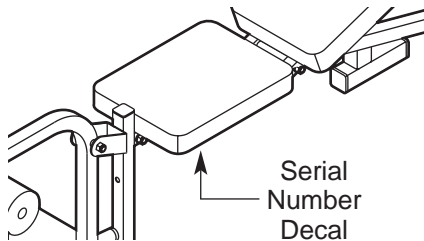


WEIDER[®] 135

Model No. WEBE05930

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

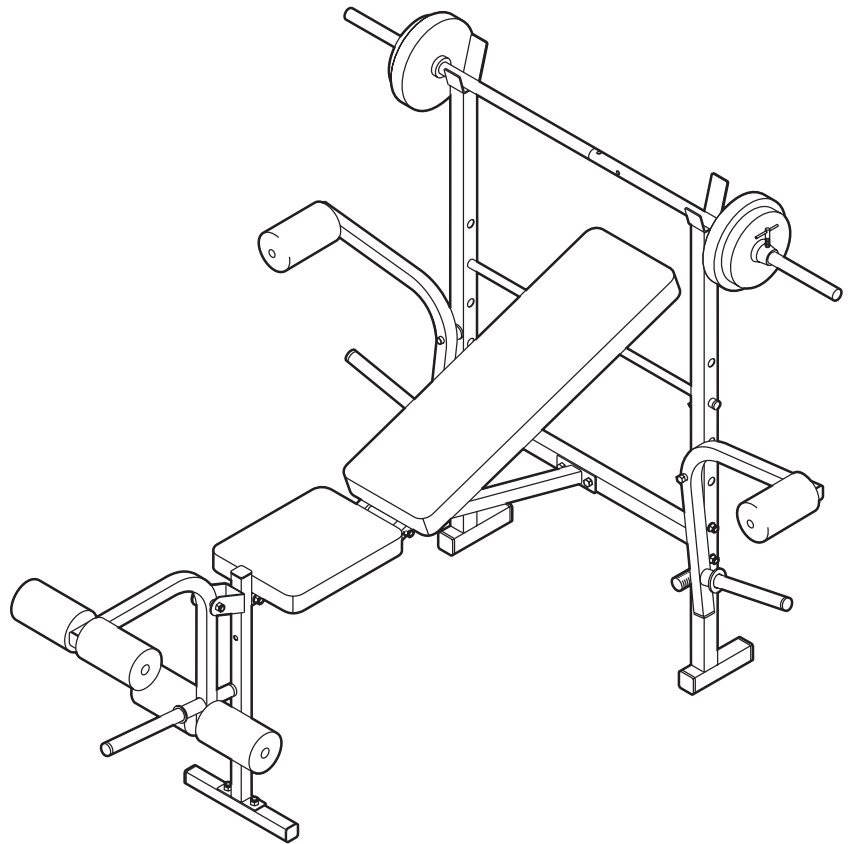
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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.



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fitness tips, and much more!*

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in 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 bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure that all parts are properly tightened 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. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds. Do not place more than 110 pounds, including a barbell and weights, on the weight rests. Do not place more than 30 pounds on each fly arm. Do not place more than 50 pounds on the leg lever.
10. Always make sure there is an equal amount of weight on each side of your barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping.
11. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
12. Do not use a barbell that is longer than five feet with the weight bench.
13. When using the backrest in an inclined or level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.
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 bench in the locations shown on page 4. If a decal is missing or illegible, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal to 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

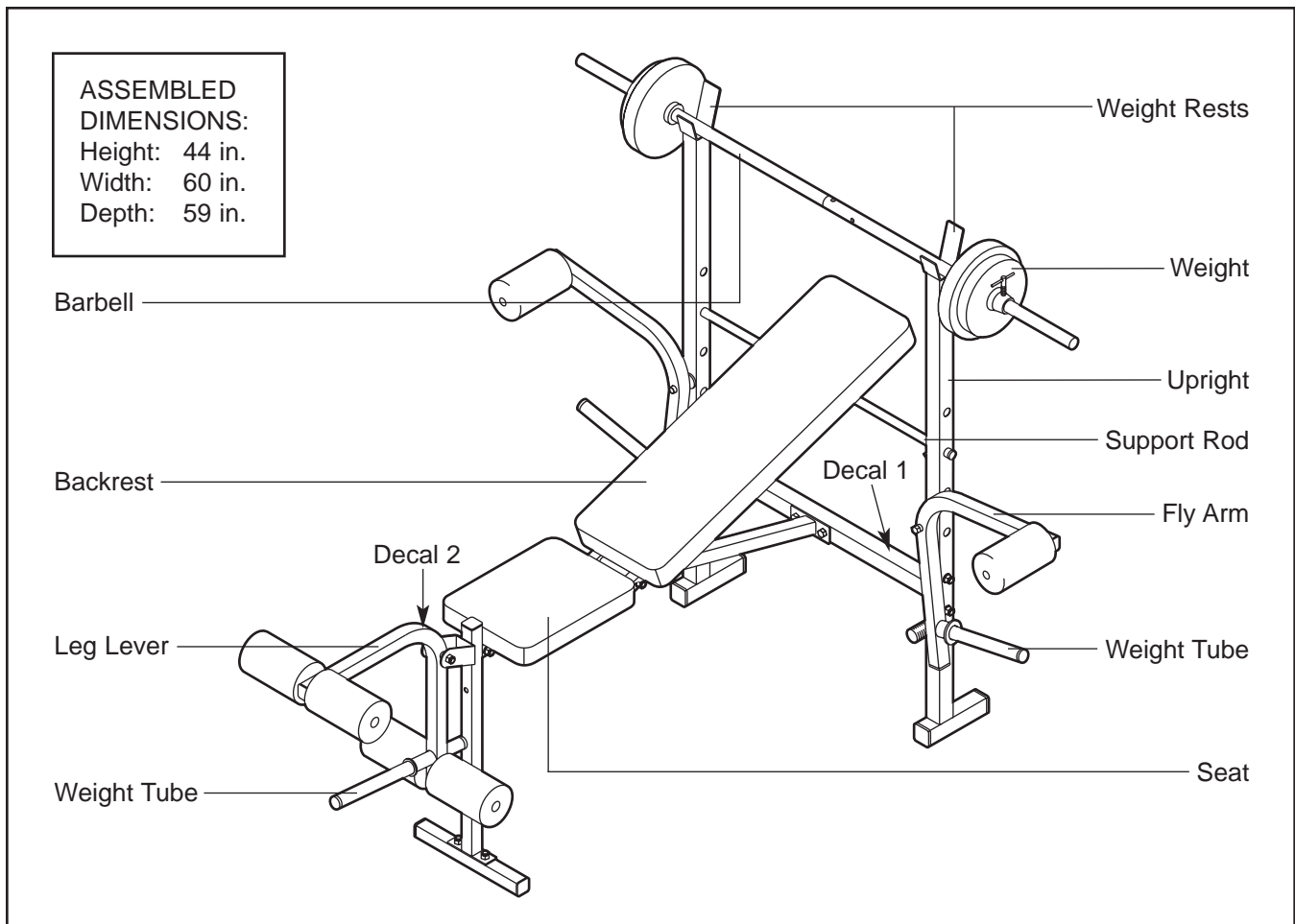
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 135 weight bench. The versatile weight bench is designed to 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 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, 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 WEBE05930. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



ASSEMBLY

Make Things Easier for Yourself



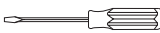
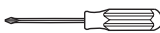
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- For help identifying small parts, refer to the **PART IDENTIFICATION CHART**.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

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

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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

1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above. For help identifying small parts, refer to the PART IDENTIFICATION CHART.**

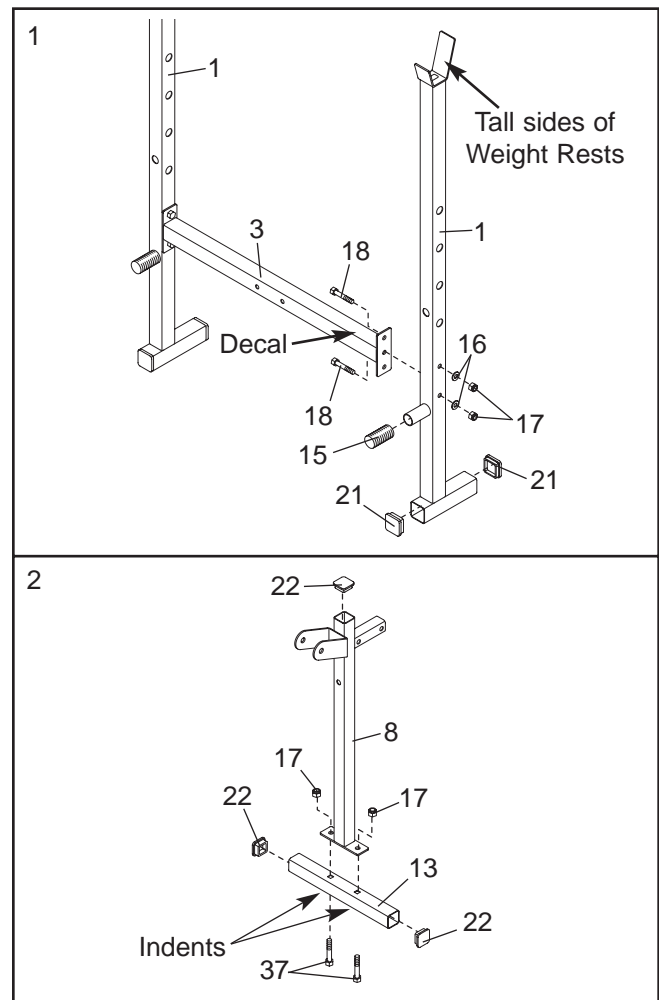
Tap two 38mm Square Inner Caps (21) into the bottom an Upright (1). Tap a Fly Arm Stop (15) onto the welded tube on the Upright.

Attach the Crossbar (3) to an Upright (1) with two M8 x 55mm Bolts (18), two M8 Washers (16), and two M8 Nylon Locknuts (17). **Note: The decal on the Crossbar and the tall side of the weight rest on the Upright must be oriented as shown. Do not tighten the Locknuts yet.**

Repeat this step with the other Upright (1).

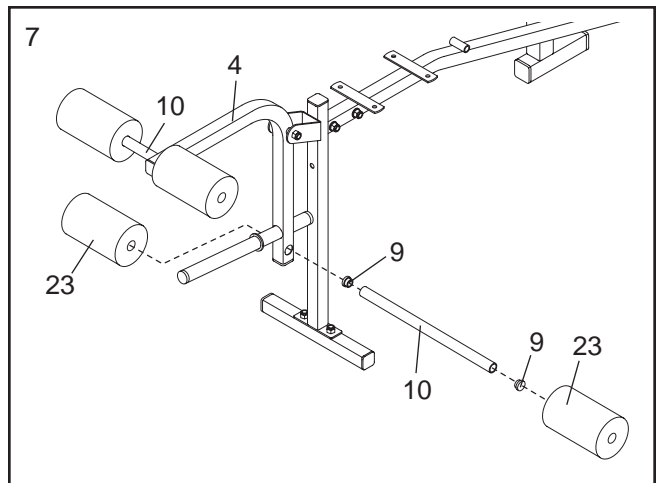
2. Tap three 30mm Square Inner Caps (22) into the Front Leg (8) and Stabilizer (13).

Attach the Front Leg (8) to the Stabilizer (13) with two M8 x 42mm Carriage Bolts (37) and two M8 Nylon Locknuts (17). **Note: The indents around the holes on one side of the Stabilizer must be on the bottom. Do not tighten the Nylon Locknuts yet.**



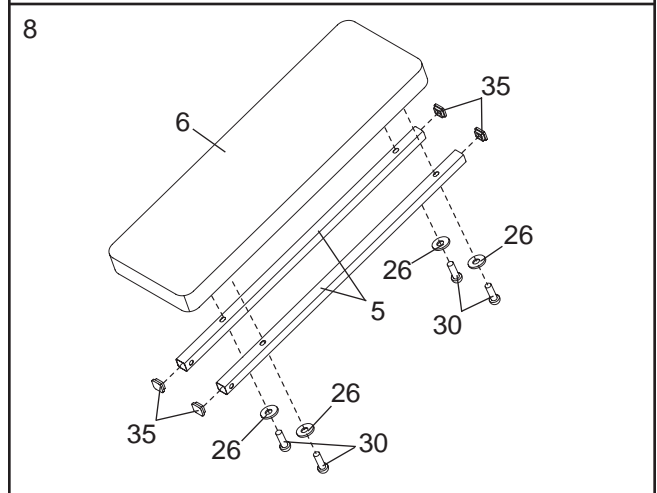
- Tap two 19mm Round Inner Caps (9) into a Long Pad Tube (10). Slide the Pad Tube through a hole in the Leg Lever (4). Slide two Long Foam Pads (23) onto the Pad Tube.

Repeat this step with the other Long Pad Tube (10).



- Tap four 25mm Square Inner Caps (35) into the ends of the two Backrest Tubes (5).

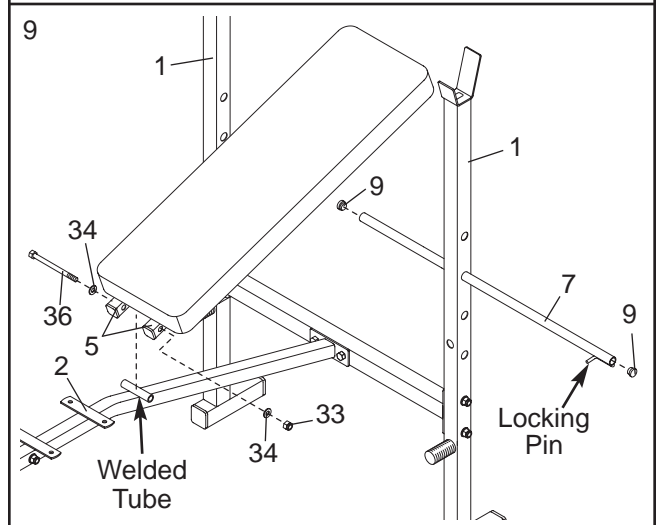
Attach the Backrest Tubes (5) to the Backrest (6) with four M6 x 38mm Screws (30) and four M6 Washers (26). **Note: Do not tighten the Screws yet.**



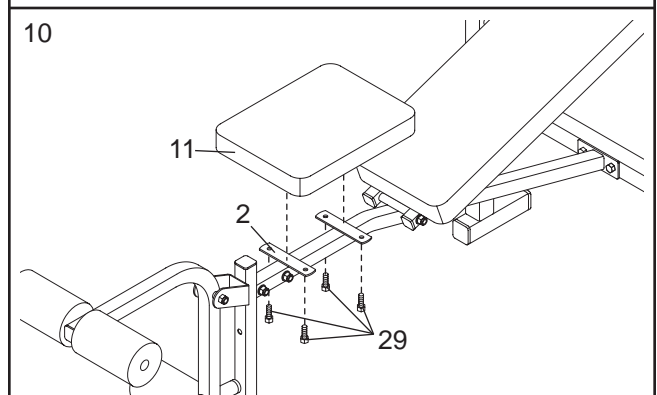
- Tap a 19mm Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright.

Lubricate the M10 x 137mm Bolt (36) with grease. Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Nylon Locknut (33).

Tighten the M6 x 38mm Screws (30) used in step 8.

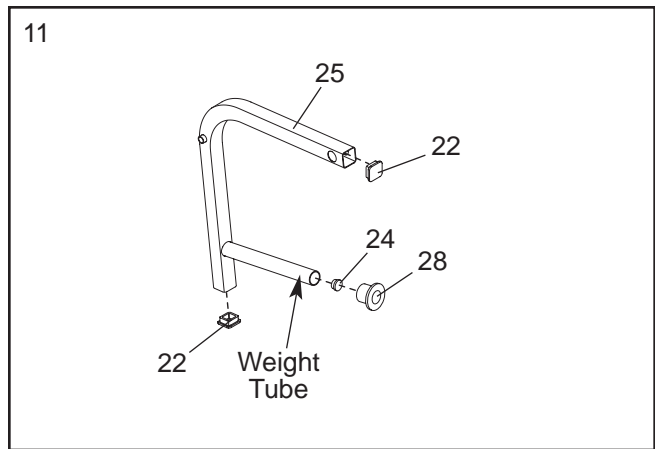


- Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (29).



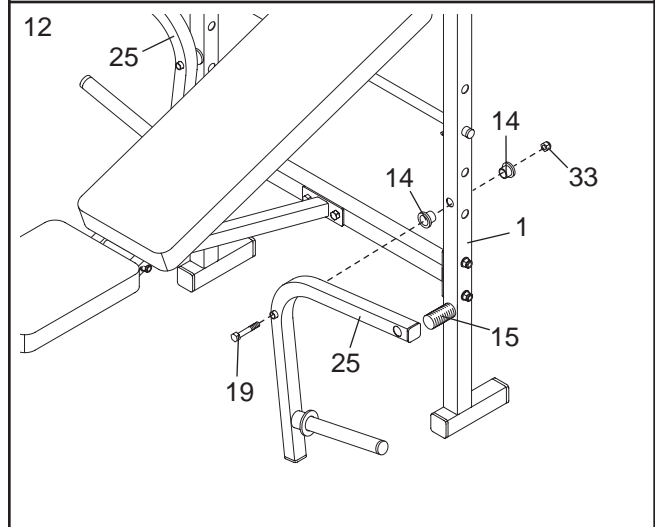
11. Tap two 30mm Square Inner Caps (22) into the ends of a Fly Arm (25). Push a 25mm Round Inner Cap (24) into the end of the weight tube. Slide a Weight Stop (28) onto the weight tube.

Assemble the other Fly Arm (not shown) in the same manner.



12. Press two Plastic Bushings (14) into the indicated holes in an Upright (1). Attach a Fly Arm (25) to the Upright using an M10 x 120mm Bolt (19) and an M10 Nylon Locknut (33). Make sure the Fly Arm is on the outside of the Fly Arm Stop (15). **Note: Do not overtighten the Locknut; the Fly Arm must be able to pivot easily.**

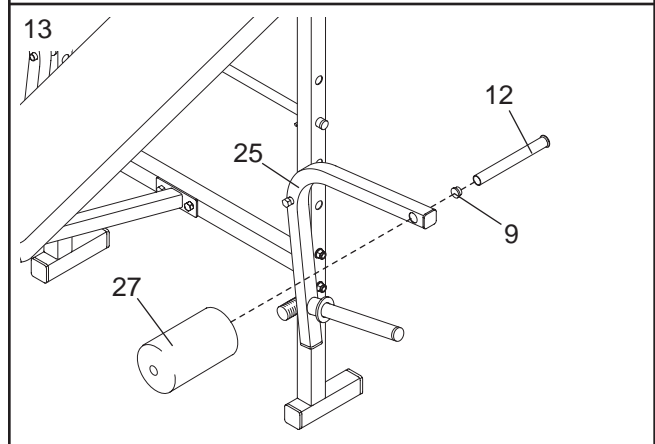
Attach the other Fly Arm (25) to the other Upright (1) in the same manner.



13. Press a 19mm Round Inner Cap (9) into the end of a Short Pad Tube (12). Slide the Short Pad Tube through the indicated hole in a Fly Arm (25), as shown.

Push a Short Foam Pad (27) onto the Short Pad Tube (12) as far as it will go; the Foam Pad will hold the Short Pad Tube in place.

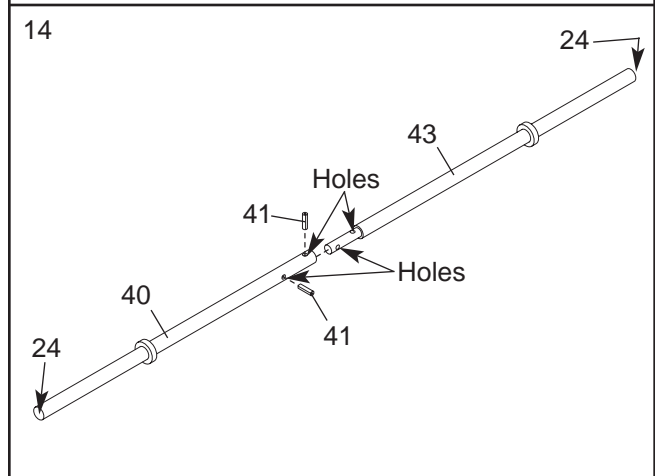
Repeat this step with the other Fly Arm (not shown).



14. Insert the Inner Bar (43) into the Outer Bar (40) and align the indicated holes. Using a hammer, tap the two Roll Pins (41) into the holes until they are flush with the Outer Bar.

Press two 25mm Round Inner Caps (24) into the ends of the Inner and Outer Bars (40, 43).

15. **Make sure that all parts are properly tightened before the weight bench is used. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**



ADJUSTMENTS

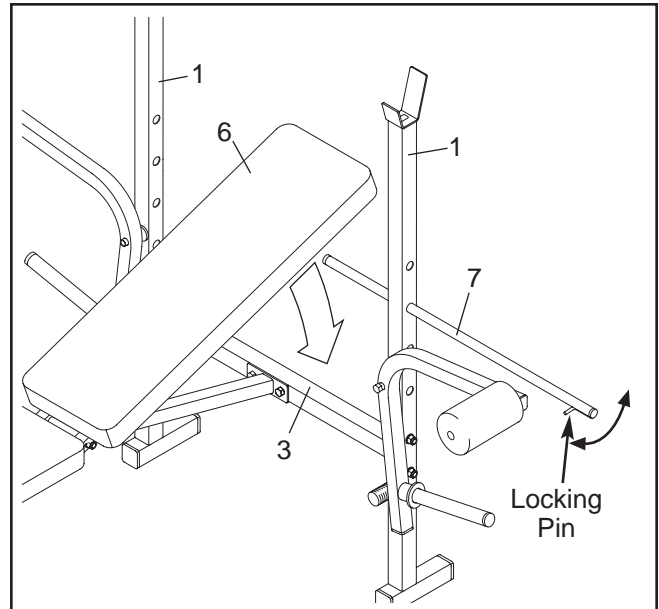
The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise guide to see the correct form for several exercises.

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

ADJUSTING THE BACKREST

The Backrest (6) can be used in a declined position, a level position, or three inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

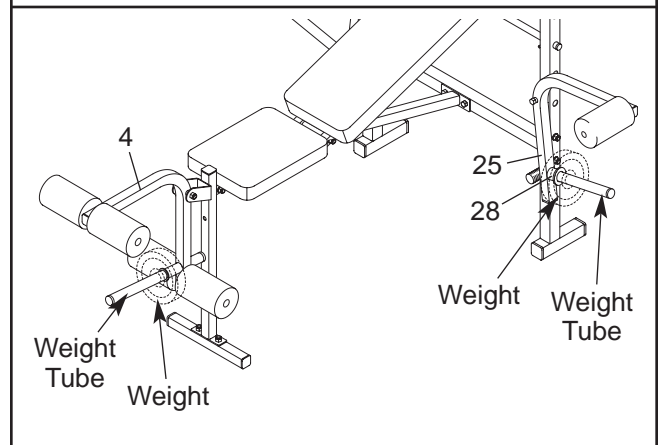
To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, so the locking pin is wrapped around the Upright. Rest the Backrest on the Support Rod.



ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights onto the weight tube on the Leg Lever. **Do not place more than 50 pounds on the Leg Lever.**

To use the Fly Arms (25), make sure there is a Weight Stop (28) on each weight tube. Next, slide the desired amount of weight onto the weight tubes. **Do not place more than 30 pounds on each Arm.**

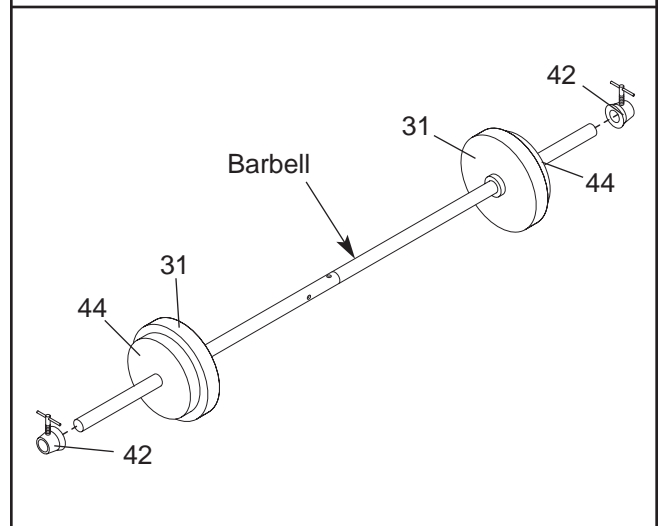


⚠ WARNING: When using the Leg Lever (4), place a barbell with the same amount of weight on the weight rests to balance the bench.

ATTACHING WEIGHTS TO THE BARBELL

Slide an equal amount of Weight (31, 44) onto each end of the barbell. Slide the two Lock Collars (42) against the Weights, and tighten them fully.

⚠ WARNING: Always secure the Weights (31, 44) on the barbell with the Lock Collars (42). Never use the barbell with more than 100 pounds.



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. Refer to 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.

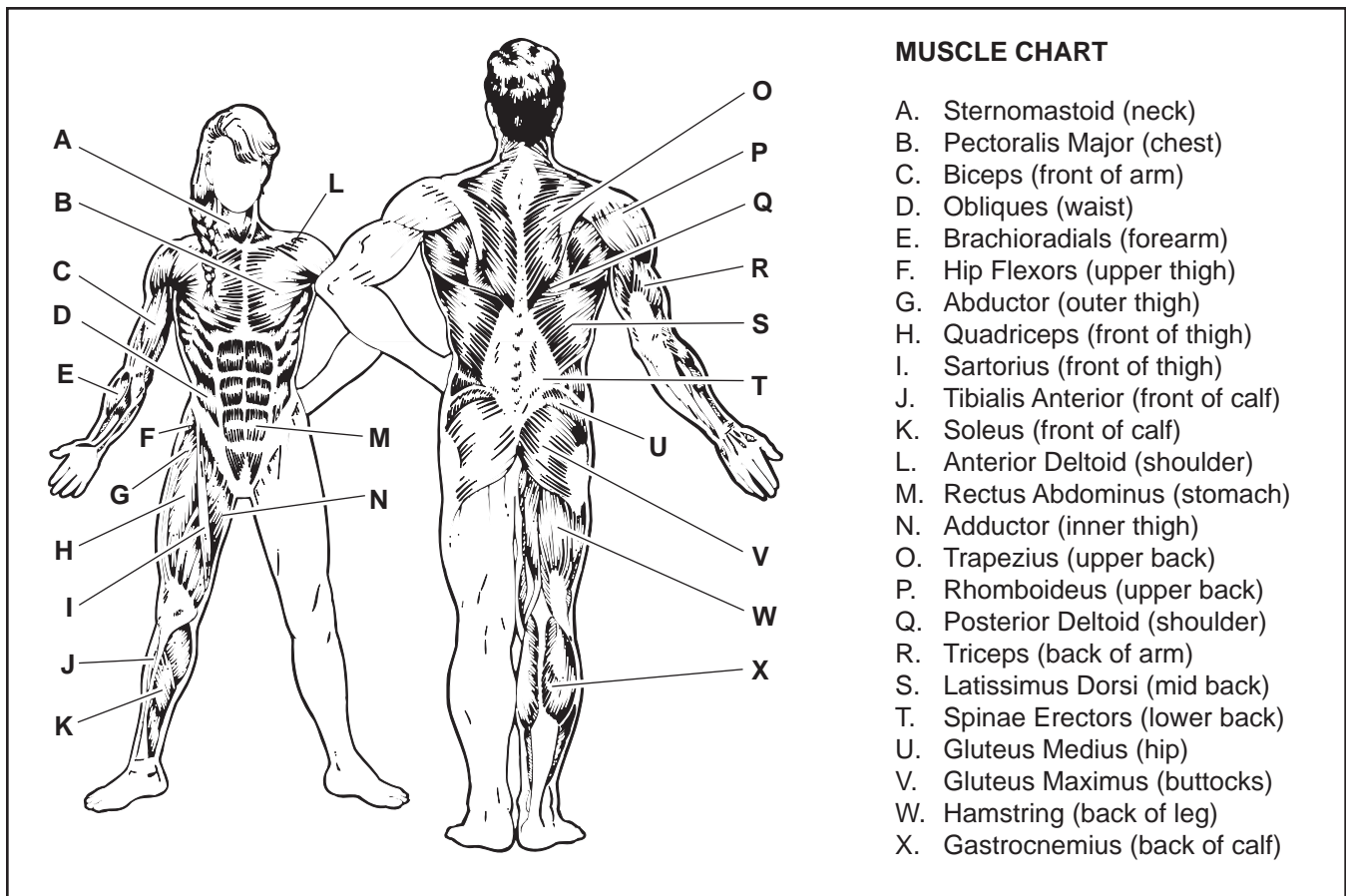
COOLING DOWN

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.

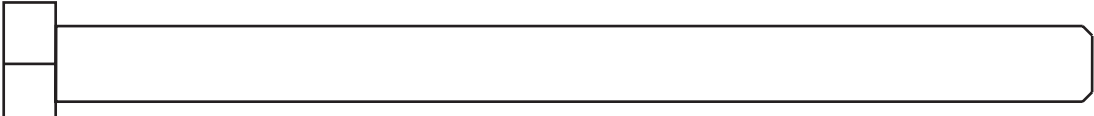
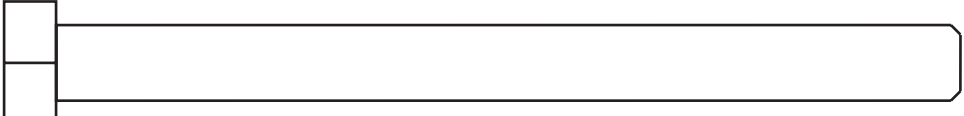
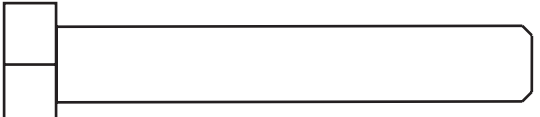
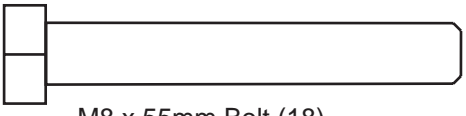
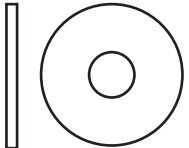
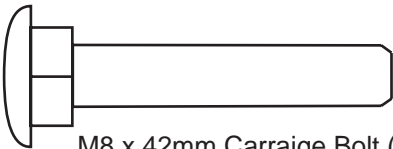
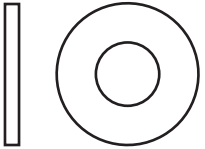
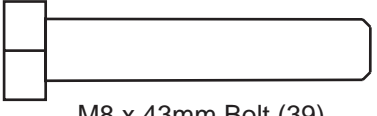
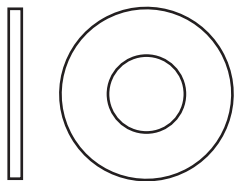
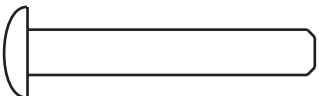


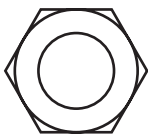


MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

PART IDENTIFICATION CHART

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

	M10 x 137mm Bolt (36)	
	M10 x 120mm Bolt (19)	
	M10 x 63mm Bolt (32)	
	M8 x 55mm Bolt (18)	
	M8 x 42mm Carriage Bolt (37)	
	M8 x 43mm Bolt (39)	
	M6 x 38mm Screw (30)	
	M6 x 16mm Screw (29)	
		
	M8 Nylon Locknut (17)	M10 Nylon Locknut (33)

PART LIST—Model No. WEBE05930

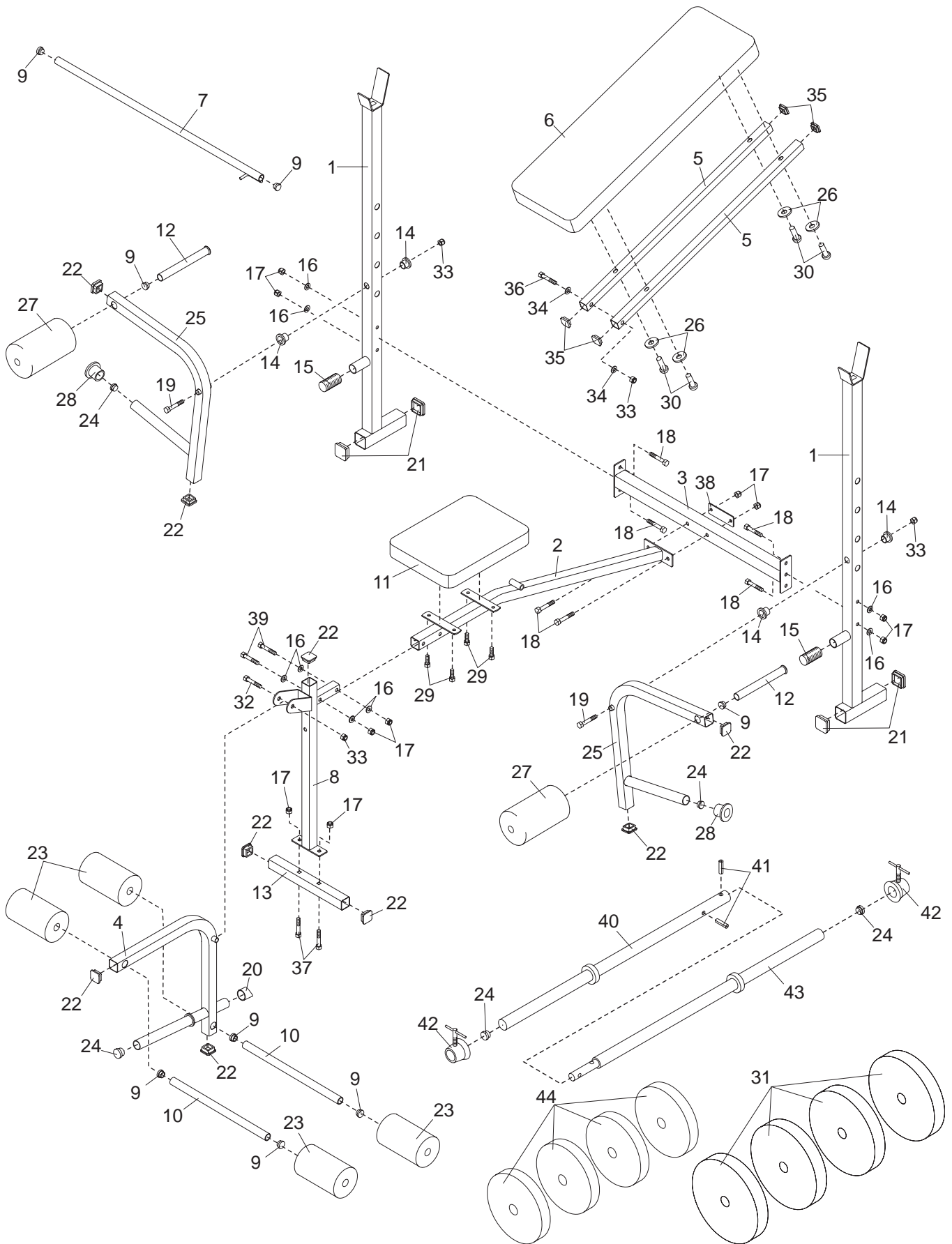
R0903A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	25	2	Fly Arm
2	1	Frame	26	4	M6 Washer
3	1	Crossbar	27	2	Short Foam Pad
4	1	Leg Lever	28	2	Weight Stop
5	2	Backrest Tube	29	4	M6 x 16mm Screw
6	1	Backrest	30	4	M6 x 38mm Screw
7	1	Support Rod	31	4	15-pound Weight
8	1	Front Leg	32	1	M10 x 63mm Bolt
9	8	19mm Round Inner Cap	33	4	M10 Nylon Locknut
10	2	Long Pad Tube	34	2	M10 Washer
11	1	Seat	35	4	25mm Square Inner Cap
12	2	Short Pad Tube	36	1	M10 x 137mm Bolt
13	1	Stabilizer	37	2	M8 x 42mm Carriage Bolt
14	4	Plastic Bushing	38	1	Support Plate
15	2	Fly Arm Stop	39	2	M8 x 43mm Bolt
16	8	M8 Washer	40	1	Outer Bar
17	10	M8 Nylon Locknut	41	2	Roll Pin
18	6	M8 x 55mm Bolt	42	2	Lock Collar
19	2	M10 x 120mm Bolt	43	1	Inner Bar
20	1	25mm Round Angled Cap	44	4	10-pound Weight
21	4	38mm Square Inner Cap	#	1	User's Manual
22	9	30mm Square Inner Cap	#	1	Exercise Guide
23	4	Long Foam Pad	#	1	Grease Pack
24	5	25mm Round Inner Cap			

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WEBE05930

R0903A



ORDERING REPLACEMENT PARTS

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

- The MODEL NUMBER of the product (WEBE05930)
- The NAME of the product (WEIDER® 135 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST 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 through one of its authorized service centers. All repairs for which warranty claims are made 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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