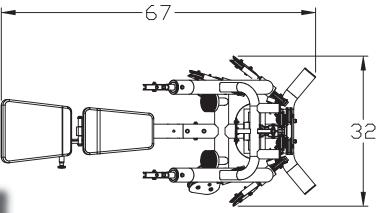
# OWNER'S MANUAL









**SPT-6** L 67" W 32" H 80"

SPT-6 Rev0 Revision Date 10-7-2008

### Introduction

### About the SPT-6 SIX PACK TRAINER

Congratulations on your new purchase of the SPT-6. 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.

# $W_{\text{arranty}}$

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 - 150 lbs. (Optional 200 Lbs.)

Total Machine Weight - 450 lbs.

3. Footprint (LWH) - See Front Cover.

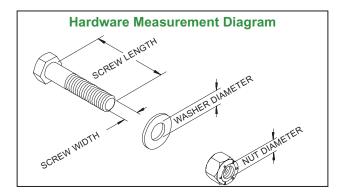
Note: Due to continuing product improvements, specifications and designs are subject to change without notice

### ${\cal P}$ rior to the Assembly of the SPT-6

 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
- 13. Ring pliers



# **Safety Precautions**

# $S_{afety} \mathcal{F}_{irst}$

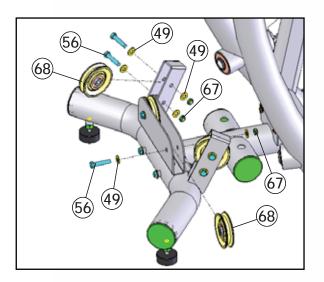
Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

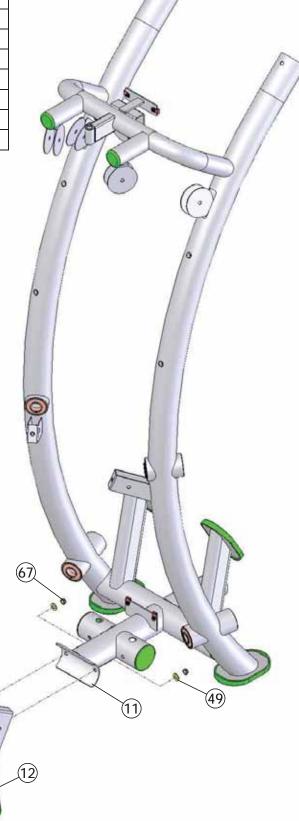
- Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this Tuff Stuff product prior to use.
- It is imperative that you retain this 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.
- Consult with your physician before beginning any exercise program.

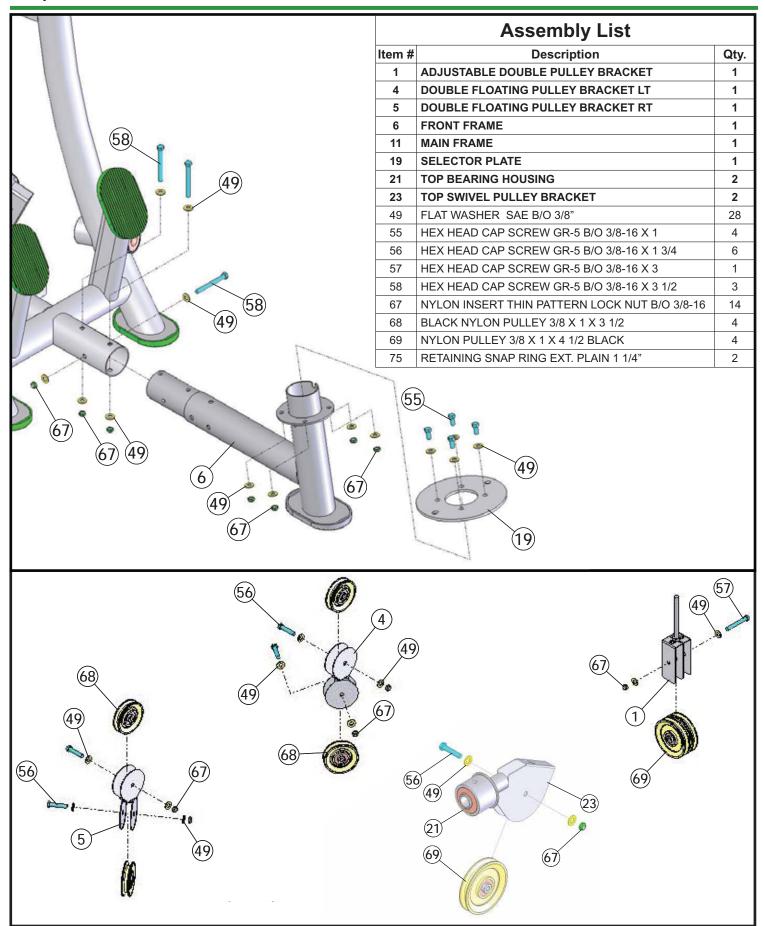
- 4. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
- 5. Use proper discretion when children are present.
- 6. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- 7. Do not attempt to lift more weight than you can control safely.
- 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 #	tem # Description Qty.					
11	MAIN FRAME	1				
12	REAR STABILIZER	1				
49	FLAT WASHER SAE B/O 3/8"	16				
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	6				
60	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	2				
67	NYLON INSERT THIN PATTERN LOCK NUT B/O 3/8-16	8				
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	4				

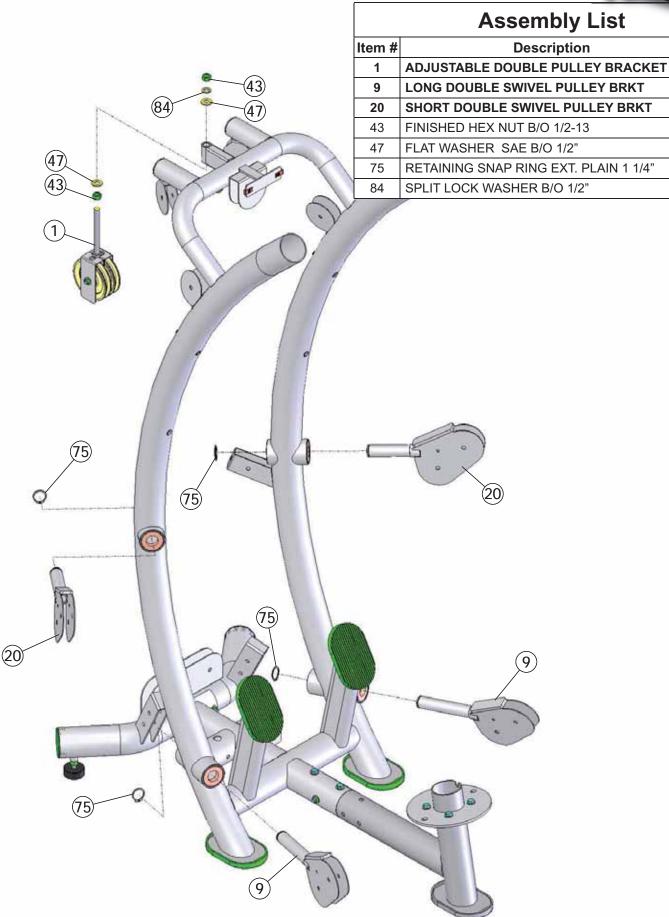


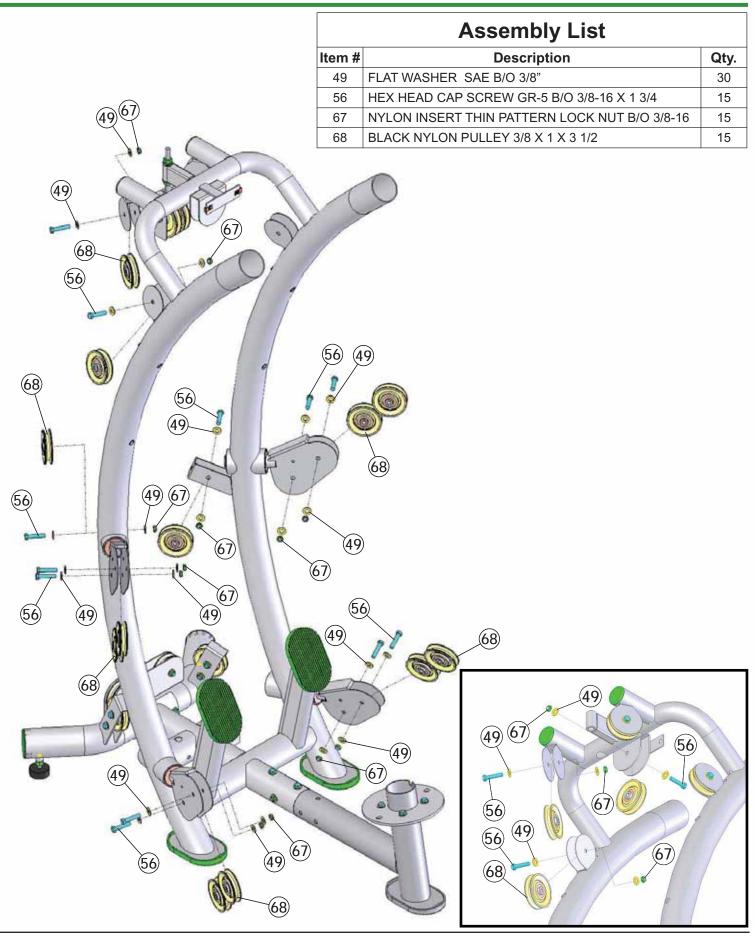






Qty.





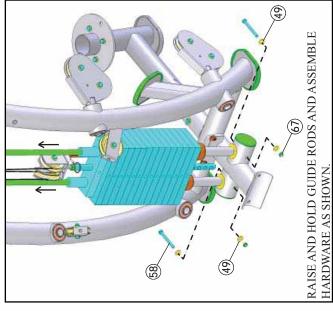


# Step 5

Assem	Item #
67 (49)	
NOTES:  1. REMOVE WEIGHT SHIELD BEFORE	DOING THIS STEP

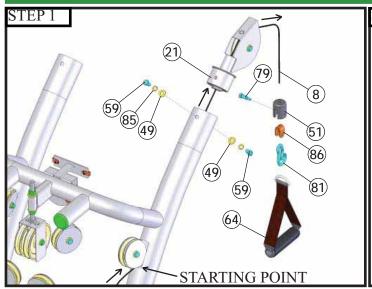


	•	
tem #	Description	Qty.
7	GUIDE ROD 3/4 RD X 67 1/2	2
18	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	1
22	TOP PLATE PULLEY BRACKETS	1
25	WEIGHT STACK SPACER 5"	2
26	10 LB STEEL WEIGHT PLATE BLACK	14
27	10 LB TOP PLATE W/ADJ SLTR BAR	1
41	DECAL-WEIGHT NUMBERS REF TP-10 (150 lbs)	1
43	FINISHED HEX NUT B/O 1/2-13	1
49	FLAT WASHER SAE B/O 3/8"	4
20	FLAT WASHER B/O 3/4 X 2"	4
99	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	2
29	NYLON INSERT THIN PATTERN LOCK NUT B/O 3/8-16	2
89	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	2
92	RUBBER DONUT 1 X 2 1/2	4
84	SPLIT LOCK WASHER B/O 1/2"	1

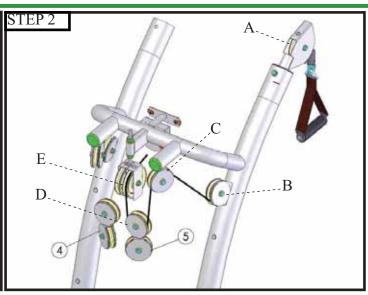


4

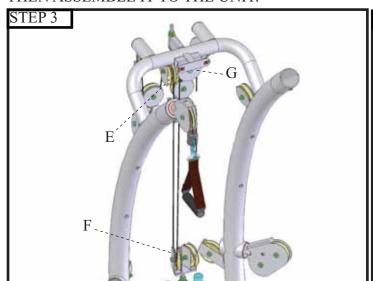
# **Step 6 LAT CABLE ROUTING**

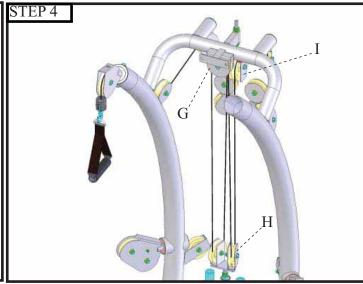


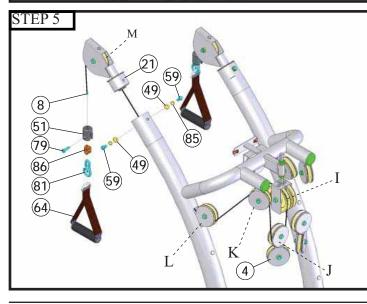
RUN CABLE THROUGH STARTING POINT INTO TOP SWIVEL PULLEY BRACKET AS SHOWN AND THEN ASSEMBLE IT TO THE UNIT.



FOLLOW LETTER SEQUENCE TO ROUT THE CABLE.







Assembly List					
Item #	Description	Qty.			
4	DOUBLE FLOATING PULLEY BRACKET LT	1			
5	DOUBLE FLOATING PULLEY BRACKET RT	1			
8	LAT CABLE	1			
21	TOP BEARING HOUSING	2			
49	FLAT WASHER SAE B/O 3/8"	4			
51	HARD PVC CABLE STOPPER 1 1/2 RD X 2	2			
59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	4			
64	NYLON D HANDLE	2			
79	SHOULDER BOLT ALLOY 3/8 X 3/4	2			
81	SNAP LINK Z/P 8MM X 80MM	2			
85	SPLIT LOCK WASHER B/O 3/8"	4			
86	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2			



Qty.

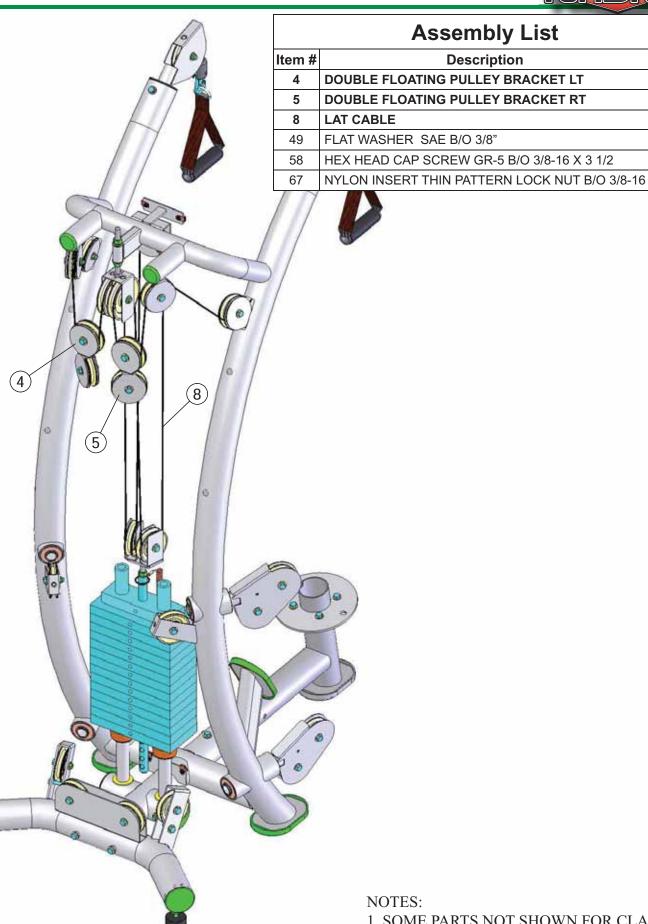
1

4

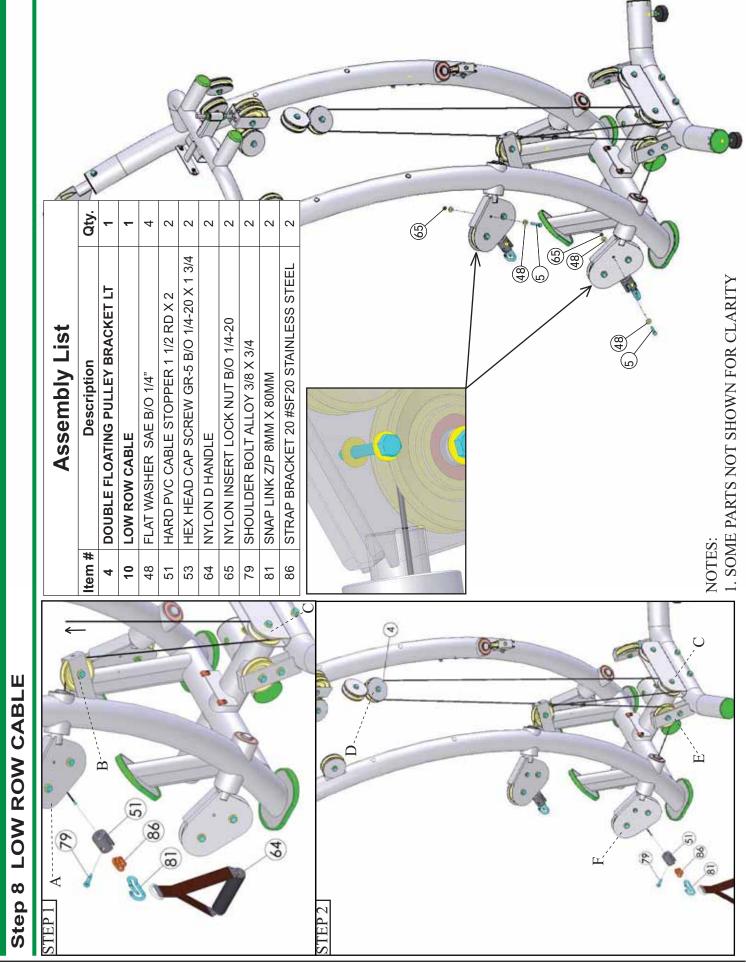
2

**Assembly List** 

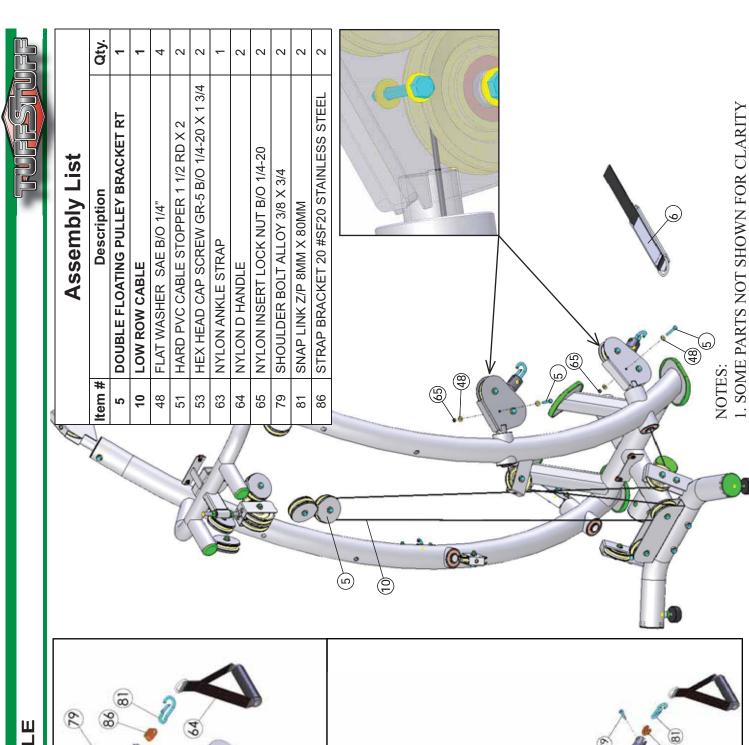
**Description** 

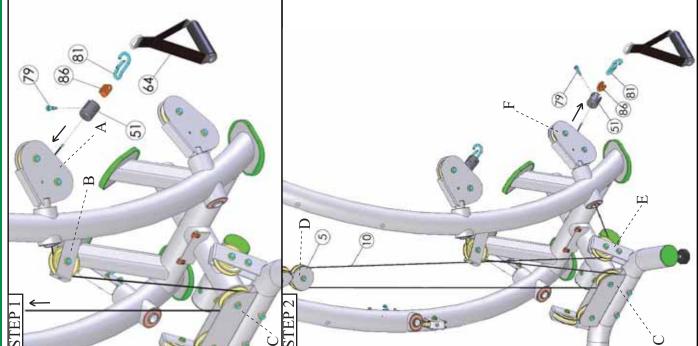


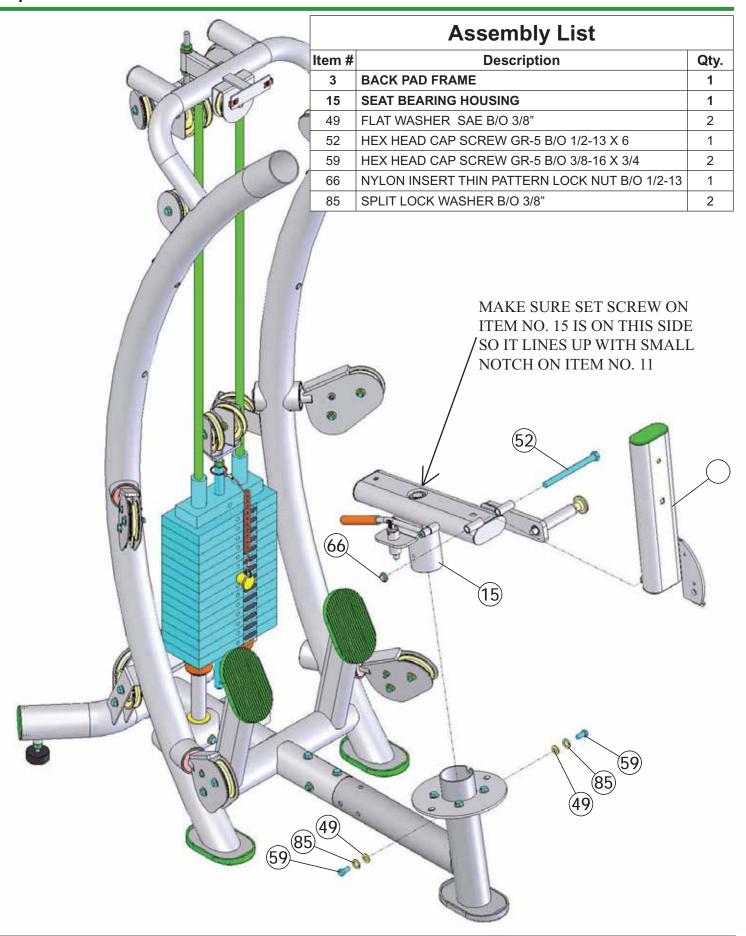
NOTES: 1. SOME PARTS NOT SHOWN FOR CLARITY



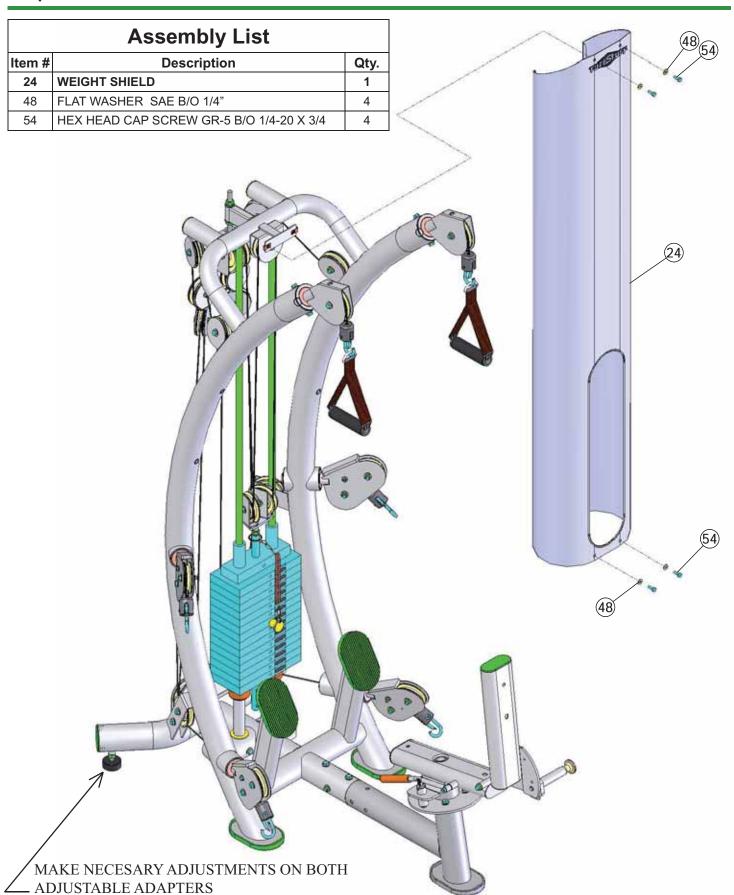
# Step 9 LOW ROW CABLE





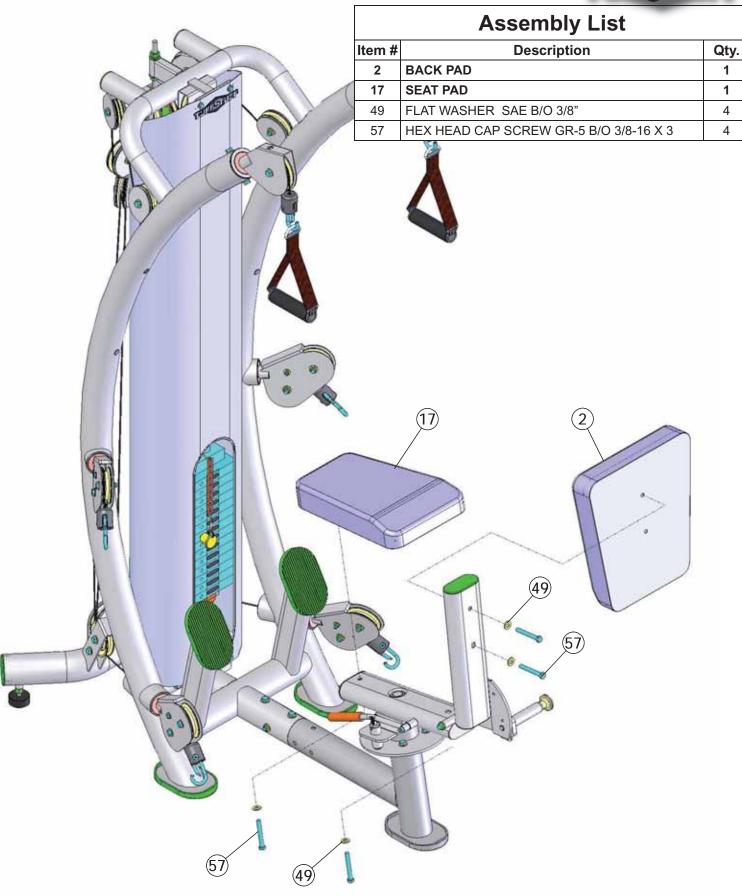


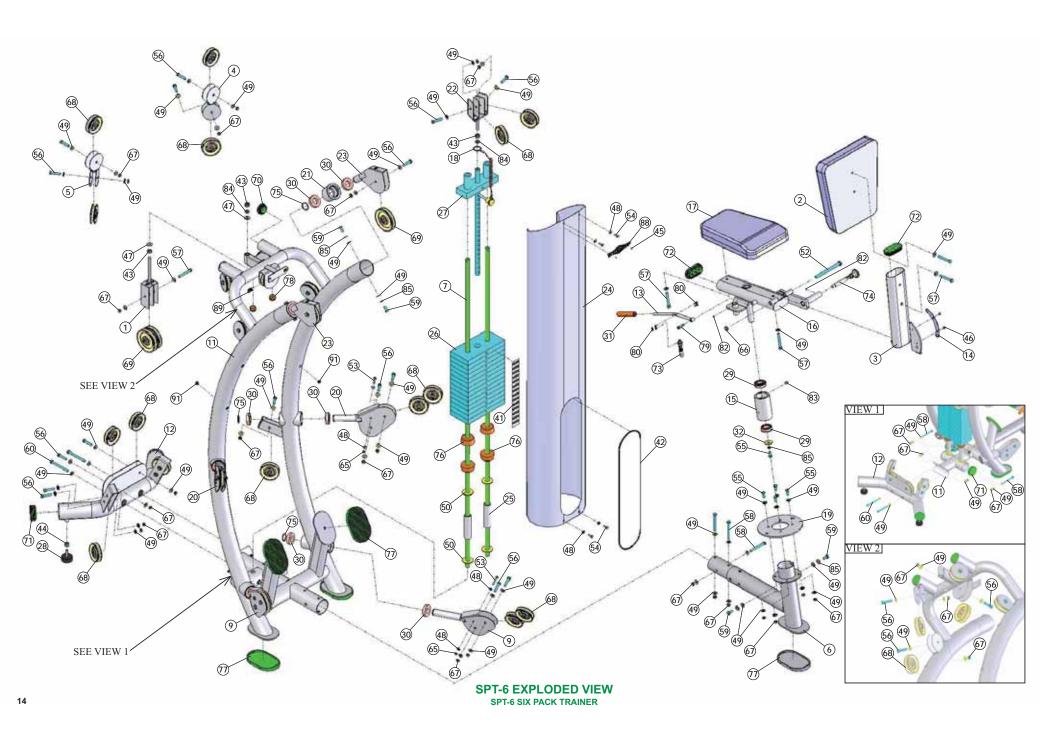
# Step 11



SPT-6 SIX PACK TRAINER 12









REV0

COLOR CHART
GRAY= SUB-ASSEMBLY PARTS
BLACK= HARDWARE

SP1	<b>-6</b>
Parts	List

Item No.	Description	Rev.	Part No.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	ADJUSTABLE DOUBLE PULLEY BRACKET	0	UP6165	1	47	FLAT WASHER SAE B/O 1/2"	BNH0239	2
2	BACK PAD	0	UP6167	1	48	FLAT WASHER SAE B/O 1/4"	BNH0877	12
3	BACK PAD FRAME	0	UP6168	1	49	FLAT WASHER SAE B/O 3/8"	BNH0239	92
4	DOUBLE FLOATING PULLEY BRACKET LT	0	UP6170	1	50	FLAT WASHER B/O 3/4 X 2"	BNH0878	4
5	DOUBLE FLOATING PULLEY BRACKET RT	0	UP6171	1	51	HARD PVC CABLE STOPPER 1 1/2 RD X 2	BNH2258	6
6	FRONT FRAME	0	UP6172	1	52	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 6	BNH0269	1
7	GUIDE ROD 3/4 RD X 67 1/2	0	UP6187	2	53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4	BNH1338	4
8	LAT CABLE	0	UP6184	1	54	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	BNH0890	4
9	LONG DOUBLE SWIVEL PULLEY BRKT	0	UP6173	2	55	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	5
10	LOW ROW CABLE	0	UP6174	2	56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	29
11	MAIN FRAME	0	UP6175	1	57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	5
12	REAR STABILIZER	0	UP6176	1	58	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	BNH0280	5
13	RELEASE HANDLE	0	UP6177	1	59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	BNH0283	6
14	SCRATCH PROTECTOR	0	UP6178	1	60	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	BNH0285	2
15	SEAT BEARING HOUSING	0	UP6169	1	61	HEX KEY ALLOY 3/32"	BNH0372	1
16	SEAT FRAME	0	UP6179	1	62	HEX KEY LONG ARM ALLOY 3/16"	BNH0371	1
17	SEAT PAD	0	UP6180	1	63	NYLON ANKLE STRAP	BNH2263	1
18	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	64	NYLON D HANDLE	BNH1215	6
19	SELECTOR PLATE	0	UP6181	1	65	NYLON INSERT LOCK NUT B/O 1/4-20	BNH0213	4
20	SHORT DOUBLE SWIVEL PULLEY BRKT	0	UP6182	2	66	NYLON INSERT THIN PATTERN LOCK NUT B/O 1/2-13	BNH0366	1
21	TOP BEARING HOUSING	0	UP6166	2	67	NYLON INSERT THIN PATTERN LOCK NUT B/O 3/8-16	BNH0365	_
22	TOP PLATE PULLEY BRACKETS	0	UP6183	1	68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	BNH0553	25
23	TOP SWIVEL PULLEY BRACKET	0	UP3634	2	69	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	BNH0506	4
24	WEIGHT SHIELD	0	UP6185	1	70	PLASTIC INSERT CAP 2" RD 10-14 GA	BNH0004	2
25	WEIGHT STACK SPACER 5"	0	UP5238	2	71	PLASTIC INSERT CAP 3" RD 10-14 GA	BNH1364	_
26	10 LB STEEL WEIGHT PLATE BLACK 4 9/16 X 9 7/16	ASSY	BNH1650		72	PLASTIC INSERT CAP ELLIPTICAL 2 X 4	BNH1794	_
27	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS ASS		BNH1982	1		PULL PIN ASSY 3 1/2 DRILLED	BNH1721	_
28	ADJUSTABLE ADAPTER		BNH2279	2		PUSH PULL PIN 1/2 X 5 5/8 LIGHT SPRING	BNH0586	1
29	BALL BEARING #W 516		BNH0628	2		RETAINING SNAP RING EXT. PLAIN 1 1/4"	BNH1718	_
30	BALL BEARING R20-RS ( 4 I.D. X 2 1/4 X 1/2 )		BNH1712	12	76	RUBBER DONUT 1 X 2 1/2	BNH0062	4
31	BLACK RUBBER GRIP 1/2 X 4 7/8		BNH1818	1		RUBBER FOOT FOR 6 X 4 1/4 PLATE	BNH1647	5
32	CHROME WASHER 3/8 X 1 1/2		BNH1015	_	78	RUBBER GROMMET 3/4" ID	BNH0401	2
	, ,		BNH1893		79	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	7
34	* '		BNH0126	1	80	SINGLE STRAND CONNECTING LINK #40	BNH0066	_
35	DECAL-CAUTION WEIGHT TRAINING SAFETT (REV 1)  DECAL-DANGER TIGHTEN THIS RETAINING (REV 2)		BNH0142		81	SNAP LINK Z/P 8MM X 80MM	BNH0065	_
36	DECAL-EXERCISE CHART (SPT-6)	1 4 2)	BNH2277	1	82	SOCKET SET SCREW ALLOY 10-30 X 1/8	BNH0473	2
37	DECAL-IMPORTANT FOR BEST PERFORMANCE (REV 0)			1	83	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	BNH0474	1
38	DECAL-IMPORTANT FOR BEST PERFORMANCE (REV 0)  DECAL-IMPORTANT CHECK CABLES BE SURE (REV 0)		BNH1891	1	84	SPLIT LOCK WASHER B/O 1/2"	BNH0653	
39	DECAL-IMPORTANT CHECK CABLES BE SURE (REV 0)  DECAL-WARNING ATTENTION USERS! MOVING (REV 0)				85	SPLIT LOCK WASHER B/O 3/8"	BNH0658	7
40	DECAL-WARNING ATTENTION USERS! MOVING (REV 0)			2	86	STRAP BRACKET 20 #SF20 STAINLESS STEEL 3/32"	BNH1904	6
41	DECAL-WARNING REEF HANDS AND FINGERS (REV 2)		BNH1730	1	87	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2
42	EDGE PROTECTOR CHROME 11 GA		BNH1724	1	88	TUFFSTUFF LOGO ALUMINUM SMALL (REV 1)	BNH1323	1
43	FINISHED HEX NUT B/O 1/2-13		BNH0201	3	89	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	
43			BNH0201	_		DECAL-SIX PACK LOGO (SPT-6)	BNH2278	
44	FINISHED HEX NUT B/O M10-1.5 FLAT PHILLIPS SCREW ZINC # 2 X 1/2		BNH1480		91	NYLON SNAP-IN FINISHING PLUG 3/8" (SPT-6) 100 PCS	BNH2280	8
	· · · · · · · · · · · · · · · · · · ·				91	INTEGIN SINAL-IIN FIINISHING FEUG 3/6 (SFI-6) 100 PCS	DINFIZZOU	$+^{\circ}$
46	FLAT PHILLIPS UNDERCUT 1/4-20 X 3/8		BNH2163	2				

**SPT-6 SIX PACK TRAINER** 15



# **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 upmost importance in your daily operation. Information presented in these pages will serve as a basic quideline 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 and early warning sign to replace the cable.





# **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.

- 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 crate 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.
- 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