

WEIDER CLUB™

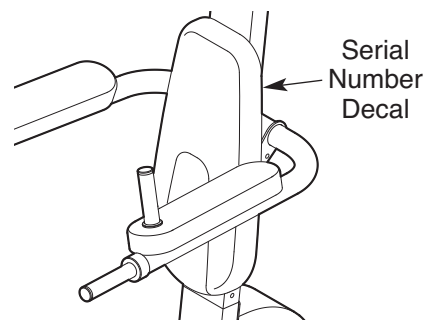
290 POWER TOWER

www.weiderfitness.com

Model No. WEBE1998.1

Serial No. _____

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



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

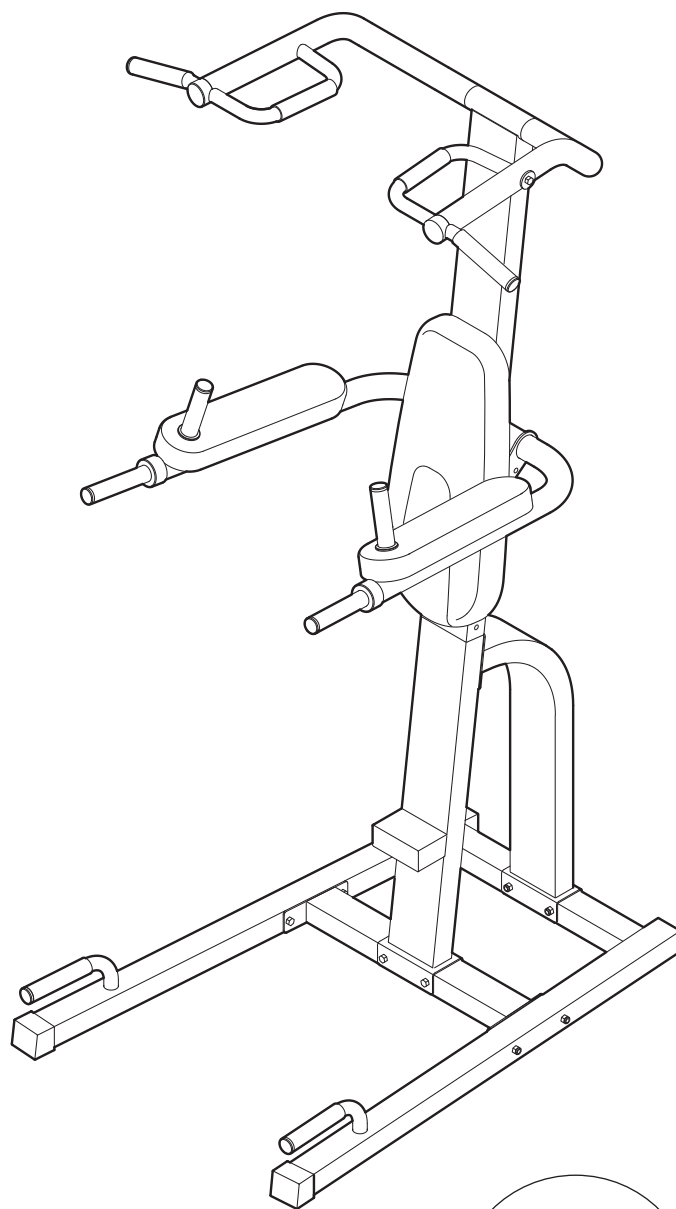
1-877-992-5999

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com



CAUTION

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

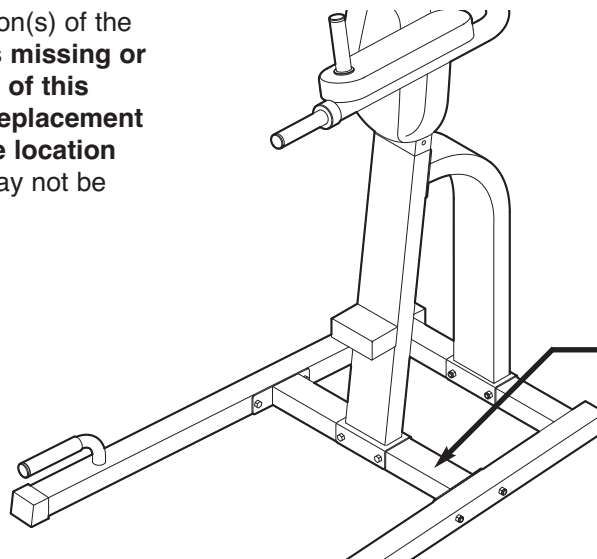


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



WARNING

- Misuse of this machine may result in serious injury. 
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise tower are adequately informed of all precautions.
3. Your exercise tower is intended for home use only. Do not use your exercise tower in a commercial, rental, or institutional setting.
4. Keep the exercise tower indoors, away from moisture and dust. Place the exercise tower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise tower to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise tower at all times.
7. Your exercise tower should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise tower. Always wear athletic shoes for foot protection while exercising.
9. The exercise tower is not designed to be used with weights. Do not use weights or other forms of resistance with the exercise tower.
10. 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.
11. Use your exercise tower only as described in this manual.

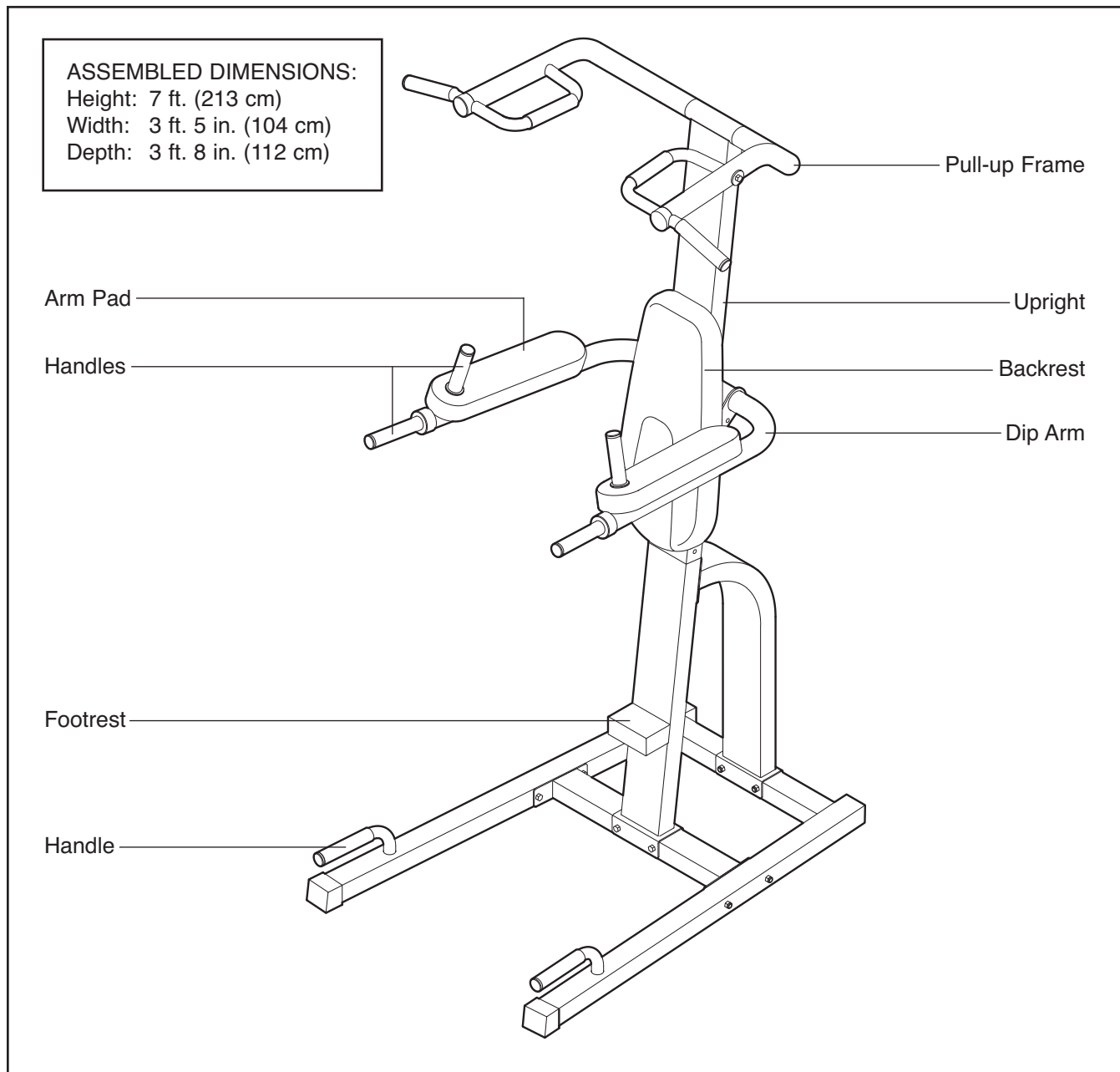
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER CLUB™ 290 POWER TOWER. The exercise tower is designed to develop the muscles of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the exercise tower will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the exercise tower. If you have questions

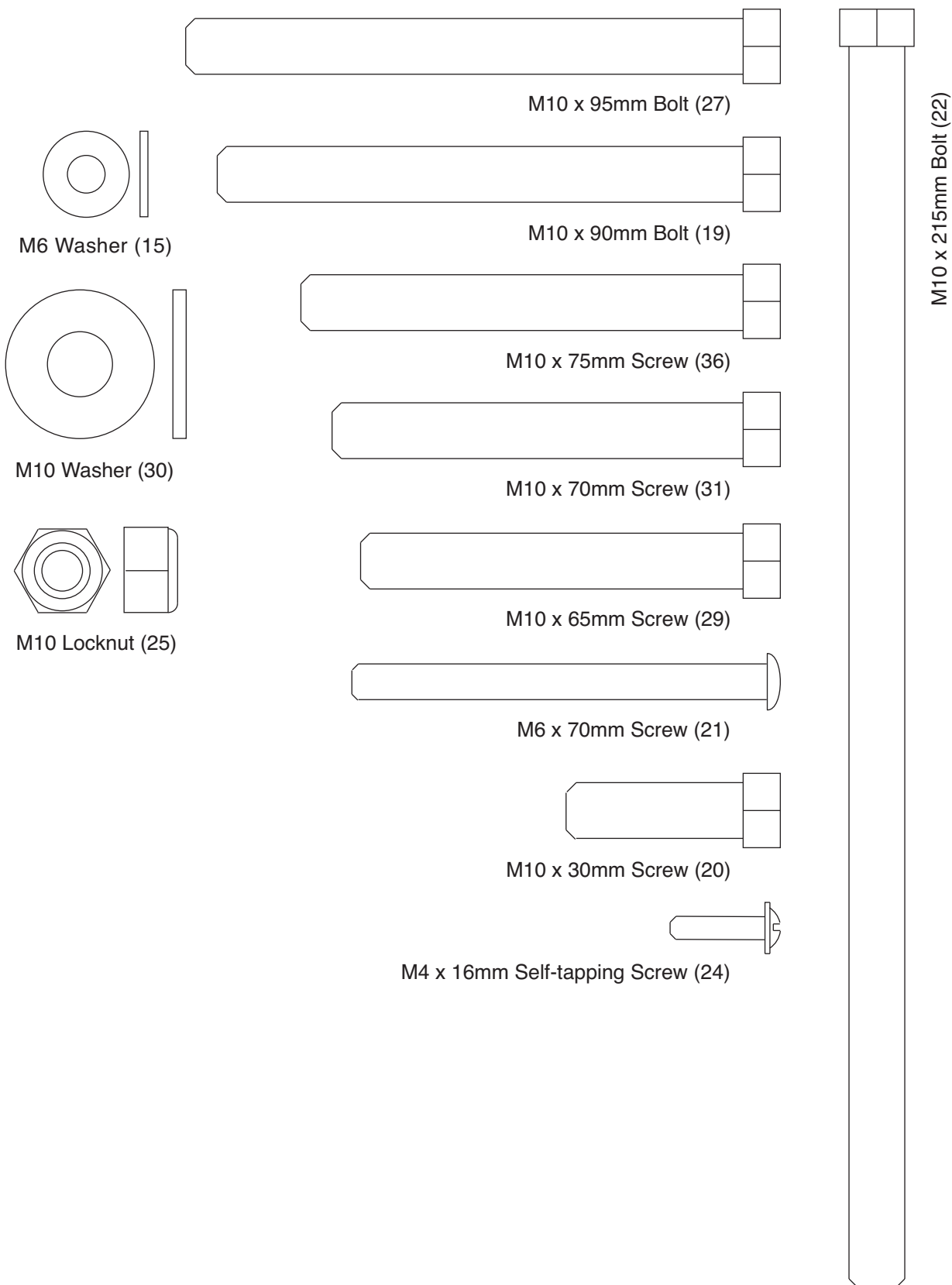
after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by 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 preattached.**



ASSEMBLY

To make assembly easier, carefully read the following information and instructions:


- To hire an authorized service technician to assemble the weight bench in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, the exercise tower should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the exercise tower as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- The following tools (not included) may be required for assembly:

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

one Phillips screwdriver 

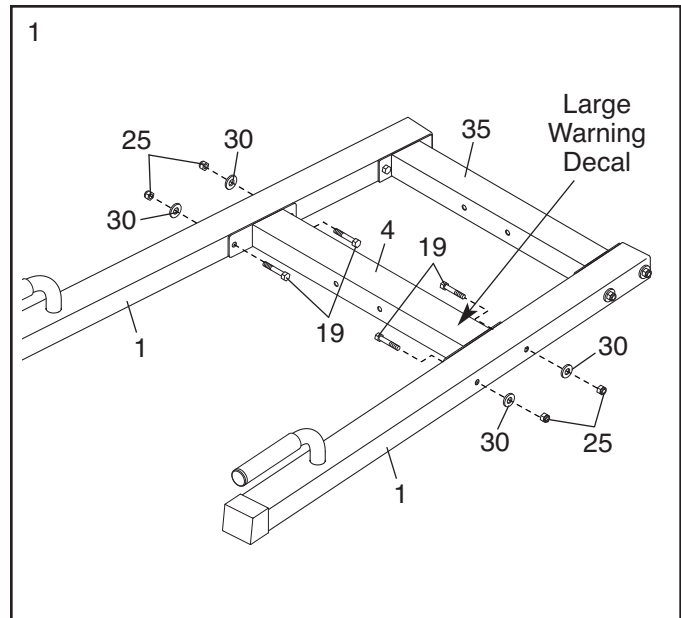
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above.**

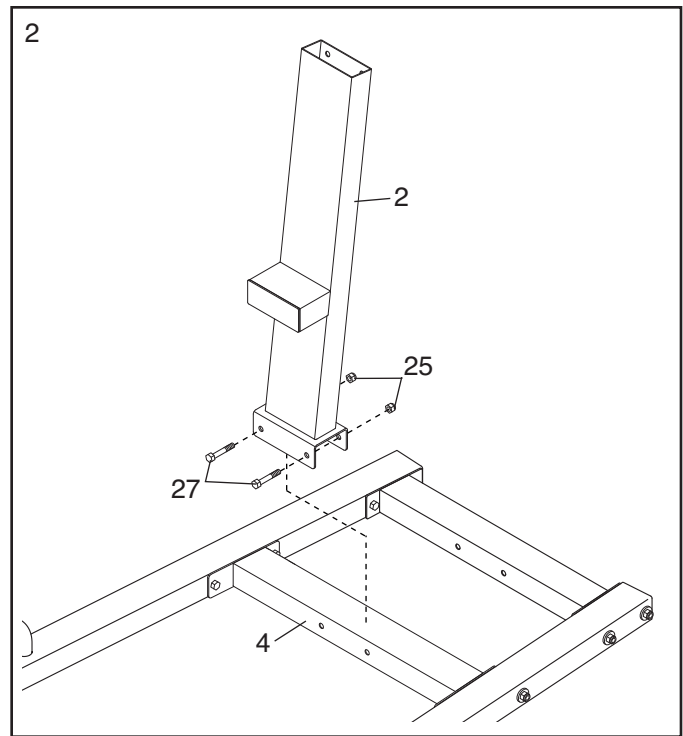
Orient the two Base Frames (1), the Center Base (4), and the Rear Base (35) as shown. **Make sure that the large warning decal on the Center Base is in the position shown.**

Attach the Center Base (4) to the two Base Frames (1) with four M10 x 90mm Bolts (19), four M10 Washers (30), and four M10 Locknuts (25). **Do not tighten the Locknuts yet.**

Attach the Rear Base (35) to the two Base Frames (1) in the same way.



2. Attach the Upright Base (2) to the Center Base (4) with two M10 x 95mm Bolts (27) and two M10 Locknuts (25). **Do not tighten the Locknuts yet.**

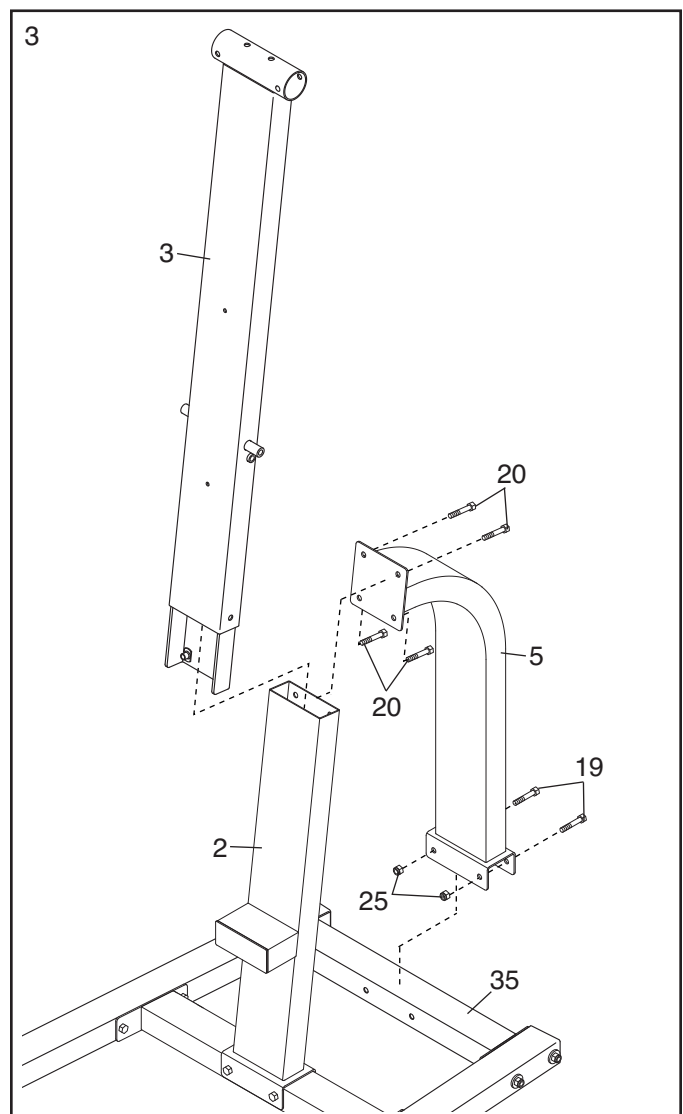


3. Attach the Support (5) to the Rear Base (35) with two M10 x 90mm Bolts (19) and two M10 Locknuts (25). **Do not tighten the Locknuts yet.**

Insert the Upright (3) into the Upright Base (2).

Attach the Upright (3) and the Support (5) to the Upright Base (2) with four M10 x 30mm Screws (20).

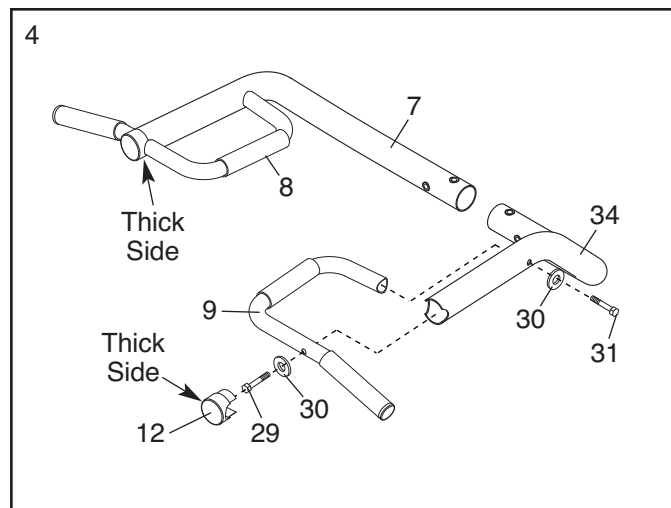
See steps 1–3. Tighten the M10 Locknuts (25).



4. Attach the Left Handle (9) to the Left Pull-up Arm (34) with an M10 x 65mm Screw (29), an M10 x 70mm Screw (31), and two M10 Washers (30).

Press a 50mm Round Inner Cap (12) into the Left Pull-up Arm (34). **Make sure that the thick side of the Cap is on the side shown.**

Attach the Right Handle (8) to the Right Pull-up Arm (7) in the same way.

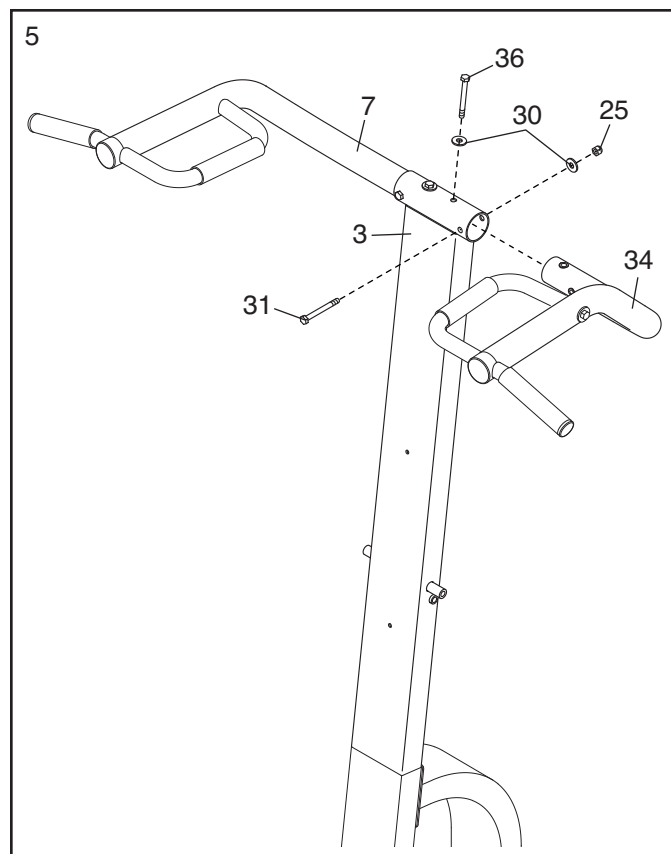


5. Insert the Left Pull-up Arm (34) into the Upright (3).

Attach the Left Pull-up Arm (34) to the Upright (3) with an M10 x 75mm Screw (36) and an M10 Washer (30). **Do not tighten the Screw yet.**

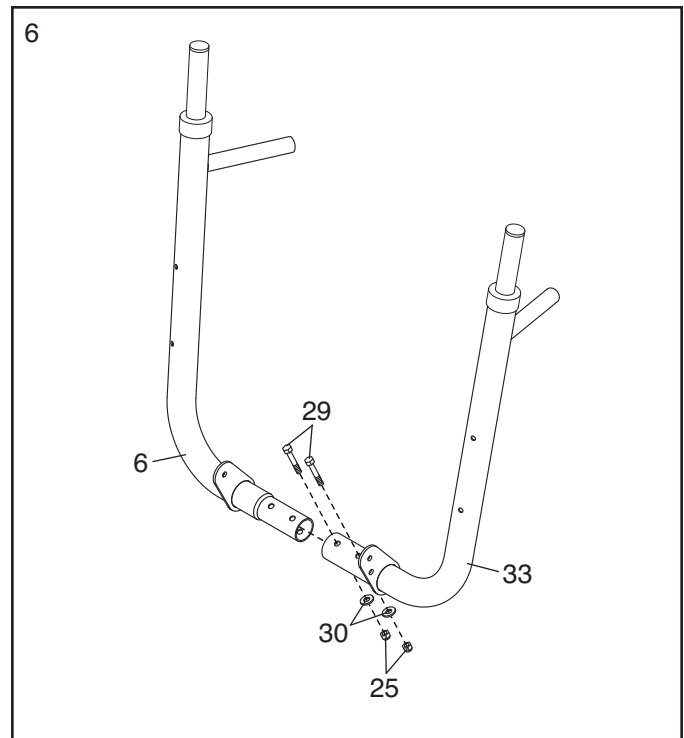
Attach the Left Pull-up Arm (34) with an M10 x 70mm Screw (31), an M10 Washer (30), and an M10 Locknut (25). **Then, tighten the M10 x 75mm Screw (36).**

Attach the Right Pull-up Arm (7) to the Upright (3) in the same way.



6. Orient the Right and Left Dip Arms (6, 33) as shown. Slide the Left Dip Arm onto the Right Dip Arm.

Attach the Right and Left Dip Arms (6, 33) with two M10 x 65mm Screws (29), two M10 Washers (30), and two M10 Locknuts (25).

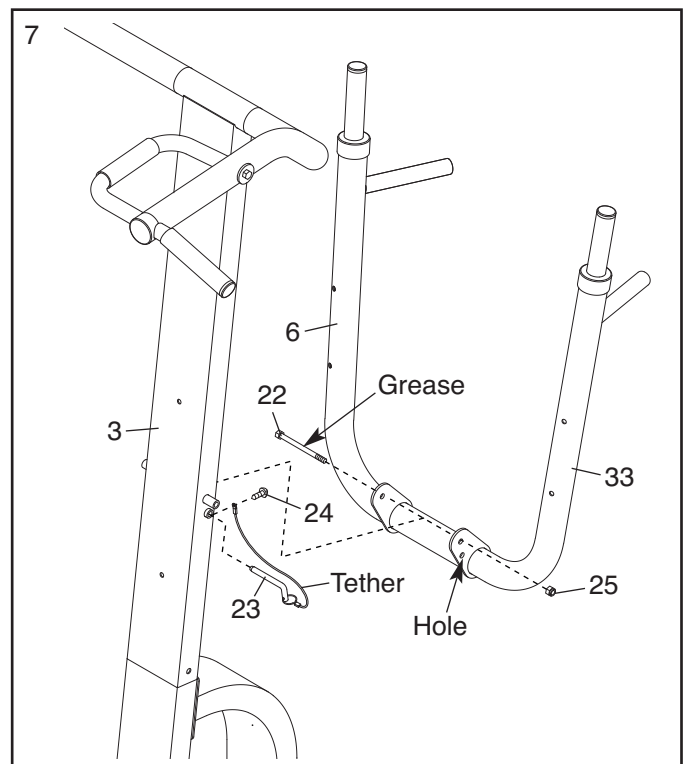


7. Apply some of the included grease to the M10 x 215mm Bolt (22).

Attach the Right and Left Dip Arms (6, 33) to the Upright (3) with the M10 x 215mm Bolt (22) and an M10 Locknut (25). **Do not overtighten the Locknut; the Dip Arms must pivot easily.**

Attach the tether on the Pin (23) to the Upright (3) with an M4 x 16mm Self-tapping Screw (24).

Insert the Pin (23) into the hole in the Left Dip Arm (33) and into the Upright (3).

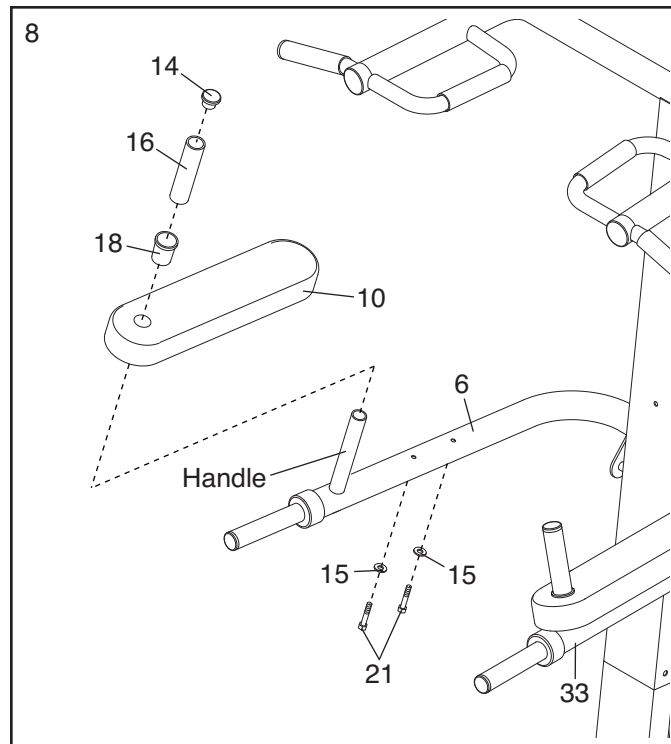


8. Attach an Arm Pad (10) to the Right Dip Arm (6) with two M6 x 70mm Screws (21) and two M6 Washers (15).

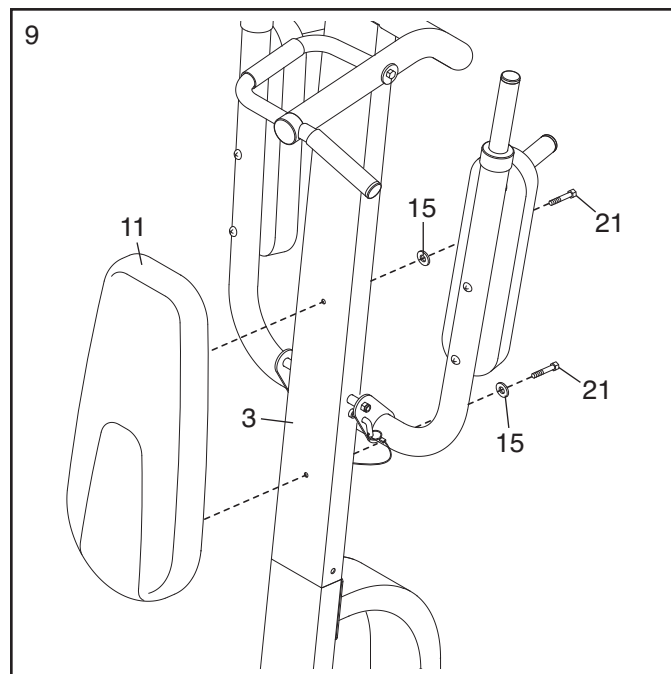
Wet a Short Foam Grip (16) and the indicated handle on the Right Dip Arm (6) with soapy water.

Press a Bushing (18), the Short Foam Grip (16), and a 28mm Round Inner Cap (14) onto the handle on the Right Dip Arm (6).

Repeat this step for the Left Dip Arm (33).



9. Attach the Backrest (11) to the Upright (3) with two M6 x 70mm Screws (21) and two M6 Washers (15).



10. Make sure that all parts are properly tightened before you use the exercise tower.

ADJUSTMENT

This section explains how to adjust the exercise tower. See the EXERCISE GUIDELINES on page 12 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.

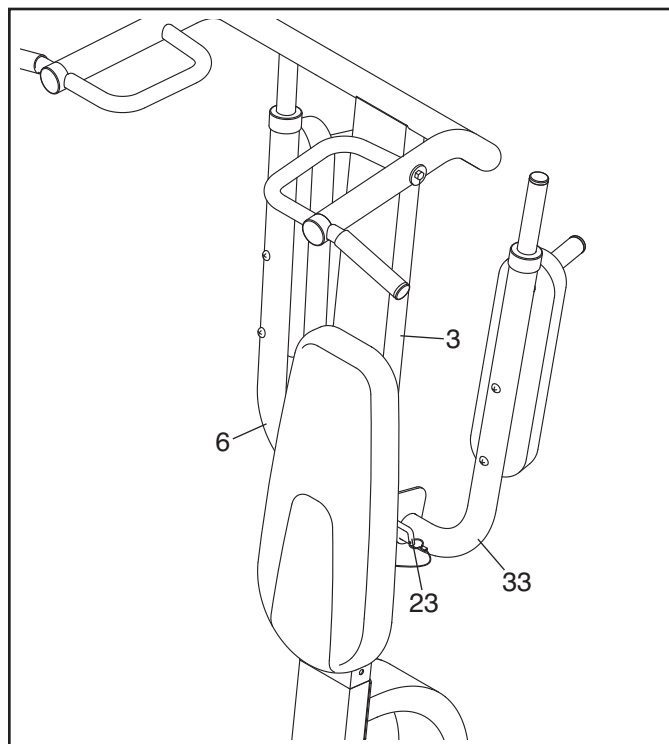
Make sure all parts are properly tightened each time the exercise tower is used. Replace any worn parts immediately. The exercise tower can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

ADJUSTING THE DIP ARM

To adjust the Dip Arms (6, 33) to the up or down position, first remove the Pin (23).

Then, move the Dip Arms (6, 33) to the new position and reinsert the Pin (23) into the Dip Arms.

Note: The Pin (23) must be inserted into the Dip Arms (6, 33) and the Upright (3) when the Dip Arms are in the up position, as shown in the drawing. The Pin will be behind the Upright when the Dip Arms are in the down position.



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.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

PART LIST—Model No. WEBE1998.1

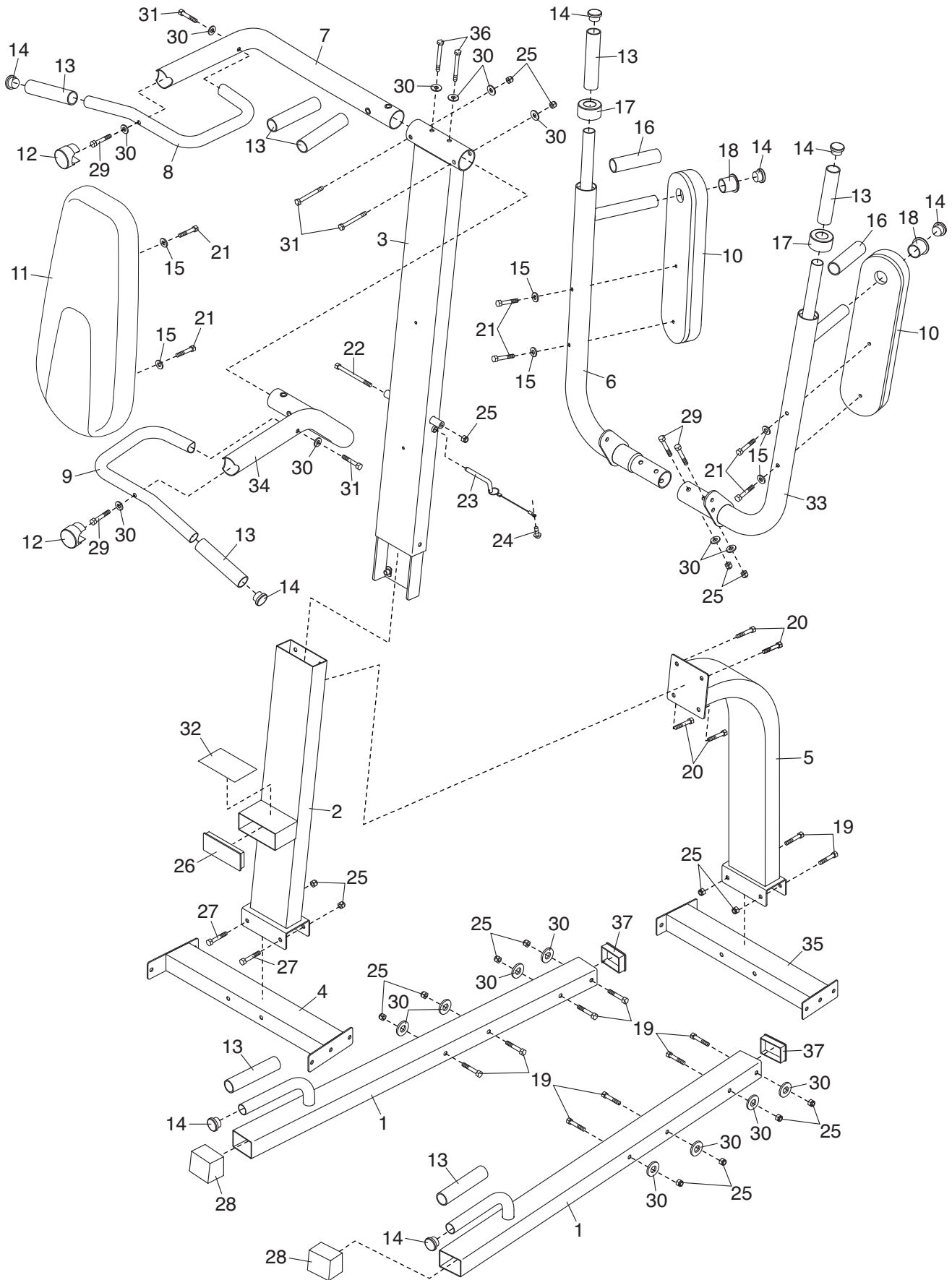
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Base Frame	21	6	M6 x 70mm Screw
2	1	Upright Base	22	1	M10 x 215mm Bolt
3	1	Upright	23	1	Pin
4	1	Center Base	24	1	M4 x 16mm Self-tapping Screw
5	1	Support	25	17	M10 Locknut
6	1	Right Dip Arm	26	1	50mm x 127mm Inner Cap
7	1	Right Pull-up Arm	27	2	M10 x 95mm Bolt
8	1	Right Handle	28	2	70mm x 50mm Outer Cap
9	1	Left Handle	29	4	M10 x 65mm Screw
10	2	Arm Pad	30	18	M10 Washer
11	1	Backrest	31	4	M10 x 70mm Screw
12	2	50mm Round Inner Cap	32	1	Grip Tape
13	8	Long Foam Grip	33	1	Left Dip Arm
14	8	28mm Round Inner Cap	34	1	Left Pull-up Arm
15	6	M6 Washer	35	1	Rear Base
16	2	Short Foam Grip	36	2	M10 x 75mm Screw
17	2	50mm Round Arm Cap	37	2	50mm x 70mm Inner Cap
18	2	Bushing	*	—	User's Manual
19	10	M10 x 90mm Bolt	*	—	Exercise Guide
20	4	M10 x 30mm Screw	*	—	Grease Packet

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WEBE1998.1

R1009A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.weiderservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813