

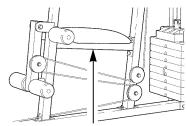
WEDERPRO

9925

USER'S MANUAL

Model No. WESY93191 Serial No. _____

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



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE: **1-800-999-3756**Mon.-Fri., 6 a.m.-6 p.m. MST

Patent Pending

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

Important Precautions

WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

- 1. It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.
- 2. Read all instructions in this manual and in the accompanying literature before using the home gym system.
- 3. Use the home gym system only on a level surface. Place a mat beneath the home gym system to protect the floor or carpet.
- 4. Inspect and tighten all parts often. Replace any worn parts immediately.
- 5. Keep children under the age of 12 and pets away from the home gym system at all times.
- Never release the press arm, butterfly arms, leg lever, leg press plate, lat bar, ab strap, or nylon strap while weights are raised. The weights will fall with great force.
- 7. Keep hands and feet away from moving parts.
- Always wear athletic shoes for foot protection.

- Always stand on the foot plate when performing an exercise that could cause the home gym system to tip.
- When using the leg press station, always be sure that the lock pin is fully inserted and that the lock pin is clipped in place on the adjustment tube (see page 23).
- 11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
- 12. Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.
- If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
- The home gym system is intended for home use only. do not use the home gym system in any commercial, rental or institutional setting.

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. ICON 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 9925 Training System. The WEIDER® PRO 9925 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® PRO 9925 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 9925 Training System. If you have additional questions, please call our

Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY93191. The serial number can be found on a decal attached to the WEIDER® PRO 9925 (see the front cover of this manual).

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

The decal shown to the left has been placed on the weight bench in the two **AWARNING** locations shown. If a decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Misuse of this product Friday, 6 a.m. until 6 p.m. Mountain Time, to order a replacement decal. may result in serious Apply the replacement decal to the location shown. injury. · Read user's manual and follow all warnings and operating instructions prior to use. High Pulley Station Do not allow children on or around machine. · Replace label if damaged, illegible, or **Butterfly Arms** removed. Lat Bar **ASSEMBLED DIMENSIONS:** Warning Height: 78 in. Decal Width: 64 in. Length: 70 in. Ab Pulley Station **Backrest** Backrest Press Arm Warning Curl Pad Decal Leg Lever Leg Press Low Pulley Plate Station Weight Stacks Foot Plate-

Note: This introduction will save you more time than it takes to read it!

Making Things Easier for Yourself

Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts. The assembly process will take time—possibly several hours. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly. You may want to complete the process over a couple of evenings.

Giving Yourself a Good Start

Before you begin the assembly process itself, take the time to complete the steps outlined here.

Clearing the Workspace

Clear a workspace that is large enough to hold all parts and allow you to walk all the way around the assembled equipment.

Unpacking the Box

To make the assembly process as smooth as possible, we have broken it into separate stages. All parts used in each stage are found in individual packages in the shipping box. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Important: Wait until you begin each assembly stage to open the parts bag labeled for that assembly stage.

Identifying Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART located in the center of this manual. Place the chart on the floor or work table and use it to quickly identify different parts as you open the packages for each step.

Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

Orienting Parts

As you assemble this product, be sure that all parts are oriented as shown in the drawings.

Tightening of Parts

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

Lining Up the Tools

Assembly requires the following tools (not included):

Two (2) adjustable wrenches



- · One (1) standard screwdriver
- · One (1) phillips screwdriver



· One (1) rubber mallet



- Lubricant, such as grease or petroleum jelly, and soapy water
- Tape, such as clear tape or masking tape

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. **Some assembly steps require two people.**

The Four Stages of the Assembly Process

Frame Assembly

You will begin by assembling the base and the upright frames that serve as the skeleton of the equipment. The seat and all moving parts will later be attached to the frame.

Arm Assembly

Completes the press and butterfly arms that you operate while you are exercising.

Cable Assembly

Completes the cables and pulleys that connect the moving arms with each other and with the weights. This ties the different parts together and makes the equipment function as a unit.

Seat Assembly

Completes the seat and backrest that support your body while you are exercising.

FRAME ASSEMBLY

1. Before beginning assembly, be sure that you have read and understand the information in the box above.

Locate and open the parts bags labeled "FRAME ASSEMBLY BAG ONE" and "FRAME ASSEMBLY BAG TWO."

Press two 2" Square Outer Caps (58) onto the indicated ends of the Weight Base (14). Press a 2" Square Inner Cap (56) into the end of the Weight Base.

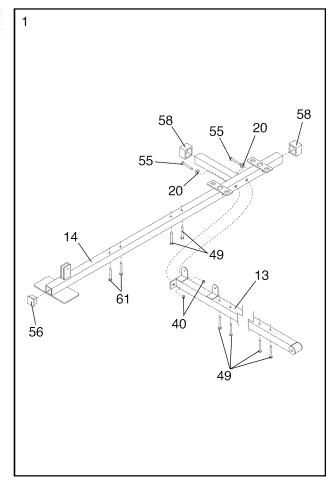
Insert two 5/16" x 2 1/2" Carriage Bolts (49) up through the indicated holes in the Weight Base (14). Insert two 5/16" x 2 1/4" Carriage Bolts (61) up through the other holes in the Weight Base.

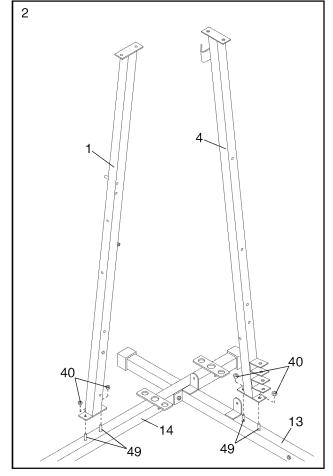
Insert four 5/16" x 2 1/2" Carriage Bolts (49) up through the Press Base (13).

Attach the Press Base (13) to the Weight Base (14) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

 Slide the Ab Upright (1) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Weight Base (14). Hand tighten two 5/16" Nylon Locknuts (40) onto the Carriage Bolts. Do not tighten the Nylon Locknuts yet.

Slide the Leg Press Upright (4) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Press Base (13). Hand tighten two 5/16" Nylon Locknuts (40) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**





3. Press a 2" Square Inner Cap (56) into the open end of the Top Frame (2). Press a 2" Square Inner Cap (56) into each side of the Butterfly Frame (3). Press two 1" Round Inner Caps (70) into the top of the Butterfly Frame.

Attach the Butterfly Frame (3) to the Top Frame (2) with a 5/16" x 3" Bolt (92), a 5/16" Washer (20) and a 5/16" Nylon Jam Nut (91). **Make sure the Bolt is on the side shown.**

Finish attaching the Butterfly Frame (3) to the Top Frame (2) with a 5/16" x 2 3/4" Bolt (55), a 5/16" Washer (20) and a 5/16" Nylon Locknut (40).

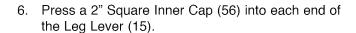
 Slide the Front Seat Frame (8) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Press Base (13). Hand tighten two 5/16" Nylon Locknuts (40) onto the Carriage Bolts.

Attach the other end of the Front Seat Frame (8) to the Leg Press Upright (4) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40).

Press a 2" Square Inner Cap (56) into the Front Seat Frame (8).

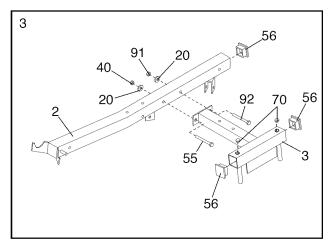
 Place the Rear Seat Frame (16) onto the indicated 5/16" x 2 1/4" Carriage Bolts (61) in the Weight Base (14). Hand tighten two 5/16" Nylon Locknuts (40) onto the Carriage Bolts.

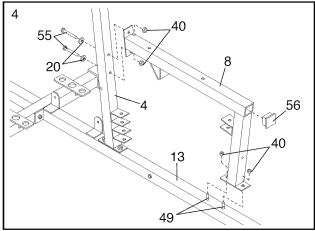
Attach the Rear Seat Frame (16) to the Ab Upright (1) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40).

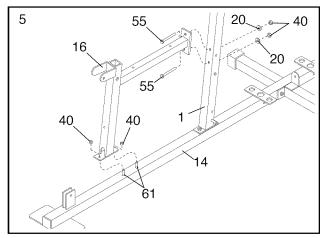


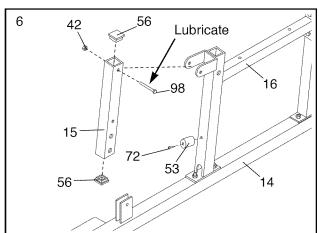
Attach a Leg Press Bumper (53) to the indicated hole in the Rear Seat Frame (16) with a 1" Tap Screw (72).

Lubricate a 3/8" x 3" Bolt (98). Attach the Leg Lever (15) to the bracket on the Rear Seat Frame (16) with the Bolt and a 3/8" Nylon Locknut (42).



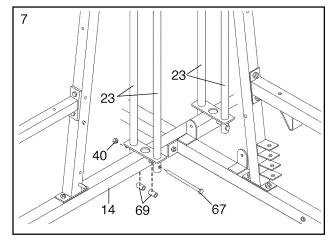






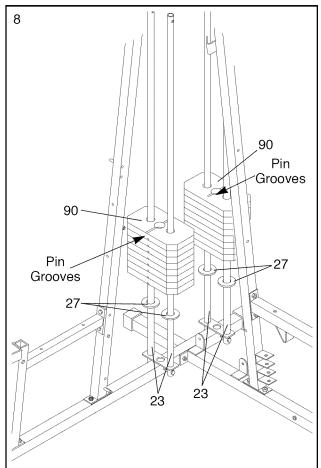
7. Insert two Weight Guides (23) into one of the brackets on the Weight Base (14). Attach the lower ends of the Weight Guides with a 5/16" x 6" Bolt (67), two 1/2" x 3/4" Spacers (69), and a 5/16" Nylon Locknut (40). **Do not overtighten the Nylon Locknut.**

Attach the other Weight Guides (23) in the same manner.



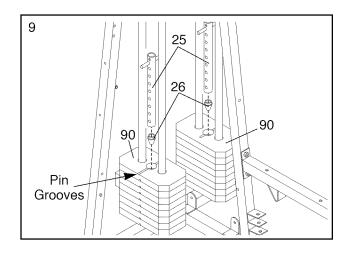
8. Slide a Weight Bumper (27) onto each of the Weight Guides (23).

Slide eight Weights (90) onto each set of Weight Guides (23). Make sure the pin grooves are on the indicated side of each stack of Weights.

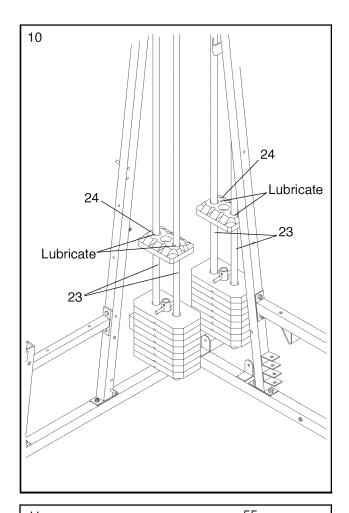


9. Press a Weight Tube Bumper (26) into each Weight Tube (25).

Insert a Weight Tube (25) into each stack of Weights (90). Make sure the pins on the Weight Tubes are in the pin grooves in the upper Weights.

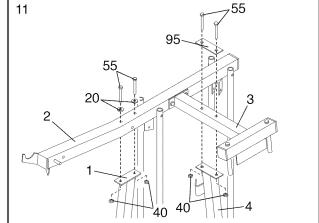


10. Lubricate the insides of the holes in the Top Weights (24) as shown. Slide a Top Weight onto each set of Weight Guides (23).



11. Attach the Top Frame (2) to the Ab Upright (1) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

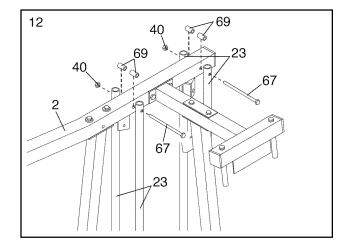
Attach the Butterfly Frame (3) to the Leg Press Upright (4) with two 5/16" x 2 3/4" Bolts (55), a Support Plate (95) and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**



12. Attach the upper ends of one set of Weight Guides (23) to the Top Frame (2) with a 5/16" x 6" Bolt (67), two 1/2" x 3/4" Spacers (69) and a 5/16" Nylon Locknut (40).

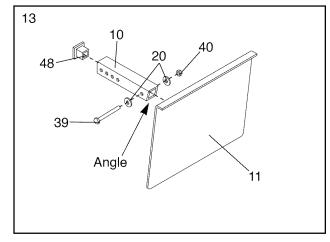
Attach the upper ends of the other set of Weight Guides (23) in the same manner.

Before continuing, firmly tighten all nylon locknuts used in steps 1 through 12.



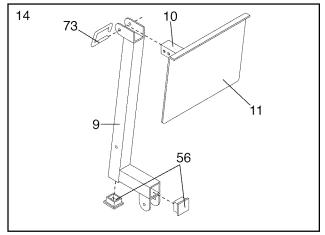
13. Attach the Leg Press Plate (11) to the Adjustment Tube (10) with a 5/16" x 2 1/2" Bolt (39), two 5/16" Washers (20) and a 5/16" Nylon Locknut (40). Make sure the Leg Press Plate and Adjustment Tube are oriented as shown.

Press a 1 3/4" Square Inner Cap (48) into the Adjustment Tube (10).



14. Attach the Adjustment Tube (10) to the Leg Press Arm (9) with the Lock Pin (73). Make sure the Leg Press Plate (11) is oriented as shown.

Press two 2" Square Inner Caps (56) into the open ends of the Leg Press Arm (9).



ARM ASSEMBLY

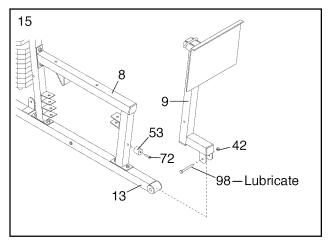
15. Locate and open the parts bag labeled "ARM ASSEMBLY."

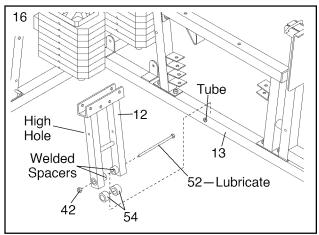
Attach the Leg Press Bumper (53) to the Front Seat Frame (8) with the 1" Tap Screw (72).

Lubricate the 3/8" x 3" Bolt (98). Attach the Leg Press Arm (9) to the Press Base (13) with the Bolt and a 3/8" Nylon Locknut (42).

16. Press a 1" x 7/8" Plastic Bushing (54) onto each welded spacer on the Press Frame (12). Slide the Press Frame onto the Press Base (13) so that the Plastic Bushings are aligned with the indicated tube. Note: This will be a tight fit. Make sure that the high hole is on the side shown.

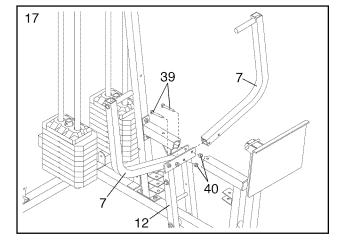
Lubricate the 3/8" x 8" Bolt (52). Attach the Press Frame (12) to the Press Base (13) with the Bolt and a 3/8" Nylon Locknut (42).





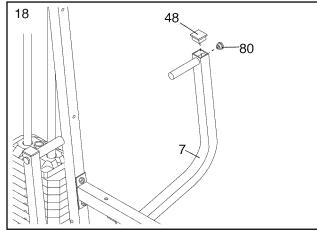
17. Attach a Press Arm (7) to one side of the Press Frame (12) with two 5/16" x 2 1/2" Bolts (39) and two 5/16" Nylon Locknuts (40).

Attach the other Press Arm (7) to the Press Frame (12) in the same manner.



18. Press a 1" Inner Cap (80) into the indicated end of one Press Arm (7). Press a 1 3/4" Square Inner Cap (48) into the Press Arm.

Repeat this step for the other Press Arm (not shown).



19. Lubricate both axles on the Butterfly Frame (3).

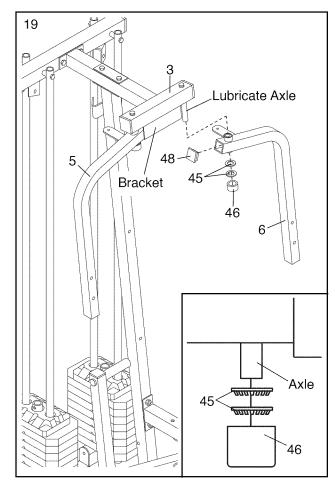
Refer to the drawing and identify the Right Arm (5) and the Left Arm (6).

Press a 1 3/4" Square Inner Cap (48) into the upper end of the Left Arm (6). Slide the Left Arm onto the indicated axle. Note: Be careful not to confuse the Left Arm with the Right Arm (5). Be sure that the upper end of the Left Arm is behind the indicated bracket on the Butterfly Frame (3).

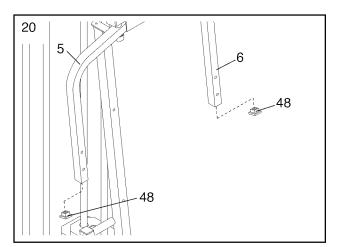
IMPORTANT NOTE: Before assembling the 1" Retainers (45) used in this step, be sure that you thoroughly understand the step. The Retainers can be assembled only once. If they must be removed, you will need to order new Retainers.

Tap two 1" Retainers (45) and a 1" Round Outer Cap (46) onto the axle. Be sure that the teeth on the Retainers bend toward the Round Outer Cap, as shown in the inset drawing.

Attach the Right Arm (5) in the same manner.



20. Press a 1 3/4" Square Inner Cap (48) into the lower end of the Left Arm (6) and the Right Arm (5).

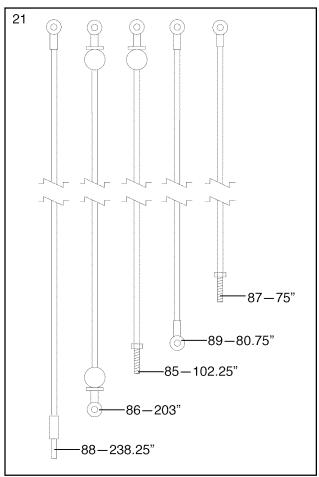


CABLE ASSEMBLY

21. Locate and open the parts bags labeled "CABLE ASSEMBLY" and "PULLEYS."

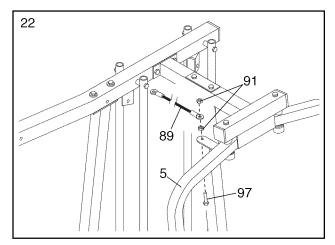
During steps 19 through 50, refer to the CABLE DIA-GRAMS on pages 26 and 27 of this manual to verify proper cable routing. Before beginning this section, fully unwind the five Cables and identify the Cables by comparing the lengths and the ends. The approximate length of each Cable, in inches, is listed after the key number in the drawing.

IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely.

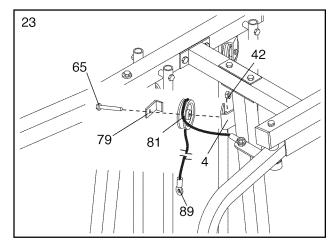


22. Insert a 5/16" x 1" Bolt (97) through the bracket on the Right Arm (5). Tighten a 5/16" Nylon Jam Nut (91) onto the Bolt.

Find the Butterfly Cable (89)—this is the second shortest Cable. Slide one end of the Butterfly Cable onto the 5/16" x 1" Bolt (97). Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.



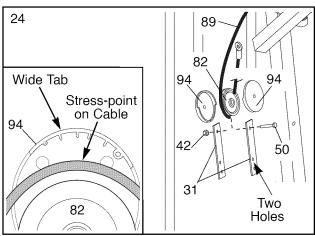
23. Wrap the Butterfly Cable (89) around a "V" Pulley (81) as shown. Attach the "V" Pulley to the bracket on the Leg Press Upright (4) with a 3/8" x 2 1/2" Bolt (65), a Large Cable trap (79) and a 3/8" Nylon Locknut (42). Make sure the Cable Trap is oriented as shown.

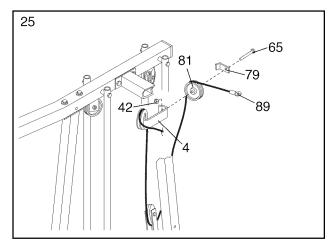


24. Locate one of the preassembled pairs of Pulley Plates (31) and remove both 3 1/2" Pulleys (82).

Route the Butterfly Cable (89) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the Pulley Plates (31) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). Note: The end of the Pulley Plates (31) with two holes should be pointed downward. The Pulley Covers must be oriented as shown in the inset drawing. Note that the wide tab is over the stresspoint, where the Cable wraps around the Pulley. Use this orientation of the Pulley Covers in the following assembly steps.

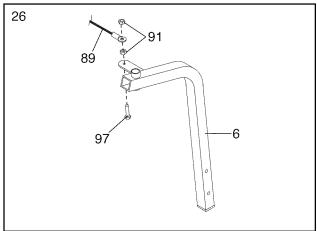
25. Wrap the Butterfly Cable (89) around a "V" Pulley (81) as shown. Attach the "V" Pulley to the other side of the bracket on the Leg Press Upright (4) with a 3/8" x 2 1/2" Bolt (65), a Large Cable Trap (79) and a 3/8" Nylon Locknut (42). Make sure the Cable Trap is oriented as shown.



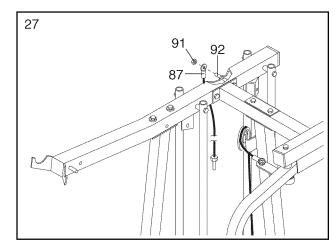


26. Note: The Left Arm (6) is shown removed for easier part identification. Insert a 5/16" x 1" Bolt (97) through the bracket on the Left Arm. Fully tighten a 5/16" Nylon Jam Nut (91) onto the Bolt.

Slide the free end of the Butterfly Cable (89) onto the 5/16" x 1" Bolt (97). Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.

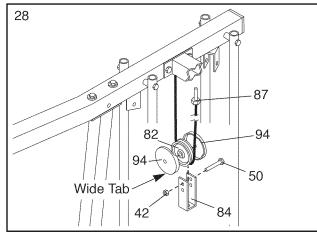


27. Locate the Rear Cable (87)—this is the shortest Cable. Slide one end of the Rear Cable onto the 5/16" x 3" Bolt (92). Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.

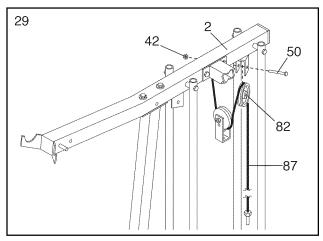


28. Attach a 3 1/2" Pulley (82) and two Pulley Covers (94) to the upper hole in a Large "U" Bracket (84) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42).

Orient the wide tab on the Pulley Covers as shown. Make sure the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.



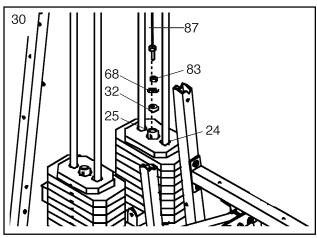
29. Wrap the Rear Cable (87) around a 3 1/2" Pulley (82). Attach the Pulley to the Top Frame (2) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable must be routed from the direction shown.**



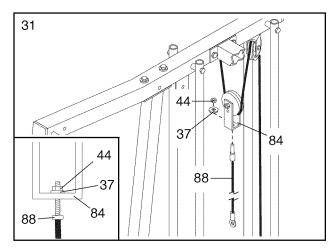
30. Thread a 1/2" Plain Nut (83) onto the end of the Rear Cable (87). Place a 3/8" x 1 1/4" Weight Spacer (32) and a 1/2" Washer (68) on top of the Weight Tube (25).

Thread the end of the Rear Cable (87) into the upper end of the Weight Tube (25) until the Weight Spacer (32) touches the Weight Tube.

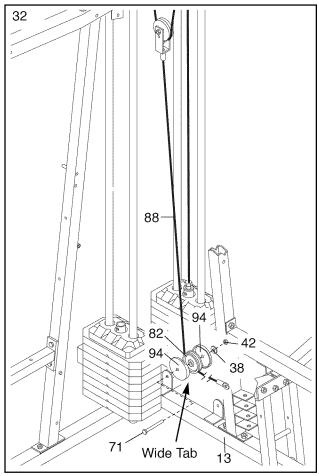
Note: It is necessary to lift the Weight Tube (25) with the Top Weight (24) slightly to thread the Rear Cable (87) in place.



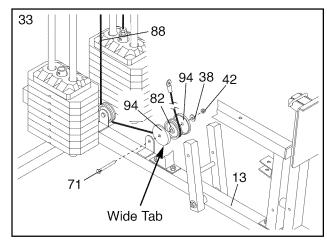
31. Locate the Press Cable (88)—this is the longest Cable. Attach the end of the Press Cable (88) to the Large "U" Bracket (84) with a 1/4" Nylon Locknut (44) and a 1/4" Washer (37). Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.



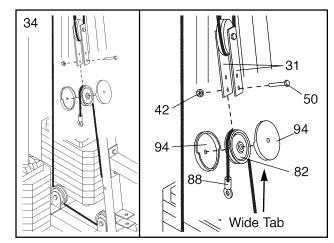
32. Wrap the Press Cable (88) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the indicated bracket on the Press Base (13) with a 3/8" x 2 1/4" Bolt (71), a 3/8" Washer (38) and a 3/8" Nylon Locknut (42). Orient the wide tab on the Pulley Covers as shown.



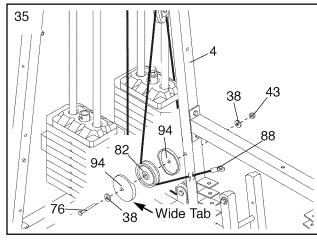
33. Wrap the Press Cable (88) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the other bracket on the Press Base (13) with a 3/8" x 2 1/4" Bolt (71), a 3/8" Washer (38) and a 3/8" Nylon Locknut (42). **Orient the wide tab on the Pulley Covers as shown.**



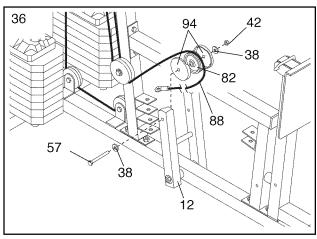
34. Wrap the Press Cable (88) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the lower set of holes in the Pulley Plates (31) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). Orient the wide tab on the Pulley Covers as shown.



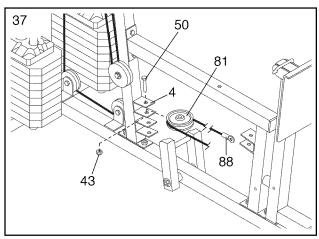
35. Route the Press Cable (88) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the Leg Press Upright (4) with a 3/8" x 3 3/4" Bolt (76), two 3/8" Washers (38) and a 3/8" Nylon Jamnut (43). Orient the wide tab on the Pulley Covers as shown.



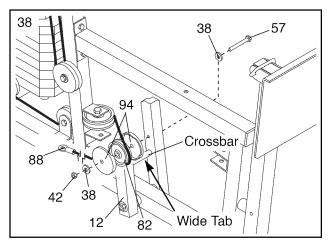
36. Wrap the Press Cable (88) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the indicated hole in the Press Frame (12) with a 3/8" x 3 1/2" Bolt (57), two 3/8" Washers (38) and a 3/8" Nylon Locknut (42). Orient the wide tab on the Pulley Covers as shown.



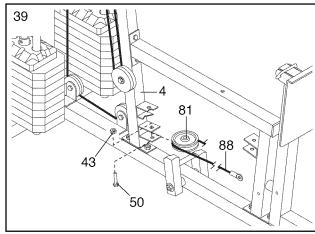
37. Wrap the Press Cable (88) around a "V" Pulley (81). Attach the "V" Pulley to the upper bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Jam Nut (43).



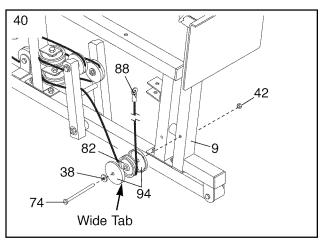
38. Wrap the Press Cable (88) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the indicated hole in the Press Frame (12) with a 3/8" x 3 1/2" Bolt (57), two 3/8" Washers (38) and a 3/8" Nylon Locknut (42). Orient the wide tab on the Pulley Covers as shown.



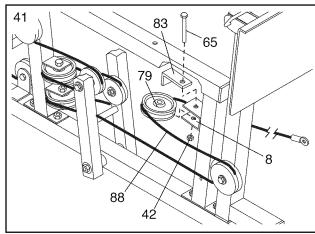
39. Wrap the Press Cable (88) around a "V" Pulley (81). Attach the "V" Pulley to the lower bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Jam Nut (43).



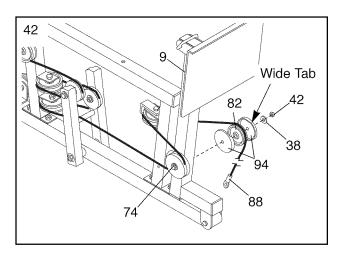
40. Wrap the Press Cable (88) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the Leg Press Arm (9) with a 3/8" x 5" Bolt (74), a 3/8" Washer (38) and a 3/8" Nylon Locknut (42). Thread the Locknut two turns onto the Bolt for now. It will be fully tightened in step 42. Orient the wide tab on the Pulley Covers as shown.



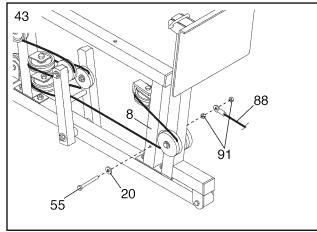
41. Wrap the Press Cable (88) around a "V" Pulley (81) in the direction shown. Attach the "V" Pulley and a Large Cable Trap (79) to the bracket on the Front Seat Frame (8) with a 3/8" x 2 1/2" Bolt (65) and a 3/8" Nylon Locknut (42). Be sure that the Large Cable Trap is turned to hold the Cable in place and that the Cable and Pulley move smoothly.



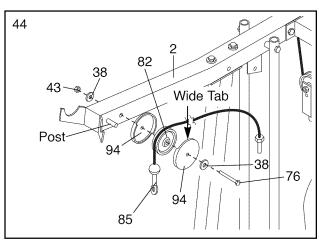
42. Remove the 3/8" Nylon Locknut (42) from the 3/8" x 5" Bolt (74) attached in step 40. Wrap the Press Cable (88) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the Leg Press Arm (9) with the 3/8" x 5" Bolt, a 3/8" Washer (38) and the 3/8" Nylon Locknut. Orient the wide tab on the Pulley Covers as shown.



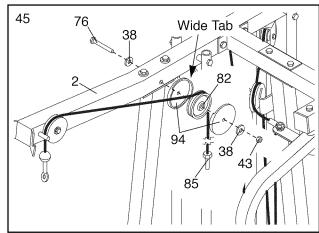
43. Slide a 5/16" Washer (20) onto a 5/16" x 2 3/4" Bolt (55). Insert the Bolt into the Front Seat Frame (8). Fully tighten a 5/16" Nylon Jam Nut (91) onto the Bolt. Slide the end of the Press Cable (88) onto the Bolt. Thread another 5/16" Nylon Jam Nut (91) onto the Bolt, but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.



44. Locate the High Cable (85)—this is the shortest remaining cable. Wrap the High Cable around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the Top Frame (2) with a 3/8" x 3 3/4" Bolt (76), two 3/8" Washers (38) and a 3/8" Nylon Jam Nut (43). Make sure the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the post. Orient the wide tab on the Pulley Covers as shown.

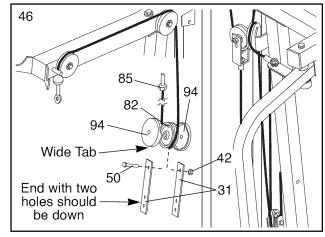


45. Wrap the High Cable (85) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the Top Frame (2) with a 3/8" x 3 3/4" Bolt (76), two 3/8" Washers (38) and a 3/8" Nylon Jam Nut (43). Orient the wide tab on the Pulley Covers as shown.

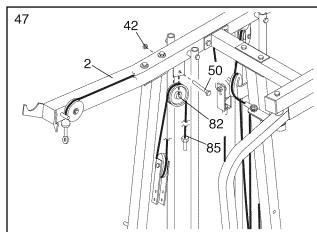


46. Locate one of the preassembled pairs of Pulley Plates (31) and remove both 3 1/2" Pulleys (82).

Route the High Cable (85) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the Pulley Plates (31) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). Note: The end of the Pulley Plates (31) with two holes should be pointed downward. Orient the wide tab on the Pulley Covers as shown.



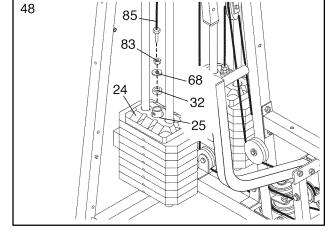
47. Wrap the High Cable (85) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley to the indicated bracket on the Top Frame (2) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42).



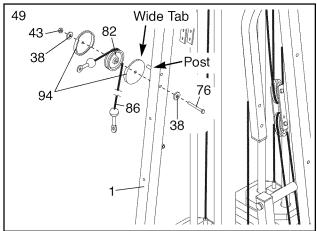
48. Thread a 1/2" Plain Nut (83) onto the end of the High Cable (85). Place a 1/2" Washer (68) and a 3/8" x 1 1/4" Weight Spacer (32) on top of the Weight Tube (25).

Thread the end of the High Cable (85) into the upper end of the Weight Tube (25) until the Weight Spacer (10) touches the Weight Tube.

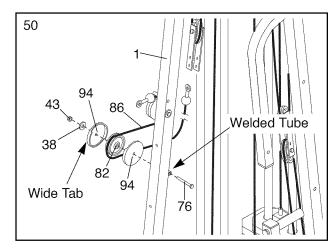
Note: It is necessary to lift the Weight Tube (25) with the Top Weight (24) slightly to thread the High Cable (85) in place.



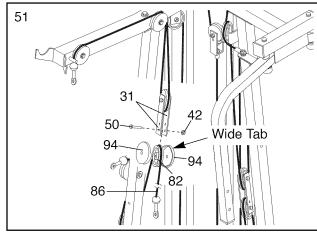
49. Wrap the Low Cable (86) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the Ab Upright (1) with a 3/8" x 3 3/4" Bolt (76), two 3/8" Washers (38) and a 3/8" Nylon Jam Nut (43). Do not overtighten the Nylon Locknut; the Pulley should turn easily. Make sure that the Cable is between the Pulley and the post, and that the Pulley Covers are oriented as shown.



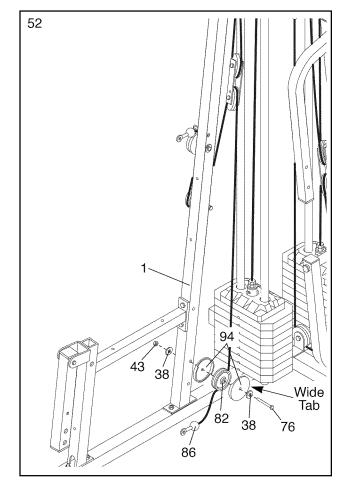
50. Wrap the Low Cable (86) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the welded tube on the Ab Upright (1) with a 3/8" x 3 3/4" Bolt (76), a 3/8" Washer (38) and a 3/8" Nylon Jam Nut (43). Orient the wide tab on the Pulley Covers as shown.



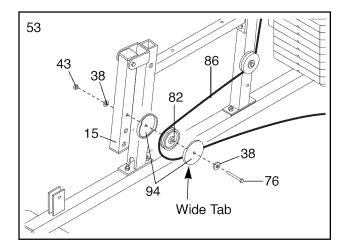
51. Wrap the Low Cable (86) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the lower set of holes in the Pulley Plates (31) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). Orient the wide tab on the Pulley Covers as shown.



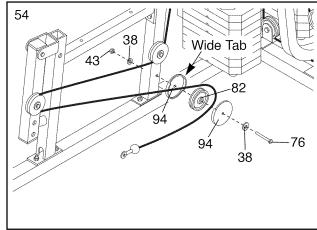
52. Wrap the Low Cable (86) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the indicated hole in the Ab Upright (1) with a 3/8" x 3 3/4" Bolt (76), two 3/8" Washers (38) and a 3/8" Nylon Jam Nut (43). Orient the wide tab on the Pulley Covers as shown.



53. Wrap the Low Cable (86) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the indicated hole in the Leg Lever (15) with a 3/8" x 3 3/4" Bolt (76), two 3/8" Washers (38) and a 3/8" Nylon Jam Nut (43). Orient the wide tab on the Pulley Covers as shown.

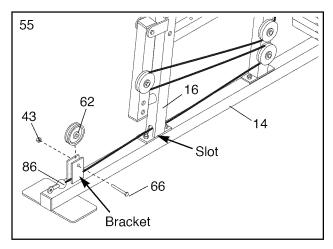


54. Wrap the Low Cable (86) around a 3 1/2" Pulley (82) in the direction shown. Attach the Pulley and two Pulley Covers (94) to the indicated hole in the Ab Upright (1) with a 3/8" x 3 3/4" Bolt (76), two 3/8" Washers (38) and a 3/8" Nylon Jam Nut (43). Orient the wide tab on the Pulley Covers as shown.



55. Route the Low Cable (86) through the slot in the Rear Seat Frame (16) and place it in the bracket on the Weight Base (14).

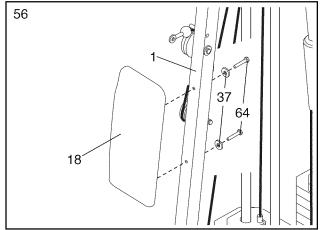
Attach a Pro Pulley (62) inside the bracket on the Weight Base (14) with a 3/8" x 1 1/2" Bolt (66) and a 3/8" Nylon Jam Nut (43). **Orient the wide tab on the Pulley Covers as shown.**



SEAT ASSEMBLY

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

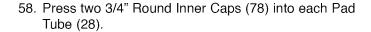
Attach the Small Backrest (18) to the Ab Upright (1) with two 1/4" x 2 1/2" Bolts (64) and two 1/4" Washers (37).



57. Insert a 1/4" x 2 1/2" Carriage Bolt (60) through the center hole in a Seat Plate (41). Attach the Seat Plate to the Seat (17) with two 1/4" x 3/4" Bolts (59).

Insert the 1/4" x 2 1/2" Carriage Bolt (60) through the indicated hole in the Rear Seat Frame (16). Tighten a 1/4" Nylon Locknut (44) with a 1/4" Washer (37) onto the Carriage Bolt.

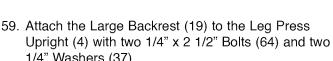
Attach the other end of the Seat (17) to the Rear Seat Frame (16) with a 1/4" Washer (37) and a 1/4" x 2 1/2" Bolt (64).



Insert a Pad Tube (28) into the Rear Seat Frame (16). Slide a Foam Pad (29) onto each end of the Pad Tube.

Insert the other Pad Tube (28) into the Leg Lever (15). Slide a Foam Pad (29) onto each end of the Pad Tube.

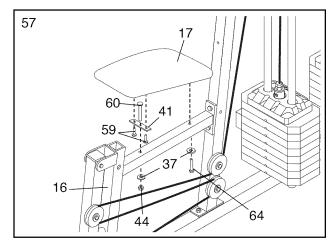
1/4" Washers (37).

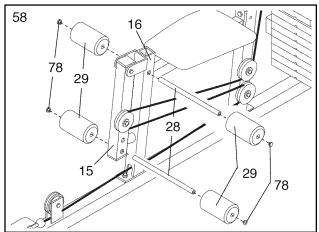


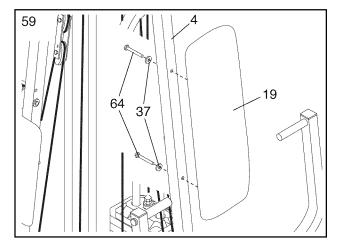
60. Insert a 1/4" x 2 1/2" Carriage Bolt (60) through the center hole in a Seat Plate (41). Attach the Seat Plate to the Seat (17) with two 1/4" x 3/4" Bolts (59).

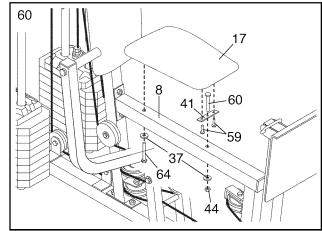
Insert the 1/4" x 2 1/2" Carriage Bolt (60) through the indicated hole in the Front Seat Frame (8). Tighten a 1/4" Nylon Locknut (44) with a 1/4" Washer (37) onto the Carriage Bolt.

Attach the other end of the Seat (17) to the Front Seat Frame (8) with a 1/4" Washer (37) and a 1/4" x 2 1/2" Bolt (64).



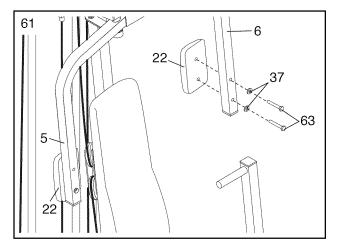




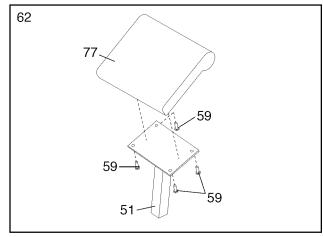


61. Attach a Butterfly Pad (22) to the Left Fly Arm (6) with two 1/4" x 2 1/4" Bolt (63) and two 1/4" Washers (37).

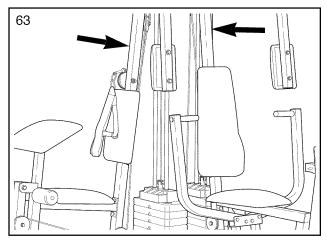
Repeat this step for the Right Fly Arm (5).



62. Attach the Curl Pad (77) to the Curl Post (51) with four 1/4" x 3/4" Bolts (59).



63. Attach the two name decals to the Uprights about 3" down from the top of the Uprights, as shown.



64. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in HOW TO USE THE HOME GYM SYSTEM, beginning on page 23 of this manual.

Before using the home gym 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 page 26 and 27 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 25.

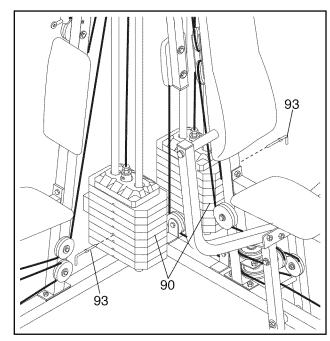
How to Use the Home Gym System

The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise poster accompanying this manual to see how the home gym system should be set up for each exercise. IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are 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.

CHANGING THE WEIGHT SETTING

The home gym system features two weight stacks. The one weight stack is connected to the ab, upper, and lower pulley stations. The other weight stack is connected to the fly and press arms and the leg press.

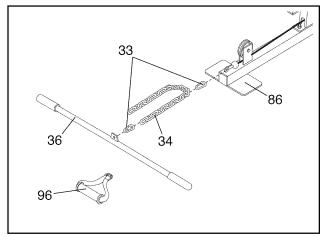
To change the weight setting of either weight stack, insert a Weight Pin (93) under the desired Weight (90). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 24 to find the approximate amount of resistance at each weight station.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (36) to the Low Cable (86) with a Cable Clip (33). For some exercises, the Chain (34) 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.

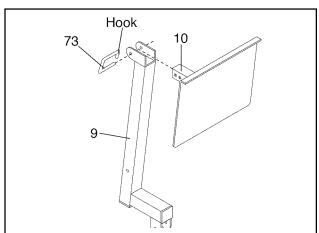
The Nylon Strap (96) can be attached in the same manner.



ADJUSTING THE LEG PRESS PLATE

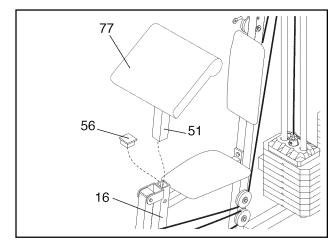
Remove the Lock Pin (73) from the Adjustment Tube (10).

Align the holes in the Leg Press Arm (9) with the desired set of holes in the Adjustment Tube (10). Re-insert the Lock Pin (73) through the holes in the Leg Press Arm and the holes in the Adjustment Tube. Be sure that the hook on the Lock Pin is clipped in place on the Adjustment Tube.



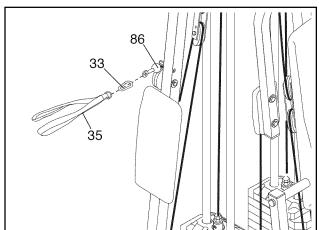
USING THE CURL PAD

To use the Curl Pad (77), remove the 2" Square Inner Cap (56) from the Rear Seat Frame (16) and insert the Curl Post (51) into the Seat Frame.



ATTACHING THE AB STRAP TO THE AB PULLEY STATION

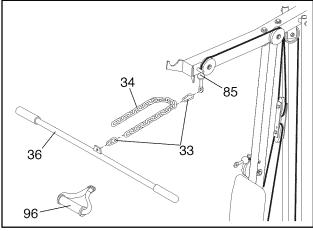
Attach the Ab Strap (35) to the Low Cable (86) at the ab pulley station with a Cable Clip (33).



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

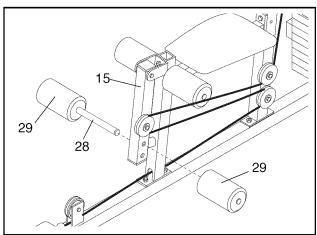
Attach the Lat Bar (36) to the High Cable (85) with a Cable Clip (33). For some exercises, the Chain (34) should be attached between the Lat Bar and the High Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

The Nylon Strap (96) can be attached in the same manner.



ADJUSTING THE FOAM PADS

The Foam Pads (29) attached to the Leg Lever (15) can be set at two different positions. To adjust the Foam Pads, pull one Pad off the Pad Tube (28), move the Pad Tube to the other hole in the Leg Lever, and push the Foam Pad back into place.



Trouble-shooting and Maintenance

Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym 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 home gym 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. If any slack is felt when using the weight stack closest to the ab upright, both the High Cable (85) and the Low Cable (86) will need to be tightened. If any slack is felt when using the other weight stack, the Rear Cable (87), the Press Cable (88), and the Butterfly Cable (89) will need to be tightened.

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

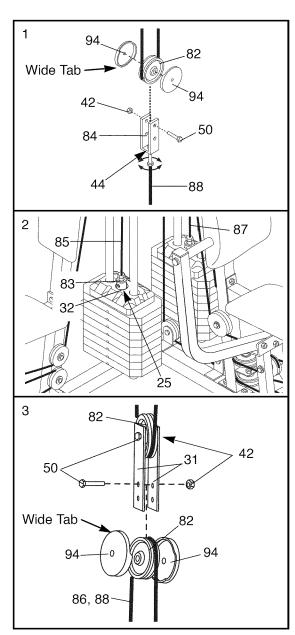
- See drawing 1. Tighten the 1/4" Nylon Locknut (44) that connects the end of the Press Cable (88) to the Large "U" Bracket (84).
- See drawing 1. Remove the 3/8" Nylon Locknut (42) and the 3/8" x 2" Bolt (50) from the Pulley Covers (94), Pulley and Large "U" Bracket (84). Re-attach the Pulley and Pulley Covers to the other hole in the Large "U" Bracket. Orient the wide tab on the Pulley Covers as shown and make sure the Cable and Pulley move smoothly.
- See drawing 2. Loosen the 1/2" Plain Nut (83) on the end of the High Cable (85). Thread the Cable further into the spider nut (not shown) in the end of the Weight Tube (25). If the Cable needs to be tightened further, the 1/2" x 1 1/4" Weight Spacer (32) can be removed. The Rear Cable (87) can be tightened in the same manner.
- See Drawing 3. If you feel additional slack while using the home gym system, the Low Cable (86) and the Press Cable (88) can be tightened further.

Remove the 3/8" x 2" Bolt (50) and the 3/8" Nylon Locknut (42) securing the lower 3 1/3" Pulley (82) and the Pulley Covers (94) from the Pulley Plates (31). Re-attach the lower Pulley to the higher hole in the Pulley Plates. Be sure that the Cable and Pulley move smoothly.

Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack.

If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.

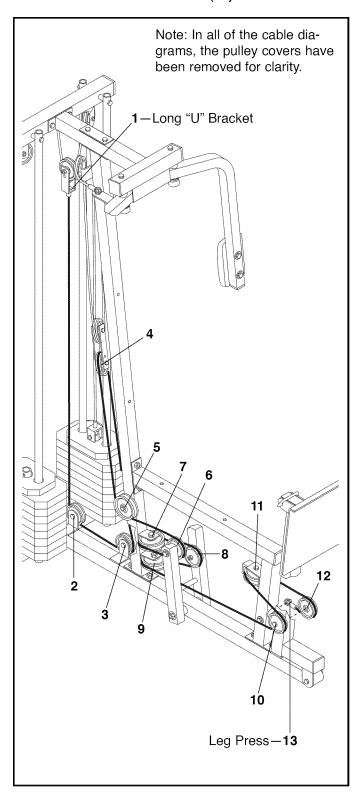
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



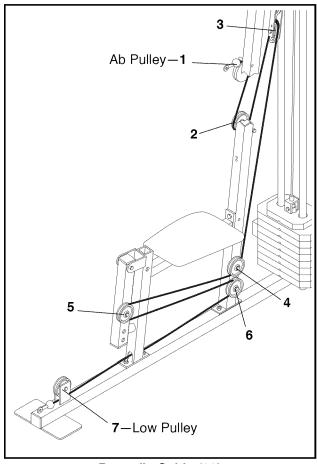
Cable Diagrams

The cable diagrams on this page and the next page show the proper routing of the High Cable (85), the Low Cable (86), the Rear Cable (87), the Press Cable (88), and the Butterfly Cable (89). Use the diagrams to be sure that the Cables have been assembled correctly. The starting and ending points of each Cable have been labeled. The numbers show the proper route for each Cable. **IMPORTANT:** If the Cables have not been correctly routed, the training system will not function properly and damage may occur.

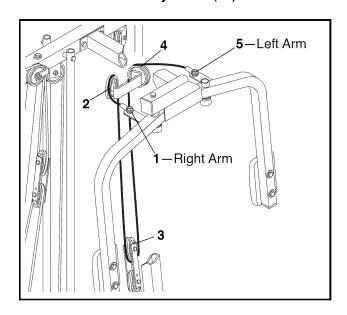
Press Cable (88)



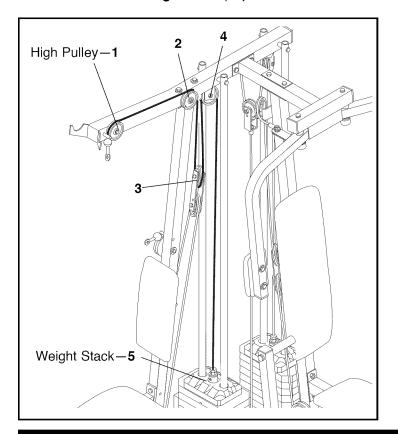
Low Cable (86)

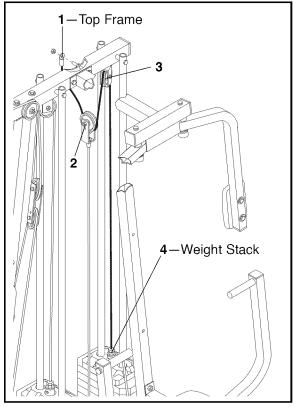


Butterfly Cable (89)



High Cable (85)

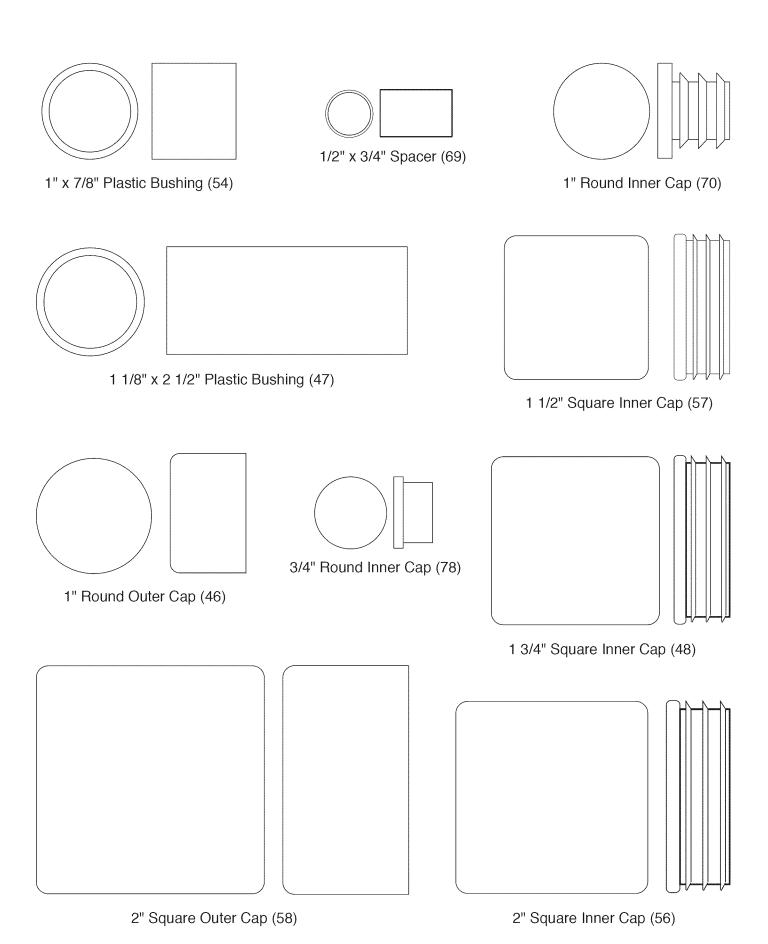


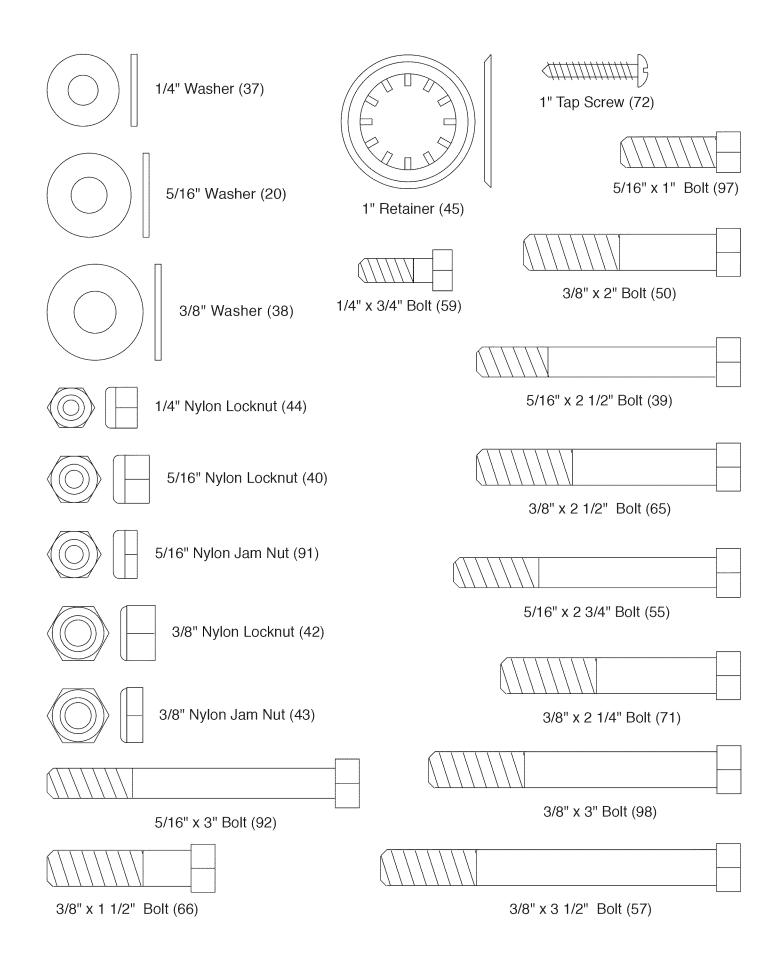


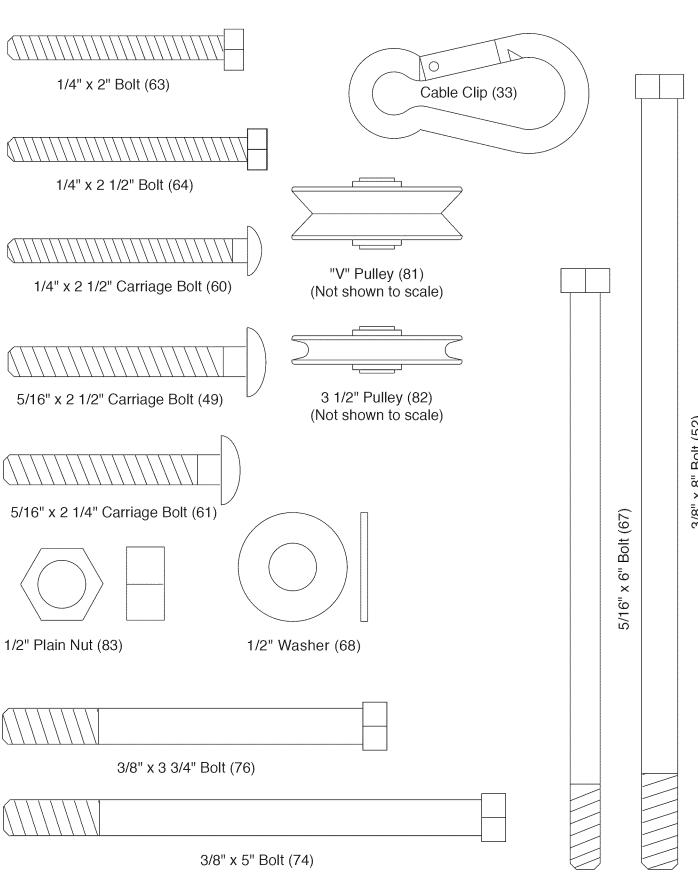
Weight Resistance Chart

This chart shows the approximate weight resistance at each weight station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm. The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG PRESS (lbs.)	AB PULLEY (lbs.)
Тор	27	20	9	10	10	52	10
1	53	37	18	24	24	94	25
2	79	50	33	40	41	141	40
3	101	65	38	53	53	180	53
4	125	83	48	66	63	228	68
5	148	103	58	80	80	263	83
6	175	120	68	96	91	310	96
7	205	143	76	107	101	358	110
8	240	173	90	123	120	410	124

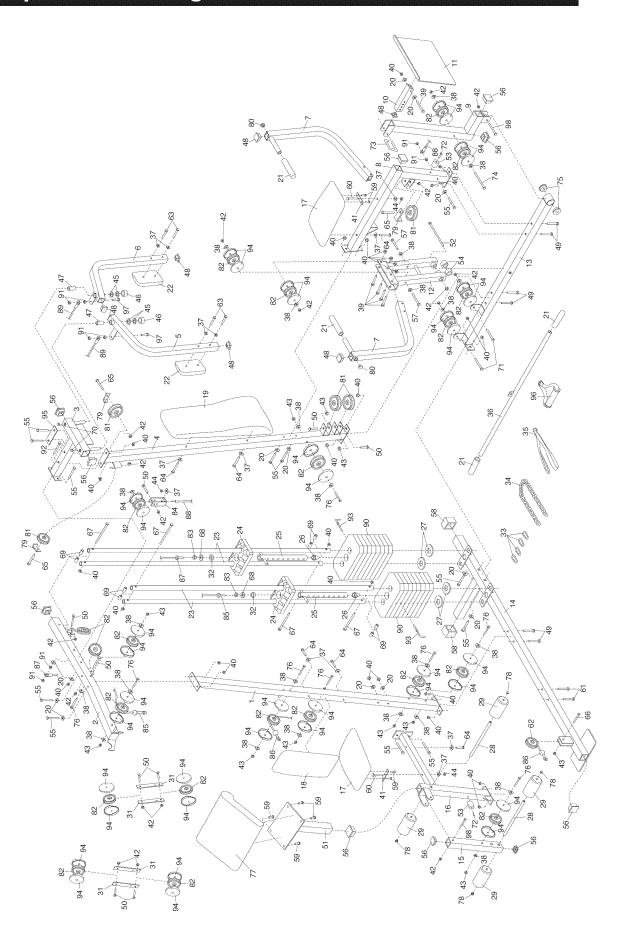






Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Ab Upright	51	1	Curl Post
2	1	Top Frame	52	1	3/8" x 8" Bolt
3	1	Butterfly Frame	53	2	Leg Press Bumper
4	1	Leg Press Upright	54	2	1" x 7/8" Plastic Bushing
5	1	Right Fly Arm	55	12	5/16" x 2 3/4" Bolt
6	1	Left Fly Arm	56	10	2" Square Inner Cap
7	2	Press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

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



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To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- 1. The MODEL NUMBER of the product (WESY93191)
- 2. The NAME of the product (WEIDER® PRO 9925 Training System)
- 3. The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the center of this manual).

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