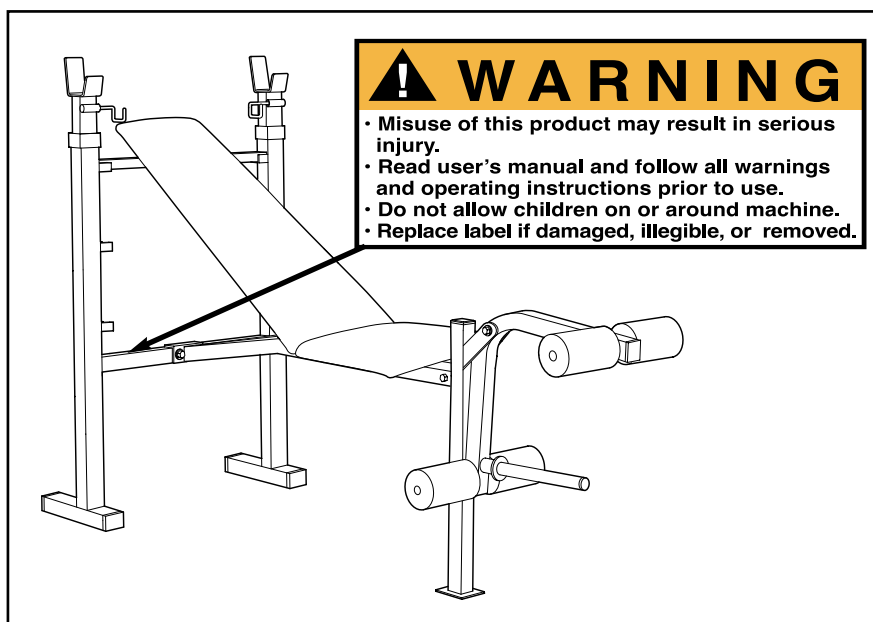
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The decal shown at the right 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 in the location shown.



IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
8. Always wear athletic shoes for foot protection while exercising.
9. When using the backrest, make sure the support tube is fully inserted into the adjustment brackets on the uprights.
10. When you are changing weights, always secure the barbell (not included) with the barbell hooks to help prevent it from falling off the bench.
11. 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 50 pounds on the leg lever for normal use. The leg lever can support 100 pounds when stationary.
12. Do not use a barbell that is longer than five feet with the weight bench.
13. Keep hands and feet away from moving parts.
14. Always make sure there is an equal amount of weight on each side of your barbell.
15. Always set both weight rests at the same height. The adjustment knobs must always be inserted through both the weight rests and the uprights and firmly tightened. Never tighten the knob into an upright and then set a weight rest in the upright on top of the knob.
16. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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

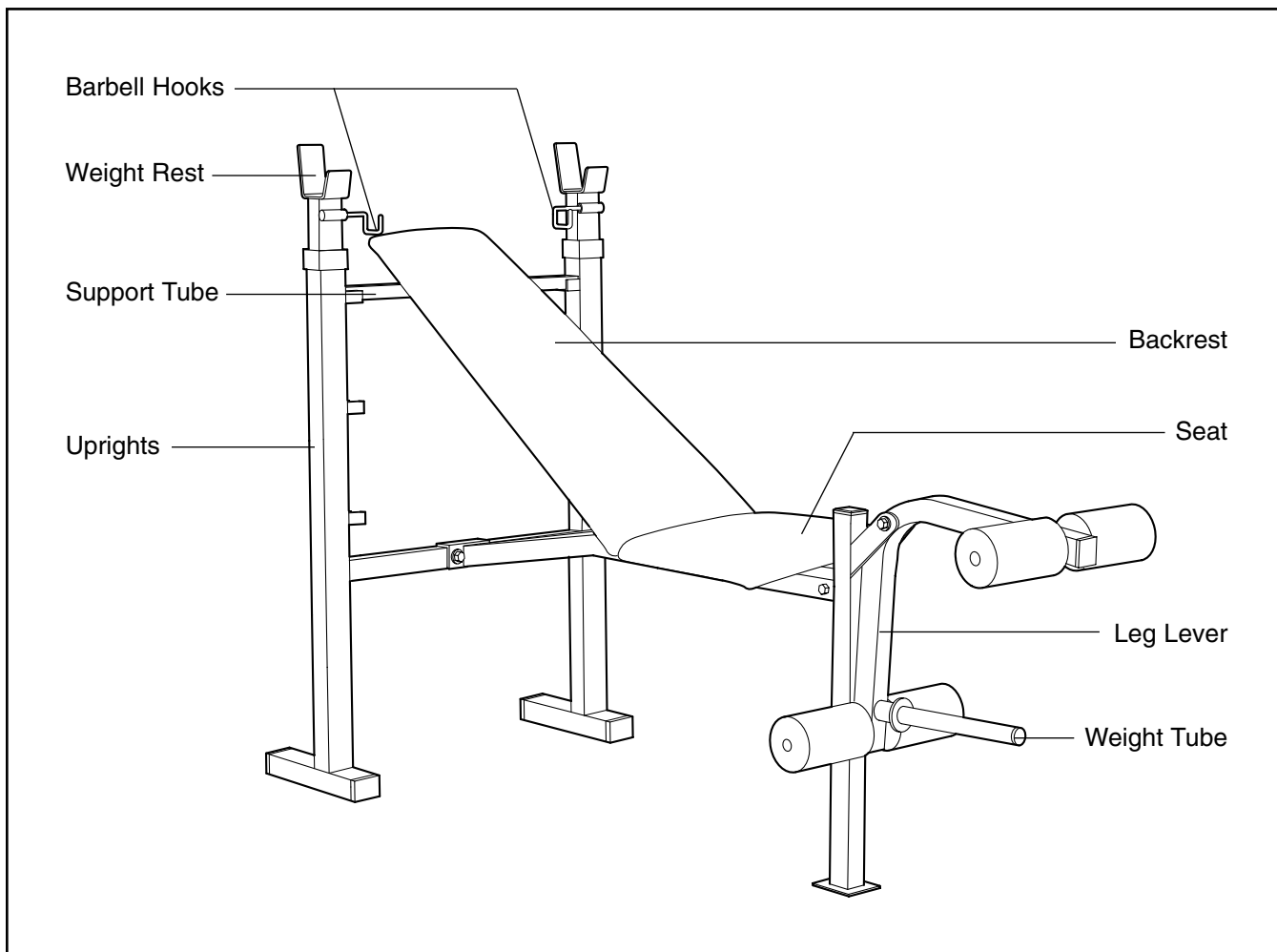
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 145 weight bench. The WEIDER® 145 weight bench is designed to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 145 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® 145 weight bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday

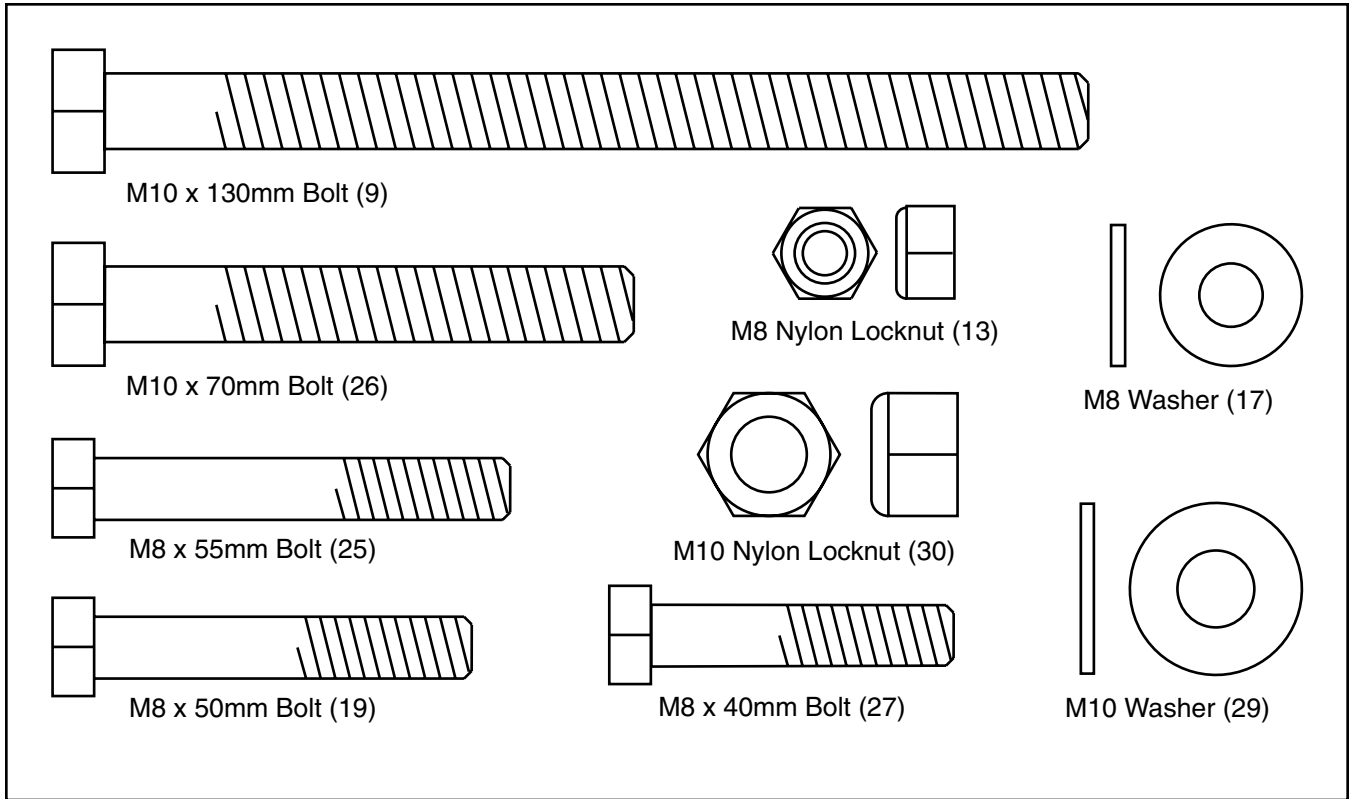
through Friday, 6 a.m. until 6 p.m. Mountain Standard Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE06110. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



PART IDENTIFICATION CHART

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.**



ASSEMBLY

Make Things Easier for Yourself




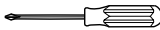
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

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

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

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 understand the information in the box above.

Press two 50mm Square Inner Caps (28) into the base of each Upright (1, 15).

Orient the Crossbar (3) with the warning decal facing up, as shown. Attach the Crossbar to the Left Upright (15) with two M10 x 70mm Bolts (26), a Support Plate (14), and two M10 Nylon Locknuts (30). **The Upright must be oriented as shown.**

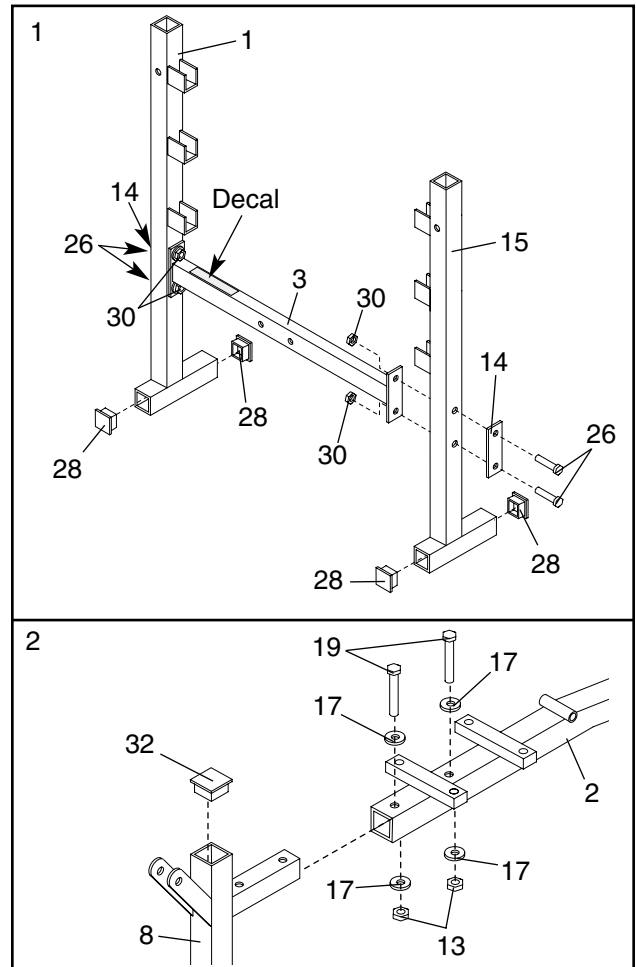
Attach the Crossbar (3) to Right Upright (1) in the same manner.

Do not tighten the M10 Nylon Locknuts (30) yet.

2. Tap a 38mm Inner Cap (32) into the Front Leg (8).

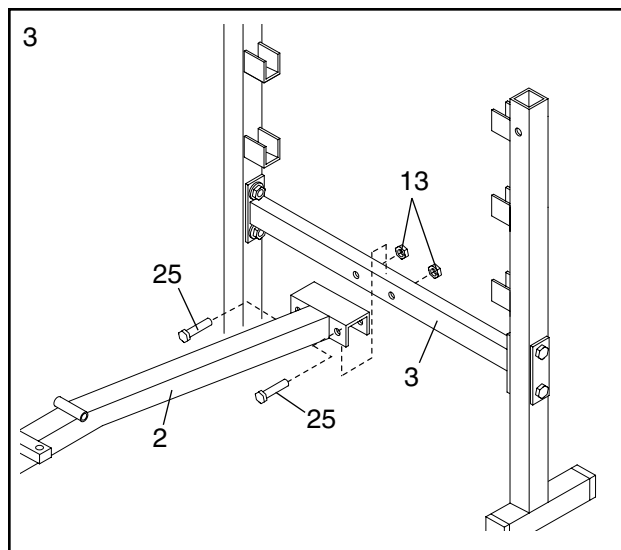
Attach the Frame (2) to the Front Leg (8) with two M8 x 50mm Bolts (19), four M8 Washers (17), and two M8 Nylon Locknuts (13).

Do not tighten the M8 Nylon Locknuts (13) yet.



- Attach the Frame (2) to the Crossbar (3) with two M8 x 55mm Bolts (25) and two M8 Nylon Locknuts (13).

Do not tighten the M8 Nylon Locknuts (13) yet.

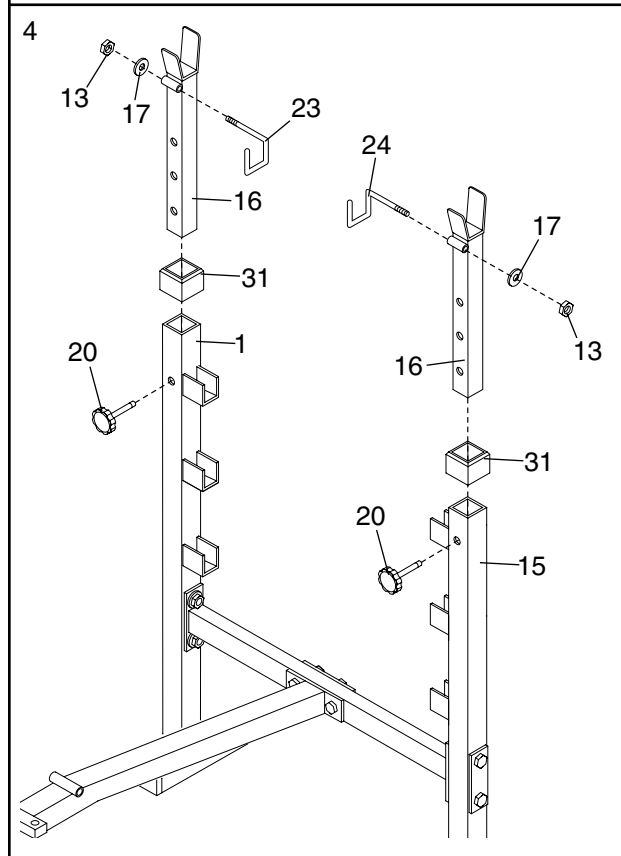


- Press a 50mm Square Bushing (31) onto each Upright (1, 15) and tap them into place with a rubber mallet.

Slide a Weight Rest (16) into the Right Upright (1). Align one of the adjustment holes in the Weight Rest with the adjustment hole in the Upright. Tighten an Adjustment Knob (20) into the adjustment hole in the Upright.

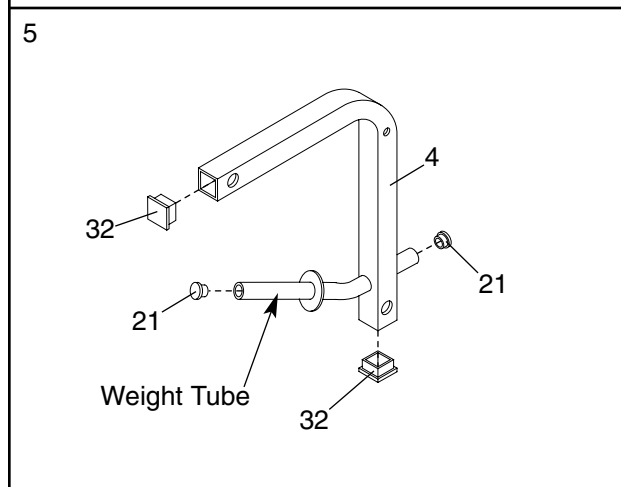
Attach the other Weight Rest (16) to the Left Upright (15) in the same manner.

Attach the Left Barbell Hook (24) to the left Weight Rest (16) with an M8 Washer (17) and an M8 Nylon Locknut (13). **Note: Make sure that the Barbell Hook is on the inside of the Weight Rest.** Attach the Right Barbell Hook (23) to the other Weight Rest in the same manner.



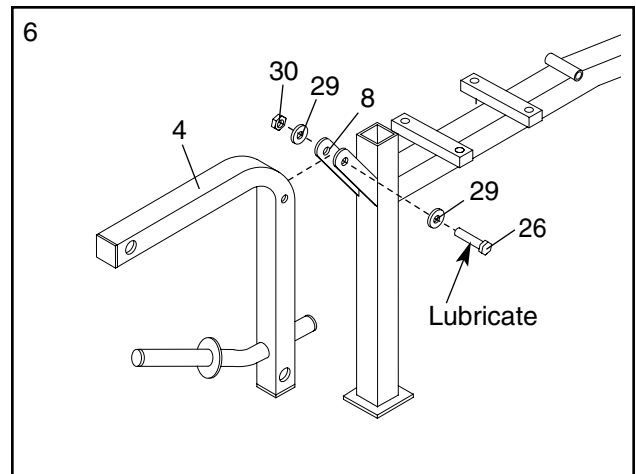
- Tap a 38mm Square Inner Cap (32) into each end of the Leg Lever (4).

Tap a 25.4mm Round Inner Cap (21) into each end of the weight tube.



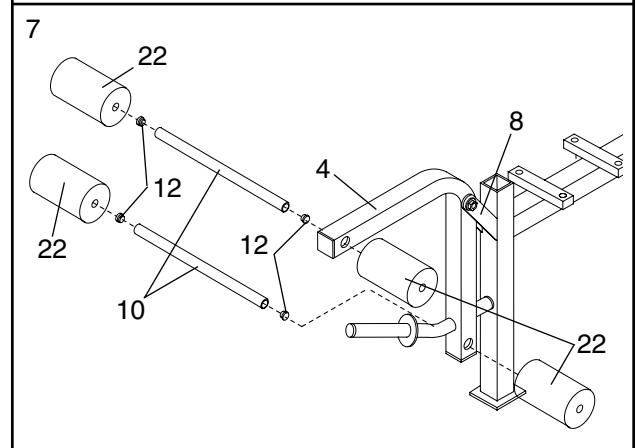
- Lubricate the M10 x 70mm Bolt (26). Attach the Leg Lever (4) to the Front Leg (8) with the Bolt, two M10 Washers (29), and an M10 Nylon Locknut (30).

Note: Do not overtighten the M10 Nylon Locknut (10); the Leg Lever (4) must be able to pivot freely.



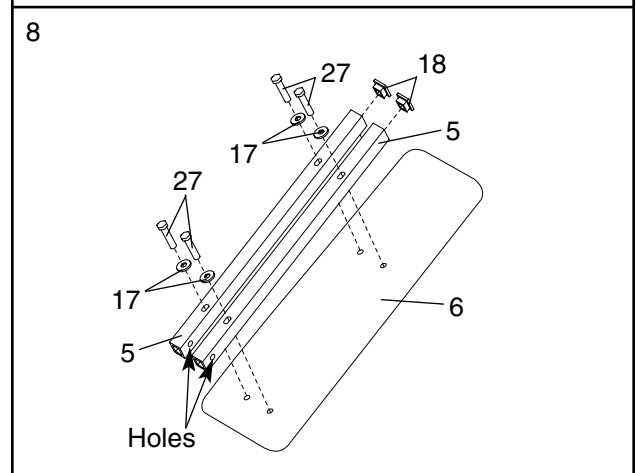
- Press two 19mm Round Inner Caps (12) into each Pad Tube (10).

Insert the Pad Tubes (10) into the holes in the Leg Lever (4). Slide two Foam Pads (22) onto each Pad Tube.



- Press a 25.4mm Square Inner Cap (18) into the indicated end of each Backrest Tube (5).

Attach each Backrest Tube (5) to the Backrest (6) with two M8 x 40mm Bolts (27) and two M8 Washers (17). **Note the position of the indicated holes in the Backrest Tubes; they must be oriented as shown. Do not tighten the four Bolts yet.**

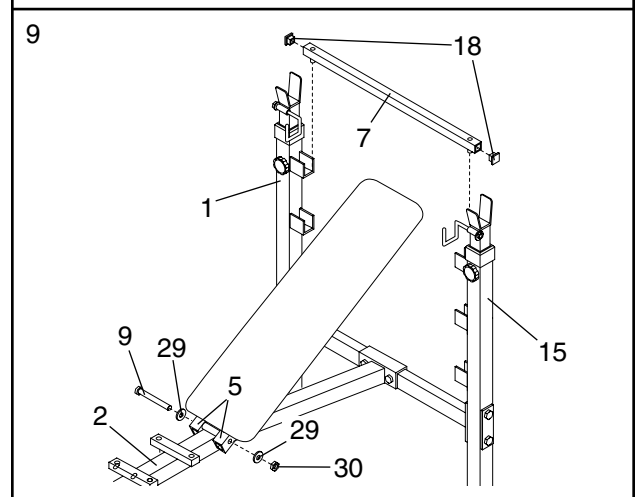


- Press a 25.4mm Square Inner Cap (18) into each end of the Support Tube (7). Set the Support Tube into the highest set of adjustment brackets on the Uprights (1, 15).

Lubricate the M10 x 130mm Bolt (9). Attach the Backrest Tubes (5) to the Frame (2) with the Bolt, two M10 Washers (29), and an M10 Nylon Locknut (30). **Do not overtighten the Nylon Locknut.**

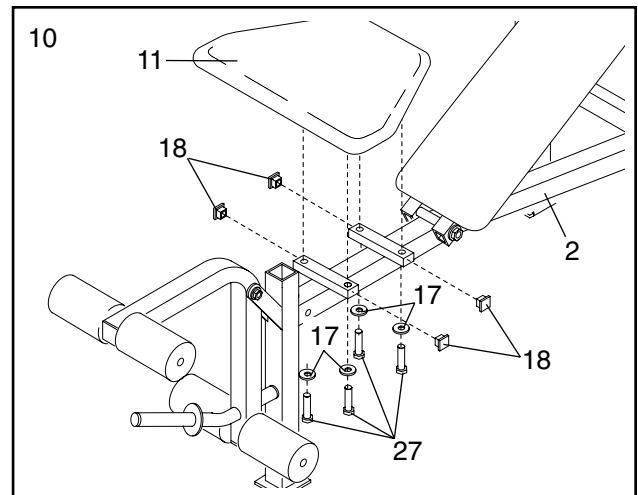
Rest the Backrest (6) on the Support Tube (7).

Tighten the Nylon Locknuts used in steps 1–3, and the M8 x 40mm Bolts (27) used in step 8.



10. Press two 25.4mm Square Inner Caps (18) into each of the brackets on the Frame (2).

Attach the Seat (11) to the brackets on the Frame (2) with four M8 x 40mm Bolts (27) and four M8 Washers (17).



11. **Make sure 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. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

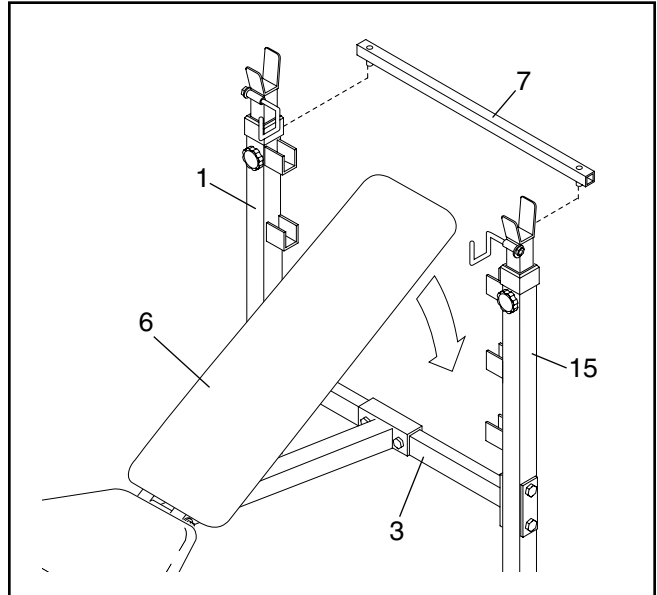
Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a level position, two inclined positions, or a declined position. To use the Backrest in a level position, lift the Backrest and insert the Support Tube (7) into the lowest set of adjustment brackets on the Uprights (1, 15). Rest the Backrest on the Support Tube.

To use the Backrest (6) in an inclined position, lift the Backrest and insert the Support Tube (7) into one of the two upper sets of adjustment brackets on the Uprights (1, 15). Rest the Backrest on the Support Tube.

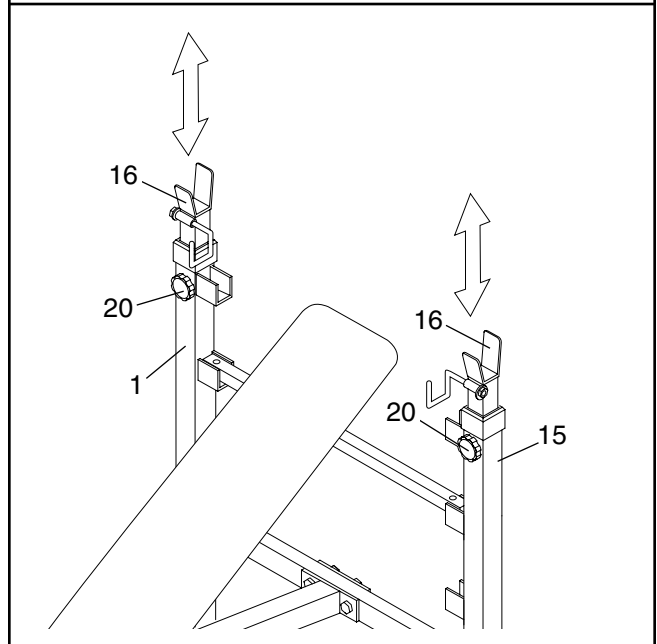
To use the Backrest (6) in a declined position, lift the Backrest and remove the Support Tube. Rest the Backrest on the Crossbar (3).



ADJUSTING THE WEIGHT RESTS

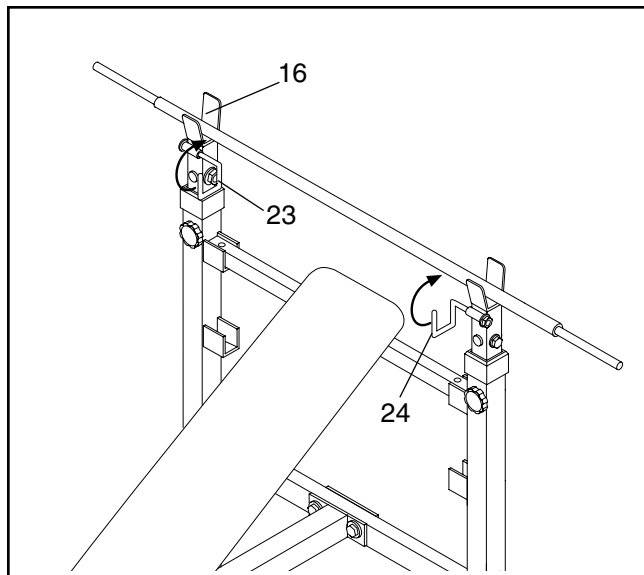
To adjust the Weight Rests (16), remove the Adjustment Knobs (20) from the Uprights (1, 15). Move the Weight Rests to the desired height and replace the Adjustment Knobs.

⚠ WARNING: Always set both Weight Rests (16) at the same height. The Adjustment Knobs (20) must be inserted through both the Weight Rests and the Uprights and firmly tightened. Never tighten the Knobs into the Uprights and then set the Weight Rests in the Uprights on top of the Knobs.



USING THE BARBELL HOOKS

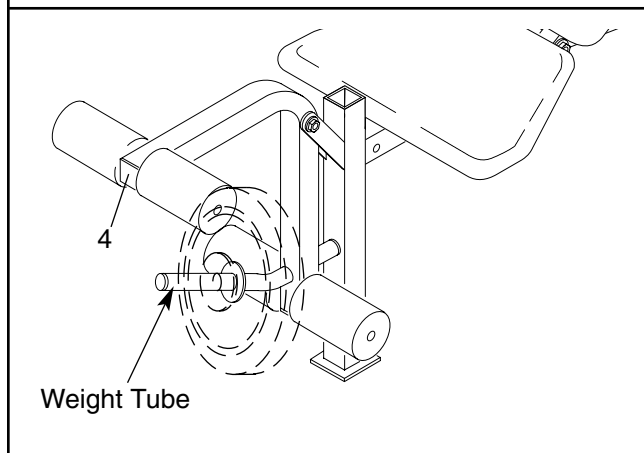
To change weights while your barbell (not included) is on the Weight Rests (16), secure the barbell with the Barbell Hooks (23, 24). To do this, flip the Barbell Hooks over the barbell. This will reduce the possibility of the barbell tipping while you are changing weights.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube.

⚠ WARNING: Do not place more than 50 pounds on the Leg Lever (4) for normal use.



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.

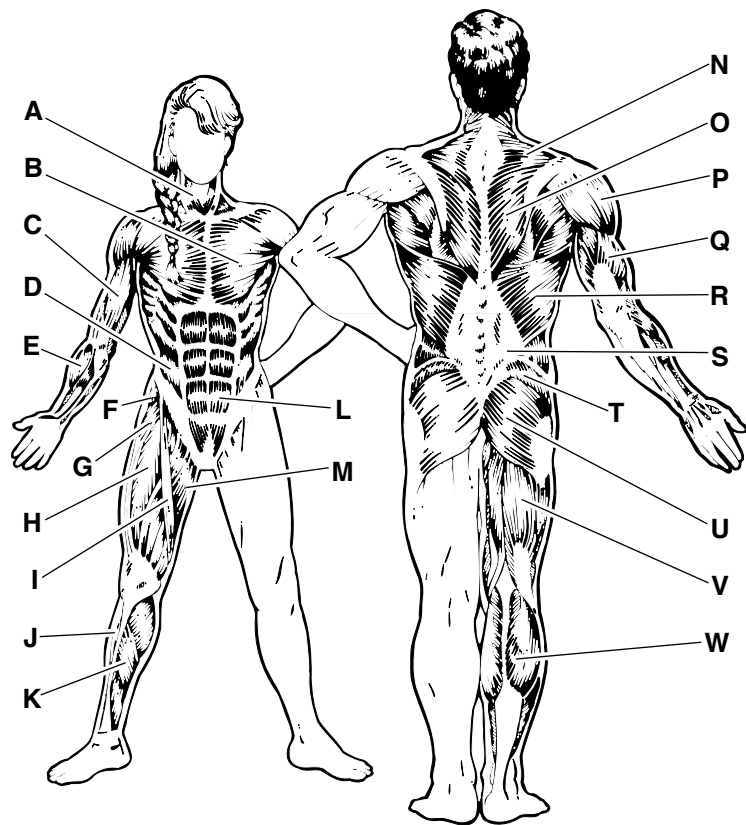
STAYING MOTIVATED

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. WEBE06110

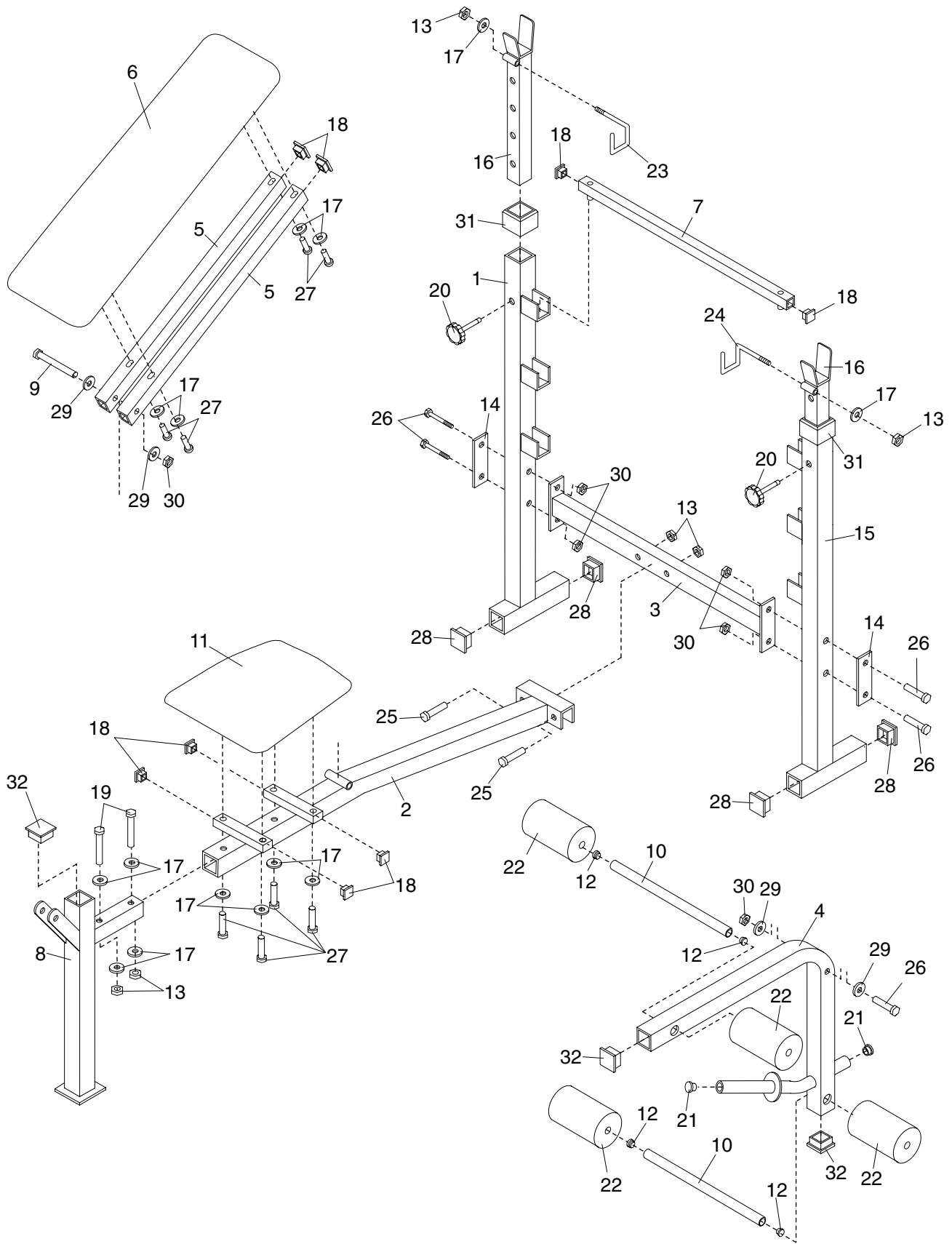
R0701A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Upright	18	8	25.4mm Square Inner Cap
2	1	Frame	19	2	M8 x 50mm Bolt
3	1	Crossbar	20	2	Adjustment Knob
4	1	Leg Lever	21	2	25.4mm Round Inner Cap
5	2	Backrest Tube	22	4	Foam Pad
6	1	Backrest	23	1	Right Barbell Hook
7	1	Support Tube	24	1	Left Barbell Hook
8	1	Front Leg	25	2	M8 x 55mm Bolt
9	1	M10 x 130mm Bolt	26	5	M10 x 70mm Bolt
10	2	Pad Tube	27	8	M8 x 40mm Bolt
11	1	Seat	28	4	50mm Square Inner Cap
12	4	19mm Round Inner Cap	29	4	M10 Washer
13	6	M8 Nylon Locknut	30	6	M10 Nylon Locknut
14	2	Support Plate	31	2	50mm Square Bushing
15	1	Left Upright	32	3	38mm Square Inner Cap
16	2	Weight Rest	#	1	User's Manual
17	14	M8 Washer	#	1	Exercise Guide

“#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEBE06110

R0701A



ORDERING REPLACEMENT PARTS

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

- The MODEL NUMBER of the product (WEBE06110)
- The NAME of the product (WEIDER® 145 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual).

LIMITED WARRANTY

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

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

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

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

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