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# Weider pro power stack exercise guide manual pdf file

Wrap the Ab Cable (74) around a 3 1/2" Pulley (35) in the direction shown. Press a Weight Tube Bumper (45) into the lower end of the Short Weight Tube (44). Attach the Press Top Frame (9) to the indicated bracket at the top of the Press Upright (5) with two 5/16" x 2 3/4" Bolts (89), a Medium Support Plate (109), and two 5/16" Nylon Locknuts (86). Description Butterfly Base Lat Bar Center Base Plastic Bushing Press Base Large Bushing "t Butterfly Upright Handgrip Press Upright Round Inner Cap Upright Support 3/4" Round Inner Cap Butterfly Top Frame Butterfly Arm Bushing Center Top Frame... See the front cover of this manual to find the location of the decal. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. Locate and open the parts bag labeled "FRAME ASSEMBLY." Press a 2" Square inner Cap (67) into each end of the Butterfly Base (1). Attach the Pulley and a Cable Trap (38) to the indicated hole in the Press Upright (5) with a 3/8" x 3 3/4" Bolt (101), a 3/8"...

Never release the press arm, butterfly arms, the accompanying literature before using the leg lever, press plate, lat bar, ab strap, or nylon strap while weights are raised;... Page 20 49. Insert four 5/16" x 2 1/2" Carriage Bolts (75) and a 3/8" ... Page 6 Before beginning, be sure that you have read and understood the information on page 5. Make sure the weights are turned so the pin grooves are on the bottom. Page 19 45. Attach the end of the Ab Cable (74) to the bottom of the Weight Plate (48) with a 5/16" x 1 3/4" Bolt (96) and a 5/16" Nylon Locknut (86). Remove the 3/8" Nylon Jamnut (92) from the 3/8" x 4 3/4" Bolt (102) inserted into the Butterfly -4 Upright (4) in step 43. Press a 1 3/4" Square Inner Cap (68) into the indicated end of the Adjustment Tube (15). The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Write the serial number in the space above. The numbers show the correct route for each cable. Locate and open the parts bag labeled "ARM ASSEMBLY." Press two 2" Square Inner Caps (67) into the ends of the Leg Lever (13). Attach the Pulley and a Cable Trap (38) to the 3/8" ... 11. ADJUSTMENTS The instructions below describe how each part of the weight system can be adjusted. Page 16 33. Slide six Weights (41) onto the Right Weight Guides (26). Remove the 3/8" Nylon Jamnut (92) used in step 53. Page 9 10. Press a 2" Square Inner Cap (67) into the Press Top Frame (9). Page 10 13. Attach the Leg Lever (13) to the Butterfly Leg (11) with the Bolt and a 3/8" ... Attach the Pulley and a Cable Trap (38) to the indicated hole on the right side of the Press Upright (5) with a 3/8" x 4 3/4" ... Page 34 314" Round Inner Cap (64) Round Inner Cap (63) 1" Retainer (54) /t/ii /L/iiii \...1" Round Inner Cap (66) 1" Square Inner Cap (69) 1" Cover Cap (55) 1 3/4" Square Inner Cap (68) 2" Square Inner Cap (67) Page 35 PART LIST-Model No. 831.159832 R0802A Key No. Qty. Remove the 3/8" x 4 1/4" Bolt (85), 3/8" Washer (97), and 3/8" Nylon Locknut (90) from the Press Seat Frame (12), the "V"-Pulley (34), and the Long Cable Trap (37). Page 13 22. Slide a Cable Trap (38) and the Pulley onto the 3/8" ... Page 14 25. CABLE DIAGRAMS The Cable Diagrams below and on the next page show the proper routing of the Rear Cable (70), the Low Cable (71), the Press Cable (72), the Butterfly Cable (73), and the Ab Cable (74). TIGHTENING THE CABLES Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. BEFORE YOU BEGIN .....ASSEMBLY .....ADJUSTMENTS .....WEIGHT RESISTANCE CHART .....TROUBLESHOOTING AND MAINTENANCE .....CABLE DIAGRAMS .....ORDERING REPLACEMENT PARTS .....Back Cover FULL 90 DAY WARRANTY

.....Back Cover Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached in the center of this manual. Wrap the Press Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Page 8 Slide the Butterfly Leg (11) onto the two 5/16" x 2 1/2" Carriage Bolts (75) in the Butterfly Base (1). Do not tighten the Nylon Locknuts yet. Page 33 516" x 3" Bolt (107) 5116" x 1 3/4" Bolt (96) ... 1 5/16" x 1" Shoulder Bolt (84) 5116" x 2 3/4" Shoulder Bolt (108) 1" Tap Screw (80) 318" x 3" Bolt (88) 114" x 3/4" Bolt (98) 3/8" x 3 1/4" Bolt (104) 3,8 x 31.2 t" ... Page 29 Slack can be removed from the Press Cable (72) by moving the "V"-Pulley (34) attached to the Press Seat Frame (12) closer to the Press Upright (5). Wrap the Rear Cable (70) around a 3 1/2" Pulley (35) in the direction shown. Press a 2" Square Inner Cap (67) into the Center Top Frame (8). The other numbers refer to the 12.5 lb. Place the Center Top Frame on the indicated brackets on the Uprights (4, 5). TABLE OF CONTENTS IMPORTANT PRECAUTIONS ..... 1 t ..... "Left Top" and "Right Top" refer to the 6 lb. top weights. Slide the Short Weight Tube into the center holes in the Weights (41). SEARS The model number and serial number of your WELDER PRO Model No. 831.159832 POWER STACK weight system are listed on a decal attached to the frame. IMPORTANT: When using an accessory, make sure it is in the correct starting position for the exercise to be performed. Page 1 Model No. 831.159832 USER'S MANUAL Serial No. The serial number is found in the location shown below. See the inset drawing. Page 11 15. /-S S--z r "I Wrap the Low Cable (71) around a 3 1/2" Pulley (35) in the direction shown. Hand tighten two 5/16" Nylon Locknuts (86) onto the Bolts. Page 17 37. ! : 1 Press three 2" ... Attach the Butterfly Seat Frame (10) to the Butterfly Upright (4) with two 5/16" x 2 3/4" Bolts (89), two 5/16" ... Page 26 CHANGING THE WEIGHT SETTING To change the setting of a weight stack, insert a Weight Pin (81) under the desired Weight (41). Locate the Weight Plate (48) that is attached to the bottom of the Bottom Weight (47). Route the Press Cable (72) through the Press Frame (17). Page 15 29. Do not use solvents. WEIGHT RESISTANCE CHART The chart below shows the approximate weight resistance at each exercise station. Page 31 Low Cable (71) Ab Cable (74) ..p/ii ii Rear Cable (70) Butterfly Cable (73) Page 32 PART IDENTIFICATION CHART Model No. 831.159832 R0802 , /1 ..f

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