

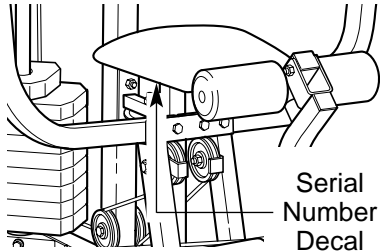


WEIDER[®] PRO 9930

Model No. WESY99300

Serial No. _____

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



QUESTIONS?

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

CUSTOMER HOT LINE:

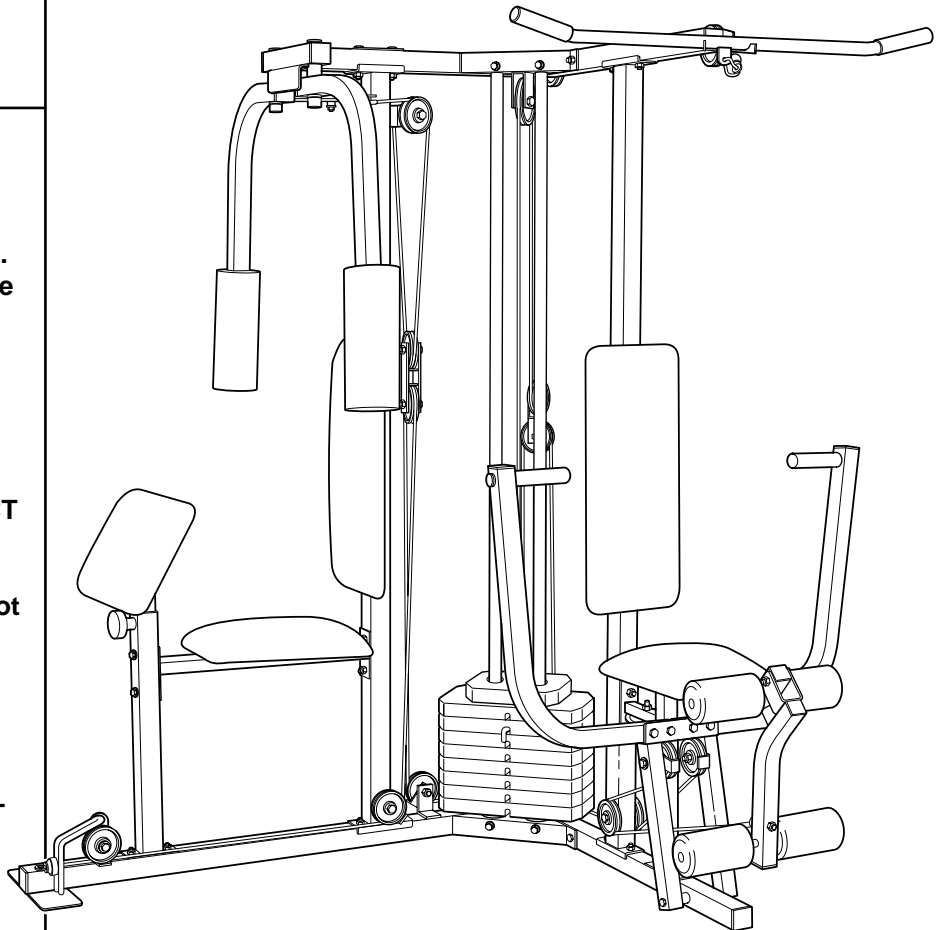
1-888-936-4266

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

CAUTION

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

USER'S MANUAL



Visit our website at

www.weiderfitness.com

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

LIMITED WARRANTY

ICON OF/DU CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

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

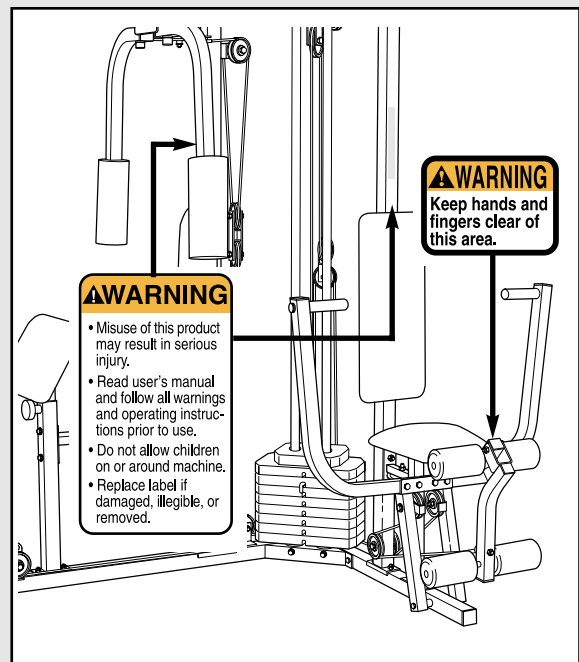
ICON OF/DU CANADA, 900 de l'Industrie, St-Jérôme, QC J7Y 4B8

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

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 a commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor or carpet beneath the weight system to protect the floor or carpet.
5. Regularly inspect and tighten all parts. Replace any worn parts immediately.
6. 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.
7. Keep children under the age of 12 and pets away from the weight system at all times.
8. Always wear athletic shoes for foot protection while exercising.
9. Keep hands and feet away from moving parts.
10. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. 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.
13. *Always disconnect the lat bar or nylon strap from the weight system when performing an exercise that does not use the attachments.*
14. The warning decals shown below have been attached to the weight system in the locations shown. If a decal is missing or illegible, please call our Customer Service Department at the number on the front cover of this manual to order a free replacement decal. Apply the new decal in the appropriate location.



⚠ 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.

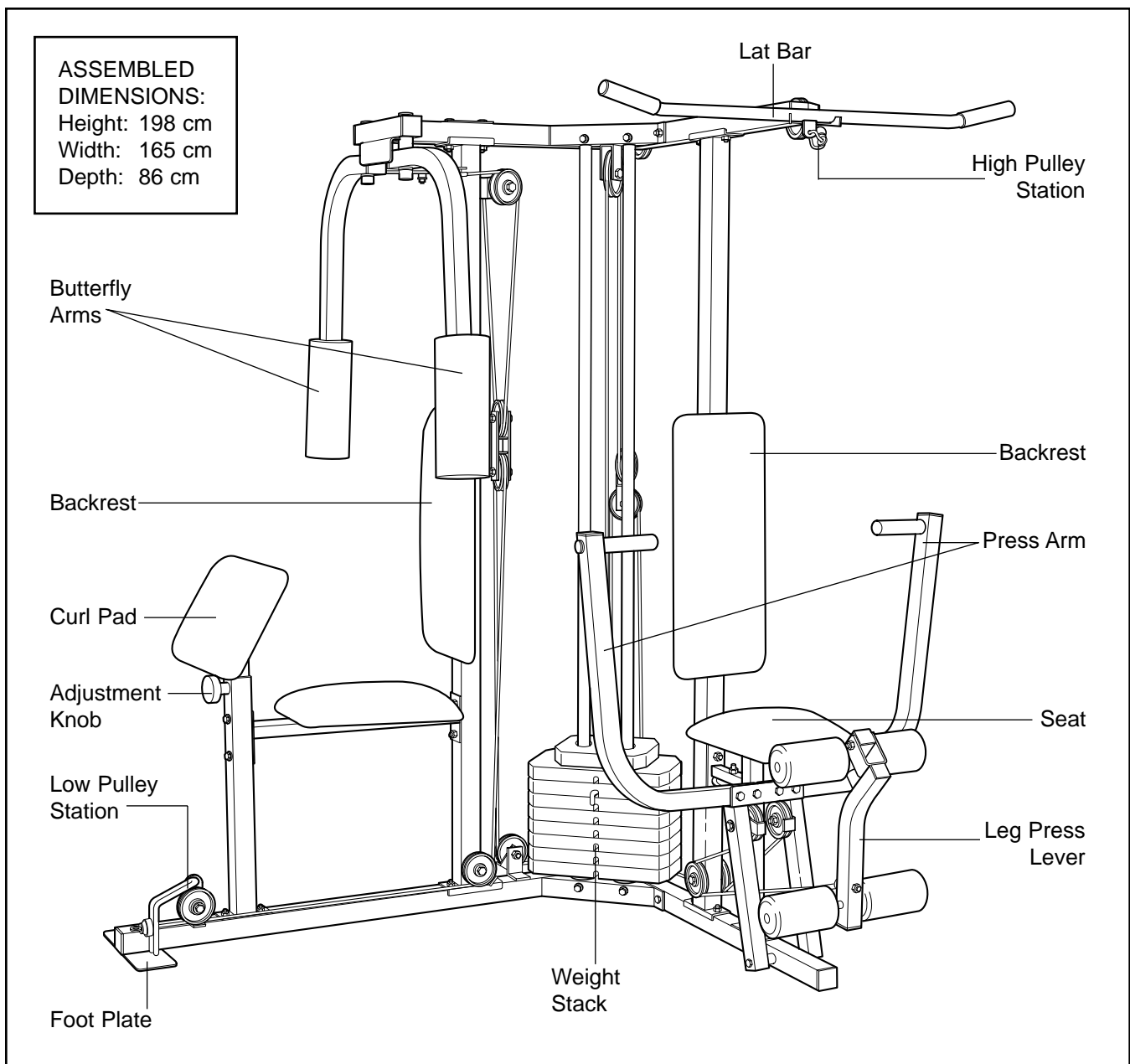
BEFORE YOU BEGIN

Thank you for selecting the innovative and versatile WEIDER® PRO 9930 weight system. The WEIDER® PRO 9930 offers a unique selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® PRO 9930 will help you to achieve the results you want.

questions, please contact our Customer Service Department toll-free at 1-888-936-4266, Mon.–Fri., 8 a.m.–6:30 p.m. EST (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY99300. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

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

Please use the drawing below to familiarise yourself with the major parts of the weight system.



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require about six hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.



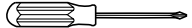

Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

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

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-888-936-4266**.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats and the backrests.

Frame Assembly

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

Locate and open the parts bag labelled "FRAME ASSEMBLY."

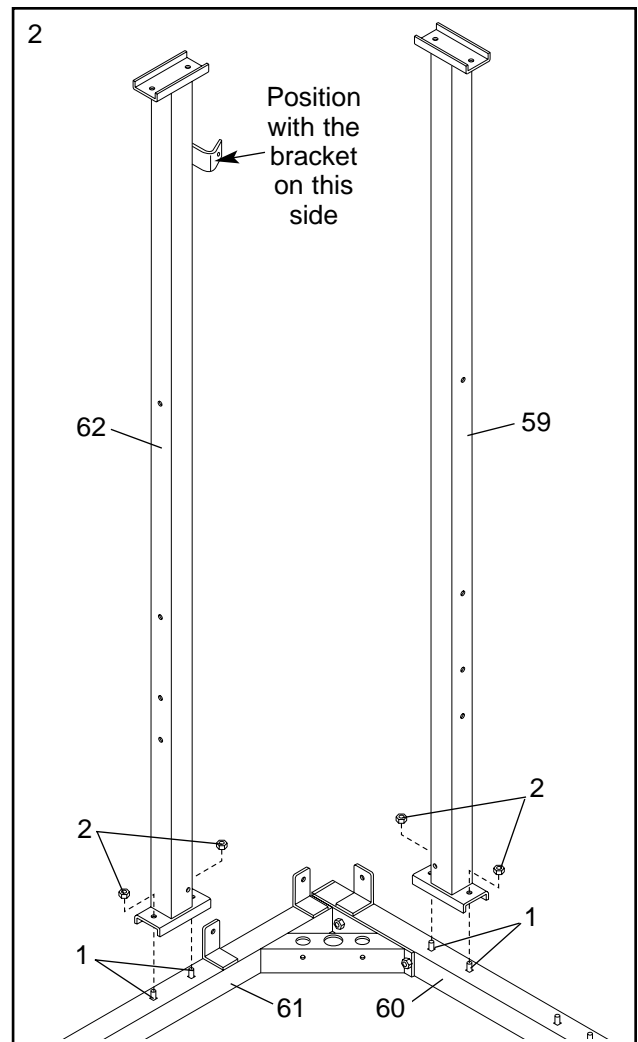
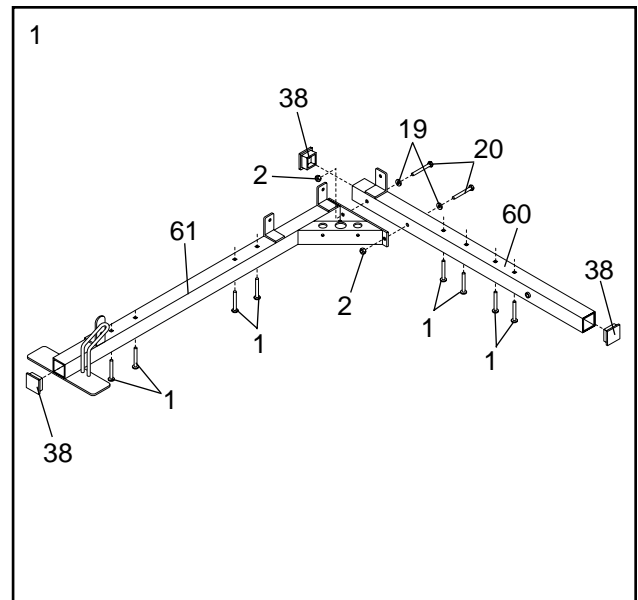
Press a 2" Square Inner Cap (38) into the Butterfly Base (61). Press two 2" Square Inner Caps into the Press Base (60).

Insert four 5/16" x 2 1/2" Carriage Bolts (1) up through the indicated holes in the Butterfly Base (61) and the Press Base (60). **Note: If the Bolts fall out, secure them by putting a small piece of tape over the head of each Bolt.** Place the Butterfly Base and the Press Base flat on the floor.

Attach the Press Base (60) to the Butterfly Base (61) with two 5/16" x 2 3/4" Bolts (20), two 5/16" Flat Washers (19), and two 5/16" Nylon Locknuts (2).

2. Position the Butterfly Upright (62) as shown. Place the bracket on the lower end of the Butterfly Upright over the indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Butterfly Base (61). Hand tighten two 5/16" Nylon Locknuts (2) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

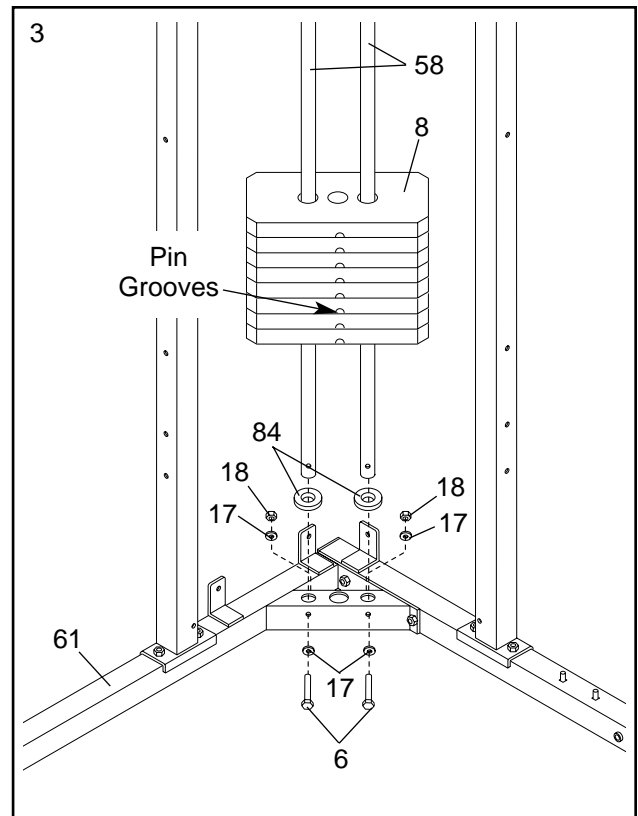
Place the bracket on the lower end of the Press Frame Upright (59) over the indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Press Base (60). Hand tighten two 5/16" Nylon Locknuts (2) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**



- Place two Weight Bumpers (84) over the indicated holes in the Butterfly Base (61). Slide the Weight Guides (58) into the indicated holes.

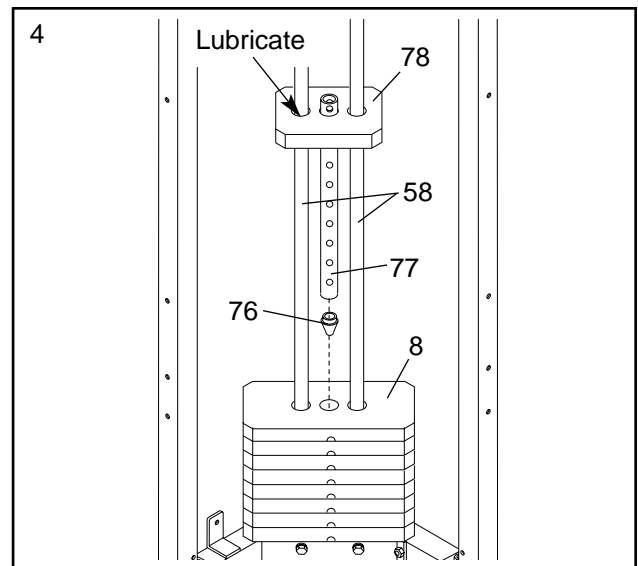
Attach the Weight Guides (58) to the Butterfly Base (61) with two 3/8" x 2 1/2" Bolts (6), four 3/8" Flat Washers (17), and two 3/8" Jam Nuts (18).

Slide the eight Weights (8) onto the Weight Guides (58). **Make sure that the Weights are turned so the pin grooves are on the bottoms of the Weights.**



- Press a Weight Tube Bumper (76) into the lower end of the Weight Tube (77). Slide the Weight Tube into the center hole in the Weights (8).

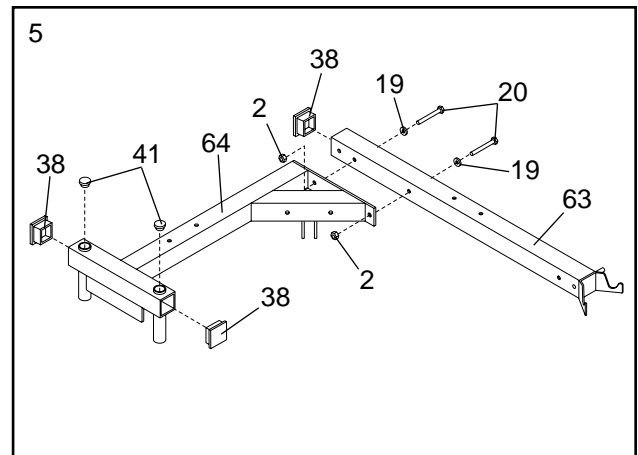
Lubricate the holes in the Top Weight (78). Slide the Top Weight onto the Weight Guides (58).



- Press two 2" Square Inner Caps (38) into the Butterfly Top Frame (64). Press two 1" Round Inner Caps (41) into the top of the Butterfly Top Frame.

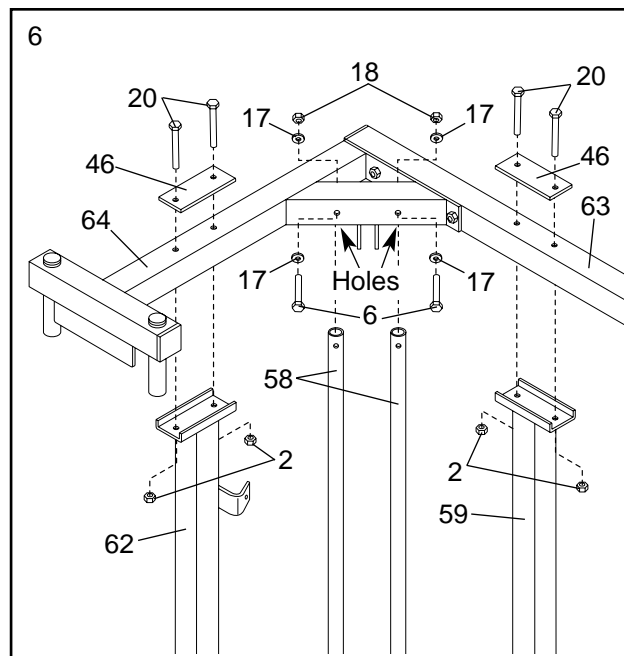
Attach the Butterfly Top Frame (64) to the Press Top Frame (63) with two 5/16" x 2 3/4" Bolts (20), two 5/16" Flat Washers (19), and two 5/16" Nylon Locknuts (2).

Press a 2" Square Inner Cap (38) into the Press Top Frame (63).

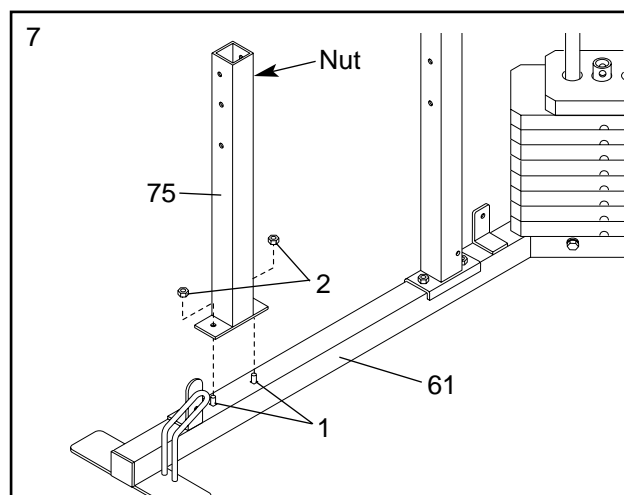


6. Attach the Butterfly Top Frame (64) and the Press Top Frame (63) to the indicated brackets on the Uprights (59, 62) with four 5/16" x 2 3/4" Bolts (20), two Top Plates (46), and four 5/16" Nylon Locknuts (2). **Note: Before attaching the Top Frames to the Uprights, make sure that both Weight Guides (58) are inside of the indicated holes. Do not tighten the Nylon Locknuts yet.**

Secure the Weight Guides (58) to the Butterfly Top Frame (64) with two 3/8" x 2 1/2" Bolts (6), four 3/8" Flat Washers (17), and two 3/8" Jam Nuts (18).



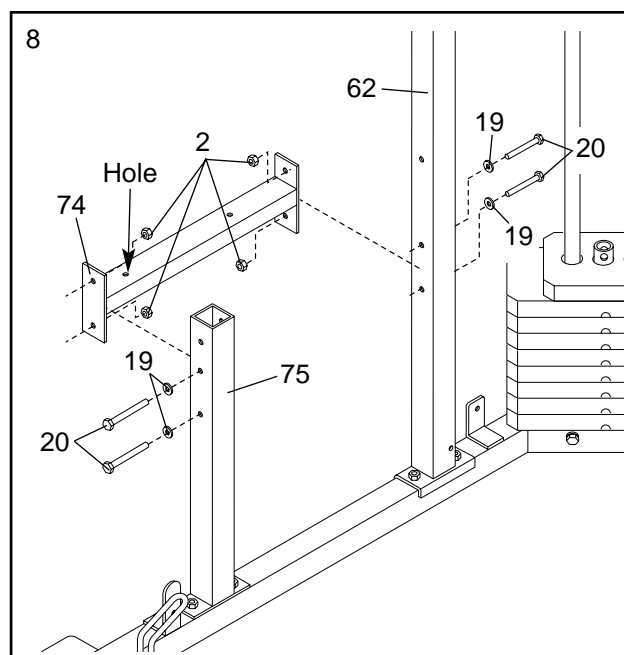
7. Turn the Seat Brace (75) so the nut is on the side shown. Attach the Seat Brace to the Butterfly Base (61) with the indicated 5/16" x 2 1/2" Carriage Bolts (1) and two 5/16" Nylon Locknuts (2). **Do not tighten the Nylon Locknuts yet.**



8. Hold the Seat Bar (74) between the Seat Brace (75) and the Butterfly Upright (62) so that the hole that is **closest** to a welded plate is toward the Seat Brace. Attach the Seat Bar to the Seat Brace with two 5/16" x 2 3/4" Bolts (20), two 5/16" Flat Washers (19), and two 5/16" Nylon Locknuts (2). **Do not tighten the Nylon Locknuts yet. Note: Be careful not to over-tighten the Nylon Locknuts, or the curl post attached in step 38 will not slide freely.**

Attach the Seat Bar (74) to the Butterfly Upright (62) with two 5/16" x 2 3/4" Bolts (20), two 5/16" Flat Washers (19), and two 5/16" Nylon Locknuts (2).

Tighten all nylon locknuts used in steps 1 through 8.



Arm Assembly

9. Locate and open the parts bag labelled "ARM ASSEMBLY."

Press a 1" x 7/8" Plastic Bushing (29) onto each welded spacer on the Press Frame (53). Slide the Press Frame onto the Press Base (60). (See the inset drawing for proper orientation.) **Note: The Plastic Bushings should fit onto the ends of the tube in the Press Base. This will be a tight fit.**

Lubricate the 3/8" x 8" Bolt (30). Attach the Press Frame (53) to the Press Base (60) with the Bolt and a 3/8" Nylon Locknut (4). **Do not overtighten the Nylon Locknut; the Press Frame must pivot easily.**

10. Press a 1 3/4" Square Inner Cap (37) into the top of a Press Arm (54). Press a 1" Inner Cap (80) into the indicated hole in the Press Arm.

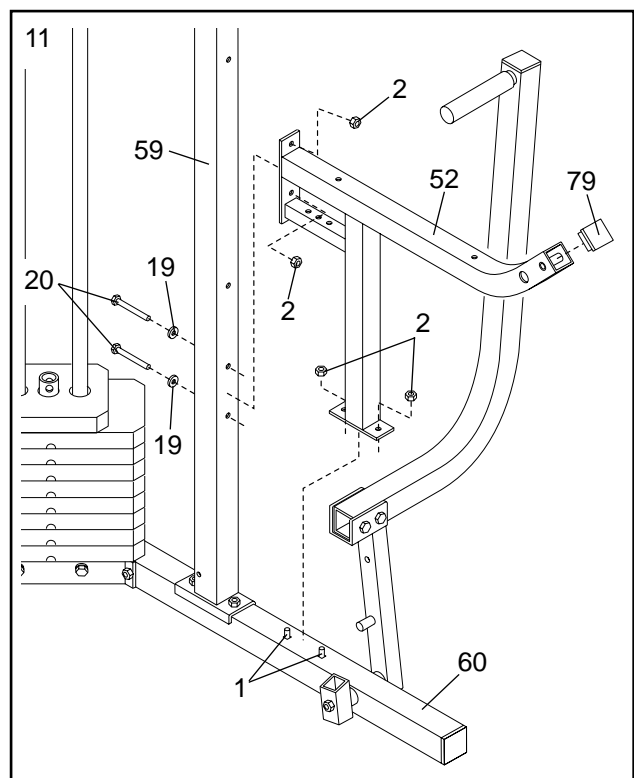
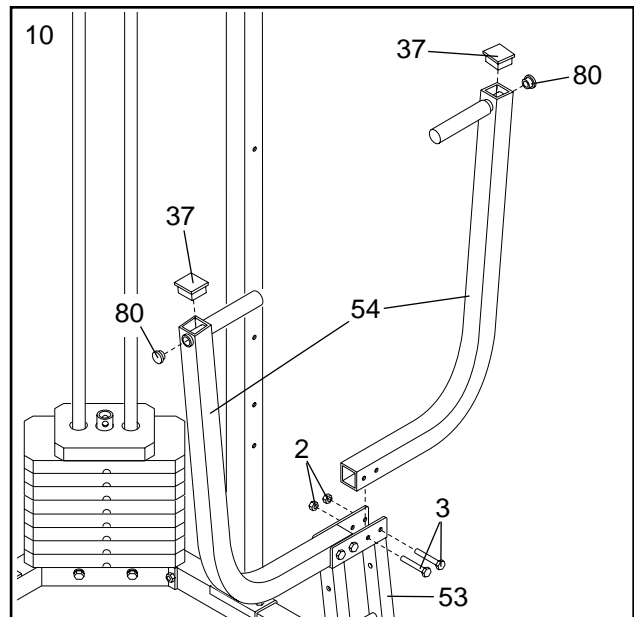
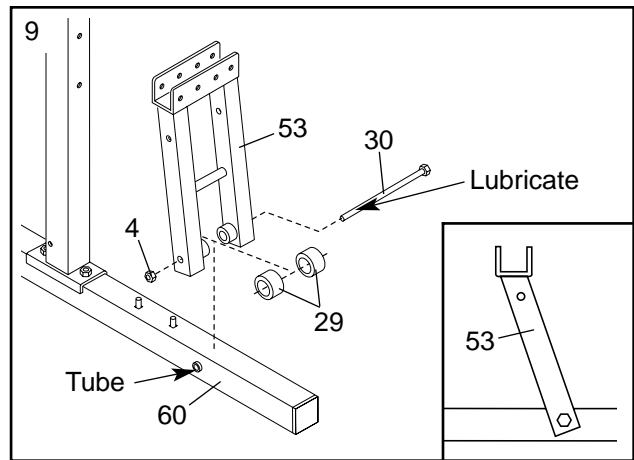
Attach the Press Arm (54) to the bracket on the Press Frame (53) with two 5/16" x 2 1/2" Bolts (3) and two 5/16" Nylon Locknuts (2).

Repeat this step to assemble the second Press Arm (54).

11. Press a 1 1/2" Square Inner Cap (79) into the Press Seat Frame (52).

Slide the bracket on the lower end of the Press Seat Frame (52) onto the indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Press Base (60). Tighten two 5/16" Nylon Locknuts (2) onto the Bolts.

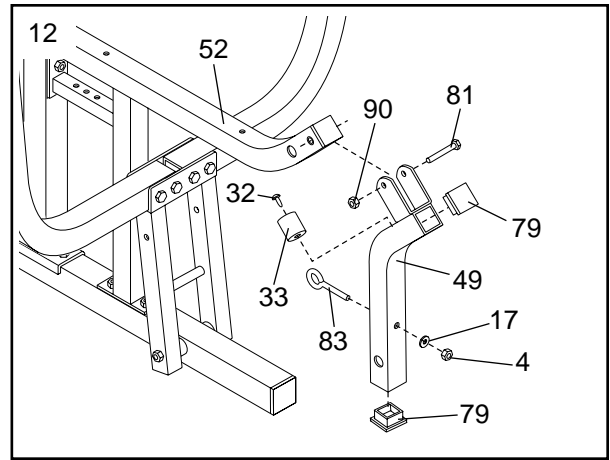
Attach the Press Seat Frame (52) to the Press Frame Upright (59) with two 5/16" x 2 3/4" Bolts (20), two 5/16" Flat Washers (19), and two 5/16" Nylon Locknuts (2).



12. Press two 1 1/2" Square Inner Caps (79) into the Leg Lever (49). Insert a Bumper (33) between the brackets on the Leg Lever. Attach the Bumper to the Leg Lever with a #10 x 1" Screw (32).

Slide the bracket on the Leg Lever (49) onto the Press Seat Frame (52). Attach the Leg Lever to the Press Seat Frame with a 5/16" x 2 1/4" Bolt (81) and a 5/16" Jam Nut (90). **Do not overtighten the Jam Nut. The Leg Lever must pivot easily.**

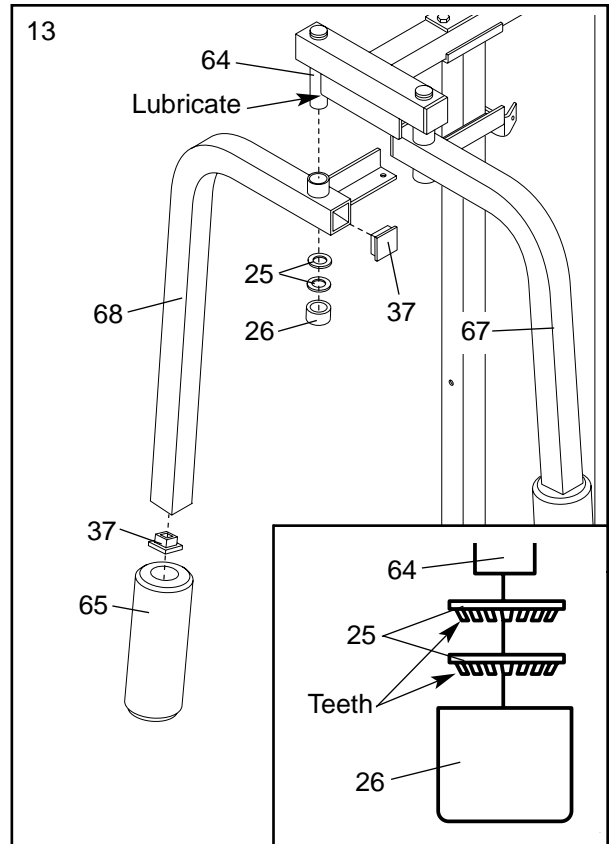
Attach a 3/8" x 2 1/2" Eyebolt (83) to the Leg Lever (49) with a 3/8" Flat Washer (17) and 3/8" Nylon Locknut (4).



13. Press a 1 3/4" Square Inner Cap (37) into each end of the Right Butterfly Arm (68). Wet the lower end of the Arm with soapy water. Slide a 10" Pad (65) onto the lower end of the Arm.

Lubricate the indicated axle on the Butterfly Top Frame (64). Have a second person slide the Right Butterfly Arm (68) onto the axle, as shown. **Refer to the inset drawing. Place two 1" Retainers (25), with the teeth downward, on top of an inverted 1" Round Cap (26). Using a hammer, tap the 1" Round Cap and the Retainers onto the axle to secure the Right Butterfly Arm.**

Repeat this step to assemble the Left Butterfly Arm (67).



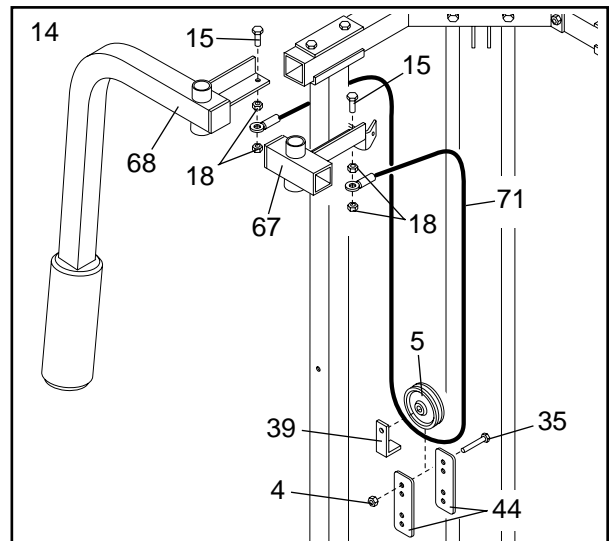
Cable Assembly

14. **Open the parts bag labelled "CABLE ASSEMBLY AND PULLEYS."** For cable identification and routing during steps 14–32, refer to the **CABLE DIAGRAMS** and **CABLE ID CHART** on pages 19 and 20.

Insert two 3/8" x 1" Bolts (15) into the welded brackets on the Left and Right Butterfly Arms (67, 68). Secure each Bolt with a 3/8" Jam Nut (18).

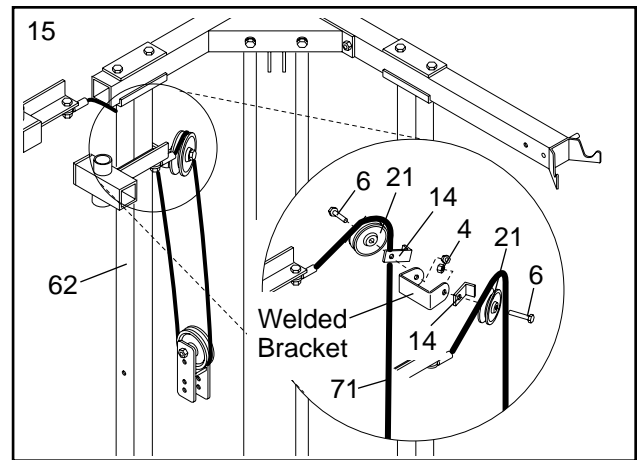
Identify the Short Cable (71). It has a closed loop on each end. Slide one end of the Cable onto each of the 3/8" x 1" Bolts (15). Secure the Cable to the Bolts with 3/8" Jam Nuts (18). **Do not overtighten the Jam Nuts.**

Remove both 3 1/2" Pulleys (5) from the pre-assembled Adjustable Pulley Plates (44). Wrap the Short Cable (71) around a Pulley in the direction shown. Attach the Pulley and a Cable Trap (39) to the top hole in the two Adjustable Pulley Plates with a 3/8" x 2" Bolt (35) and a 3/8" Nylon Locknut (4). **Make sure that the Cable Trap and the Pulley Plates are oriented as shown.**



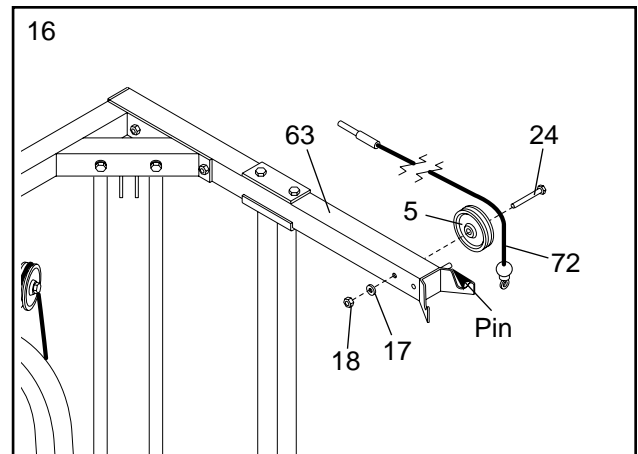
15. Wrap the Short Cable (71) over a "V" Pulley (21) as shown. Attach the "V" Pulley and a Long Cable Trap (14) to one side of the welded bracket on the Butterfly Upright (62) with a 3/8" x 2 1/2" Bolt (6) and a 3/8" Nylon Locknut (4).

Wrap the Short Cable (71) over another "V" Pulley (21), and attach the "V" Pulley and a Long Cable Trap (14) to the other side of the welded bracket on the Butterfly Upright (62) in the same manner.



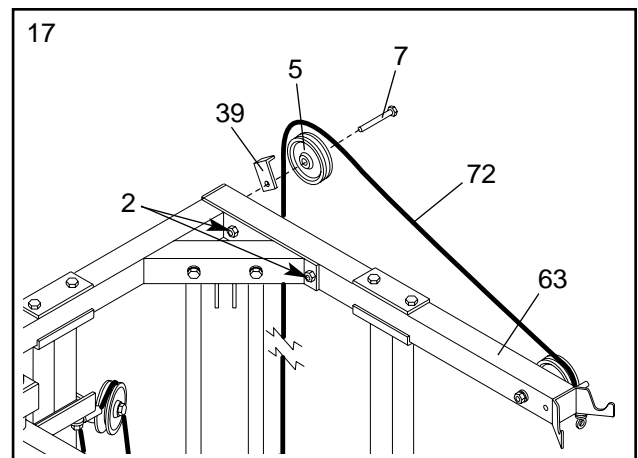
16. **Identify the Medium Cable (72). It has a ball on one end and a threaded shaft on the other.** Wrap the Medium Cable over a 3 1/2" Pulley (5) as shown. Attach the Pulley to the Press Top Frame (63) with a 3/8" x 3 1/2" Bolt (24), a 3/8" Flat Washer (17), and a 3/8" Jam Nut (18).

Make sure that the Medium Cable (72) is between the 3 1/2" Pulley (5) and the welded pin on the Press Top Frame (63).

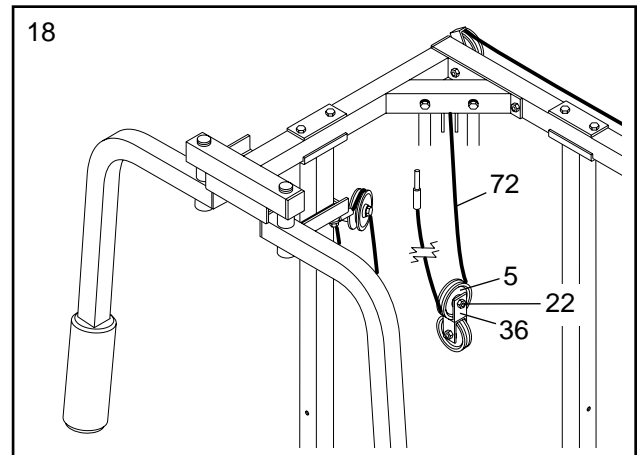


17. **Note: It may be helpful to loosen the indicated 5/16" Nylon Locknuts (2) before beginning this step.**

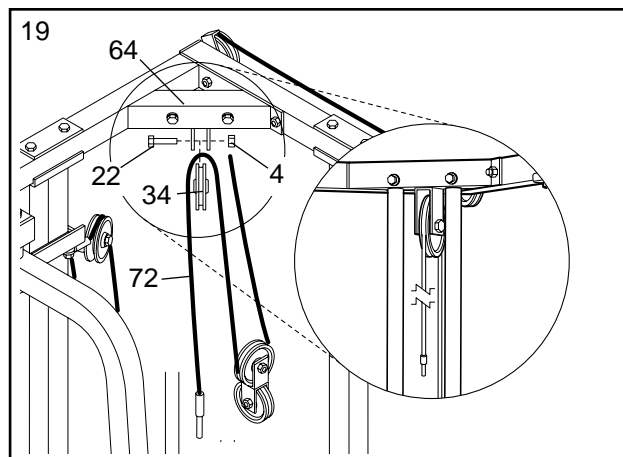
Wrap the Medium Cable (72) over a 3 1/2" Pulley (5) as shown. Attach the Pulley and a Cable Trap (39) to the Press Top Frame (63) with a 3/8" x 3 3/4" Bolt (7).



18. Route the threaded shaft on the Medium Cable (72) under one of the 3 1/2" Pulleys (5) that are already mounted in the Double "U"-Bracket (36). Tighten the 3/8" x 1 3/4" Bolt (22).

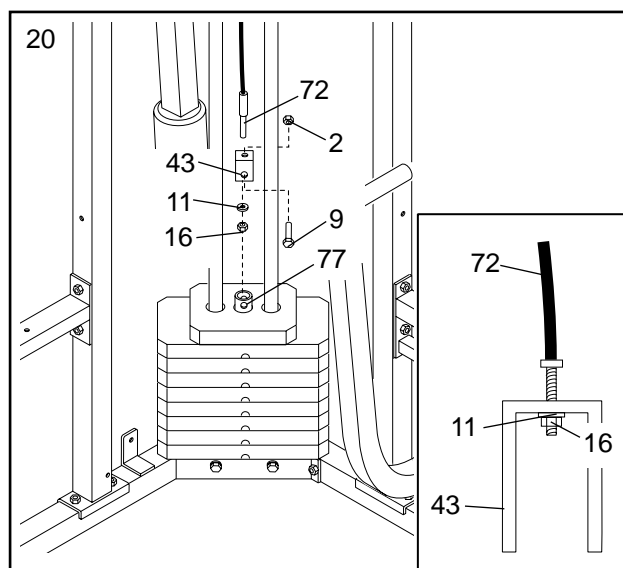


19. Wrap the Medium Cable (72) over a 4 1/2" Pulley (34) in the direction shown. Attach the Pulley to the Butterfly Top Frame (64) with a 3/8" x 1 3/4" Bolt (22) and a 3/8" Nylon Locknut (4).



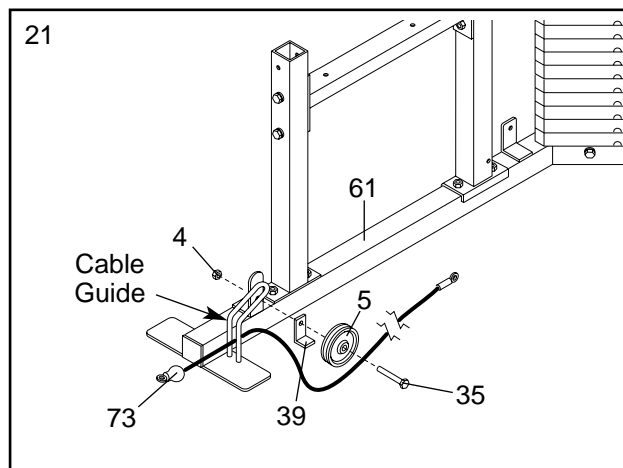
20. Attach the threaded shaft on the Medium Cable (72) to the Small "U"-Bracket (43) with a 1/4" Flat Washer (11) and a 1/4" Nylon Locknut (16). **Note: See the inset drawing. Do not completely tighten the Nylon Locknut; it should be threaded only two turns onto the end of the Cable.**

Attach the Small "U"-Bracket (43) to the Weight Tube (77) with a 5/16" x 1 3/4" Bolt (9) and a 5/16" Nylon Locknut (2).



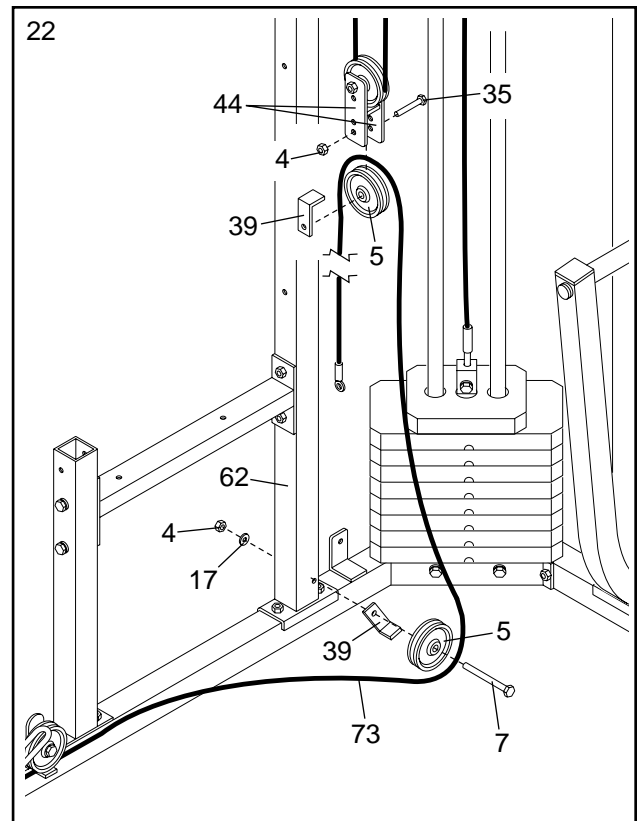
21. **Identify the Long Cable (73).** It has a ball on one end and a loop on the other. Route the end with the loop through the slot in the cable guide on the Butterfly Base (61).

Route the Long Cable (73) under a 3 1/2" Pulley (5) as shown. Attach the Pulley and a Cable Trap (39) to the indicated bracket on the Butterfly Base (61) with a 3/8" x 2" Bolt (35) and a 3/8" Nylon Locknut (4). **Make sure the Cable Trap is oriented as shown.**

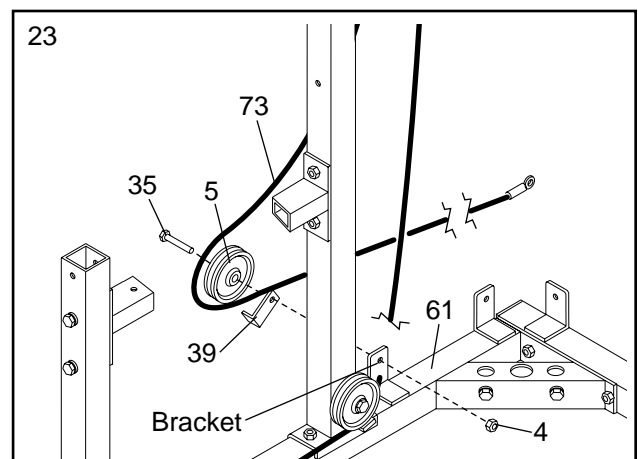


22. Wrap the Long Cable (73) around a 3 1/2" Pulley (5) in the direction shown. Attach the Pulley and a Cable Trap (39) to the Butterfly Upright (62) with a 3/8" x 3 3/4" Bolt (7), a 3/8" Flat Washer (17), and a 3/8" Nylon Locknut (4). **Make sure that the Cable Trap is oriented as shown.**

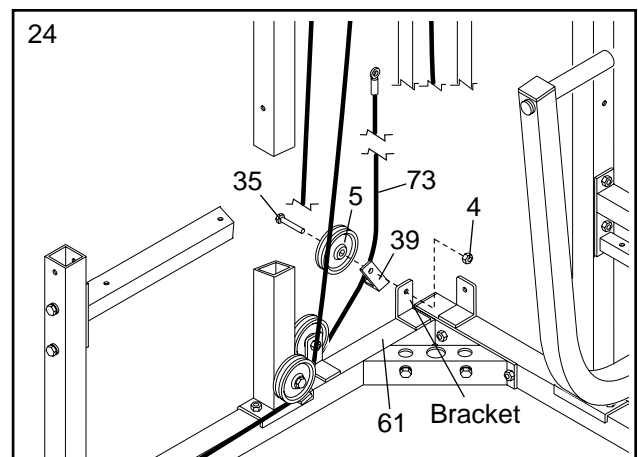
Wrap the Long Cable (73) over a 3 1/2" Pulley (5) in the direction shown. Re-attach the Pulley and a Cable Trap (39) to the lower hole in the Adjustable Pulley Plates (44) with a 3/8" x 2" Bolt (35) and a 3/8" Nylon Locknut (4). **Make sure that the Cable Trap is oriented as shown.**



23. Wrap the Long Cable (73) around a 3 1/2" Pulley (5) in the direction shown. Attach the Pulley and a Cable Trap (39) to the indicated bracket on the Butterfly Base (61) with a 3/8" x 2" Bolt (35) and a 3/8" Nylon Locknut (4).

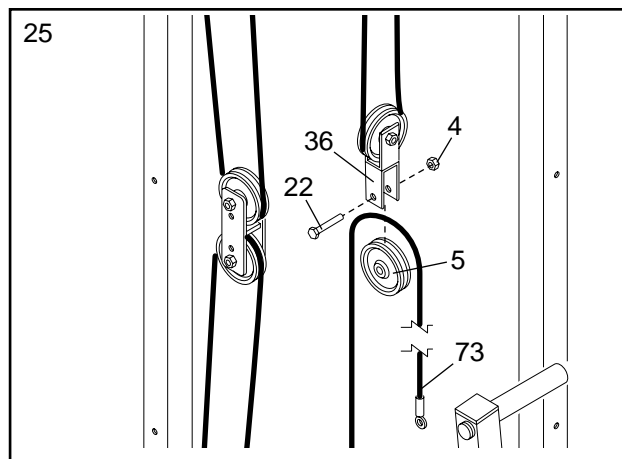


24. Wrap the Long Cable (73) around a 3 1/2" Pulley (5). Attach the Pulley and a Cable Trap (39) to the indicated bracket on the Butterfly Base (61) with a 3/8" x 2" Bolt (35) and a 3/8" Nylon Locknut (4).

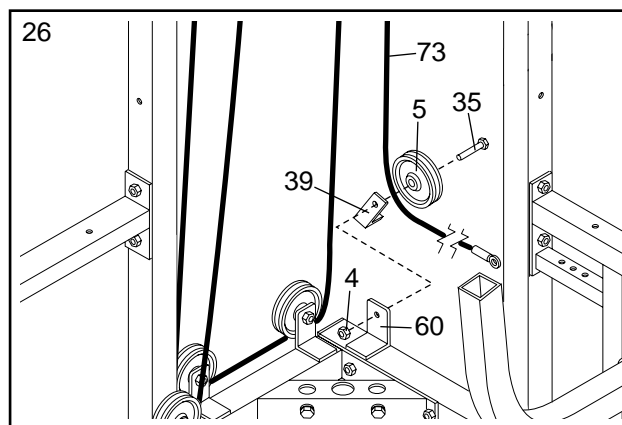


25. **Note: For clarity, this and the following drawings show some parts removed.**

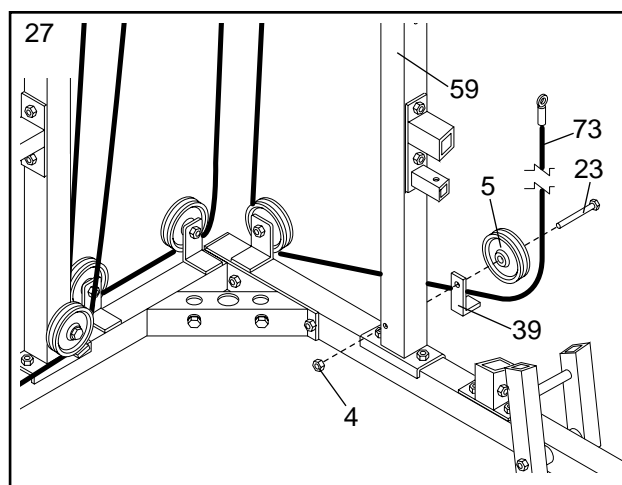
Remove the lower 3 1/2" Pulley (5) from the Double "U"-Bracket (36). Wrap the Long Cable (73) over the Pulley in the direction shown. Attach the Pulley to the Double "U"-Bracket with a 3/8" x 1 3/4" Bolt (22) and a 3/8" Nylon Locknut (4). **Make sure that the Double "U"-Bracket is oriented as shown.**



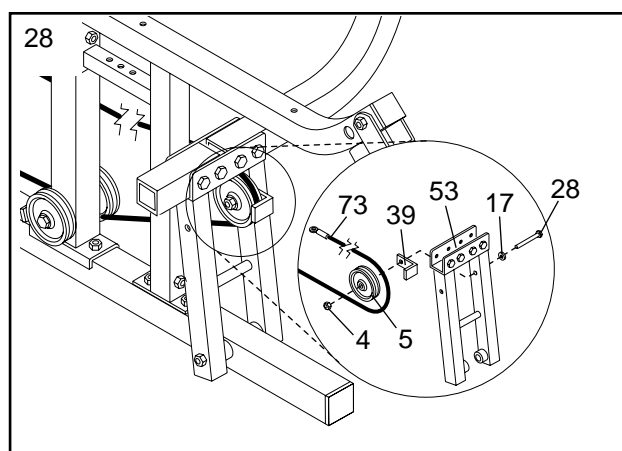
26. Wrap the Long Cable (73) around a 3 1/2" Pulley (5) in the direction shown. Attach the Pulley and a Cable Trap (39) to the indicated bracket on the Press Base (60) with a 3/8" x 2" Bolt (35) and a 3/8" Nylon Locknut (4). **Make sure that the Cable Trap is oriented as shown.**



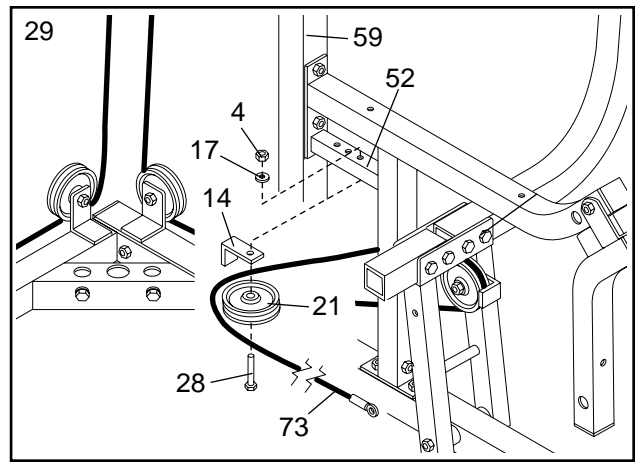
27. Wrap the Long Cable (73) around the 3 1/2" Pulley (5) in the direction shown. Attach the Pulley and a Cable Trap (39) to the Press Frame Upright (59) with a 3/8" x 4 3/4" Bolt (23). **Hand tighten** a 3/8" Nylon Locknut (4) two turns onto the Bolt. In step 31, another Pulley will be attached to the Bolt.



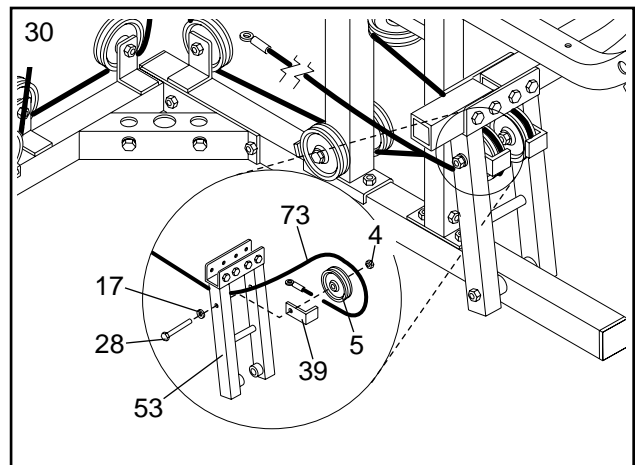
28. Wrap the Long Cable (73) around a 3 1/2" Pulley (5) in the direction shown. Attach the Pulley and a Cable Trap (39) to the indicated hole in the Press Frame (53) with a 3/8" x 3 1/4" Bolt (28), a 3/8" Flat Washer (17), and a 3/8" Nylon Locknut (4). **Make sure that the Pulley is mounted on the inside of the Press Frame and that the Cable Trap is oriented as shown.**



29. Wrap the Long Cable (73) around a "V" Pulley (21) in the direction shown. Attach the "V" Pulley and a Long Cable Trap (14) to the small tube on the Press Seat Frame (52) with a 3/8" x 3 1/4" Bolt (28), a 3/8" Flat Washer (17), and a 3/8" Nylon Locknut (4). **Note: The small tube has three adjustment holes. Mount the "V" Pulley in the hole farthest from the Press Frame Upright (59). Make sure that the Cable Trap is oriented as shown.**

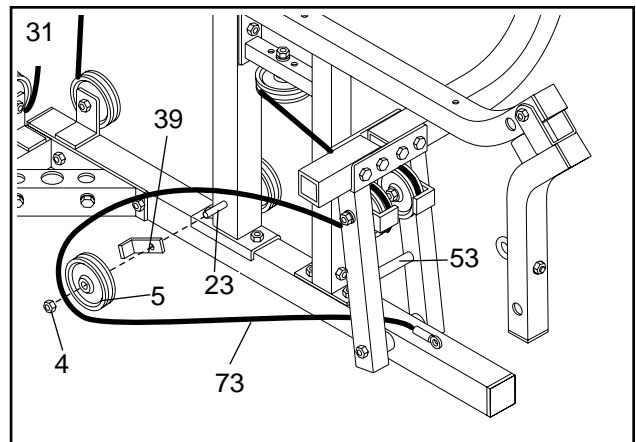


30. Wrap the Long Cable (73) around a 3 1/2" Pulley (5) in the direction shown. Attach the Pulley and a Cable Trap (39) to the indicated hole in the Press Frame (53) with a 3/8" x 3 1/4" Bolt (28), a 3/8" Flat Washer (17), and a 3/8" Nylon Locknut (4). **Make sure that the Pulley is mounted on the inside of the Press Frame and that the Cable Trap is oriented as shown.**



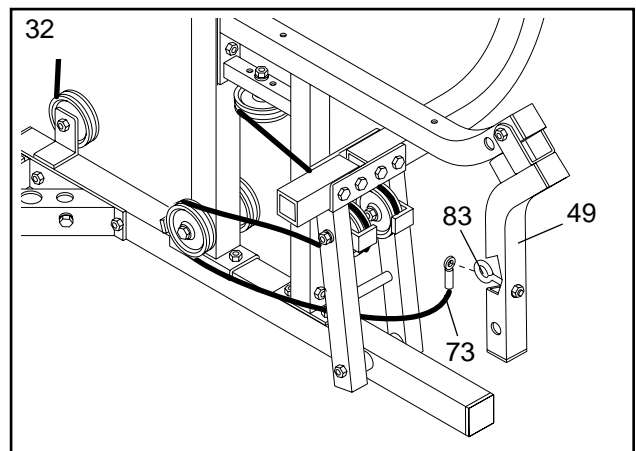
31. Route the Long Cable (73) around a 3 1/2" Pulley (5) and back through the opening in the Press Frame (53).

Remove the 3/8" Nylon Locknut (4) from the 3/8" x 4 3/4" Bolt (23) that was inserted in step 27. Attach the Pulley and a Cable Trap (39) to the Bolt and secure them with the Nylon Locknut. **Make sure that the Cable Trap is oriented as shown.**



32. **Note: Lift the Top Weight (78) on the weight stack in order to create slack in the Long Cable (73) before beginning this step.**

Attach the Long Cable (73) to the Leg Lever (49) by slipping the looped end of the Cable onto the looped end of the 3/8" x 2 1/2" Eyebolt (83).

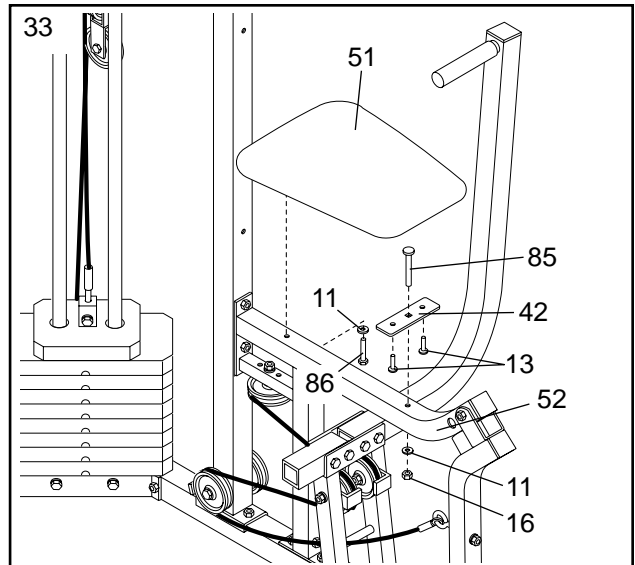


Seat Assembly

33. Locate and open the parts bag labelled "SEAT ASSEMBLY."

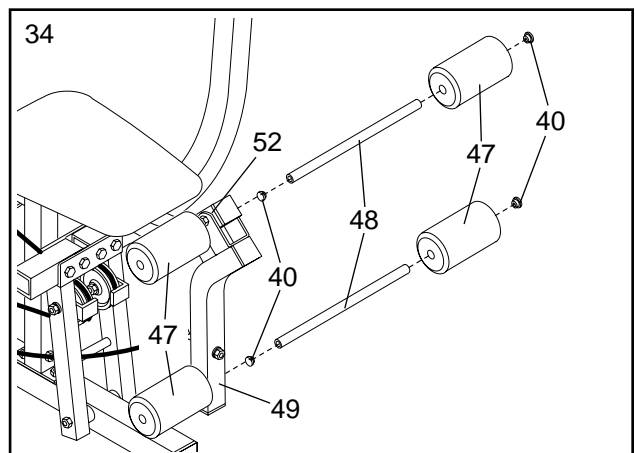
Insert a 1/4" x 2" Carriage Bolt (85) into the center hole in a Seat Plate (42). Attach the Seat Plate to a Seat (51) with two 1/4" x 3/4" Screws (13).

Insert the 1/4" x 2" Carriage Bolt (85) into the indicated hole in the Press Seat Frame (52) and secure it with a 1/4" Flat Washer (11) and a 1/4" Nylon Locknut (16). Secure the other end of the Seat (51) with a 1/4" x 2" Bolt (86) and a 1/4" Flat Washer.



34. Press four 3/4" Round Inner Caps (40) into the ends of the Pad Tubes (48).

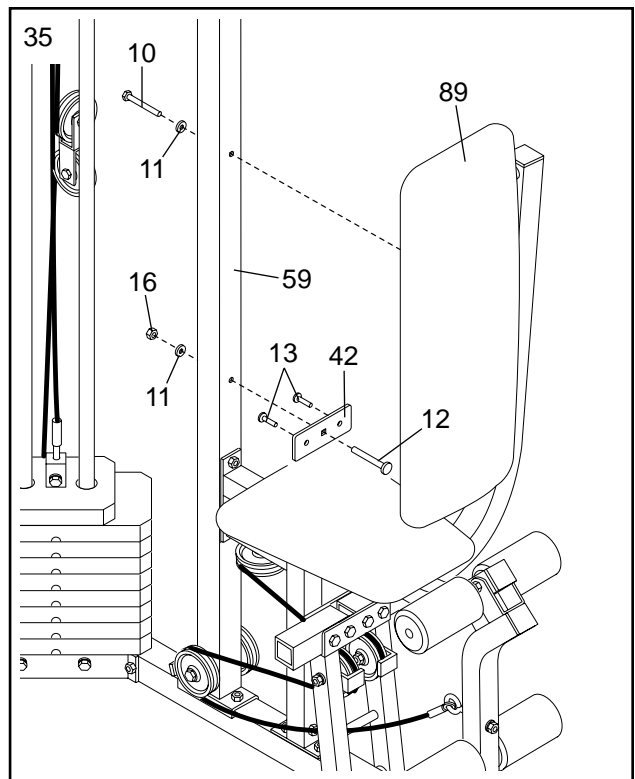
Insert the Pad Tubes (48) into the indicated holes in the Leg Lever (49) and the Press Seat Frame (52). Slide Foam Pads (47) onto the ends of both Pad Tubes.



35. Insert a 1/4" x 2 1/2" Carriage Bolt (12) into the center hole in a Seat Plate (42). Attach the Seat Plate to the Press Backrest (89) with two 1/4" x 3/4" Screws (13).

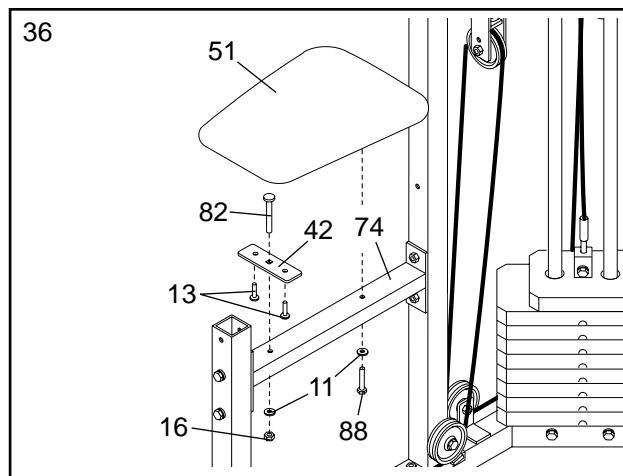
Insert the 1/4" x 2 1/2" Carriage Bolt (12) into the indicated hole in the Press Frame Upright (59) and secure it with a 1/4" Flat Washer (11) and a 1/4" Nylon Locknut (16).

Secure the other end of the Press Backrest (89) with a 1/4" x 2 1/2" Screw (10) and a 1/4" Flat Washer (11).

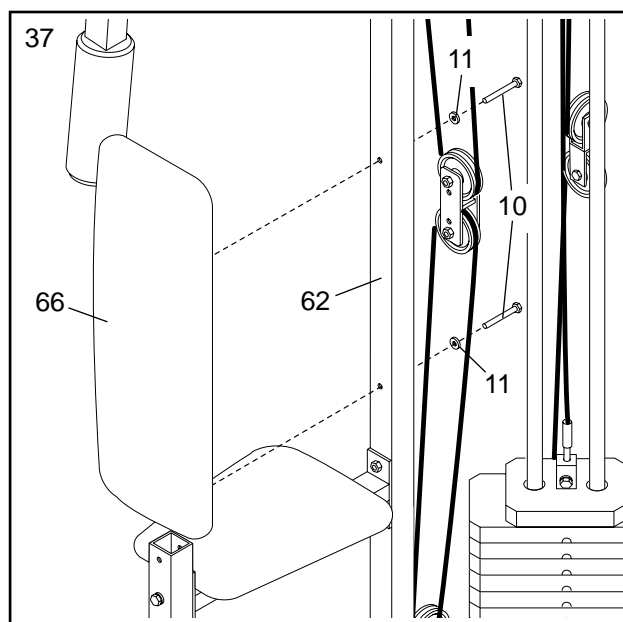


36. Insert a 1/4" x 1 1/2" Carriage Bolt (82) into the center hole in a Seat Plate (42). Attach the Seat Plate to a Seat (51) with two 1/4" x 3/4" Screws (13).

Insert the 1/4" x 1 1/2" Carriage Bolt (82) into the indicated hole in the Seat Bar (74) and secure it with a 1/4" Flat Washer (11) and a 1/4" Nylon Locknut (16). Secure the other end of the Seat (51) with a 1/4" x 1 1/2" Screw (88) and a 1/4" Flat Washer.

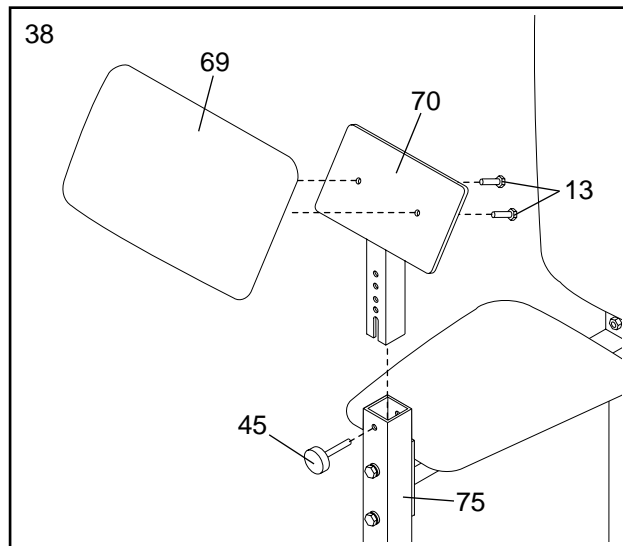


37. Attach the Backrest (66) to the Butterfly Upright (62) with two 1/4" x 2 1/2" Screws (10) and two 1/4" Flat Washers (11).

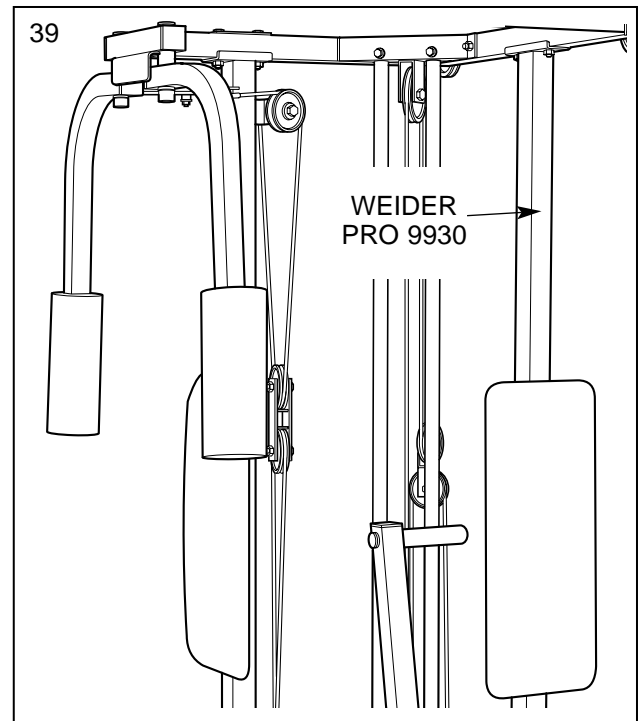


38. Attach the Curl Pad (69) to the Curl Post (70) with two 1/4" x 3/4" Screws (13).

Insert the Curl Post (70) into the Seat Brace (75) and secure the Curl Post at the desired height with the Adjustment Knob (45).



39. Apply the WEIDER PRO 9930 decal in the location shown.

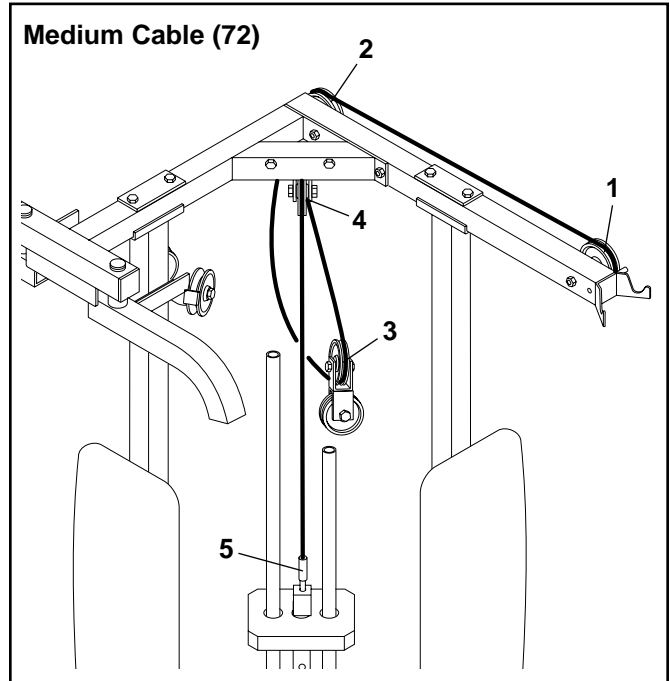
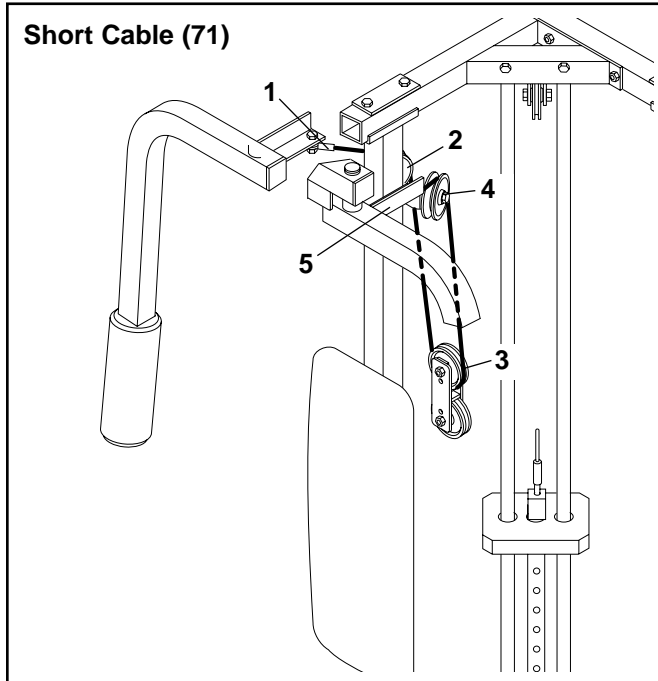


40. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 21 of this manual.

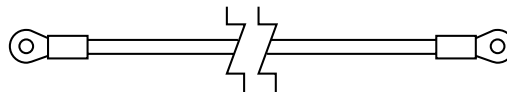
Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 19 and 20 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 22.**

CABLE DIAGRAMS

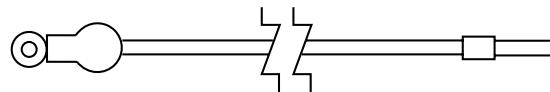
The cable diagrams below and on the next page show the proper routing of the Short Cable (71), the Medium Cable (72), and the Long Cable (73). The numbers show the correct route for each Cable. **Make sure that the Cables are routed correctly, that the Pulleys move smoothly, and that the Cable Traps do not touch or bind the Cables. Incorrect cable routing can damage the weight system.**



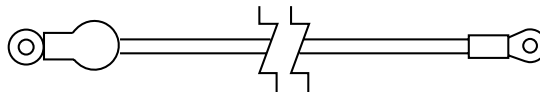
Cable ID Chart



(71) 1.9m (6 ft. 3 in.)

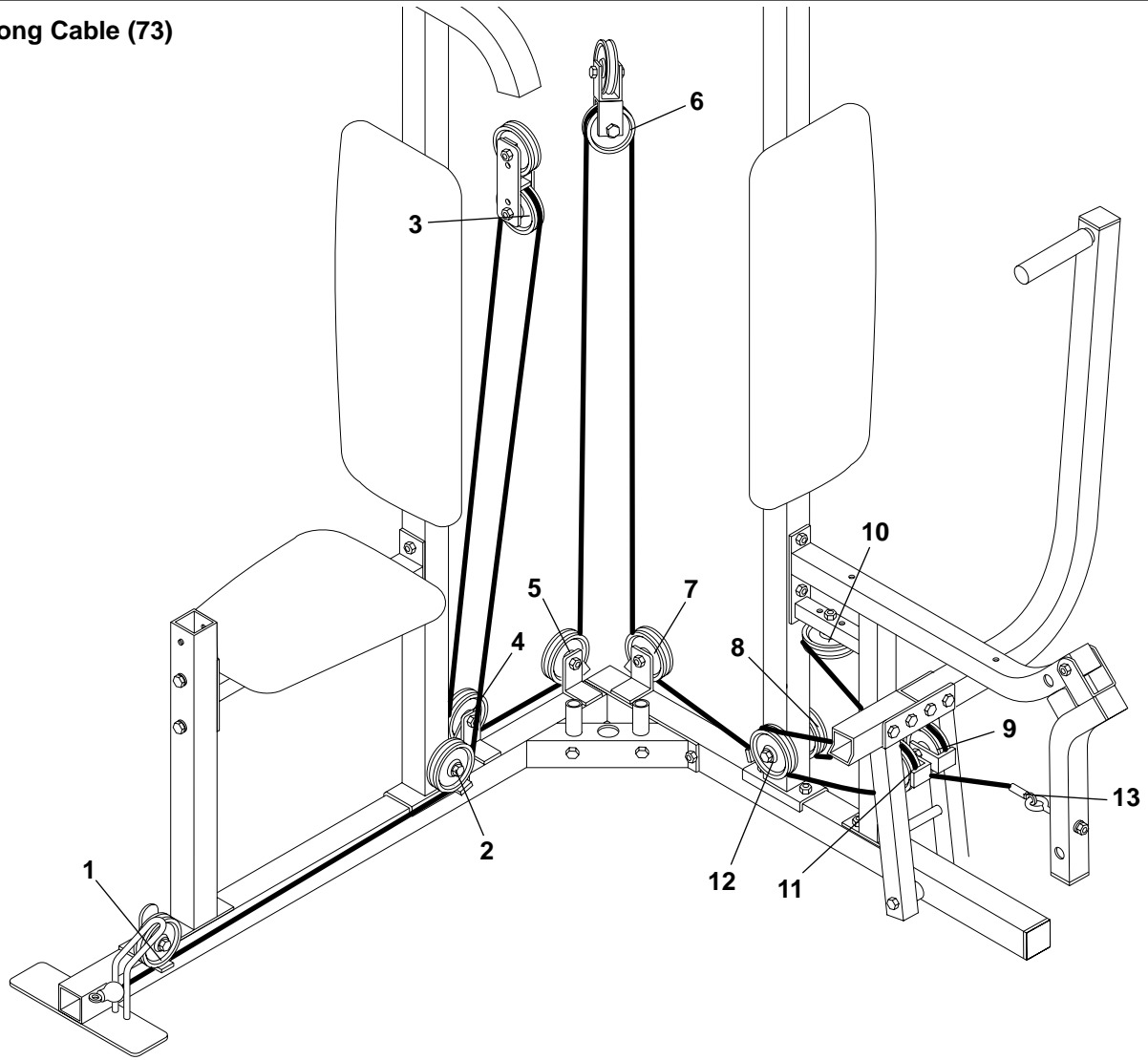


(72) 3.5m (11 ft. 6 in.)



(73) 7.6m (24 ft. 11 in.)

Long Cable (73)

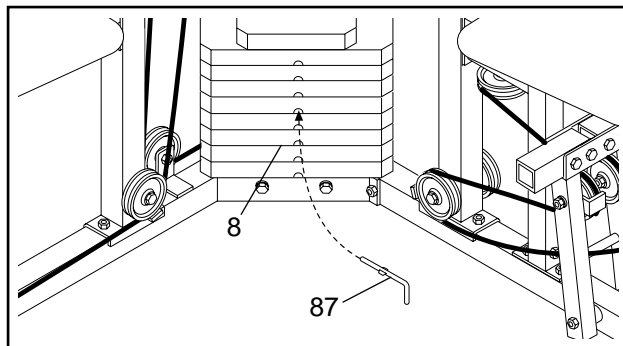


ADJUSTMENT

The instructions below describe how each part of the weight system can be adjusted. **Important: When using an attachment, make sure that it is in the correct starting position for the exercise to be performed. If there is any slack in the cables or the chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

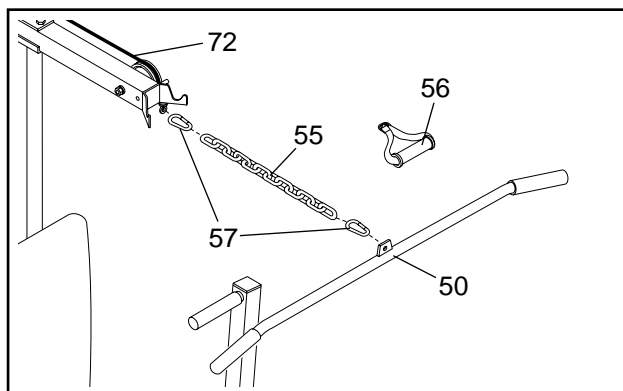
To change the setting of the weight stack, insert a Weight Pin (87) under the desired Weight (8). Make sure you insert the Weight Pin as far as it will go. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 23 to find the approximate amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (50) to the Medium Cable (72) with a Cable Clip (57). For some exercises, the Chain (55) should be attached between the Lat Bar and the Medium Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Medium Cable so the Lat Bar will be in the correct starting position for the exercise to be performed.**

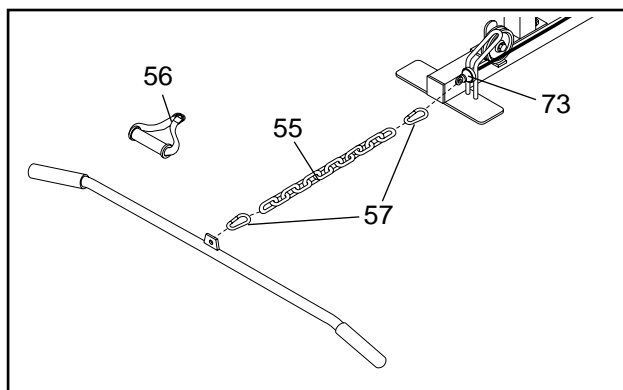
The Nylon Strap (56) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

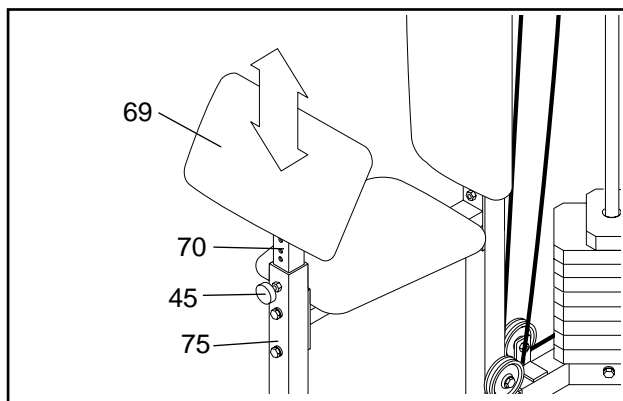
Attach the Lat Bar (50) to the Long Cable (73) with a Cable Clip (57). For some exercises, the Chain (55) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar will be in the correct starting position for the exercise to be performed.**

The Nylon Strap (56) can be attached in the same manner.



USING THE CURL PAD

To use the Curl Pad (69), insert the Curl Post (70) into the Seat Brace (75) and secure the Curl Post at the desired height with the Adjustment Knob (45).



TROUBLE-SHOOTING AND MAINTENANCE

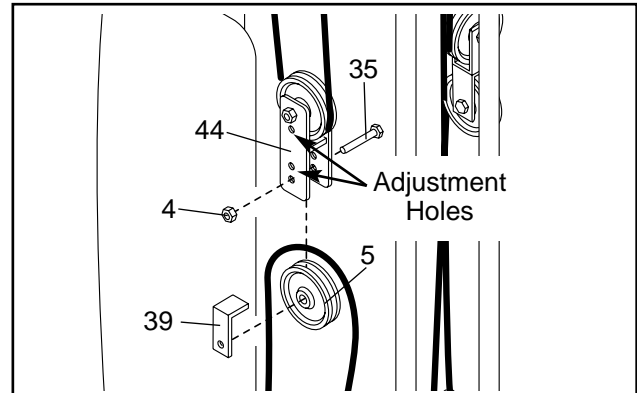
Inspect and tighten all parts each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

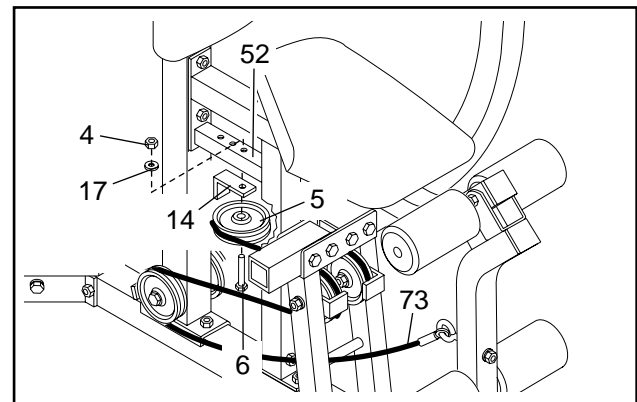
The type of cable used on weight systems can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Slack can be removed from the cables in several different ways:

Moving one or both of the 3 1/2" Pulleys (5) to a different set of holes in the Adjustable Pulley Plates (44) will tighten the cables.

To move one of the 3 1/2" Pulleys (5), remove the 3/8" Nylon Locknut (4), 3/8" x 2" Bolt (35), Cable Trap (39), and Pulley from the Adjustable Pulley Plates (44). Re-attach the Pulley and Cable Trap to the other hole in the Pulley Plates. **Note: If additional adjustment is needed, move the other Pulley.**



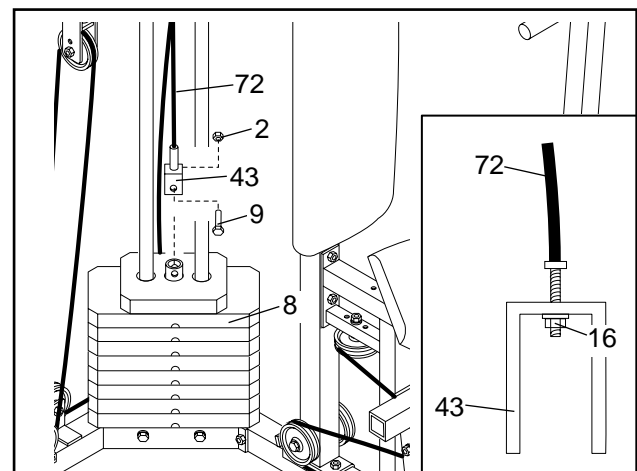
Slack can be removed from the Long Cable (73) by relocating the indicated 3 1/2" Pulley (5) on the Press Seat Frame (52). To do this, remove the 3/8" Nylon Locknut (4), 3/8" Flat Washer (17), and 3/8" x 2 1/2" Bolt (6). Re-attach the Pulley at the second or third hole, as needed.



The threaded shaft on the Medium Cable (72) attached to the Weights (8) can also be used to tighten the cables.

To tighten the Medium Cable (72), remove the Small "U"-Bracket (43) by removing the 5/16" Nylon Locknut (2) and the 5/16" x 1 3/4" Bolt (9).

See the inset drawing. Tighten the 1/4" Nylon Locknut (16) at the end of the Medium Cable (72) as far as it will go. Then re-attach the Small "U"-Bracket (43).



If a cable slips off the pulleys often, the cable may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. "Top" refers to the 6-lb. top weight; the other numbers refer to the 12.5-lb. weight plates. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

Weight Plates	High Pulley (lbs.)	Arm Press (lbs.)	Butterfly (lbs.)	Curl/ Low Pulley (lbs.)	Leg Raise (lbs.)
Top	11	20	15	16	17
1	25	39	31	32	37
2	40	59	48	47	56
3	55	78	64	63	76
4	70	97	80	78	95
5	84	117	97	93	115
6	99	136	113	109	135
7	114	156	130	124	154
8	128	175	146	140	174

Note: 1 lb. = .454 kg.


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ORDERING REPLACEMENT PARTS

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

1. The MODEL NUMBER of the product (WESY99300)
2. The NAME of the product (WEIDER® PRO 9930 weight system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached in the center of this manual).



PRODUCT WARRANTY REGISTRATION

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO. _____ SERIAL NO. _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

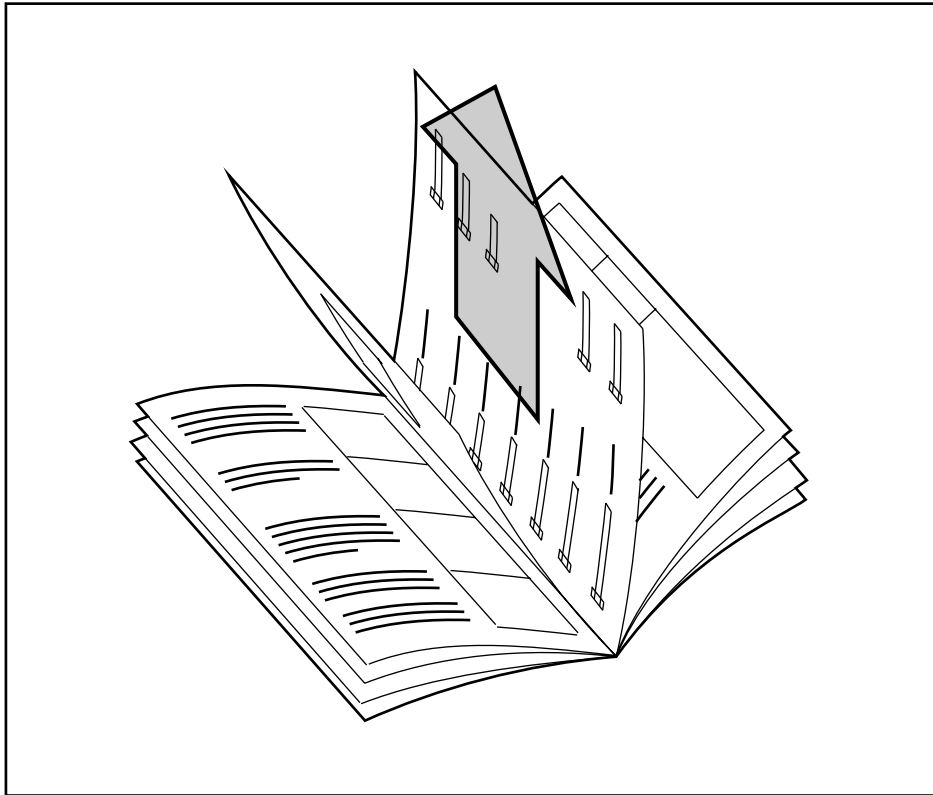
<p>1) Primary user(s) of product:</p> <p><input type="radio"/> Male <input type="radio"/> Female <input type="radio"/> Family</p> <p>2) Age of primary user:</p> <p><input type="radio"/> 0-24 <input type="radio"/> 35-44 <input type="radio"/> 55-64</p> <p><input type="radio"/> 25-34 <input type="radio"/> 45-54 <input type="radio"/> 65 and over</p> <p>3) Annual household income:</p> <p><input type="radio"/> 0-9,999 <input type="radio"/> 15,000-19,999</p> <p><input type="radio"/> 10,000-14,999 <input type="radio"/> 20,000+</p> <p>4) How many times a week do you exercise?</p> <p><input type="radio"/> Less than 3 times <input type="radio"/> 3 times or more</p> <p>5) Have you ever purchased an ICON product before?</p> <p><input type="radio"/> Yes <input type="radio"/> No</p> <p>6) Where did you first see or hear about ICON products?</p> <p><input type="radio"/> Magazine <input type="radio"/> Friend/relative</p> <p><input type="radio"/> Newspaper ad <input type="radio"/> Other _____</p> <p><input type="radio"/> Store</p> <p>7) What was the primary reason for purchasing this ICON product?</p> <p><input type="radio"/> Store employee <input type="radio"/> Television ads <input type="radio"/> Colour</p> <p><input type="radio"/> Electronic features <input type="radio"/> Magazine ads <input type="radio"/> Price</p> <p><input type="radio"/> Product design <input type="radio"/> Product innovation</p> <p><input type="radio"/> Other _____</p>	<p>8) Did you consider purchasing fitness equipment from another manufacturer?</p> <p><input type="radio"/> No <input type="radio"/> Yes</p> <p>What other manufacturer? _____</p> <p>9) Based on your impression of what you have purchased, would you buy another ICON product?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> No opinion</p> <p>If not, what other brand of equipment would you purchase? _____</p> <p>10) What other type of exercise equipment do you own?</p> <p><input type="radio"/> Bicycle <input type="radio"/> Exercise cycle <input type="radio"/> Treadmill</p> <p><input type="radio"/> Home gym <input type="radio"/> Weight bench <input type="radio"/> Stepper</p> <p><input type="radio"/> Cardio glide <input type="radio"/> Other _____</p> <p>11) Which types of magazines do you read regularly?</p> <p><input type="radio"/> Sports <input type="radio"/> Fitness <input type="radio"/> Motoring</p> <p><input type="radio"/> Business <input type="radio"/> Computer <input type="radio"/> Other _____</p> <p>12) Do you wish to be sent further bulletins about ICON products?</p> <p><input type="radio"/> Yes <input type="radio"/> No</p>
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THANK YOU FOR YOUR TIME

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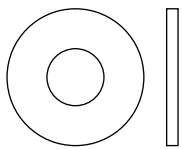
REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

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

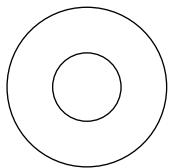


Note: Assembly is divided into four stages: 1) frame assembly; 2) arm assembly; 3) cable and pulley assembly; and 4) seat assembly. The hardware for each assembly stage is packaged separately. Wait until you begin each stage to open the parts bag for that stage.

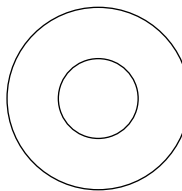
PART IDENTIFICATION CHART—Model No. WESY99300



1/4" Flat Washer (11)



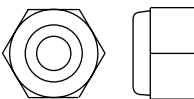
5/16" Flat Washer (19)



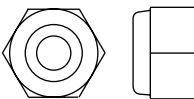
3/8" Flat Washer (17)



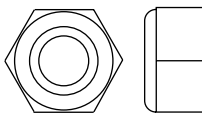
1/4" Nylon Locknut (16)



5/16" Nylon Locknut (2)



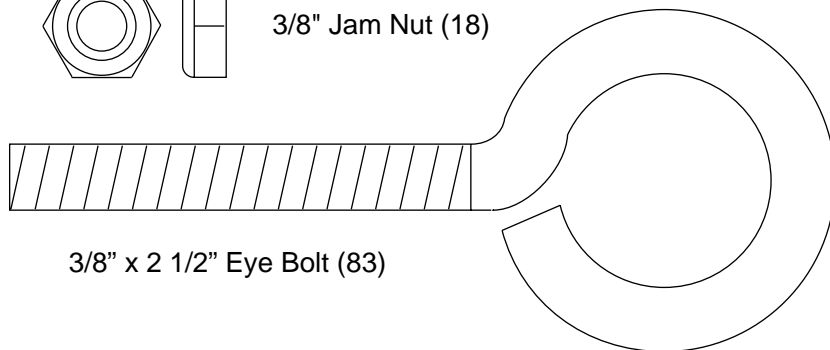
5/16" Jam Nut (90)



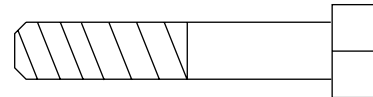
3/8" Nylon Locknut (4)



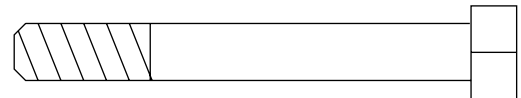
3/8" Jam Nut (18)



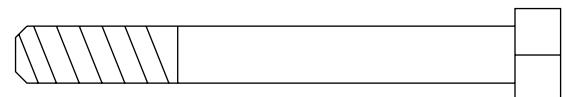
3/8" x 2 1/2" Eye Bolt (83)



5/16" x 1 3/4" Bolt (9)



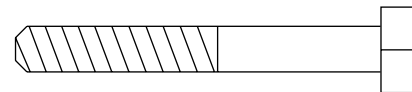
5/16" x 2 1/2" Bolt (3)



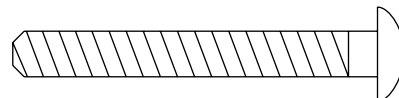
5/16" x 2 3/4" Bolt (20)



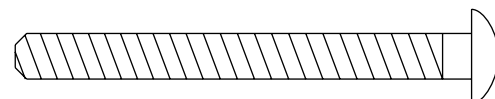
5/16" x 2 1/2" Carriage Bolt (1)



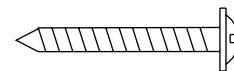
1/4" x 2" Bolt (86)



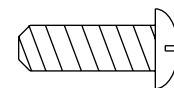
1/4" x 2" Carriage Bolt (85)



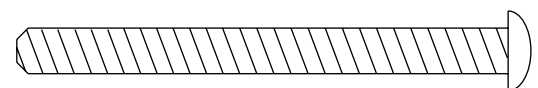
1/4" x 2 1/2" Carriage Bolt (12)



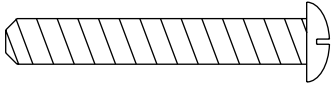
#10 x 1" Screw (32)



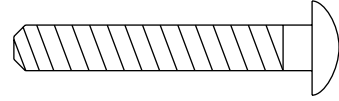
1/4" x 3/4" Screw (13)



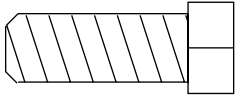
1/4" x 2 1/2" Screw (10)



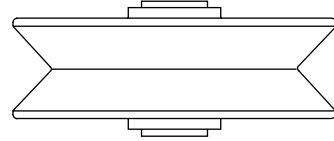
1/4" x 1 1/2" Screw (88)



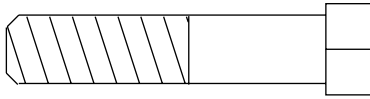
1/4" x 1 1/2" Carriage Bolt (82)



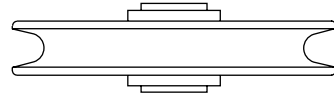
3/8" x 1" Bolt (15)



"V" Pulley (21)
(Not shown to scale)



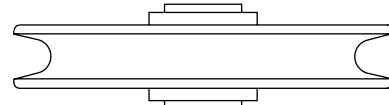
3/8" x 1 3/4" Bolt (22)



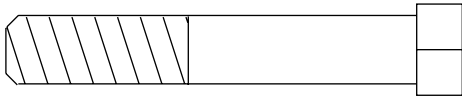
3 1/2" Pulley (5)
(Not shown to scale)



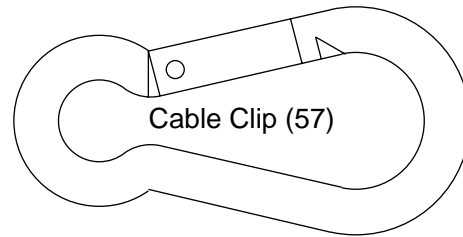
3/8" x 2" Bolt (35)



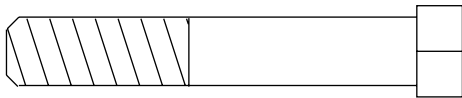
4 1/2" Pulley (34)
(Not shown to scale)



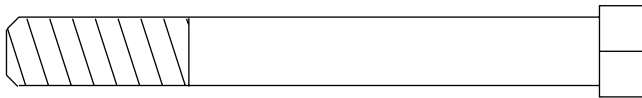
3/8" x 2 1/4" Bolt (81)



Cable Clip (57)



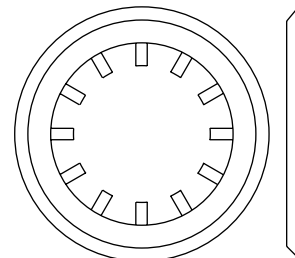
3/8" x 2 1/2" Bolt (6)



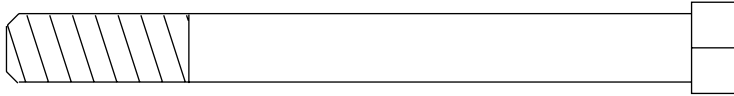
3/8" x 3 1/4" Bolt (28)



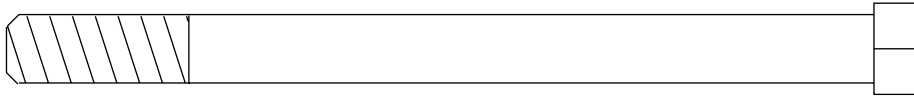
3/8" x 3 1/2" Bolt (24)



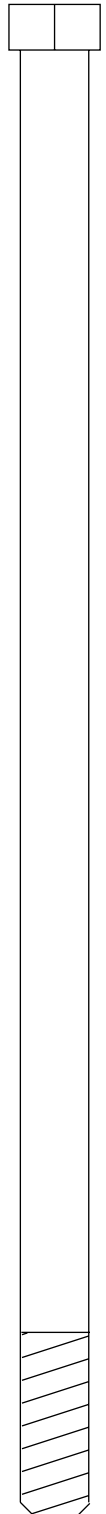
1" Retainer (25)



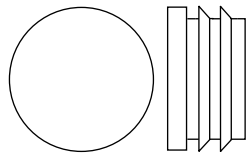
3/8" x 3 3/4" Bolt (7)



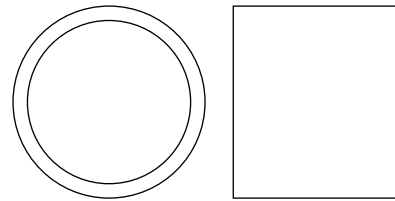
3/8" x 4 3/4" Bolt (23)



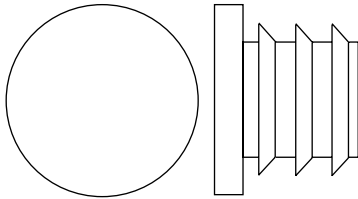
3/8" x 8" Bolt (30)



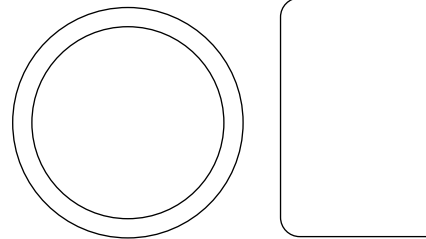
3/4" Round Inner Cap (40)



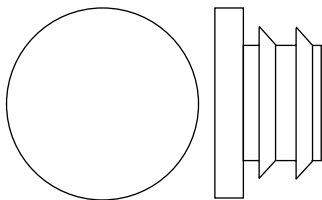
1" x 7/8" Plastic Bushing (29)



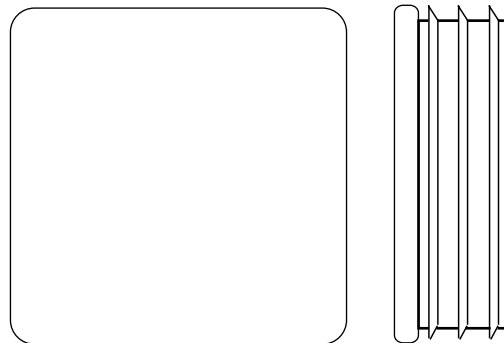
1" Round Inner Cap (41)



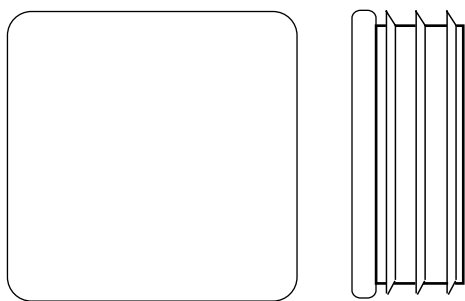
1" Round Cap (26)



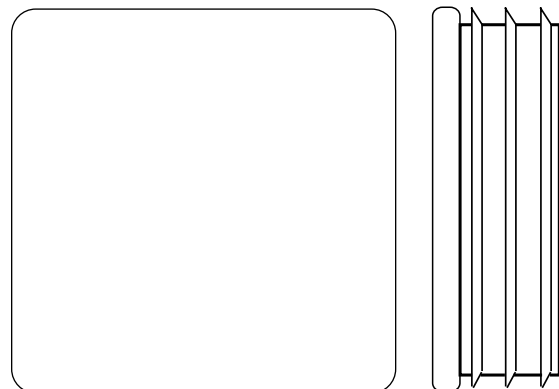
1" Inner Cap (80)



1 3/4" Square Inner Cap (37)

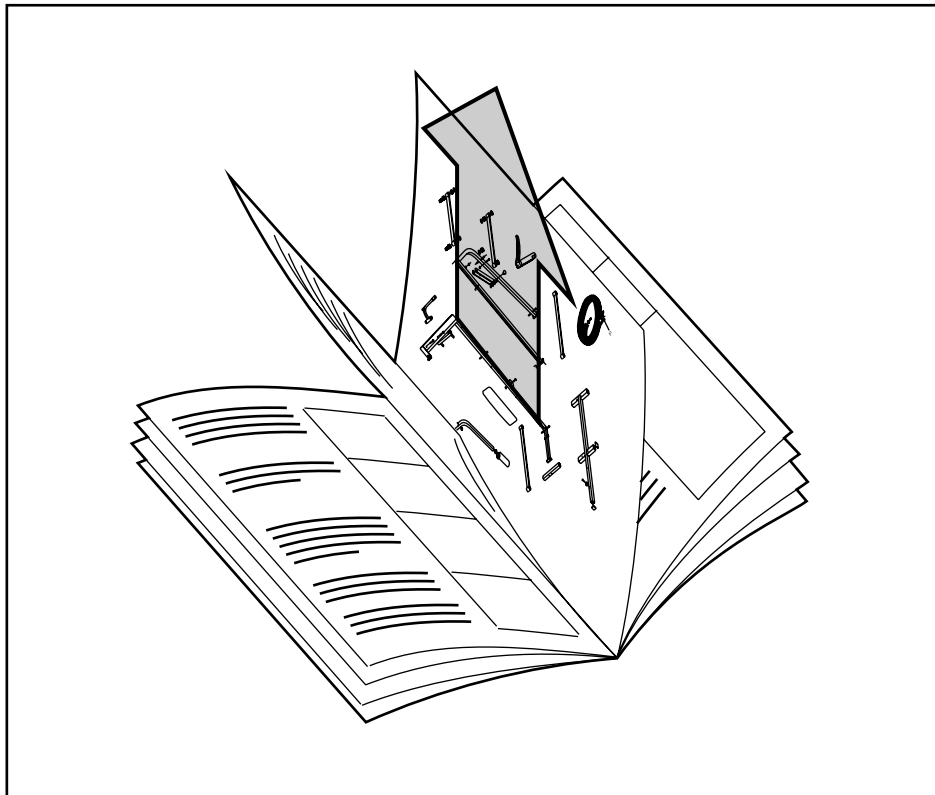


1 1/2" Square Inner Cap (79)



2" Square Inner Cap (38)

**REMOVE THIS PART LIST/EXPLODED
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PART LIST—Model No. WESY99300

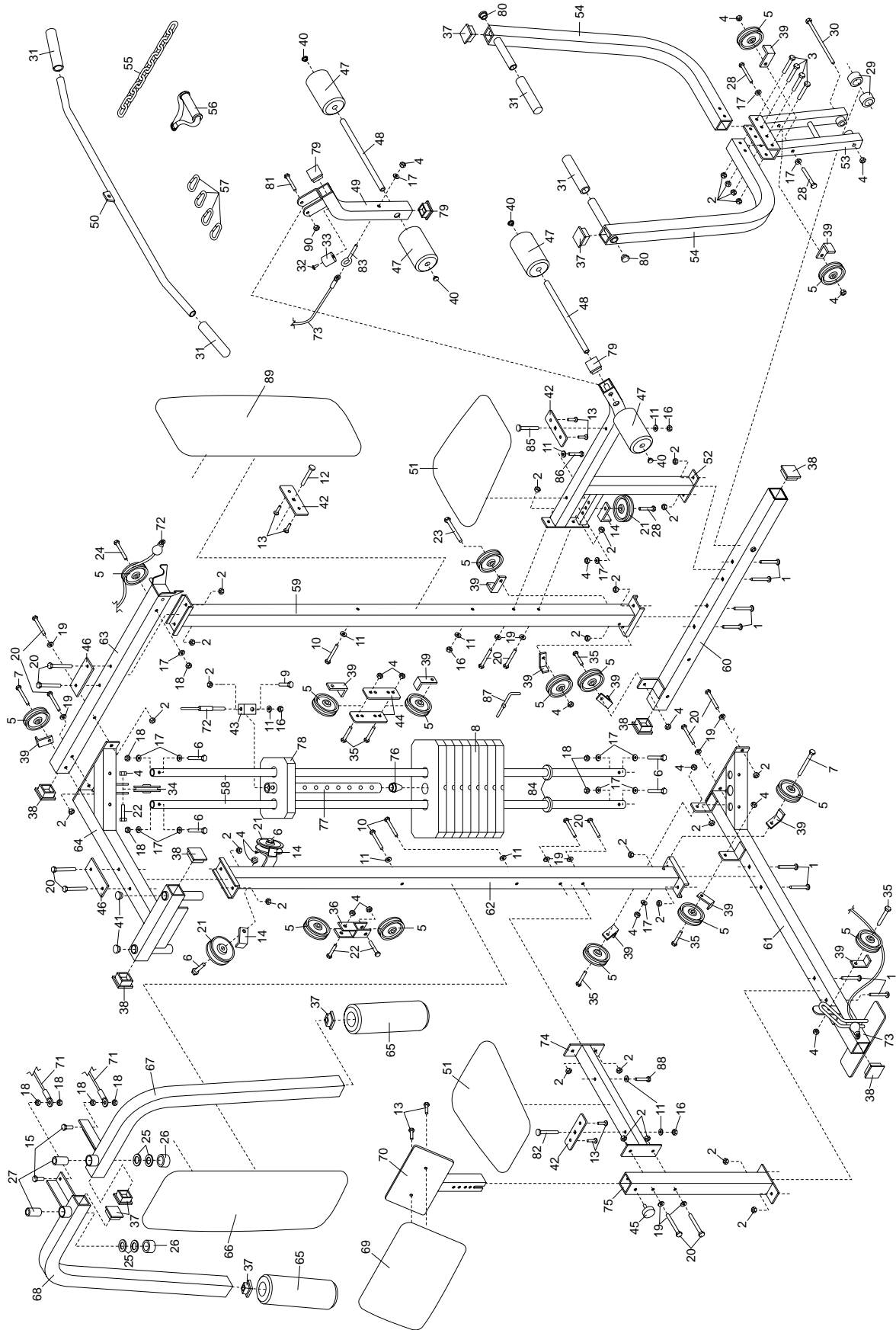
R0501A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	8	5/16" x 2 1/2" Carriage Bolt	47	4	Foam Pad
2	27	5/16" Nylon Locknut	48	2	Pad Tube
3	4	5/16" x 2 1/2" Bolt	49	1	Leg Lever
4	18	3/8" Nylon Locknut	50	1	Lat Bar
5	15	3 1/2" Pulley	51	2	Seat
6	6	3/8" x 2 1/2" Bolt	52	1	Press Seat Frame
7	2	3/8" x 3 3/4" Bolt	53	1	Press Frame
8	8	Weight	54	2	Press Arm
9	1	5/16" x 1 3/4" Bolt	55	1	Chain
10	3	1/4" x 2 1/2" Screw	56	1	Nylon Strap
11	9	1/4" Flat Washer	57	4	Cable Clip
12	1	1/4" x 2 1/2" Carriage Bolt	58	2	Weight Guide
13	8	1/4" x 3/4" Screw	59	1	Press Frame Upright
14	3	Long Cable Trap	60	1	Press Base
15	2	3/8" x 1" Bolt	61	1	Butterfly Base
16	4	1/4" Nylon Locknut	62	1	Butterfly Upright
17	14	3/8" Flat Washer	63	1	Press Top Frame
18	9	3/8" Jam Nut	64	1	Butterfly Top Frame
19	10	5/16" Flat Washer	65	2	10" Pad
20	14	5/16" x 2 3/4" Bolt	66	1	Backrest
21	3	"V" Pulley	67	1	Left Butterfly Arm
22	3	3/8" x 1 3/4" Bolt	68	1	Right Butterfly Arm
23	1	3/8" x 4 3/4" Bolt	69	1	Curl Pad
24	1	3/8" x 3 1/2" Bolt	70	1	Curl Post
25	4	1" Retainer	71	1	Short Cable
26	2	1" Round Cap	72	1	Medium Cable
27	2	1 1/8" x 2 1/2" Plastic Bushing	73	1	Long Cable
28	3	3/8" x 3 1/4" Bolt	74	1	Seat Bar
29	2	1" x 7/8" Plastic Bushing	75	1	Seat Brace
30	1	3/8" x 8" Bolt	76	1	Weight Tube Bumper
31	4	Hand Grip	77	1	Weight Tube
32	1	#10 x 1" Screw	78	1	Top Weight
33	1	Bumper	79	3	1 1/2" Square Inner Cap
34	1	4 1/2" Pulley	80	2	1" Inner Cap
35	6	3/8" x 2" Bolt	81	1	5/16" x 2 1/4" Bolt
36	1	Double "U"-Bracket	82	1	1/4" x 1 1/2" Carriage Bolt
37	6	1 3/4" Square Inner Cap	83	1	3/8" x 2 1/2" Eyebolt
38	6	2" Square Inner Cap	84	2	Weight Bumper
39	12	Cable Trap	85	1	1/4" x 2" Carriage Bolt
40	4	3/4" Round Inner Cap	86	1	1/4" x 2" Bolt
41	2	1" Round Inner Cap	87	1	Weight Pin
42	3	Seat Plate	88	1	1/4" x 1 1/2" Screw
43	1	Small "U"-Bracket	89	1	Press Backrest
44	2	Adjustable Pulley Plate	90	1	5/16" Jam Nut
45	1	Adjustment Knob	#	1	User's Manual
46	2	Top Plate			

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

EXPLODED DRAWING—Model No. WESY99300

R0501A



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