

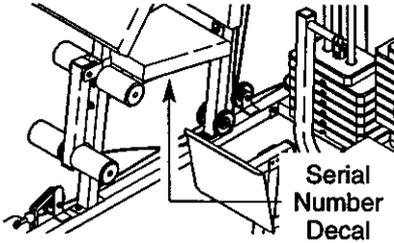
WEIDER® PRO POWER STACK

USER'S MANUAL

Model No. 831.159830

Serial No. _____

The serial number is found in the location shown below. Write the serial number in the space above.



EXERCISE
EQUIPMENT

QUESTIONS

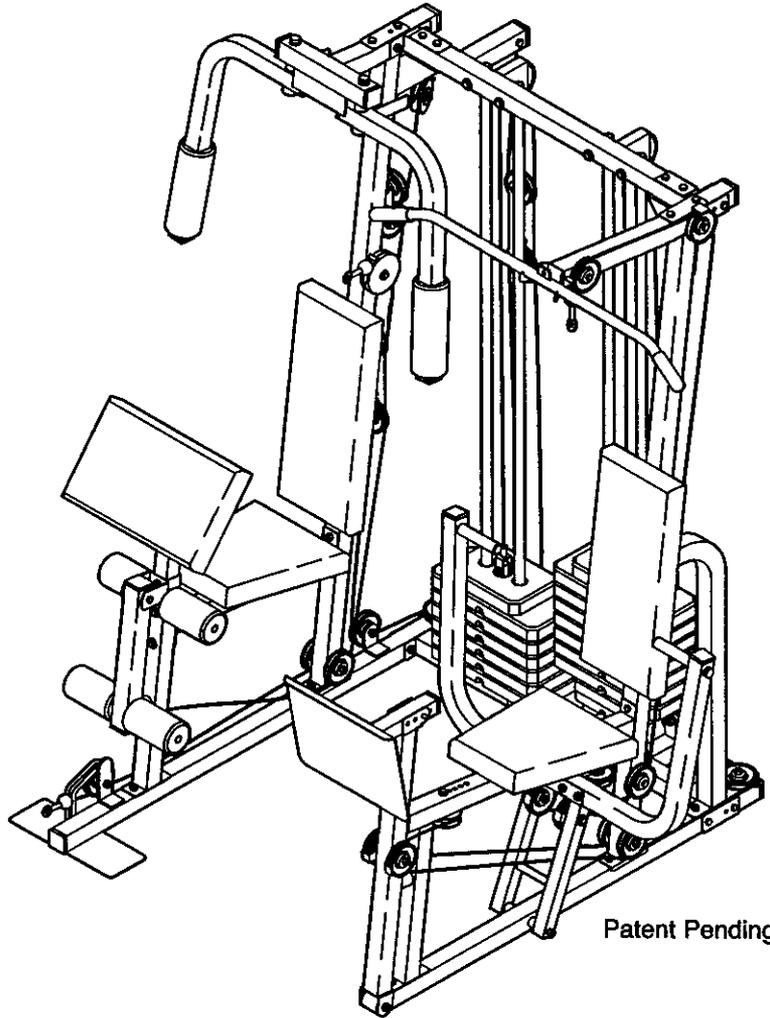
HELPLINE!

1-800-736-6879

SEARS, ROEBUCK AND CO.
HOFFMAN ESTATES, IL 60179

CAUTION

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



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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached in 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 weight system.

1. Read all instructions in this manual and in the accompanying literature before using the weight system.
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 any 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.
5. Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection.
9. The weight system is designed to support a maximum user weight of 250 pounds.
10. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
11. Never release the press arm, butterfly arms, leg lever, press plate, lat bar, ab strap, or nylon strap while weights are raised; the weights will fall with great force.
12. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
13. 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 all of the pulleys.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The decal shown here has been placed on the weight system in the location shown on page 4. If the decal is missing or illegible, please call our toll-free **HELP LINE** at the number on the front cover of this manual to order a replacement decal. Apply the replacement decal in the indicated location.

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.

▲ 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.

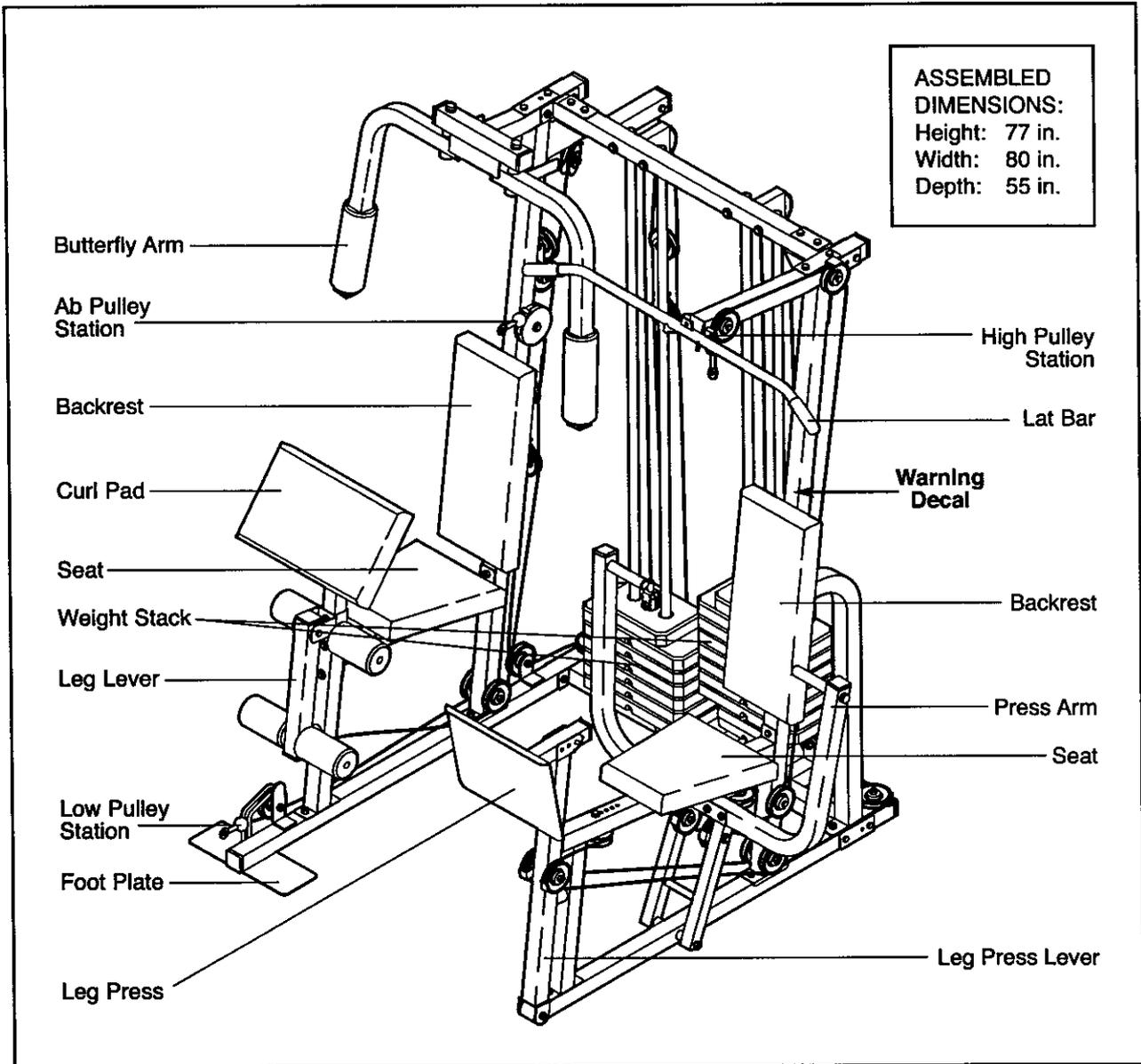
BEFORE YOU BEGIN

Thank you for selecting the innovative and versatile WEIDER® PRO POWER STACK weight system. The POWER STACK offers a unique 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 POWER STACK will help you to achieve the results you want.

For your benefit, read this manual carefully before using the POWER STACK weight system. If you

have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.159830. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Please use the drawing below to familiarize yourself with the major parts and how they fit together.



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.

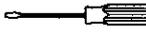
Select a Location for the Weight System

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 room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

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

Questions?

If you have questions after reading the assembly instructions, please call our toll-free HELPLINE at **1-800-736-6879**, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).

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 seats and the backrests.

Frame Assembly

1. Before beginning, be sure that you have read and understood the information on page 5.

Locate and open the parts bag labeled "FRAME ASSEMBLY."

Press a 2" Square Inner Cap (67) into each end of the Butterfly Base (1).

Insert four 5/16" x 2 1/2" Carriage Bolts (75) and a 3/8" x 3 1/2" Carriage Bolt (95) up through the indicated holes in the Butterfly Base (1). Place the Butterfly Base flat on the floor. **Note: If the Bolts fall out, secure them by putting a small piece of tape over the head of each Bolt.**

2. Press three 2" Square Inner Caps (67) into the Center Base (2). Insert a 3/8" x 3 1/2" Carriage Bolt (95) up through the indicated hole in the Center Base.

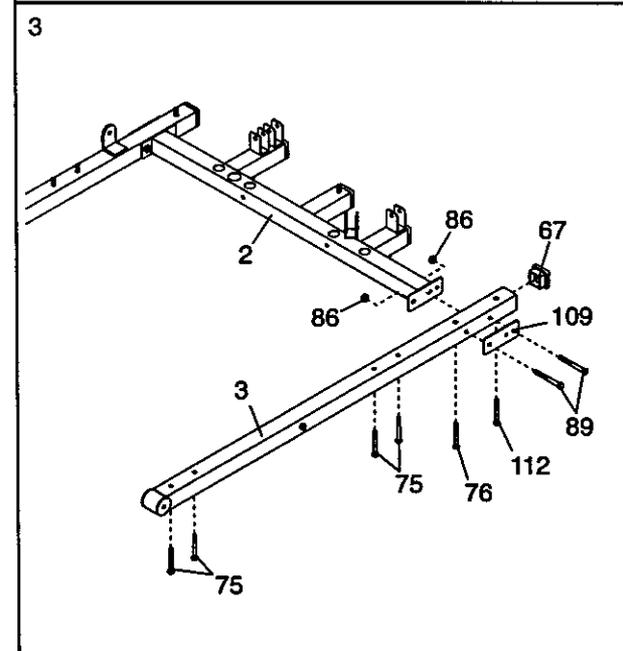
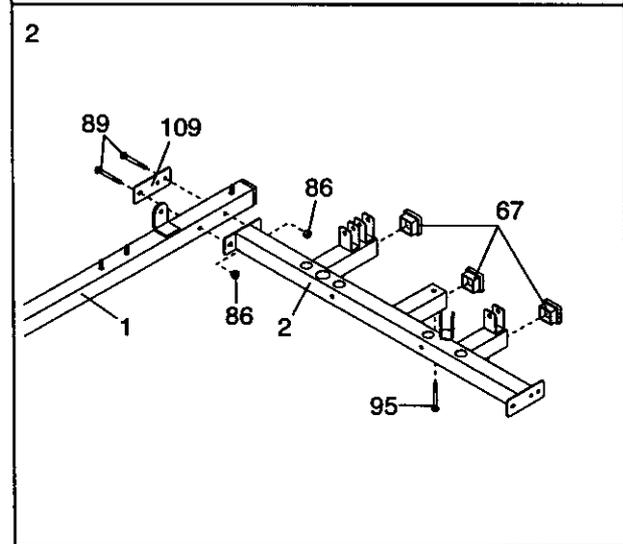
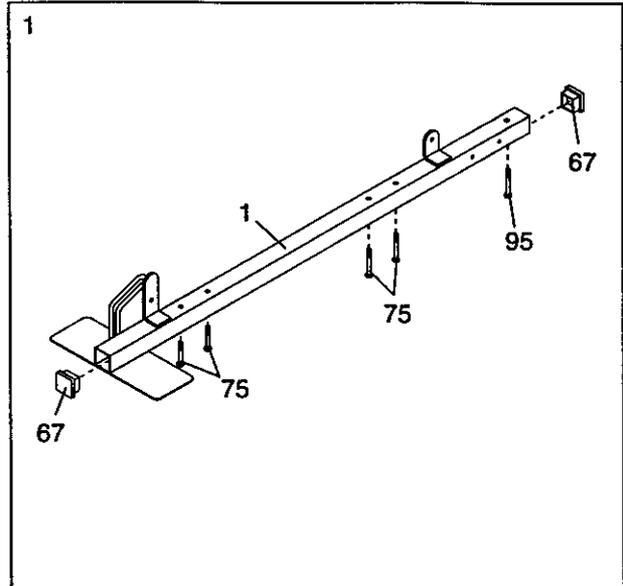
Attach the Center Base (2) to the Butterfly Base (1) with two 5/16" x 2 3/4" Bolts (89), a Medium Support Plate (109), and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**

Note: There are three kinds of Support Plates. The main difference between them is the distance between the holes. When you need a Support Plate, find the kind with holes that will fit over the bolts you are using.

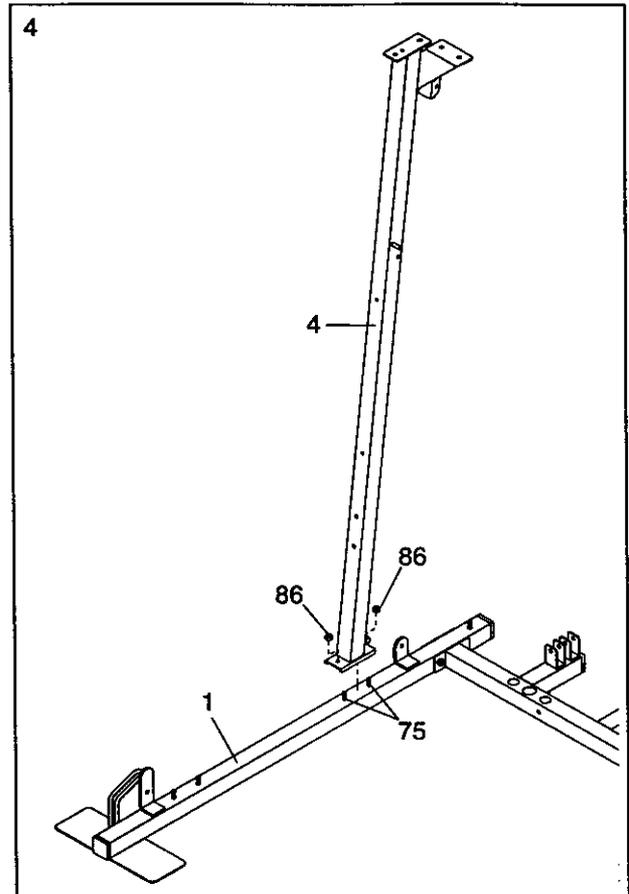
3. Press a 2" Square Inner Cap (67) into the end of the Press Base (3).

Insert four 5/16" x 2 1/2" Carriage Bolts (75) up through the indicated holes in the Press Base (3). Insert a 3/8" x 2 1/2" Carriage Bolt (76) and a 3/8" x 4" Carriage Bolt (112) up through the indicated holes at the end of the Press Base.

Attach the Press Base (3) to the Center Base (2) with two 5/16" x 2 3/4" Bolts (89), a Medium Support Plate (109), and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**

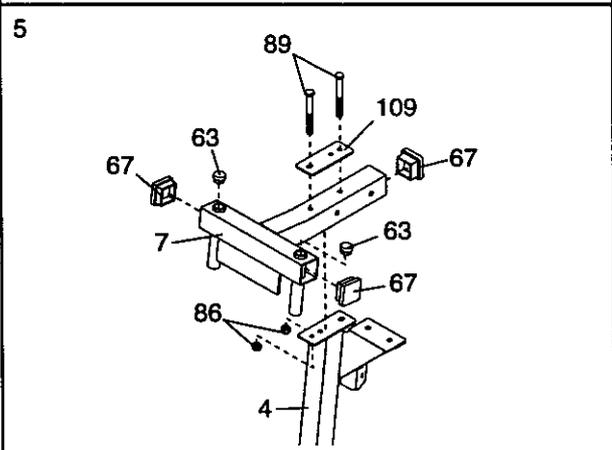


- Slide the Butterfly Upright (4) over the indicated 5/16" x 2 1/2" Carriage Bolts (75) in the Butterfly Base (1). Hand tighten two 5/16" Nylon Locknuts (86) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**



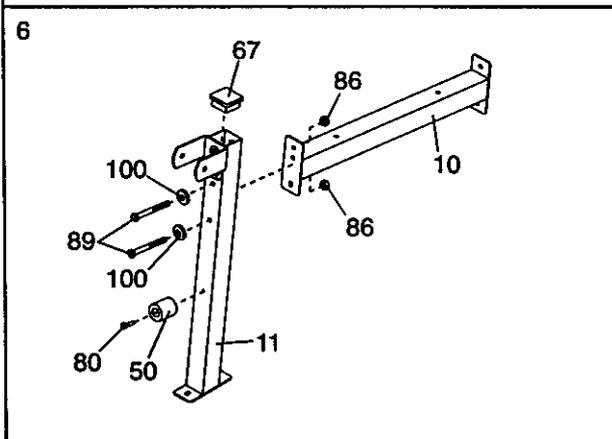
- Press three 2" Square Inner Caps (67) into the Butterfly Top Frame (7). Press two Round Inner Caps (63) into the top of the Butterfly Top Frame.

Attach the Butterfly Top Frame (7) to the indicated bracket at the top of the Butterfly Upright (4) with two 5/16" x 2 3/4" Bolts (89), a Medium Support Plate (109), and two 5/16" Nylon Locknuts (86).



- Press a 2" Square Inner Cap (67) halfway into the top of the Butterfly Leg (11). Attach a Bumper (50) to the Butterfly Leg with a 1" Tap Screw (80).

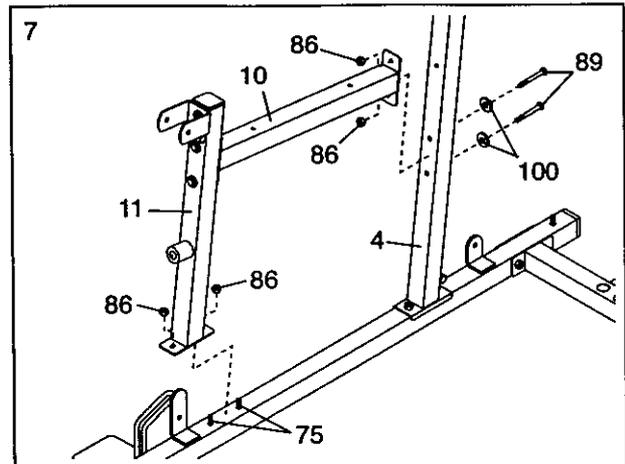
Attach the Butterfly Seat Frame (10) to the Butterfly Leg (11) with two 5/16" x 2 3/4" Bolts (89), two 5/16" Washers (100), and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**



7. Slide the Butterfly Leg (11) onto the two 5/16" x 2 1/2" Carriage Bolts (75) in the Butterfly Base (1). Hand tighten two 5/16" Nylon Locknuts (86) onto the Bolts.

Attach the Butterfly Seat Frame (10) to the Butterfly Upright (4) with two 5/16" x 2 3/4" Bolts (89), two 5/16" Washers (100), and two 5/16" Nylon Locknuts (86).

Do not tighten the 5/16" Nylon Locknuts (86) yet.

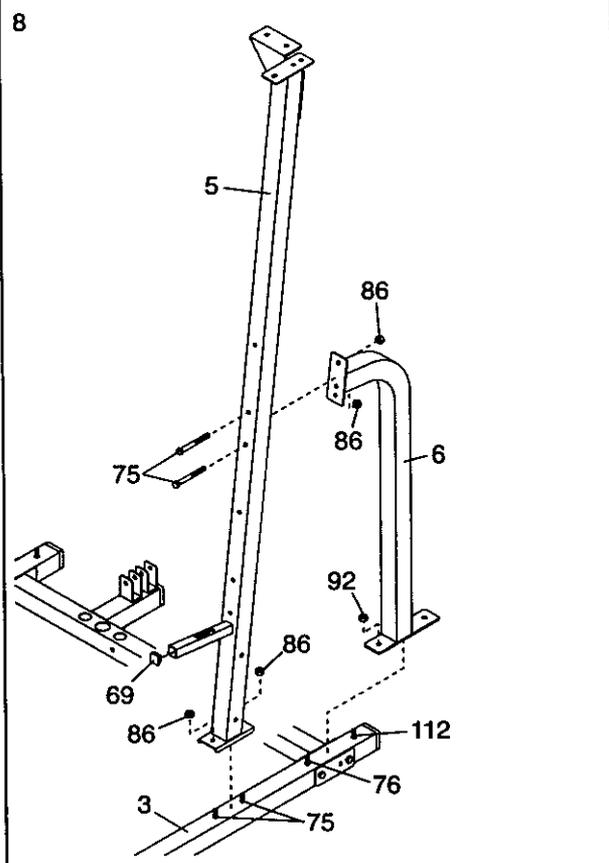


8. Press a 1" Square Inner Cap (69) into the small tube on the Press Upright (5).

Slide the Press Upright (5) over the indicated 5/16" x 2 1/2" Carriage Bolts (75) in the Press Base (3). Hand tighten two 5/16" Nylon Locknuts (86) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

Slide the Upright Support (6) over the 3/8" x 2 1/2" Carriage Bolt (76) and the 3/8" x 4" Carriage Bolt (112) in the Press Base (3). Hand tighten a 3/8" Nylon Jamnut (92) onto the 3/8" x 2 1/2" Carriage Bolt. **Do not tighten the Nylon Jamnut yet. Note: Do not thread a Nylon Jamnut onto the 3/8" x 4" Carriage Bolt yet.**

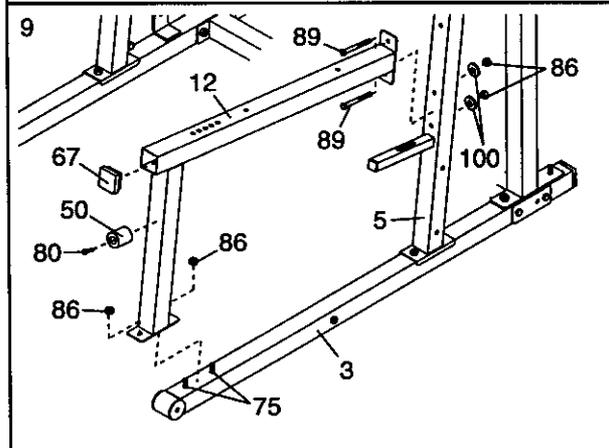
Attach the Upright Support (6) to the Press Upright (5) with two 5/16" x 2 1/2" Carriage Bolts (75) and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**



9. Press a 2" Square Inner Cap (67) into the Press Seat Frame (12). Attach a Bumper (50) to the Press Seat Frame with a 1" Tap Screw (80).

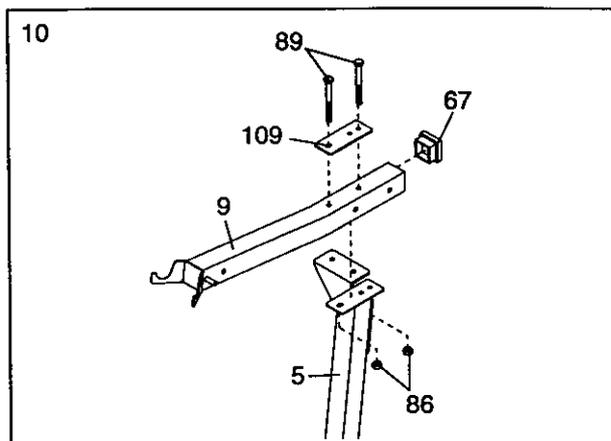
Slide the Press Seat Frame (12) onto the indicated 5/16" x 2 1/2" Carriage Bolts (75) in the Press Base (3). Hand tighten two 5/16" Nylon Locknuts (86) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

Attach the Press Seat Frame (12) to the Press Upright (5) with two 5/16" x 2 3/4" Bolts (89), two 5/16" Washers (100), and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**



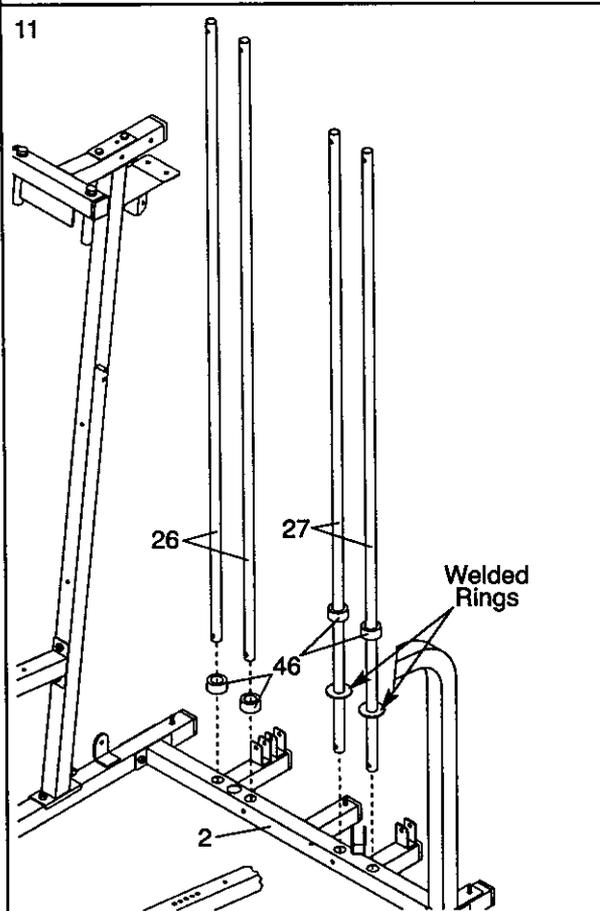
10. Press a 2" Square Inner Cap (67) into the Press Top Frame (9).

Attach the Press Top Frame (9) to the indicated bracket at the top of the Press Upright (5) with two 5/16" x 2 3/4" Bolts (89), a Medium Support Plate (109), and two 5/16" Nylon Locknuts (86). **Do not tighten the Nylon Locknuts yet.**

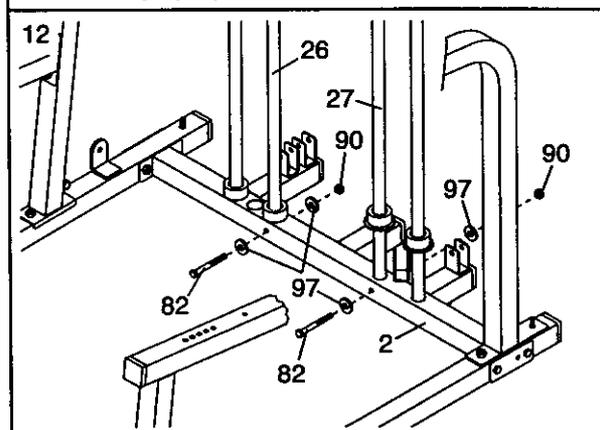


11. Identify the Left Weight Guides (27), which have welded rings near the bottom. Slide two Weight Bumpers (46) onto the Left Weight Guides. **Note: The wide end of the Weight Bumpers must be on bottom.** Insert the Left Weight Guides into the indicated holes in the Center Base (2).

Set the other two Weight Bumpers (46) over the indicated holes in the Center Base (2). **Note: The wide end of the Weight Bumpers must be on bottom.** Insert the Right Weight Guides (26) through the Weight Bumpers and into the holes in the Center Base.



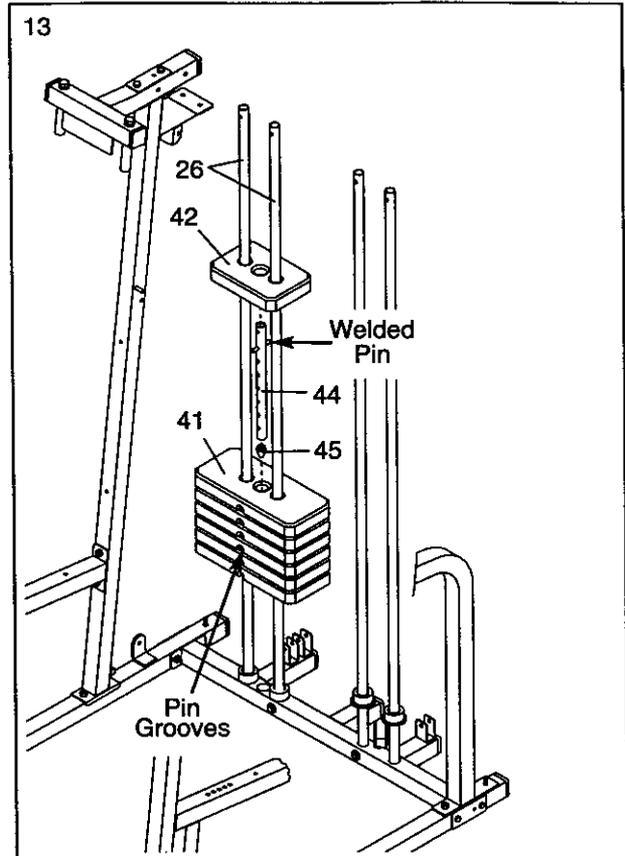
12. Attach the indicated Weight Guides (26, 27) to the Center Base (2) with two 3/8" x 2 3/4" Bolts (82), four 3/8" Washers (97), and two 3/8" Nylon Locknuts (90).



13. Slide six Weights (41) onto the Right Weight Guides (26). **Make sure the Weights are turned so the pin grooves are on the bottom.**

Press a Weight Tube Bumper (45) into the lower end of the Short Weight Tube (44). Slide the Short Weight Tube into the center holes in the Weights (41).

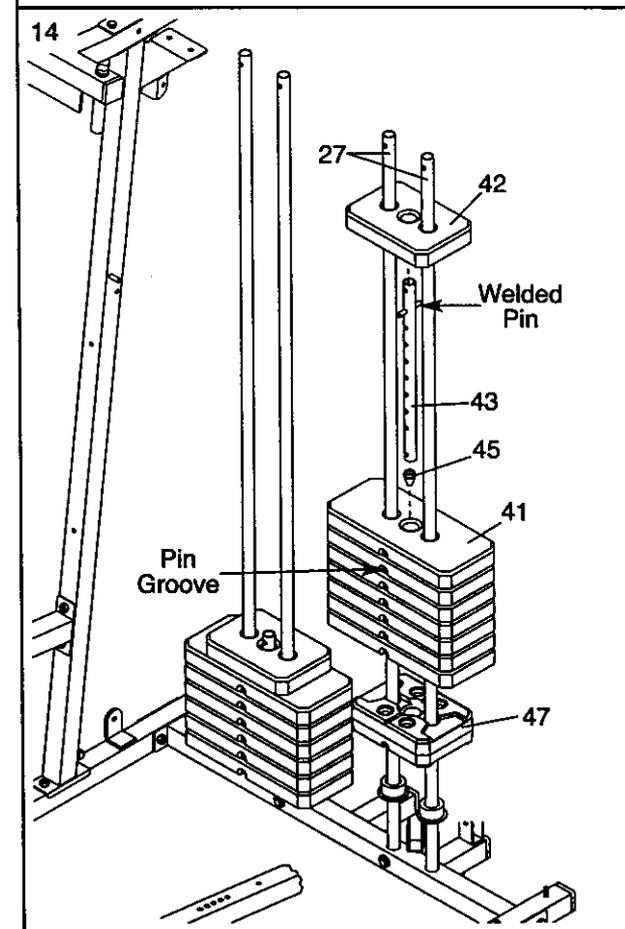
Slide a Top Weight (42) onto the Right Weight Guides (26). **Note: Make sure the Top Weight is turned so the groove fits over the welded pin on the Short Weight Tube (44).**



14. Slide the Bottom Weight (47) and seven Weights (41) onto the Left Weight Guides (27). **Make sure the Weights are turned so the pin grooves are on the bottom.**

Press a Weight Tube Bumper (45) into the lower end of the Long Weight Tube (43). Slide the Long Weight Tube into the center holes in the Weights (41).

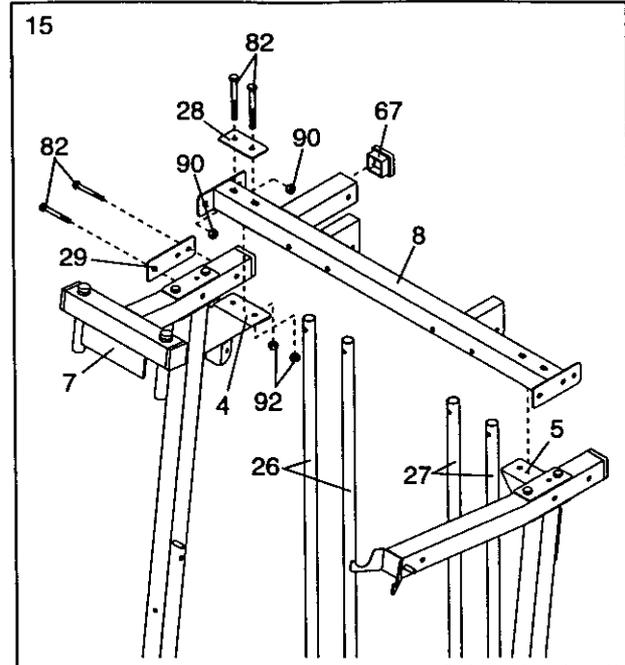
Slide the other Top Weight (42) onto the Left Weight Guides (27). **Note: Make sure the Top Weight is turned so the groove fits over the welded pin on the Long Weight Tube (43).**



15. Press a 2" Square Inner Cap (67) into the Center Top Frame (8). Place the Center Top Frame on the indicated brackets on the Uprights (4, 5).
Note: The tops of the four Weight Guides (26, 27) must be behind the Center Top Frame, as shown in step 16.

Attach the Center Top Frame (8) to the Butterfly Top Frame (7) with two 3/8" x 2 3/4" Bolts (82), a Large Support Plate (29), and two 3/8" Nylon Locknuts (90). **Do not tighten the Nylon Locknuts yet.**

Attach the Center Top Frame (8) to the bracket on the Butterfly Upright (4) with two 3/8" x 2 3/4" Bolts (82), a Small Support Plate (28), and two 3/8" Nylon Jamnuts (92). **Do not tighten the Nylon Locknuts yet.**

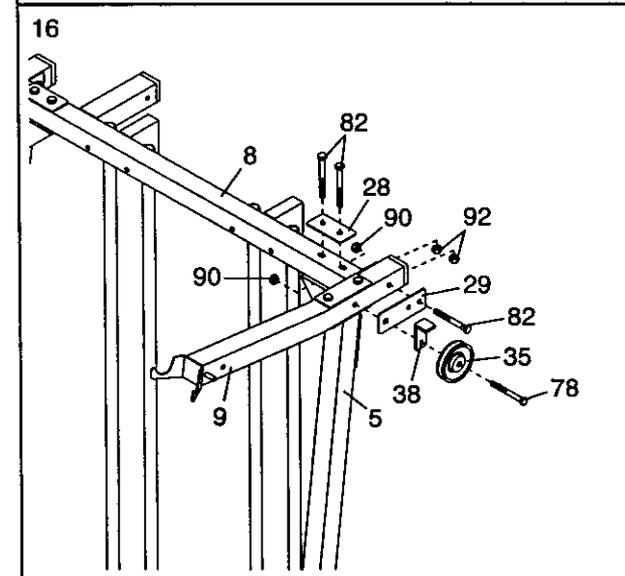


16. Attach the Center Top Frame (8) to the rear hole in the Press Top Frame (9) with a 3/8" x 2 3/4" Bolt (82), a Large Support Plate (29), and a 3/8" Nylon Locknut (90). **Do not tighten the Locknut yet.**

Locate the parts bag labeled "PULLEY BAG 1." Remove a 3 1/2" Pulley (35) from the bag.

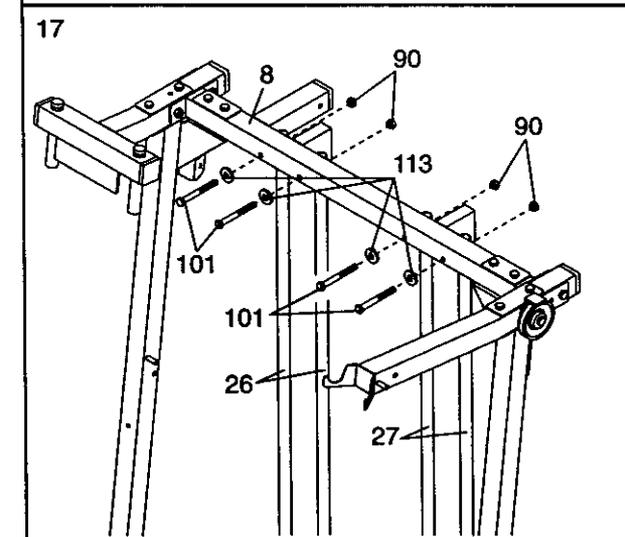
Slide a 3 1/2" Pulley (35) and a Cable Trap (38) onto a 3/8" x 4" Bolt (78). Slide the Bolt through the Large Support Plate (29) and Press Top Frame (9), and hand tighten a 3/8" Nylon Locknut (90) onto it.

Attach the Center Top Frame (8) to the bracket on the Press Upright (5) with two 3/8" x 2 3/4" Bolts (82), a Small Support Plate (28), and two 3/8" Nylon Jamnuts (92). **Do not tighten the Nylon Locknuts yet.**



17. Attach each set of Weight Guides (26, 27) to the Center Top Frame (8) with two 3/8" x 3 3/4" Bolts (101), two 3/8" SAE Washers (113), and two 3/8" Nylon Locknuts (90).

Tighten the 3/8" Nylon Locknuts (90), the 5/16" Nylon Locknuts (86), and the 3/8" Nylon Jamnut (92) used in steps 2-17.



Arm Assembly

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

Press two 2" Square Inner Caps (67) into the ends of the Leg Lever (13).

Lubricate a 3/8" x 3 1/4" Bolt (104). Attach the Leg Lever (13) to the Butterfly Leg (11) with the Bolt and a 3/8" Nylon Jamnut (92). **Do not over-tighten the Nylon Jamnut; the Leg Lever must be able to pivot easily.**

19. Lubricate the 3/8" x 3" Bolt (88). Attach the Leg Press Lever (14) to the Press Base (3) with the Bolt and a 3/8" Nylon Locknut (90). **Do not over-tighten the Nylon Locknut; the Leg Press Lever must pivot easily.**

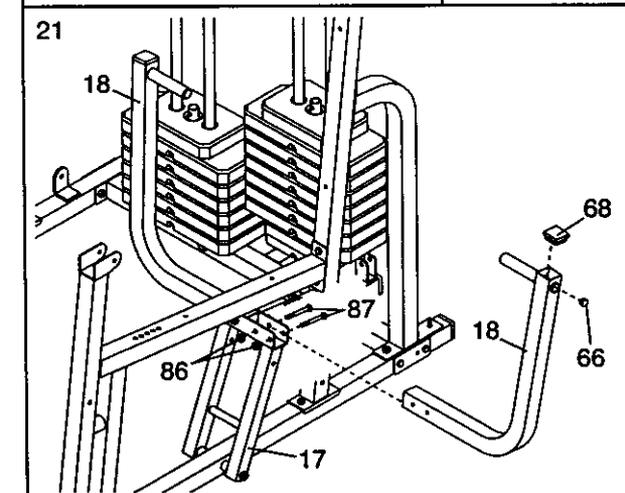
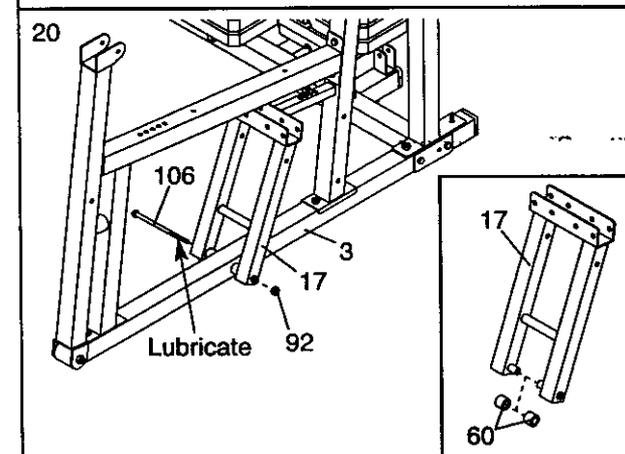
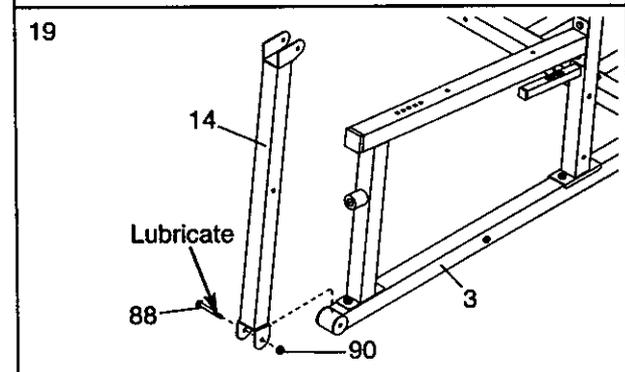
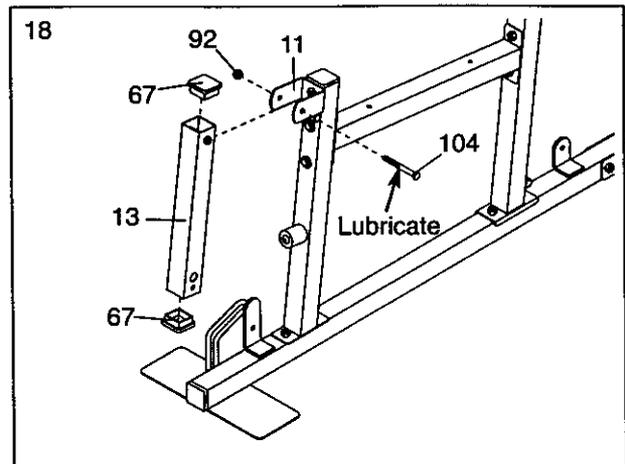
20. See the inset drawing. Press a Plastic Bushing (60) onto each welded tube on the Press Frame (17). Slide the Press Frame into place on the Press Base (3). **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the welded tubes in the Base.**

Lubricate the 3/8" x 8" Bolt (106). Attach the Press Frame (17) to the Press Base (3) with the Bolt and a 3/8" Nylon Jamnut (92). **Do not over-tighten the Nylon Jamnut; the Press Frame must pivot easily.**

21. Press a 1 3/4" Square Inner Cap (68) into the top of a Press Arm (18). Press a 1" Round Inner Cap (66) into the Press Arm.

Attach the Press Arm (18) to the Press Frame (17) with two 5/16" x 2 1/2" Bolts (87) and two 5/16" Nylon Locknuts (86).

Repeat this step with the other Press Arm (18).

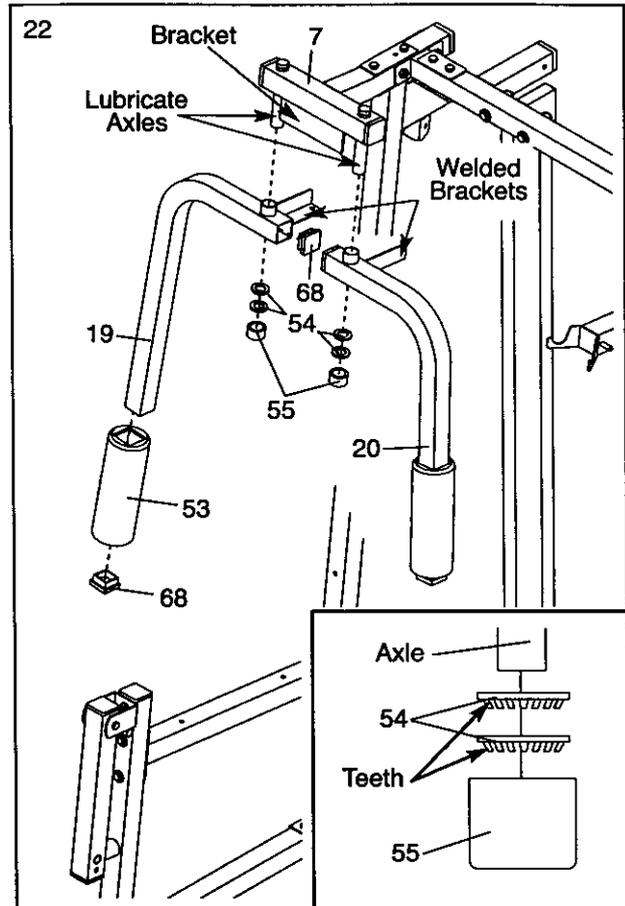


22. Identify the Right and Left Butterfly Arms (19, 20) by the positions of the welded brackets.

Press a 1 3/4" Square Inner Cap (68) into each end of the Right Butterfly Arm (19). Wet the lower end of the Butterfly Arm with soapy water. Slide a Large Foam Pad (53) onto the lower end of the Butterfly Arm.

Lubricate the axles on the Butterfly Top Frame (7). Orient the Right Butterfly Arm (19) as shown and slide it onto the right axle. Have a second person secure the Butterfly Arm with two 1" Retainers (54) and a 1" Cover Cap (55). **Note: Place the Retainers on top of the Inverted Cover Cap. Make sure the teeth on the Retainers bend toward the Cover Cap, as shown in the Inset drawing. Gently tap the Cover Cap onto the axle with a hammer.**

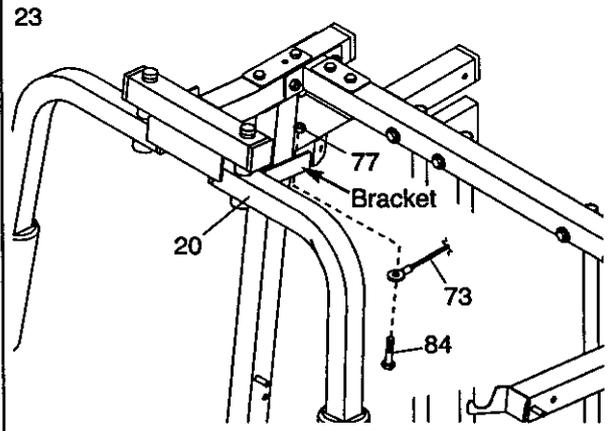
Repeat this step with the Left Butterfly Arm (20).



Cable Assembly

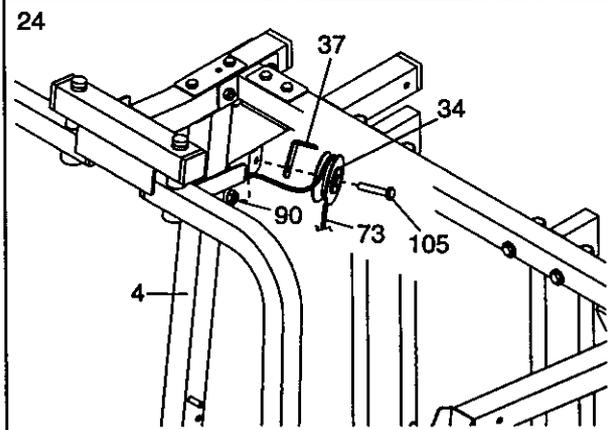
23. Locate and open the parts bag labeled "CABLE ASSEMBLY." For cable identification and routing during steps 23 to 61, refer to the CABLE DIAGRAMS and CABLE ID CHART on pages 30 and 31.

Identify the Butterfly Cable (73). It is approximately 52" long and it has an eyelet on each end. Attach the Butterfly Cable to the bracket on the Left Butterfly Arm (20) with a 5/16" x 1" Shoulder Bolt (84) and a 5/16" Nylon Jamnut (77).



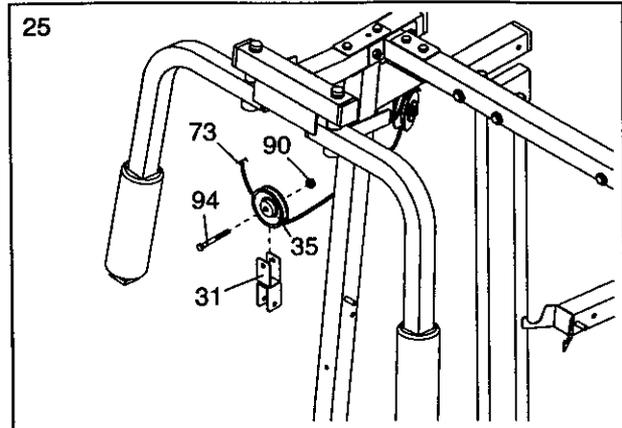
24. Locate and open the parts bag labeled "PULLEY BAG 2." Remove one "V"-Pulley (34) from the bag. Leave the remaining pulleys in the bag for identification of the Pro Pulleys.

Wrap the Butterfly Cable (73) around a "V"-Pulley (34) in the direction shown. Attach the Pulley and a Long Cable Trap (37) to the bracket on the back of the Butterfly Upright (4) with a 3/8" x 2 1/2" Bolt (105) and a 3/8" Nylon Locknut (90). Make sure the Long Cable Trap is oriented as shown.



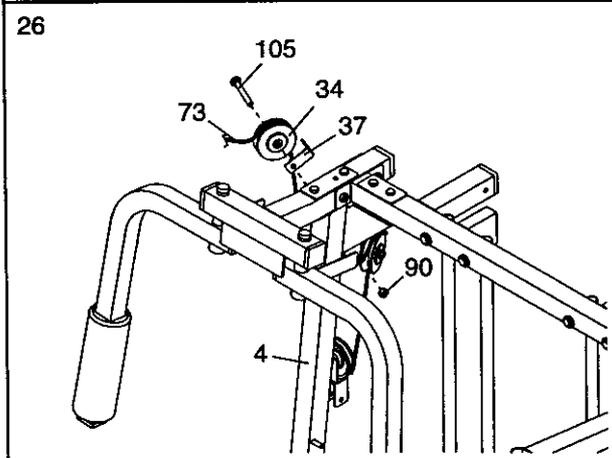
25. Remove the 3 1/2" Pulleys (35) from the Double "U"-Bracket (31).

Wrap the Butterfly Cable (73) around a 3 1/2" Pulley (35). Attach the Pulley to the Double "U"-Bracket (31) with a 3/8" x 1 3/4" Bolt (94) and a 3/8" Nylon Locknut (90).

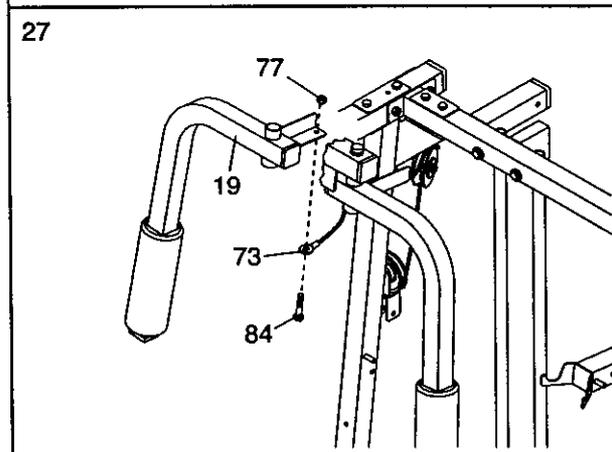


26. Remove another "V"-Pulley (34) from the bag labeled "PULLEY BAG 2."

Wrap the Butterfly Cable (73) around the "V"-Pulley (34) in the direction shown. Attach the Pulley and a Long Cable Trap (37) to the bracket on the back of the Butterfly Upright (4) with a 3/8" x 2 1/2" Bolt (105) and a 3/8" Nylon Locknut (90). Make sure the Long Cable Trap is oriented as shown.

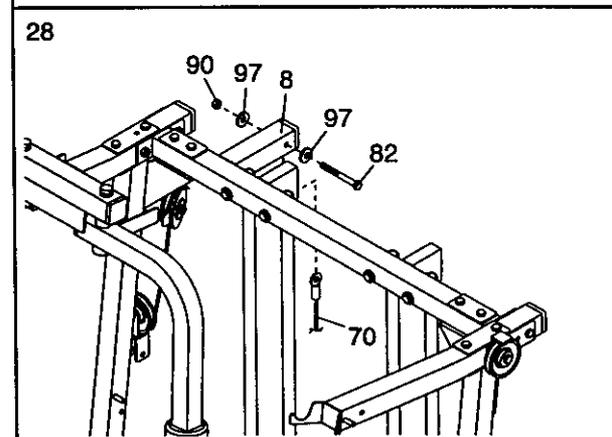


27. Attach the Butterfly Cable (73) to the bracket on the Right Butterfly Arm (19) with a 5/16" x 1" Shoulder Bolt (84) and a 5/16" Nylon Jamnut (77).



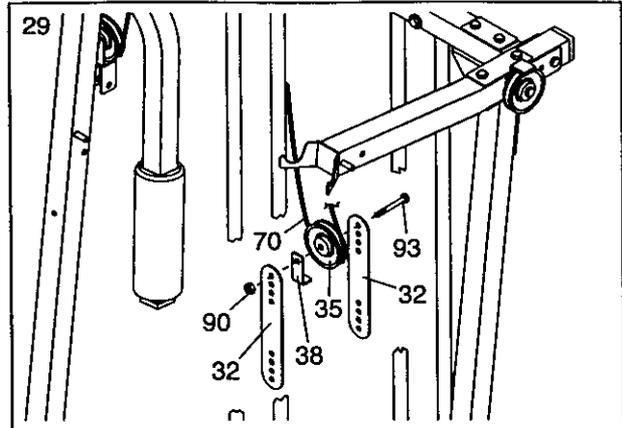
28. Identify the Rear Cable (70). It is approximately 95 1/8" long, and it has an eyelet on one end and a threaded shaft on the other.

Attach the eyelet on the Rear Cable (70) inside the Center Top Frame (8) with a 3/8" x 2 3/4" Bolt (82), two 3/8" Washers (97), and a 3/8" Nylon Locknut (90).

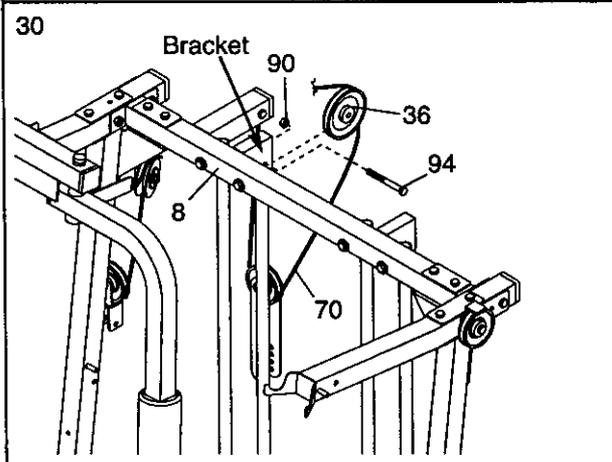


29. Remove the 3 1/2" Pulleys (35) from a pair of pre-assembled Pulley Plates (32).

Wrap the Rear Cable (70) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the top hole in the pair of Pulley Plates (32) with a 3/8" x 2" Bolt (93) and a 3/8" Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

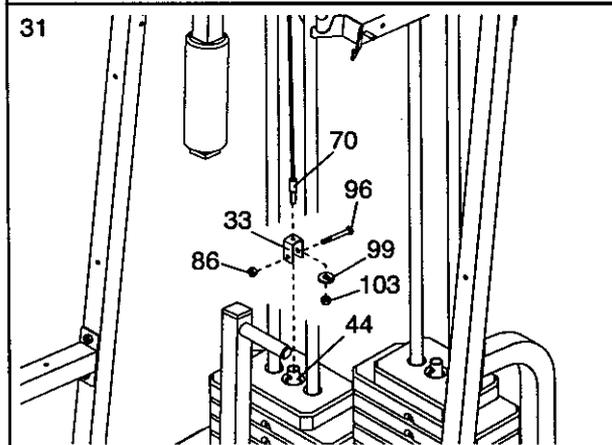


30. Wrap the Rear Cable (70) around a 4 1/2" Pulley (36) in the direction shown. Attach the Pulley inside the indicated bracket on the Center Top Frame (8) with a 3/8" x 1 3/4" Bolt (94) and a 3/8" Nylon Locknut (90).



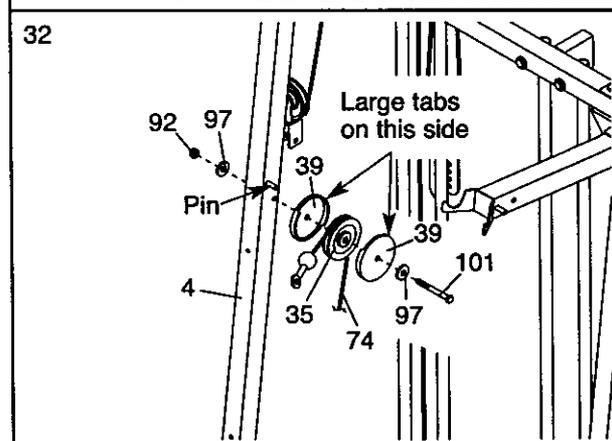
31. Attach the end of the Rear Cable (70) to a "U"-Bracket (33) with a 1/4" Washer (99) and a 1/4" Nylon Locknut (103).

Attach the "U"-Bracket (33) to the Short Weight Tube (44) with a 5/16" x 1 3/4" Bolt (96) and a 5/16" Nylon Locknut (86).



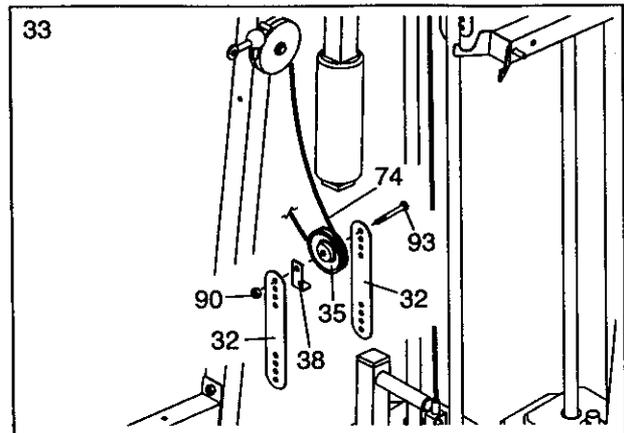
32. **Identify the Ab Cable (74).** It is approximately 226 1/2" long, and it has a ball on one end and an eyelet on the other.

Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) as shown. Place two Pulley Covers (39) over the Pulley, so that the large tabs are on the side shown. Attach the Pulley and Pulley Covers to the Butterfly Upright (4) with a 3/8" x 3 3/4" Bolt (101), two 3/8" Washers (97), and a 3/8" Nylon Jamnut (92). **Make sure the Cable is between the Pulley and the pin on the Upright.**

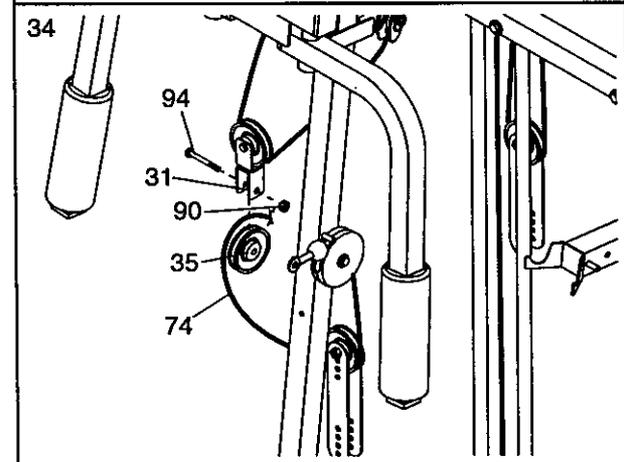


33. Remove the 3 1/2" Pulleys (35) from the other pair of pre-assembled Pulley Plates (32).

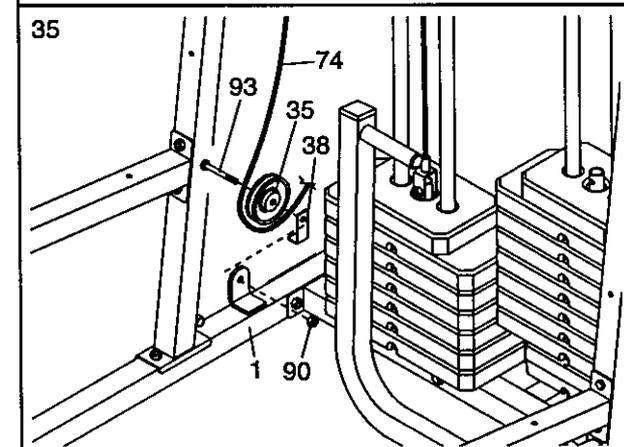
Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the top hole in the pair of Pulley Plates (32) with a 3/8" x 2" Bolt (93) and a 3/8" Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



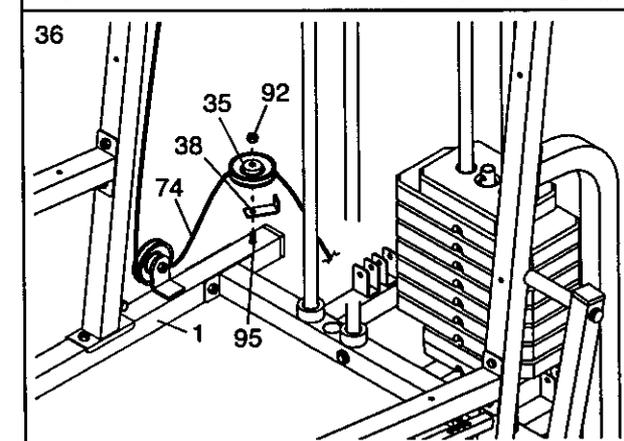
34. Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley to the Double "U"-Bracket (31) with a 3/8" x 1 3/4" Bolt (94) and a 3/8" Nylon Locknut (90).



35. Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the indicated bracket on the Butterfly Base (1) with a 3/8" x 2" Bolt (93) and a 3/8" Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

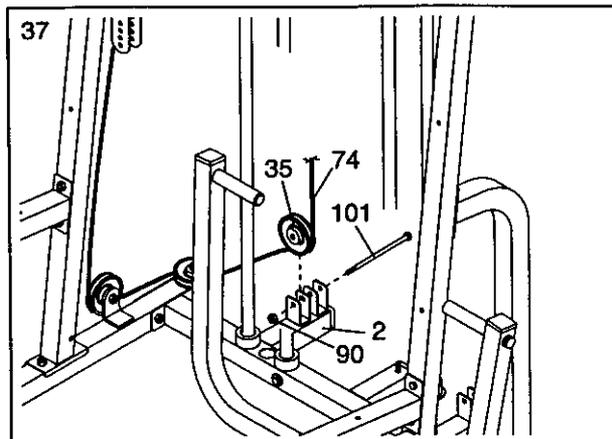


36. Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) in the direction shown. Slide a Cable Trap (38) and the Pulley onto the 3/8" x 3 1/2" Carriage Bolt (95) in the Butterfly Base (1). Secure the Pulley with a 3/8" Nylon Jamnut (92). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

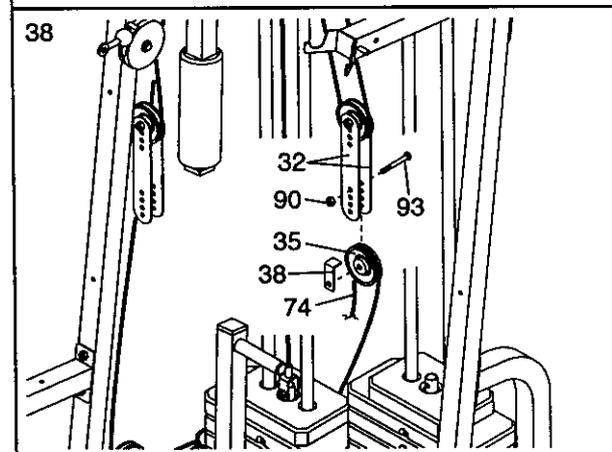


37. Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley to the indicated bracket on the Center Base (2) with a 3/8" x 3 3/4" Bolt (101) and a 3/8" Nylon Locknut (90). **Make sure the Cable is routed in the direction shown.**

Note: The 3/8" x 3 3/4" Bolt (101) must be inserted through both brackets on the Center Frame (2). Tighten the 3/8" Nylon Locknut (90) only a few turns onto the Bolt; it will need to be removed in step 39.



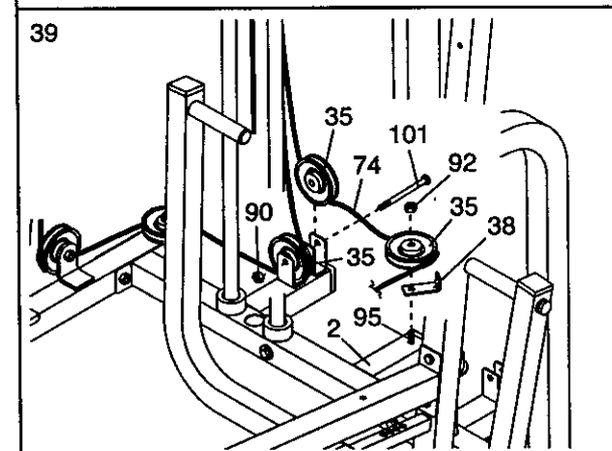
38. Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the fourth set of holes from the bottom in the indicated pair of Pulley Plates (32) with a 3/8" x 2" Bolt (93) and a 3/8" Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



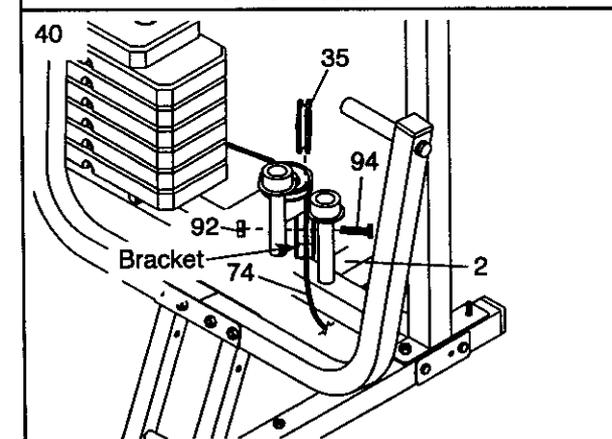
39. Remove the 3/8" x 3 3/4" Bolt (101) and the 3/8" Nylon Locknut (90) used in step 37.

Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley to the indicated bracket on the Center Base (2), and the 3 1/2" Pulley (35) used in step 37 to its bracket, with the 3/8" x 3 3/4" Bolt (101) and the 3/8" Nylon Locknut (90). **Note: Make sure the Pulley used in step 37 is attached as shown.**

Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) in the direction shown. Slide the Pulley and a Cable Trap (38) onto the 3/8" x 3 1/2" Carriage Bolt (95) in the Center Base (2). Secure the Pulley with a 3/8" Nylon Jamnut (92). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

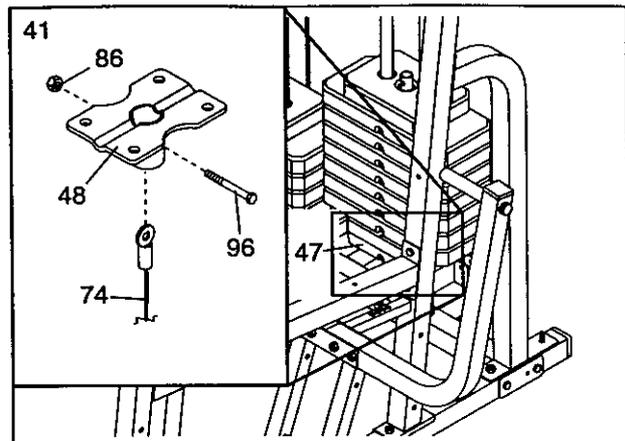


40. Lay the Ab Cable (74) inside the indicated bracket on the Center Base (2). Attach a 3 1/2" Pulley (35) inside the bracket with a 3/8" x 1 3/4" Bolt (94) and a 3/8" Nylon Jamnut (92).



41. Locate the Weight Plate (48) that is attached to the bottom of the Bottom Weight (47).

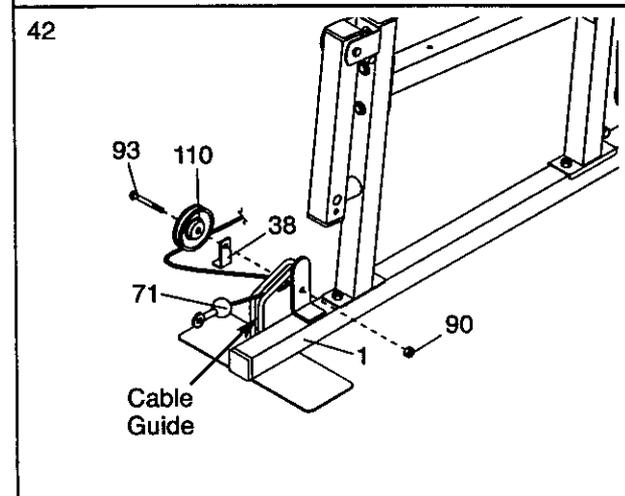
See the inset drawing. Attach the end of the Ab Cable (74) to the bottom of the Weight Plate (48) with a 5/16" x 1 3/4" Bolt (96) and a 5/16" Nylon Locknut (86).



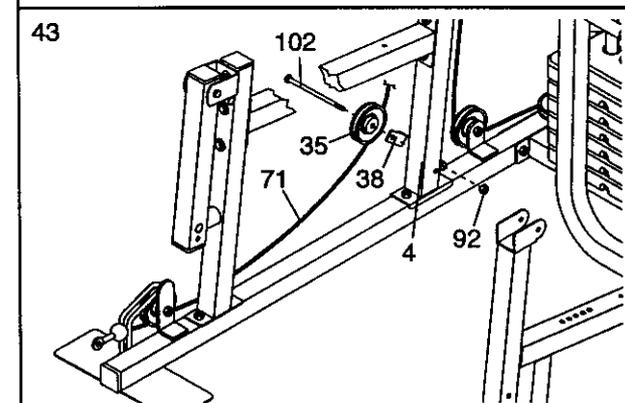
42. Remove a Pro Pulley (110) from the bag labeled "PULLEY BAG 2."

Identify the Low Cable (71). It is approximately 142 1/8" long and it has a ball on one end and an eyelet on the other. Route the eyelet end through the slot in the cable guide on the Butterfly Base (1).

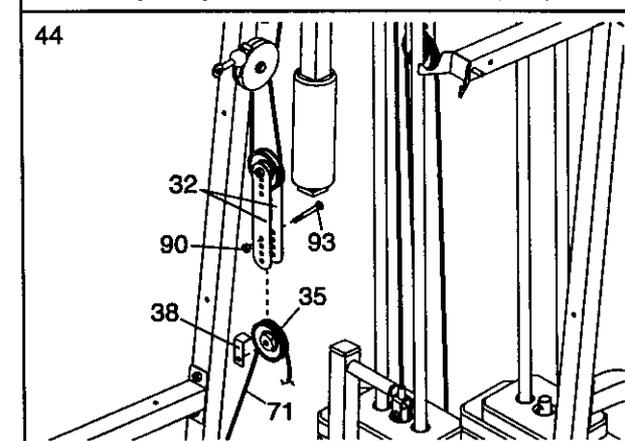
Route the Low Cable (71) under the Pro Pulley (110). Attach the Pro Pulley and a Cable Trap (38) to the bracket on the Butterfly Base (1) with a 3/8" x 2" Bolt (93) and a 3/8" Nylon Locknut (90). Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.



43. Wrap the Low Cable (71) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the indicated hole in the Butterfly Upright (4) with a 3/8" x 4 3/4" Bolt (102) and a 3/8" Nylon Jamnut (92). Note: Thread the Jamnut only two turns onto the Bolt, another Pulley will be attached to the Bolt in step 45. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.

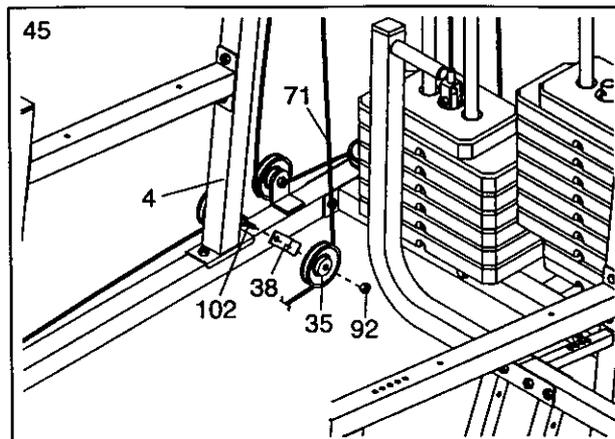


44. Wrap the Low Cable (71) over a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the forth set of holes from the bottom in the Pulley Plates (32) with a 3/8" x 2" Bolt (93) and a 3/8" Nylon Locknut (90). Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.

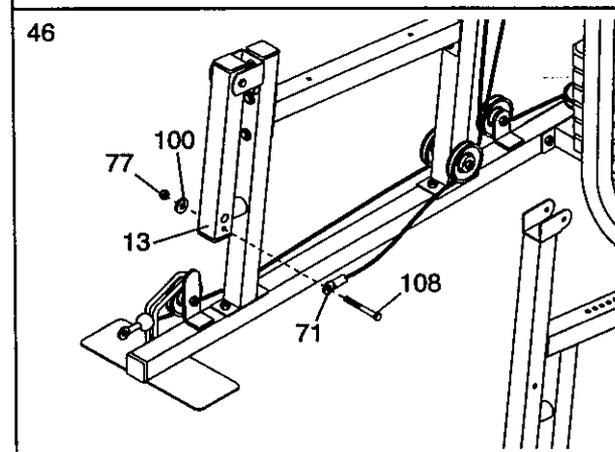


45. Remove the 3/8" Nylon Jamnut (92) from the 3/8" x 4 3/4" Bolt (102) inserted into the Butterfly Upright (4) in step 43.

Wrap the Low Cable (71) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the 3/8" x 4 3/4" Bolt (102) with the 3/8" Nylon Jamnut (92). **Make sure the Cable Trap Is positioned to hold the Cable in the groove of the Pulley.**



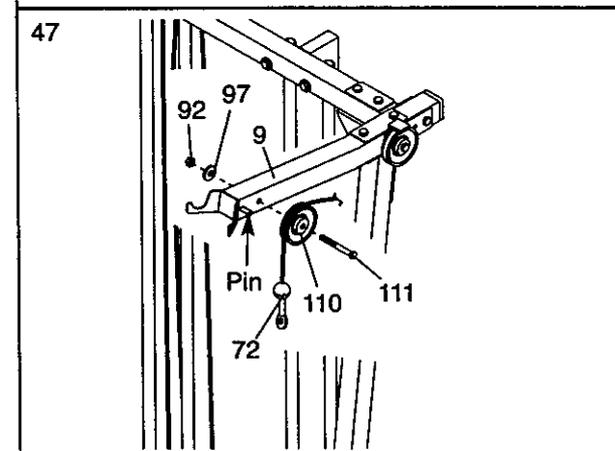
46. Attach the Low Cable (71) to the Leg Lever (13) with a 5/16" x 2 3/4" Shoulder Bolt (108), a 5/16" Washer (100), and a 5/16" Nylon Jamnut (77).



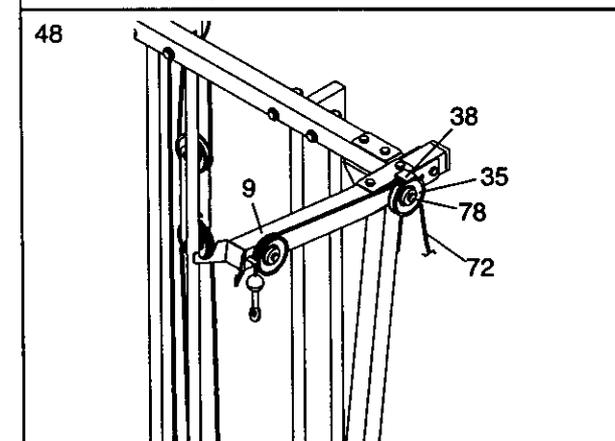
47. Remove a Pro Pulley (110) from the bag labeled "PULLEY BAG 2."

Identify the Press Cable (72). It is approximately 387 5/8" long and it has a ball on one end and a threaded shaft on the other.

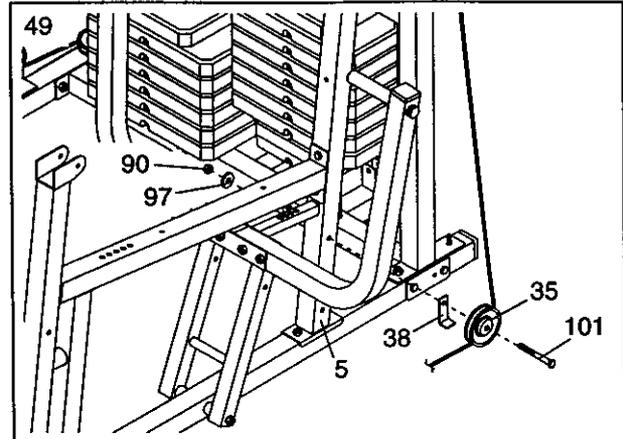
Wrap the Press Cable (72) around the Pro Pulley (110) in the direction shown. Attach the Pulley to the Press Top Frame (9) with a 3/8" x 3 1/2" Bolt (111), a 3/8" Washer (97), and a 3/8" Nylon Jamnut (92). **Make sure the Cable is between the Pulley and the pin on the Press Top Frame.**



48. Route the threaded end of the Press Cable (72) around the 3 1/2" Pulley (35) that was attached to the Press Top Frame (9) in step 16. **Make sure the Cable Trap (38) Is positioned to hold the Cable in the groove of the Pulley.** Properly tighten the 3/8" Nylon Locknut (not shown) attached to the 3/8" x 4" Bolt (78).

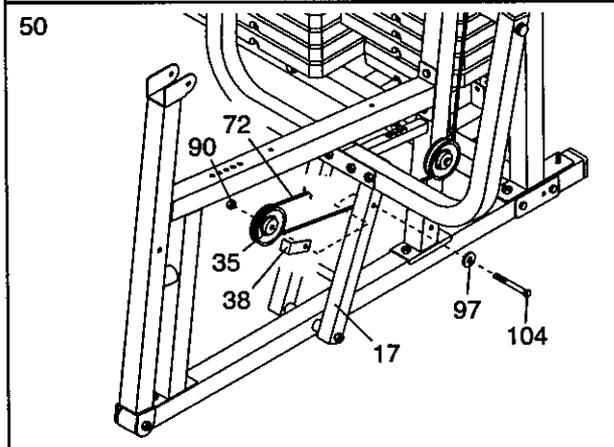


49. Wrap the Press Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the indicated hole in the Press Upright (5) with a 3/8" x 3 3/4" Bolt (101), a 3/8" Washer (97) and a 3/8" Nylon Locknut (90). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

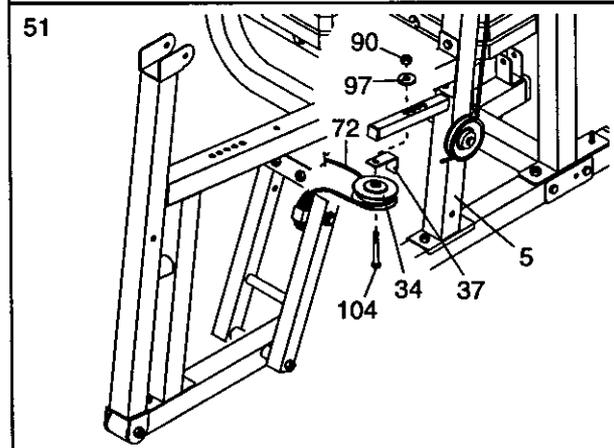


50. Route the Press Cable (72) through the opening in the Press Frame (17) and wrap the Cable around a 3 1/2" Pulley (35) in the direction shown.

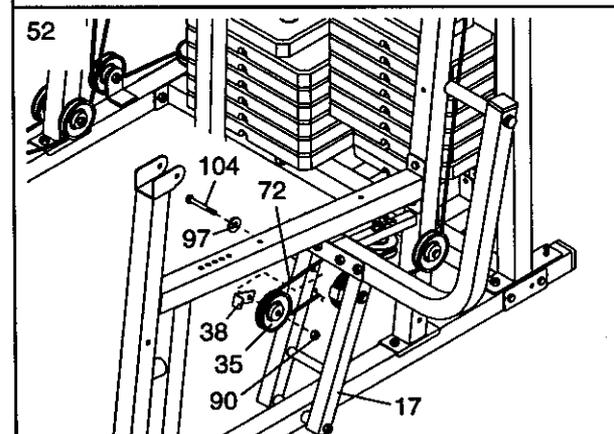
Attach the 3 1/2" Pulley (35) and a Cable Trap (38) to the indicated hole in the Press Frame (17) with a 3/8" x 3 1/4" Bolt (104), a 3/8" Washer (97) and a 3/8" Nylon Locknut (90). **Make sure the Pulley is attached on the inside of the Press Frame. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



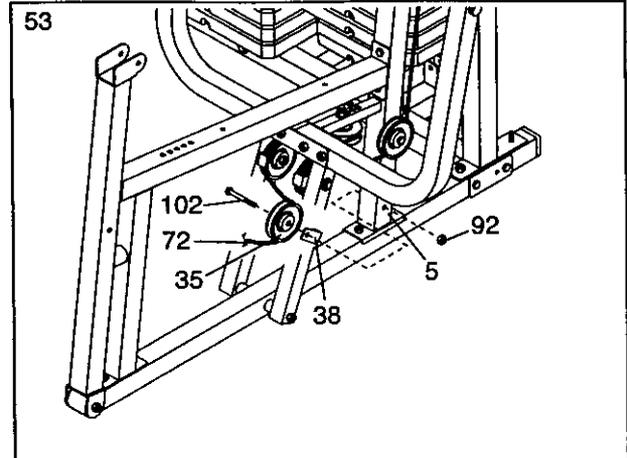
51. Wrap the Press Cable (72) around a "V"-Pulley (34) in the direction shown. Attach the Pulley and a Long Cable Trap (37) to the small tube on the Press Upright (5) with a 3/8" x 3 1/4" Bolt (104), a 3/8" Washer (97) and a 3/8" Nylon Locknut (90). **Note: The small tube has four adjustment holes. Attach the "V"-Pulley in the hole farthest from the Upright. Make sure the Cable Trap is oriented as shown.**



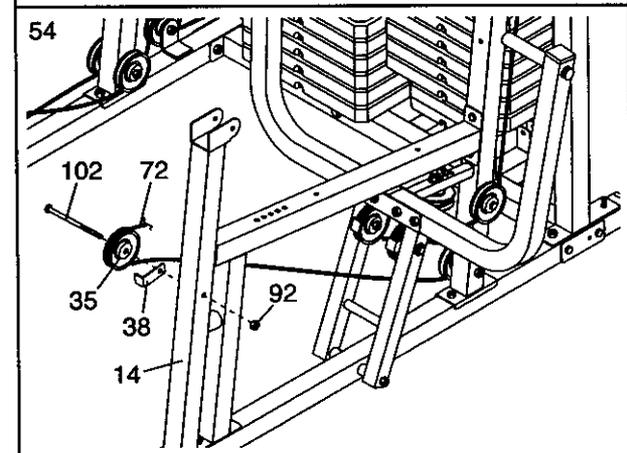
52. Wrap the Press Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley to the indicated hole in the Press Frame (17) with a 3/8" x 3 1/4" Bolt (104), a 3/8" Washer (97), and a 3/8" Nylon Locknut (90). **Make sure the Pulley is attached on the inside of the Press Frame. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



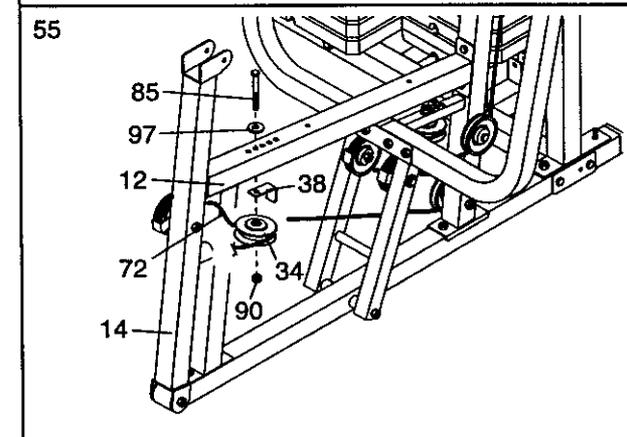
53. Wrap the Press Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (38) to the indicated hole on the right side of the Press Upright (5) with a 3/8" x 4 3/4" Bolt (102) and a 3/8" Nylon Jamnut (92). **Note: Thread the Jamnut only two turns onto the Bolt; another Pulley will be attached to the Bolt in step 57. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



54. Route the Press Cable (72) through the Press Frame (17) and around a 3 1/2" Pulley (35) as shown. Attach the Pulley and a Cable Trap (38) to the indicated hole on the right side of the Leg Press Lever (14) with a 3/8" x 4 3/4" Bolt (102) and a 3/8" Nylon Jamnut (92). **Note: Thread the Jamnut only two turns onto the Bolt; another Pulley will be attached to the Bolt in step 56. Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

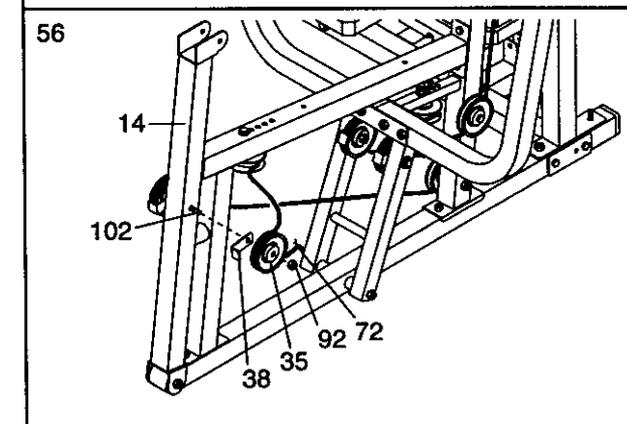


55. Wrap the Press Cable (72) around a "V"-Pulley (34) in the direction shown. Attach the Pulley and a Long Cable Trap (37) underneath the Press Seat Frame (12) with a 3/8" x 4 1/4" Bolt (85), a 3/8" Washer (97), and a 3/8" Nylon Locknut (90). **Note: the Press Seat Frame has five adjustment holes. Attach the Pulley to the second hole from the Leg Press Lever (14). Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



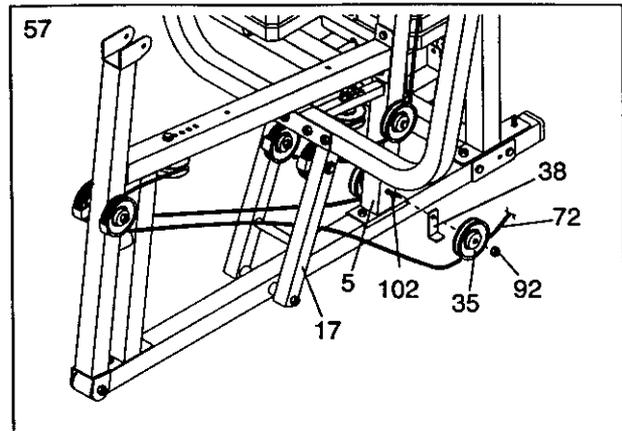
56. Remove the 3/8" Nylon Jamnut (92) used in step 54.

Wrap the Press Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Slide a Cable Trap (38) and the Pulley onto the 3/8" x 4 3/4" Bolt (102) in the Leg Press Lever (14). Properly tighten the 3/8" Nylon Jamnut (92) onto the Bolt. **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**

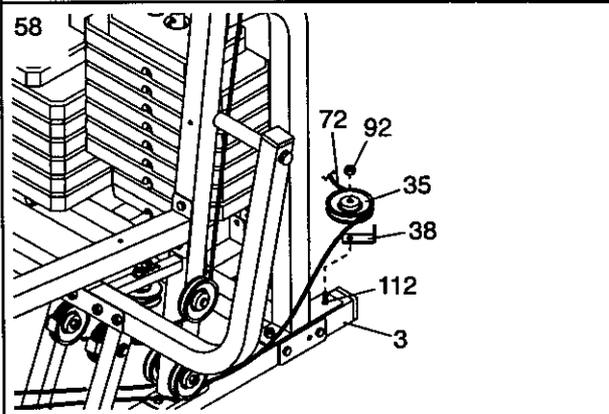


57. Remove the 3/8" Nylon Jamnut (92) used in step 53. Route the Press Cable (72) through the Press Frame (17).

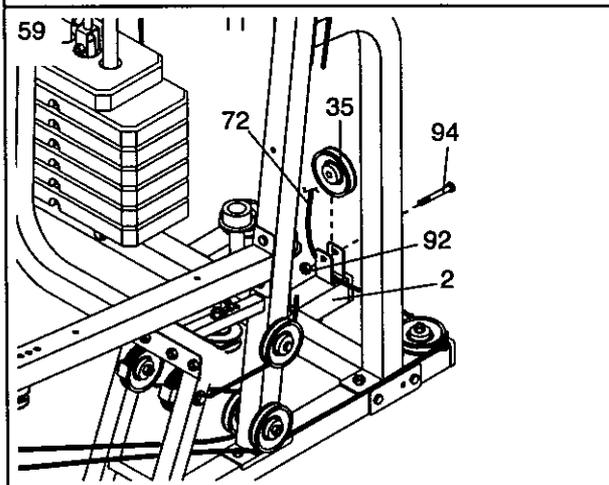
Wrap the Press Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Slide a Cable Trap (38) and the Pulley onto the 3/8" x 4 3/4" Bolt (102) in the bottom of the Press Upright (5). Properly tighten the 3/8" Nylon Jamnut (92) onto the Bolt. **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



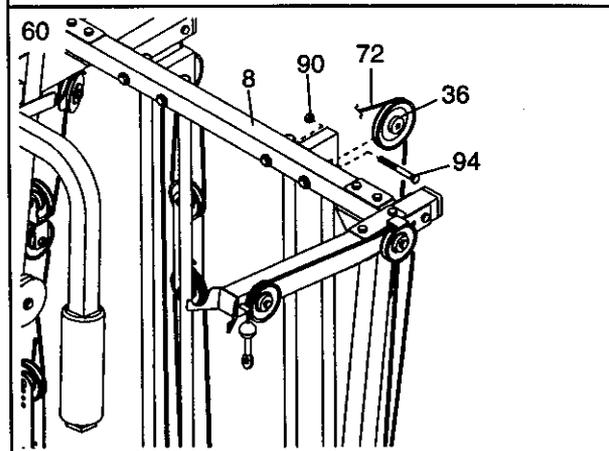
58. Wrap the Press Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Slide a Cable Trap (38) and the Pulley onto the 3/8" x 4" Carriage Bolt (112) in the Press Base (3). Secure the Pulley with a 3/8" Nylon Jamnut (92). **Make sure the Cable Trap is positioned to hold the Cable in the groove of the Pulley.**



59. Lay the Press Cable (72) in the bracket on the Center Base (2). Attach a 3 1/2" Pulley (35) inside the bracket with a 3/8" x 1 3/4" Bolt (94) and a 3/8" Nylon Jamnut (92).



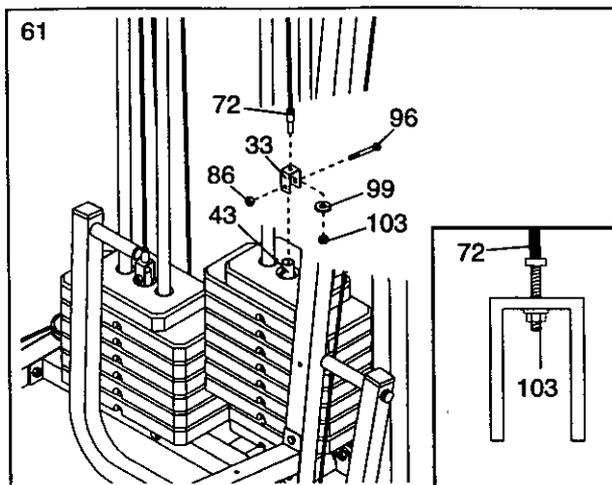
60. Wrap the Press Cable (72) around a 4 1/2" Pulley (36) in the direction shown. Attach the Pulley inside the indicated bracket on the Center Top Frame (8) with a 3/8" x 1 3/4" Bolt (94) and a 3/8" Nylon Locknut (90).



61. Attach the Press Cable (72) to the remaining "U"-Bracket (33) with a 1/4" Washer (99) and a 1/4" Nylon Locknut (103). **Note: Do not completely tighten the Nylon Locknut; It should be threaded only two turns onto the end of the Cable, as shown in the inset drawing.**

Attach the "U"-Bracket (33) to the Long Weight Tube (43) with a 5/16" x 1 3/4" Bolt (96) and a 5/16" Nylon Locknut (86).

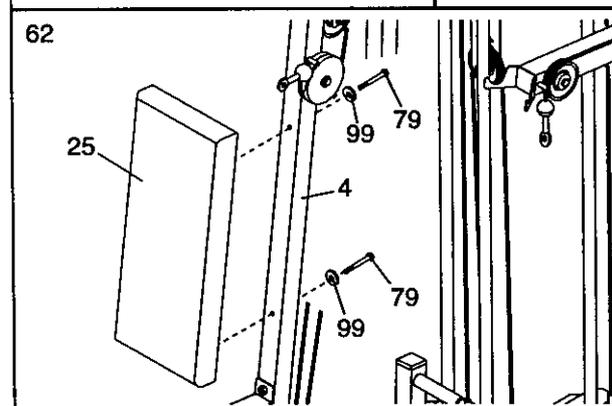
Important: Follow all five cables from end to end and make sure that they rest in the grooves of all of the pulleys and that the cables and the pulleys move smoothly.



Seat Assembly

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

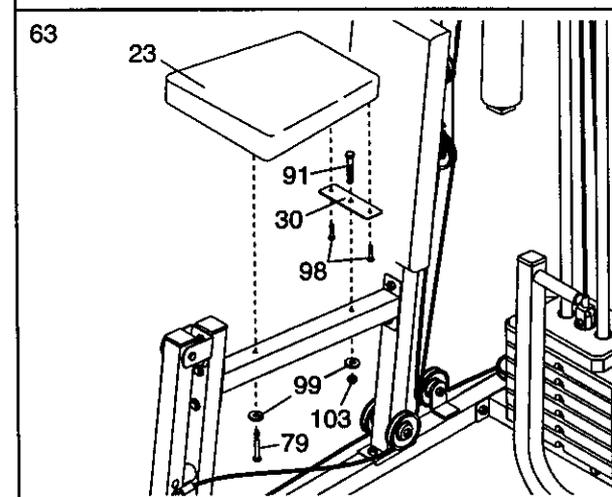
Attach the Butterfly Backrest (25) to the Butterfly Upright (4) with two 1/4" x 2 1/2" Bolts (79) and two 1/4" Washers (99).



63. Insert a 1/4" x 2 1/2" Carriage Bolt (91) through the center hole in a Seat Plate (30). Attach the Seat Plate to a Seat (23) with two 1/4" x 3/4" Bolt (98).

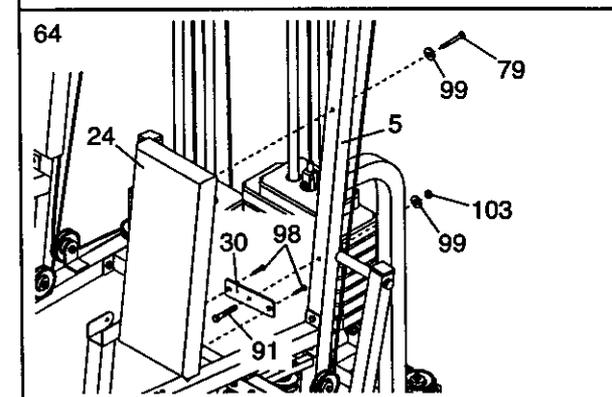
Insert the 1/4" x 2 1/2" Carriage Bolt (91) into the indicated hole in the Butterfly Seat Frame (10) and secure it with a 1/4" Washer (99) and a 1/4" Nylon Locknut (103). Secure the other end of the Seat (23) with a 1/4" x 2 1/2" Bolt (79) and a 1/4" Washer.

Attach the other Seat (23) to the Press Seat Frame (12, not shown) in the same manner.



64. Insert a 1/4" x 2 1/2" Carriage Bolt (91) through the center hole in a Seat Plate (30). Attach the Seat Plate to the Press Backrest (24) with two 1/4" x 3/4" Bolt (98).

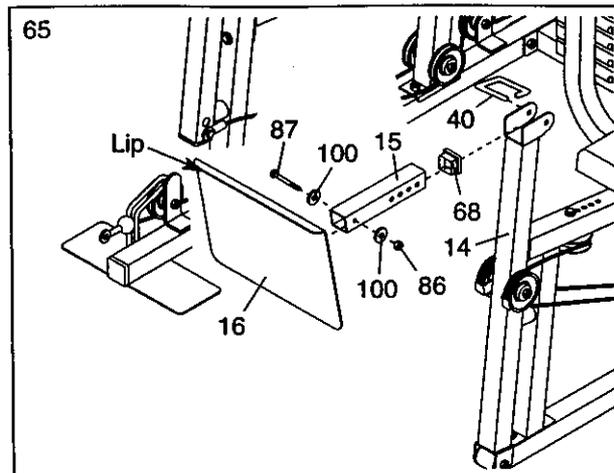
Insert the 1/4" x 2 1/2" Carriage Bolt (91) into the indicated hole in the Press Upright (5) and secure it with a 1/4" Washer (99) and a 1/4" Nylon Locknut (103). Secure the other end of the Press Backrest (24) with a 1/4" x 2 1/2" Bolt (79) and another 1/4" Washer.



65. Press a 1 3/4" Square Inner Cap (68) into the indicated end of the Adjustment Tube (15).

Attach the Adjustment Tube (15) to the bracket (not visible in the drawing) on the back of the Leg Press Plate (16) with a 5/16" x 2 1/2" Bolt (87), two 5/16" Washers (100), and a 5/16" Nylon Locknut (86).

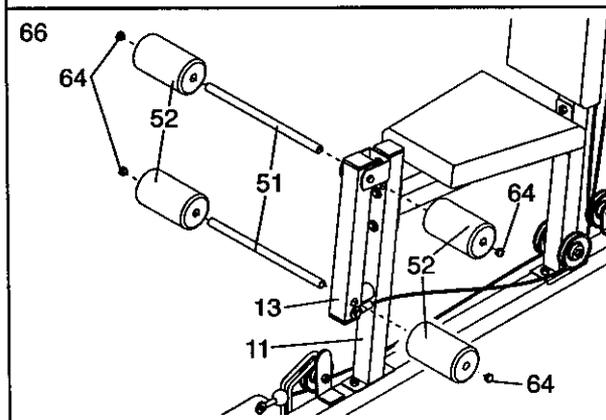
Place the Adjustment Tube (15) in the bracket on top of the Leg Press Lever (14) and secure it with the Adjustment Pin (40). **Note: The lip on the Leg Press Plate (16) must be on the upper edge.**



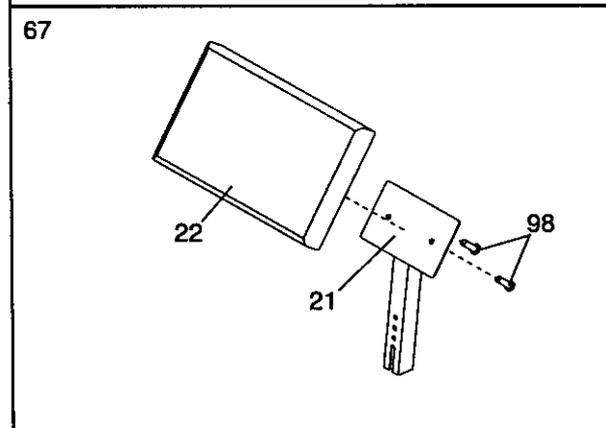
66. Press four 3/4" Round Inner Caps (64) into the ends of the two Pad Tubes (51).

Insert a Pad Tube (51) into the indicated hole in the Leg Lever (13). Slide two Foam Pads (52) onto the ends of the Pad Tube.

Insert a Pad Tube (51) into the indicated hole in the Butterfly Leg (11). Slide two Foam Pads (52) onto the ends of the Pad Tube.



67. Attach the Curl Pad (22) to the Curl Post (21) with two 1/4" x 3/4" Bolts (98).



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

Before using the weight 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 pages 30 and 31 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLESHOOTING AND MAINTENANCE on page 28.**

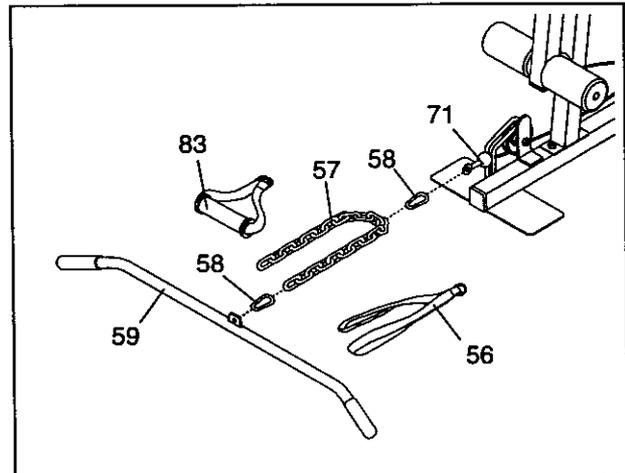
ADJUSTMENTS

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT:** When using an accessory, make sure it is 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.

ATTACHING THE ACCESSORIES TO A PULLEY STATION

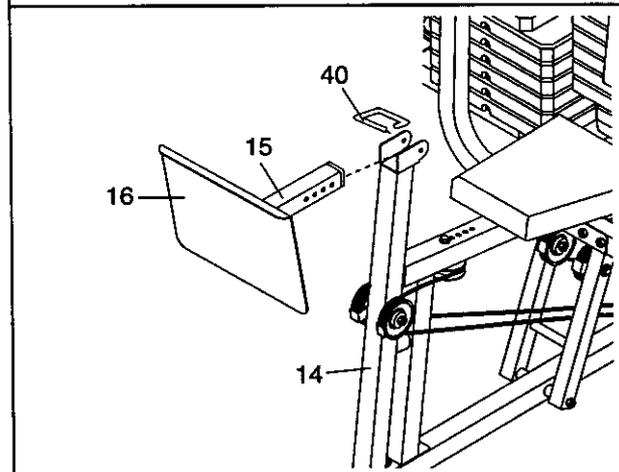
Attach the Lat Bar (59) to the Low Cable (71) at the low pulley station with a Cable Clip (58). For some exercises, the Chain (57) should be attached between the Lat Bar and the Low Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the Low Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

The Nylon Strap (83) or Ab Strap (56) can be attached in the same manner. The accessories can be attached to the ab pulley station or high pulley station in the same manner.



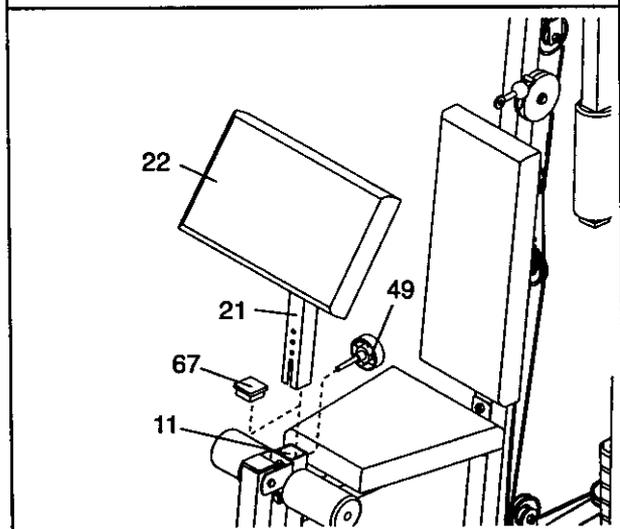
ADJUSTING THE LEG PRESS PLATE

To adjust the position of the Leg Press Plate (16), pull out the Adjustment Pin (40) and slide the Adjustment Tube (15) either backward or forward in the bracket on the Leg Press Lever (14). Line up one of the adjustment holes in the Adjustment Tube with the hole in the bracket and re-insert the Adjustment Pin.



ATTACHING THE CURL PAD

To use the Curl Pad (22), remove the 2" Square Inner Cap (67) from the Butterfly Leg (11). Slide the Curl Post (21) to the desired height in the Butterfly Leg. Tighten the Curl Knob (49) into the Butterfly Leg and an adjustment hole in the Curl Post.

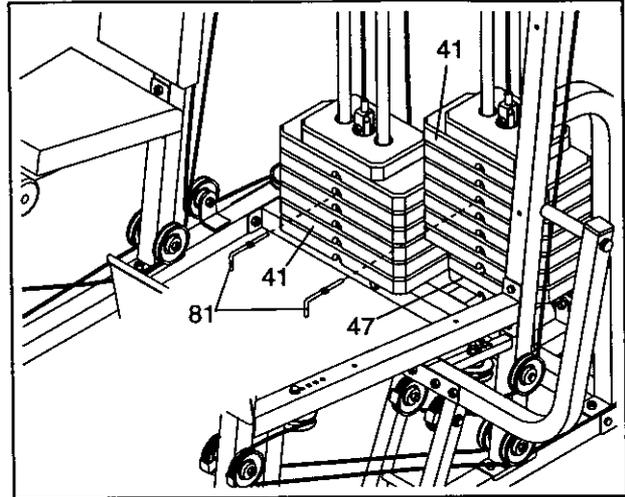


CHANGING THE WEIGHT SETTING

To change the setting of a weight stack, insert a Weight Pin (81) under the desired Weight (41). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down.

To use the Bottom Weight (47) with the press arms or the leg press, insert the Weight Pin (81) under the Bottom Weight. Remove the other Weight Pin from the small weight stack.

To use the small weight stack with the press arms or leg press, insert a Weight Pin (81) under the Bottom Weight (47). Then, insert the other Weight Pin under the desired Weight (41) in the right weight stack.



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.

WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. "Left Top" and "Right Top" refer to the 6 lb. top weights. "Bottom" refers to the 12.5 lb. bottom weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	HIGH PULLEY (lbs.)	PRESS ARM (lbs.)	LEG PRESS (lbs.)	BUTTERFLY ARM (lbs.)	AB PULLEY (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)
Left Top	32	35	34	-	-	-	-
1	55	59	70	-	-	-	-
2	67	77	105	-	-	-	-
3	84	104	140	-	-	-	-
4	99	124	172	-	-	-	-
5	118	144	208	-	-	-	-
6	133	164	243	-	-	-	-
7	150	180	278	-	-	-	-
Bottom	165	205	307	-	-	-	-
Right Top	170	210	315	25	25	30	28
1	187	230	350	40	41	48	42
2	205	250	385	55	55	65	63
3	225	280	425	70	70	84	80
4	245	320	470	87	85	100	95
5	260	365	510	103	100	120	113
6	280	400	550	120	117	138	130

TROUBLESHOOTING AND MAINTENANCE

Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight 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 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. Slack can be removed from the cables in several different ways.

When you are tightening the cables, note that they are linked into two distinct groups. The Rear Cable (70), the Low Cable (71), the Butterfly Cable (73), and the Ab Cable (74) are all connected to the small weight stack. All three cables will be tightened by tightening the Rear Cable at the small weight stack, or by adjusting the 3 1/2" Pulleys (35) in either set of Pulley Plates (32).

The Press Cable (72) is attached to the large weight stack. The Press Cable can be tightened at the large weight stack or by moving the "V"-Pulleys (34) on the Press Upright (5) and the Press Seat Frame (12).

The Pulley Plates (32) have four sets of adjustment holes for each 3 1/2" Pulley (35). Slack can be removed from the cables by moving one or both Pulleys to a set of holes closer to the center of the Pulley Plates.

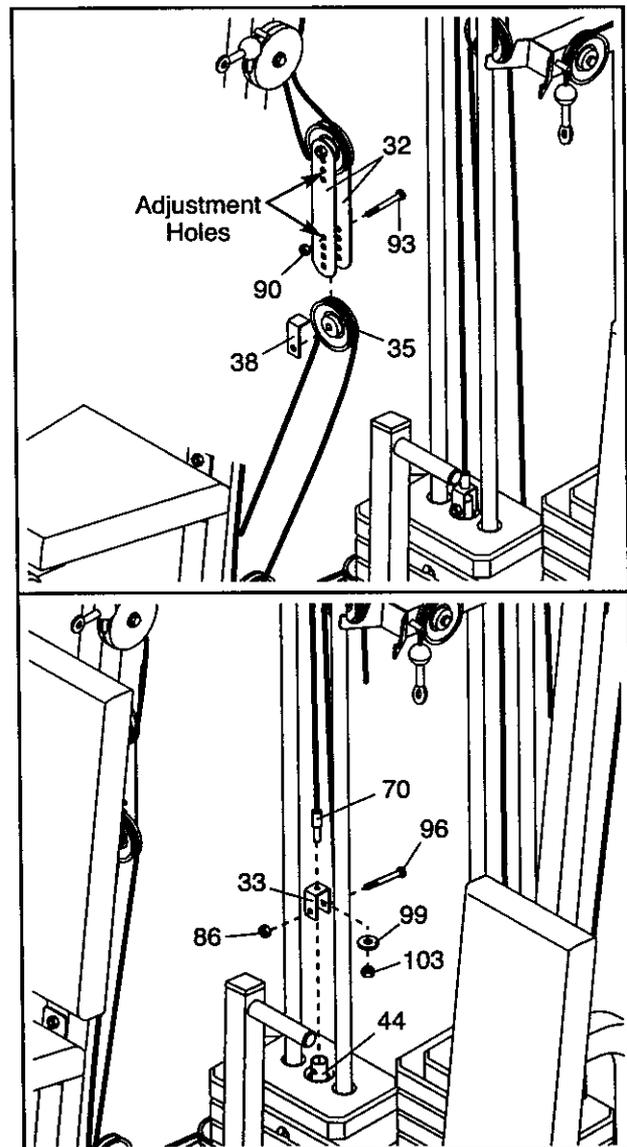
To move a 3 1/2" Pulley (35), remove the 3/8" Nylon Locknut (90) and the 3/8" x 2" Bolt (93) from the Pulley Plates (32), the Cable Trap (38), and Pulley. Re-attach the Pulley and Cable Trap to the next set of holes in the Pulley Plates with the Bolt and Nylon Locknut. **Note: Begin by moving the bottom Pulley up one set of holes. If the cables are still too loose, move the top Pulley down one set of holes, until the slack in the cables has been removed.**

The threaded ends on the Rear Cable (70) and the Press Cable (72) attached to the weight stacks can be used to tighten the cables.

To tighten the Rear Cable (70), remove the 5/16" x 1 3/4" Bolt (96) and the 5/16" Nylon Locknut (86) from the "U"-Bracket (33) and the Short Weight Tube (44).

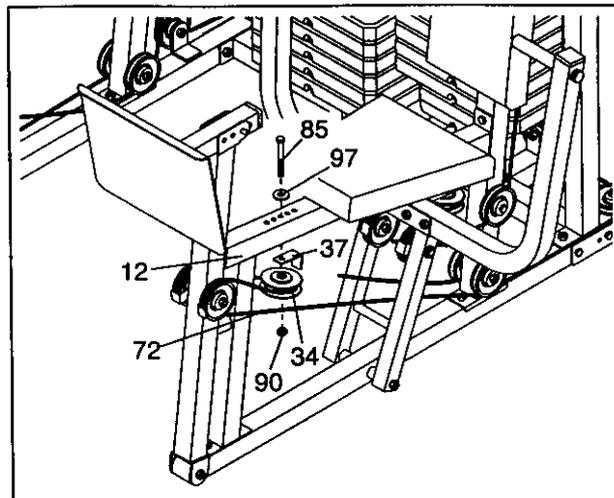
Tighten the 1/4" Nylon Locknut (103) at the end of the Rear Cable (70) a few turns. Re-attach the "U"-Bracket (33) to the Short Weight Tube (44) with the 5/16" x 1 3/4" Bolt (96) and the 5/16" Nylon Locknut (86).

The Press Cable (72) can be tightened in the same manner.



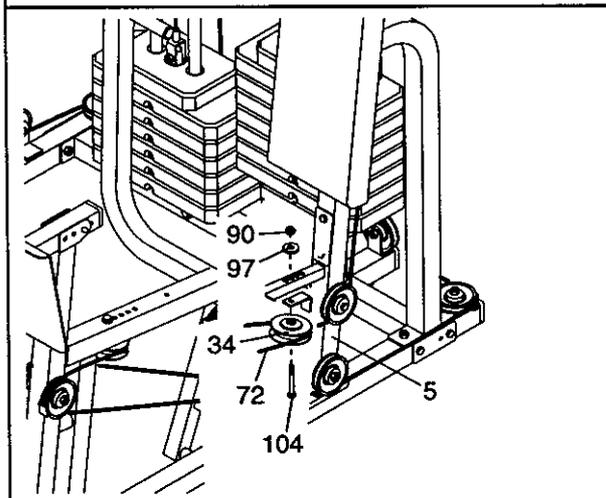
Slack can be removed from the Press Cable (72) by moving the "V"-Pulley (34) attached to the Press Seat Frame (12) closer to the Press Upright (5).

Remove the 3/8" x 4 1/4" Bolt (85), 3/8" Washer (97), and 3/8" Nylon Locknut (90) from the Press Seat Frame (12), the "V"-Pulley (34), and the Long Cable Trap (37). Move the Pulley to a hole that is closer to the Press Upright (5), one hole at a time, until the slack is removed. Reattach the Pulley and Cable Trap to the hole with the Bolt, Washer, and Nylon Locknut.



If there is still slack in the Press Cable (72), move the "V"-Pulley (34) attached to the small tube on the Press Upright (5) to a hole that is closer to the Upright.

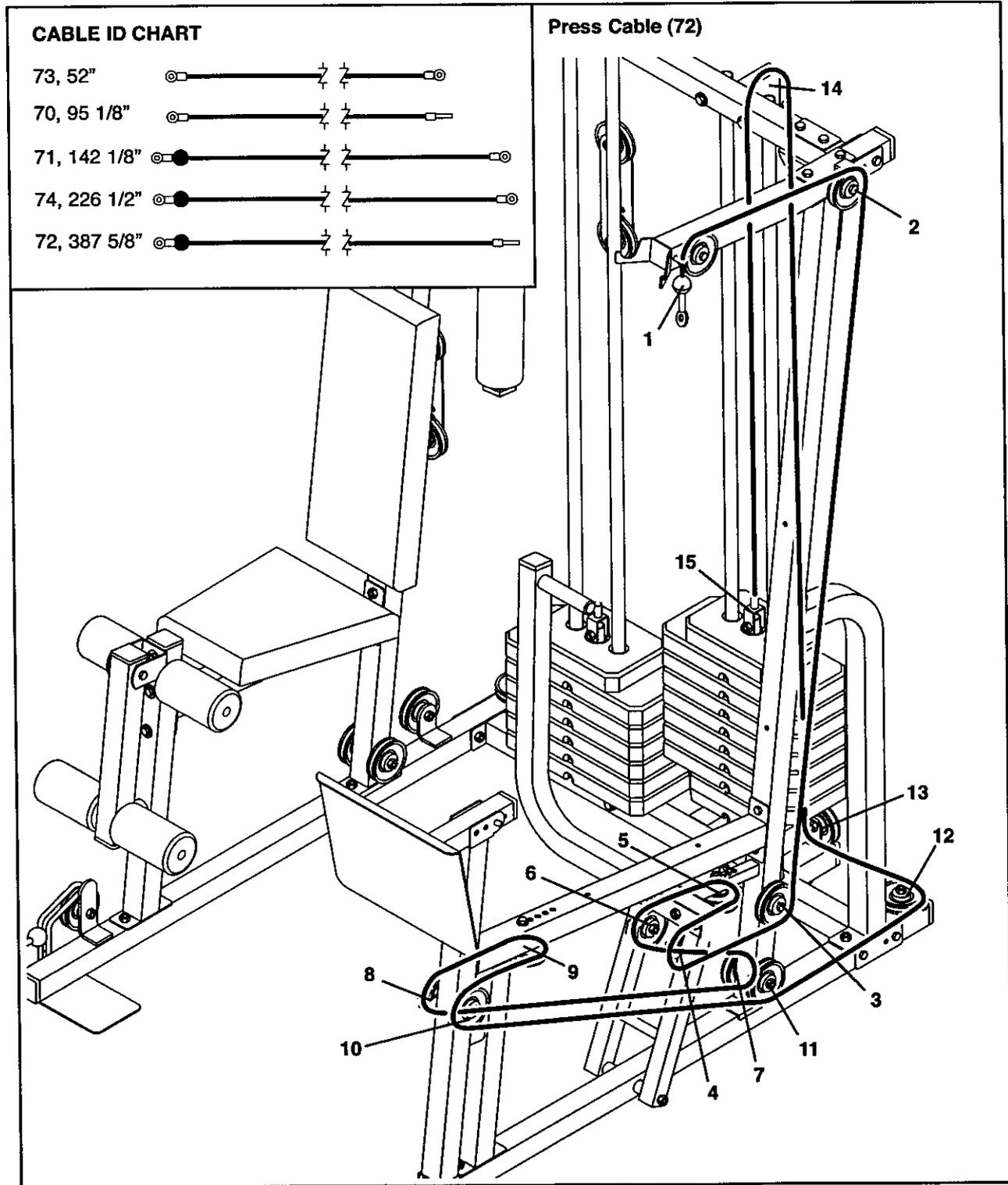
Remove the 3/8" x 3 1/4" Bolt (104), 3/8" Washer (97), and 3/8" Nylon Locknut (90) from the Press Upright (5), the "V"-Pulley (34), and the Long Cable Trap (37). Move the Pulley to a hole that is closer to the Press Upright, one hole at a time, until the slack is removed. Reattach the Pulley and Cable Trap to the hole with the Bolt, Washer, and Nylon Locknut.



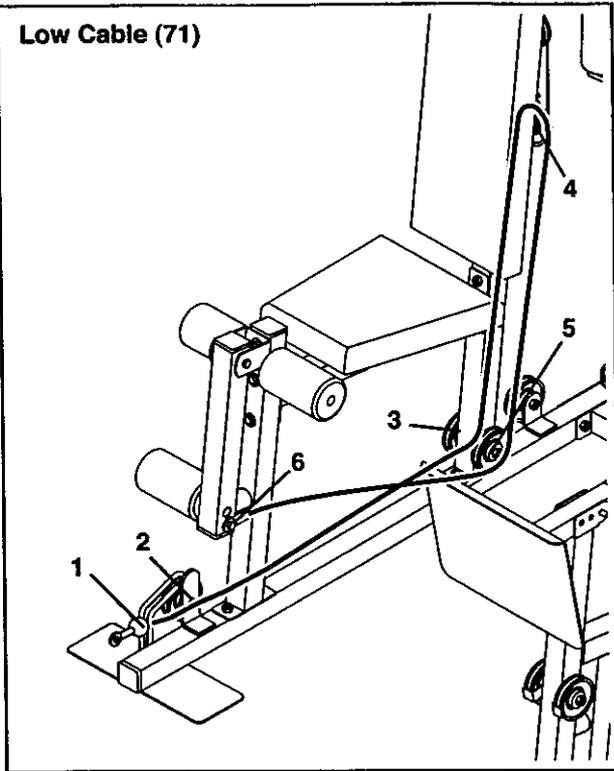
If a cable slips off the pulleys often, the cable may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAMS

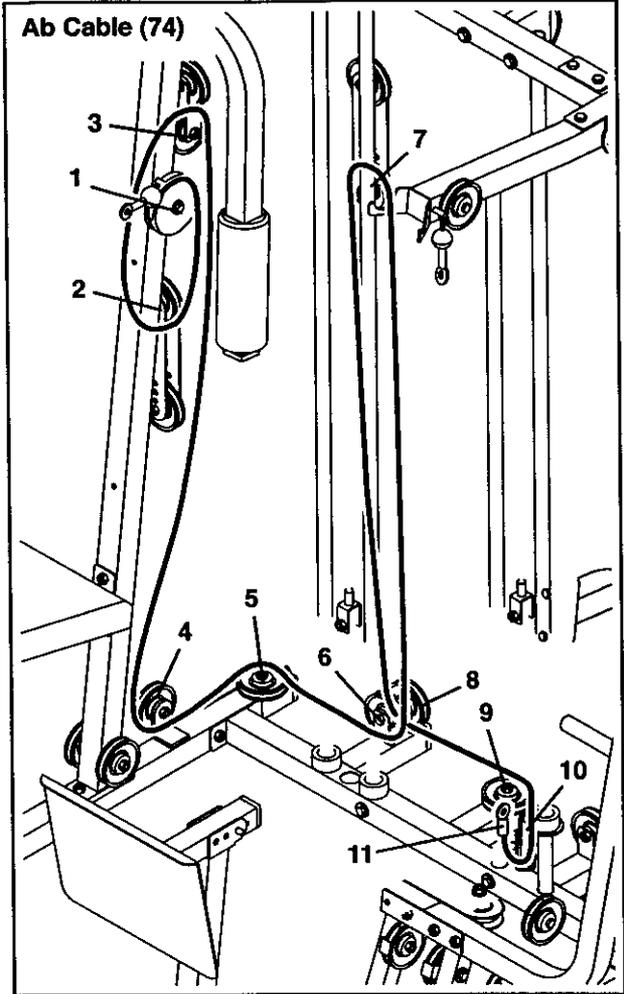
The Cable Diagrams below and on the next page show the proper routing of the Rear Cable (70), the Low Cable (71), the Press Cable (72), the Butterfly Cable (73), and the Ab Cable (74). The numbers show the correct route for each Cable. Make sure that the Cables are routed correctly, that the Pulleys move smoothly, and that the Cable Traps do not touch or bind the Cables. Incorrect cable routing can damage the weight system.



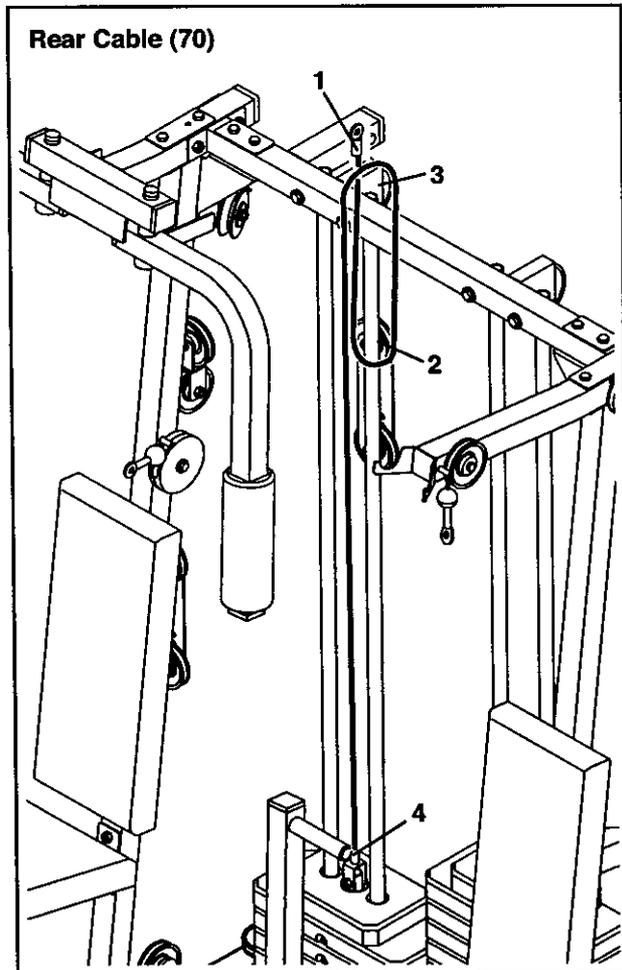
Low Cable (71)



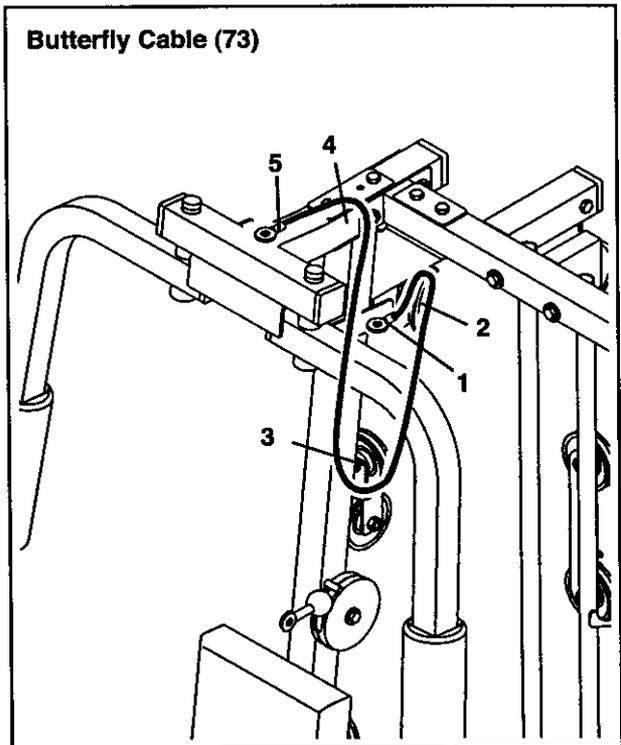
Ab Cable (74)



Rear Cable (70)

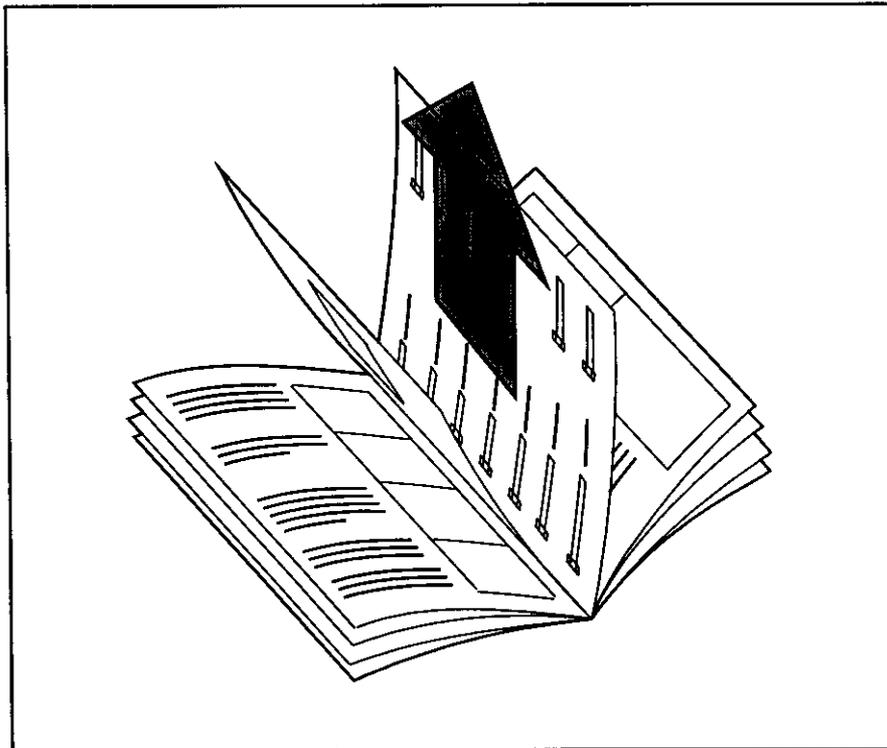


Butterfly Cable (73)



REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL. SAVE THIS PART IDENTIFICATION CHART FOR FUTURE REFERENCE.

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST in the center of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



Note: Assembly is divided into four stages: 1) frame assembly; 2) arm assembly; 3) cable assembly; and 4) seat assembly. The hardware for each assembly stage is packaged separately. Wait until you begin each stage to open that parts bag.

PART IDENTIFICATION CHART—Model No. 831.159830

R0402A



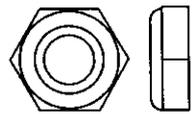
1/4" Nylon Locknut (103)



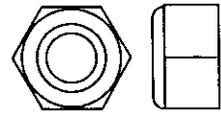
5/16" Nylon Jamnut (77)



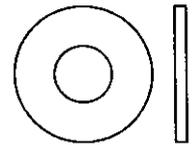
5/16" Nylon Locknut (86)



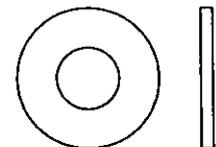
3/8" Nylon Jamnut (92)



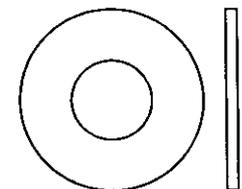
3/8" Nylon Locknut (90)



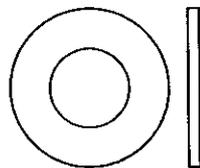
1/4" Washer (99)



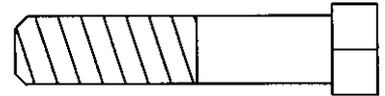
5/16" Washer (100)



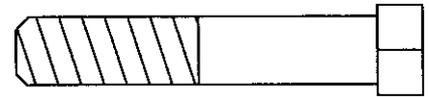
3/8" Washer (97)



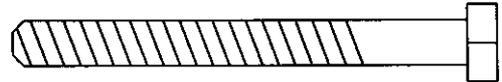
3/8" SAE Washer (113)



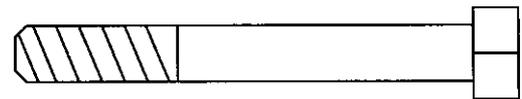
3/8" x 1 3/4" Bolt (94)



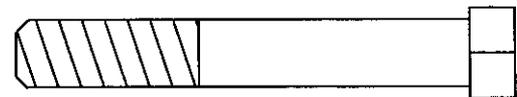
3/8" x 2" Bolt (93)



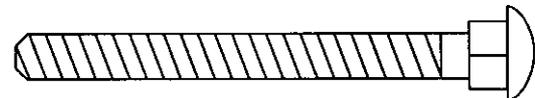
1/4" x 2 1/2" Bolt (79)



5/16" x 2 1/2" Bolt (87)



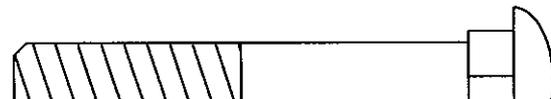
3/8" x 2 1/2" Bolt (105)



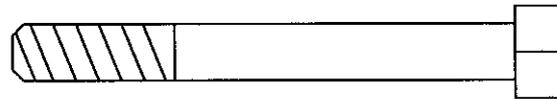
1/4" x 2 1/2" Carriage Bolt (91)



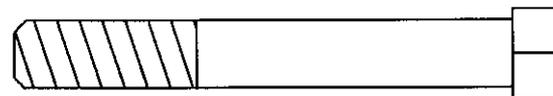
5/16" x 2 1/2" Carriage Bolt (75)



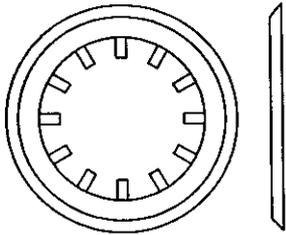
3/8" x 2 1/2" Carriage Bolt (76)



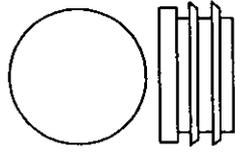
5/16" x 2 3/4" Bolt (89)



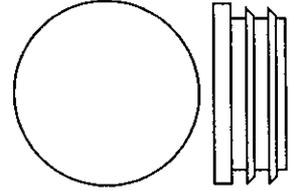
3/8" x 2 3/4" Bolt (82)



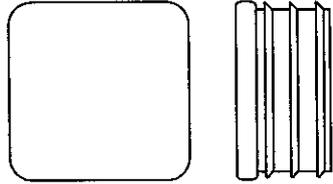
1" Retainer (54)



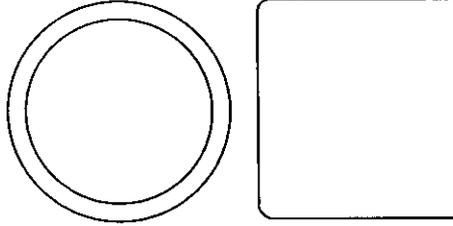
3/4" Round Inner Cap (64)



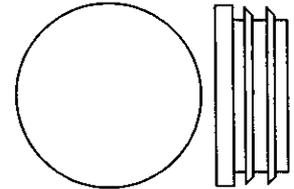
Round Inner Cap (63)



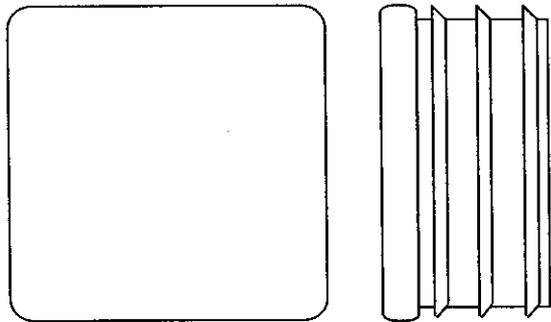
1" Square Inner Cap (69)



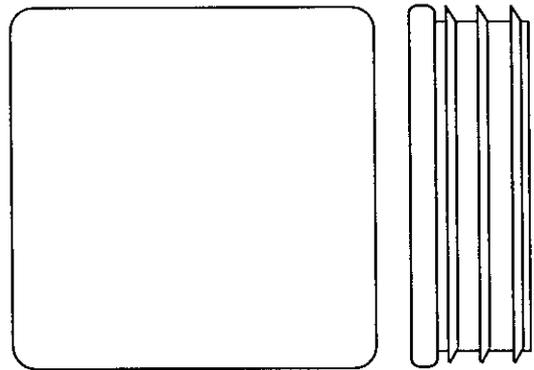
1" Cover Cap (55)



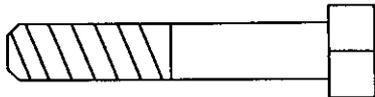
1" Round Inner Cap (66)



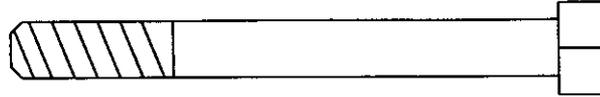
1 3/4" Square Inner Cap (68)



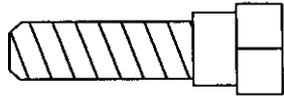
2" Square Inner Cap (67)



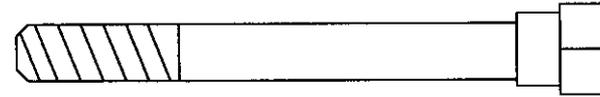
5/16" x 1 3/4" Bolt (96)



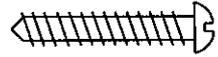
5/16" x 3" Bolt (107)



5/16" x 1" Shoulder Bolt (84)



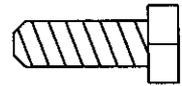
5/16" x 2 3/4" Shoulder Bolt (108)



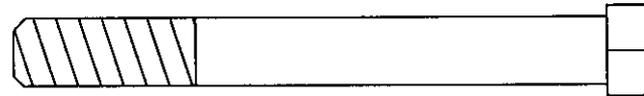
1" Tap Screw (80)



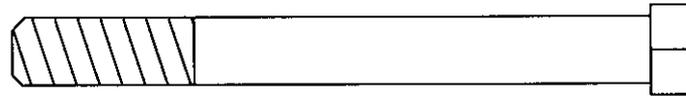
3/8" x 3" Bolt (88)



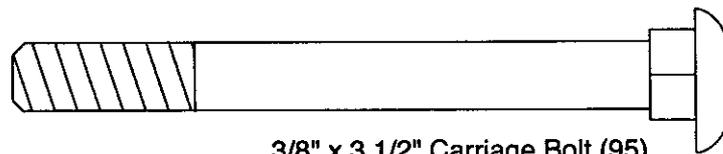
1/4" x 3/4" Bolt (98)



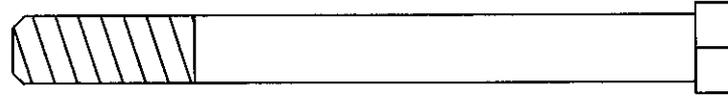
3/8" x 3 1/4" Bolt (104)



3/8" x 3 1/2" Bolt (111)



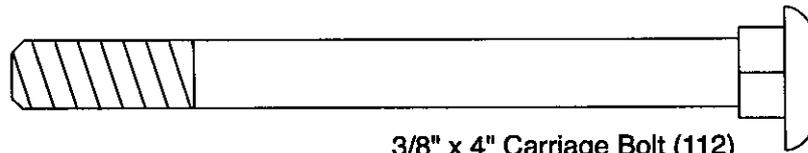
3/8" x 3 1/2" Carriage Bolt (95)



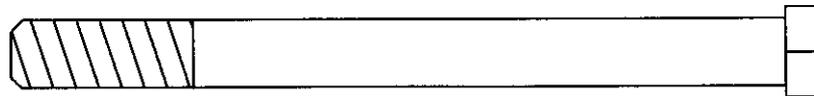
3/8" x 3 3/4" Bolt (101)



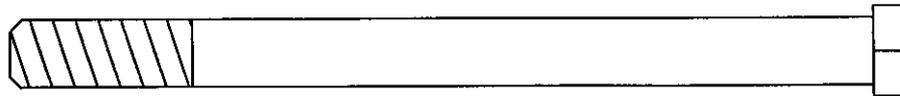
3/8" x 4" Bolt (78)



3/8" x 4" Carriage Bolt (112)



3/8" x 4 1/4" Bolt (85)



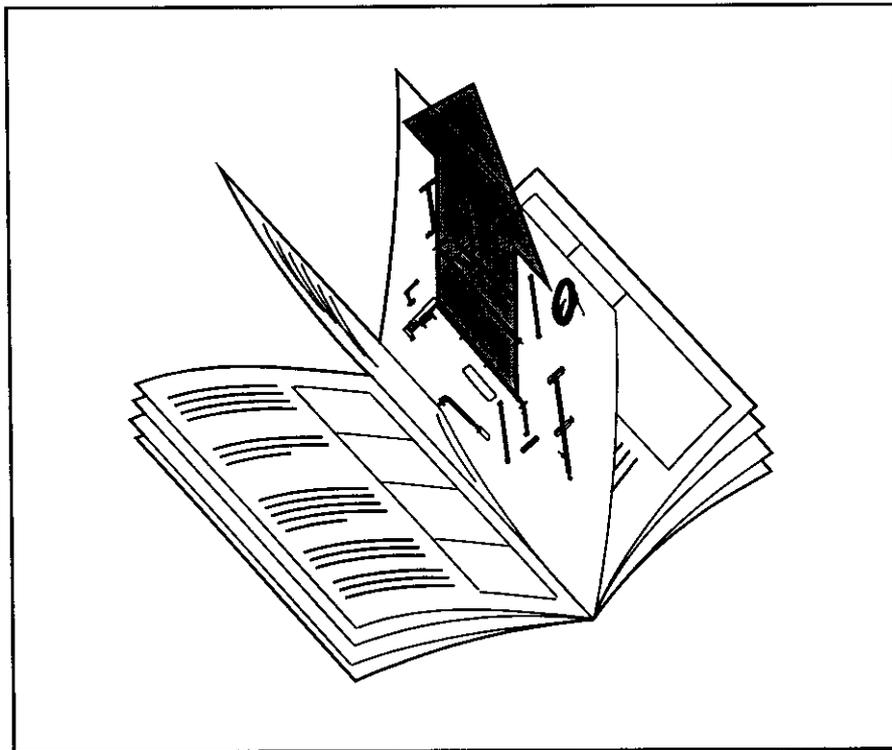
3/8" x 4 3/4" Bolt (102)



3/8" x 8" Bolt (106)

**REMOVE THIS PART LIST/EXPLODED DRAWING
FROM THE MANUAL.**

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



PART LIST—Model No. 831.159830

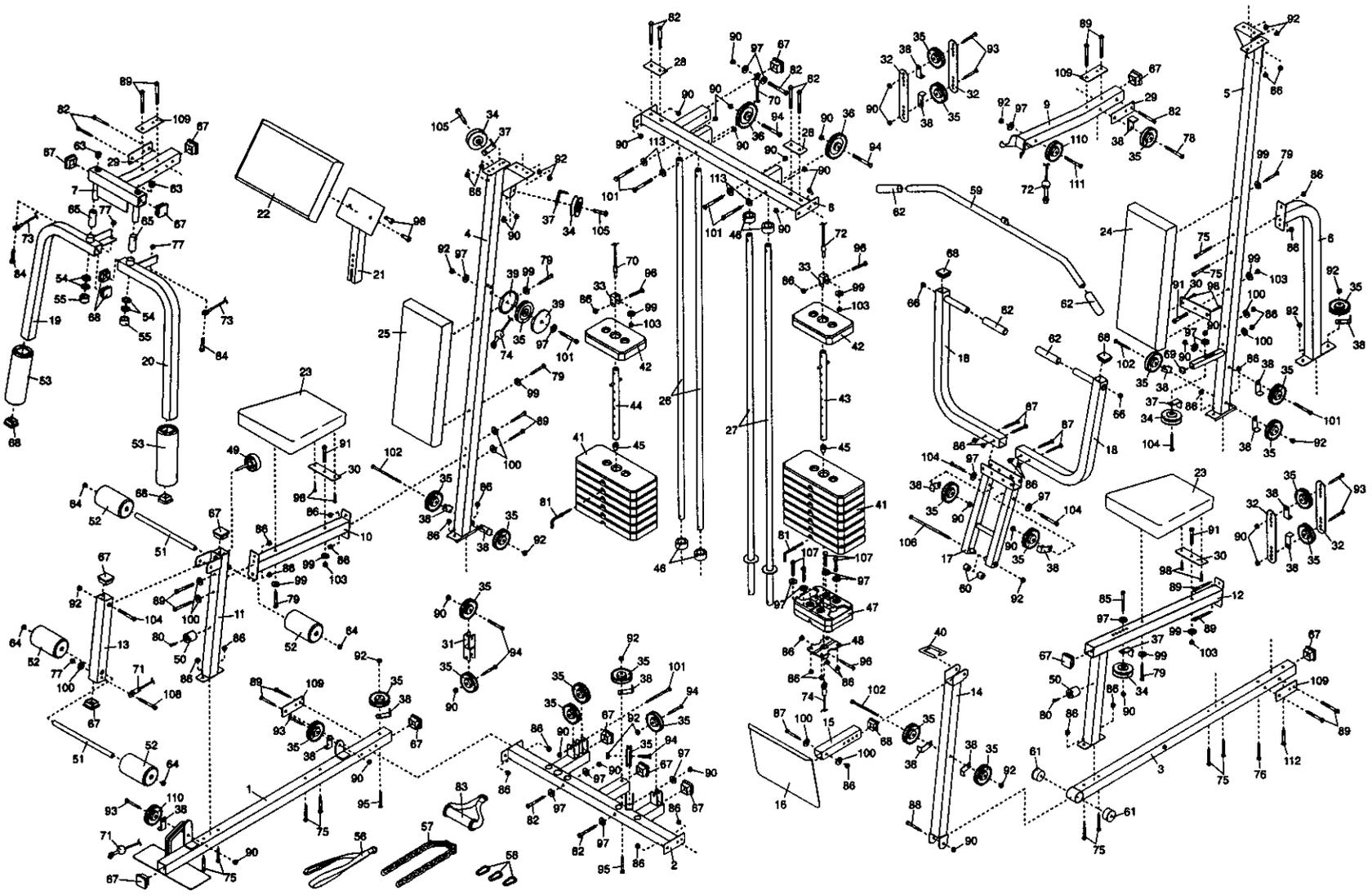
R0402A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Butterfly Base	59	1	Lat Bar
2	1	Center Base	60	2	Plastic Bushing
3	1	Press Base	61	2	Large Bushing
4	1	Butterfly Upright	62	4	Handgrip
5	1	Press Upright	63	2	Round Inner Cap
6	1	Upright Support	64	4	3/4" Round Inner Cap
7	1	Butterfly Top Frame	65	2	Butterfly Arm Bushing
8	1	Center Top Frame	66	2	1" Round Inner Cap
9	1	Press Top Frame	67	15	2" Square Inner Cap
10	1	Butterfly Seat Frame	68	7	1 3/4" Square Inner Cap
11	1	Butterfly Leg	69	1	1" Square Inner Cap
12	1	Press Seat Frame	70	1	Rear Cable
13	1	Leg Lever	71	1	Low Cable
14	1	Leg Press Lever	72	1	Press Cable
15	1	Adjustment Tube	73	1	Butterfly Cable
16	1	Leg Press Plate	74	1	Ab Cable
17	1	Press Frame	75	10	5/16" x 2 1/2" Carriage Bolt
18	2	Press Arm	76	1	3/8" x 2 1/2" Carriage Bolt
19	1	Right Butterfly Arm	77	3	5/16" Nylon Jamnut
20	1	Left Butterfly Arm	78	1	3/8" x 4" Bolt
21	1	Curl Post	79	5	1/4" x 2 1/2" Bolt
22	1	Curl Pad	80	2	1" Tap Screw
23	2	Seat	81	2	Weight Pin
24	1	Press Backrest	82	10	3/8" x 2 3/4" Bolt
25	1	Butterfly Backrest	83	1	Nylon Strap
26	2	Right Weight Guide	84	2	5/16" x 1" Shoulder Bolt
27	2	Left Weight Guide	85	1	3/8" x 4 1/4" Bolt
28	2	Small Support Plate	86	36	5/16" Nylon Locknut
29	2	Large Support Plate	87	5	5/16" x 2 1/2" Bolt
30	3	Seat Plate	88	1	3/8" x 3" Bolt
31	1	Double "U"-Bracket	89	14	5/16" x 2 3/4" Bolt
32	4	Pulley Plate	90	30	3/8" Nylon Locknut
33	2	"U"-Bracket	91	3	1/4" x 2 1/2" Carriage Bolt
34	4	"V"-Pulley	92	16	3/8" Nylon Jamnut
35	25	3 1/2" Pulley	93	6	3/8" x 2" Bolt
36	2	4 1/2" Pulley	94	6	3/8" x 1 3/4" Bolt
37	4	Long Cable Trap	95	2	3/8" x 3 1/2" Carriage Bolt
38	19	Cable Trap	96	3	5/16" x 1 3/4" Bolt
39	2	Pulley Cover	97	18	3/8" Washer
40	1	Adjustment Pin	98	8	1/4" x 3/4" Bolt
41	13	Weight	99	10	1/4" Washer
42	2	Top Weight	100	9	5/16" Washer
43	1	Long Weight Tube	101	7	3/8" x 3 3/4" Bolt
44	1	Short Weight Tube	102	3	3/8" x 4 3/4" Bolt
45	2	Weight Tube Bumper	103	5	1/4" Nylon Locknut
46	4	Weight Bumper	104	4	3/8" x 3 1/4" Bolt
47	1	Bottom Weight	105	2	3/8" x 2 1/2" Bolt
48	1	Weight Plate	106	1	3/8" x 8" Bolt
49	1	Curl Knob	107	4	5/16 x 3" Bolt
50	2	Bumper	108	1	5/16" x 2 3/4" Shoulder Bolt
51	2	Pad Tube	109	4	Medium Support Plate
52	4	Foam Pad	110	2	Pro Pulley
53	2	Large Foam Pad	111	1	3/8" x 3 1/2" Bolt
54	4	1" Retainer	112	1	3/8" x 4" Carriage Bolt
55	2	1" Cover Cap	113	4	3/8" SAE Washer
56	1	Ab Strap	#	1	User's Manual
57	1	Chain	#	1	Exercise Guide
58	3	Cable Clip			

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

EXPLODED DRAWING—Model No. 831.159830

R0402A





Model No. 831.159830

QUESTIONS?

If you find that:

- you need help assembling or operating the WEIDER® PRO POWER STACK weight system
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your WEIDER® PRO POWER STACK weight system are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.159830)
- The NAME of the product (WEIDER® PRO POWER STACK weight system)
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST/EXPLODED DRAWING in the center of this manual).

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

FULL 90 DAY WARRANTY

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

This warranty does not apply when the WEIGHT SYSTEM 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