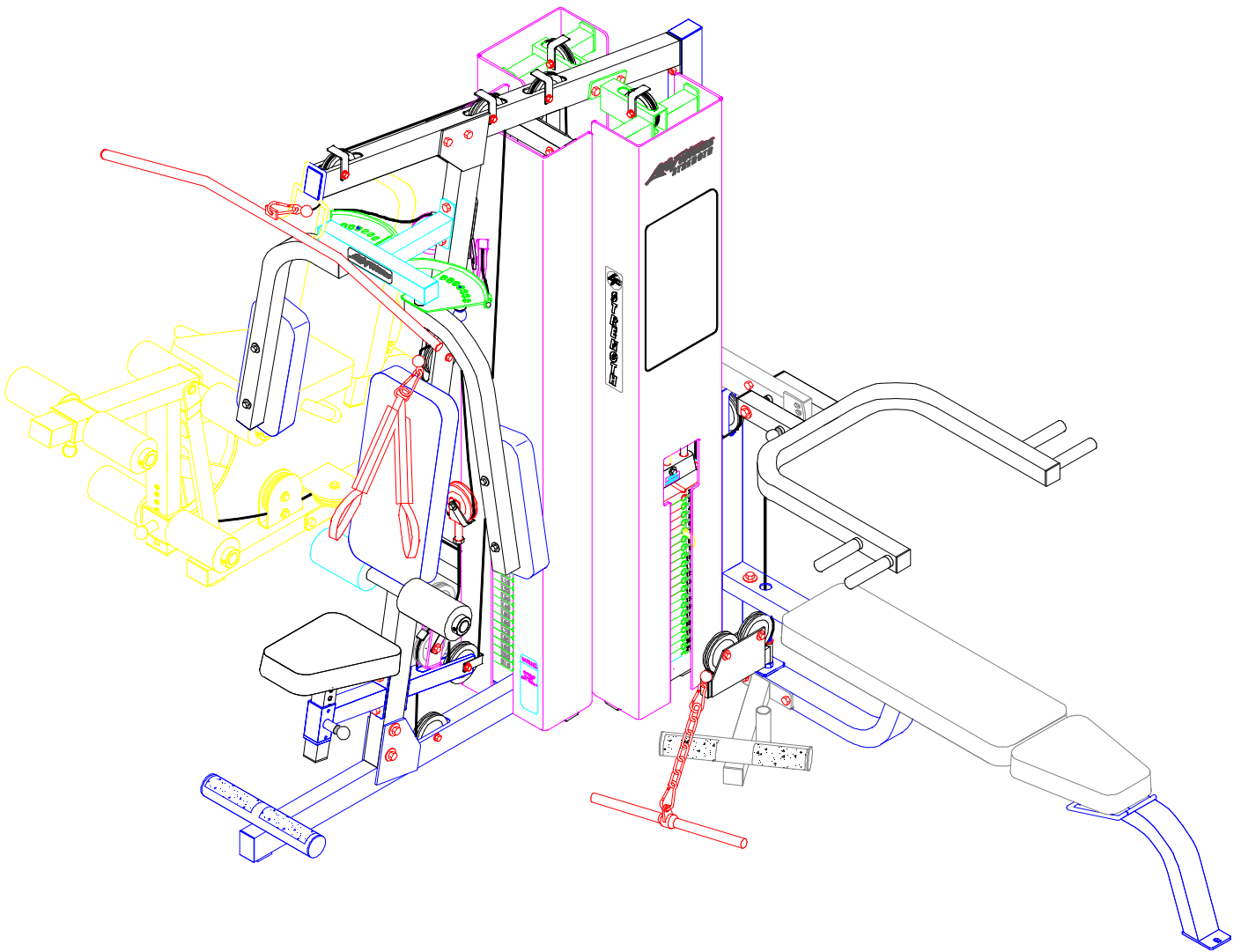


# ***Life Fitness*** **STRENGTH**

## **8500 3-STACK MULTI-GYM**

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## **ASSEMBLY INSTRUCTIONS**



## IMPORTANT NOTES

### Please note:

- \* Thank you for purchasing the LIFE FITNESS 8500 MULTI-GYM. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your LIFE FITNESS customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

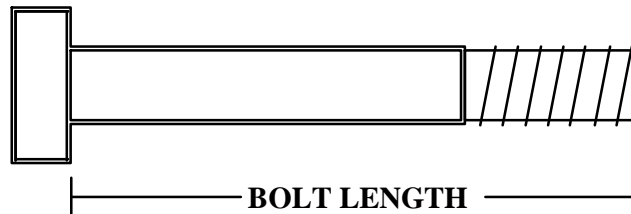
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local LIFE FITNESS STRENGTH distributor or call the LIFE FITNESS STRENGTH customer service department at (800) 328-9714.
5. Consult your physician before beginning any exercise program.

## Tools Required for Assembly

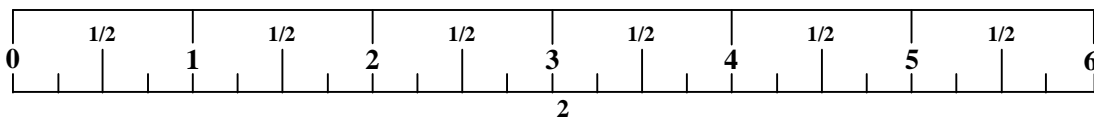
- \* Rubber mallet or hammer
- \* 3/4" wrench, 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* 5/32", 3/16", 7/32" Allen wrenches
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

**NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.**

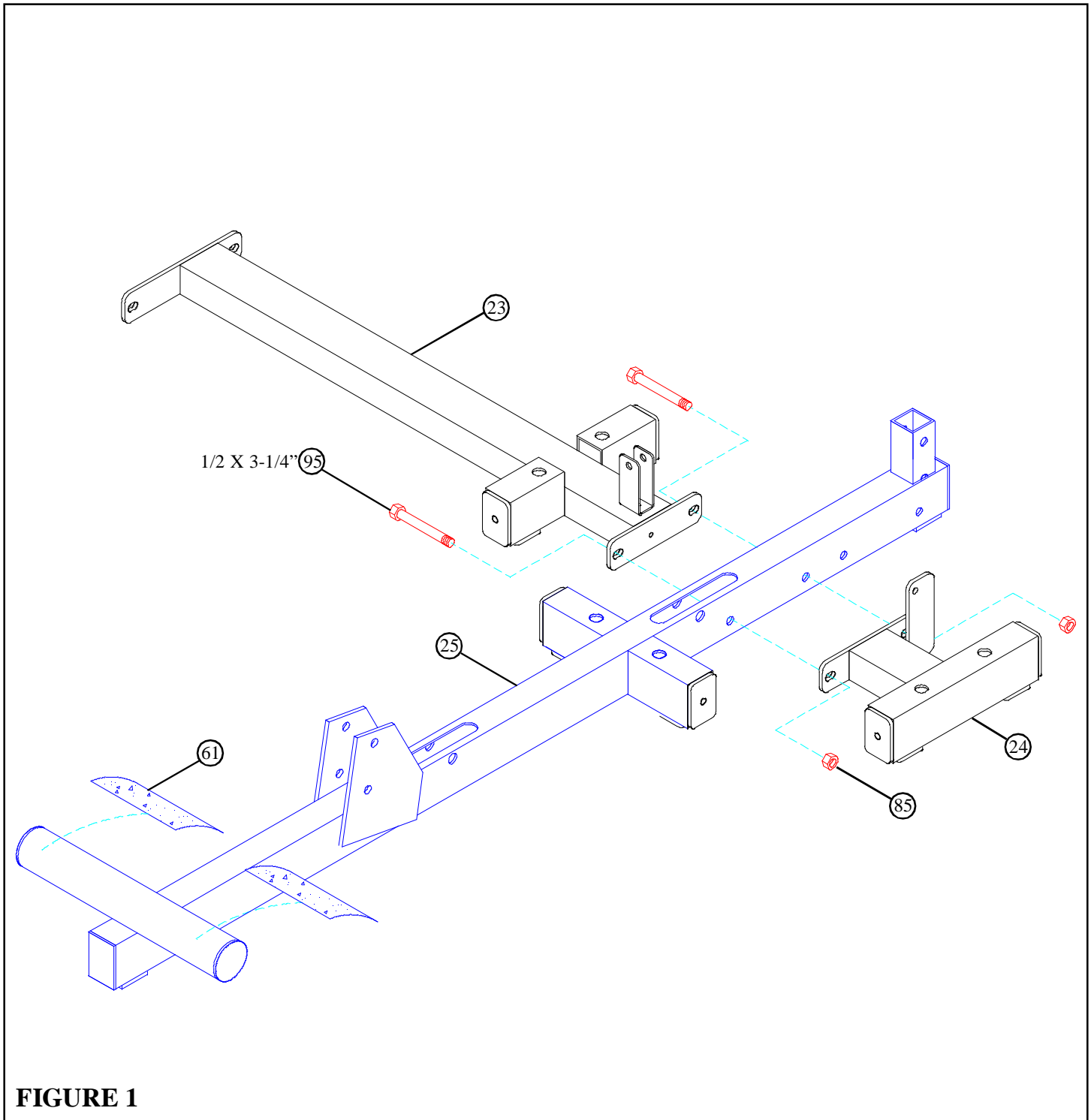


### BOLT LENGTH RULER:



# PARTS LIST

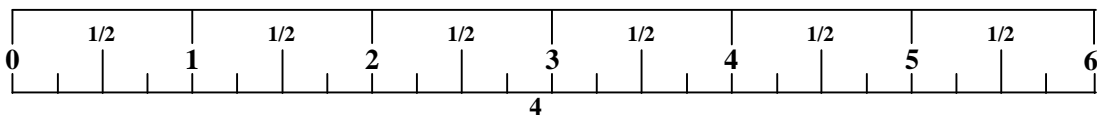
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6617103	REAR UPRIGHT	1	59	3118401	4" VINYL CAP	1
2	6779802	LEG BACK PAD ADJUST	1	60	6140701	1 X 1" GLIDE	5
3	6625502	LEG BACK PAD SUPPORT	1	61	6177001	2-1/2 X 5-1/2 NON-SKID STRIP	4
4	6624202	BACK PAD ANGLE LEFT	1	62	6412001	3/8 X 2-3/4" DIA. SPRING PIN	6
5	6624302	BACK PAD ANGLE RIGHT	1	63	6466901	1/2 X 3-1/2" DIA. SPRING PIN	1
6	6622903	PEC ARM RIGHT	1	64	6427101	KEYHOLE CLEVIS	1
7	6623003	PEC ARM LEFT	1	65	6692601	3 X 2" END CAP	2
8	6623503	PRESS ARM	1	66	6781601	1/2 X 7-7/8" SPRING PIN	1
9	6624502	CALF/LOW ROW	1	67	6757701	2-7/8 X 1" CABLE CLIP	12
10	6622503	BEARING HOUSING	1	68	3103801	5/16" SNAP LINK	4
11	6620903	FLOATING PULLEY STOP	1	69	6480301	3/8" FLANGE SPACER	24
12	6691803	SEAT SUPPORT	1	70	6020601	1/2" FLANGE BEARING	4
13	6692402	PAD SUPPORT	1	71	3104901	3/4" FLANGE BEARING	6
14	6623702	WOLFF SLEEVE	1	72	6619501	3/4" SLEEVE BEARING	2
15	6662203	LEG EXT HANDLE RIGHT	1	73	3109602	1/2" PAL NUT	1
16	6662303	LEG EXT HANDLE LEFT	1	74	6075906	12 LINK CHAIN	1
17	6628302	2 X 8" PLATE	1	75	6214401	WEIGHT STACK PIN	3
18	6275302	LAT BAR	1	76	6406401	HINGE TAB	4
19	6523401	72-3/8" GUIDE ROD	6	77	6695001	3/4" DIA. TAPPED SHAFT	1
20	6765203	PRESS GR. SUPPORT	1	78	3103302	13/16" SHAFT COLLAR	6
21	6765303	LEG GR. SUPPORT	1	79	3103304	1-5/16" SHAFT COLLAR	8
22	6769903	PEC GR. SUPPORT	1	80	3102501	3/8" WASHER	79
23	6768003	LEG WT. STACK BASE	1	81	3114502	3/8" LOCK WASHER	5
24	6767903	PRESS WT. STACK BASE	1	82	3102802	3/8" LOCK NUT	41
25	6769003	BASE	1	83	3102807	3/8" LOW HEIGHT LOCK NUT	3
26	6769702	PULLEY BRACKET	1	84	3102502	1/2" WASHER	21
27	6769803	CENTER PULLEY BRACKET	1	85	3102801	1/2" LOCK NUT	24
28	6772102	PEC CAM	2	86	3102804	1/2" LOW HEIGHT LOCK NUT	8
29	6768803	FRONT UPRIGHT	1	87	3202401	3/8 X 1" BTTN HD CAP SCREW	4
30	6768503	TOP BOOM	1	88	3102901	3/8 X 1-1/4" BOLT	15
31	6769203	REAR BASE LEG	1	89	3102933	3/8 X 2" BOLT	13
32	6867203	LEG CURL/EXTENSION	1	90	3102922	3/8 X 2-3/4" BOLT	18
33	6872502	PAD SLEEVE	2	91	3102915	3/8 X 3-1/4" BOLT	14
34	6771003	LEG FRAME	1	92	3102906	3/8 X 4" BOLT	4
35	6770102	SWIVEL PULLEY BRACKET	1	93	3202101	1/2 X 1-1/4" BOLT	2
36	6871702	PRESS ARM ADJUST	1	94	3102910	1/2 X 3" BOLT	7
37	6768303	PRESS FRAME	1	95	3102918	1/2 X 3-1/4" BOLT	8
38	6770703	PRESS BASE	1	96	3102917	1/2 X 4" BOLT	10
39	6772201	19-1/4" TUBE	1	97	3202107	1/2 X 6-1/2" BOLT	2
40	6772301	21-1/2" TUBE	1	98	3202109	1/2 X 7-1/2" BOLT	1
41	6764901	4 X 7" ROLLER PAD	8	99	6780101	PEC ARM PAD	2
42	6773101	LAT CABLE ASSEMBLY	1	100	6780001	PRESS SEAT PAD	1
43	6773201	LEG CABLE ASSEMBLY	1	101	6780301	PRESS BACK PAD	1
44	6773301	PRESS CABLE ASSEMBLY	1	102	6780201	LEG SEAT PAD	1
45	6773401	AB CRUNCH CABLE ASSEMBLY	1	103	6780401	LEG BACK PAD	1
46	6773501	PEC DEC CABLE ASSEMBLY	1	104	6780601	PEC SEAT PAD	1
47	3108002	WEIGHT STACK CUSHION	8	105	6780501	PEC BACK PAD	1
48	3116101	4-1/2" PULLEY	24	106	6214501	WEIGHT PLATE	60
49	3202301	PILLOW BLOCK BEARING	2	107	6703801	WEIGHT PLATE LABELS (LBS.)	1
50	6284501	20 HOLE SELECTOR SHAFT	3	108	6189501	WEIGHT PLATE LABELS (1-25)	1
51	6389701	LOW ROW CHROME BAR	1	109	6382301	WEIGHT PLATE BUSHING (10 CT)	12
52	6619301	U-PIN	1	110	6375801	AB CRUNCH STRAP	1
53	6714601	HEAD PLATE	3	111	6764803	LEG SHROUD	1
54	3116001	1-1/4" SQ. RUBBER BUMPER	3	112	6764803	PEC SHROUD	1
55	6594702	FLOATING PULLEY BRACKET	1	113	6779601	PRESS SHROUD	1
56	6651602	2 X 15-1/2" PLATE	2	114	3102909	3/8 X 1" BOLT	13
57	6868703	4-1/2 X 8" PLATE	1	115	3108404	3/8 X 3" COUNTERSUNK BOLT	2
58	6122702	3/8 X 1/2" SPACER	2	116	6827001	2-7/8 X 2-1/4" CABLE CLIP	8

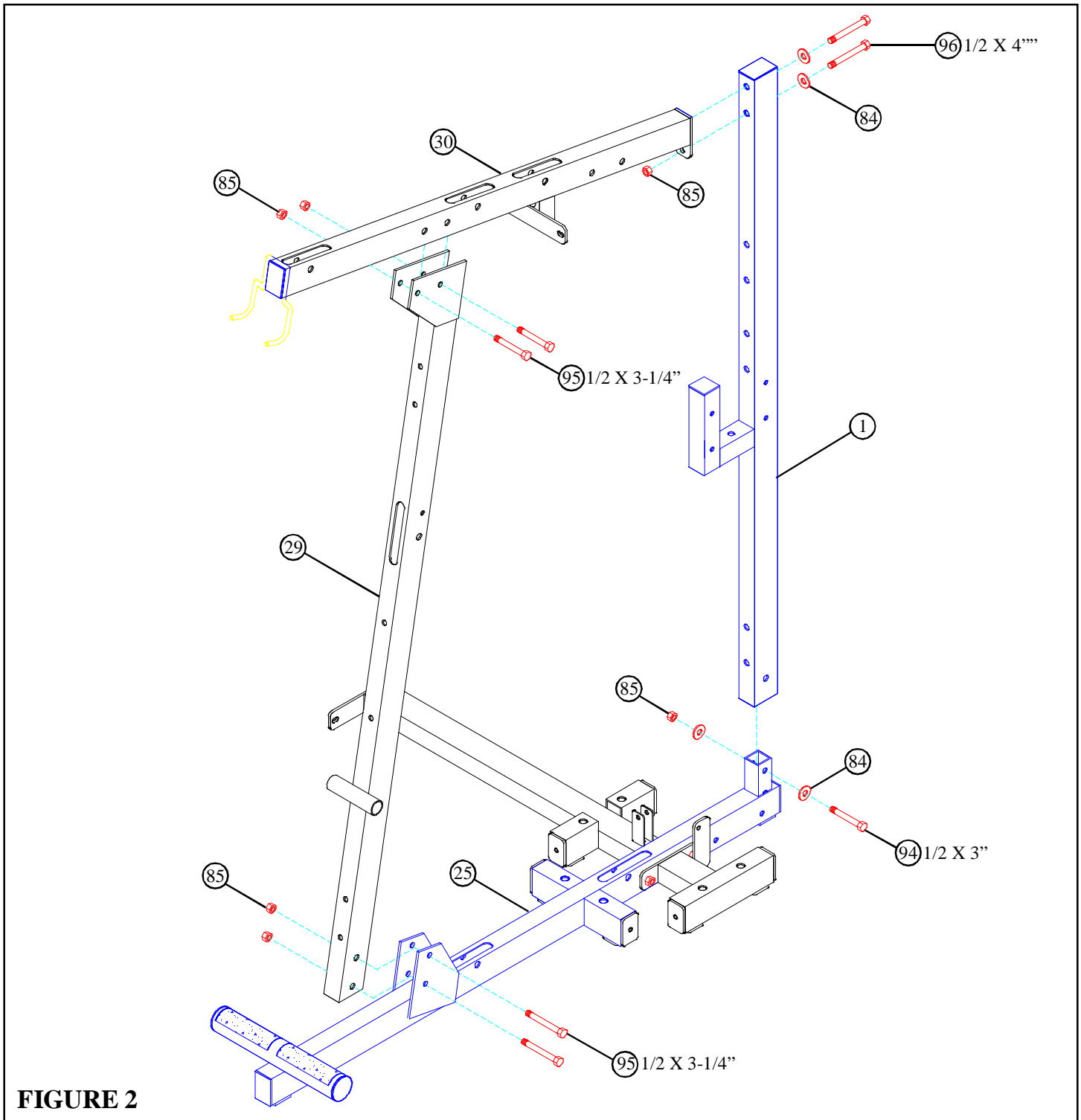


**FIGURE 1**

**STEP 1:**

- **LOOSELY** assemble the LEG WEIGHT STACK BASE (23) and the PRESS WEIGHT STACK BASE (24) to the BASE (25) using two 1/2 X 3-1/4" BOLTS (95) and two 1/2" LOCK NUTS (85) as shown in FIGURE 1.
- Apply two NON-SKID STRIPS (61) to the BASE (25) as shown in FIGURE 1.



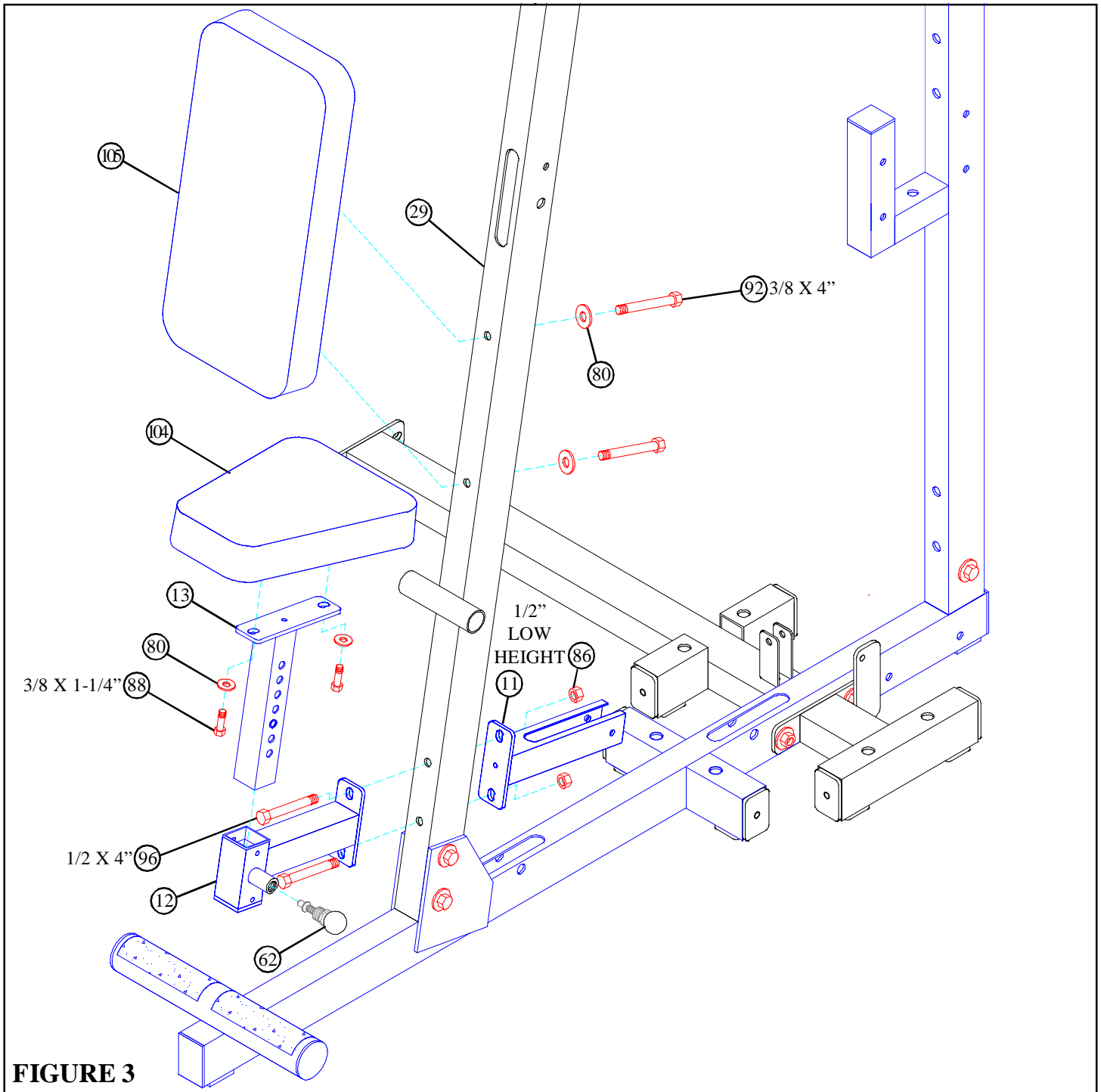


**FIGURE 2**

**STEP 2:**

- **LOOSELY** assemble the FRONT UPRIGHT (29) to the BASE (25) using two 1/2 X 3-1/4" BOLTS (95) and two 1/2" LOCK NUTS (85) as shown in FIGURE 2.
- **LOOSELY** assemble the REAR UPRIGHT (1) to the BASE (25) using one 1/2 X 3" BOLT (94), two 1/2" WASHERS (84), and one 1/2" LOCK NUT (85) as shown in FIGURE 2.
- **LOOSELY** assemble the TOP BOOM (30) to the REAR UPRIGHT (1) using two 1/2 X 4" BOLTS (96), two 1/2" WASHERS (84), and one 1/2" LOCK NUT (85) as shown in FIGURE 2.
- **LOOSELY** assemble the TOP BOOM (30) to the FRONT UPRIGHT (29) using two 1/2 X 3-1/4" BOLTS (95) and two 1/2" LOCK NUTS (85) as shown in FIGURE 2.

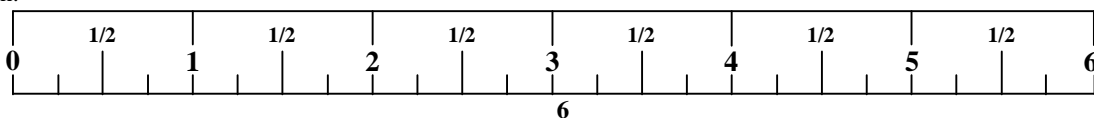
**TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT!**

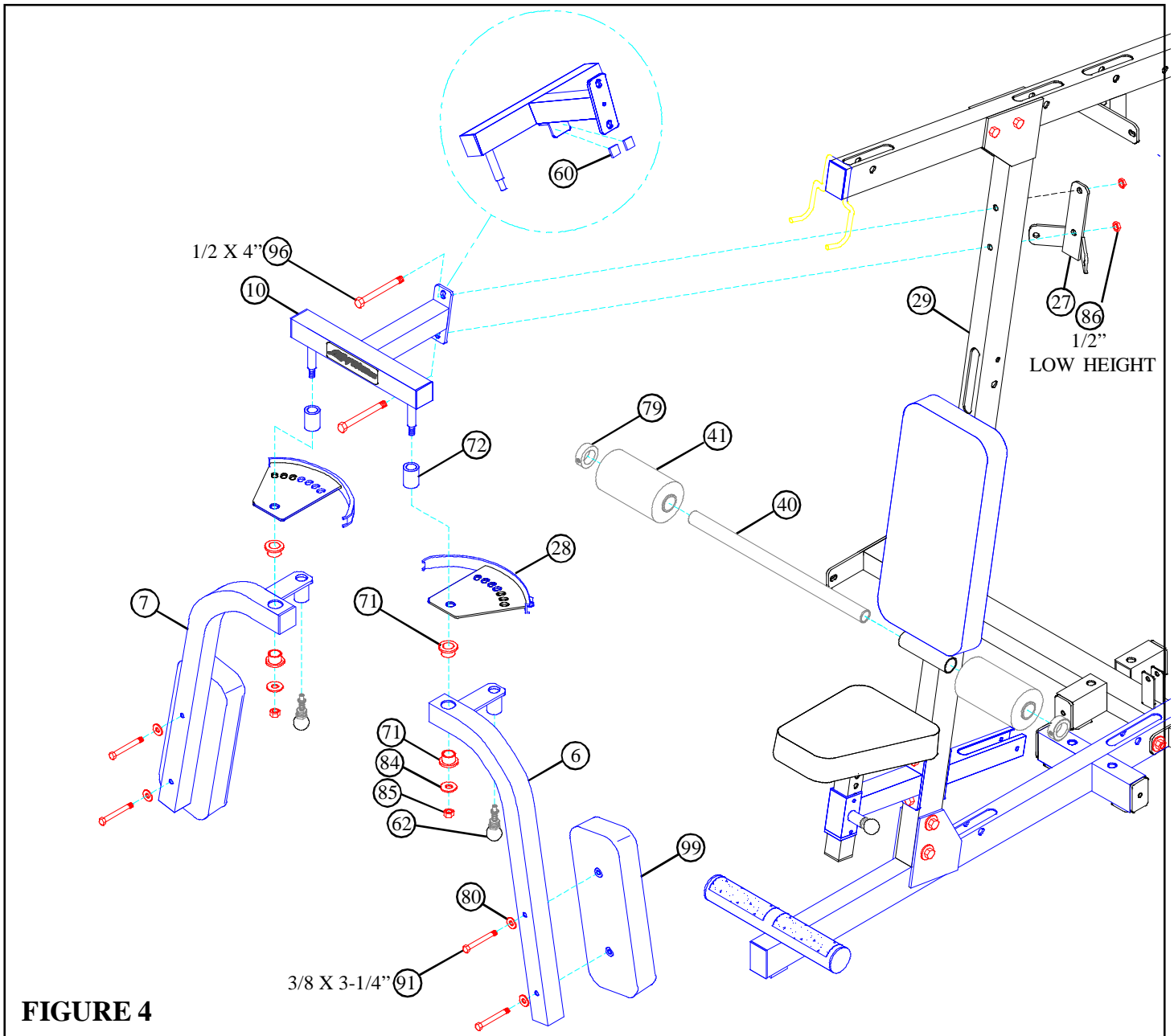


**FIGURE 3**

**STEP 3:**

- **SECURELY** assemble the FLOATING PULLEY STOP (11) and the SEAT SUPPORT (12) to the FRONT UPRIGHT (29) using two 1/2 X 4" BOLTS (96) and two 1/2" LOW HEIGHT LOCK NUTS (86) as shown in FIGURE 3.
- **SECURELY** assemble one 3/8 X 2-3/4" SPRING PIN (62) to the SEAT SUPPORT (12) as shown in FIGURE 3.
- **SECURELY** assemble one PEC SEAT PAD (104) to the PAD SUPPORT (13) using two 3/8 X 1-1/4" BOLTS (88) and two 3/8" WASHERS (80) as shown in FIGURE 3.
- **CAREFULLY** insert the PAD SUPPORT (13) into the SEAT SUPPORT (12) and engage the SPRING PIN into one of the holes.
- **SECURELY** assemble one PEC BACK PAD (105) to the FRONT UPRIGHT (29) using two 3/8 X 4" BOLTS (92) and two 3/8" WASHERS (80) as shown.

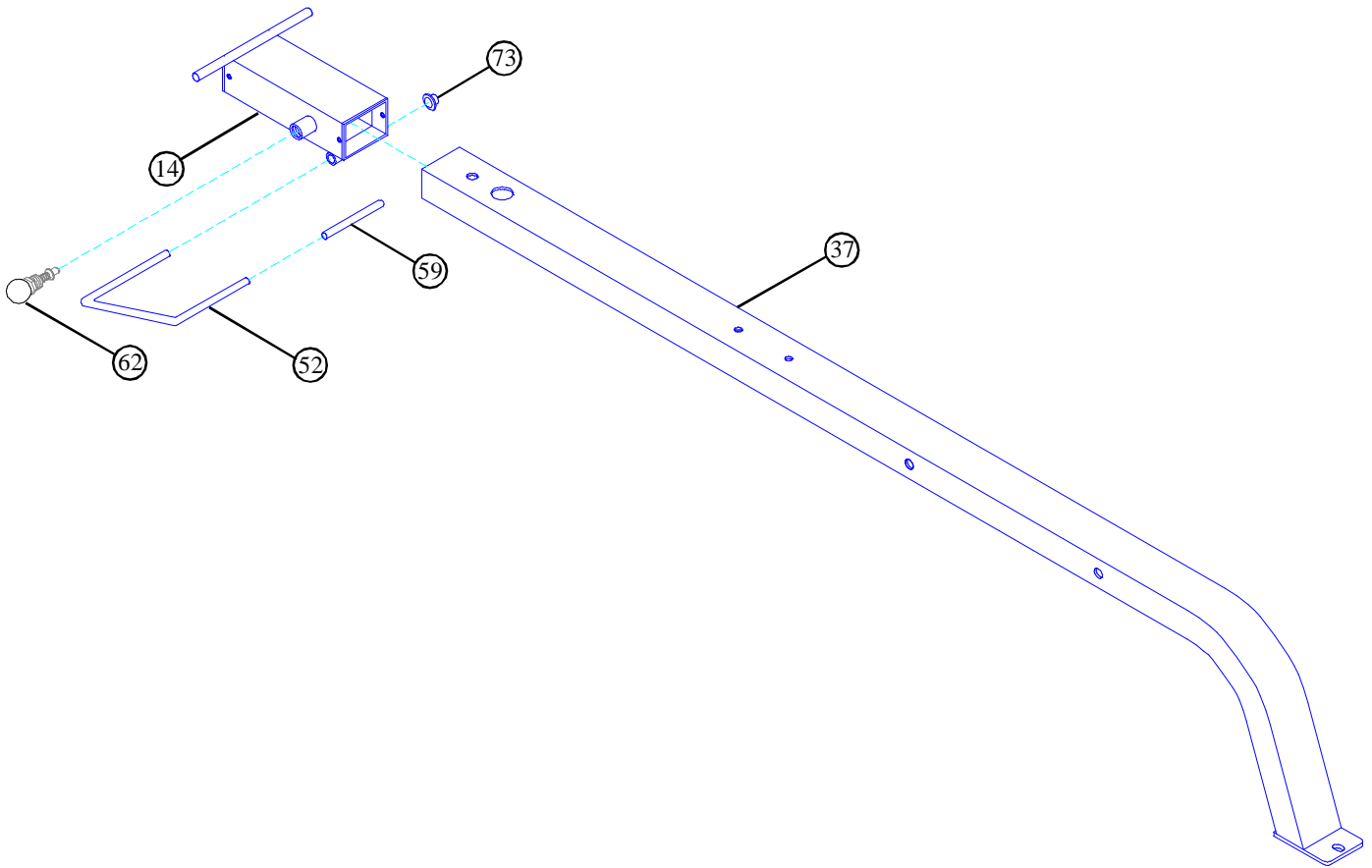




**FIGURE 4**

**STEP 4:**

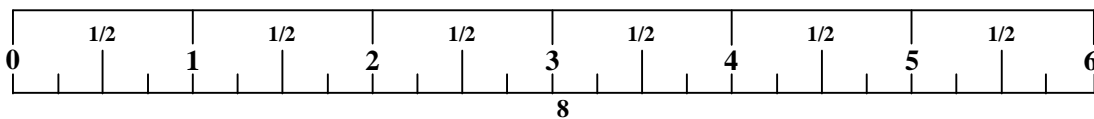
- **SECURELY** assemble the BEARING HOUSING (10) and the CENTER PULLEY BRACKET (27) to the FRONT UPRIGHT (29) using two 1/2 X 4" BOLTS (96) and two 1/2" LOW HEIGHT LOCK NUTS (86).
- Assemble the RIGHT PEC ARM (6) and one PEC CAM (28) to the BEARING HOUSING (10) using one 3/4" SLEEVE BEARING (72), two 3/4" FLANGE BEARINGS (71), one 1/2" WASHER (84), and one 1/2" LOCK NUT (85) as shown in FIGURE 4. (**NOTE: SECURELY tighten, then back nut off 1/4 turn to allow the PEC ARM to rotate freely.**)
- Assemble the LEFT PEC ARM (7) and one PEC CAM (28) to the BEARING HOUSING (10) using one 3/4" SLEEVE BEARING (72), two 3/4" FLANGE BEARINGS (71), one 1/2" WASHER (84), and one 1/2" LOCK NUT (85) as shown in FIGURE 4. (**NOTE: SECURELY tighten, then back nut off 1/4 turn to allow the PEC ARM to rotate freely.**)
- **SECURELY** assemble a 3/8 X 2-3/4" SPRING PIN (62) to the to the RIGHT & LEFT PEC ARM (6 & 7). See FIGURE 4.
- Apply two 1" X 1" GLIDES (60) to the BEARING HOUSING (10) where the PEC CAMS (28) come in contact with the BEARING HOUSING (10) as shown.
- **SECURELY** assemble one PEC ARM PAD (99) to both the RIGHT & LEFT PEC ARMS (6 & 7) using four 3/8 X 3-1/4" BOLTS (91) and four 3/8" WASHERS (80). See FIGURE 4.
- **SECURELY** assemble two 4 X 7" ROLLER PADS (41) to the FRONT UPRIGHT (29) using one 21-1/2" TUBE (40) and two 1-5/16" SHAFT COLLARS (79). **SECURELY** tighten set screws on SHAFT COLLARS (79). See FIGURE 4.



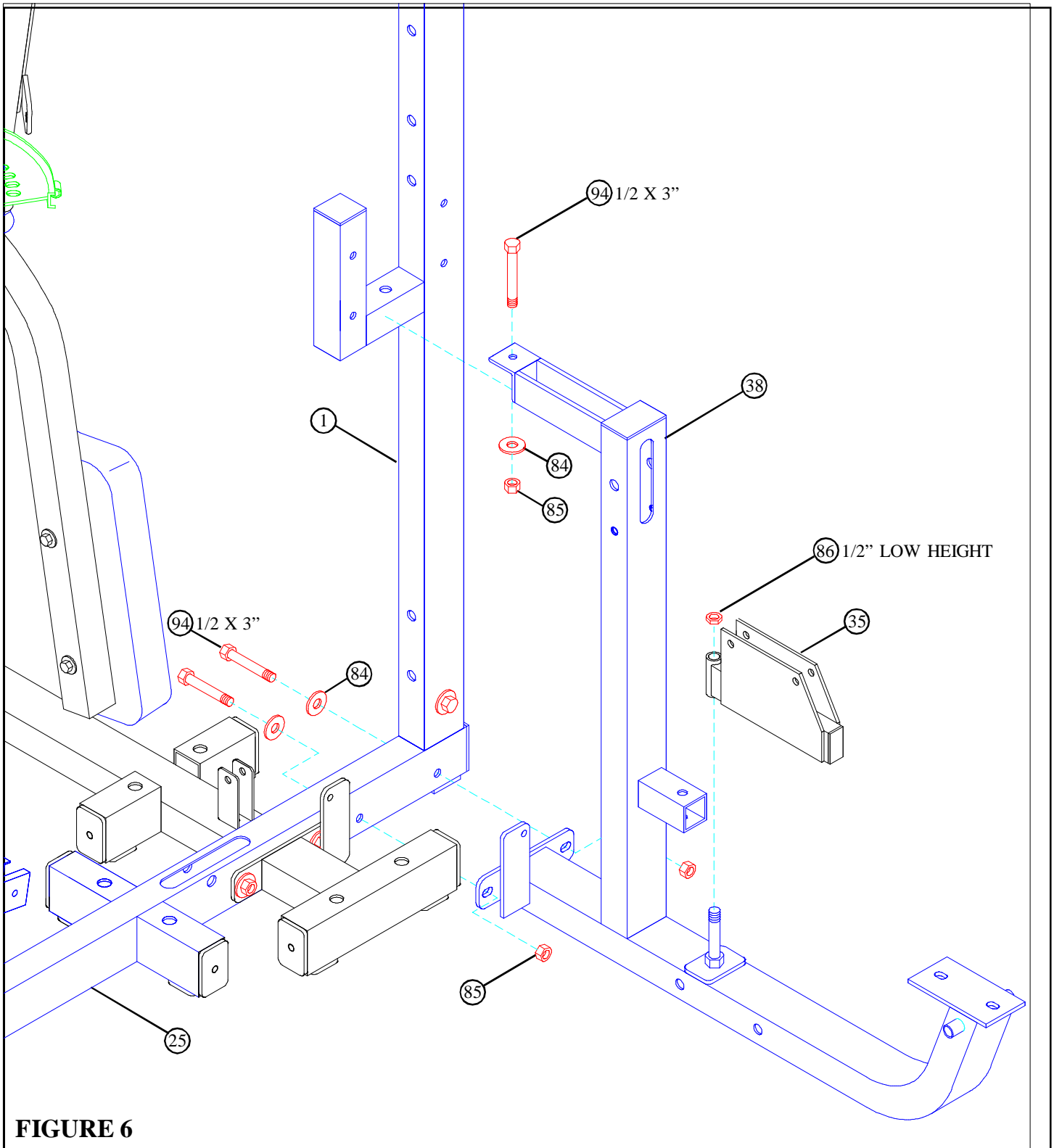
**FIGURE 5**

**STEP 5:**

- **SECURELY** assemble one 3/8 X 2-3/4" SPRING PIN (62) to the WOLFF SLEEVE (14) as shown in FIGURE 5.
- Assemble one U-PIN (52) to the WOLFF SLEEVE (14) using one 1/2" PAL NUT (73).
- Slide one 4" VINYL SLEEVE (59) onto the U-PIN (52) as shown in FIGURE 5.
- **CAREFULLY** slide the WOLFF SLEEVE (14) onto the PRESS FRAME (37) until the SPRING PIN engages in one of the holes.



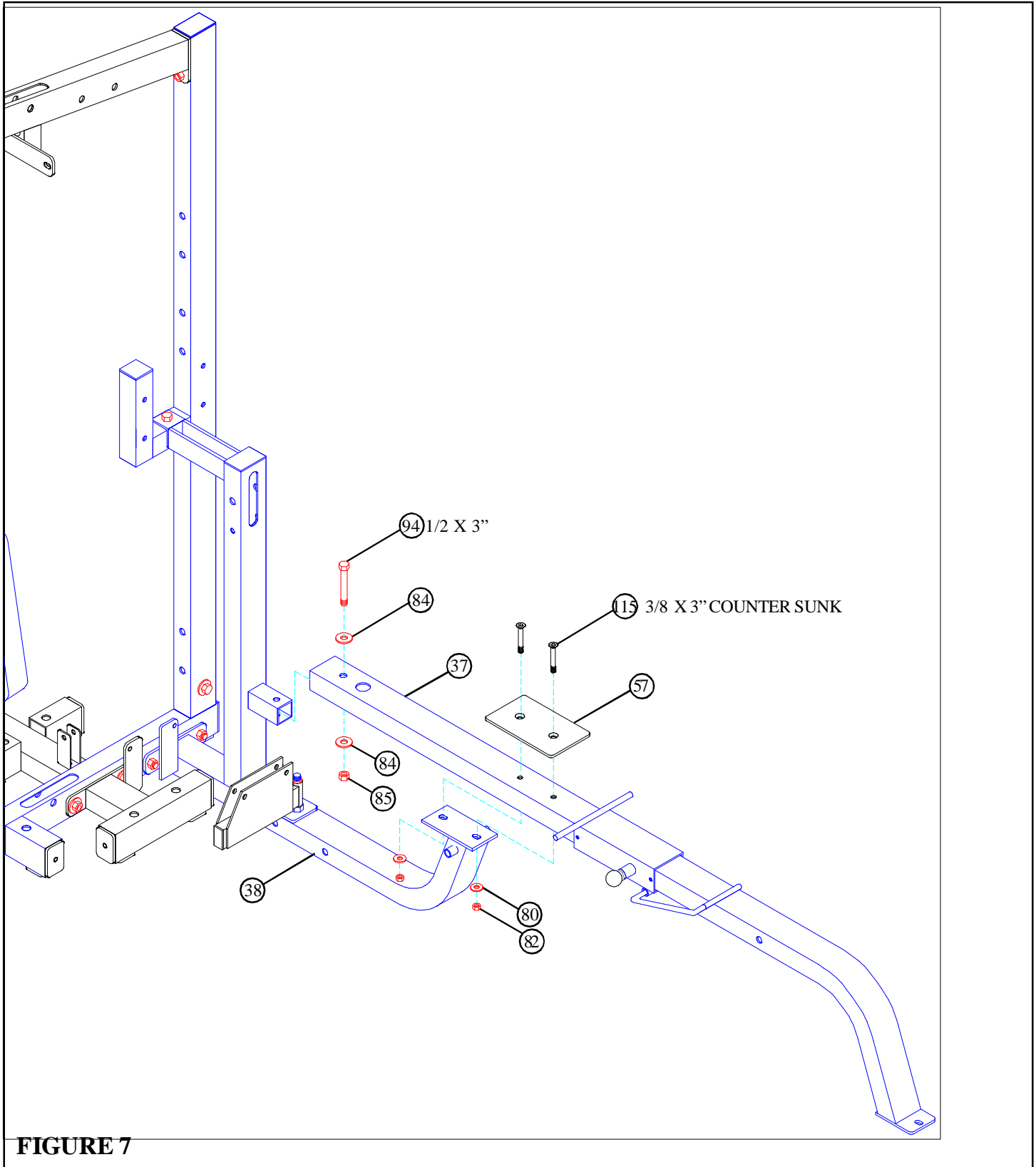




**FIGURE 6**

**STEP 6:**

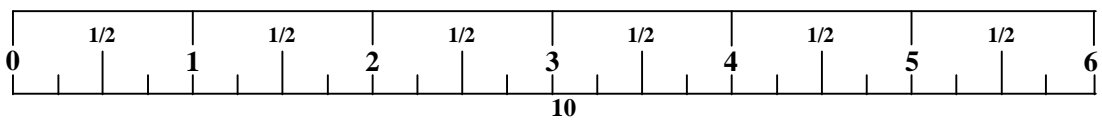
- **SECURELY** assemble the PRESS BASE (38) to the BASE (25) using two 1/2 X 3" BOLTS (94), two 1/2" WASHERS (84), and two 1/2" LOCK NUTS (85), and to the REAR UPRIGHT (1) using one 1/2 X 3" BOLT (94), one 1/2" WASHER (84), and one 1/2" LOCK NUT (85) as shown in FIGURE 6.
- Assemble the SWIVEL PULLEY BRACKET (35) to the PRESS BASE (38) using one 1/2" LOW HEIGHT LOCK NUT (86) as shown in FIGURE 6. (NOTE: Securely tighten, then back nut off 1/4 turn to allow the SWIVEL PULLEY BRACKET to rotate freely.)

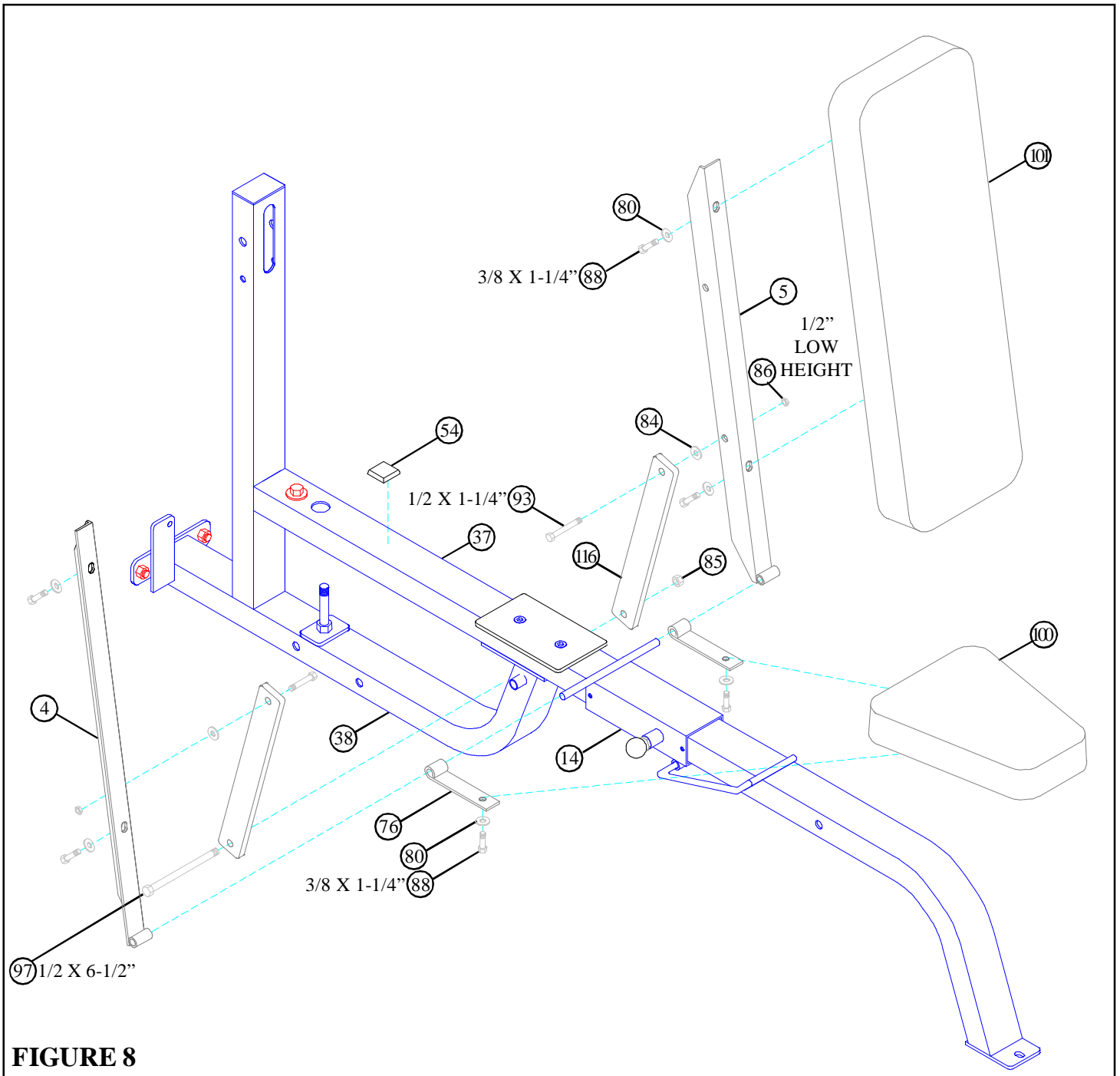


**FIGURE 7**

**STEP 7:**

- **SECURELY** assemble the PRESS FRAME (37) to the PRESS BASE (38) using one 1/2" X 3" BOLT (94), two 3/8 X 3" COUNTERSUNK BOLTS (115), one 4-1/2" X 8" PLATE (57), two 1/2" WASHERS (84), two 3/8" WASHERS (80), one 1/2" LOCK NUT (85), and two 3/8" LOCK NUTS (82). **(NOTE: Make sure 3/8" countersunk bolts are facing down.** See FIGURE 7.

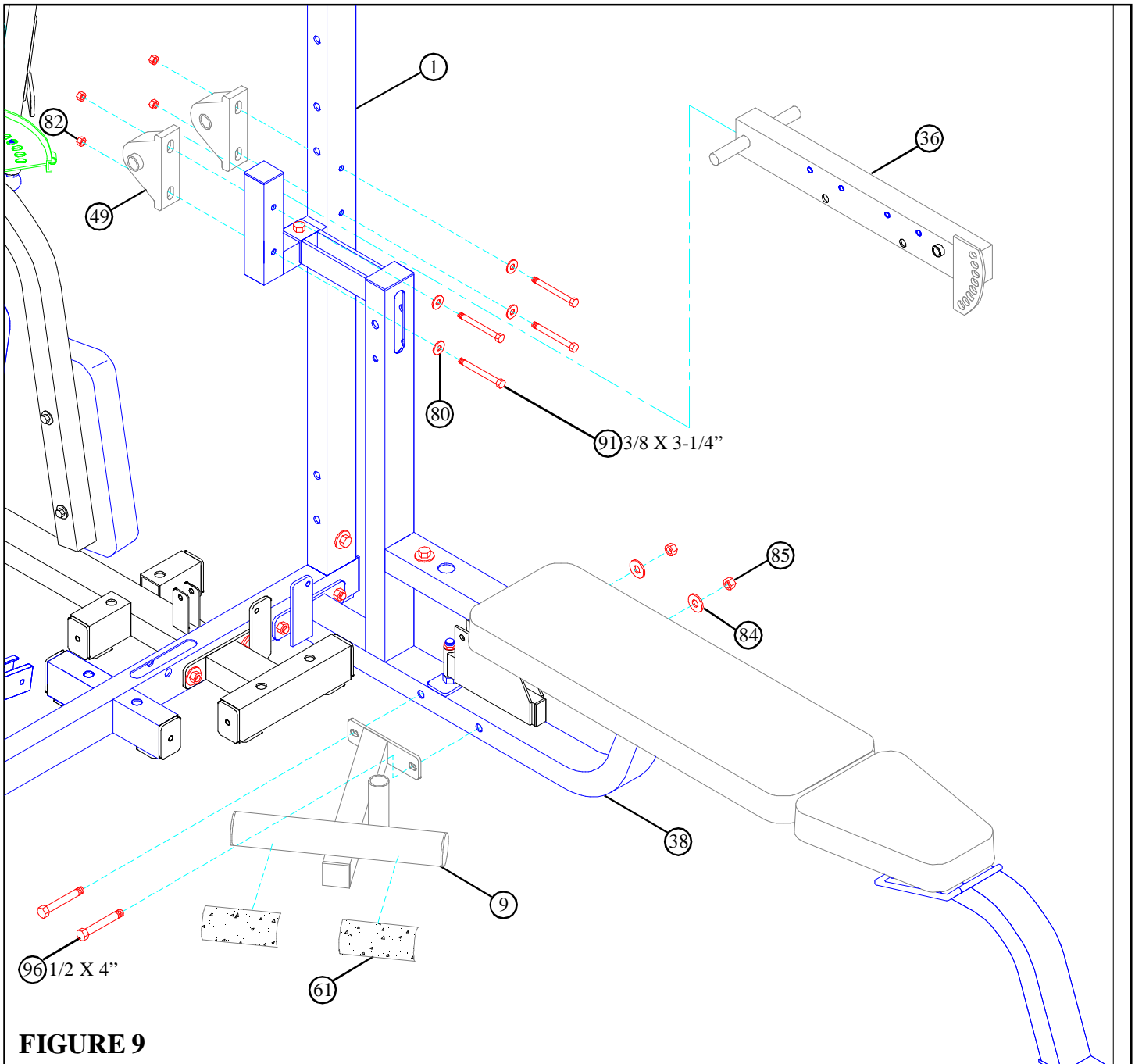




**FIGURE 8**

**STEP 8:**

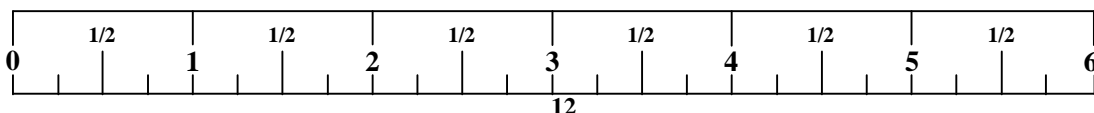
- Slide two HINGE TABS (76) onto the WOLFF SLEEVE (14) and **SECURELY** attach PRESS SEAT PAD (100) using two 3/8 X 1-1/4" BOLTS (88) and two 3/8" WASHERS (80). (**NOTE: The "hinge" part of the HINGE TAB (76) should face upward as shown in FIGURE 8.**)
- Slide the RIGHT BACK PAD ANGLE (5) and LEFT BACK PAD ANGLE (4) onto the WOLFF SLEEVE (14) and attach the PRESS BACK PAD (101) using four 3/8 X 1-1/4" BOLTS (88) and four 3/8" WASHERS (80). See FIGURE 8.
- **SECURE** two 2 X 15-1/2" PLATES (56) to the RIGHT BACK PAD ANGLE (5) and the LEFT BACK PAD ANGLE (4) using two 1/2 X 1-1/4" BOLTS (93), two 1/2" WASHERS (84) and two 1/2" LOW HEIGHT LOCK NUTS (86). (**NOTE: SECURE lock nuts, then back off 1/4 turn.**)
- **SECURE** the 2 X 15-1/2" PLATES (56) to the bushing in the PRESS BASE (38) using one 1/2 X 6-1/2" BOLT (97) and one 1/2" LOCK NUT (85) as shown in FIGURE 8.
- Apply one 1-1/4" RUBBER BUMPER (54) to the PRESS FRAME (37) where the back of the pad comes in contact with the frame.

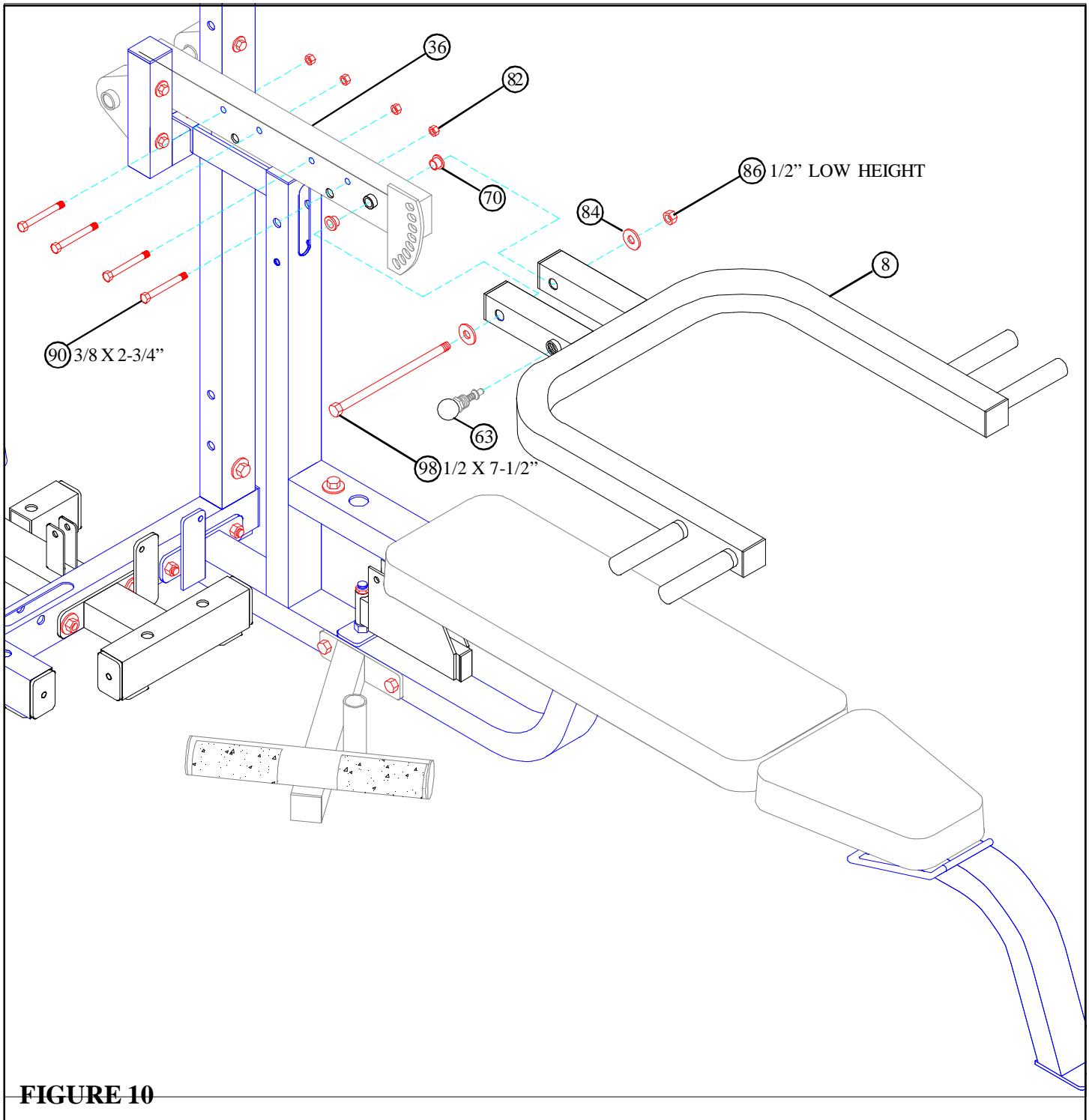


**FIGURE 9**

**STEP 9:**

- **LOOSELY** assemble the PRESS ARM ADJUST (36) to the REAR UPRIGHT (1) using two 1" PILLOW BLOCK BEARINGS (49), four 3/8 X 3-1/4" BOLTS (91), four 3/8" WASHERS (80), and four 3/8" LOCK NUTS (82). (**NOTE: Assemble PILLOW BLOCKS (49) so the set screws are on the outside, this will allow more adjustment.**) See FIGURE 9.
- Center PRESS ARM ADJUST (36) to line up with the post on the PRESS BASE (38) and securely tighten set screws on the PILLOW BLOCK BEARINGS (49). See FIGURE 9.
- Adjust the PILLOW BLOCK BEARINGS (49) until the PRESS ARM ADJUST (36) is level, then **SECURELY** tighten bolts.
- **SECURELY** assemble CALF/LOW ROW (9) to the PRESS BASE (38) using two 1/2 X 4" BOLTS (96), two 1/2" WASHERS (84), and two 1/2" LOCK NUTS (85) as shown in FIGURE 9.
- Apply two NON-SKID STRIPS (61) to the CALF/LOW ROW (9) as shown in FIGURE 9.

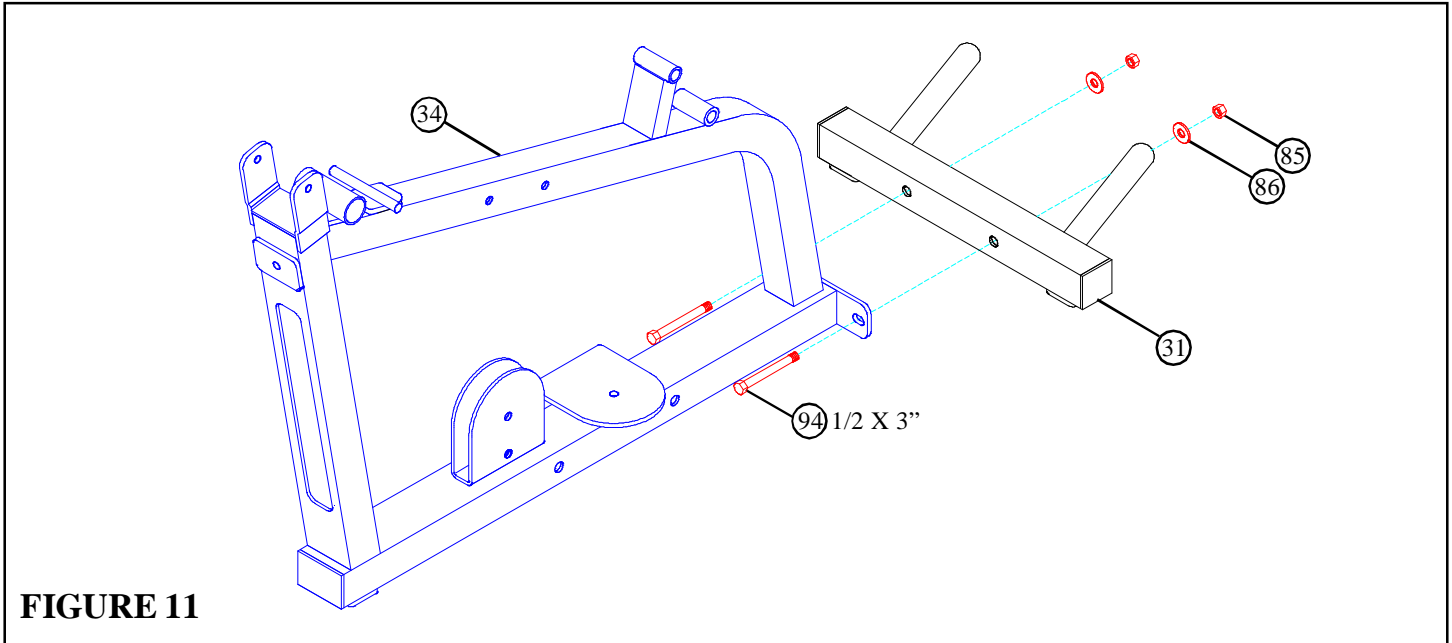




**FIGURE 10**

**STEP 10:**

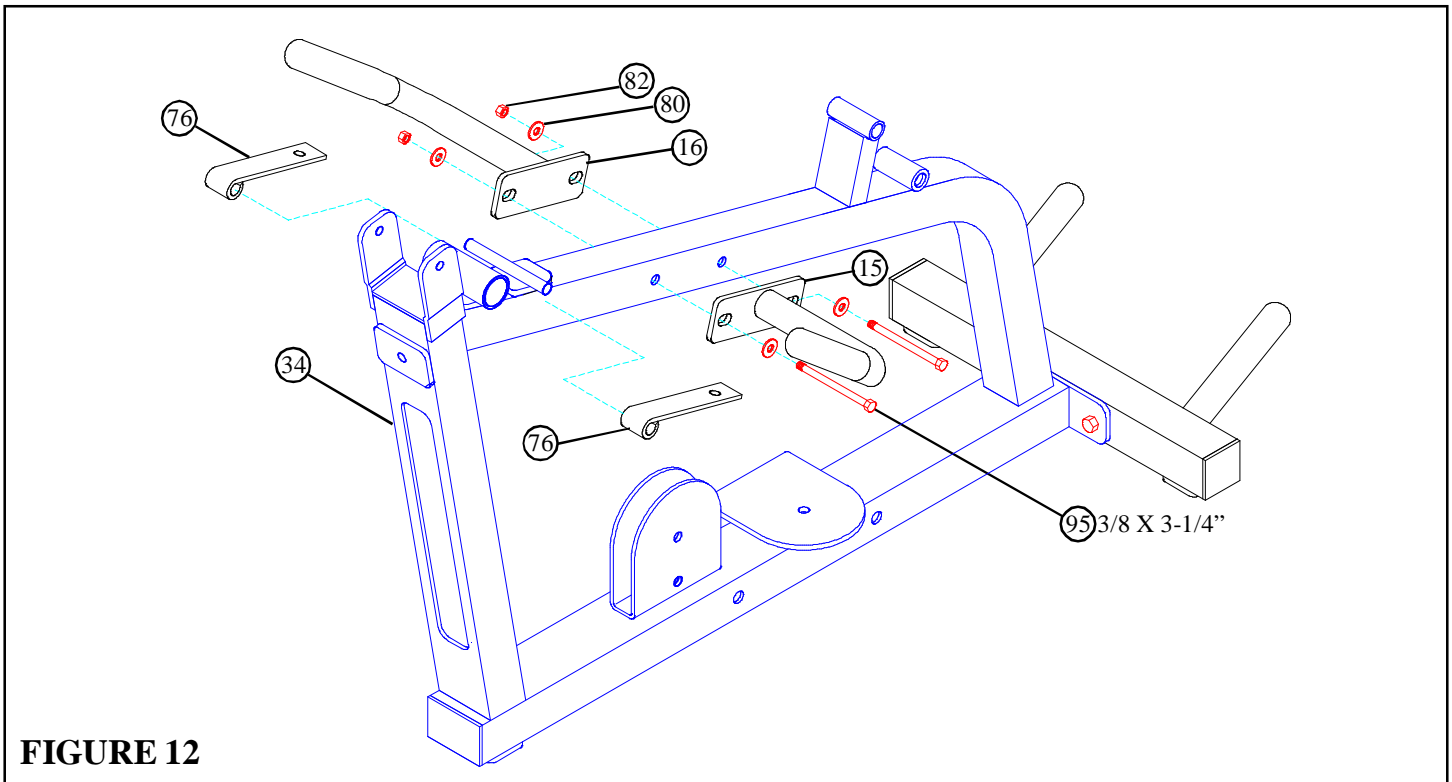
- **SECURELY** assemble one 1/2 X 3-1/2" SPRING PIN (63) to the PRESS ARM (8) as shown in FIGURE 10.
- **SECURELY** assemble the PRESS ARM (8) to the PRESS ARM ADJUST (36) using one 1/2 X 7-1/2" BOLT (98), two 1/2" WASHERS (84), two 1/2" FLANGE BEARINGS (70), and one 1/2" LOW HEIGHT LOCK NUT (86). (**NOTE: SECURELY tighten, then back nut off 1/4 to allow the PRESS ARM to rotate freely.**)
- **SECURELY** assemble four 3/8 X 2-3/4" BOLTS (90) and four 3/8" LOCK NUTS (82) to the PRESS ARM ADJUST (36) as shown in FIGURE 10.



**FIGURE 11**

**STEP 11:**

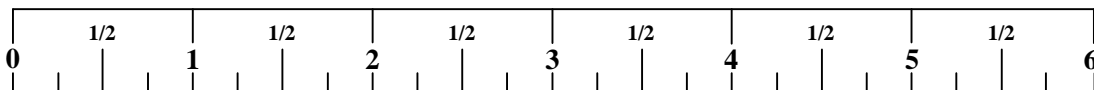
- **SECURELY** assemble the REAR BASE LEG (31) to the LEG FRAME (34) using two 1/2 X 3" BOLTS (94), two 1/2" WASHERS (84), and two 1/2" LOCK NUTS (85) as shown in FIGURE 11.



**FIGURE 12**

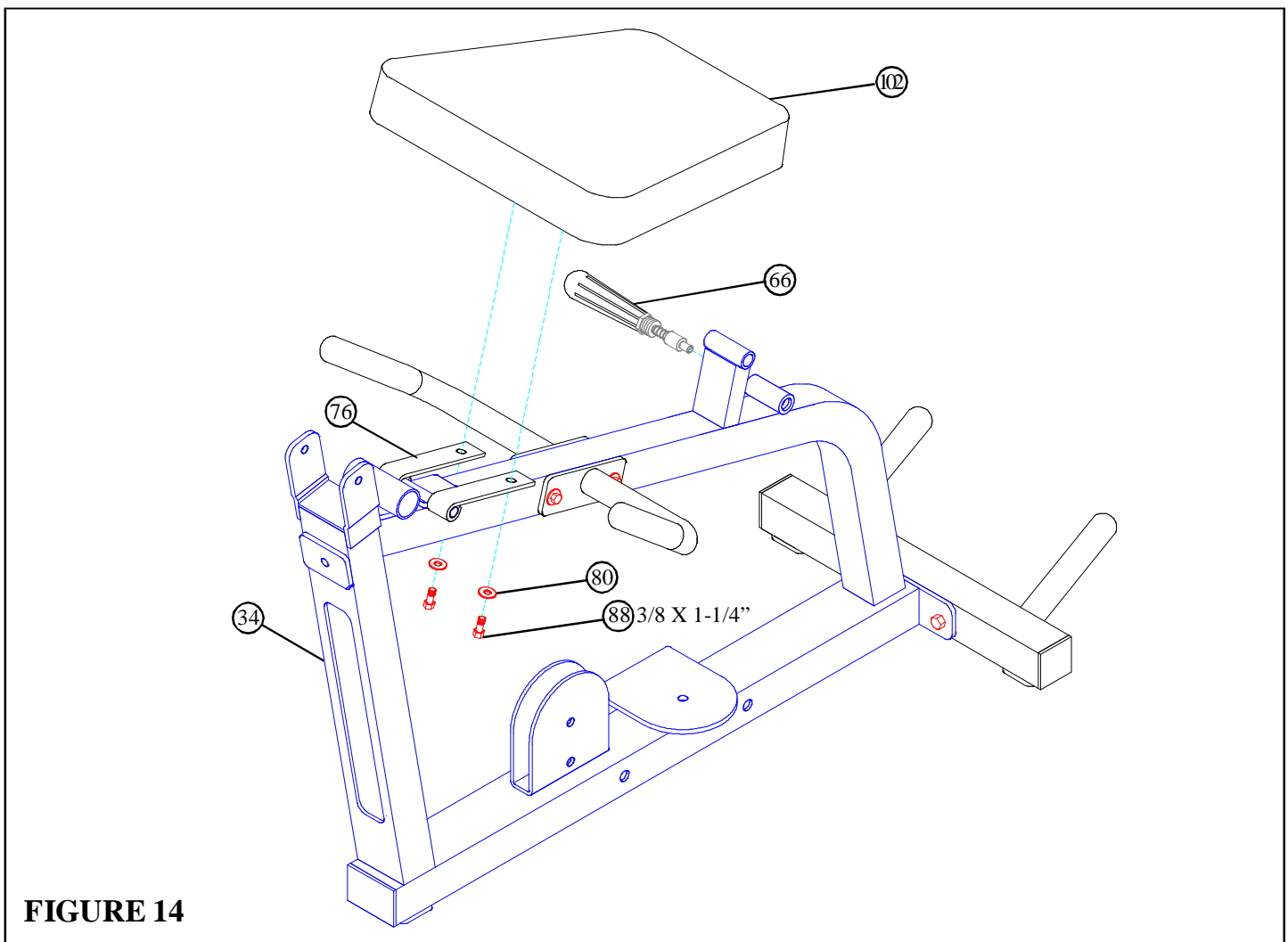
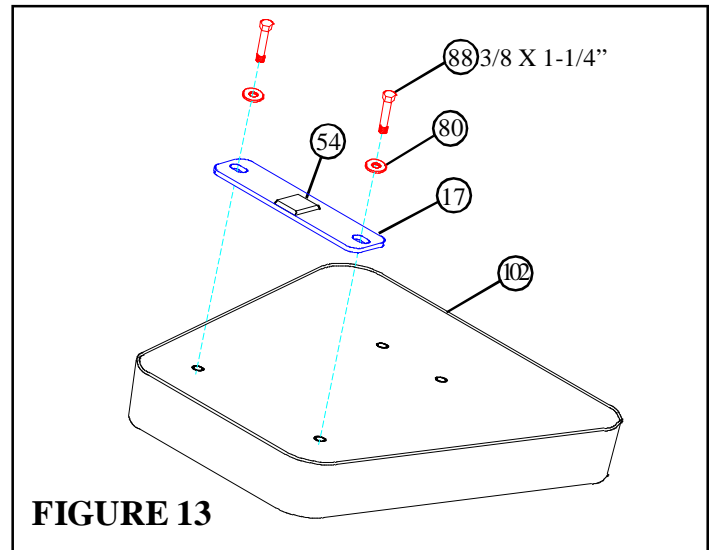
**STEP 12:**

- **SECURELY** assemble the LEFT & RIGHT LEG EXTENSION HANDLES (16 & 15) to the LEG FRAME (34) using two 3/8 X 3-1/4" BOLTS (91), four 3/8" WASHERS (80), and two 3/8" LOCK NUTS (82). See FIGURE 12.
- Slide two HINGE TABS (76) onto the LEG FRAME (34) as shown in FIGURE 12. (NOTE: The "hinge" part of the HINGE TAB should face downward.)



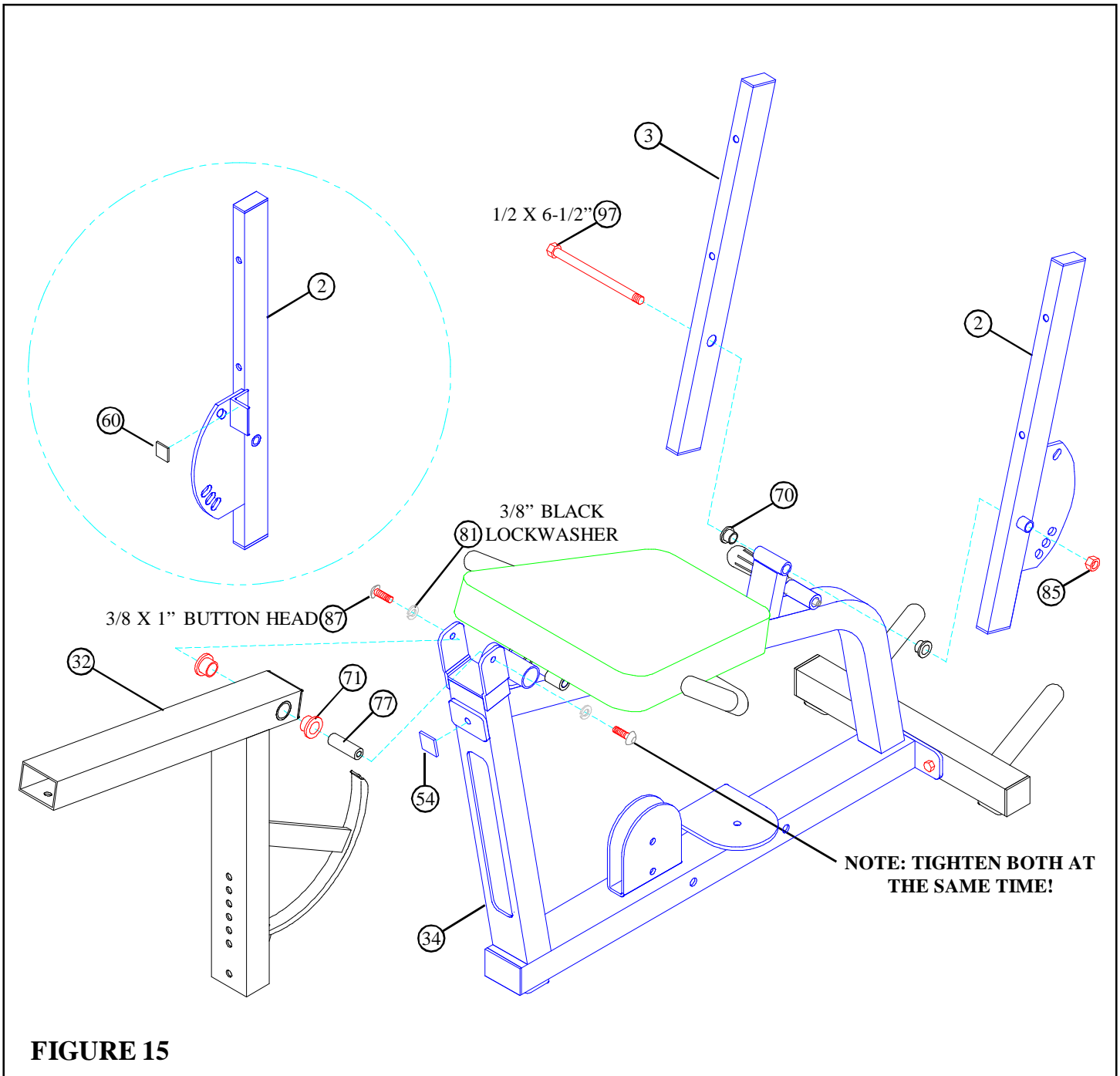
### STEP 13:

- **SECURELY** assemble one 2 X 8" PLATE (17) to the LEG SEAT PAD (102) using two 3/8 X 1-1/4" BOLTS (88) and two 3/8" WASHERS (80). See FIGURE 13.
- Apply one 1-1/4" RUBBER BUMPER (54) to the 2 X 8" PLATE (17) as shown in FIGURE 13.



### STEP 14:

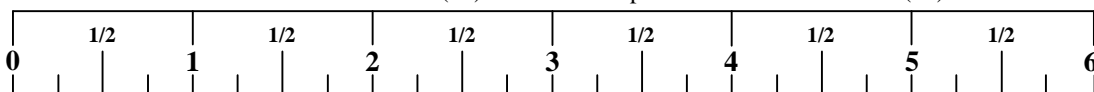
- **SECURELY** assemble the LEG SEAT PAD (102) to the HINGE TABS (76) using two 3/8 X 1-1/4" BOLTS (88) and two 3/8" WASHERS (80). See FIGURE 14.
- **SECURELY** assemble one 1/2 X 7-7/8" SPRING PIN (66) to the LEG FRAME (34) as shown in FIGURE 14.



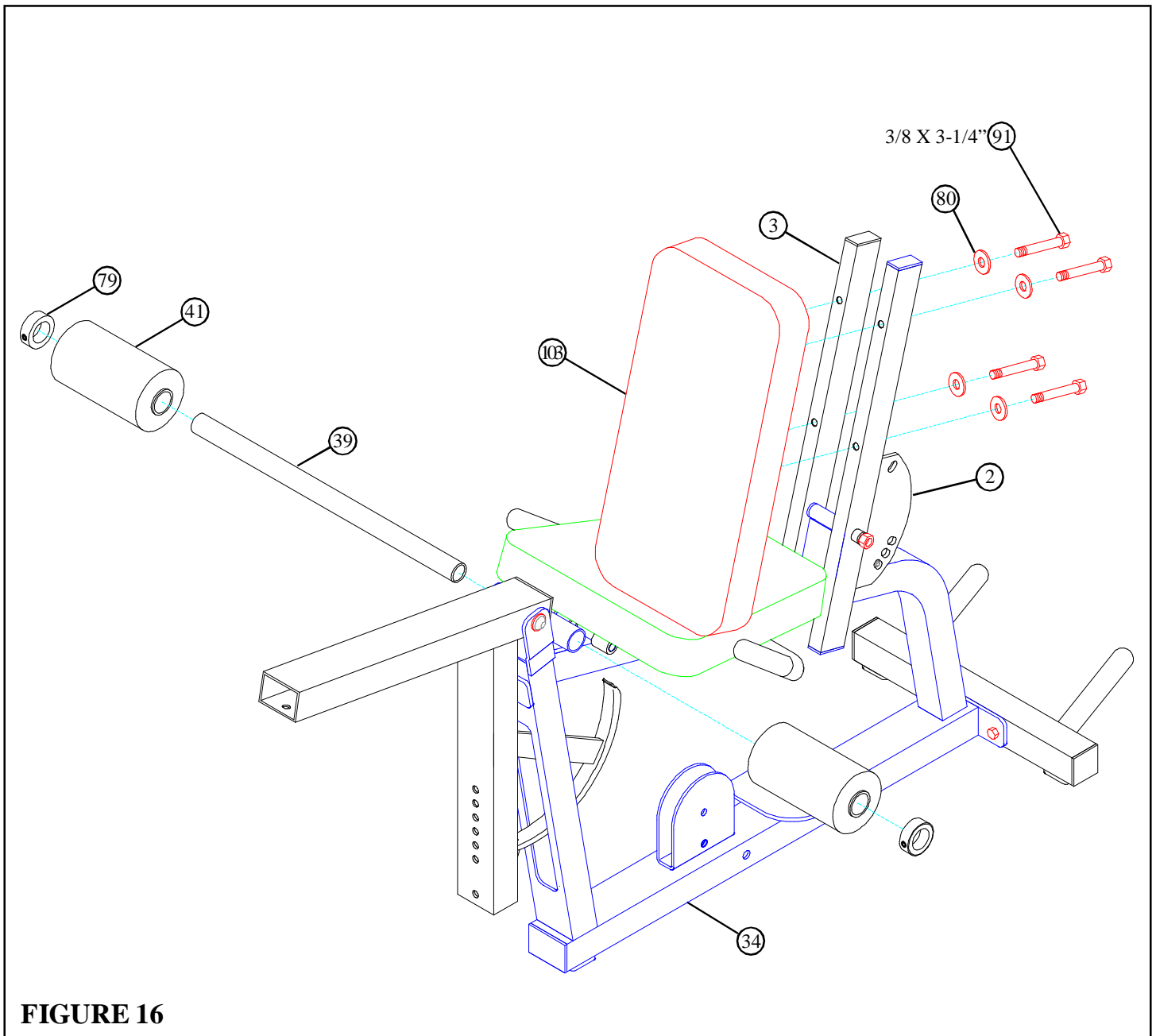
**FIGURE 15**

**STEP 15:**

- **SECURELY** assemble one 1 X 1" GLIDE (60) to the angle on the BACK PAD ADJUST (2) as shown in FIGURE 15.
- Assemble LEG BACK PAD ADJUST (2) and LEG BACK PAD SUPPORT (3) to the LEG FRAME (34) using one 1/2 X 6-1/2" BOLT (97), two 1/2" FLANGE BEARINGS (70), one 1/2" LOCK NUT (85) as shown in FIGURE 15. (NOTE: Securely tighten, then back nut off 1/4 turn to allow the two parts to rotate freely.)
- **SECURELY** assemble the LEG CURL/EXTENSION (32) to the LEG FRAME (34) using two 3/4" FLANGE BEARINGS (71), one 3/4" TAPPED SHAFT (77), two black 3/8" LOCK WASHERS (81), and two 3/8 X 1" BLACK BUTTON HEAD CAP SCREWS (87). (NOTE: Both CAP SCREWS must be tightened at the same time using two allen wrenches.)
- **SECURELY** assemble one 1-1/4" RUBBER BUMPER (54) to the contact point on the LEG FRAME (34) as shown in FIGURE 15.



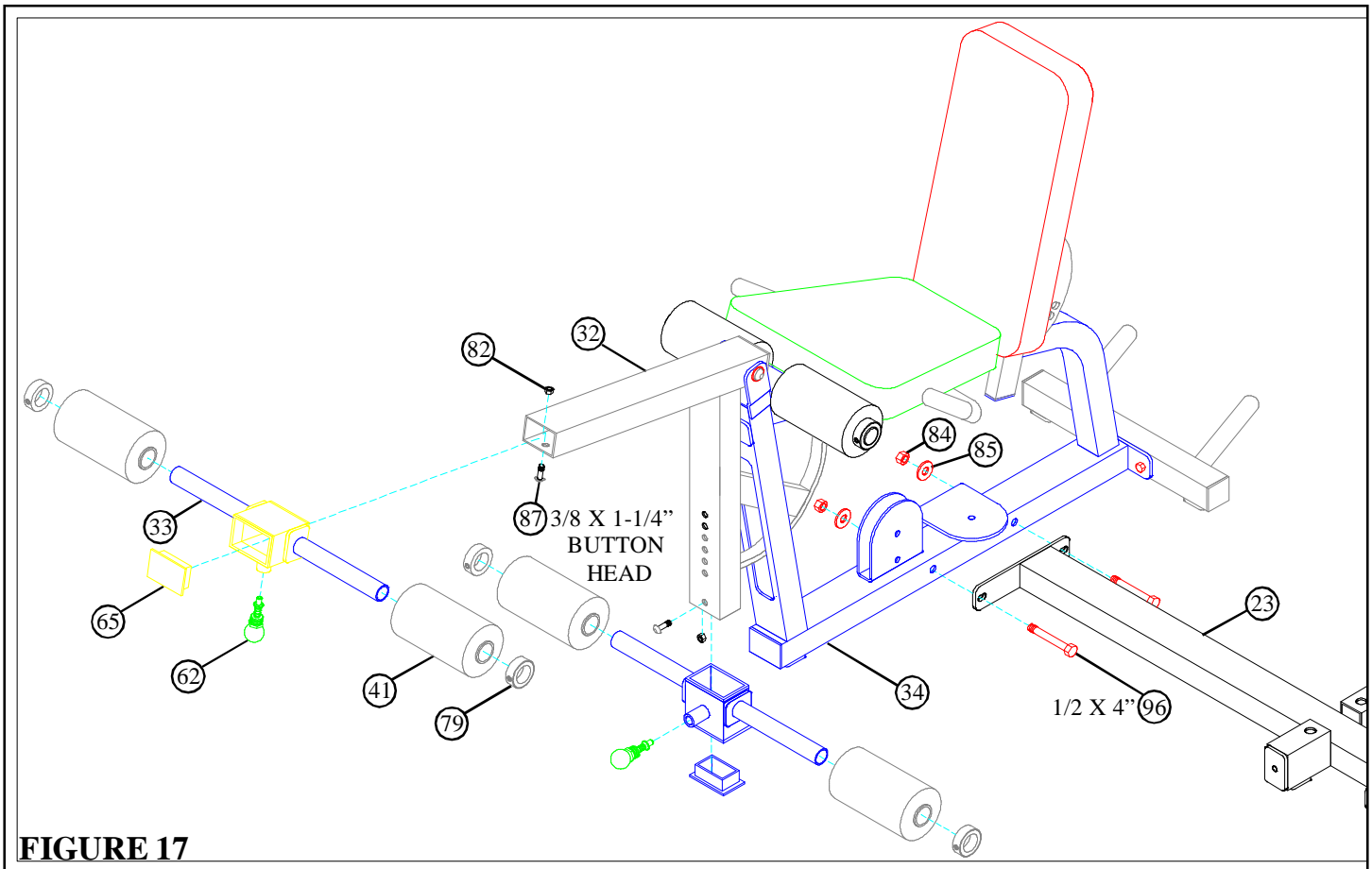




**FIGURE 16**

**STEP 16:**

- **SECURELY** assemble the LEG BACK PAD (103) to the LEG BACK PAD ADJUST (2) and the LEG BACK PAD SUPPORT (3) using four 3/8 X 3-1/4" BOLTS (91) and four 3/8" WASHERS (80). See FIGURE 16.
- **SECURELY** assemble two 4 X 7" ROLLER PADS (41) to the LEG FRAME (34) using one 19-1/4" TUBE (39) and two 1-5/16" SHAFT COLLARS (79). **SECURELY** tighten set screws on SHAFT COLLARS (79). See FIGURE 16.



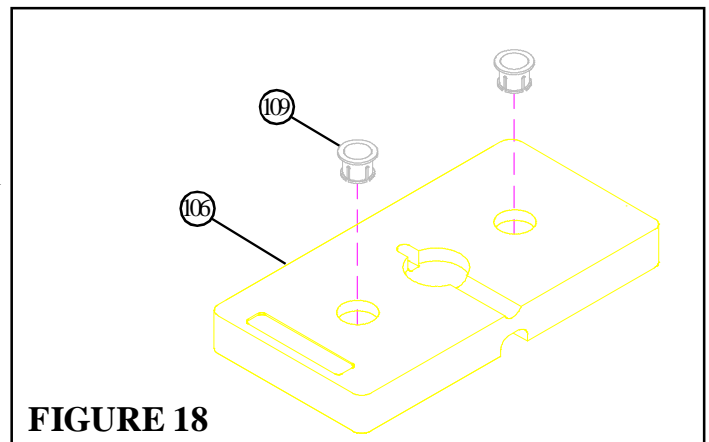
**FIGURE 17**

**STEP 17:**

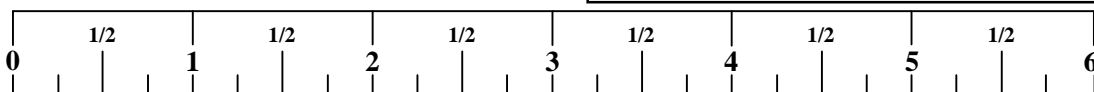
- **SECURELY** assemble two 3/8 X 2-3/4" SPRING PINS (62) to the PAD SLEEVES (33) as shown in FIGURE 17.
- Assemble four ROLLER PADS (41) to the PAD SLEEVES (33) using four 1-5/16" SHAFT COLLARS (79). **SECURELY** tighten set screws on SHAFT COLLARS (79). See FIGURE 16.
- Slide PAD SLEEVES (33) over LEG CURL/EXTENSION (32) until the spring pin pops into the holes. (**NOTE: PAD SLEEVES should be facing as shown in FIGURE 17.**)
- **SECURELY** assemble two 3/8 X 1" BUTTON HEAD CAP SCREWS (87) and two 3/8" LOCK NUTS (82) to the last holes in the LEG CURL/EXTENSION (32) as shown in FIGURE 17.
- Insert two 3 X 2" END CAPS (65) into the ends of the LEG CURL/EXTENSION (32) as shown in FIGURE 17.
- **SECURELY** assemble LEG FRAME (34) to the LEG WEIGHT STACK BASE (23) using two 1/2 X 4" BOLTS (96), two 1/2" WASHERS (84), and two 1/2" LOCK NUTS (85). See FIGURE 17.

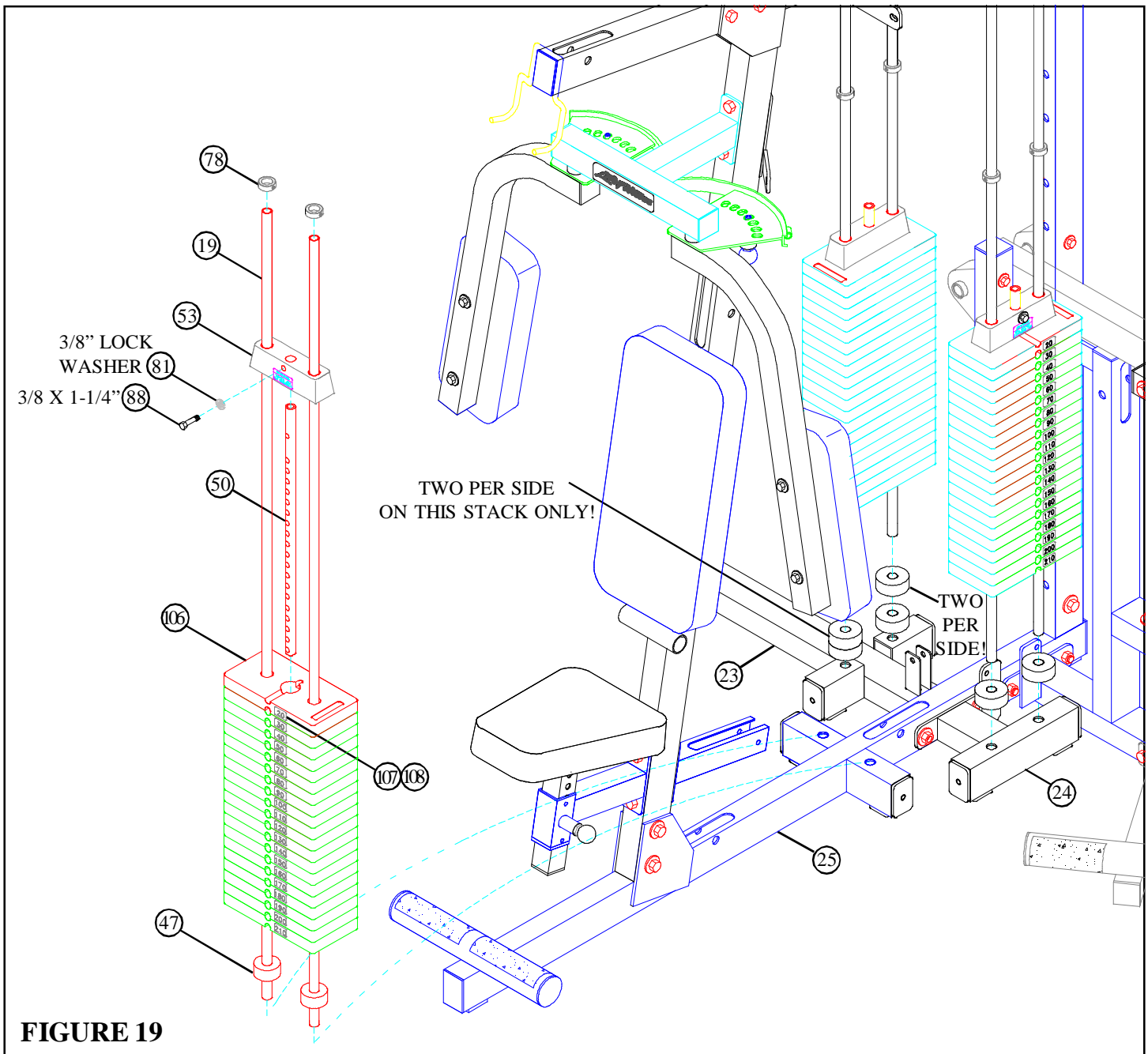
**STEP 18:**

- Snap two WEIGHT PLATE BUSHINGS (109) into the top side of all sixty WEIGHT PLATES (106) as shown in FIGURE 18.



**FIGURE 18**

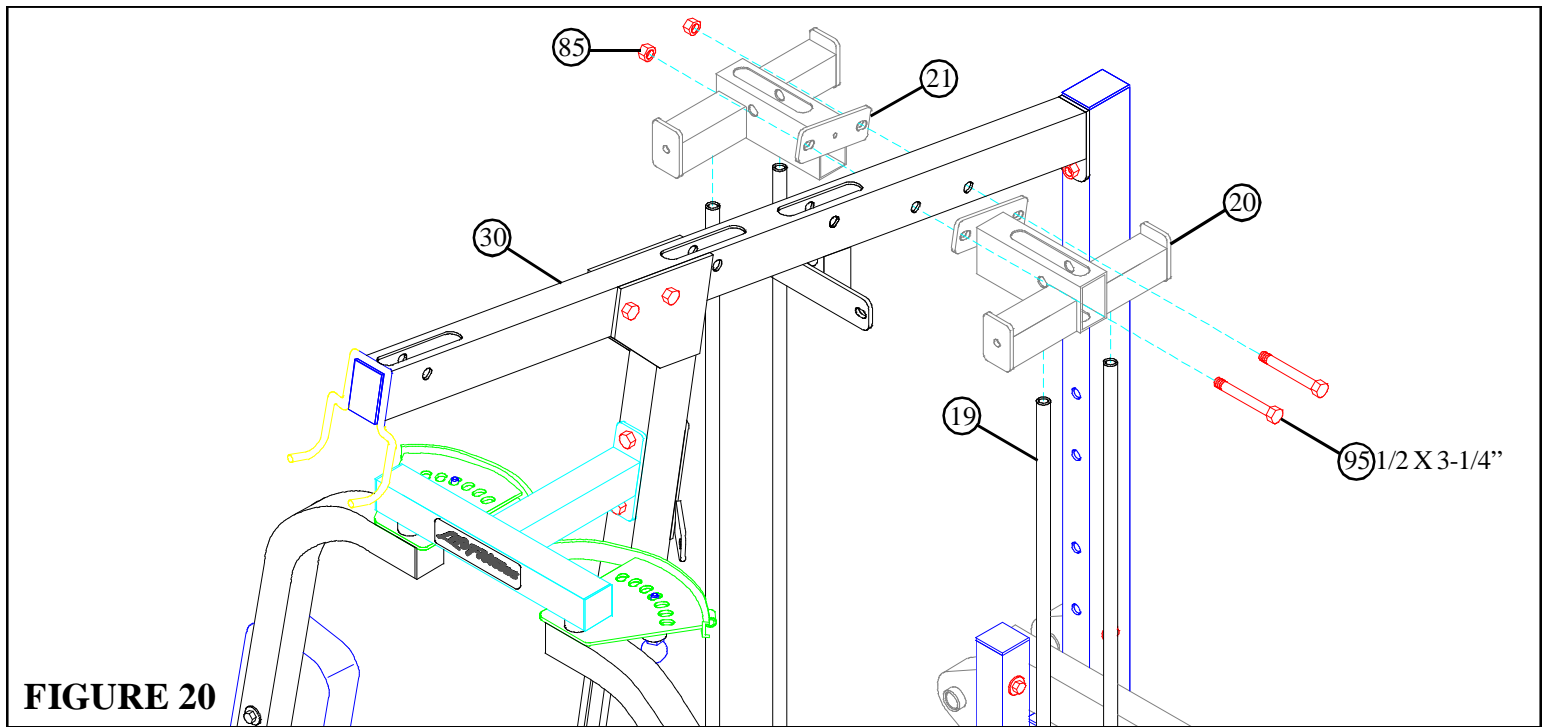




**FIGURE 19**

**STEP 19:**

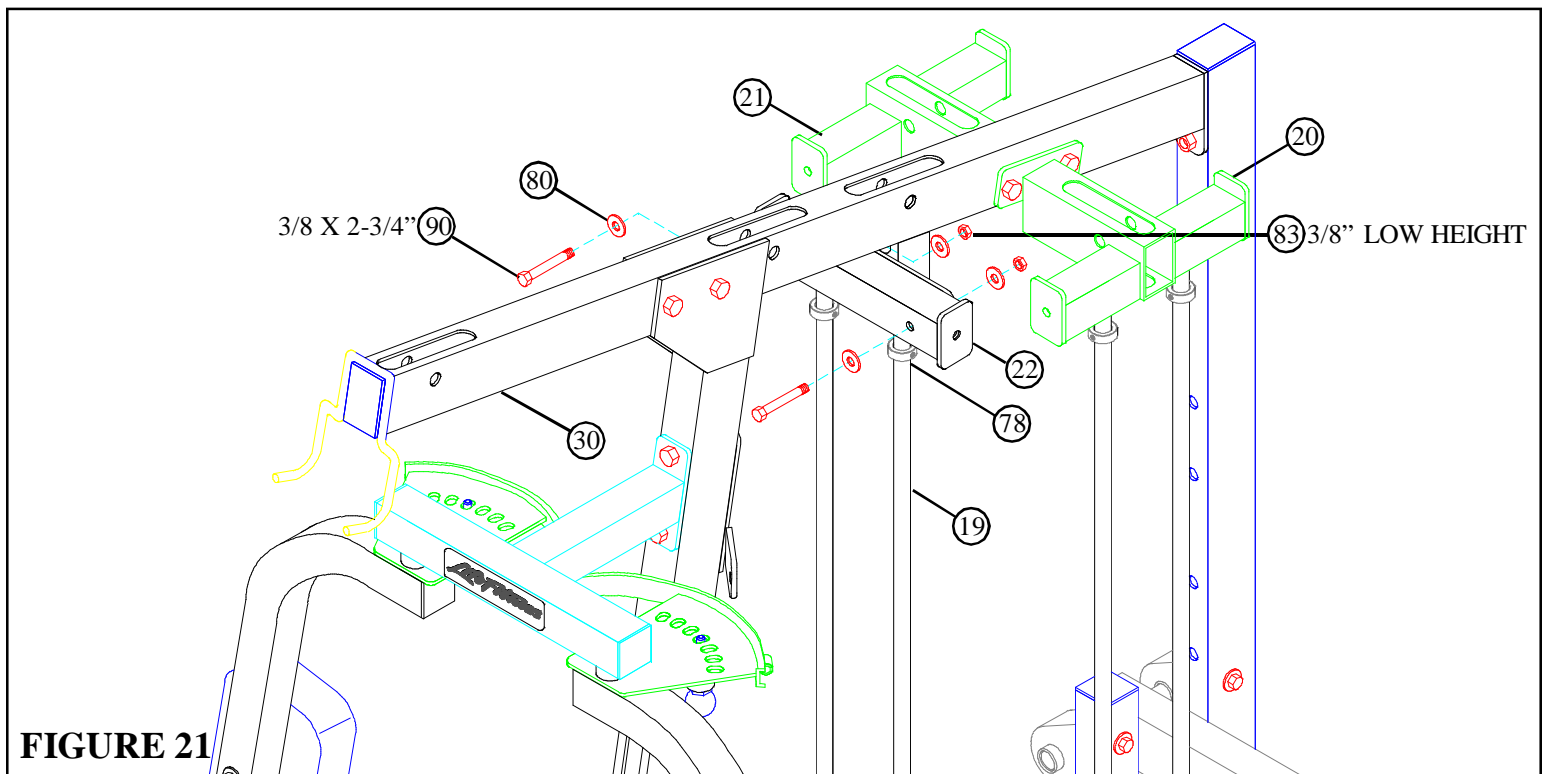
- Insert the two GUIDE RODS (19) into the BASE (25) as shown in FIGURE 19. Lubricate the GUIDE RODS (19) with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (47) down over the GUIDE RODS (19). See FIGURE 19.
- Using **EXTREME CARE** slide twenty WEIGHT PLATES (106) down over the GUIDE RODS (19) with the the key-hole facing as shown in FIGURE 19.
- **SECURELY** assemble the WEIGHT STACK SHAFT (50) to the HEAD PLATE (53) using one 3/8 X 1-1/4" BOLT (88) and one 3/8" BLACK LOCK WASHER (81). (Note: The bolt hole in the HEAD PLATE (53) should be on top.)
- Carefully Slide the HEAD PLATE ASSEMBLY down over the GUIDE RODS (19) onto the weight stack as shown.
- Apply one set of WEIGHT STACK LABELS - LBS. OR NUMBERED 1-20 (107) (108) to each WEIGHT PLATE (106). See FIGURE 19.
- Slide two 13/16" SHAFT COLLARS (78) over the GUIDE RODS (19) as shown in FIGURE 19.
- REPEAT the above steps to assemble the weight stacks on the PRESS WEIGHT STACK BASE (24) and the LEG WEIGHT STACK BASE (23). (NOTE: Use four WEIGHT STACK CUSHIONS (47) (two per guide rod!) on the LEG WEIGHT STACK BASE (23) as shown in FIGURE 19.)



**FIGURE 20**

**STEP 20:**

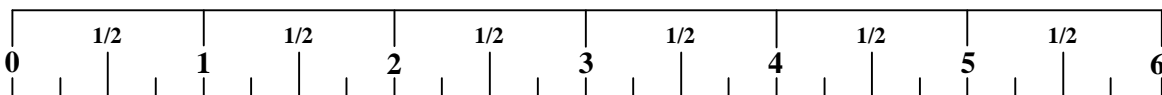
- Slide the PRESS GUIDE ROD SUPPORT (20) and LEG GUIDE ROD SUPPORT (21) over their respective GUIDE RODS (19) and **SECURELY** assemble them to the TOP BOOM (30) using two 1/2 X 3-1/4" BOLTS (95) and two 1/2" LOCK NUTS (85) as shown in FIGURE 20.



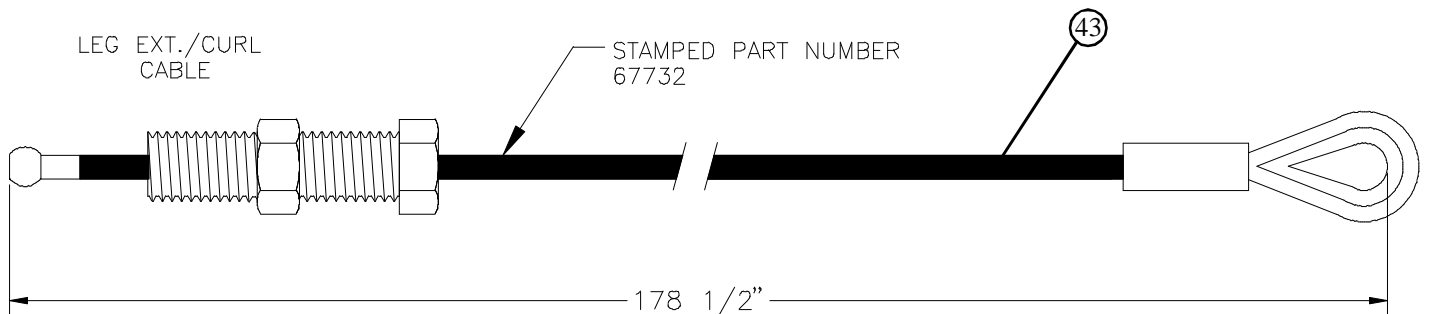
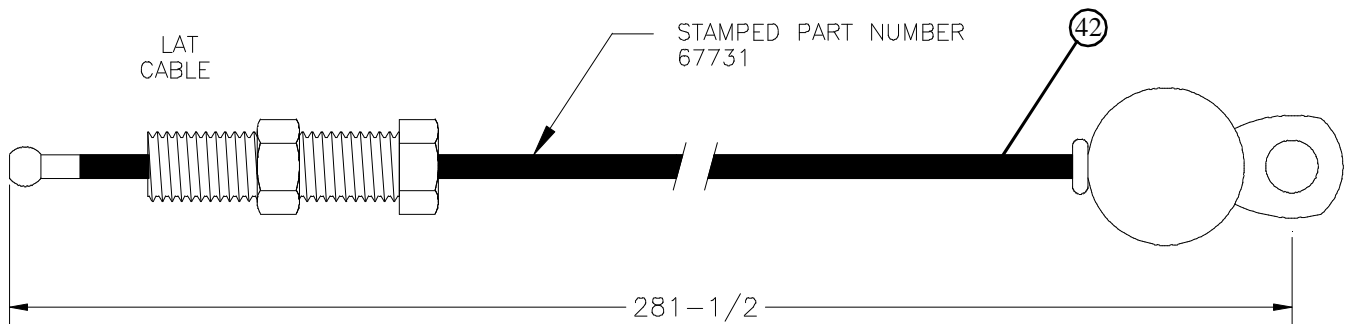
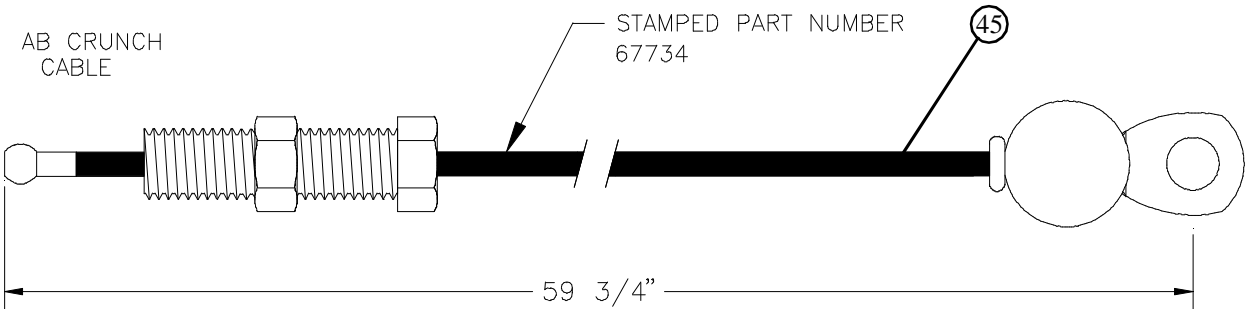
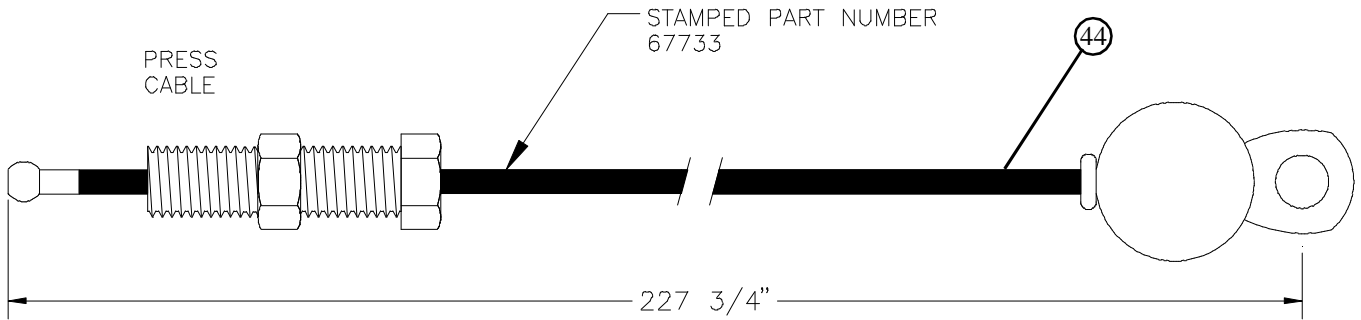
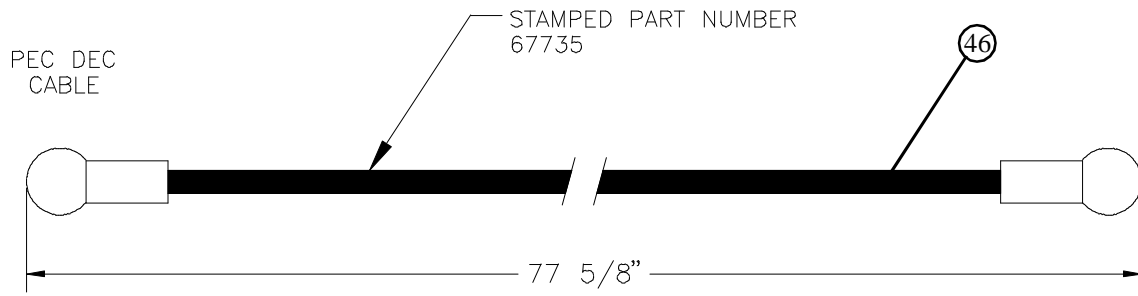
**FIGURE 21**

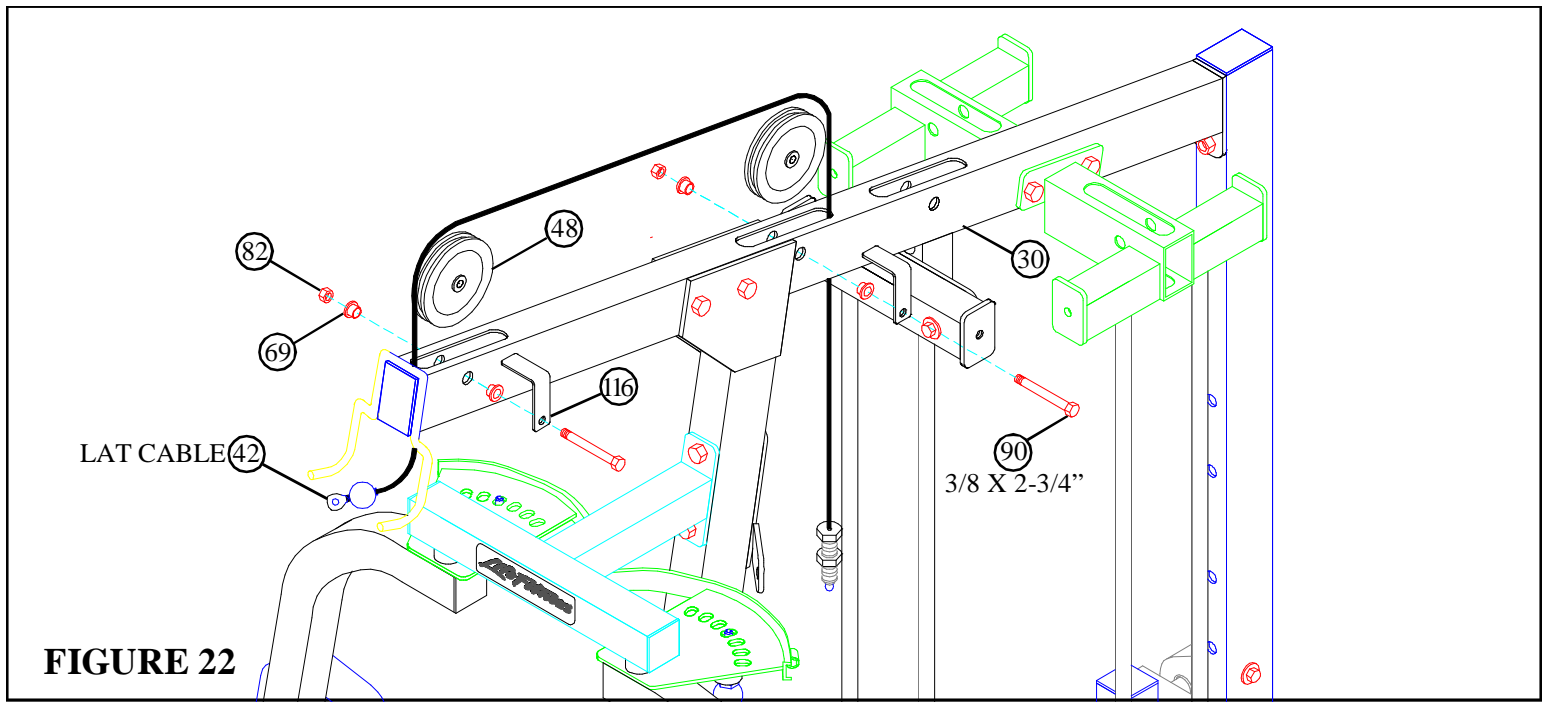
**STEP 21:**

- Slide the PEC GUIDE ROD SUPPORT (22) onto the GUIDE RODS (19) and **SECURELY** assemble the PEC GUIDE ROD SUPPORT (22) to TOP BOOM (30) using two 3/8 X 2-3/4" BOLTS (90), four 3/8" WASHERS (80), and two 3/8" LOW HEIGHT LOCK NUTS (83). See FIGURE 21.
- Slide the 13/16" SHAFT COLLARS (78) to the top of the GUIDE ROD SUPPORTS (20,21,22) and **SECURELY** tighten the SHAFT COLLARS set screws. See FIGURE 21.



# CABLE GUIDE

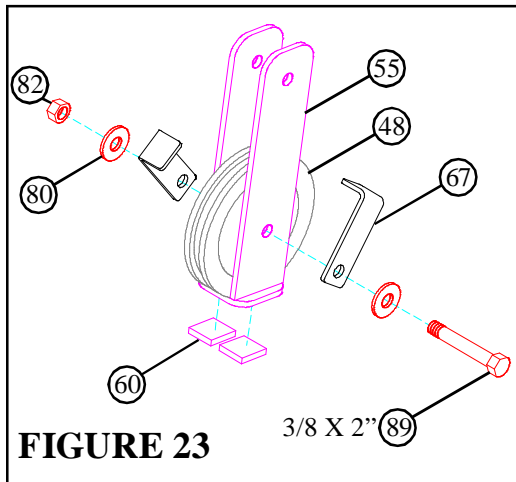




**FIGURE 22**

**STEP 22:**

- Route the threaded end of the LAT CABLE (42) through the TOP BOOM (30) as shown in FIGURE 22.
- **SECURELY** assemble two 4-1/2" PULLEYS (48) into the slots of the TOP BOOM (30) using two 3/8 X 2-3/4" BOLTS (90), four 3/8" FLANGE SPACERS (69), two 2-7/8" X 2-1/4" CABLE CLIPS (116) and two 3/8" LOCK NUTS (82). (NOTE: Loop the cable around each pulley prior to inserting it in the the slot.)



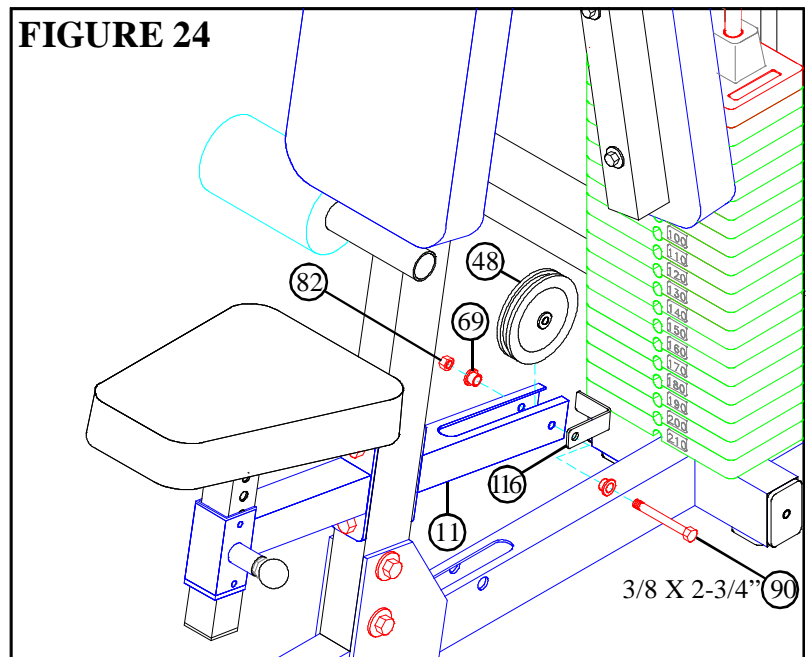
**FIGURE 23**

**STEP 23:**

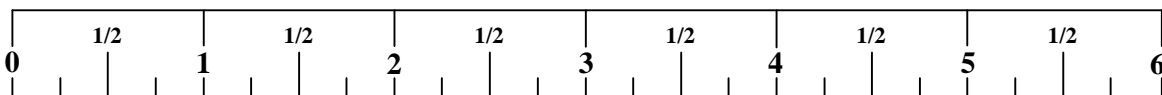
- **SECURELY** assemble one 4-1/2" PULLEY (48) to the FLOATING PULLEY BRACKET (55) using one 3/8 X 2" BOLT (89), two 3/8" WASHERS (80), two 2-7/8 X 1" CABLE CLIPS (67) and one 3/8" LOCK NUT (82) as shown in FIGURE 23.
- Apply two 1 X 1" GLIDES (60) to the FLOATING PULLEY BRACKET (55) as shown.

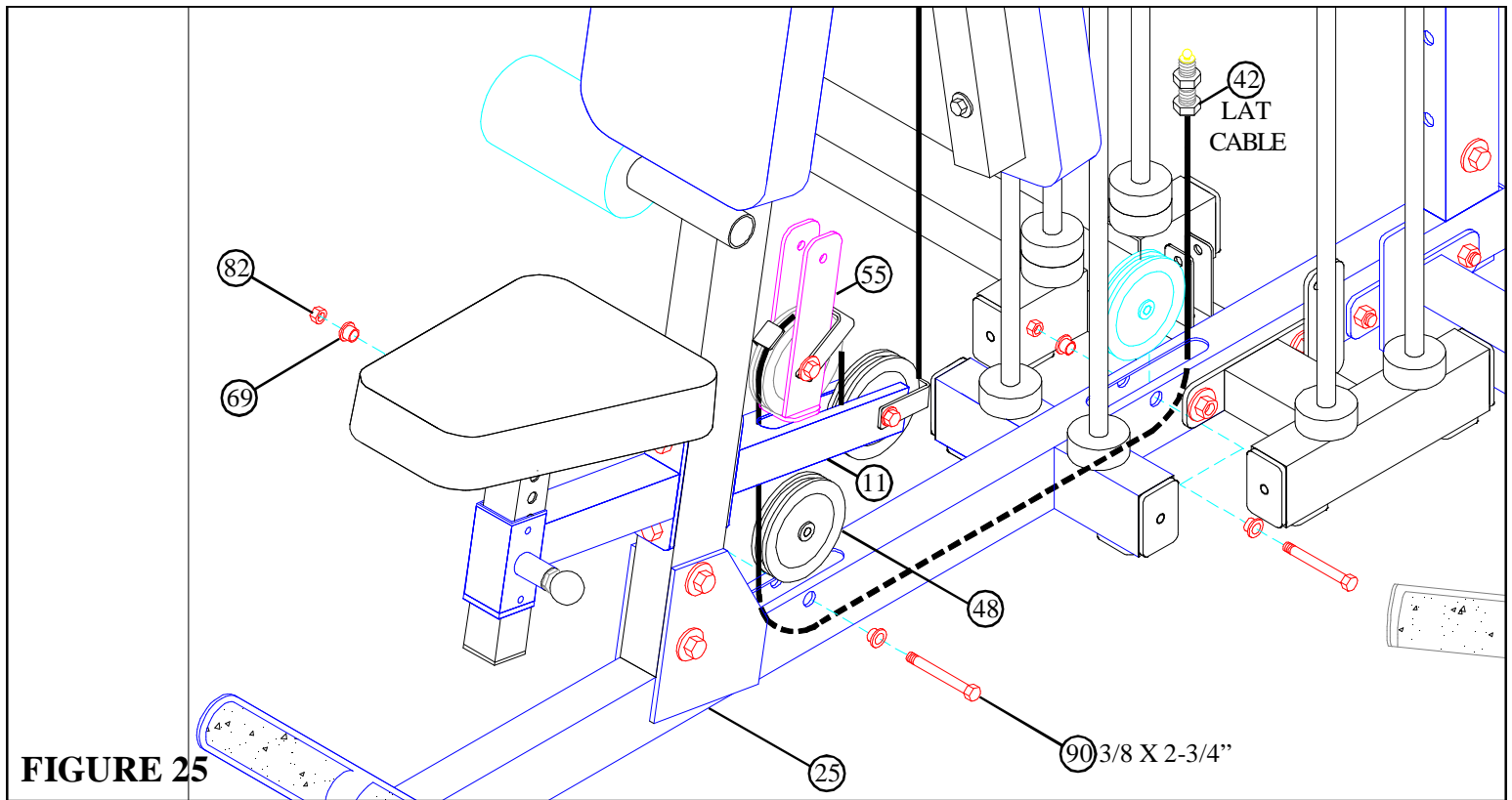
**STEP 24:**

- **SECURELY** assemble one 4-1/2" PULLEY (48) to the FLOATING PULLEY STOP (10) using one 3/8 X 2-3/4" BOLT (90), one 2-7/8" X 2-1/4" CABLE CLIP (116), two 3/8" FLANGE SPACERS (69), and one 3/8" LOCK NUT (82) as shown in FIGURE 24.



**FIGURE 24**

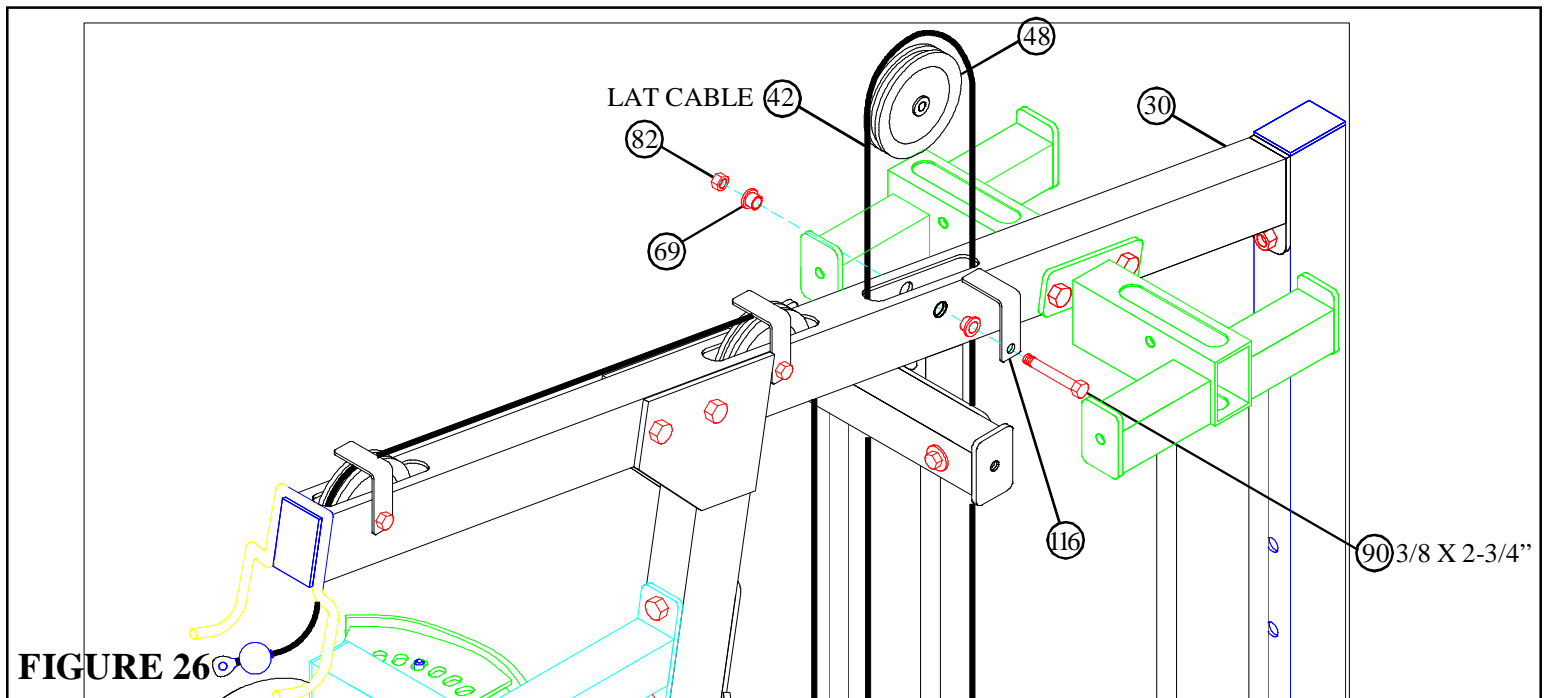




**FIGURE 25**

**STEP 25:**

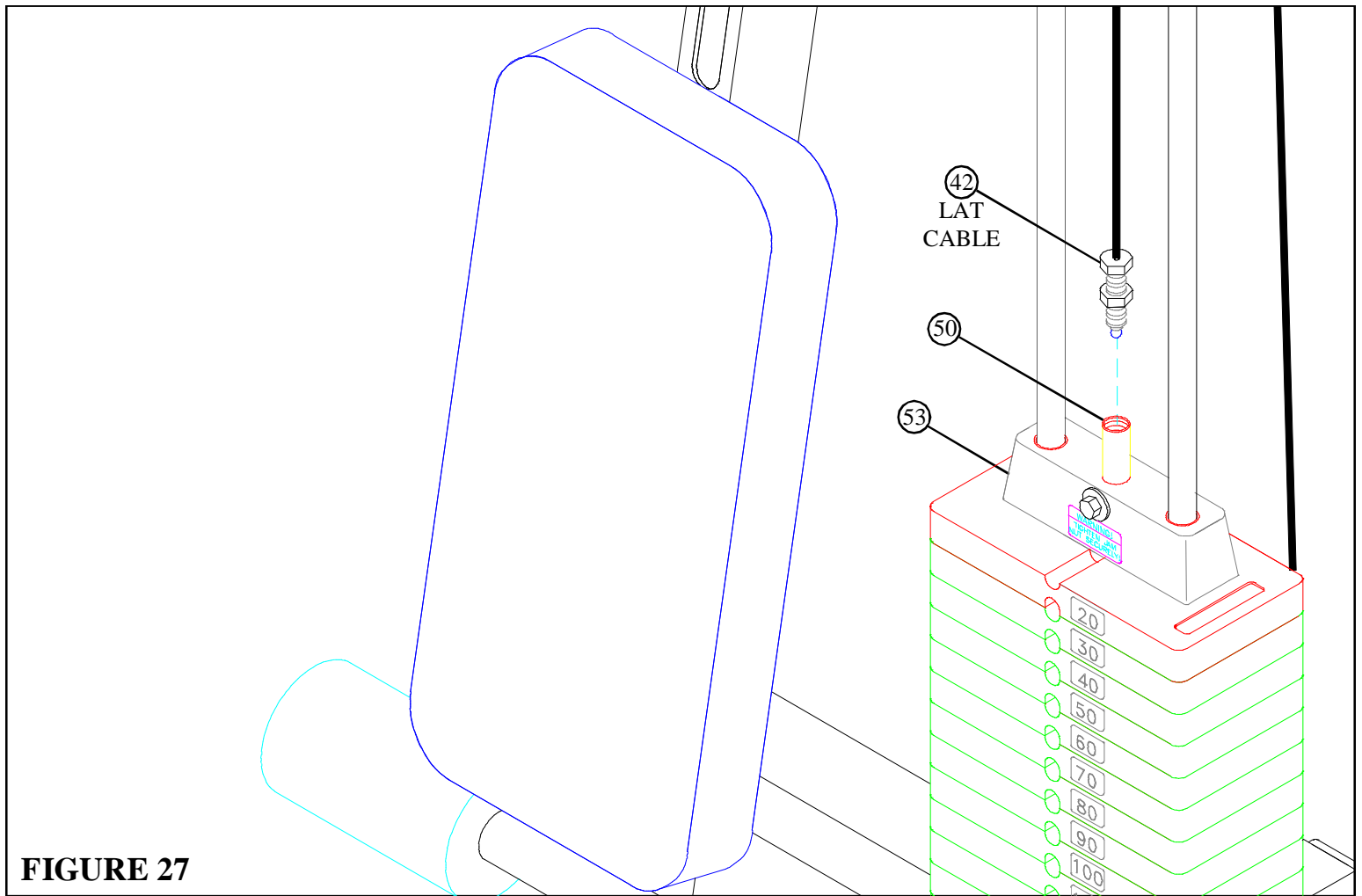
- Route the LAT CABLE (42) around the pulley in FLOATING PULLEY STOP (11) and the FLOATING PULLEY BRACKET (55) as shown in FIGURE 25. (NOTE: The CABLE CLIPS may need to be loosened.)
- **SECURELY** assemble two 4-1/2" PULLEYS (48) into the slots of the BASE (25) using two 3/8 X 2-3/4" BOLTS (90), four 3/8" FLANGE SPACERS (69), and two 3/8" LOCK NUTS (82). (NOTE: Loop the cable around each pulley prior to inserting it in the the slot.)



**FIGURE 26**

**STEP 26:**

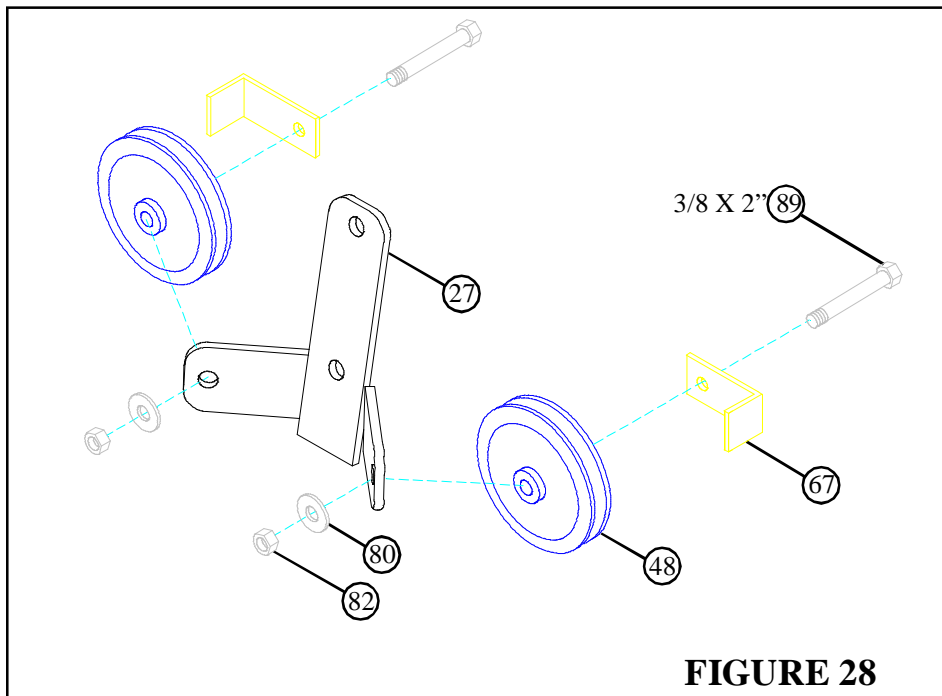
- Route the threaded end of the LAT CABLE (42) through the TOP BOOM (30) and down through the PEC GUIDE ROD SUPPORT (22) as shown in FIGURE 26.
- **SECURELY** assemble one 4-1/2" PULLEY (48) into the rear slot of the TOP BOOM (30) using one 3/8 X 2-3/4" BOLT (90), two 3/8" FLANGE SPACERS (69), one 2-7/8" X 2-1/4" CABLE CLIP (116) and one 3/8" LOCK NUT (82). (NOTE: Loop the cable around the pulley prior to inserting it in the the slot.)



**FIGURE 27**

**STEP 27:**

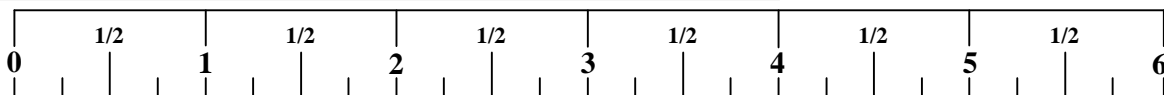
- Screw the threaded end of the LAT CABLE (42) approximately 1" into the end of the SELECTOR SHAFT (50) of the HEAD PLATE (53) as shown in FIGURE 27.



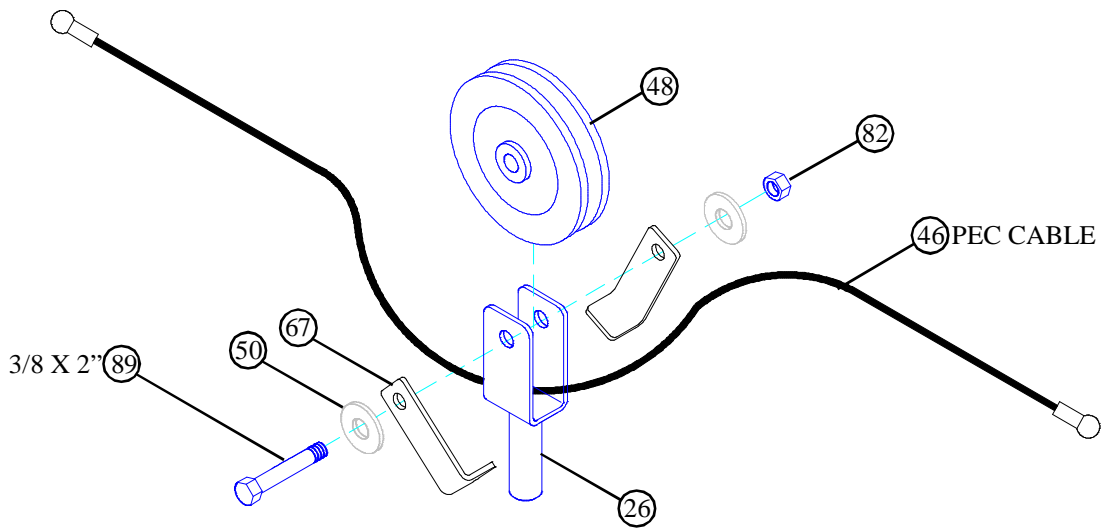
**FIGURE 28**

**STEP 28:**

- **LOOSELY** assemble two 4-1/2" PULLEYS (48) to the CENTER PULLEY BRACKET (27) using two 3/8 X 2" BOLTS (89), two 2-7/8" CABLE CLIPS (67), two 3/8" WASHERS (80), and two 3/8" LOCK NUTS (82). See FIGURE 28.







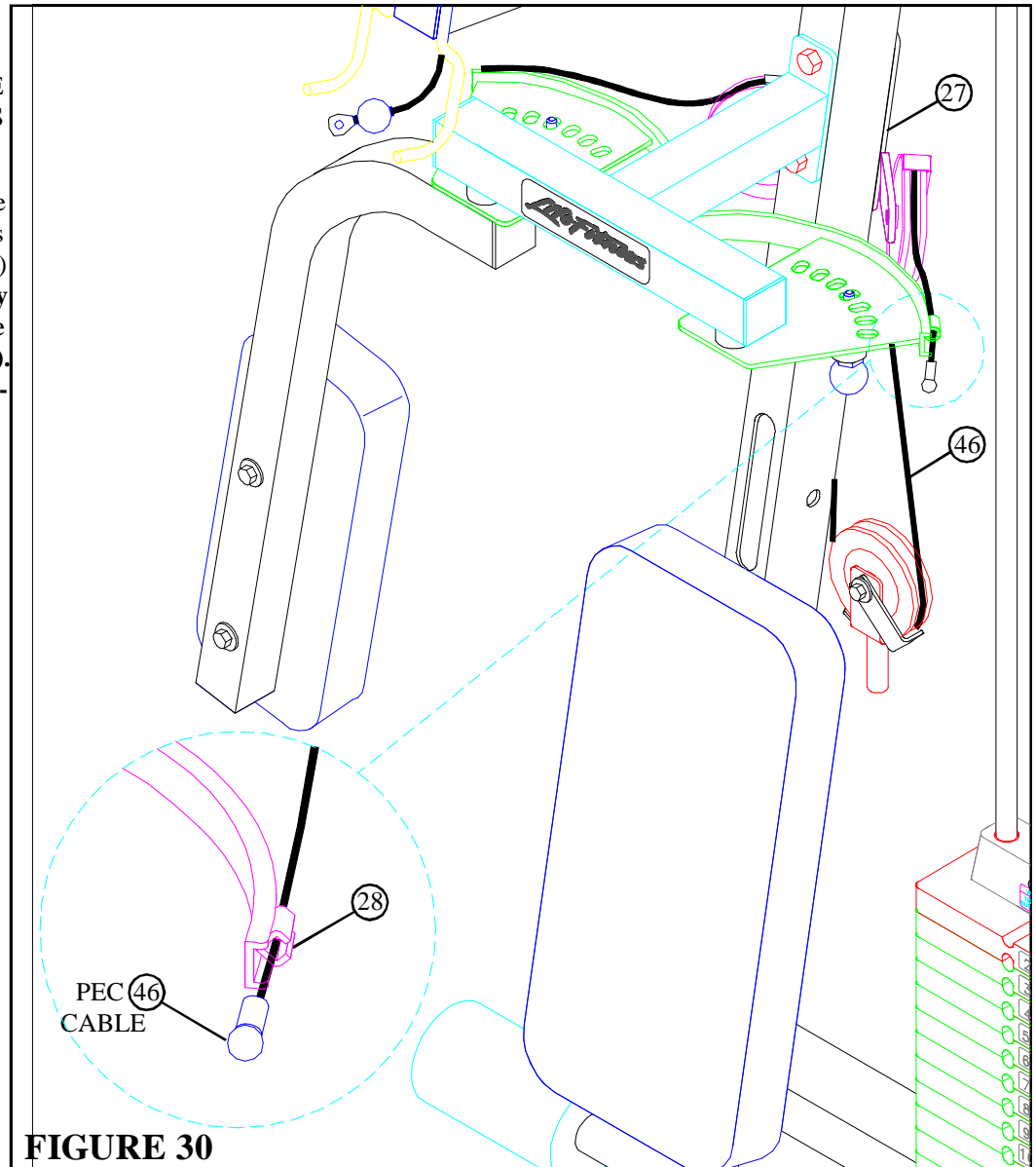
**FIGURE 29**

**STEP 29:**

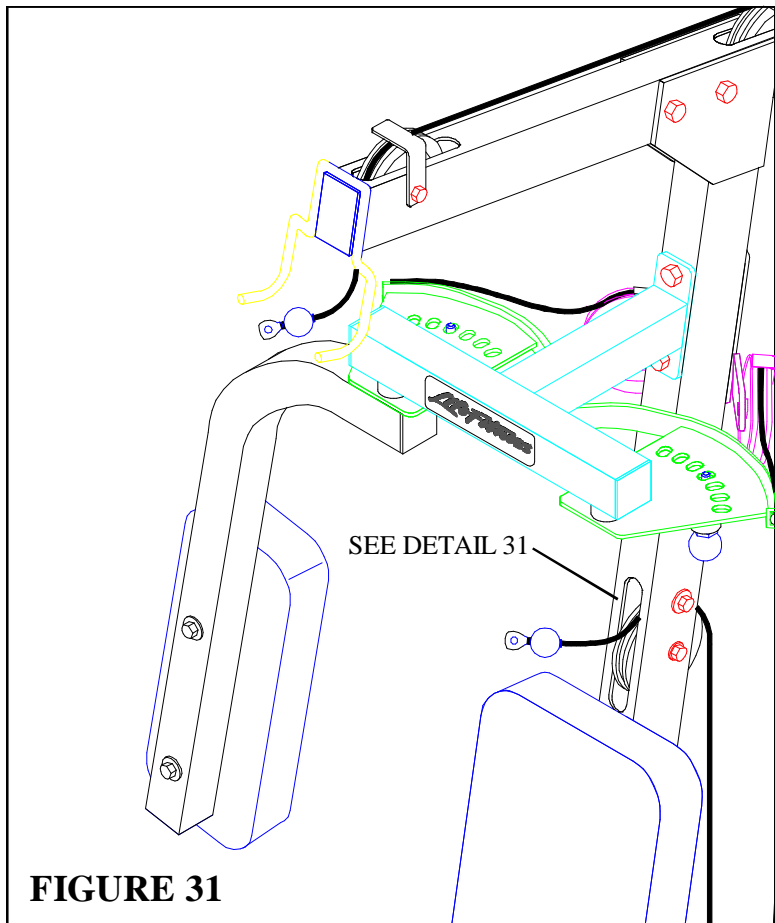
- Assemble one 4-1/2" PULLEY (48) around the PEC DEC CABLE (46) and to the PULLEY BRACKET (26) using one 3/8 X 2" BOLT (89), two 3/8" WASHERS (80), two 2-7/8 X 1" CABLE CLIPS (67) and one 3/8" LOCKNUT (82) as shown in FIGURE 29.

**STEP 30:**

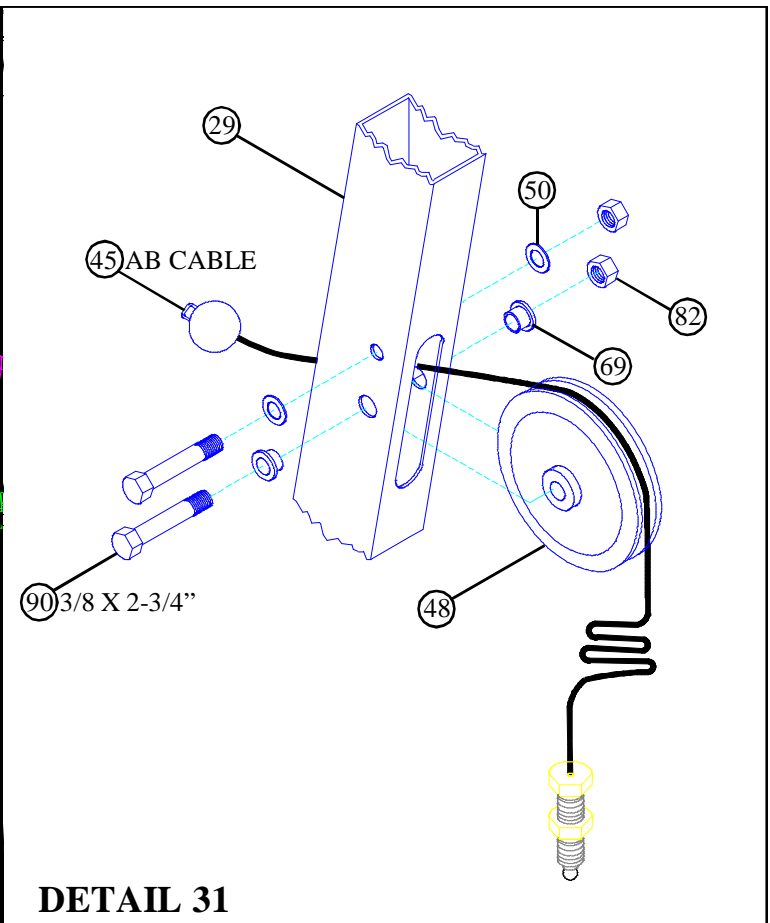
- Slide the ends of the PEC DEC CABLE (46) into the bushings on the PEC CAMS (28) as shown on FIGURE 30.
- Lay the PEC DEC CABLE (46) over the pulleys and under the cable retaining clips in the CENTER PULLEY BRACKET (27) as shown in FIGURE 30. (**NOTE: Securely tighten the pulley connections in the CENTER PULLEY BRACKET (27). The cable retaining clips should be at approximately a 45° angle.**)



**FIGURE 30**



**FIGURE 31**



**DETAIL 31**

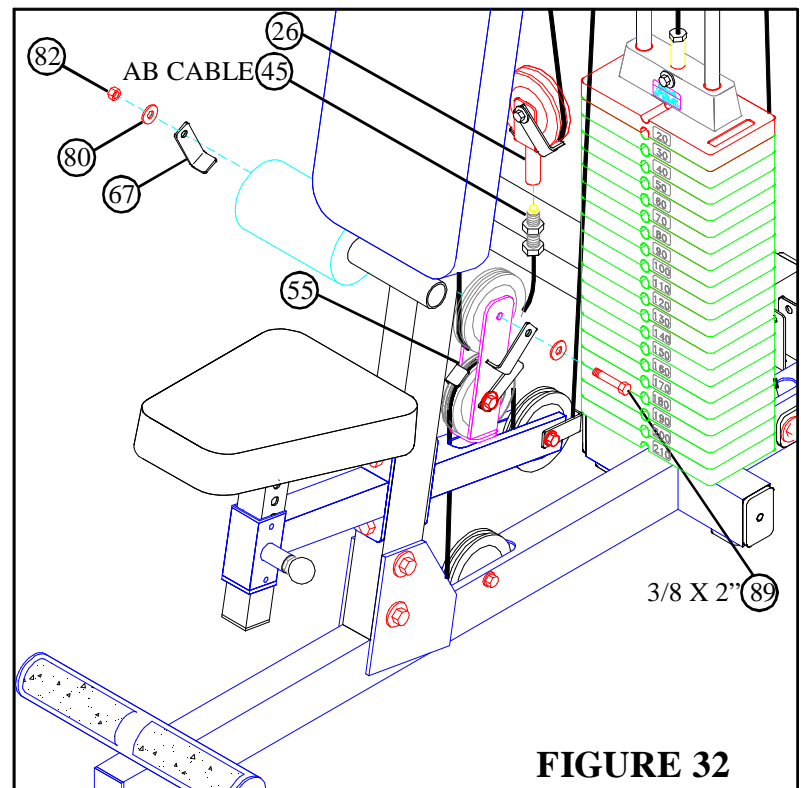
**STEP 31:**

- Securely assemble the ball end of the AB CABLE (45) and one 4-1/2" PULLEY (48) to the FRONT UPRIGHT (29) using two 3/8 X 2-3/4" BOLTS (90), two 3/8" FLANGE SPACERS (69), two 3/8" WASHERS (80), and two 3/8" LOCKNUTS (82). (NOTE: The AB CABLE (45) should be routed underneath the retaining bolt as shown in DETAIL 31.)

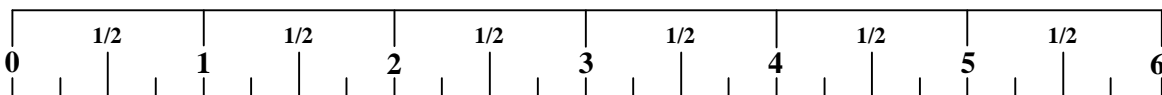
**STEP 32:**

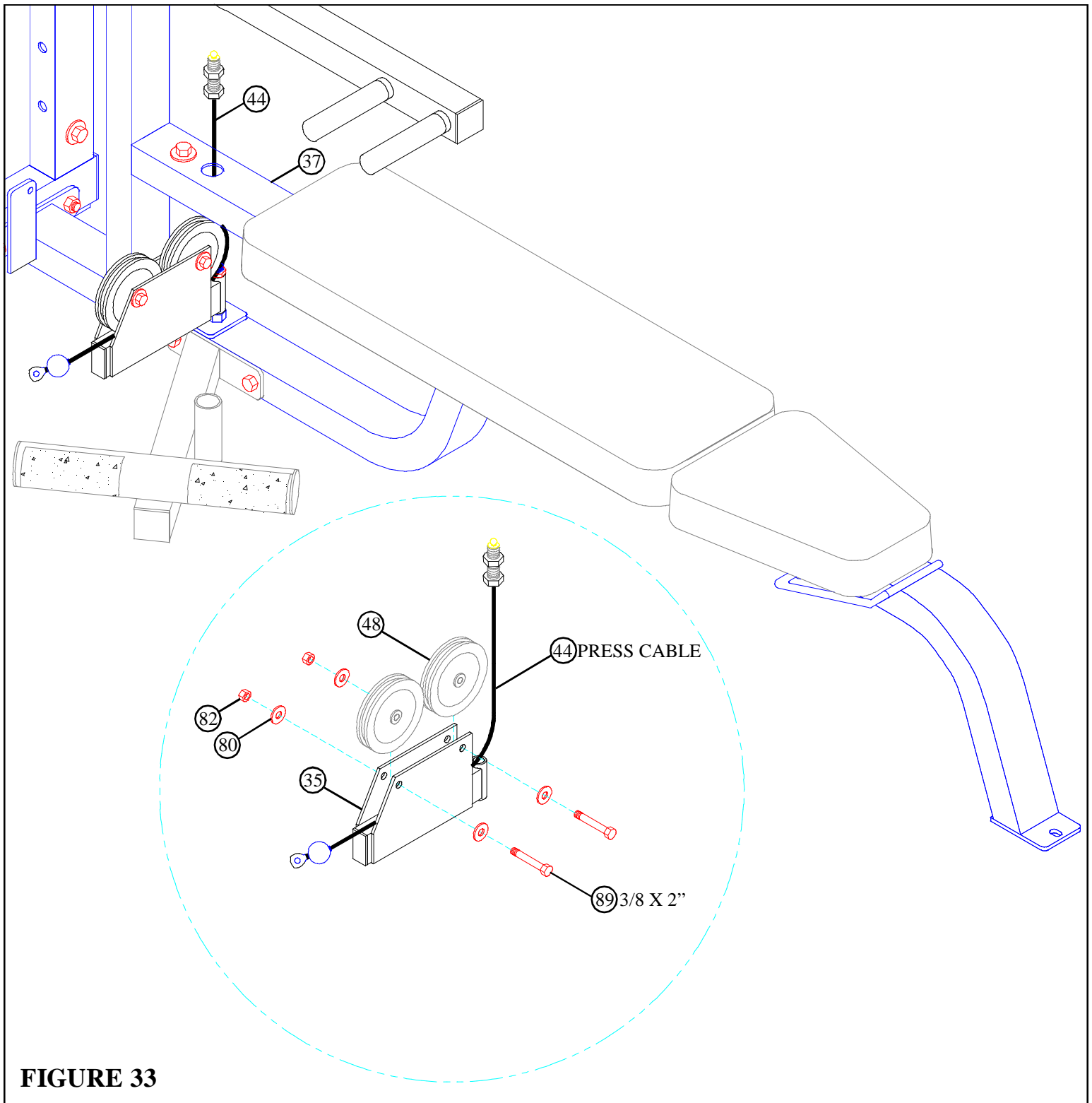
- Route the AB CABLE (45) around the FLOATING PULLEY BRACKET (55) using one 4-1/2" PULLEY (48), one 3/8 X 2" BOLT (89), two 2-7/8 X 1" CABLE CLIPS (67), two 3/8" WASHERS (80), and two 3/8" LOCK NUTS (82). See FIGURE 32.
- Screw the threaded end of AB CABLE (45) approximately 1" into the end of the PULLEY BRACKET (26) and tighten jam nut securely as shown in FIGURE 32.

**IMPORTANT!** Make sure the cables are running in the grooves of all pulleys.



**FIGURE 32**

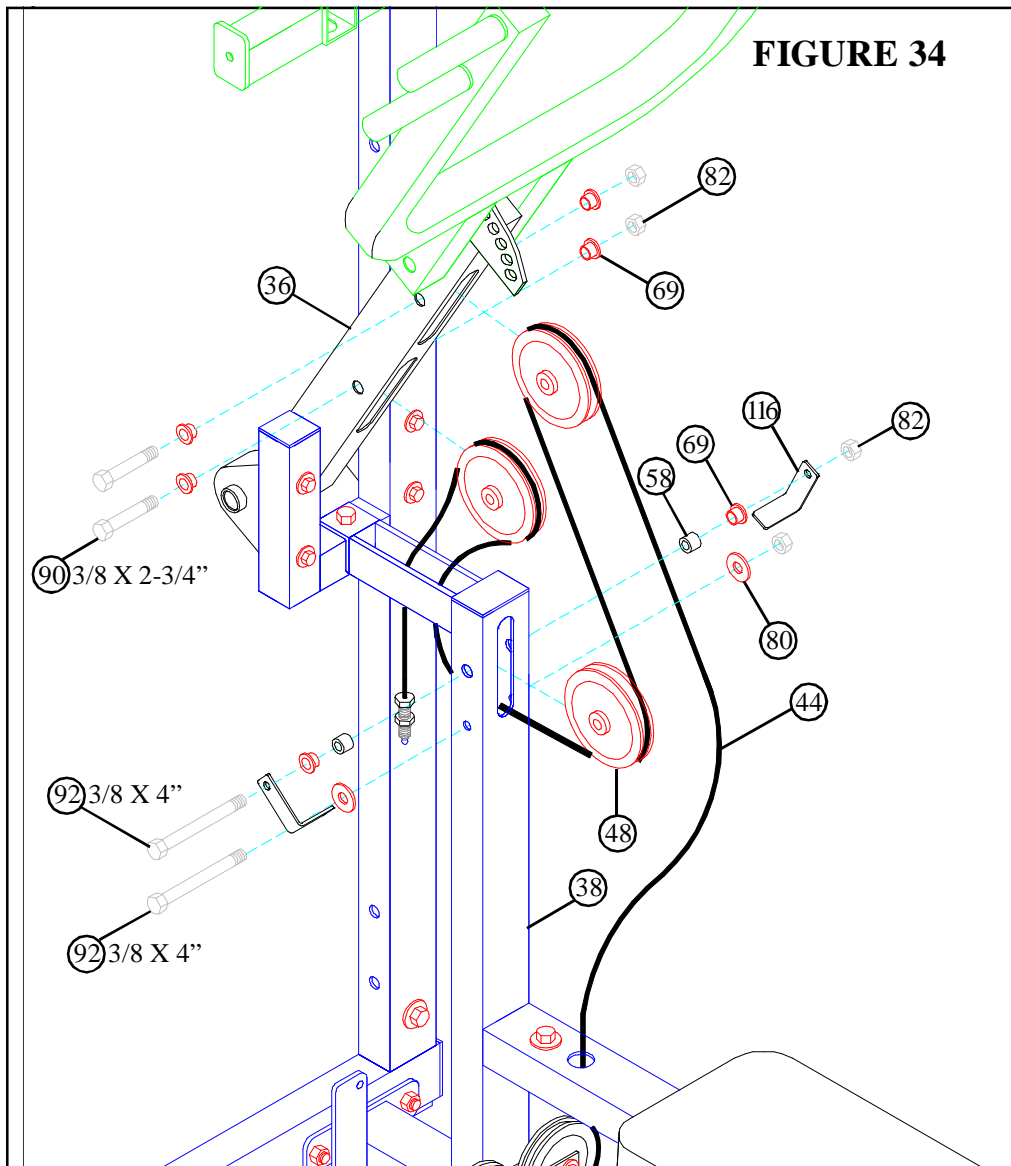




**FIGURE 33**

**STEP 33:**

- **SECURE** the ball end of the PRESS CABLE (44) and two 4-1/2" PULLEYS (48) to the SWIVEL PULLEY BRACKET (35) using two 3/8 X 2" BOLTS (89), four 3/8" WASHERS (80), and two 3/8" LOCK NUTS (82) as shown in FIGURE 33. (**NOTE: Loop the cable around the pulleys prior to inserting it into the SWIVEL PULLEY BRACKET.**)
- Route the threaded end of the PRESS CABLE (44) through the large hole in the PRESS FRAME (37) as shown in FIGURE 33.



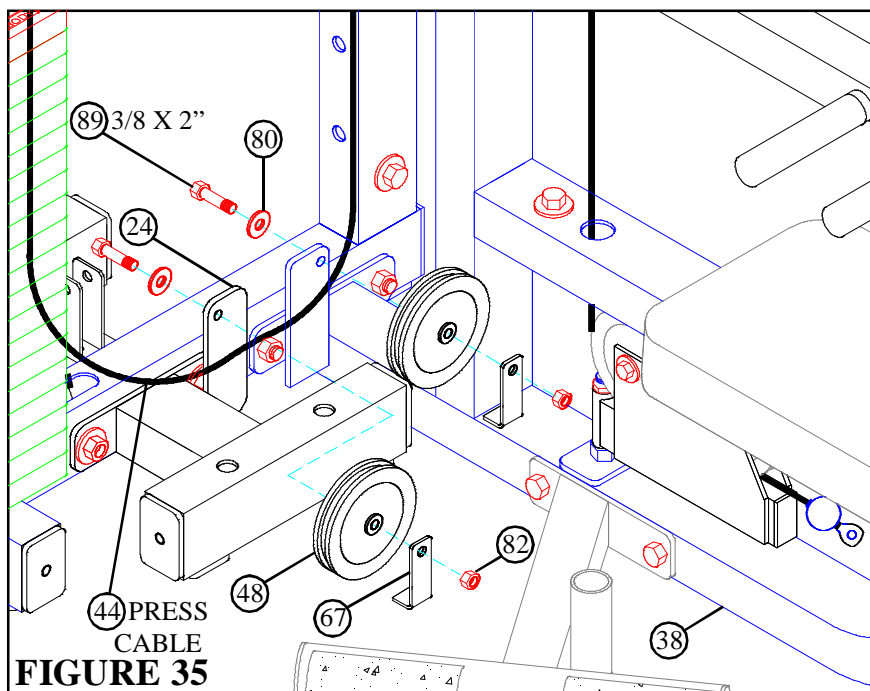
**FIGURE 34**

**STEP 34:**

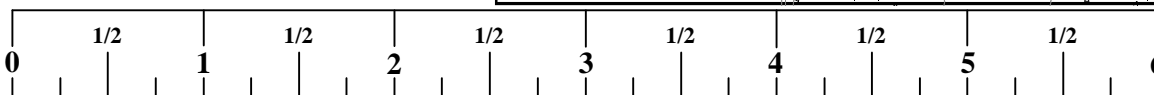
- Route the threaded end of the PRESS CABLE (44) around one 4-1/2" PULLEY (48) and **SECURELY** assemble the pulley to the front slot of the PRESS ARM ADJUST (36) using one 3/8 X 2-3/4" BOLT (90), two 3/8" FLANGE SPACERS (69), and one 3/8" LOCK NUT (82) as shown in FIGURE 34. (**NOTE: Loop the cable over the pulley prior to inserting it into the slot.**)
- Route PRESS CABLE (44) through the slot in the PRESS BASE (38) then **SECURELY** assemble one 4-1/2" PULLEY (48) to the PRESS BASE (38) using two 3/8 X 4" BOLTS (92), two 2-7/8 X 2-1/4" CABLE CLIPS (116), two 3/8" FLANGE SPACERS (69), two 3/8 X 1/2" SPACERS (58), two 3/8" WASHERS (80), and two 3/8" LOCK NUTS (82) as shown in FIGURE 34. (**NOTE: Make sure the cable is routed between the pulley and the CABLE RETAINING BOLT.**)
- Route the PRESS CABLE (44) around one 4-1/2" PULLEY (48) and **SECURELY** assemble the pulley to the rear slot of the PRESS ARM ADJUST (36) using one 3/8 X 2-3/4" BOLT (90), two 3/8" FLANGE SPACERS (69), and one 3/8" LOCK NUT (82) as shown in FIGURE 34. (**NOTE: Loop the cable over the pulley prior to inserting it into the slot.**)

**STEP 35:**

- **SECURE** the PRESS CABLE (44) and two 4-1/2" PULLEYS (48) to the vertical flats on the PRESS BASE (38) and on the PRESS WEIGHT STACK BASE (24) using two 3/8 X 2" BOLTS (89), two 2-7/8" CABLE CLIPS (67), two 3/8" WASHERS (80), and two 3/8" LOCK NUTS (82) as shown in FIGURE 35. (**NOTE: The PRESS CABLE (44) should be routed underneath the short leg of the CABLE CLIP. Also, the CABLE CLIPS should be positioned straight down to function properly.**)



**FIGURE 35**





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