

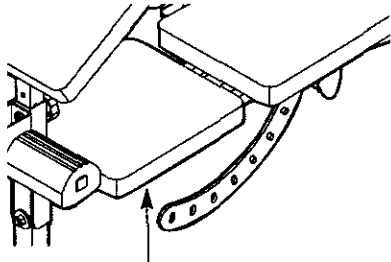
# WEIDER<sup>®</sup> PRO

# 235

Model No. 831.150300

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

Write the serial number in the space above for reference.



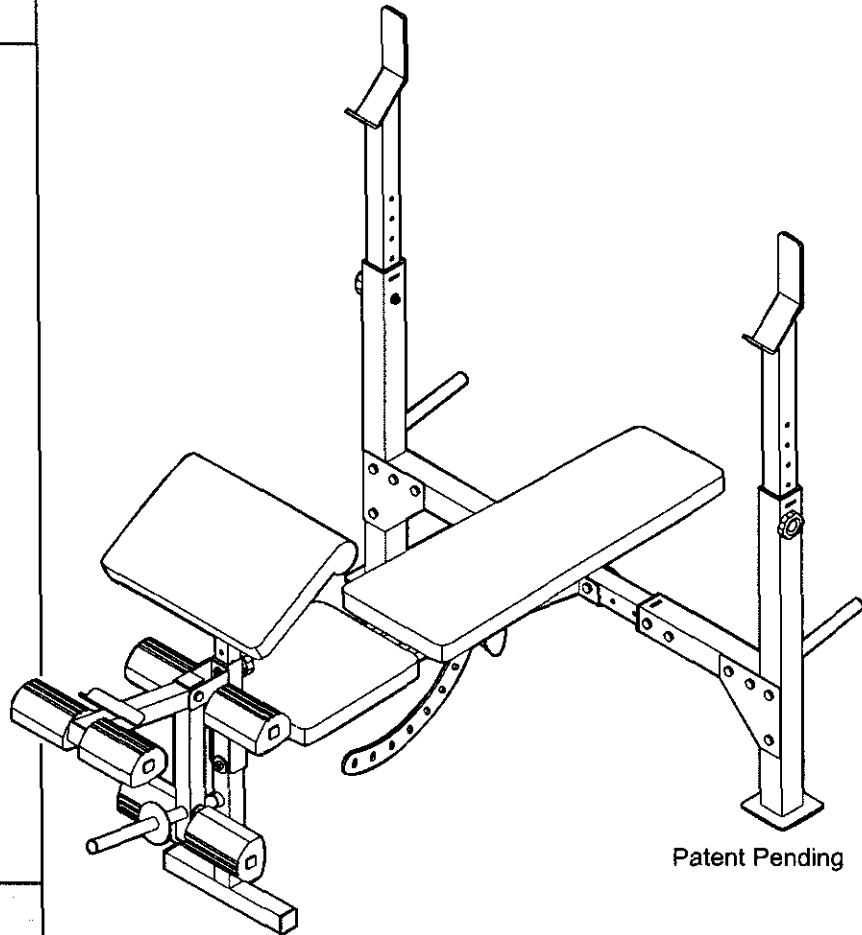
Serial Number Decal (under seat)

- Assembly
- Adjustments
- Part List and Drawing

## ▲ CAUTION

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

## WEIGHT BENCH EXERCISER User's Manual



Patent Pending

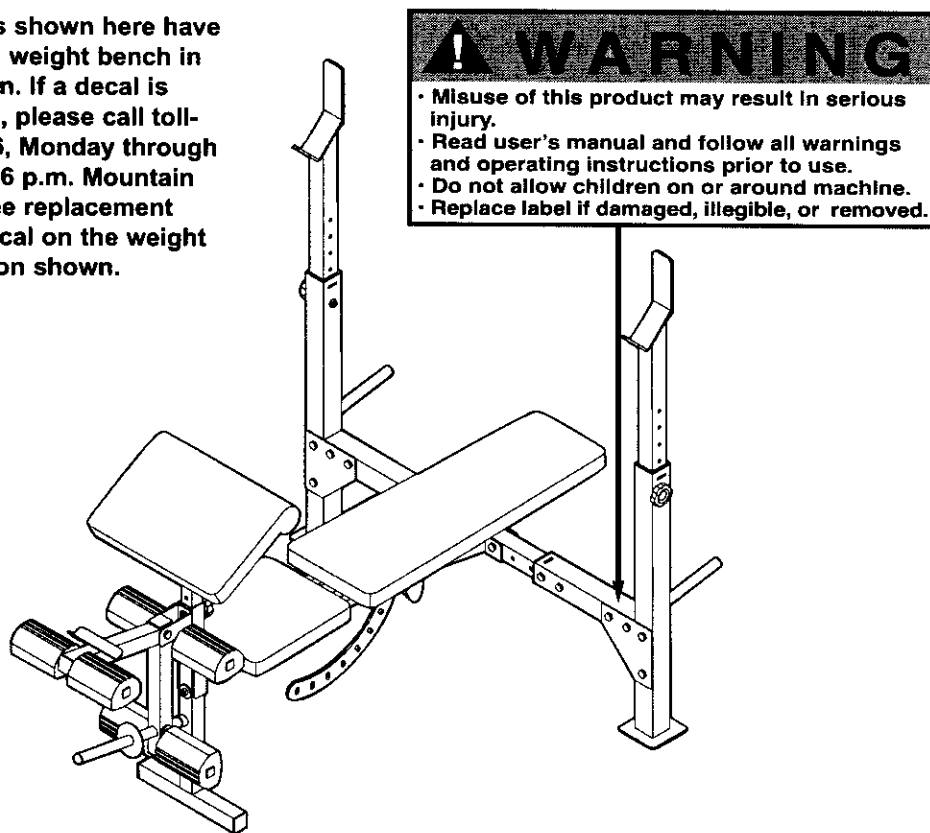
Sears, Roebuck and Co., Hoffman Estates, IL 60179

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## WARNING DECAL PLACEMENT

The warning decals shown here have been placed on the weight bench in the locations shown. If a decal is missing or illegible, please call toll-free 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Place the decal on the weight bench in the location shown.



# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
6. Make sure the set screws attaching the Olympic adapters are properly tightened each time the adapters are used.
7. Keep children under 12 and pets away from the weight bench at all times.
8. Always wear athletic shoes for foot protection while exercising.
9. Keep hands and feet away from moving parts.
10. The weight bench is designed to support a maximum user weight of 300 pounds, and a maximum total weight of 610 pounds. Do not place more than 310 pounds, including a barbell and weights, on the weight rests. Do not place more than 150 pounds on the leg lever. Note: The weight bench does not include a barbell or weights.
11. Do not use a barbell that is longer than six feet with the weight bench.
12. Always be sure there is an equal amount of weight on each side of your barbell when you are using it. Always keep some weight on both ends of the barbell when adding or removing weights to prevent the barbell from tipping.
13. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
14. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
15. Make sure that the adjustment knobs are inserted completely and tightened into the uprights before beginning any exercise.
16. When you put weight on the weight rests, make sure you put at least ten pounds on the leg lever to balance the weight bench.
17. Always remove the curl post from the front leg before performing leg curls with the leg lever.
18. Do not sit on the top end of the backrest; this will cause the weight bench to tip.
18. 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.

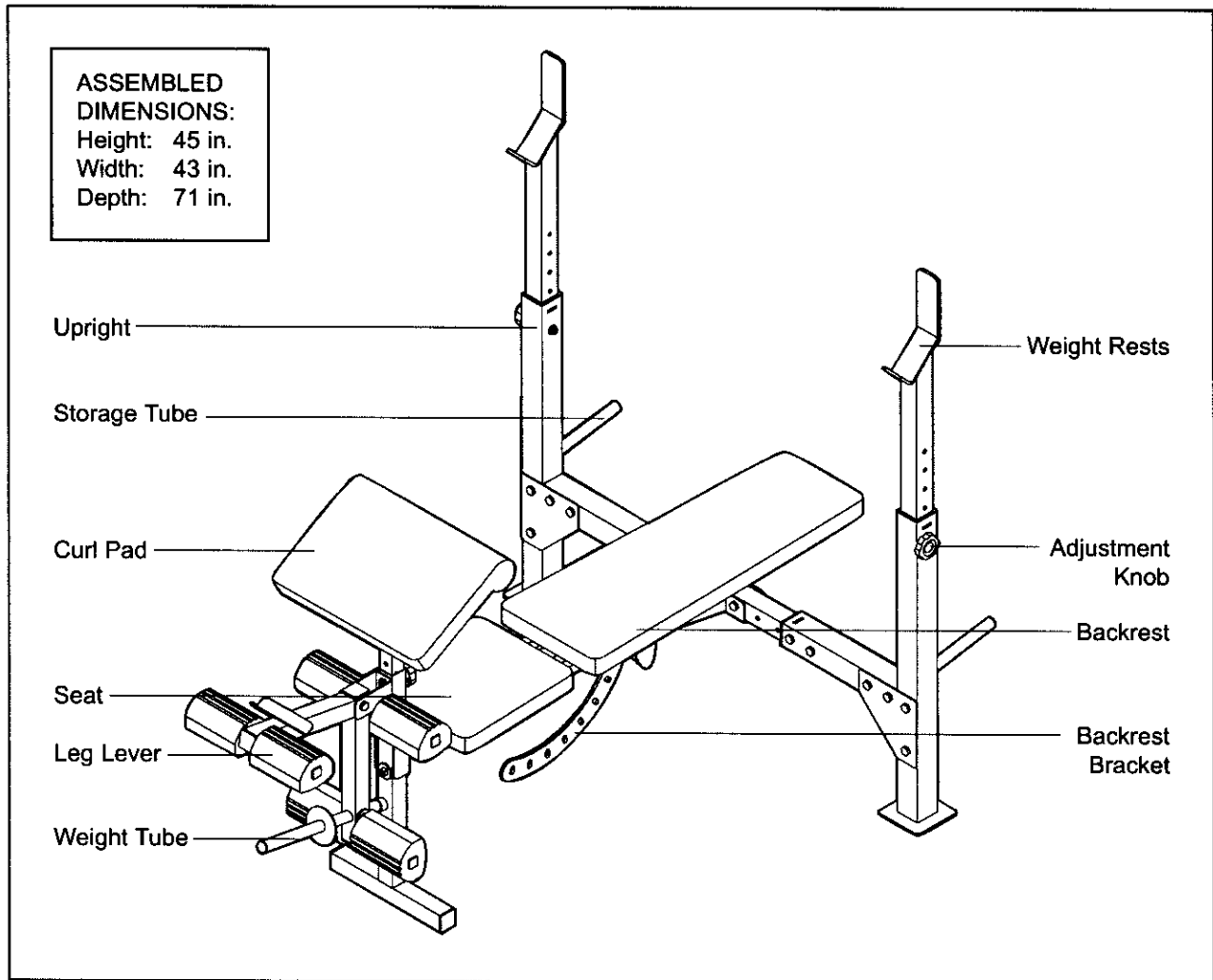
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 235 weight bench. The weight bench offers an impressive array 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 bench will help you to achieve the specific results you want.

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

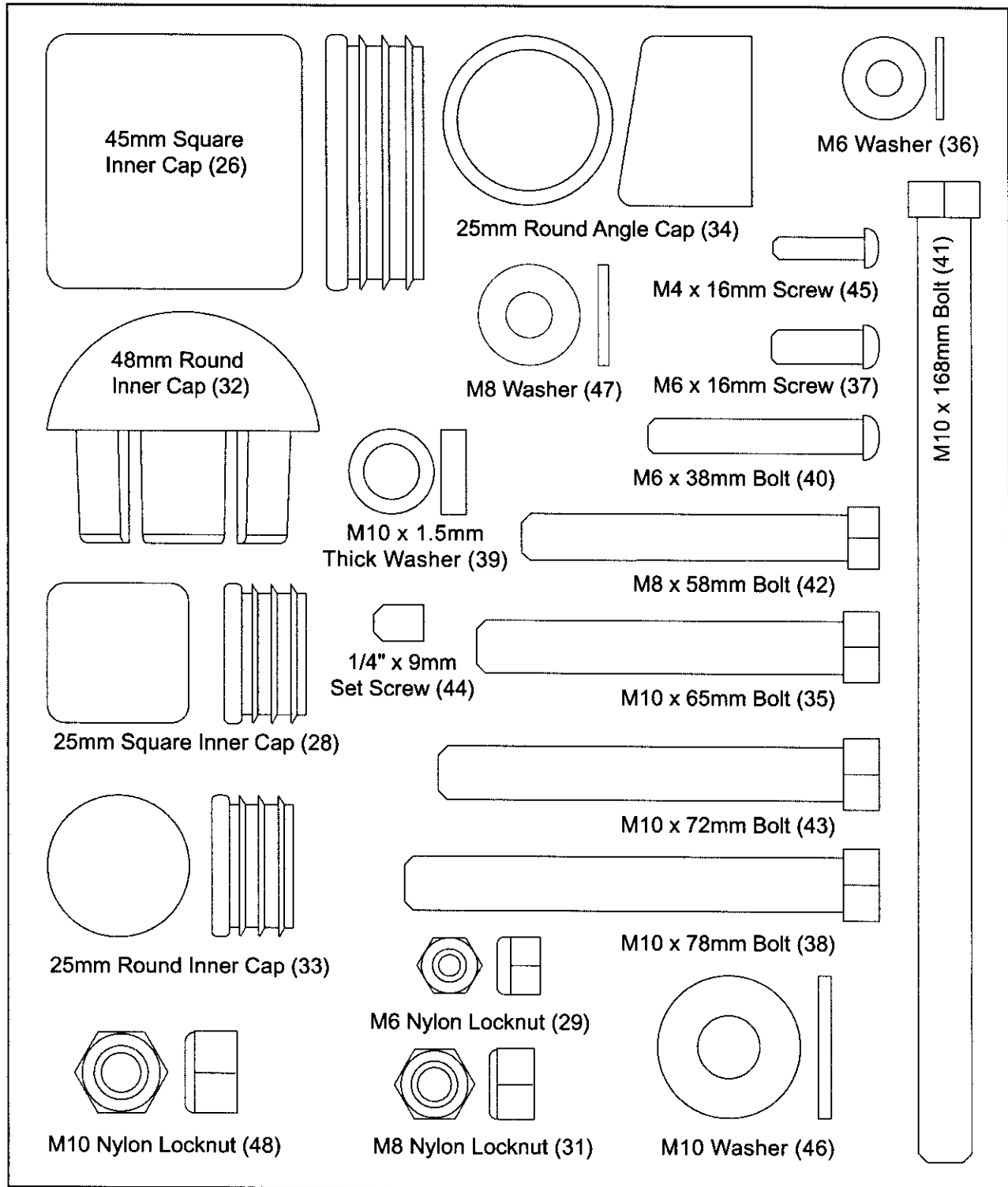
reading this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number is 831.150300. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual for the location of the decal).

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



# PART IDENTIFICATION CHART

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 on page 14 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. If a part is missing, call toll-free 1-800-999-3756.



# ASSEMBLY

## Make Things Easier for Yourself



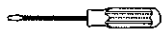
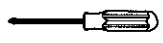
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the **PART IDENTIFICATION CHART** on page 5.

The following tools (not included) are required for assembly:

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Lubricant, such as grease or petroleum jelly, and soapy water.

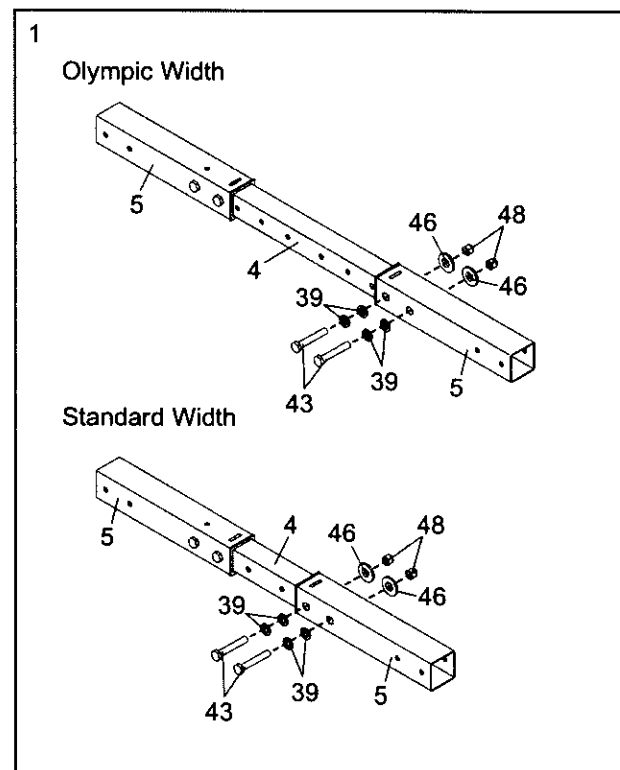
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the **PART IDENTIFICATION CHART**.

**Note:** The weight bench can be adjusted to be used with either a standard barbell or an Olympic barbell.

Align the holes in a Crossbar Extension (5) with the desired set of holes in the Crossbar (4). Secure the Extension in place with two M10 x 72mm Bolts (43), four M10 x 1.5mm Thick Washers (39), two M10 Washers (46), and two M10 Nylon Locknuts (48). Make sure the bolt heads and the Thick Washers fit inside the hexagon holes in the Extension.

Repeat this step with the other Crossbar Extension (5).

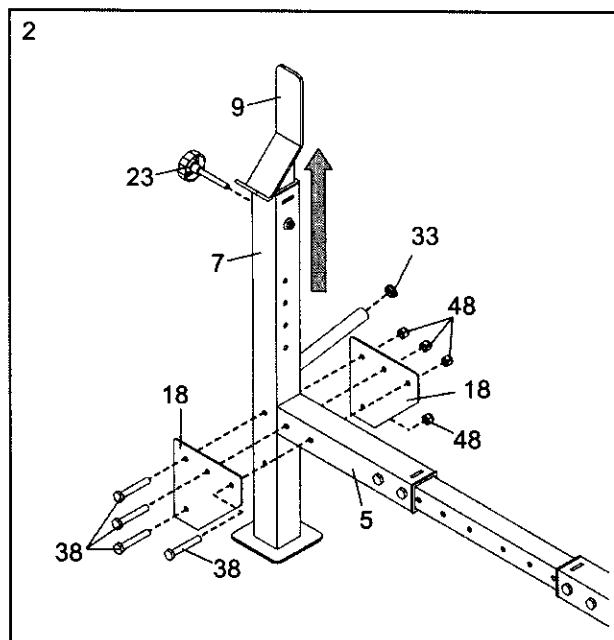


2. Press a 25mm Round Inner Cap (33) into the tube on the Right Upright (7).

Lift the Weight Rest (9) in the Right Upright (7) and secure it in a raised position with a Weight Rest Knob (23).

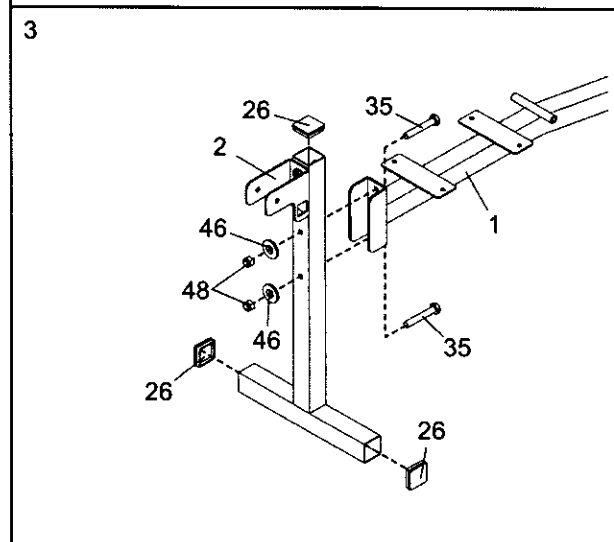
Attach the Right Upright (7) to the right Crossbar Extension (5) with four M10 x 78mm Bolts (38), two Joint Plates (18), and four M10 Nylon Locknuts (48). **Do not tighten the Locknuts yet.**

**Repeat this step with the Left Upright (not shown).**



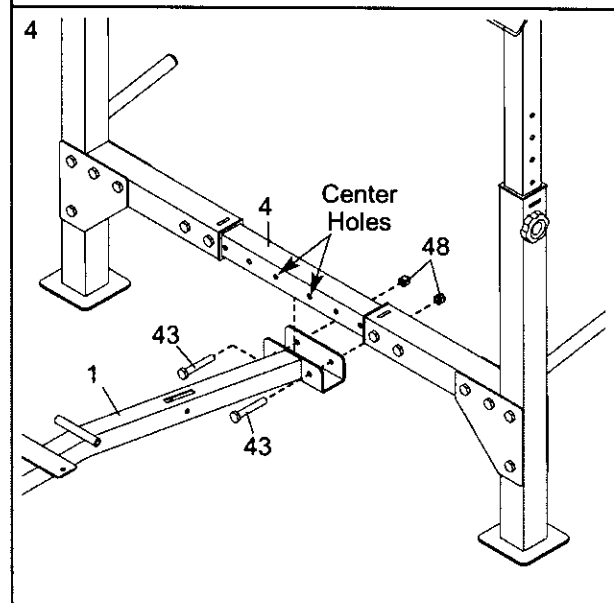
3. Press three 45mm Square Inner Caps (26) into the Front Leg (2).

Attach the Front Leg (2) to the Bench Frame (1) with two M10 x 65mm Bolts (35), two M10 Washers (46), and two M10 Nylon Locknuts (48). **Do not tighten the Locknuts yet.**



4. Attach the Bench Frame (1) to the center holes in the Crossbar (4) with two M10 x 72mm Bolts (43) and two M10 Nylon Locknuts (48).

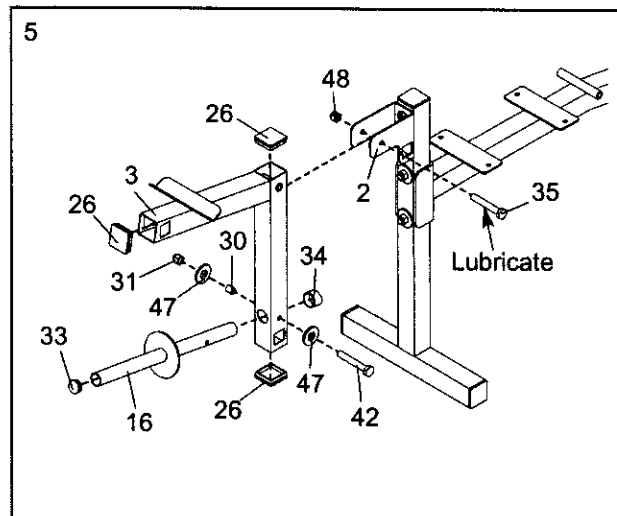
**Tighten the M10 Nylon Locknuts (48) used in steps 1–4.**



- Press three 45mm Square Inner Caps (26) into the Leg Lever (3). Press a 25mm Round Inner Cap (33) into the Weight Tube (16).

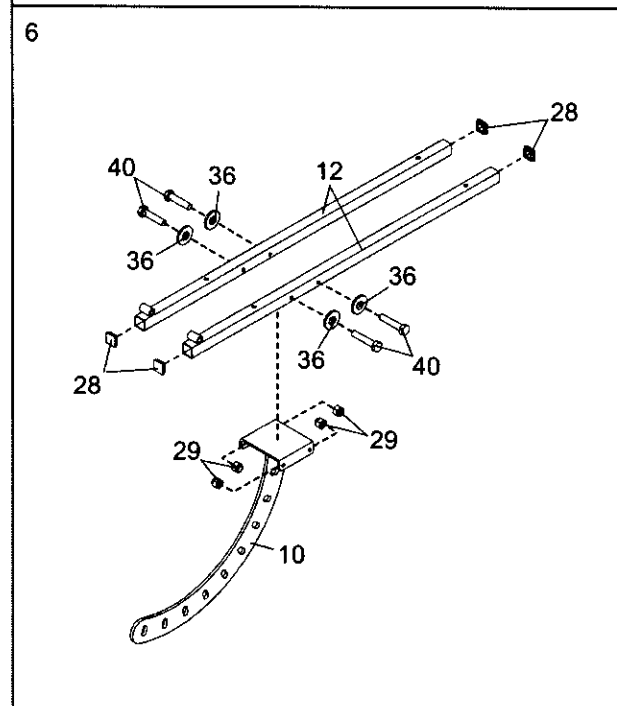
Attach the Weight Tube (16) to the Leg Lever (3) with an M8 x 58mm Bolt (42), two M8 Washers (47), a 10mm Spacer (30), and an M8 Nylon Locknut (31). Press a 25mm Round Angled Cap (34) onto the end of the Weight Tube.

Lubricate an M10 x 65mm Bolt (35) with grease. Attach the Leg Lever (3) to the Front Leg (2) with the Bolt and an M10 Nylon Locknut (48). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



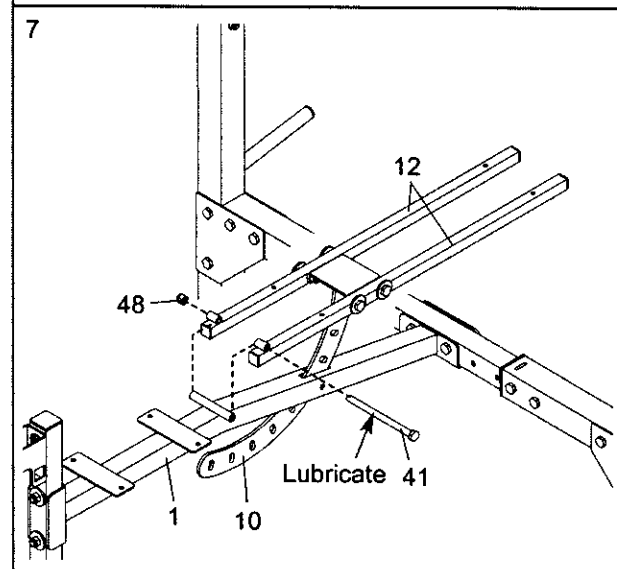
- Press four 25mm Square Inner Cap (28) into two Backrest Tubes (12).

Attach the Backrest Tubes (12) to the Backrest Bracket (10) with four M6 x 38mm Bolts (40), four M6 Washers (36), and four M6 Nylon Locknuts (29).



- Insert the Backrest Bracket (10) into the slot in the Bench Frame (1).

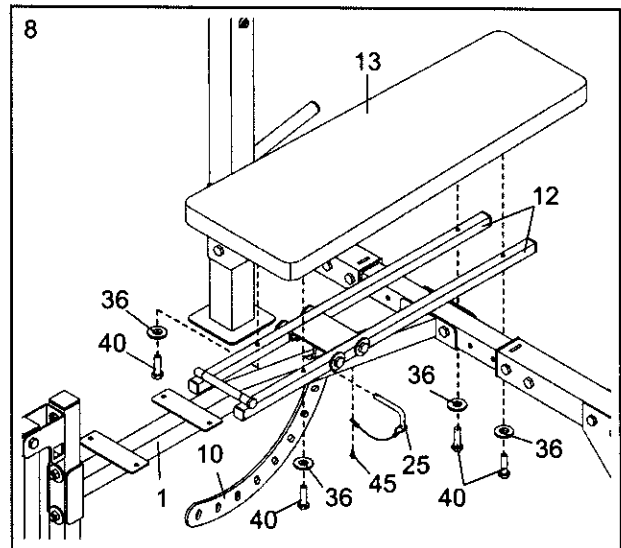
Lubricate an M10 x 168mm Bolt (41) with grease. Attach the Backrest Tubes (12) to the Bench Frame (1) with the Bolt and an M10 Nylon Locknut (48). **Do not overtighten the Locknut; the Backrest Tubes must be able to pivot easily.**



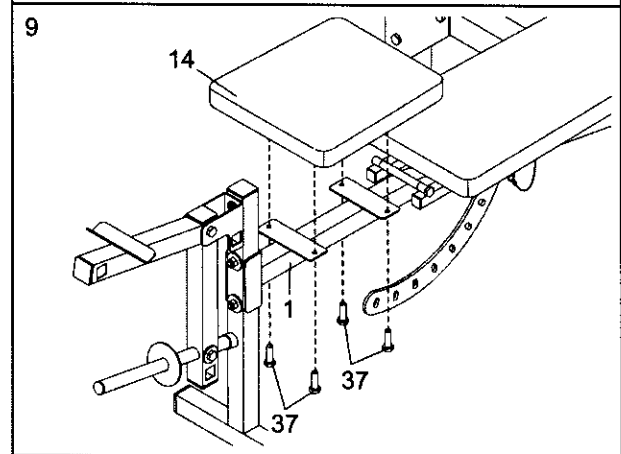


8. Attach the Backrest (13) to the Backrest Tubes (12) with four M6 x 38mm Bolts (40) and four M6 Washers (36).

Attach the tether on the Adjustment Pin (25) to the Bench Frame (1) with an M4 x 16mm Screw (45). Insert the Pin through the Bench Frame and the Backrest Bracket (10).

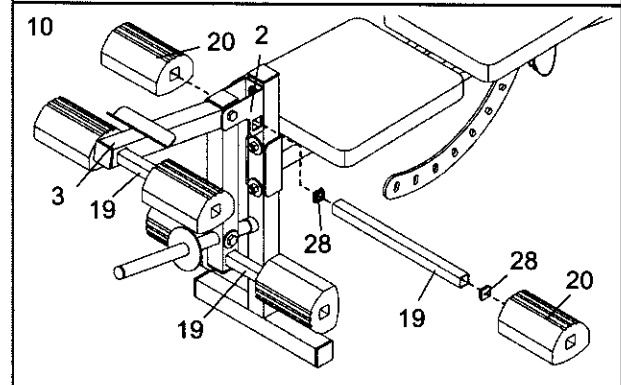


9. Attach the Seat (14) to the Bench Frame (1) with four M6 x 16mm Screws (37).

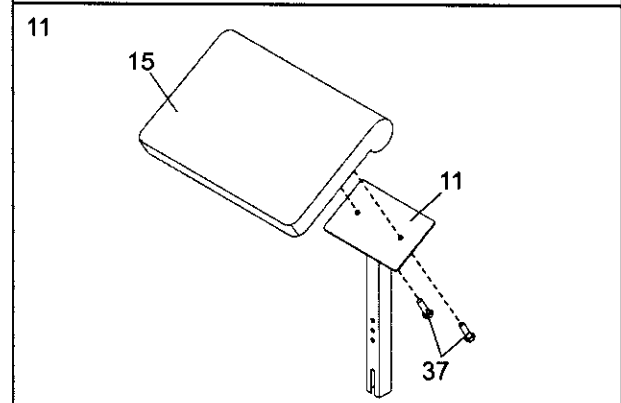


10. Press two 25mm Square Inner Caps (28) into a Pad Tube (19). Slide the Pad Tube into the square hole in the Front Leg (2). Slide two Foam Pads (20) onto the Pad Tube.

Repeat this step with the other two Pad Tubes (19) and the Leg Lever (3).



11. Attach the Curl Pad (15) to the Curl Post (11) with two M6 x 16mm Screws (37).



12. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

# ADJUSTMENTS

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 12 for important exercise information and refer to the accompanying exercise guide to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set for additional exercises.

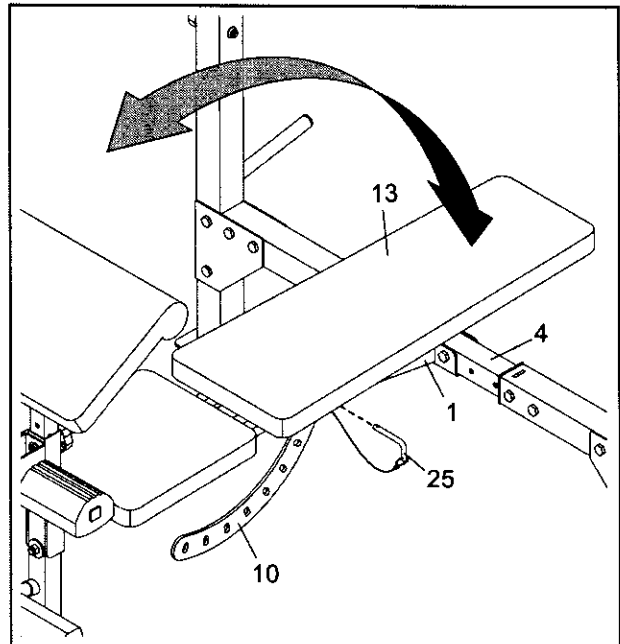
Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

The Backrest (13) can be used in a decline position, a level position, or an incline position. To use the Backrest in the decline position, remove the Adjustment Pin (25) and lay the Backrest on the Crossbar (4).

To use the Backrest (13) in the level position, lift the Backrest and insert the Adjustment Pin (25) through the Bench Frame (1) and the top hole in the Backrest Bracket (10).

To use the Backrest (13) in an incline position, lift the Backrest and insert the Adjustment Pin (25) through the Bench Frame (1) and a lower hole in the Backrest Bracket (10).

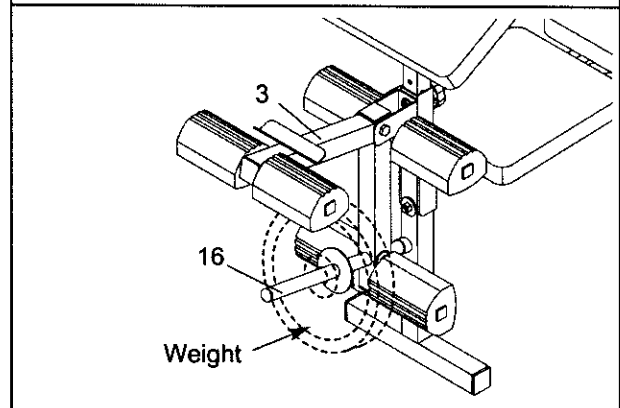


## ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (3), slide the desired weights (not included) onto the Weight Tube (16).

**▲ WARNING:** Do not place more than 150 pounds on the Leg Lever (3).

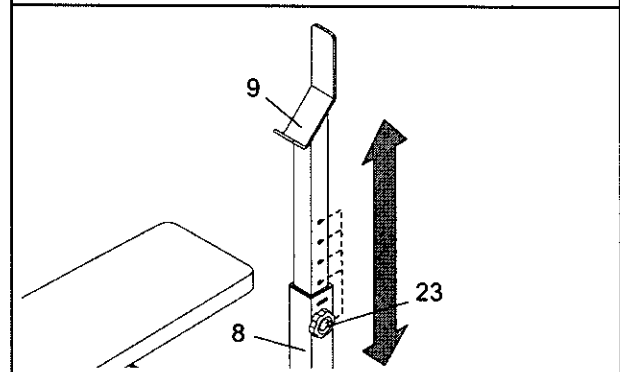
Weights can be stored on the tubes on the Uprights (not shown).



## ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (9), remove the Weight Rest Knobs (23). Position the Weight Rests to the desired height in the Uprights (8, 7 [not shown]) and secure them with the Weight Rest Knobs.

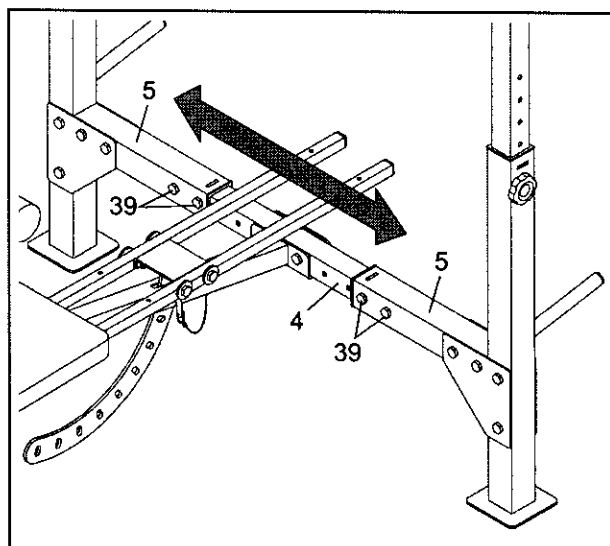
**▲ WARNING:** Always set both Weight Rests (9) at the same height. Make sure the Weight Rest Knobs (23) are inserted into both the Upright (7 or 8) and the Weight Rest.



## ADJUSTING THE BENCH WIDTH

To adjust the width of the bench to use either a standard barbell or an Olympic barbell, remove the indicated M10 x 68mm Bolts (39) from the Crossbar Extensions (5).

Refer to assembly step 1 for instructions on how to reassemble the Crossbar (4) at the desired width.

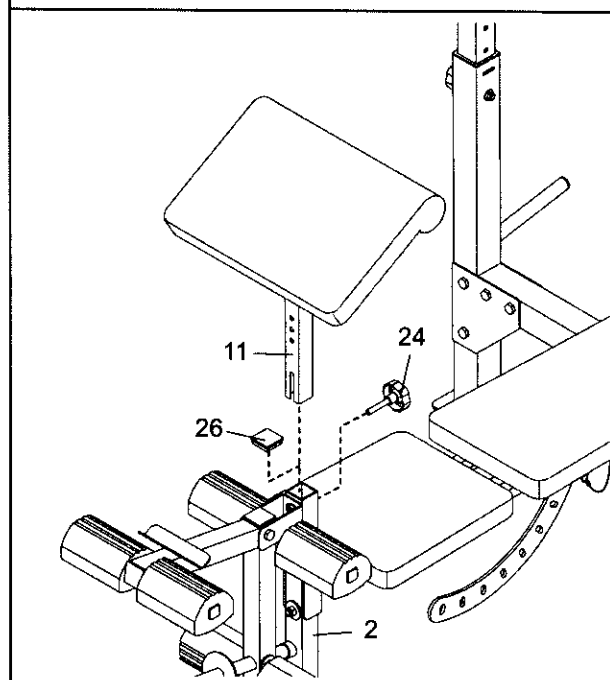


## ATTACHING THE CURL POST

For some exercises, the Curl Post (11) must be attached to the weight bench. Remove the 45mm Square Inner Cap (26) from the Front Leg (2).

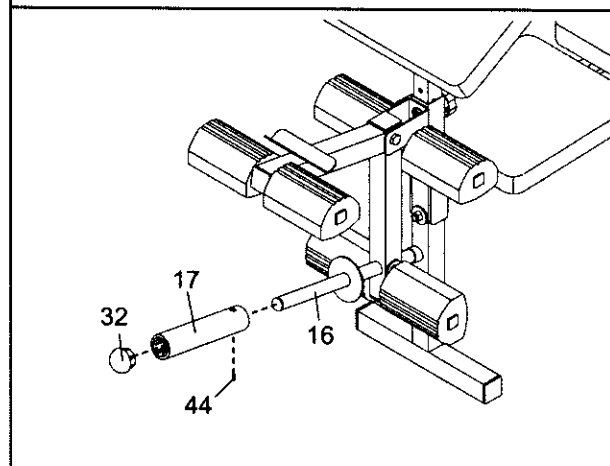
Slide the Curl Post (11) into the Front Leg (2). Align one of the adjustment holes in the Curl Post with the adjustment hole in the Front Leg. Tighten the Curl Post Knob (24) into the adjustment hole in the Front Leg. **Make sure that you fully tighten the Knob.**

**Note: When the Curl Post (11) is not in use, the 45mm Square Inner Cap (26) should be inserted into the Front Leg (2).**



## OLYMPIC WEIGHT ADAPTER

Press a 48mm Round Inner Cap (32) into the Olympic Adapter (17). Attach the Olympic Adapter to the Weight Tube (16) with a 1/4" x 9mm Set Screw (44). **Make sure the Set Screw is on the bottom of the Adapter.**



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise 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

You can tone your muscles by pushing 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

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

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

### WORKING OUT

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

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

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

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

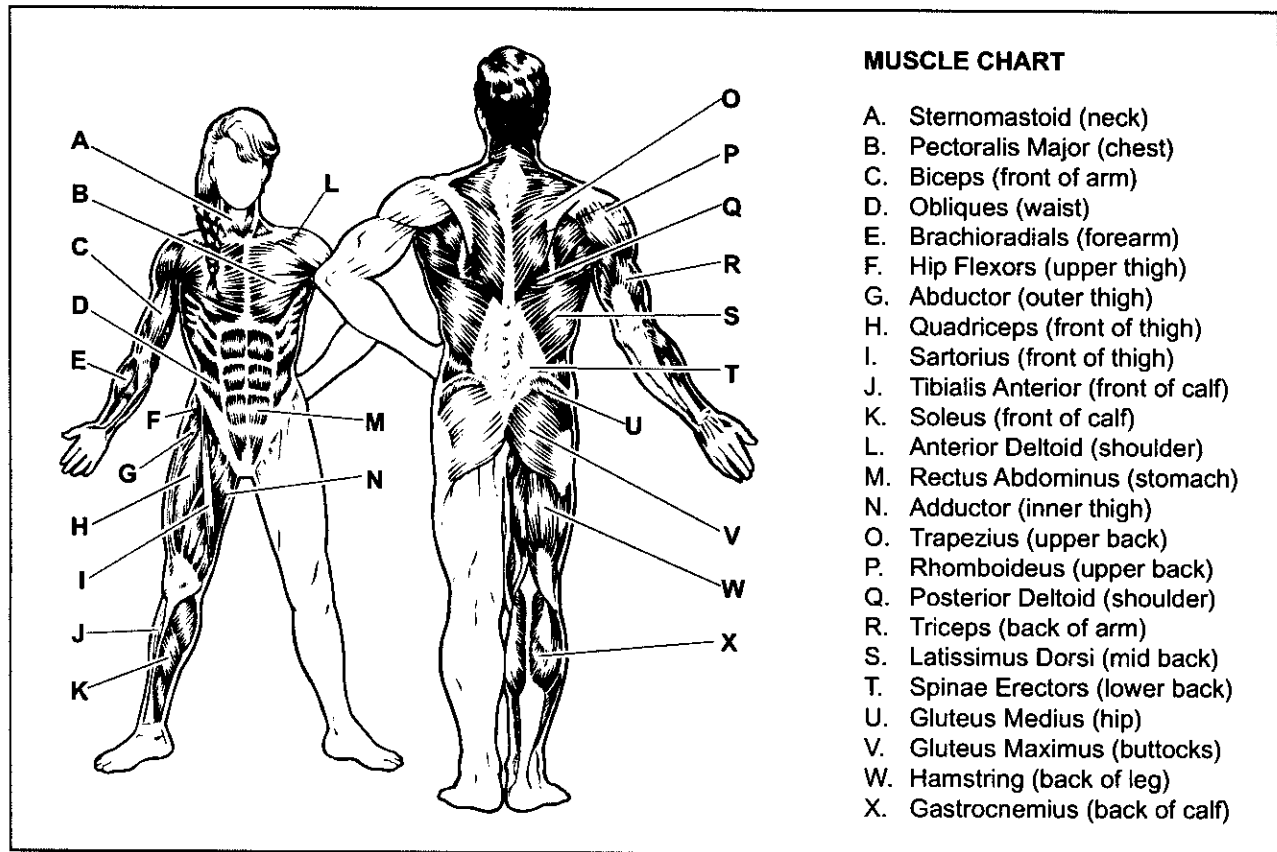
### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

# PART LIST—Model No. 831.150300

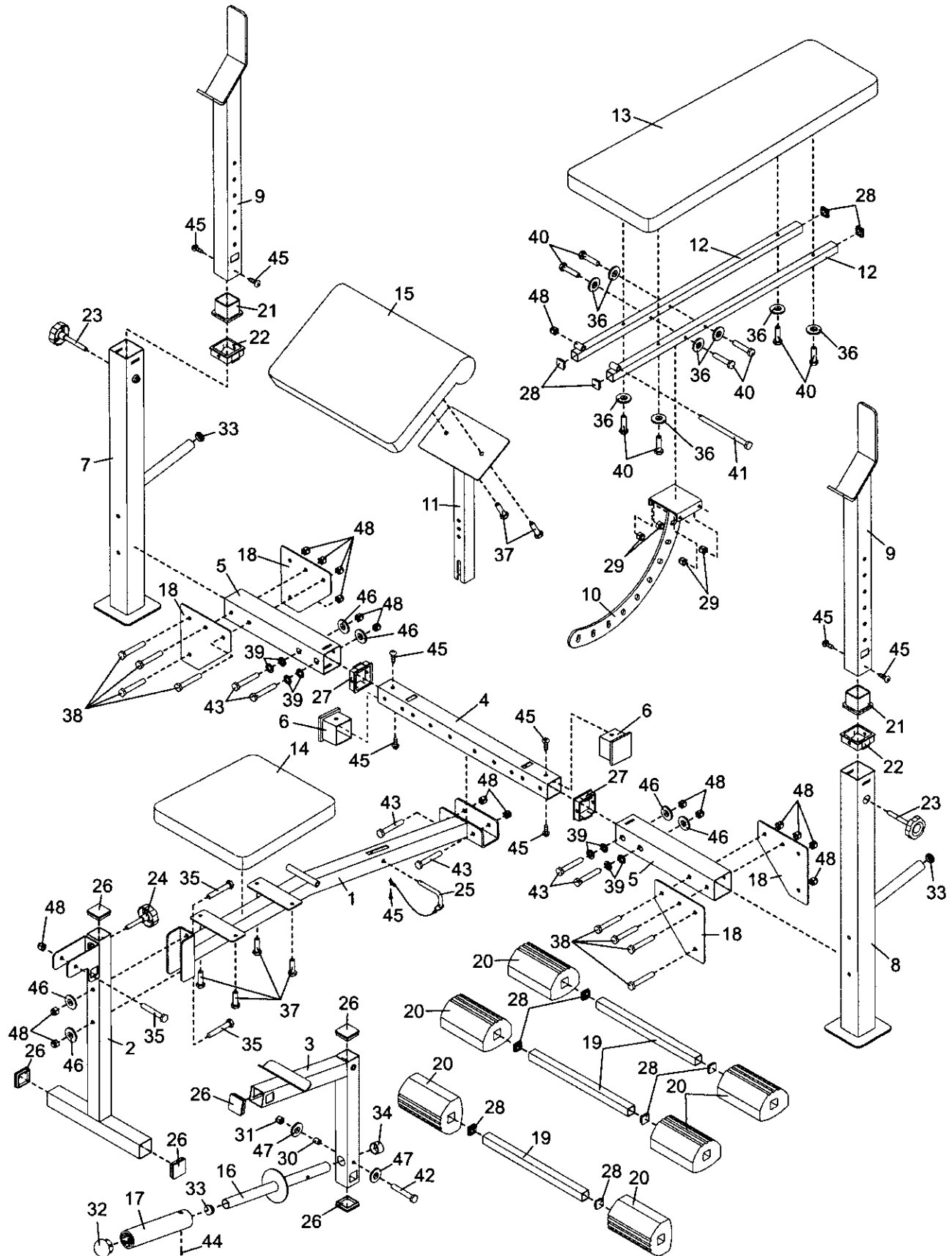
R0703B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	27	2	Extension Bushing
2	1	Front Leg	28	10	25mm Square Inner Cap
3	1	Leg Lever	29	4	M6 Nylon Locknut
4	1	Crossbar	30	1	10mm Spacer
5	2	Crossbar Extension	31	1	M8 Nylon Locknut
6	2	Crossbar Cap	32	1	48mm Round Inner Cap
7	1	Right Upright	33	3	25mm Round Inner Cap
8	1	Left Upright	34	1	25mm Round Angled Cap
9	2	Weight Rest	35	3	M10 x 65mm Bolt
10	1	Backrest Bracket	36	8	M6 Washer
11	1	Curl Post	37	6	M6 x 16mm Screw
12	2	Backrest Tube	38	8	M10 x 78mm Bolt
13	1	Backrest	39	8	M10 x 1.5mm Thick Washer
14	1	Seat	40	8	M6 x 38mm Bolt
15	1	Curl Pad	41	1	M10 x 168mm Bolt
16	1	Weight Tube	42	1	M8 x 58mm Bolt
17	1	Olympic Adapter	43	6	M10 x 72mm Bolt
18	4	Joint Plate	44	1	1/4" x 9mm Set Screw
19	3	Pad Tube	45	9	M4 x 16mm Screw
20	6	Foam Pad	46	6	M10 Washer
21	2	Weight Rest Cap	47	2	M8 Washer
22	2	Square Bushing	48	18	M10 Nylon Locknut
23	2	Weight Rest Knob	#	1	User's Manual
24	1	Curl Post Knob	#	1	Exercise Guide
25	1	Adjustment Pin	#	3	Allen Wrench
26	6	45mm Square Inner Cap	#	1	Grease Pack

Note: "#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information on ordering replacement parts. If a part is missing, call toll-free 1-800-999-3756.

# EXPLODED DRAWING—Model No. 831.150300

R0703B



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

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

# SEARS

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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 BENCH EXERCISER, contact the nearest Sears Service Center throughout the United States and Sears will repair or replace the WEIGHT BENCH EXERCISER, free of charge.

This warranty does not apply when the WEIGHT BENCH 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.

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