

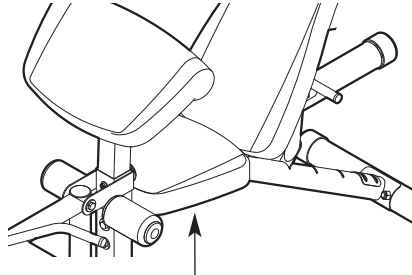
WEIDERPRO™

290 WC

Model No. WEEVBE2078.0

Serial No. _____

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



Serial Number Decal (under seat)

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, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

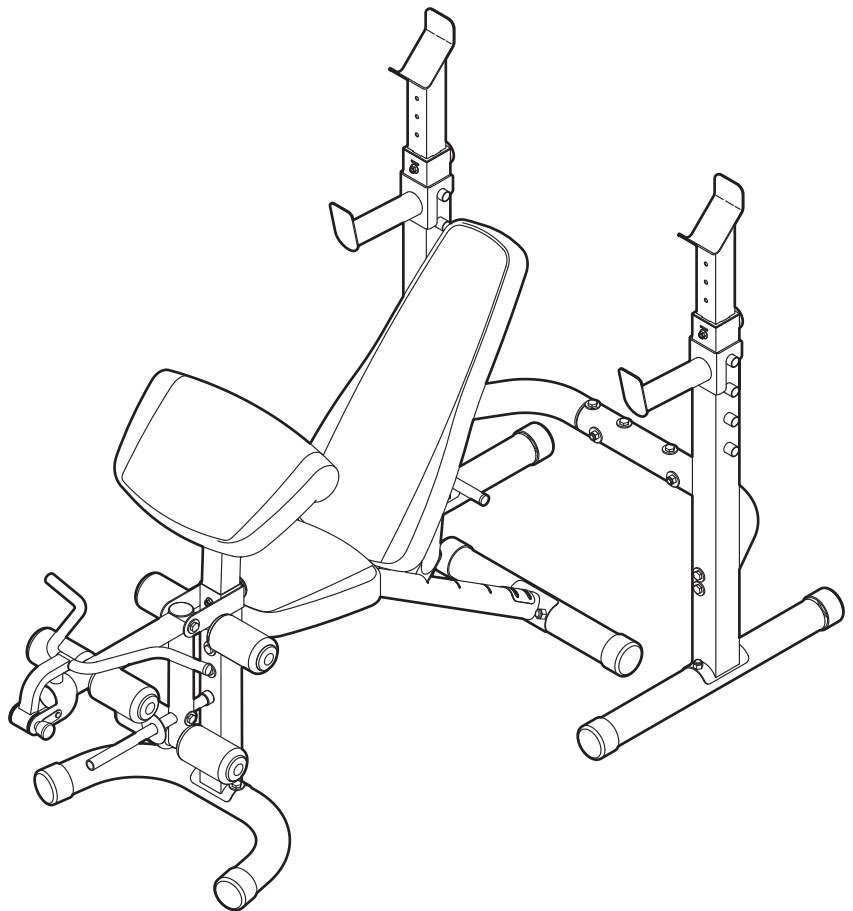
Unit 4

Revie Road Industrial Estate

Revie Road, Beeston

Leeds, LS11 8JG

UK



⚠ CAUTION

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



Visit our website at

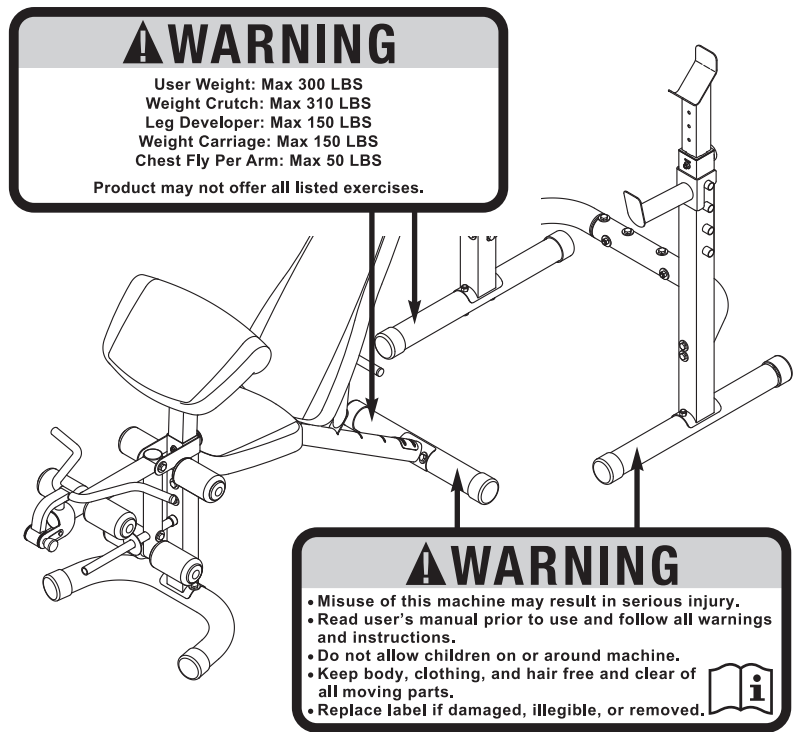
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WARNING DECAL PLACEMENT

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



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
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. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Make sure that the pin and the knobs are fully engaged before the weight bench is used.
8. Keep children under age 12 and pets away from the weight bench at all times.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not use the weight bench with more than 310 lbs. (141 kg) of weight. Do not place more than 150 lbs. (68 kg) on the leg lever. Note: The weight bench does not include weights.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.

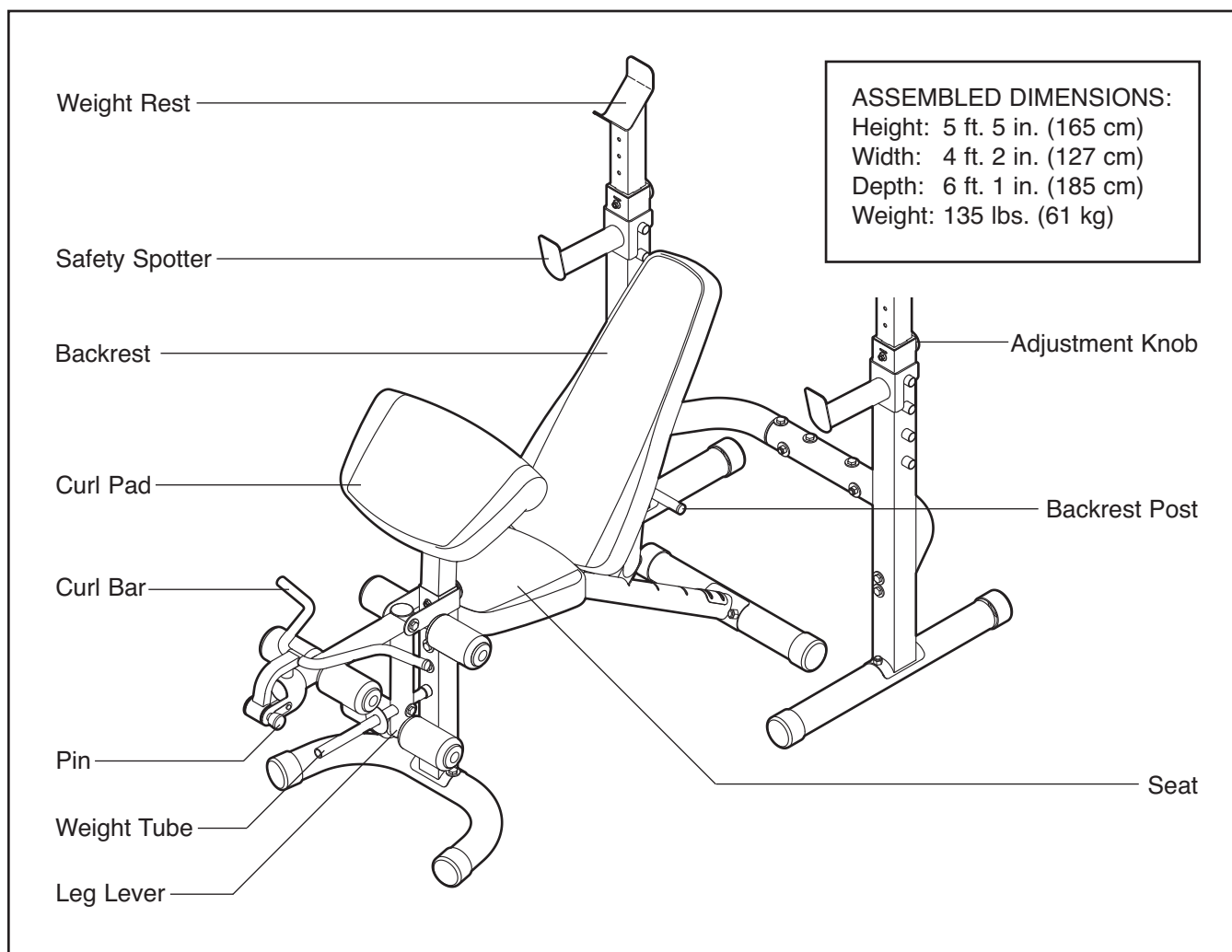
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER PRO™ 290 WC weight bench. The weight bench offers a selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the weight bench. If you have questions

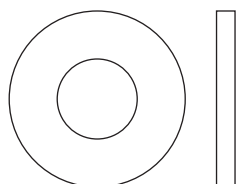
after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

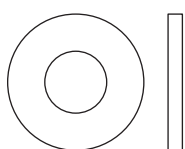


PART IDENTIFICATION CHART

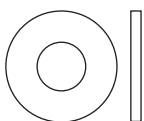
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has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



M10 Washer (55)



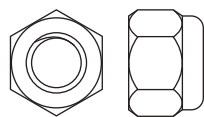
M8 Washer (49)



M6 Washer (32)



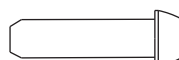
M10 Locknut (42)



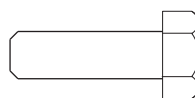
M8 Locknut (36)



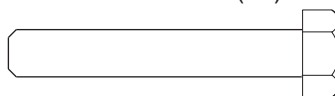
M4 x 19mm Screw (54)



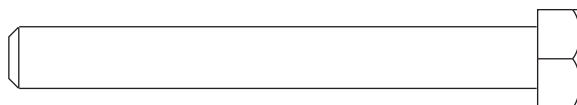
M5 x 19mm Screw (52)



M6 x 20mm Screw (53)



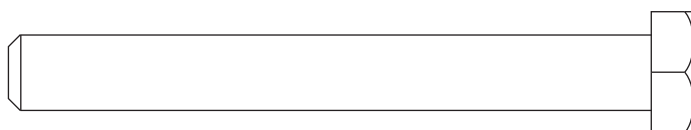
M6 x 40mm Screw (51)



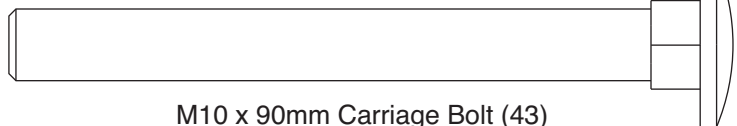
M8 x 70mm Bolt (46)



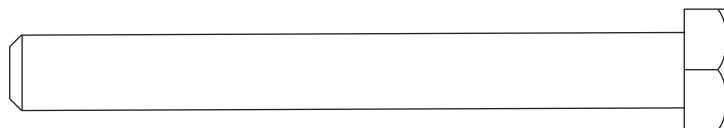
M6 x 80mm Screw (48)



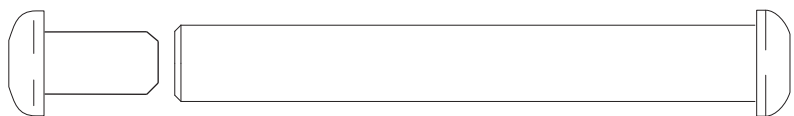
M10 x 85mm Bolt (44)



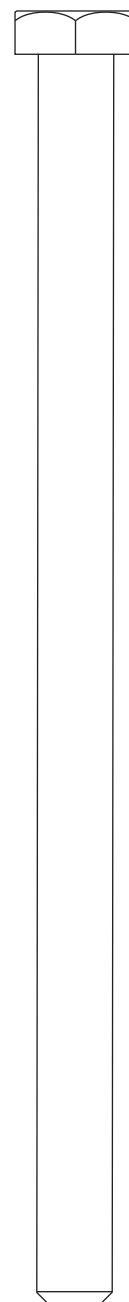
M10 x 90mm Carriage Bolt (43)



M10 x 90mm Bolt (45)



M10 x 77mm Bolt Set (47)



M10 x 165mm Bolt (50)


ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two persons.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Assembly requires the included hex key(s)  and the following tools (not included):

two adjustable wrenches 

one rubber mallet 

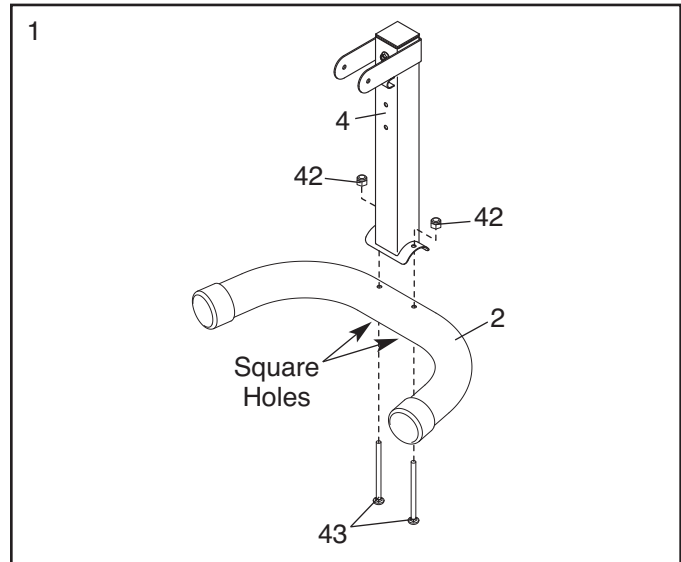
one standard screwdriver 

one Phillips screwdriver 

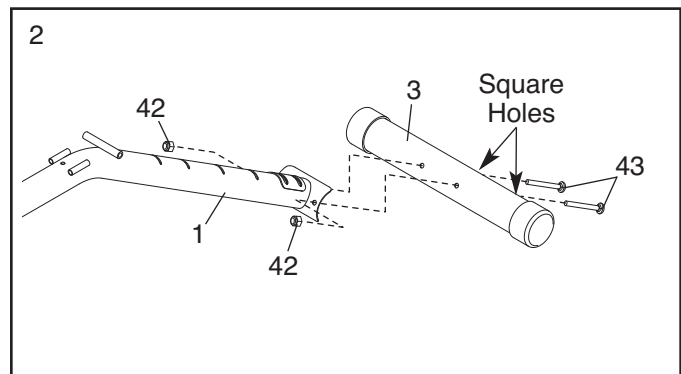
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you have read and understand the information in the box above. See the PART IDENTIFICATION CHART on page 5 for help identifying small parts.**

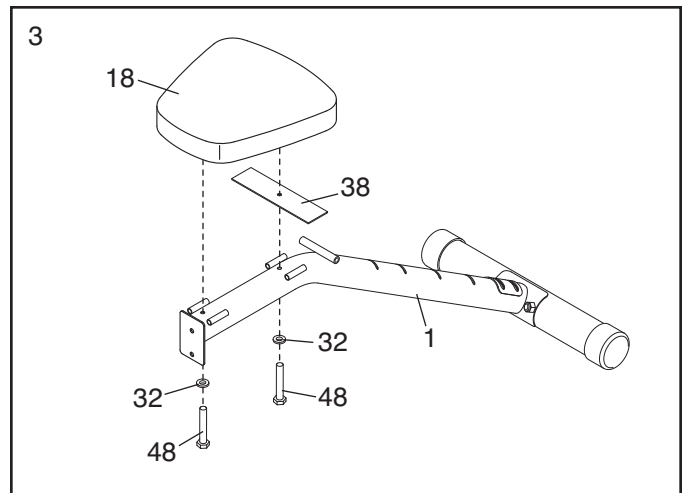
Orient the Front Stabilizer (2) so that the square holes are facing the floor. Attach the Front Stabilizer to the Front Leg (4) with two M10 x 90mm Carriage Bolts (43) and two M10 Locknuts (42). **Do not tighten the Locknuts yet.**



2. Orient the Rear Stabilizer (3) so that the square holes are on the side shown. Attach the Rear Stabilizer to the Frame (1) with two M10 x 90mm Carriage Bolts (43) and two M10 Locknuts (42). **Do not tighten the Locknuts yet.**

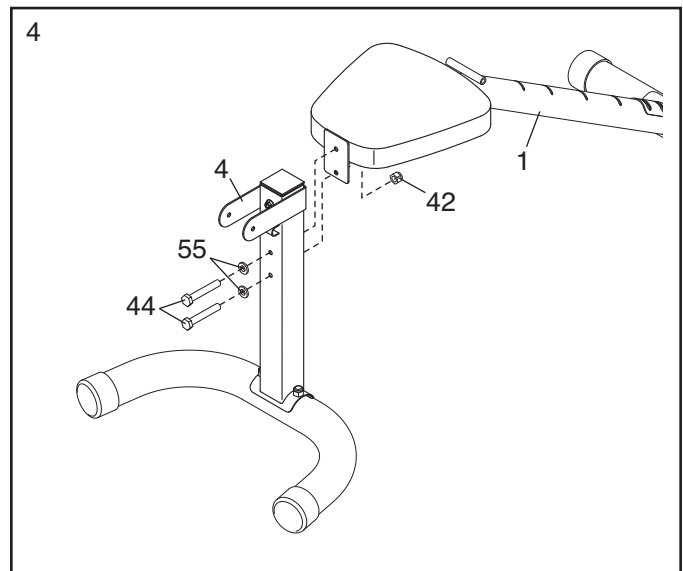


- Attach the Seat (18) and the Seat Bracket (38) to the Frame (1) with two M6 x 80mm Screws (32) and two M6 Washers (48).



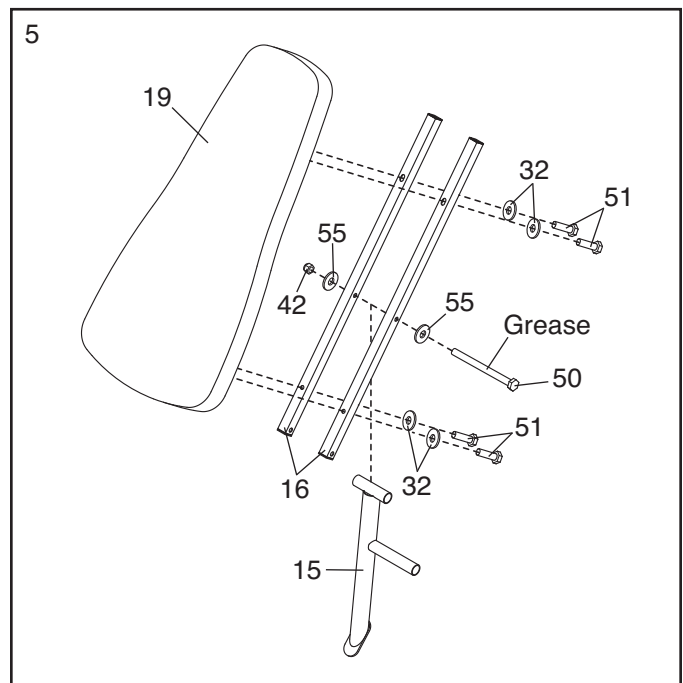
- Attach the Front Leg (4) to the Frame (1) with two M10 x 85mm Bolts (44), two M10 Washers (55), and an M10 Locknut (42).

See steps 1 and 2. Tighten the M10 Locknuts (42).



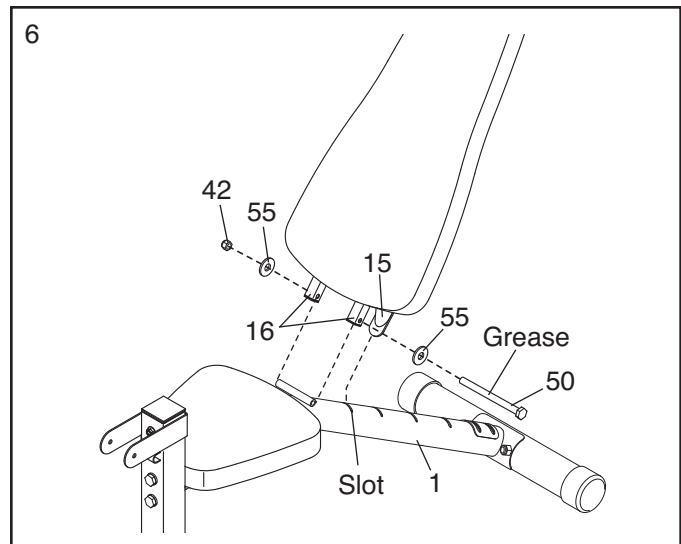
- Apply some of the included grease to an M10 x 165mm Bolt (50). Attach the Backrest Post (15) to the Backrest Frames (16) with the Bolt, two M10 Washers (55), and an M10 Locknut (42). **Do not tighten the Locknut yet.**

Attach the Backrest (19) to the Backrest Frames (16) with four M6 x 40mm Screws (51) and four M6 Washers (32). **Do not tighten the Screws yet.**



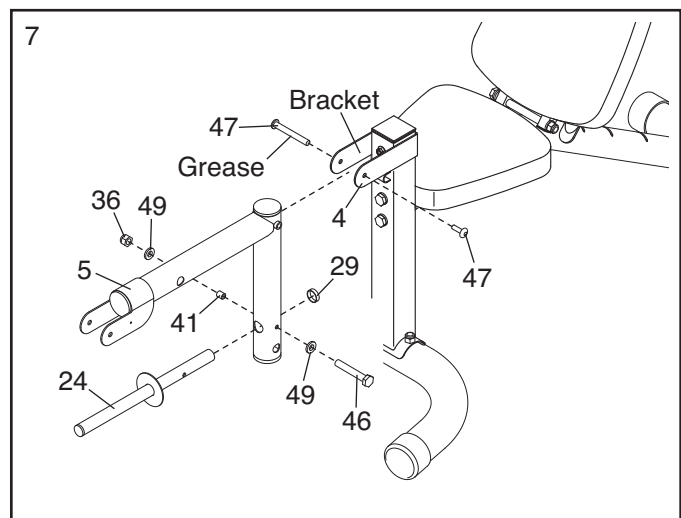
- Grease an M10 x 165mm Bolt (50). Attach the Backrest Frames (16) to the Frame (1) with the Bolt, two M10 Washers (55), and an M10 Locknut (42). Set the end of the Backrest Post (15) in one of the slots in the Frame. **Do not overtighten the Locknut; the Backrest Frames must pivot easily.**

See step 5. Tighten the M10 Locknut (42) and the four M6 x 40mm Screws (51). **Do not overtighten the Locknut; the Backrest Post (15) must pivot easily.**



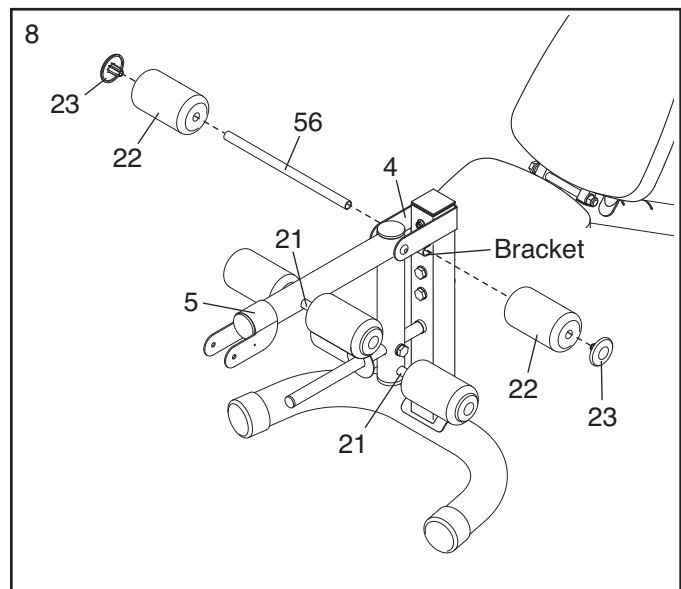
- Attach the Weight Tube (24) to the Leg Lever (5) with an M8 x 70mm Bolt (46), a Weight Tube Spacer (41), two M8 Washers (49), and an M8 Locknut (36). Then, press a 25mm Round Outer Cap (29) onto the Weight Tube.

Grease the barrel of an M10 x 77mm Bolt Set (47). Attach the Leg Lever (5) to the Front Leg (4) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**



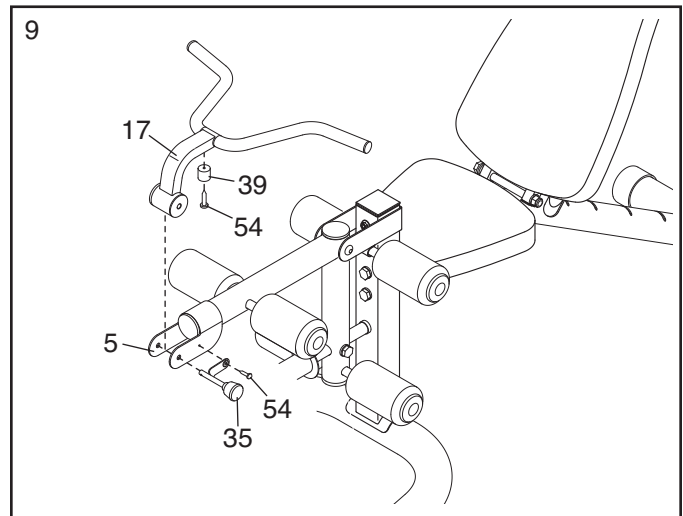
- Insert the Long Pad Tube (56) into the bracket on the Front Leg (4). Slide two Foam Pads (22) onto the Pad Tube, and then press two Pad Caps (23) into the Foam Pads.

Repeat this step with the two Short Pad Tubes (21) and the Leg Lever (5).

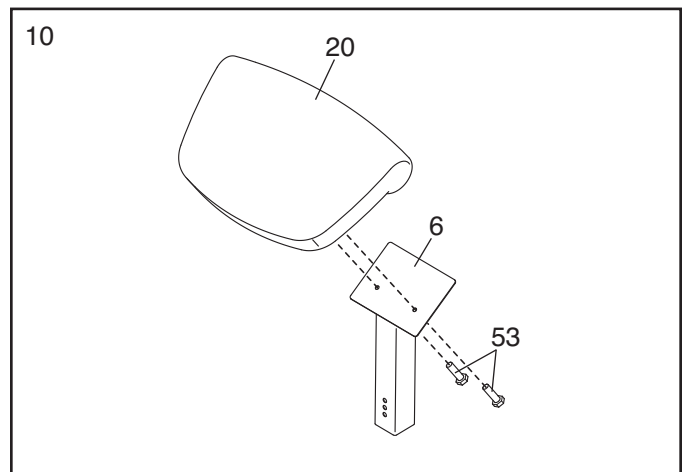


9. Attach the Bumper (39) to the Curl Bar (17) with an M4 x 19mm Screw (54).

Attach the Curl Bar (17) to the Leg Lever (5) with the Pin/Tether (35). Then, attach the Tether to the Leg Lever with an M4 x 19mm Screw (54).

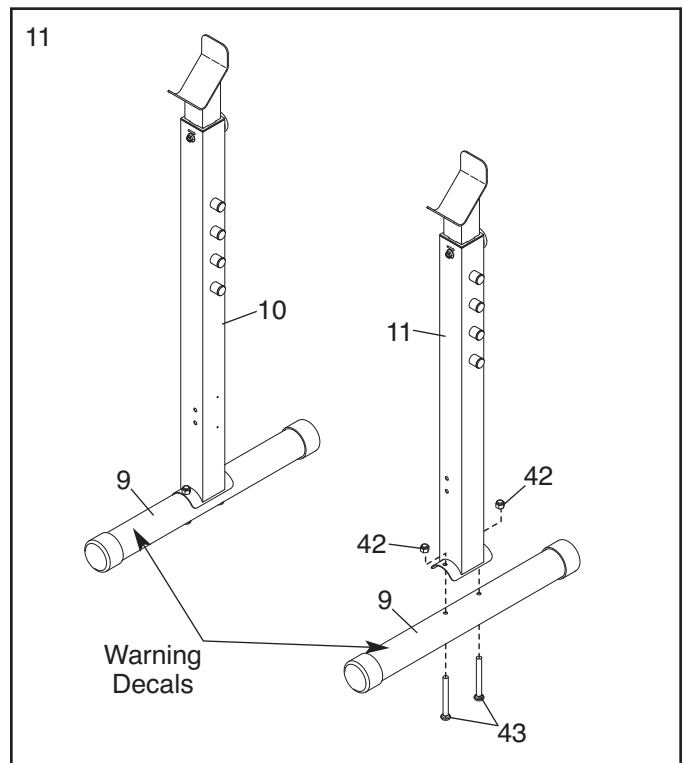


10. Attach the Curl Pad (20) to the Curl Post (6) with two M6 x 20mm Screws (53).



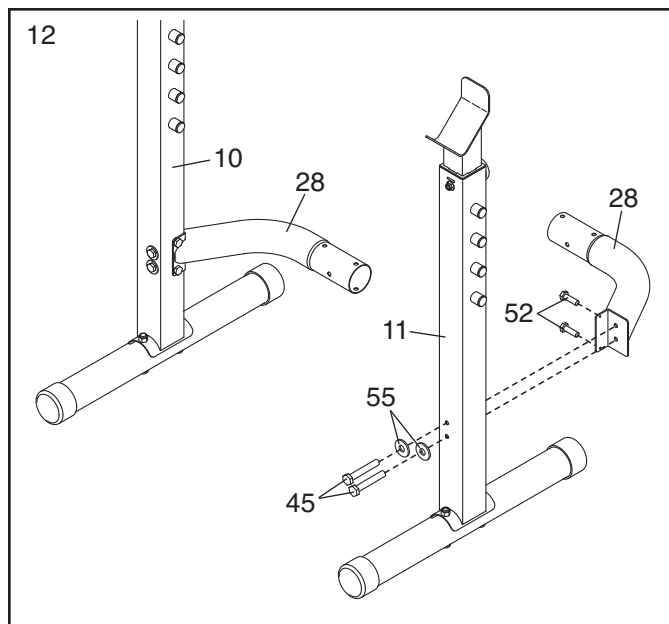
11. Identify the Left Upright (11) which is marked with an "L" sticker. Orient one of the Bases (9) as shown. Attach the Base to the Left Upright with two M10 x 90mm Carriage Bolts (43) and two M10 Locknuts (42).

Attach the other Base (9) to the Right Upright (10) in the same way.



12. Attach a Connector (28) to the Left Upright (11) with two M5 x 19mm Screws (52), two M10 x 90mm Bolts (45), and two M10 Washers (55). **Do not tighten the Screws yet.**

Attach the other Connector (28) to the Right Upright (10) in the same way.

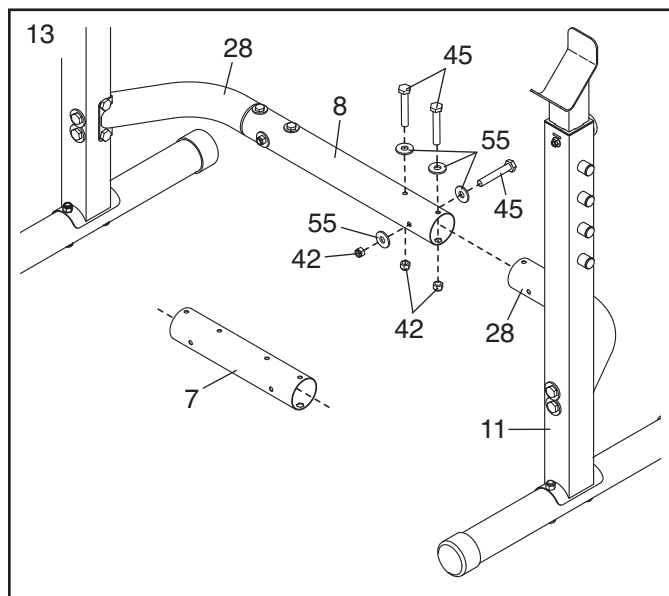


13. Note: If you have Olympic weights, use the longer Olympic Extension (8) for this step; if you have standard weights, use the shorter Standard Extension (7).

Attach the Olympic Extension (8) or the Standard Extension (7) to the Connector (28) on the Left Upright (11) with three M10 x 90mm Bolts (45), four M10 Washers (55), and three M10 Locknuts (42).

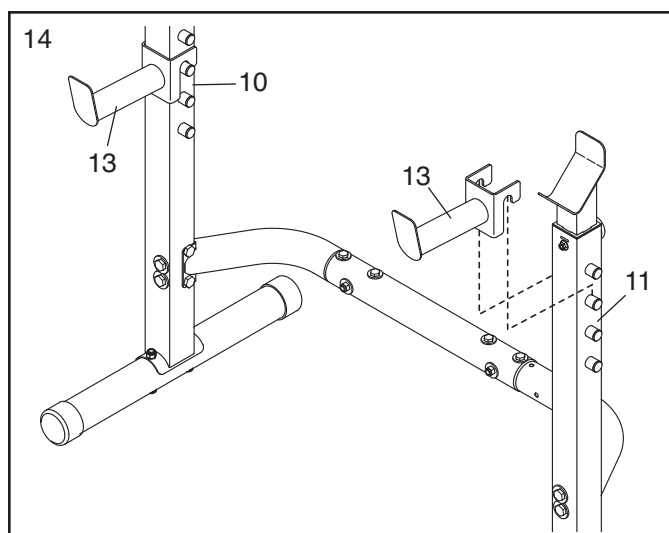
Attach the Olympic Extension (8) or the Standard Extension (7) to the other Connector (28) in the same way.

See step 12. Tighten the M5 x 19mm Screws (52).



14. Set a Safety Spotter (13) on a set of pegs on the Left Upright (11). Set the other Safety Spotter on a set of pegs on the Right Upright (10). **Make sure that both Safety Spotters are at the same height.**

15. **Make sure that all parts have been properly tightened.** The use of the remaining parts will be explained in ADJUSTMENT, beginning on the following page.



ADJUSTMENT

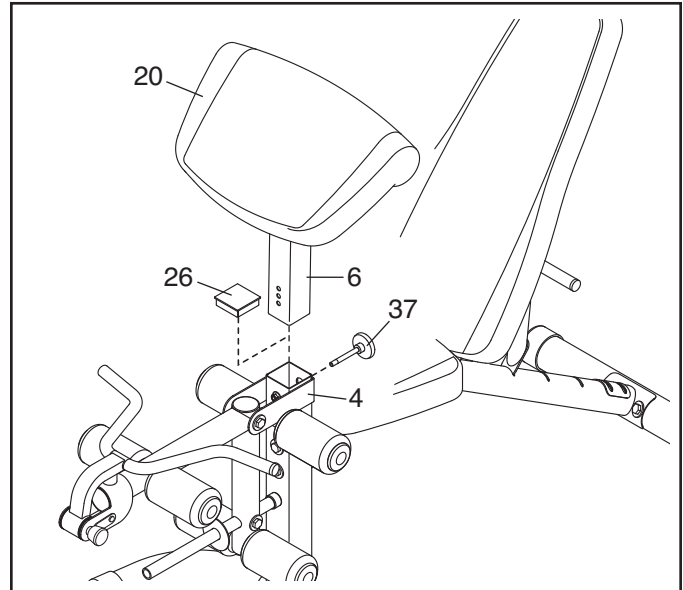
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 13 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened 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.

USING THE CURL PAD

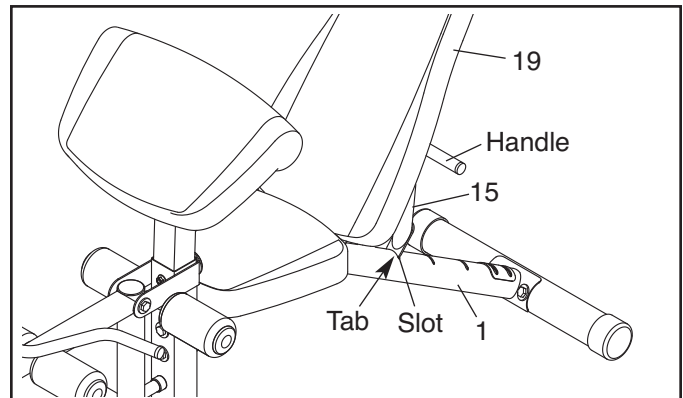
To use the Curl Pad (20), remove the indicated 70mm Square Inner Cap (26) and insert the Curl Post (6) into the Front Leg (4). Tighten an Adjustment Knob (37) into the Front Leg. **Make sure that the Adjustment Knob passes through a hole in the Curl Post.**

When performing exercises that do not require the Curl Pad (20), remove the Curl Pad and insert the 70mm Square Inner Cap (26) into the Front Leg (4).



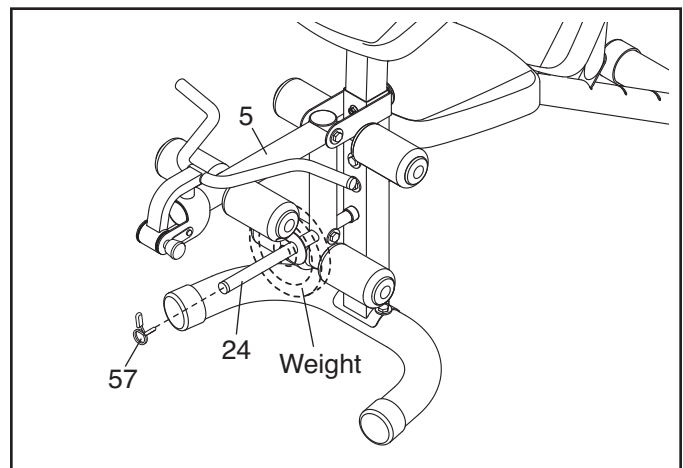
ADJUSTING THE BACKREST

To adjust the position of the Backrest (19), lift the indicated handle on the Backrest Post (15). Raise or lower the Backrest, and insert the tab on the lower end of the Backrest Post into one of the slots in the Frame (1). **Make sure that the tab is fully inserted into one of the slots.**



USING THE LEG LEVER

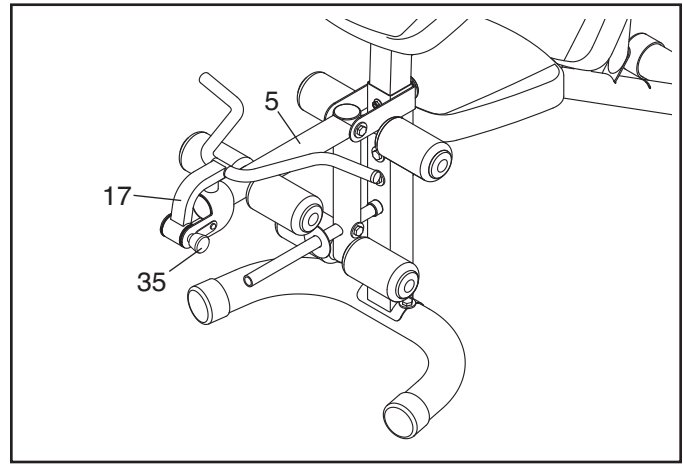
To use the Leg Lever (5), slide a weight plate (not included) onto the Weight Tube (24) and secure it with a Weight Clip (57). **Note: When using the Leg Lever, remove the Curl Bar (see USING THE CURL BAR on page 12).**



USING THE CURL BAR

When performing exercises that do not require the Curl Bar (17), pull the Pin (35) out of the Leg Lever (5) and remove the Curl Bar.

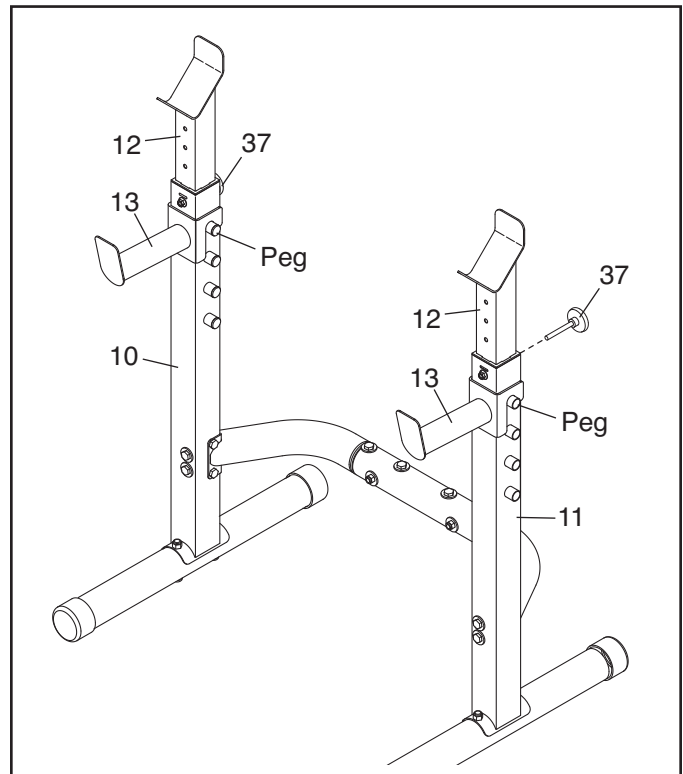
To attach the Curl Bar (17), insert the Pin (35) completely through the Leg Lever (5) and the Curl Bar.



ADJUSTING THE WEIGHT RESTS AND THE SAFETY SPOTTERS

To adjust the height of the Weight Rests (12), raise the Weight Rests to the desired height and tighten an Adjustment Knob (37) into each Upright (10, 11). **Make sure that the Weight Rests are at the same height and that the Adjustment Knobs are fully tightened into the Uprights.**

To adjust the position of the Safety Spotters (13), move the Safety Spotters to a different set of pegs on the Uprights (10, 11). **Make sure that the Safety Spotters are at the same height.**



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 follows:

- 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 exerciser or exercise cycle, 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 appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool 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 workout to workout.

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 way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke 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.

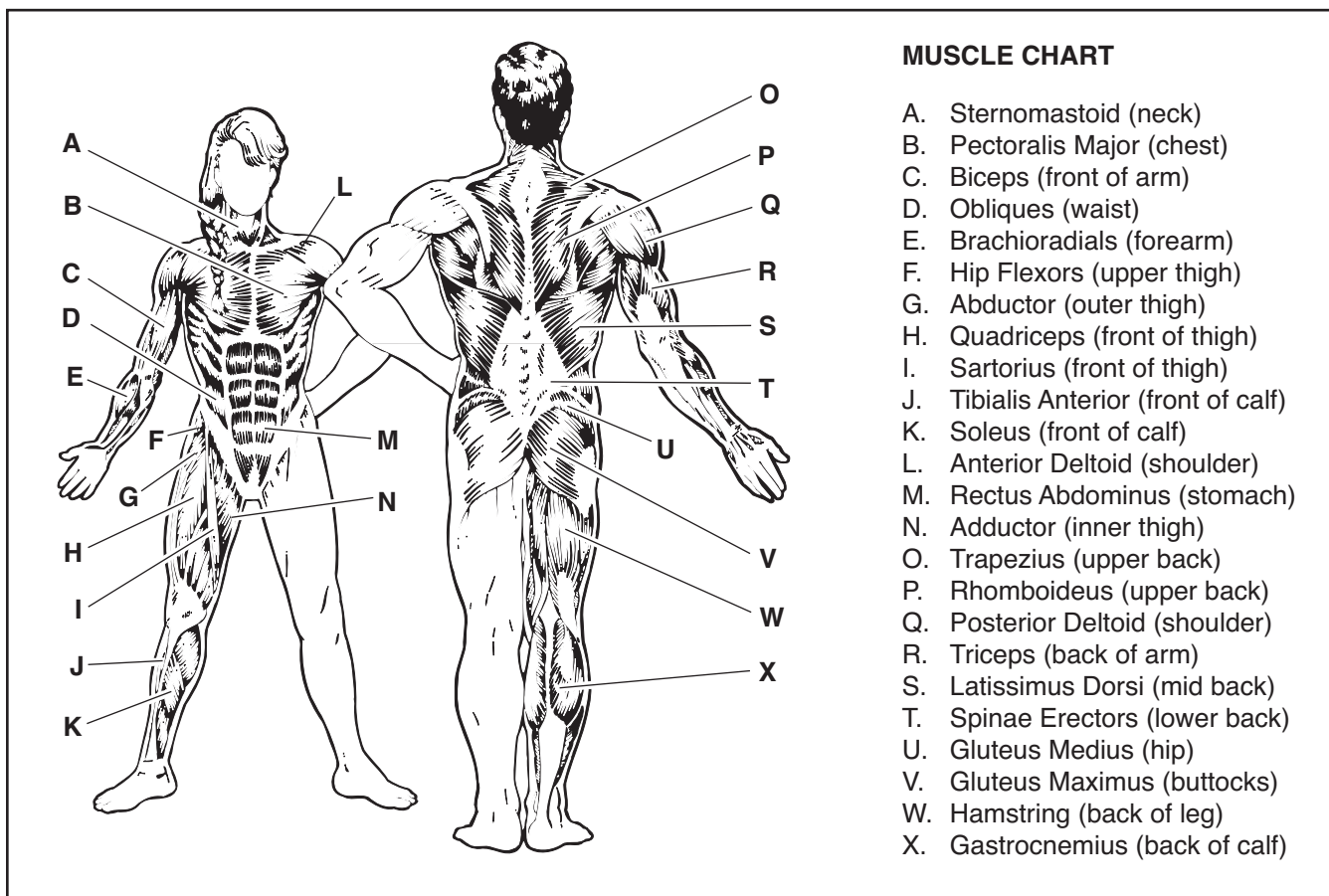
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

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. Write 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. 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)

EXERCISE LOG

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

Strength

Date:

____ / ____ / ____

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

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

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

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

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

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

EXERCISE LOG

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

Strength

Date:

____ / ____ / ____

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

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

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

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

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

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

PART LIST—Model No. WEEVBE2078.0

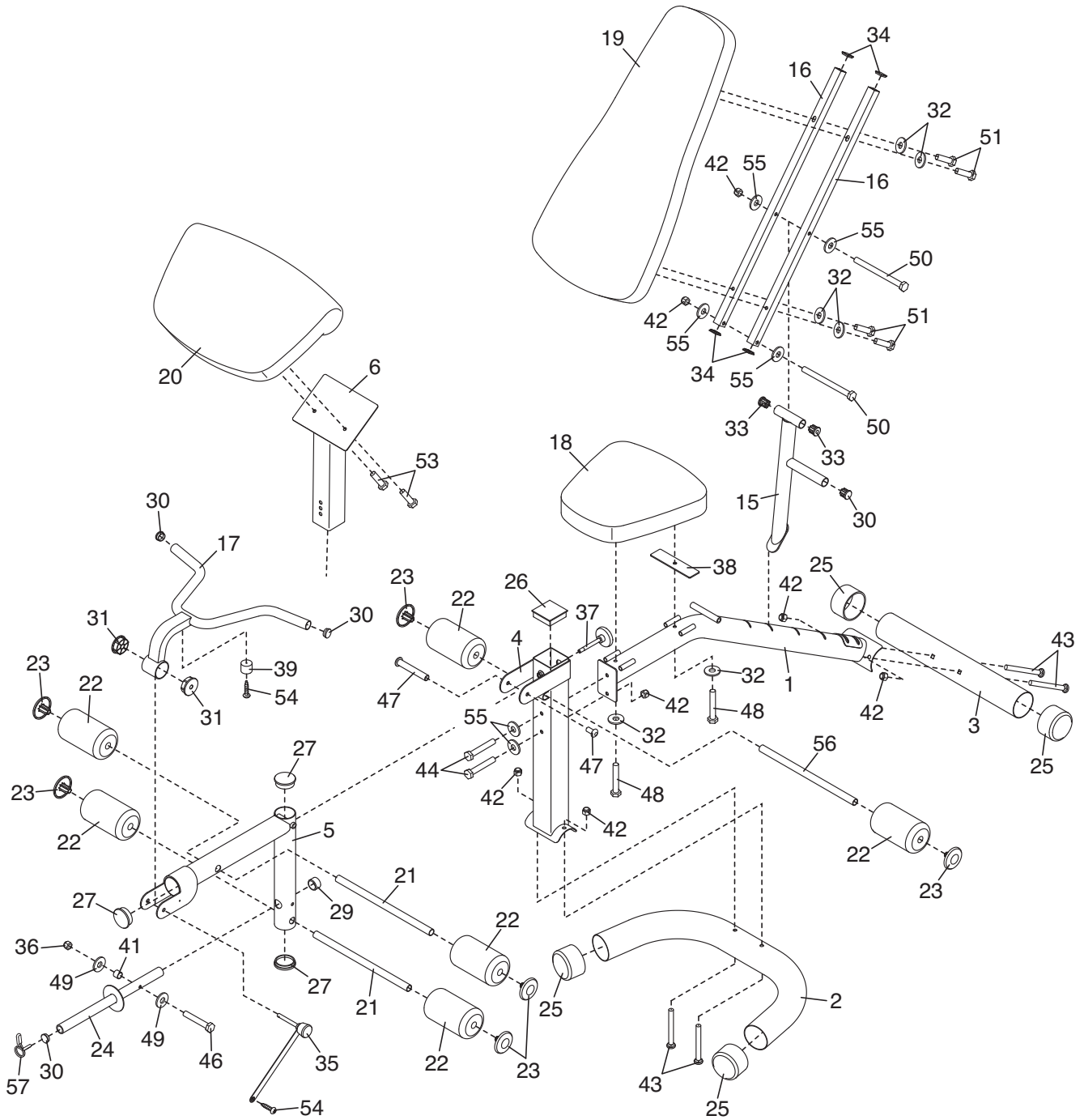
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	32	6	M6 Washer
2	1	Front Stabilizer	33	2	Backrest Bushing
3	1	Rear Stabilizer	34	4	25mm Square Inner Cap
4	1	Front Leg	35	1	Pin/Tether
5	1	Leg Lever	36	1	M8 Locknut
6	1	Curl Post	37	3	Adjustment Knob
7	1	Standard Extension	38	1	Seat Bracket
8	1	Olympic Extension	39	1	Bumper
9	2	Base	40	2	Upright Bushing
10	1	Right Upright	41	1	Weight Tube Spacer
11	1	Left Upright	42	17	M10 Locknut
12	2	Weight Rest	43	8	M10 x 90mm Carriage Bolt
13	2	Safety Spotter	44	2	M10 x 85mm Bolt
14	2	Upright Spacer	45	10	M10 x 90mm Bolt
15	1	Backrest Post	46	1	M8 x 70mm Bolt
16	2	Backrest Frame	47	1	M10 x 77mm Bolt Set
17	1	Curl Bar	48	2	M6 x 80mm Screw
18	1	Seat	49	2	M8 Washer
19	1	Backrest	50	2	M10 x 165mm Bolt
20	1	Curl Pad	51	4	M6 x 40mm Screw
21	2	Short Pad Tube	52	4	M5 x 19mm Screw
22	6	Foam Pad	53	2	M6 x 20mm Screw
23	6	Pad Cap	54	6	M4 x 19mm Screw
24	1	Weight Tube	55	18	M10 Washer
25	8	76mm Round Outer Cap	56	1	Long Pad Tube
26	1	70mm Square Inner Cap	57	1	Weight Clip
27	3	57mm Round Inner Cap	*	—	User's Manual
28	2	Connector	*	—	Exercise Guide
29	1	25mm Round Outer Cap	*	—	Grease Packet
30	20	25mm Round Inner Cap	*	—	Hex Key
31	2	Curl Bushing			

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

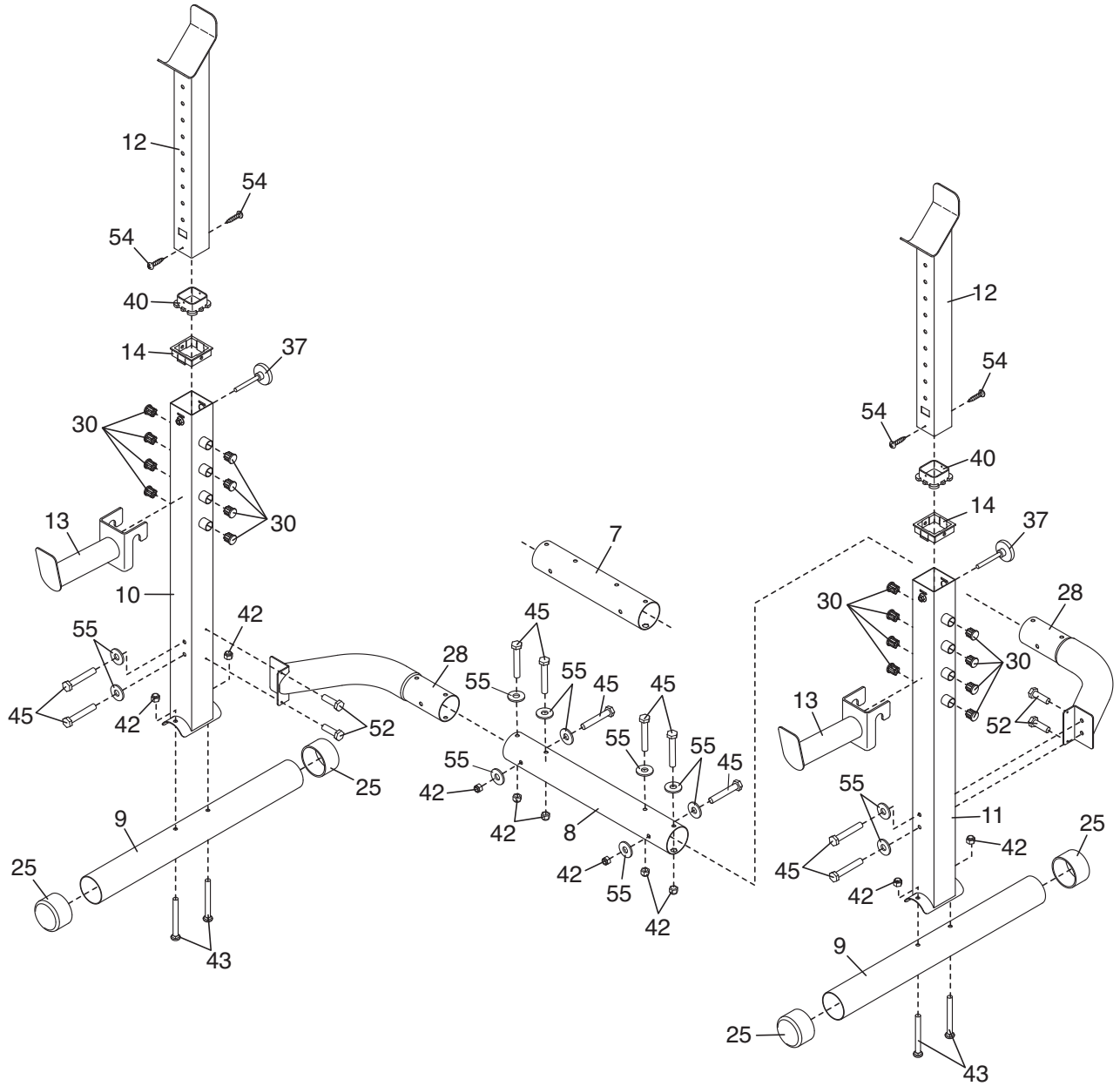
EXPLODED DRAWING—Model No. WEEVBE2078.0

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EXPLODED DRAWING—Model No. WEEVBE2078.0

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ORDERING REPLACEMENT PARTS

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

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