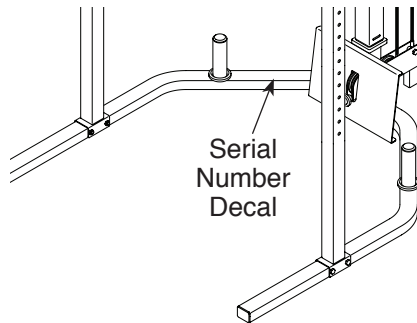


Model No. 831.14933.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



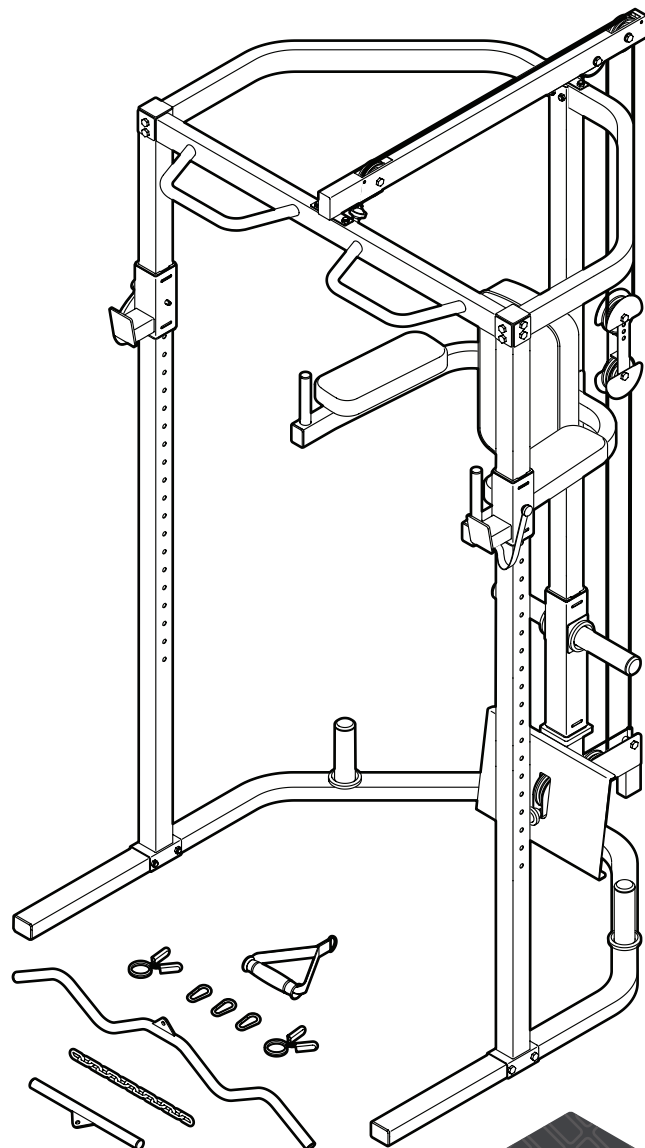
- Assembly
- Operation
- Maintenance
- Part List and Drawing

Sears, Roebuck and Co.  
Hoffman Estates, IL 60179

## ⚠ CAUTION

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

## WEIGHT BENCH EXERCISER User's Manual

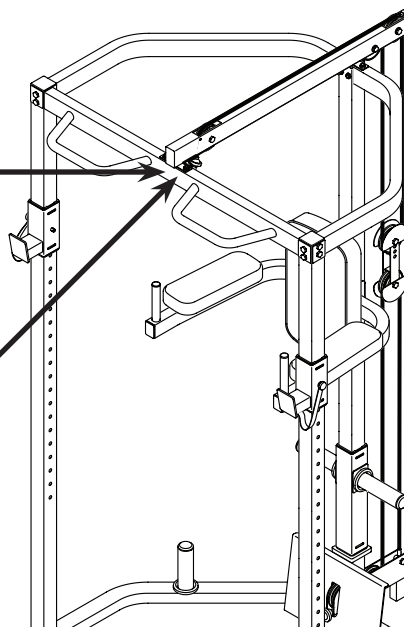
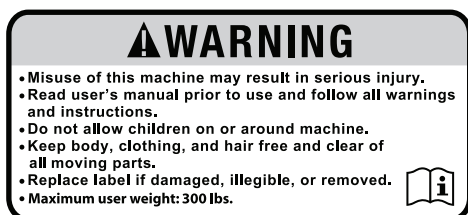


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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-877-992-5999 and request a free replacement decal. Apply the decal in the location shown.**  
Note: The decal(s) may not be shown at actual size.



# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the weight bench only as described in this manual.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench in a garage or covered patio, or near water.
6. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the weight bench at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Wear athletic shoes for foot protection while exercising.
10. Keep hands and feet away from moving parts.
11. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg). Do not place more than 150 lbs. (68 kg) of weight on the weight carriage. Do not place more than 310 lbs. (141 kg) of weight, including a barbell, on the bar cradles. Note: A barbell is not included.
12. Before you use the bar cradles, make sure that the adjustment pins are fully inserted through the bar cradles and through the uprights.
13. Do not use a barbell that is longer than 6 ft. (1.8 m) with the weight bench.
14. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

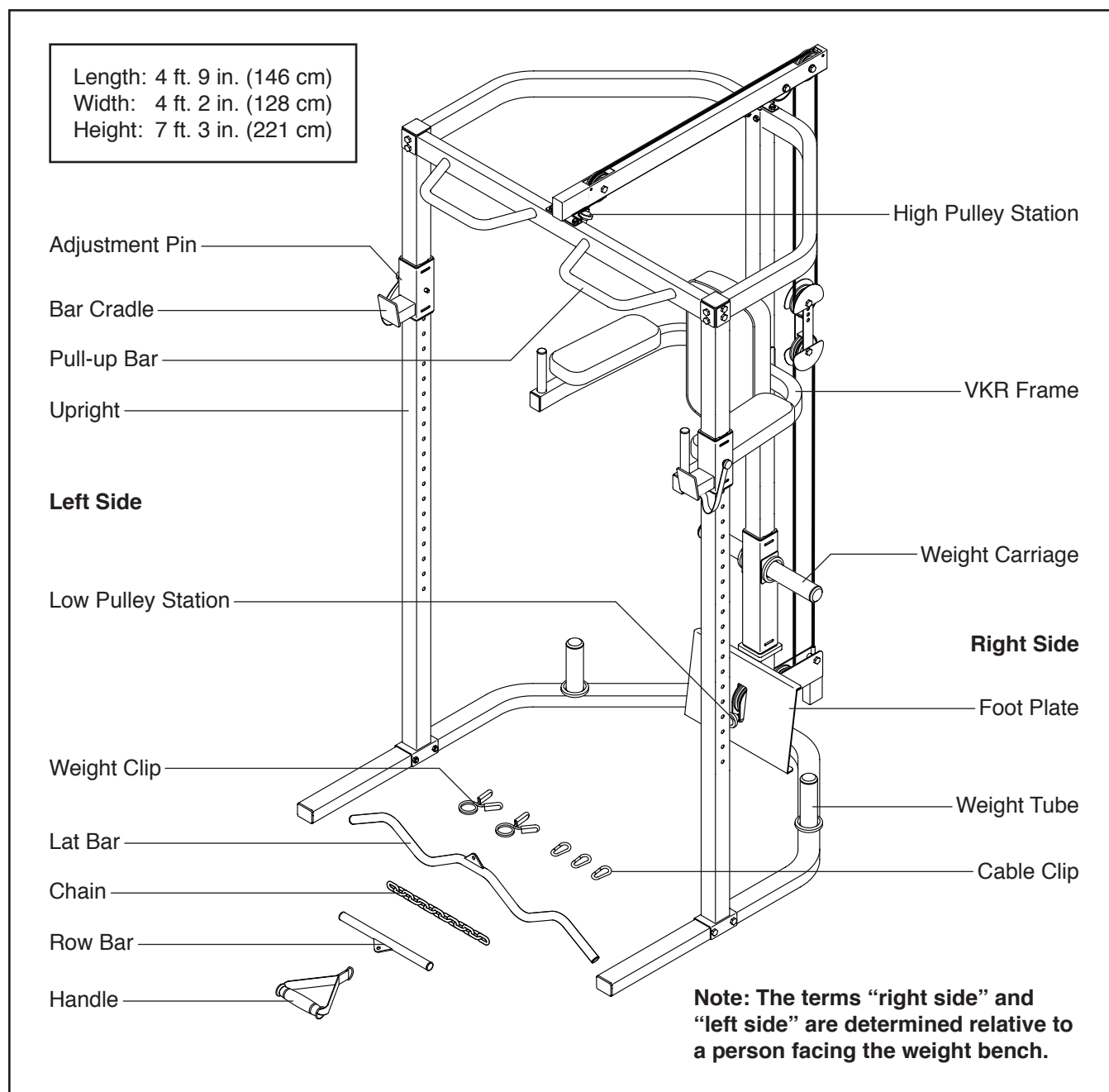
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER PRO™ weight bench. 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

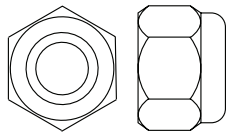
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

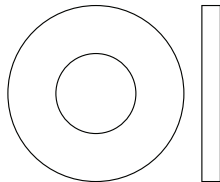


# PART IDENTIFICATION CHART

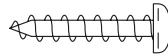
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included. If a part is missing, please call 1-877-992-5999.**



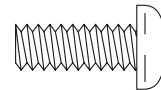
M10 Locknut (47)



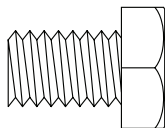
M10 Washer (55)



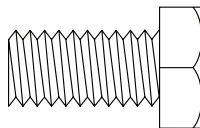
M4 x 19mm  
Screw (42)



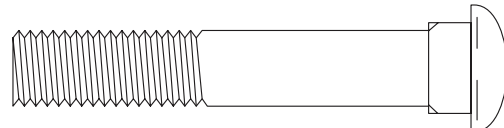
M6 x 16mm Screw (44)



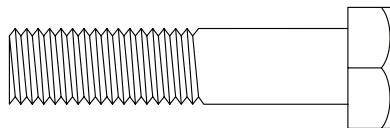
M10 x 15mm Screw (50)



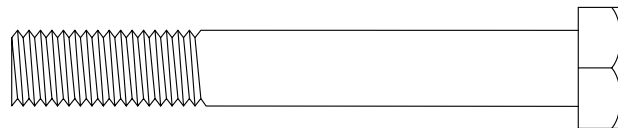
M10 x 20mm Screw (53)



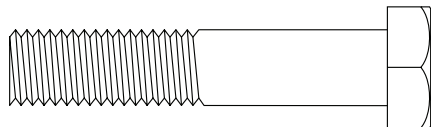
M10 x 55mm Carriage Bolt (56)



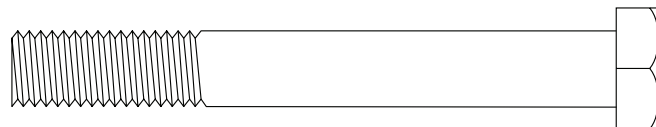
M10 x 45mm Bolt (39)



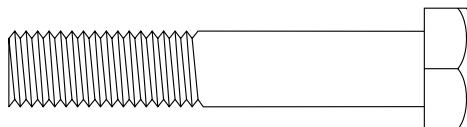
M10 x 75mm Bolt/Screw (45)



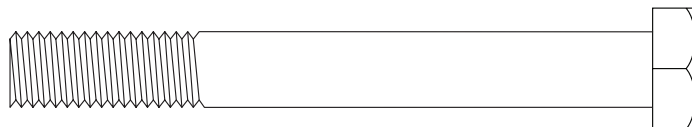
M10 x 50mm Bolt (46)



M10 x 80mm Bolt/Screw (43)


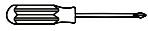


M10 x 55mm Bolt (40)



M10 x 85mm Bolt (41)

# ASSEMBLY

- Assembly requires two persons.
  - Due to its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
  - Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
  - Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
  - To identify small parts, see page 5.
  - In addition to the included tool(s), assembly requires the following tool(s):
    - two adjustable wrenches 
    - one Phillips screwdriver 
- Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

## The Three Stages of the Assembly Process

**Frame Assembly**—You will begin by assembling the bases and the uprights that form the skeleton of the weight bench.

**Cable Assembly**—During this stage you will attach

the cables and pulleys that connect the weight carriage to the frame.

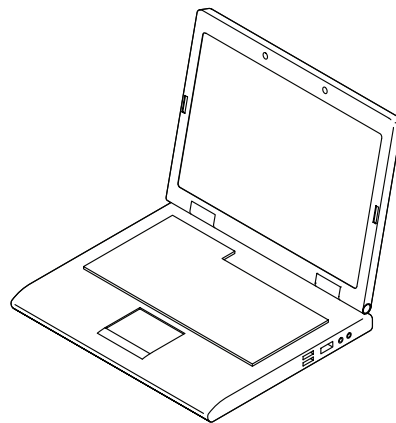
**VKR Assembly**—During this stage you will assemble the VKR frame and pads.

### 1. Go to [www.weiderservice.com/registration](http://www.weiderservice.com/registration) on your computer and register your product.

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call 1-877-992-5999 and register your product.

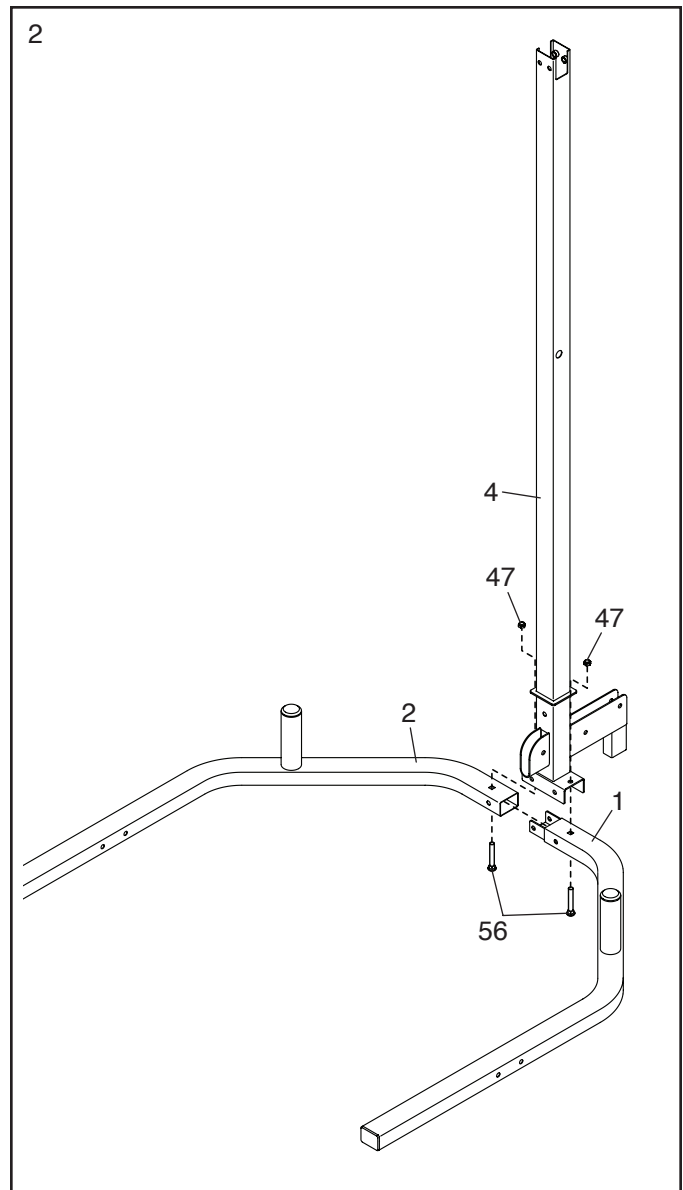
1



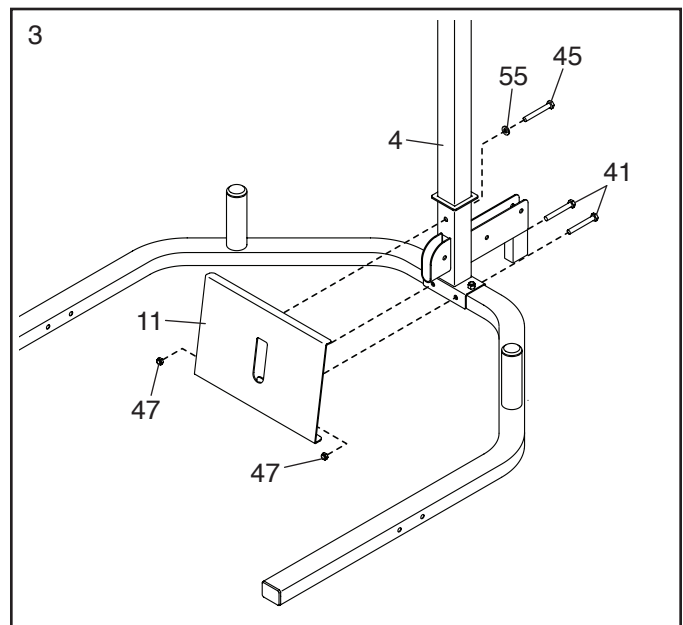
## Frame Assembly

2. Orient the Right and Left Bases (1, 2) as shown. Insert the Right Base into the Left Base.

Attach the Guide (4) to the Right and Left Bases (1, 2) with two M10 x 55mm Carriage Bolts (56) and two M10 Locknuts (47). **Do not fully tighten the Locknuts yet.**

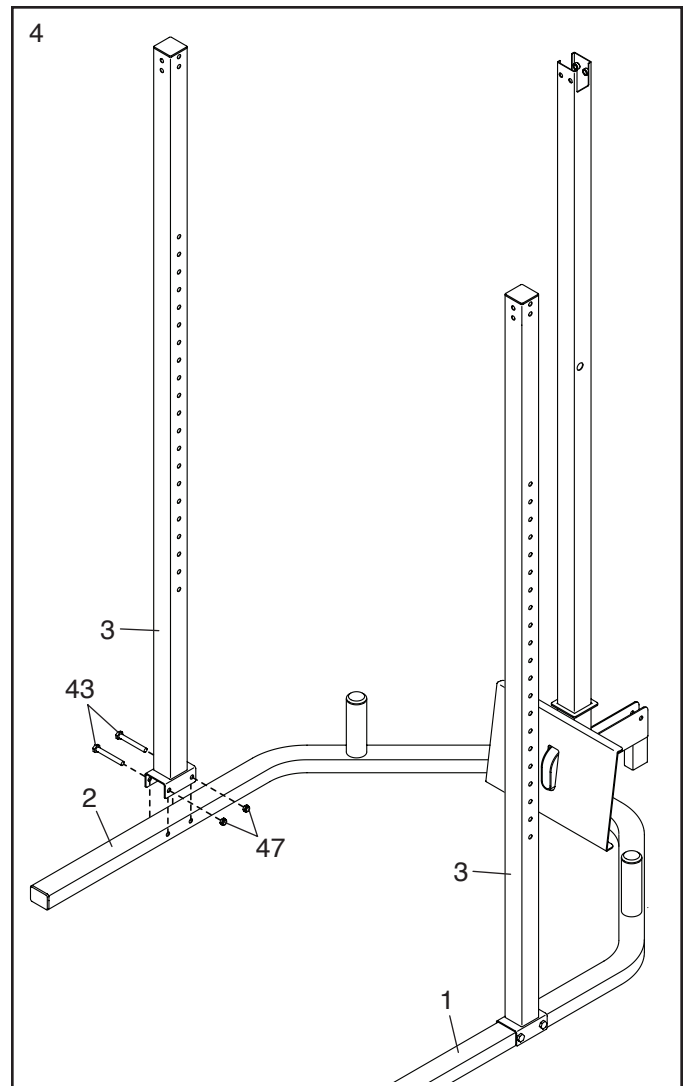


3. Attach the Foot Plate (11) to the Guide (4) with an M10 x 75mm Screw (45), an M10 Washer (55), two M10 x 85mm Bolts (41), and two M10 Locknuts (47). **Do not fully tighten the Locknuts yet.**



4. Attach an Upright (3) to the Left Base (2) with two M10 x 80mm Bolts (43) and two M10 Locknuts (47). **Do not fully tighten the Locknuts yet.**

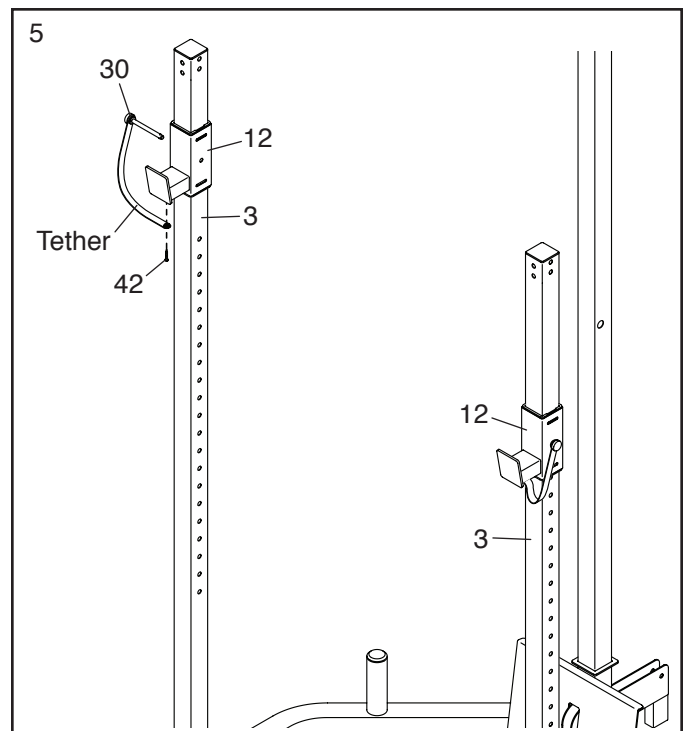
**Attach the other Upright (3) to the Right Base (1) in the same way.**



5. Slide a Bar Cradle (12) downward onto the left Upright (3), and then insert an Adjustment Pin (30) into the Bar Cradle and into one of the adjustment holes in the left Upright.

Attach the tether on the Adjustment Pin (30) to the Bar Cradle (12) with an M4 x 19mm Screw (42).

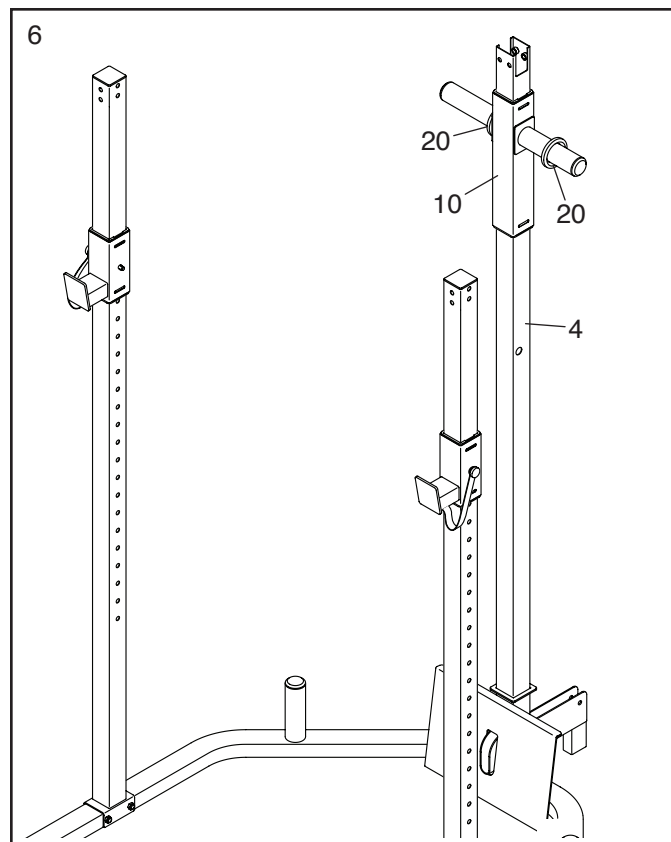
**Attach the other Bar Cradle (12) to the right Upright (3) in the same way. Make sure to adjust the Bar Cradles to the same height.**





6. Orient the Weight Carriage (10) as shown and slide it onto the Guide (4).

Slide a Weight Plate Bumper (20) onto each side of the Weight Carriage (10).



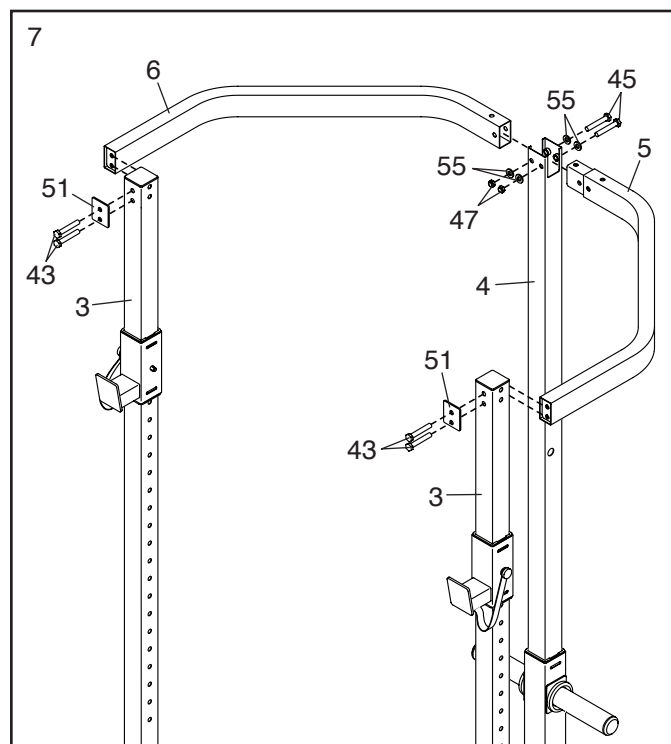
7. Orient the Right and Left Frames (5, 6) as shown. Insert the Right Frame into the Left Frame.

Have a second person hold the Left and Right Frames (5, 6) near the tops of the Guide (4) and the Uprights (3).

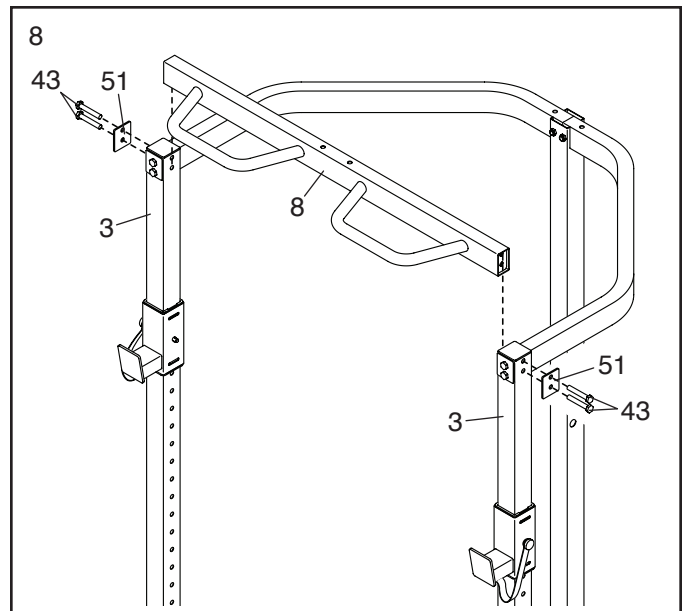
Insert the Right and Left Frames (5, 6) into the top of the Guide (4). Attach the Right and Left Frames with two M10 x 75mm Bolts (45), four M10 Washers (55), and two M10 Locknuts (47). **Do not fully tighten the Locknuts yet.**

Attach the Right Frame (5) to the right Upright (3) with two M10 x 80mm Screws (43) and a Plate (51). **Do not fully tighten the Screws yet.**

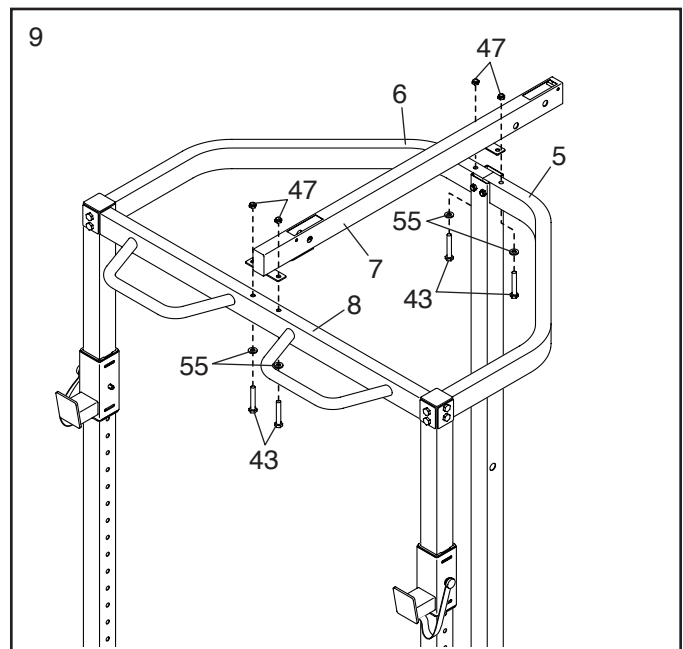
**Attach the Left Frame (6) to the left Upright (3) in the same way.**



8. Orient the Crossbar (8) as shown. Attach the Crossbar to the Uprights (3) with four M10 x 80mm Screws (43) and two Plates (51). **Do not fully tighten the Screws yet.**



9. Orient the Center Frame (7) as shown. Attach the Center Frame to the Right and Left Frames (5, 6) and to the Crossbar (8) with four M10 x 80mm Bolts (43), four M10 Washers (55), and four M10 Locknuts (47). **Do not fully tighten the Locknuts yet.**



## Cable Assembly

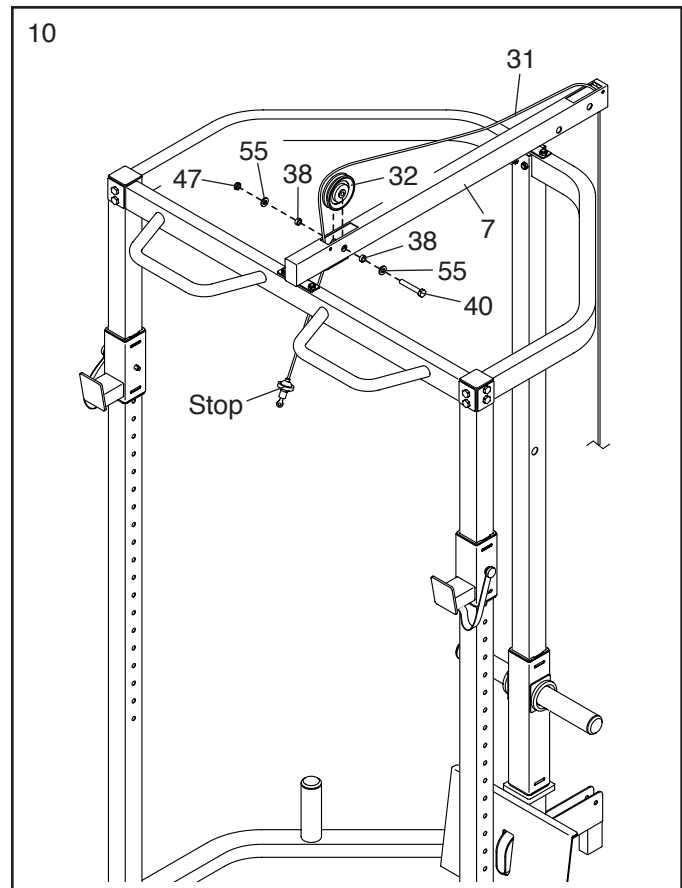
10. **IMPORTANT:** See the **CABLE DIAGRAM** on page 19. Cut along the dotted line, and lay the **CABLE DIAGRAM** beside this manual for reference while you assemble the cables and the pulleys.

**Identify the six Pulley Bushings (38) and the two Spacers (not shown).**

**Identify the Short Cable (31).** Orient the Short Cable so that the end with the stop is in the location shown.

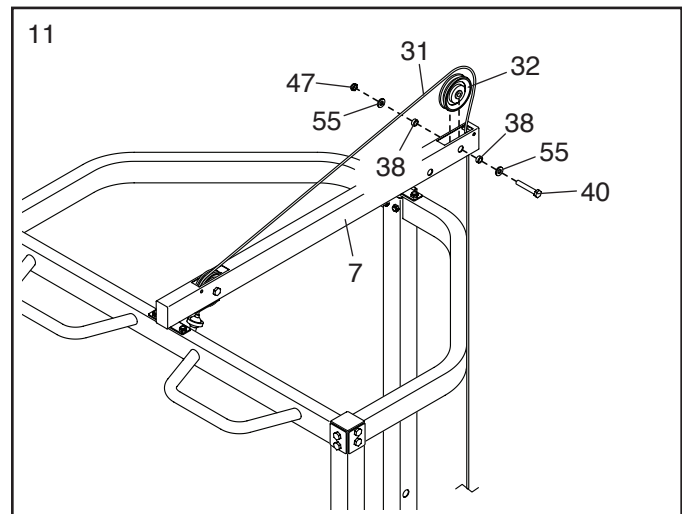
Route the Short Cable (31) through the Center Frame (7) as shown.

Insert a Pulley (32) under the Short Cable (31). Attach the Pulley inside the Center Frame (7) with an M10 x 55mm Bolt (40), two M10 Washers (55), two Pulley Bushings (38), and an M10 Locknut (47).



11. Insert a Pulley (32) under the Short Cable (31).

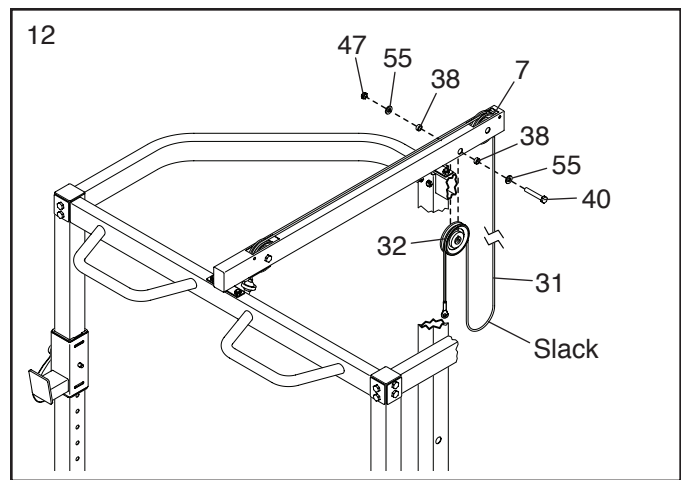
Attach the Pulley (32) inside the Center Frame (7) with an M10 x 55mm Bolt (40), two M10 Washers (55), two Pulley Bushings (38), and an M10 Locknut (47).



12. Route the Short Cable (31) over a Pulley (32).

Attach the Pulley (32) inside the Center Frame (7) with an M10 x 55mm Bolt (40), two M10 Washers (55), two Pulley Bushings (38), and an M10 Locknut (47).

**Make sure to leave slack in the Short Cable (31) in the indicated location.**

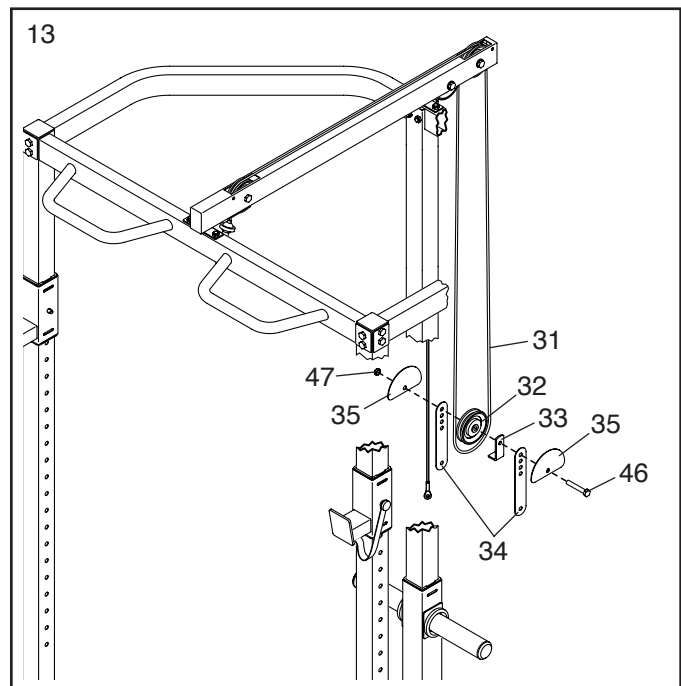


13. Insert a Pulley (32) into the loop of the Short Cable (31) as shown.

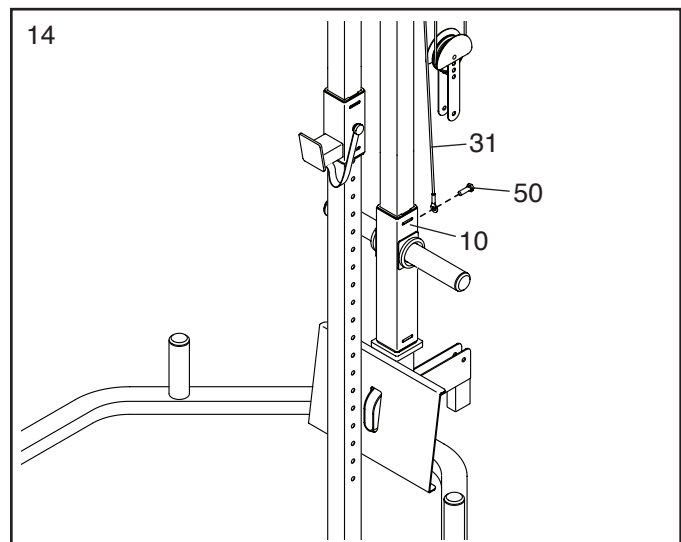
Orient two Pulley Plates (34) as shown.

Using the first hole in the Pulley Plates (34), attach two Half Guards (35), the Pulley Plates, and a Cable Trap (33) to the Pulley (32) with an M10 x 50mm Bolt (46) and an M10 Locknut (47).

**Make sure that the Cable Trap (33) is oriented to hold the Short Cable (31) in the groove of the Pulley (32).**



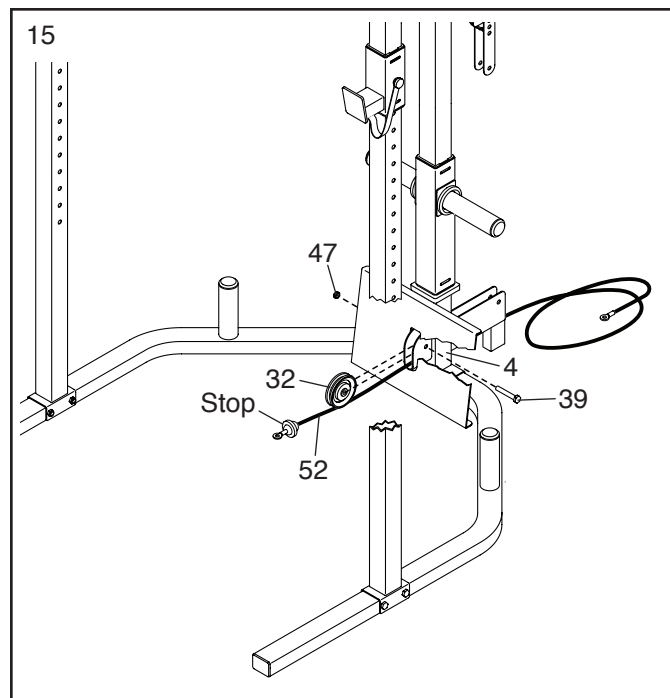
14. Attach the end of the Short Cable (31) to the Weight Carriage (10) with an M10 x 15mm Screw (50).



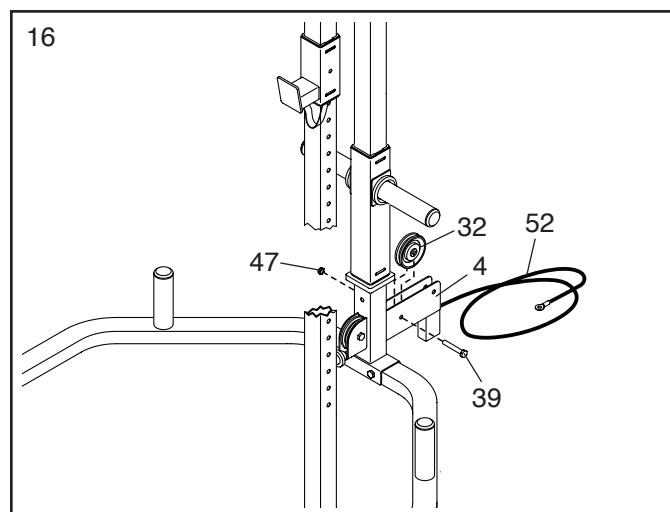
15. See the **CABLE DIAGRAM**. Identify the Long Cable (52).

Orient the Long Cable (52) so that the end with the stop is in the location shown. Route the Long Cable through the Guide (4).

Insert a Pulley (32) over the Long Cable (52) inside the Guide (4). Attach the Pulley with an M10 x 45mm Bolt (39) and an M10 Locknut (47).



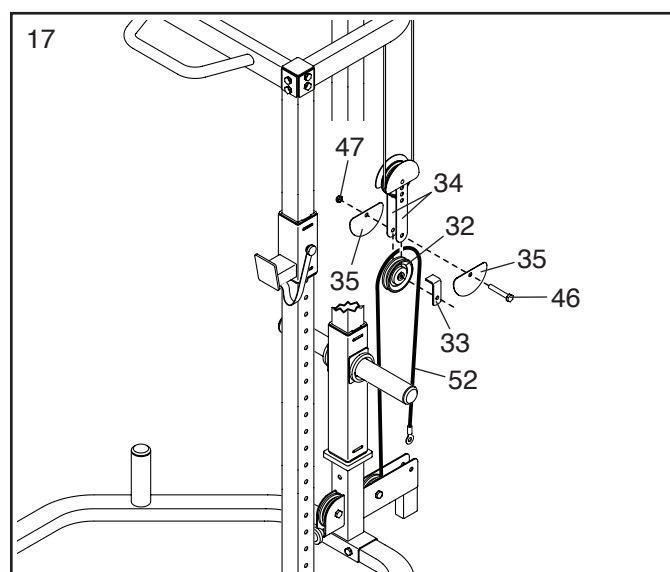
16. Insert a Pulley (32) over the Long Cable (52) inside the Guide (4). Attach the Pulley with an M10 x 45mm Bolt (39) and an M10 Locknut (47).



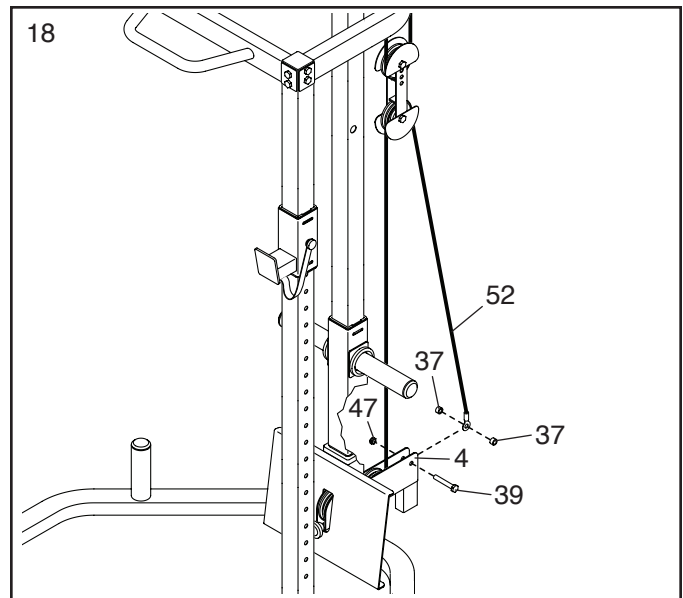
17. Route the Long Cable (52) over a Pulley (32).

Attach two Half Guards (35) and a Cable Trap (33) to the Pulley Plates (34) and the Pulley (32) with an M10 x 50mm Bolt (46) and an M10 Locknut (47).

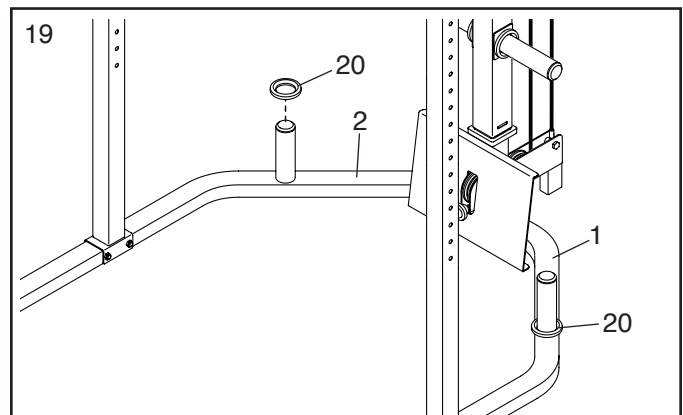
**Make sure that the Cable Trap (33) is oriented to hold the Long Cable (52) in the groove of the Pulley (32).**



18. Attach the end of the Long Cable (52) to the Guide (4) with an M10 x 45mm Bolt (39), two Spacers (37), and an M10 Locknut (47).



19. Slide a Weight Plate Bumper (20) onto the tube on the Left Base (2). Then, slide a Weight Plate Bumper onto the tube on the Right Base (1).

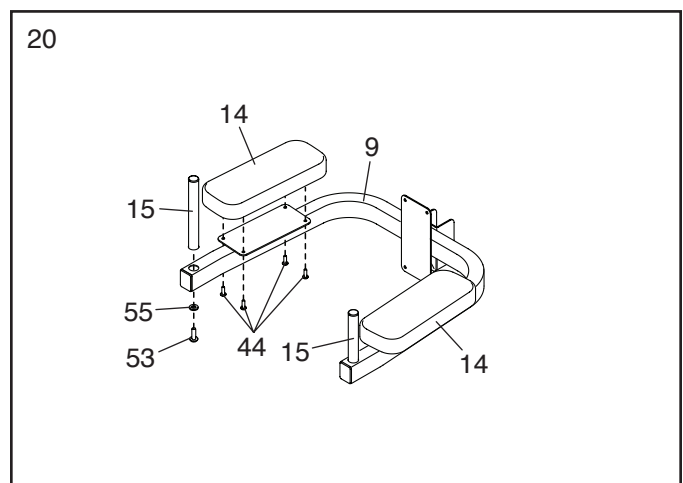


## VKR Assembly

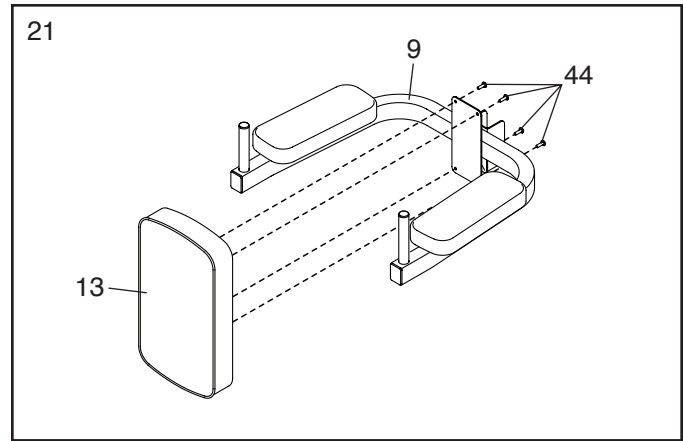
20. Orient the VKR Frame (9) as shown. Attach an Arm Pad (14) to the VKR Frame with four M6 x 16mm Screws (44).

Then, attach a VKR Handle (15) to the VKR Frame (9) with an M10 x 20mm Screw (53) and an M10 Washer (55).

**Repeat this step to attach the other Arm Pad (14) and the other VKR Handle (15) to the VKR Frame (9).**



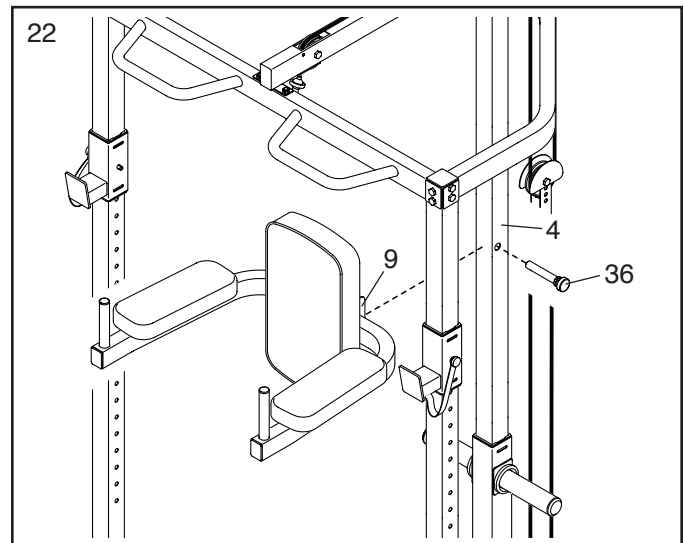
21. Attach the Back Pad (13) to the VKR Frame (9) with four M6 x 16mm Screws (44).



22. Attach the VKR Frame (9) to the Guide (4) with the VKR Pin (36).

**See steps 2, 3, 4, 7, and 9. Tighten the M10 Locknuts (47).**

**See steps 7 and 8. Tighten the M10 x 80mm Screws (43).**



23. **Make sure that all parts are properly tightened before you use the weight bench.** Note: Extra parts may be included. The use of all remaining parts will be explained in ADJUSTMENT, starting on page 16.

# ADJUSTMENT

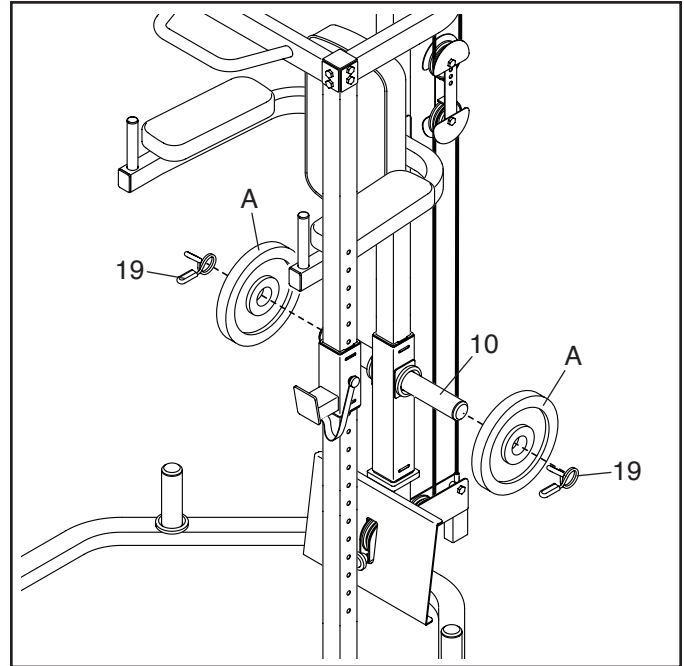
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 21 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. To clean the weight bench, use a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

## ATTACHING WEIGHT PLATES TO THE WEIGHT CARRIAGE

Slide the desired weight plates (A) onto the weight tubes on the Weight Carriage (10). Then, secure a Weight Clip (19) onto each weight tube.

**⚠ WARNING:** Place an equal amount of weight on each weight tube on the Weight Carriage (10). Do not place more than 150 lbs. (68 kg) on the Weight Carriage. Always secure weight plates with the Weight Clips (19).

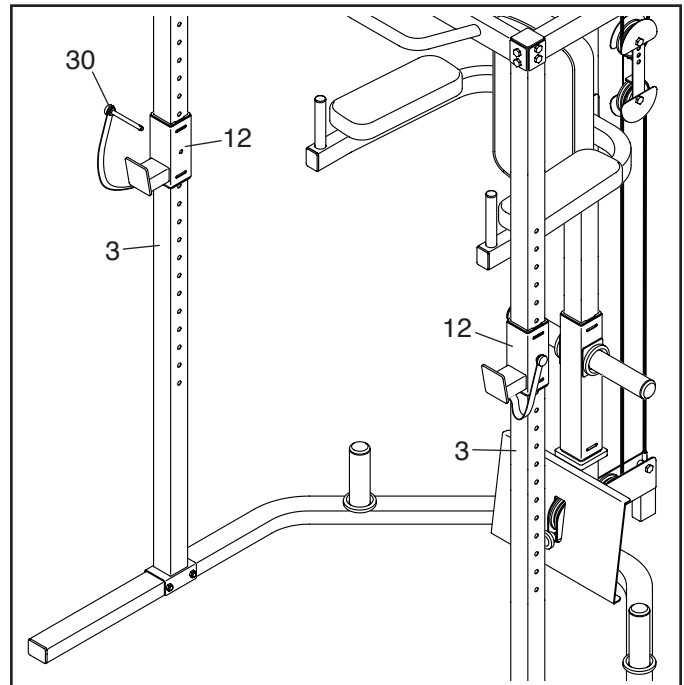


## ADJUSTING THE BAR CRADLES

To adjust the height of the left Bar Cradle (12), remove the Adjustment Pin (30), slide the Bar Cradle upward or downward to the desired position, and then insert the Adjustment Pin into one of the adjustment holes in the left Upright (3). **Make sure that the Adjustment Pin is firmly engaged in an adjustment hole.**

Adjust the right Bar Cradle (12) in the same way. Make sure to adjust the Bar Cradles to the same height.

**⚠ WARNING:** Do not place a barbell with more than 310 lbs. (141 kg) of weight on the Bar Cradles (12). Note: A barbell is not included.



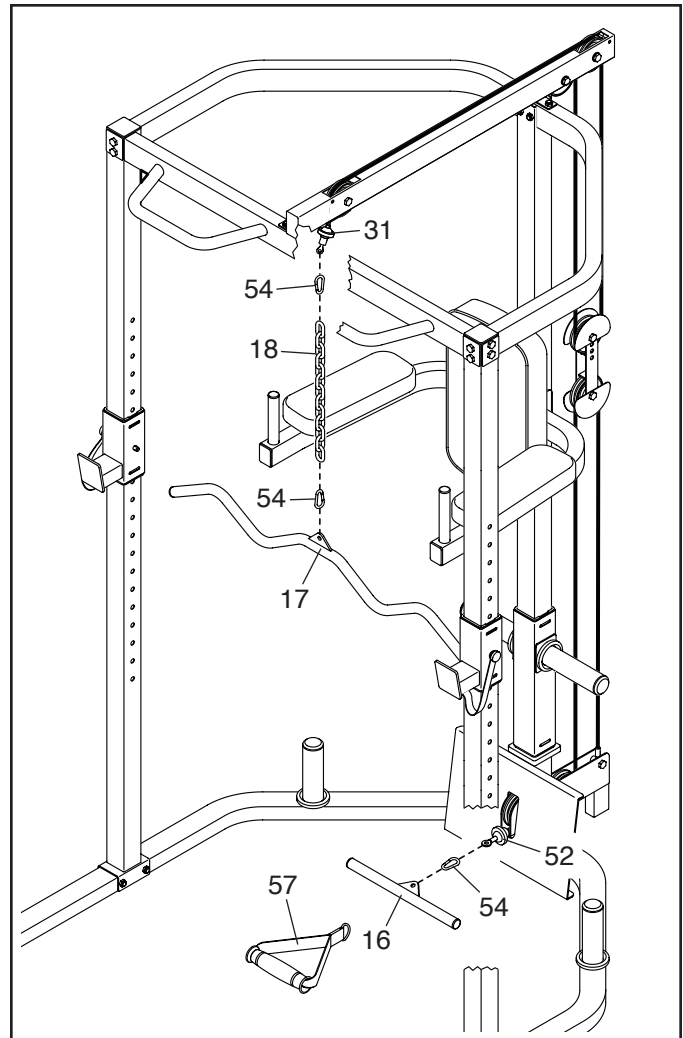


## ATTACHING THE ACCESSORIES

Attach the Lat Bar (17) to the Short Cable (31) at the high pulley station with a Cable Clip (54).

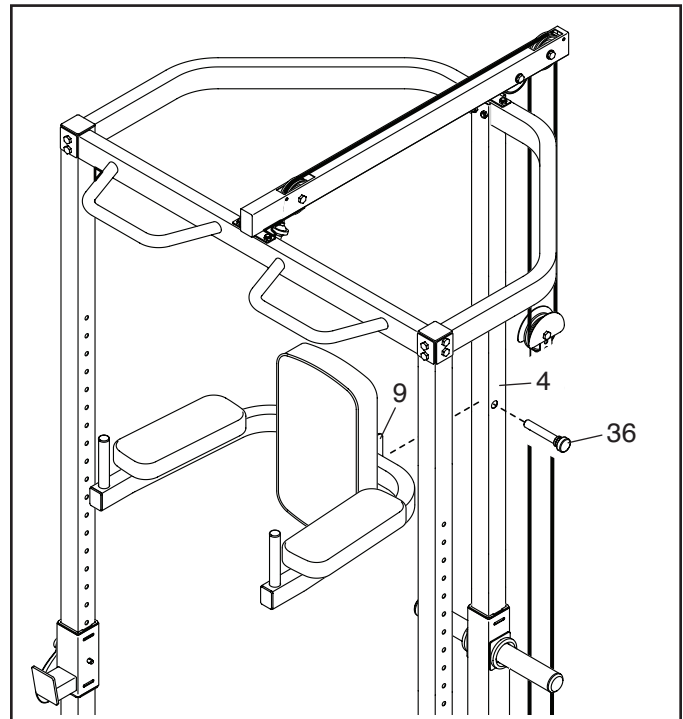
For some exercises, attach the Chain (18) between the Lat Bar (17) and the Short Cable (31) with two Cable Clips (54). **Adjust the length of the Chain between the Lat Bar and the Short Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (17), the Row Bar (16), or the Handle (57) can be attached to the Long Cable (52) at the low pulley station in the same way.



## ATTACHING THE VKR FRAME

Attach the VKR Frame (9) to the Guide (4) with the VKR Pin (36). **Remove the VKR Frame from the weight bench when it is not in use.**



# MAINTENANCE

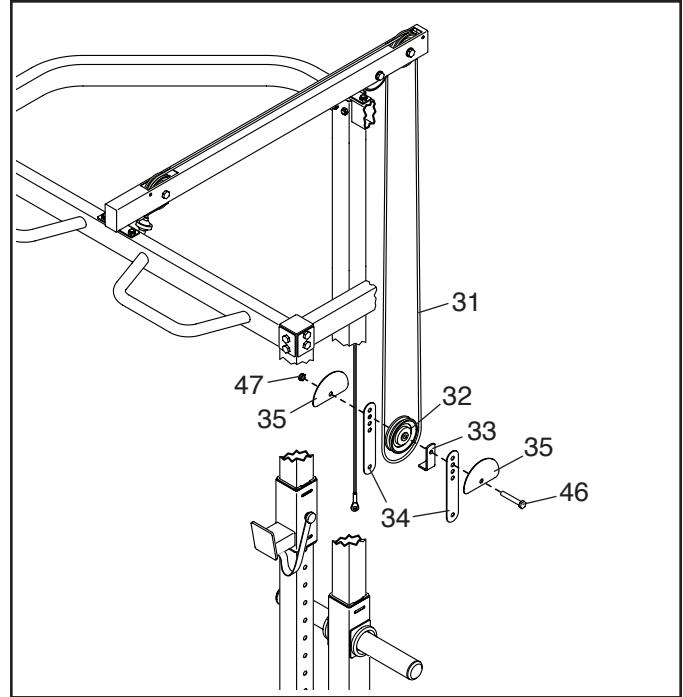
Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

## TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first place a few weight plates on the weight carriage. Slack can be removed from the cables in the following way:

Remove an M10 Locknut (47) and an M10 x 50mm Bolt (46) from two Half Guards (35), two Pulley Brackets (34), a Cable Trap (33), and a Pulley (32).

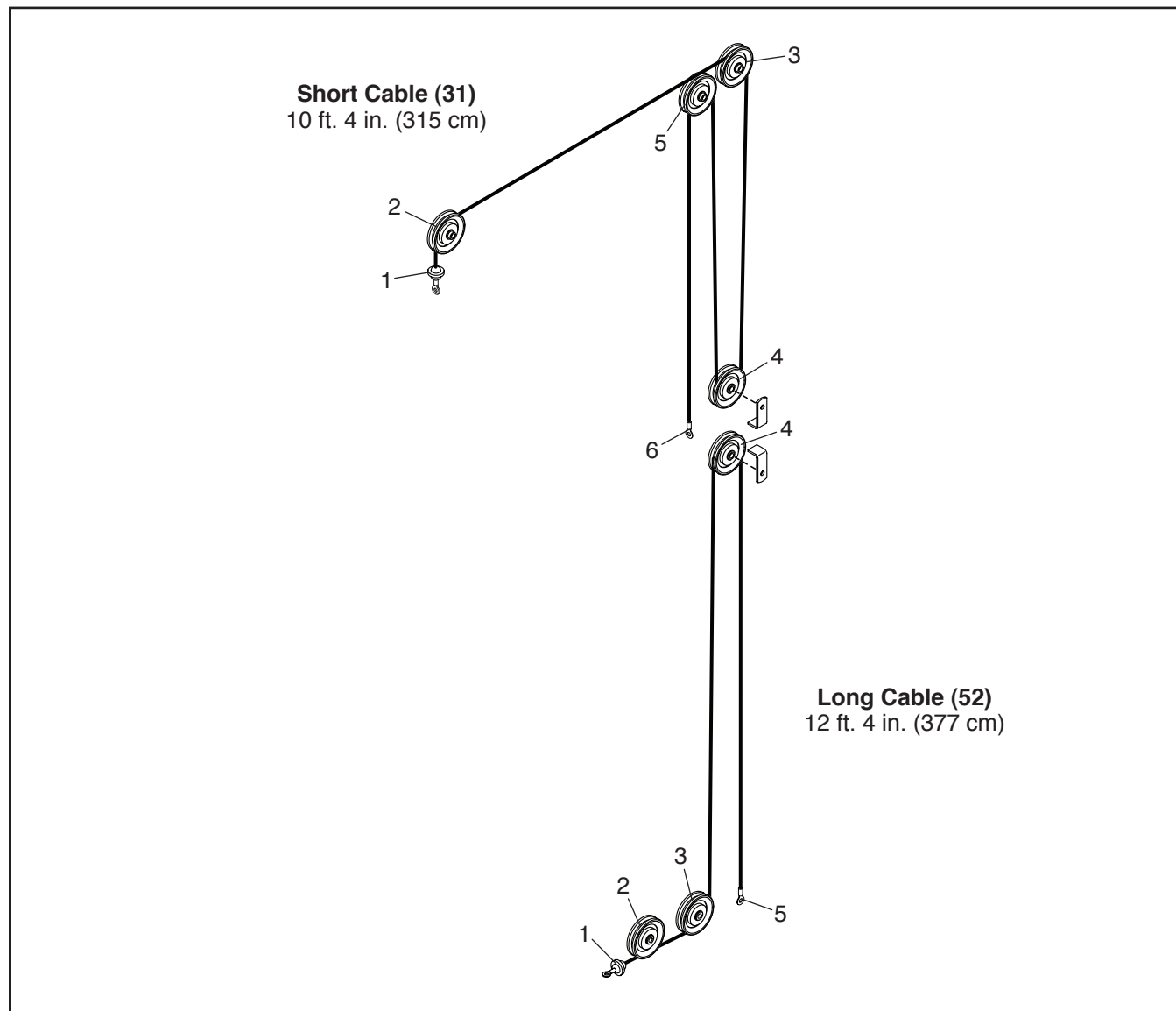
Reattach the Pulley (32), the Cable Trap (33), and the Half Guards (35) to a hole closer to the center of the Pulley Brackets (34). **Make sure that the Cable Trap is oriented to hold the Short Cable (31) in the groove of the Pulley and that the Short Cable and Pulley move smoothly.**



**Do not overtighten the cables. If the cables are overtightened, the weight carriage will lift away from the base of the weight bench. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see the part ordering information on the back cover of this manual.**

## CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper route of that cable. Cut along the dotted line, and refer to this diagram while you assemble the cables and the pulleys. If the cables and the pulleys are not assembled correctly, the weight bench will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables. After you assemble the weight bench, save this diagram with this manual for future reference.**



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## NOTES

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# EXERCISE GUIDELINES

## FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

**Muscle Building**—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine 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**—Tone your muscles by working 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**—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

## WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Working Out**—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

## STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

# PART LIST

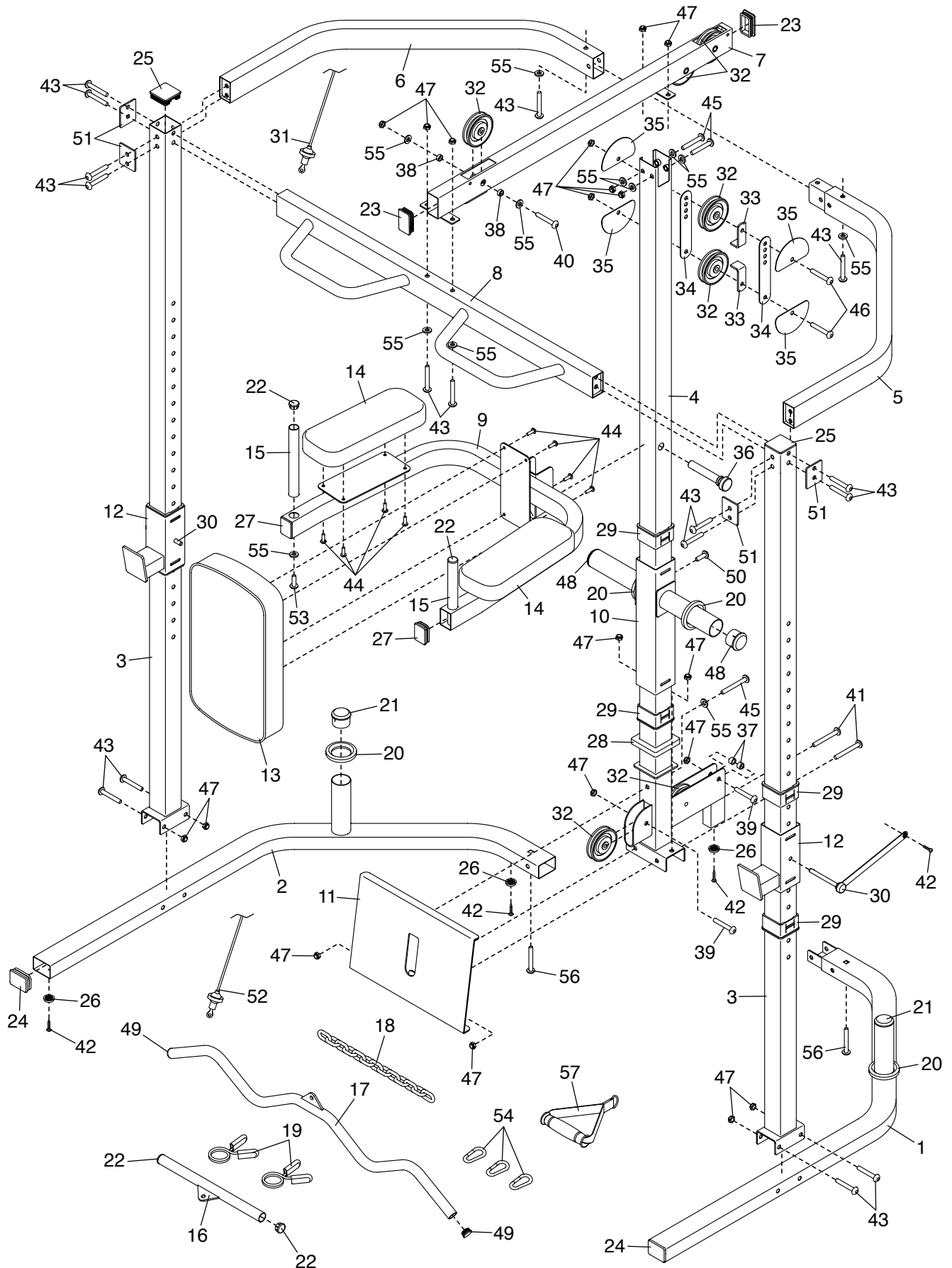
Model No. 14933.0 R0813B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	33	2	Cable Trap
2	1	Left Base	34	2	Pulley Plate
3	2	Upright	35	4	Half Guard
4	1	Guide	36	1	VKR Pin
5	1	Right Frame	37	2	Spacer
6	1	Left Frame	38	6	Pulley Bushing
7	1	Center Frame	39	3	M10 x 45mm Bolt
8	1	Crossbar	40	3	M10 x 55mm Bolt
9	1	VKR Frame	41	2	M10 x 85mm Bolt
10	1	Weight Carriage	42	7	M4 x 19mm Screw
11	1	Foot Plate	43	16	M10 x 80mm Bolt/Screw
12	2	Bar Cradle	44	12	M6 x 16mm Screw
13	1	Back Pad	45	3	M10 x 75mm Bolt/Screw
14	2	Arm Pad	46	2	M10 x 50mm Bolt
15	2	VKR Handle	47	22	M10 Locknut
16	1	Row Bar	48	2	Weight Carriage Cap
17	1	Lat Bar	49	2	Lat Bar Cap
18	1	Chain	50	1	M10 x 15mm Screw
19	2	Weight Clip	51	4	Plate
20	4	Weight Plate Bumper	52	1	Long Cable
21	2	Tube Cap	53	2	M10 x 20mm Screw
22	4	Handle Cap	54	3	Cable Clip
23	2	Frame Cap	55	17	M10 Washer
24	2	Base Cap	56	2	M10 x 55mm Carriage Bolt
25	2	Upright Cap	57	1	Handle
26	5	Foot	*	—	2 1/2-pound Weight Plate
27	2	VKR Frame Cap	*	—	5-pound Weight Plate
28	1	Weight Carriage Bumper	*	—	10-pound Weight Plate
29	6	Square Bushing	*	—	35-pound Weight Plate
30	2	Adjustment Pin	*	—	User's Manual
31	1	Short Cable	*	—	Exercise Guide
32	7	Pulley			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, call 1-877-992-5999.** \*These parts are not illustrated.

# EXPLODED DRAWING

Model No. 14933.0 R0813B



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## 90 DAY FULL WARRANTY

If this Sears Weight Bench Exerciser fails due to a defect in material or workmanship within 90 days of the date of purchase, call 1-800-4-MY-HOME® (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible).

This warranty does not apply when the Weight Bench Exerciser is used commercially or for rental purposes. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**Sears, Roebuck and Co., Hoffman Estates, IL 60179**