

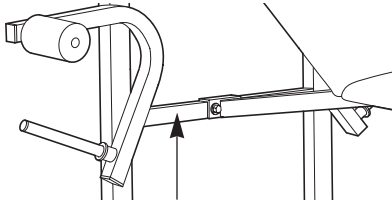
# WEIDER®

# 148

**Model No. WEBE14871**

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

Write the serial number in the space above for reference.



Serial Number Decal

## QUESTIONS?

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

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

**CUSTOMER HOT LINE:**

**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST

**VISIT OUR WEBSITE AT:**

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

## CAUTION

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

**PATENT PENDING**



# USER'S MANUAL

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## Limited Warranty

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

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 states 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 states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

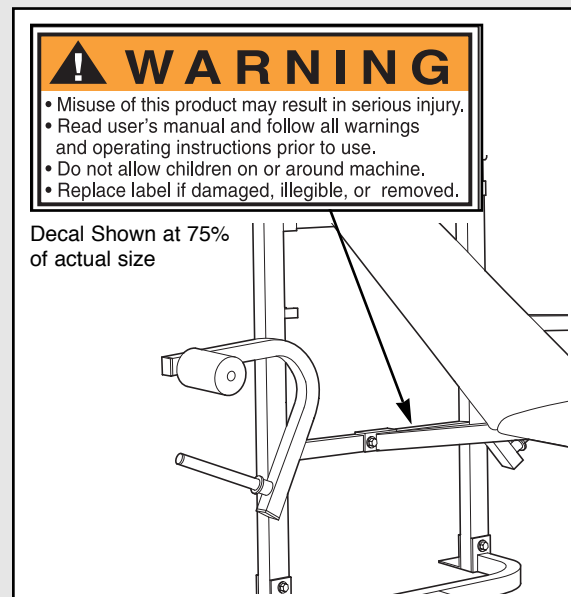
**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

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 bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Always make sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.
8. Do not use a barbell longer than five feet with the weight bench.
9. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts.
12. The weight bench is designed to support a maximum of 360 pounds, including the user, a weight bar, and weights. Do not place more than 110 pounds, including a weight bar 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 for normal use; the leg lever can support 100 pounds when stationary (see #13).
13. When using the dip handles, you must always place 100 pounds on the leg lever to balance the weight bench.
14. When using the backrest in an inclined position, make sure that the support rod is fully seated in the adjustment brackets on the uprights.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
17. **WARNING DECAL PLACEMENT:** The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a replacement decal. Apply the replacement decal to the location shown.



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

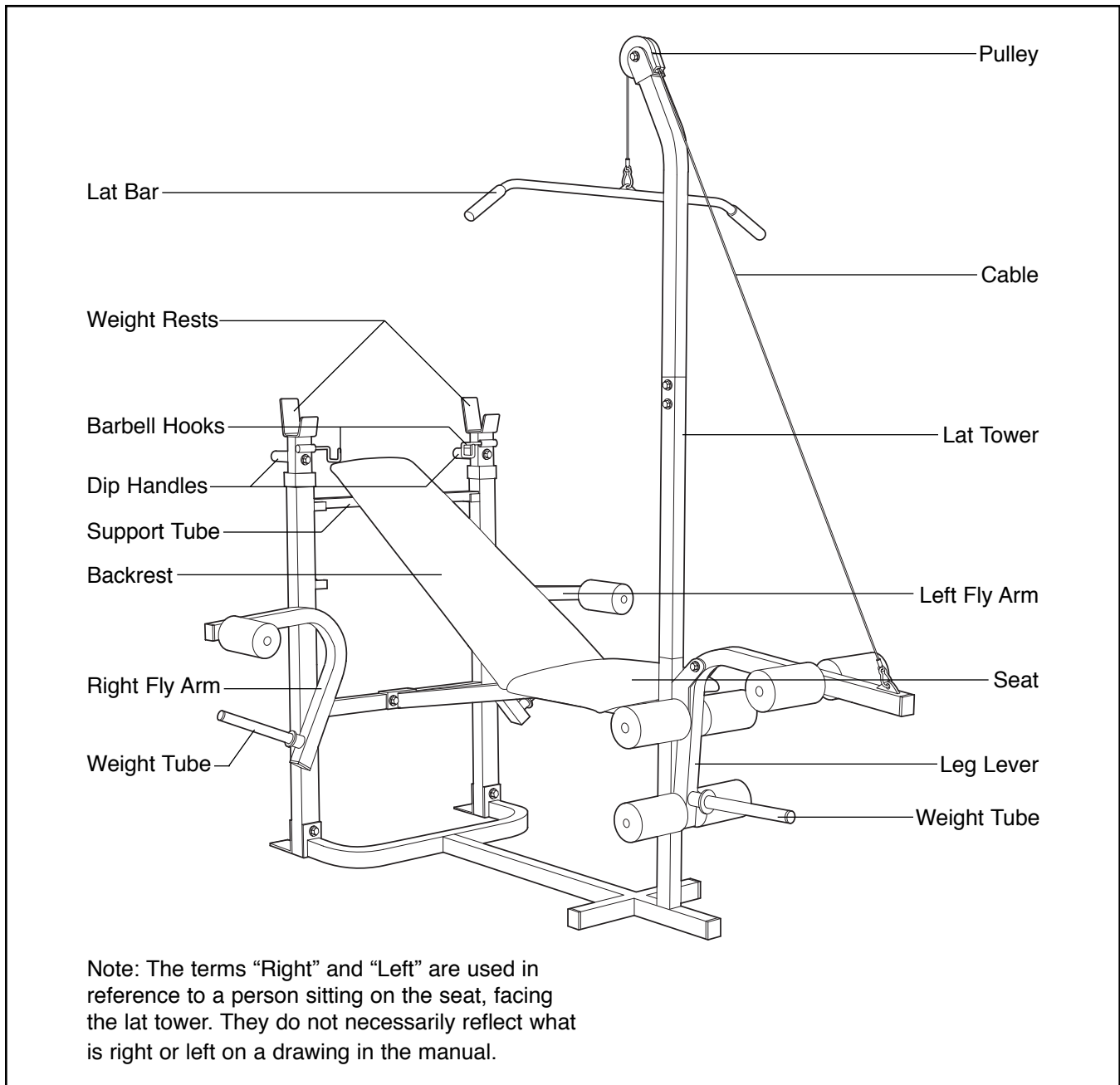
# Before You Begin

Thank you for selecting the versatile WEIDER® 148 Weight Bench. The WEIDER® 148 Weight Bench is designed to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 148 Weight Bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® 148 Weight Bench.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday

through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE14871. The serial number can be found on a decal attached to the WEIDER® 148 Weight Bench (see the front cover of this manual).

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



# Part Identification Chart - Model No. WEBE14871

R0699A

This chart is provided to help you identify the small parts used in assembly. **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.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.

M10 x 130mm Bolt (9)-1

M10 x 75mm Bolt (46)-5

M8 Washer (20)-25

M10 x 70mm Bolt (48)-4

M10 Washer (53)-32

M10 x 60mm Bolt (47)-4

M10 Nylon Locknut (54)-15

M10 x 50mm Bolt (49)-3

M8 Nylon Locknut (39)-8

M8 x 60mm Bolt (43)-2

11mm x 10.5mm Spacer (44)-2

M8 x 50mm Bolt (13)-2

11mm x 7mm Spacer (23)-2

M8 x 50mm Carriage Bolt (45)-2

M8 x 40mm Screw (50)-8

M8 x 30mm Screw (60)-2



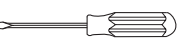
M8 x 16mm Screw (51)-3

# Assembly

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

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART on the previous page.
- As you assemble the weight bench, be sure that all parts are oriented as shown in the drawings.

**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:**

- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

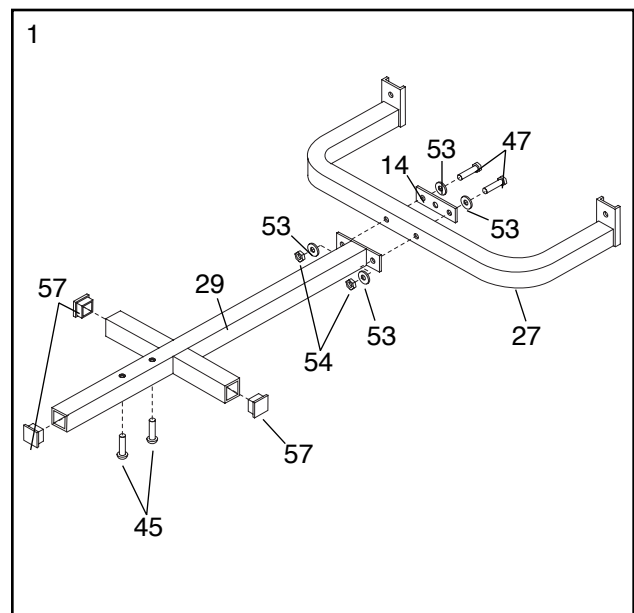
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

- 1. Before assembling this product, be sure that you have read and understand the information in the box above.**

Press three 38mm Square Inner Caps (57) into the open tubes on the Front Base (29).

Attach the Rear Base (27) to the Front Base (29) with two M10 x 60mm Bolts (47), four M10 Washers (53), a Support Plate (14) and two M10 Nylon Locknuts (54).

Insert both M8 x 50mm Carriage Bolts (45) up through the indicated holes in the Front Base (29).

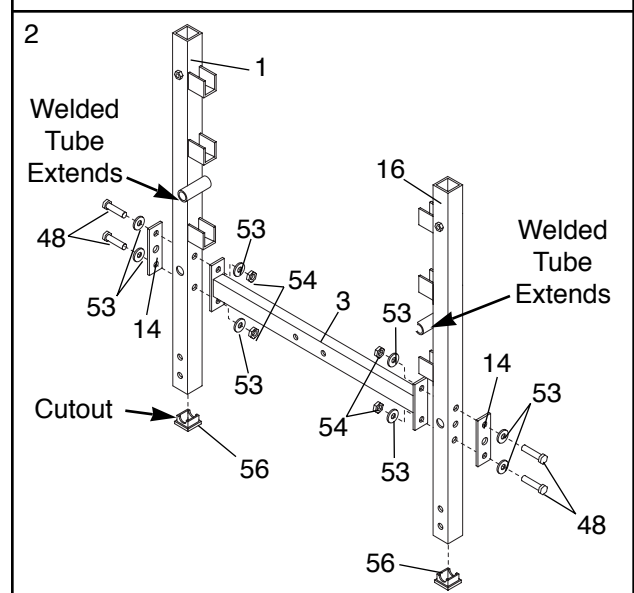


- 2. Attach the Crossbar (3) to the Right Upright (1) with two M10 x 70mm Bolts (48), four M10 Washers (53), a Support Plate (14) and two M10 Nylon Locknuts (54). The Upright must be oriented as shown. Note that the welded tube extends beyond the edge of the Upright on one side.**

Attach the Crossbar (3) to the Left Upright (16) in the same manner.

Press a 50mm Square Inner Cap (56) into the lower end of each Upright (1, 16). **Note: Make sure the “U”-shaped cutout is lined up with the lower hole in the Upright.**

**Note: The terms “Right” and “Left” are used in reference to a person sitting on the seat, facing the lat tower (see page 4). They do not correspond to right and left on the drawings in the manual.**



- Attach an "L" Bracket (42) and the Right Upright (1) to the right side of the Rear Base (27) with two M10 x 75mm Bolts (46), three M10 Washers (53) and one M10 Nylon Locknut (54). **Make sure the Uprights are oriented as shown, so the welded tube extends beyond the edge of the Upright on the indicated side. Note: The lower hole in the Rear Base is threaded, so this Bolt does not require a Nylon Locknut.**

Attach the Left Upright (16) and the remaining "L" Bracket (42) to the left side of the Rear Base (27) in the same manner.

- Attach the Front Leg (8) to the Frame (2) with three M8 x 16mm Screws (51) and three M8 Washers (20). **Note: Make sure you tighten the Screws very hard.**

- Attach the Frame (2) to the Crossbar (3) with two M10 x 60mm Bolts (47), four M10 Washers (53), a Support Plate (14) and two M10 Nylon Locknuts (54).

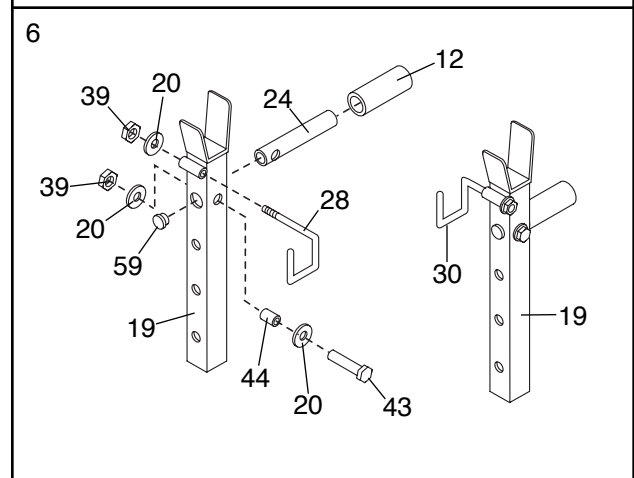
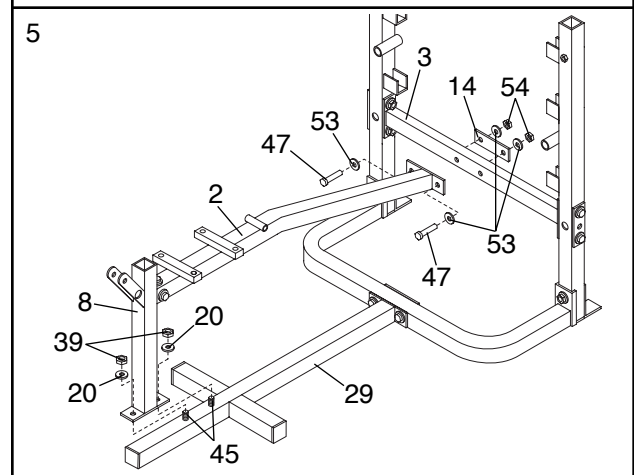
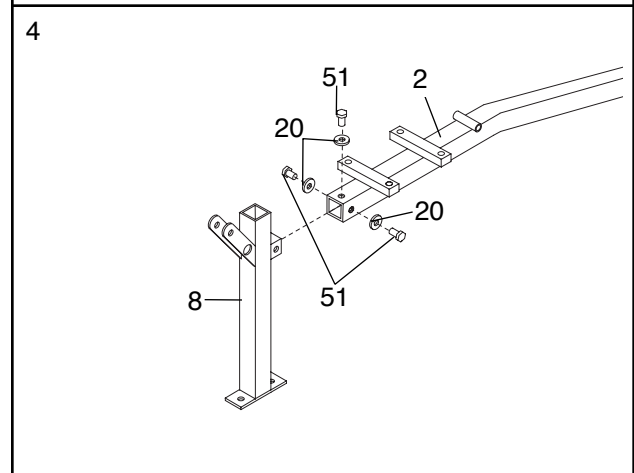
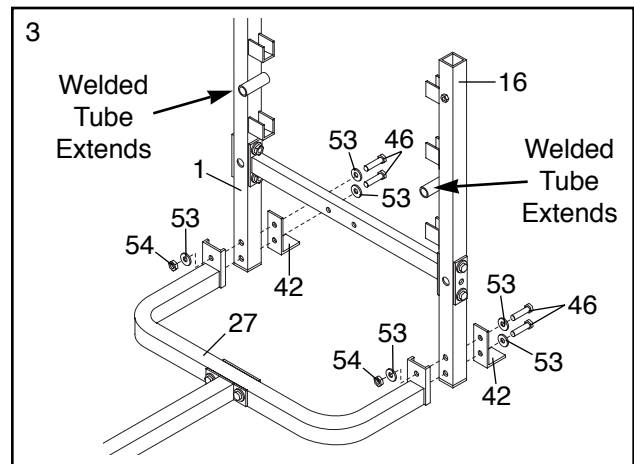
Attach the Front Leg (8) to the Front Base (29) with two M8 x 50mm Carriage Bolts (45), two M8 Washers (20) and two M8 Nylon Locknuts (39).

- Attach a Dip Handle (24) to one of the Weight Rests (19) with an M8 x 60mm Bolt (43), an 11mm x 10.5mm Spacer (44), two M8 Washers (20) and an M8 Nylon Locknut (39). Slide a Handgrip (12) onto the Dip Handle. Press a 25.4mm Round Inner Cap (59) into the end of the Dip Handle.

Attach the other Dip Handle (24) to the other Weight Rest (19) in the same manner.

Attach the Right Barbell Hook (28) to the Weight Rest (19) with an M8 Washer (20) and an M8 Nylon Locknut (39). **The Barbell Hook must be oriented as shown.**

Attach the Left Barbell Hook (30) to the other Weight Rest (19) in the same manner.

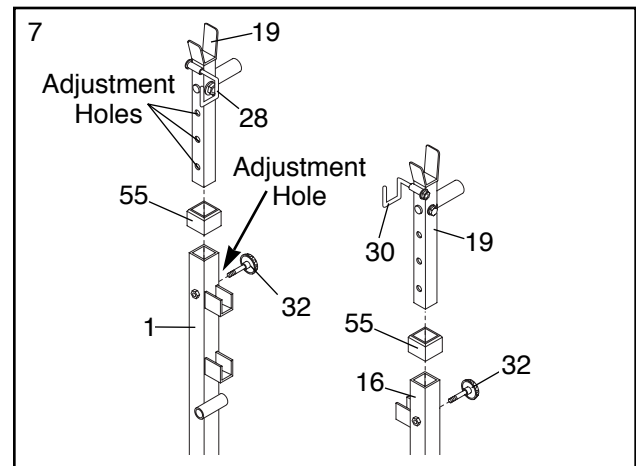




- Press a 50mm Square Bushing (55) onto the top end of each Upright (1, 16).

Slide the Weight Rest (19) with The Right Barbell Hook (28) down into the Right Upright (1). Align one of the adjustment holes in the Weight Rest with the adjustment hole in the Upright. Tighten the Large Threaded Knob (32) into the adjustment hole in the Upright.

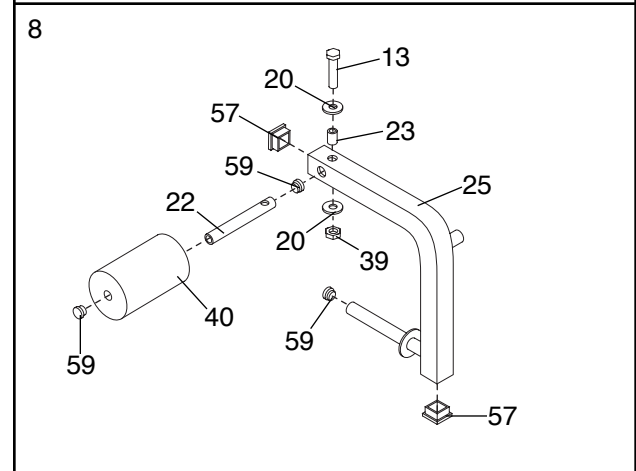
Attach the Weight Rest (19) with the Left Barbell Hook (30) to the Left Upright (16) in the same manner.



- Attach a Fly Arm Pad Tube (22) to the Right Fly Arm (25) with an M8 x 50mm Bolt (13), an 11mm x 7mm Spacer (23), two M8 Washers (20) and an M8 Nylon Locknut (39).

Press a 38mm Square Inner Cap (57) into each open end of the Right Fly Arm A (25). Press a 25.4mm Round Inner Cap (59) into the end of the weight tube on the Fly Arm. Press a 25.4mm Round Inner Cap into each end of the Fly Arm Pad Tube (22). Slide a Foam Pad (40) onto the Fly Arm Pad Tube.

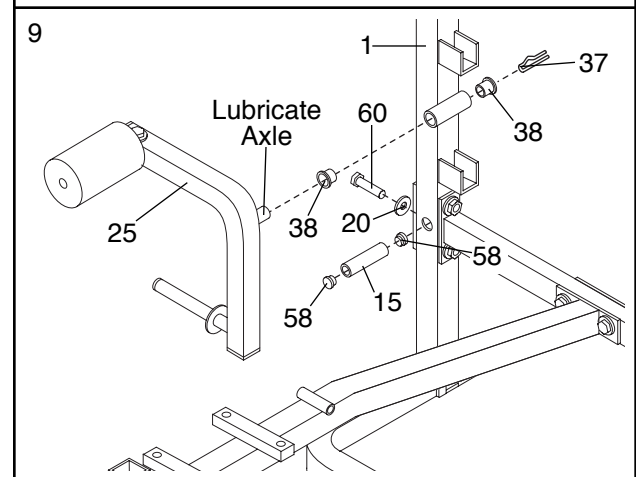
Assemble the Left Fly Arm (26, not shown) in the same manner.



- Press a 19mm Round Inner Cap (58) into each end of a Fly Arm Stop (15). Attach the Fly Arm Stop (15) to the Right Upright (1) with an M8 x 30mm Screw (60) and an M8 Washer (20).

Attach the other Fly Arm Stop (not shown) to the Left Upright (not shown) in the same manner.

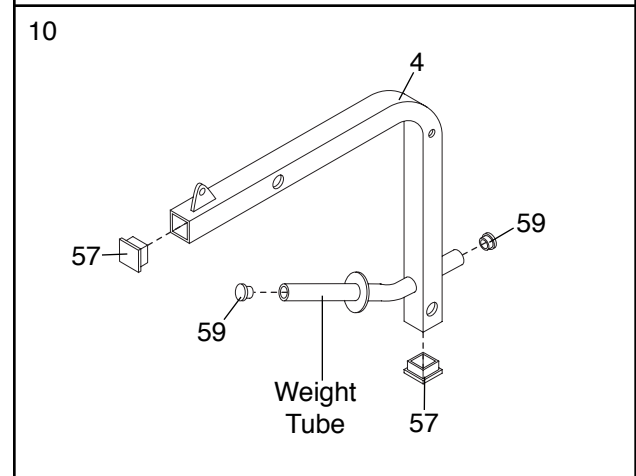
Press two Nylon Bushings (38) into the Right Upright (1). Lubricate the axle on the Right Fly Arm (25). Slide the axle into the Nylon Bushings in the Upright. Slide a Spring Clip (37) into the end of the axle. **Make sure the Spring Clip locks into place in the drilled hole near the end of the axle.**



Attach the Left Fly Arm (26, not shown) to the Left Upright (16, not shown) in the same manner.

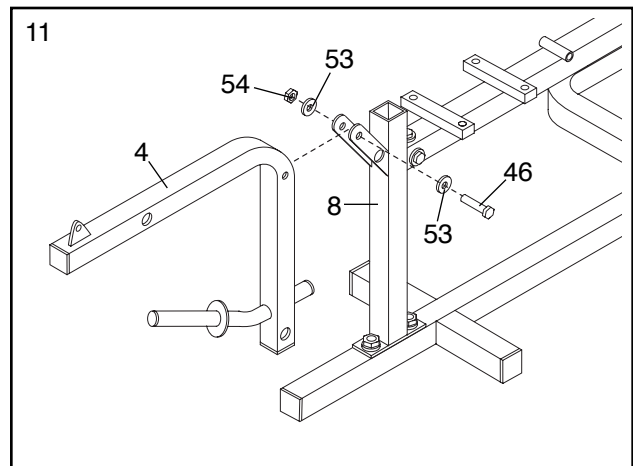
- Tap a 38mm Square Inner Cap (57) into each end of the Leg Lever (4).

Tap a 25.4mm Round Inner Cap (59) into each end of the weight tube.

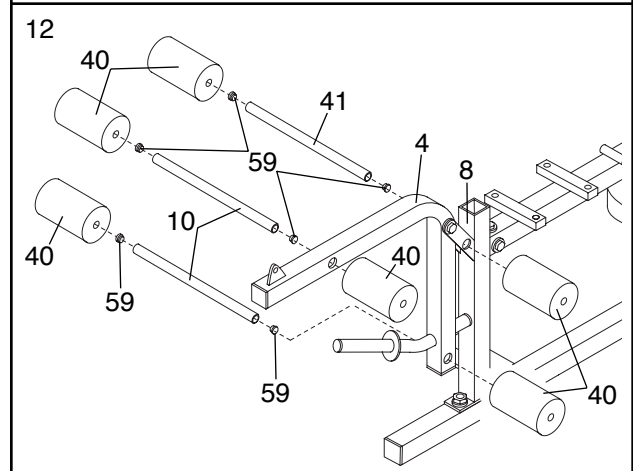




11. Lubricate the M10 x 75mm Bolt (46). Attach the Leg Lever (4) to the Front Leg (8) with the Bolt, two M10 Washers (53) and the M10 Nylon Locknut (54).



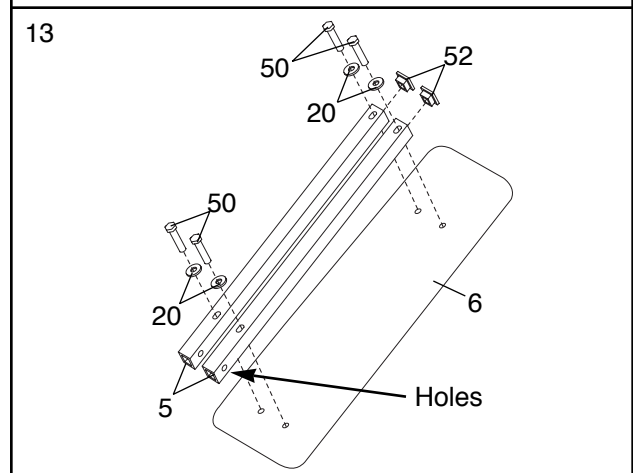
12. Press two 25.4mm Round Inner Caps (59) into each Short Pad Tube (10). Press a 25.4mm Round Inner Cap into each end of the Long Pad Tube (41).



Insert the Short Pad Tubes into the holes in the Leg Lever (4). Slide two Foam Pads (40) onto each Pad Tube.

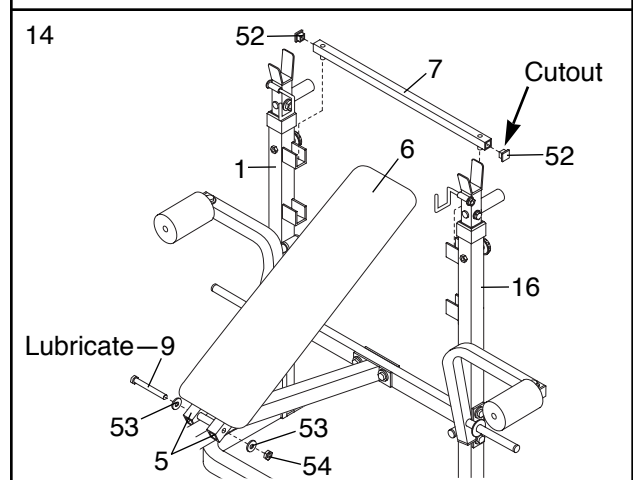
Insert the Long Pad Tube (41) into the holes in the Front Leg (8). Slide a Foam Pad (40) onto each end of the Long Pad Tube.

13. Press a 1" Square Inner Cap (52) into the indicated end of each Backrest Tube (5).



Attach each Backrest Tube (5) to the Backrest (6) with two M8 x 40mm Screws (50) and two M8 Washers (20). **The Backrest Tubes must be oriented as shown (note the position of the indicated holes).**

14. Press a 1" Square Inner Cap (52) into each end of the Support Tube (7). **Note: Make sure the "U"-shaped cutout is lined up with the welded pin inside the Support Tube.**

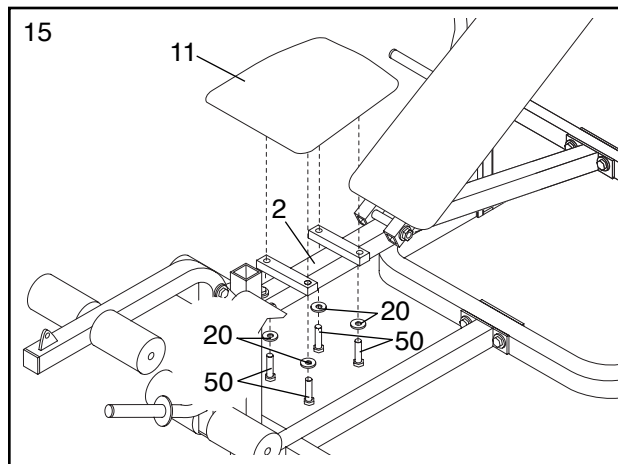


Set the Support Tube into the highest set of adjustment brackets on the Uprights (1, 16).

Lubricate the M10 x 130mm Bolt (9). Attach the Backrest Tubes (5) to the Frame (2) with the M10 x 130mm Bolt, two M10 Washers (53) and an M10 Nylon Locknut (54). **Do not overtighten the Nylon Locknut.**

Rest the Backrest (6) on the Support Tube (7).

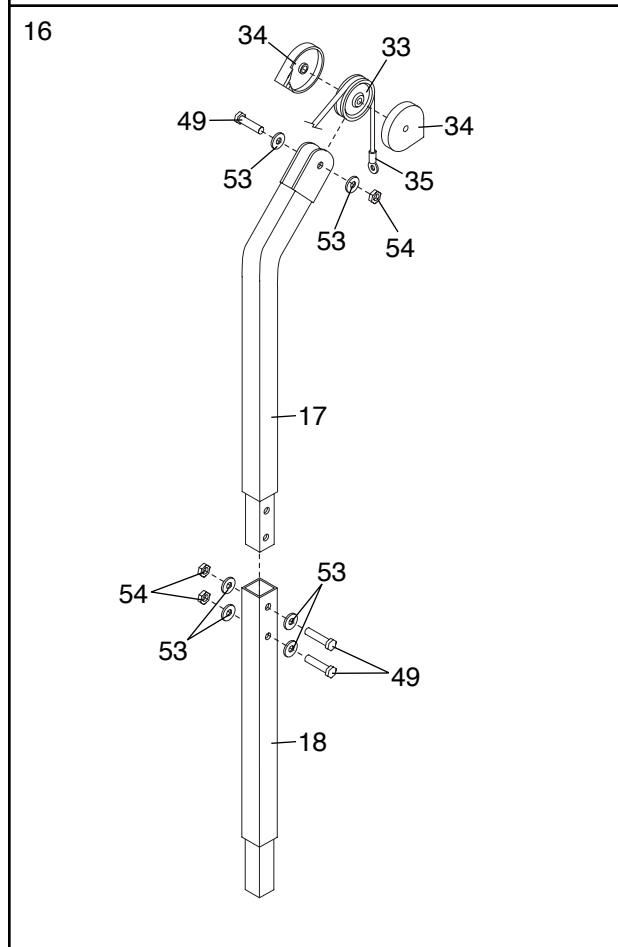
15. Attach the Seat (11) to the brackets on the Frame (2) with four M8 x 40mm Screws (50) and four M8 Washers (20).



16. Slide the Upper Lat Tower (17) into the end of the Lower Lat Tower (18) and secure it with two M10 x 50mm Bolts (49), four M10 Washers (53) and two M10 Nylon Locknuts (54).

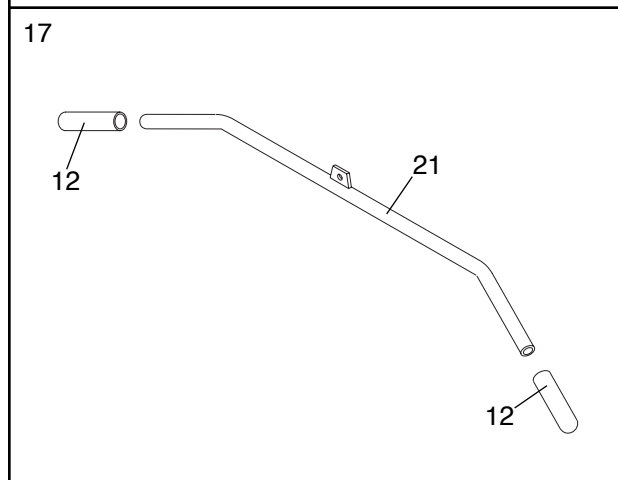
Wrap the Cable (35) around the Pulley (33). Place the Pulley and the Cable in the Pulley Covers (34). **Be sure that the Cable is in the grooves of the Pulley and Pulley Covers.**

Attach the Pulley (33) and Pulley Covers (34) to the Upper Lat Tower (17) with an M10 x 50mm Bolt (49), two M10 Washers (53) and an M10 Nylon Locknut (54).



17. Wet the ends of the Lat Bar (21) with soapy water. Slide a Handgrip (12) onto each end of the Lat Bar.

18. **Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in Using the Weight Bench starting on the next page.**



# Using the Weight Bench

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 14 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

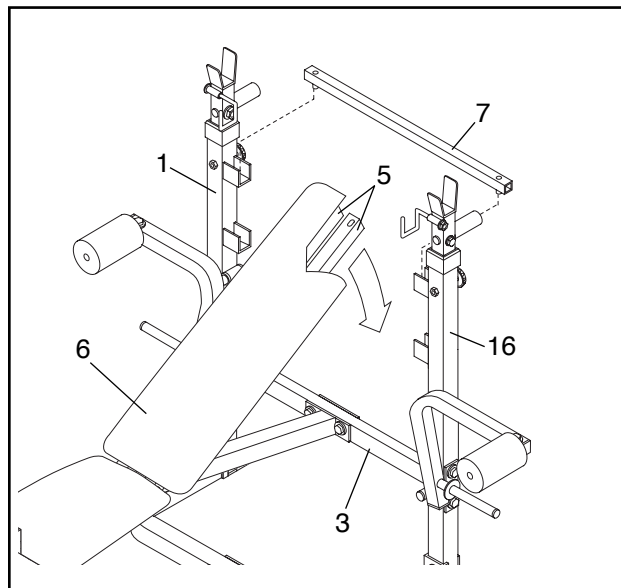
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

The Backrest (6) can be used in a level position, a declined position or two inclined positions. To use the Backrest in a **declined position**, remove the Support Tube (7) and lower the Backrest Tubes (5) onto the Crossbar (3).

To use the Backrest (6) in an **level position**, first lift the Backrest. Insert the Support Tube (7) into the lowest set of adjustment brackets on the Uprights (1, 16). Lower the Backrest Tubes (5) onto the Support Tube.

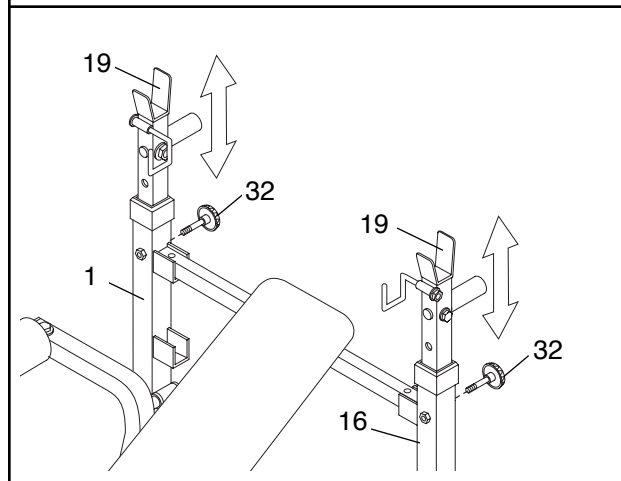
To use the Backrest (6) in an **inclined position**, lift the Backrest. Insert the Support Tube (7) into one of the two upper sets of adjustment brackets on the Uprights (1, 16). Lower the Backrest Tubes (5) onto the Support Tube.



## ADJUSTING THE WEIGHT RESTS/DIP HANDLES

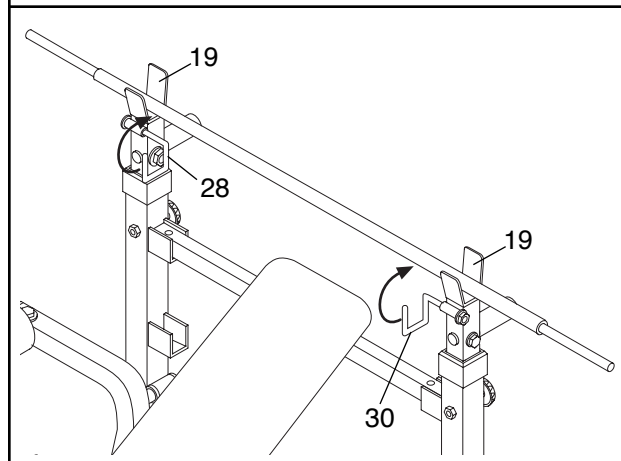
To adjust the Weight Rests (19)/Dip Handles (24), remove the Large Threaded Knobs (32) from the Uprights (1, 16). Move the Weight Rests/Dip Handles to the desired height. Replace the Large Threaded Knobs. **Both Weight Rests/Dip Handles must be set to the same height.**

**Note: When using the Dip Handles (24), you must always place 100 pounds on the leg lever to balance the weight bench (see IMPORTANT PRECAUTIONS #12, #13 on page 3 and ATTACHING WEIGHTS TO THE WEIGHT BENCH on page 12).**



## USING BARBELL HOOKS

To change weights while your barbell (not included) is on the Weight Rests (19), secure your barbell with the Barbell Lock Pins (28, 30) by rotating them up over the barbell. This will reduce the possibility of the barbell tipping while you change weights.



## ATTACHING WEIGHTS TO THE WEIGHT BENCH

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube. **WARNING: Do not place more than 50 pounds on the Leg Lever for normal use; when using the dip handles, place 100 pounds on the leg lever to balance the bench.**

To use the Fly Arms (25, 26), slide the desired weights (not included) onto the weight tubes. **WARNING: Do not place more than 30 pounds on each Fly Arm.**

## REMOVING AND ATTACHING THE FLY ARMS

To remove the Fly Arms (25, 26), press the Spring Clips (37) until the Arms can be slid out from the Uprights (1, 16).

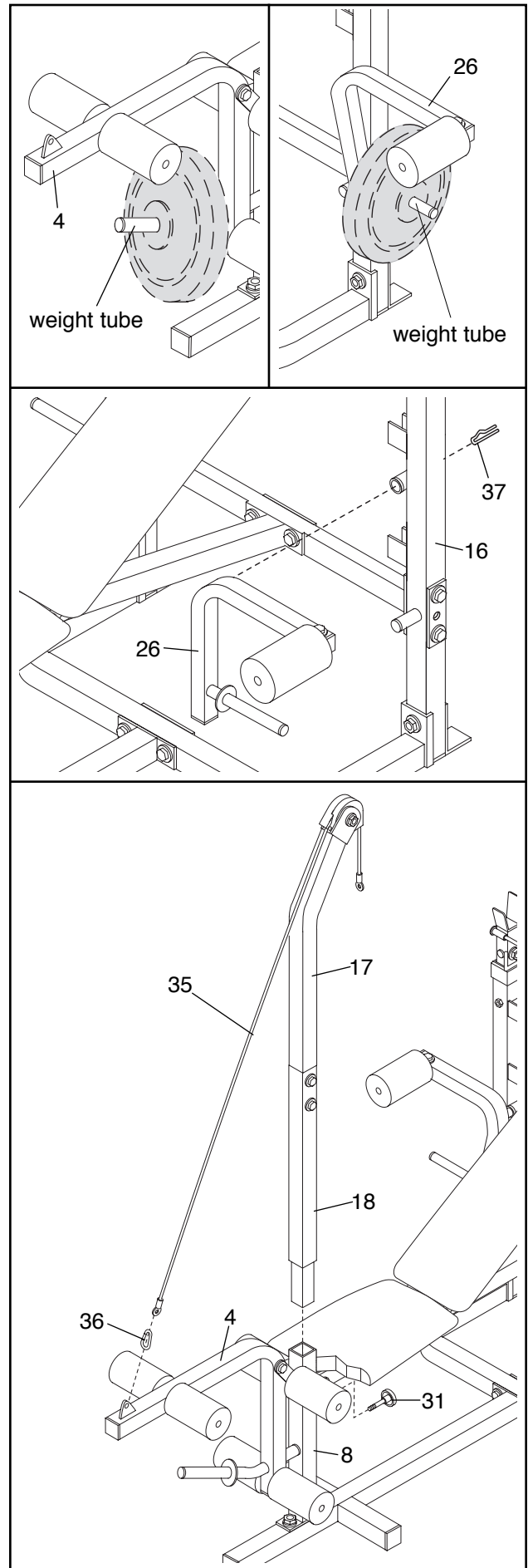
To re-attach the Fly Arms (25, 26), press the Spring Clips (37) until the Arms can be slid back into the Uprights (1, 16). Be sure that the Spring Clips lock into place once the Arms have been re-inserted. **Note: The Spring Clip should remain in the axle; it is shown removed for easier part identification.**

## USING THE LAT TOWER

To attach the Lat Tower (17, 18) to the weight bench, insert the lower end of the Lat Tower into the Front Leg (8). **The Lat Tower must be turned as shown.** Secure the Lat Tower with the Small Threaded Knob (31).

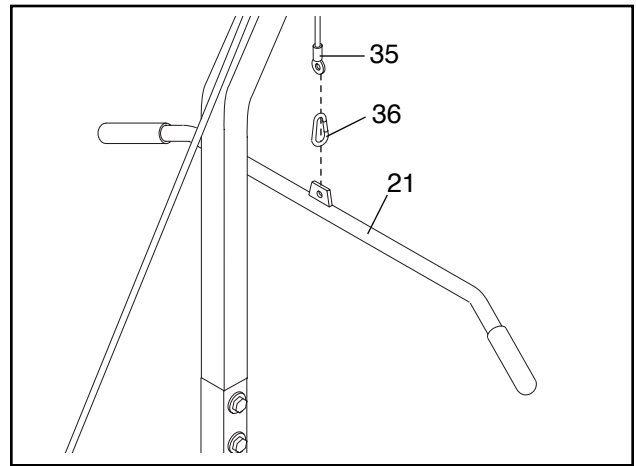
To use the Lat Tower, make sure the Cable (35) is attached to the bracket on the Leg Lever (4) with a Cable Clip (36). Place the desired amount of weight on the Leg Lever (see ATTACHING WEIGHTS TO THE WEIGHT BENCH above).

To remove the Lat Tower (17, 18) from the weight bench, remove the Small Threaded Knob (31) from the Front Leg (8). Remove the Lat Tower from the Front Leg. Store the Lat Tower in a safe place.



## ATTACHING THE LAT BAR

Attach the Lat Bar (21) to the Cable (35) with a Cable Clip (36). **WARNING: Always remove the Lat Bar from the weight bench when performing an exercise that does not use the lat bar.**



# Exercise Guidelines

## THE FOUR BASIC TYPES OF WORKOUTS

### • Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or 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 performed consecutively.)

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

### • Toning

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

### • Weight Loss

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

### • Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

### WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from 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

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 15 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest

for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing 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

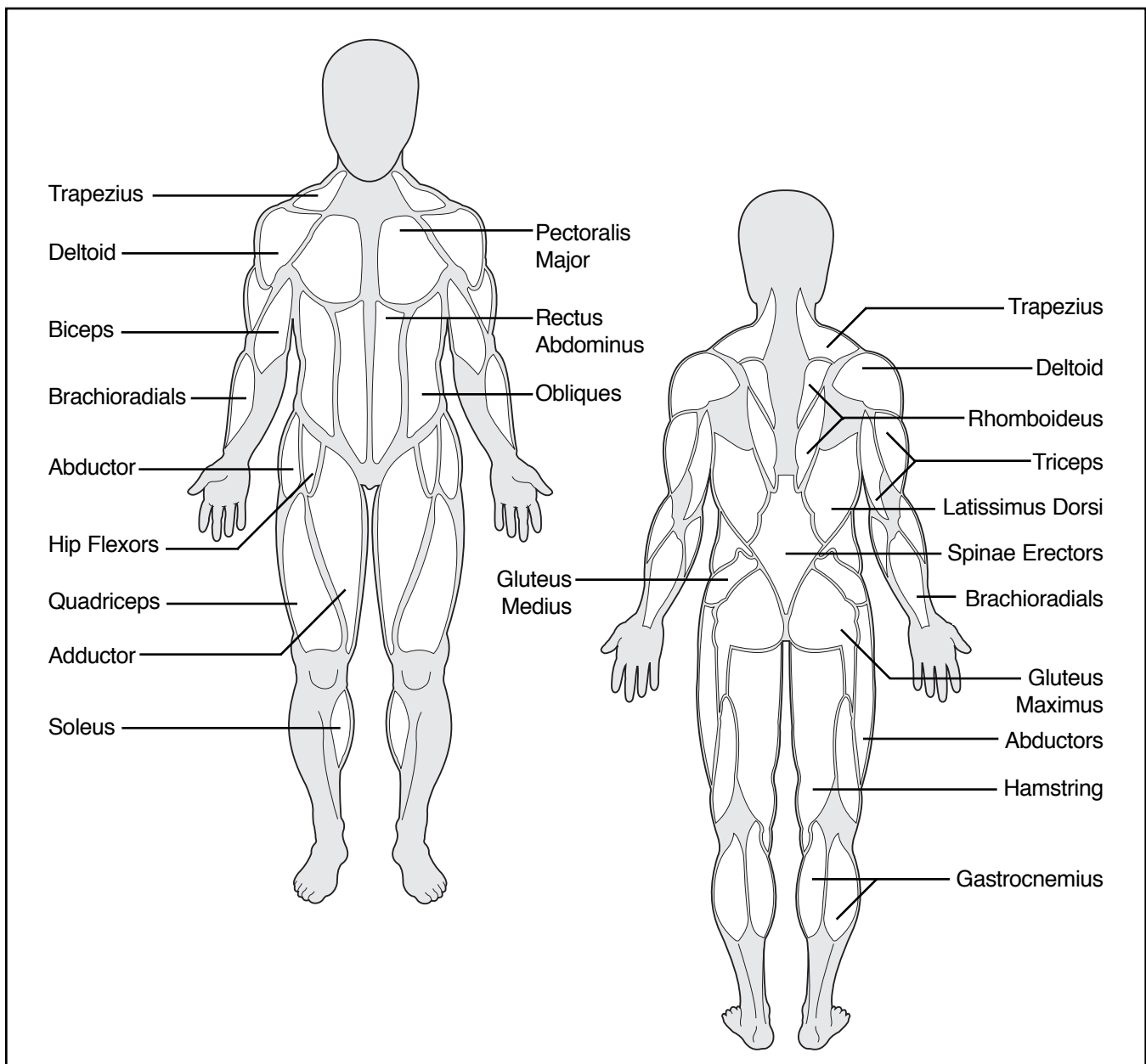
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 16 and 17 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and 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





<b>MONDAY</b> Date: _____ /   /	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>

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**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_  
 /   /

<b>WEDNESDAY</b> Date: _____ /   /	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>

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**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_  
 /   /

<b>FRIDAY</b> Date: _____ /   /	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>

Make photocopies of this page for scheduling and recording your workouts.

<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

**TUESDAY AEROBIC EXERCISE**

Date: / /

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

**THURSDAY AEROBIC EXERCISE**

Date: / /

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

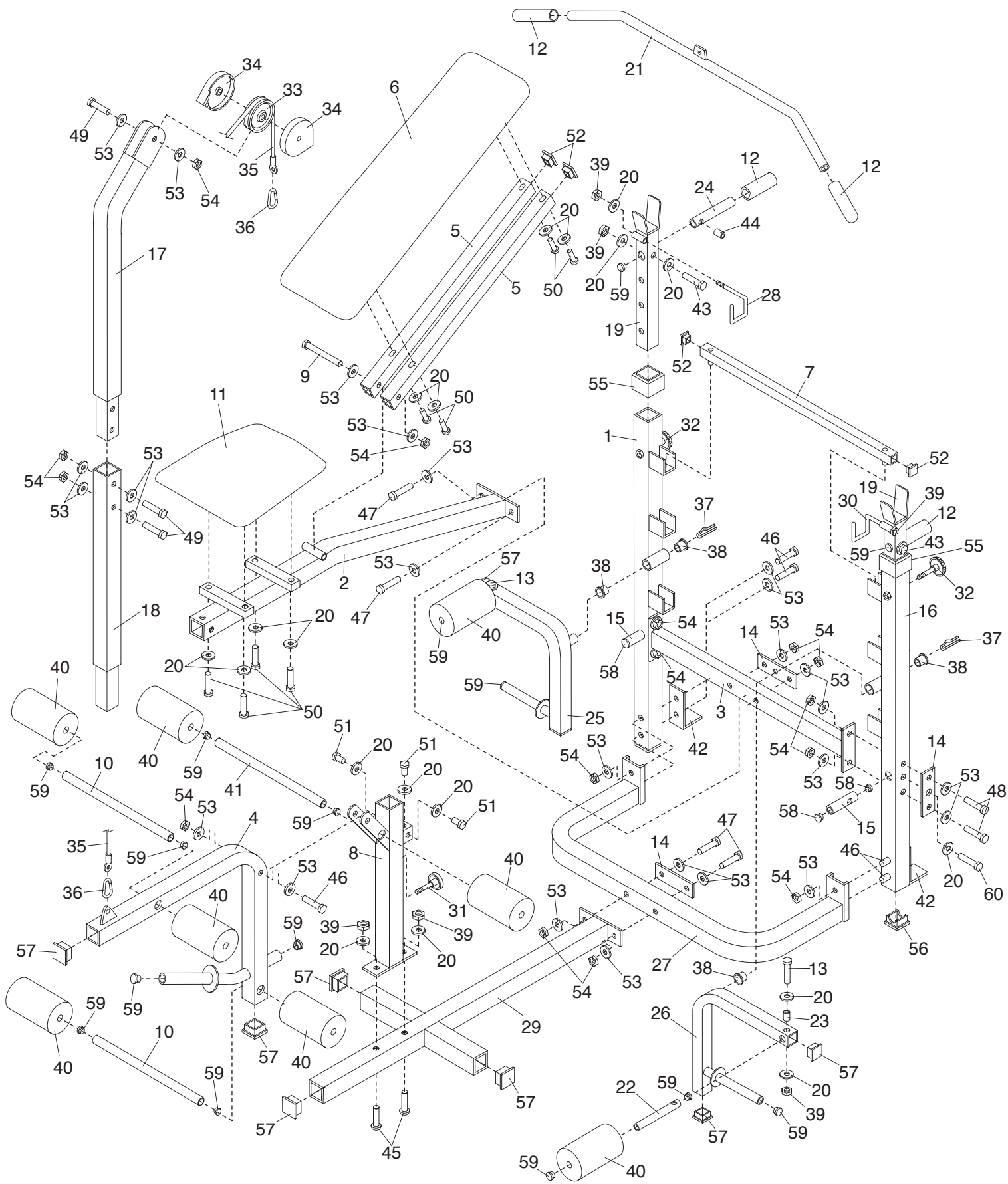
Make photocopies of this page for scheduling and recording your workouts.

# Part List - Model No. WEBE14871

R0699A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Upright	32	2	Large Threaded Knob
2	1	Frame	33	1	Pulley
3	1	Crossbar	34	2	Pulley Cover
4	1	Leg Lever	35	1	Cable
5	2	Backrest Tube	36	2	Cable Clip
6	1	Backrest	37	2	Spring Clip
7	1	Support Tube	38	4	Nylon Bushing
8	1	Front Leg	39	8	M8 Nylon Locknut
9	1	M10 x 130mm Bolt	40	8	Foam Pad
10	2	Short Pad Tube	41	1	Long Pad Tube
11	1	Seat	42	2	"L" Bracket
12	4	Handgrip	43	2	M8 x 60mm Bolt
13	2	M8 x 50mm Bolt	44	2	11mm x 10.5mm Spacer
14	4	Support Plate	45	2	M8 x 50mm Carriage Bolt
15	2	Fly Arm Stop	46	5	M10 x 75mm Bolt
16	1	Left Upright	47	4	M10 x 60mm Bolt
17	1	Upper Lat Tower	48	4	M10 x 70mm Bolt
18	1	Lower Lat Tower	49	3	M10 x 50mm Bolt
19	2	Weight Rest	50	8	M8 x 40mm Screw
20	25	M8 Washer	51	3	M8 x 16mm Screw
21	1	Lat Bar	52	4	1" Square Inner Cap
22	2	Fly Arm Pad Tube	53	32	M10 Washer
23	2	11mm x 7mm Spacer	54	15	M10 Nylon Locknut
24	2	Dip Handle	55	2	50mm Square Bushing
25	1	Right Fly Arm	56	2	50mm Square Inner Cap
26	1	Left Fly Arm	57	9	38mm Square Inner Cap
27	1	Rear Base	58	4	19mm Round Inner Cap
28	1	Right Barbell Hook	59	16	25.4mm Round Inner Cap
29	1	Front Base	60	2	M8 x 30mm Screw
30	1	Left Barbell Hook	#	1	User's Manual
31	1	Small Threaded Knob	#	1	Exercise Poster

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



# Ordering Replacement Parts

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

1. The MODEL NUMBER of the product (WEBE14871).
2. The NAME of the product (WEIDER® 148 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 18 of this manual).