

GOLD'S GYM[®]

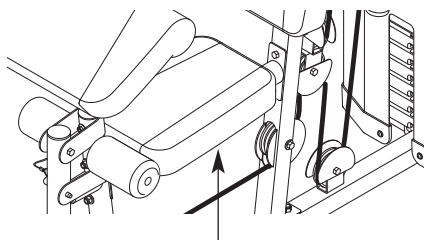
XR 45



Model No. 30321.0

Serial No. _____

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



Serial Number Decal (under seat)

QUESTIONS?

If you have questions, or if parts are damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

CALL TOLL-FREE:

1-888-936-4266

Mon.–Fri., 8:00 until 17:00 ET
(excluding holidays)

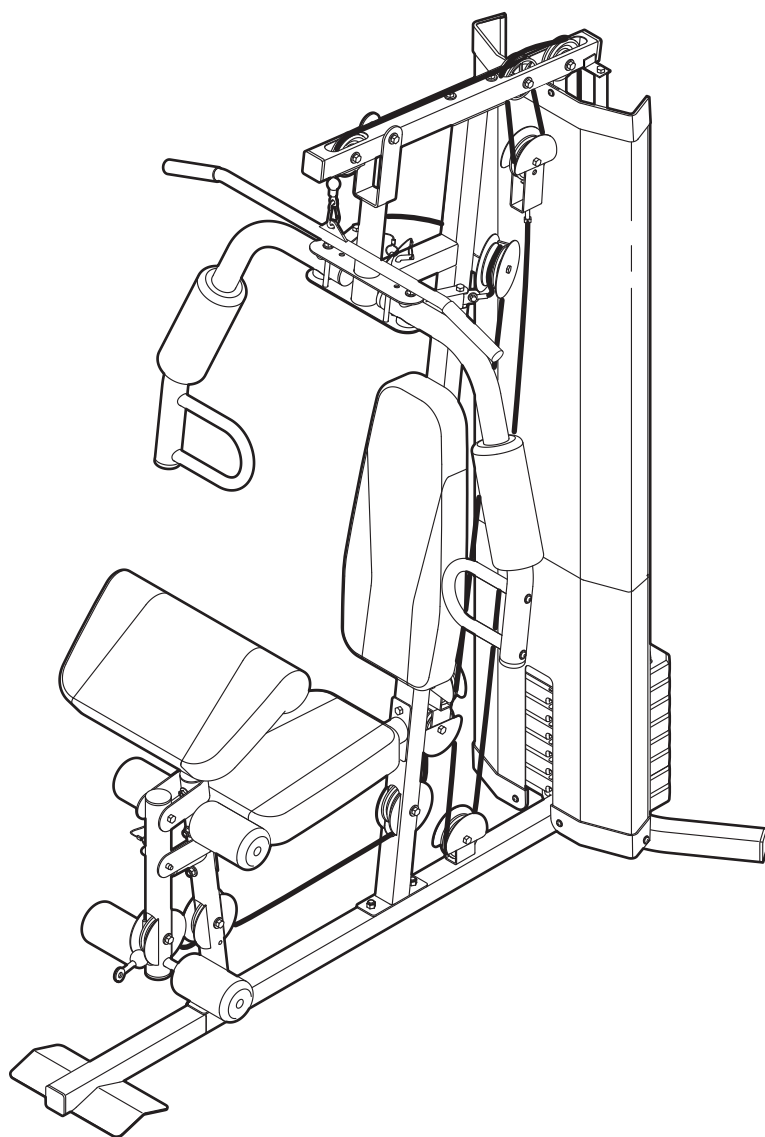
OR E-MAIL US:

customerservice@iconcanada.ca

⚠ CAUTION

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

USER'S MANUAL



www.workoutwarehouse.com

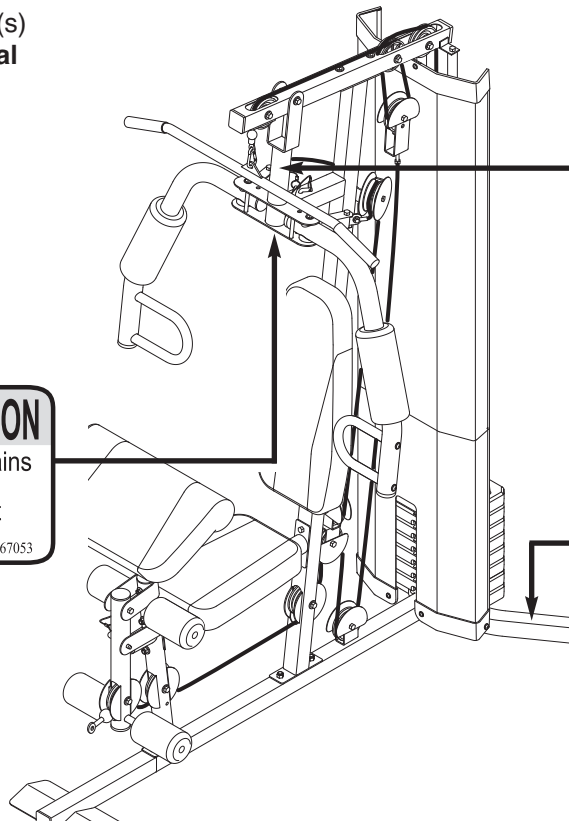
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WARNING DECAL PLACEMENT

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

⚠ WARNING ⚠ ATTENTION
Keep hands and fingers clear of this area.
Gardez vos mains et vos doigts éloignés de cet endroit.
Part#267053



⚠ WARNING
Keep hands and fingers clear of this area.
⚠ ATTENTION
Gardez vos mains et vos doigts éloignés de cet endroit.
Part#166321

⚠ WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed. 
⚠ ATTENTION
• Le mauvais emploi de cet appareil peut avoir comme conséquences des blessures graves.
• Lisez le manuel d'utilisateur et suivez tous les avertissements et les instructions avant l'emploi.
• Ne laissez pas les enfants jouer sur ou autour de l'appareil.
• Remplacez l'autocollant s'il est abîmé, illisible, ou manquant. 

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IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor. Make sure that there is enough clearance around the weight system to mount, dismount, and use the weight system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the weight system at all times.
7. The weight system should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes while using the weight system; do not wear loose clothes that could become caught on the weight system. Always wear athletic shoes for foot protection.
9. Keep hands and feet away from moving parts.
10. Always secure the weight stack with the lock pin and the lock after exercising to prevent unauthorized use of the weight system (see **LOCKING THE WEIGHT STACK** on page 24).
11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys.
12. Always stand on the foot plate while performing an exercise that could cause the weight system to tip.
13. Never release the arms, leg lever, lat bar, or handle strap while weights are raised. The weights will fall with great force.
14. Always disconnect the lat bar from the weight system when performing an exercise that does not require the lat bar.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
16. Use the weight system only as described in this manual.

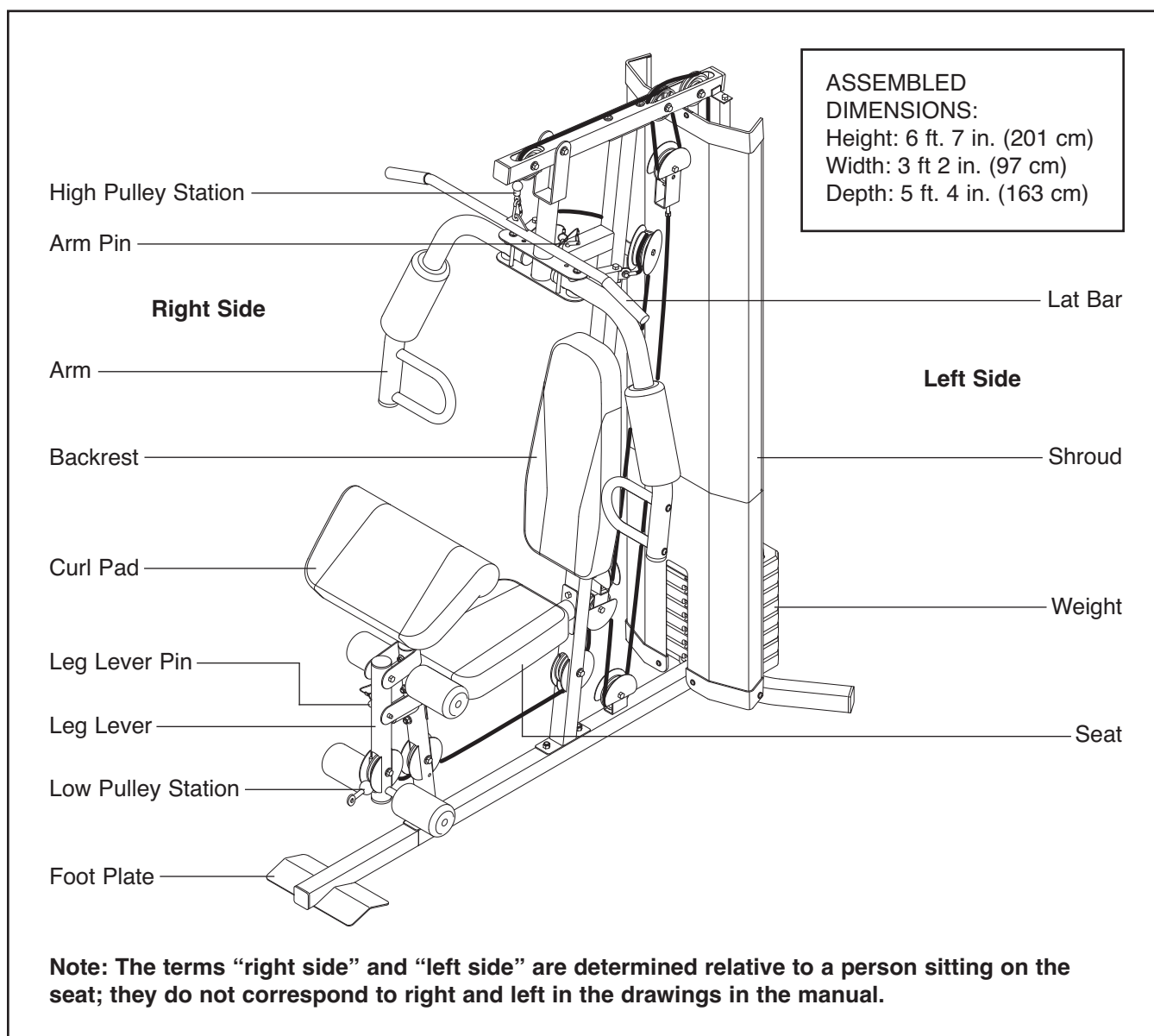
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR 45 weight system. The weight system 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 weight system will help you to achieve the specific results you want.

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

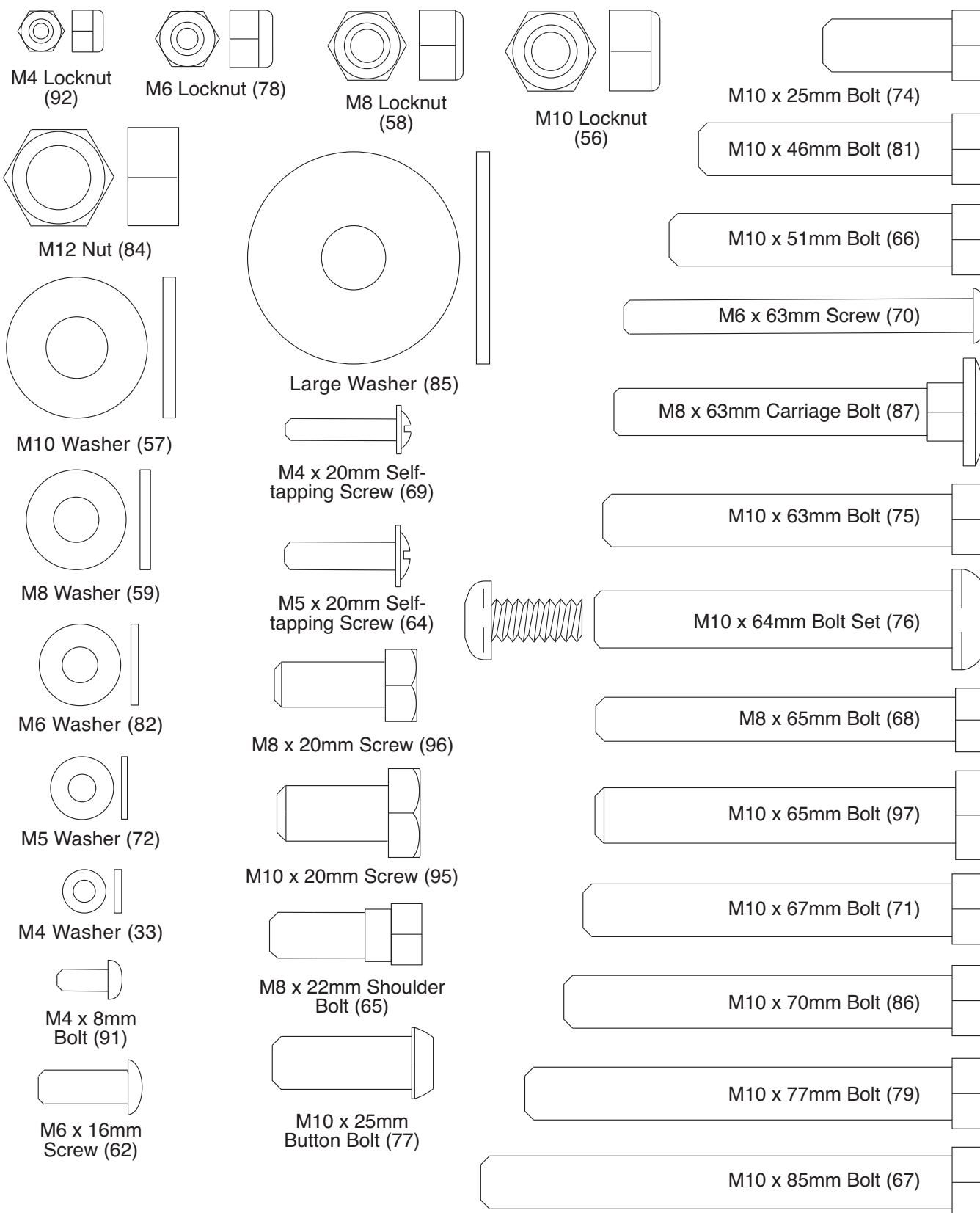
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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



ASSEMBLY

To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system while you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- The following tools (not included) may be required for assembly:

two adjustable wrenches



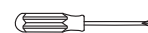
one rubber mallet



one standard screwdriver



one Phillips screwdriver



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

The Four Stages of the Assembly Process

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

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

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

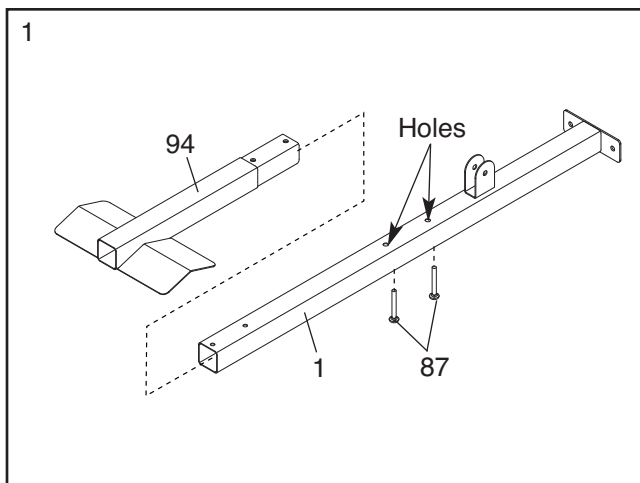
Seat Assembly—During the final stage, you will assemble the seat and the backrest.

Frame Assembly

1.

IMPORTANT: To make assembly easier, read the assembly tips on page 6.

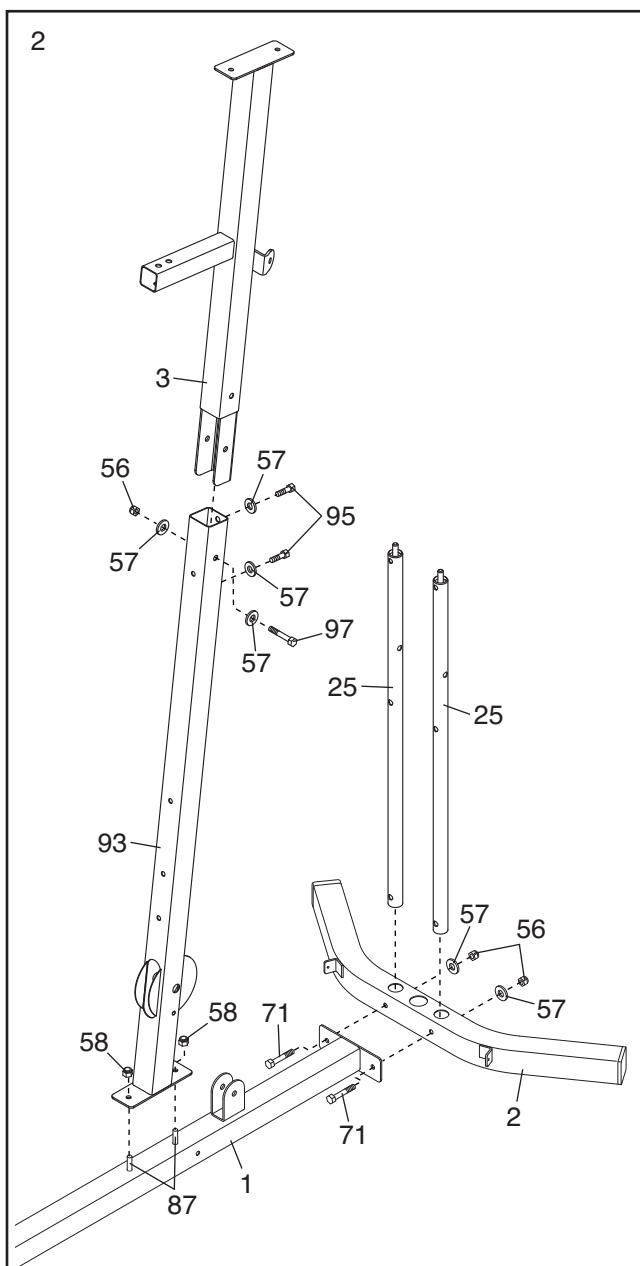
Insert the Front Base (94) into the Base (1). Then, insert two M8 x 63mm Carriage Bolts (87) up into the indicated holes in the Base. **Note: It may be helpful to place a piece of tape over the bolt heads to hold them in place.**



2. Attach the Lower Weight Guides (25) and the Base (1) to the Stabilizer (2) with two M10 x 67mm Bolts (71), two M10 Washers (57), and two M10 Locknuts (56); **firmly tighten the Locknuts.**

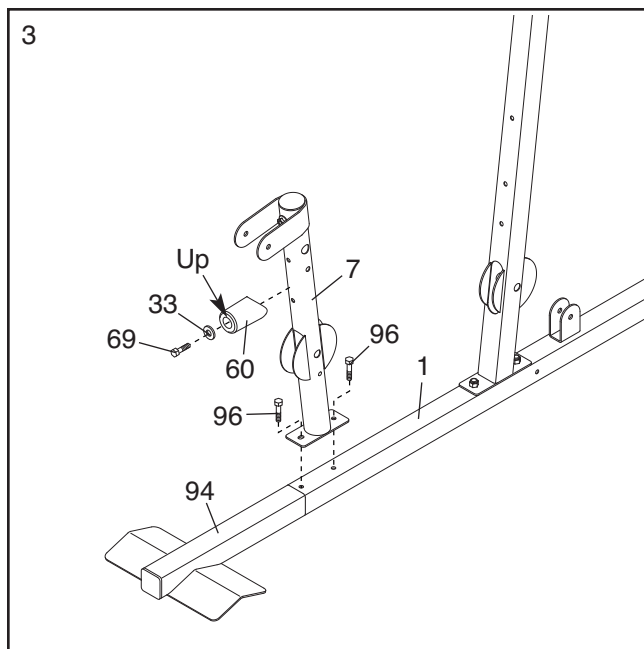
Insert the Upper Upright (3) into the Lower Upright (93). Attach the Upper Upright with an M10 x 65mm Bolt (97), two M10 x 20mm Screws (95), four M10 Washers (57), and an M10 Locknut (56).

Attach the Lower Upright (93) to the Base (1) with the two indicated M8 x 63mm Carriage Bolts (87) and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**



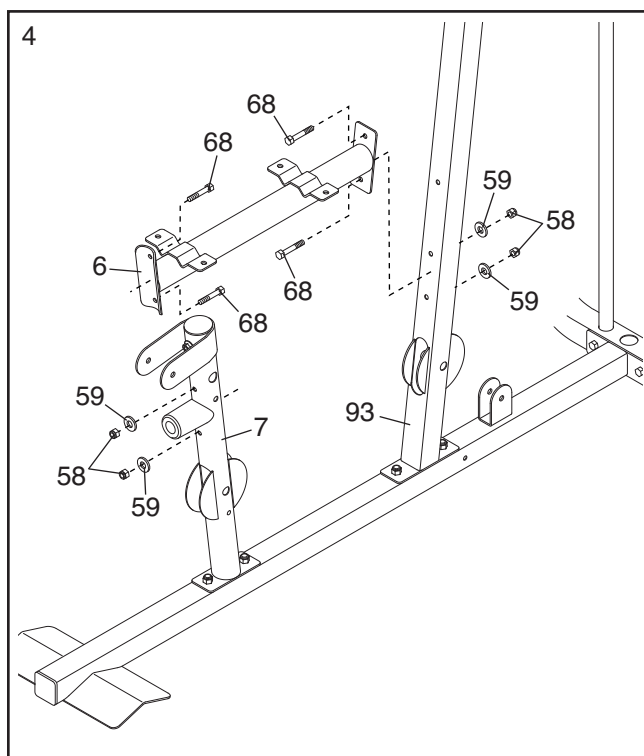
3. Attach the Front Leg (7) to the Base (1) and to the Front Base (94) with two M8 x 20mm Screws (96). **Do not tighten the Screws yet.**

Attach the Leg Bumper (60) to the Front Leg (7) with an M4 x 20mm Self-tapping Screw (69) and an M4 Washer (33). **Make sure that the end of the Leg Bumper is pointing upward.**



4. Attach the Seat Frame (6) to the Lower Upright (93) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**

Attach the Seat Frame (6) to the Front Leg (7) in the same way.

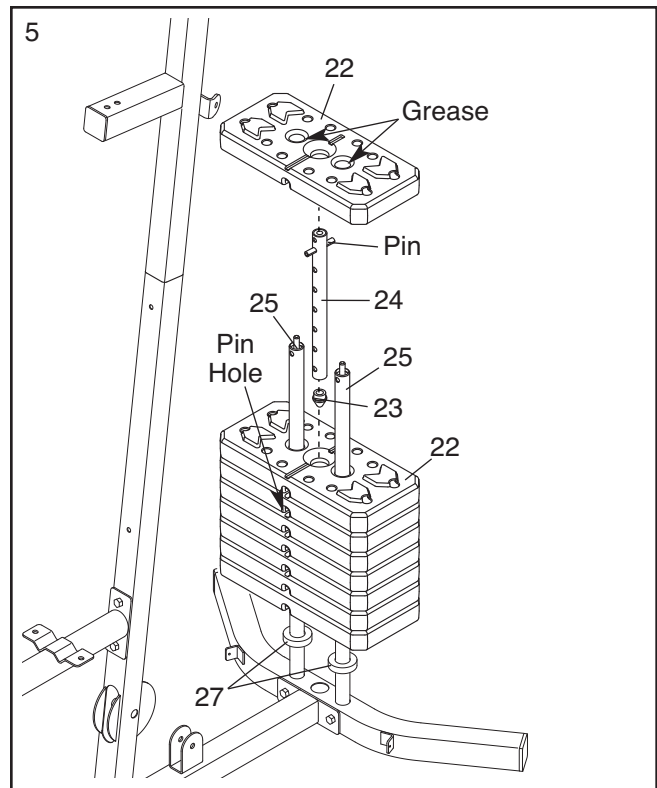


5. Slide the two Weight Bumpers (27) onto the Lower Weight Guides (25).

Orient seven Weights (22) so that the pin holes are on the bottom as shown. Slide the Weights onto the Lower Weight Guides (25).

Insert the Weight Tube Cap (23) into the Weight Tube (24). Then, insert the Weight Tube into the seven Weights (22). **Make sure that the pin on the Weight Tube is oriented as shown.**

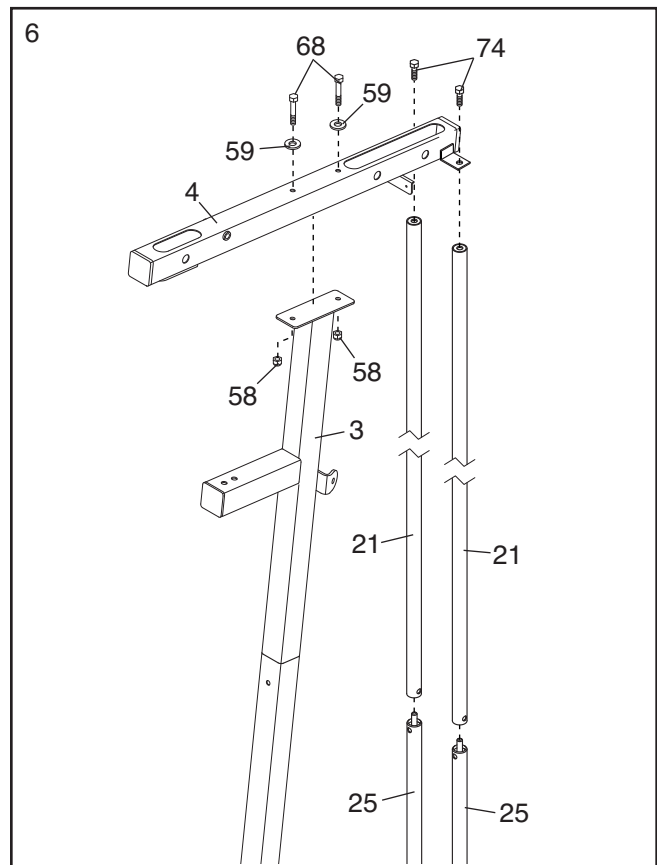
Apply some of the included grease inside the indicated holes in the remaining Weight (22). Then, slide the Weight onto the Lower Weight Guides (25).



6. Tighten the Upper Weight Guides (21) onto the Lower Weight Guides (25).

Next, attach the Top Frame (4) to the Upper Upright (3) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**

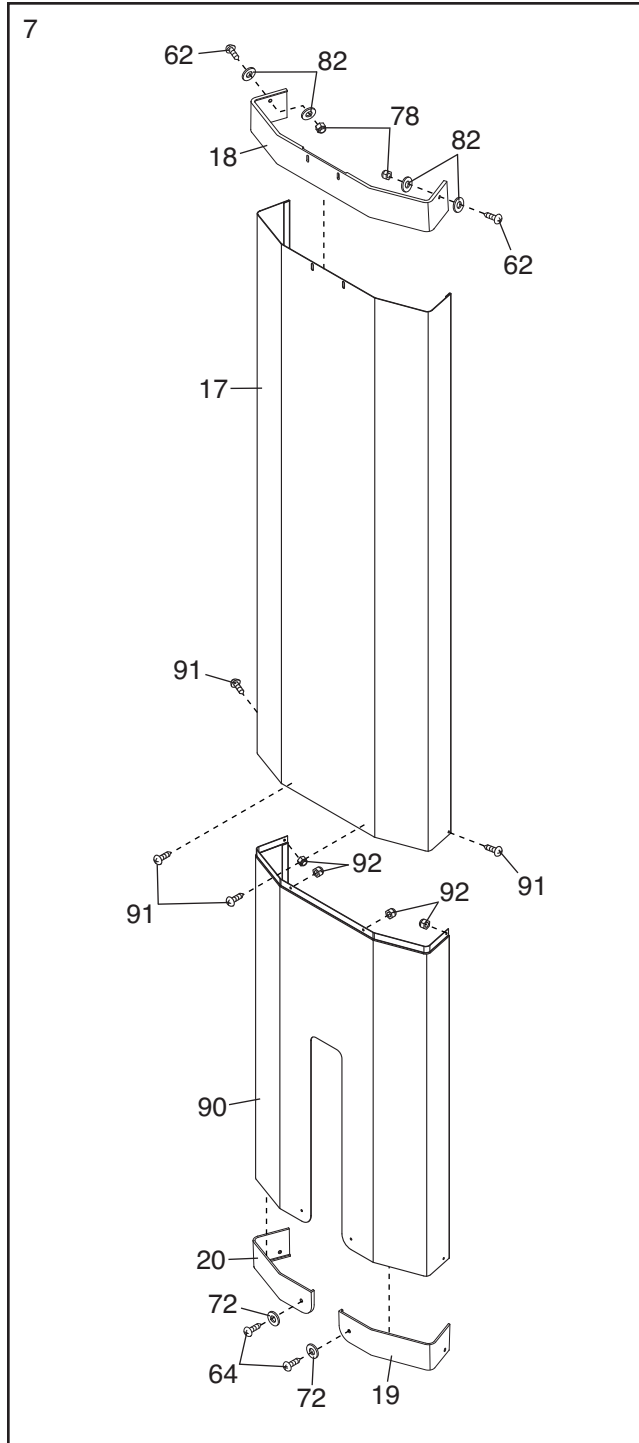
Attach the Top Frame (4) to the Upper Weight Guides (21) with two M10 x 25mm Bolts (74). **Do not tighten the Bolts yet.**



7. Attach the Left Cap (19) and the Right Cap (20) to the Lower Shroud (90) with two M5 x 20mm Self-tapping Screws (64) and two M5 Washers (72). **Do not tighten the Self-tapping Screws yet.**

Attach the Top Cap (18) to the Upper Shroud (17) with two M6 x 16mm Screws (62), four M6 Washers (82), and two M6 Locknuts (78). **Do not tighten the Screws and the Locknuts yet.**

Attach the Upper Shroud (17) to the Lower Shroud (90) with four M4 x 8mm Bolts (91) and four M4 Locknuts (92).



8. Attach the Upper Shroud (17) to the Top Frame (4) with two M6 x 16mm Screws (62) and two M6 Washers (82). **Do not tighten the Screws yet.**

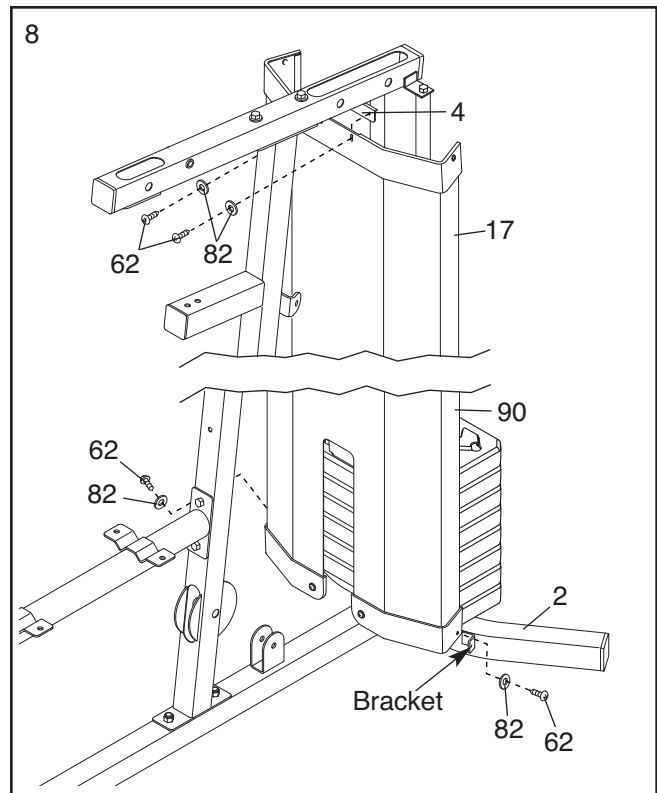
Attach the Lower Shroud (90) to the brackets on the Stabilizer (2) with two M6 x 16mm Screws (62) and two M6 Washers (82). **Make sure that the brackets are inside the Lower Shroud. Tighten the four Screws used in this step.**

See steps 2 and 4. Tighten the M10 Locknuts (56) and the M8 Locknuts (58).

See step 3. Tighten the M8 x 20mm Screws (96).

See step 6. Tighten the M10 x 25mm Bolts (74).

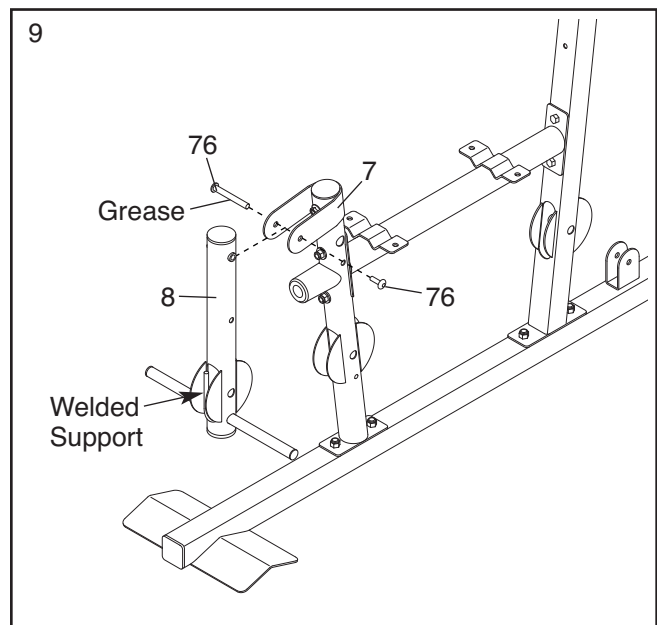
See step 7. Tighten the M5 x 20mm Self-tapping Screws (64), the M6 x 16mm Screws (62), and the M6 Locknuts (78).



Arm Assembly

9. Apply grease to the outside of the barrel of an M10 x 64mm Bolt Set (76).

Orient the Leg Lever (8) so that the welded support is on the side shown. Attach the Leg Lever to the Front Leg (7) with the M10 x 64mm Bolt Set (76). **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**

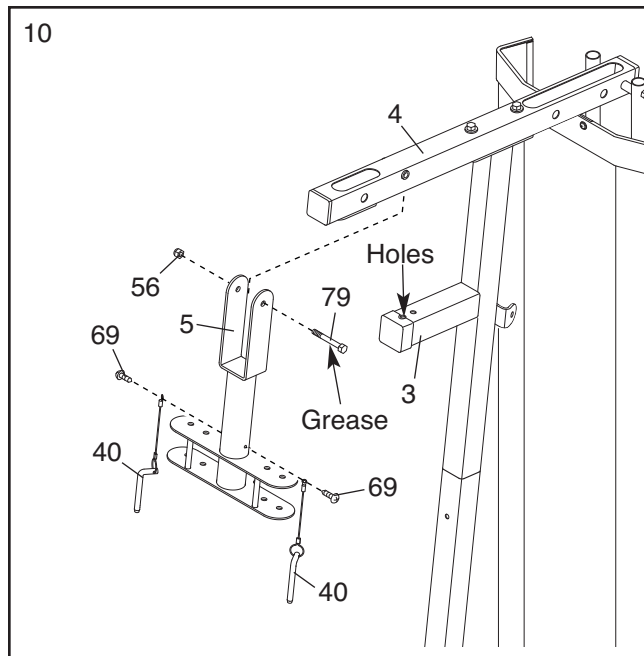


10. Apply grease to an M10 x 77mm Bolt (79).

Attach the Pivot Frame (5) to the Top Frame (4) with the M10 x 77mm Bolt (79) and an M10 Locknut (56). **Do not overtighten the Locknut; the Pivot Frame must pivot easily.**

Attach the two Arm Pins (40) to the Pivot Frame (5) with two M4 x 20mm Self-tapping Screws (69).

Insert the Arm Pins (40) into the two holes in the Upper Upright (3).



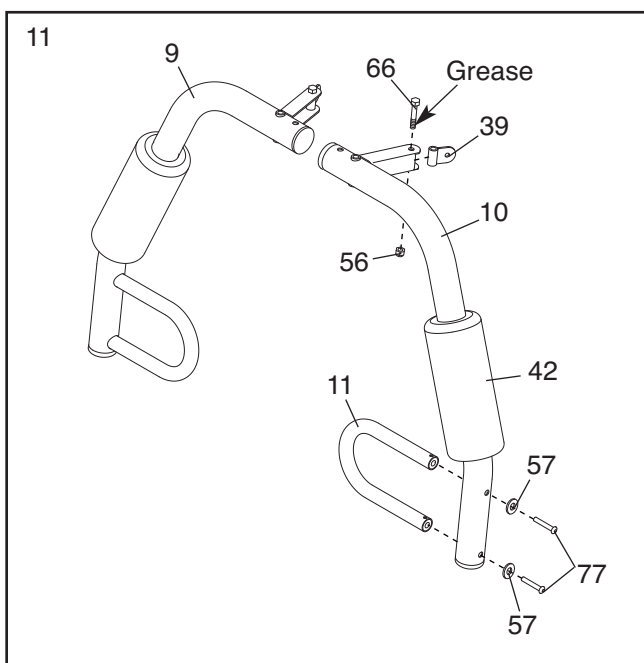
11. Apply grease to an M10 x 51mm Bolt (66).

Attach a Cable Pivot (39) to the Left Arm (10) with the M10 x 51mm Bolt (66) and an M10 Locknut (56). **Do not overtighten the Locknut; the Cable Pivot must pivot easily.**

Wet the inside of a Large Foam Pad (42) with soapy water. Slide the Large Foam Pad onto the Left Arm (10).

Attach a Handle (11) to the Left Arm (10) with two M10 x 25mm Button Bolts (77) and two M10 Washers (57).

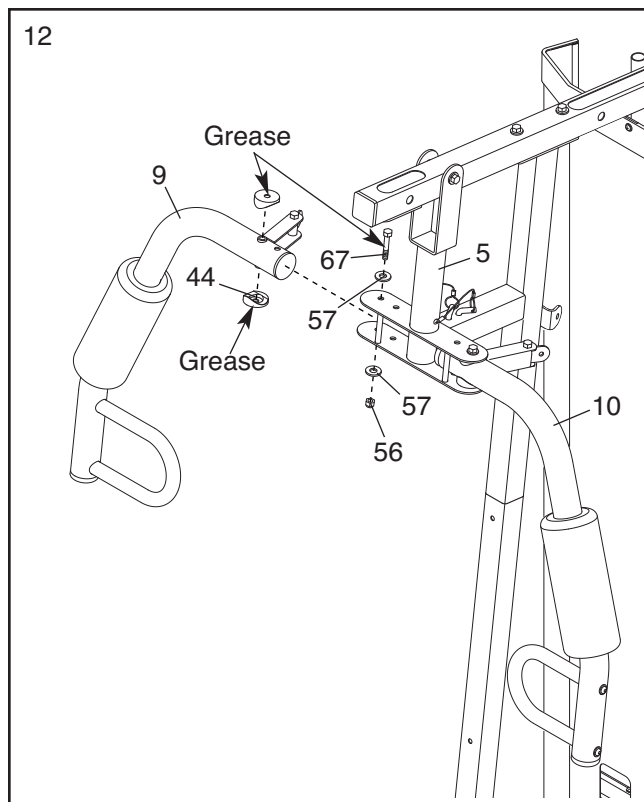
Assemble the Right Arm (9) in the same way.



12. Apply grease to an M10 x 85mm Bolt (67) and to two Arm Bushings (44).

Attach the Right Arm (9) to the Pivot Frame (5) with the M10 x 85mm Bolt (67), two M10 Washers (57), the two Arm Bushings (44), and an M10 Locknut (56). **Do not overtighten the Locknut; the Right Arm must pivot easily.**

Attach the Left Arm (10) to the Pivot Frame (5) in the same way.

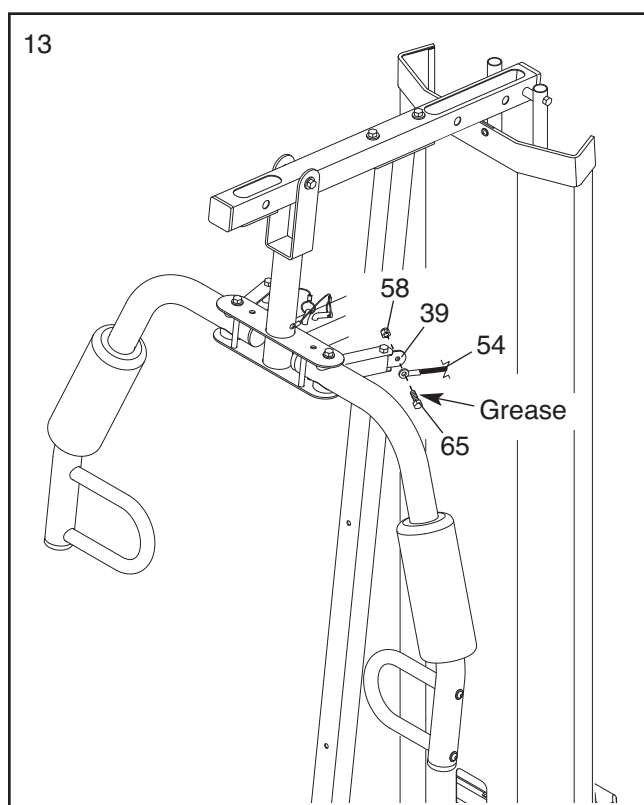


Cable Assembly

13. See the **CABLE DIAGRAM** on page 25 and identify the Arm Cable (54).

Apply grease to an M8 x 22mm Shoulder Bolt (65).

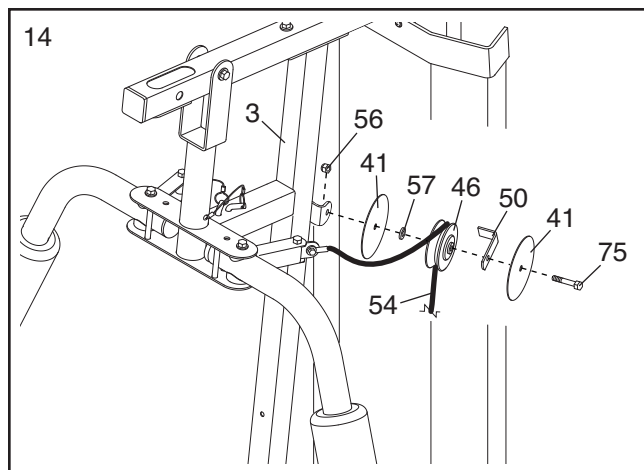
Attach the Arm Cable (54) to the indicated Cable Pivot (39) with the M8 x 22mm Shoulder Bolt (65) and an M8 Locknut (58).



14. Route the Arm Cable (54) over a "V"-pulley (46).

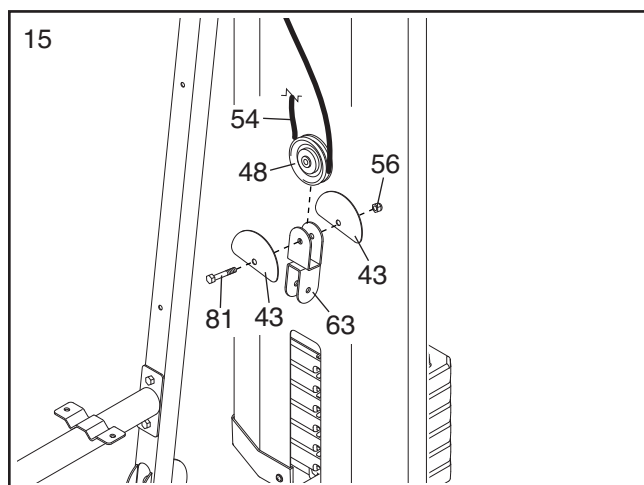
Attach the "V"-pulley (46), a Large Cable Trap (50), two Full Finger Guards (41), and an M10 Washer (57) to the Upper Upright (3) with an M10 x 63mm Bolt (75) and an M10 Locknut (56).

Make sure that the Large Cable Trap is oriented to hold the Arm Cable (54) in the groove of the "V"-pulley.



15. Route the Arm Cable (54) under a 90mm Pulley (48).

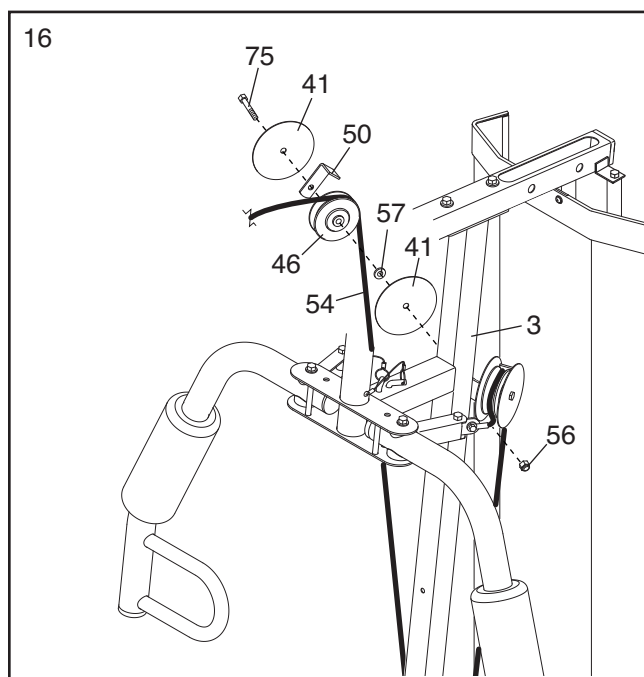
Attach the 90mm Pulley (48) and two Half Finger Guards (43) to the Double "U"-bracket (63) with an M10 x 46mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Finger Guards are on the outside of the Double "U"-bracket as shown.**



16. Route the Arm Cable (54) over a "V"-pulley (46).

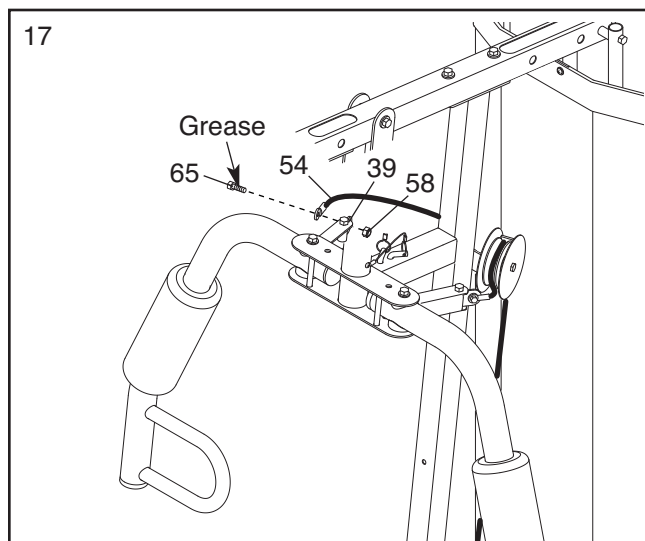
Attach the "V"-pulley (46), a Large Cable Trap (50), two Full Finger Guards (41), and an M10 Washer (57) to the Upper Upright (3) with an M10 x 63mm Bolt (75) and an M10 Locknut (56).

Make sure that the Large Cable Trap is oriented to hold the Arm Cable (54) in the groove of the "V"-pulley.



17. Apply grease to an M8 x 22mm Shoulder Bolt (65).

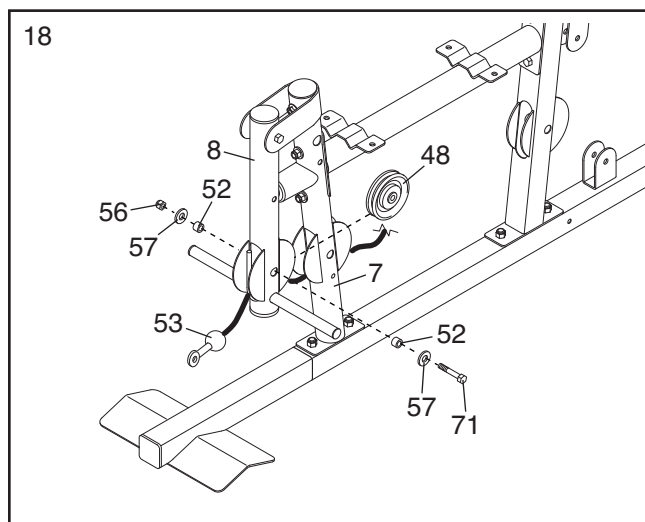
Attach the Arm Cable (54) to the indicated Cable Pivot (39) with the M8 x 22mm Shoulder Bolt (65) and an M8 Locknut (58).



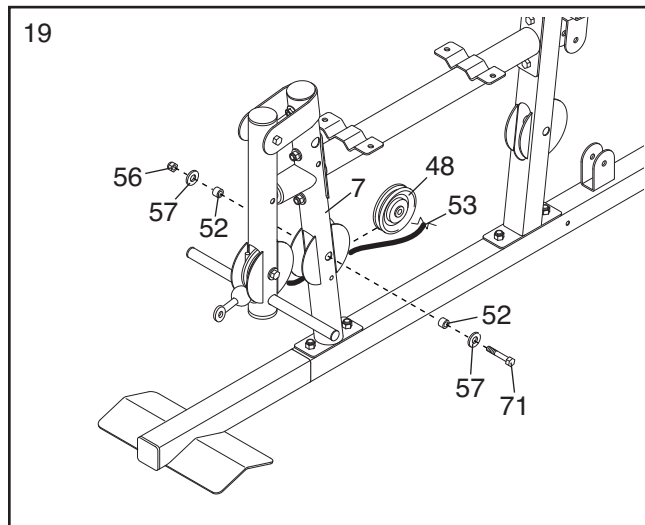
18. See the **CABLE DIAGRAM** on page 25 and identify the Low Cable (53).

Route the Low Cable (53) through the Leg Lever (8) and the Front Leg (7).

Attach a 90mm Pulley (48) inside the Leg Lever (8), over the Low Cable (53), with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).

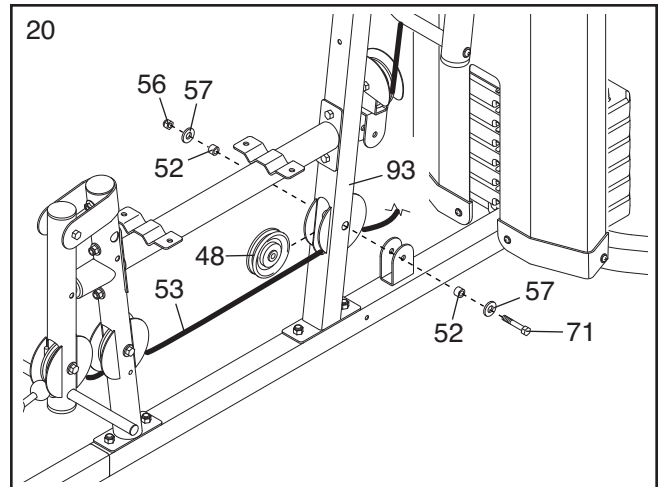


19. Attach a 90mm Pulley (48) inside the Front Leg (7), over the Low Cable (53), with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).



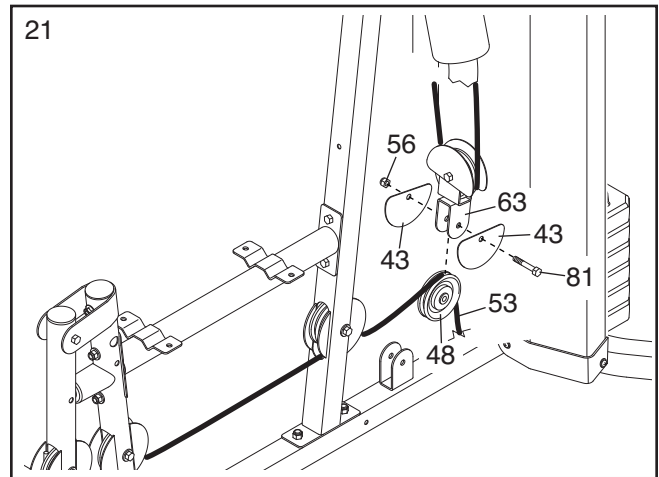
20. Route the Low Cable (53) under a 90mm Pulley (48) and through the Lower Upright (93).

Attach the 90mm Pulley (48) inside the Lower Upright (93) with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).



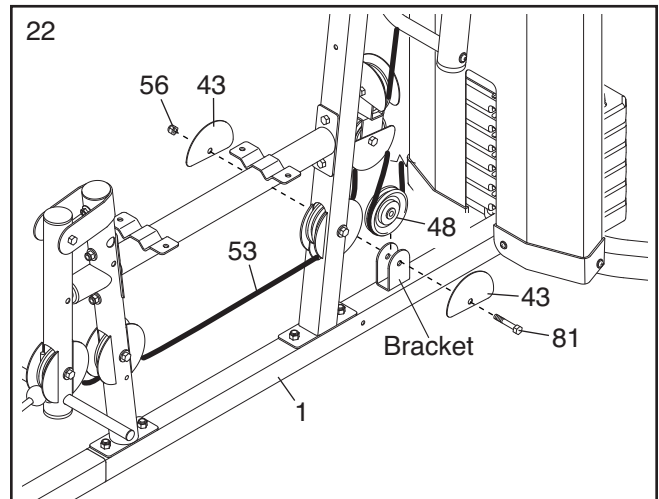
21. Route the Low Cable (53) over a 90mm Pulley (48).

Attach the 90mm Pulley (48) and two Half Finger Guards (43) to the Double "U"-bracket (63) with an M10 x 46mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Finger Guards are on the outside of the Double "U"-bracket as shown.**



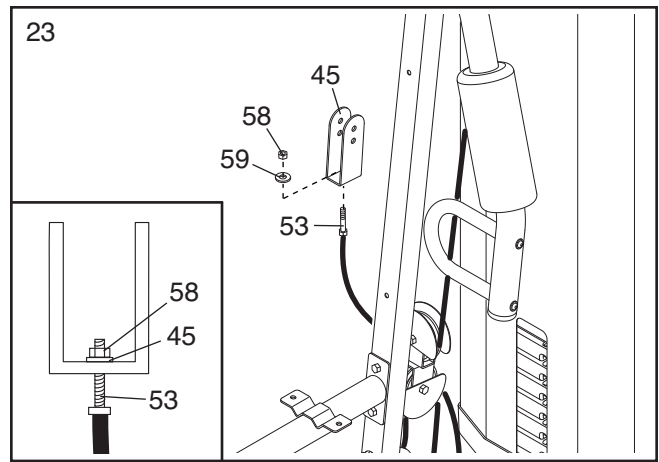
22. Route the Low Cable (53) under a 90mm Pulley (48).

Attach the 90mm Pulley (48) and two Half Finger Guards (43) to the Base (1) with an M10 x 46mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Finger Guards are on the outside of the bracket as shown.**



23. Attach the Low Cable (53) to the “U”-bracket (45) with an M8 Washer (59) and an M8 Locknut (58).

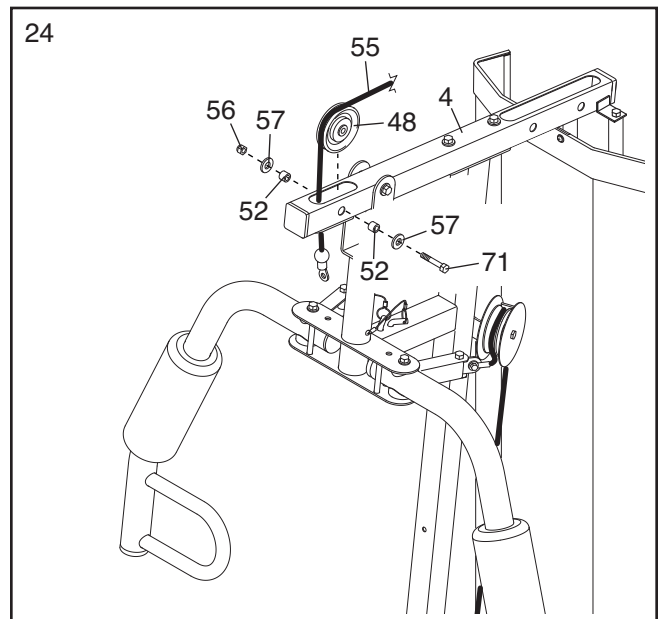
See the inset drawing. Do not overtighten the M8 Locknut (58); it should be threaded onto the end of the Low Cable (53) so that only two threads are showing above the Locknut.



24. **See the CABLE DIAGRAM on page 25 and identify the High Cable (55).**

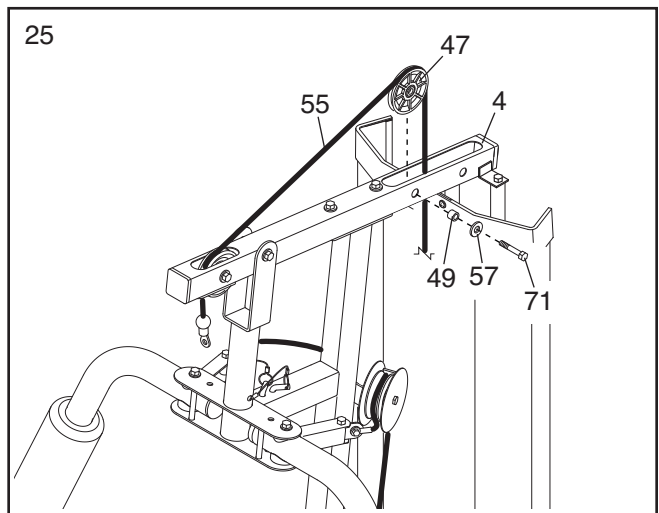
Route the High Cable (55) up through the Top Frame (4) and over a 90mm Pulley (48).

Attach the 90mm Pulley (48) inside the Top Frame with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).



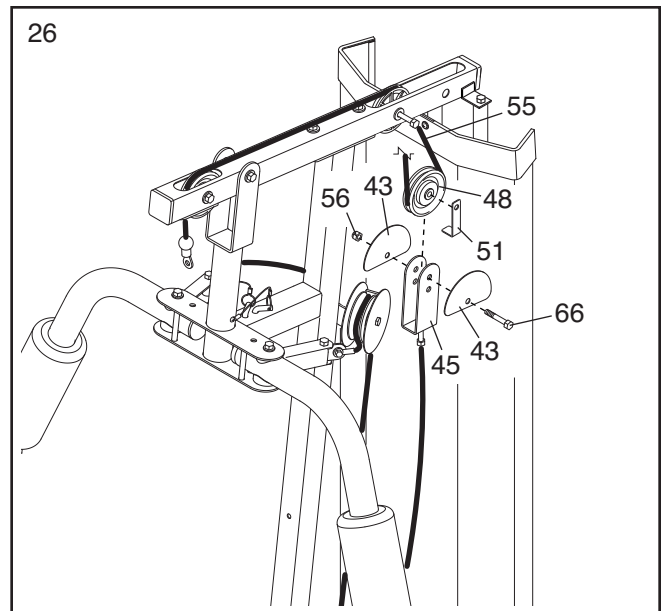
25. Route the High Cable (55) over a 90mm Thin Pulley (47) and down through the Top Frame (4).

Attach the 90mm Thin Pulley (47) inside the Top Frame (4) with an M10 x 67mm Bolt (71), an M10 Washer (57), and an 11mm Spacer (49). **Make sure that the Thin Pulley does not fall out of the Top Frame while you complete steps 26 and 27.**



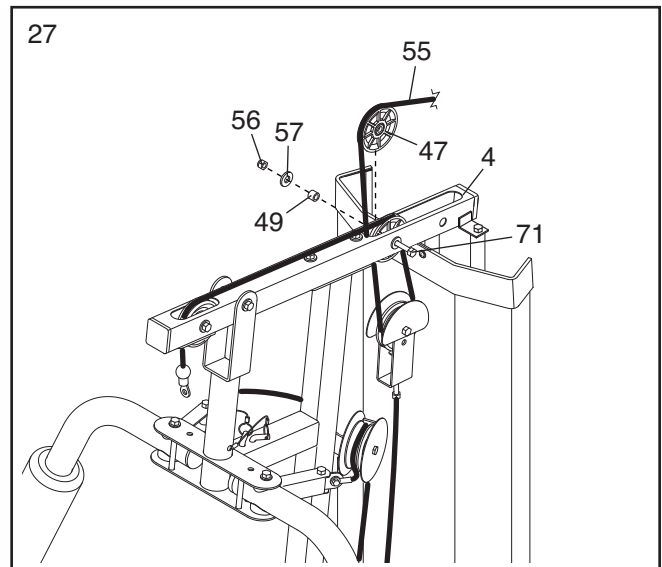
26. Wrap the High Cable (55) under a 90mm Pulley (48).

Attach the 90mm Pulley (48), a Cable Trap (51), and two Half Finger Guards (43) at the upper hole in the "U"-bracket (45) with an M10 x 51mm Bolt (66) and an M10 Locknut (56). **Make sure that the Cable Trap is oriented to hold the High Cable (55) in the groove of the Pulley and that the Half Finger Guards are on the outside of the "U"-bracket.**



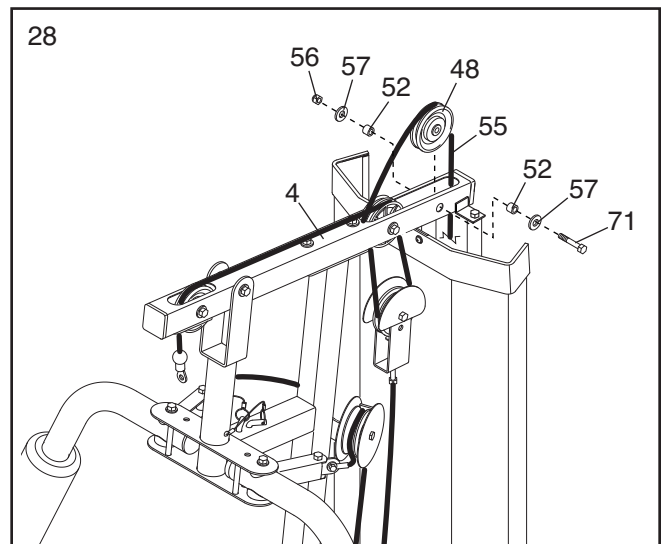
27. Route the High Cable (55) up through the Top Frame (4) and over a 90mm Thin Pulley (47).

Attach the 90mm Thin Pulley (47) inside the Top Frame with the M10 x 67mm Bolt (71) used in step 25, an 11mm Spacer (49), an M10 Washer (57), and an M10 Locknut (56).



28. Route the High Cable (55) over a 90mm Pulley (48) and down through the Top Frame (4).

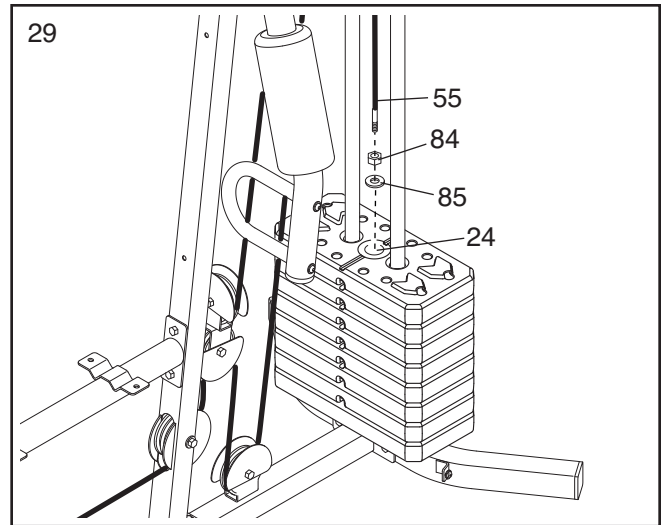
Attach the 90mm Pulley (48) inside the Top Frame (4) with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).



29. **Note: For clarity, the Shrouds are not shown in this step.**

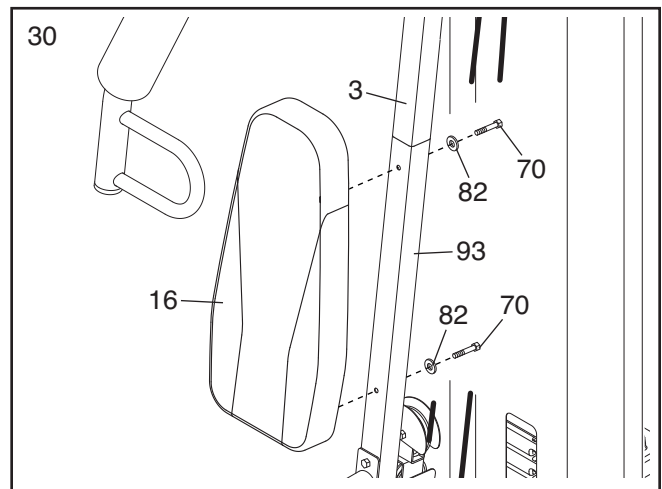
Thread an M12 Nut (84) as far as possible onto the High Cable (55). Then, place a Large Washer (85) on top of the Weight Tube (24).

Tighten the High Cable (55) into the Weight Tube (24) until all the slack is removed from the cables. Then, tighten the M12 Nut (84) against the Large Washer (85).

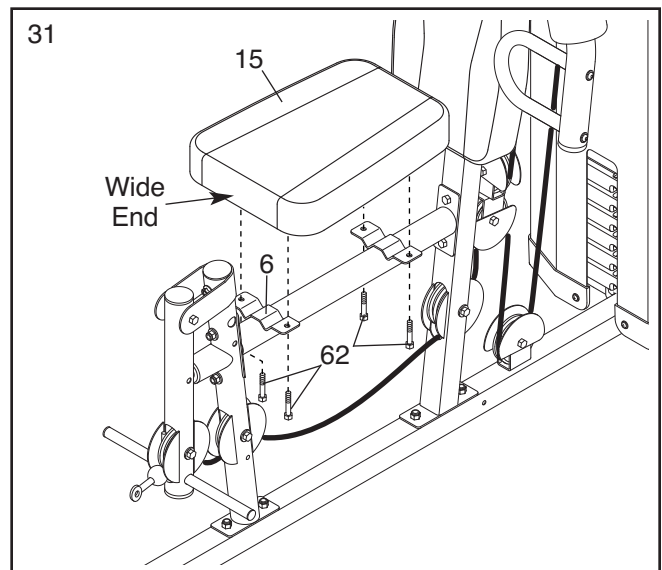


Seat Assembly

30. Attach the Backrest (16) to the Lower Upright (93) and the Upper Upright (3) with two M6 x 63mm Screws (70) and two M6 Washers (82).

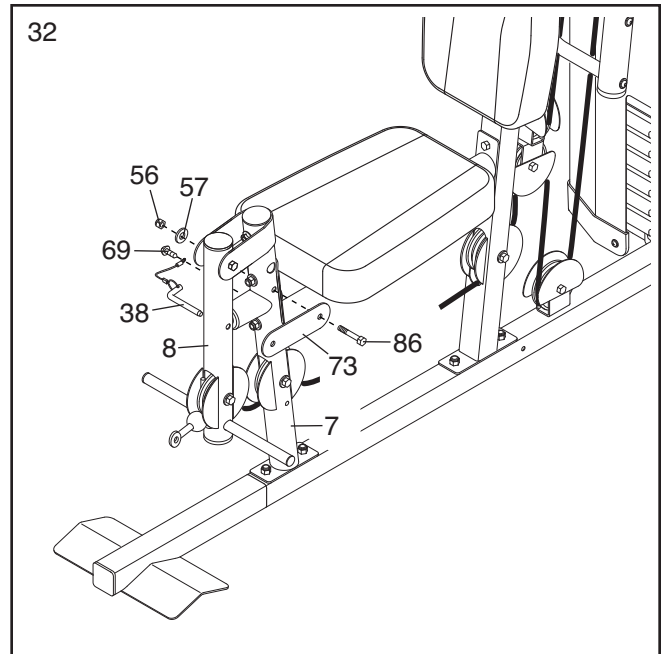


31. Attach the Seat (15) to the Seat Frame (6) with four M6 x 16mm Screws (62) as shown.



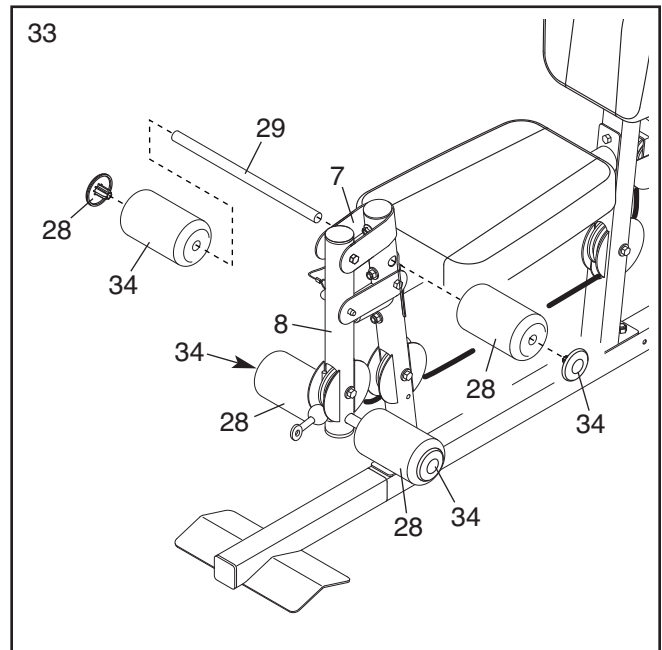
32. Attach the Lock Plate (73) to the Front Leg (7) with an M10 x 70mm Bolt (86), an M10 Washer (57), and an M10 Locknut (56). **Do not overtighten the Locknut; the Lock Plate must pivot easily.**

Attach the Leg Lever Pin (38) to the Front Leg (7) with an M4 x 20mm Self-tapping Screw (69). Insert the Leg Lever Pin through the Leg Lever (8) and the Lock Plate (73).

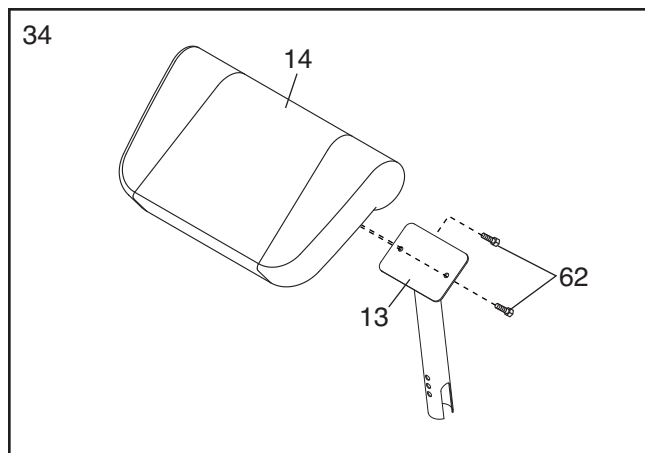


33. Insert the Pad Tube (29) into the Front Leg (7). Slide two Small Foam Pads (28) onto the Pad Tube. Then, press two Pad Caps (34) into the Small Foam Pads.

Next, slide two Small Foam Pads (28) onto the Leg Lever (8). Then, press two Pad Caps (34) into the Small Foam Pads.



34. Attach the Curl Pad (14) to the Curl Post (13) with two M6 x 16mm Screws (62).



35. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 22.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly around 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 DIAGRAM on page 25 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 26.**

ADJUSTMENT

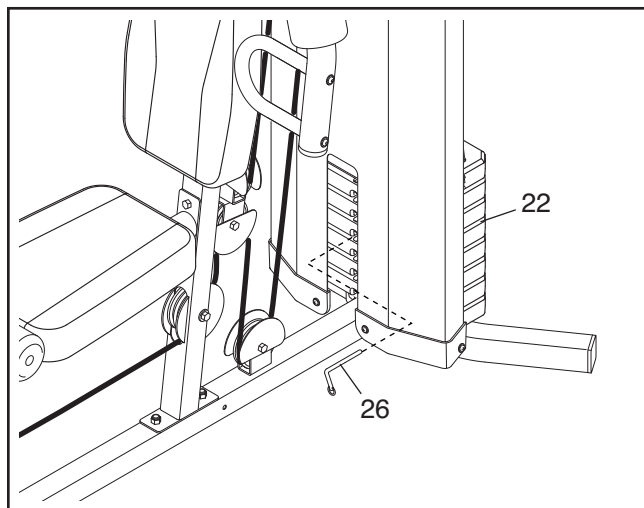
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 27 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

CHANGING THE WEIGHT SETTING

To change the setting of a weight stack, insert a Weight Pin (26) under the desired Weight (22). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end downward.

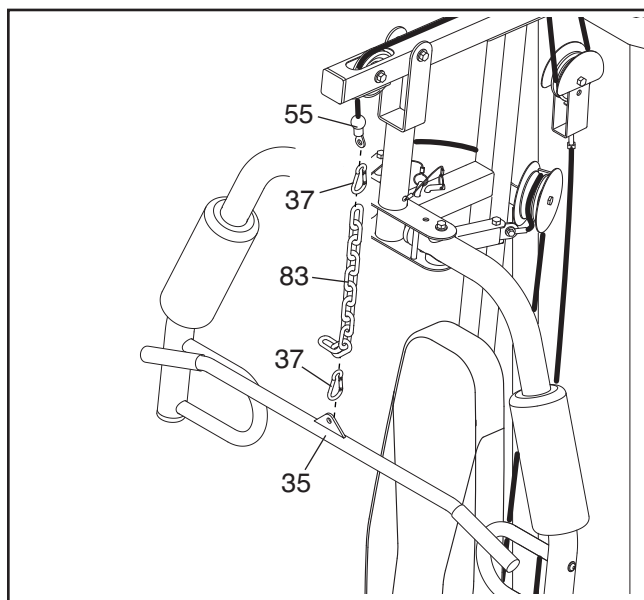
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the **WEIGHT RESISTANCE CHART** on page 24 to find the approximate amount of resistance at each weight station.



ATTACHING THE ACCESSORIES

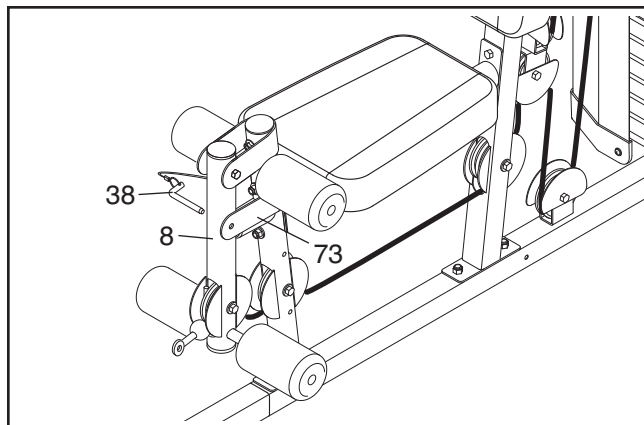
Attach the Lat Bar (35) to the High Cable (55) at the high pulley station with a Cable Clip (37). For some exercises, the Chain (83) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (35) or the Handle Strap (not shown) can be attached at either pulley stations in the same way. Always engage the Lock Plate (not shown) when using the low pulley station (see USING THE LOCK LEVER on page 23).



USING THE LOCK LEVER

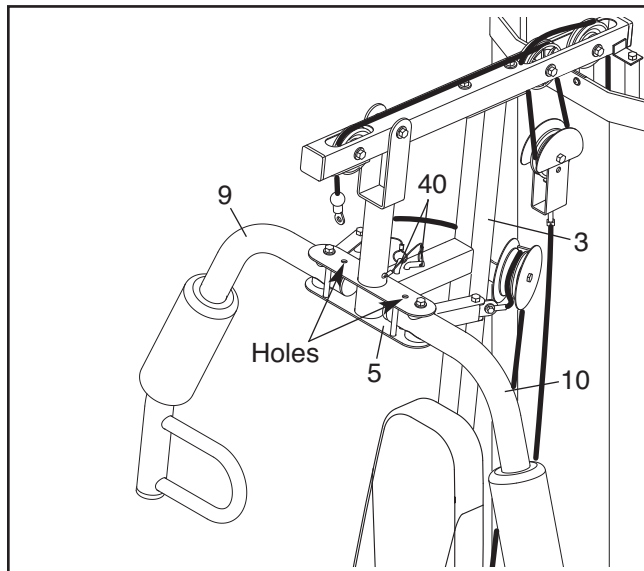
When using the low pulley station, engage the Leg Lever Pin (38) into the Leg Lever (8) and the Lock Plate (73).



CONVERTING THE ARMS

To use the Arms (9, 10) as butterfly arms, insert the Arm Pins (40) into the holes in the Upright (3) and the Pivot Frame (5) as shown.

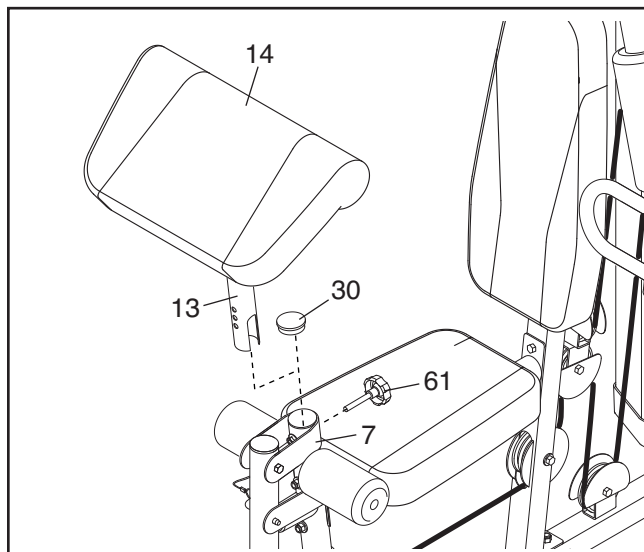
To use the Arms (9, 10) as press arms, insert the Arm Pins (40) into the holes in the Pivot Frame (5) and Arms.



USING THE CURL PAD

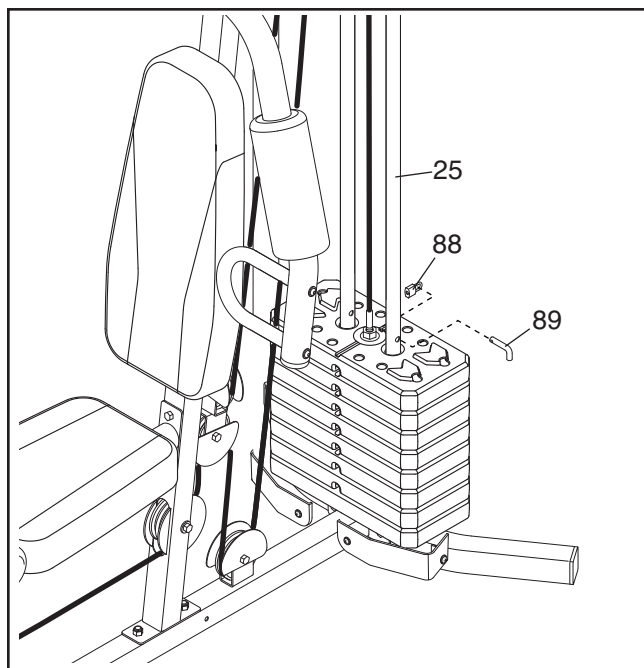
To use the Curl Pad (14), remove the 50mm Round Inner Cap (30) from the Front Leg (7). Insert the Curl Post (13) into the Front Leg and secure it in place with the Curl Knob (61).

Remove the Curl Pad (14) and replace the 50mm Round Inner Cap (30) into the Front Leg (7) when performing an exercise that does not require the Curl Pad. Store the Curl Pad away from the weight system.



LOCKING THE WEIGHT STACK

To lock the weight stack, insert the Lock Pin (89) through a Lower Weight Guide (25), and secure the Lock (88) on the Lock Pin.



WEIGHT RESISTANCE CHART

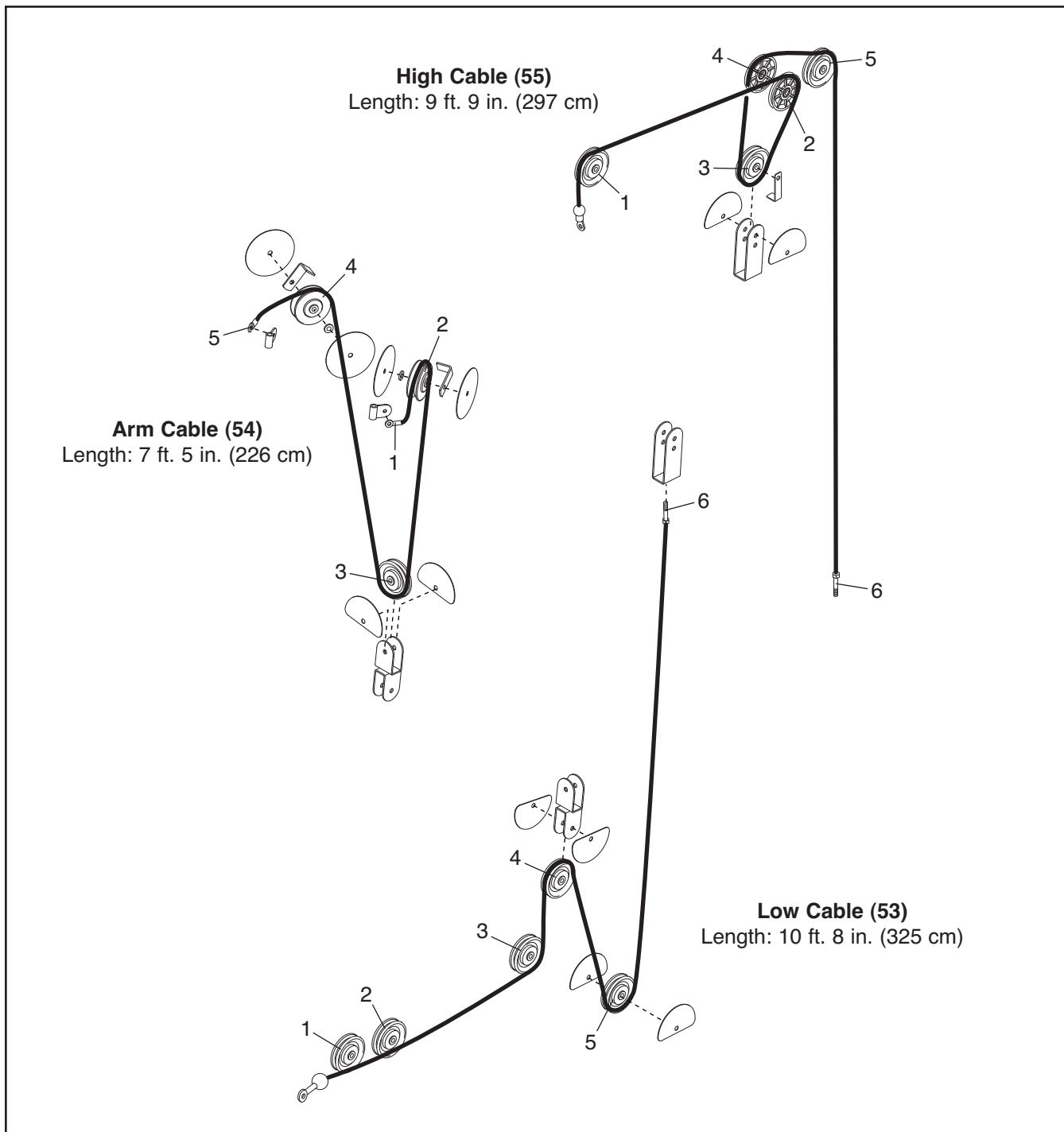
The chart below shows the approximate weight resistance at each exercise station. The numbers in the left column refer to the 12.5-lb. weights. **Note: The weight resistance shown for the butterfly arm station is for each arm. The actual resistance at each station may vary due to differences in individual weights as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	HIGH PULLEY (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)
1	13	42	18	57	46
2	27	71	32	95	78
3	38	91	48	133	105
4	48	117	61	156	134
5	57	139	74	196	167
6	67	164	87	221	195
7	78	197	101	244	224
8	92	216	114	282	241

Note: 1 lb. = 2.2 kg

CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper route of that cable. Use the diagram to make sure that the cables, cable traps, and finger guards are assembled correctly. If the cables are not assembled correctly, the weight system will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



MAINTENANCE

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

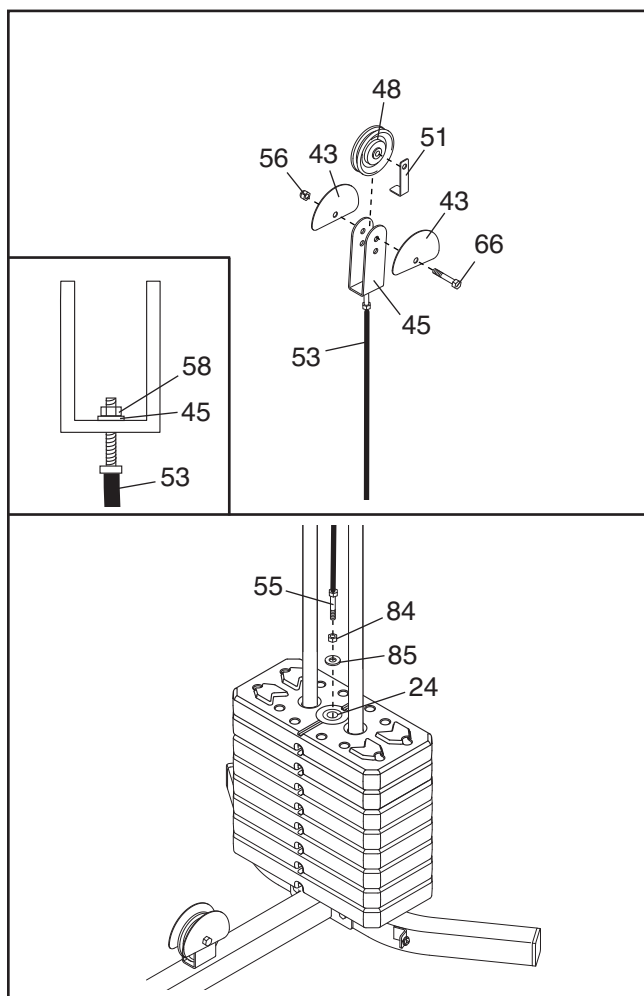
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight 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. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

See the inset drawing. Tighten the M8 Locknut (58) that connects the end of the Low Cable (53) to the "U"-bracket (45).

Remove the M10 Locknut (56) and the M10 x 51mm Bolt (66) from the Cable Trap (51), the 90mm Pulley (48), the two Half Finger Guards (43), and the "U"-bracket (45). Reattach the Pulley, Cable Trap, and Half Finger Guards to the other hole in the "U"-bracket. **Make sure that the Cable Trap is in the proper position and that the Low Cable (53) and Pulley move smoothly.**

Loosen the M12 Nut (84) on the High Cable (55). Tighten the Cable into the Weight Tube (24) until the slack is removed from the Cable. Then, retighten the Nut against the Large Washer (85).



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

EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that 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 resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

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

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each strength workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

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

Strength

Date:

____/____/____

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

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

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

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

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

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

PART LIST—Model No. 30321.0

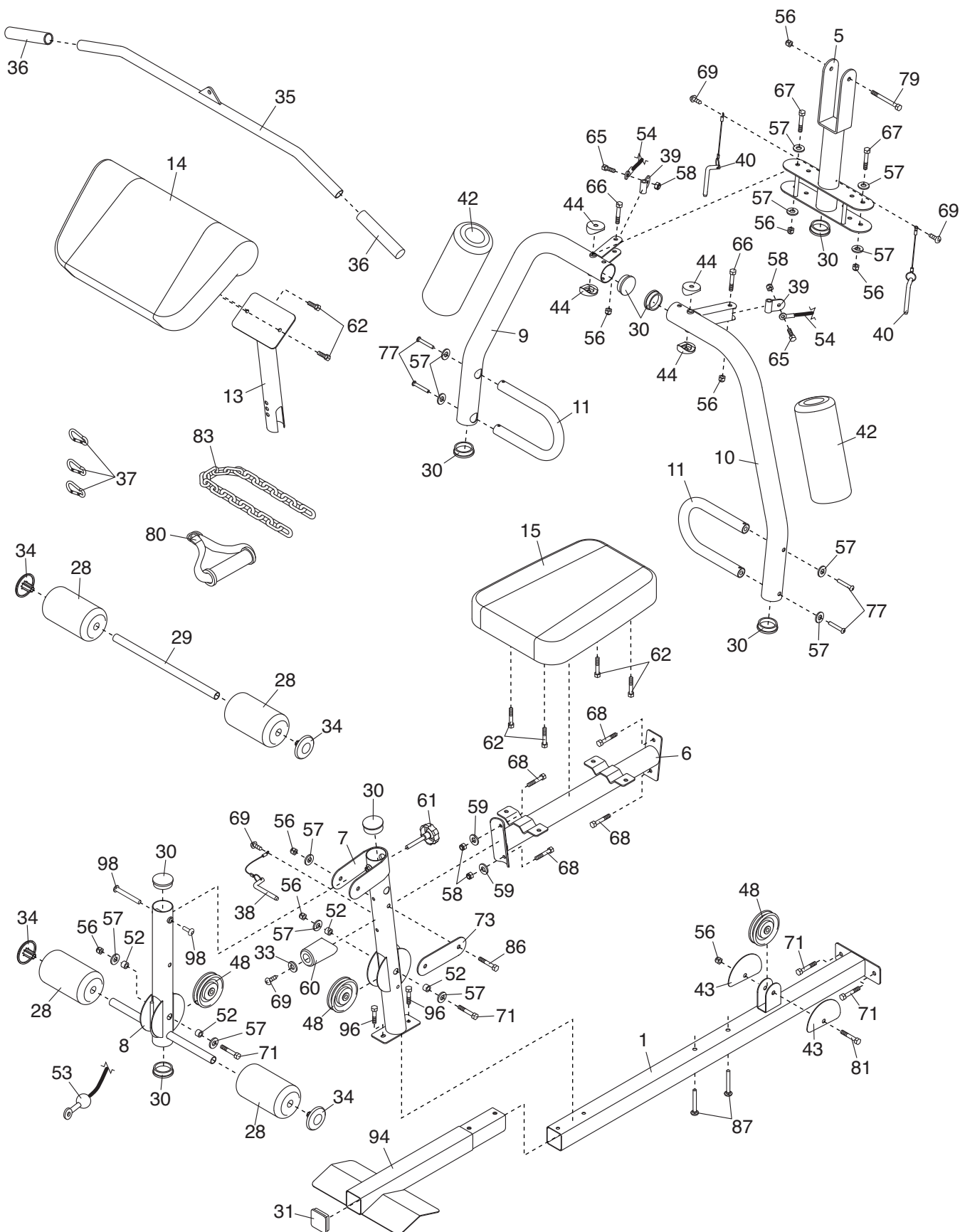
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	52	10	12mm Spacer
2	1	Stabilizer	53	1	Low Cable
3	1	Upper Upright	54	1	Arm Cable
4	1	Top Frame	55	1	High Cable
5	1	Pivot Frame	56	21	M10 Locknut
6	1	Seat Frame	57	29	M10 Washer
7	1	Front Leg	58	11	M8 Locknut
8	1	Leg Lever	59	7	M8 Washer
9	1	Right Arm	60	1	Leg Bumper
10	1	Left Arm	61	1	Curl Knob
11	2	Handle	62	12	M6 x 16mm Screw
12	1	Square Plate	63	1	Double "U"-bracket
13	1	Curl Post	64	2	M5 x 20mm Self-tapping Screw
14	1	Curl Pad	65	2	M8 x 22mm Shoulder Bolt
15	1	Seat	66	3	M10 x 51mm Bolt
16	1	Backrest	67	2	M10 x 85mm Bolt
17	1	Upper Shroud	68	6	M8 x 65mm Bolt
18	1	Top Cap	69	4	M4 x 20mm Self-tapping Screw
19	1	Left Cap	70	2	M6 x 63mm Screw
20	1	Right Cap	71	8	M10 x 67mm Bolt
21	2	Upper Weight Guide	72	2	M5 Washer
22	8	Weight	73	1	Lock Plate
23	1	Weight Tube Cap	74	2	M10 x 25mm Bolt
24	1	Weight Tube	75	2	M10 x 63mm Bolt
25	2	Lower Weight Guide	76	1	M10 x 64mm Bolt Set
26	1	Weight Pin	77	4	M10 x 25mm Button Bolt
27	2	Weight Bumper	78	2	M6 Locknut
28	4	Small Foam Pad	79	1	M10 x 77mm Bolt
29	1	Pad Tube	80	1	Handle Strap
30	8	50mm Round Inner Cap	81	3	M10 x 46mm Bolt
31	5	50mm Square Inner Cap	82	10	M6 Washer
32	1	38mm Square Outer Cap	83	1	Chain
33	1	M4 Washer	84	1	M12 Nut
34	4	Pad Cap	85	1	Large Washer
35	1	Lat Bar	86	1	M10 x 70mm Bolt
36	2	Handgrip	87	2	M8 x 63mm Carriage Bolt
37	3	Cable Clip	88	1	Lock
38	1	Leg Lever Pin	89	1	Lock Pin
39	2	Cable Pivot	90	1	Lower Shroud
40	2	Arm Pin	91	4	M4 x 8mm Bolt
41	4	Full Finger Guard	92	4	M4 Locknut
42	2	Large Foam Pad	93	1	Lower Upright
43	8	Half Finger Guard	94	1	Front Base
44	4	Arm Bushing	95	2	M10 x 20mm Screw
45	1	"U"-bracket	96	2	M8 x 20mm Screw
46	2	"V"-pulley	97	1	M10 x 65mm Bolt
47	2	90mm Thin Pulley	*	—	User's Manual
48	9	90mm Pulley	*	—	Exercise Guide
49	2	11mm Spacer	*	—	Grease Packet
50	2	Large Cable Trap	*	—	Hex Key
51	1	Cable Trap			

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

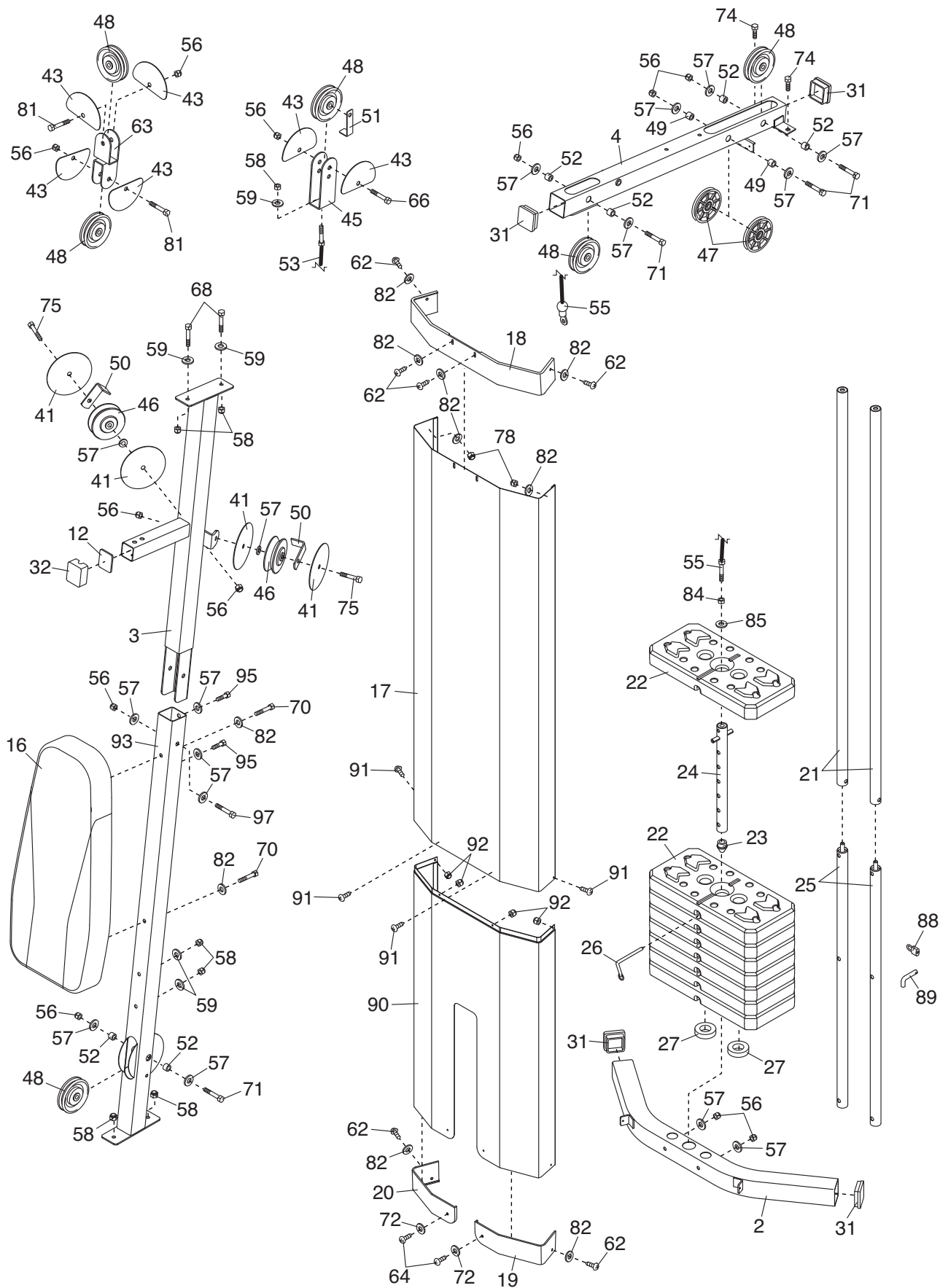
EXPLODED DRAWING A—Model No. 30321.0

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EXPLODED DRAWING B—Model No. 30321.0

R0809A



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for 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 repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. This warranty does not extend to any 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

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