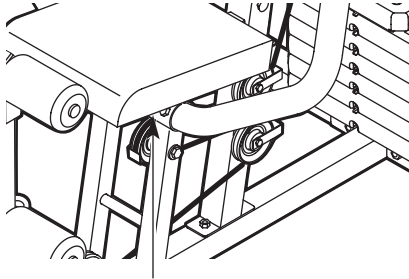


# WEIDER<sup>®</sup> PRO 2250

Model No. 831.159300

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

Write the serial number in the space above for reference.



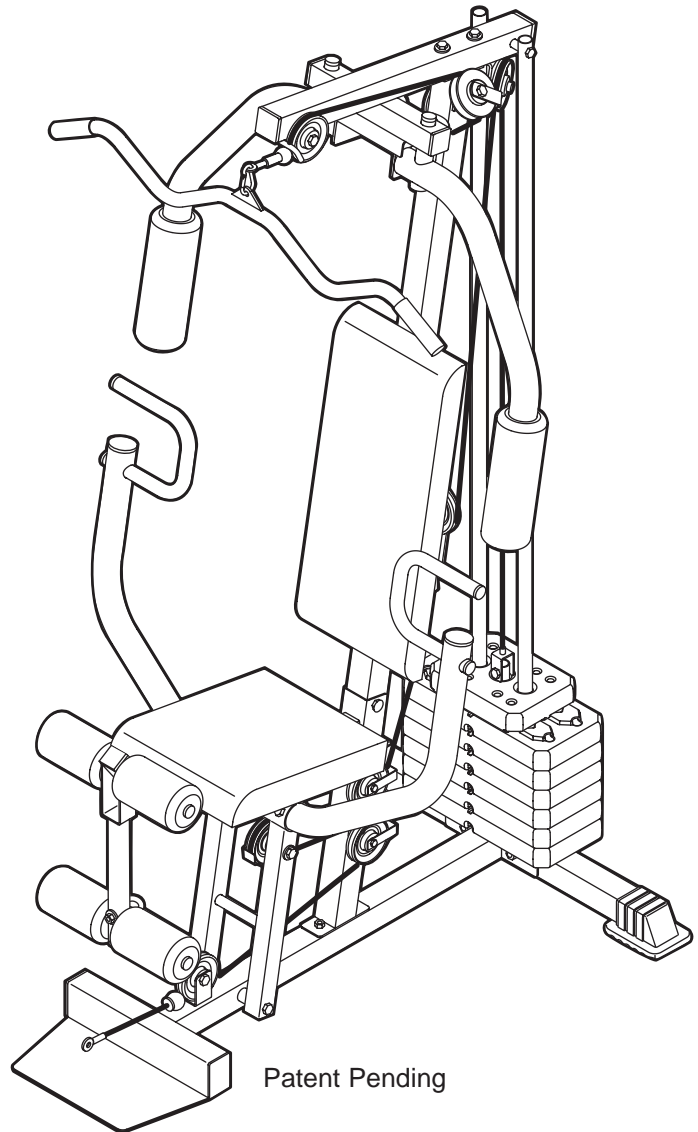
Serial Number Decal (under seat)

- Assembly
- Adjustments
- Troubleshooting
- Part List and Drawing

## CAUTION

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

## WEIGHT SYSTEM EXERCISER User's Manual



Sears, Roebuck and Co., Hoffman Estates, IL 60179

# WEIDER<sup>®</sup> PRO 2250

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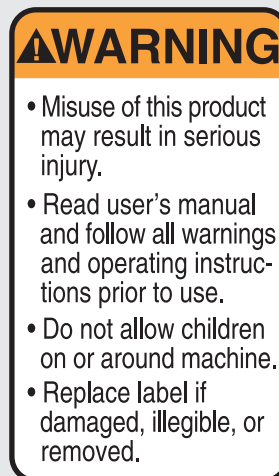
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and in the accompanying literature before using the weight system.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection.
9. The weight system is designed to support a maximum user weight of 300 pounds.
10. Always stand on a foot plate when performing an exercise that could cause the weight system to tip.
11. Never release the press arm, butterfly arms, leg lever, lat bar, or nylon strap while weights are raised. The weights will fall with great force.
12. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The decals shown below have been placed on the weight system in the locations shown on page 4. If a decal is missing or illegible, call our toll-free Customer Service Department at 1-800-999-3756 and order a free replacement decal. Apply the decal in the location shown.



Decal 1



Decal 2

**⚠ 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. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

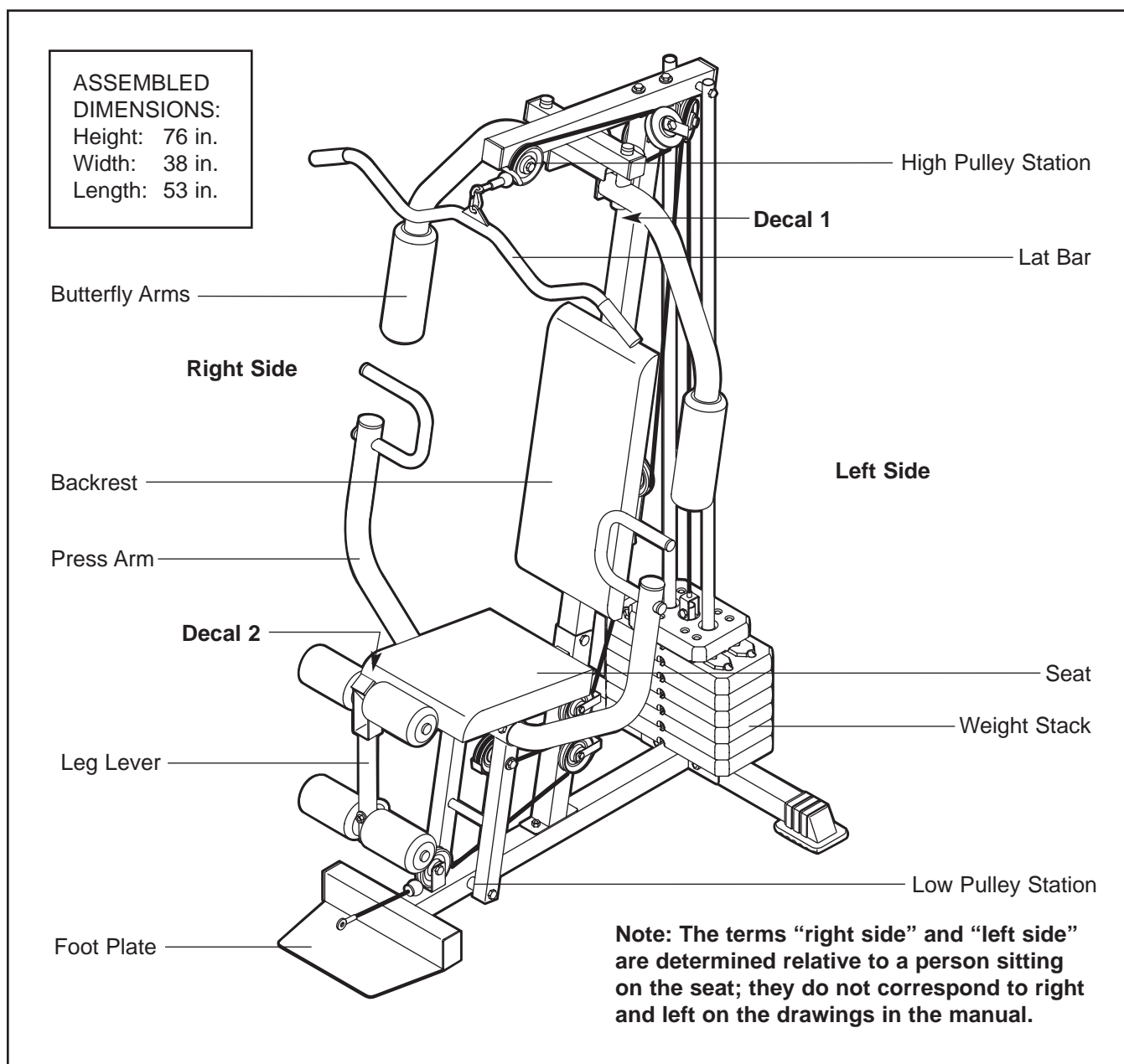
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 2250 weight system. The weight system offers an impressive array 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 weight system will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight system.** If you have questions after

reading this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number is 831.159300. The serial number can be found on a decal attached to the weight system (see the front cover of this manual for the location of the decal).

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



# ASSEMBLY




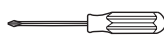
## Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realize that the weight system 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.

- 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 system, make sure all parts are oriented as shown in the drawings.

- For help identifying small parts, use the **PART IDENTIFICATION CHART** at the center of this manual.

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.

## Frame Assembly

1. Before beginning assembly, make sure that you have read and understand the information in the box above.

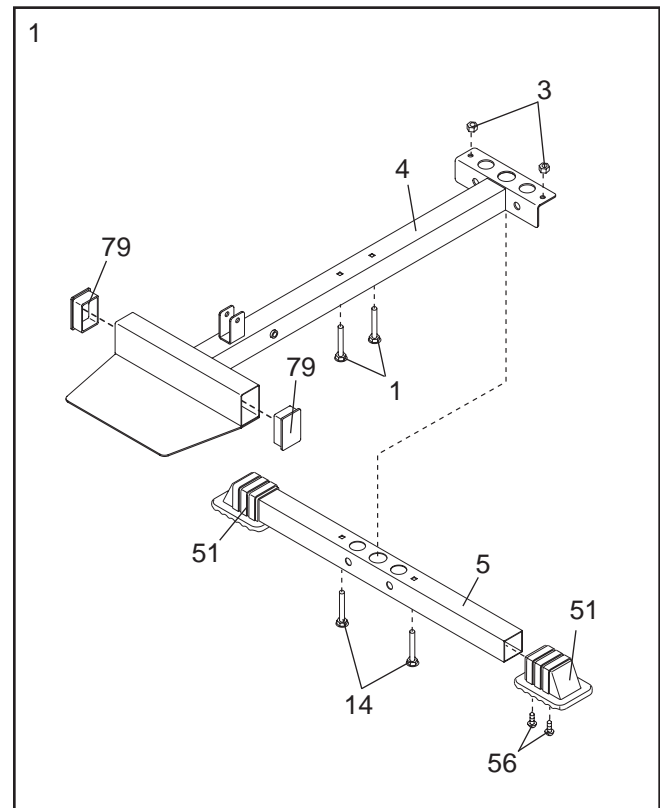
For help identifying small parts, use the **PART IDENTIFICATION CHART** in the center of this manual.

Attach a Stabilizer Foot (51) to the Stabilizer (5) with two #8 x 3/4" Screws (56). **Attach another Stabilizer Foot in the same manner.**

Press two 2" x 3" Inner Caps (79) into the Base (4).

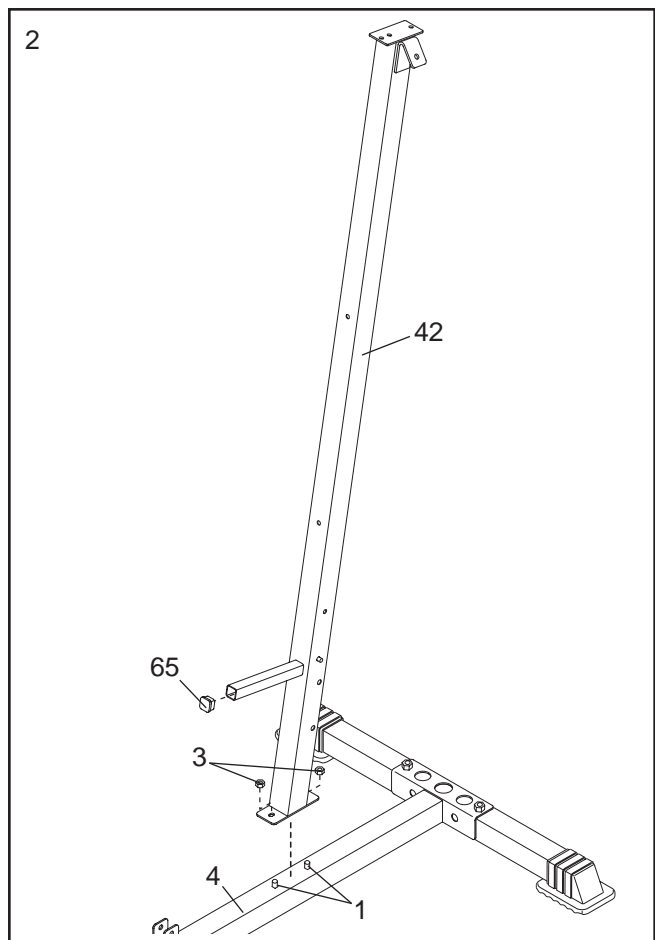
Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabilizer (5). Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4). **Note: It may be helpful to place a piece of tape over the bolt heads to hold the Bolts in place.**

Attach the Base (4) to the Stabilizer (5) with the two 5/16" x 2 3/4" Carriage Bolts (14) and two 5/16" Nylon Locknuts (3). **Do not tighten the Locknuts yet.**



2. Press a 1" Square Inner Cap (65) into the Front Upright (42).

Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand tighten two 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Locknuts yet.**



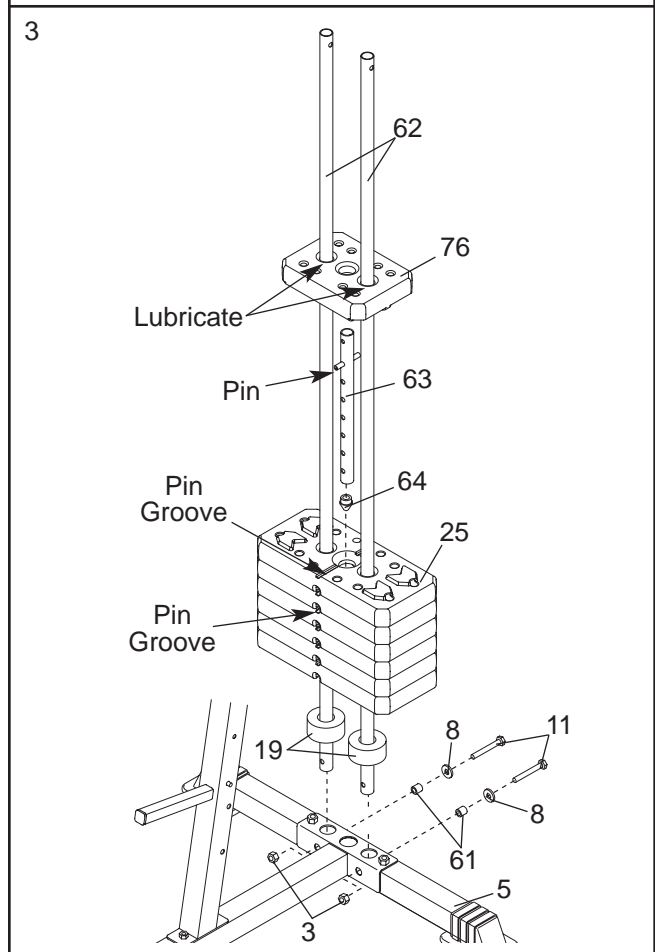
3. Attach the two Weight Guides (62) inside of the Stabilizer (5) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Washers (8), two 1/2" x 17/32" Spacers (61), and two 5/16" Nylon Locknuts (3).

**Tighten the 5/16" Nylon Locknuts (3) used in step 1.**

Slide two Weight Bumpers (19) onto Weight Guides (62). Stack the six Weights (25) on the Weight Bumpers (19). **Make sure that all of the Weights are turned so the large pin grooves are on the bottom of the Weights and on the same side of the weight stack.**

Press the Weight Tube Bumper (64) into the end of the Weight Tube (63). Insert the Weight Tube into the stack of Weights (25). **Make sure that the pins on the Weight Tube are resting in the pin grooves in the upper Weight.**

Lubricate the insides of the holes in the Top Weight (76). Slide the Top Weight onto the Weight Guides (62).

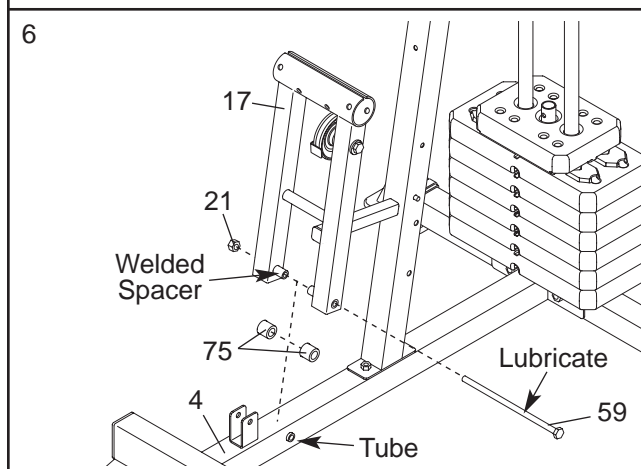
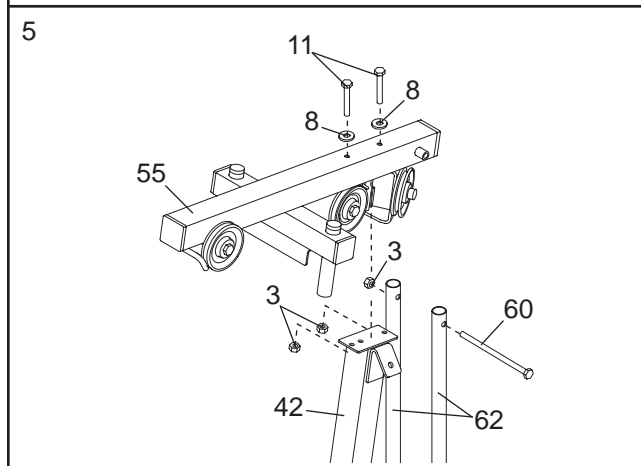
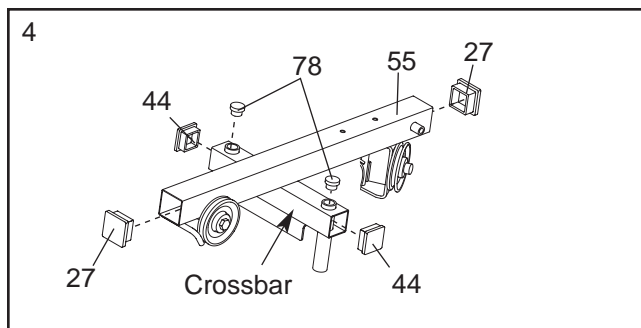


- Press two 2" Square Inner Caps (27) into the indicated ends of the Top Frame (55). Press two 1 3/4" Square Inner Caps (44) into the ends of the crossbar on the Top Frame. Press two Round Inner Caps (78) into the top of the crossbar.

- Attach the Top Frame (55) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Washers (8), and two 5/16" Nylon Locknuts (3).

Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with a 5/16" x 6" Bolt (60) and a 5/16" Nylon Locknut (3).

**Tighten the 5/16" Nylon Locknuts (3) used in steps 2 and 5.**



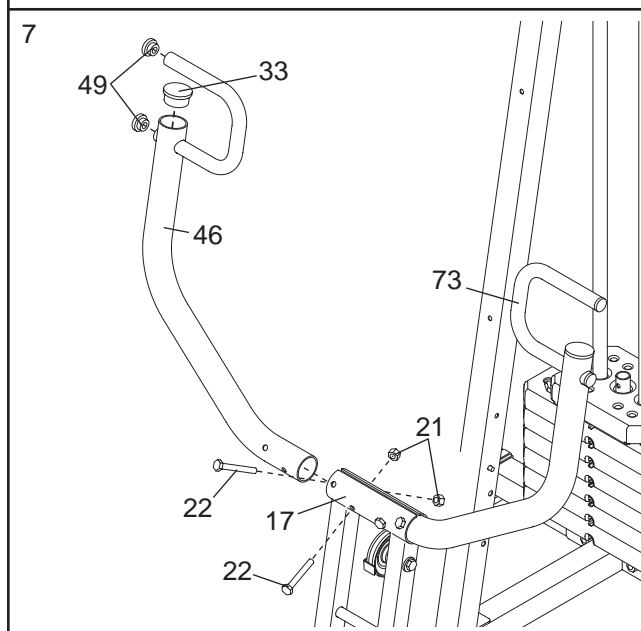
- Press two 1" x 7/8" Plastic Bushings (75) onto the welded spacers on the Press Frame (17). Slide the Press Frame into place on the Base (4) as shown. **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the indicated tube in the Base.**

Lubricate the 3/8" x 8" Bolt (59) with grease. Attach the Press Frame (17) to the Base (4) with the Bolt and a 3/8" Nylon Locknut (21). **Do not overtighten the Locknut; the Press Frame must be able to pivot easily.**

- Press a 2" Round Inner Cap (33) into the top of the Right Press Arm (46). Press two 1" Round Inner Caps (49) into the handle on the Press Arm.

Attach the Right Press Arm (46) to the indicated side of the Press Frame (17) with two 3/8" x 2 3/4" Bolts (22) and two 3/8" Nylon Locknuts (21).

**Assemble the other Press Arm (73) in the same manner.**



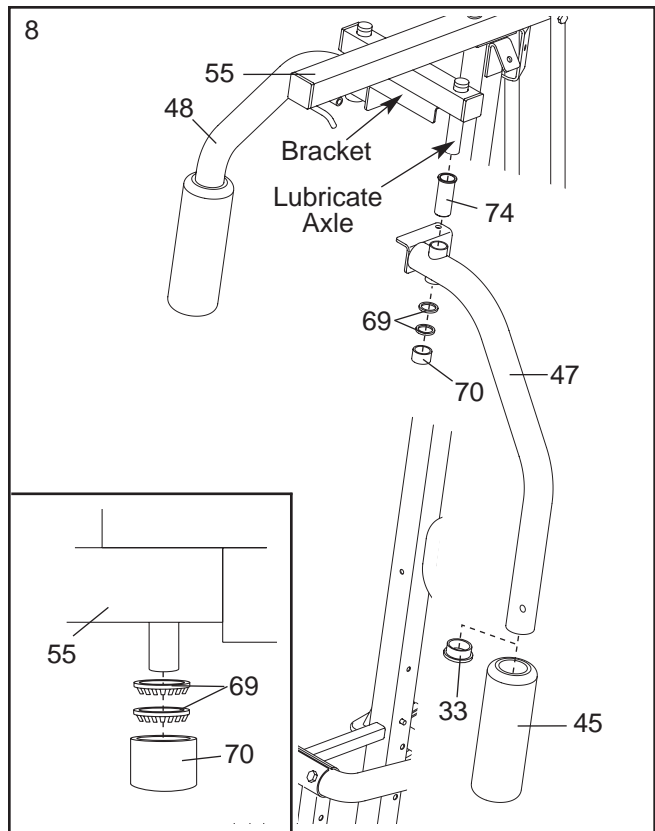
- Identify the Right Arm (48) and the Left Arm (47) by the position of the welded bracket on each Arm.

Press a 2" Round Inner Cap (33) into the lower end of the Left Arm (47). Wet the end of the Arm with soapy water and slide a 10" Pad (45) onto it. Make sure the 1 1/8" x 2 1/2" Plastic Bushing (74) is in the Arm.

Lubricate both axles on the Top Frame (55). Have another person slide the Left Arm (47) onto the left axle on the Top Frame. **Note: Be careful not to confuse the Right Arm (48) with the Left Arm. Make sure that the upper end of the Left Arm is behind the indicated bracket on the Top Frame.**

Set two 1" Retainers (69) on top of a 1" Round Cover Cap (70). **Make sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the inset drawing.** Tap the Retainers and Cap onto the Left axle on the Top Frame (55).

**Attach the Right Arm (48) in the same manner.**

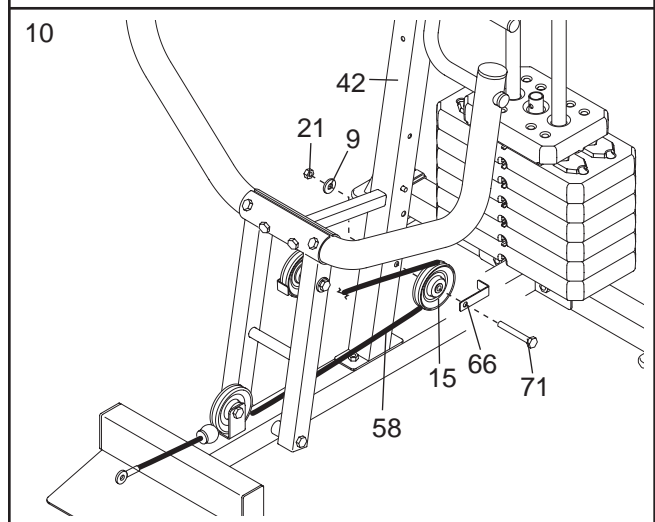
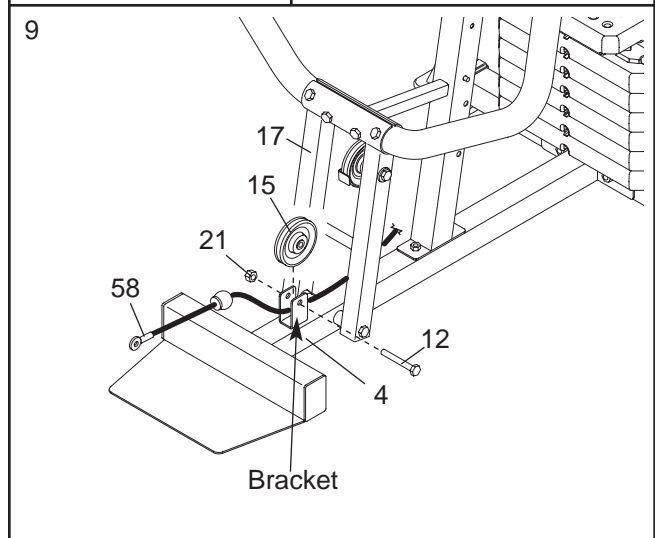


## Cable Assembly

- During steps 9 through 20, see the **CABLE DIAGRAMS** on page 17 of this manual to verify proper cable routing.

**Locate the Short Cable (58).** Lay the Cable in the bracket on the Base (4) and under the Press Frame (17). Attach a 3 1/2" Pulley (15) to the bracket with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Make sure that the end of the Cable with the ball is on the indicated side of the bracket.**

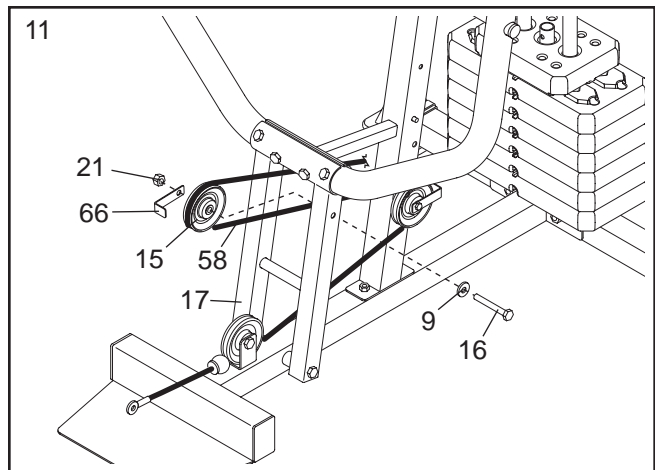
- Route the Short Cable (58) under a 3 1/2" Pulley (15) Attach the Pulley and a Cable Trap (66) to the lower hole in the Front Upright (42) with a 3/8" x 3 3/4" Bolt (71), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



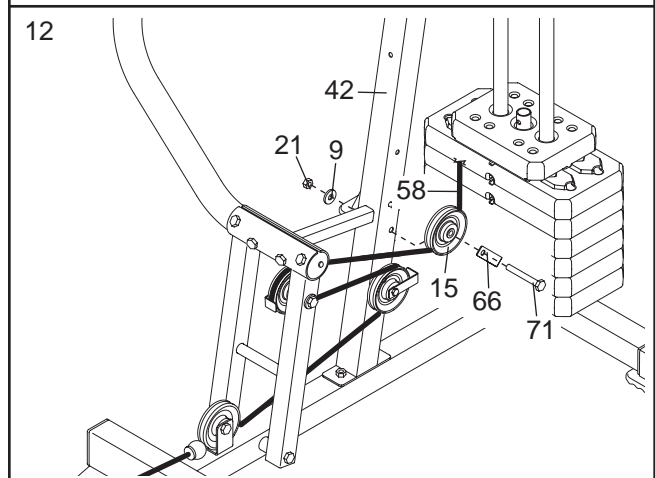


11. **Note: The 3 1/2" Pulley (15) in this step has been preassembled. It is shown exploded in this drawing for clarity.**

Route the Short Cable (58) around the 3 1/2" Pulley (15). **Make sure that the Cable Trap (66) is turned to hold the Cable in the groove of the Pulley.** Tighten the 3/8" x 3 1/2" Bolt (16), the 3/8" Washer (9), and the 3/8" Nylon Locknut (21).

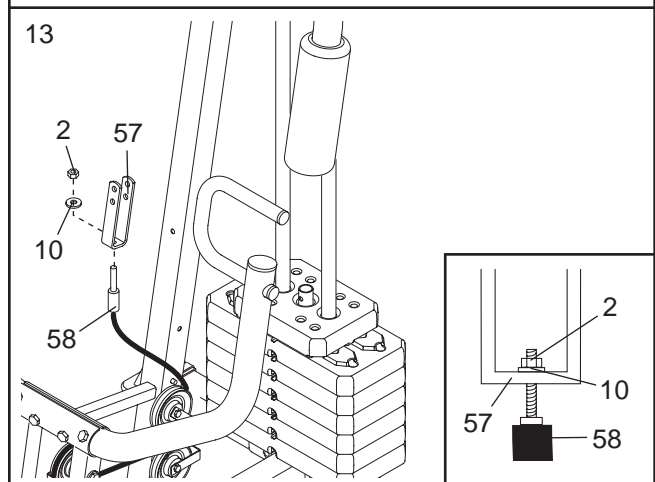


12. Route the Short Cable (58) under a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the upper hole in the Front Upright (42) with a 3/8" x 3 3/4" Bolt (71), a 3/8" Washer (9), and a 3/8" Nylon Locknut (21). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



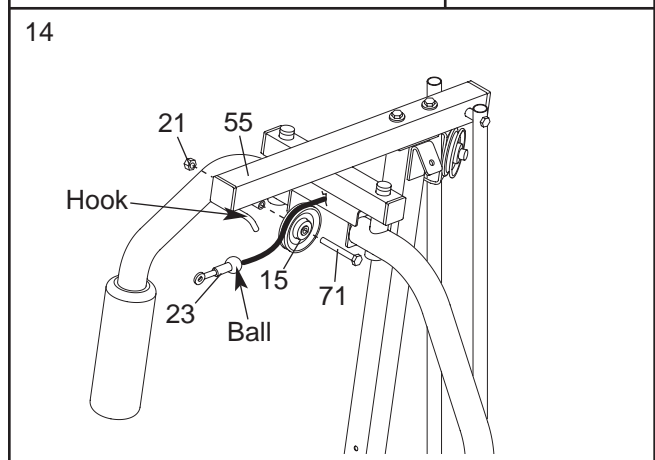
13. **Remove the preassembled 3 1/2" Pulley (not shown) from the Long "U"-bracket (57).**

Attach the end of the Short Cable (58) to the Long "U"-bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10). **See the inset drawing. Do not overtighten the Locknut; it should be threaded onto the end of the Cable so that two threads are showing above the nut.**

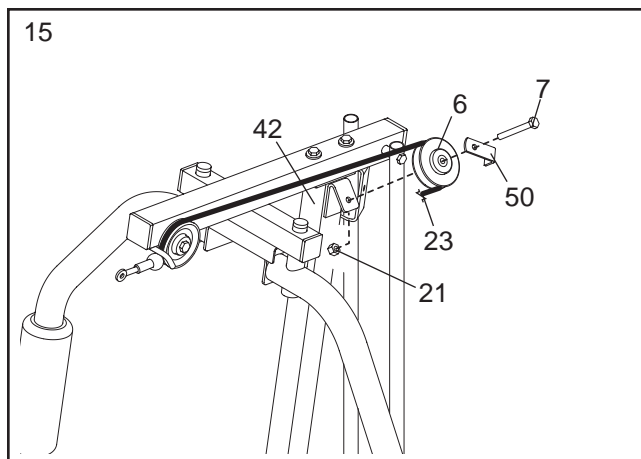


14. **Note: The 3 1/2" Pulley (15) in this step has been preassembled. It is shown exploded in this drawing for clarity.**

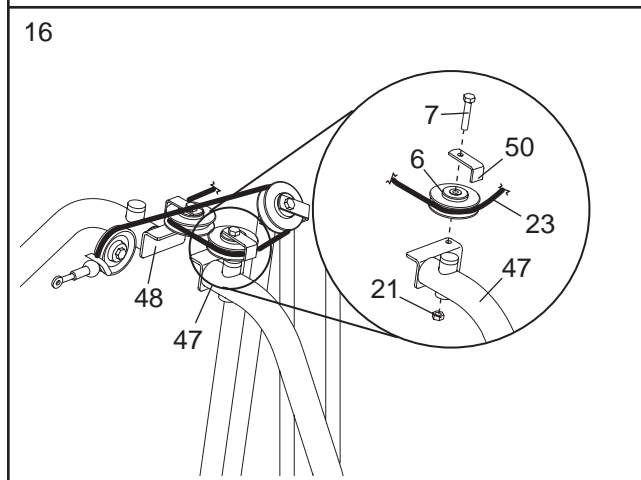
**Locate the Long Cable (23).** Route the Long Cable over a 3 1/2" Pulley (15). **Make sure that the Cable is between the Pulley and the hook and that the end of the Cable with the ball is on the indicated side of the hook.** Tighten the 3/8" x 3 3/4" Bolt (71) and the 3/8" Nylon Locknut (21).



15. Wrap the Long Cable (23) over a "V"-pulley (6). Attach the "V"-pulley and a Long Cable Trap (50) to the Front Upright (42) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Make sure that the Long Cable Trap is positioned to hold the Cable in the groove of the "V"-pulley.**



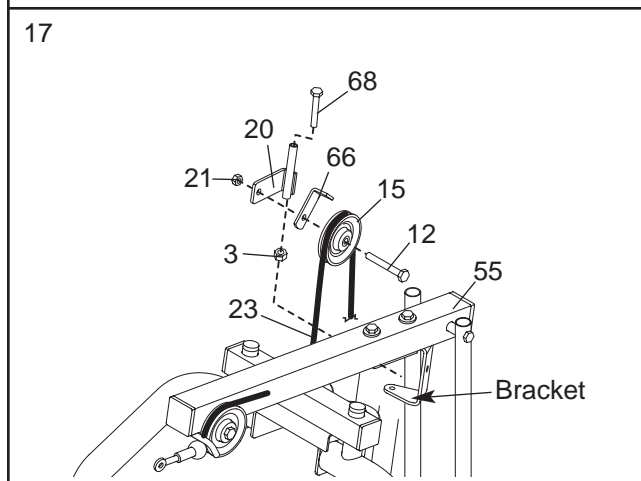
16. Route the Long Cable (23) around a "V"-pulley (6). Attach the "V"-pulley and a Long Cable Trap (50) to the Left Arm (47) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknuts (21). **Make sure that the Long Cable Trap is positioned to hold the Cable in the groove of the "V"-pulley.**



Repeat this step with the Right Arm (48).

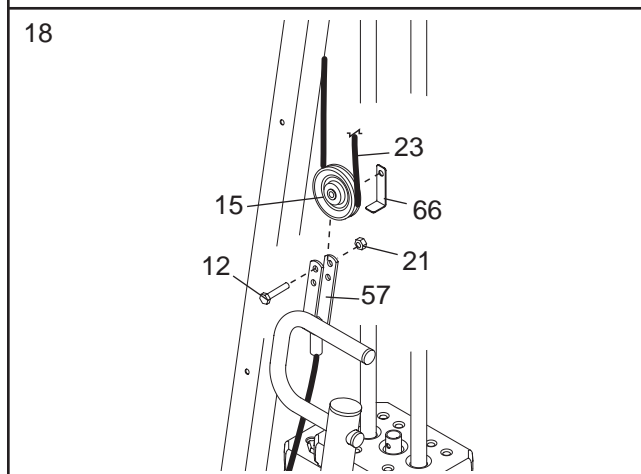
17. **Note: The parts used in this step have been preassembled. They are shown exploded in this drawing for clarity.**

Route the Long Cable (23) over the 3 1/2" Pulley (15) attached to the Pulley Bracket (20). **Make sure that the Cable Trap (66) is oriented to hold the Cable in the groove of the Pulley.** Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (21).



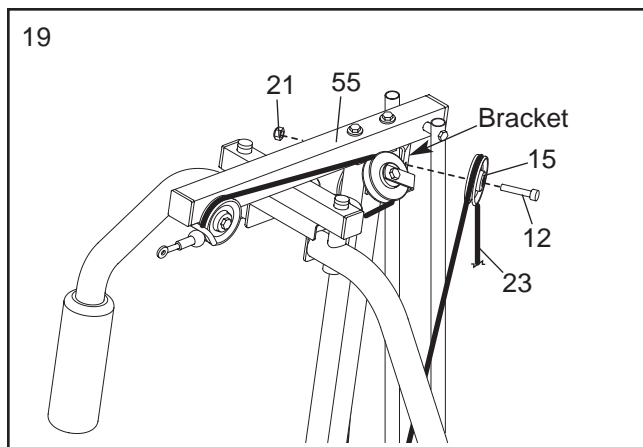
Properly tighten the 5/16" x 5" Bolt (68) and a 5/16" Nylon Locknut (3) attaching the Pulley Bracket (20) to the bracket on the Top Frame (55). **Do not overtighten the Locknut; the Pulley Bracket must be able to pivot easily.**

18. Wrap the Long Cable (23) under a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the indicated hole in the Long "U"-bracket (57) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



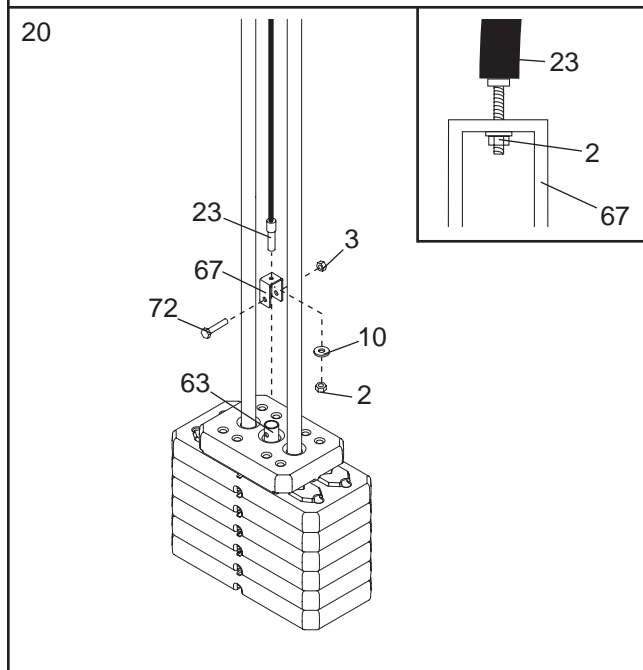
19. **Note: The 3 1/2" Pulley (15) in this step has been preassembled. It is shown exploded in this drawing for clarity.**

Route the Long Cable (23) over a 3 1/2" Pulley (15). **Make sure that the Cable Trap (66) is oriented to hold the Cable in the groove of the Pulley.** Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (21).



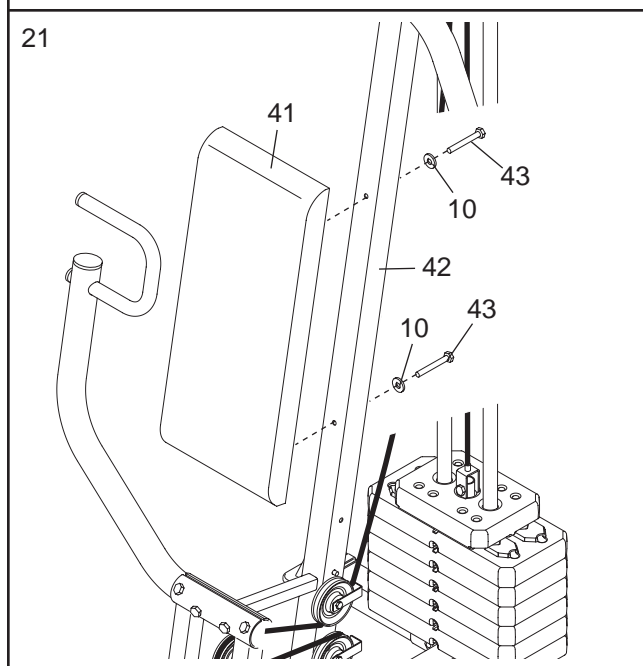
20. Attach the Long Cable (23) to the Small "U"-bracket (67) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10). **See the inset drawing. Do not overtighten the Locknut; it should be threaded onto the end of the Cable so that two threads are showing past the nut.**

Attach the Small "U"-bracket (67) to the Weight Tube (63) with a 5/16" x 1 3/4" Bolt (72) and a 5/16" Nylon Locknut (3).



## Seat Assembly

21. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Washers (10).

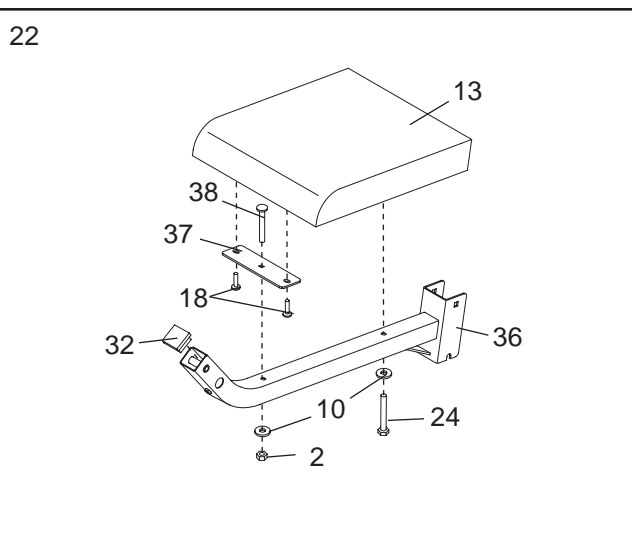


22. Press a 1 1/2" Square Inner Cap (32) into the Seat Frame (36).

Insert the 1/4" x 2" Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (18).

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

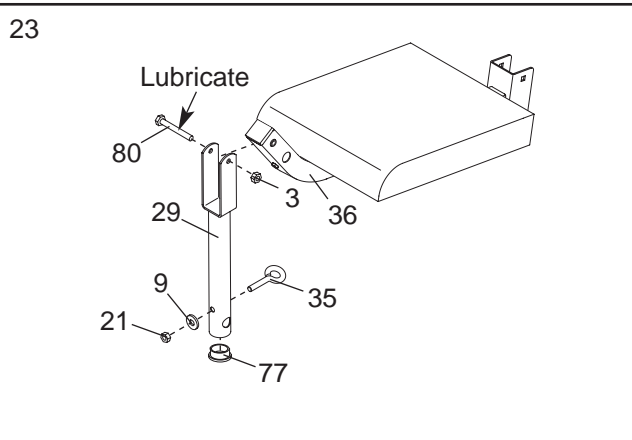
Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Washer (10) and a 1/4" x 2" Screw (24).



23. Press a 1 1/2" Round Inner Cap (77) into the Leg Lever (29).

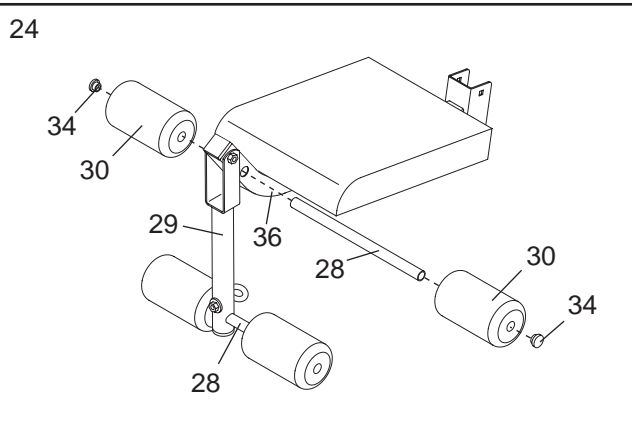
Lubricate the 5/16" x 2 1/2" Bolt (80). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3). **Do not over-tighten the Locknut; the Leg Lever must be able to pivot freely.**

Insert a 3/8" x 2" Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 3/8" Nylon Locknut (21) and a 3/8" Washer (9) onto the Eyebolt.

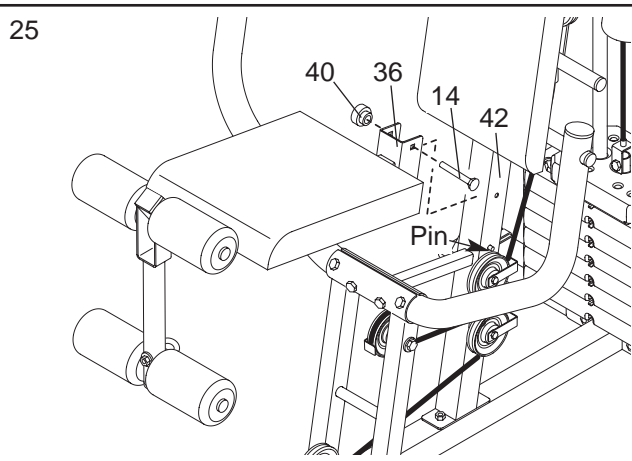


24. Press two 3/4" Round Inner Cap (34) into the ends of a Pad Tube (28). Insert the Pad Tube into the Seat Frame (36). Slide two 5 1/2" Pads (30) onto the Pad Tube.

**Assemble the other Pad Tube (28) to the Leg Lever (29) in the same manner.**



25. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).



26. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning below.

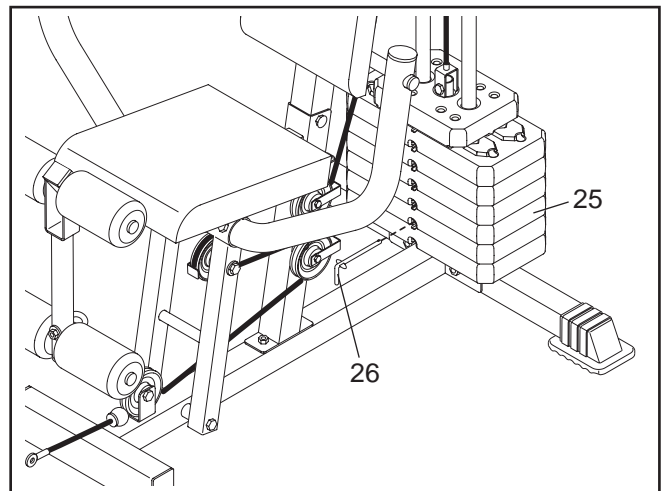
Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 17 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLESHOOTING on page 16.**

## ADJUSTMENTS

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

### CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (26) under the desired Weight (25). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6 pounds to 81 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 15 to find the actual amount of resistance at each weight station.**

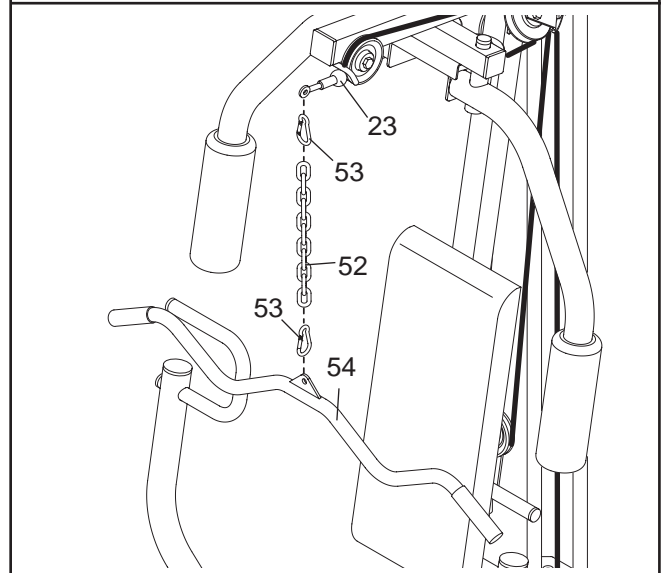


### ATTACHING THE ACCESSORIES

Attach the Lat Bar (54) to the Long Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The accessories can be attached to the Short Cable (not shown) in the same manner.

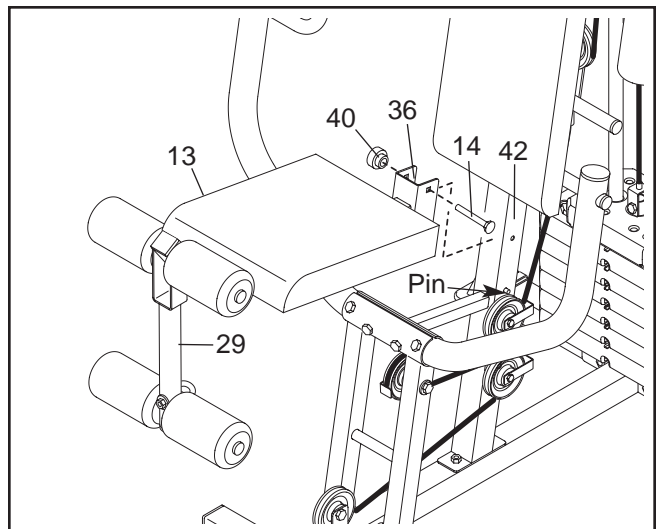
**Note: The seat frame must be removed from the front upright before the Short Cable (not shown) is used with an accessory. (See ATTACHING AND REMOVING THE SEAT, on page 14.)**



## ATTACHING AND REMOVING THE SEAT

Set the Seat Frame (36) onto the indicated pin on the Front Upright (42). Attach the Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

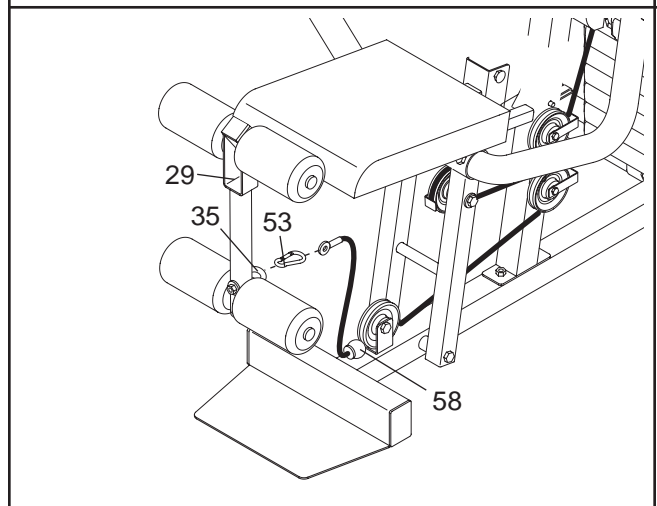
For some exercises, the Seat (13) must be removed. First, make sure that the Chain (not shown) is not attached to the Leg Lever (29). Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT, above).

Attach the Short Cable (58) to the 3/8" x 2" Eyebolt (35) with a Cable Clip (53).



# WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 6 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. 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.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)
Top	20	10	15	14	24
1	45	22	36	28	54
2	70	33	54	44	82
3	99	42	75	60	115
4	128	48	96	72	147
5	153	60	115	90	175
6	184	69	137	103	209

# TROUBLESHOOTING

Inspect and tighten all parts each time the weight system is used. Replace any worn parts immediately. The weight 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 weight 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.

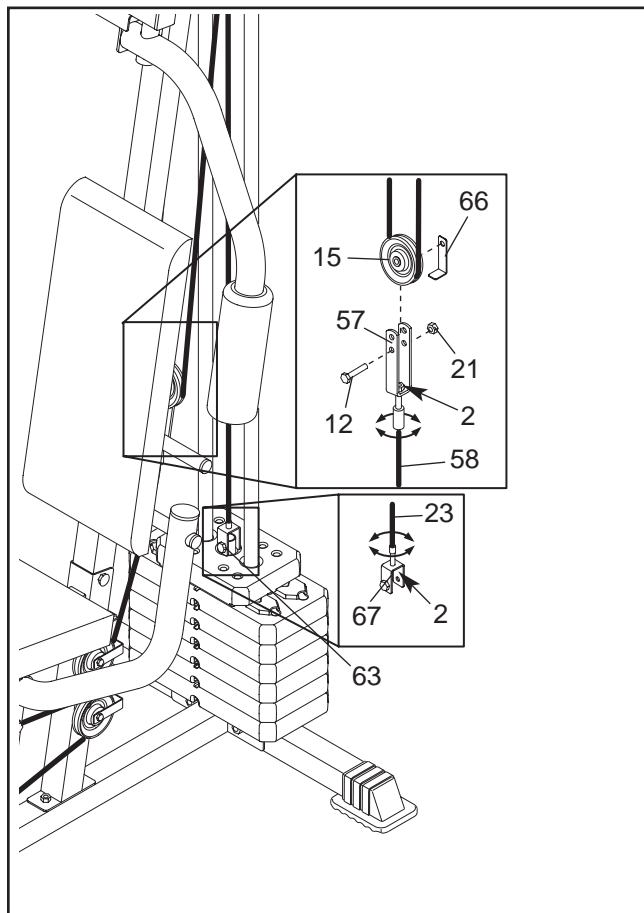
Slack can be removed by moving the 3 1/2" Pulley (15) to the lower hole in the Long "U"-bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Cable Trap (66), Pulley, and "U"-bracket. Re-attach the Pulley and Cable Trap. **Make sure that the Cable Trap is positioned to hold the Cable in place, and that the Cable and Pulley move smoothly.**

Additional slack can be removed from the cables by tightening the 1/4" Nylon Locknuts (2) at the end of the Long Cable (23) and at the end of the Short Cable (58). To do this you may need to remove the Small "U"-bracket (67) from the Weight Tube (63) or remove the 3 1/2" Pulley (15) from the Long "U"-bracket (57).

**Make sure that the cables are not too tight, or the Top Weight (76) will be lifted off the weight stack.**

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

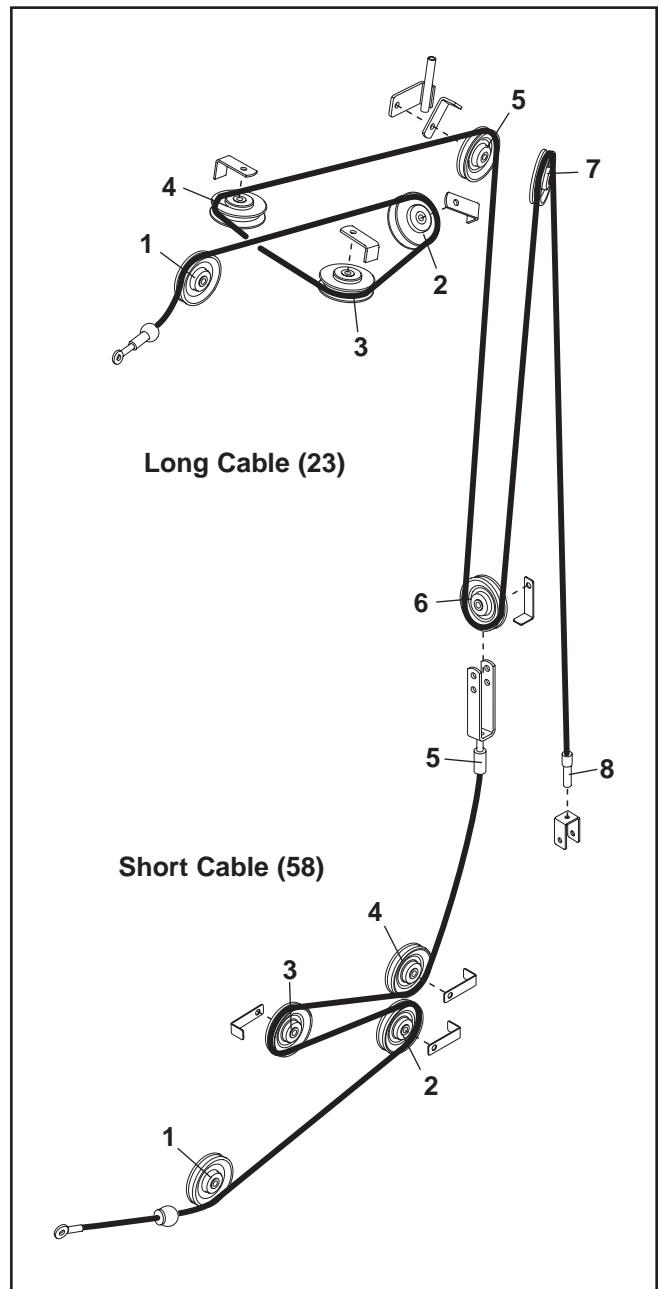
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.





# CABLE DIAGRAMS

The cable diagrams show the proper routing of the Long Cable (23) and the Short Cable (58). Use the diagram to make sure that the two cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



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# 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 resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

### TONING

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

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength 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. See the muscle chart on the next page 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.

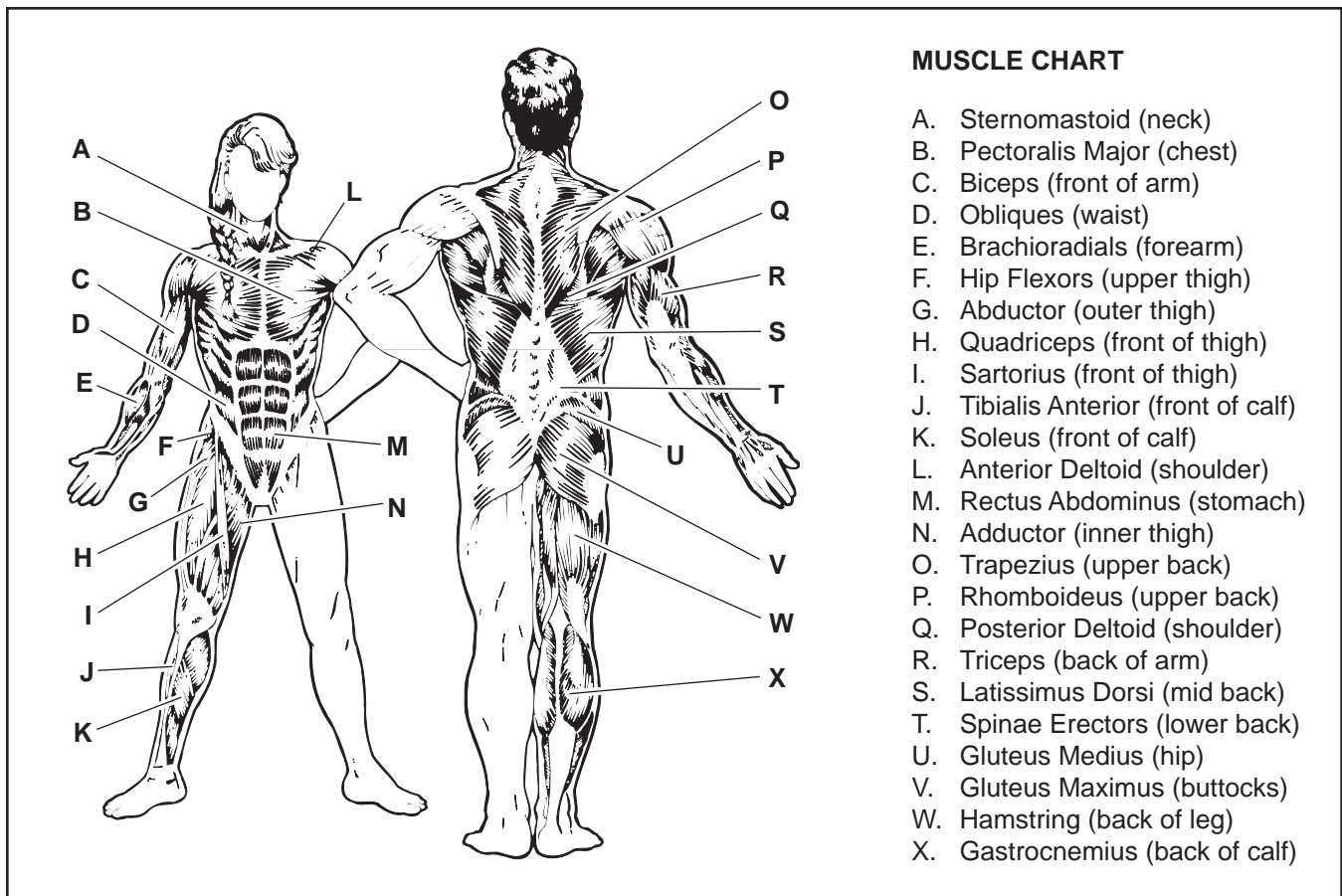
### COOLING DOWN

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 resistance 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.



**REMOVE THIS PART IDENTIFICATION CHART AND PART LIST/  
EXPLODED DRAWING. SAVE THIS PART IDENTIFICATION CHART  
AND PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE.**

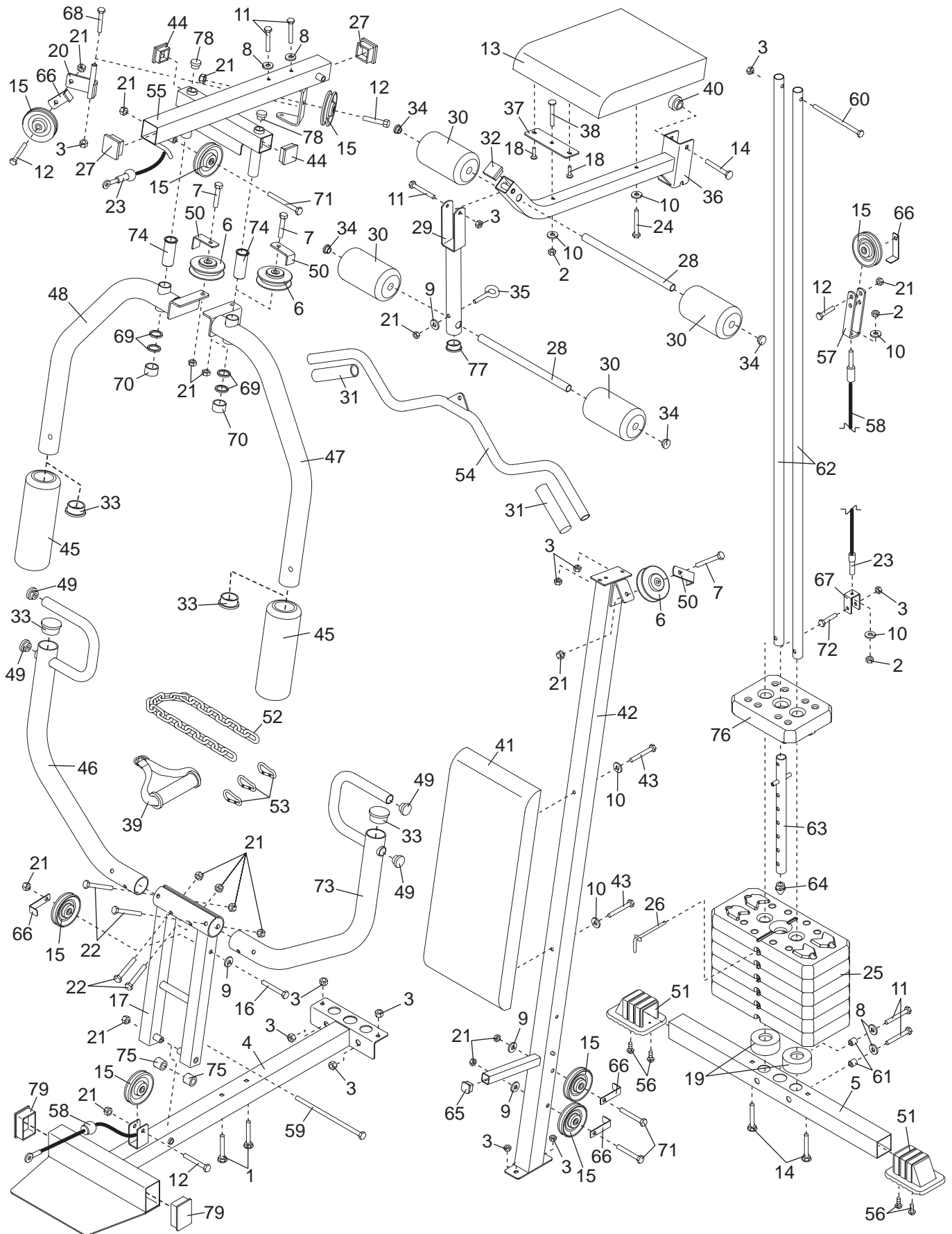
## PART LIST—Model No. 831.159300

R0903A

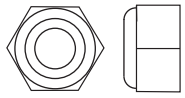
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	5/16" x 2 1/2" Carriage Bolt	42	1	Front Upright
2	3	1/4" Nylon Locknut	43	2	1/4" x 2 1/2" Screw
3	12	5/16" Nylon Locknut	44	2	1 3/4" Square Inner Cap
4	1	Base	45	2	10" Pad
5	1	Stabilizer	46	1	Right Press Arm
6	3	"V"-pulley	47	1	Left Arm
7	3	3/8" x 2 1/2" Bolt	48	1	Right Arm
8	4	5/16" Washer	49	4	1" Round Inner Cap
9	4	3/8" Washer	50	3	Long Cable Trap
10	6	1/4" Washer	51	2	Stabilizer Foot
11	4	5/16" x 2 3/4" Bolt	52	1	Chain
12	4	3/8" x 2" Bolt	53	3	Cable Clip
13	1	Seat	54	1	Lat Bar
14	3	5/16" x 2 3/4" Carriage Bolt	55	1	Top Frame
15	8	3 1/2" Pulley	56	4	#8 x 3/4" Screw
16	1	3/8" x 3 1/2" Bolt	57	1	Long "U"-bracket
17	1	Press Frame	58	1	Short Cable
18	2	1/4" x 3/4" Screw	59	1	3/8" x 8" Bolt
19	2	Weight Bumper	60	1	5/16" x 6" Bolt
20	1	Pulley Bracket	61	2	1/2" x 17/32" Spacer
21	17	3/8" Nylon Locknut	62	2	Weight Guide
22	4	3/8" x 2 3/4" Bolt	63	1	Weight Tube
23	1	Long Cable	64	1	Weight Tube Bumper
24	1	1/4" x 2" Screw	65	1	1" Square Inner Cap
25	6	Weight	66	5	Cable Trap
26	1	Weight Pin	67	1	Small "U"-bracket
27	2	2" Square Inner Cap	68	1	5/16" x 5" Bolt
28	2	Pad Tube	69	4	1" Retainer
29	1	Leg Lever	70	2	1" Round Cover Cap
30	4	5 1/2" Pad	71	3	3/8" x 3 3/4" Bolt
31	2	Handgrip	72	1	5/16" x 1 3/4" Bolt
32	1	1 1/2" Square Inner Cap	73	1	Left Press Arm
33	4	2" Round Inner Cap	74	2	1 1/8" x 2 1/2" Plastic Bushing
34	4	3/4" Round Inner Cap	75	2	1" x 7/8" Plastic Bushing
35	1	3/8" x 2" Eyebolt	76	1	Top Weight
36	1	Seat Frame	77	1	1 1/2" Round Inner Cap
37	1	Seat Plate	78	2	Round Inner Cap
38	1	1/4" x 2" Carriage Bolt	79	2	2" x 3" Inner Cap
39	1	Handle	80	1	5/16" x 2 1/2" Bolt
40	1	Seat Knob	#	1	User's Manual
41	1	Backrest	#	1	Exercise Guide

# EXPLODED DRAWING—Model No. 831.159300

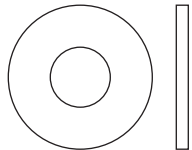
R0903A



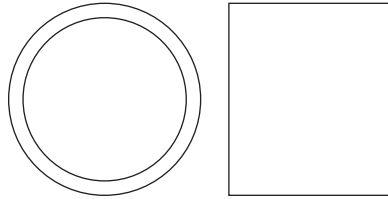
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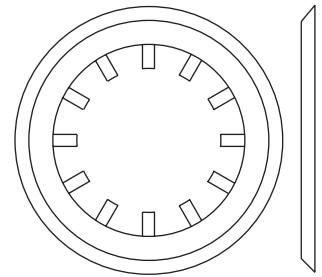
1/4" Nylon Locknut (2)



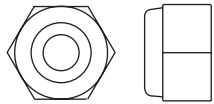
1/4" Washer (10)



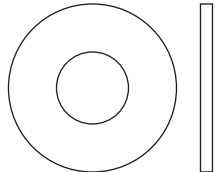
1" x 7/8" Plastic Bushing (75)



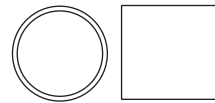
1" Retainer (69)



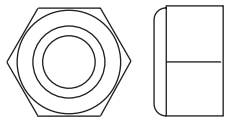
5/16" Nylon Locknut (3)



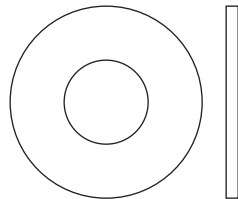
5/16" Washer (8)



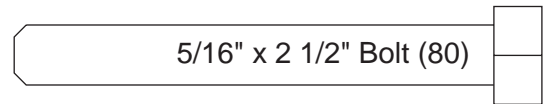
1/2" x 17/32" Spacer (61)



3/8" Nylon Locknut (21)



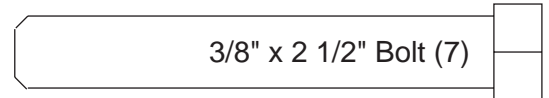
3/8" Washer (9)



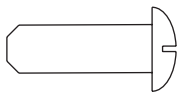
5/16" x 2 1/2" Bolt (80)



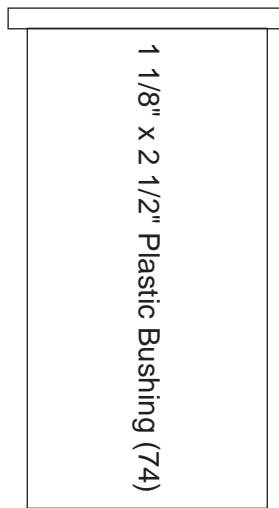
#8 x 3/4" Screw (56)



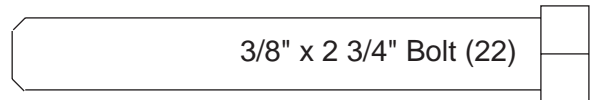
3/8" x 2 1/2" Bolt (7)



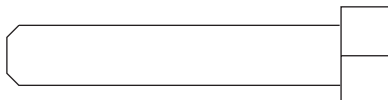
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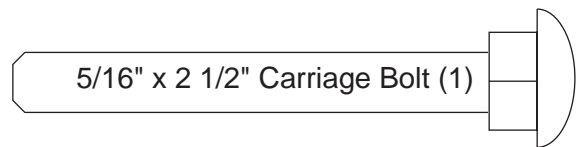
1 1/8" x 2 1/2" Plastic Bushing (74)



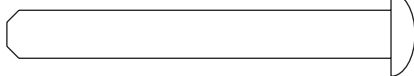
3/8" x 2 3/4" Bolt (22)



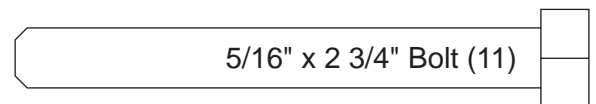
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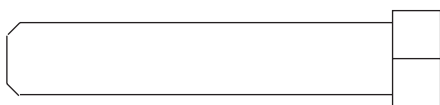
5/16" x 2 1/2" Carriage Bolt (1)



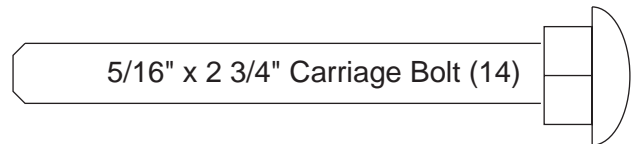
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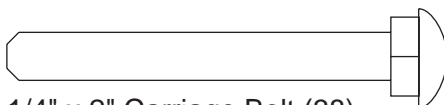
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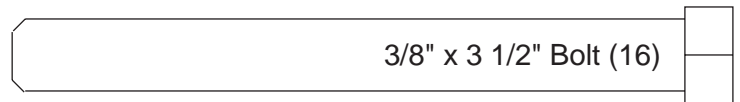
3/8" x 2" Bolt (12)



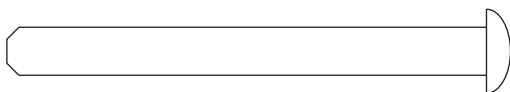
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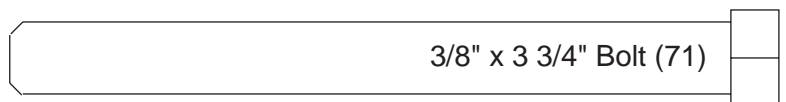
1/4" x 2" Carriage Bolt (38)



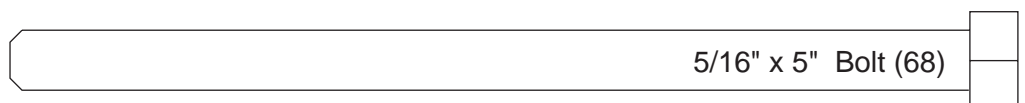
3/8" x 3 1/2" Bolt (16)



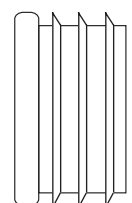
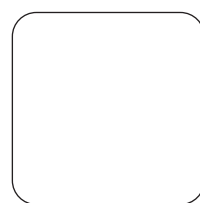
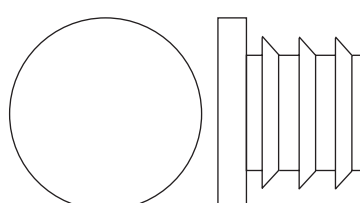
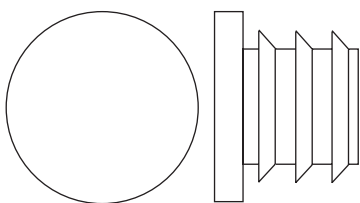
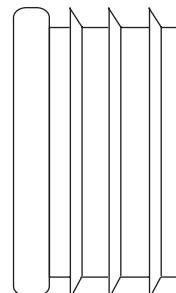
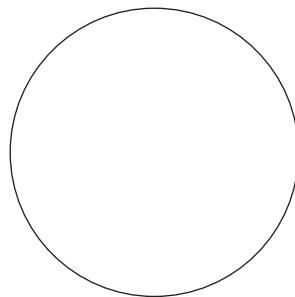
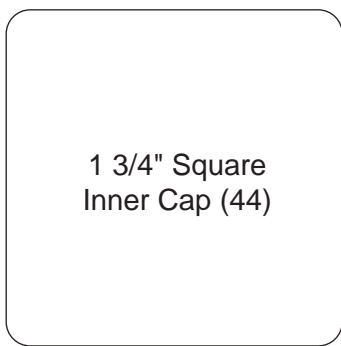
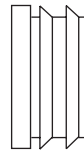
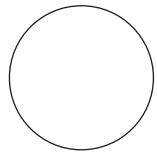
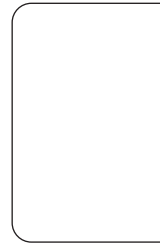
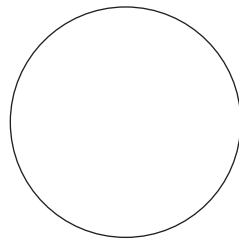
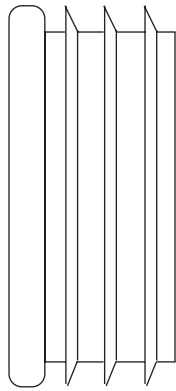
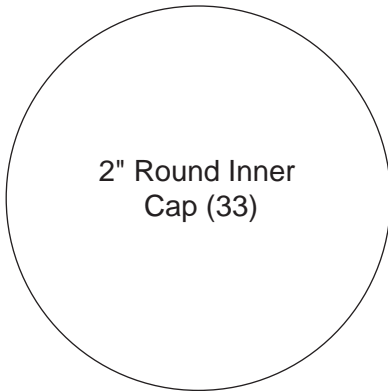
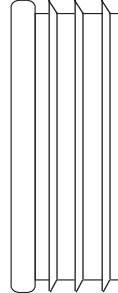
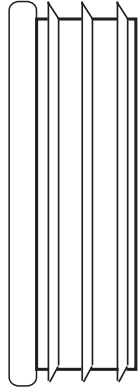
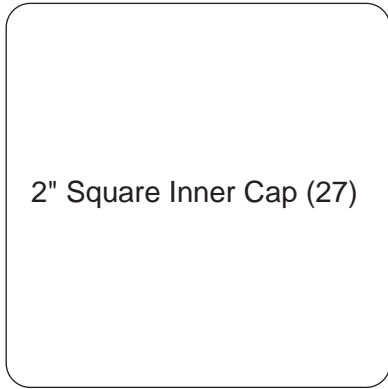
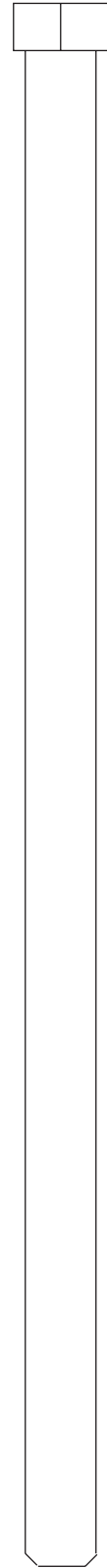
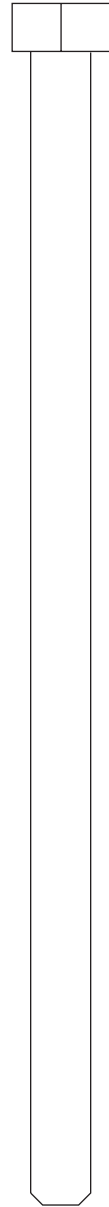
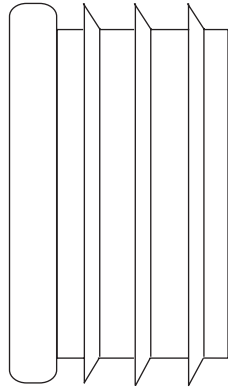
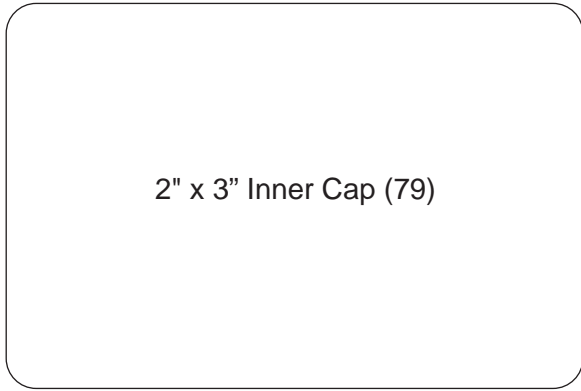
1/4" x 2 1/2" Screw (43)



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



5/16" x 5" Bolt (68)



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