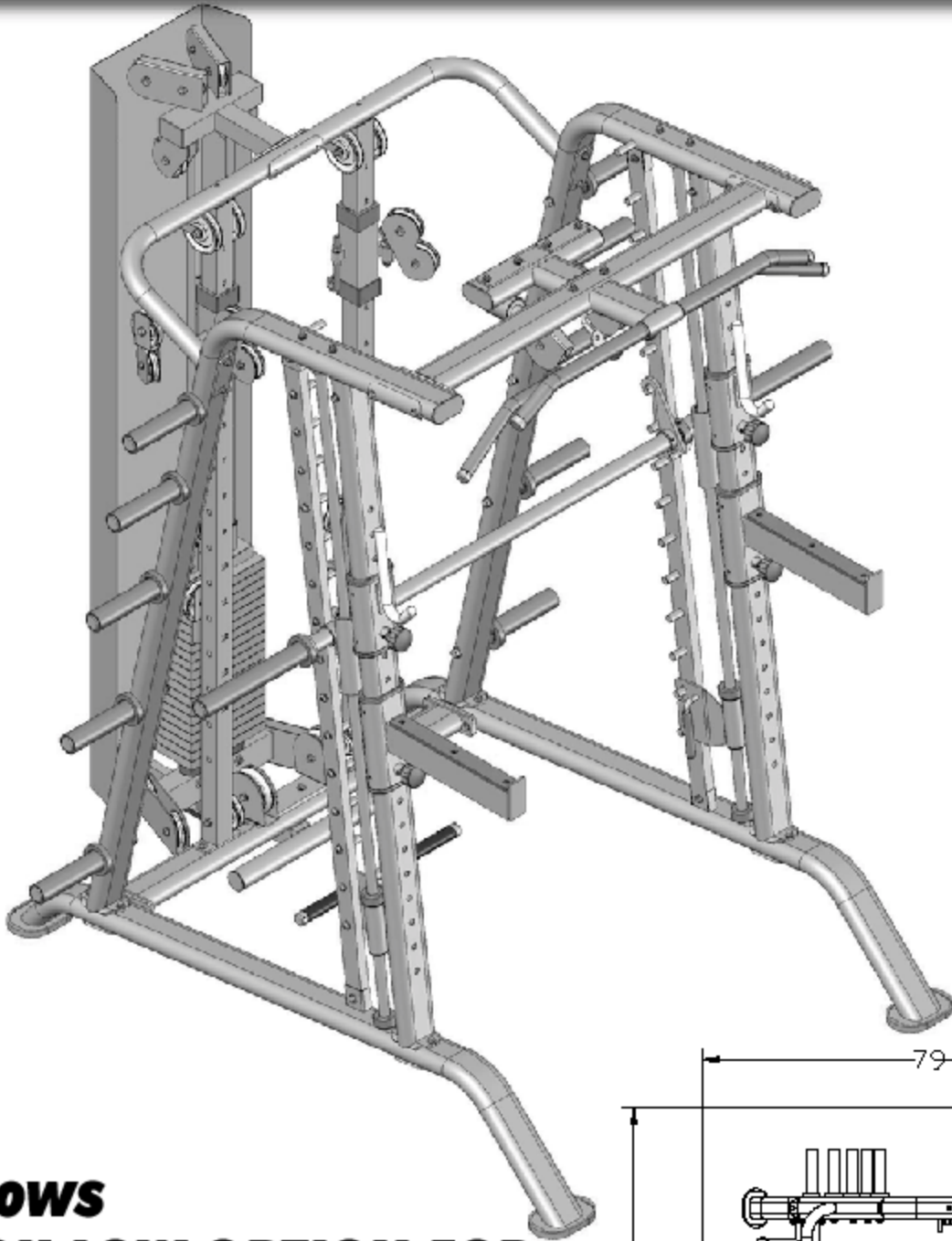


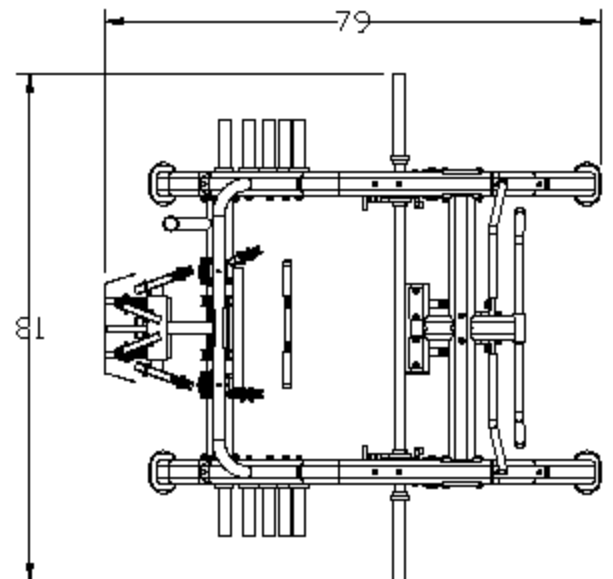
OWNER'S MANUAL



RHL-610WS
LAT/HIGH LOW OPTION FOR
RSM-600

TUFFSTUFF

AMERICA'S PREMIER EXERCISE EQUIPMENT



RHL-610WS
L 79" W 81" H 85"

RHL-610WS Rev 0
Revision Date 11/07

Introduction

About the LAT/HIGH LOW OPTION FOR RSM-600
Congratulations on your new purchase of the Super Rack/Smith Machine. 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 Limited 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 - 300 lbs.
3. Footprint (LWH) - See Front Cover.

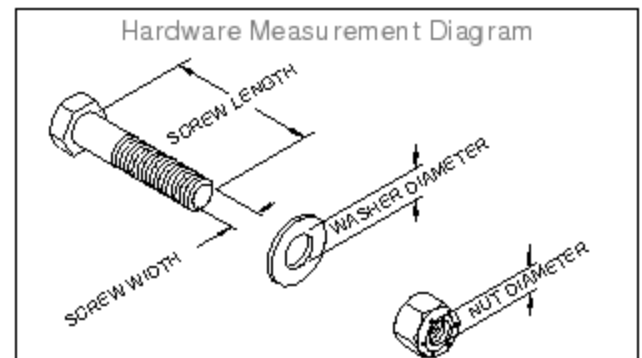
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the LAT/HIGH LOW OPTION FOR RSM-600

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 3/4" combination wrench
2. One 9/16" combination wrench
3. One ratchet
4. One 3/4" socket
5. One 9/16" socket
6. One rubber mallet
7. Windex or household glass cleaner
8. Measuring tape
9. Utility knife



Safety Precautions

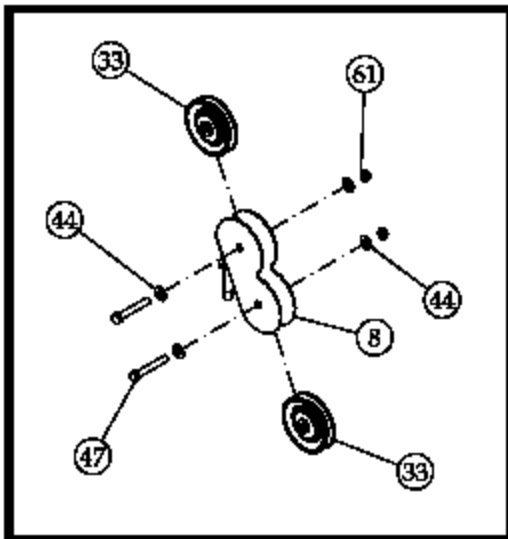
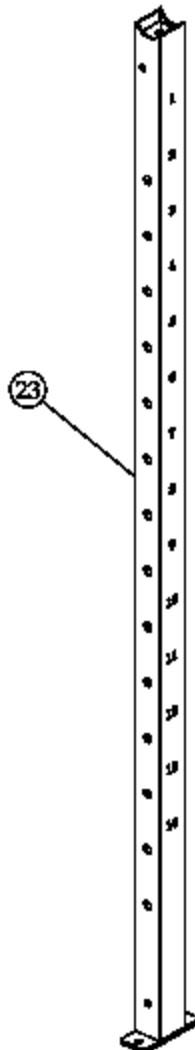
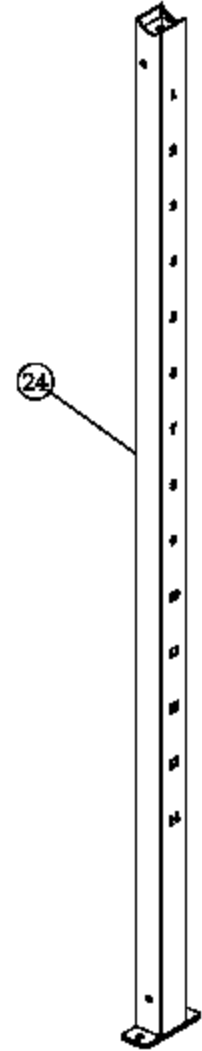
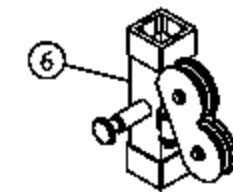
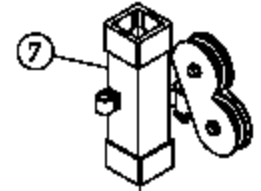
Safety First

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 Owner's Manual 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 TuffStuff product prior to use.
2. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manual and labels are available from your local TuffStuff retailer.
3. Consult with your physician before beginning any exercise program.
4. Use proper discretion when children are present.
5. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
6. Do not attempt to lift more weight than you can control safely.
7. 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.

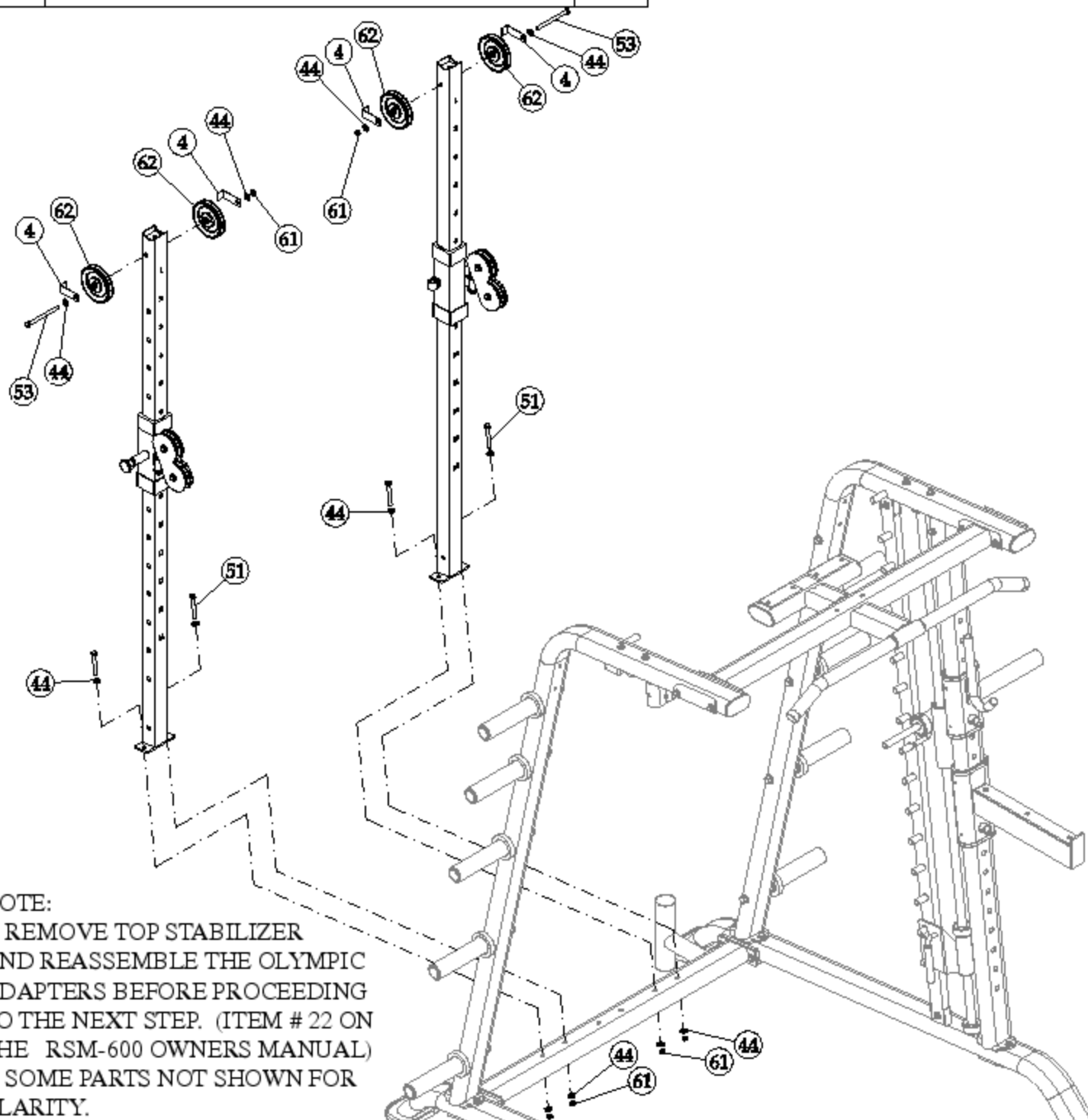
Assembly List

Item #	Description	Qty.
6	CARRIAGE LT	1
7	CARRIAGE RT	1
8	CARRIAGE DOUBLE PULLEY BRACKET	2
23	SELECTOR POST LT	1
24	SELECTOR POST RT	1
33	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	4
44	FLAT WASHER SAE 3/8"	4
47	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	4
61	NYLON INSERT THIN PATTERN LOCK NUT B/O 3/8-16	4



Assembly List

Item #	Description	Qty.
4	CABLE RETAINER BRACKET	4
44	FLAT WASHER SAE Z/P 3/8"	12
51	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	4
53	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 4 3/4	2
61	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	6
62	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	4

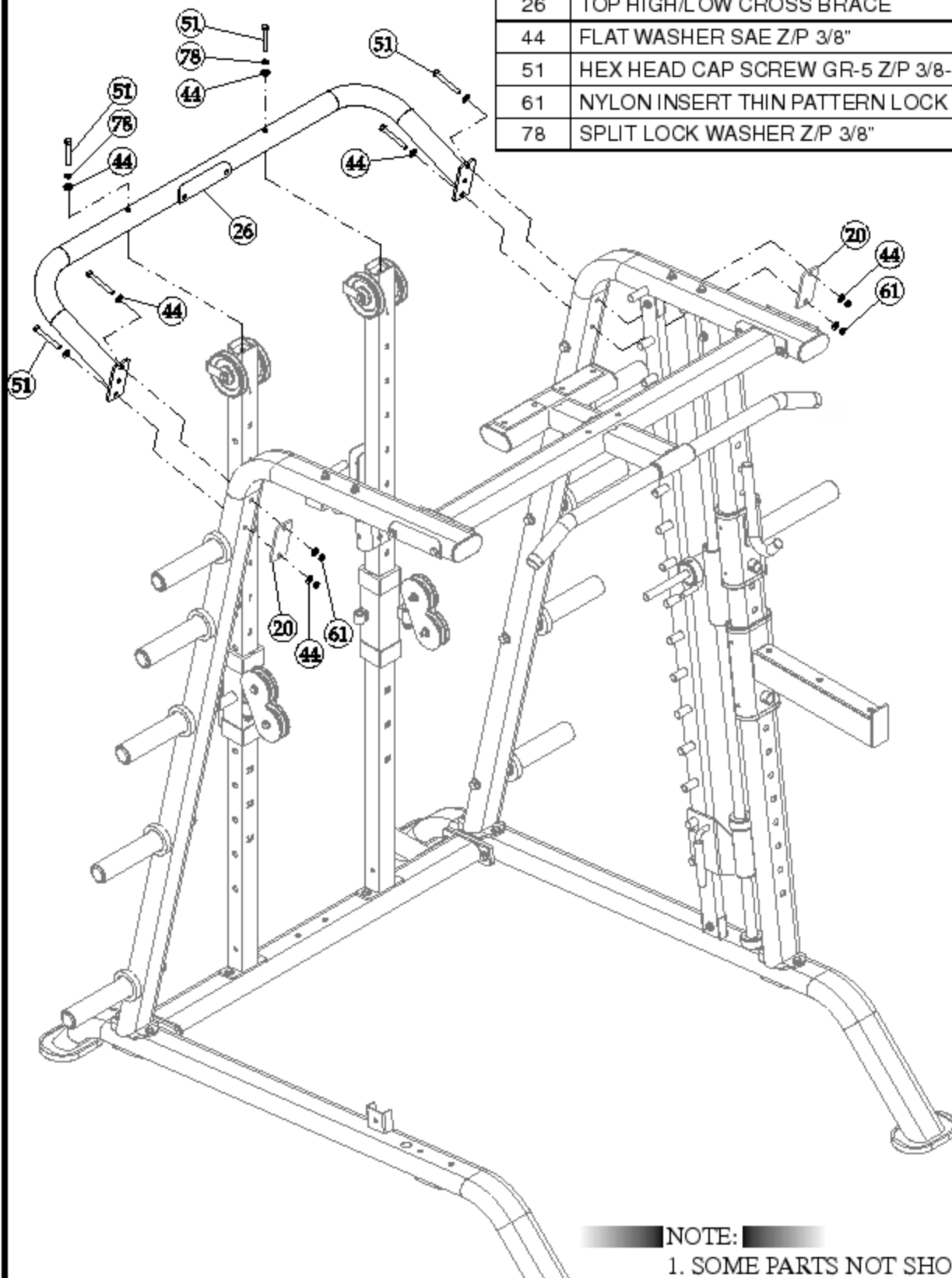


NOTE:

1. REMOVE TOP STABILIZER AND REASSEMBLE THE OLYMPIC ADAPTERS BEFORE PROCEEDING TO THE NEXT STEP. (ITEM # 22 ON THE RSM-600 OWNERS MANUAL)
2. SOME PARTS NOT SHOWN FOR CLARITY.

Assembly List

Item #	Description	Qty.
20	REINFORCEMENT PLATE 1/4 X 2 X 4 1/2	2
26	TOP HIGH/LOW CROSS BRACE	1
44	FLAT WASHER SAE Z/P 3/8"	10
51	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	6
61	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	4
78	SPLIT LOCK WASHER Z/P 3/8"	2



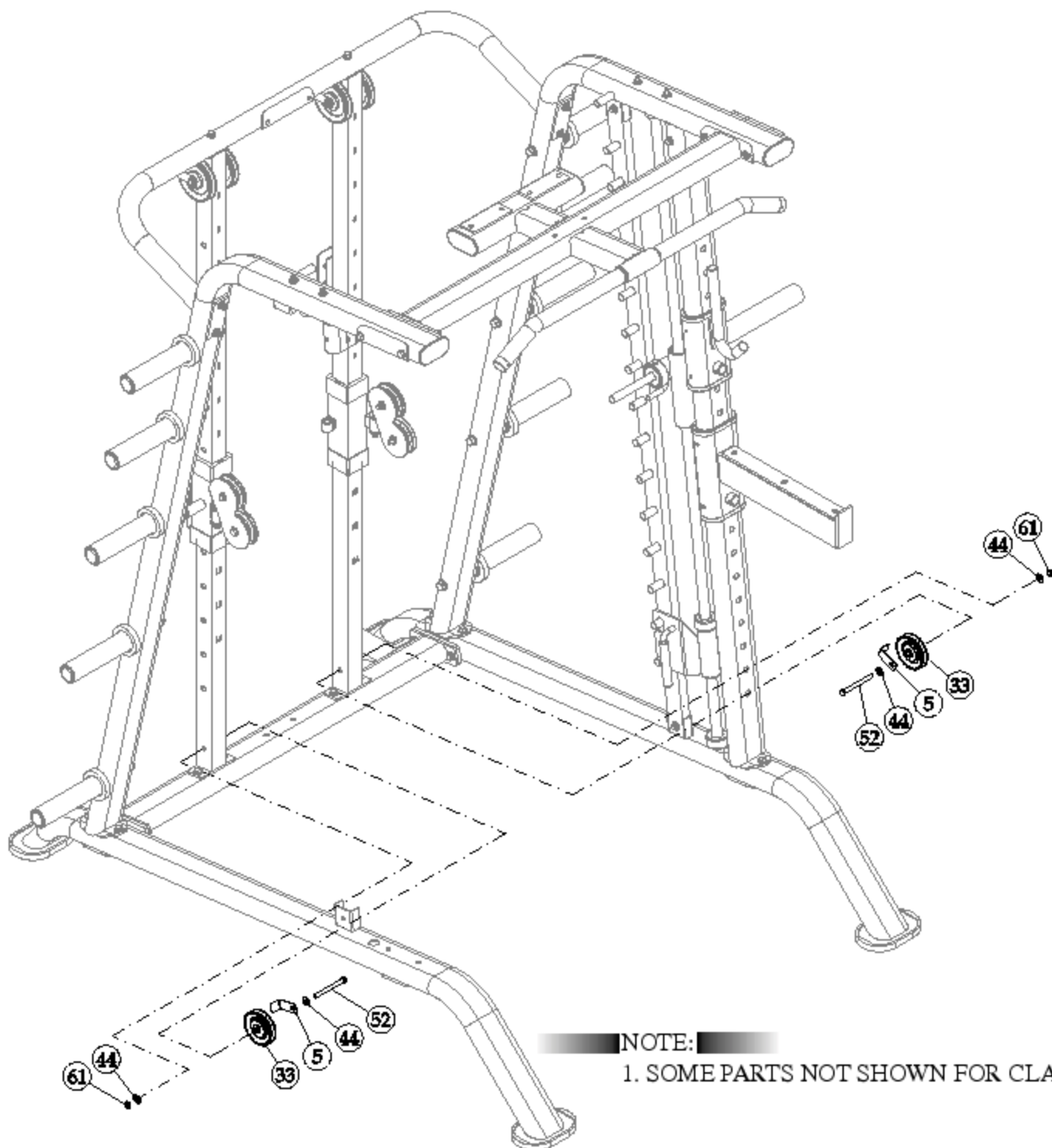
NOTE:

1. SOME PARTS NOT SHOWN FOR CLARITY.

Step 4

Assembly List

Item #	Description	Qty.
5	CABLE RETAINER BRACKET (3 1/2 PULLEY)	2
33	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	2
44	FLAT WASHER SAE Z/P 3/8"	4
52	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3 1/2	2
61	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	2

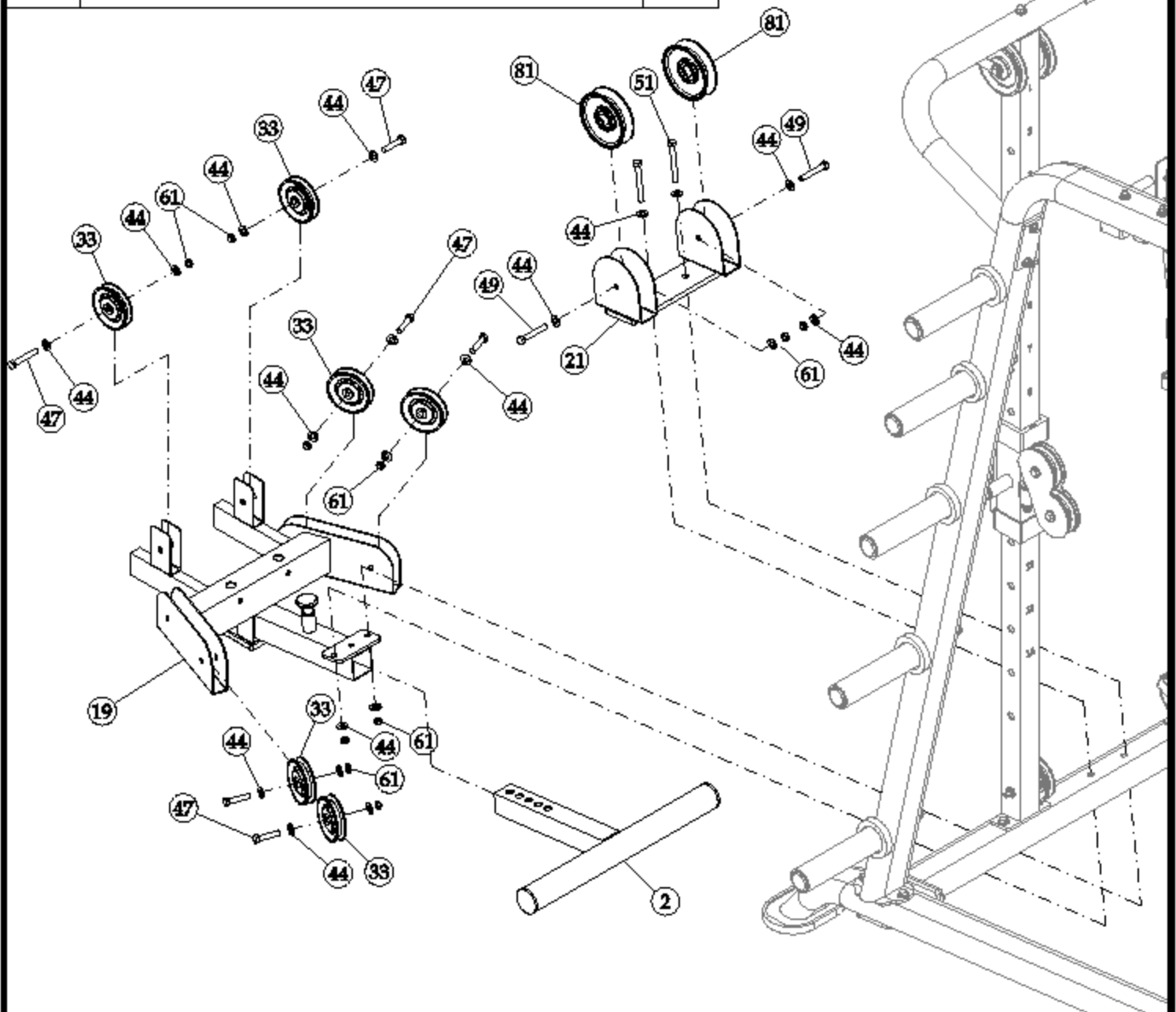


NOTE:

1. SOME PARTS NOT SHOWN FOR CLARITY.

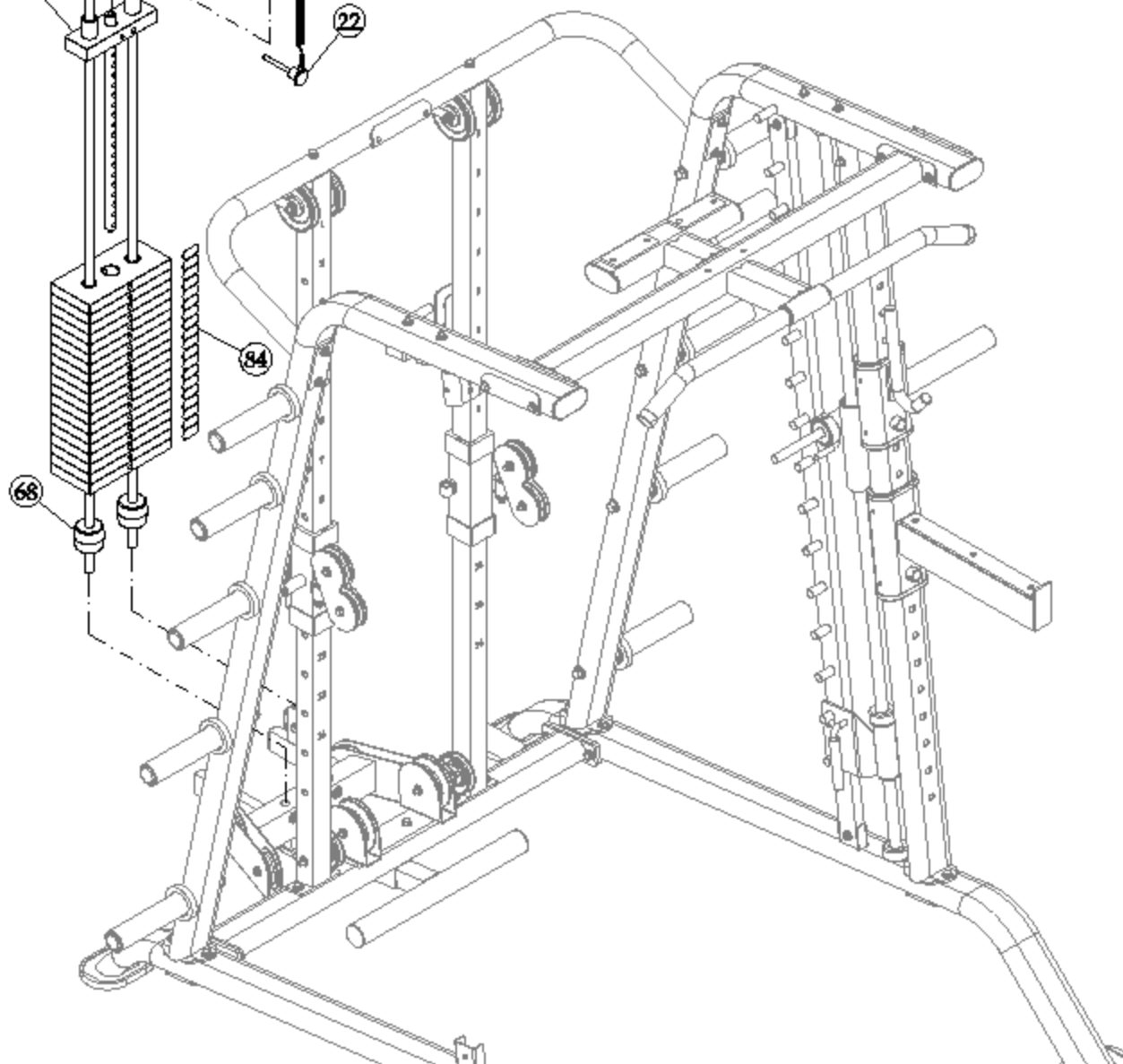
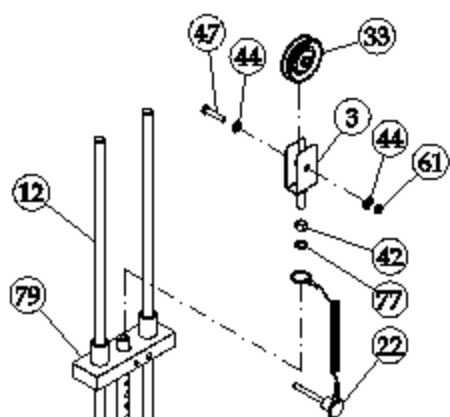
Assembly List

Item #	Description	Qty.
2	ADJUSTABLE FOOT SUPPORT	1
19	LOWER BASE ASSEMBLY	1
21	REINFORCEMENT PLATE W/PULLEY BRACKETS	1
33	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	6
44	FLAT WASHER SAE Z/P 3/8"	20
47	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 3/4	6
49	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/8	2
51	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	2
61	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	10
81	BLACK NYLON PULLEY 3/8 X 1 1/2 X 4 1/2	2



Assembly List

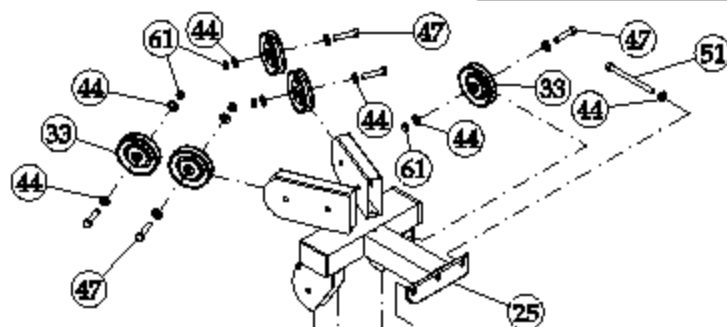
Item #	Description	Qty.
3	ADJUSTABLE PULLEY BRACKET	1
12	GUIDE ROD 3/4 X 73 5/8	2
22	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	1
33	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	1
42	FINISHED HEX NUT Z/P 1/2-13	1
44	FLAT WASHER SAE Z/P 3/8"	2
61	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	1
68	RUBBER DONUT 3/4 X 2 1/2	4
77	SPLIT LOCK WASHER Z/P 1/2"	1
79	10 LB TOP PLATE W/22" SLTR BAR 19 BLK WTS ASSY	1

**NOTE:**

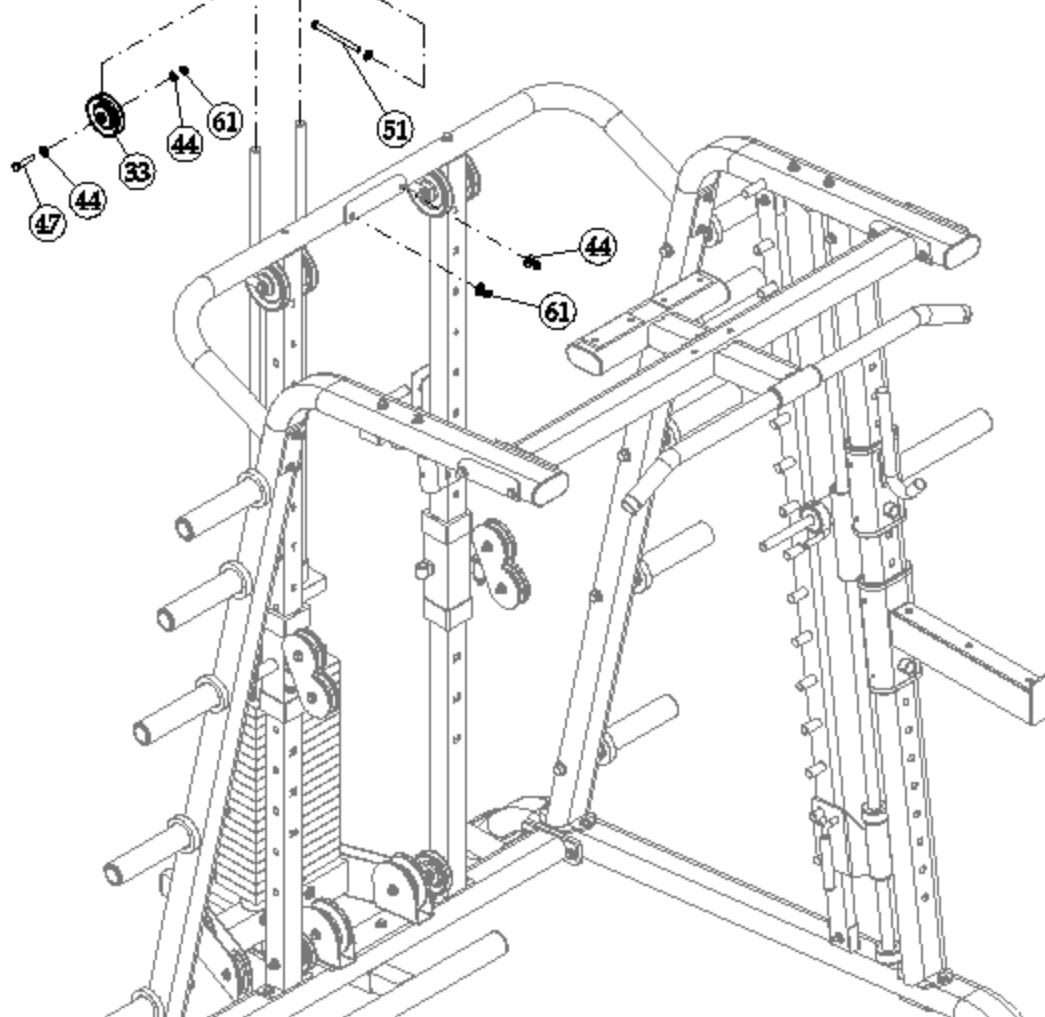
1. SOME PARTS NOT SHOWN FOR CLARITY.

Assembly List

Item #	Description	Qty.
25	TOP GUIDE ROD RETAINER	1
33	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	6
44	FLAT WASHER SAE Z/P 3/8"	16
47	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 3/4	6
51	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	2
61	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	8



NOTE:
1. SOME PARTS NOT SHOWN FOR CLARITY.



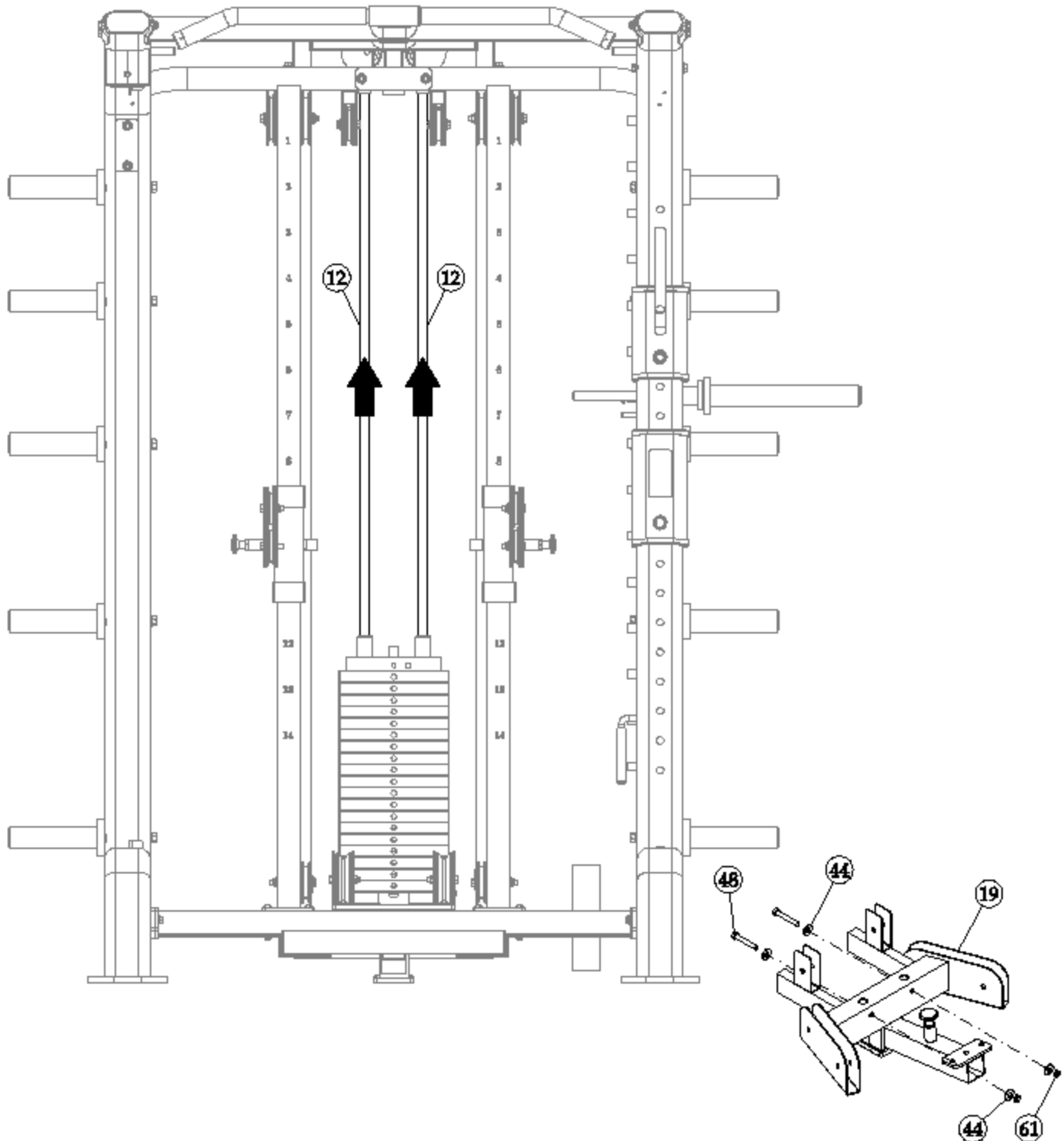
NOTE:

1. SOME PARTS NOT SHOWN FOR CLARITY.

Step 8

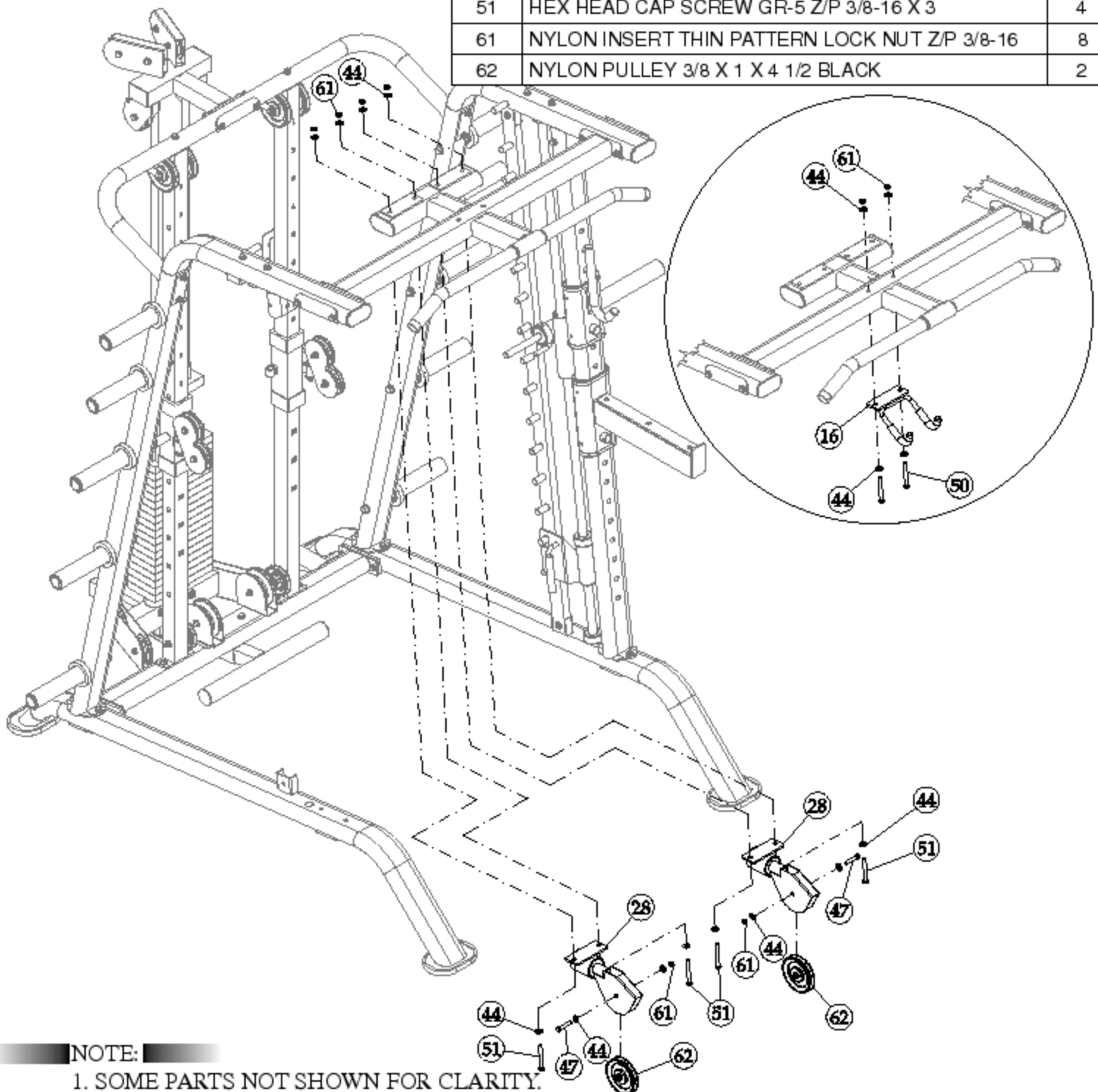
Assembly List

Item #	Description	Qty.
12	GUIDE ROD 3/4 X 73 5/8	2
19	LOWER BASE ASSEMBLY	1
44	FLAT WASHER SAE Z/P 3/8"	4
48	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2	2
61	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	2



Assembly List

Item #	Description	Qty.
16	LAT HOLDER	1
28	TOP SWIVEL PULLEY BRACKET HOUSING	2
44	FLAT WASHER SAE Z/P 3/8"	16
47	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 3/4	2
50	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4	2
51	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	4
61	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	8
62	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	2



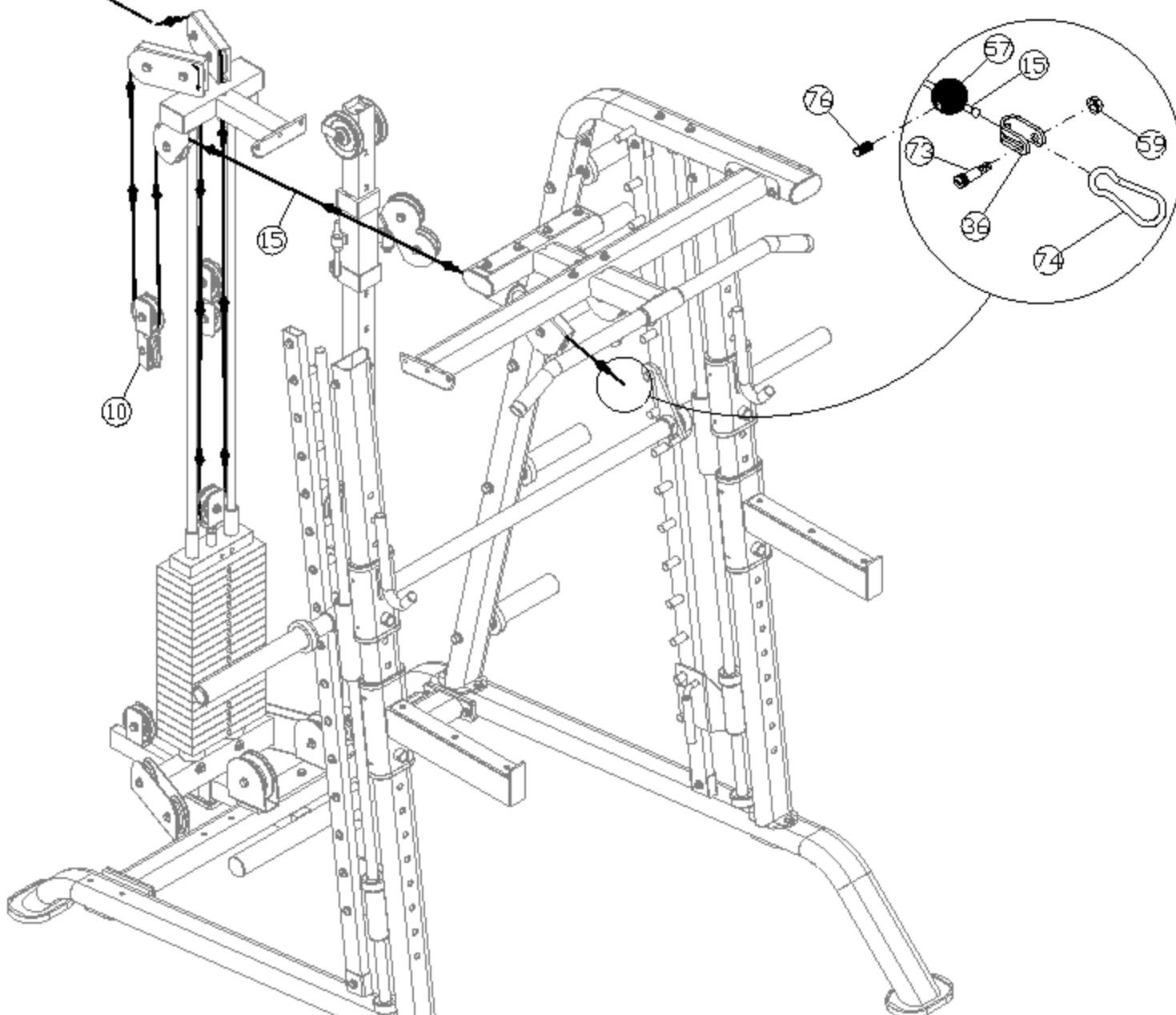
NOTE:

1. SOME PARTS NOT SHOWN FOR CLARITY.

Assembly List

Item #	Description	Qty.
10	FLOATING DOUBLE PULLEY BRACKET LT	1
15	LAT CABLE	1
36	CLEVIS BRACKET 3/32"	1
57	NYLON BALL 1 3/4 X 9/32	1
59	NYLON INSERT LOCK NUT Z/P 5/16-18	1
73	SHOULDER BOLT ALLOY 3/8 X 3/4	1
74	SNAP LINK Z/P 8MM X 80MM	1
76	SOCKET SET SCREW Z/P 3/8-16 X 3/4	1

CONT. ON NEXT PAGE



NOTE:

1. SOME PARTS NOT SHOWN FOR CLARITY.

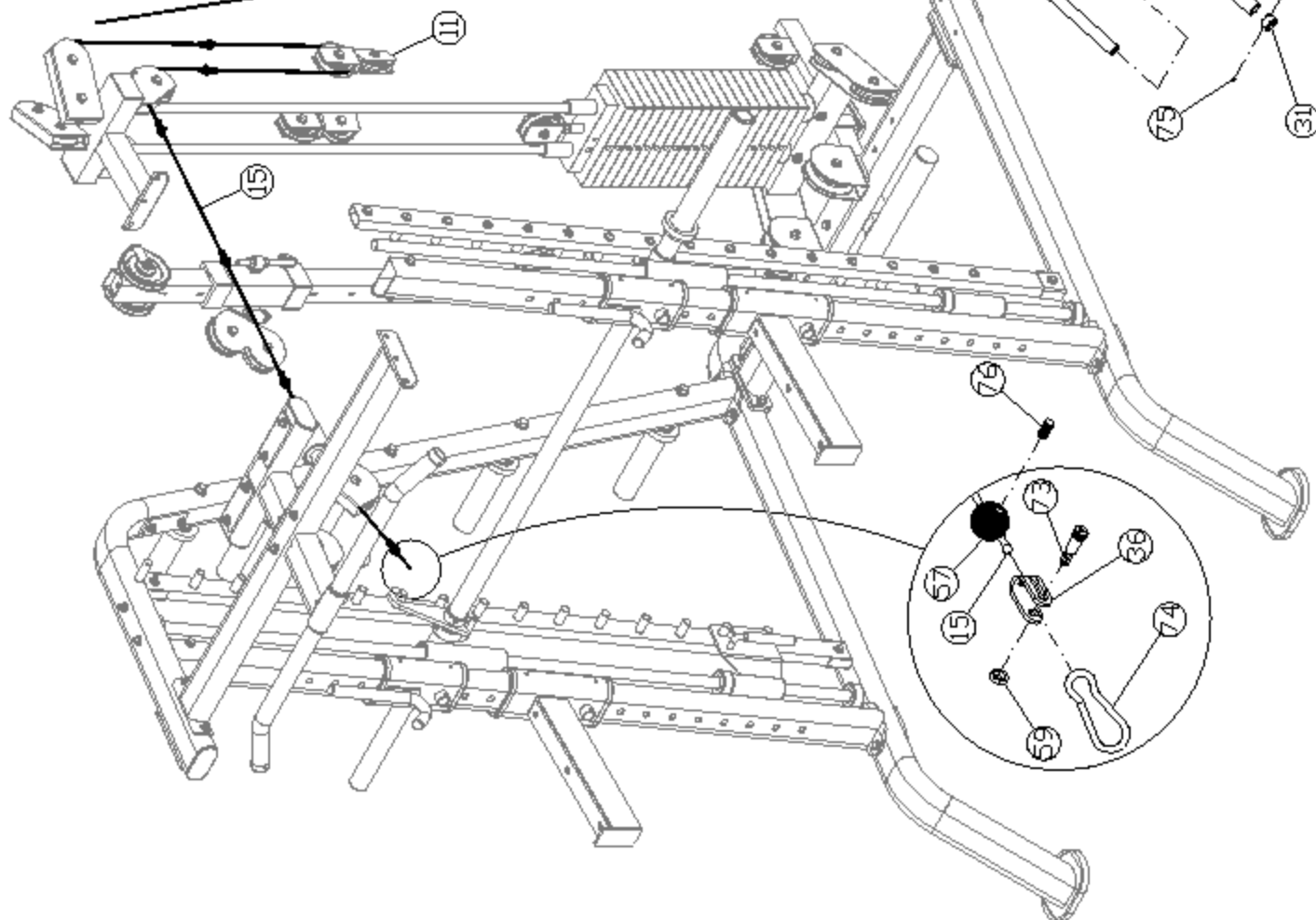
Step 11 CONTINUE LAT CABLE ASSEMBLY



Assembly List

Item #	Description	Qty.
11	FLOATING DOUBLE PULLEY BRACKET RT	1
14	LAR BAR DOUBLE LINK	1
15	LAT CABLE	1
31	ALUMINUM CAP 1.020" RD (CAP-100)	1
36	CLEVIS BRACKET 3/32"	1
57	NYLON BALL 1 3/4 X 9/32	1
59	NYLON INSERT LOCK NUT Z/P 5/16-18	1
73	SHOULDER BOLT ALLOY 3/8 X 3/4	1
74	SNAP LINK Z/P 8MM X 80MM	1
75	SOCKET SET SCREW Z/P 10-32 X 1/8	1
76	SOCKET SET SCREW Z/P 3/8-16 X 3/4	1

CONT. FROM PREVIOUS PAGE.



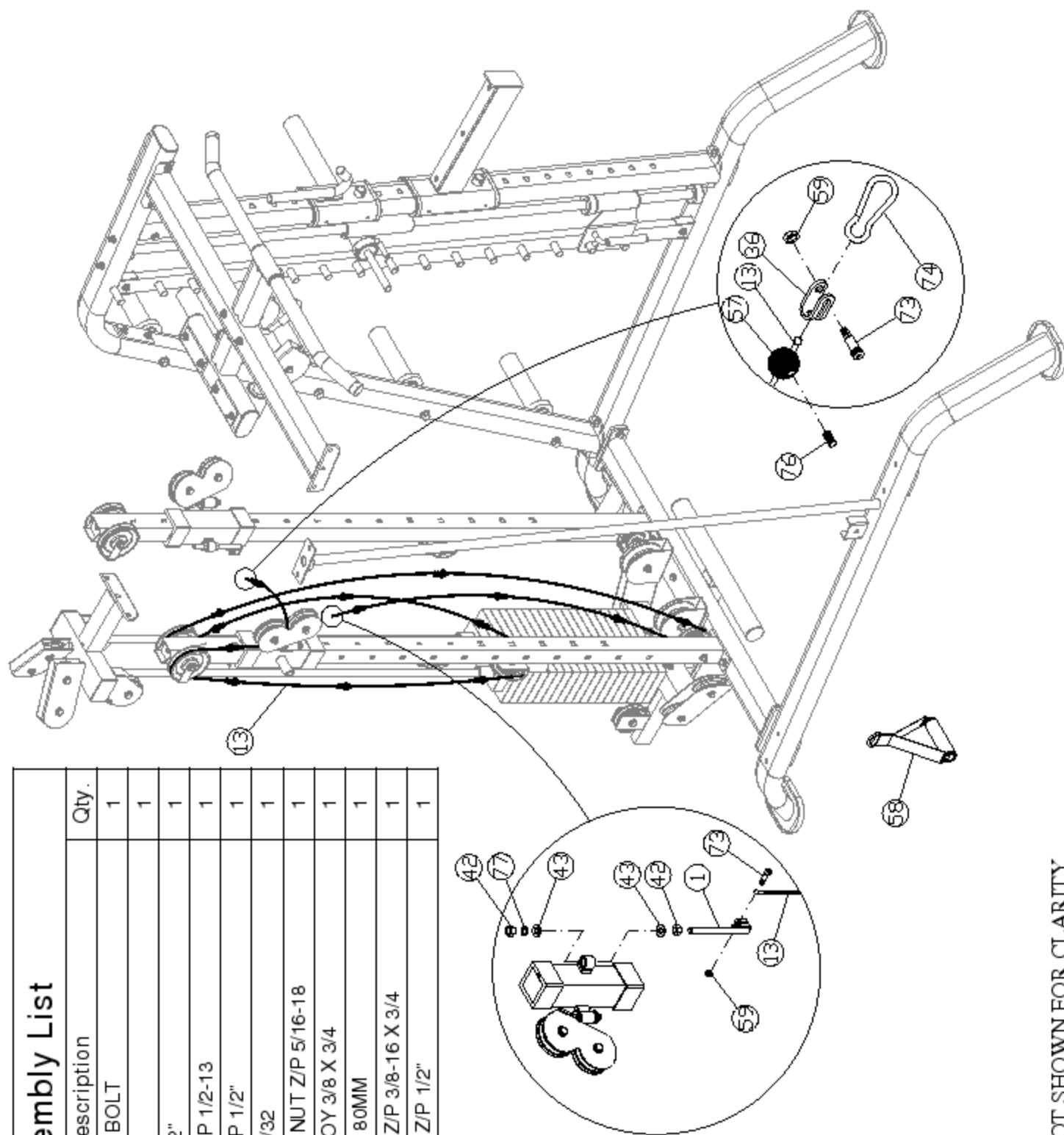
NOT

1. SOME PARTS NOT SHOWN FOR CLARITY.

Step 12 LEFT SIDE HIGH/LOW CABLE ASSEMBLY

Assembly List

Item #	Description	Qty.
1	ADJUSTABLE CABLE BOLT	1
13	HIGH/LOW CABLE	1
36	CLEVIS BRACKET 3/32"	1
42	FINISHED HEX NUT Z/P 1/2-13	1
43	FLAT WASHER SAE Z/P 1/2"	1
57	NYLON BALL 1 3/4 X 9/32	1
59	NYLON INSERT LOCK NUT Z/P 5/16-18	1
73	SHOULDER BOLT ALLOY 3/8 X 3/4	1
74	SNAP LINK Z/P 8MM X 80MM	1
76	SOCKET SET SCREW Z/P 3/8-16 X 3/4	1
77	SPLIT LOCK WASHER Z/P 1/2"	1



NOTE:
1. SOME PARTS NOT SHOWN FOR CLARITY.

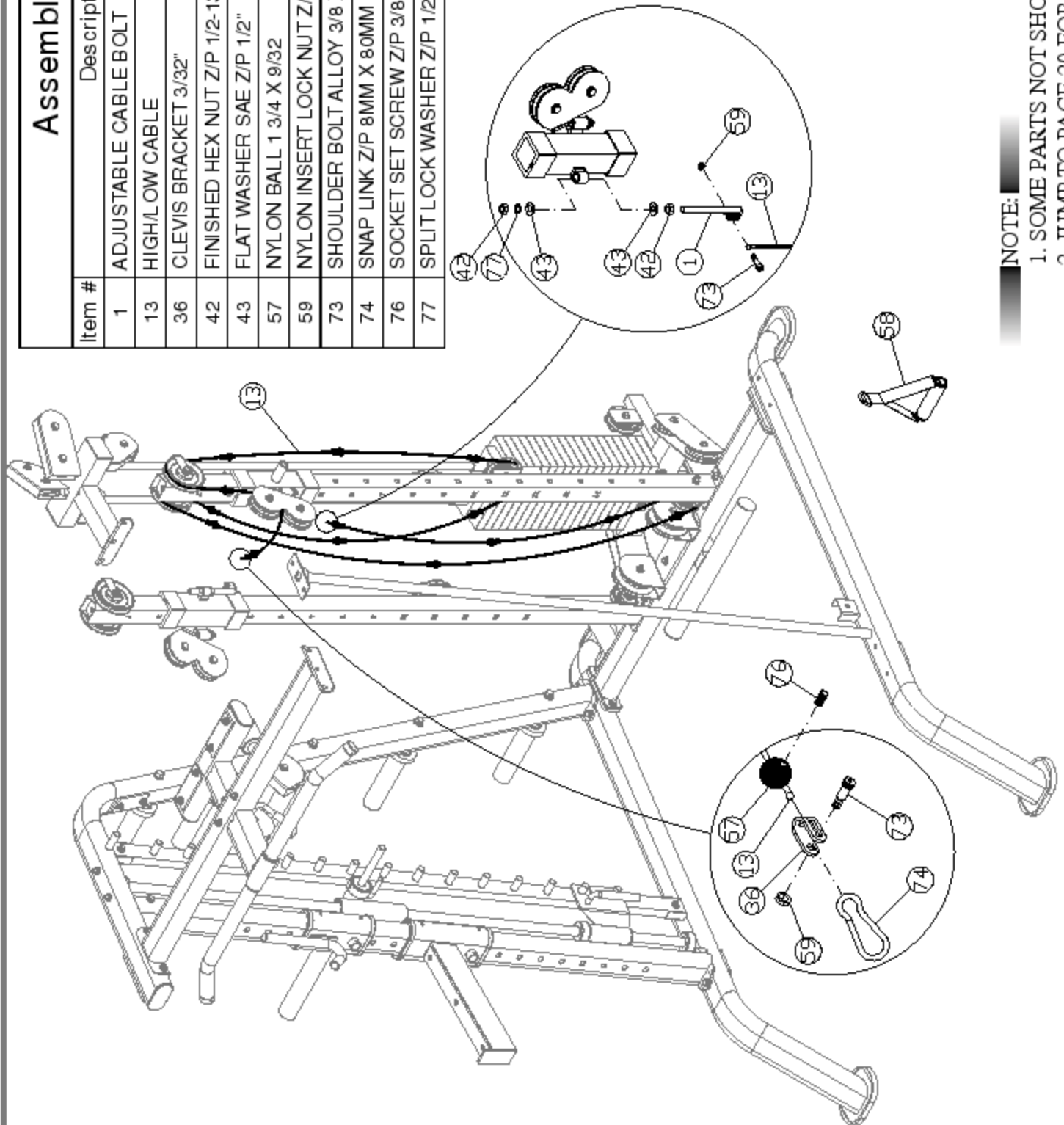
Step 13 RIGHT SIDE HIGH/LOW CABLE ASSEMBLY



NOTE:
 1. SOME PARTS NOT SHOWN FOR CLARITY.
 2. JUMP TO PAGE 20 FOR FINAL STEP.

Assembly List

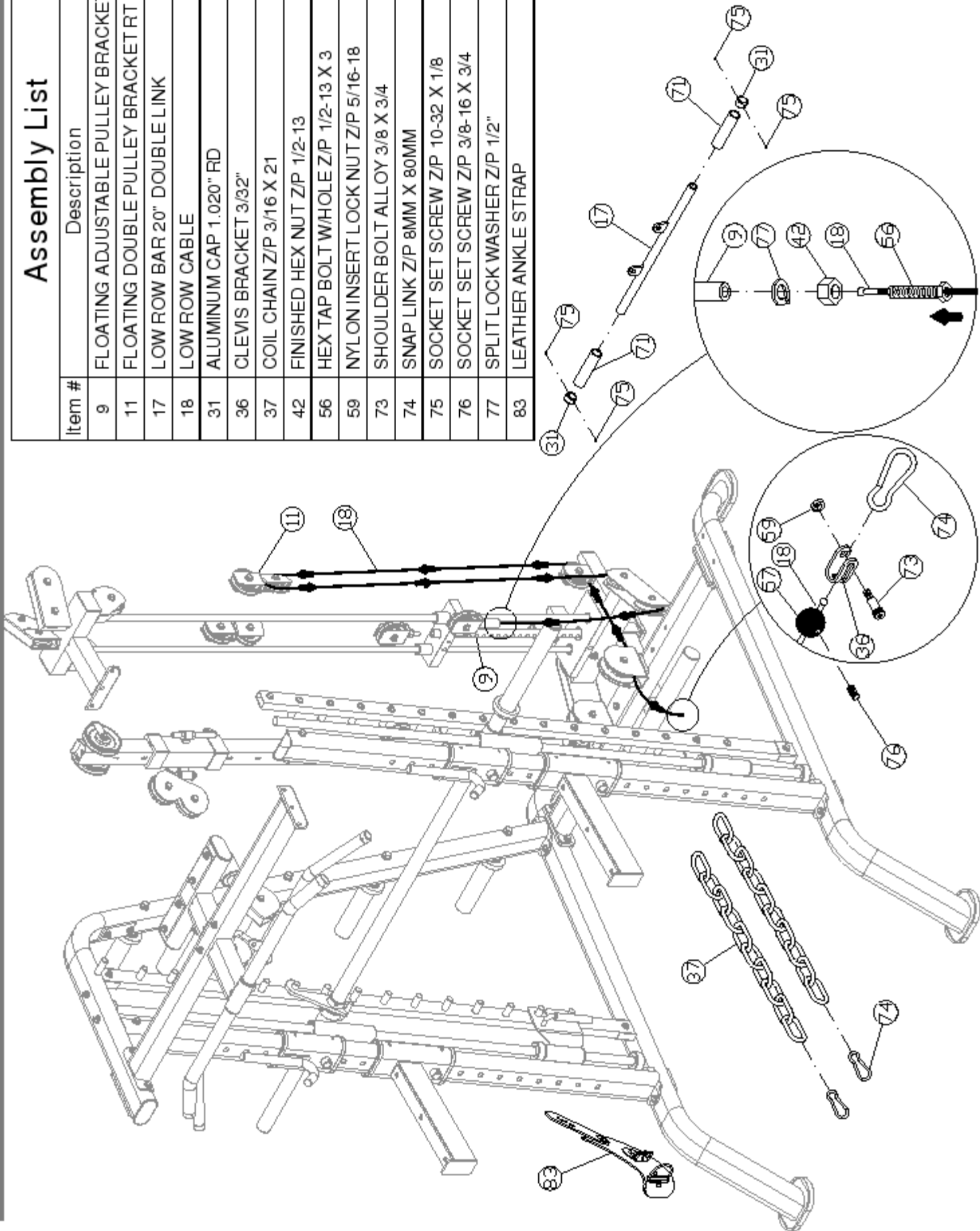
Item #	Description	Qty.
1	ADJUSTABLE CABLE BOLT	1
13	HIGH/LOW CABLE	1
36	CLEVIS BRACKET 3/32"	1
42	FINISHED HEX NUT Z/P 1/2-13	1
43	FLAT WASHER SAE Z/P 1/2"	1
57	NYLON BALL 1 3/4 X 9/32	1
59	NYLON INSERT LOCK NUT Z/P 5/16-18	1
73	SHOULDER BOLT ALLOY 3/8 X 3/4	1
74	SNAP LINK Z/P 8MM X 80MM	1
76	SOCKET SET SCREW Z/P 3/8-16 X 3/4	1
77	SPLIT LOCK WASHER Z/P 1/2"	1



Step 15 RIGHT LOW ROW CABLE ASSEMBLY

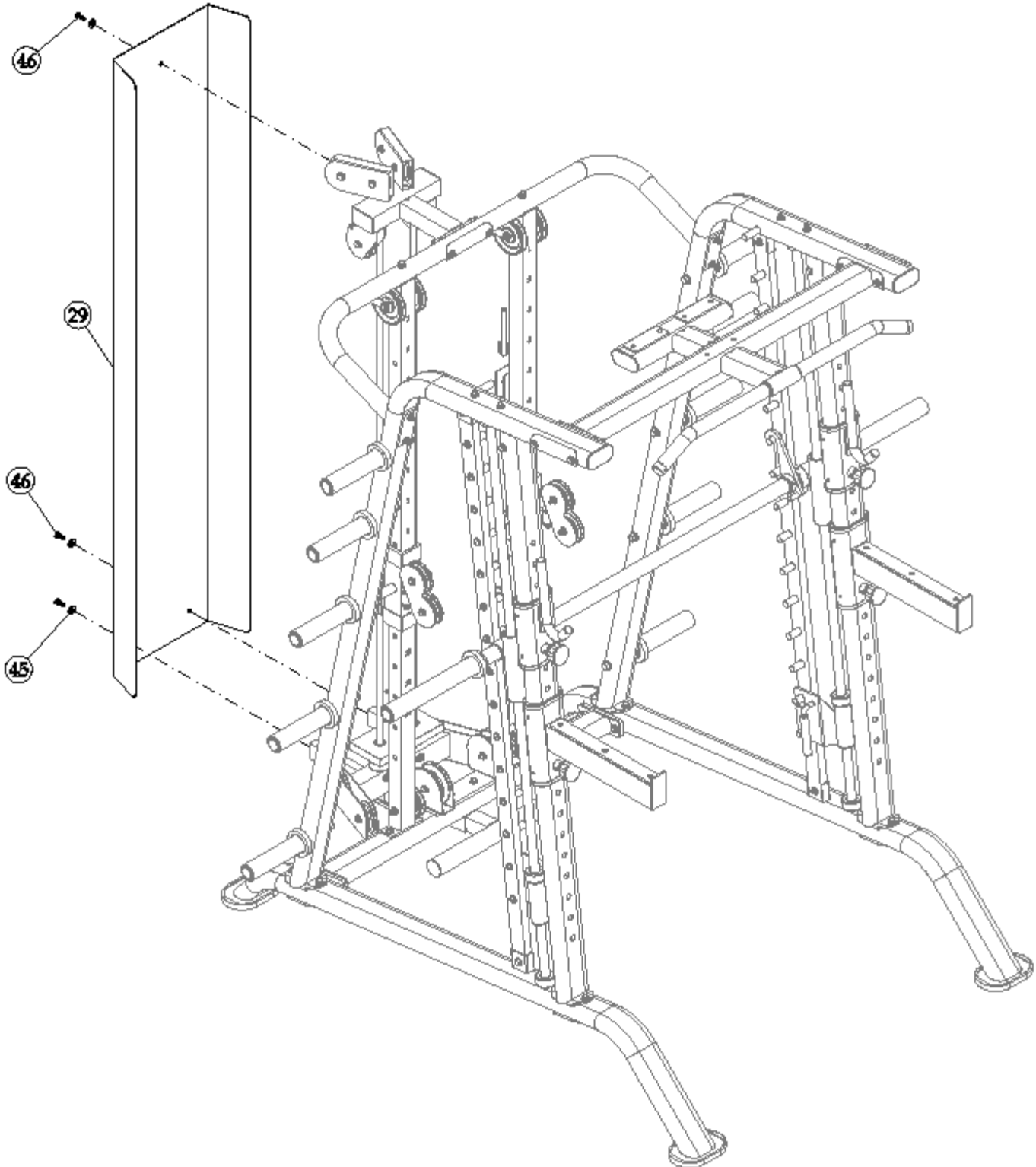
Assembly List

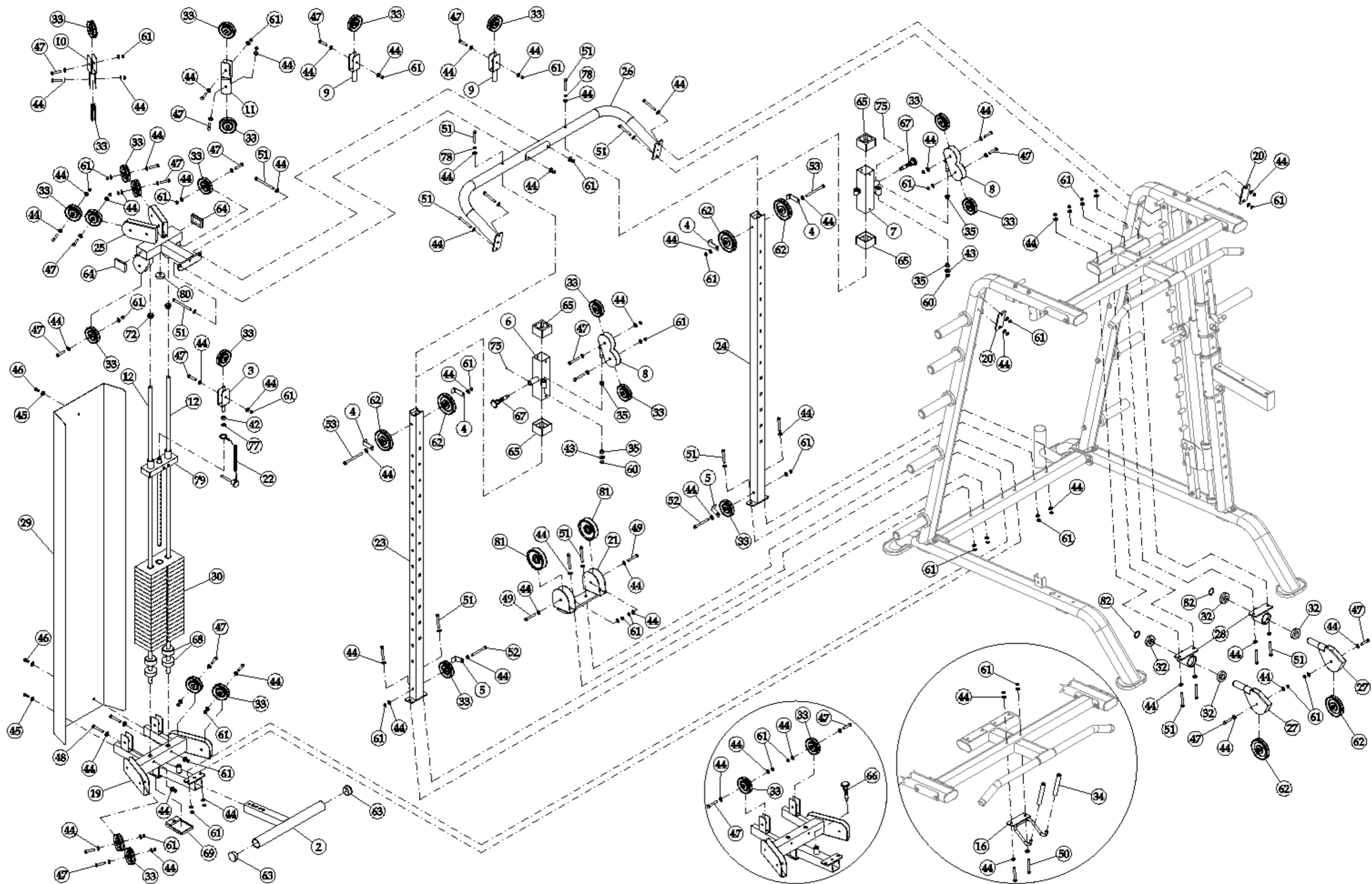
Item #	Description	Qty.
9	FLOATING ADJUSTABLE PULLEY BRACKET	
11	FLOATING DOUBLE PULLEY BRACKET RT	
17	LOW ROW BAR 20" DOUBLE LINK	
18	LOW ROW CABLE	
31	ALUMINUM CAP 1.020" RD	
36	CLEVIS BRACKET 3/32"	
37	COIL CHAIN Z/P 3/16 X 21	
42	FINISHED HEX NUT Z/P 1/2-13	
56	HEX TAP BOLT WHOLE Z/P 1/2-13 X 3	
59	NYLON INSERT LOCK NUT Z/P 5/16-18	
73	SHOULDER BOLT ALLOY 3/8 X 3/4	
74	SNAP LINK Z/P 8MM X 80MM	
75	SOCKET SET SCREW Z/P 10-32 X 1/8	
76	SOCKET SET SCREW Z/P 3/8-16 X 3/4	
77	SPLIT LOCK WASHER Z/P 1/2"	
83	LEATHER ANKLE STRAP	



Assembly List

Item #	Description	Qty.
29	GUIDE ROD 3/4 X 73 5/8	1
45	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	3
46	FLAT WASHER SAE Z/P 3/8"	3

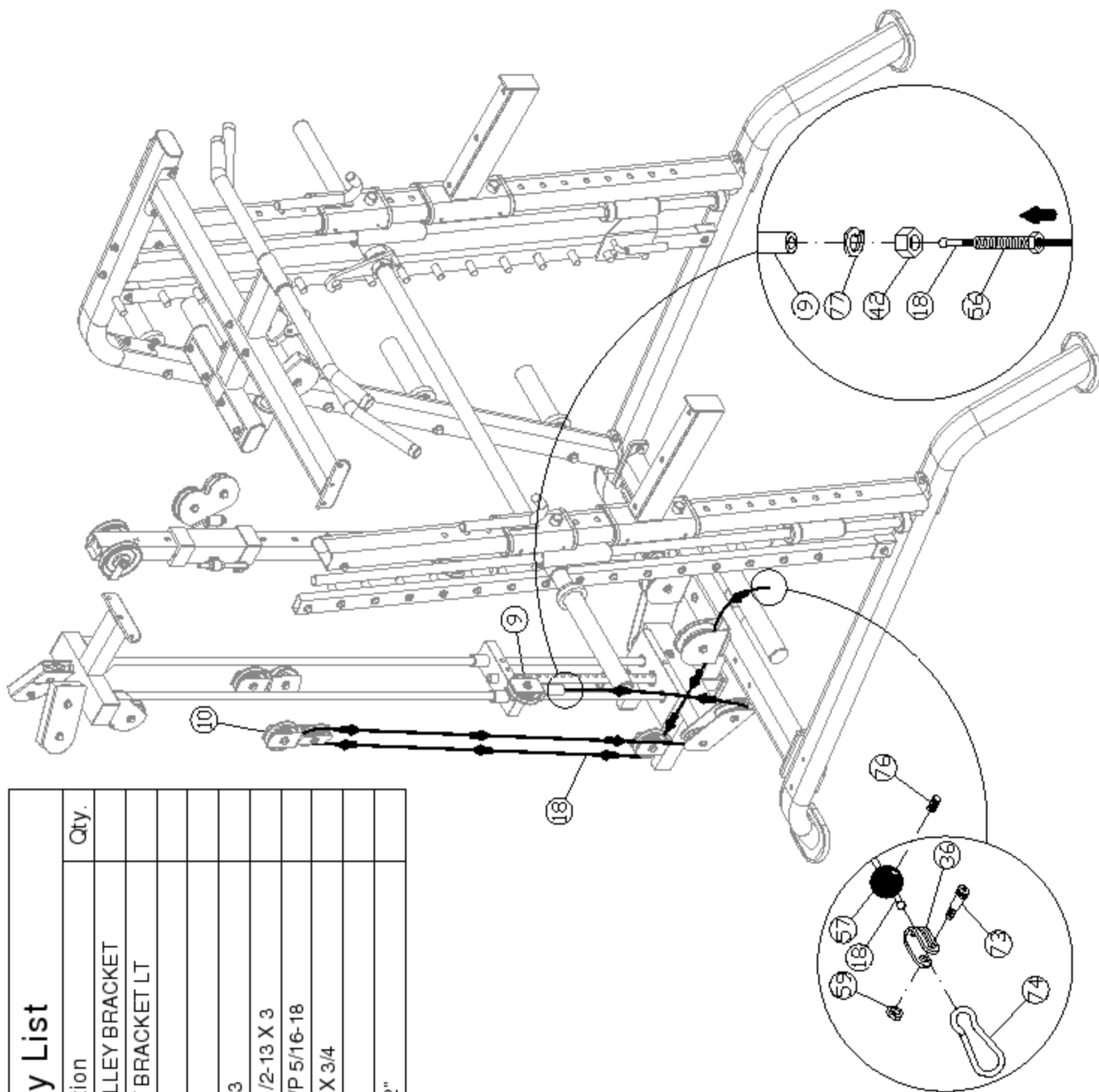




Step 14 LEFT LOW ROW CABLE ASSEMBLY

Assembly List

Item #	Description	Qty.
9	FLOATING ADJUSTABLE PULLEY BRACKET	
10	FLOATING DOUBLE PULLEY BRACKET LT	
18	LOW ROW CABLE	
36	CLEVIS BRACKET 3/32"	
42	FINISHED HEX NUT Z/P 1/2-13	
56	HEX TAP BOLT WHOLE Z/P 1/2-13 X 3	
59	NYLON INSERT LOCK NUT Z/P 5/16-18	
73	SHOULDER BOLT ALLOY 3/8 X 3/4	
74	SNAP LINK Z/P 8MM X 80MM	
77	SPLIT LOCK WASHER Z/P 1/2"	



COLOR CHART
 GRAY= SUB-ASSEMBLY PARTS
 BLACK=HARDWARE

RHL-6 DWS RE10

RHL-610WS Parts List

Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Part No.	Qty.
1	ADJUSTABLE CABLE BOLT	0	UP3648	2	43	FLAT WASHER SAE Z/P 1/2"	BNH2031	6
2	ADJUSTABLE FOOT SUPPORT	0	UP5202	1	44	FLAT WASHER SAE Z/P 3/8"	BNH2030	104
3	ADJUSTABLE PULLEY BRACKET	0	UP5211	1	45	FLAT WASHER USS Z/P 1/4"	BNH2105	3
4	CABLE RETAINER BRACKET	0	UP0014	4	46	HEX HEAD CAP SCREW GR-5 Z/P 1/4-20 X 3/4	BNH2106	3
5	CABLE RETAINER BRACKET (31/2 PULLEY)	0	UP0998	2	47	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 3/4	BNH2040	25
6	CARRIAGE LT	0	UP5204	1	48	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2	BNH2044	2
7	CARRIAGE RT	0	UP5205	1	49	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/8	BNH2043	2
8	CEARRIAGE DOUBLE PULLEY BRACKET	0	UP3635	2	50	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4	BNH2045	2
9	FLOATING ADJUSTABLE PULLEY BRACKET	0	UP5206	2	51	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	BNH2046	18
10	FLOATING DOUBLE PULLEY BRACKET LT	0	UP5207	1	52	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3 1/2	BNH2107	2
11	FLOATING DOUBLE PULLEY BRACKET RT	0	UP5208	1	53	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 4 3/4	BNH2063	2
12	GUIDE ROD 3/4 X 73 5/8	0	UP5210	2	54	HEX KEY ALLOY 3/32"	BNH0372	1
13	HIGH/LOW CABLE	0	UP5217	2	55	HEX KEY ALLOY 7/32"	BNH0575	1
14	LAR BAR DOUBLE LINK	0	UP3630	1	56	HEX TAP BOLT W/HOLE Z/P 1/2-13 X 3	BNH1048	2
15	LAT CABLE	0	UP5216	1	57	NYLON BALL 1 3/4 X 9/32	BNH1905	6
16	LAT HOLDER	0	UP5212	1	58	NYLON D HANDLE	BNH1215	2
17	LOW ROW BAR 20" DOUBLE LINK	0	UP4573	1	59	NYLON INSERT LOCK NUT Z/P 5/16-18	BNH2056	8
18	LOW ROW CABLE	0	UP5218	2	60	NYLON INSERT THIN PATTERN LOCK NUT Z/P 1/2-13	BNH2027	2
19	LOWER BASE ASSEMBLY	0	UP5201	1	61	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	BNH2026	50
20	REINFORCEMENT PLATE 1/4 X 2 X 4 1/2	0	UP5221	2	62	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	BNH0506	6
21	REINFORCEMENT PLATE W/PULLEY BRACKETS	0	UP5214	1	63	PLASTIC INSERT CAP 1 7/8" RD.	BNH0003	2
22	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	64	PLASTIC INSERT CAP 2 X 3	BNH0052	2
23	SELECTOR POST LT	0	UP5203	1	65	PLASTIC TUBE GUIDE W/LIP-TEETH 2 1/2" SQ	BNH0060	4
24	SELECTOR POST RT	0	UP5222	1	66	PUSH PULL PIN 1/2 X 2 7/8 LIGHT SPRING	BNH0542	1
25	TOP GUIDE ROD RETAINER	0	UP5209	1	67	PUSH PULL PIN 1/2 X 3 1/2 REGULAR	BNH0520	2
26	TOP HIGH/LOW CROSS BRACE	0	UP5200	1	68	RUBBER DONUT 3/4 X 2 1/2	BNH0068	4
27	TOP SWIVEL PULLEY BRACKET	0	UP3637	2	69	RUBBER FOOT 3 X 4 1/2	BNH0607	1
28	TOP SWIVEL PULLEY BRACKET HOUSING	0	UP5213	2	70	RUBBER GRIP 1 ID X .125 X 20	BNH2081	2
29	WEIGHT SHIELD	0	UP5215	1	71	RUBBER GRIP 1 ID X .125 X 5	BNH0957	2
30	10 LB WEIGHT PLATE		BNH0904	19	72	RUBBER GROMMET 3/4" ID	BNH0401	2
31	ALUMINUM CAP 1020" RD (CAP-100)		BNH0537	4	73	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	8
32	BALL BEARING 520-2R5		BNH1712	4	74	SNAP LINK Z/P 8MM X 80MM	BNH0065	8
33	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2		BNH0553	25	75	SOCKET SET SCREW Z/P 10-32 X 1/8	BNH2088	11
34	BLACK RUBBER GRIP 1/2 X 4 7/8		BNH1818	2	76	SOCKET SET SCREW Z/P 3/8-16 X 3/4	BNH2108	6
35	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNH0528	4	77	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	5
36	CLEVIS BRACKET 3/32"		BNH1904	6	78	SPLIT LOCK WASHER Z/P 3/8"	BNH0658	2
37	COIL CHAIN Z/P 3/16 X 21		BNH1262	2	79	10 LB TOP PLATE W/22" SLTR BAR 19 BLK WTS ASSY	BNH2020	1
38	DECAL-DANGER TIGHTEN THIS RETAINING...		BNH0142	3	80	URETHANE BUMPER 1 3/4	BNH0229	1
39	DECAL-IMPORTANT ADJUST CABLE HERE		BNH1893	4	81	BLACK NYLON PULLEY 3/8 X 1 1/2 X 4 1/2	BNH1694	2
40	DECAL-IMPORTANT CHECK CABLES BE SURE...		BNH1891	2	82	RETAINING SNAP RING EXT. PLAIN 1 1/4"	BNH1718	2
41	DECAL-IMPORTANT FOR BEST PERFORMANCE...		BNH1894	3	83	LEATHER ANKLE STRAP	BNH1231	1
42	FINISHED HEX NUT Z/P 1/2-13		BNH0206	7	84	DECAL-WEIGHT NUMBERS REF TP-10 (200 lbs)	BNH1542	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 weekly 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 weekly 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 daily and weekly 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