



Functional Trainer

Owner's Manual



Contents

Safety 3

Warning Labels 5

Machine Specifications 6

Exercise 7

 Weight Selection 7

Maintenance 8

 Scheduled Maintenance 8

 Cable Adjustment 9

 Cable Replacement 10

Customer Service 11

Warranty Information 12

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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.
- 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.

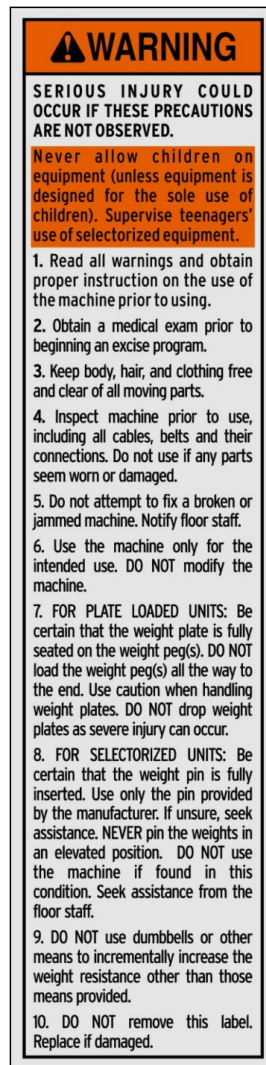


Warning Labels

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.

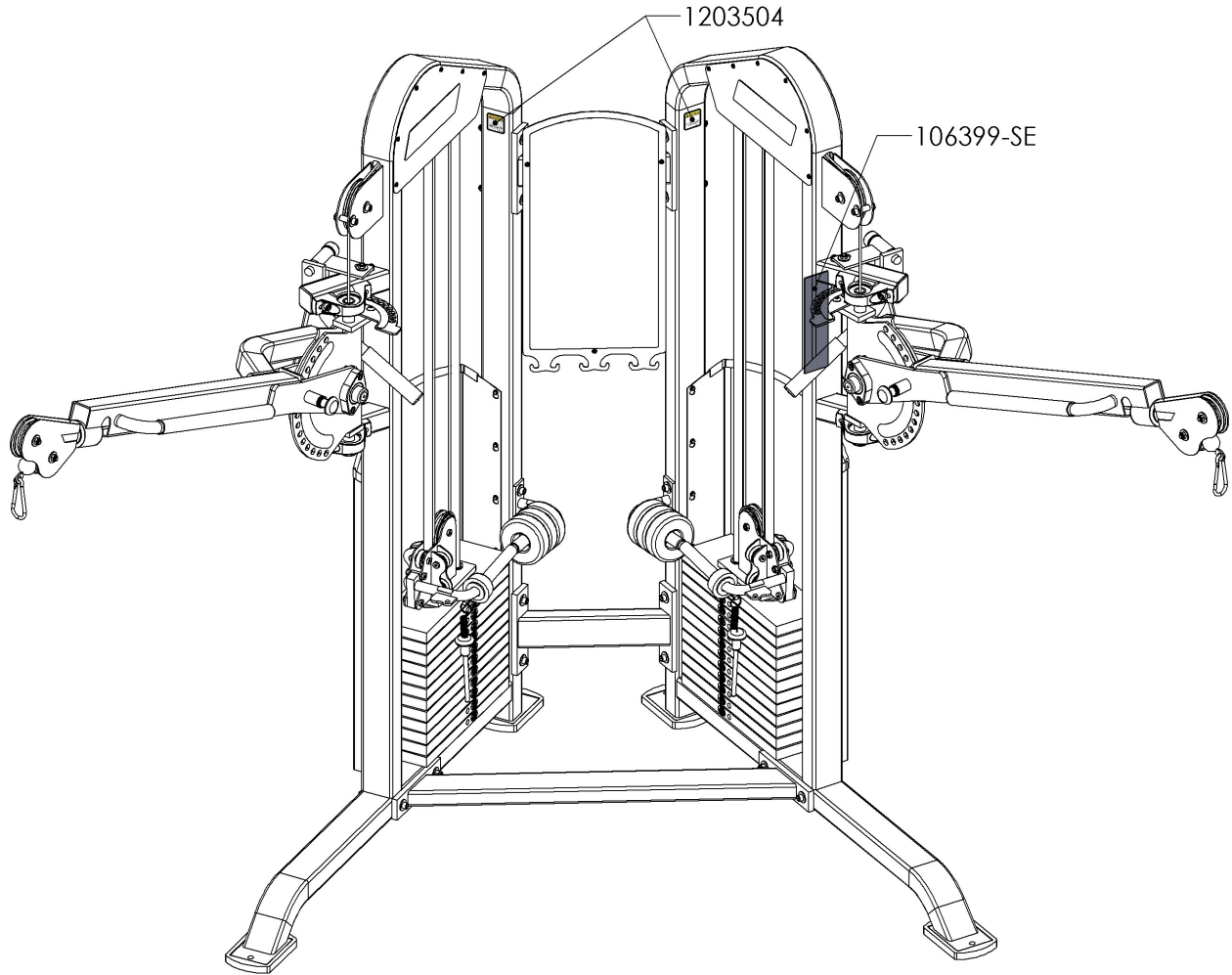


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Machine Specifications

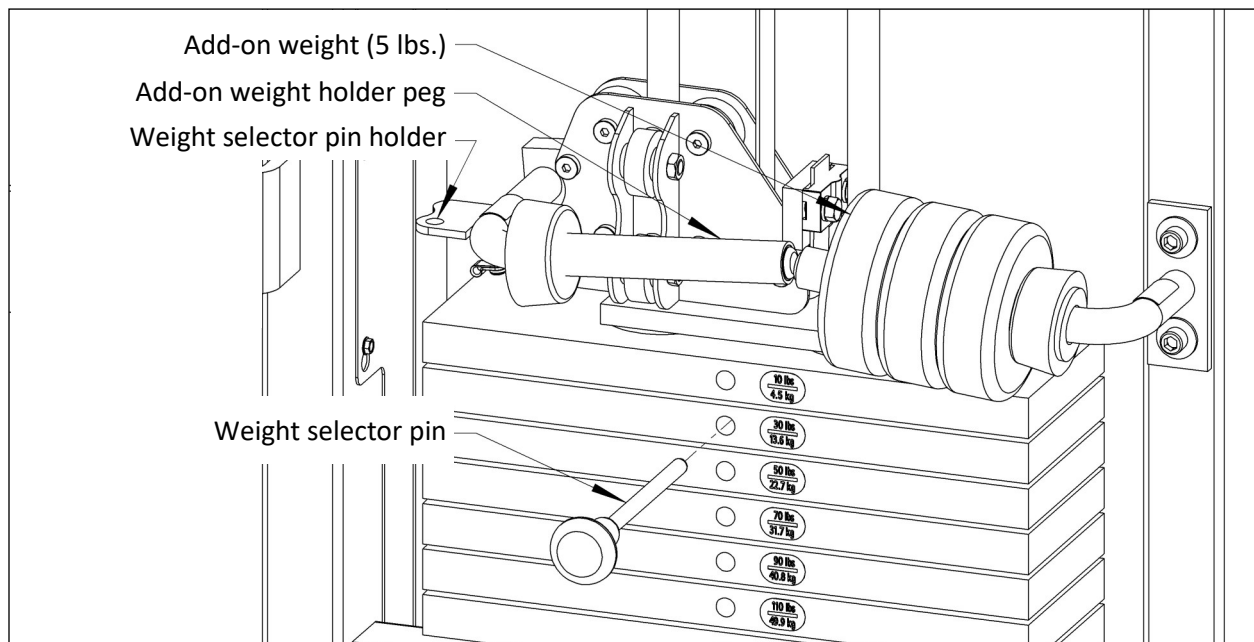


Machine Weight without user	630 lbs	286 kg
Dimensions [as shown]	47" L x 66" W x 94" H	120 cm L x 168 cm W x 239 cm H
Maximum User Weight	300 lbs	135 kg
Weight Stack	265 lbs each (2 stacks)	120 kg each (2 stacks)

Exercise

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.



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 by transferring individual add-on weights between the weight holder pegs. **Do not transfer the add-on weights 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 transfer the add-on weights from the weight holder peg on the machine frame to the weight holder peg on the top plate. When finished with the machine, transfer all of the add-on weights back to the machine frame weight peg 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.

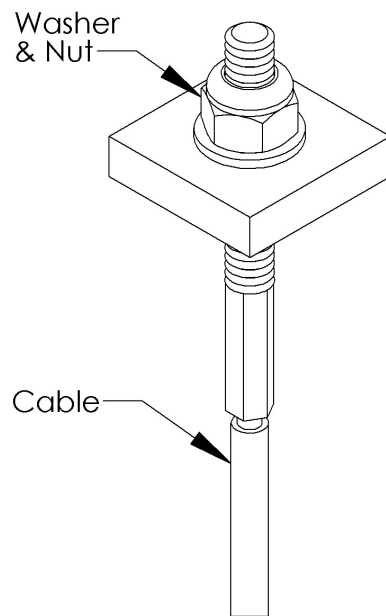
Scheduled Maintenance

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 cables	Inspect the cables for wear or damage. Always replace any cable at the first sign of wear. For loose cable connections or cable slack, see Cable 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.

Cable Adjustment

Cable End: The cable tightness can be adjusted by tightening or loosening the nut on the cable end.

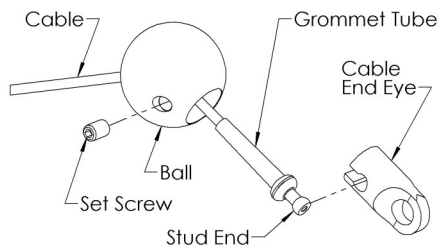
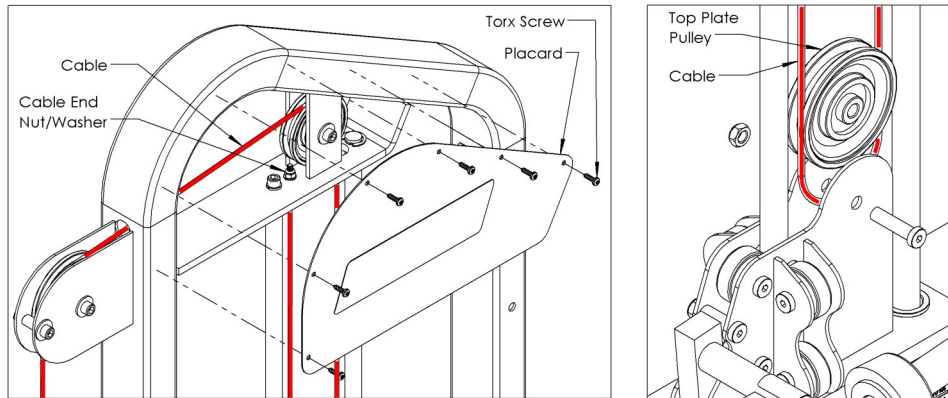
Cable End



Cable Replacement

To remove cable, remove nuts and washers from all connection points and pull the old cable out.

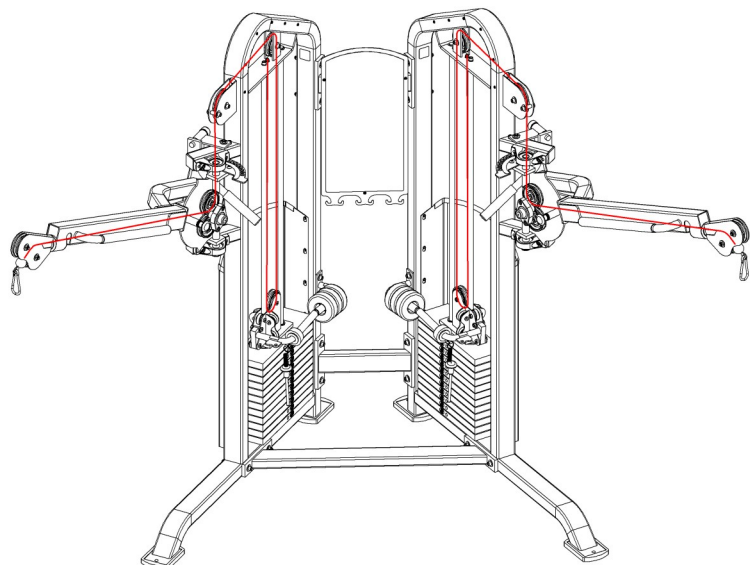
When replacing cable, remove the front placard from the weight stack frame by removing the six torx screws as shown below. Also remove the top plate pulley to navigate the cable around it (replace this pulley after tracking the replacement cable through the top plate). After guiding the cable through the machine, attach the nut and washer to the cable end and tighten it appropriately, then reattach the front placard.



To add user end to cable, slide the ball over the stud end, then also slide the grommet tube on. Then insert the stud end into the slot of the cable eye end and slide the ball up over the cable eye end. Align the ball tapped hole with the hole where the stud end was inserted and screw the set screw in after applying blue Loctite to the threads. Tighten the set screw fully, then loosen one full turn.

To verify correct cabling:

- The cable should be seated centered in the groove of each pulley, not riding up on the pulley edges.





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.

