Apollo Modular Gym System
Leg Press Station

☐ Standard

☐ Deluxe
About the Leg Press Station

Congratulations on your new purchase of the Leg Press Station. We hope you are completely satisfied with this product and wish you many years of enjoyment.

Tuff Stuff Equipment

Every Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The TuffStuff 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

2. Total Machine Weight - 150 Lbs.

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

Prior to the Assembly of the Leg Press Station

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 Exploded View Diagram on Fold-out Pg. 7 and the Parts List on Pg. 8.

Tool Requirements

1. One 9/16” combination wrench
2. One ratchet
3. One 9/16” socket
4. One rubber mallet
5. Multi-purpose grease
6. Measuring tape
7. Utility knife

Hardware Measurement Diagram

FIG. 1    Attach a Pulley 4 1/2” Rd. (#78-Labeled D5) to the Leg Press Bottom Connector (#46) pulley bracket using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#101), two Flat Washers SAE 3/8” (#94), and one Nylon Insert Jam Lock Nut 3/8-16 (#123).

FIG. 2    Using a rubber mallet, insert two Plastic End Caps 2 X 3 #132 onto the tube-ends of the Leg Press Main Frame (#47). Next, attach the Rubber Bumper 3/8 X 2 1/2 (#153) to the tube-end of the Leg Press Main Frame (#47) using one Hex Head Cap Screw 3/8-16 X 1 1/2 (#100), and the Steel Bumper Washer 3/8” (#177). Next, affix the Leg Press Main Frame (#47) to the Leg Press Bottom Connector (#46) using two Hex Head Cap Screws 1/2-13 X 4 3/4 (#112), four Flat Washers SAE 1/2” (#93), and two Nylon Insert Lock Nuts 1/2-13 (#124).
FIG. 3 Attach the Fulcrum with Brackets (#52) and the Fulcrum (#51) to the Leg Press Main Frame (#47) using two Hex Head Cap Screws 1/2-13 X 5 1/2 (#111), four Flat Washers SAE 1/2" (#93), and two Nylon Insert Jam Lock Nuts 1/2-13 (#127).

FIG. 4 Next, attach the Foot Plate Bracket (#50) to the Fulcrum with Brackets (#52) and the Fulcrum (#51) using two Hex Head Cap Screws 1/2-13 X 5 1/2 (#111), four Flat Washers SAE 1/2" (#93), and two Nylon Insert Jam Lock Nuts 1/2-13 (#127).

FIG. 5 Attach two Pulleys 4 1/2 Rd. (#78-Labeled D1, D3) to the Leg Press Main Frame (#47) using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#104), two Flat Washers SAE 3/8" (#94), and one Nylon Insert Jam Lock Nut 3/8-16 (#123). Next, attach two Pulleys 4 1/2 Rd. (#78-Labeled D2, D4) to the Fulcrum with Brackets (#52) using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#101), four Flat Washers SAE 3/8" (#94), and two Nylon Insert Jam Lock Nuts 3/8-16 (#123).

FIG. 6 Locate one of the Adjustable Pulley Brackets (#45) and attach one Pulley 4 1/2 Rd. (#78-Labeled D7) using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#101), two Flat Washers SAE 3/8" (#94), and one Nylon Insert Jam Lock Nut 3/8-16 (#123). Next, thread one Finished Hex Nut 1/2-13 (#89) and insert one Split Lock Washer 1/2" (#176) onto the Screw of the Adjustable Pulley Bracket (#45).
FIG. 7  Next, attach the assembled Adjustable Pulley Bracket (#45) to the receptacle of the Weight Stack Frame (#1) using one Split Lock Washer 1/2” (#176) and one Finished Hex Nut 1/2-13 (#89).

FIG. 8  Thread one Finished Hex Jam Nut 1/2-13 (#90) and insert one Split Lock Washer 1/2” (#176) onto the Screw of the Leg Press Cable (#55). Next, Locate the Swivel Cable End (#56) and thread it to the bolt of the Leg Press Cable (#55).

FIG. 9  Next, attach the Swivel Cable End (#56) to the Fulcrum with Brackets (#52) using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#101), two Flat Washers SAE 3/8” (#94), one Nylon Insert Jam Lock Nut 3/8-16 (#123).

FIG. 10  Route the Leg Press Cable (#55) around the Pulley 4 1/2 Rd. (#78-Labeled D1). Next, route under then up the Pulley 4 1/2 Rd. (#78-Labeled D2).

Note: Refer to the Cable Mapping Diagram on fold-out page 6 for further detailed illustration of the Leg Press Cable (#55) routing.
FIG. 11  Next, route the **Leg Press Cable (#55)** around the Pulley 4 1/2 Rd. (#78-Labeled D3). Next, route around the Pulley 4 1/2 Rd. (#78-Labeled D4). Continue to route through the opening of the **Leg Press Main Frame (#47)**.

**Note:** Refer to the Cable Mapping Diagram on fold-out page 6 for further detailed illustration of the **Leg Press Cable (#55)** routing.

FIG. 12  Route the **Leg Press Cable (#55)** around the Pulley 4 1/2 Rd. (#78-Labeled D5), and then through the tube of the **Leg Press Bottom Connector (#46)**. Next, route under the Pulley 4 1/2 Rd. (#78-Labeled D6).

**Note:** Refer to the Cable Mapping Diagram on fold-out page 6 for further detailed illustration of the **Leg Press Cable (#55)** routing.

FIG. 13  Continue to route up and over the Pulley 4 1/2 Rd. (#78-Labeled D7). Next, attach the **Leg Press Cable (#55)** to the Top Plate/Selector Bar (#72) using one Split Bolt 1/2-13 X 1 (#171), and one Split Lock Washer (#176).

**Note:** Refer to Fig. B on fold-out page 6 for further clarification of this hardware assembly.

**Fully Fasten:** Proceed fully fasten this hardware assembly.

FIG. 14  Attach the **Right Handle (#31)** and the **Left Handle (#32)** to the **Leg Press Main Frame (#47)**, in the position as shown above, using two Hex Head Cap Screws 3/8-16 X 3 1/4 (#105), four Flat Washers SAE 3/8" (#94), and two Nylon Insert Lock Nuts 3/8-16 (#125).
FIG. 15 Affix the Seat Pad (#53) to the Leg Press Main Frame (#47) using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#99), one Hex Head Cap Screw 3/8-16 X 3 (#113-Labeled with a black arrow), and three Flat Washers SAE 3/8” (#94).

FIG. 16 Using a rubber mallet, insert one Plastic Insert Cap 1 3/4” Sq. (#140) into the tube-end of the Adjustable Back Pad Tube (#49). Next, attach the Adjustable Back Pad Tube (#49) to the Back Pad (#54) using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#99), and two Flat Washers SAE 3/8” (#94).

FIG. 17 Insert the assembled Adjustable Back Pad Tube (#49) to the Leg Press Main Frame (#47).

FIG. 18 Caution: It is strongly recommended to use another person in assisting with this assembly.

Attach the Foot Plate (#48) to the Foot Plate Bracket (#50) using four Flat Head Socket Cap Screws 3/8-16 X 1 1/4 (#91), four Flat Washers SAE 3/8” (#94), and four Nylon Insert Lock Nuts 3/8-16 (#125).
### Leg Press Station (Deluxe) Parts List

**Legend**
- **Bold Font** = Sub-Assembly Parts
- **Regular Font** = Hardware

<table>
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<th>ITEM NO.</th>
<th>DESCRIPTION</th>
<th>PART NO.</th>
<th>QTY</th>
<th>ITEM NO.</th>
<th>DESCRIPTION</th>
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<td>DECAL-EXERCISE LEG PRESS STATION</td>
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### Leg Press Station (Standard) Parts List

All parts same as Leg Press Station (Deluxe), except for the part listed below

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<tr>
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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.

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