

ASSEMBLY MANUAL

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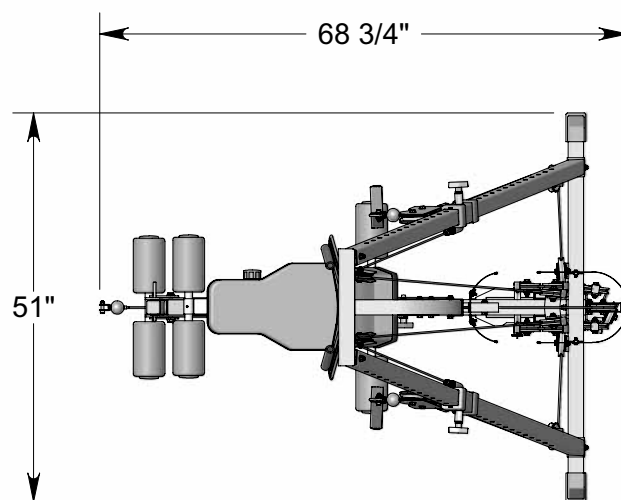
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Revision Date 05-26-04



L 68 3/4" W 51" H 84 1/2"

ACS-100

Free Movement Adjustable Cable System



America's Premier Exercise Equipment



About the Free Movement Adjustable Cable System

Congratulations on your new purchase of the ACS-100. 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 Task Industries today.

Specifications

1. Maximum Wt. Capacity - 200 lbs.
2. Total Machine Weight - 450.
3. Footprint (LWH) - See Front Cover.

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

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.

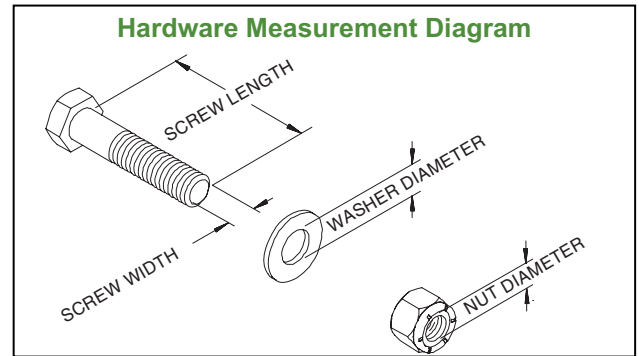
1. Read, study and understand the Assembly Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this Tuff Stuff product prior to use. Some of this information can be obtained in this Assembly Manual, as-well-as from your local Tuff Stuff retailer.
2. It is imperative that you retain this Assembly Manual and be sure all warning labels are legible and intact. Replacement Assembly Manual and labels are available from your local Tuff Stuff retailer.

Prior to the Assembly of the ACS-100

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.
2. Neatly organize and identify all parts according to the Parts List and the Exploded View Diagram.

Tool Requirements

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




Safety Precautions

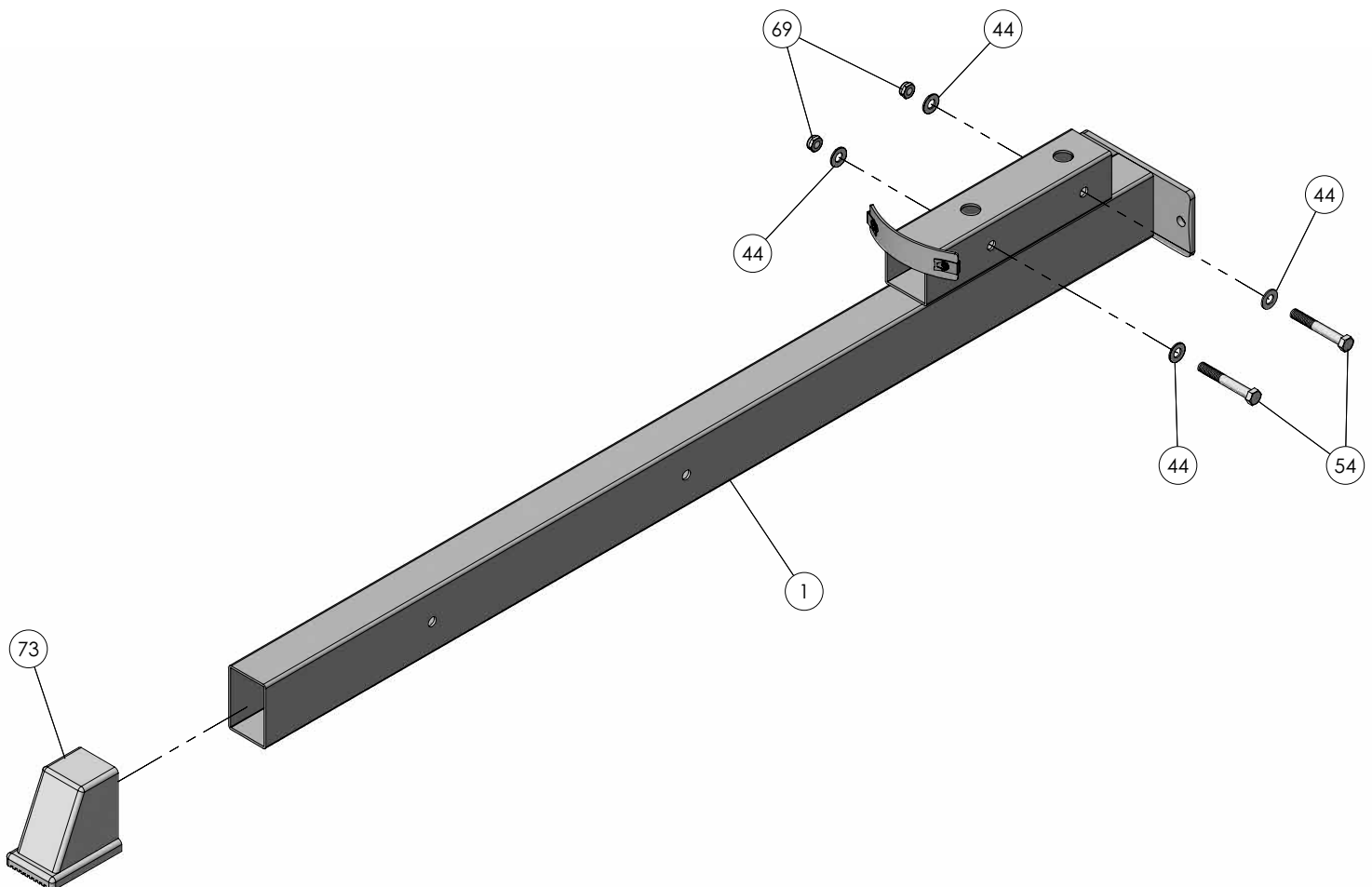
3. Consult with your physician before beginning any exercise program.
4. Use proper discretion when children are present.
5. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
6. Keep hands, limbs, loose clothing and long hair well out 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 1 Base Frame Assembly

- A. Using a rubber mallet, insert one Plastic End Cap 2 X 3 (#73) onto the tube-end of the **Base Frame (#1)**.
- B. Assemble two Hex Head Cap Screws 3/8-16 X 2 3/4 (#54) to the **Base Frame (#1)** using four Flat Washers SAE 3/8" (#44), and two Nylon Insert Jam Lock Nuts 3/8-16 (#69).

 **Note:** Use the overhead view on the cover page for designing your layout before assembling.

Assembly List		
Item #	Description	Qty.
1	BASE FRAME	1
44	FLAT WASHER SAE B/O 3/8"	4
54	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4	2
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	2
73	PLASTIC END CAP W/GROOVE 3 X 2	1



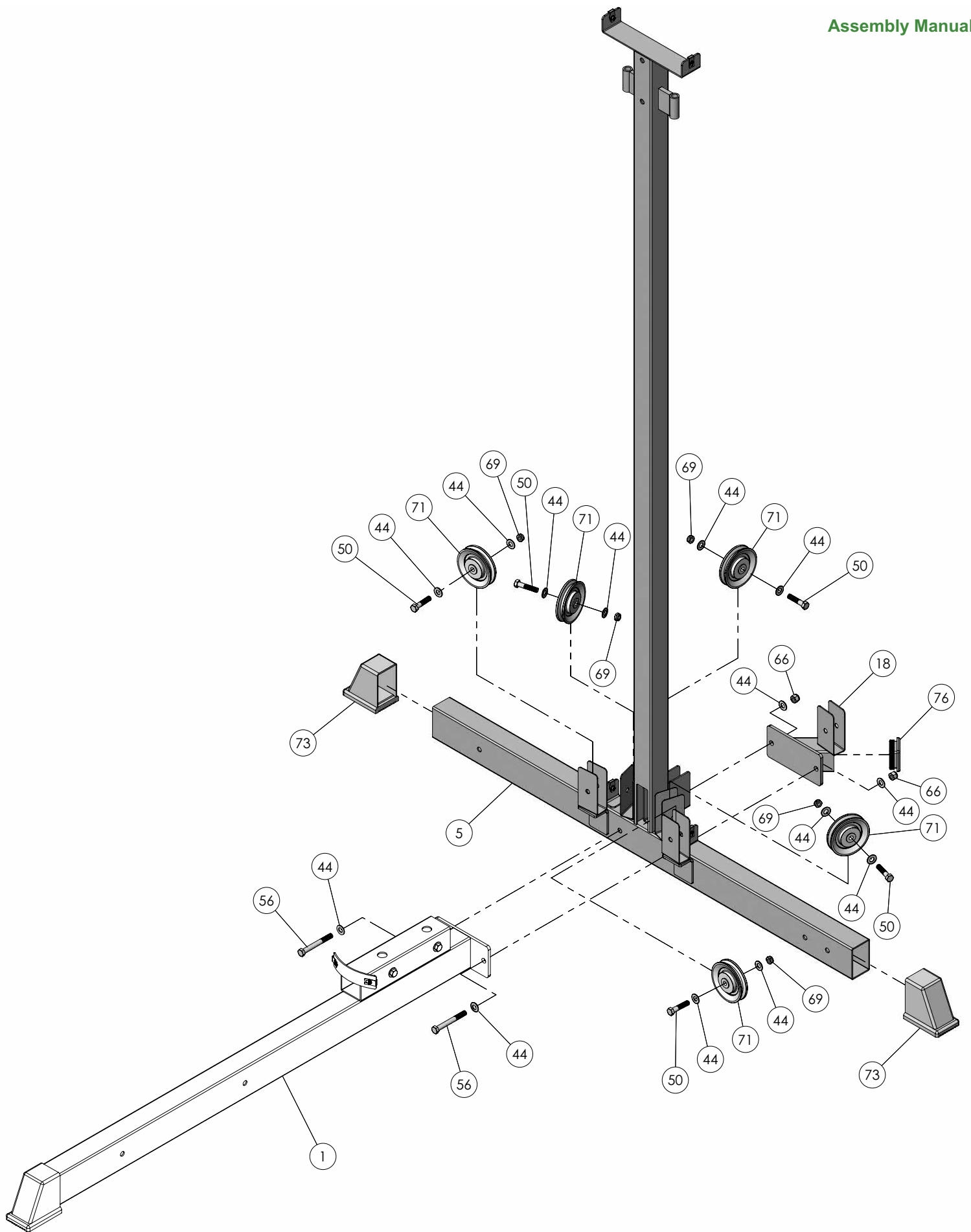


Step 2 Assembling Rear Frame and Bottom Support Pulley Brkt to Base Frame

- A. Using a rubber mallet, insert two Plastic End Caps 2 X 3 (#73) onto the tube-ends of the **Rear Frame (#5)**.
- B. Assemble **Rear Frame (#5)** and **Bottom Support Pulley Brkt (#18)** to **Base Frame (#1)** using two Hex Head Cap Screws 3/8-16 X 3 1/4 (#56), four Flat Washers SAE 3/8" (#44), and two Nylon Insert Lock Nuts 3/8-16 (#66).
- C. Assemble five Nylon Pulleys 3 1/2 Rd. (#71) to the pulley brackets of the **Rear Frame (#5)** using hardware shown.

Assembly List

Item #	Description	Qty.
5	REAR FRAME	1
18	BOTTOM SUPPORT PULLEY BRKT	1
44	FLAT WASHER SAE B/O 3/8"	14
50	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	5
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	2
66	NYLON INSERT LOCK NUT B/O 3/8-16	2
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	5
71	NYLON PULLEY 3 1/2 RD, WHITE	5
73	PLASTIC END CAP W/GROOVE 3 X 2 GREY	2
76	PLASTIC INSERT CAP 2" SQ	1



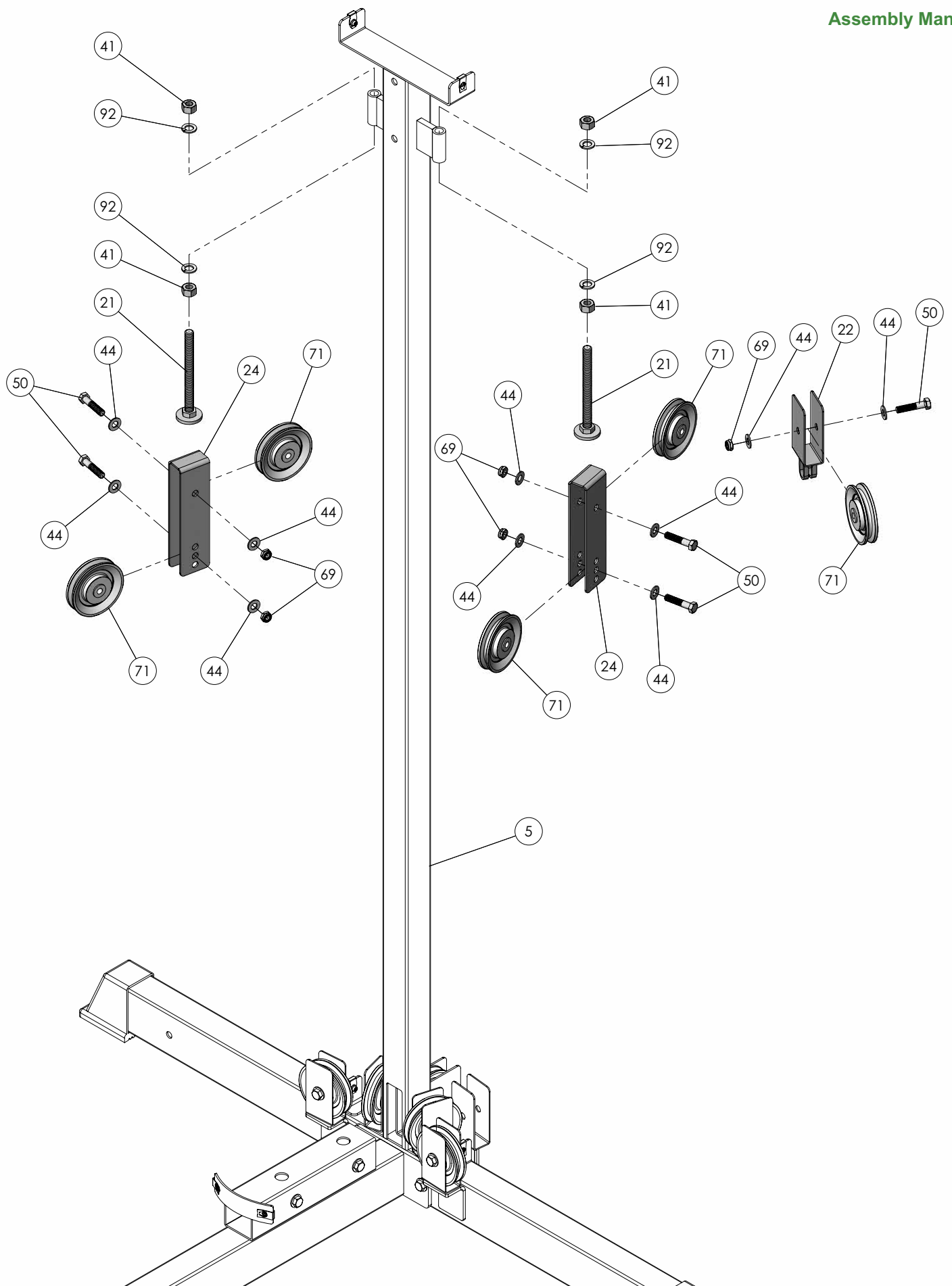


Step 3 Assembly of the Adjustable Stoppers and the Floating Pulley Brackets

- A. Install the two **Adjustable Stoppers (#21)** to the **Rear Frame (#5)** using hardware shown.
- B. Assemble the two **Closed End Adjustable Pulley Brkts (#24)** and the **Floating Pulley Bracket (#22)** using hardware shown

Assembly List

Item #	Description	Qty.
21	ADJUSTABLE STOPPER	2
22	FLOATING PULLEY BRACKET	1
24	CLOSED END ADJUSTABLE PULLEY BRKT	2
41	FINISHED HEX NUT B/O 1/2-13	4
44	FLAT WASHER SAE B/O 3/8"	10
50	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	5
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	5
71	NYLON PULLEY 3 1/2 RD, WHITE	5
92	SPLIT LOCK WASHER B/O 1/2"	4



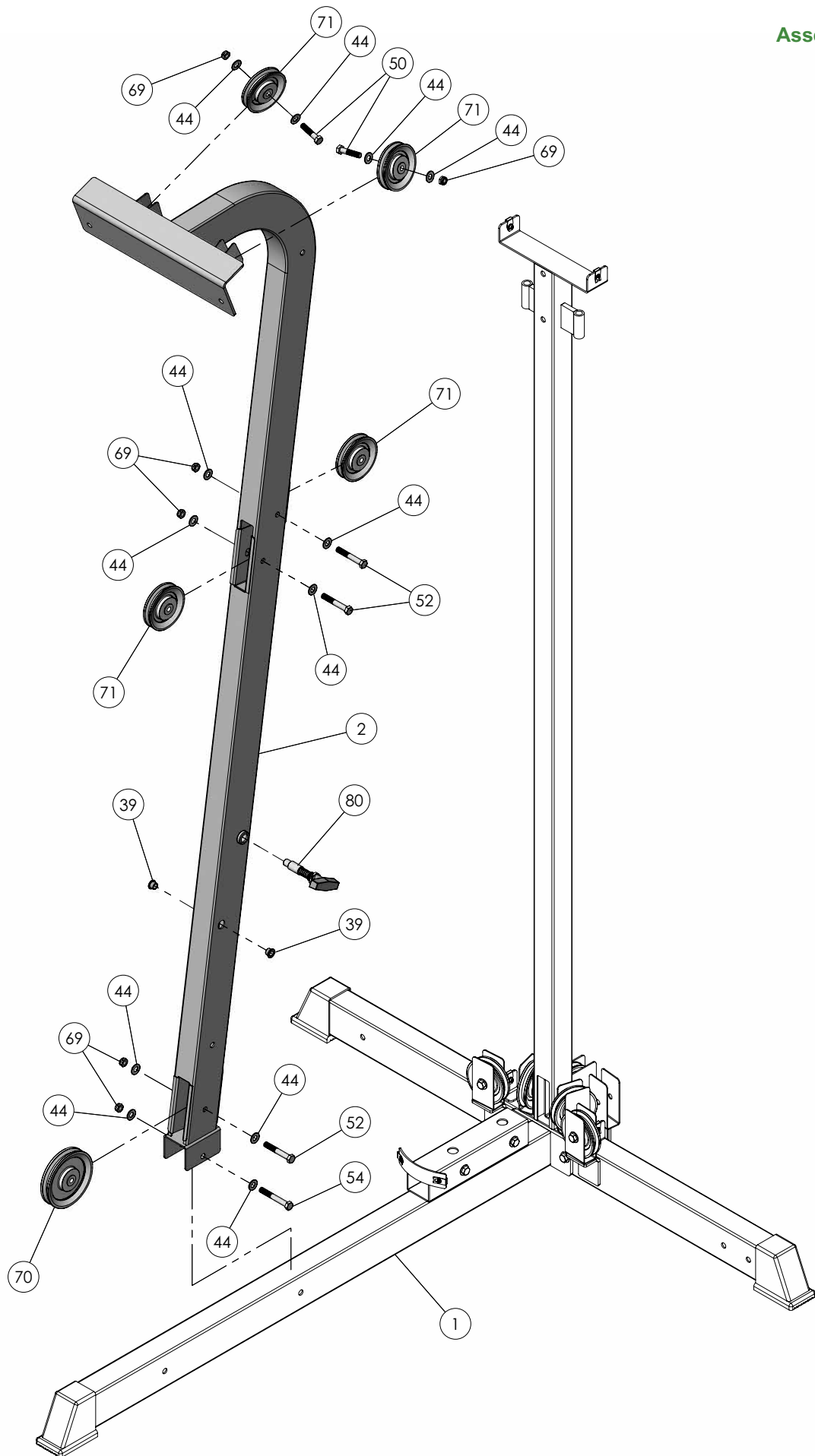


Step 4 Assembling the Front Frame to the Base Frame

- A. Attach the **Front Frame (#2)** to the **Base Frame (#1)** using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#54), two Flat Washers SAE 3/8" (#44), and one Nylon Insert Jam Lock Nut 3/8-16 (#69).
- B. Attach one Nylon Pulley 4 1/2 Rd. (#70) to the bottom pulley bracket of the **Front Frame (#2)** using hardware shown.
- C. Attach four Nylon Pulleys 3 1/2 Rd. (#71) to the pulley brackets of the **Front Frame (#2)** using hardware shown.

Assembly List

Item #	Description	Qty.
2	FRONT FRAME	1
39	BRONZE BUSHING 3/8 X 1/2 X 1/2 X 11/16 X 1/16	2
44	FLAT WASHER SAE B/O 3/8"	12
50	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	2
52	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/2	3
54	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4	1
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	6
70	NYLON PULLEY 4 1/2 RD, WHITE	1
71	NYLON PULLEY 3 1/2 RD, WHITE	4
80	PUSH PULL PIN 1/2 X 3 1/2 REGULAR	1



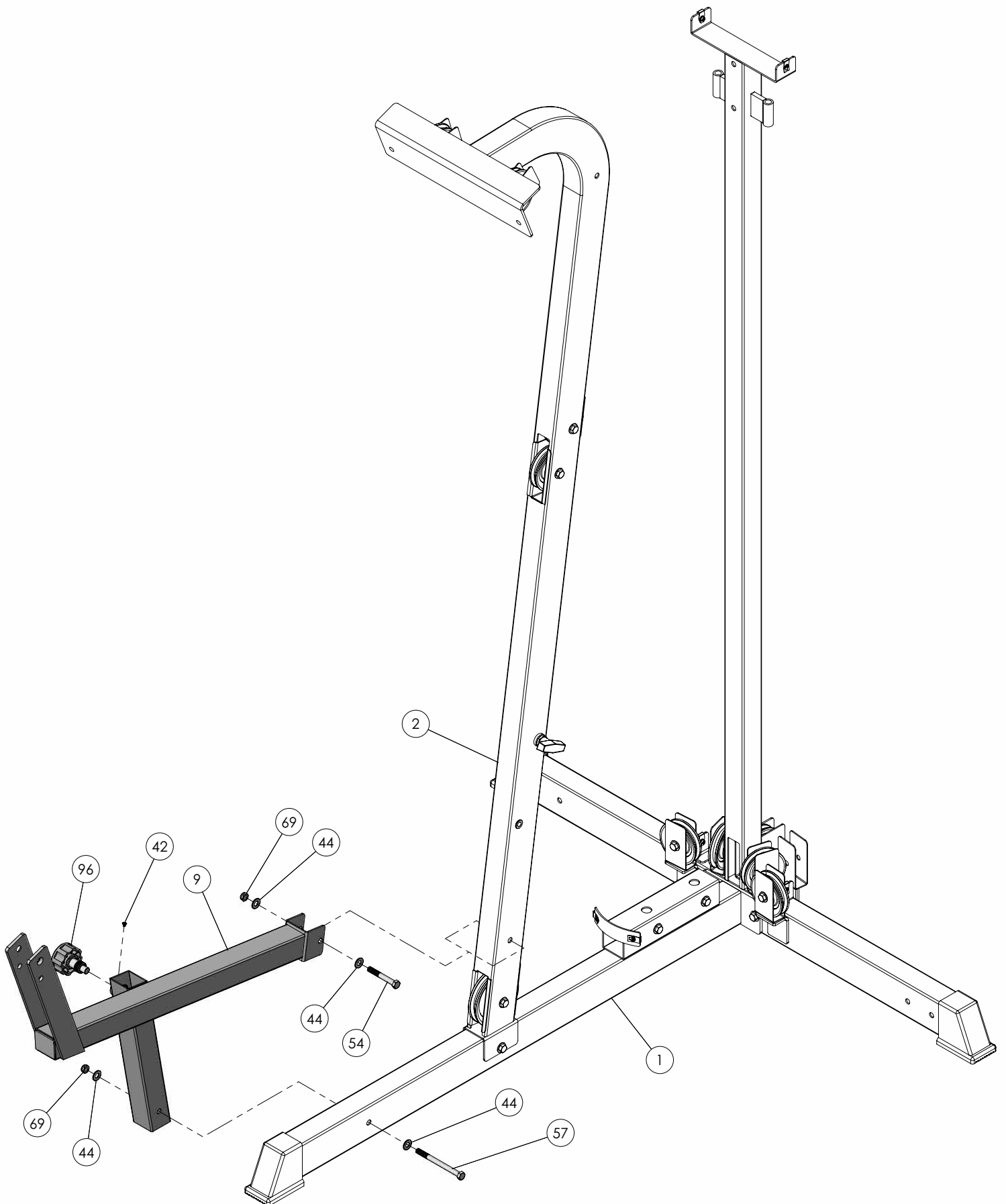


Step 5 Assembling the Bench Frame to the Base Frame and Front Frame

- A. Attach the **Bench Frame (#9)** to the **Base Frame (#1)** using one Hex Head Cap Screw 3/8-16 X 4 1/2 (#57), two Flat Washers SAE 3/8" (#44), and one Nylon Insert Jam Lock Nut 3/8-16 (#69).
- B. Attach the **Bench Frame (#9)** to the **Front Frame (#2)** using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#54), two Flat Washers SAE 3/8" (#44), and one Nylon Insert Jam Lock Nut 3/8-16 (#69).

Assembly List

Item #	Description	Qty.
9	LEG EXTENSION BENCH FRAME	1
42	FLAT PHILLIPS MACHINE SCREW 8-32 X 1/4	1
44	FLAT WASHER SAE B/O 3/8"	4
54	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4	1
57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/2	1
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	2
96	TURN/PULL PIN W/KNOB AND LOCK	1



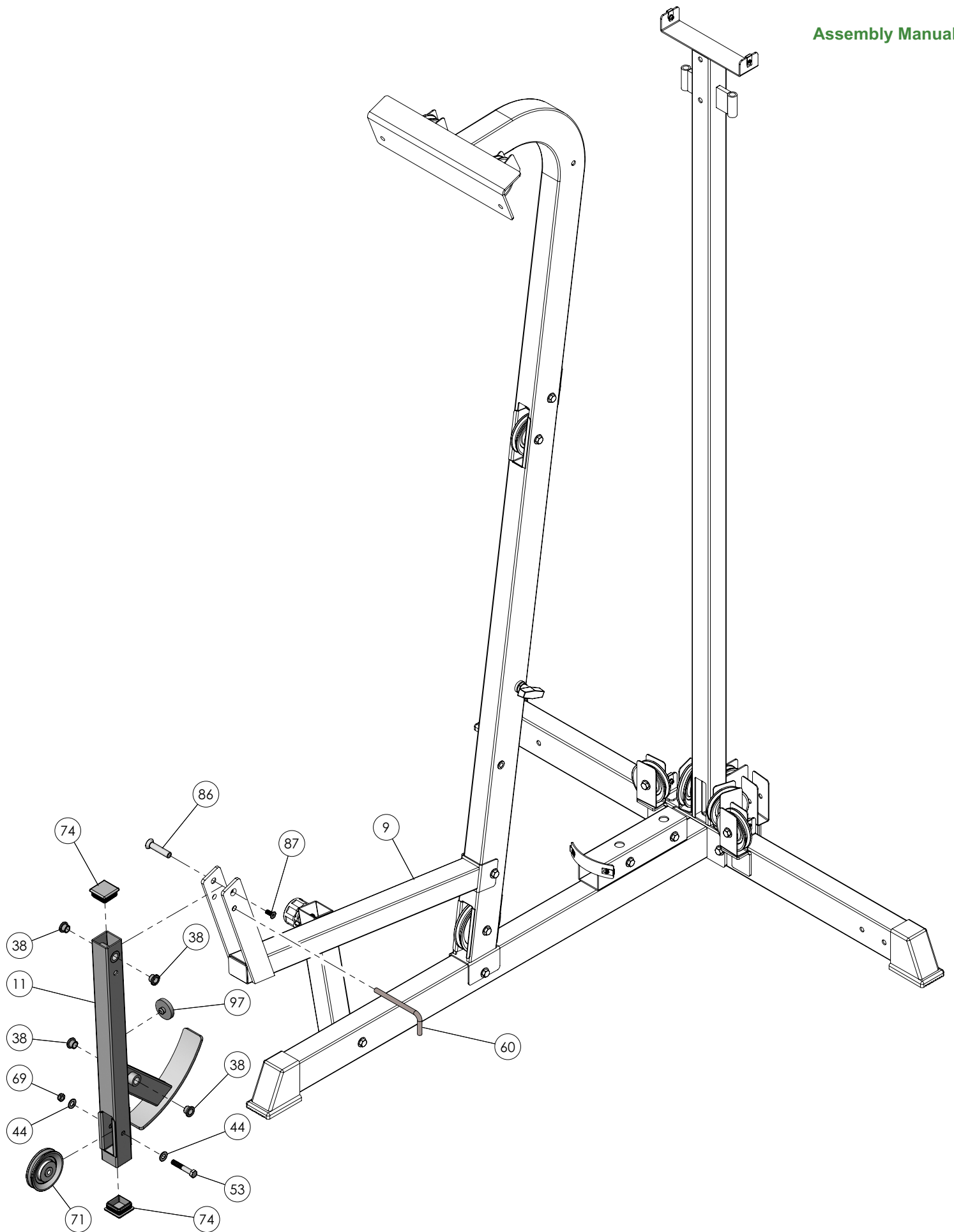


Step 6 Assembling the Leg Extension Arm to the Bench Frame

- A. Using a rubber mallet, insert two Plastic Insert Caps 1 3/4 Sq. (#74) into the tube-ends of the **Leg Extension Arm (#11)**.
- B. Attach the **Leg Extension Arm (#11)** to the **Bench Frame (#9)** using the Sex Bolt Female 1/2 X 2 5/16 (#86) and the Sex Bolt Male 5/16-20 X 3/4 (#87).
- C. Attach a Nylon Pulley 3 1/2 Rd. (#71) to the **Leg Extension Arm (#11)** using hardware shown.

Assembly List

Item #	Description	Qty.
11	LEG EXTENSION ARM	1
38	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8	4
44	FLAT WASHER SAE B/O 3/8"	2
53	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/4	1
60	L-LOCKING PIN	1
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	1
71	NYLON PULLEY 3 1/2 RD, WHITE	1
74	PLASTIC INSERT CAP 1 3/4" SQ. 10-14 GA.	2
86	SEX BOLT FEMALE 1/2 X 2 5/16	1
87	SEX BOLT MALE 5/16-20 X 3/4	1
97	URETHANE BUMPER 1 3/4	1



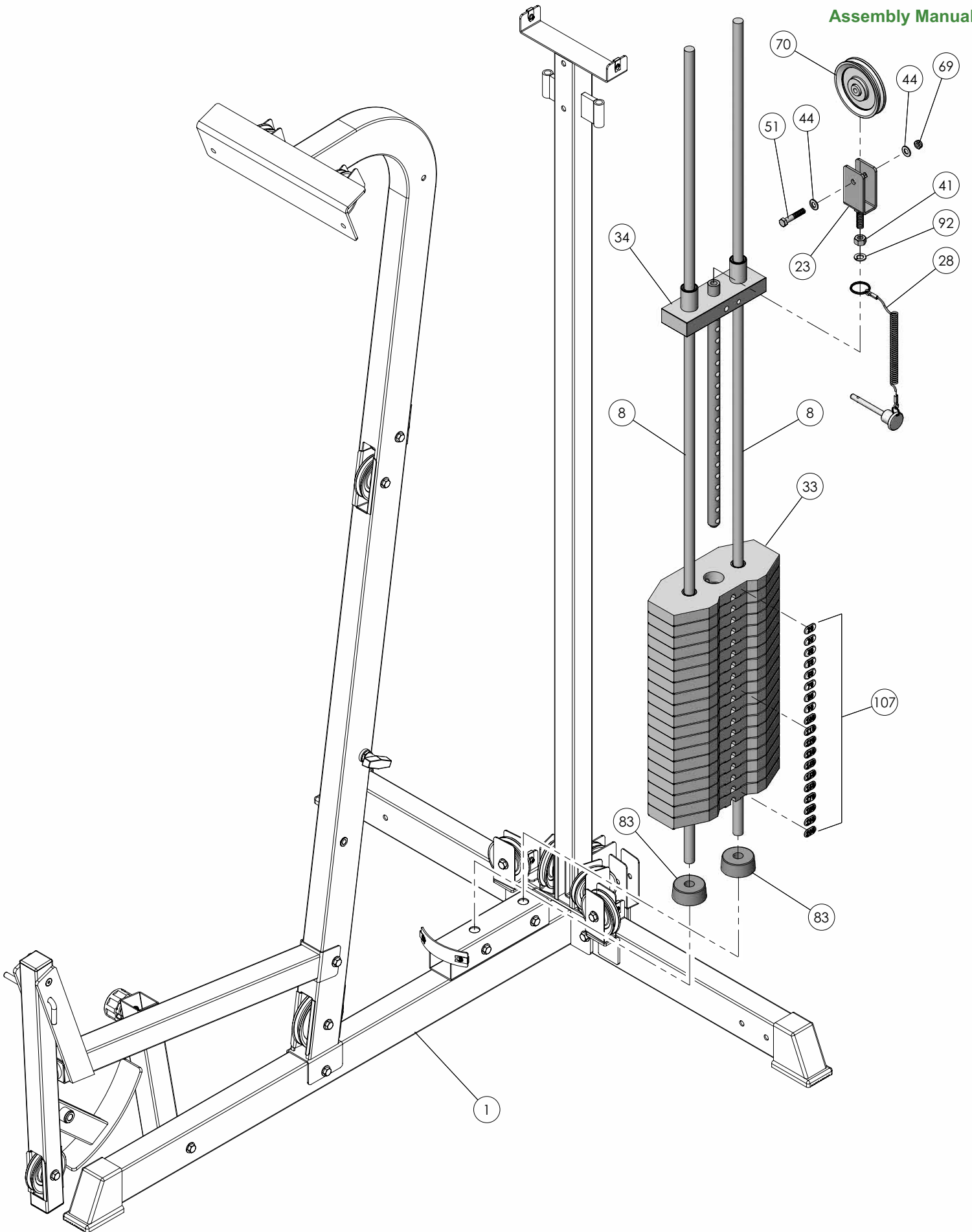


Step 7 Weight Stack Assembly

- A. Attach a Nylon Pulley 4 1/2 Rd. (#70) to the **Top Plate Pulley Bracket (#23)** using hardware shown.
- B. Attach the Selector Pin W/Coil (#28) to the Selector Bar (#34). Then, affix the Assembled **Top Plate Pulley Bracket (#23)** to the Top Plate Selector Bar (#34) using one Finished Hex Nut 1/2-13 (#41), and one Split Lock Washer 1/2" (#92).
- C. Insert the **Guide Rods (#8)** into the receptacles of the **Base Frame (#1)**.
- D. Slide the Rubber Donuts (#83) onto the **Guide Rods (#8)**.
- E. Carefully begin sliding the Weight Plates (#33) over the **Guide Rods (#8)**.
- F. Slide the Top Plate Selector Bar (#34) onto the **Guide Rods (#8)** allowing it to rest on top of the completed Weight Stack.
- G. Adhere the Decal Weight Numbers (#107) to the Weight Plates (#33) in the corresponding order. Begin with the 20 at the top, 30 next, and so on.

Assembly List

Item #	Description	Qty.
8	CHROME SOLID GUIDE ROD 3/4 X 72	2
23	TOP PLATE PULLEY BRACKET	1
28	SELECTOR PIN W/COIL 3/8 X 3 1/2 GOLD KNOB	1
33	10 LB CAST WEIGHT PLATE GREY	19
34	10 LB TOP PLATE/SELECTOR BAR GREY 19 WTS.	1
41	FINISHED HEX NUT B/O 1/2-13	1
44	FLAT WASHER SAE B/O 3/8"	2
51	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	1
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	1
70	NYLON PULLEY 4 1/2 RD, WHITE	1
83	RUBBER DONUT 3/4 X 2 1/2	2
92	SPLIT LOCK WASHER B/O 1/2"	1
107	DECAL-NUMBERS 20-200 LBS. SET	1



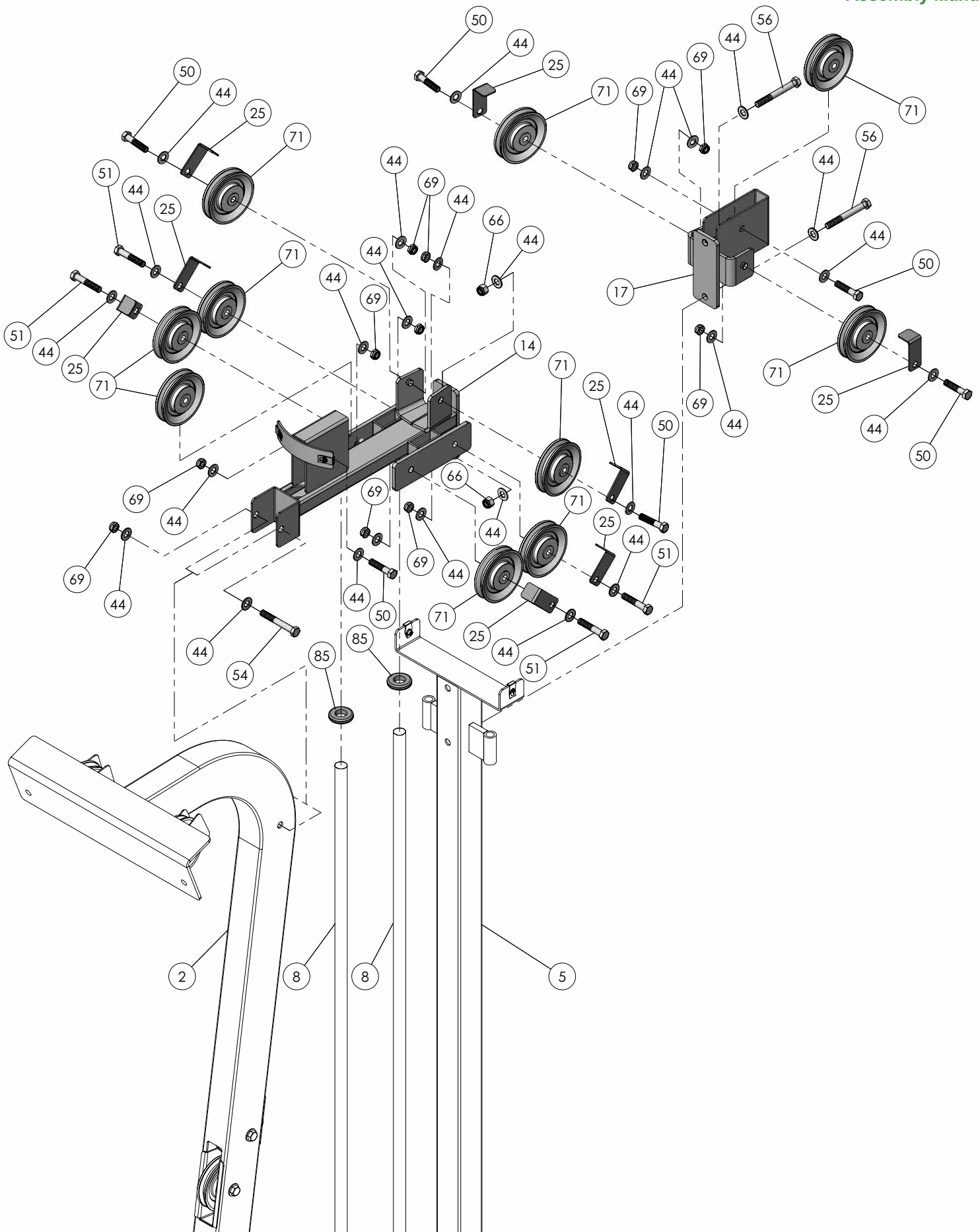


Step 8 Assembly of the Guide Rod Retainer and the Top Support Pulley Bracket

- A. Maneuver the two **Guide Rods (#8)** into the holes on the bottom side of the **Guide Rod Retainer (#14)**.
- B. Attach the **Guide Rod Retainer (#14)** to the **Rear Frame (#5)** and the **Top Support Pulley Bracket (#17)** using two Hex Head Cap Screws 3/8-16 X 3 1/4 (#56), four Flat Washers SAE 3/8" (#44), and two Nylon Insert Lock Nuts 3/8-16 (#66).
- C. Attach the **Guide Rod Retainer (#14)** to the **Front Frame (#5)** using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#54), two Flat Washers SAE 3/8" (#44), and one Nylon Insert Jam Lock Nut 3/8-16 (#69).
- D. Making sure that the **Cable Retainers (#25)** point toward shown direction, install ten Nylon Pulleys 3 1/2 Rd. (#71) to the **Guide Rod Retainer (#14)** and the **Top Support Pulley Bracket (#17)** using hardware shown.

Assembly List

Item #	Description	Qty.
14	GUIDE ROD RETAINER	1
17	TOP SUPPORT PULLEY BRACKET	1
25	CABLE RETAINER BRACKET	8
44	FLAT WASHER SAE B/O 3/8"	26
50	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	6
51	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	4
54	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4	1
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	2
66	NYLON INSERT LOCK NUT B/O 3/8-16	2
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	11
71	NYLON PULLEY 3 1/2 RD, WHITE	10
85	RUBBER GROMMET 3/4" ID (2867-012)	2

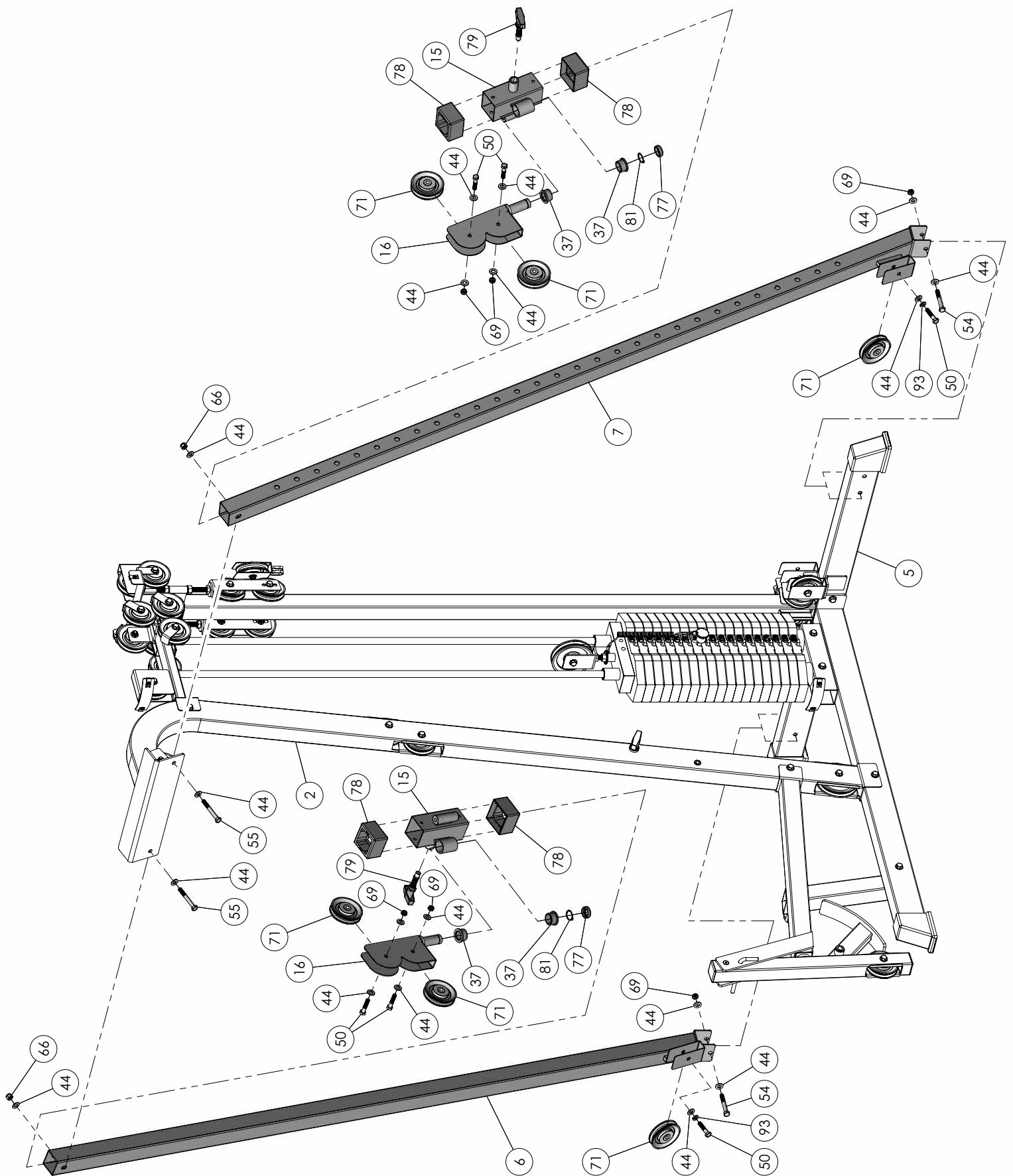




Step 9 Assembly of the Selectorized Uprights

- A. Insert the **Assembled Carriages (#15)** onto the **Selectorized Uprights (#6 & #7)** as shown.
- B. Assemble the **Selectorized Uprights (#6 & #7)** to the **Rear Frame (#5)** and the **Front Frame (#2)** using hardware shown.
- C. Install two Nylon Pulleys 3 1/2 Rd. (#71) to the pulley brackets of the **Selectorized Uprights (#6 & #7)** using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#50), two Split Lock Washers 3/8" (#93), and two Flat Washers SAE 3/8" (#44).
- D. Install four Nylon Pulleys 3 1/2 Rd. (#71) to the **High/Low Pulley Brackets (#16)** using four Hex Head Cap Screws 3/8-16 X 1 3/4 (#50), eight Flat Washers SAE 3/8" (#44), and four Nylon Insert Jam Lock Nuts 3/8-16 (#69).

Assembly List		
Item #	Description	Qty.
6	SELECTORIZED UPRIGHT RT	1
7	SELECTORIZED UPRIGHT LT	1
15	CARRIAGE	2
16	HIGH/LOW DOUBLE PULLEY BRKT	2
37	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8	4
44	FLAT WASHER SAE B/O 3/8"	18
50	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	6
54	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4	2
55	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	2
66	NYLON INSERT LOCK NUT B/O 3/8-16	2
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	6
71	NYLON PULLEY 3 1/2 RD, WHITE	6
77	PLASTIC TUBE END 1 X 1 1/4 X 3/8	2
78	PLASTIC TUBE GUIDE W/LIP-TEETH 2 1/2" SQ.	4
79	PUSH PULL PIN 1/2 X 2 7/8 LIGHT SPRING	2
81	RETAINING SNAP RING EXT. PLAIN .925 X 1 X .042	2
93	SPLIT LOCK WASHER B/O 3/8"	2





Step 10 Routing of the Leg Extension / Abdominal Cable (Left Side View)

- A. Route the **Leg Extension / Abdominal Cable (#30)** under Nylon Pulleys Labeled **A1**, **A2** & **A3**). Next, route up to the **Top Support Pulley Bracket (#17)** passing over the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A4**) and under the **Cable Retainer (#25)**.
- B. Locate one of the assembled **Closed End Adjustable Pulley Brkts (#24)** and route the cable under the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A5**). Next, route up to the **Guide Rod Retainer (#14)** passing over the Nylon Pulleys 3 1/2 Rd. (#71-Labeled **A6** & **A7**) and under the **Cable Retainers (#25)**.
- C. Route the cable down to the **Top Plate Pulley Bracket (#23)** and route it under the Nylon Pulley 4 1/2 Rd. (#70-Labeled **A8**). Then, up to the **Guide Rod Retainer (#14)** passing over the Nylon Pulleys 3 1/2 Rd. (#71-Labeled **A9** & **A10**) and under the **Cable Retainers (#25)**.
- D. Locate the other assembled **Closed End Adjustable Pulley Brkt (#24)** and route the cable under the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A11**). Next, route up to the **Top Support Pulley Bracket (#17)** passing over the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A12**) and under the **Cable Retainer (#25)**.
- E. Locate the **Floating Pulley Bracket (#22)** and route the cable under the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A13**). Next, route up to the **Top Support Pulley Bracket (#17)** passing over the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A14**).
- F. Route the cable to the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A15**). Next, route down to the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A16**) passing over the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A17**).
- G. Assemble the Abdominal Crunch Harness (#35) to the Cable-end using hardware shown. Affix the Nylon Ball w/Threaded Socket to the **Cable (#30)** by threading the Socket Set Screw 3/8-16 X 3/4 (#110).
- H. Assemble the Low Row Bar (#61) to the **Cable (#30)** using hardware shown.

Assembly List

Item #	Description	Qty.
30	LEG EXTENSION / ABDONIMAL CABLE	1
35	ABDOMINAL CRUNCH HARNESS	1
61	LOW ROW BAR 20"	1
63	NYLON BALL 1 3/4 X 5/16	1
67	NYLON INSERT LOCK NUT B/O 5/16-18	2
84	RUBBER GRIP 1 X 6 1/4	2
88	SHOULDER BOLT ALLOY 3/8 X 3/4	2
89	SNAP LINK Z/P 8MM X 80MM	3
95	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2
99	COIL CHAIN Z/P 3/16 X 21	1
109	NYLON BALL W/THREADED SOCKET 1 3/4 X 5/16	1
110	SOCKET SET SCREW 3/8-16 X 3/4	1

Step 10 Routing of the Leg Extension / Abdominal Cable (Right Side View)

- A. Route the **Leg Extension / Abdominal Cable (#30)** under Nylon Pulleys Labeled **A1**, **A2** & **A3**). Next, route up to the **Top Support Pulley Bracket (#17)** passing over the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A4**) and under the **Cable Retainer (#25)**.
- B. Locate one of the assembled **Closed End Adjustable Pulley Brkts (#24)** and route the cable under the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A5**). Next, route up to the **Guide Rod Retainer (#14)** passing over the Nylon Pulleys 3 1/2 Rd. (#71-Labeled **A6** & **A7**) and under the **Cable Retainers (#25)**.
- C. Route the cable down to the **Top Plate Pulley Bracket (#23)** and route it under the Nylon Pulley 4 1/2 Rd. (#70-Labeled **A8**). Then, up to the **Guide Rod Retainer (#14)** passing over the Nylon Pulleys 3 1/2 Rd. (#71-Labeled **A9** & **A10**) and under the **Cable Retainers (#25)**.
- D. Locate the other assembled **Closed End Adjustable Pulley Brkt (#24)** and route the cable under the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A11**). Next, route up to the **Top Support Pulley Bracket (#17)** passing over the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A12**) and under the **Cable Retainer (#25)**.
- E. Locate the **Floating Pulley Bracket (#22)** and route the cable under the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A13**). Next, route up to the **Top Support Pulley Bracket (#17)** passing over the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A14**).
- F. Route the cable to the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A15**). Next, route down to the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A16**) passing over the Nylon Pulley 3 1/2 Rd. (#71-Labeled **A17**).
- G. Assemble the Abdominal Crunch Harness (#35) to the Cable-end using hardware shown. Affix the Nylon Ball w/Threaded Socket to the **Cable (#30)** by threading the Socket Set Screw 3/8-16 X 3/4 (#110).
- H. Assemble the Low Row Bar (#61) to the **Cable (#30)** using hardware shown.

Assembly List

Item #	Description	Qty.
30	LEG EXTENSION / ABDONIMAL CABLE	1
35	ABDOMINAL CRUNCH HARNESS	1
61	LOW ROW BAR 20"	1
63	NYLON BALL 1 3/4 X 5/16	1
67	NYLON INSERT LOCK NUT B/O 5/16-18	2
84	RUBBER GRIP 1 X 6 1/4	2
88	SHOULDER BOLT ALLOY 3/8 X 3/4	2
89	SNAP LINK Z/P 8MM X 80MM	3
95	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2
99	COIL CHAIN Z/P 3/16 X 21	1
109	NYLON BALL W/THREADED SOCKET 1 3/4 X 5/16	1
110	SOCKET SET SCREW 3/8-16 X 3/4	1



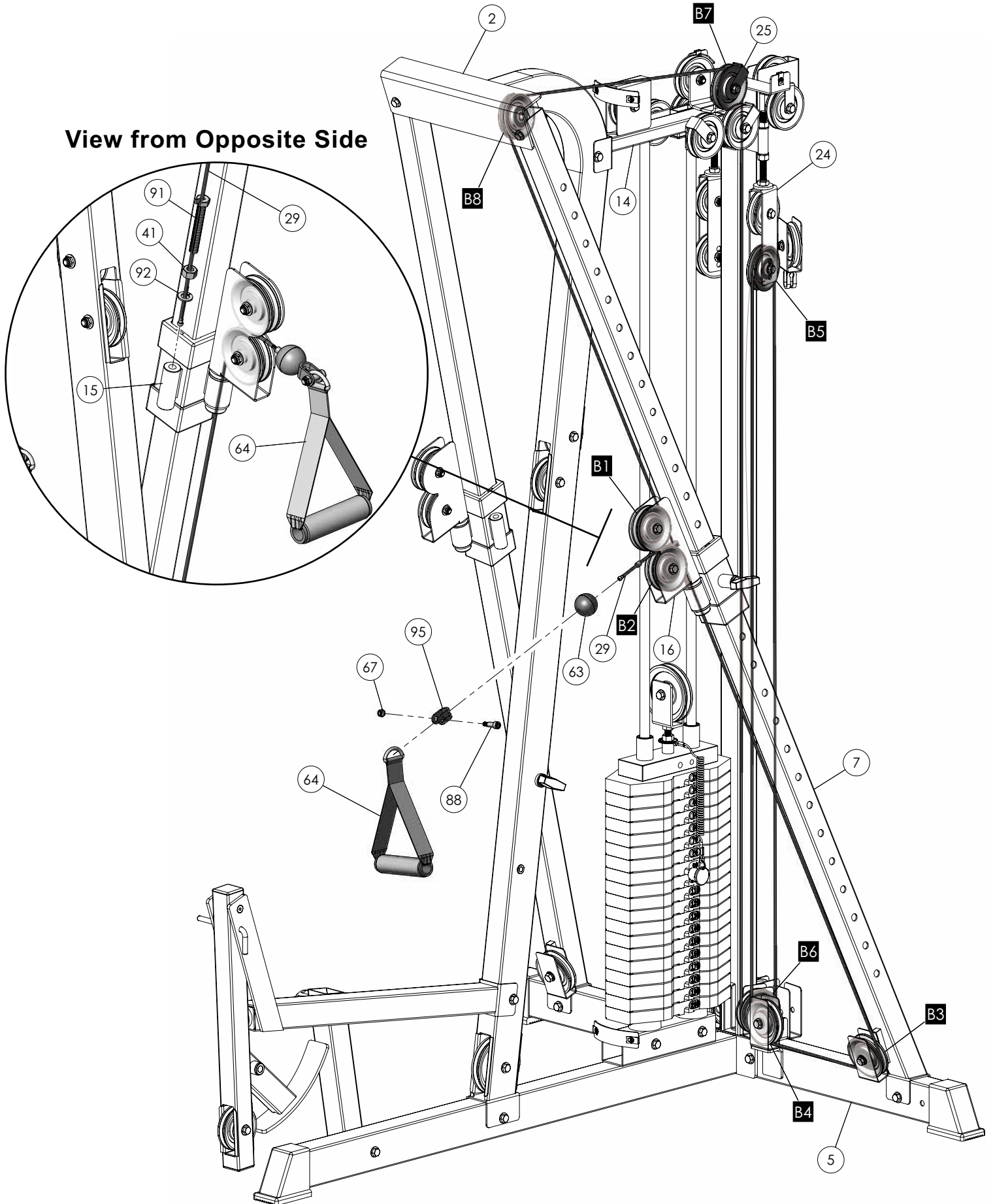
Step 11 Routing one of the Crossover Cables to the Left Side of the Unit

- A. Route the **Crossover Cable (#29)** between Nylon Pulleys (#71-Labeled **B1** & **B2**). Next, route through the tube of the **High/Low Double Pulley Brkt (#16)** and down to the Nylon Pulley (#71-Labeled **B3**).
- B. Route the cable under the Nylon Pulley (#71-Labeled **B4**) then up to the **Closed End Adjustable Pulley Brkt (#24)** and route the cable over the Nylon Pulley (#71-Labeled **B5**). Next, route down and under the Nylon Pulley (#71-Labeled **B6**).
- C. Route up to the **Guide Rod Retainer (#14)** passing over the Nylon Pulley (#71-Labeled **B7**) and under the **Cable Retainer (#25)**. Next, route over the Nylon Pulley (#71-Labeled **B8**).
- D. Route the cable to the threaded socket of the **Carriage (#15)**. Secure the **Cable (#29)** to the **Carriage (#15)** using one Split Hex Tap Bolt 1/2-13 X 3 1/2 (#91), one Finished Hex Nut 1/2-13 (#41), and one Split Washer 1/2" (#92).
- E. Assemble one of the Nylon D Handles (#64) to the **Cable (#29)** using hardware shown.

Assembly List

Item #	Description	Qty.
29	CROSSOVER CABLE	1
41	FINISHED HEX NUT B/O 1/2-13	1
63	NYLON BALL 1 3/4 X 5/16	1
64	NYLON D HANDLE (# H834A)	1
67	NYLON INSERT LOCK NUT B/O 5/16-18	1
88	SHOULDER BOLT ALLOY 3/8 X 3/4	1
91	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	1
92	SPLIT LOCK WASHER B/O 1/2"	1
95	STRAP BRACKET 20 #SF20 STAINLESS STEEL	1

View from Opposite Side



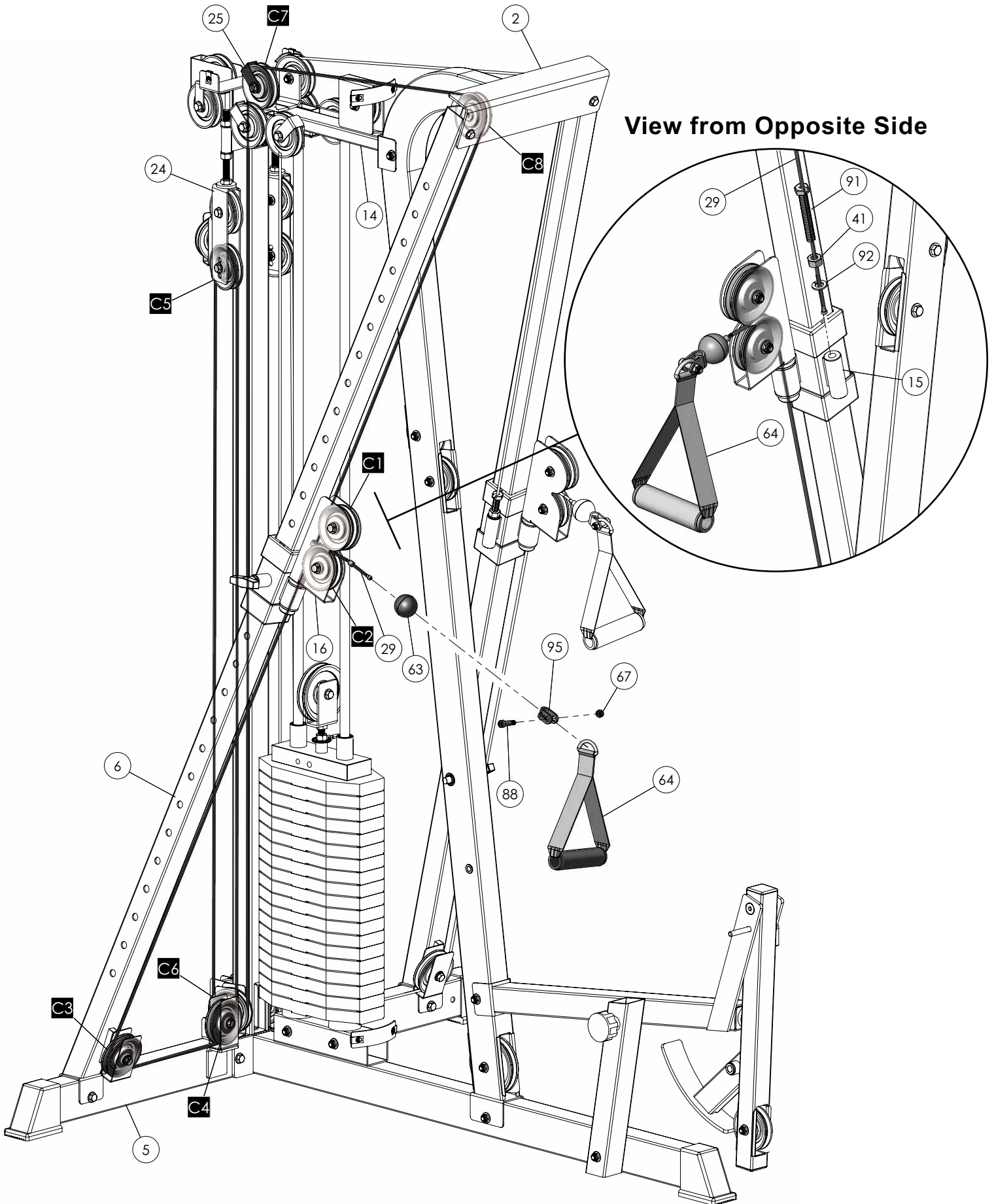


Step 12 Routing of the other Crossover Cable to the Right Side of the Unit

- A. Route the **Crossover Cable (#29)** between Nylon Pulleys (#71-Labeled **C1** & **C2**). Next, route through the tube of the **High/Low Double Pulley Brkt (#16)** and down to the Nylon Pulley (#71-Labeled **C3**).
- B. Route the cable under the Nylon Pulley (#71-Labeled **C4**) then up to the **Closed End Adjustable Pulley Brkt (#24)** and route the cable over the Nylon Pulley (#71-Labeled **C5**). Next, route down and under the Nylon Pulley (#71-Labeled **C6**).
- C. Route up to the **Guide Rod Retainer (#14)** passing over the Nylon Pulley (#71-Labeled **C7**) and under the **Cable Retainer (#25)**. Next, route over the Nylon Pulley (#71-Labeled **C8**).
- D. Route the cable to the threaded socket of the **Carriage (#15)**. Secure the **Cable (#29)** to the **Carriage (#15)** using one Split Hex Tap Bolt 1/2-13 X 3 1/2 (#91), one Finished Hex Nut 1/2-13 (#41), and one Split Washer 1/2" (#92).
- E. Assemble the other Nylon D Handle (#64) to the **Cable (#29)** using hardware shown.

Assembly List

Item #	Description	Qty.
29	CROSSOVER CABLE	1
41	FINISHED HEX NUT B/O 1/2-13	1
63	NYLON BALL 1 3/4 X 5/16	1
64	NYLON D HANDLE (# H834A)	1
67	NYLON INSERT LOCK NUT B/O 5/16-18	1
88	SHOULDER BOLT ALLOY 3/8 X 3/4	1
91	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	1
92	SPLIT LOCK WASHER B/O 1/2"	1
95	STRAP BRACKET 20 #SF20 STAINLESS STEEL	1



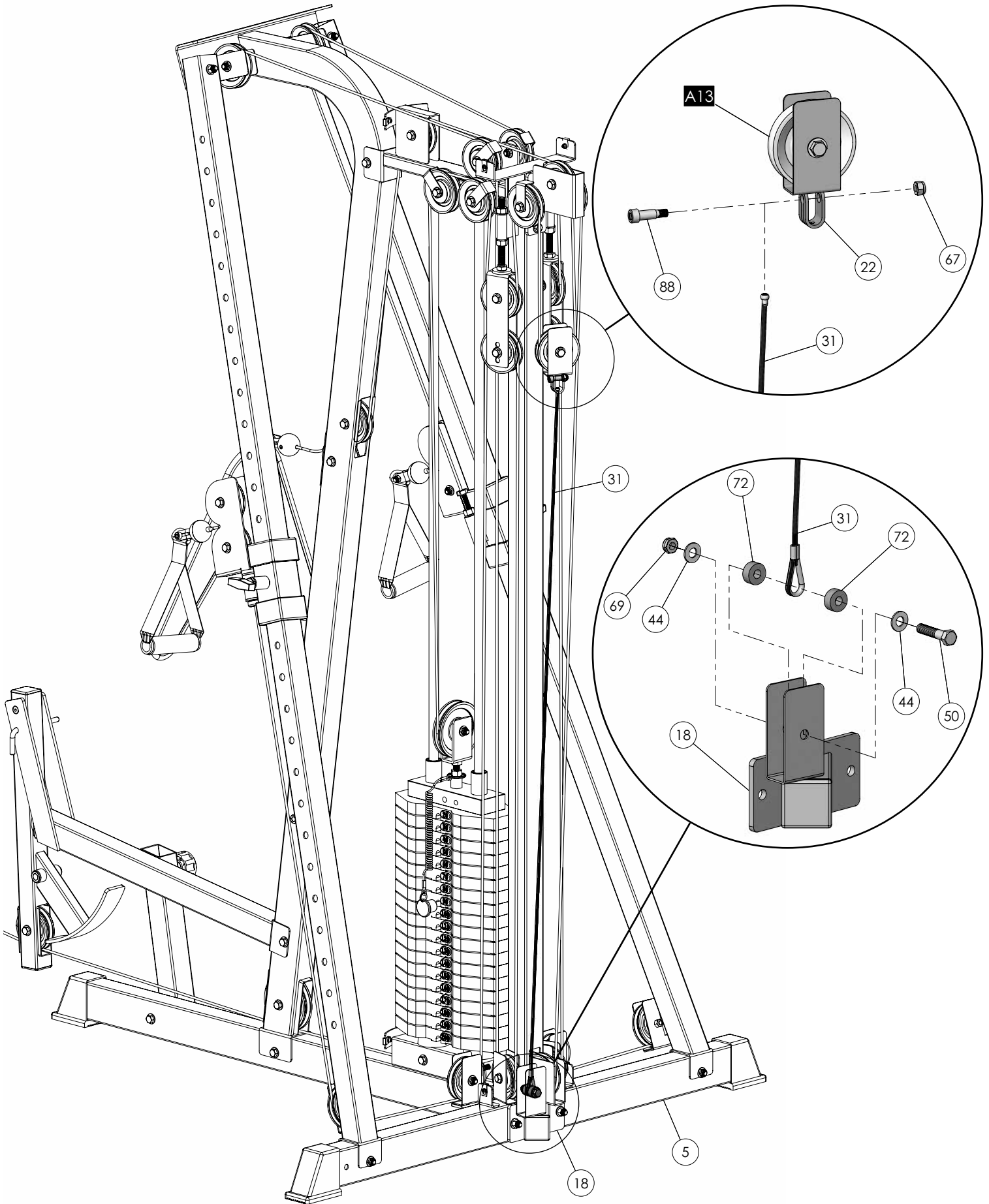


Step 13 Routing of the Tension Cable

- A. Attach the **Tension Cable (#31)** to the **Floating Pulley Bracket (#22)** and secure it into place using one shoulder Bolt 3/8 X 3/4 (#88) and one Nylon Insert Lock Nut 5/16-18 (#67).
- B. Route the Cable down and secure it to the **Bottom Support Pulley Brkt (#18)** using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#50), two Flat Washers SAE 3/8" (#44), two Nylon Spacers 3/8 X 3/4 X 3/8 (#72), and one Nylon Insert Jam Lock Nut 3/8-16 (#69).

Assembly List

Item #	Description	Qty.
31	TENSION CABLE	1
44	FLAT WASHER SAE B/O 3/8"	2
50	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	1
67	NYLON INSERT LOCK NUT B/O 5/16-18	1
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	1
72	NYLON SPACER 3/8 X 3/4 X 3/8	2
88	SHOULDER BOLT ALLOY 3/8 X 3/4	1

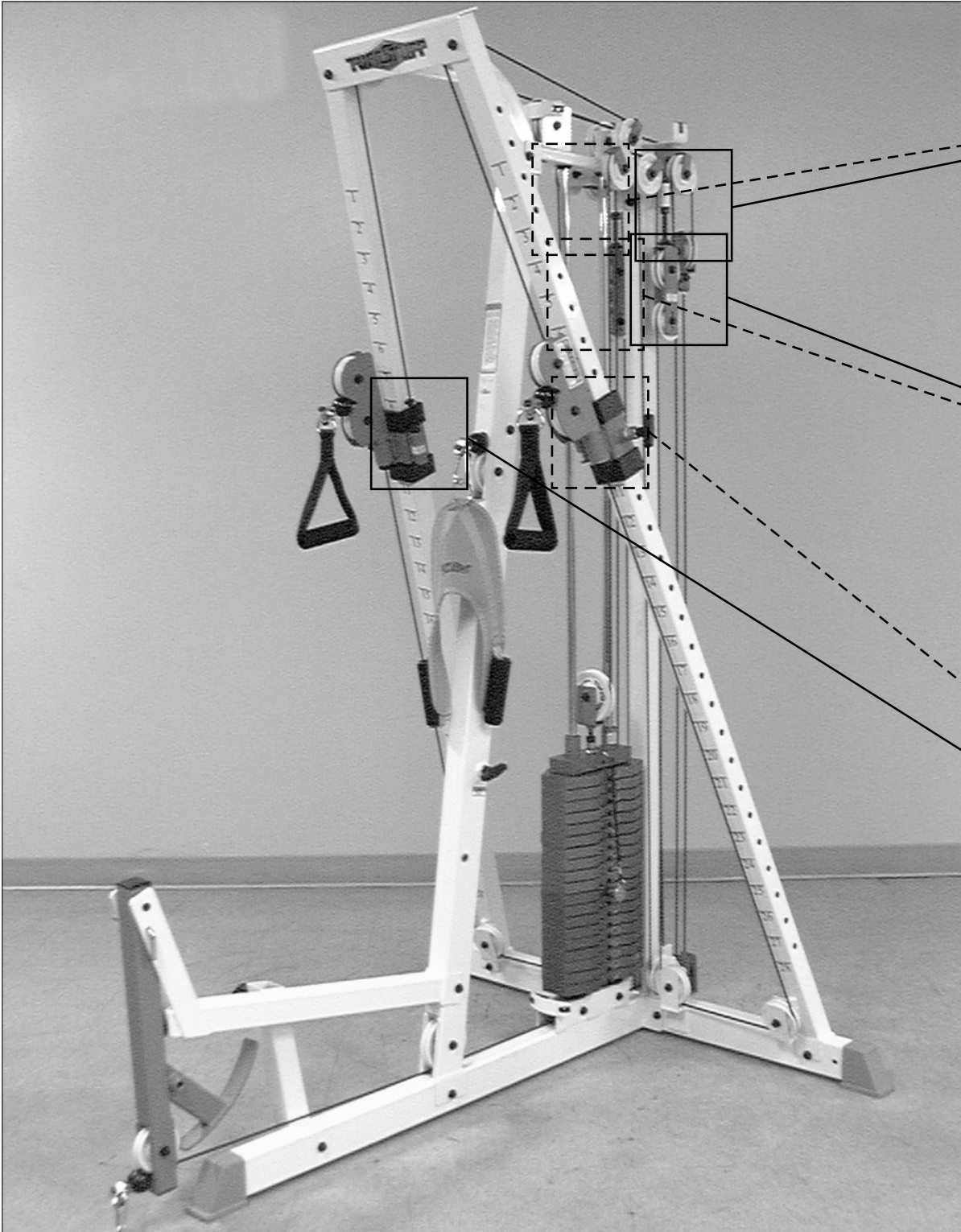


Step 14 Cable Adjustment

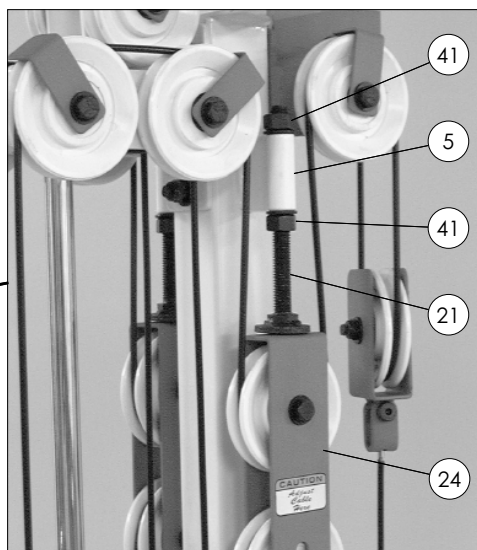
It is imperative that you maintain proper cable adjustment to ensure a safe and smooth operation.



Caution: The cable should be inspected and adjusted periodically to avoid any slack in the cable, which would, consequently, prevent any damage to the equipment or personal injury.



Step 14 Cable Adjustment



Adjustment for: Adjustable Stoppers (#21)

1. Loosen both Finished Hex Nuts (#41).
2. Adjust the **Adjustable Stopper (#21)** to make contact with the **Closed-end Adjustable Pulley Brkt (#24)**.
3. Re-tighten both Finished Hex Nuts (#41) to complete the adjustment.

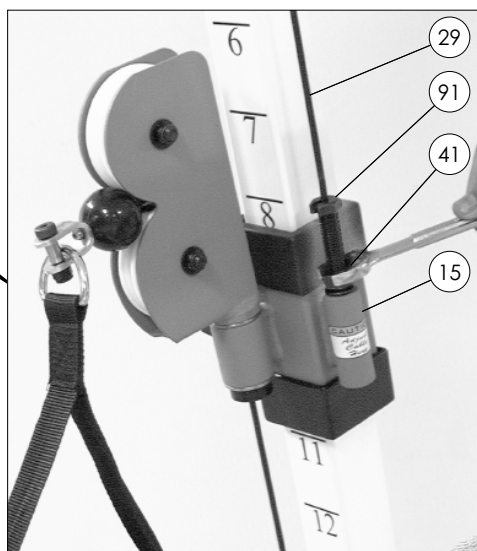


Note: Be sure the **Closed-end Adjustable Pulley Brkt (#24)** is making contact with the **Adjustable Stopper (#21)**.



Major Cable Adjustment:

1. Remove the hardware from the Nylon Pulley (#71) located at one of the three holes on the **Closed-end Adjustable Pulley Brkt (#24)**.
2. By interchanging the Nylon Pulley (#71) within the **Closed-end Adjustable Pulley Brkt (#24)** to the next adjustment hole it will make one-inch cable adjustment.
3. Re-tighten the hardware for the Nylon Pulley (#71) to complete the adjustment.



Minor Cable Adjustment:

1. Loosen the Finished Hex Nut (#41).
2. Thread the Split Hex Tap Bolt 1/2-13 X 3 1/2 (#91) in or out of the threaded socket of the **Carriage (#15)** to give the cables proper tension.
3. Re-tighten the Finished Hex Nut (#41) to complete the adjustment.



Caution: Make sure the Split Hex Tap Bolt 1/2-13 X 3 1/2 (#91) is threaded at least 1/2" into the threaded socket of the **Carriage (#15)** once the cable adjustment has been completed.

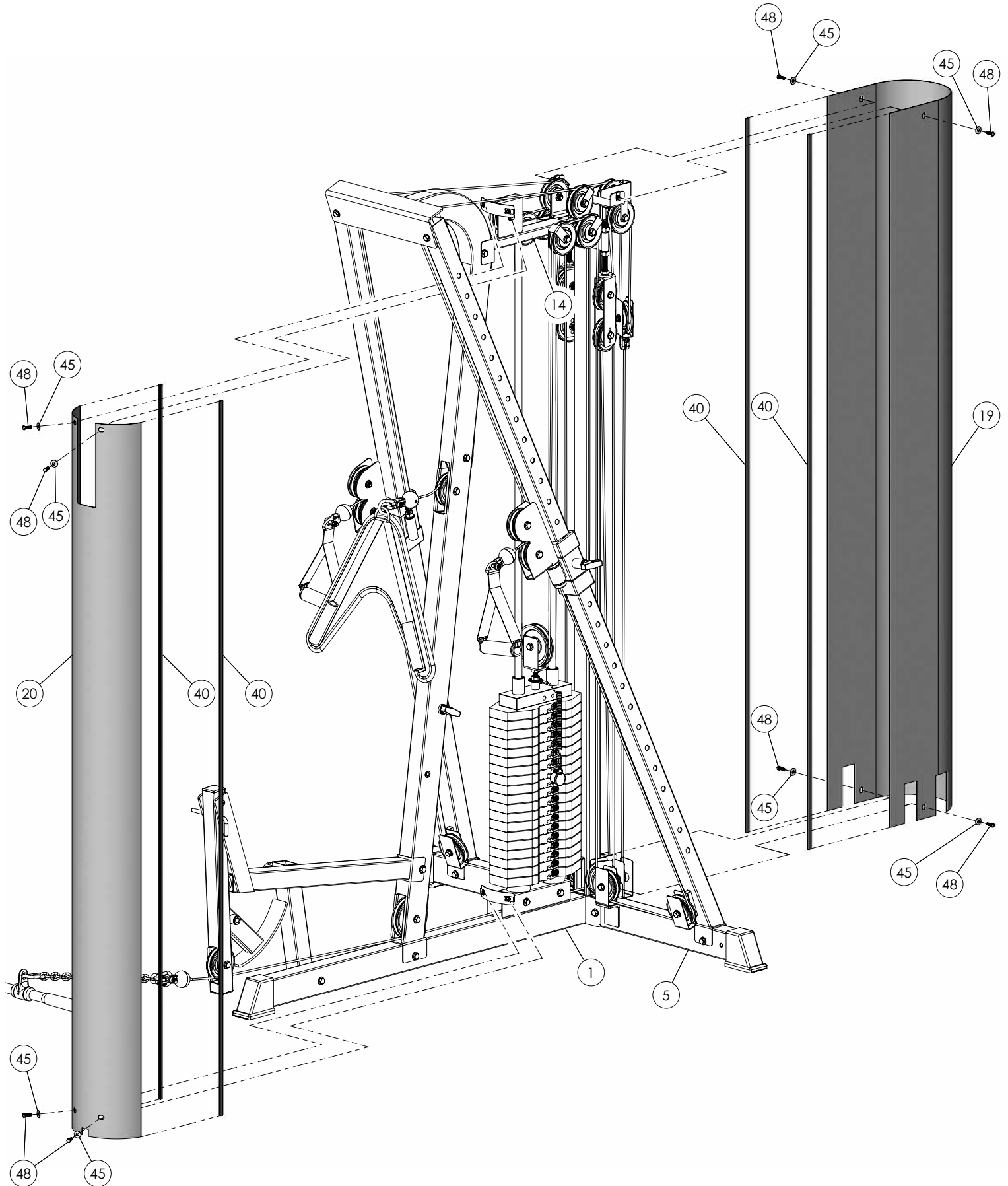


Step 15 Weight Shields Assembly

- A. Attach the **Front Weight Shield (#20)** to the **Base Frame (#1)** and the **Guide Rod Retainer (#14)** using four Hex Head Cap Screws 1/4-20 X 3/4 (#48), and four Flat Washers USS 1/4" (#45).
- B. Attach the **Rear Weight Shield (#19)** to the **Rear Frame (#5)** using four Hex Head Cap Screws 1/4-20 X 3/4 (#48), and four Flat Washers USS 1/4" (#45).

Assembly List

Item #	Description	Qty.
19	WEIGHT SHIELD REAR	1
20	WEIGHT SHIELD FRONT	1
40	EDGE PROTECTOR BLACK 1/16	4
45	FLAT WASHER USS B/O 1/4"	8
48	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	8





Step 16 Back Pad Assembly

- A. Attach the **Back Pad Adjustable Bracket (#3)** to the **Front Frame (#2)** using one Hex Head Cap Screw 3/8-16 X 3 1/4 (#56), two Flat Washers SAE 3/8" (#44), two Nylon Flat Washers 3/8" (#65), and one Nylon Insert Jam Lock Nut 3/8-16 (#69).
- B. Attach two Metal Hinges (#62) to the **Back Pad Adjustable Bracket (#3)**. Then, attach the **Back Pad (#27)** to the Metal Hinges (#62) using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#49), and two Flat Washers SAE 3/8" (#44).
- C. Attach the Rubber Bumper 3/8 X 1 1/2 (#82) to the **Back Pad (#27)** using one Hex Head Cap Screw 3/8-16 X 1 1/4 (#49),
- D. Insert the **Foot Roll Tube 1 X 27 (#4)** into the receptacle of the **Back Pad Adjustable Bracket (#3)**. Use a measuring tape to center the **Foot Roll Tube 1 X 27 (#4)** to the **Back Pad Adjustable Bracket (#3)** and secure it into place using one Socket Set Screw 1/4-20 X 1/4 (#90).
- E. Attach two Foam Rolls 1 X 4 X 7 1/4 (#32) and two Foot Roll Plastic End Caps 1" (#46) to the **Foot Roll Tube 1 X 27 (#4)**.

Assembly List

Item #	Description	Qty.
3	BACK PAD ADJUSTABLE BRACKET	1
4	FOOT ROLL TUBE 1 X 27	1
27	BACK PAD	1
32	FOAM ROLL 1 X 4 X 7 1/4	2
44	FLAT WASHER SAE B/O 3/8"	4
46	FOOT ROLL PLASTIC END CAP 1"	2
49	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/4	3
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	1
62	METAL HINGE	2
65	NYLON FLAT WASHER 3/8	2
69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	1
82	RUBBER BUMPER 3/8 X 1 1/2	1
90	SOCKET SET SCREW ALLOY 1/4-20 X 1/4	1

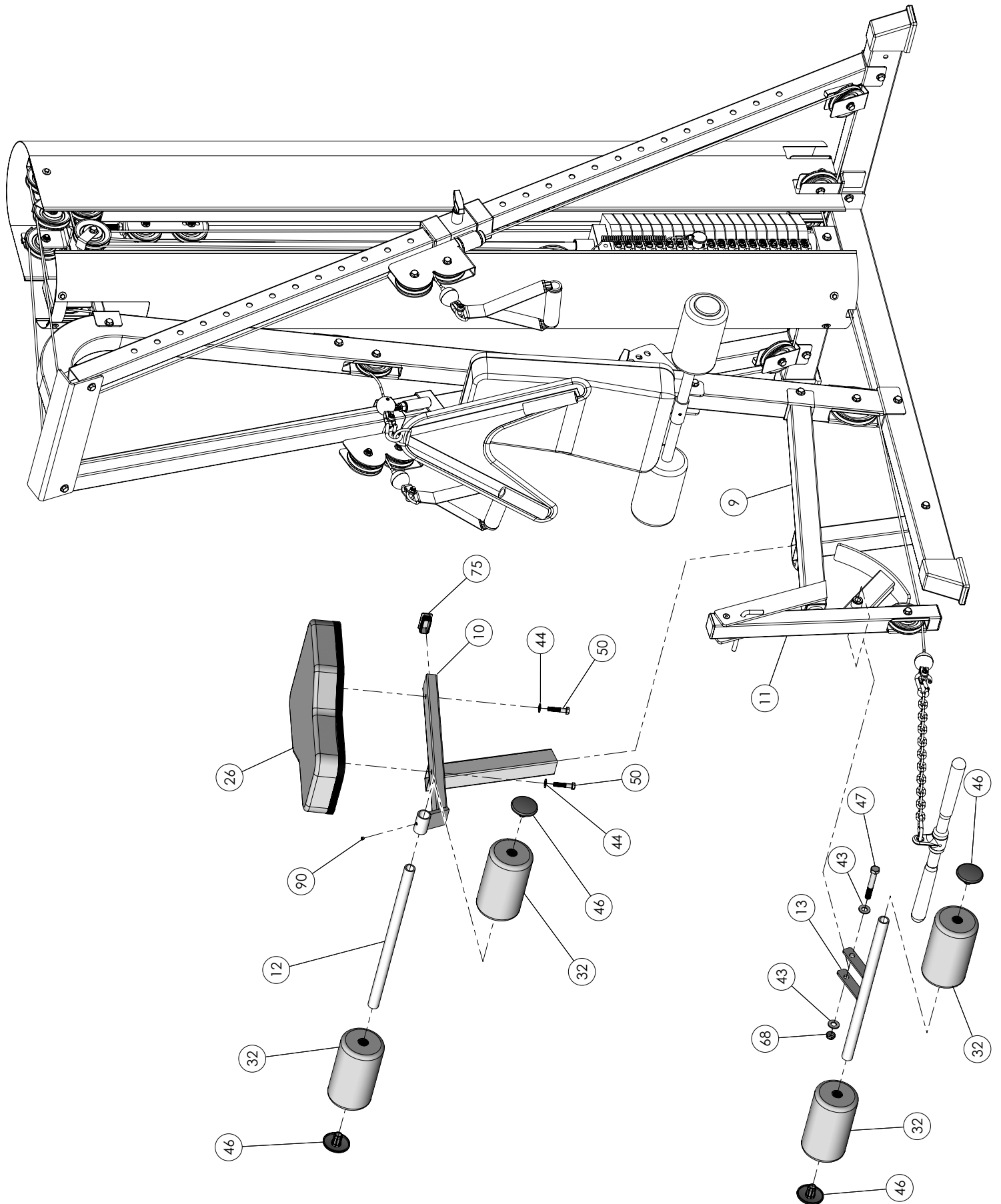


Step 17 Seat Pad & Foot Roll Bracket Assembly

- A. Using a rubber mallet, insert one Plastic Insert Cap 1 X 2 (#75) into the tube-end of the **Adjustable Seat Frame (#10)**.
- B. Attach the **Seat Pad (#26)** to the **Adjustable Seat Frame (#10)** using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#50), and two Flat Washers SAE 3/8" (#44).
- C. Insert the **Foot Roll Tube 1 X 18 (#12)** into the receptacle of the **Adjustable Seat Frame (#10)**. Use a measuring tape to center the **Foot Roll Tube 1 X 18 (#12)** to the **Adjustable Seat Frame (#10)** and secure it into place using one Socket Set Screw 1/4-20 X 1/4 (#90).
- D. Attach the **Foot Roll Bracket (#13)** to the **Leg Extension Arm (#11)** using one Hex Head Cap Screw 1/2-13 X 3 1/2 (#47), two Flat Washers SAE 1/2" (#43), and one Nylon Insert Jam Lock Nut 1/2-13 (#68).
- E. Attach Foam Rolls 1 X 4 X 7 1/4 (#32) and Foot Roll Plastic End Caps 1" (#46) to the **Foot Roll Tube 1 X 18 (#12)** and the **Foot Roll Bracket (#13)**.

Assembly List

Item #	Description	Qty.
10	ADJUSTABLE SEAT FRAME	1
12	FOOT ROLL TUBE 1 X 18	1
13	FOOT ROLL BRACKET	1
26	SEAT PAD	1
32	FOAM ROLL 1 X 4 X 7 1/4	4
43	FLAT WASHER SAE B/O 1/2"	2
44	FLAT WASHER SAE B/O 3/8"	2
46	FOOT ROLL PLASTIC END CAP 1"	4
47	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 1/2	1
50	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	2
68	NYLON INSERT JAM LOCK NUT B/O 1/2-13	1
75	PLASTIC INSERT CAP 1" X 2" _ 10-14 GA.	1
90	SOCKET SET SCREW ALLOY 1/4-20 X 1/4	1



Step 18 Detail assembly inspection

- A. Check all hardware assemblies to be fully fastened.
- B. Check cables to be properly routed.
- C. Test cables to be running smoothly through pulleys using only the weight of the Top Plate.





COLOR CHART
GRAY= SUB-ASSEMBLY PARTS
BLACK= HARDWARE

ACS-100
Parts List

Item No.	Description	Part No.	Qty	Item No.	Description	Part No.	Qty
1	BASE FRAME	UP2810	1	56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	BNH0312	5
2	FRONT FRAME	UP2813	1	57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/2	BNH0284	1
3	BACK PAD ADJUSTABLE BRACKET	UP0554	1	58	HEX KEY 1/8"	BNH0767	1
4	FOOT ROLL TUBE 1 X 27	UP0743	1	59	HEX KEY 3/16"	BNH0371	1
5	REAR FRAME	UP2814	1	60	L-LOCKING PIN	BNH0045	1
6	SELECTORIZED UPRIGHT RT	UP2811	1	61	LOW ROW BAR 20"	BNH0294	1
7	SELECTORIZED UPRIGHT LT	UP2812	1	62	METAL HINGE	BNH0046	2
8	CHROME SOLID GUIDE ROD 3/4 X 72	UP0124	2	63	NYLON BALL 1 3/4 X 5/16	BNH0047	3
9	LEG EXTENSION BENCH FRAME	UP2809	1	64	NYLON D HANDLE (# H834A)	BNH1215	2
10	ADJUSTABLE SEAT FRAME	UP2806	1	65	NYLON FLAT WASHER 3/8	BNH0248	2
11	LEG EXTENSION ARM	UP2804	1	66	NYLON INSERT LOCK NUT B/O 3/8-16	BNH0214	6
12	FOOT ROLL TUBE 1 X 18	UP2808	1	67	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	5
13	FOOT ROLL BRACKET	UP2815	1	68	NYLON INSERT JAM NUT B/O 1/2-13	BNH0366	1
14	GUIDE ROD RETAINER	UP2807	1	69	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	41
15	CARRIAGE	UP2797	2	70	NYLON PULLEY 4 1/2 RD., WHITE	BNH0556	2
16	HIGH/LOW DOUBLE PULLEY BRKT	UP1023	2	71	NYLON PULLEY 3 1/2 RD., WHITE	BNH1136	31
17	TOP SUPPORT PULLEY BRACKET	UP2799	1	72	NYLON SPACER 3/8 X 3/4 X 3/8	BNH0392	2
18	BOTTOM SUPPORT PULLEY BRKT	UP2805	1	73	PLASTIC END CAP W/GROOVE 3 X 2 GREY	BNH0134	3
19	WEIGHT SHIELD, REAR	UP2816	1	74	PLASTIC INSERT CAP 1 3/4" SQ. 10-14 GA.	BNH0053	2
20	WEIGHT SHIELD, FRONT	UP2817	1	75	PLASTIC INSERT CAP 1" X 2" 10-14 GA.	BNH0005	3
21	ADJUSTABLE STOPPER	UP2800	2	76	PLASTIC INSERT CAP 2" SQ	BNH0012	1
22	FLOATING PULLEY BRACKET	UP2801	1	77	PLASTIC TUBE END 1 X 1 1/4 X 3/8	BNH1089	2
23	TOP PLATE PULLEY BRACKET	UP2802	1	78	PLASTIC TUBE GUIDE W/LIP-TEETH 2 1/2" SQ.	BNH0060	4
24	CLOSED END ADJUSTABLE PULLEY BKT	UP2803	2	79	PUSH PULL PIN 1/2 X 2 7/8 LIGHT SPRING	BNH0542	2
25	CABLE RETAINER BRACKET	UP0998	8	80	PUSH PULL PIN 1/2 X 3 1/2 REGULAR	BNH0520	1
26	SEAT PAD	UP0173	1	81	RETAINING SNAP RING EXT. PLAIN .925 X 1 X .042	BNH0419	2
27	BACK PAD	UP0370	1	82	RUBBER BUMPER 3/8 X 1 1/2	BNH0514	1
28	SELECTOR PIN W/COIL 3/8 X 3 1/2 GOLD KNOB	UP3051	1	83	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2
29	CROSSOVER CABLE	UP2819	2	84	RUBBER GRIP 1 X 6 1/4	BNH0296	2
30	LEG EXTENSION / ABDOMINAL CABLE	UP2820	1	85	RUBBER GROMMET 3/4" ID (2867-012)	BNH0401	2
31	TENSION CABLE	UP2818	1	86	SEX BOLT FEMALE 1/2 X 2 5/16	BNH1393	1
32	FOAM ROLL 1 X 4 X 7 1/4	UP0375	6	87	SEX BOLT MALE 5/16-20 X 3/4	BNH1392	1
33	10 LB CAST WEIGHT PLATE GREY	BNH0904	19	88	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	5
34	10 LB TOP PLATE/SELECTOR BAR GREY 19 WTS.	BNH0932	1	89	SNAP LINK Z/P 8MM X 80MM	BNH0065	3
35	ABDOMINAL CRUNCH HARNESS	BNH0235	1	90	SOCKET SET SCREW ALLOY 1/4-20 X 1/4	BNH0790	2
36	ANKLE STRAP	BNH1435	1	91	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	BNH1131	2
37	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8	BNH0527	4	92	SPLIT LOCK WASHER B/O 1/2"	BNH0653	7
38	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8	BNH0528	4	93	SPLIT LOCK WASHER B/O 3/8"	BNH0658	2
39	BRONZE BUSHING 3/8 X 1/2 X 1/2 X 11/16 X 1/16	BNH0738	2	94	HEX KEY M8	BNH0571	1
40	EDGE PROTECTOR BLACK 1/16	BNH0587	4	95	STRAP BRACKET 20 #SF20 STAINLESS STEEL	BNH0562	4
41	FINISHED HEX NUT B/O 1/2-13	BNH0201	7	96	TURN/PULL PIN W/KNOB AND LOCK	BNH0989	1
42	FLAT PHILLIPS MACHINE SCREW 8-32 X 1/4	BNH0408	1	97	URETHANE BUMPER 1 3/4	BNH0229	1
43	FLAT WASHER SAE B/O 1/2"	BNH0238	2	98	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	8
44	FLAT WASHER SAE B/O 3/8"	BNH0239	100	99	COIL CHAIN Z/P 3/16 X 21	BNH1262	1
45	FLAT WASHER USS B/O 1/4"	BNH0233	8	100	DECAL-EXERCISE CHART	BNH1486	2
46	FOOT ROLL PLASTIC END CAP 1"	BNH0397	6	101	DECAL-NUMBERS 1-28	BNH1487	2
47	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 1/2	BNH0263	1	102	DECAL-ADJUST CABLE HERE	BNH0789	4
48	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	BNH0890	8	103	DECAL-CAUTION 1 3/4 X 5 1/2	BNH0126	1
49	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/4	BNH0273	3	104	DECAL-DANGER TIGHTEN THIS RET.... 3/4 X 1 1/2	BNH0142	3
50	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	27	105	DECAL-FOR BEST PERFORMANCE 1 1/4 X 1 1/2	BNH0143	1
51	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	BNH0279	5	106	DECAL-LARGE TUFFSTUFF	BNH0360	1
52	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/2	BNH0276	3	107	DECAL-NUMBERS 20-200 LBS. SET	BNH0902	1
53	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/4	BNH0277	1	108	DECAL-WARNING KEEP HANDS AND FINGERS..	BNH0620	2
54	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4	BNH0278	7	109	NYLON BALL W/THREADED SOCKET 1 3/4 X 5/16	BNH0022	1
55	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	2	110	SOCKET SET SCREW ALLOY 3/8-16 X 3/4	BNH0476	1

ACS-100 Basic Exercise Guide



Lat Pulldown



Triceps Extension



Triceps Pushdown



Pectoral Crossover



Abdominal Crunch



Chest Press



Incline Press



Seated Mid Row



Pectoral Fly



Rear Delt



Lateral Crossover



Lateral Pull-In



Oblique Twist



Upright Row



Deltoid Raise



Standing Arm Curl

ACS-100 Basic Exercise Guide



Back Kick



Inner Thigh



Outer Thigh



Side Bend



Leg Extension



Standing Leg Curl



Leg Press (optional)

Weight Training Safety Tips:

It is important to read all caution and warning labels posted on the machine. Follow proper safety procedures and rules, and become familiar with the equipment and adjustments.

Before use, inspect equipment for wear and tear. Walk around the equipment to look for worn or loose fittings, frayed cables and dry, unlubricated guide rods.

Before beginning any type of exercise program, it's important to consult your physician if you have not been involved in a regular exercise program, smoke or have signs of high blood pressure.

Always warm-up before and cool-down after weight training. Warm-up for 10-15 minutes with stretching and cardiovascular exercises. Cool-down should include light stretching exercises for 5-15 minutes.

Never hold your breath – will limit the flow of oxygen to your brain and may cause dizziness. The most often used breathing pattern is inhaling during least resistance and exhaling during maximum resistance.

The length of rest interval between sets for an average weight training session should be one minute. More intense and advanced training session, three minutes between sets.

If you are unfamiliar with the equipment or exercises, please consult with a certified instructor or TuffStuff Authorized Dealer to prevent the possibilities of injuries, development of poor form and bad habits.

Questions or for more information, please contact TuffStuff at 909-629-1600 or email: info@tuffstuff.net.

SUGGESTED EXERCISE PROGRAM

<u>Desired Muscular Results</u>	<u># Sets</u>	<u># Repetitions</u>	<u>Intensity</u>
1. For Strength and Size	3 – 5	5 – 8	70% – 80% 1RM*
2. Definition & Muscular Endurance	3 – 5	9 – 15	40% – 70% 1RM*
3. General Fitness & Circuit Weight Training	3 – 5	10 – 15	40% – 70% 1RM*

* 1RM (one repetition maximum) = Maximum amount of weight you can use for one repetition in good form.

A typical order of exercises: • Abdominals • Thighs • Chest • Back • Shoulders • Triceps • Biceps



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 weekly 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 and early warning sign to replace the cable.



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 weekly basis to spray a teflon-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 teflon 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 teflon grease. We recommend a teflon-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 clog and jammed.

If you religiously perform the daily and weekly 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:

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

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.

TASK INDUSTRIES, INC.

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