



Plate Loaded

Owner's Manual



Contents

Safety 3

Warning Labels 5

Machine Specifications 6

Exercise 7

Maintenance 8

Customer Service 9

Warranty Information 10

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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.
- 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 remove labels for any reason.
- Be sure all adjustments are properly seated and locked in place.
- Be certain that the weight plate is fully seated on the weight peg(s).
- Do not load the weight peg(s) all the way to the end.
- Use caution when handling weight plates. Do not drop weight plates as severe injury can occur.

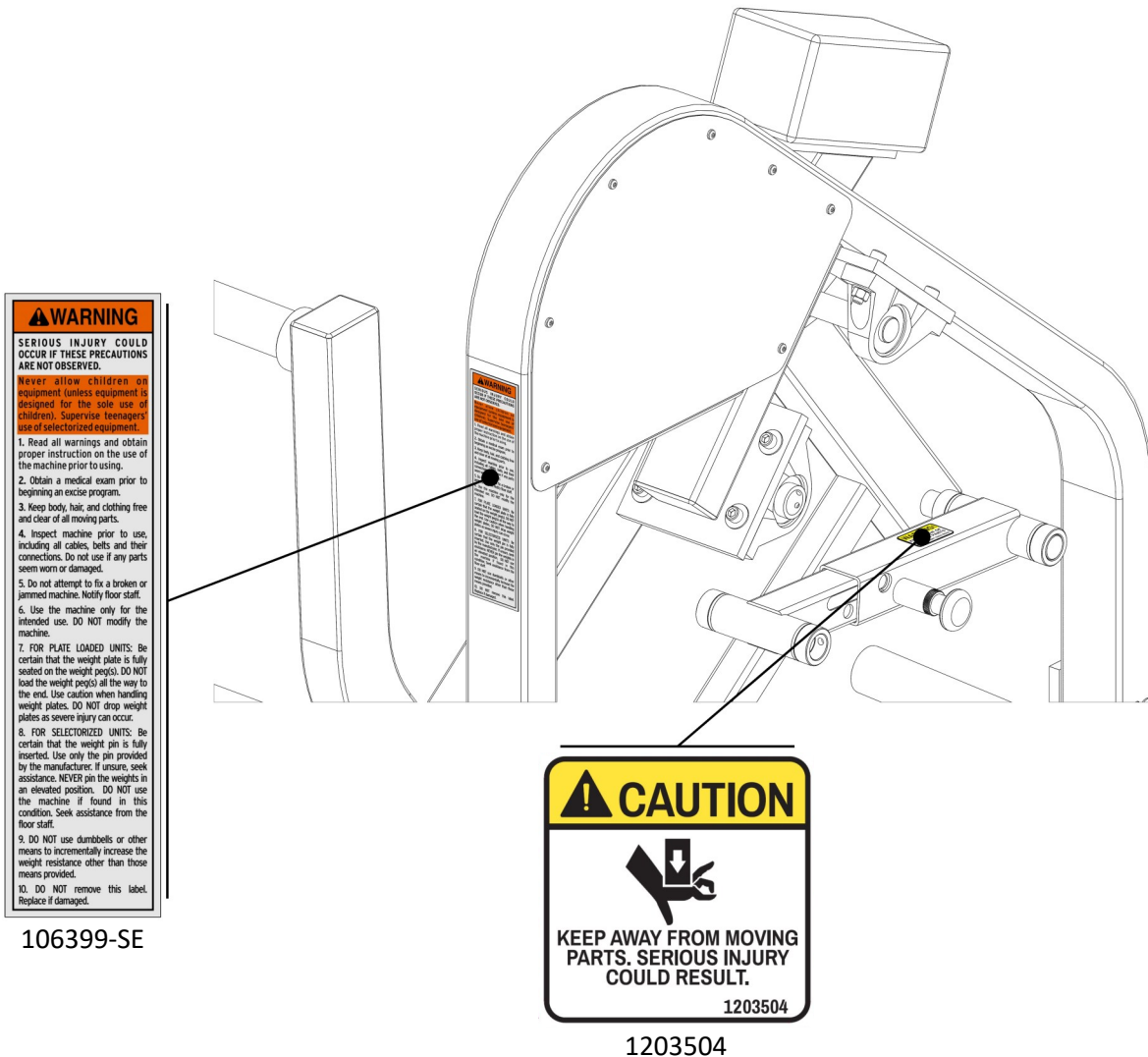


Warning Labels

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.





Machine Specifications

Plate Loaded Line

Machine	Machine Weight	Dimensions at Rest (LxWxH)	Max User Weight
P-101 (Arm Curl)	302 lbs 137 kg	47 x 47 x 49 in 119 x 119 x 124 cm	300 lbs 135 kg
P-102 (Chest Press)	424 lbs 192 kg	73 x 74 x 54 in 185 x 188 x 137 cm	300 lbs 135 kg
P-103 (Shoulder Press)	430 lbs 195 kg	61 x 63 x 54 in 155 x 160 x 137 cm	300 lbs 135 kg
P-104 (Lat Pulldown)	368 lbs 167 kg	81 x 32 x 87 in 206 x 81 x 221 cm	300 lbs 135 kg
P-105 (Leg Extension)	328 lbs 149 kg	57 x 48 x 49 in 145 x 122 x 124 cm	300 lbs 135 kg
P-106 (Prone Leg Curl)	316 lbs 143 kg	72 x 48 x 49 in 183 x 122 x 124 cm	300 lbs 135 kg
P-108 (Leg Press)	504 lbs 229 kg	93 x 53 x 56 in 236 x 135 x 142 cm	300 lbs 135 kg
P-109 (Abdominal Crunch)	160 lbs 73 kg	43 x 46 x 49 in 109 x 117 x 124 cm	300 lbs 135 kg
P-110 (Low Back Extension)	244 lbs 111 kg	55 x 45 x 49 in 140 x 114 x 124 cm	300 lbs 135 kg
P-115 (Leg Extension/Prone Leg Curl)	360 lbs 163 kg	68 x 49 x 49 in 173 x 125 x 125 cm	300 lbs 135 kg
P-117 (Tricep Extension)	304 lbs 138 kg	48 x 47 x 53 in 123 x 119 x 135 cm	300 lbs 135 kg
P-120 (Incline Press)	426 lbs 193 kg	72 x 74 x 54 in 183 x 188 x 137 cm	300 lbs 135 kg
P-121 (Seated Row)	356 lbs 161 kg	57 x 56 x 49 in 145 x 142 x 124 cm	300 lbs 135 kg
P-122 (Extreme Row)	450 lbs 204 kg	78 x 64 x 54 in 198 x 163 x 137 cm	300 lbs 135 kg
XP-104 (Extreme Lat Pulldown)	425 lbs 193 kg	88 x 47 x 89 in 224 x 119 x 226 cm	300 lbs 135 kg



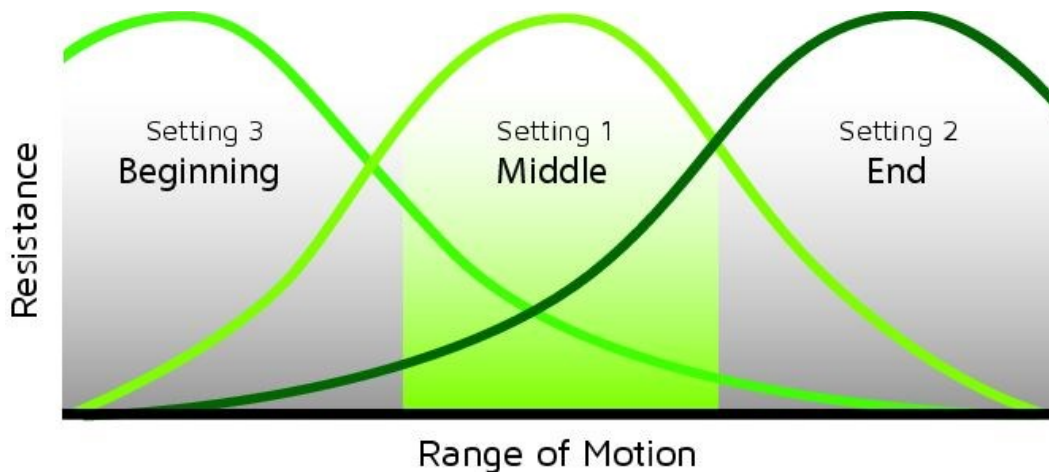
Exercise

Smart Strength Information

Prime Smart Strength allows users to selectively alter the resistance pattern of exercise movements. This means that any Prime machine equipped with Smart Strength 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 Prime Smart Strength throughout a training session, it promotes development across the entire muscle fiber.

In a typical Prime Smart Strength 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 Smart Strength curves are called Settings.

To change the setting on a Smart Strength Torque Arm, simply move the weight plates from the current Weight Peg Setting onto the next Weight Peg Setting in the workout. The proper loading for each workout Setting is shown in Figure 1 below, as well as on the specific machines instructional decal.



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

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	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.
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.



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.

