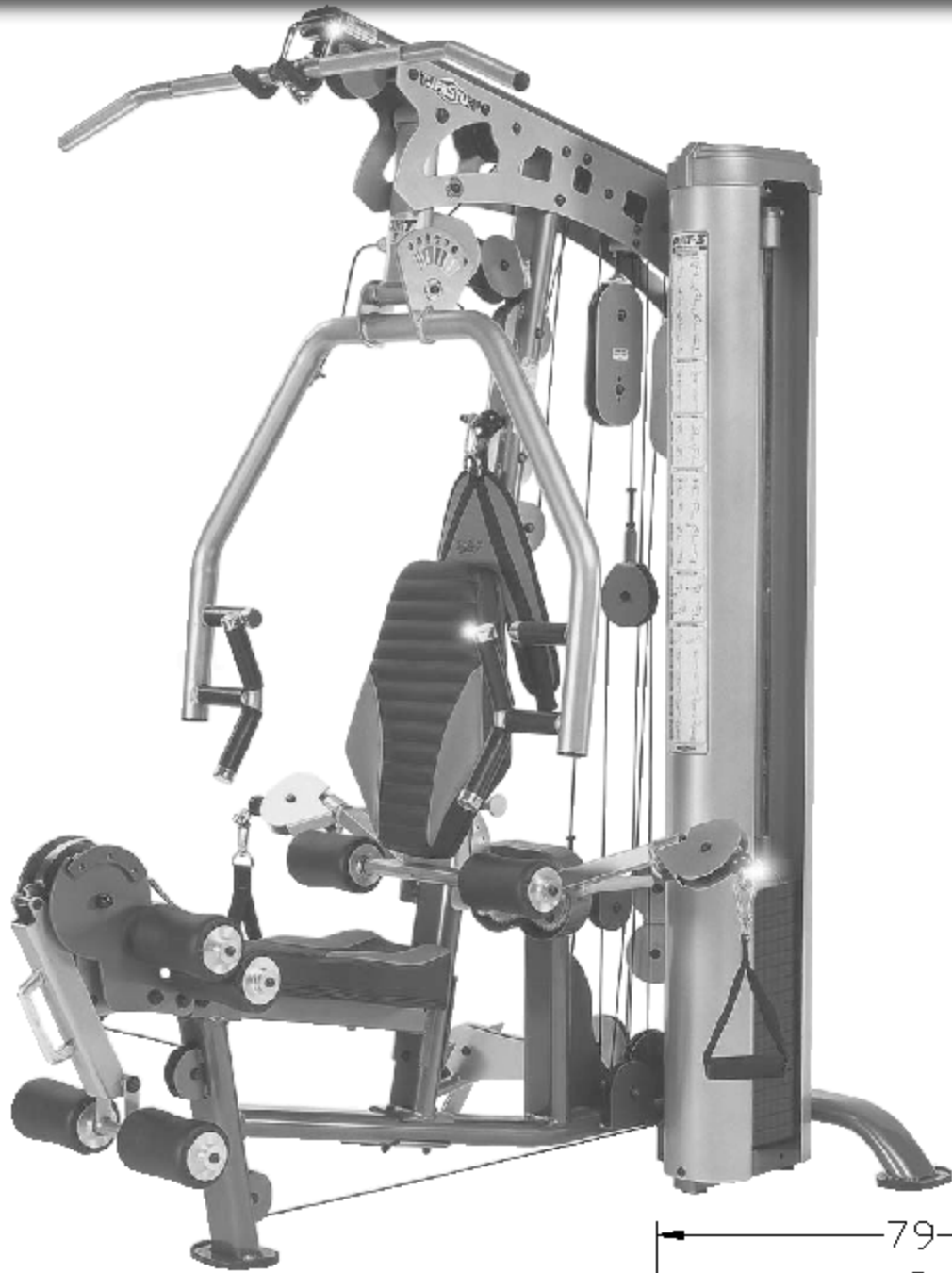


OWNER'S MANUAL



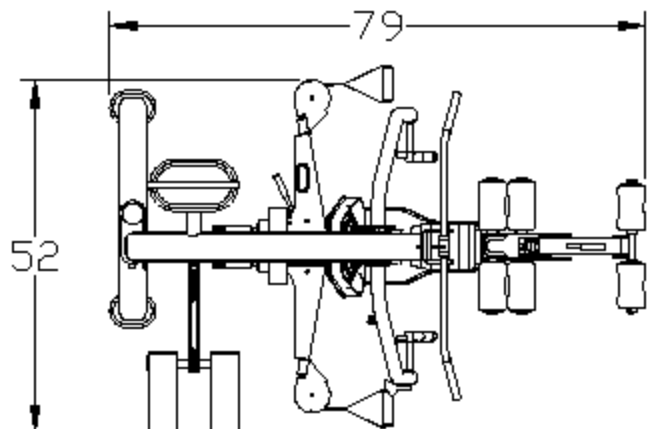
AXT-3D

AXT-3S

AXT-USER DEFINED HOME GYM

TUFFSTUFF

AMERICA'S PREMIER EXERCISE EQUIPMENT



AXT-3
L 79" W 52" H 84"

AXT3 Rev2
Revision Date: 4-24-08

Introduction

About the AXT-3 USER DEFINED HOME GYM

Congratulations on your new purchase of the AXT-3S_AXT-3D. 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 | - 675 lbs. |
| 3. Footprint (LWH) | - See Front Cover. |

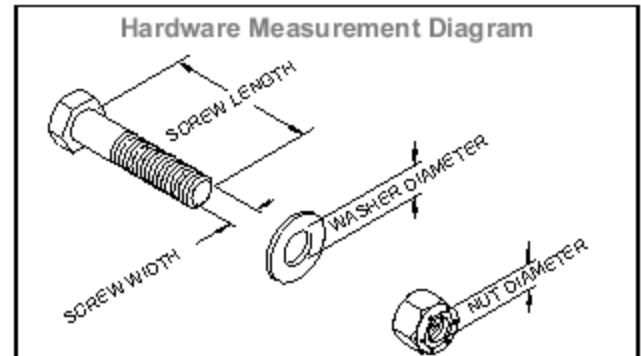
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the AXT-3S_AXT-3D

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 wrench
3. One 9/16" combination wrench
4. One 1/2" combination wrench
5. One 7/16" combination wrench
6. One adjustable wrench
7. One ratchet
8. One 3/4" socket
9. One 9/16" socket
10. One rubber mallet
11. Windex or household glass cleaner
12. Measuring tape
13. 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.

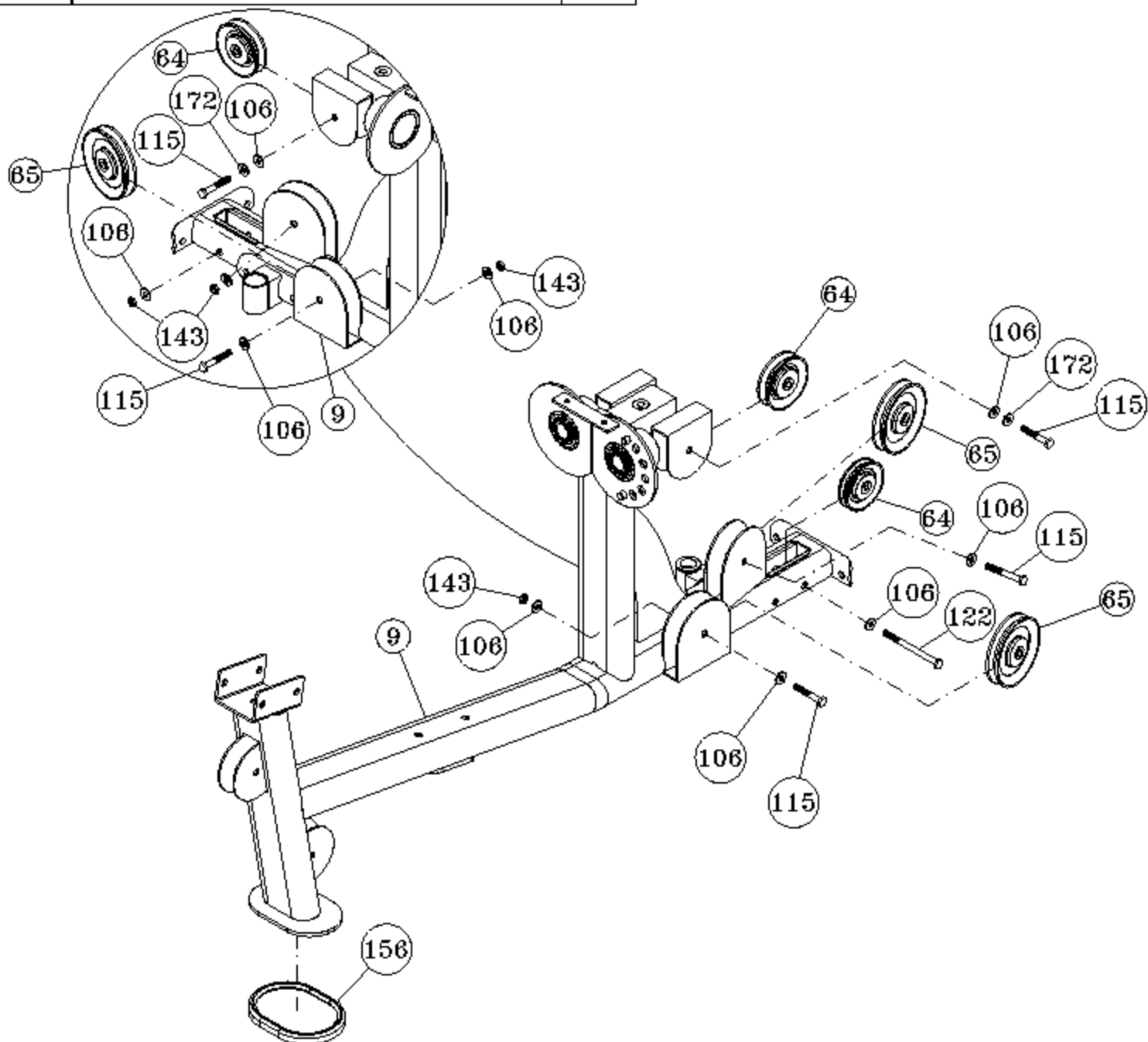
CONTENTS

Introduction.	2
Safety Precautions.	2
Assembly Steps	3 - 41
Cable Routings	
Lat Cable Assembly	22 - 23
Tension Cable Assembly	24 - 25
Butterfly Cable Assembly	26 - 27
Abdominal Cable Assembly	28 - 29
Low Row Cable Assembly.	30 - 31
Leg Extension Cable Assembly	32 - 33
Exploded View.	44
Spring Loaded Pin Adjustment.	42 - 43
Parts List.	45 - 46
Maintenance	48 - 49
Warranty	Back Page

Step 1

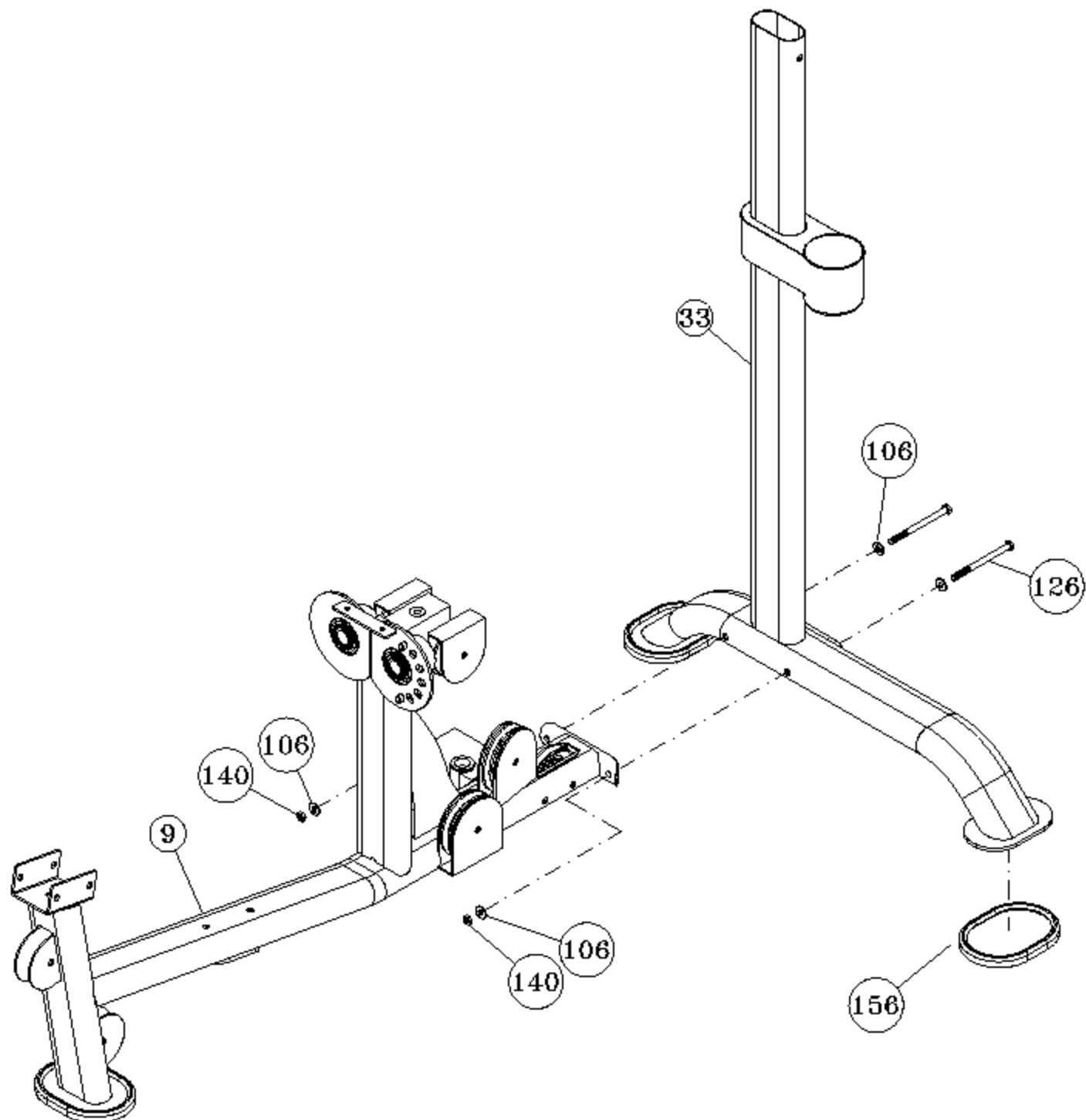
Assembly List

Item #	Description	Qty.
9	BOTTOM FRAME	1
64	PULLEY 3/8 X 1 X 3 1/2	3
65	PULLEY 3/8 X 1 X 4 1/2	3
106	FLAT WASHER SAE 3/8"	10
115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	5
122	HEX HEAD CAP SCREW GR-5 3/8-16 X 4 1/2	1
143	NYLON INSERT JAM LOCK NUT 3/8-16	4
156	RUBBER FOOT FOR 6 X 4 1/4 PLATE	1
172	SPLIT LOCK WASHER 3/8"	2



Assembly List

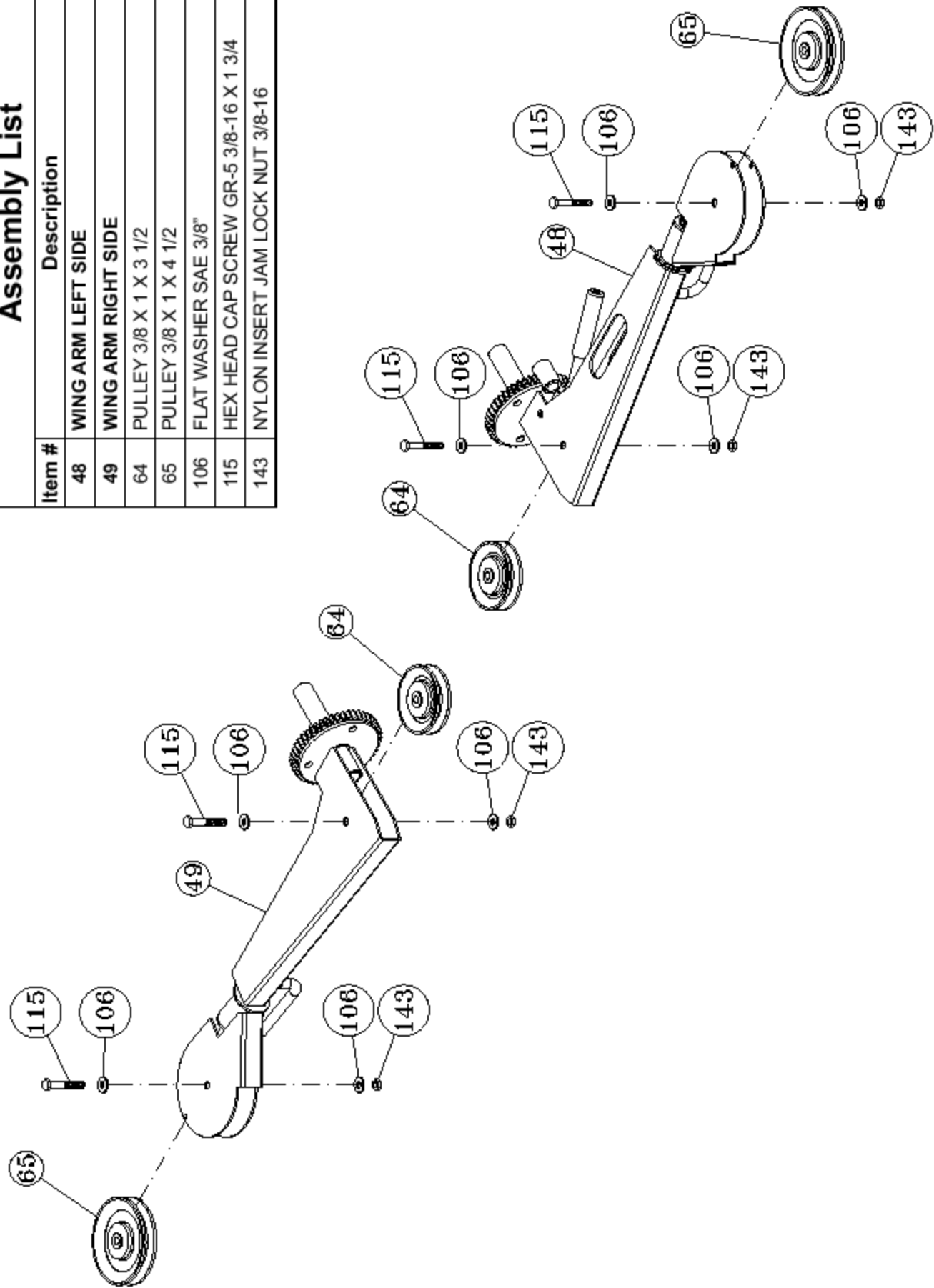
Item #	Description	Qty.
33	REAR UPRIGHT	1
106	FLAT WASHER SAE 3/8"	4
126	HEX HEAD CAP SCREW GR-5 3/8-16 X 5 1/4	2
140	NYLON INSERT LOCK NUT 3/8-16	2
156	RUBBER FOOT FOR 6 X 4 1/4 PLATE	2



Step 3

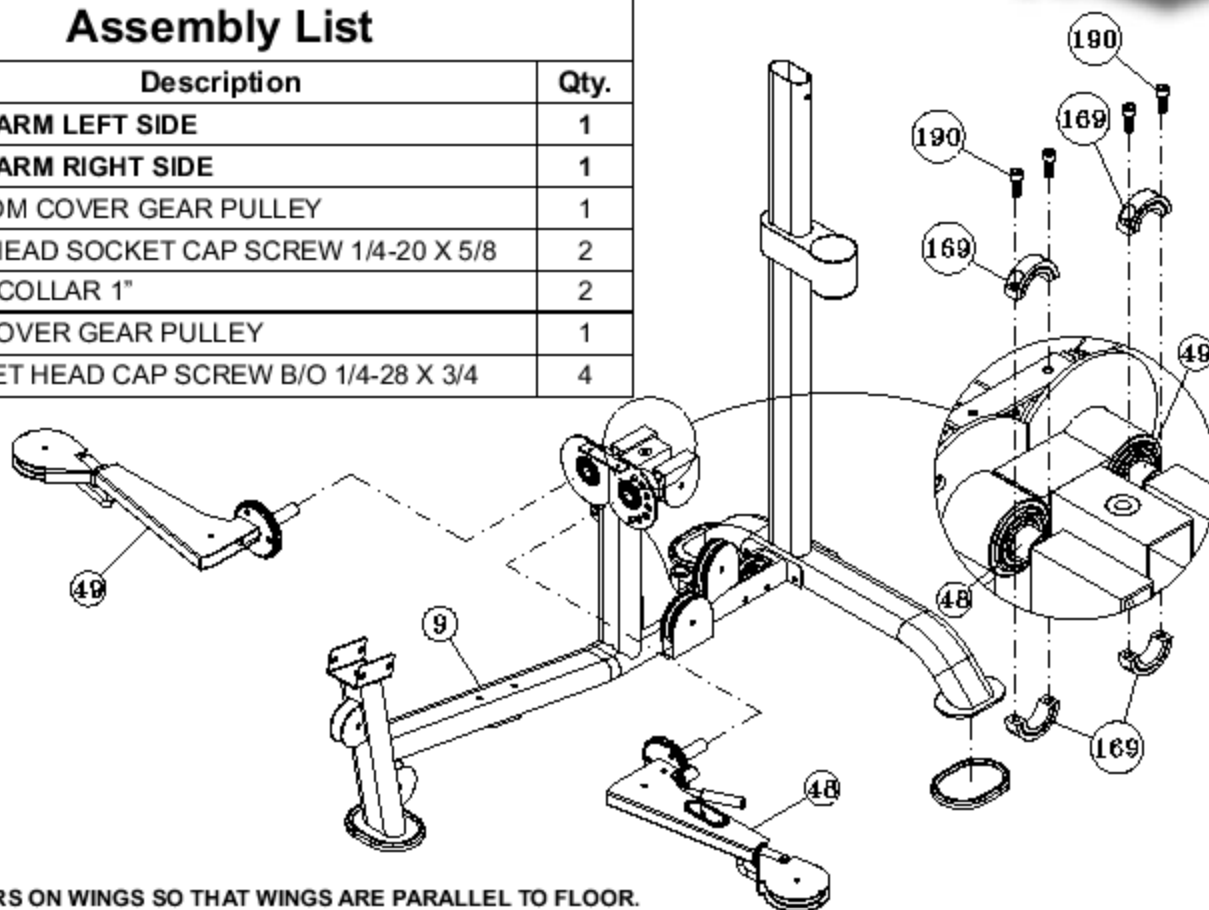
Assembly List

Item #	Description	Qty.
48	WING ARM LEFT SIDE	1
49	WING ARM RIGHT SIDE	1
64	PULLEY 3/8 X 1 X 3 1/2	2
65	PULLEY 3/8 X 1 X 4 1/2	2
106	FLAT WASHER SAE 3/8"	8
115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	4
143	NYLON INSERT JAM LOCK NUT 3/8-16	4



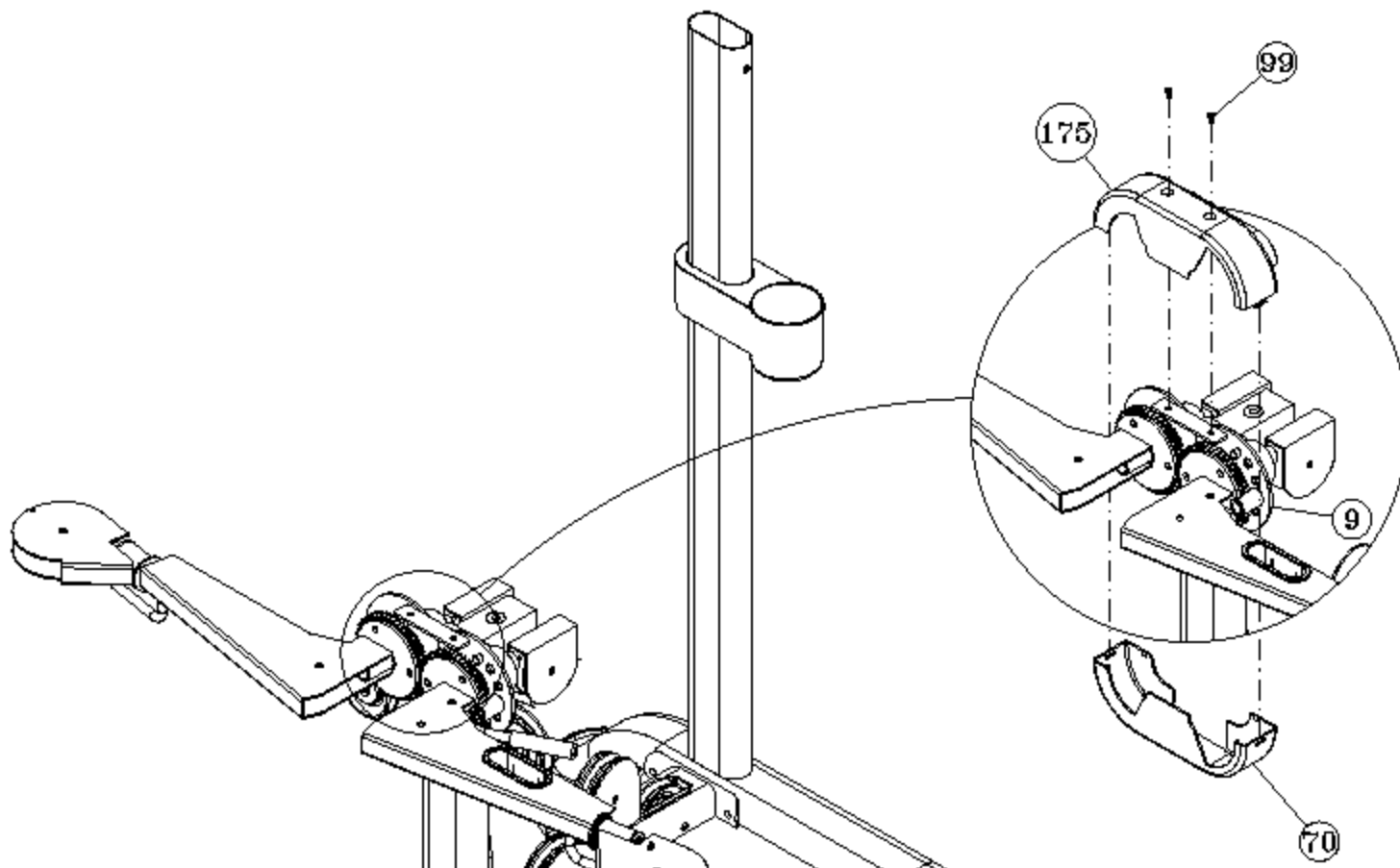
Assembly List

Item #	Description	Qty.
48	WING ARM LEFT SIDE	1
49	WING ARM RIGHT SIDE	1
70	BOTTOM COVER GEAR PULLEY	1
99	FLAT HEAD SOCKET CAP SCREW 1/4-20 X 5/8	2
169	SPLIT COLLAR 1"	2
175	TOP COVER GEAR PULLEY	1
190	SOCKET HEAD CAP SCREW B/O 1/4-28 X 3/4	4

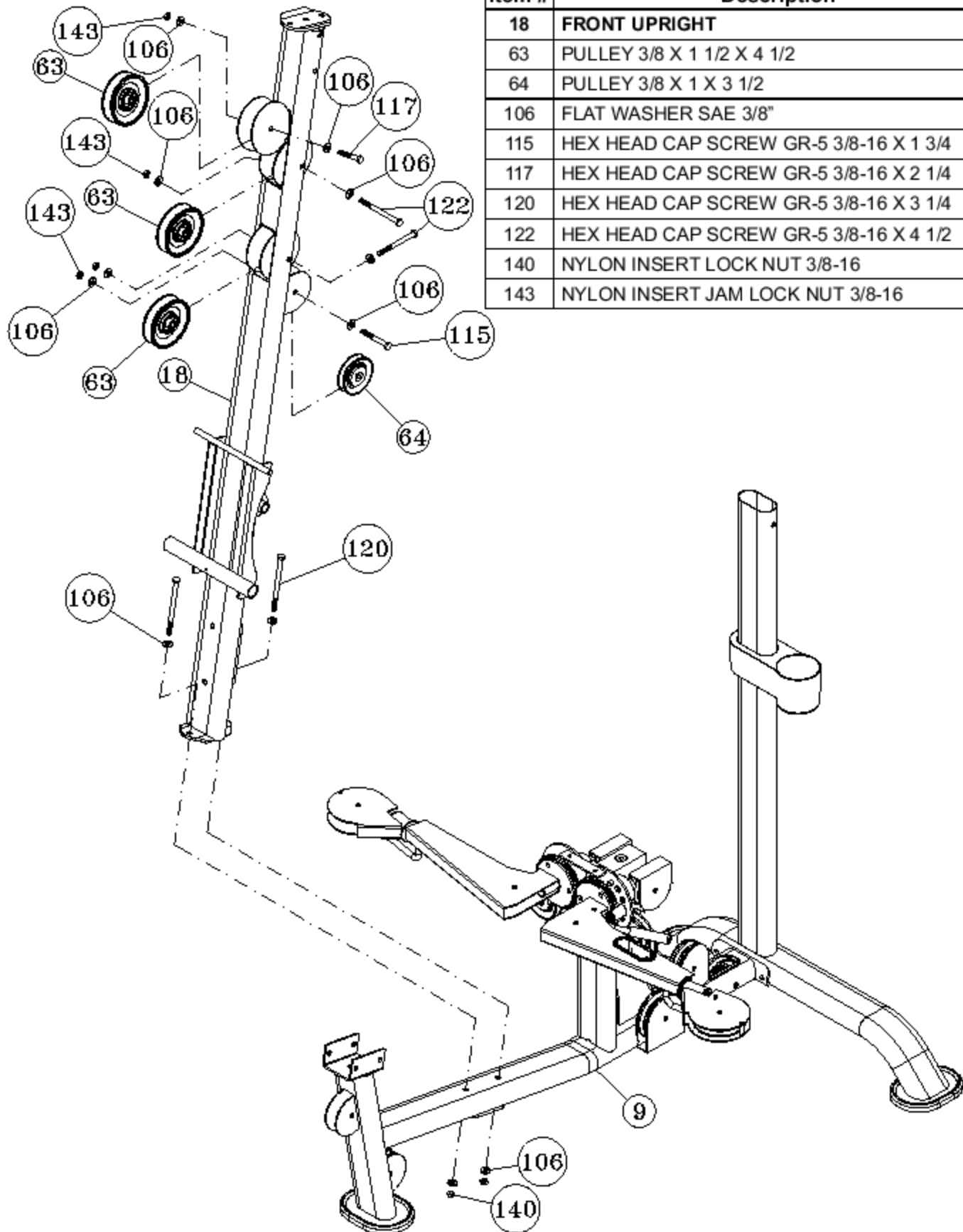


NOTES:

1. LINE UP GEARS ON WINGS SO THAT WINGS ARE PARALLEL TO FLOOR.



Step 5

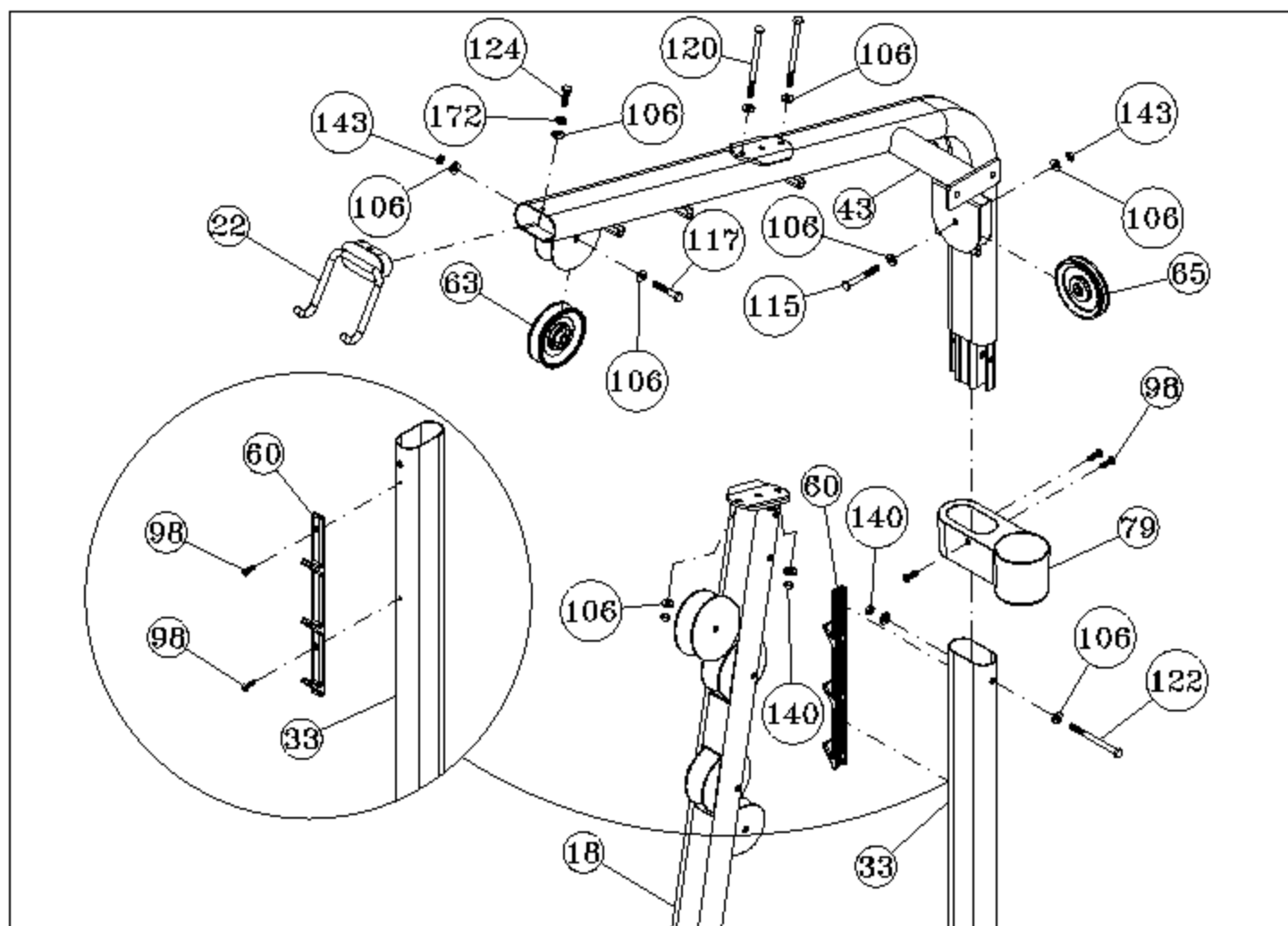


Assembly List

Item #	Description	Qty.
18	FRONT UPRIGHT	1
63	PULLEY 3/8 X 1 1/2 X 4 1/2	3
64	PULLEY 3/8 X 1 X 3 1/2	1
106	FLAT WASHER SAE 3/8"	12
115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
117	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/4	1
120	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4	2
122	HEX HEAD CAP SCREW GR-5 3/8-16 X 4 1/2	2
140	NYLON INSERT LOCK NUT 3/8-16	2
143	NYLON INSERT JAM LOCK NUT 3/8-16	4

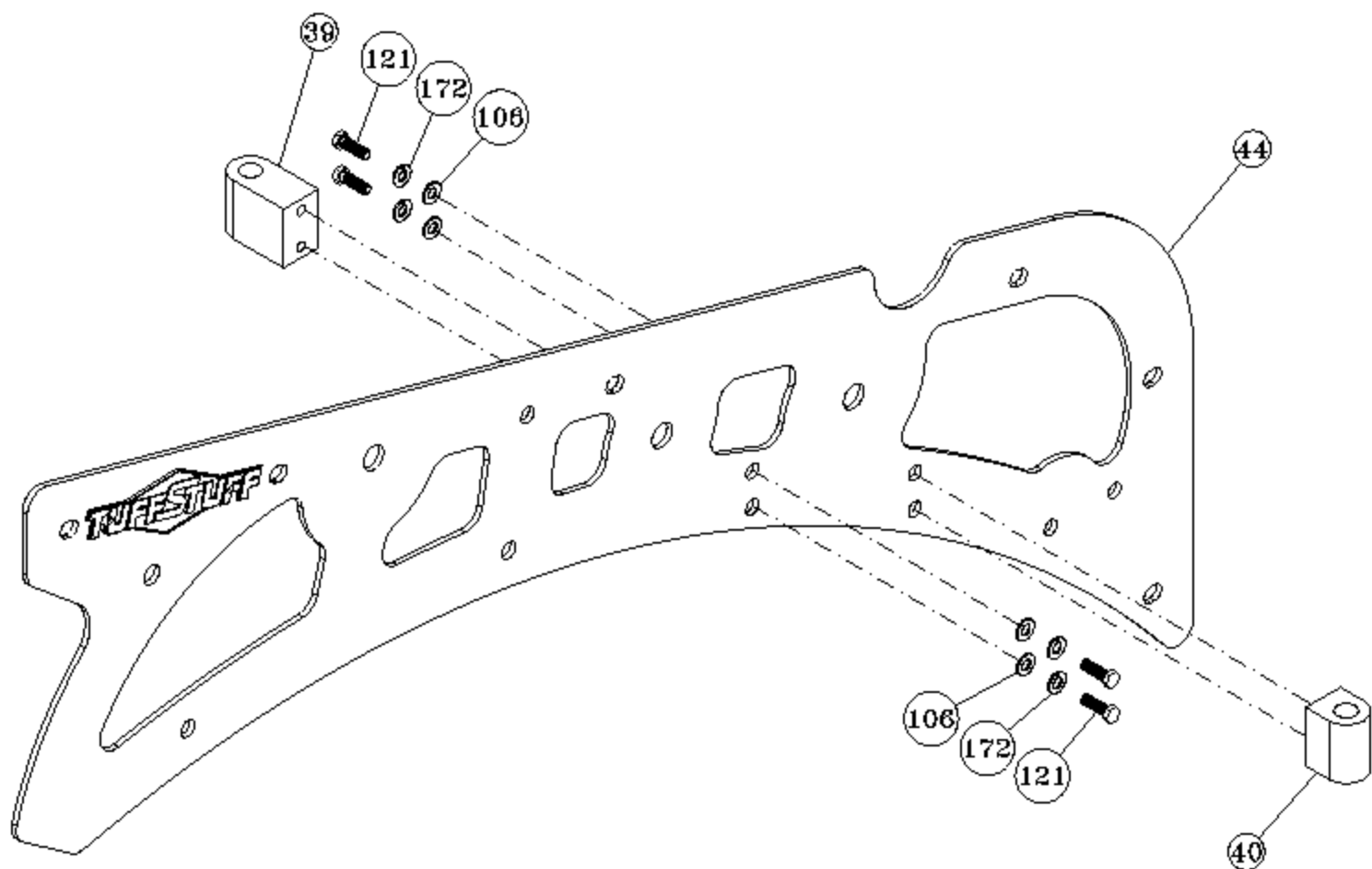
Assembly List

Item #	Description	Qty.
22	LAT BAR HOLDER	1
43	TOP FRAME	1
60	ACCESSORY HOLDER	1
63	PULLEY 3/8 X 1 1/2 X 4 1/2	1
65	PULLEY 3/8 X 1 X 4 1/2	1
79	CUP HOLDER	1
98	FLAT HEAD SOCKET CAP SCREW # 12-28 X 3/4	5
106	FLAT WASHER SAE 3/8"	11
115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
117	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/4	1
120	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4	2
122	HEX HEAD CAP SCREW GR-5 3/8-16 X 4 1/2	1
124	HEX HEAD CAP SCREW GR-5 3/8-16 X 1	1
140	NYLON INSERT LOCK NUT 3/8-16	3
143	NYLON INSERT JAM LOCK NUT 3/8-16	2
172	SPLIT LOCK WASHER 3/8"	1



Assembly List

Item #	Description	Qty.
39	STOPPER HOUSING BLOCK (LARGE)	1
40	STOPPER HOUSING BLOCK (SMALL)	1
44	TOP FRAME REINFORCEMENT PLATE LT	1
106	FLAT WASHER SAE 3/8"	4
121	HEX HEAD CAP SCREW GR-5 3/8-16 X 3/4	4
172	SPLIT LOCK WASHER 3/8"	4

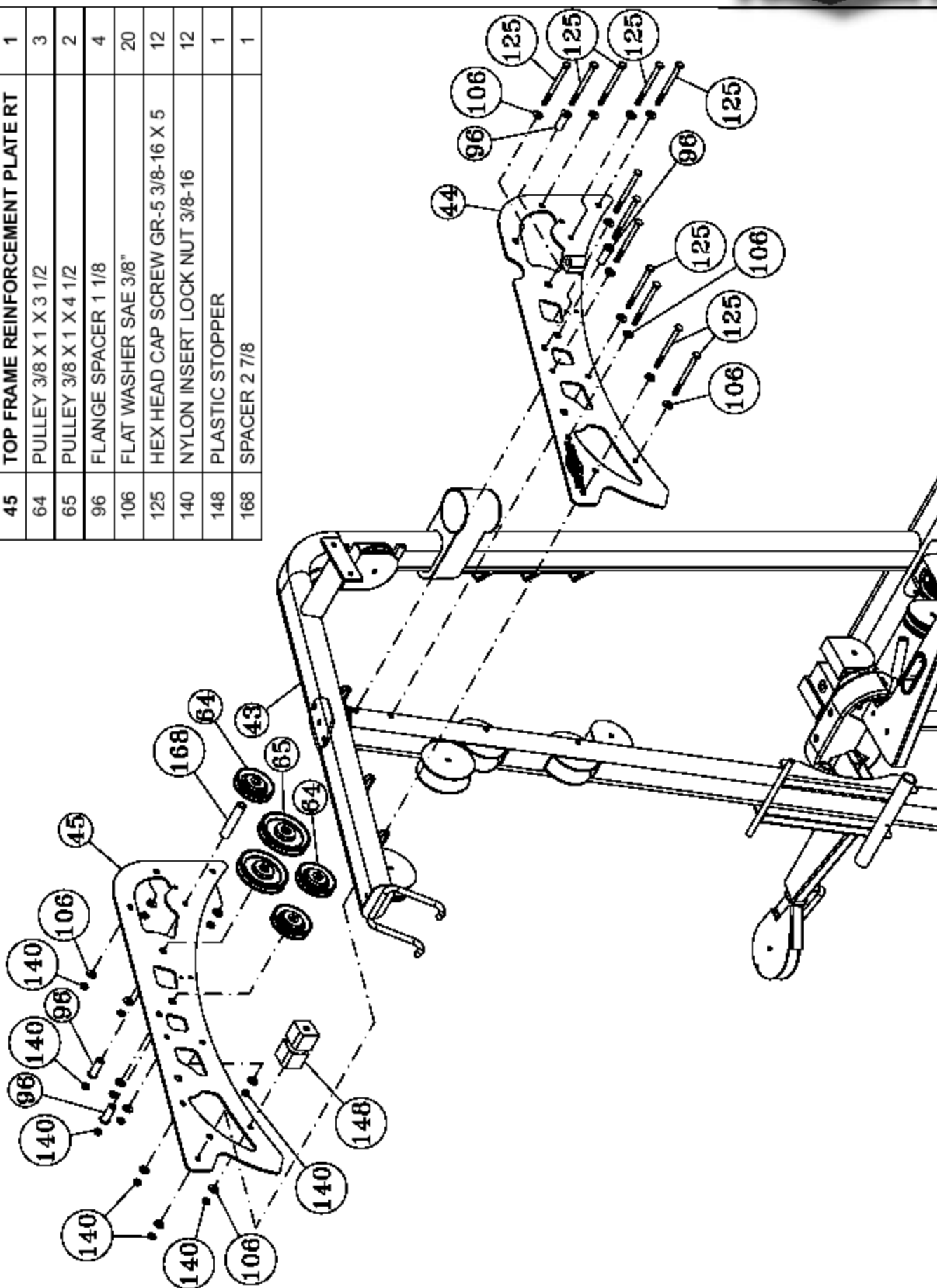


Assembly List

Item #	Description	Qty.
44	TOP FRAME REINFORCEMENT PLATE LT	1
45	TOP FRAME REINFORCEMENT PLATE RT	1
64	PULLEY 3/8 X 1 X 3 1/2	3
65	PULLEY 3/8 X 1 X 4 1/2	2
96	FLANGE SPACER 1 1/8	4
106	FLAT WASHER SAE 3/8"	20
125	HEX HEAD CAP SCREW GR-5 3/8-16 X 5	12
140	NYLON INSERT LOCK NUT 3/8-16	12
148	PLASTIC STOPPER	1
168	SPACER 2 7/8	1

NOTES:

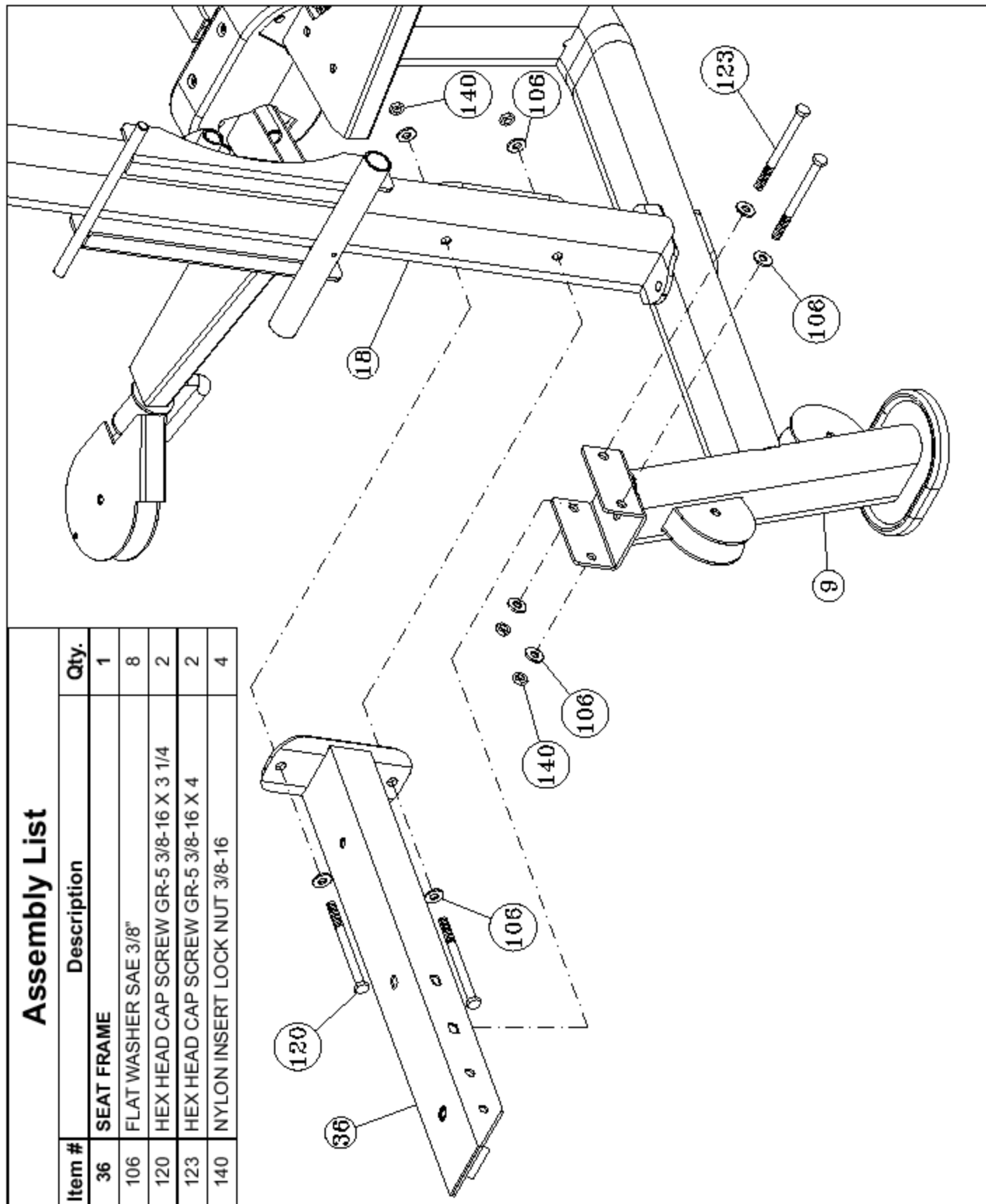
1. TWO PEOPLE ARE REQUIRED TO DO THIS STEP.



Step 9

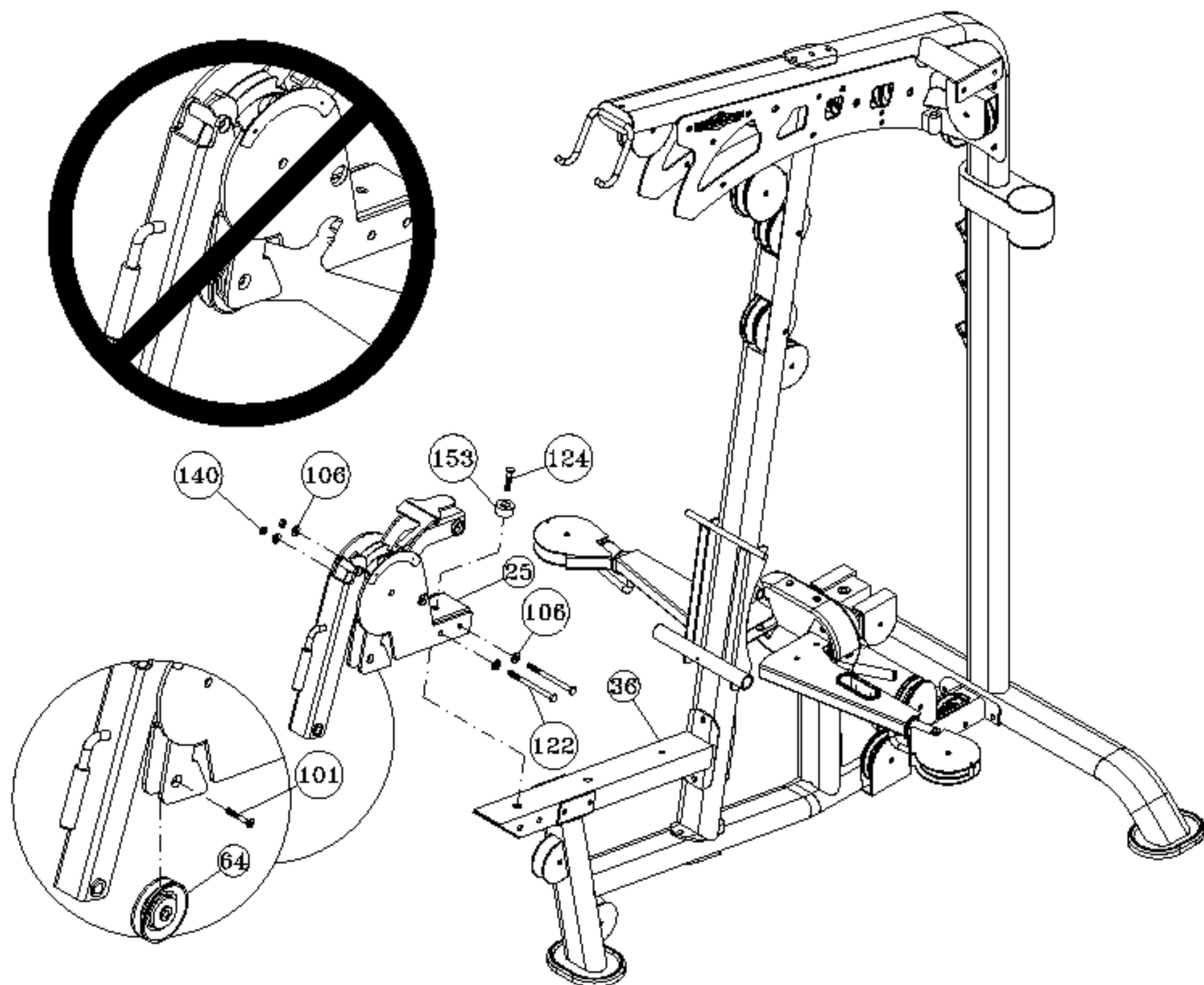
Assembly List

Item #	Description	Qty.
36	SEAT FRAME	1
106	FLAT WASHER SAE 3/8"	8
120	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4	2
123	HEX HEAD CAP SCREW GR-5 3/8-16 X 4	2
140	NYLON INSERT LOCK NUT 3/8-16	4



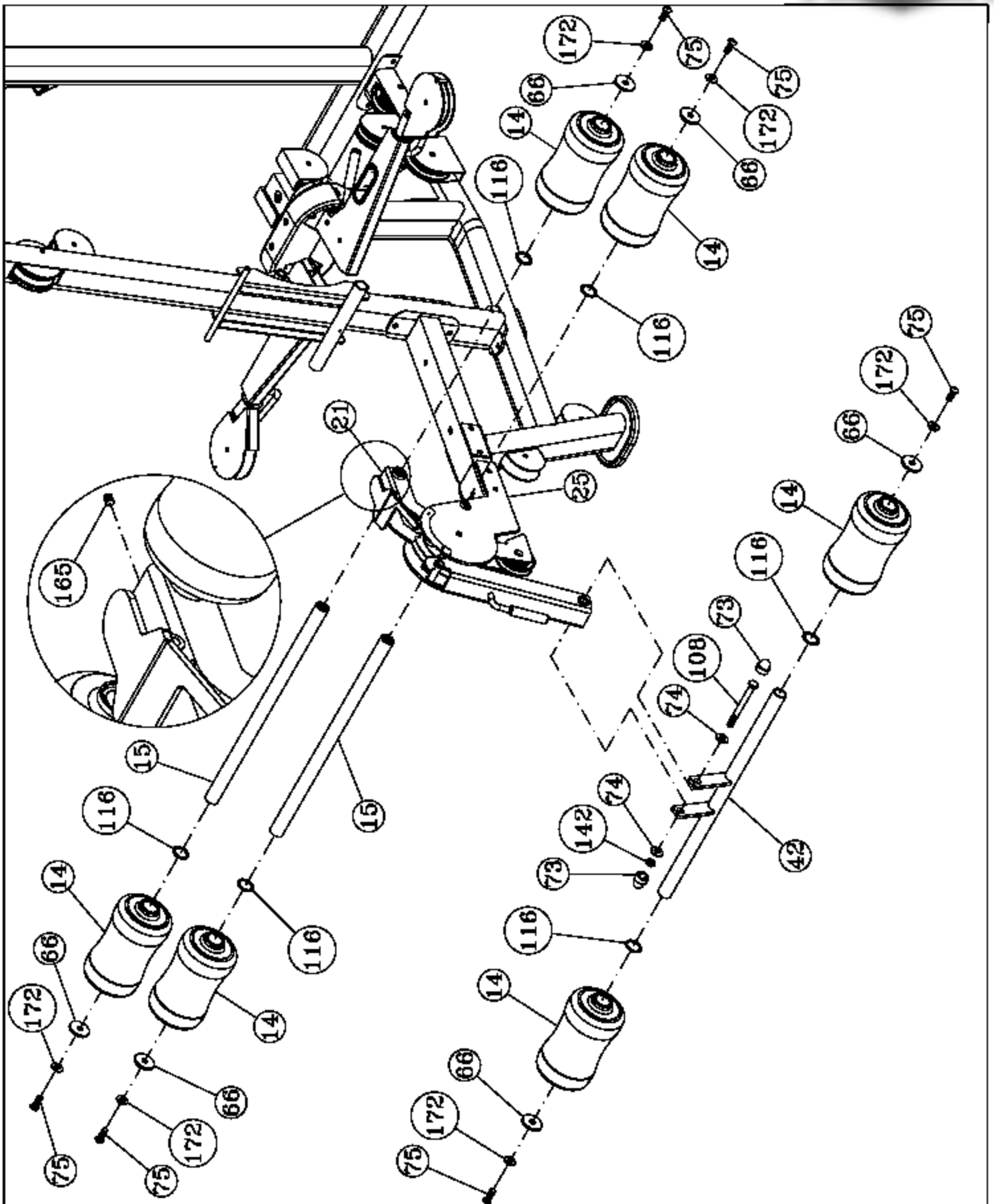
Assembly List

Item #	Description	Qty.
25	LEG EXT/LEG CURL RATCHET ASSY HOUSING	1
64	PULLEY 3/8 X 1 X 3 1/2	1
101	FLAT HEAD SOC CAP SCREW 3/8-16 X 1 1/2	1
106	FLAT WASHER SAE 3/8"	4
122	HEX HEAD CAP SCREW GR-5 3/8-16 X 4 1/2	2
124	HEX HEAD CAP SCREW GR-5 3/8-16 X 1	1
140	NYLON INSERT LOCK NUT 3/8-16	2
153	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	1

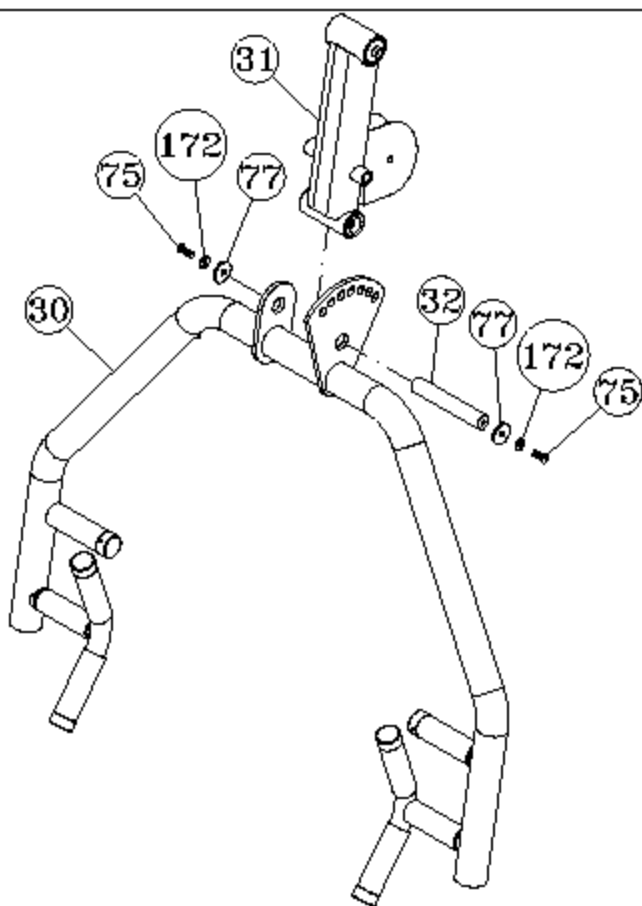


Step 11**Assembly List**

Item #	Description	Qty.
14	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	6
15	FOAM ROLL TUBE 1 X 20	2
21	LAP HOLD-DOWN ASSY	1
42	SWIVEL FOOT ROLL HOLDER	1
66	ALUMINUM WASHER .390 ID X 1.500 OD	6
73	PLASTIC END CAP BLACK-BUMPER	2
74	STEEL BUMPER WASHER ZIP 1/2"	2
75	BUTTON HEAD SOCKET CAP SCREW 3/8-16 X 1	6
108	HEX HEAD CAP SCREW GR-5 1/2-13 X 3 3/4	1
116	NYLON FLAT WASHER 1 X 1 1/4	6
142	NYLON INSERT JAM LOCK NUT 1/2-13	1
165	SOCKET SET SCREW 1/4-20 X 1/4	1
172	SPLIT LOCK WASHER 3/8"	6

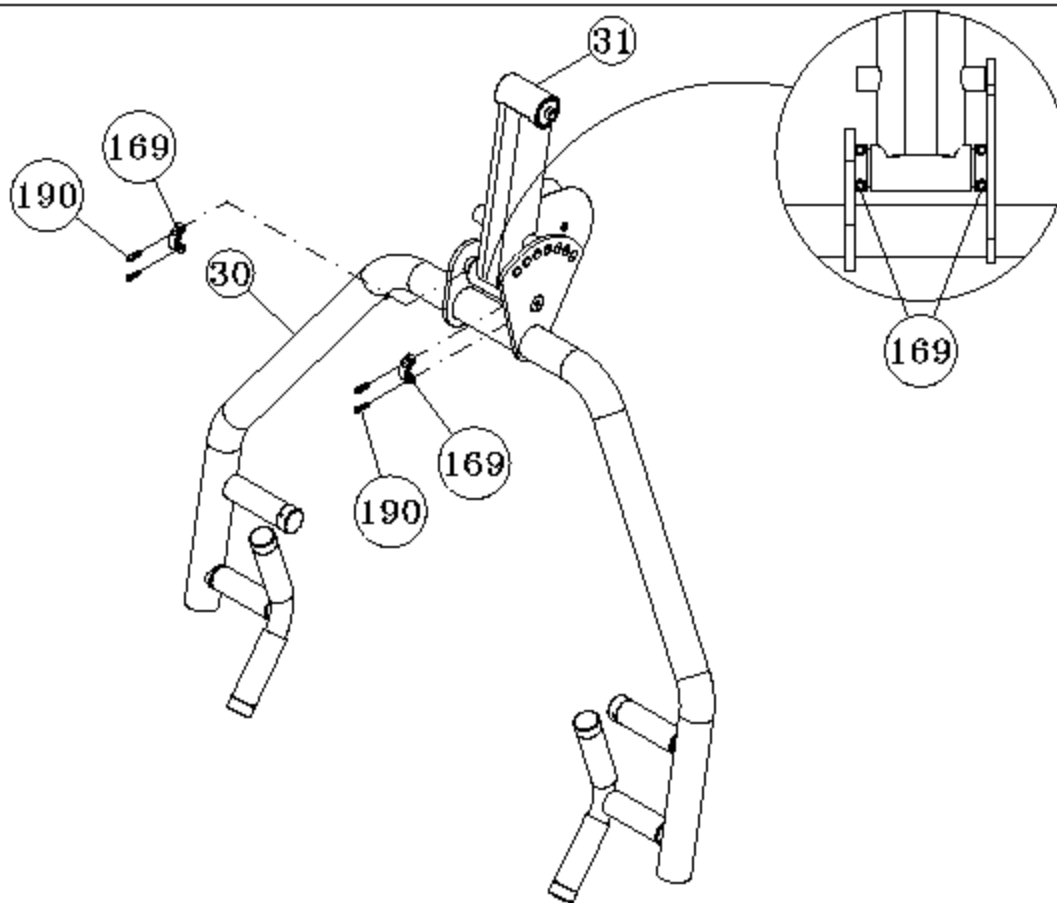


Step 12



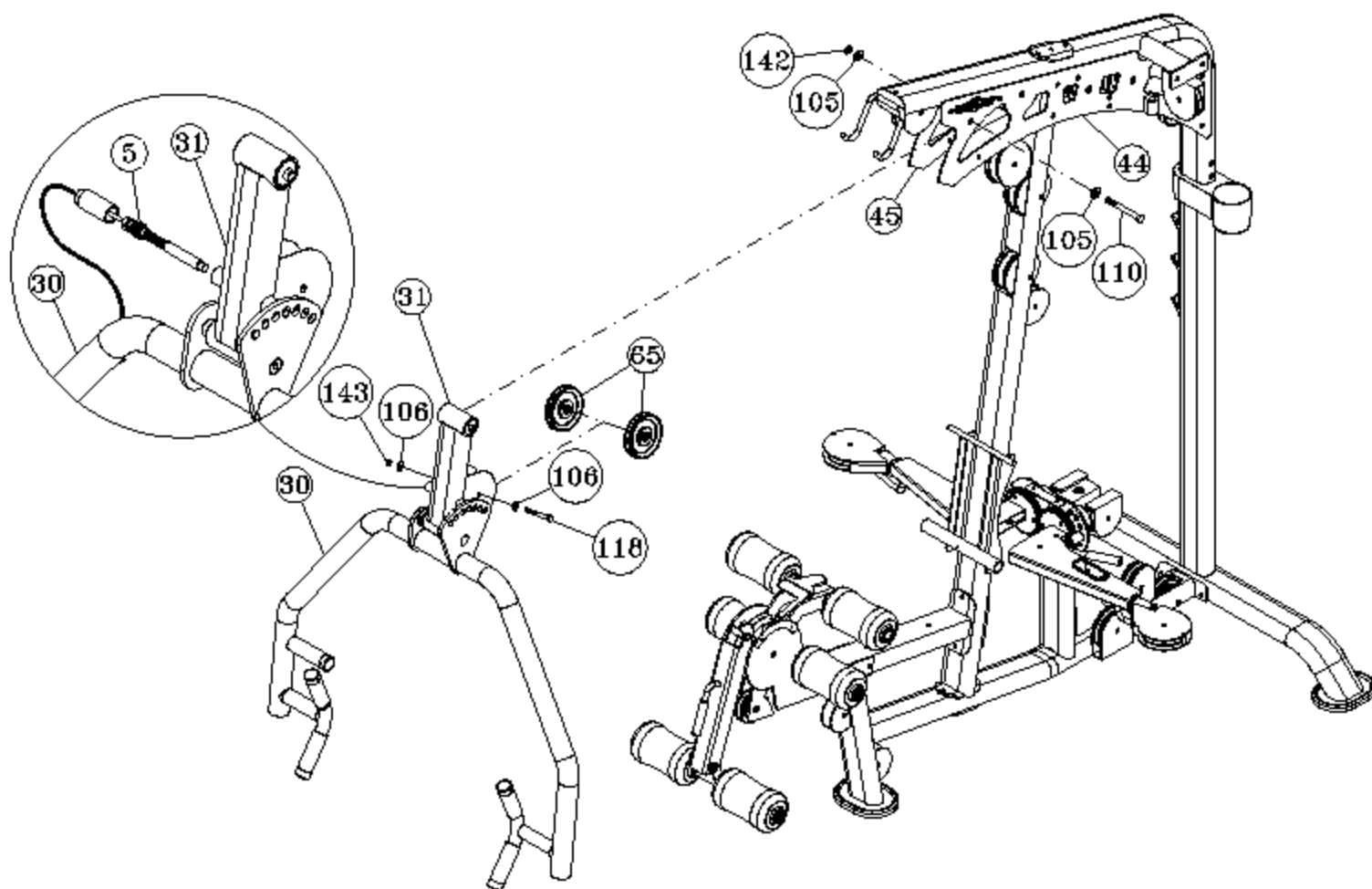
Assembly List

Item #	Description	Qty.
30	PRESS BAR	1
31	PRESS BAR HOUSING	1
32	PRESS BAR PIVOT AXLE	1
75	BUTTON HEAD SOCKET CAP SCREW 3/8-16 X 1	2
77	CHROME WASHER 3/8 X 1 1/2	2
169	SPLIT COLLAR 1"	2
172	SPLIT LOCK WASHER 3/8"	2
190	SOCKET HEAD CAP SCREW B/O 1/4-28 X 3/4	4



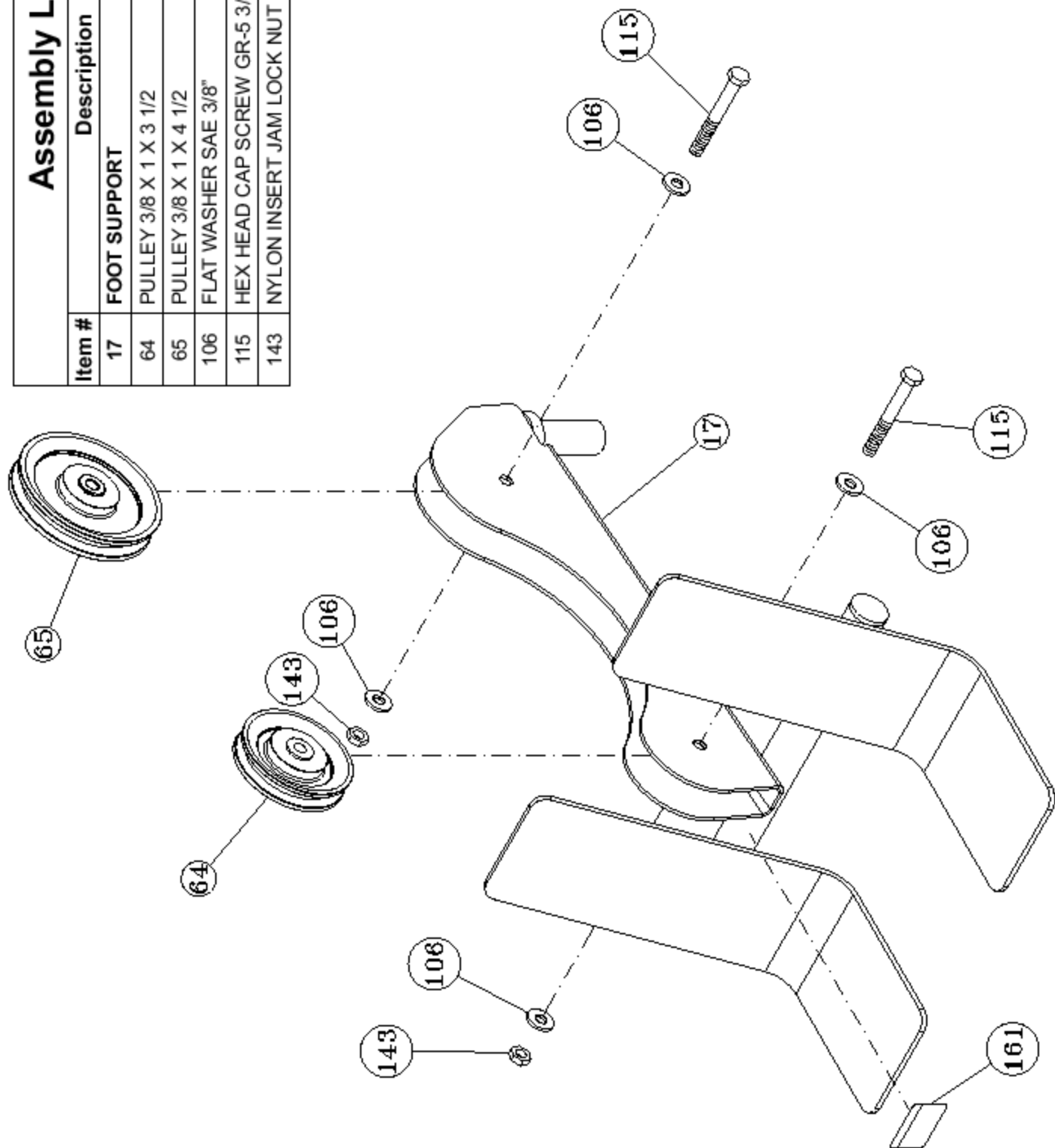
Assembly List

Item #	Description	Qty.
5	ADJUSTABLE PRESS BAR CABLE	1
65	PULLEY 3/8 X 1 X 4 1/2	2
105	FLAT WASHER SAE 1/2"	2
106	FLAT WASHER SAE 3/8"	2
110	HEX HEAD CAP SCREW GR-5 1/2-13 X 5	1
118	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 3/4	1
142	NYLON INSERT JAM LOCK NUT 1/2-13	1
143	NYLON INSERT JAM LOCK NUT 3/8-16	1



Assembly List

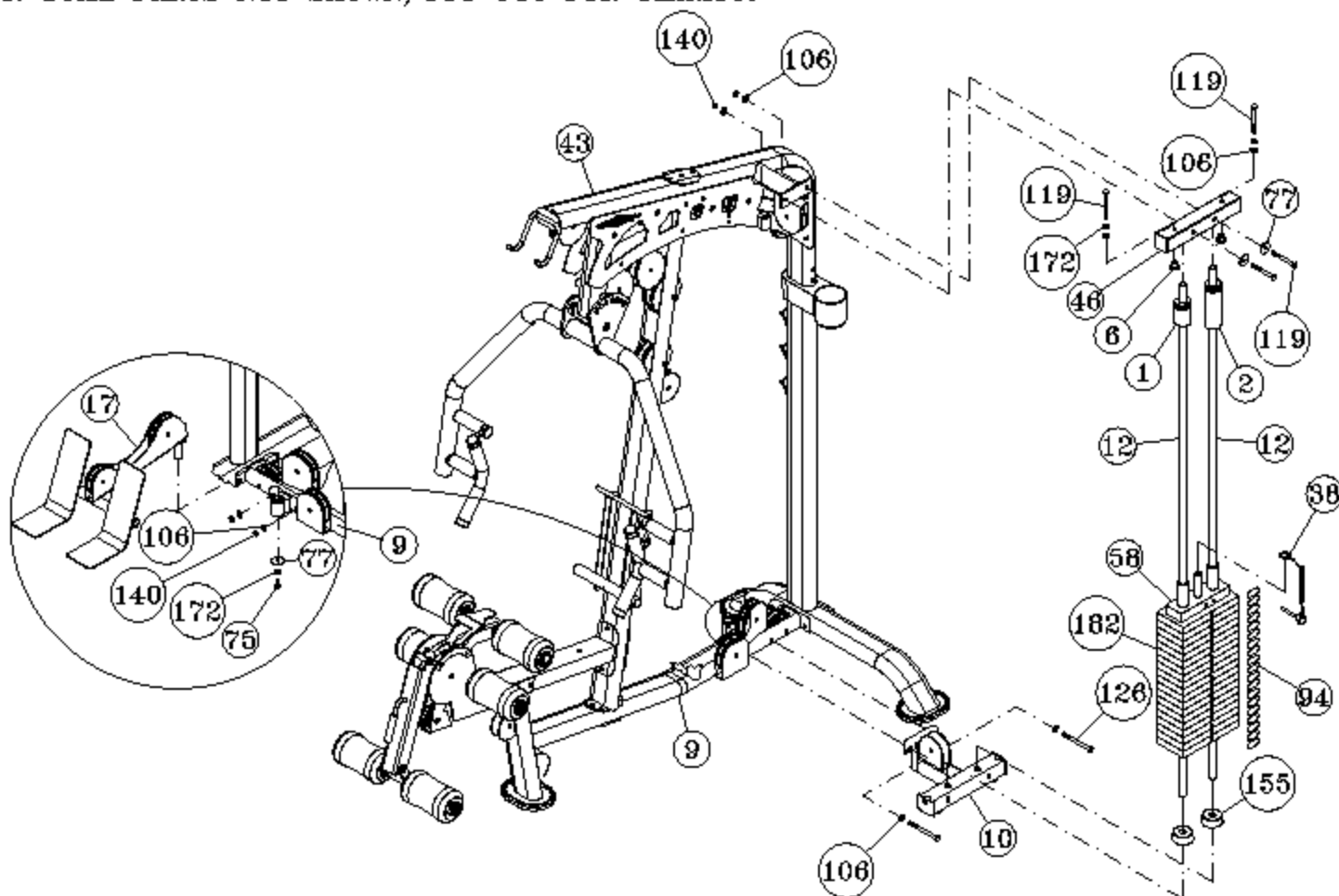
Item #	Description	Qty.
17	FOOT SUPPORT	1
64	PULLEY 3/8 X 1 X 3 1/2	1
65	PULLEY 3/8 X 1 X 4 1/2	1
106	FLAT WASHER SAE 3/8"	4
115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	2
143	NYLON INSERT JAM LOCK NUT 3/8-16	2



Assembly List

Item #	Description	Qty.
1	ADD ON WEIGHT 2.5 LBS	1
2	ADD ON WEIGHT 5 LBS	1
6	ADD ON WEIGHT LOCK	2
10	BOTTOM GUIDE ROD RETAINER	1
12	CHROME GUIDE ROD 3/4 X 73 5/8	2
38	SELECTOR PIN W/COIL	1
46	TOP GUIDE ROD RETAINER	1
58	10 LB TOP PLATE W/ADJ. SLTR BAR	1
75	BUTTON HEAD SOCKET CAP SCREW 3/8-16 X 1	1
77	CHROME WASHER 3/8 X 1 1/2	3
106	FLAT WASHER SAE 3/8"	8
119	HEX HEAD CAP SCREW GR-5 3/8-16 X 3	4
126	HEX HEAD CAP SCREW GR-5 3/8-16 X 5 1/4	2
140	NYLON INSERT LOCK NUT 3/8-16	4
155	RUBBER DONUT 3/4 X 2 1/2	2
172	SPLIT LOCK WASHER 3/8"	3
182	10 LB WEIGHT PLATE	19

1. SOME PARTS NOT SHOWN/CUT OUT FOR CLARITY.



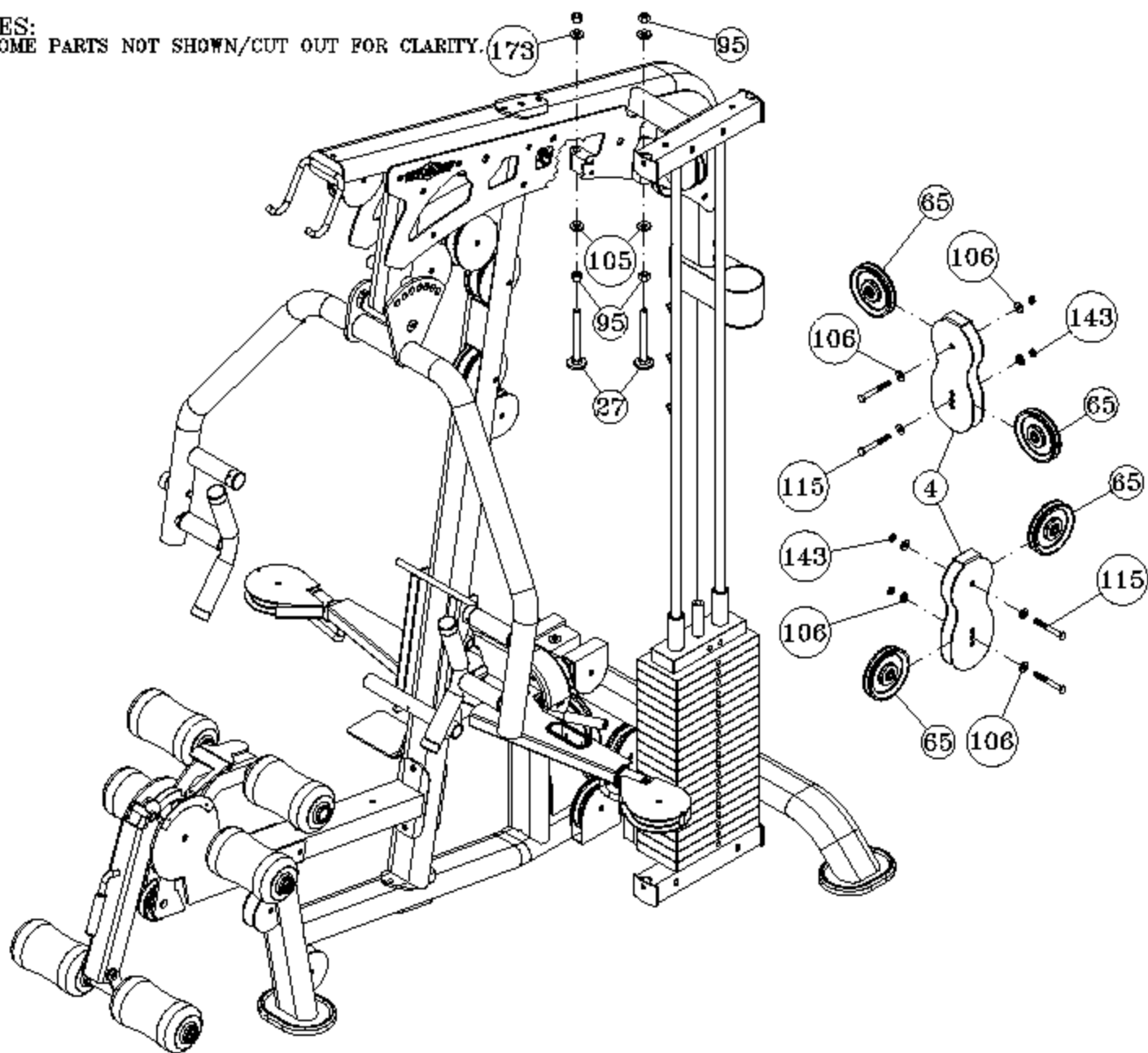
Step 16

Assembly List

Item #	Description	Qty.
4	ADJUSTABLE DOUBLE PULLEY BRACKET	2
27	LONG ADJUSTABLE STOPPER	2
65	PULLEY 3/8 X 1 X 4 1/2	4
95	FINISHED HEX NUT 1/2-13	4
105	FLAT WASHER SAE 1/2"	2
106	FLAT WASHER SAE 3/8"	8
115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	4
143	NYLON INSERT JAM LOCK NUT 3/8-16	4
173	SPLIT LOCK WASHER Z/P 1/2"	2

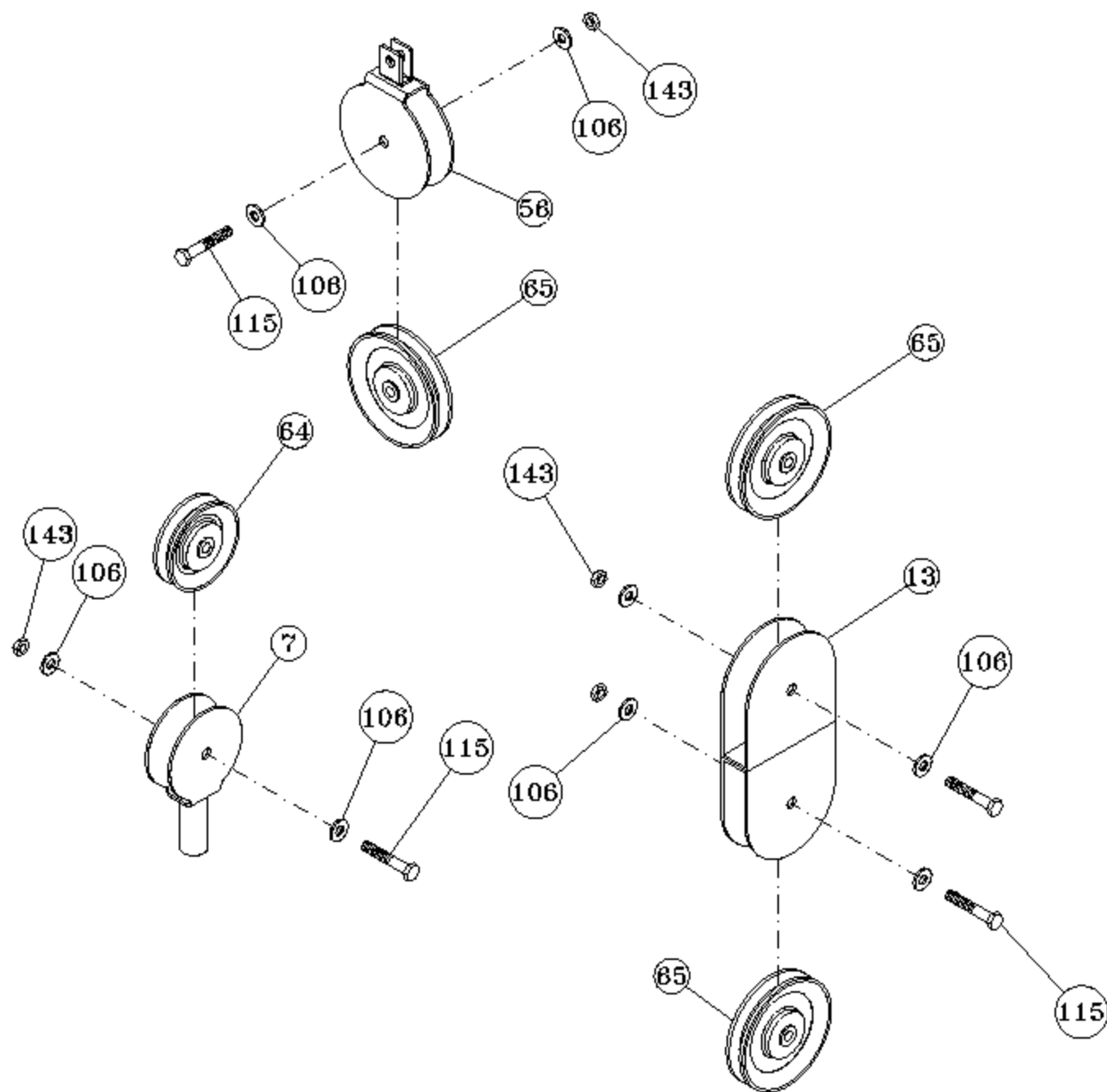
NOTES:

1. SOME PARTS NOT SHOWN/CUT OUT FOR CLARITY.



Assembly List

Item #	Description	Qty.
7	ADJ SINGLE PULLEY BRACKET (3 1/2 PULLEY)	1
13	DOUBLE PULLEY BRACKET	1
56	PULLEY BRACKET	1
64	PULLEY 3/8 X 1 X 3 1/2	1
65	PULLEY 3/8 X 1 X 4 1/2	3
106	FLAT WASHER SAE 3/8"	8
115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	4
143	NYLON INSERT JAM LOCK NUT 3/8-16	4

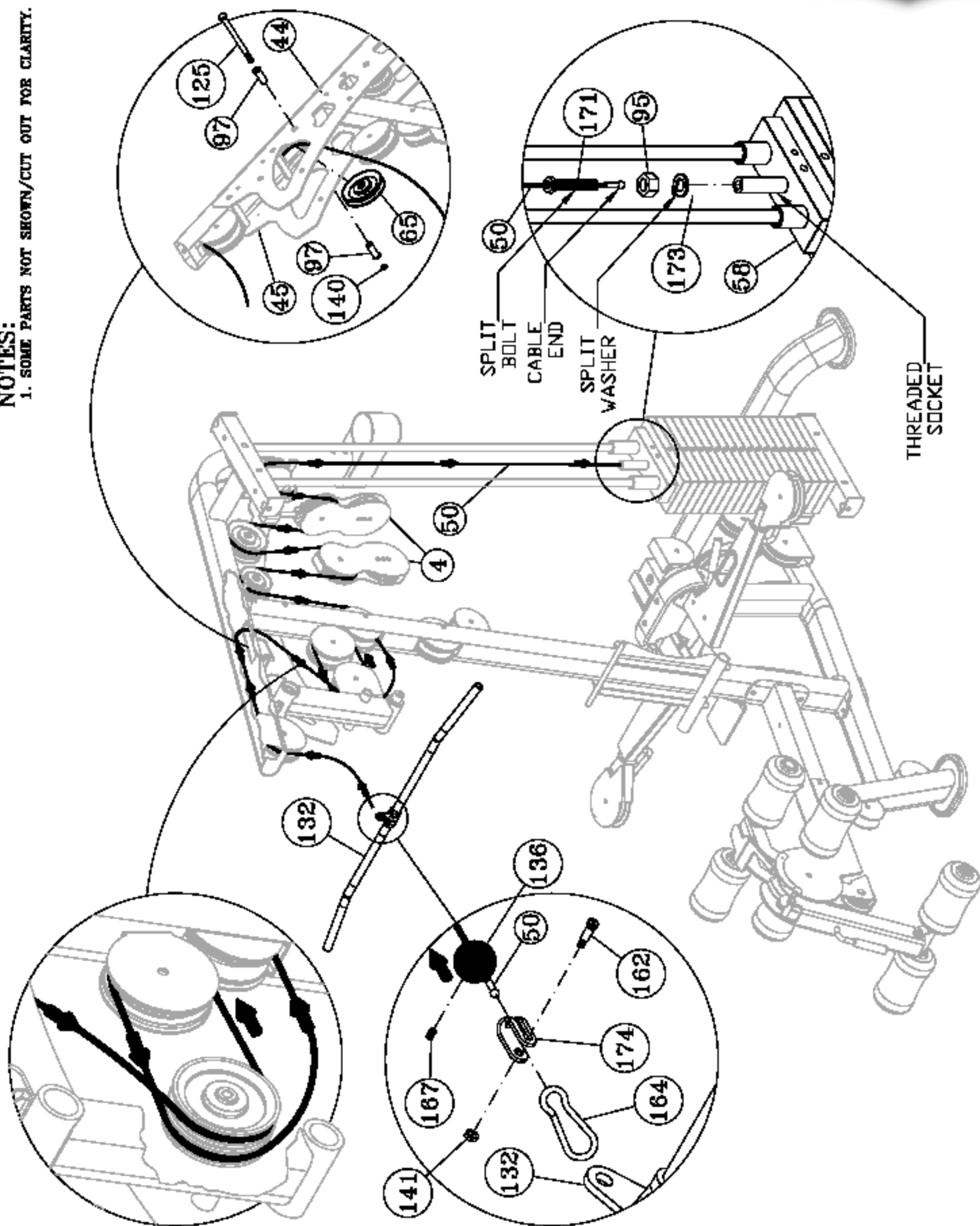


Step 18 Lat Cable Assembly

Assembly List

Item #	Description	Qty.
50	LAT CABLE (186 1/2")	1
65	PULLEY 3/8 X 1 X 4 1/2	1
95	FINISHED HEX NUT 1/2-13	1
97	FLANGE SPACER 1 5/8	2
125	HEX HEAD CAP SCREW GR-5 3/8-16 X 5	1
132	LAT BAR 1 1/4 ALUMINUM	1
136	NYLON BALL 1 3/4 X 5/16	1
140	NYLON INSERT LOCK NUT 3/8-16	1
141	NYLON INSERT LOCK NUT 5/16-18	1
162	SHOULDER BOLT 3/8 X 3/4	1
164	SNAP LINK Z/P 8MM X 80MM	1
167	SOCKET SET SCREW 3/8-16 X 3/4	1
171	SPLIT HEX TAP BOLT GR-5 1/2-13 X 3 1/2	1
173	SPLIT LOCK WASHER Z/P 1/2"	1
174	STRAP BRACKET 20 #SF20 STAINLESS STEEL	1

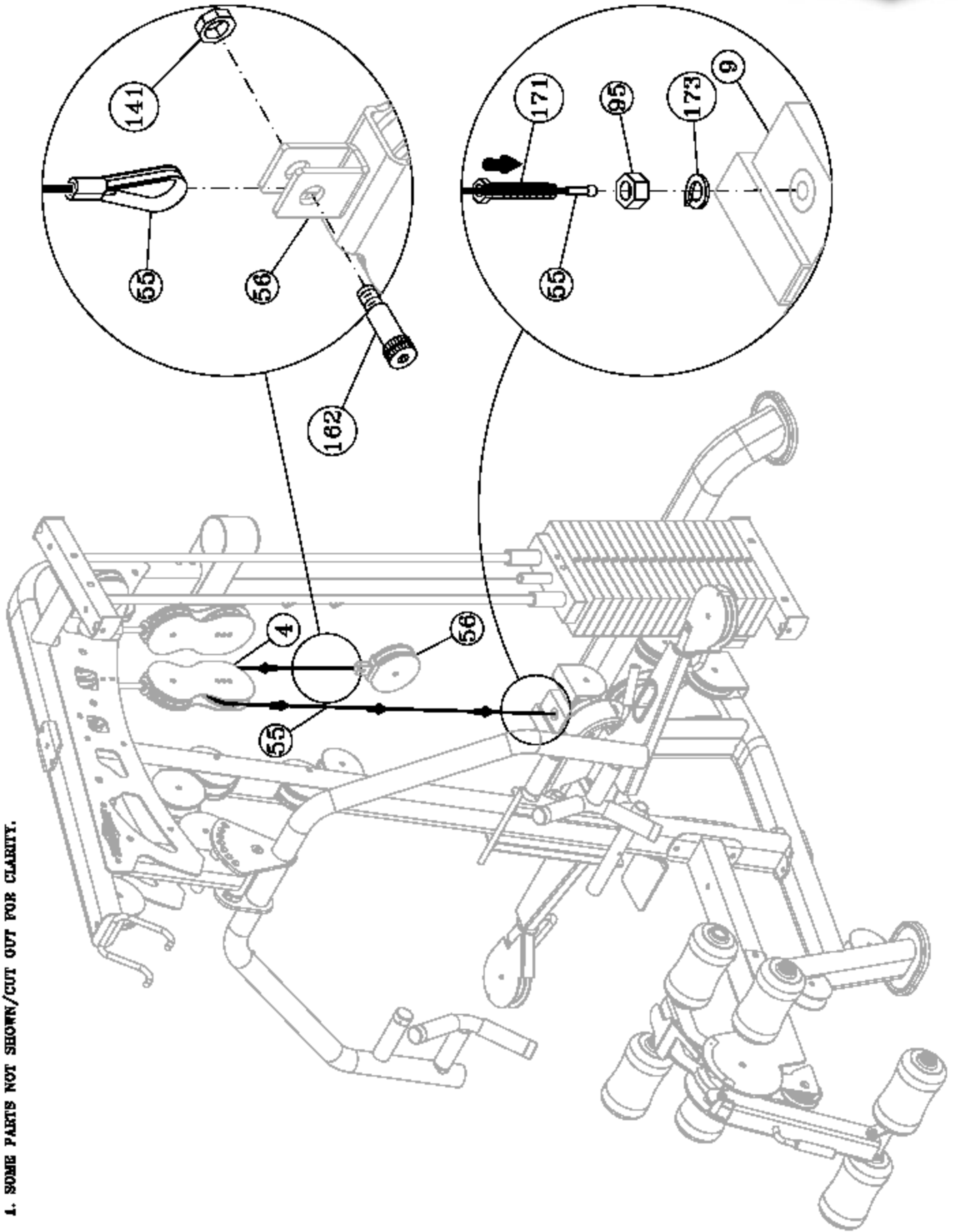
NOTES:
 1. SOME PARTS NOT SHOWN/CUT OUT FOR CLARITY.



Step 19 Tension Cable Assembly

Assembly List

Item #	Description	Qty.
55	TENSION CABLE	1
95	FINISHED HEX NUT 1/2-13	1
141	NYLON INSERT LOCK NUT 5/16-18	1
162	SHOULDER BOLT 3/8 X 3/4	1
171	SPLIT HEX TAP BOLT GR-5 1/2-13 X 3 1/2	1
173	SPLIT LOCK WASHER Z/P 1/2"	1



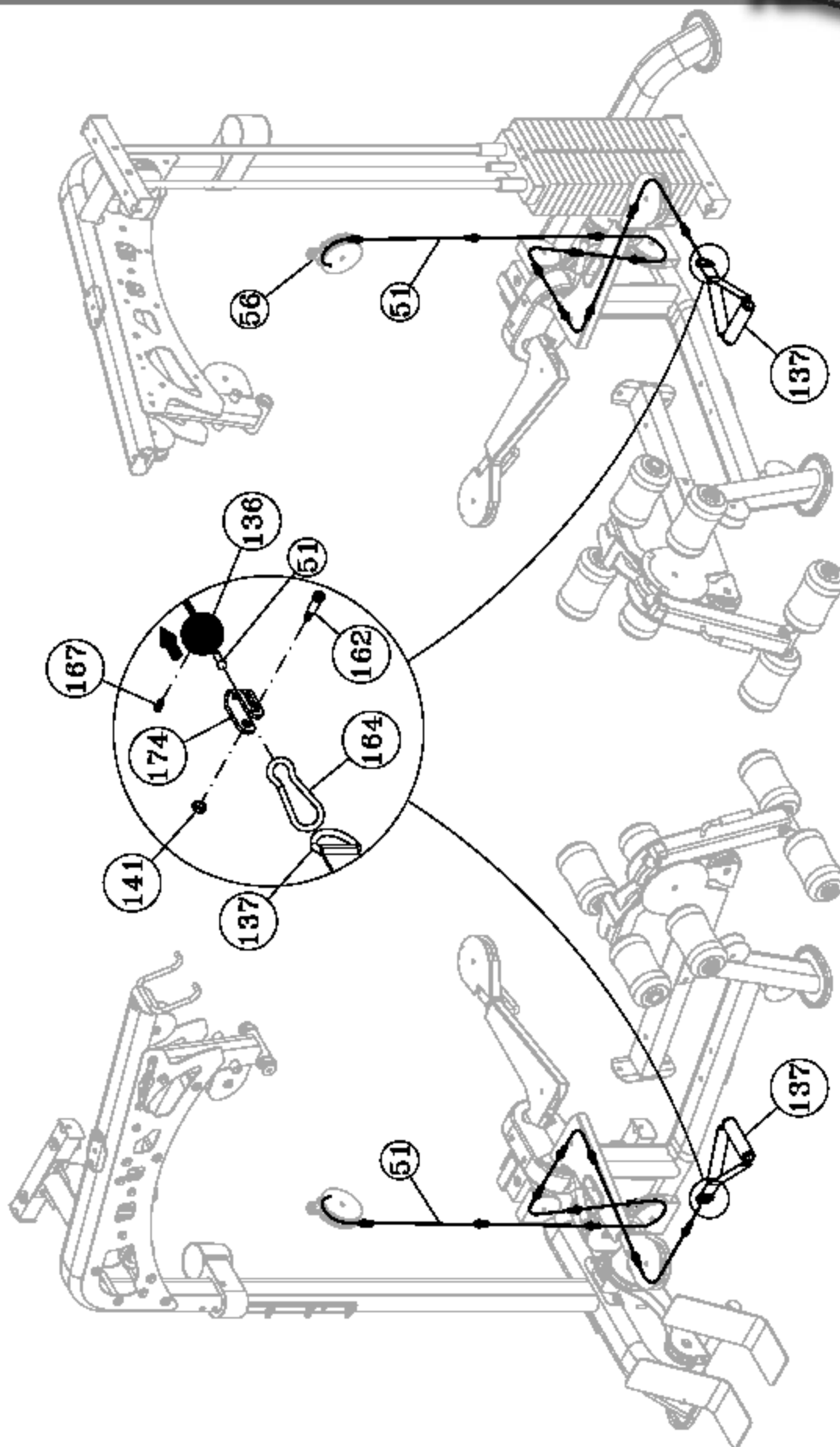
NOTES:
 1. SOME PARTS NOT SHOWN/CUT OUT FOR CLARITY.

Step 20 Butterfly Cable Assembly

Assembly List

Item #	Description	Qty.
51	BUTTERFLY CABLE	1
136	NYLON BALL 1 3/4 X 5/16	1
137	NYLON D HANDLE	2
141	NYLON INSERT LOCK NUT 5/16-18	2
162	SHOULDER BOLT 3/8 X 3/4	2
164	SNAP LINK Z/P 8MM X 80MM	2
167	SOCKET SET SCREW 3/8-16 X 3/4	2
174	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2

LEFT SIDE



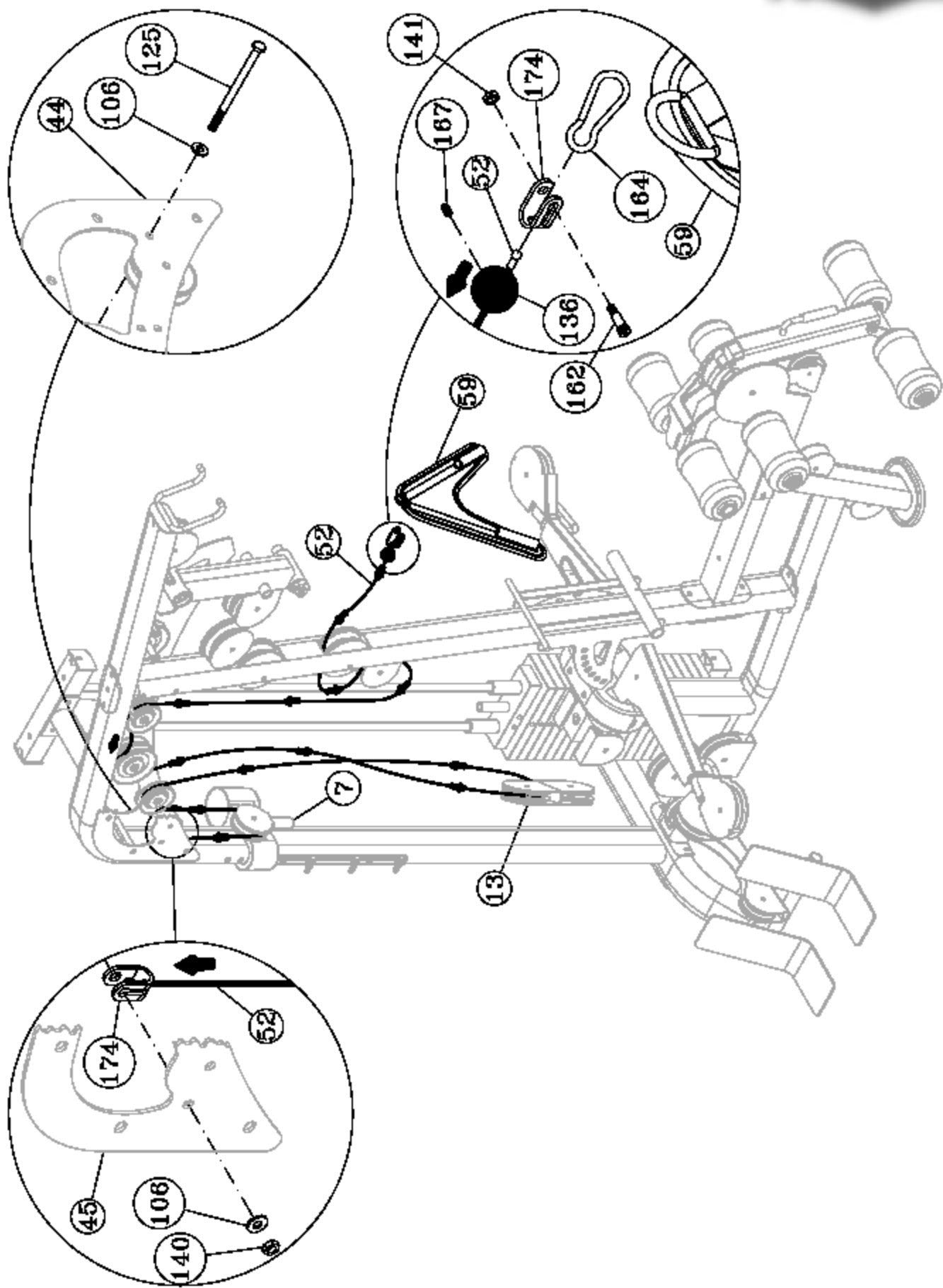
RIGHT SIDE

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

Step 21 Abdominal Cable Assembly

Assembly List

Item #	Description	Qty.
52	ABDOMINAL CABLE	1
59	AB STRAP	1
106	FLAT WASHER SAE 3/8"	2
125	HEX HEAD CAP SCREW GR-5 3/8-16 X 5	1
136	NYLON BALL 1 3/4 X 5/16	1
140	NYLON INSERT LOCK NUT 3/8-16	1
141	NYLON INSERT LOCK NUT 5/16-18	1
162	SHOULDER BOLT 3/8 X 3/4	1
164	SNAP LINK Z/P 8MM X 80MM	1
167	SOCKET SET SCREW 3/8-16 X 3/4	1
174	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2



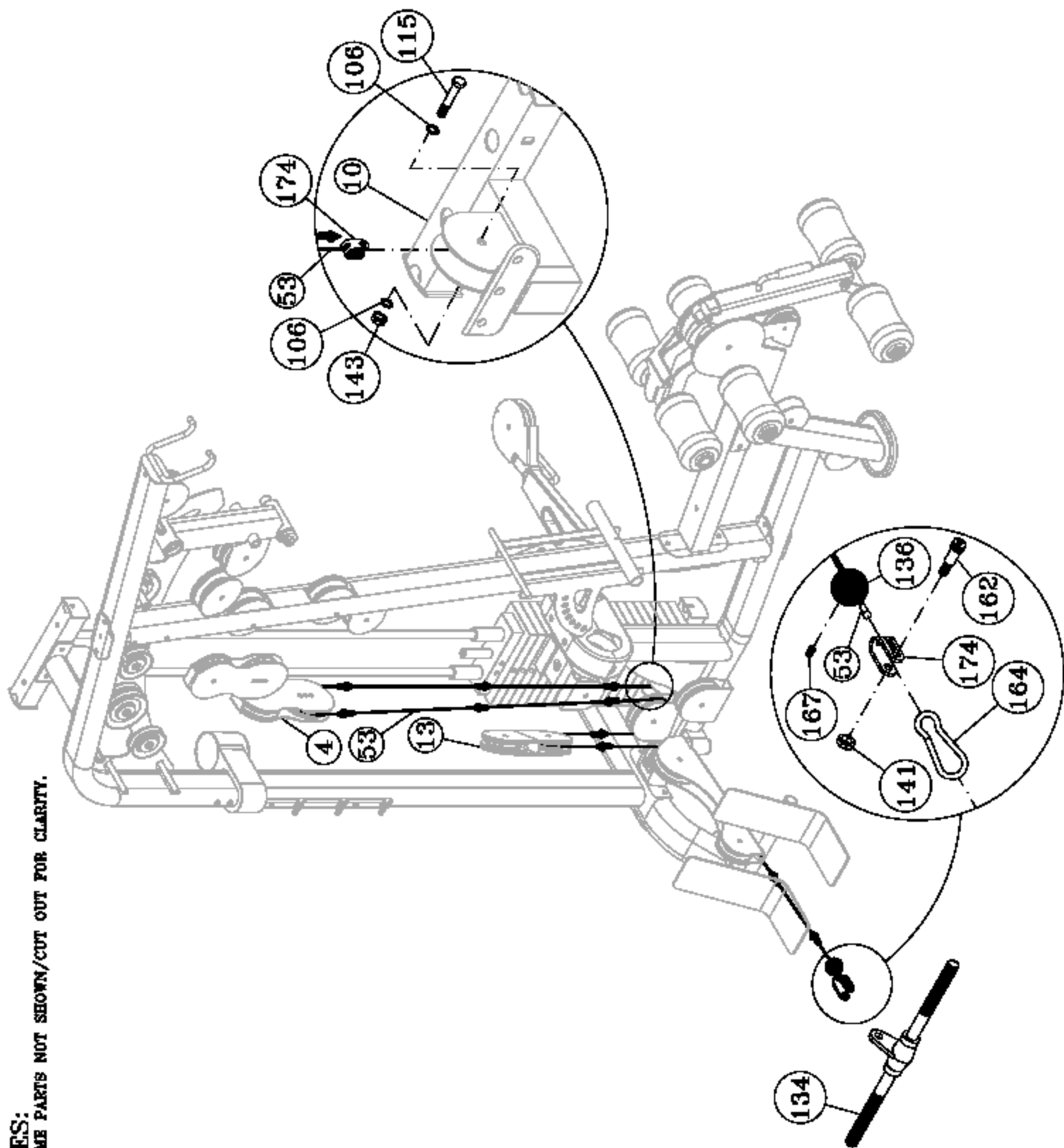
NOTES:
 1. SOME PARTS NOT SHOWN/CUT OUT FOR CLARITY.

Step 22 Low Row Cable Assembly

Assembly List

Item #	Description	Qty.
53	LOW ROW CABLE	1
106	FLAT WASHER SAE 3/8"	2
115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
134	LOW ROW BAR 1 1/4 ALUMINUM	1
136	NYLON BALL 1 3/4 X 5/16	1
141	NYLON INSERT LOCK NUT 5/16-18	1
143	NYLON INSERT JAM LOCK NUT 3/8-16	1
162	SHOULDER BOLT 3/8 X 3/4	1
164	SNAP LINK Z/P 8MM X 80MM	1
167	SOCKET SET SCREW 3/8-16 X 3/4	1
174	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2

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

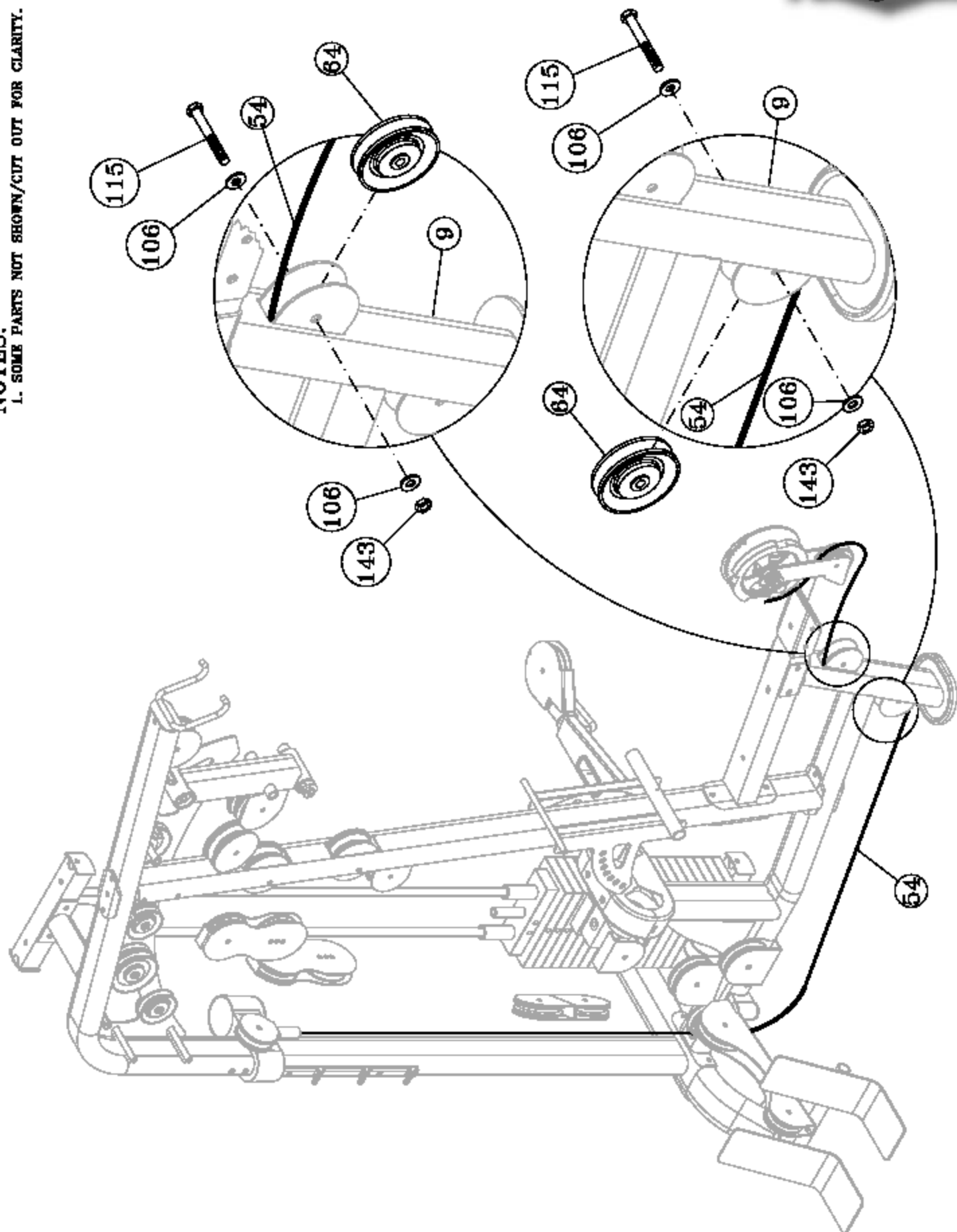


Step 23 Leg Extension Cable Assembly

Assembly List

Item #	Description	Qty.
54	LEG EXTENSION CABLE	1
64	PULLEY 3/8 X 1 X 3 1/2	2
106	FLAT WASHER SAE 3/8"	4
115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	2
143	NYLON INSERT JAM LOCK NUT 3/8-16	2

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

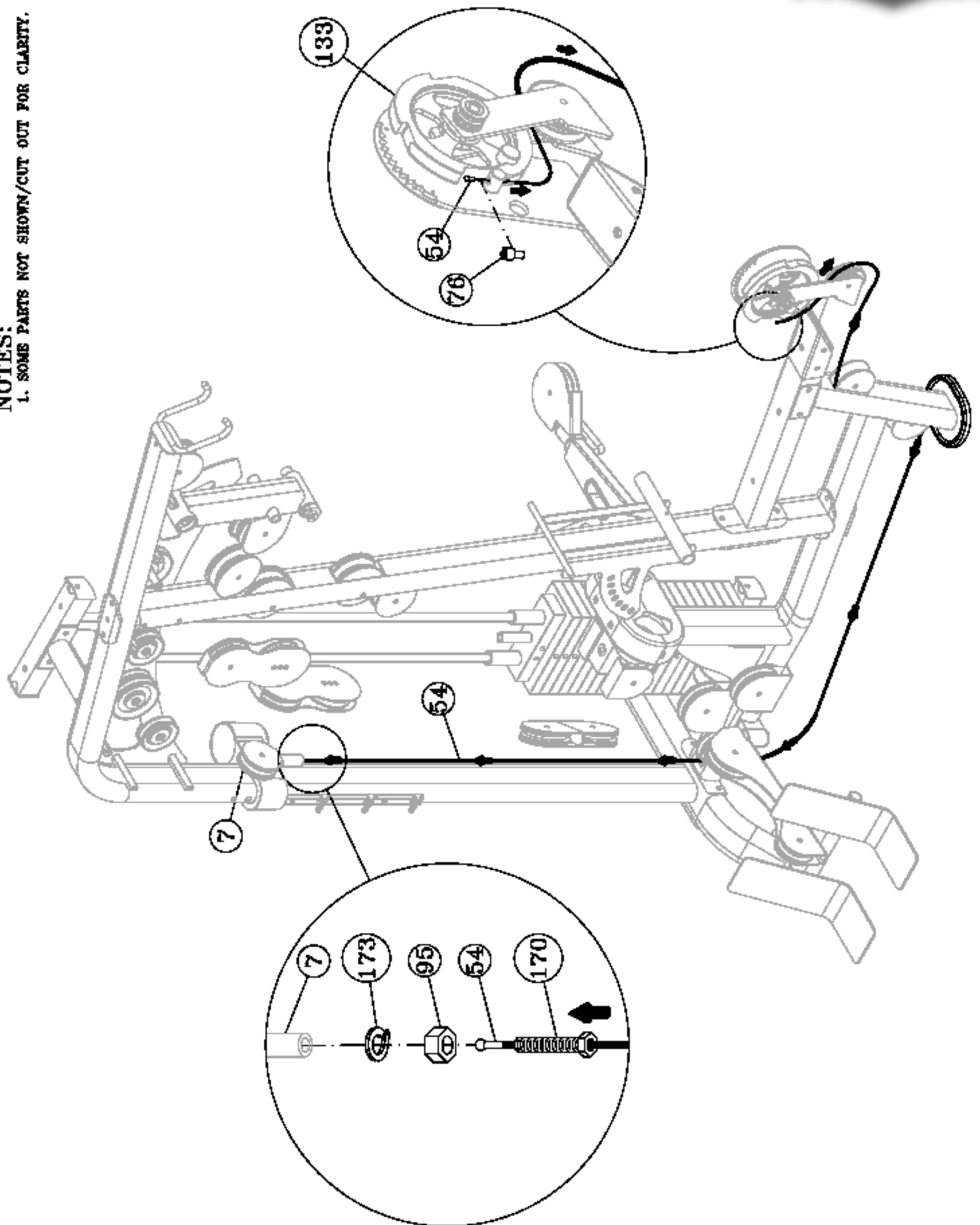


Step 24 Leg Extension Cable Assembly

Assembly List

Item #	Description	Qty.
54	LEG EXTENSION CABLE	1
76	CABLE ANCHOR CLIP	1
95	FINISHED HEX NUT 1/2-13	1
170	SPLIT HEX TAP BOLT GR-5 1/2-13 X 3	1
173	SPLIT LOCK WASHER Z/P 1/2"	1

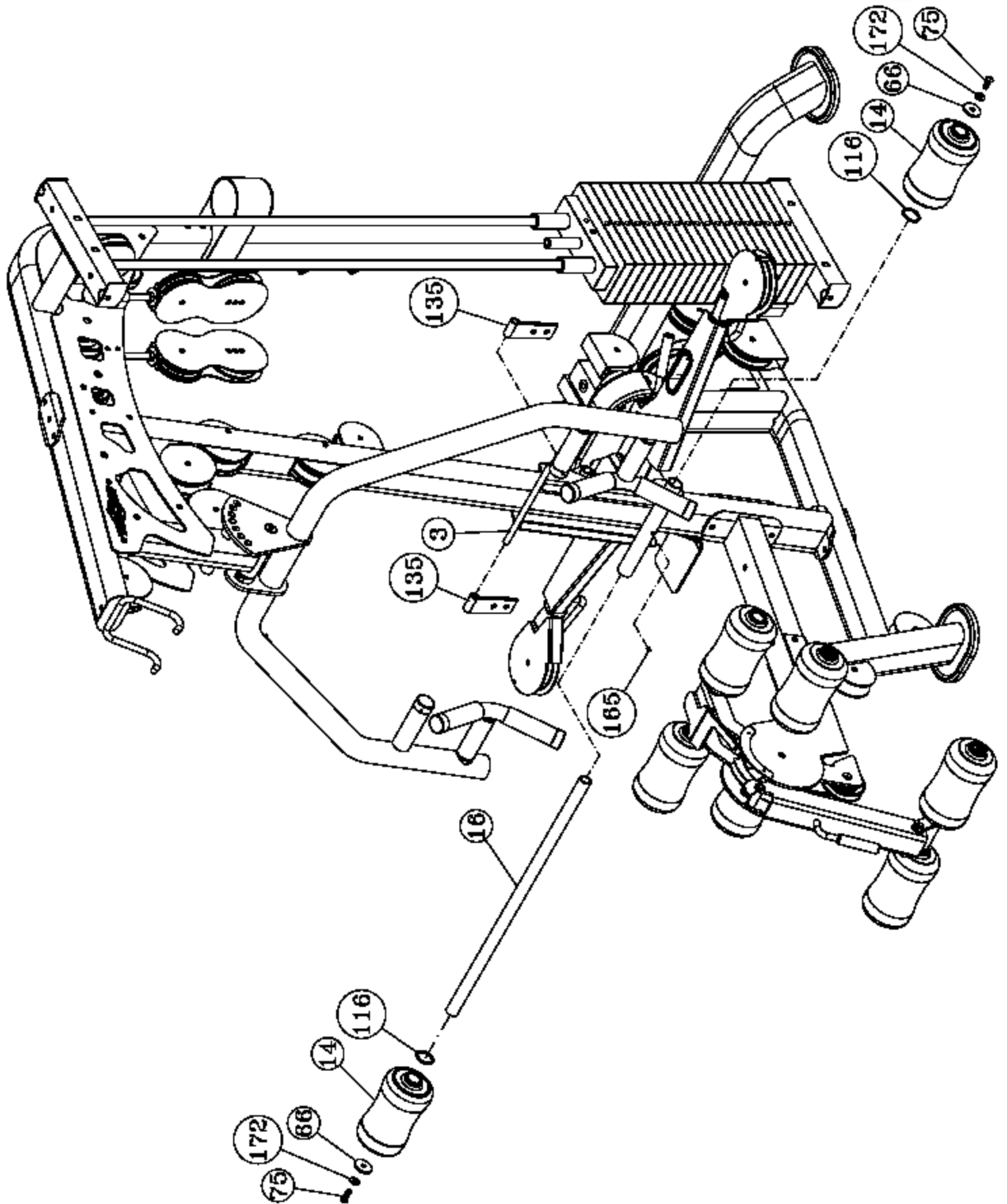
NOTES:
 1. SOME PARTS NOT SHOWN/CUT OUT FOR CLARITY.



Step 25

Assembly List

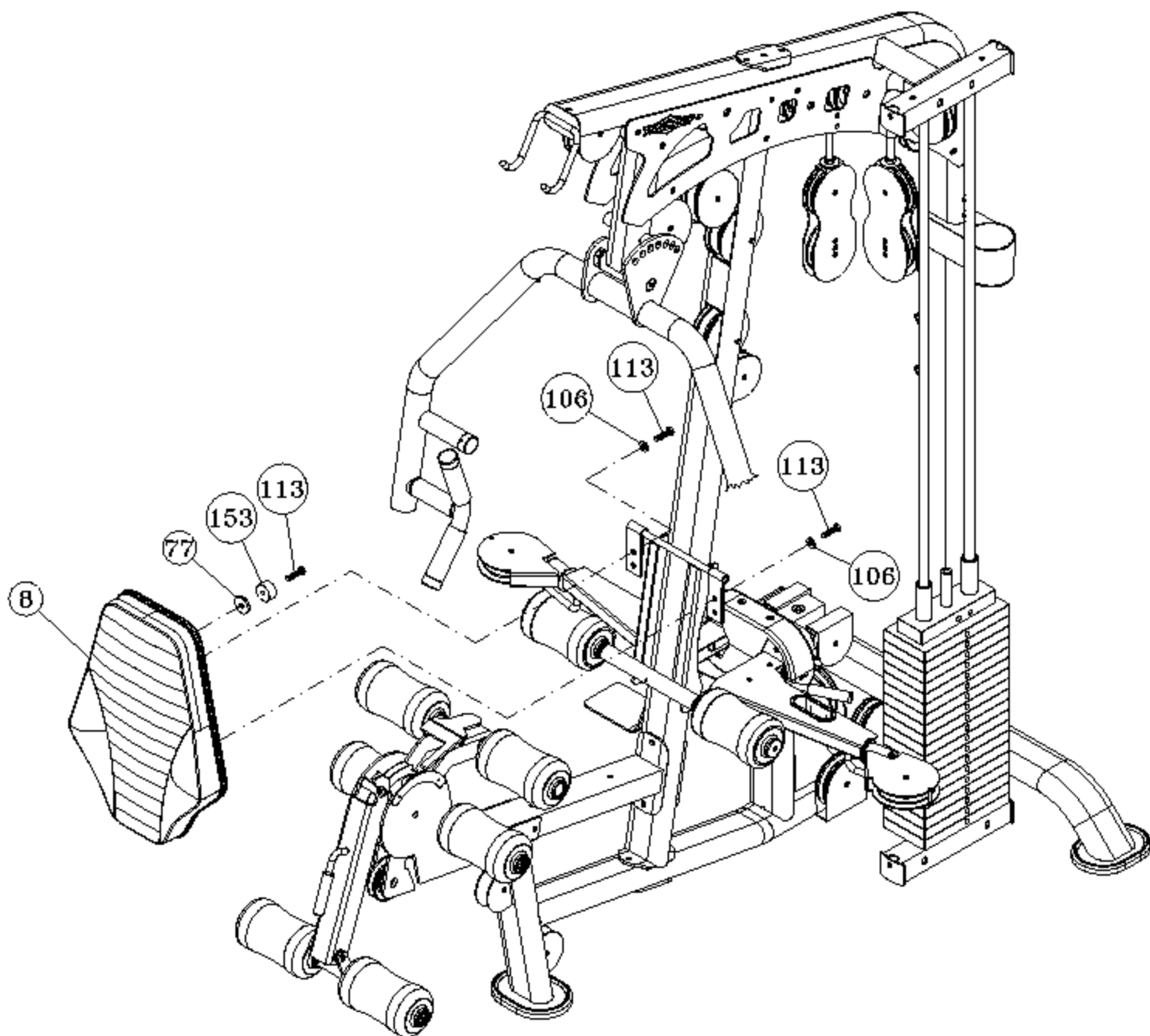
Item #	Description	Qty.
14	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	2
16	FOAM ROLL TUBE 1 X 26 3/8	1
66	ALUMINUM WASHER .390 ID X 1.500 OD	2
75	BUTTON HEAD SOCKET CAP SCREW 3/8-16 X 1	2
116	NYLON FLAT WASHER 1 X 1 1/4	2
135	METAL HINGE	2
165	SOCKET SET SCREW 1/4-20 X 1/4	1
172	SPLIT LOCK WASHER 3/8"	2



Step 26

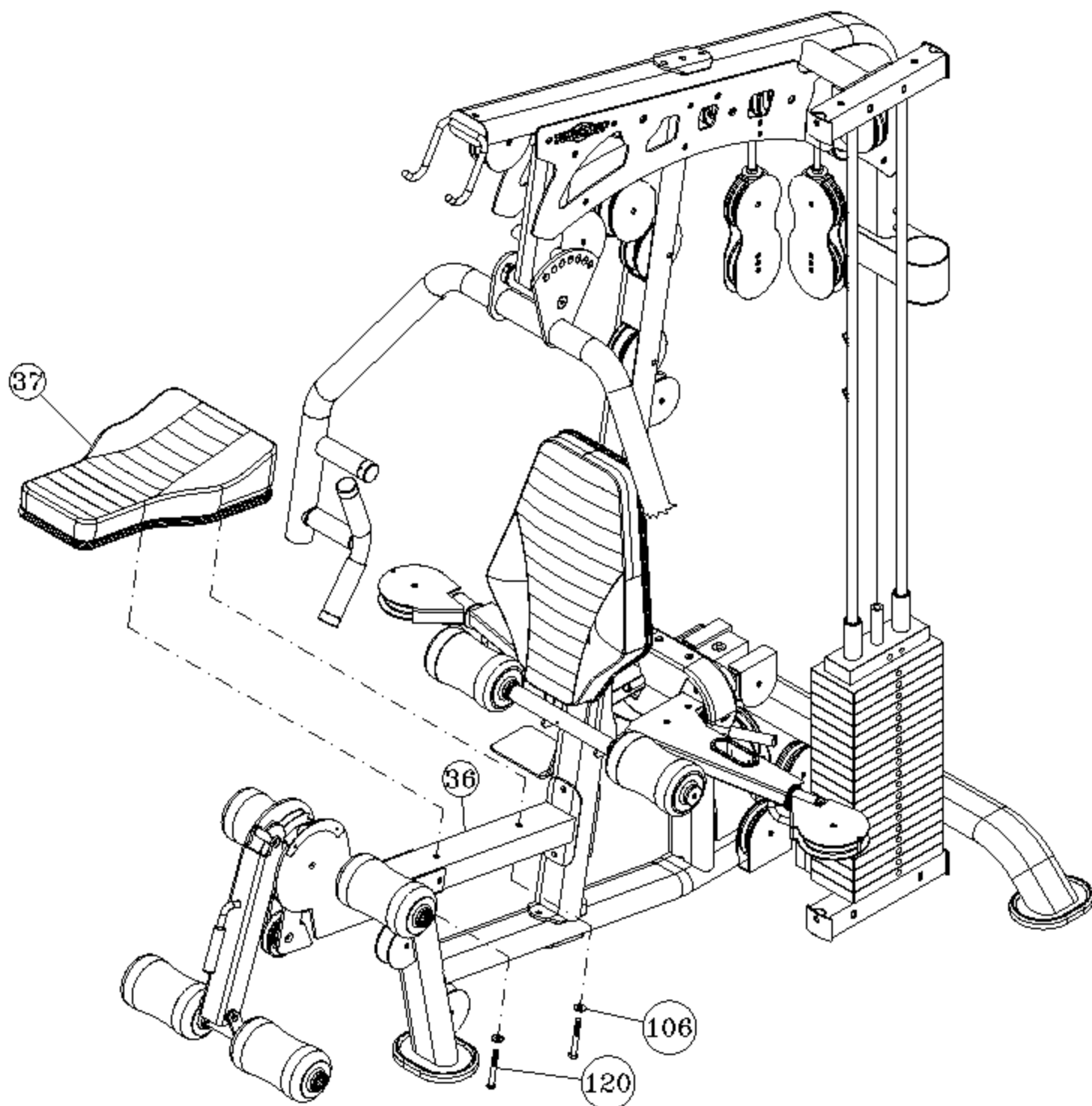
Assembly List

Item #	Description	Qty.
8	BACK PAD	1
77	CHROME WASHER 3/8 X 1 1/2	1
106	FLAT WASHER SAE 3/8"	2
113	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/2	3
153	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	1



Assembly List

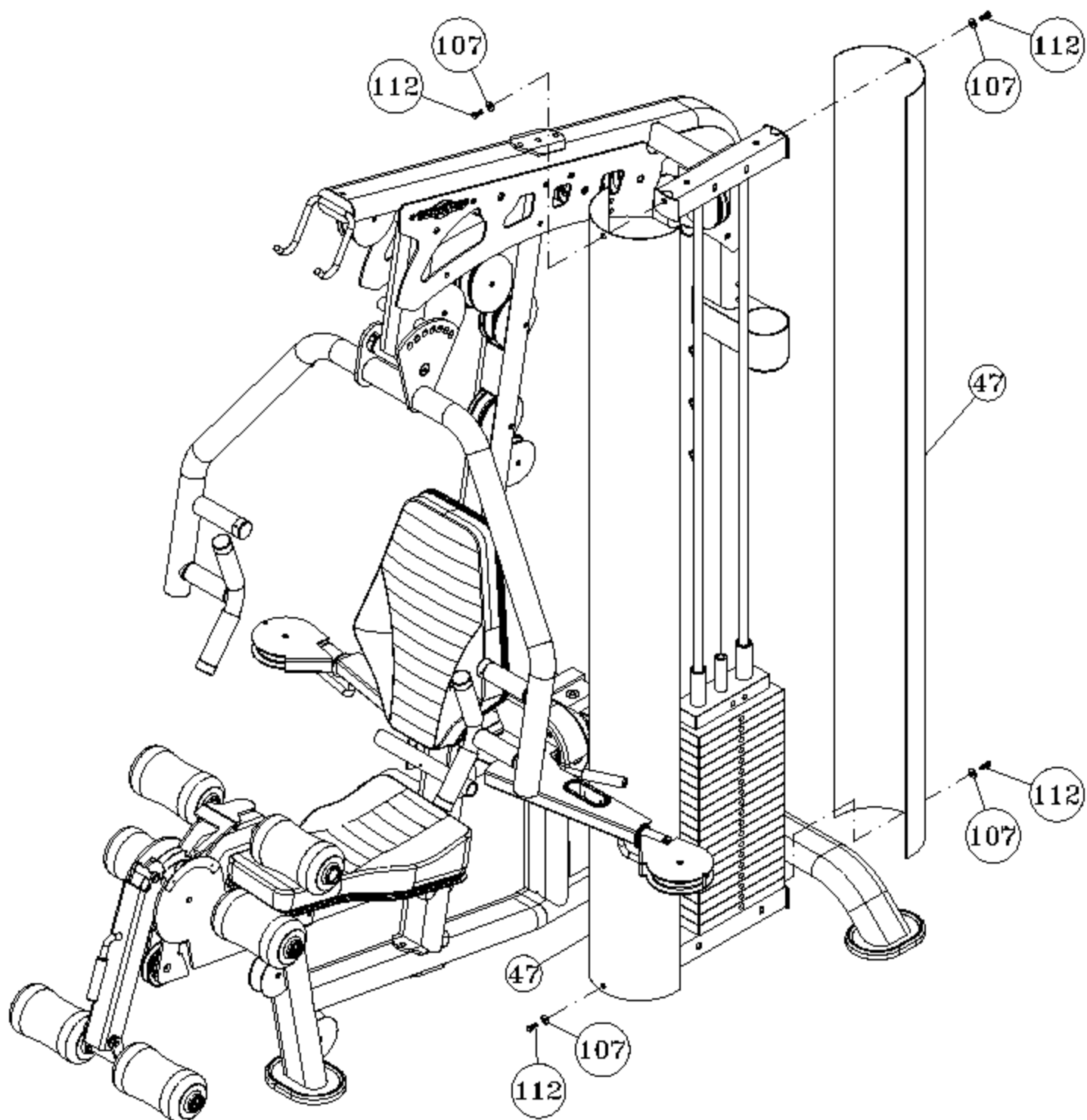
Item #	Description	Qty.
37	SEAT PAD	1
106	FLAT WASHER SAE 3/8"	2
120	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4	2



Step 29

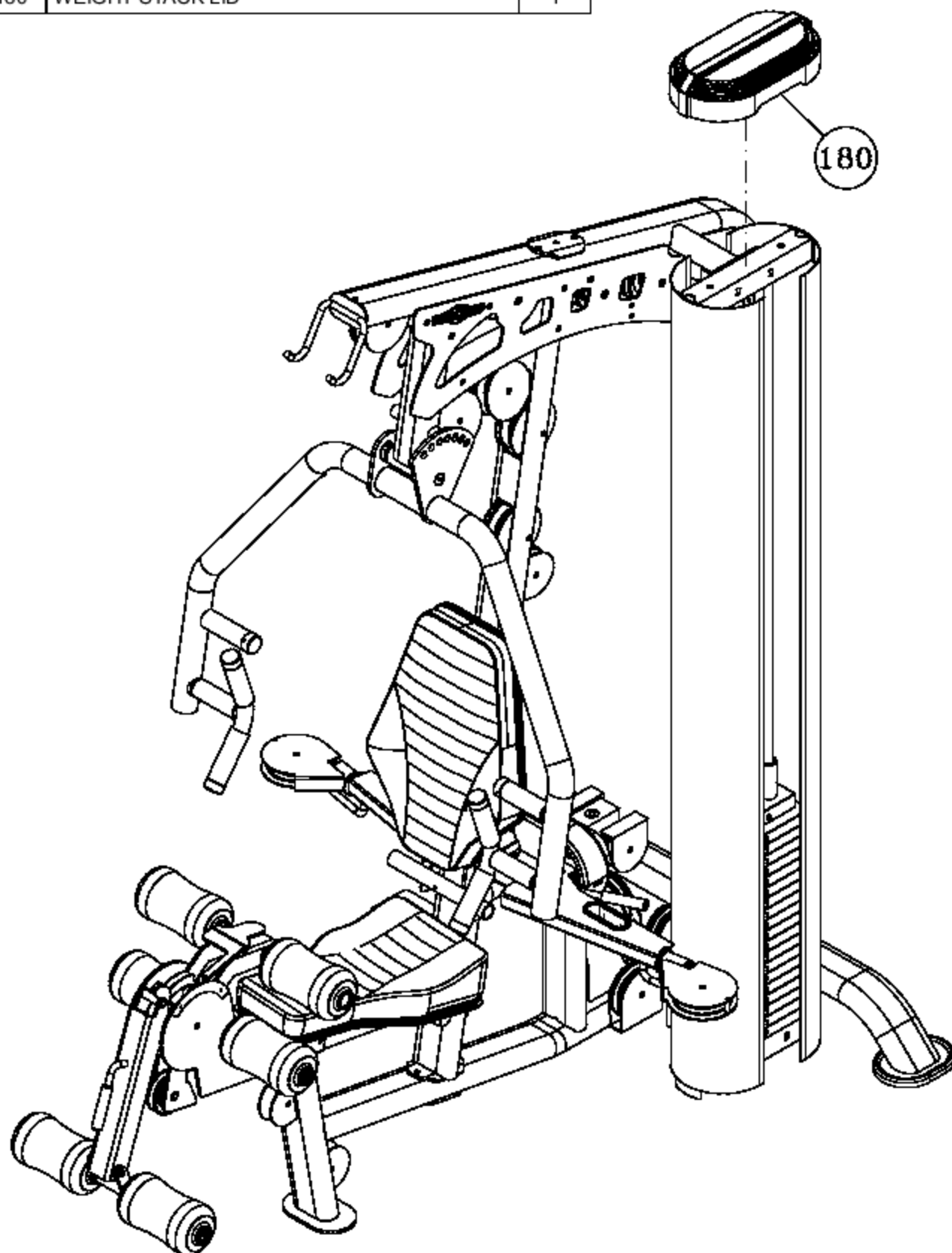
Assembly List

Item #	Description	Qty.
47	WEIGHT SHROUD	2
107	FLAT WASHER USS 1/4"	4
112	HEX HEAD CAP SCREW GR-5 1/4-20 X 3/4	4



Assembly List

Item #	Description	Qty.
180	WEIGHT STACK LID	1





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.

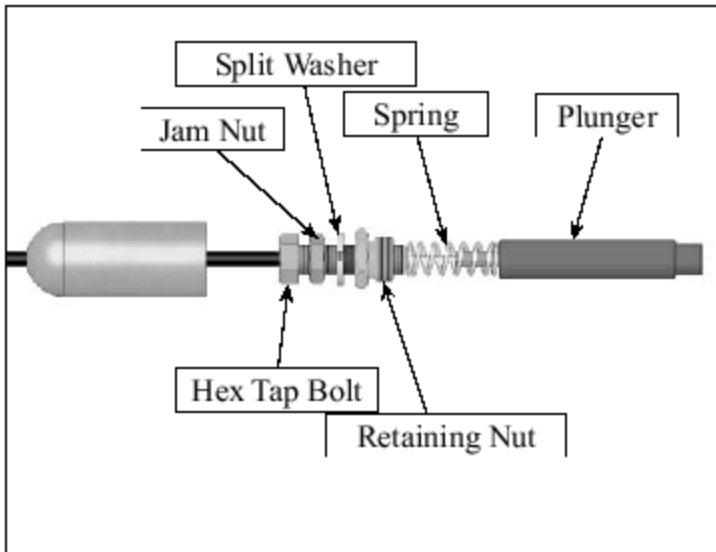


FIG. 1 Before inserting the **Cable Assembly** into the **Barrel Housing** make sure the **Jam Nut** and the **Retaining Nut** are not touching.

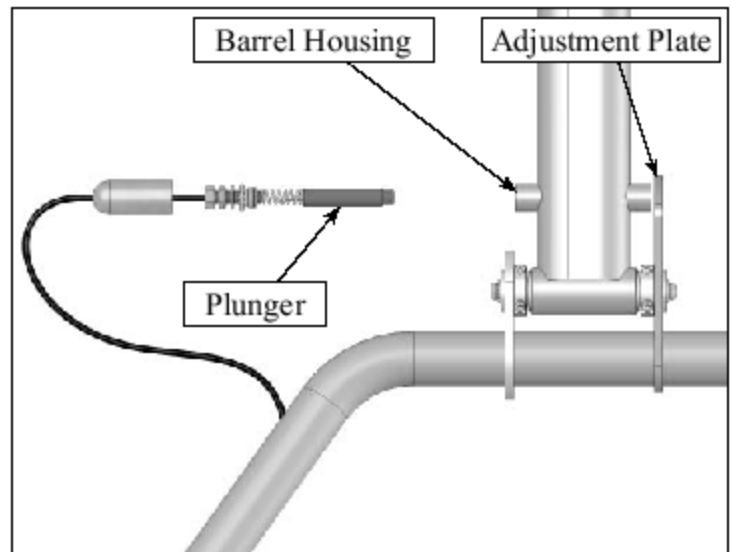


FIG. 2 Insert the **Plunger** into the **Barrel** housing making sure that the end of the **Plunger** is seated in one of the holes in the **Adjustment Plate**. Now tighten the **Retaining Nut** with an adjustable wrench. (Do not allow the **Cable Assembly** to turn or become jammed while tightening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

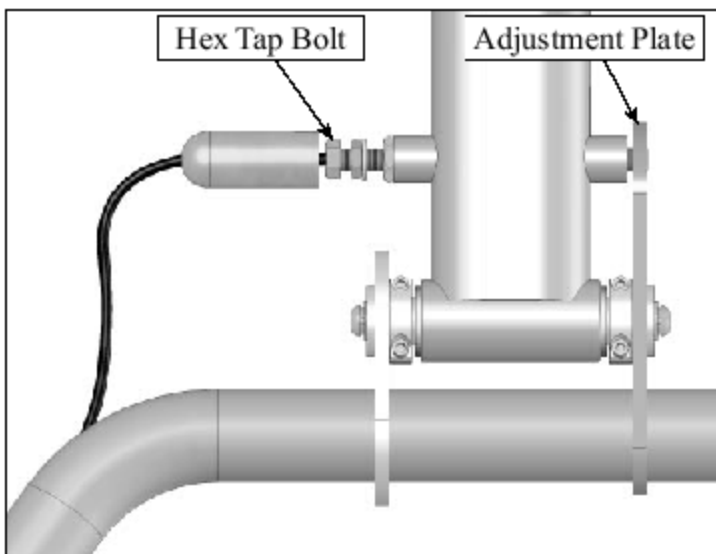


FIG. 3 Adjust the **Hex Tap Bolt** so that the **Plunger** is flush with the outside surface of the **Adjustment Plate**.

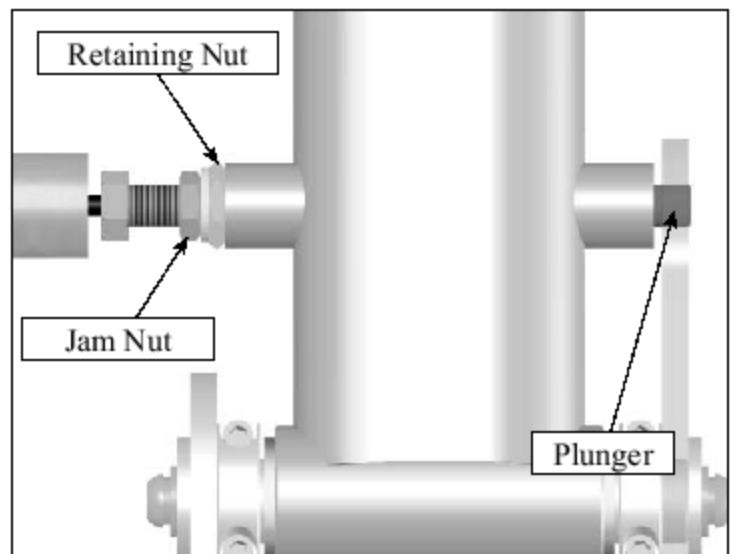


FIG. 4 Now tighten the **Jam Nut** against the **Retaining Nut** using an adjustable wrench. (Do not allow the **Cable Assembly** to turn or become jammed while tightening the **Jam Nut**).

COLOR CHART
 GRAY= SUB-ASSEMBLY PARTS
 BLACK= HARDWARE

AXT-3D Parts List

AXT-3 Rev2



Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Part No.	Qty.
1	PRESS BAR ADJUSTABLE HANDLE (AXT)	0	UP3700	1	67	ANKLE STRAP	BNH1435	1
2	ADD ON WEIGHT 5 LB	0	UP3701	1	68	BEARING, FLANGED DOUBLE-SHIELDED 1 X 2 X 9/16	BNH1970	4
3	ADJUSTABLE BACK PAD BRACKET	0	UP3703	1	69	BEARING 6203 W/BUSHING	BNH0843	2
4	ADJUSTABLE DOUBLE PULLEY BRACKET	0	UP3704	2	70	BOTTOM COVER GEAR PULLEY	BNH1791	1
5	ADJUSTABLE PRESS BAR CABLE	0	UP5253	1	71	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8	BNH0527	4
6	ADD ON WEIGHT LOCK	0	UP3702	2	72	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8	BNH0528	4
7	ADJ SINGLE PULLEY BRACKET (3 1/2 PULLEY)	0	UP4953	1	73	PLASTIC END CAP BLACK-BUMPER	BNH1801	4
8	BACK PAD	0	UP3705	1	74	STEEL BUMPER WASHER Z/P 1/2"	BNH1800	4
9	BOTTOM FRAME	0	UP3810	1	75	BUTTON HEAD SOCKET CAP SCREW 3/8-16 X 1	BNH0115	11
10	BOTTOM GUIDE ROD RETAINER	0	UP3811	1	76	CABLE ANCHOR CLIP	BNH1784	1
11	PRESS BAR ADJUSTABLE HANDLE	0	UP5252	1	77	CHROME WASHER 3/8 X 1 1/2	BNH1015	6
12	CHROME GUIDE ROD 3/4 X 73 5/8	0	UP3731	2	78	COIL CHAIN Z/P 3/16 X 21	BNH1262	1
13	DOUBLE PULLEY BRACKET	0	UP3817	1	79	CUP HOLDER	BNH1763	1
14	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	0	UP3785	8	80	DECAL-ADD-ON 2.5 LBS.	BNH1757	1
15	FOAM ROLL TUBE 1 X 19 7/8	0	UP3709	2	81	DECAL-ADD-ON 5 LBS.	BNH1756	1
16	FOAM ROLL TUBE 1 X 26 3/8	0	UP3710	1	82	DECAL-ADJUST CABLE HERE	BNH1751	6
17	FOOT SUPPORT	0	UP4911	1	83	DECAL-ADJUSTMENT BACK PAD	BNH1749	1
18	FRONT UPRIGHT	0	UP3816	1	84	DECAL-ADJUSTMENT PRESS BAR	BNH1748	1
19	GRAVITY LATCH	0	UP4396	1	85	DECAL-AXT-3	BNH1753	1
20	HANDLES	0	UP3618	2	86	DECAL-CAUTION FOR CHINNING (1 1/4 X 2 3/4)	BNH1742	1
21	LAP HOLD-DOWN ASSY	0	UP3588	1	87	DECAL-CAUTION WEIGHT TRAINING	BNH1743	1
22	LAT BAR HOLDER	0	UP3744	1	88	DECAL-DANGER TIGHTEN THIS RET... 3/4 X 1 1/2	BNH1745	2
23	LEG EXT ACTUATOR PLATE	0	UP3712	1	89	DECAL-EXERCISE AXT-3	BNH1767	1
24	LEG EXT ACTUATOR THREADED PLATE	0	UP3713	1	90	DECAL-FOR BEST PERFORMANCE	BNH1750	1
25	LEG EXT/LEG CURL RATCHET ASSY HOUSING	0	UP4912	1	91	DECAL-WARNING HOLD THIS ARM	BNH1747	1
26	LEG EXTENSION PIVOT AXLE 1 X 3 1/4	0	UP3797	1	92	DECAL-WARNING KEEP HANDS AND FINGERS...	BNH1744	1
27	LONG ADJUSTABLE STOPPER	0	UP0331	2	93	DECAL-WARNING THIS ARM DEVICE...	BNH1746	2
29	PIVOT ARM	0	UP3590	1	94	DECAL-WEIGHT NUMBERS REF TP-10 (200 lbs)	BNH1542	1
30	PRESS BAR	0	UP5254	1	95	FINISHED HEX NUT 1/2-13	BNH0201	7
31	PRESS BAR HOUSING	0	UP3718	1	96	FLANGE SPACER 0.406 X 0.63 X 1.14	BNH1779	4
32	PRESS BAR PIVOT AXLE 1 X 5 3/4	0	UP3796	1	97	FLANGE SPACER 0.406 X 0.63 X 1.633	BNH1777	2
33	REAR UPRIGHT	1	UP3621	1	98	FLAT HEAD SOCKET CAP SCREW # 12-28 X 3/4	BNH1787	5
35	RELEASE LAP HOLD-DOWN ASSY	0	UP3589	1	99	FLAT HEAD SOCKET CAP SCREW 1/4-20 X 5/8	BNH1397	2
36	SEAT FRAME	0	UP3723	1	100	FLAT HEAD SOCKET CAP SCREW 12-28 X 1/2	BNH1786	3
37	SEAT PAD	0	UP3724	1	101	FLAT HEAD SOCKET CAP SCREW 3/8-16 X 1 1/2	BNH0636	1
38	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	102	FLAT HEAD SOCKET CAP SCREW 3/8-16 X 2 1/4	BNH1759	1
39	STOPPER HOUSING BLOCK (LARGE)	0	UP3746	1	103	FLAT HEAD SOCKET CAP SCREW 5/16-18 X 2 3/4	BNH1758	1
40	STOPPER HOUSING BLOCK (SMALL)	0	UP3745	1	104	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	4
41	SWING ARM PULLEY BRACKET	1	UP3815	2	105	FLAT WASHER SAE 1/2"	BNH0238	6
42	SWIVEL FOOT ROLL HOLDER	0	UP4397	1	106	FLAT WASHER SAE 3/8"	BNH0239	132
43	TOP FRAME	0	UP3812	1	107	FLAT WASHER USS 1/4"	BNH0233	4
44	TOP FRAME REINFORCEMENT PLATE LT	0	UP3813	1	108	HEX HEAD CAP SCREW GR-5 1/2-13 X 3 3/4	BNH0297	1
45	TOP FRAME REINFORCEMENT PLATE RT	0	UP3814	1	109	HEX HEAD CAP SCREW GR-5 1/2-13 X 4 1/2	BNH0265	1
46	TOP GUIDE ROD RETAINER	0	UP3729	1	110	HEX HEAD CAP SCREW GR-5 1/2-13 X 5	BNH0268	1
47	WEIGHT SHROUD	0	UP3795	2	111	HEX HEAD CAP SCREW GR-5 1/2-13 X 6 1/2	BNH1370	1
48	WING ARM LEFT SIDE	1	UP3593	1	112	HEX HEAD CAP SCREW GR-5 1/4-20 X 3/4	BNH0890	4
49	WING ARM RIGHT SIDE	0	UP3594	1	113	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/2	BNH0303	3
50	LAT CABLE	0	UP3798	1	115	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	BNH0274	27
51	SWING FLY CABLE	0	UP3802	1	116	NYLON FLAT WASHER 1 X 1 1/4 X 1/16	BNH0393	8
52	ABDOMINAL CABLE	0	UP3799	1	117	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/4	BNH0277	2
53	LOW ROW CABLE	0	UP3800	1	118	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 3/4	BNH0278	1
54	LEG EXTENSION CABLE	0	UP3803	1	119	HEX HEAD CAP SCREW GR-5 3/8-16 X 3	BNH0282	4
55	TENSION CABLE	0	UP3801	1	120	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4	BNH0312	8
56	PULLEY BRACKET	0	UP4954	1	121	HEX HEAD CAP SCREW GR-5 3/8-16 X 3/4	BNH0283	4
57	RELEASE WING ARM HANDLE	0	UP4955	1	122	HEX HEAD CAP SCREW GR-5 3/8-16 X 4 1/2	BNH0284	6
58	5/16 DIA X 1 PULLEY BRACKET SPACER	0	UP3894	2	123	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	BNH0285	2
59	ABDOMINAL CRUNCH HARNESS (PART # H848)		BNH0235	1	124	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	10
60	ACCESSORY HOLDER		BNH1764	1	125	HEX HEAD CAP SCREW GR-5 3/8-16 X 5	BNH0320	14
61	ALUMINUM CAP 1.270" RD		BNH0538	6	126	HEX HEAD CAP SCREW GR-5 3/8-16 X 5 1/4	BNH0690	4
62	ALUMINUM FOOT ROLL HOLDER 1 5/16 ID X 3 OD		BNH1792	16	127	HEX KEY 3/32"	BNH0372	1
63	ALUMINUM PULLEY 3/8 X 1 1/2 X 4 1/2		BNH1695	4	128	HEX KEY 5/32	BNH0373	1
64	ALUMINUM PULLEY 3/8 X 1 X 3 1/2		BNH1266	14	129	HEX KEY 7/32"	BNH0575	2
65	ALUMINUM PULLEY 3/8 X 1 X 4 1/2		BNH0069	19	130	HEX KEY ARM 1/8"	BNH0767	1
66	ALUMINUM WASHER .390 ID X 1.500 OD		BNH1541	8	131	HEX KEY ARM 3/16"	BNH0371	1

COLOR CHART
 GRAY= SUB-ASSEMBLY PARTS
 BLACK= HARDWARE

AXT-3 Rev2

AXT-3D Parts List

Item No.	Description	Part No.	Qty.	Item No.	Description	Part No.	Qty.
132	LAT BAR 1 1/4 ALUMINUM	BNH1770	1	166	SOCKET SET SCREW 10-32 X 1/8	BNH0473	44
133	LEG EXTENSION/LEG CURL CAM	BNH1783	1	167	SOCKET SET SCREW 3/8-16 X 3/4	BNH0476	5
134	LOW ROW BAR 1 1/4 ALUMINUM	BNH1771	1	168	SPACER 0.406 X 0.63 X 1.875	BNH1780	1
135	METAL HINGE	BNH0046	2	169	SPLIT COLLAR 1"	BNH0755	4
136	NYLON BALL 1 3/4 X 5/16	BNH0022	5	170	SPLIT HEX TAP BOLT GR-5 1/2-13 X 3	BNH1300	1
137	NYLON D HANDLE	BNH1215	2	171	SPLIT HEX TAP BOLT GR-5 1/2-13 X 3 1/2	BNH1131	2
138	NYLON GEAR PULLEY	BNH1789	1	172	SPLIT LOCK WASHER 3/8"	BNH0658	22
139	NYLON INSERT LOCK NUT B/O 1/4-20	BNH0213	2	173	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	5
140	NYLON INSERT LOCK NUT 3/8-16	BNH0214	34	174	STRAP BRACKET 20 #SF20 STAINLESS STEEL	BNH0562	7
141	NYLON INSERT LOCK NUT 5/16-18	BNH0215	7	175	TOP COVER GEAR PULLEY	BNH1790	1
142	NYLON INSERT JAM LOCK NUT 1/2-13	BNH0366	4	176	TORSION SPRING (AXT)	BNH1773	1
143	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	36	177	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	2
144	PLASTIC COVER RATCH HOUSING	BNH1785	1	178	URETHANE BUMPER 1 3/4	BNH0229	3
145	PLASTIC INSERT CAP 1 1/4" RD 11 GA	BNH0573	6	179	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	4
146	PLASTIC INSERT CAP 2" RD 10-14 GA	BNH0004	2	180	WEIGHT STACK LID	BNH1693	1
147	PLASTIC INSERT CAP 2" SQ 10-14 GA	BNH0012	1	181	BLACK RUBBER GRIP 1/2 X 4 7/8	BNH1818	4
148	PLASTIC STOPPER	BNH1765	1	182	10 LB STEEL WEIGHT PLATE BLACK 4 9/16 X 9 7/16 ASSY	BNH1650	19
149	PULL PIN 1/2 X 5 5/8 (YELLOW KNOB)	BNH0701	1	183	LEFT WING PLASTIC INSERT (AXT-3)	BNH1702	1
150	PUSH PULL PIN 1/2 X 2 1/2 DRILLED	BNH1151	1	184	NYLON FLAT WASHER .500 ID X .797 OD X .065 TH	BNH1864	1
151	PVC 1 X 8	BNH0417	8	185	FLAT WASHER SAE B/O 5/16"	BNH0231	1
152	RETAINING SNAP RING EXT. PLAIN .925 X 1 X .042	BNH0419	2	186	SPLIT LOCK WASHER B/O 5/16	BNH1326	1
153	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	BNH0514	2	187	BUTTON HEAD SOC CAP SCREW 5/16-18 X 1/2	BNH1863	1
154	RUBBER CORR MAT 1/8 X 4 X 12 1/2	BNH0688	2	188	RUBBER GRIP 1/2 X 3 1/2	BNH1221	1
155	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2	189	NYLON FLAT WASHER BLACK 1 1/32 ID X 1 3/4 OD X 1/8	BNH1967	2
156	RUBBER FOOT FOR 6 X 4 1/4 PLATE	BNH1647	3	190	SOCKET HEAD CAP SCREW B/O 1/4-28 X 3/4	BNH2161	4
157	RUBBER GRIP 1.1875 ID X .125 X 4 1/4	BNH0936	4	191	URETHANE BUMPER 962	BNH0244	1
158	RUBBER GRIP 1.1875 ID X .125 X 5	BNH1809	4	192	BEARING SPACER 2 7/8	BNH1941	1
159	RUBBER GRIP 1/2 X 4	BNH0530	2	193	NYLON STEM BUTTON .720" X .187"	BNH0533	1
160	RUBBER GROMMET 3/4" ID (2867-012)	BNH0401	2	194	1 ID X 1 1/4 OD X 3/4 NEEDLE-ROLLER BEARING	BNH1968	2
161	DECAL-WARNING ATTENTION USERS! BOTH FEET	BNH1969	1	195	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK	BNH1982	1
162	SHOULDER BOLT 3/8 X 3/4	BNH0718	7	196	BRONZE BUSHING 1 X 1.260 X 1.496 X 0.531 X 0.118	BNH1815	12
163	SINGLE STRAND CONNECTING LINK #40	BNH0066	2	197	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4	BNH1965	2
164	SNAP LINK Z/P 8MM X 80MM	BNH0065	6	198	NYLON GEAR PULLEY (WITH NOTCH)	BNH1966	1
165	SOCKET SET SCREW 1/4-20 X 1/4	BNH0790	2	199	BRONZE FLANGED BUSHING 3/8 X 1/2 X 3/16 X 19/32 X 1	BNH2146	2

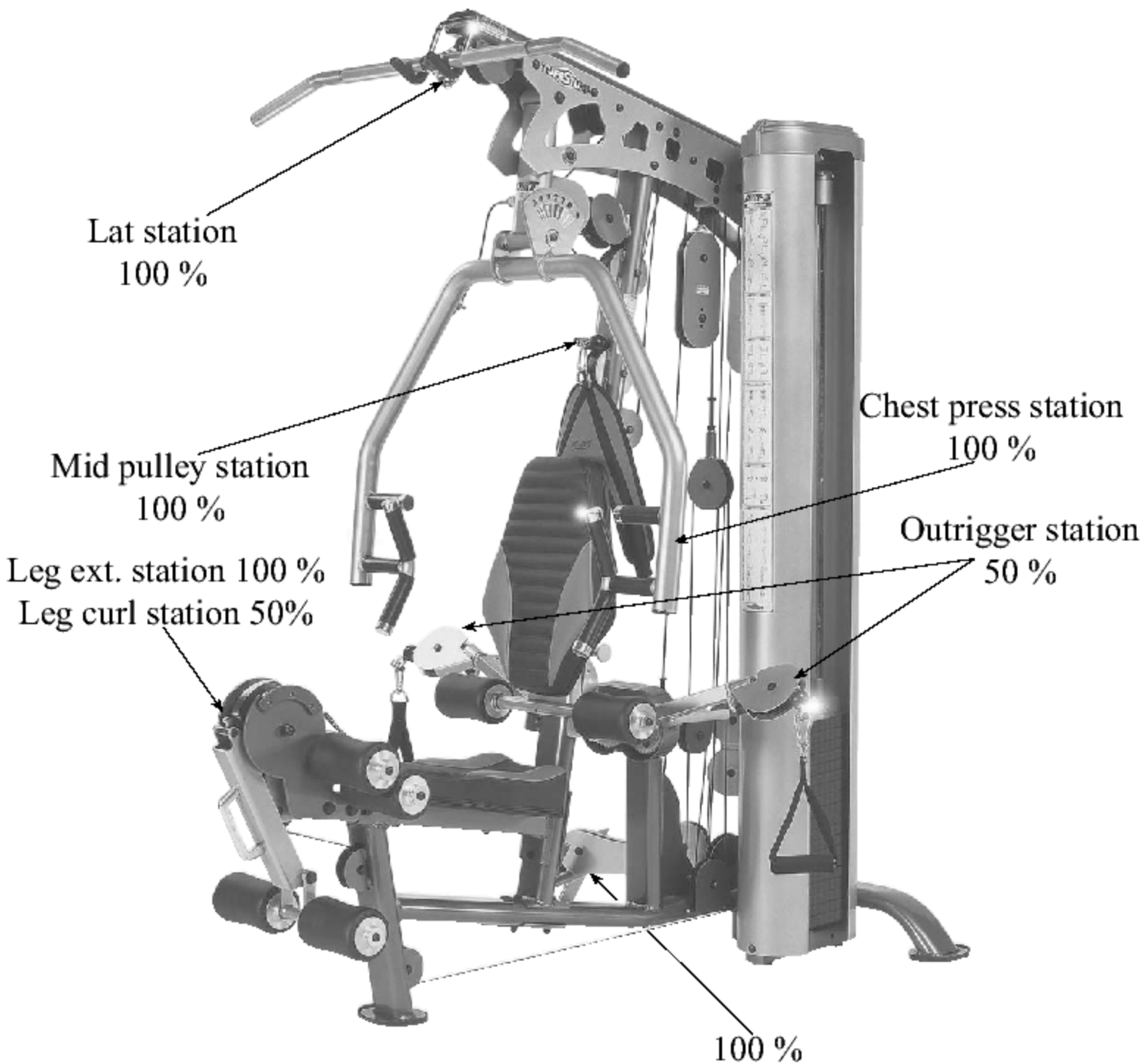
AXT-3S Parts List

ALL PARTS SAME AS AXT-3D, EXCEPT FOR THE PARTS LISTED BELOW

Item No.	Description	Part No.	Qty.	Item No.	Description	Part No.	Qty.
63	BLACK NYLON PULLEY 3/8 X 1 1/2 X 4 1/2	BNH1694	4	65	BLACK NYLON PULLEY 3/8 X 1 X 4 1/2	BNH0506	19
64	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	BNH0553	14				

- 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





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

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 Net: www.tuffstuff.net