

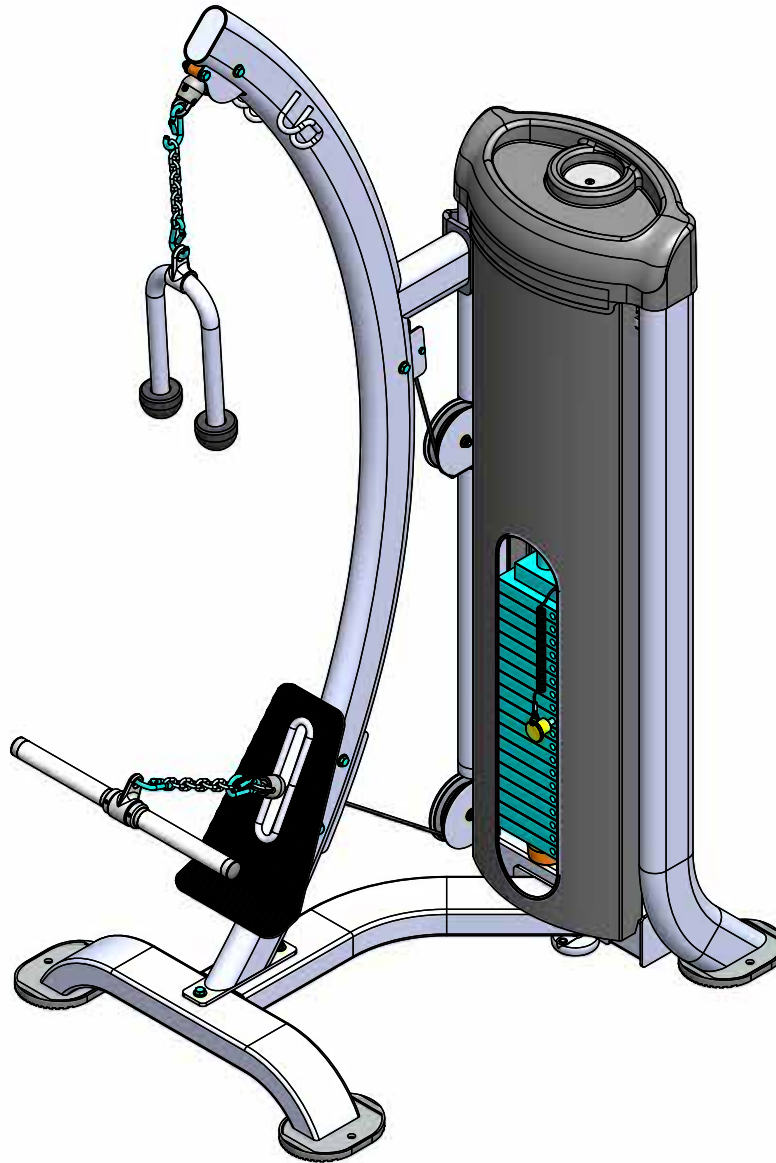


# TUFFSTUFF FITNESS INTERNATIONAL

## 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 TFI replacement parts.
6. **▲ WARNING** Machine must be anchored to a solid and level surface.

# CG-9506

## Bicep/Tricep

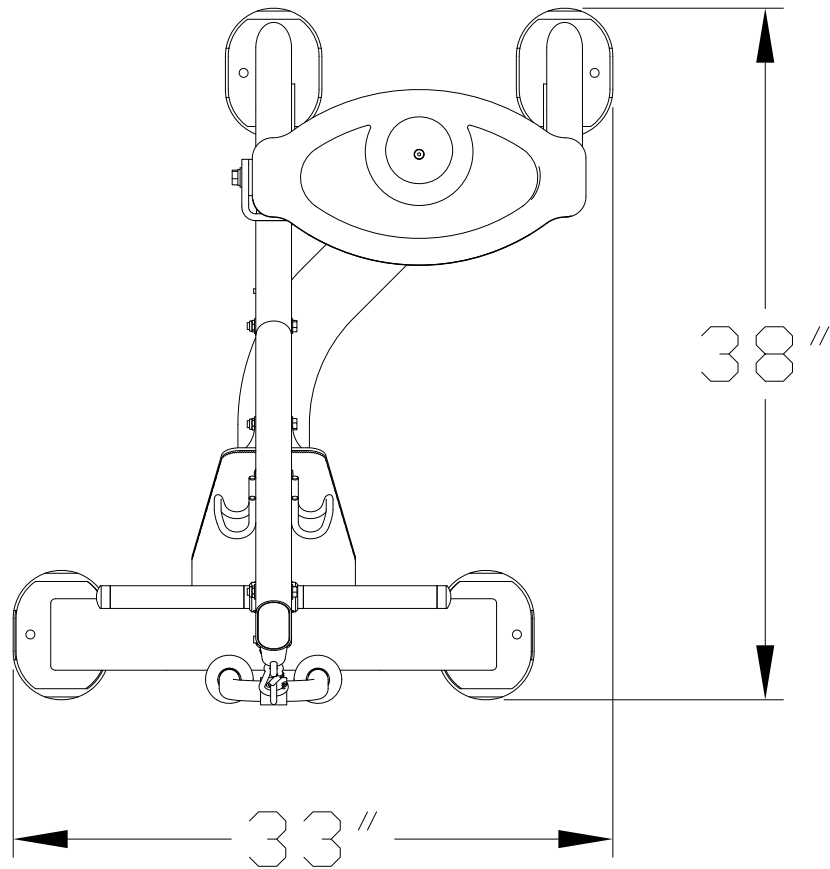
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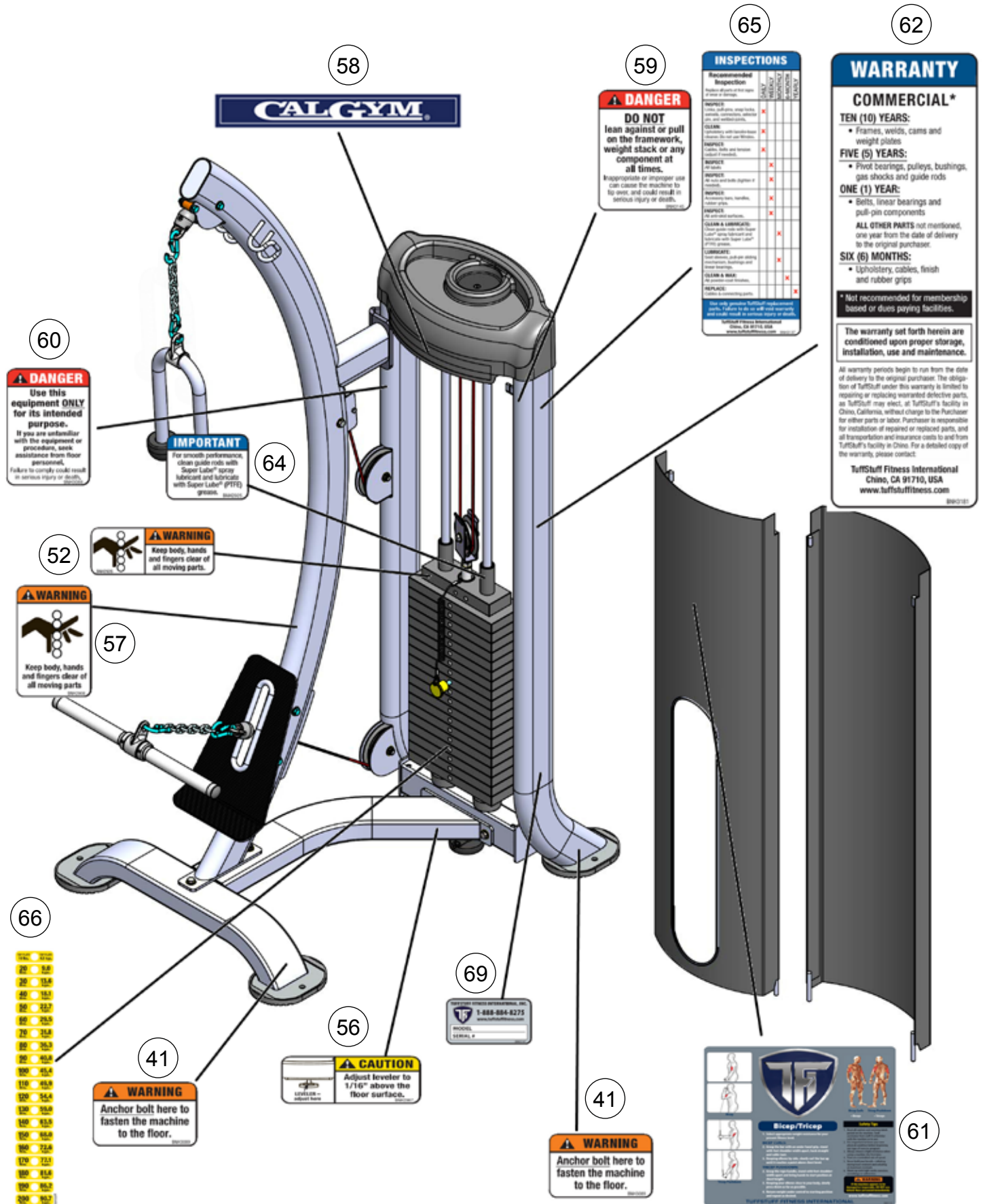
TuffStuff Fitness International Inc. continually engages in research related to product improvements. Please take the time to carefully read through this owner's manual thoroughly. Instructions contained in this owner's manual are not intended to cover all details or variations possible with equipment,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

# Overhead Specifications

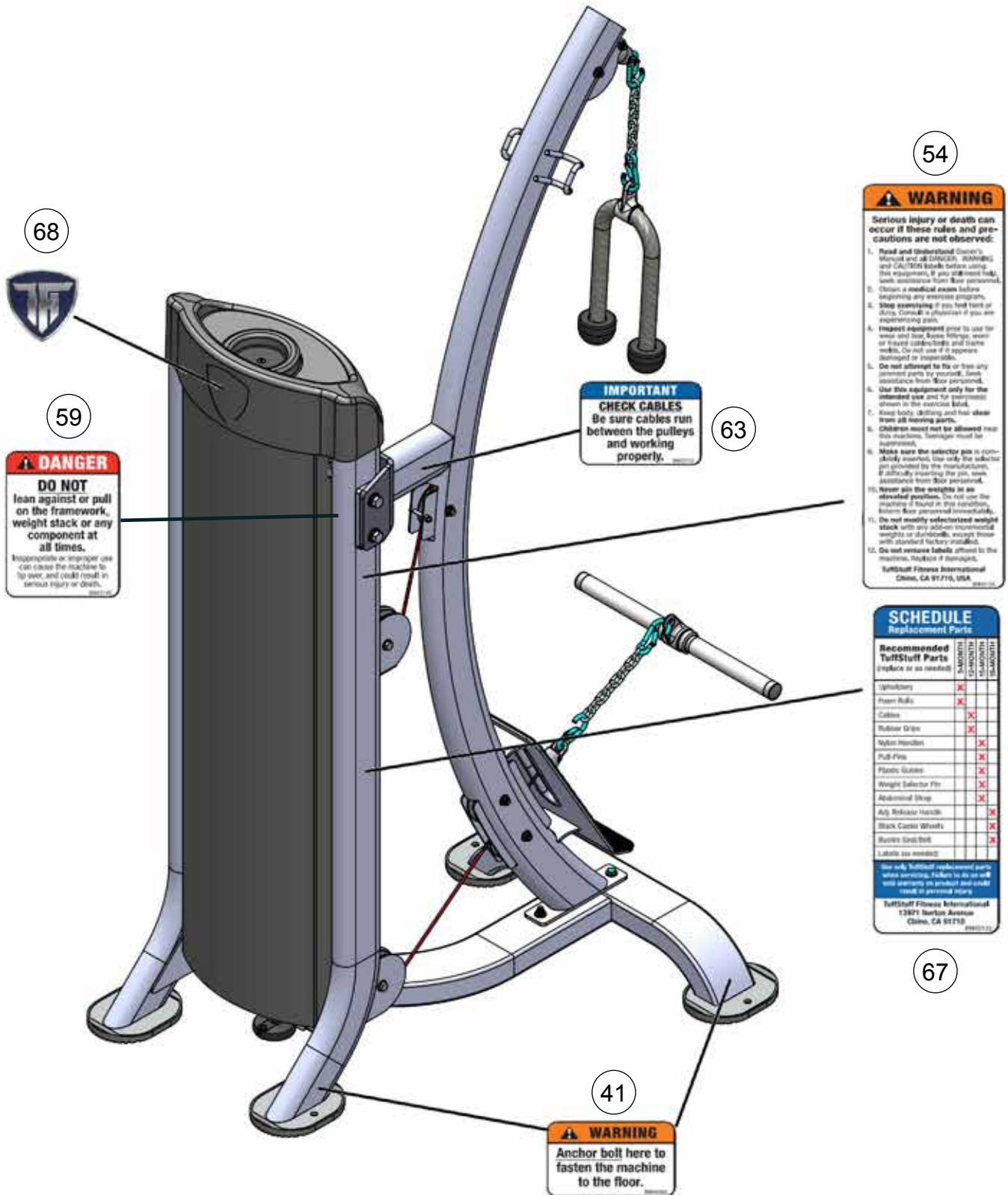


**L 38" X W 33" X H 80"**  
**MAX-LOAD WEIGHT LIMIT -200 lbs**

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



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



**WARNING**

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

1. 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.
3. Stop exercising if you feel tired or dizzy. Consult a physician if you are experiencing pain.
4. Inspect equipment prior to use for wear and tear. Loose fittings, worn or frayed cables/bands and loose weights. Do not use if it appears damaged or loose.
5. Do not attempt to fix or free any jammed parts by yourself. Seek assistance from floor personnel.
6. Use this equipment only for the intended use and for purposes shown in the exercise book.
7. Keep body clothing and feet clear from all moving parts.
8. Children must not be allowed near this machine. Supervise must be responsible.
9. 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.
10. Never pin the weights to an elevated position. Do not use the machine if found in this position. Remove floor personnel immediately.
11. Do not modify selectorized weight stack with any add-on incremental weights or dumbbells, except those with standard factory pinholes.
12. Do not remove labels affixed to the machine. Machine is designed.

TuffStuff Fitness International  
China, CA 91710, USA

**SCHEDULE**  
Replacement Parts

Recommended TuffStuff Parts (Replace or as needed)	1-3 MONTHS	3-6 MONTHS	6-12 MONTHS
Upholstery	X		
Frame Bolts	X		
Cables	X		
Rubber Grips	X		
Nylon Handles		X	
Pin-Fits		X	
Plastic Guides		X	
Weight Selector Pin		X	
Abdominal Strap		X	
Any Release Handle			X
Stack Caster Wheels			X
Bumper Casters			X

Labels (as needed)

Use only TuffStuff replacement parts when servicing. Failure to do so will void warranty. Instruct floor staff to check in personal injury.

TuffStuff Fitness International  
13821 Norton Avenue  
Chino, CA 91710

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## WARRANTY

### 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

\* Not recommended for membership based or dues paying facilities.

The warranty set forth herein are conditioned upon proper storage, installation, use and maintenance.

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)

BNH3181

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## 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

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## INSPECTIONS

Recommended Inspection	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
<b>Replace all parts</b> 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.

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Chino, CA 91710, USA  
[www.tuffstufffitness.com](http://www.tuffstufffitness.com) BNH3137

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## WARNING

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

1. **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.
3. **Stop exercising** if you feel faint or dizzy. Consult a physician if you are experiencing pain.
4. **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.
5. **Do not attempt to fix** or free any jammed parts by yourself. Seek assistance from floor personnel.
6. **Use this equipment only for the intended use** and for exercise(s) shown in the exercise label.
7. Keep body, clothing and hair **clear from all moving parts**.
8. **Children must not be allowed** near this machine. Teenager must be supervised.
9. **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.
10. **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.

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Chino, CA 91710, USA  
BNH3134

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## DANGER

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

If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel.

Failure to comply could result in serious injury or death.  
BNH3088

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## 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.  
BNH3145

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## IMPORTANT

CHECK CABLES

Be sure cables run between the pulleys and working properly.

BNH3113


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## IMPORTANT

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

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## CAUTION



LEVELER - adjust here

Adjust leveler to 1/16" above the floor surface.


BNH2967

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

MODEL

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SERIAL #

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BNH3147

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

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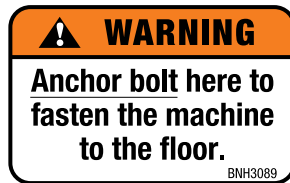
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**Bicep/Tricep**

- Select appropriate weight resistance for your present fitness level.

**BICEP CURLS:**

- Grasp the bar with an under hand grip, stand with feet shoulder-width apart, back straight and cable taut.
- Keeping elbows by side, slowly curl the bar up until it reaches a point above chest level.

**TRICEP PUSHDOWN:**

- Grasp the rope handle, stand with feet shoulder-width apart and bring hands to start position at chest height.
- Keeping your elbows close to your body, slowly press down as far as possible.
- Return weight under control to starting position and repeat as desired.

**Safety Tips**

- Read all caution and warning labels posted on the machine. Seek assistance from staff if unfamiliar with the machine or its use.
- It is important to know your own physical condition before beginning any type of exercise program.
- Always choose a light resistance when using a machine the first time.
- Start at a controlled rate of speed.
- Never hold your breath - inhale during least resistance and exhaling at maximum resistance.
- Warm-up with light cardio exercises, stretching or calisthenics.

**WARNING**  
If the machine appears to be damaged or improperly set for use, Inform floor personnel immediately.

TUFFSTUFF FITNESS INTERNATIONAL

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TOP PLATE 10 lbs.	TOP PLATE 4.5 kgs.
20 lbs.	9.1 kgs.
30 lbs.	13.6 kgs.
40 lbs.	18.1 kgs.
50 lbs.	22.7 kgs.
60 lbs.	27.2 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.

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## 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 F1749-06 TUFFSTUFF FITNESS INTERNATIONAL, CHINO, CA 91710 BNH3138

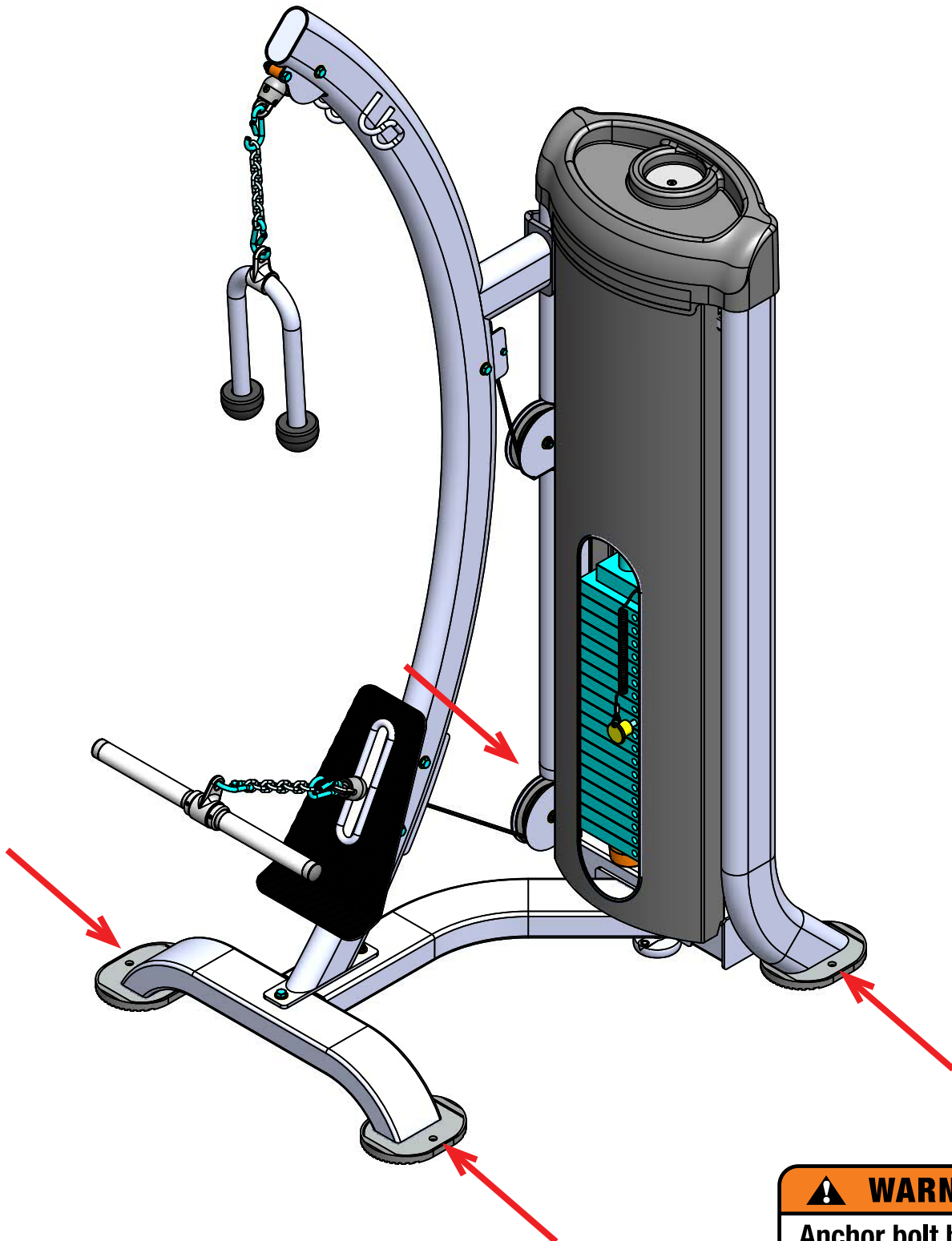
It is extremely important that the **Facility Sign** shown to the left be installed in plain view of the unit.

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

# Anchoring Unit

Holes on frame are provided for anchoring the unit to the floor. See anchoring hole location below.



**⚠ WARNING**  
Anchor bolt here to  
fasten the machine  
to the floor.

BNH3089



# 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.**
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.
5. Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has proper clearance for usage and training.
6. Post and disclose all safety, rules and regulations on a bulletin board easily accessible to users.
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.

## 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.
4. **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.



**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 CG-9506 Bicep/Tricep. 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 CG-9506 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 CG-9506. Use the overhead view on the Content Page to layout your floor plan before assembling.

Set up the CG-9506 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.

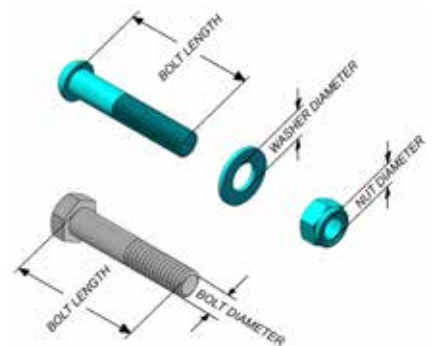
While you may be able to assemble the CG-9506 using the illustrations only, IMPORTANT safety notes and other tips are included in the text.

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 CG-9506. 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

70%

Fully Tighten

100%

**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**

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)

<b>INSPECTIONS</b>					
<b>Recommended Inspection</b>	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
<b>Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death.</b>					
TuffStuff Fitness International Chino, CA 91710, USA <a href="http://www.tuffstufffitness.com">www.tuffstufffitness.com</a> BNH3137					

<b>INSPECTION / MAINTENANCE RECORDS</b>			
DATE	REPLACEMENT	REPAIRS	INSPECTED BY

<b>WARRANTY REPAIRS</b>			
DATE	REPLACEMENT	REPAIRS	INSPECTED BY



## WARNING:

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



"NECKING", STRETCHED 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

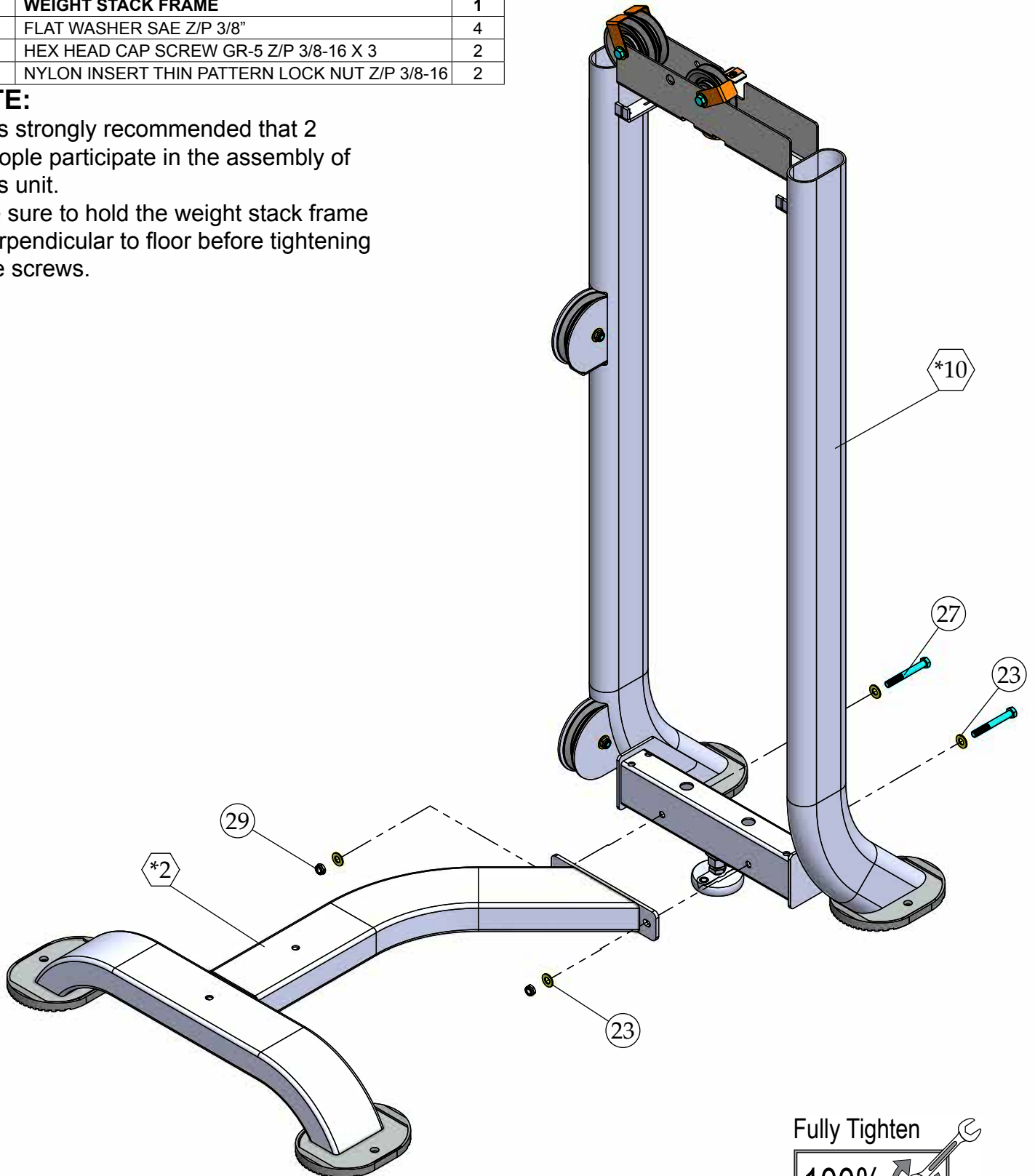


## Step 1 Assembly List

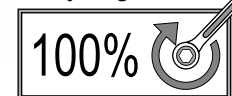
Item #	Description	Qty.
*2	BASE FRAME	1
*10	WEIGHT STACK FRAME	1
23	FLAT WASHER SAE Z/P 3/8"	4
27	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	2
29	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	2

### NOTE:

1. It is strongly recommended that 2 people participate in the assembly of this unit.
2. Be sure to hold the weight stack frame perpendicular to floor before tightening the screws.



Fully Tighten



Fully Tighten

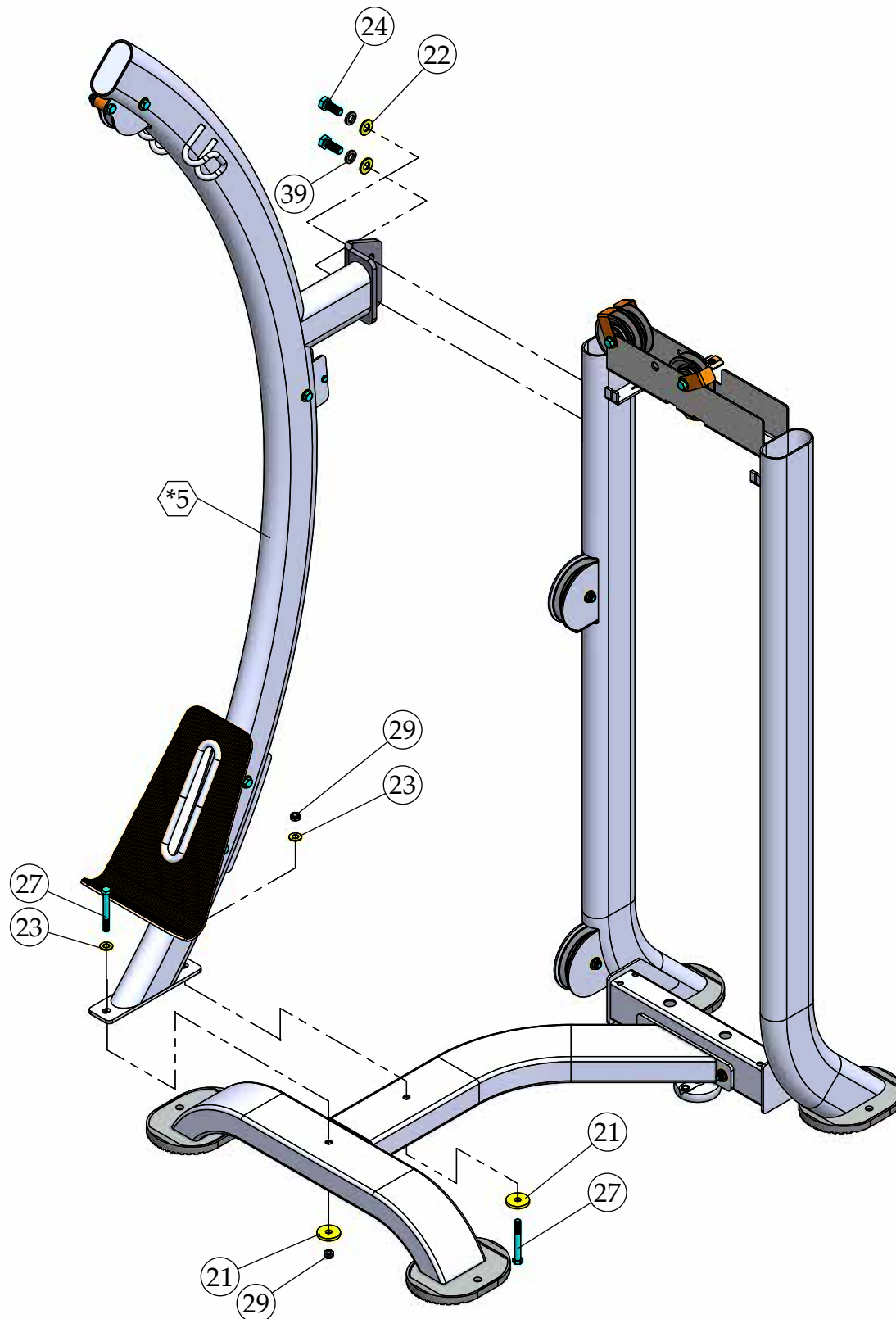
Wrench tighten all hardware in this step.

# Step 2



## Note:

1. Do not remove wire on item #\*5

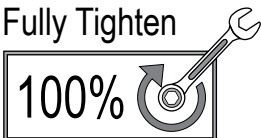




## Step 2 Assembly List

Item #	Description	Qty.
*5	FRONT UPRIGHT	1
21	FLAT WASHER 3/8 ID X 1 1/2 OD X 3/16 THICK	2
22	FLAT WASHER SAE Z/P 1/2"	2
23	FLAT WASHER SAE Z/P 3/8"	2
24	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 1 1/4	2
27	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	2
29	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	2
39	SPLIT LOCK WASHER Z/P 1/2"	2

Fully Tighten



**Fully Tighten**

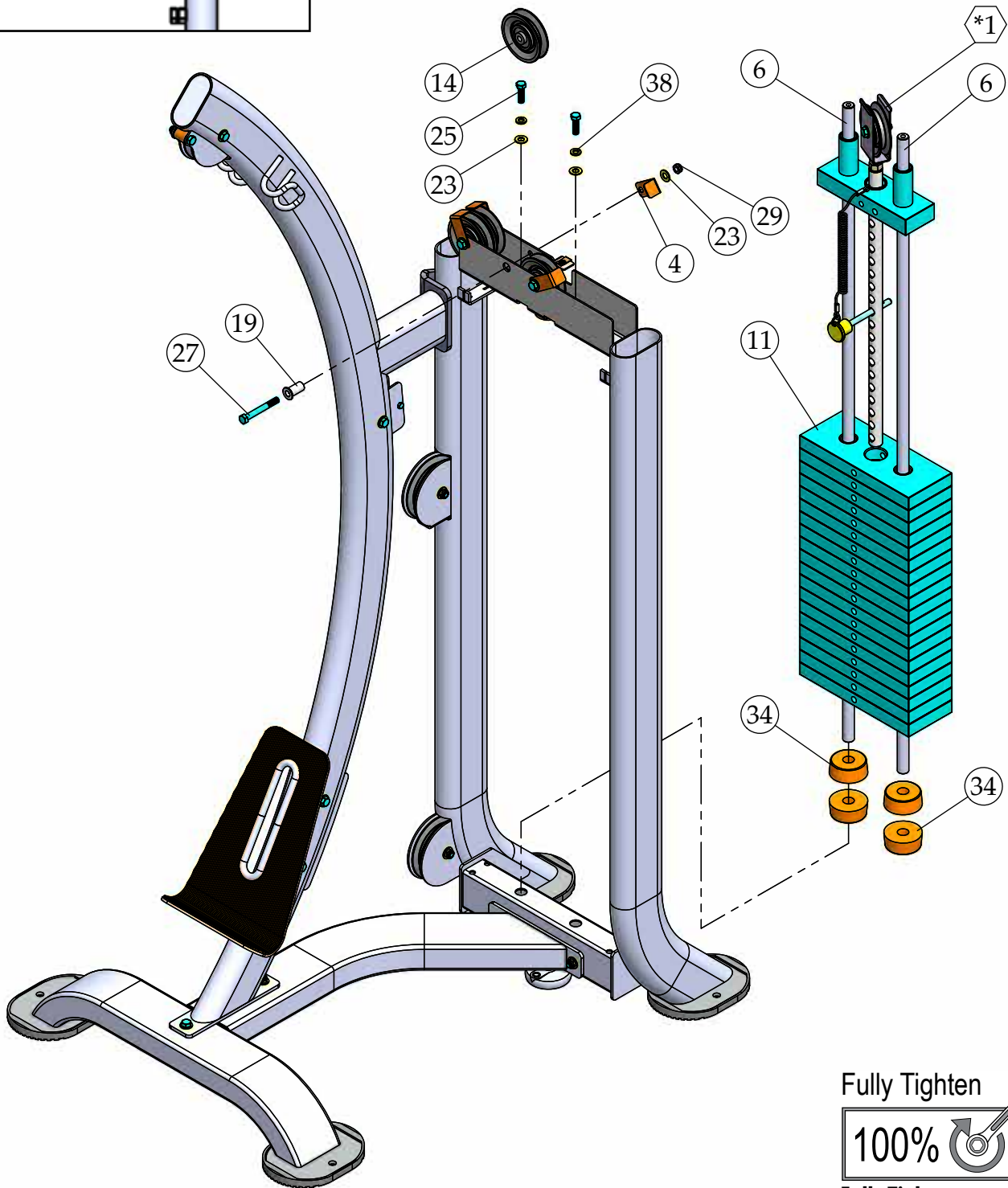
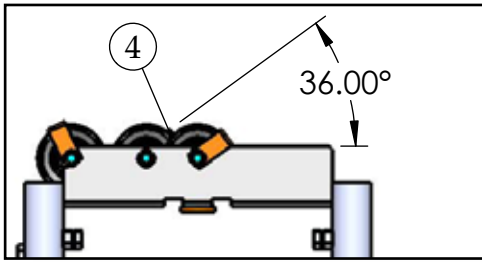
Wrench tighten all hardware in this step.

# Step 3



## Note:

1. Be sure to position bracket #4 given degrees. Otherwise the plastic shroud lid will not assemble.



Fully Tighten



**Fully Tighten**

Wrench tighten all hardware in this step.



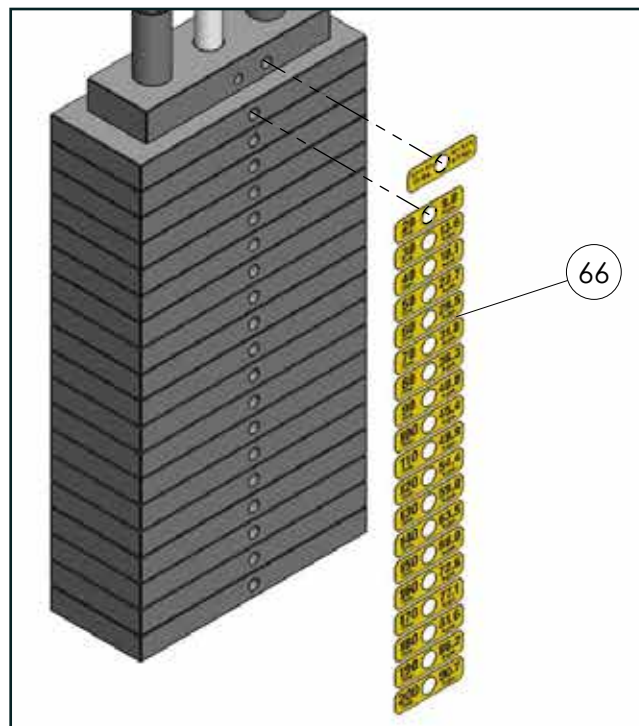


### Step 3 Assembly List

Item #	Description	Qty.
*1	ADJ PULLEY BRACKET (3 1/2 PULLEY)	1
4	CABLE RETAINER BRACKET 3 1/2 PULLEY	1
6	GUIDE ROD 3/4 RD X 50 3/8	2
11	10 LB STEEL WEIGHT PLATE BLACK 4 X 10 (EA)	19
14	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2 (P-35375-H)	1
19	FLANGED SPACER Z/P 3/8 X 30MM	1
23	FLAT WASHER SAE Z/P 3/8"	3
25	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	2
27	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	1
29	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	1
34	RUBBER DONUT 3/4 X 2 1/2	4
38	SPLIT LOCK WASHER Z/P 3/8"	2
66	LABEL-NUMBERS 10-200 LBS/KGS 7/8 X 3 YELLOW	1

#### NOTE:

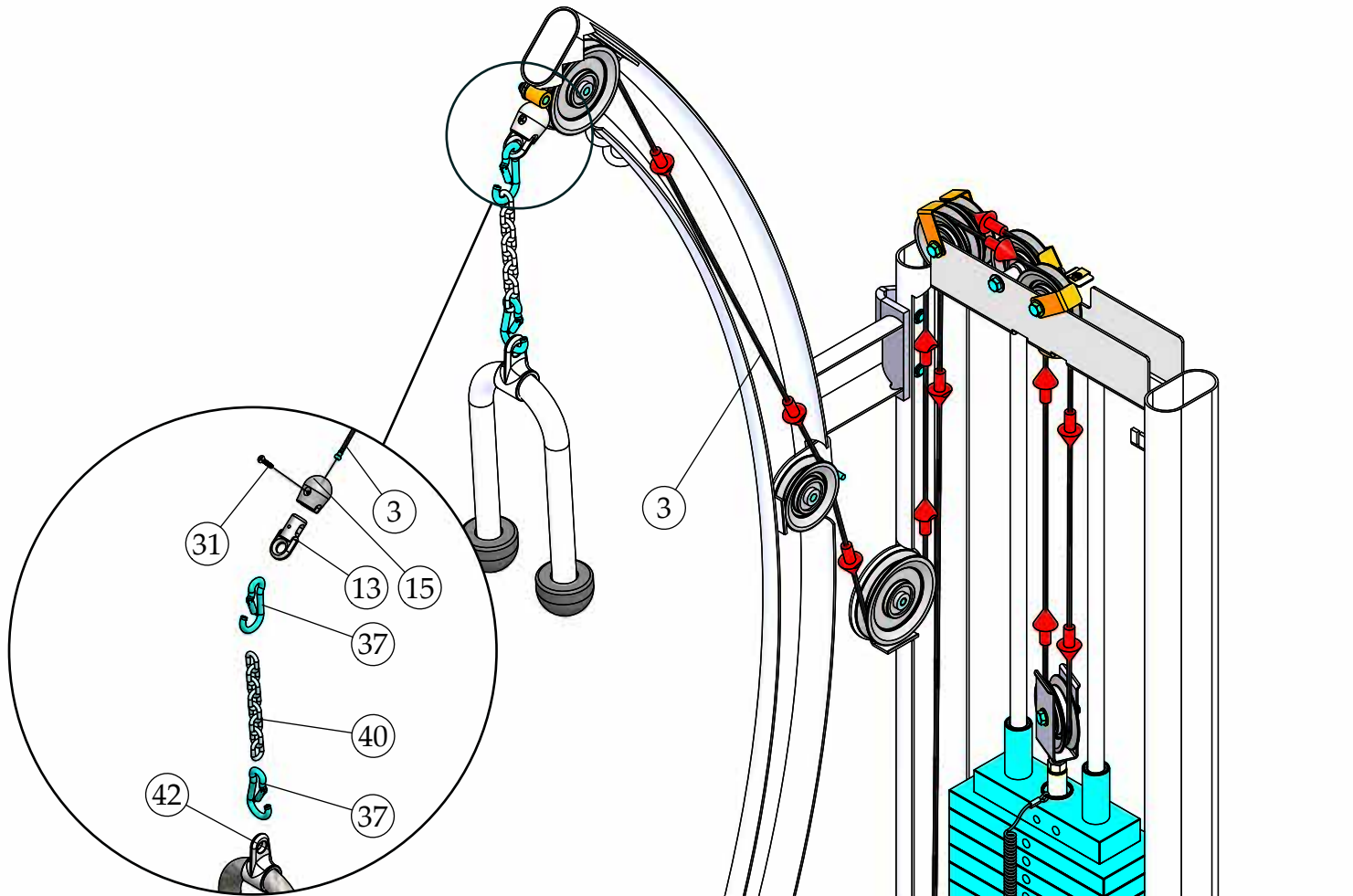
1. TOP PLATE LABEL GOES ON HOLE OFF CENTER AS SHOWN. LABEL WILL COVER HOLE ON CENTER.



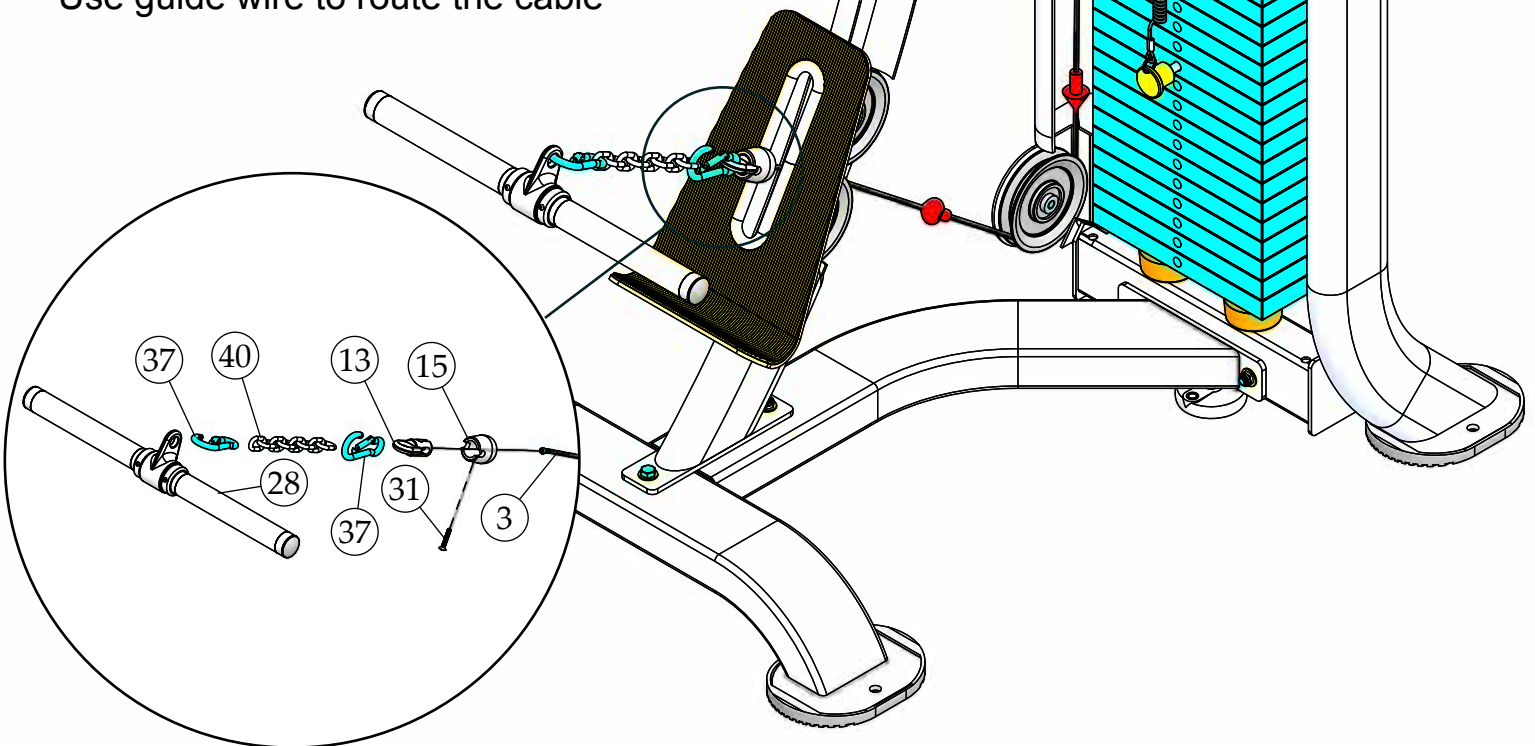
#### Weight stack label and lubrication instructions

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. Peel off back sheet (adhesive side) from label (#66) and make sure that the label remains attached to the application tape.
3. Line up left edge of label sheet with outside edge of weight holes.
4. Line up the first label to hole on top plate.
5. Make sure label is straight and slowly press into place.
6. Gently remove application tape and rub each label firmly against the weight stack.
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 4 Cable Routing



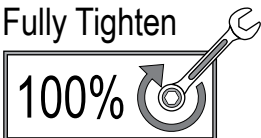
Use guide wire to route the cable



## Step 4 Assembly List

Item #	Description	Qty.
<b>3</b>	<b>CABLE</b>	<b>1</b>
13	7/8 RD X 2 15/32 LINK 3/16 CABLE	2
15	CABLE STOPPER SHELL 1 1/2 X 1 3/4	2
28	LOW ROW BAR 1 1/4 ALUMINUM	1
31	OVAL HEAD PHILLIPS MACHINE SCREW Z/P #10-24 X 1 1/8	2
37	SNAP LINK Z/P 8MM X 80MM	4
40	COIL CHAIN Z/P 3/16 X 8	2
42	TRICEPS "PRESS DOWN" ROPE, DOUBLE-GRIP	1

Fully Tighten



**Fully Tighten**

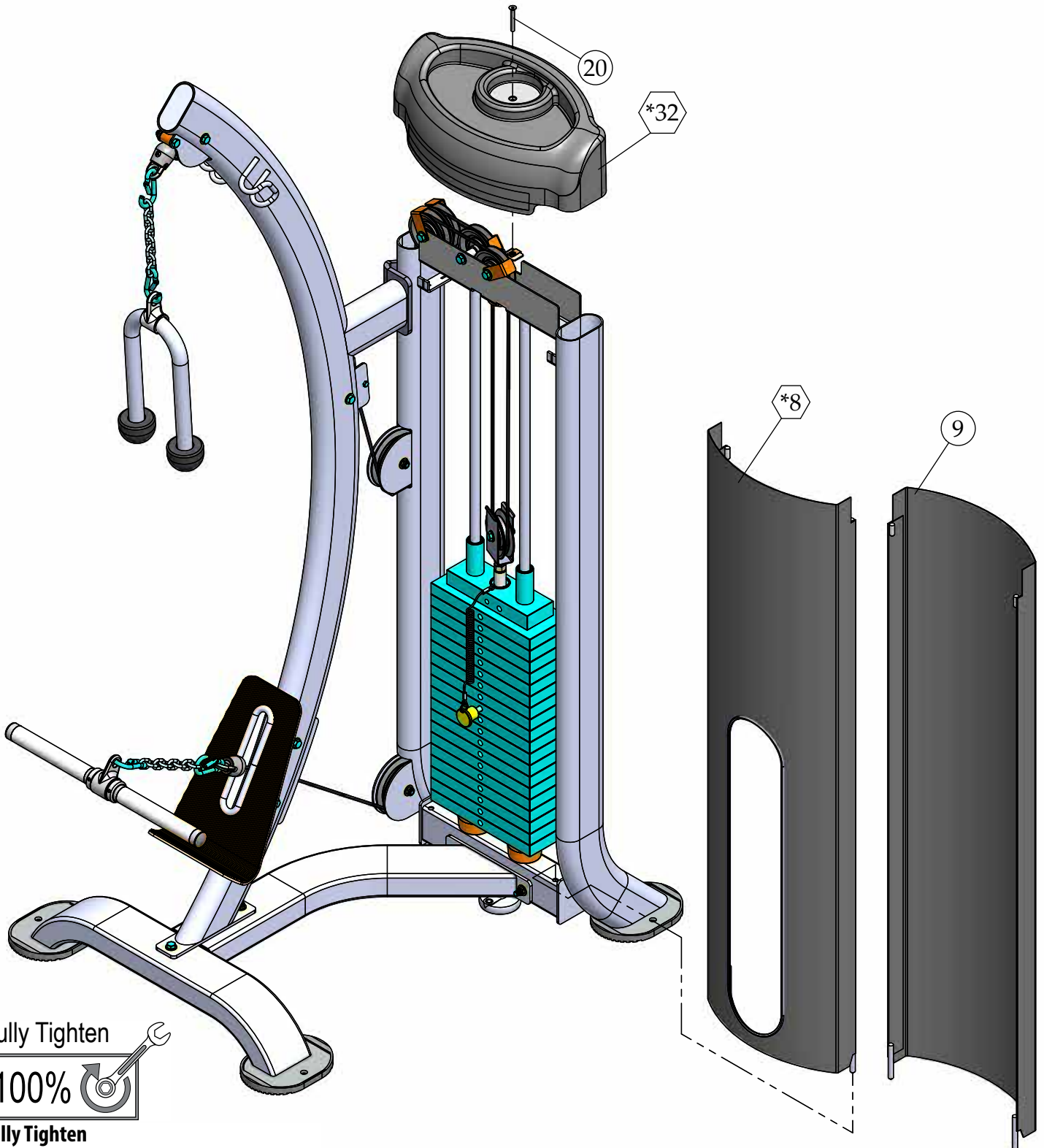
Wrench tighten all hardware in this step.

# Step 5



## Step 5 Assembly List

Item #	Description	Qty.
*8	WEIGHT SHIELD FRONT	1
9	WEIGHT SHIELD REAR	1
20	FLAT HEAD SOCKET CAP SCREW Z/P M6-1.0 X 50	1
*32	PLASTIC SHROUD LID	1



Fully Tighten  
**100%**

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

# Parts List



**COLOR CHART**  
 GRAY= SUB-ASSEMBLY PARTS  
 BLACK= HARDWARE

## CG-9506 Parts List

Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Rev.	Part No.	Qty.
1	ADJ PULLEY BRACKET (3 1/2 PULLEY)	0	UP8800	1	36	SHROUD LID RUBBER MAT SMALL		BNH3395	1
2	BASE FRAME	0	UP8801	1	37	SNAP LINK Z/P 8MM X 80MM		BNH0065	4
3	CABLE	0	UP8802	1	38	SPLIT LOCK WASHER Z/P 3/8"		BNH2520	2
4	CABLE RETAINER BRACKET 3 1/2 PULLEY	0	UP0998	4	39	SPLIT LOCK WASHER Z/P 1/2"		BNH0572	3
5	FRONT UPRIGHT	0	UP8803	1	40	COIL CHAIN Z/P 3/16 X 8		BNH1214	2
6	GUIDE ROD 3/4 RD X 50 3/8	0	UP8461	2	41	LABEL-WARNING ANCHOR BOLT, 2 X 1 1/4"		BNH3089	4
7	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	42	TRICEPS "PRESS DOWN" ROPE, DOUBLE-GRIP (#MTR)		BNH1628	1
8	WEIGHT SHIELD FRONT	0	UP8876	1	43	URETHANE BUMPER 1 3/4		BNH0229	1
9	WEIGHT SHIELD REAR	0	UP8877	1	44	U-STYLE TAPPED HOLE NUT M6		BNH3351	1
10	WEIGHT STACK FRAME	0	UP8804	1	45	LEVELER		BNH3662	1
11	10 LB STEEL WEIGHT PLATE BLACK 4 X 10 (EA)		BNH4345	19	46	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2		BNH2041	1
12	10 LB TOP PLATE W/22" SLTR BAR 19 BLK WTS ASM		BNH2020	1	47	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2		BNH2044	4
13	7/8 RD X 2 15/32 LINK 3/16 CABLE		BNH4331	2	48	UHMW STOPPER 20 OD MM X 10.5 ID MM X 25.4 MM		BNH3704	1
14	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2 (P-35375-H)		BNH0553	6	49	HEX HEAD CAP SCREW GR-5 Z/P 1/4-20 X 1 3/4		BNH3691	1
15	CABLE STOPPER SHELL 1 1/2 X 1 3/4		BNH4230	2	50	NYLON INSERT LOCK NUT Z/P 1/4-20		BNH2983	1
16	EDGE PROTECTOR CHROME 11 GA		BNH1724	1	51	SUPER LUBE TEFLON LUBRICANT 82340		BNH0704	2
17	ELLIPTICAL RUBBER SHOE		BNH3323	4	52	LABEL-WARNING KEEP BODY, HANDS... 1X2-5/8		BNH2926	1
18	FINISHED HEX NUT Z/P 1/2-13		BNH0206	2	53	HEX KEY ALLOY 4 MM		BNH3708	1
19	FLANGED SPACER Z/P 3/8 X 30MM		BNH3398	1	54	LABEL-WARNING_SERIOUS INJURY OR DEATH		BNH3134	1
20	FLAT HEAD SOCKET CAP SCREW Z/P M6-1.0 X 50		BNH3705	1	55	FACILITY SIGN BE ALERT! THE FITNESS EQUIPMENT		BNH3138	1
21	FLAT WASHER 3/8 ID X 1 1/2 OD X 3/16 THICK		BNH1717	2	56	LABEL- CAUTION ADJUST LEVELER		BNH2967	1
22	FLAT WASHER SAE Z/P 1/2"		BNH2031	2	57	LABEL WARNING KEEP BODY, HANDS, 1 1/2 X 2 1/4		BNH2908	1
23	FLAT WASHER SAE Z/P 3/8"		BNH2030	27	58	LABEL-CG-9500 SERIES PANTONE ON CHROME BASE 1.375 X 12.75		BNH3172	1
24	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 1 1/4		BNH2167	2	59	LABEL-DANGER DO NOT LEAN AGAINST, 1.75X2.375		BNH3145	2
25	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4		BNH2038	2	60	LABEL-DANGER USE THIS EQUIP. ONLY (COMM. LINE) 1.5 X 2.375		BNH3088	1
26	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 3/4		BNH2040	4	61	LABEL-EXERCISE CHART		BNH3192	1
27	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3		BNH2046	6	62	LABEL-COMMERCIAL WARRANTY		BNH3181	1
28	LOW ROW BAR 1 1/4 ALUMINUM		BNH1771	1	63	LABEL-IMPORTANT CHECK CABLES		BNH3113	1
29	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16		BNH2026	15	64	LABEL-IMPORTANT FOR SMOOTH PERFORMANCE... 1.5 X 1.250		BNH2925	1
30	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK		BNH0506	5	65	LABEL-INSPECTIONS RECOMMENDED INSPECTION...		BNH3137	1
31	OVAL HEAD PHILLIPS MACHINE SCREW Z/P #10-24 X 1 1/8		BNH4329	2	66	LABEL-NUMBERS 10-200 LBS/KGS 7/8 X 3 YELLOW & BLACK		BNH4069	1
32	PLASTIC SHROUD LID		BNH3393	1	67	LABEL-SCHEDULE REPLACEMENT PARTS...		BNH3135	1
33	RUBBER CORR MAT ON LOW ROW BAR REST		BNH3686	1	68	LABEL-TFI 4 HIGH X 4.23 WIDE BLUE AND CHROME		BNH3699	1
34	RUBBER DONUT 3/4 X 2 1/2		BNH0068	4	69	LABEL-TFI SERIAL NO. 2.5 X 1.5		BNH3147	2
35	SHROUD LID RUBBER MAT LARGE		BNH3394	1					

### PRE ASSEMBLED COMPONENTS

Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Rev.	Part No.	Qty.
*1	ADJ PULLEY BRACKET (3 1/2 PULLEY)	0	UP8800X1	1	*8	WEIGHT SHIELD FRONT	0	UP8468X1	1
*2	BASE FRAME	0	UP8801X1	1	*10	WEIGHT STACK FRAME	0	UP8804X1	1
*5	FRONT UPRIGHT	0	UP8803X1	1	*32	PLASTIC SHROUD LID		BNH3393X1	1

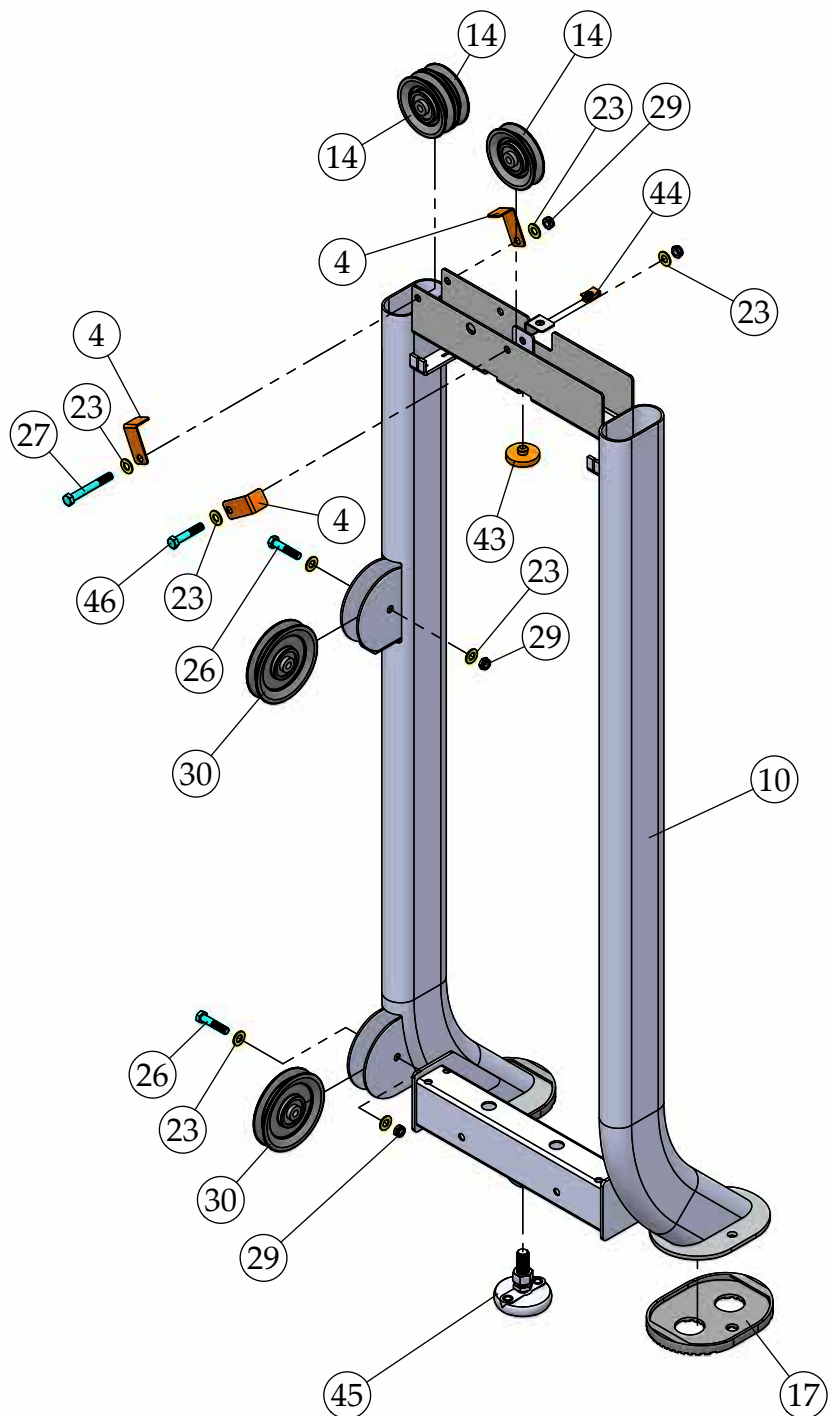
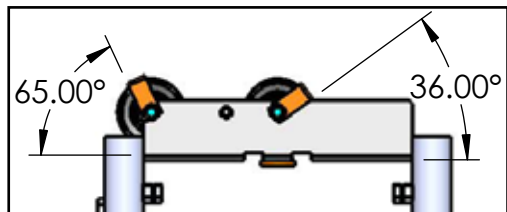
# Pre-Assembled Components



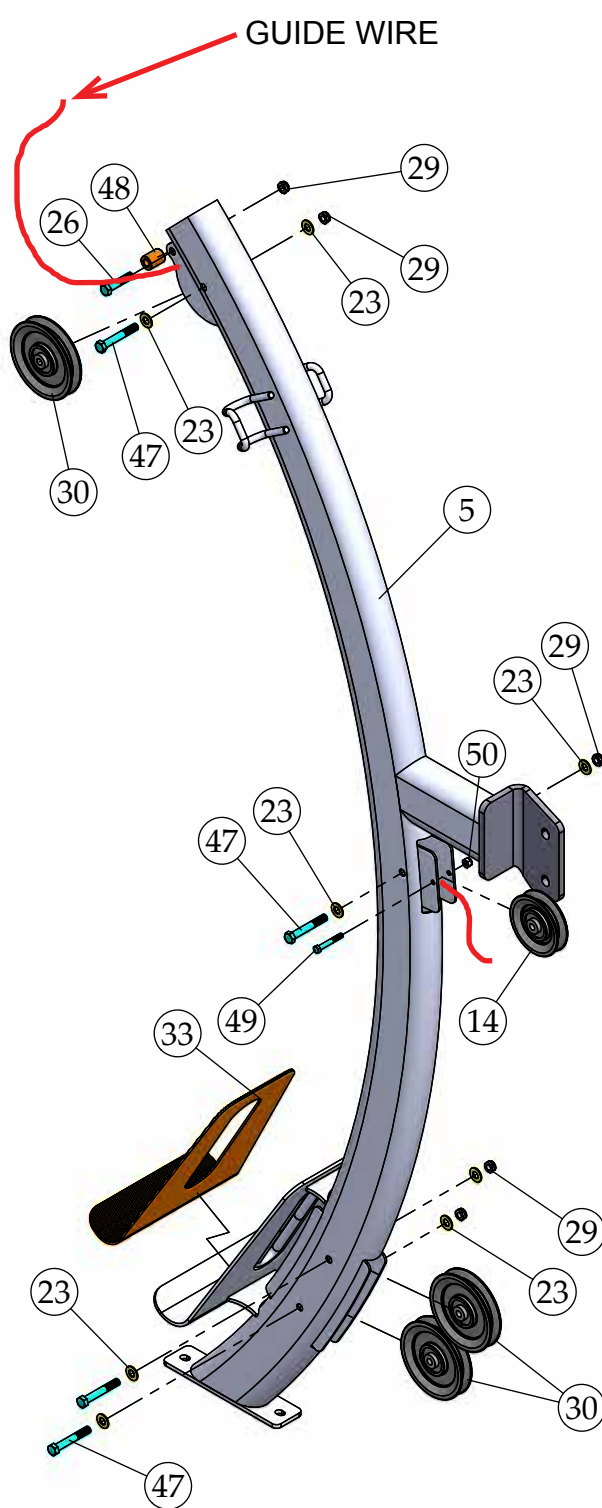
## \*10 UP8804X1

### Note:

1. Be sure to position brackets (#4) given degrees.  
Otherwise the plastic shroud lid will not assemble.



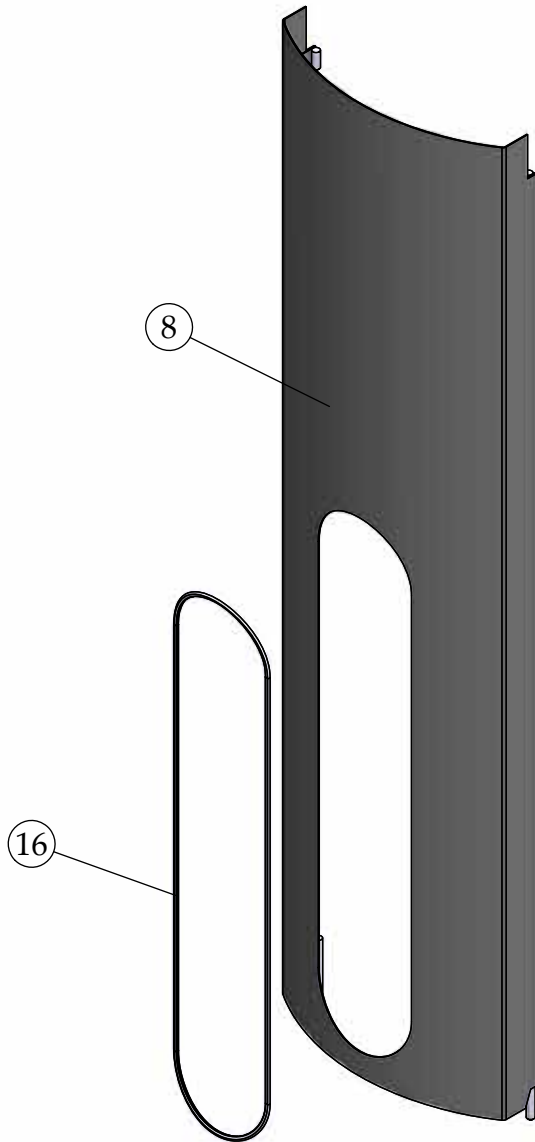
## \*5 UP8803X1



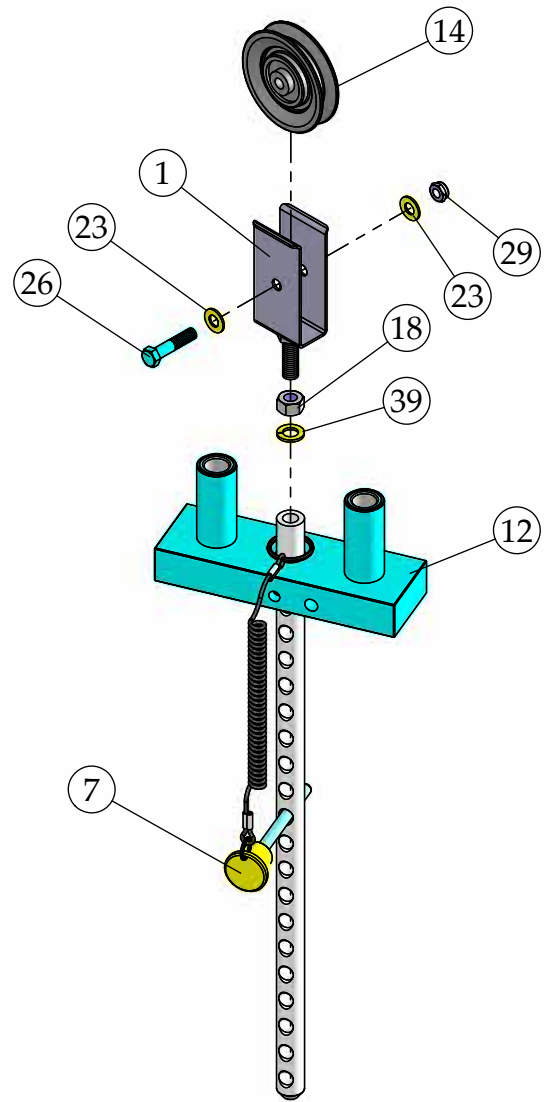
# Pre-Assembled Components



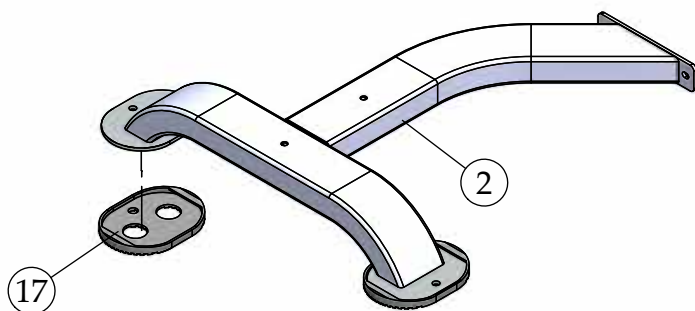
\*8 UP8876X1



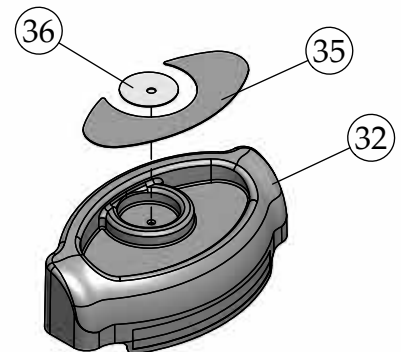
\*1 UP8800X1



\*2 UP8801X1



\*32 BNH3393X1





# COMMERCIAL WARRANTY\*

This warranty applies only in the United States to the products manufactured or distributed by TuffStuff Fitness International Inc. (TFI) under the CALGYM brand name. TFI warrants to the original purchaser that CALGYM 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.

## COMMERCIAL WARRANTY\*:

**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 (1) year from the date of purchase to the original purchaser.

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

**\*Not recommended for membership based or dues paying facilities.**

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, WHETHER EXPRESS OR IMPLIED BY OPERATION OF LAW OR OTHERWISE, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS. TFI SHALL IN NO EVENT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL LOSSES, DAMAGES, OR EXPENSES IN CONNECTIONS WITH EXERCISE PRODUCTS. TFI'S LIABILITY HEREUNDER IS EXPRESSLY LIMITED TO THE REPAIRS OR REPLACEMENTS OF WARRANTED DEFECTIVE PARTS.**

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, Inc. 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. Ph 909-629-1600 Fx 909-629-4967  
www.tuffstufffitness.com service@tuffstuff.net or service1@tuffstuff.net