



# OWNER'S MANUAL

## *PFX – 1000 Weight Gym*



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### IMPORTANT SAFETY INFORMATION



Be sure to read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Before using the unit or starting any exercise program, consult your physician. This is especially important for anyone over the age of 65, persons with pre-existing health problems or women that are pregnant.
- Keep children and pets away from this equipment at all times.
- This unit should only be used on a level surface and is intended for indoor use only. We recommend placing an equipment mat under the unit to protect the floor or carpet.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the manual.
- Always wear proper clothing and walking/running shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
- Always examine unit before use to ensure all parts are in working order.
- Progression assumes no responsibility for equipment failure if unauthorized equipment modifications are made.
- Progression assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

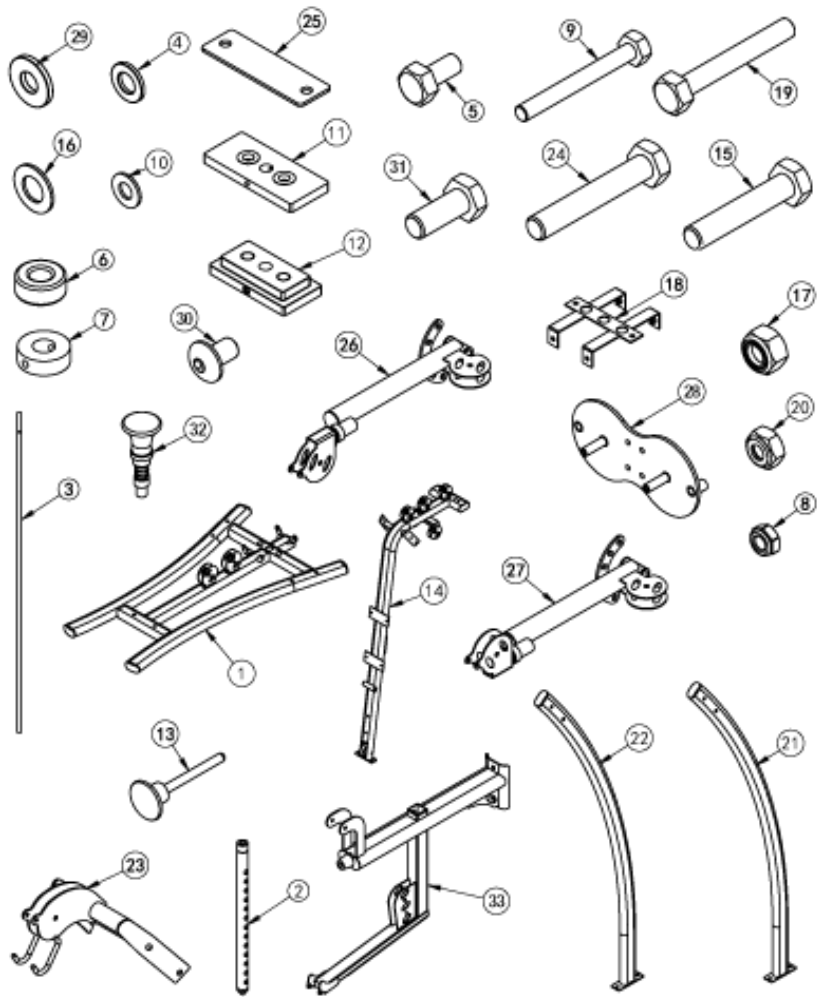
## PARTS

PART #	PART NAME	SIZE	QTY
1	Base Frame		1
2	Weight Stack Column Pin		1
3	Guide Rod		2
4	10mm Flat Washer	Ø10	52
5	M10x20 Button Head Bolts (Leg Extension)	M10X20 button	2
6	Weight Stack Bottom Rubber Donut		2
7	Upper Guide Rod Limiter (Donut)		2
8	8mm Lock Nut	M8	2
9	8mmx70cm Hexagon Bolt	M8X70	2
10	8mm Flat Washer	Ø8	26
11	Steel Weight Stack Plate		12
12	Steel Weight Stack Plate (Top Plate)		1
13	Magnetic Weigh Stack Pin		1
14	Main Center Frame		1
15	12mmx60cm Hexagon Bolt	M12X60	6
16	12mm Flat Washer (4 spare washers)	Ø12	30
17	12mm Lock Nut	M12	12
18	Weight Shroud Support Bracket		1
19	10mmx70cm Bolts For Bracket (3 given)	M10*70	5
20	10mm Lock Nut	M10	22
21	Left Side Frame		1
22	Right Side Frame		1
23	Lat Pulldown Pulley Support		1
24	12mmx70cm Hexagon Bolt (Support Plate)	M12X70	2
25	Support Plate		2
26	Fly Arm Left		1
27	Fly Arm Right		1
28	Fly Arm Support Plate		1
29	Large Washer	t2.0*Ø25*Ø10.5	2
30	10mmx20cm Hexagon Bolt (Secure Flyarm)	M10X20	2
31	12mmx30cm Hexagon Bolt	M12X30	6
32	Spring Loaded Selector Pin		2
33	Seat Bottom Frame		1

PART #	PART NAME	SIZE	QTY
34	Seat Cushion Frame Bracket		1
35	Leg Extension Steel Rod		1
36	Foot Plate		1
37	Threaded Pivoting Rod		1
38	10mm Spring Washer	Ø10	2
39	Roller Pad	Ø100*175	6
40	Roller Pad Inside Cap		6
41	Roller Pad Outside Cap		6
42	Button Head Leg Pad Bolts	M8x20	6
43	Rubber Feet		4
44	Threaded Pop Pin		1
45	Pulley Adjustment Tension Plate		2
P	Pulley		21
47	Dual End Threaded Bolt	M8x48	4
48	Pulley Hexagonal Bolt	M10X45	20
49	Pulley Cover Inner Bushing	Ø22*Ø10.5*6.5	24
50	Plastic Pulley Guard (L Bracket)		24
51	Lat Pulldown Cable	L=2510mm	1
52	Double Pulley Bracket		1
53	Bottom Frame Pulley Hexagonal Bolt	M10X115	1
54	Leg Extension Cable	L=4605mm	1
55	Fly Arm Cable	L=6335mm	1
56	Long Lat Bar		1
57	Short Curl/Row Bar		1
58	Back Cushion		1
59	Weight Shroud Bolt	M8X16	8
60	Seat Cushion		1
61	Seat Cushion Bolts	M8X40	2
62	Roller Pad Steel Tube		1
63	Roller Pad Steel Tube		1
64	Chain (Long - 9 Links)		2
65	Chain (Short - 7 Links)		2
66	Weight Stack Shroud		2
67	Seat Cushion Bolt	M8X25	4
68	Handle		2
69	Curved Left/Right Frame Bracket Hex Bolts	M12X65	4
70	12mm Spring/Lock Washer	Ø12	6
71	8mm Spring/Lock Washer	Ø8	14

# PARTS

## Part lists



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## Part lists



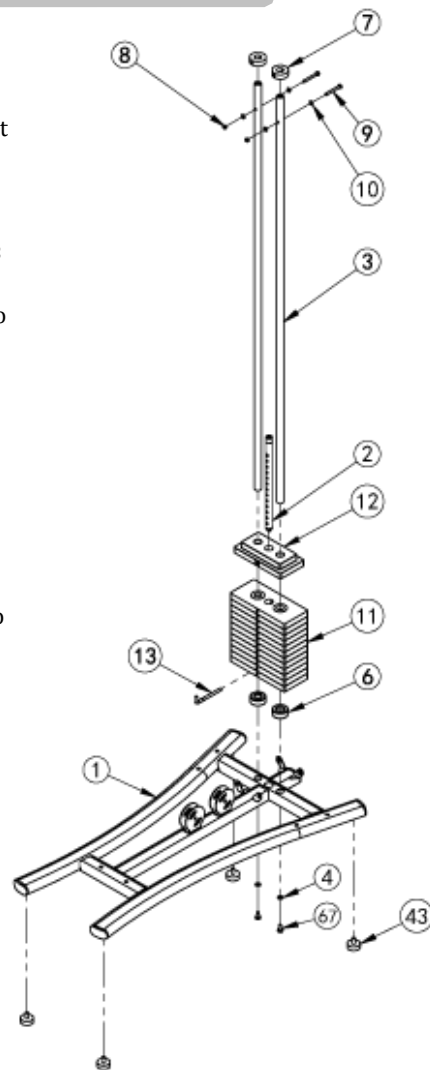
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## ASSEMBLY

### Step 1:

- i. Locate and attach the rubber feet (part #43)/stabilizers to the bottom of the base frame.
- ii. Locate the two rubber donuts (part #6) and the two guide rods (part #3). Slide the guide rods through the donuts and secure to the frame (part #1) with M8x25mm guide rod bolts (part #67) and washers (part #4).
- iii. With assistance, carefully slide the weight stack plates down the guide rods. Be careful not to pinch your fingers.
- iv. Lastly, install guide rod upper plate stopper donuts (part #6) to the upper part of guide rods.

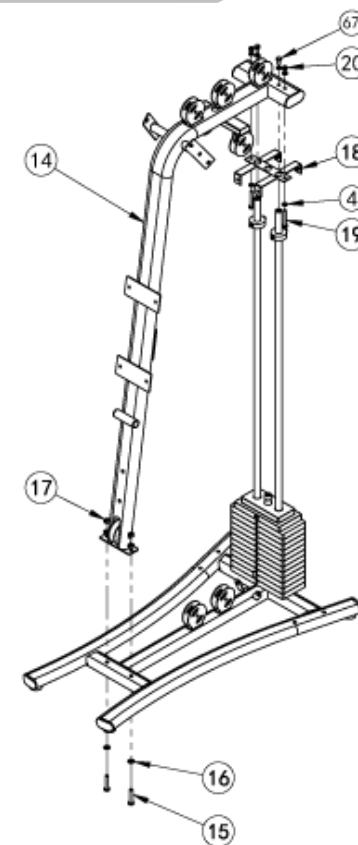
NO.	PART NAME	NOTE	QTY
1	Base Frame		1
2	Weight Stack Column Pin		1
3	Guide Rod		2
4	10mm Flat Washer		2
6	Weight Stack Bottom Rubber Donut		2
7	Upper Guide Rod Limiter (Donut)		2
8	8mm Lock Nut	M8	2
9	8mmx70cm Hexagon Bolt	M8X70	2
10	8mm Flat Washer	Ø8	4
11	Steel Weight Stack Plate		12
12	Steel Weight Stack Plate (Top Plate)		1
13	Magnetic Weigh Stack Pin		1
43	Rubber Feet		4
67	Seat Cushion Bolt	M8X25	2



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### Step 2:

- i. With assistance, line up the main centre frame (part #14) over top of the guide rods and over top of the bolt holes on base frame. Secure (part #14) to the base frame (part #1) with two of the M12x60mm Bottom Frame Bolts (part #15), the 12mm washers (part#16) and nuts (part#9). Do not tighten bolts.
- ii. IMPORTANT STEP: Make sure to attach the shroud support bracket to the bottom of the upper frame using two M10x70 bolts (part #19). The guide rods should fit through the holes in the support bracket.
- iii. Secure upper portion of main centre frame (part#14) by threading M8x25mm guide rod bolts (part#67) and 10mm washer (part#16) into guide rods. The plastic upper plate stopper donut should be secured by this time from Step 1.
- iv. Attach the centre dual fly pulley piece (part #53) onto back of backrest support frame (#14) using two M12x30mm bolts (#16) and two 12mm lockwashers and washers.
- v. Tighten bolts



NO.	PART NAME	NOTE	QTY
4	10mm Flat Washer	Ø10	6
14	Main Center Frame		1
15	12mmx60cm Hexagon Bolt	M12X60	2
16	12mm Flat Washer	Ø12	4
17	12mm Lock Nut	M12	2
18	Weight Shroud Support Bracket		1
19	10mmx70cm Bolts For Bracket	M10*70	2
20	10mm Lock Nut	M10	2
67	Seat Cushion Bolt	M8X25	2

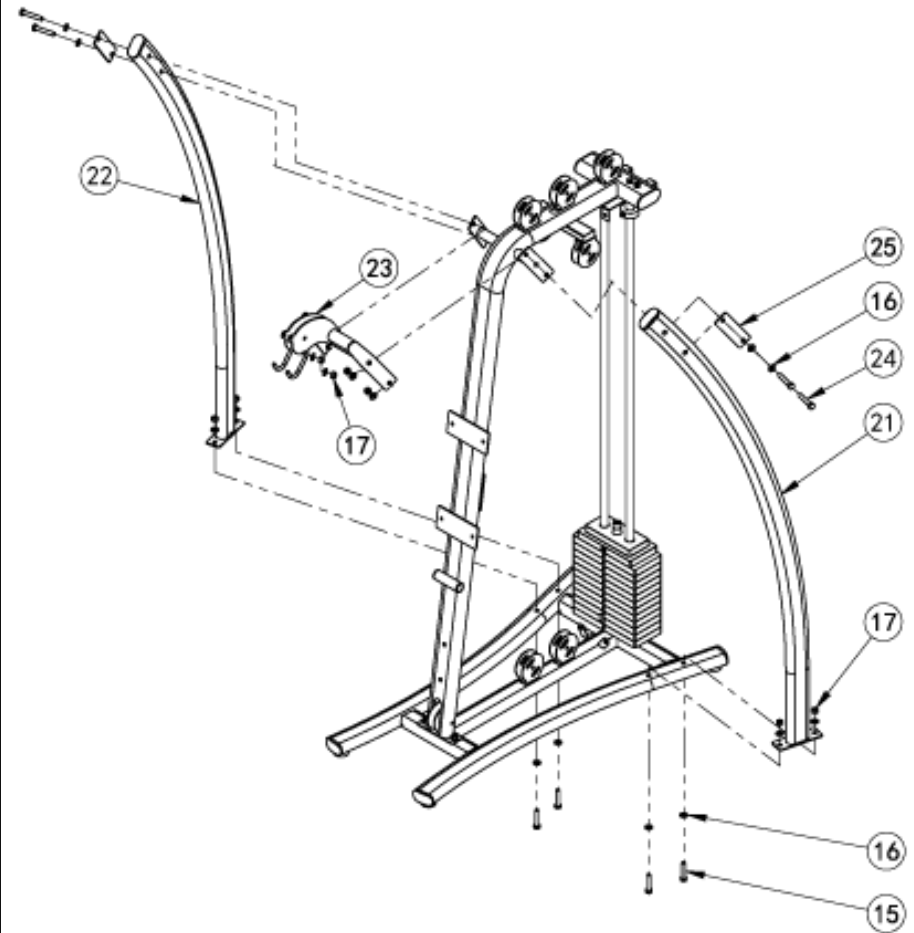
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## ASSEMBLY CONT'D

### Step 3:

- i. Locate both of the large curved frame supports (part # 21 and 22) and secure the bottom to the base support frame with six M12x60mm bottom frame bolts (part#15), six 12mm washers (part#16) and six nuts (part#17). Do not tighten bolts yet.
- ii. Locate lat pulldown support bracket (part #23) and two of the curved frame support plates (#25). Attach large left and right side curved frame supports (#10) to the middle backrest support frame by threading four M12x65mm (#24) bolts 8x 12mm washers through the pulldown support bracket (#23) and secure with four M12 nuts (#17).
- iii. Make sure you have remembered to use the curved frame support plates (#25) on the outside of the

NO.	PART NAME	NOTE	QTY
15	12mmx60cm Hexagon Bolt	M12X60	4
16	12mm Flat Washer	Ø12	16
17	12mm Lock Nut	M12	8
21	Left Side Frame		1
22	Right Side Frame		1
23	Lat Pulldown Pulley Support		1
24	12mmx70cm Hexagon Bolt (Support Plate)	M12X70	4
25	Support Plate		2



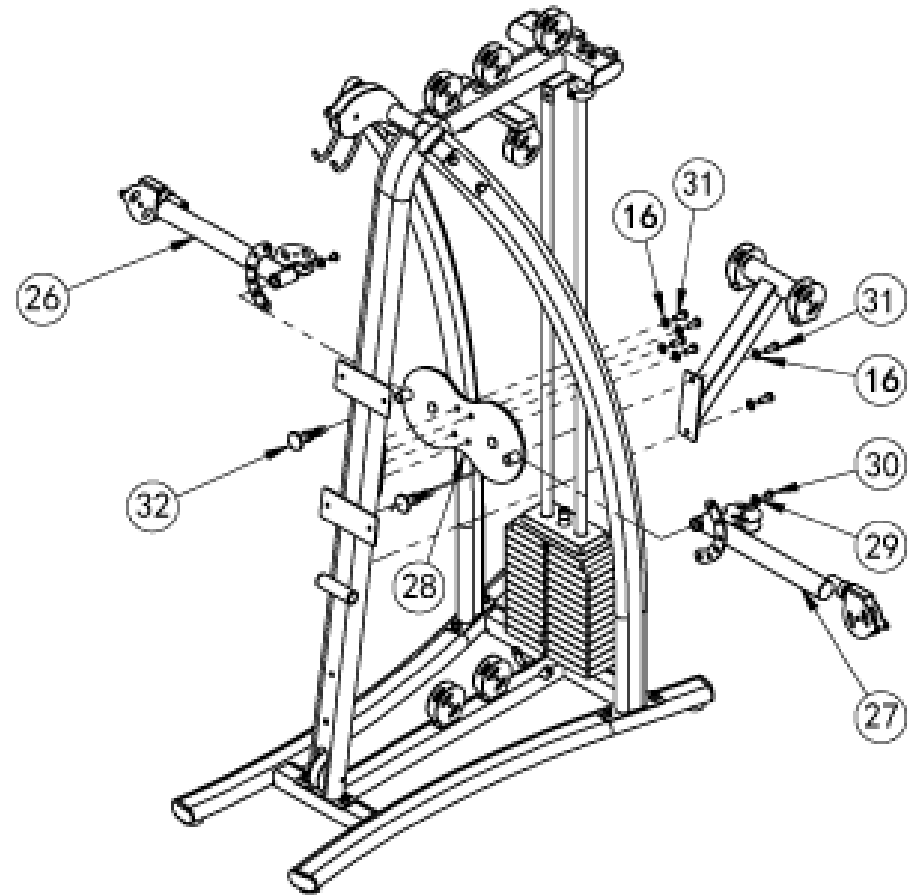
## ASSEMBLY CONT'D

### Step 4:

- i. Secure the fly arm support plate (#28) to the backrest support frame using four M12x30mm (#31) centre frame bracket bolts and four 12mm lock washers and four 12mm washers. Attach the left and right pec fly arms (#26,#27) through the rear of the fly arm support plate (#28) using two M10x20mm flyarm securing bolts (#18s) and washers (#16) into the threads of main centre frame.
  
- ii. Tighten all bolts

NO.	PART NAME	NOTE	QTY
16	12mm Flat Washer	Ø12	6
26	Fly Arm Left		1
27	Fly Arm Right		1
28	Fly Arm Support Plate		1
29	Large Washer	t2.0*Ø25*Ø10.5	2
30	10mmx20cm Hexagon Bolt (Secure Flyarm)	M10X20	2
31	12mmx30cm Hexagon Bolt	M12X30	6
32	Spring Loaded Selector Pin		2

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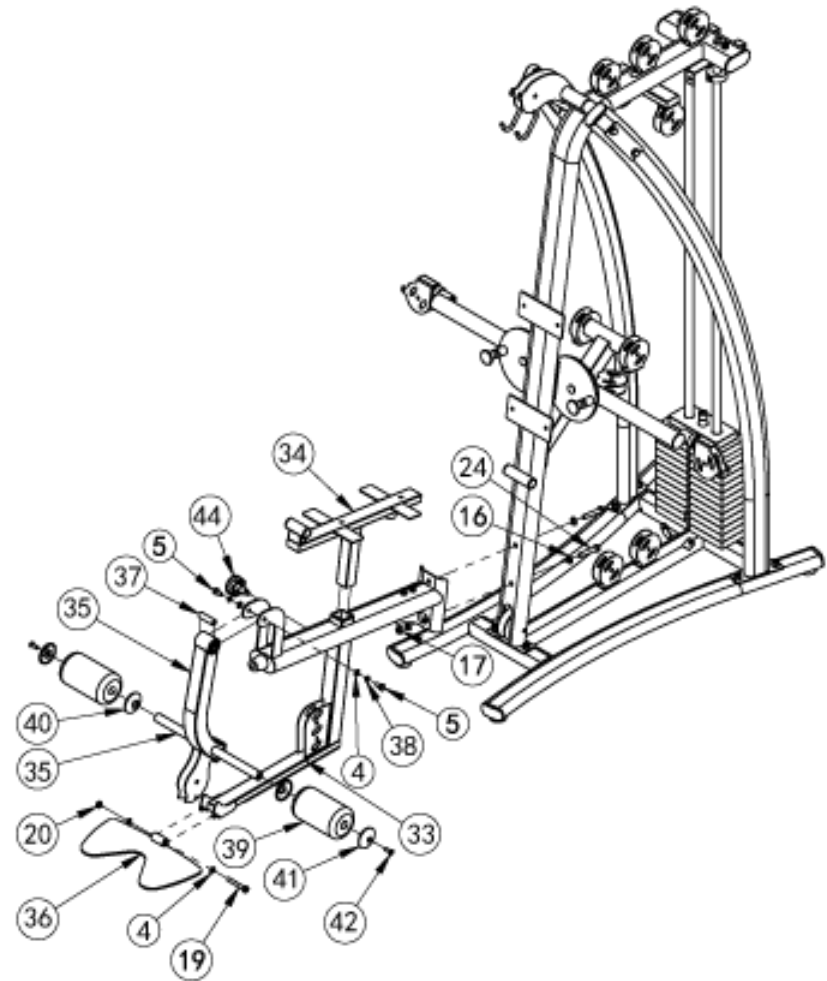
## ASSEMBLY CONT'D

### Step 5:

- i. Secure the seat bottom frame (#33) to the backrest support frame using two M12x70mm support plate bolts (#24), two 12mm washers (#16) and two M12 nuts (#17). Tighten bolts.
- ii. Attach the leg extension arm (#35) to the leg extension base frame (#33) with two M10x20mm Centre frame bracket bolts (#5), two 10mm washers (#4) and the threaded pivoting rod (#37) on inside.
- iii. Slide the following over the leg extension steel rod on each side: Roller pad inside cap (#40), roller pad (#39) goes on second, roller pad outside cap (#41) third and secure each side with M8x20mm Button Head Leg Pad Bolts (#42). Do not over tighten!
- iv. Lower the seat cushion frame bracket (#34) into the seat bottom frame and twist in the threaded pop pin (#44) to secure.

NO.	PART NAME	NOTE	QTY
4	10mm Flat Washer	Ø10	4
5	M10x20 Button Head Bolts (Leg Extension)	M10X20 button	2
16	12mm Flat Washer	Ø12	4
17	12mm Lock Nut	M12	2
19	10mmx70cm Bolts For Bracket	M10*70	1
20	10mm Lock Nut	M10	1
24	12mmx70cm Hexagon Bolt (Support Plate)	M12X70	2
33	Seat Bottom Frame		1
34	Seat Cushion Frame Bracket		1
35	Leg Extension Steel Rod		1
36	Foot Plate		1
37	Threaded Pivoting Rod		1
38	10mm Spring Washer	Ø10	1
39	Roller Pad	Ø100*175	2
40	Roller Pad Inside Cap		2
41	Roller Pad Outside Cap		2
42	Button Head Leg Pad Bolts	M8x20	2
44	Threaded Pop Pin		1

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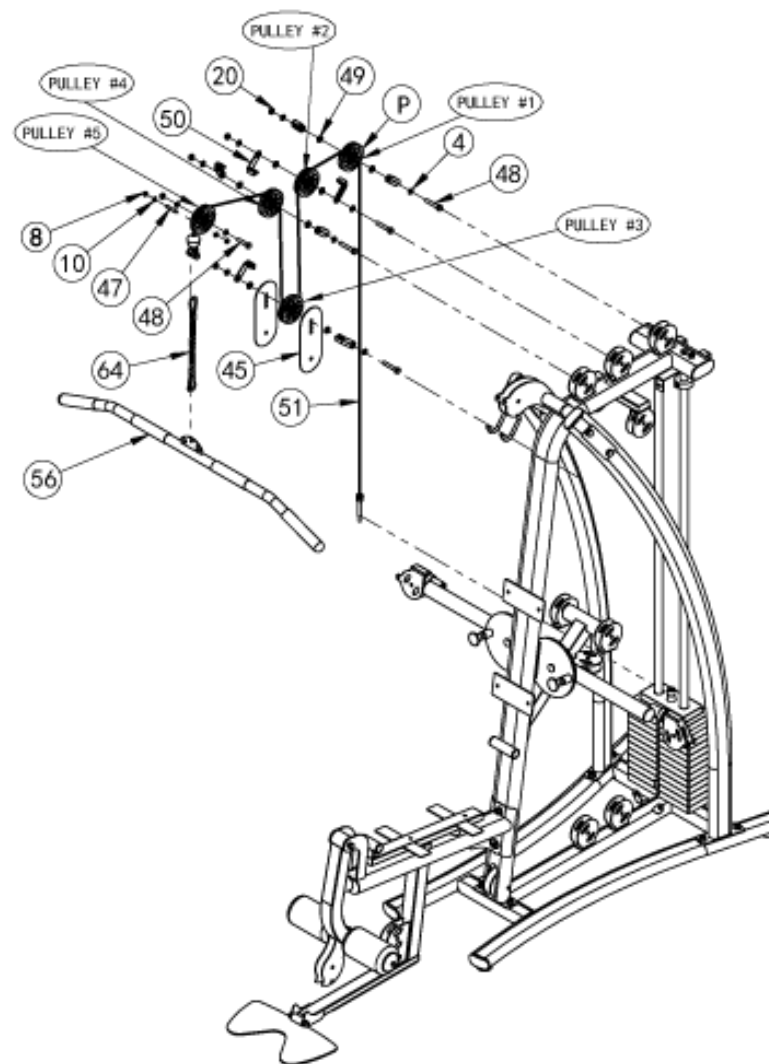
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## ASSEMBLY CONT'D

### Step 6:

- i. Thread lat pulldown cable (#51) over pulley #1, pulley #2, down and through the middle of the pulley adjustment tension plate (#45), back up and over pulley #4, over pulley #5 and then threaded into the top of the weight stack.
- ii. Make sure the cabling has not been threaded over anything other than the nylon pulleys. Running cable over metal guide clips/brackets will damage the cable and strip its protective coating. Always test cables at the end with little weight and go slowly. If the cable has been installed incorrectly there is usually a loud friction sound at that point.

NO.	PART NAME	NOTE	QTY
4	10mm Flat Washer	Ø10	10
8	8mm Lock Nut	M8	2
10	8mm Flat Washer	Ø8	2
20	10mm Lock Nut	M10	5
45	Pulley Adjustment Tension Plate		2
P	Pulleys		5
47	Dual End Threaded Bolt	M8x48	1
48	Pulley Hexagonal Bolt	M10X45	5
49	Pulley Cover Inner Bushing	Ø22*Ø10.5*6.5	8
50	Plastic Pulley Guard (L Bracket)		8
51	Lat Pulldown Cable	L=2510mm	1
56	Long Lat Bar		1
64	Chain (Long - 9 Links)		2



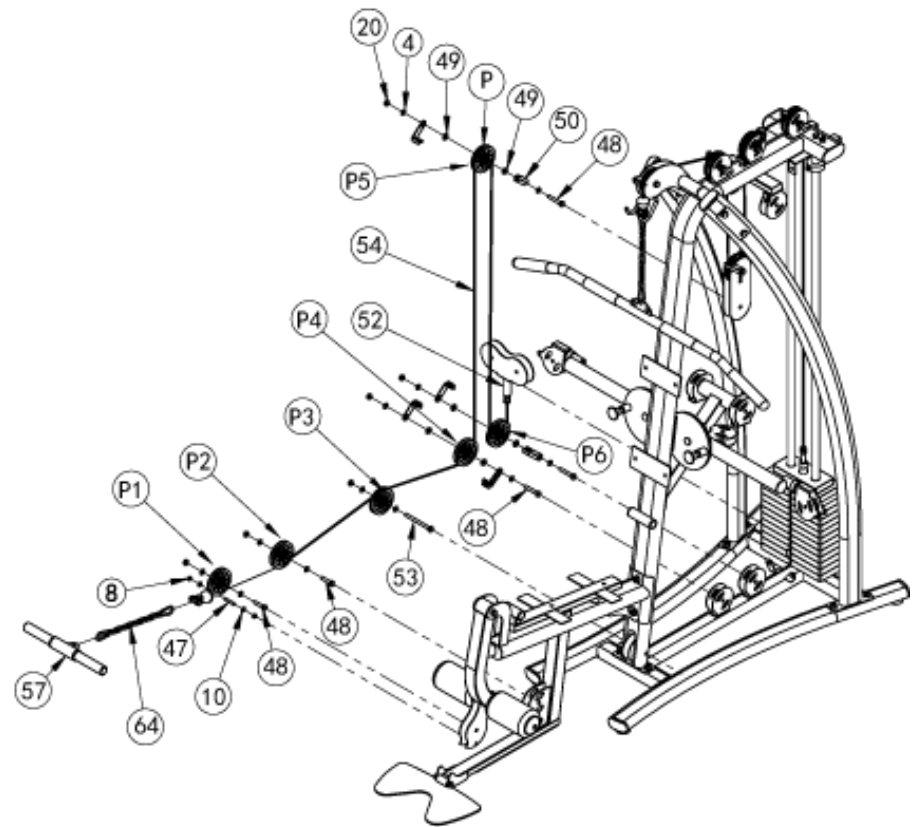


## ASSEMBLY CONT'D

### Step 7:

Thread the leg extension cable (#54) under pulley #1, under pulley #2, over pulley #3, under pulley #4, up through the middle of the double pulley bracket #52, back down under pulley #6 and back upwards to thread into the bottom of the horizontal double pulley bracket #52 (used for fly arm cable in step 8).

NO.	PART NAME	NOTE	QTY
4	10mm Flat Washer	Ø10	12
8	8mm Lock Nut	M8	2
10	8mm Flat Washer	Ø8	2
20	10mm Lock Nut	M10	6
P	Pulley		6
47	Dual End Threaded Bolt	M8x48	1
48	Pulley Hexagonal Bolt	M10X45	5
49	Pulley Cover Inner Bushing	Ø22*Ø10.5*6.5	6
50	Plastic Pulley Guard (L Bracket)		6
52	Double Pulley Bracket		3
53	Bottom Frame Pulley Hexagonal Bolt	M10X115	1
54	Leg Extension Cable	L=4605mm	1
57	Short Curl/Row Bar		1
64	Chain (Long - 9 Links)		1



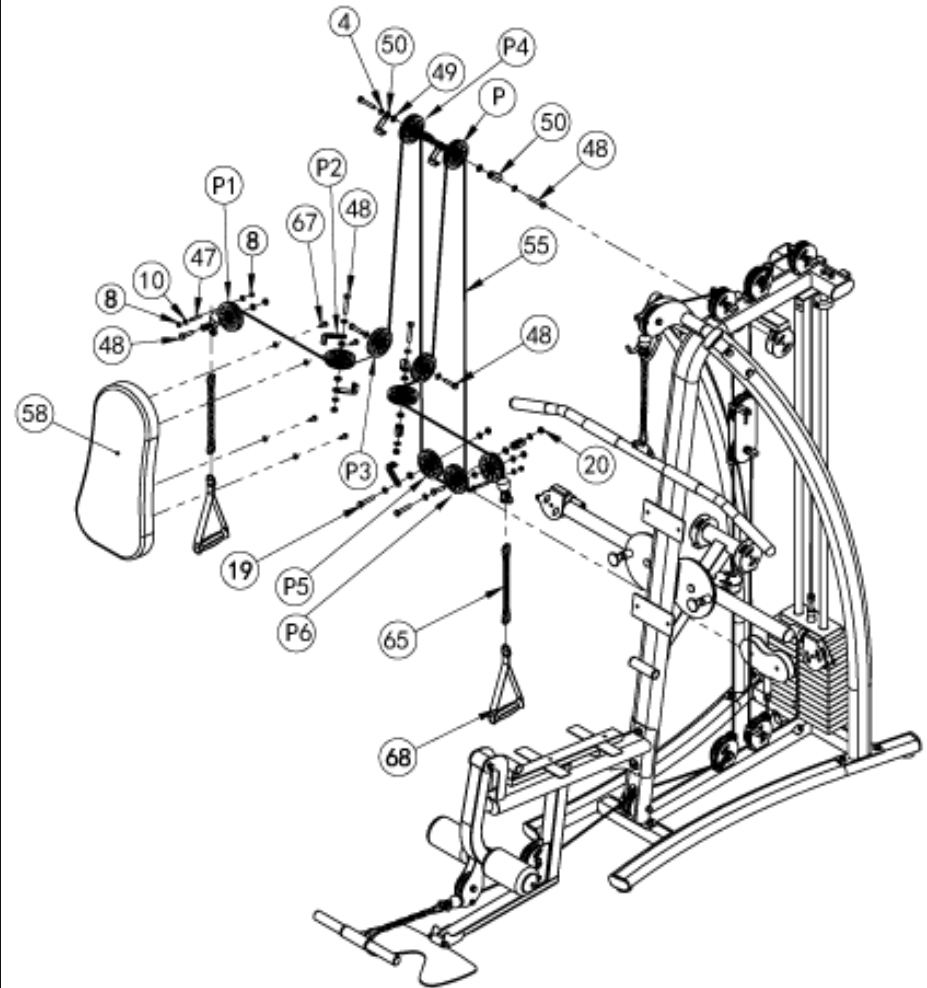
## ASSEMBLY CONT'D

### Step 8:

- i. Attach the back pad (#58) to the back rest support frame using four M8x25mm bolts (#67).
- ii. Remove the threaded mechanism from one side of the Pec Fly Cable (#55).
- iii. Thread the cable through the pec fly arm pulley #1, then to inside of pulley #2 on back of pec fly arm, through bottom of pulley #3, then up over top of pulley #4 and back down through the Horizontal Double Pulley #5 Bracket (#52).
- iv. Repeat the steps from step ii in reverse - loop cable up to the highest pulley, string over top, then back down and under the next two pulleys, ending at the pec fly.
- v. Re-attach the threaded mechanism once cable has been pulled through.

NO.	PART NAME	NOTE	QTY
4	10mm Flat Washer	Ø10	18
8	8mm Lock Nut	M8	4
10	8mm Flat Washer	Ø8	8
19	10mmx70cm Bolts For Bracket	M10*70	2
20	10mm Lock Nut	M10	8
P	Pulley		10
47	Dual End Threaded Bolt	M8x48	2
48	Pulley Hexagonal Bolt	M10X45	5
49	Pulley Cover Inner Bushing	Ø22*Ø10.5*6.5	10
50	Plastic Pulley Guard (L Bracket)		10
55	Fly Arm Cable	L=6335mm	1
58	Back Cushion		1
65	Chain (Short - 7 Links)		2
67	Seat Cushion Bolt	M8X25	2
68	Handle		4

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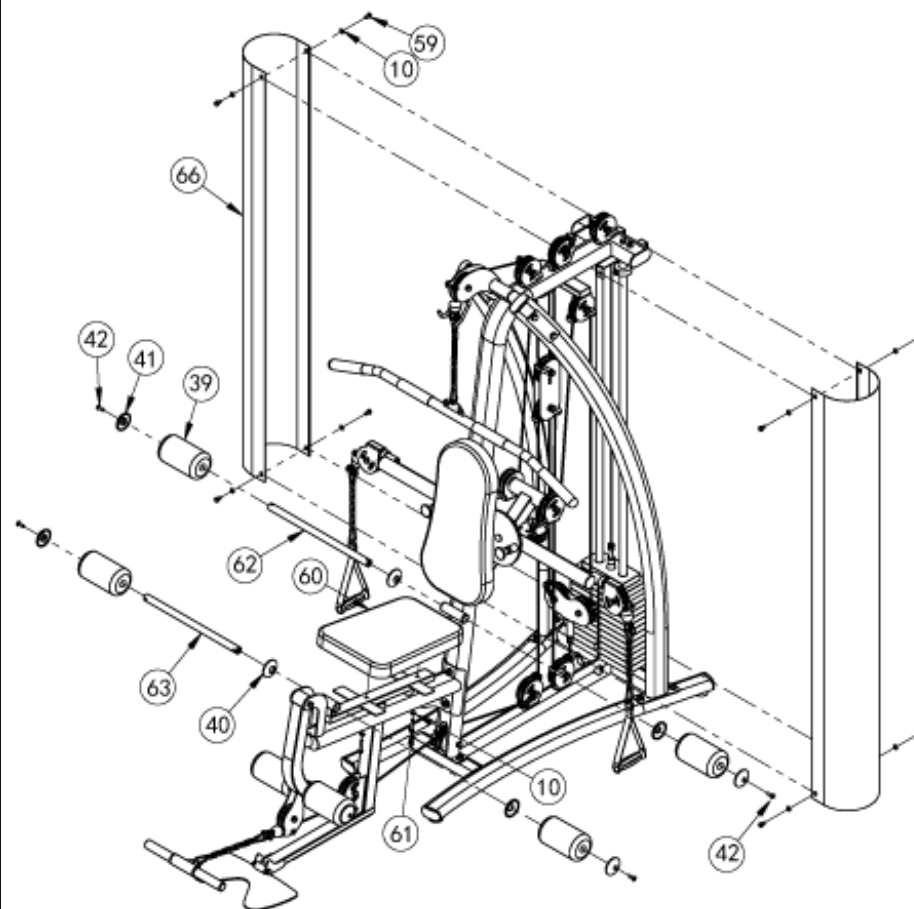
## ASSEMBLY CONT'D

### Step 9:

- i. Attach the seat pad (#60) to the leg extension frame using two M8x40mm bolts (#61).
- ii. Attach the left and right side weight shrouds (#66) using eight M8x16mm weight shroud bolts (#59) and eight 8mm locking washers (#10).
- iii. Slide the following over the leg extension steel rod on each side: Roller pad inside cap (#40), roller pad (#39) goes on second, roller pad outside cap (#41) third and secure each side with M8x20mm Button Head Leg Pad Bolts (#41). Do not over tighten!
- iv. Attach the foot plate to the bottom frame at the very front of the machine (just below the leg extension pad). This plate can be flat for standing bicep curls or can be flipped up as a foot support during seated row.

NO.	PART NAME	NOTE	QTY
10	8mm Flat Washer	Ø8	10
39	Roller Pad	Ø100*175	4
40	Roller Pad Inside Cap		4
41	Roller Pad Outside Cap		4
42	Roller Pad Outside Cap		4
59	Weight Shroud Bolt	M8X16	8
60	Seat Cushion		1
61	Seat Cushion Bolts	M8X40	2
62	Roller Pad Steel Tube		1
63	Roller Pad Steel Tube		1
66	Weight Stack Shroud		2

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