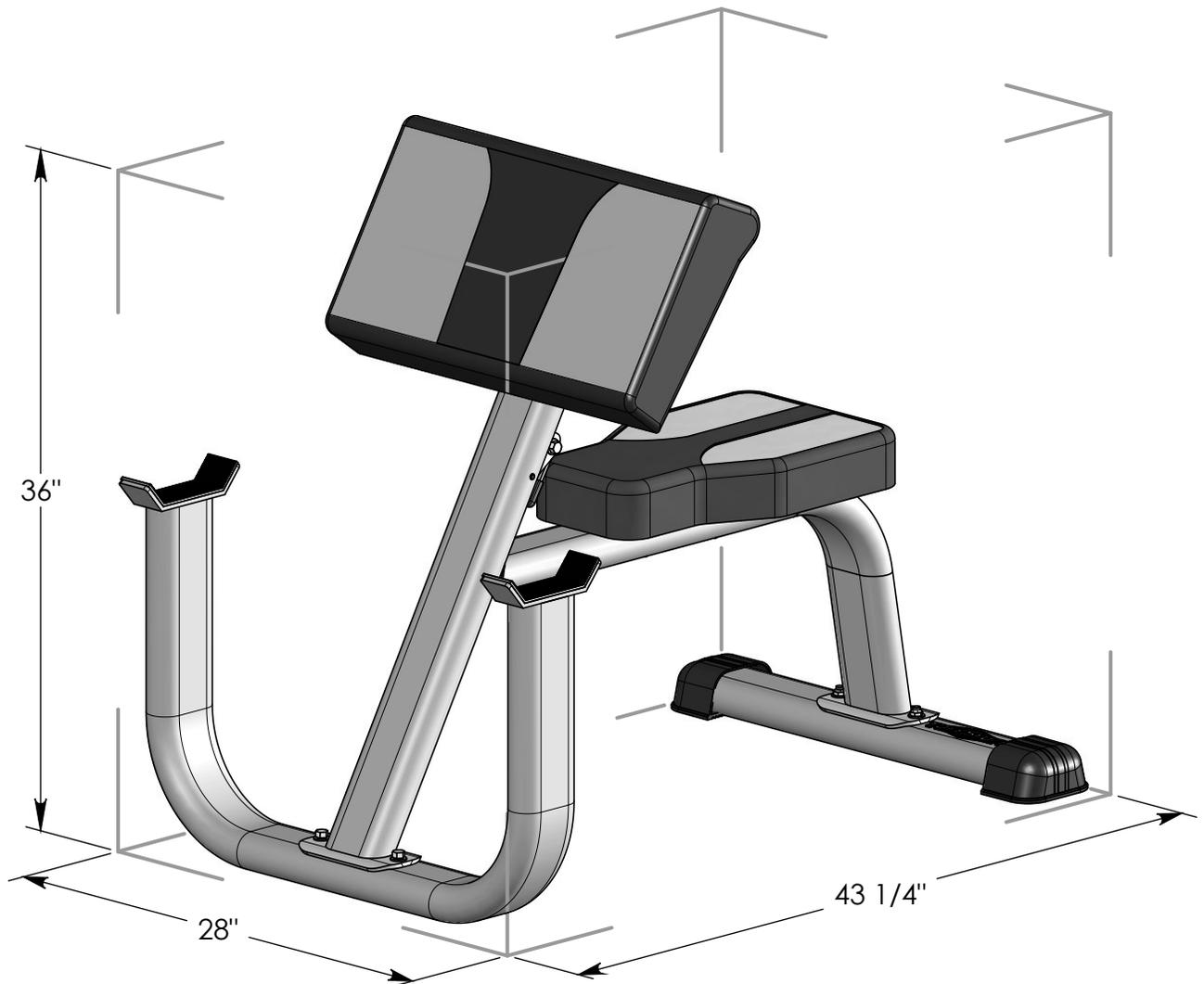


ASSEMBLY INSTRUCTIONS



RAC-365

Seated Arm Curl Bench



TuffStuff Fitness Equipment, Inc.

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AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the RAC-365 Seated Arm Curl Bench

Congratulations on your new purchase of the **Seated Arm Curl Bench**. We hope you are completely satisfied with this product and wish you many years of enjoyment.

TuffStuff 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.

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 - 250 lbs.
2. Total Machine Weight - 82 lbs.
3. Footprint (LWH) - See Front Cover.

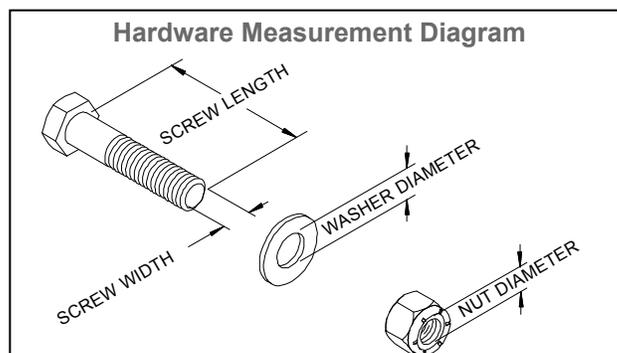
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Seated Arm Curl Bench

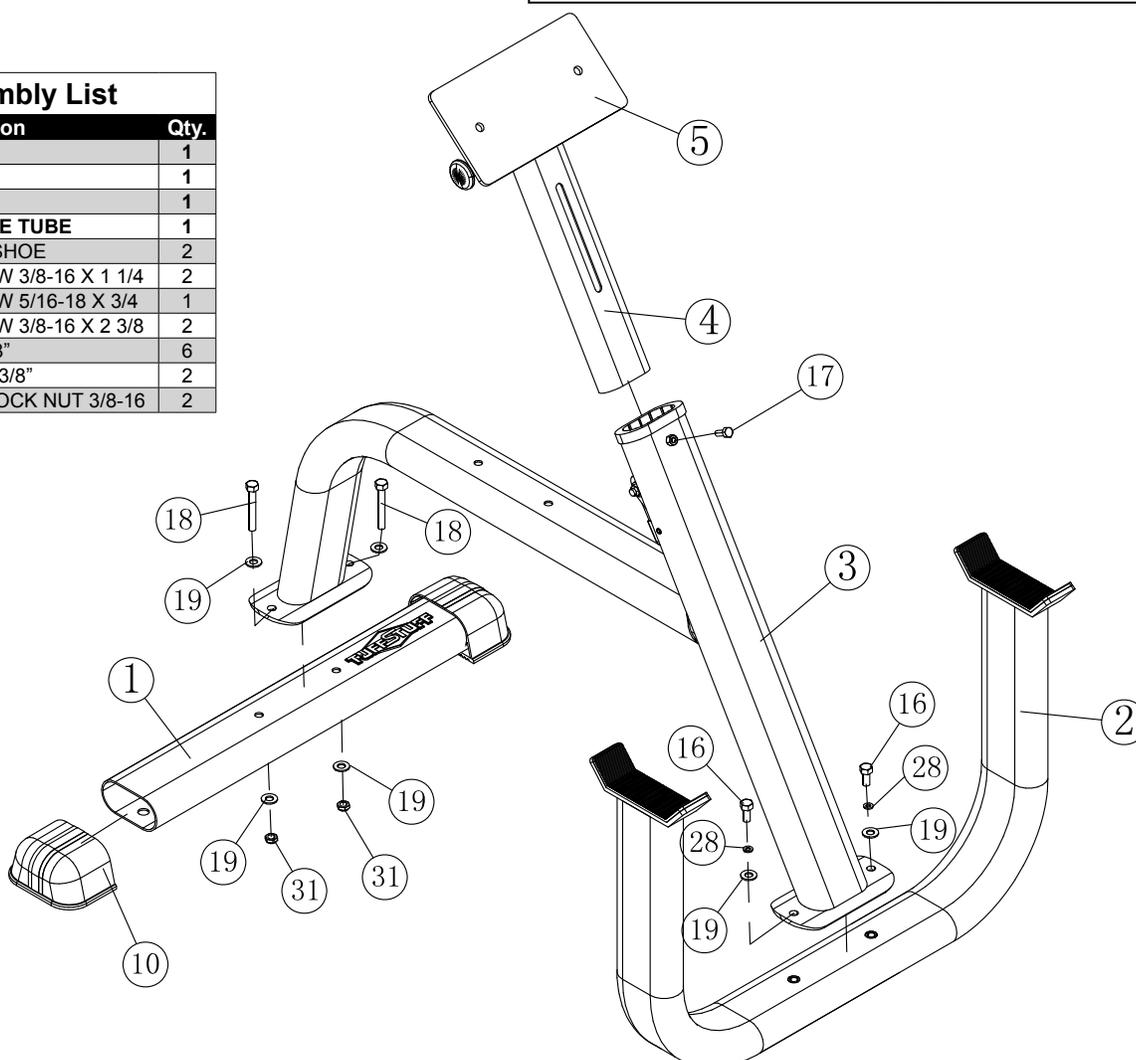
We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

Tool Requirements

1. One 7/8" combination wrench
2. One 9/16" combination wrench
3. One 1/2" combination wrench
4. One ratchet
5. One 9/16" socket
6. Rubber Mallet
7. Windex or household glass cleaner
8. Measuring tape
9. Utility knife

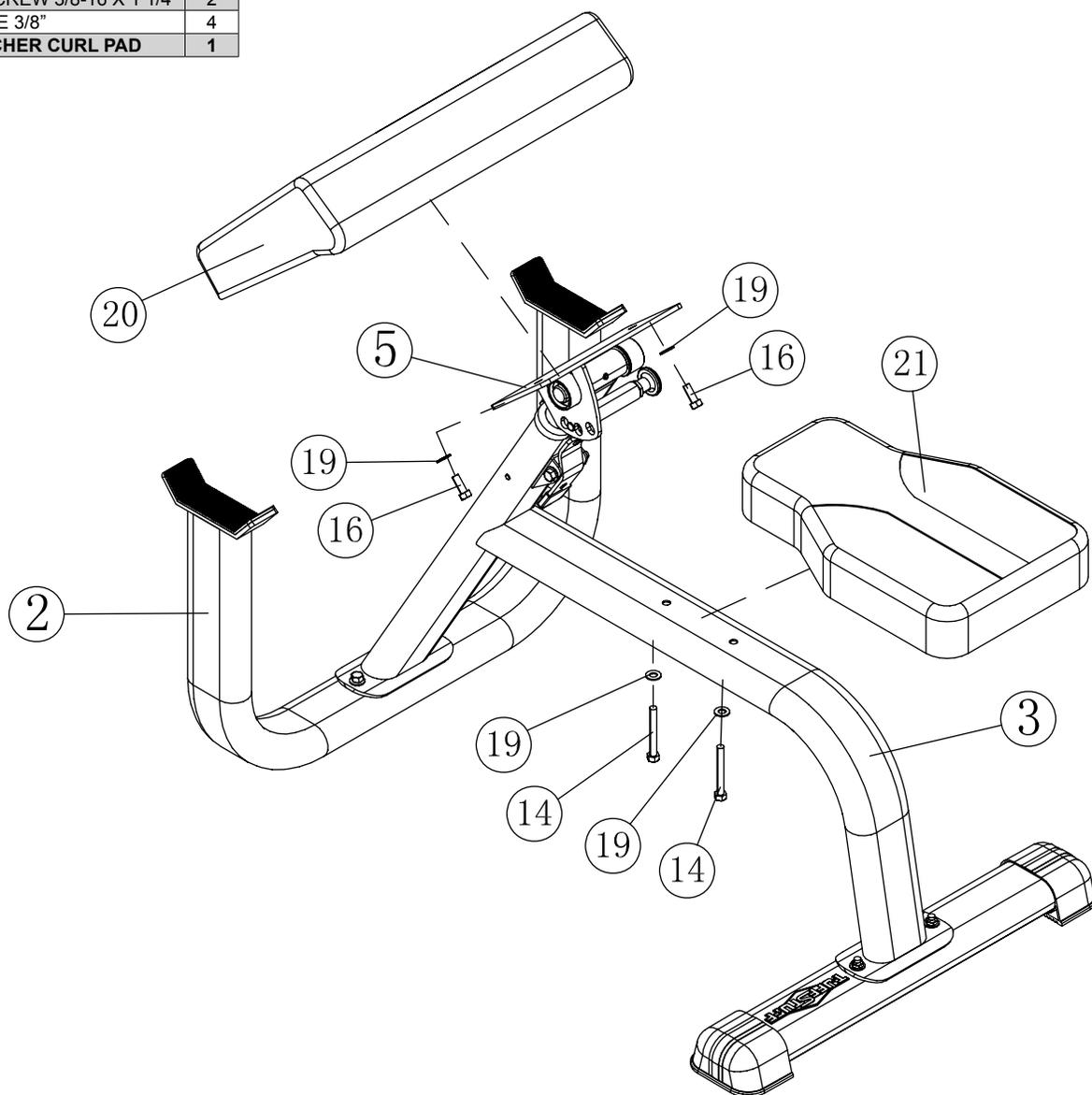


Step 1 Assembly List		
Item #	Description	Qty.
1	REAR BASE FRAME	1
2	FRONT U FRAME	1
3	MAIN FRAME	1
4	ADJUSTABLE CHROME TUBE	1
10	PLASTIC ELLIPTICAL SHOE	2
16	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	2
17	HEX HEAD CAP SCREW 5/16-18 X 3/4	1
18	HEX HEAD CAP SCREW 3/8-16 X 2 3/8	2
19	FLAT WASHER SAE 3/8"	6
28	SPLIT LOCK WASHER 3/8"	2
31	NYLON INSERT JAM LOCK NUT 3/8-16	2



Step 2 Assembly List

Item #	Description	Qty.
21	SEAT PAD	1
14	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	2
16	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	2
19	FLAT WASHER SAE 3/8"	4
20	ARM PAD / PREACHER CURL PAD	1



COLOR CHART

BOLD FONT = SUB-ASSEMBLY PARTS

BLACK= HARDWARE

RAC-365 Parts List



					REVO			
ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	REAR BASE FRAME	0	UP3980	1	19	FLAT WASHER SAE Z/P 3/8"	BNH2030	12
2	FRONT U FRAME	0	UP3981	1	20	ARM PAD / PREACHER CURL PAD	UP3986	1
3	MAIN FRAME	0	UP3982	1	21	SEAT PAD	UP3987	1
4	ADJUSTABLE CHROME TUBE	0	UP3983	1	22	PLASTIC INSERT ELLIPTICAL GUIDE (2X4)	BNH1760	1
5	ADJUSTABLE CHROME PLATE	0	UP3984	1	23	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
6	PIVOT AXLE 1 X 5 1/2	0	UP3985	1	24	RELEASE LEVER PROTECTIVE COVER	BNH1940	1
7	RUBBER CORR MAT 1/8 X 1 7/8 X 7 1/4		BNH2080	2	25	STIFF SPRING	BNH0519	1
8	PULL PIN 1/2 X 5 5/8 (YELLOW)		BNH0701	1	26	LITHIUM GREASE SMALL CONTAINER	BNH0705	1
9	NYLON BUSHING 1 X 1 1/2 X 7/8		BNH0531	2	27	HEX KEY ALLOY 5/32"	BNH0373	1
10	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	2	28	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	2
11	SOCKET SET SCREW ALLOY 5/16-18 X 5/16		BNH1453	1	29	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	1
12	ADJUSTABLE RELEASE HOLDER		UP3739	1	30	HEX KEY ALLOY 3/32"	BNH0372	1
13	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2		BNH2044	1	31	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	3
14	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4		BNH2045	2	32	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
16	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4		BNH2038	4	33	DECAL-DANGER TIGHTEN THIS RETAINING...	BNH0142	1
17	HEX HEAD CAP SCREW GR-5 Z/P 5/16-18 X 3/4		BNH2049	1	34	DECAL-IMPORTANT FOR BEST PERFORMANCE...	BNH1894	1
18	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/8		BNH2043	2	35	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1

