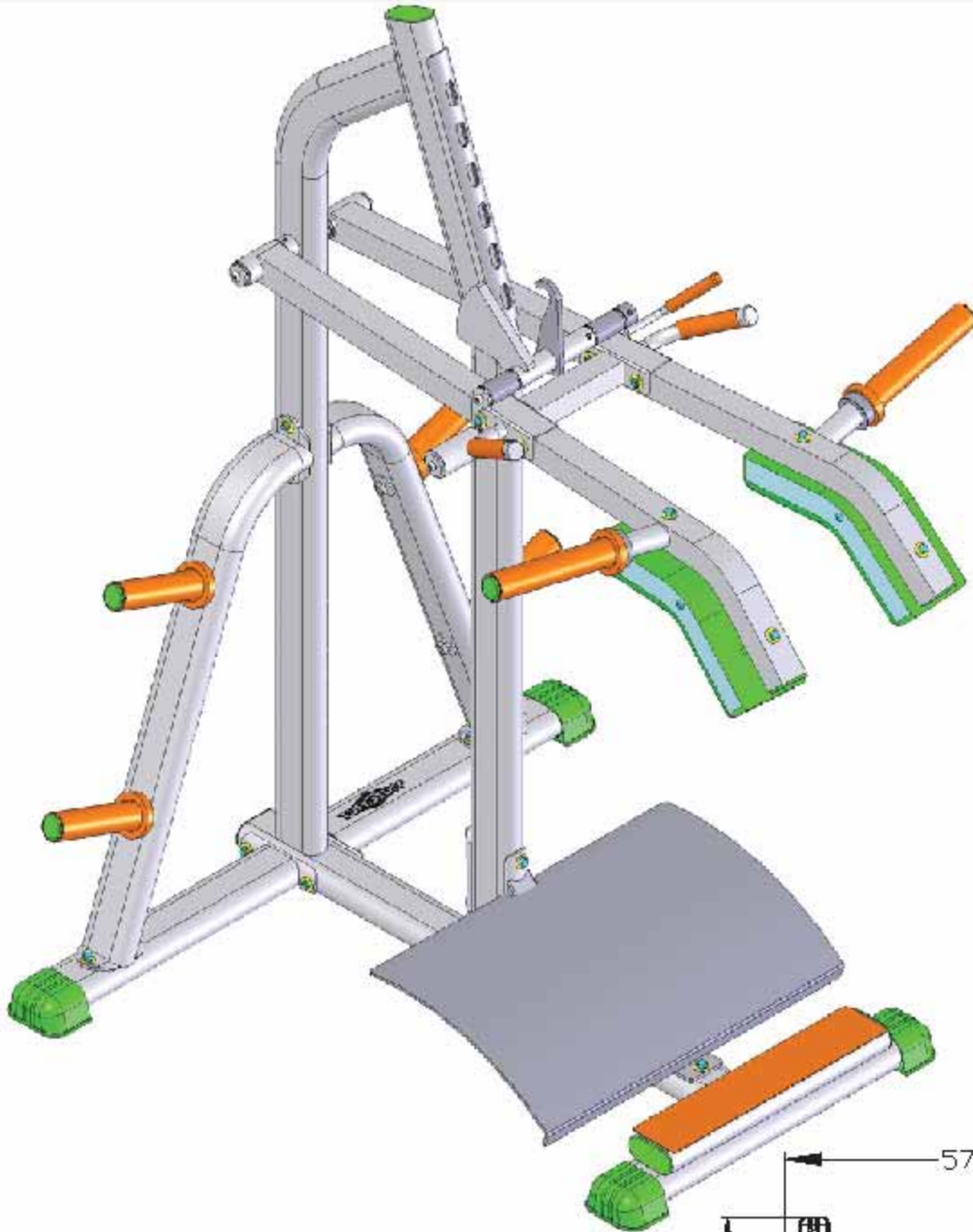


OWNER'S MANUAL

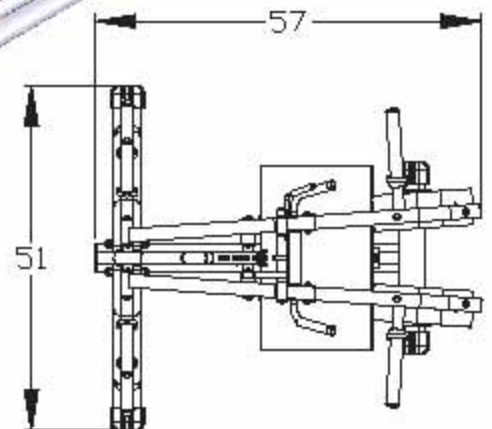


RPS-390

POWER SQUAT/CALF MACHINE



AMERICA'S PREMIER EXERCISE EQUIPMENT



RPS-390
L 57" W 51" H 74"

RPS-390 Rev1
Revision: Date 10-11-07

Introduction

About the RPS-390 POWER SQUAT/CALF MACHINE

Congratulations on your new purchase of the RPS-390. 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 - 320 lbs.
2. Total Machine Weight - 220 lbs.

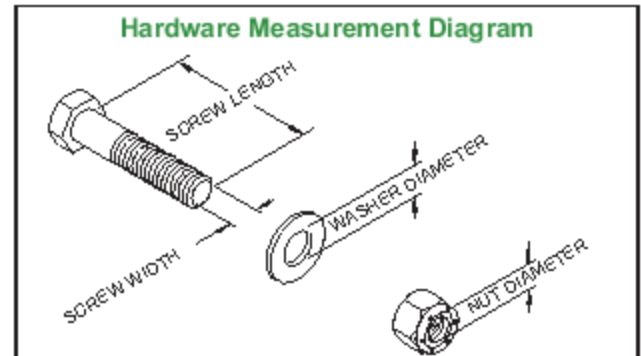
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the RPS-390

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. One 3/4" combination wrench
3. One 9/16" combination wrench
4. One 1/2" combination wrench
5. One 7/16" combination wrench
6. One ratchet
7. One 9/16" socket
8. External Retaining-ring pliers
9. One hammer
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.

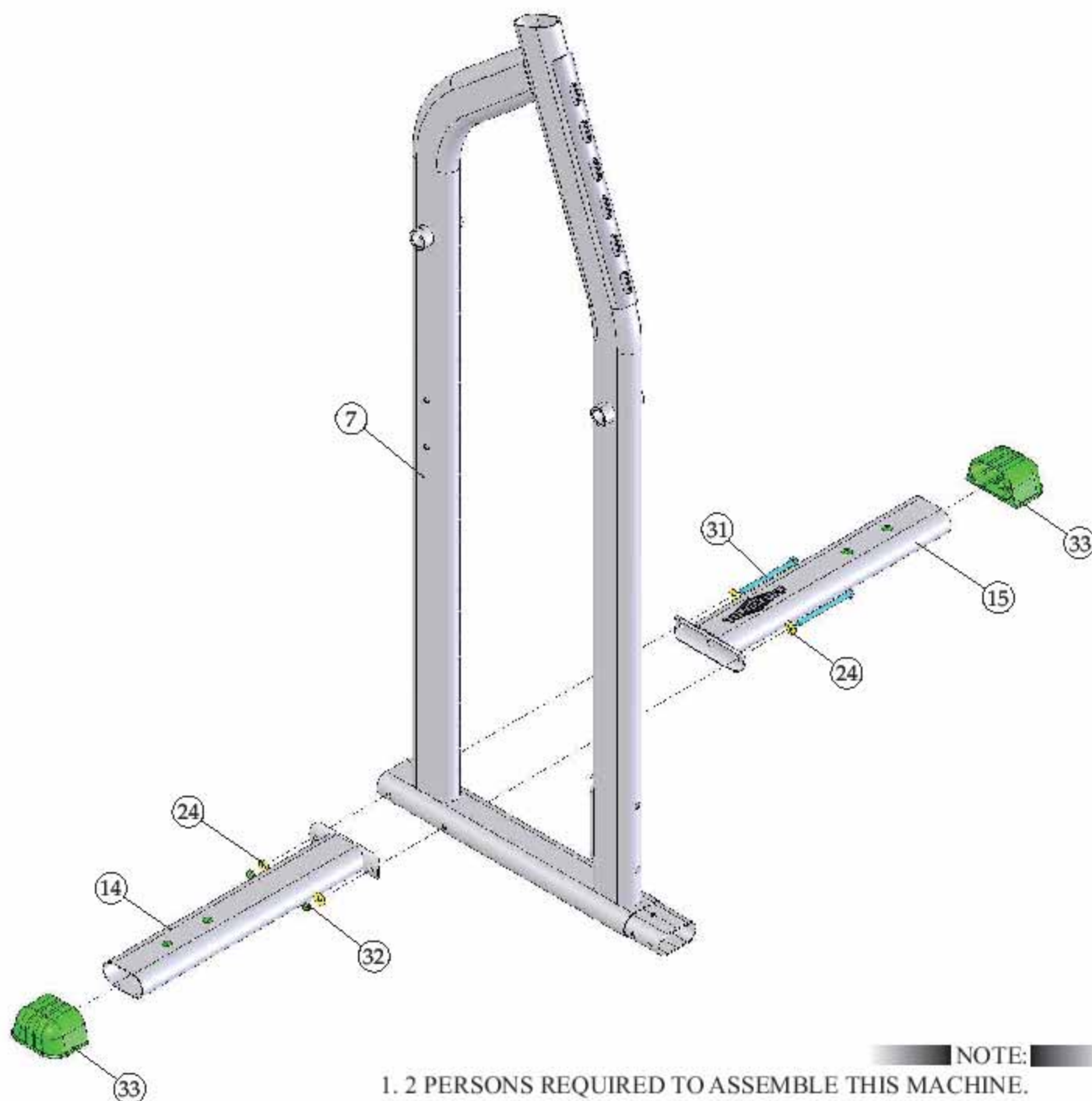
Step 1



ATTACH LEFT AND RIGHT STABILIZERS TO MAIN FRAME USING HARDWARE SHOWN.

Assembly List

Item #	Description	Qty.
7	MAIN FRAME	1
14	STABILIZER (LEFT)	1
15	STABILIZER (RIGHT)	1
24	FLAT WASHER SAE 3/8"	4
31	HEX HEAD CAP SCREW GR-5 3/8-16 X 5	2
32	NYLON INSERT THIN PATTERN LOCK NUT B/O 3/8-16	2
33	PLASTIC HORIZONTAL ELLIPTICAL SHOE	2



NOTE:

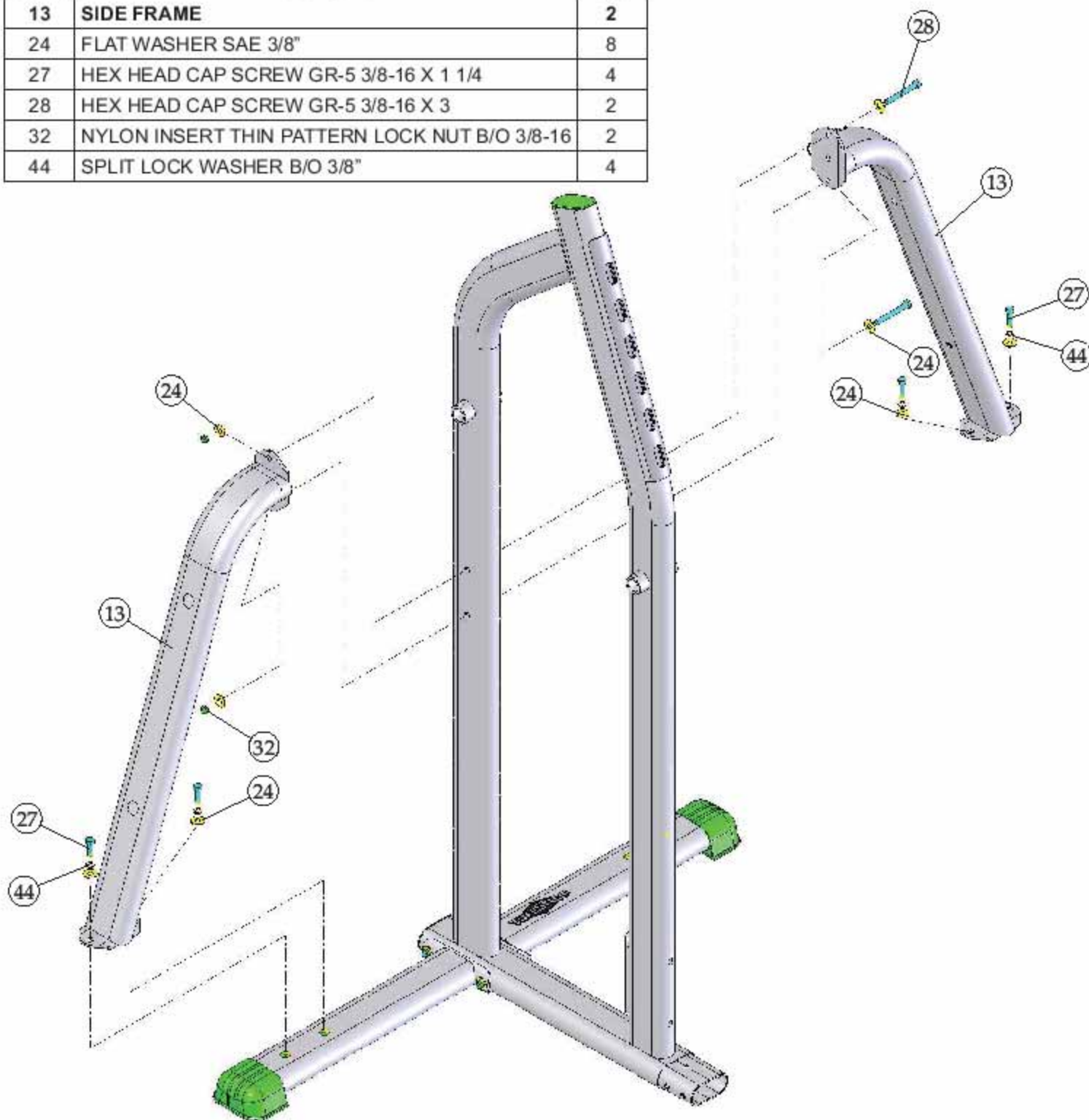
1. 2 PERSONS REQUIRED TO ASSEMBLE THIS MACHINE.

Step 2

Assembly List

Item #	Description	Qty.
13	SIDE FRAME	2
24	FLAT WASHER SAE 3/8"	8
27	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/4	4
28	HEX HEAD CAP SCREW GR-5 3/8-16 X 3	2
32	NYLON INSERT THIN PATTERN LOCK NUT B/O 3/8-16	2
44	SPLIT LOCK WASHER B/O 3/8"	4

ATTACH SIDE FRAME TO MAIN FRAME USING HARDWARE SHOWN.

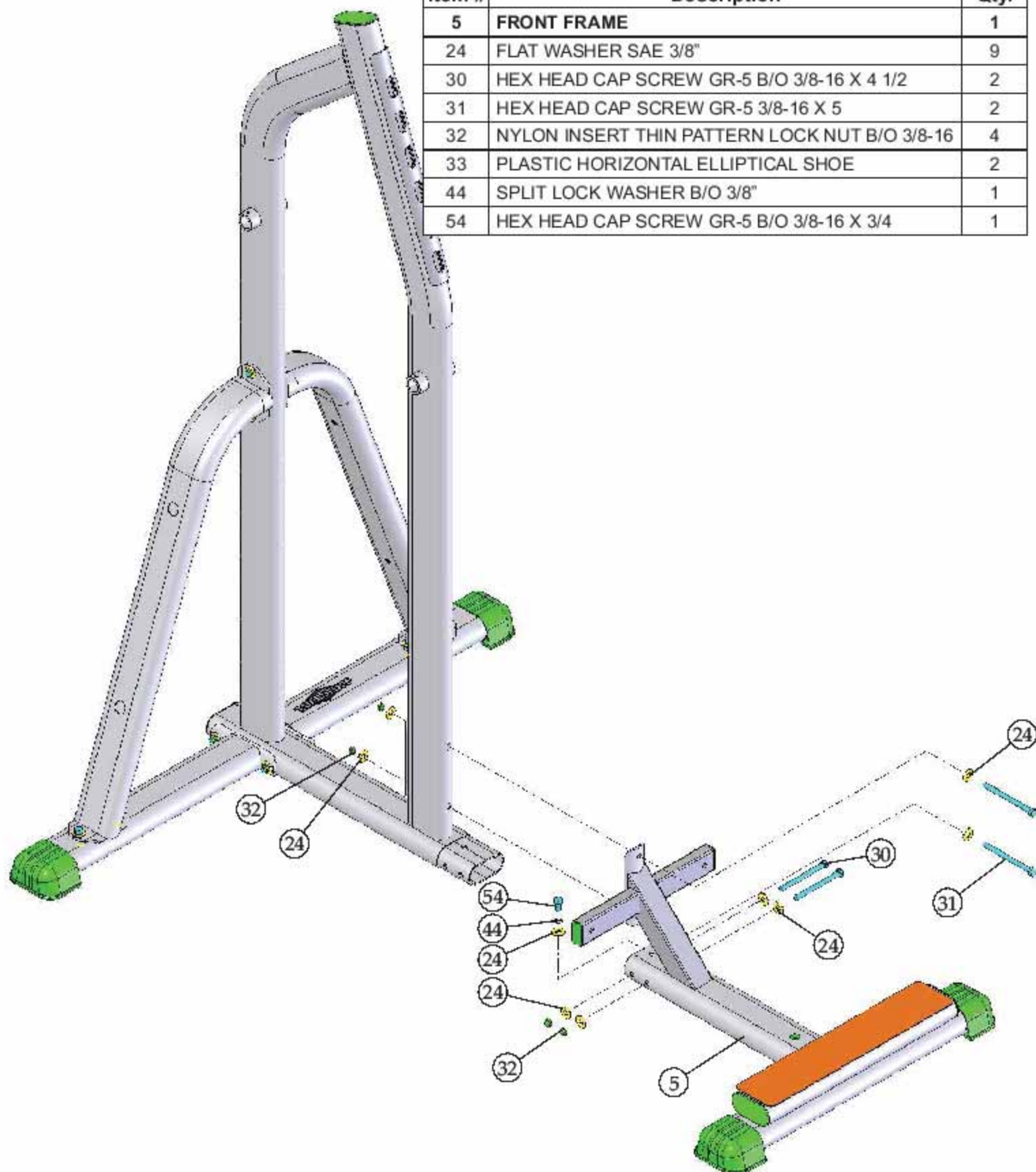


Step 3

ATTACH FRONT FRAME TO MAIN FRAME USING HARDWARE SHOWN.

Assembly List

Item #	Description	Qty.
5	FRONT FRAME	1
24	FLAT WASHER SAE 3/8"	9
30	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/2	2
31	HEX HEAD CAP SCREW GR-5 3/8-16 X 5	2
32	NYLON INSERT THIN PATTERN LOCK NUT B/O 3/8-16	4
33	PLASTIC HORIZONTAL ELLIPTICAL SHOE	2
44	SPLIT LOCK WASHER B/O 3/8"	1
54	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	1

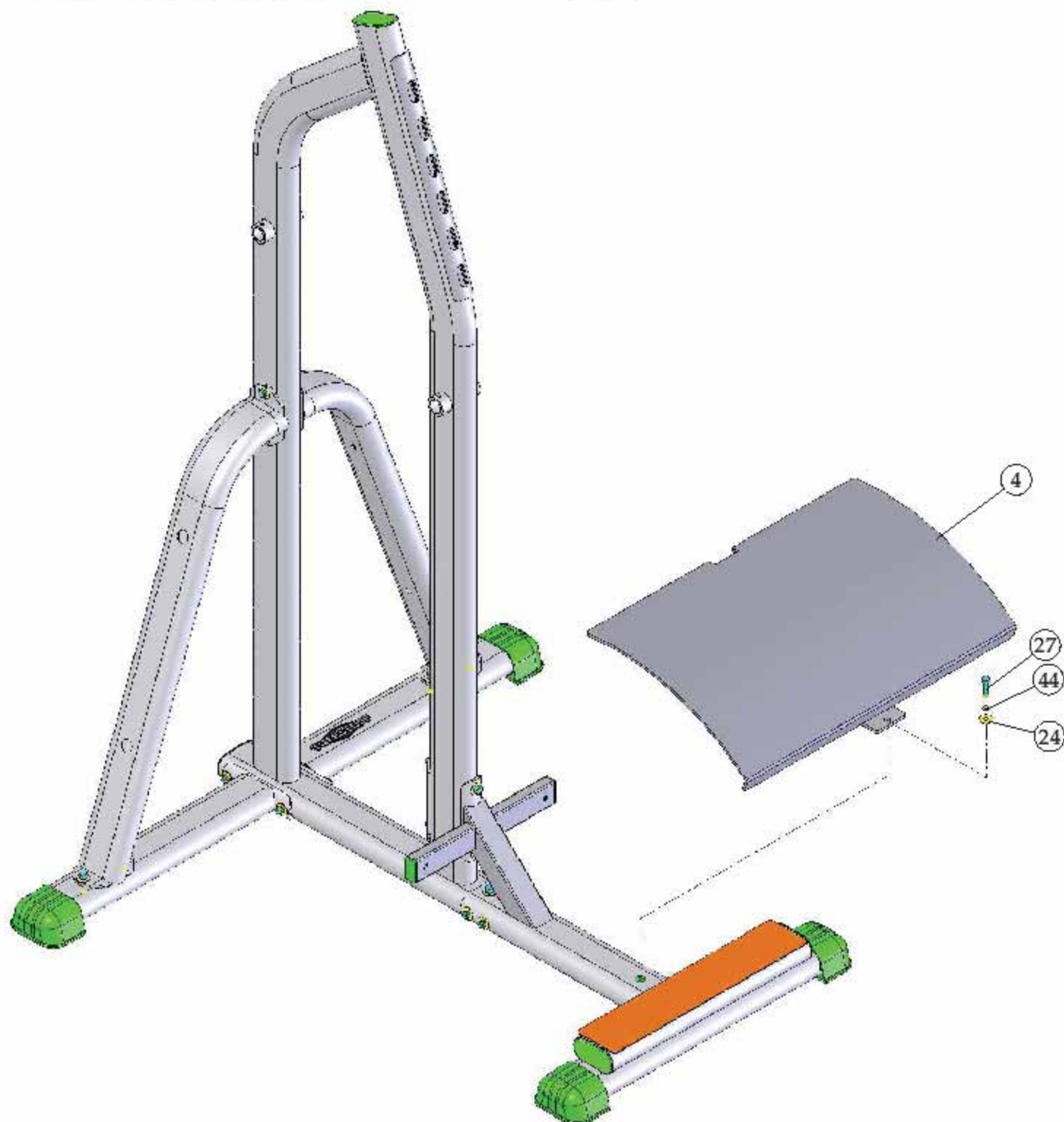


Step 4

Assembly List

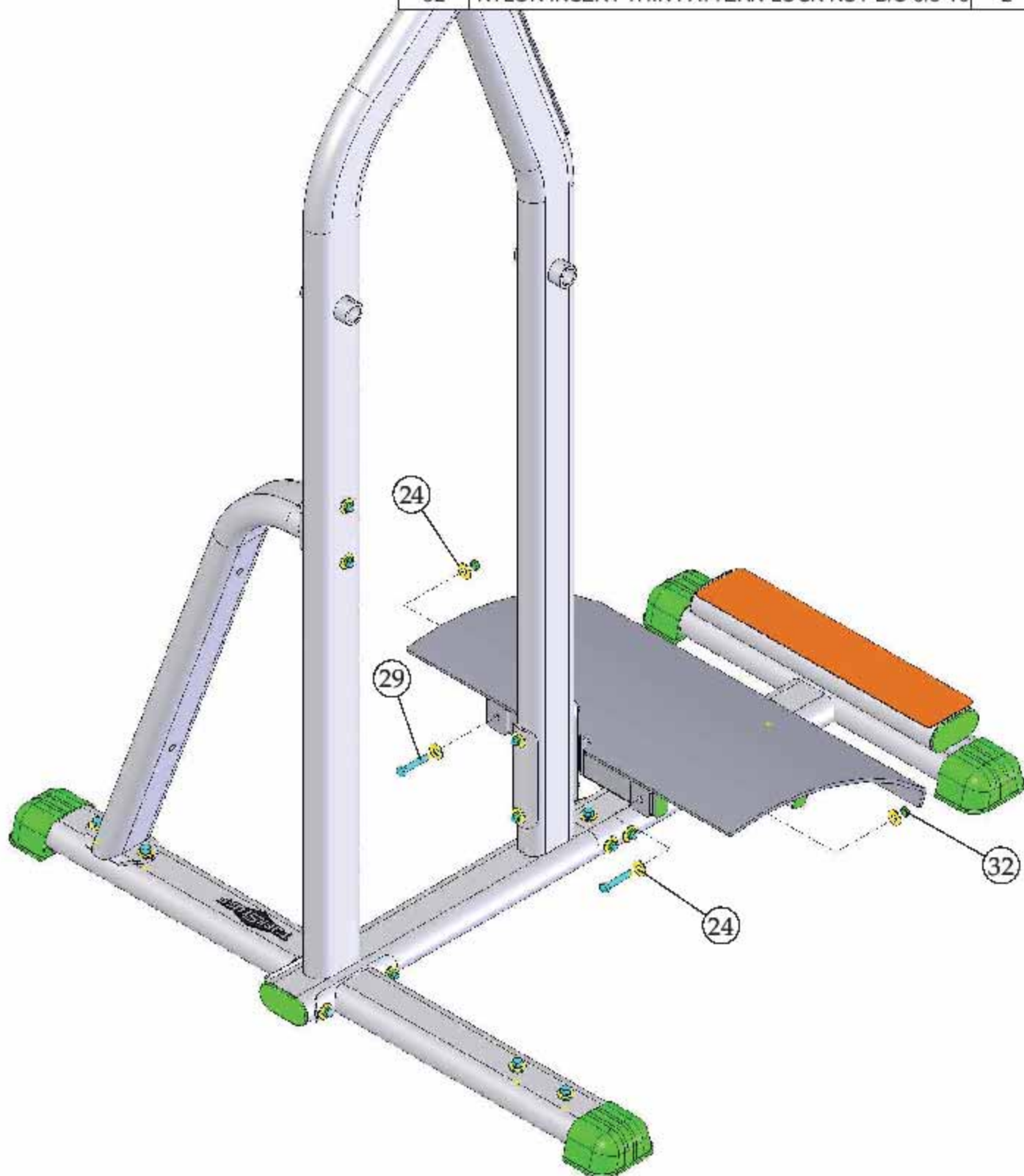
Item #	Description	Qty.
4	FOOT PLATE	1
24	FLAT WASHER SAE B/O 3/8"	1
27	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/4	1
44	SPLIT LOCK WASHER B/O 3/8"	1

ATTACH FOOT PLATE TO FRONT FRAME USING HARDWARE SHOWN.



Assembly List

Item #	Description	Qty.
24	FLAT WASHER SAE B/O 3/8"	4
29	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	2
32	NYLON INSERT THIN PATTERN LOCK NUT B/O 3/8-16	2

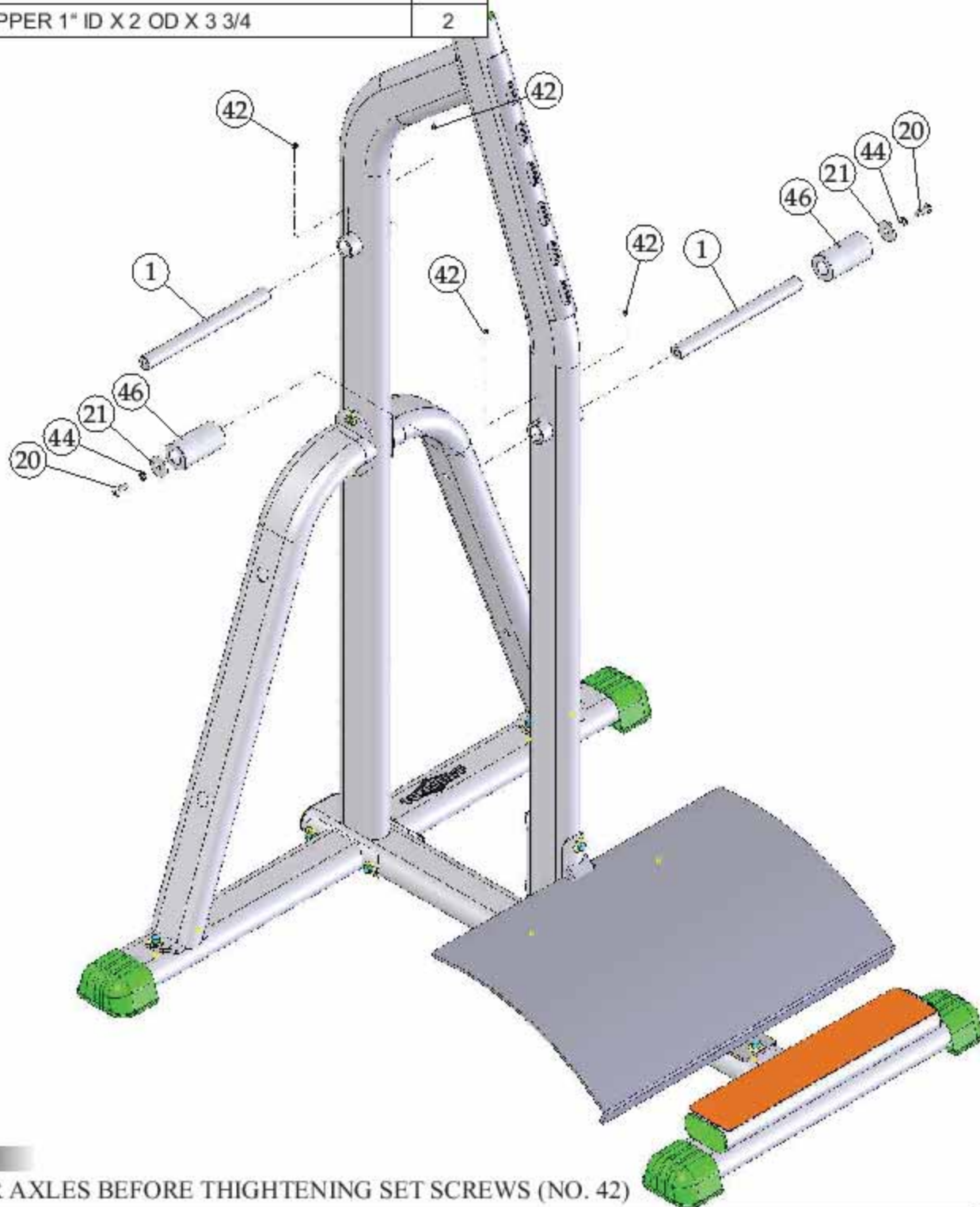


Step 6

Assembly List

Item #	Description	Qty.
1	AXLE 1 X 1 1/4	2
20	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1	2
21	CHROME WASHER 3/8 X 1 1/2	2
42	SOCKET SET SCREW ALLOY 5/16-18 X 1/4	4
44	SPLIT LOCK WASHER B/O 3/8"	2
46	UHMW STOPPER 1" ID X 2 OD X 3 3/4	2

INSERT AXLES USING HARDWARE SHOWN.
(SEE NOTE)



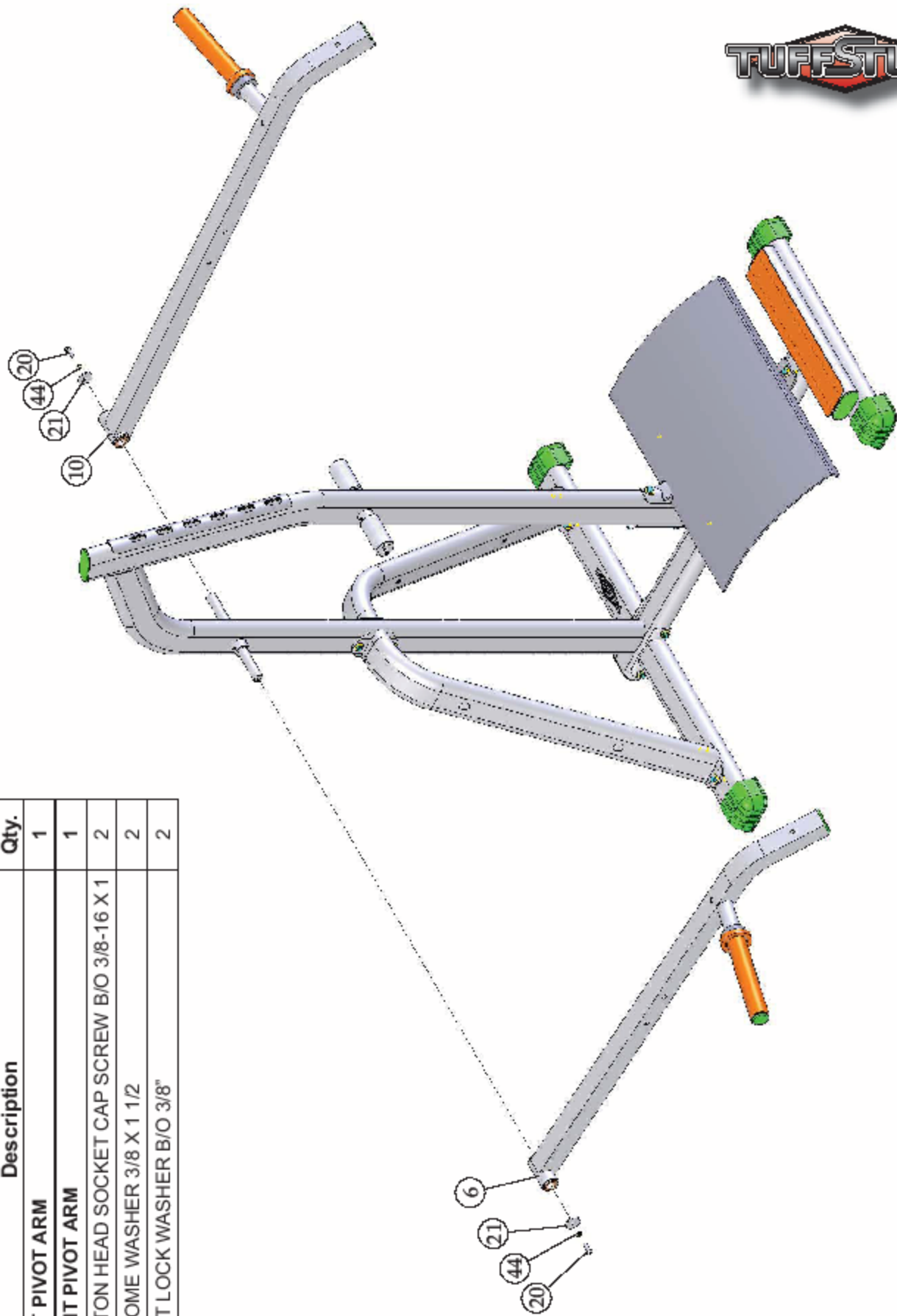
NOTE:

1. CENTER AXLES BEFORE THIGHTENING SET SCREWS (NO. 42)

Step 7

ATTACH LEFT AND RIGHT PIVOT ARMS TO REAR AXLE USING HARDWARE SHOWN.

Item #	Description	Qty.
6	LEFT PIVOT ARM	1
10	RIGHT PIVOT ARM	1
20	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1	2
21	CHROME WASHER 3/8 X 1 1/2	2
44	SPLIT LOCK WASHER B/O 3/8"	2



TUFFSTUFF

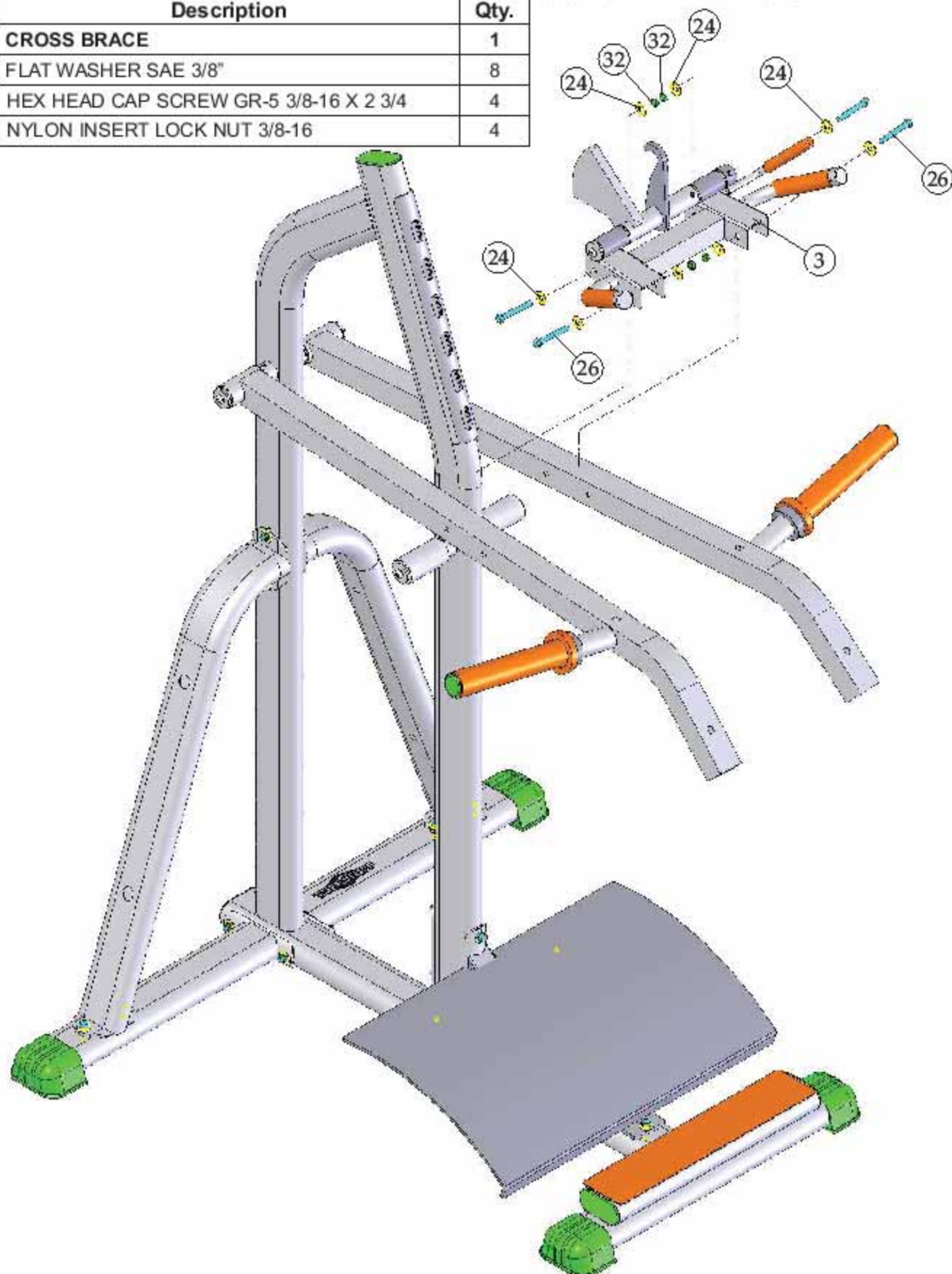
NOTE:
1. ADJUST POSITION ON AXLE IF NECESSARY.

Step 8

Assembly List

Item #	Description	Qty.
3	CROSS BRACE	1
24	FLAT WASHER SAE 3/8"	8
26	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 3/4	4
32	NYLON INSERT LOCK NUT 3/8-16	4

ATTACH CROSS BRACE TO PIVOT ARMS USING HARDWARE SHOWN.

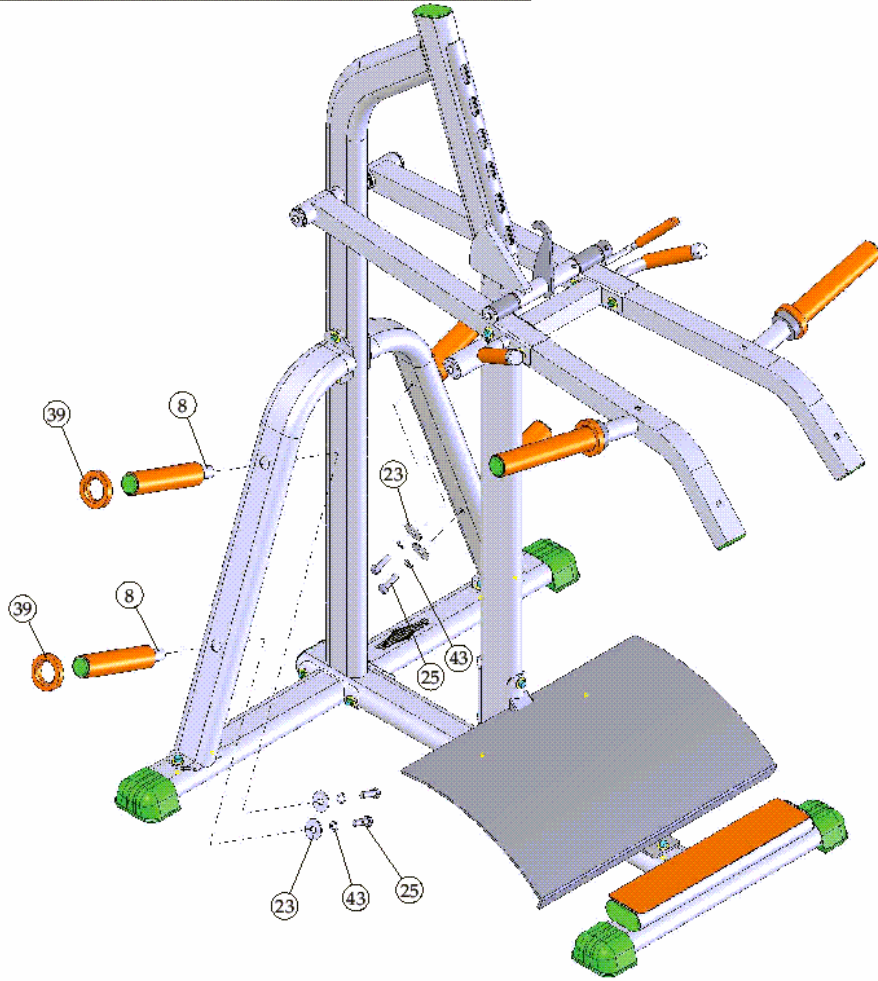


Step 9

Assembly List

Item #	Description	Qty.
8	OLYMPIC ADAPTER	4
23	FLAT WASHER 1/2 ID X 1 3/4 OD X 3/16 THICK	4
25	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 1 1/2	4
39	RUBBER WASHER 1 7/8 ID X 4 11/4 OD X 9/16 THICK	4
43	SPLIT LOCK WASHER B/O 1/2"	4

ATTACH OLYMPIC ADAPTERS TO SIDE FRAMES USING HARDWARE SHOWN



RPS-390 POWER SQUAT/CALF MACHINE

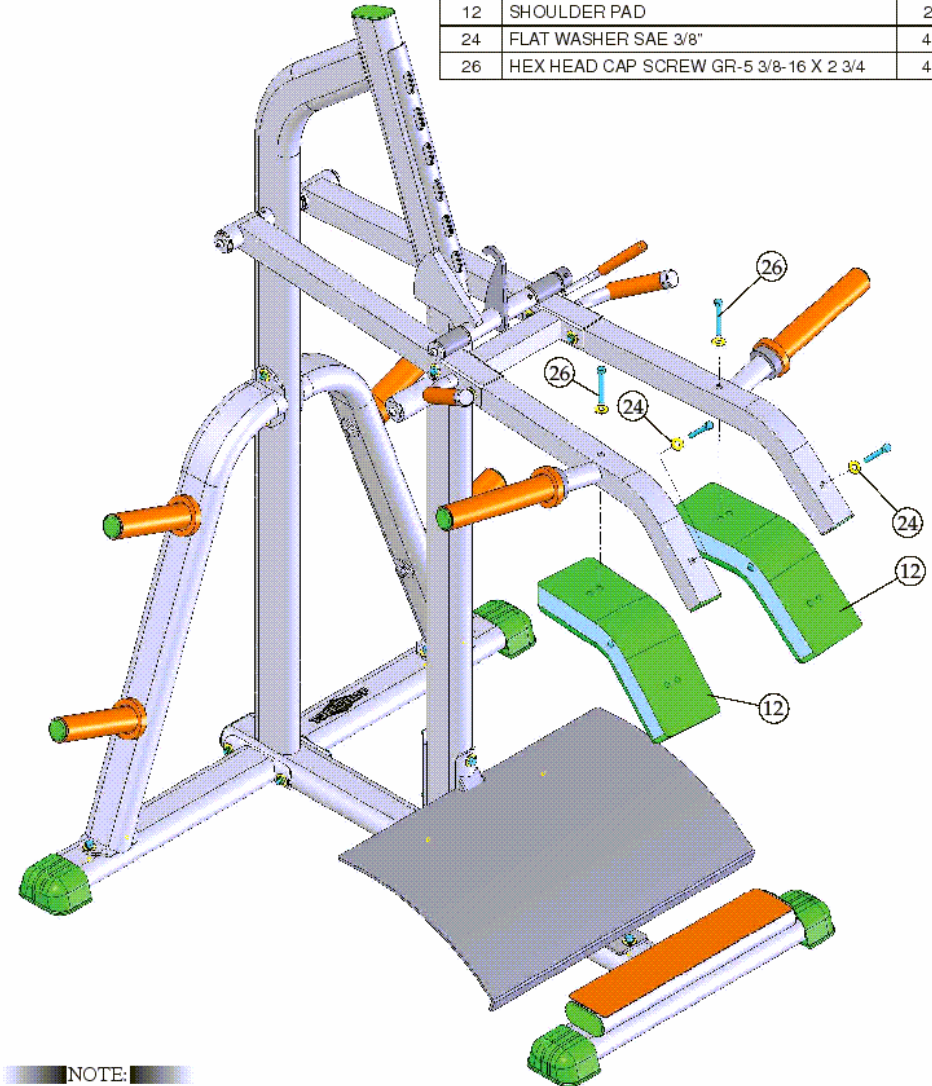
Step 10



Assembly List

Item #	Description	Qty.
12	SHOULDER PAD	2
24	FLAT WASHER SAE 3/8"	4
26	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 3/4	4

ATTACH SHOULDER PADS TO PIVOT ARMS USING HARDWARE SHOWN.

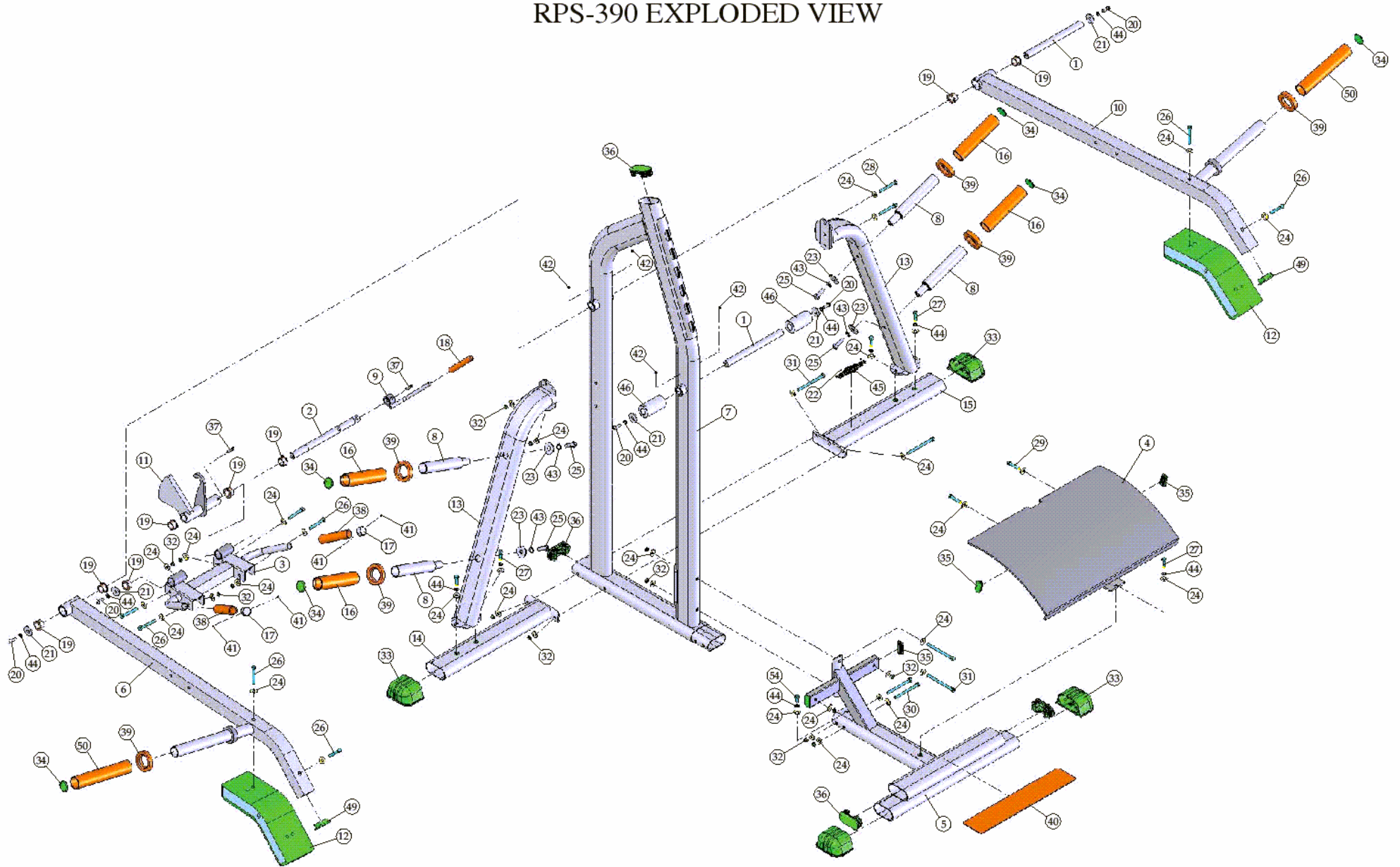


NOTE:

1. THERE ARE TWO SETS OF HOLES ON THE PADS FOR ADJUSTMENT.

RPS-390 POWER SQUAT/CALF MACHINE

RPS-390 EXPLODED VIEW



COLOR CHART
 GRAY= SUB-ASSEMBLY PARTS
 BLACK=HARDWARE

RPS-390 Parts List

Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Part No.	Qty.
1	AXLE 1 X 11 1/4	0	UP5166	2	28	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	2
2	AXLE 1 X 13 1/2	0	UP5167	1	29	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	BNH0279	2
3	CROSS BRACE	0	UP5168	1	30	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/2	BNH0284	2
4	FOOT PLATE	1	UP5169	1	31	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 5	BNH0320	4
5	FRONT FRAME	1	UP5170	1	32	NYLON INSERT THIN PATTERN LOCK NUT B/O 3/8-16	BNH0365	16
6	LEFT PIVOT ARM	0	UP5171	1	33	PLASTIC HORIZONTAL ELLIPTICAL SHOE	BNH1847	4
7	MAIN FRAME	0	UP5172	1	34	PLASTIC INSERT CAP 1 7/8" RD 10-14 GA	BNH0003	6
8	OLYMPIC ADAPTER	0	UP2595	4	35	PLASTIC INSERT CAP 1" X 2" 10-14 GA	BNH0005	4
9	RELEASE HANDLE	0	UP5173	1	36	PLASTIC INSERT CAP ELLIPTICAL 2 X 4	BNH1794	4
10	RIGHT PIVOT ARM	0	UP5174	1	37	ROLL PIN B/O 3/8 X 1 1/2"	BNH0660	2
11	SAFETY HOOK HOUSING	0	UP5175	1	38	RUBBER GRIP 1 ID X .125 X 3 1/2	BNH2016	2
12	SHOULDER PAD	0	UP5176	2	39	RUBBER WASHER 1 7/8 ID X 4 1/4 OD X 9/16 TK	BNH0933	6
13	SIDE FRAME	0	UP5177	2	40	SAFETY TAPE ANTI-SLIP 4 X 19 3/4	BNH1382	1
14	STABILIZER (LEFT)	1	UP5178	1	41	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	4
15	STABILIZER (RIGHT)	1	UP5179	1	42	SOCKET SET SCREW ALLOY 5/16-18 X 1/4	BNH0477	4
16	ABS SLEEVE 1 1/2 X 8 1/8		BNH1527	4	43	SPLIT LOCK WASHER B/O 1/2"	BNH0653	4
17	ALUMINUM CAP 1.020" RD (CAP-100)		BNH0537	2	44	SPLIT LOCK WASHER B/O 3/8"	BNH0658	11
18	BLACK RUBBER GRIP 1/2 X 4 1/2		BNH2015	1	45	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
19	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8		BNH0527	8	46	UHMW STOPPER 1" ID X 2" OD X 3/4"	BNH2018	2
20	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1		BNH0115	5	47	DECAL-WARNING ATTENTION USERS! MOVING PARTS...	BNH1895	1
21	CHROME WASHER 3/8 X 1 1/2		BNH1015	5	48	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
22	FLAT PHILLIPS SCREW ZINC #2 X 1/2		BNH1480	2	49	PLASTIC INSERT CAP 2" SQ 10-14 GA	BNH0012	2
23	FLAT WASHER 1/2 ID X 1 3/4 OD X 3/16 THICK		BNH0241	4	50	ABS SLEEVE 1 1/2 X 10 7/16	BNH2019	2
24	FLAT WASHER SAE B/O 3/8"		BNH0239	42	51	HEX KEY ALLOY 3/32"	BNH0372	1
25	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 1 1/2		BNH0727	4	52	HEX KEY ALLOY 7/32"	BNH0575	1
26	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4		BNH0278	8	53	HEX KEY ALLOY 4mm	BNH2021	1
27	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/4		BNH0273	5	54	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	BNH0283	1

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