

WEIDER®

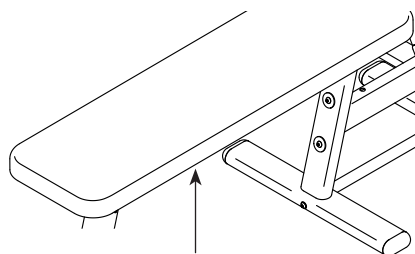
FLEX-CTS

weiderfitness.com

Model No. WESY20318.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal
(under the bench pad)

ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.weiderfitness.com.

CUSTOMER CARE

For service at any time, go to weiderservice.com.

Or call 1-877-992-5999
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

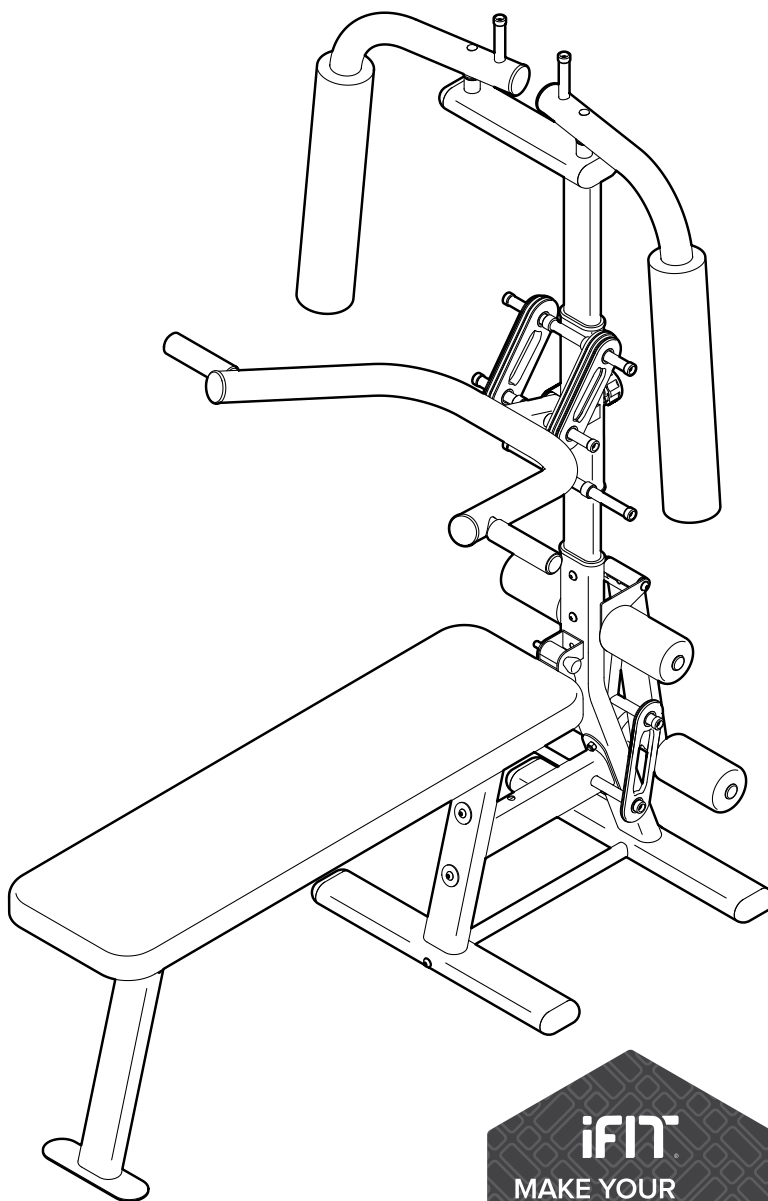
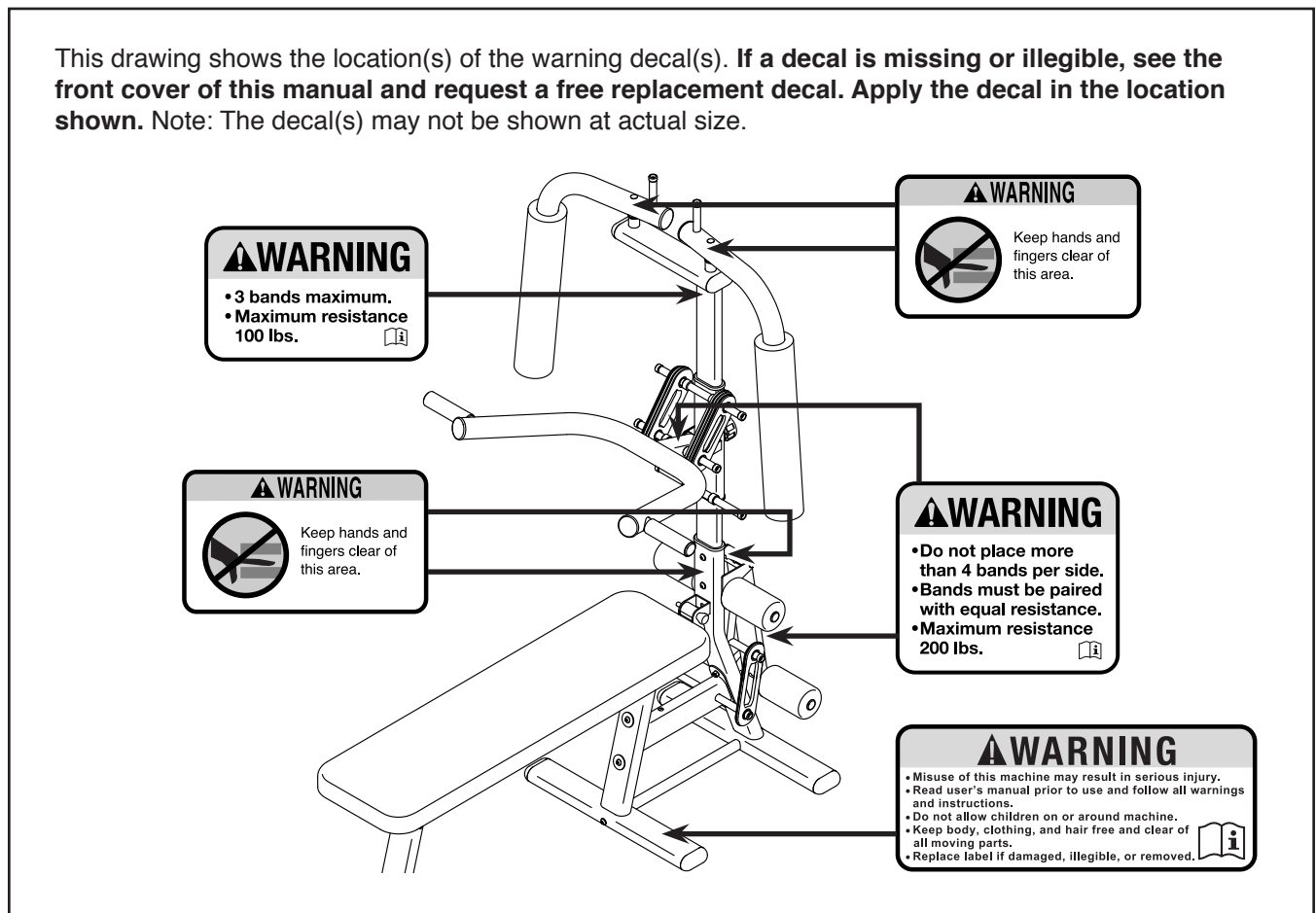


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



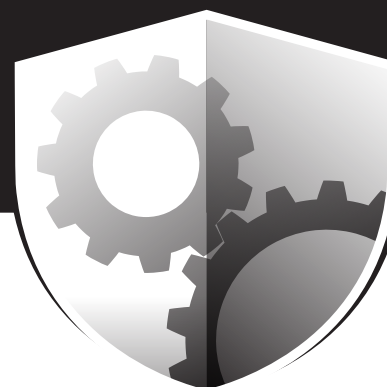
IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the home gym before you use the home gym. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the home gym are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The home gym is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the home gym by someone responsible for their safety.
4. Use the home gym only as described in this manual and in the included exercise guide.
5. The home gym is intended for home use only. Do not use the home gym in a commercial, rental, or institutional setting.
6. Keep the home gym indoors, away from moisture and dust. Do not put the home gym in a garage or covered patio, or near water.
7. Use the home gym only on a level surface. Cover the floor beneath the home gym to protect the floor.
8. Inspect and properly tighten all parts each time the home gym is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the home gym at all times.
10. The home gym should not be used by persons weighing more than 250 lbs. (114 kg).
11. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the home gym. Always wear athletic shoes for foot protection.
12. Keep hands and feet away from moving parts.
13. When folding and unfolding the bench, make sure that the bench and the bench leg are properly latched (see page 16).
14. Do not put more than four resistance bands on each side of the press arm or the leg lever. Put the same amount of resistance on both sides. The total resistance of all resistance bands must not exceed 200 lbs.
15. Do not put more than three resistance bands on the butterfly arms. The total resistance of all resistance bands must not exceed 100 lbs.
16. Always sit on the bench pad when using the press arm, butterfly arms, or leg lever.
17. Never let go of the press arm, butterfly arms, or leg lever while the resistance bands are stretched. The arms or the leg lever will spring back with great force.
18. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

| Equipment Price | 3-Year Plan | 5-Year Plan |
|---|-------------|-------------|
| \$0.00 to \$1000.00 | \$199.99 | \$289.99 |
| \$1001.00 to \$1500.00 | \$259.99 | \$379.99 |
| \$1501.00 to \$2500.00 | \$339.99 | \$489.99 |
| (Bikes/Systems Only) \$0.00 to \$2500.00 | \$139.99 | NA |

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

| Equipment Price | 1-Year Plan | 2-Year Plan | 3-Year Plan |
|------------------------|-------------|-------------|-------------|
| \$0.00 to \$300.00 | \$29.99 | \$39.99 | \$59.99 |
| \$301.00 to \$1000.00 | \$89.99 | \$119.99 | \$149.99 |
| \$1001.00 to \$2000.00 | \$109.99 | \$139.99 | \$179.99 |
| \$2001.00 to \$3000.00 | \$179.99 | \$209.99 | \$239.99 |

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



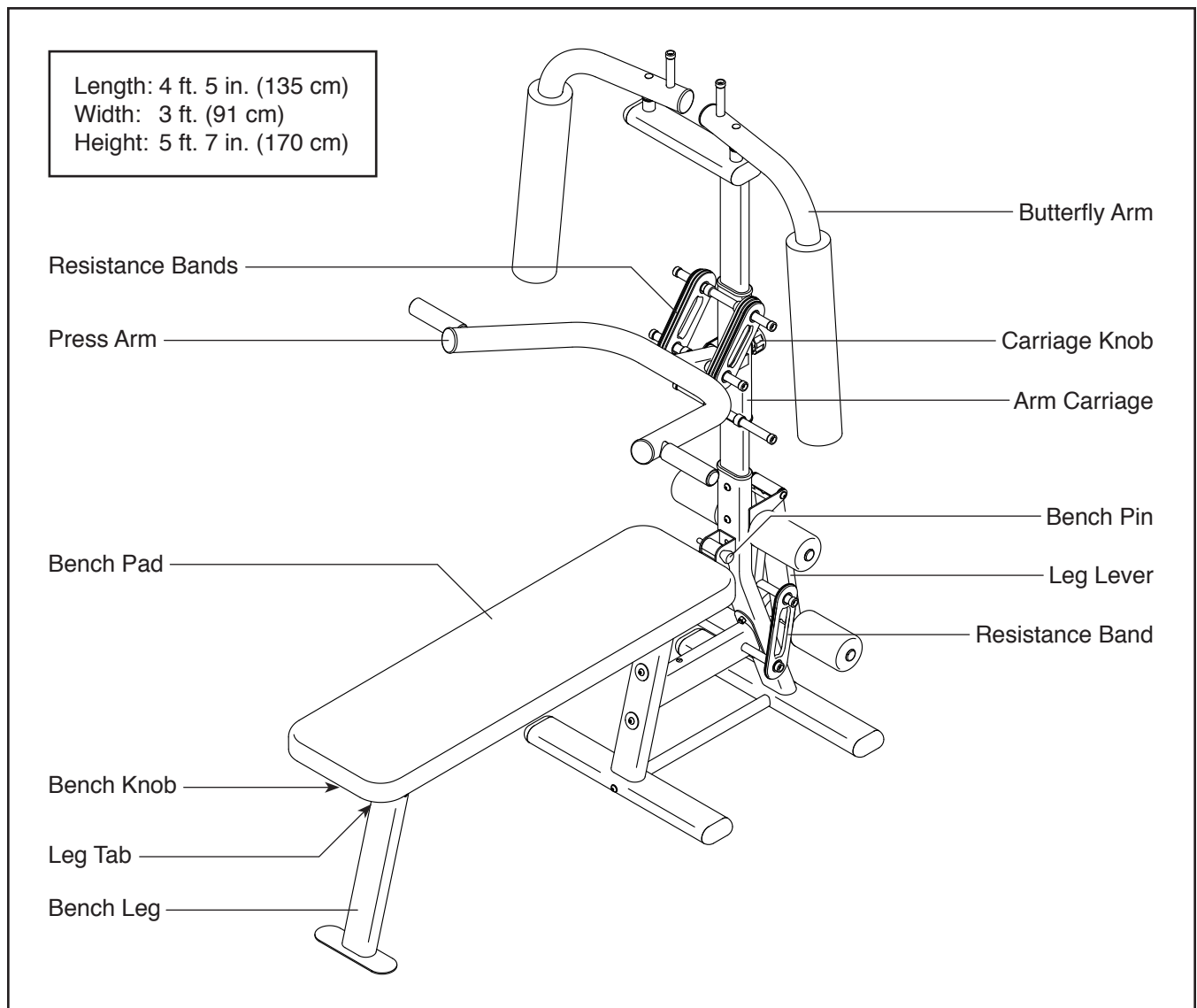
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® FLEX-CTS home gym. The FLEX-CTS home gym offers a selection of exercise 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 FLEX-CTS home gym will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the home gym. If you have questions after

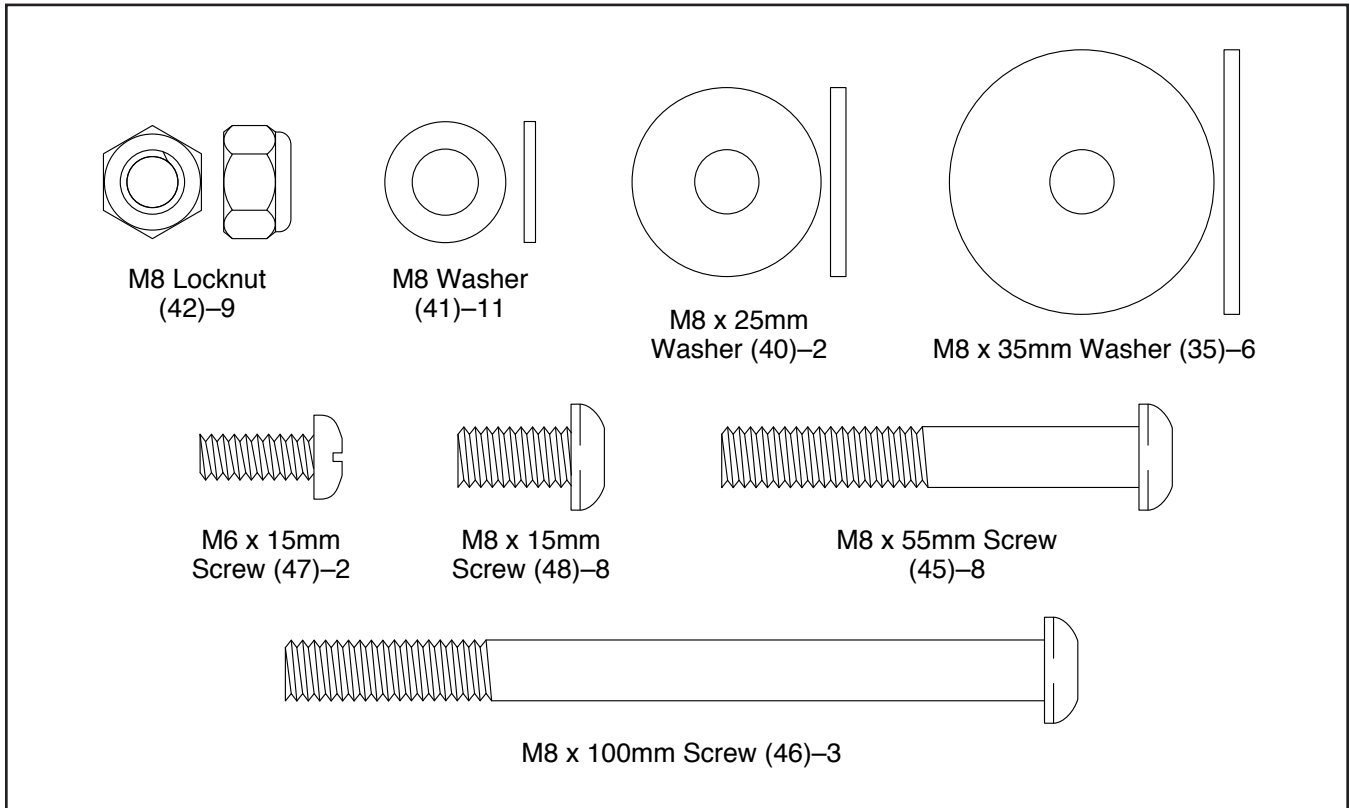
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

Use the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see whether it has been preattached.**



ASSEMBLY

- To hire an authorized service technician to assemble the home gym, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, assemble the home gym in the location where it will be used. Make sure that there is enough clearance to walk around the home gym.
- **Place all parts in a cleared area and remove the packing materials.** Do not dispose of the packing materials until assembly is finished.

- For help identifying small parts, see page 6.
- The following tools (not included) may be required for assembly:

one adjustable wrench 

one rubber mallet 

one Phillips screwdriver 

Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

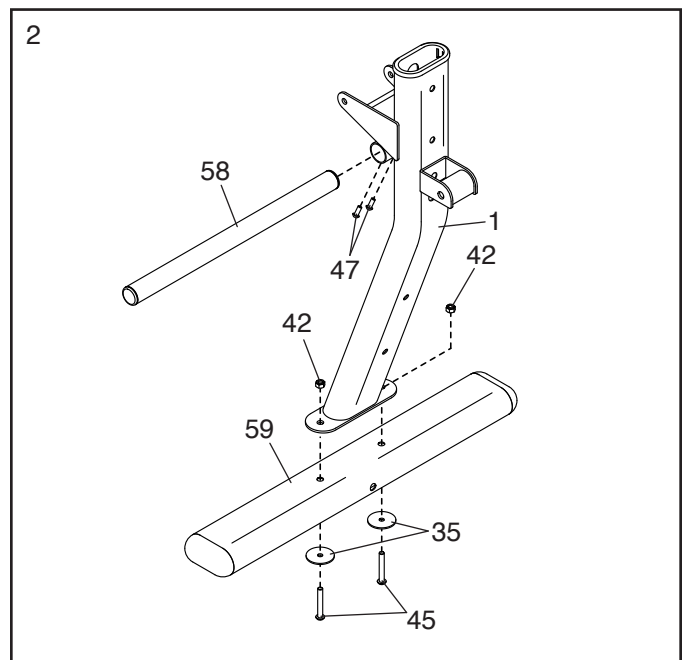
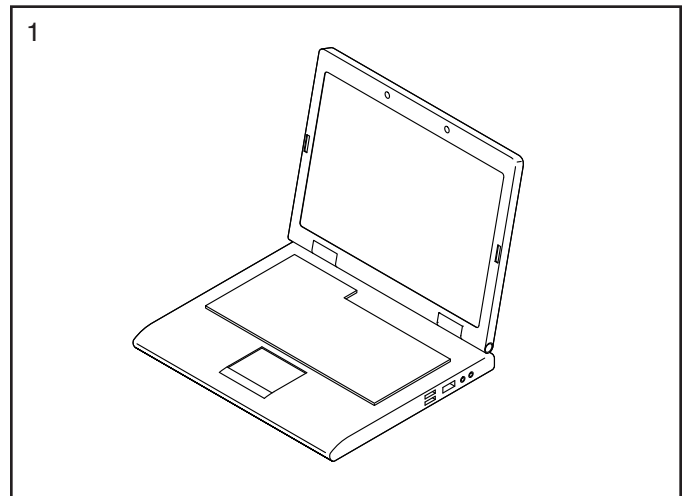
1. Go to my.weiderfitness.com on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

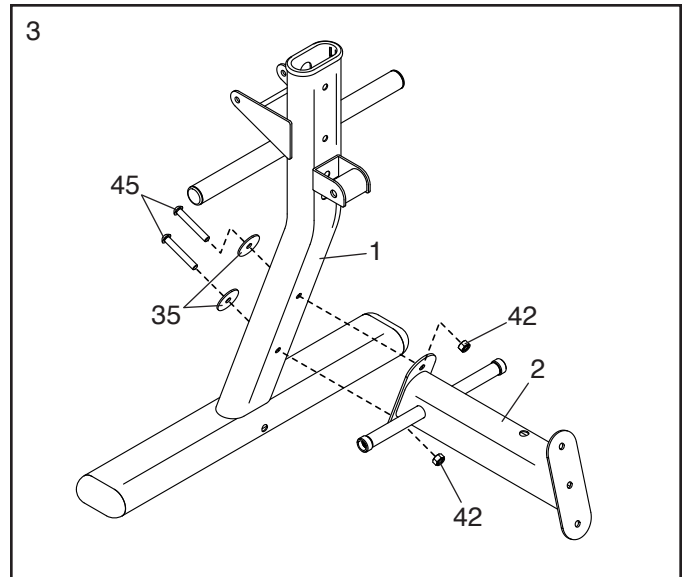
Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.

2. Attach the Stabilizer (59) to the Upright Base (1) with two M8 x 55mm Bolts (45), two M8 x 35mm Washers (35), and two M8 Locknuts (42).

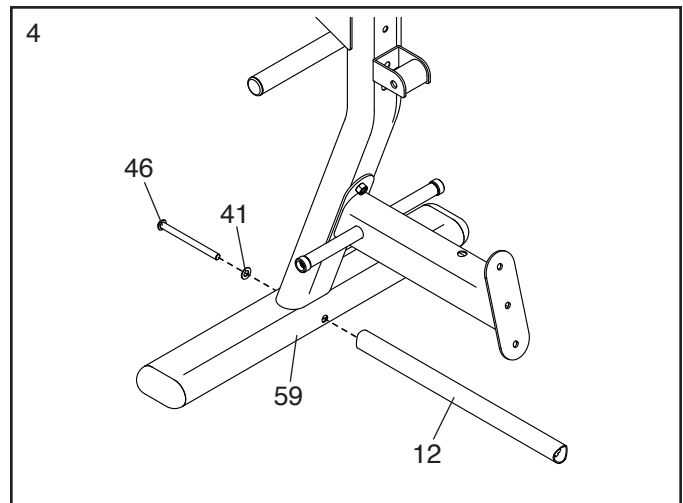
Then, attach the Pad Tube (58) to the Upright Base (1) with two M6 x 15mm Screws (47).



3. Orient the Base Bracket (2) and the Upright Base (1) as shown. Attach the Base Bracket to the Upright Base with two M8 x 55mm Bolts (45), two M8 x 35mm Washers (35), and two M8 Locknuts (42); **do not tighten the Locknuts yet.**



4. Attach the Brace (12) to the Stabilizer (59) with an M8 x 100mm Bolt (46) and an M8 Washer (41); **do not tighten the Bolt yet.**



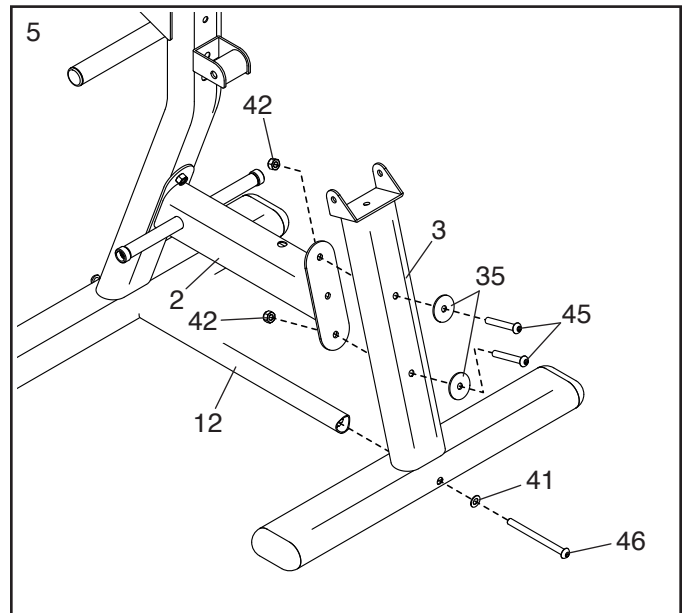
5. Orient the Bench Base (3) as shown. Attach the Bench Base to the Base Bracket (2) with two M8 x 55mm Bolts (45), two M8 x 35mm Washers (35), and two M8 Locknuts (42); **do not tighten the Locknuts yet.**

Next, attach the Bench Base (3) to the Brace (12) with an M8 x 100mm Bolt (46) and an M8 Washer (41).

Then, tighten the two M8 Locknuts (42).

See step 3. Tighten the two M8 Locknuts (42).

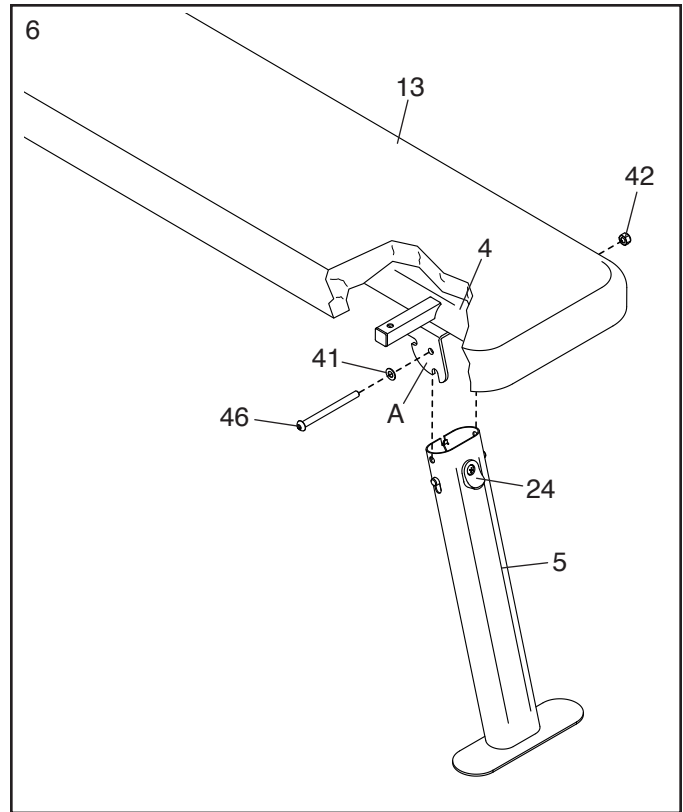
See step 4. Tighten the M8 x 100mm Bolt (46).



6. Orient the the Bench Pad (13) so that the bracket (A) on the Bench Frame (4) is in the position shown.

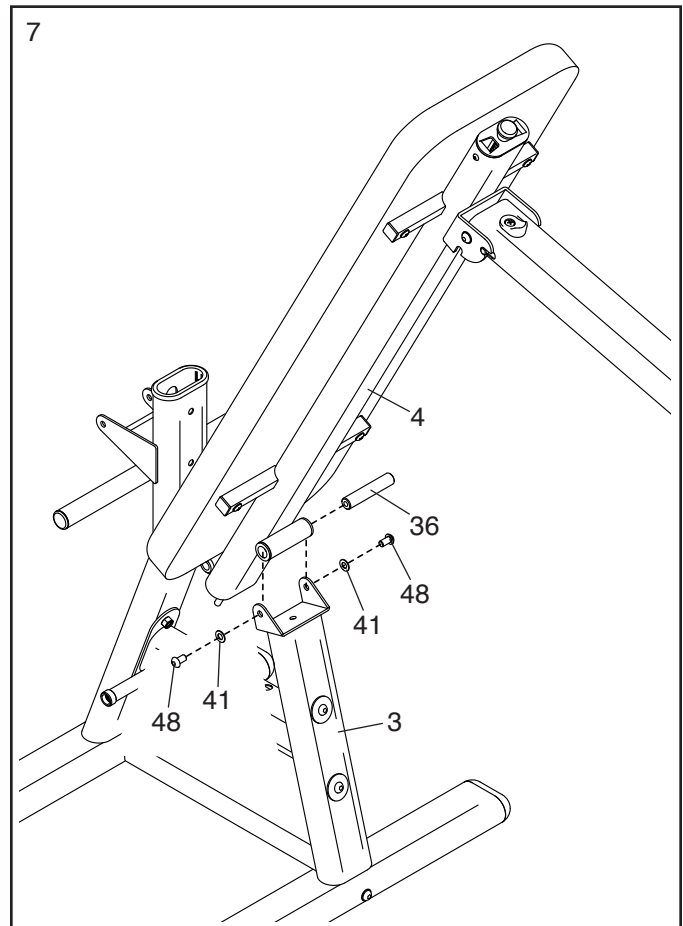
Next, orient the Bench Leg (5) so that the Leg Tab (24) is on the side shown.

Attach the Bench Leg (5) to the bracket (A) on the Bench Frame (4) with an M8 x 100mm Bolt (46), an M8 Washer (41), and an M8 Locknut (42). **Do not overtighten the Locknut; the Bench Leg must be able to pivot.**



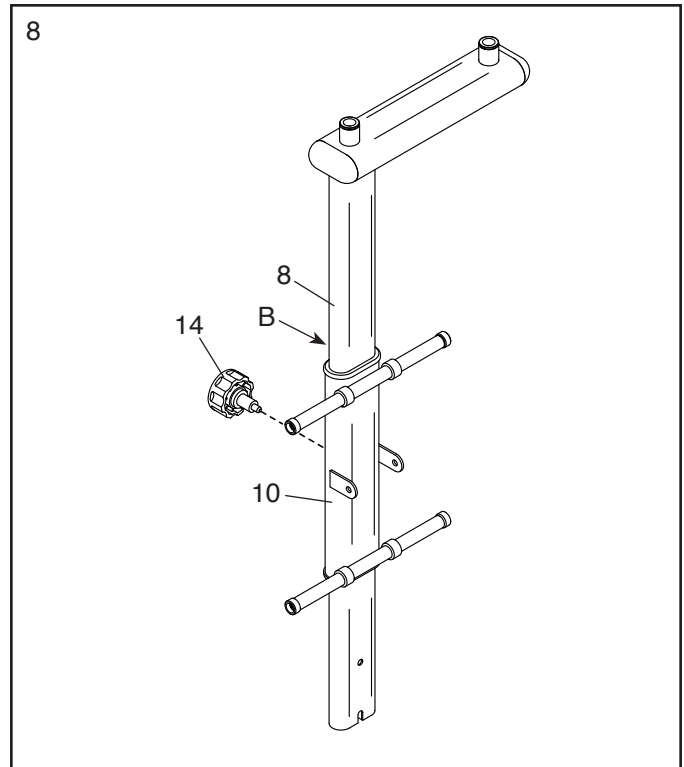
7. Insert a Long Axle (36) into the other end of the Bench Frame (4).

Attach the Bench Frame (4) to the Bench Base (3) with two M8 x 15mm Screws (48) and two M8 Washers (41). **Tighten both Screws at the same time.**

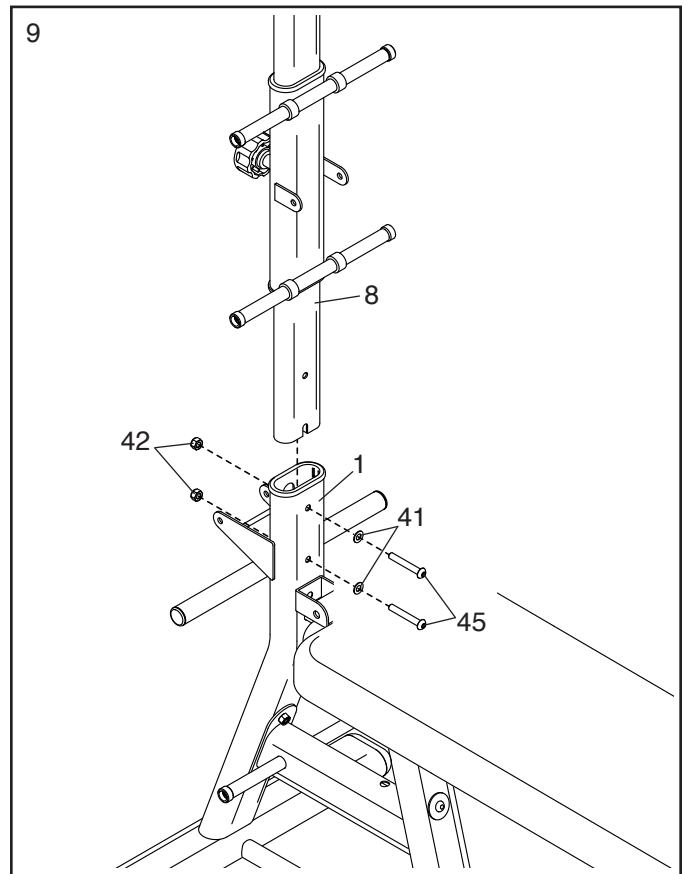


- Hand tighten the Carriage Knob (14) into the Arm Carriage (10); **do not fully tighten the Carriage Knob yet.**

Next, slide the Arm Carriage (10) upward or downward until the Carriage Knob (14) snaps into the one of the adjustment holes (B) in the Upright (8). Then, firmly tighten the Carriage Knob.



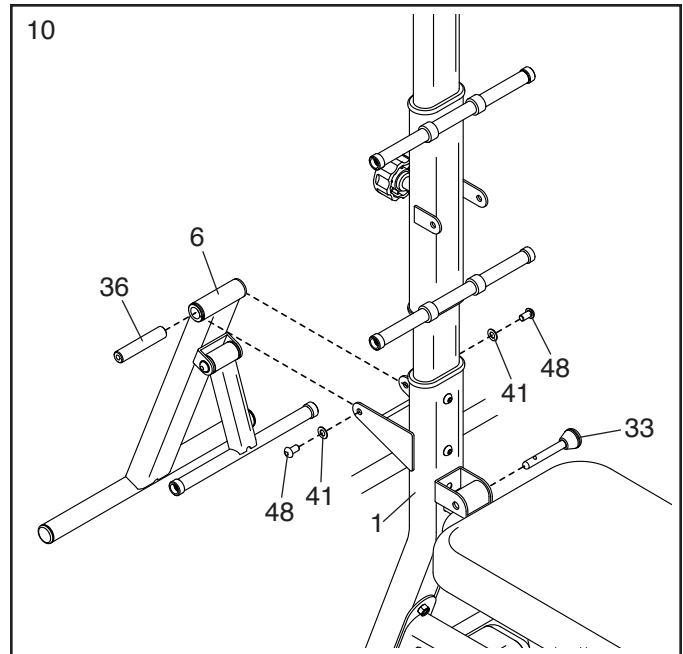
- Orient the Upright (8) as shown, and insert it into the Upright Base (1). Attach the Upright with two M8 x 55mm Bolts (45), two M8 Washers (41), and two M8 Locknuts (42).



10. Insert a Long Axle (36) into the Leg Lever (6).
Next, orient the Leg Lever as shown.

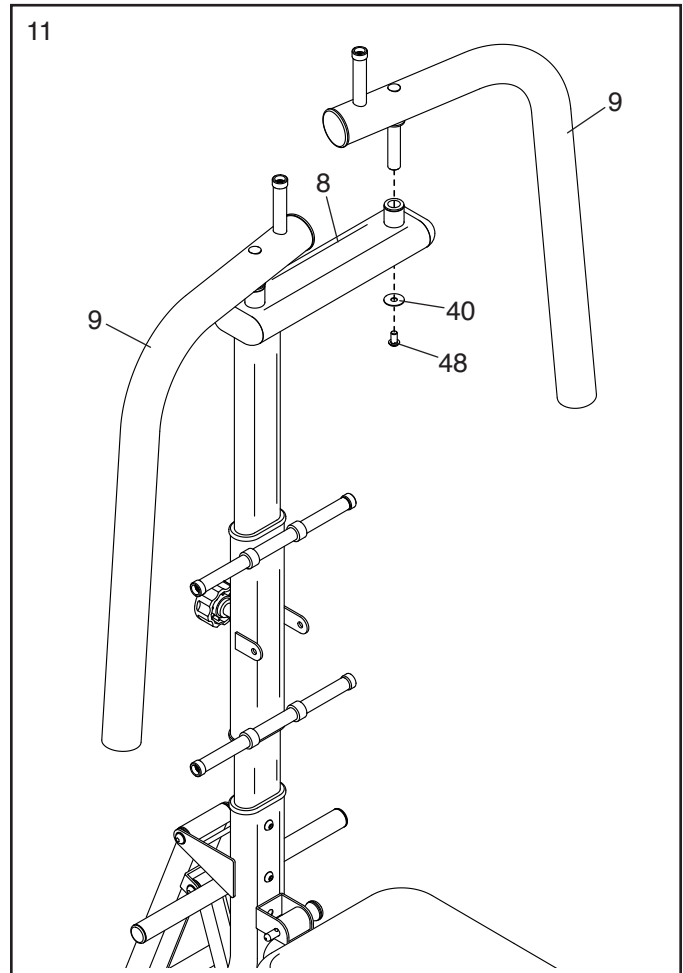
Attach the Leg Lever (6) to the Upright Base (1) with two M8 x 15mm Screws (48) and two M8 Washers (41). **Tighten both Screws at the same time.**

Then, insert the Bench Pin (33) into the Upright Base (1) and into the Bench Frame (not shown).



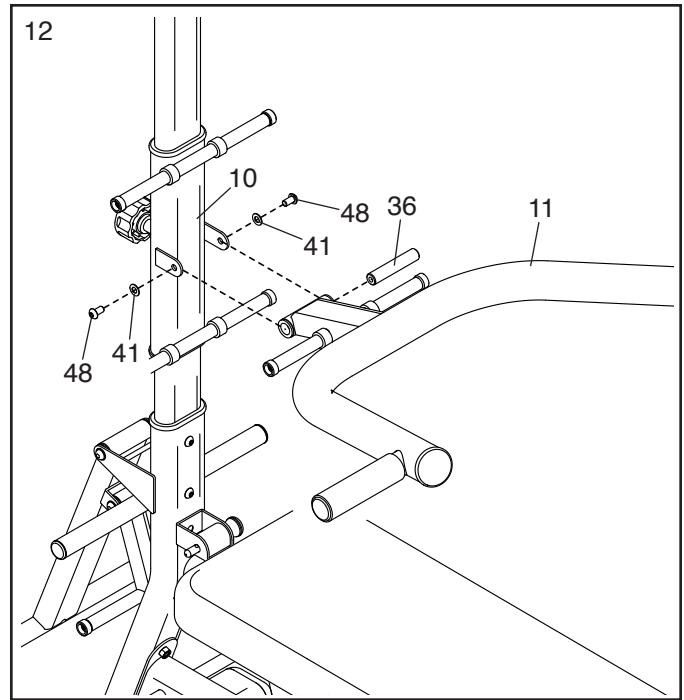
11. Insert the axle on one of the Butterfly Arms (9) into the Upright (8). Attach the Butterfly Arm with an M8 x 15mm Screw (48) and an M8 x 25mm Washer (40).

Attach the other Butterfly Arm (9) in the same way.



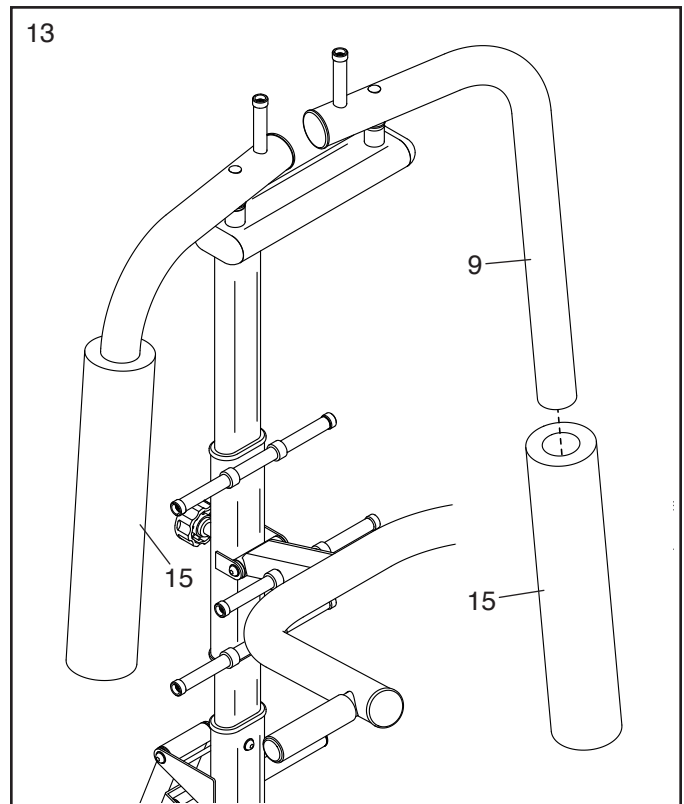
12. Insert a Long Axle (36) into the Press Arm (11).

Attach the Press Arm (11) to the Arm Carriage (10) with two M8 x 15mm Screws (48) and two M8 Washers (41). **Tighten both Screws at the same time.**



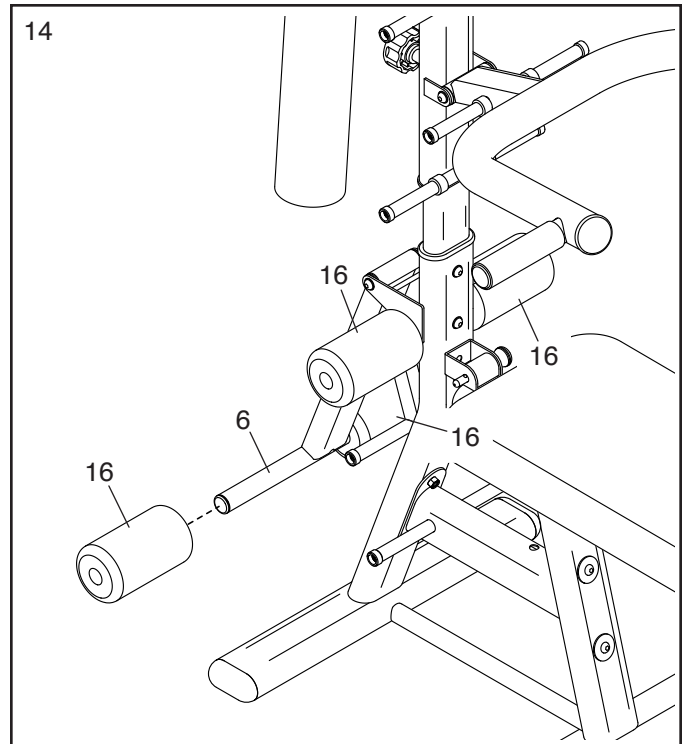
13. Wet one of the Butterfly Arms (9) with a small amount of soapy water. Then, slide a Butterfly Pad (15) onto the Butterfly Arm.

Attach the other Butterfly Pad (15) in the same way.



14. Wet one side of the Leg Lever (6) with a small amount of soapy water. Then, slide a Leg Pad (16) onto the Leg Lever.

Attach the other three Leg Pads (16) in the same way.



15. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT AND MAINTENANCE, beginning on page 14.

ADJUSTMENT AND MAINTENANCE

This section explains how to adjust the home gym. See the EXERCISE GUIDELINES on page 19 for important information about how to get the most benefit from your exercise program. Also, refer to the included exercise guide to see the correct form for a selection of exercises.

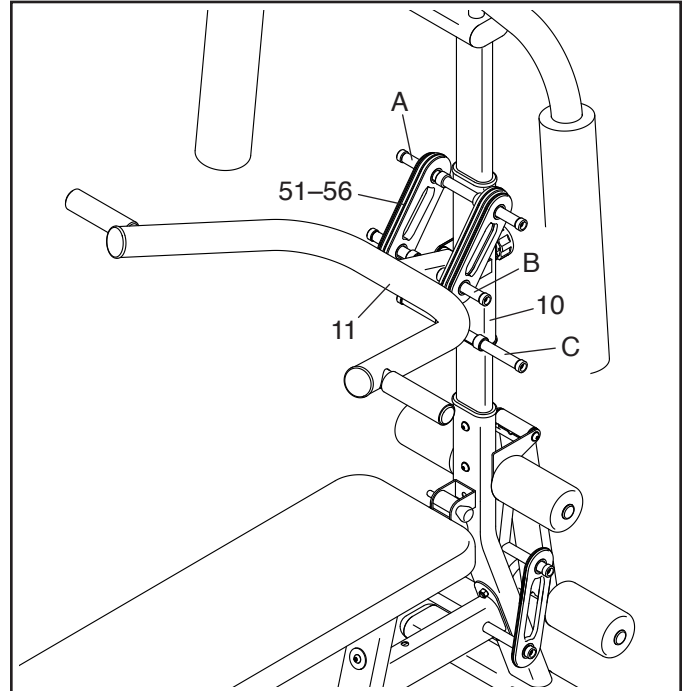
Make sure that all parts are properly tightened each time the home gym is used. Replace any worn parts immediately. Clean the home gym as needed with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the home gym.**

HOW TO ADJUST THE RESISTANCE OF THE PRESS ARM

For exercises that require pulling the Press Arm (11) downward, slide the desired Resistance Bands (51–56) onto the upper posts (A) on the Arm Carriage (10) and onto the posts (B) on the Press Arm as shown.

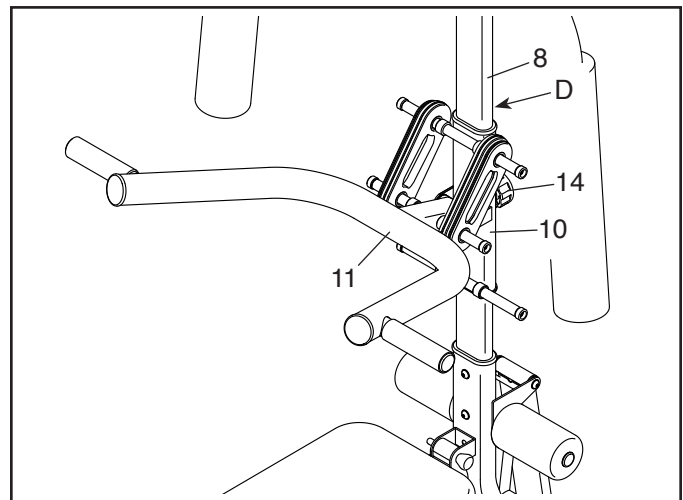
For exercises that require pushing the Press Arm (11) upward, slide the desired Resistance Bands (51–56) onto the lower posts (C) on the Arm Carriage (10) and onto the posts (B) on the Press Arm.

IMPORTANT: Do not put more than four Resistance Bands (51–56) on each side of the Press Arm (11). Put the same amount of resistance on both side of the Press Arm. The total resistance of all Resistance Bands must not exceed 200 lbs.



HOW TO ADJUST THE HEIGHT OF THE PRESS ARM

To adjust the height of the Press Arm (11), first hold the Press Arm and turn the Carriage Knob (14) counterclockwise to loosen it. Next, pull the Carriage Knob outward, slide the Arm Carriage (10) upward or downward to the desired position, and then release the Carriage Knob. **Then, slide the Arm Carriage upward and downward slightly until the Carriage Knob snaps into the closest adjustment hole (D) in the Upright (8).** Finally, tighten the Carriage Knob.

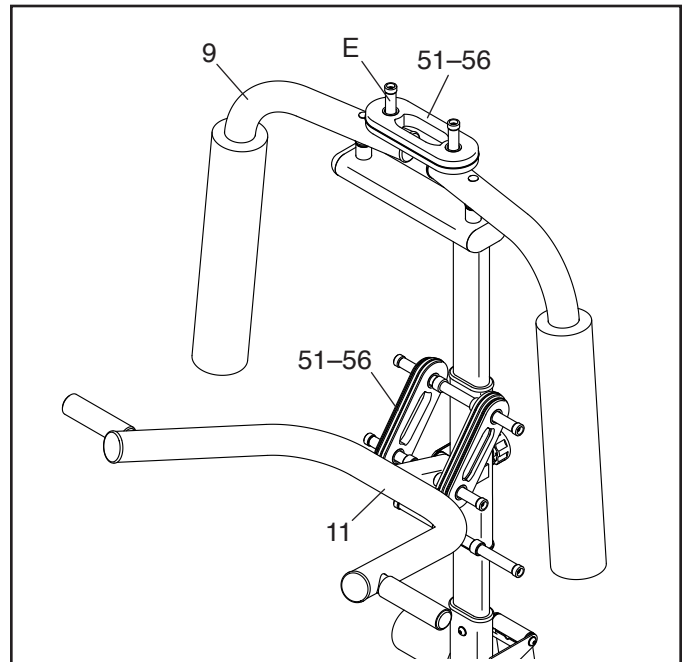


HOW TO ADJUST THE RESISTANCE OF THE BUTTERFLY ARMS

If necessary, remove any Resistance Bands (51-56) from the Press Arm (11), and lower the Press Arm (see page 14 for instructions if necessary).

To use the Butterfly Arms (9), slide the desired Resistance Bands (51-56) onto the posts (E) on the Butterfly Arms as shown.

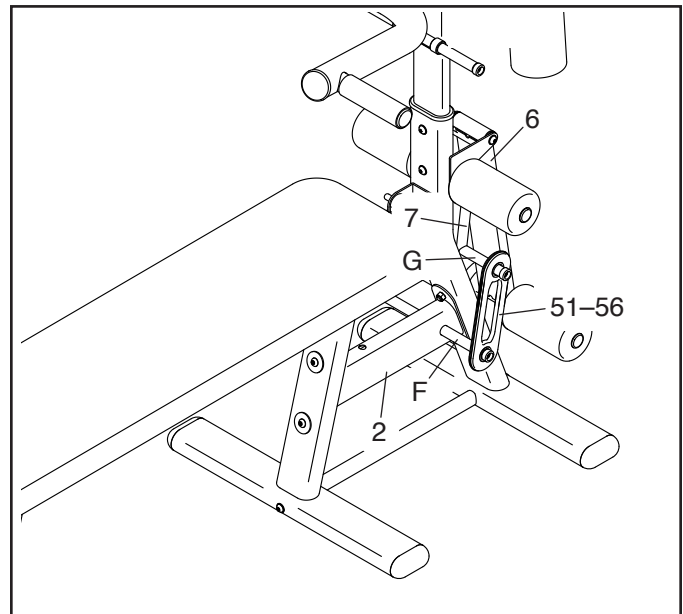
IMPORTANT: Do not put more than three Resistance Bands (51-56) on the Butterfly Arms (9). The total resistance of all Resistance Bands must not exceed 100 lbs.



HOW TO ADJUST THE RESISTANCE OF THE LEG LEVER

To use the Leg Lever (6), slide the desired Resistance Bands (51-56) onto the posts (F) on the Base Bracket (2) and onto the posts (G) on the Band Bracket (7) as shown.

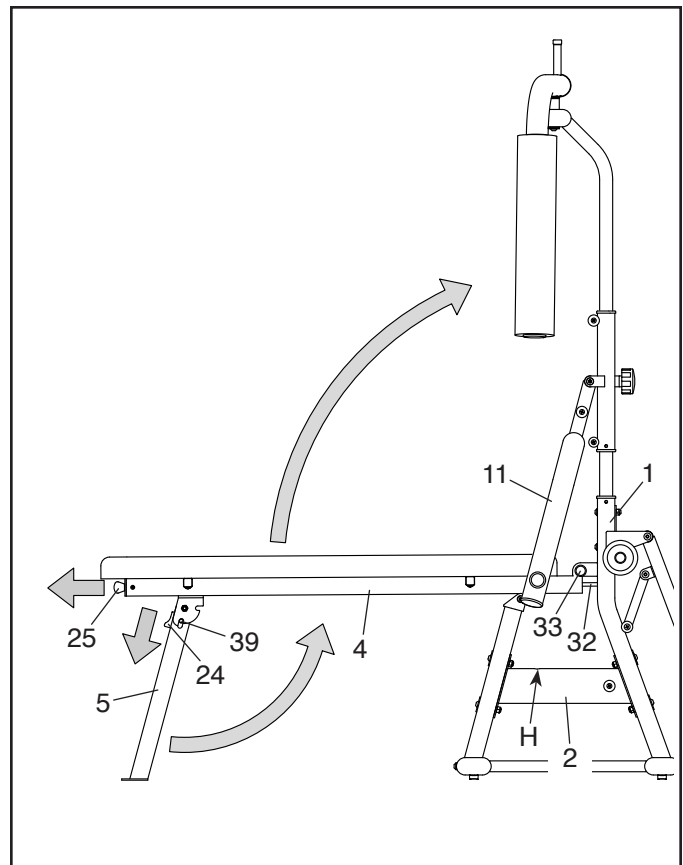
IMPORTANT: Do not put more than four Resistance Bands (51-56) on each side of the Leg Lever (6). Put the same amount of resistance on both sides of the Leg Lever. The total resistance of all Resistance Bands must not exceed 200 lbs.



HOW TO FOLD THE BENCH

When the home gym is not being used, follow the steps below to fold the bench to the storage position if desired.

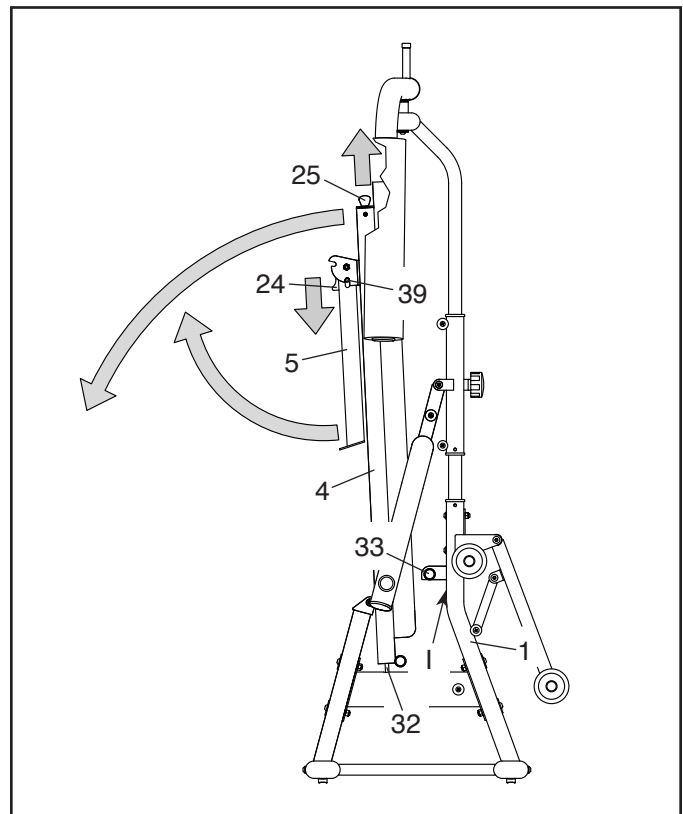
1. Remove any Resistance Bands (not shown) from the Press Arm (11), and lower the Press Arm (see page 14 for instructions if necessary).
2. Remove the Bench Pin (33) and set it aside. Next, pull the Bench Knob (25), raise the Bench Frame (4) several inches, and then release the Bench Knob. Then, raise the Bench Frame to the vertical position until the Bench Latch (32) snaps into the hole (H) in the Base Bracket (2).
3. Slide the Leg Tab (24) in the direction shown by the arrow, lower the Bench Leg (5) several inches, and then release the Leg Tab. Then, lower the Bench Leg until the Leg Latch (39) snaps into the bracket on the Bench Frame (4).
4. Insert the Bench Pin (33) into the Upright Base (1). The home gym should appear as shown in lower drawing.



HOW TO UNFOLD THE BENCH

To use the home gym, follow the steps below to unfold the bench.

1. Remove the Bench Pin (33) and set it aside. Next, slide the Leg Tab (24) downward, raise the Bench Leg (5) several inches, and then release the Leg Tab. Then, raise the Bench Leg until the Leg Latch (39) snaps into the bracket on the Bench Frame (4).
2. Pull the Bench Knob (25), lower the Bench Frame (4) several inches, and then release the Bench Knob. Then, lower the Bench Frame until the Bench Latch (32) snaps into the hole (I) in the Upright Base (1).
3. Insert the Bench Pin (33) into the Upright Base (1) and into the Bench Frame (4). The home gym should appear as shown in the upper drawing.



RESISTANCE CHART—PRESS ARM AND LEG LEVER

The chart below shows how to combine the resistance bands to achieve the desired approximate resistance when the press arm or the leg lever is used. To achieve the approximate resistance shown in the left column, use the indicated number of resistance bands shown in the right columns.

| Approximate Resistance (lbs.) | 2.5-lb. Band | 5-lb. Band | 10-lb. Band | 20-lb. Band | 25-lb. Band | 50-lb. Band |
|-------------------------------|--------------|------------|-------------|-------------|-------------|-------------|
| 10 | | 2 | | | | |
| 15 | 2 | 2 | | | | |
| 20 | | | 2 | | | |
| 25 | 2 | | 2 | | | |
| 30 | | 2 | 2 | | | |
| 35 | 2 | 2 | 2 | | | |
| 40 | | | | 2 | | |
| 45 | | | | 2 | | |
| 50 | | | | | 2 | |
| 55 | 2 | 2 | | | 2 | |
| 60 | | 2 | | | 2 | |
| 65 | 2 | 2 | | | 2 | |
| 70 | | | 2 | | 2 | |
| 75 | 2 | | 2 | | 2 | |
| 80 | | 2 | 2 | | 2 | |
| 85 | 2 | 2 | 2 | | 2 | |
| 90 | | | | 2 | 2 | |
| 95 | 2 | | | 2 | 2 | |
| 100 | | | | | | 2 |
| 105 | 2 | | | | | 2 |
| 110 | | 2 | | | | 2 |
| 115 | 2 | 2 | | | | 2 |
| 120 | | | 2 | | | 2 |
| 125 | 2 | | 2 | | | 2 |
| 130 | | 2 | 2 | | | 2 |
| 135 | 2 | 2 | 2 | | | 2 |
| 140 | | | | 2 | | 2 |
| 145 | 2 | | | 2 | | 2 |
| 150 | | | | | 2 | 2 |
| 155 | 2 | | | | 2 | 2 |
| 160 | | | 2 | 2 | | 2 |
| 165 | 2 | | 2 | 2 | | 2 |
| 170 | | | 2 | | 2 | 2 |
| 175 | 2 | | 2 | | 2 | 2 |
| 180 | | | | 4 | | 2 |
| 185 | 2 | | | 4 | | 2 |
| 190 | | | | 2 | 2 | 2 |
| 195 | 2 | | | 2 | 2 | 2 |
| 200 | | | 2 | 4 | | 2 |

RESISTANCE CHART—BUTTERFLY ARMS

The chart below shows how to combine the resistance bands to achieve the desired approximate resistance when the butterfly arms are used. To achieve the approximate resistance shown in the left column, use the indicated number of resistance bands shown in the right columns.

| Approximate Resistance (lbs.) | 2.5-lb. Band | 5-lb. Band | 10-lb. Band | 20-lb. Band | 25-lb. Band | 50-lb. Band |
|-------------------------------|--------------|------------|-------------|-------------|-------------|-------------|
| 5 | | 1 | | | | |
| 10 | | | 1 | | | |
| 15 | | 1 | 1 | | | |
| 20 | | | | 1 | | |
| 25 | | | | | 1 | |
| 30 | | 1 | | | 1 | |
| 35 | | 1 | 1 | 1 | | |
| 40 | | | | 2 | | |
| 45 | | | | 1 | 1 | |
| 50 | | | | | | 1 |
| 55 | | 1 | | | | 1 |
| 60 | | | 1 | | | 1 |
| 65 | | 1 | 1 | | | 1 |
| 70 | | | | 1 | | 1 |
| 75 | | | | | 1 | 1 |
| 80 | | | 1 | 1 | | 1 |
| 85 | | | 1 | | 1 | 1 |
| 90 | | | | 2 | | 1 |
| 95 | | | | 1 | 1 | 1 |
| 100 | | | | | | 2 |

EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment

to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. 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:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____ / ____ / ____

| Exercise | Lbs. | Sets | Reps | Exercise | Lbs. | Sets | Reps |
|----------|------|------|------|----------|------|------|------|
| 1. | | | | 6. | | | |
| 2. | | | | 7. | | | |
| 3. | | | | 8. | | | |
| 4. | | | | 9. | | | |
| 5. | | | | 10. | | | |

Aerobic

Date:

____ / ____ / ____

| Exercise | Time | Distance | Speed |
|----------|------|----------|-------|
| | | | |

Strength

Date:

____ / ____ / ____

| Exercise | Lbs. | Sets | Reps | Exercise | Lbs. | Sets | Reps |
|----------|------|------|------|----------|------|------|------|
| 1. | | | | 6. | | | |
| 2. | | | | 7. | | | |
| 3. | | | | 8. | | | |
| 4. | | | | 9. | | | |
| 5. | | | | 10. | | | |

Aerobic

Date:

____ / ____ / ____

| Exercise | Time | Distance | Speed |
|----------|------|----------|-------|
| | | | |

Strength

Date:

____ / ____ / ____

| Exercise | Lbs. | Sets | Reps | Exercise | Lbs. | Sets | Reps |
|----------|------|------|------|----------|------|------|------|
| 1. | | | | 6. | | | |
| 2. | | | | 7. | | | |
| 3. | | | | 8. | | | |
| 4. | | | | 9. | | | |
| 5. | | | | 10. | | | |

Aerobic

Date:

____ / ____ / ____

| Exercise | Time | Distance | Speed |
|----------|------|----------|-------|
| | | | |

NOTES

PART LIST

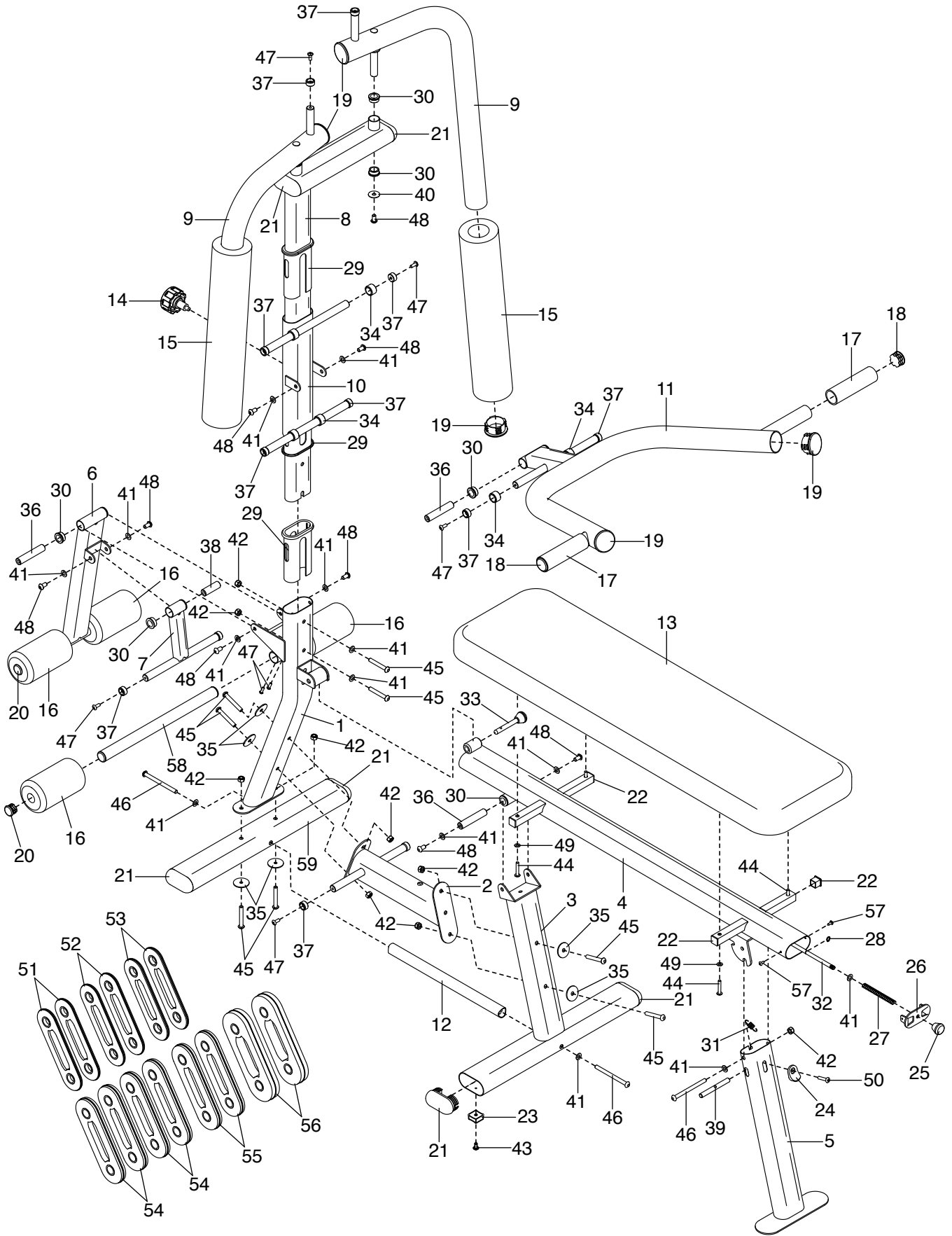
Model No. WESY20318.0 R0718A

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|----------------|---------|------|------------------------|
| 1 | 1 | Upright Base | 32 | 1 | Bench Latch |
| 2 | 1 | Base Bracket | 33 | 1 | Bench Pin |
| 3 | 1 | Bench Base | 34 | 6 | Spacer |
| 4 | 1 | Bench Frame | 35 | 6 | M8 x 35mm Washer |
| 5 | 1 | Bench Leg | 36 | 3 | Long Axle |
| 6 | 1 | Leg Lever | 37 | 12 | Retainer |
| 7 | 1 | Band Bracket | 38 | 1 | Short Axle |
| 8 | 1 | Upright | 39 | 1 | Leg Latch |
| 9 | 2 | Butterfly Arm | 40 | 2 | M8 x 25mm Washer |
| 10 | 1 | Arm Carriage | 41 | 14 | M8 Washer |
| 11 | 1 | Press Arm | 42 | 9 | M8 Locknut |
| 12 | 1 | Brace | 43 | 4 | M4 x 13mm Screw |
| 13 | 1 | Bench Pad | 44 | 4 | M6 x 35mm Screw |
| 14 | 1 | Carriage Knob | 45 | 8 | M8 x 55mm Bolt |
| 15 | 2 | Butterfly Pad | 46 | 3 | M8 x 100mm Bolt |
| 16 | 4 | Leg Pad | 47 | 14 | M6 x 15mm Screw |
| 17 | 2 | Hand Grip | 48 | 10 | M8 x 15mm Screw |
| 18 | 2 | Medium Cap | 49 | 4 | M6 Washer |
| 19 | 6 | Large Cap | 50 | 1 | M6 x 30mm Screw |
| 20 | 4 | Small Cap | 51 | 2 | 2.5-lb Resistance Band |
| 21 | 6 | Oval Cap | 52 | 2 | 5-lb. Resistance Band |
| 22 | 4 | Square Cap | 53 | 2 | 10-lb. Resistance Band |
| 23 | 4 | Foot | 54 | 4 | 20-lb. Resistance Band |
| 24 | 1 | Leg Tab | 55 | 2 | 25-lb. Resistance Band |
| 25 | 1 | Bench Knob | 56 | 2 | 50-lb. Resistance Band |
| 26 | 1 | Bench Bracket | 57 | 2 | M4 x 20mm Screw |
| 27 | 1 | Bench Spring | 58 | 1 | Pad Tube |
| 28 | 1 | Snap Ring | 59 | 1 | Stabilizer |
| 29 | 3 | Upright Sleeve | * | – | User's Manual |
| 30 | 12 | Pivot Bushing | * | – | Exercise Guide |
| 31 | 1 | Latch Spring | * | – | Assembly Tool |

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING

Model No. WESY20318.0 R0718A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for one (1) year. Parts are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

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