



Hybrid

Owner's Manual



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455 Allegheny Blvd. Franklin, PA 16323 – Ph. 855-269-4378 – www.primefitnessusa.com



Safety

It is the sole responsibility of the facility owner/owner of the equipment to read the owner's/ user's manual and instruct users on the proper orientation of the equipment and to warn them of the potential hazards. All users should read the warning labels and instructional placards prior to using the equipment.

Keep children away from selectorized strength equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.

It is recommended that exercise equipment be used in a supervised, access controlled area. Access and supervision are the responsibility of the facility owner.

Set up and operate selectorized strength equipment on a solid level surface. This surface should not deviate more than 1/8" over a distance of 10'.

Inspect the machine for worn or loose components before using equipment. Tighten/replace any loose or worn components, especially belts or cables, prior to using. Replace any missing or damaged labels and placards.

Do not use or allow the use of any equipment which is damaged or has worn, loose, or broken parts.

Do not allow anyone to use equipment in a manner other than that shown on the instructional placards.

Display the Facility Safety Sign so that it is visible and prominent.

Ensure that any person(s) making adjustments or performing maintenance/repair of any kind is qualified to do so.

If any instructions or warnings are unclear, contact customer service immediately at 855-269-4378.

This machine meets industry standards for stability when used for its intended purpose.

It is recommended that all users of exercise equipment be informed of the following:

- Consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop exercising and consult a physician.
- Use this equipment for its intended purpose only.
- Do not wear loose or dangling clothing/jewelry while using equipment. Keep body parts (hands, feet, hair, etc.) clear of moving parts.



- When adjusting seat (or any other adjustable part) be sure that the adjusting pin is fully engaged.
- Be certain that the weight pin is completely inserted before using equipment.
- The weight stack or top plate should never be pinned in an elevated position. If the machine is found in this position, do not use.
- Never use dumbbells or other means to incrementally increase the weight resistance. Use only the means provided.
- Do not exceed the maximum specified user weight of 300 lb (135 kg).
- Do not use the machine for support during stretching or allow resistance straps, ropes, or other means to be attached to it.
- Do not lean or pull on machine during exercise or resting.
- Do not use if the guards are missing or damaged.
- Do not remove labels for any reason.
- Be sure all adjustments are properly seated and locked in place.

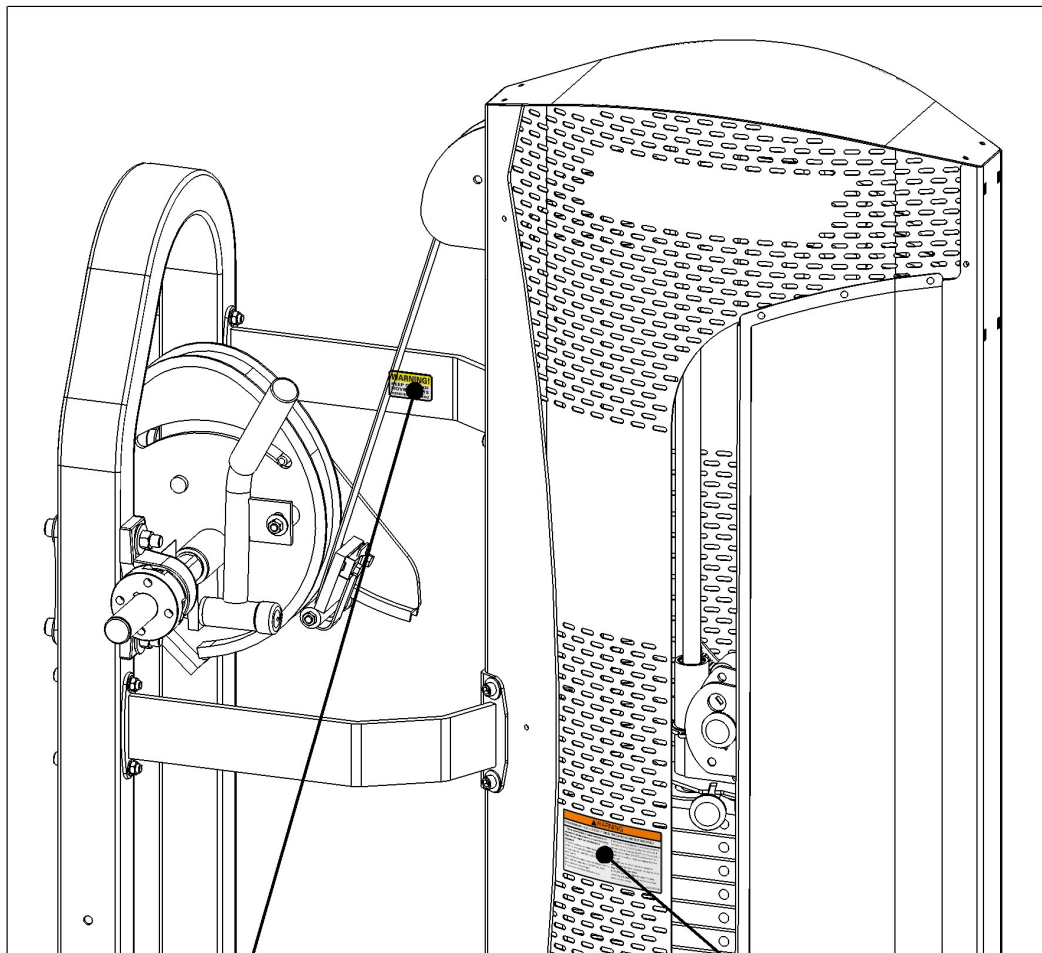


Warning Labels

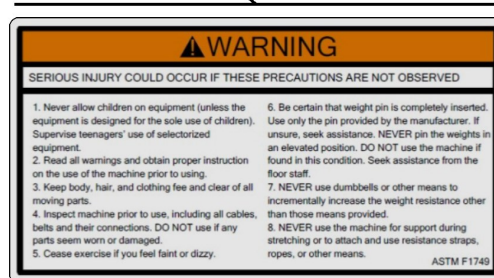
Warning labels indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury.

The following diagram shows the location of the general warning labels on all machines.

The part number corresponding to the warning/caution label is shown below the respective decal picture.



104171-SE



1200852



Machine Specifications

Hybrid Line

Machine	Machine Weight	Dimensions at Rest (LxWxH)	Max User Weight	Weight Stack
H-101 (Arm Curl)	690 lbs 313 kg	54 x 45 x 59 in 137 x 115 x 150 cm	300 lbs 135 kg	165 lbs 75 kg
H-102 (Chest Press)	765 lbs 347 kg	61 x 63 x 73 in 155 x 161 x 186 cm	300 lbs 135 kg	365 lbs 166 kg
H-103 (Shoulder Press)	775 lbs 352 kg	62 x 58 x 59 in 158 x 148 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-105 (Leg Extension)	710 lbs 322 kg	47 x 49 x 59 in 120 x 125 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-106 (Prone Leg Curl)	692 lbs 314 kg	76 x 44 x 59 in 194 x 112 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-108 (Leg Press)	1155 lbs 524 kg	75 x 47 x 71 in 191 x 120 x 181 cm	300 lbs 135 kg	505 lbs 229 kg
H-109 (Abdominal Crunch)	664 lbs 301 kg	56 x 42 x 59 in 143 x 107 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-110 (Low Back Extension)	666 lbs 302 kg	51 x 43 x 59 in 130 x 110 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-111 (Rotary Torso)	520 lbs 236 kg	45 x 50 x 59 in 115 x 120 x 150 cm	300 lbs 135 kg	165 lbs 75 kg
H-114 (Multi Hip)	530 lbs 240 kg	60 x 52 x 59 in 153 x 133 x 150 cm	300 lbs 135 kg	165 lbs 75 kg
H-117 (Tricep Extension)	596 lbs 270 kg	50 x 45 x 59 in 127 x 115 x 150 cm	300 lbs 135 kg	165 lbs 75 kg
H-118 (Pec Fly)	640 lbs 290 kg	37 x 59 x 59 in 94 x 150 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-119 (Lateral Raise)	656 lbs 298 kg	43 x 56 x 60 in 110 x 143 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-120 (Incline Press)	854 lbs 387 kg	74 x 63 x 61 in 188 x 161 x 155 cm	300 lbs 135 kg	365 lbs 166 kg
H-124 (Seated Leg Curl)	735 lbs 333 kg	72 x 46 x 59 in 183 x 117 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-125 (Seated Pushdown)	762 lbs 346 kg	58 x 52 x 59 in 148 x 133 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-126 (Inner/Outer Thigh)	650 lbs 295 kg	59 x 68 x 59 in 150 x 173 x 150 cm	300 lbs 135 kg	265 lbs 120 kg





Machine	Machine Weight	Dimensions at Rest (LxWxH)	Max User Weight	Weight Stack
H-127 (Lat Pulldown)	822 lbs 373 kg	63 x 55 x 72 in 161 x 140 x 183 cm	300 lbs 135 kg	265 lbs 120 kg
H-128 (Seated Row)	815 lbs 370 kg	51 x 51 x 71 in 130 x 130 x 180 cm	300 lbs 135 kg	365 lbs 166 kg
H-129 (Pec/Rear Delt)	674 lbs 306 kg	54 x 59 x 63 in 137 x 150 x 160 cm	300 lbs 135 kg	365 lbs 166 kg
H-133 (Inner Thigh)	625 lbs 283 kg	70 x 59 x 59 in 178 x 150 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-134 (Outer Thigh)	625 lbs 283 kg	70 x 59 x 59 in 178 x 150 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-135 (Seated Calf Extension)	625 lbs 283 kg	66 x 49 x 59 in 168 x 125 x 150 cm	300 lbs 135 kg	265 lbs 120 kg
H-136 (Pullover)	630 lbs 286 kg	62 x 52 x 59 in 158 x 133 x 150 cm	300 lbs 135 kg	265 lbs 120 kg



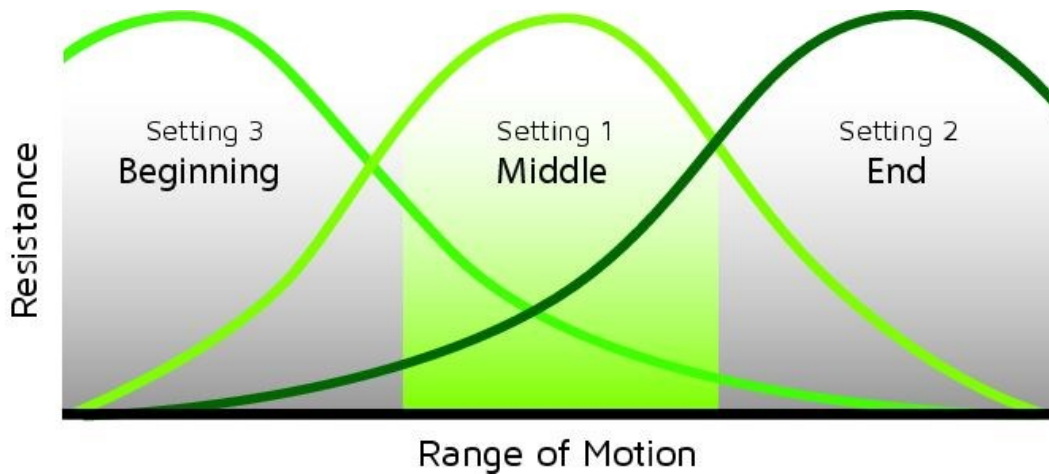
Exercise

SmartCam Information

The Prime SmartCam allows users to selectively alter the resistance pattern of exercise movements. This means that any Prime machine equipped with a SmartCam can place the maximum resistance at the beginning, middle, or end (or any region in between) of each exercise movement. Traditional resistance training equipment works mainly on the center of the muscle, which limits the muscle fiber development and results in strength plateauing. By changing the resistance patterns with a Prime SmartCam throughout a training session, it promotes development across the entire muscle fiber.

In a typical Prime SmartCam assisted workout, three strength curves are used (although, advanced workouts may use five), and these curves are shown in Figure 1 below. While exercising, the different SmartCam strength curves are called Settings.

To change the setting on a SmartCam, simply pull the handle outward, away from the cam, and move the handle such that the indicator in the visible slot lines up with the desired setting number. Then release the handle and make sure the popper pin locks the cam in place.



WORKOUT SEQUENCE	1	2	3	4	5
	3 SET PROGRAM			5 SET PROGRAM	
PLACEMENT OF WEIGHT					
OVERLOAD REGION	Middle Range	End Range	Beginning Range	Middle+End Range	Middle+Beginning Range

Figure 1

Weight Selection

Each plate within the weight stack weighs 20 lbs (9.07 kgs). These plates are labeled successively such that a user can simply select the plate with the total weight desired. To select a total weight for the weight stack, the user must insert the Weight Selector Pin into the hole beside the decal representing the total weight desired. Be sure the weight selector pin is fully inserted and magnetically attached to the weight plate. When finished with the machine, return the weight selector pin to its holder located underneath the top plate for the next user.

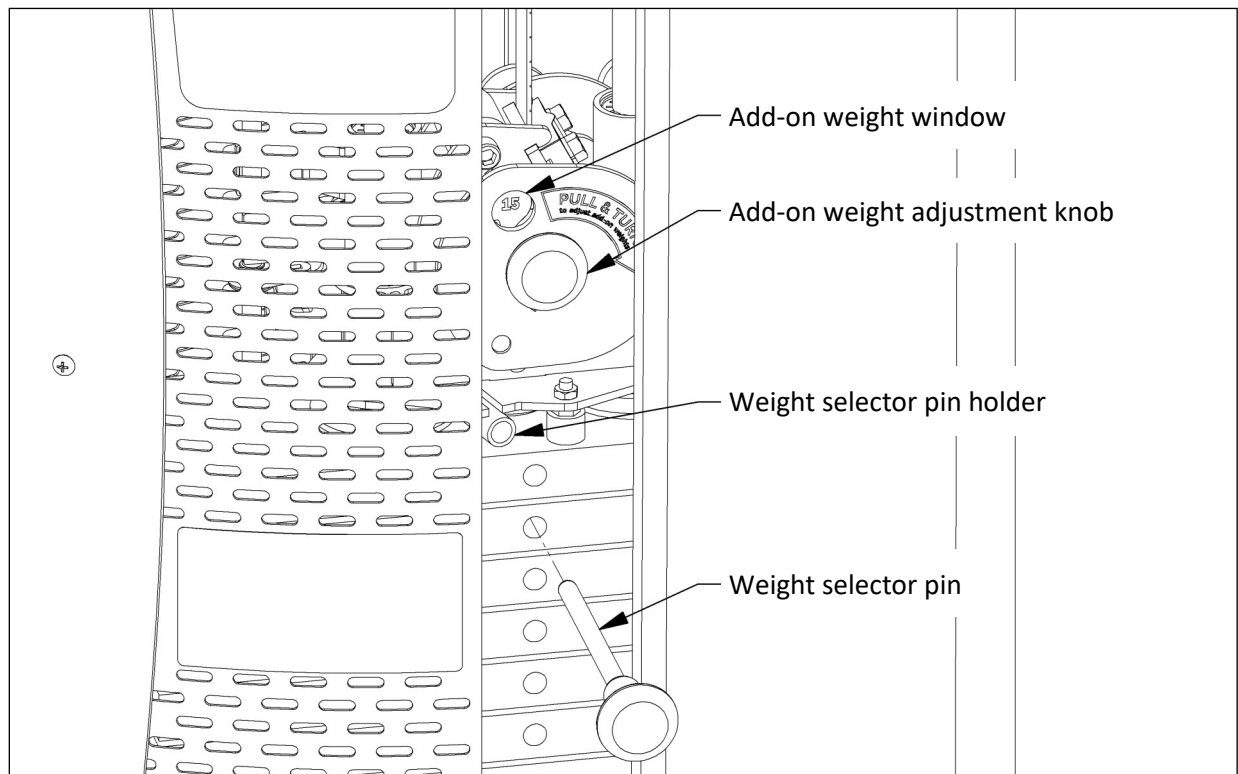


Figure 2

To select weights in 5 lb (2.27 kgs) increments, the add-on weight system must be used in conjunction with the weight plates. The add-on system is controlled through the dial on the top plate, which will display the current amount of additional weight in the add-on weight window. **Do not adjust the add-on weight if the top plate and weight stack are not at the rest position!** The add-on weights will add 5, 10, or 15 additional pounds to the weight selected in the weight stack. To change the amount of additional weight, the user should pull the add-on weight adjustment knob and turn the dial plate until the desired amount of additional weight is shown in the add-on weight window. Then release the knob to allow the plate to spring back into place and lock in the amount of added weight. When finished with the machine, adjust the add-on weight back to 0 for the next user.



Maintenance

All preventative maintenance is the responsibility of the facility owner. It is recommended that maintenance be performed regularly to ensure the machine is safe for use. Instruct all facility personnel on equipment inspection and maintenance procedures. For questions, contact customer service.

Scheduled Maintenance

Frequency	Maintenance	Procedure
Daily	Clean upholstery and grips	Clean upholstery and grips with a mixture of warm water and a small amount (10% or less) of mild soap. Wipe residue away using a cloth dampened with just water. Be sure to dry thoroughly with a clean dry cloth. Do not use cleaners with abrasives or harsh solvents.
Weekly	Clean frames	Clean equipment frames with a mixture of warm water and a small amount (10% or less) of mild soap. Wipe residue away using a cloth dampened with just water. Be sure to dry thoroughly with a clean dry cloth. Do not use cleaners with abrasives or harsh solvents.
Weekly	Clean guide rods	Apply a small amount of Tri-Flow® or similar lubricant to a clean cloth and use it to rub down guide rods (Do not apply lubricant directly onto guide rods). Do not use grease! Wipe down guide rods with a clean, dry cloth afterward to remove heavy residue.
Weekly	Inspect nuts and bolts	Check entire machine for any loose nuts and bolts and tighten them as required. If using torque wrench, set torque to the following settings: 1/2" bolt—set to 40 ft.lbs. 3/8" bolt—set to 20 ft.lbs. 5/16" bolt—set to 15 ft.lbs. If torque wrench is not available, tighten bolts snug with ratchet socket and/or closed end wrench, making sure not to overtighten . Overtightening may cause damage to the product.
Weekly	Inspect belts	Inspect the belts for wear or damage. Belt damage can include (but is not limited to) cracking, necking, or peeling. Always replace any belt at the first sign of wear. For loose belt connections or belt slack, see Belt Adjustment section.
Monthly	Inspect frame	Inspect entire machine frame for signs of wear or damage. If any parts are worn or damaged, do not allow anyone to use the machine until repaired with manufacturer replacement parts. Inspect all moving parts for proper alignment. If misaligned, do not allow anyone to use the machine until alignment is corrected.



Belt Adjustment

Standard Belt Clamp: Loosen belt tab bolts so that the belt is held with very light pressure. Using pliers, pull belt through the belt tab just enough so there is no slack anywhere along the belt's travel. Holding the belt at this tension, proceed to tighten the belt tab bolts.

Cable Adjustment

Cable End: If the machine has a cable, the cable can be tightened a small amount by tightening the nut on the cable end. If tightening to remove a significant amount of slack, adjust the belt instead of the cable by following the Belt Adjustment instructions above.

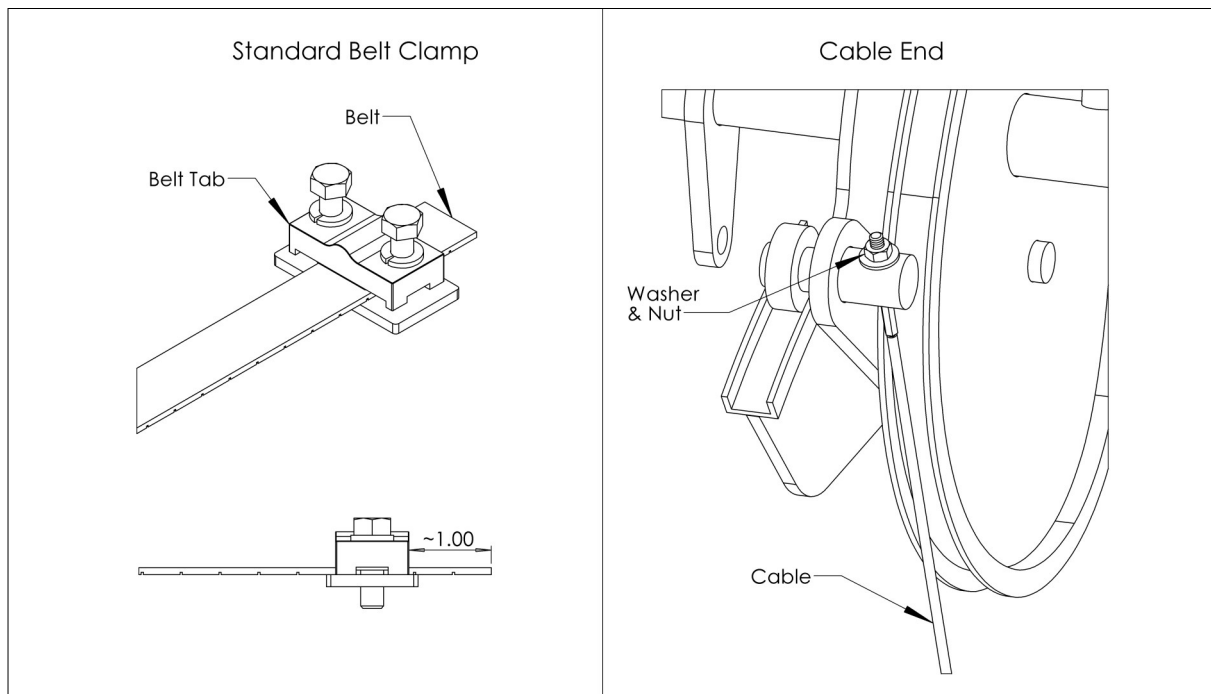


Figure 3

Belt Replacement

To remove belt, loosen belt tabs from all connection points and pull the old belt out.

When replacing belt, remove the top cap and front weight shield from the weight stack frame as shown below in Figure 4. When finished replacing belt, reattach the top cap and weight shield.

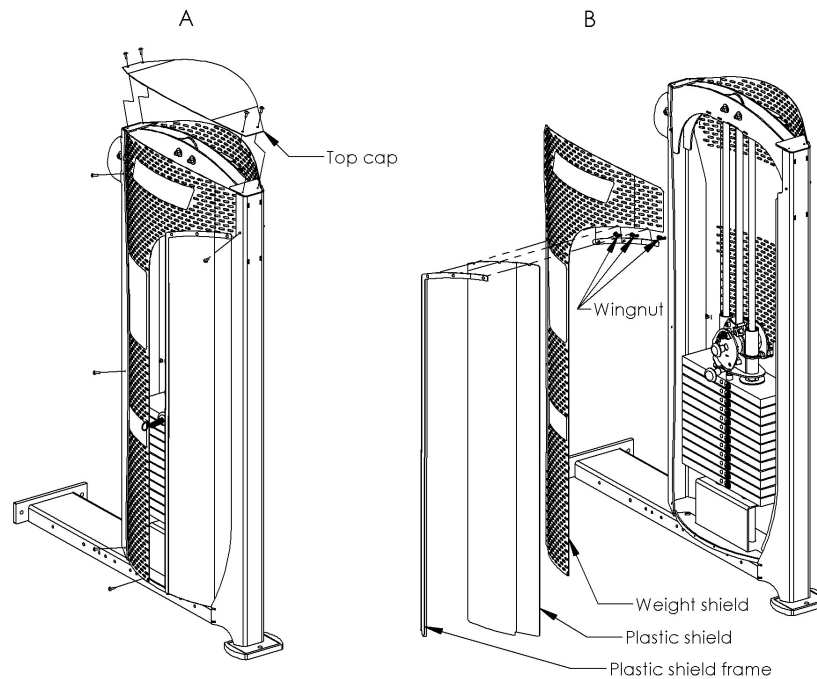


Figure 4

For detailed belting and cabling diagrams see service drawings.

To verify correct belting:

- At no place in the travel of the belt should the belt twist in any way.
- The belt should be seated centered in the groove of each pulley, not riding up on the pulley edges.
- When both cam and top plate are in resting positions, the belt should be taut, but not strained. While the machine is at rest, neither cam nor top plate should be held off from their resting points.

Customer Service

Contacting Prime Fitness

- Phone service hours are Monday–Friday, 7:30 a.m. to 4:30 p.m. EST.
- Contact Customer Service by phone at 855-269-4378
- Contact Customer Service by e-mail at service@PrimeFitnessUSA.com.
- Find more information at www.PrimeFitnessUSA.com

Please be prepared to provide the serial number for all units needing parts.





Warranty Information

Limited Warranty

Prime Fitness USA Products warrants its products to the original purchaser to be free from defect in material and workmanship under normal use or service. All warranty periods begin from the date of delivery to the original purchaser.

Commercial Strength Products

- Ten Year Warranty—Structural Frame breaks and Weight Stack Plates*
- Five Year Warranty—Structural moving parts, Smartcam, Pulleys, and Pivot Bearings
- One Year Warranty—Linear Bearings, Grips, Belts, and Cables
- 90 Day Warranty—Upholstery, Gas Shocks, Popper Pins, and Accessories

This written warranty in lieu of all other warranties expressed or implied, including the warranties of merchantability and fitness for use of all other obligations or liabilities on our part, and we neither assume, nor authorize another person to assume for us, any liability in connection with the sale of this Prime Fitness USA's equipment. This warranty shall not apply to this Prime Fitness USA's equipment or to any part thereof, which has been subject to accident, negligence, alteration without written consent from Prime Fitness USA, improper assembly or installation, abuse, misuse, reconditioning or refurbishing by third party, or to a lack of maintenance in accordance with our recommended maintenance program. We make no warranty whatsoever in respect to accessories or parts not manufactured by us. The term original purchaser as used in the warranty, shall be deemed to mean that the person or entity for which this Prime Fitness USA equipment is originally installed. Prime Fitness USA shall not be liable for any loss or damage, including incidental or consequential damages, directly or indirectly, from the use or loss of our equipment. Without limiting the generality of the foregoing, this exclusion from liability embraces the purchaser's expenses for downtime, damages for which the purchaser may be liable to other persons and damage to property. We neither assume, nor authorize any person to assume for us, any other liability in connection with the sale or use of our equipment. There are no oral agreements or warranties collateral to or affecting this agreement.

*Applies only for those parts that our own examination disclosed, to our satisfaction, to be defective. "Structural Frame" refers to the main supporting frame section on each unit.

