

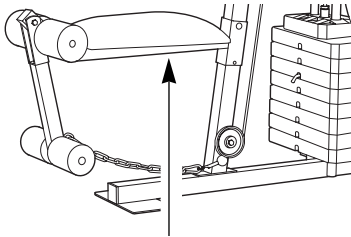


WEIDER PRO

Model No. WESY41080

Serial No. _____

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



Serial Number Decal (Under Seat)

9835

USER'S MANUAL

QUESTIONS?

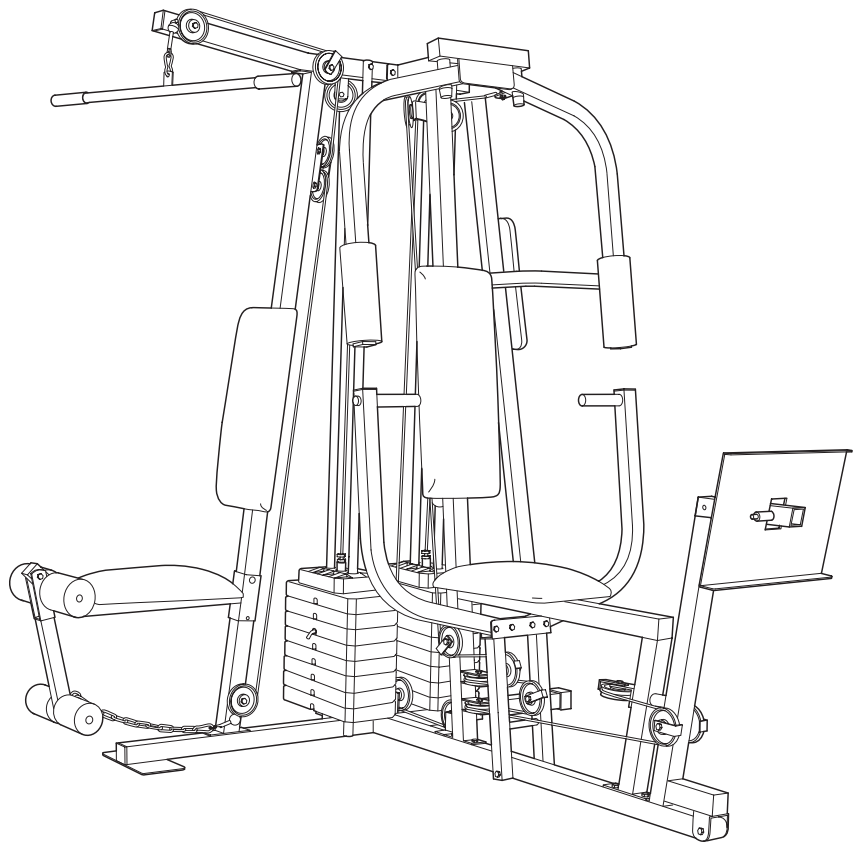
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

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

PATENT PENDING

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

Important Precautions

WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the home gym system.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the home gym system only on a level surface. Cover the floor or carpet beneath the home gym system for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Make sure the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure the cables are on all of the pulleys.
7. Always stand on a foot plate when performing an exercise that could cause the home gym system to tip.
8. Keep children under the age of 12 and pets away from the home gym system at all times.
9. Keep hands and feet away from moving parts.
10. Always wear athletic shoes for foot protection when exercising.
11. Never release the press arm, butterfly arms, leg lever, lat bar or handle while weights are raised. The weights will fall with great force.
12. Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.
13. The home gym system is intended for home use only. Do not use the home gym system in a commercial, rental or institutional setting.
14. When using the leg press station, always make sure the lock pin is fully inserted and folded down, so it cannot slide out (see page 24).
15. Do not use the VKR station when either weight stack is in use.

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

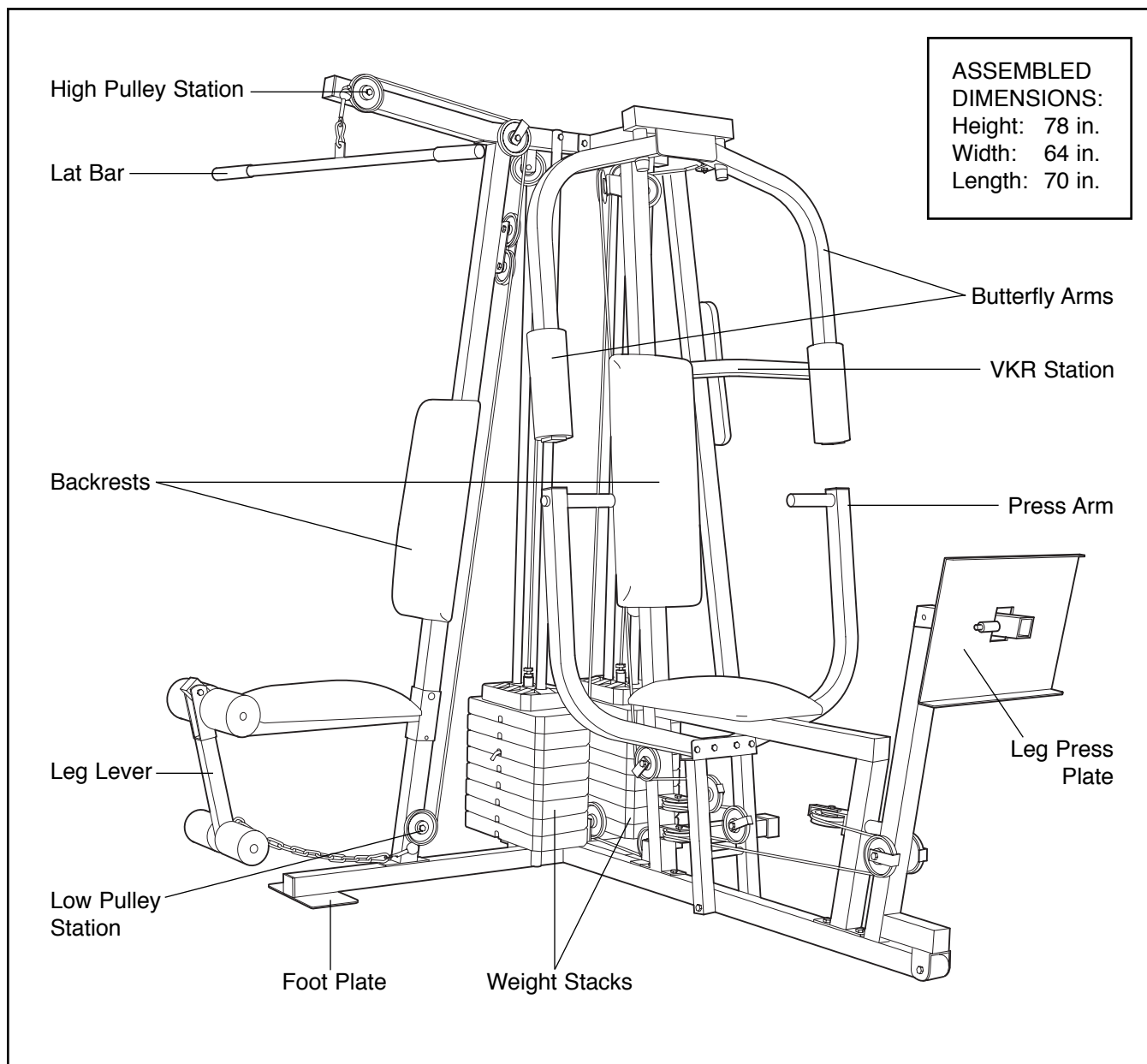
Before You Begin

Thank you for selecting the versatile WEIDER PRO® 9835 Home Gym System. The WEIDER PRO® 9835 offers a 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® 9835 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER PRO® 9835 Home Gym System. 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 WESY41080. The serial number can be found on a decal attached to the WEIDER PRO® 9835 (see the front cover of this manual).

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



Assembly

Note: This introduction will save you more time than it takes to read it!

Making Things Easier for Yourself

Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts. The assembly process will take time—possibly several hours. You may want to complete the process over a couple of evenings. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

Giving Yourself a Good Start

Before you begin the assembly process itself, take the time to complete the steps outlined here.

Clearing the Workspace

Clear a workspace that is large enough to hold all parts and allow you to walk all the way around the assembled equipment.

Unpacking the Box

To make the assembly process as smooth as possible, we have broken it into separate stages. All parts used in each stage are found in individual packages in the shipping box. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Important: Wait until you begin each assembly stage to open the parts bag labeled for that assembly stage.

Identifying Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART located in the center of this manual. Place the chart on the floor or work table and use it to quickly identify different parts as you open the packages for each step.

Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

Orienting Parts





As you assemble this product, make sure all parts are oriented as shown in the drawings.

Tightening of Parts

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

Lining Up the Tools

Assembly requires the following tools (not included):

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water
- Tape, such as clear tape or masking tape

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.

The Four Stages of the Assembly Process

Frame Assembly

You will begin by assembling the base and the upright frames that serve as the skeleton of the equipment. The seats and all moving parts will be attached to the frame.

Arm Assembly

Completes the press and butterfly arms that you operate while you are exercising.

Cable Assembly

Completes the cables and pulleys that connect the moving arms with each other and with the weights. This ties the different parts together and makes the equipment function as a unit

Seat Assembly

Completes the seats and backrests that support your body while you are exercising.

Frame Assembly

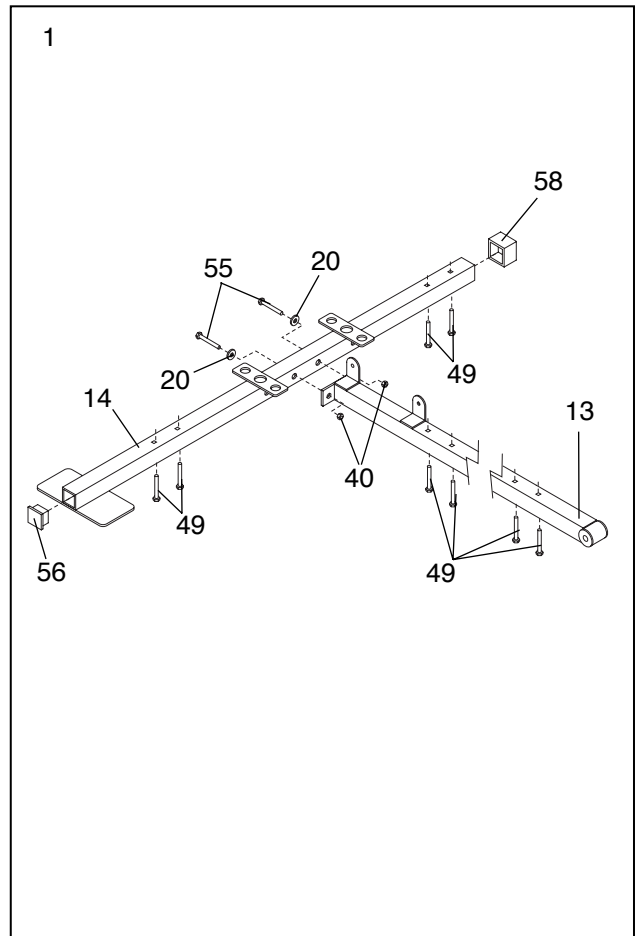
1. Before beginning assembly, make sure you have read and understand the information in the box above.

Locate and open the parts bags labeled "FRAME ASSEMBLY BAG ONE" and "FRAME ASSEMBLY BAG TWO."

Press a 2" Square Outer Cap (58) onto the indicated end of the Weight Base (14). Press a 2" Square Inner Cap (56) into the indicated end of the Weight Base.

Insert four 5/16" x 2 1/2" Carriage Bolts (49) up through the Weight Base (14) and place it flat on the floor. Insert four 5/16" x 2 1/2" Carriage Bolts (49) up through the Press Base (13) and place it on the floor next to the Weight Base.

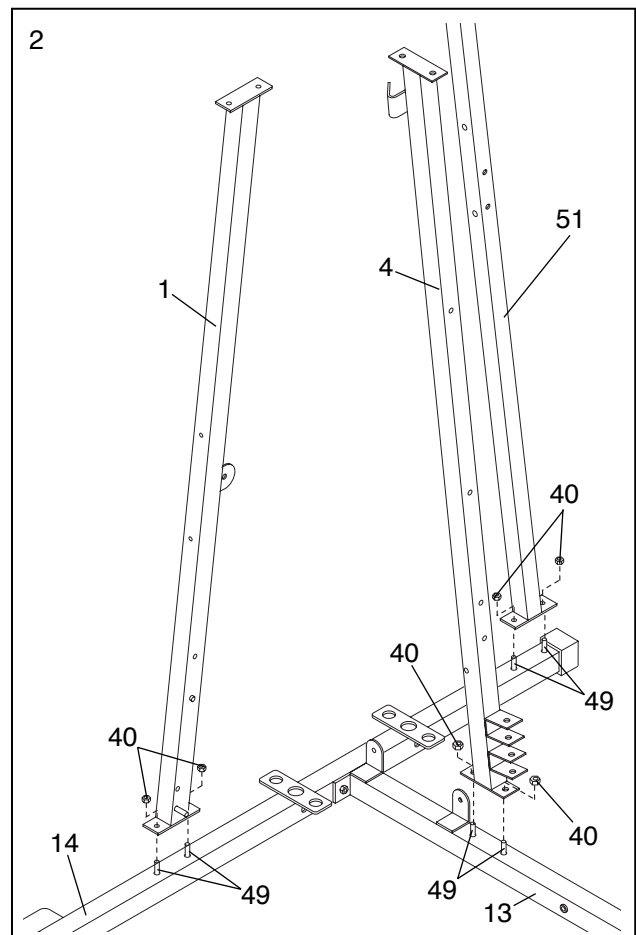
Attach the Press Base (13) to the Weight Base (14) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**



2. Slide the Lat Upright (1) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Weight Base (14). Hand tighten two 5/16" Nylon Locknuts (40) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

Slide the VKR Upright (51) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Weight Base (14). Hand tighten two 5/16" Nylon Locknuts (40) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

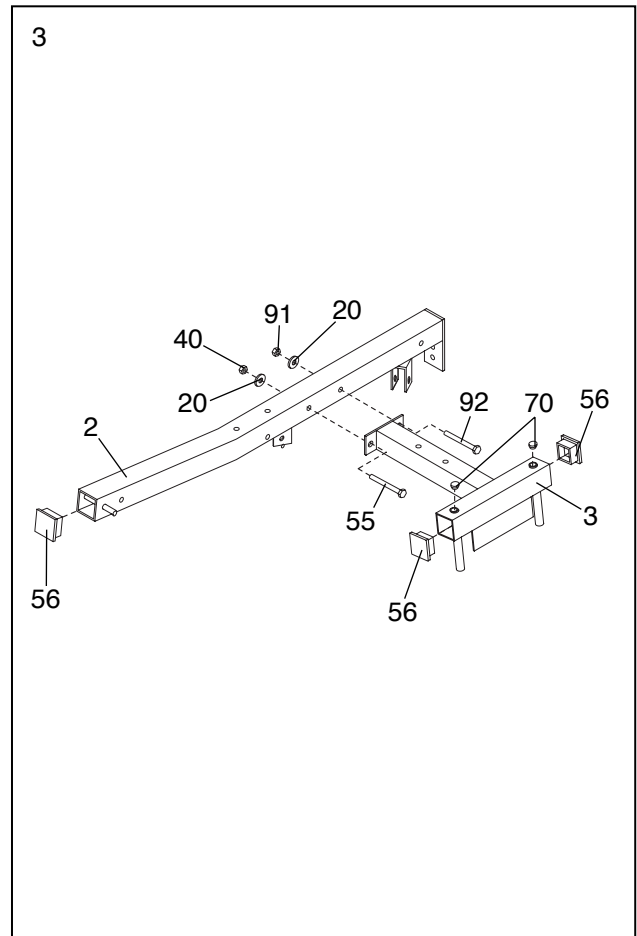
Slide the Leg Press Upright (4) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Press Base (13). Hand tighten two 5/16" Nylon Locknuts (40) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**



3. Press a 2" Square Inner Cap (56) into the end of the Top Frame (2). Press a 2" Square Inner Cap (56) into each side of the Butterfly Frame (3). Press two 1" Round Inner Caps (70) into the top of the Butterfly Frame.

Insert a 5/16" x 3" Bolt (92) through the bracket on the Butterfly Frame (3) and the Top Frame (2). **Make sure that the Bolt is on the side shown.** Tighten a 5/16" Nylon Jam Nut (91) with a 5/16" Washer (20) onto the Bolt.

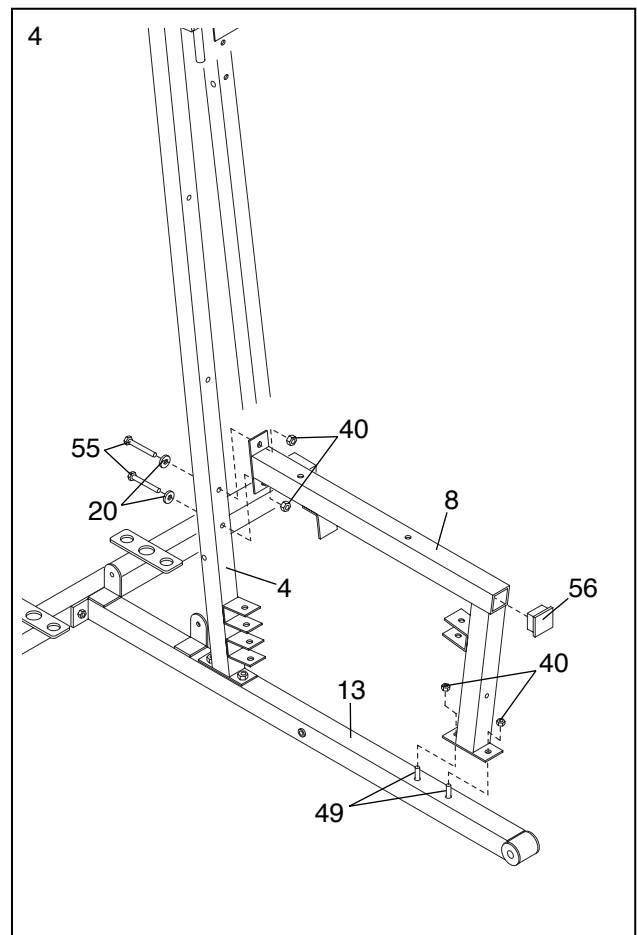
Insert a 5/16" x 2 3/4" Bolt (55) through the bracket on the Butterfly Frame (3) and the Top Frame (2). **Make sure that the Bolt is on the side shown.** Hand tighten a 5/16" Washer (20) and a 5/16" Nylon Locknut (40) onto the Bolt.



4. Slide the Front Seat Frame (8) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Press Base (13). Hand tighten two 5/16" Nylon Locknuts (40) onto the Carriage Bolts.

Attach the other end of the Front Seat Frame (8) to the Leg Press Upright (4) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40).

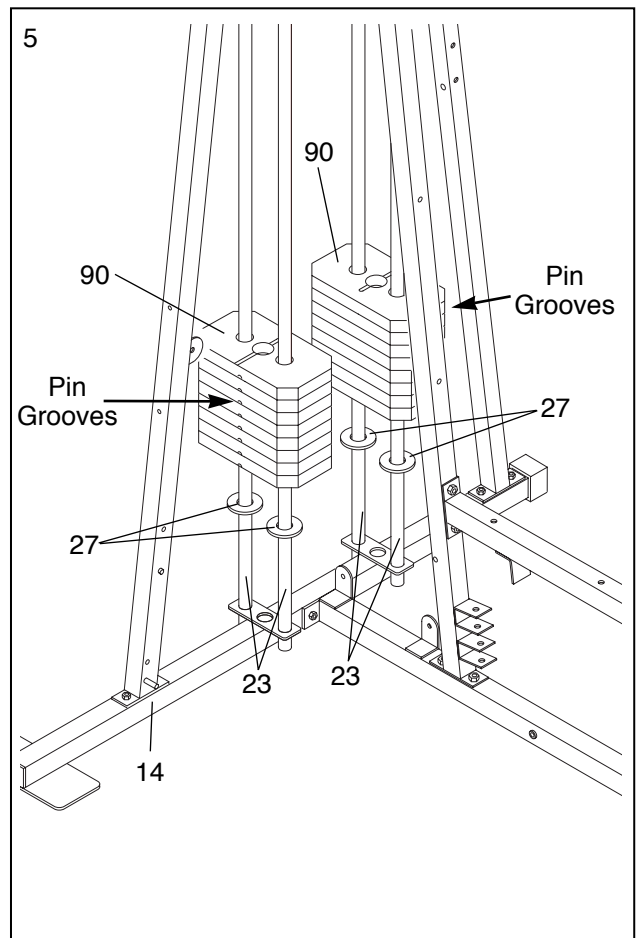
Press a 2" Square Inner Cap (56) into the Front Seat Frame (8).



5. Insert two Weight Guides (23) into each of the brackets on the Weight Base (14).

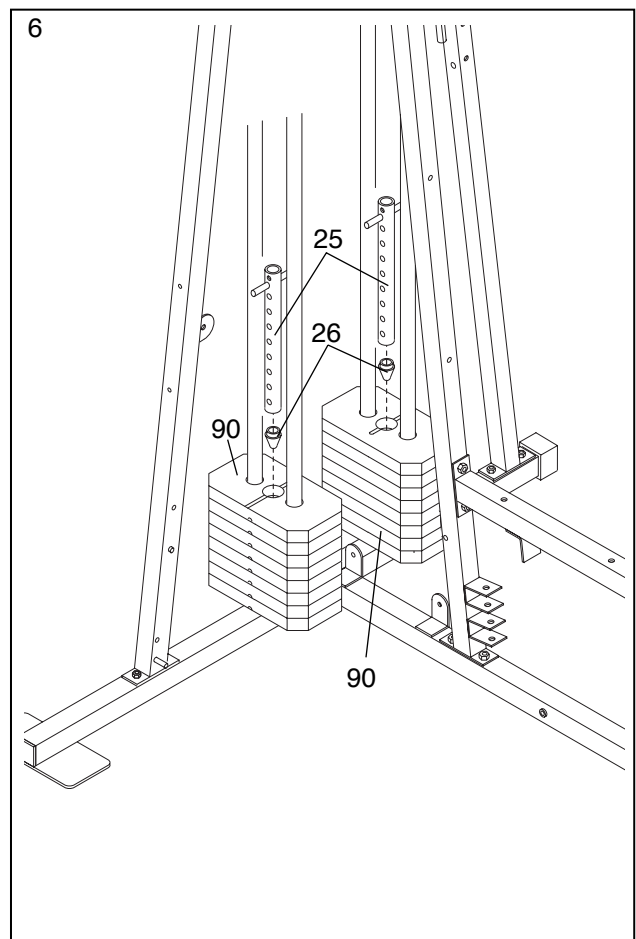
Slide a Weight Bumper (27) onto each of the Weight Guides (23).

Slide eight Weights (90) onto each set of Weight Guides (23). **Make sure the pin grooves are on the indicated side of each stack of Weights.**

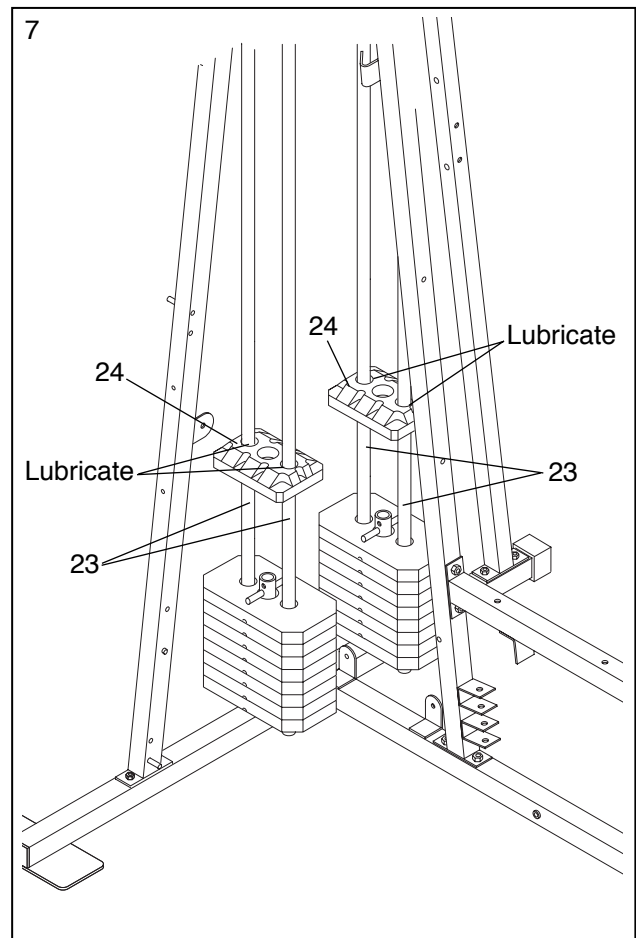


6. Press a Weight Tube Bumper (26) into each Weight Tube (25).

Insert a Weight Tube (25) into each stack of Weights (90). **Make sure the pins on the Weight Tubes are in the pin grooves in the upper Weights.**



- Lubricate the insides of the holes in the Top Weights (24) as shown. Slide a Top Weight onto each set of Weight Guides (23).

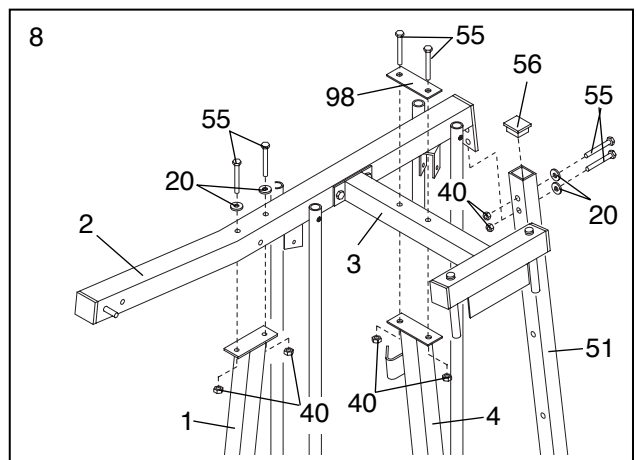


- Attach the Top Frame (2) to the Lat Upright (1) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

Attach the Butterfly Frame (3) to the Leg Press Upright (4) with two 5/16" x 2 3/4" Bolts (55), the Support Plate (98) and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

Press a 2" Square Inner Cap (56) into the top end of the VKR Upright.

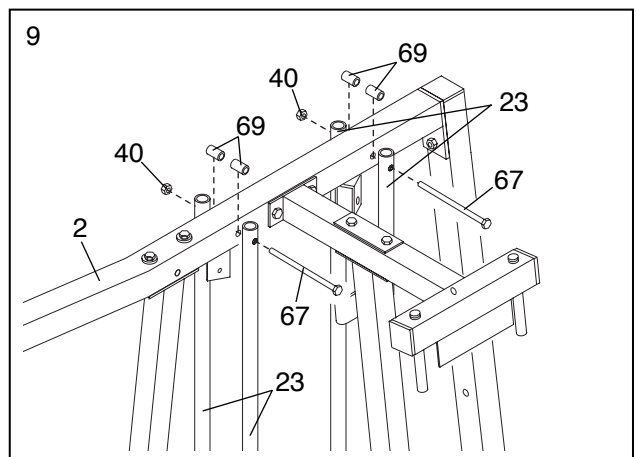
Attach the VKR Upright (51) to the bracket on the Top Frame (2) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**



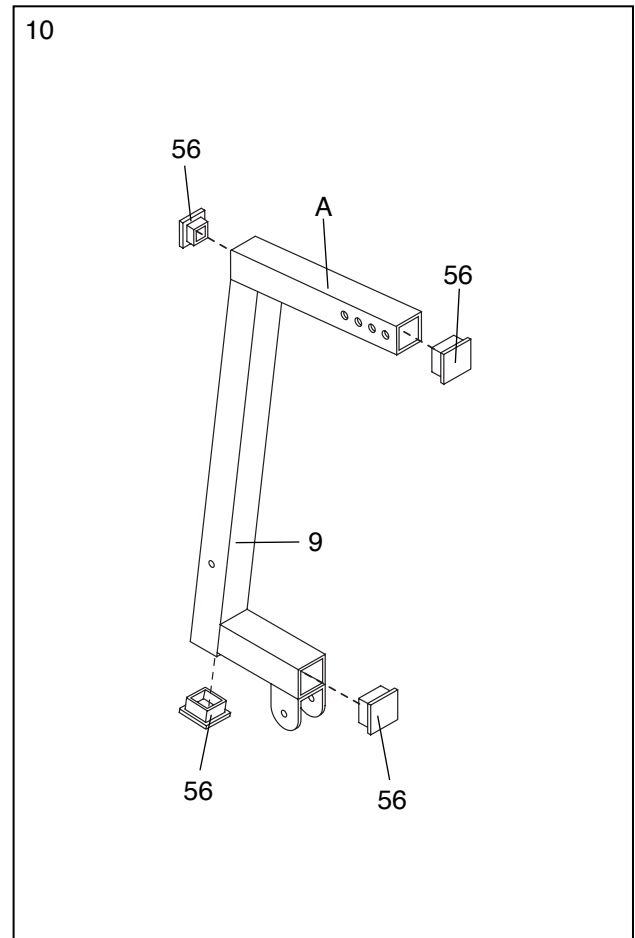
- Attach the upper ends of one set of Weight Guides (23) to the Top Frame (2) with a 5/16" x 6" Bolt (67), two 1/2" x 3/4" Spacers (69) and a 5/16" Nylon Locknut (40).

Attach the upper ends of the other set of Weight Guides (23) in the same manner.

Before continuing, firmly tighten all nylon locknuts used in steps 1 through 9.



10. Press a 2" Square Inner Cap (56) into each end of the Leg Press Arm (9).

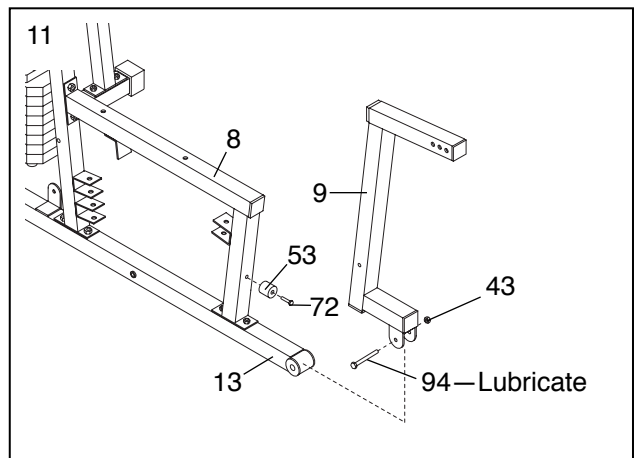


Arm Assembly

11. Locate and open the parts bag labeled "ARM ASSEMBLY."

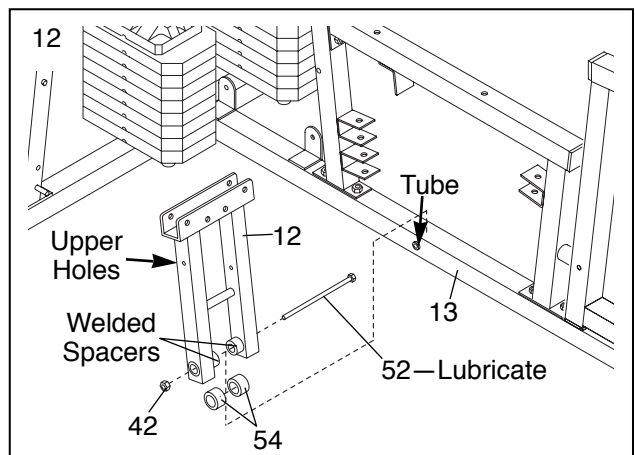
Attach the Leg Press Bumper (53) to the Front Seat Frame (8) with the 1" Tap Screw (72).

Lubricate the 3/8" x 3" Bolt (94). Attach the Leg Press Arm (9) to the Press Base (13) with the Bolt and a 3/8" Nylon Jamnut (43). **Do not overtighten the Nylon Jamnut, it should be easy to pivot the Leg Press Arm.**



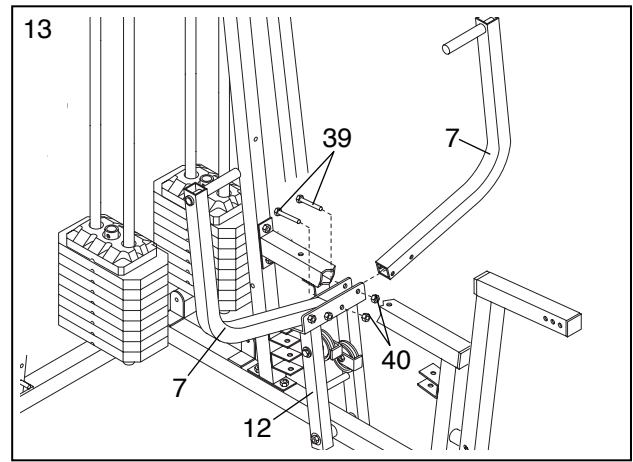
12. Press a 1" x 7/8" Plastic Bushing (54) onto each welded spacer on the Press Frame (12). Slide the Press Frame onto the Press Base (13) so that the Plastic Bushings are aligned with the indicated tube. **Note: This will be a tight fit. Make sure the Press Frame is oriented with the upper set of holes on the side shown.**

Lubricate the 3/8" x 8" Bolt (52). Attach the Press Frame (12) to the Press Base (13) with the Bolt and a 3/8" Nylon Locknut (42).



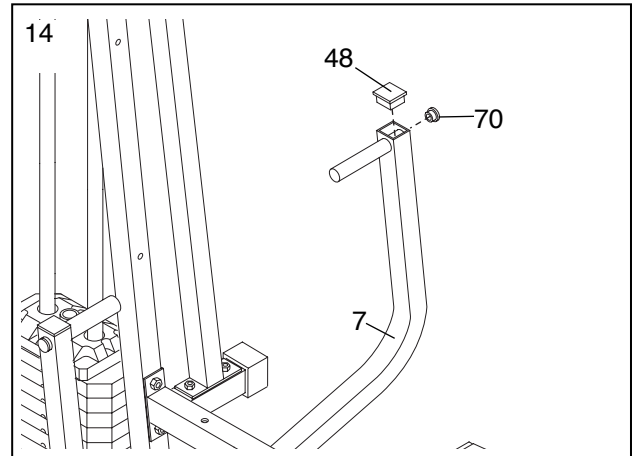
13. Attach a Press Arm (7) to one side of the Press Frame (12) with two 5/16" x 2 1/2" Bolts (39) and two 5/16" Nylon Locknuts (40).

Attach the other Press Arm (7) to the Press Frame (12) in the same manner.



14. Press a 1" Round Inner Cap (70) into one of the Press Arms (7). Press a 1 3/4" Square Inner Cap (48) into the Press Arm.

Repeat this step for the other Press Arm (not shown).



15. Lubricate both axles on the Butterfly Frame (3).

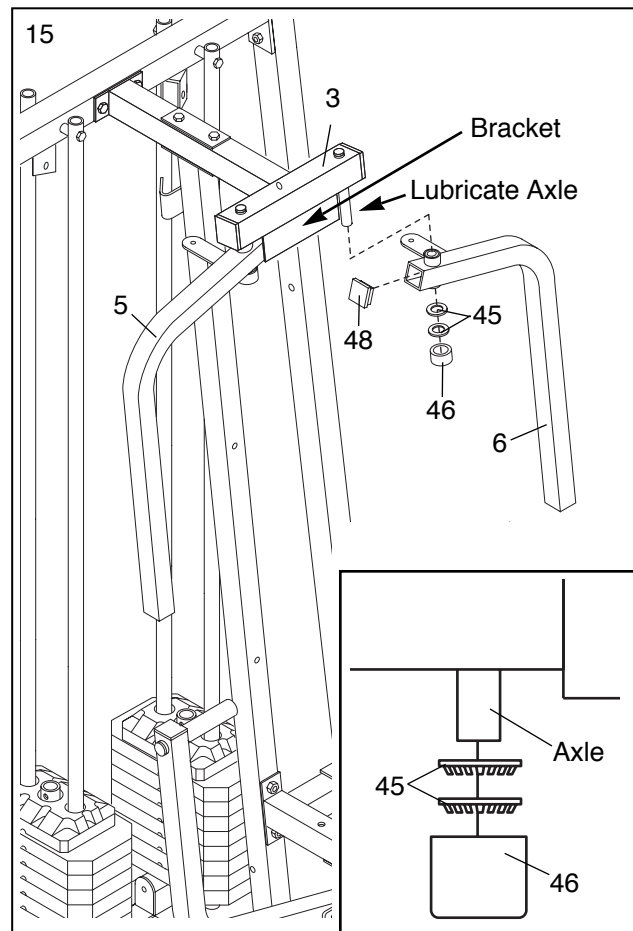
Refer to the drawing and identify the Right Arm (5) and the Left Arm (6) by imagining yourself sitting on the Seat.

Press a 1 3/4" Square Inner Cap (48) into the upper end of the Left Arm (6). Slide the Left Arm onto the indicated axle. **Note: Be careful not to confuse the Left Arm with the Right Arm (5). Make sure the upper end of the Left Arm is behind the indicated bracket on the Butterfly Frame (3).**

IMPORTANT NOTE: Before assembling the 1" Retainers (45) used in this step, make sure you thoroughly understand the step. The Retainers can be assembled only once. If they must be removed, you will need to order new Retainers.

Tap two 1" Retainers (45) and a 1" Round Outer Cap (46) onto the axle. **Make sure the teeth on the Retainers bend toward the Round Outer Cap, as shown in the inset drawing.**

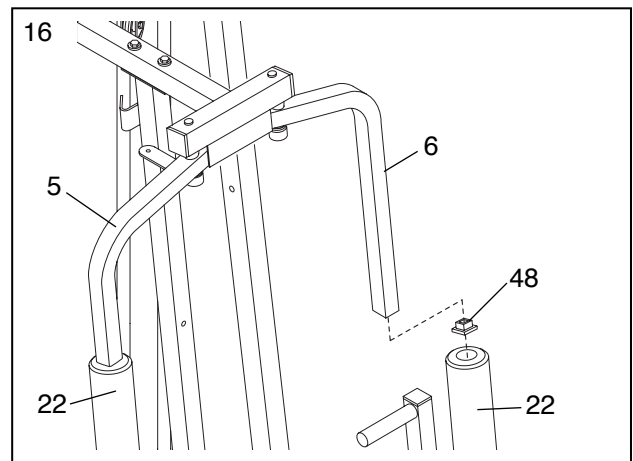
Attach the Right Arm (5) in the same manner.



16. Press a 1 3/4" Square Inner Cap (48) into the lower end of the Left Arm (6). Wet the lower end of the Left Arm with soapy water. Slide a 10" Pad (45) onto the Left Arm.

Repeat this step with the Right Arm (5).

Note: The remaining parts from the parts bag labeled "ARM ASSEMBLY" will be used in assembly step 55.

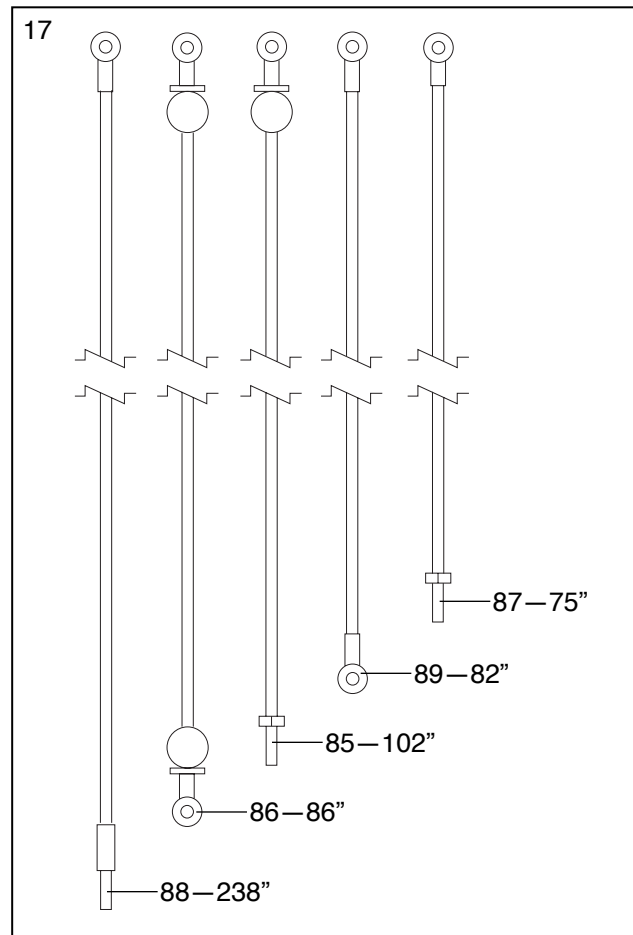


Cable Assembly

17. Locate and open the parts bags labeled "CABLE ASSEMBLY" and "PULLEYS."

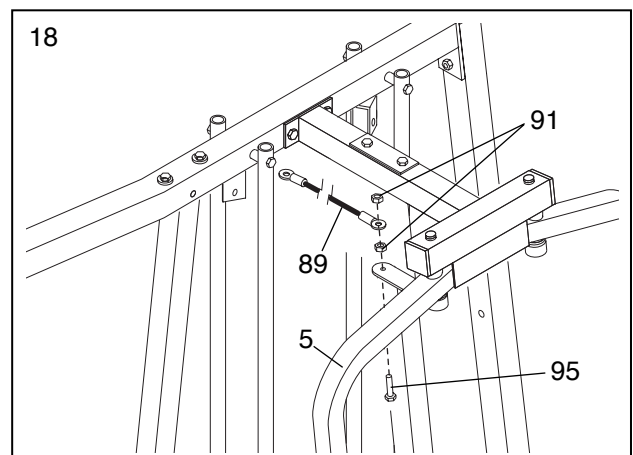
During steps 18 through 47, refer to the CABLE DIAGRAMS on pages 26 and 27 of this manual to verify proper cable routing. Before beginning this section, fully unwind the five Cables and identify the Cables by comparing the lengths and the ends. The approximate length of each Cable, in inches, is listed after the key number in the drawing.

IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely.

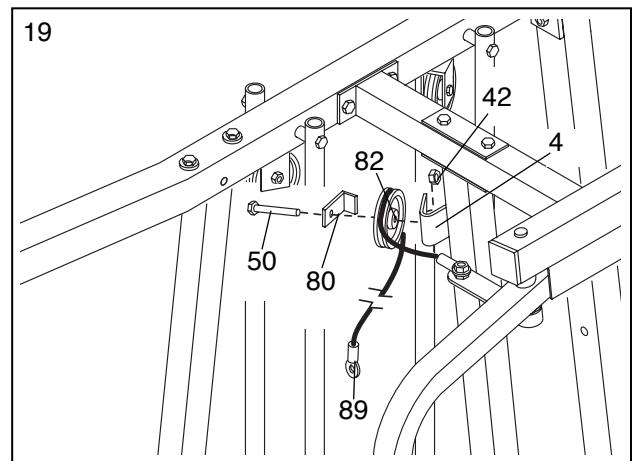


18. Insert a 5/16" x 1" Bolt (95) through the bracket on the Right Butterfly Arm (5). Tighten a 5/16" Nylon Jam Nut (91) onto the Bolt.

Find the Butterfly Cable (89)—this is the second shortest Cable. Slide one end of the Butterfly Cable onto the 5/16" x 1" Bolt (95). Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, **but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.**



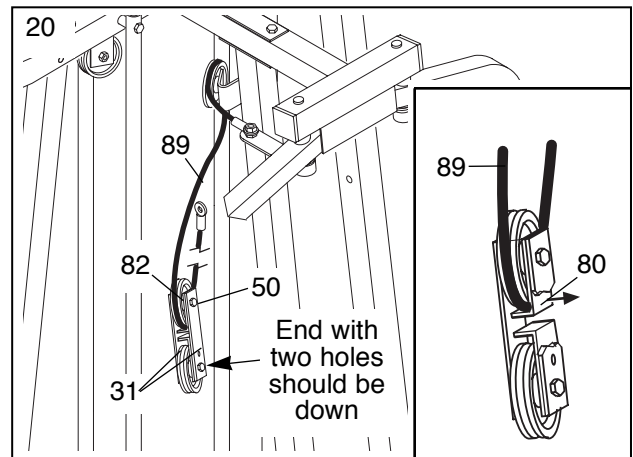
19. Wrap the Butterfly Cable (89) around a 3 1/2" Pulley (82) as shown. Attach the Pulley and a Cable Trap (80) to the bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable Trap must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley.**



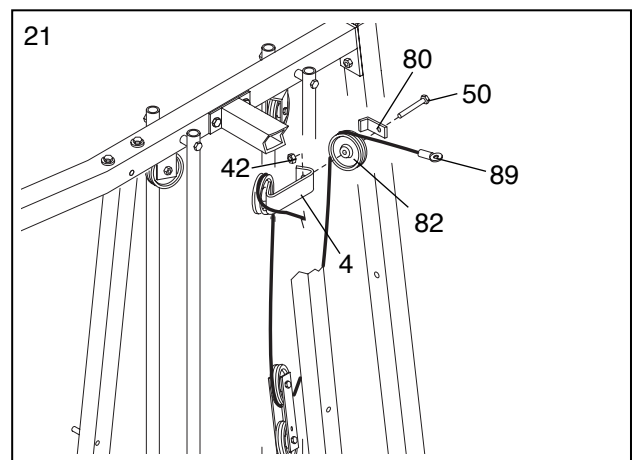
20. **Locate one of the pre-assembled pairs of Pulley Plates (31) and 3 1/2" Pulleys (82).**

Route the Butterfly Cable (89) under the indicated 3 1/2" Pulley (82). The end of the Pulley Plates (31) with two holes should be downward. Refer to the inset drawing. **Make sure the Cable is between the Cable Trap (80) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place.**

Tighten the 3/8" x 2" Bolt (50) and the 3/8" Nylon Locknut (42, not shown).

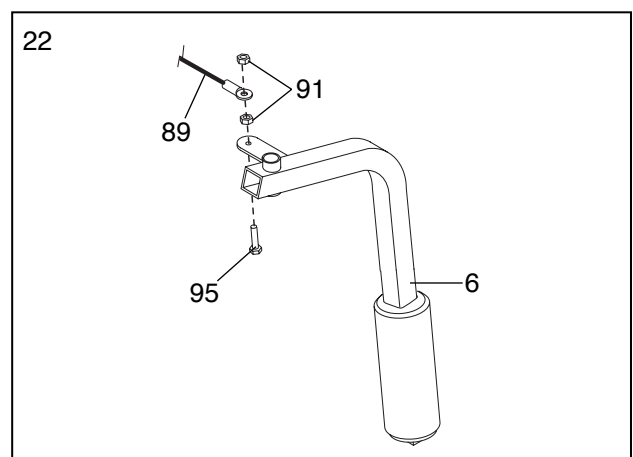


21. Wrap the Butterfly Cable (89) around a 3 1/2" Pulley (82) as shown. Attach the Pulley and a Cable Trap (80) to the other side of the bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable Trap must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley.**

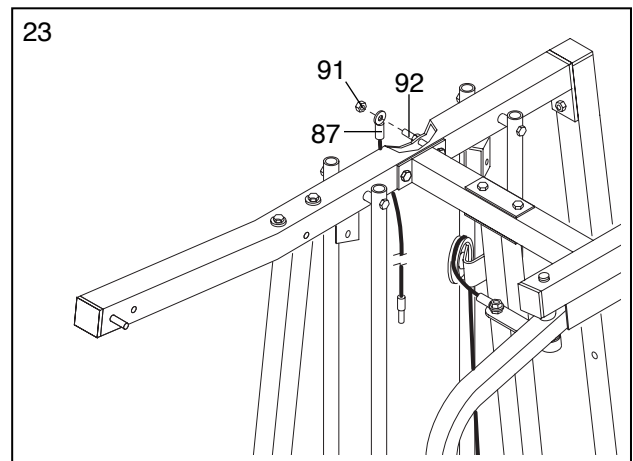


22. **Note: The Left Arm (6) is shown removed for easier part identification.** Insert a 5/16" x 1" Bolt (95) through the bracket on the Left Arm. Fully tighten a 5/16" Nylon Jam Nut (91) onto the Bolt.

Slide the free end of the Butterfly Cable (89) onto the 5/16" x 1" Bolt (95). Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, **but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.**

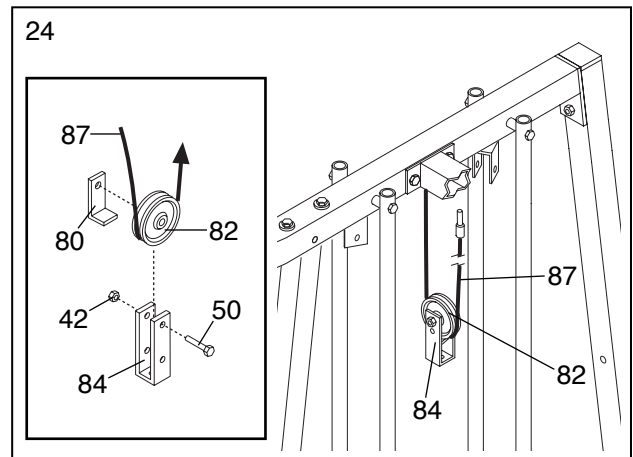


23. Find the Rear Cable (87)—this is the shortest Cable. Slide one end of the Rear Cable onto the 5/16" x 3" Bolt (92). Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.

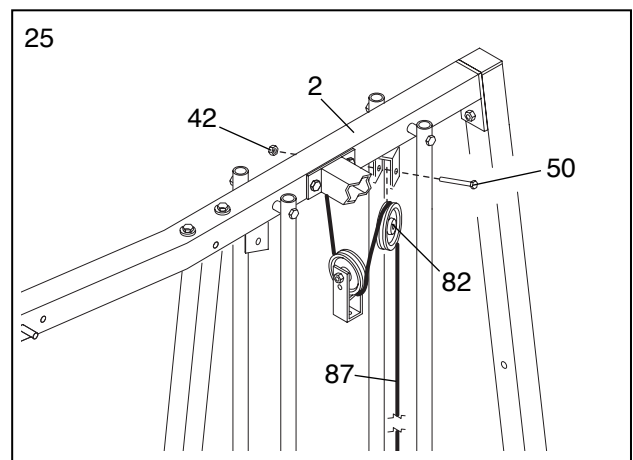


24. See the inset drawing. Attach a 3 1/2" Pulley (82) and a Cable Trap (80) to the upper hole in a Large "U" Bracket (84) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). Make sure the Cable Trap is inside the Large "U" Bracket. Note: This may come pre-assembled.

Route the Rear Cable (87) through the Large "U" Bracket (84) and the 3 1/2" Pulley (82). Make sure the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.



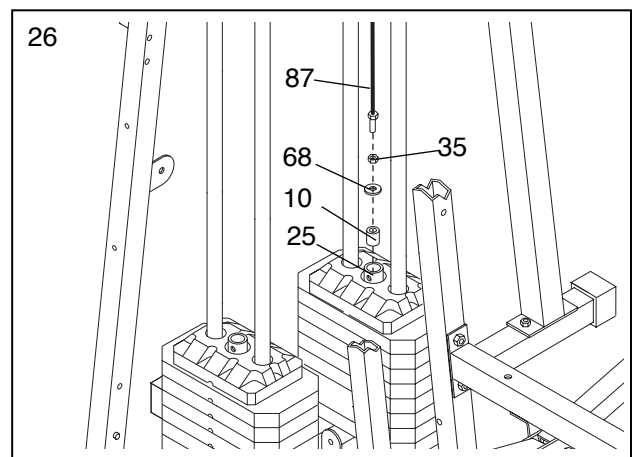
25. Wrap the Rear Cable (87) around a 3 1/2" Pulley (82). Attach the Pulley to the Top Frame (2) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). The Cable must be routed from the direction shown.



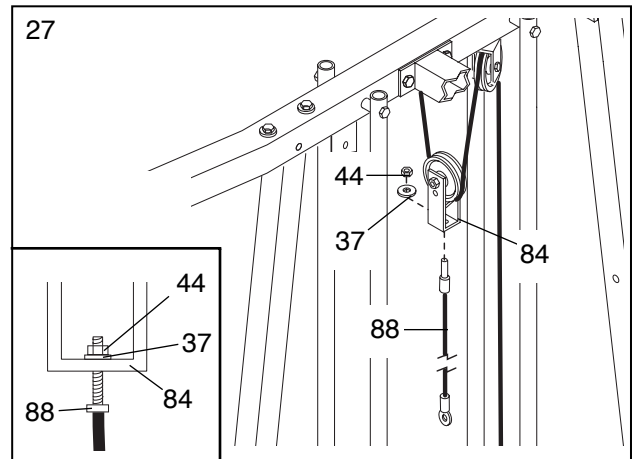
26. Thread a 1/2" Plain Nut (35) onto the end of the Rear Cable (87). Place a 1/2" Washer (68) and a 1 1/4" x 1/2" Weight Spacer (10) on top of the Weight Tube (25).

Thread the end of the Rear Cable (87) into the upper end of the Weight Tube (25) until the Weight Spacer (10) touches the Weight Tube.

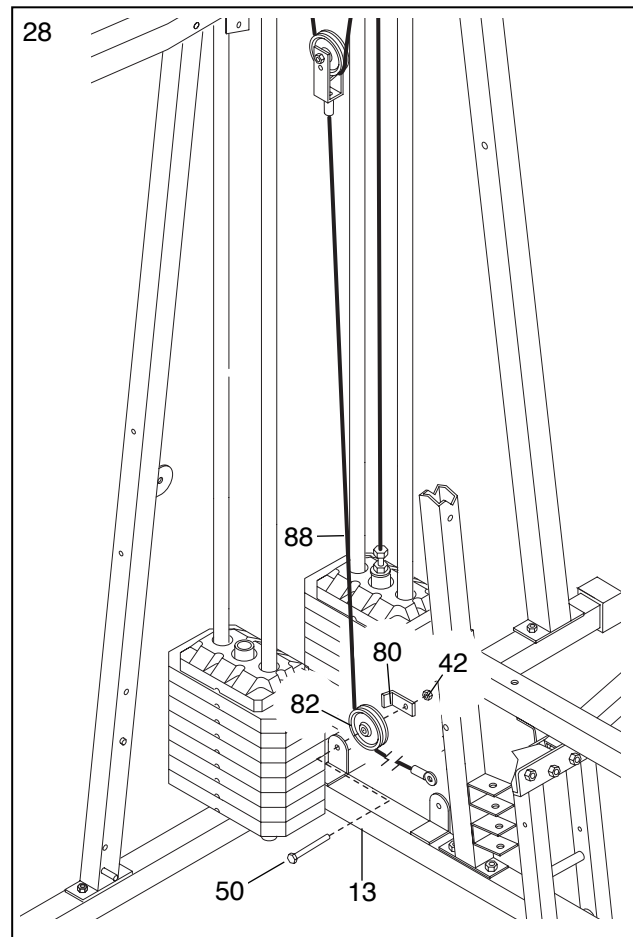
Note: It is necessary to lift the Weight Tube (25) with the Top Weight (24) slightly to thread the Rear Cable (87) in place.



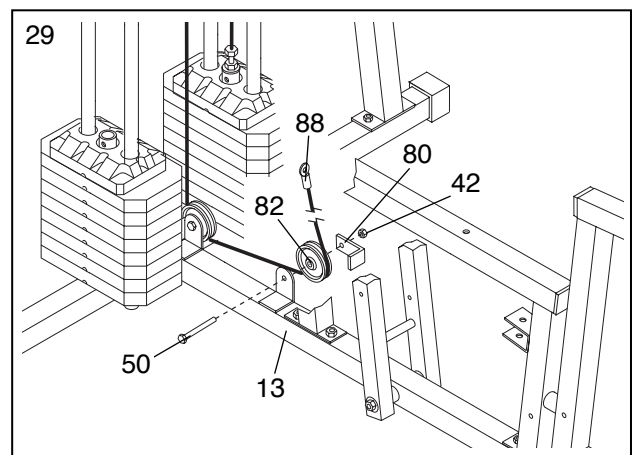
27. Find the Press Cable (88)—this is the longest Cable. Attach the end of the Press Cable (88) to the Large "U" Bracket (84) with a 1/4" Nylon Locknut (44) and a 1/4" Washer (37). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.**



28. Wrap the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the indicated bracket on the Press Base (13) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **Make sure the Cable Trap is turned to hold the Cable in place.**

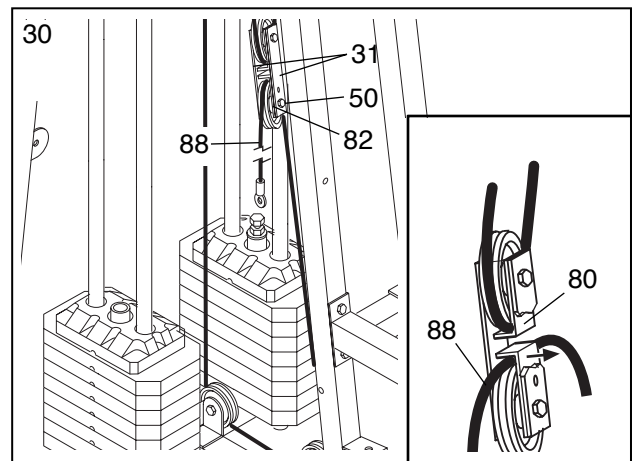


29. Wrap the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the other bracket on the Press Base (13) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **Make sure the Cable Trap is turned to hold the Cable in place.**



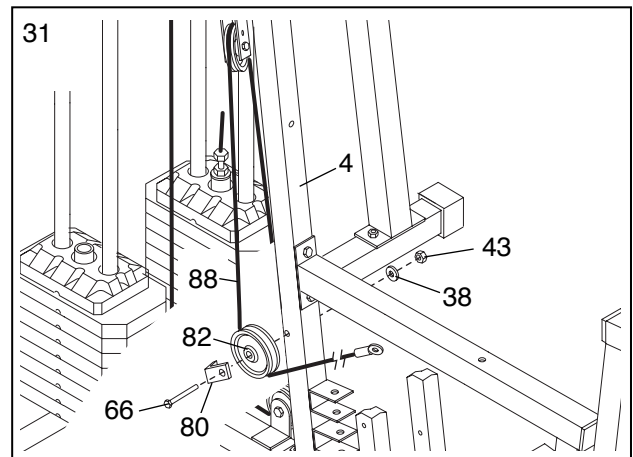
30. Route the Press Cable (88) over the indicated 3 1/2" Pulley (82) attached to the Pulley Plates (31). **The Cable must be routed from the direction shown. Make sure the Cable is between the Cable Trap (80) and the Pulley. Make sure the Cable Trap is positioned to hold the Cable in place as shown in the inset drawing.**

Tighten the 3/8" x 2" Bolt (50) and the 3/8" Nylon Locknut (42, not shown).



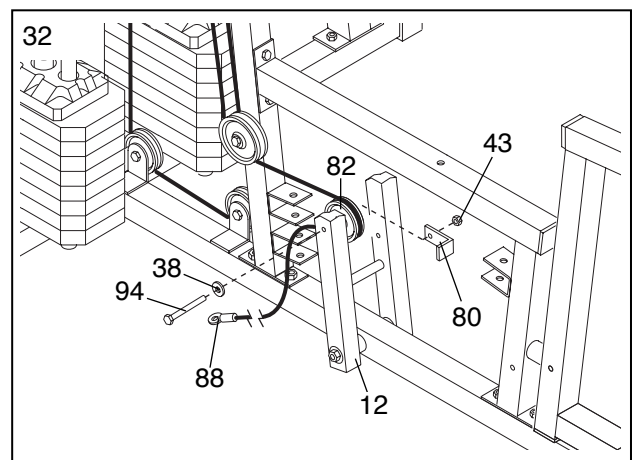
31. Route the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Leg Press Upright (4) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38) and a 3/8" Nylon Jam Nut (43).

Make sure the Cable Trap (80) is turned to hold the Cable in place.

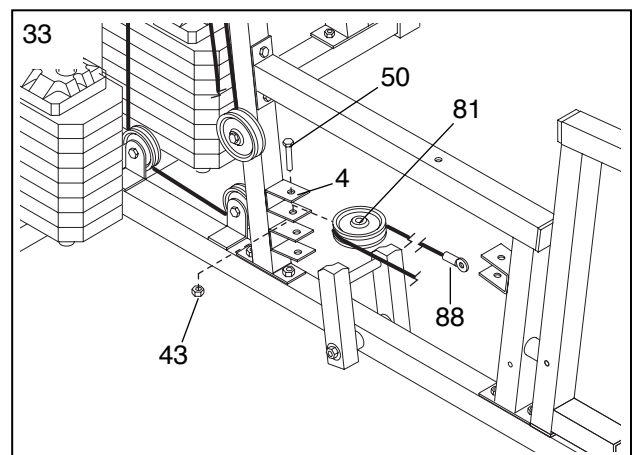


32. Route the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Press Frame (12) with a 3/8" x 3" Bolt (94), a 3/8" Washer (38) and a 3/8" Nylon Jamnut (43).

Make sure the Cable Trap (80) is turned to hold the Cable in place.

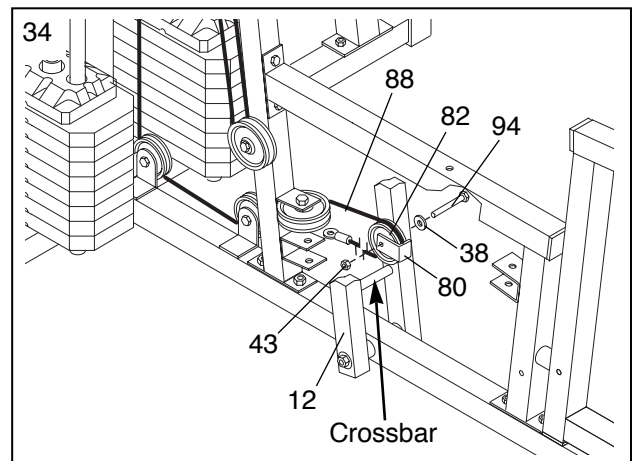


33. Wrap the Press Cable (88) around a "V" Pulley (81). Attach the "V" Pulley to the upper bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Jam Nut (43).

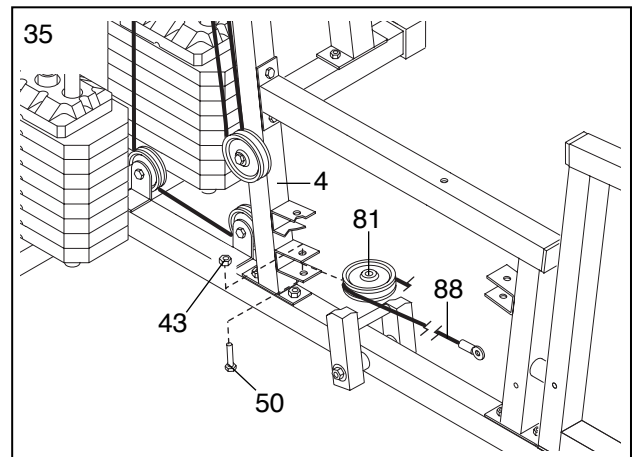


34. Route the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Press Frame (12) with a 3/8" x 3" Bolt (94), a 3/8" Washer (38) and a 3/8" Nylon Jamnut (43).

Make sure the Cable Trap (80) is turned to hold the Cable in place and that the Cable is between the Pulley and the crossbar on the Press Frame.

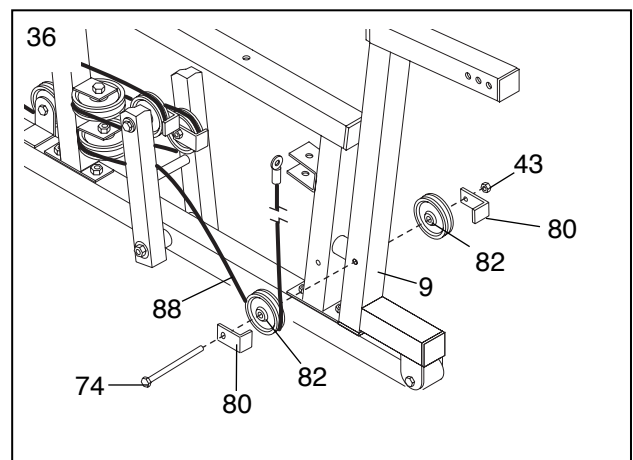


35. Wrap the Press Cable (88) around a "V" Pulley (81). Attach the "V" Pulley to the lower bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Jam Nut (43).

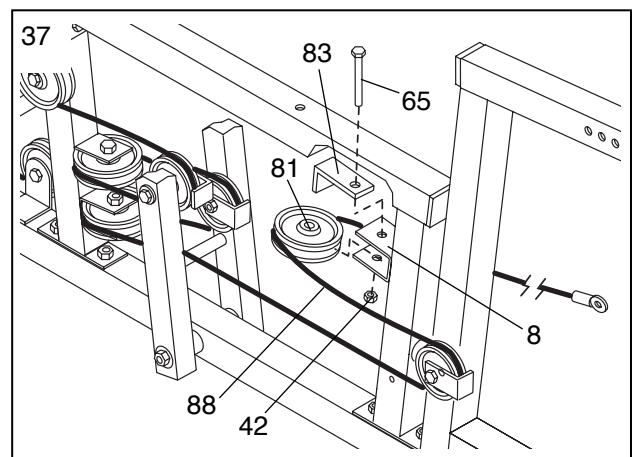


36. Wrap the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Leg Press Arm (9) with the 3/8" x 4 1/2" Bolt (74).

Slide another 3 1/2" Pulley (82) with a Cable Trap (80) onto the 3/8" x 4 1/2" Bolt (74). Hand tighten a 3/8" Nylon Jamnut (43) onto the Bolt. **Do not tighten the Nylon Jamnut until step 38.**

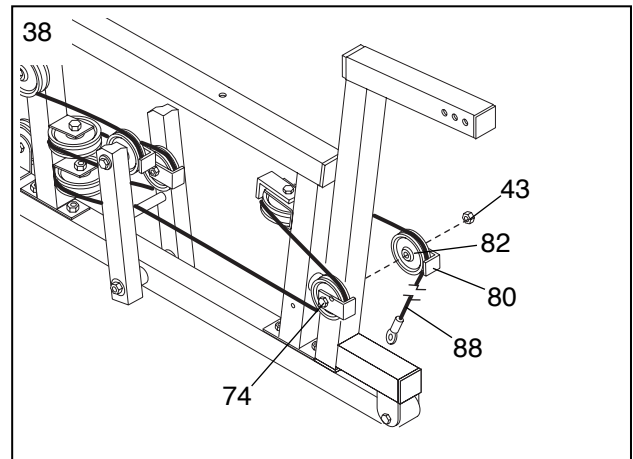


37. Wrap the Press Cable (88) around a "V" Pulley (81). Attach the "V" Pulley and a Large Cable Trap (83) to the bracket on the Front Seat Frame (8) with a 3/8" x 2 1/2" Bolt (65) and a 3/8" Nylon Locknut (42). **Be sure that the Large Cable Trap is turned to hold the Cable in place and that the Cable and Pulley move smoothly.**

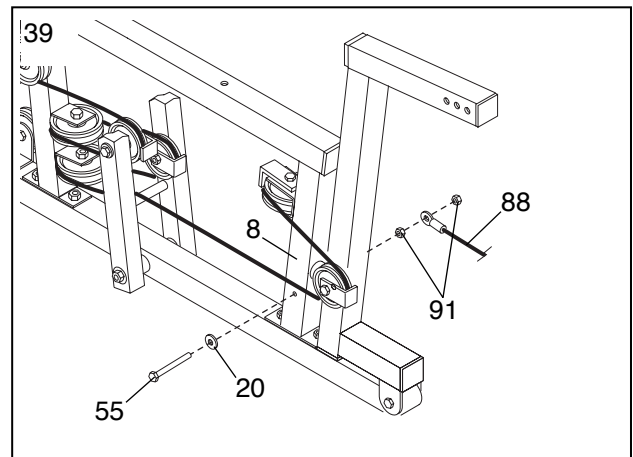


38. **Note: The 3 1/2" Pulley (82) used in this step was attached in step 36. It is shown removed for easier part identification.**

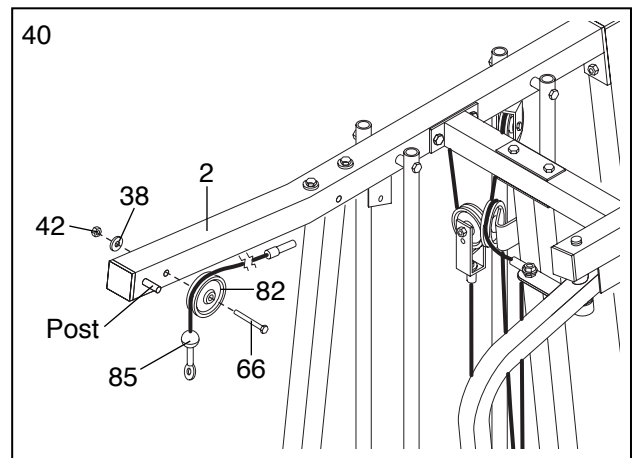
Route the Press Cable (88) around the 3 1/2" Pulley (82). **Make sure the Cable Trap (80) is turned to hold the Cable in place and that the Cable is routed as shown.** Tighten the 3/8" x 4 1/2" Bolt (74) and the 3/8" Nylon Jamnut (43).



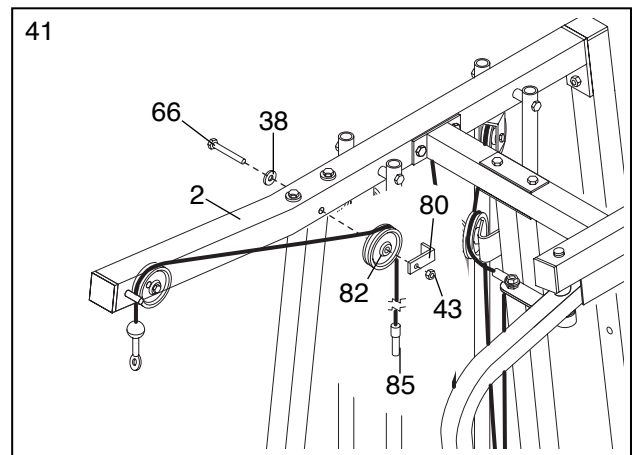
39. Slide a 5/16" Washer (20) onto a 5/16" x 2 3/4" Bolt (55). Insert the Bolt into the Front Seat Frame (8). Fully tighten a 5/16" Nylon Jam Nut (91) onto the Bolt. Slide the end of the Press Cable (88) onto the Bolt. Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, **but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.**



40. **Locate the High Cable (85)—this is the longest remaining cable.** Wrap the High Cable around a 3 1/2" Pulley (82). Attach the Pulley to the Top Frame (2) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38) and a 3/8" Nylon Jamnut (43). **Make sure the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the post.**



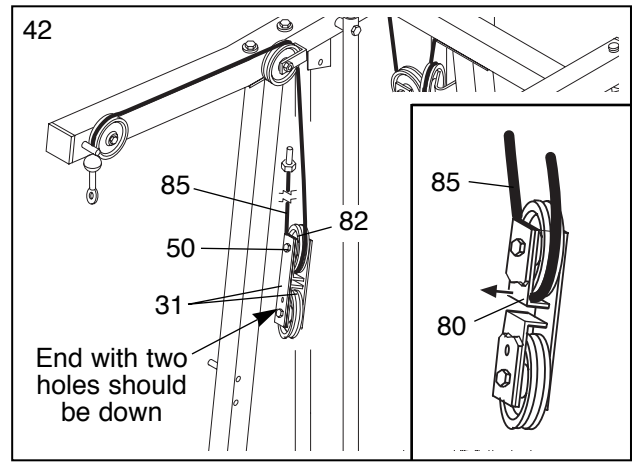
41. Wrap the High Cable (85) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Top Frame (2) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38) and a 3/8" Nylon Jam Nut (43). **Be sure that the Cable Trap is positioned to hold the Cable in place.**



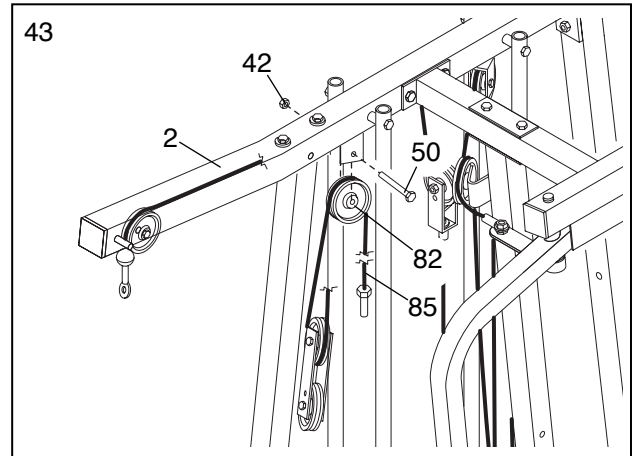
42. **Locate the remaining preassembled pair of Pulley Plates (31) and 3 1/2" Pulleys (82).**

Route the High Cable (85) under the indicated 3 1/2" Pulley (82). The end of the Pulley Plates (31) with two holes should be downward. Refer to the inset drawing. **Make sure the Cable is between the Cable Trap (80) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place.**

Tighten the 3/8" x 2" Bolt (50) and the 3/8" Nylon Locknut (42, not shown).



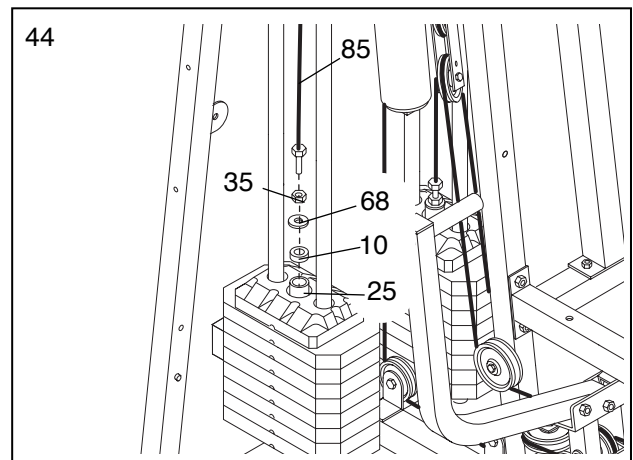
43. **Wrap the High Cable (85) around a 3 1/2" Pulley (82). Attach the Pulley to the Top Frame (2) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). The Cable must be routed from the direction shown.**



44. **Thread a 1/2" Plain Nut (35) onto the end of the High Cable (85). Place a 1/2" Washer (68) and a 1 1/4" x 1/2" Weight Spacer (10) on top of the Weight Tube (25).**

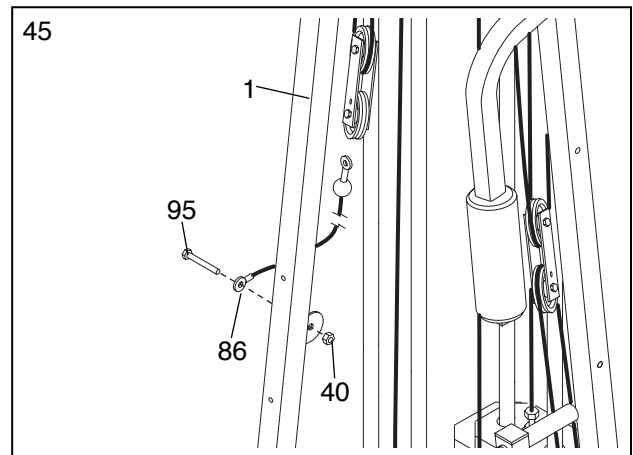
Thread the end of the Rear Cable (87) into the upper end of the Weight Tube (25) until the Weight Spacer (10) touches the Weight Tube.

Note: It is necessary to lift the Weight Tube (25) with the Top Weight (24) slightly to thread the Rear Cable (87) in place.

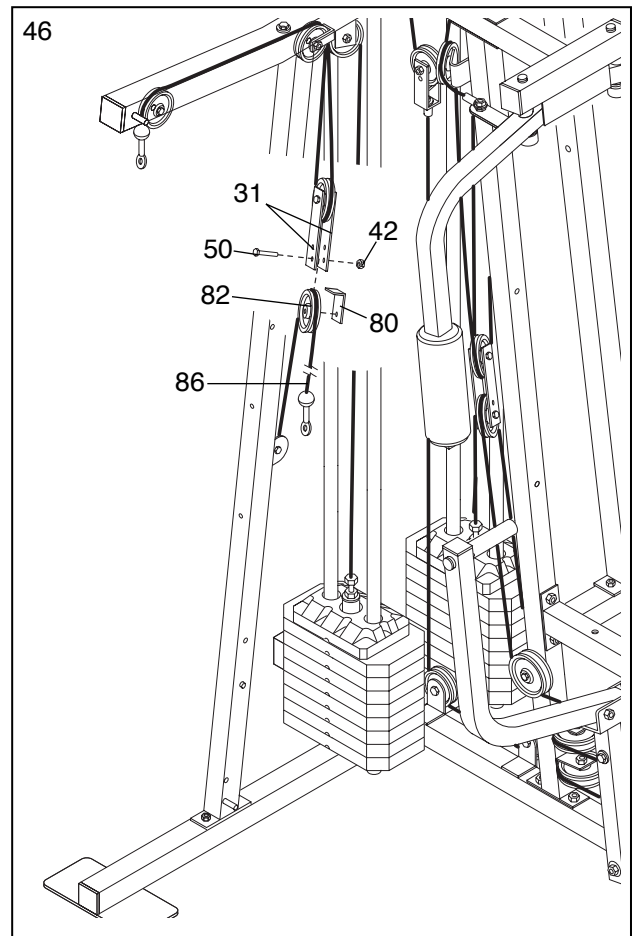


45. **Attach the closed loop on the end of the Low Cable (86) to the bracket on the Lat Upright (1) with the 5/16" x 1" Bolt (95) and a 5/16" Nylon Locknut (40).**

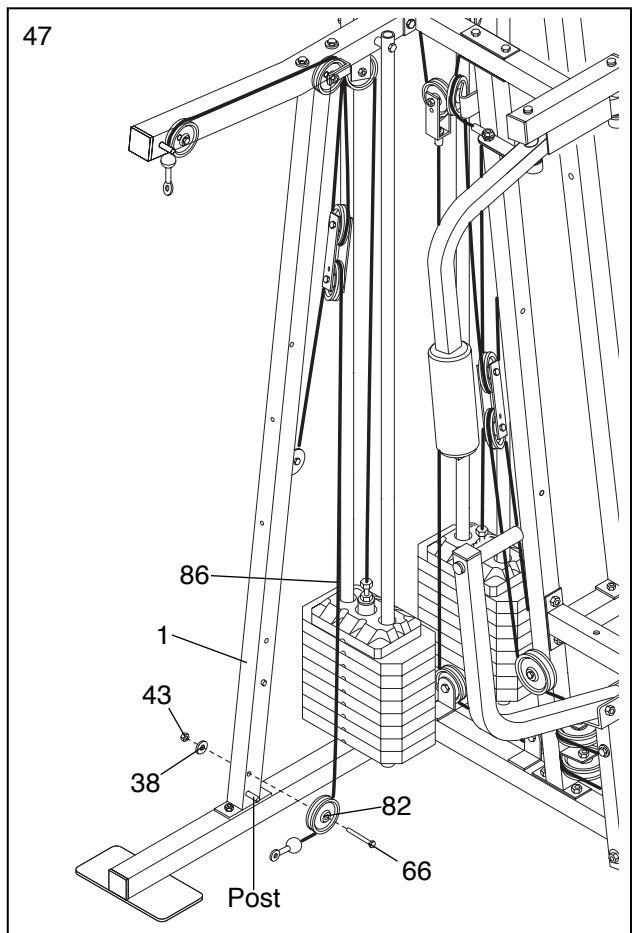
Make sure the flat side of the closed loop at the end of the Low Cable (86) is turned towards the bracket.



46. Remove the indicated 3/8" x 2" Bolt (50), the 3/8" Nylon Locknut (42), the 3 1/2" Pulley (82) and the Cable Trap (80) from the indicated Pulley Plates (31). Lay the Low Cable (86) over the Pulley. Re-attach the Pulley and the Cable Trap to the lowest hole in the Pulley Plates with the Bolt and the Nylon Locknut. **Make sure the Cable Trap is turned to hold the Cable in place.**



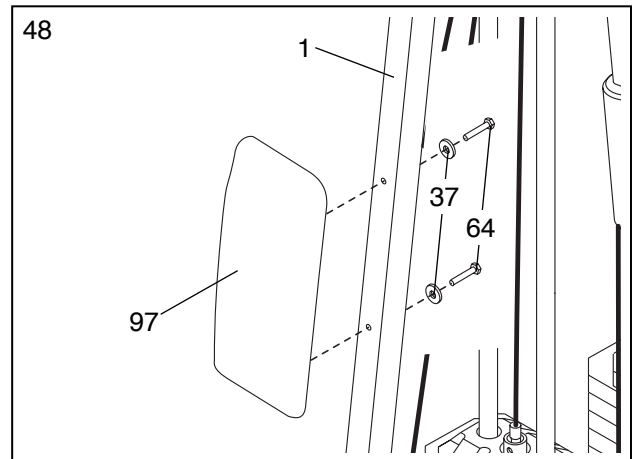
47. Wrap the Low Cable (86) around a 3 1/2" Pulley (82). Attach the Pulley to the Lat Upright (1) with the 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38) and a 3/8" Nylon Jamnut (43). **The ball on the Cable must be on the indicated side of the Pulley. Make sure the Cable and Pulley move smoothly and that the Cable is between the Pulley and the post.**



Seat Assembly

48. Locate and open the parts bag labeled "SEAT ASSEMBLY."

Attach a Small Backrest (97) to the Lat Upright (1) with two 1/4" x 2 1/2" Machine Screws (64) and two 1/4" Washers (37).

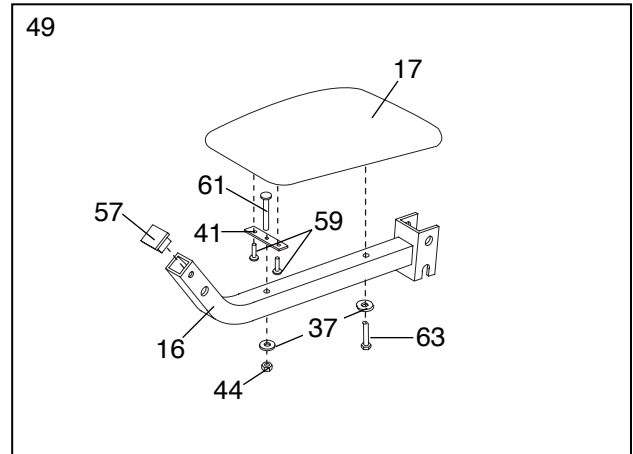


49. Press a 1 1/2" Square Inner Cap (57) into the Rear Seat Frame (16).

Insert a 1/4" x 2" Carriage Bolt (61) through the center hole in a Seat Plate (41). Attach the Seat Plate to the Seat (17) with two 1/4" x 1/2" Screws (59).

Insert the 1/4" x 2" Carriage Bolt (61) through the indicated hole in the Rear Seat Frame (16). Tighten a 1/4" Nylon Locknut (44) with a 1/4" Washer (37) onto the Carriage Bolt.

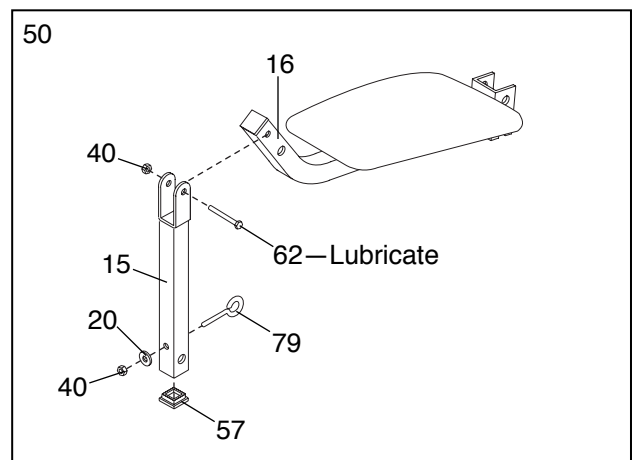
Attach the other end of the Seat (17) to the Rear Seat Frame (16) with a 1/4" Washer (37) and a 1/4" x 2" Machine Screw (63).



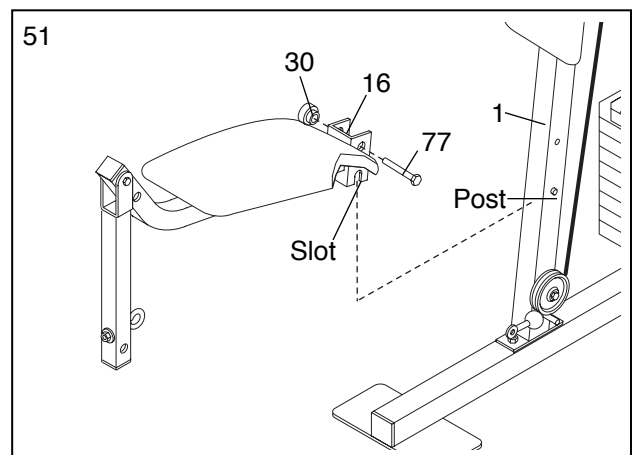
50. Press a 1 1/2" Square Inner Cap (57) into the Leg Lever (15).

Lubricate the 5/16" x 2 1/4" Bolt (62). Attach the Leg Lever (15) to the Rear Seat Frame (16) with the Bolt and a 5/16" Nylon Locknut (40). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot freely.**

Insert the 5/16" x 2" Eyebolt (79) into the Leg Lever (15) from the direction shown. Tighten a 5/16" Nylon Locknut (40) with a 5/16" Washer (20) onto the Eyebolt.



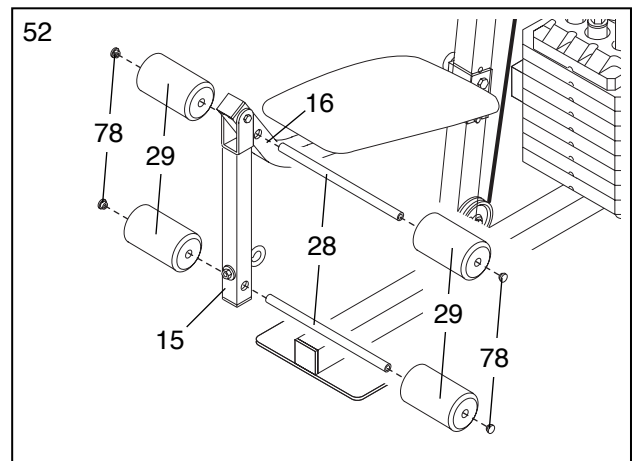
51. Rest the slot in the Rear Seat Frame (16) on the indicated post in the Lat Upright (1). Attach the Rear Seat Frame to the Lat Upright with a 5/16" x 2 3/4" Carriage Bolt (77) and the Seat Knob (30).



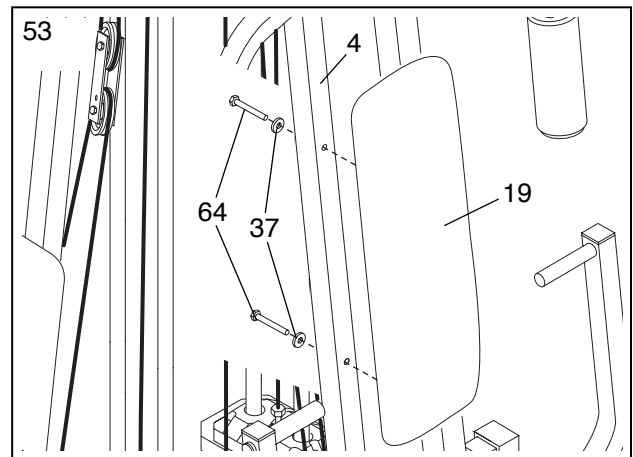
52. Press two 3/4" Round Inner Caps (78) into each Pad Tube (28).

Insert a Pad Tube (28) into the Rear Seat Frame (16). Slide a Foam Pad (29) onto each end of the Pad Tube.

Insert the other Pad Tube (28) into the Leg Lever (15). Slide a Foam Pad (29) onto each end of the Pad Tube.



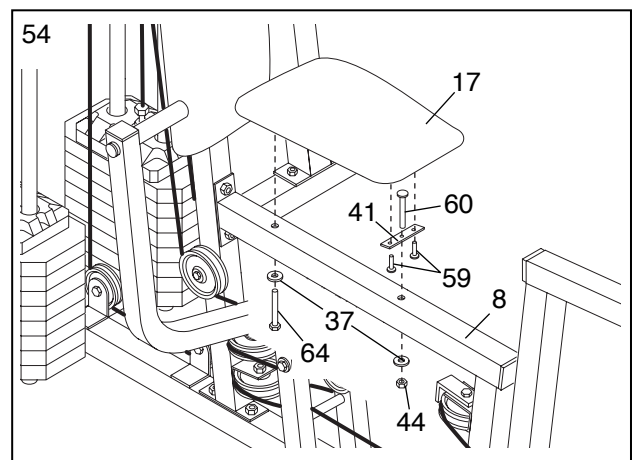
53. Attach a Large Backrest (19) to the Leg Press Upright (4) with two 1/4" x 2 1/2" Machine Screws (64) and two 1/4" Washers (37).



54. Insert a 1/4" x 2 1/2" Carriage Bolt (60) through the center hole in a Seat Plate (41). Attach the Seat Plate to the Seat (17) with two 1/4" x 1/2" Screws (59).

Insert the 1/4" x 2 1/2" Carriage Bolt (60) through the indicated hole in the Front Seat Frame (8). Tighten a 1/4" Nylon Locknut (44) with a 1/4" Washer (37) onto the Carriage Bolt.

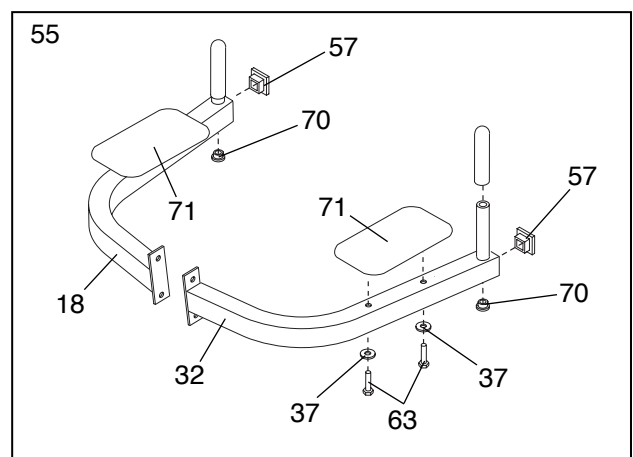
Attach the other end of the Seat (17) to the Front Seat Frame (8) with a 1/4" Washer (37) and a 1/4" x 2 1/2" Machine Screw (64).



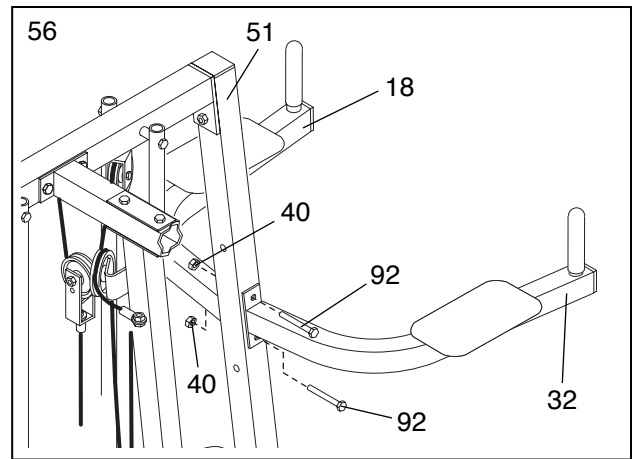
55. Press a 1" Round Inner Cap (70) into the holes in the VKR arms located underneath the handles.

Press a 1 1/2" Square inner Cap (57) into the end of each VKR Arm (18, 32). Attach a VKR Armrest (71) to the Right VKR Arm (32) with two 1/4" x 2" Machine Screws (63) and two 1/4" Flat Washers (37).

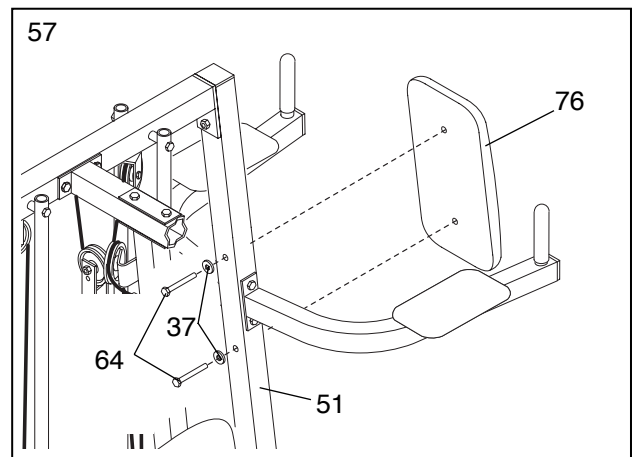
Attach a VKR Armrest (71) to the Left VKR Arm (18) in the same manner.



56. Attach the Left (18) and the Right (32) VKR Arm to the VKR Upright (51) with two 5/16" x 3" Bolts (92) and two 5/16" Nylon Locknuts (40).



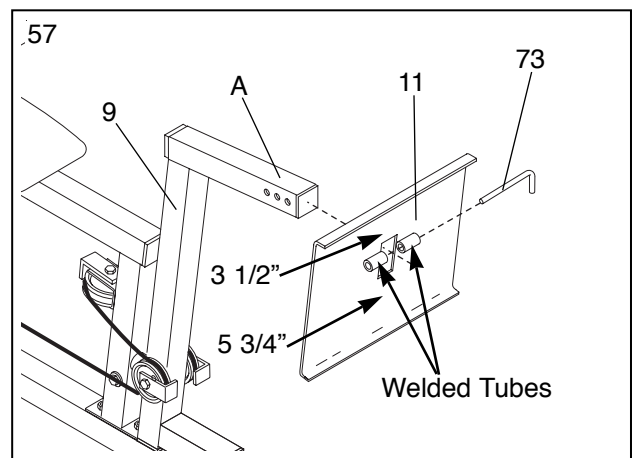
57. Attach the VKR Backrest (76) to the VKR Upright (51) with two 1/4" x 2 1/2" Machine Screws (64) and two 1/4" Flat Washers (37).



58. Slide the Leg Press Plate (11) onto the end of the adjustment tube (A) on the Leg Press Arm (9).

Slide the Lock Pin (73) through the welded tubes on the Leg Press Plate (11) and one of the holes in the adjustment tube (A).

Make sure the Leg Press Plate is oriented correctly. Note that on one side the distance from the square hole to the edge of the Plate is 3 1/2" and on the other side the distance is 5 3/4." The side with the 3 1/2" distance must be pointed upwards.



59. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in HOW TO USE THE HOME GYM SYSTEM, beginning on page 23 of this manual.

Before using the home gym system, pull each cable a few times to be 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 page 26 and 27 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 25.**

How to Use the Home Gym System

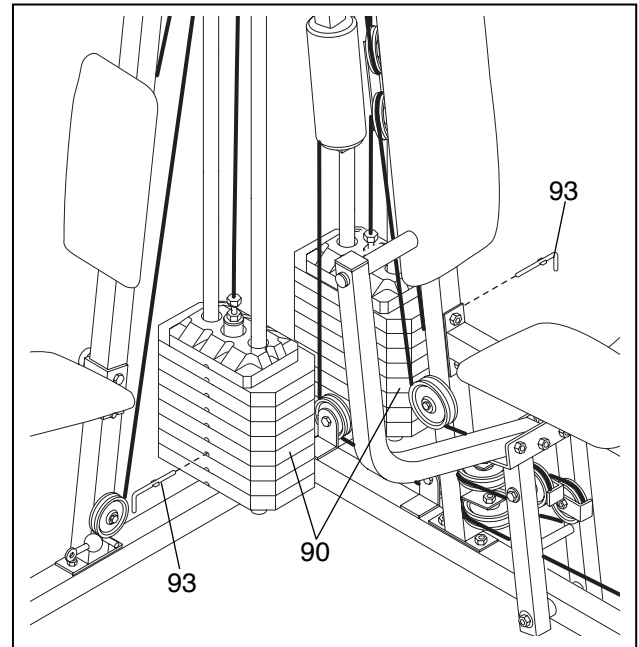
The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise poster accompanying this manual to see how the home gym system should be set up for each exercise.

IMPORTANT: When attaching the lat bar or handle, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

CHANGING THE WEIGHT SETTING

The home gym system features two weight stacks. The one weight stack is connected to the lat, upper, and lower pulley stations. The other weight stack is connected to the butterfly and press arms and the leg press.

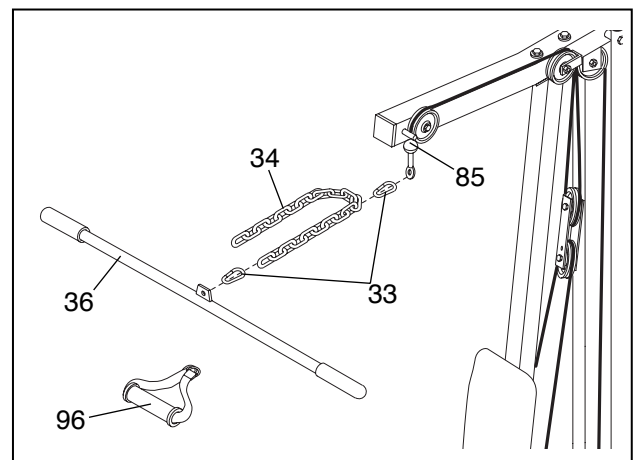
To change the weight setting of either weight stack, insert a Weight Pin (93) under the desired Weight (90). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. **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 27 to find the approximate amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR HANDLE TO THE HIGH PULLEY STATION

Attach the Lat Bar (36) to the High Cable (85) with a Cable Clip (33). For some exercises, the Chain (34) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

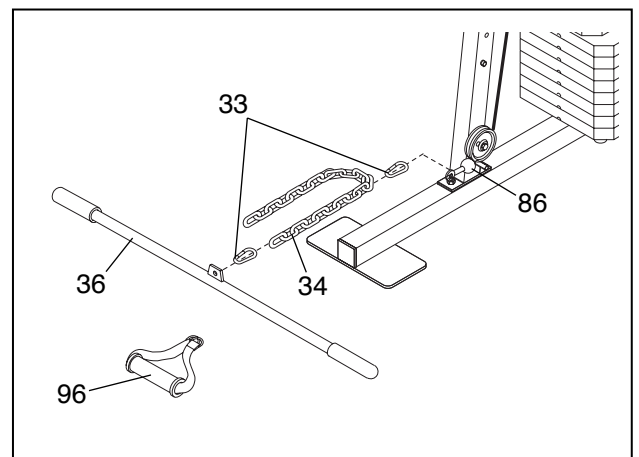
The Handle (96) can be attached in the same manner.



ATTACHING THE LAT BAR OR HANDLE TO THE LOW PULLEY STATION

Attach the Lat Bar (36) to the Low Cable (86) with a Cable Clip (33). For some exercises, the Chain (34) should be attached between the Lat Bar and the Low Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Low Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

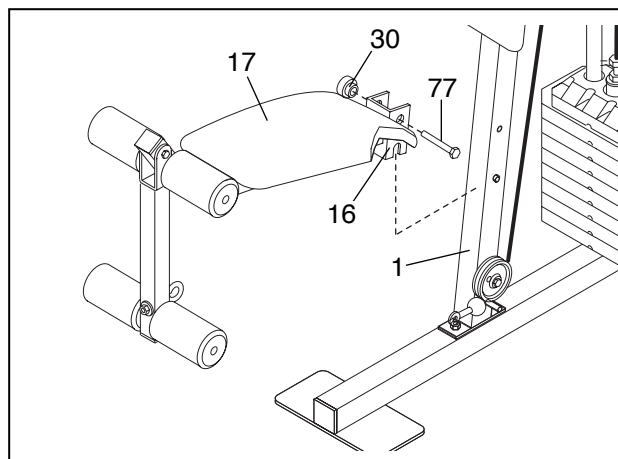
The Handle (96) can be attached in the same manner.



ATTACHING AND REMOVING THE SEAT

To attach the Seat (17), set the bracket on the Rear Seat Frame (16) onto the pins on the Lat Upright (1). Attach the Rear Seat Frame to the Lat Upright with the 5/16" x 2 3/4" Carriage Bolt (77) and the Seat Knob (30).

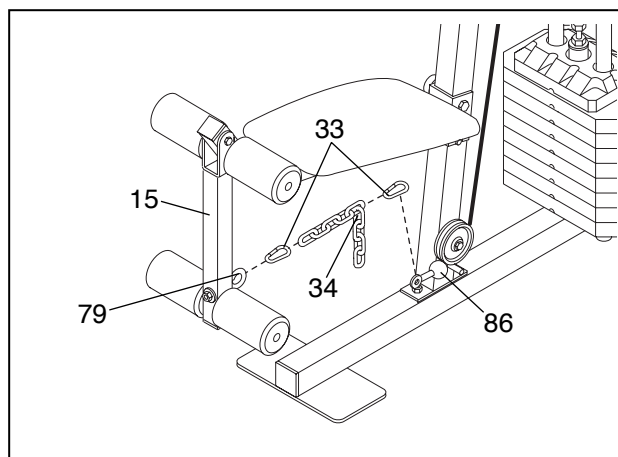
For some exercises, the Seat (17) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (30) and the 5/16" x 2 3/4" Carriage Bolt (77) from the Rear Seat Frame (16). Lift the Rear Seat Frame off the Lat Upright (1).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (15), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

Attach one end of the Chain (34) to the Low Cable (86) with a Cable Clip (33). Attach the other end of the Chain to the Eyebolt (79) with a Cable Clip.

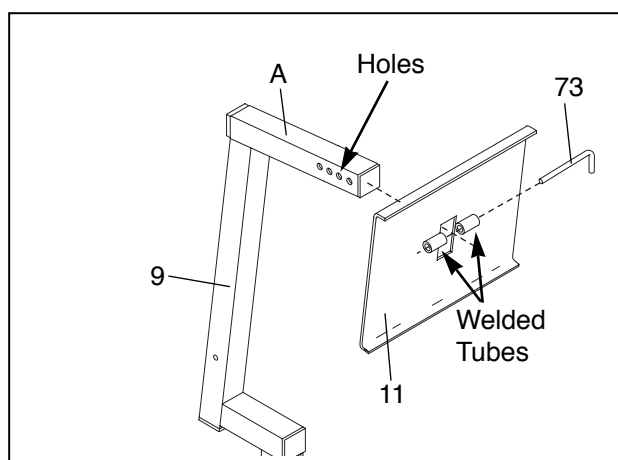


ADJUSTING THE LEG PRESS PLATE

Remove the Lock Pin (73) from the adjustment tube (A).

Align the welded tubes on the Leg Press Plate (11) with the desired set of holes in the adjustment tube (A). Re-insert the Lock Pin (73) through the welded tubes on the Leg Press Plate and the holes in the adjustment tube.

Make sure the Lock Pin is turned downward, so it locks into place.



Trouble-shooting and Maintenance

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

TIGHTENING THE CABLES

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. If any slack is felt when using the weight stack closest to the lat upright, both the High Cable (85) and the Low Cable (86) will need to be tightened. If any slack is felt when using the other weight stack, the Rear Cable (87), the Press Cable (88), and the Butterfly Cable (89) will need to be tightened.

To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from the cables in several ways:

- See drawing 1. Tighten the 1/4" Nylon Locknut (44) that connects the end of the Press Cable (88) to the Large "U" Bracket (84).
- See drawing 1. Remove the 3/8" Nylon Locknut (42) and the 3/8" x 2" Bolt (50) from the Cable Trap (80), Pulley, and Large "U" Bracket (84). Re-attach the Pulley and Cable Trap to the other hole in the Large "U" Bracket. **Make sure the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.**
- See drawing 2. Loosen the 1/2" Plain Nut (35) on the end of the High Cable (85). Thread the Cable further into the Weight Tube (25). Hand tighten the 1/2" Plain Nut.

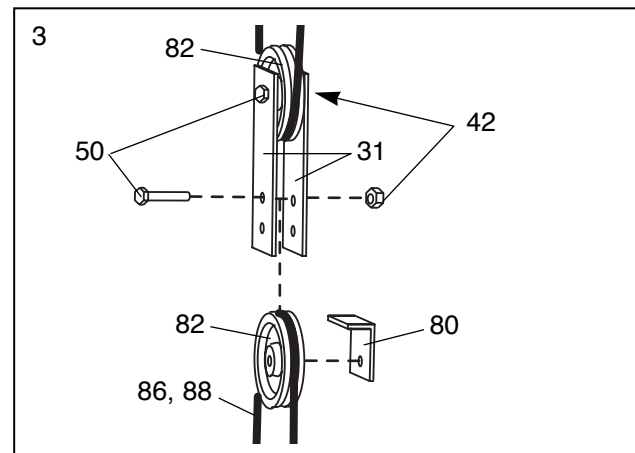
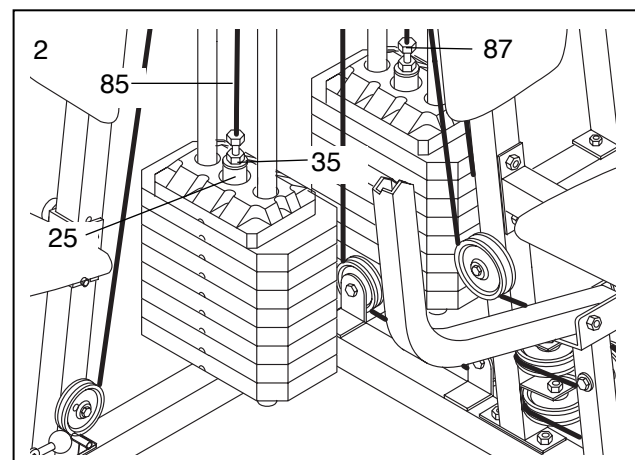
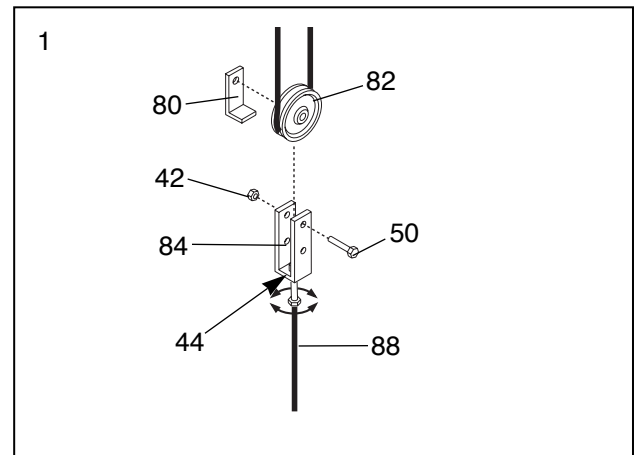
The Rear Cable (87) can be tightened in the same manner.

- See Drawing 3. If you feel additional slack while using the home gym system, the Low Cable (86) and the Press Cable (88) can be tightened further.

Remove the 3/8" x 2" Bolts (50), the 3/8" Nylon Locknuts (42), the 3 1/3" Pulleys (82), and the Cable Traps (80) from the Pulley Plates (31). Reattach the upper Pulley **without the Cable Trap**. Reattach the lower Pulley to the higher hole in the Pulley Plates **without the Cable Trap**. Keep the Cable Traps for future use. **Make sure the Cable and Pulley move smoothly.**

Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.

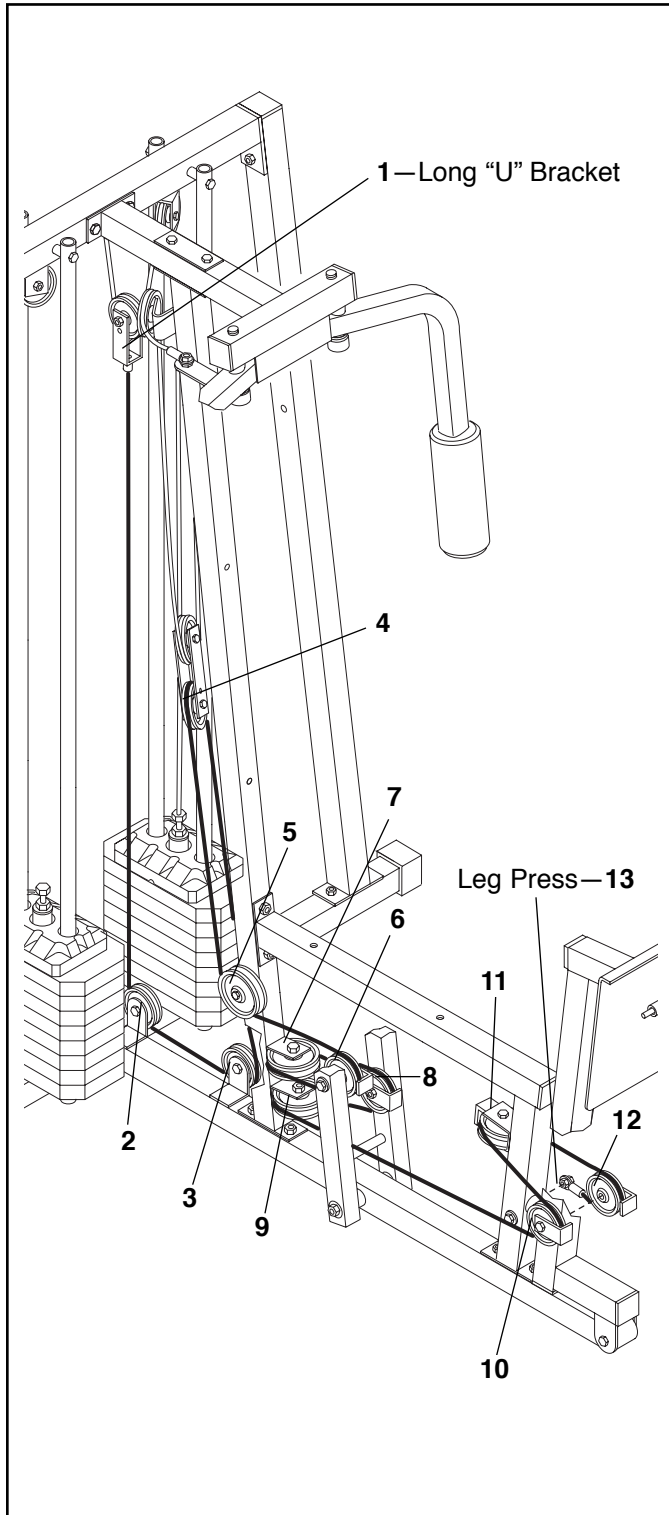
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



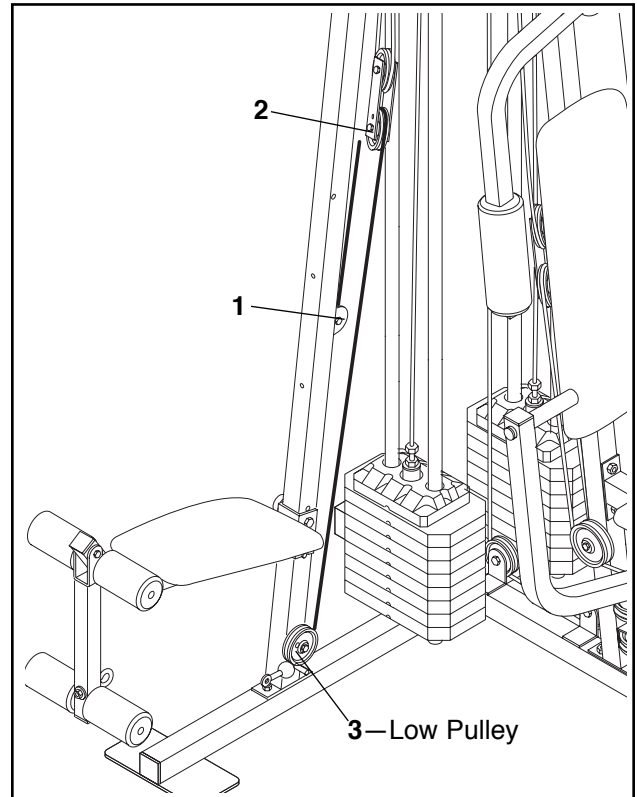
Cable Diagrams

The cable diagrams on this page and the next page show the proper routing of the High Cable (85), the Low Cable (86), the Rear Cable (87), the Press Cable (88), and the Butterfly Cable (89). Use the diagrams to be sure that the Cables have been assembled correctly. The starting and ending points of each Cable have been labeled. The numbers show the proper route for each Cable. **IMPORTANT: If the Cables have not been correctly routed, the home gym system will not function properly and damage may occur.**

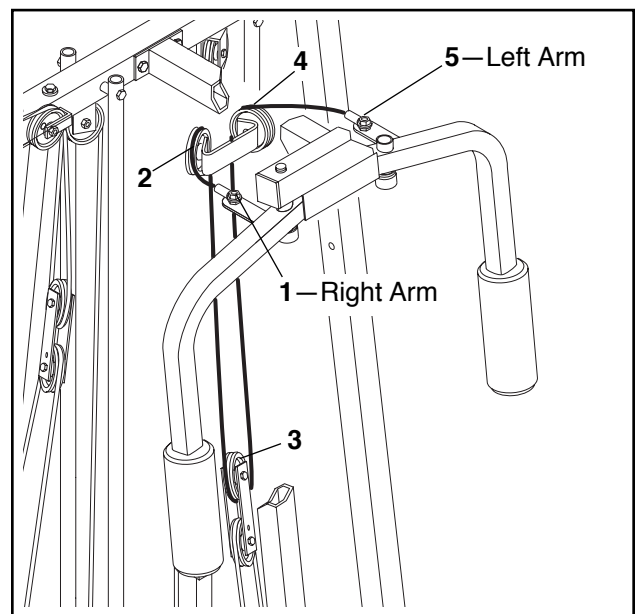
Press Cable (88)

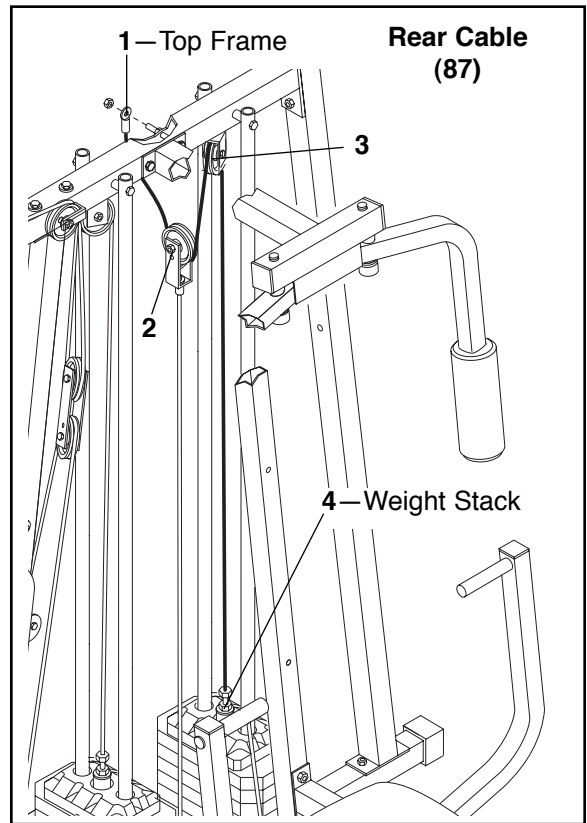
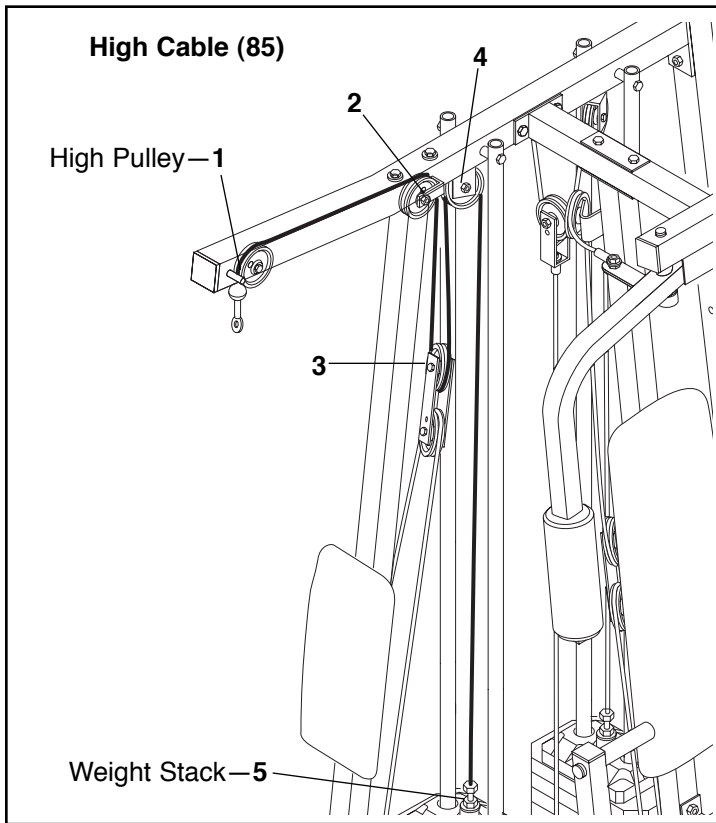


Low Cable (86)



Butterfly Cable (89)



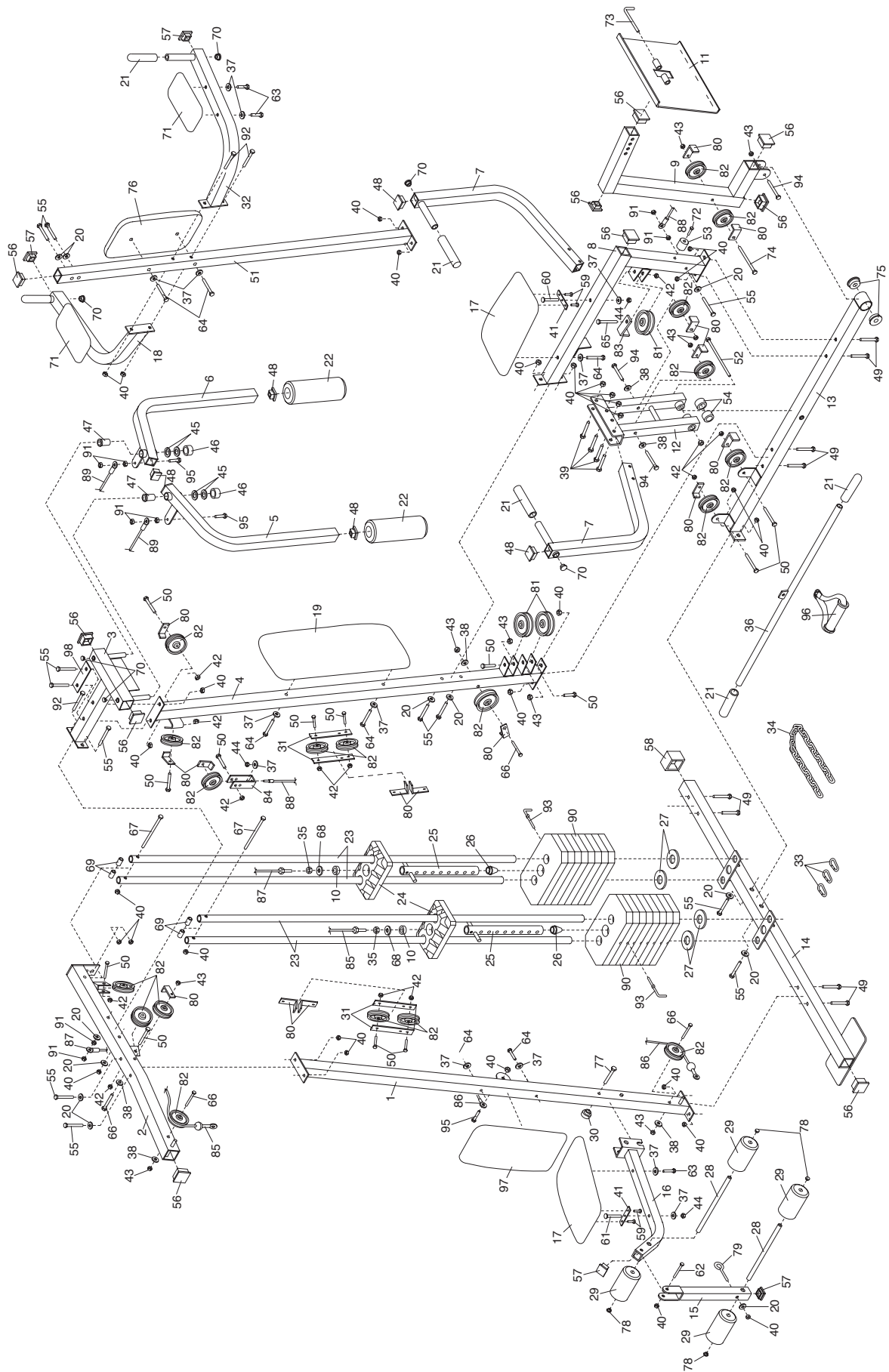


Weight Resistance Chart

This chart shows the approximate weight resistance at each station. “Top” refers to the 6.5 lbs. top weight. The other numbers refer to the 12.5 lbs. weight plates. Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG PRESS (lbs.)
Top	27	20	9	10	10	52
1	53	37	18	24	24	94
2	79	50	33	40	41	141
3	101	65	38	53	53	180
4	125	83	48	66	63	228
5	148	103	58	80	80	263
6	175	120	68	96	91	310
7	205	143	76	107	101	358
8	240	173	90	123	120	410

Exploded Drawing - Model No. WESY41080 **R0898A**

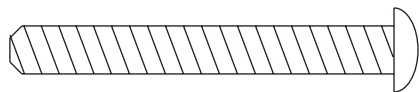


Part List - Model No. WESY41080

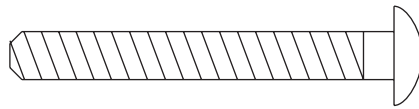
R0898A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Lat Upright	51	1	VKR Upright
2	1	Top Frame	52	1	3/8" x 8" Bolt
3	1	Butterfly Frame	53	1	Leg Press Bumper
4	1	Leg Press Upright	54	2	1" x 7/8" Plastic Bushing
5	1	Right Fly Arm	55	12	5/16" x 2 3/4" Bolt
6	1	Left Fly Arm	56	10	2" Square Inner Cap
7	2	Press Arm	57	4	1 1/2" Square Inner Cap
8	1	Front Seat Frame	58	1	2" Square Outer Cap
9	1	Leg Press Arm	59	4	1/4" x 1/2" Screw
10	2	1 1/4" x 1/2" Weight Spacer	60	1	1/4" x 2 1/2" Carriage Bolt
11	1	Leg Press Plate	61	1	1/4" x 2" Carriage Bolt
12	1	Press Frame	62	1	5/16" x 2 1/4" Bolt
13	1	Press Base	63	5	1/4" x 2" Machine Screw
14	1	Weight Base	64	7	1/4" x 2 1/2" Machine Screw
15	1	Leg Lever	65	1	3/8" x 2 1/2" Bolt
16	1	Rear Seat Frame	66	4	3/8" x 3 1/2" Bolt
17	2	Seat	67	2	5/16" x 6" Bolt
18	1	Left VKR Arm	68	2	1/2" Washer
19	1	Large Backrest	69	4	1/2" x 3/4" Spacer
20	12	5/16" Washer	70	6	1" Round Inner Cap
21	6	5" Plastic Grip	71	2	VKR Armrest
22	2	10" Pad	72	1	1" Tap Screw
23	4	Weight Guide	73	1	Lock Pin
24	2	Top Weight	74	1	3/8" x 4 1/2" Bolt
25	2	Weight Tube	75	2	Press Bushing
26	2	Weight Tube Bumper	76	1	VKR Backrest
27	4	Weight Bumper	77	1	5/16" x 2 3/4" Carriage Bolt
28	2	Pad Tube	78	4	3/4" Round Inner Cap
29	4	Foam Pad	79	1	5/16" x 2" Eyebolt
30	1	Seat Knob	80	15	Cable Trap
31	4	Pulley Plate	81	3	"V" Pulley
32	1	Right VKR Arm	82	19	3 1/2" Pulley
33	3	Cable Clip	83	1	Large Cable Trap
34	1	Chain	84	1	Large "U" Bracket
35	2	1/2" Plain Nut	85	1	High Cable
36	1	Lat Bar	86	1	Low Cable
37	15	1/4" Washer	87	1	Rear Cable
38	6	3/8" Washer	88	1	Press Cable
39	4	5/16" x 2 1/2" Bolt	89	1	Butterfly Cable
40	30	5/16" Nylon Locknut	90	16	Weight
41	2	Seat Plate	91	8	5/16" Nylon Jam Nut
42	13	3/8" Nylon Locknut	92	3	5/16" x 3" Bolt
43	10	3/8" Nylon Jam Nut	93	2	Weight Pin
44	3	1/4" Nylon Locknut	94	3	3/8" x 3" Bolt
45	4	1" Retainer	95	3	5/16" x 1" Bolt
46	2	1" Round Outer Cap	96	1	Handle
47	2	1 1/8" x 2 1/2" Plastic Bushing	97	1	Small Backrest
48	6	1 3/4" Square Inner Cap	98	1	Support Plate
49	8	5/16" x 2 1/2" Carriage Bolt	#	1	User's Manual
50	13	3/8" x 2" Bolt	#	1	Exercise Poster

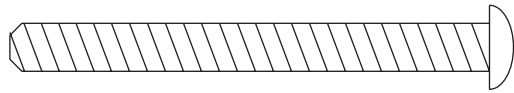
Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.



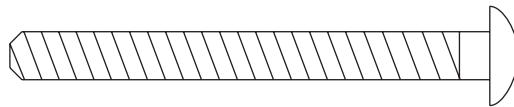
1/4" x 2" Machine Screw (63)



1/4" x 2" Carriage Bolt (61)



1/4" x 2 1/2" Machine Screw (64)



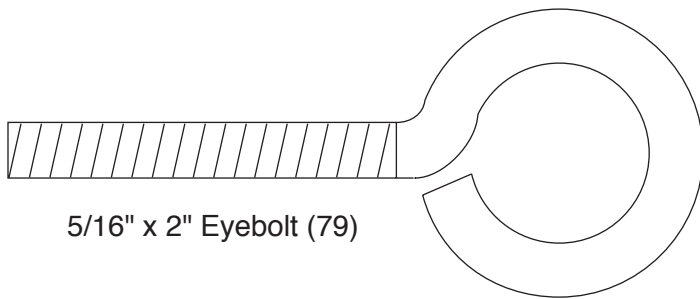
1/4" x 2 1/2" Carriage Bolt (60)



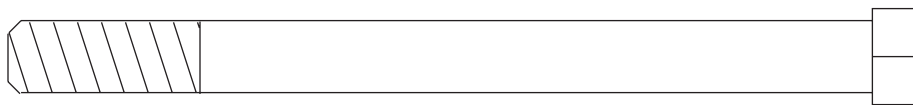
5/16" x 2 1/2" Carriage Bolt (49)



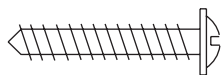
5/16" x 2 3/4" Carriage Bolt (77)



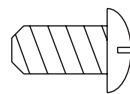
5/16" x 2" Eyebolt (79)



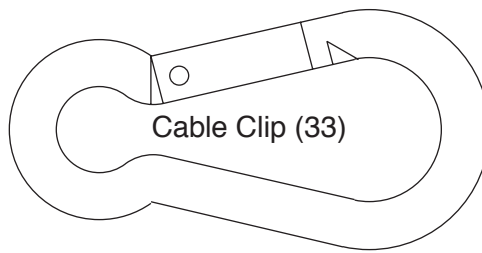
3/8" x 4 1/2" Bolt (74)



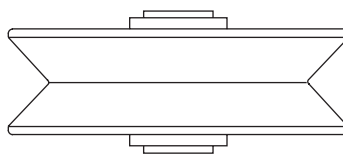
1" Tap Screw (72)



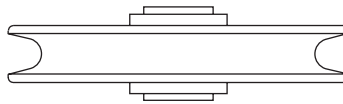
1/4" x 1/2" Screw (59)



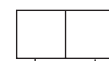
Cable Clip (33)



"V" Pulley (81)
(Not shown to scale)



3 1/2" Pulley (82)
(Not shown to scale)

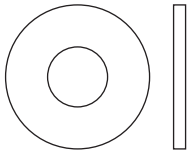


5/16" x 6" Bolt (67)

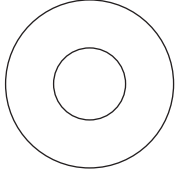


3/8" x 8" Bolt (52)

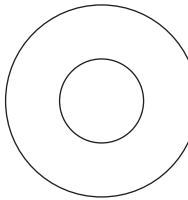




1/4" Washer (37)



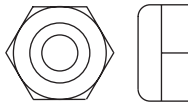
5/16" Washer (20)



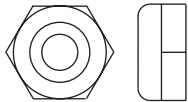
3/8" Washer (38)



1/4" Nylon Locknut (44)



5/16" Nylon Locknut (40)



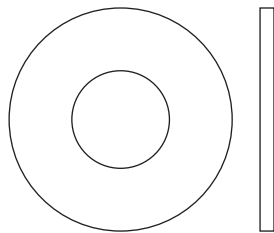
5/16" Nylon Jam Nut (91)



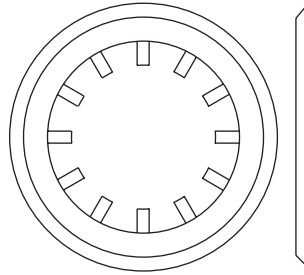
3/8" Nylon Locknut (42)



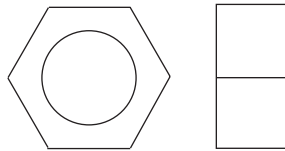
3/8" Nylon Jam Nut (43)



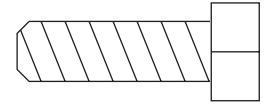
1/2" Washer (68)



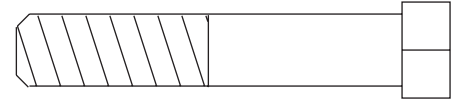
1" Retainer (45)



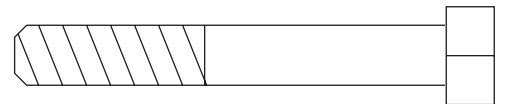
1/2" Plain Nut (35)



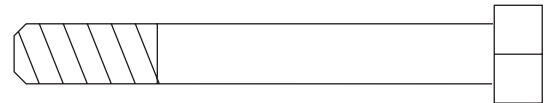
5/16" x 1" Bolt (95)



3/8" x 2" Bolt (50)



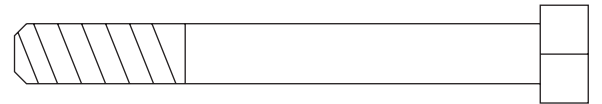
5/16" x 2 1/4" Bolt (62)



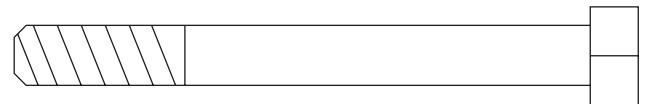
5/16" x 2 1/2" Bolt (39)



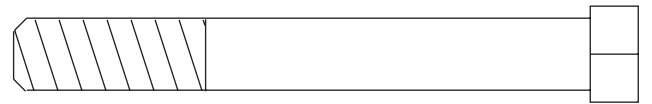
3/8" x 2 1/2" Bolt (65)-1



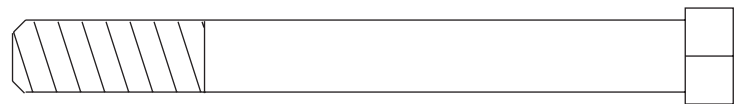
5/16" x 2 3/4" Bolt (55)



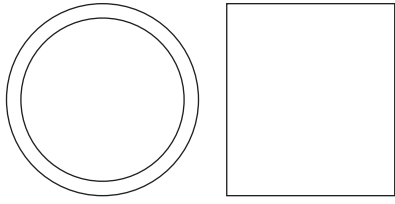
5/16" x 3" Bolt (92)



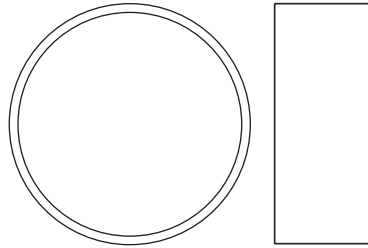
3/8" x 3" Bolt (94)



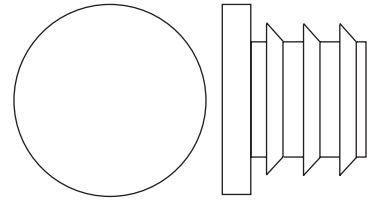
3/8" x 3 1/2" Bolt (66)



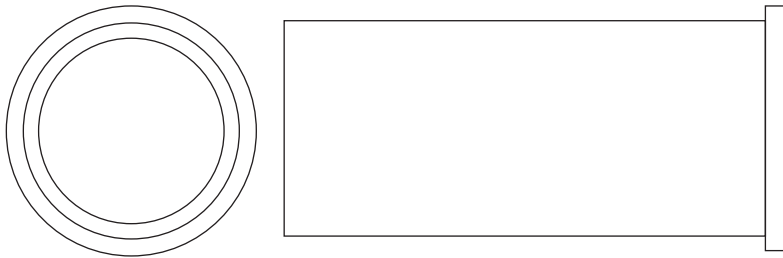
1" x 7/8" Plastic Bushing (54)



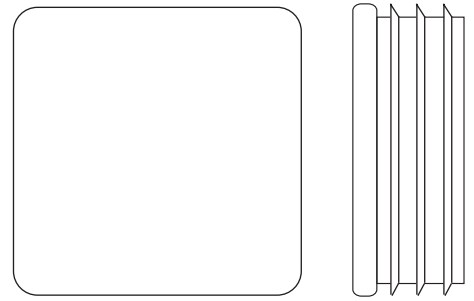
1 1/4" x 1/2" Spacer (10)



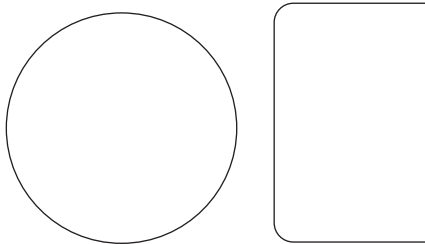
1" Round Inner Cap (70)



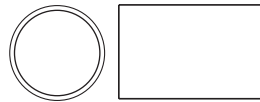
1 1/8" x 2 1/2" Plastic Bushing (47)



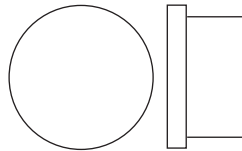
1 1/2" Square Inner Cap (57)



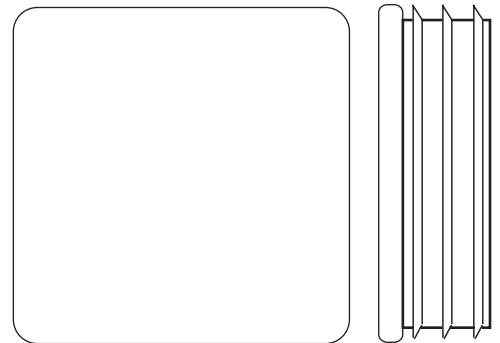
1" Round Outer Cap (46)



1/2" x 3/4" Spacer (69)



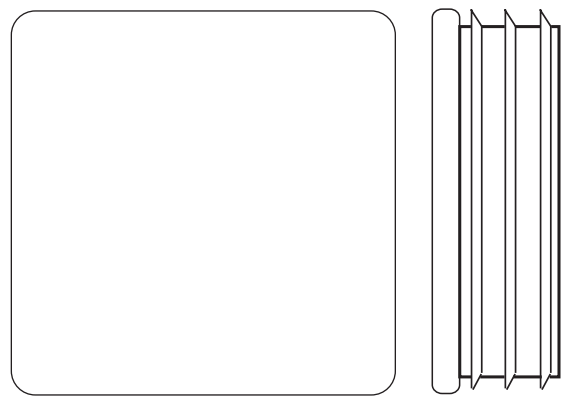
3/4" Round Inner Cap (78)



1 3/4" Square Inner Cap (48)



2" Square Outer Cap (58)



2" Square Inner Cap (56)

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:

1. The MODEL NUMBER of the product (WESY41080).
2. The NAME of the product (WEIDER PRO® 9835 Home Gym 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 at the center of this manual).

Limited Warranty

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

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