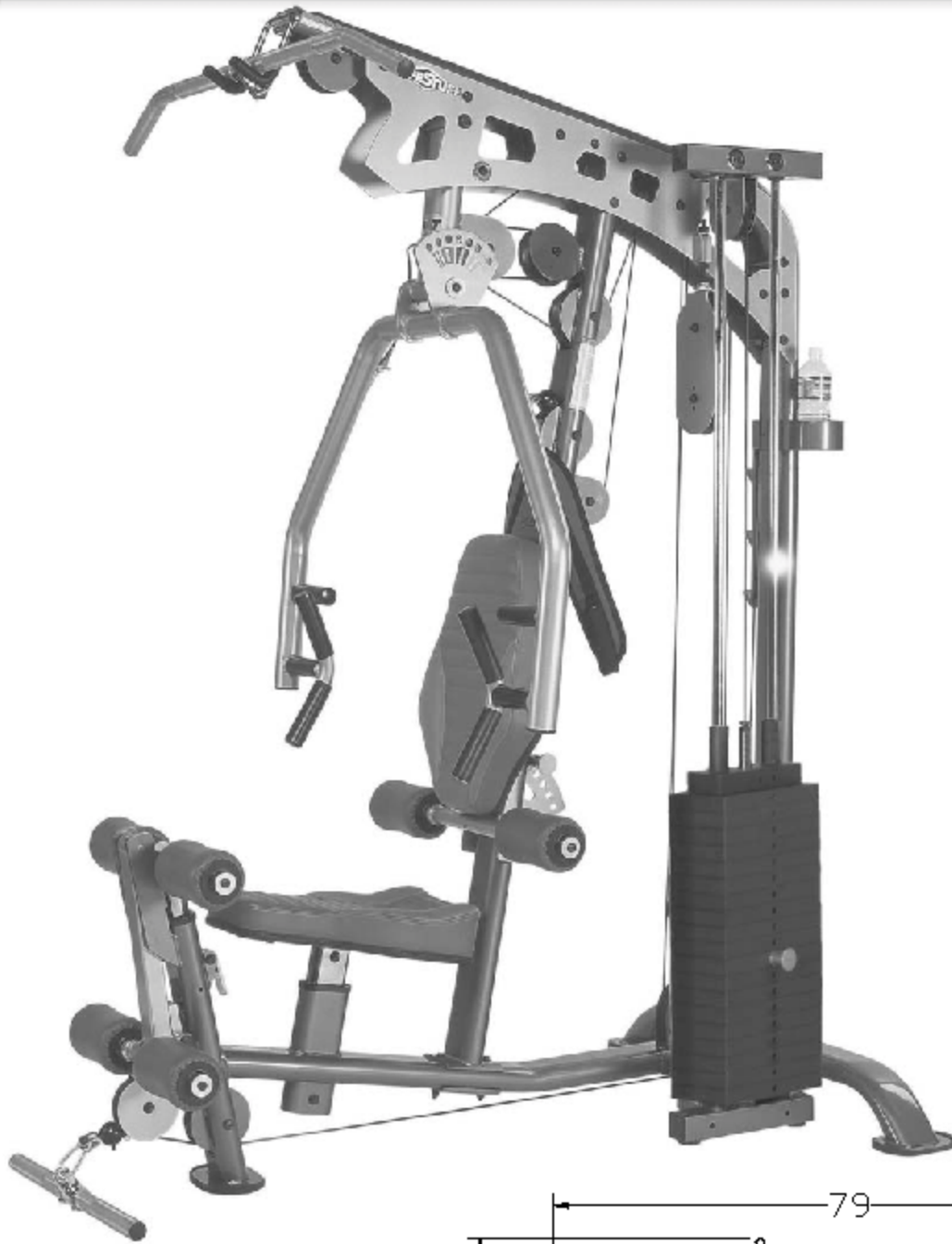


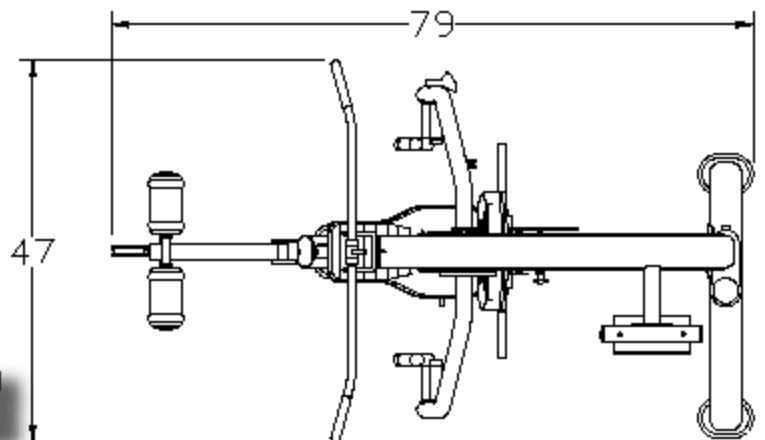
# OWNER'S MANUAL



## **AXT-2 BASIC HOME GYM SYSTEM**



**AMERICA'S PREMIER EXERCISE EQUIPMENT**



**AXT-2**  
L 79" W 47" H 84"

AXT-2 Rev2  
Revision Date 4-24-08

## Introduction

### About the AXT-2 Basic Home Gym System

Congratulations on your new purchase of the AXT-2. We hope you are completely satisfied with this product and wish you many years of enjoyment.

### Tuff Stuff Equipment

This Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The Home Lifetime Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

### Warranty

SEE A COPY OF WARRANTY ON BACK PAGE.

### Registration Card

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to TuffStuff Fitness Equipment today.

### Specifications

1. Maximum Wt. Capacity - 200 lbs.
2. Total Machine Weight - 510 lbs.
3. Footprint (LWH) - See Front Cover.

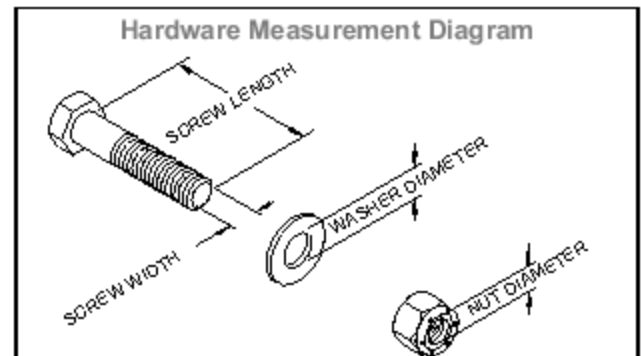
**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice.

### Prior to the Assembly of the AXT-2

1. We advise you to consult your local Tuff Stuff retailer if you should have a question or problem regarding the proper assembly of this unit.

### Tool Requirements

1. One 7/8" combination wrench
2. Two 3/4" combination wrenches
3. One 9/16" combination wrench
4. One 1/2" combination wrench
5. One Adjustable Wrench
6. One ratchet
7. One 3/4" socket
8. One 9/16" socket
9. One rubber mallet
10. Windex or household glass cleaner
11. Measuring tape
12. Utility knife



## Safety Precautions

### Safety First

Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this Tuff Stuff product prior to use.
2. It is imperative that you retain this Assembly Instructions and be sure all warning labels are legible and intact. Replacement Assembly Instructions and labels are available from your local Tuff Stuff retailer.
3. Consult with your physician before beginning any exercise program.

4. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
5. Use proper discretion when children are present.
6. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
7. Do not attempt to lift more weight than you can control safely.
8. Inspect the Unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found **do not use or allow the machine to be used** until the defective part is repaired or replaced.

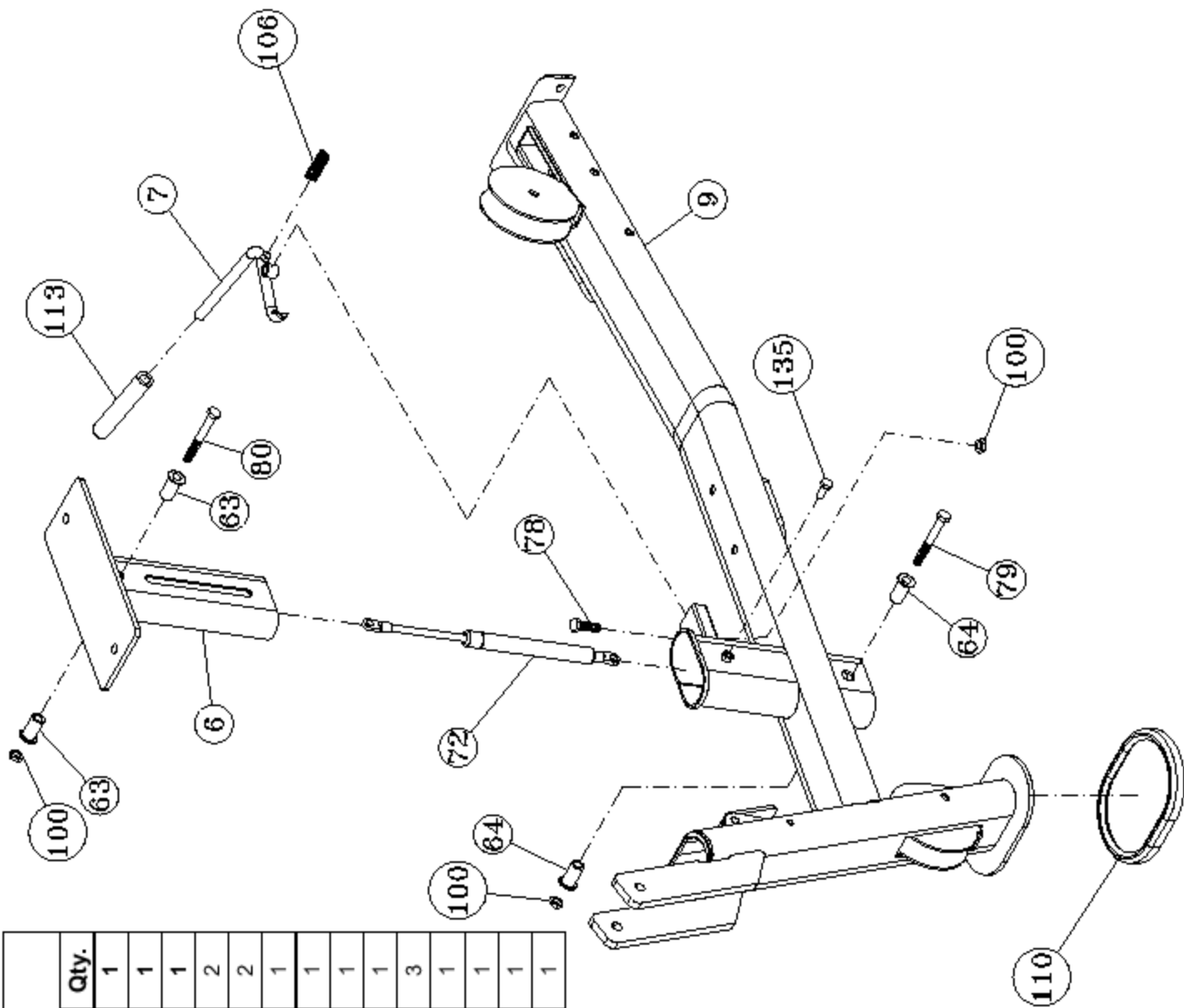
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## Step 1

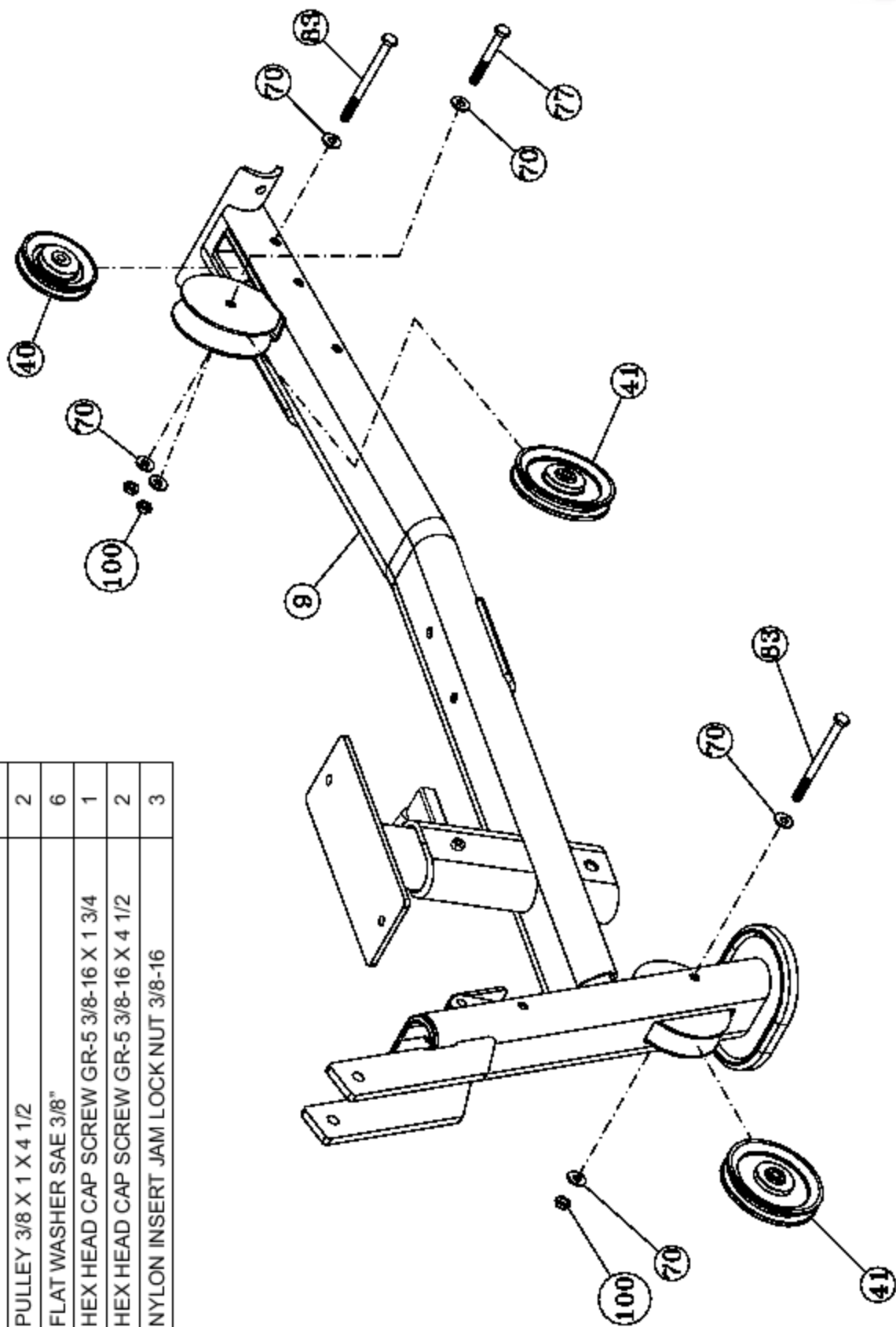
### Assembly List

Item #	Description	Qty.
6	ADJUSTABLE SEAT FRAME	1
7	ADJUSTABLE SEAT HANDLE	1
9	BOTTOM FRAME	1
63	FLANGED SPACER 0.406 X 0.63 X 0.69	2
64	FLANGED SPACER 0.406 X 0.63 X 0.887	2
72	GAS SHOCK C16-14907 40 LBS	1
78	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/4	1
79	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/2	1
80	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/4	1
100	NYLON INSERT JAM LOCK NUT 3/8-16	3
106	PULL PIN STIFF SPRING 17/32 X 1 1/2 K-105SS	1
110	RUBBER FOOT FOR 6 X 4 1/4 PLATE	1
113	BLACK RUBBER GRIP 1/2 X 4 7/8	1
135	HEX HEAD CAP SCREW GR-5 5/16-18 X 3/4	1



**Step 2**
**Assembly List**

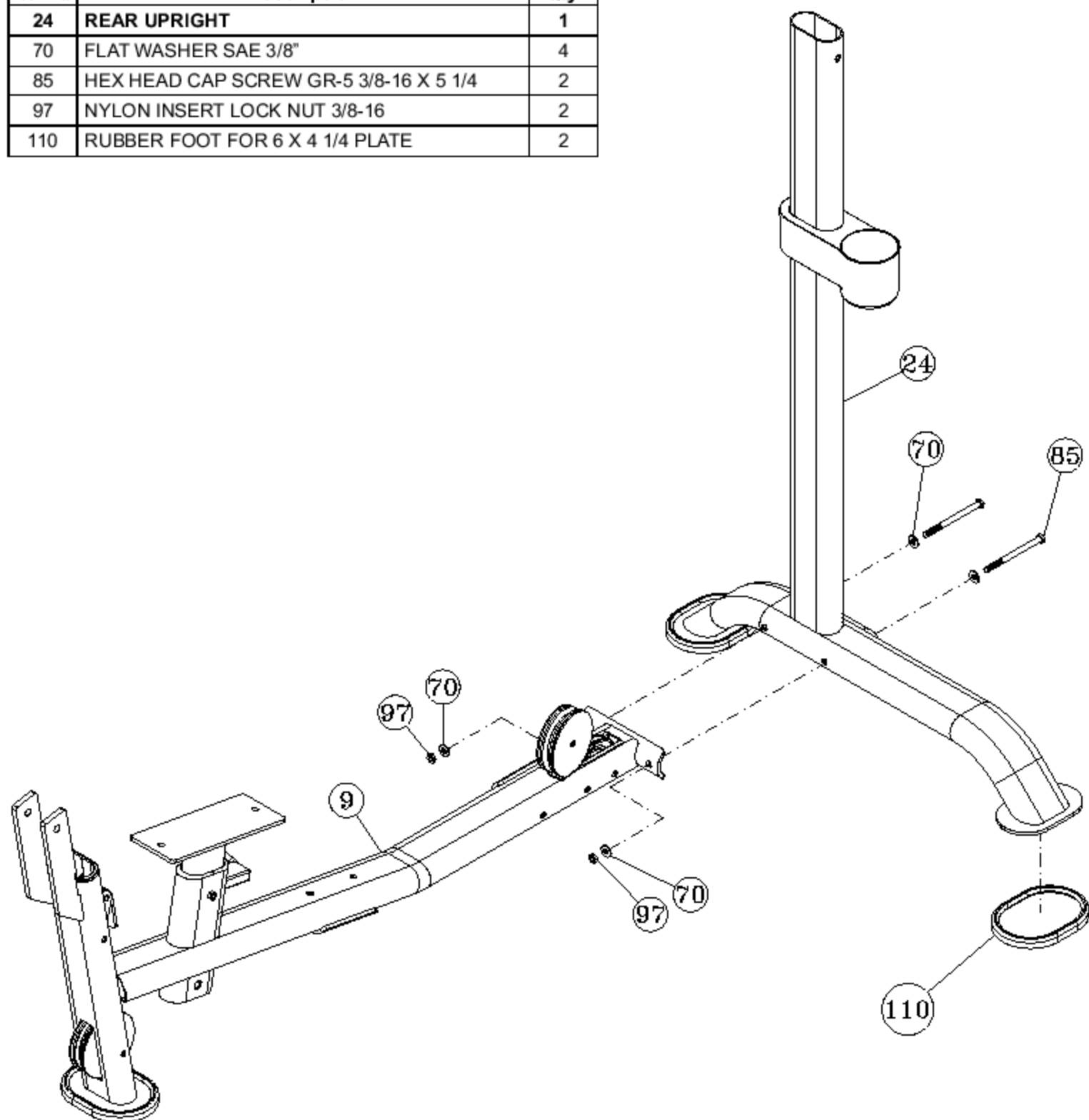
Item #	Description	Qty.
40	PULLEY 3/8 X 1 X 3 1/2	1
41	PULLEY 3/8 X 1 X 4 1/2	2
70	FLAT WASHER SAE 3/8"	6
77	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
83	HEX HEAD CAP SCREW GR-5 3/8-16 X 4 1/2	2
100	NYLON INSERT JAM LOCK NUT 3/8-16	3

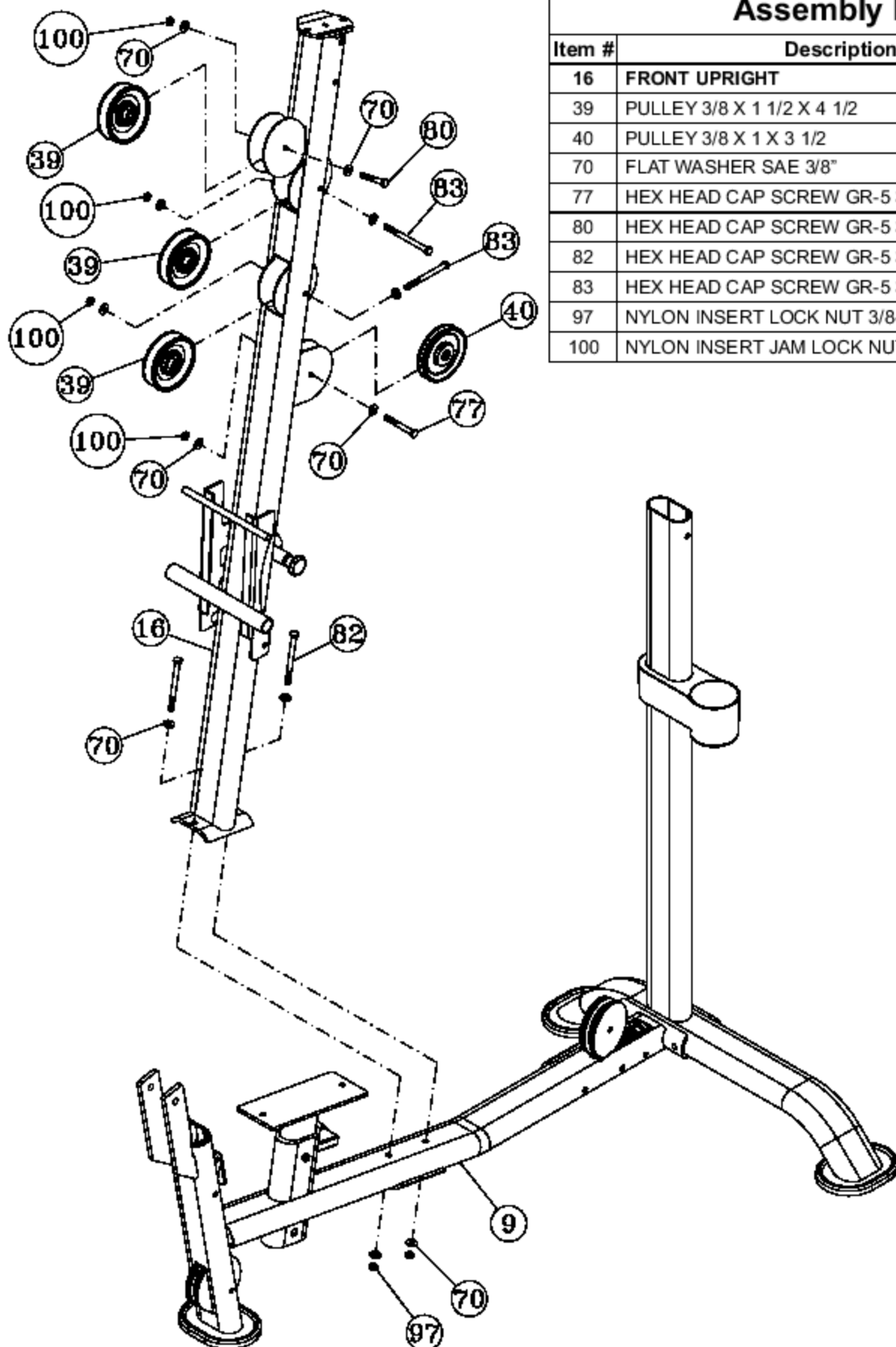


### Step 3

## Assembly List

Item #	Description	Qty.
24	REAR UPRIGHT	1
70	FLAT WASHER SAE 3/8"	4
85	HEX HEAD CAP SCREW GR-5 3/8-16 X 5 1/4	2
97	NYLON INSERT LOCK NUT 3/8-16	2
110	RUBBER FOOT FOR 6 X 4 1/4 PLATE	2





### Assembly List

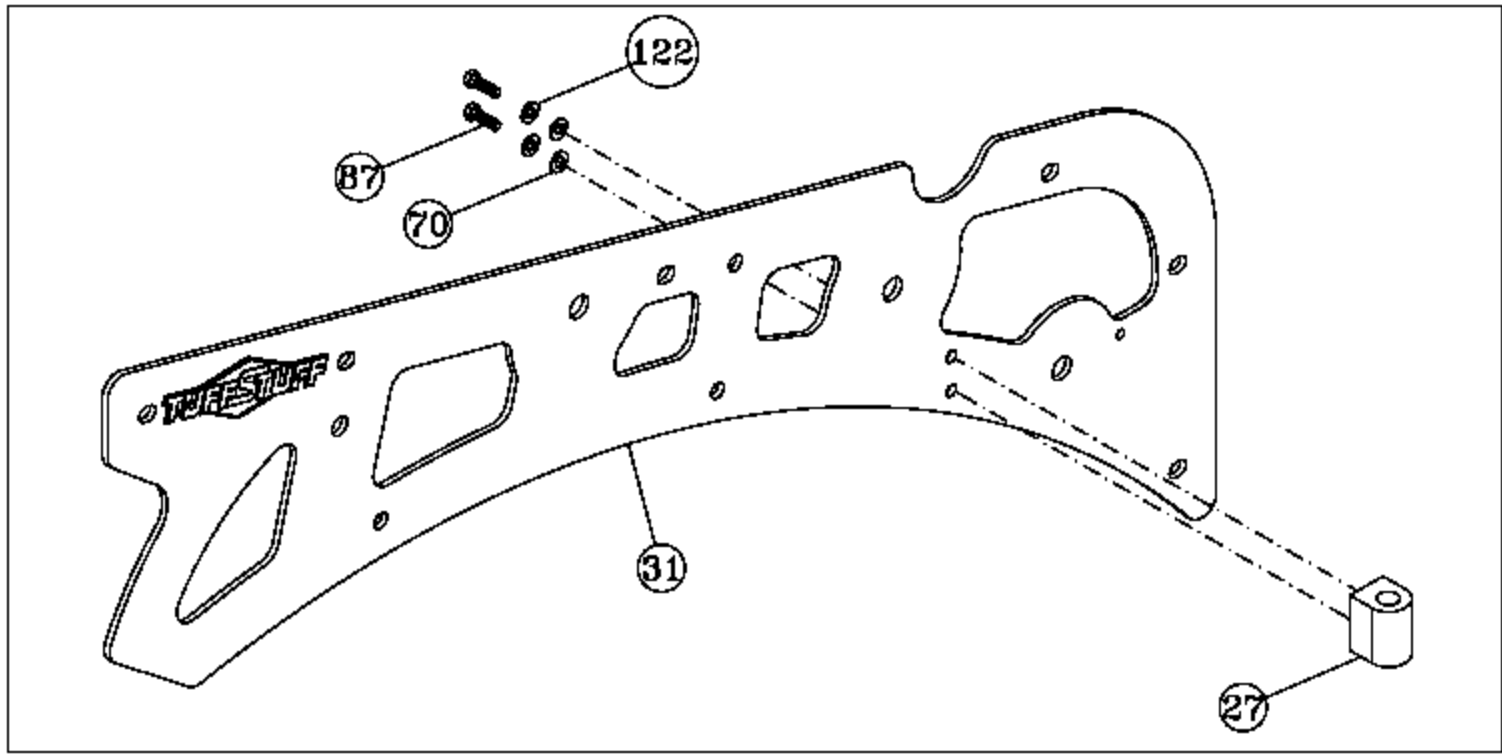
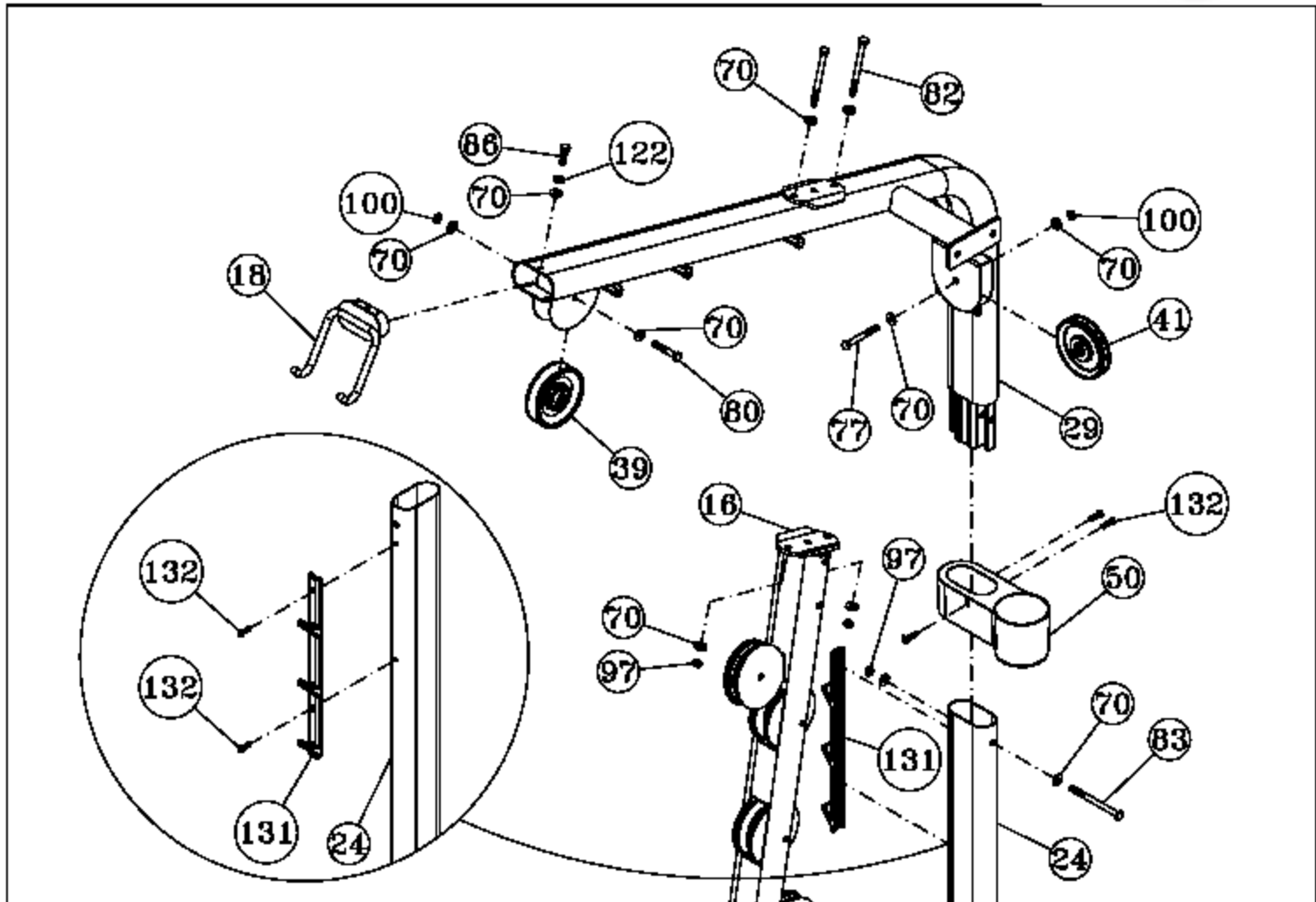
Item #	Description	Qty.
16	FRONT UPRIGHT	1
39	PULLEY 3/8 X 1 1/2 X 4 1/2	3
40	PULLEY 3/8 X 1 X 3 1/2	1
70	FLAT WASHER SAE 3/8"	12
77	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
80	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/4	1
82	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4	2
83	HEX HEAD CAP SCREW GR-5 3/8-16 X 4 1/2	2
97	NYLON INSERT LOCK NUT 3/8-16	2
100	NYLON INSERT JAM LOCK NUT 3/8-16	4

## Step 5

### Assembly List

Item #	Description	Qty.
18	LAT BAR HOLDER	1
27	STOPPER HOUSING BLOCK (SMALL)	1
29	TOP FRAME	1
31	TOP REINFORCEMENT PLATE LEFT	1
39	PULLEY 3/8 X 1 1/2 X 4 1/2	1
41	PULLEY 3/8 X 1 X 4 1/2	1
50	CUP HOLDER	1
70	FLAT WASHER SAE 3/8"	13
77	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
80	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/4	1
82	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4	2
83	HEX HEAD CAP SCREW GR-5 3/8-16 X 4 1/2	1
86	HEX HEAD CAP SCREW GR-5 3/8-16 X 1	1
87	HEX HEAD CAP SCREW GR-5 3/8-16 X 3/4	2
97	NYLON INSERT LOCK NUT 3/8-16	3
100	NYLON INSERT JAM LOCK NUT 3/8-16	2
122	SPLIT LOCK WASHER 3/8"	3
131	ACCESSORY HOLDER	1
132	FLAT HEAD SOC CAP SCREW # 12-28 X 3/4	5





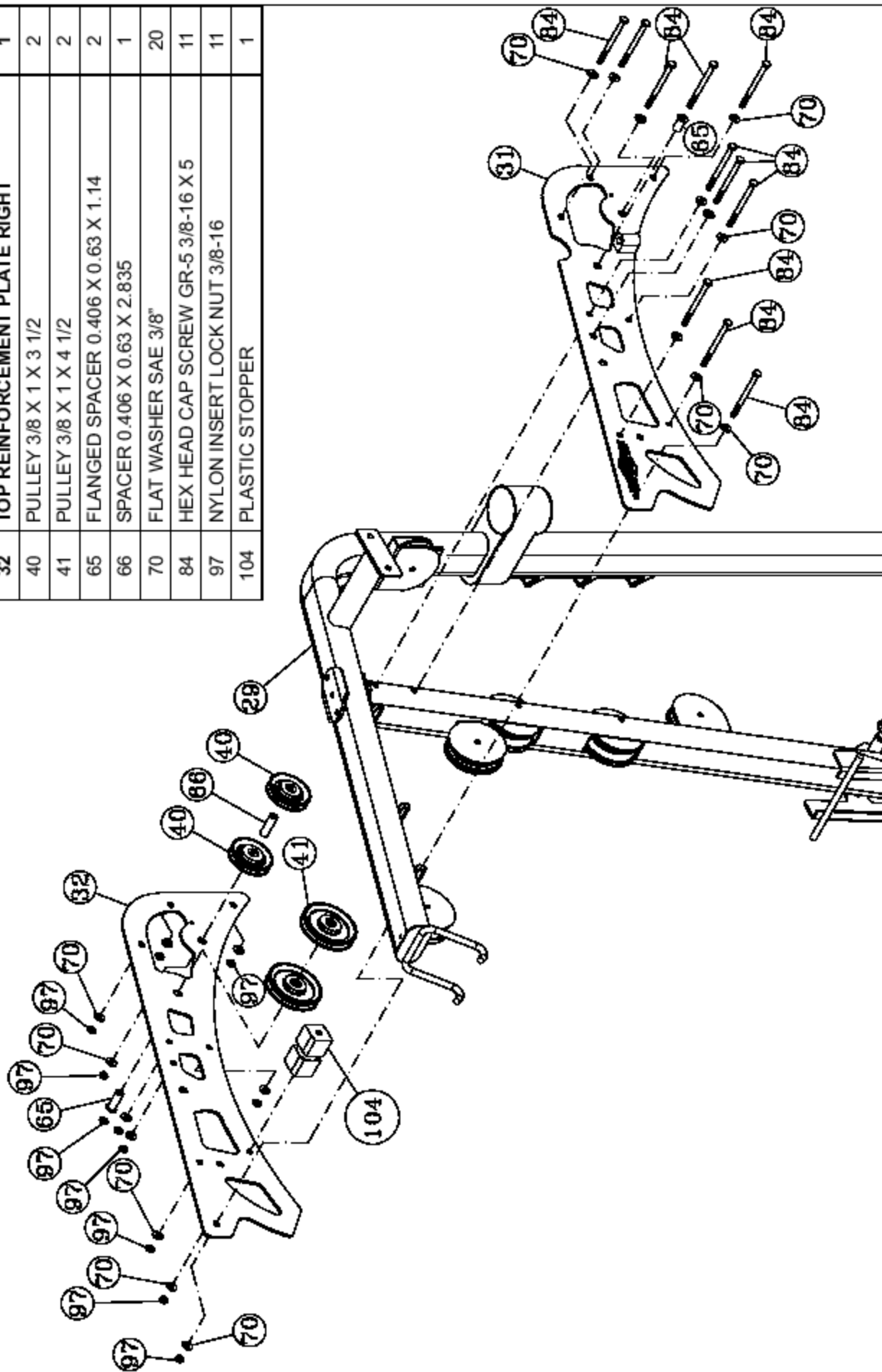
## Step 6

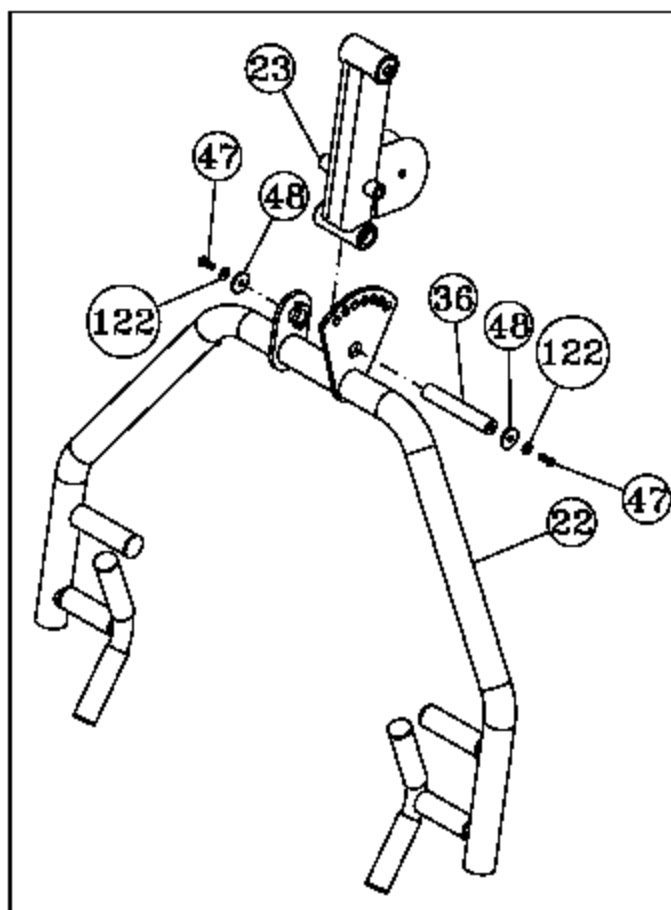
### NOTES:

1. TWO PEOPLE ARE REQUIRED TO DO THIS STEP.

## Assembly List

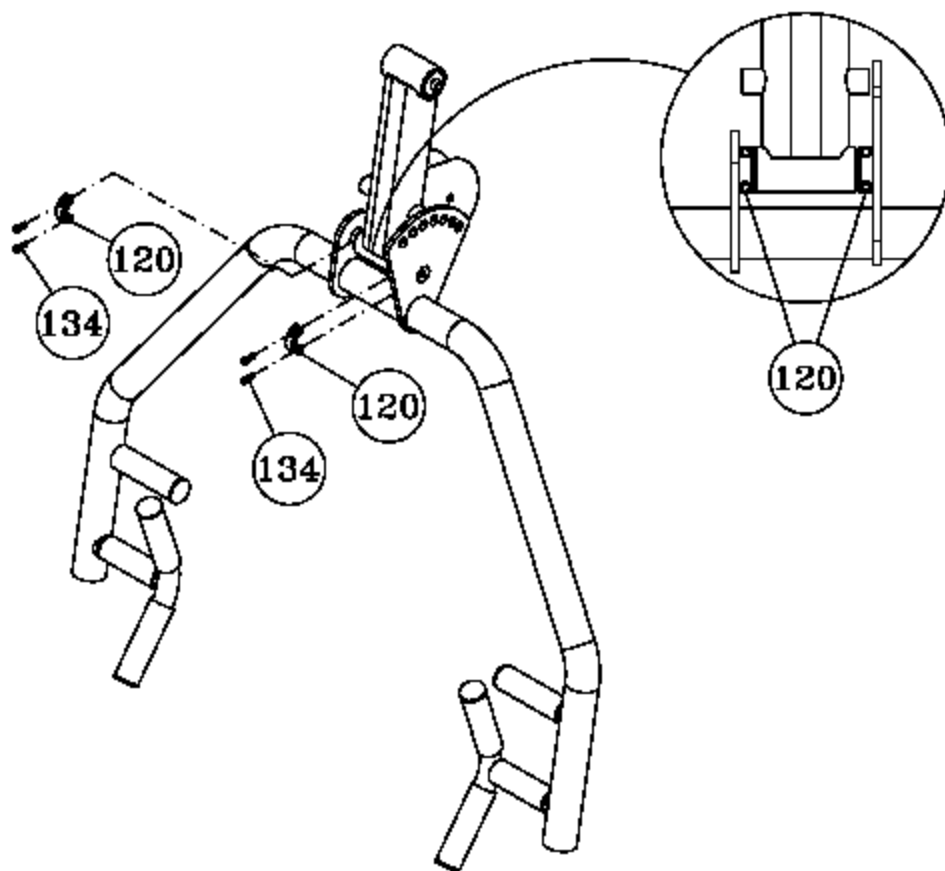
Item #	Description	Qty.
31	TOP REINFORCEMENT PLATE LEFT	1
32	TOP REINFORCEMENT PLATE RIGHT	1
40	PULLEY 3/8 X 1 X 3 1/2	2
41	PULLEY 3/8 X 1 X 4 1/2	2
65	FLANGED SPACER 0.406 X 0.63 X 1.14	2
66	SPACER 0.406 X 0.63 X 2.835	1
70	FLAT WASHER SAE 3/8"	20
84	HEX HEAD CAP SCREW GR-5 3/8-16 X 5	11
97	NYLON INSERT LOCK NUT 3/8-16	11
104	PLASTIC STOPPER	1





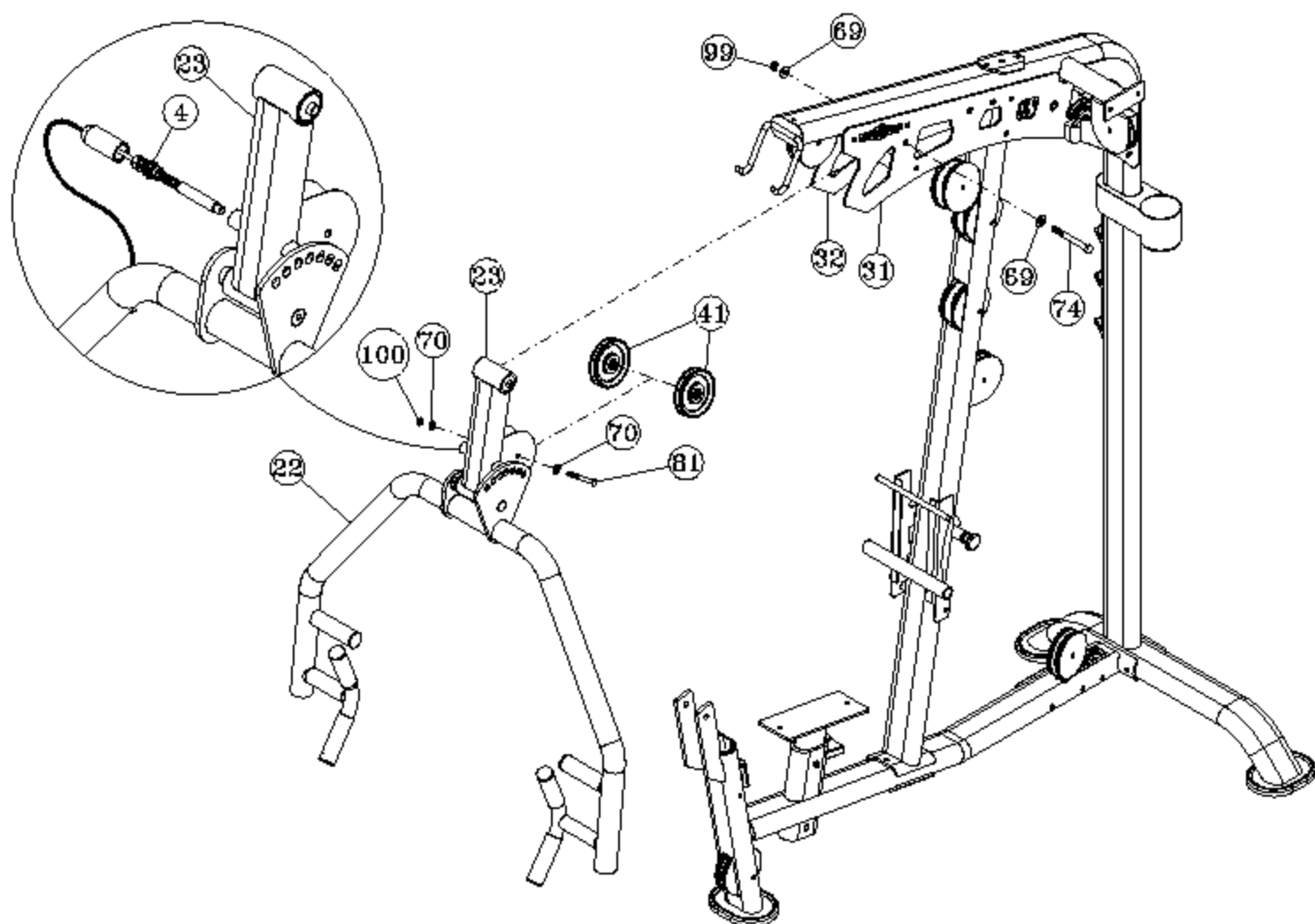
### Assembly List

Item #	Description	Qty.
22	PRESS BAR	1
23	PRESS BAR HOUSING	1
36	PRESS BAR PIVOT AXLE 1 X 5 5/8	1
47	BUTTON HEAD SOC CAP SCREW 3/8-16 X 1	2
48	CHROME WASHER 3/8 X 1 1/2	2
120	SPLIT COLLAR 1"	2
122	SPLIT LOCK WASHER 3/8"	2
134	SOCKET HEAD CAP SCREW B/O 1/4-28 X 3/4	4



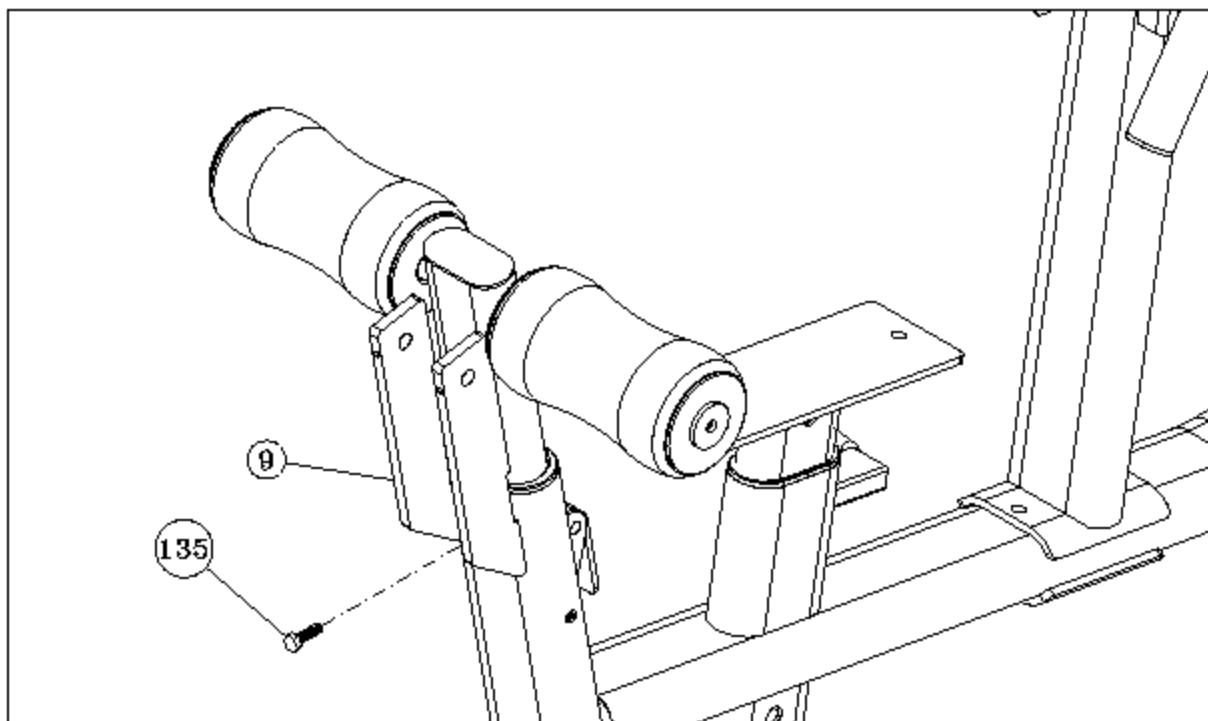
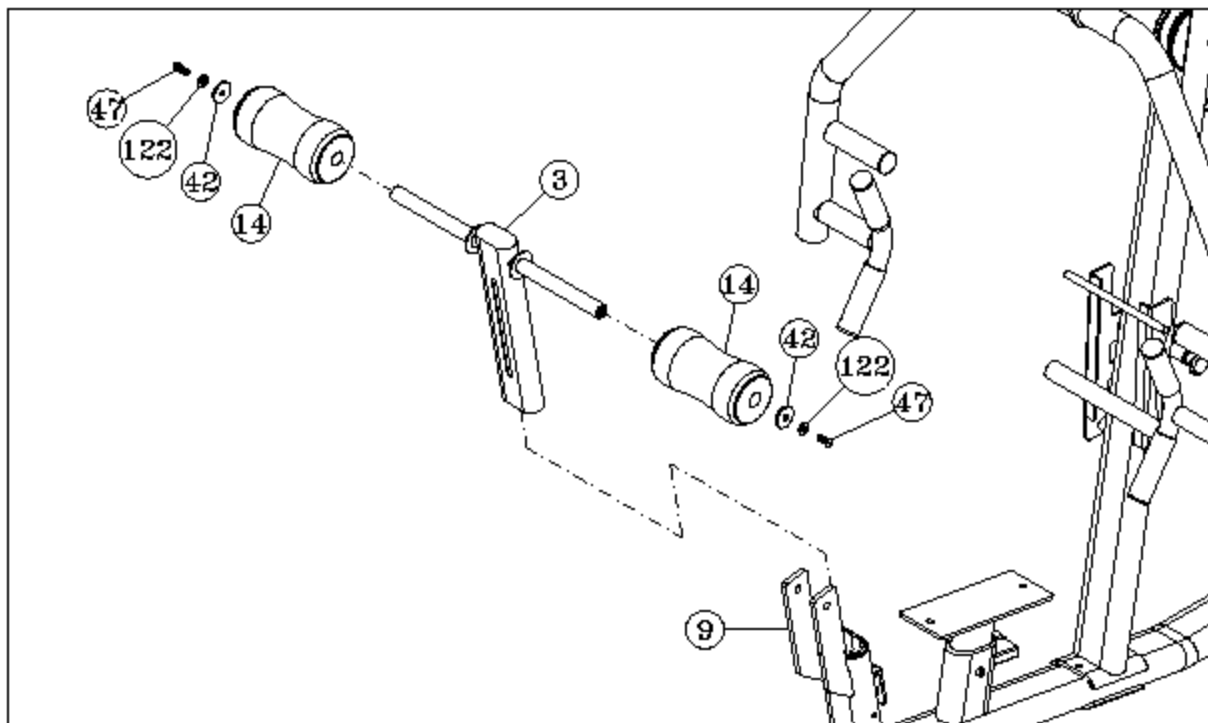
## Assembly List

Item #	Description	Qty.
4	ADJUSTABLE PRESS BAR RELEASE ASSEMBLY	1
41	PULLEY 3/8 X 1 X 4 1/2	2
69	FLAT WASHER SAE 1/2"	2
70	FLAT WASHER SAE 3/8"	2
74	HEX HEAD CAP SCREW GR-5 1/2-13 X 5	1
81	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 3/4	1
99	NYLON INSERT JAM LOCK NUT 1/2-13	1
100	NYLON INSERT JAM LOCK NUT 3/8-16	1



## Assembly List

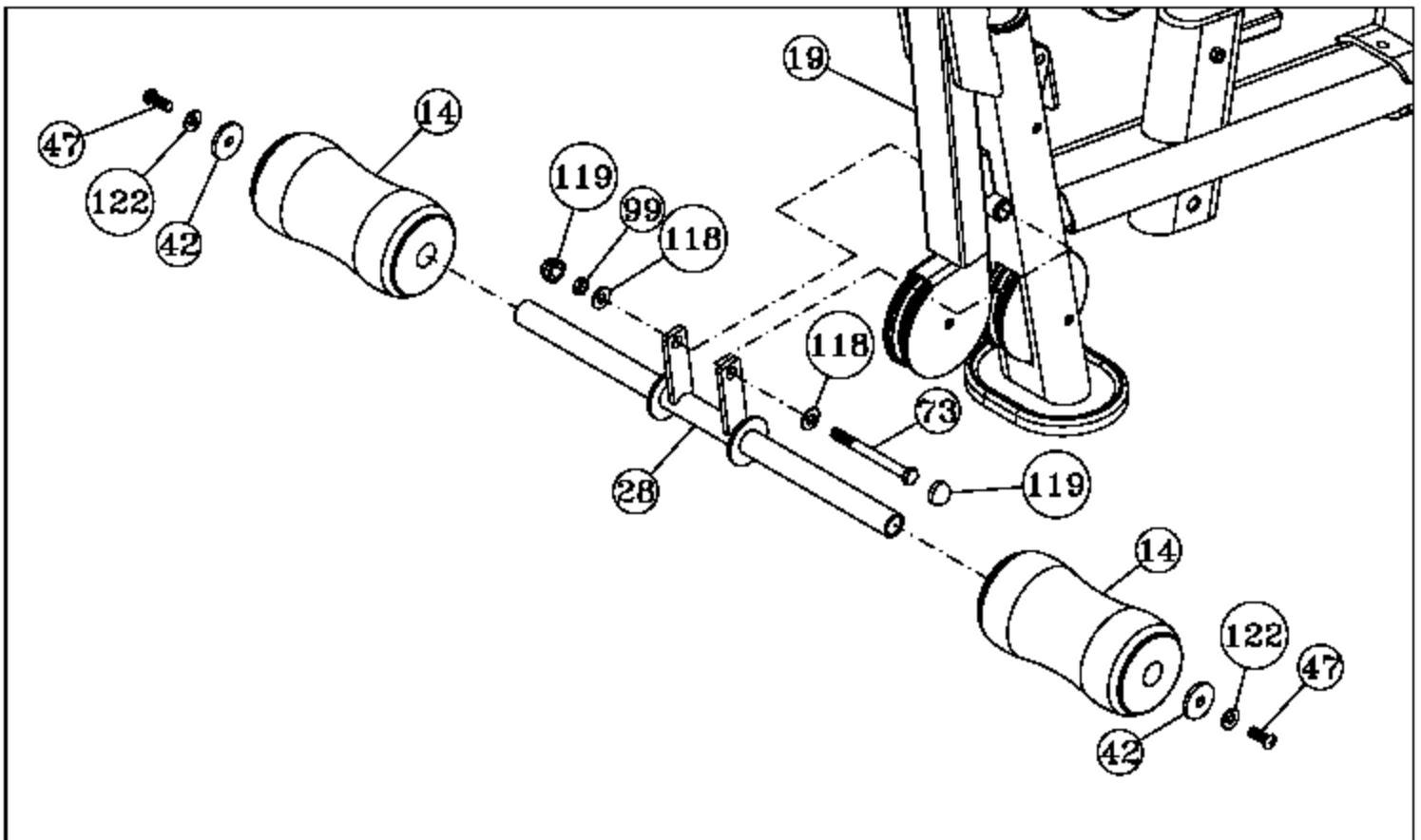
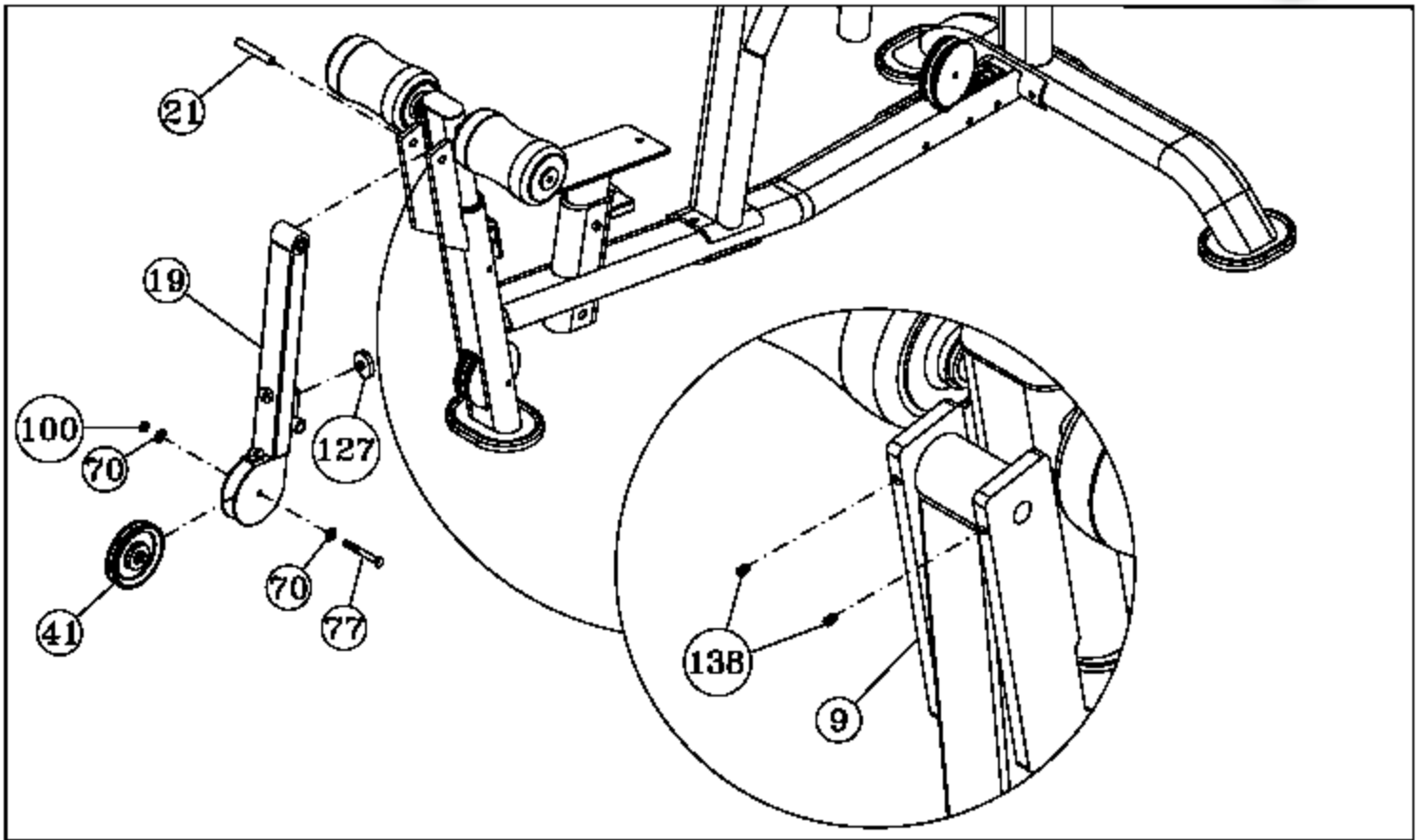
Item #	Description	Qty.
3	ADJUSTABLE LEG HOLDER	1
14	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	2
42	ALUMINUM WASHER .390 ID X 1.500 OD	2
47	BUTTON HEAD SOC CAP SCREW 3/8-16 X 1	2
122	SPLIT LOCK WASHER 3/8"	2
135	HEX HEAD CAP SCREW GR-5 5/16-18 X 3/4	1



## Step 10

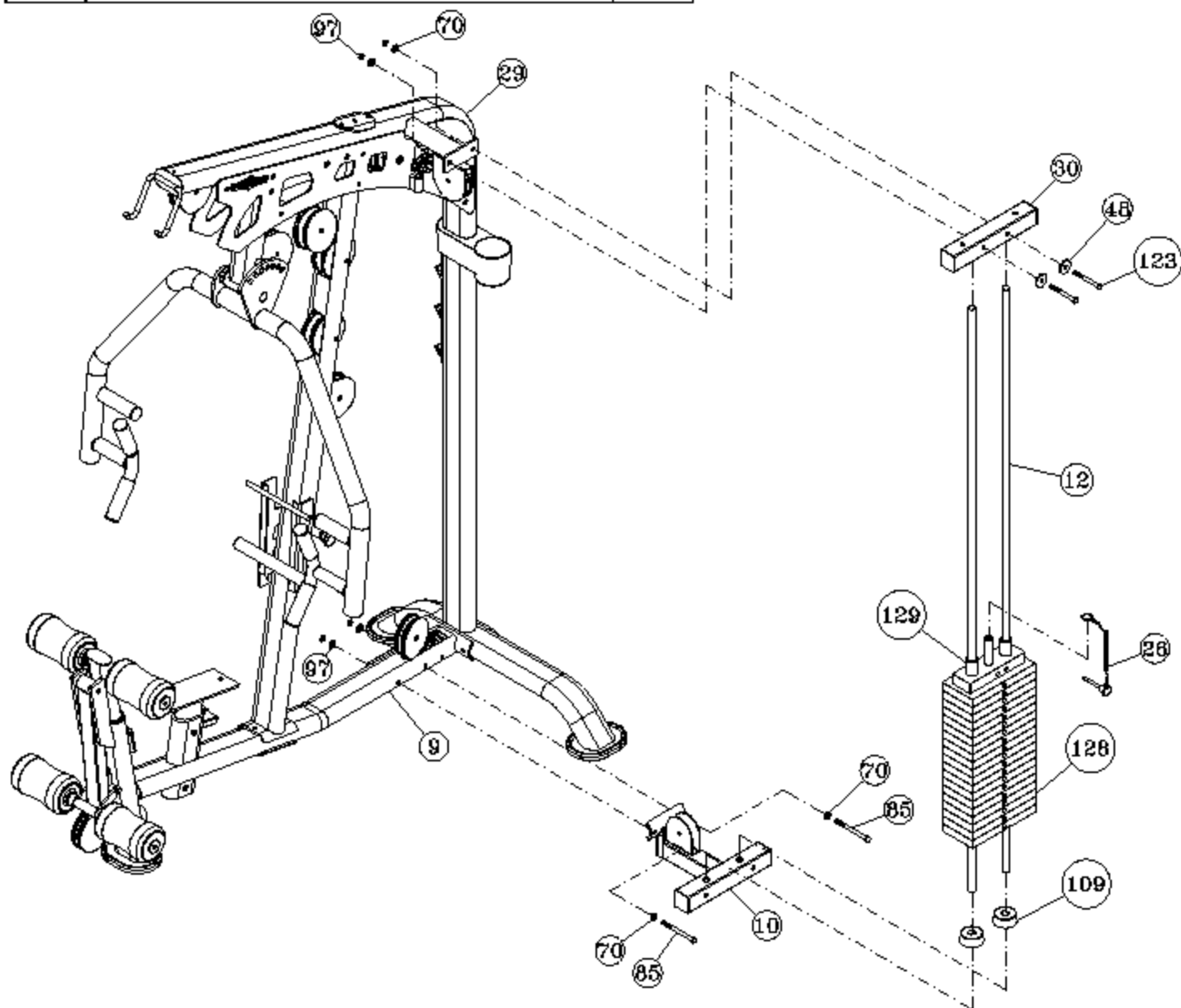
### Assembly List

Item #	Description	Qty.
14	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	2
19	LEG EXTENSION ARM	1
21	PIVOT AXLE 1/2 X 3	1
28	SWIVEL FOOT ROLL HOLDER	1
41	PULLEY 3/8 X 1 X 4 1/2	1
42	ALUMINUM WASHER .390 ID X 1.500 OD	2
47	BUTTON HEAD SOC CAP SCREW 3/8-16 X 1	2
70	FLAT WASHER SAE 3/8"	2
73	HEX HEAD CAP SCREW GR-5 1/2-13 X 3 3/4	1
77	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
99	NYLON INSERT JAM LOCK NUT 1/2-13	1
100	NYLON INSERT JAM LOCK NUT 3/8-16	1
118	STEEL BUMPER WASHER Z/P 1/2"	2
119	PLASTIC END CAP BLACK-BUMPER (1/2 BOLT)	2
122	SPLIT LOCK WASHER 3/8"	2
127	URETHANE BUMPER 1 3/4	1
138	SOC SET SCREW 1/4-20 X 3/8	2

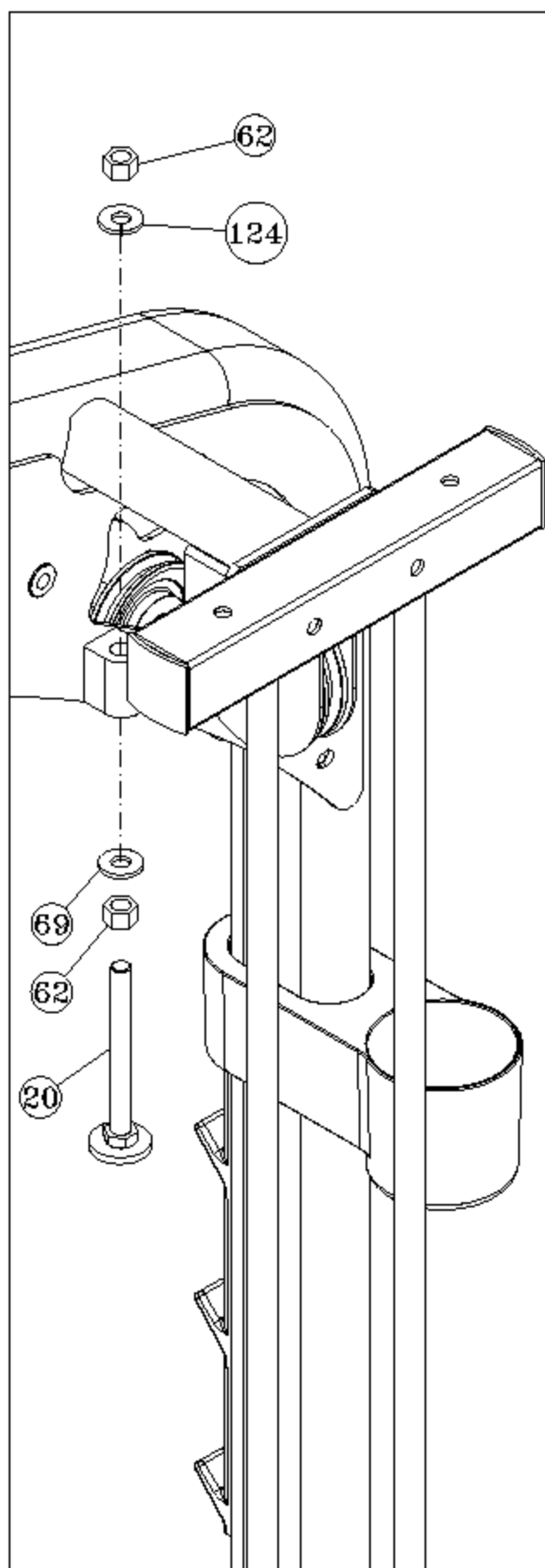


## Assembly List

Item #	Description	Qty.
10	BOTTOM GUIDE ROD RETAINER	1
12	CHROME GUIDE ROD 3/4 X 73 5/8	2
26	SELECTOR PIN W/COIL 3/8 X 3 1/4	1
30	TOP GUIDE ROD RETAINER	1
48	CHROME WASHER 3/8 X 1 1/2	2
70	FLAT WASHER SAE 3/8"	6
85	HEX HEAD CAP SCREW GR-5 3/8-16 X 5 1/4	2
97	NYLON INSERT LOCK NUT 3/8-16	4
109	RUBBER DONUT 3/4 X 2 1/2	2
123	HEX HEAD CAP SCREW GR-5 3/8-16 X 3	2
128	10 LB CAST WEIGHT PLATE GREY	19
129	10 LB TOP PLATE W/ADJ. SLTR BAR 19 WTS	1

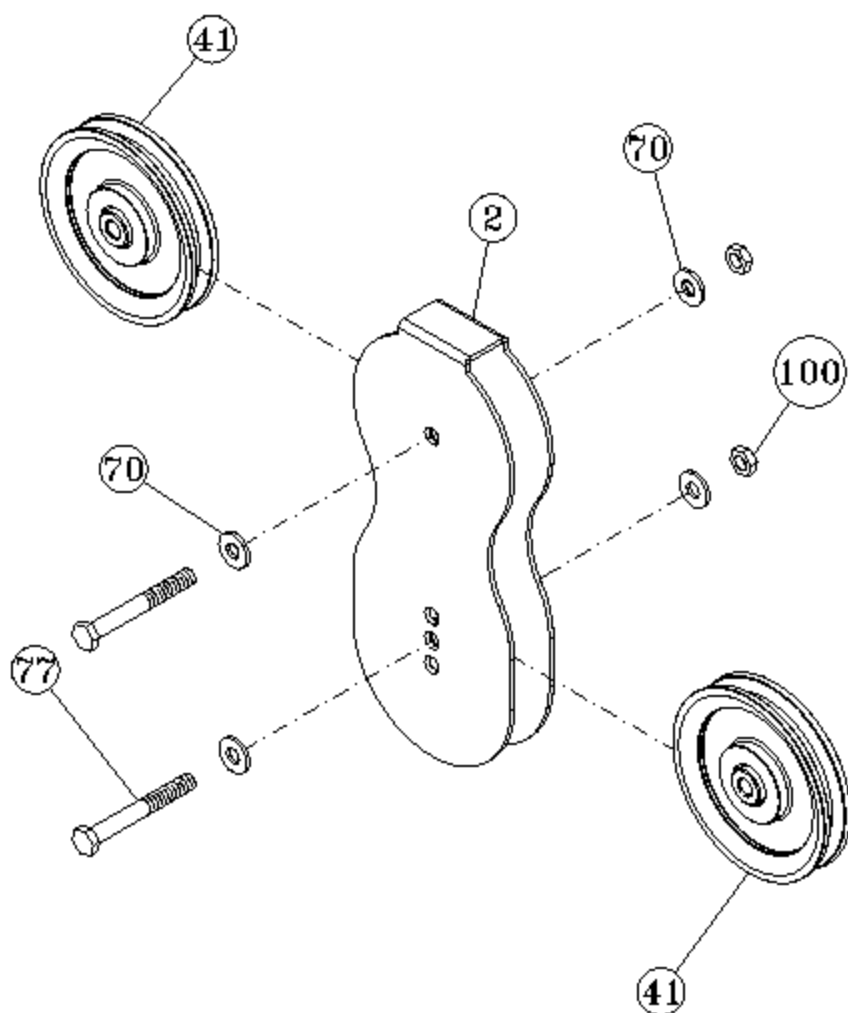






## Assembly List

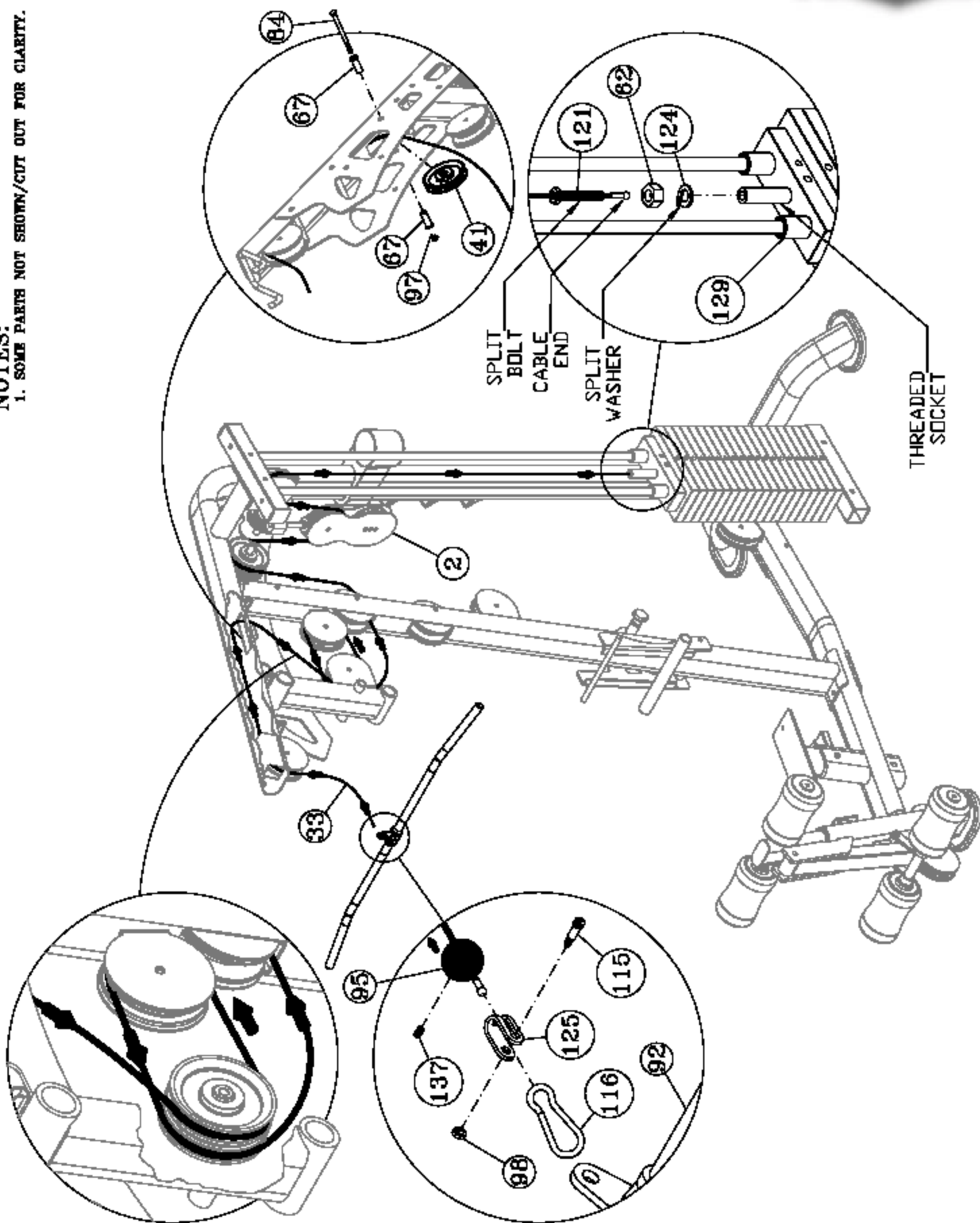
Item #	Description	Qty.
2	ADJUSTABLE DOUBLE PULLEY BRACKET	1
20	LONG ADJUSTABLE STOPPER	1
41	PULLEY 3/8 X 1 X 4 1/2	2
62	FINISHED HEX NUT 1/2-13	2
69	FLAT WASHER SAE 1/2"	1
70	FLAT WASHER SAE 3/8"	4
77	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	2
100	NYLON INSERT JAM LOCK NUT 3/8-16	2
124	SPLIT LOCK WASHER Z/P 1/2"	1



**Step 13 Lat Cable Assembly****Assembly List**

Item #	Description	Qty.
33	LAT CABLE	1
41	PULLEY 3/8 X 1 X 4 1/2	1
62	FINISHED HEX NUT 1/2-13	1
67	FLANGED SPACER 0.406 X 0.63 X 1.633 X 0.866	2
84	HEX HEAD CAP SCREW GR-5 3/8-16 X 5	1
92	LAT BAR 1 1/4 ALUMINUM	1
95	NYLON BALL 1 3/4 X 5/16	1
97	NYLON INSERT LOCK NUT 3/8-16	1
98	NYLON INSERT LOCK NUT 5/16-18	1
115	SHOULDER BOLT 3/8 X 3/4	1
116	SNAP LINK Z/P 8MM X 80MM	1
137	SOC SET SCREW 3/8-16 X 3/4	1
121	SPLIT HEX TAP BOLT GR-5 1/2-13 X 3 1/2	1
124	SPLIT LOCK WASHER Z/P 1/2"	1
125	STRAP BRACKET 20 #SF20 STAINLESS STEEL	1

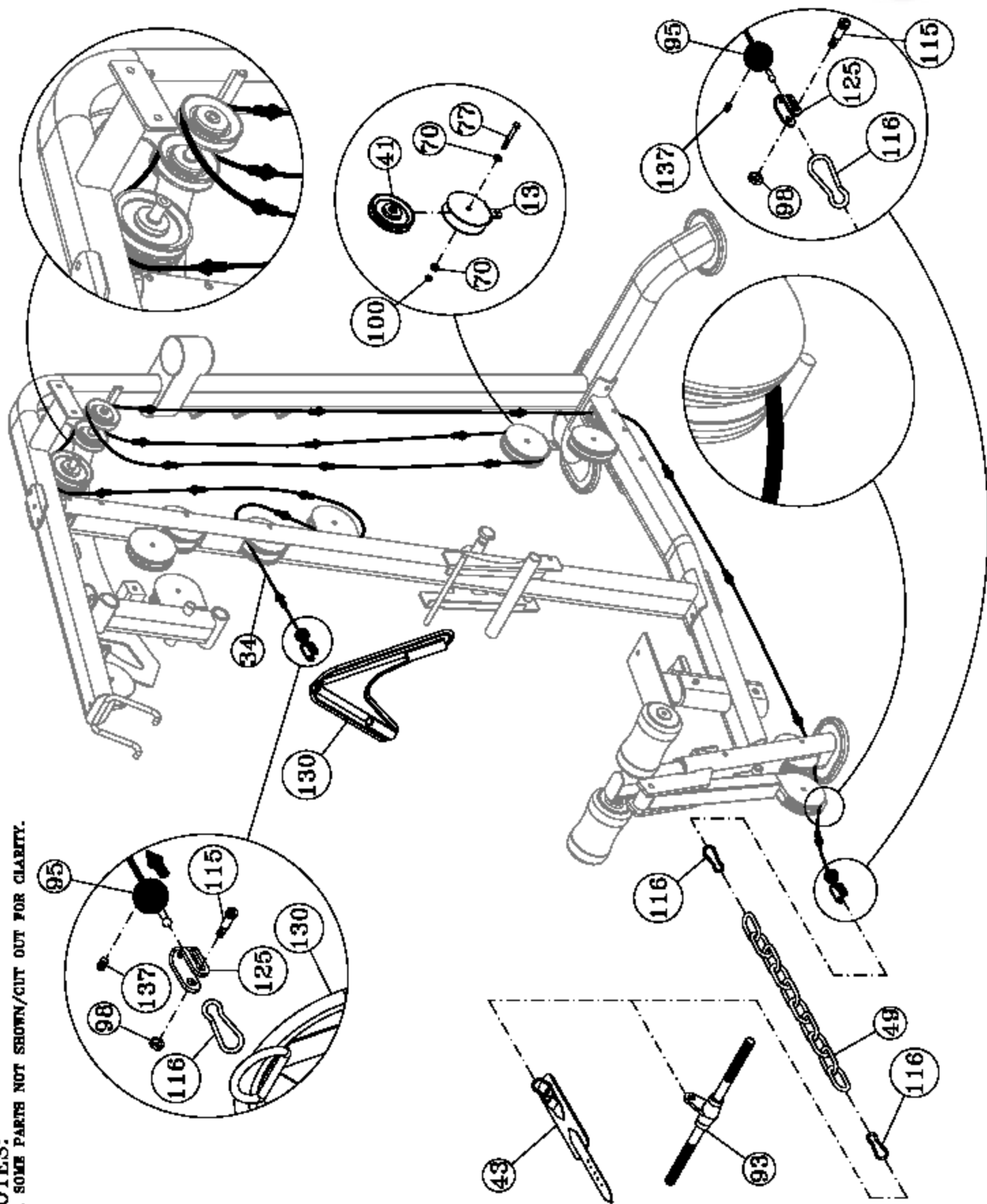
**NOTES:**  
 1. SOME PARTS NOT SHOWN/CUT OUT FOR CLARITY.



## Step 14 Leg Extension / Ab Cable Assembly

### Assembly List

Item #	Description	Qty.
13	FLOATING PULLEY BRACKET	1
34	LEG EXTENSION / AB CABLE	1
41	PULLEY 3/8 X 1 X 4 1/2	1
43	ANKLE STRAP	1
49	COIL CHAIN ZIP 3/16 X 21	1
70	FLAT WASHER SAE 3/8"	2
77	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
93	LOW ROW BAR 1 1/4 ALUMINUM	1
95	NYLON BALL 1 3/4 X 5/16	2
98	NYLON INSERT LOCK NUT 5/16-18	2
100	NYLON INSERT JAM LOCK NUT 3/8-16	1
115	SHOULDER BOLT 3/8 X 3/4	2
116	SNAP LINK ZIP 8MM X 80MM	2
125	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2
130	ABDOMINAL STRAP	1
137	SOC SET SCREW 3/8-16 X 3/4	2

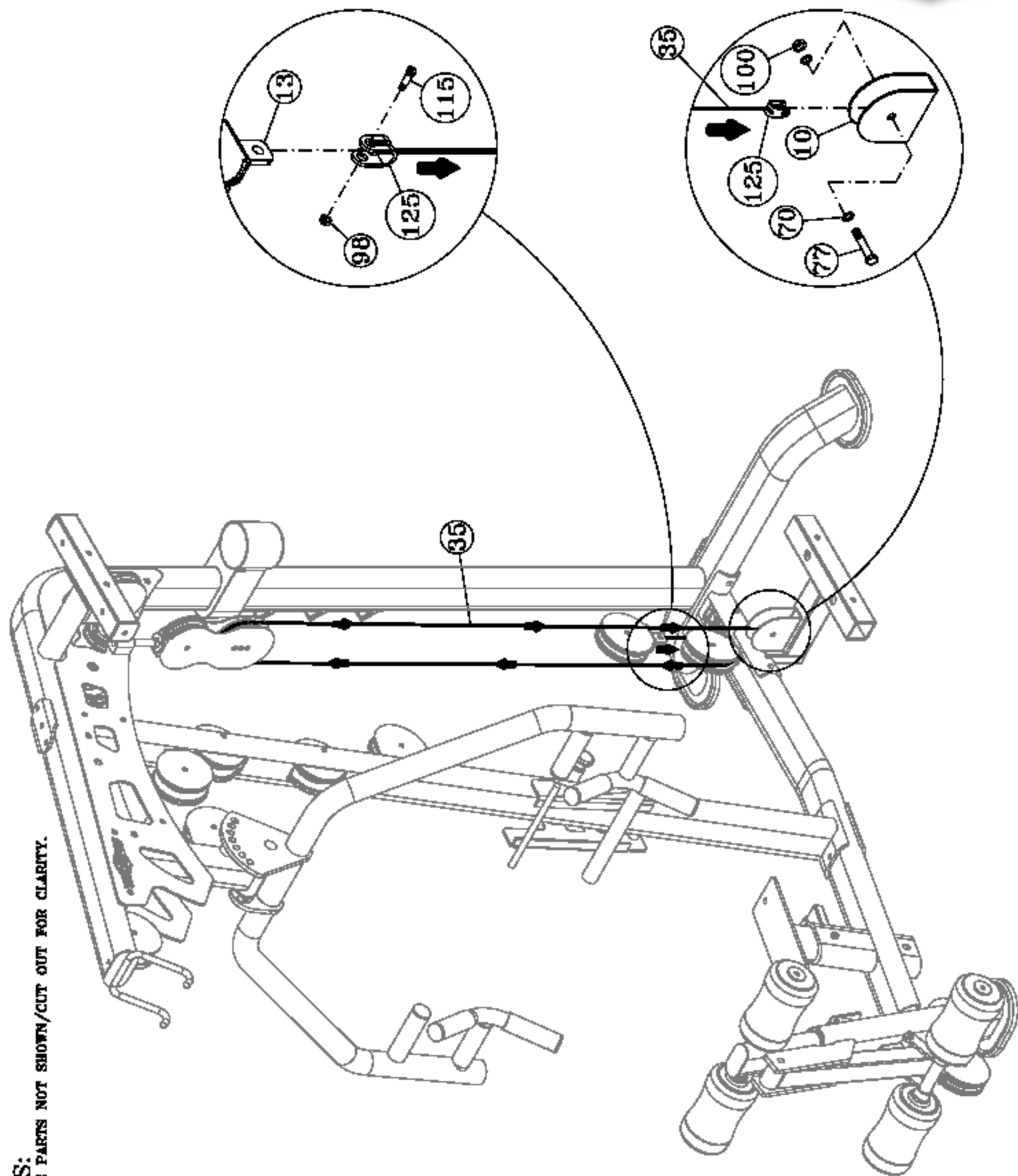


**NOTES:**  
 1. SOME PARTS NOT SHOWN/CUT OUT FOR CLARITY.

## Step 15 Tension Cable Assembly

### Assembly List

Item #	Description	Qty.
35	TENSION CABLE	1
70	FLAT WASHER SAE 3/8"	2
77	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
98	NYLON INSERT LOCK NUT 5/16-18	1
100	NYLON INSERT JAM LOCK NUT 3/8-16	1
115	SHOULDER BOLT 3/8 X 3/4	1
125	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2

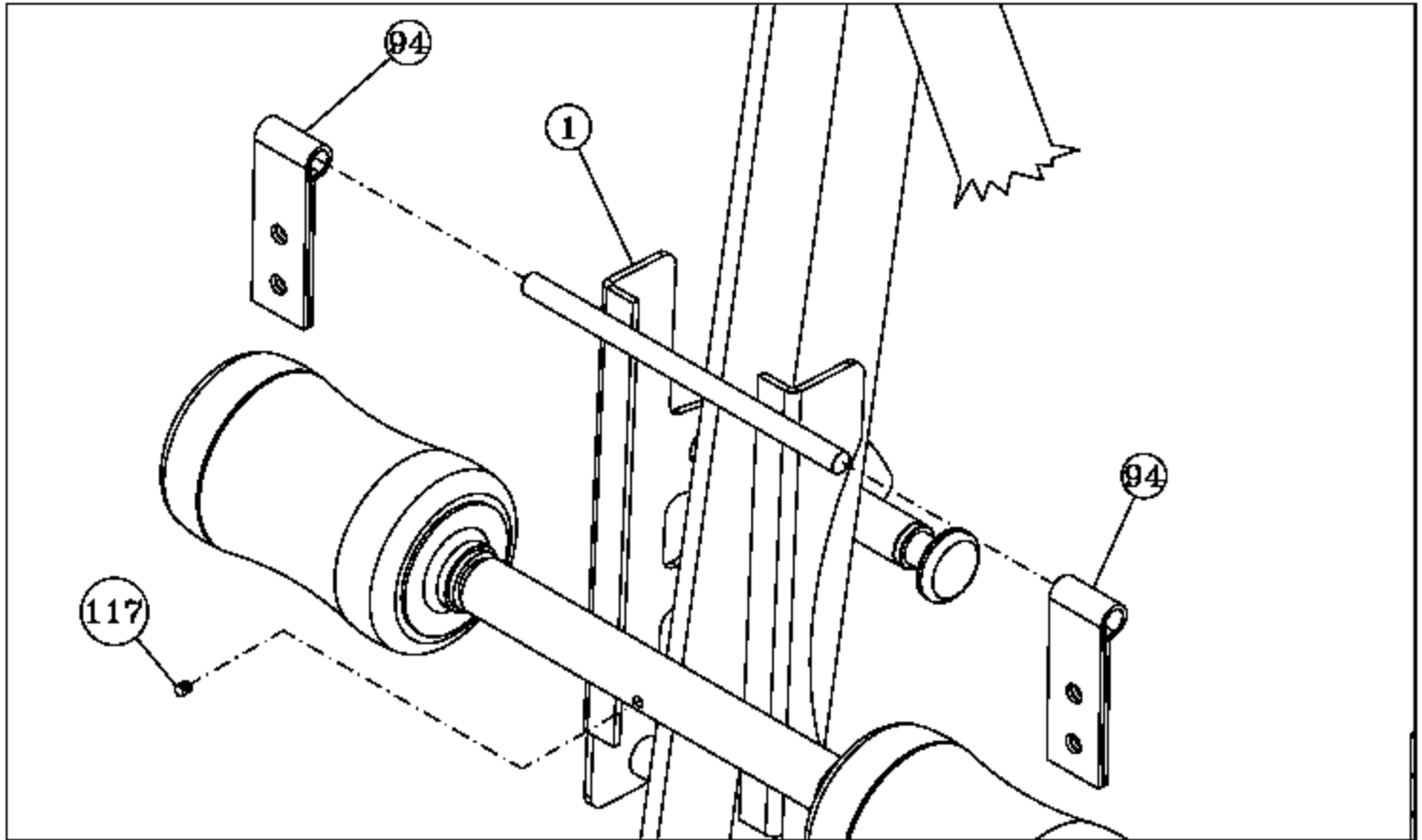
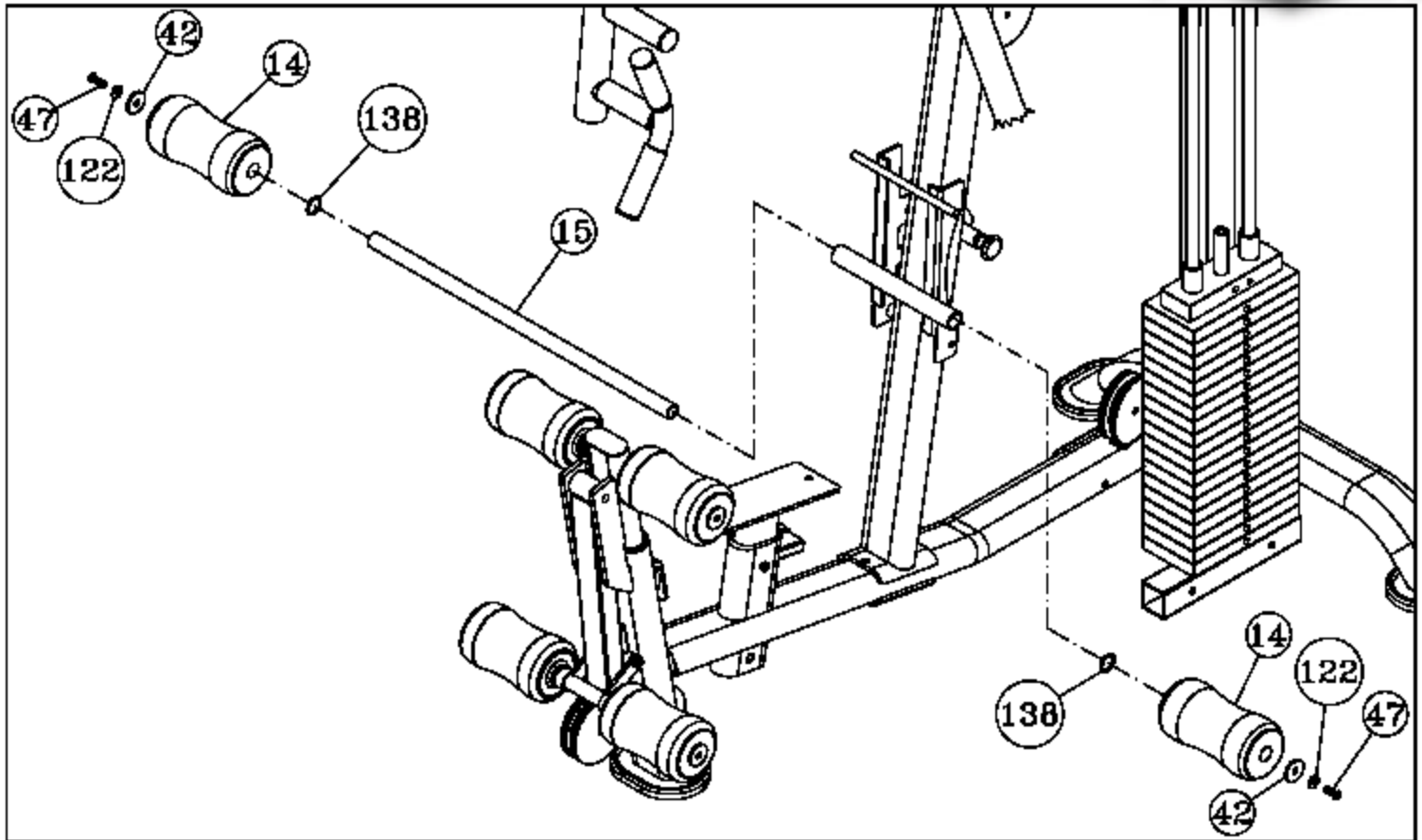


**NOTES:**  
 1. SOME PARTS NOT SHOWN/CUT OUT FOR CLARITY.

### **Assembly List**

<b>Item #</b>	<b>Description</b>	<b>Qty.</b>
14	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	2
15	FOAM ROLL TUBE 1 X 25 1/2	1
42	ALUMINUM WASHER .390 ID X 1.500 OD	2
47	BUTTON HEAD SOC CAP SCREW 3/8-16 X 1	2
94	METAL HINGE	2
117	SOC SET SCREW 1/4-20 X 1/4	1
122	SPLIT LOCK WASHER 3/8"	2
138	NYLON FLAT WASHER 1 X 1 1/4	2

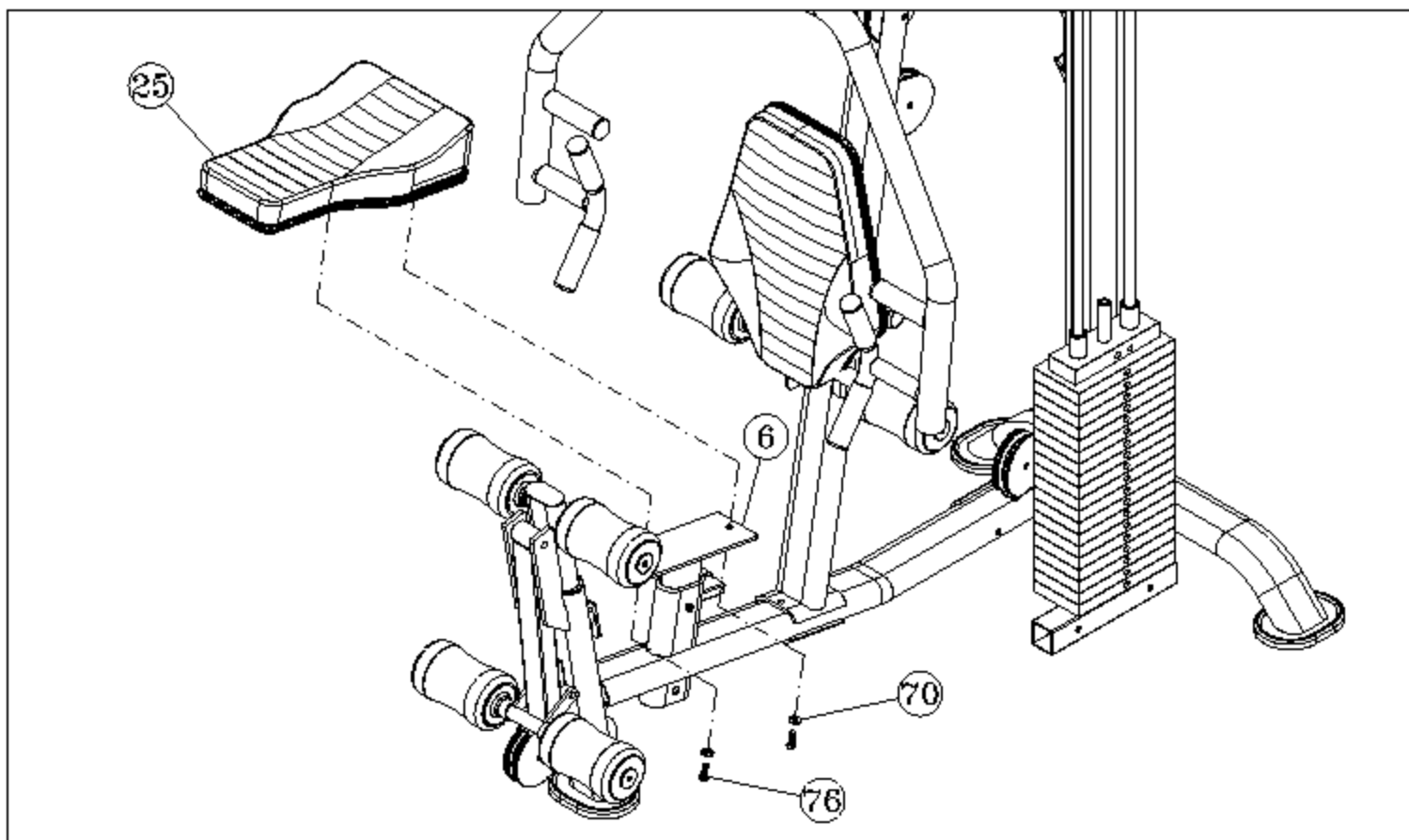
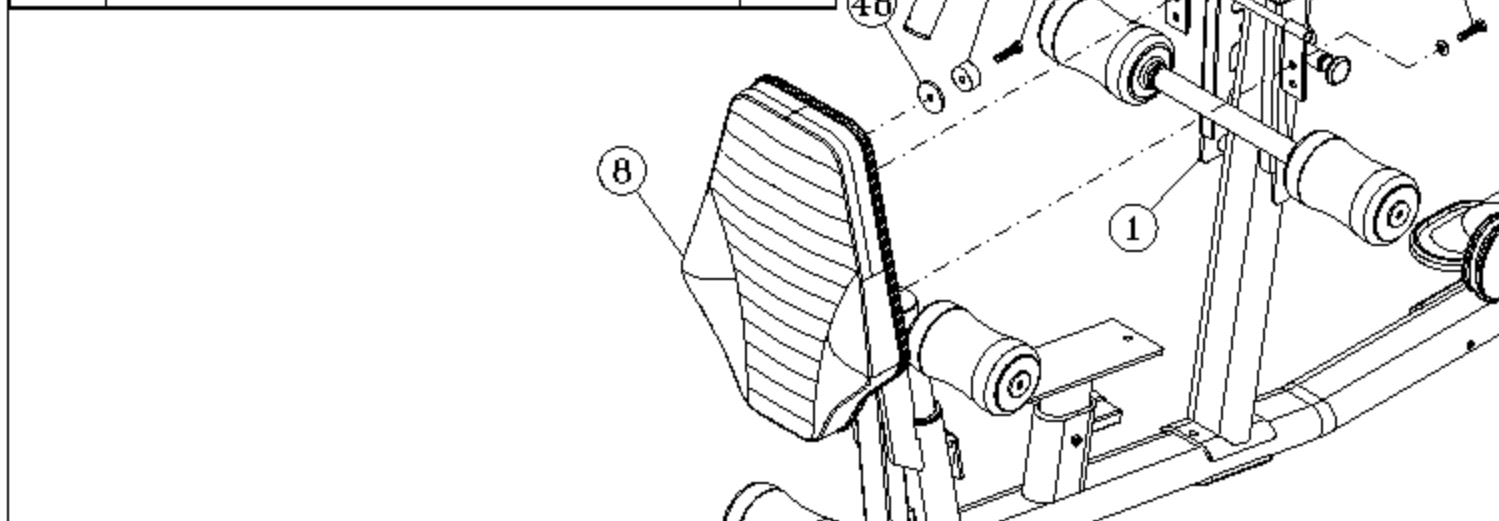




## Step 17

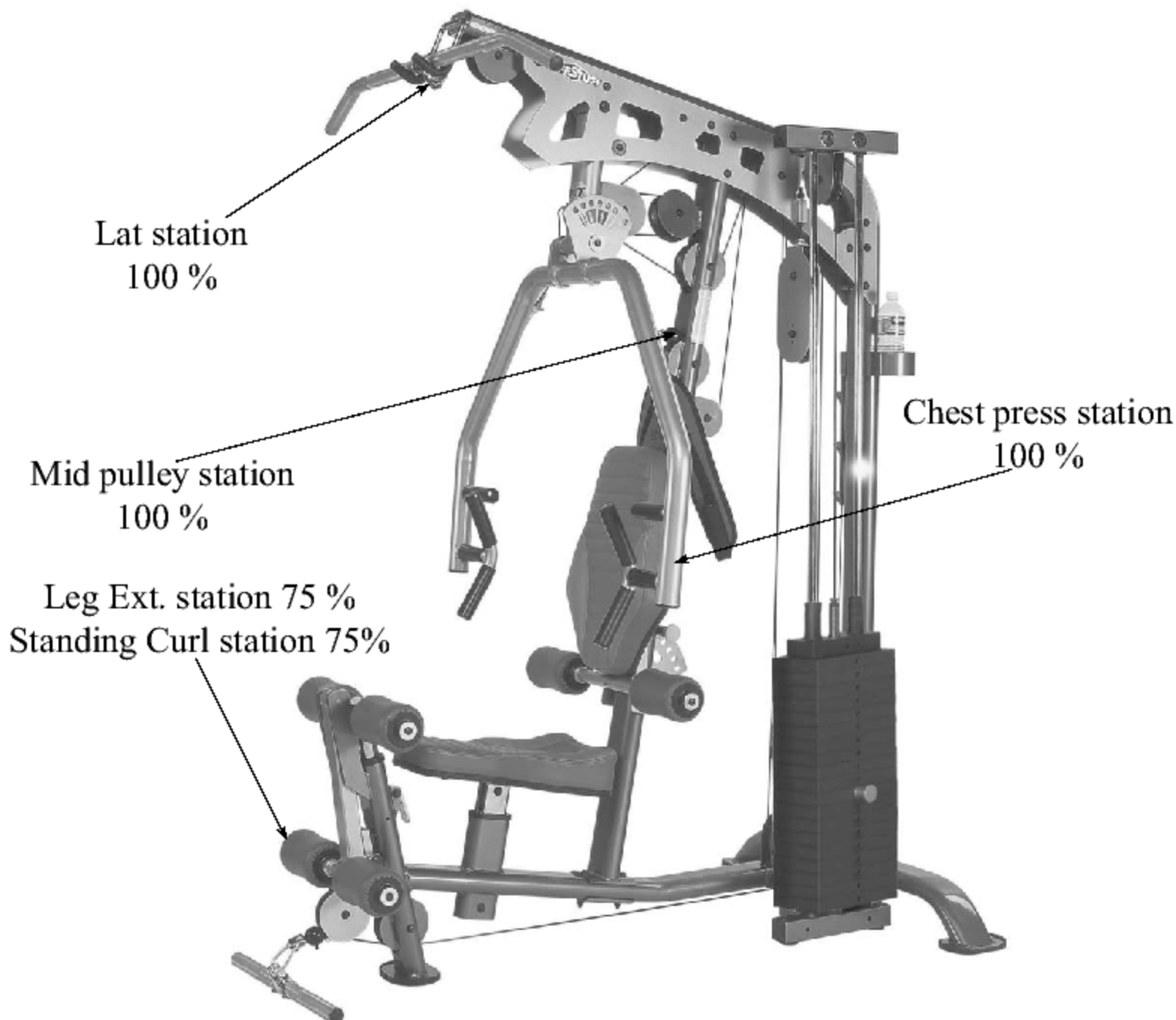
### Assembly List

Item #	Description	Qty.
8	BACK PAD	1
25	SEAT PAD	1
48	CHROME WASHER 3/8 X 1 1/2	1
70	FLAT WASHER SAE 3/8"	4
76	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/2	5
108	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	1



- A. Please ensure all bolts are in place and securely fasten.
- B. Ensure all cables are properly routed and in good condition.
- C. To test that cables are running smoothly through pulleys, select a light weight, and test each station.

## WEIGHT PERCENTAGE



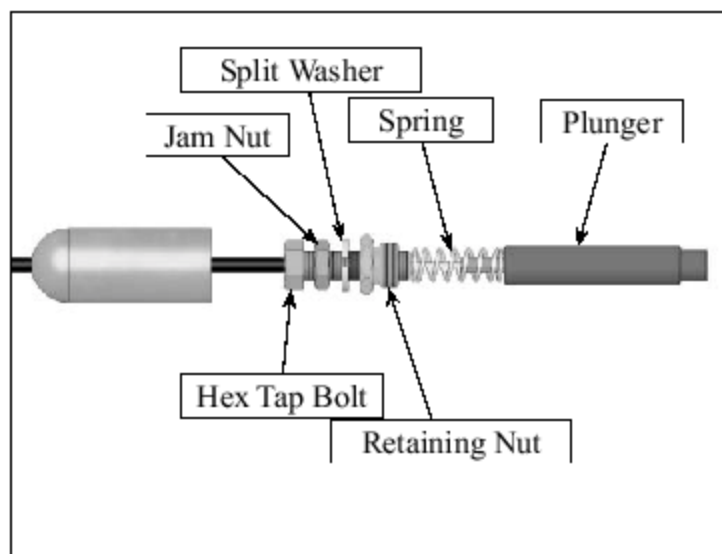


## IMPORTANT

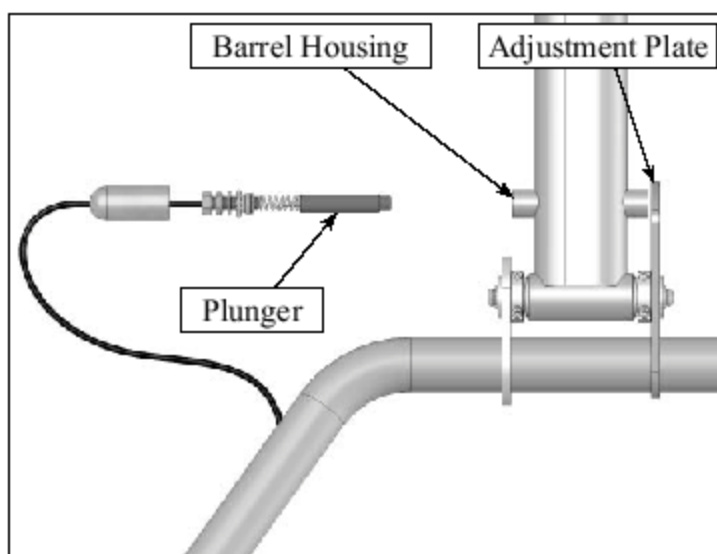
## CABLE ADJUSTMENT REQUIRED

To insure proper operation of the Adjustable Press Bar, the spring loaded pin cable must be adjusted. Use the guidelines below to make this adjustment.

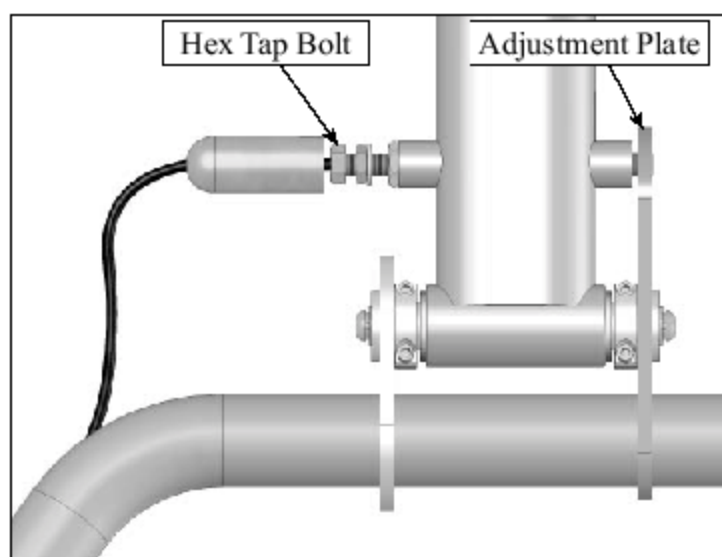
**DO NOT USE THIS GYM UNTIL THE CABLE HAS BEEN ADJUSTED.**



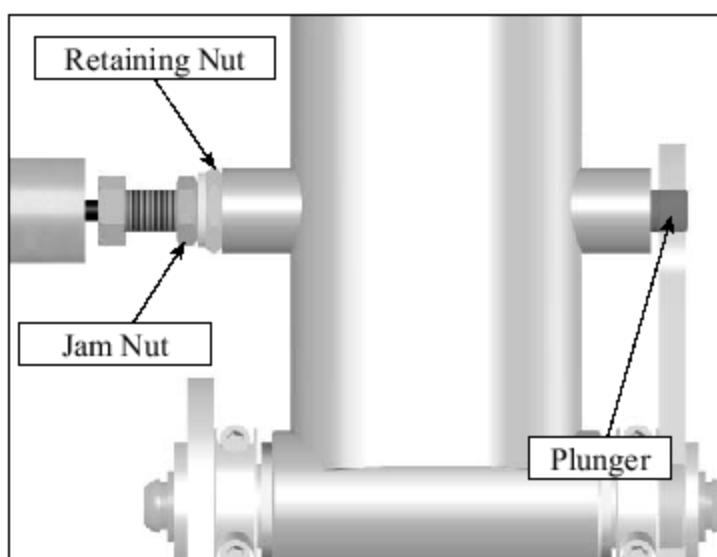
**FIG. 1** Before inserting the **Cable Assembly** into the **Barrel Housing** make sure the **Jam Nut** and the **Retaining Nut** are not touching.



**FIG. 2** Insert the **Plunger** into the **Barrel** housing making sure that the end of the **Plunger** is seated in one of the holes in the **Adjustment Plate**. Now tighten the **Retaining Nut** with an adjustable wrench. (Do not allow the **Cable Assembly** to turn or become jammed while tightening the **Retaining Nut**).



**FIG. 3** Adjust the **Hex Tap Bolt** so that the **Plunger** is flush with the outside surface of the **Adjustment Plate**.



**FIG. 4** Now tighten the **Jam Nut** against the **Retaining Nut** using an adjustable wrench. (Do not allow the **Cable Assembly** to turn or become jammed while tightening the **Jam Nut**).

COLOR CHART  
 GRAY= SUB-ASSEMBLY PARTS  
 BLACK= HARDWARE

# AXT-2 Parts List

AXT-2 Rev2



Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Part No.	Qty.
1	ADJUSTABLE BACK PAD BRACKET	0	UP3703	1	71	BRONZE FLANGED BUSHING 3/8 X 1/2 X 3/16 X 19/32 X 1/16	BNH2146	2
2	ADJUSTABLE DOUBLE PULLEY BRACKET	0	UP3704	1	72	GASSHOCK	BNH0747	1
3	ADJUSTABLE LEG HOLDER	0	UP3735	1	73	HEX HEAD CAP SCREW GR-5 1/2-13 X 3 3/4	BNH0297	1
4	ADJUSTABLE PRESS BAR CABLE	0	UP5253	1	74	HEX HEAD CAP SCREW GR-5 1/2-13 X 5	BNH0268	1
5	ADJUSTABLE RELEASE LEG HOLDER	0	UP3739	1	75	HEX HEAD CAP SCREW GR-5 1/2-13 X 6 1/2	BNH1370	1
6	ADJUSTABLE SEAT FRAME	0	UP3783	1	76	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/2	BNH0303	5
7	ADJUSTABLE SEAT HANDLE	0	UP3732	1	77	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	BNH0274	8
8	BACK PAD	0	UP3705	1	78	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/4	BNH0273	1
9	BOTTOM FRAME	1	UP3740	1	79	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/2	BNH0276	2
10	BOTTOM GUIDE ROD RETAINER	0	UP3743	1	80	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/4	BNH0277	3
11	PRESS BAR ADJUSTABLE HANDLE	0	UP5252	1	81	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 3/4	BNH0278	1
12	CHROME GUIDE ROD 3/4 X 73 5/8	0	UP3731	2	82	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4	BNH0312	4
13	FLOATING PULLEY BRACKET	0	UP3733	1	83	HEX HEAD CAP SCREW GR-5 3/8-16 X 4 1/2	BNH0284	5
14	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	0	UP3785	6	84	HEX HEAD CAP SCREW GR-5 3/8-16 X 5	BNH0320	13
15	FOAM ROLL TUBE 1 X 25 1/2	0	UP5004	1	85	HEX HEAD CAP SCREW GR-5 3/8-16 X 5 1/4	BNH0690	4
16	FRONT UPRIGHT	0	UP3784	1	86	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	3
17	HANDLES	0	UP3618	2	87	HEX HEAD CAP SCREW GR-5 3/8-16 X 3/4	BNH0283	2
18	LAT BAR HOLDER	0	UP3744	1	88	HEX KEY 3/32"	BNH0372	1
19	LEG EXTENSION ARM	0	UP3734	1	89	HEX KEY 7/32"	BNH0575	2
20	LONG ADJUSTABLE STOPPER	0	UP0331	1	90	HEX KEY ARM 1/8"	BNH0767	1
21	PIVOT AXLE 1/2 X 3	0	UP3741	1	91	HEX KEY ARM 3/16"	BNH0371	1
22	PRESS BAR	0	UP5254	1	92	LAT BAR 1 1/4 ALUMINUM	BNH1770	1
23	PRESS BAR HOUSING	0	UP3718	1	93	LOW ROW BAR 1 1/4 ALUMINUM	BNH1771	1
24	REAR UPRIGHT	1	UP3621	1	94	METAL HINGE	BNH0046	2
25	SEAT PAD	0	UP3724	1	95	NYLON BALL 1 3/4 X 5/16	BNH0022	3
26	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	96	BEARING SPACER 27/8	BNH1941	1
27	STOPPER HOUSING BLOCK (SMALL)	0	UP3745	1	97	NYLON INSERT LOCK NUT 3/8-16	BNH0214	24
28	SWIVEL FOOT ROLL HOLDER	0	UP4397	1	98	NYLON INSERT LOCK NUT 5/16-18	BNH0215	5
29	TOP FRAME	0	UP3738	1	99	NYLON INSERT JAM LOCK NUT 1/2-13	BNH0366	3
30	TOP GUIDE ROD RETAINER	0	UP3742	1	100	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	18
31	TOP REINFORCEMENT PLATE LEFT	0	UP3737	1	101	PLASTIC INSERT CAP ELLIPTICAL 1 1/2 X 3	BNH1795	1
32	TOP REINFORCEMENT PLATE RIGHT	0	UP3736	1	102	PLASTIC INSERT CAP 2" SQ 10-14 GA	BNH0012	4
33	LAT CABLE	0	UP3787	1	103	PLASTIC INSERT ELLIPTICAL GUIDE (2X4)	BNH1760	2
34	LEG EXTENSION / AB CABLE	0	UP3788	1	104	PLASTIC STOPPER	BNH1765	1
35	TENSION CABLE	0	UP3789	1	105	PULL PIN 1/2 X 5 5/8 (YELLOW KNOB)	BNH0701	1
36	PRESS BAR PIVOT AXLE 1 X 5 3/4	0	UP3796	1	106	PULL PIN STIFF SPRING 17/32 X 1 1/2 K-105SS	BNH0519	2
37	PLASTIC INSERT CAP 1 1/4" RD 11 GA		BNH0573	10	107	PVC 1 X 5 1/2	BNH0417	6
38	PLASTIC FOOT ROLL HOLDER 1.03 X 2.35		BNH1807	12	108	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	BNH0514	1
39	BLACK NYLON PULLEY 3/8 X 1 1/2 X 4 1/2		BNH1694	4	109	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2
40	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2		BNH0553	4	110	RUBBER FOOT FOR 6 X 4 1/4 PLATE	BNH1647	3
41	BLACK NYLON PULLEY 3/8 X 1 X 4 1/2		BNH0506	12	111	RUBBER GRIP 1.1875 ID X .125 X 4 1/4	BNH0936	2
42	ALUMINUM WASHER .390 ID X 1.500 OD		BNH1541	6	112	RUBBER GRIP 1.1875 ID X .125 X 4 3/4	BNH1244	6
43	ANKLE STRAP		BNH1435	1	113	BLACK RUBBER GRIP 1/2 X 4 7/8	BNH1818	3
44	BEARING 6203 W/BUSHING		BNH0843	2	114	RUBBER GROMMET 3/4" ID	BNH0401	2
45	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8		BNH0527	2	115	SHOULDER BOLT 3/8 X 3/4	BNH0718	5
46	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNH0528	6	116	SNAP LINK ZP 8MM X 80MM	BNH0065	4
47	BUITTON HEAD SOC CAP SCREW 3/8-16 X 1		BNH0115	8	117	SOC SET SCREW 1/4-20 X 1/4	BNH0790	1
48	CHROME WASHER 3/8 X 1 1/2		BNH1015	5	118	STEEL BUMPER WASHER Z/P 1/2"	BNH1800	2
49	COIL CHAIN Z/P 3/16 X 21		BNH1262	1	119	PLASTIC END CAP BLACK-BUMPER (1/2 BOLT)	BNH1801	2
50	CUP HOLDER		BNH1763	1	120	SPLIT COLLAR 1"	BNH0755	2
51	DECAL-ADJUST CABLE HERE		BNH1751	3	121	SPLIT HEX TAP BOLT GR-5 1/2-13 X 3 1/2	BNH1131	1
52	DECAL-ADJUSTMENT PRESS BAR		BNH1748	1	122	SPLIT LOCK WASHER 3/8"	BNH0658	11
53	DECAL-ADJUSTMENT BACK PAD		BNH1749	1	123	HEX HEAD CAP SCREW GR-5 3/8-16 X 3	BNH0282	2
54	DECAL-AXT-2		BNH1752	1	124	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	2
55	DECAL-CAUTION FOR CHINNING (1 1/4 X 2 3/4)		BNH1742	1	125	STRAP BRACKET 20 #SF20 STAINLESS STEEL	BNH0562	5
56	DECAL-CAUTION WEIGHT TRAINING		BNH1743	1	126	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	2
57	DECAL-CAUTION TIGHTEN THIS RET... 3/4 X 1 1/2		BNH1745	2	127	URETHANE BUMPER 1 3/4	BNH0229	3
58	ADJUSTABLE RELEASE LEVER COVER		BNH1940	1	128	10 LB STEEL WEIGHT PLATE BLACK 49/16 X 9 7/16 ASSY	BNH1650	19
59	DECAL-FOR BEST PERFORMANCE		BNH1750	1	129	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS ASSY	BNH1982	1
60	DECAL-WARNING KEEP HANDS AND FINGERS...		BNH1744	1	130	ABDOMINAL CRUNCH HARNESS (PART # H848)	BNH0235	1
61	DECAL-WEIGHT NUMBERS REF TP-10 (200 lbs)		BNH1542	1	131	ACCESSORY HOLDER	BNH1764	1
62	FINISHED HEX NUT 1/2-13		BNH0201	3	132	FLAT HEAD SOCKET CAP SCREW B/O #12-28 X 3/4	BNH1787	5
63	FLANGED SPACER 0.406 X 0.63 X 0.69		BNH1781	2	133	PLASTIC INSERT CAP 2" RD 10-14 GA	BNH0004	2
64	FLANGED SPACER 0.406 X 0.63 X 0.75 X 0.079		BNH1782	2	134	SOCKET HEAD CAP SCREW B/O 1/4-28 X 3/4	BNH2161	4
65	FLANGED SPACER 0.406 X 0.63 X 1.14		BNH1779	2	135	HEX HEAD CAP SCREW GR-5 B/O 5/16-18 X 3/4	BNH1772	2
66	SPACER 0.406 X 0.63 X 1.875		BNH1780	1	136	NYLON STEM BUTTON .720" X .187"	BNH0533	2
67	FLANGED SPACER 0.406 X 0.63 X 1.633		BNH1777	2	137	SOC SET SCREW 3/8-16 X 3/4	BNH0476	3
68	FLAT PHILLIPS SCREW ZINC #2 X 1/2		BNH1480	4	138	SOC SET SCREW 1/4-20 X 3/8	BNH0772	2
69	FLAT WASHER SAE 1/2"		BNH0238	5	139	SINGLE STRAND CONNECTING LINK #40 (6261 K193)	BNH0066	1
70	FLAT WASHER SAE 3/8"		BNH0239	87	140	RUBBER GRIP 1/2 X 3 1/2	BNH1221	1



## **TuffStuff Basic Strength Equipment Safety and General Maintenance**

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

### **Part One: General Inspection and Cleaning**

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

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

### **Part Two: Maintenance**

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

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



## Maintenance

### **Part Three: Lubrication**

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

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

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

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

TuffStuff Fitness Equipment, Inc.  
Service Department  
1325 E. Franklin Avenue  
Pomona, CA 91766  
1-800-961-9377  
e-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net)

# DO NOT DISCARD THIS MANUAL



## HOME LIFETIME WARRANTY

TuffStuff products are warranted to the retail purchaser to be free from defects in materials and workmanship. TuffStuff exclusive Home Lifetime Warranty coverage extends for the life of the product while owned by the original retail purchaser, and used only in a home or residential setting unless otherwise noted in the owner's manual.

This warranty does not cover:

1. TuffStuff products sold for and used in a commercial or institutional setting.
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 machine.
3. Use of products in a manner for which they were not designed.
4. Original product that is altered, or the use of replacement parts and components of another manufacturer other than TuffStuff.

Limitations:

The foregoing shall constitute the sole remedy of the purchaser and the sole liability of TuffStuff 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. TuffStuff shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products. TuffStuff's liability hereunder is expressly limited to the repairs or replacements of warranted defective parts.

Procedures:

Warranty service will be performed at TuffStuff's facility in Pomona, California. TuffStuff will have the option of either repair or replacement at no charge for any defective product. Purchaser is responsible for installation of repaired or replaced parts and all transportation and insurance costs on returned or replaced equipment to and from TuffStuff's facility in Pomona.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state. Effective July 1, 2004.

This 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 at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

**Note:** Retain your sales receipt and be sure to mail in the warranty registration card to insure that a permanent record of your purchase is on file with the factory and to avoid unnecessary delays in warranty service.

### **TuffStuff Fitness Equipment, Inc.**

1325 E. Franklin Avenue

Pomona, CA 91766, USA

Ph: 909-629-1600 Fax: 909-629-4967

E-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net) Net: [www.tuffstuff.net](http://www.tuffstuff.net)