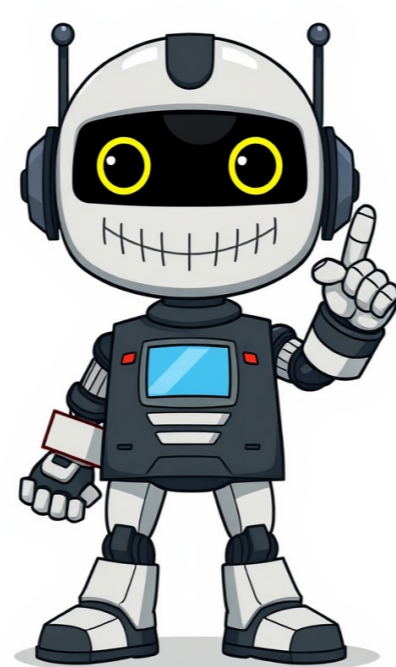


I'm not a bot































The manufacturer's commitment to customer satisfaction is evident in this user manual. ===== 1. The serial number and questions section serves as a point of contact for any queries or concerns regarding the product. 2. The table of contents provides an overview of the manual's structure, including important precautions and assembly instructions. 3. The warnings and guidelines are clear, emphasizing the importance of proper assembly and usage to avoid injury. 4. The assembly process is described in detail, with step-by-step instructions for assembling the weight system. 5. Tips for a smooth assembly experience are provided, including the use of part identification charts and lubricating axles. 6. The weight system's versatility is highlighted, with various stations designed to develop different muscle groups. 7. Customer support information, including a toll-free hotline and address, is included in case customers need assistance. 8. Additional safety precautions are mentioned, such as ensuring cables remain on pulleys during exercise. The Right Arm (48) must be distinguished from the Left Arm (47). 11. The 3 1/2" Pulley (15), which is preassembled, is shown exploded for clarity purposes in this drawing. 11 Ensure that the Short Cable (58) is routed around the 3 1/2" Pulley (15) attached to the Press Frame (17). The Cable Trap (66) must be turned to hold the Cable in place and ensure it is routed as depicted. Tighten the 3/8" Nylon Locknut (21), 3/8" Washer (9), and 3/8" x 3 1/2" Bolt (16). 21 66 15 58 17 9 16 12.15. Wrap the Long Cable (23) around a "V"-pulley (6). Attach the "V"-pulley and a Long Cable Trap (50) to the Left Arm (47) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). Make sure that the Long Cable Trap is positioned to hold the Cable in place. 15 7 6 50 21 23 42 16. Route the Long Cable (23) around a "V"-pulley (6). Attach the "V"-pulley and a Long Cable Trap (50) to the Left Arm (47) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknuts (21). 19. Remove the indicated 3 1/2" Pulley (15) from the Top Frame (55). 19 21 55 Bracket 15 Route the Long Cable (23) around the 3 1/2" Pulley (15) and reattach it to the bracket on the Top Frame (55) with the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (21). Ensure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly. 12 23 20. Attach the Long Cable (23) to the Small "U" bracket (67) with a 1/4" Nylon Locknut (2) and a 1/4" Washer (10). See the inset drawing. 22. Press a 1 1/2" Square Inner Cap (32) into the Seat Frame (36). 22 13 Insert the 1/4" x 2" Carriage Bolt (38) into the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 3/4" Screws (18). 38 37 Insert the 1/4" x 2" Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Washer (10) onto the Carriage Bolt. 26. Attach the Preacher Pad (56) to the Preacher Post (77) with two 1/4" x 3/4" Screws (18). 26 56 77 18 27. Verify that all parts are properly tightened. The remaining parts will be explained in ADJUSTMENTS, beginning on the following page. Before using the weight system, pull each cable a few times to ensure smooth movement over the pulleys. If one of the cables does not move smoothly, find and correct the issue. ADJUSTMENTS The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. IMPORTANT: When attaching the lat bar or nylon strap, ensure 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. 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, on page 14). 29 58 35 Attach the Short Cable (58) to the indicated 3/8" x 2" Eyebolt (35) with a Cable Clip (53). 53 ATTACHING THE PREACHER PAD TO THE SEAT FRAME Set the hooks on the bottom of the Preacher Post (77) around the 5/16" x 2 3/4" Bolt (not shown) in the Seat Frame (36). WEIGHT RESISTANCE CHART This chart shows the approximate weight resistance at each station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. Note: The actual resistance at each weight station may vary due to differences in individual weight. Paraphrased text here ===== The importance of proper usage and precautions cannot be overstated when using the free replacement decal provided with this product. ===== Before applying the decal, it is crucial to follow all instructions carefully and consult your physician if you have any pre-existing health concerns. Additionally, read all instructions before use to ensure a safe and successful experience. The warranty granted under this document does not cover any loss or damage resulting from the use of defective parts, improper installation, or failure to follow instructions for maintenance and repair. Furthermore, some states prohibit the exclusion or limitation of incidental or consequential damages. ===== Incorporating resistance training into your fitness routine can help build muscle endurance and definition. The Weider home gym system allows you to target different muscle groups using a unique resistance system. To get the best results from your Weider Ultimate Body Works, Pro 4300, or other model, it is essential to familiarize yourself with the most effective exercises. Using your Weider Home Gym equipment correctly will improve your outcomes and ensure your safety. The specific exercises you can perform depend on the model you have installed in your home gym. Here's a breakdown of the popular models and their included equipment: The legacy model features a high and low pulley system with up to 280 pounds of resistance, allowing for a comprehensive upper body workout. Additionally, it boasts a combination chest press/butterfly arm station and a 4-roll leg developer to target various leg muscles. Furthermore, the high and low pulley system is accompanied by a lateral bar for a total-body workout, while the adjustable incline bench facilitates training of both the upper and lower body. The inclusion of resistance bands enables users to increase weight beyond their own body weight. The durable cable and pulley system provides versatility in workouts, with an emphasis on range of motion. This model offers up to 195 pounds of resistance, featuring customizable elements like an adjustable preacher pad, chest press, and lat pulldown. With its combination of a 125-pound weight stack and Precision System bushings and bearings, this machine features six different body-sculpting stations. Weider Home Gyms cater to users' needs for at-home strength training, providing a comprehensive solution for building lean muscle. A key benefit is the ability to engage one's entire body with various exercise programs, making it an all-in-one solution for home gym enthusiasts. Regardless of the program chosen, Weider models can deliver results. The exercise programs that can be performed with a Weider Home Gym include those targeting specific muscle groups and those focusing on cardio. Proper planning is essential when utilizing a Weider Home Gym, considering factors such as health goals, workout duration, and individual fitness level. Weider Home Gyms are a great way to improve cardio capacity, as well as other health goals, such as building muscle mass, losing weight, and improving flexibility. These systems are designed to help you achieve these goals by providing a variety of exercises that target different parts of the body.