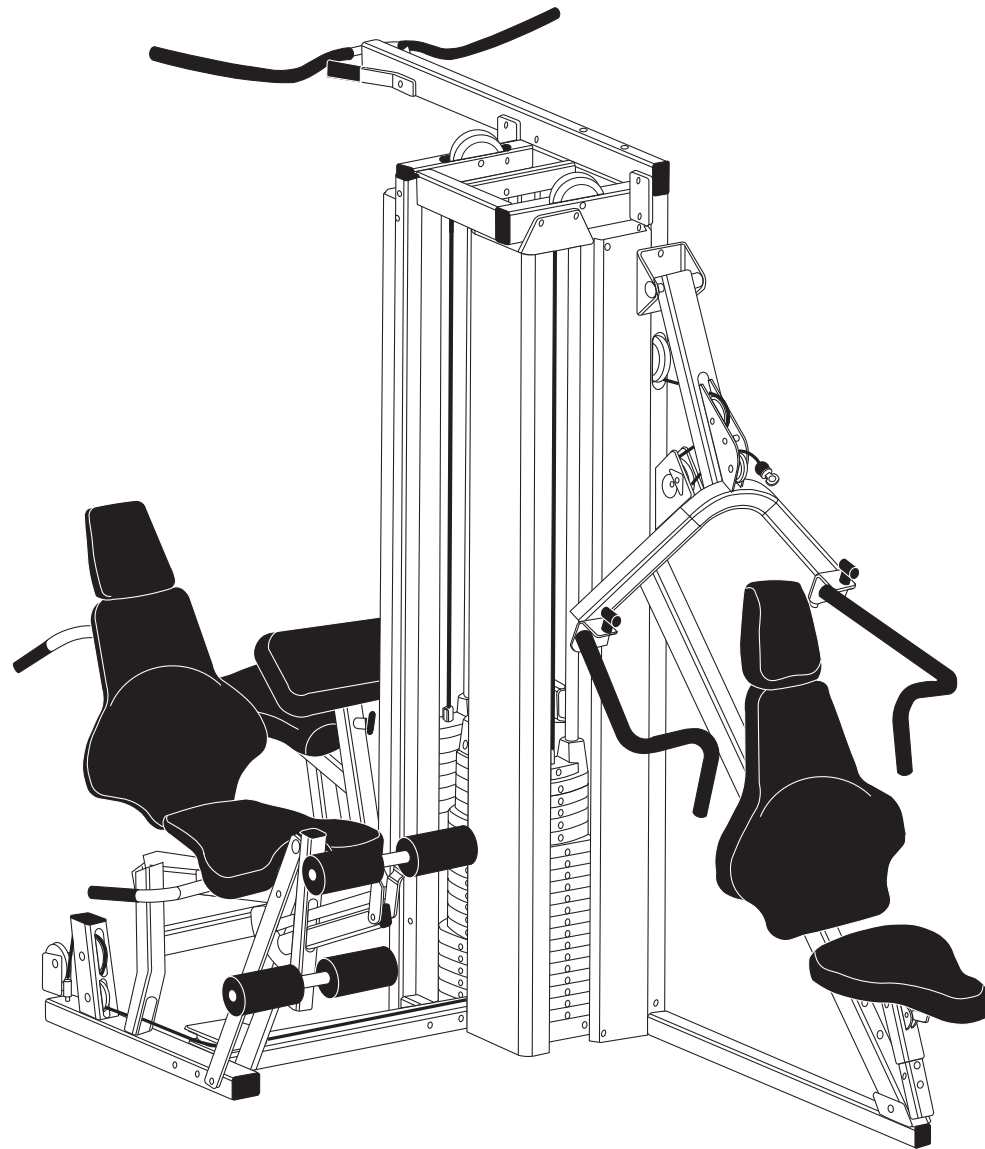


PRECOR^{USA}
move beyond[®]

S3.45

Strength-Training
Fitness Equipment



Assembly and Maintenance Guide

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

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, you should always take basic precautions, including the following:

- Read all instructions before using the S3.45 equipment. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- 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 operate the unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment. Keep hands away from moving parts.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment 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 S3.45 on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access.

The S3.45 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your new equipment.

Obtaining Service

Do not attempt to service the S3.45 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, check out the Precor web site at **www.precor.com** or contact an authorized Precor dealer or a Precor factory-authorized service company. To locate the dealer or service person nearest you, call 1-800-347-4404.

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 on the chest press side of the Rear Upright. For future reference, write the serial number in the space below.

Serial number: _____

IMPORTANT SAFETY INSTRUCTIONS

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1

Before You Begin

Thank you for purchasing the S3.45. This unit is part of the Pacific Fitness 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 S3.45 is carefully tested and inspected before shipment. Pacific Fitness ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

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

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

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-347-4404 for the dealer nearest you.

Optional Equipment

Optional equipment that you can purchase through your dealer includes the 750-lb Weight Stack and the Leg Press.

Note: If you have also purchased the Leg Press Option and are assembling it simultaneously, specific directions are included to reduce setup time.



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 S3.45 according to these guidelines, you could void the Pacific Fitness limited warranty (see back cover).

Required Tools

Tools that you must obtain before assembling the unit include:

- 1/16-inch socket wrench
- 3/4-inch socket wrench
- 1/16-inch box-end wrench
- 3/4-inch box-end wrench
- Standard set of metric Allen wrenches
- Two adjustable pliers or crescent wrenches
- Measuring tape
- Wire tie cutter (cuts plastic tie wraps)
- Rubber mallet
- Step stool

Installation Requirements

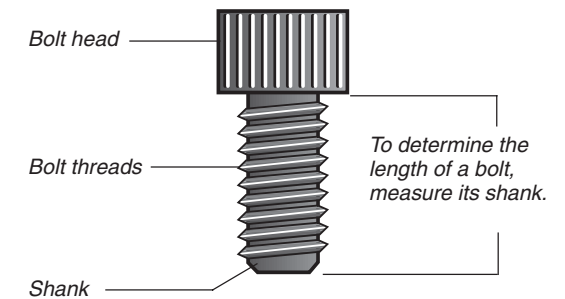
Follow these installation requirements when assembling the unit:

- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the S3.45 on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.
- **Provide ample space around the machine.** Open space around the machine allows for easier access.
- **Insert all bolts in the same direction.** For aesthetic purposes, insert all the bolts in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. **Do not** fully tighten fasteners until instructed in the assembly steps to do so.

Assembly Tips

- A 6-inch scale is provided at the bottom of every assembly instruction page. Use this scale to identify the correct size bolts and spacers. The head of a bolt is not used in measuring the length of a bolt.

To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



- Read all the caution notes on each page before completing that step.
- Note:** A few of the bolts used to assemble the S3.45 are longer than 6 inches. You may want to use a measuring tape to accurately identify the correct sizes.
- Some pieces have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.
 - While you may be able to assemble the S3.45 using the illustrations only, important safety notes and other tips are included in the text.

Preparations

3

Assembly Instructions

Assembly of the S3.45 takes professional installers about 1.5 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!

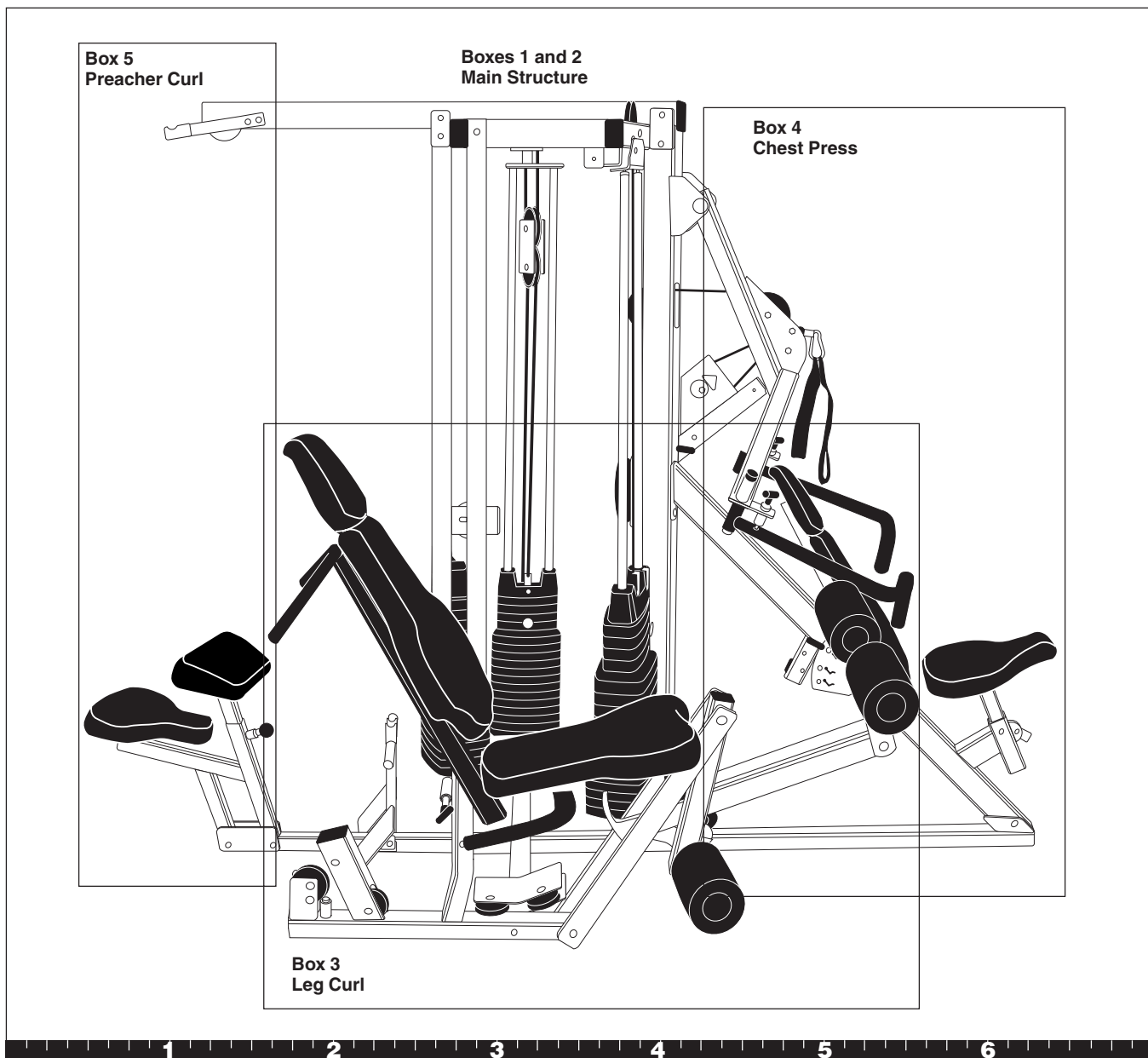
However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

CAUTION: Obtain assistance! Do not attempt to assemble the S3.45 by yourself. Review the *Installation Requirements* on page 6 before proceeding with the following steps.

The S3.45 comes in four boxes. (See the diagram at the right.)

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

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



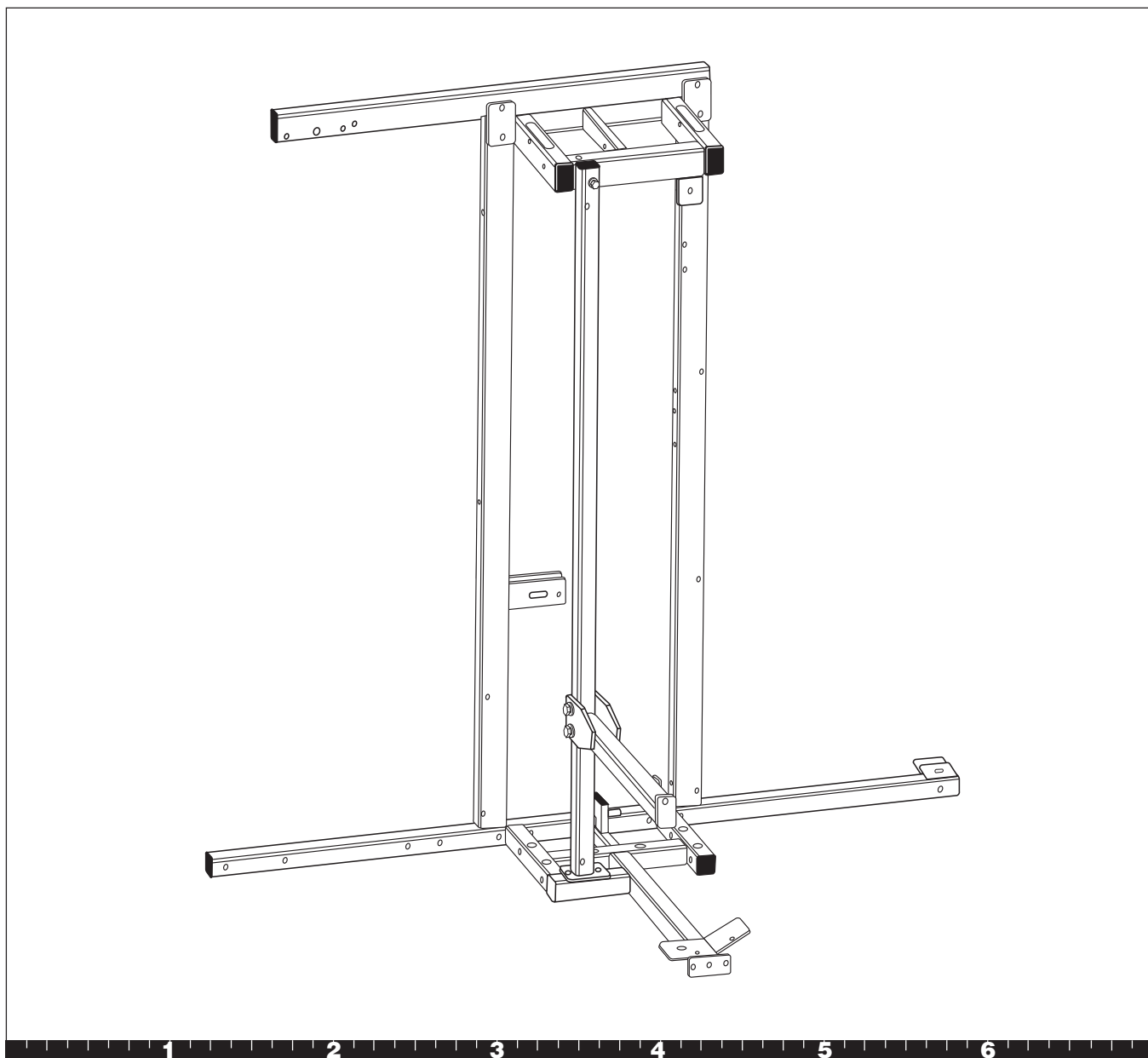
Open Boxes 1 and 2

Use tie cutters to open the boxes.

The illustration shows how the S3.45 will look after you complete this section.

Note: Some items in these boxes may not be needed until later in the assembly process.

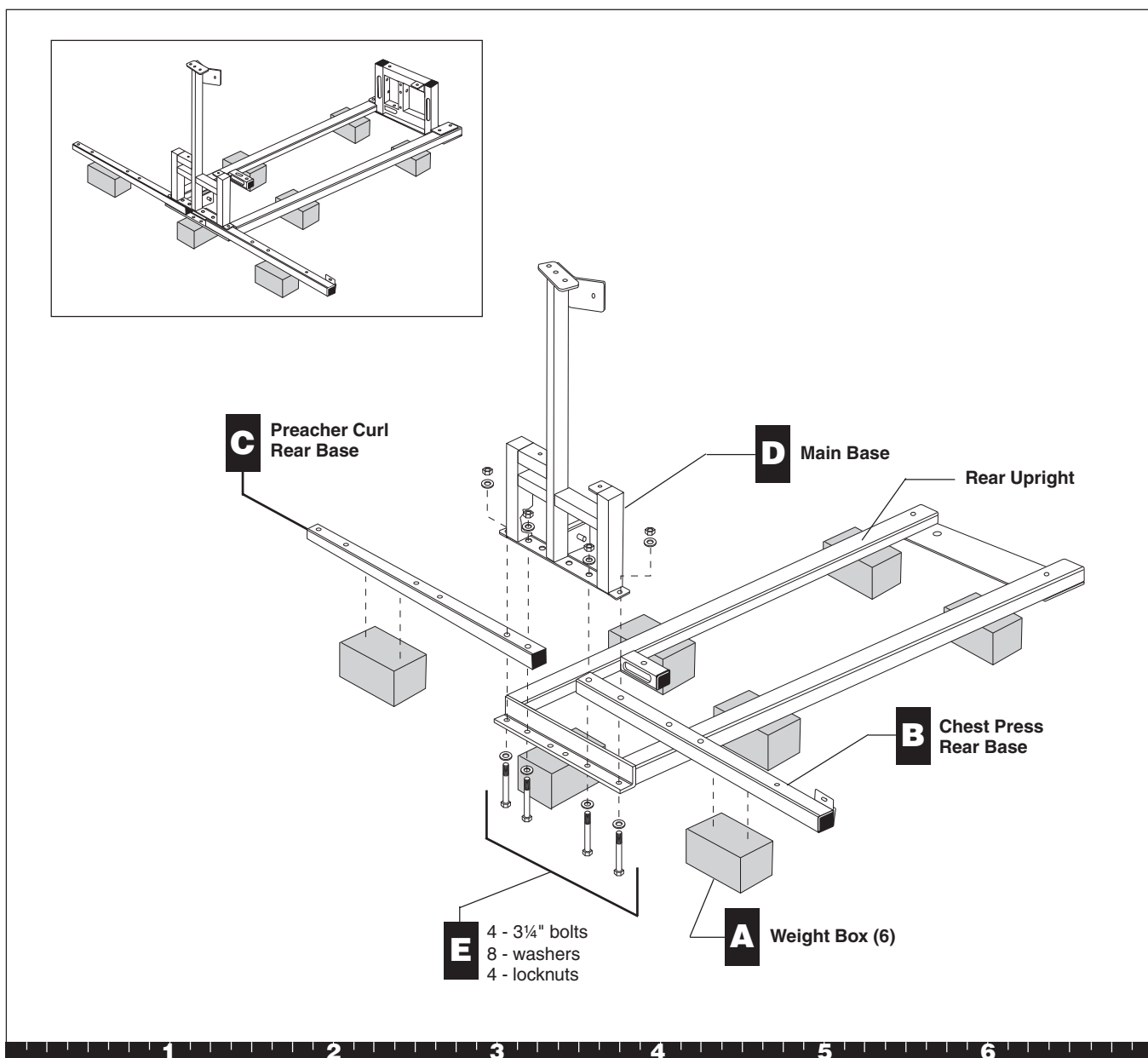
Important: Only use fasteners in bags labeled S3.45. Discard all fasteners in bags labeled S3.25.



Open Boxes 1 and 2

1. Attach Main Base

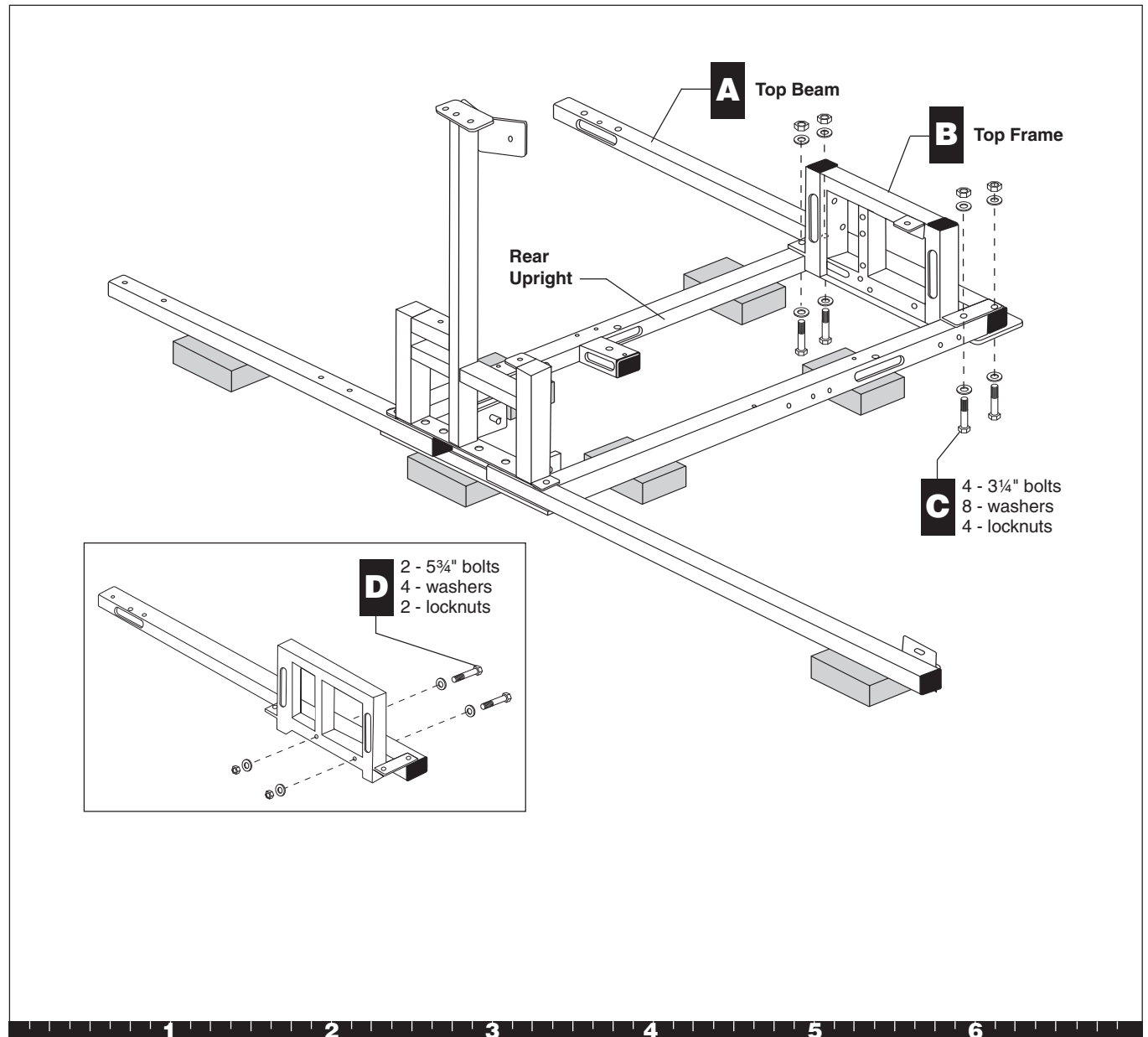
- A. Place the Rear Upright on Weight Boxes with the flange side down.
- B. Place the Chest Press Rear Base on the Rear Upright. Balance the other end on a Weight Box.
- C. Place the Preacher Curl Rear Base on the Rear Upright. Balance the other end on a Weight Box.
- D. Place the Main Base on the Chest Press Rear Base and Preacher Curl Rear Base.
- E. Attach from underneath using
four 3/4-inch bolts
eight washers
four locknuts
- F. Finger tighten all bolts, and then wrench tighten.



Step 1. Attach Main Base

2. Attach Top Beam and Top Frame

- A. Place the Top Beam on the Rear Upright with windows facing down. Ensure the beam extends out as shown.
- B. Place the Top Frame on the Rear Upright and Top Beam.
- C. Attach from underneath using
four 3/4-inch bolts
eight washers
four locknuts
Finger tighten.
- D. Attach from the top using
two 5/4-inch bolts
four washers
two locknuts
Finger tighten.
- E. Wrench tighten all bolts.
- F. With someone helping you, lift the structure into position. Place the structure where you intend to keep it permanently.
CAUTION: The frame may be unstable and may tip. To avoid this possibility, have an assistant hold the frame until the Seat Upright has been attached.
- G. Move the Weight Boxes out of the way until step 8.



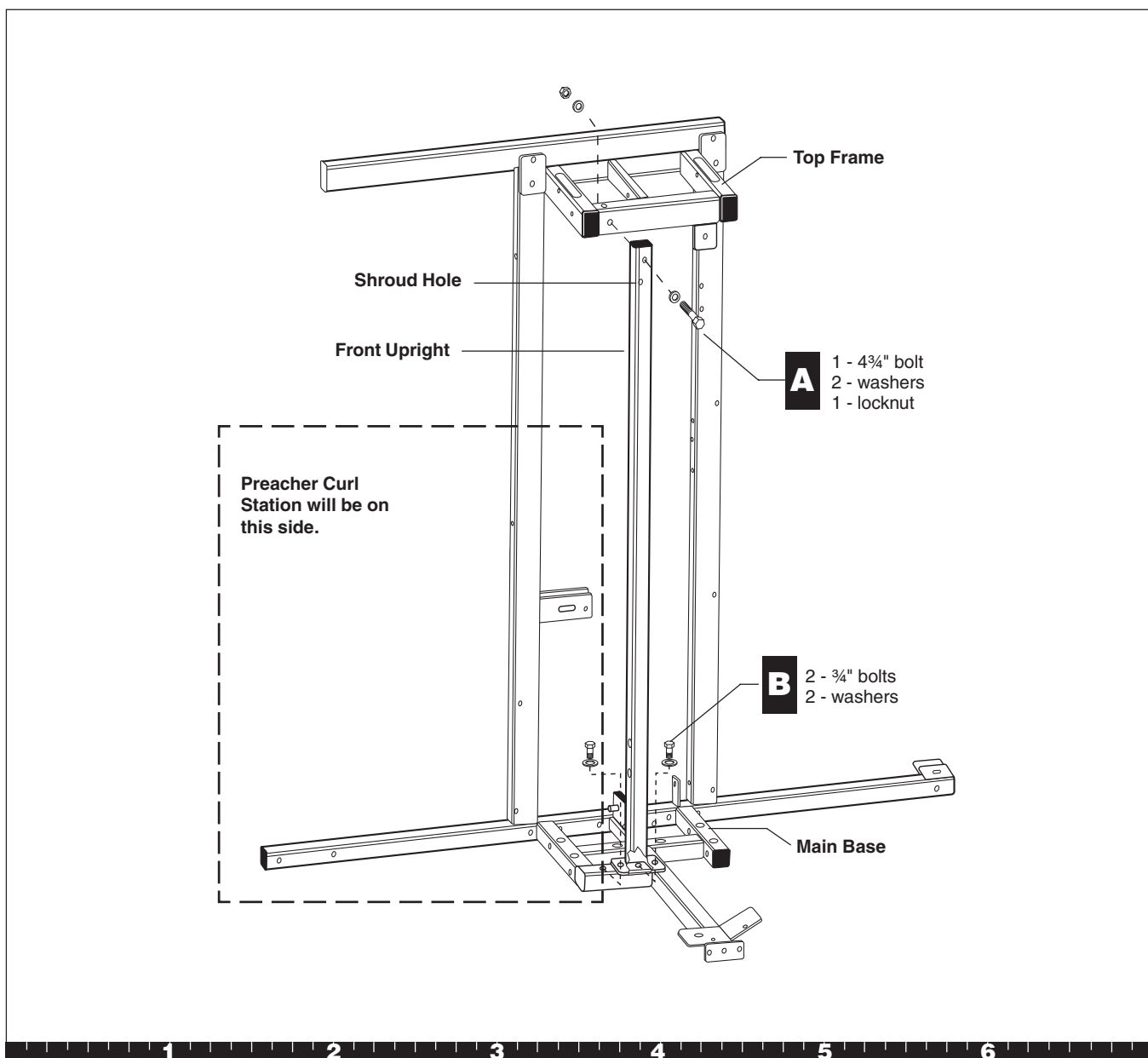
Step 2. Attach Top Beam and Top Frame

3. Attach Front Upright

- A. Attach the Front Upright to the Top Frame from the front using
one 4¾-inch bolt
two washers
one locknut
Finger tighten.

Note: Placement of the Front Upright must match the illustration. The Shroud Hole must be offset toward the Preacher Curl Station.

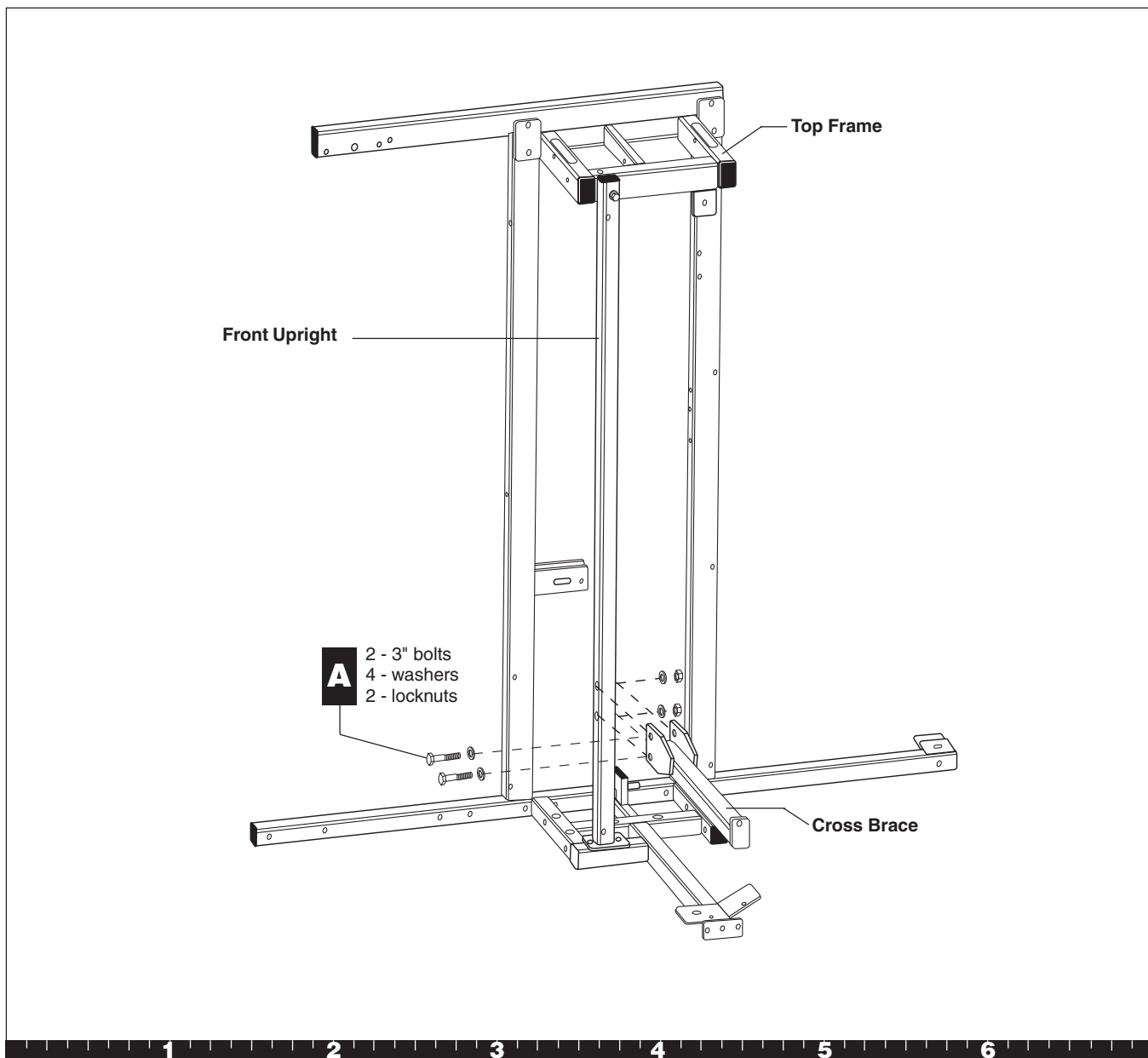
- B. Attach the Front Upright to the Main Base using
two ¾-inch bolts
two washers
Finger tighten.
- C. Wrench tighten all bolts.



Step 3. Attach Front Upright

4. Attach Cross Brace

- A. Attach the Cross Brace to the Front Upright using
two 3-inch bolts
four washers
two locknuts
- B. Finger tighten. Do not wrench tighten until
you attach the Seat Upright in step 5.



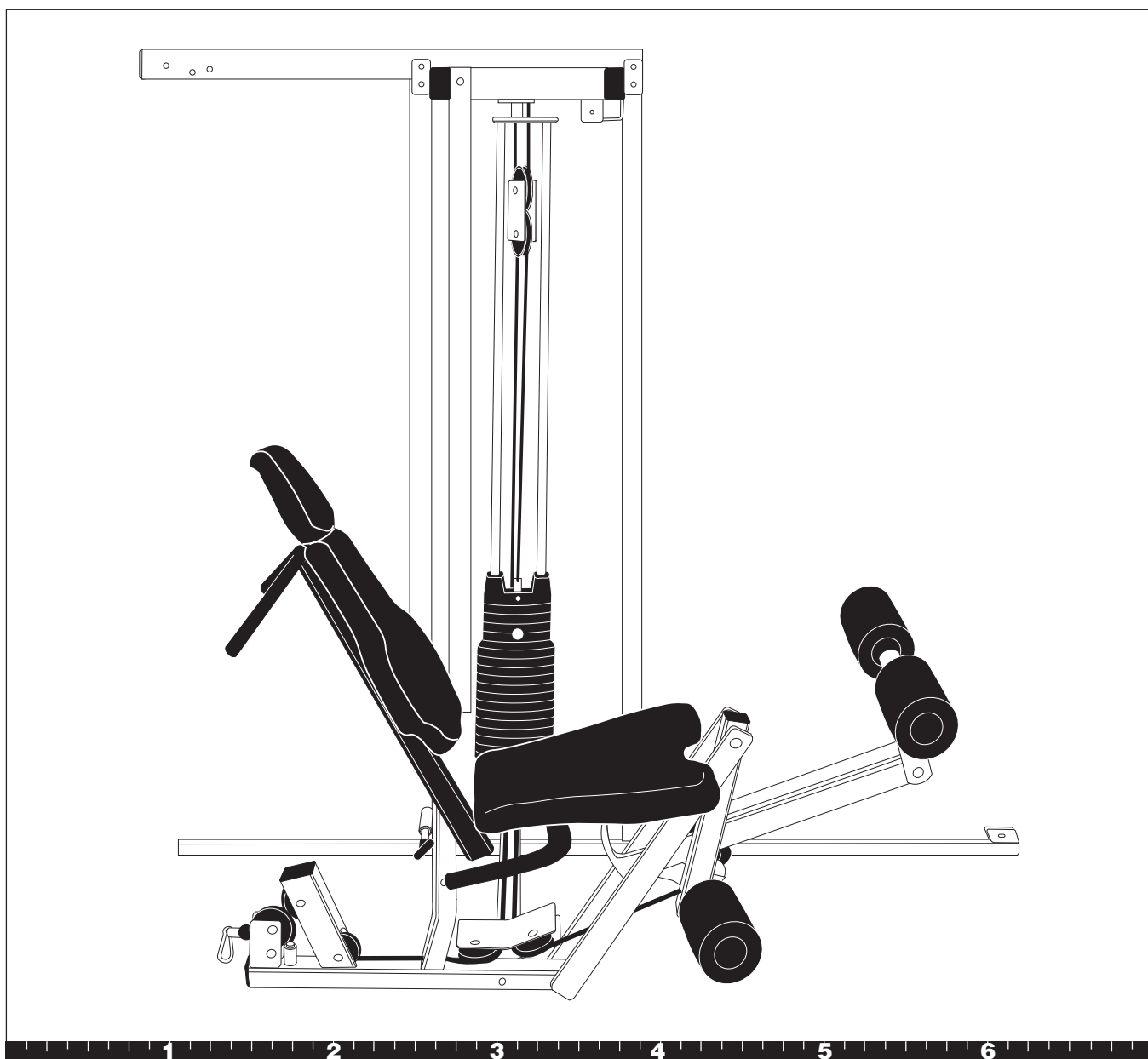
Step 4. Attach Cross Brace

Open Box 3

Use tie cutters to open the box.

The diagram shows how the S3.45 will look after you complete this section.

Note: Some items in these boxes may not be used until later in the assembly process.



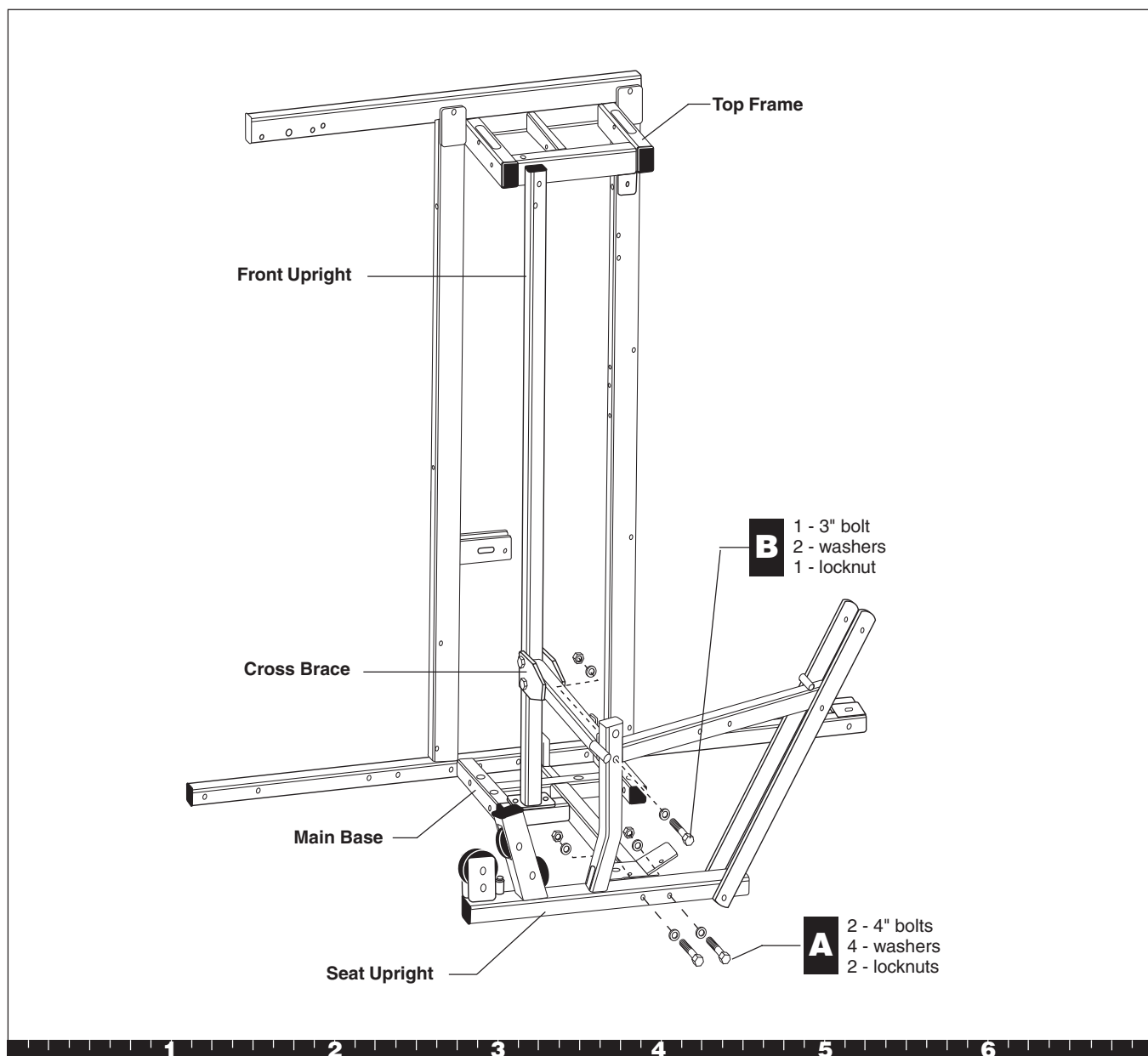
Open Box 3

5. Attach Seat Upright to Main Base

- A. Attach the Seat Upright to the Main Base using
two 4-inch bolts
four washers
two locknuts
Finger tighten.

Note: If the holes do not line up easily, tilt the main structure back while another person puts a weight stem temporarily below the Main Base. Be sure to remove the weight stem after you wrench tighten.

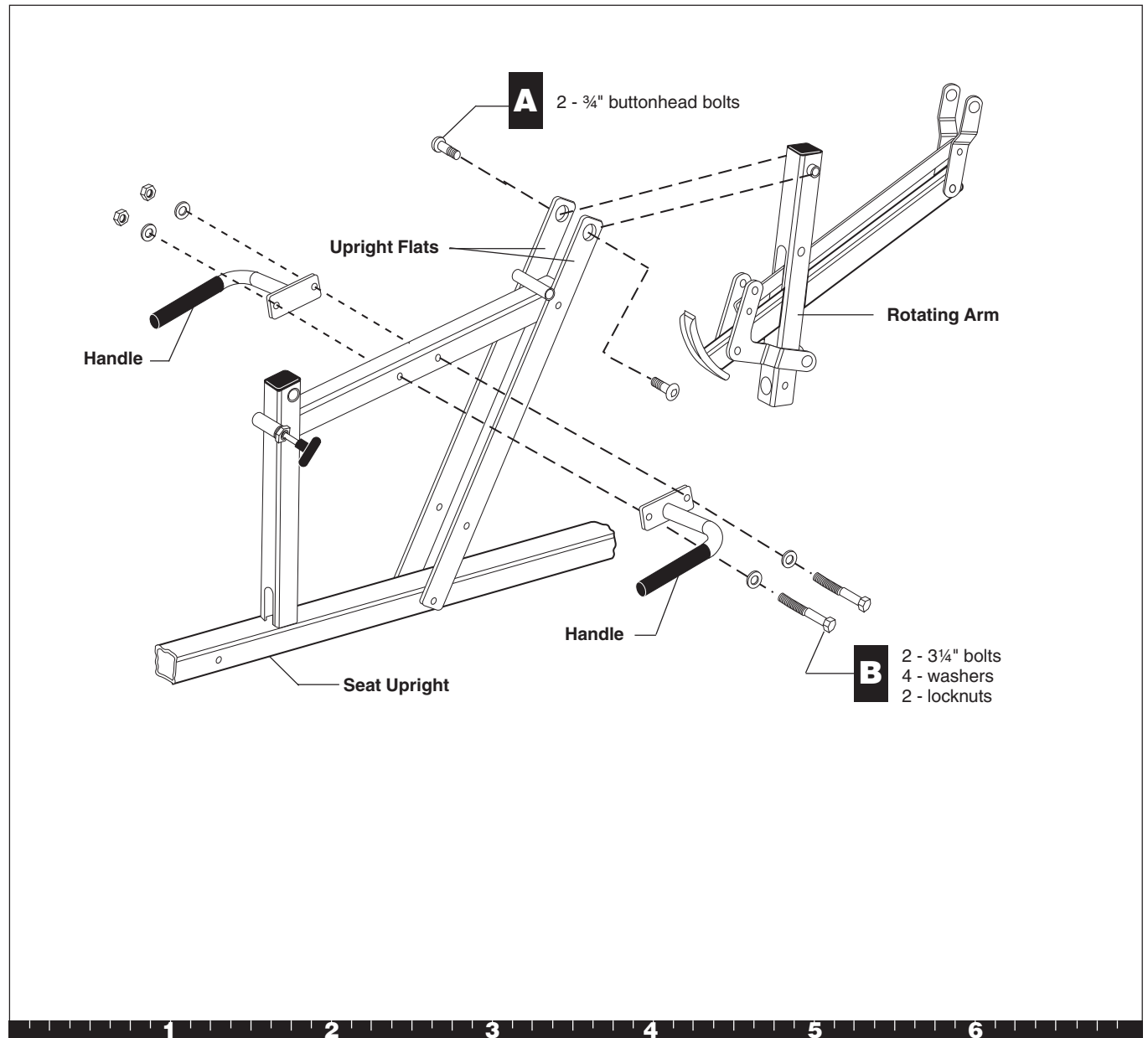
- B. Attach the Cross Brace to the Seat Upright using
one 3-inch bolt
two washers
one locknut
Finger tighten.
- C. Wrench tighten all bolts that connect the Cross Brace and the Seat Upright to the Main Base.



Step 5. Attach Seat Upright to Main Base

6. Attach Upright Flats

- A. Attach the Rotating Arm to the Upright Flats using two ¾-inch buttonhead bolts
Wrench tighten using the appropriate Allen wrench.
- B. Attach the Handles to the Seat Upright using two ¾-inch bolts
four washers
two locknuts
Wrench tighten with a box-end and socket wrench.

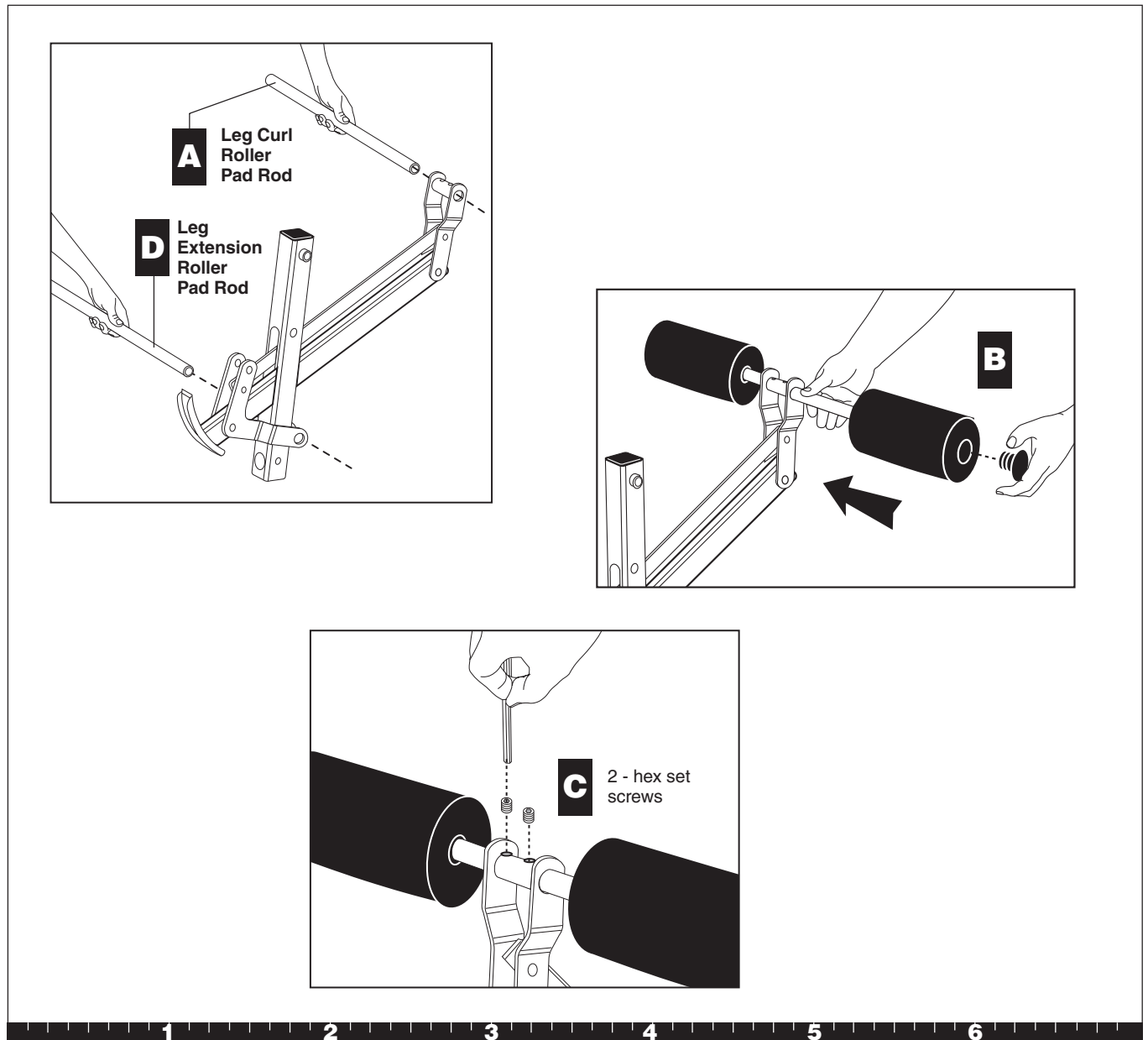


Step 6. Attach Upright Flats

7. Attach Roller Pads

- A. Insert the Leg Curl Roller Pad Rod.
- B. Slide the Leg Curl Roller Pads on the Rod. Center the Pads on the Rod. Insert End Caps into the end of the Rod.
- C. Secure the Rod in place from below using two hex set screws.
- D. Repeat steps A through C for the Leg Extension Roller Rod.

Note: If you are assembling the Leg Press Option and the S3.45 simultaneously, please go now to Step 2 in the *S3.45 Leg Press Option Assembly Instructions*.



Step 7. Attach Roller Pads

8. Assemble Preacher Curl Weight Stack

Before assembling the Weight Stacks, be certain the S3.45 is positioned in its permanent location.

A. Place two Guide Rods (from Box 1) into the large holes on the Preacher Curl side of the Main Base. The Guide Rods will be unstable until you complete step 5.

B. Place one Weight Cushion (from Box 1) on each Guide Rod and allow it to slide down to the top of the Main Base.

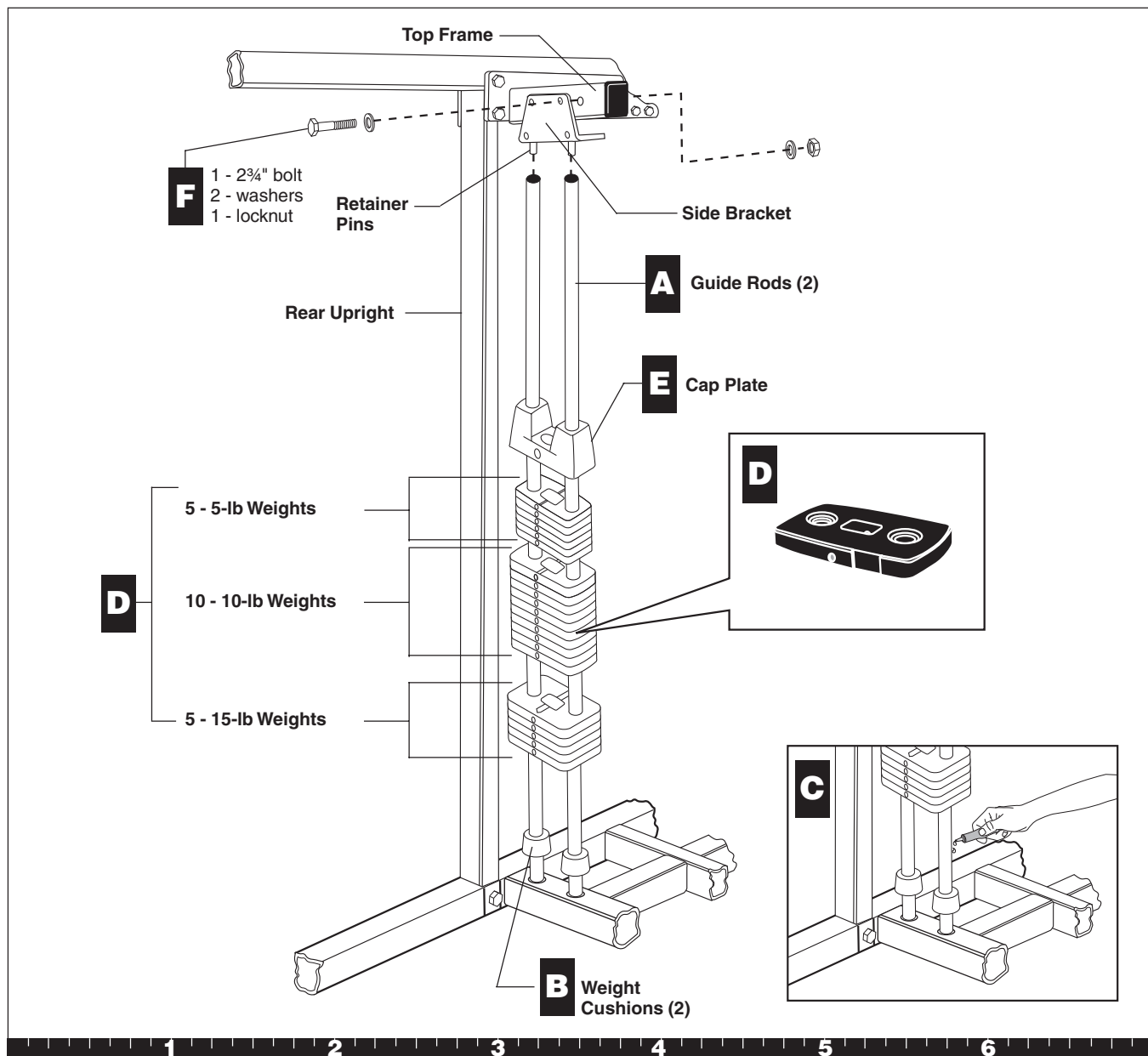
C. Apply one tube of lubricant to each Guide Rod. Avoid getting lubricant on your clothing or on other parts of the machine.

D. Add the five 15-lb weights, the ten 10-lb weights, and the five 5-lb weights. Note the tab location for weight stickers (you will attach the stickers later). Hold your finger over the plastic bushing in each weight to prevent the bushing 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. Have someone hold the Guide Rods in place while you slide the weights on the stack.

E. Place the Cap Plate on the Guide Rods with the hole facing toward you. Allow it to slide onto the Weight Stack.

F. Insert the retainer pins of the Side Bracket into the Guide Rods. Attach the Side Bracket to the Top Frame using one 2¾-inch bolt, two washers, one locknut. Wrench tighten.



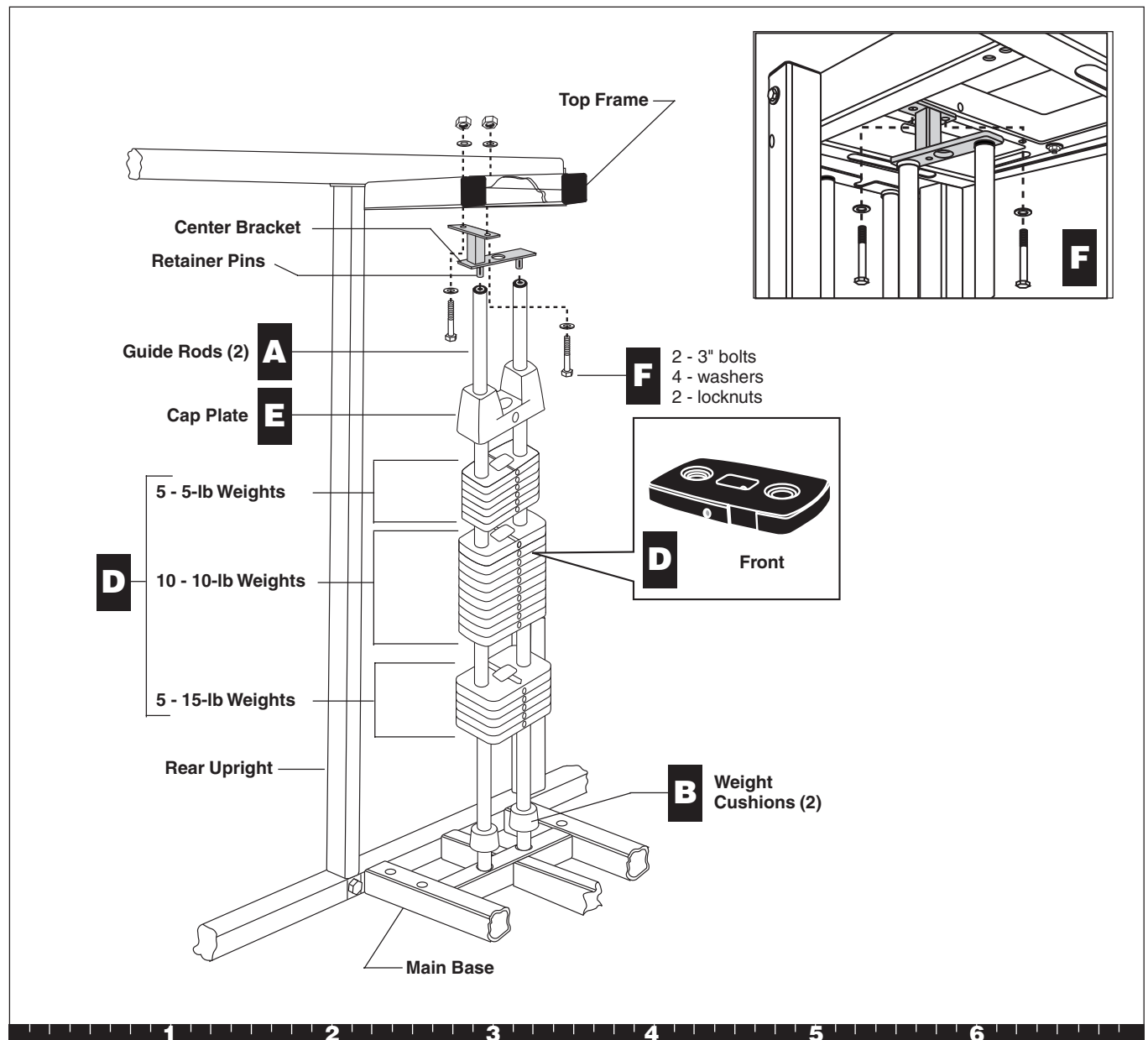
Step 8. Assemble Preacher Curl Weight Stack

9. Assemble Leg Curl Weight Stack

- A. Place two Guide Rods into the large holes on the Leg Curl side of the Main Base.
- B. Place one Weight Cushion on each Guide Rod and allow it to slide down to the top of the Main Base.
- C. Apply one tube of lubricant to each Guide Rod. Avoid getting lubricant on your clothing or on other parts of the machine.
- D. Add the five 15-lb weights, the ten 10-lb weights, and the five 5-lb weights. Note the tab location for weight stickers (you will attach the stickers later). Hold your finger over the plastic bushing in each weight to prevent the bushing from popping out.

CAUTION: The weights are heavy! Handle them carefully so as not to drop them or injure yourself. Pick up and place one weight at a time onto the Guide Rods. Have someone hold the Guide Rods in place while you slide the weights on the stack.

- E. Place the Cap Plate on the Guide Rods with the hole facing toward you. Allow it to slide onto the Weight Stack.
- F. Insert the retainer pins of the Center Bracket into the Guide Rods, making sure the longest end of the bracket points in the direction of the Chest Press. Attach the Center Bracket to the Top Frame using two 3-inch bolts, four washers, and two locknuts. Wrench tighten.



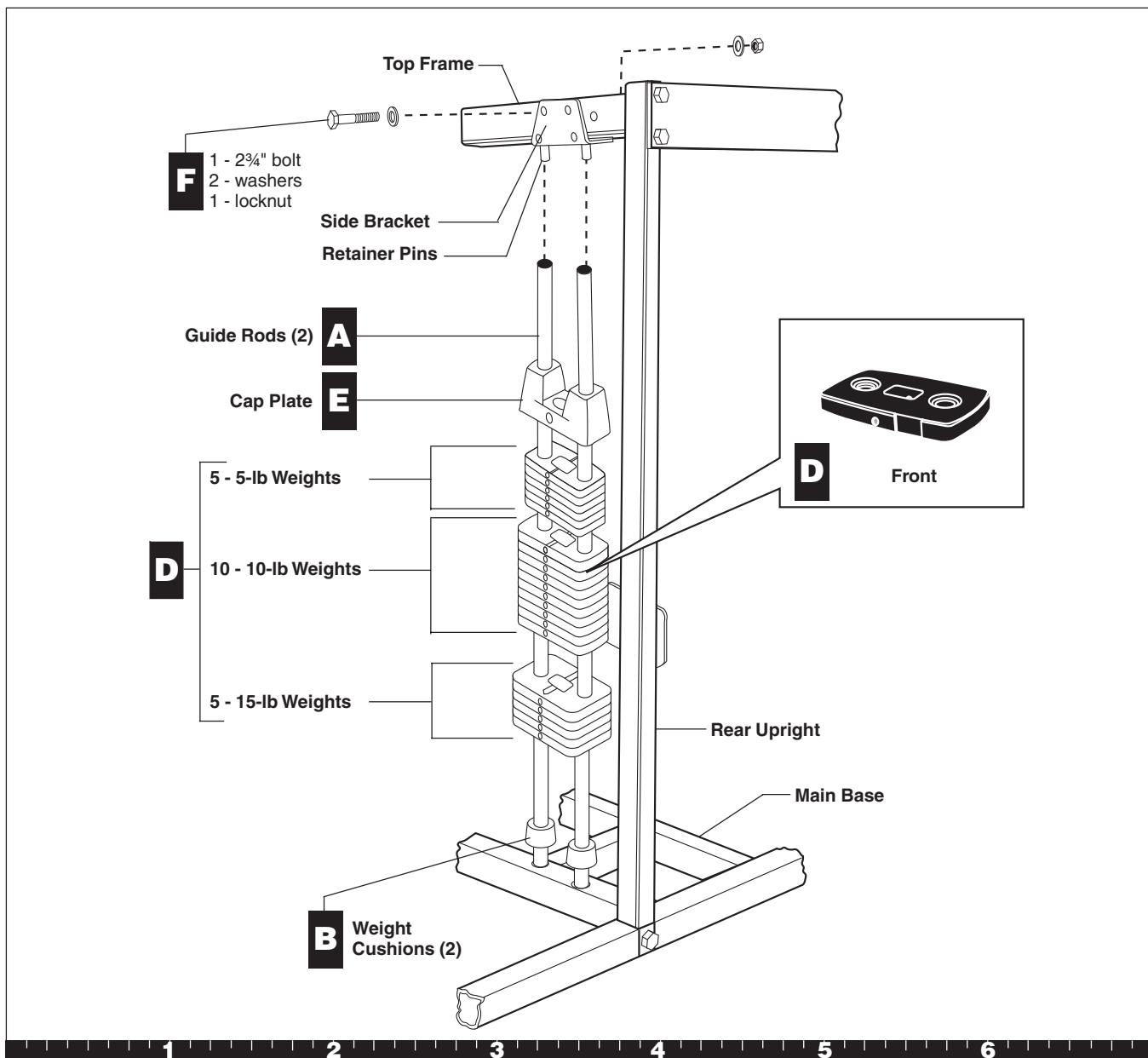
Step 9. Assemble Leg Curl Weight Stack

10. Assemble Chest Press Weight Stack

- A. Place two Guide Rods into the large holes on the Chest Press side of the Main Base. Use care not to get lubricant from the Rods on your clothing or on other parts of the machine.
- B. Place one Weight Cushion on each Guide Rod and allow it to slide down to the top of the Main Base.
- C. Apply one tube of lubricant to each Guide Rod. Avoid getting lubricant on your clothing or on other parts of the machine.
- D. Add the five 15-lb weights, the ten 10-lb weights, and the five 5-lb weights. Note the tab location for weight stickers (you will attach the stickers later). Hold your finger over the plastic bushing in each weight to prevent the bushing 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 onto the Guide Rods. Have someone hold the Guide Rods in place while you slide the weights on the stack.

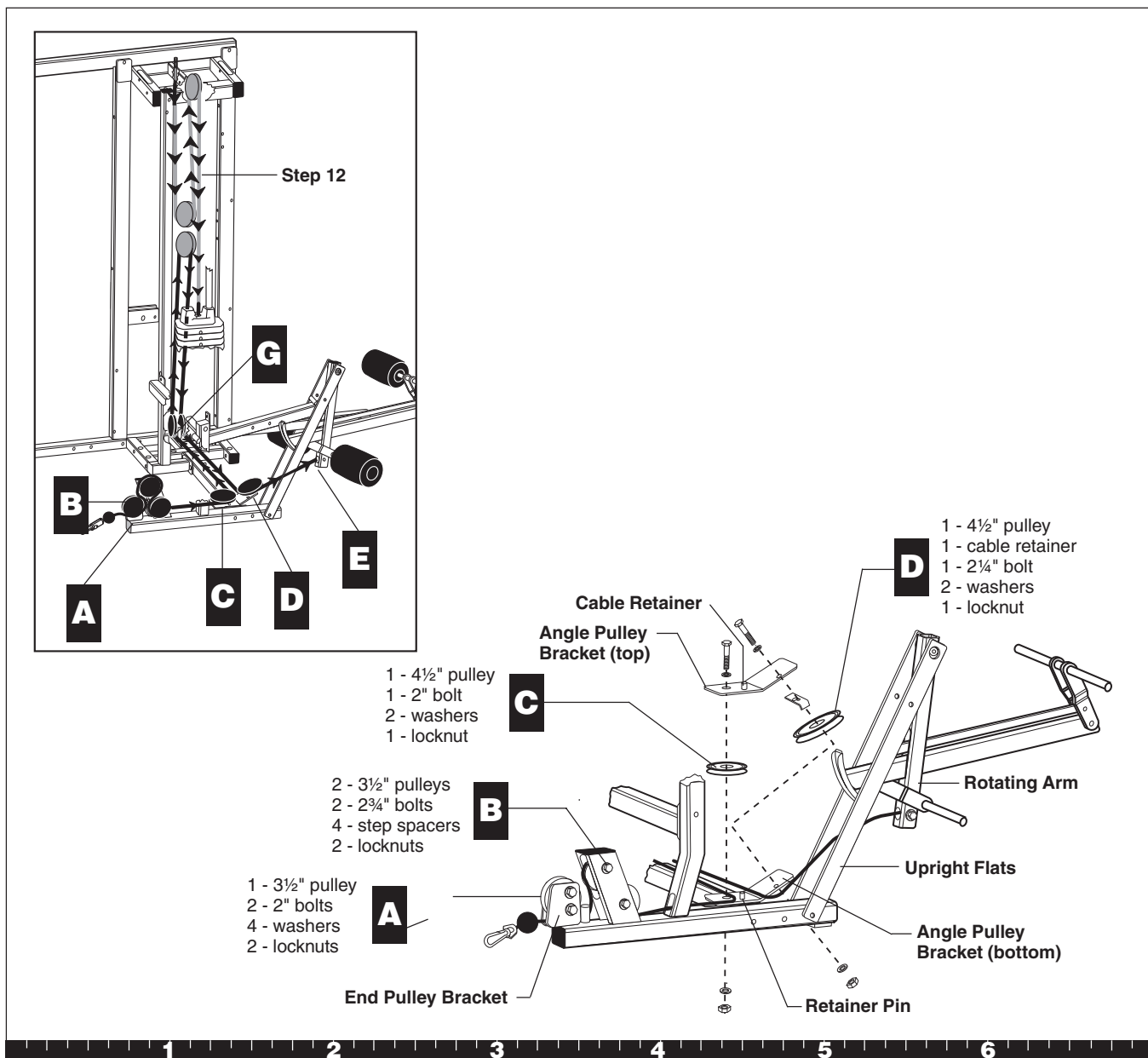
- E. Place the Cap Plate on the Guide Rods with the hole facing toward you. Allow it to slide onto the Weight Stack.
- F. Insert the retainer pins of the Side Bracket into the Guide Rods. Attach the Side Bracket to the Top Frame using one 2 $\frac{3}{4}$ -inch bolt two washers one locknut. Wrench tighten.



Step 10. Assemble Chest Press Weight Stack

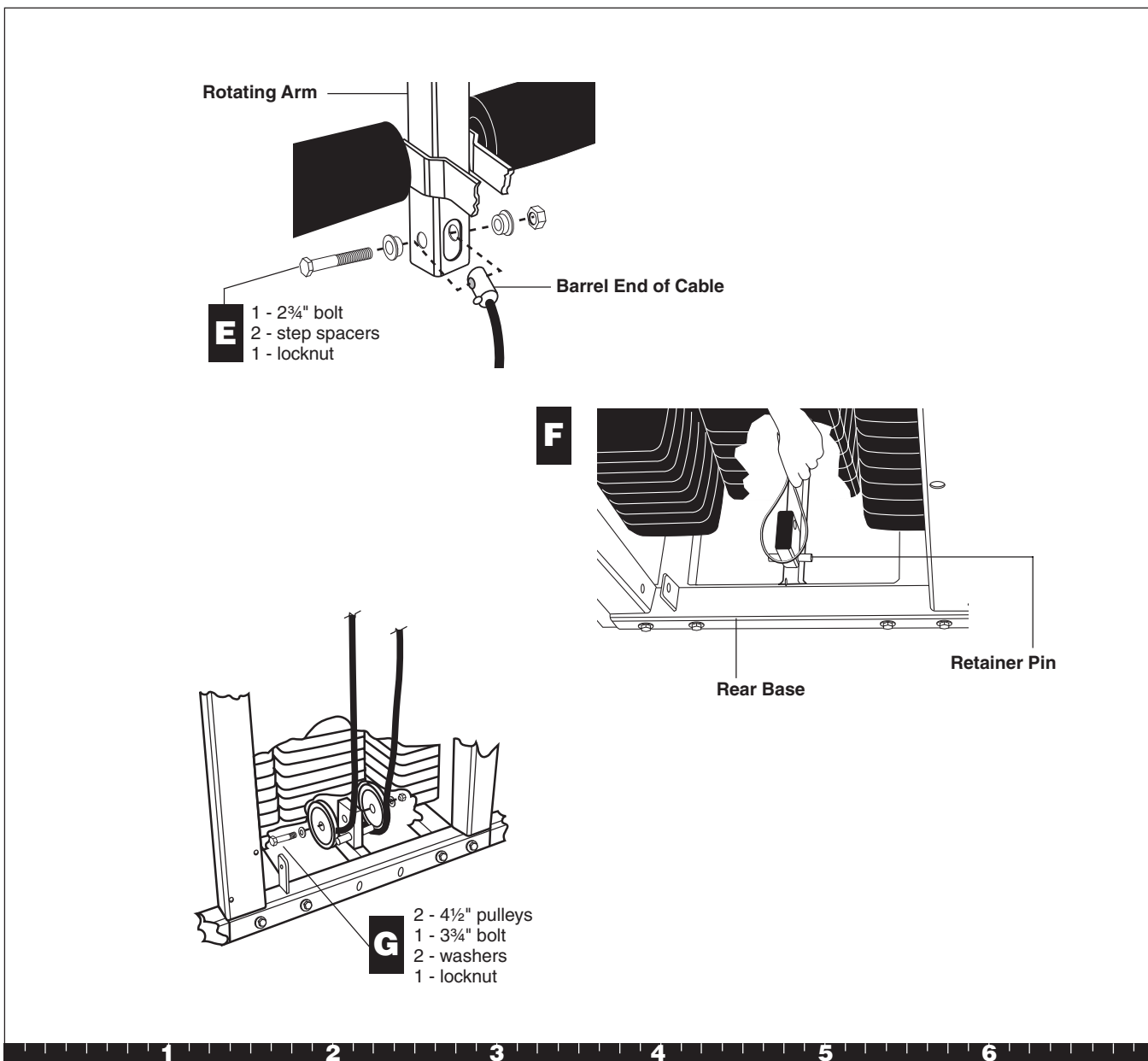
11. Feed Lower Leg Curl Cable

- A. Feed the barrel end of Cable 43622-103 under one 3½-inch pulley. Note the location of the Spring Clip in the illustration. Attach the pulley using two 2-inch bolts four washers two locknuts
- B. Feed the Cable over one 3½-inch pulley and under another 3½-inch pulley. Attach the pulleys using two 2¾-inch bolts four step spacers two locknuts
- C. Place the Cable between the Retainer Pin and the hole on the Angle Pulley Bracket (bottom). Sandwich one 4½-inch pulley between the top and bottom Angle Pulley Brackets using one 2-inch bolt two washers one locknut Finger tighten.
- D. Feed the Cable between the retainer pin and hole in the Angle Pulley Bracket (Bottom) so that the barrel end of the Cable is toward the Rotating Arm. Attach the 4½-inch pulley to the top and bottom Angle Brackets using one cable retainer one 2¼-inch bolt two washers one locknut Finger tighten.



Step 11. Feed Lower Leg Curl Cable

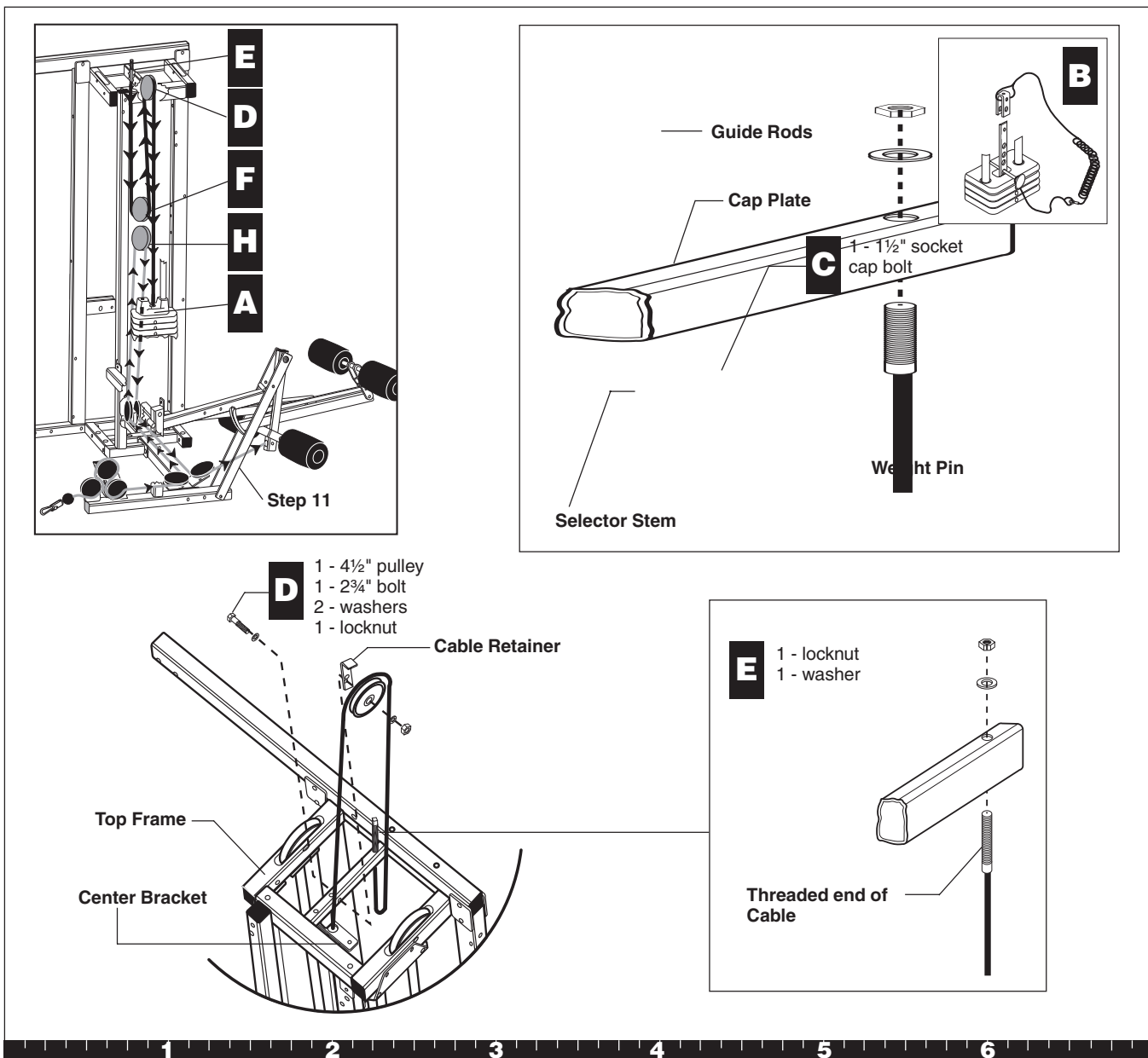
- E. Feed the barrel end of the Cable between the two Upright Flats. Attach the barrel end of the Cable to the Rotating Arm using one 2¾-inch bolt, two step spacers, and one locknut.
- F. Pull all excess Cable between the Guide Rods toward the back of the Rear Base. Position the Cable above the retainer pin, around the back. Ensure the Cable is straight and free of tangles.
- G. Attach two 4½-inch pulleys using one 3¾-inch bolt, two washers, and one locknut. Ensure the Cable is below the pulley and above the retainer pins. Finger tighten.
- H. Wrench tighten all bolts from this step.



Step 11. Feed Lower Leg Curl Cable, Continued

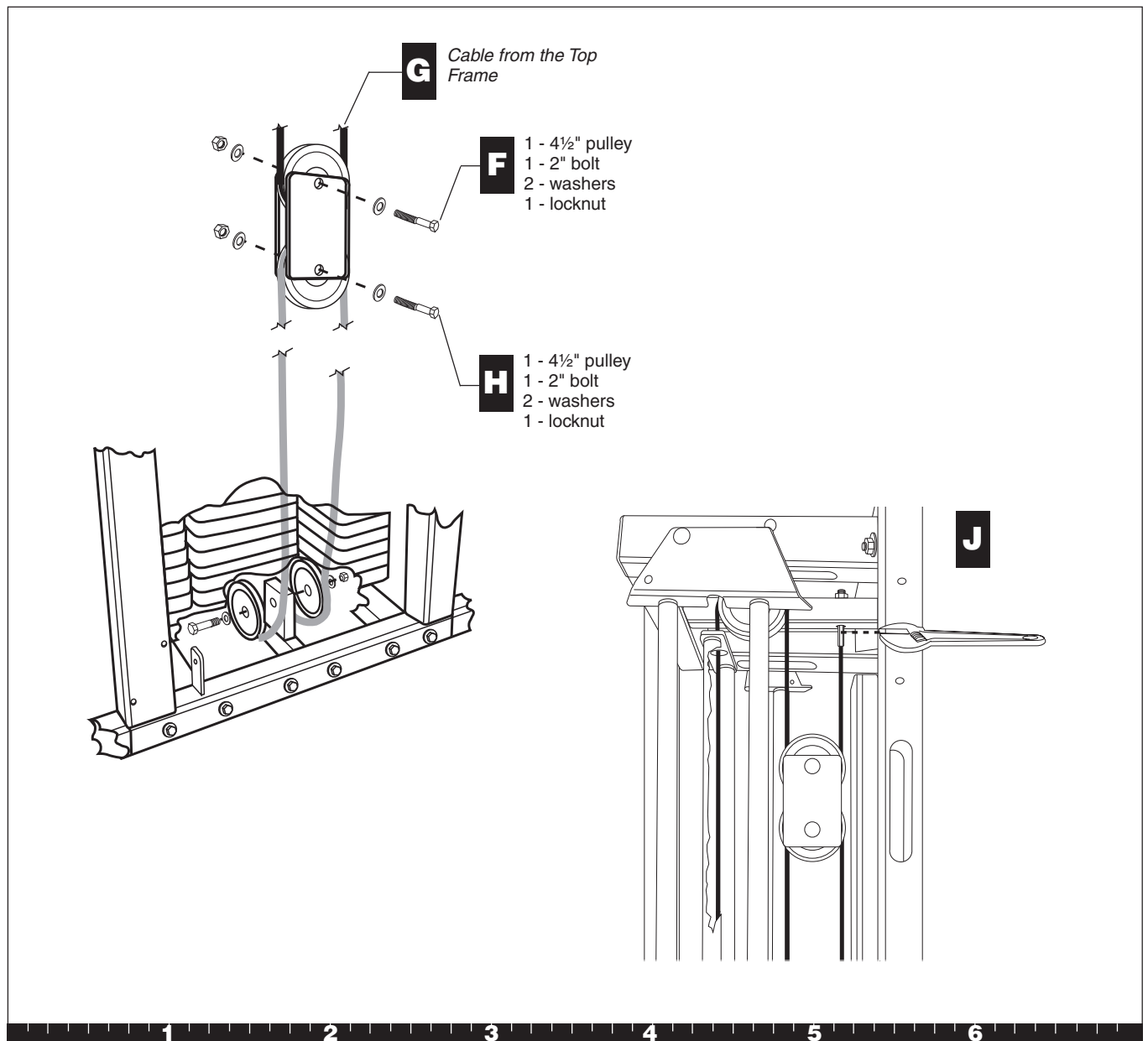
12. Feed Upper Leg Curl Cable

- A. Insert the Selector Stem (from Box 2) into the Leg Curl Weight Stack with the threaded hole at the top. Hold the Selector Stem with several holes above the Cap Plate. Insert the Weight Pin into the Weight Stack to suspend the Selector Stem.
- B. Place the loop end of the Weight Pin Lanyard into the U end of Cable 40535-102. Place the U end of the Cable on the top of the Selector Stem.
- C. Align the holes in the top of the Selector Stem, U, and Cap Plate. Attach using one 1½-inch socket cap bolt. Wrench tighten. Remove the Weight Pin and lower the Cap Plate.
- D. Draw the threaded end of the Cable up and through the center hole on the Center Bracket. Place the Cable between the cable retainer and one 4½-inch pulley. Attach the pulley and the Cable Retainer to the Top Frame using one 2¾-inch bolt, two washers, and one locknut. Finger tighten.
- E. Unscrew the locknut and washer from the threaded end of the Cable and attach the threaded end of the Cable to the Top Frame. Tighten the locknut so that at least two threads stick out past the top of the nut. The cable will be loose. It will be adjusted later.



Step 12. Feed Upper Leg Curl Cable

- F. Attach two Floating Pulley Plates to one 4½-inch pulley using one 2-inch bolt, two washers, and one locknut. Finger tighten.
- G. Loop the Cable from the Top Frame around the pulley.
- H. Loop the Cable from the Main Base around one 4½-inch pulley and attach it to the remaining holes in the Floating Pulley Plates using one 2-inch bolt, two washers, and one locknut.
- I. Wrench tighten all bolts from this step.
- J. Ensure the Weight Pin is in place. Hold the threaded end of the Cable in place with pliers, and tighten the locknut until there is no slack in the Cable. If the weights lift, you have over-tightened.



Step 12. Feed Upper Leg Curl Cable, Continued

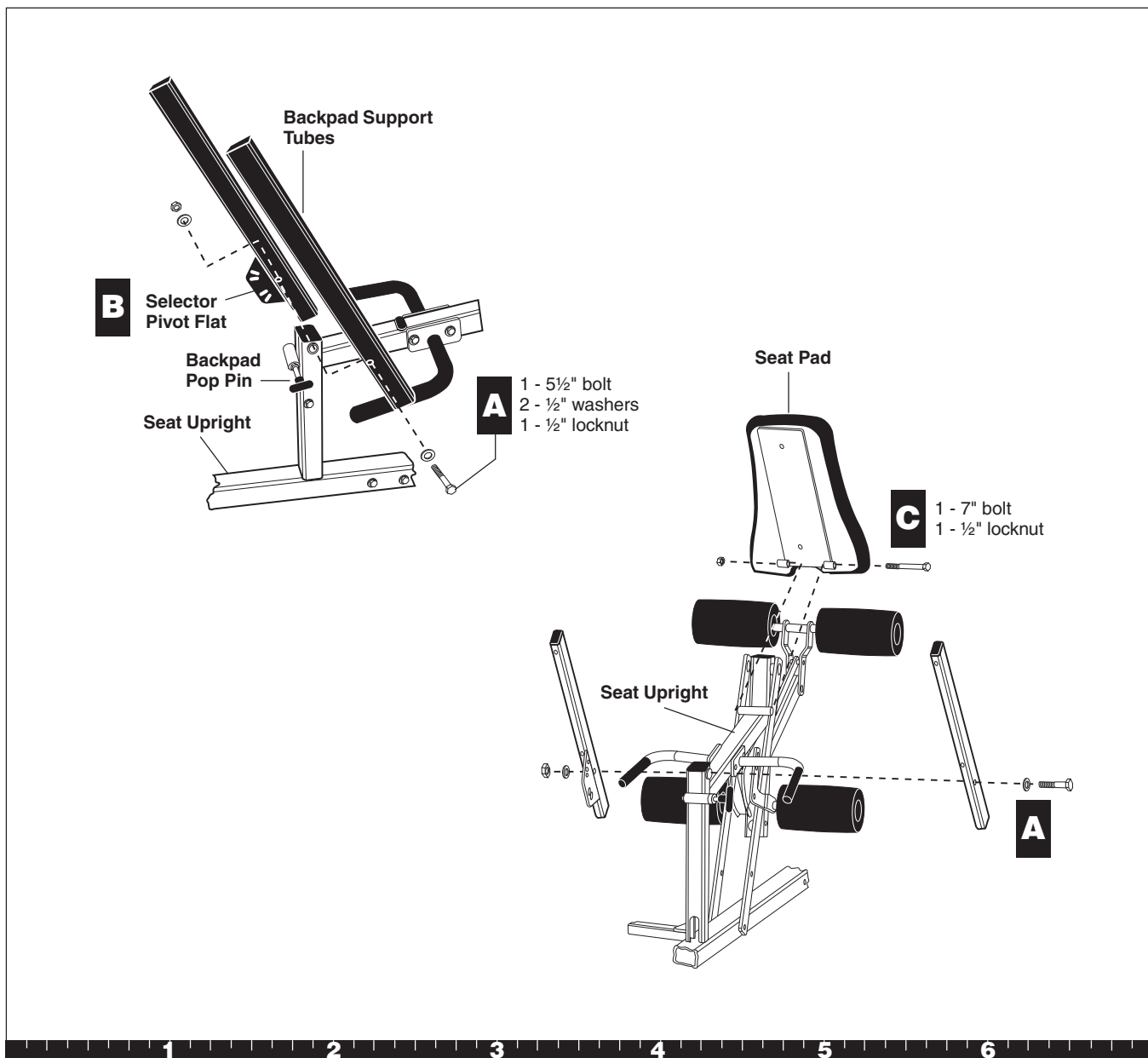
13. Assemble Leg Curl Seat

- A. Attach the Backpad Support Tubes to the Seat Upright using
 one 5½-inch bolt
 two ½-inch washers
 one ½-inch locknut

Note: The tube with the Selector Pivot Flat is nearest the Weight Stack. Also note that the hole in the other support tube is positioned closest to the Backpad Pop Pin, as shown. Wrench tighten, and then loosen until the support tube can fall freely without wobbling.

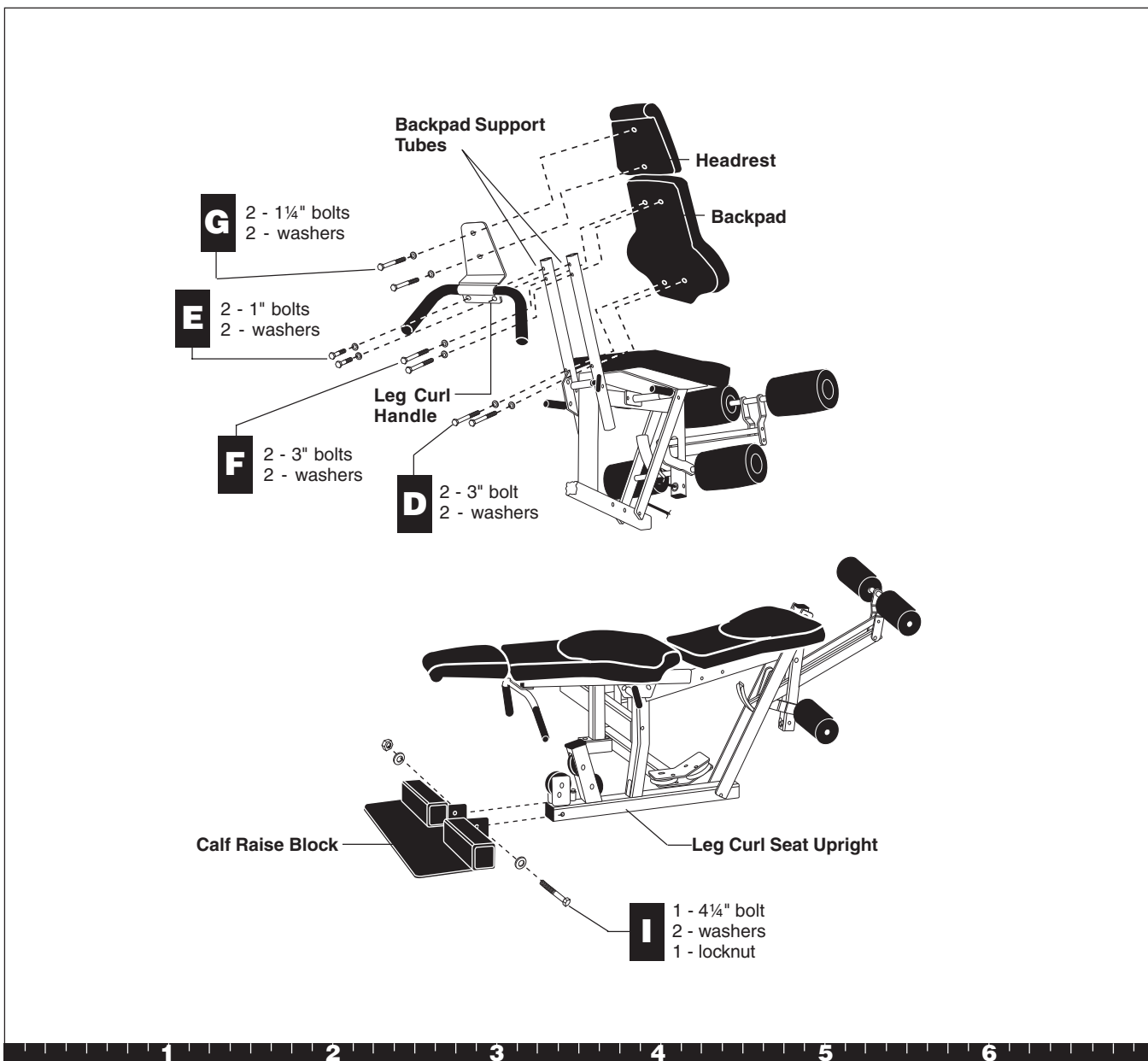
CAUTION: Keep your hands clear to avoid injury when the support tube falls.

- B. Align the Selector Pivot Flat with the Backpad Pop Pin.
- C. Attach the Seat Pad to the Seat Upright using
 one 7-inch bolt
 one ½-inch locknut
 Finger tighten.



Step 13. Assemble Leg Curl Seat

- D. Attach the lower section of the Backpad to the lower hole of the right Backpad Support Tube using two 3-inch bolt
two washers
Finger tighten.
- E. Attach the Leg Curl Handle to the holes at the top of the Backpad Support Tubes using two 1-inch bolts
two washers
- F. Attach the Backpad Support Tubes to the top of the Backpad using two 3-inch bolts
two washers
- G. Attach the top portion of the Leg Curl Handle to the holes at the top and bottom of the Headrest using two 1¼-inch bolts
two washers
Note: Handles point down when fastened.
- H. Wrench tighten all bolts from this step.
- I. Attach the Calf Raise Block to the Leg Curl Seat Upright using one 4¼-inch bolt
two washers
one locknut



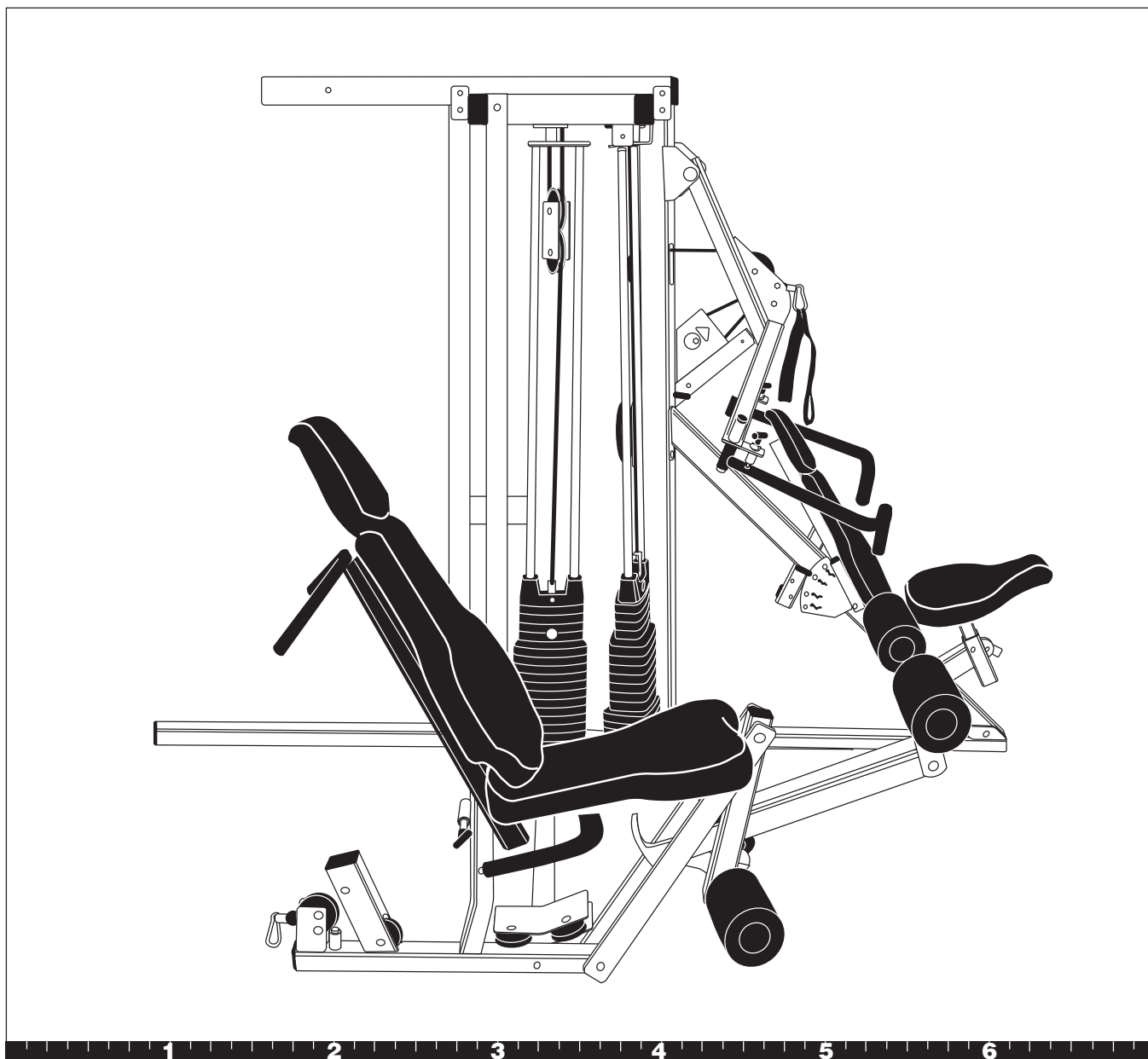
Step 13. Assemble Leg Curl Seat, Continued

Open Box 4

Use tie cutters to open the box.

The diagram shows how the S3.45 will look after you complete this section.

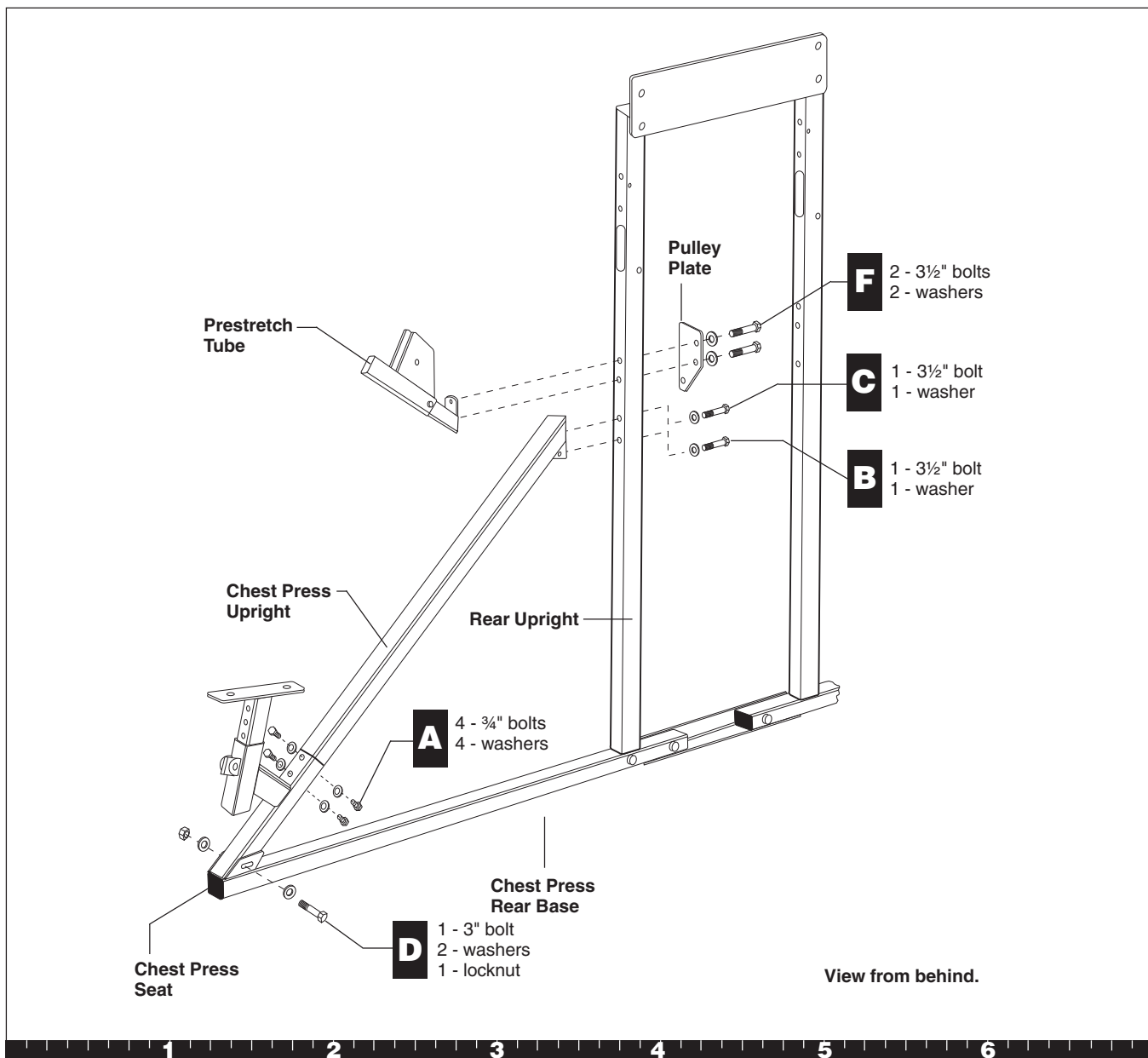
Note: Some items in these boxes may not be needed until later in the assembly process.



Open Box 4

14. Attach Chest Press Seat

- A. Attach the Chest Press Upright to the Chest Press Seat using
four 3/4-inch bolts
four washers
Finger tighten.
- B. Attach the lower hole at top of the Chest Press Upright to the Rear Upright using
one 3 1/2-inch bolt
one washer
Finger tighten.
- C. Attach the middle hole at the top of the Chest Press Upright to the Rear Upright using
one 3 1/2-inch bolt
one washer
- D. Attach the Chest Press Seat to the Chest Press Rear Base using
one 3-inch bolt
two washers
one locknut
Finger tighten.
- E. Wrench tighten all bolts.
- F. Attach the Prestretch Tube and Pulley Plate to the Rear Upright using
two 3 1/2-inch bolts
two washers
Wrench tighten.

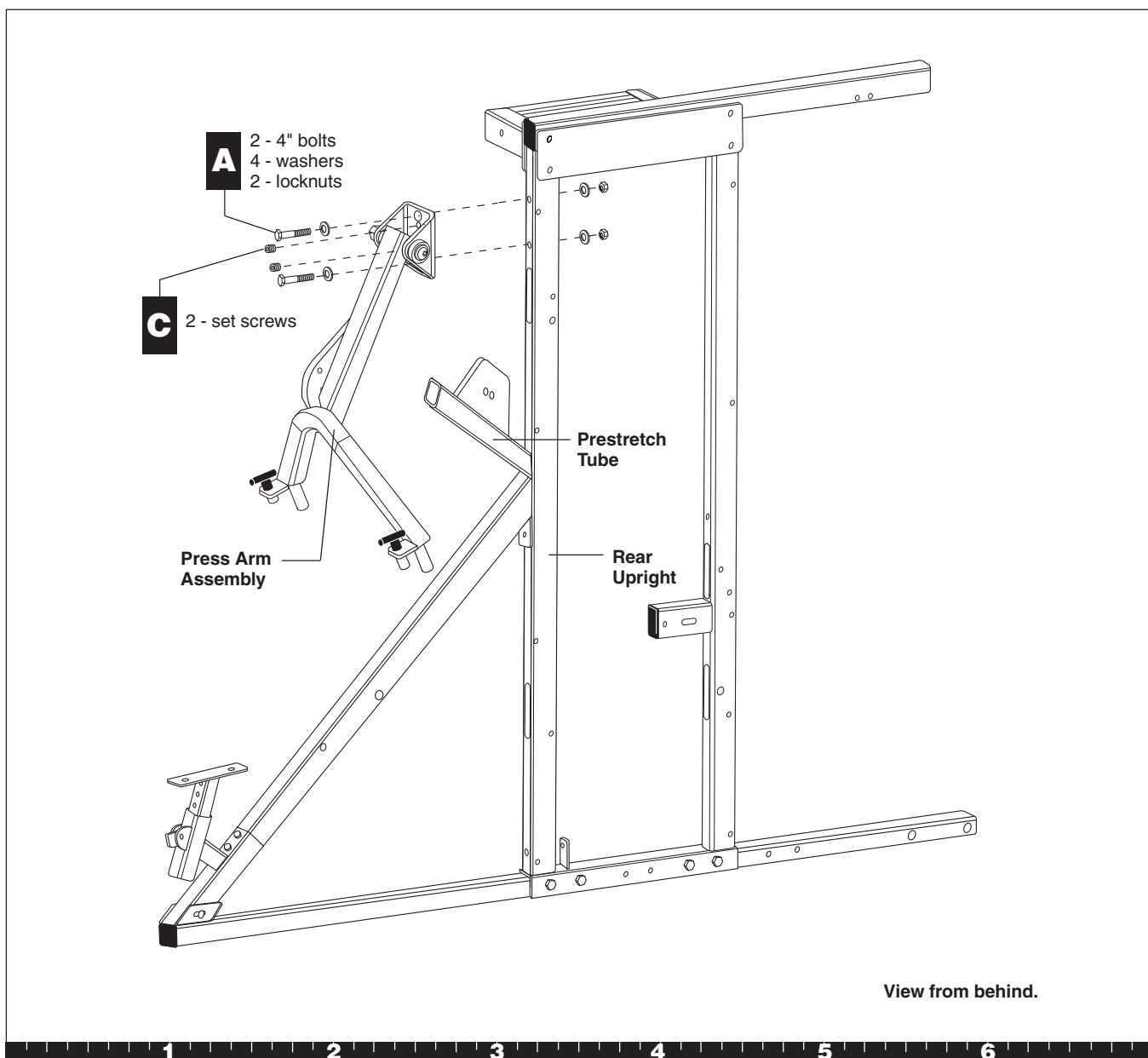


Step 14. Attach Chest Press Seat

15. Attach Press Arm Assembly

CAUTION: This step requires two people. Do not pinch yourself between the Press Arm and the Prestretch Tube.

- A. Attach the Press Arm Assembly to the Rear Upright using two 4-inch bolts, four washers, and two locknuts.
- B. Check the alignment of the Press Arm Assembly and Prestretch Tube. Wrench tighten.
- C. Use the supplied allen wrench and tighten the set screws.



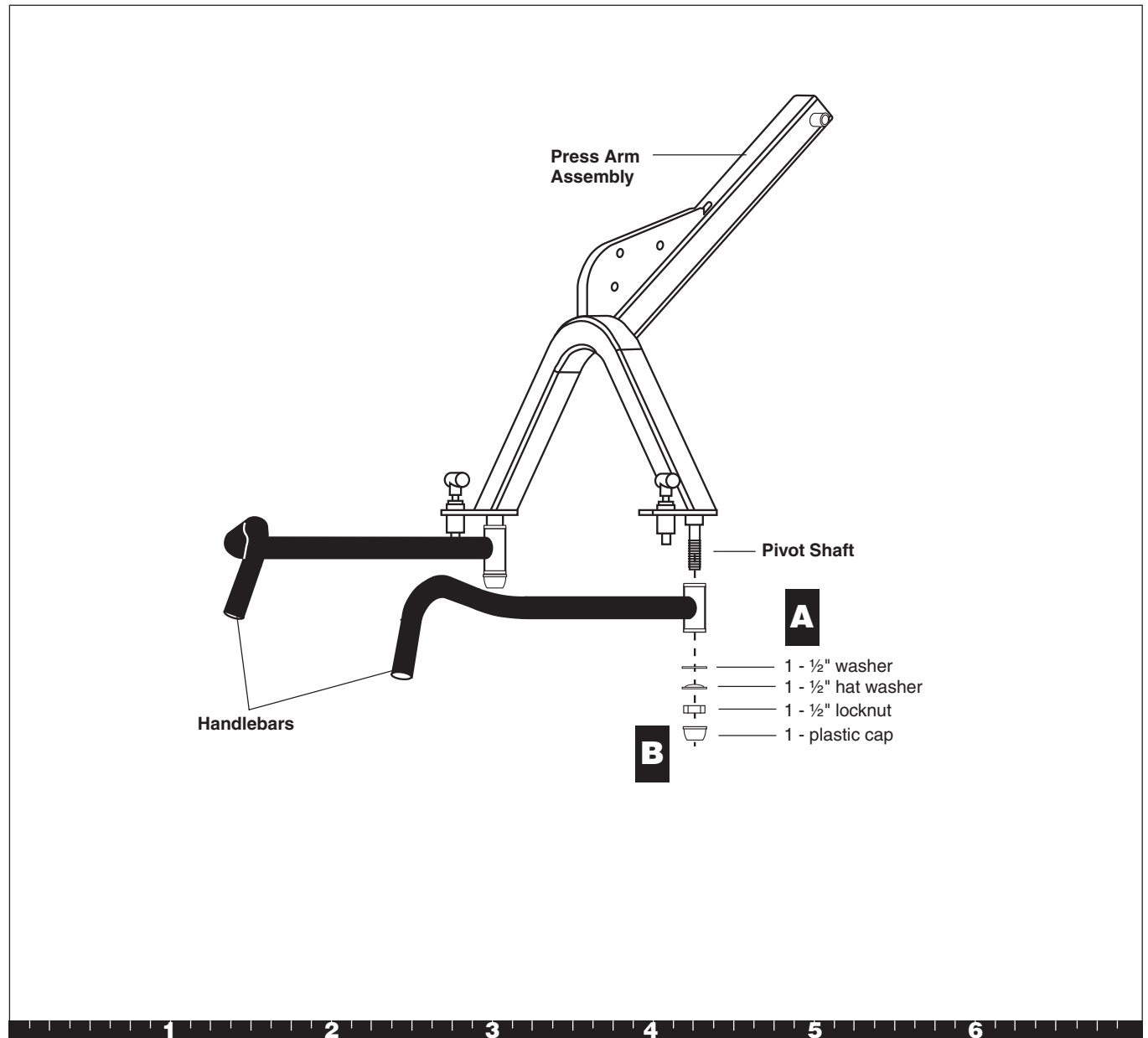
Step 15. Attach Press Arm Assembly

16. Attach Handlebars

- A. Slide each Handlebar (one at a time) onto the Pivot Shaft and attach it using
one ½-inch washer
one ½-inch hat washer
one locknut

Note: Tighten the locknut until the Handlebars don't move. Then, loosen the locknut about one-half turn until the arms pivot freely. Note that a few threads should show beneath the Pivot Shafts, if you have tightened it properly.

- B. Secure the plastic caps over the locknuts.
A rubber mallet may be useful to lightly tap the caps into place.



Step 16. Attach Handlebars

17. Assemble Chest Press Seat

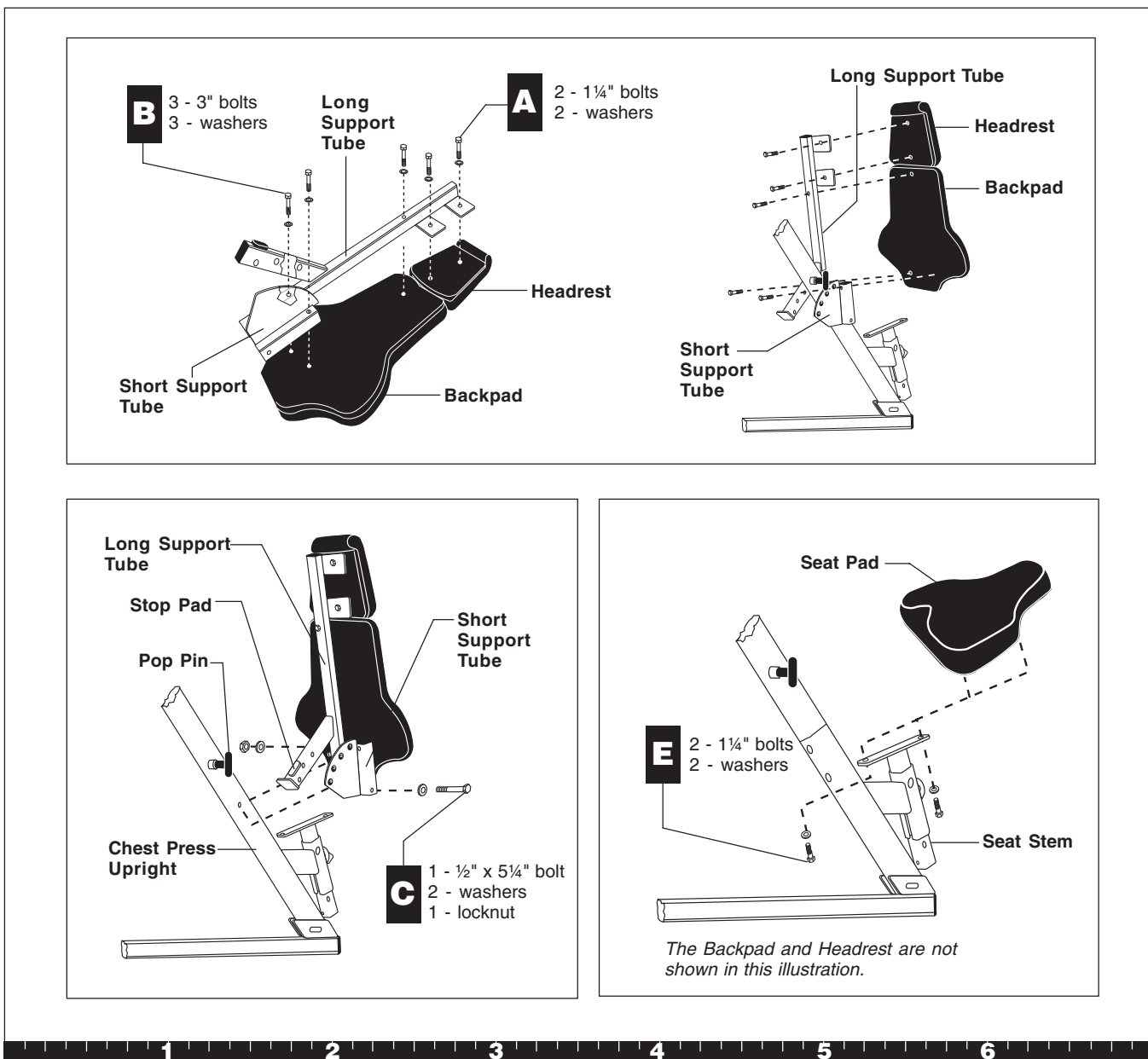
- A. Place the Backpad and Headrest on the floor. Place the Long Support Tube and Short Support Tube on the Backpad. Attach at the top using two 1/4-inch bolts
two washers
- B. Attach at the bottom using three 3-inch bolts
three washers
- C. Attach the Backpad and Headrest assembly to the Chest Press Upright using one 1/2-inch x 5/4-inch bolt
two washers
one locknut
Finger tighten.

Note: The Stop Pad on the seat assembly should be between the Pop Pin and the Support Stop on the Chest Press Upright.

- D. Wrench tighten, still allowing movement.

CAUTION: If you move the Handlebars out of the way for this step, be careful that they don't hit you.

- E. Attach the Seat Pad to the Seat Stem using two 1/4-inch bolts
two washers
Wrench tighten.



Step 17. Assemble Chest Press Seat

18. Feed Chest Press Cable

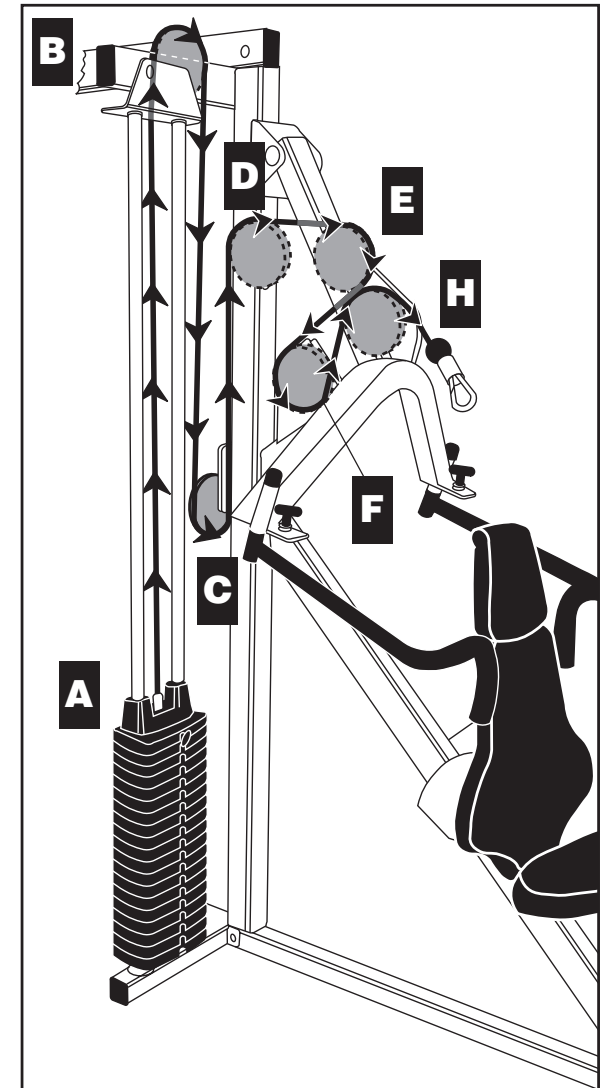
- A. Insert the Selector Stem into the Chest Press Weight Stack with the threaded hole at the top. Hold the Selector Stem with several holes above the Cap Plate. Insert the Weight Pin to suspend the Selector Stem. Place the loop end of the Weight Pin Lanyard into the U end of Cable 43623-103. Align the U end of the Cable, the top of the Selector Stem, and the Cap Plate. Attach using one 1½-inch socket cap bolt. Wrench tighten. Remove the Weight Pin and lower the Cap Plate.
- B. While standing on a step ladder, loop the middle section of the Cable through the window in the Top Frame and over one 6-inch pulley. Lower the pulley and Cable into the window and attach using one 2¾-inch bolt, two ½-inch step spacers, one locknut. Finger tighten.

Note: If you have the Leg Press option, see the Leg Press assembly instructions for an alternate Cable and pulley installation step.
- C. Place the Cable between the cable retainer and one 4½-inch pulley. Attach to the Pulley Plate using one 2½-inch bolt, two washers, one ½-inch barrel spacer, one locknut. Wrench tighten.
- D. Remove the Spring Clip from the other end of the Cable. Feed the Cable through the window in the Rear Upright and attach one 4½-inch pulley using one 2¾-inch bolt, two ½-inch step spacers, one locknut.

Ensure the Cable passes between the pulley and retainer pin. Wrench tighten.

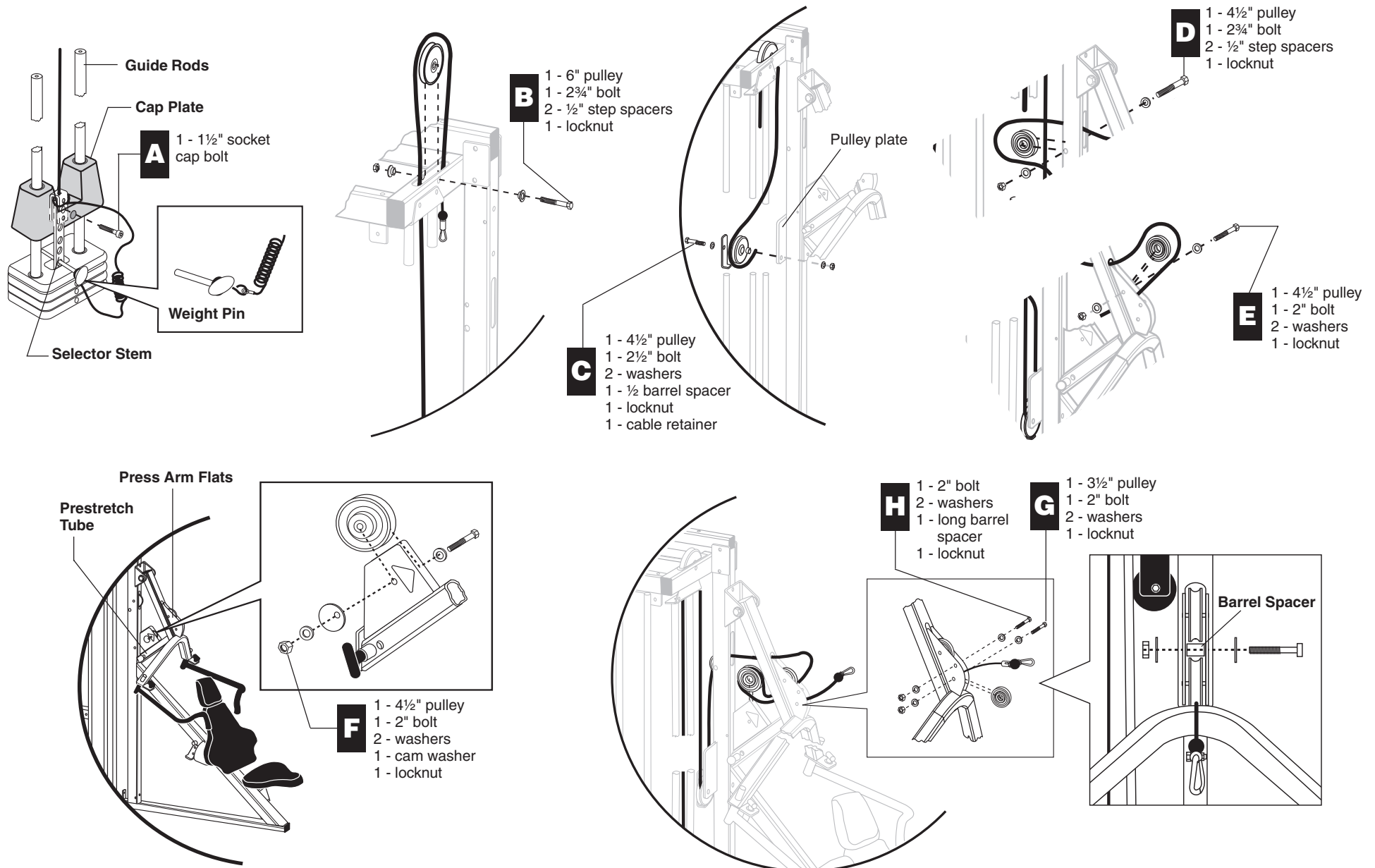
- E. Place the Cable over one 4½-inch pulley and attach to the upper hole in the Press Arm Flats using one 2-inch bolt, two washers, one locknut. Finger tighten.
- F. Ensure the Cable wraps around the pulley and then feed the Cable back through the Press Arm Flats. Wrap the Cable over and around one 4½-inch pulley and attach it to the Prestretch Tube using one 2-inch bolt, two washers, one cam washer, one locknut. Finger tighten.
- G. Wrap the Cable over one 3½-inch pulley and attach it to the bottom hole on the Press Arm Flats using one 2-inch bolt, two washers, one locknut.
- H. In the middle hole on the Press Arm Flats, make a retainer pin using one 2-inch bolt, two washers, one 1-inch long barrel spacer, one locknut. Finger tighten.
- I. Wrench tighten steps E through H. Do not overtighten.
- J. Reattach the Spring Clip to the Cable.
- K. Remove excess slack by adjusting the cam washer attached to the Prestretch Tube. Wrench tighten.

This completes box 4. You may move the box out of the way.



Each step is shown in more detail on the following page.

Step 18. Feed Chest Press Cable



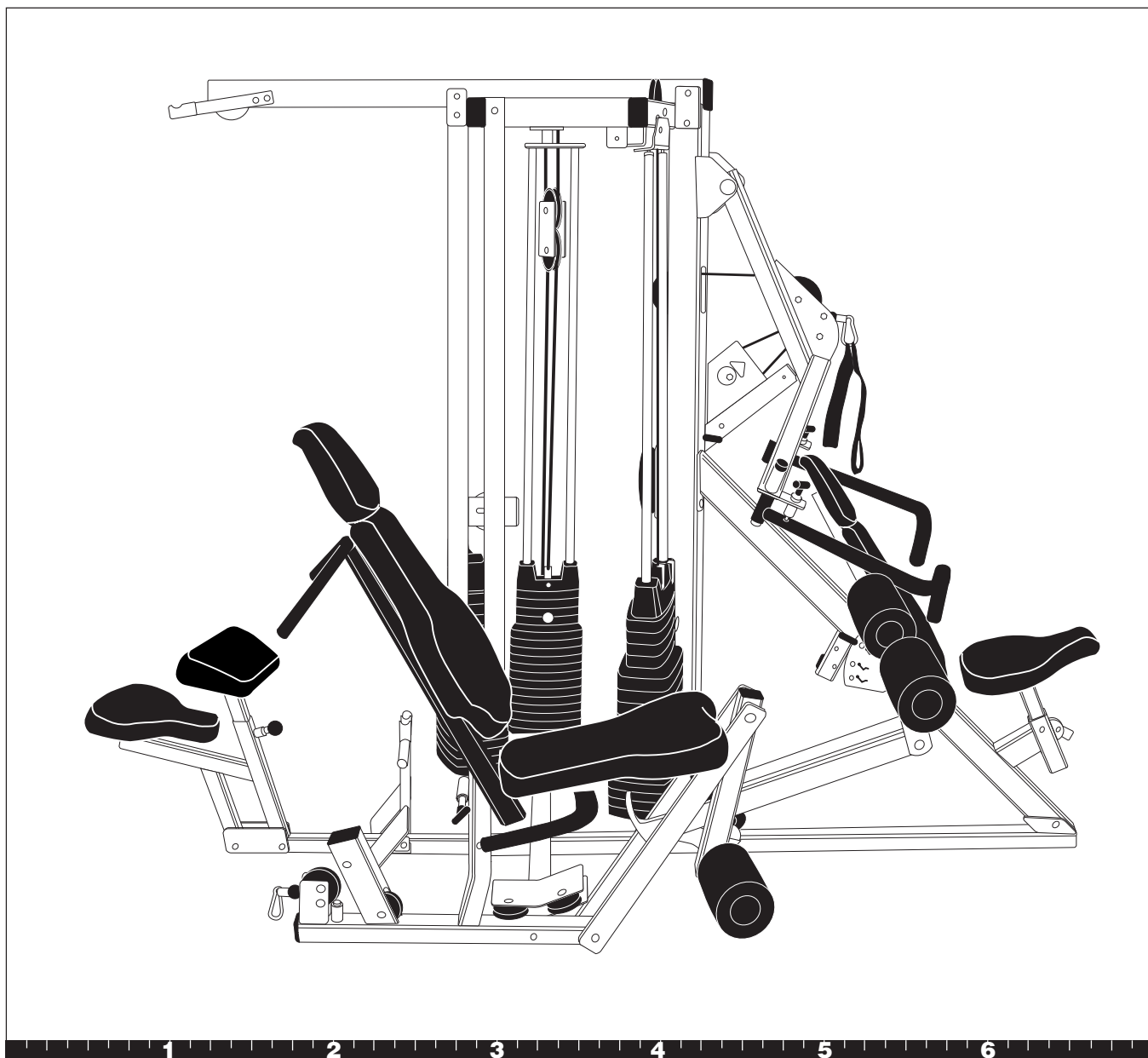
Step 18. Feed Chest Press Cable, Continued

Open Box 5

Use tie cutters to open the box.

The diagram shows how the S3.45 will look after you complete this section.

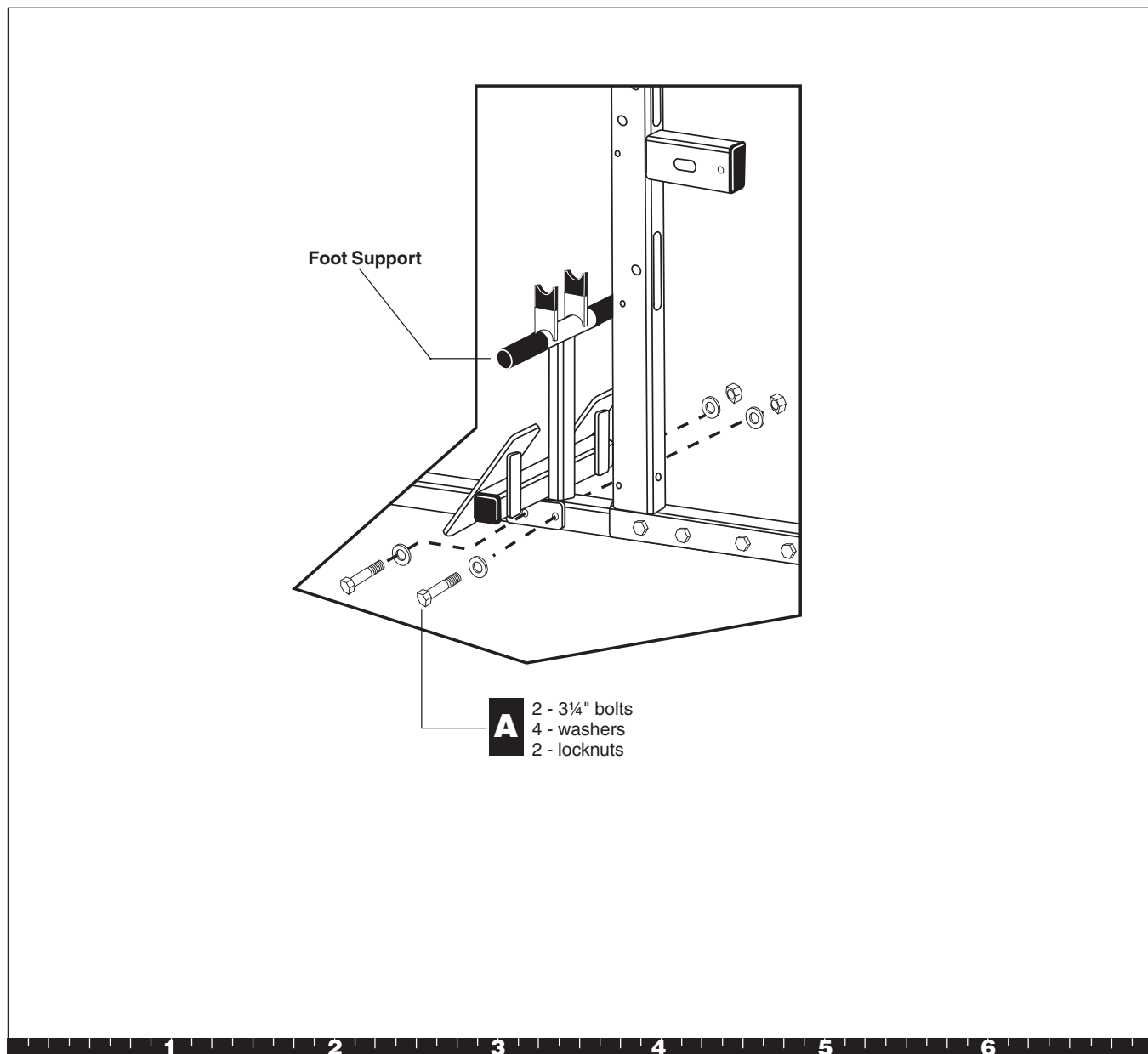
Note: Some items in these boxes may not be used until later in the assembly process.



Open Box 5

19. Attach Foot Support

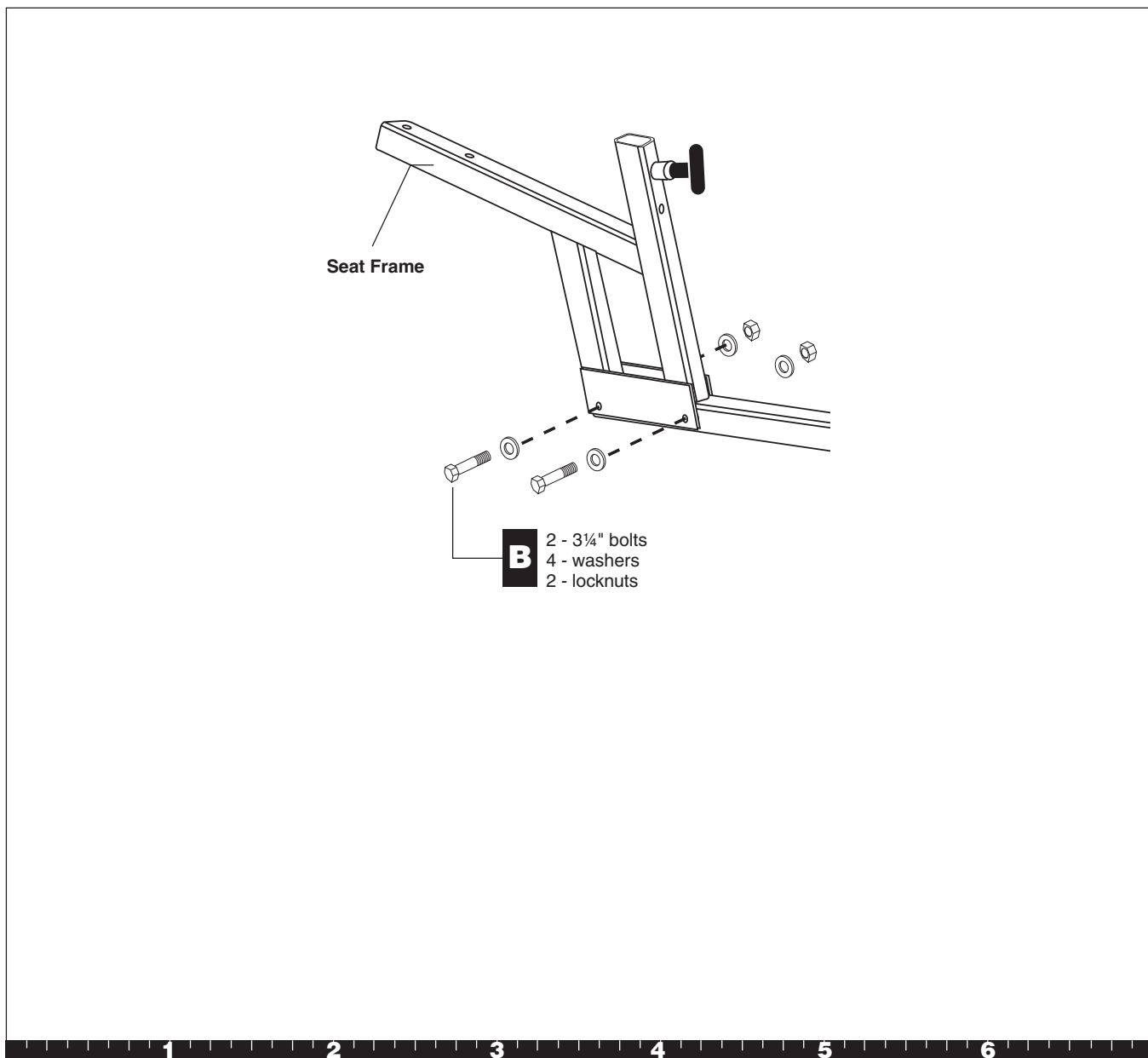
- A. Attach the Foot Support to the Preacher Curl Rear Base using
two 3/4-inch bolts
four washers
two locknuts
Wrench tighten.



Step 19. Attach Foot Support

20. Attach Seat Frame

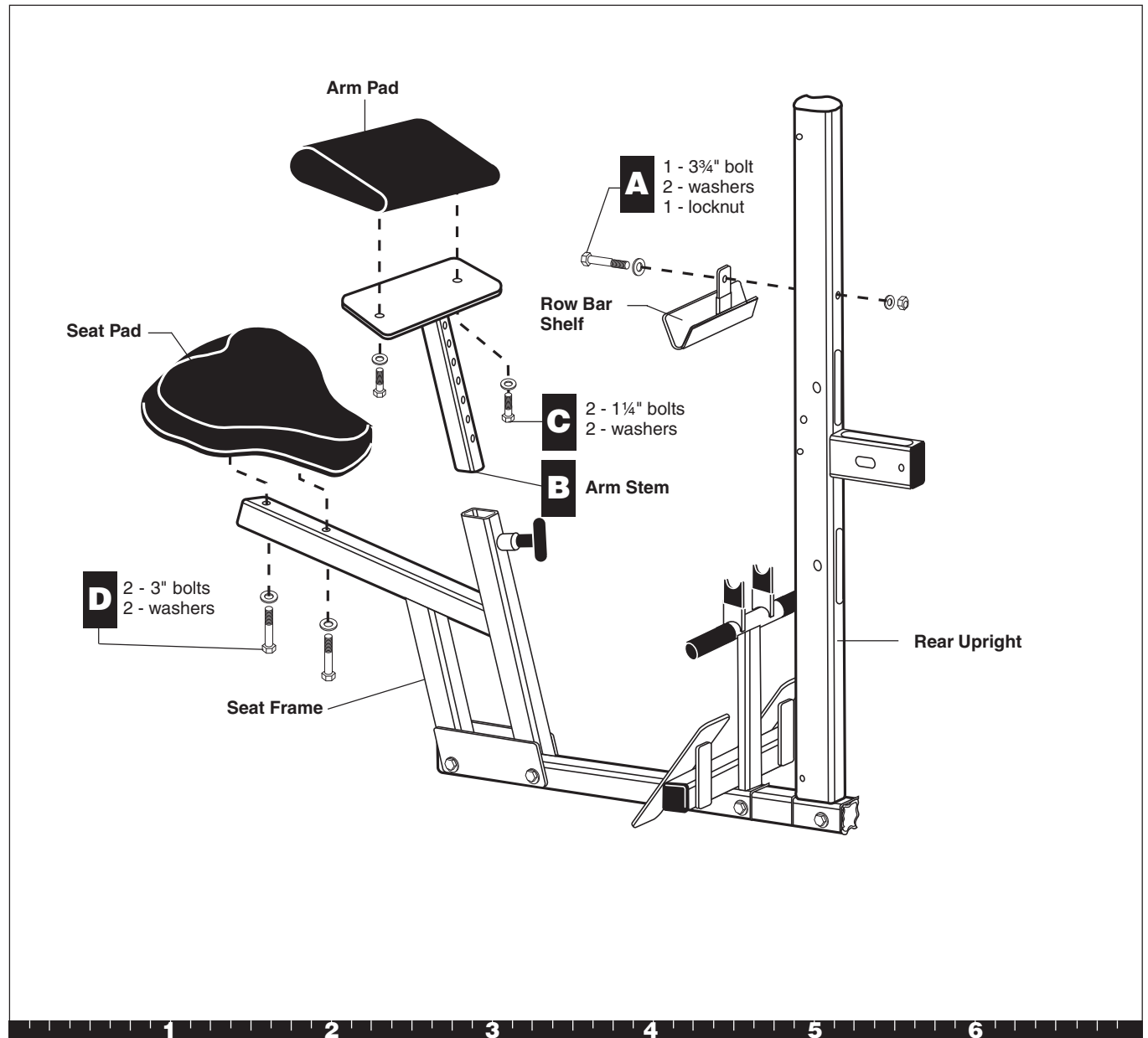
- A. Attach the Seat Frame to the Preacher Curl Rear Base using
two 3/4-inch bolts
four washers
two locknuts
Wrench tighten.



Step 20. Attach Seat Frame

21. Attach Row Bar Shelf and Seat Pads

- A. Attach the Row Bar Shelf to the Rear Upright above the pulley window using one 3¾-inch bolt, two washers, and one locknut. Finger tighten.
- B. Insert the Arm Stem into the Seat Frame with the seven-hole side facing the Rear Upright.
- C. Attach the Arm Pad, thick portion up, to the Arm Stem using two 1¼-inch bolts and two washers. Finger tighten.
- D. Attach the Seat Pad to the Seat Frame using two 3-inch bolts, two washers. Finger tighten.
- E. Wrench tighten.

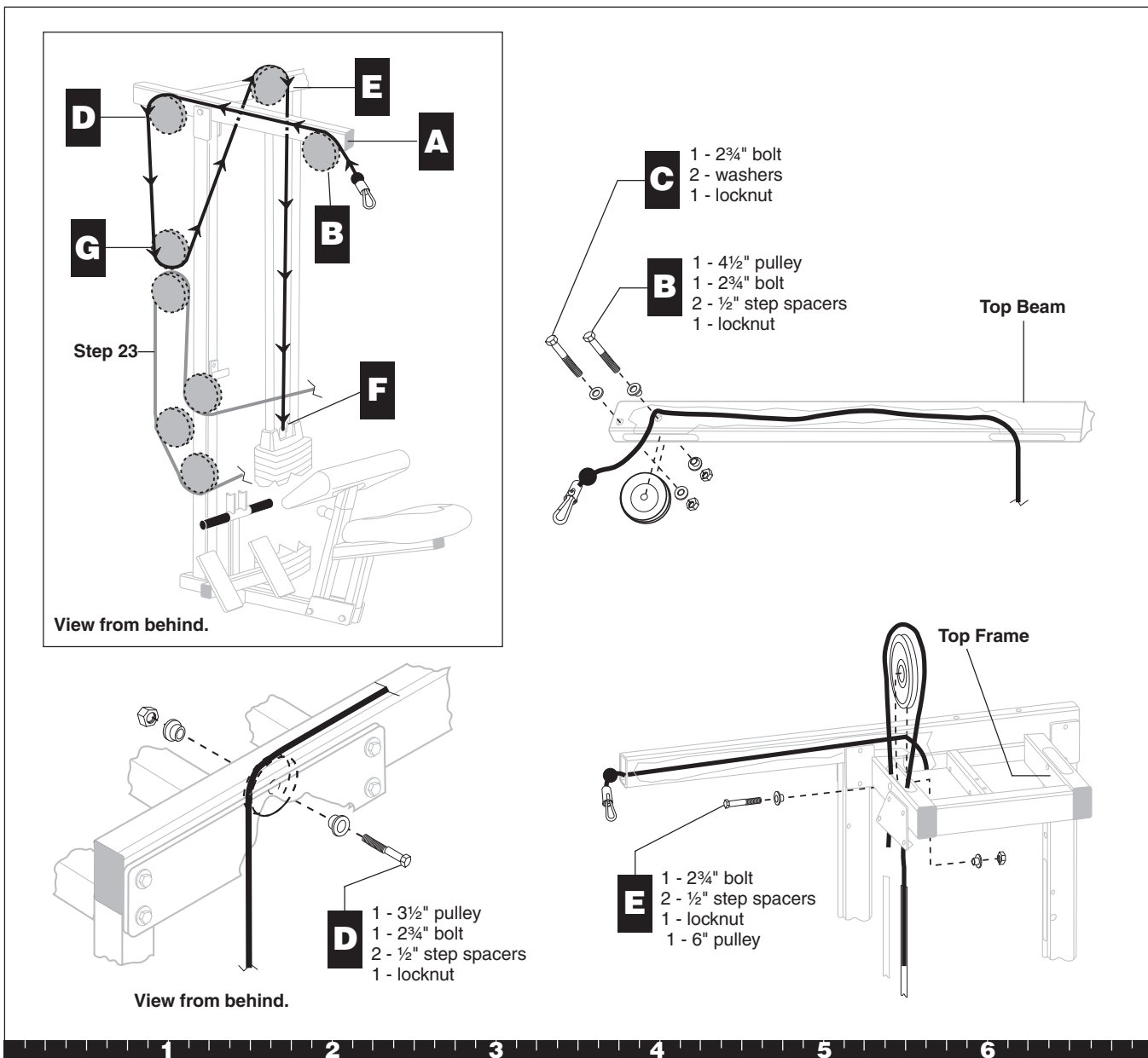


Step 21. Attach Row Bar Shelf and Seat Pads

22. Feed Upper Preacher Curl Cable

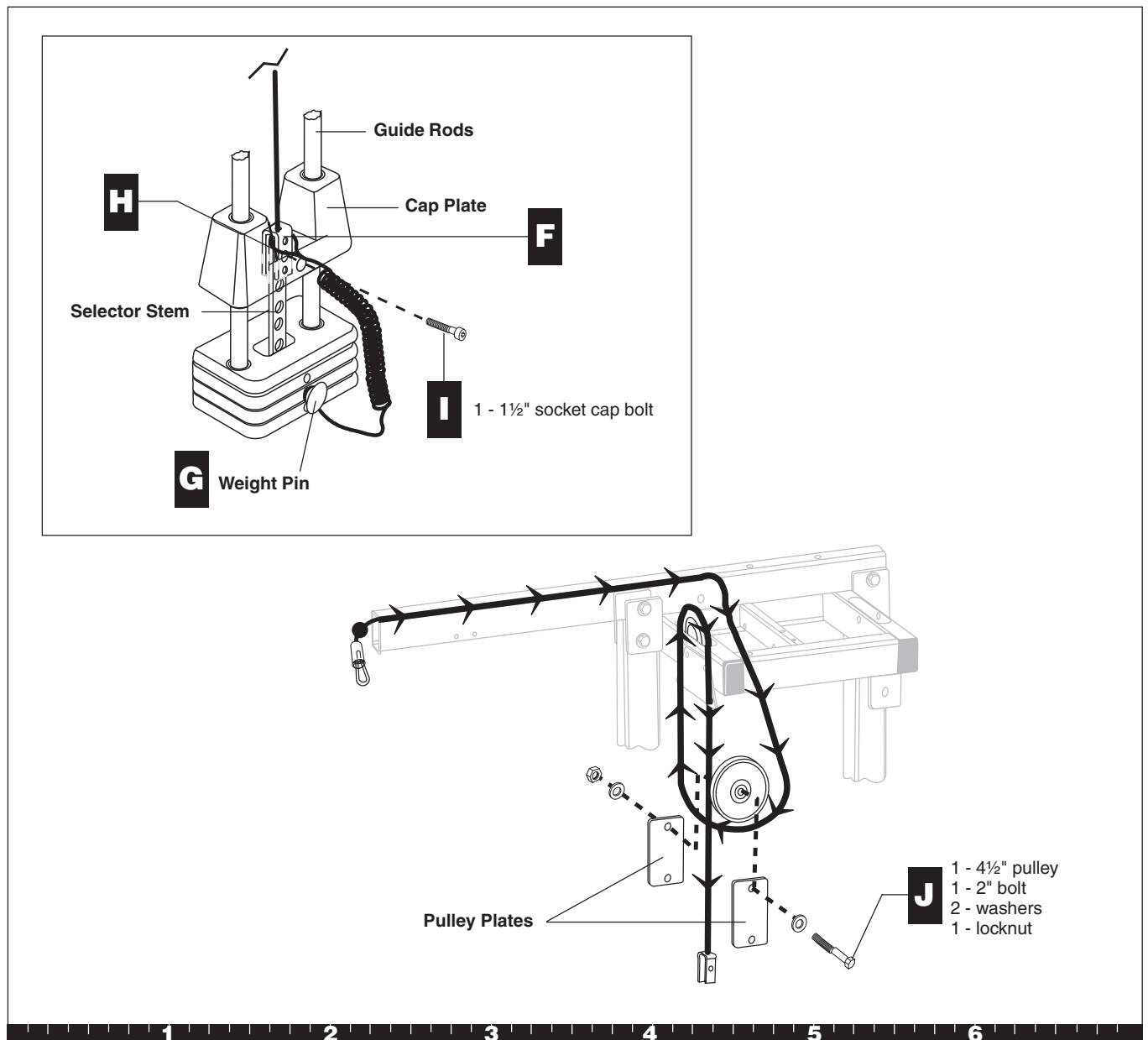
- A. While standing on a step ladder, feed the U end of Cable 43621-103 through the window in the Top Beam and out the window at the other end. Note the location of the Spring Clip on the Cable.
- B. Wrap the Cable over one 4½-inch pulley. Attach it to the Top Beam using one 2¾-inch bolt, two ½-inch step spacers, one locknut. Wrench tighten.
- C. Attach the cable retaining bolt to the Top Beam using one 2¾-inch bolt, two washers, one locknut.
- D. At the inner window in the Top Beam, wrap the Cable over one 3½-inch pulley and attach it using one 2¾-inch bolt, two ½-inch step spacers, one locknut. Wrench tighten.
- E. Loop the Cable through the window in the Top Frame and over one 6-inch pulley. Lower the pulley and Cable into the window and attach it using one 2¾-inch bolt, two ½-inch step spacers, one locknut. Wrench tighten.

Note: Some extra cable must be hanging between steps D and E for use in step G.



Step 22. Feed Upper Preacher Curl Cable

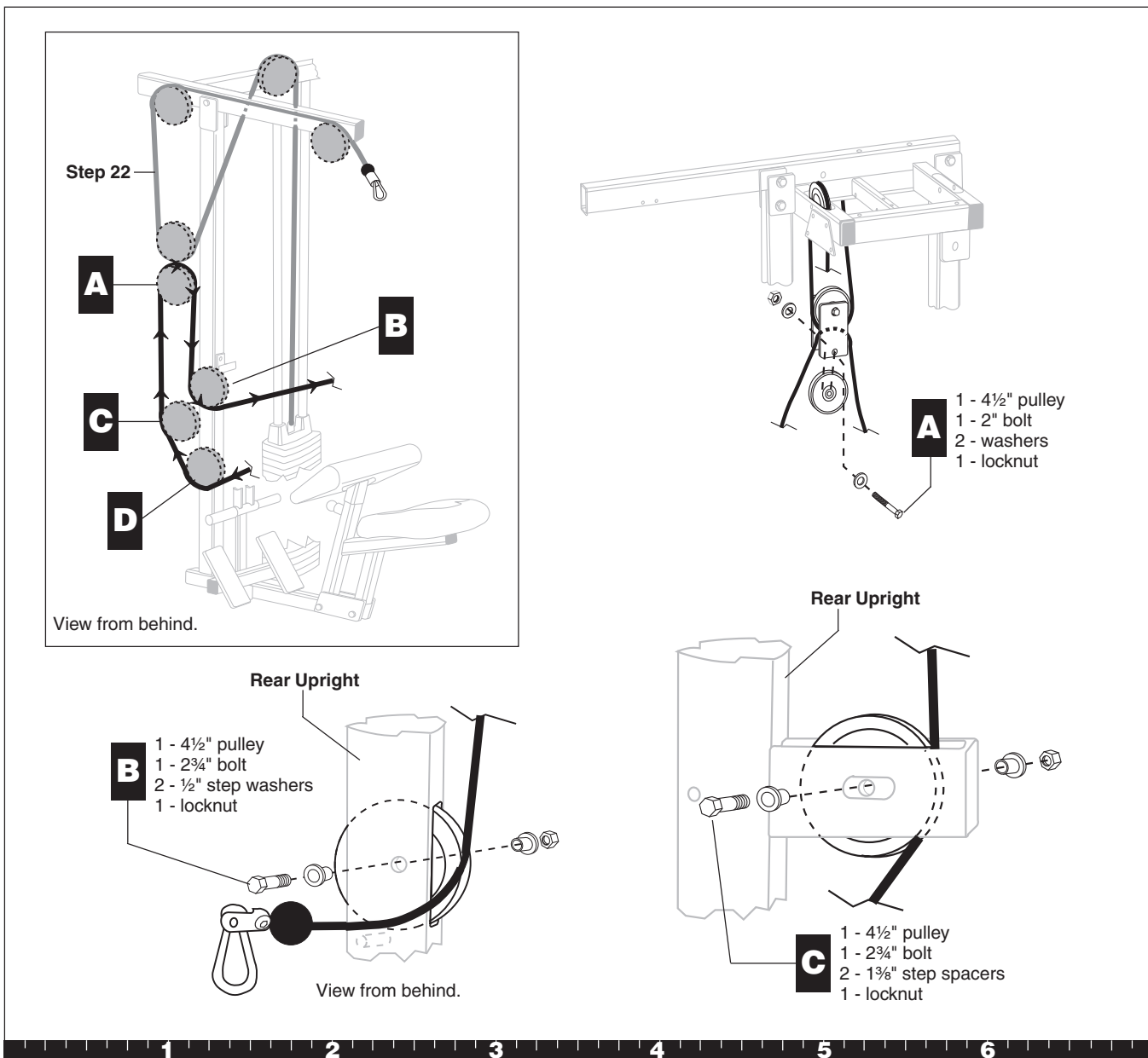
- F. Ensure the U end of the Cable feeds between the Guide Rods. Insert the Selector Stem into the Preacher Curl Weight Stack with the threaded hole at the top. Hold the Selector Stem with several holes above the Cap Plate.
- G. Insert the Weight Pin to suspend the Selector Stem.
- H. Place the loop end of the Weight Pin Lanyard into the U end of the Cable.
- I. Align the U end of the Cable, Selector Stem, and Cap Plate. Attach using one 1½-inch socket cap bolt. Wrench tighten. Remove the Weight Pin and lower the Cap Plate.
- J. Place one 4½-inch pulley into the previously created cable loop from step E. Sandwich the pulley between two Floating Pulley Plates. Attach using one 2-inch bolt, two washers, one locknut. Finger tighten.



Step 22. Feed Upper Preacher Curl Cable, Continued

23. Feed Lower Preacher Curl Cable

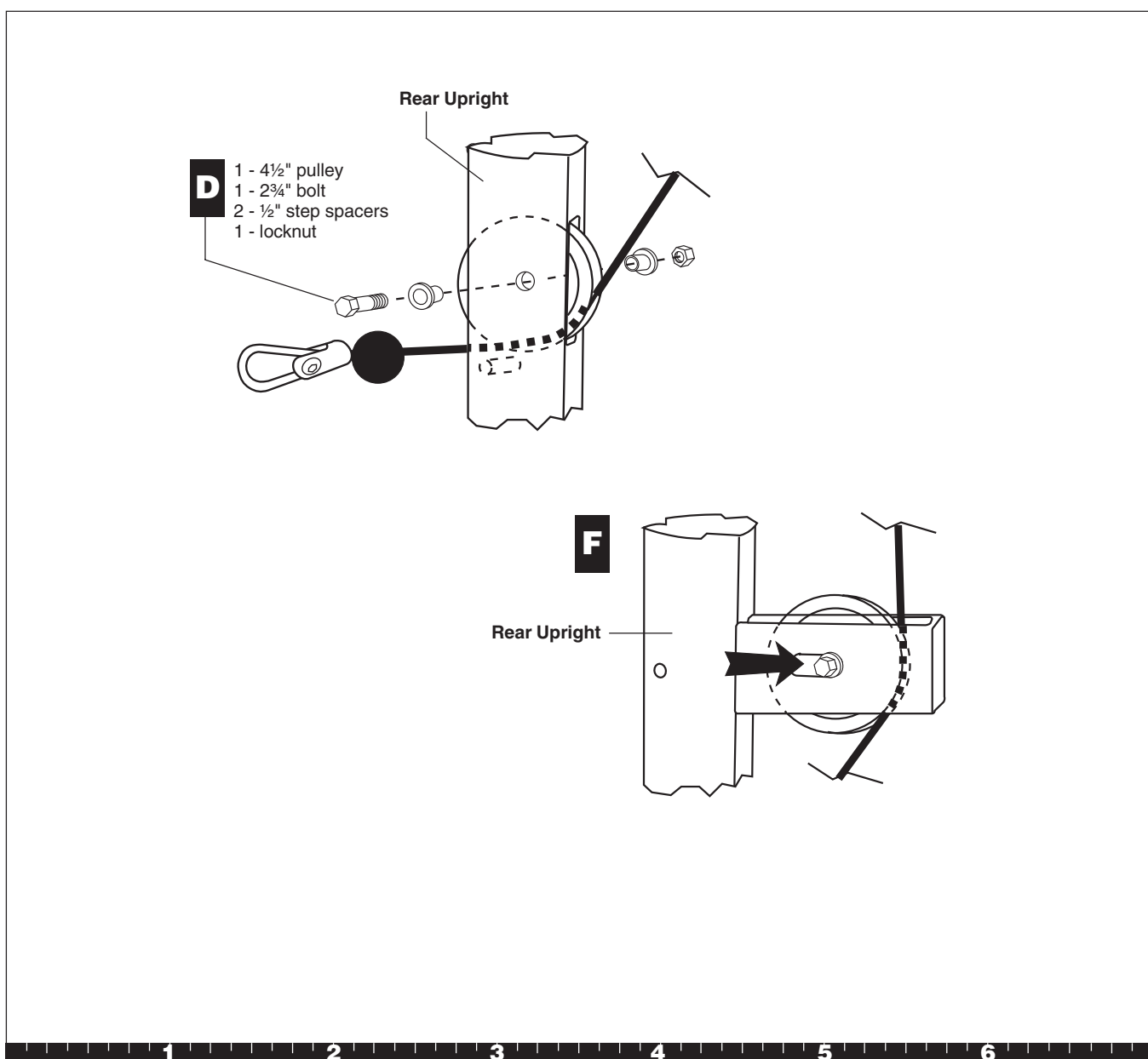
- A. Wrap the center of Cable 43620-103 around one 4½-inch pulley and attach it in the remaining hole of the two Floating Pulley Plates using one 2-inch bolt, two washers, and one locknut. Wrench tighten bolts in the Pulley Plates.
- B. Ensure the Cables are not crossed. Take the end of the Cable closest to the Preacher Curl and feed it through the upper window in the Rear Upright. Feed it under one 4½-inch pulley and attach using one 2¾-inch bolt, two ½-inch step spacers, and one locknut. Ensure the Cable passes between the pulley and retainer pin. Wrench tighten.
- C. Feed the other Cable end (the end closest to the Chest Press) through the Rear Upright extension window. Attach one 4½-inch pulley in the window using one 2¾-inch bolt, two 1⅜-inch step spacers, and one locknut. Finger tighten.



Step 23. Feed Lower Preacher Curl Cable

- D. Lift up the Selector Stem and insert the Weight Pin to create slack in the Cable. Feed the Cable through the remaining window in the Rear Upright. Attach one 4½-inch pulley using one 2¾-inch bolt, two ½-inch step spacers, and one locknut. Ensure the Cable passes between the pulley and the retainer pin.
- E. Wrench tighten bolts from steps B and D.
- F. Push the pulley from step C toward the Chest Press Station until you feel the Weight Stack begin to lift. Wrench tighten the pulley in that position.

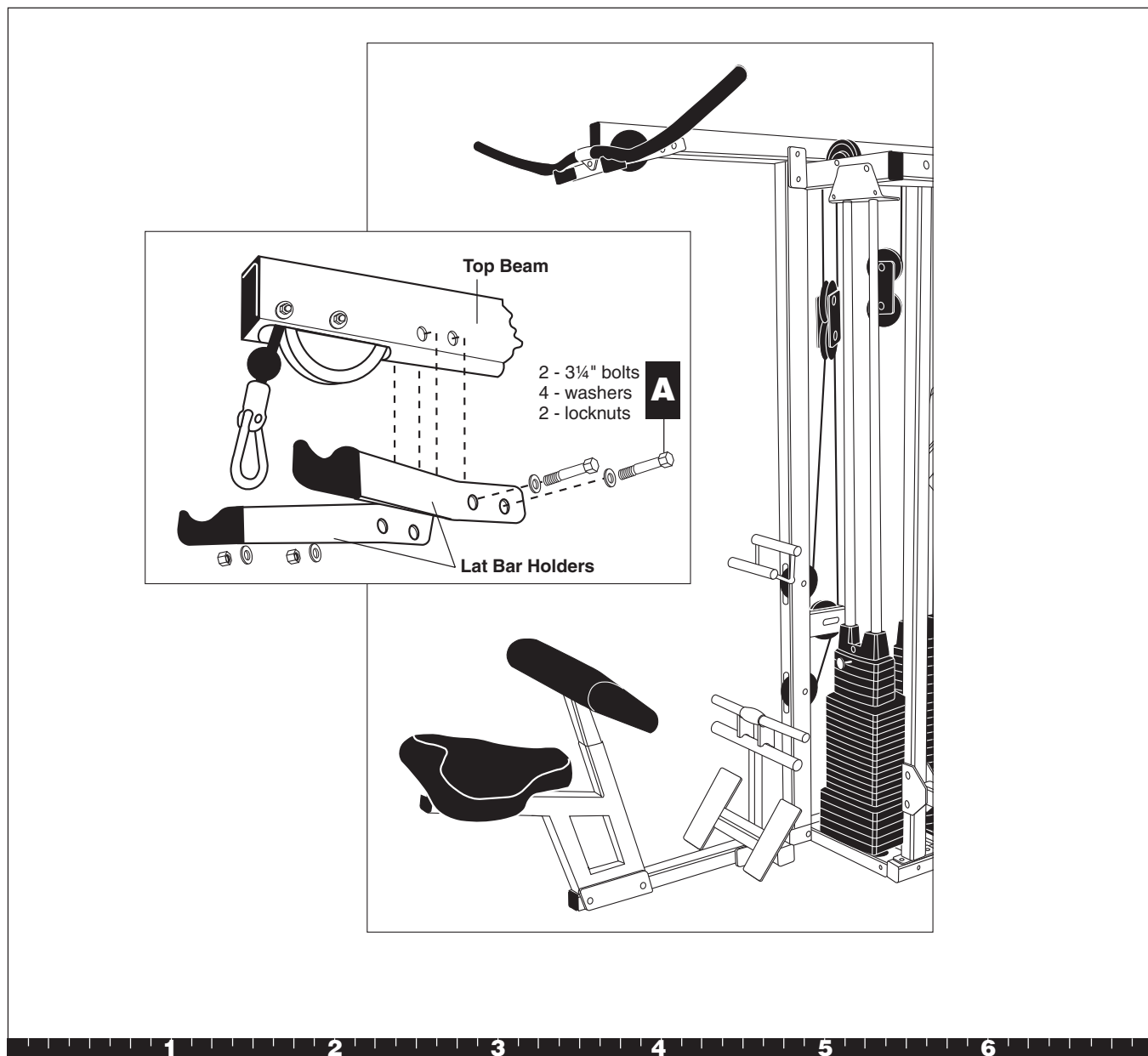
Note: If you are assembling the Leg Press Option and the S3.45 simultaneously, go to Step 5 in the *S3.45 Leg Press Option Assembly Instructions* now.



Step 23. Feed Lower Preacher Curl Cable, Continued

24. Attach Lat Bar Holders

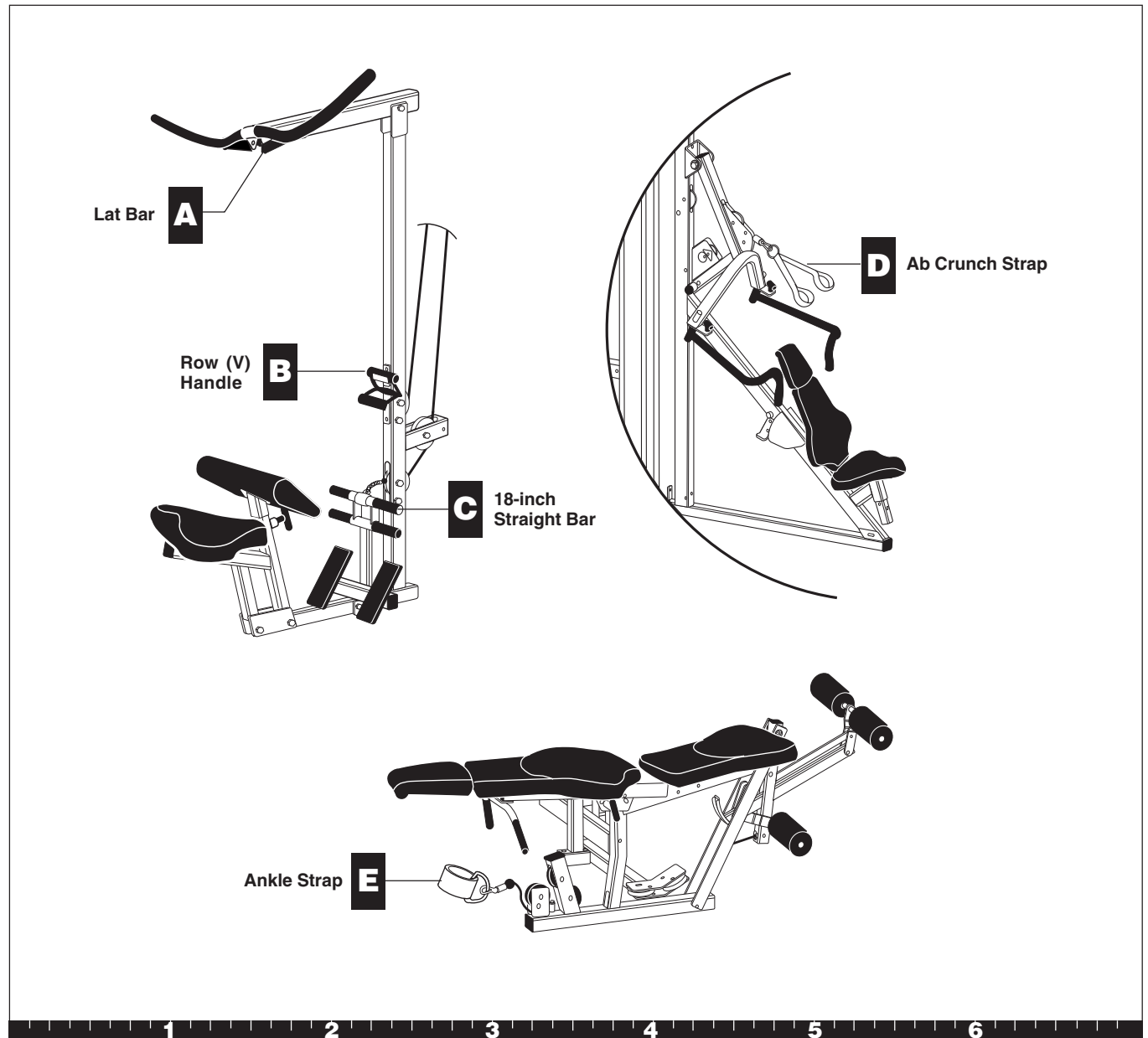
- A. Attach the Lat Bar Holders to the Top Beam using
two 3/4-inch bolts
four washers
two locknuts
- B. Wrench tighten.



Step 24. Attach Lat Bar Holders

25. Attach Accessories

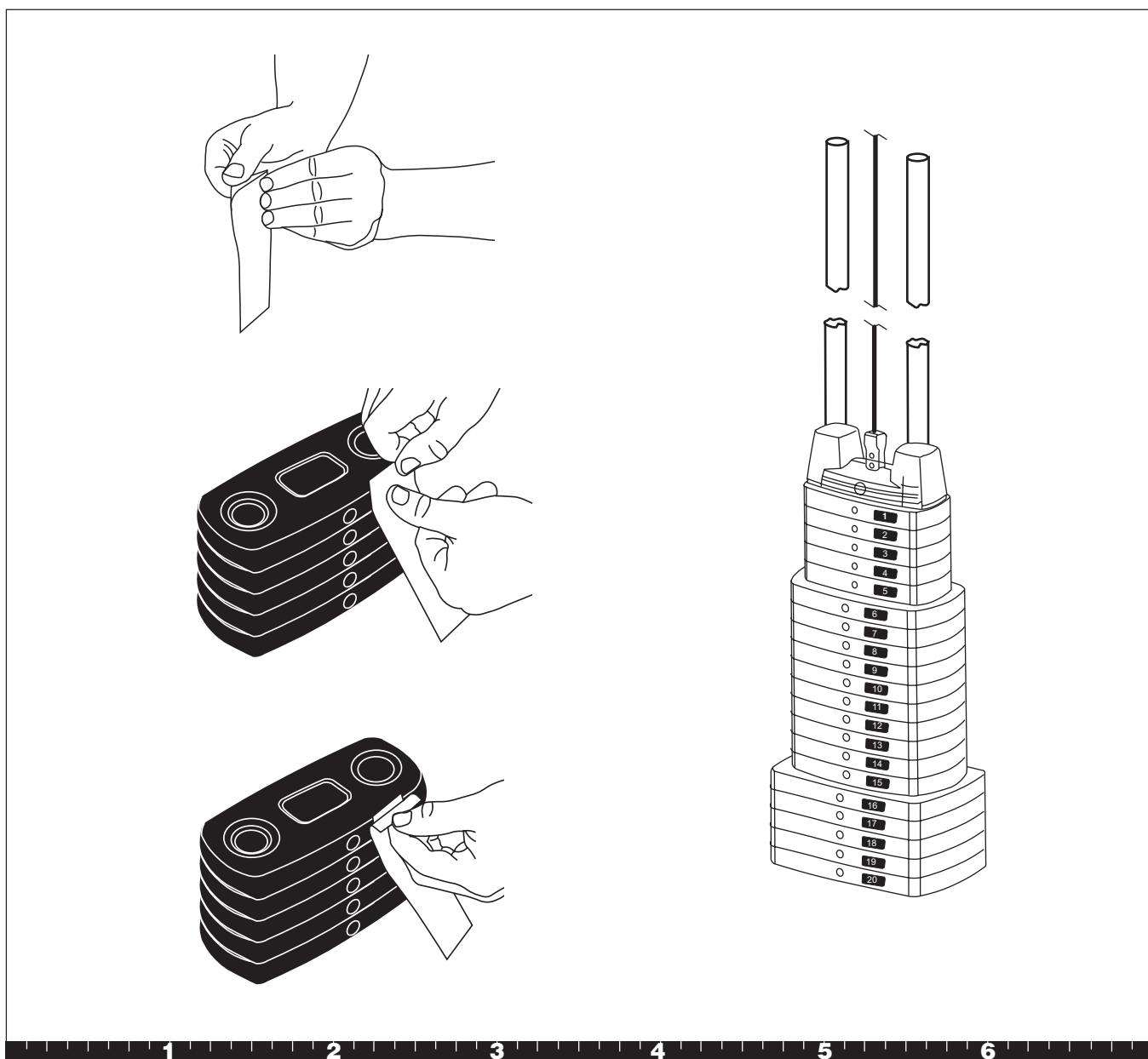
- A. Attach the Lat Bar to the Spring Clip at the end of the Top Beam.
- B. Attach the Row (V) Handle to the Spring Clip at the upper window of the Rear Upright and place it in the holder above it.
- C. Attach the 18-inch Straight Bar and chain to the Spring Clip at the lower pulley window of the Rear Upright and place it in the holder below it.
- D. Attach the Ab Crunch Strap to the Spring Clip on the Press Arm.
- E. Attach the Ankle Strap to the Spring Clip on the Leg Station.



Step 25. Attach Accessories

26. Apply Weight Decals

- A. Remove the backing for the decals labeled "1-5." Press the decals to the front surface of the top five weight plates in the tab location as indicated. Remove the front decal protector.
- B. Remove the backing for the decals labeled "6-15." Press the decals to the front surface of the middle ten weight plates in the tab location as indicated. Remove the front decal protector.
- C. Remove the backing for the decals labeled "16-20." Press the decals to the front surface of the bottom five weight plates in the tab location as indicated. Remove the front decal protector.
- D. Repeat steps A through C for all three Weight Stacks.

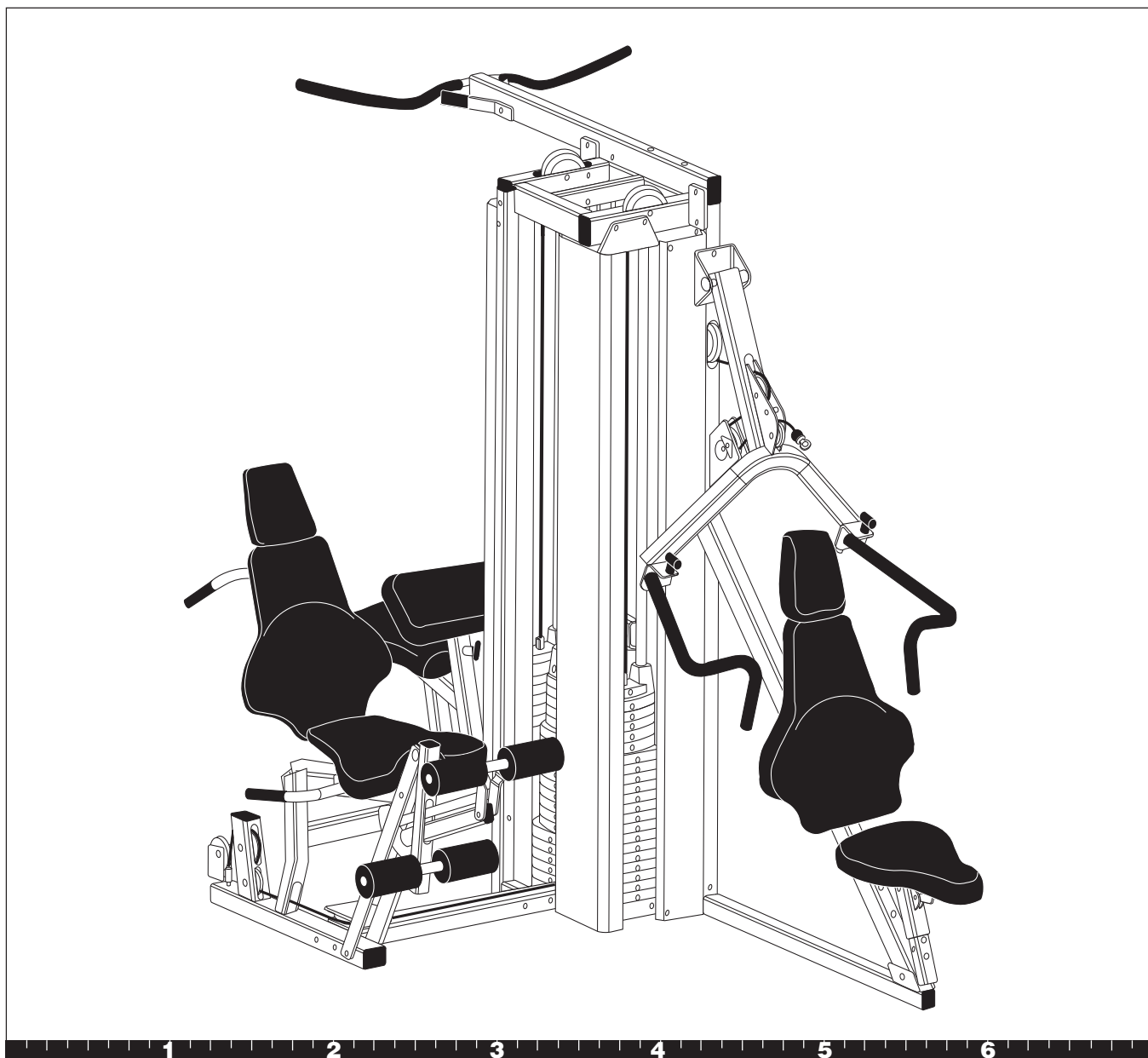


Step 26. Apply Weight Decals

Open Box 6

Use tie cutters to open the box.

The illustration shows how the S3.45 will look after you complete this section.



Open Box 6

4

Adjustments and Maintenance

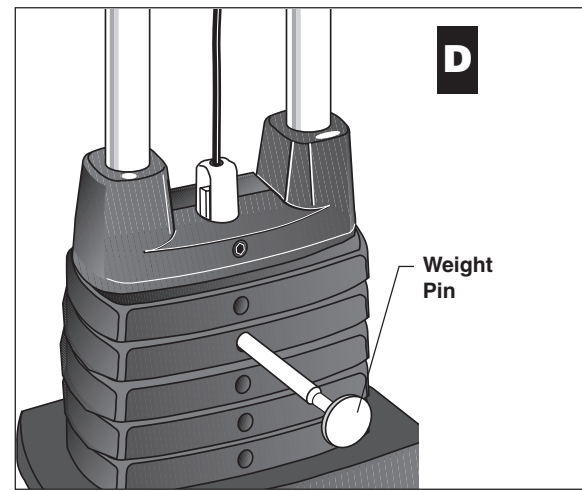
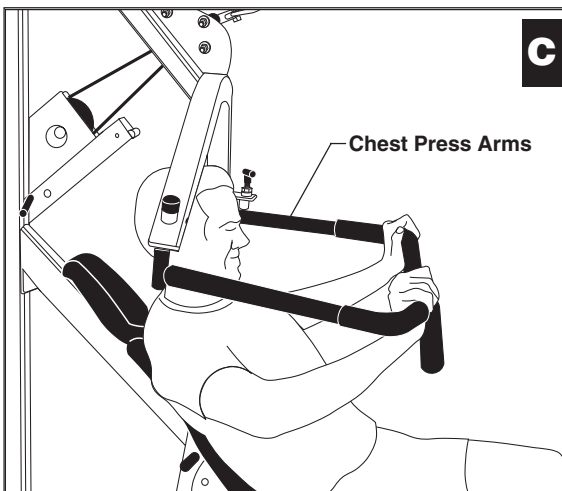
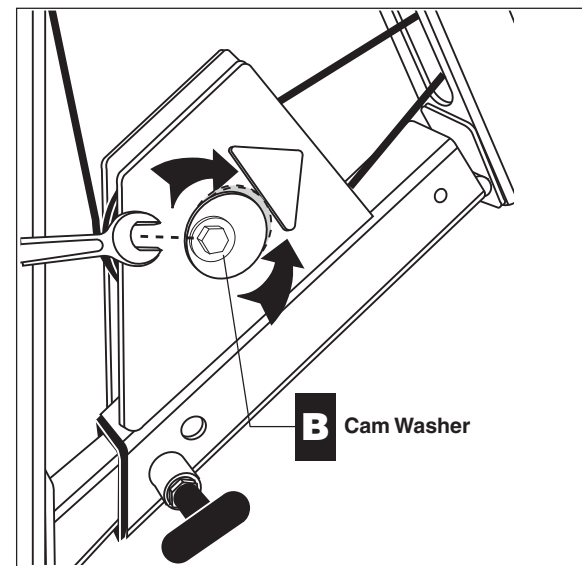
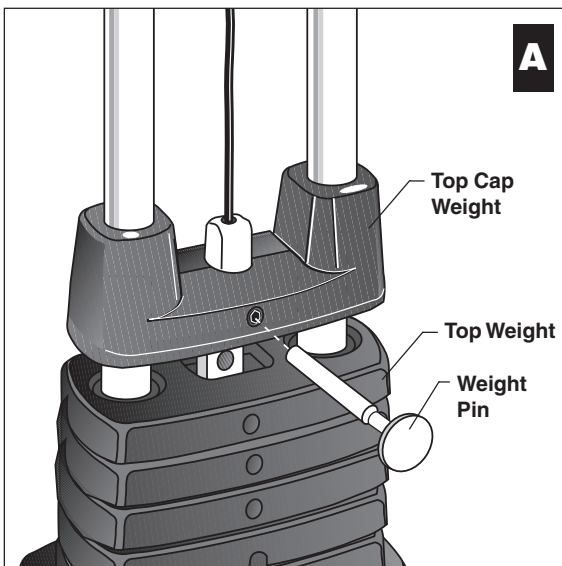
After the S3.45 is completely assembled, you must check the Cables for proper tension. Obvious signs that Cable problems exist include:

- ✓ The Cap Plate does not rest squarely on the top weight of the Weight Stack.
- ✓ The Cable rubs the inside edges of the pulleys.
- ✓ Excess slack exists in the Cable.

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.

1. Cable Adjustments

- A. Place the Weight Pin in the Top Cap to ensure the least Cable resistance.
- B. To remove slack from the Cable, pull up on the Chest Press Handlebars and adjust the cam washer.
- C. Lower the Chest Press Handlebars.
- D. Check the weights. Move the Weight Pin to each weight plate and Selector Stem location.



1 2 3 4 5 6

2. Selector Stem Adjustments

To prevent the Selector Stem from contacting the inside of the Weight Stack when the machine is in use, you need to check the vertical angle of the Selector Stem (steps A and B). If the stem slides smoothly without contacting the inside of the weight plates, assembly of the unit is complete.

Caution: Performing the following tasks requires two people.

- A. Remove the Weight Pin from the Weight Stack.
- B. Perform an exercise using each part of the S3.45. When the base of the Selector Stem is clear of the Weight Stack, observe the position of the Selector Stem.

The following sections describe how to adjust the Selector Stem when contact does occur.

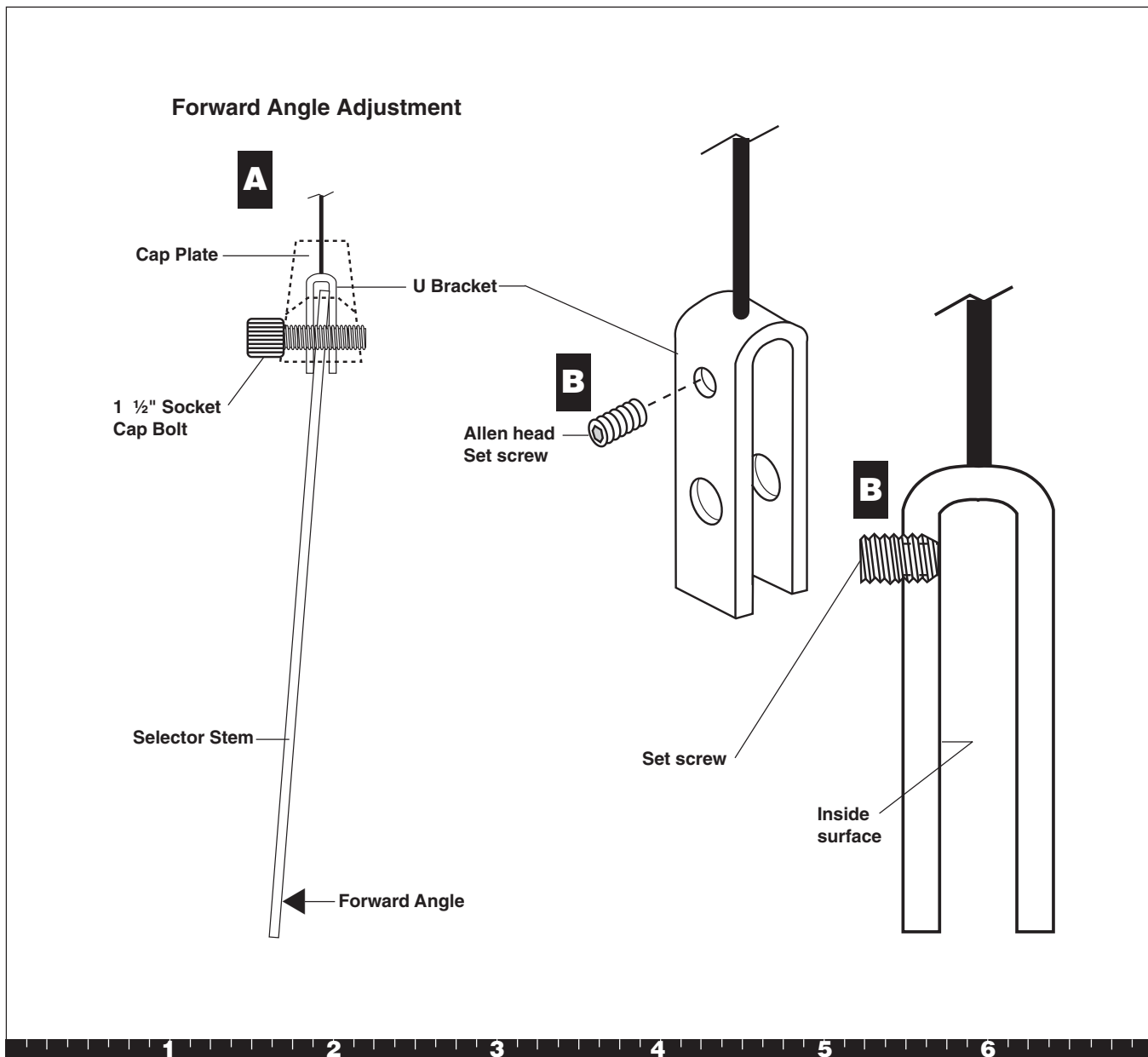
The Selector Stem can be adjusted forward or backward, depending on the area of contact.

Forward Angle Adjustment

When the Selector Stem angles forward (toward the seat) and contacts the inside of the Weight Stack during use, adjust it by taking these steps:

Caution: This adjustment requires two people.

- A. Completely disassemble the Cap Plate, Selector Stem, and Cable Clamp.
- B. Thread Allen head set screw into the hole closest to the top of the U end of the cable and turn clockwise until the end of the screw is flush with the inside surface of the clamp.
- C. Turn the set screw clockwise another one-half turn (see diagram).



Step 2. Selector Stem Adjustments

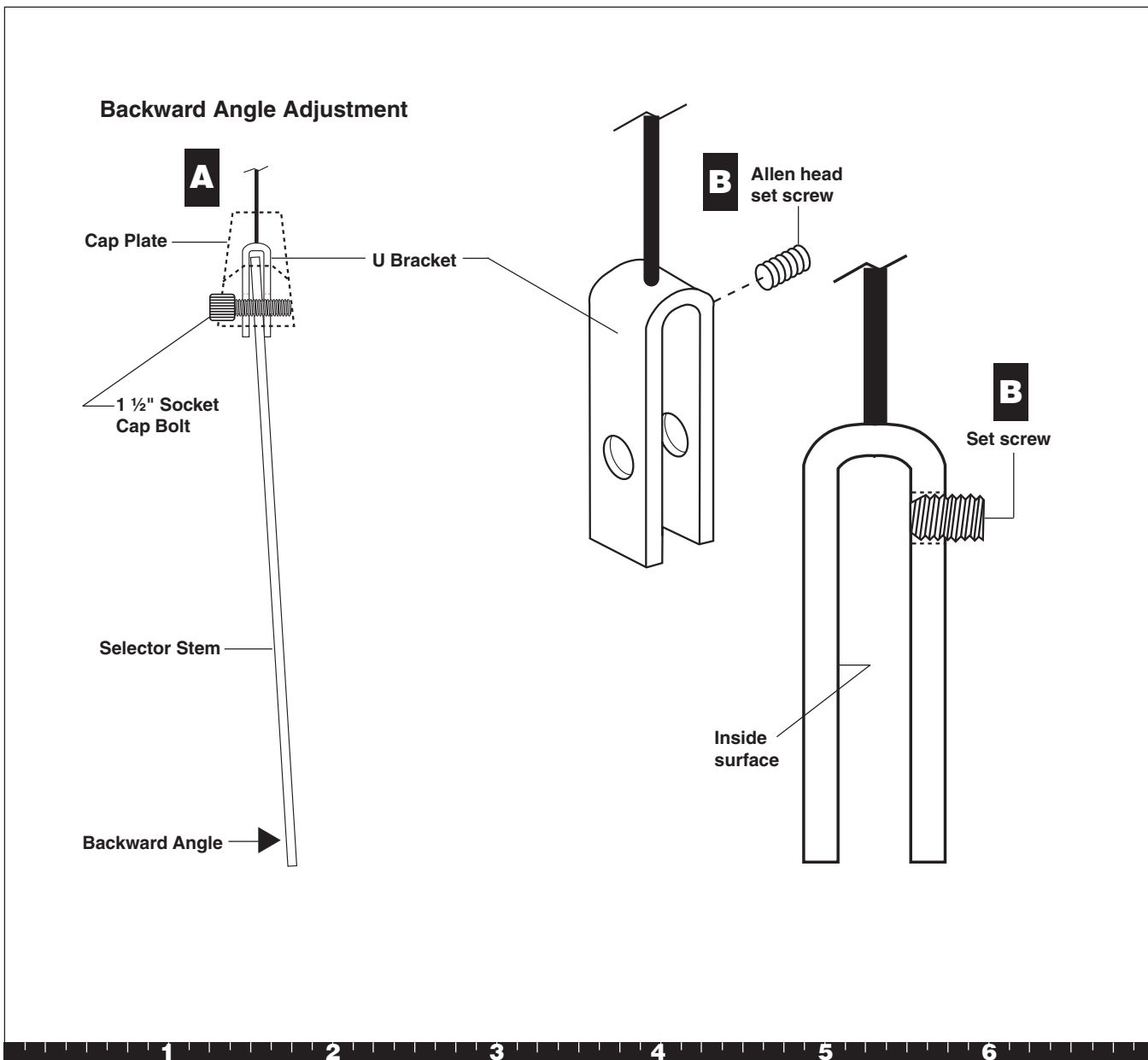
- D. Reassemble the Cap Plate, Selector Stem, and Cable Clamp.
- E. Test the movement of the Selector Stem inside the Weight Stack.
- F. If the Selector Stem continues to contact the plates, repeat steps A through E until the Selector Stem slides through the Weight Stack without contacting the plates.

Backward Angle Adjustment

When the Selector Stem angles backward (away from the seat) and contacts the inside of the Weight Stack during use, adjust it by taking these steps:

Caution: This adjustment requires two people.

- A. Completely disassemble the Cap Plate, Selector Stem, and Cable Clamp.
- B. Thread Allen head set screw into the hole closest to the top of the U end of the Cable and turn clockwise until the end of the screw is flush with the inside surface of the clamp.
- C. Turn the set screw clockwise another one-half turn (see diagram).
- D. Reassemble the Cap Plate, Selector Stem, and Cable Clamp.
- E. Test the movement of the Selector Stem inside the Weight Stack.
- F. If the Selector Stem continues to contact the plates, repeat steps A through E until the Selector Stem slides through the Weight Stack without contacting the plates.



Step 2. Selector Stem Adjustments, Continued

Side-to-Side Vertical Adjustment

If the Selector Stem contacts the inside of the Weight Stack during use or the Weight Pin becomes difficult to insert in the Weight Stack, the Selector Stem may be out of alignment vertically side to side. Adjust the Selector Stem by taking these steps:

Caution: Performing these steps requires two people.

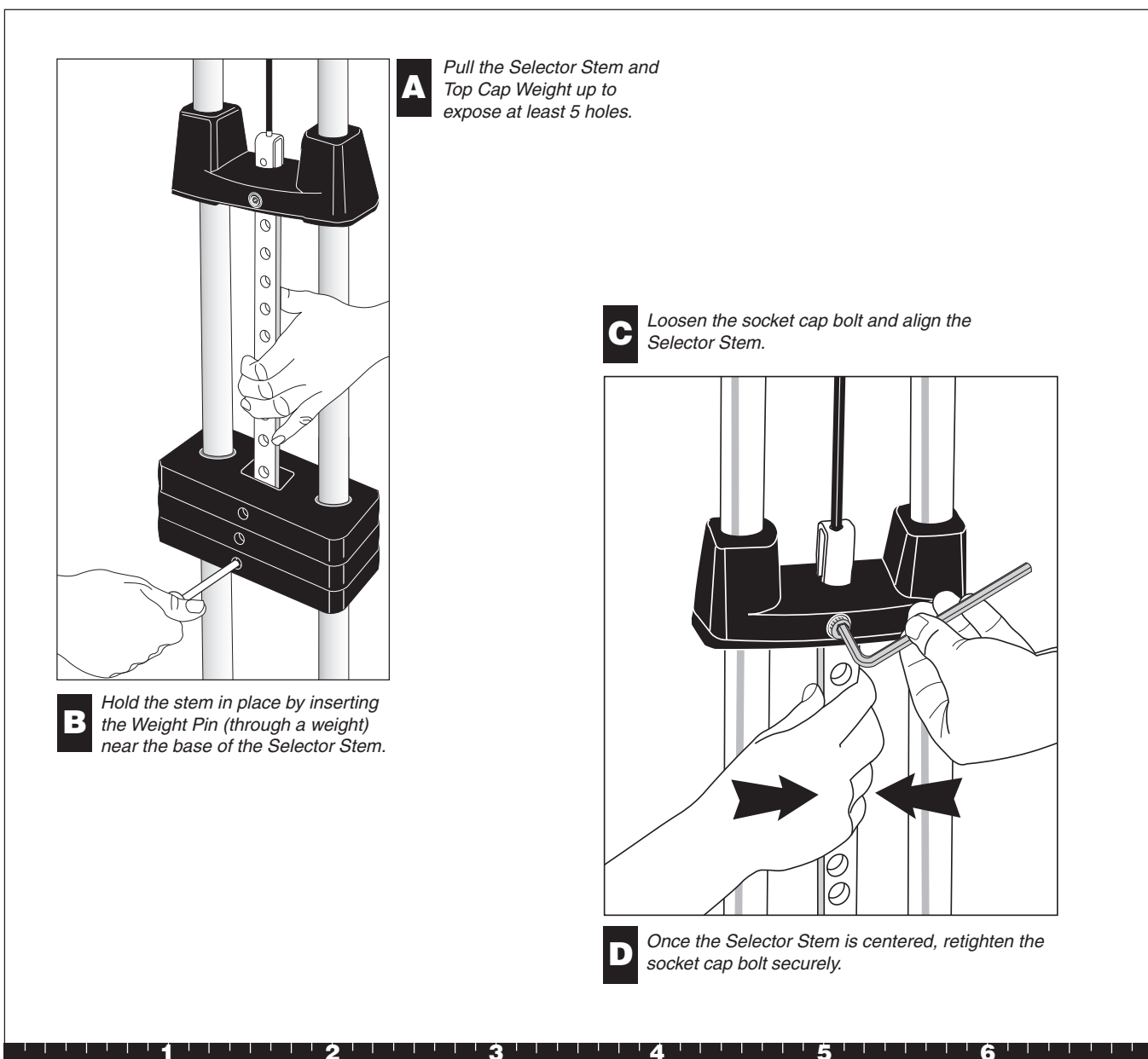
- A. Pull the Selector Stem and Top Cap up to expose at least five Selector Stem holes.
- B. Insert the Weight Pin near the base of the Selector Stem to hold it in place.
- C. To center the Selector Stem, loosen the socket cap bolt that attaches the Top Cap to the U bracket.
- D. Once the Selector Stem is centered, retighten the socket cap bolt securely.
- E. Lower the Selector Stem into the Weight Stack. Test the movement of the Selector Stem inside the Weight Stack.
- F. Make certain that the Weight Pin can be inserted into every hole in the Weight Stack. If the Selector Stem continues to contact the plates, repeat steps A through E until the Selector Stem slides through the Weight Stack without contacting the plates.

After completing the adjustments, fill out the warranty card and mail it in.

3. Maintenance

Lubricate the Guide Rods every six months.

Thank you for choosing Precor!



Step 3. Maintenance

Thank You and Welcome to Precor



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

YOU MAY ALSO REGISTER ONLINE AT

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.

RET.

PRECOR[®]
Precor Incorporated
20031 142nd Avenue NE
PO Box 7202
Woodinville, WA 98072-4002

PLACE
STAMP
HERE

TELL US ABOUT YOUR NEW PRECOR PRODUCT

Date of Purchase: _____

Product Serial Number: _____

The serial number is located on the shipping box and on the product.

Purchased from: _____

Dealer Name

Please indicate the type of product purchased:

- Elliptical Fitness CrossTrainer (EFFX®)
- Treadmill
- Strength Training System
- StretchTrainer™
- Cycle
- Stair Climber

TELL US ABOUT YOU

- Mr.
- Mrs.
- Ms.

First Name

Middle Initial

Last Name

Street Address

Apt./Suite:

City

State

Zip Code

Area Code

Telephone

Your Email Address

Gender:

- Male
- Female

Marital status:

- Married
- Divorced
- Widowed
- Never been married

Age:

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

Annual household income:

- Under \$50,000
- \$51,000-75,000
- \$76,000-100,000
- \$101,000-150,000
- \$151,000+

What are your fitness goals?

- Weight loss/management
- Muscle tone enhancement
- Cardiovascular improvement
- Overall health
- Increase energy and flexibility
- Stress reduction
- Rehabilitation
- Other

TELL US ABOUT YOUR PURCHASE

Purchase (check all that apply):

- First Precor product
- Replaces a Precor product of the same type
- Replaces same type of product – different brand
- Addition to equipment currently owned

How did you FIRST become aware of Precor products (choose only one):

- A gift
- Friend/relative
- Physician
- Fitness club
- Internet
- News report or product review
- Magazine advertisement or article
- Print advertisement
- In-store display or demonstration
- Other

What factors MOST influenced your decision to purchase your Precor product (choose up to three):

- Precor reputation
- Prior use of Precor product(s)
- Design/appearance
- Value for the price
- Special product features
- Rebate or sale price
- Quality/durability
- Warranty
- Physician recommendation

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

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Effective 01 January 2003
P/N 36287-110

S3.45 Specifications

Length: 117 inches (297 cm)

Height: 83 inches (211 cm)

Width: 78 inches (198 cm) Leg press option adds 14 inches (36 cm)

Shipping weight: 589 lb (268 kg)



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Owner's Manual # 47991-104
Warranty Registration # 45623-102
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