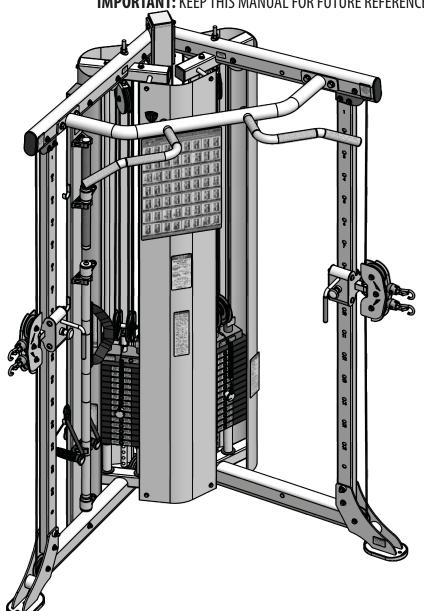
## TUFFSTUFF FITNESS INTERNATIONAL



## **Maintenance & Assembly Instructions**

**IMPORTANT:** KEEP THIS MANUAL FOR FUTURE REFERENCE



## **NOTICE**

#### It is the Purchaser's/Owner's obligation:

- 1. To disclose and post all Rules & Regulations, Danger, Warning and Caution labels affixed on the machine to their customers/users.
- 2. Equipment to be installed by TFI Authorized Dealer or a service company approved by TFI.
- 3. Provide trained personnel, supervision and correct usage of the equipment.
- 4. Provide scheduled inspection, maintenance & repairs and must be performed by TFI Authorized Dealer or a service company approved by TFI.
- 5. Must use only genuine TuffStuff replacement parts.
- 6. **A WARNING** Machine must be anchored to a solid and level surface before use.

**CDP-300** 

**Dual Adjustable Pulley System** W/150 lbs Weight Stacks

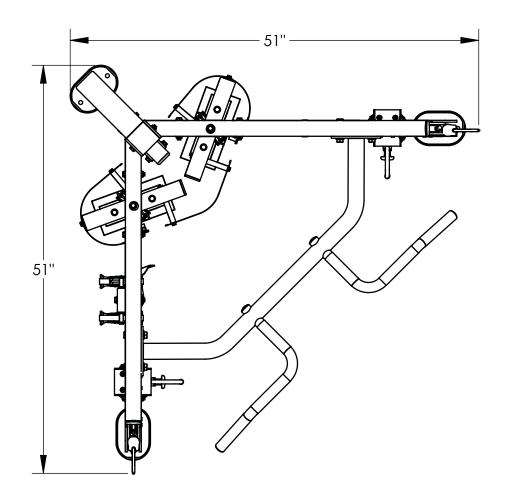
## **Table of Contents**



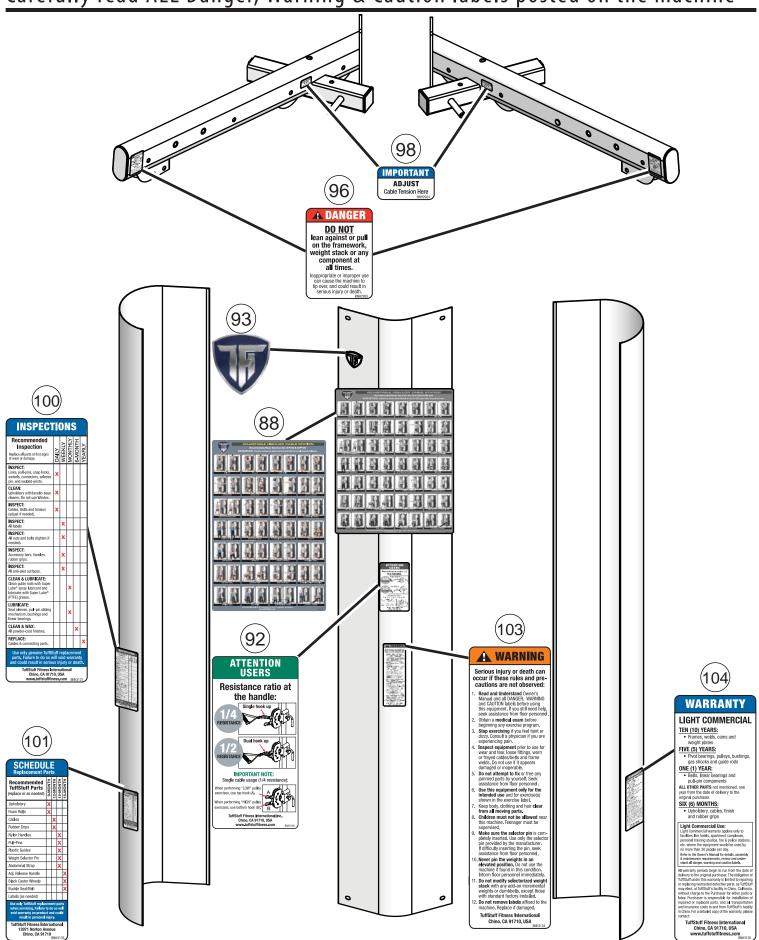
| Overhead Specifications                       | Page 3     |
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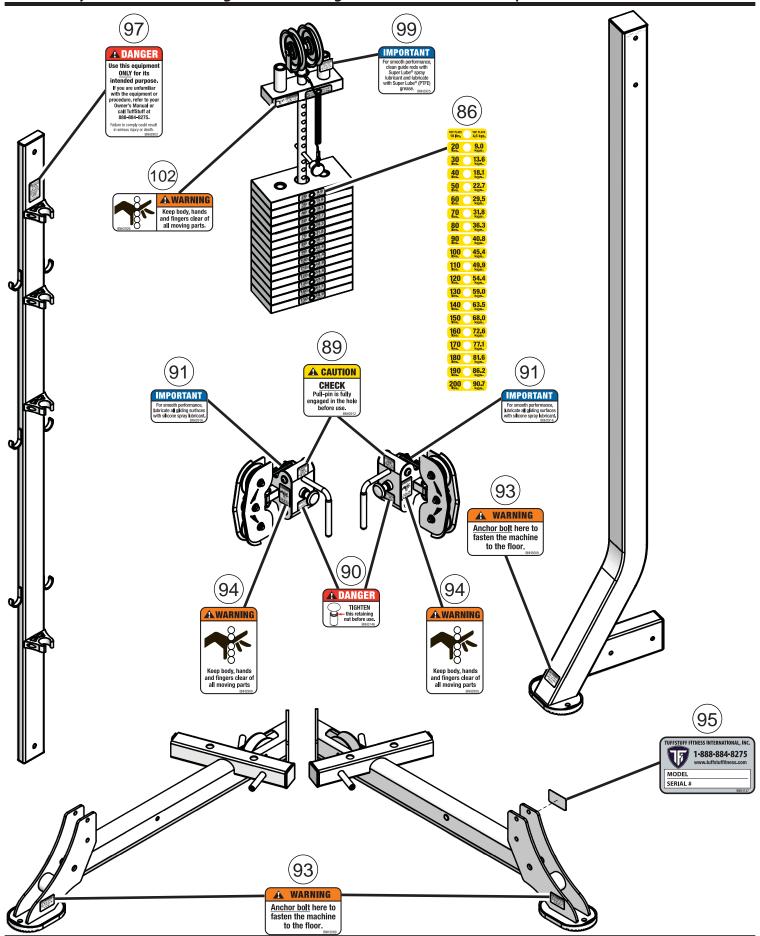
TuffStuff Fitness International, Inc. continually engages in research related to product improvements. Please take the time to carefully read through this owner's manual thoroughly. Instructions contained in this owner's manual are not intended to cover all details or variations possible with equipment, or to cover every contingency that may be met in conjunction with assembly, installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this owner's manual with extreme care, neither the manufacturer nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this owner's manual, the matter should be directed to Customer Service at TuffStuff Fitness International, Inc. in Chino, California.





L 51" X W 51" X H 83" PRODUCT WEIGHT 600 lbs. MAX-LOAD WEIGHT LIMIT 300 lbs.









90

102

103

## ▲ DANGER

#### Use this equipment ONLY for its intended purpose.

If you are unfamiliar with the equipment or procedure, refer to your Owner's Manual or call TuffStuff at 888-884-8275.

Failure to comply could result in serious injury or death.

## **⚠ DANGER**

### DO NOT

lean against or pull on the framework, weight stack or any component at all times.

Inappropriate or improper use can cause the machine to tip over, and could result in serious injury or death.

## **A DANGER**





### **A**WARNING

Keep body, hands and fingers clear of all moving parts.

## 93

## **WARNING**

Anchor bolt here to fasten the machine to the floor.

BNH30



## **WARNING**



Keep body, hands and fingers clear of all moving parts

RNH2Q0



## **IMPORTANT**

For smooth performance, clean guide rods with Super Lube® spray lubricant and lubricate with Super Lube® (PTFE) grease.

98

## **IMPORTANT**

**ADJUST** 

Cable Tension Here



## **IMPORTANT**

For smooth performance, lubricate all gliding surfaces with silicone spray lubricant.



## **A** CAUTION

#### CHECK

Pull-pin is fully engaged in the hole before use.

BNH2

## **♠** W

## WARNING

Serious injury or death can occur if these rules and precautions are not observed:

- Read and Understand Owner's
   Manual and all DANGER, WARNING
   and CAUTION labels before using
   this equipment. If you still need help,
   seek assistance from floor personnel
- 2. Obtain a **medical exam** before beginning any exercise program.
- Stop exercising if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- Inspect equipment prior to use for wear and tear, loose fittings, worn or frayed cables/belts and frame welds. Do not use if it appears damaged or inoperable.
- Do not attempt to fix or free any jammed parts by yourself. Seek assistance from floor personnel.
- Use this equipment only for the intended use and for exercise(s) shown in the exercise label.
- Keep body, clothing and hair clear from all moving parts.
- Children must not be allowed near this machine. Teenager must be supervised.
- Make sure the selector pin is completely inserted. Use only the selector pin provided by the manufacturer. If difficulty inserting the pin, seek assistance from floor personnel.
- Never pin the weights in an elevated position. Do not use the machine if found in this condition. Inform floor personnel immediately.
- 11. Do not modify selectorized weight stack with any add-on incremental weights or dumbbells, except those with standard factory installed.
- 12. **Do not remove labels** affixed to the machine. Replace if damaged.

TuffStuff Fitness International Chino, CA 91710, USA

NH3134

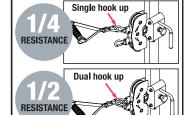
(88)



92

# ATTENTION USERS

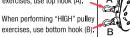
# Resistance ratio at the handle:



#### **IMPORTANT NOTE:**

Single cable usage (1/4 resistance):

When performing "LOW" pulley exercises, use top hook (A).



TuffStuff Fitness International Inc. Chino, CA 91710, USA www.tuffstuffitness.com



| 86                                   |  |  |  |  |  |  |  |  |
|--------------------------------------|--|--|--|--|--|--|--|--|
| TOP PLATE 10 lbs. TOP PLATE 4.5 kgs. |  |  |  |  |  |  |  |  |
| 20 9.0 kgs.                          |  |  |  |  |  |  |  |  |
| 30 13.6 kgs.                         |  |  |  |  |  |  |  |  |
| 40 18.1 kgs.                         |  |  |  |  |  |  |  |  |
| 50 22.7 kgs.                         |  |  |  |  |  |  |  |  |
| 60 29.5 kgs.                         |  |  |  |  |  |  |  |  |
| 70 31.8 kgs.                         |  |  |  |  |  |  |  |  |
| 80 36.3 kgs.                         |  |  |  |  |  |  |  |  |
| 90 40.8 kgs.                         |  |  |  |  |  |  |  |  |
| 100 45.4 kgs.                        |  |  |  |  |  |  |  |  |
| 110 49.9 kgs.                        |  |  |  |  |  |  |  |  |
| 120 54.4 kgs.                        |  |  |  |  |  |  |  |  |
| 130 59.0 kgs.                        |  |  |  |  |  |  |  |  |
| 140 63.5 kgs.                        |  |  |  |  |  |  |  |  |
| 150 68.0 kgs.                        |  |  |  |  |  |  |  |  |
| 160 72.6 kgs.                        |  |  |  |  |  |  |  |  |
| 170 77.1 kgs.                        |  |  |  |  |  |  |  |  |
| 180 81.6 kgs.                        |  |  |  |  |  |  |  |  |

190

86.2

90.7

| Recommended<br>TuffStuff Parts<br>(replace or as needed)                                                                                 | 9-MONTH | 12-MONTH | 15-MONTH | 18-MONTH |  |  |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|----------|----------|--|--|--|--|
| Upholstery                                                                                                                               | X       |          |          |          |  |  |  |  |
| Foam Rolls                                                                                                                               | X       |          |          |          |  |  |  |  |
| Cables                                                                                                                                   |         | X        |          |          |  |  |  |  |
| Rubber Grips                                                                                                                             |         | X        |          |          |  |  |  |  |
| Nylon Handles                                                                                                                            |         |          | X        | Г        |  |  |  |  |
| Pull-Pins                                                                                                                                | Г       |          | X        | Г        |  |  |  |  |
| Plastic Guides                                                                                                                           | Г       |          | X        | Г        |  |  |  |  |
| Weight Selector Pin                                                                                                                      | П       |          | X        |          |  |  |  |  |
| Abdominal Strap                                                                                                                          | Г       |          | X        | Г        |  |  |  |  |
| Adj. Release Handle                                                                                                                      | Г       |          | Г        | X        |  |  |  |  |
| Black Caster Wheels                                                                                                                      | Г       |          |          | X        |  |  |  |  |
| Buckle Seat/Belt                                                                                                                         |         |          |          | X        |  |  |  |  |
| Labels (as needed)                                                                                                                       | Г       |          |          | Г        |  |  |  |  |
| Use only TuffStuff replacement parts when servicing. Failure to do so will void warranty on product and could result in personal injury. |         |          |          |          |  |  |  |  |

87)

# **BE ALERT!**

THE FITNESS EQUIPMENT IN THIS FACILITY PRESENTS HAZARDS WHICH, IF NOT AVOIDED, COULD CAUSE SERIOUS INJURY OR DEATH.

Prior to using the equipment, READ the warning labels and instruction placards affixed to each machine.

If you are unsure on how to use a machine, seek the assistance of our floor personnel. We will be happy to instruct you on how to use the equipment properly.

Immediately report any piece of equipment that is not functioning properly to our floor personnel so that it may be evaluated and service promptly.

DO NOT ATTEMPT to use or fix any piece of equipment that is not functioning properly.

ASTM F1749-96

TUFFSTUFF FITNESS INTERNATIONAL, CHINO, CA 91710

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## WARRANTY

#### LIGHT COMMERCIAL

#### TEN (10) YEARS:

Frames, welds, cams and weight plates

#### FIVE (5) YEARS:

 Pivot bearings, pulleys, bushings, gas shocks and guide rods

#### ONE (1) YEAR:

Belts, linear bearings and pull-pin components

**ALL OTHER PARTS** not mentioned, one year from the date of delivery to the original purchaser.

#### SIX (6) MONTHS:

Upholstery, cables, finish and rubber grips

#### **Light Commercial Use:**

Light Commercial warranty applies only to facilities like hotels, apartment complexes, personal training studios, fire & police stations, etc. where the equipment would be used by no more than 30 people per day.

Refer to the Owner's Manual for details, assembly & maintenance requirements, review and understand all danger, warning and caution labels.

All warranty periods begin to run 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 Chino, California, without charge to the Purchaser for either parts or labor. Purchaser is responsible for installation of repaired or replaced parts, and all transportation and insurance costs to and from TuffStuff's facility in Chino. For a detailed copy of the warranty, please contact:

TuffStuff Fitness International Chino, CA 91710, USA www.tuffstuffitness.com 100

#### **INSPECTIONS** WEEKLY MONTHLY 6-MONTH YEARLY Recommended Inspection Replace all parts at first signs of wear or damage. INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints. Upholstery with lanolin-base cleaner. Do not use Windex. INSPECT: Cables, Belts and tension (adjust if needed). INSPECT: X All labels INSPECT: X All nuts and bolts (tighten if needed). INSPECT: X Accessory bars, handles, rubber grips. INSPECT: X All anti-skid surfaces **CLEAN & LUBRICATE:** Clean guide rods with Super Lube® spray lubricant and X lubricate with Super Lube® (PTFE) grease. LUBRICATE: Seat sleeves, pull-pin sliding X mechanism, bushings and linear bearings. **CLEAN & WAX:** X All powder-coat finishes.

Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death.

REPLACE:
Cables & connecting parts.

TuffStuff Fitness International Chino, CA 91710, USA www.tuffstuffitness.com BNI



It is extremely important that the **BE ALERT!** 87 Sign shown to the left be installed in plain view of the unit.

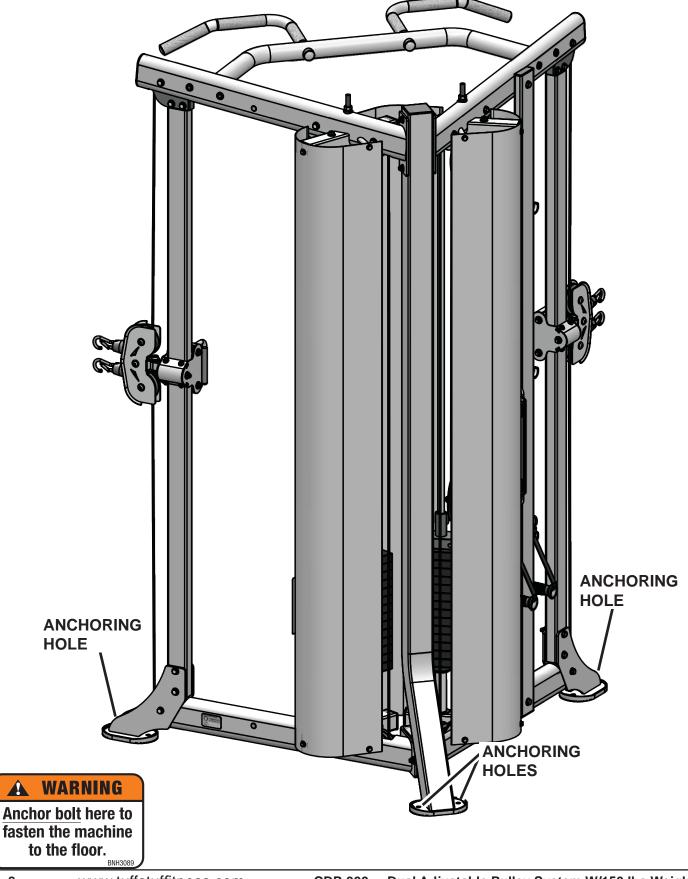
You should have received it along with this Owners Manual. If you did not receive this Sign with your order, you can obtain one at no cost to you from TuffStuff Fitness by contacting our service department at:

1 (888) 884-8275 service@tuffstuff.net service1@tuffstuff.net

# **Anchoring Unit**



Holes on footplates are provided for anchoring the unit to the floor. (See anchoring hole locations below)



## **Important Safety Instructions**

V

It is the responsibility of the facility owner and/or owner of the equipment to review the Owner's Manual with their facility personnel and understand all Danger, Warning and Caution labels affixed on the machine. It is the responsibility of the floor personnel to instruct users on proper operation of the equipment and review all danger, warning and caution labels.

# **WARNING** SERIOUS INJURY OR DEATH CAN OCCUR IF THESE SAFETY PRECAUTIONS ARE NOT OBSERVED:

- 1. Obtain a medical exam before beginning any exercise program.
- Read and understand Owner's Manual and all Danger, Warning and Caution labels before using this equipment. If you still need help, seek assistance from floor personnel.
- Inspect the equipment before each use for wear and tear, loose fittings, worn or frayed cables and frame welds. DO NOT USE if it appears to be inoperable or damaged.
- 4. Stop exercising if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- 5. Use this equipment only for the intended use.
- 6. Keep body, clothing and hair clear from all moving parts. Do not attempt to free any jammed parts by yourself.
- 7. Always warm-up before and cool-down after weight training. Warm-up for 10-15 minutes with stretching and cardiovascular exercises. Cool-down should include light stretching exercises for 5-15 minutes.
- 8. Never hold your breath will limit the flow of oxygen to your brain and may cause dizziness. The most often used breathing pattern is inhaling during least resistance and exhaling during maximum resistance.
- 9. Do not use accessories or accessory attachments that are not recommended by TFI.
- 10. Make sure selector pin is completely inserted. Use only the selector pin provided by the manufacturer.
- 11. Never pin the weights in an elevated position. Do not use the machine if found in this condition.
- **Facility Safety Guidelines and Practices**
- 1. Read and understand the Owner's Manual before assembling, servicing or using the equipment.
- Equipment to be installed by TFI Authorized Dealer or Professional Service Company approved by TFI.
- 3. Make sure each machine is set up and operated on a solid level surface. Do not install equipment on an uneven surface.
- 4. Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has proper clearance for usage and training.
- 5. Post and disclose all safety, rules and regulations on a bulletin board easily accessible to users.

- Anchoring of equipment must be completed at time of installation and inspected prior to use. Failure to anchor the machine to the floor could cause the machine to tip or fall over due to incorrect usage and misuse, and could result in serious injury or death.
- 7. Perform regular maintenance (see Inspection Label). Pay special attention to areas most susceptible to wear and tear, including but not limited to cables, pulleys and rubber grips.
- 8. **Do not** lean against or pull on the framework, weight stack or any component at all times.
- 9. **Children must not** be allowed near the equipment. Teenager must be supervised.
- 10. Replace immediately all parts at first sign of wear or damage. If unable to replace worn or damaged components/parts, remove machine from service until the repair is made.
- 11. Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death to the users.
- 12. **Do not remove** any decals affixed to the machine. Replace if damaged.
- 13. **Do not alter or modify** the original manufacturer's weight stack with any add-on incremental weights, weight plates or dumbbells except those with standard factory installed option.
- 14. Maintain a service contract with a TFI Authorized Dealer or a Professional Service Company approved by TFI. Keep a service log of all maintenance and repair activities. NOTICE: It is the sole responsibility of the owner or facility operator to ensure that regular maintenance is performed.

## **A DANGER**

**DANGER:** indicates an imminently hazardous situation which, if not avoided, will result in death or serious injury.



**WARNING:** indicates a potentially hazardous situation which, if not avoided, will result in death or serious injury.



**CAUTION:** indicates a hazardous situation which, if not avoided, could result in minor or moderate injury.

## Registration, Service & Assembly

Thank you for purchasing the CDP-300 Dual Adjustable Pulley System W/150 lbs Weight Stacks. This machine is part of the TuffStuff line of quality strength training equipment. To maximize your use of the equipment, please study the Owner's Manual thoroughly.

## Registration

To avoid unnecessary delays on warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to register online at:

http://www.tuffstuffitness.com or mail to address shown below within 10 days of purchase.

## **Obtaining Service**

Please use this Owner's Manual as your guide to all parts included in your shipment. When ordering parts, you must specify the part number and description from this manual. **Use only genuine TuffStuff replacement parts when servicing the equipment.** Failure to do so will void warranty and could result in serious injury or death.

For information about product operation or service:

Phone: 909-629-1600 Toll Free 888-884-8275

Fax: 909-629-4967

E-mail: service@tuffstuff.net or service1@tuffstuff.net

Hours: M-F 8:00 - 4:30 PST

Or write to: TuffStuff Fitness International, Inc.

**Customer Service** 

13971 Norton Avenue, Chino, CA 91710

Retain this Owner's Manual for future reference when ordering service or parts. To assist you better, please be prepared to provide the following information:

1. Model Number 2. Place of Purchase

3. Serial Number 4. Part # and Description

### **Required Tools**

The basic tools that you will need to assemble the CDP-300 but are not limited to:

- 7/16", 9/16", 3/4" Combination Wrenches
- Ratchet Wrench with 7/16", 9/16", 3/4" sockets
- Crescent Adjustable Wrench
- Phillips Screwdriver
- Rubber mallet, measuring tape & utility knife
- Super Lube® spray lubricant and grease
- · Windex or household glass cleaner

#### **Assembly Requirements**

Follow these installation requirements when assembling the CDP-300. Use the overhead view on the Content Page to layout your floor plan before assembling.

Set up the CDP-300 on a clean, solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Allow ample space around the machine for safe unrestricted use and easier access.

Insert all bolts in the same direction. For aesthetic appearance, insert all bolts in the same direction unless specified (in text or illustration) to do otherwise.

Leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so (to prevent any difficulty with alignment of parts during the assembly process). When not instructed, tighten fasteners such as bolts, nuts and screws so the unit is stable, but leave room for adjustments.

## **Assembly Tips**

Read all "Notes" on each page before beginning each step.

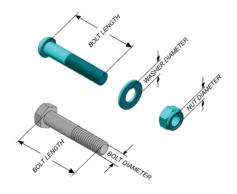
While you may be able to assemble the CDP-300 using the illustrations only, IMPORTANT safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustration.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for final adjustments.

**CAUTION:** Obtain assistance from TuffStuff if you have difficulty assembling the CDP-300. Please do not attempt to complete the assembly as this could result in equipment failure and serious injuries to the users.

## **Symbols & Description**



Loosely Tighten Loosely Tighten

70%

Loosely tighten all hardware in this step. DO NOT Fully Tighten. Some component(s) may need pre-assembly and or alignment during the assembly process.

Fully Tighten Full
Wrer

Fully Tighten

Wrench tighten all hardware in this step.

# **Inspection/Maintenance**

Perform regular maintenance (see Inspection Label). Pay special attention to areas most susceptible to wear and tear, including but not limited to cables, pulleys and rubber grip. TFI recommends you maintain a service contract with a TFI Authorized Dealer or a Professional Service Company approved by TFI. Keep a service log of all maintenance and repair activities. Extra copies can be downloaded from our website www.tuffstuffitness.com

| INSPECT                                                                                                  |                                                                                                                                | 01   | N.       | S        |          | INSPECTION / MAINTENANCE RECORDS |             |           |              |  |  |  |  |
|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------|----------|----------|----------|----------------------------------|-------------|-----------|--------------|--|--|--|--|
| Recommended                                                                                              |                                                                                                                                | >.   | Ż        | 픋        | _        | DATE                             | REPLACEMENT | REPAIRS   | INSPECTED BY |  |  |  |  |
| Inspection Replace all parts at first signs                                                              | DAILY                                                                                                                          | EFKL | MONTHLY  | 6-MONTH  | YEARLY   |                                  |             |           |              |  |  |  |  |
| of wear or damage.                                                                                       | 2                                                                                                                              | ≥    | Ĭ        | <u>-</u> | <u>"</u> |                                  |             |           |              |  |  |  |  |
| INSPECT:<br>Links, pull-pins, snap locks,<br>swivels, connectors, selector                               | X                                                                                                                              |      |          |          |          |                                  |             |           |              |  |  |  |  |
| pin, and welded-joints.                                                                                  |                                                                                                                                |      | $\vdash$ |          |          |                                  |             |           |              |  |  |  |  |
| CLEAN:<br>Upholstery with lanolin-base<br>cleaner. Do not use Windex.                                    | X                                                                                                                              |      |          |          |          |                                  |             |           |              |  |  |  |  |
| INSPECT:<br>Cables, Belts and tension<br>(adjust if needed).                                             | X                                                                                                                              |      |          |          |          |                                  |             |           |              |  |  |  |  |
| INSPECT:<br>All labels                                                                                   |                                                                                                                                | X    |          |          |          |                                  |             |           |              |  |  |  |  |
| INSPECT: All nuts and bolts (tighten if needed).                                                         |                                                                                                                                | X    |          |          |          |                                  |             |           |              |  |  |  |  |
| INSPECT: Accessory bars, handles, rubber grips.                                                          |                                                                                                                                | x    |          |          |          |                                  |             |           |              |  |  |  |  |
| INSPECT: All anti-skid surfaces.                                                                         |                                                                                                                                | X    |          |          |          |                                  |             |           |              |  |  |  |  |
| CLEAN & LUBRICATE:                                                                                       |                                                                                                                                |      |          |          |          |                                  |             |           |              |  |  |  |  |
| Clean guide rods with Super<br>Lube® spray lubricant and<br>lubricate with Super Lube®<br>(PTFE) grease. |                                                                                                                                |      | X        |          |          |                                  |             |           |              |  |  |  |  |
| LUBRICATE:                                                                                               |                                                                                                                                |      | $\vdash$ |          |          |                                  |             |           |              |  |  |  |  |
| Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.                                  |                                                                                                                                |      | X        |          |          |                                  |             |           |              |  |  |  |  |
| CLEAN & WAX:                                                                                             |                                                                                                                                |      | $\vdash$ |          |          |                                  | WARRANT     | Y REPAIRS |              |  |  |  |  |
| All powder-coat finishes.                                                                                |                                                                                                                                |      | L        | X        |          | DATE                             | REPLACEMENT | REPAIRS   | INSPECTED BY |  |  |  |  |
| REPLACE:<br>Cables & connecting parts.                                                                   |                                                                                                                                |      |          |          | X        |                                  |             |           |              |  |  |  |  |
| parts. Failure to do so w                                                                                | Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death. |      |          |          | ty       |                                  |             |           |              |  |  |  |  |
| TuffStuff Fitness International Chino, CA 91710, USA www.tuffstuffitness.com BNH3137                     |                                                                                                                                |      |          |          |          |                                  |             |           |              |  |  |  |  |

# **Cable Inspection**

## **WARNING:**

THE FOLLOWING CONDITIONS MAY INDICATE A WORN CABLE. REPLACE IMMEDIATELY.



"NECKING", STRECHED CABLE COVERING



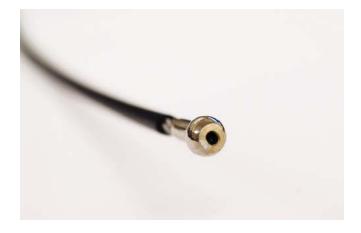
A CRACK IN THE CABLE COVER



A TEAR IN THE CABLE COVER



A BREAK ON THE CABLE

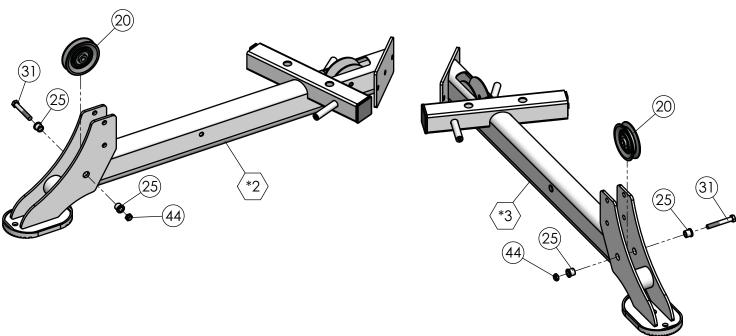


**CABLE END SLIPPING OUT** 

## **IMPORTANT NOTE:**

DAMAGED OR WORNED CABLE (AS SHOWN ABOVE) MAY DAMAGE THE PULLEY(S). YOU MUST INSPECT THE PULLEYS AT THIS TIME FOR WEAR AND TEAR. REPLACE IF NEEDED.

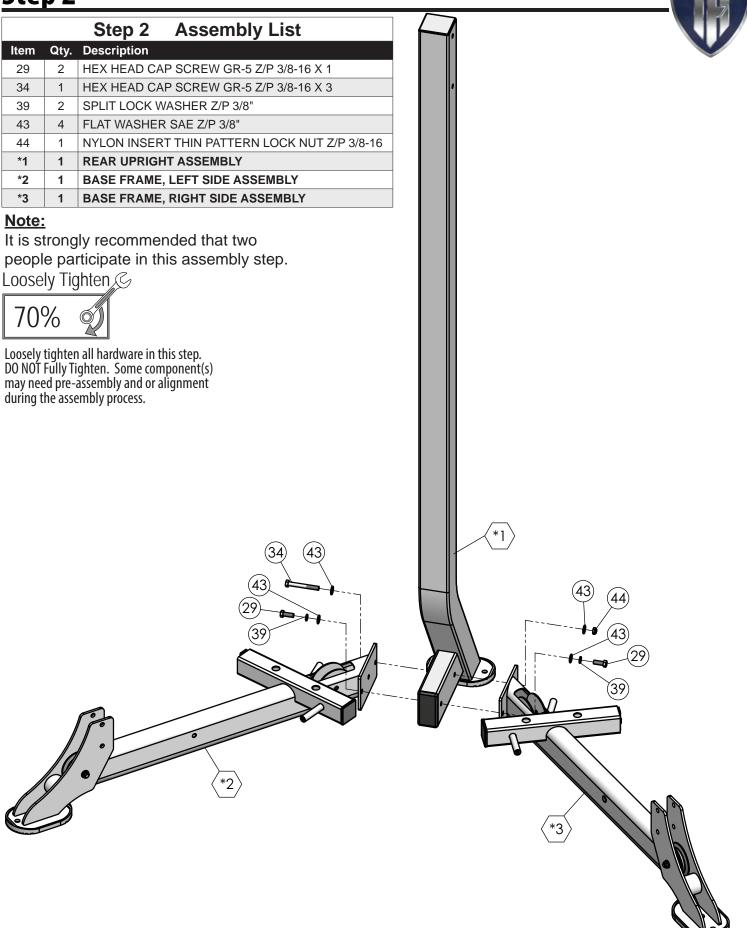






Wrench tighten all hardware in this step.

|      |      | Step 1 Assembly List                           |
|------|------|------------------------------------------------|
| Item | Qty. | Description                                    |
| 20   | 2    | BLACK NYLON PULLEY WIDE GROOVE 3/8 X 1 X 3 1/2 |
| 25   | 4    | FLANGED SPACER Z/P 3/8 X 16.5MM                |
| 31   | 2    | HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 9/16    |
| 44   | 2    | NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16  |
| *2   | 1    | BASE FRAME, LEFT SIDE ASSEMBLY                 |
| *3   | 1    | BASE FRAME, RIGHT SIDE ASSEMBLY                |

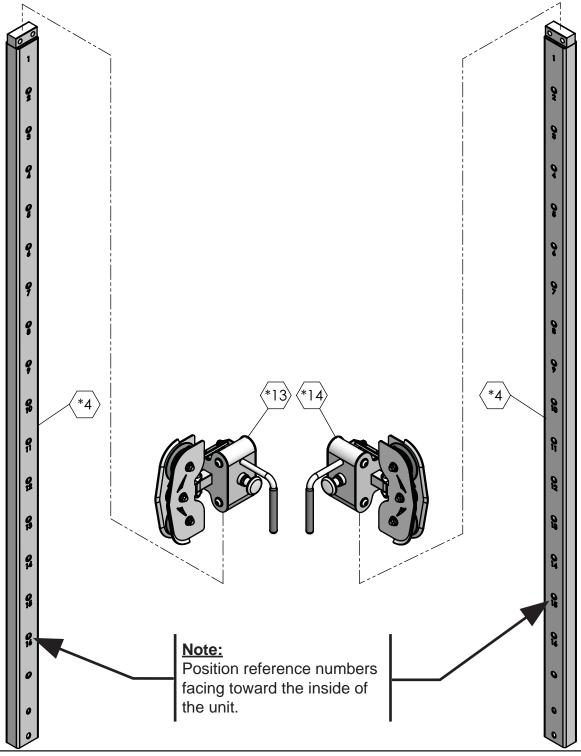


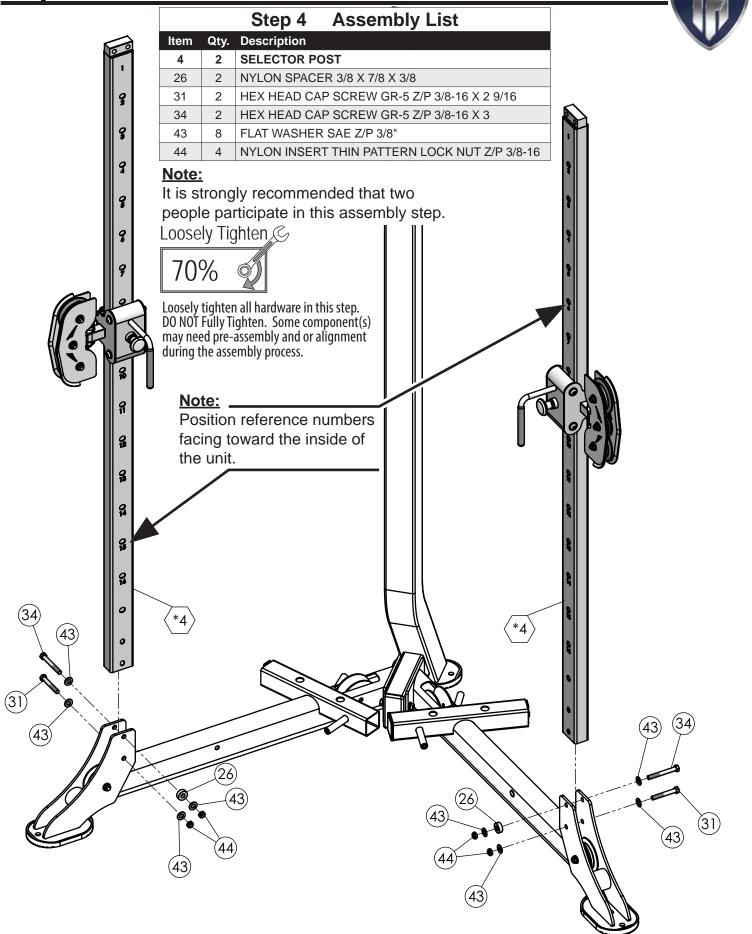


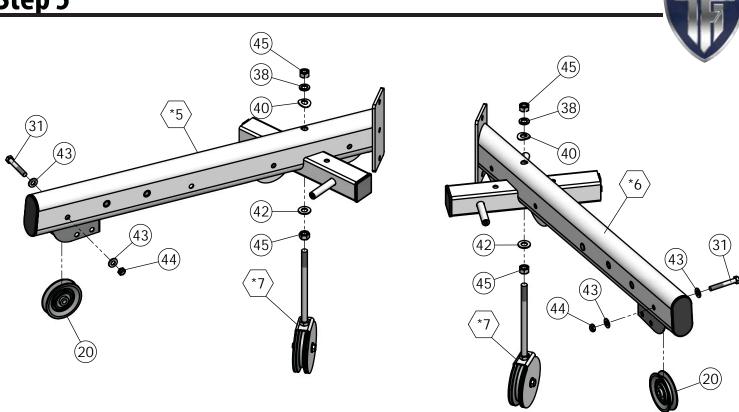
|      |      | Step 3 Assembly List |
|------|------|----------------------|
| Item | Qty. | Description          |
| 4    | 2    | SELECTOR POST        |
| *13  | 1    | CARRIAGE RT          |
| *14  | 1    | CARRIAGE LT          |

## Note:

It is strongly recommended that two people participate in this assembly step.







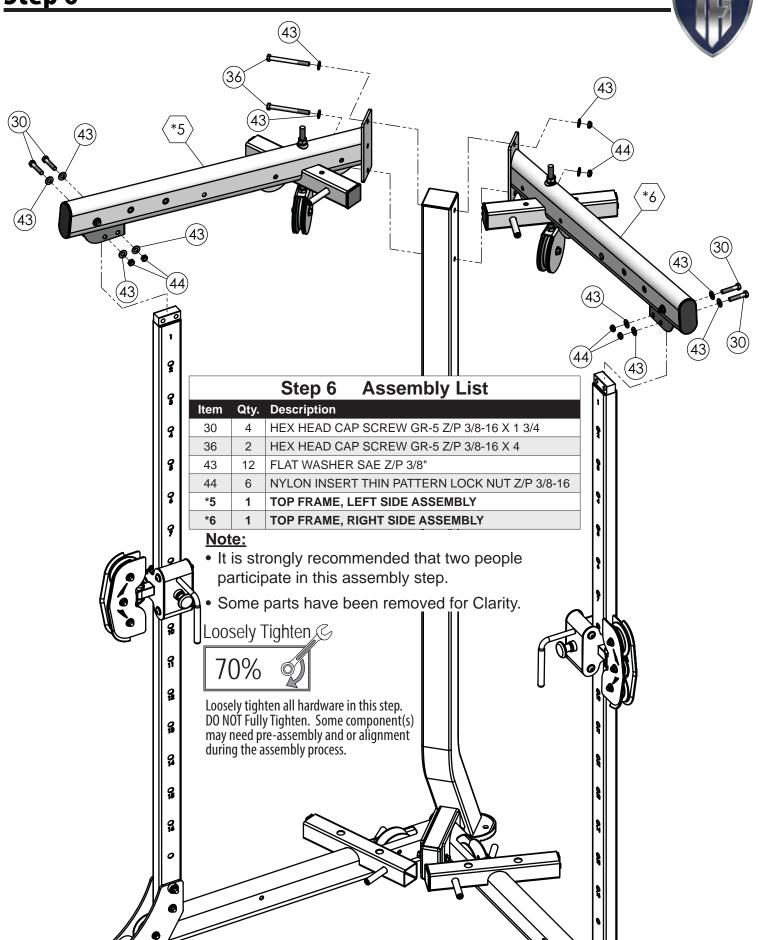
Loosely Tighten S

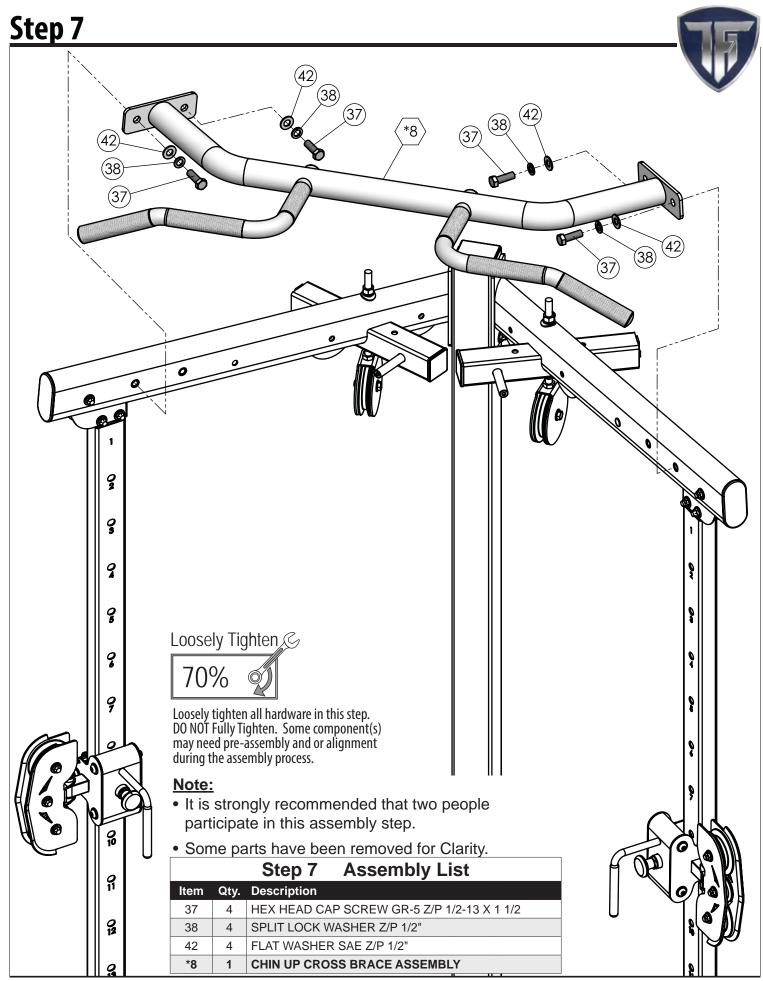
70%

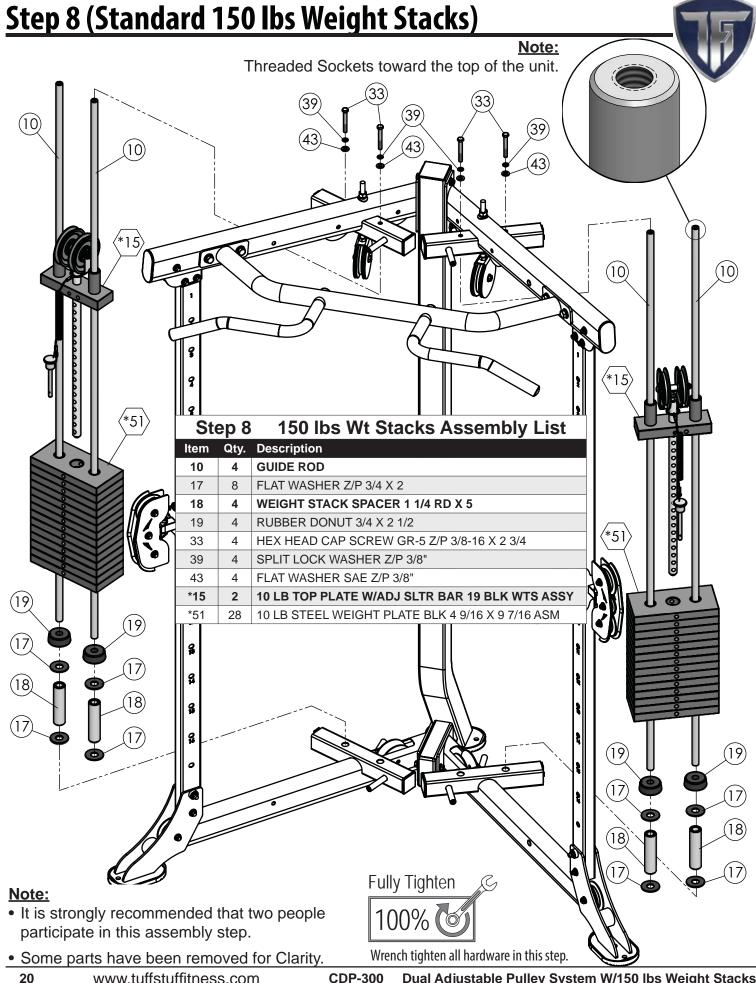


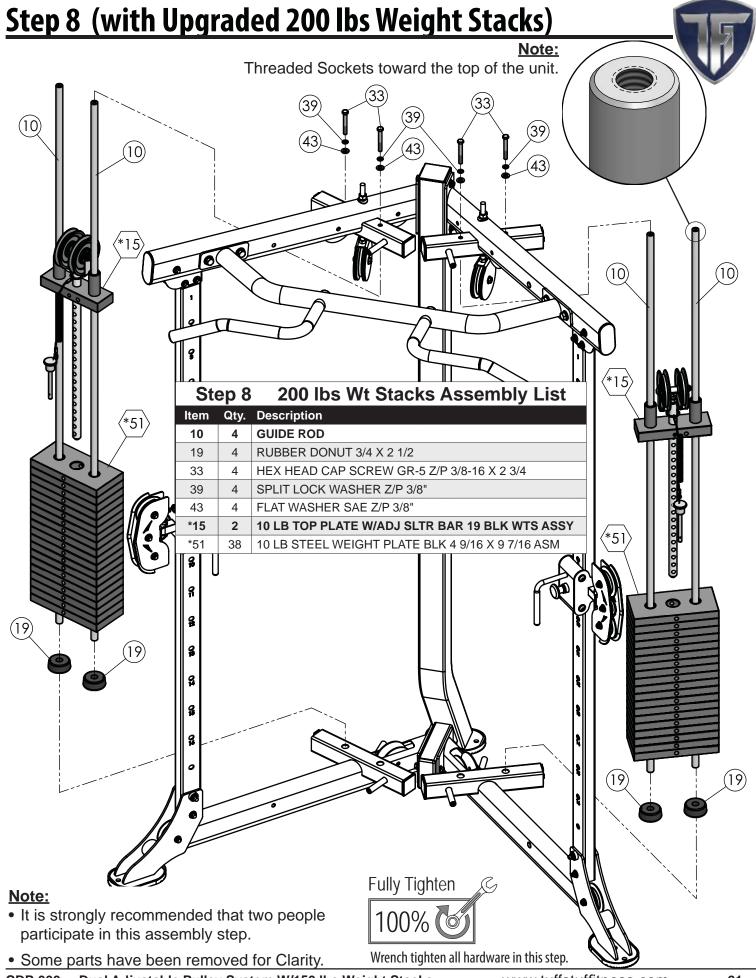
Loosely tighten all hardware in this step. DO NOT Fully Tighten. Some component(s) may need pre-assembly and or alignment during the assembly process.

|      |      | * *                                            |
|------|------|------------------------------------------------|
|      |      | Step 5 Assembly List                           |
| Item | Qty. | Description                                    |
| 20   | 2    | BLACK NYLON PULLEY WIDE GROOVE 3/8 X 1 X 3 1/2 |
| 31   | 2    | HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 9/16    |
| 38   | 2    | SPLIT LOCK WASHER Z/P 1/2"                     |
| 40   | 2    | ARC WASHER SAE Z/P 1/2"                        |
| 42   | 2    | FLAT WASHER SAE Z/P 1/2"                       |
| 43   | 4    | FLAT WASHER SAE Z/P 3/8"                       |
| 44   | 2    | NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16  |
| 45   | 4    | FINISHED HEX NUT Z/P 1/2-13                    |
| *5   | 1    | TOP FRAME, LEFT SIDE ASSEMBLY                  |
| *6   | 1    | TOP FRAME, RIGHT SIDE ASSEMBLY                 |
| *7   | 2    | ADJUSTABLE PULLEY BRACKET ASSEMBLY             |



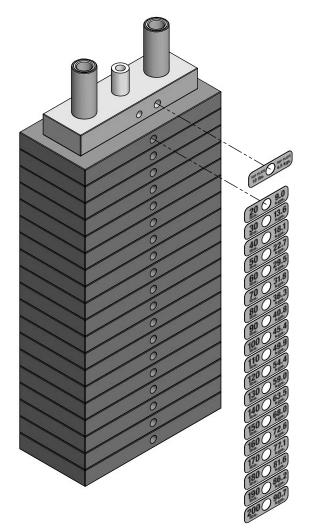






#### **NOTE:**

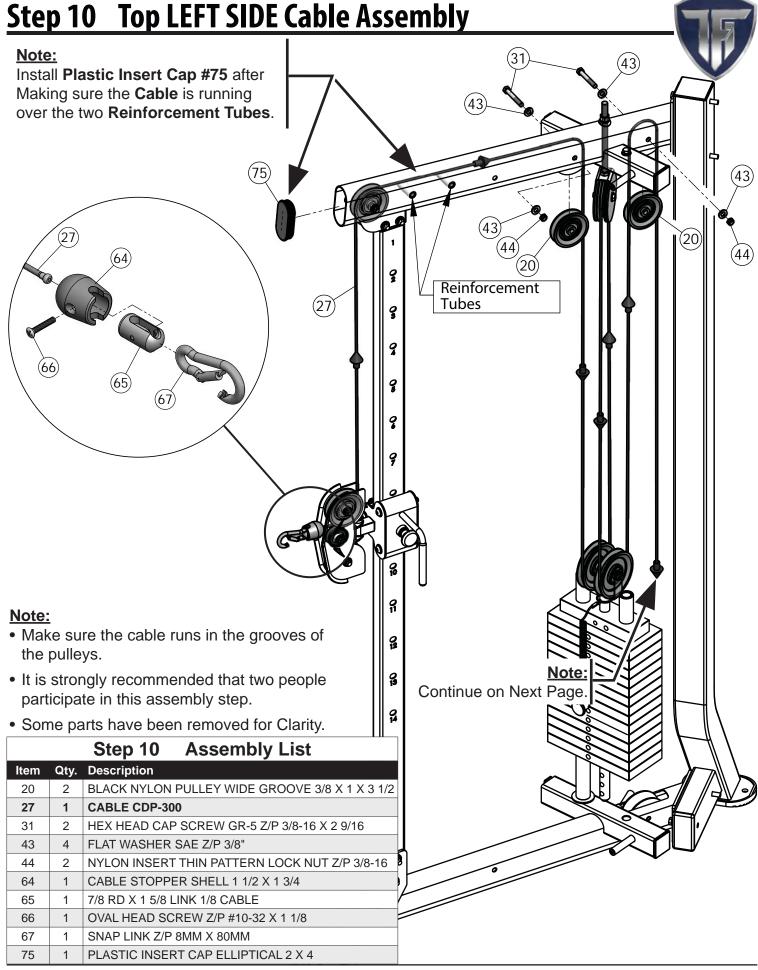
TOP PLATE LABEL GOES ON HOLE OFF CENTER
 AS SHOWN BELOW. LABEL WILL COVER HOLE ON CENTER.



| 86                |                    |  |  |  |  |  |  |
|-------------------|--------------------|--|--|--|--|--|--|
| TOP PLATE 10 lbs. | TOP PLATE 4.5 kgs. |  |  |  |  |  |  |
| 20 lbs.           | 9.0<br>kgs.        |  |  |  |  |  |  |
| 30 lbs.           | 13.6<br>kgs.       |  |  |  |  |  |  |
| 40 lbs.           | 18.1<br>kgs.       |  |  |  |  |  |  |
| <b>50</b> lbs.    | 22.7<br>kgs.       |  |  |  |  |  |  |
| 60 lbs.           | 29.5<br>kgs.       |  |  |  |  |  |  |
| <b>70</b> lbs.    | 31.8<br>kgs.       |  |  |  |  |  |  |
| 80 lbs.           | 36.3<br>kgs.       |  |  |  |  |  |  |
| 90 lbs.           | 40.8<br>kgs.       |  |  |  |  |  |  |
| 100 lbs.          | 45.4<br>kgs.       |  |  |  |  |  |  |
| 110 lbs.          | 49.9<br>kgs.       |  |  |  |  |  |  |
| 120 lbs.          | <b>54.4</b> kgs.   |  |  |  |  |  |  |
| 130 lbs.          | <b>59.0</b> kgs.   |  |  |  |  |  |  |
| 140 lbs.          | 63.5<br>kgs.       |  |  |  |  |  |  |
| 150 lbs.          | 68.0 kgs.          |  |  |  |  |  |  |
| 160 lbs.          | <b>72.6</b> kgs.   |  |  |  |  |  |  |
| 170 lbs.          | 77.1<br>kgs.       |  |  |  |  |  |  |
| 180 lbs.          | <b>81.6</b> kgs.   |  |  |  |  |  |  |
| 190 lbs.          | 86.2<br>kgs.       |  |  |  |  |  |  |
| 200 lbs.          | 90.7<br>kgs.       |  |  |  |  |  |  |

## Weight stack labels and lubrication instructions

- 1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
- 2. Peel off back sheet (adhesive side) from label (#86) and make sure that the label remains attached to the application tape.
- 3. Line up hole of the second label to the hole of the first weight plate.
- 4. Make sure the hole of the last label lines up with the hole of the last weight plate and slowly press into place.
- 5. Gently remove application tape and rub each label firmly against the weight stack.
- 6. Once this is complete, repeat this procedure for Top Plate label.
- 7. Allow labels to stand for 2 days to allow adhesive to cure fully.
- 8. Open the lube package provided and apply a thin film of lubricant around the first 3 inches of the guide rods above the Top Plate.
- 9. After the cables are installed, do a set of reps to spread the lubricant thoroughly.

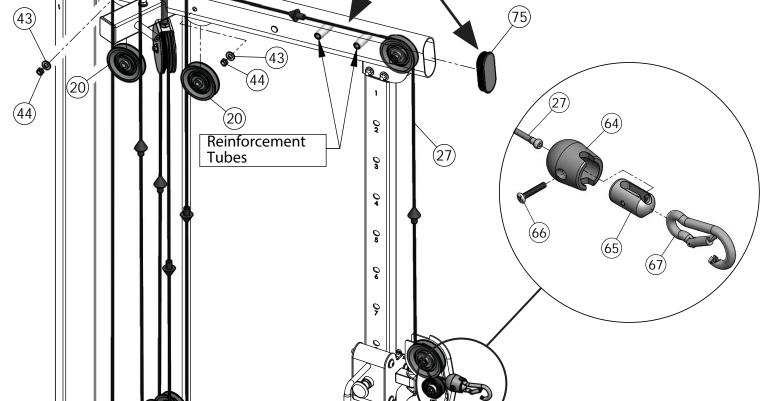


## **Step 11 Bottom LEFT SIDE Cable Assembly** Step 11 **Assembly List Description** Item Qty. BLACK NYLON PULLEY WIDE GROOVE 3/8 X 1 X 3 1/2 20 27 1 **CABLE CDP-300** 31 HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 9/16 1 43 2 FLAT WASHER SAE Z/P 3/8" 44 1 NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16 64 CABLE STOPPER SHELL 1 1/2 X 1 3/4 65 1 7/8 RD X 1 5/8 LINK 1/8 CABLE 66 1 OVAL HEAD SCREW Z/P #10-32 X 1 1/8 SNAP LINK Z/P 8MM X 80MM 67 Note: • Make sure the cable runs in the grooves of the pulleys. • It is strongly recommended that two people participate in this assembly step. Some parts have been removed for Clarity. Continue from **Previous Page** (27)(27)

**CDP-300** 

# Step 12 Top RIGHT SIDE Cable Assembly Note: Install Plast Making sure over the two

Install **Plastic Insert Cap #75** after Making sure the **Cable** is running over the two **Reinforcement Tubes**.



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## Note:

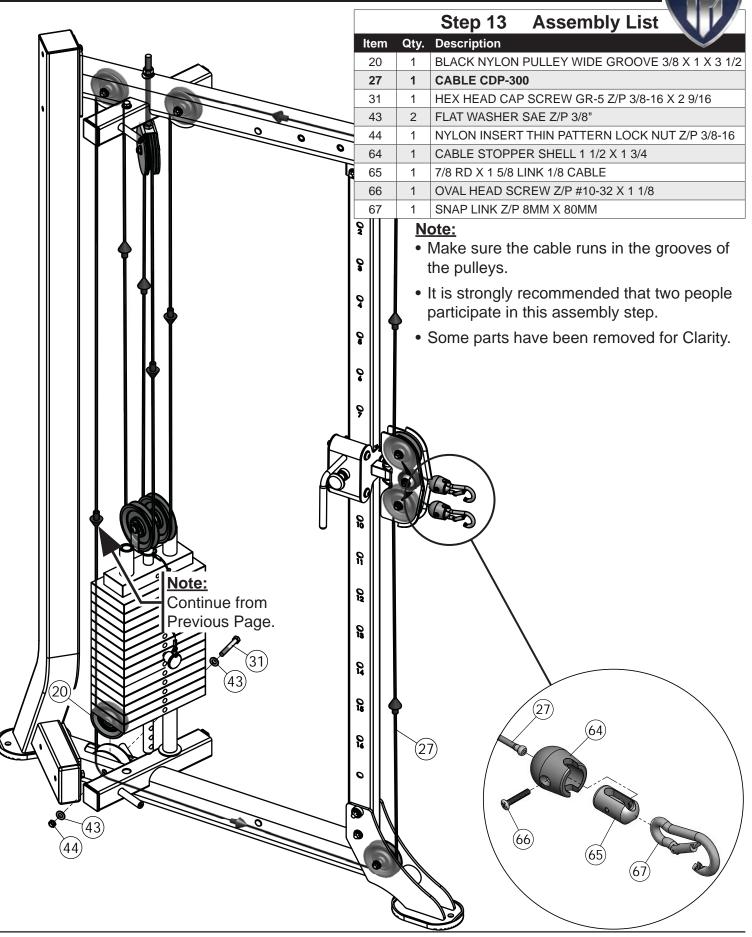
- Make sure the cable runs in the grooves of the pulleys.
- It is strongly recommended that two people participate in this assembly step.
- Some parts have been removed for Clarity.

|          | _    | - '  | come parts have been removed for chanty.       |
|----------|------|------|------------------------------------------------|
|          |      |      | Step 12 Assembly List                          |
|          | Item | Qty. | Description                                    |
|          | 20   | 2    | BLACK NYLON PULLEY WIDE GROOVE 3/8 X 1 X 3 1/2 |
|          | 27   | 1    | CABLE CDP-300                                  |
|          | 31   | 2    | HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 9/16    |
| ١        | 43   | 4    | FLAT WASHER SAE Z/P 3/8"                       |
| $\dashv$ | 44   | 2    | NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16  |
| 7        | 64   | 1    | CABLE STOPPER SHELL 1 1/2 X 1 3/4              |
| <u></u>  | 65   | 1    | 7/8 RD X 1 5/8 LINK 1/8 CABLE                  |
|          | 66   | 1    | OVAL HEAD SCREW Z/P #10-32 X 1 1/8             |
|          | 67   | 1    | SNAP LINK Z/P 8MM X 80MM                       |
|          | 75   | 1    | PLASTIC INSERT CAP ELLIPTICAL 2 X 4            |

Continue on Next Page.

Note:

# **Step 13 Bottom RIGHT SIDE Cable Assembly**

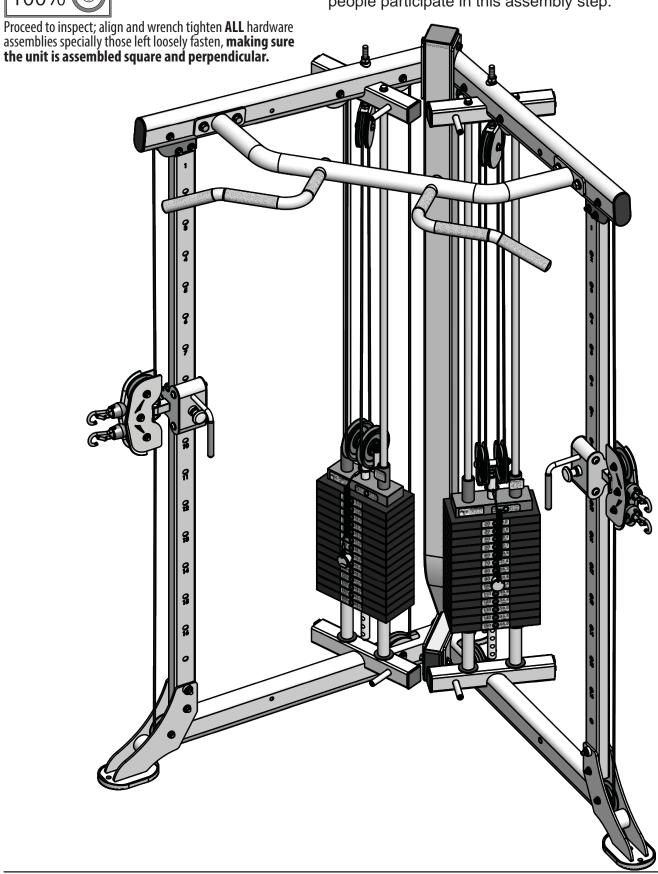






## Note:

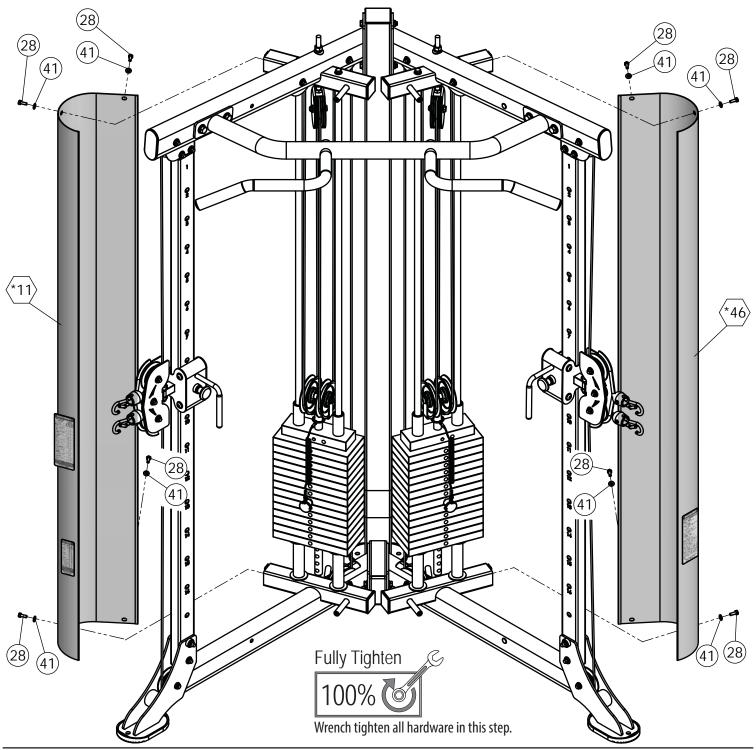
It is strongly recommended that two people participate in this assembly step.

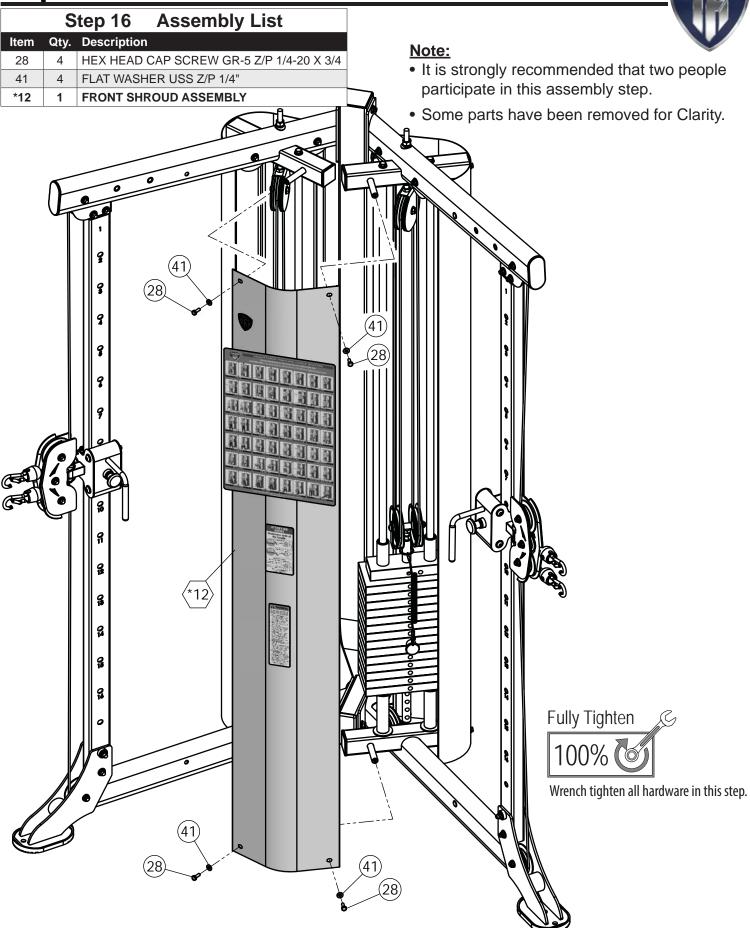


|      | 5    | Step 15 Assembly List                    |
|------|------|------------------------------------------|
| Item | Qty. | Description                              |
| 28   | 8    | HEX HEAD CAP SCREW GR-5 Z/P 1/4-20 X 3/4 |
| 41   | 8    | FLAT WASHER USS Z/P 1/4"                 |
| *11  | 1    | REAR SHROUD, LEFT SIDE ASSEMBLY          |
| *46  | 1    | REAR SHROUD, RIGHT SIDE ASSEMBLY         |

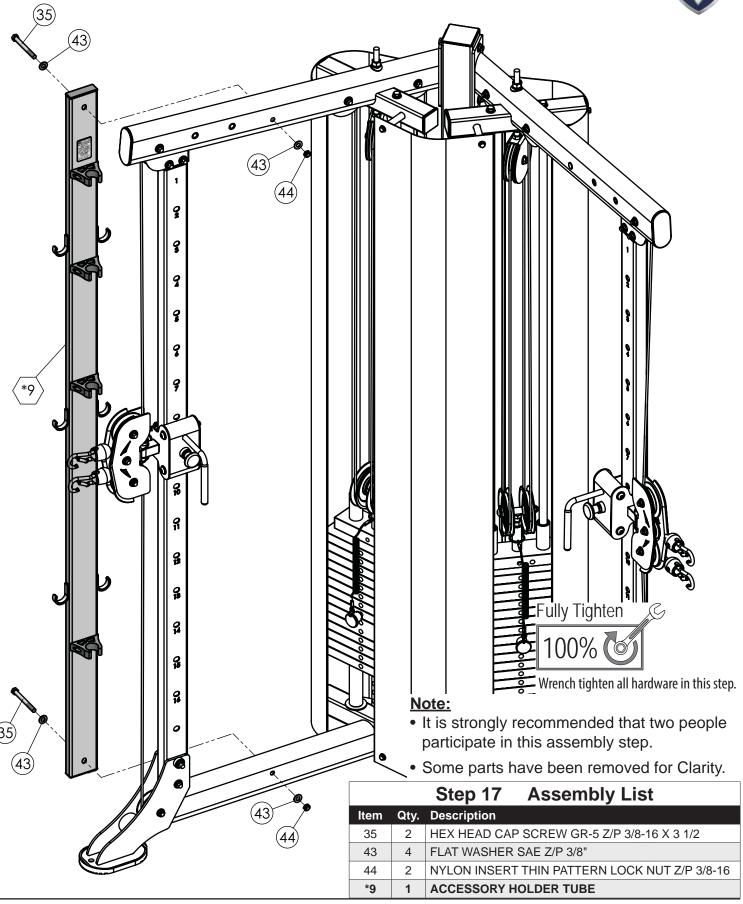
#### Note:

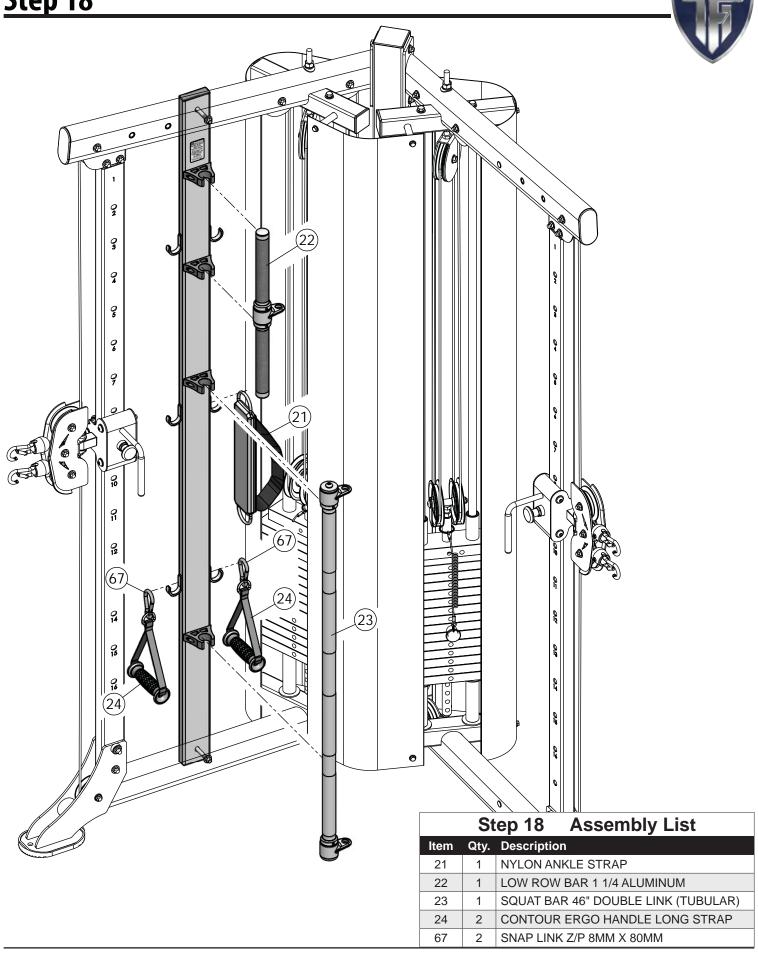
- It is strongly recommended that two people participate in this assembly step.
- Some parts have been removed for Clarity.











## **Parts List**

COLOR CHART

BLACK = HARDWARE

\*BLACK BOLD = PRE-ASSEMBLED COMPONENTS BLACK BOLD = SUBASSEMBLY COMPONENTS

#### CDP-300 Parts List

W

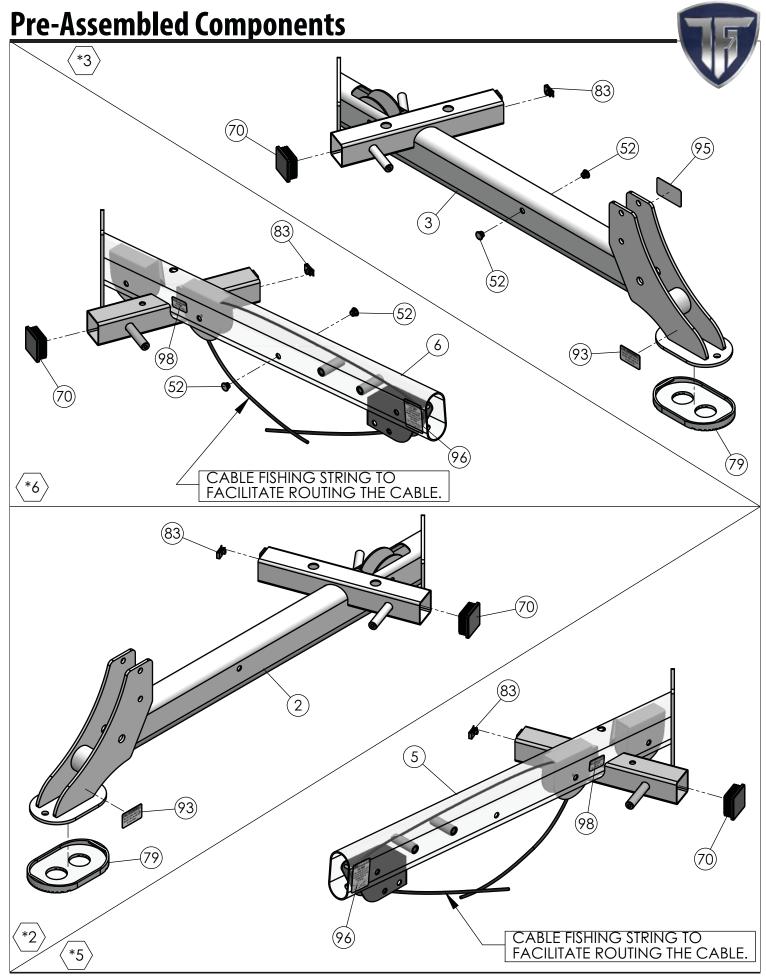
DESCRIPTION ITEM RFV. PART NO. QTY. ITEM DESCRIPTION REV. PART NO. QTY 1 REAR UPRIGHT 0 **UP8071** 1 BUTTON HEAD SOCKET CAP SCREW 10-32 X 1/2 BNH3406 8 2 BASE FRAME, LEFT SIDE 0 UP8066 1 58 BUTTON HEAD SOCKET CAP SCREW B-Z/P 1/4-20 X 1/2 BNH4091 8 3 BASE FRAME, RIGHT SIDE 0 **UP8067** 1 BUTTON HEAD SOCKET CAP SCREW B-Z/P 3/8-16 X 1 3/4 BNH2590 6 4 SELECTOR POST 0 UP8072 2 BUTTON HEAD SOCKET CAP SCREW B-Z/P 5/16-18 X 4 BNH4044 6 60 5 BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 3 5/8 TOP FRAME, LEFT SIDE **UP8068** 2 0 1 BNH3408 6 TOP FRAME, RIGHT SIDE 0 **UP8069** 1 FLAT SAE WASHER B-Z/P #12 BNH4008 8 7 ADJUSTABLE PULLEY BRACKET **UP8074** 2 FLAT WASHER SAE Z/P 5/16" BNH2534 12 0 63 CHIN UP CROSS BRACE 0 **UP8070** 1 CABLE STOPPER SHELL 1 1/2 X 1 3/4 BNH4230 4 8 9 ACCESSORY HOLDER TUBE 0 **UP8077** 7/8 RD X 1 5/8 LINK 1/8 CABLE BNH4231 4 1 65 10 GUIDE ROD 0 UP8073 4 66 OVAL HEAD SCREW Z/P #10-32 X 1 1/8 BNH2793 4 11 REAR SHROUD 0 **UP8075** 2 SNAP LINK Z/P 8MM X 80MM BNH0065 6 FRONT SHROUD UP8076 1 NYLON BUSHING 25/32 ID X 1 1/16 OD X 29/32 BNH0532 64 12 0 68 13 CARRIAGE, LEFT SIDE 0 **UP7686** 1 NYLON INSERT LOCK NUT Z/P 5/16-18 BNH2056 6 14 0 **UP7685** 1 PLASTIC INSERT CAP 2" SQ 10-14 GA BNH0012 4 15 10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS ASSY BNH1982 2 71 PLASTIC INSERT CAP 1 1/4" RD V30906 BNH3407 4 SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB **UP3035** PLASTIC INSERT CAP 1" X 3" \_ 11 GA 2 16 0 2 BNH0007 FLAT WASHER Z/P 3/4 X 2 PLASTIC INSERT CAP 2 X 3 \_ 11-14 GA 17 BNH2128 BNH0052 1 8 73 WEIGHT STACK SPACER 1 1/4 RD X 5 **UP6745** 18 0 4 PLASTIC INSERT CAP 3" SQ 10-14 GA BNH2992 1 19 RUBBER DONUT 3/4 X 2 1/2 BNH0068 4 PLASTIC INSERT CAP ELLIPTICAL 2 X 4 (50MM X 100MM) BNH1794 2 20 BLACK NYLON PULLEY WIDE GROOVE 3/8 X 1 X 3 1/2 BNH2832 14 PULL PIN 1/2 X 2 3/4 SHORT NOSE (YELLOW KNOB) BNH0640 2 NYLON ANKLE STRAP BNH3203 1 **ROLL PIN B/O 3/8 X 2** 2 21 BNH0661 22 LOW ROW BAR 1 1/4 ALUMINUM 1 6 BNH1771 78 ROLLER WHEEL BNH2869 23 SQUAT BAR 46" DOUBLE LINK (TUBULAR) BNH3228 1 79 RUBBER FOOT FOR 6 X 4 1/4 PLATE BNH1647 3 24 CONTOUR ERGO HANDLE LONG STRAP BNH2738 2 80 SHOULDER BOLT ALLOY 1/2 X 1 1/2 BNH0098 2 25 FLANGED SPACER Z/P 3/8 X 16.5MM BNH4283 SOCKET SET SCREW 7/P 10-32 X 1/8 2 4 BNH2088 26 NYLON SPACER 3/8 X 7/8 X 3/8 BNH0392 2 SPLIT LOCK WASHER B-Z/P 1/4 BNH2686 8 27 CABLE CDP-300 0 **UP8078** 2 U-STYLE TAPPED HOLE NUT 1/4-20 4 83 BNH0708 HEX HEAD CAP SCREW GR-5 Z/P 1/4-20 X 3/4 BNH2106 YELLOW GRIP 1/2 X 4 BNH3059 2 28 12 84 29 HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 BNH2037 2 TFI EMBLEM 1.88 HIGH X 1.98 WIDE BLUE AND CHROME BNH4304 1 HEX HEAD CAP SCREW GR-5 7/P 3/8-16 X 1 3/4 BNH2040 DECAL NUMBERS 10-200 LBS/KGS 7/8 X 3 YELLOW & BLK BNH4069 2 30 6 86 31 HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 9/16 BNH4314 12 FACILITY SIGN BE ALERT! THE FITNESS EQUIPMENT.. BNH3138 1 88 EXCECISE CHART CDP-300 DECAL BNH3149 1 2 33 HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4 BNH2045 4 LABEL CAUTION CHECK PULL-PIN IS FULLY... 1 1/2 X 1 3/8 BNH2912 34 HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3 BNH2046 3 LABEL DANGER CHECK RETAINING NUT... 1.5 X 1 BNH3146 2 35 LABEL IMPORTANT FOR SMOOTH PERFORMANCE. HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3 1/2 BNH2107 2 91 BNH2916 2 36 HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 4 BNH2267 2 LABEL RESISTANCE RATIO AT THE HANDLE 3X6 BNH3150 1 BNH2171 37 HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 1 1/2 4 LABEL WARNING ANCHOR BOLT, 2 X 1 1/4 3 93 BNH3089 38 SPLIT LOCK WASHER 7/P 1/2 BNH0572 8 94 LABEL WARNING KEEP BODY, HANDS, 1 1/2 X 2 1/4 BNH2908 2 SPLIT LOCK WASHER Z/P 3/8' BNH0658 LABEL\_TFI SERIAL NO. 2.5 X 1.5 BNH3147 39 6 1 ARC WASHER SAE Z/P 1/2" BNH2697 LABEL-DANGER DO NOT LEAN AGAINST OR PULL. BNH2955 2 40 2 96 41 FLAT WASHER USS Z/P 1/4 BNH2105 12 LABEL-DANGER USE THIS EQUIPMENT ONLY. BNH2903 1 42 FLAT WASHER SAE Z/P 1/2' BNH2031 6 LABEL-IMPORTANT ADJUST CABLE TENSION HERE BNH2924 2 43 70 LABEL-IMPORTANT FOR SMOOTH PERFORMANCE. 2 FLAT WASHER SAE Z/P 3/8' BNH2030 99 BNH2925 44 NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16 BNH2026 35 LABEL-INSPECTIONS RECOMMENDED INSPECTION. BNH3137 1 45 FINISHED HEX NUT Z/P 1/2-13 BNH0206 LABEL-SCHEDULE REPLACEMENT PARTS. BNH3135 6 101 1 47 SWIVEL DOUBLE PULLEY BRACKET 0 **UP7688** 2 LABEL-WARNING KEEP BODY, HANDS. BNH2926 2 48 CARRIAGE COVER PLATE 0 UP6765 2 LABEL-WARNING\_SERIOUS INJURY OR DEATH BNH3134 1 CABLE RETAINER BRACKET (L-SHAPED) 49 0 UP0014 4 104 LABEL-WARRANTY LIGHT COMMERCIAL BNH3136 1 TOP PLATE DOUBLE PULLEY HOLDER SUPER LUBE TEFLON LUBRICANT 82340 50 0 **UP7689** 2 BNH0704 1 NYLON SNAP-IN FINISHING PLUG 3/8" BNH2280 4 HEX KEY 1/8' BNH2541 52 106 1 51 10 LB STEEL WEIGHT PLATE BLACK 4 9/16 X 9 7/16 BNH1237 28 107 HEX KEY 3/16 BNH2542 1 53 1-1/4" RUBBER POLE STORAGE CLIP BNH3243 4 108 HEX KEY 5/32" BNH2545 1 2 54 2" NYLON PULLEY BNH3084 HEX KEY ALLOY 1/4' 1 109 BNH0375 55 BLACK NYLON PULLEY WIDE GROOVE 3/8 X 1 X 4 1/2 BNH2834 6 110 HEX KEY ALLOY 3/32' BNH0372 1 56 BRONZE BUSHING SAE .502X.628 X 1/2 X 7/8 X 1/8" BNH0528 4 HEX KEY ALLOY 7/32' BNH0575

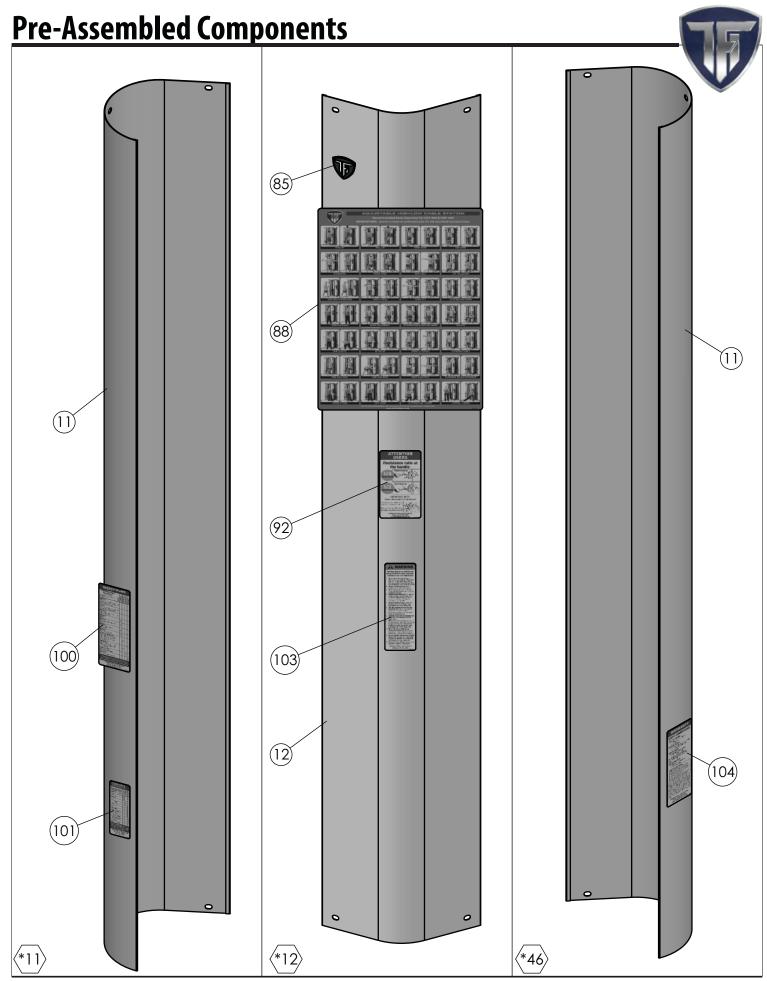
**CDP-300** 

# Parts List

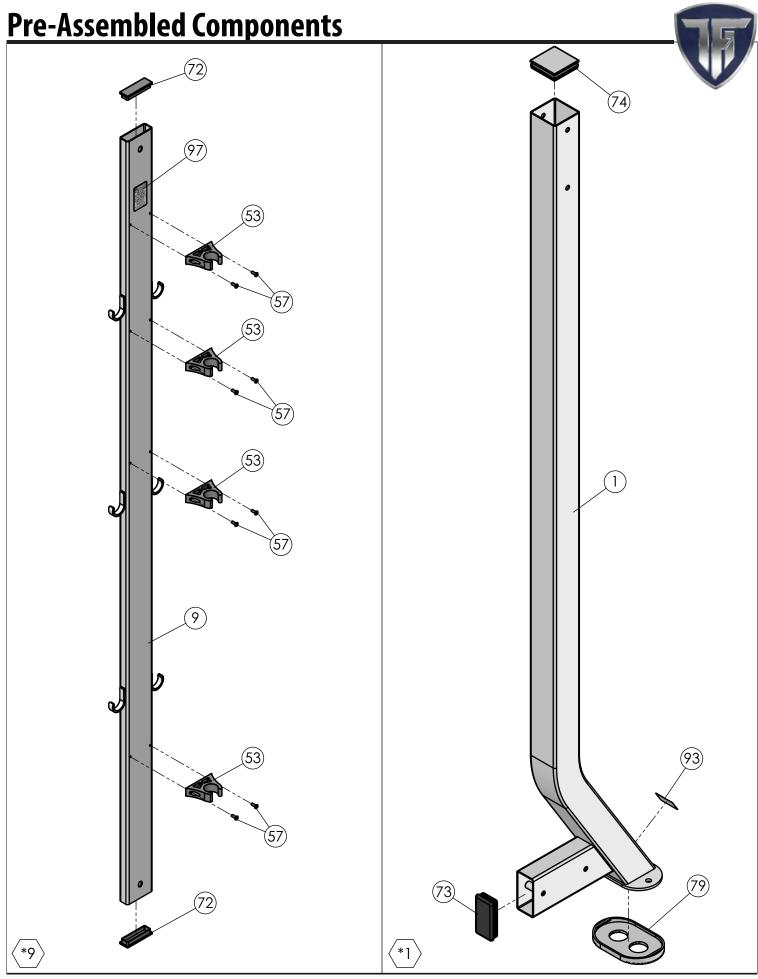


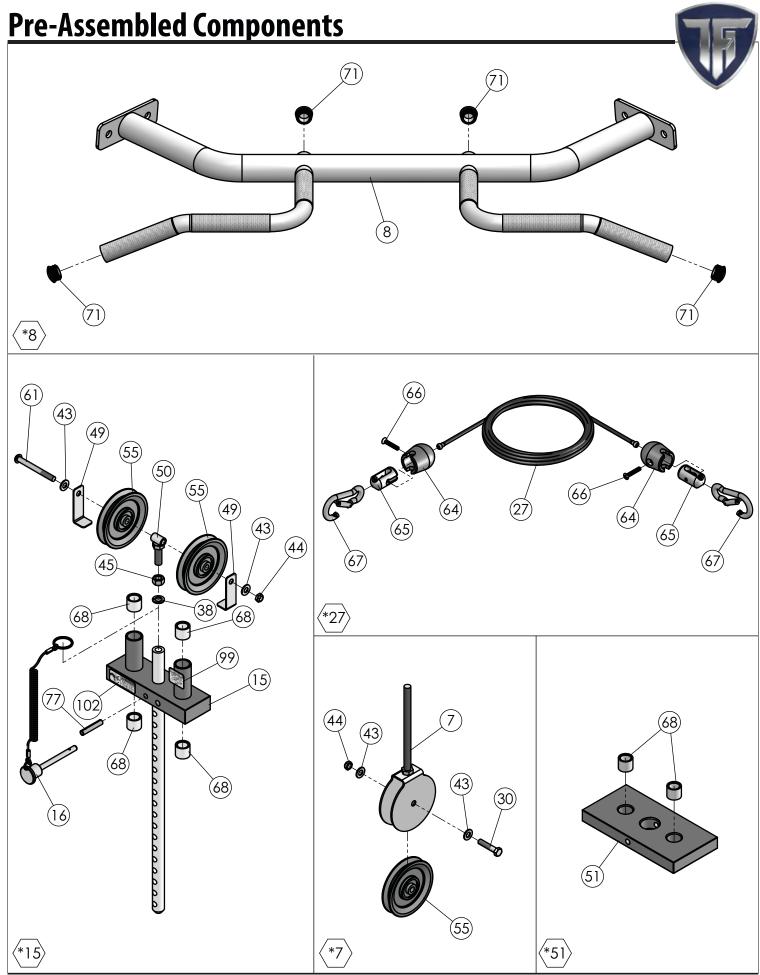
|      | Pre-Assembled Components                                              |   |          |   |     |                                                  |   |           |    |  |  |  |
|------|-----------------------------------------------------------------------|---|----------|---|-----|--------------------------------------------------|---|-----------|----|--|--|--|
| ITEM | ITEM DESCRIPTION REV. PART NO. QTY. ITEM DESCRIPTION REV. PART NO. QT |   |          |   |     |                                                  |   |           |    |  |  |  |
| *1   | REAR UPRIGHT ASSEMBLY                                                 | 0 | UP8071X1 | 1 | *11 | REAR SHROUD, LEFT SIDE ASSEMBLY                  | 0 | UP8075X1  | 1  |  |  |  |
| *2   | BASE FRAME, LEFT SIDE ASSEMBLY                                        | 0 | UP8066X1 | 1 | *12 | FRONT SHROUD ASSEMBLY                            | 0 | UP8076X1  | 1  |  |  |  |
| *3   | BASE FRAME, RIGHT SIDE ASSEMBLY                                       | 0 | UP8067X1 | 1 | *13 | CARRIAGE, LEFT SIDE ASSEMBLY                     | 0 | UP7686X1  | 1  |  |  |  |
| *5   | TOP FRAME, LEFT SIDE ASSEMBLY                                         | 0 | UP8068X1 | 1 | *14 | CARRIAGE, RIGHT SIDE ASSEMBLY                    | 0 | UP7685X1  | 1  |  |  |  |
| *6   | TOP FRAME, RIGHT SIDE ASSEMBLY                                        | 0 | UP8069X1 | 1 | *15 | 10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS ASSY   |   | BNH1982X3 | 2  |  |  |  |
| *7   | ADJUSTABLE PULLEY BRACKET ASSEMBLY                                    | 0 | UP8074X1 | 2 | *27 | CABLE ASSEMBLY CDP-300                           | 0 | UP8078X1  | 2  |  |  |  |
| *8   | CHIN UP CROSS BRACE ASSEMBLY                                          | 0 | UP8070X1 | 1 | *46 | REAR SHROUD, RIGHT SIDE ASSEMBLY                 | 0 | UP8075X2  | 1  |  |  |  |
| *9   | ACCESSORY HOLDER TUBE ASSEMBLY                                        | 0 | UP8077X1 | 1 | *51 | 10 LB STEEL WEIGHT PLATE BLK 4 9/16 X 9 7/16 ASM |   | BNH1650   | 28 |  |  |  |
|      |                                                                       |   |          |   |     |                                                  |   |           |    |  |  |  |





# **Pre-Assembled Components** (80) (69) (82) (62) (59) (82) (76)(20)(90)(56) (13) 43) (44)(20)**\*13** (58) 80 (56) (63)(62)(78)(76)(20)(56) (54) (84)







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# LIGHT COMMERCIAL WARRANTY

This warranty applies only in the United States to the products manufactured or distributed by TuffStuff Fitness International (TFI) under the TuffStuff brand name. TFI 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 purchase 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 TFI. This warranty does not cover products not manufactured by TFI or products which are altered without the express written consent of TFI.

#### **LIGHT COMMERCIAL WARRANTY:**

**TEN (10) Years:** Structural main frames, welds, cams and

weight plates.

**FIVE (5) Years:** Pivot bearings, pulleys, bushings, guide rods

and gas shocks.

**ONE (1) Year:** Belts, linear bearings and pull-pin components.

All other parts not mentioned elsewhere in the warranty will expire one (1) year from the date of purchase to the original purchaser.

**SIX (6) Months:** Upholstery, cables, finish and rubber grips.

#### **Light Commercial Use:**

Light Commercial Warranty applies to facilities like hotels, apartment complexes, personal training studios, fire & police stations, etc. where the equipment would be used by no more than 30 people per day.

#### **HOME LIFETIME WARRANTY:**

LIFETIME of the equipment while owned by the original purchaser (applies only to defects from manufacturer only).

## This warranty does not cover:

- 1. TuffStuff products sold for and used in a commercial or institutional environment.
- 2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in the owner's manual and warning labels posted on the machines.
- 3. Use of the product in a manner for which it was not designed.
- 4. Original product that is altered, or the use of replacement parts and components of another manufacturer other than TuffStuff.

The obligation of TFI under this warranty is limited to repairing or replacing warranted defective parts as TFI may elect, at TFI's facility in Chino, California, without charge to the purchaser. Purchaser is responsible for installation of repaired or replaced parts, and all transportation and insurance costs on returned or replaced equipment to and from TFI's facility in Chino.

THE FOREGOING SHALL CONSTITUTE THE SOLE REMEDY OF THE PURCHASER AND THE SOLE LIABILITY OF TFI 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 TFI 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 International at 13971 Norton Avenue, Chino, CA 91710, before returning any defective equipment.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state.

| SERIAL# |                                                    |               |
|---------|----------------------------------------------------|---------------|
|         | Write your Serial number here for future reference | Purchase Date |



## **TuffStuff Fitness International, Inc.**