



# TUFFSTUFF FITNESS INTERNATIONAL OWNER'S MANUAL 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.

## HTX-2000 Dual-Stack Functional Trainer

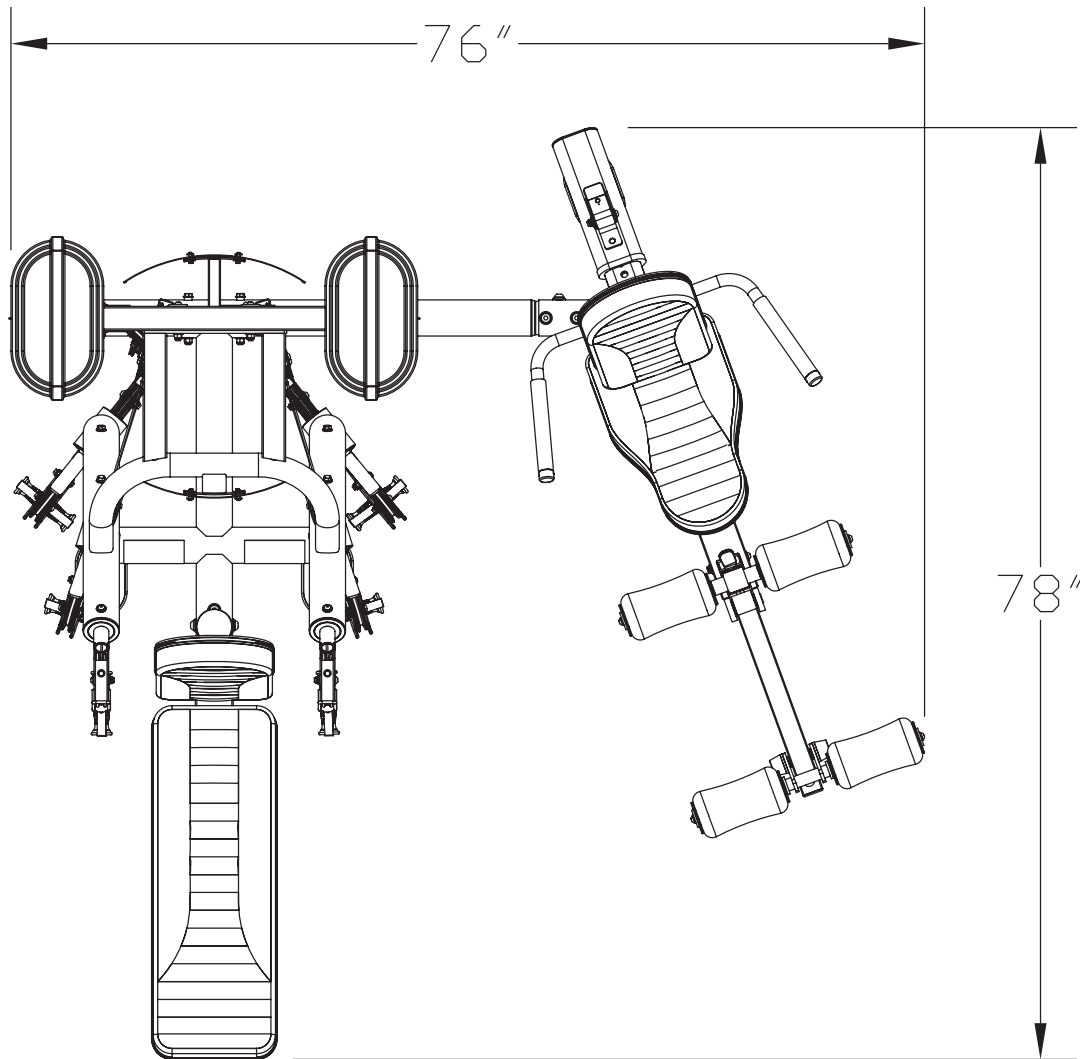
# Table of Contents



OVERHEAD SPECIFICATIONS .....	Page 3
DANGER, WARNING, & CAUTION LABELS INFORMATION .....	Page 4-7
IMPORTANT SAFETY INSTRUCTIONS.....	Page 8
REGISTRATION, SERVICE & ASSEMBLY.....	Page 9
INSPECTION/MAINTENANCE.....	Page 10
CABLE INSPECTION.....	Page 11
STEP 1 .....	Page 12
STEP 2 .....	Page 13
STEP 3 .....	Page 14
STEP 4 .....	Page 15
STEP 5 .....	Page 16
STEP 6 .....	Page 17
STEP 7 .....	Page 18
STEP 8 .....	Page 19
STEP 9 .....	Page 20
STEP 10.....	Page 21
STEP 11 .....	Page 22
STEP 12 LAT CABLE ROUTING.....	Page 23-24
STEP 13 LOW ROW CABLE ROUTING .....	Page 25
STEP 14 LOW ROW CABLE ROUTING .....	Page 26
STEP 15 LEG EXTENSION CABLE ROUTING.....	Page 27
STEP 16.....	Page 28
STEP 17.....	Page 29
STEP 18.....	Page 30
STEP 19.....	Page 31
PARTS LIST .....	Page 32
EXPLODED VIEW .....	Page 33
BASIC EXERCISE GUIDE.....	Page 34-37
NOTES.....	Page 38
WARRANTY .....	Page 39

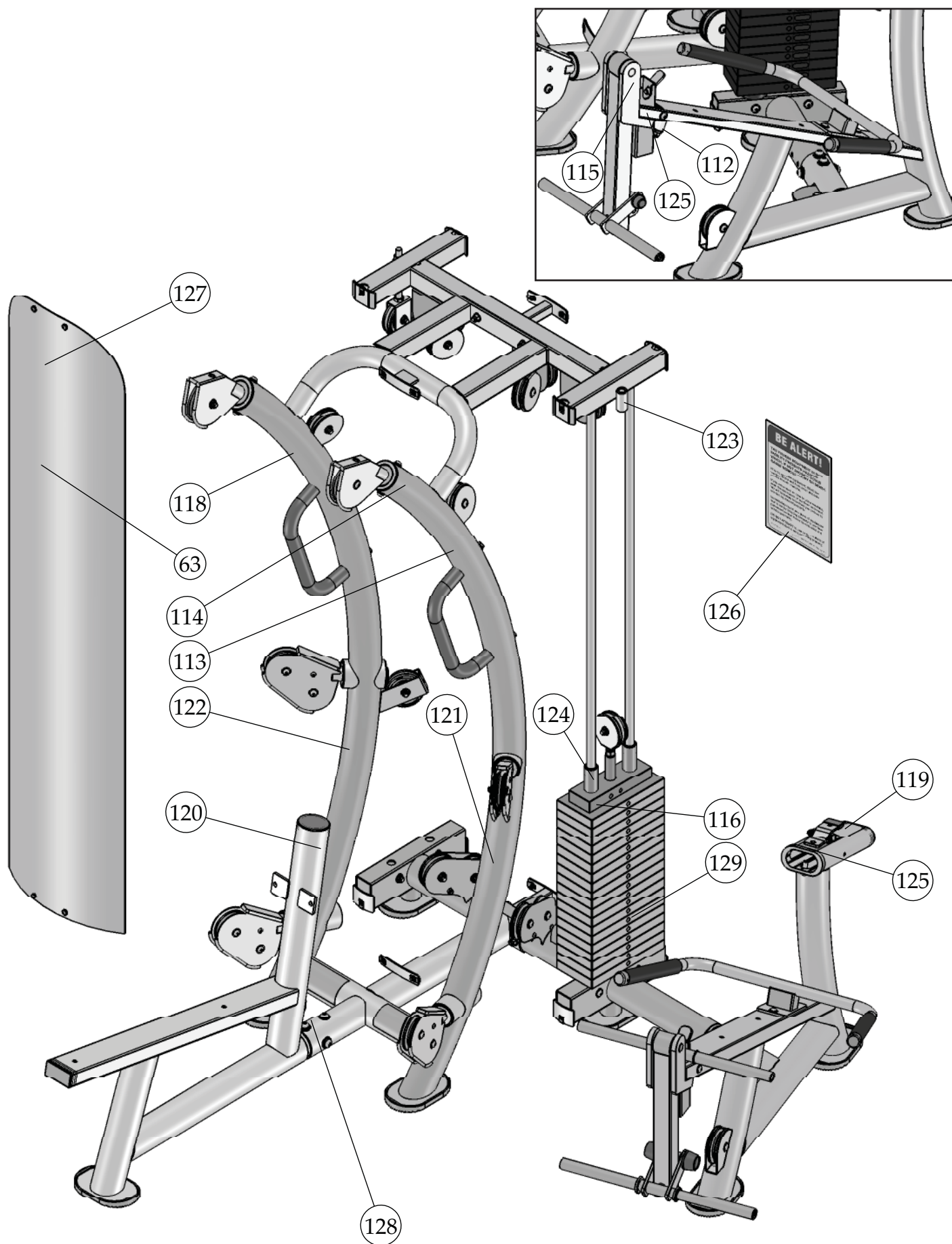
TuffStuff Fitness International Inc. continually engages in research related to product improvements. Please take the time to carefully read through this owner's manual thoroughly. Instructions contained in this owner's manual are not intended to cover all details or variations possible with equipment, 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.

# Overhead Specifications

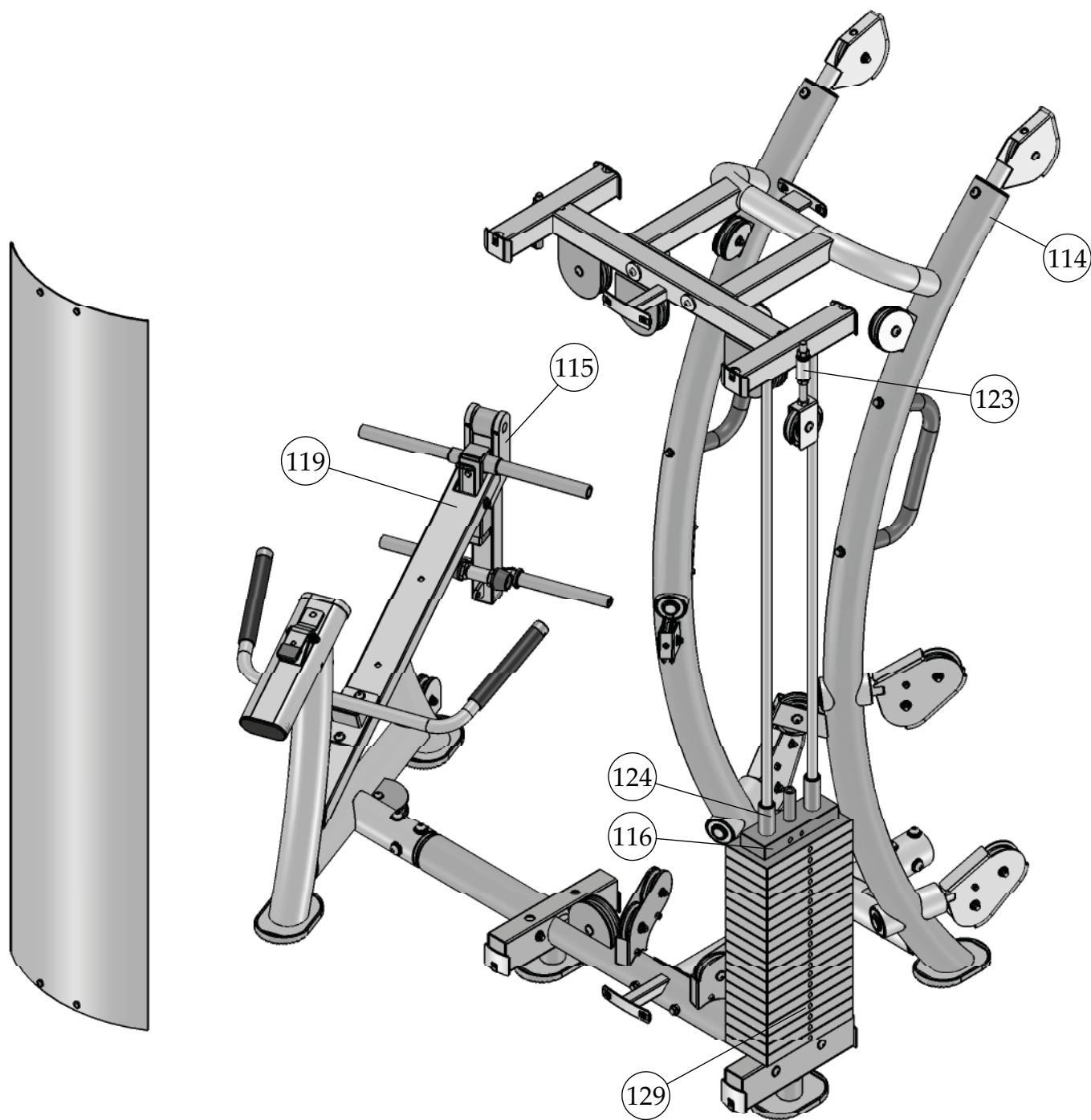


**L 78" X W 76" X H 77"**  
**PRODUCT WEIGHT 645 lbs**  
**MAX-LOAD WEIGHT LIMIT - 400 lbs**

Carefully read ALL Danger, Warning & Caution labels posted on the machine



Carefully read ALL Danger, Warning & Caution labels posted on the machine



# Carefully read ALL Danger, Warning & Caution labels posted on the machine

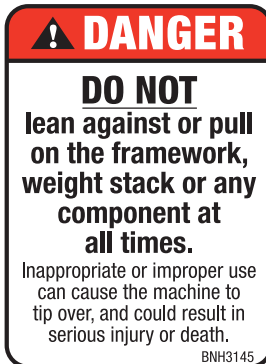
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113



114



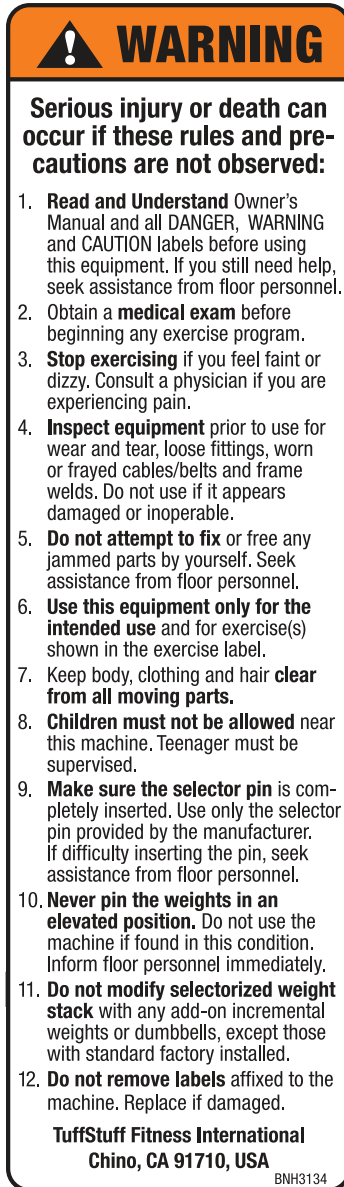
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116



118



129

TOP PLATE 10 lbs.	TOP PLATE 4.5 kgs.
20 lbs.	9.0 kgs.
30 lbs.	13.6 kgs.
40 lbs.	18.1 kgs.
50 lbs.	22.7 kgs.
60 lbs.	27.5 kgs.
70 lbs.	31.8 kgs.
80 lbs.	36.3 kgs.
90 lbs.	40.8 kgs.
100 lbs.	45.4 kgs.
110 lbs.	49.9 kgs.
120 lbs.	54.4 kgs.
130 lbs.	59.0 kgs.
140 lbs.	63.5 kgs.
150 lbs.	68.0 kgs.
160 lbs.	72.6 kgs.
170 lbs.	77.1 kgs.
180 lbs.	81.6 kgs.
190 lbs.	86.2 kgs.
200 lbs.	90.7 kgs.

119



127



63

**WARNING Important Safety Instructions:** DO NOT USE this machine if it appears to be inoperable or damaged. Do not attempt to fix or free any jammed parts by yourself. Inform floor personnel immediately.

Before using this equipment, read and understand the Owner's Manual and all DANGER, WARNING and CAUTION labels affixed on the machine. If you still need help, seek assistance from floor personnel.

Use this equipment only for its intended use. When using the machine the first time, always choose a light resistance and train at a control rate of speed.

Obtain a medical exam before beginning any exercise program. Stop exercising if you feel faint, dizzy or pain. Consult a physician immediately.

Make sure the selector pin is fully inserted in the hole and never pin the weight plates in an elevated position. Do not use this machine if found in this condition. Serious injuries or death can occur if these safety rules and precautions are not observed. Questions or for more information, please contact TuffStuff at 909-429-1600 or email: info@tuffstuff.net. [www.tuffstufffitness.com](http://www.tuffstufffitness.com)

### BASIC EXERCISE GUIDE

<b>CHEST PRESS</b>	<b>CHEST FLY</b>	<b>CROSSOVER</b>
<b>OFFER UPS</b>	<b>LAT PULLDOWN</b>	<b>IRON CROSS PULLDOWN</b>
<b>SEATED ROW</b>	<b>ONE ARM ROW</b>	<b>UPRIGHT ROW</b>
<b>SHOULDER PRESS</b>	<b>LATERAL RAISE</b>	<b>TRICEP EXTENSION</b>
<b>TRICEP PRESSDOWN</b>	<b>TRICEP KICKBACK</b>	<b>BICEP CURL</b>
<b>OVERHEAD CURL</b>	<b>AB CRUNCH</b>	<b>SIT UPS</b>
<b>CORE ROTATION</b>	<b>INNER THIGH</b>	<b>OUTER THIGH</b>
<b>SQUATS</b>	<b>LEG EXTENSION</b>	<b>STANDING LEG CURL</b>

TUFFSTUFF FITNESS INTERNATIONAL INC., 13971 Norton Avenue, Chino, CA 91710, USA. HTX2000

128

TUFFSTUFF FITNESS INTERNATIONAL, INC.

**1-888-884-8275**  
[www.tuffstufffitness.com](http://www.tuffstufffitness.com)

MODEL \_\_\_\_\_  
SERIAL # \_\_\_\_\_

BNH3147

# Carefully read ALL Danger, Warning & Caution labels posted on the machine

124

**IMPORTANT**

For smooth performance, clean guide rods with Super Lube® spray lubricant and lubricate with Super Lube® (PTFE) grease. BNH2925

125

**IMPORTANT**

For smooth performance, lubricate all gliding surfaces with silicone spray lubricant. BNH2916

123

**IMPORTANT**

**ADJUST**

Cable Tension Here

BNH2924

120

**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.tuffstufffitness.com](http://www.tuffstufffitness.com)

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121

**INSPECTIONS**

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

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

**TuffStuff Fitness International**  
Chino, CA 91710, USA  
[www.tuffstufffitness.com](http://www.tuffstufffitness.com)

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122

**SCHEDULE**  
Replacement Parts

Recommended TuffStuff Parts (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	
Pull-Pins			X	
Plastic Guides			X	
Weight Selector Pin			X	
Abdominal Strap			X	
Adj. Release Handle				X
Black Caster Wheels				X
Buckle Seat/Belt				X
Labels (as needed)				

Use only TuffStuff replacement parts when servicing. Failure to do so will void warranty on product and could result in personal injury.

**TuffStuff Fitness International**  
13971 Norton Avenue  
Chino, CA 91710

BNH3135

126

**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

BNH3138

It is extremely important that the **Facility Sign** shown to the left be installed in plain view of the unit.

You should have received it along with this Owner's Manual. If you did not receive this Facility 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

# Important Safety Instructions



*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.
2. 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.
3. **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 and for exercise(s) shown on page 34-37.**
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.
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.
6. 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.
7. **Do not** lean against or pull on the framework, weight stack or any component at all times.
8. **Children must not** be allowed near the equipment. Teenager must be supervised.
9. 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.
10. Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death to the users.
11. **Do not remove** any decals affixed to the machine. Replace if damaged.
12. **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.
13. 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.

## Facility Safety Guidelines and Practices

1. Read and understand the Owner's Manual before assembling, servicing or using the equipment.
2. 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.



**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 HTX-2000 Dual Stack-Functional Trainer Weight Stack. 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.tuffstufffitness.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 owner's 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](mailto:service@tuffstuff.net) or [service1@tuffstuff.net](mailto: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 HTX-2000 but are not limited to:

- 9/16", 3/4", 1/2" combination wrenches
- Adjustable wrench
- Ratchet wrench with 9/16", 3/4", 1/2" sockets
- External retaining ring pliers
- 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 HTX-2000. Use the overhead view on the Content Page to layout your floor plan before assembling.

Set up the HTX-2000 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.

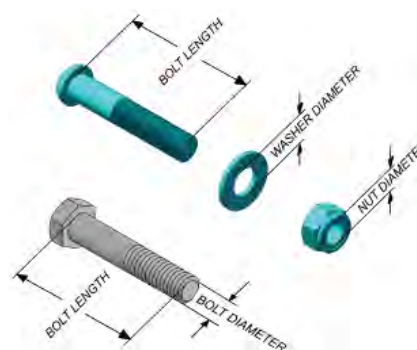
While you may be able to assemble the HTX-2000 using the illustrations only, IMPORTANT safety notes and other tips are included in the text.

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

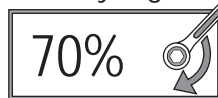
**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for final adjustments.

**CAUTION:** Obtain assistance from TFI if you have difficulty assembling the HTX-2000. 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

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



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.tuffstufffitness.com](http://www.tuffstufffitness.com)

INSPECTIONS					
Recommended Inspection Replace all parts at first signs of wear or damage.	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
<b>INSPECT:</b> Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	X				
<b>CLEAN:</b> Upholstery with lanolin-base cleaner. Do not use Windex.	X				
<b>INSPECT:</b> Cables, Belts and tension (adjust if needed).	X				
<b>INSPECT:</b> All labels		X			
<b>INSPECT:</b> All nuts and bolts (tighten if needed).		X			
<b>INSPECT:</b> Accessory bars, handles, rubber grips.		X			
<b>INSPECT:</b> All anti-skid surfaces.		X			
<b>CLEAN &amp; LUBRICATE:</b> Clean guide rods with Super Lube® spray lubricant and lubricate with Super Lube® (PTFE) grease.			X		
<b>LUBRICATE:</b> Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			X		
<b>CLEAN &amp; WAX:</b> All powder-coat finishes.				X	
<b>REPLACE:</b> Cables & connecting parts.					X
<p><b>Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death.</b></p> <p><b>TuffStuff Fitness International</b> Chino, CA 91710, USA <a href="http://www.tuffstufffitness.com">www.tuffstufffitness.com</a> BNH3137</p>					

INSPECTION / MAINTENANCE RECORDS			
DATE	REPLACEMENT	REPAIRS	INSPECTED BY

WARRANTY REPAIRS			
DATE	REPLACEMENT	REPAIRS	INSPECTED BY



## 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:

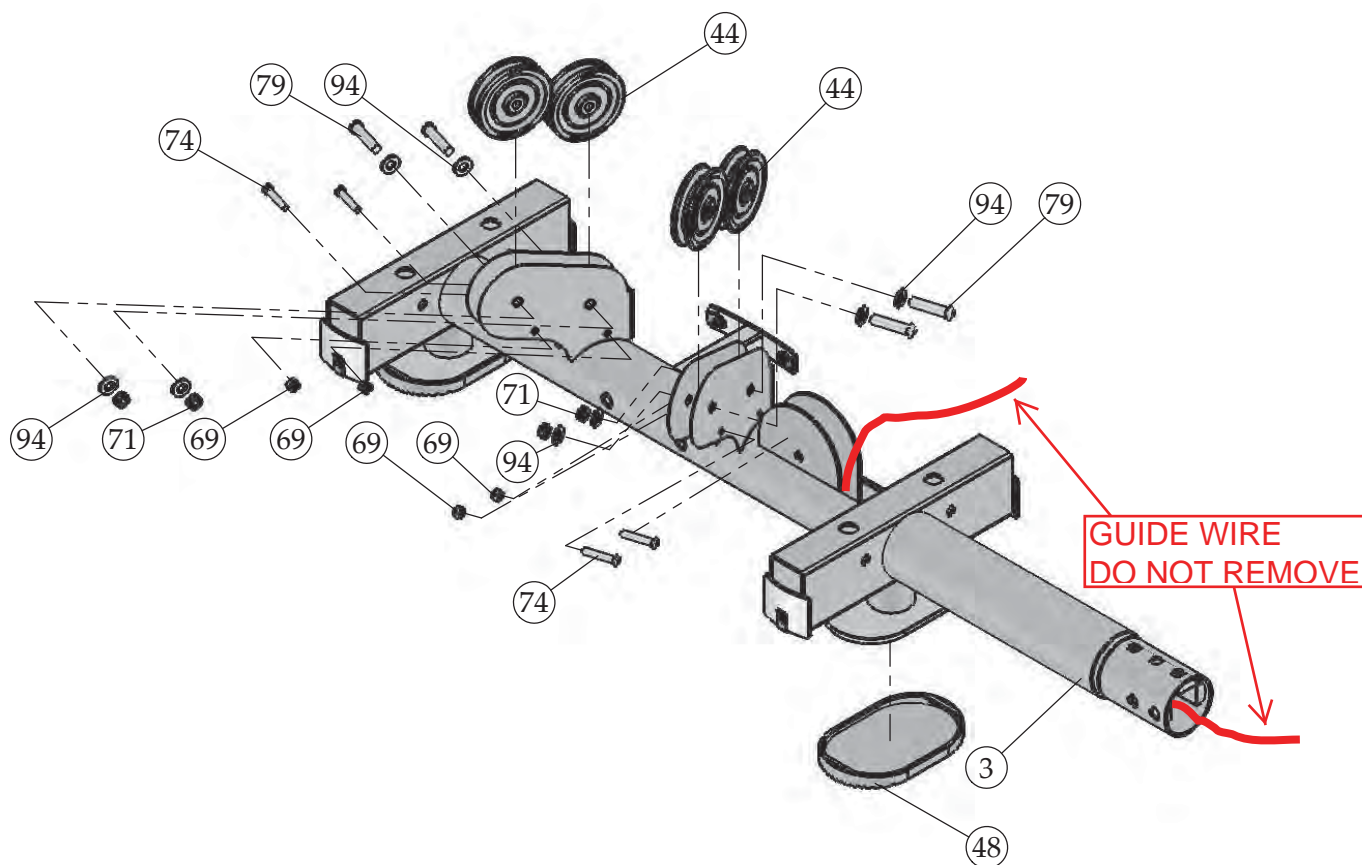
DAMAGED OR WORN CABLE (AS SHOWN ABOVE) MAY DAMAGE THE PULLEY(S). YOU MUST INSPECT THE PULLEYS AT THIS TIME FOR WEAR AND TEAR. REPLACE IF NEEDED.

# Step 1

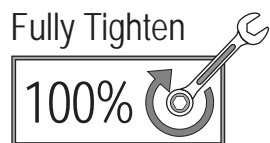


## NOTE:

1. IT IS STRONGLY RECOMMENDED THAT TWO PEOPLE PARTICIPATE IN THE ASSEMBLY OF THIS UNIT.

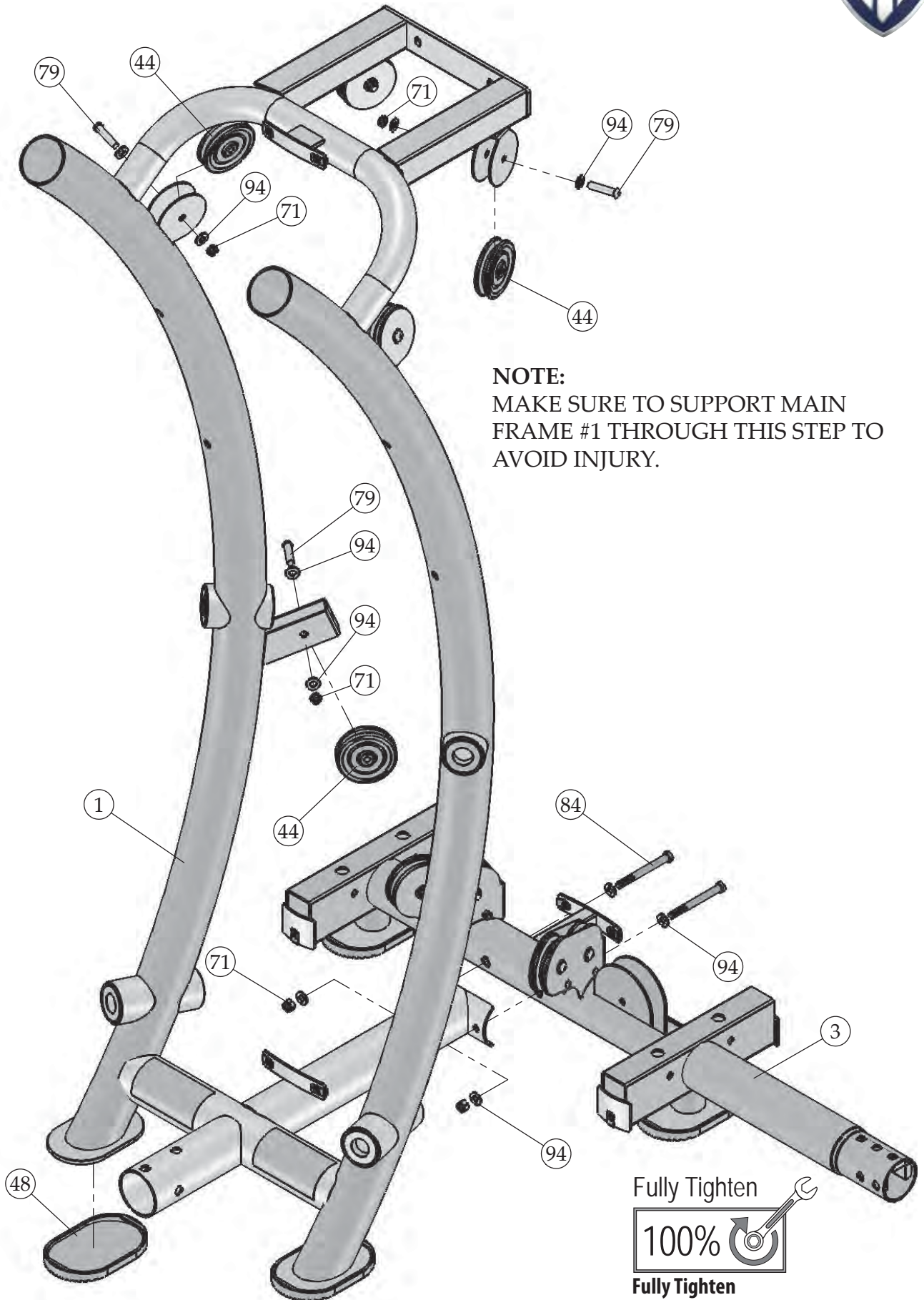


DO NOT REMOVE GUIDE WIRE AS IT WILL BE USED ON STEP 15.

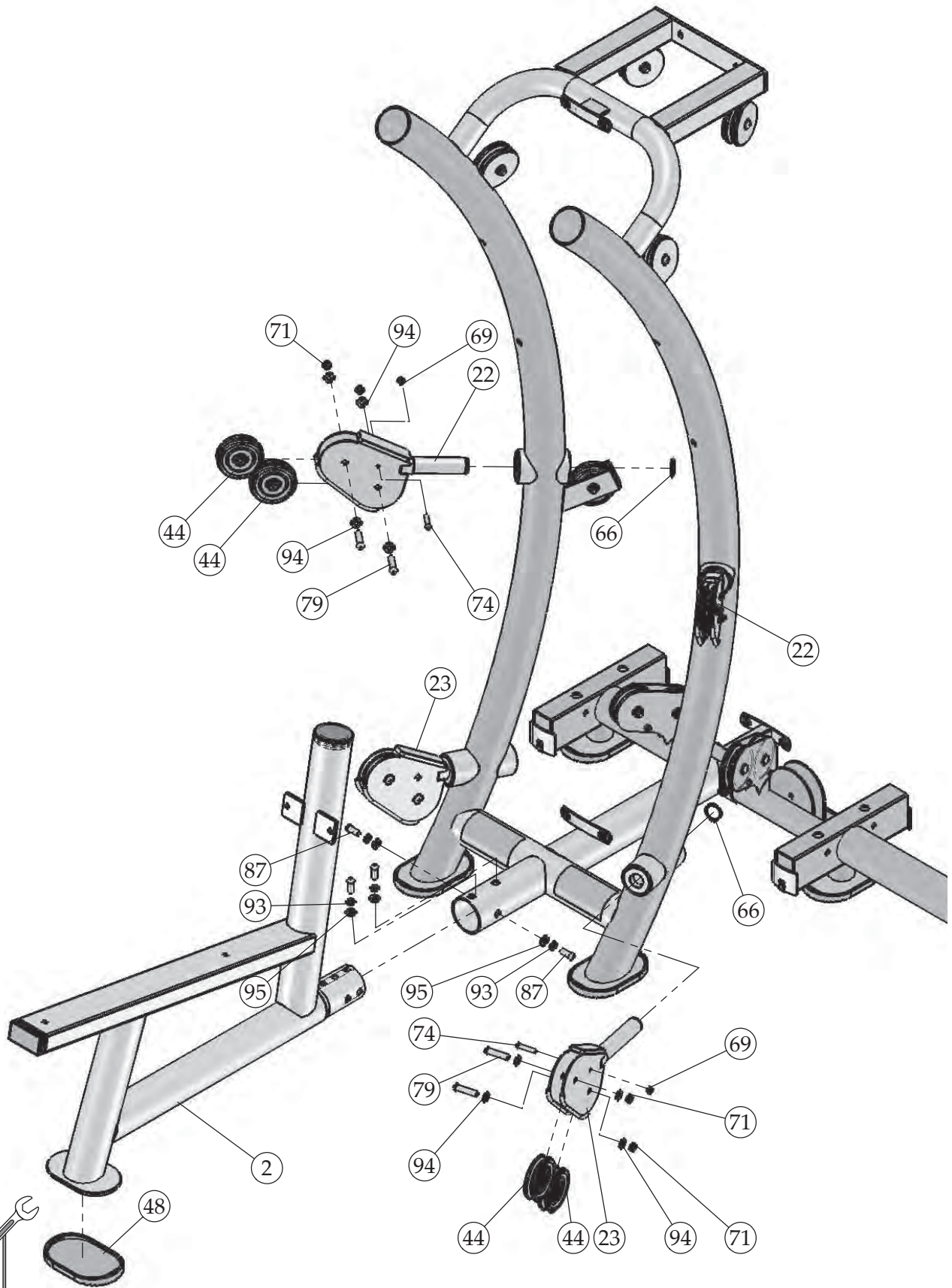


**Fully Tighten**  
Wrench tighten all hardware in this step.

# Step 2



# Step 3



Fully Tighten



**Fully Tighten**

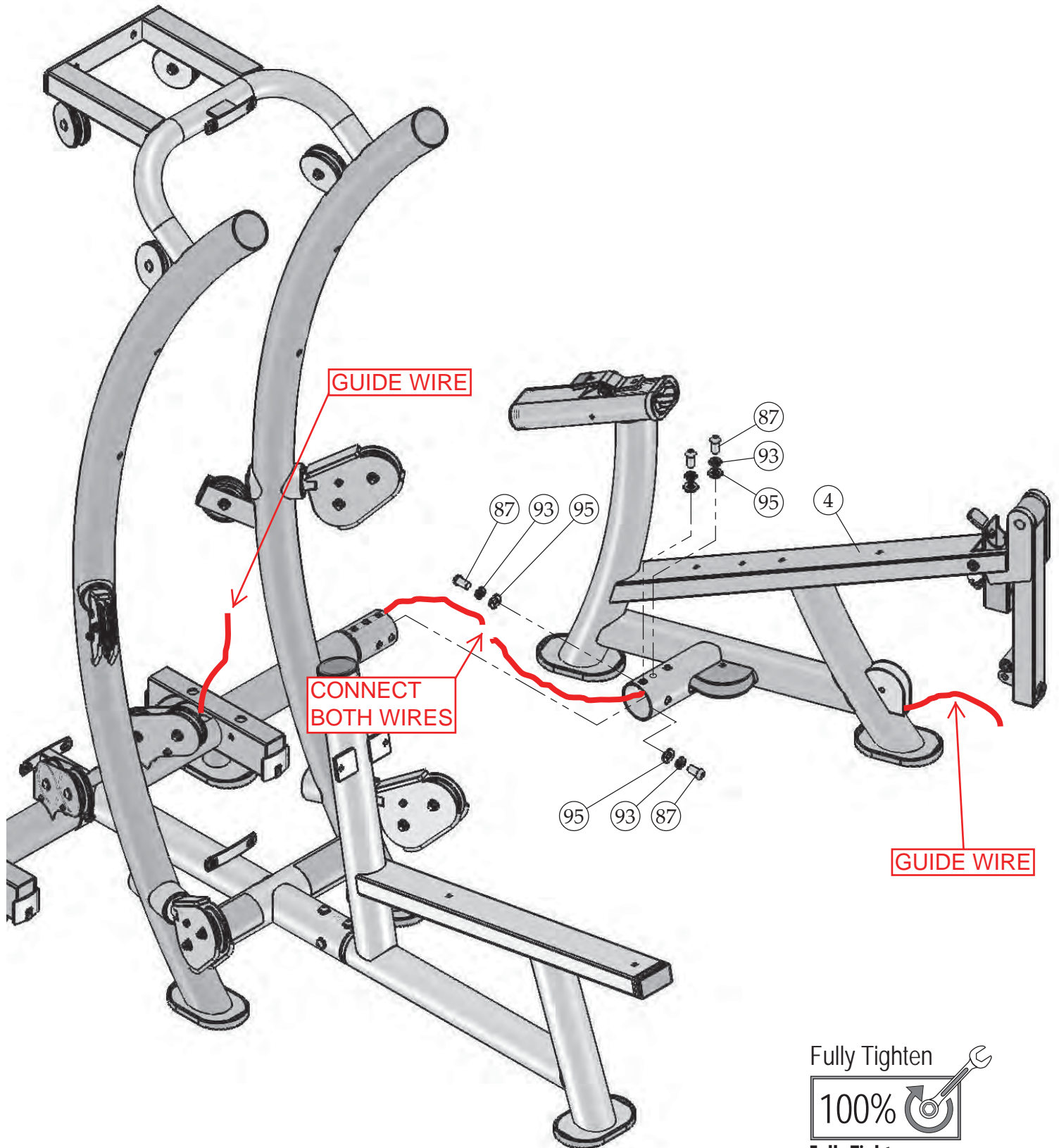
Wrench tighten all hardware in this step.

# Step 4



## NOTE:

1. CONNECT BOTH WIRES BEFORE ASSEMBLING ITEM NO 4. AND LEAVE IN PLACE AS IT WILL BE USED ON STEP 15 .



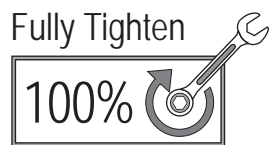
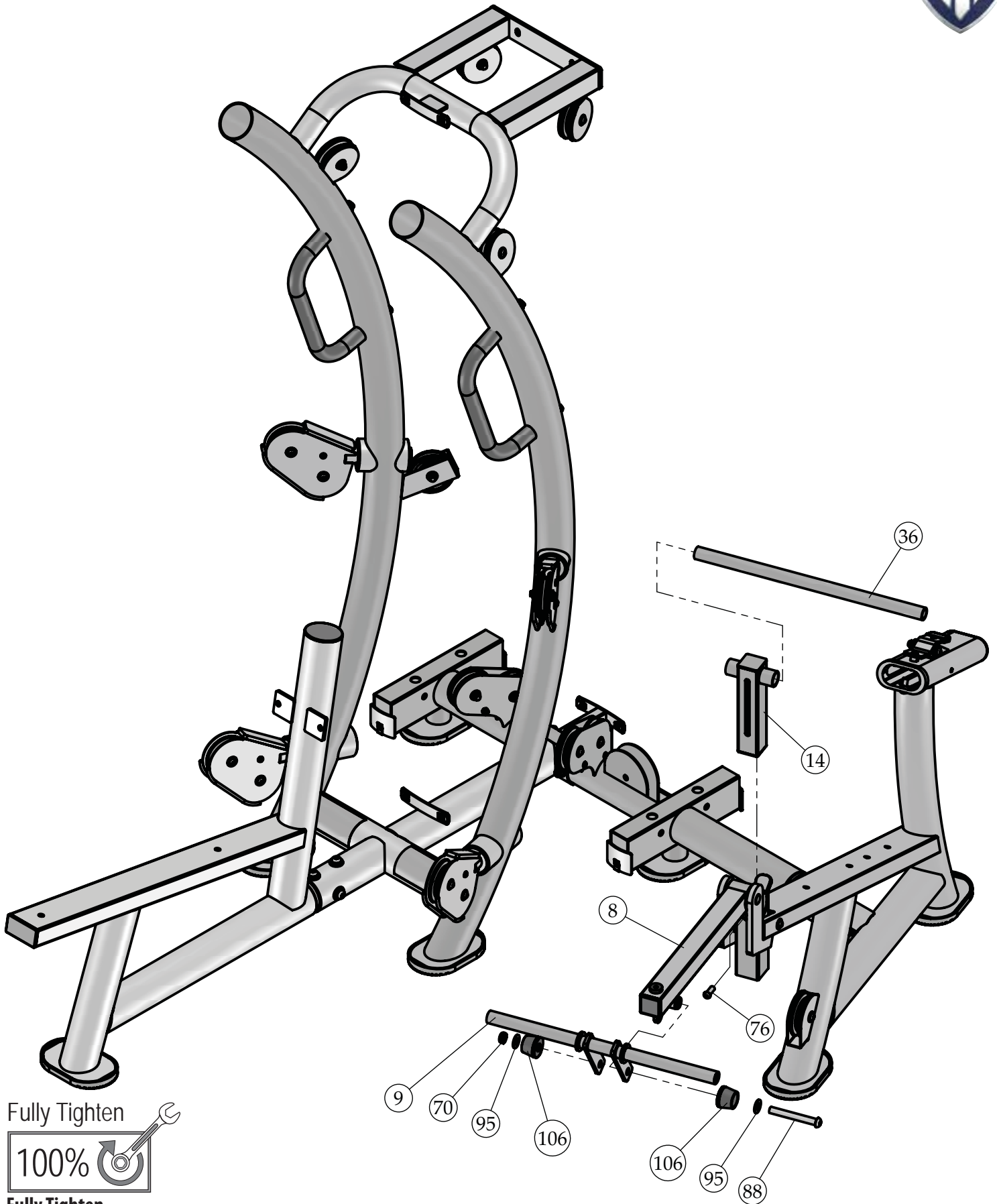
Fully Tighten



**Fully Tighten**

Wrench tighten all hardware in this step.

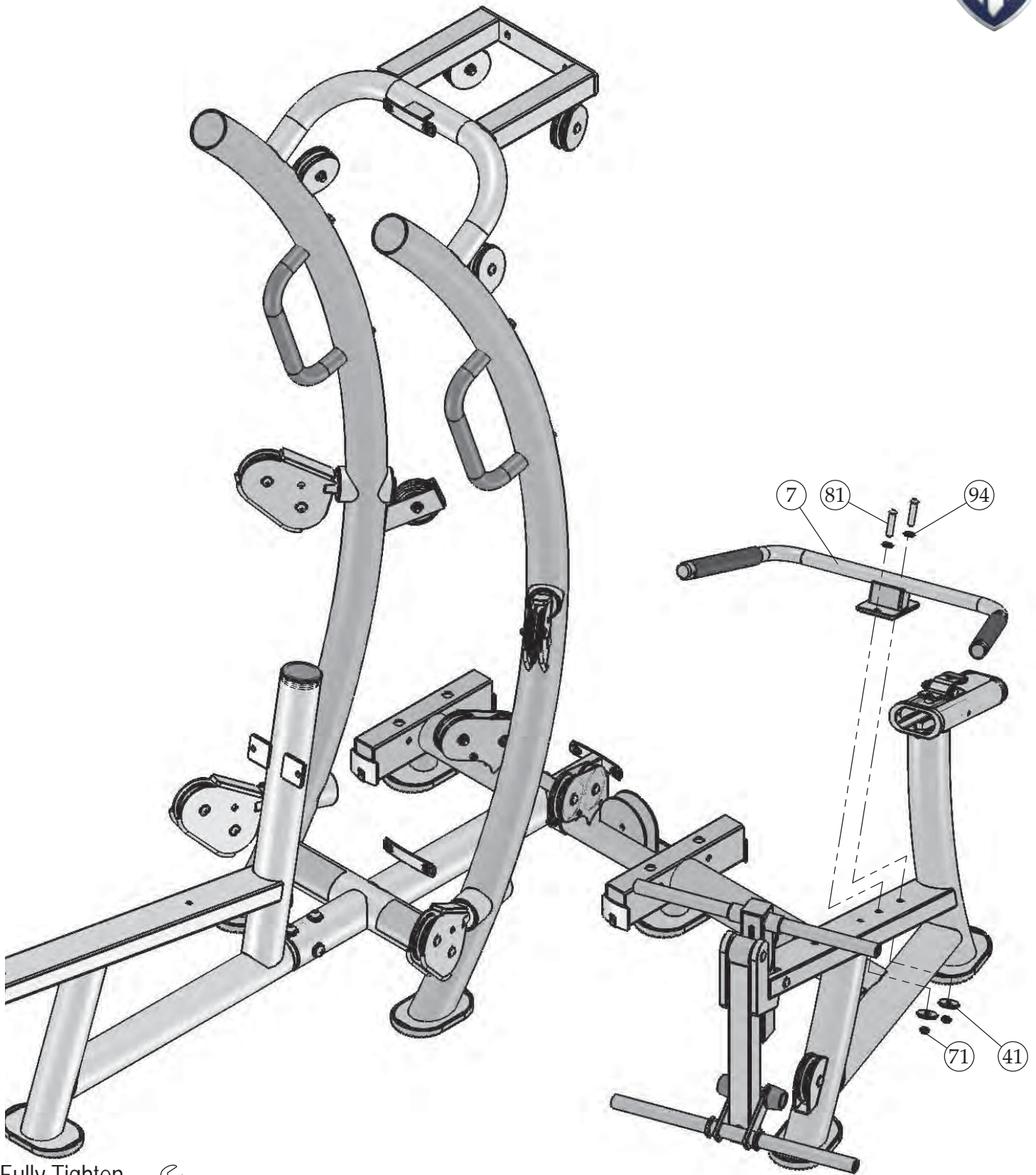
# Step 5



**Fully Tighten**  
Wrench tighten all hardware in this step.



# Step 6



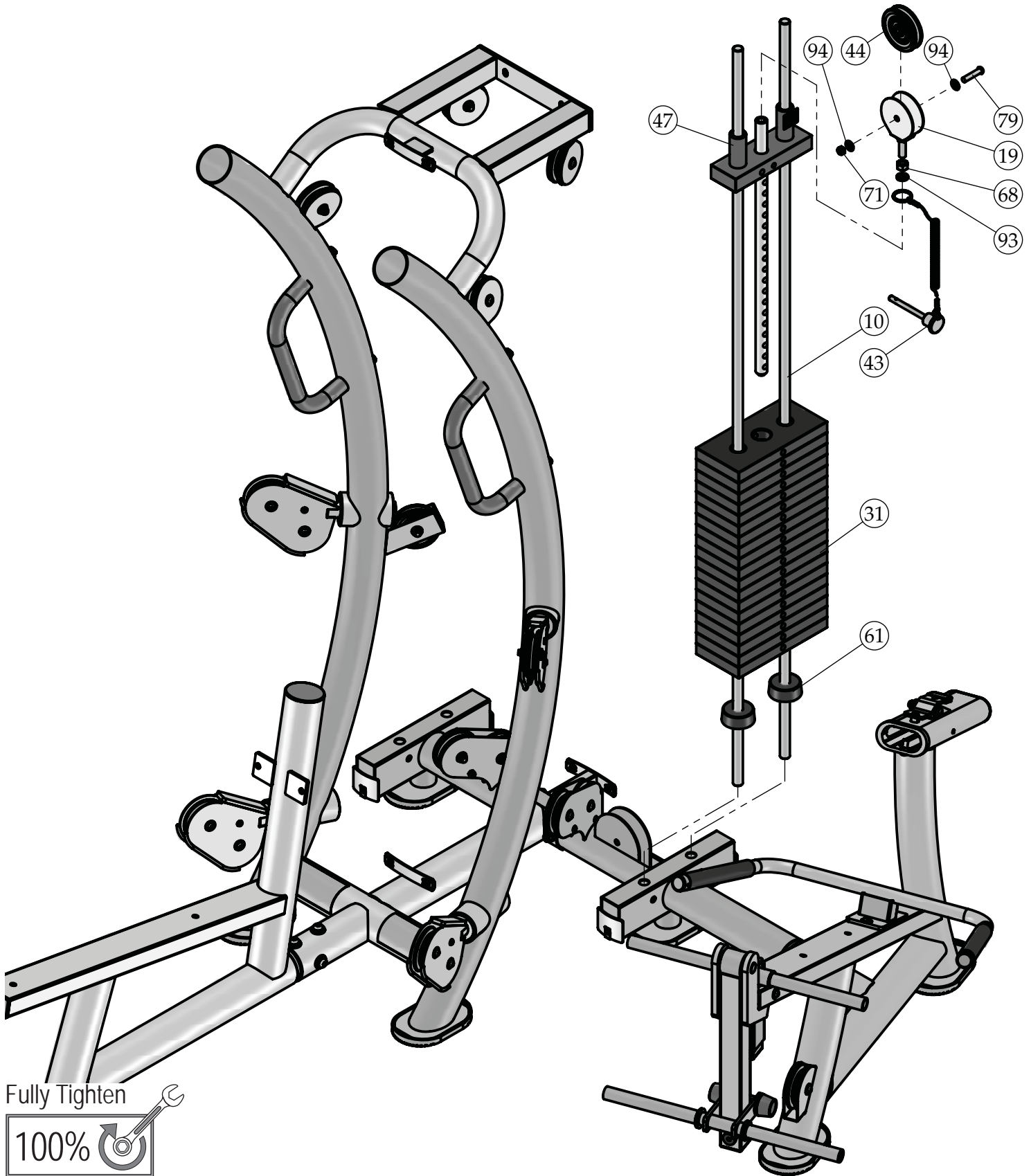
Fully Tighten 



**Fully Tighten**

Wrench tighten all hardware in this step.

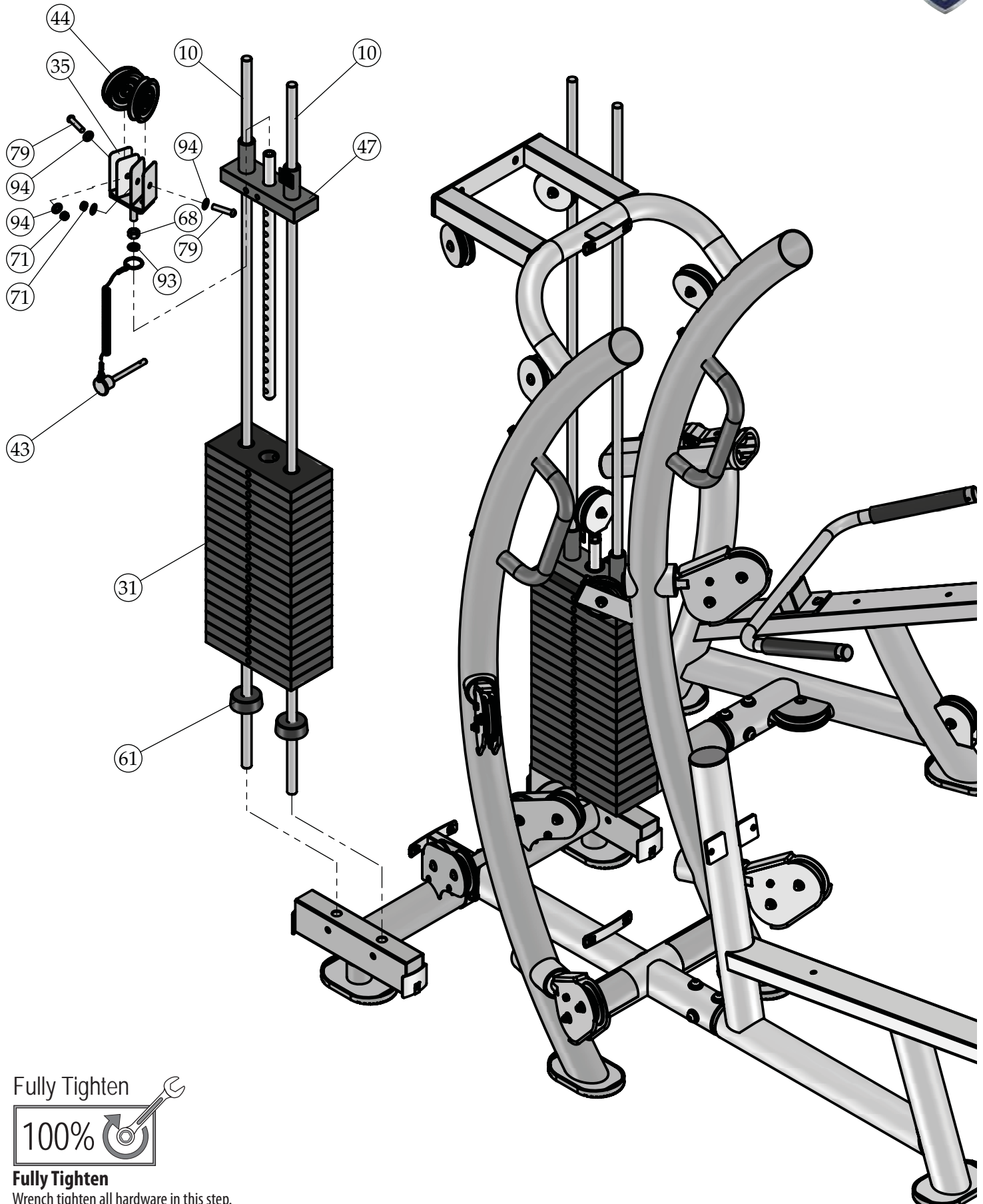
# Step 7



Fully Tighten  
100%

**Fully Tighten**  
Wrench tighten all hardware in this step.

# Step 8



Fully Tighten  
100%

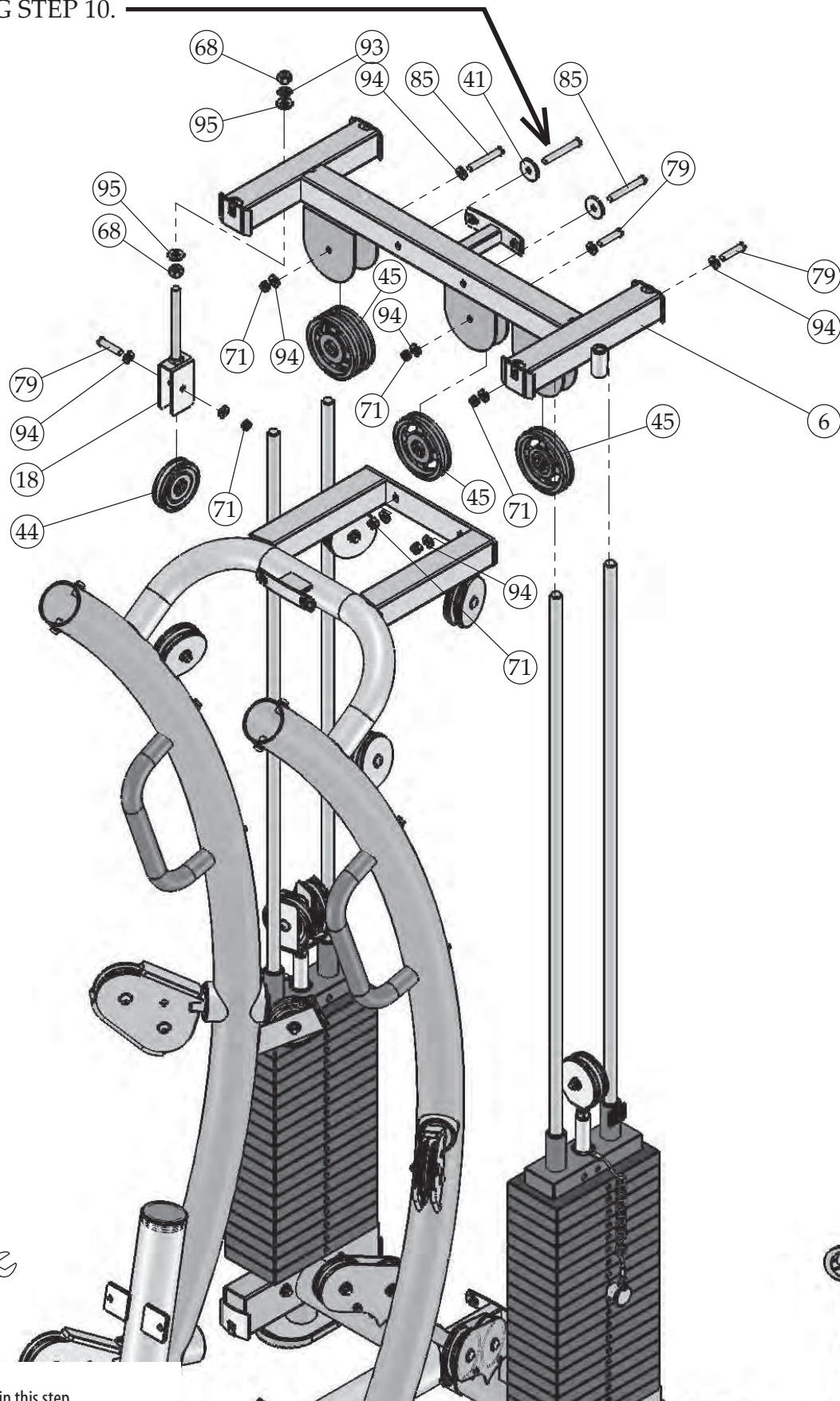
**Fully Tighten**  
Wrench tighten all hardware in this step.

# Step 9



## NOTE:

1. LOOSLY TIGHTEN SOCKET CAP SCREW GR-8 Z/P 3/8-16 X 3 (#85) UNTIL AFTER COMPLETING STEP 10.



Fully Tighten



**Fully Tighten**

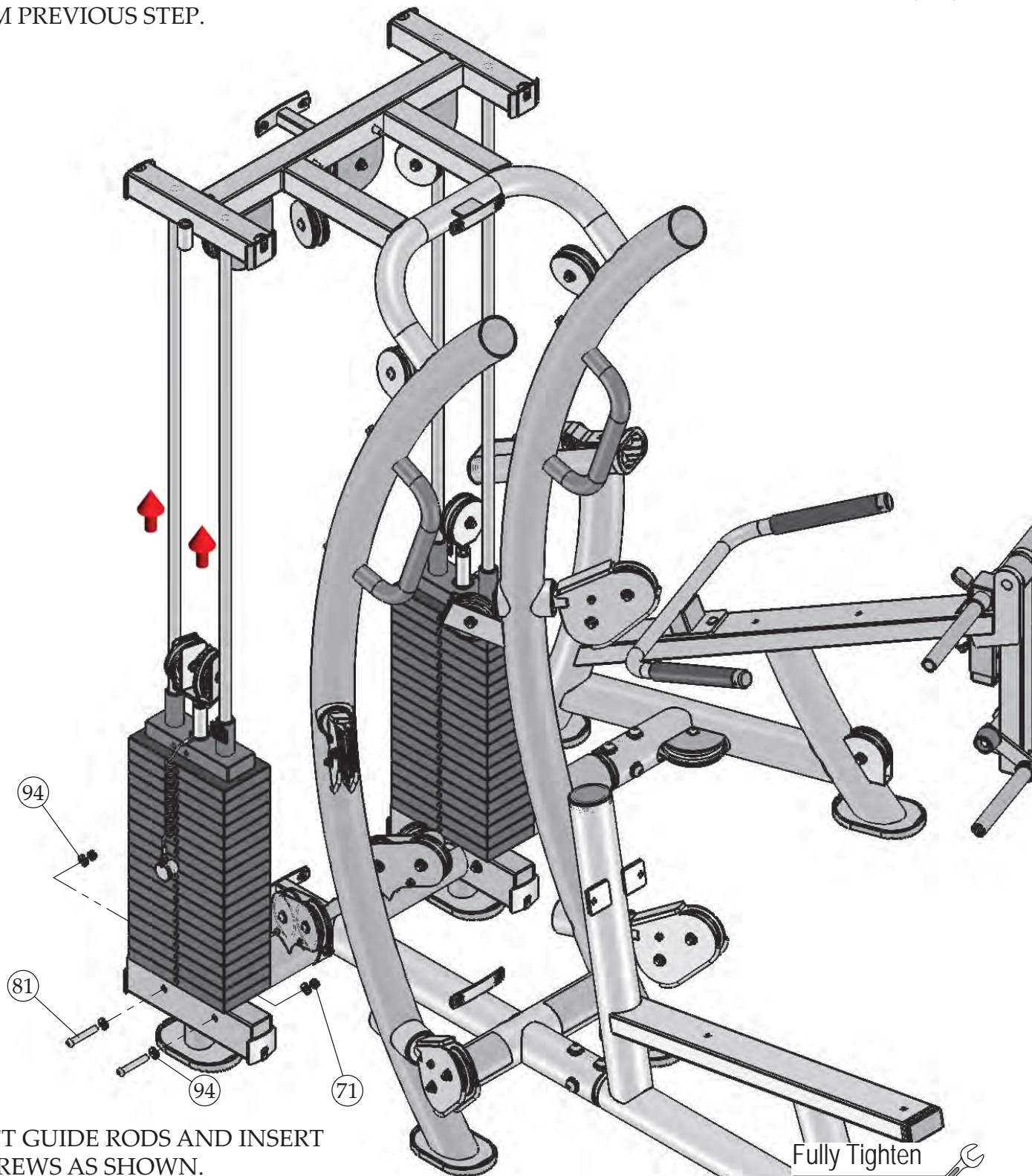
Wrench tighten all hardware in this step.

# Step 10



## NOTES:

1. REPEAT ASSEMBLY STEP ON OTHER WEIGHT STACK.
2. ONCE GUIDE RODS ARE SECURED ON BOTH WEIGHT STACKS, TIGHTEN SCREWS (#85) FROM PREVIOUS STEP.



LIFT GUIDE RODS AND INSERT SCREWS AS SHOWN.

Fully Tighten



**Fully Tighten**

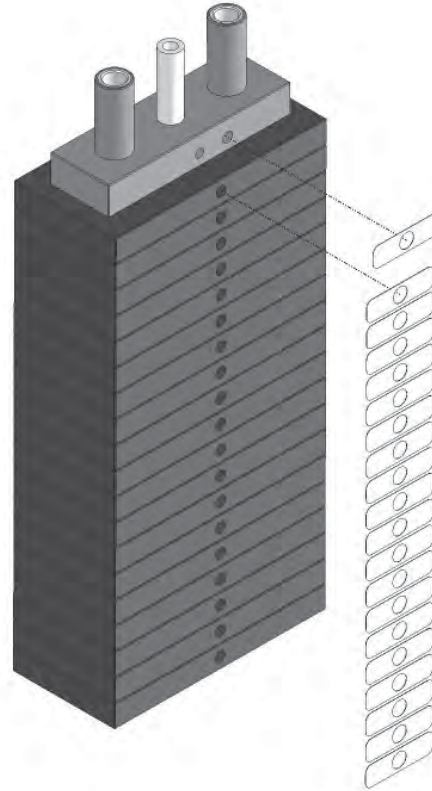
Wrench tighten all hardware in this step.

# Step 11



## NOTE:

1. TOP PLATE LABEL GOES ON HOLE OFF CENTER AS SHOWN. LABEL WILL COVER HOLE ON CENTER.
2. FOLLOW THESE INSTRUCTIONS FOR BOTH WEIGHT STACKS.



## Weight stack label and lubrication instructions

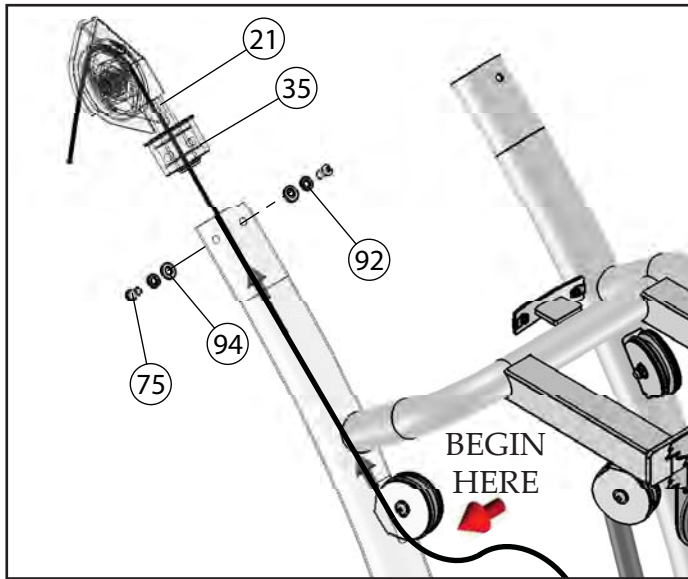
1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. Peel off back sheet (adhesive side) from label #129 and make sure that the labels remain attached to the application tape.
3. Line up hole on the second label to hole on the first weight plate.
4. Make sure the hole on the last label lines up with 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.
6. Allow labels to stand for 2 days to allow adhesive to cure fully.
7. 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.
8. After the cables are installed, do a set of reps to spread the lubricant thoroughly.

# Step 12 Lat Cable Routing

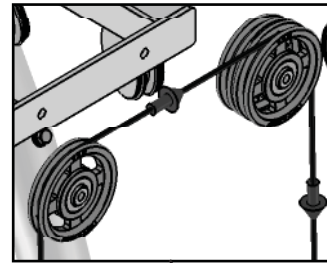


## NOTE:

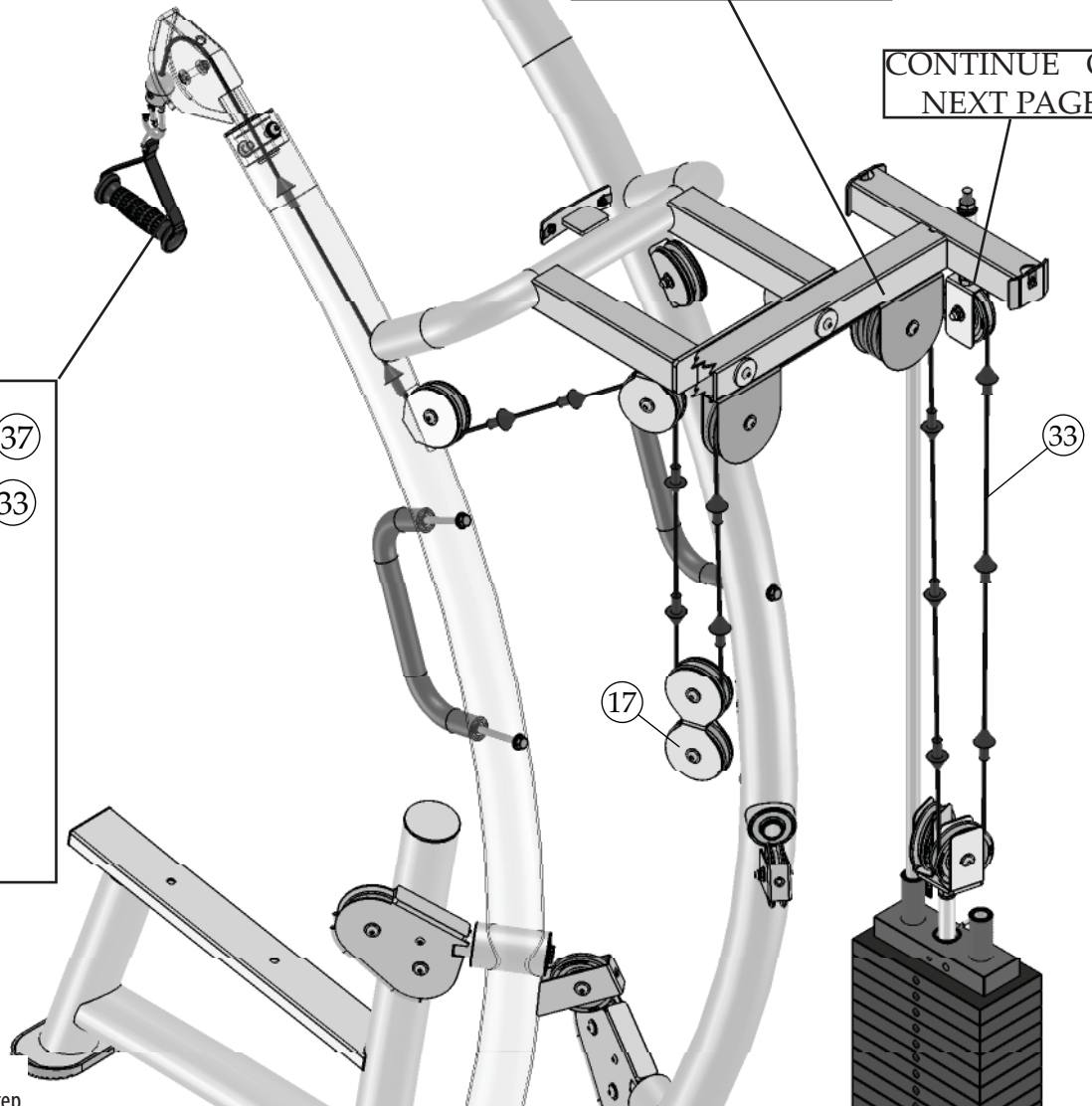
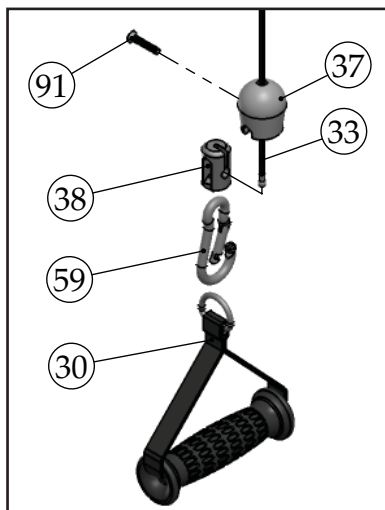
1. SOME PARTS CUT OUT/NOT SHOWN FOR CLARITY.
2. MAKE SURE TO TIGHTEN SCREW ITEM NO. 91



BEGIN BY RUNNING CABLE INSIDE THE TUBE TO UPPER PULLEY AND ASSEMBLE TOP BEARING HOUSING (35) AS SHOWN.



CONTINUE ON NEXT PAGE



Fully Tighten



**Fully Tighten**

Wrench tighten all hardware in this step.

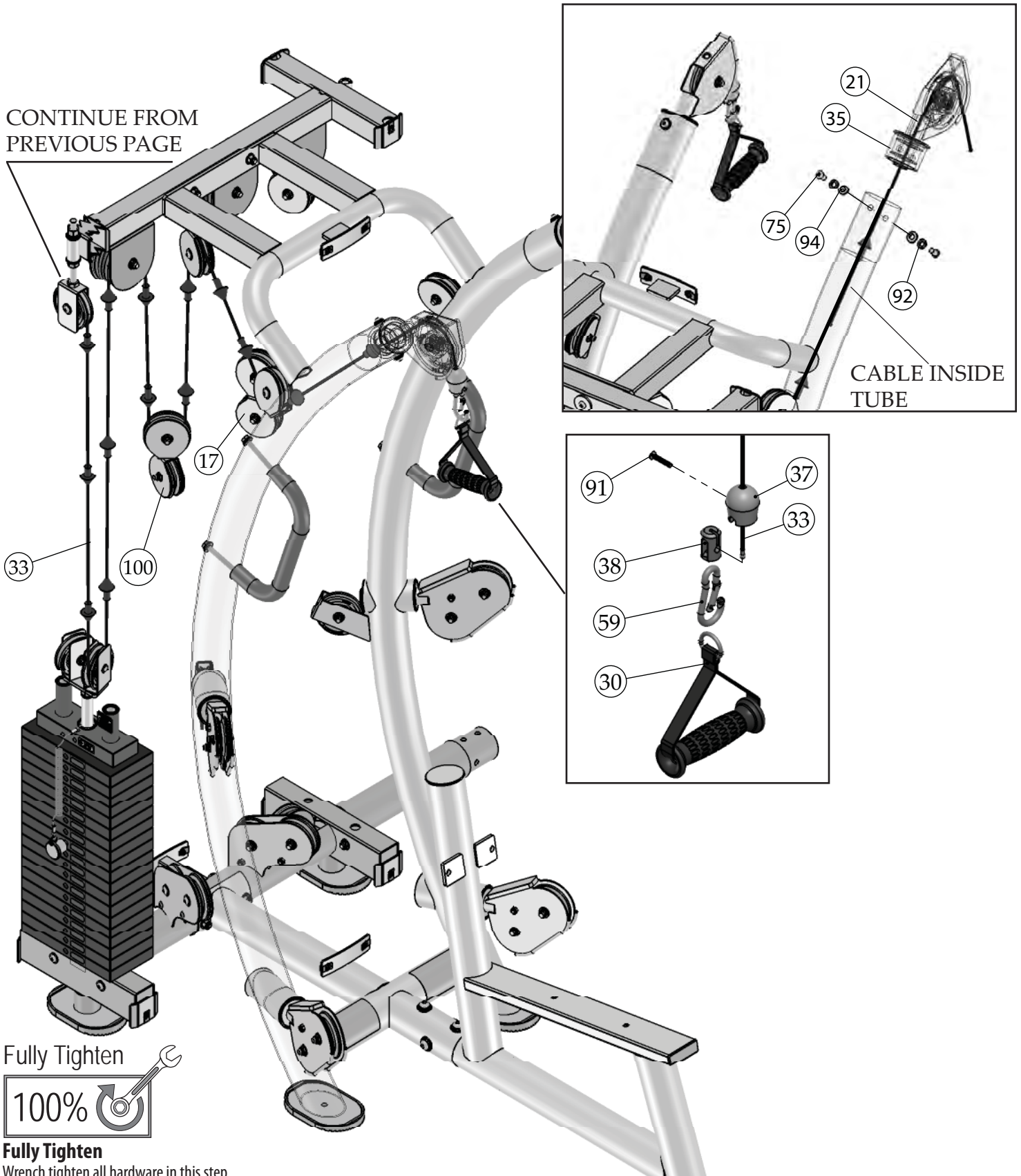
# Continue Lat Cable Routing



NOTE:

1. SOME PARTS CUT OUT/NOT SHOWN FOR CLARITY.
2. MAKE SURE TO TIGHTEN SCREW ITEM NO. 91

CONTINUE FROM PREVIOUS PAGE



Fully Tighten  
100%

**Fully Tighten**  
Wrench tighten all hardware in this step.

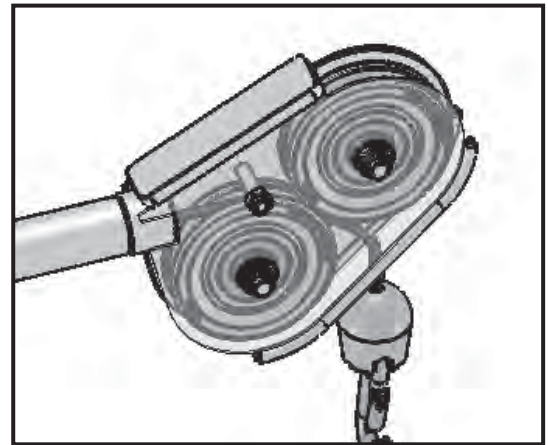
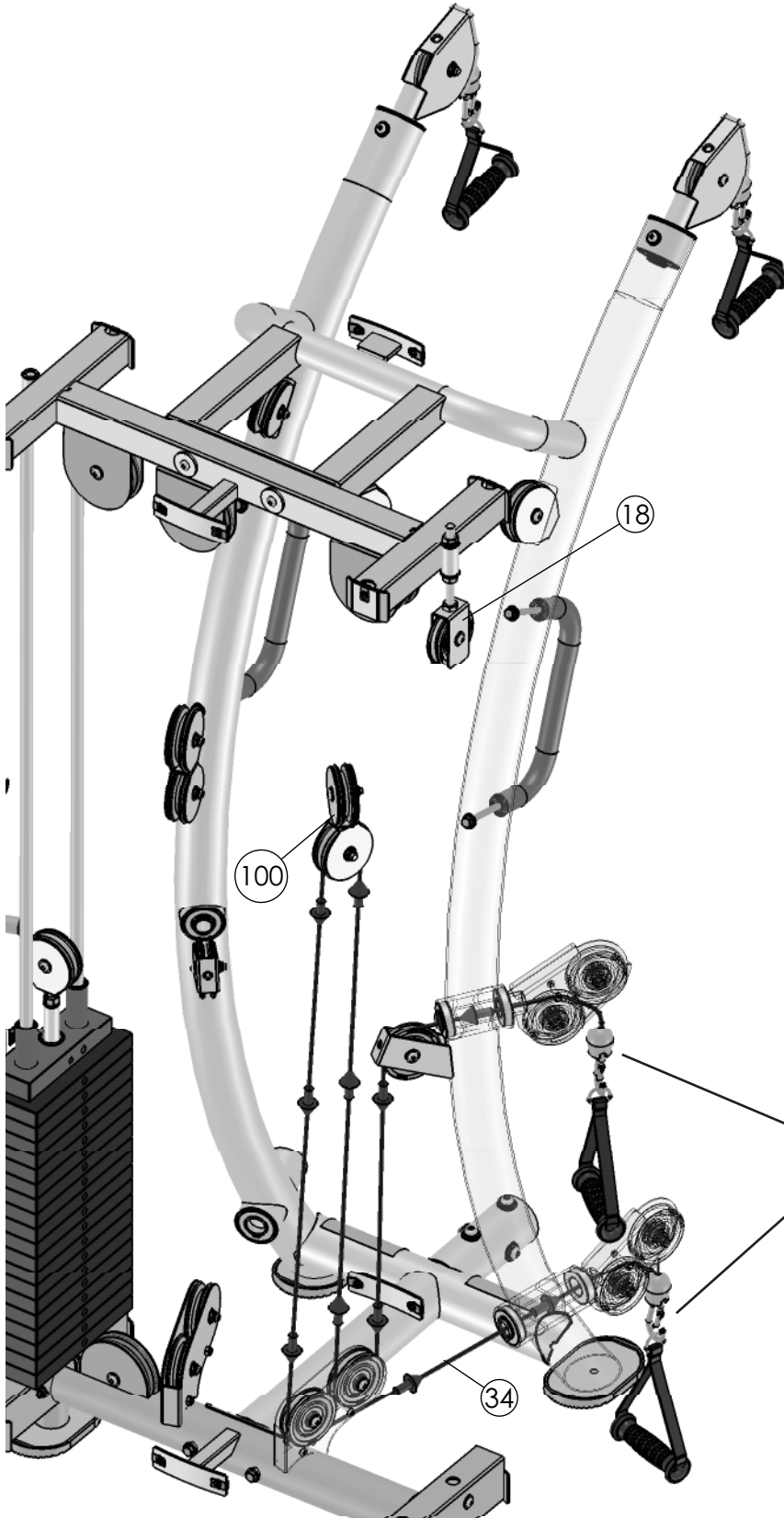


# Step 13 Low Row Cable Routing

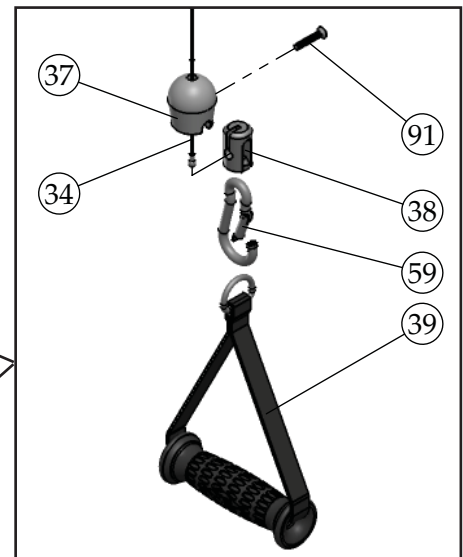


## NOTE:

1. SOME PARTS CUT OUT/NOT SHOWN FOR CLARITY.
2. ONCE PULLEYS ARE IN PLACE, MAKE NECESSARY ADJUSTMENT TO THE CABLE ON THE ADJUSTABLE PULLEY BRACKET #18.
3. MAKE SURE TO TIGHTEN SCREW ITEM NO. 91



MAKE SURE CABLE RUNS UNDERNEATH SCREW #74 AS SHOWN ABOVE.



Fully Tighten



**Fully Tighten**

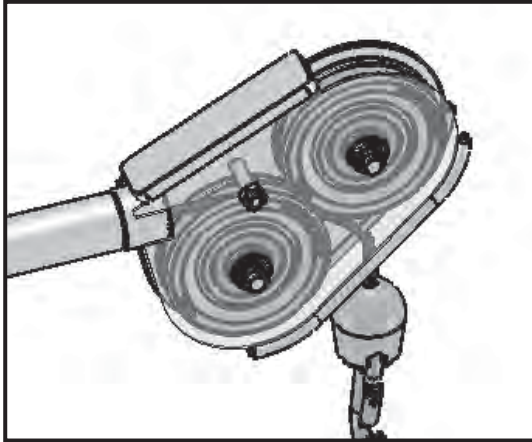
Wrench tighten all hardware in this step.

# Step 14 Low Row Cable Routing

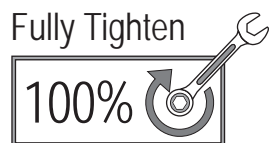
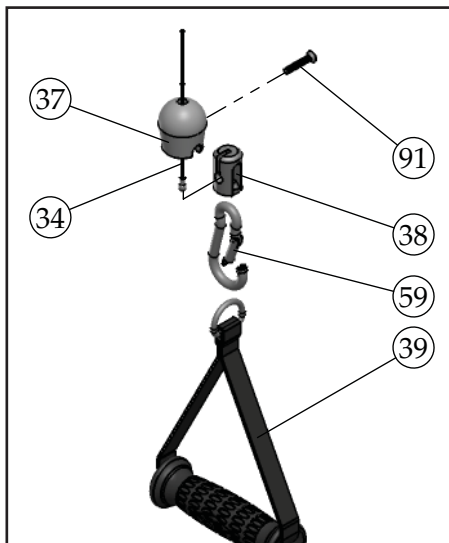
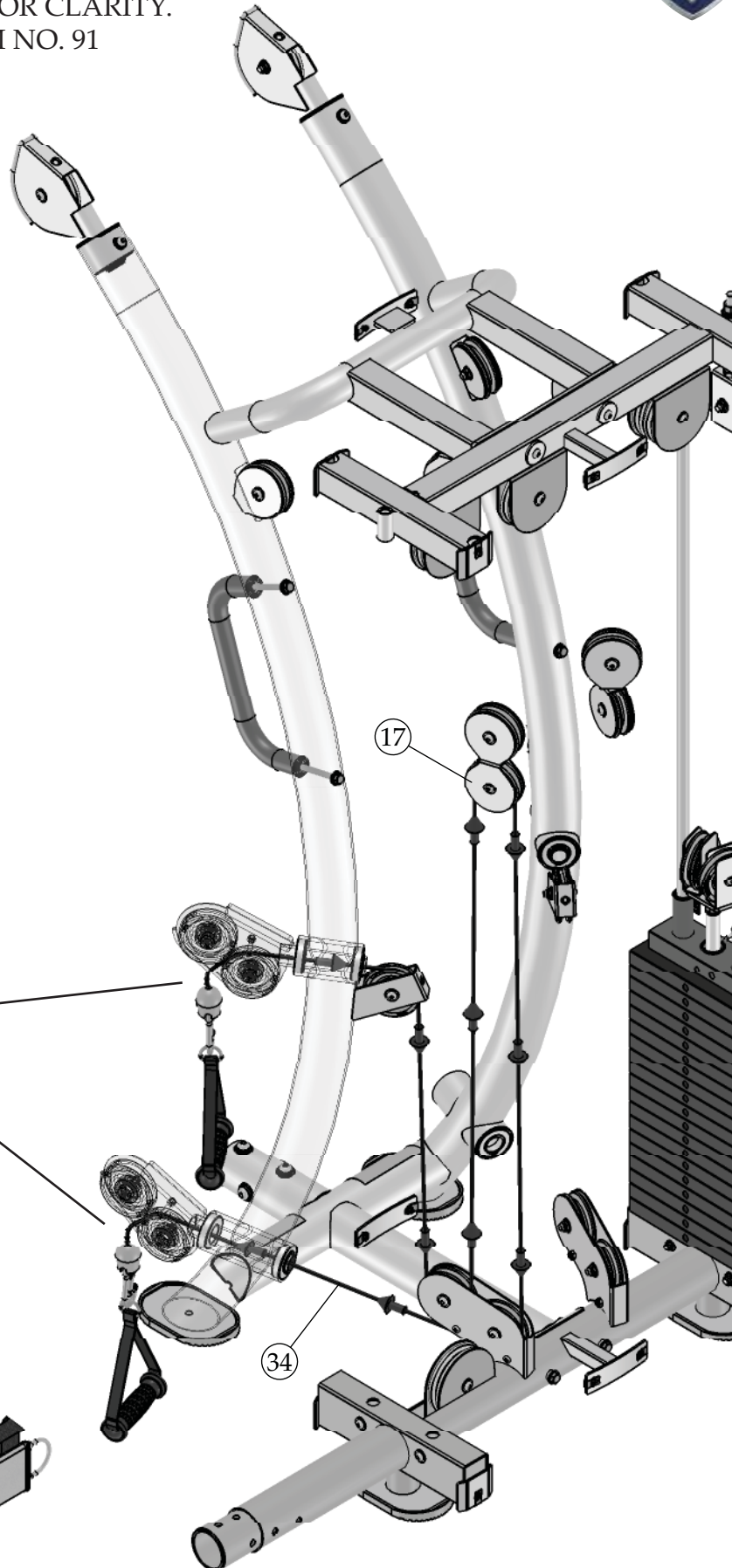


NOTE:

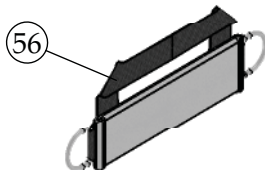
1. SOME PARTS CUT OUT/NOT SHOWN FOR CLARITY.
2. MAKE SURE TO TIGHTEN SCREW ITEM NO. 91



MAKE SURE CABLE RUNS UNDERNEATH SCREW #74 AS SHOWN ABOVE.



**Fully Tighten**  
Wrench tighten all hardware in this step.

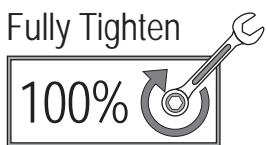
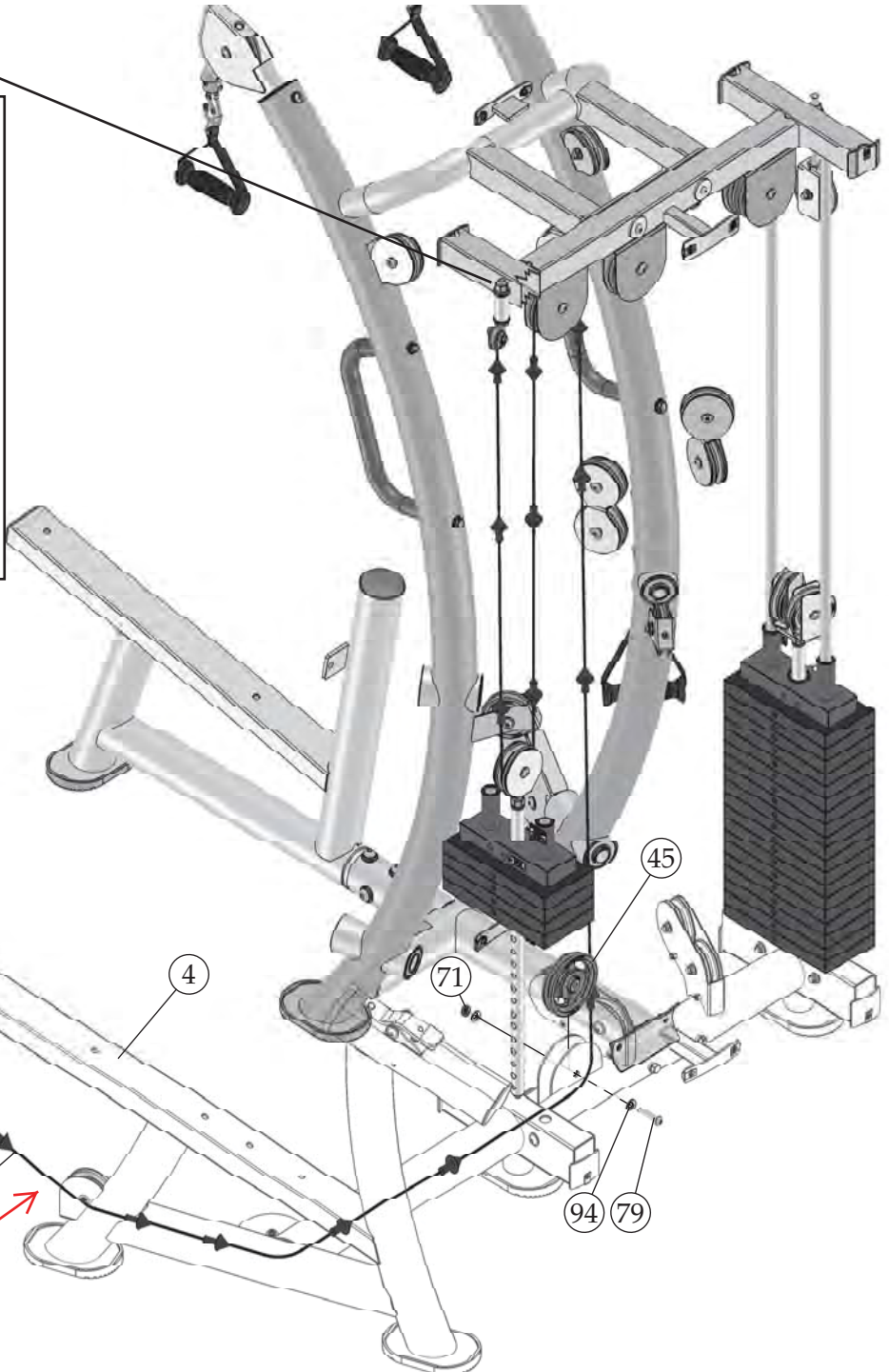
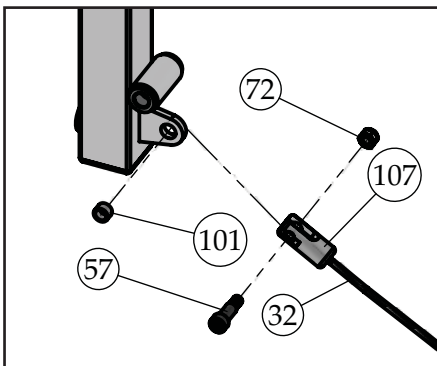
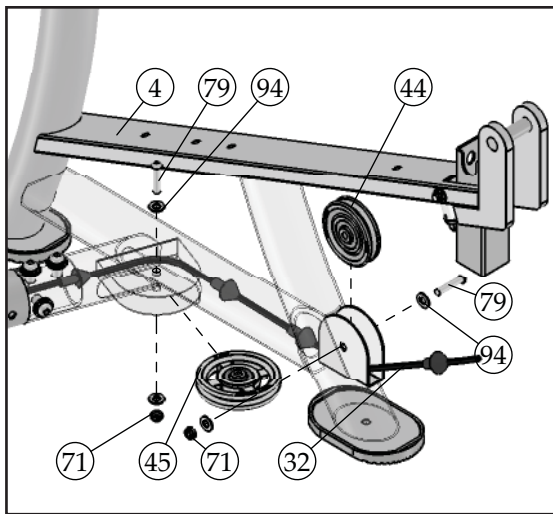
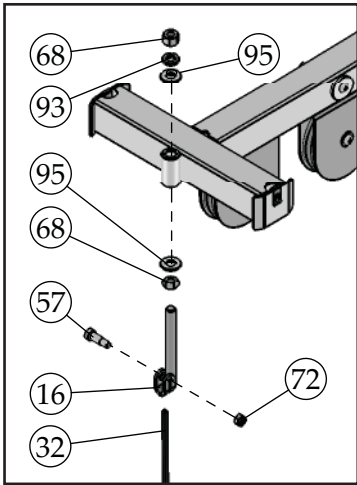


# Step 15 Leg Extension Cable Routing



**NOTE:**

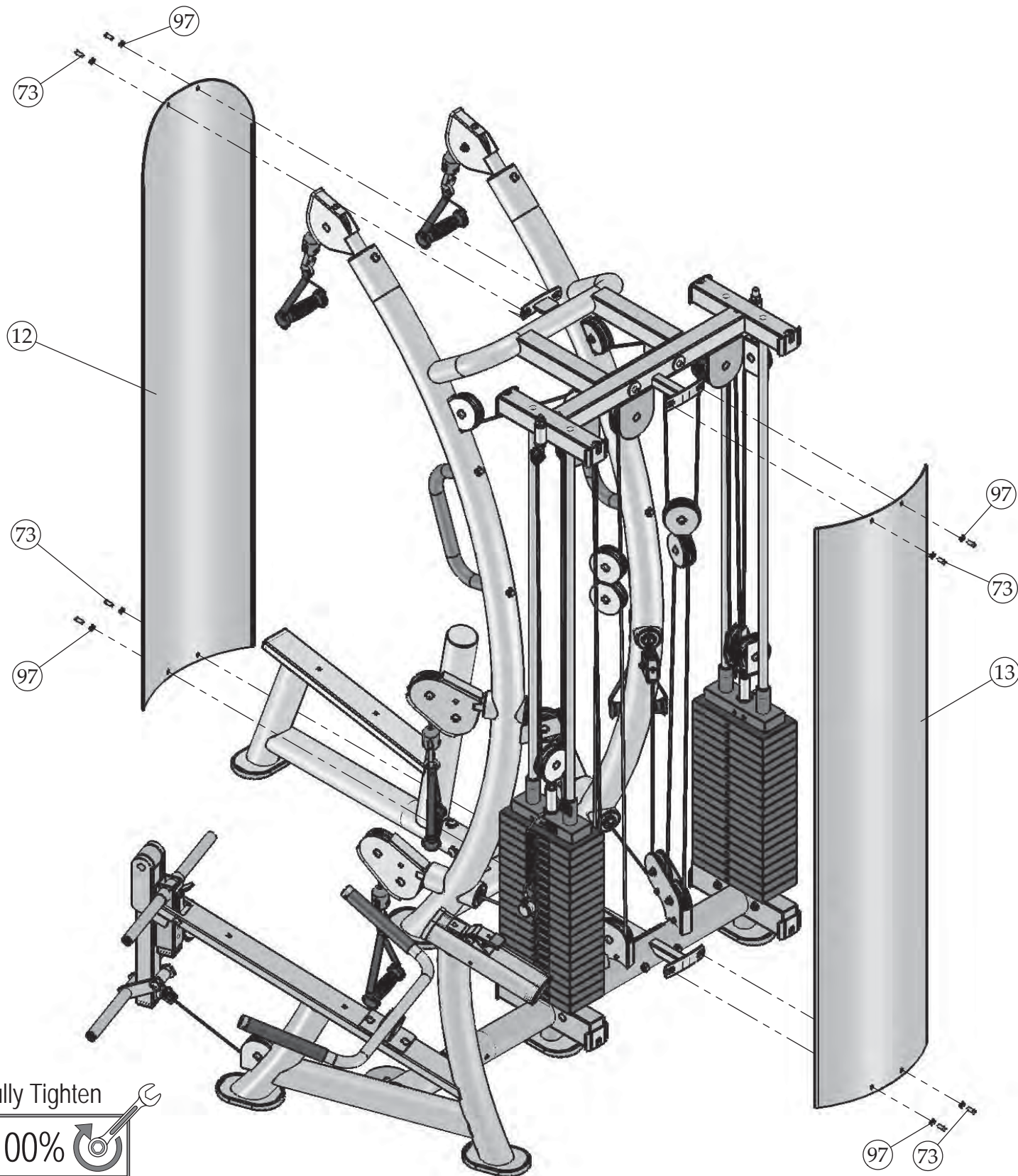
1. SOME PARTS CUT OUT/NOT SHOWN FOR CLARITY.
2. ASSEMBLE PULLEYS (#44, #45) SHOWN ON THIS STEP UNTILL CABLE IS COMPLETELY ROUTED AND SECURED.
3. TIE CABLE END TO GUIDE WIRE AT LOCATION INDICATED BELOW.
4. CAREFULLY PULL THE GUIDE WIRE OUT THROUGH ITEM #4.
5. DISCARD THE GUIDE WIRE ONCE YOU'VE RUNNED THE CABLE OUT OF THE FRAME.
6. ASSEMBLE PULLEYS (#44, #45) AND MAKE ANY NECESSARY ADJUSMENTS ON THE ADJUSTABLE CABLE BRACKET #16.
7. MAKE SURE TO TIGHTEN SCREW #91.



**Fully Tighten**  
Wrench tighten all hardware in this step.

**TIE CABLE AND WIRE**

# Step 16



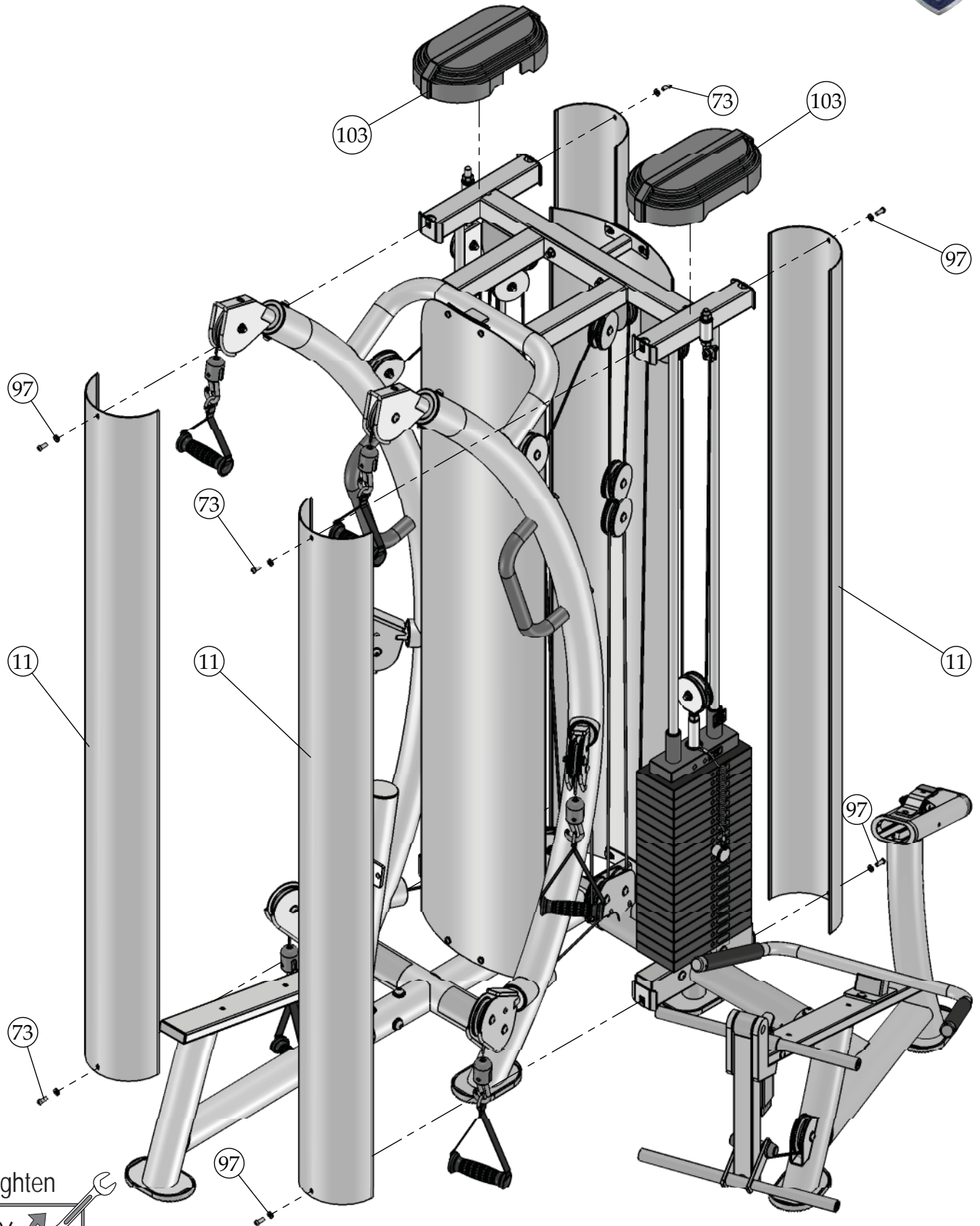
Fully Tighten



**Fully Tighten**

Wrench tighten all hardware in this step.

# Step 17



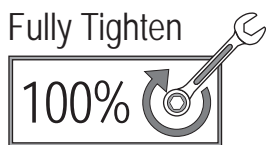
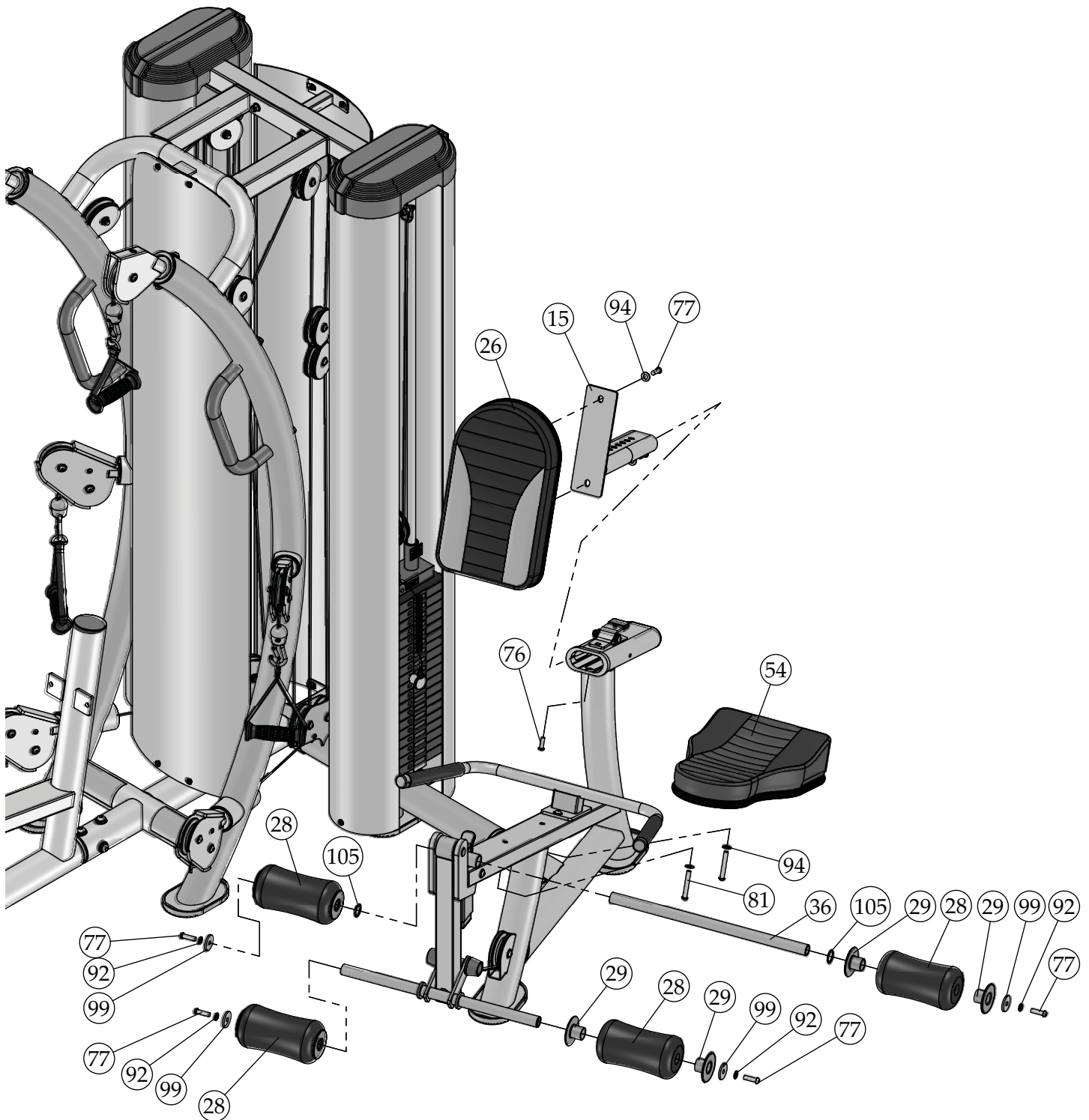
Fully Tighten



**Fully Tighten**

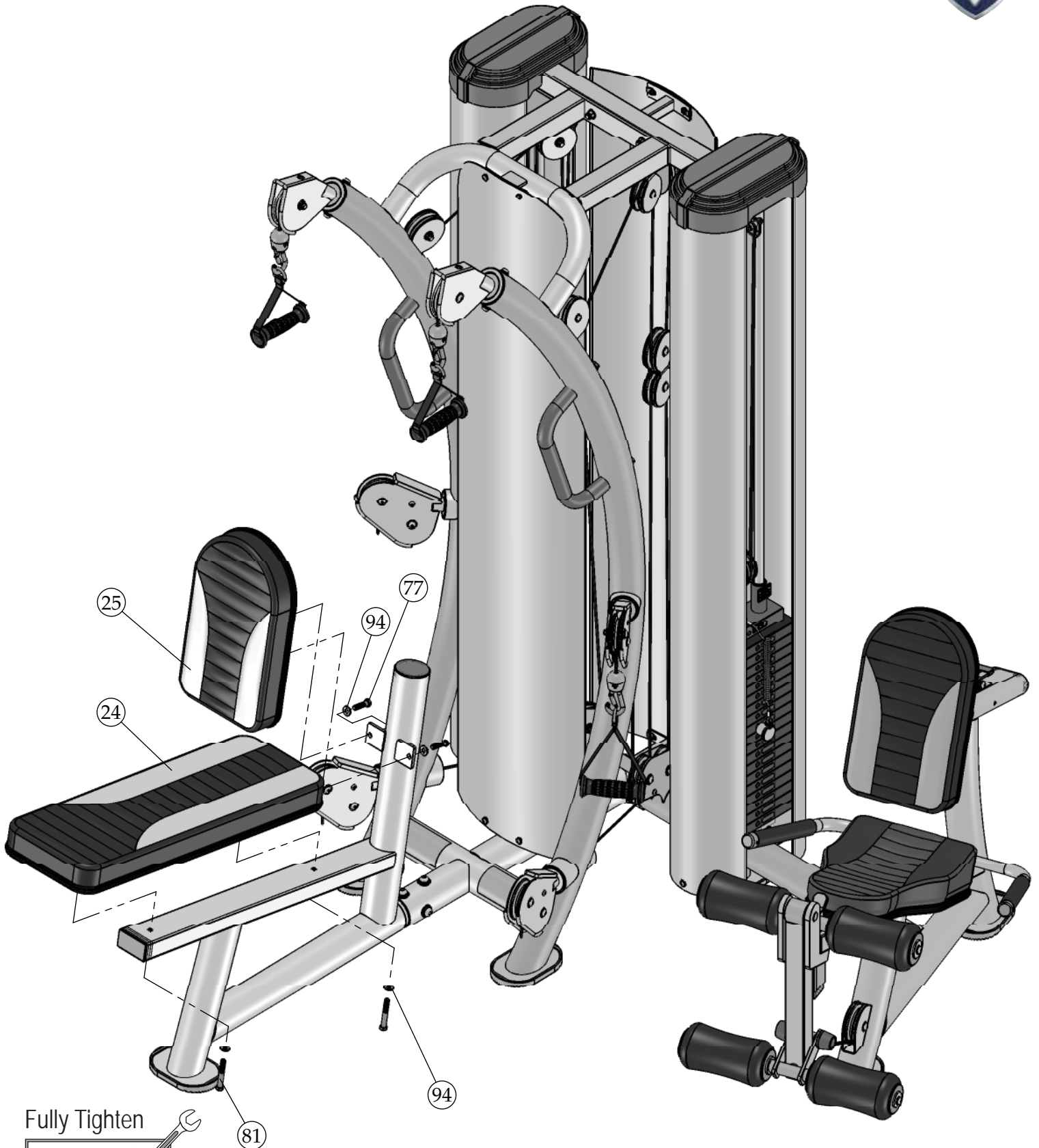
Wrench tighten all hardware in this step.

# Step 18



**Fully Tighten**  
Wrench tighten all hardware in this step.

# Step 19



Fully Tighten



**Fully Tighten**

Wrench tighten all hardware in this step.





# Basic Exercise Guide

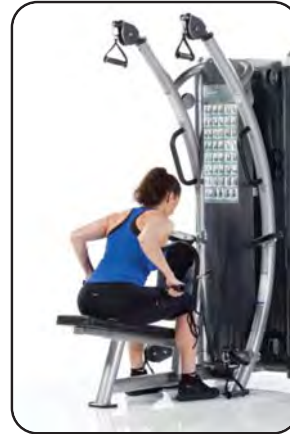
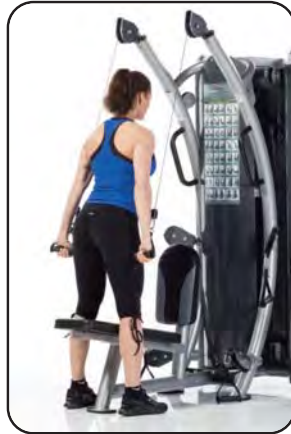


Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath – general rule of thumb is to exhale when you exert. For additional recommended exercises please refer to DVD.

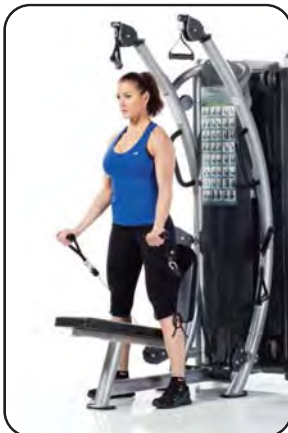
**⚠ WARNING** Before working out, read and understand the Owner's Manual, all danger, warning and caution labels listed on pages 4-7. This equipment is for LIGHT COMMERCIAL use only. Obtain a medical examination before beginning any exercise program. If you feel faint, dizzy or pain, stop exercising immediately.



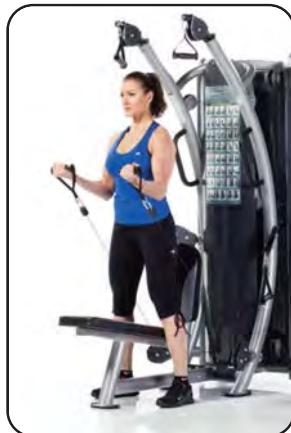
**TRICEP PRESSDOWN**



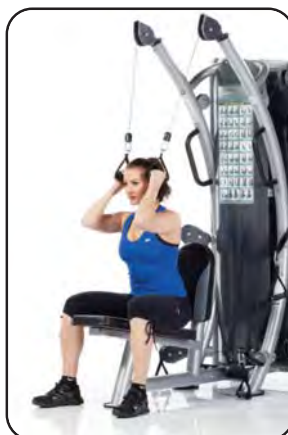
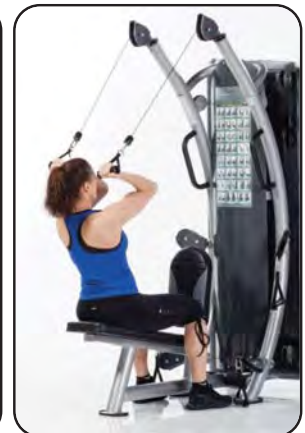
**TRICEP KICKBACK**



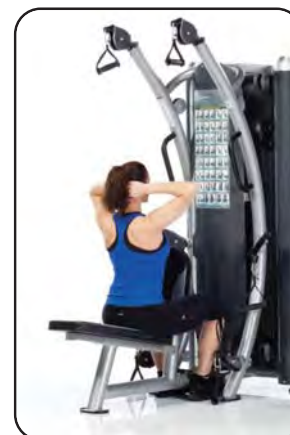
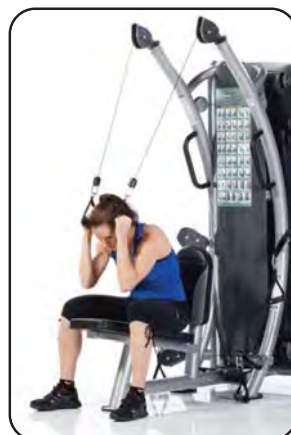
**BICEP CURL**



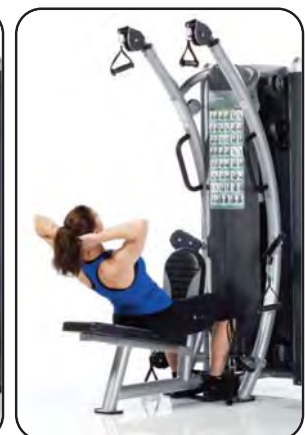
**OVERHEAD CURL**



**AB CRUNCH**



**SIT UPS**





# Basic Exercise Guide

Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath – general rule of thumb is to exhale when you exert. For additional recommended exercises please refer to DVD.

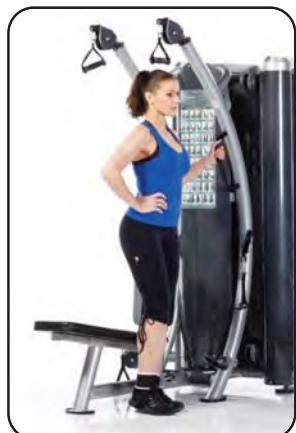
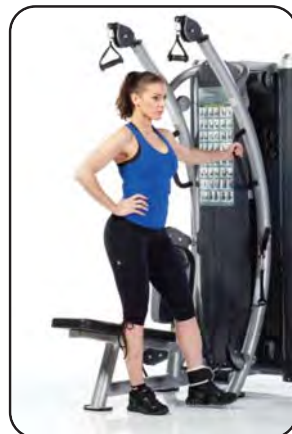
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**CORE ROTATION**



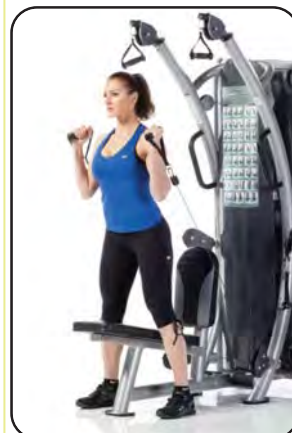
**INNER THIGH**



**OUTER THIGH**



**SQUATS**



**LEG EXTENSION**



**STANDING LEG CURL**



# Basic Exercise Guide



Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath – general rule of thumb is to exhale when you exert. For additional recommended exercises please refer to DVD.

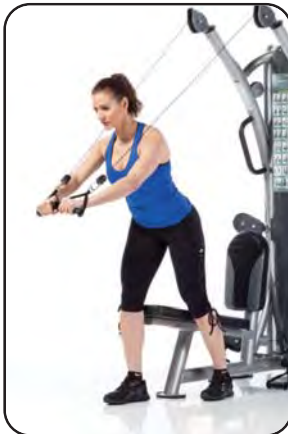
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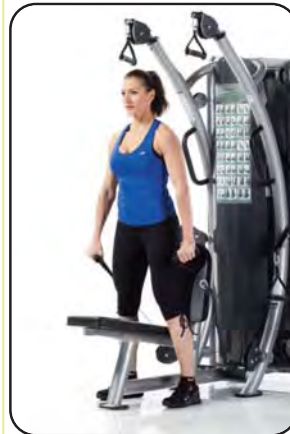
**CHEST PRESS**



**CHEST FLY**



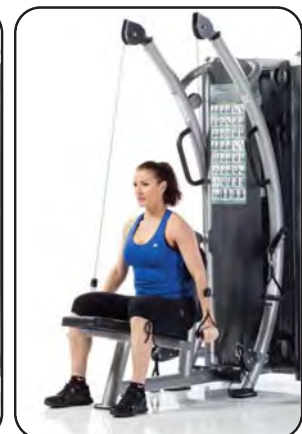
**CROSSOVER**



**OFFER UPS**



**LAT PULLDOWN**



**IRON CROSS PULLDOWN**

# Basic Exercise Guide

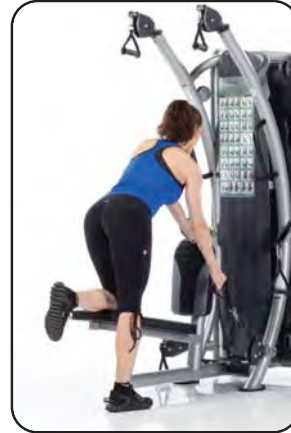


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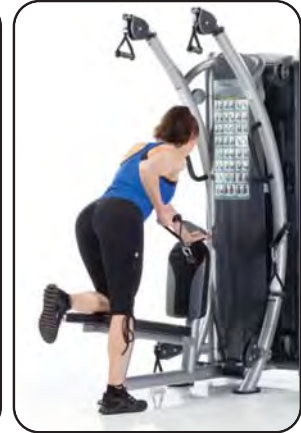
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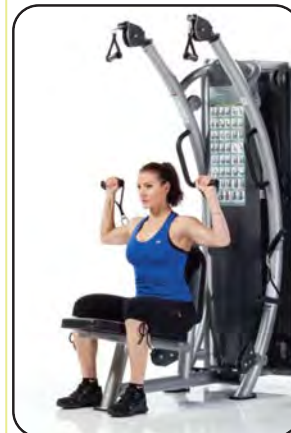
**SEATED ROW**



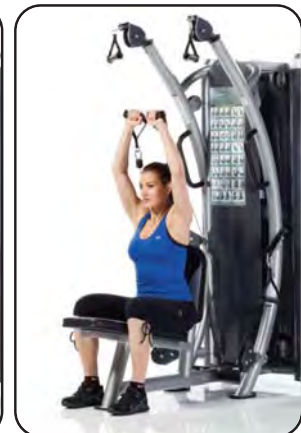
**ONE ARM ROW**



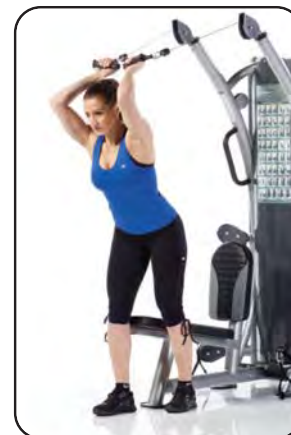
**UPRIGHT ROW**



**SHOULDER PRESS**



**LATERAL RAISE**



**TRICEP EXTENSION**





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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.

## 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.

### 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.

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.

13971 Norton Avenue, Chino, CA 91710, USA Phone: 909-629-1600 Fax: 909-629-4967  
www.tuffstufffitness.com service@tuffstuff.net or service1@tuffstuff.net

# Exploded View

