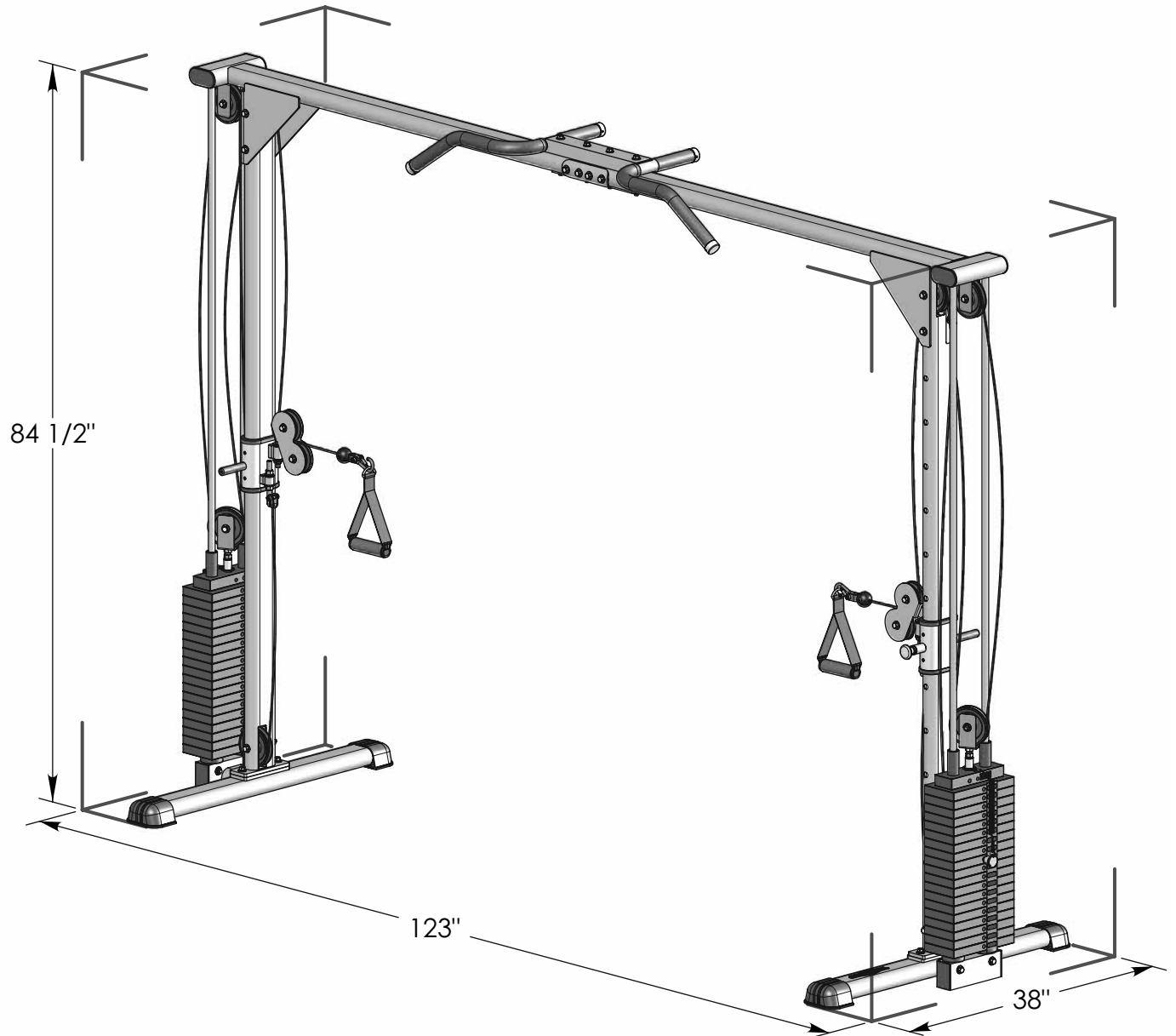


# OWNER'S MANUAL



**RCO-140WS**

**Crossover Pulley W/2 X 200 Lbs  
Steel Weight Stack**

**TUFFSTUFF**

**AMERICA'S PREMIER EXERCISE EQUIPMENT**

## Introduction

### About the RCO-140WS Crossover Pulley W/2 X 200 Lbs Steel Weight Stack

Congratulations on your new purchase of the **Crossover Pulley W/2 X 200 Lbs Steel Weight Stack**. 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 Home Lifetime 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 - 2x200 lbs. Weight Stack 50% Ratio
2. Total Machine Weight - 605 lbs.
3. Footprint (LWH) - See Front Cover.

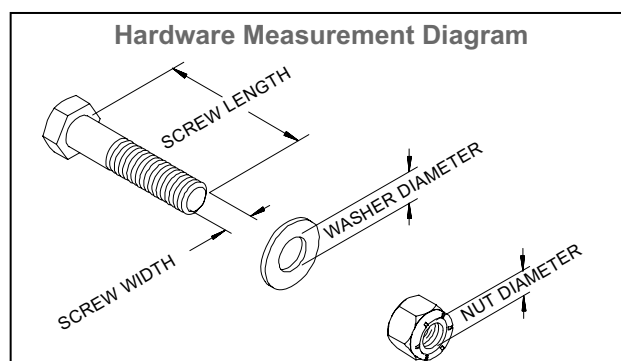
**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice.

### Prior to the Assembly of the Crossover Pulley W/2 X 200 Lbs Steel Weight Stack

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.

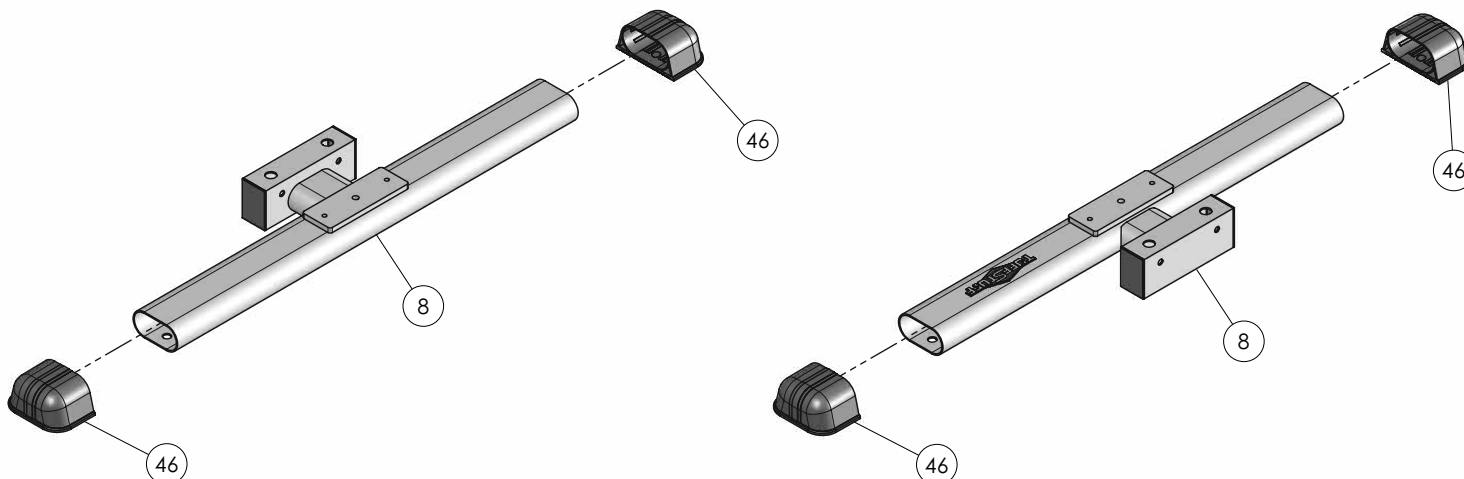
### Tool Requirements

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




### Step 1 Assembly List

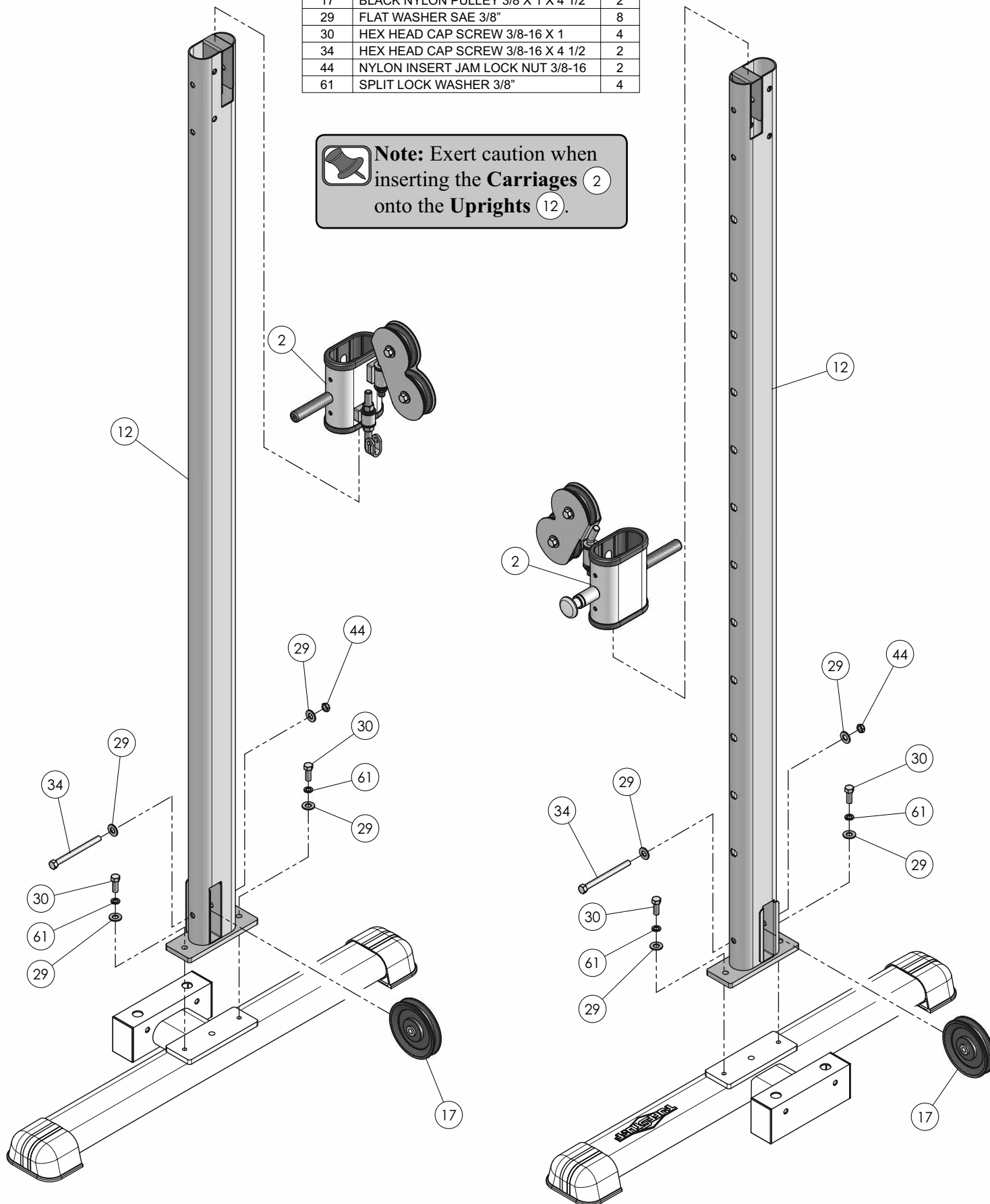
Item #	Description	Qty.
8	STABILIZER	2
46	PLASTIC ELLIPTICAL SHOE	4

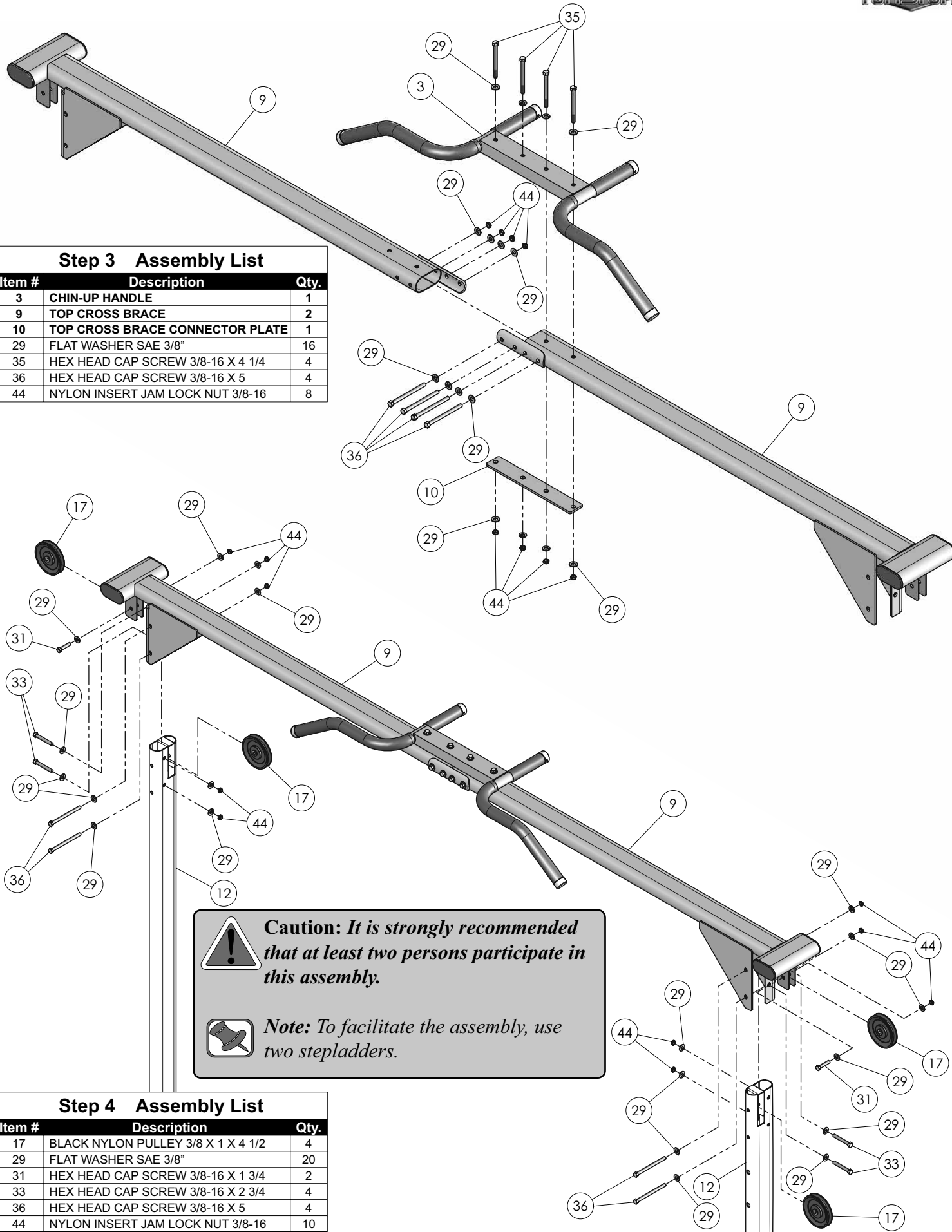


## Step 2 Assembly List

Item #	Description	Qty.
2	CARRIAGE	2
12	UPRIGHT	2
17	BLACK NYLON PULLEY 3/8 X 1 X 4 1/2	2
29	FLAT WASHER SAE 3/8"	8
30	HEX HEAD CAP SCREW 3/8-16 X 1	4
34	HEX HEAD CAP SCREW 3/8-16 X 4 1/2	2
44	NYLON INSERT JAM LOCK NUT 3/8-16	2
61	SPLIT LOCK WASHER 3/8"	4

 **Note:** Exert caution when inserting the **Carriages** (2) onto the **Uprights** (12).





### Step 3 Assembly List

Item #	Description	Qty.
3	CHIN-UP HANDLE	1
9	TOP CROSS BRACE	2
10	TOP CROSS BRACE CONNECTOR PLATE	1
29	FLAT WASHER SAE 3/8"	16
35	HEX HEAD CAP SCREW 3/8-16 X 4 1/4	4
36	HEX HEAD CAP SCREW 3/8-16 X 5	4
44	NYLON INSERT JAM LOCK NUT 3/8-16	8

**Caution:** It is strongly recommended that at least two persons participate in this assembly.

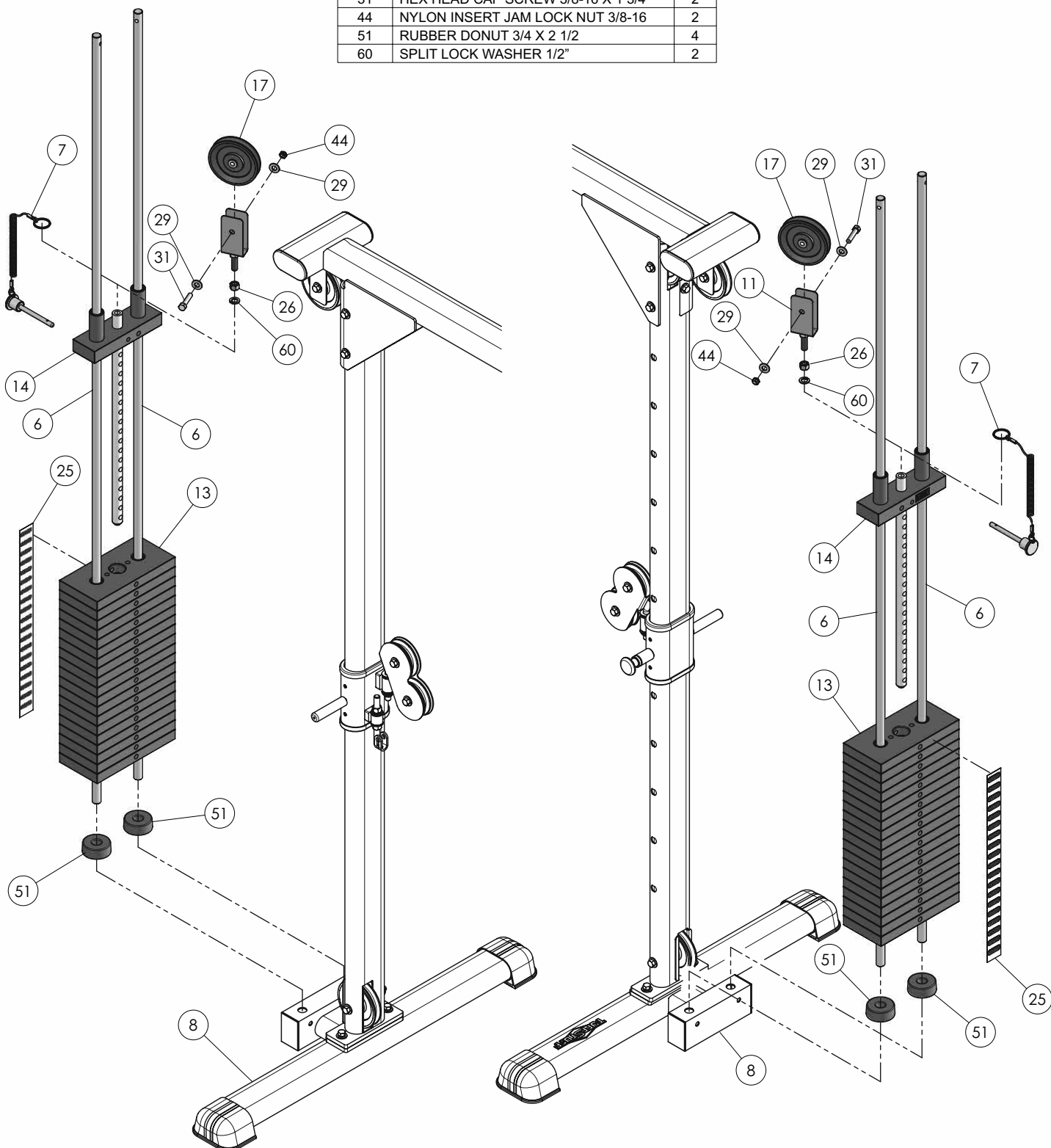
**Note:** To facilitate the assembly, use two stepladders.

### Step 4 Assembly List

Item #	Description	Qty.
17	BLACK NYLON PULLEY 3/8 X 1 X 4 1/2	4
29	FLAT WASHER SAE 3/8"	20
31	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	2
33	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	4
36	HEX HEAD CAP SCREW 3/8-16 X 5	4
44	NYLON INSERT JAM LOCK NUT 3/8-16	10

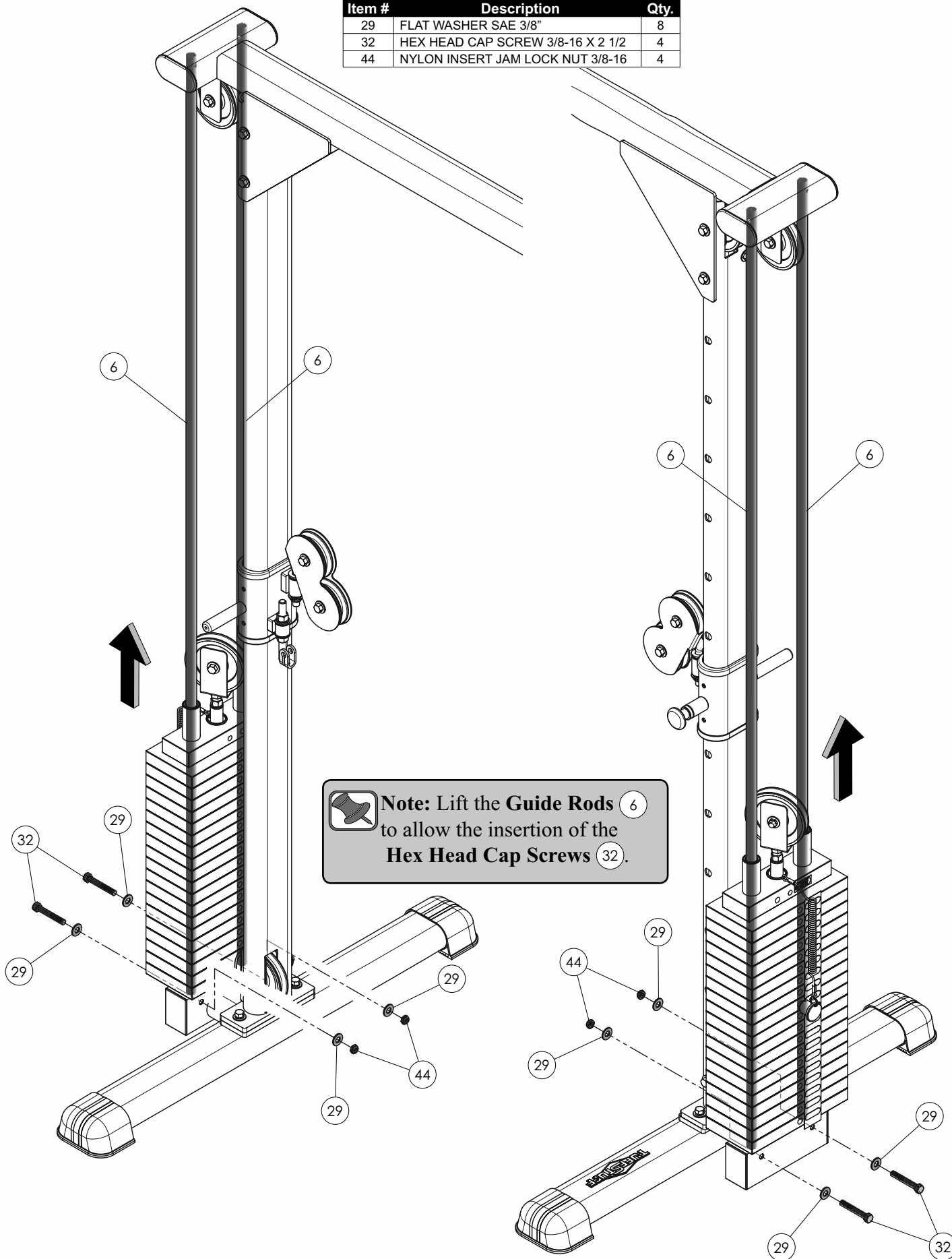
### Step 5 Assembly List

Item #	Description	Qty.
6	GUIDE ROD 3/4 X 80	4
7	SELECTOR PIN W/COIL 3/8 X 4	2
11	TOP PLATE PULLEY BRACKET	2
13	10 LB STEEL WEIGHT PLATE BLACK	38
14	10 LB TOP PLATE SLTR BAR	2
17	BLACK NYLON PULLEY 3/8 X 1 X 4 1/2	2
25	DECAL-WEIGHT NUMBERS REF TP-10	2
26	FINISHED HEX NUT B/O 1/2-13	2
29	FLAT WASHER SAE 3/8"	4
31	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	2
44	NYLON INSERT JAM LOCK NUT 3/8-16	2
51	RUBBER DONUT 3/4 X 2 1/2	4
60	SPLIT LOCK WASHER 1/2"	2



### Step 6 Assembly List

Item #	Description	Qty.
29	FLAT WASHER SAE 3/8"	8
32	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	4
44	NYLON INSERT JAM LOCK NUT 3/8-16	4



**COLOR CHART**
**BOLD FONT = SUB-ASSEMBLY PARTS**

BLACK= HARDWARE

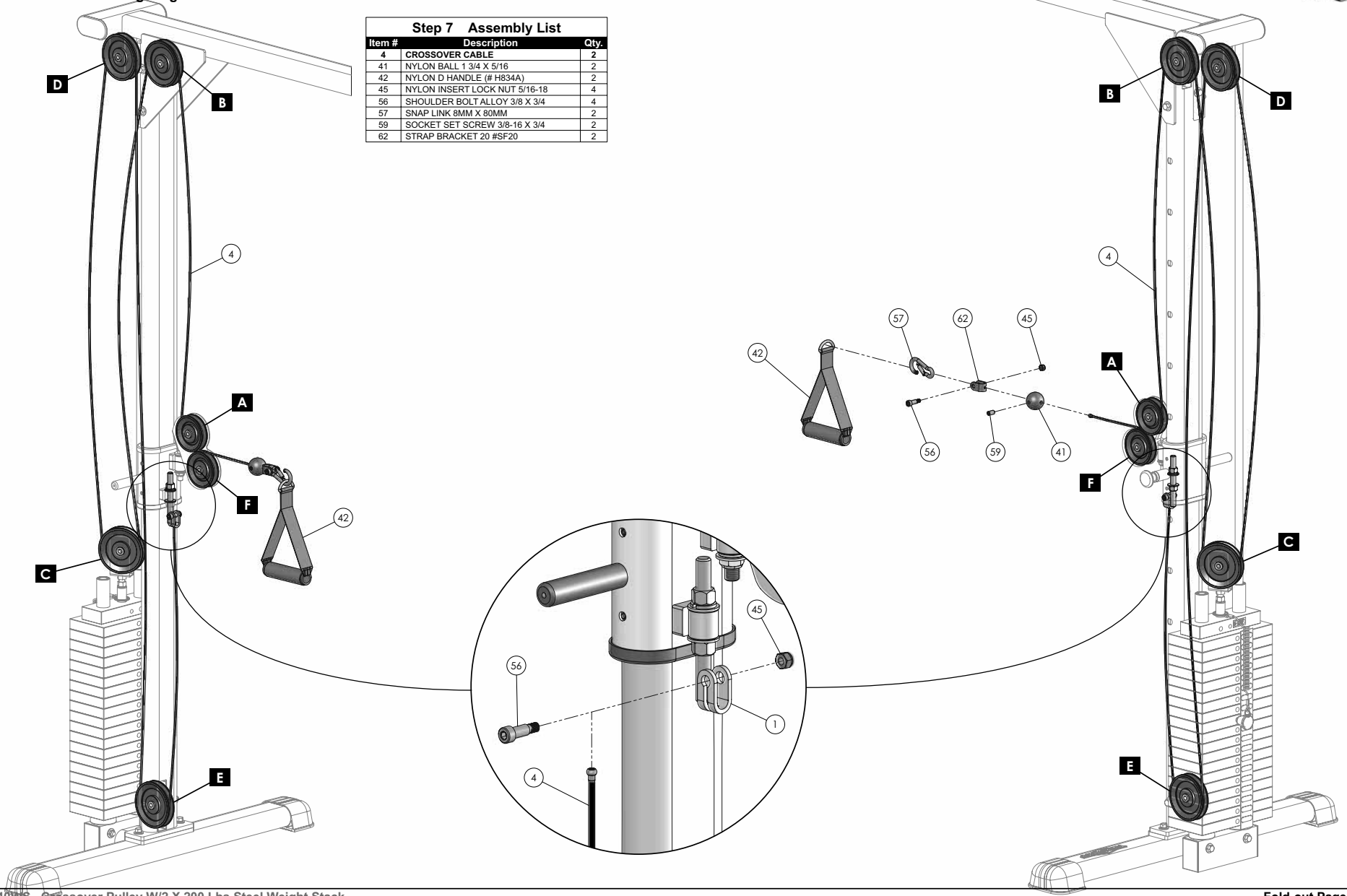
# RCO-140WS

## Parts List

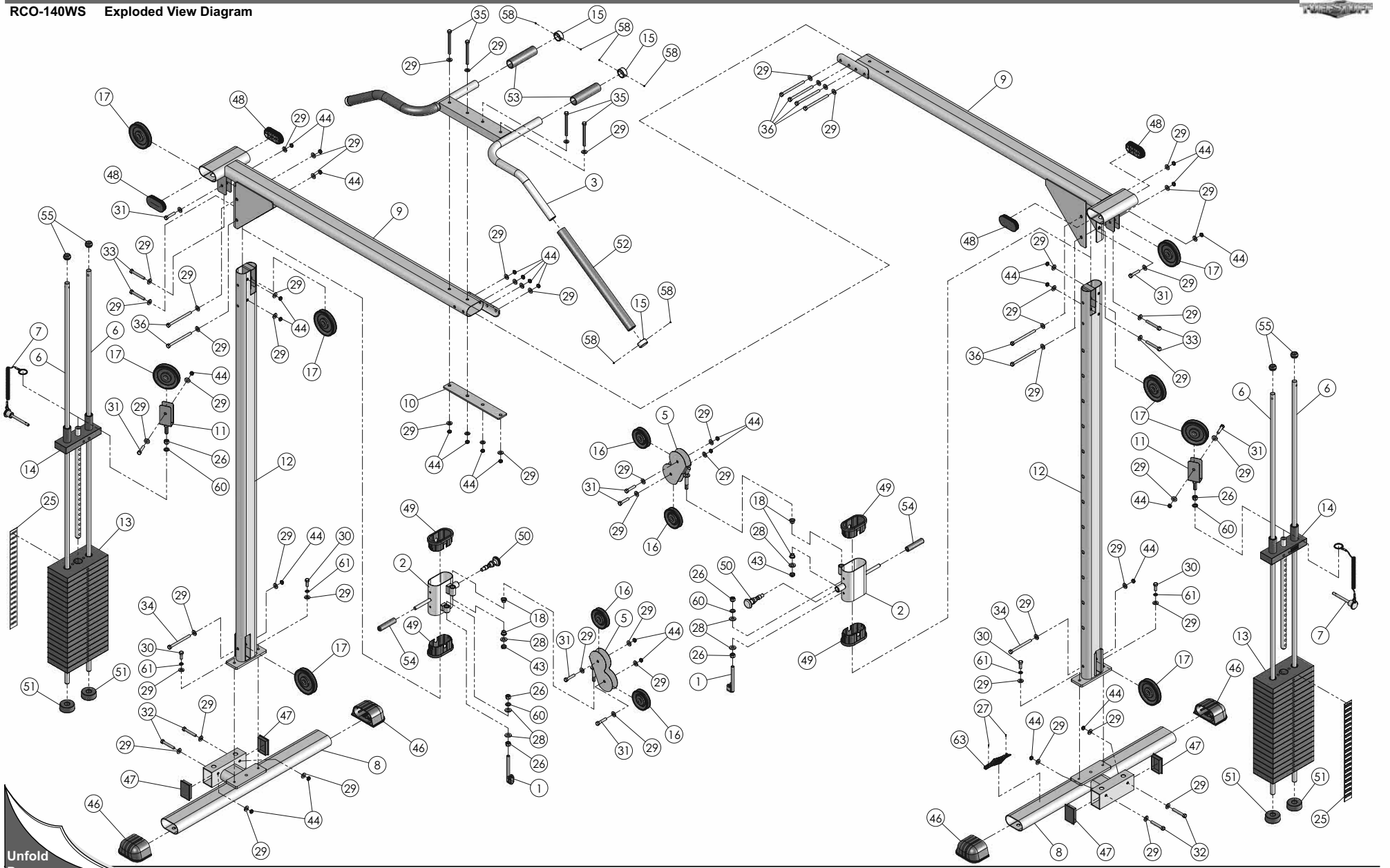
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ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	<b>ADJUSTABLE CABLE BOLT</b>	0	<b>UP1050</b>	2	33	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4	BNH2045	4
2	<b>CARRIAGE</b>	0	<b>UP3966</b>	2	34	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 4 1/2	BNH2052	2
3	<b>CHIN-UP HANDLE</b>	0	<b>UP3967</b>	1	35	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 4 1/4	BNH2074	4
4	<b>CROSSOVER CABLE</b>	0	<b>UP3968</b>	2	36	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5	BNH2051	8
5	<b>DOUBLE SWIVEL PULLEY BRACKET</b>	0	<b>UP2448</b>	2	37	HEX KEY 3/16"	BNH0371	1
6	<b>GUIDE ROD 3/4 X 80</b>	0	<b>UP3969</b>	4	38	HEX KEY ALLOY 3/32"	BNH0373	1
7	<b>SELECTOR PIN W/COIL 3/8 X 4</b>	0	<b>UP3035</b>	2	39	LEATHER ANKLE STRAP (PART # H900A)	BNH1231	1
8	<b>STABILIZER</b>	0	<b>UP3970</b>	2	40	LITHIUM GREASE SMALL CONTAINER	BNH0705	1
9	<b>TOP CROSS BRACE</b>	0	<b>UP3971</b>	2	41	NYLON BALL W/THREADED SOCKET 1 3/4 X 5/16	BNH0022	2
10	<b>TOP CROSS BRACE CONNECTOR PLATE</b>	0	<b>UP3972</b>	1	42	NYLON D HANDLE (# H834A)	BNH1215	2
11	<b>TOP PLATE PULLEY BRACKET</b>	0	<b>UP1049</b>	2	43	NYLON INSERT JAM LOCK NUT Z/P 1/2-13	BNH2027	2
12	<b>UPRIGHT</b>	0	<b>UP3973</b>	2	44	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	30
13	10 LB STEEL WEIGHT PLATE BLACK 4 9/16 X 9 7/16		BNH1650	38	45	NYLON INSERT LOCK NUT Z/P 5/16-18	BNH2056	4
14	10 LB TOP PLATE W/22" SLTR BAR 19 BLK WTS		BNH2020	2	46	PLASTIC HORIZONTAL ELLIPTICAL SHOE	BNH1847	4
15	ALUMINUM CAP 1.270" RD (CAP -125)		BNH0538	4	47	PLASTIC INSERT CAP 2 X 3	BNH0052	4
16	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2		BNH0553	4	48	PLASTIC INSERT CAP ELLIPTICAL 2 X 4	BNH1794	4
17	BLACK NYLON PULLEY 3/8 X 1 X 4 1/2		BNH0506	8	49	PLASTIC INSERT ELLIPTICAL GUIDE (60 X 120 X 50 mm)	BNH2062	4
18	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNH0528	4	50	PULL PIN 1/2 X 2 7/8 (YELLOW)	BNH0641	2
19	DECAL-ADJUST CABLE HERE		BNH0789	2	51	RUBBER DONUT 3/4 X 2 1/2	BNH0068	4
20	DECAL-CAUTION WEIGHT TRAINING SAFETY...		BNH0126	1	52	RUBBER GRIP 1.1875 ID X .125 X 15	BNH2075	2
21	DECAL-DANGER TIGHTEN THIS RET...		BNH0142	2	53	RUBBER GRIP 1.1875 ID X .125 X 6 1/2	BNH1063	2
22	DECAL-FOR BEST PERFORMANCE		BNH0143	2	54	RUBBER GRIP 1/2 X 3 1/2	BNH1221	2
23	DECAL-IMPORTANT CHECK CABLES FOR PROPER...		BNH1891	2	55	RUBBER GROMMET 3/4" ID (2867-012)	BNH0401	4
24	DECAL-IMPORTANT FOR BEST PERFORMANCE...		BNH1894	2	56	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	4
25	DECAL-WEIGHT NUMBERS REF TP-10 (200 lbs)		BNH1542	2	57	SNAP LINK Z/P 8MM X 80MM	BNH0065	3
26	FINISHED HEX NUT B/O 1/2-13		BNH0201	6	58	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	10
27	FLAT PHILLIPS SCREW ZINC # 2 X 1/2		BNH1480	2	59	SOCKET SET SCREW ALLOY 3/8-16 X 3/4	BNH0476	2
28	FLAT WASHER SAE Z/P 1/2"		BNH2031	6	60	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	4
29	FLAT WASHER SAE Z/P 3/8"		BNH2030	64	61	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	4
30	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1		BNH2037	4	62	STRAP BRACKET 20 #SF20	BNH0562	2
31	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 3/4		BNH2040	8	63	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
32	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2		BNH2044	4	64	COIL CHAIN Z/P 3/16 X 12	BNH2055	1

Step 7 Assembly List		
Item #	Description	Qty.
4	CROSSOVER CABLE	2
41	NYLON BALL 1 3/4 X 5/16	2
42	NYLON D HANDLE (# H834A)	2
45	NYLON INSERT LOCK NUT 5/16-18	4
56	SHOULDER BOLT ALLOY 3/8 X 3/4	4
57	SNAP LINK 8MM X 80MM	2
59	SOCKET SET SCREW 3/8-16 X 3/4	2
62	STRAP BRACKET 20 #SF20	2







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Page

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**DO NOT DISCARD THIS MANUAL**



## HOME LIFETIME WARRANTY

TuffStuff products are warranted to the retail purchaser to be free from defects in materials and workmanship. TuffStuff exclusive Home Lifetime Warranty coverage extends for the life of the product while owned by the original retail purchaser, and used only in a home or residential setting unless otherwise noted in the owner's manual.

This warranty does not cover:

1. TuffStuff products sold for and used in a commercial or institutional setting.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in the owner's manual and warning labels posted on the machine.
3. Use of products in a manner for which they were not designed.
4. Original product that is altered, or the use of replacement parts and components of another manufacturer other than TuffStuff.

Limitations:

The foregoing shall constitute the sole remedy of the purchaser and the sole liability of TuffStuff with regard to warranty, whether express or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability or fitness. TuffStuff shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products. TuffStuff's liability hereunder is expressly limited to the repairs or replacements of warranted defective parts.

Procedures:

Warranty service will be performed at TuffStuff's facility in Pomona, California. TuffStuff will have the option of either repair or replacement at no charge for any defective product. 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.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state. Effective July 1, 2004.

This 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 at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

**Note:** Retain your sales receipt and be sure to mail in the warranty registration card to insure that a permanent record of your purchase is on file with the factory and to avoid unnecessary delays in warranty service.

### **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](mailto:service@tuffstuff.net) Net: [www.tuffstuff.net](http://www.tuffstuff.net)