

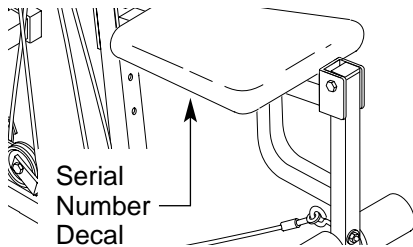


WEIDER®

Model No. WESY74090

Serial No. _____

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



QUESTIONS?

We are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged 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:

1-888-936-4266

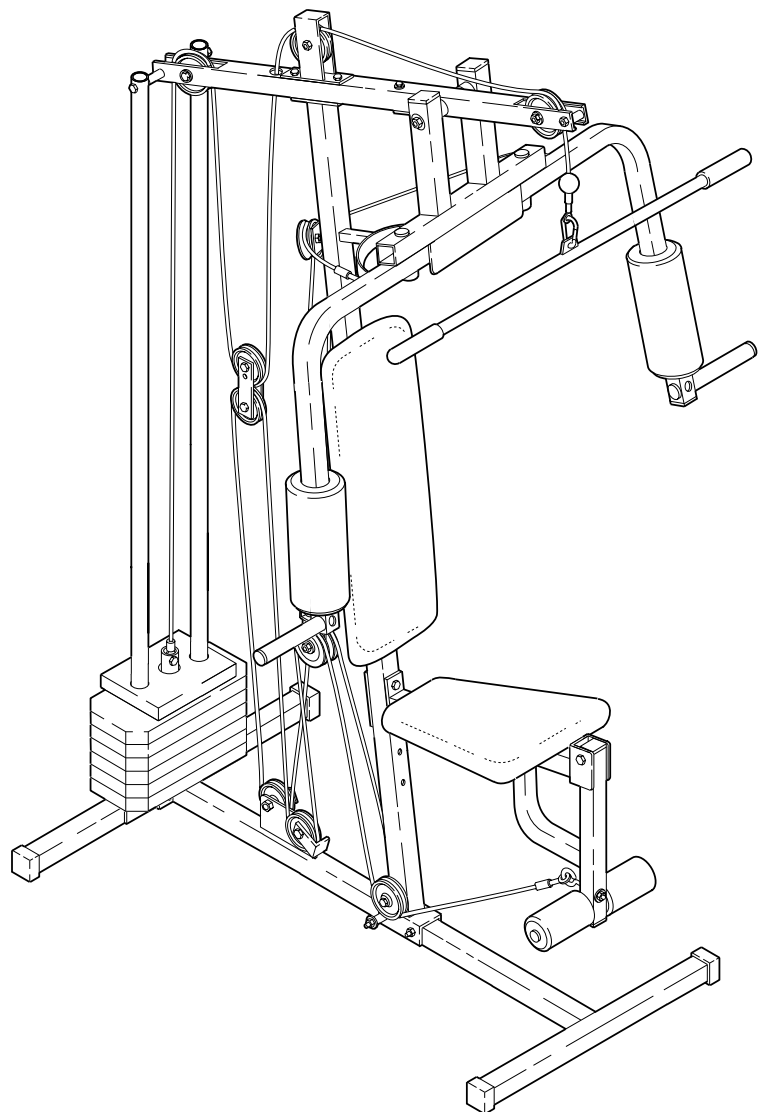
**Mon.-Fri., 8 a.m.-6:30 p.m. EST
(excluding holidays)**

CAUTION

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

740

USER'S MANUAL



PATENT PENDING

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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached to the centre of this manual. Remove the centre pages before beginning assembly.

Limited Warranty

ICON OF/DU CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year 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 centre, to products used for commercial or rental purposes, or to 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 provinces 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 provinces do not allow limitations on how long an implied warranty lasts. 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.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

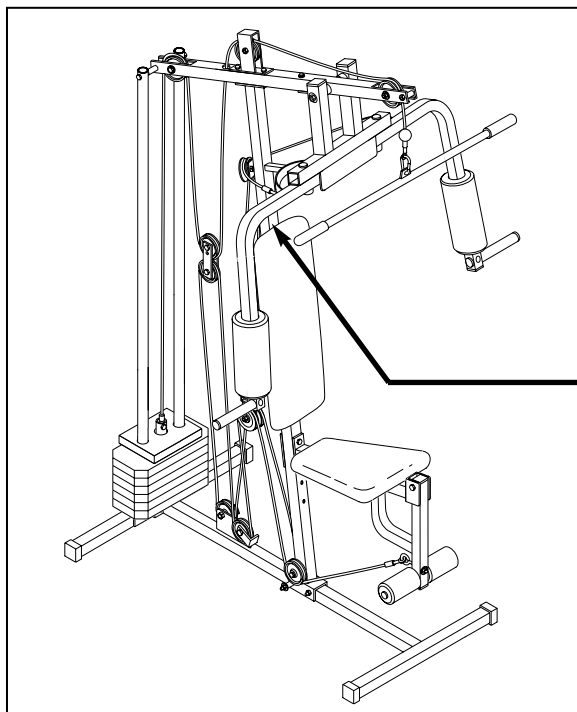
ICON OF/DU CANADA, 900 de l'Industrie, St-Jérôme, QC J7Y 4B8

Important Precautions

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

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



Warning Decal Placement

! WARNING

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

! ATTENTION

- Un mauvais usage de ce produit peut causer de sérieuses blessures.
- Lisez le livret d'instructions et suivez les conseils de sécurité importants.
- Gardez les enfants éloignés en tout temps.

The decal shown at the left has been attached to the weight system in the location shown. If the decal is missing or illegible, please call our customer hot line at the number on the front cover to order a replacement decal. Apply the new decal in the appropriate location.

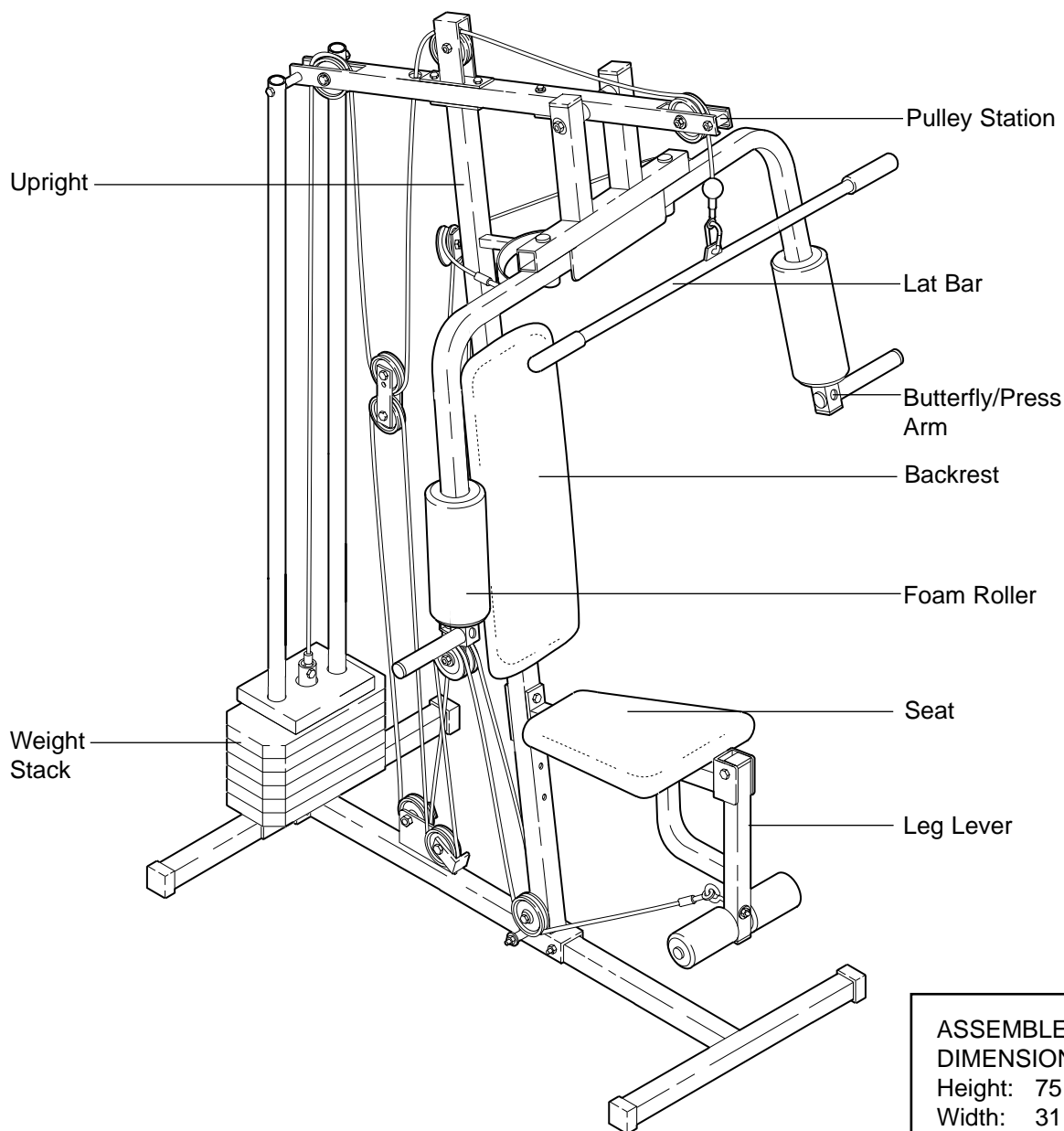
Before You Begin

Thank you for selecting the versatile WEIDER® 740 Weight System. The 740 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 740 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the WEIDER® 740 Weight System. If you have additional questions, please call our Customer Service

Department toll-free at 1-888-936-4266, Mon.–Fri., 8 a.m.–6:30 p.m. EST (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY74090. The serial number can be found on a decal attached to the WEIDER® 740 Weight System (see the front cover of this manual).

Please use the drawing below to familiarize yourself with the major parts and how they fit together.



**ASSEMBLED
DIMENSIONS:**
Height: 75 in.
Width: 31 in.
Length: 44 in.

Assembly

Note: This introduction will save you more time than it takes to read it!

Making Things Easier for Yourself

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

Giving Yourself a Good Start

Before you begin the assembly process, take the time to complete the steps outlined here.

Clearing the Workspace

Clear a workspace that is large enough to hold all parts and allow you to walk all the way around the assembled equipment.

Unpacking the Box

To make the assembly process as smooth as possible, we have broken it into separate stages. All parts used in each stage are found in individual packages in the shipping box. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Important: Wait until you begin each assembly stage to open the parts bag labeled for that assembly stage.

Identifying Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the centre of this manual. Place the chart on the floor or work table and use it to quickly identify different parts as you open the packages for each step.

Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

Orienting Parts





As you assemble this product, be sure that all parts are oriented as shown in the drawings.

Tightening of Parts

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

Lining Up the Tools

Assembly requires the following tools (not included):

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- 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.

The Three Stages of the Assembly Process

Frame Assembly

You will begin by assembling the base and the upright frames that serve as the skeleton of the equipment. The seat and all moving parts will be attached to the frame.

Arm Assembly

Completes the press/butterfly arms that you operate while you are exercising.

Cable/Seat Assembly

Completes the cables and pulleys that connect the moving arms with each other and with the weights. This ties the different parts together and makes the equipment function as a unit. Also installs the seat and backrest that support your body while you are exercising.

Frame Assembly

1. Before beginning assembly, make sure you have read and understood the information on page 5.

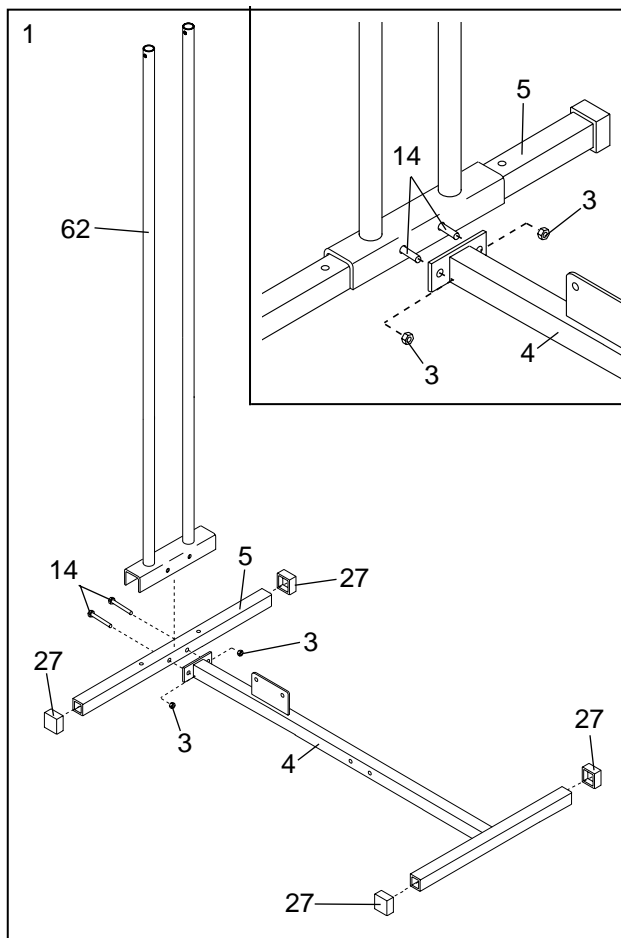
Locate and open the parts bag labeled “FRAME ASSEMBLY.”

Press a 1 1/2” Square Outer Cap (27) onto each end of the Stabilizer (5) and place it on the floor as shown.

Press a 1 1/2” Square Outer Cap (27) onto each end of the Base (4) and place it on the floor as shown.

Place the bracket on the Weight Guide (62) over the Stabilizer (5). **Note: It will be helpful to have a second person hold the Weight Guide while performing this step.** Line up the holes in the bracket with the holes in the Stabilizer and insert two 5/16” x 2 1/2” Bolts (14).

See the inset drawing. Slide the bracket on the Base (4) onto the 5/16” x 2 1/2” Bolts (14) and secure the Bolts with two 5/16” Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**



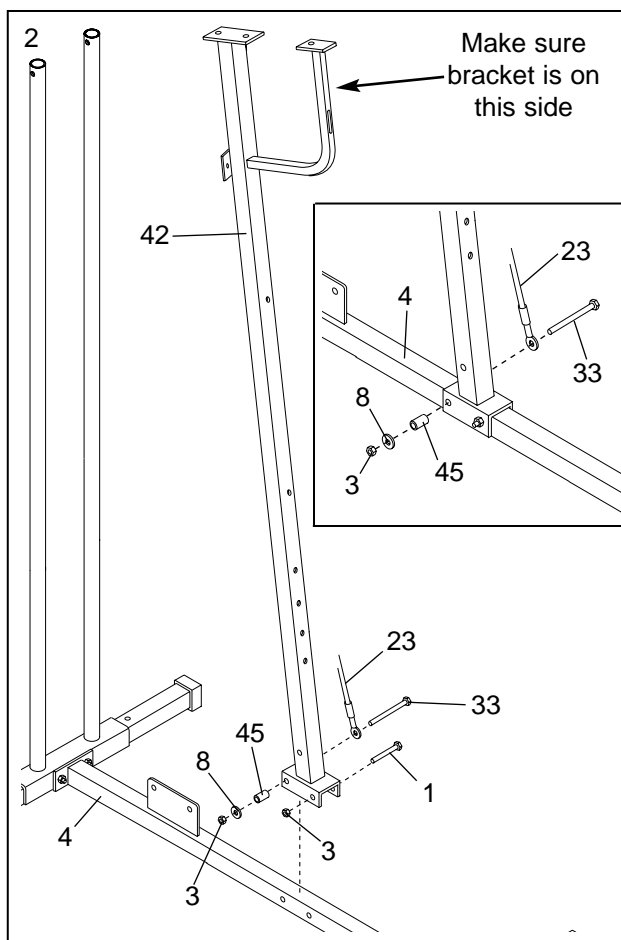
2. Place the bracket on the Upright (42) over the Base (4). **CAUTION: Make sure the Upright is oriented as shown. Note: It will be helpful to have a second person hold the Upright while performing this step.**

Line up the holes in the bracket on the Upright (42) with the indicated holes in the Base (4). Slide a 5/16” x 2 1/4” Bolt (1) through the indicated hole and mount a 5/16” Nylon Locknut (3) onto the Bolt. **Do not tighten the Nylon Locknut yet.**

Locate the Long Cable (23). It is approximately 233” long and it has a closed loop on both ends.

See the inset drawing. Slide a 5/16” x 3 1/4” Bolt (33) through the closed loop on one end of the Long Cable (23). Slide the Bolt through indicated hole in the bracket on the Upright (42) and the Base (4).

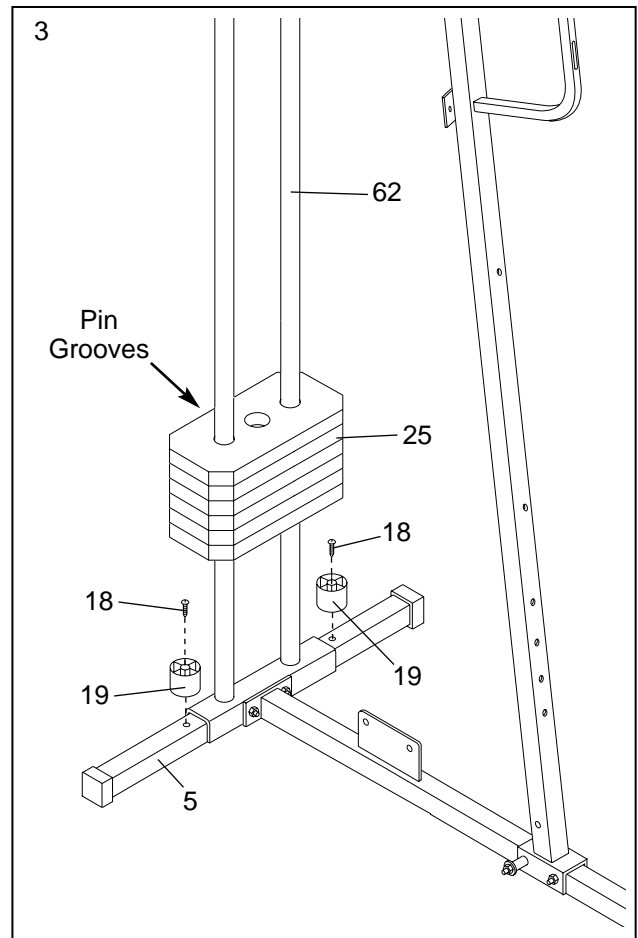
Slide a 1/2” x 3/4” Spacer (45) and a 5/16” Flat Washer (8) onto the 5/16” x 3 1/4” Bolt (33). Hand tighten a 5/16” Nylon Locknut (3) onto the Bolt. **Note: Leave the Nylon Locknut hand tight when you are asked to tighten the other Locknuts in step 6.**



3. Attach the two Weight Bumpers (19) to the Stabilizer (5) with two #8 x 1" Screws (18).

Slide the six Weights (25) onto the two tubes on the Weight Guide (62).

Note: Make sure all of the Weights are turned so the pin grooves are on the same side and that the grooves are oriented as shown in the drawing.



4. Press the Weight Tube Bumper (64) into the end of the Weight Tube (63).

Insert the Weight Tube (63) into the stack of Weights (25).

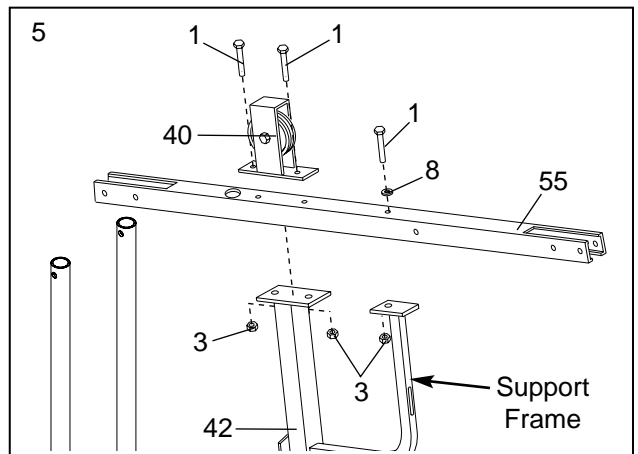
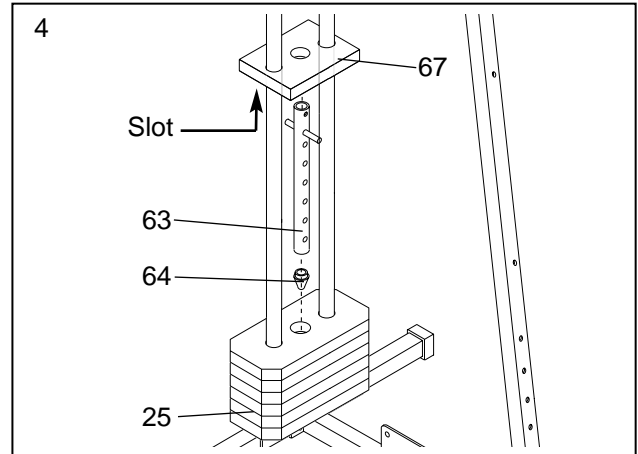
Lubricate the insides of the holes in the Top Weight (67).

With the slot facing down, slide the Top Weight (67) onto the two tubes on the Weight Guide (62) and set it on the stack of Weights (25).

5. Slide a 5/16" Flat Washer (8) onto a 5/16" x 2 1/4" Bolt (1).

Place the Top Frame (55) onto the brackets on the Upright (42). Insert the 5/16" x 2 1/4" Bolt (1) with Washer through the Top Frame and the bracket on the support frame on the Upright.

Place the Large Pulley Bracket (40) on the Top Frame (55) and insert two 5/16" x 2 1/4" Bolts (1) through the Pulley Bracket, the Top Frame and the bracket on the Upright (42). Secure all three Bolts used in this step with 5/16" Nylon Locknuts (3). **Tighten all Nylon Locknuts used in steps 1 through 5.**



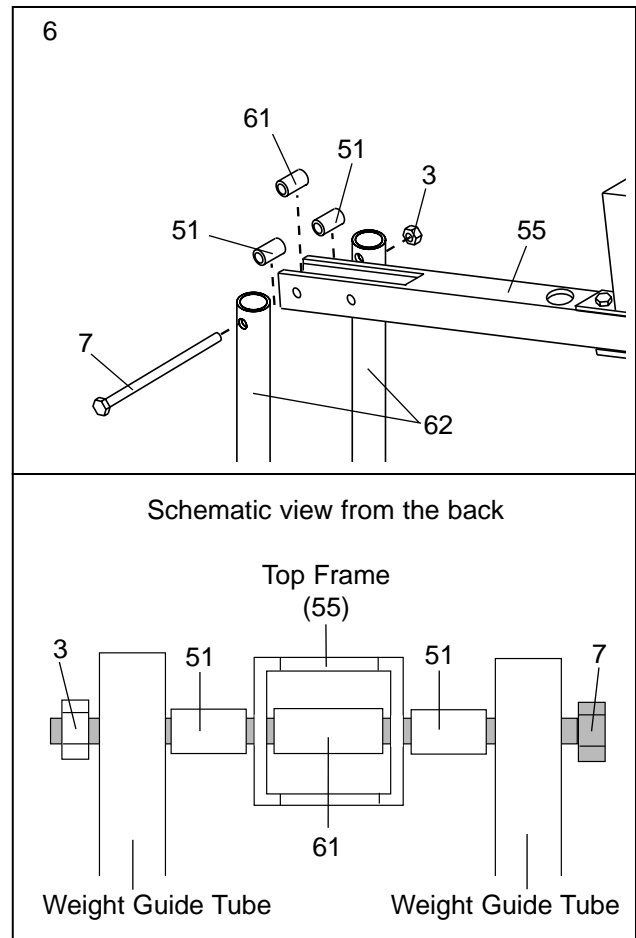
6. Attach the two tubes on the Weight Guide (62) to the Top Frame (55) in the following manner:

Slide a 5/16" x 6" Bolt (7) through one of the tubes on the Weight Guide (62) until the tip is barely visible on the other side. Position a 1/2" x 1" Spacer (51) and slide the Bolt through it. Then slide the Bolt through one sidewall of the Top Frame (55).

Position a 1/2" x 1 3/8" Spacer (61) inside the Top Frame (55) and slide the 5/16" x 6" Bolt (7) through it. Then slide the Bolt through the other sidewall of the Top Frame.

Position a 1/2" x 1" Spacer (51) and slide the 5/16" x 6" Bolt (7) through it. Then slide the Bolt through the other tube on the Weight Guide.

Secure the 5/16" x 6" Bolt (7) with a 5/16" Nylon Locknut (3) do not tighten at this time.



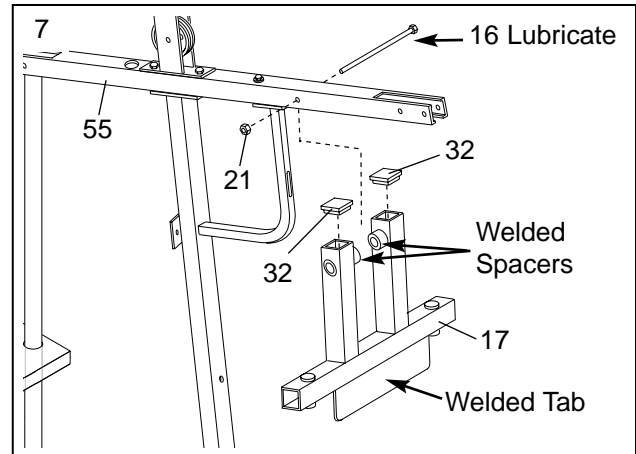
Arm Assembly

7. **Locate and open the parts bag labeled "ARM ASSEMBLY."**

Press a 1 1/2" Square Inner Cap (32) into the open tubes on the Press Frame (17).

Align the welded spacers on the Press Frame (17) with the indicated holes in the Top Frame (55). Lubricate the 3/8" x 6" Bolt (16). Attach the Press Frame to the Top Frame with the Bolt and a 3/8" Nylon Locknut (21).

Make sure the welded tab on the Press Frame (17) is oriented as shown.

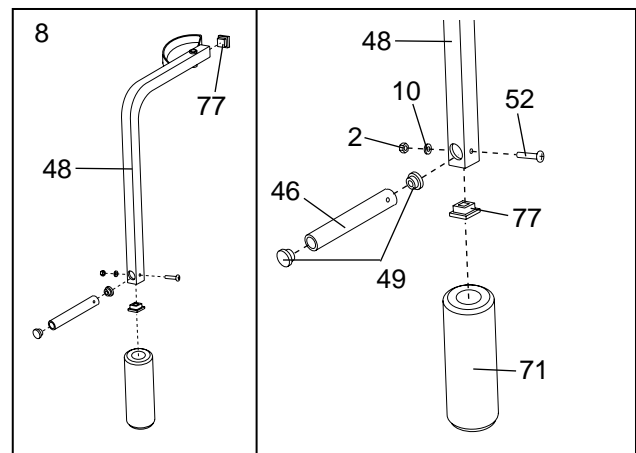


8. Press a 1 3/4" Square inner Cap (77) into each end of the Right Arm (48).

Wet the lower end of the Right Arm (48) with soapy water and slide a Foam Roller (71) onto the Arm.

Press a 1" Round Inner Cap (49) into each end of a Press Handle (46). Attach the Press Handle to the Right Arm (48) with a 1/4" x 1 3/4" Screw (52), a 1/4" Flat Washer (10) and a 1/4" Nylon Locknut (2).

Repeat this procedure for the Left Arm (47).



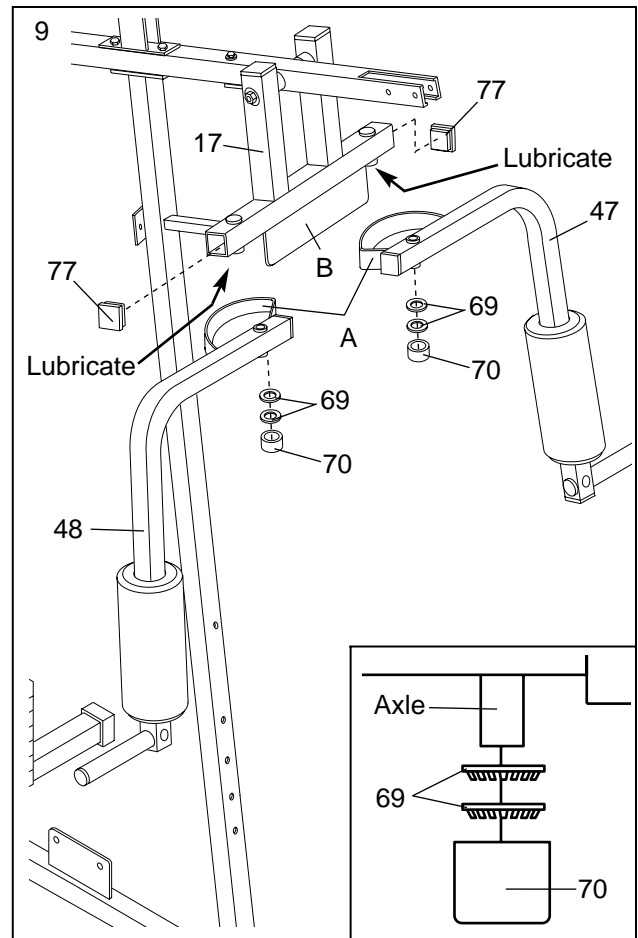
9. Identify the Right Arm (48) and the Left Arm (47) by imagining yourself sitting on the seat. Note the position of the welded bracket (A) on each Arm. **Arm identification is very important for this step.**

Lubricate both axles on the Press Frame (17). Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right and Left Arm. Make sure the upper end of the Right Arm is behind the indicated bracket (B) on the Press Frame.**

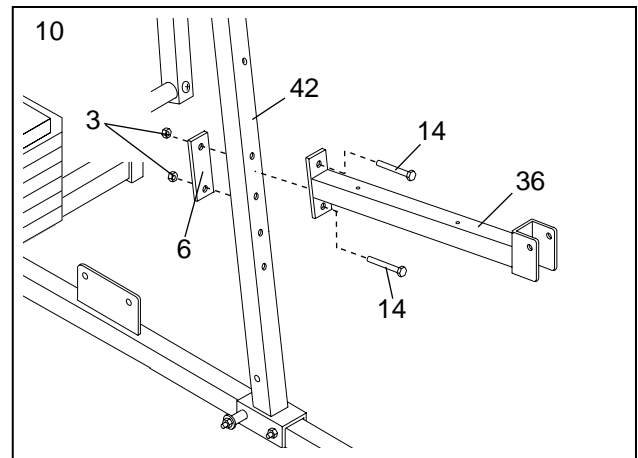
Place two 1" Retainer Rings (69) on top of a 1" Round Cover Cap (70) and tap all three parts onto the Right Axle with a hammer. **Make sure the teeth on the Retainer Rings bend towards the Cover Cap, as shown in the inset drawing.**

Attach the Left Arm (47) in the same manner.

Press a 1 3/4" Square Inner Cap (77) into each end of the crossbar on the Press Frame (17).



10. Attach the Seat Frame (36) to the Upright (42) with two 5/16" x 2 1/2" Bolts (14), the Support Bracket (6) and two 5/16" Nylon Locknuts (3).

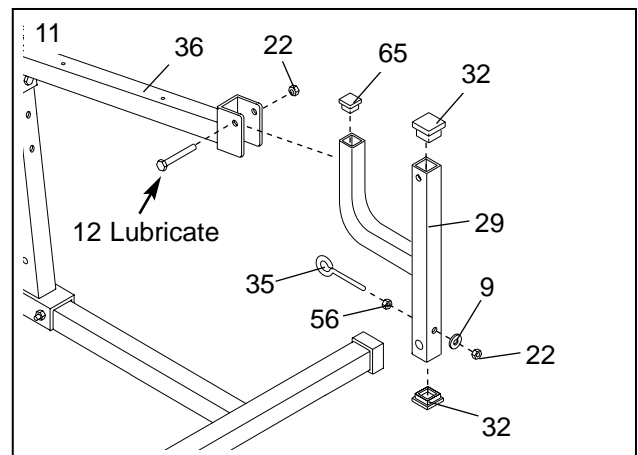


11. Press a 1 1/2" Square Inner Cap (32) into the upper and lower ends of the Leg Lever (29).

Press a 1" Square Inner Cap (65) into the top of the support bracket on the Leg Lever (29).

Thread a 3/8" Plain Nut (56) partway onto the 3/8" Eyebolt (35). Insert the Eyebolt through the indicated hole in the Leg lever (29) and secure it with a 3/8" Flat Washer (9) and a 3/8" Nylon Jamnut (22).

Lubricate a 3/8" x 2" Bolt (12). Attach the Leg Lever (29) to the bracket on the Seat Frame (36) with the Bolt and a 3/8" Nylon Jamnut (22).



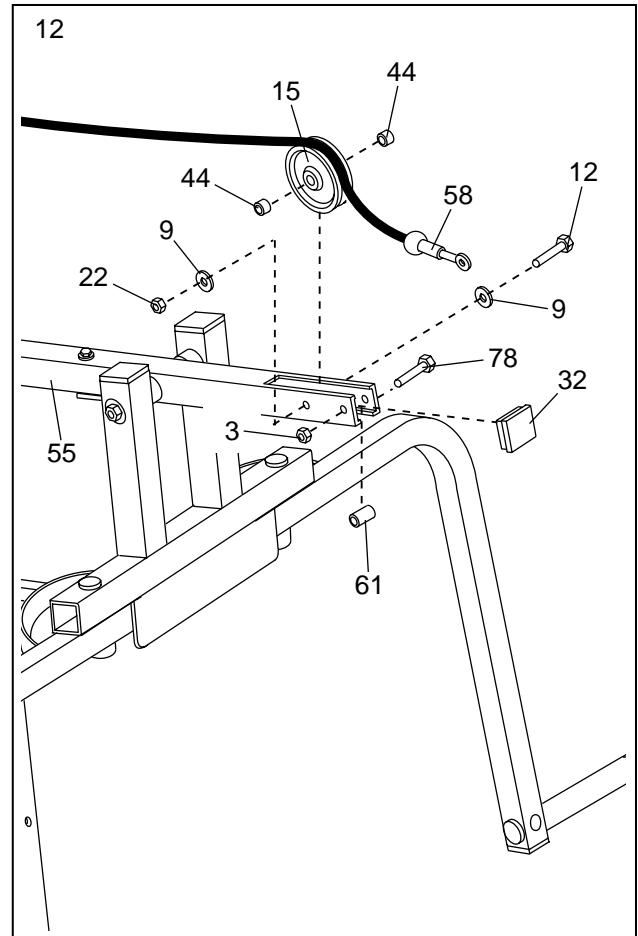
Cable/Seat Assembly

12. Locate the parts bag labeled “CABLE ASSEMBLY AND PULLEYS.” For cable identification and routing during steps 12 through 27, refer to the Cable Diagram and Cable ID Chart on pages 15 and 16.

Slide a 3/8" Flat Washer (9) and a 1/2" x 1/4" Spacer (44) onto a 3/8" x 2" Bolt (12). Next, hold a 3 1/2" Pulley (15) inside the slot in the Top Frame (55), and insert the Bolt through the Top Frame and the Pulley. Slide another 1/2" x 1/4" Spacer (44) and another 3/8" Flat Washer (9) onto the Bolt and tighten a 3/8" Nylon Jamnut (22) onto the Bolt.

Locate the Short Cable (58). It is about 130" long and it has a ball on one end and a loop on the other end. Wrap the end with the ball around the 3 1/2" Pulley (15) in the direction shown.

Attach a 5/16" x 2" Bolt (78), a 1/2" x 1 3/8" Spacer (61), and a 5/16" Nylon Locknut (3) to the Top Frame (55) in the indicated location. **Make sure that the Short Cable (58) is between the Pulley (15) and the Spacer.** Next, press a 1 1/2" Square Inner Cap (32) into the indicated end of the Top Frame.

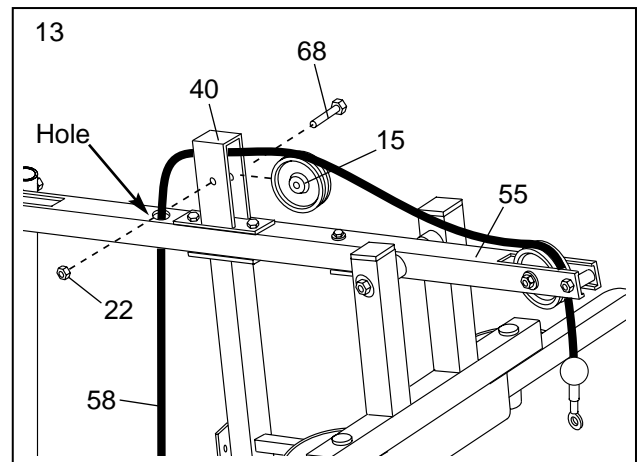


13. Remove the pre-attached Pulley (15) from the Large Pulley bracket (40).

Route the Short Cable (58) through the Large Pulley Bracket (40) as shown.

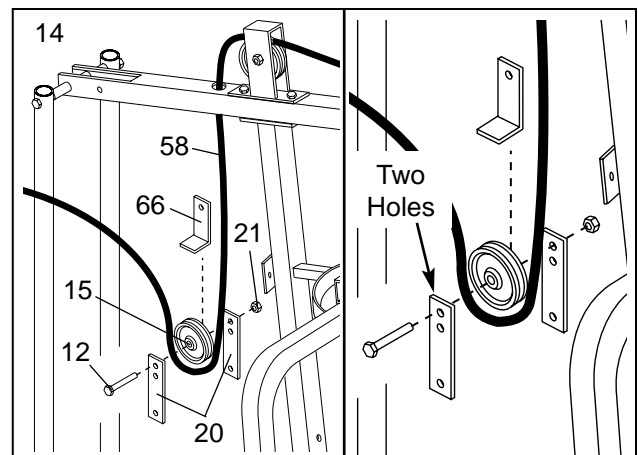
Attach a 3 1/2" Pulley (15) inside the Large Pulley Bracket (40) with a 3/8" x 1 3/4" Bolt (68) and a 3/8" Nylon Jamnut (22). **Make sure the Cable runs over the top of the Pulley.**

Route the Short Cable (58) down through the hole in the Top Frame (55).



14. Remove the pre-attached Pulleys (15) from the “I”-Plates (20).

Wrap the Short Cable (58) around a 3 1/2" Pulley (15) in the direction shown. Attach the Pulley and a Cable Trap (66) to the top hole in the “I”-Plates with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Note: Make sure the “I”-Plates are oriented so the end with two holes is pointed upward. Make sure the Cable Trap is oriented as shown.**



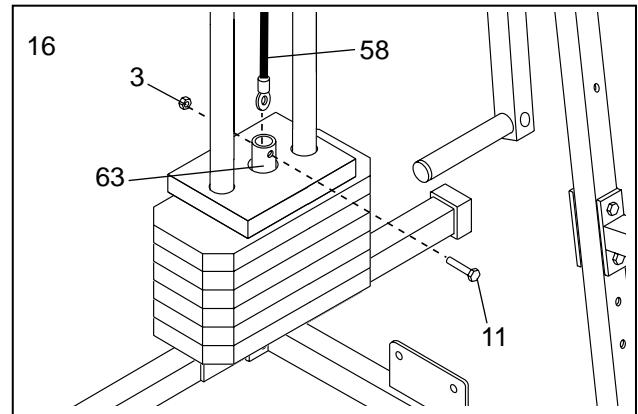
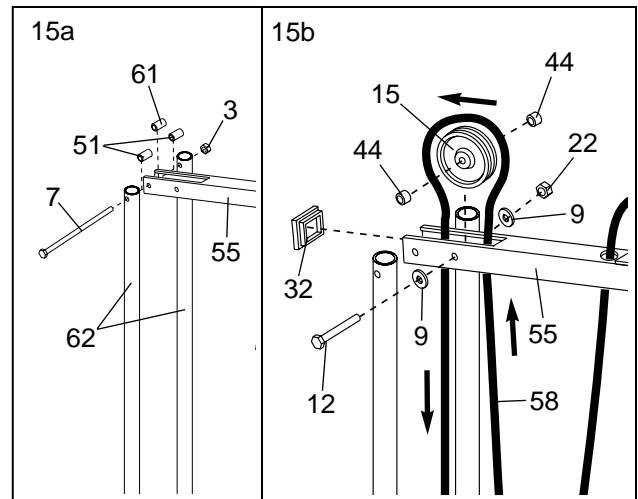
15. Refer to drawing 15a. Remove the 5/16" x 6" Bolt (7), the two 1/2" x 1" Spacers (51), the 1/2" x 1 3/8" Spacer (61), and the 5/16" Nylon Locknut (3) from the Weight Guides (62) and the Top Frame (55).

Refer to drawing 15b. Route the Short Cable (58) up through the indicated slot in the Top Frame (55). Wrap the Short Cable around a 3 1/2" Pulley (15) in the direction shown and slide the Pulley into the slot in the Top Frame from the back. Attach the Pulley inside the slot with a 3/8" x 2" Bolt (12), two 1/2" x 1/4" Spacers (44), two 3/8" Flat Washers (9), and a 3/8" Nylon Jamnut (22).

Refer to drawing 15a. Re-attach the 5/16" x 6" Bolt (7), the two 1/2" x 1" Spacers (51), the 1/2" x 1 3/8" Spacer (61), and the 5/16" Nylon Locknut (3). **Make sure that the Short Cable is between the Pulley and the Spacer.**

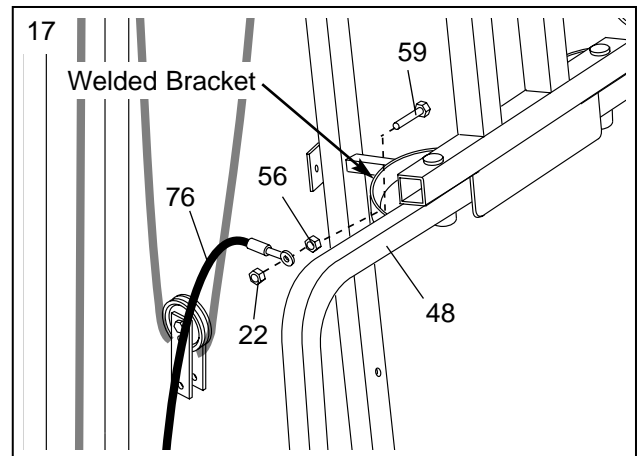
Refer to drawing 15b. Press a 1 1/2" Square Inner Cap (32) into the indicated end of the Top Frame (55).

16. Attach the loop at the end of the Short Cable (58) to the Weight Tube (63) with a 5/16" x 1 1/2" Bolt (11) and a 5/16" Nylon Locknut (3).



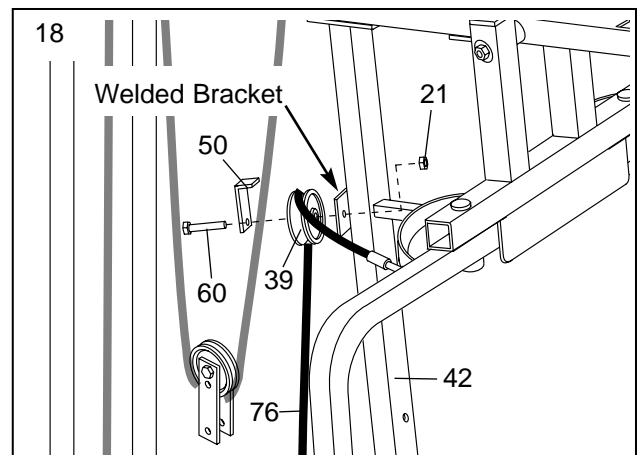
17. **Locate the Butterfly Cable (76). It is approximately 87 1/2" long and it has a closed loop on both ends.**

Attach one end of the Butterfly Cable (76) to the welded bracket on the back of the Right Arm (48) with a 3/8" x 1" Bolt (59), a 3/8" Plain Nut (56) and a 3/8" Nylon Jamnut (22). **Note: Make sure the Plain Nut and the Jamnut are mounted in the order shown here. Do not overtighten the Nylon Locknut; it must be possible to pivot the Cable.**



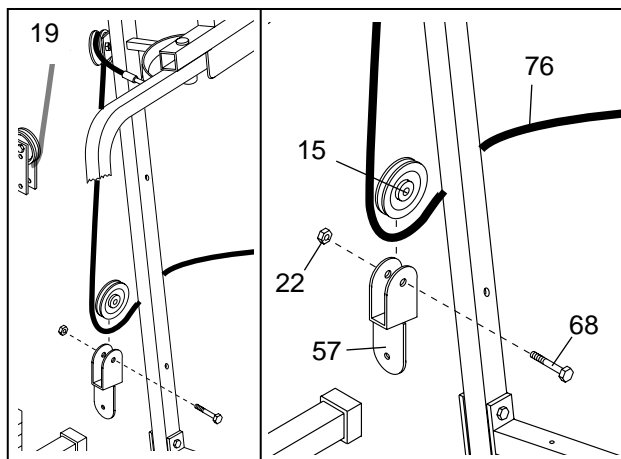
18. Wrap the Butterfly Cable (76) around a Large Pulley (39) in the direction shown.

Attach the Large Pulley (39) and a Long Cable Trap (50) to the welded bracket on the right side of the Upright (42) with a 3/8" x 2 1/2" Bolt (60) and a 3/8" Nylon Locknut (21). **Note: Make sure the Cable Trap is oriented as shown.**



19. Remove the pre-attached Pulleys (15) from the Pulley Bracket (57).

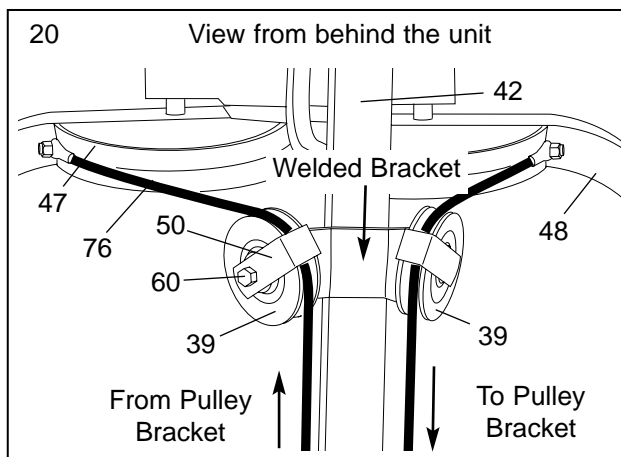
Wrap the Butterfly Cable (76) around a 3 1/2" Pulley (15) in the direction shown. Attach the Pulley to the upper part of the Pulley Bracket (57) with a 3/8" x 1 3/4" Bolt (68) and a 3/8" Nylon Jamnut (22).



20. Wrap the Butterfly Cable (76) around a Large Pulley (39) in the direction shown.

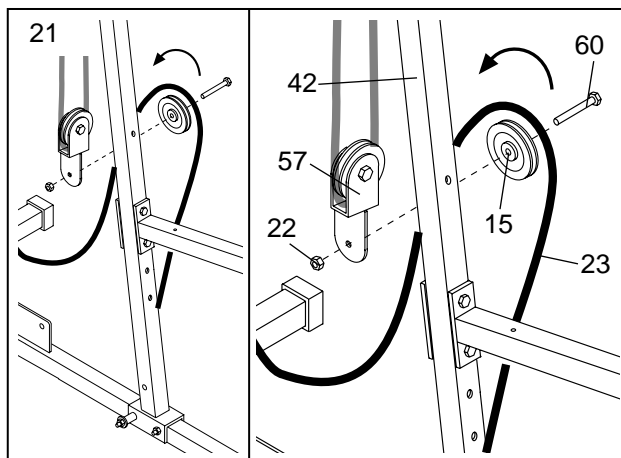
Attach the Large Pulley (39) and a Long Cable Trap (50) to the welded bracket on the left side of the Upright (42) with a 3/8" x 2 1/2" Bolt (60) and a 3/8" Nylon Locknut (21), as described in step 18. **Note: Make sure the Cable Trap is oriented as shown. Make sure the Butterfly Cable (76) is routed as shown in the drawing.**

Attach the free end of the Butterfly Cable (76) to the welded bracket on the Left Arm (47) in the same way as described in step 17.



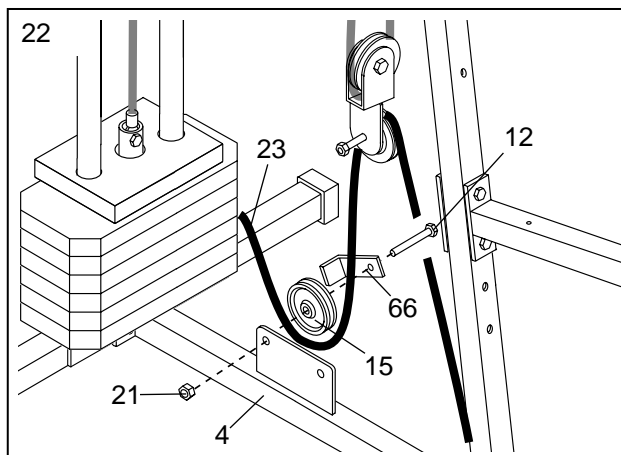
21. Start with the end of the Long Cable (23) that is already attached to the Upright (42). Wrap the Long Cable around a 3 1/2" Pulley (15) in the direction shown.

Attach the 3 1/2" Pulley (15) to the indicated side of the Pulley Bracket (57) by inserting a 3/8" x 2 1/2" Bolt (60) through the Pulley and the Pulley Bracket. Thread a 3/8" Nylon Jamnut (22) a couple of turns onto the Bolt to prevent the Pulley from falling off during the following steps. **Note: Make sure the Pulley Bracket is oriented exactly as shown and that the Pulley is attached on the indicated side.**



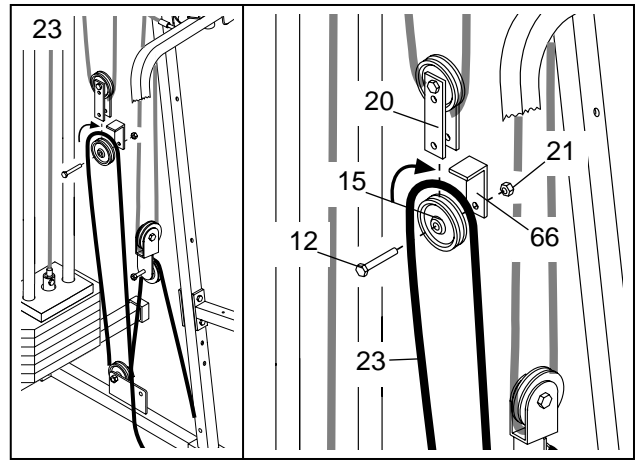
22. Wrap the Long Cable (23) around a 3 1/2" Pulley (15) in the direction shown.

Attach the 3 1/2" Pulley (15) and a Cable Trap (66) to the welded bracket on the Base (4) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Note: Make sure the Pulley is mounted on the correct side of the welded bracket, as shown here. Make sure the Cable Trap is oriented as shown.**



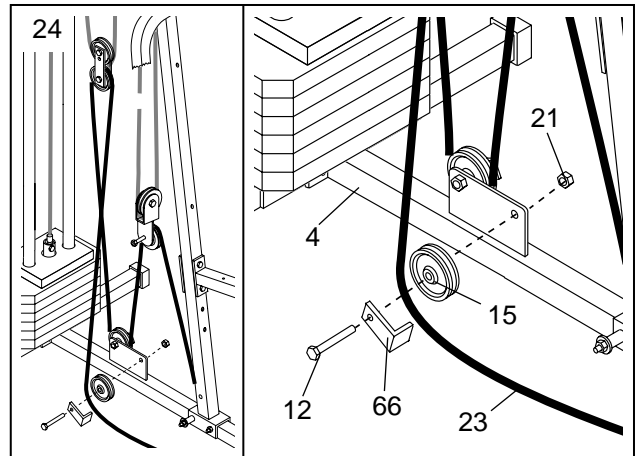
23. Wrap the Long Cable (23) around a 3 1/2" Pulley (15) in the direction shown.

Attach the 3 1/2" Pulley (15) and a Cable Trap (66) to the lower hole in the "I"-Plates (20) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Note: Make sure the Cable Trap is oriented as shown.**



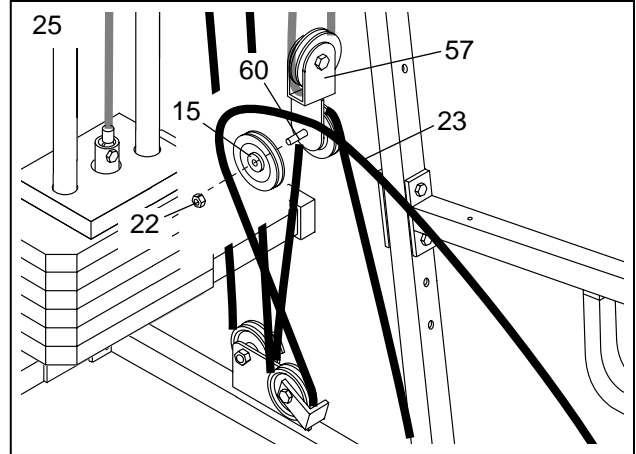
24. Wrap the Long Cable (23) around a 3 1/2" Pulley (15) in the direction shown.

Attach the 3 1/2" Pulley (15) and a Cable Trap (66) to the indicated hole in the welded bracket on the Base (4) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Note: Make sure the Cable Trap is oriented as shown.**



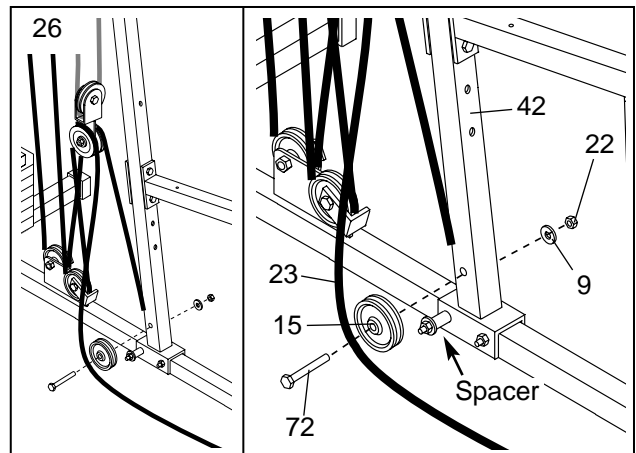
25. Wrap the Long Cable (23) around a 3 1/2" Pulley (15) in the direction shown.

Attach the 3 1/2" Pulley (15) to the indicated side of the Pulley Bracket (57) by using the 3/8" x 2 1/2" Bolt (60) and the 3/8" Nylon Jamnut (22) attached in step 21. **Note: Make sure the Pulley Bracket is oriented exactly as shown and that the Pulley is attached on the indicated side.**



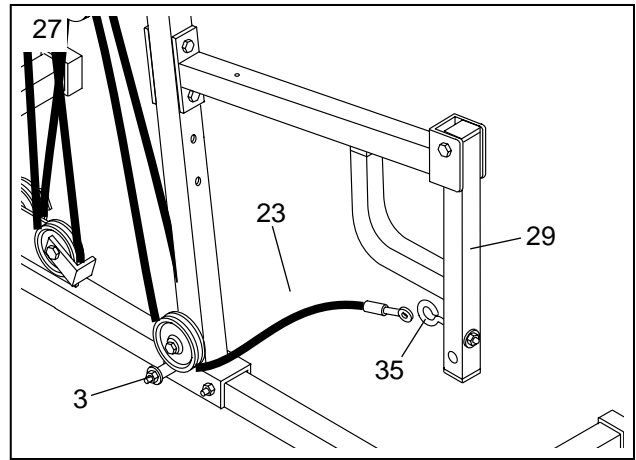
26. Wrap the Long Cable (23) around a 3 1/2" Pulley (15) in the direction shown.

Attach the 3 1/2" Pulley (15) to the indicated side of the Upright (42) with a 3/8" x 3" Bolt (72), a 3/8" Flat Washer (9) and a 3/8" Nylon Jamnut (22). **Note: Make sure the Long Cable is between the Pulley and the Spacer on the Upright/Base.**

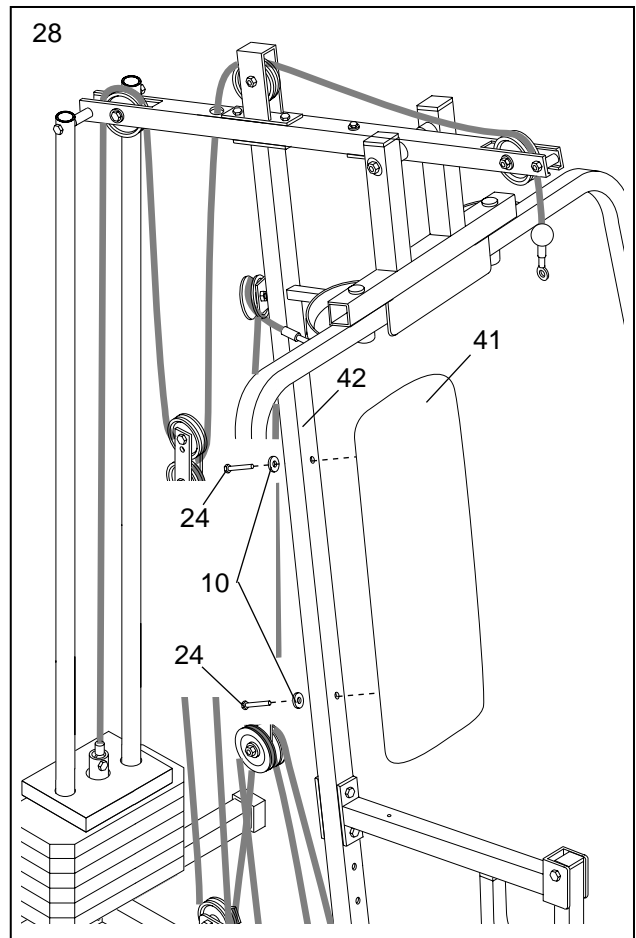


27. Hook the closed loop on the end of the Long Cable (23) onto the 3/8" Eyebolt (35) that is mounted on the Leg Lever (29).

Tighten the 5/16" Nylon Locknut (3) that is securing the other end of the Long Cable (23) to the Upright/Base.



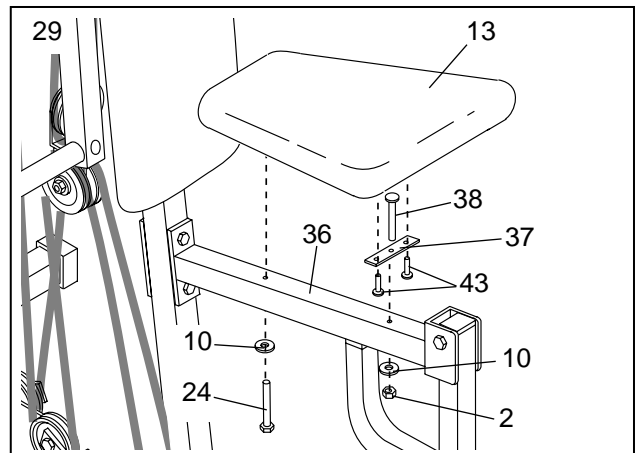
28. Attach the Backrest (41) to the Upright (42) with two 1/4" x 2" Screws (24) and two 1/4" Flat Washers (10).



29. Insert the 1/4" x 2 1/4" Carriage Bolt (38) into the centre hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (43).

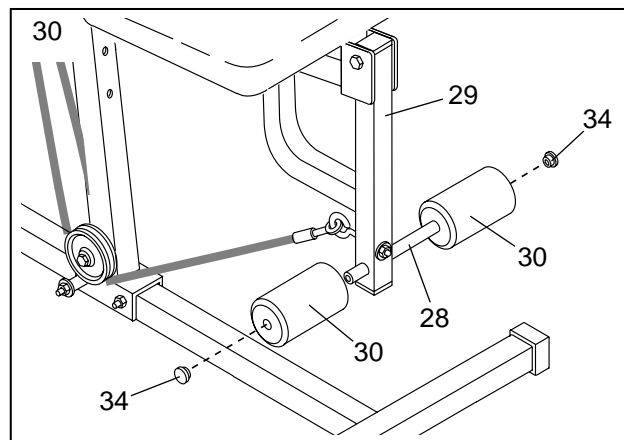
Insert the 1/4" x 2 1/4" Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt.

Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Flat Washer (10) and a 1/4" x 2" Screw (24).



30. Press a 3/4" Round Inner Cap (34) into each end of the Pad Tube (28).

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

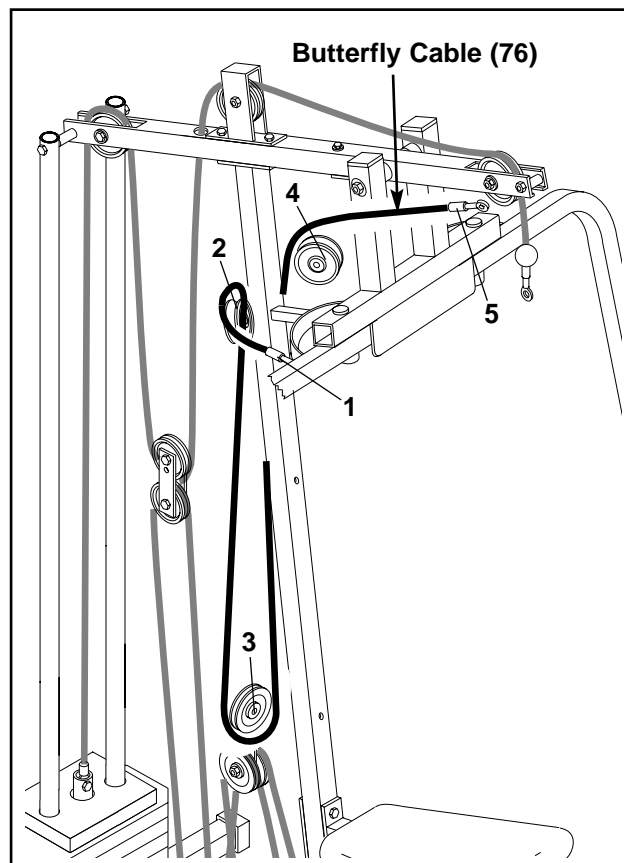
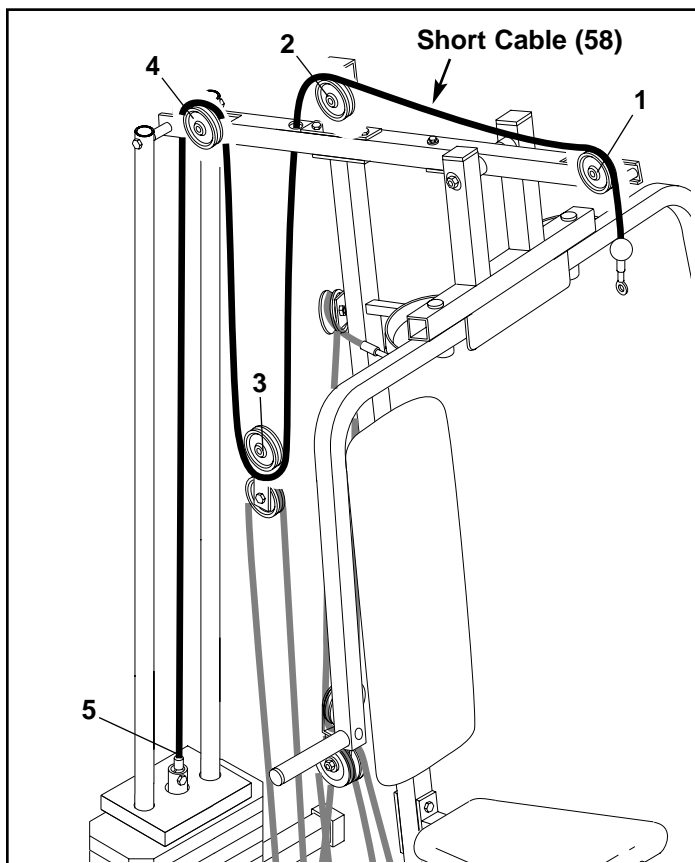


31. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

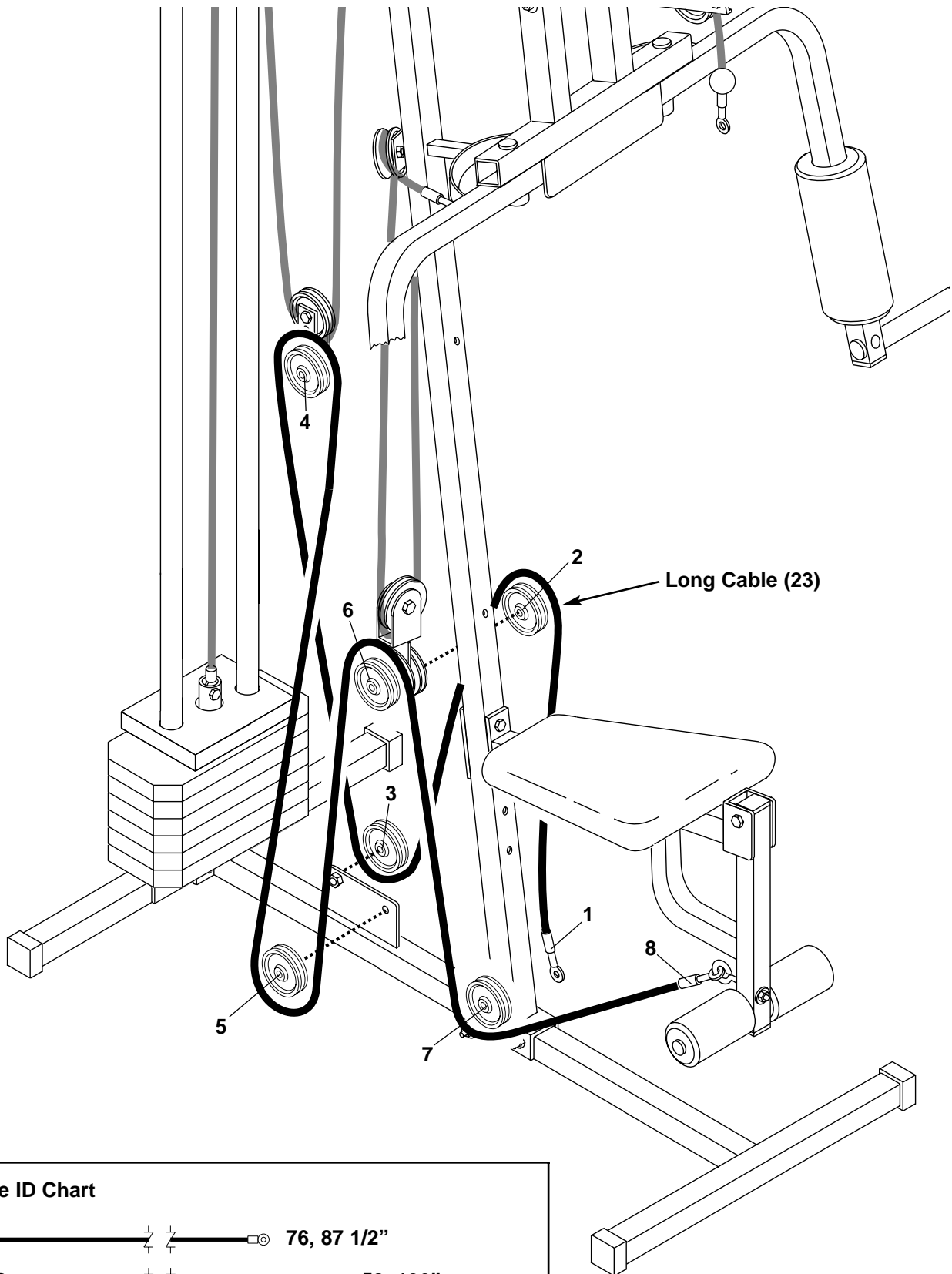
Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If 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 18.**

Cable Diagram (1)

The Cable Diagrams below and on the next page shows the proper routing of the Short Cable (58), the Butterfly Cable (76) and the Long Cable (23). The numbers show the correct route for each Cable. **Make sure 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 weight system.**



Cable Diagram (2)



Cable ID Chart

| | | |
|--|--|-------------|
| | | 76, 87 1/2" |
| | | 58, 130" |
| | | 23, 233" |

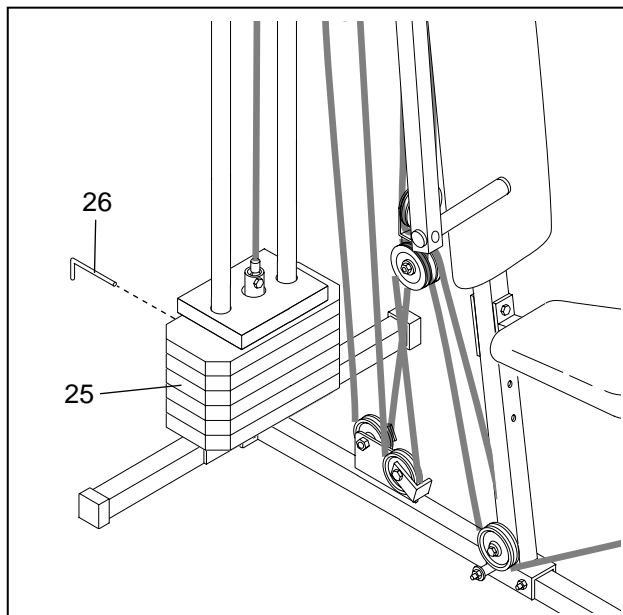
Adjustment

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise poster accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar, make sure it is in the correct starting position for the exercise to be performed. If there is any slack in the cables 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 a Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights. Then turn the bent end downward. The setting of the weight stack can be changed from 6.5 pounds to 81.5 pounds, in increments of 12.5 pounds.

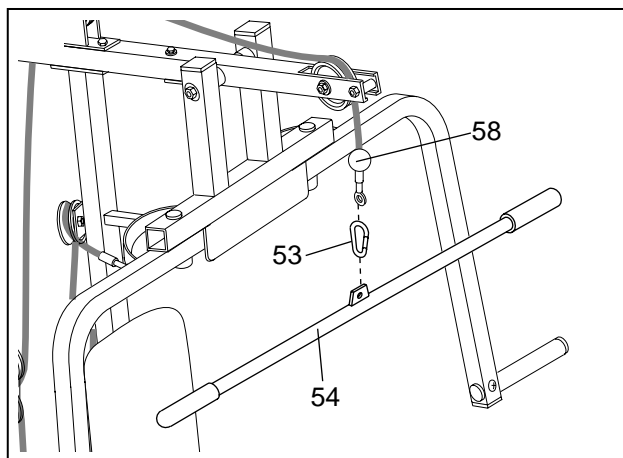
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 19 to find the approximate amount of resistance at each weight station.



Attaching the Lat Bar to the Pulley Station

Attach the Lat Bar (54) to the Short Cable (58) with a Cable Clip (53).

CAUTION: Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.

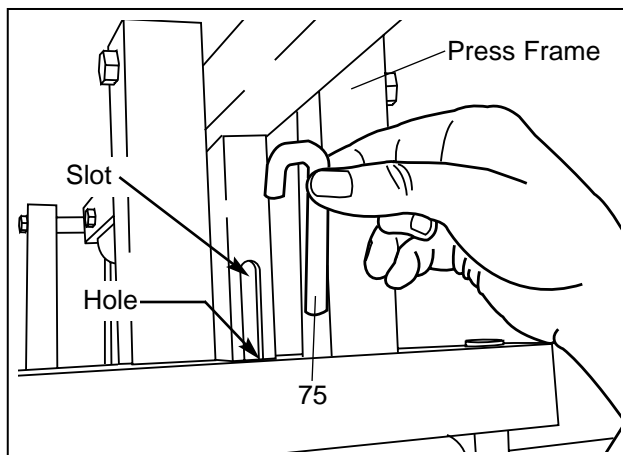


Adjusting the Arms for Butterfly or Press Exercises

The Left Arm (47) and Right Arm (48) can be adjusted for either butterfly or press exercises by turning the Locking Pin (75).

For butterfly exercises, position the Locking Pin (75) as shown in the drawing, so the tip locks into the indicated slot. The Arms will now pivot towards the centre without moving forward.

For press exercises, turn the Locking Pin (75), so the tip does not lock into the slot. The Arms will move forward without pivoting.



Trouble-shooting and Maintenance

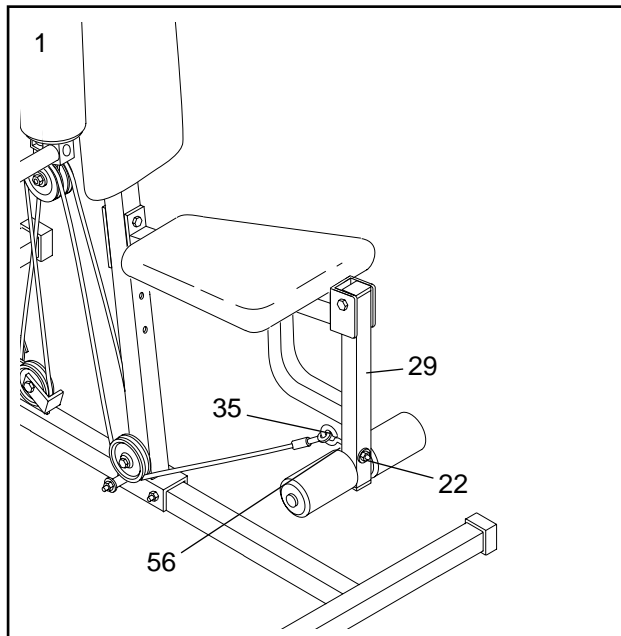
Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

Tightening the Cables

Woven cable, the type of cable used on the home gym 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 (26, not shown) between the third and the fourth Weight, counting from the top. See “Changing the Weight Setting” on page 17 for instructions on moving the Weight Pin.

Tighten the 3/8" Plain Nut (56) a few turns further onto the 3/8" Eyebolt (35) and then tighten the 3/8" Nylon Jamnut (22) securing the Eyebolt to the Leg Lever (29). Repeat this procedure until the Cables feel tighter.

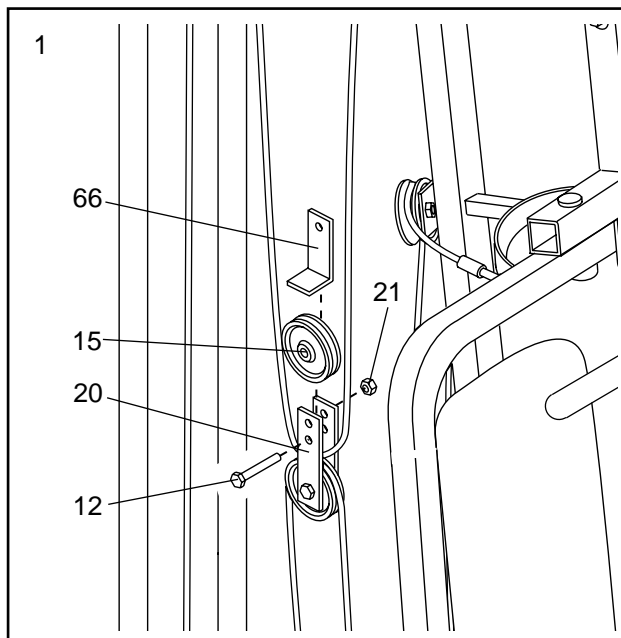


Additional slack can be removed by moving the upper 3 1/2" Pulley (15) attached to the "I"-Plates (20) to the lower hole. To do this, remove the 3/8" x 2" Bolt (12), Cable Trap (66) and 3/8" Nylon Locknut (21). Move the Pulley and re-attach it with the Bolt, Cable Trap and Locknut.

Make sure the Cable Trap is oriented as shown.

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

If the Cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



Weight Resistance Chart

This chart shows the approximate weight resistance at each station. “Top” refers to the 6.5 lbs. top weight. The other numbers refer to the 12.5 lbs. weight plates. Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

| Weight Plates | Press Arm (lbs.) | Butterfly Arm (lbs.) | Pulley Station (lbs.) | Leg Lever (lbs.) |
|---------------|---------------------|-------------------------|--------------------------|---------------------|
| Top | 13 | 20 | 14 | 9 |
| 1 | 30 | 44 | 28 | 23 |
| 2 | 46 | 66 | 44 | 34 |
| 3 | 65 | 84 | 60 | 47 |
| 4 | 84 | 96 | 72 | 60 |
| 5 | 101 | 120 | 90 | 72 |
| 6 | 121 | 138 | 103 | 86 |


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Canada, J7Y 4B8

Ordering Replacement Parts

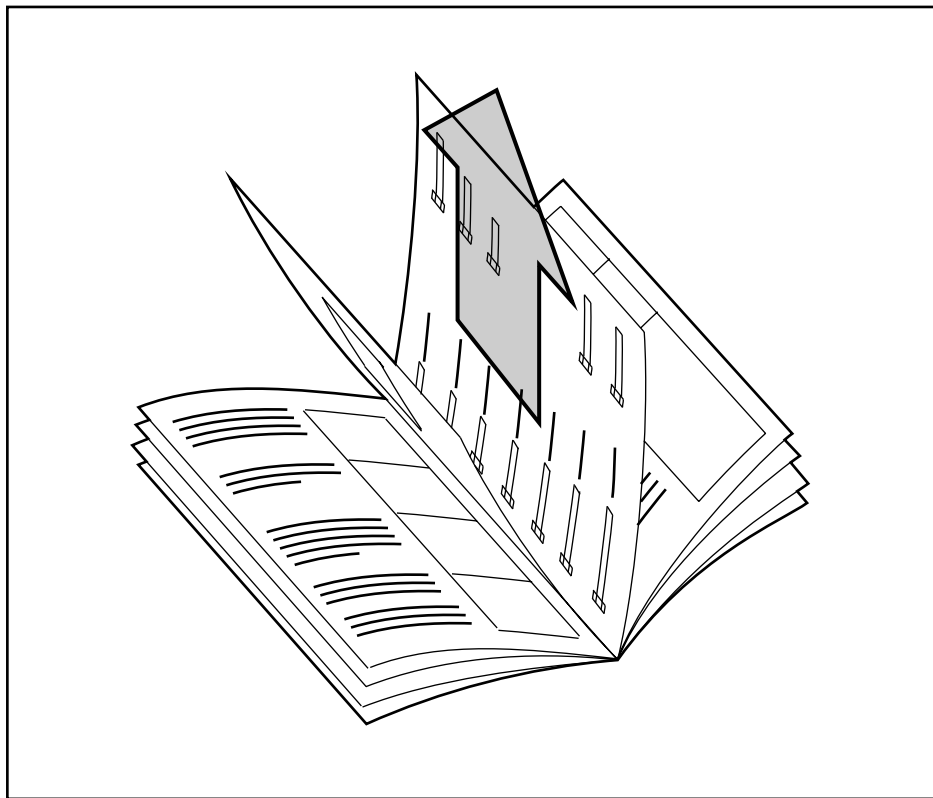
To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8 a.m. until 6:30 p.m. EST (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WESY74090).
2. The NAME of the product (WEIDER® 740 Weight System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the centre of this manual).

|  WEIDER PRO-FORM WESLO | | PRODUCT WARRANTY REGISTRATION | |
|--|--|--|--|
| IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE | | | |
| NAME: _____ | | PHONE: _____ | |
| ADDRESS: _____ | | | |
| COUNTY: _____ | | POSTCODE: _____ | |
| MODEL NO. _____ | | SERIAL NO. _____ PURCHASE DATE: _____ | |
| RETAILER NAME: _____ | | RETAILER ADDRESS: _____ | |
| 1) Primary user(s) of product: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Family | | 8) Did you consider purchasing fitness equipment from another manufacturer? <input type="checkbox"/> No <input type="checkbox"/> Yes What other Manufacturer? _____ | |
| 2) Age of primary user: <input type="checkbox"/> 0-24 <input type="checkbox"/> 35-44 <input type="checkbox"/> 55-64 <input type="checkbox"/> 25-34 <input type="checkbox"/> 45-54 <input type="checkbox"/> 65 and over | | 9) Based on your impression of what you have purchased, would you buy another ICON product? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> No Opinion If not, what other brand name equipment would you purchase? _____ | |
| 3) Annual household income: <input type="checkbox"/> 0-9,999 <input type="checkbox"/> 15,000-19,999 <input type="checkbox"/> 10,000-14,999 <input type="checkbox"/> 20,000+ | | 10) What other type of exercise equipment do you own? <input type="checkbox"/> Bicycle <input type="checkbox"/> Exercise Cycle <input type="checkbox"/> Treadmill <input type="checkbox"/> Home Gym <input type="checkbox"/> Weight Bench <input type="checkbox"/> Stepper <input type="checkbox"/> Cardio Glide <input type="checkbox"/> Other | |
| 4) How many times a week do you exercise? <input type="checkbox"/> Less than 3 times <input type="checkbox"/> 3 times or more | | 11) Which type of magazines do you read regularly? <input type="checkbox"/> Sports <input type="checkbox"/> Fitness <input type="checkbox"/> Motoring <input type="checkbox"/> Business <input type="checkbox"/> Computer <input type="checkbox"/> General | |
| 5) Have you ever purchased an ICON product before? <input type="checkbox"/> Yes <input type="checkbox"/> No | | 12) Do you wish to be sent further bulletins about ICON products? <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| 6) Where did you first see or hear about ICON products? <input type="checkbox"/> Magazine <input type="checkbox"/> Friend/relative <input type="checkbox"/> Newspaper Ad <input type="checkbox"/> Store <input type="checkbox"/> Other | | | |
| 7) What was the primary reason for purchasing this ICON product? <input type="checkbox"/> Store Employee <input type="checkbox"/> Television Ads <input type="checkbox"/> Colour <input type="checkbox"/> Electronic Features <input type="checkbox"/> Magazine Ads <input type="checkbox"/> Price <input type="checkbox"/> Product Design <input type="checkbox"/> Product Innovation <input type="checkbox"/> Other Features | | | |
| THANK YOU FOR YOUR TIME | | | |
| © 2000 ICON of Canada, Inc. Printed in Canada | | | |

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

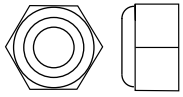
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has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



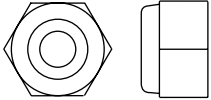
Note: Assembly is divided into four stages: 1) frame assembly; 2) arm assembly; 3) cable, pulley and seat assembly. The hardware for each assembly stage is packaged separately. Wait until you begin each stage to open that parts bag.

Part Identification Chart—WESY74090

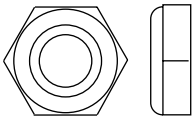
R0700A



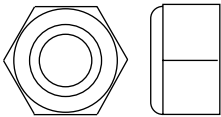
1/4" Nylon Locknut (2)



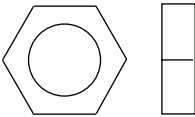
5/16" Nylon Locknut (3)



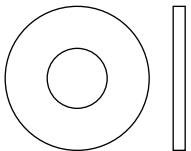
3/8" Nylon Jamnut (22)



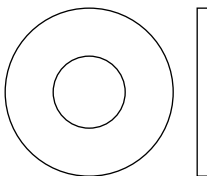
3/8" Nylon Locknut (21)



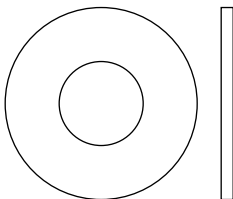
3/8" Plain Nut (56)



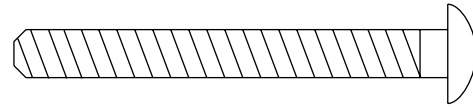
1/4" Flat Washer (10)



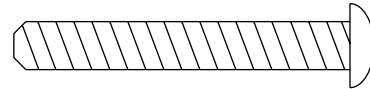
5/16" Flat Washer (8)



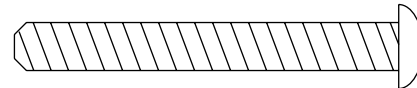
3/8" Flat Washer (9)



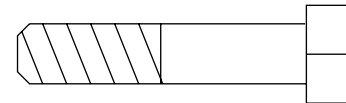
1/4" x 2 1/4" Carriage Bolt (38)



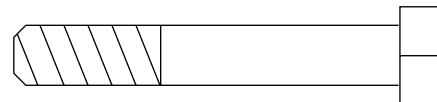
1/4" x 1 3/4" Screw (52)



1/4" x 2" Screw (24)



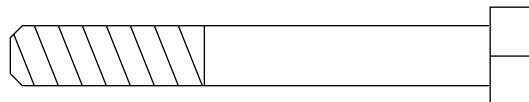
5/16" x 1 1/2" Bolt (11)



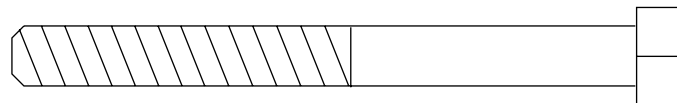
5/16" x 2" Bolt (78)



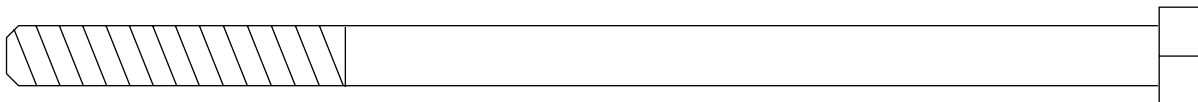
5/16" x 2 1/4" Bolt (1)



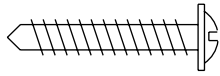
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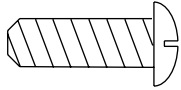
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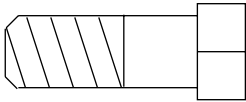
5/16" x 6" Bolt (7)



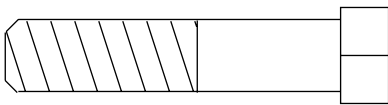
#8 x 1" Screw (18)



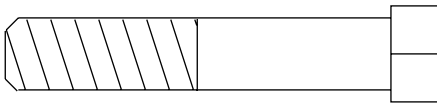
1/4" x 3/4" Screw (43)



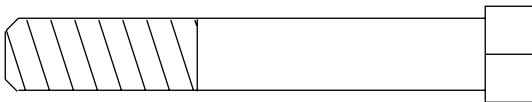
3/8" x 1" Bolt (59)



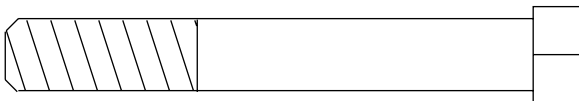
3/8" x 1 3/4" Bolt (68)



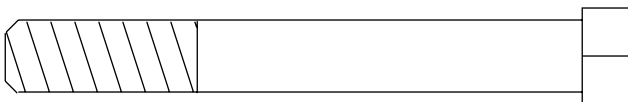
3/8" x 2" Bolt (12)



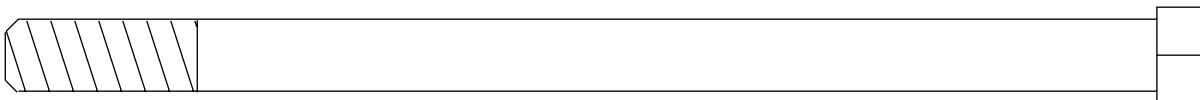
3/8" x 2 1/2" Bolt (60)



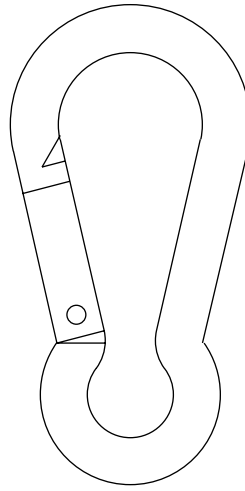
3/8" x 2 3/4" Bolt (71)



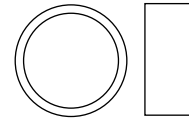
3/8" x 3" Bolt (72)



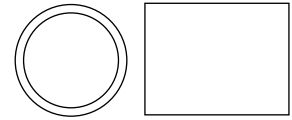
3/8" x 6" Bolt (16)



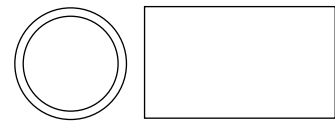
Cable Clip (53)



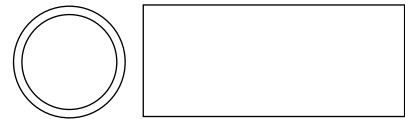
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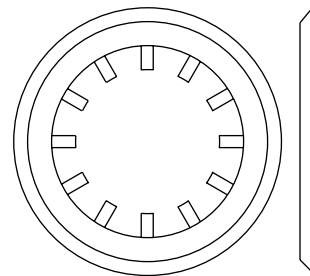
1/2" x 3/4" Spacer (45)



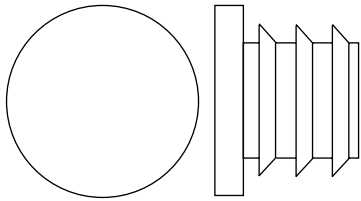
1/2" x 1" Spacer (51)



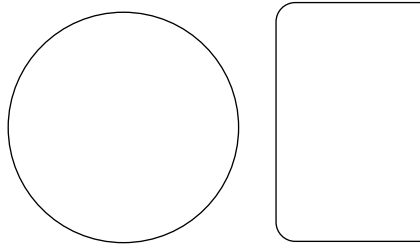
1/2" x 1 3/8" Spacer (61)



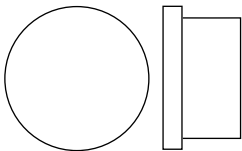
1" Retaining Ring (69)



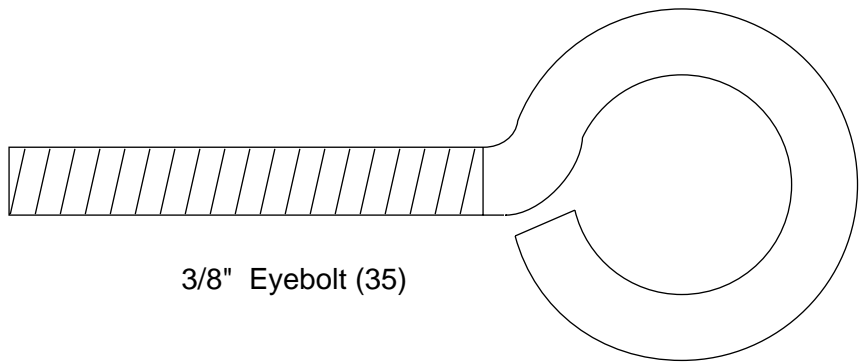
1" Round Inner Cap (49)



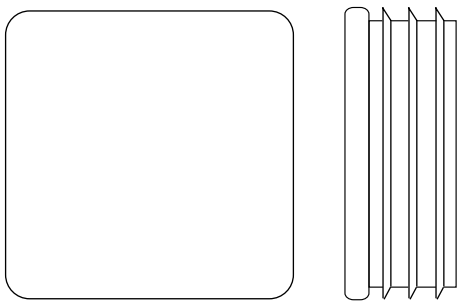
1" Round Cover Cap (70)



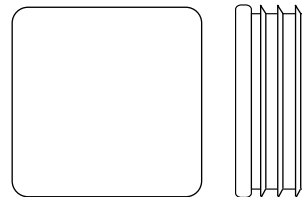
3/4" Round Inner Cap (34)



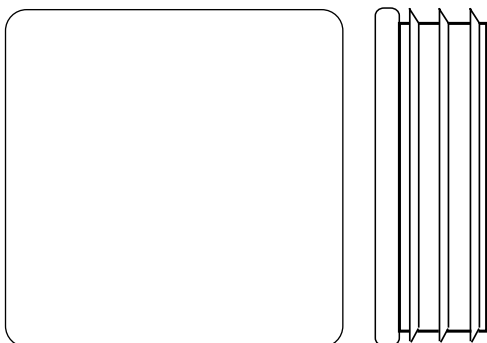
3/8" Eyebolt (35)



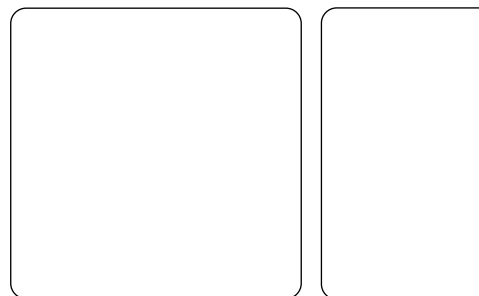
1 1/2" Square Inner Cap (32)



1" Square Inner Cap (65)

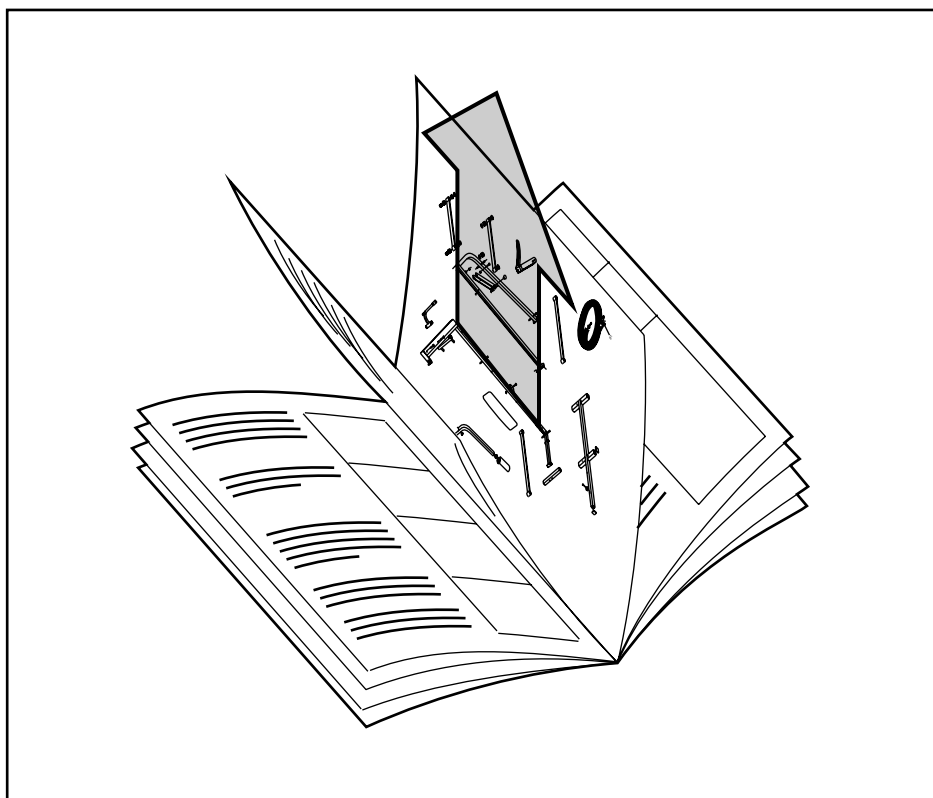


1 3/4" Square Inner Cap (77)



1 1/2" Square Outer Cap (27)

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



Part List—Model No. WESY74090

R0700A

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-----------------------------|---------|------|---------------------------------|
| 1 | 4 | 5/16" x 2 1/4" Bolt | 42 | 1 | Upright |
| 2 | 3 | 1/4" Nylon Locknut | 43 | 2 | 1/4" x 3/4" Screw |
| 3 | 12 | 5/16" Nylon Locknut | 44 | 4 | 1/2" x 1/4" Spacer |
| 4 | 1 | Base | 45 | 1 | 1/2" x 3/4" Spacer |
| 5 | 1 | Stabilizer | 46 | 2 | Press Handle |
| 6 | 1 | Support Bracket | 47 | 1 | Left Arm |
| 7 | 1 | 5/16" x 6" Bolt | 48 | 1 | Right Arm |
| 8 | 2 | 5/16" Flat Washer | 49 | 4 | 1" Round Inner Cap |
| 9 | 6 | 3/8" Flat Washer | 50 | 2 | Long Cable Trap |
| 10 | 6 | 1/4" Flat Washer | 51 | 2 | 1/2" x 1" Spacer |
| 11 | 1 | 5/16" x 1 1/2" Bolt | 52 | 2 | 1/4" x 1 3/4" Screw |
| 12 | 7 | 3/8" x 2" Bolt | 53 | 1 | Cable Clip |
| 13 | 1 | Seat | 54 | 1 | Lat Bar |
| 14 | 4 | 5/16" x 2 1/2" Bolt | 55 | 1 | Top Frame |
| 15 | 11 | 3 1/2" Pulley | 56 | 2 | 3/8" Plain Nut |
| 16 | 1 | 3/8" x 6" Bolt | 57 | 1 | Pulley Bracket |
| 17 | 1 | Press Frame | 58 | 1 | Short Cable |
| 18 | 2 | #8 x 1" Screw | 59 | 2 | 3/8" x 1" Bolt |
| 19 | 2 | Weight Bumper | 60 | 3 | 3/8" x 2 1/2" Bolt |
| 20 | 2 | "I" Plate | 61 | 2 | 1/2" x 1 3/8" Spacer |
| 21 | 7 | 3/8" Nylon Locknut | 62 | 1 | Weight Guide Support |
| 22 | 10 | 3/8" Nylon Jamnut | 63 | 1 | Weight Tube |
| 23 | 1 | Long Cable | 64 | 1 | Weight Tube Bumper |
| 24 | 3 | 1/4" x 2" Screw | 65 | 1 | 1" Square Inner Cap |
| 25 | 6 | Weight | 66 | 4 | Cable Trap |
| 26 | 1 | Weight Pin | 67 | 1 | Top Weight |
| 27 | 4 | 1 1/2" Square Outer Cap | 68 | 2 | 3/8" x 1 3/4" Bolt |
| 28 | 1 | Pad Tube | 69 | 4 | 1" Retaining Ring |
| 29 | 1 | Leg Lever | 70 | 2 | 1" Round Cover Cap |
| 30 | 2 | Foam Pad | 71 | 2 | 7" Foam Roller |
| 31 | 2 | Hand Grip | 72 | 1 | 3/8" x 3" Bolt |
| 32 | 6 | 1 1/2" Square Inner Cap | 73 | 2 | Inner Cap |
| 33 | 1 | 5/16" x 3 1/4" Bolt | 74 | 2 | 1 1/8" x 2 1/2" Plastic Bushing |
| 34 | 2 | 3/4" Round Inner Cap | 75 | 1 | Locking Pin |
| 35 | 1 | 3/8" Eyebolt | 76 | 1 | Butterfly Cable |
| 36 | 1 | Seat Frame | 77 | 6 | 1 3/4" Square Inner Cap |
| 37 | 1 | Seat Plate | 78 | 1 | 5/16" x 2" Bolt |
| 38 | 1 | 1/4" x 2 1/4" Carriage Bolt | # | 1 | User's Manual |
| 39 | 2 | Large Pulley | # | 1 | Exercise Poster |
| 40 | 1 | Large Pulley Bracket | | | |
| 41 | 1 | Backrest | | | |

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

Exploded Drawing—Model No. WESY74090

R0700A

