

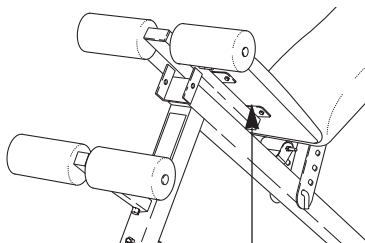


# WEIDER PRO 300se

Model No. WEBE03690

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

Write the serial number in the space above for reference.



Serial Number Decal

## QUESTIONS?

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

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

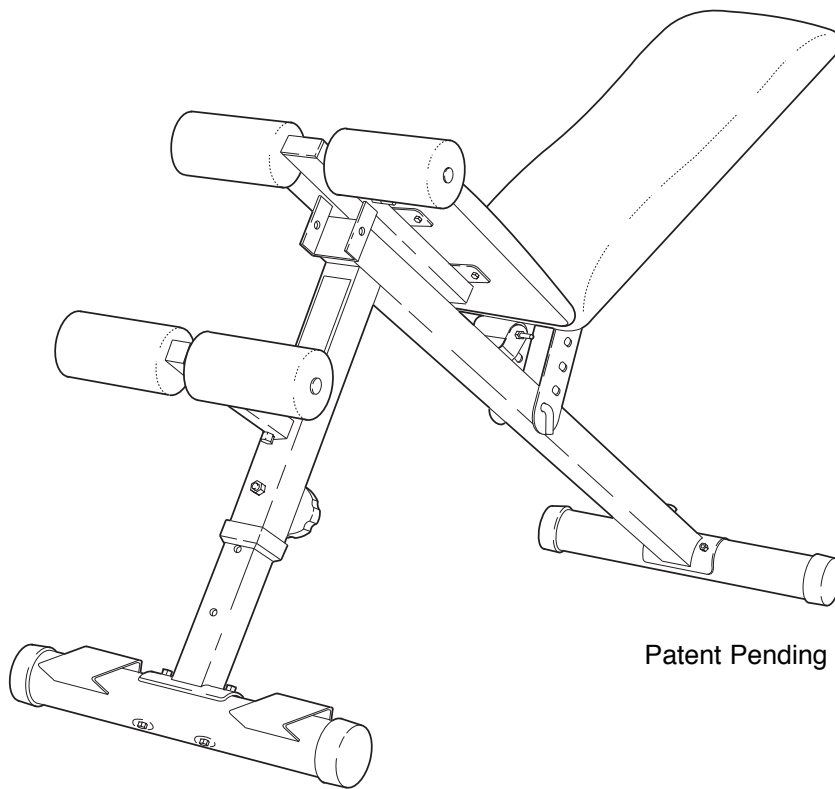
**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST

## CAUTION

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

# USER'S MANUAL



Patent Pending



Visit our website at

[www.weiderfitness.com](http://www.weiderfitness.com)

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

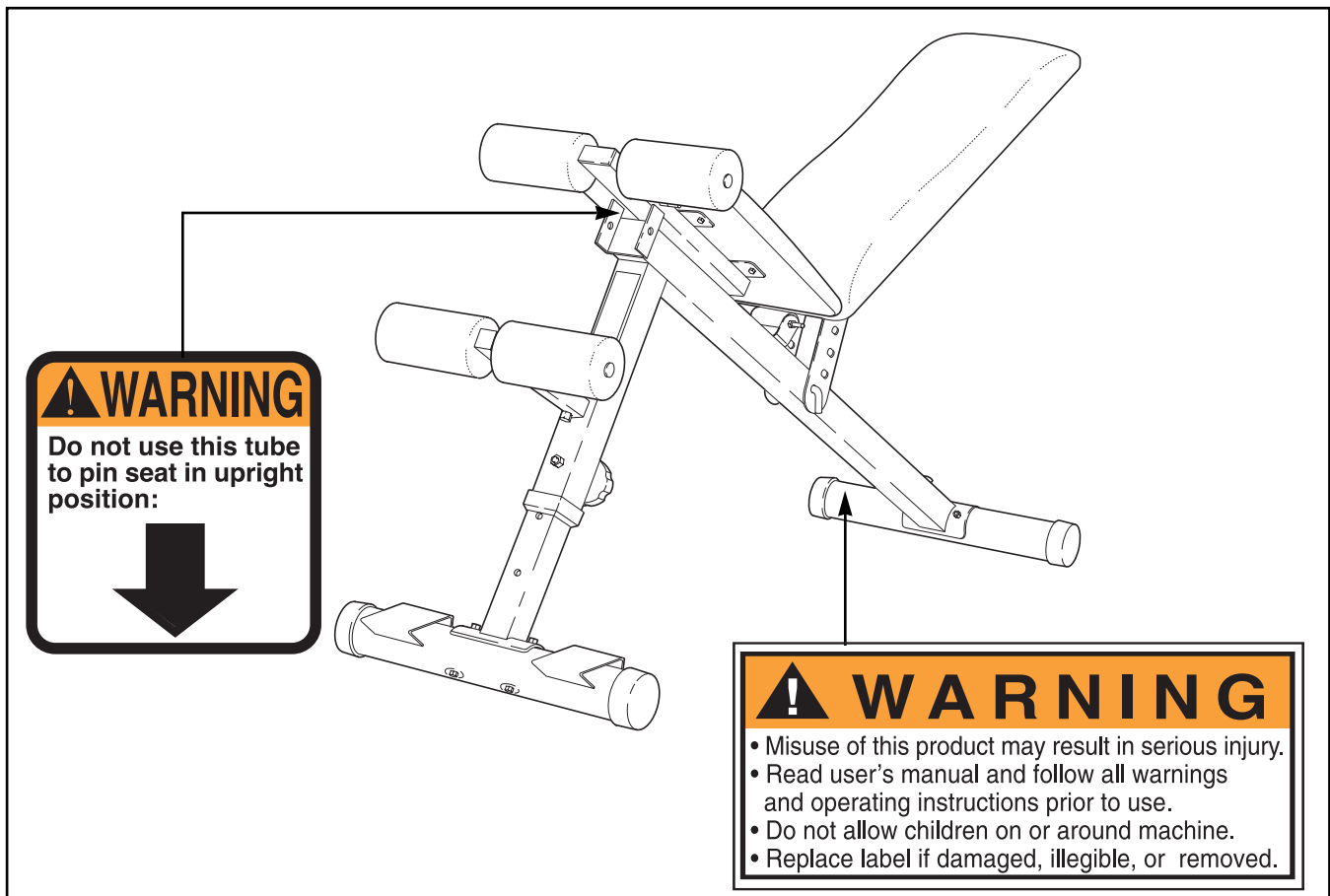
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Note: A Part List, Exploded Drawing, and Part Identification Chart are attached in the center of this manual. Remove these four pages before beginning assembly.

## Warning Decal Placement

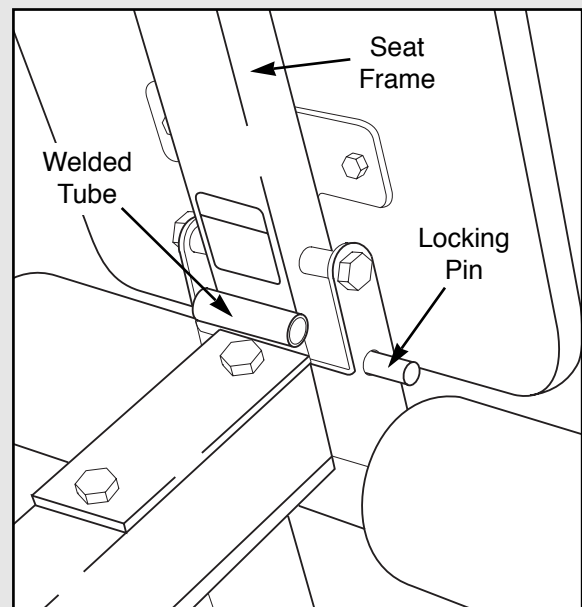
The decals shown below have been placed on the weight bench. If a decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays), to order a replacement decal. Apply the replacement decal to the location shown.



# Important Precautions

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

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. Keep hands and feet away from moving parts.
9. The weight bench is designed to support a maximum of 360 pounds, including the user and dumbbells.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
12. Always make sure the locking pins are fully inserted and in the proper position for the exercise you are performing.
13. When the seat is tilted to the upright position, always insert the locking pin into the hole in the seat frame as shown below. Do not insert the locking pin into the welded tube.
14. When the seat is in the lower position, insert the locking pin into the welded tube to prevent the seat from pivoting during exercises.



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

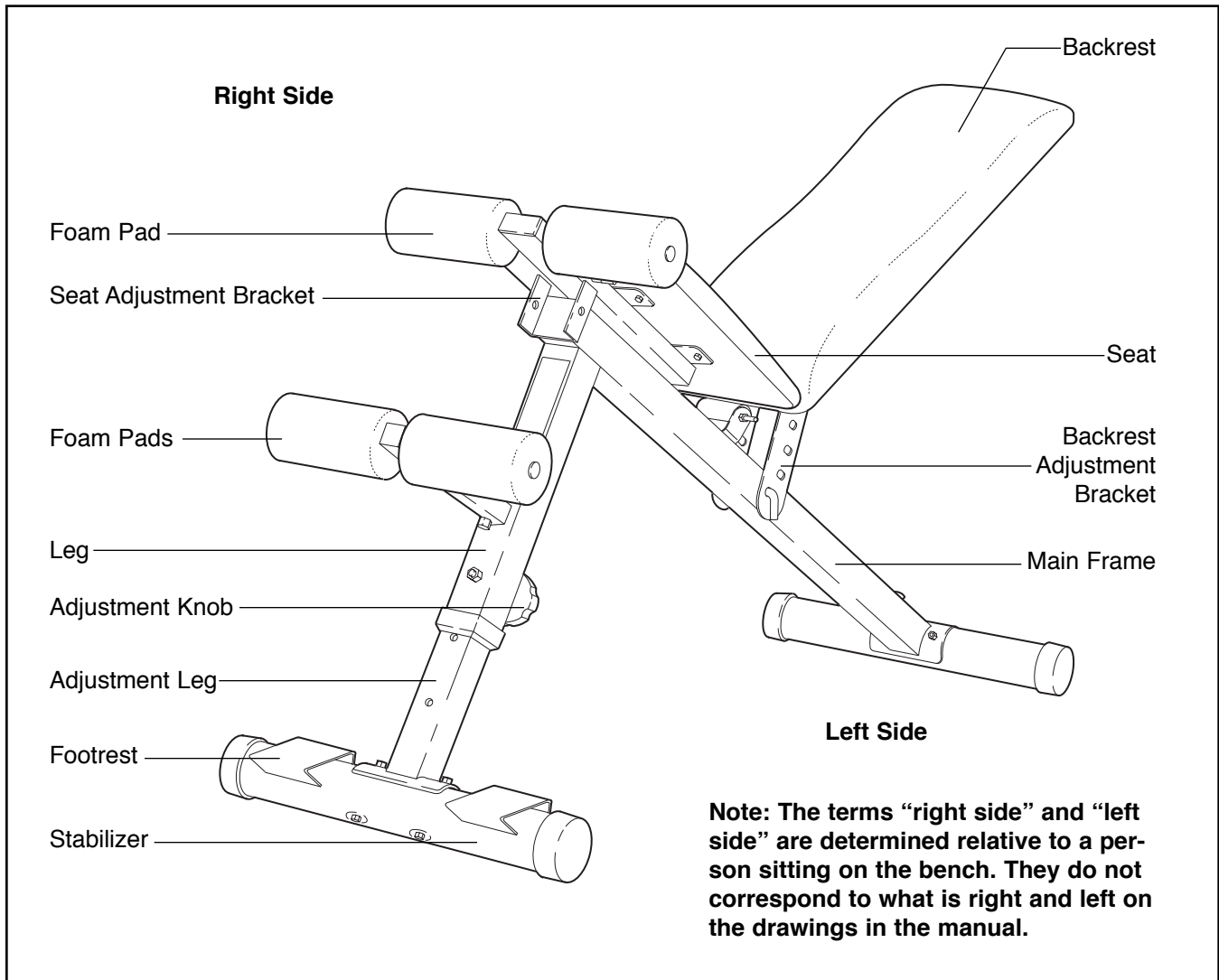
# Before You Begin

Thank you for selecting the versatile WEIDER® PRO 300se Weight Bench. The WEIDER® PRO 300se is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the PRO 300se Weight Bench will help you achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® PRO 300se Weight Bench.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756,

Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE03690. The serial number can be found on a decal attached to the WEIDER® PRO 300se Weight Bench (see the front cover of this manual).

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



# Assembly

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



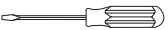

## **Make Things Easier for Yourself!**

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 and consequently, the assembly process will take time. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, 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.

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

**The following tools (not included) are required for assembly:**

- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly plus soapy water.**

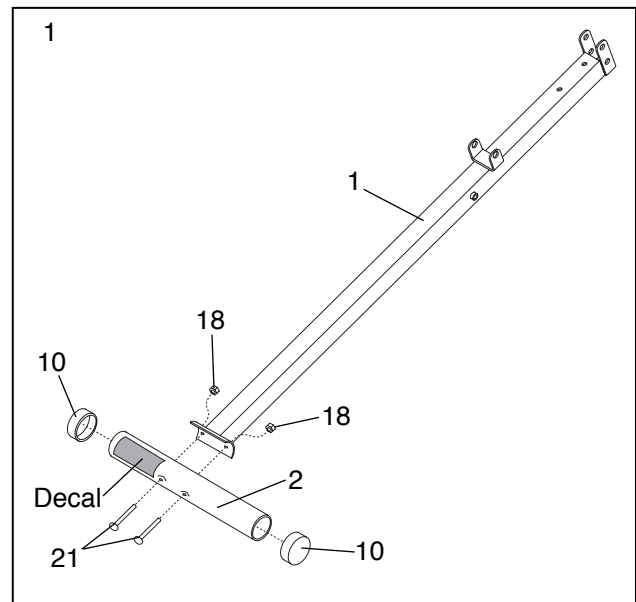
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

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

Position the Rear Stabilizer (2) with the warning decal facing up as shown. Note that on one side of the Rear Stabilizer there is an indentation around each of the two holes. Push two M10 x 90mm Carriage Bolts (21) through the holes in the Stabilizer so the bolt heads fit into the indentations.

Slide the bracket on the Main Frame (1) onto the two M10 x 90mm Carriage Bolts (21) in the Rear Stabilizer (2) and secure it with two M10 Nylon Locknuts (18).

Press a 76mm Round Endcap (10) onto each end of the Rear Stabilizer (2).

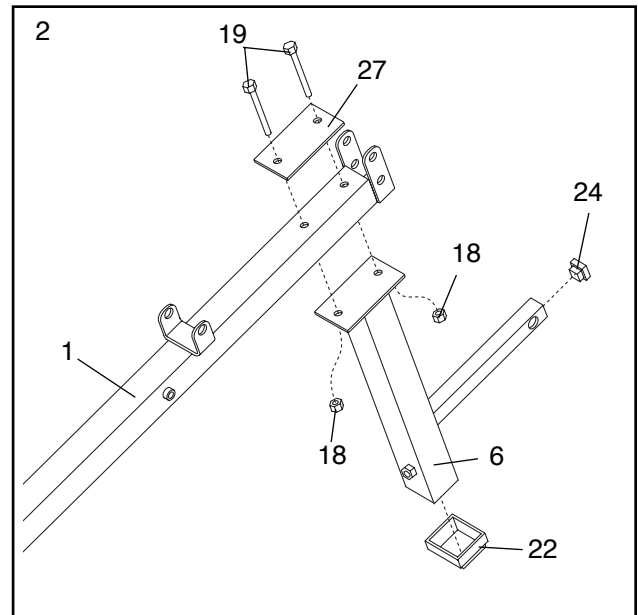


2. Push two M10 x 70mm Bolts (19) through the holes in the Support Plate (27) and then through the indicated holes in the Main Frame (1).

Slide the bracket on the Leg (6) onto the two M10 x 70mm Bolts (19) and secure it with two M10 Nylon Locknuts (18).

Press a Square Bushing (22) onto the lower end of the Leg (6).

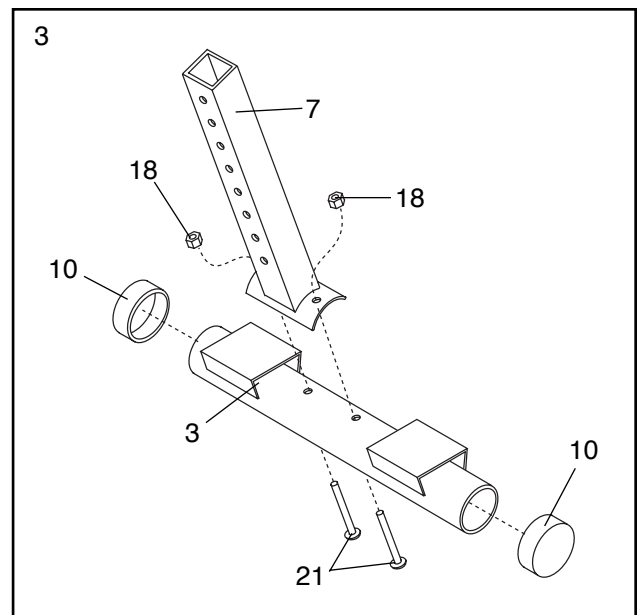
Press a 25mm Square Inner Cap (24) into the end of the sidearm on the Leg (6).



3. Locate the Front Stabilizer (3) and note the indentations around the holes. Push two M10 x 90mm Carriage Bolts (21) through the holes in the Stabilizer so the bolt heads fit into the indentations.

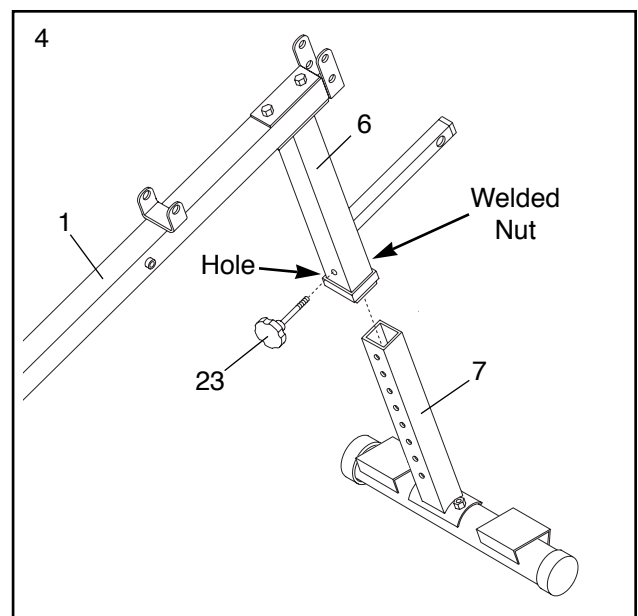
Slide the bracket on the Adjustment Leg (7) onto the two M10 x 90mm Carriage Bolts (21) in the Front Stabilizer (3) and secure it with two M10 Nylon Locknuts (18).

Press a 76mm Round Endcap (10) onto each end of the Front Stabilizer (3).



4. Slide the Adjustment Leg (7) up into the Leg (6) and line up one of the adjustment holes in the Adjustment Leg with the indicated hole in the Leg.

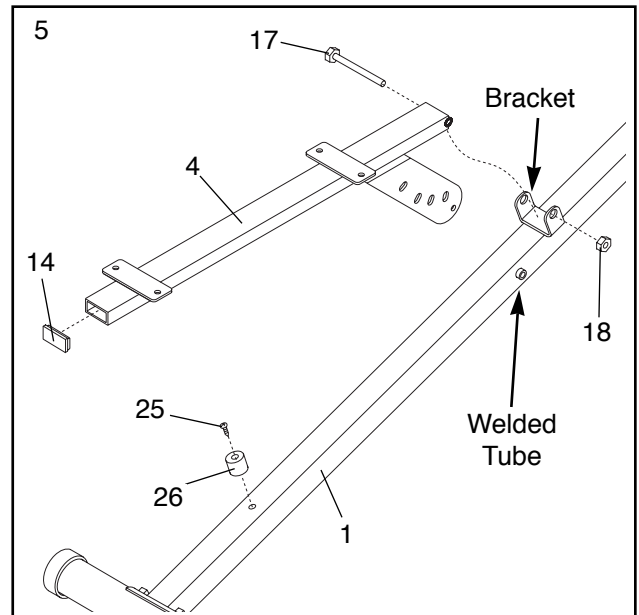
Insert the Adjustment Knob (23) through the holes in both the Leg (6) and the Adjustment Leg (7). Tighten the Adjustment Knob fully into the welded nut.



5. Attach a 30mm x 25mm Bumper (26) to the indicated hole in the Main Frame (1) with a Bumper Screw (25).

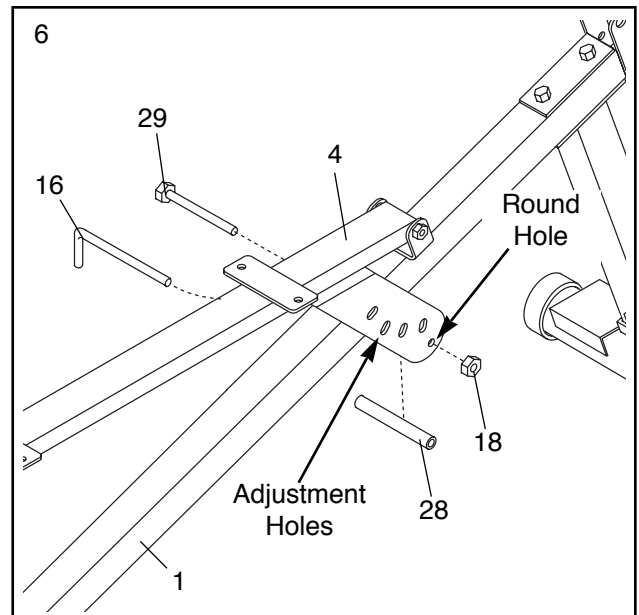
Press a 25mm x 50mm Inner Cap (14) into the end of the Backrest Frame (4).

Place the Backrest Frame (4) onto the Main Frame (1) and line up the welded tube on the Backrest Frame with the bracket on the Main Frame. Secure the Backrest Frame with an M10 x 80mm Bolt (17) and an M10 Nylon Locknut (18). **Do not overtighten the Nylon Locknut; it must be easy to pivot the Backrest Frame.**

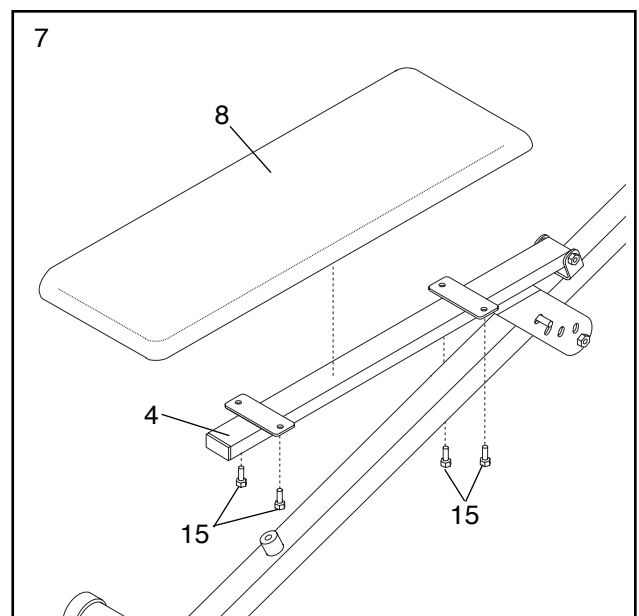


6. **Note that the bracket on the Backrest Frame (4) has four sets of oval adjustment holes and one set of round holes.** Position the 15mm x 10.5mm x 67mm Spacer (28) between the two sides of the bracket and line it up with the round holes. Insert an M10 x 85mm Bolt (29) through the round holes in the bracket and through the Spacer. Secure the Bolt with an M10 Nylon Locknut (18). **Note: The Spacer must be positioned under the Main Frame (1).**

Insert the Locking Pin (16) through one set of adjustment holes in the bracket on the Backrest Frame (4) and through the welded tube on the Main Frame (1). **Note: The welded tube is not visible in this drawing, but it is marked in drawing 5.**



7. Attach the Backrest (8) to the brackets on the Backrest Frame (4) with four M6 x 16mm Screws (15).



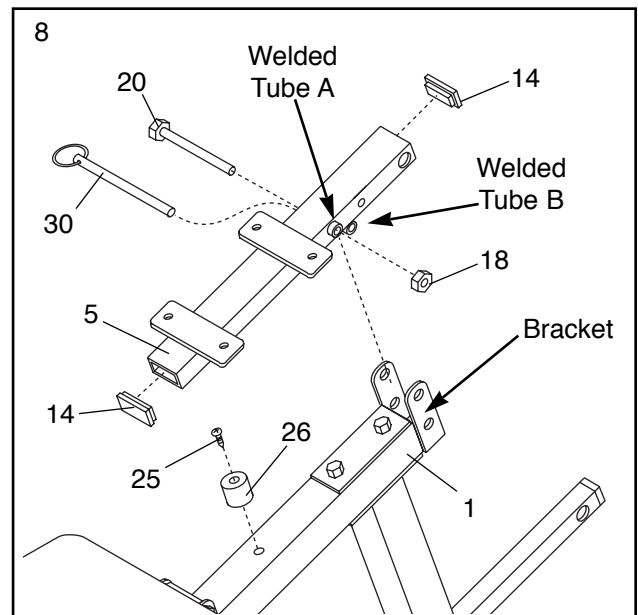
- Attach a 30mm x 25mm Bumper (26) to the indicated hole in the Main Frame (1) with a Bumper Screw (25).

Press a 25mm x 50mm Inner Cap (14) into each end of the Seat Frame (5).

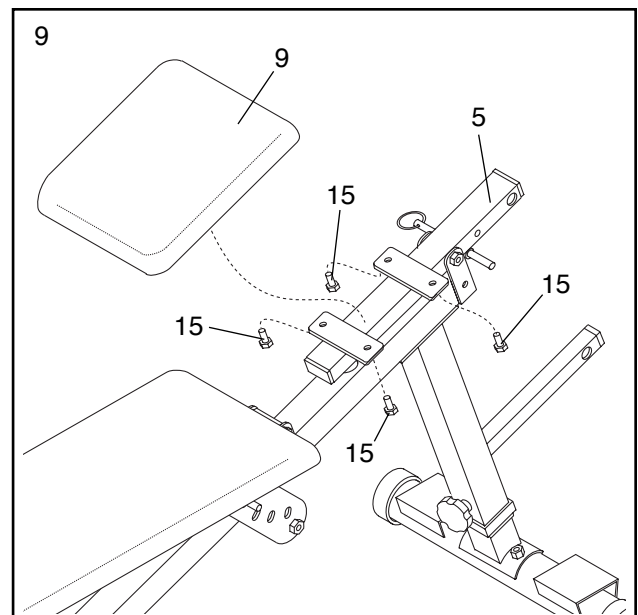
**Important: The Seat Frame (5) has two welded tubes. Tube A goes through the Seat Frame itself, and tube B is welded underneath the Seat Frame. Do not confuse these two tubes in the following step.**

Line up **tube A** in the Seat Frame (5) with the upper hole in the bracket on the Main Frame (1). Insert the M10 x 95mm Bolt (20) through the bracket and the welded tube in the Seat Frame. Secure the Bolt with an M10 Nylon Locknut (18).

Note: The Locking Pin w/Ring (30) can be inserted through **tube B** to prevent the Seat Frame (5) from pivoting.



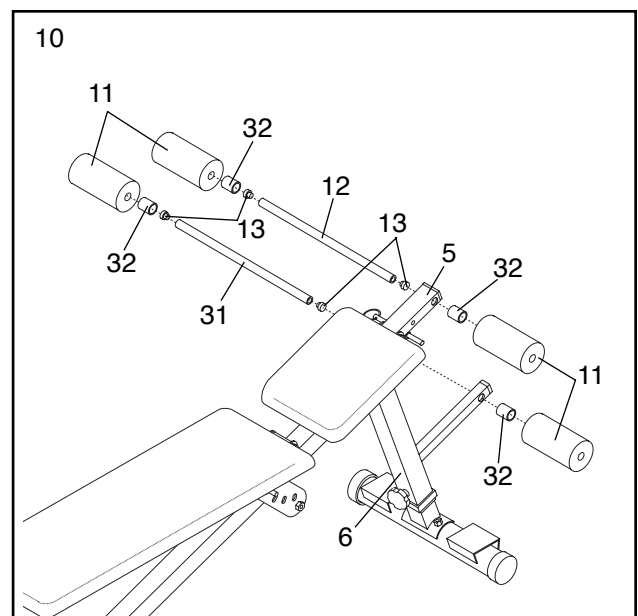
- Attach the Seat (9) to the brackets on the Seat Frame (5) with four M6 x 16mm Screws (15).



- Press a 19mm Round Inner Cap (13) into each end of the Short Pad Tube (31) and the Long Pad Tube (12).

Mount the Long Pad Tube (12) in the hole in the Seat Frame (5) in the following manner: Slide a Plastic Spacer (32) and a Foam Pad (11) onto one end of the Pad Tube. Slide the Pad Tube through the hole in the Seat Frame. Slide a Plastic Spacer (32) and a Foam Pad (11) onto the other end of the Pad Tube.

Mount the Short Pad Tube (31) in the hole in the sidearm on the Leg (6) by following the instructions given above.





# Adjusting the Weight Bench

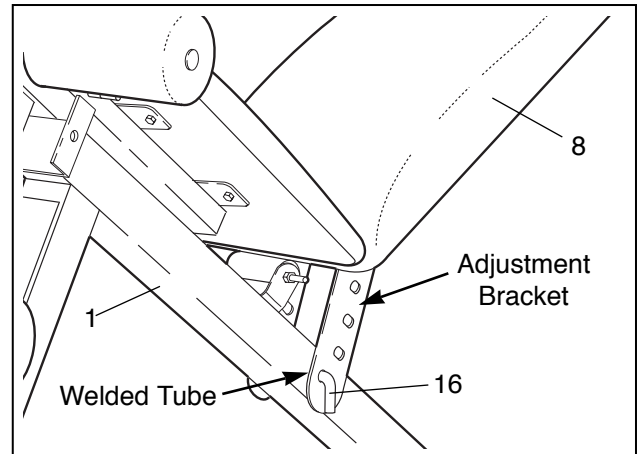
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

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

## ADJUSTING THE BACKREST

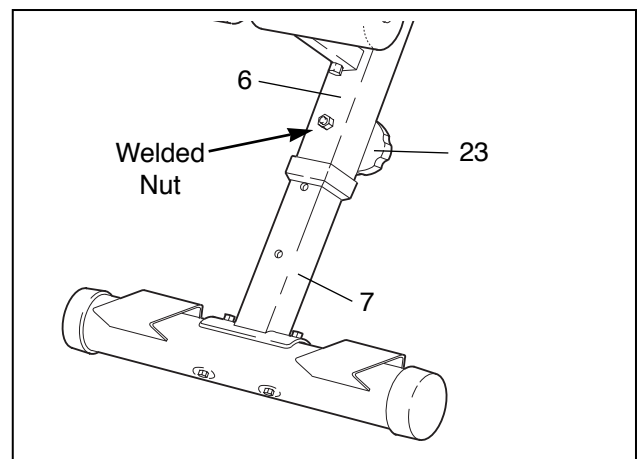
The Backrest (8) can be used in a level position, two inclined positions and a declined position. To adjust the Backrest to a level position or an inclined position, insert the Locking Pin (16) through one of the adjustment holes in the backrest adjustment bracket and through the welded tube in the Main Frame (1).

To use the Backrest (8) in a declined position, remove the Locking Pin (16) and lower the Backrest until it rests directly on the Main Frame (1). Re-insert the Locking Pin.



## ADJUSTING THE HEIGHT OF THE WEIGHT BENCH

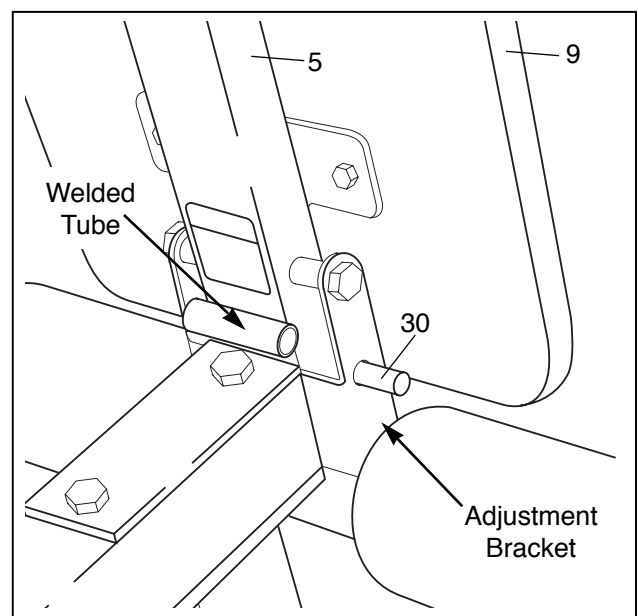
To adjust the height of the weight bench, unscrew the Adjustment Knob (23) and raise or lower the weight bench to the desired position. Line up the hole in the Leg (6) with one of the adjustment holes in the Adjustment Leg (7). Re-insert the Adjustment Knob and tighten it fully into the welded nut.



## SETTING UP THE WEIGHT BENCH FOR ROMAN CHAIR EXERCISES

To set up the bench for roman chair exercises, turn the Seat Frame (5) to the upright position. Insert the Locking Pin/w Ring (30) through the indicated hole in the adjustment bracket and the hole in the Seat Frame. Now adjust the height of the weight bench as described above, so the Seat (9) is in a comfortable position.

Note: When the Seat (9) is in the lower position, insert the Locking Pin/w Ring (30) through the welded tube to prevent the seat from pivoting during exercises.



**WARNING:** When the seat is tilted to the upright position, always insert the locking pin into the hole in the seat frame as shown. Do not insert the locking pin into the welded tube.

# Exercise Guidelines

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level in two ways:

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

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

### Toning

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

### Weight Loss

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

### Cross Training

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:

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

The combination of weight training and aerobic exercise will reshape and strengthen your body plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very 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 with emphasis on the areas that you want to develop the 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

You will gain the greatest benefits from exercising by maintaining proper form. 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 poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart below to find the locations 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!

You should rest for a short period of time after each set. The ideal resting periods are:

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 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

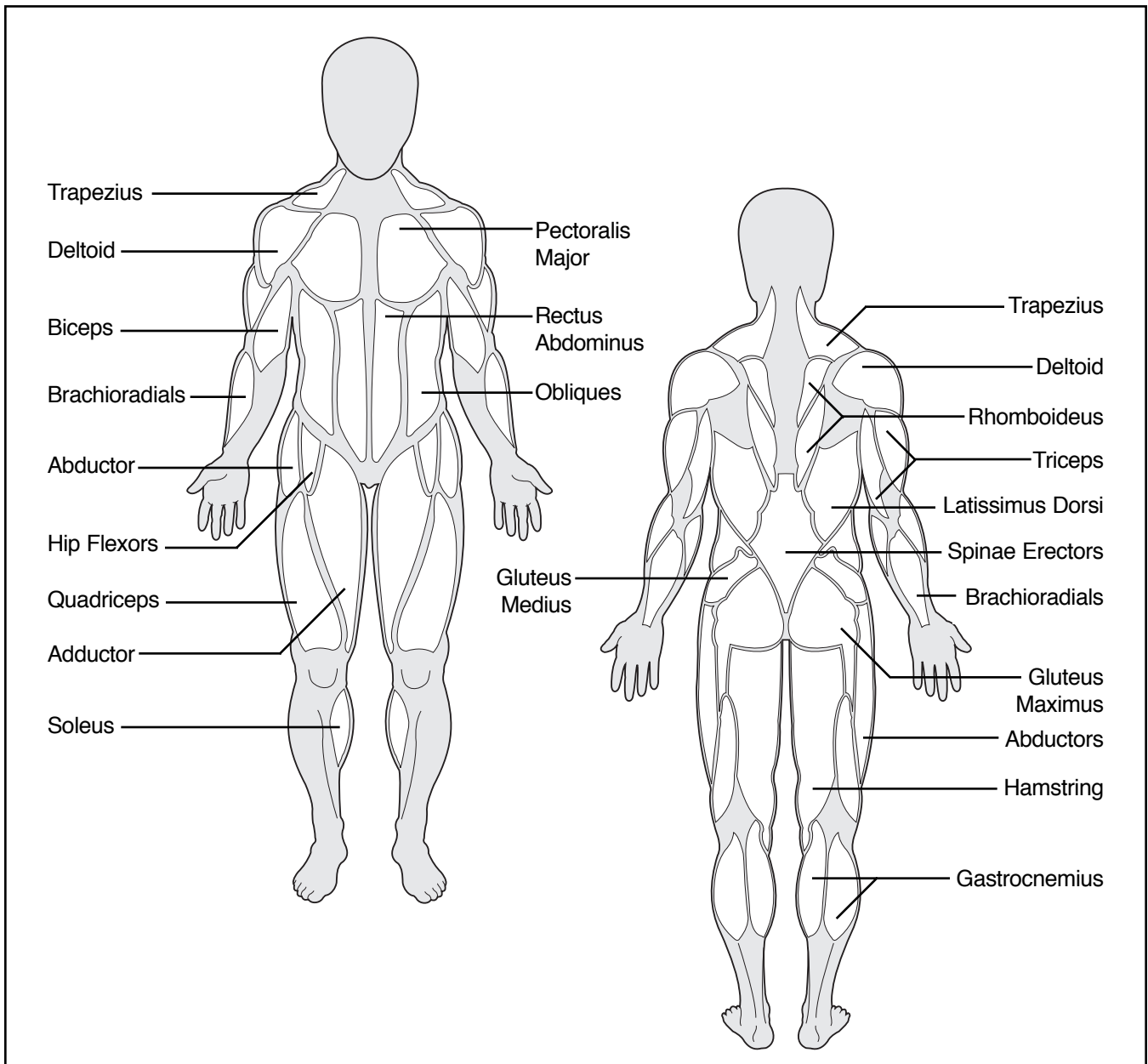
each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

### MUSCLE CHART

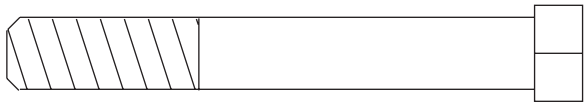


# Part List–Model No. WEBE03690

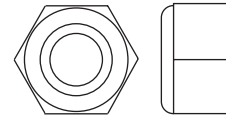
R1099A

| Key No. | Qty. | Description           | Key No. | Qty. | Description               |
|---------|------|-----------------------|---------|------|---------------------------|
| 1       | 1    | Main Frame            | 18      | 9    | M10 Nylon Locknut         |
| 2       | 1    | Rear Stabilizer       | 19      | 2    | M10 x 70mm Bolt           |
| 3       | 1    | Front Stabilizer      | 20      | 1    | M10 x 95mm Bolt           |
| 4       | 1    | Backrest Frame        | 21      | 4    | M10 x 90mm Carriage Bolt  |
| 5       | 1    | Seat Frame            | 22      | 1    | Square Bushing            |
| 6       | 1    | Leg                   | 23      | 1    | Adjustment Knob           |
| 7       | 1    | Adjustment Leg        | 24      | 1    | 25mm Square Inner Cap     |
| 8       | 1    | Backrest              | 25      | 2    | Bumper Screw              |
| 9       | 1    | Seat                  | 26      | 2    | 30mm x 25mm Bumper        |
| 10      | 4    | 76mm Round Endcap     | 27      | 1    | Support Plate             |
| 11      | 4    | Foam Pad              | 28      | 1    | 15mm x 10.5 x 67mm Spacer |
| 12      | 1    | Long Pad Tube         | 29      | 1    | M10 x 85mm Bolt           |
| 13      | 4    | 19mm Round Inner Cap  | 30      | 1    | Locking Pin w/Ring        |
| 14      | 3    | 25mm x 50mm Inner Cap | 31      | 1    | Short Pad Tube            |
| 15      | 8    | M6 x 16mm Screw       | 32      | 4    | Plastic Spacer            |
| 16      | 1    | Locking Pin           | #       | 1    | User's Manual             |
| 17      | 1    | M10 x 80mm Bolt       | #       | 1    | Exercise Poster           |

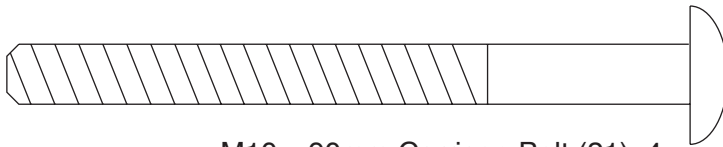
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.



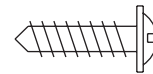
M10 x 70mm Bolt (19)-2



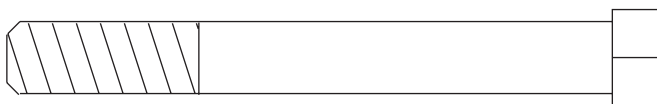
M10 Nylon Locknut (18)-9



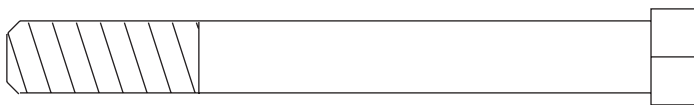
M10 x 90mm Carriage Bolt (21)-4



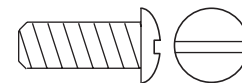
Bumper Screw (25)-2



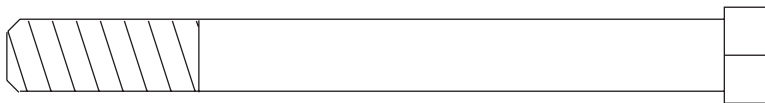
M10 x 80mm Bolt (17)-1



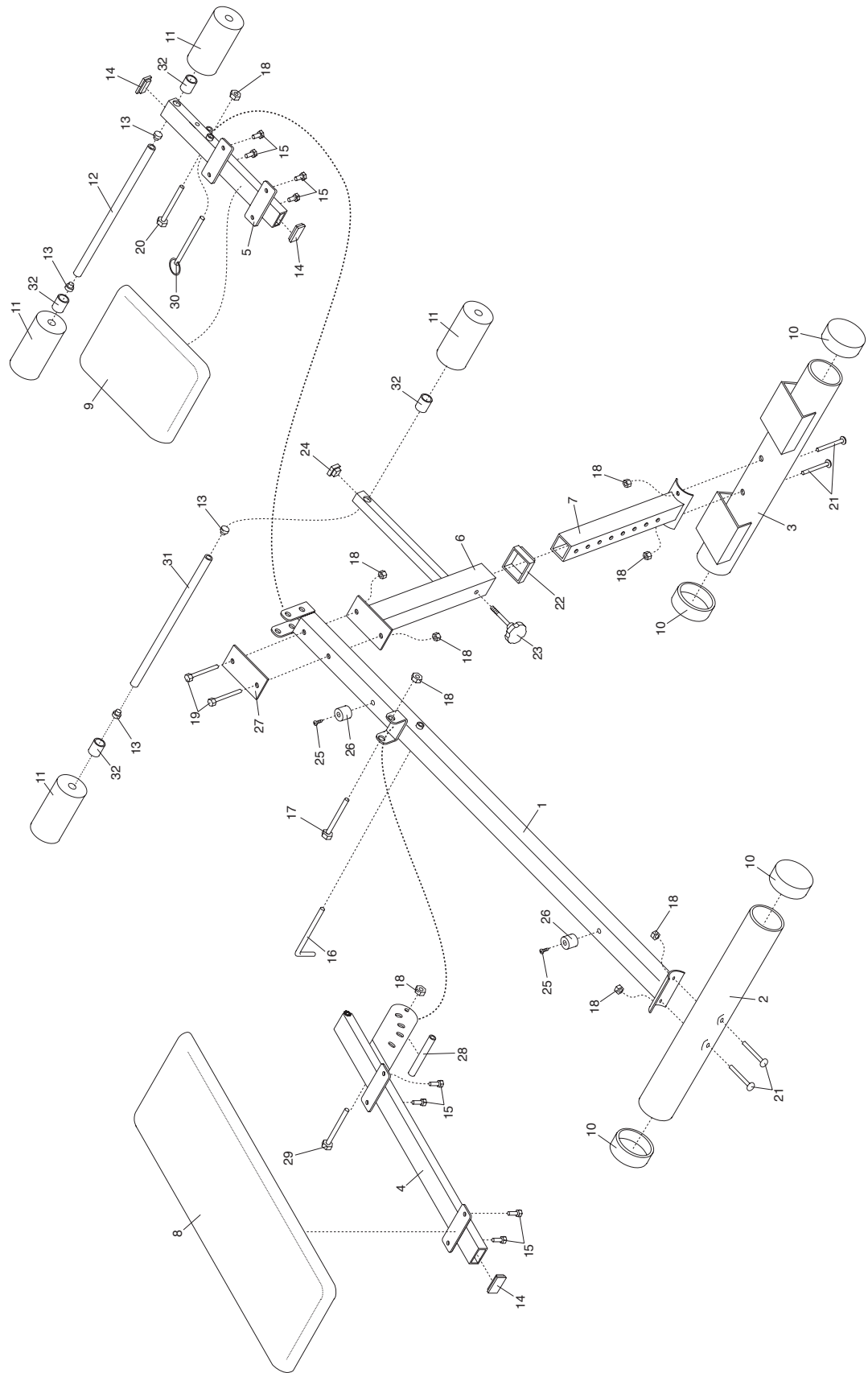
M10 x 85mm Bolt (29)-1



M6 x 16mm Screw (15)-8



M10 x 95mm Bolt (20)-1



## Ordering Replacement Parts

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

1. The MODEL NUMBER of the product (WEBE03690)
2. The NAME of the product (WEIDER® PRO 300se Weight Bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual).

## Limited Warranty

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

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