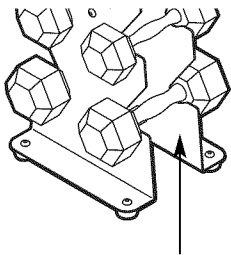


# PRO-FORM<sup>®</sup> 4650

Model No. 831.147010

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

Write the serial number in the space above for reference.



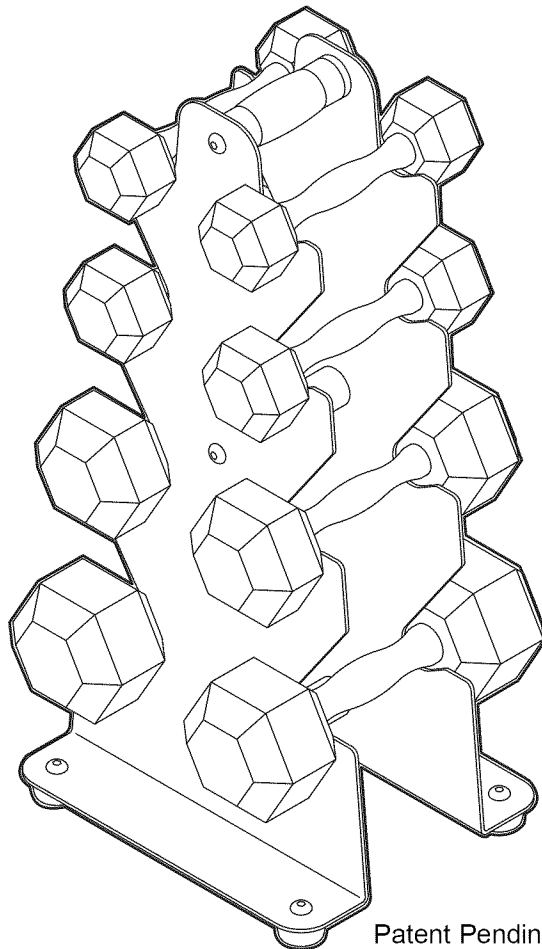
Serial Number Decal

- Assembly
- Part List and Drawing

## CAUTION

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

## WEIGHT RACK EXERCISER User's Manual

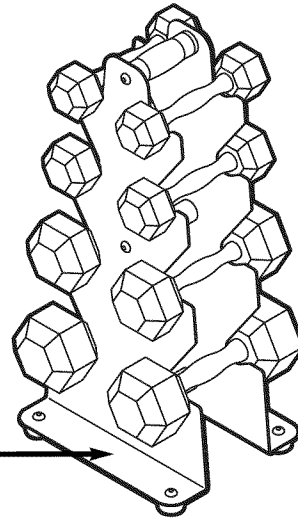
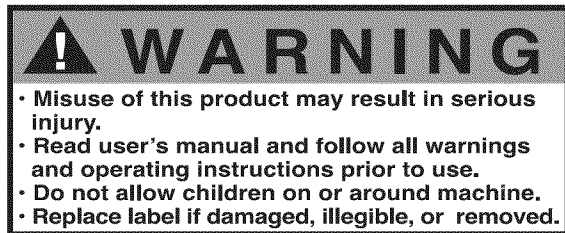


Patent Pending

Sears, Roebuck and Co., Hoffman Estates, IL 60179

## WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight rack. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



## IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
3. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
4. Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor.
5. Keep children under 12 and pets away from the weight rack at all times.
6. Always wear athletic shoes for foot protection while exercising.
7. The weight rack is designed to support a maximum total weight of 65 pounds.
8. Always stack the heavier dumbbells on the lower part of the rack and the lighter dumbbells on the upper part of the rack.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

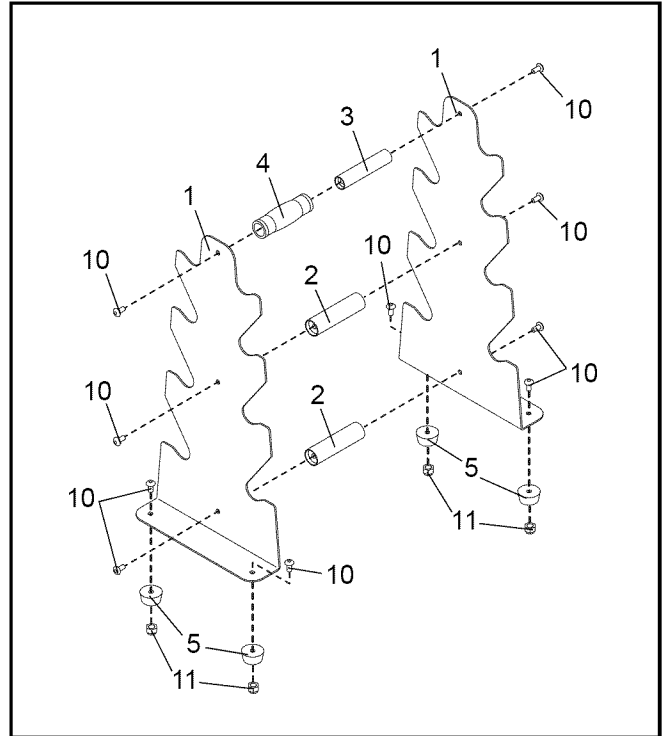
**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained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

# ASSEMBLY

Attach the four Foot Bumpers (5) to the two Frames (1) with four M8 x 18mm Button Bolts (10) and four M8 Nylon Locknuts (11).

Slide the Small Tube (3) into the Handle Grip (4).

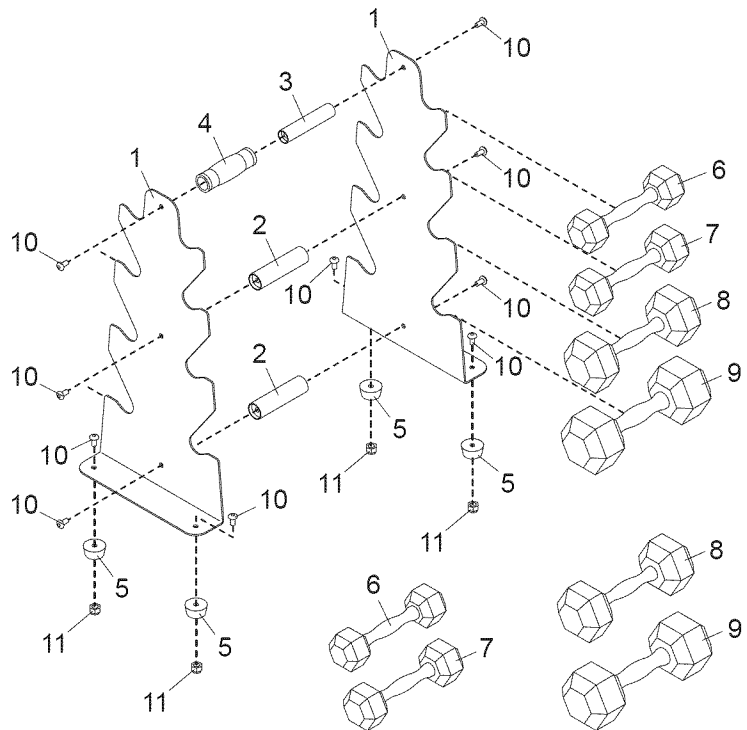
Attach the Small Tube (3) and the two Large Tubes (2) to the Frames (1) with six M8 x 18mm Button Bolts (10). **Make sure all of the Bolts are fully tightened.**



## PART LIST/EXPLODED DRAWING—Model No. 831.147010

R1103A

Key No.	Qty.	Description
1	2	Frame
2	2	Large Tube
3	1	Small Tube
4	1	Handle Grip
5	4	Foot Bumper
6	2	2.5-pound Dumbbell
7	2	5-pound Dumbbell
8	2	10-pound Dumbbell
9	2	15-pound Dumbbell
10	10	M8 x 18mm Button Bolt
11	4	M8 Nylon Locknut
#	1	User's Manual
#	1	Exercise Ball
#	1	Ball Pump
#	1	Allen wrench



Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

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**1-800-361-6665** (Canada)

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**1-888-SU-HOGAR<sup>SM</sup>** (1-888-784-6427)

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## FULL 90-DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this WEIGHT RACK EXERCISER, contact the nearest Sears Service Center throughout the United States and Sears will repair or replace the WEIGHT RACK EXERCISER, free of charge.

This warranty does not apply when the WEIGHT RACK EXERCISER is used commercially or for rental purposes.

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

**Sears, Roebuck and Co., Dept 817WA, Hoffman Estates, IL 60179**