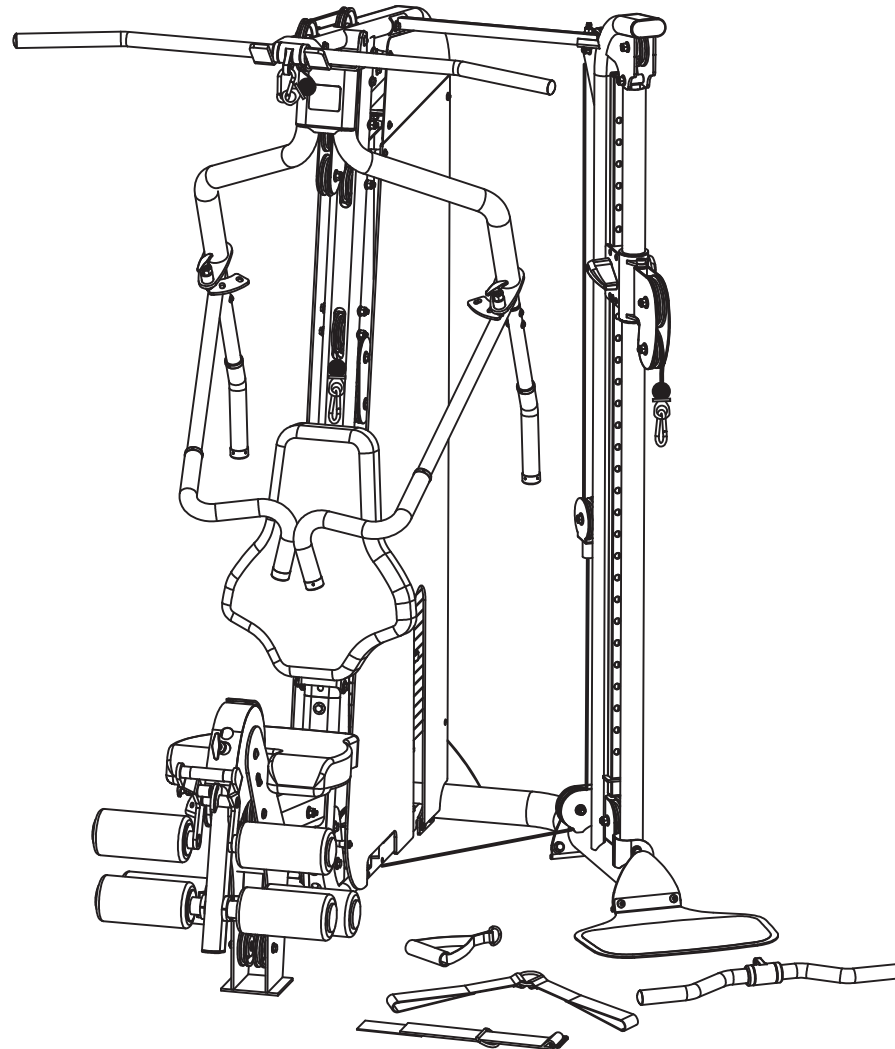


**PRECOR**<sup>USA</sup>  
move beyond<sup>®</sup>

# S3.19

Strength-Training  
Fitness Equipment



## Assembly and Maintenance Guide



## Important Safety Instructions

Before beginning any fitness program, see your physician for a complete physical examination.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before using the S3.19 equipment. These instructions are written for your safety and to protect the unit.
- Do not allow children or those unfamiliar with its operation on or near the equipment. Do not leave children unsupervised around the unit.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Tie long hair back.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Never operate the unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Before exercising, make sure that all fasteners and cables are secure and in good working condition. Inspect the unit for loose, frayed or worn parts, fasteners, cables, and any indications that the equipment may be in need of service. If you notice any of these, obtain service immediately.
- If you determine that service is needed, move the equipment away from the exercising area. Place and OUT OF SERVICE sign on it and make sure all patrons know that they must not use the equipment.
- Do not use outdoors.

### Personal Safety During Assembly

- **It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.**
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the S3.19 on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access.

## Obtaining Service

Do not attempt to service the S3.19 yourself except for the maintenance tasks described in this guide. This unit does not contain any user-serviceable parts.

For information about product operation, or service, refer to the Precor web site at [www.precor.com](http://www.precor.com). Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at [www.precor.com/cons](http://www.precor.com/cons).

If you call or e-mail Customer Support, have the serial number and part numbers available.

You can find the serial number printed on a label affixed to the side of the S3.19. For future reference, write the serial number in the space provided below.

Serial number: \_\_\_\_\_

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# 1

## Before You Begin

Thank you for purchasing the S3.19. This unit is part of the Precor Strength line of quality strength training machines which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment, please study this guide thoroughly.

### Unpacking the Equipment

The S3.19 is carefully tested and inspected before shipment. Precor Strength ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

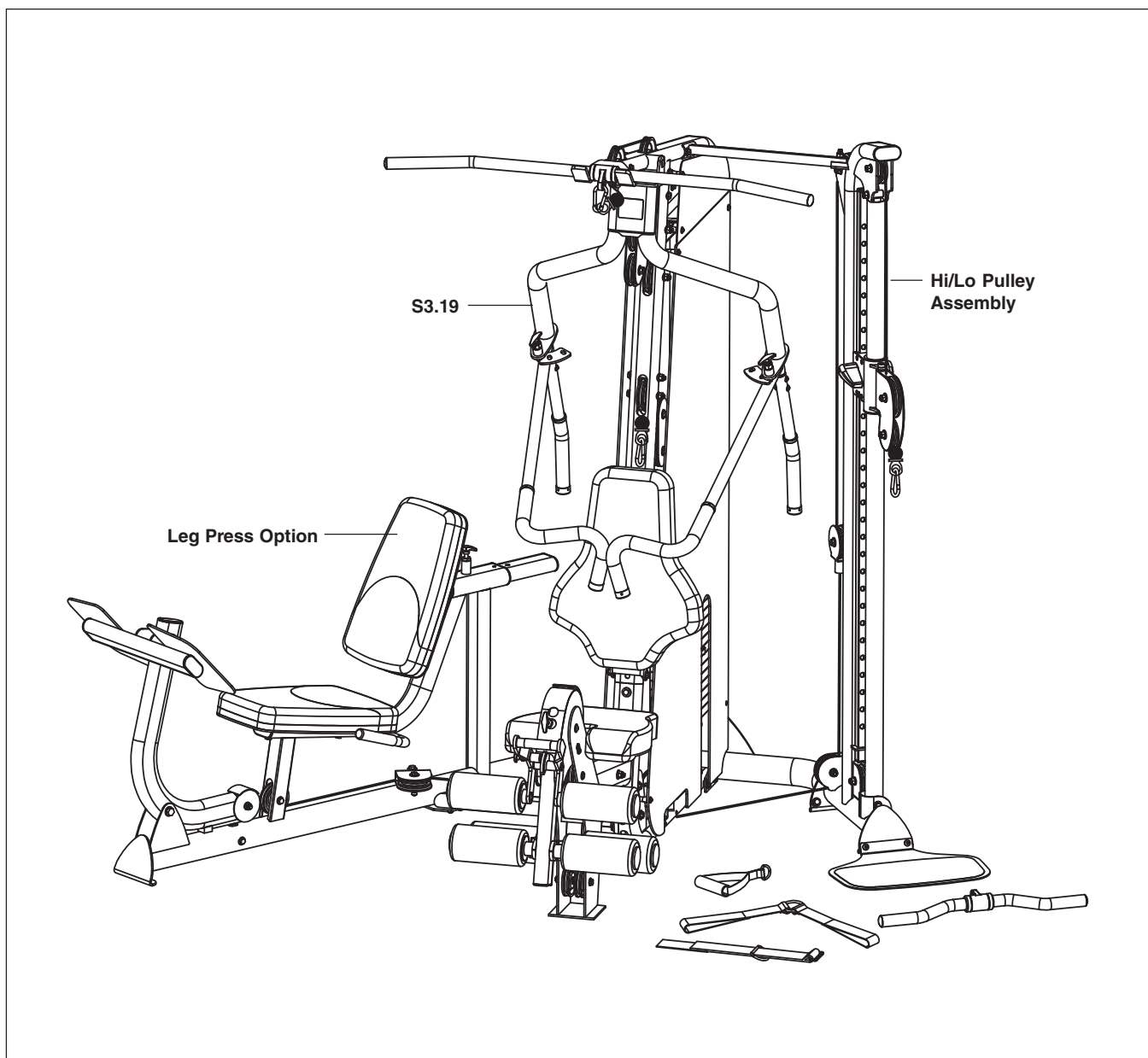
- Review the *Installation Requirements*.
- When you open a box, carefully unpack the pieces and lay them on the floor near the location where you plan to use the equipment.

*Be careful to assemble components in the sequence presented in this manual.*

If any items are missing, contact the dealer from whom you purchased the unit. For more information, refer to *Obtaining Service*.

### Optional Equipment

- S3.19 Leg Press Option
- Heavy Stack Option (additional 50 lb weight stack)



## Before You Begin

# 2

## Preparations

**CAUTION:** To set up this unit, you will need assistance. Do not attempt assembly by yourself.

You must review and follow the instructions in this guide. If you do not assemble and use the S3.19 according to the following guidelines, you could void the Precor Limited Warranty.

### Required Tools

Tools that you need to obtain before assembling the unit include:

- 1/16-inch socket
- 3/4-inch socket
- 1/16-inch box-end wrench
- 3/4-inch box-end wrench
- Crescent wrench
- Rubber mallet
- Wire tie cutter (cuts plastic tie wraps)
- Utility knife
- Step stool

### Installation Requirements

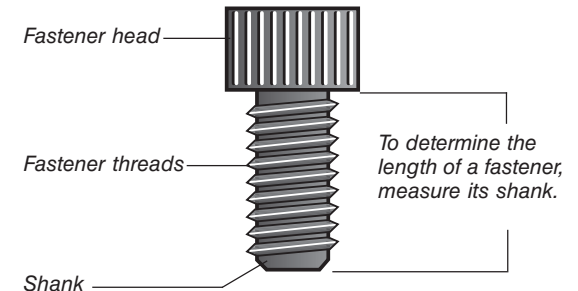
Follow these installation requirements when assembling the unit:

- **Fill out and mail the warranty registration card.**
- **Set up the S3.19 on a solid, flat surface.**  
A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.**  
Open space around the machine allows for easier access.
- **Insert all fasteners in the same direction.** For aesthetic purposes, insert all the fasteners in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten fasteners (such as screws, nuts, and bolts), so the unit is stable, but leaves room for adjustments. **Do not** fully tighten fasteners until instructed (in the steps) to do so.

### Assembly Tips

- Fasteners may become loose and fall off during shipment. Inspect the plastic wrap and packaging for loose parts. To alleviate confusion during assembly, reattach the loose fasteners and pulleys found in the packaging.
- A black 6-inch scale with white numbers is provided at the bottom of every assembly instruction page. Use this scale to identify the correct fastener size. The head of a fastener is not used in measuring the length.

- Most fasteners are 3/8-inch unless otherwise noted. To find out the length of a particular fastener, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



- Silver-colored zinc fasteners are used with the titanium parts (Press Arm, Floating Pulleys, etc.). Black fasteners are used when assembling the stone gray painted surfaces.
- Some pieces have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.
- Read all caution notes on each page before completing that step.
- While you may be able to assemble the S3.19 by reading the illustrations only, refer to the text for important safety cautions and notes.

# 3

## Assembly Instructions

Assembly of the S3.19 takes professional installers about 2½ hours to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

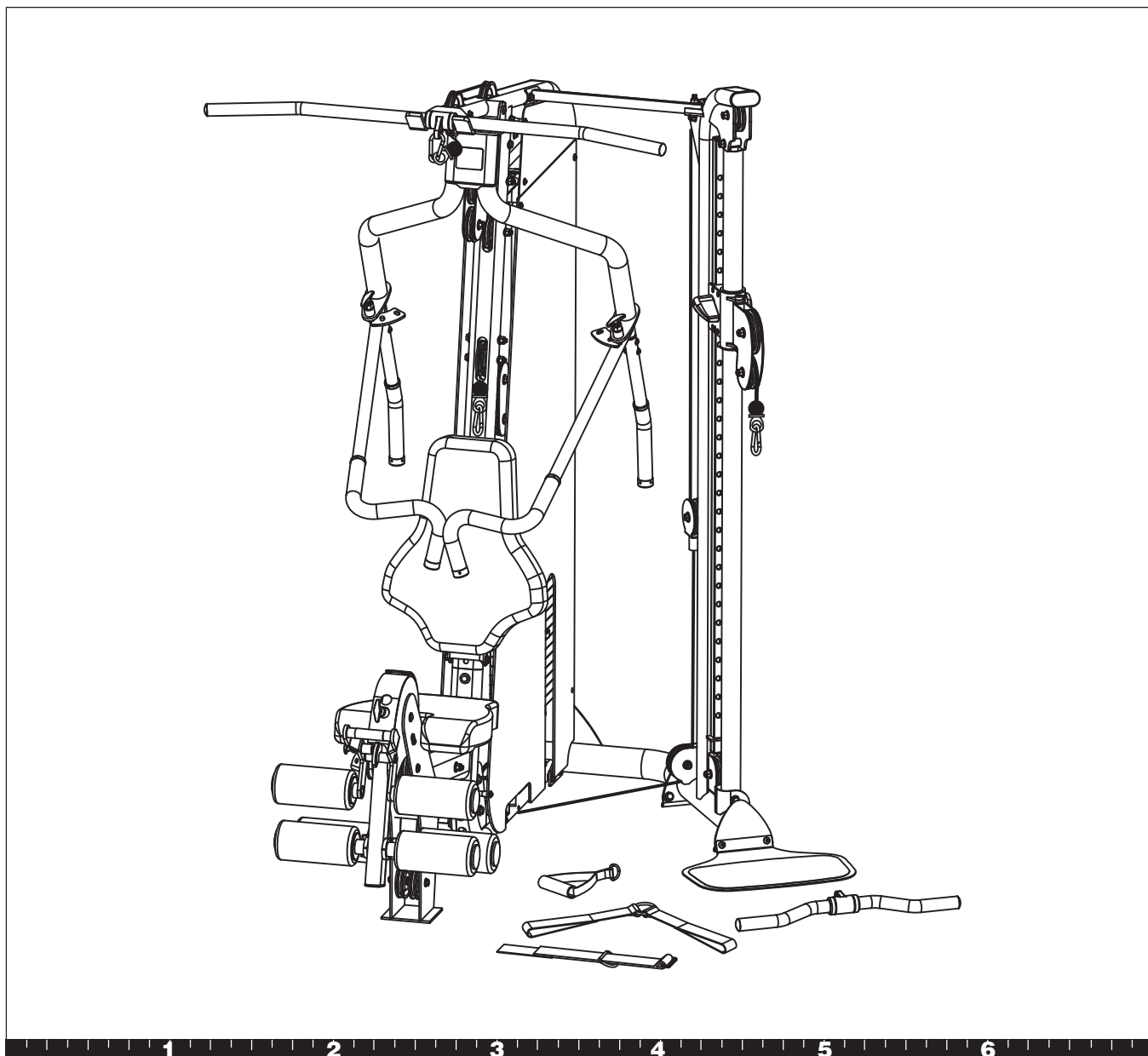
**Professional installers are highly recommended!**

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

**CAUTION: Obtain assistance! Do not attempt to assemble the S3.19 by yourself. Review the *Installation Requirements* and *Assembly Tips* before proceeding with the following steps.**

*Be careful to open boxes and assemble components in the sequence presented in this manual.*

**Note:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. **Do not fully tighten fasteners until instructed to do so.**

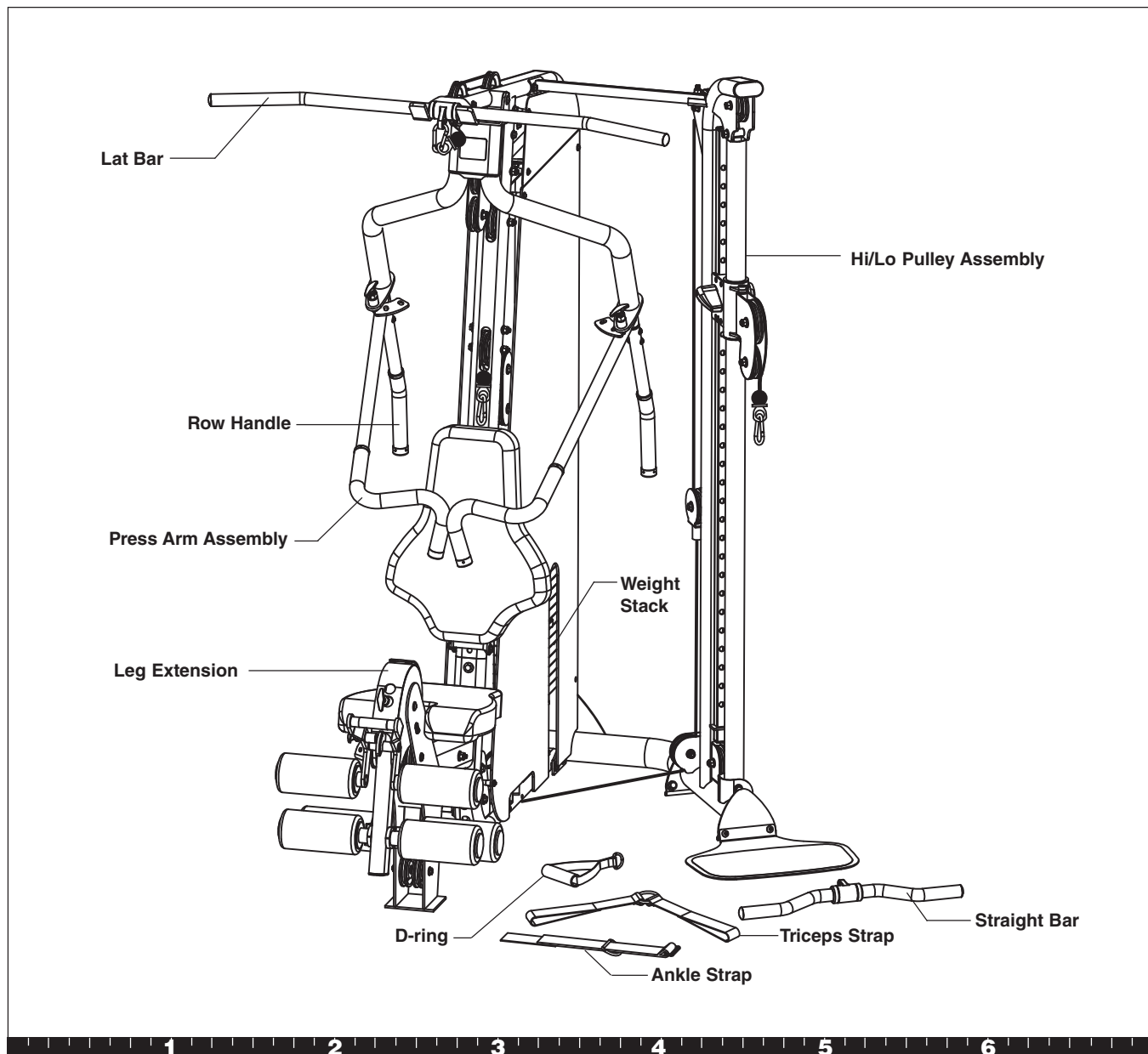


## Open the Box

Use wire tie cutters to open the boxes.

The illustration shows how the S3.19 will look when you have completed its assembly. The callouts identify specific pieces.

**Important:** Most fasteners are fitted to the frame or pulleys, you will need to disassemble the fasteners before proceeding with each step.



## Open the Box



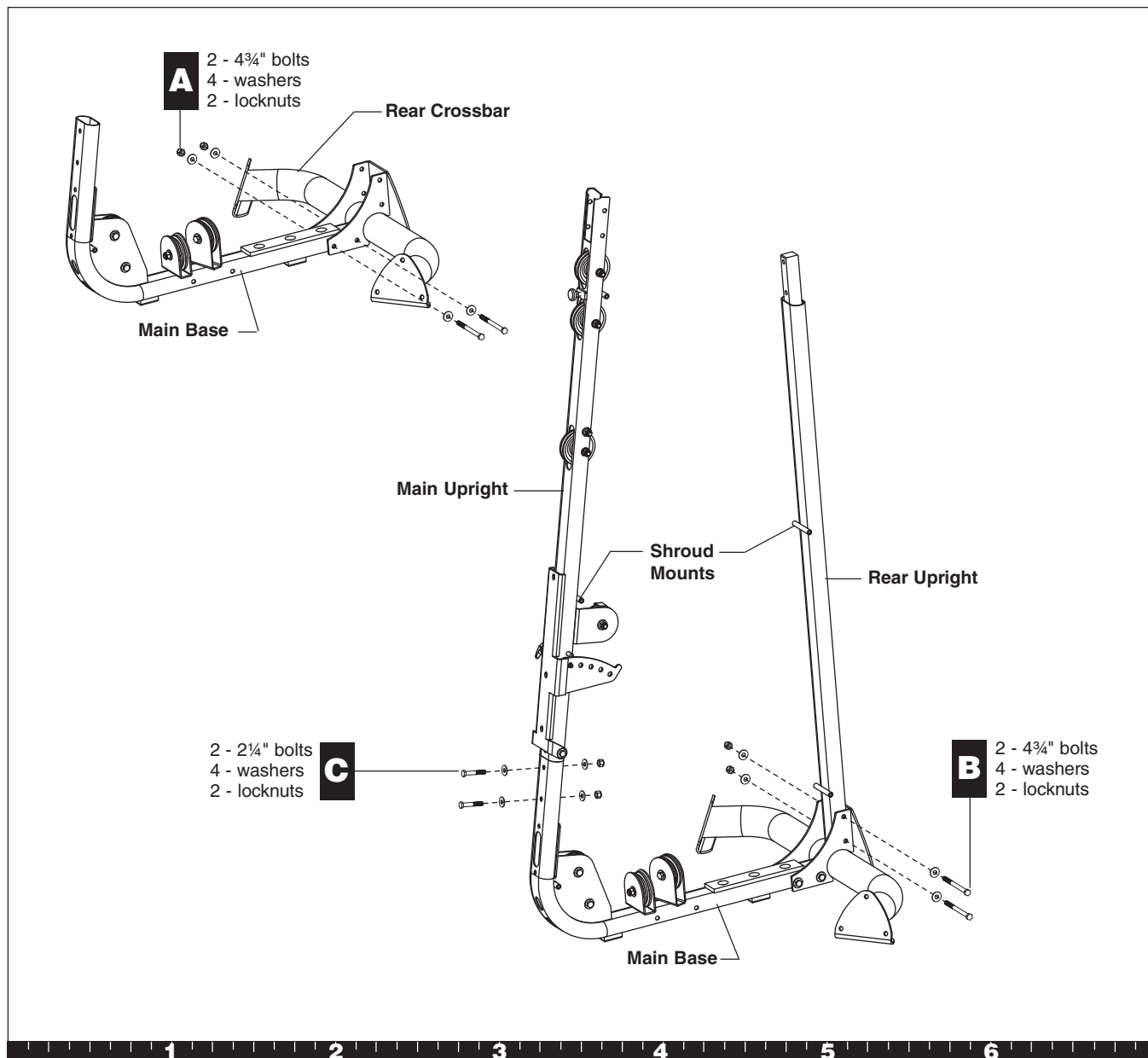
## 1. Assemble Main Structure

A. Attach the Main Base to the Rear Crossbar using two 4¾-inch hex head bolts, four flat washers, and two locknuts.

B. Install the Rear Upright to the Main Base using two 4¾-inch hex head bolts, four flat washers, and two locknuts.

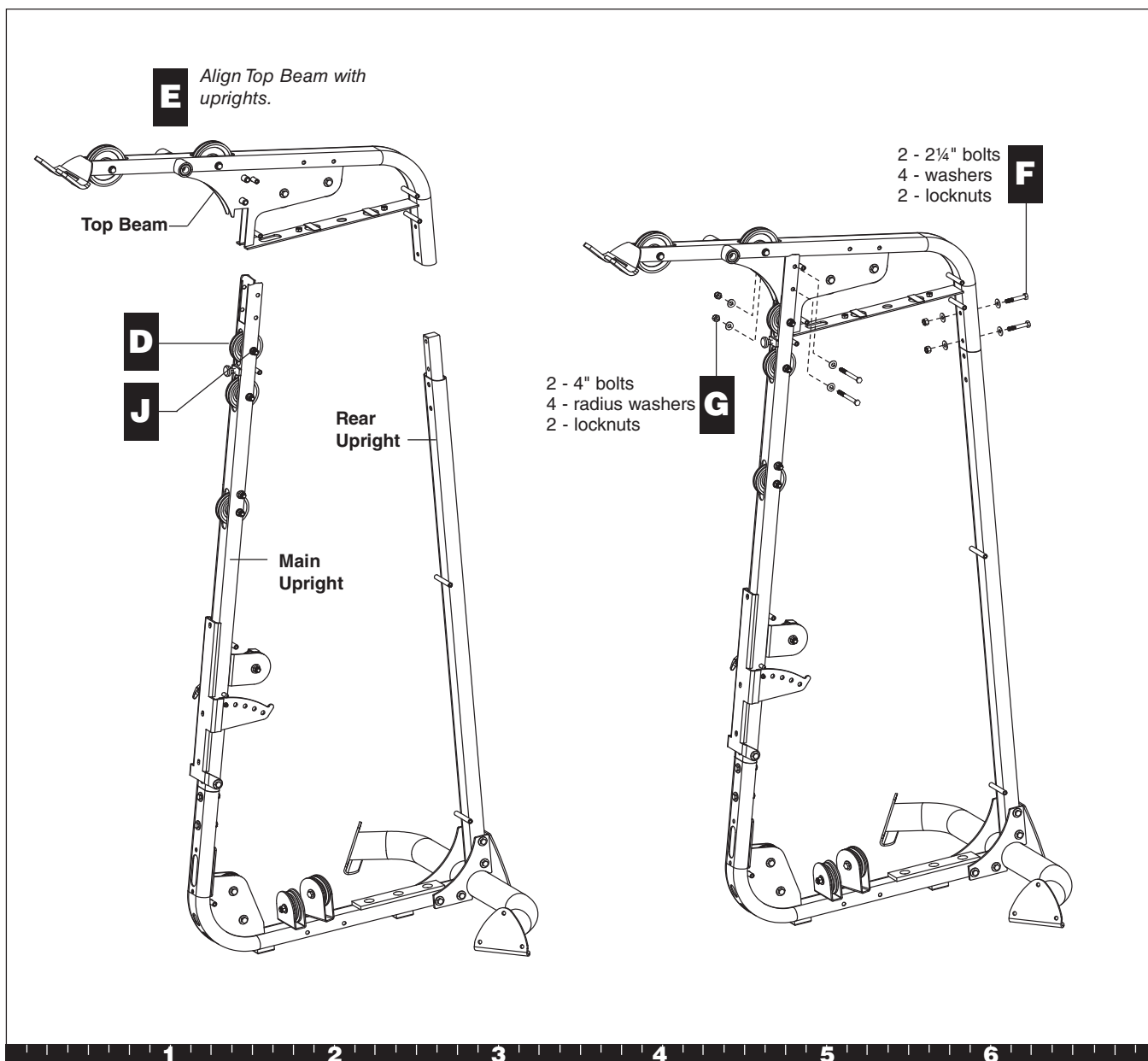
**Note:** Position the uprights so the Shroud mounts face the center of the unit.

C. Attach the Main Upright to the Main Base using two 2¼-inch hex head bolts, four flat washers, and two locknuts.



### Step 1. Assemble Main Structure

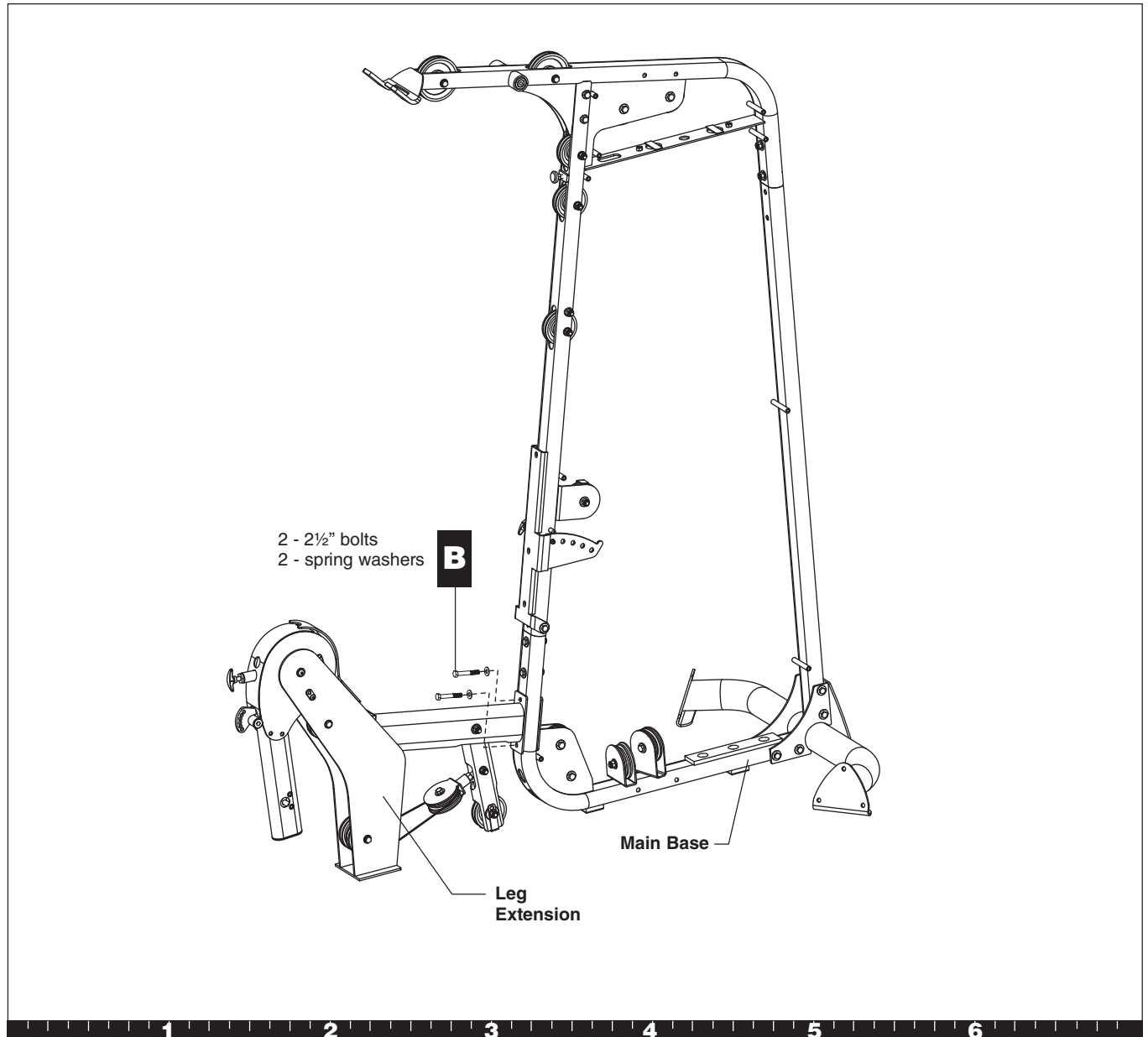
- D. Disassemble and remove the top pulley and its fasteners on the Main Upright.
- E. Install the Top Beam on the Rear and Main Uprights.
  - Note:** If necessary, use a rubber mallet to align the mounting holes.
- F. Secure the Top Beam to the Rear Upright using two 2¼-inch hex head bolts four flat washers two locknuts
- G. Secure the Top Beam to the Main Upright using two 4-inch hex head bolts four radius washers two locknuts
  - Note:** Make sure the radius washers lie flat against the Main Upright before wrench tightening.
- H. Wrench tighten all bolts. Start with the fasteners that secure the Top Beam and follow the order of the assembled steps in reverse.
- J. Replace the top pulley and finger tighten the fasteners.



## Step 1. Assemble Main Structure, continued

## 2. Assemble Leg Extension

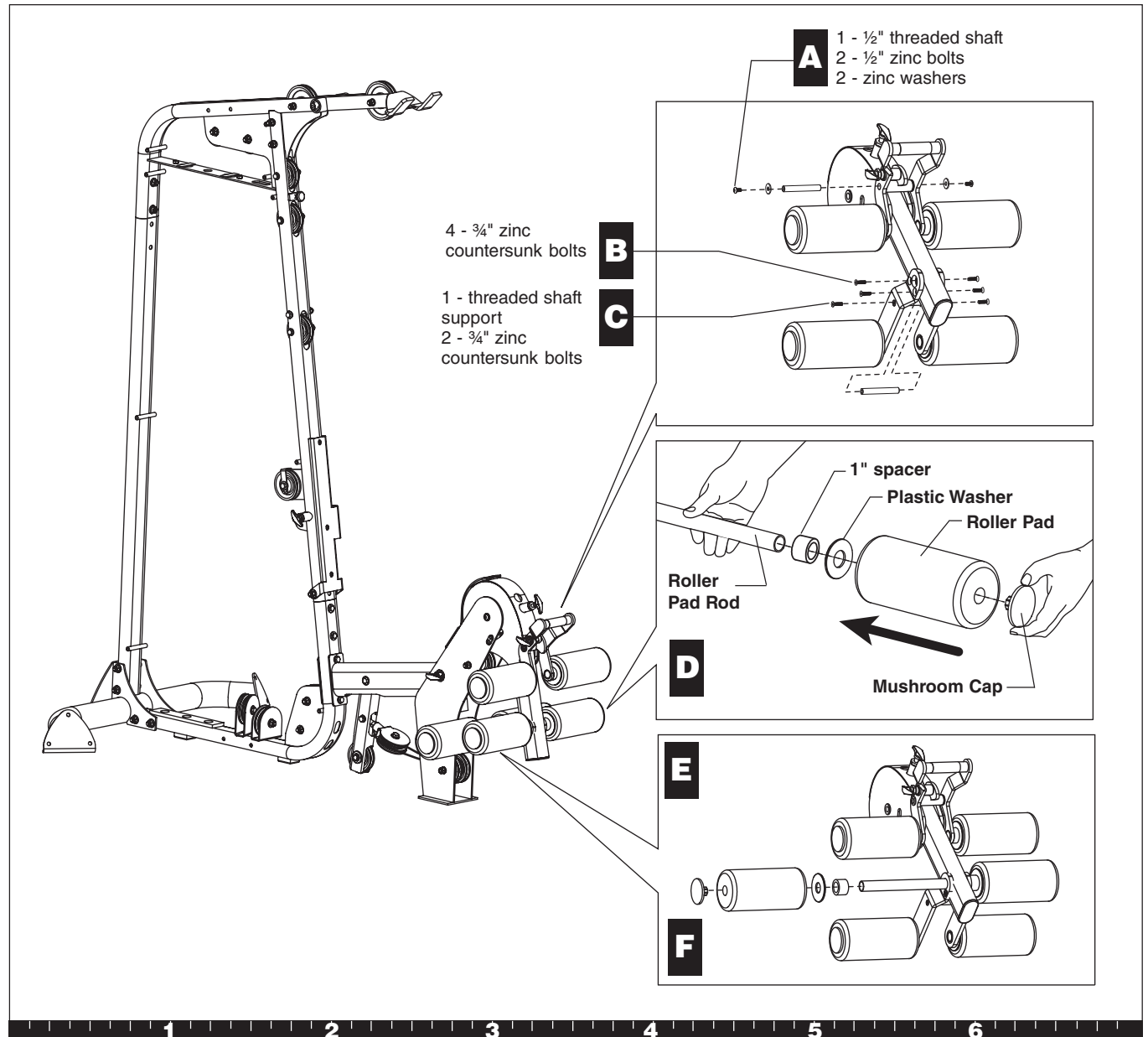
- A. Cut wire ties.
- B. Attach the Leg Extension to the Main Base using  
two 2½-inch bolts  
two spring washers  
Wrench tighten using a 9/16 box-end wrench.



## Step 2. Assemble Leg Extension

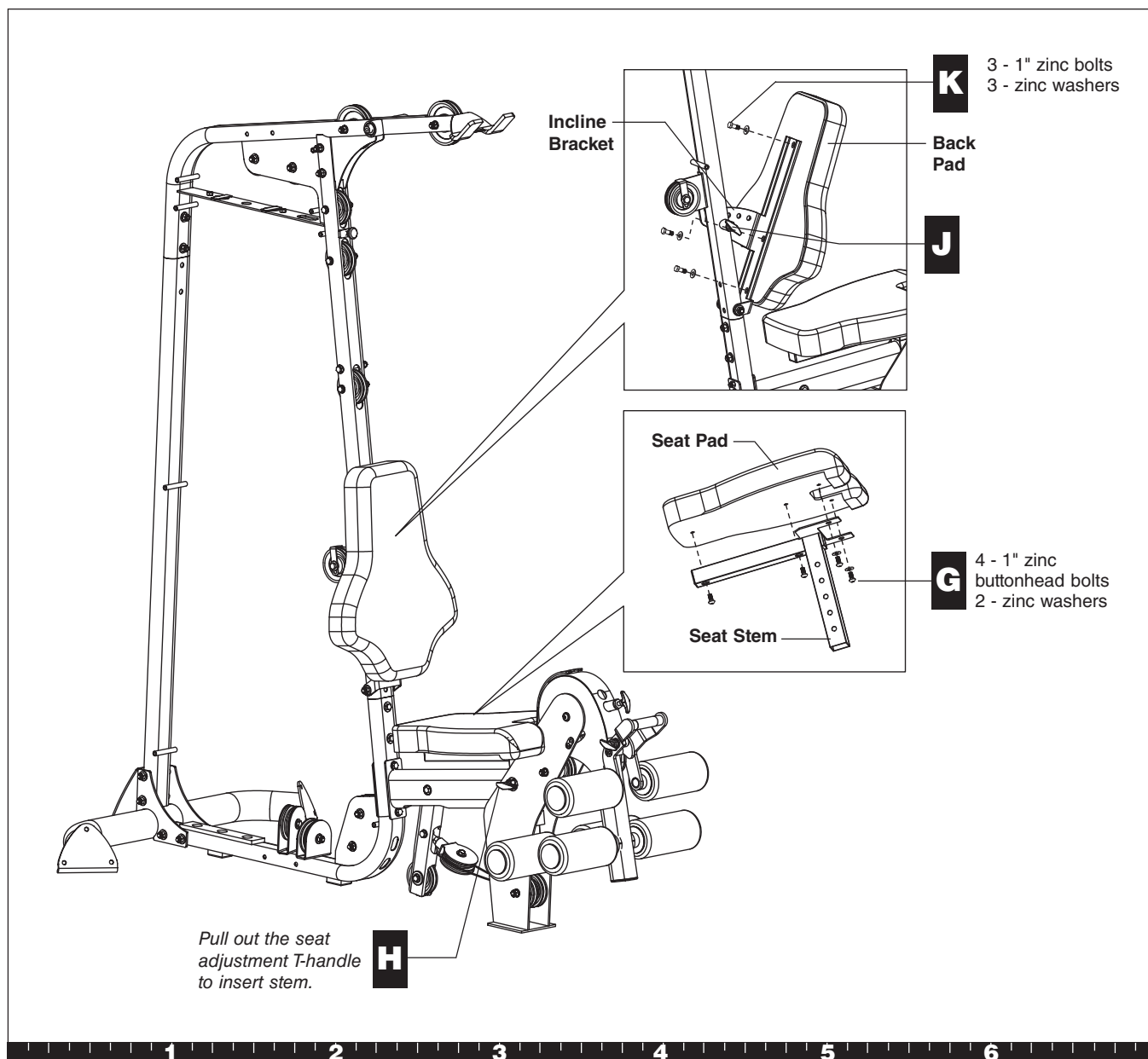
### 3. Install Rollers and Seat Pads

- A. Attach the top roller pads using one ½-inch x 3½-inch threaded shaft, two ½-inch zinc bolts, two zinc flat washers. Wrench tighten using the 5mm hex key.
- B. Attach the two Leg Extension Brackets using four ¾-inch zinc countersunk hex head bolts.
- C. Install the 4½-inch threaded shaft support to the Leg Extension Bracket using two ¾-inch zinc countersunk hex head bolts. Wrench tighten using the 5mm hex key.  
**Note:** Tighten the threaded shaft support fasteners before wrench tightening the Leg Extension Bracket fasteners.
- D. Slide a 1-inch Spacer, Plastic Washer, and a Roller Pad onto one end of a Roller Pad Rod. Insert one Mushroom Cap to plug the end hole. If necessary, pound the Mushroom Cap in place using the rubber mallet.
- E. Insert the Roller Pad Rod through the hole in the Leg Extension Arm.
- F. Slide the remaining 1-inch Spacer, Plastic Washer, and Roller Pad on the other end of the Roller Pad Rod. Insert one Mushroom Cap to plug the end hole. If necessary, pound the Mushroom Cap in place using the rubber mallet.



### Step 3. Install Rollers and Seat Pads

- G. Attach the Seat Pad to the Seat Stem using four 1-inch zinc buttonhead bolts and two zinc flat washers. Wrench tighten using a 6mm hex key.
- H. Insert the Seat Stem into the Seat Upright Assembly. Pull out the seat adjustment T-handle to insert the stem. Place the Seat Stem at its lowest position.
- J. To allow clearance for the Back Pad fasteners, pull the T-handle and adjust the Incline Bracket away from the Main Upright.
- K. Attach the Back Pad to the Incline Bracket using three 1-inch zinc hex head bolts and three zinc flat washers. Wrench tighten.
- L. Return the Back Pad to a vertical position.



### Step 3. Install Rollers and Seat Pads, continued

## 4. Assemble Weight Stack

**Important:** Obtain adult assistance before installing the Guide Rods and Weights.

- A. Place the Guide Rods into the two outside holes in the Main Base.

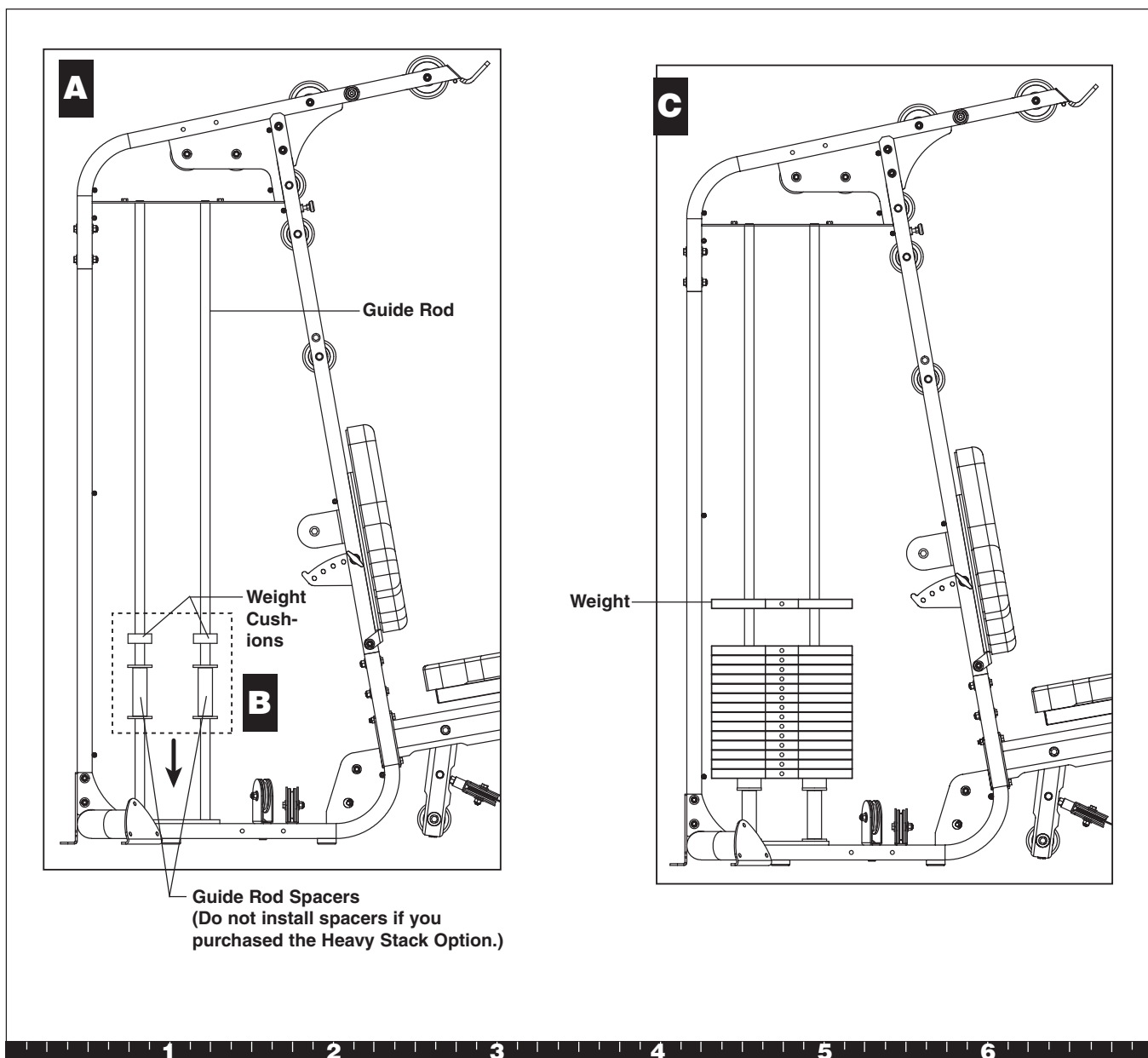
**CAUTION:** The lubricant on the Guide Rods can stain clothes. Wear proper attire when working with or lubricating the Guide Rods.

- B. Place one Guide Rod Spacer and one Weight Cushion on each Guide Rod and allow it to slide down and rest on the Main Base.

**Note:** Guide Rod Spacers do not need to be installed if the Heavy Stack Option is purchased through your dealer.

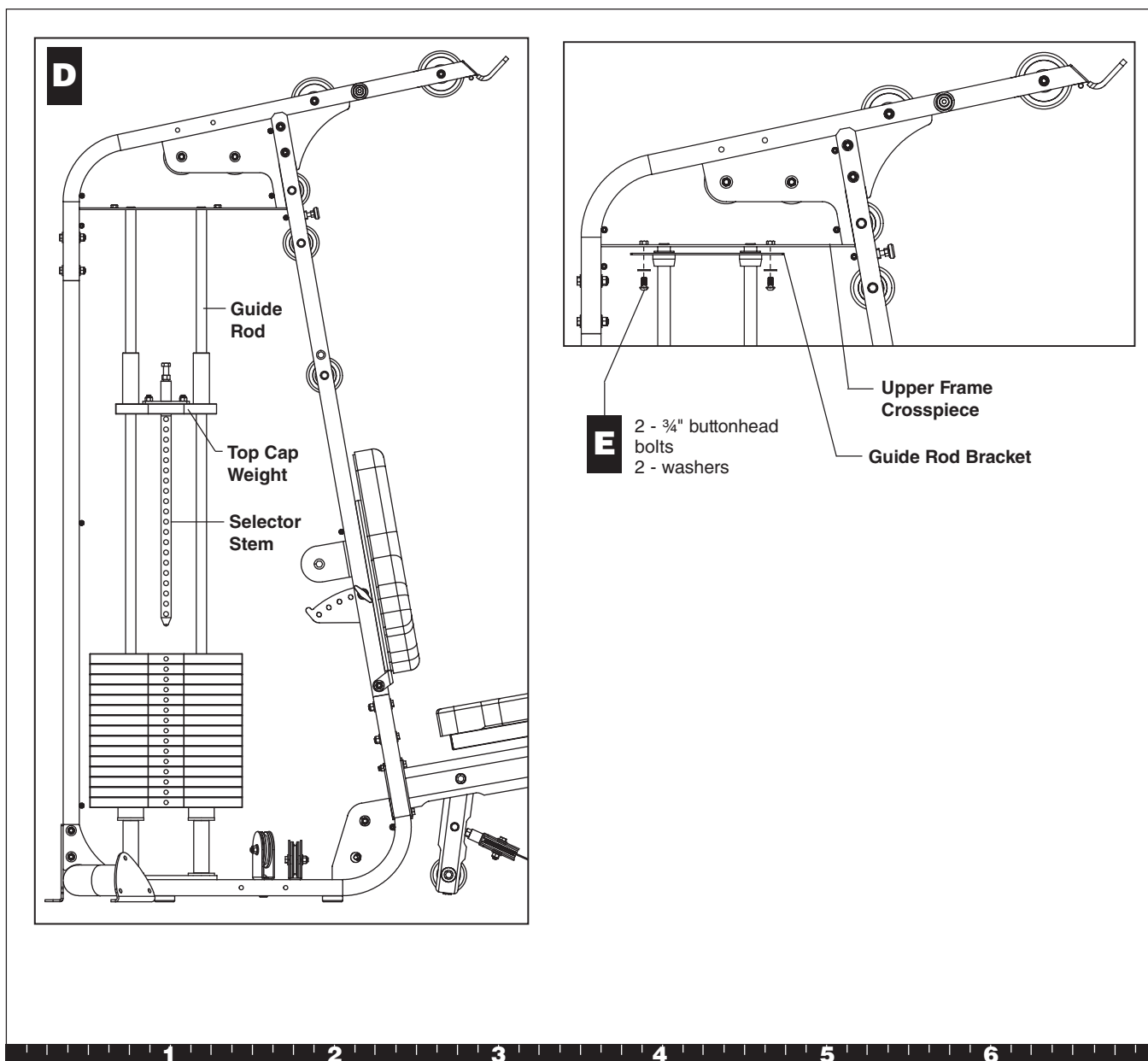
- C. Add the 10-lb weights. For ease of weight pin placement and use, orient the curve on the weight plate to the desired side of the unit. Position the weight plate so the plastic bushing is on top and hold your finger over the plastic bushing to prevent it from popping out.

**CAUTION:** The weights are heavy! Handle the weights carefully so as not to drop them or injure yourself. Pick up and place one weight at a time on the Guide Rods. Do not angle the Guide Rods to such a degree that they dislodge the Guide Rod Spacers or Weight Cushions. Have someone hold the Guide Rods in place while you slide the weights on the stack.



## Step 4. Assemble Weight Stack

- D. Orient the hole in the Top Cap Weight with the curve in the weight plates. Place the Top Cap Weight onto the Guide Rods and slide the Selector Stem into the weight stack.
- E. Slide the Guide Rod Bracket onto the Guide Rods and secure it to the Upper Frame Crosspiece using two 3/4-inch buttonhead bolts and two flat washers. Wrench tighten.



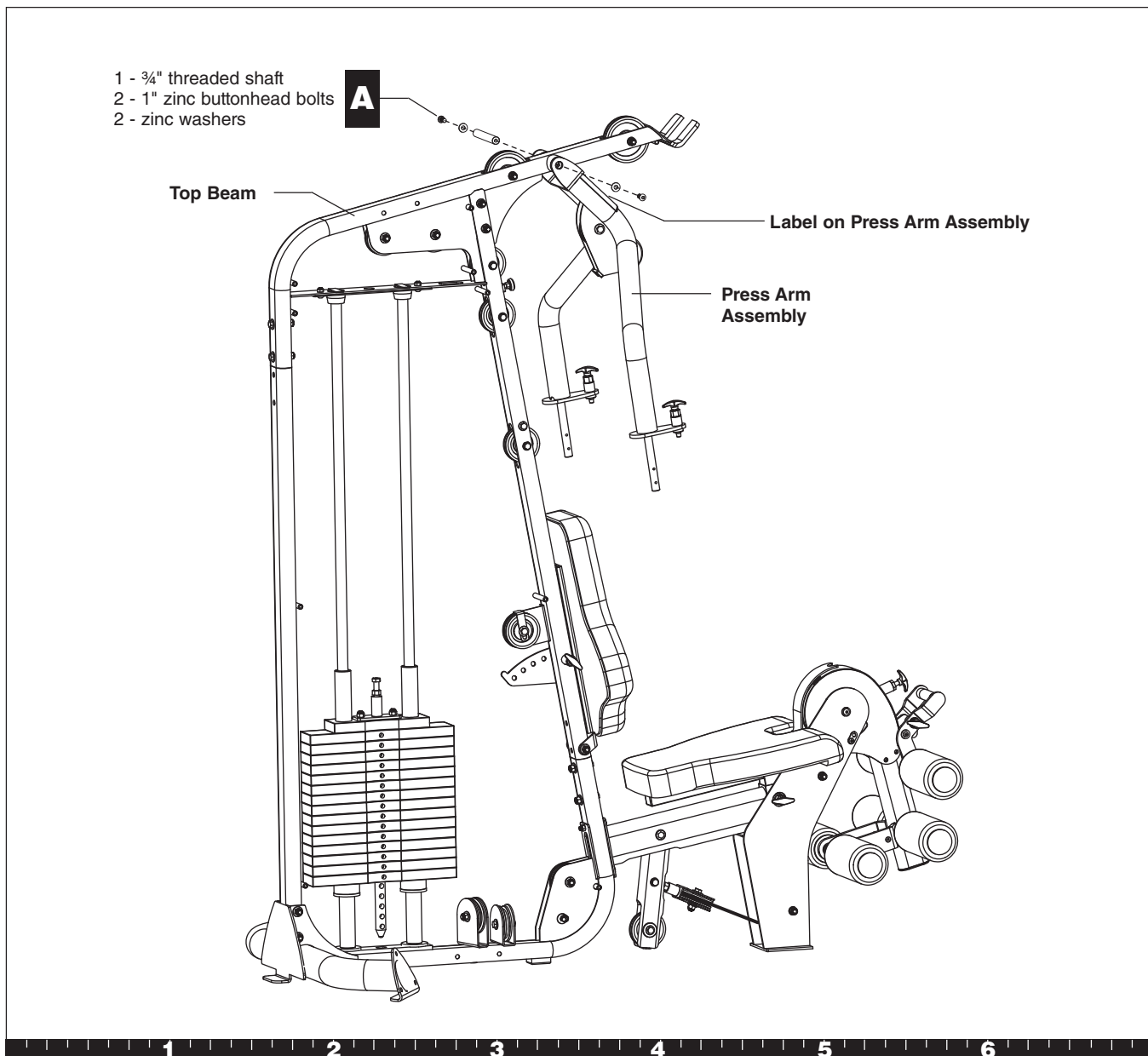
## Step 4. Assemble Weight Stack, continued

## 5. Assemble Press Arm

**Important:** Obtain adult assistance to attach the Press Arm Assembly.

- A. Attach the Press Arm Assembly, with the label facing out, to the Top Beam using one  $\frac{3}{4}$ -inch x  $5\frac{1}{4}$ -inch threaded shaft two 1-inch zinc buttonhead bolts two zinc flat washers  
Wrench tighten.

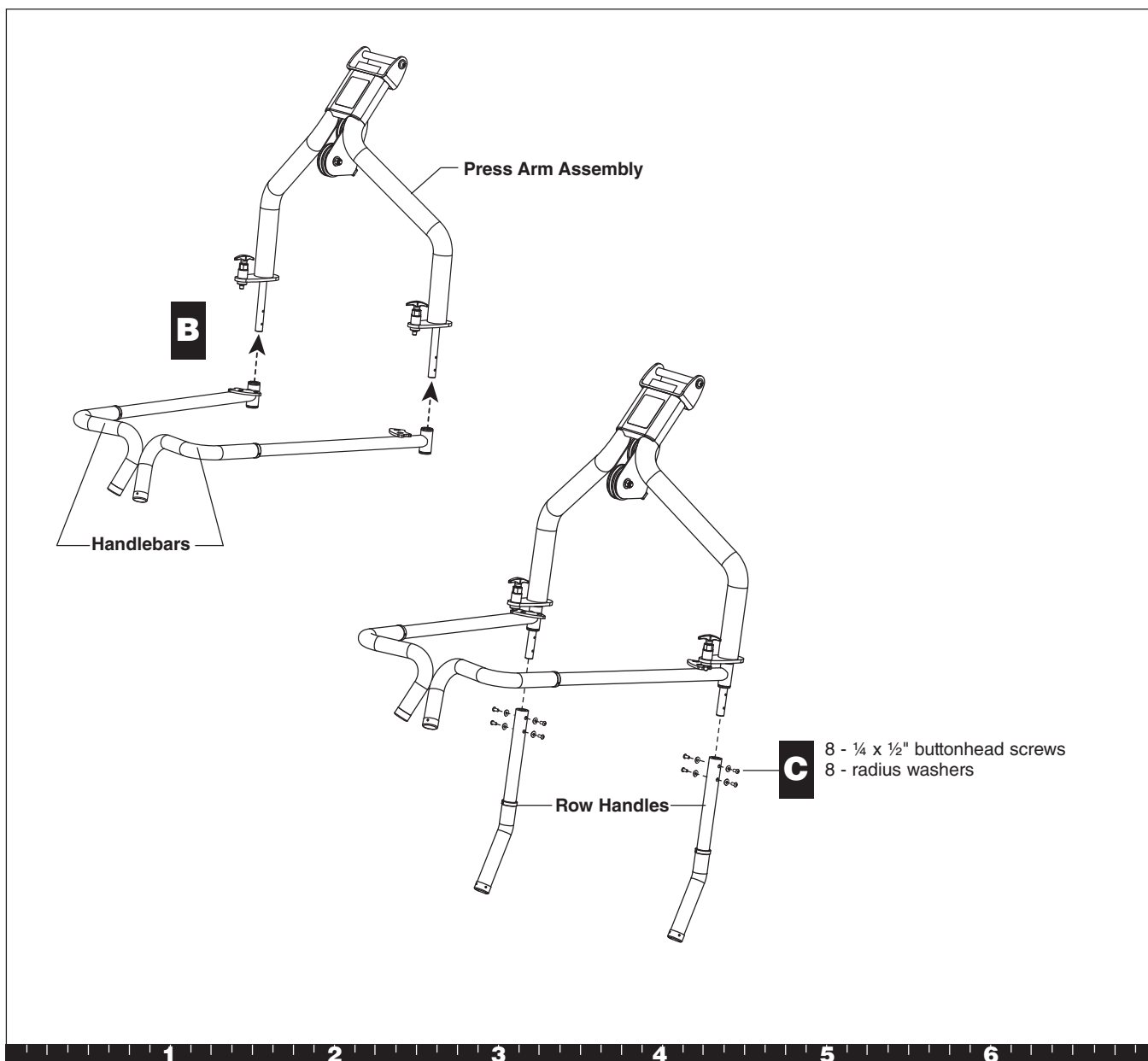
**Note:** Make sure the Press Arm rotates freely. If resistance exists, loosen the fasteners a  $\frac{1}{4}$  turn.



## Step 5. Assemble Press Arm



- B. Slide the Handlebars in place on the Press Arm. Handlebars curve inward. Review the illustration for correct handlebar placement. Pull the T-handle up and adjust the handlebars into a secure position.
  - C. Attach the Row Handles using eight  $\frac{1}{4}$  x  $\frac{1}{2}$ -inch buttonhead screws and eight radius washers
- Note:** Make sure the radius washers lie flat against the Row Handle before wrench tightening.
- D. Wrench tighten the screws using the 5mm hex keys.

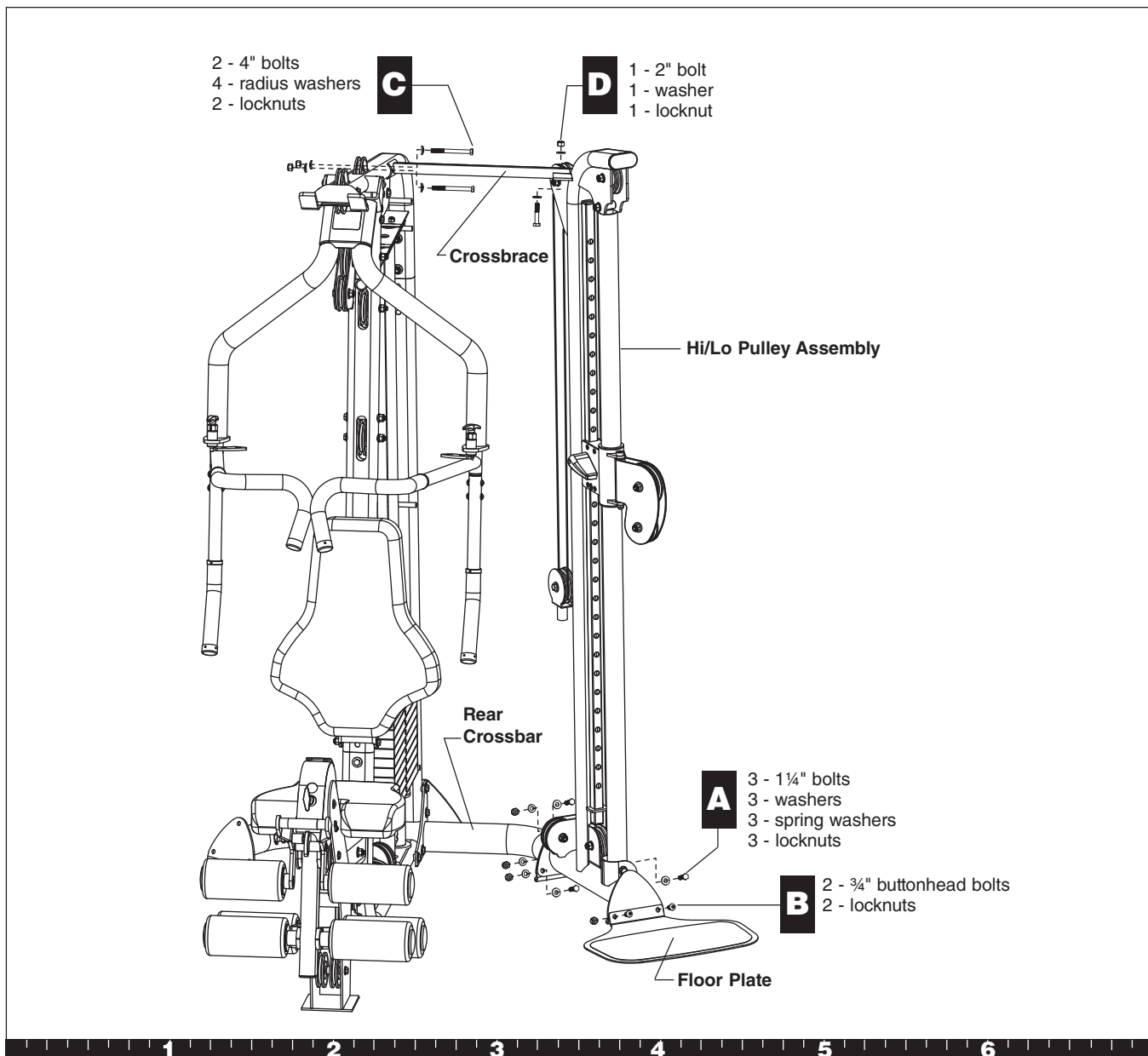


### Step 5. Assemble Press Arm, continued

## 6. Install Hi/Lo Pulley Assembly

**Note:** Ask for assistance to move the Hi/Lo Pulley Assembly and align the mounting holes.

- A. Attach the Hi/Lo Pulley Assembly to the Rear Crossbar using three 1¼-inch hex head bolts, three flat washers, three spring washers, three locknuts. Wrench tighten.
- B. Attach the Floor Plate using two ¾-inch buttonhead bolts, two locknuts. Wrench tighten using a 6mm hex key.
- C. Attach the Crossbrace to the Top Beam using two 4-inch hex head bolts, four radius washers, two locknuts.
- D. Attach the Crossbrace to the Hi/Lo Pulley using one 2-inch hex head bolt, one washer, one locknut. Wrench tighten all three fasteners that secure the Crossbrace.



## 7. Install Lat Pulley Cable

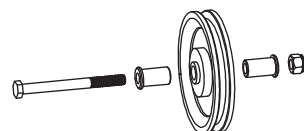
**Note:** All pulleys (except the floating pulleys) are installed in the frame assemblies. As you begin each new step, remove the fasteners and pulley. Feed the cable around the pulley as shown, and then replace the fasteners and finger tighten. Wrench tighten all pulley fasteners once you have completed the installation of each cable assembly.

- A. Start at the Top Beam and feed the threaded end of the Lat Pulley Cable 130208 over one 4½-inch pulley. Attach the pulley to the Top Beam using one 4-inch hex head bolt two 1¼-inch shoulder spacers one locknut
- B. Feed the cable over the second 4½-inch pulley. Attach the pulley to the Top Beam using one 4-inch hex head bolt two 1¼-inch shoulder spacers one locknut
- C. Feed the cable over the upper 3½-inch pulley located in the Press Arm assembly. Attach the pulley to the Press Arm assembly using one 2-inch zinc hex head bolt two zinc flat washers one zinc locknut
- D. Feed the cable over the upper 3½-inch pulley located in the Main Upright. Attach the pulley to the Main Upright using one 4-inch hex head bolt two 1¼-inch shoulder spacers one locknut

### Pulley assemblies

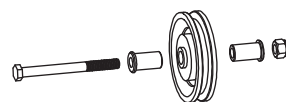
#### 4½-inch Pulley

- 1 - bolt
- 2 - shoulder spacers
- 1 - locknut



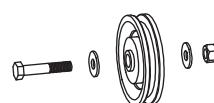
#### 3½-inch Pulley (used on gray painted parts)

- 1 - bolt
- 2 - shoulder spacers
- 1 - locknut



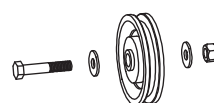
#### 3½-inch Pulley (used on titanium parts)

- 1 - zinc bolt
- 2 - zinc washers
- 1 - zinc locknut

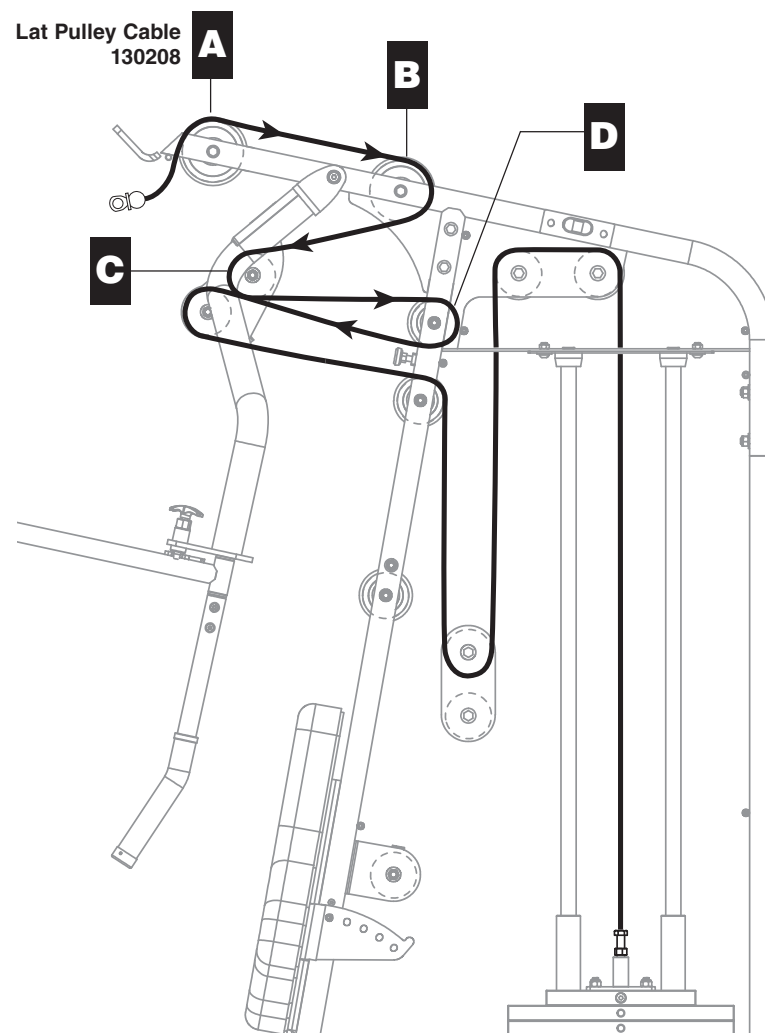


#### 3½-inch Pulley (used on gray painted parts)

- 1 - bolt
- 2 - washers
- 1 - locknut



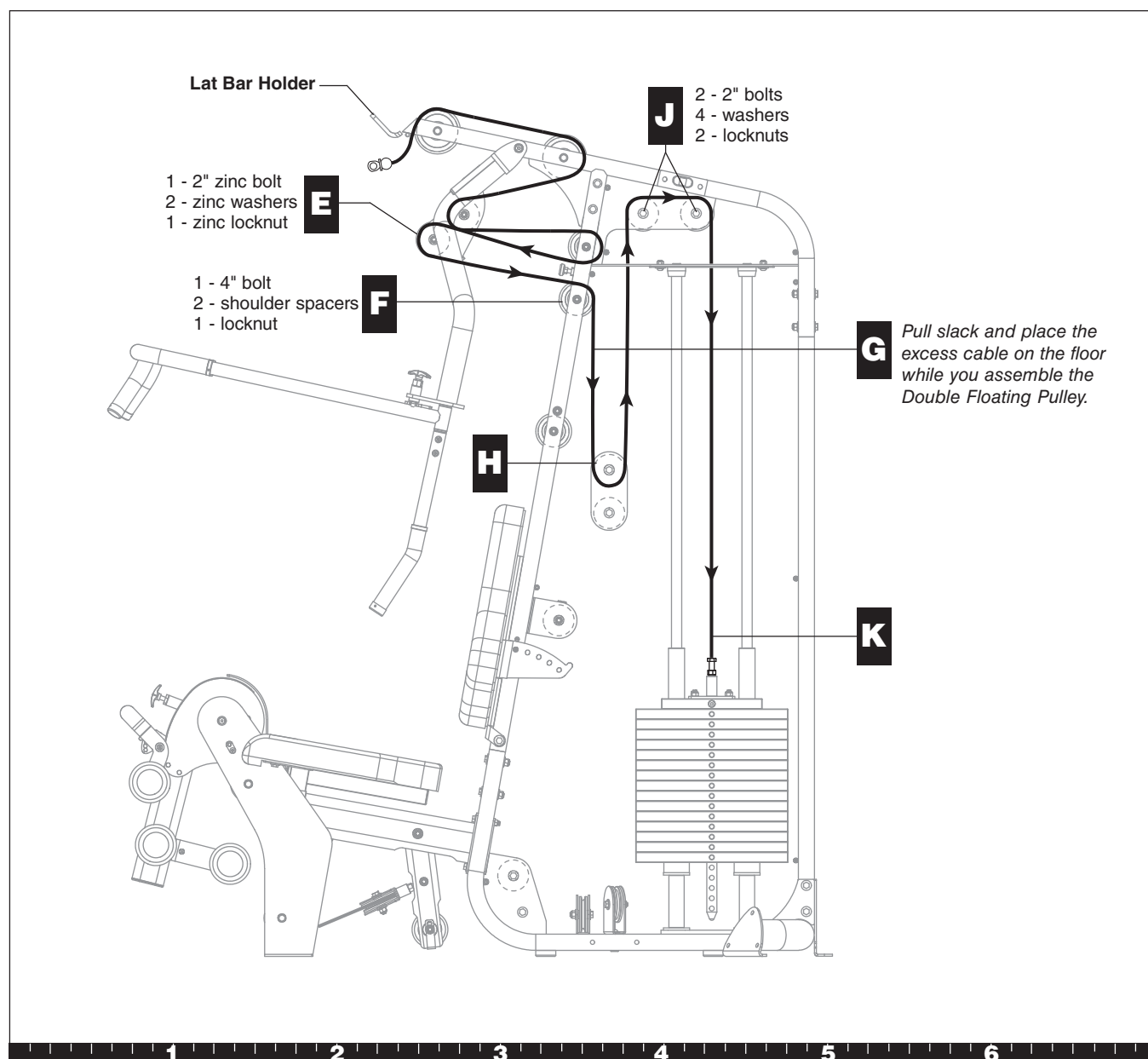
Lat Pulley Cable  
130208



## Step 7. Install Lat Pulley Cable

- E. Feed the cable over the lower 3½-inch pulley located in the Press Arm assembly. Attach the pulley to the Press Arm assembly using one 2-inch zinc hex head bolt two zinc flat washers one zinc locknut
- F. Feed the cable over the upper 3½-inch pulley located in the Main Upright. Attach the pulley to the Main Upright using one 4-inch hex head bolt two 1¼-inch shoulder spacers one locknut
- G. Pull the slack out of the Lat Pulley Cable so the ball end of the cable rests against the Lat Bar Holder.
- H. Feed the threaded end of the cable between the two 3½-inch pulleys inside the Double Floating Pulley.
- J. Let the Double Floating Pulley hang as you continue to feed the cable through the hole in the Upper Frame Crosspiece and over the two 3½-inch pulleys attached to the Top Beam assembly. Reattach the pulleys to the assembly using two 2-inch hex head bolts four flat washers two locknuts
- K. Feed the cable down through the hole in the Upper Frame Crosspiece and attach the threaded end of the cable into the Selector Stem. Continue turning the screw three to four full turns to secure the threads inside the Selector Stem.
- L. Wrench tighten all pulley fasteners.

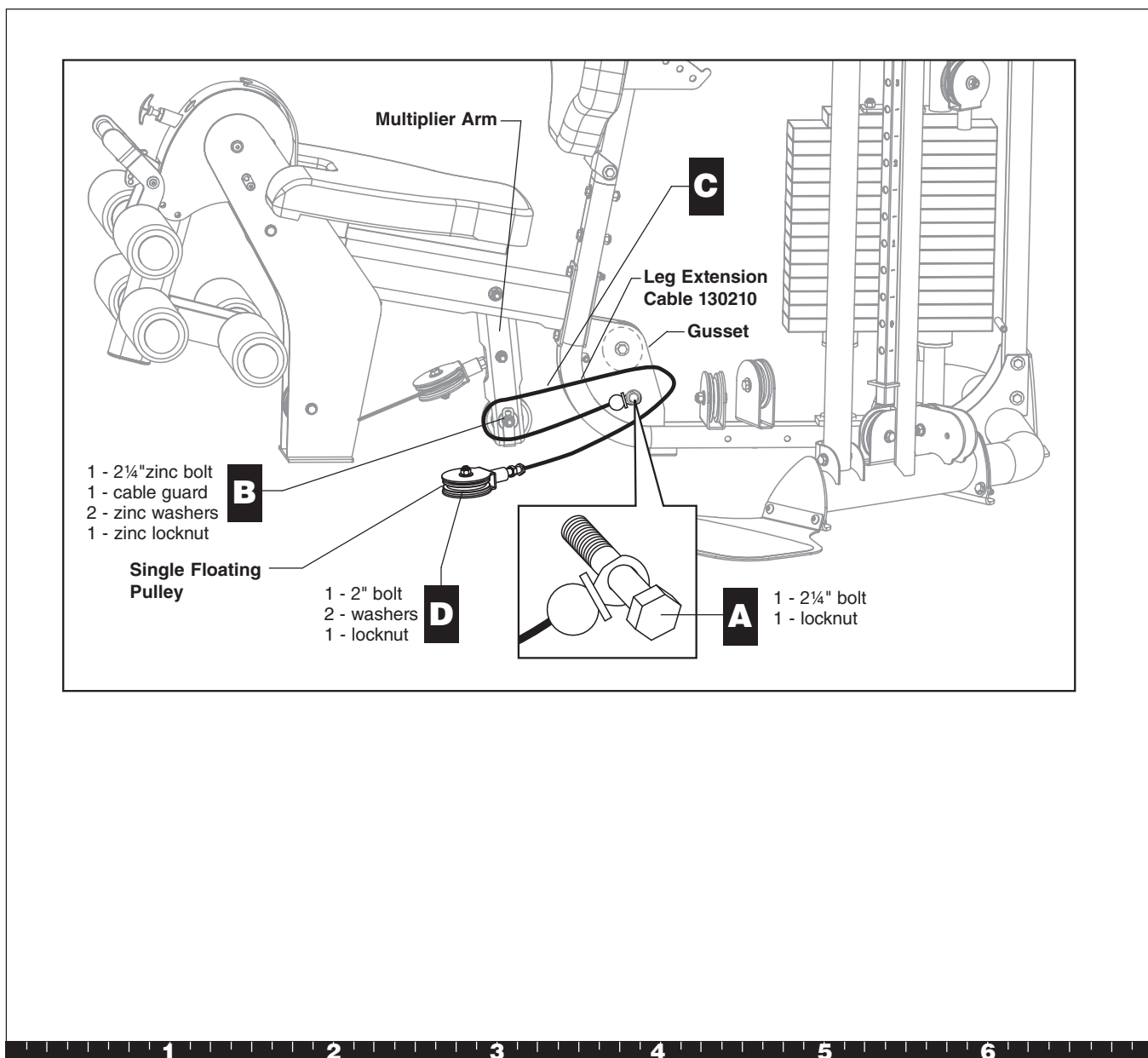
**Important:** Do not tighten the Double Floating Pulley fasteners or the jam nut on the threaded end of the cable, at this time.



## Step 7. Install Lat Pulley Cable, continued

## 8. Install Leg Extension Cable

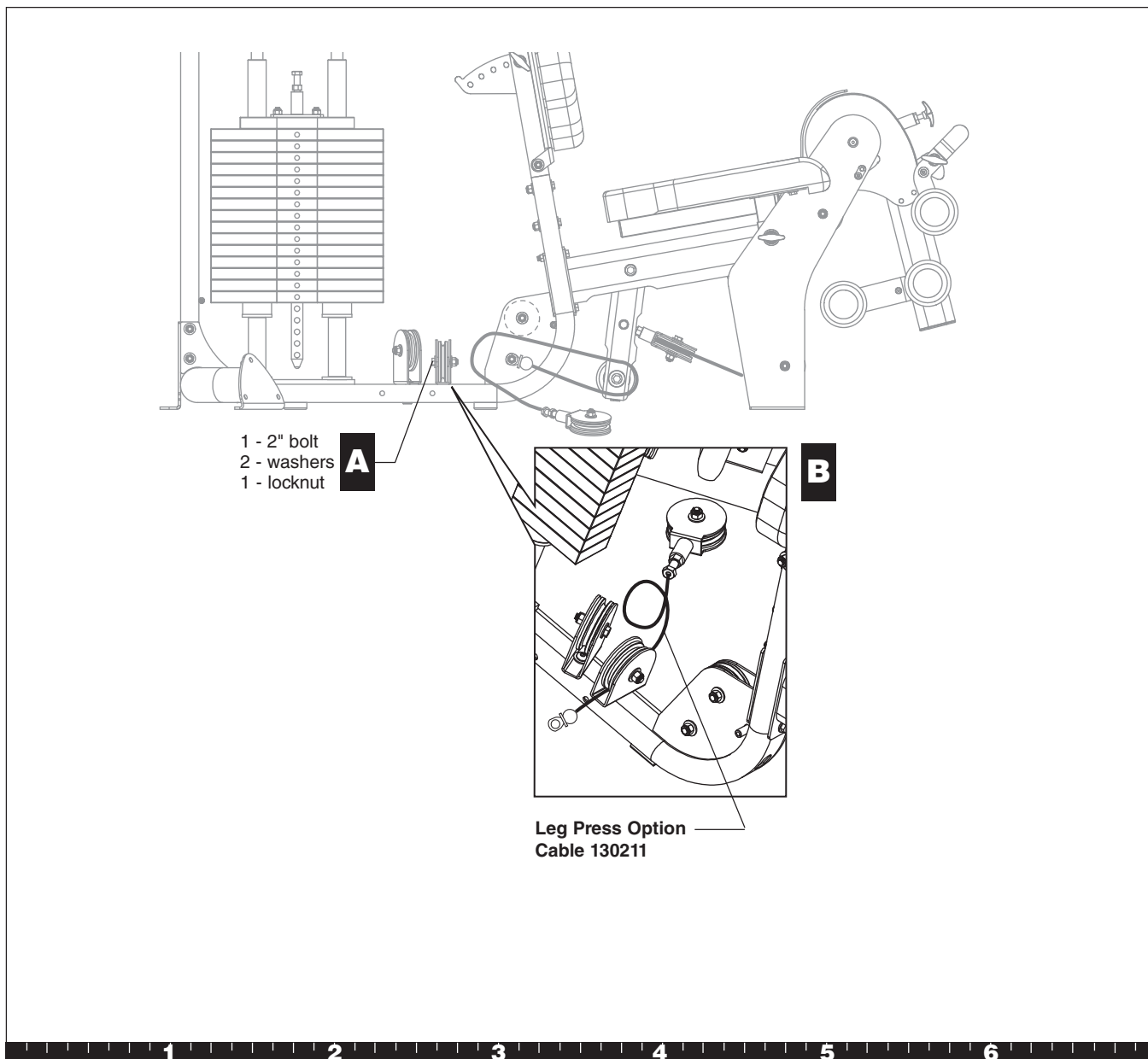
- A. Remove the hex head bolt from the Gusset which is welded to the Base Frame. Place the end of the Leg Extension Cable 130210 on the bolt as shown. Secure the cable end by reinserting the fasteners:
  - one 2¼-inch hex head bolt
  - one locknut
 Wrench tighten.
- B. Disassemble the 3½-inch pulley at the base of the Multiplier Arm. Wrap the cable around the pulley and secure it using
  - one 2¼-inch zinc hex head bolt
  - 1 cable guard
  - two zinc flat washers
  - one zinc locknut
 Wrench tighten.
- C. Feed the cable through the Main Base and beneath the 3½-inch pulley located inside the Gusset.
- D. Attach the threaded end of the cable to a Single Floating Pulley. Continue turning the screw three to four full turns to secure it inside the floating pulley housing. Rest the Single Floating Pulley on the floor.



## Step 8. Install Leg Extension Cable

## 9. Install Leg Press Option Cable Connection

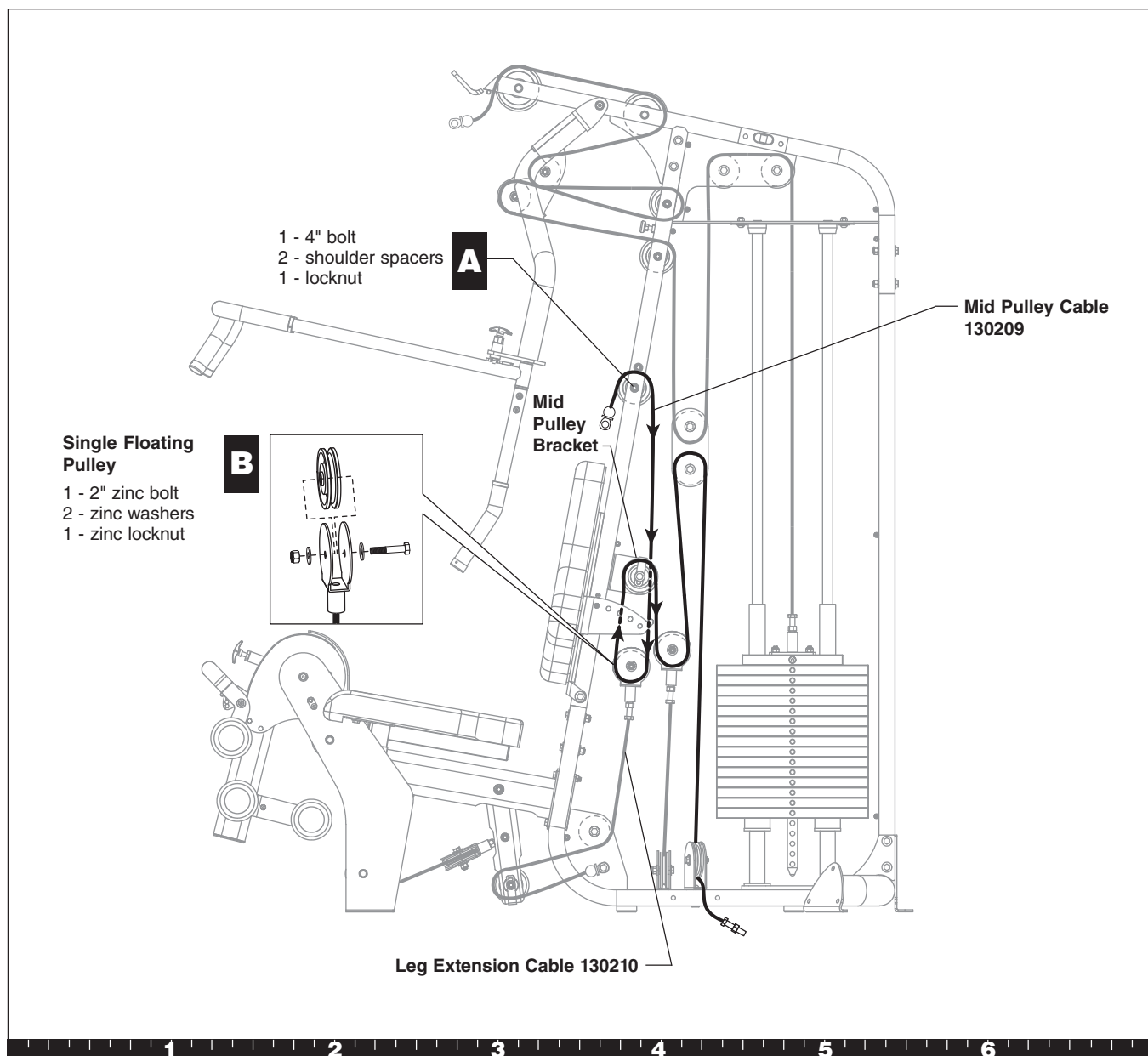
- A. Disassemble the 3½-inch pulley attached to the base frame bracket and feed the threaded end of the Leg Press Option Cable 130211 under the pulley. Reattach the pulley to its bracket using one 2-inch hex head bolt two flat washers one locknut Wrench tighten.
- B. Attach the threaded end of the cable to the Single Floating Pulley. Continue turning the screw three to four full turns to secure it inside the floating pulley housing. Rest the Single Floating Pulley on the floor.



### Step 9. Install Leg Press Option Cable Connection

## 10. Install Mid Pulley Cable and Hi/Lo Pulley Connection

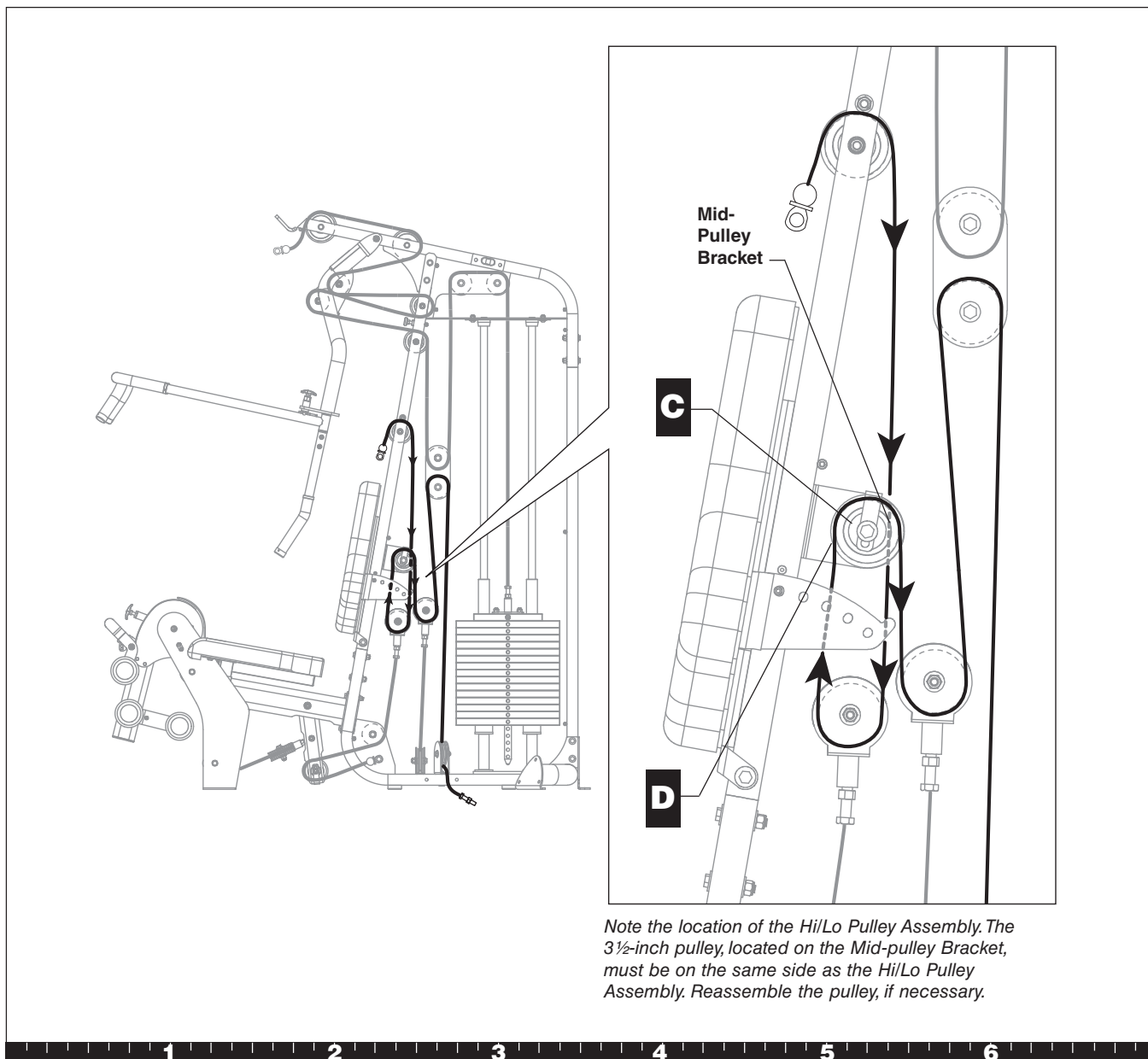
- A. Disassemble the center pulley on the Main Upright and feed the threaded end of Mid Pulley Cable 130209 through the opening and over the 3½-inch pulley. Attach the pulley to the Main Upright using one 4-inch hex head bolt two shoulder spacers one locknut Wrench tighten.
- B. Disassemble the Single Floating Pulley attached to the Leg Extension Cable 130210. Feed the Mid Pulley Cable around the pulley and reattach the pulley to its housing using one 2-inch zinc hex head bolt two zinc washers one thin zinc locknut Wrench tighten.



## Step 10. Install Mid Pulley Cable and Hi/Lo Pulley Connection

- C. For proper cable operation, the 3½-inch pulley, located on the Mid-pulley Bracket, must be on the same side as the Hi/Lo Pulley Assembly. If the pulley is not on the correct side, reassemble it.
- D. Feed the threaded end of the cable over the top of the Mid-pulley Bracket's 3½-inch pulley. Rest the cable on the floor.

**Important:** Stand between the S3.19 and the Hi/Lo Pulley Assembly and review the cable alignment. The Mid Pulley Cable must fall behind the Mid-pulley Bracket before wrapping around the Leg Extension Floating Pulley. Refer to the illustration.

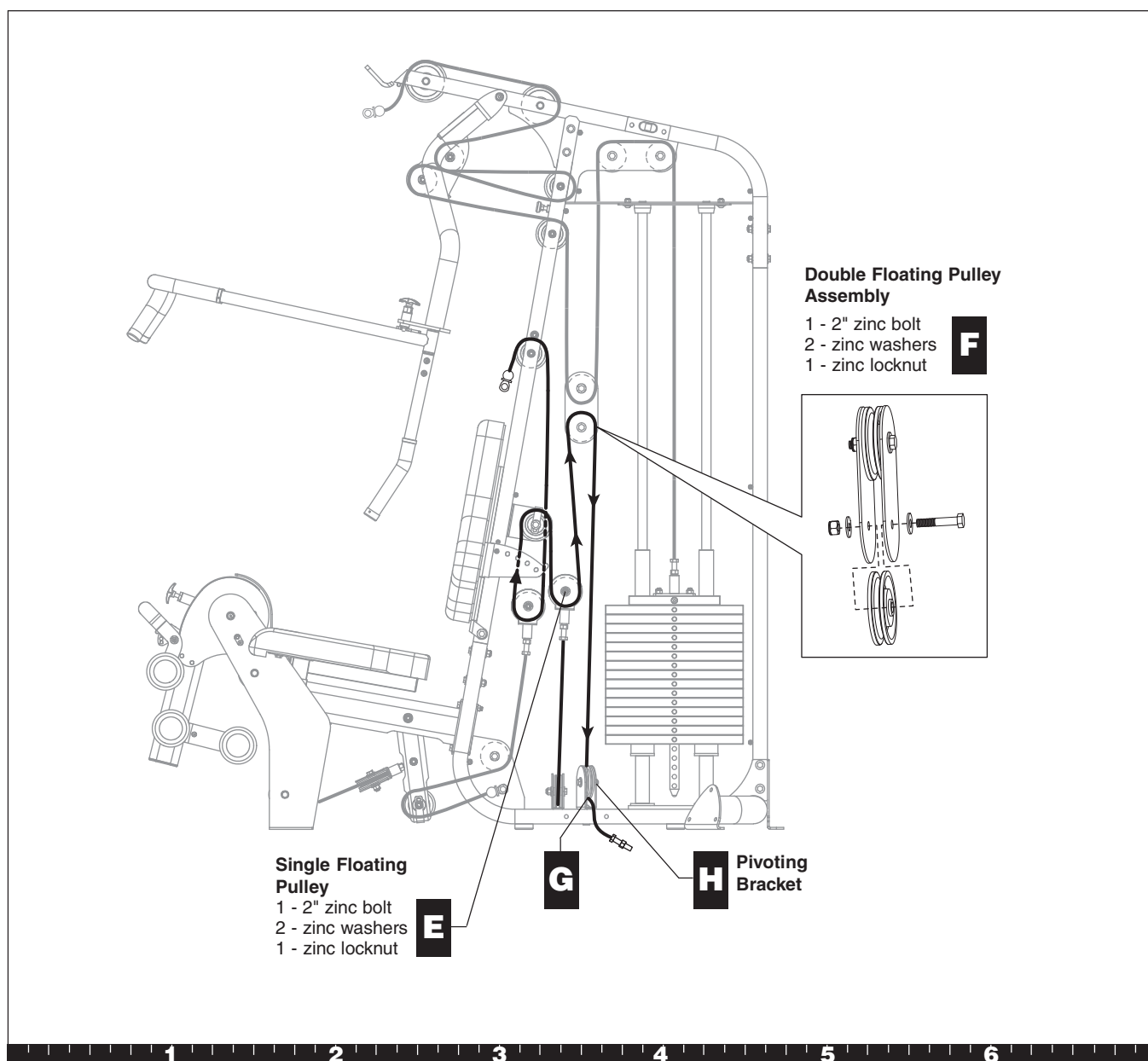


Note the location of the Hi/Lo Pulley Assembly. The 3½-inch pulley, located on the Mid-pulley Bracket, must be on the same side as the Hi/Lo Pulley Assembly. Reassemble the pulley, if necessary.

## Step 10. Install Mid Pulley Cable and Hi/Lo Pulley Connection, continued

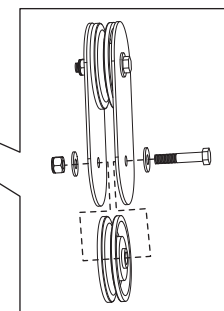


- E. Disassemble the Single Floating Pulley attached to the Leg Press Option Cable 130211 and feed the Mid Pulley Cable around the disassembled pulley. Reattach the pulley to the floating pulley housing using
  - one 2-inch zinc hex head bolt
  - two zinc washers
  - one thin zinc locknut
 Wrench tighten.
- F. Disassemble the lower portion of the Double Floating Pulley. Feed the cable around the lower pulley and reattach it using
  - one 2-inch zinc hex head bolt
  - two zinc flat washers
  - one zinc locknut
 Wrench tighten.
- G. Feed the threaded end of the cable underneath the pulley inside the Pivoting Bracket attached to the Main Base.
- H. Align the Pivoting Bracket with the base frame bracket on the Hi/Lo Pulley Assembly.



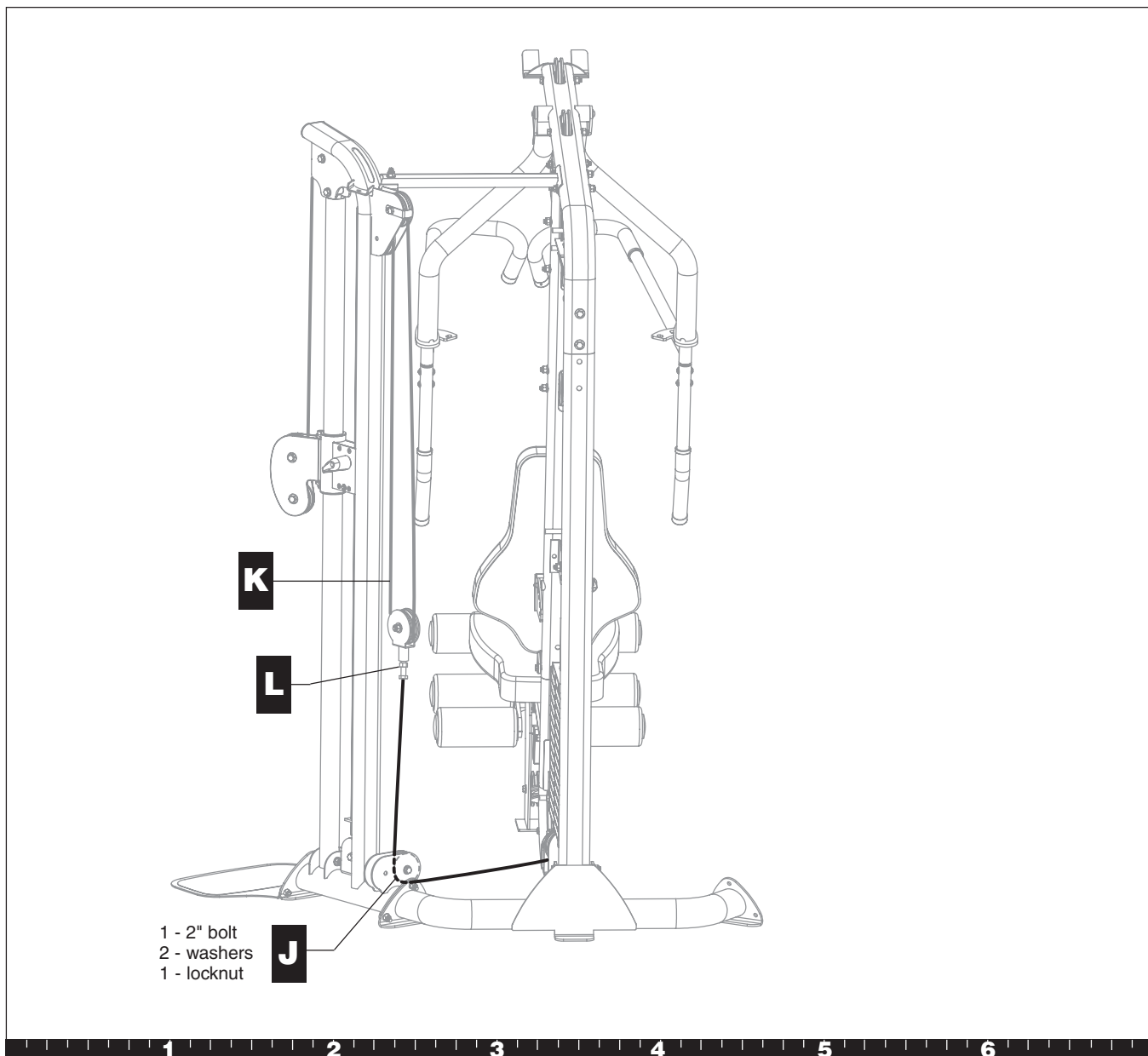
**Single Floating Pulley**  
 1 - 2" zinc bolt  
 2 - zinc washers  
 1 - zinc locknut

**Double Floating Pulley Assembly**  
 1 - 2" zinc bolt  
 2 - zinc washers  
 1 - zinc locknut



## Step 10. Install Mid Pulley Cable and Hi/Lo Pulley Connection, continued

- J. Feed the threaded end of the cable beneath the 3½-inch pulley at the base of the Hi/Lo Pulley and reattach it using  
one 2-inch hex head bolt  
two flat washers  
one locknut  
Wrench tighten.
- K. Cut the wire ties securing the Single Floating Pulley to the Hi/Lo Pulley Assembly. Remove any cable twists or kinks.
- L. Attach the threaded end of the Mid Pulley Cable to the Single Floating Pulley. Continue turning the screw three to four full turns to secure it inside the floating pulley housing.
- M. Check all pulley fasteners and wrench tighten, if necessary.



## Step 10. Install Mid Pulley Cable and Hi/Lo Pulley Connection, continued

## 11. Install Shrouds

**Note:** Read and follow the steps found in *Cable Adjustments and Maintenance* to lubricate the guide rods and make the appropriate cable adjustments prior to installing the Shrouds. The floating pulleys, guide rods, and selector stem are inaccessible once the acrylic Shrouds are attached.

Two metal Upper Shrouds and two acrylic Shrouds are attached to the Main Frame. Complete the assembly steps for one side of the unit before moving to the other.

**Important:** Handle the shrouds with care. The acrylic shrouds require special handling as they are easily scratched. For proper care and maintenance, refer to Adjustments and Maintenance.

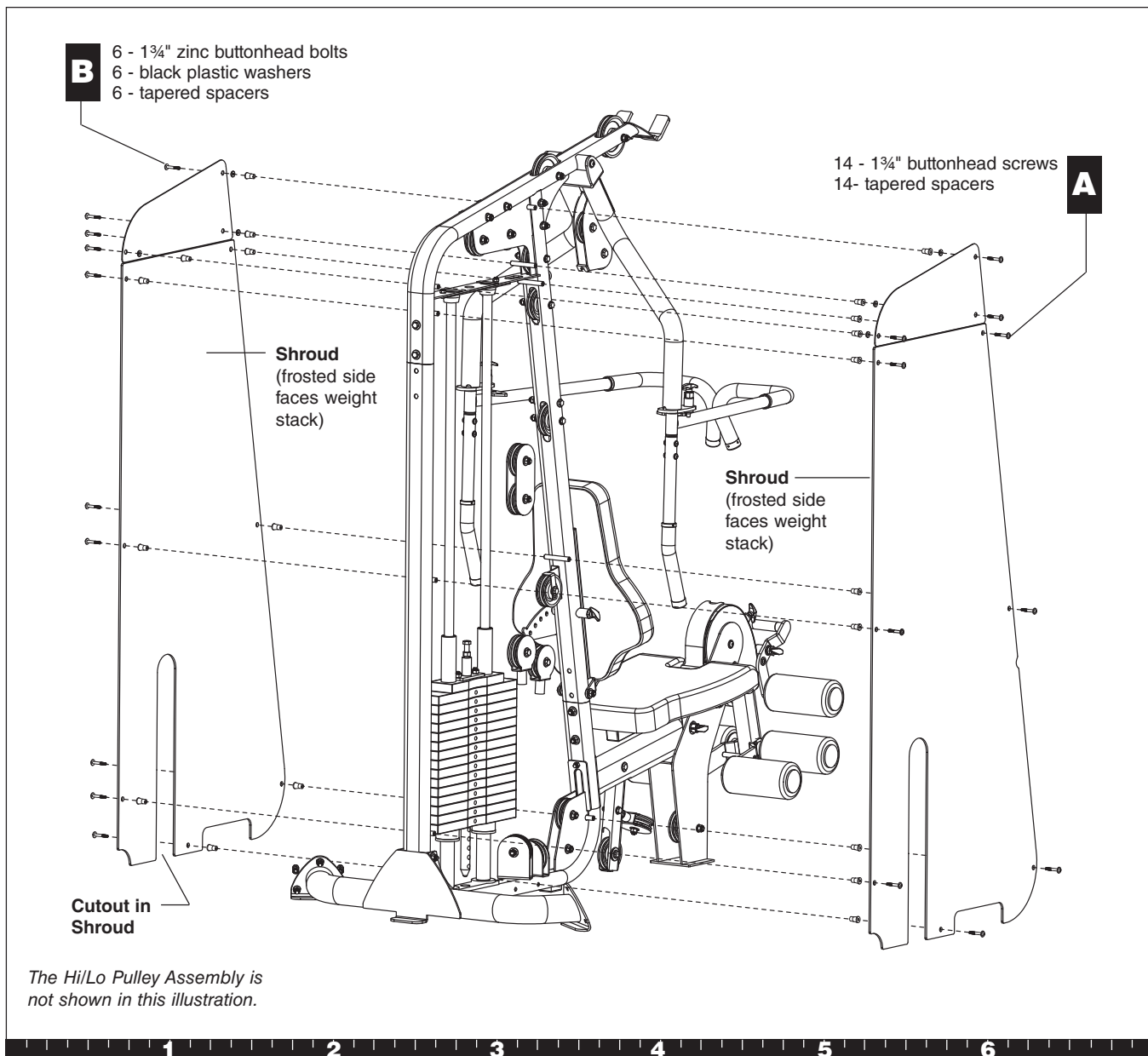
- A. Attach an acrylic Shroud to each side of the Main Frame using  
 fourteen - 1 $\frac{3}{4}$ -inch buttonhead screws  
 fourteen - tapered spacers  
 Start with the two bottom fasteners and work toward the top. Ask your assistant to hold the Shroud in place while you insert the spacers and fasteners. Alternately finger tighten all six fasteners while adjusting the alignment.

**Note:** The frosted side of the acrylic Shroud faces the Weight Stack. Install the Shrouds so the cutouts allow access to the Weight Stack Pin.

- B. Attach the Upper Shrouds to the Top Beam using  
 six 1 $\frac{3}{4}$ -inch zinc buttonhead bolts  
 six black plastic washers  
 six tapered spacers

- C. Adjust the Upper Shroud so its bottom edge is parallel to the top edge of the acrylic shroud.  
 Wrench tighten using a 5mm hex key.

**CAUTION: Do not over tighten. You can crack or warp the Shroud if too much pressure is applied to the fasteners.**



## Step 11. Install Shrouds

## 12. Attach Accessories

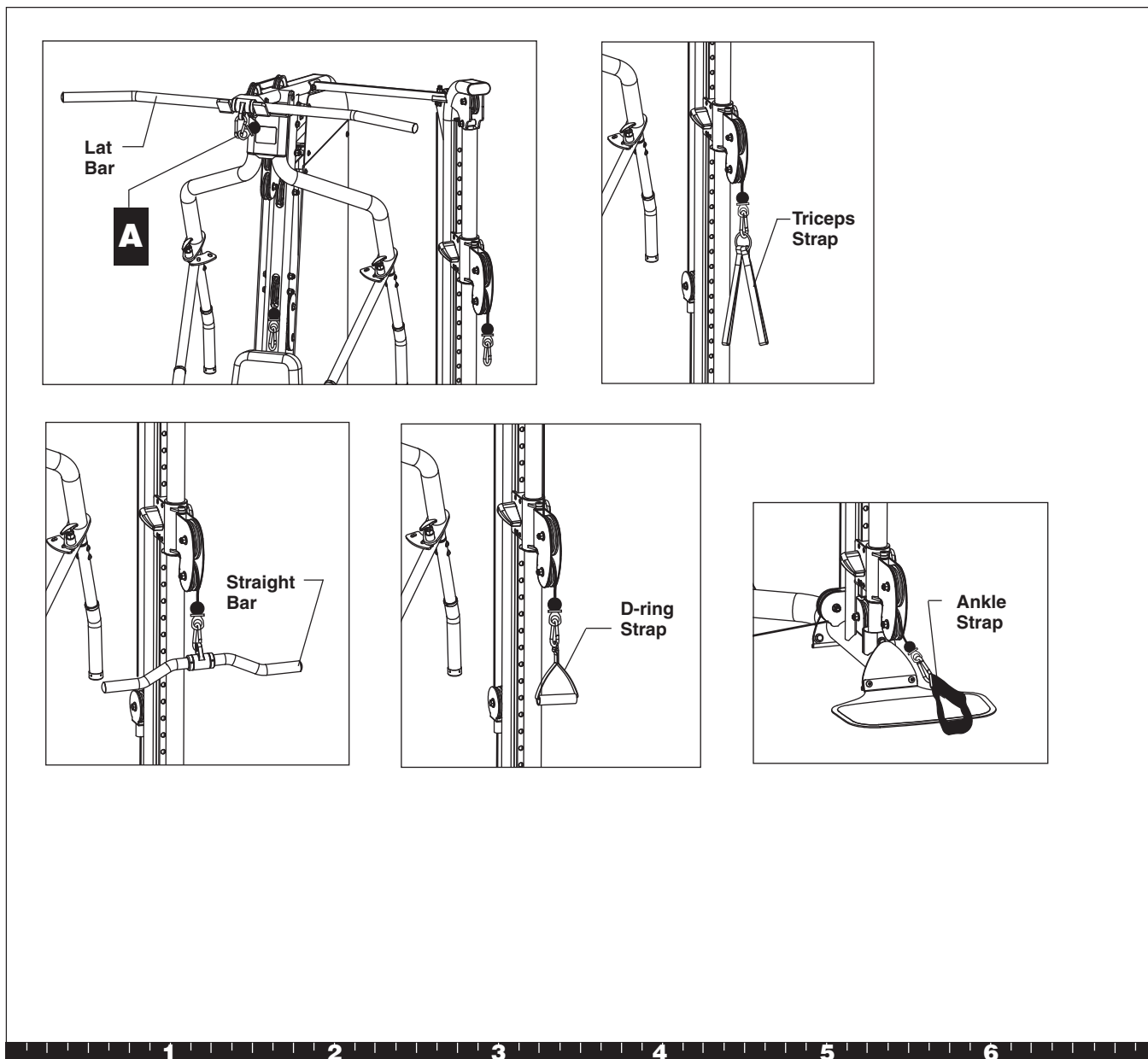
- A. At the end of the Top Beam, attach the Lat Bar to the Lat Pulley Cable using a spring clip.

**Note:** The two hooks at the end of the Top Beam can be used to store the Lat Bar when it's not in use.

- B. The remaining accessories can be attached interchangeably on the Hi-Lo Pulley. Refer to the illustrations.

**Note:** To vary your exercise routine, refer to the Wall Chart.

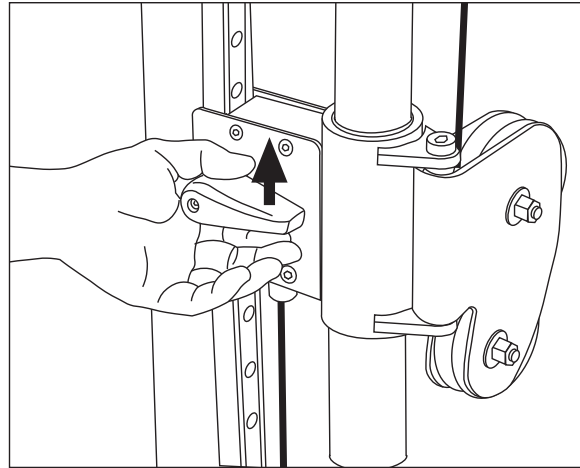
- C. For aesthetics, insert plastic plugs into the unused mounting holes in the Top Beam, Main Base, and Rear Crossbar.



## Step 12. Attach Accessories

### 13. Move the Hi/Lo Pulley

- A. To raise the Hi/Lo Pulley, simply push the Blue Handle up along the track. The Hi/Lo Pulley automatically locks into position.
- B. To lower the Hi/Lo Pulley, lift the Blue Handle up so it disengages from the track and then slowly lower the Hi/Lo Pulley. Let go of the Blue Handle to lock the Hi/Lo Pulley into position.



### Step 13. Move the Hi/Lo Pulley

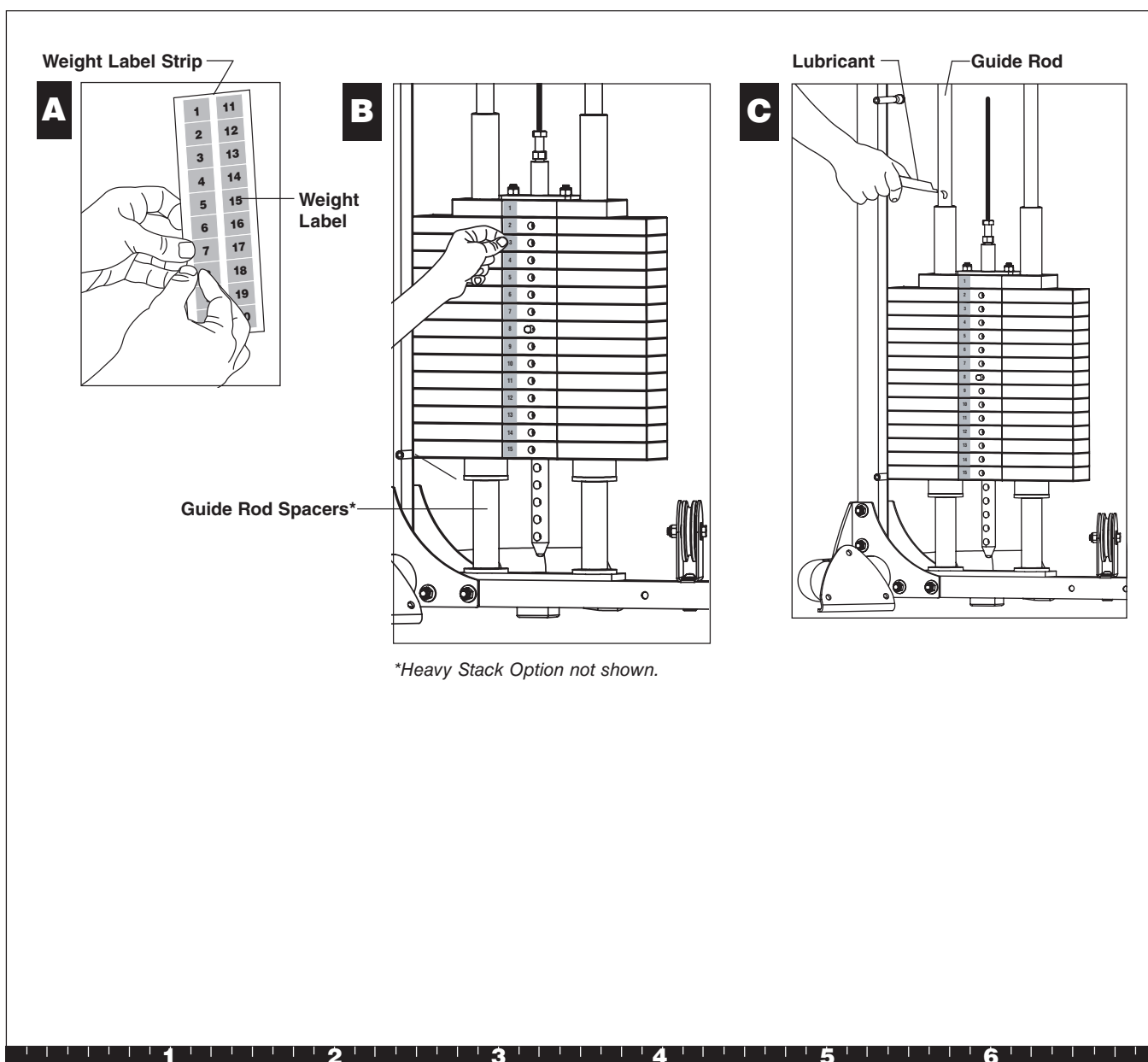
## 14. Apply Weight Decals and Lubricant

- A. Peel the Weight Label off the Weight Label Strip.
- B. Peel the backing off the Weight Label to expose the adhesive and place a label on each Weight Plate, starting with the Top Cap Weight. The recommended location of the label is toward the rear of the unit (refer to the illustration).
- C. Apply one tube of lubricant to each Guide Rod.

**CAUTION: The lubricant can stain clothes. Wear proper attire when lubricating the Guide Rods.**

This completes the assembly of your S3.19 Strength-Training Fitness Equipment. Before exercising on the S3.19, adjust the cable tension. Refer to *Cable Adjustments and Maintenance*.

**Note:** If you have purchased optional equipment, refer to the *Assembly Instructions* accompanying the option.



## Step 14. Apply Weight Decals and Lubricant

# 4

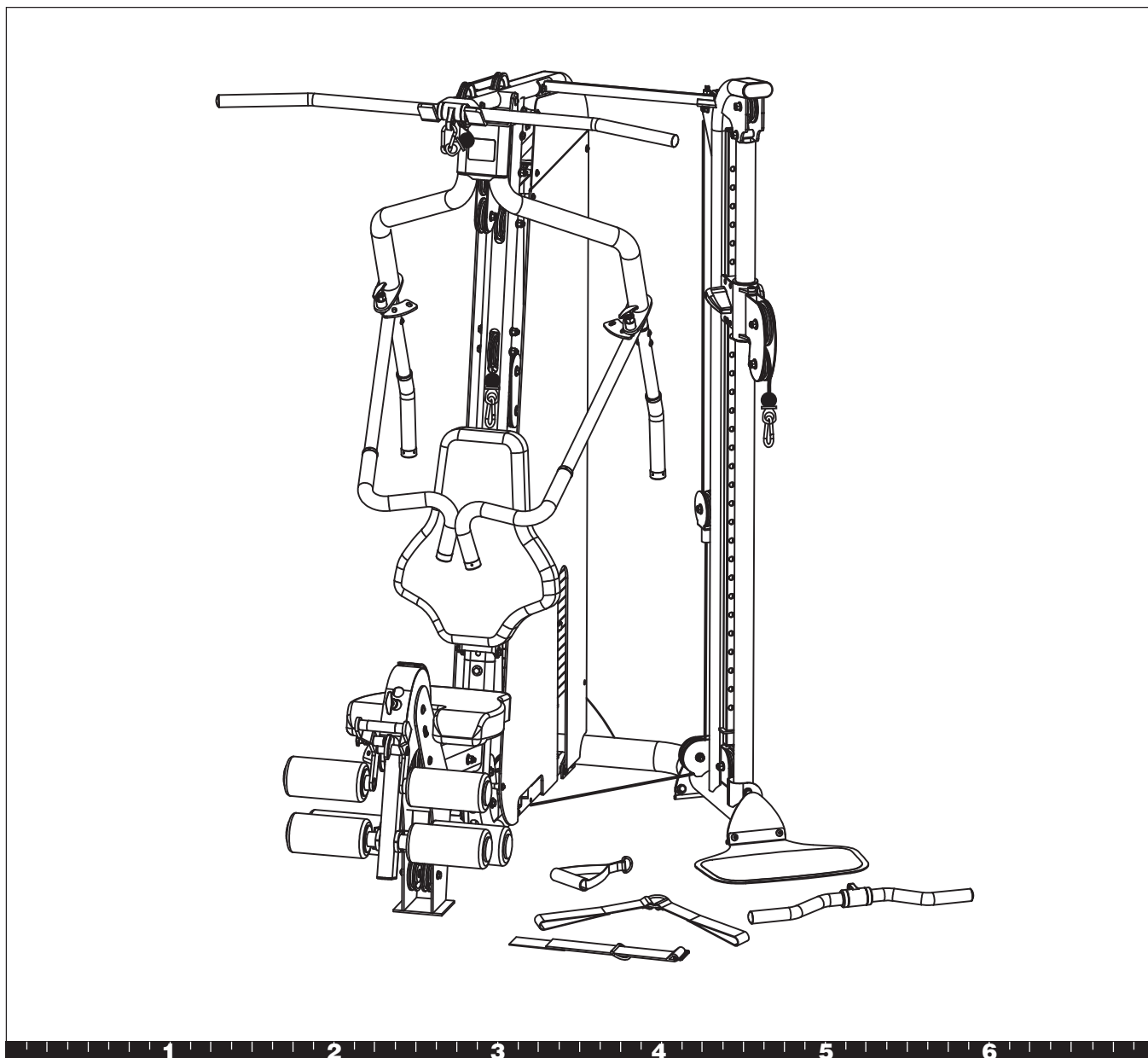
## Cable Adjustments and Maintenance

When the S3.19 is completely assembled, you need to check the cables for proper tension. Obvious signs that cable problems exist include:

- ✓ Top Cap Weight does not rest squarely on the top weight of the Weight Stack.
- ✓ Cables rub the inside edges of the pulleys.
- ✓ Excess slack exists in the cables.
- ✓ Weight Pin cannot be easily inserted in or removed from each hole in the Weight Stack.
- ✓ Selector Stem rubs inside the Weight Stack.

**CAUTION:** Take the time to perform the following steps. If the cables do not have the proper tension you could void the Precor Limited Warranty.

**Important:** To access the cables attached to the Selector Stem and two Floating Pulleys, you will need to remove the shrouds.



## 1. Cable Tension

If you experience any cable problems, take the following steps to reduce tension on the cables:

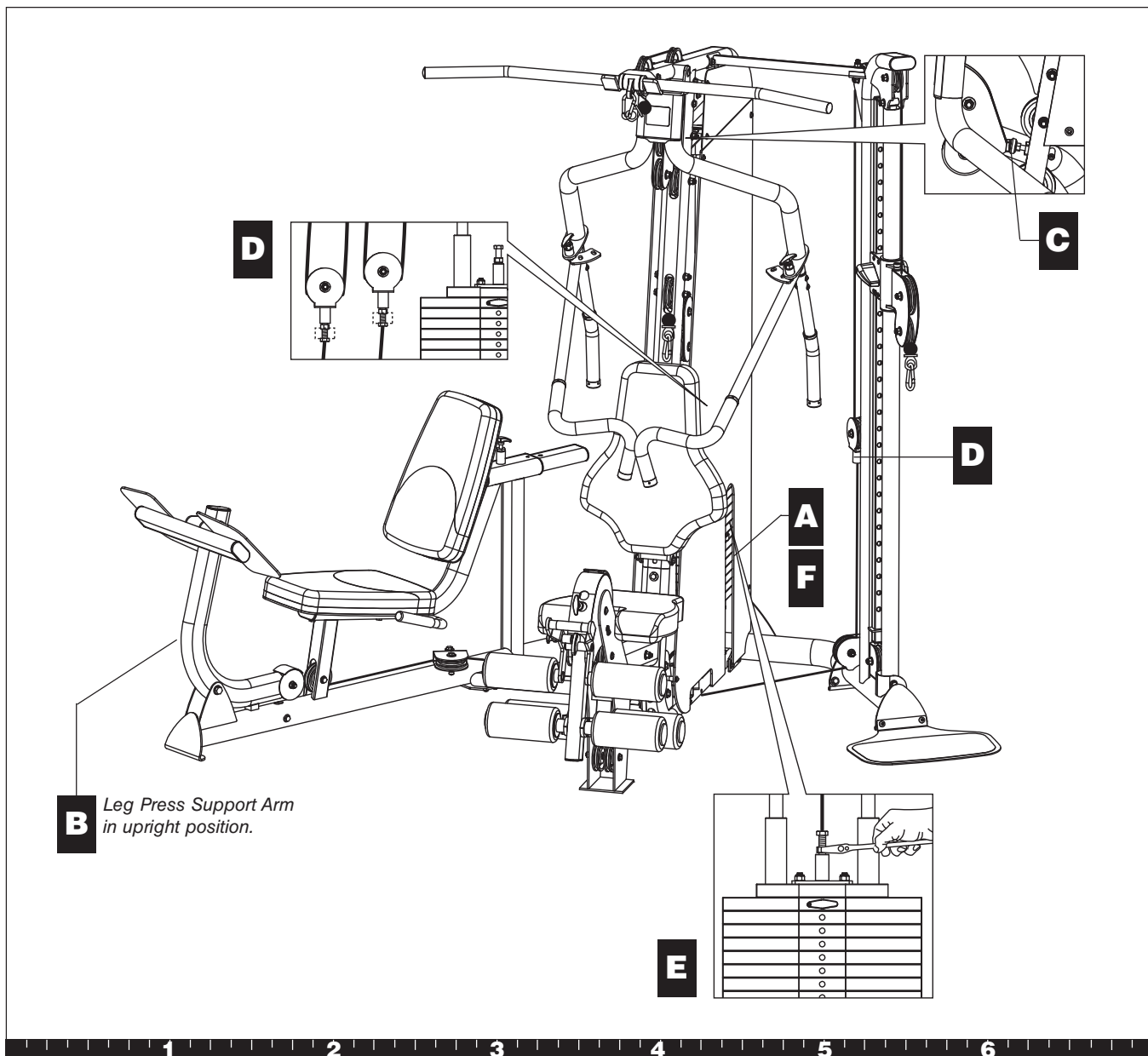
- A. Remove the Weight Pin and set it aside.
- B. If the Leg Press is attached, place the Support Arm in the upright (non-extended) position.
- C. Check that the Press Arm rests lightly on the Bumper Pad and is positioned so it causes minimal tension in the cable. If necessary, rotate the Bumper Pad.
- D. Adjust the threaded ends on the Single Floating Pulleys so the amount showing is the same on all both pulleys. Retighten the jam nuts.

**Note:** You may need to loosen the jam nuts before making adjustments.

- E. Adjust the Weight Stack threaded end. Retighten the jam nuts.

**CAUTION:** For safety reasons, always make sure to turn the screw three to four full turns so that the threads are engaged inside the Selector Stem or Floating Pulleys before tightening the jam nuts.

- F. Replace the Weight Pin into the Weight Stack.

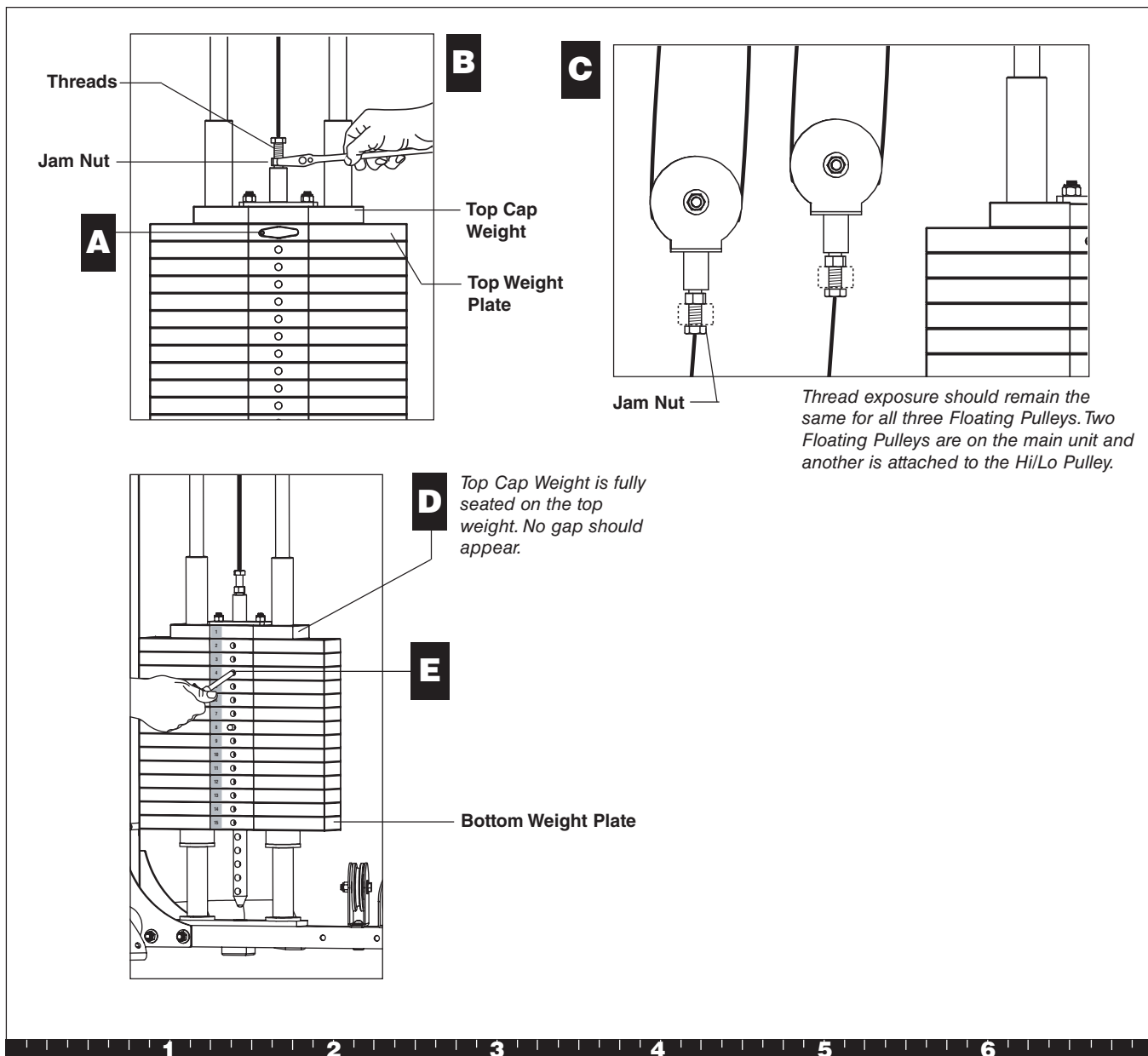




## 2. Cable Adjustments

You may need to adjust the cables after installation and periodically thereafter. If the cables remain slack after you have followed the steps found in *Cable Tension*, perform the following:

- A. Remove the Weight Pin and set it aside.
- B. Loosen the Jam Nut on the Weight Stack threaded end to expose additional threads. Adjust the threaded end until the slack is removed.
- C. Loosen the Jam Nuts on the Floating Pulleys threaded ends. Adjust the threaded ends until the slack is removed. Make sure the amount of threads exposed on one pulley is about the same as the other pulleys.
- D. Check the Top Cap Weight to make sure it remains well-seated on the Weight Stack and then retighten the jam nuts.
- E. Check the Selector Stem alignment by inserting the Weight Pin into every hole on the Weight Stack.
- F. Replace the Weight Pin into the Weight Stack.



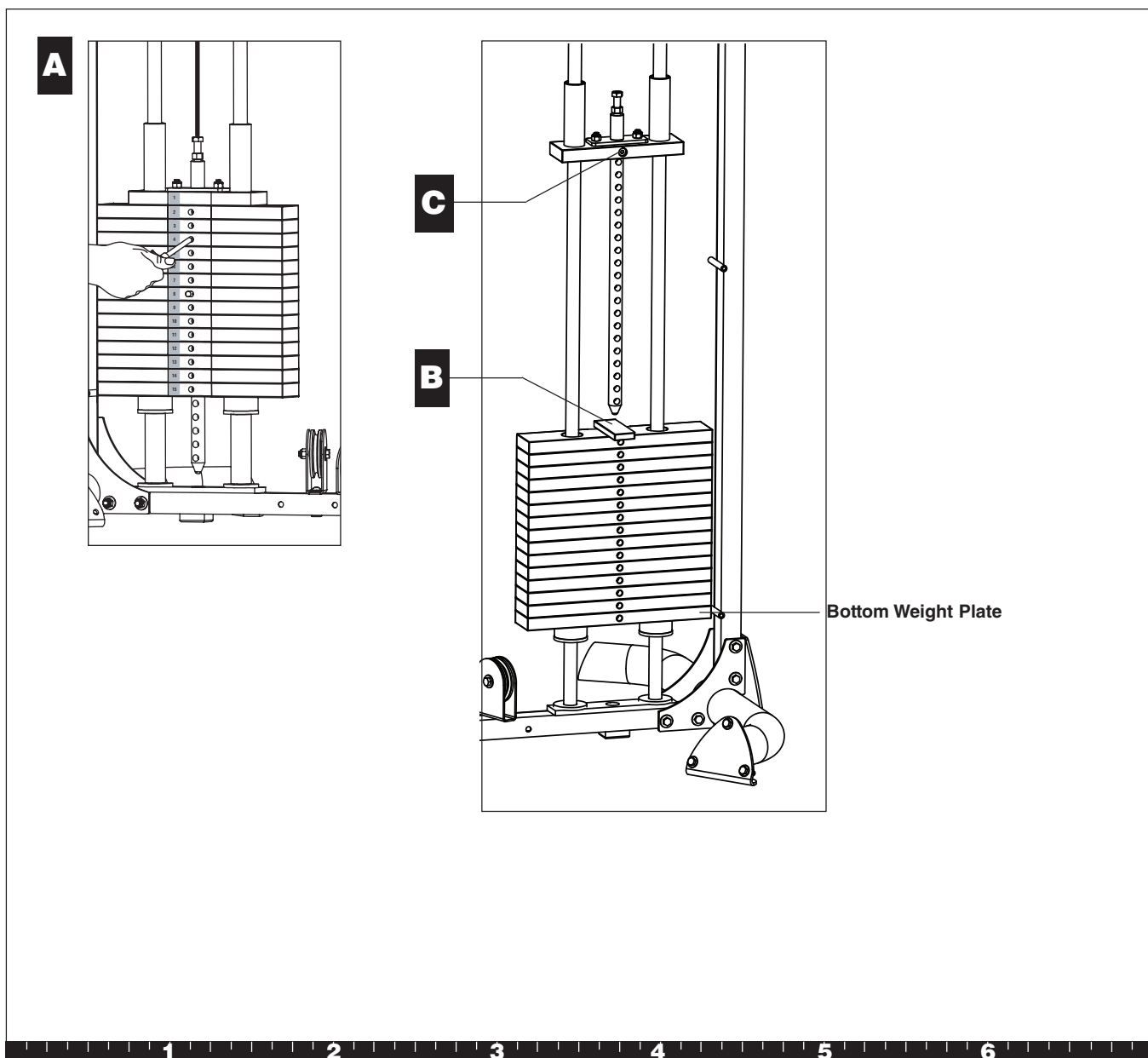
### 3. Selector Stem Adjustments

If the Selector Stem consistently strikes the inside of the weight stack or it is misaligned with the Weight Stack hole, you can re-center the Selector Stem by taking the following steps:

- A. To free the Selector Stem, remove the Weight Pin from the Weight Stack.
- B. Pull up the Selector Stem and place a cover over the opening in the Weight Stack. Rest the Selector Stem on the cover.
- C. Use an 8mm hex key to loosen the socket head bolt in the center of the Top Cap Weight.

**Important:** Do not remove the socket head bolt.

- D. Remove the cover from the Weight Stack and lower the Selector Stem so the Top Cap Weight rests on the Weight Stack.
- E. To lock the Selector Stem, insert the Weight Pin into the Weight Plate hole at the bottom of the Weight Stack.
- F. Wrench-tighten the socket head bolt in the center of the Top Cap Weight.
- G. Check the adjustment by inserting the Weight Pin into every Weight Plate hole. The Weight Pin should slide easily in and out of each Weight Plate and Selector Stem.
- H. Insert the Weight Pin into the appropriate Weight Plate for your level of fitness.
- J. Replace the Shroud, if necessary.

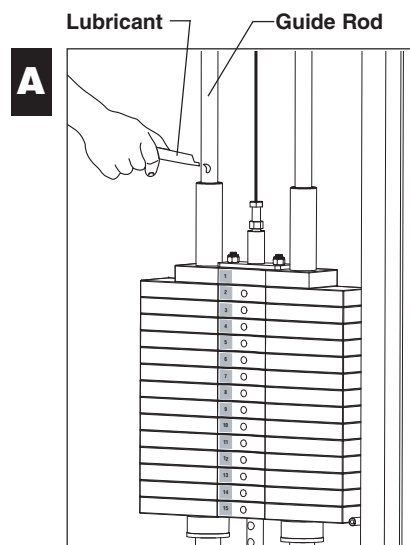


## 4. Maintenance

### Guide Rods

- A Apply one tube of lubricant to each Guide Rod.
- B Lubricate the Guide Rods every six months.

**CAUTION: The lubricant can stain clothes. Wear proper attire when lubricating the Guide Rods.**



### Inspection

Inspect the unit daily.

Look and listen for frayed or worn parts, loose fasteners, cable tension issues, unusual noises, and any other indications that the equipment may be in need of service.

You are responsible for the proper maintenance of the unit as discussed in this manual. For other service issues, contact Customer Support. Refer to *Obtaining Service*.

### Shrouds

**CAUTION: Clean the Shrouds with product specifically labeled as safe for acrylic. Use a clean, nonabrasive cloth and light pressure to avoid scratching the acrylic surface.**

The acrylic Shrouds on the S3.19 are easily scratched or damaged through improper cleaning techniques. To avoid problems, dust the shrouds often with a clean, lint-free cloth and light pressure. Avoid rubbing dirt or grit into the surface. If you use glass cleaner or a similar product, make sure the label states that it is safe to use on Plexiglas® or acrylic products.

**Important: DO NOT use ketones, aromatics, esters, halogens, window cleaning sprays, alcohol, kitchen scouring compounds, or solvents (such as acetone, benzene, gasoline, carbon tetrachloride, or thinners). Do not use ammonia-based cleaning solutions because the ammonia destroys the plastic coating.**

To remove light scratches on the smooth side only, use a buffing compound such as, car wax. Lightly buff the acrylic sheet using a clean buffer until the scratches disappear.

# Precor Residential Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

## Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty period set forth below. The warranty period commences on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make claim under warranty, the buyer must notify Precor or their authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

## Warranty Periods and Coverage

All residential products and commercial products used in the home are warranted for the following periods:

- Lifetime frame and welds
- 10 years parts and wear items
- 1 year labor
- Coverage for options and accessories defined below.

## Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

## Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while:
  - a. It remains in the possession of the original purchaser and proof of purchase is demonstrated
  - b. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications
  - c. Claims are made within the warranty period
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.

## Complete this portion and keep for your records.

Purchased From: \_\_\_\_\_ Example: Dealer or store name.  
Phone Number: \_\_\_\_\_ Example: Dealer or store telephone number.  
Product/model: \_\_\_\_\_ Example: M9.31  
Serial number: \_\_\_\_\_ The serial number is found on the shipping container

3. Warranty of all Precor products applies to residential use only and is void when products are used in a nonresidential environment or installed in a country other than where sold.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

## This limited warranty shall not apply to:

1. Software version upgrades
2. Cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

## Disclaimer and Release

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some states do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM, OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

## Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

## Exclusion of Consequential and Incidental Damages

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COST INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply.

This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

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P/N 36287-110

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To allow us to serve you better, please take a few moments to complete and return your warranty registration.

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**[www.precor.com/warranty](http://www.precor.com/warranty)**

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

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STAMP  
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## S3.19 Specifications

Length: 77 inches (196 cm)

Height: 83 inches (211 cm)

Width: 58 inches (147 cm)

Width with Leg Press Option: 97 inches (147 cm)

Shipping weight: 2 Boxes 418 lb (168.5 kg)



Precor Incorporated  
20031 142nd Avenue NE  
P.O. Box 7202  
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### S3.19 Literature Kit 49687-103

S3.19 Assembly & Maintenance Manual 49688-103

Registration Card 45623-102

Warranty Statement 36287-110

31 August 2007



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