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› Weider 2980 X Home Gym User Manual

Weider WESY19318

Weider 2980 X Home Gym User Manual

Model: WESY19318

INTRODUCTION

The Weider 2980 X Home Gym System is designed to provide a comprehensive full-body workout experience in the comfort of your home. This versatile machine integrates six key muscle-sculpting workout stations, enabling a wide range of exercises for various muscle groups. It is engineered to help users strengthen their entire body effectively. Key features include a high pulley with lat bar, chest press, chest fly, leg developer, preacher curl station, and a low pulley station, offering resistance up to 214 lbs with its 80 Lb. DuraStack Weight Stack.



Image: Front view of the Weider 2980 X Home Gym, showcasing its various stations and weight stack.

SAFETY INFORMATION

Before operating the Weider 2980 X Home Gym, please read and understand all instructions and warnings. Failure to do so may result in injury or damage to the equipment.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all parts are properly assembled and secured before each use.
- Do not exceed the maximum weight recommendation of 214 pounds.
- Wear appropriate exercise attire and footwear.

- Perform exercises in a controlled manner; avoid sudden or jerky movements.
- Regularly inspect the equipment for wear and tear, especially cables and pulleys.

Legal Disclaimer: Product packaging and material may contain more and/or different information from this manual. Always read labels, warnings, and directions provided with the product before using. For additional information, please contact the manufacturer.

ASSEMBLY INSTRUCTIONS (SETUP)

The Weider 2980 X Home Gym requires assembly. Due to the number of components, the assembly process can be time-consuming. Clear directions are provided to guide you through each step.

It is recommended to lay out all parts and identify them according to the included parts list before beginning assembly. Ensure you have adequate space for assembly and operation.

For visual assistance, many users find it helpful to search for assembly videos online, such as on YouTube, which can complement the written instructions.



Image: Side view of the Weider 2980 X Home Gym, illustrating its structural components and cable routing.

OPERATING INSTRUCTIONS

The Weider 2980 X Home Gym offers a variety of exercises targeting different muscle groups. Adjust the weight stack by inserting the pin into the desired weight plate. Ensure the pin is fully inserted before beginning any exercise.

High Pulley with Lat Bar

Attach the lat bar to the high pulley cable. Sit on the bench facing the machine, grasp the bar with an overhand grip, and pull down towards your upper chest. This targets your back muscles.



Image: A user demonstrating the lat pulldown exercise using the high pulley station.

Chest Press and Chest Fly

Adjust the chest press arms as needed. For chest press, push the handles forward from your chest. For chest fly, extend your arms outwards and bring them together in front of your chest, engaging the pectoral muscles.



Image: A user demonstrating a chest exercise, likely a chest press or fly, on the Weider 2980 X Home Gym.

Leg Developer

Position your shins behind the padded leg developer. Extend your legs to perform leg extensions, targeting the quadriceps. For leg curls, sit facing away from the machine and hook your ankles under the pads, then curl your legs upwards.

Preacher Curl Station

Sit on the preacher curl bench and rest your arms over the pad. Use a curl bar or handle attached to the low pulley. Perform bicep curls, keeping your elbows stationary on the pad.



Image: A user performing a bicep curl using the preacher curl station with a dumbbell.



Image: A user performing a bicep curl using the low pulley station with a handle.

Low Pulley Station

Attach various handles (e.g., single handle, ankle strap) to the low pulley cable for exercises such as bicep curls, tricep pushdowns, rows, and leg exercises.

MAINTENANCE

Regular maintenance ensures the longevity and smooth operation of your Weider 2980 X Home Gym.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Cable and Pulley Inspection:** Periodically inspect all cables and pulleys for signs of fraying, wear, or damage. Replace any worn components immediately.
- **Lubrication:** To ensure smooth movement of the weight stack and pulleys, apply a silicone-based lubricant or white lithium grease to the guide rods and pivot points as needed. This can help prevent the weight stack from sticking.
- **Bolt Tightness:** Check and tighten all bolts and nuts regularly to ensure the stability and safety of the machine. Do not overtighten.



Image: A close-up view of a pulley and carabiner on the Weider 2980 X Home Gym, highlighting components that require regular inspection and lubrication.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Weight stack sticks or does not move smoothly.	Lack of lubrication on guide rods; misaligned components; overtightened bolts.	Apply white lithium grease to the two metal guide pipes. Loosen the top bolt connecting the two rods to the main upper arm slightly, add two washers (one on each side of the arm), and re-tighten without overtightening.
Pulleys do not move smoothly.	Dirt or debris in pulley mechanism; worn pulley bearings; dry cables.	Clean pulleys and cables. Apply silicone lubricant to cables and pulley axles. Inspect for damage and replace if necessary.
Missing parts upon delivery.	Packaging error or transit damage.	Contact Weider customer support immediately with your proof of purchase and a list of missing components.
Unstable or wobbly frame.	Loose bolts or uneven assembly.	Check and tighten all assembly bolts. Ensure the gym is placed on a flat, stable surface.

SPECIFICATIONS

Feature	Detail
Brand	Weider
Model Number	WESY19318
Strap Type	Cable/Pulley straps

Feature	Detail
Maximum Weight Recommendation	214 Pounds
Weight Stack	80 Lb. DuraStack Weight Stack
UPC	043619394979
Item Package Dimensions (L x W x H)	74.2 x 13.6 x 6 inches
Package Weight	25 Kilograms
Item Dimensions (L x W x H)	74.2 x 13.6 x 6 inches
Color	Black
Material	Alloy Steel
Handle Type	Fixed Handle
Date First Available	November 29, 2018



Image: Front view of the Weider 2980 X Home Gym, showing its compact design and various components.



Image: Angled view of the Weider 2980 X Home Gym, providing a different perspective of its structure.

WARRANTY AND SUPPORT

For assistance with missing parts, technical issues, or general inquiries, please contact Weider customer support. While specific warranty details are not provided in this manual, Weider typically offers support for their products. It is advisable to have your model number (WESY19318) and proof of purchase ready when contacting support. You can often find contact information on the official Weider website or through the retailer where the product was purchased.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

How can I replace the broken cable adjustment screw or bolt on my Weider 2980 X Home Gym (Model WESY19318)?

If the screw or bolt that secures or tensions the cables on your Weider 2980 X Home Gym (Model WESY19318) has broken, you should stop using the machine immediately to prevent injury or further...

[Read full answer](#)