

AMERICA'S PREMIER EXERCISE EQUIPMENT



OWNER'S MANUAL



LEG PRESS STATION

AP-71LP Rev0

Introduction

About the LEG PRESS STATION. Congratulations on your new purchase of the LEG PRESS STATION. We hope you are completely satisfie with this pro uct an wish you many years of en oyment.

uff Stuff Equipment

This Tuffstuff pro uct has een uilt to precise uality stan ar s an has een carefully pac age to ensure that amage will not occur uring shipment. The ome Lifetime Warranty an signature in icating final inspection has een con ucte y our line foreman is an e pression of our confi ence in the completeness the materials an wor manship of this pro uct.

W_{arranty}

SEE A COP O WARRANT ON AC PAGE.

\mathcal{R} egistration Card

To avoi unnecessary elays in warranty service an to insure that a permanent recor of your purchase is on file with our factory e sure to complete the warranty registration car an sen it to TuffStuff itness E uipment to ay.

Specifications

a imum Wt. Capacity - 200 l s.
 Total achine Weight - 90 l s.

. ootprint LW - eight is 77 . or footprints refer to the Center Post Rear Post Assem ly

anuals.

Note: Due to continuing pro uct improvements specifications an esigns are su ect to change without notice

${\cal P}$ rior to the Assembly of the LEG PRESS STATION

 We a vise you to consult your local Tuff Stuff retailer if you shoul have a uestion or pro lem regar ing the proper assem ly of this unit.

Tool Requirements

1. One 7 com ination wrench

2. Two com ination wrench

. One 9 1 com ination wrench

. One 1 2 com ination wrench

. One 7 1 com ination wrench

. One a usta le wrench

7. One ratchet

.One soc et

9. One 9 1 soc et

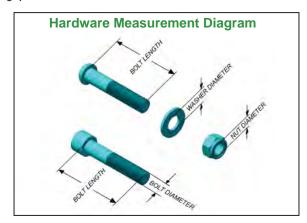
10. One ru er mallet

11. Win e or househol glass cleaner

12. easuring tape

1 . tility nife

1 . The <u>he ey alloy set</u> inclu e in the Center Post Rear Post



Safety Precautions

Safety First

Regar less of how enthusiastic you may e a out getting on your e uipment an e ercising ta e the time to ensure that your safety is not eopar i e . A moment s lac of attention can result in an acci ent as can failure to o serve certain simple safety precautions.

- Rea stu yan un erstan the Assem ly Instructions an all the warning la els on this pro uct. urthermore it is recommen e to familiari e yourself an others with the proper operation an wor out recommen ations for this Tuff Stuff pro uct prior to use.
- It is imperative that you retain this Assem ly Instructions an
 e sure all warning la els are legi le an intact. Replacement
 Assem ly Instructions an la els are availa le from your local
 Tuff Stuff retailer.
- . Consult with your physician efore eginning any e ercise program.

- . raye or worn ca les can e angerous an may cause in ury. Perio ically chec the ca le for any in ication of wear.
- . se proper iscretion when chil ren are present.
- . eep han s lim s loose clothing an long hair well out of the way of moving parts.
- 7. Do not attempt to lift more weight than you can control safely.
 - . Inspect the nit for any sign of wear on parts har ware ecoming loose or crac s on wel s. If a pro lem is foun **do not use or allow the machine to be used** until the efective part is repaire or replace.





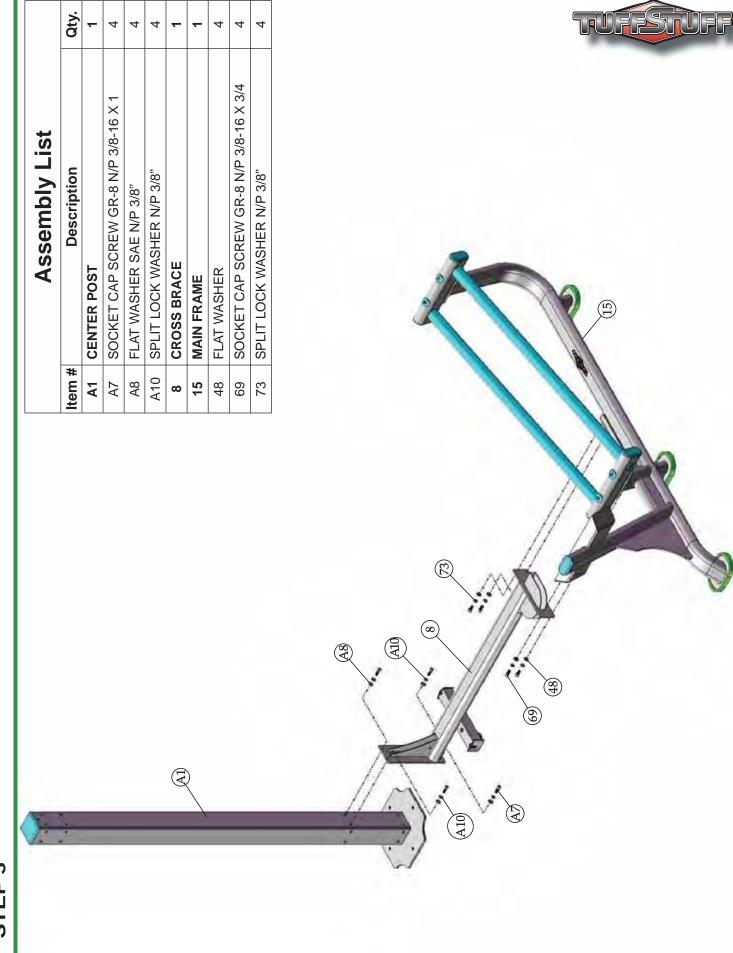
IMPORTANT ASSEMBLY INSTRUCTION NOTE	4
FIRST STEPS FOR A SINGLE STATION	5
MULTIPLE STATION ASSEMBLY STEPS	7
LEG PRESS CABLE	14
EXPLODED VIEW	19
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MAINTENANCE	21



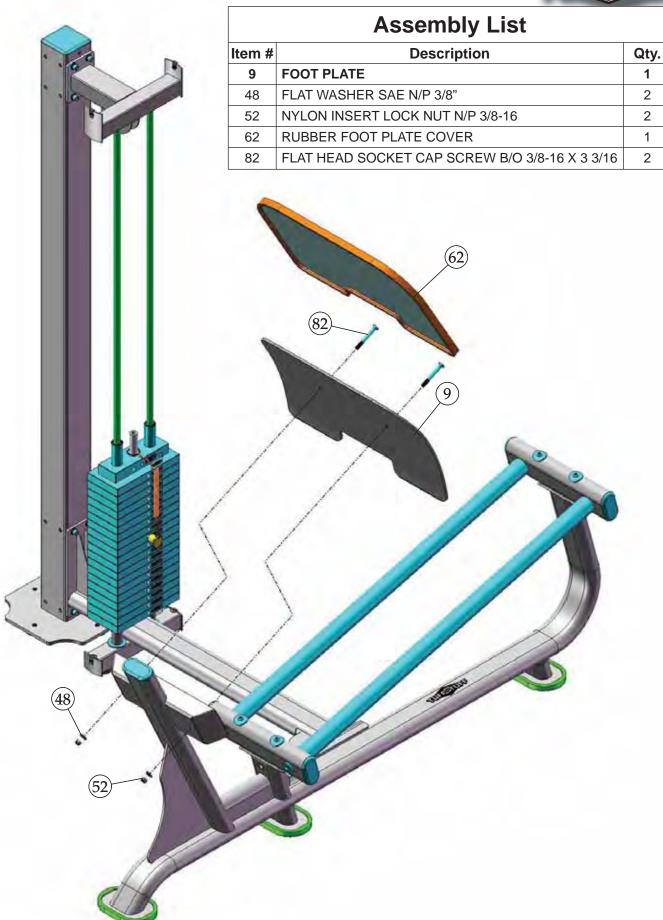
INSTRUCTIONS FOR A SINGLE STATION ASSEMBLY ONLY: FOR STEPS 1 AND 2 YOU WILL NEED SOME HARDWARE THAT IS PROVIDED IN THE AP-70RP BOX. ONCE YOU COMPLETE STEPS 1 AND 2 SKIP TO STEP 5 TO RESUME INSTALLATION.

INSTRUCTIONS FOR A MULTI STATION ASSEMBLY ONLY: BEGIN ASSEMBLY IN STEP 3. FOR STEPS 3 AND 4 YOU WILL NEED SOME HARWARE THAT IS PROVIDED IN THE AP-70CP BOX.

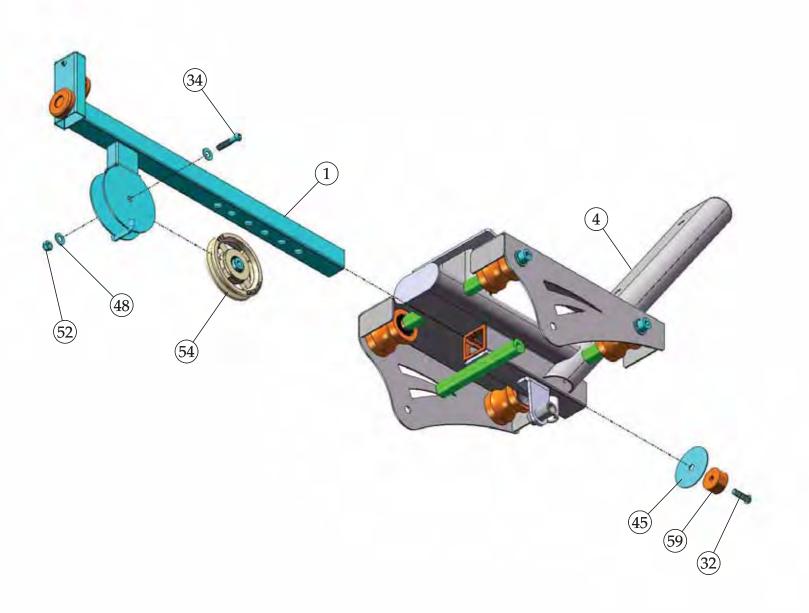
	Qty.	_	4	4	4	4	-	-	4	4	4	
Assembly List	Description	REAR POST	FLAT WASHER SAE N/P 3/8"	FLAT WASHER N/P 3/8 ID X 1 1/2 OD X 3/16	NYLON INSERT LOCK NUT N/P 3/8-16	SOCKET CAP SCREW GR-8 N/P 3/8-16 X 3	CROSS BRACE	MAIN FRAME	FLAT WASHER	SOCKET CAP SCREW GR-8 N/P 3/8-16 X 3/4	SPLIT LOCK WASHER N/P 3/8"	
	Item #	B 1	B7	B8	B3	B11	œ	15	48	69	73	
								(B1)				(B)





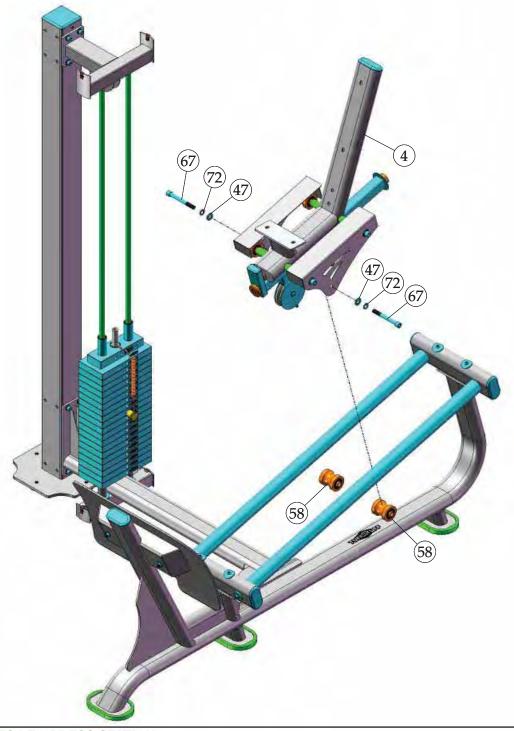


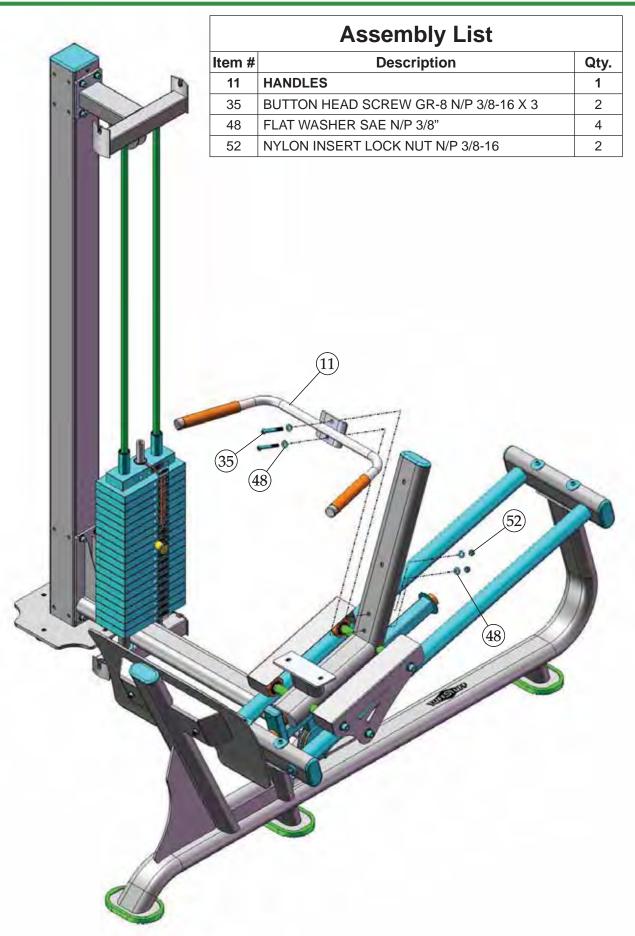
Assembly List									
Item #	# Description								
1	ADJUSTABLE CHROME TUBE	1							
4	CARRIAGE	1							
32	BUTTON HEAD SCREW GR-8 N/P 3/8-16 X 1 1/4	1							
34	BUTTON HEAD SCREW GR-8 N/P 3/8-16 X 1 3/4	1							
45	FENDER WASHER N/P 3/8 X 2 7/8	1							
48	FLAT WASHER SAE N/P 3/8"	2							
52	NYLON INSERT LOCK NUT N/P 3/8-16	1							
54	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	1							
59	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	1							





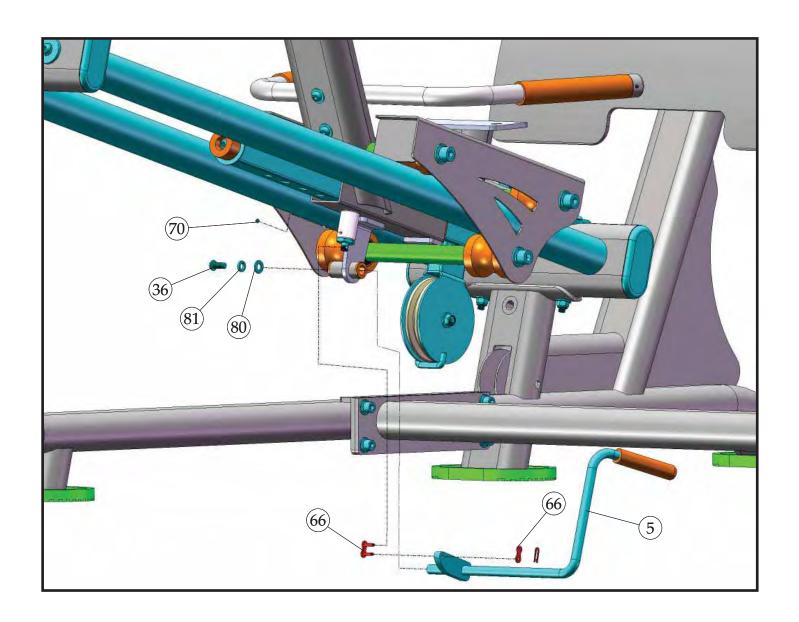
Assembly List								
Item #	Description	Qty.						
4	4 CARRIAGE							
47	FLAT WASHER SAE N/P 1/2"	2						
58	RAIL WHEEL 2 1/4 RD X 3	2						
67	SOCKET CAP SCREW GR-8 N/P 1/2-13 X 4 3/4	2						
72	SPLIT LOCK WASHER N/P 1/2"	2						







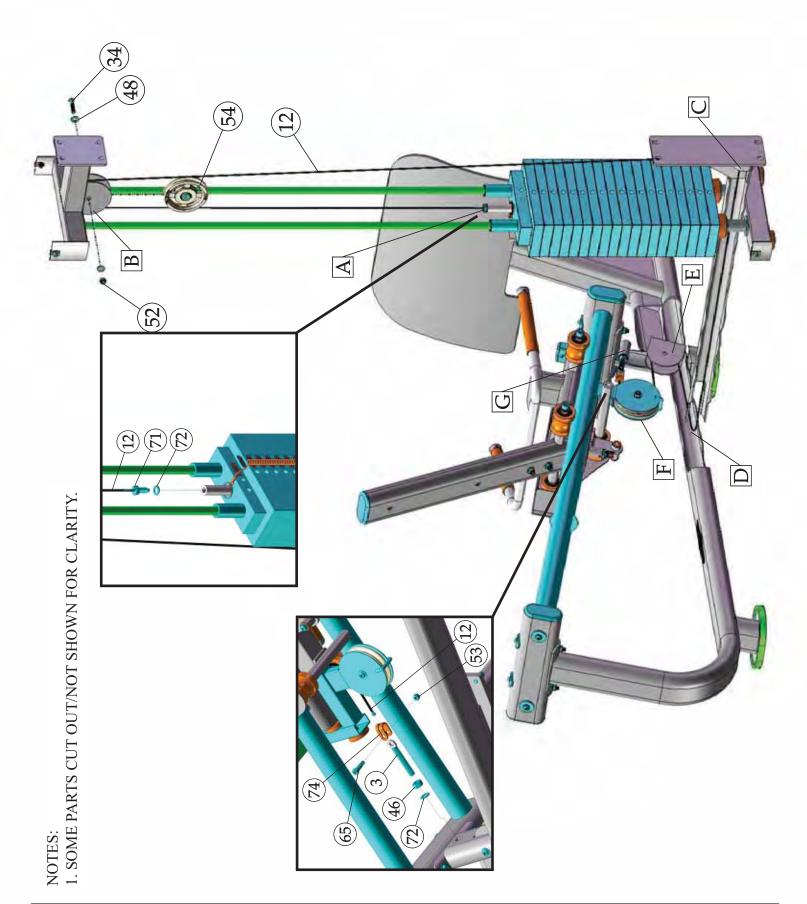
Assembly List									
Item #	Description	Qty.							
5	CHROME RELEASE HANDLE	1							
36	BUTTON HEAD SCREW GR8 N/P 5/16-18 X 3/4	1							
66	SINGLE STRAND CONNECTING LINK #40	1							
70	SOCKET SET SCREW N/P 10-32 X 1/8	1							
80	FLAT WASHER USS N/P 5/16"	1							
81	SPLIT LOCK WASHER N/P 5/16"	1							



STEP 10 LEG PRESS CABLE ASSEMLY

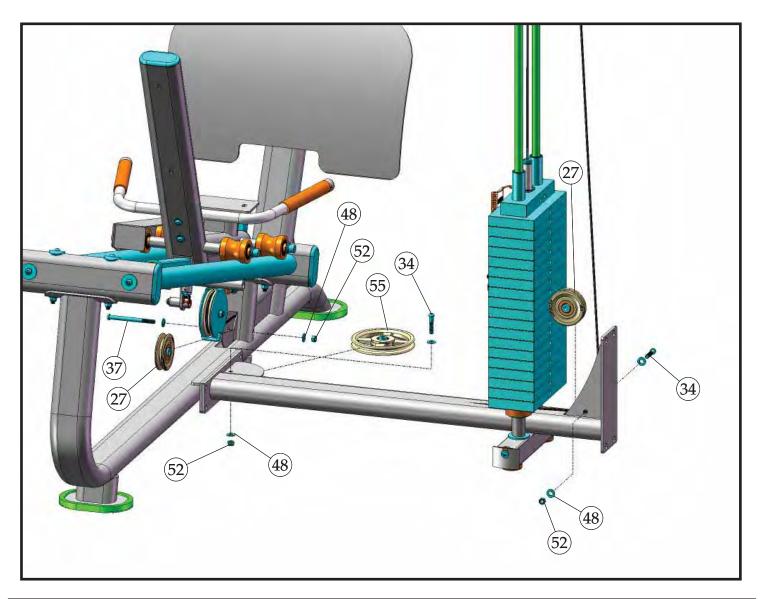
	Assembly List	
Item #	Description	Qty.
3	CABLE ADJUSTER	_
12	LEG PRESS CABLE	_
34	BUTTON HEAD SCREW GR-8 N/P 3/8-16 X 1 3/4	_
46	FINISHED HEX NUT N/P 1/2-13	_
48	FLAT WASHER SAE N/P 3/8"	2
52	NYLON INSERT LOCK NUT N/P 3/8-16	_
53	NYLON INSERT LOCK NUT N/P 5/16-18	_
24	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	_
65	SHOULDER BOLT N/P 3/8 X 3/4	-
71	SPLIT BOLT GR-8 N/P 1/2-13 X 1	-
72	SPLIT LOCK WASHER N/P 1/2"	2
74	STRAP BRACKET 20 #SF20 STAINLESS STEEL	-





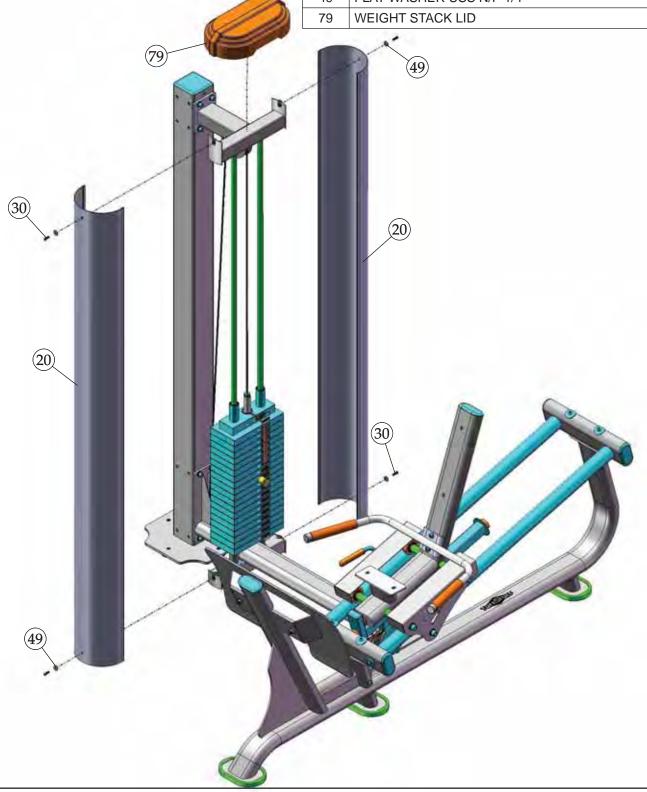
STEP 11 CABLE ASSEMBLY FINAL STEP

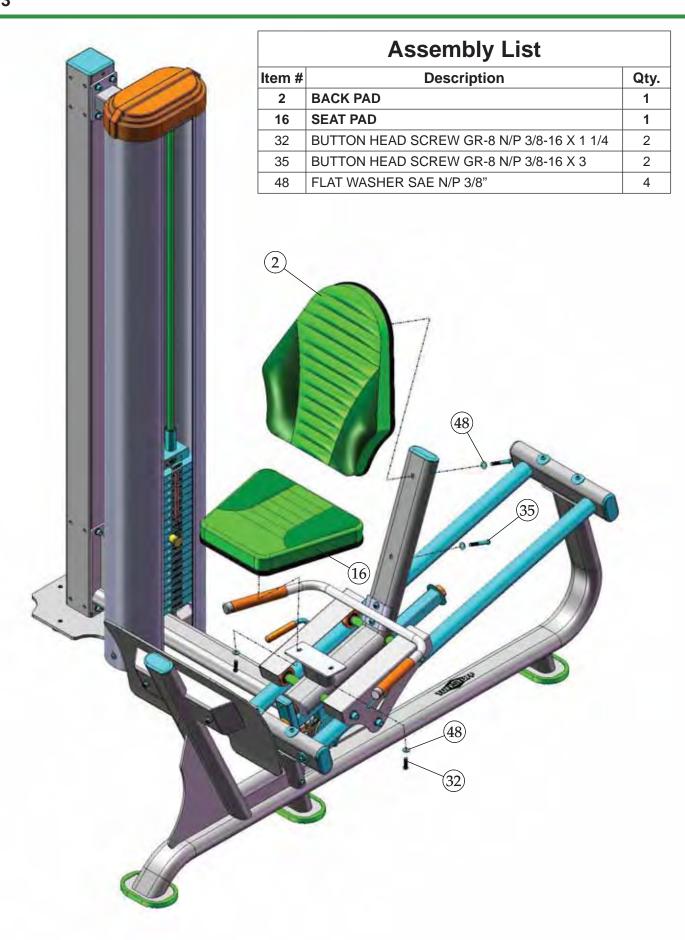
Assembly List								
Item #	Description	Qty.						
27	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	2						
34	BUTTON HEAD SCREW GR-8 N/P 3/8-16 X 1 3/4	2						
37	BUTTON HEAD SCREW GR-8 N/P 3/8-16 X 4 1/2	1						
48	FLAT WASHER SAE N/P 3/8"	6						
52	NYLON INSERT LOCK NUT N/P 3/8-16	3						
55	NYLON PULLEY 3/8 X 1 X 6 BLACK	1						

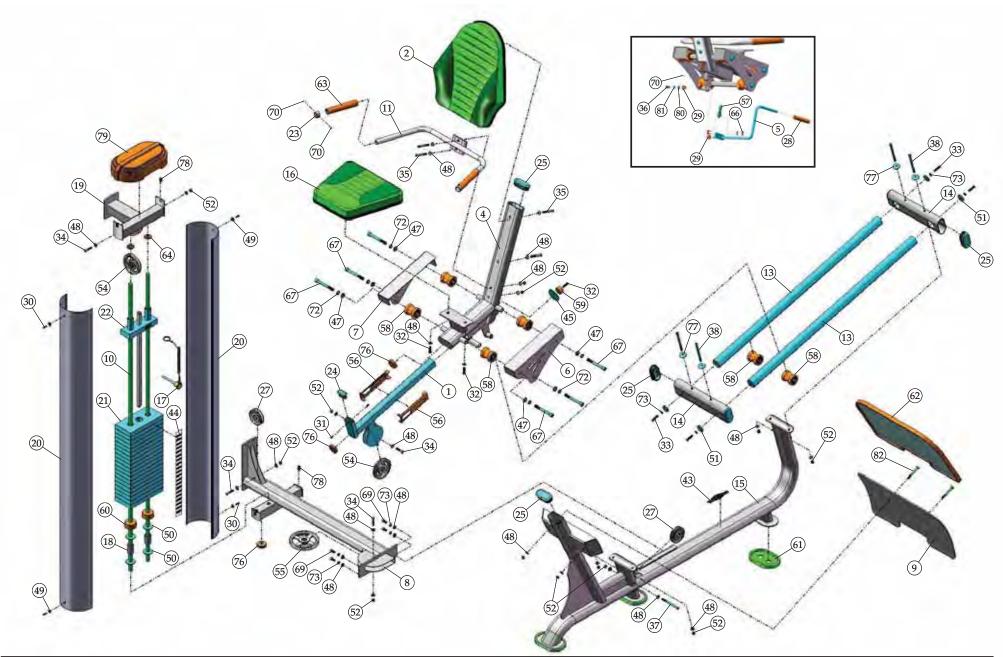




Assembly List Description Qty. Item # 20 **WEIGHT SHIELD** 2 BUTTON HEAD SCREW GR-8 N/P 1/4-20 X 3/4 4 30 FLAT WASHER USS N/P 1/4" 49 4 WEIGHT STACK LID 79 1









COLOR CHART GRAY= SUB-ASSEMBLY PARTS BLACK= HARDWARE

AP-71LP Parts List

AP-71LP REV0

Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Part No.	Qty.
1	ADJUSTABLE CHROME TUBE	0	UP6233	1	42	DECAL-IMPORTANT FOR BEST PERFORMANCE (REV 0)	BNH1894	2
2	BACK PAD	0	UP6234	1	43	TUFFSTUFF LOGO ALUMINUM SMALL (ADHESIVE)	BNH2463	1
3	CABLE ADJUSTER	UP6236	1	44	DECAL-WEIGHT NUMBERS REF TP-10 (200 lbs)	BNH1542	1	
4	CARRIAGE	0	UP6237	1	45	FENDER WASHER N/P 3/8 X 2 7/8	BNH2532	1
5	CHROME RELEASE HANDLE	0	UP6238	1	46	FINISHED HEX NUT N/P 1/2-13	BNH2516	1
6	COVER PLATE LT	0	UP6239	1	47	FLAT WASHER SAE N/P 1/2"	BNH2523	6
7	COVER PLATE RT	0	UP6240	1	48	FLAT WASHER SAE N/P 3/8"	BNH2524	30
8	CROSS BRACE	0	UP6241	1	49	FLAT WASHER USS N/P 1/4"	BNH2525	4
9	FOOT PLATE	1	UP6242	1	50	FLAT WASHER N/P 3/4 X 2	BNH2526	4
10	GUIDE RODS 3/4 RD X 71 3/4	0	UP6201	2	51	FLAT WASHER N/P 3/8 ID X 1 1/2 OD X 3/16 THICK	BNH2396	4
11	HANDLES	1	UP6243	1	52	NYLON INSERT LOCK NUT N/P 3/8-16	BNH2450	13
12	LEG PRESS CABLE	0	UP6235	1	53	NYLON INSERT LOCK NUT N/P 5/16-18	BNH2529	1
13	LINEAR RAIL	0	UP6244	2	54	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	BNH0506	2
14	LINEAR RAIL HOUSING	0	UP6245	2	55	NYLON PULLEY 3/8 X 1 X 6 BLACK	BNH2298	1
15	MAIN FRAME	1	UP6246	1	56	PLASTIC TUBE GLIDE 2 X 1 X 8 (HF1651600 TWO PIECE SET	BNH1874	2
16	SEAT PAD	0	UP6247	1	57	PUSH PULL PIN 1/2 X 2 9/16 DRILLED ASSY	BNH1996	1
17	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	58	RAIL WHEEL 1/2 X 2 1/4 RD X 3	BNH2472	6
18	SPACER 1 ID X 1 1/4 OD X 2	0	UP6267	2	59	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	BNH0514	1
19	TOP GUIDE ROD HOUSING	0	UP6248	1	60	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2
20	WEIGHT SHIELD	0	UP6205	2	61	RUBBER FOOT FOR 6 X 4 1/4 PLATE	BNH1647	3
21	10 LB STEEL WEIGHT PLATE BLACK 4 9/16 X 9 7/16 ASSY	,	BNH1650	19	62	RUBBER FOOT PLATE COVER	BNH1716	1
22	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS ASSY		BNH1982	1	63	RUBBER GRIP 1 ID X .125 X 7	BNH0962	2
23	ALUMINUM CAP 1.020" RD (CAP-100)		BNH0537	2	64	RUBBER GROMMET 3/4" ID	BNH0401	2
24	ALUMINUM INSERT CAP 1 X 2		BNH1500	1	65	SHOULDER BOLT N/P 3/8 X 3/4	BNH2392	1
25	ALUMINUM INSERT ELLIPTICAL CAP 2 X 4	BNH2398	6	66	SINGLE STRAND CONNECTING LINK #40 (6261K193)	BNH0066	1	
26	DECAL-WARNING ATTENTION USERS! MAKE (REV 0	BNH2152	1	67	SOCKET CAP SCREW GR-8 N/P 1/2-13 X 4 1/2	BNH2347	6	
27	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2 (P-35375-H)	BNH0553	2	68	DECAL-WARNING KEEP HANDS AND FINGERS (REV 2)	BNH0620	1	
28	BLACK RUBBER GRIP 1/2 X 4		BNH0530	1	69	SOCKET CAP SCREW GR-8 N/P 3/8-16 X 3/4	BNH2373	4
29	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNH0528	2	70	SOCKET SET SCREW N/P 10-32 X 1/8	BNH2518	5
30	BUTTON HEAD SOCKET CAP SCREW GR-8 N/P 1/4-20 X	3/4	BNH2447	4	71	SPLIT BOLT GR-8 N/P 1/2-13 X 1 (RND CUT)	BNH2478	1
31	BUTTON HEAD SOCKET CAP SCREW GR-8 N/P 1/4-20 X	3/8	BNH2474	2	72	SPLIT LOCK WASHER N/P 1/2"	BNH2519	8
32	BUTTON HEAD SOCKET CAP SCREW GR-8 N/P 3/8-16 X	1 1/4	BNH2521	3	73	SPLIT LOCK WASHER N/P 3/8"	BNH2520	4
33	BUTTON HEAD SOCKET CAP SCREW GR-8 N/P 3/8-16 X	1 1/2	BNH2533	4	74	STRAP BRACKET 20 #SF20 STAINLESS STEEL	BNH0562	1
34	BUTTON HEAD SOCKET CAP SCREW GR-8 N/P 3/8-16 X	1 3/4	BNH2426	4	75	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2
35	BUTTON HEAD SOCKET CAP SCREW GR-8 N/P 3/8-16 X	3	BNH2432	4	76	RUBBER BUMPER 2"	BNH2486	4
36	BUTTON HEAD SOCKET CAP SCREW GR8 N/P 5/16-18 X		BNH2480	1	77	U-SHAPE WASHER N/P 3/8 ID X 1 1/2 OD X 3/16 THICK	BNH2393	4
37	BUTTON HEAD SOCKET CAP SCREW GR-8 N/P 3/8-16 X		BNH2437	1	78	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	4
38	BUTTON HEAD SOCKET CAP SCREW GR-8 N/P 3/8-16 X		BNH2440	4	79	WEIGHT STACK LID	BNH1693	1
39	DECAL-DANGER TIGHTEN THIS RETAINING (REV 2)		BNH0142	1	80	FLAT WASHER USS N/P 5/16"	BNH2534	1
40	DECAL-EXERCISE LEG PRESS		BNH2466	1	81	SPLIT LOCK WASHER N/P 5/16"	BNH2535	1
41	DECAL-IMPORTANT ADJUST CABLE HERE (REV 0)		BNH1893	1	82	FLAT HEAD SOCKET CAP SCREW N/P 3/8-16 X 3 3/16	BNH2553	2



TuffStuff Basic Strength Equipment Safety and General Maintenance

All TUFFSTUFF strength equipment is designed and manufactured to offer maximum, long-life service with minimal maintenance. However, safety inspection and routine maintenance in your facility should be the upmost importance in your daily operation. Information presented in these pages will serve as a basic guideline to design your own inspection procedures.

Part One: General Inspection and Cleaning

Equipment should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a monthly basis. A daily wipe down of the upholstery with a lanolin based hand cleaner or Naugahyde Cleaner. Do not use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Lanolin hand cleaner dissolves the sweat and lubricates the vinyl, maintaining its natural flexibility. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

- 1. Check equipment if it is operating properly.
- 2. Check the cable for loose fittings or frayed cable and is seating properly on the pulleys and cams.
- 3. Make sure that the proper weight stack selector pin is with each machine and that the pin functions properly.
- 4. If something appears loose be sure to have it tightened immediately.
- 5. If a piece of equipment appears damaged or not operation properly, place the piece out-of-service immediately.

Part Two: Maintenance

In this paragraph, we will discuss the inspection of the cables, pulleys and their associated components. If there exists the potential for injury to occur on a machine, it will most likely lie in the cable system. It is important to inspect the cables frequently and let it be known to all users that it is their responsibility to report any worn-out cable to prevent a sudden failure that can result in an injury. Cables are moving parts, meaning cable-wear will occur regardless of the type or size used. In the advent of the 3/16" mill-spec cable this wear takes longer to become apparent and this is why frequent inspections are so important.

- 1. Check the cable termination at the weight stack. To perform any cable tension adjustment, loosen the hex jam nut and thread the hex tap bolt in or out to give cable the proper tension. Re-tightened the hex jam nut when adjustment is complete and make sure the hex tap bolt is threaded 1/2" into the socket of the selector bar top plate.
- 2. Check the cable as it terminates at the cam. Check the end fitting for any signs of fraying in this area. Inspect the bolt and nut and/or screw holding the fitting and be sure that it is tight.
- 3. Check the cables as it passes over all pulley wheels. Visually inspect the cables and pulleys. A cable that is wearing will exhibit a ballooned surface that passes over the pulley. This is and early warning sign to replace the cable.





Part Three: Lubrication

Bearing and linear bearings systems have advanced over the years but they must be maintained on a regular basis if you expect them to last and perform efficiently. TuffStuff uses only the highest quality bearings and linear motion components that are virtually trouble-free but requires the regular preventive maintenance to insure long-lasting performance.

- Bronze and nylon bushings, we recommend on a monthly basis to spray a teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
- 2. Weight stack guide rods and bushings, again use teflon spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. Do not use WD-40 or other lubricants as they attract dirt and will crate a mess between the weight plates and bushings.
- 3. Sealed bearings pivot points, as the name implies are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dried to prevent the build up of dust and sweat.
- 4. Linear bearing systems are precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down weekly and lubricated with a light layer of teflon grease. We recommend a teflon-base (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to clogged and jammed.

If you religiously perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.

Any doubts, equipment with mechanical problems should be placed "Out-of-Service" until all problems are corrected. If replacement parts are required or maintenance questions, please contact:

TuffStuff Fitness Equipment, Inc. Service Department
1325 E. Franklin Avenue
Pomona, CA 91766
1-800-961-9377

e-mail: service@tuffstuff.net

DO NOT DISCARD THIS MANUAL



TUFFSTUFF LIMITED WARRANTY

TuffStuff warrants to the original purchaser that TuffStuff equipment will be free from defects in material and workmanship. All warranty periods begin to run from the date of delivery to the original purchaser. The warranty and remedies set forth herein are conditioned upon proper storage, installation, use and maintenance and conformance with any recommendations of TuffStuff. This warranty does not cover products not manufactured by TuffStuff or products which are altered without the express written consent of TuffStuff. This warranty as specified:

WARRANTY: a) Frames, welds, cams and weight plates -- Lifetime, b) Pivot bearings, pulleys, bushings, gas shocks and guide rods -- Five (5) years, c) Belts, linear bearings and pull-pin components -- One (1) year, and d) Upholstery, cables, finish and rubber grips -- Six (6) months, and all other parts not mentioned elsewhere in this warranty will expire one (1) year from the date of delivery to the original purchaser. The obligation of TuffStuff under this warranty is limited to repairing or replacing warranted defective parts, as TuffStuff may elect, at TuffStuff's facility in Pomona, California, without charge to purchaser for either parts or labor. Purchaser is responsible for installation of repaired or replaced parts, and all transportation and insurance costs on returned or replaced equipment to and from TuffStuff's facility in Pomona.

THE FOREGOING SHALL CONSTITUTE THE SOLE REMEDY OF THE PURCHASER AND THE SOLE LIABILITY OF TUFFSTUFF WITH REGARD TO WARRANTY. NO IMPLIED STATUTORY WARRANTY OR IMPLIED STATUTORY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE SHALL APPLY. IN NO EVENT, WHETHER AS A RESULT OF BREACH OF CONTRACT, WARRANTY, NEGLIGENCE OR OTHERWISE, SHALL TUFFSTUFF BE LIABLE FOR SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO, LOSS OF PROFITS OR REVENUE, LOSS OF USE OF EQUIPMENT, COST OF CAPITAL, COST OF SUBSTITUTION EQUIPMENT, DOWNTIME COST, OR CLAIMS OF CUSTOMERS OR PURCHASER FROM SUCH DAMAGE.

This written warranty is the final, complete and exclusive agreement of the parties with respect to the quality or performance of the equipment and no action for breach of this written warranty or any implied warranty shall be commenced more than one (1) year after the accrual of the cause of action. No modification of this warranty or waiver of its terms shall be binding on either party unless approved in writing by an authorized representative of the party. Contact TuffStuff Fitness Equipment, Inc. at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

TuffStuff Fitness Equipment, Inc.

1325 E. Franklin Avenue
Pomona, CA 91766, USA
Ph: 909-629-1600 Fax: 909-629-4967
E-mail: service@tuffstuff.net Net: www.tuffstuff.net