

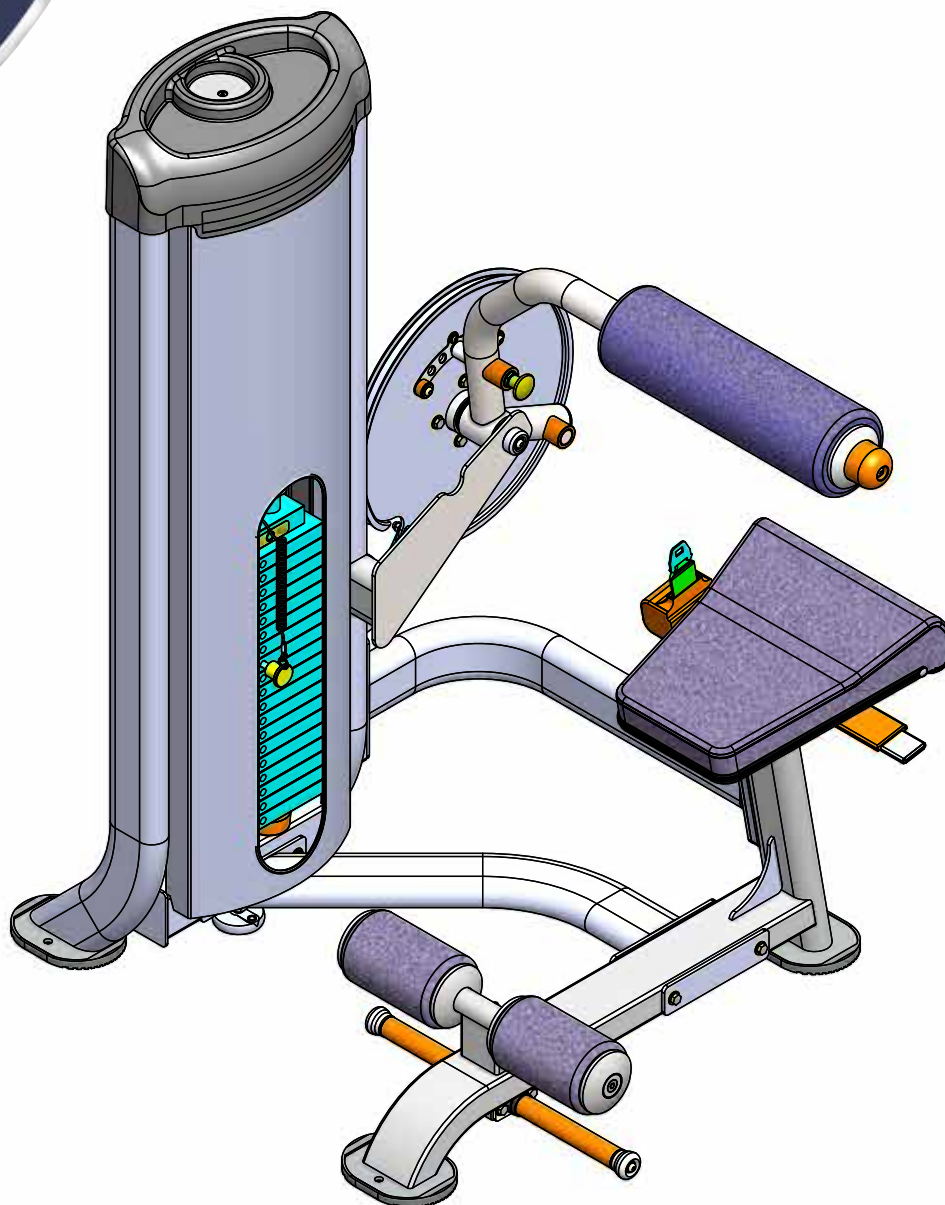


# TUFFSTUFF FITNESS INTERNATIONAL

## 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-9510

### Abdominal/Back

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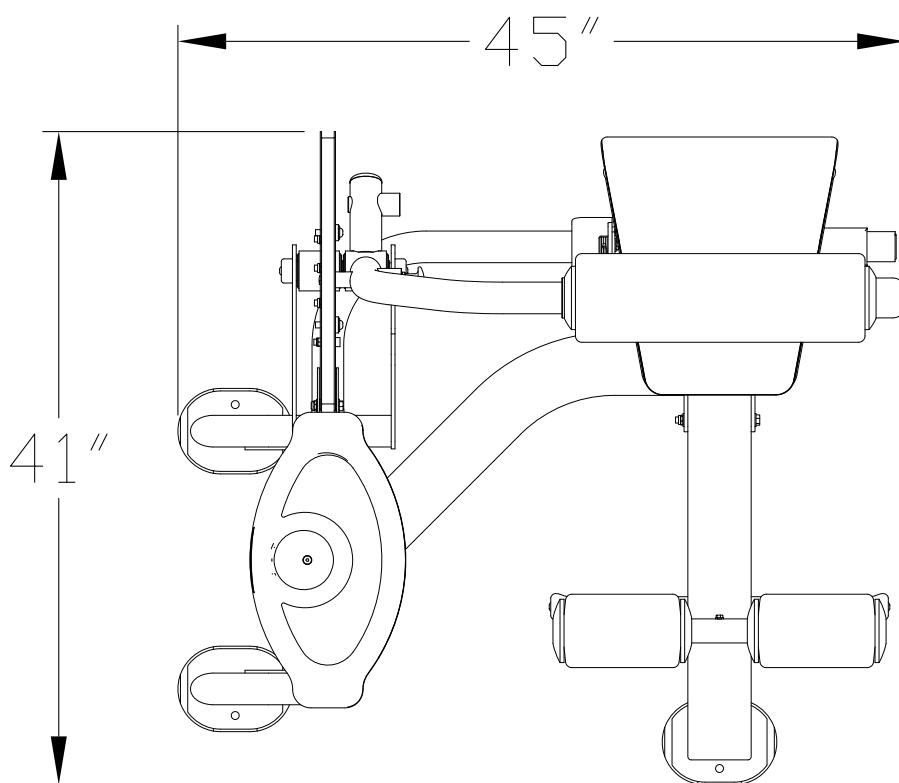
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TuffStuff Fitness International Inc. continually engages in research related to product improvements. Please take the time to carefully read through this owner's manual thoroughly. Instructions contained in this owner's manual are not intended to cover 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 41" X W 45" X H 59"**  
**MAX-LOAD WEIGHT LIMIT -200 lbs**

**SCHEDULE Replacement Parts**

Part Name	Qty.	Notes
Upper Body	1	
Lower Body	1	
Cables	2	
Rubber Grips	2	
Upper Handles	2	
Pull-Pins	2	
Plastic Guides	2	
Weight Selector Pin	1	
Adjustment Strap	1	
Air Release Handle	1	
Black Castor Wheels	4	
Buckle Seat Belt	1	
Labels (as needed)	-	

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

- Read and understand owner's manual prior to assembly. Disassemble and reassemble before using the equipment. If you will move the machine, seek assistance from floor personnel. Obtain a medical exam before beginning any exercise program.
- When assembling, if you find fasteners missing, consult a professional if you are experienced with them.
- Inspect equipment prior to use for wear and tear. Repair damage, such as loose cables/belts and frame joints. Do not use it if it appears damaged or unstable.
- Be safe! Follow the "Do Not" and "Caution" signs posted on the machine. Seek assistance from floor personnel.
- 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.
- Always keep children and pets clear of all moving parts.
- Children must not be allowed near this machine. Damage may be caused.
- Make sure the selector pin is correctly inserted. Only the selector pin provided by the manufacturer, if already engaged, is permitted. If already engaged, the pin, with assistance from floor personnel.
- Never give the weights to be assembled. Do not use the machine if found in this condition. Return floor personnel immediately.
- The seat mounting mechanism is designed with an adjuster screw. Adjust the seat with an Allen wrench. Do not over-tighten. Adjust the seat with standard factory settings.
- The seat mounting bracket is attached to the machine. Replace if damaged.
- Follow Floor Personnel Instructions.

**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.

**IMPORTANT**  
**ADJUST** Cable Tension Here

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

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

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

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

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

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

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

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

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

**IMPORTANT**  
**CHECK CABLES** Be sure cables run between the pulleys and working properly.

**LEVELER**  
Adjust Here

**WEIGHT STACK**

20	8.0
25	10.0
30	12.0
35	14.0
40	16.0
45	18.0
50	20.0
55	22.0
60	24.0
65	26.0
70	28.0
75	30.0
80	32.0
85	34.0
90	36.0
95	38.0
100	40.0
105	42.0
110	44.0
115	46.0
120	48.0
125	50.0
130	52.0
135	54.0
140	56.0
145	58.0
150	60.0
155	62.0
160	64.0
165	66.0
170	68.0
175	70.0
180	72.0
185	74.0
190	76.0
195	78.0
200	80.0

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

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INSPECTIONS				
Recommended Inspection	DAILY	WEEKLY	MONTHLY	YEARLY
<b>INSPECT:</b> Links, pull-pins, snap locks, wheels, connectors, selector pin, and welded joints.	X			
<b>CLEAN:</b> Upholstery with lanolin-based 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 grip.	X			
<b>INSPECT:</b> All anti-slip 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 sliders, 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

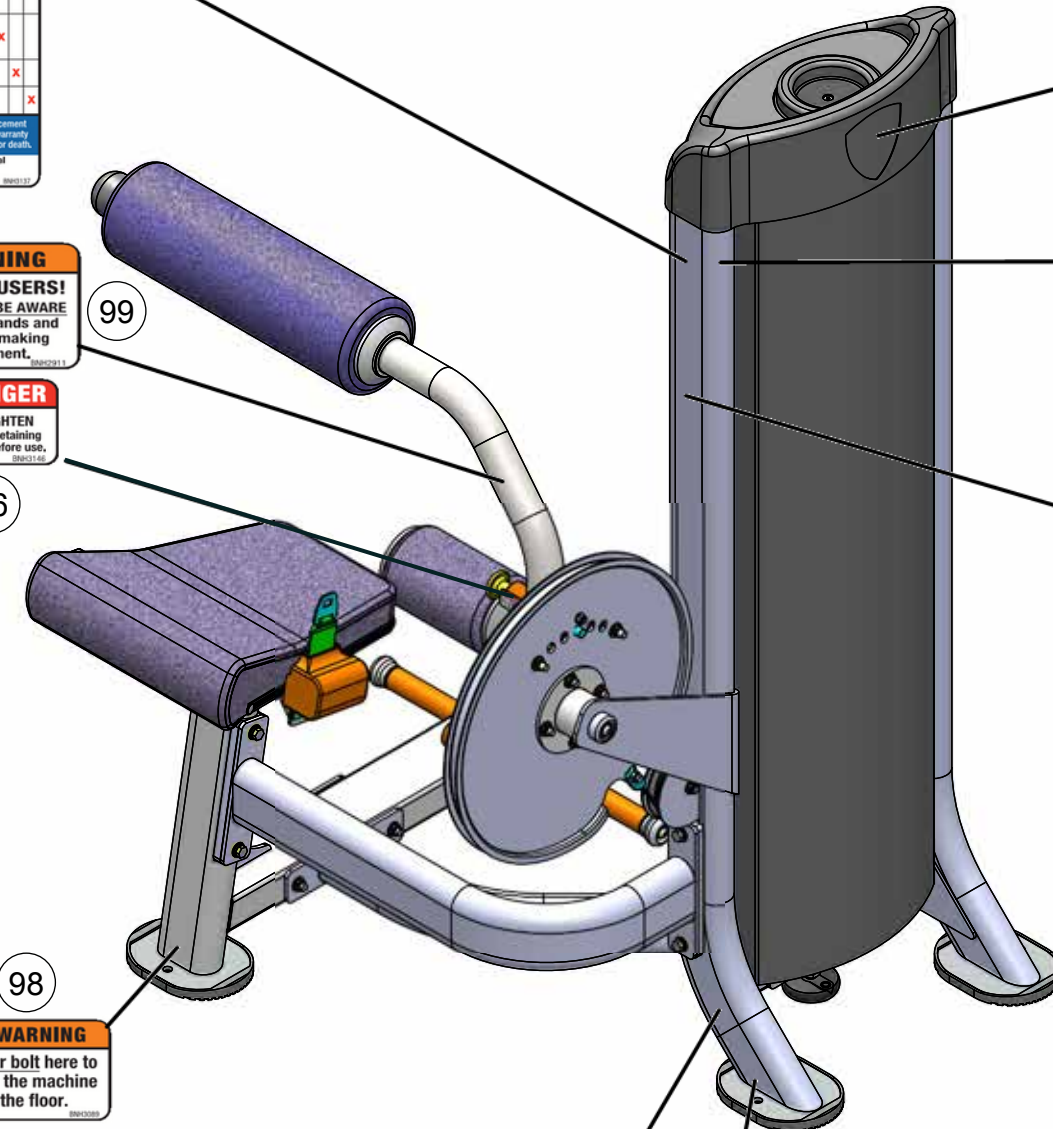
Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death.

TuffStuff Fitness International  
Chino, CA 91710, USA  
www.tuffstufffitness.com 0901127

**WARNING**  
**ATTENTION USERS!**  
Moving parts – BE AWARE of your body, hands and fingers when making the adjustment.

**DANGER**  
**TIGHTEN**  
this retaining nut before use.  
BNH31146

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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.  
BNH31145

## 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

BNH3181

TUFFSTUFF FITNESS INTERNATIONAL, INC.  
1-888-884-8275  
www.tuffstufffitness.com  
MODEL  
SERIAL #

Rev 2.2-1.3 inches Sep-19/028 Rev-19/027

**WARNING**  
Anchor bolt here to fasten the machine to the floor.  
BNH31089

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

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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.

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TuffStuff Fitness International  
Chino, CA 91710, USA  
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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## IMPORTANT

### ADJUST

Cable Tension Here

BNH2924

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## 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

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 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.

TuffStuff Fitness International  
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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## CAUTION

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

BNH2967

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## CAUTION

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

BNH2912

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## DANGER

**TIGHTEN**  
this retaining nut before use.

BNH3146

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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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TUFFSTUFF FITNESS INTERNATIONAL, INC.



1-888-884-8275

www.tuffstufffitness.com

MODEL

SERIAL #

BNH3147

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

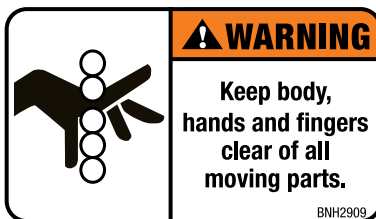
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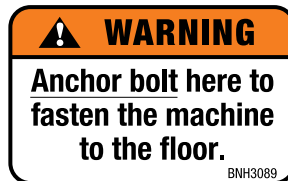
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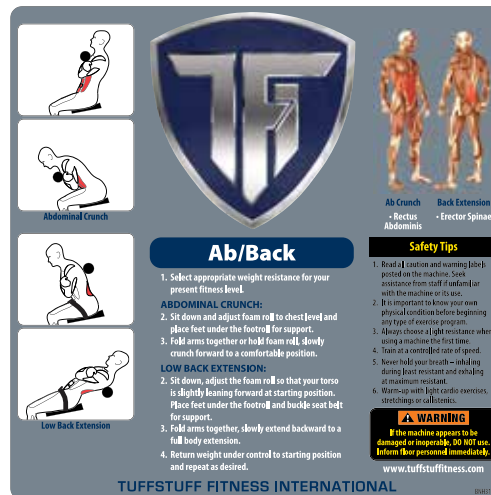
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89



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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 BNH0138

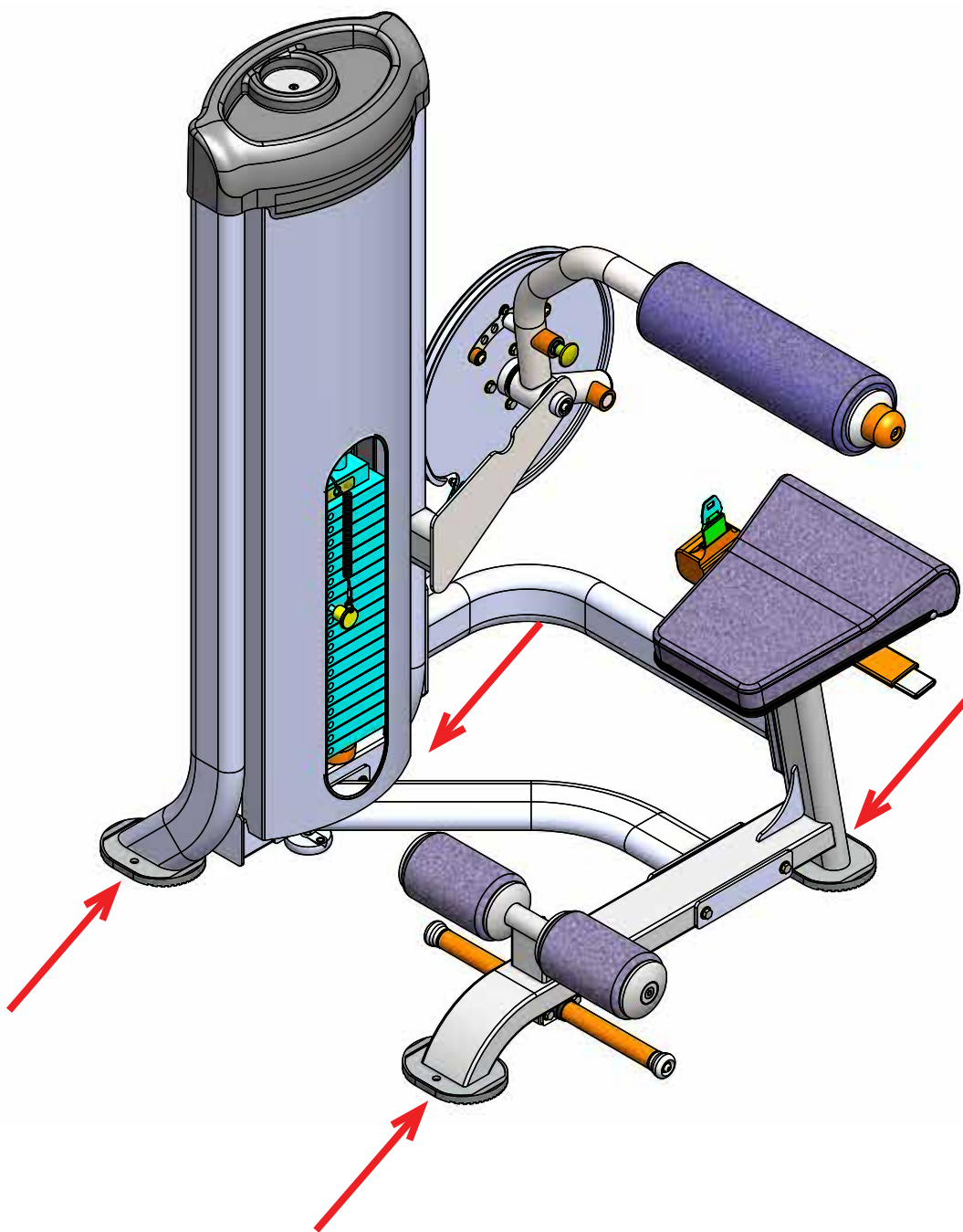
It is extremely important that the **Facility Sign** shown to the left be installed in plain view of the unit.


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-9510 Abdominal/Back. 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:**

- |                         |                                  |
|-------------------------|----------------------------------|
| <b>1. Model Number</b>  | <b>2. Place of Purchase</b>      |
| <b>3. Serial Number</b> | <b>4. Part # and Description</b> |

## Required Tools

The basic tools that you will need to assemble the CG-9510 but are not limited to:

- 3/4", 9/16", 1/2" combination wrenches
- Adjustable wrench
- Ratchet wrench with 3/4", 9/16", 1/2" sockets
- 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-9510. Use the overhead view on the Content Page to layout your floor plan before assembling.

Set up the CG-9510 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.

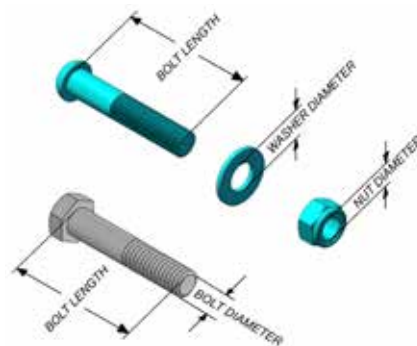
While you may be able to assemble the CG-9510 using the illustrations only, IMPORTANT safety notes and other tips are included in the text.

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

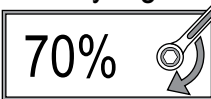
**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for final adjustments.

**CAUTION:** Obtain assistance from TFI if you have difficulty assembling the CG-9510. Please do not attempt to complete the assembly as this could result in equipment failure and serious injuries to the users.

## Symbols & Description



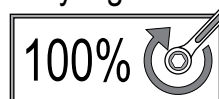
Loosely Tighten



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.



INSPECTIONS					
Recommended Inspection	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

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) BNH3137

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## 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

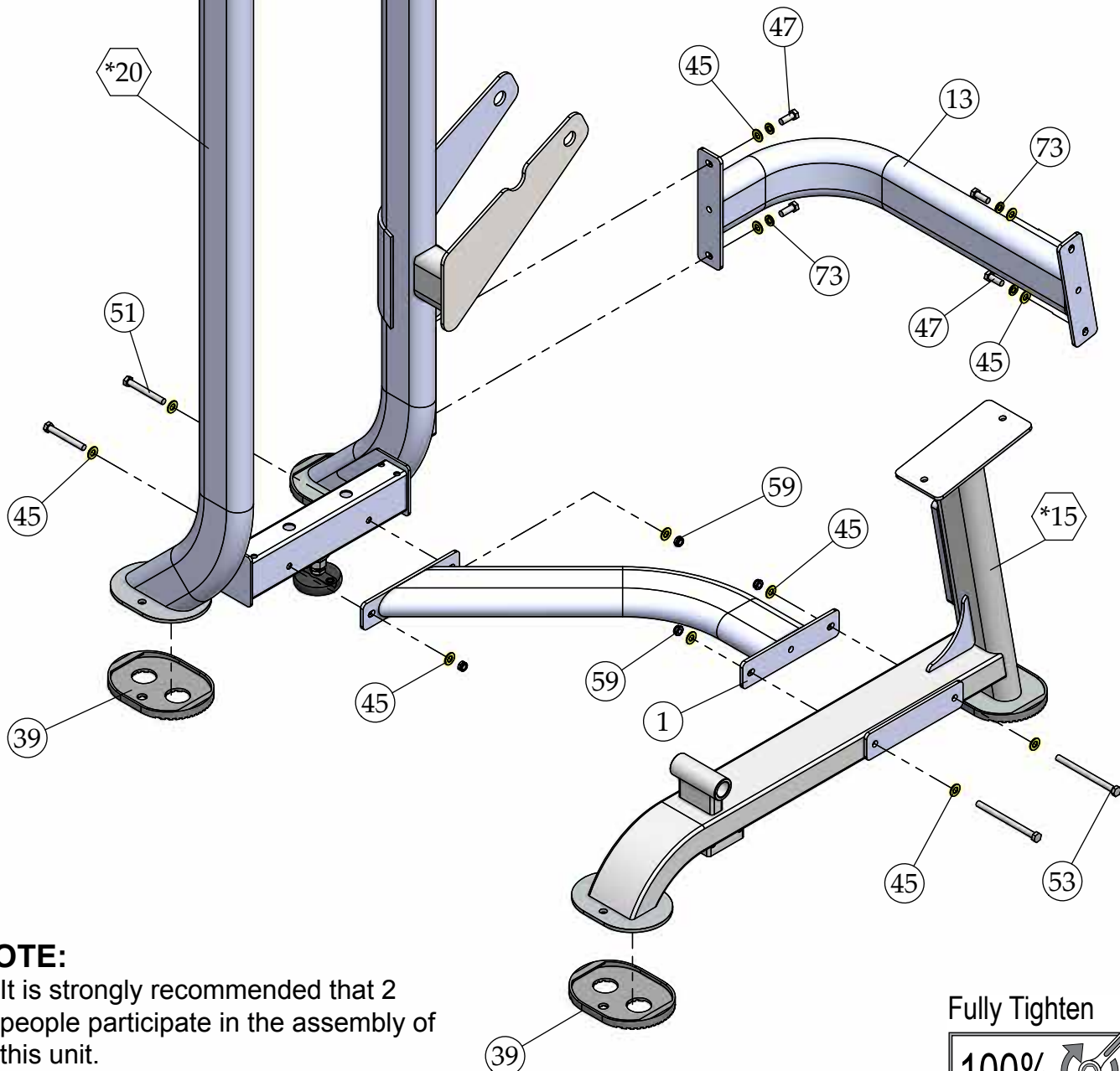
## IMPORTANT NOTE:

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



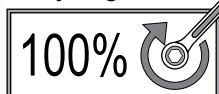
Step 1 Assembly List		
Item #	Description	Qty.
1	BOTTOM CROSS BRACE	1
13	REAR CROSS BRACE	1
*15	SEAT FRAME	1
*20	WEIGHT STACK FRAME	1
39	ELLIPTICAL RUBBER SHOE	4
45	FLAT WASHER SAE Z/P 3/8"	12
47	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1	4
51	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	2
53	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5	2
59	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	4
73	SPLIT LOCK WASHER Z/P 3/8"	4



## NOTE:

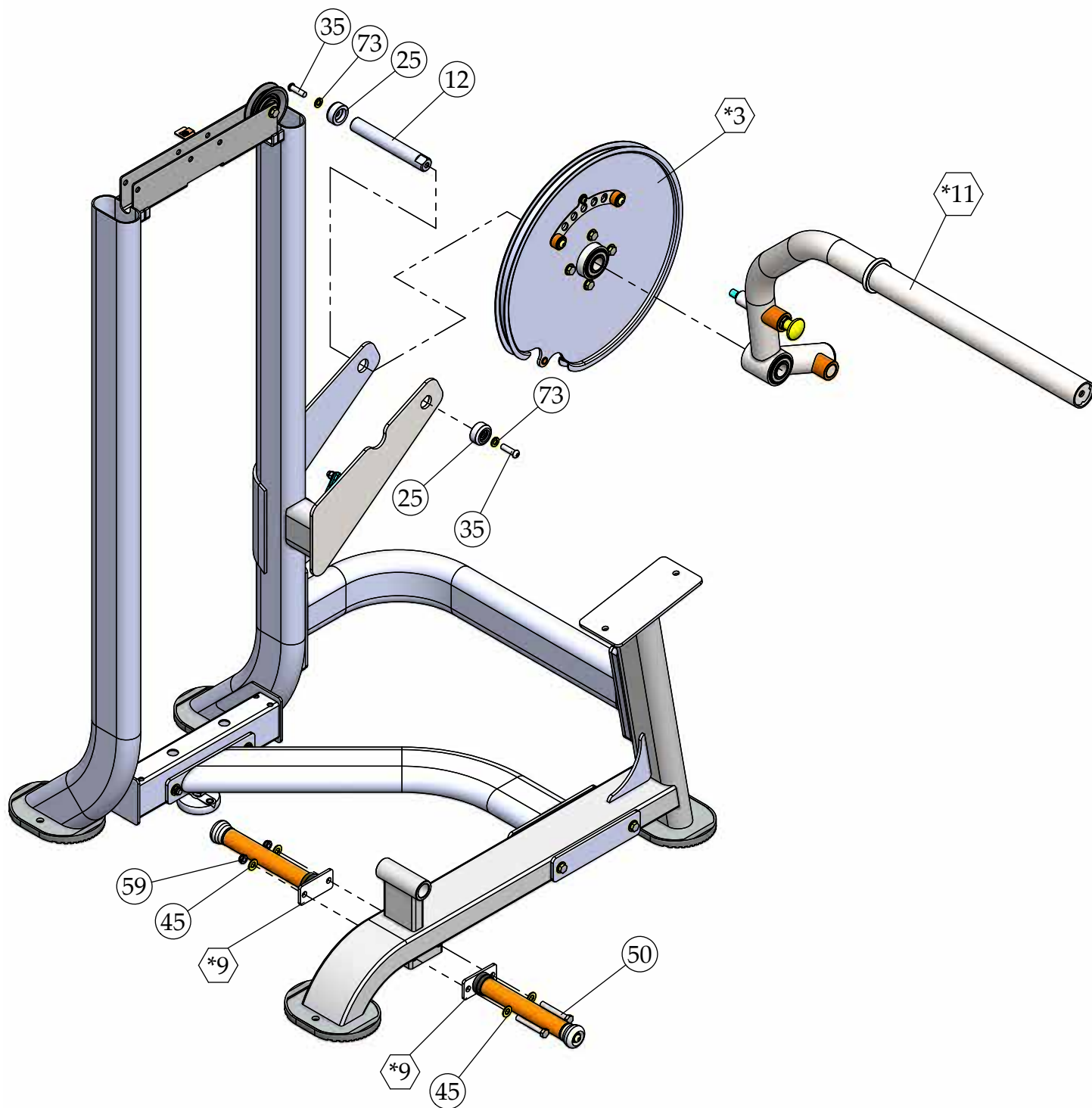
1. It is strongly recommended that 2 people participate in the assembly of this unit.
2. Be sure to hold the weight stack frame perpendicular to floor before tightening the screws.

Fully Tighten



Fully Tighten

Wrench tighten all hardware in this step.

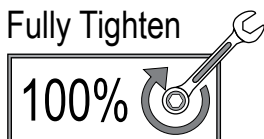




## Step 2 Assembly List

Item #	Description	Qty.
*3	CAM	1
*9	FOOT SUPPORT	2
*11	PIVOT ARM	1
12	PIVOT AXLE 1 RD X 7	1
25	ALUMINUM ROUND AXLE END CAP, 1 3/4	2
35	BUTTON HEAD SOCKET CAP SCREW GR-8 Z/P 3/8-16 X 1 1/4	2
45	FLAT WASHER SAE Z/P 3/8"	4
50	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2	2
59	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	2
73	SPLIT LOCK WASHER Z/P 3/8"	2

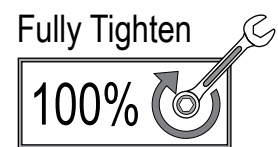
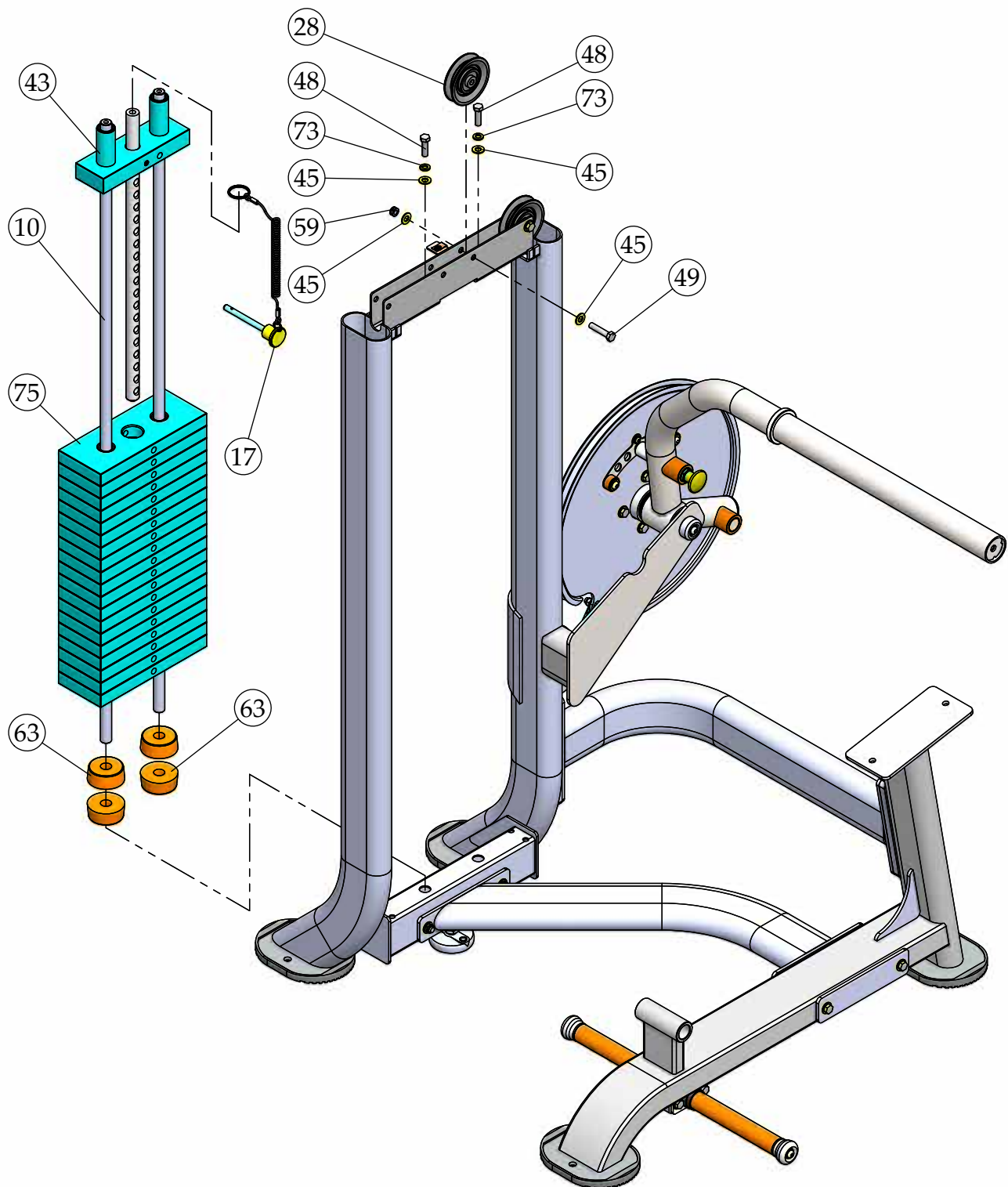
Fully Tighten



**Fully Tighten**

Wrench tighten all hardware in this step.

# Step 3

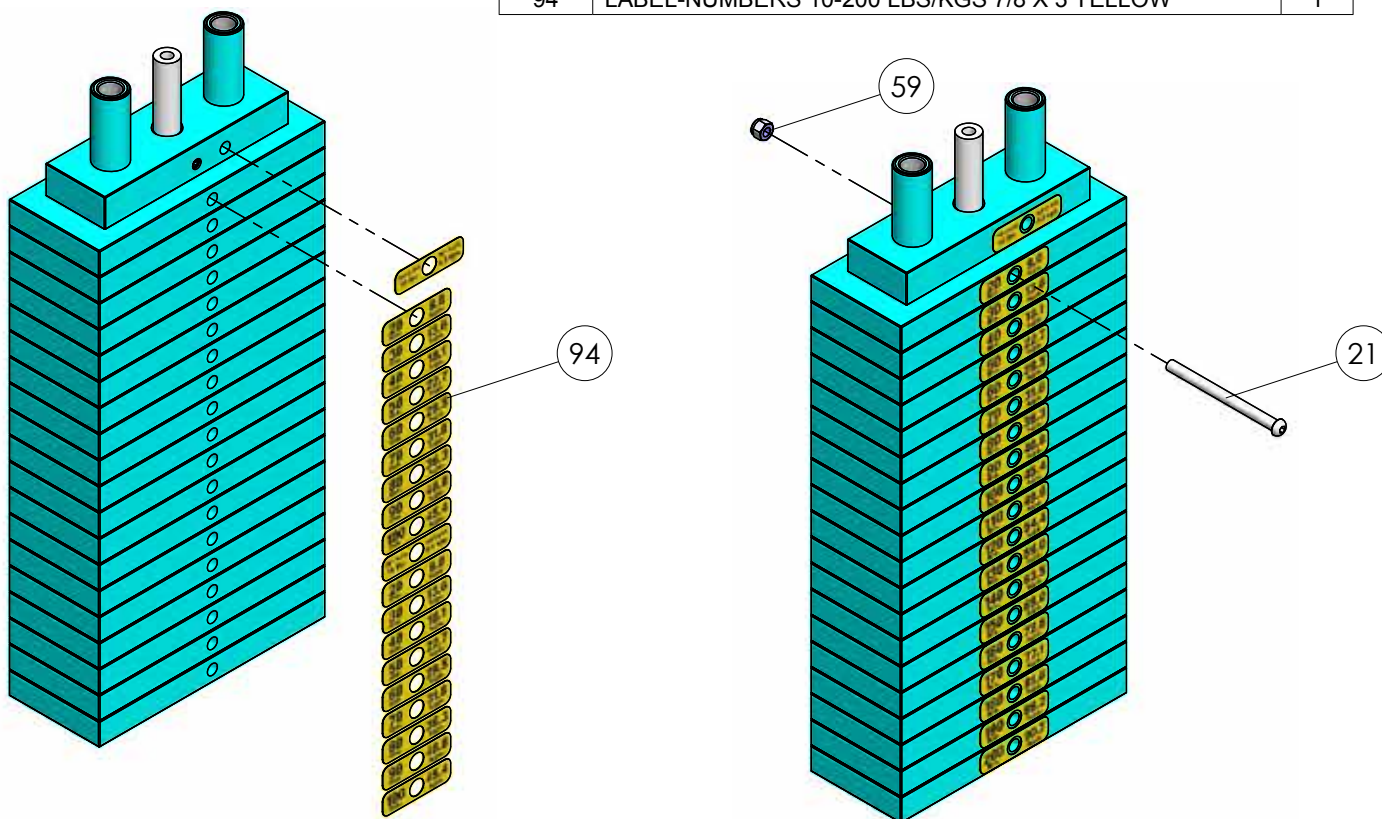


**Fully Tighten**  
Wrench tighten all hardware in this step.

**NOTE:**

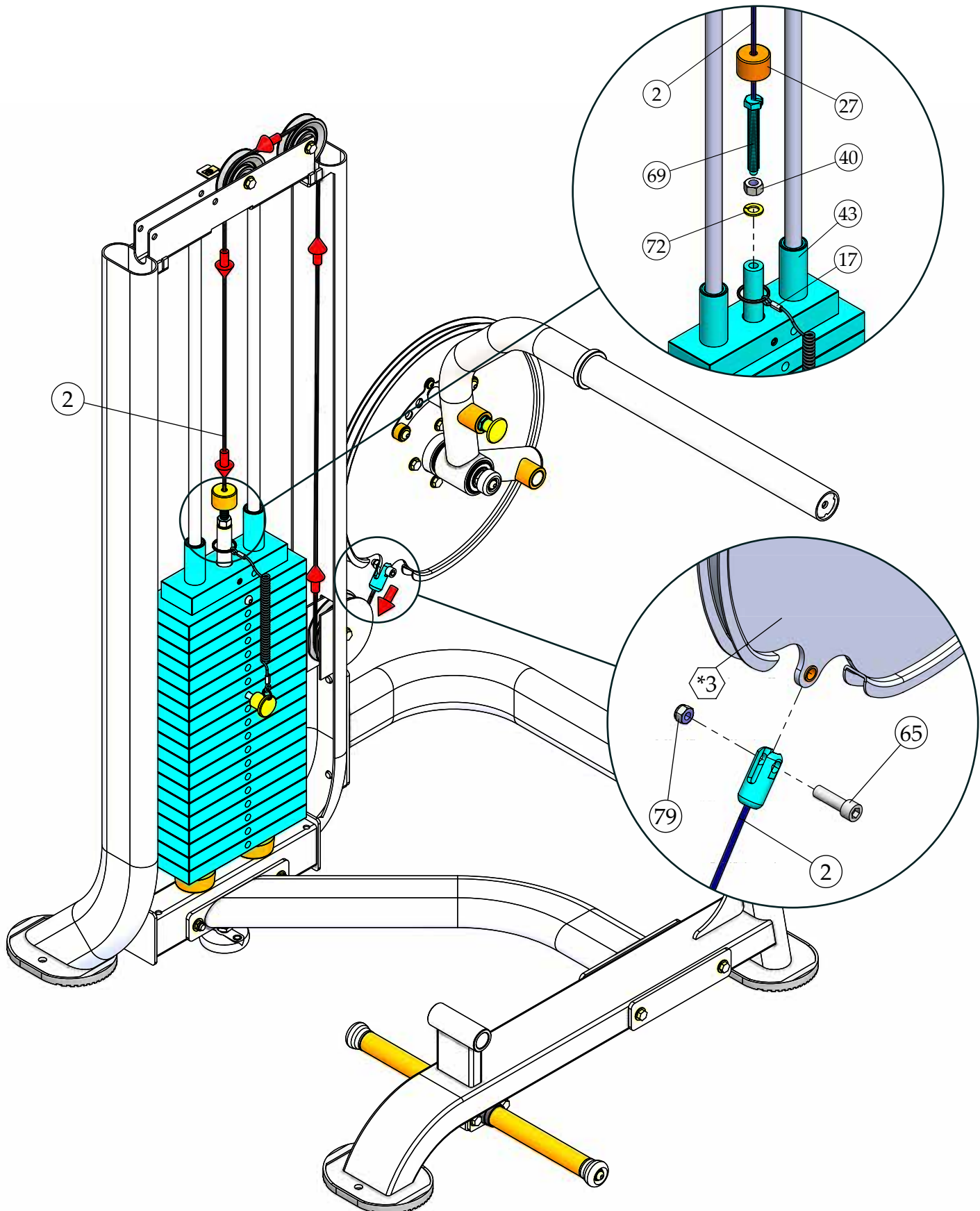
1. TOP PLATE LABEL GOES ON HOLE OFF CENTER AS SHOWN. LABEL WILL COVER HOLE ON CENTER.

Step 3 Assembly List		
Item #	Description	Qty.
10	GUIDE ROD 3/4 RD X 50 3/8	2
17	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	1
21	BUTTON HEAD SOCKET CAP SCREW GR-8 Z/P 3/8-16 X 4 3/4	1
28	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2 (P-35375-H)	1
43	10 LB TOP PLATE W/ADJUSTABLE SELECTOR BAR	1
45	FLAT WASHER SAE Z/P 3/8"	4
48	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	2
49	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 3/4	1
59	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	2
63	RUBBER DONUT 3/4 X 2 1/2	4
73	SPLIT LOCK WASHER Z/P 3/8"	2
75	10 LB STEEL WEIGHT PLATE BLACK 4 X 10 (EA)	19
94	LABEL-NUMBERS 10-200 LBS/KGS 7/8 X 3 YELLOW	1

**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 (#94) 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.

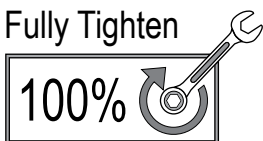
# Step 4 Cable Routing



## Step 4 Assembly List

Item #	Description	Qty.
2	CABLE	1
*3	CAM	1
17	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	1
27	BLACK NYLON BUMPER	1
40	FINISHED HEX NUT Z/P 1/2-13	1
43	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS	1
65	SHOULDER BOLT Z/P 3/8 X 3/4	1
69	SPLIT BOLT GR-8 Z/P 1/2-13 X 3 1/2 (RND CUT)	1
72	SPLIT LOCK WASHER Z/P 1/2"	1
79	NYLON INSERT LOCK NUT Z/P 5/16-18	1

Fully Tighten



**Fully Tighten**

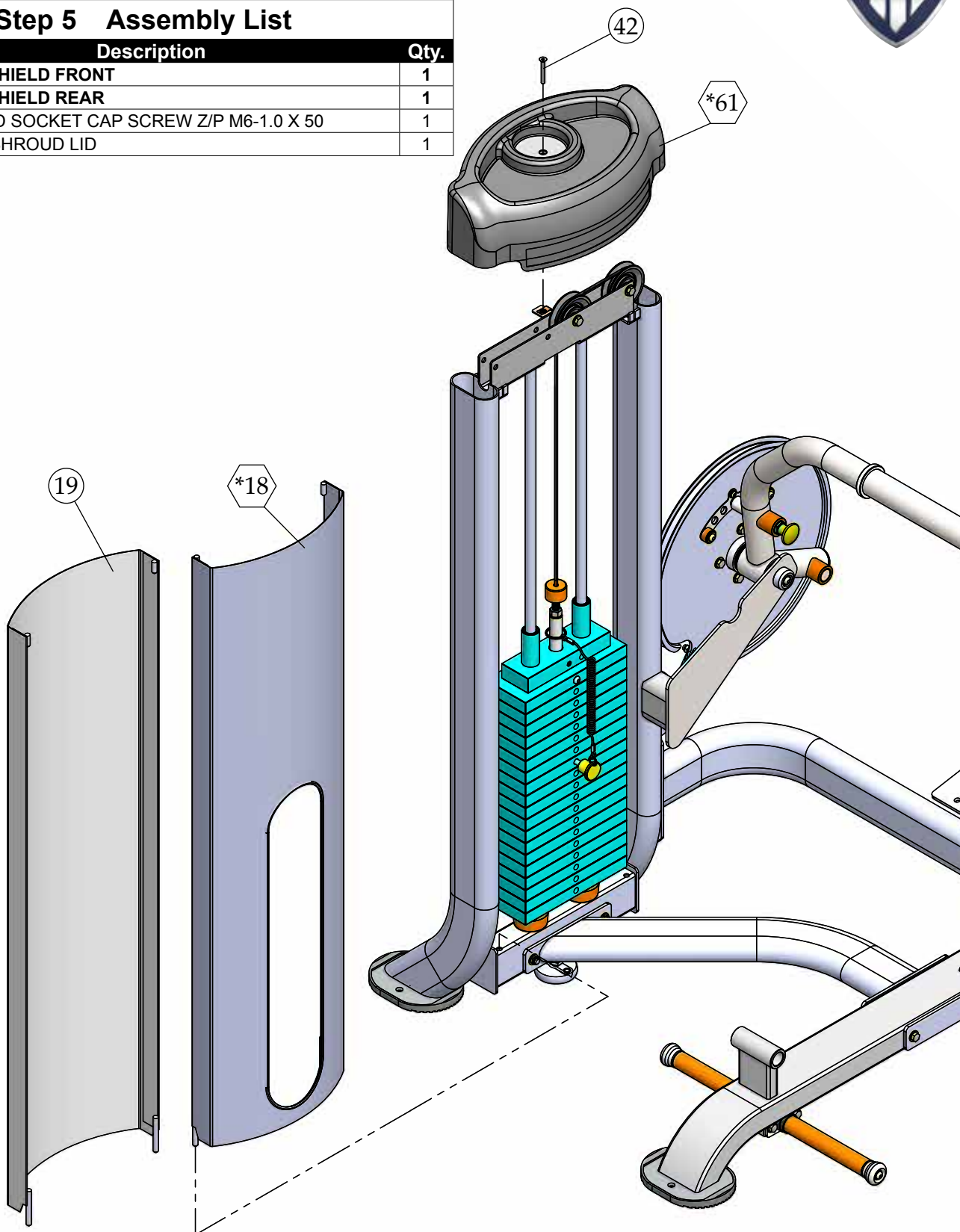
Wrench tighten all hardware in this step.

# Step 5

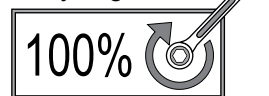


## Step 5 Assembly List

Item #	Description	Qty.
*18	WEIGHT SHIELD FRONT	1
19	WEIGHT SHIELD REAR	1
42	FLAT HEAD SOCKET CAP SCREW Z/P M6-1.0 X 50	1
*61	PLASTIC SHROUD LID	1



Fully Tighten



**Fully Tighten**

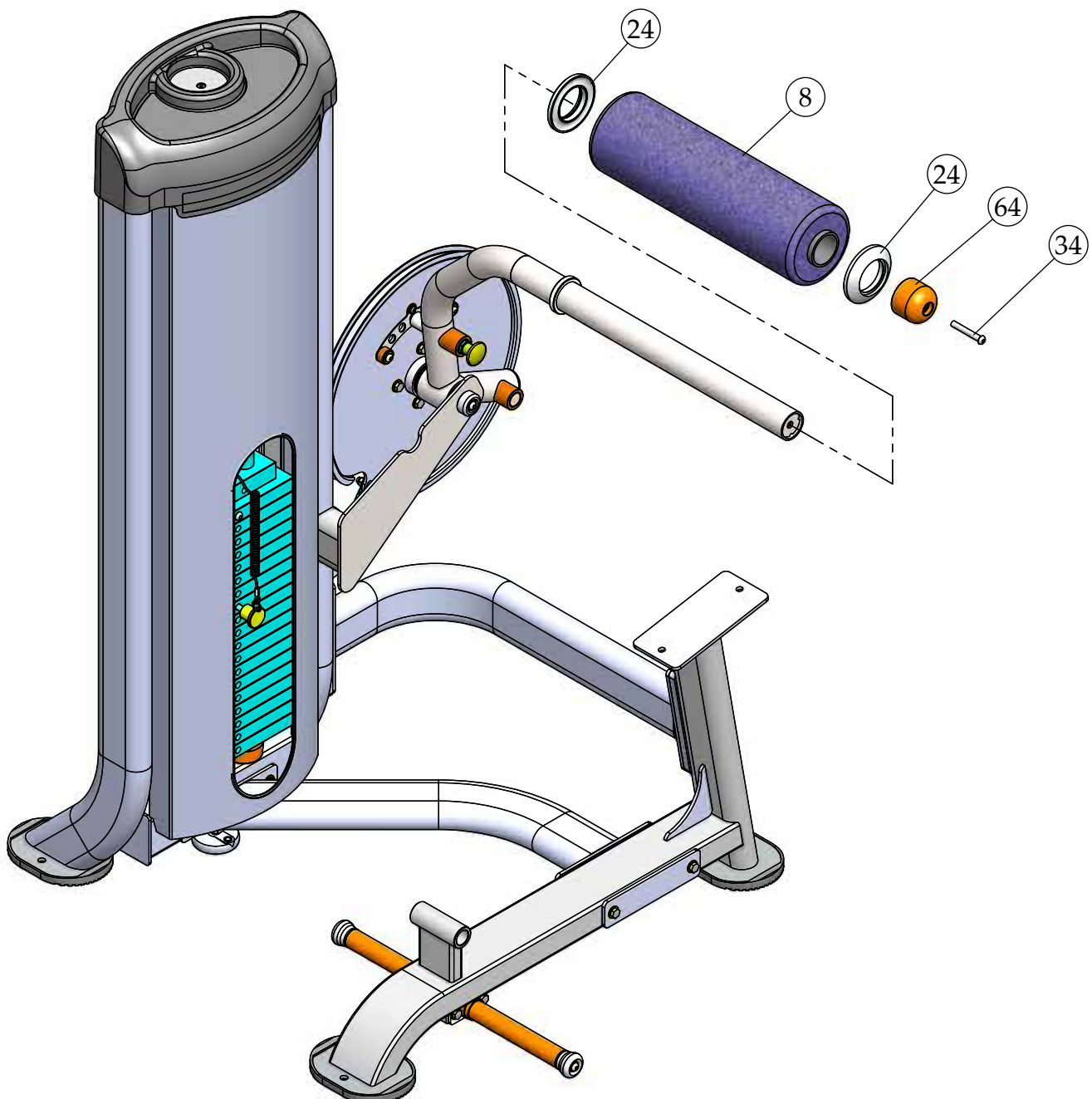
Wrench tighten all hardware in this step.

# Step 6



## Step 6 Assembly List

Item #	Description	Qty.
8	FOAM ROLL 2 X 5 1/2 X 18 1/2	1
24	ALUMINUM FOOT ROLL CAP 2" ID	2
34	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 2 1/2	1
64	UHMW HANDLE	1

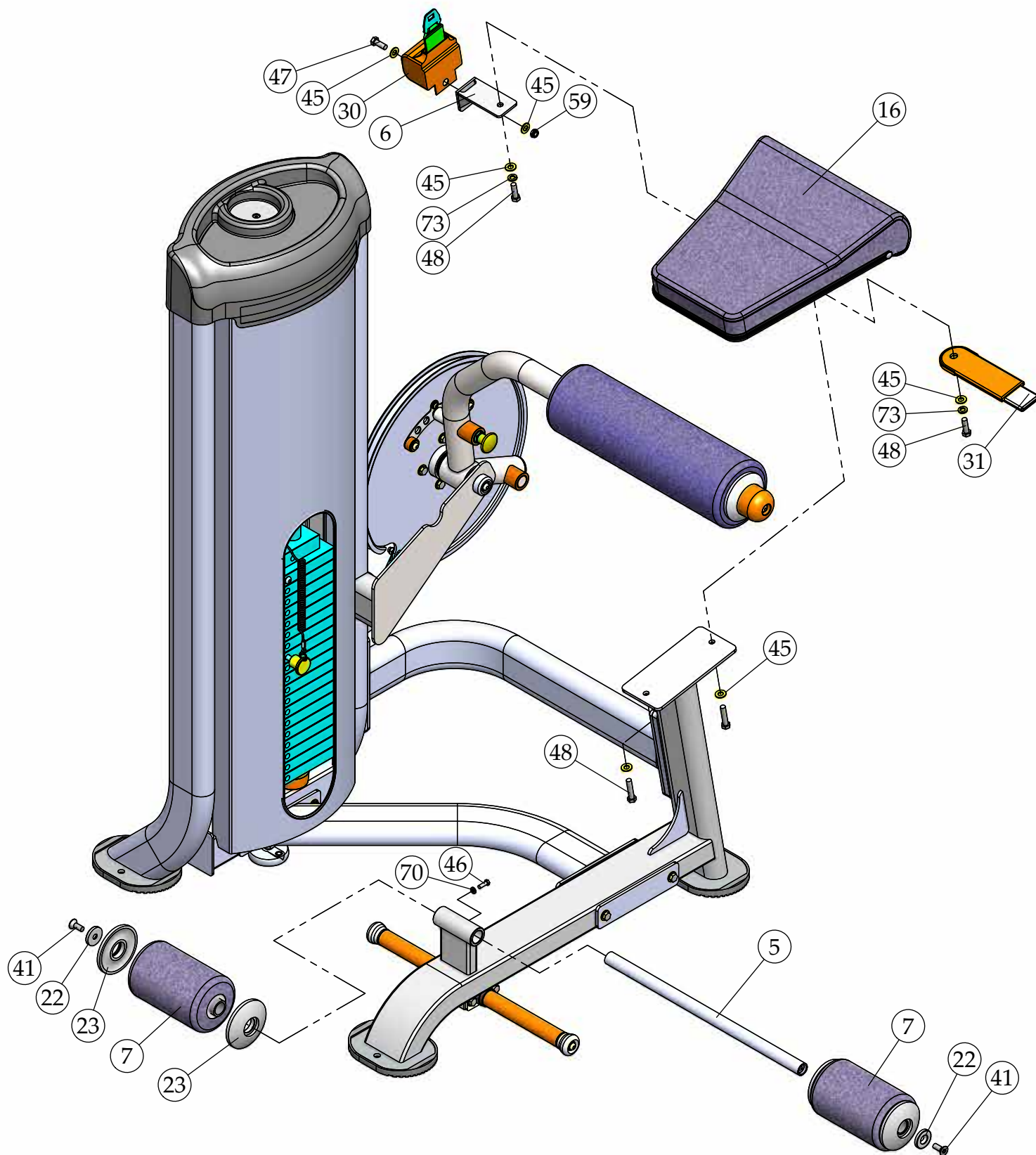


# Step 7



## NOTE:

1. BE SURE TO LINE UP HOLES ON CHROME FOOT ROLL #5 AND SEAT FRAME #15 TO ALLOW SCREW #46 TO SCREW IN.





## Step 7 Assembly List

Item #	Description	Qty.
5	CHROME FOOT ROLL 20 1/4"	1
6	SEAT BELT BRACKET	1
7	FOAM ROLL 1 X 4 1/2 X 7 1/4	2
16	SEAT PAD	1
22	ALUMINUM CAP WASHER 1 1/2	2
23	ALUMINUM FOOT ROLL CAP 1" ID	4
30	BLACK SEAT BELT TYPE 1 ALR RETRACTOR	1
31	BLACK SEAT BELT TYPE 1 BUCKLE	1
41	FLAT HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1	2
45	FLAT WASHER SAE Z/P 3/8"	6
46	HEX HEAD CAP SCREW GR-5 Z/P 1/4-20 X 3/4	1
47	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1	1
48	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	4
59	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	1
70	SPLIT LOCK WASHER Z/P 1/4	1
73	SPLIT LOCK WASHER Z/P 3/8"	2

# Parts List



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

## CG-9510 Parts List

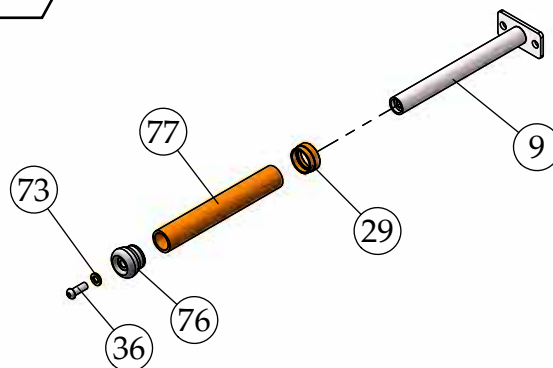
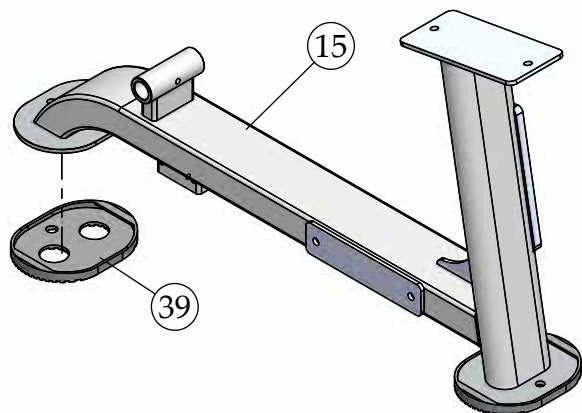
Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Rev.	Part No.	Qty.
1	BOTTOM CROSS BRACE	0	UP8809	1	53	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5		BNH2051	2
2	CABLE	0	UP8805	1	54	LEVELER		BNH3662	1
3	CAM	0	UP8806	1	55	HEX KEY ALLOY 4 MM		BNH3708	1
4	CAM MOUNTING PLATE	0	UP8807	1	56	HEX KEY ALLOY 7/32"		BNH0575	1
5	CHROME FOOT ROLL 20 1/4"	0	UP8808	1	57	NYLON INSERT LOCK NUT Z/P 1/4-20		BNH2983	1
6	SEAT BELT BRACKET	0	UP6705	1	58	LABEL-COMMERCIAL WARRANTY		BNH3181	1
7	FOAM ROLL 1 X 4 1/2 X 7 1/4	0	UP8508	2	59	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16		BNH2026	17
8	FOAM ROLL 2 X 5 1/2 X 18 1/2	0	UP8811	1	60	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK		BNH0506	1
9	FOOT SUPPORT	0	UP8812	2	61	PLASTIC SHROUD LID		BNH3393	1
10	GUIDE ROD 3/4 RD X 50 3/8	0	UP8461	2	62	PULL PIN 1/2 X 5 5/8 STIFF SPRING (YELLOW KNOB)		BNH4075	1
11	PIVOT ARM	0	UP8813	1	63	RUBBER DONUT 3/4 X 2 1/2		BNH0068	4
12	PIVOT AXLE 1 RD X 7	0	UP8485	1	64	UHMW HANDLE		BNH2122	1
13	REAR CROSS BRACE	0	UP8814	1	65	SHOULDER BOLT Z/P 3/8 X 3/4		BNH2392	1
14	SCRATCH PROTECTOR	0	UP8815	1	66	SHROUD LID RUBBER MAT LARGE		BNH3394	1
15	SEAT FRAME	0	UP8816	1	67	SHROUD LID RUBBER MAT SMALL		BNH3395	1
16	SEAT PAD	0	UP8817	1	68	SOCKET SET SCREW Z/P 10-32 X 1/8		BNH2088	1
17	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	69	SPLIT BOLT GR-8 Z/P 1/2-13 X 3 1/2 (RND CUT)		BNH2977	1
18	WEIGHT SHIELD FRONT	0	UP8468	1	70	SPLIT LOCK WASHER Z/P 1/4		BNH3337	1
19	WEIGHT SHIELD REAR	0	UP8459	1	71	U-STYLE TAPPED HOLE NUT M6		BNH3351	1
20	WEIGHT STACK FRAME	0	UP8818	1	72	SPLIT LOCK WASHER Z/P 1/2"		BNH0572	1
21	BUTTON HEAD SOCKET CAP SCREW GR-8 Z/P 3/8-16 X 4 3/4		BNH3348	1	73	SPLIT LOCK WASHER Z/P 3/8"		BNH2520	12
22	ALUMINUM CAP WASHER 1 1/2		BNH3080	2	74	SUPER LUBE TEFLON LUBRICANT 82340		BNH0704	2
23	ALUMINUM FOOT ROLL CAP 1" ID		BNH3079	4	75	10 LB STEEL WEIGHT PLATE BLACK 4 X 10 (EA)		BNH4345	19
24	ALUMINUM FOOT ROLL CAP 2" ID		BNH3077	2	76	ALUMINUM CAP 1.040" RD		BNH3082	2
25	ALUMINUM ROUND AXLE END CAP, 1 3/4		BNH3409	2	77	RUBBER GRIP 1 ID X .125 X 7 1/4		BNH3288	2
26	BALL BEARING #W 516, (1641-2RS-NR(SP)		BNH0628	4	78	UHMW STOPPER 1 7/16 RD X 1 1/2		BNH3693	2
27	BLACK NYLON BUMPER		BNH3308	1	79	NYLON INSERT LOCK NUT Z/P 5/16-18		BNH2056	1
28	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2 (P-35375-H)		BNH0553	2	80	BLACK DELRIN STOPPER 1 OD X 7/16 ID X 1/2 LG		BNH2892	2
29	BLACK RUBBER HOUSING W/OUT NOTCH		BNH3692	2	81	EDGE PROTECTOR CHROME 11 GA		BNH1724	1
30	BLACK SEAT BELT TYPE 1 ALR RETRACTOR (E29352001)		BNH1218	1	82	FACILITY SIGN BE ALERT! THE FITNESS EQUIPMENT		BNH3138	1
31	BLACK SEAT BELT TYPE 1 BUCKLE (E2353901)		BNH1217	1	83	LABEL-CAUTION ADJUST LEVELER		BNH2967	1
32	BRONZE BUSHING 3/8 X 1/2 X 5/16		BNH0737	1	84	LABEL-CAUTION CHECK PULL-PIN IS FULLY... 1 1/2 X 1 3/8		BNH2912	1
33	BUTTON HEAD SOCKET CAP SCREW GR-8 Z/P 1/4-20 X 3/4		BNH2995	1	85	LABEL-CG-9500 SERIES PANTONE ON CHROME BASE 1.375 X 12.75		BNH3172	1
34	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 2 1/2		BNH3316	1	86	LABEL-DANGER CHECK RETAINING NUT... 1.5 X 1		BNH3146	1
35	BUTTON HEAD SOCKET CAP SCREW GR-8 Z/P 3/8-16 X 1 1/4		BNH2034	2	87	LABEL-DANGER DO NOT LEAN AGAINST, 1.75X2.375		BNH3145	2
36	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1		BNH2033	2	88	LABEL-DANGER USE THIS EQUIP. ONLY (COMM. LINE) 1.5 X 2.375		BNH3088	1
37	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1 1/2		BNH2035	2	89	LABEL-EXERCISE CHART		BNH3193	1
38	ALUMINUM INSERT CAP 2 RD WITH O-RINGS		BNH2695	1	90	LABEL-IMPORTANT ADJUST CABLE TENSION HERE		BNH2924	1
39	ELLIPTICAL RUBBER SHOE		BNH3323	4	91	LABEL-IMPORTANT CHECK CABLES		BNH3113	1
40	FINISHED HEX NUT Z/P 1/2-13		BNH0206	1	92	LABEL-IMPORTANT FOR SMOOTH PERFORMANCE... 1.5 X 1.250		BNH2925	1
41	FLAT HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1		BNH3315	2	93	LABEL-INSPECTIONS RECOMMENDED INSPECTION...		BNH3137	1
42	FLAT HEAD SOCKET CAP SCREW Z/P M6-1.0 X 50		BNH3705	1	94	LABEL-NUMBERS 10-200 LBS/KGS 7/8 X 3 YELLOW & BLACK		BNH4069	1
43	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS ASM		BNH1982	1	95	LABEL-SCHEDULE REPLACEMENT PARTS...		BNH3135	1
44	FLAT WASHER SAE Z/P #12 (1/4")		BNH2982	2	96	LABEL-TFI 4 HIGH X 4.23 WIDE BLUE AND CHROME		BNH3699	1
45	FLAT WASHER SAE Z/P 3/8"		BNH2030	42	97	LABEL-TFI SERIAL NO. 2.5 X 1.5		BNH3147	2
46	HEX HEAD CAP SCREW GR-5 Z/P 1/4-20 X 3/4		BNH2106	1	98	LABEL-WARNING ANCHOR BOLT, 2 X 1 1/4"		BNH3089	4
47	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1		BNH2037	9	99	LABEL-WARNING ATTENTION USERS!... 2X1.5		BNH2911	1
48	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4		BNH2038	6	100	LABEL-WARNING KEEP BODY, HANDS... 1 1/2 X 2 5/8		BNH2909	1
49	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 3/4		BNH2040	3	101	LABEL-WARNING KEEP BODY, HANDS... 1X2-5/8		BNH2926	1
50	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2		BNH2044	3	102	LABEL-WARNING SERIOUS INJURY OR DEATH		BNH3134	1
51	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3		BNH2046	2	103	HEX KEY ALLOY 1/4"		BNH0375	1
52	HEX KEY ALLOY 3/32"		BNH0372	1					

### PRE ASSEMBLED COMPONENTS

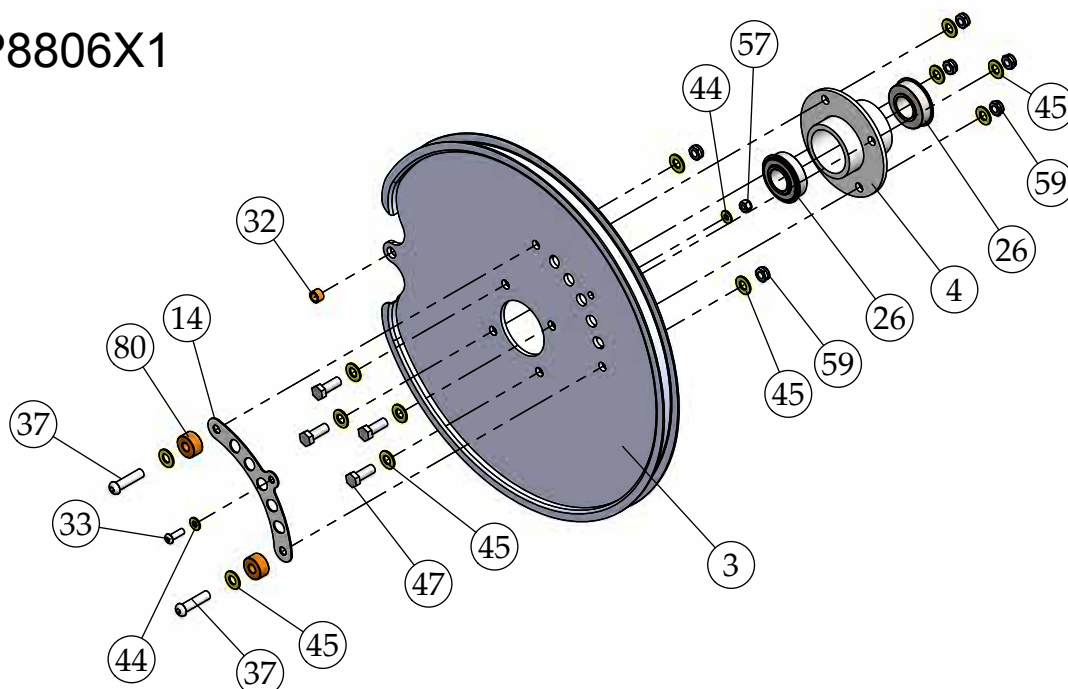
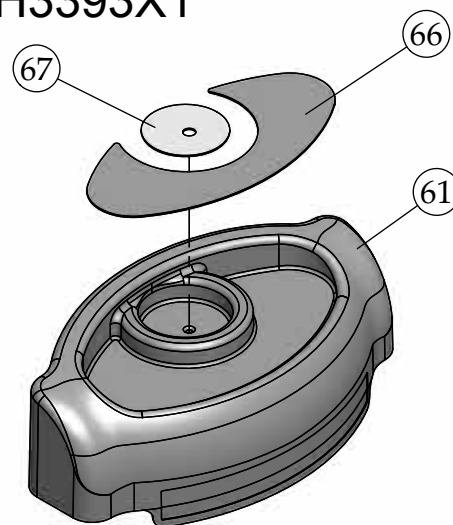
Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Rev.	Part No.	Qty.
*3	CAM	0	UP8806X1	1	*18	WEIGHT SHIELD FRONT	0	UP8468X1	1
*9	FOOT SUPPORT	0	UP8812X1	2	*20	WEIGHT STACK FRAME	0	UP8818X1	1
*11	PIVOT ARM	0	UP8813X1	1	*61	PLASTIC SHROUD LID		BNH3393X1	1
*15	SEAT FRAME	0	UP8816X1	1					



**\*15**



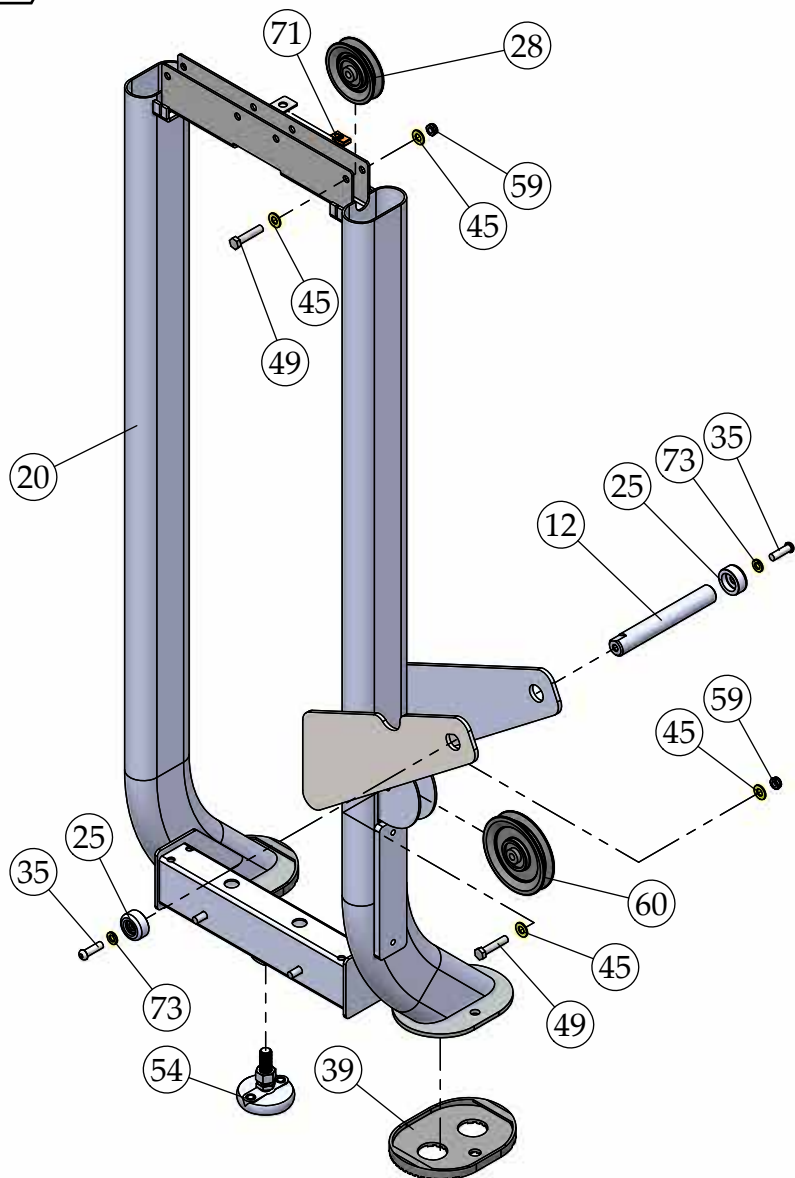
**\*61**



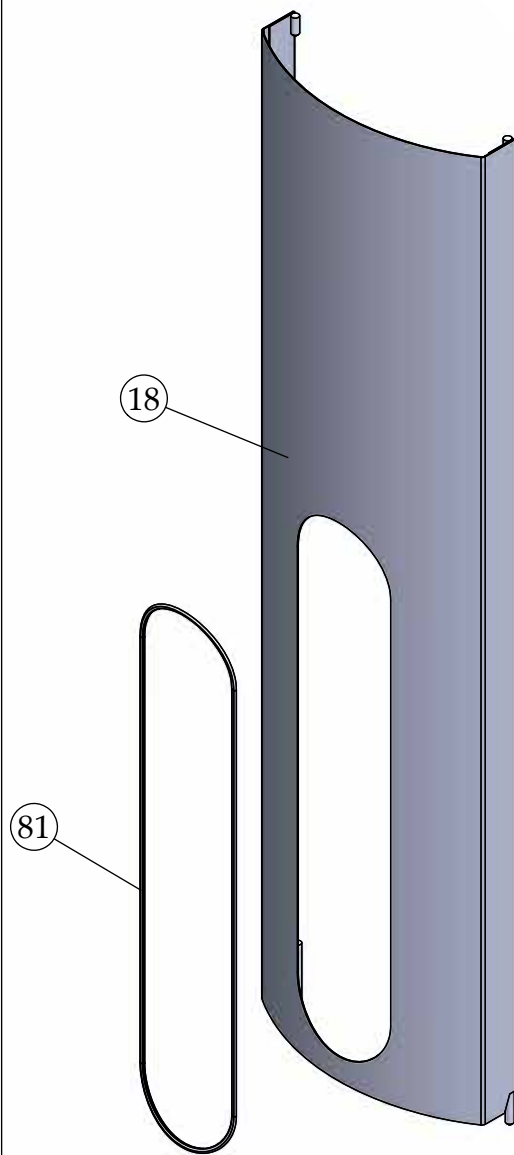
# Pre-Assembled Components



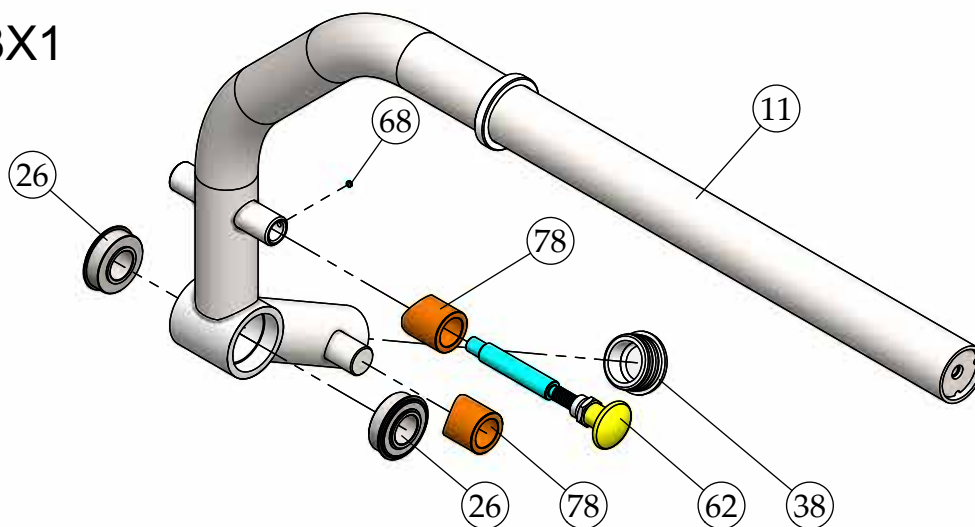
## \*20 UP8818X1



## \*18 UP8846X1



## \*11 UP8813X1



## Notes

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## 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

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[service@tuffstuff.net](mailto:service@tuffstuff.net) or [service1@tuffstuff.net](mailto:service1@tuffstuff.net)