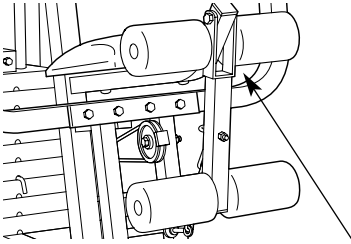


WEIDER[®]8530

Model No. WESY87300

Serial No. _____

Write the serial number in the space above for 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 you complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

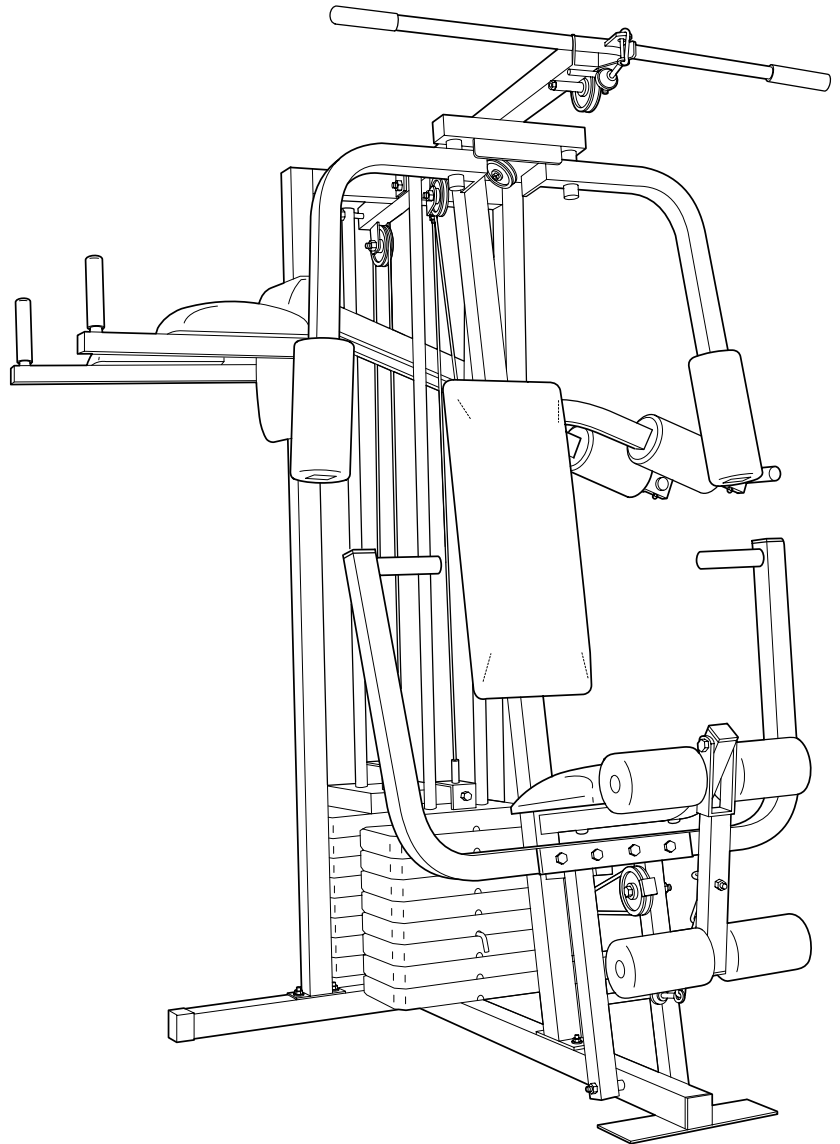
Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepsca
Leeds LS7 2AA
West Yorkshire

CLASS H C Fitness Product

CAUTION

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

USER'S MANUAL



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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the centre 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. Read all instructions in this manual and in the accompanying literature before using the home gym system.
2. Use the home gym system only on a level surface. Cover the floor beneath the home gym system for protection.
3. Inspect and tighten all parts often. Replace any worn parts immediately.
4. Keep children under 12 and pets away from the home gym system at all times.
5. Never release the press arm, butterfly arms, squat arm, leg lever, lat bar or nylon strap whilst weights are raised. The weights will fall with great force.
6. This equipment is not to be used by more than one person at a time.
7. Always wear athletic shoes for foot protection.
8. Always stand on a foot plate when performing an exercise that could cause the home gym system to tip.
9. Keep hands and feet away from moving parts.
10. Keep your hands away from the squat arm upright when the squat arm is being used. Your hand could become pinched between the squat arm upright and squat arm.
11. Inspect all cables before each use. Make sure that the cables remain on the pulleys at all times. If the cables bind whilst you are exercising, stop immediately and make sure that the cables are on all of the pulleys. Replace all cables every two years.
12. Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.
13. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
14. Always attach the lock pins and locks to the weight guides when the home gym system is not in use (see page 16).
15. 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.

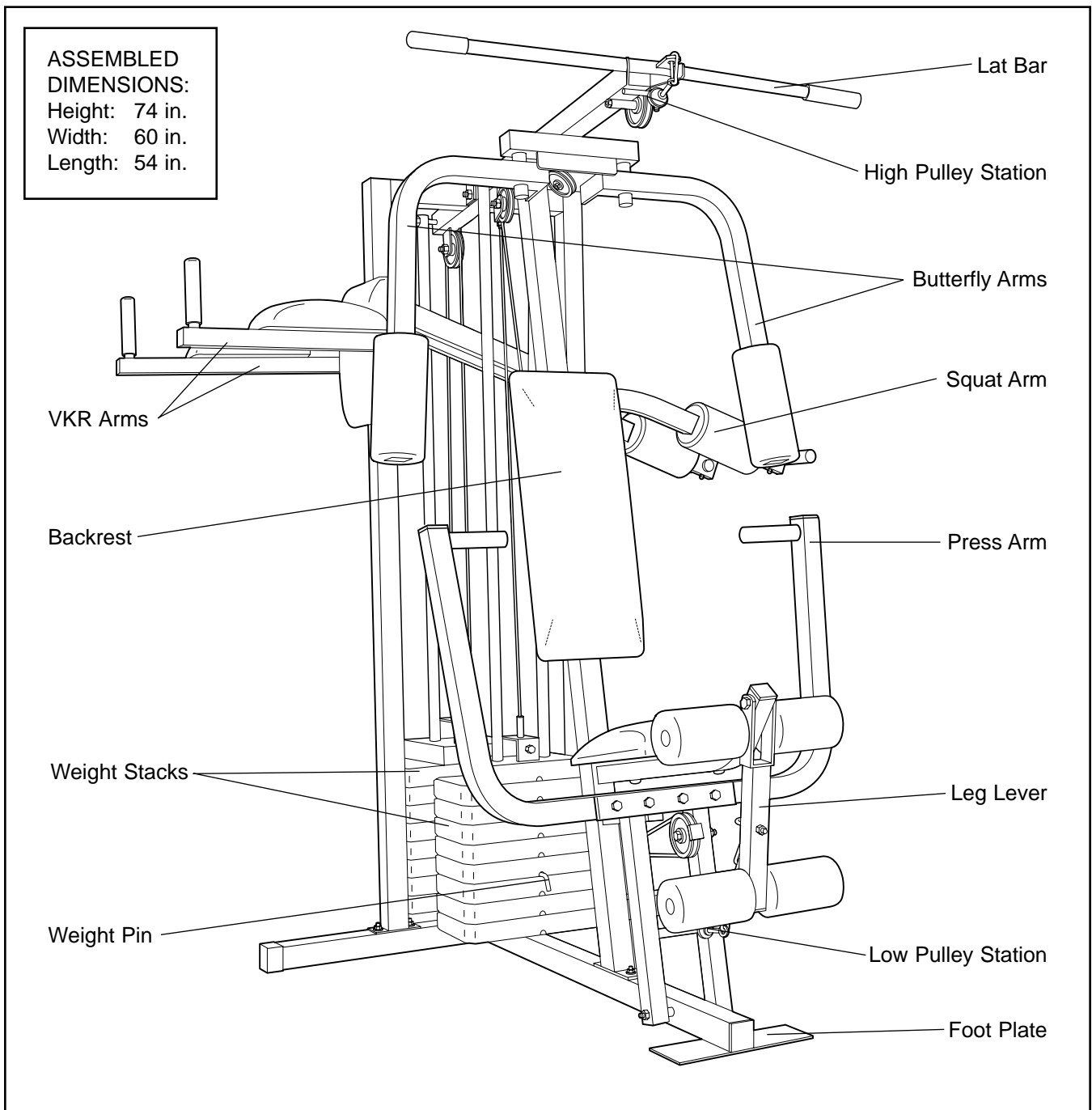
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8530 Home Gym System. The WEIDER® 8530 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® 8530 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® 8530 Home Gym System. If you

have additional questions, please call our Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is WESY87300. The serial number can be found on a decal attached to the WEIDER® 8530 (see the front cover of this manual).

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




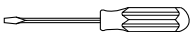
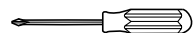

ASSEMBLY

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

- Place all parts of the WEIDER 8530 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is broken into five stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, 4) seat and backrest assembly, and 5) VKR assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open the parts bag labelled for that assembly stage.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the centre of this manual.** 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.

- As you assemble the WEIDER 8530, be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable spanner** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

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

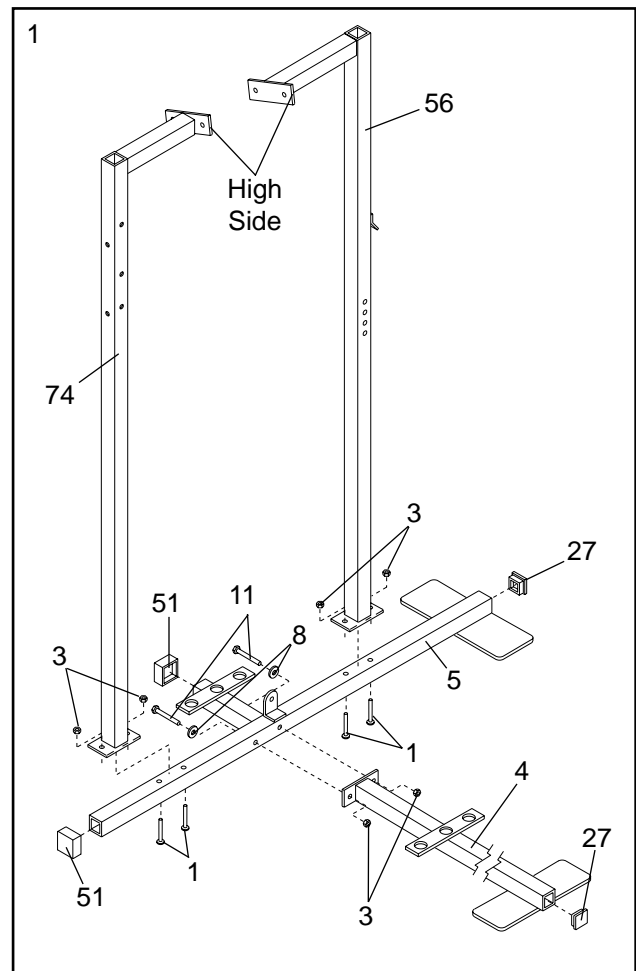
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 2" Inner Cap (27) into the indicated end of the Stabiliser (5). Press 2" Outer Caps (51) onto the other two locations on the Stabiliser. Press a 2" Inner Cap (27) into the end of the Base (4).

Insert four 5/16" x 2 1/2" Carriage Bolts (1) up through the Stabiliser (5).

Attach the Base (4) to the Stabiliser (5) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**

Slide the VKR Upright (74) and the Squat Arm Upright (56) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Stabiliser (5). **The high side of the brackets on the VKR Upright and Squat Arm Upright should be on the side shown.** Hand-tighten four 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

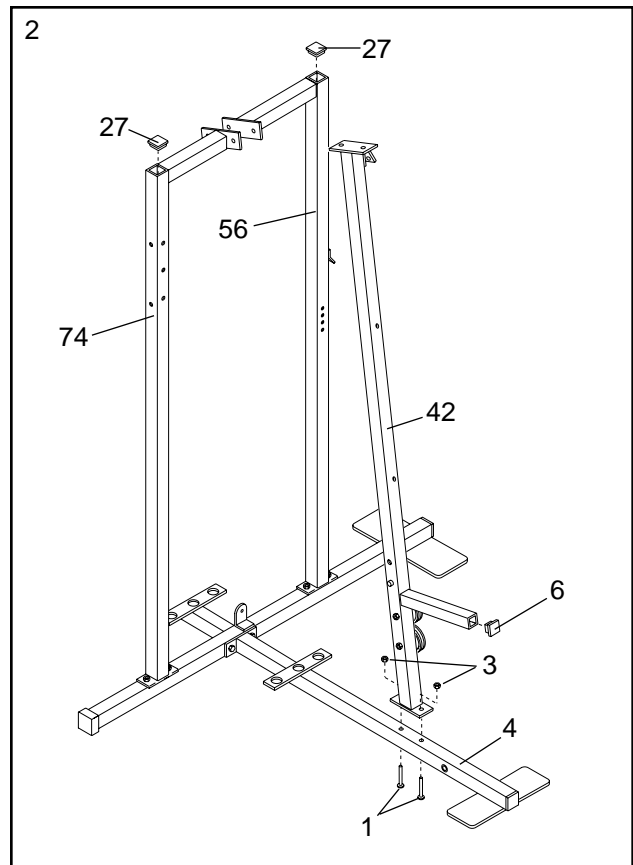


FRAME ASSEMBLY

2. Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand-tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

Press a 1" Inner Cap (6) into the Front Upright (42). Press a 2" Inner Cap (27) into the Squat Upright (56). Press a 2" Inner Cap into the VKR Upright (74).

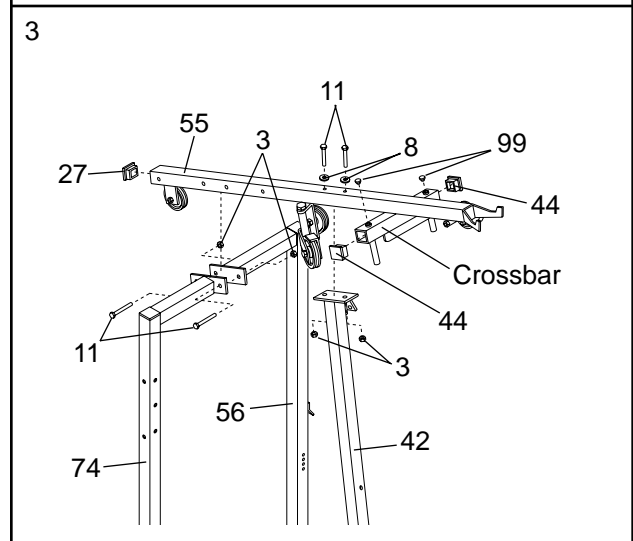


3. Press a 2" Inner Cap (27) into the end of the Top Frame (55). Press a 1 3/4" Inner Cap (44) into each end of the crossbar on the Top Frame. Press two 1" Inner Caps (99) into the top of the crossbar.

Attach the Top Frame (55) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3).

Attach the Top Frame (55) to the VKR Upright (74) and the Squat Upright (56) with two 5/16" x 2 3/4" Bolts (11) and two 5/16" Nylon Locknuts (3).

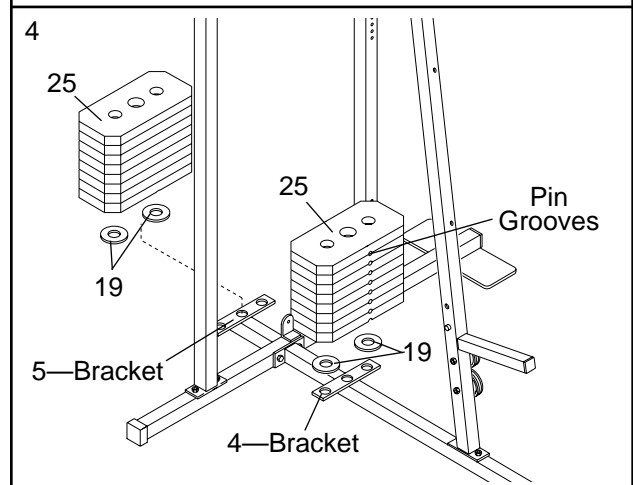
Tighten all Locknuts used in steps 1–3.



4. Set two Weight Bumpers (19) on the bracket on the Base (4) as shown. Set two Weight Bumpers (19) on the bracket on the Stabiliser (5).

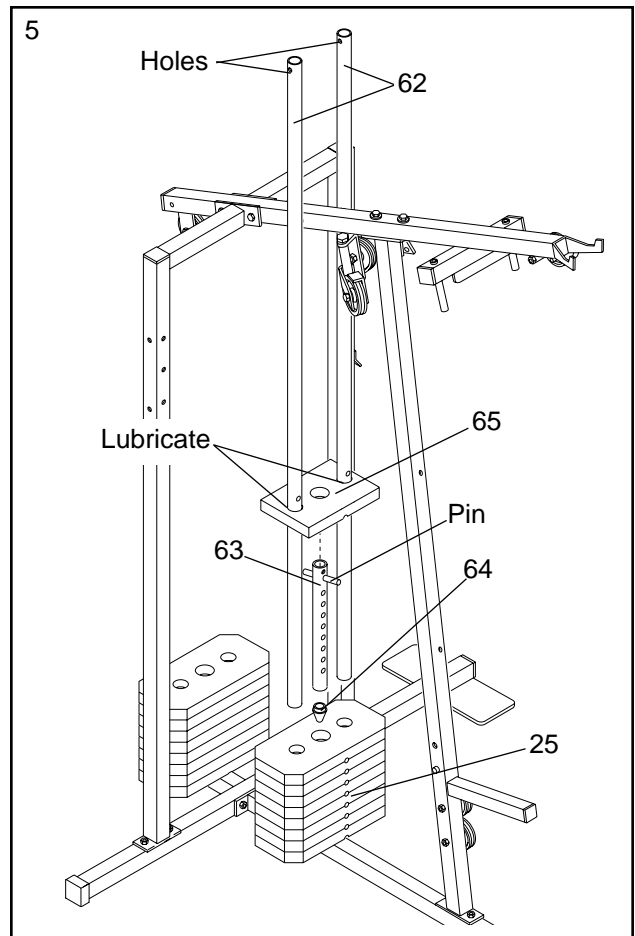
Stack eight Weights (25) on each set of Weight Bumpers (19). **Be sure that the pin grooves are all on the same side of each stack of Weights.**

Be careful not to tip either stack of Weights (25) until step 6 is complete.



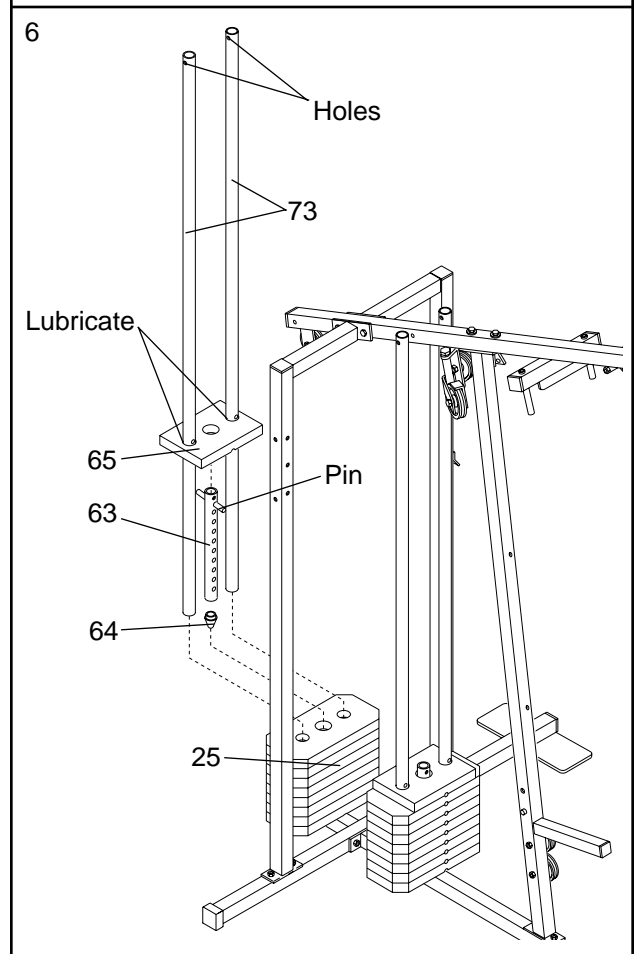
5. Press a Weight Tube Bumper (64) into the end of a Weight Tube (63). Insert the Weight Tube into the front stack of Weights (25). **Be sure that the pins on the Weight Tube are sitting in the pin grooves in the top Weight.**

Lubricate the inside of the holes in a Top Weight (65). Set the Top Weight onto the front stack of Weights (25). Insert both Long Weight Guides (62) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



6. Press a Weight Tube Bumper (64) into the end of the other Weight Tube (63). Insert the Weight Tube into the rear stack of Weights (25). **Be sure that the pins on the Weight Tube are sitting in the pin grooves in the top Weight.**

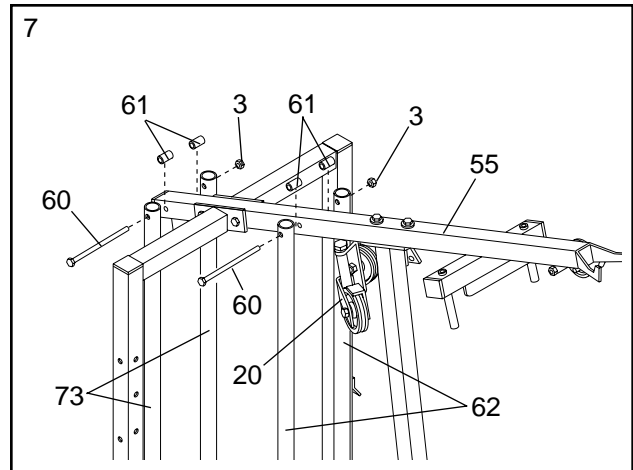
Lubricate the inside of the holes in the other Top Weight (65). Set the Top Weight onto the rear stack of Weights (25). Insert both Short Weight Guides (73) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



- Attach the upper ends of the Long Weight Guides (62) to the Top Frame (55) with a 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).

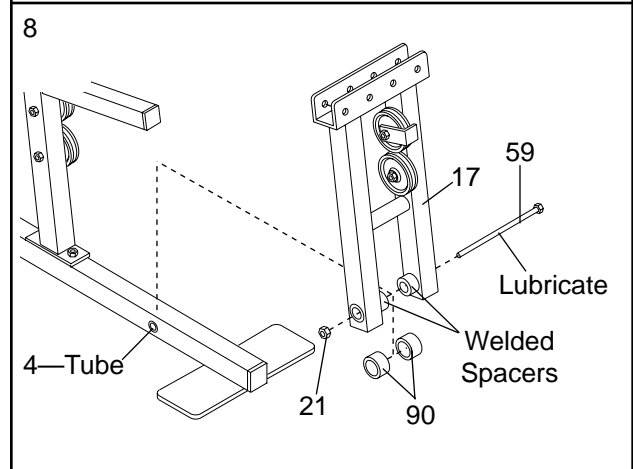
Be sure that the Pulley Bracket (20) is in front of the right Long Weight Guide (62) as shown.

Attach the upper ends of the Short Weight Guides (73) to the Top Frame (55) with a 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).



- Press a 1" x 7/8" Plastic Bushing (90) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place onto the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit on each end of the indicated tube in the Base. Make sure that the pulleys are on the side shown.**

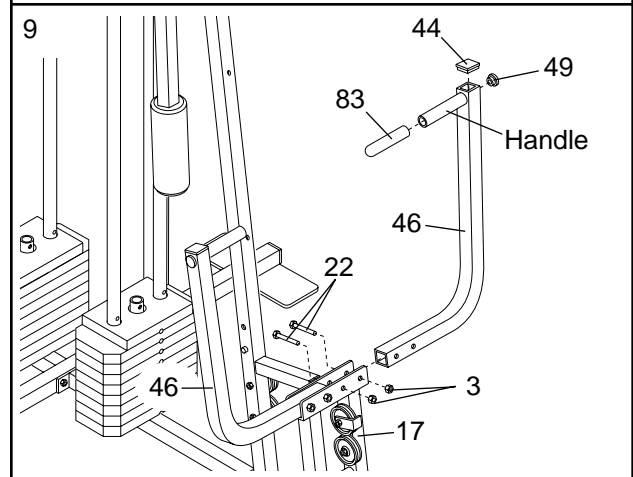
Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the 3/8" x 8" Bolt and a 3/8" Nylon Locknut (21).



- Wet the handle of one Press Arm (46) with soapy water. Slide a 5" Plastic Grip (83) onto the handle. Press a 1" Round Inner Cap (49) into the other end of the handle. Press a 1 3/4" Inner Cap (44) into the Press Arm.

Attach the Press Arm (46) to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

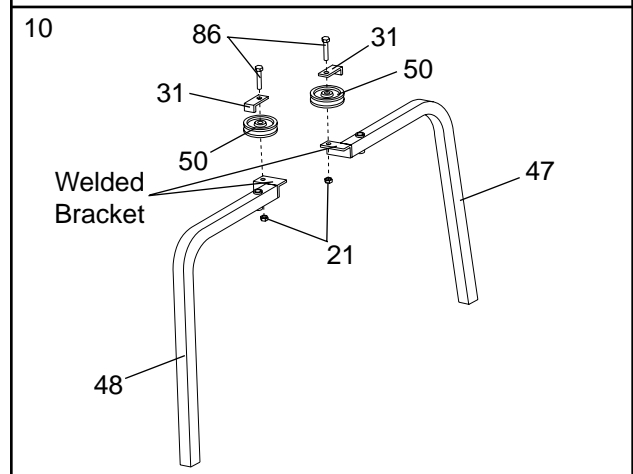
Assemble the other Press Arm (46) in the same manner.



- Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for step 11.**

Attach a "V"-Pulley (50) and a Long Cable Trap (31) to the Right Arm (48) with a 3/8" x 2 1/2" Bolt (86) and a 3/8" Nylon Locknut (21).

Attach a "V"-Pulley (50) and a Long Cable Trap (31) to the Left Arm (47) in the same manner.



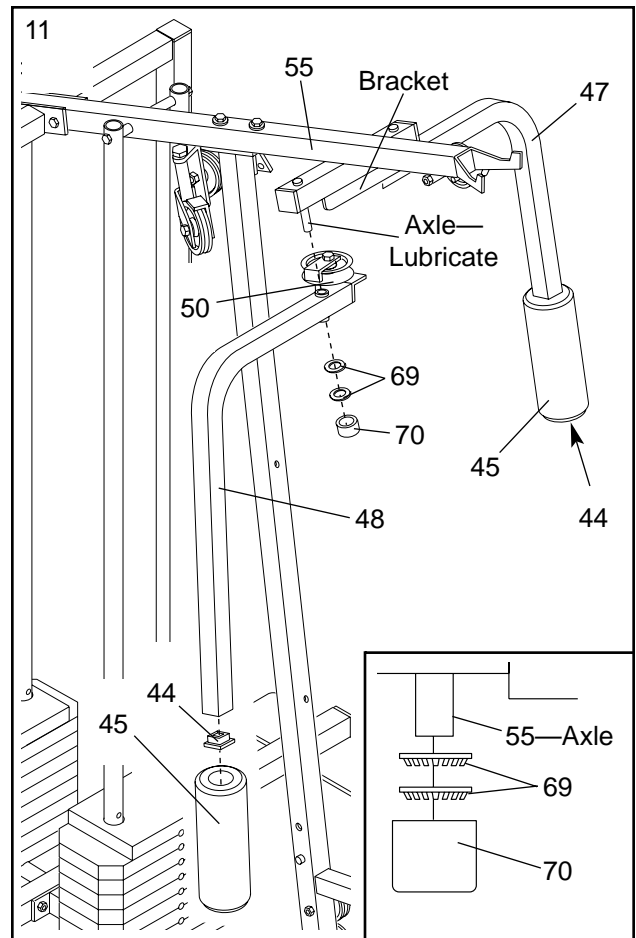
11. Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Be careful not to confuse the Right Arm with the Left Arm (47); note the position of the “V” Pulley (50) to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

Tap two 1” Retainers (69) and a 1” Round Cover Cap (70) onto the axle. **Be sure that the teeth on the Retainers bend toward the Round Cover Cap, as shown in the inset drawing.**

Attach the Left Arm (47) in the same manner.

Press 1 3/4” Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10” Pad (45) onto the lower end of each Arm.



12. Press two 1” x 2” Inner Caps (87) into the indicated end of the Squat Arm (84).

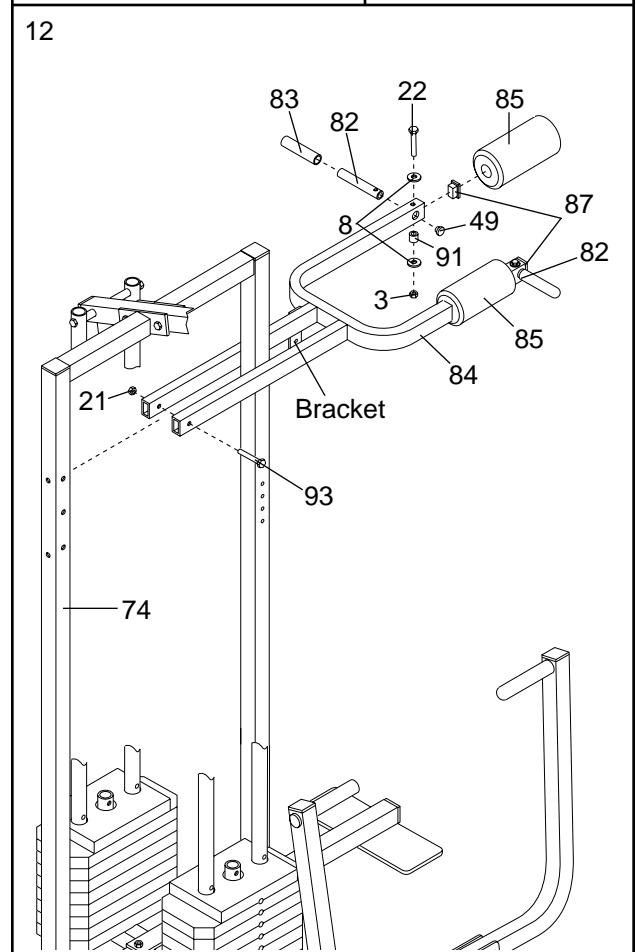
Attach the Squat Arm (84) to the VKR Upright (74) with a 3/8” x 5 1/2” Bolt (93) and a 3/8” Nylon Locknut (21). **Be sure that the indicated bracket is pointing down as shown.**

Wet the ends of the Squat Arm (84) with soapy water. Slide the two Squat Arm Pads (85) onto the Squat Arm.

Attach a Handle (82) to one side of the Squat Arm (84) with a 5/16” x 2 1/2” Bolt (22), two 5/16” Flat Washers (8), a 1/2” x 17/32” Spacer (91), and a 5/16” Nylon Locknut (3).

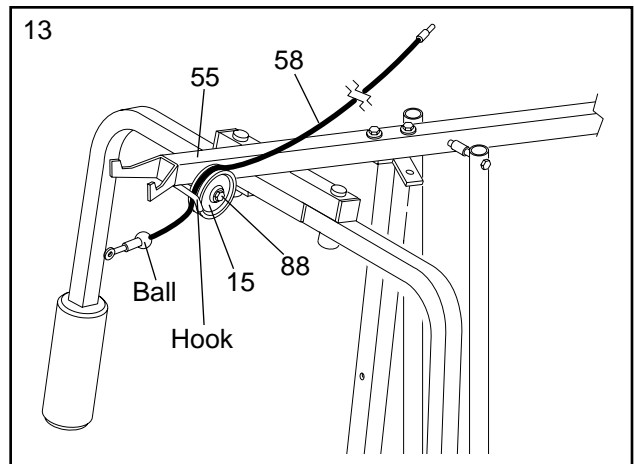
Wet the Handle (82) with soapy water. Slide a 5” Plastic Grip (83) onto the Handle. Press a 1” Round Inner Cap (49) into the other end of the Handle.

Assemble another Handle (82) to the other side of the Squat Arm (84) in the same manner.

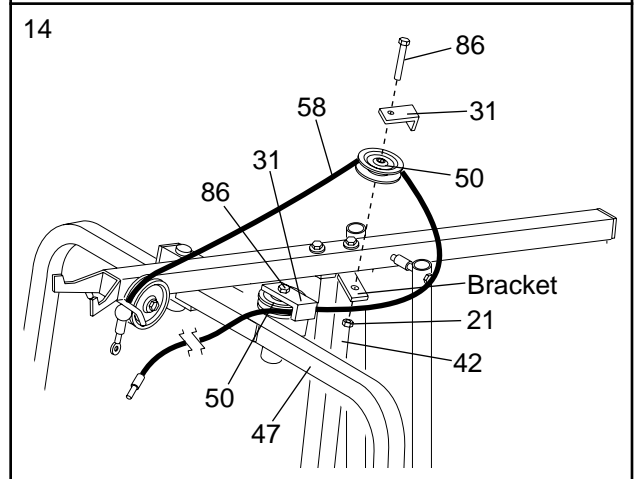


During steps 13 to 25, refer to the **CABLE DIAGRAM** on page 19 of this manual. Identify the three cables by their lengths, and note the positions of the cable traps. **IMPORTANT: Do not over-tighten the bolts and nuts securing the pulleys. The pulleys must turn freely.**

13. **Locate the Medium Cable (58).** Route the Medium Cable around the indicated 3 1/2" Pulley (15) attached to the Top Frame (55). **Be sure that the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.** Tighten the 3/8" x 3 3/4" Bolt (88) and the 3/8" Nylon Locknut (not shown).

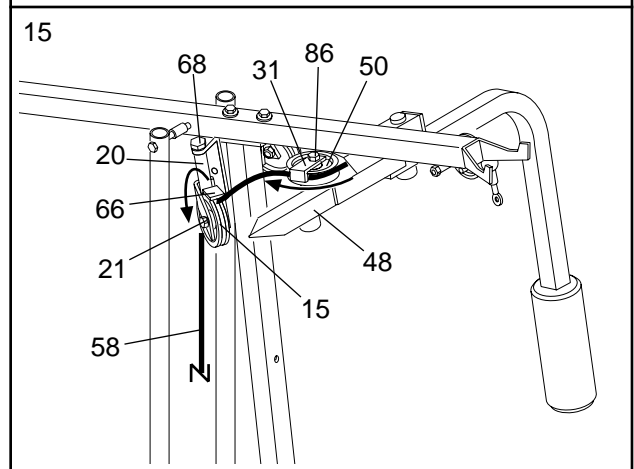


14. Wrap the Medium Cable (58) around a "V"-Pulley (50). Attach the "V"-Pulley and a Long Cable Trap (31) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (86) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**



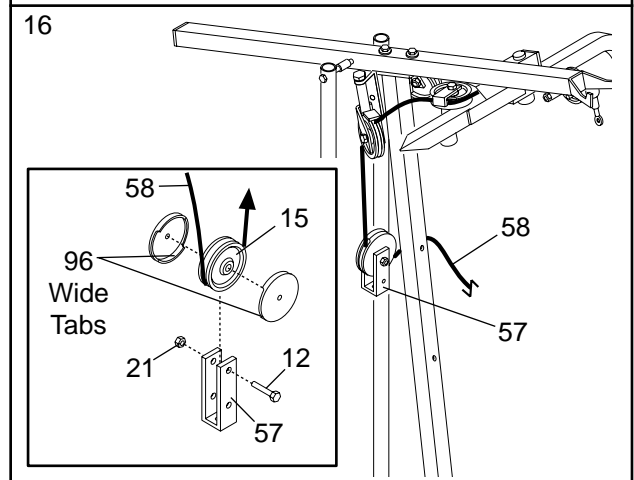
Route the Medium Cable (58) around the "V"-Pulley (50) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (31) holds the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (86) and the 3/8" Nylon Locknut (not shown).

15. Route the Medium Cable (58) around the "V"-Pulley (50) on the Right Arm (48). **Be sure that the Cable is in the groove of the "V"-Pulley and that the Long Cable Trap (31) is positioned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (86) and the 3/8" Nylon Locknut (not shown).



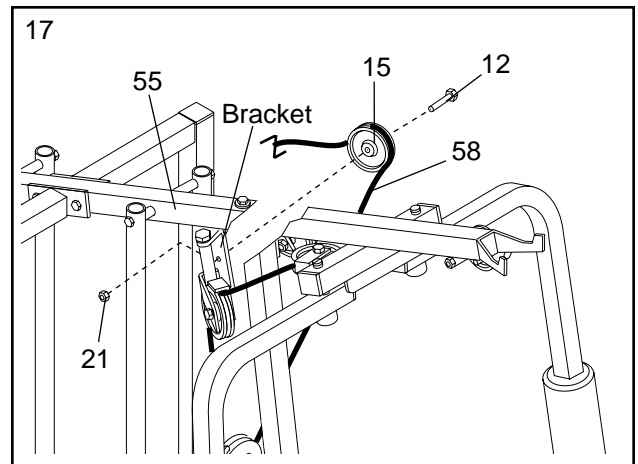
Route the Medium Cable (58) around the 3 1/2" Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) holds the Cable in place.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (not shown). Tighten the 5/16" x 5" Bolt (68) and the 5/16" Nylon Locknut (not shown). Be sure that the Pulley Bracket swivels freely.

16. Refer to the inset drawing. If the 3 1/2" Pulley (15) is pre-attached to the Long "U" Bracket (57), remove it. Wrap the Medium Cable (58) around the 3 1/2" Pulley. Attach the Pulley and two Pulley Covers (96) to the indicated hole in the Long "U"-Bracket with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Make sure that the Pulley Covers are turned so the wide tabs are in the 6 o'clock position.**



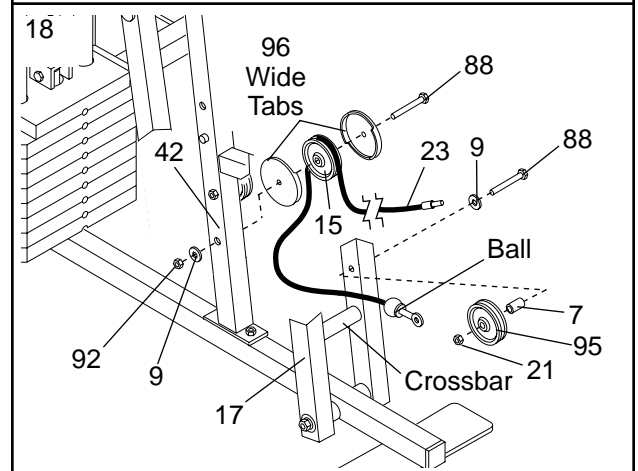
Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.

- Route the Medium Cable (58) around the 3 1/2" Pulley (15) attached to the bracket on the Top Frame (55). Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (21). (Note: This Pulley is pre-assembled. It has been shown disassembled for easy part identification.) **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



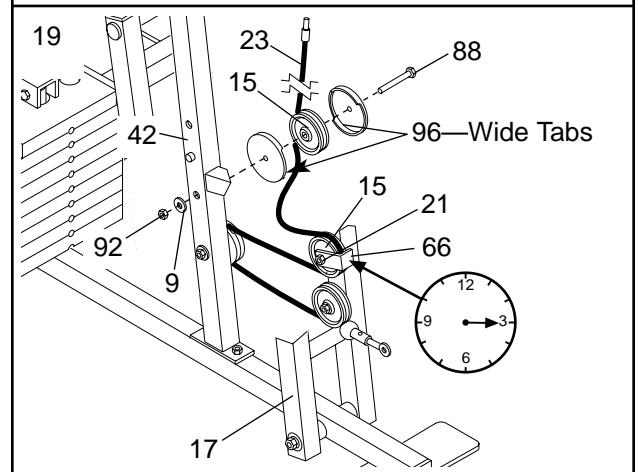
- Remove the 3 1/2" Low Pulley (95) from the Press Frame (17). Re-attach the Pulley with a 5/8" x 9/16" Spacer (7) between the Pulley and the Press Frame. **Finger tighten the 3/8" Nylon Locknut (21).**

Locate the Short Cable (23). Route the Short Cable under the 3 1/2" Low Pulley (95) attached to the lower hole in the Press Frame (17). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame and that the Cable is between the Pulley and the crossbar on the Press Frame.** Tighten the 3/8" Nylon Locknut (21).



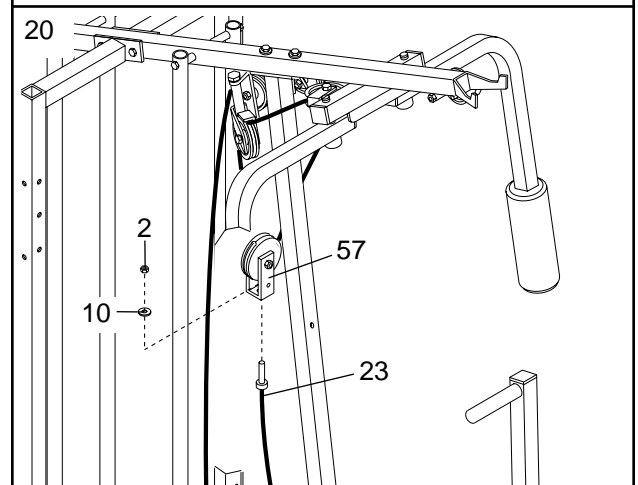
If the indicated 3 1/2" Pulley (15) is pre-attached to the Front Upright (42), remove it. Route the Short Cable (23) around the Pulley. Attach the Pulley and two Pulley Covers (96) to the lower hole in the Front Upright with the 3/8" Nylon Jam Nut (92), the 3/8" Flat Washer (9) and the 3/8" x 3 3/4" Bolt (88). **Make sure the wide tabs of the Pulley covers are in the 9 o'clock position.**

- Route the Short Cable (23) around the 3 1/2" Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable Trap (66) is in the "3 o'clock" position and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and 3/8" x 3 1/2" Bolt (not shown).



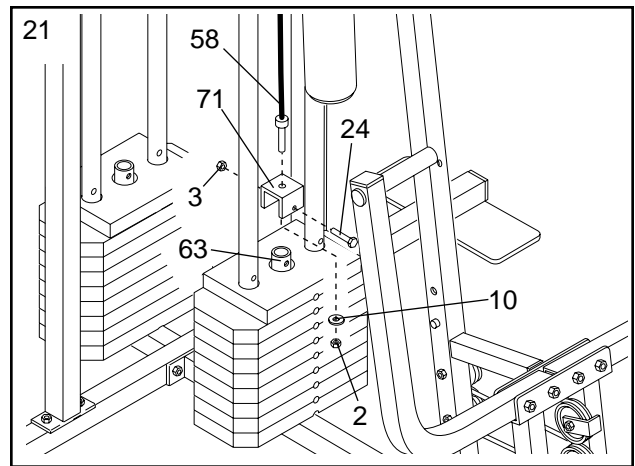
If the indicated 3 1/2" Pulley (15) is pre-attached to the Front Upright (42), remove it. Route the Short Cable (23) around the 3 1/2" Pulley. Attach the Pulley and two Pulley Covers (96) to the upper hole in the Front Upright with the 3/8" Nylon Jam Nut (92), the 3/8" Flat Washer (9) and the 3/8" x 3 3/4" Bolt (88). **Be sure that the Cable is routed around the Pulley as shown and that the wide tabs of the pulley covers are in the 7 o'clock position.**

- Attach the end of the Short Cable (23) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **Do not tighten the 1/4" Nylon Locknut. It should be threaded onto the Cable only a couple of turns.**



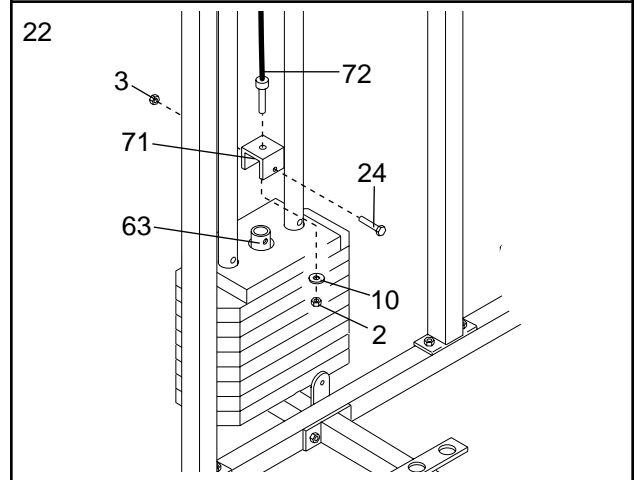
21. Attach the Medium Cable (58) to a Small “U”-Bracket (71) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10). **Do not tighten the 1/4” Nylon Locknut. It should be threaded onto the Cable only a couple of turns.**

Attach the Small “U”-Bracket (71) to the indicated Weight Tube (63) with a 5/16” x 1 3/4” Bolt (24) and a 5/16” Nylon Locknut (3).



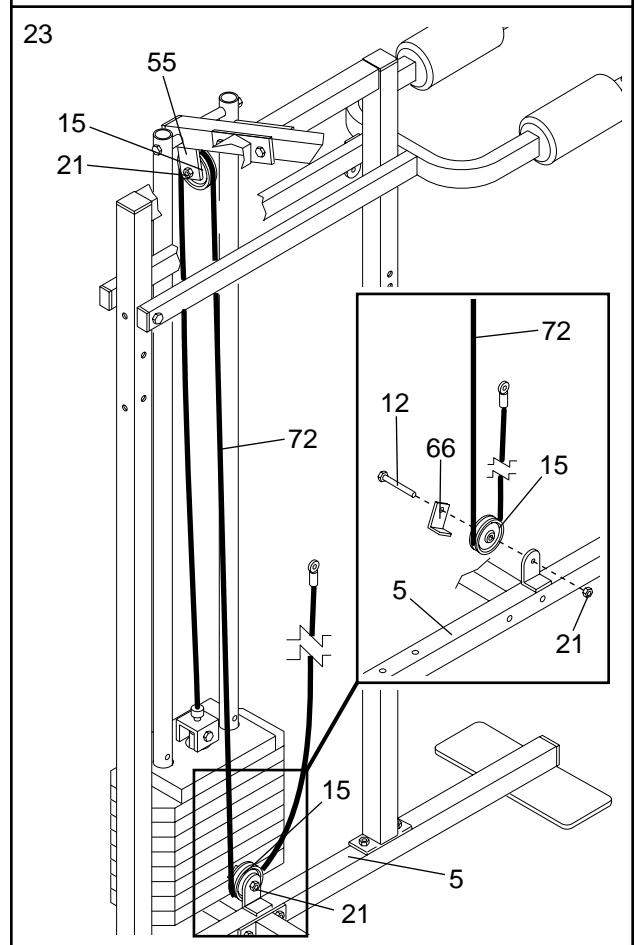
22. **Locate the Long Cable (72).** Attach the Long Cable to the other Small “U”-Bracket (71) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10). **Do not tighten the 1/4” Nylon Locknut. It should be threaded onto the Cable only a couple of turns.**

Attach the Small “U”-Bracket (71) to the indicated Weight Tube (63) with a 5/16” x 1 3/4” Bolt (24) and a 5/16” Nylon Locknut (3).

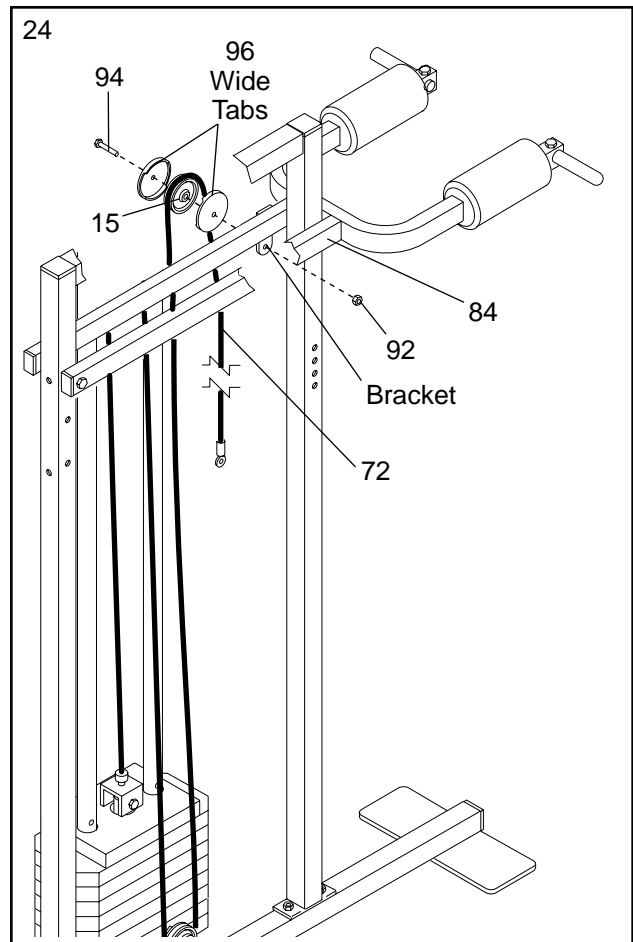


23. Route the Long Cable (72) around the 3 1/2” Pulley (15) on the Top Frame (55). Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 2” Bolt (not shown).

See inset drawing. Wrap the Long Cable (72) around a 3 1/2” Pulley (15). Attach the Pulley and a Cable Trap (66) to the bracket on the Stabiliser (5) with a 3/8” x 2” Bolt (12) and a 3/8” Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place.**

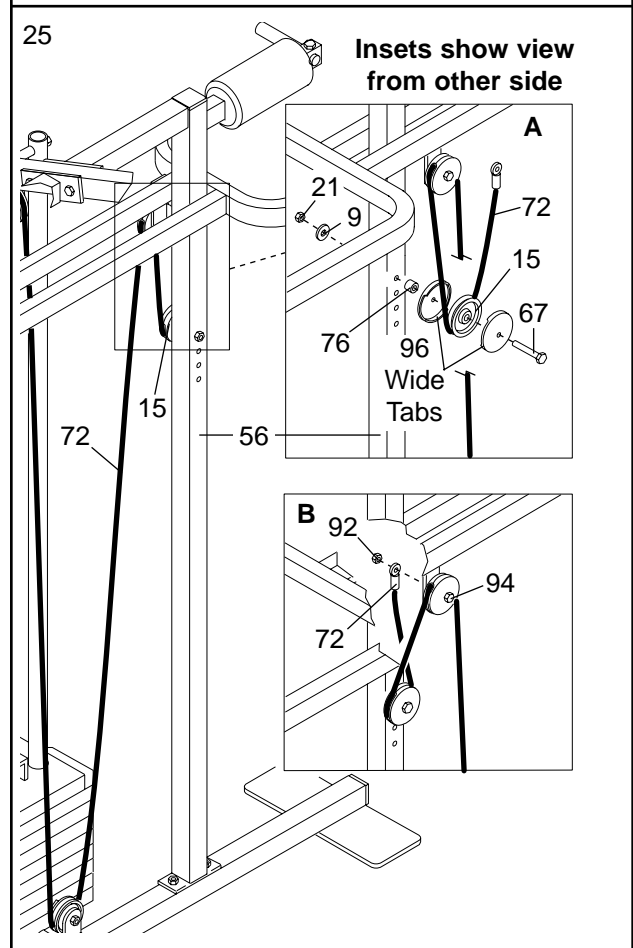


24. Wrap the Long Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley and two Pulley Covers (96) to the Squat Arm (84) with the 3/8" x 2 1/4" Bolt (94) and a 3/8" Nylon Jam Nut (92). **Be sure that the 3/8" Nylon Jam Nut is on the side shown and that the wide tabs of the Pulley Covers are in the 12 o'clock position.**

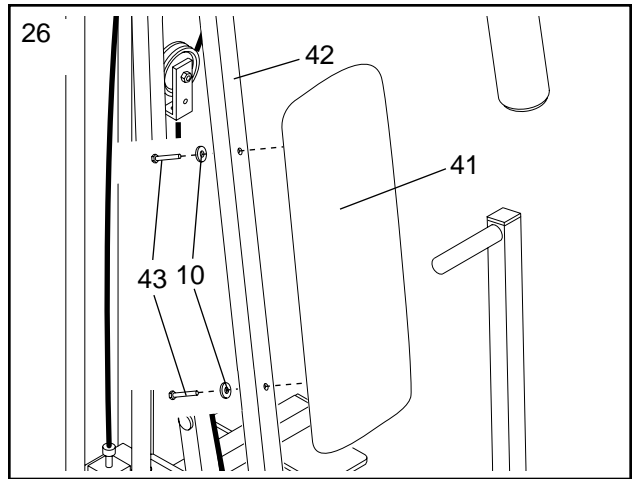


25. See inset drawing A. **Note: The inset drawing shows the view from the other side of the Squat Arm Upright (56).** Wrap the Long Cable (72) around a 3 1/2" Pulley (15). Attach the Pulley and two Pulley Covers (96) to the top hole in the Squat Arm Upright with the 3/8" x 5" Bolt (67), the 5/8" x 7/8" Spacer (76), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **Make sure that the wide tabs of the Pulley Covers are in the 6 o'clock position.**

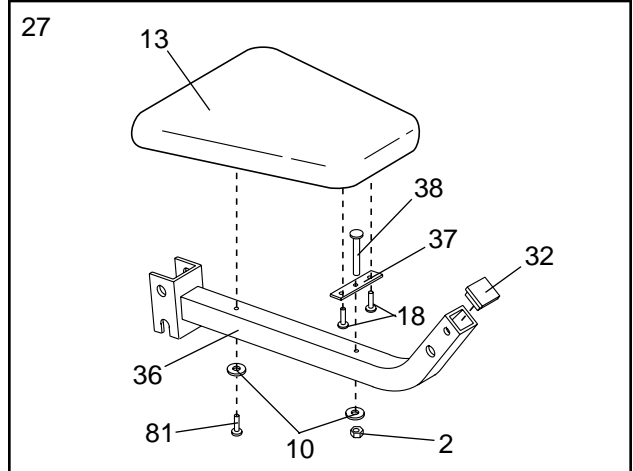
See inset drawing B. **Note: The inset drawing shows the view from the other side of the Squat Arm Upright (56).** Slide the end of the Long Cable (72) onto the end of the 3/8" x 2 1/4" Bolt (94). Thread another 3/8" Nylon Jam Nut (92) onto the Bolt. **Do not tighten the second Nylon Jam Nut. There must be room between the two Nylon Jam Nuts for the end of the Cable to pivot.**



26. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10).



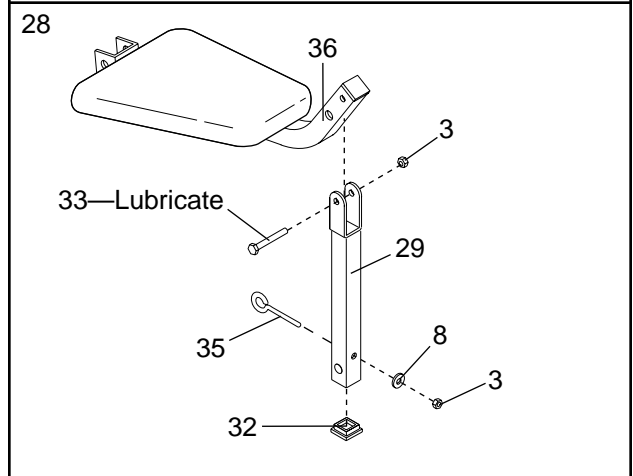
27. Press a 1 1/2" Inner Cap (32) into the Seat Frame (36).
 Insert a 1/4" x 2" Carriage Bolt (38) through the centre hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (18).



Insert the 1/4" x 2" Carriage Bolt (38) through the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt.

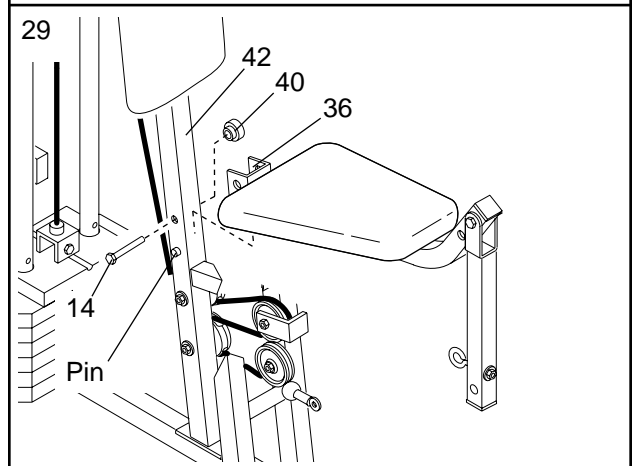
Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Flat Washer (10) and a 1/4" x 2" Machine Screw (81).

28. Press a 1 1/2" Inner Cap (32) into the Leg Lever (29).
 Lubricate the 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the 5/16" x 2 1/4" Bolt and a 5/16" Nylon Locknut (3).



Insert the 5/16" x 2" Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 5/16" Nylon Locknut (3) with a 5/16" Flat Washer (8) onto the Eyebolt.

29. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

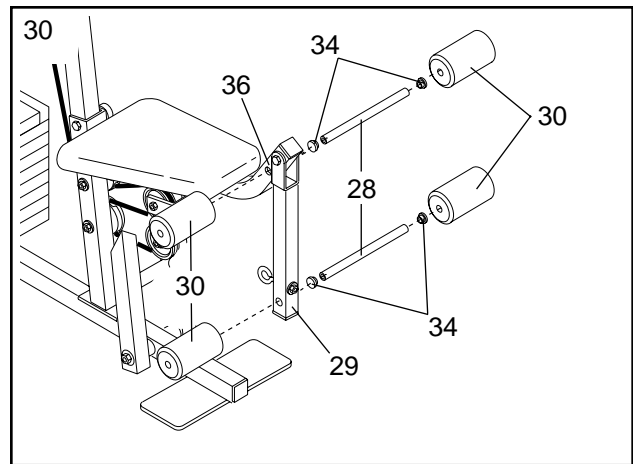


SEAT ASSEMBLY

30. Press two 3/4" Round Inner Caps (34) into each 13 1/2" Pad Tube (28).

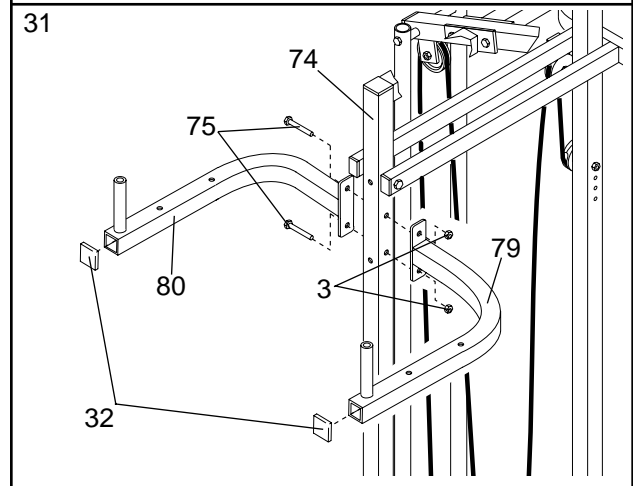
Insert the 13 1/2" Pad Tube (28) into the Seat Frame (36). Slide a 6" Pad (30) onto each end of the Pad Tube.

Insert the other 13 1/2" Pad Tube (28) into the Leg Lever (29). Slide a 6" Pad (30) onto each end of the Pad Tube.



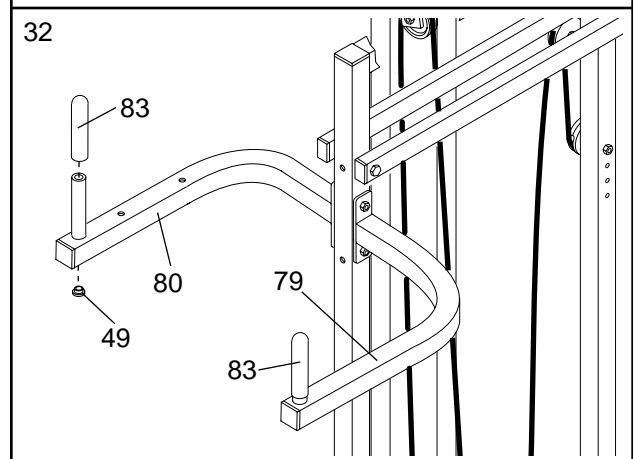
31. Press 1 1/2" Inner Caps (32) into the ends of the Left VKR Arm (79) and the Right VKR Arm (80).

Attach the Left VKR Arm (79) and the Right VKR Arm (80) to the VKR Upright (74) with two 5/16" x 3" Bolts (75) and two 5/16" Nylon Locknuts (3).



32. Wet the handle on the Right VKR Arm (80) with soapy water. Slide a 5" Plastic Grip (83) onto the Handle. Press a 1" Round Inner Cap (49) into the bottom of the handle.

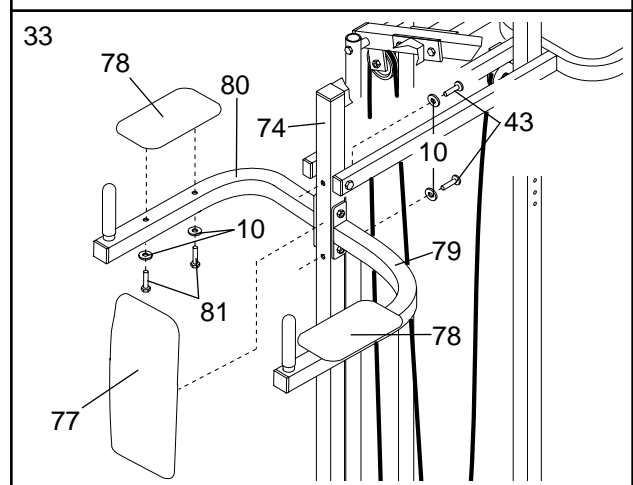
Attach a 5" Plastic Grip (83) and a 1" Round Inner Cap (49) to the handle on the Left VKR Arm (79) in the same manner.



33. Attach a VKR Armrest (78) to the Right VKR Arm (80) with two 1/4" x 2" Machine Screws (81) and two 1/4" Flat Washers (10).

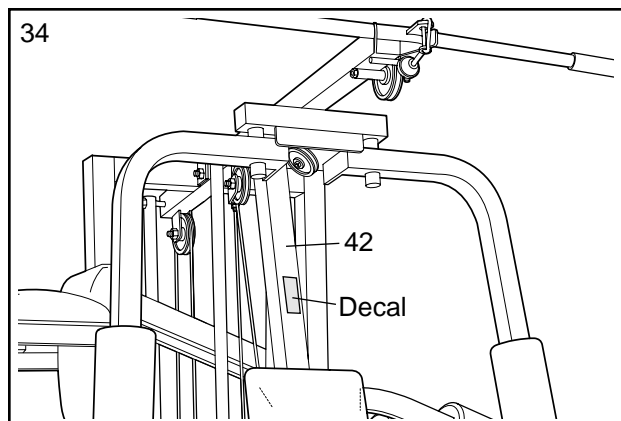
Attach a VKR Armrest (78) to the Left VKR Arm (79) in the same manner.

Attach the VKR Backrest (77) to the VKR Upright (74) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10).



VKR ASSEMBLY

34. Apply the 8530 decal to the Front Upright (42) in the indicated location. The top of the decal should be 6" from the top of the Front Upright.



HOW TO USE THE HOME GYM SYSTEM

The instructions below describe how each part of the home gym system can be adjusted. **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 WEIDER 8530 features two weight stacks. The front weight stack is connected to the upper and lower pulleys, the press arm, and the butterfly arms. The rear weight stack is connected to the squat arm.

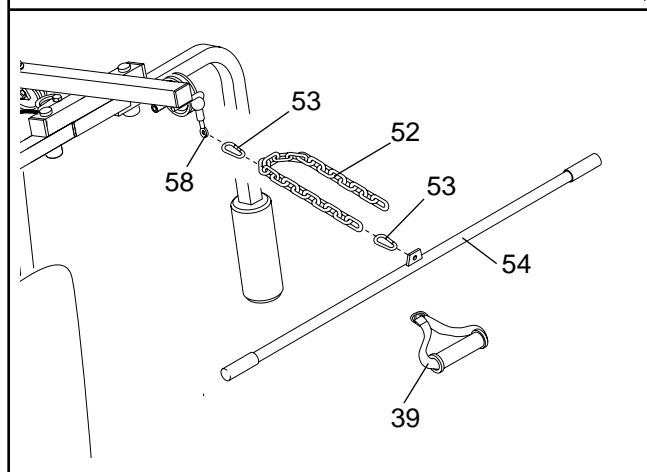
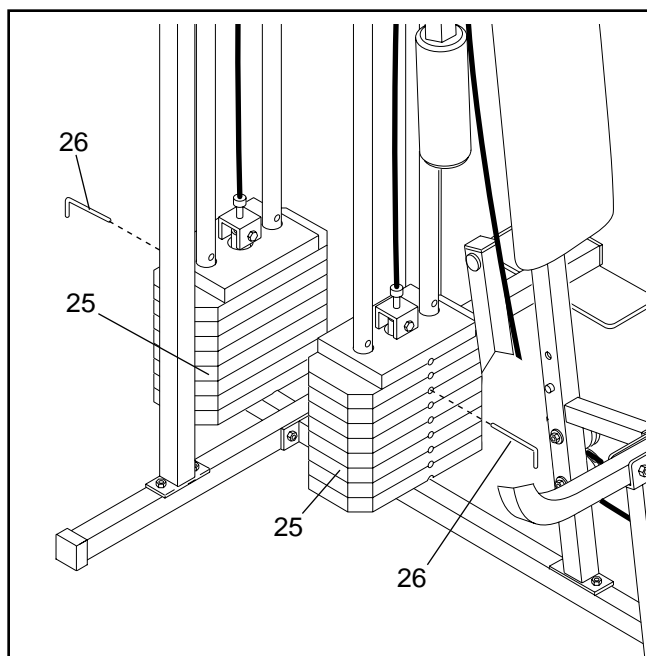
To change the weight setting of either weight stack, insert a Weight Pin (26) under the desired Weight (25). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 6,5 pounds to 106,5 pounds, in increments of 12,5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 17 to find the actual amount of resistance at each weight station.**

Note: 1 kg = 2,2 lbs

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

Attach the Lat Bar (54) to the Medium Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Medium Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Medium Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

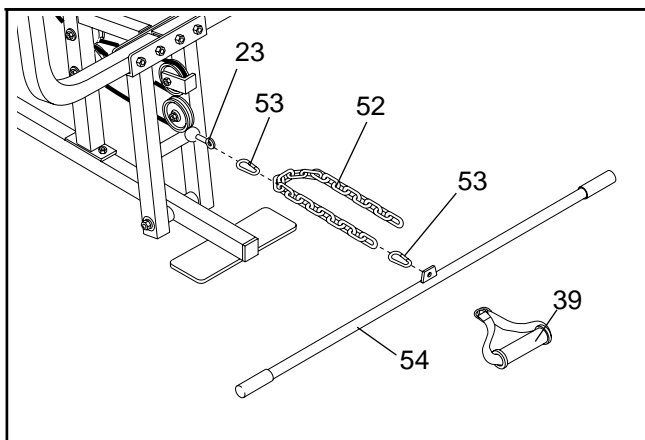
The Nylon Strap (39) can be attached in the same manner.



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

Attach the Lat Bar (54) to the Short Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

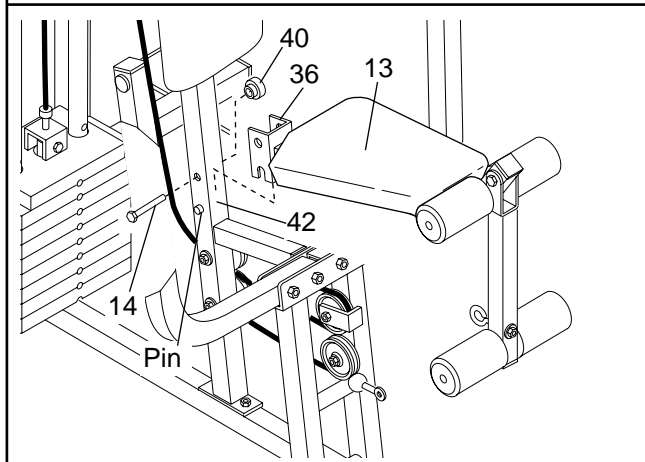
The Nylon Strap (39) can be attached in the same manner.



ATTACHING AND REMOVING THE SEAT

To attach the Seat (13), set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

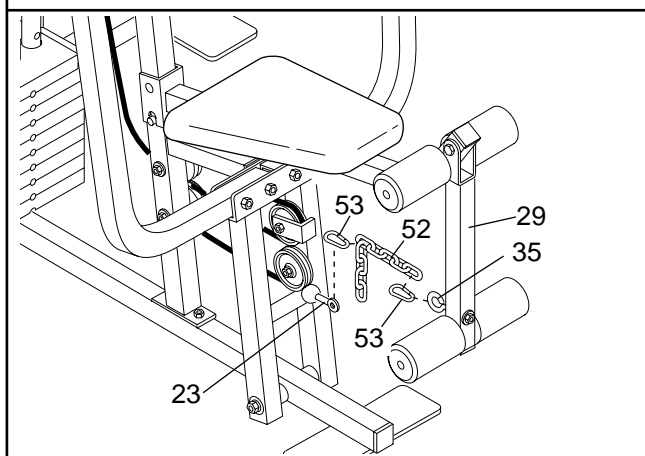
For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above.)

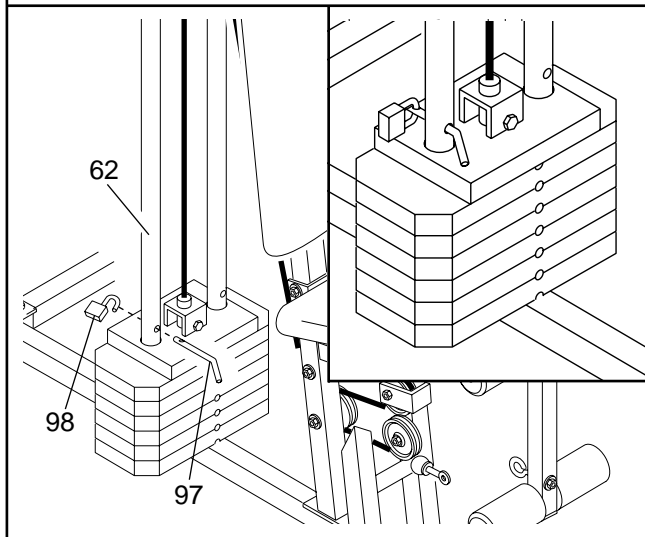
Attach one end of the Chain (52) to the Short Cable (23) with a Cable Clip (53). Attach the other end of the Chain to the Eyebolt (35) with a Cable Clip.



LOCKING THE WEIGHT STACK

When the home gym system is not in use, the Lock Pins (97) and Locks (98) should be attached. Insert one of the Lock Pins through one of the Long Weight Guides (62). Attach one of the Locks to the Lock Pin.

Attach the remaining Lock Pin (97) and Lock (98) to one of the Short Weight Guides (not shown) in the same manner.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 6,5 lbs. top weight. The other numbers refer to the 12,5 lbs. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm. Note: 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.)	SQUAT ARM (lbs.)
Top	20	10	15	14	24	31
1	45	22	36	28	54	52
2	70	33	54	44	82	75
3	99	42	75	60	115	101
4	128	48	96	72	147	114
5	153	60	115	90	175	136
6	184	69	137	103	209	157
7	204	79	146	126	223	174
8	247	91	176	138	269	194

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.

Tightening the Medium and Short Cables

If any slack is felt when using the front weight stack, both the Medium Cable (58) and the Short Cable (23) will need to be tightened. Insert the weight pin into the middle of the weight stack. Slack can be removed from these cables three ways:

- See drawing 1. Tighten the 1/4" Nylon Locknut (2) that connects the end of the Short Cable (23) to the Long "U"-Bracket (57).
- See drawing 1. Move the 3 1/2" Pulley (15) to the other hole in the Long "U"-Bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from Pulley Covers (96), Pulley, and Long "U"-Bracket. Re-attach the Pulley and Pulley Covers. Be sure that the Pulley Covers are in the proper position and that the Cable and Pulley move smoothly.
- See drawing 2. Tighten the 1/4" Nylon Locknut (2) that connects the end of the Medium Cable (58) to the Small "U"-Bracket (71).

Tightening the Long Cable

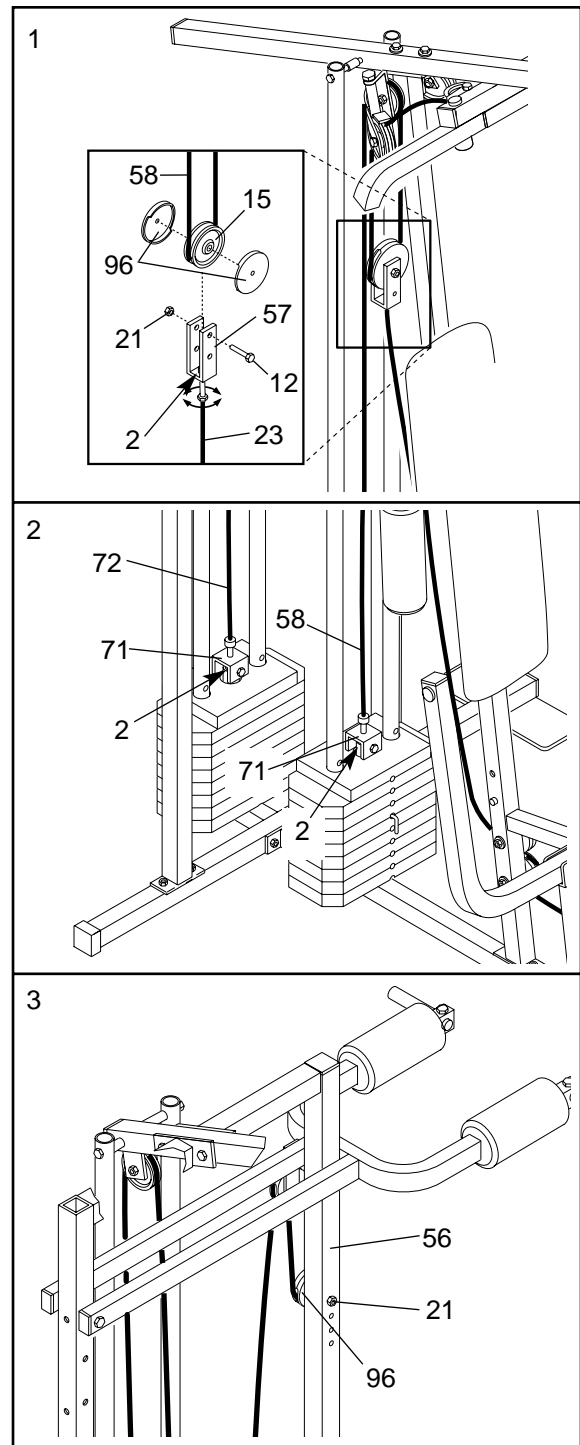
If any slack is felt when using the rear weight stack, the Long Cable (72) will need to be tightened. Insert the weight pin into the middle of the weight stack. Slack can be removed from these cables two ways:

- See drawing 2. Tighten the 1/4" Nylon Locknut (2) that connects the end of the Long Cable (72) to the Small "U"-Bracket (71).
- See drawing 3. Move the 3 1/2" Pulley to another hole in the Squat Arm Upright (56). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 5" Bolt (not shown) from the Pulley Covers (96), and Pulley. Re-attach the Pulley and Pulley Covers. Be sure that the Pulley Covers are in the proper position and that the Cable and Pulley move smoothly.

Do not overtighten the cables. The top weight will be lifted off the weight stack.

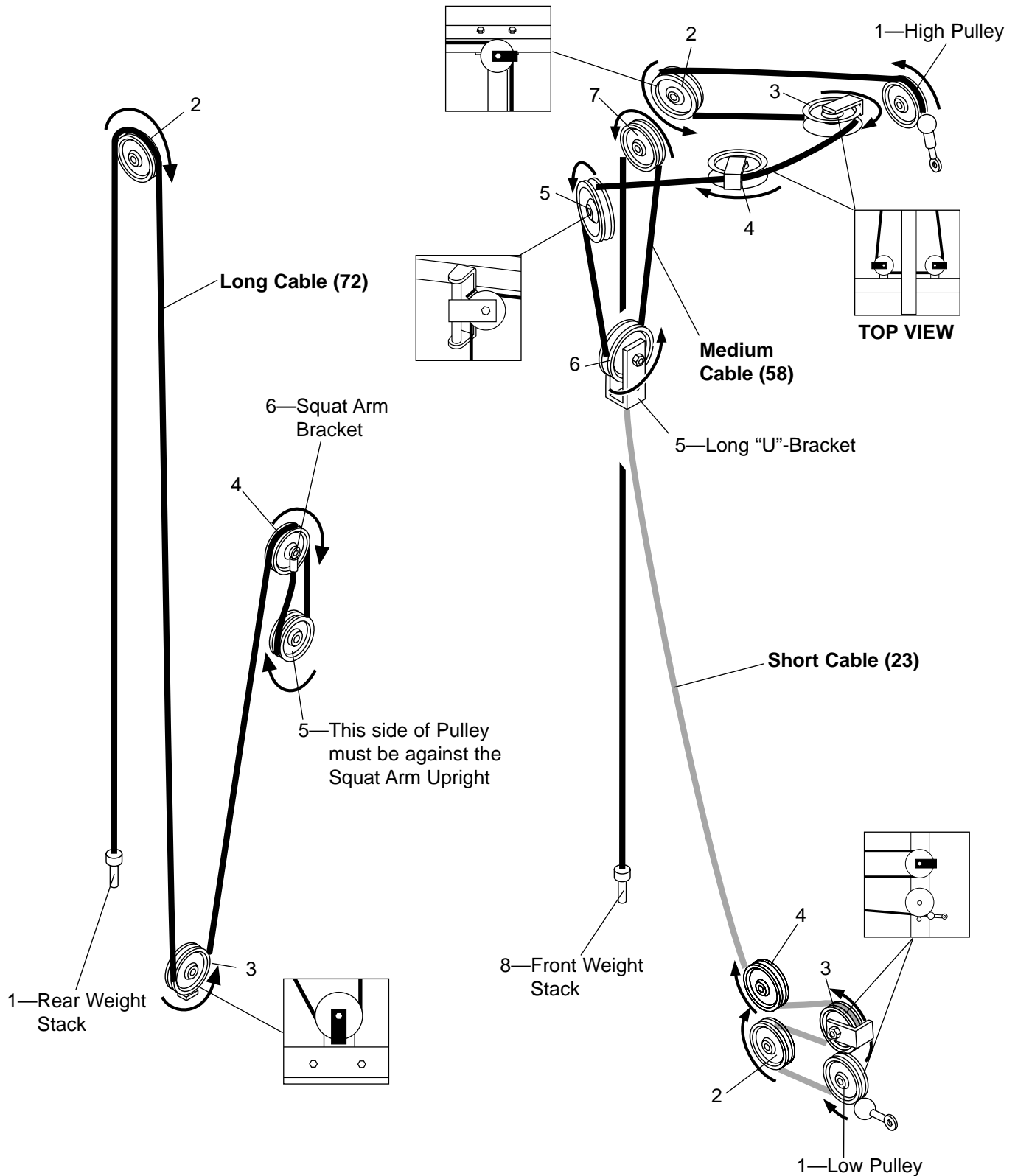
Note: Inspect all cables before each use. If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual. **Replace all cables every two years.**



CABLE DIAGRAM

The cable diagram below shows the proper routing of the Long Cable (72), the Medium Cable (58), and the Short Cable (23). Use the diagram to be sure that the three cables and cable traps have been assembled correctly. If the cables have not been correctly routed, the home gym system will not function properly and damage may occur. The insets show the proper positioning of the cable traps. The cable traps should be positioned so that the cables will not come off the pulleys. **Be sure that the cable traps do not touch or bind the cables.**



ORDERING REPLACEMENT PARTS

If you encounter any difficulties or problems with this product, contact the ICON Fitness Lifestyle Ltd. office, or write:

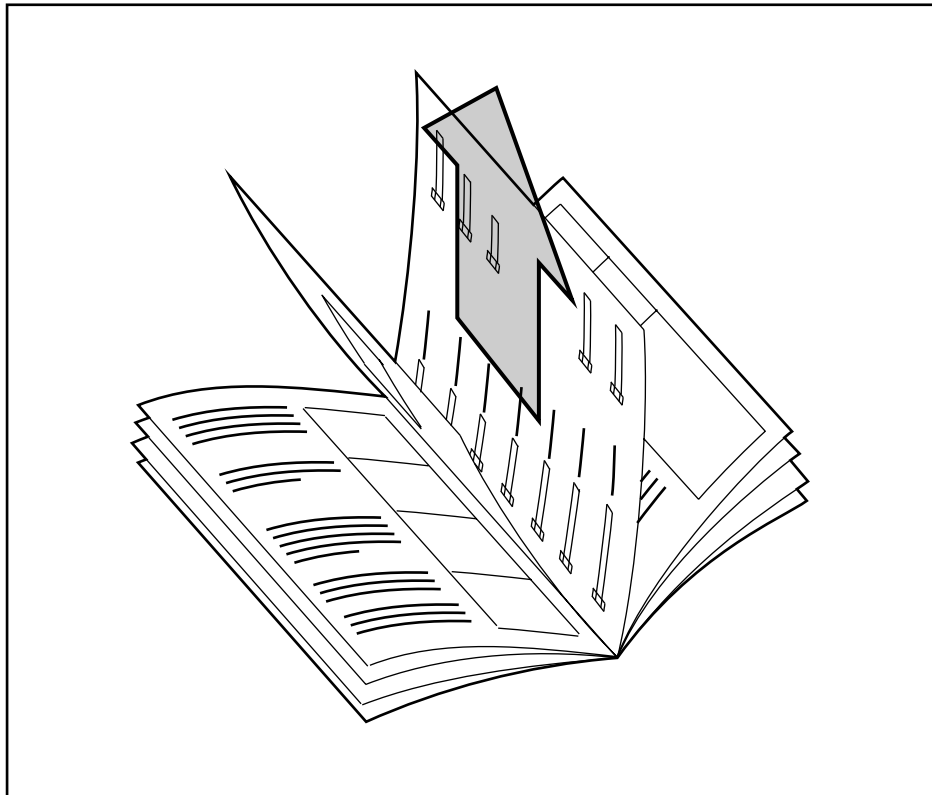
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 0113-2411120

1. The MODEL NUMBER of the product (WESY87300)
2. The NAME of the product (WEIDER® 8530 Home Gym System)
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 attached at the centre of this manual.)

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

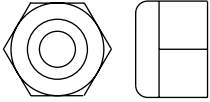
This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part.



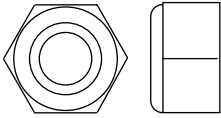
Please note: The assembly is divided into five stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, 4) seat and backrest assembly, and 5) VKR assembly. The hardware for each stage is packaged separately. WAIT UNTIL YOU BEGIN EACH ASSEMBLY STAGE TO OPEN THE PARTS BAG LABELLED FOR THAT ASSEMBLY STAGE.



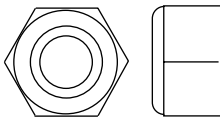
1/4" Nylon Locknut (2)



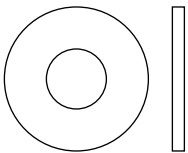
5/16" Nylon Locknut (3)



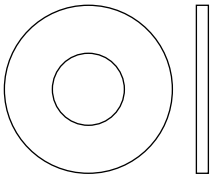
3/8" Nylon Locknut (21)



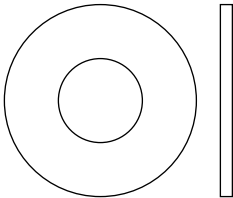
3/8" Nylon Jam Nut (92)



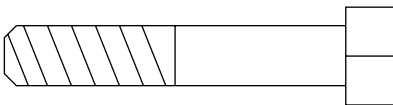
1/4" Flat Washer (10)



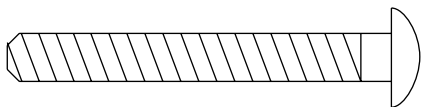
5/16" Flat Washer (8)



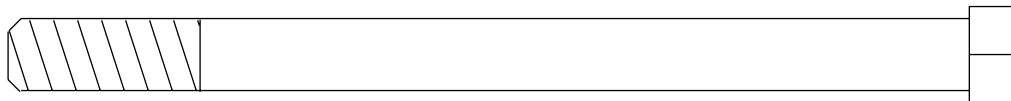
3/8" Flat Washer (9)



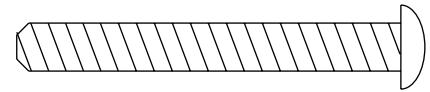
5/16" x 1 3/4" Bolt (24)



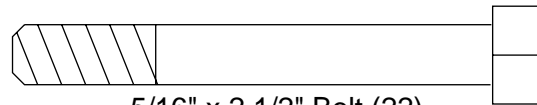
1/4" x 2" Carriage Bolt (38)



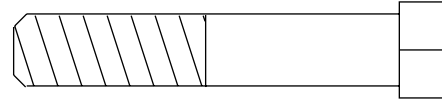
3/8" x 5" Bolt (67)



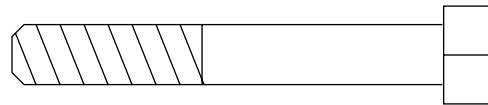
1/4" x 2" Machine Screw (81)



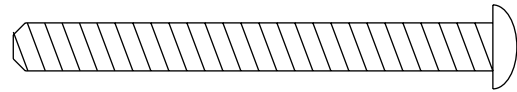
5/16" x 2 1/2" Bolt (22)



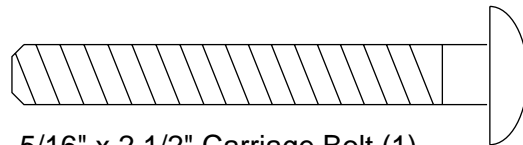
3/8" x 2" Bolt (12)



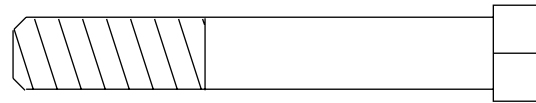
5/16" x 2 1/4" Bolt (33)



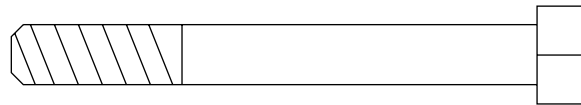
1/4" x 2 1/2" Screw (43)



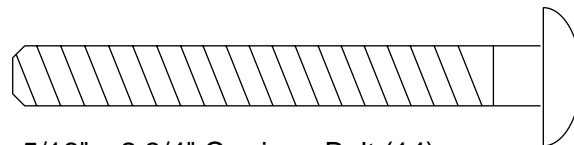
5/16" x 2 1/2" Carriage Bolt (1)



3/8" x 2 1/2" Bolt (86)



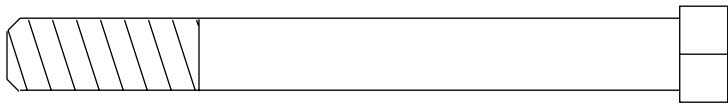
5/16" x 2 3/4" Bolt (11)



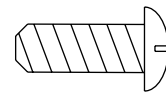
5/16" x 2 3/4" Carriage Bolt (14)



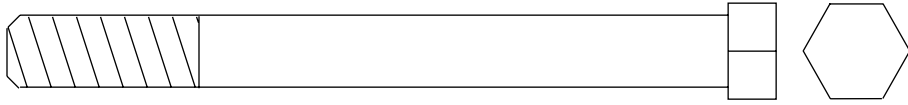
5/16" x 3" Bolt (75)



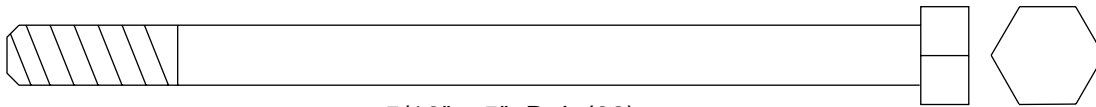
3/8" x 3 1/2" Bolt (16)



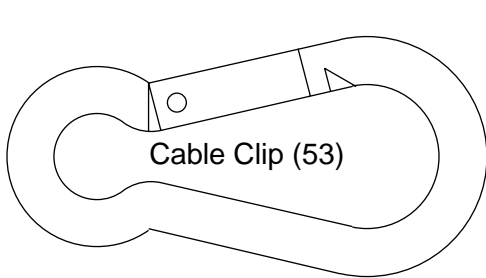
1/4" x 3/4" Screw (18)



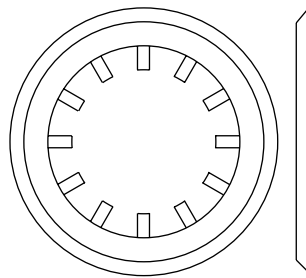
3/8" x 3 3/4" Bolt (88)



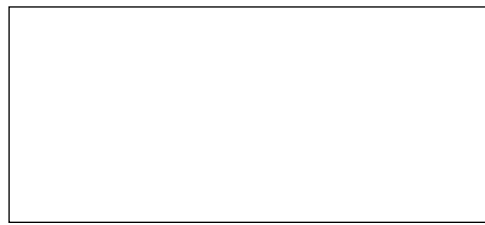
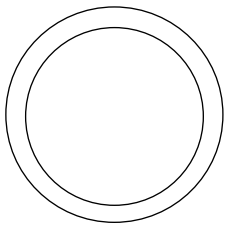
5/16" x 5" Bolt (68)



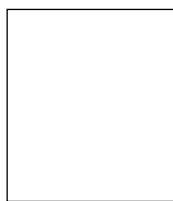
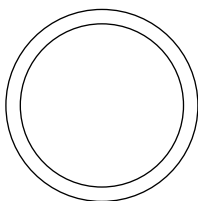
Cable Clip (53)



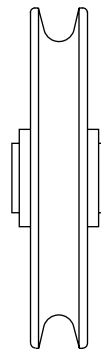
1" Retainer (69)



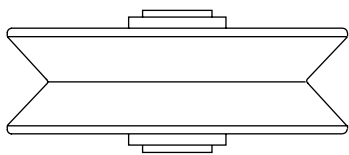
1 1/8" x 2 1/2" Plastic Bushing (89)



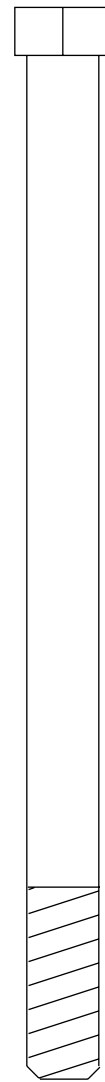
1" x 7/8" Plastic Bushing (90)



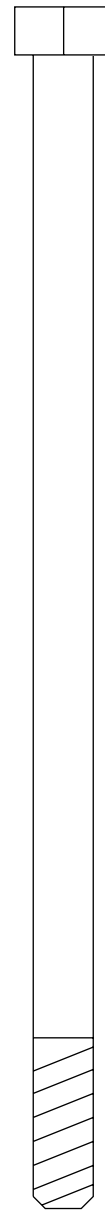
3 1/2" Pulley (15)
(Not shown to scale)



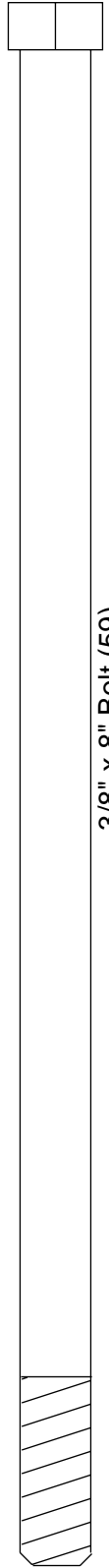
"V"-Pulley (50)
(Not shown to scale)



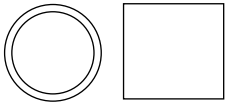
3/8" x 5 1/2" Bolt (93)



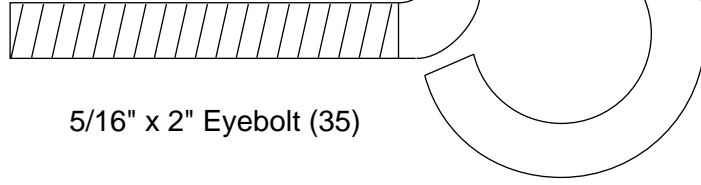
5/16" x 6" Bolt (60)



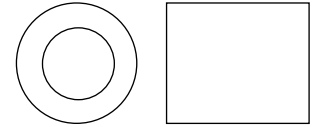
3/8" x 8" Bolt (59)



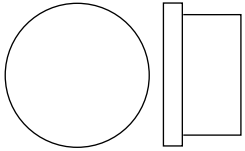
1/2" x 17/32" Spacer (91)



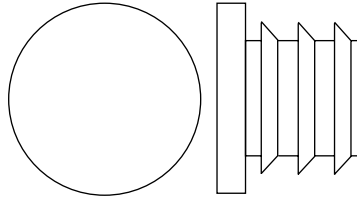
5/16" x 2" Eyebolt (35)



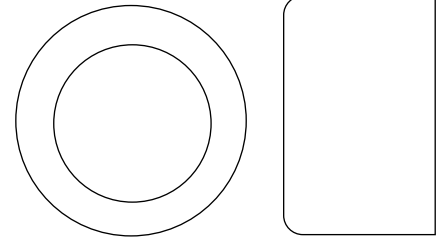
5/8" x 5/8" Spacer (76)



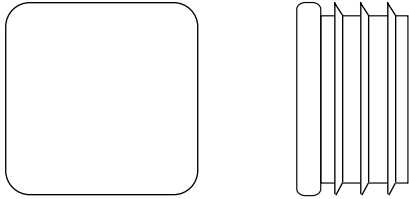
3/4" Round Inner Cap (34)



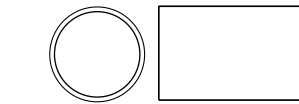
1" Round Inner Cap (49)



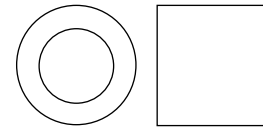
1" Round Cover Cap (70)



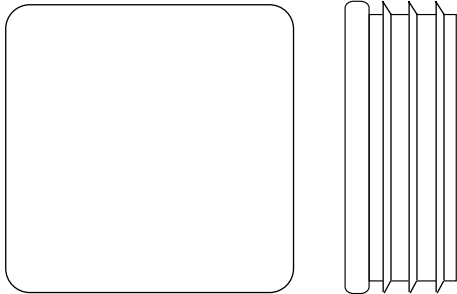
1" Inner Cap (6)



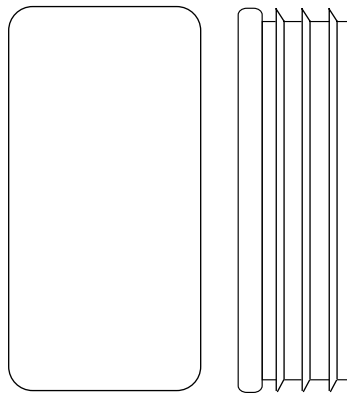
1/2" x 3/4" Spacer (61)



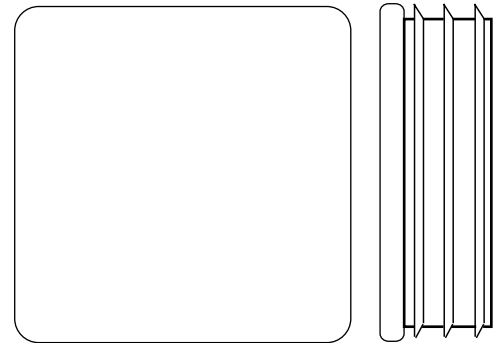
5/8" x 9/16" Spacer (7)



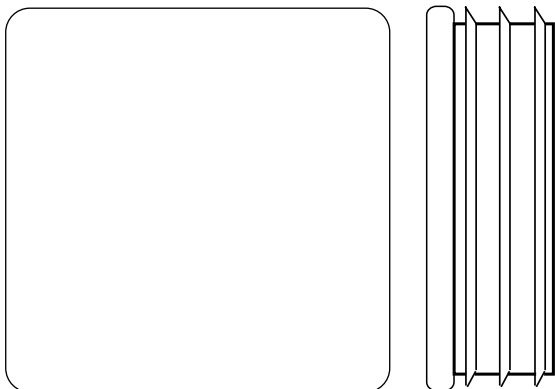
1 1/2" Inner Cap (32)



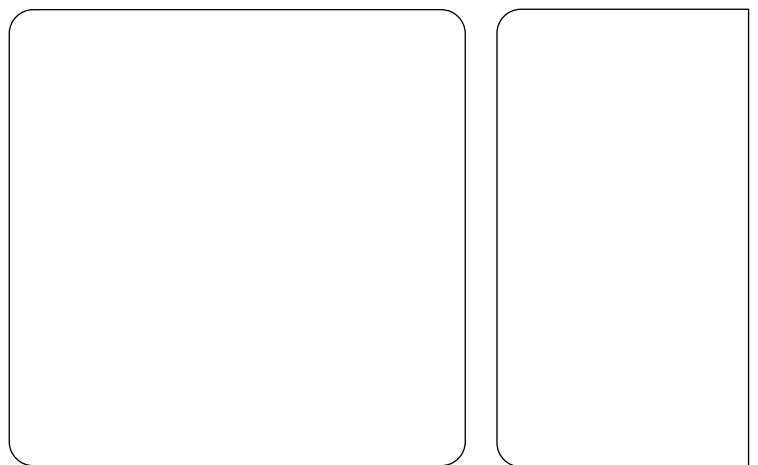
1" x 2" Inner Cap (87)



1 3/4" Inner Cap (44)

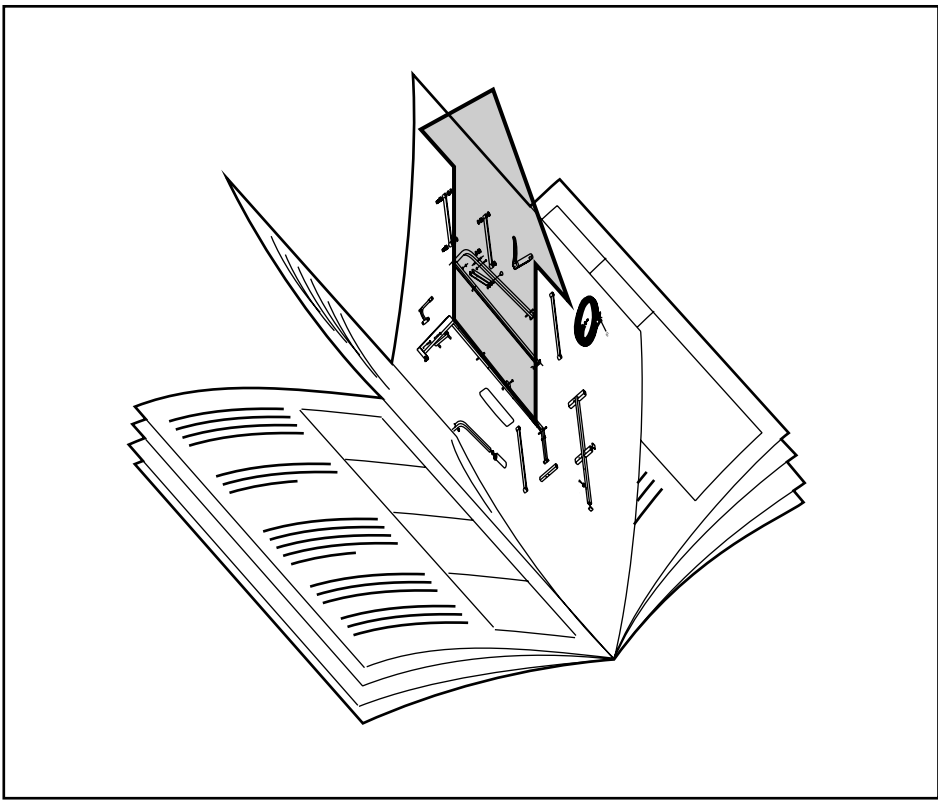


2" Inner Cap (27)



2" Outer Cap (51)

**REMOVE THIS PART LIST/EXPLODED
DRAWING FROM THE MANUAL!**



PART LIST—Model No. WESY87300

R0600A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	6	5/16" x 2 1/2" Carriage Bolt	51	2	2" Outer Cap
2	4	1/4" Nylon Locknut	52	1	Chain
3	27	5/16" Nylon Locknut	53	2	Cable Clip
4	1	Base	54	1	Lat Bar
5	1	Stabiliser	55	1	Top Frame
6	1	1" Inner Cap	56	1	Squat Arm Upright
7	1	5/8" x 9/16" Spacer	57	1	Long "U"-Bracket
8	9	5/16" Flat Washer	58	1	Medium Cable
9	5	3/8" Flat Washer	59	1	3/8" x 8" Bolt
10	13	1/4" Flat Washer	60	2	5/16" x 6" Bolt
11	6	5/16" x 2 3/4" Bolt	61	4	1/2" x 3/4" Spacer
12	5	3/8" x 2" Bolt	62	2	Long Weight Guide
13	1	Seat	63	2	Weight Tube
14	1	5/16" x 2 3/4" Carriage Bolt	64	2	Weight Tube Bumper
15	11	3 1/2" Pulley	65	2	Top Weight
16	1	3/8" x 3 1/2" Bolt	66	3	Cable Trap
17	1	Press Frame	67	1	3/8" x 5" Bolt
18	2	1/4" x 3/4" Screw	68	1	5/16" x 5" Bolt
19	4	Weight Bumper	69	4	1" Retainer
20	1	Pulley Bracket	70	2	1" Round Cover Cap
21	14	3/8" Nylon Locknut	71	2	Small "U"-Bracket
22	6	5/16" x 2 1/2" Bolt	72	1	Long Cable
23	1	Short Cable	73	2	Short Weight Guide
24	2	5/16" x 1 3/4" Bolt	74	1	VKR Upright
25	16	Weight	75	2	5/16" x 3" Bolt
26	2	Weight Pin	76	1	5/8" x 7/8" Spacer
27	5	2" Inner Cap	77	1	VKR Backrest
28	2	13 1/2" Pad Tube	78	2	VKR Arm Rest
29	1	Leg Lever	79	1	Left VKR Arm
30	4	6" Pad	80	1	Right VKR Arm
31	3	Long Cable Trap	81	5	1/4" x 2" Machine Screw
32	4	1 1/2" Inner Cap	82	2	Handle
33	1	5/16" x 2 1/4" Bolt	83	8	5" Plastic Grip
34	4	3/4" Round Inner Cap	84	1	Squat Arm
35	1	5/16" x 2" Eyebolt	85	2	Squat Arm Pad
36	1	Seat Frame	86	3	3/8" x 2 1/2" Bolt
37	1	Seat Plate	87	2	1" x 2" Inner Cap
38	1	1/4" x 2" Carriage Bolt	88	4	3/8" x 3 3/4" Bolt
39	1	Nylon Strap	89	2	1 1/8" x 2 1/2" Plastic Bushing
40	1	Seat Knob	90	2	1" x 7/8" Plastic Bushing
41	1	Backrest	91	2	1/2" x 17/32" Spacer
42	1	Front Upright	92	4	3/8" Nylon Jam Nut
43	4	1/4" x 2 1/2" Screw	93	1	3/8" x 5 1/2" Bolt
44	6	1 3/4" Inner Cap	94	1	3/8" x 2 1/4" Bolt
45	2	10" Pad	95	1	3 1/2" Low Pulley
46	2	Press Arm	96	10	Pulley Cover
47	1	Left Arm	97	2	Locking Pin
48	1	Right Arm	98	2	Lock
49	6	1" Round Inner Cap	99	2	1" Inner Cap
50	3	"V"-Pulley	#	1	User's Manual

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

EXPLODED DRAWING—Model No. WESY87300

R0600A

