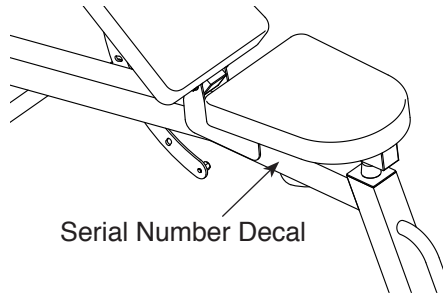


WEIDER[®] PRO 365

Model No. 831.15969.0

Serial No. _____

Write the serial number in the space above for reference.



WEIGHT BENCH EXERCISER User's Manual

- 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.

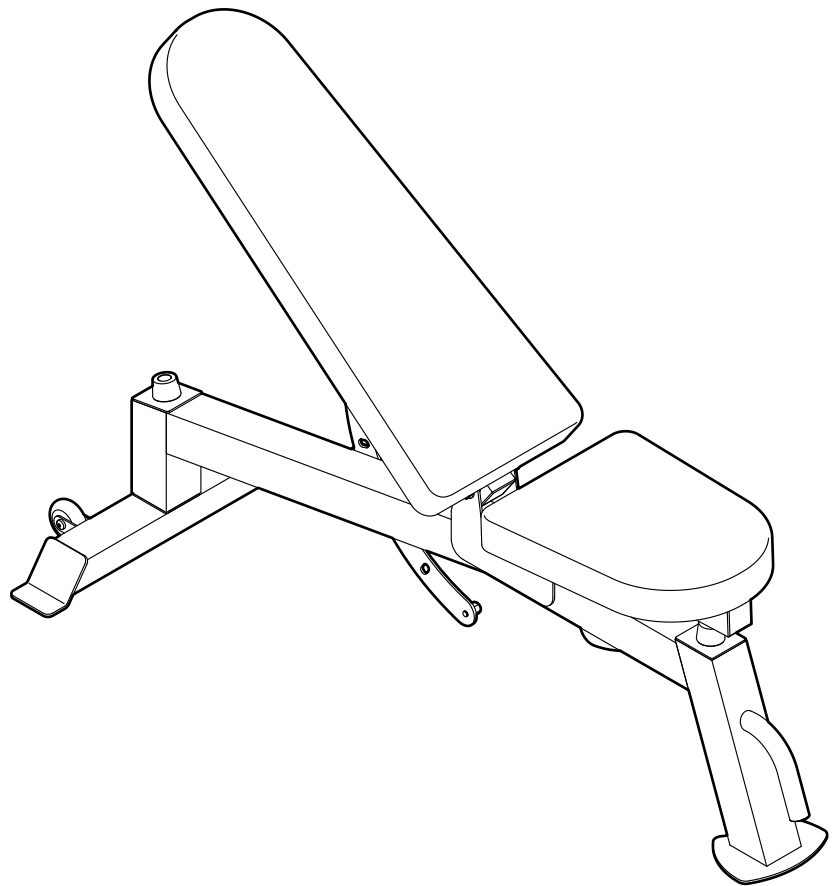


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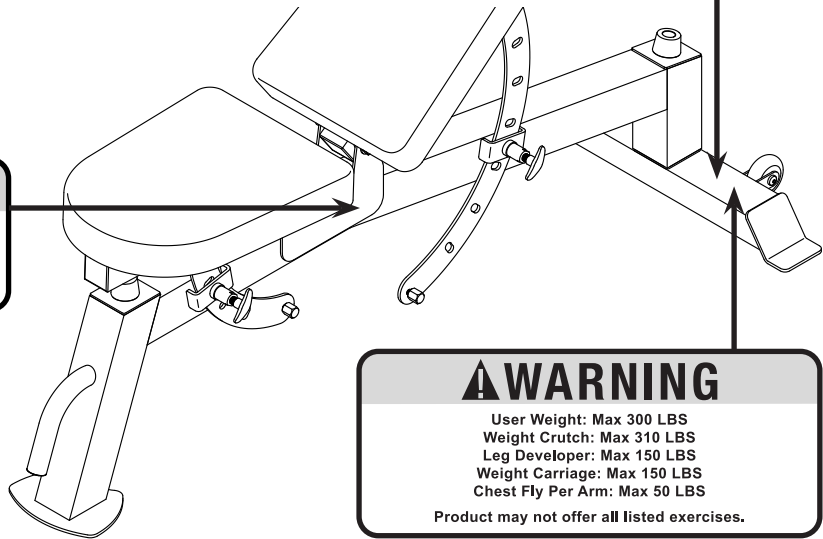
ORDERING REPLACEMENT PARTS..... Back Cover

90 DAY FULL WARRANTY..... Back Cover

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.

⚠ WARNING
Keep hands and fingers clear of this area.



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. The weight bench is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the weight bench by someone responsible for their safety.
4. Use the weight bench only as described in this manual.
5. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
6. 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.
7. Place the weight bench on a level surface, with enough clearance around the weight bench to mount, dismount, and use the weight bench. To protect the floor or carpet from damage, place a mat under the weight bench.
8. Inspect and properly tighten all parts each time the weight bench is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the weight bench at all times.
10. Keep hands and feet away from moving parts.
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Always wear athletic shoes for foot protection while using the weight bench.
12. The weight bench is designed to support a maximum user weight of 300 pounds (136 kg), and a maximum total weight of 610 lbs. (277 kg). Do not use the weight bench with more than 310 lbs. (141 kg) of weight, including a barbell. Note: The weight bench does not include weights or a barbell.
13. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

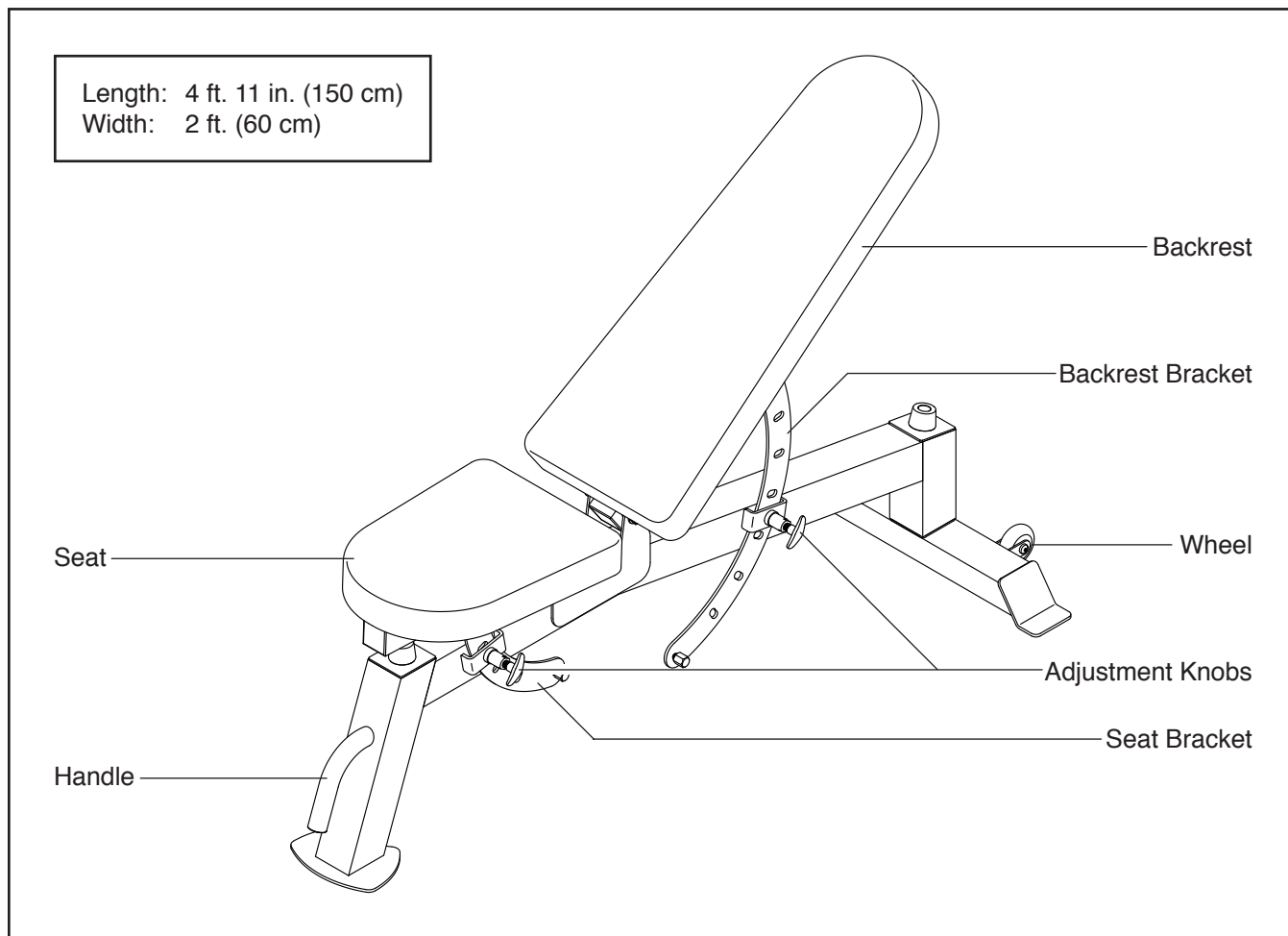
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 365 weight bench. The PRO 365 weight bench is designed to help you develop the major muscle groups of your upper body. 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 you use the weight bench. If you have questions after

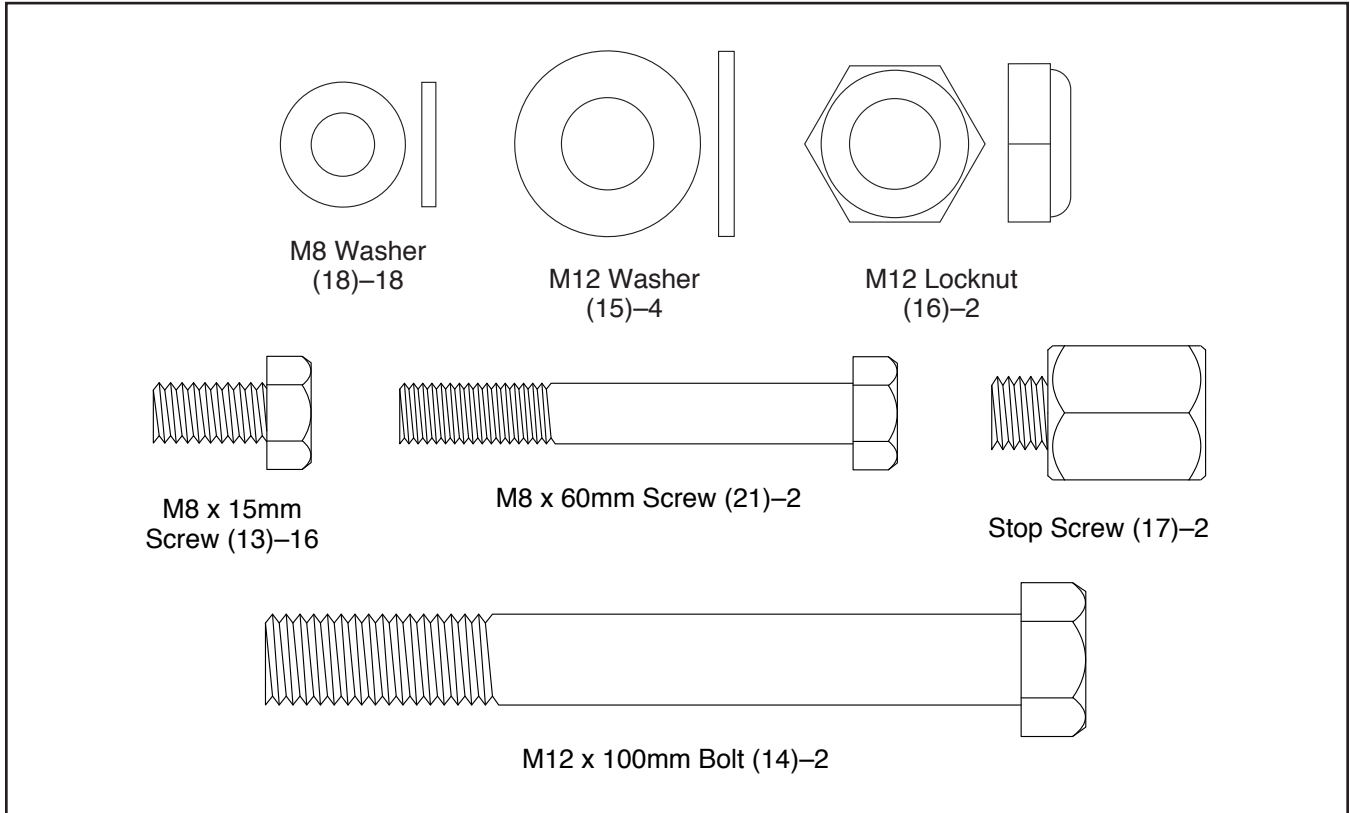
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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 whether it has been preassembled. Extra hardware may be included. If a part is missing, call 1-877-992-5999.**



ASSEMBLY

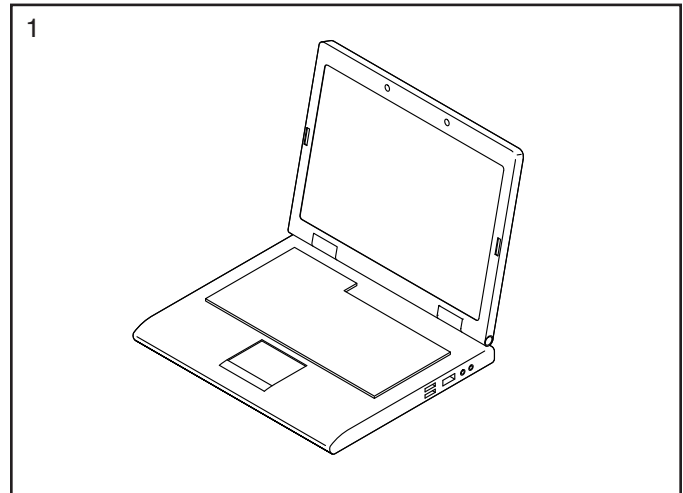
- Assembly requires two persons.
- Because of its weight and size, assemble the weight bench in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:
two adjustable wrenches 

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.weiderservice.com/registration on your computer and register your product.**

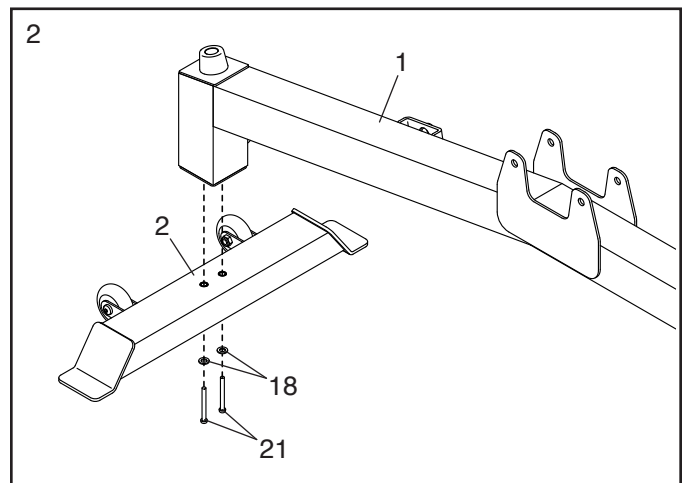
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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



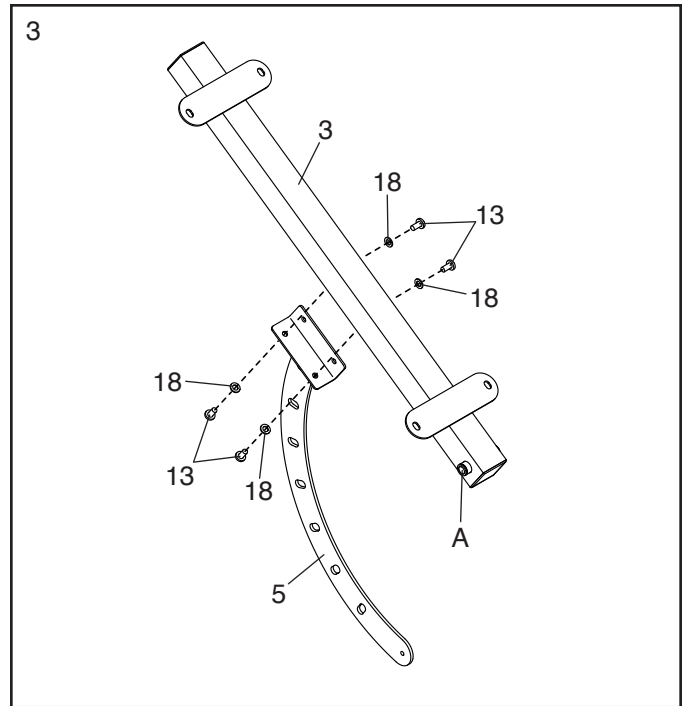
2. Orient the Base (2) and the Frame (1) as shown.

Attach the Base (2) to the Frame (1) with two M8 x 60mm Screws (21) and two M8 Washers (18).



3. Orient the Backrest Frame (3) so that the welded tubes (A) are in the position shown. In addition, orient the Backrest Bracket (5) as shown.

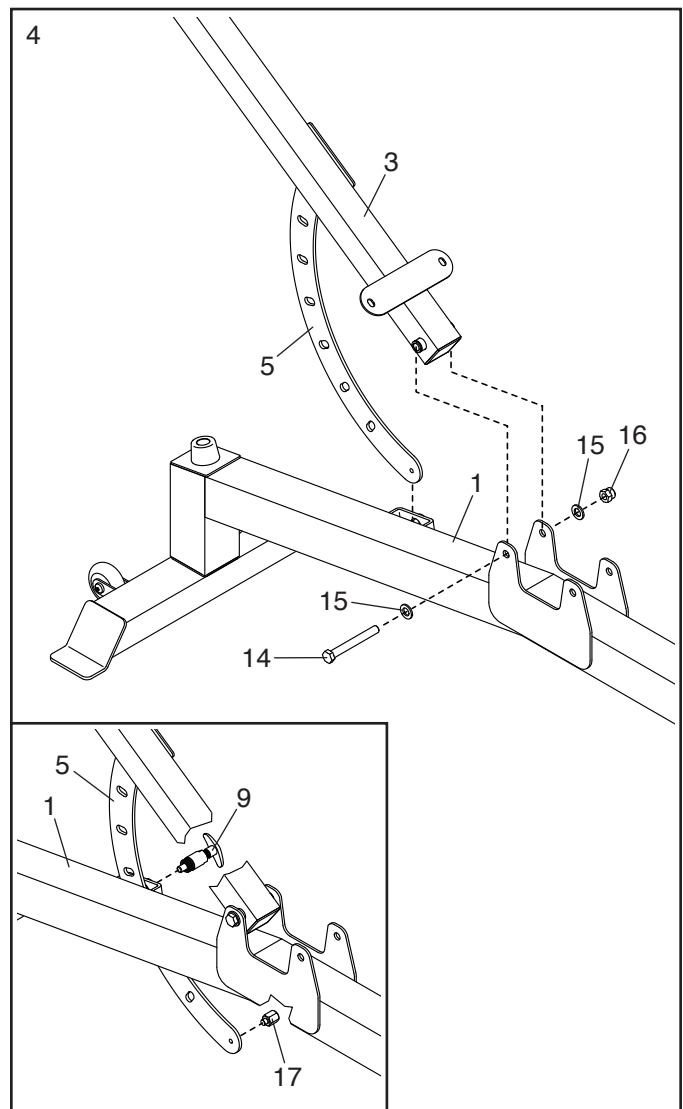
Attach the Backrest Bracket (5) to the Backrest Frame (3) with four M8 x 15mm Screws (13) and four M8 Washers (18); **do not fully tighten the Screws yet.**



4. Insert the end of the Backrest Bracket (5) into the Frame (1), and then attach the Backrest Frame (3) to the Frame with an M12 x 100mm Bolt (14), two M12 Washers (15), and an M12 Locknut (16) as shown. **Do not overtighten the Locknut; the Backrest Frame must pivot freely.**

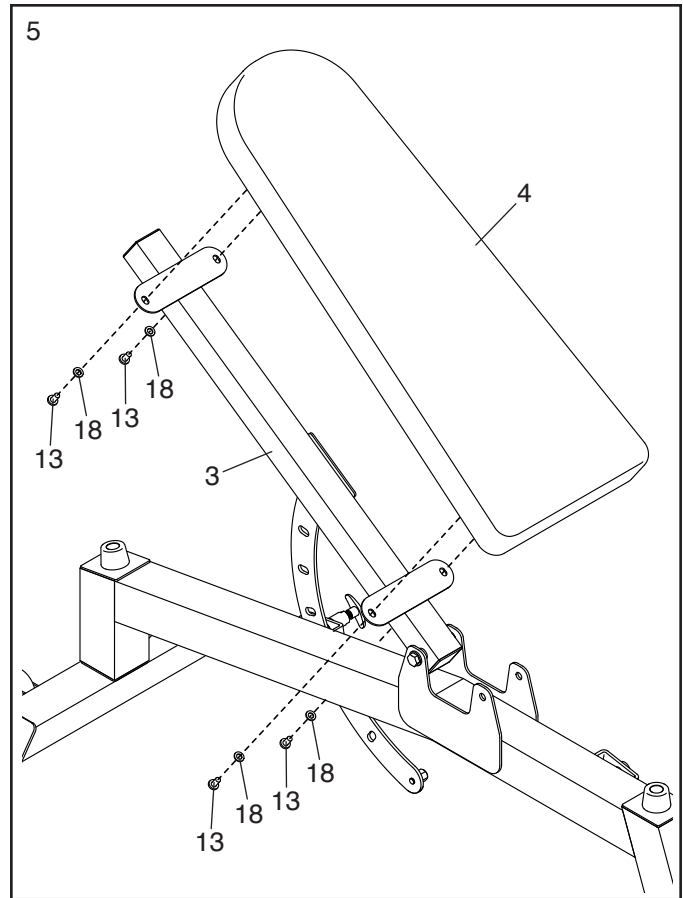
See step 3. Tighten the M8 x 15mm Screws (13).

See the inset drawing. Firmly tighten one of the Adjustment Knobs (9) into the Frame (1) and into one of the adjustment holes in the Backrest Bracket (5). Then, tighten one of the Stop Screws (17) into the end of the Backrest Bracket.



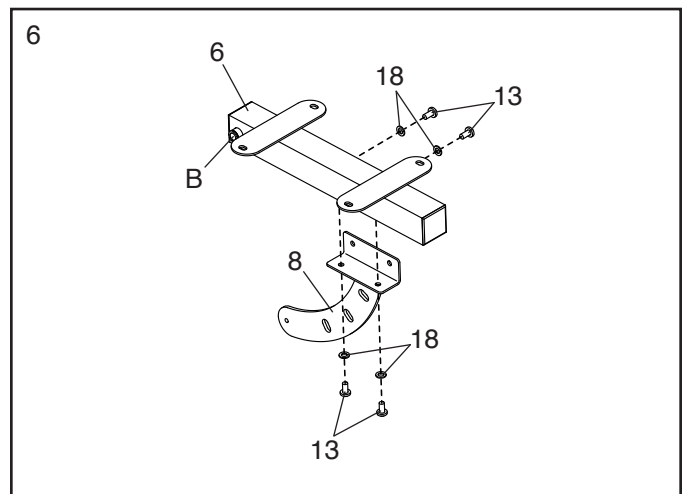
5. Attach the Backrest (4) to the Backrest Frame (3) with four M8 x 15mm Screws (13) and four M8 Washers (18); **start all the Screws, and then tighten them. To avoid damaging the Backrest, tighten the Screws only until the Backrest does not move or feel loose.**

Note: To adjust the angle of the Backrest (4), see ADJUSTING THE BACKREST on page 10.



6. Orient the Seat Frame (6) so that the welded tubes (B) are in the position shown. In addition, orient the Seat Bracket (8) as shown.

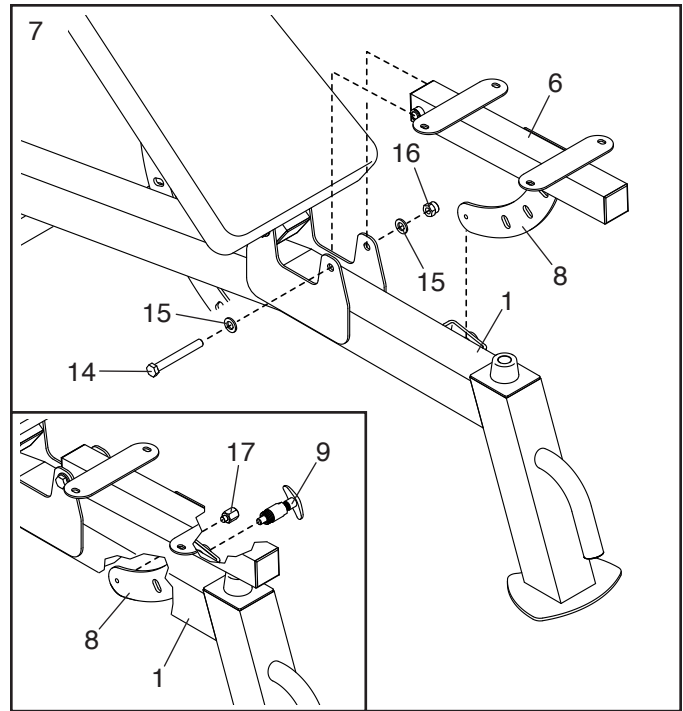
Attach the Seat Bracket (8) to the Seat Frame (6) with four M8 x 15mm Screws (13) and four M8 Washers (18); **do not fully tighten the Screws yet.**



- Insert the end of the Seat Bracket (8) into the Frame (1), and then attach the Seat Frame (6) to the Frame with an M12 x 100mm Bolt (14), two M12 Washers (15), and an M12 Locknut (16) as shown. **Do not overtighten the Locknut; the Seat Frame must pivot freely.**

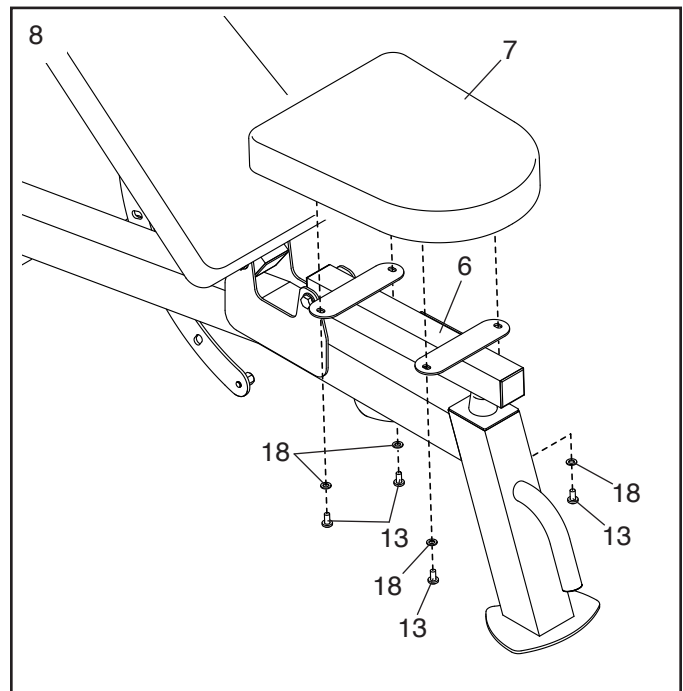
See step 6. Tighten the M8 x 15mm Screws (13).

See the inset drawing. Firmly tighten the other Adjustment Knob (9) into the Frame (1) and into one of the adjustment holes in the Seat Bracket (8). Then, tighten the other Stop Screw (17) into the end of the Seat Bracket.



- Attach the Seat (7) to the Seat Frame (6) with four M8 x 15mm Screws (13) and four M8 Washers (18); **start all the Screws, and then tighten them. To avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**

Note: To adjust the angle of the Seat (7), see ADJUSTING THE SEAT on page 10.



- Make sure that all parts of the weight bench are properly tightened.** Extra parts may be included. Place a mat under the weight bench to protect the floor.

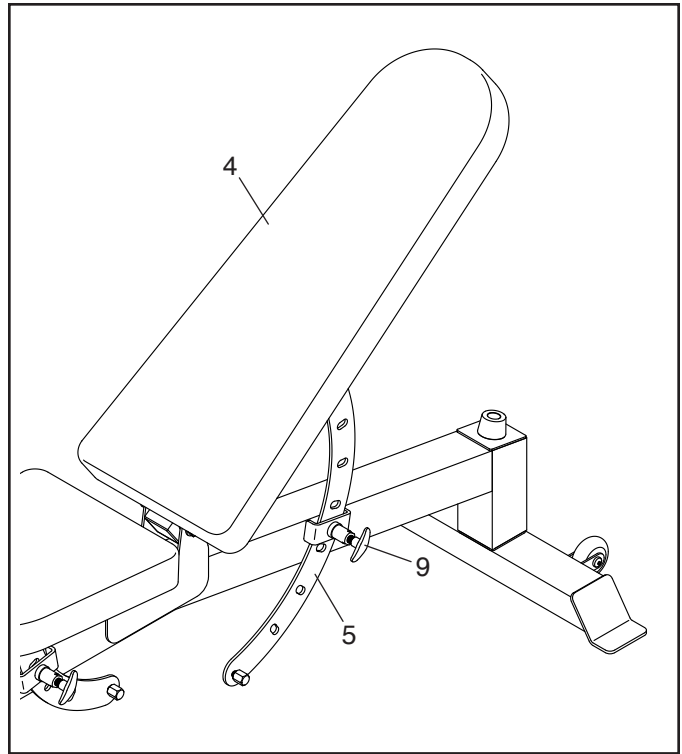
ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 11 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.

ADJUSTING THE BACKREST

To adjust the angle of the Backrest (4), **firmly hold the Backrest with one hand**. With your other hand, turn the indicated Adjustment Knob (9) counterclockwise to loosen it, pull it outward, raise or lower the Backrest, and then insert the Adjustment Knob into one of the adjustment holes in the Backrest Bracket (5). Then, turn the Adjustment Knob clockwise to tighten it.

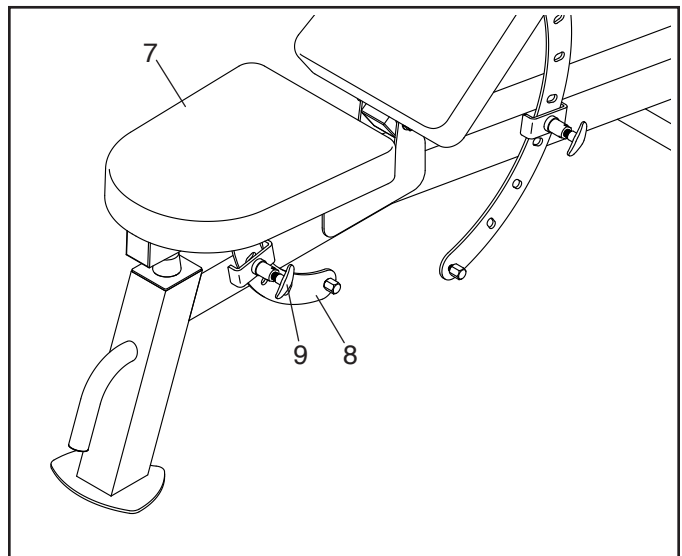
⚠ WARNING: Always hold the Backrest (4) before pulling the Adjustment Knob (9); the Backrest can fall with great force.



ADJUSTING THE SEAT

To adjust the angle of the Seat (7), **firmly hold the Seat with one hand**. With your other hand, turn the indicated Adjustment Knob (9) counterclockwise to loosen it, pull it outward, raise or lower the Seat, and then insert the Adjustment Knob into one of the adjustment holes in the Seat Bracket (8). Then, turn the Adjustment Knob clockwise to tighten it.

⚠ WARNING: Always hold the Seat (7) before pulling the Adjustment Knob (9); the Seat can fall with great force.



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

NOTES

PART LIST

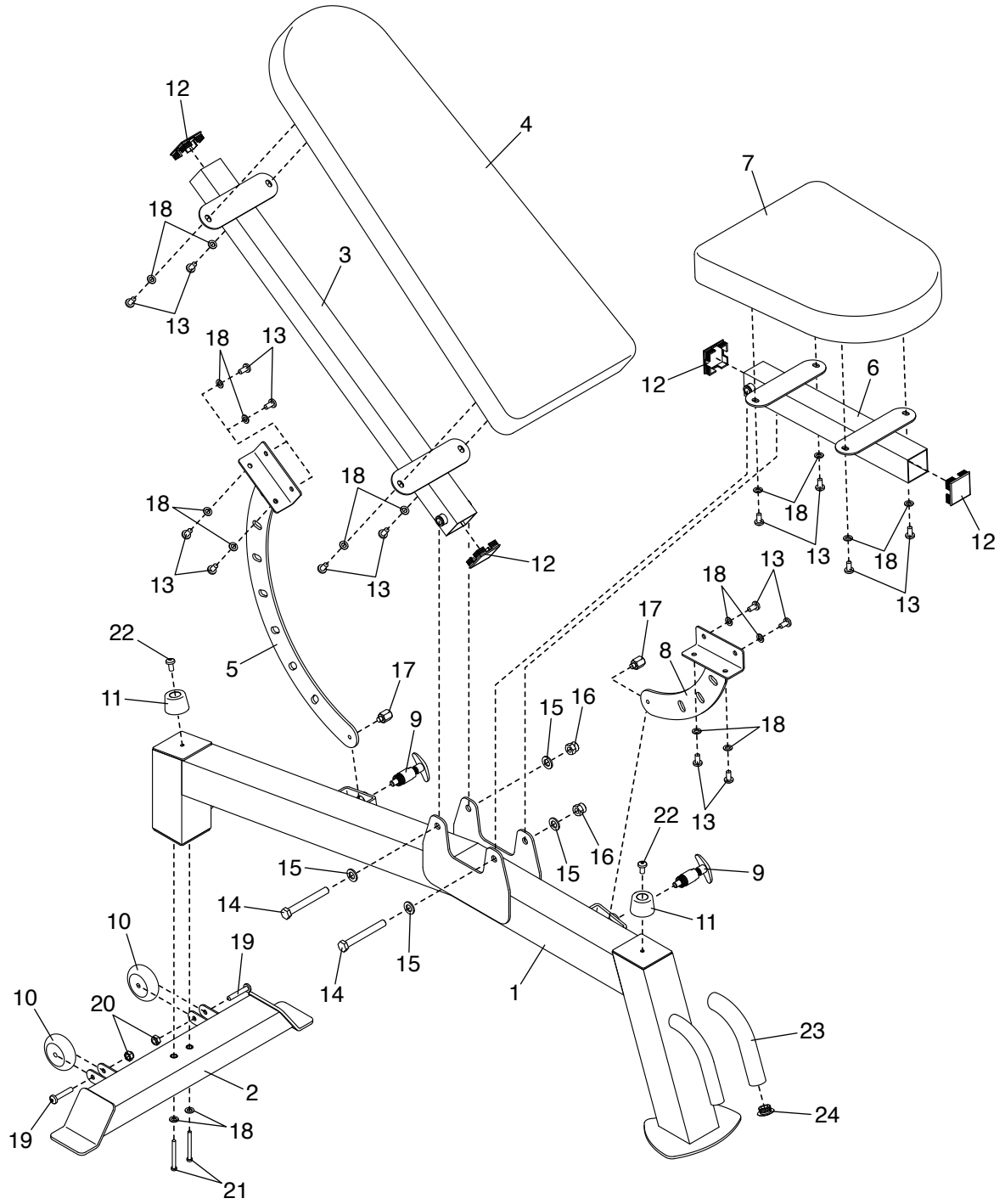
Model No. 831.15969.0 R0716A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	14	2	M12 x 100mm Bolt
2	1	Base	15	4	M12 Washer
3	1	Backrest Frame	16	2	M12 Locknut
4	1	Backrest	17	2	Stop Screw
5	1	Backrest Bracket	18	18	M8 Washer
6	1	Seat Frame	19	2	M8 x 40mm Bolt
7	1	Seat	20	2	M8 Locknut
8	1	Seat Bracket	21	2	M8 x 60mm Screw
9	2	Adjustment Knob	22	2	M8 x 15mm Screw
10	2	Wheel	23	1	Foam Grip
11	2	Bumper	24	1	Round Cap
12	4	Square Cap	*	–	User's Manual
13	16	M8 x 15mm Screw	*	–	Exercise Guide

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. 831.15969.0 R0716A



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Call anytime, day or night (U.S.A. and Canada)

www.sears.com

www.sears.ca

Our Home

For repair of carry-in items like vacuums, lawn equipment, and electronics, call or go on-line for the location of your nearest **Sears Parts & Repair Center.**

1-800-488-1222 Call anytime, day or night (U.S.A. only)

www.sears.com

To purchase a protection agreement (U.S.A.) or maintenance agreement (Canada) on a product serviced by Sears:

1-800-827-6655 (U.S.A.)

1-800-361-6665 (Canada)

Para pedir servicio de reparación a domicilio, y para ordenar piezas:

1-888-SU-HOGAR® (1-888-784-6427)



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® Marca Registrada / ™ Marca de Fábrica / ™ Marca de Servicio de Sears Brands, LLC

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