

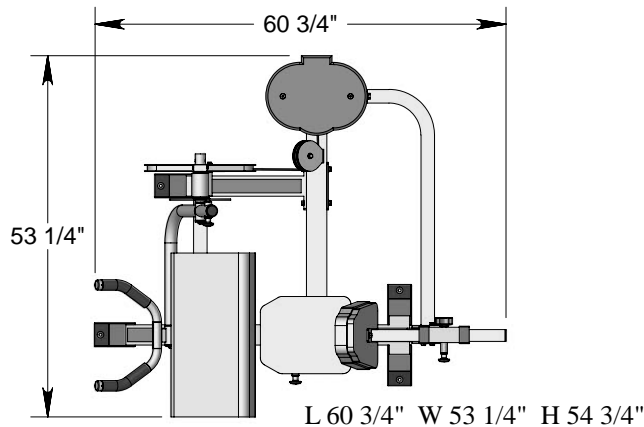
TUFFSTUFF

AMERICA'S PREMIER EXERCISE EQUIPMENT



SP-4406 BICEPS/TRICEPS ASSEMBLY MANUAL REV. 1

Simplex PLATINUM



Introduction

About the Biceps/Triceps SP-4406

Congratulations on your new purchase of the **Biceps/Triceps**. We hope you are completely satisfied with this product and wish you many years of enjoyment.

Tuff Stuff Equipment

This Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The StuffStuff Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

Warranty

SEE A COPY OF WARRANTY ON BACK PAGE.

Registration Card

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to TuffStuff Fitness Equipment today.

Specifications

1. Maximum Wt. Capacity - 150 lbs.
2. Total Machine Weight - 575 lbs.
3. Footprint (LWH) - See Front Cover.

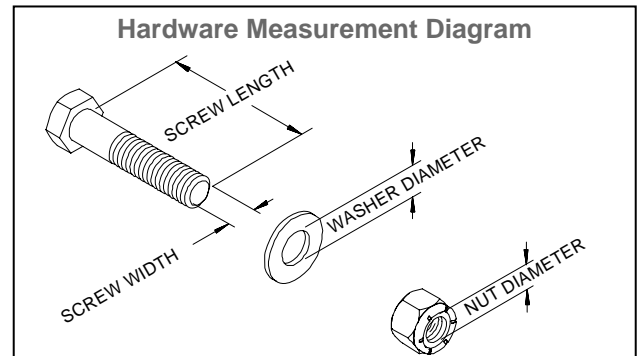
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Biceps/Triceps

1. We advise you to consult your local Tuff Stuff retailer if you should have a question or problem regarding the proper assembly of this unit.

Tool Requirements

1. One 7/8" combination wrench
2. One 3/4" combination wrench
3. One 9/16" combination wrench
4. One 7/16" combination wrench
5. One ratchet
6. One 3/4" socket
7. One 9/16" socket
8. One 7/16" socket
9. One rubber mallet
10. One hammer
11. Windex or household glass cleaner
12. Measuring tape
13. Utility knife



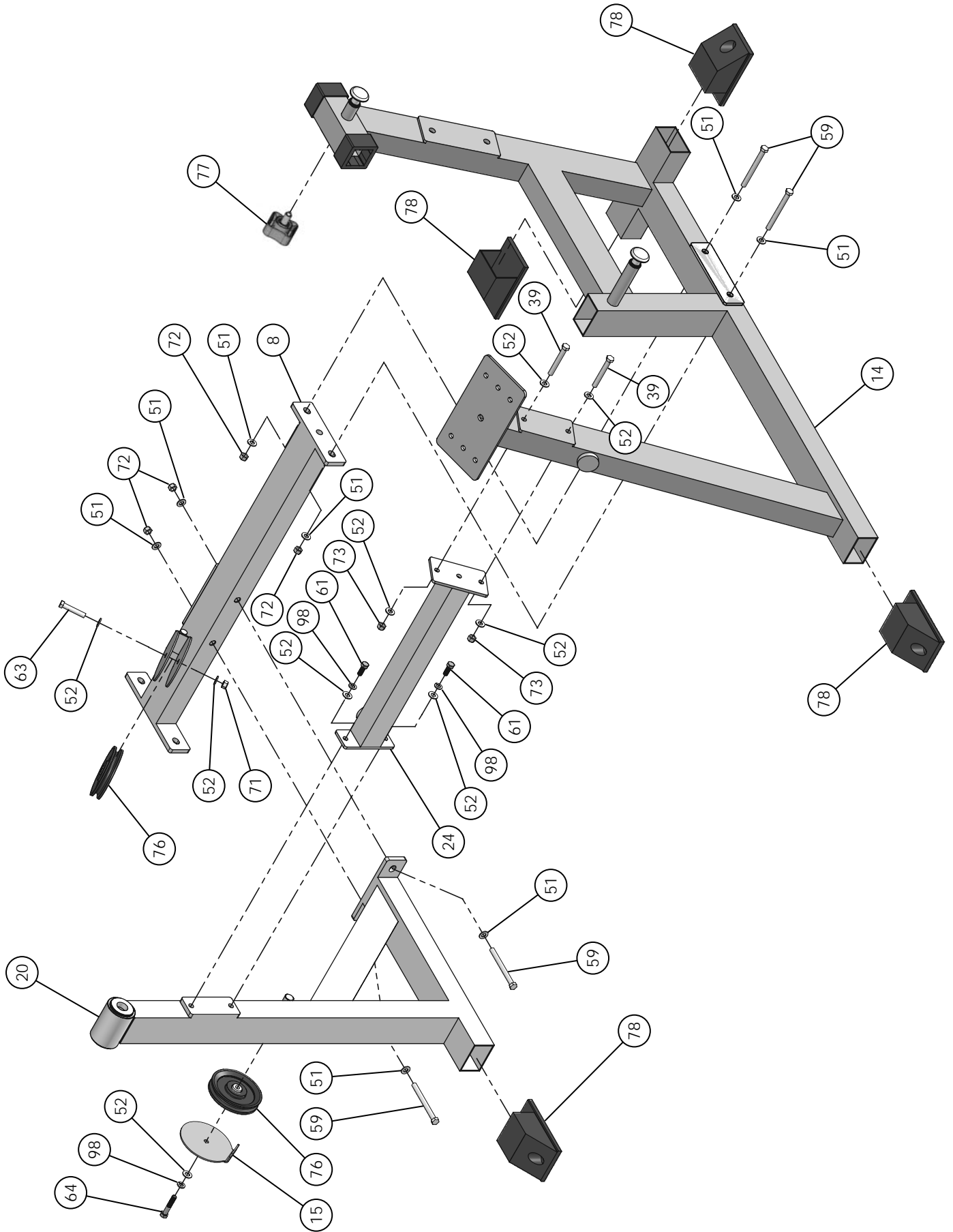
Safety Precautions

Safety First

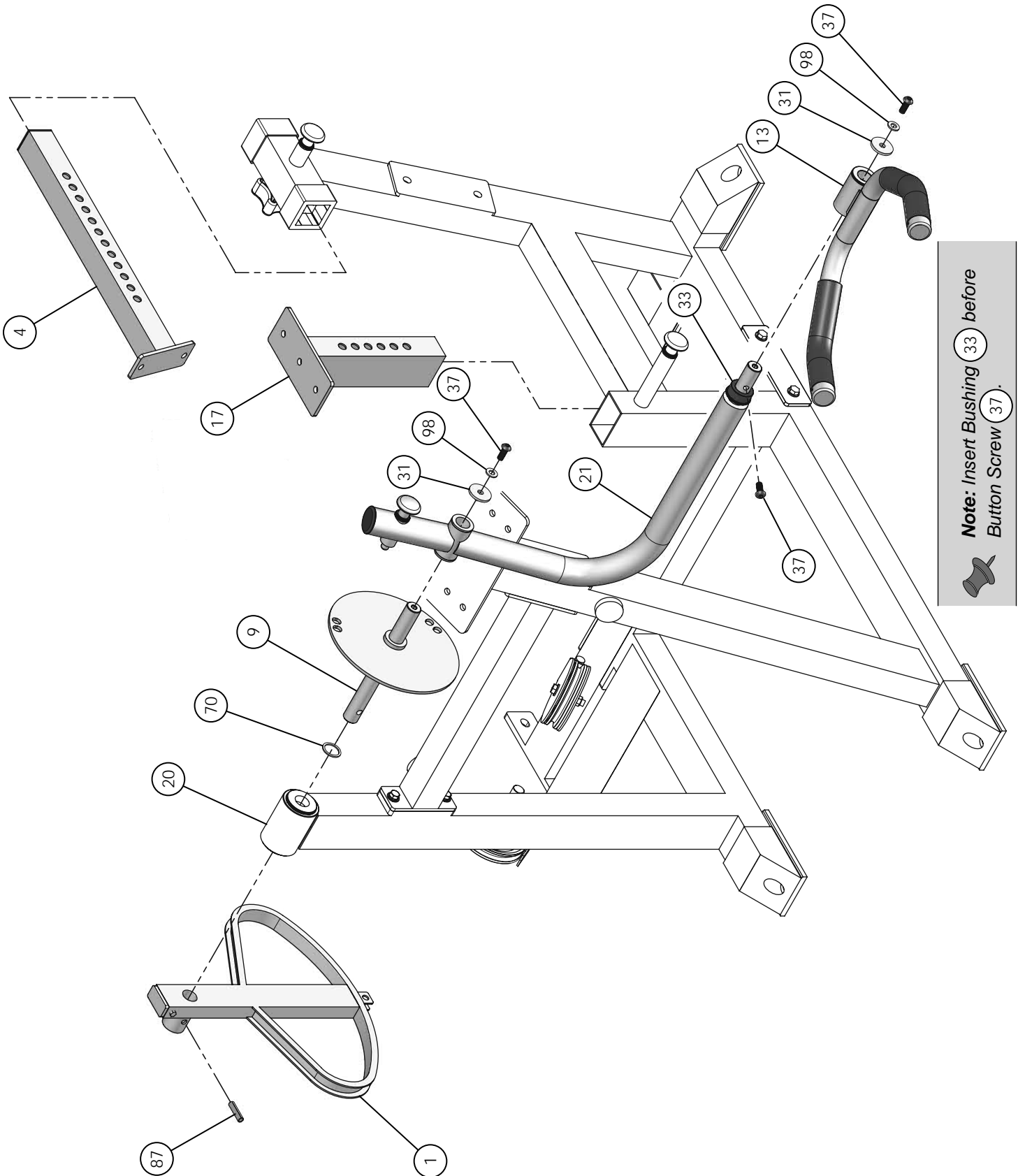
Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this Tuff Stuff product prior to use.
2. It is imperative that you retain this Assembly Instructions and be sure all warning labels are legible and intact. Replacement Assembly Instructions and labels are available from your local Tuff Stuff retailer.
3. Consult with your physician before beginning any exercise program.

4. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
5. Use proper discretion when children are present.
6. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
7. Do not attempt to lift more weight than you can control safely.
8. Inspect the Unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found **do not use or allow the machine to be used** until the defective part is repaired or replaced.

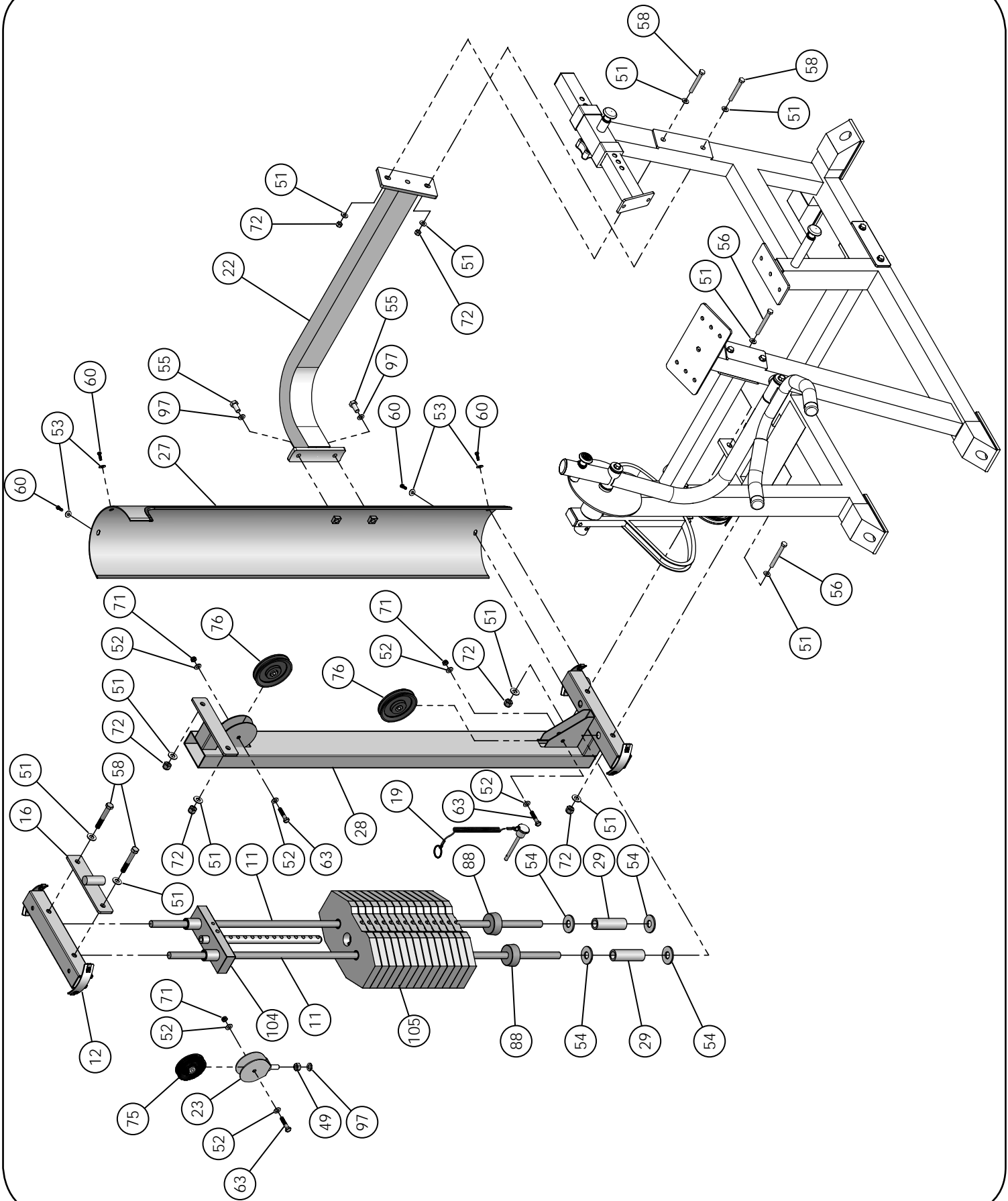


Step 2

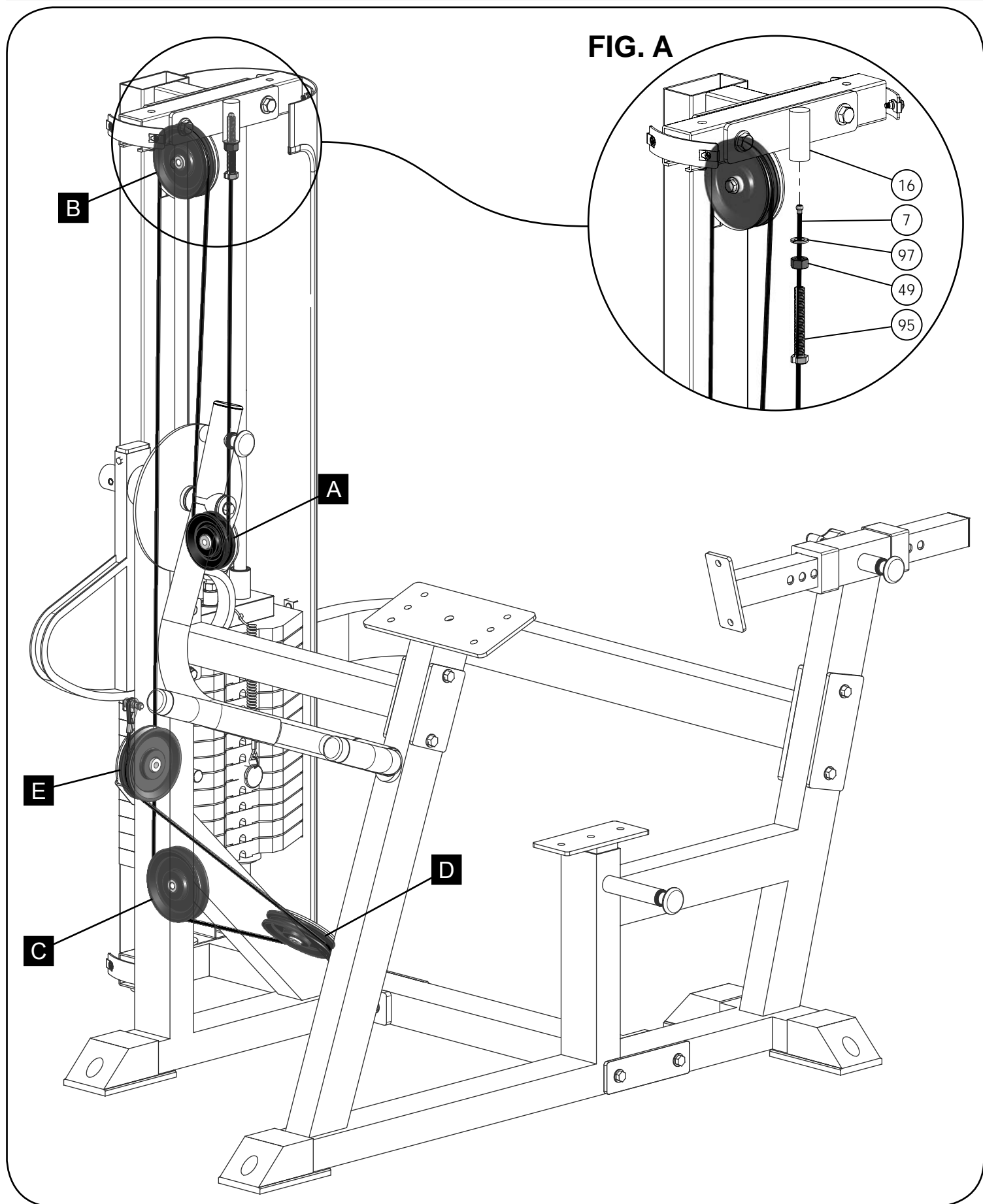


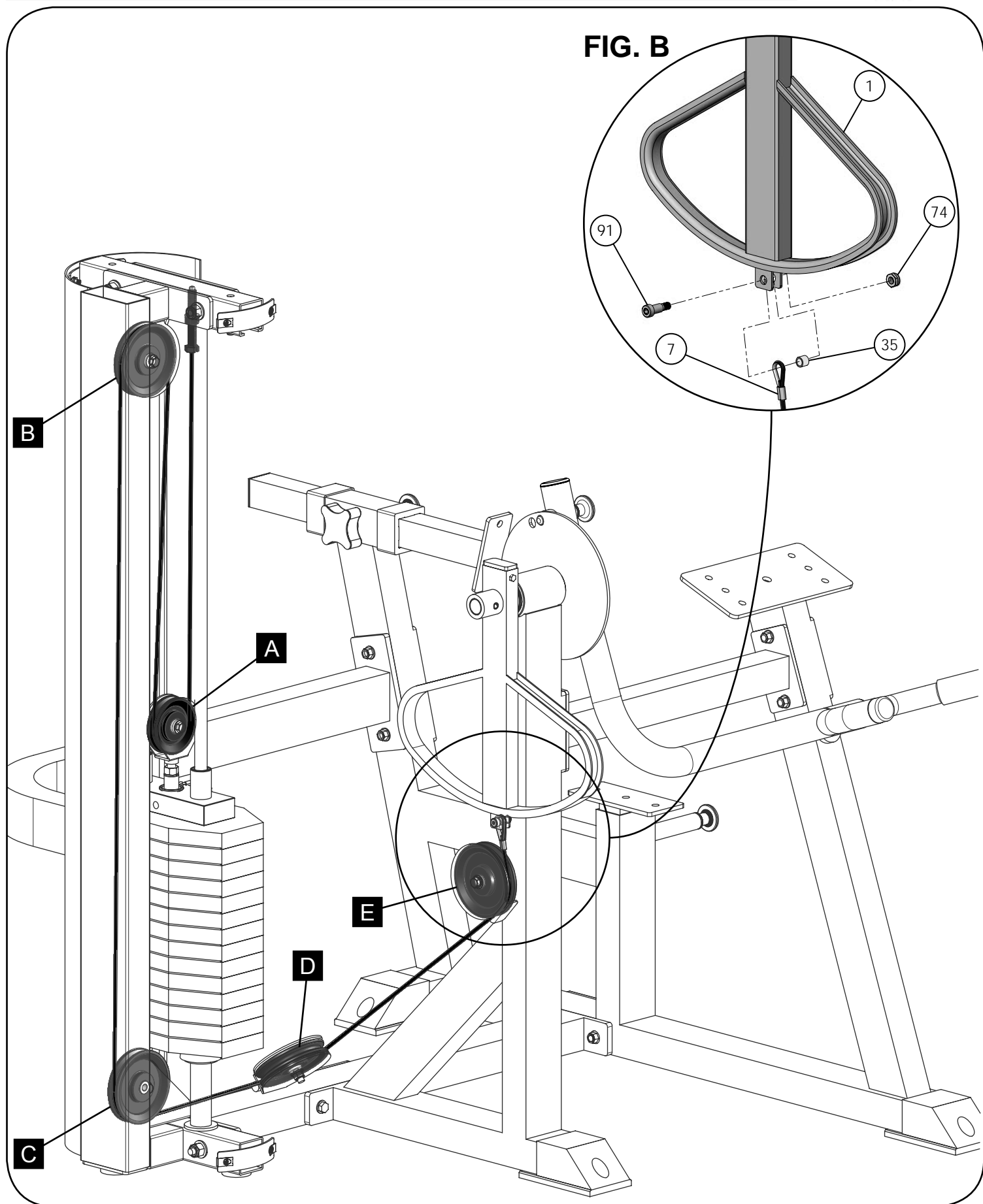
Note: Insert Bushing 33 before Button Screw 37.



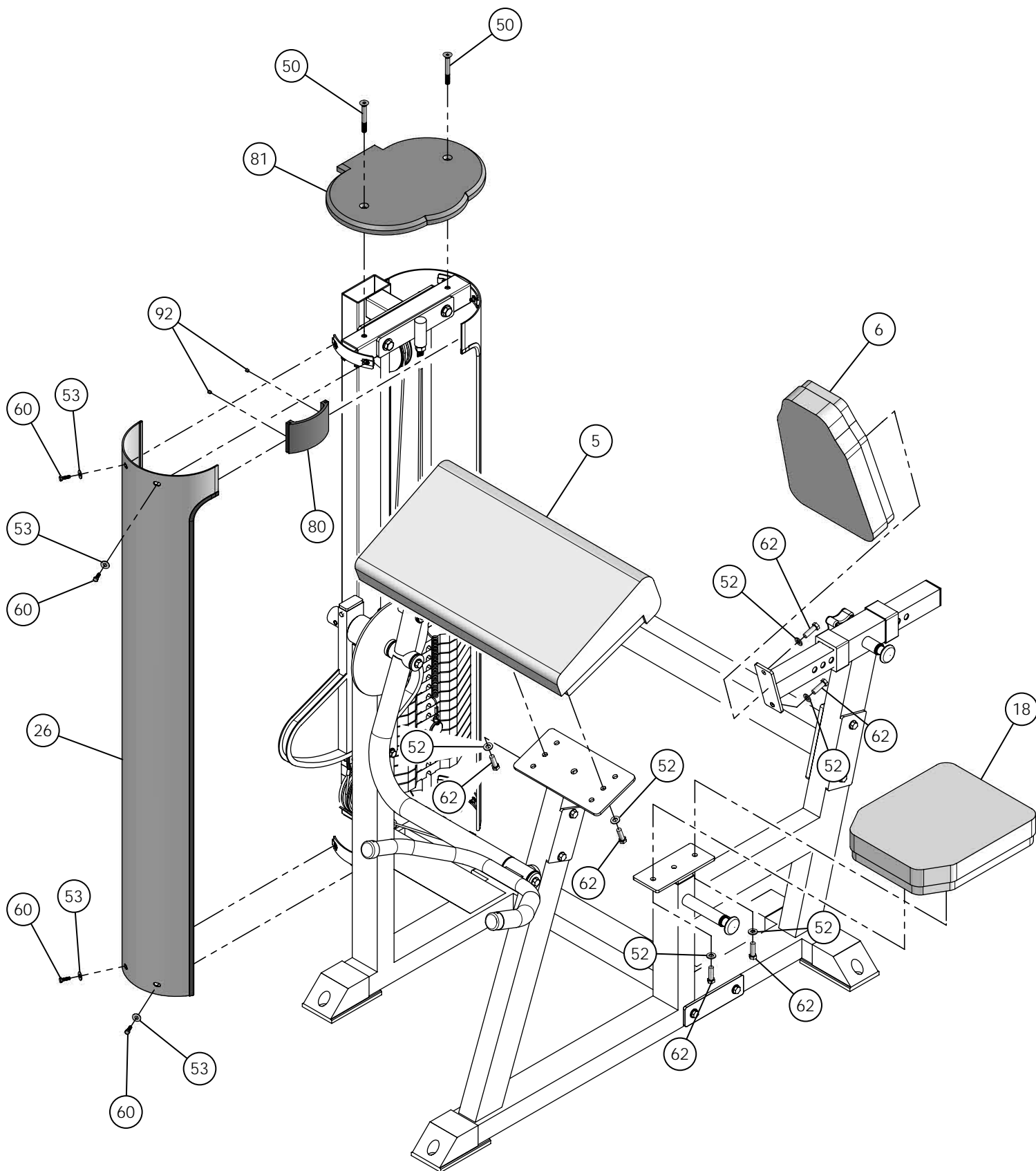


Step 4 Cable Mapping Diagram





Step 6



CHART

BOLD FONT = SUB-ASSEMBLY PARTS
 REGULAR FONT = HARDWARE

SP-4406

Parts List

ITEM #	DESCRIPTION	PART #	QTY.	ITEM #	DESCRIPTION	PART #	QTY.
1	ACTUATOR ARM	UP5088	1	55	HEX HEAD CAP SCREW GR-5 B/O 1/2 13 X 1	BNH0259	2
4	ADJUSTABLE BACK PAD TUBE	UP5085	1	56	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 3/8	BNH1841	2
5	ARM CURL PAD	UP5094	1	58	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 5/8	BNH1842	4
6	BACK PAD	UP5093	1	59	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 4 5/8	BNH1843	4
7	BICEP/TRICEP CABLE	UP5091	1	60	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	BNH0890	8
8	BOTTOM CROSS BRACE CONNECTOR	UP5080	1	61	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	2
9	CIRCULAR PLATE WITH AXLE	UP5087	1	62	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/2	BNH0303	6
11	GUIDE ROD 3/4 X 53 3/4	UP0783	2	63	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	4
12	GUIDE ROD RETAINER W/THREAD	UP5017	1	64	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/4	BNH0277	1
13	HANDLE	UP5086	1	65	HEX KEY 3/16"	BNH0371	1
14	MAIN FRAME	UP5081	1	66	HEX KEY 3/32"	BNH0372	1
15	PULLEY COVER (ROUND)	UP5011	1	67	HEX KEY 5/32"	BNH0373	1
16	REINFORCEMENT PLATE W/ADJUSTER	UP2183	1	68	HEX KEY 7/32"	BNH0575	1
17	SEAT ELEVATION TUBE	UP5072	1	69	HEX KEY 1/8"	BNH0767	1
18	SEAT PAD	UP5092	1	70	NYLON FLAT WASHER 1 X 1 1/4 X 1/16	BNH0393	2
19	SELECTOR PIN W/COIL 3/8 X 3 1/4	UP3051	1	71	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	4
20	SIDE FRAME	UP5082	1	72	NYLON INSERT LOCK NUT B/O 1/2-13	BNH0212	10
21	SWING ARM	UP5089	1	73	NYLON INSERT LOCK NUT B/O 3/8-16	BNH0214	2
22	TOP CROSS BRACE	UP5083	1	74	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	1
23	TOP PLATE PULLEY BRACKET	UP5079	1	75	NYLON PULLEY 3/8 X 1 X 3 1/2 BLACK	BNH0553	1
24	TOP STABILIZER	UP5084	1	76	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	BNH0506	4
26	WEIGHT SHROUD 54"	UP5029	1	77	PLASTIC BLACK KNOB W/NYLON STUD 1/2-13	BNH0796	1
27	WEIGHT SHROUD W/HOLES 54"	UP5030	1	78	PLASTIC END CAP 2 X 3	BNH0606	4
28	WEIGHT STACK FRAME 54"	UP5016	1	79	PLASTIC INSERT CAP 1 3/4" SQ.	BNH0053	1
29	WEIGHT STACK SPACER 4"	UP0786	2	80	PLASTIC SHROUD GAP COVER 3"	BNH1829	1
30	ALUMINUM CAP 1.270" RD (CAP -125)	BNH0538	2	81	PLASTIC SHROUD LID 5/8 X 14 1/8 X 10	BNH0185	1
31	CHROME WASHER 3/8 X 1 1/2	BNH1015	2	82	PLASTIC TUBE GUIDE W/LIP-TEETH 2 1/4" SQ.	BNH0059	2
32	BALL BEARING W/GROVE 620SR5	BNH1831	2	83	PULL PIN 1/2 X 2 7/8 LIGHT SPRING	BNH0641	1
33	BRONZE BUSHING 0.985 X 1.560 X 0.706 X 1.750	BNH1822	2	84	PULL PIN 1/2 X 3 1/2 LIGHT SPRING	BNH0603	1
34	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8	BNH0527	2	85	PULL PIN 1/2 X 5 5/8 LIGHT SPRING	BNH0701	1
35	BRONZE BUSHING 3/8 X 1/2 X 5/16	BNH0737	1	86	RETAINING SNAP RING EXT 1.8865 X 2.1990	BNH1832	2
36	BUTTON HEAD SOC CAP SCREW 1/4-20 X 3/8	BNH1346	2	87	ROLL PIN Z/P 3/8 X 1 1/2	BNH0483	1
37	BUTTON HEAD SOC CAP SCREW 3/8-16 X 1	BNH0115	3	88	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2
38	CHROME INSERT CAP 1 X 2	BNH1500	1	89	RUBBER GRIP 1.1875 ID X .125 X 13	BNH0853	2
39	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	BNH0312	2	90	RUBBER GROMMET 3/4" ID (2867-012)	BNH0401	2
40	DECAL-ADJUST CABLE HERE	BNH0789	1	91	SHOULDER BOLT 3/8 X 3/4	BNH0718	1
41	DECAL-CAUTION 1 3/4 X 5-1/2	BNH0126	1	92	SOCKET HEAD CAP SCREW B/O 1/4-20 X 1/4	BNH0455	2
42	DECAL-DANGER TIGHTEN...., 3/4 X 1 1/2	BNH0142	3	93	SOCKET SET SCREW 10-32 X 1/8	BNH0473	4
43	DECAL-EXERCISE SP-4406 BICEP/TRICEP	BNH1686	1	94	SOCKET SET SCREW ALLOY 3/8-16 X 3/4	BNH0476	1
44	DECAL-FOR BEST PERFORMANCE 1 1/4 X 1 1/2	BNH0143	1	95	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	BNH1131	1
45	DECAL-WARNING KEEP HANDS AND FINGERS...	BNH0620	1	97	SPLIT LOCK WASHER B/O 1/2"	BNH0653	4
46	DECAL-WEIGHT NUMBERS REF TP-15 (150 lbs)	BNH1544	1	98	SPLIT LOCK WASHER B/O 3/8"	BNH0658	7
47	EDGE PROTECTOR CHROME 11 GA	BNH1724	4	99	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2
48	PLASTIC INSERT CAP 1 7/8" RD	BNH0003	1	100	TUFFSTUFF LOGO ALUMINUM LARGE	BNH1837	1
49	FINISHED HEX NUT B/O 1/2-13	BNH0201	2	101	URETHANE BUMPER 1 3/4	BNH0229	5
50	FLAT HEAD SOC CAP SCREW B/O 3/8-16 X 3	BNH0787	2	102	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	8
51	FLAT WASHER SAE B/O 1/2"	BNH0238	21	103	U-STYLE TAPPED HOLE NUT 3/8-16	BNH1211	2
52	FLAT WASHER SAE B/O 3/8"	BNH0239	22	104	10 LB TOP PLATE SELECTOR BAR 14 WTS	BNH1174	1
53	FLAT WASHER USS B/O 1/4"	BNH0233	8	105	10 LB WEIGHT PLATE	BNH0904	14
54	FLAT WASHER USS B/O 3/4 X 2"	BNH0878	4				



TuffStuff Basic Strength Equipment Safety and General Maintenance

All TUFFSTUFF strength equipment is designed and manufactured to offer maximum, long-life service with minimal maintenance. However, safety inspection and routine maintenance in your facility should be the utmost importance in your daily operation. Information presented in these pages will serve as a basic guideline to design your own inspection procedures.

Part One: General Inspection and Cleaning

Equipment should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a monthly basis. A daily wipe down of the upholstery with a lanolin based hand cleaner or Naugahyde Cleaner. Do not use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Lanolin hand cleaner dissolves the sweat and lubricates the vinyl, maintaining its natural flexibility. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

1. Check equipment if it is operating properly.
2. Check the cable for loose fittings or frayed cable and is seating properly on the pulleys and cams.
3. Make sure that the proper weight stack selector pin is with each machine and that the pin functions properly.
4. If something appears loose be sure to have it tightened immediately.
5. If a piece of equipment appears damaged or not operation properly, place the piece out-of-service immediately.

Part Two: Maintenance

In this paragraph, we will discuss the inspection of the cables, pulleys and their associated components. If there exists the potential for injury to occur on a machine, it will most likely lie in the cable system. It is important to inspect the cables frequently and let it be known to all users that it is their responsibility to report any worn-out cable to prevent a sudden failure that can result in an injury. Cables are moving parts, meaning cable-wear will occur regardless of the type or size used. In the advent of the 3/16" mill-spec cable this wear takes longer to become apparent and this is why frequent inspections are so important.

1. Check the cable termination at the weight stack. To perform any cable tension adjustment, loosen the hex jam nut and thread the hex tap bolt in or out to give cable the proper tension. Re-tightened the hex jam nut when adjustment is complete and make sure the hex tap bolt is threaded 1/2" into the socket of the selector bar top plate.
2. Check the cable as it terminates at the cam. Check the end fitting for any signs of fraying in this area. Inspect the bolt and nut and/or screw holding the fitting and be sure that it is tight.
3. Check the cables as it passes over all pulley wheels. Visually inspect the cables and pulleys. A cable that is wearing will exhibit a ballooned surface that passes over the pulley. This is an early warning sign to replace the cable.



Maintenance

Part Three: Lubrication

Bearing and linear bearings systems have advanced over the years but they must be maintained on a regular basis if you expect them to last and perform efficiently. TuffStuff uses only the highest quality bearings and linear motion components that are virtually trouble-free but requires the regular preventive maintenance to insure long-lasting performance.

1. Bronze and nylon bushings, we recommend on a monthly basis to spray a te on-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
2. Weight stack guide rods and bushings, again use te on spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. Do not use WD-40 or other lubricants as they attract dirt and will create a mess between the weight plates and bushings.
3. Sealed bearings pivot points, as the name implies are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dried to prevent the build up of dust and sweat.
4. Linear bearing systems are precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down weekly and lubricated with a light layer of te on grease. We recommend a te on-base (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to clogged and jammed.

If you religiously perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.

Any doubts, equipment with mechanical problems should be placed “Out-of-Service” until all problems are corrected. If replacement parts are required or maintenance questions, please contact:

TuffStuff Fitness Equipment, Inc.
Service Department
1325 E. Franklin Avenue
Pomona, CA 91766
1-800-961-9377
e-mail: service@tuffstuff.net

DO NOT DISCARD THIS MANUAL



TUFFSTUFF WARRANTY

TuffStuff warrants to the original purchaser that TuffStuff equipment will be free from defects in material and workmanship. All warranty periods begin to run from the date of delivery to the original purchaser. The warranty and remedies set forth herein are conditioned upon proper storage, installation, use and maintenance and conformance with any recommendations of TuffStuff. This warranty does not cover products not manufactured by TuffStuff or products which are altered without the express written consent of TuffStuff. This warranty as specified:

FULL COMMERCIAL WARRANTY (more than 5 hours of use per day): a) Frames, welds, cams and weight plates -- Lifetime, b) Pivot bearings, pulleys, bushings, gas shocks and guide rods -- Five (5) years, c) Belts, linear bearings and pull-pin components -- One (1) year, and d) Upholstery, cables, finish and rubber grips -- Six (6) months.

LIGHT COMMERCIAL WARRANTY (less than 5 hours of use per day): a) Frames, welds, cams and weight plates -- Lifetime, b) Pivot bearings, pulleys, bushings, gas shocks and guide rods -- Five (5) years, c) Linear bearings, finish and pull-pin components -- One (1) year, and d) Upholstery, cables and rubber grips -- Three (3) months, and all other parts not mentioned elsewhere in this warranty will expire one (1) year from the date of delivery to the original purchaser. The obligation of TuffStuff under this warranty is limited to repairing or replacing warranted defective parts, as TuffStuff may elect, at TuffStuff's facility in Pomona, California, without charge to purchaser for either parts or labor. Purchaser is responsible for installation of repaired or replaced parts, and all transportation and insurance costs on returned or replaced equipment to and from TuffStuff's facility in Pomona.

THE FOREGOING SHALL CONSTITUTE THE SOLE REMEDY OF THE PURCHASER AND THE SOLE LIABILITY OF TUFFSTUFF WITH REGARD TO WARRANTY. NO IMPLIED STATUTORY WARRANTY OR IMPLIED STATUTORY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE SHALL APPLY. IN NO EVENT, WHETHER AS A RESULT OF BREACH OF CONTRACT, WARRANTY, NEGLIGENCE OR OTHERWISE, SHALL TUFFSTUFF BE LIABLE FOR SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO, LOSS OF PROFITS OR REVENUE, LOSS OF USE OF EQUIPMENT, COST OF CAPITAL, COST OF SUBSTITUTION EQUIPMENT, DOWNTIME COST, OR CLAIMS OF CUSTOMERS OR PURCHASER FROM SUCH DAMAGE.

This written warranty is the final, complete and exclusive agreement of the parties with respect to the quality or performance of the equipment and no action for breach of this written warranty or any implied warranty shall be commenced more than one (1) year after the accrual of the cause of action. No modification of this warranty or waiver of its terms shall be binding on either party unless approved in writing by an authorized representative of the party. Contact TuffStuff Fitness Equipment, Inc. at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

TuffStuff Fitness Equipment, Inc.

1325 E. Franklin Avenue

Pomona, CA 91766, USA

Ph: 909-629-1600 Fax: 909-629-4967

E-mail: service@tuffstuff.net Net: www.tuffstuff.net