

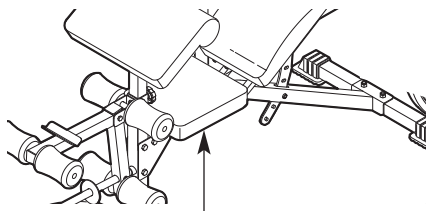
WEIDER® CLUB

C650

Model No. WEBE37340

Serial No. _____

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



Serial Number Decal (Under Seat)

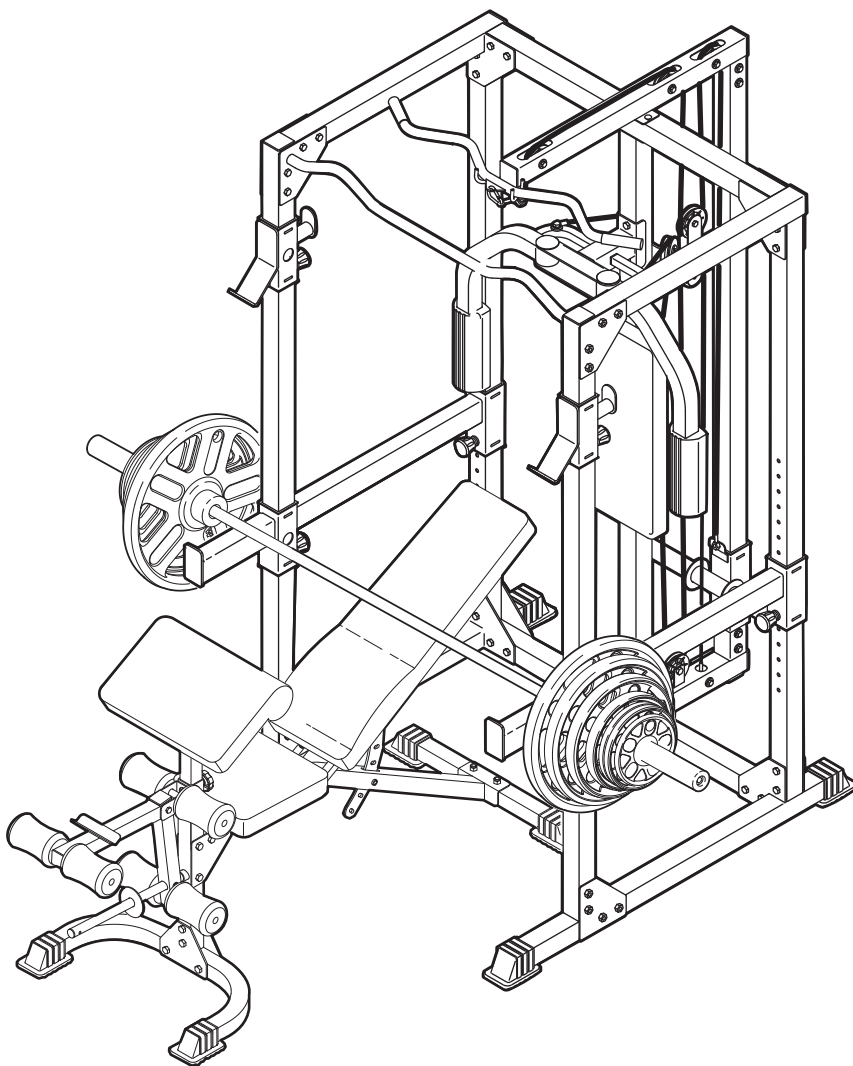
USER'S MANUAL

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 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.

CUSTOMER HOT LINE:
1-877-992-5999
Mon.–Fri., 6 a.m.–6 p.m. MST



⚠ CAUTION

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



Visit our website at

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*new products, prizes,
fitness tips, and much more!*

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

WARNING DECAL PLACEMENT

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

⚠ WARNING

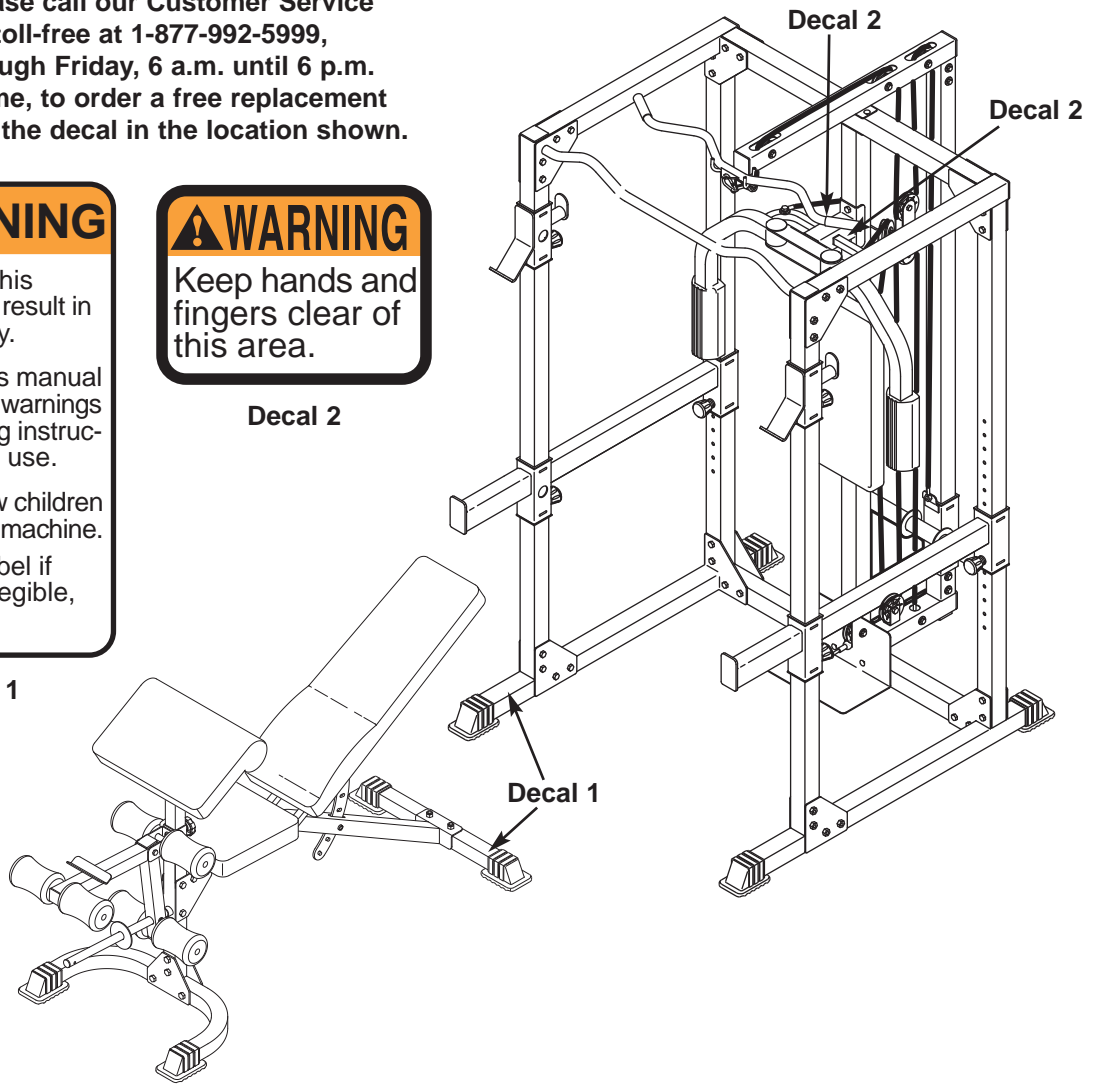
- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

Decal 1

⚠ WARNING

Keep hands and fingers clear of this area.

Decal 2



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. 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. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
10. Always set both weight rests and both safety spotters at the same height.
11. 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 the barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage.
12. Always place an equal amount of weight on each side of the weight carriage or barbell.
13. Always secure the weights with the weight clips when they are mounted on the weight carriage.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always disconnect the lat bar from the weight rack when performing an exercise that does not require the lat bar.
16. Always move the bench out of the way when performing squat exercises.
17. If you feel pain or dizziness 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

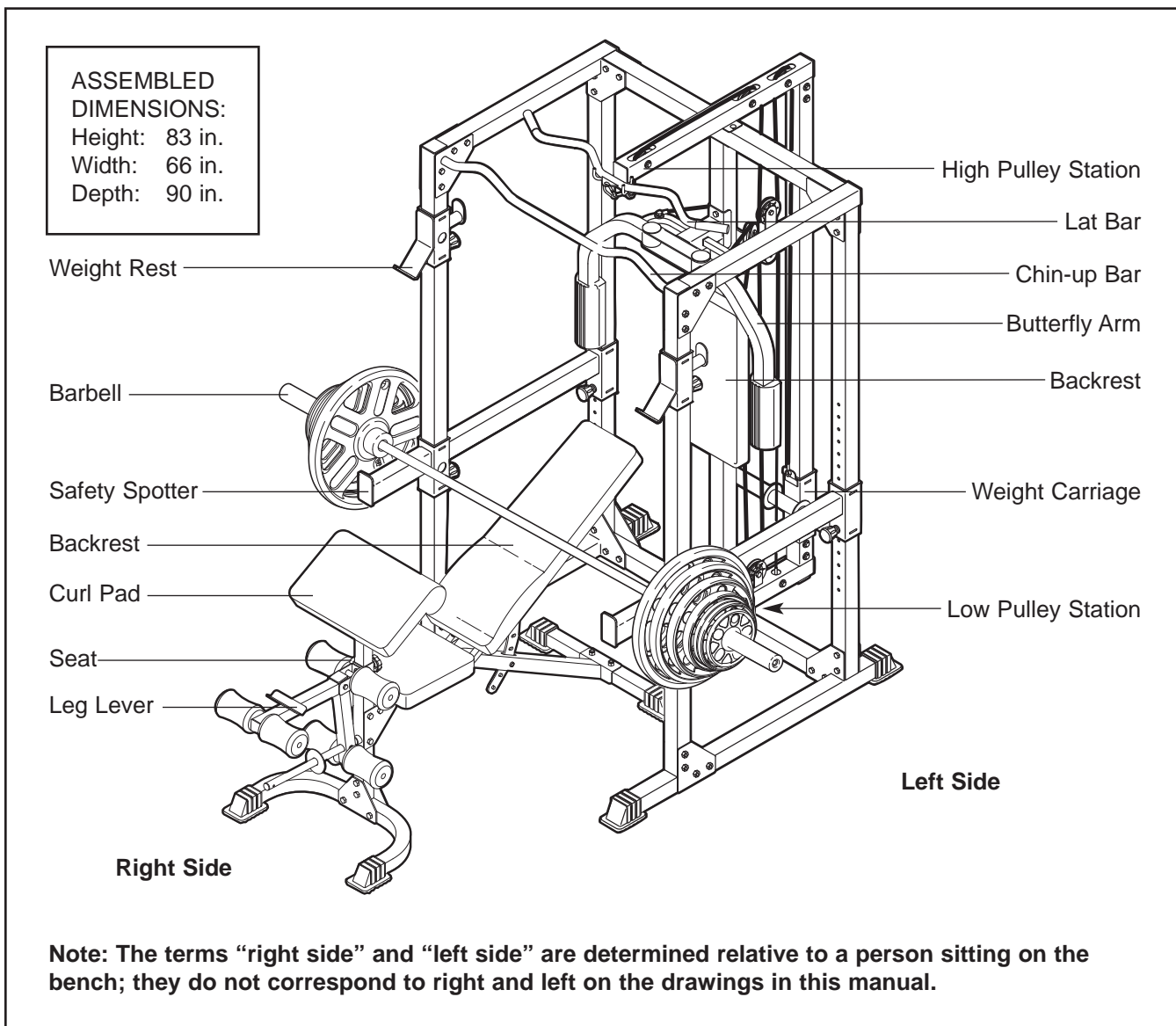
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® CLUB C650 weight bench. The weight bench 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 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, please call our Customer Service

Department toll-free at 1-877-992-5999, 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 WEBE37340. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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 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.**

The included Allen wrench  and 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.

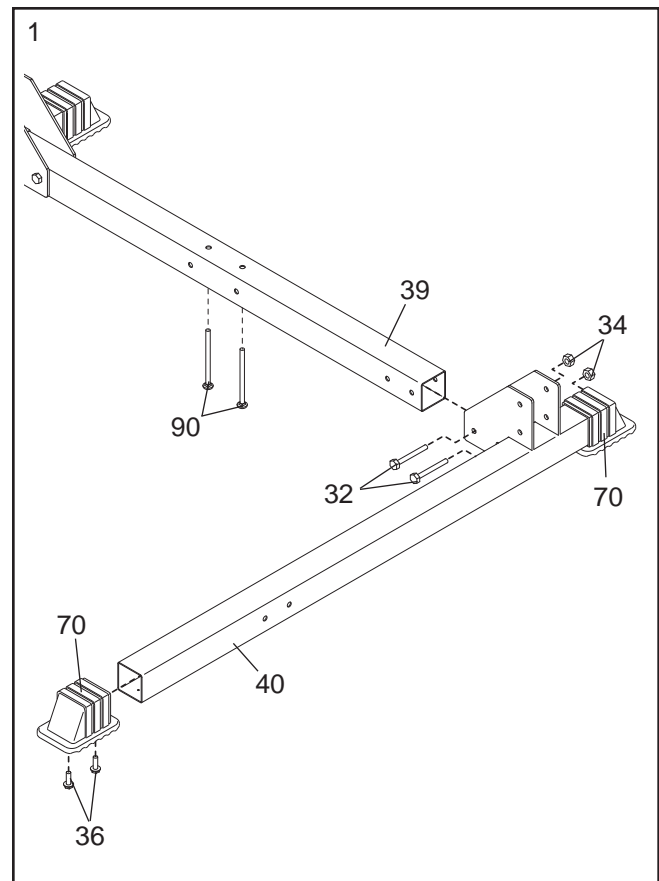
1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART.**

Attach a Large Base Cap (70) to the Left Base (40) with two M4 x 16mm Screws (36). **Attach another Large Base Cap to the other end of the Left Base in the same manner.**

Attach the Left Base (40) to the Center Base (39) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

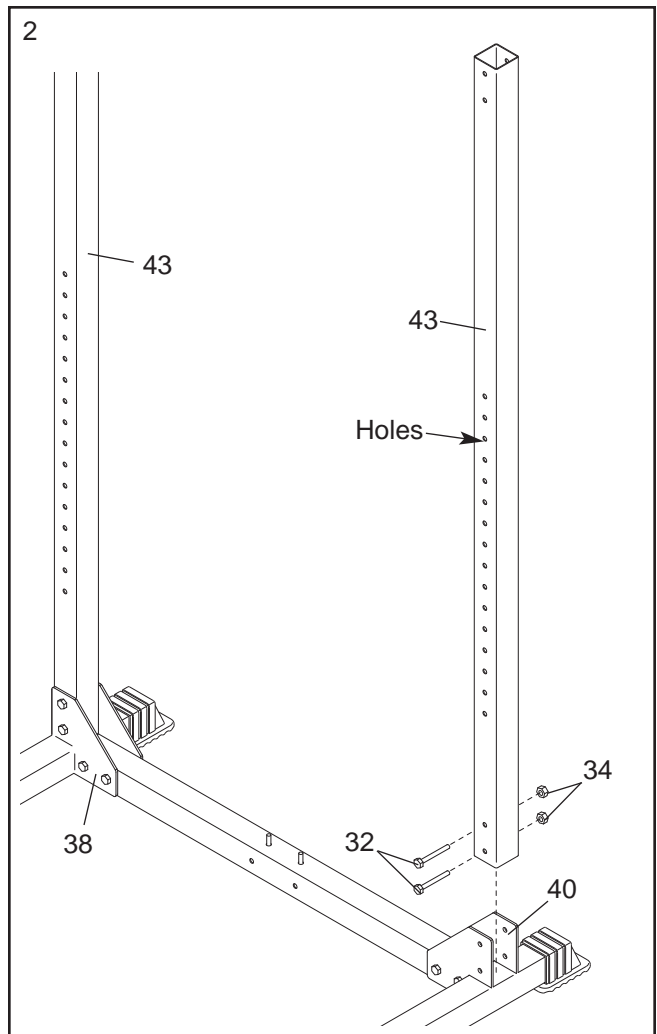
Repeat this step with the Right Base (not shown).

Insert two M10 x 75m Carriage Bolts (90) up through the Center Base (39).



2. Attach a Rear Upright (43) to the Left Base (40) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Note: The Rear Uprights are shorter than the Front Uprights (not shown). Make sure the holes are on the side shown. Do not tighten the Locknuts yet.**

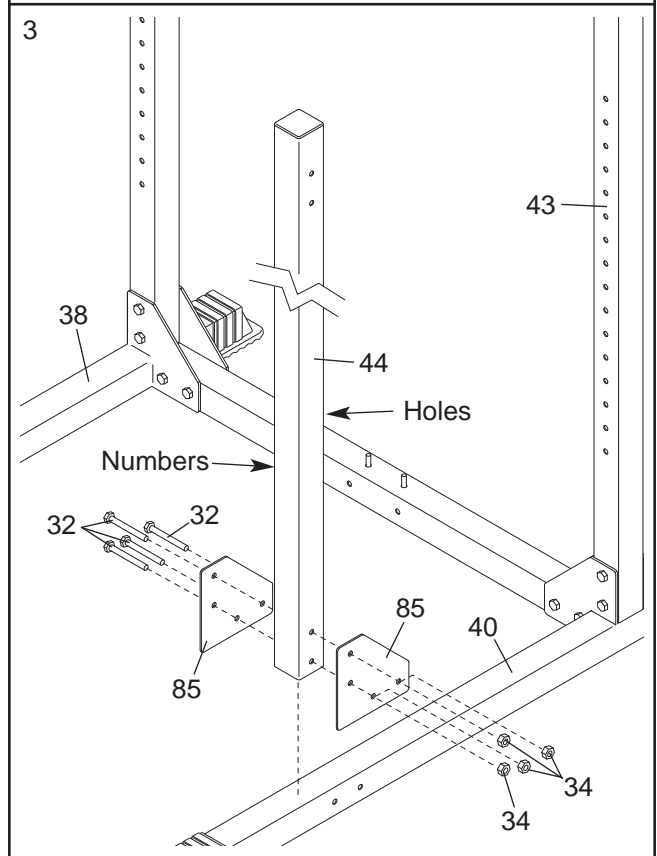
Repeat this step with the other Rear Upright (43) and the Right Base (38).



3. Attach the Left Front Upright (44) to the Left Base (40) with four M10 x 78mm Bolts (32), two Rack Joint Plates (85), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

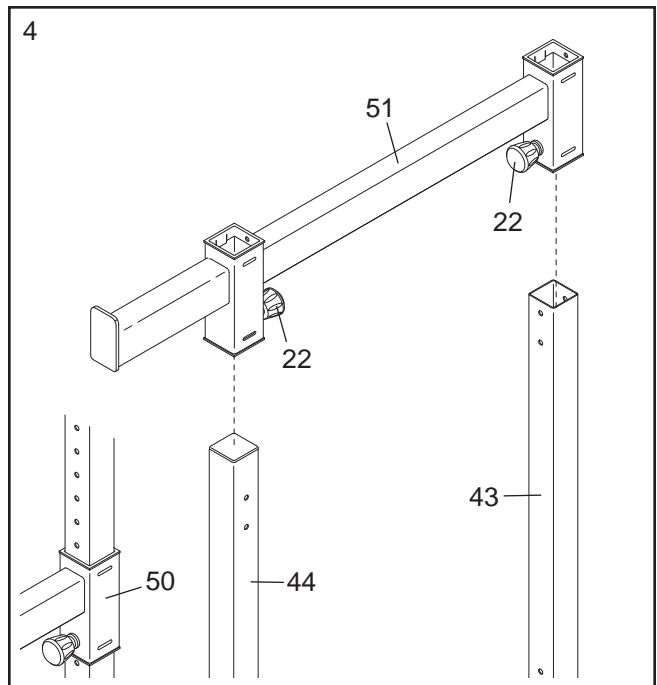
Make sure the holes on the Left Front Upright (44) face the holes on the Rear Upright (43), and that the numbers on the Left Front Upright face the numbers on the Right Front Upright (not shown).

Repeat this step with the right Front Upright (not shown) and the Right Base (38).



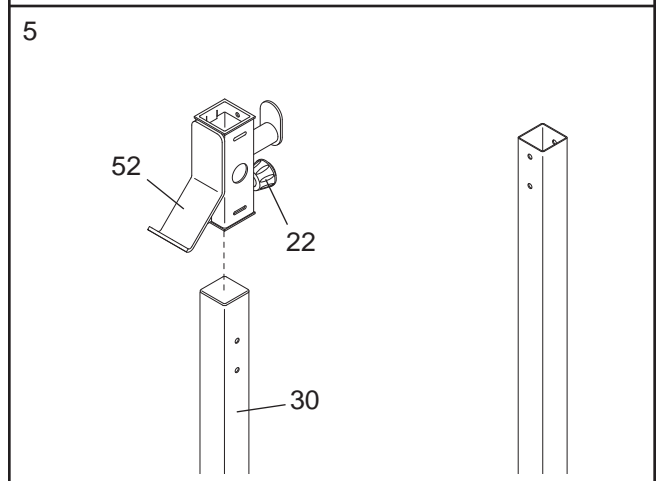
4. Loosen the two Adjustment Knobs (22) on the Left Safety Spotter (51) by turning them counterclockwise. Pull both Knobs out at the same time and slide the Left Safety Spotter (51) onto the Left Uprights (43, 44) and engage and tighten the Adjustment Knobs (22) into a set of holes in the Uprights.

Repeat this step with the Right Safety Spotter (50) and Right Uprights (not shown).



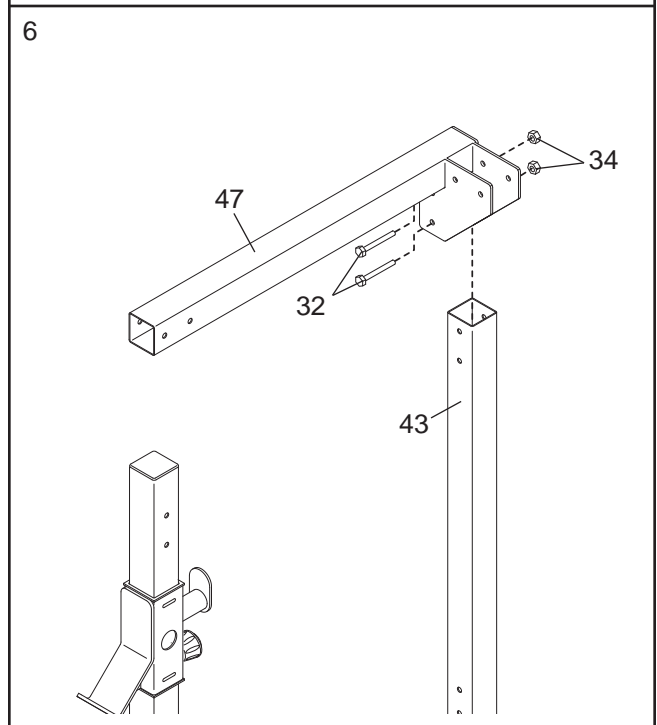
5. Loosen the Adjustment Knob (22) on the Right Weight Rest (52) by turning it counterclockwise. Pull the Knob out and slide the Right Weight Rest (52) onto the Right Front Upright (30). Engage and tighten the Adjustment Knob (22) into a hole in the Upright.

Repeat this step with the Left Weight Rest (not shown) and the Left Front Upright (not shown).



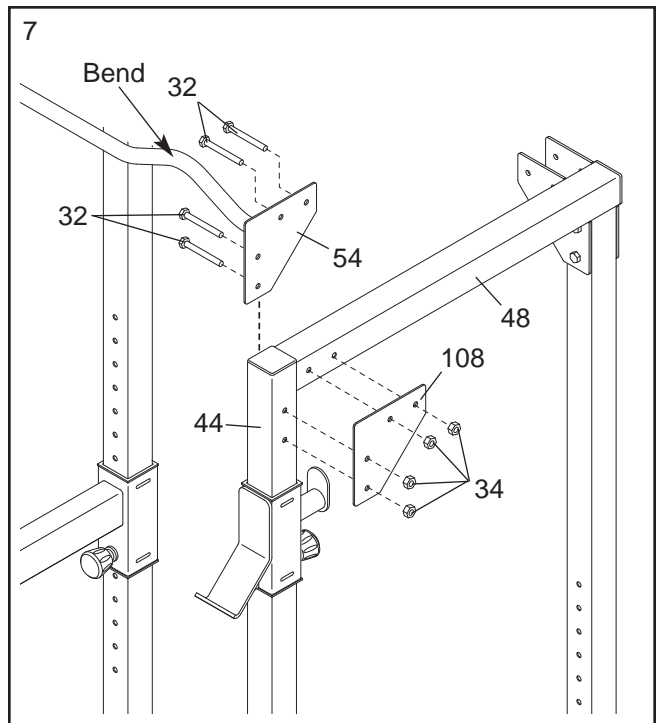
6. Attach the Right Top Frame (47) to the right Rear Upright (43) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

Repeat this step with the Left Top Frame (not shown) and the left Rear Upright (not shown).

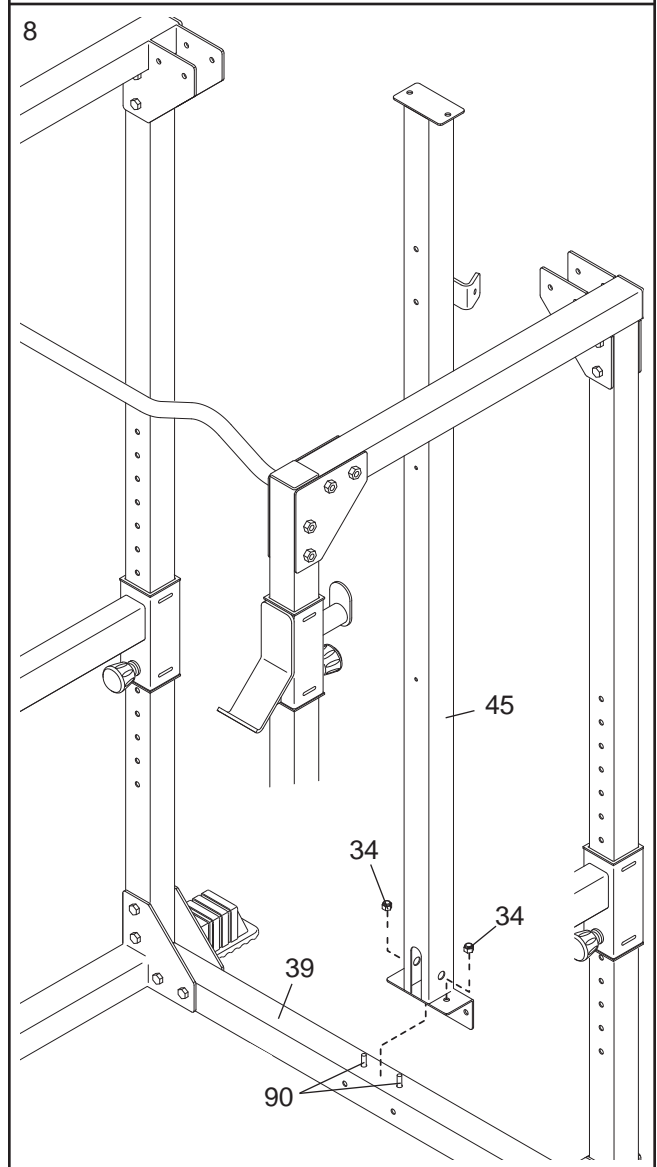


7. Attach the Chin-up Bar (54), with the bends going up, to the Left Front Upright (44) and the Left Top Frame (48) with four M10 x 78mm Bolts (32), a Chrome Joint Plate (108), and four M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

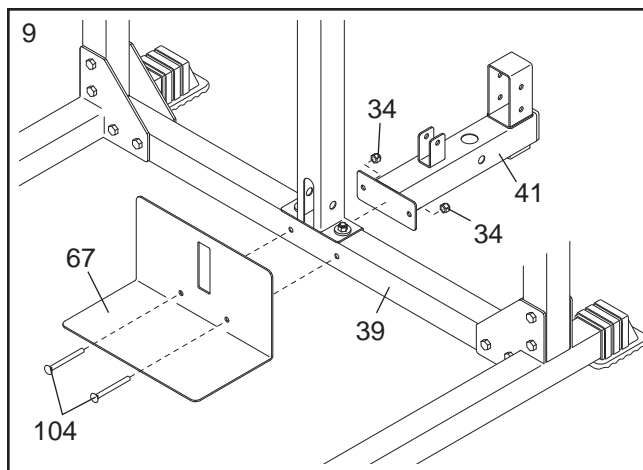
Attach the Chin-up Bar (54) to the Right Front Upright (not shown) and the Right Top Frame (not shown) in the same manner.



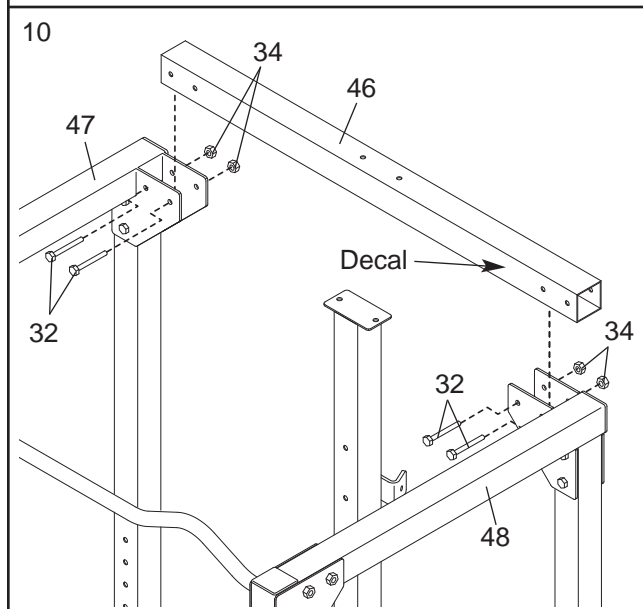
8. Attach the Center Upright (45) to the Center Base (39) with the two M10 x 75mm Carriage Bolts (90), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**



9. Attach the Foot Plate (67) and the Weight Guide Base (41) to the Center Base (39) with two M10 x 81mm Button Bolts (104) and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

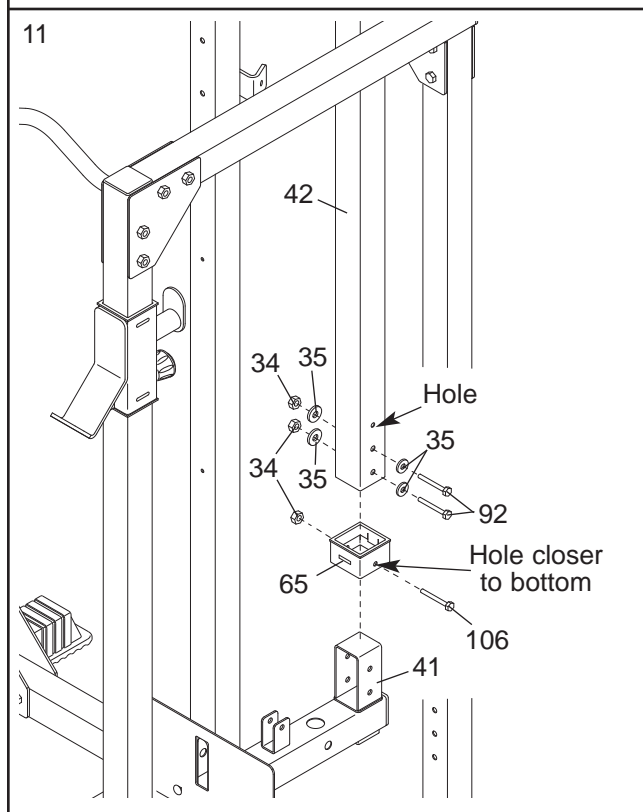


10. Attach the Center Top Frame (46) to the Left Top Frame (48) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Make sure the decal is in the indicated location. Do not tighten the Locknuts yet.**



Attach the Center Top Frame (46) to the Right Top Frame (47) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

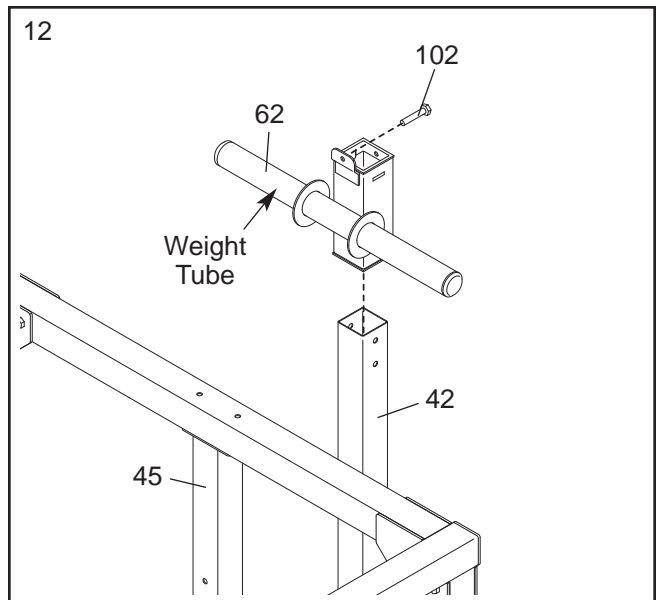
11. Slide the Weight Carriage Stop (65) onto the Weight Guide Upright (42) as shown, and attach it at the indicated hole with an M10 x 87mm Bolt (106) and an M10 Nylon Locknut (34).



Attach the Weight Guide Upright (42) to the Weight Guide Base (41) with two M10 x 75mm Bolts (92), four M10 Washers (35), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

12. Insert an M10 x 19mm Bolt (102) into the bracket on the Weight Carriage (62) from the side shown.

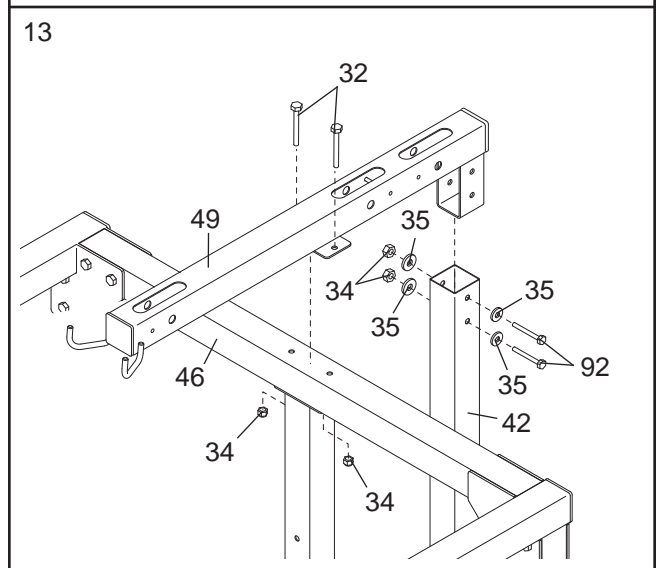
Slide the Weight Carriage (62) onto the Weight Guide Upright (42) so that the weight tube is toward the Center Upright (45).



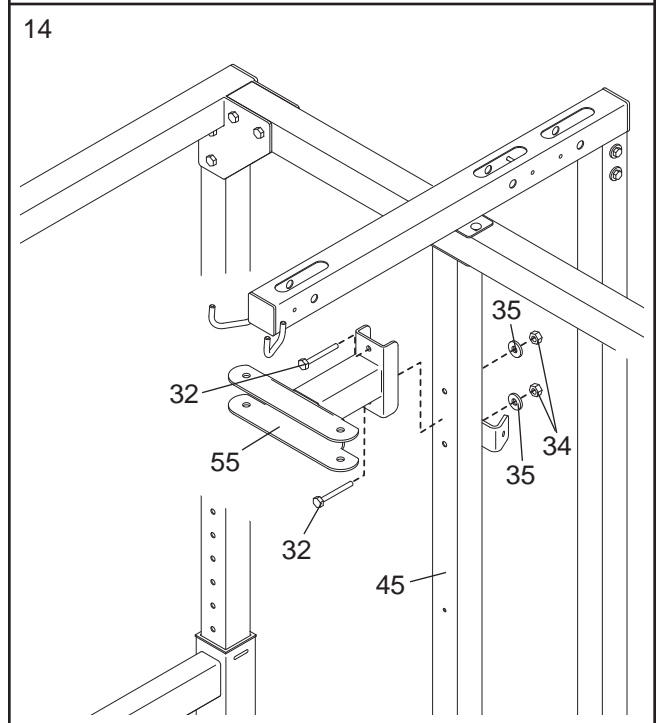
13. Attach the Weight Guide Top Frame (49) to the Weight Guide Upright (42) with two M10 x 75mm Bolts (92), four M10 Washers (35), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

Attach the Weight Guide Top Frame (49) to the Center Top Frame (46) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34).

Tighten the M10 Nylon Locknuts (34) used in steps 1–13.



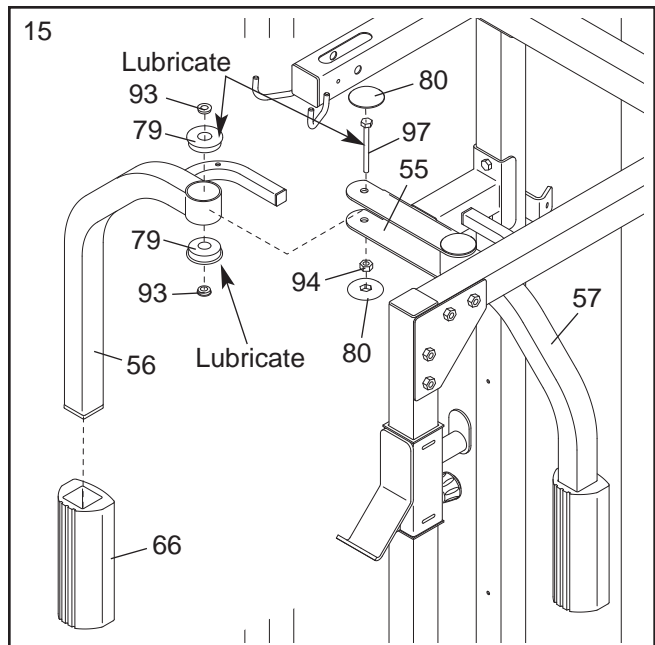
14. Attach the Butterfly Bracket (55) to the Center Upright (45) with two M10 x 78mm Bolts (32), two M10 Washers (35), and two M10 Nylon Locknuts (34).



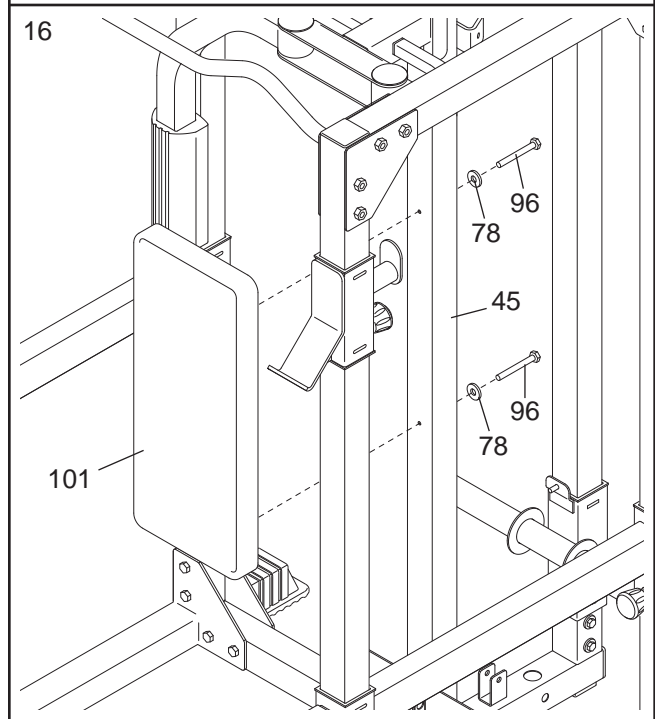
15. Press two Plastic Butterfly Bushings (79) and two Metal Butterfly Bushings (93) into the Right Butterfly Arm (56). Wet the bottom of the Butterfly Arm with soapy water and slide a Butterfly Foam Pad (66) onto the Arm.

Lubricate a 1/2" x 78mm Bolt (97) and the Plastic Butterfly Bushings (79) with grease. Attach the Right Butterfly Arm (56) to the Butterfly Bracket (55) with the Bolt and a 1/2" Nylon Locknut (94). Cover the Bolt and Locknut with two Butterfly Caps (80). **Do not overtighten the Locknut; the Butterfly Arm must be able to pivot easily.**

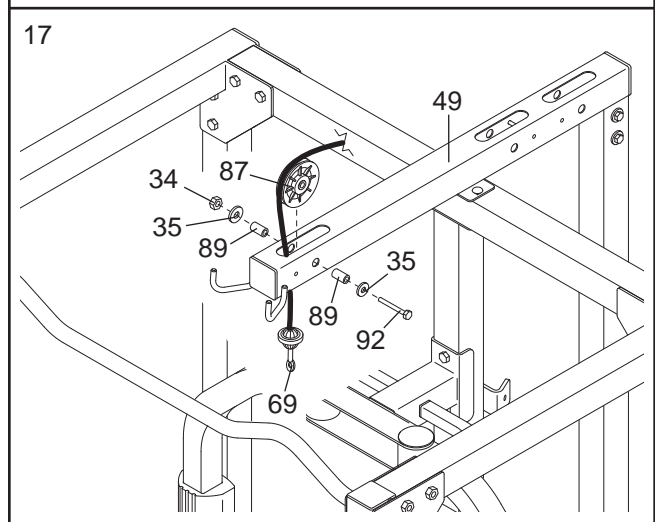
Repeat this step with the Left Butterfly Arm (57).



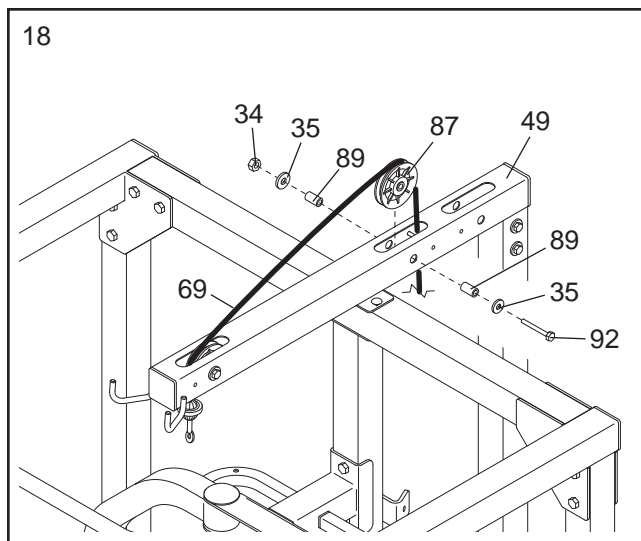
16. Attach the Butterfly Backrest (101) to the Center Upright (45) with two M6 Washers (78) and two M6 x 75mm Screws (96).



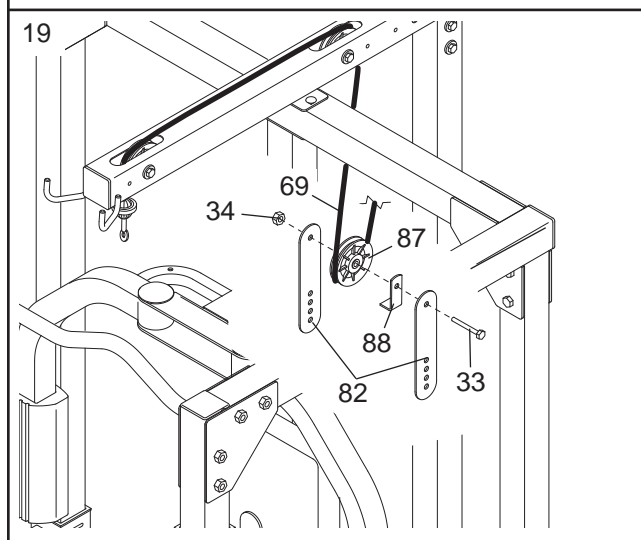
17. **Locate the Medium Cable (69).** Route the Cable up through the Weight Guide Top Frame (49) and over a Pulley (87). Attach the Pulley inside the Top Frame with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



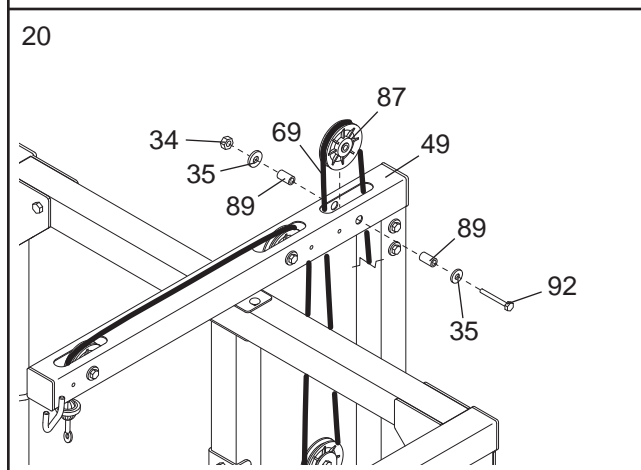
18. Route the Medium Cable (69) over a Pulley (87) and down through the Weight Guide Top Frame (49). Attach the Pulley inside the Top Frame with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



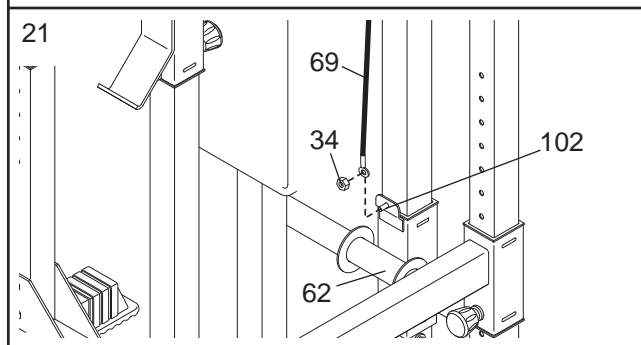
19. Wrap the Medium Cable (69) under a Pulley (87). Attach the Pulley and a Cable Trap (88) to the indicated hole in the Pulley Plates (82) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



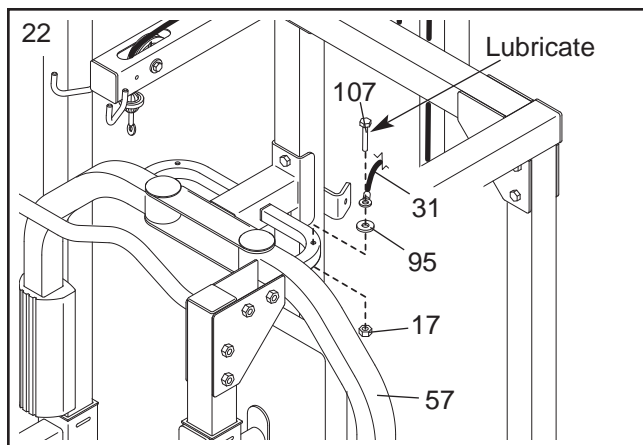
20. Route the Medium Cable (69) up through the Weight Guide Top Frame (49), over a Pulley (87), and back down through the Top Frame. Attach the Pulley inside the Top Frame with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



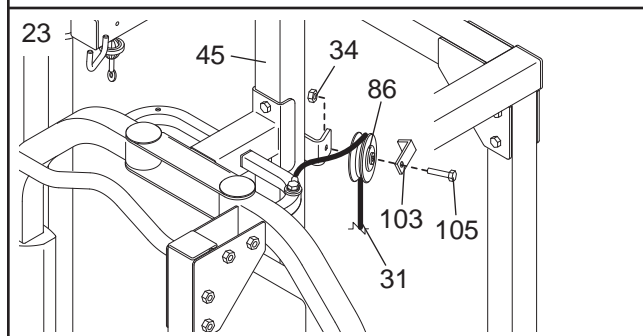
21. Attach the Medium Cable (69) to the M10 x 19mm Bolt (102) in the Weight Carriage (62) with an M10 Nylon Locknut (34).



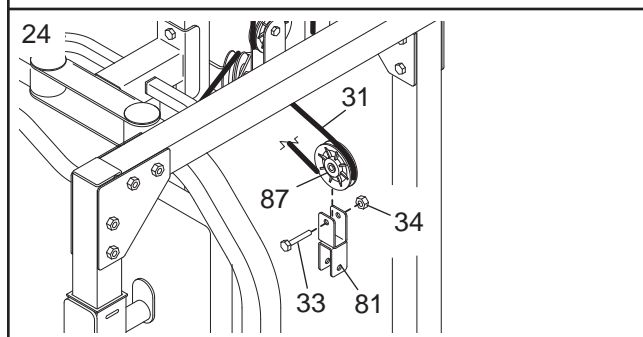
22. **Locate the Butterfly Cable (31).** Lubricate an M8 x 43mm Shoulder Bolt (107) with grease. Attach the Cable to the Left Butterfly Arm (57) with the Bolt, an M10 Small Washer (95), and an M8 Nylon Locknut (17).



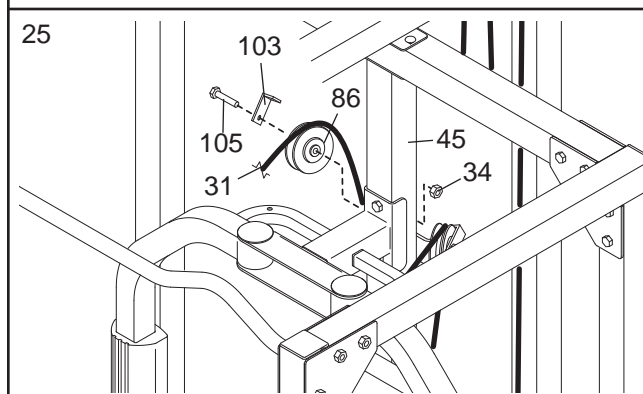
23. Wrap the Butterfly Cable (31) over a "V"-pulley (86). Attach the "V"-pulley and a Large Cable Trap (103) to the bracket on the Center Upright (45) with an M10 x 60mm Bolt (105) and an M10 Nylon Locknut (34). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



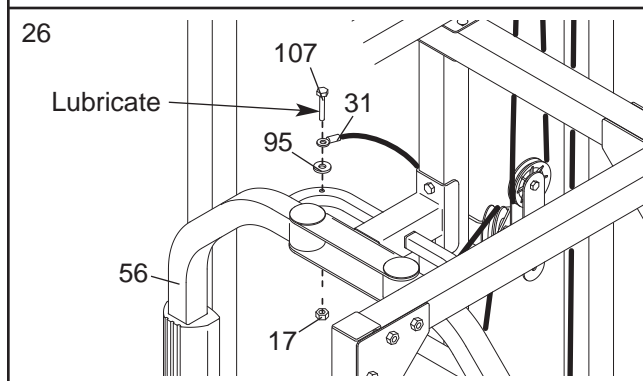
24. Wrap the Butterfly Cable (31) under a Pulley (87). Attach the Pulley to the Double "U"-bracket (81) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34).



25. Wrap the Butterfly Cable (31) over a "V"-pulley (86). Attach the "V"-pulley and a Large Cable Trap (103) to the other side of the bracket on the Center Upright (45) with an M10 x 60mm Bolt (105) and an M10 Nylon Locknut (34). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



26. Lubricate an M8 x 43mm Shoulder Bolt (107). Attach the Butterfly Cable (31) to the Right Butterfly Arm (56) with the Bolt, an M10 Small Washer (95), and an M8 Nylon Locknut (17).



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.

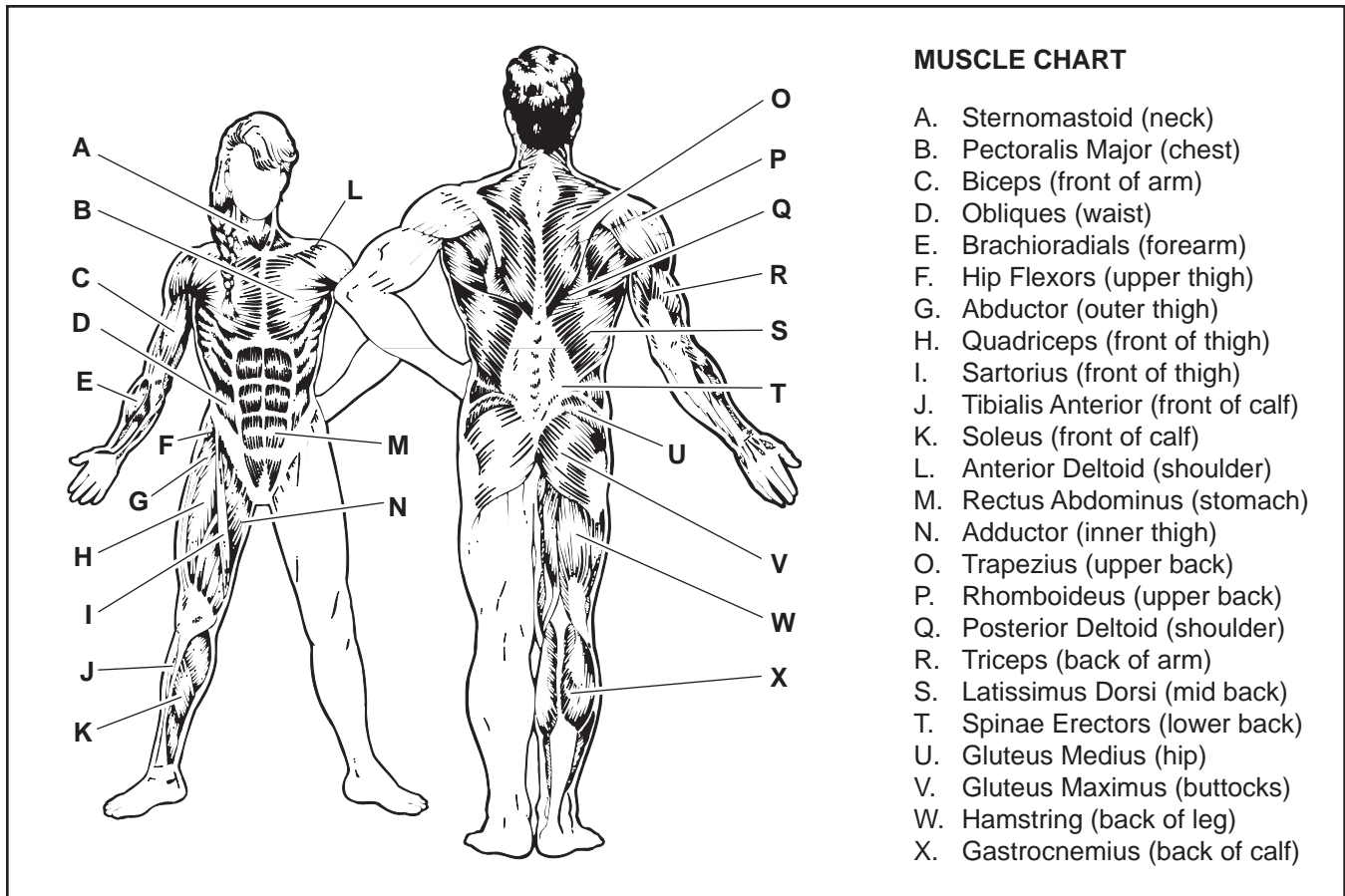
COOLING DOWN

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 26 and 27 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.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (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)

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.

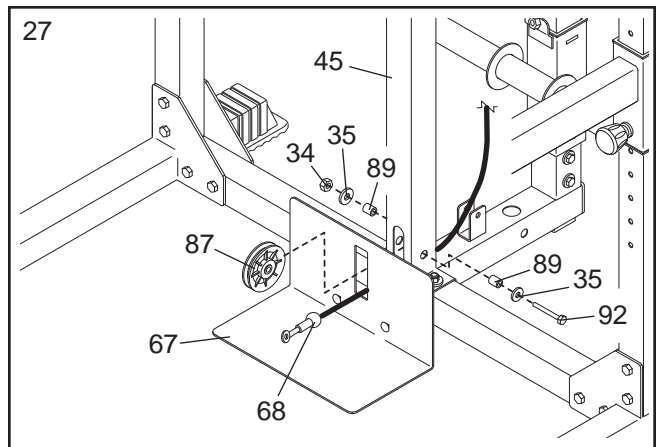
EXERCISE FORM

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.

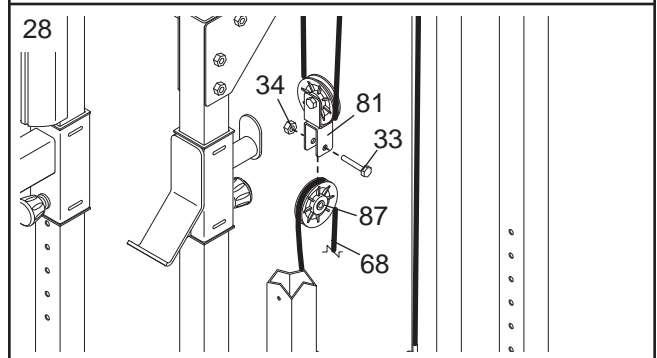
The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your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

27. **Locate the Long Cable (68).** Route the eyelet end of the Cable through the Foot Plate (67) and the Center Upright (45), and under a Pulley (87).

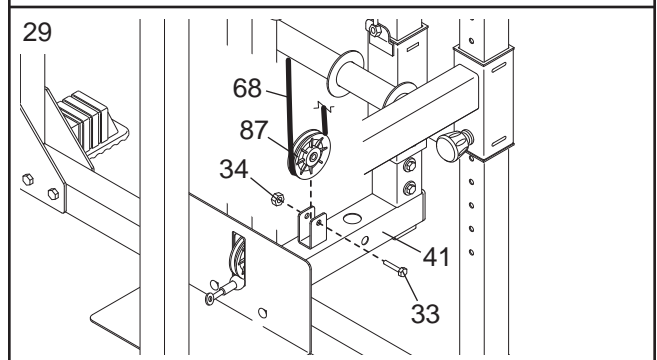
Attach the Pulley (87) inside the Center Upright (45) with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34). **Note: The Foot Plate (67) is shown pulled away from the Center Upright for clarity.**



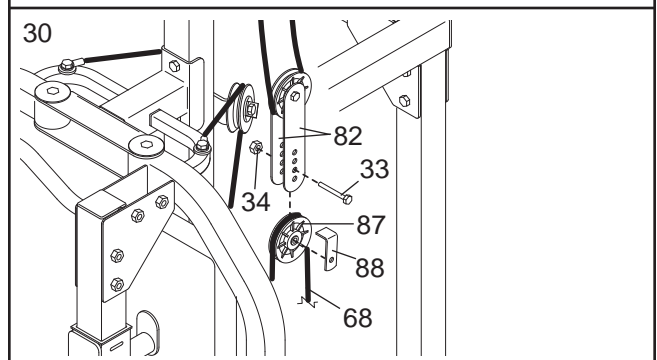
28. Wrap the Long Cable (68) over a Pulley (87). Attach the Pulley to the Double "U"-bracket (81) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34).



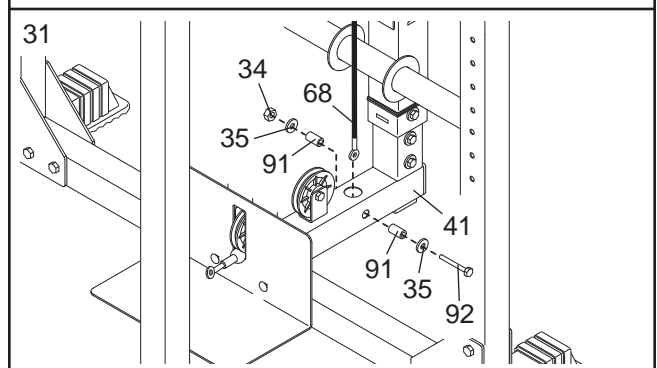
29. Wrap the Long Cable (68) under a Pulley (87). Attach the Pulley to the Weight Guide Base (41) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34).



30. Wrap the Long Cable (68) over a Pulley (87). Attach the Pulley and a Cable Trap (88) to the second set of holes from the bottom of the Pulley Plates (82) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

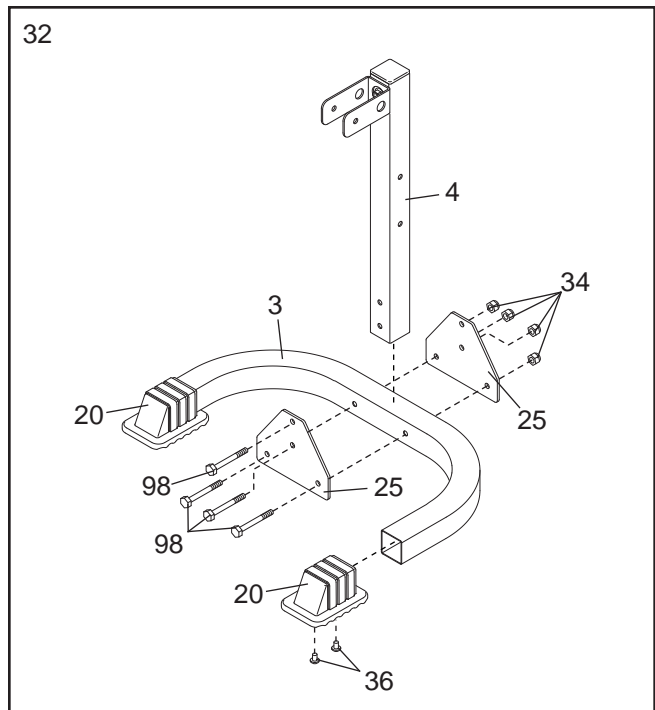


31. Attach the Long Cable (68) inside the Weight Guide Base (41) with an M10 x 75mm Bolt (92), two M10 Washers (35), two 28mm Spacers (91), and an M10 Nylon Locknut (34).



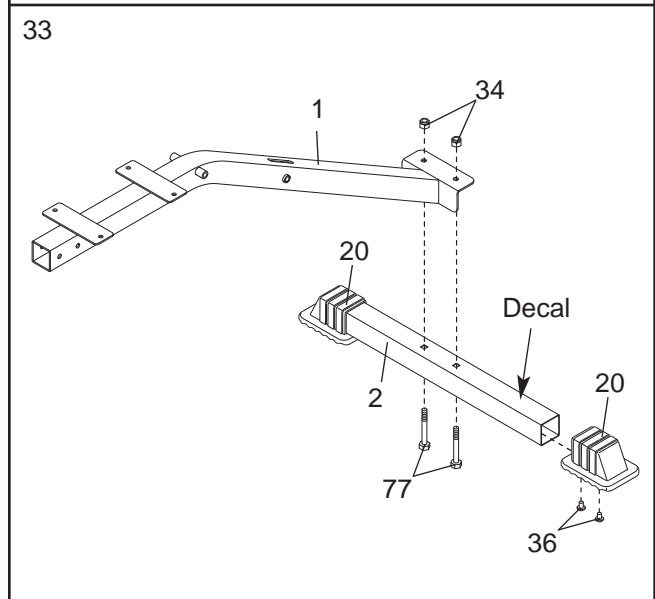
32. Attach a Small Base Cap (20) to the Bench Base (3) with two M4 x 16mm Screws (36). **Attach another Small Base Cap to the Bench Base in the same manner.**

Attach the Bench Leg (4) to the Bench Base (3) with four M10 x 68mm Bolts (98), two Leg Plates (25), and four M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

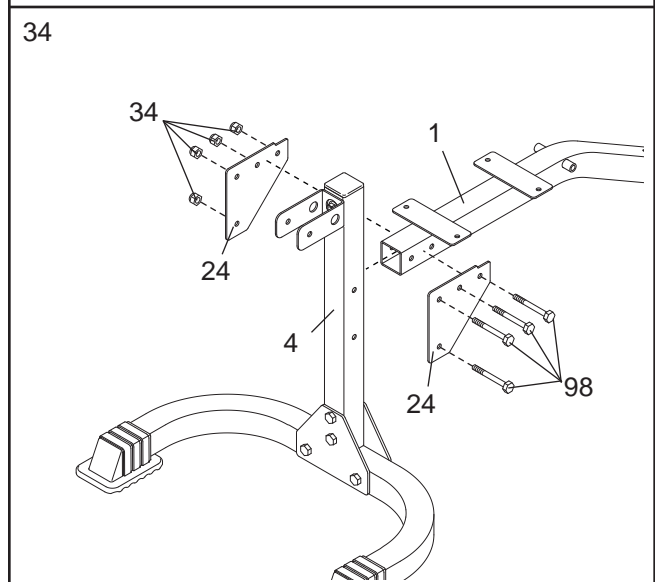


33. Attach a Small Base Cap (20) to the Stabilizer (2) with two M4 x 16mm Screws (36). **Attach another Small Base Cap to the Stabilizer in the same manner.**

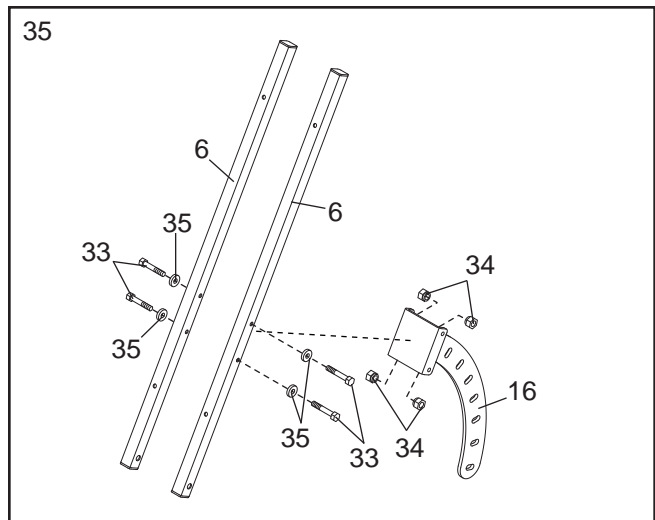
Attach the Bench Frame (1) to the Stabilizer (2) with two M10 x 58mm Carriage Bolts (77) and two M10 Nylon Locknuts (34). **Make sure the decal is in the indicated position. Do not tighten the Locknuts yet.**



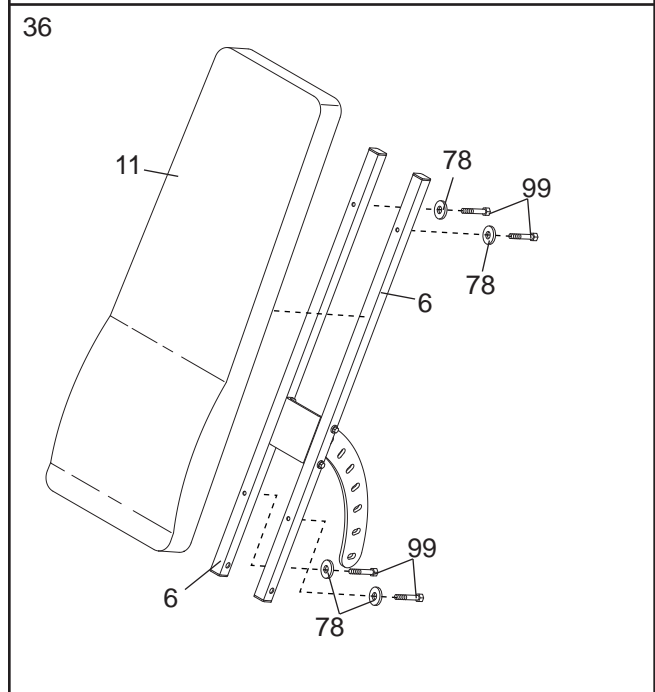
34. Attach the Bench Frame (1) to the Bench Leg (4) with four M10 x 68mm Bolts (98), two Notched Plates (24), and four M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**



35. Attach the Backrest Frames (6) to the Backrest Bracket (16) with four M10 x 45mm Bolts (33), four M10 Washers (35), and four M10 Nylon Locknuts (34). **Make sure the Backrest Frames are oriented with the indicated holes closer to the bottom. Do not tighten the Locknuts yet.**



36. Attach the Backrest (11) to the Backrest Frames (6) with four M6 x 38mm Screws (99) and four M6 Washers (78).

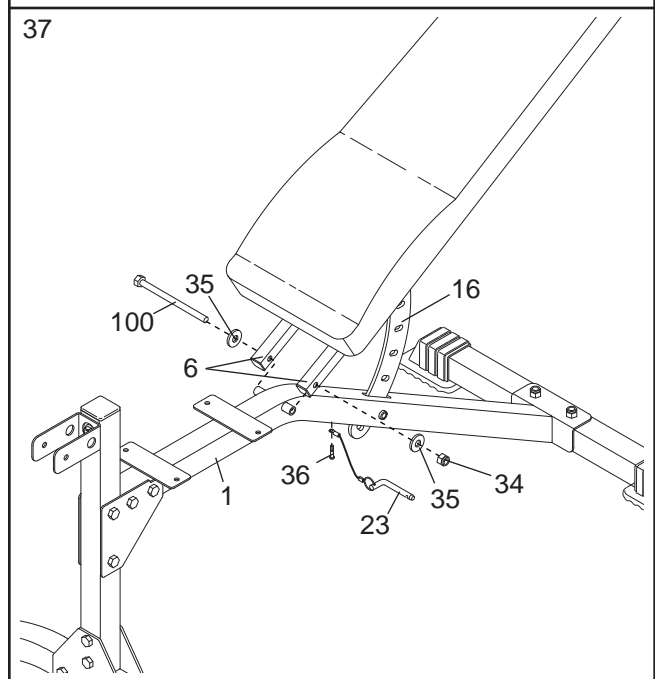


37. Insert the Backrest Bracket (16) into the slot in the Bench Frame (1) and engage the Bench Pin (23) into the Bench Frame and one of the holes in the Backrest Bracket.

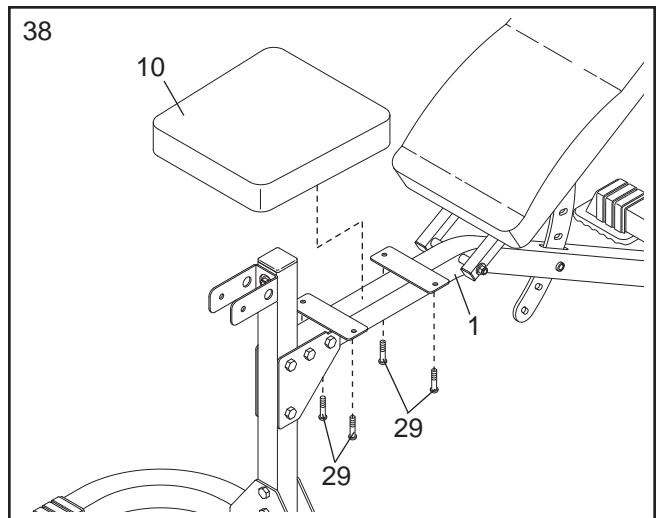
Attach the Backrest Frames (6) to the Bench Frame (1) with an M10 x 156mm Bolt (100), two M10 Washers (35), and an M10 Nylon Locknut (34). **Do not overtighten the Locknut; the Bracket Frames must be able to pivot easily.**

Attach the tether on the Bench Pin (23) to the bottom of the Bench Frame (1) with an M4 x 16mm Screw (36).

Tighten the M10 Nylon Locknuts (34) used in steps 32–37.

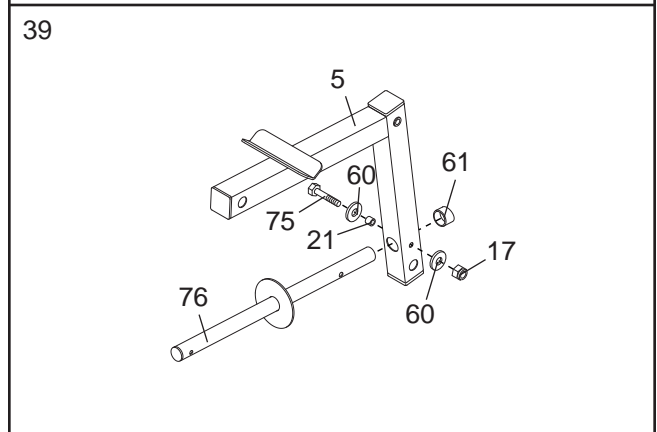


38. Attach the Seat (10) to the Bench Frame (1) as shown with four M6 x 16mm Screws (29).

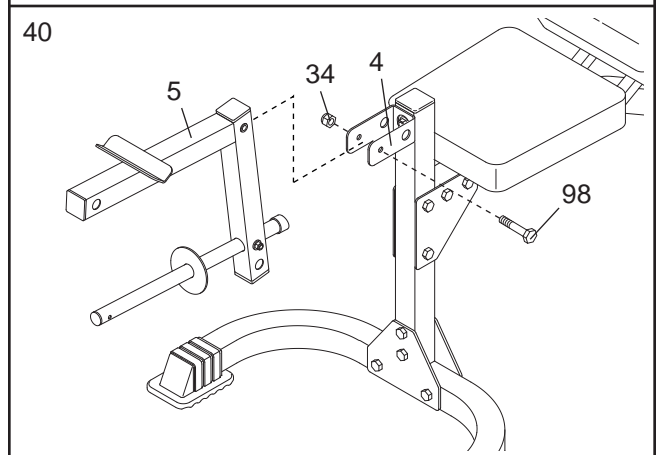


39. Attach the Weight Tube (76) to the Leg Lever (5) with an M8 x 58mm Bolt (75), two M8 Washers (60), the 10mm Spacer (21), and an M8 Nylon Locknut (17).

Press the 19mm Angled Outer Cap (61) onto the indicated end of the Weight Tube (76).

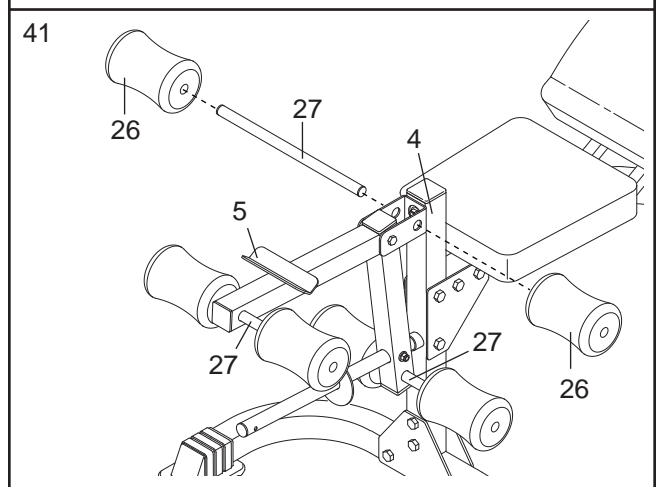


40. Lubricate an M10 x 68mm Bolt (98) with grease. Attach the Leg Lever (5) to the Bench Leg (4) with the Bolt and an M10 Nylon Locknut (34). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



41. Slide a Pad Tube (27) into the Bench Leg (4). Slide two Foam Pads (26) onto the ends of the Pad Tube.

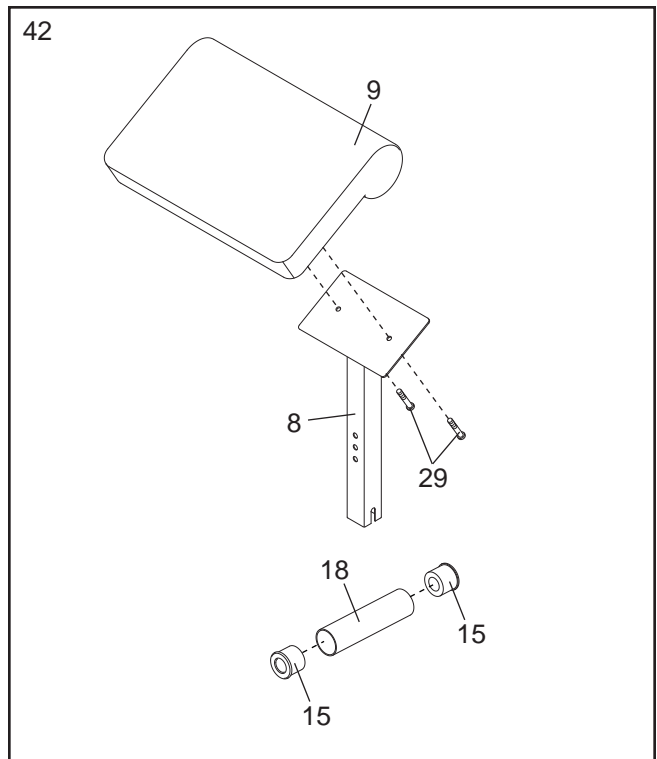
Assemble two Pad Tubes (27) to the Leg Lever (5) in the same manner.



42. Attach the Curl Pad (9) to the Curl Post (8) with two M6 x 16mm Screws (29).

Press two Adapter Bushings (15) into the Weight Adapter (18).

43. **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.



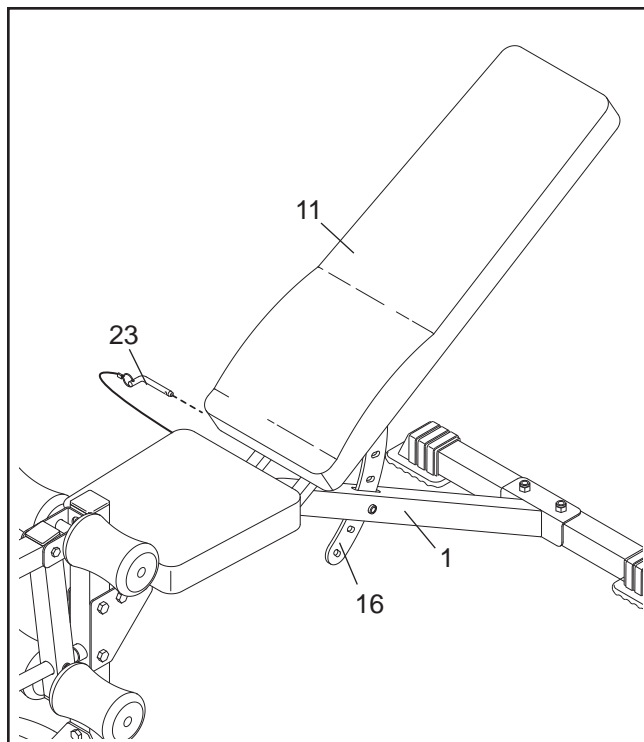
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 24 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

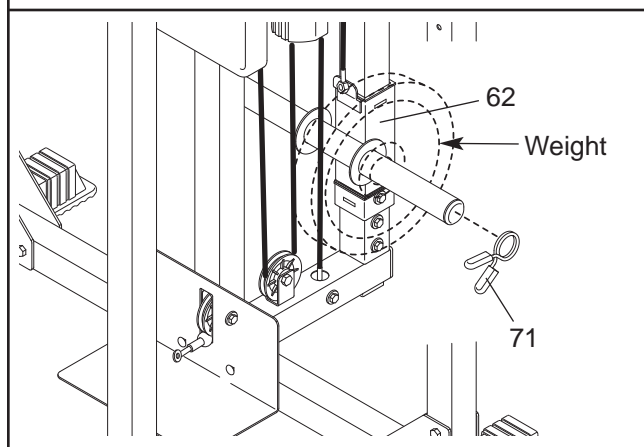
To adjust the position of the Backrest (11), pull the Bench Pin (23) out of the Bench Frame (1). Move the Backrest to the desired position, and insert the Pin into the Bench Frame and one of the holes in the Backrest Bracket (16).



ADDING WEIGHT TO THE WEIGHT CARRIAGE OR BARBELL

To add weight to the Weight Carriage (62), slide the desired amount of weight onto the weight tube. Secure the weight with a Weight Clip (71).

Add weight to the Barbell (not shown) in the same manner.

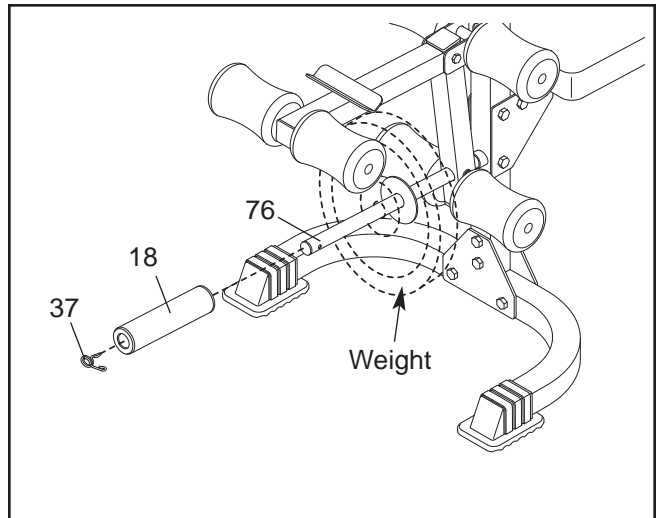


⚠ WARNING: Do not place more than 150 pounds on the Weight Carriage (62).

ADDING WEIGHT TO THE LEG LEVER

Slide the desired amount of weight onto the Weight Tube (76). To use Olympic weights, slide the Weight Adapter (18) onto the Weight Tube before adding the weight. Secure the weight with the Small Weight Clip (37).

⚠ WARNING: Do not place more than 150 pounds on the Weight Tube (76).

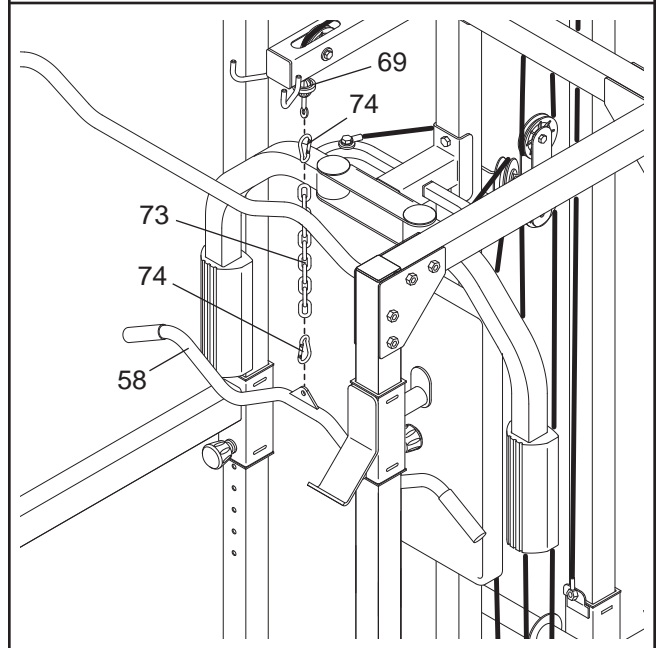


ATTACHING THE ACCESSORIES

Attach the Lat Bar (58) to the Medium Cable (69) with a Small Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Medium Cable with two Small Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (58) or the Ankle Strap (not shown) can be attached to either cable in the same manner.

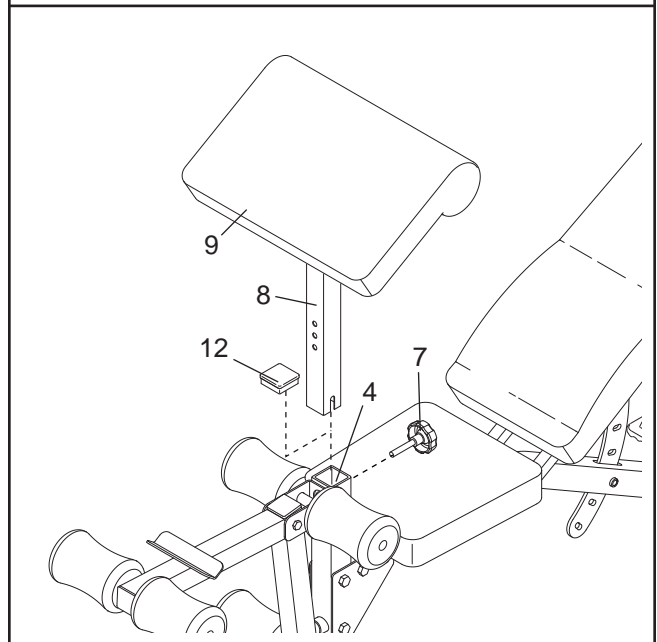
⚠ WARNING: Always disconnect the Lat Bar (58) when performing an exercise that does not require using the Lat Bar.



ATTACHING THE LEG LEVER OR CURL PAD

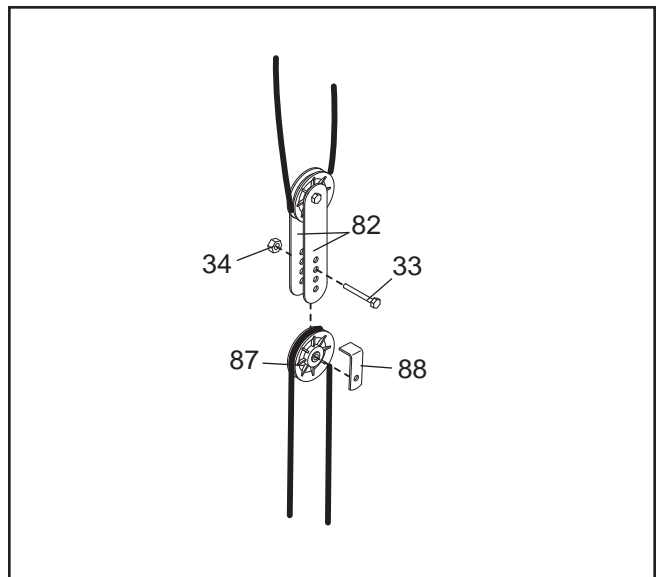
To use the Curl Pad (9), remove the 45mm Square Inner Cap (12) from the Bench Leg (4). Insert the Curl Post (8) into the Bench Leg. Secure the Curl Post with the Bench Knob (7).

When performing an exercise that does not require the Curl Pad (9), remove it from the Bench Leg (4) and insert the 45mm Square Inner Cap (12).



TIGHTENING THE CABLES

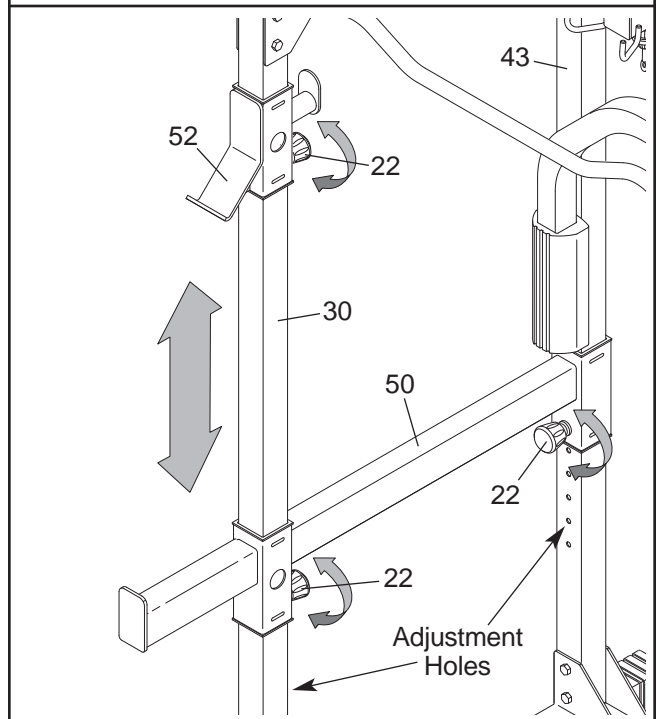
Woven cable, the type of cable used on the weight rack, can stretch slightly after it is first used. If there is slack in the cables, tighten them by removing the M10 x 45mm Bolt (33) and the M10 Nylon Locknut (34) attaching the lower Pulley (87) and Cable Trap (88) to the two Pulley Plates (82). Reattach the lower Pulley and Cable Trap to a higher set of holes in the Pulley Plates using the Bolt and Locknut.



USING THE WEIGHT RESTS AND SAFETY SPOTTERS

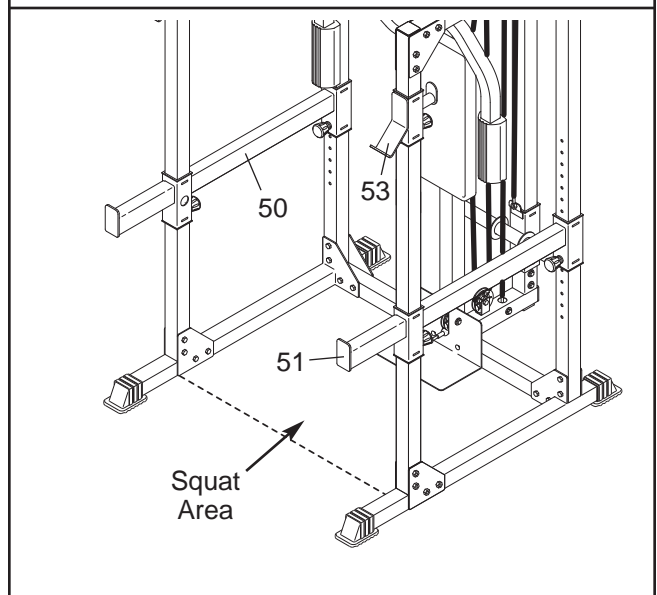
Before beginning an exercise, move the Weight Rests (52, 53) and the Safety Spotters (50, 51) to sets of holes in the Uprights (43, and 44/30) that are best suited for that exercise. Do this by turning the Adjustment Knobs (22) counterclockwise until they are loose. Pull the Knobs out and slide the Weight Rests or the Safety Spotters to the desired heights. Engage the Knobs into the adjustment holes in the Uprights and turn the Knobs clockwise until they are tight.

The selected holes for the Safety Spotters (50, 51) should represent the lowest point to which you want the barbell to go during the exercise. The selected holes for the Weight Rests (52, 53) should be at a comfortable height for lifting and replacing the barbell. Perform the exercise as shown on the accompanying exercise guide. **Note: Make sure the Adjustment Knobs (22) are fully tightened.**



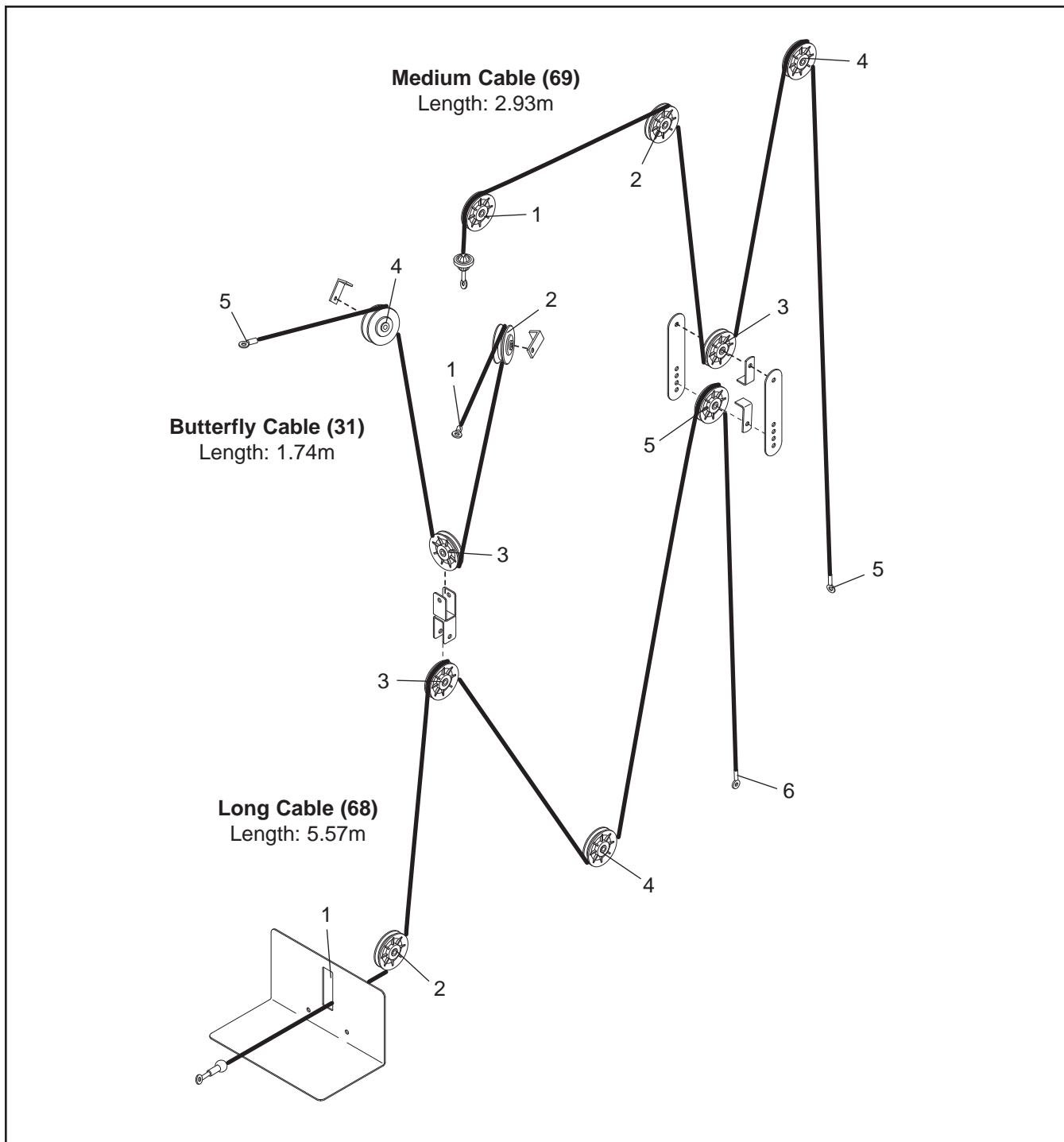
SETTING UP FOR SQUAT EXERCISES

Squat exercises should be performed inside the rack (behind the dotted line in the picture). When performing squat exercises, set the Weight Rests (52, 53) and the Safety Spotters (50, 51) at a comfortable height in the manner describe in USING THE WEIGHT RESTS AND SAFETY SPOTTERS above.



CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Butterfly Cable (31), the Long Cable (68), and the Medium Cable (69). Use the diagram to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight rack will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

THURSDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

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

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

TUESDAY AEROBIC EXERCISE

Date: _____ / _____ / _____

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

THURSDAY AEROBIC EXERCISE

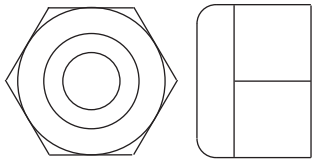
Date: _____ / _____ / _____

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _____ / _____ / _____				

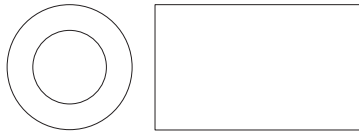
Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART—Model No. WEBE37340

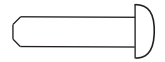
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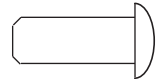
1/2" Nylon Locknut (94)



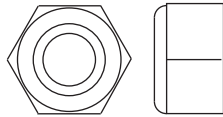
28mm Spacer (91)



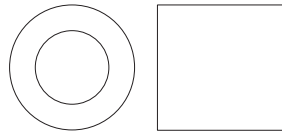
M4 x 16mm Screw (36)



M6 x 16mm Screw (29)



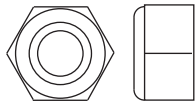
M10 Nylon Locknut (34)



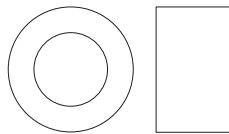
17mm Spacer (89)



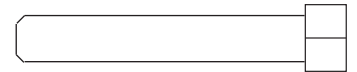
M10 x 19mm Bolt (102)



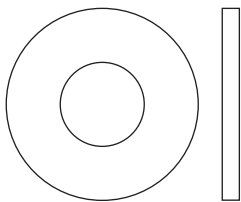
M8 Nylon Locknut (17)



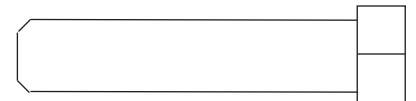
10mm Spacer (21)



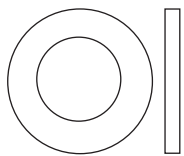
M6 x 38mm Bolt (99)



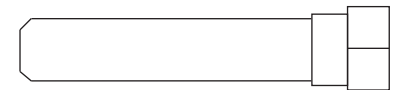
M10 Washer (35)



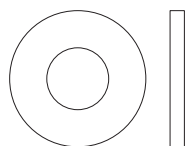
M10 x 45mm Bolt (33)



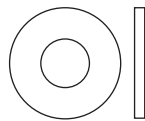
M10 Small Washer (95)



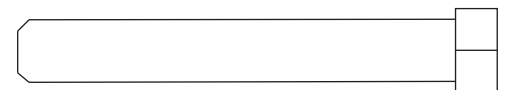
M8 x 43mm Shoulder Bolt (107)



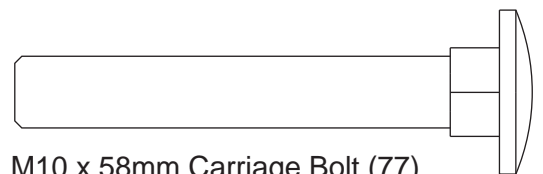
M8 Washer (60)



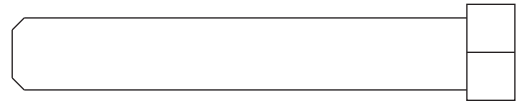
M6 Washer (78)



M8 x 58mm Bolt (75)



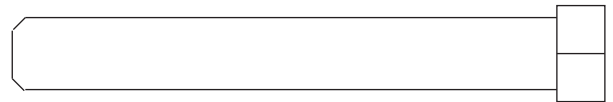
M10 x 58mm Carriage Bolt (77)



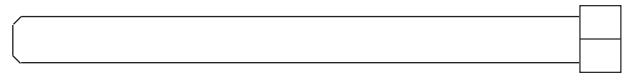
M10 x 60mm Bolt (105)



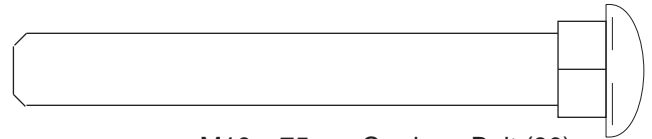
M10 x 68mm Bolt (98)



M10 x 75mm Bolt (92)



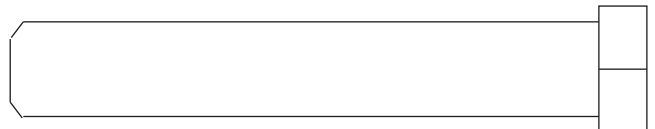
M6 x 75mm Screw (96)



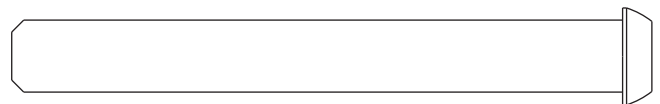
M10 x 75mm Carriage Bolt (90)



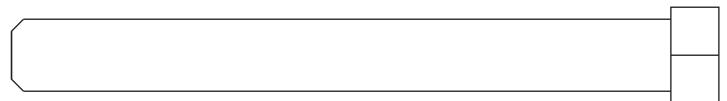
M10 x 78mm Bolt (32)



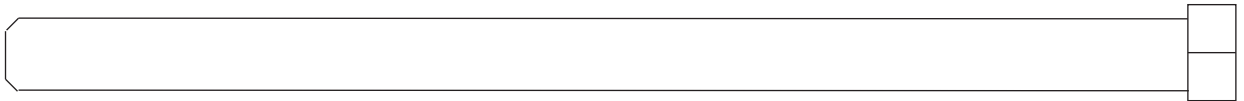
1/2" x 78mm Bolt (97)



M10 x 81mm Button Bolt (104)



M10 x 87mm Bolt (106)



M10 x 156mm Bolt (100)

PART LIST—Model No. WEBE37340

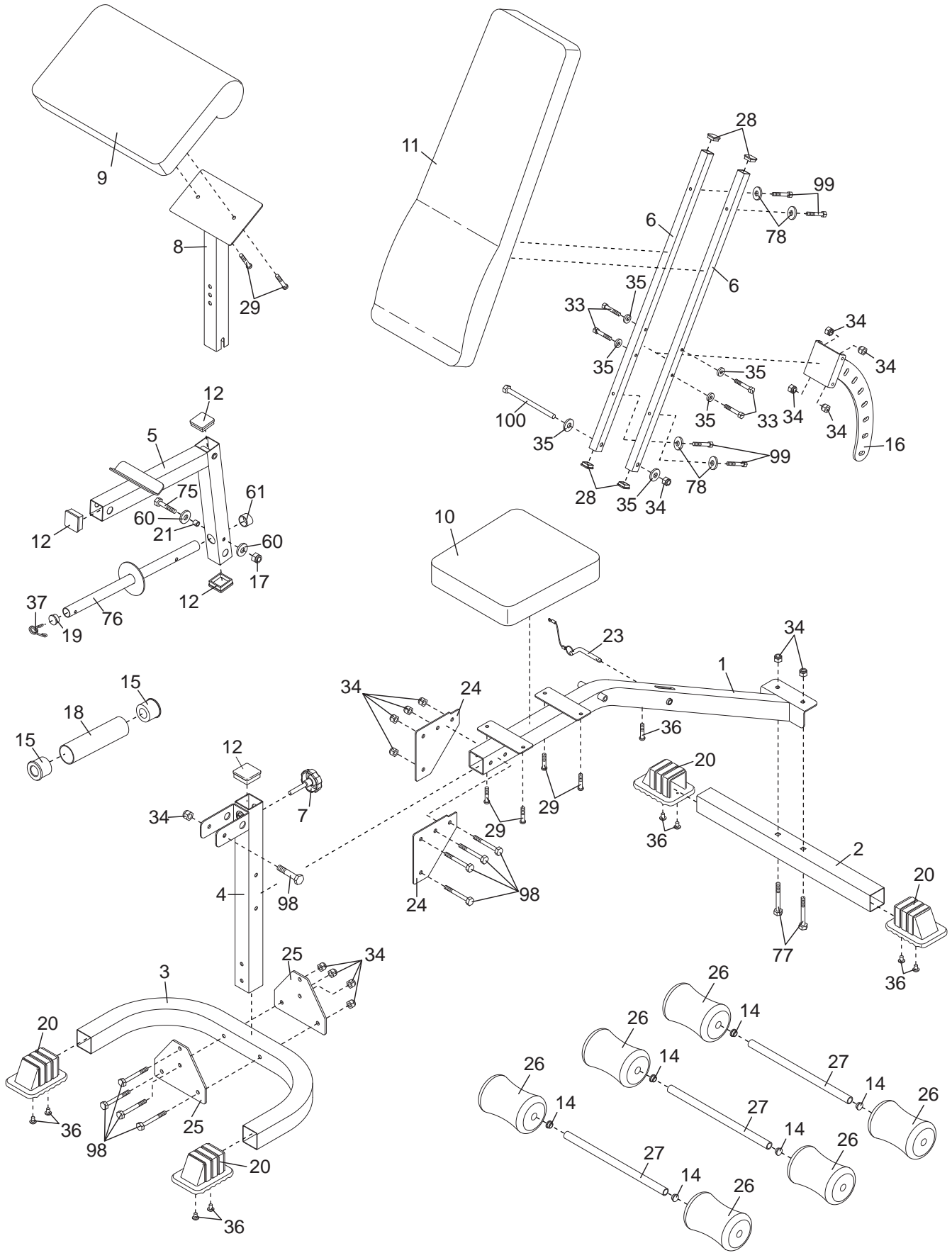
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	60	2	M8 Washer
2	1	Stabilizer	61	1	19mm Angled Outer Cap
3	1	Bench Base	62	1	Weight Carriage
4	1	Bench Leg	63	2	48mm Weight Carriage Cap
5	1	Leg Lever	64	7	60mm Square Inner Cap
6	2	Backrest Frame	65	1	Weight Carriage Stop
7	1	Bench Knob	66	2	Butterfly Foam Pads
8	1	Curl Post	67	1	Foot Plate
9	1	Curl Pad	68	1	Long Cable
10	1	Seat	69	1	Medium Cable
11	1	Backrest	70	4	Large Base Cap
12	4	45mm Square Inner Cap	71	2	Weight Clip
13	2	50mm Square Inner Cap	72	1	Ankle Strap
14	6	19mm Round Inner Cap	73	1	Chain
15	2	Adapter Bushing	74	2	Small Cable Clip
16	1	Backrest Bracket	75	1	M8 x 58mm Bolt
17	3	M8 Nylon Locknut	76	1	Weight Tube
18	1	Weight Adapter	77	2	M10 x 58mm Carriage Bolt
19	1	25mm Round Inner Cap	78	6	M6 Washer
20	4	Small Base Cap	79	4	Plastic Butterfly Bushing
21	1	10mm Spacer	80	4	Butterfly Cap
22	6	Adjustment Knob	81	1	Double "U"-bracket
23	1	Bench Pin	82	2	Pulley Plate
24	2	Notched Plate	83	1	Carriage Stop Bushing
25	2	Leg Plate	84	14	Square Bushing
26	6	Foam Pad	85	4	Rack Joint Plate
27	3	Pad Tube	86	2	"V"-pulley
28	6	25mm Square Inner Cap	87	9	Pulley
29	6	M6 x 16mm Screw	88	2	Cable Trap
30	1	Right Front Upright	89	8	17mm Spacer
31	1	Butterfly Cable	90	2	M10 x 75mm Carriage Bolt
32	36	M10 x 78mm Bolt	91	2	28mm Spacer
33	9	M10 x 45mm Bolt	92	9	M10 x 75mm Bolt
34	74	M10 Nylon Locknut	93	4	Metal Butterfly Bushing
35	26	M10 Washer	94	2	1/2" Nylon Locknut
36	17	M4 x 16mm Screw	95	2	M10 Small Washer
37	1	Small Weight Clip	96	2	M6 x 75mm Screw
38	1	Right Base	97	2	1/2" x 78mm Bolt
39	1	Center Base	98	9	M10 x 68mm Bolt
40	1	Left Base	99	4	M6 x 38mm Bolt
41	1	Weight Guide Base	100	1	M10 x 156mm Bolt
42	1	Weight Guide Upright	101	1	Butterfly Backrest
43	2	Rear Upright	102	1	M10 x 19mm Bolt
44	1	Left Front Upright	103	2	Large Cable Trap
45	1	Center Upright	104	2	M10 x 81mm Button Bolt
46	1	Center Top Frame	105	2	M10 x 60mm Bolt
47	1	Right Top Frame	106	1	M10 x 87mm Bolt
48	1	Left Top Frame	107	2	M8 x 43mm Shoulder Bolt
49	1	Weight Guide Top Frame	108	2	Chrome Joint Plate
50	1	Right Safety Spotter	#	1	User's Manual
51	1	Left Safety Spotter	#	1	Exercise Chart
52	1	Right Weight Rest	#	1	Allen Wrench
53	1	Left Weight Rest	#	1	7' Barbell
54	1	Chin-up Bar	#	2	2.5-pound Weight
55	1	Butterfly Bracket	#	4	5-pound Weight
56	1	Right Butterfly Arm	#	4	10-pound Weight
57	1	Left Butterfly Arm	#	2	25-pound Weight
58	1	Lat Bar	#	2	45-pound Weight
59	2	Handgrip			

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

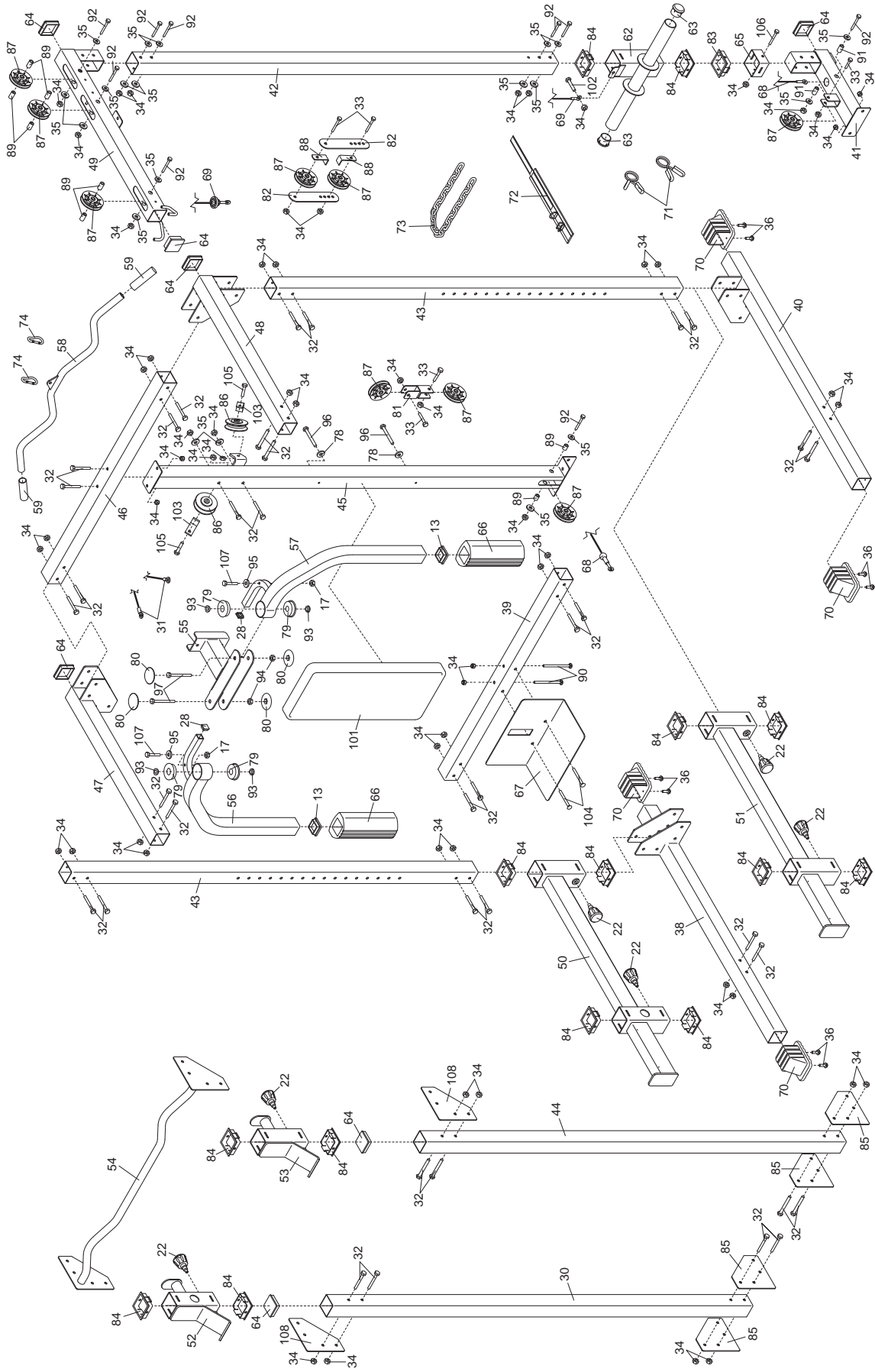
EXPLODED DRAWING—Model No. WEBE37340

R0704A



EXPLODED DRAWING—Model No. WEBE37340

R0704A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-877-992-5999, 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 (WEBE37340)
2. The NAME of the product (WEIDER® CLUB C650 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

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