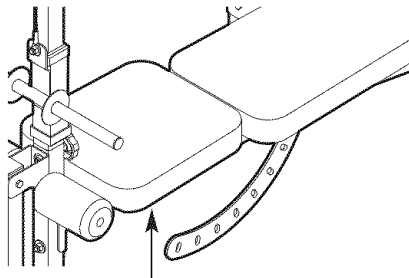


WEIDER[®]PRO 260

Model No. 831.15609.0

Serial No. _____

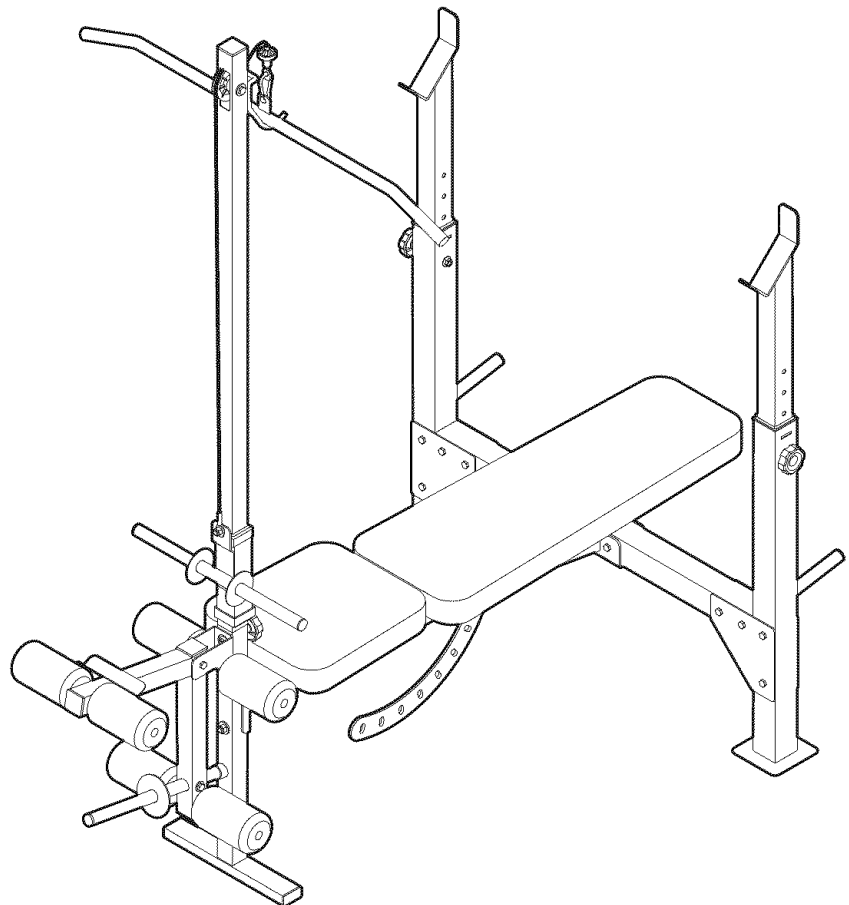
Write the serial number in the space above for reference.



Serial Number Decal (under seat)

- Assembly
- Adjustments
- Part List and Drawing

WEIGHT BENCH EXERCISER User's Manual



▲ CAUTION

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

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

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FULL 90-DAY WARRANTY	Back Cover

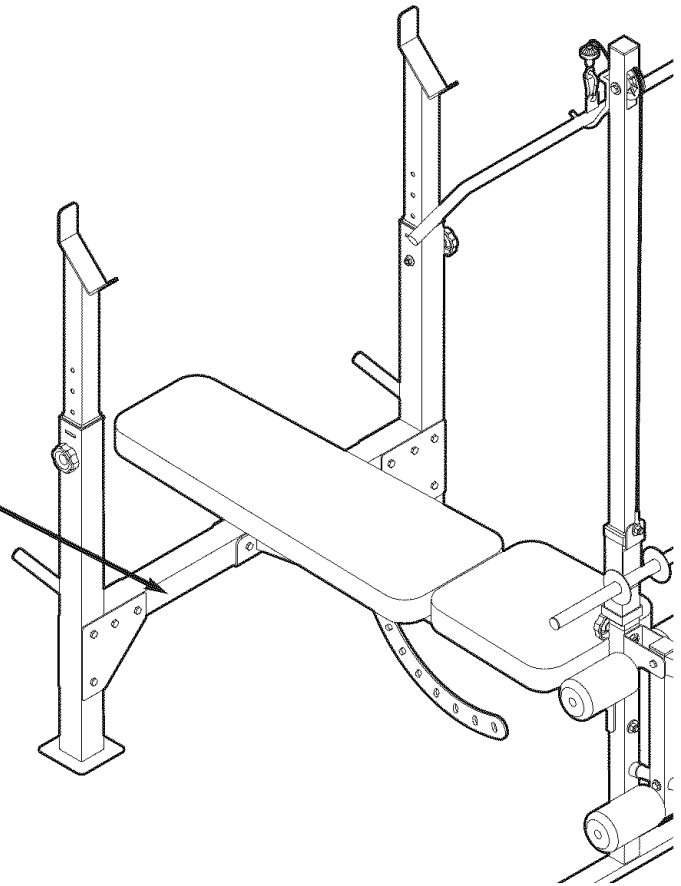
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call toll-free 1-877-992-5999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, and order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



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 and all warnings on the weight bench 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. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. 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.
10. The weight bench is designed to support a maximum user weight of 300 pounds, and a maximum total weight of 510 pounds. Do not place more than 210 pounds, including a barbell and weights, on the weight rests. Do not place more than 130 pounds on the leg lever or weight carriage. Note: The weight bench does not include a barbell or weights.
11. Do not sit on the top end of the backrest; this will cause the weight bench to tip.
12. Always make 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. 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.
15. Make sure that the adjustment pin and weight rest knobs are inserted completely and tightened into the uprights before beginning any exercise.
16. Always remove the curl post and lat tower from the front leg before using the leg lever.
17. 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.

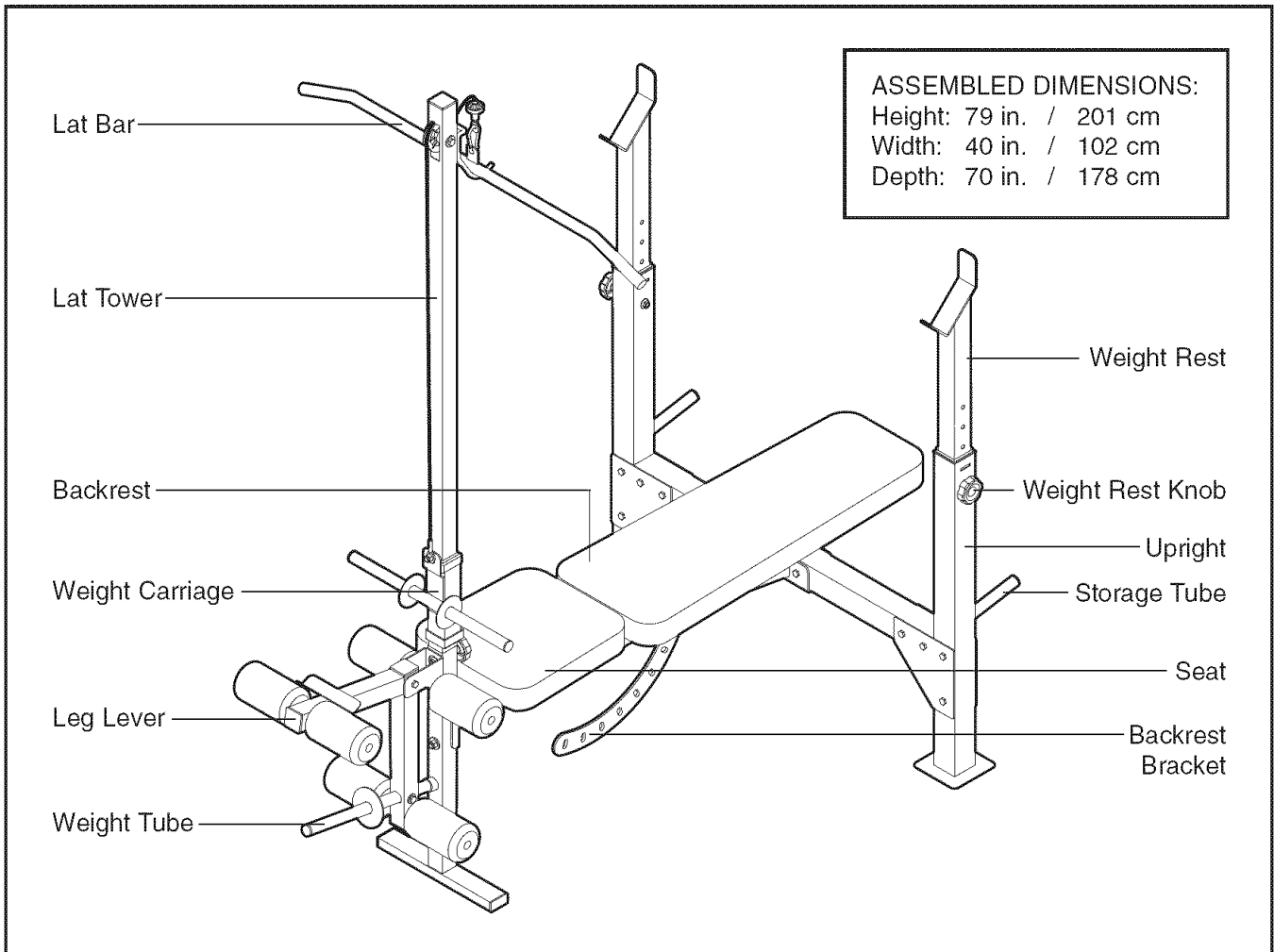
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 260 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 831.15609.0. 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.



ASSEMBLY

Make Things Easier for Yourself





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

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

- Assembly requires two people.
- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- 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.**

The included grease, and the following tools (not included) may be required for assembly:

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape, and soapy water.

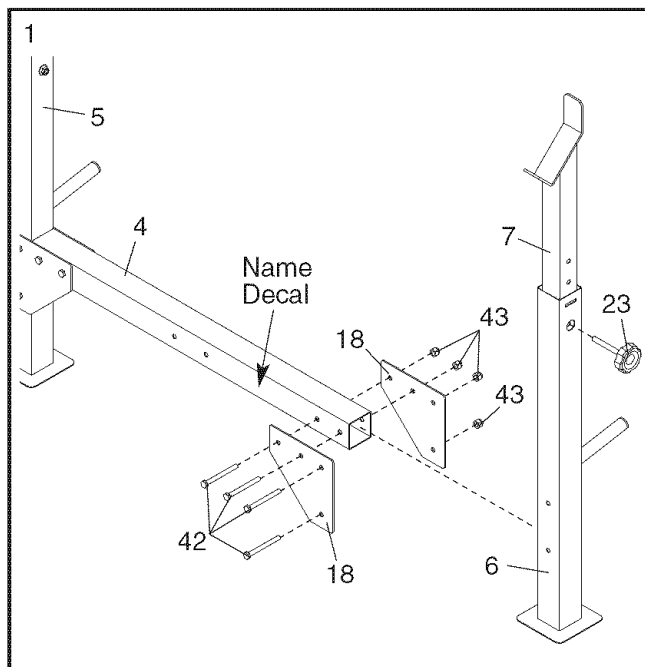
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

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

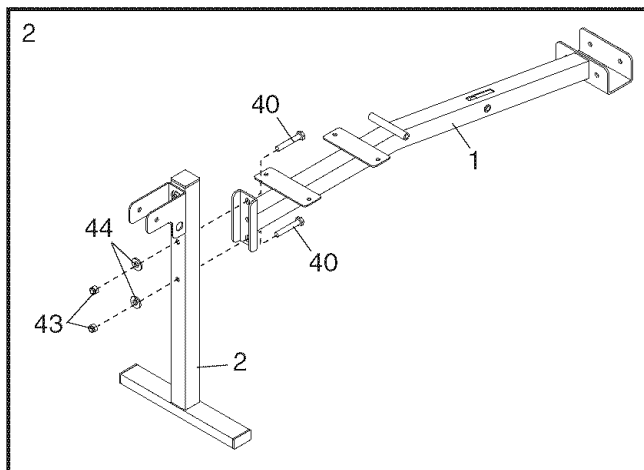
Lift the Weight Rest (7) in the Left Upright (6) and secure it with a Weight Rest Knob (23).

Orient the Crossbar (4) as shown. Attach the Crossbar to the Left Upright (6) with two Joint Plates (18), four M10 x 75mm Bolts (42), and four M10 Nylon Locknuts (43). **Do not tighten the Locknuts.**

Attach the Crossbar (4) to the Right Upright (5) in the same manner.

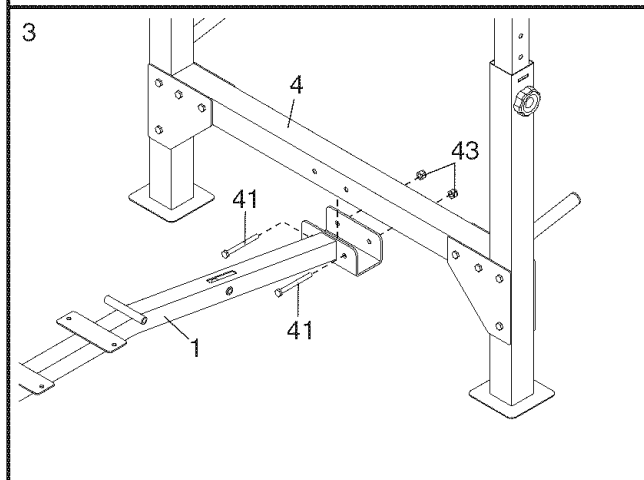


- Attach the Bench Frame (1) to the Front Leg (2) with two M10 x 65mm Bolts (40), two M10 Washers (44), and two M10 Nylon Locknuts (43). **Do not tighten the Locknuts.**



- Attach the Bench Frame (1) to the Crossbar (4) with two M10 x 81mm Bolts (41) and two M10 Nylon Locknuts (43).

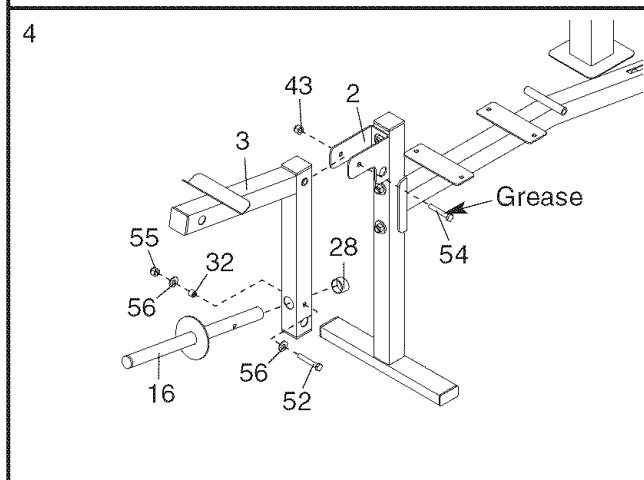
Tighten the M10 Nylon Locknuts (43) used in steps 1 through 3.



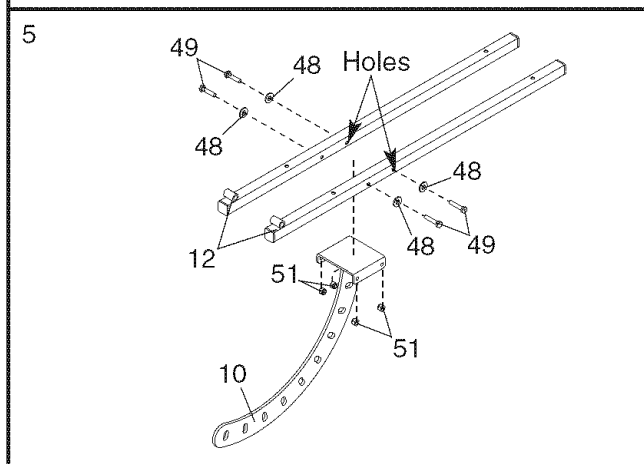
- Attach the Weight Tube (16) inside the Leg Lever (3) with an M8 x 58mm Bolt (52), two M8 Washers (56), a 10mm Spacer (32), and an M8 Nylon Locknut (55).

Press the 25mm Round Angled Cap (28) onto the Weight Tube (16).

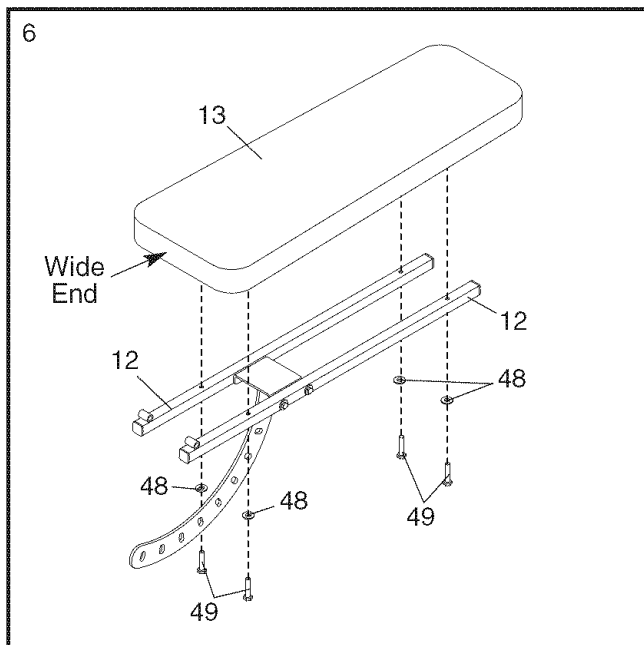
Grease an M10 x 68mm Bolt (54). Attach the Leg Lever (3) with the Bolt and an M10 Nylon Locknut (43). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



- Orient the Backrest Frames (12) with the indicated holes closer to the bottom. Attach the Backrest Frames to the Backrest Bracket (10) with four M6 x 40mm Bolts (49), four M6 Washers (48), and four M6 Nylon Locknuts (51). **Do not tighten the Locknuts.**



6. Orient the Backrest (13) as shown. Attach the Backrest to the Backrest Frames (12) with four M6 x 40mm Bolts (49) and four M6 Washers (48). **Do not tighten the Bolts.**

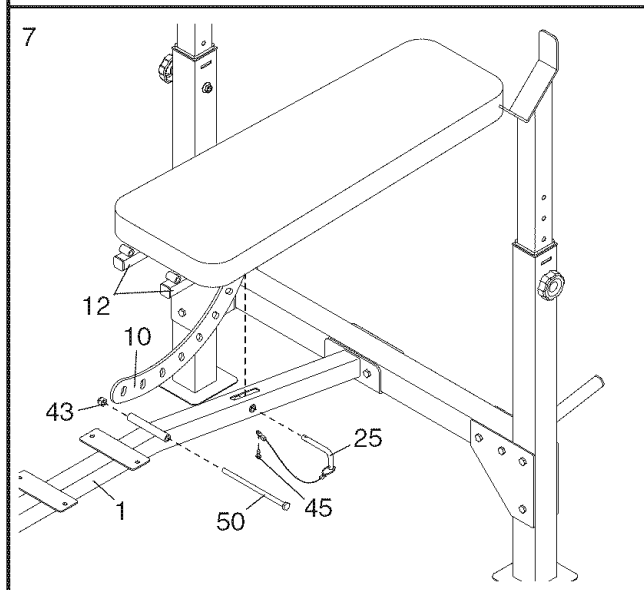


7. Insert the Backrest Bracket (10) through the Bench Frame (1).

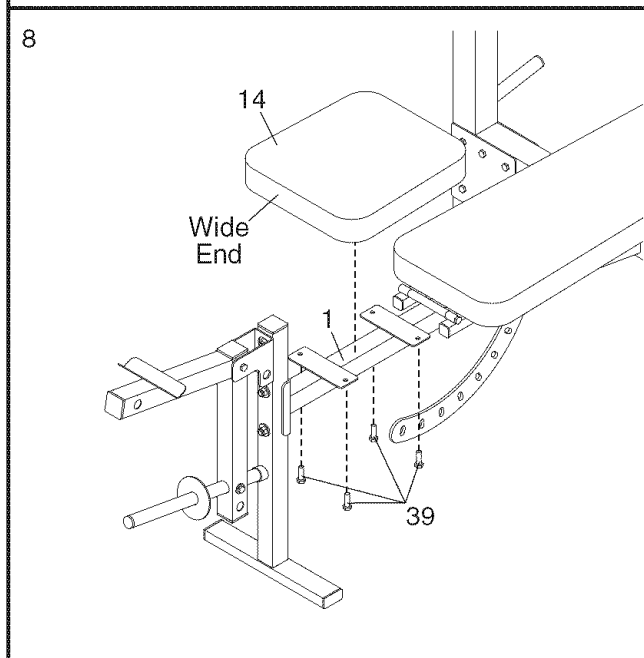
Grease an M10 x 168mm Bolt (50). Attach the Backrest Frames (12) to the Bench Frame (1) with the Bolt and an M10 Nylon Locknut (43). **Do not overtighten the Locknut; the Backrest Frames must be able to pivot easily.**

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

Tighten the M6 x 40mm Bolts (49) and M6 Nylon Locknuts (51) used in steps 5 and 6.

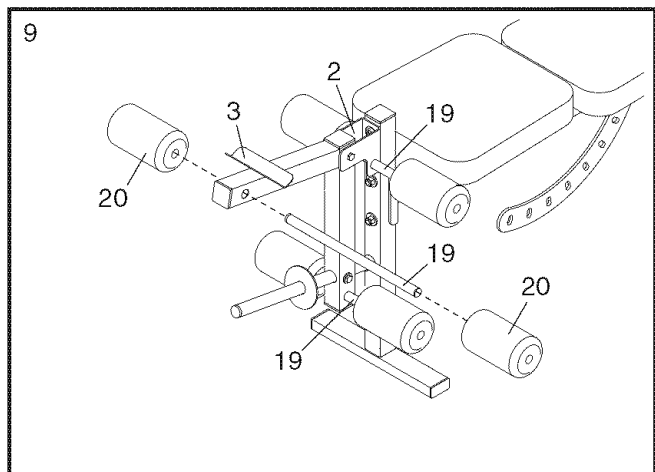


8. Orient the Seat (14) as shown. Attach the Seat to the Bench Frame (1) with four M6 x 16mm Screws (39).

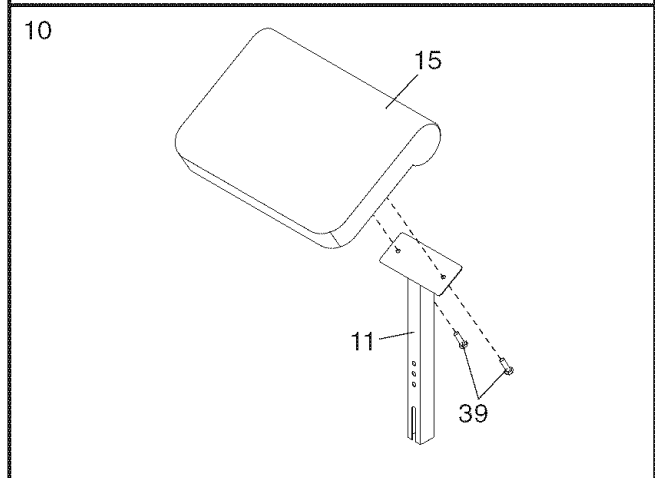


9. Insert a Pad Tube (19) into the Leg Lever (3). Slide two Foam Pads (20) onto the Pad Tube.

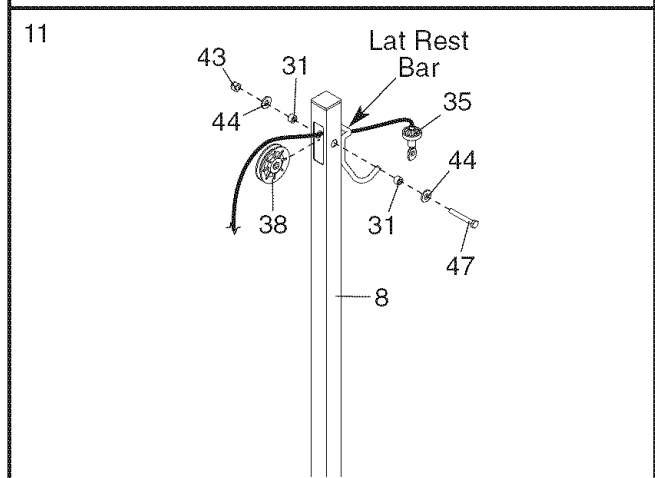
Repeat this step with the other two Pad Tubes (19) and the Leg Lever (3) and Front Leg (2).



10. Attach the Curl Pad (15) to the Curl Post (11) with two M6 x 16mm Screws (39).

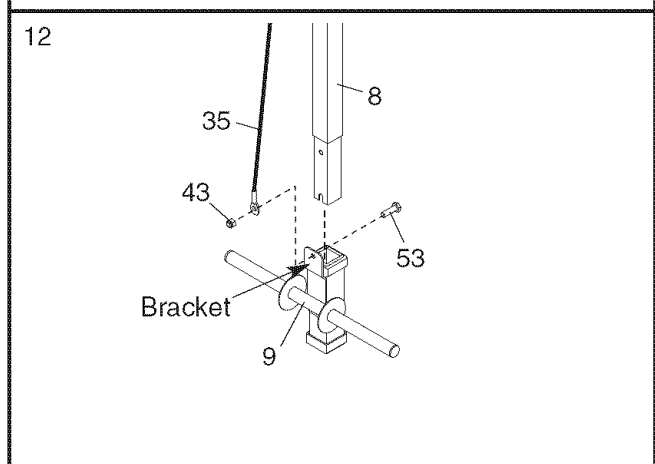


11. Route the Lat Cable (35) through the Lat Tower (8) and over the Pulley (38). **Make sure that the Cable is under the lat rest bar.** Attach the Pulley inside the Lat Tower with an M10 x 60mm Bolt (47), two M10 Washers (44), two 10mm Large Spacers (31), and an M10 Nylon Locknut (43).



12. Insert an M10 x 19mm Bolt (53) into the bracket on the Weight Carriage (9).

Slide the Weight Carriage (9) onto the Lat Tower (8). **Make sure the bracket on the Weight Carriage and the lat rest on the Lat Tower (see step 11) are on opposite sides of the Lat Tower.** Attach the Lat Cable (35) to the M10 x 19mm Bolt (53) with an M10 Nylon Locknut (43).



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

ADJUSTMENTS

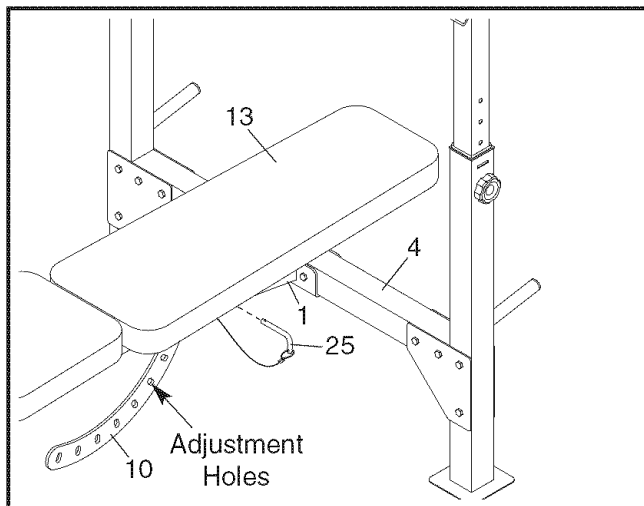
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 11 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure 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 or inclined position, lift the Backrest and insert the Adjustment Pin (25) through the Bench Frame (1) and a hole in the Backrest Bracket (10).

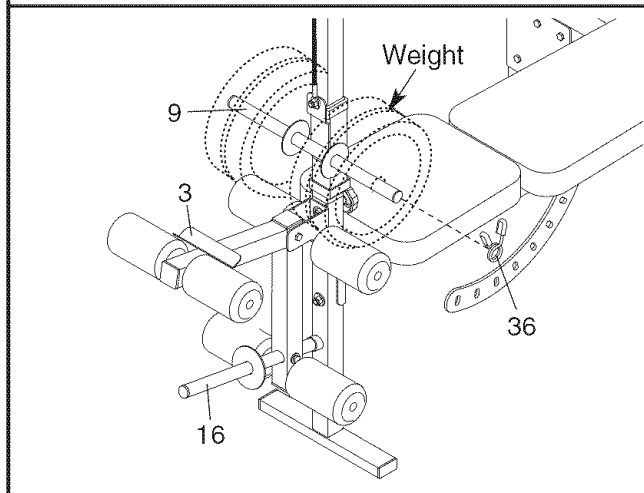


ADDING WEIGHT

To use the Weight Carriage (9) or the Leg Lever (3), slide the desired weights (not included) onto the Weight Carriage or the Weight Tube (16). Secure the weights on the Weight Carriage with the Spring Clips (36).

WARNING: Do not place more than 150 pounds on the Weight Carriage (9) or Weight Tube (16).

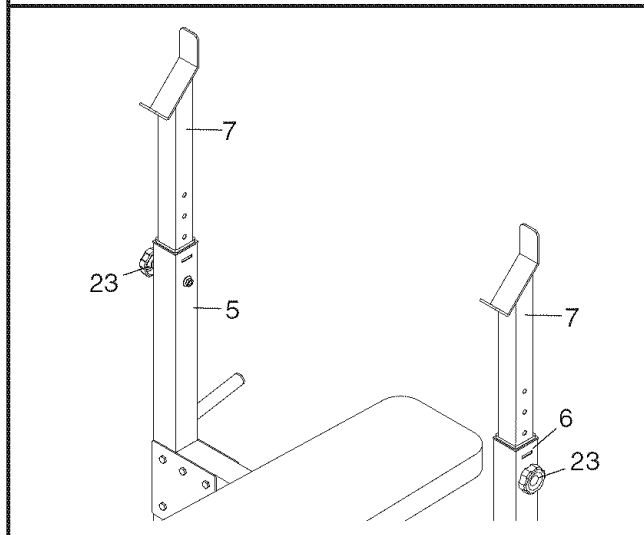
Unused weights can be stored on the tubes on the Uprights (not shown).



ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (7), remove the Weight Rest Knobs (23). Position the Weight Rests to the desired height in the Uprights (5, 6) and secure them with the Weight Rest Knobs.

WARNING: Always set both Weight Rests (7) at the same height. Make sure the Weight Rest Knobs (23) are inserted into both the Upright (5 and 6) and the Weight Rest.



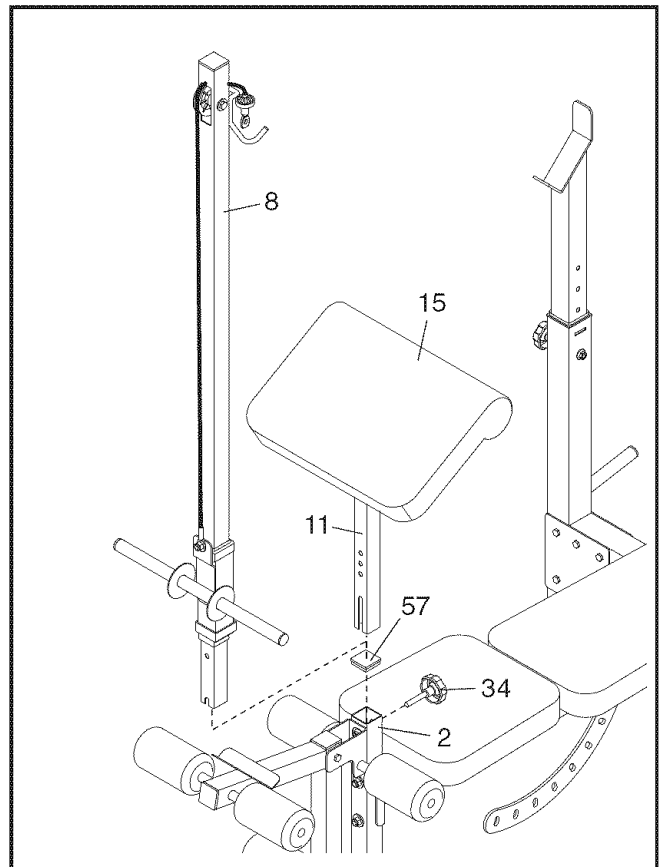
ATTACHING THE CURL PAD

For some exercises, the Curl Pad (15) must be attached to the weight bench. Remove the 45mm Thick Square Inner Cap (57) from the Front Leg (2).

Insert 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. Fully tighten the Curl Knob (34) into the Front Leg.

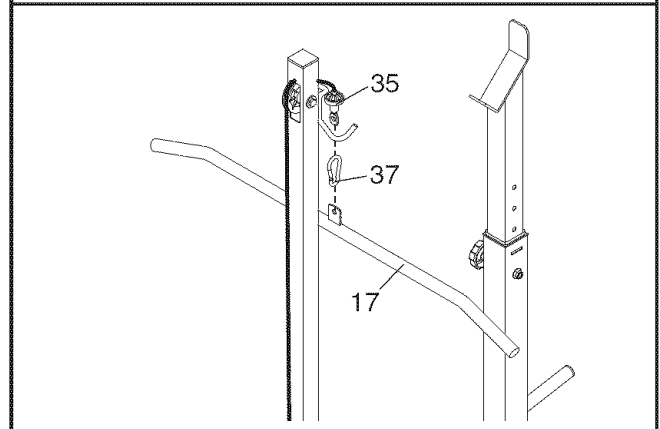
The Lat Tower (8) can be attached in the same way.

Note: When the Curl Pad (15) or Lat Tower (8) is not in use, the 45mm Thick Square Inner Cap (57) should be inserted into the Front Leg (2).



ATTACHING THE LAT BAR

Attach the Lat Bar (17) to the Lat Cable (35) with a Cable Clip (37). Remove the Lat Bar when performing an exercise that does not require it.



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 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 weight 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 weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight 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 weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight 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 weight.

Weight Loss

To lose weight, use a low amount of weight 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 exercise cycle or an elliptical exerciser, 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.

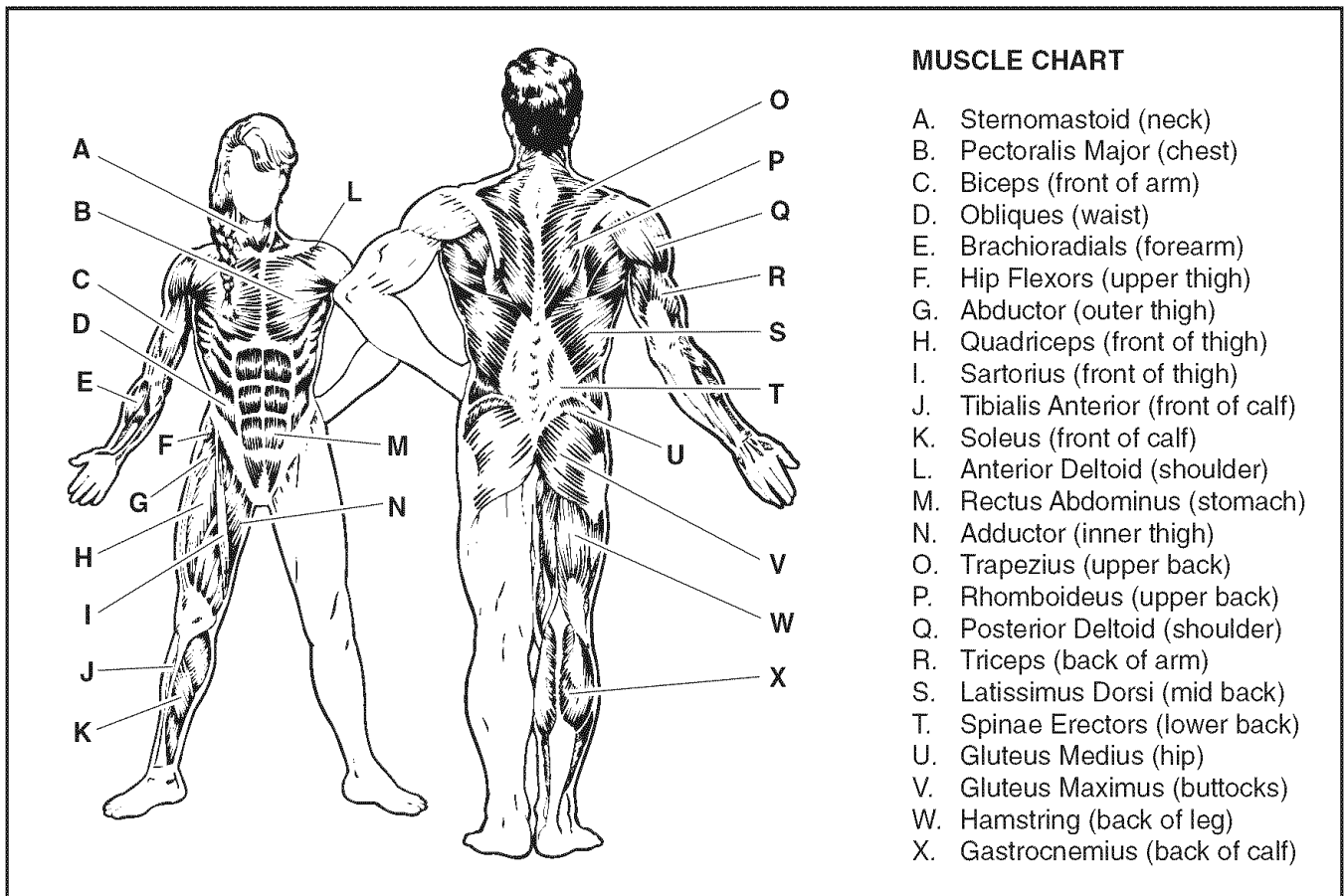
COOLING DOWN

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. The chart on pages 13 and 14 of this manual can be photocopied and used to schedule and record your workouts. 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.



MONDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
 Date: _____
 / /

WEDNESDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
 Date: _____
 / /

FRIDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

MONDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
 Date: _____
 / /

WEDNESDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

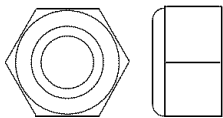
THURSDAY **AEROBIC EXERCISE**
 Date: _____
 / /

FRIDAY Date: _____ / /	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **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.**



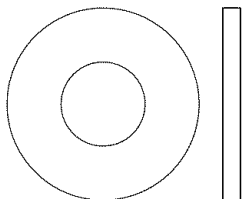
M10 Nylon Locknut (43)



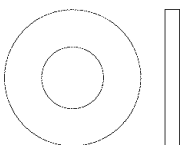
M8 Nylon Locknut (55)



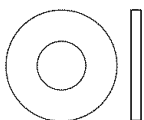
M6 Nylon Locknut (51)



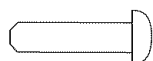
M10 Washer (44)



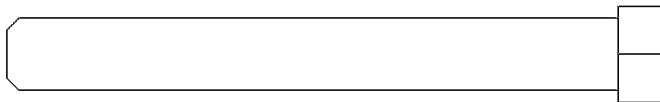
M8 Washer (56)



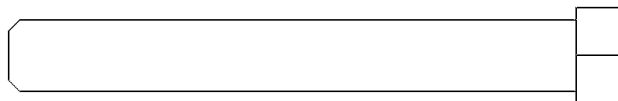
M6 Washer (48)



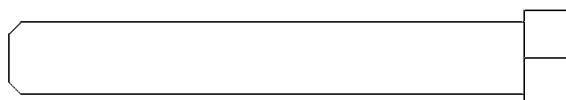
M4 x 16mm Screw (45)



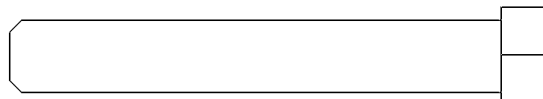
M10 x 81mm Bolt (41)



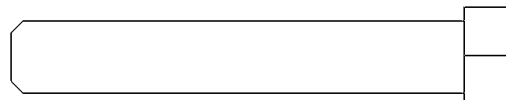
M10 x 75mm Bolt (42)



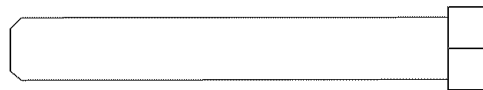
M10 x 68mm Bolt (54)



M10 x 65mm Bolt (40)



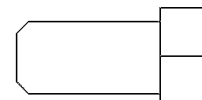
M10 x 60mm Bolt (47)



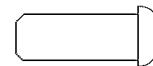
M8 x 58mm Bolt (52)



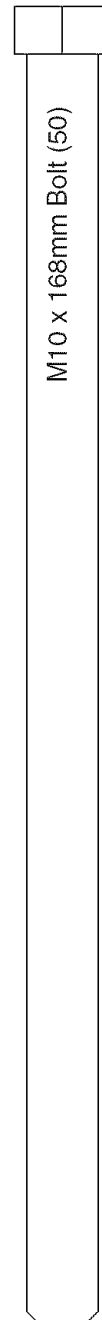
M6 x 40mm Bolt (49)



M10 x 19mm Bolt (53)



M6 x 16mm Screw (39)



M10 x 168mm Bolt (50)

PART LIST—Model No. 831.15609.0

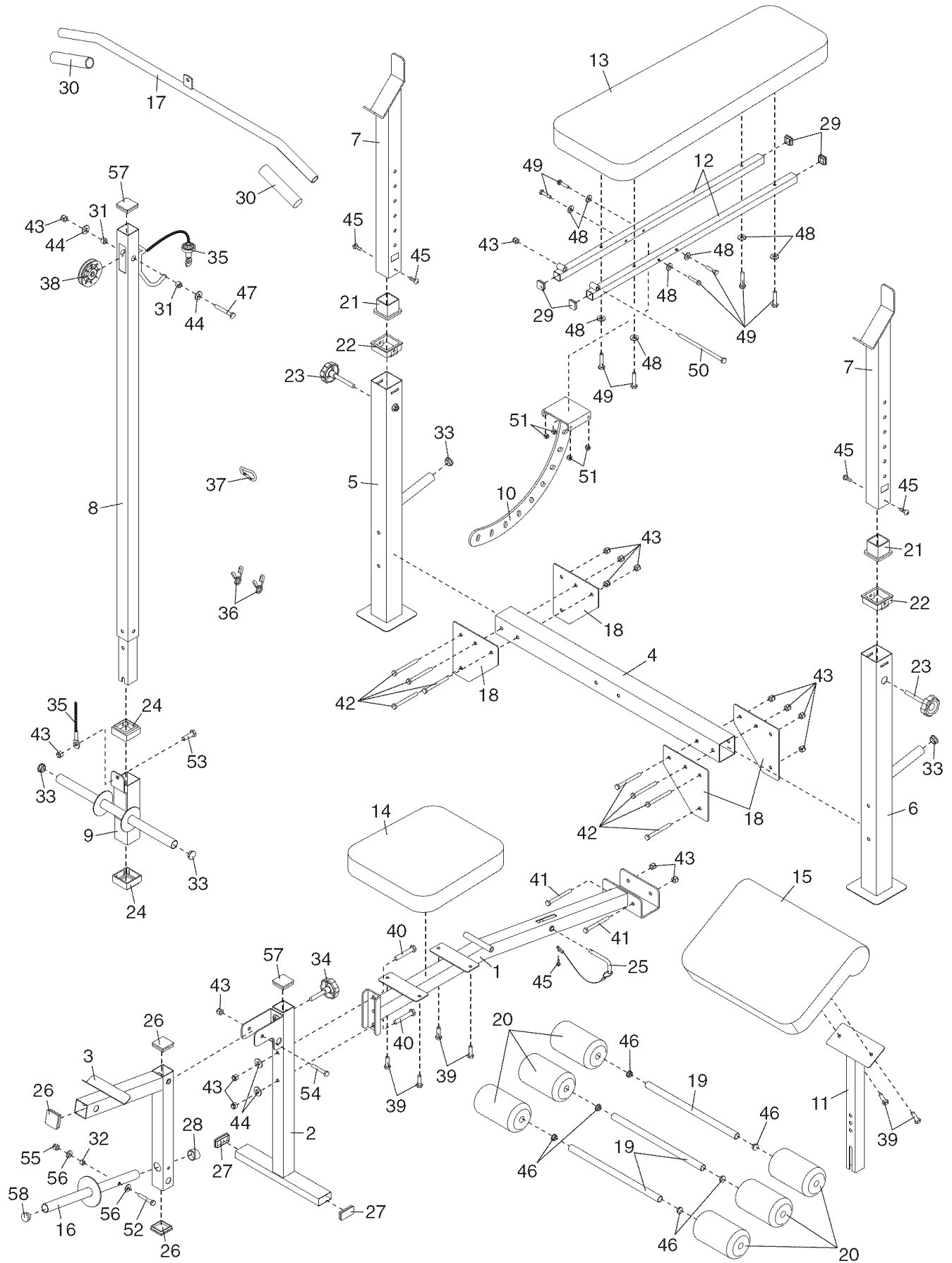
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	32	1	10mm Spacer
2	1	Front Leg	33	4	25mm Round Inner Cap
3	1	Leg Lever	34	1	Curl Knob
4	1	Crossbar	35	1	Lat Cable
5	1	Right Upright	36	2	Spring Clip
6	1	Left Upright	37	1	Cable Clip
7	2	Weight Rest	38	1	Pulley
8	1	Lat Tower	39	6	M6 x 16mm Screw
9	1	Weight Carriage	40	2	M10 x 65mm Bolt
10	1	Backrest Bracket	41	2	M10 x 81mm Bolt
11	1	Curl Post	42	8	M10 x 75mm Bolt
12	2	Backrest Frame	43	16	M10 Nylon Locknut
13	1	Backrest	44	4	M10 Washer
14	1	Seat	45	5	M4 x 16mm Screw
15	1	Curl Pad	46	6	19mm Round Inner Cap
16	1	Weight Tube	47	1	M10 x 60mm Bolt
17	1	Lat Bar	48	8	M6 Washer
18	4	Joint Plate	49	8	M6 x 40mm Bolt
19	3	Pad Tube	50	1	M10 x 168mm Bolt
20	6	Foam Pad	51	4	M6 Nylon Locknut
21	2	Weight Rest Cap	52	1	M8 x 58mm Bolt
22	2	Square Bushing	53	1	M10 x 19mm Bolt
23	2	Weight Rest Knob	54	1	M10 x 68mm Bolt
24	2	Lat Tower Bushing	55	1	M8 Nylon Locknut
25	1	Adjustment Pin	56	2	M8 Washer
26	3	45mm Square Inner Cap	57	2	45mm Thick Square Inner Cap
27	2	25mm x 51mm Inner Cap	58	1	25mm Thin Round Inner Cap
28	1	25mm Round Angled Cap	#	1	User's Manual
29	4	25mm Square Inner Cap	#	1	Exercise Guide
30	2	Lat Handgrip	#	1	Grease Pack
31	2	10mm Large Spacer			

Note: “#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. If a part is missing, call toll-free 1-877-992-5999.

EXPLODED DRAWING—Model No. 831.15609.0

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